**JAARBOEK**



**2013**

# Jaarboek 2013 Inhoud nr. 5

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**Samenstelling** : Marleen De Bont

# INDOOR DAMES BENJAMINS

## JAARPRESTATIES benjamins

**50 meter El** 1. Keuppens Jinthe 8"84 Herentals 23/02/13

2. Keuppens Lenka 9"83 Herentals 23/02/13

**60 meter El** 1. Keuppens Jinthe 10"35 Gent 23/03/13

2. Keuppens Lenka 11"57 Gent 23/03/13

**Ver** 1. Keuppens Jinthe 3m00 Gent 23/03/13

2. Keuppens Lenka 2m52 Herentals 23/02/13

**Hoog**  1. Keuppens Jinthe 1m10 Gent 23/03/13

2. Keuppens Lenka 0m75 Herentals 08/12/12

**Kogel 1kg**  1. Keuppens Jinthe 5m81 Herentals 08/12/12

2. Keuppens Lenka 4m01 Herentals 23/02/13

**3-Kamp** 1. Keuppens Jinthe 793p Herentals 08/12/12

2. Keuppens Lenka 207p Herentals 08/12/12

## overwinningen benjamins

1. Keuppens Lenka 50m Herentals 08/12/12

2. Keuppens Jinthe 50m Herentals 08/12/12

3. Keuppens Jinthe 60m Gent 23/03/13

4. Keuppens Jinthe Hoog Gent 23/03/13

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | van den Broek Truus | 8"82 | '10 |  | 1 | Keuppens Jinthe | 10"35 | '13 |  |
|  | 2 | Keuppens Jinthe | 8"84 | '13 |  | 2 | Borstlap Hanne | 10"64 | '09 |  |
|  | 3 | Lauwers Fé | 8"92 | '08 |  | 3 | van den Broek Truus | 10"71 | '11 |  |
|  | 4 | Borstlap Hanne | 9"09 | '08 |  | 4 | Discart Kyra | 10"77 | '10 |  |
|  | 5 | Van Goubergen Anne-S. | 9"24 | '11 |  | 5 | Van Goubergen Anne-S. | 11"29 | '10 |  |
|  | 6 | Malfet Yana | 9"26 | '11 |  | 6 | Lenaerts Isabeau | 11"39 | '09 |  |
|  | 7 | De Meulder Joke | 9"33 | '11 |  | 7 | Keuppens Lenka | 11"57 | '13 |  |
|  | 8 | Discart Kyra | 9"41 | '09 |  |  |  |  |  |  |
|  | 9 | Smeyers Lynn | 9"44 | '09 |  |  |  |  |  |  |
|  | 10 | Van Gestel Dina | 9"57 | '11 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | Hoog | | | |  |
|  | 1 | van den Broek Truus | 3m18 | '10 |  | 1 | Keuppens Jinthe | 1m10 | '13 |  |
|  | 2 | Borstlap Hanne | 3m11 | '09 |  | 2 | Borstlap Hanne | 1m05 | '09 |  |
|  | 3 | Discart Kyra | 3m02 | '09 |  | 3 | van den Broek Truus | 1m04 | '10 |  |
|  | 4 | Van Goubergen Anne-S. | 3m02 | '11 |  | 4 | Smeyers Lynn | 0m99 | '10 |  |
|  | 5 | Keuppens Jinthe | 3m00 | '13 |  | 5 | Van Goubergen Anne-S. | 0m95 | '10 |  |
|  | 6 | Borstlap Kaat | 2m90 | '12 |  | 6 | De Meulder Joke | 0m95 | '10 |  |
|  | 7 | Lauwers Fé | 2m78 | '09 |  | 7 | Borstlap Kaat | 0m95 | '11 |  |
|  | 8 | De Meulder Joke | 2m71 | '11 |  | 8 | Lauwers Fé | 0m90 | '08 |  |
|  | 9 | Smeyers Lynn | 2m70 | '09 |  | 9 | De Maesschalck Amber | 0m85 | '08 |  |
|  | 10 | Lenaerts Isabeau | 2m67 | '09 |  | 10 | Lenaerts Isabeau | 0m85 | '09 |  |

# INDOOR DAMES BENJAMINS

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 1kg | | | |  | 3-Kamp | | | |  |
|  | 1 | Lauwers Fé | 6m97 | '08 |  | 1 | van den Broek Truus | 889p | '10 |  |
|  | 2 | van den Broek Truus | 6m95 | '11 |  | 2 | Lauwers Fé | 823p | '08 |  |
|  | 3 | Borstlap Kaat | 6m59 | '11 |  | 3 | Borstlap Hanne | 795p | '08 |  |
|  | 4 | Borstlap Hanne | 6m20 | '09 |  | 4 | Keuppens Jinthe | 793p | '12 |  |
|  | 5 | Discart Kyra | 6m19 | '10 |  | 5 | Van Goubergen Anne-S. | 683p | '10 |  |
|  | 6 | Smeyers Lynn | 6m05 | '09 |  | 6 | Discart Kyra | 643p | '09 |  |
|  | 7 | De Meulder Joke | 5m90 | '11 |  | 7 | Smeyers Lynn | 622p | '09 |  |
|  | 8 | Van Goubergen Anne-S. | 5m82 | '11 |  | 8 | Borstlap Kaat | 613p | '11 |  |
|  | 9 | Keuppens Jinthe | 5m81 | '12 |  | 9 | De Meulder Joke | 579p | '10 |  |
|  | 10 | Lenaerts Isabeau | 5m46 | '09 |  | 10 | Lenaerts Isabeau | 487p | '09 |  |

## CLUBRECORDS BENJAMINS

**50 meter Atac** van den Broek Truus 8"82 Herentals 11/12/10

**Avos** V.Waeyenberghe Hanne 7"92 Herentals 08/03/97

**Tuac** Van Breda Leen 8"7 Herentals 23/01/93

**60 meter** **Atac** Keuppens Jinthe 10"35 Gent 23/03/13

**Avos** Van Hoeck Nicole 9"9 Hoboken 14/02/93

**Tuac** Van Dijck Mieke 10"2 Hoboken 25/02/89

**1000 meter Avos** Brosens Stefanie 4'12"55 Gent 05/03/05

**Ver** **Atac** van den Broek Truus 3m18 Herentals 13/11/10

**Avos** V.Waeyenberghe Hanne 3m79 Herentals 08/03/97

**Tuac** Van Accom Kathleen 3m26 Herentals 09/03/96

**Hoog** **Atac** Keuppens Jinthe 1m10 Gent 23/03/13

**Avos** V.Waeyenberghe Hanne 1m10 Herentals 08/03/97

**Tuac** Van Accom Kathleen 1m00 Herentals 09/03/96

**Kogel 1kg** **Atac** Lauwers Fé 6m97 Herentals 13/12/08

**Avos** Hooyberghs Elien 8m48 Herentals 13/12/03

**Tuac** Van Accom Kathleen 6m26 Herentals 21/01/95

**3-Kamp** **Atac** van den Broek Truus 889p Herentals 11/12/10

**Avos** V.Waeyenberghe Hanne 1264p Herentals 08/02/97

**Tuac** Van Accom Kathleen 774p Herentals 21/01/95

**4-Kamp** **Avos** Hooyberghs Elien 1247p Hoboken 22/02/04

# INDOOR DAMES pupillen

## JAARPRESTATIES pupillen

**50 m Horden El** 1. Van Goubergen Anne-Sophie 10"77 Herentals 23/02/13

2. van den Broek Truus 11"12 Herentals 23/02/13

3. Vosters Kaat 11"67 Herentals 23/02/13

4. Borstlap Kaat 12"06 Herentals 23/02/13

**60 m Horden El** 1. van den Broek Truus 12"50 Gent 23/03/13

2. Hillen Amber 12"78 Gent 23/03/13

3. Van Goubergen Anne-Sophie 12"87 Gent 23/03/13

4. De Meulder Joke 13"77 Gent 23/03/13

5. Vosters Kaat 13"79 Gent 23/03/13

6. Borstlap Kaat 14"65 Gent 23/03/13

# INDOOR DAMES pupillen

**50 meter El** 1. De Meulder Joke 8"95 Herentals 08/12/12

2. Van Goubergen Anne-Sophie 8"99 Herentals 08/12/12

3. Van Gestel Dina 9"45 Herentals 08/12/12

4. Vosters Kaat 9"57 Herentals 08/12/12

5. Borstlap Kaat 9"72 Herentals 08/12/12

**60 meter El** 1. van den Broek Truus 9"45 Gent 23/03/13

2. De Meulder Joke 9"74 Gent 23/03/13

3. Hillen Amber 10"27 Gent 23/03/13

4. Vosters Kaat 10"47 Gent 23/03/13

5. Borstlap Kaat 10"94 Gent 23/03/13

**1000 meter El** 1. Van Goubergen Anne-Sophie 3'43"45 Gent 23/03/13

2. van den Broek Truus 3'52"72 Gent 23/03/13

3. Borstlap Kaat 4'12"37 Gent 23/03/13

4. Vosters Kaat 4'26"81 Gent 23/03/13

**Ver** 1. van den Broek Truus 3m60 Hoboken 17/03/13

2. Van Goubergen Anne-Sophie 3m54 Herentals 08/12/12

3. Vosters Kaat 3m20 Hoboken 17/03/13

4. Borstlap Kaat 3m13 Hoboken 17/03/13

5. De Meulder Joke 2m85 Herentals 08/12/12

6. Van Gestel Dina 2m12 Herentals 08/12/12

**Hoog**  1. van den Broek Truus 1m36 Hoboken 17/03/13

2. Hillen Amber 1m20 Gent 23/03/13

3. Borstlap Kaat 1m10 Herentals 23/02/13

4. Van Gestel Dina 1m01 Mol 12/01/13

5. Van Goubergen Anne-Sophie 1m00 Herentals 23/02/13

6. Vosters Kaat 1m00 Hoboken 17/03/13

**Kogel 2kg**  1. van den Broek Truus 7m17 Hoboken 17/03/13

2. Hillen Amber 6m22 Gent 23/03/13

3. Van Goubergen Anne-Sophie 6m10 Herentals 23/02/13

4. De Meulder Joke 5m85 Hoboken 13/01/13

5. Borstlap Kaat 5m76 Hoboken 10/03/13

6. Vosters Kaat 5m61 Herentals 23/02/13

7. Van Gestel Dina 4m25 Mol 12/01/13

**3-Kamp** 1. Van Goubergen Anne-Sophie 826p Herentals 08/12/12

2. De Meulder Joke 731p Herentals 08/12/12 3. Vosters Kaat 506p Herentals 08/12/12

4. Borstlap Kaat 498p Herentals 08/12/12

5. Van Gestel Dina 413p Herentals 08/12/12

**4-Kamp** 1. Borstlap Kaat 873p Hoboken 10/03/13

## overwinningen pupillen

1. Van Goubergen Anne-Sophie Ver Herentals 08/12/12

2. van den Broek Truus Hoog Herentals 23/02/13

3. van den Broek Truus 60m Hoboken 17/03/13

4. van den Broek Truus 60mH Hoboken 17/03/13

# INDOOR DAMES pupillen

5. van den Broek Truus Hoog Hoboken 17/03/13

6. Vosters Kaat 60mH Hoboken 17/03/13

7. van den Broek Truus 60m Gent 23/03/13

8. Hillen Amber 60mH Gent 23/03/13

9. Van Goubergen Anne-Sophie 1000m Gent 23/03/13

10. De Meulder Joke 60m Gent 23/03/13

## 10 BESTE PRESTATIES pupillen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | 60 meter Horden El | | | |  |
|  | 1 | Van Goubergen Anne-S. | 10"77 | '13 |  | 1 | van den Broek Truus | 12"50 | '13 |  |
|  | 2 | van den Broek Truus | 11"12 | '13 |  | 2 | Hillen Amber | 12"78 | '13 |  |
|  | 3 | Lenaerts Isabeau | 11"27 | '11 |  | 3 | Van Goubergen Anne-S. | 12"87 | '13 |  |
|  | 4 | Smeyers Lynn | 11"33 | '11 |  | 4 | De Meulder Joke | 13"77 | '13 |  |
|  | 5 | Vosters Kaat | 11"67 | '13 |  | 5 | Vosters Kaat | 13"79 | '13 |  |
|  | 6 | Vanmechelen Hannah | 11"76 | '11 |  | 6 | Borstlap Kaat | 14"65 | '13 |  |
|  | 7 | Borstlap Kaat | 12"06 | '13 |  | 7 | Borstlap Hanne | 14"80 | '09 |  |
|  | 8 | De Letter Jana | 12"12 | '11 |  | 8 | De Maesschalck Amber | 14"96 | '10 |  |
|  | 9 | Hillen Amber | 12"43 | '12 |  |  |  |  |  |  |
|  | 10 | Discart Kyra | 12"96 | '11 |  |  |  |  |  |  |

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|  | **50 meter El** | | | |  | 60 meter El | | | |  |
|  | 1 | Vanmechelen Hannah | 8"53 | '10 |  | 1 | van den Broek Truus | 9"45 | '13 |  |
|  | 2 | Smeyers Lynn | 8"54 | '11 |  | 2 | De Meulder Joke | 9"74 | '13 |  |
|  | 3 | van den Broek Truus | 8"56 | '11 |  | 3 | Hillen Amber | 10"27 | '13 |  |
|  | 4 | Lauwers Fé | 8"69 | '09 |  | 4 | Borstlap Hanne | 10"39 | '09 |  |
|  | 5 | Peeters Silke | 8"76 | '09 |  | 5 | Vosters Kaat | 10"47 | '13 |  |
|  | 6 | Hillen Amber | 8"80 | '11 |  | 6 | Lenaerts Lorane | 10"62 | '08 |  |
|  | 7 | Woestenborghs Julie | 8"83 | '08 |  | 7 | Borstlap Kaat | 10"94 | '13 |  |
|  | 8 | Lenaerts Lorane | 8"86 | '09 |  | 8 | De Maesschalck Amber | 11"35 | '10 |  |
|  | 9 | Discart Kyra | 8"88 | '11 |  |  |  |  |  |  |
|  | 10 | Borstlap Hanne | 8"89 | '09 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  |  | | | |  |
|  | 1 | Van Goubergen Anne-S. | 3'43"45 | '13 |  |  |  |  |  |  |
|  | 2 | van den Broek Truus | 3'52"72 | '13 |  |  |  |  |  |  |
|  | 3 | Borstlap Kaat | 4'12"37 | '13 |  |  |  |  |  |  |
|  | 4 | Vosters Kaat | 4'26"81 | '13 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | van den Broek Truus | 3m60 | '13 |  | 1 | van den Broek Truus | 1m36 | '13 |  |
|  | 2 | Van Goubergen Anne-S. | 3m54 | '12 |  | 2 | Hillen Amber | 1m20 | '13 |  |
|  | 3 | Woestenborghs Julie | 3m23 | '09 |  | 3 | Borstlap Hanne | 1m15 | '09 |  |
|  | 4 | Borstlap Hanne | 3m23 | '09 |  | 4 | Woestenborghs Julie | 1m13 | '09 |  |
|  | 5 | Lenaerts Lorane | 3m20 | '09 |  | 5 | Peeters Silke | 1m10 | '10 |  |
|  | 6 | Vosters Kaat | 3m20 | '13 |  | 6 | Borstlap Kaat | 1m10 | '13 |  |
|  | 7 | Lenaerts Isabeau | 3m14 | '11 |  | 7 | De Letter Jana | 1m05 | '11 |  |
|  | 8 | Borstlap Kaat | 3m13 | '13 |  | 8 | Smeyers Lynn | 1m05 | '11 |  |
|  | 9 | Vanmechelen Hannah | 3m08 | '10 |  | 9 | Van Goubergen Anne-S. | 1m05 | '11 |  |
|  | 10 | Smeyers Lynn | 3m05 | '11 |  | 10 | Van Gestel Dina | 1m01 | ''13 |  |

# INDOOR DAMES pupillen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 2kg** | | | |  | **3-Kamp** | | | |  |
|  | 1 | van den Broek Truus | 7m17 | '13 |  | 1 | Smeyers Lynn | 1030p | '11 |  |
|  | 2 | Smeyers Lynn | 6m96 | '11 |  | 2 | van den Broek Truus | 946p | '11 |  |
|  | 3 | Hillen Amber | 6m22 | '13 |  | 3 | Woestenborghs Julie | 921p | '09 |  |
|  | 4 | Van Goubergen Anne-S. | 6m10 | '13 |  | 4 | Hillen Amber | 875p | '11 |  |
|  | 5 | Lenaerts Isabeau | 6m03 | '12 |  | 5 | Lauwers Fé | 839p | '09 |  |
|  | 6 | De Meulder Joke | 5m85 | '13 |  | 6 | Vanmechelen Hannah | 834p | '10 |  |
|  | 7 | Woestenborghs Julie | 5m77 | '10 |  | 7 | Van Goubergen Anne-S. | 832p | '11 |  |
|  | 8 | Borstlap Kaat | 5m76 | '13 |  | 8 | Lenaerts Isabeau | 807p | '11 |  |
|  | 9 | Vosters Kaat | 5m61 | '13 |  | 9 | Lenaerts Lorane | 794p | '09 |  |
|  | 10 | Lenaerts Lorane | 5m45 | '09 |  | 10 | Borstlap Hanne | 790p | '09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **4-Kamp** | | | |  |  | | | |  |
|  | 1 | Borstlap Kaat | 873p | '13 |  |  |  |  |  |  |

## CLUBRECORDS PUPILLEN

**50 m Horden Atac** Van Goubergen Anne-S. 10"77 Herentals 23/02/13

**Avos** Hooyberghs Elien 10"20 Herentals 19/02/05

**Tuac** Van Hoeck Nicole 10"84 Herentals 11/03/95

**60 m Horden** **Atac** van den Broek Truus 12"50 Gent 23/03/13

**Avos** Hooyberghs Elien 10"82 Gent 11/02/06

**Tuac** Meulders Liesbeth 11"1 Hoboken 13/03/88

**50 Yards** **Avos** Vermeiren Tinne 7"8 Herentals 15/02/86

**50 meter**  **Atac** Vanmechelen Hannah 8"53 Herentals 13/11/10

**Avos** V.Waeyenberghe Hanne 7"45 Herentals 20/03/99

**Tuac** Moelans Inge 7"7 Herentals 15/02/86

Van der Veken Katrien 7"94 ev Herentals 16/12/95

**60 meter** **Atac** van den Broek Truus 9"45 Gent 23/03/13

**Avos** V.Waeyenberghe Hanne 8"6 Hoboken 26/12/98

**Tuac** Van Herpe Katrin 8"8 Hoboken 30/11/85

**1000 meter** **Atac** Van Goubergen Anne-S. 3'43"45 Gent 23/03/13

**Avos** Hooyberghs Elien 3'26"44 Gent 04/03/06

**Ver** **Atac** van den Broek Truus 3m60 Hoboken 17/03/13

**Avos** V.Waeyenberghe Hanne 4m35 Herentals 12/12/98

**Tuac** Van Herpe Katrin 4m08 Hoboken 08/02/86

**Hoog** **Atac** van den Broek Truus 1m36 Hoboken 17/03/13 **Avos** Caers Shana 1m31 Hoboken 29/12/02

**Tuac** Meulders Liesbeth 1m43 Hoboken 30/01/88

**Kogel 2kg** **Atac** van den Broek Truus 7m17 Hoboken 17/03/13

**Avos** Hooyberghs Elien 8m66 Herentals 10/12/05

**Tuac** Dada Lesley 7m07 Herentals 23/01/93

**3-Kamp** **Atac** Smeyers Lynn 1030p Herentals 12/11/11 **Avos** V.Waeyenberghe Hanne 1613p Herentals 20/03/99

**Tuac** Dada Lesley 1170p Herentals 23/01/93

**4-Kamp** **Atac** Borstlap Kaat 873p Hoboken 10/03/13

**Afl 4 x 200 m** **Avos** Caers Shana – Beuls Lynn – Eysermans Ulrike – De Jongh Evelien

2'13"58 Gent 03/03/02

# INDOOR DAMES MINIEMEn

## JAARPRESTATIES miniemen

**50 meter H El** 1. Lenaerts Sofie 9"63 Herentals 23/02/13

2. Lenaerts Isabeau 10"80 Herentals 23/02/13

3. Vanmechelen Hannah 10"88 Herentals 23/02/13

4. Discart Kyra 11"43 Herentals 23/02/13

5. Engelen Sara 11"60 Herentals 23/02/13

6. Dierckx Lynn 11"75 Herentals 23/02/13

7. De Letter Jana 11"89 Herentals 23/02/13

**60 meter H El** 1. Lenaerts Sofie 11"06 Gent 23/03/13

2. Engelen Sara 13"38 Gent 23/03/13

**50 meter El** 1. Vanmechelen Hannah 8"18 Herentals 08/12/12

2. Discart Kyra 8"62 Herentals 08/12/13

3. Dierckx Lynn 8"72 Herentals 08/12/12

4. Lenaerts Isabeau 8"81 Herentals 08/12/12

5. De Letter Jana 9"22 Herentals 08/12/12

**60 meter El** 1. Lenaerts Sofie 9"01 Gent 23/03/13

2. Lenaerts Isabeau 9"91 Gent 23/03/13

3. Engelen Sara 9"94 Gent 23/03/13

**150 meter El** 1. Lenaerts Sofie 22"59 Gent 23/03/13

**1000 meter El** 1. Lenaerts Isabeau 3'35"14 Gent 23/03/13

2. Engelen Sara 3'48"23 Gent 23/03/13

**Ver**  1. Lenaerts Sofie 3m79 Herentals 23/02/13

2. Vanmechelen Hannah 3m39 Herentals 23/02/13

3. De Letter Jana 3m19 Herentals 08/12/12

4. Lenaerts Isabeau 3m10 Herentals 08/12/12

5. Engelen Sara 3m06 Gent 23/03/13

6. Discart Kyra 3m04 Herentals 23/02/13

7. Dierckx Lynn 3m03 Herentals 23/02/13

**Hoog** 1. Lenaerts Sofie 1m37 Mol 12/01/13

2. De Letter Jana 1m16 Mol 12/01/13

3. Vanmechelen Hannah 1m15 Herentals 08/12/12

4. Lenaerts Isabeau 1m10 Herentals 08/12/12

5. Discart Kyra 1m10 Herentals 08/12/12

6. Engelen Sara 1m01 Mol 12/01/13

7. Dierckx Lynn 0m90 Herentals 08/12/12

**Kogel 2kg** 1. Vanmechelen Hannah 8m09 Herentals 23/02/13

2. De Letter Jana 7m62 Herentals 23/02/13

3. Lenaerts Sofie 6m55 Herentals 23/02/13

4. Lenaerts Isabeau 6m40 Herentals 23/02/13

5. Discart Kyra 5m65 Herentals 23/02/13

6. Dierckx Lynn 5m08 Herentals 23/02/13

7. Engelen Sara 4m47 Herentals 23/02/13

# INDOOR DAMES MINIEMEn

**4-Kamp** 1. Vanmechelen Hannah 1472p Herentals 08/12/12

2. De Letter Jana 1142p Herentals 08/12/12

3. Lenaerts Isabeau 1107p Herentals 08/12/12

4. Discart Kyra 1090p Herentals 08/12/12

5. Dierckx Lynn 659p Herentals 08/12/12

## overwinningen miniemen

1. Dierckx Lynn 50m Herentals 08/12/12 2. Vanmechelen Hannah 50m Herentals 08/12/12

3. Lenaerts Sofie 60m Gent 23/03/13

4. Lenaerts Sofie 150m Gent 23/03/13

## 10 BESTE PRESTATIES miniemen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Peeters Silke | 9"56 | '12 |  | 1 | Lenaerts Sofie | 11"06 | '13 |  |
|  | 2 | Lenaerts Sofie | 9"63 | '13 |  | 2 | Engelen Sara | 13"38 | '13 |  |
|  | 3 | Borstlap Hanne | 9"88 | '12 |  |  |  |  |  |  |
|  | 4 | Lenaerts Lorane | 10"48 | '12 |  |  |  |  |  |  |
|  | 5 | Lenaerts Isabeau | 10"80 | '13 |  |  |  |  |  |  |
|  | 6 | Vanmechelen Hannah | 10"88 | '13 |  |  |  |  |  |  |
|  | 7 | Brosens Stefanie | 10"96 | '09 |  |  |  |  |  |  |
|  | 8 | Discart Kyra | 11"43 | '13 |  |  |  |  |  |  |
|  | 9 | Engelen Sara | 11"60 | '13 |  |  |  |  |  |  |
|  | 10 | Dierckx Lynn | 11"75 | '13 |  |  |  |  |  |  |

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|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 8"06 | '09 |  | 1 | Lenaerts Sofie | 9"01 | '13 |  |
|  | 2 | Lenaerts Sofie | 8"10 | '11 |  | 2 | Lenaerts Isabeau | 9"91 | '13 |  |
|  | 3 | Vanmechelen Hannah | 8"18 | '12 |  | 3 | Engelen Sara | 9"94 | '13 |  |
|  | 4 | Lenaerts Lorane | 8"39 | '11 |  |  |  |  |  |  |
|  | 5 | Quirijnen Dien | 8"47 | '11 |  |  |  |  |  |  |
|  | 6 | Borstlap Hanne | 8"49 | '11 |  |  |  |  |  |  |
|  | 7 | Peeters Silke | 8"52 | '10 |  |  |  |  |  |  |
|  | 8 | Discart Kyra | 8"62 | '12 |  |  |  |  |  |  |
|  | 9 | Woestenborghs Julie | 8"69 | '10 |  |  |  |  |  |  |
|  | 10 | Dierckx Lynn | 8"72 | '12 |  |  |  |  |  |  |

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|  | **150 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Lenaerts Sofie | 22"59 | '13 |  | 1 | Lenaerts Isabeau | 3'35"14 | '13 |  |
|  |  |  |  |  |  | 2 | Engelen Sara | 3'48"23 | '13 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Lenaerts Sofie | 3m95 | '11 |  | 1 | Brosens Stefanie | 1m44 | '10 |  |
|  | 2 | Brosens Stefanie | 3m82 | '09 |  | 2 | Lenaerts Sofie | 1m37 | '13 |  |
|  | 3 | Peeters Silke | 3m80 | '11 |  | 3 | Borstlap Hanne | 1m33 | '12 |  |
|  | 4 | Borstlap Hanne | 3m70 | '11 |  | 4 | Peeters Silke | 1m28 | '11 |  |
|  | 5 | Lenaerts Lorane | 3m45 | '11 |  | 5 | Lenaerts Lorane | 1m25 | '12 |  |
|  | 6 | Vanmechelen Hannah | 3m39 | '13 |  | 6 | De Letter Jana | 1m16 | '13 |  |
|  | 7 | Woestenborghs Julie | 3m25 | '10 |  | 7 | Woestenborghs Julie | 1m15 | '10 |  |
|  | 8 | De Letter Jana | 3m19 | '12 |  | 8 | Vanmechelen Hannah | 1m15 | '12 |  |
|  | 9 | Lenaerts Isabeau | 3m10 | '12 |  | 9 | Lenaerts Isabeau | 1m10 | '12 |  |
|  | 10 | Engelen Sara | 3m06 | '13 |  | 10 | Discart Kyra | 1m10 | '12 |  |

# INDOOR DAMES MINIEMEn

|  |  |  |  |  |  |  |  |  |  |  |
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|  | Kogel 2kg | | | |  | **4-Kamp** | | | |  |
|  | 1 | Brosens Stefanie | 9m30 | '10 |  | 1 | Brosens Stefanie | 1915p | '09 |  |
|  | 2 | Vanmechelen Hannah | 8m09 | '13 |  | 2 | Peeters Silke | 1561p | '11 |  |
|  | 3 | Peeters Silke | 7m67 | '12 |  | 3 | Lenaerts Sofie | 1515p | '11 |  |
|  | 4 | De Letter Jana | 7m62 | '13 |  | 4 | Vanmechelen Hannah | 1472p | '12 |  |
|  | 5 | Quirijnen Dien | 7m36 | '11 |  | 5 | Lenaerts Lorane | 1419p | '11 |  |
|  | 6 | Lenaerts Lorane | 7m06 | '11 |  | 6 | Borstlap Hanne | 1383p | '11 |  |
|  | 7 | Lenaerts Sofie | 6m55 | '13 |  | 7 | Quirijnen Dien | 1197p | '11 |  |
|  | 8 | Van Goubergen Carolien | 6m51 | '11 |  | 8 | Woestenborghs Julie | 1165p | '10 |  |
|  | 9 | Woestenborghs Julie | 6m18 | '10 |  | 9 | De Letter Jana | 1142p | '12 |  |
|  | 10 | Borstlap Hanne | 6m15 | '12 |  | 10 | Lenaerts Isabeau | 1107p | '12 |  |

## CLUBRECORDS MINIEMEN

**50 m Horden Atac** Peeters Silke 9"56 Herentals 18/02/12

**Avos** Hooyberghs Elien 8"54 Herentals 01/03/08

**Tuac** Drossaert Karolien 9"30 Herentals 08/03/97

**60 m Horden**  **Atac** Lenaerts Sofie 11"06 Gent 23/03/13

**Avos** Hooyberghs Elien 10"01 Gent 16/03/08

**Tuac** Van Herpe Katrin 9"5 Hoboken 13/03/88

**50 Yards** **Avos** Dockx Hilde 6"9 Herentals 15/02/86

**50 meter**  **Atac** Brosens Stefanie 8"06 Herentals 14/11/09 **Avos** V.Waeyenberghe Hanne 7"26 Herentals 18/11/00

**Tuac** Van Mierlo Katie 7"0 Herentals 15/02/86

**60 meter**  **Atac** Lenaerts Sofie 9"01 Gent 23/03/13

**Avos** V.Waeyenberghe Hanne 8"30 Gent 24/03/01

**Tuac** Van Gils Inge 8"3 Hoboken 22/02/87

Verhoeven Hilde 8"3 ev Hoboken 15/03/87

**150 meter**  **Atac** Lenaerts Sofie 22"59 Gent 23/03/13

**Avos** V.Waeyenberghe Hanne 19"99 Gent 24/03/01

**Tuac** De Backer Tanja 21"11 Gent 28/02/98

**1000 meter** **Atac** Lenaerts Isabeau 3'35"14 Gent 23/03/13

**Avos** Brosens Evelien 3'18"19 Gent 04/03/06

**Ver** **Atac** Lenaerts Sofie 3m95 Herentals 10/12/11

**Avos** Caers Shana 4m82 Hoboken 27/02/05

**Tuac** Van der Veken Katrien 4m81 Herentals 21/03/98

**Hoog** **Atac** Brosens Stefanie 1m44 Mol 24/01/10

**Avos** Caers Shana 1m55 Hoboken 30/01/05

**Tuac** Meulders Liesbeth 1m55 Hoboken 20/01/90

**Kogel 2kg** **Atac** Brosens Stef anie 9m30 Mol 24/01/10

**Avos** Hooyberghs Elien 11m04 Herentals 10/11/07

**Tuac** Meulders Liesbeth 11m29 Hoboken 27/01/90

**Kogel 3kg** **Avos** Dockx Hilde 8m20 Herentals 15/02/84

**Tuac** Verhoeven Hilde 8m75 Hoboken 15/03/87

**3-Kamp** **Avos** V.D.Auwelant Nicki 1438p Hoboken 03/12/89

**Tuac** Claessen Leen 1646p Herentals 23/01/93

**4-Kamp** **Atac** Brosens Stefanie 1915p Herentals 14/11/09

**Avos** Caers Shana 2420p Herentals 11/12/04

**Tuac** Van der Veken Katrien 2361p Herentals 21/03/98

**5-Kamp Avos** Hooyberghs Elien 2994p Hoboken 04/02/07

# INDOOR DAMES cadetten

## JAARPRESTATIES cadetten

**60 meter H El** 1. Peeters Silke 11"19 Hoboken 25/11/12

**800 meter El** 1. Speelman-rooms Femke 2'24"99 Gent 05/01/13

2. Lenaerts Lorane 2'40"90 Gent 26/12/12

**1000 meter El** 1. Speelman-rooms Femke 3'11"77 Gent 29/12/12

**Hoog** 1. Peeters Silke 1m35 Tienen 24/11/12

**Polsstok** 1. Peeters Silke 2m00 Tienen 24/11/12

**Kogel 3 kg** 1. Peeters Silke 7m47 Tienen 24/11/12

## overwinningen cadetten

1. Peeters Silke 60mH Hoboken 25/11/12

2. Speelman-rooms Femke 1000m Gent 29/12/12

## 10 BESTE PRESTATIES cadetten

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **60 meter Horden El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Hooyberghs Elien | 9"30 | '10 |  | 1 | Brosens Stefanie | 8"51 | '11 |  |
|  | 2 | Brosens Stefanie | 9"71 | '11 |  | 2 | Ghyssaert Leen | 8"54 | '09 |  |
|  | 3 | Van Eekert Siel | 10"24 | '08 |  | 3 | Hooyberghs Elien | 8"58 | '10 |  |
|  | 4 | Lambregts Ylen | 11"05 | '08 |  | 4 | Verrydt Karen | 8"74 | '09 |  |
|  | 5 | Peeters Silke | 11"19 | '12 |  | 5 | Lambregts Ylen | 8"99 | '08 |  |
|  | 6 | Ghyssaert Leen | 11"88 | '09 |  | 6 | Vanderhaeghen Janne | 9"46 | '09 |  |
|  |  |  |  |  |  | 7 | Janssen Steffi | 9"67 | '08 |  |

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|  | **200 meter El** | | | |  | **300 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 27"77 | '12 |  | 1 | Hooyberghs Elien | 44"93 | '10 |  |
|  | 2 | Hooyberghs Elien | 28"01 | '10 |  |  |  |  |  |  |
|  | 3 | Van Eekert Siel | 29"30 | '08 |  |  |  |  |  |  |
|  | 4 | Vanderhaeghen Janne | 31"14 | '09 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 31"22 | '08 |  |  |  |  |  |  |
|  | 6 | Janssen Steffi | 31"78 | '09 |  |  |  |  |  |  |

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|  | **400 meter El** | | | |  | 800 meter El | | | |  |
|  | 1 | Brosens Stefanie | 62"91 | '11 |  | 1 | Speelman-rooms Femke | 2'24"99 | '13 |  |
|  |  |  |  |  |  | 2 | Hooyberghs Elien | 2'38"33 | '10 |  |
|  |  |  |  |  |  | 3 | Lenaerts Lorane | 2'40"90 | '12 |  |
|  |  |  |  |  |  | 4 | Van Eekert Siel | 2'42"04 | '08 |  |
|  |  |  |  |  |  | 5 | Brosens Stefanie | 2'51"69 | '12 |  |
|  |  |  |  |  |  | 6 | Lambregts Ylen | 3'09"12 | '08 |  |

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|  | **1000 meter El** | | | |  | Ver | | | |  |
|  | 1 | Speelman-rooms Femke | 3'11"77 | '12 |  | 1 | Hooyberghs Elien | 5m07 | '10 |  |
|  |  |  |  |  |  | 2 | Lambregts Ylen | 4m44 | '09 |  |
|  |  |  |  |  |  | 3 | Van Eekert Siel | 4m39 | '09 |  |
|  |  |  |  |  |  | 4 | Brosens Stefanie | 4m28 | '12 |  |
|  |  |  |  |  |  | 5 | Janssen Steffi | 3m59 | '09 |  |

# INDOOR DAMES cadetten

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Hoog | | | |  | Polsstok | | | |  |
|  | 1 | Hooyberghs Elien | 1m60 | '09 |  | 1 | Peeters Silke | 2m00 | '12 |  |
|  | 2 | Brosens Stefanie | 1m54 | '12 |  | 2 | Janssen Steffi | 1m72 | '10 |  |
|  | 3 | Van Eekert Siel | 1m53 | '09 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 1m45 | '08 |  |  |  |  |  |  |
|  | 5 | Ameye Astrid | 1m35 | '10 |  |  |  |  |  |  |
|  | 6 | Peeters Silke | 1m35 | '12 |  |  |  |  |  |  |
|  | 7 | Druyts Lies | 1m30 | '10 |  |  |  |  |  |  |
|  | 8 | Marsboom Caroline | 1m25 | '10 |  |  |  |  |  |  |
|  | 9 | van den Broek Marie | 1m17 | '12 |  |  |  |  |  |  |
|  | 10 | Janssen Steffi | 1m15 | '10 |  |  |  |  |  |  |

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|  | Kogel 3kg | | | |  | 5-Kamp | | | |  |
|  | 1 | Hooyberghs Elien | 11m21 | '09 |  | 1 | Hooyberghs Elien | 3303p | '10 |  |
|  | 2 | Brosens Stefanie | 10m26 | '12 |  | 2 | Brosens Stefanie | 2705p | '12 |  |
|  | 3 | Lambregts Ylen | 9m32 | '08 |  | 3 | Van Eekert Siel | 2097p | '09 |  |
|  | 4 | Van Eekert Siel | 8m44 | '09 |  |  |  |  |  |  |
|  | 5 | Peeters Silke | 7m47 | '12 |  |  |  |  |  |  |
|  | 6 | Ameye Astrid | 6m48 | '10 |  |  |  |  |  |  |
|  | 7 | Druyts Lies | 6m33 | '10 |  |  |  |  |  |  |
|  | 8 | Marsboom Caroline | 6m19 | '10 |  |  |  |  |  |  |
|  | 9 | van den Broek Marie | 5m74 | '12 |  |  |  |  |  |  |

## CLUBRECORDS cADETTEN

**50 m Horden Tuac** Hermans Annemie 8"0 Leuven 15/02/81

**60 m Horden Atac** Hooyberghs Elien 9"30 Gent 06/02/10

**Avos** Sneyders Sanne 9"88 Gent 28/02/04

**Tuac** Van Herpe Katrin 9"05 Gent 03/02/90

**50 Yards**  **Avos** Van Der Velden Carine 7"9 Herentals 15/02/86

**50 meter Tuac** Meeusen Katrien 7"3 Leuven 20/12/83

**60 meter Atac** Brosens Stefanie 8"51 Hoboken 27/11/11

**Avos** V.Waeyenberghe Hanne 8"17 Gent 20/01/02

**Tuac** Van Gils Inge 8"17 Hoboken 27/12/98

**200 meter Atac** Brosens Stefanie 27"77 Gent 08/01/12

**Avos** V.Waeyenberghe Hanne 26"38 Gent 19/01/03

**Tuac** Van der Veken Katrien 27"64 Gent 20/02/99

**300 meter** **Atac** Hooyberghs Elien 44"93 Gent 10/01/10

**Avos** Caers Shana 44"9 Gent 26/12/05

**Tuac** Lambregts Yoni 51"00 Gent 26/12/05

**400 meter**  **Atac** Brosens Stefanie 62"91 Gent 26/12/11

**Avos** Beyens Jelle 60"46 Gent 06/01/01

**Tuac** Aerts Katrien 60"56 Gent 02/02/92

**800 meter**  **Atac** Speelman-rooms Femke 2'24"99 Gent 05/01/13

**Avos** Brosens Evelien 2'28"67 Gent 23/12/06

**Tuac** Van Deun Laura 2'31"65 Gent 04/01/03

**1000 meter** **Atac** Speelman-rooms Femke 3'11"77 Gent 29/12/12

**Avos** Peeters An 3'20"72 Gent 14/12/97

**1500 meter** **Avos** Swinnen Jo 5'12"11 Gent 31/03/01

**Ver** **Atac** Hooyberghs Elien 5m07 Gent 06/02/10 **Avos** V.Waeyenberghe Hanne 5m18 Gent 23/02/03

Sneyders Sanne 5m18 ev Hoboken 04/01/04

**Tuac** Hermans Annemie 5m27 Leuven 25/02/81

**Hinkstap** **Avos** Sneyders Sanne 10m22 Hoboken 30/11/03

# INDOOR DAMES cadetten

**Hoog** **Atac** Hooyberghs Elien 1m60 Gent 15/02/09

**Avos** Caers Shana 1m59 Gent 12/02/06

**Tuac** Meulders Liesbeth 1m72 Gent 27/01/91

**Polsstok** **Atac** Peeters Silke 2m00 Tienen 24/11/12

**Kogel 3kg** **Atac** Hooyberghs Elien 11m21 Gent 26/12/09 **Avos** Van Der Velden Carine 11m49 Leopoldsburg 05/01/86

**Tuac** Meulders Liesbeth 12m86 Hoboken 22/12/91

**4-Kamp Tuac** Meulders Liesbeth 2958p Gent 08/02/92

**5-Kamp Atac** Hooyberghs Elien 3303p Gent 06/02/10

**Avos** Sneyders Sanne 2769p Gent 28/02/04

**Tuac** Van der Veken Katrien 2924p Gent 20/12/98

# INDOOR DAMES SCHOLIEREN

## jaarprestaties scholieren

**60 meter H El** 1. Brosens Stefanie 9"45 Gent 03/02/13

**200 meter El** 1. Brosens Stefanie 27"00 Gent 19/01/13

**800 meter El** 1. Brosens Stefanie 2'37"27 Gent 03/02/13

**Ver** 1. Brosens Stefanie 4m29 Gent 03/02/13

**Hoog** 1. Brosens Stefanie 1m56 Gent 22/12/12

**Kogel 3 kg** 1. Brosens Stefanie 10m90 Gent 03/02/13

**5-Kamp** 1. Brosens Stefanie 3009p Gent 03/02/13

## overwinningen scholieren

1. Brosens Stefanie 60mH Gent 26/12/12

## 10 BESTE PRESTATIES scholieren

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **60 meter Horden El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Hooyberghs Elien | 9"35 | '11 |  | 1 | Caers Shana | 8"48 | '08 |  |
|  | 2 | Brosens Stefanie | 9"45 | '13 |  | 2 | Cuynen Nele | 8"61 | '10 |  |
|  | 3 | Verrydt Nathalie | 9"52 | '09 |  | 3 | Verrydt Nathalie | 8"67 | '09 |  |
|  | 4 | Caers Shana | 9"75 | '08 |  | 4 | Toelen Daphne | 8"86 | '09 |  |
|  | 5 | Van Eekert Siel | 10"31 | '10 |  | 5 | Lambregts Ylen | 9"00 | '10 |  |
|  | 6 | Lambregts Ylen | 10"97 | '10 |  |  |  |  |  |  |

# INDOOR DAMES SCHOLIEREN

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **200 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 27"00 | '13 |  | 1 | Toelen Daphne | 64"57 | '09 |  |
|  | 2 | Toelen Daphne | 28"82 | '10 |  |  |  |  |  |  |
|  | 3 | Caers Shana | 28"85 | '08 |  |  |  |  |  |  |
|  | 4 | Verrydt Nathalie | 29"47 | '09 |  |  |  |  |  |  |
|  | 5 | Van Eekert Siel | 29"50 | '09 |  |  |  |  |  |  |
|  | 6 | Cuynen Nele | 29"59 | '10 |  |  |  |  |  |  |
|  | 7 | Lambregts Ylen | 31"08 | '11 |  |  |  |  |  |  |
|  | 8 | Janssen Steffi | 31"35 | '11 |  |  |  |  |  |  |

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|  | **800 meter El** | | | |  |  |  |  |  |  |
|  | 1 | Hooyberghs Elien | 2'36"94 | '11 |  |  |  |  |  |  |
|  | 2 | Brosens Stefanie | 2'37"27 | '13 |  |  |  |  |  |  |
|  | 3 | Van Eekert Siel | 2'44"82 | '10 |  |  |  |  |  |  |

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|  | Ver | | | |  | Hinkstap | | | |  |
|  | 1 | Caers Shana | 5m28 | '09 |  | 1 | Peeters Teske | 8m61 | '09 |  |
|  | 2 | Hooyberghs Elien | 5m13 | '11 |  |  |  |  |  |  |
|  | 3 | Van Eekert Siel | 4m32 | '10 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 4m31 | '10 |  |  |  |  |  |  |
|  | 5 | Brosens Stefanie | 4m29 | '13 |  |  |  |  |  |  |

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|  | Hoog | | | |  | Polsstok | | | |  |
|  | 1 | Caers Shana | 1m59 | '09 |  | 1 | Janssen Steffi | 2m20 | '12 |  |
|  | 2 | Brosens Stefanie | 1m56 | '13 |  |  |  |  |  |  |
|  | 3 | Hooyberghs Elien | 1m55 | '11 |  |  |  |  |  |  |
|  | 4 | Van Eekert Siel | 1m49 | '09 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 1m43 | '10 |  |  |  |  |  |  |
|  | 6 | Van Heuckelom Loren | 1m35 | '09 |  |  |  |  |  |  |
|  | 7 | Ameye Astrid | 1m35 | '12 |  |  |  |  |  |  |
|  | 8 | Druyts Lies | 1m35 | '12 |  |  |  |  |  |  |

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|  | Kogel 3 kg | | | |  | Kogel 4 kg | | | |  |
|  | 1 | Brosens Stefanie | 10m90 | '13 |  | 1 | Hooyberghs Elien | 10m40 | '11 |  |
|  | 2 | Janssen Steffi | 7m12 | '12 |  | 2 | Lambregts Ylen | 7m78 | '11 |  |
|  |  |  |  |  |  | 3 | Van Eekert Siel | 7m65 | '10 |  |
|  |  |  |  |  |  | 4 | Janssen Steffi | 6m32 | '11 |  |

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|  | 5-Kamp | | | |  |  | | | |  |
|  | 1 | Hooyberghs Elien | 3275p | '11 |  |  |  |  |  |  |
|  | 2 | Brosens Stefanie | 3009p | '13 |  |  |  |  |  |  |
|  | 3 | Van Eekert Siel | 2390p | '10 |  |  |  |  |  |  |

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| **Aflossing 4 x 200 meter El** | | | |
| 1 | Ghyssaert Leen – Cuynen Nele – Van Eekert Siel – Hooyberghs Elien | 1'53"07 | '10 |
| 2 | Ghyssaert Leen – Lambregts Ylen – Brosens Stefanie – Cuynen Nele | 1'56"94 | '11 |

## CLUBRECORDS SCHOLIEREN

**50 Y H (0,84m)** **Tuac** Hermans Annemie 7"4 Wilrijk 14/03/82

**50 m H (0,84m)** **Tuac** Hermans Annemie 7"7 Leuven 17/02/83

Leysen An 7"7 ev Leuven 21/02/84

**60 m H (0,76m)** **Atac** Hooyberghs Elien 9"35 Gent 06/02/11

**Avos** Sneyders Sanne 9"33 Gent 06/03/05

**Tuac** Van Herpe Katrin 8"94 Wlrijk 22/12/90

**60 m H (0,84m)** **Tuac** Kerremans Ivy 9"17 Liévin (F) 24/01/87

# INDOOR DAMES SCHOLIEREN

**50 Yards** **Avos** Roels Ann 6"7 Herentals 15/02/86

**Tuac** Hermans Annemie 6"4 Wilrijk 23/01/82

**50 meter**  **Tuac** Verheyen May 6"8 Leuven 25/01/80

**60 meter Atac** Caers Shana 8"48 Gent 26/12/08

**Avos** Broeckx Sophie 8"02 Gent 15/01/06

**Tuac** Van der Veken Katrien 8"28 Gent 23/12/01

**200 meter Atac** Brosens Stefanie 27"00 Gent 19/01/13

**Avos** Broeckx Sophie 25"84 Gent 22/01/06

**Tuac** Aerts Katrien 26"75 Gent 16/01/94

**300 meter Avos** Caers Shana 44"80 Gent 26/12/07

**400 meter Atac** Toelen Daphne 64"57 Gent 09/03/09

**Avos** Peeters An 60"26 Liévin (F) 06/02/99

**Tuac** Aerts Katrien 59"49 Gent 09/01/94

**800 meter Atac** Hooyberghs Elien 2'36"94 gent 06/02/11 **Avos** V.Waeyenberghe Hanne 2'28"90 Gent 29/02/04

**Tuac** Moelans Inge 2'28"70 Gent 27/01/91

**Ver** **Atac** Caers Shana 5m28 Gent 18/01/09

**Avos** V.Waeyenberghe Hanne 5m64 Gent 06/03/05

**Tuac** Hermans Annemie 5m51 Wilrijk 15/03/82

**Hinkstap** **Atac** Peeters Teske 8m61 Gent 03/01/09

**Avos** Sneyders Sanne 10m49 Gent 16/01/05

**Tuac** Noyens Annelies 10m08 Hoboken 26/12/98

**Hoog** **Atac** Caers Shana 1m59 Gent 18/01/09

**Avos** Caers Shana 1m57 Gent 03/02/08

**Tuac** Meulders Liesbeth 1m81 Gent 23/01/94

**Polsstok** **Atac** Janssen Steffi 2m20 Mol 14/01/12

**Kogel 3kg** **Atac** Brosens Stefanie 10m90 Gent 03/02/13

**Avos** Jacobs Leslie 10m20 Hoboken 17/12/95

**Tuac** Meulders Liesbeth 12m59 Gent 14/02/93

**Kogel 4kg** **Atac** Hooyberghs Elien 10m40 Gent 06/02/11

**Avos** Van Der Velden Carine 11m68 Hoboken 19/03/88

**Tuac** Noyens Annelies 7m52 Hoboken 27/12/98

**5-Kamp** **Atac** Hooyberghs Elien 3275p Gent 06/02/11

**Avos** V.Waeyenberghe Hanne 3303p Gent 27/02/05

**Tuac** Meulders Liesbeth 3738p Gent 23/01/94

**4 x 200 meter Atac** Ghyssaert Leen – Cuynen Nele – Van Eekert Siel – Hooyberghs Elien

1'53"07 Gent 14/02/10

# INDOOR DAMES JUNIORES

## jaarprestaties JUNIORES

**60 meter H El** 1. Lambregts Ylen 11"60 Gent 22/12/12

**60 meter El** 1. Lambregts Ylen 9"24 Hoboken 16/12/12

**200 meter El** 1. Lambregts Ylen 31"76 Gent 22/12/12

**Ver** 1. Lambregts Ylen 4m21 Gent 26/12/12

**Hoog**  1. Lambregts Ylen 1m35 Gent 22/12/12

# INDOOR DAMES JUNIORES

**Kogel 4 kg**  1. Lambregts Ylen 7m93 Hoboken 24/02/13

## 10 beste prestaties juniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter Horden El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Caers Shana | 10"44 | '09 |  | 1 | Caers Shana | 8"63 | '10 |  |
|  | 2 | Van Eekert Siel | 10"78 | '12 |  | 2 | Lambregts Ylen | 9"21 | '11 |  |
|  | 3 | Lambregts Ylen | 11"28 | '12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **800 meter El** | | | |  |
|  | 1 | Lambregts Ylen | 31"21 | '12 |  | 1 | Lambregts Ylen | 3'13"88 | '12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hinkstap** | | | |  |
|  | 1 | Caers Shana | 5m01 | '10 |  | 1 | Caers Shana | 10m69 | '11 |  |
|  | 2 | Van Eekert Siel | 4m31 | '12 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 4m21 | '12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Kogel 4 kg** | | | |  |
|  | 1 | Caers Shana | 1m56 | '10 |  | 1 | Caers Shana | 9m01 | '10 |  |
|  | 2 | Van Eekert Siel | 1m45 | '12 |  | 2 | Lambregts Ylen | 7m98 | '12 |  |
|  | 3 | Lambregts Ylen | 1m42 | '12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5-Kamp** | | | |  |  | | | |  |
|  | 1 | Lambregts Ylen | 1549p | '12 |  |  |  |  |  |  |

## clubrecords JUNIORES

**50 m Horden** **Tuac** Kerremans Ivy 7"5 Leuven 16/02/88

**60 m Horden** **Atac** Caers Shana 10"44 Gent 19/12/09

**Avos** Aerts Sara 9"11 Gent 03/02/02

**Tuac** De Neve Annick 8"9 Hoboken 15/12/85

Meeusen Katrien 8"9 ev Hoboken 19/03/88

**50 meter** **Tuac** Druyts Ria 6"7 Leuven 08/01/80

**60 meter** **Atac** Caers Shana 8"63 Hoboken 21/11/10

**Avos** Aerts Sara 8"37 Hoboken 12/01/02

**Tuac** De Backer Tanja 8"21 Gent 28/12/03

**200 meter** **Atac** Lambregts Ylen 31"21 Gent 08/01/12

**Avos** Peeters An 27"15 Gent 31/01/01

**Tuac** Aerts Katrien 26"53 Gent 26/12/94

**400 meter** **Avos** Peeters An 60"40 Gent 17/02/02

**Tuac** Aerts Katrien 58"29 Gent 05/02/95

**800 meter** **Atac** Lambregts Ylen 3'13"88 Gent 05/02/12

**Avos** Aerts Sara 2'36"86 Gent 09/03/03

**Tuac** Aerts Katrien 2'26"25 Gent 14/01/95

**Ver** **Atac** Caers Shana 5m01 Gent 11/12/10

**Avos** Aerts Sara 5m52 Gent 27/01/02

**Tuac** Hermans Annemie 5m72 Leuven 21/02/84

**Hinkstap Atac** Caers Shana 10m69 Gent 08/01/11

**Hoog**  **Atac** Caers Shana 1m56 Gent 03/01/10

**Avos** Aerts Sara 1m72 Gent 03/02/02

**Tuac** Meulders Liesbeth 1m82 Gent 22/01/95

**Kogel 4kg**  **Atac** Caers Shana 9m01 Hoboken 21/11/10

**Avos** Aerts Sara 11m53 Gent 04/01/03

**Tuac** Meulders Liesbeth 11m01 Gent 14/01/95

# INDOOR DAMES JUNIORES

**5-Kamp** **Atac** Lambregts Ylen 1549p Gent 05/02/12

**Avos** Aerts Sara 3596p Gent 03/02/02

**Tuac** Meulders Liesbeth 3645p Gent 14/01/95

# INDOOR DAMES SENIORES

## JAARPRESTATIES seniores

**50 meter H El** 1. Maes Marjan 8"85 Heverlee 11/12/12

**60 meter H El** 1. Segers Liene 9"96 Gent 26/12/12

2.Maes Marjan 10"30 Gent 26/12/12

**60 meter El** 1. Segers Liene 8"12 Gent 26/12/12

**200 meter El** 1. Segers Liene 27"24 Gent 26/12/12

**Hoog** 1. Maes Marjan 1m58 Mol 12/01/13

2. Brosens Evelien 1m35 Gent 22/12/12

**Kogel 4kg**  1. Maes Marjan 7m10 Mol 12/01/13

2. Lambregts Ymke 6m92 Hoboken 16/12/12

## overwinningen seniores

1. Segers Liene 60mH Gent 26/12/12

2. Maes Marjan Hoog Gent 26/12/12

## 10 Beste prestaties seniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Maes Marjan | 8"85 | '12 |  | 1 | Segers Liene | 9"96 | '12 |  |
|  |  |  |  |  |  | 2 | Maes Marjan | 10"30 | '12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Segers Liene | 8"12 | '12 |  | 1 | Segers Liene | 27"24 | '12 |  |
|  | 2 | De Backer Tanja | 8"17 | '12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Kogel 4kg** | | | |  |
|  | 1 | Maes Marjan | 1m61 | '10 |  | 1 | Maes Marjan | 7m33 | '11 |  |
|  | 2 | Maes Kathleen | 1m35 | '10 |  | 2 | Lambregts Ymke | 7m02 | '12 |  |
|  | 3 | Brosens Evelien | 1m35 | '12 |  | 3 | Maes Kathleen | 5m39 | '10 |  |

## CLUBRECORDS SENIORES

**50 m Horden** **Atac** Maes Marjan 8"85 Heverlee 11/12/12

**Avos** Jansens Greet 8"27 Heverlee 18/12/07

**Tuac** Aerts Katrien 7"82 Heverlee 09/12/97

**60 m Horden** **Atac** Segers Liene 9"96 Gent 26/12/12

**Avos** Aerts Sara 8"43 Gent 27/02/05

**Tuac** Aerts Katrien 9"01 Gent 27/12/97

# INDOOR DAMES SENIORES

**100 m Horden** **Tuac** Paulussen Marien 16"7 Dortmund (D) 08/02/81

**50 Yards Avos** Van Hofstraeten M.-P. 6"7 Wilrijk 08/02/92

**50 meter** **Tuac** De Neve Annick 6"9 Leuven 10/02/87

**60 meter** **Atac** Segers Liene 8"12 Gent 26/12/12

**Avos** Aerts Sara 7"77 Gent 12/02/05

**Tuac** Verheyen May 8"22 Hoboken 05/03/89

**200 meter** **Atac** Segers Liene 27"24 Gent 26/12/12

**Avos** Aerts Sara 25"35 Gent 23/01/05

**Tuac** De Neve Annick 27"4 Dortmund (D) 19/02/89

**400 meter Avos** Belmans Else 57"47 Gent 29/01/06

**Tuac** Aerts Katrien 58"12 Gent 18/01/98

**800 meter** **Avos** Belmans Else 2'22"95 Gent 27/02/05

**Tuac** Segers Mai 2'15"4 Dortmund (D) 08/02/81

**Ver** **Avos** Aerts Sara 6m03 Kirchberg (L) 03/02/07

**Tuac** De Belser Lieve 5m63 Leuven 08/01/80

**Hoog** **Atac** Maes Marjan 1m61 Mol 24/01/10

**Avos** Aerts Sara 1m72 Gent 29/02/04

**Tuac** Verheyen May 1m82 Hoboken 15/01/89

**Kogel 4kg** **Atac** Maes Marjan 7m33 Mol 16/01/11

**Avos** Aerts Sara 13m49 Kirchberg (L) 03/02/07

**Tuac** Scheerlinck Tille 11m64 Leuven 11/03/86

**5-Kamp** **Avos** Aerts Sara 4125p Gent 27/02/05

# INDOOR DAMES MASTERS-W35

## CLUBRECORDS masters-W35

**60 meter Tuac** Huysmans Miek 8"81 Hoboken 18/02/89

**Ver Tuac** Huysmans Miek 4m24 Hoboken 18/02/89

**Kogel 4 kg Avos** Huybrechts Sandra 8m53 Hoboken 10/12/06

**Tuac** Matheussen Hilde 9m62 Hoboken 22/12/91

# INDOOR DAMES MASTERS-W40

## clubrecords masters-w40

**60 m H (0,76m) Avos** De Wachter Sabine 10"09 Gent 11/03/07

**60 m H (0,84m) Avos** De Wachter Sabine 10"33 Gent 27/02/05

**60 meter**  **Avos** De Wachter Sabine 9"51 Hoboken 25/02/07

**200 meter**  **Avos** De Bont Marleen 32"50 Gent 26/02/95

**800 meter Avos** De Wachter Sabine 2'47"18 Helsinki (Fin) 23/03/07

**Hoog Avos** De Wachter Sabine 1m52 Linz (Oost.) 17/03/06

**Ver** **Avos** De Wachter Sabine 4m31 Helsinki (Fin) 23/03/07

**Kogel 4kg** **Avos** De Wachter Sabine 11m36 Gent 11/03/07

**Tuac** Matheussen Hilde 10m40 Hoboken 20/12/92

**5-Kamp (sen) Avos** De Wachter Sabine 2306p Gent 11/02/07

**5-Kamp (mas) Avos** De Wachter Sabine 2612p Hoboken 25/02/07

**5-Kamp (E.K.) Avos** De Wachter Sabine 3401p Helsinki (Fin) 23/03/07

# INDOOR DAMES MASTERS-W45

## CLUBRECORDS MASTERS-W45

**60 m Horden Avos** De Bont Marleen 13"37 Hoboken 20/02/00

**60 meter**  **Avos** De Bont Marleen 9"66 Hoboken 19/11/95

**200 meter**  **Avos** De Bont Marleen 32"90 Gent 26/01/97

**Ver** **Avos** De Bont Marleen 4m18 Hoboken 19/11/95

**Hoog**  **Avos** De Bont Marleen 1m20 Hoboken 26/12/99

**Kogel 4kg** **Avos** De Bont Marleen 8m10 Hoboken 20/02/00

**5-Kamp Avos** De Bont Marleen 1463p Hoboken 20/02/00

# INDOOR DAMES MASTERS-W50

## CLUBRECORDS MASTERS-W50

**60 m Horden Avos** De Bont Marleen 13"90 Hoboken 18/03/01

**60 meter**  **Avos** De Bont Marleen 9"89 Hoboken 04/03/01

**200 meter**  **Avos** De Bont Marleen 33"09 Gent 09/12/00

**Ver** **Avos** De Bont Marleen 3m92 Gent 11/01/03

**Hoog**  **Avos** De Bont Marleen 1m25 Hoboken 18/03/01

**Kogel 3kg** **Avos** De Bont Marleen 8m38 Gent 06/01/02

**Kogel 4kg** **Avos** De Bont Marleen 7m97 Hoboken 24/11/01

**5-Kamp Avos** De Bont Marleen 1480p Hoboken 18/03/01

# INDOOR DAMES MASTERS-W55

## CLUBRECORDS MASTERS-W55

**60 meter** **Avos** De Bont Marleen 10"46 Gent 11/03/07

**Ver**  **Avos** De Bont Marleen 3m78 Hoboken 11/02/07

**Hoog** **Avos** De Bont Marleen 1m20 Gent 13/01/07

**Kogel 3kg** **Avos** De Bont Marleen 8m35 Gent 13/01/07

# VELDLOPEN DAMES 1

## Bonheiden 28/10/12

BENJAMINS '05 Keuppens Lenka 8/38

BENJAMINS '04 Keuppens Jinthe 3/43

PUPILLEN '03 Borstlap Kaat 22/34

Vosters Kaat 29/34

PUPILLEN '02 Van Goubergen Anne-Sophie 12/46

De Meulder Joke 41/46

MINIEMEN '01 Lenaerts Isabeau 2/48

Discart Kyra 17/48

Ceusters Bieke 25/48

Ceusters Bauke 45/48

MINIEMEN '00 De Letter Jana 31/36

JUNIORES Van Ammel Joyce 9/18

MASTERS Staes Annie 3/36

Dams Lou 23/36

## hulst 03/11/12

CADETTEN **Speelman-rooms Femke 1/19**

Lenaerts Lorane 3/19

SCHOLIEREN **Van Eyck Sofie 1/7**

De Keulenaer Tina 2/7

SENIORES Claes Lotte 5/15

De Vlieger Charlotte 9/15

## mol 04/11/12 cross-cup

BENJAMINS '05 Keuppens Lenka 13/43\*

BENJAMINS '04 Keuppens Jinthe 4/39\*

## DUFFEL 18/11/12

PUPILLEN '03 Vosters Kaat 23/27

PUPILLEN '02 **Van Goubergen Anne-Sophie 1/26**

Van Gestel Dina 26/26

MINIEMEN '01 Lenaerts Isabeau 2/33

Engelen Sara 6/33

Pleysier Julie 20/33

Ceusters Bieke 21/33

MINIEMEN '00 Vanmechelen Hannah 22/28

De Letter Jana 26/28

CADETTEN **Speelman-rooms Femke 1/31**

Lenaerts Lorane 8/31

Swannet Laura 12/31

SCHOLIEREN **Van Eyck Sofie 1/15**

JUNIORES Van Ammel Joyce 3/6

SENIORES Lauwers Shana 7/29

Claes Lotte 14/29

De Vlieger Charlotte 21/29

MASTERS Staes Annie 2/20

Dams Lou 11/20

# VELDLOPEN DAMES 2

## ARENDONK 25/11/12

BENJAMINS '05 Keuppens Lenka 7/26

BENJAMINS '04 Keuppens Jinthe 17/20

PUPILLEN '03 Matthys Julie 21/29

Borstlap Kaat 22/29

PUPILLEN '02 Van Goubergen Anne-Sophie 4/26

Hillen Amber 15/26

De Meulder Joke 19/26

Van Gestel Dina 25/26

MINIEMEN '01 Lenaerts Isabeau 2/23

Engelen Sara 5/23

Discart Kyra 14/23

Pleysier Julie 18/23

Proost Zjoske 21/23

MINIEMEN '00 Vanmechelen Hannah 15/22

Dierckx Lynn 19/22

De Letter Jana 20/22

CADETTEN Lenaerts Lorane 2/19

Swannet Laura 5/19

SCHOLIEREN Brosens Stefanie 12/17

JUNIORES Van Ammel Joyce 4/6

SENIORES Lauwers Shana 5/22

Maes Marjan 20/22

MASTERS Staes Annie 5/17

Dams Lou 13/17

## boechout 02/12/12

CADETTEN De Vlieger Lize 2/21

Speelman-rooms Femke 5/21

Lenaerts Lorane 8/21

## stekene 09/12/12

CADETTEN **De Vlieger Lize 1/15**

Speelman-rooms Femke 2/15

SENIORES Lauwers Shana 10/36

De Vlieger Charlotte 33/36

MASTERS Dams Lou 15/22

## booischot 16/12/12

BENJAMINS '05 Keuppens Lenka 21/34

Wissink Senna 28/34

BENJAMINS '04 Keuppens Jinthe 8/31

MINIEMEN '01 Lenaerts Isabeau 7/38

Discart Kyra 13/38

Proost Zjoske 27/38

# VELDLOPEN DAMES 3

## gierle 23/12/12

BENJAMINS '05 Wissink Senna 26/37

Vandenbrande Noa 27/37

Engels Noor 30/37

BENJAMINS '04 Keuppens Jinthe 7/30

PUPILLEN '03 Borstlap Kaat 13/31

PUPILLEN '02 Van Goubergen Anne-Sophie 7/25

De Meulder Joke 20/25

Van Gestel Dina 25/25

MINIEMEN '01 Lenaerts Isabeau 3/36

Engelen Sara 7/36

Discart Kyra 22/36

Ceusters Bieke 31/36

De Schepper Amber 35/36

MINIEMEN '00 Vanmechelen Hannah 22/26

De Letter Jana 25/26

CADETTEN De Vlieger Lize 2/17

Speelman-rooms Femke 3/17

Swannet Laura 7/17

Lenaerts Lorane 8/17

JUNIORES Van Ammel Joyce 5/10

SENIORES Lauwers Shana 3/23

De Vlieger Charlotte 21/23

Maes Marjan 22/23

MASTERS Staes Annie 4/22

Dams Lou 13/22

## betekom 13/01/13

CADETTEN Swannet Laura 6/26

JUNIORES Van Ammel Joyce 3/6

MASTERS Staes Annie 6/32

## hamme 13/01/13

MINIEMEN '01 Lenaerts Isabeau 2/25\*

CADETTEN **De Vlieger Lize 1/26**

Speelman-rooms Femke 6/26

Lenaerts Lorane 9/26

SCHOLIEREN Van Eyck Sofie 7/11

## HERENTALS 20/01/13

BENJAMINS '05 Keuppens Lenka 12/32

Wissink Senna 20/32

BENJAMINS '04 Keuppens Jinthe 2/24

PUPILLEN '03 Borstlap Kaat 10/24

Vosters Kaat 17/24

PUPILLEN '02 van den Broek Truus 6/21

Van Goubergen Anne-Sophie 8/21

MINIEMEN '01 Lenaerts Isabeau 3/22

# VELDLOPEN DAMES 4

Engelen Sara 5/22

Discart Kyra 15/22

MINIEMEN '00 Vanmechelen Hannah 14/18

De Letter Jana 17/18

CADETTEN Swannet Laura 5/15

JUNIORES Van Ammel Joyce 2/4

SENIORES Lauwers Shana 6/13

Maes Marjan 12/13

Maes Kathleen 13/13

MASTERS Dams Lou 8/10

## Bornem 20/01/13

CADETTEN De Vlieger Lize 3/27

Speelman-rooms Femke 4/27

Lenaerts Lorane 7/27

SCHOLIEREN Van Eyck Sofie 9/29

## Ekeren 27/01/13

PUPILLEN '03 Vosters Kaat 17/17

PUPILLEN '02 van den Broek Truus 3/22

Van Goubergen Anne-Sophie 8/22

De Meulder Joke 19/22

MINIEMEN '01 Engelen Sara 11/21

## borsbeek 03/02/13 prov.kamp.

BENJAMINS '05 Keuppens Lenka 13/52

Wissink Senna 32/52

BENJAMINS '04 Keuppens Jinthe 7/47

PUPILLEN '03 Borstlap Kaat 22/45

PUPILLEN '02 Van Goubergen Anne-Sophie 5/47

van den Broek Truus 21/47

De Meulder Joke 30/47

Van Gestel Dina 44/47

MINIEMEN '01 Lenaerts Isabeau 5/46

Engelen Sara 10/46

MINIEMEN '00 Vanmechelen Hannah 29/43

CADETTEN '99 Speelman-rooms Femke 2/16

Swannet Laura 3/16

Lenaerts Lorane 4/16

CADETTEN '98 De Vlieger Lize 2/20

SCHOLIEREN '96 Van Eyck Sofie 6/14

JUNIORES Van Ammel Joyce 5/10

SENIORES Lauwers Shana 5/16

MASTERS Staes Annie 5/36

Dams Lou 19/36

## kessel 10/02/13

PUPILLEN '02 van den Broek Truus 9/24

De Meulder Joke 15/24

# VELDLOPEN DAMES 5

Van Gestel Dina 20/24

MINIEMEN '01 Discart Kyra 14/22

CADETTEN Speelman-rooms Femke 2/11

Lenaerts Lorane 3/11

SCHOLIEREN Van Eyck Sofie 3/10

SENIORES Claes Lotte 10/22

Maes Marjan 16/22

Maes Kathleen 19/22

## hulshout 17/02/13 cross-cup & KVV

SENIORES Lauwers Shana 13/15

MASTERS Staes Annie 5/24

Dams Lou 19/24

## Essen 24/02/13

PUPILLEN '03 Vosters Kaat 9/13

PUPILLEN '02 van den Broek Truus 5/22

Van Goubergen Anne-Sophie 8/22

MINIEMEN '01 Lenaerts Isabeau 4/24

Engelen Sara 15/24

SENIORES Maes Marjan 11/14

Maes Kathleen 13/14

## opwijk 02/03/13

CADETTEN **De Vlieger Lize 1/30**

Speelman-rooms Femke 2/30

Lenaerts Lorane 7/30

SCHOLIEREN Van Eyck Sofie 3/22

SENIORES Claes Lotte 8/20

## OOSTENDE 10/03/13 Nat. Kamp.

PUPILLEN '02 van den Broek Truus 38/107

Van Goubergen Anne-Sophie 51/107

MINIEMEN '01 Lenaerts Isabeau 45/100

Engelen Sara 62/100

CADETTEN '99 Speelman-rooms Femke 26/86

Lenaerts Lorane 51/86

CADETTEN '98 De Vlieger Lize 4/67

SCHOLIEREN '96 Van Eyck Sofie 17/42

JUNIORES Van Ammel Joyce 32/43

SENIORES Lauwers Shana 27/40

Claes Lotte (korte cross) 36/91

## rotselaar 17/03/13 Nat. Kamp. masters

MASTERS W50 **Staes Annie 1/13**

MASTERS W55 Dams Lou 4/8

\* komt niet in aanmerking voor het wintercriterium

# DAMES KLASSEMENT VELDLOOP

## BENJAMINS

1. Keuppens Jinthe 5 15,86 punten

2. Keuppens Lenka 5 32,44 punten

## PUPILLEN

1. Van Goubergen Anne-Sophie 5 16,78 punten

2. van den Broek Truus 5 27,58 punten

3. Borstlap Kaat 5 54,60 punten

4. De Meulder Joke 5 73,15 punten

5. Vosters Kaat 5 82,10 punten

6. Van Gestel Dina 5 94,61 punten

## MINIEMEN

1. Lenaerts Isabeau 5 7,62 punten

2. Engelen Sara 5 20,76 punten

3. Discart Kyra 5 51,04 punten

4. Vanmechelen Hannah 5 75,30 punten

5. De Letter Jana 5 92,09 punten

## cadetten

1. De Vlieger Lize 5 5,86 punten

2. Speelman-rooms Femke 5 8,19 punten

3. Lenaerts Lorane 5 20,08 punten

4. Swannet Laura 5 28,03 punten

## scholieren

1. Van Eyck Sofie 5 19,12 punten

## juniores

1. Van Ammel Joyce 5 50,00 punten

## seniores

1. Lauwers Shana 5 23,78 punten

2. Claes Lotte 5 41,32 punten

3. Maes Marjan 5 86,02 punten

## masters

1. Staes Annie 5 11,61 punten

2 Dams Lou 5 56,14 punten

# Ben/pup/min Dames eindklassement Winter

## benjamins (5 crossen, 1 sprint-, 1 spring-, 1 werpnummer)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Keuppens Jinthe*** | | |  | ***2. Keuppens Lenka*** | | |
| 5 crossen | 15,86 | 842p |  | 5 crossen | 32,44 | 676p |
| 50m | 8"84 | 377p |  | 50m | 9"83 | 177p |
| 60m | 10"35 | 351p\* |  | 60m | 11"57 | 146p\* |
| Ver | 3m00 | 141p\* |  | Ver | 2m52 | 62p |
| Hoog | 1m10 | 278p |  | Hoog | 0m75 | 28p\* |
| Kogel | 5m81 | 268p |  | Kogel | 4m01 | 152p |
| **Totaal** |  | **1765p** |  | **Totaal** |  | **1067p** |

## pupillen (5 crossen, 1 sprint-, 1 spring-, 1 werpnummer)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. van den Broek Truus*** | | |  | ***2. Van Goubergen Anne-Sophie*** | | |
| 5 crossen | 27,58 | 725p |  | 5 crossen | 16,78 | 833p |
| 50mH | 11"12 | 309p\* |  | 50mH | 10"77 | 364p |
| 60mH | 12"50 | 374p\* |  | 60mH | 12"87 | 325p\* |
|  |  |  |  | 50m | 8"99 | 343p\* |
| 60m | 9"45 | 550p |  |  |  |  |
| Ver | 3m60 | 263p\* |  | Ver | 3m54 | 249p |
| Hoog | 1m36 | 526p |  | Hoog | 1m00 | 194p\* |
| Kogel | 7m17 | 358p |  | Kogel | 6m10 | 287p |
| **Totaal** |  | **2159p** |  | **Totaal** |  | **1733p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***3. Borstlap Kaat*** | | |  | ***4. De Meulder Joke*** | | |
| 5 crossen | 54,60 | 454p |  | 5 crossen | 73,15 | 269p |
| 50mH | 12"06 | 184p\* |  |  |  |  |
| 60mH | 14"65 | 131p\* |  | 60mH | 13"77 | 217p\* |
| 50m | 9"72 | 196p\* |  | 50m | 8"95 | 352p\* |
| 60m | 10"94 | 242p |  | 60m | 9"74 | 481p |
| Ver | 3m13 | 166p\* |  | Ver | 2m85 | 115p |
| Hoog | 1m10 | 278p |  |  |  |  |
| Kogel | 5m76 | 265p |  | Kogel | 5m85 | 271p |
| **Totaal** |  | **1239p** |  | **Totaal** |  | **1136p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***5. Vosters Kaat*** | | |  | ***6. Van Gestel Dina*** | | |
| 5 crossen | 82,10 | 179p |  | 5 crossen | 94,61 | 54p |
| 50mH | 11"67 | 233p\* |  |  |  |  |
| 60mH | 13"79 | 215p\* |  |  |  |  |
| 50m | 9"57 | 223p\* |  | 50m | 9"45 | 246p |
| 60m | 10"47 | 327p |  |  |  |  |
| Ver | 3m20 | 179p\* |  | Ver | 2m12 | 13p\* |
| Hoog | 1m00 | 194p |  | Hoog | 1m01 | 202p |
| Kogel | 5m61 | 255p |  | Kogel | 4m25 | 167p |
| **Totaal** |  | **955p** |  | **Totaal** |  | **669p** |

# Ben/pup/min Dames eindklassement Winter

## miniemen (5 crossen, 1 sprint-, 1 spring-, 1 werpnummer)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Lenaerts Isabeau*** | | |  | ***2. Engelen Sara*** | | |
| 5 crossen | 7,62 | 924p |  | 5 crossen | 20,76 | 793p |
| 50mH | 10"80 | 359p\* |  | 50mH | 11"60 | 242p\* |
|  |  |  |  | 60mH | 13"38 | 261p\* |
| 50m | 8"81 | 384p\* |  |  |  |  |
| 60m | 9"91 | 443p |  | 60m | 9"94 | 436p |
| Ver | 3m10 | 160p\* |  | Ver | 3m06 | 152p\* |
| Hoog | 1m10 | 278p |  | Hoog | 1m01 | 202p |
| Kogel | 6m40 | 307p |  | Kogel | 4m47 | 181p |
| **Totaal** |  | **1952p** |  | **Totaal** |  | **1612p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***3. Vanmechelen Hannah*** | | |  | ***4. Discart Kyra*** | | |
| 5 crossen | 75,30 | 247p |  | 5 crossen | 51,04 | 490p |
| 50mH | 10"88 | 346p\* |  | 50mH | 11"43 | 265p\* |
| 50m | 8"18 | 547p |  | 50m | 8"62 | 431p |
| Ver | 3m39 | 218p\* |  | Ver | 3m04 | 149p\* |
| Hoog | 1m15 | 323p |  | Hoog | 1m10 | 278p |
| Kogel | 8m09 | 420p |  | Kogel | 5m65 | 258p |
| **Totaal** |  | **1537p** |  | **Totaal** |  | **1457p** |

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| --- | --- | --- | --- | --- | --- | --- |
| ***5. De Letter Jana*** | | |  |  | | |
| 5 crossen | 92,09 | 80p |  |  |  |  |
| 50mH | 11"89 | 205p\* |  |  |  |  |
| 50m | 9"22 | 293p |  |  |  |  |
| Ver | 3m19 | 177p\* |  |  |  |  |
| Hoog | 1m16 | 332p |  |  |  |  |
| Kogel | 7m62 | 388p |  |  |  |  |
| **Totaal** |  | **1093p** |  |  |  |  |

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| \* proef met minste punten valt weg |  |  |  |  |  |

# OUTDOOR DAMES BENJAMINS

## JAARPRESTATIEs benjamins

**60 meter**  1. Keuppens Jinthe 9”9 Vosselaar 31/08/13

2. Keuppens Lenka 10”8 Herenthout 16/06/13

**60 meter El** 1. Keuppens Jinthe 10"31 Mol 20/05/13

2. Lannoy Emilie 10”73 Turnhout 09/06/13

3. Keuppens Lenka 10”97 Turnhout 15/09/13

**600 meter** 1. Keuppens Jinthe 2’12”8 Lille 25/05/13

2. Keuppens Lenka 2’22”7 Vosselaar 31/08/13

**600 meter El** 1. Keuppens Jinthe 2’05”98 Turnhout 15/09/13

2. Keuppens Lenka 2’16”44 Turnhout 29/06/13

**Ver** 1. Keuppens Jinthe 3m22 Vosselaar 31/08/13

2. Lannoy Emilie 2m97 Turnhout 09/06/13

3. Keuppens Lenka 2m73 Turnhout 15/09/13

**Hoog** 1. Keuppens Jinthe 1m06 Lille 25/05/13

2. Keuppens Lenka 0m85 Lille 25/05/13

**Kogel 1kg** 1. Lannoy Emilie 7m04 Turnhout 09/06/13

2. Keuppens Jinthe 6m60 Herenthout 16/06/13

3. Keuppens Lenka 4m26 Lille 25/05/13

**Hockeybal** 1. Lannoy Emilie 32m23 Turnhout 09/06/13

2. Keuppens Jinthe 24m49 Arendonk 13/04/13

3. Keuppens Lenka 10m24 Turnhout 15/09/13

**4-Kamp** 1. Keuppens Jinthe 1322p Lille 25/05/13

2. Keuppens Lenka 712p Lille 25/05/13

## Overwinningen Benjamins

1. Keuppens Jinthe 4-Kamp Arendonk 13/04/13

2. Keuppens Jinthe 60m Arendonk 13/04/13

3. Keuppens Jinthe Hockey Arendonk 13/04/13

4. Keuppens Jinthe Hockey Mol 20/05/13

5. Keuppens Jinthe 4-Kamp Lille 25/05/13

6. Keuppens Jinthe 60m Lille 25/05/13

7. Keuppens Jinthe Hoog Lille 25/05/13

8. Keuppens Jinthe 600m Lille 25/05/13

9. Keuppens Lenka 60m Lille 25/05/13

10. Lannoy Emilie Kogel Turnhout 09/06/13

11. Lannoy Emilie Hockey Turnhout 09/06/13

12. Keuppens Jinthe 60m Vosselaar 31/08/13

13. Keuppens Jinthe 600m Vosselaar 31/08/13

14. Keuppens Jinthe 60m Turnhout 15/09/13

# OUTDOOR DAMES BENJAMINS

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | |  | **40 meter** | | | |  |
|  |  |  |  |  |  | 1 | De Meulder Joke | 7"4 | '11 |  |
|  |  |  |  |  |  | 2 | Malfet Yana | 7"5 | '11 |  |
|  |  |  |  |  |  | 3 | Keuppens Jinthe | 7"5 | '12 |  |
|  |  |  |  |  |  | 4 | Proost Anna | 9"3 | '10 |  |
|  |  |  |  |  |  | 5 | Van Gestel Dina | 11"7 | '10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | van den Broek Truus | 10"00 | '11 |  | 1 | Keuppens Jinthe | 9”9 | ‘13 |  |
|  | 2 | Lauwers Fé | 10"03 | '09 |  | 2 | Lauwers Fé | 10"0 | '09 |  |
|  | 3 | Smeyers Lynn | 10"08 | '10 |  | 3 | Vanmechelen Hannah | 10"1 | '09 |  |
|  | 4 | Vanmechelen Hannah | 10"19 | '09 |  | 4 | van den Broek Truus | 10"1 | '11 |  |
|  | 5 | Van Goubergen Anne-S. | 10"31 | '11 |  | 5 | Van Goubergen Anne-S. | 10"2 | '11 |  |
|  | 6 | Keuppens Jinthe | 10"31 | '13 |  | 6 | Borstlap Hanne | 10"6 | '09 |  |
|  | 7 | Borstlap Hanne | 10"41 | '09 |  | 7 | Smeyers Lynn | 10"6 | '10 |  |
|  | 8 | Discart Kyra | 10"44 | '10 |  | 8 | De Maesschalck Amber | 10"7 | '09 |  |
|  | 9 | De Meulder Joke | 10"72 | '11 |  | 9 | Discart Kyra | 10"8 | '10 |  |
|  | 10 | Malfet Yana | 10"72 | '11 |  | 10 | Keuppens Lenka | 10"8 | '13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | |  | **400 meter** | | | |  |
|  |  |  |  |  |  | 1 | Keuppens Jinthe | 1'34"0 | '11 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **600 meter El** | | | |  | **600 meter** | | | |  |
|  | 1 | Keuppens Jinthe | 2’05”98 | '13 |  | 1 | Van Goubergen Anne-S. | 2'09"6 | '11 |  |
|  | 2 | Lenaerts Isabeau | 2'06"12 | '10 |  | 2 | van den Broek Truus | 2'12"2 | '11 |  |
|  | 3 | van den Broek Truus | 2'11"90 | '11 |  | 3 | Lenaerts Isabeau | 2'12"6 | '10 |  |
|  | 4 | Borstlap Hanne | 2'13"51 | '09 |  | 4 | Keuppens Jinthe | 2'12"8 | '13 |  |
|  | 5 | Discart Kyra | 2'13"61 | '10 |  | 5 | De Maesschalck Amber | 2'18"7 | '09 |  |
|  | 6 | Van Goubergen Anne-S. | 2'14"91 | '10 |  | 6 | Discart Kyra | 2'18"7 | '10 |  |
|  | 7 | De Maesschalck Amber | 2'15"36 | '09 |  | 7 | Borstlap Kaat | 2'20"5 | '12 |  |
|  | 8 | Keuppens Lenka | 2’16”44 | ‘13 |  | 8 | Lauwers Fé | 2'20"6 | '09 |  |
|  | 9 | Borstlap Kaat | 2'19"18 | '12 |  | 9 | Vanmechelen Hannah | 2'22"7 | '09 |  |
|  | 10 | Lauwers Fé | 2'20"34 | '09 |  | 10 | Keuppens Lenka | 2'22"7 | '13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | Hoog | | | |  |
|  | 1 | Van Goubergen Anne-S. | 3m64 | '11 |  | 1 | van den Broek Truus | 1m15 | '11 |  |
|  | 2 | van den Broek Truus | 3m48 | '11 |  | 2 | Borstlap Hanne | 1m09 | '09 |  |
|  | 3 | Lauwers Fé | 3m37 | '09 |  | 3 | Borstlap Kaat | 1m06 | '12 |  |
|  | 4 | Smeyers Lynn | 3m37 | '10 |  | 4 | Keuppens Jinthe | 1m06 | '13 |  |
|  | 5 | Lenaerts Isabeau | 3m27 | '10 |  | 5 | Lenaerts Isabeau | 0m95 | '10 |  |
|  | 6 | Keuppens Jinthe | 3m22 | '13 |  | 6 | Van Goubergen Anne-S. | 0m95 | '11 |  |
|  | 7 | Borstlap Hanne | 3m14 | '09 |  | 7 | Van Gestel Dina | 0m95 | '11 |  |
|  | 8 | Borstlap Kaat | 3m14 | '12 |  | 8 | Smeyers Lynn | 0m90 | '10 |  |
|  | 9 | Vanmechelen Hannah | 3m13 | '09 |  | 9 | Discart Kyra | 0m85 | '10 |  |
|  | 10 | Discart Kyra | 3m08 | '10 |  | 10 | De Meulder Joke | 0m85 | '10 |  |

# OUTDOOR DAMES BENJAMINS

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 1kg | | | |  | Hockeybal | | | |  |
|  | 1 | Lauwers Fé | 7m60 | '09 |  | 1 | Lannoy Emilie | 32m23 | ‘13 |  |
|  | 2 | van den Broek Truus | 7m60 | '11 |  | 2 | Lauwers Fé | 29m95 | '09 |  |
|  | 3 | Smeyers Lynn | 7m54 | '10 |  | 3 | Keuppens Jinthe | 24m49 | '13 |  |
|  | 4 | Van Goubergen Anne-S. | 7m32 | '11 |  | 4 | Van Goubergen Anne-S. | 21m51 | '11 |  |
|  | 5 | Borstlap Kaat | 7m29 | '12 |  | 5 | Smeyers Lynn | 20m96 | '10 |  |
|  | 6 | Lannoy Emilie | 7m04 | ‘13 |  | 6 | De Maesschalck Amber | 20m40 | '09 |  |
|  | 7 | Keuppens Jinthe | 6m60 | '13 |  | 7 | Lenaerts Isabeau | 20m25 | '10 |  |
|  | 8 | Borstlap Hanne | 6m53 | '09 |  | 8 | van den Broek Truus | 19m60 | '11 |  |
|  | 9 | Discart Kyra | 6m36 | '10 |  | 9 | Vanmechelen Hannah | 19m22 | '09 |  |
|  | 10 | Lenaerts Isabeau | 6m19 | '10 |  | 10 | Malfet Yana | 18m70 | '11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **4-kamp** | | | |  |  | | | |  |
|  | 1 | Keuppens Jinthe | 1322p | '13 |  |  |  |  |  |  |
|  | 2 | Van Goubergen Anne-S. | 1269p | '11 |  |  |  |  |  |  |
|  | 3 | Lauwers Fé | 1065p | '09 |  |  |  |  |  |  |
|  | 4 | van den Broek Truus | 1056p | '11 |  |  |  |  |  |  |
|  | 5 | Borstlap Hanne | 989p | '09 |  |  |  |  |  |  |
|  | 6 | Lenaerts Isabeau | 988p | '10 |  |  |  |  |  |  |
|  | 7 | Smeyers Lynn | 963p | '10 |  |  |  |  |  |  |
|  | 8 | Discart Kyra | 917p | '10 |  |  |  |  |  |  |
|  | 9 | Vanmechelen Hannah | 885p | '09 |  |  |  |  |  |  |
|  | 10 | De Maesschalck Amber | 814p | '09 |  |  |  |  |  |  |

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| **Aflossing 4 x 60 meter El** | | | |
| 1 | Lenaerts Isabeau – De Maesschalck Amber – Vanmechelen H. – Lauwers Fé | 41"33 | '09 |
| 2 | Vanmechelen Hannah – Smeyers Lynn – De Maesschalck A. – Lauwers Fé | 43"10 | '09 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 3 x 600 meter El** | | | |
| 1 | Lenaerts Isabeau – Van Goubergen Anne-Sophie – Discart Kyra | 7'05"41 | '10 |
| 2 | van den Broek Truus – Keuppens Jinthe – Van Goubergen Anne-Sophie | 7'18"34 | '11 |

## CLUBRECORDS BENJAMINS

**40 meter**  **Atac** De Meulder Joke 7"4 Baarle-Nassau 02/04/11

**60 meter**  **Atac** van den Broek Truus 10"00 Mol 29/05/11 **Avos** V.Waeyenberghe Hanne 9"06 Aartselaar 29/06/97

**Tuac** Verrydt Karen 9"20 Herentals 26/06/04

**400 meter**  **Atac** Keuppens Jinthe 1'34"0 Baarle-Nassau 02/04/11

**600 meter**  **Atac** Keuppens Jinthe 2’05"98 Turnhout 15/09/13

**1000 meter** **Avos** V.Waeyenberghe Hanne 3'41"68 Turnhout 06/07/97

**Tuac** Abbeel Anneleen 3'30"29 Turnhout 02/10/94

**Ver** **Atac** V.Goubergen Anne-S. 3m64 Oostende 15/08/11

**Avos** V.Waeyenberghe Hanne 4m28 Turnhout 14/09/97

**Tuac** Verrydt Karen 3m58 Turnhout 20/06/04

**Hoog** **Atac** van den Broek Truus 1m15 Lier 25/06/11

**Avos** Hooyberghs Elien 1m23 Nijvel 25/09/04

**Tuac** Lambregts Ylen 1m10 Essen 05/07/03

**Kogel 1kg** **Atac** Lauwers Fé 7m60 Edegem 24/04/09

van den Broek Truus 7m60 ev Vosselaar 03/09/11

**Avos** Hooyberghs Elien 9m64 Mol 22/08/04

**Tuac** Lambregts Ylen 7m57 Turnhout 31/08/03

**Hockeybal** **Atac** Lannoy Emilie 32m23 Turnhout 09/06/13

**Avos** Driesen Sarah 31m00 Lier 05/10/02

**Tuac** Willems Valerie 22m06 Turnhout 24/05/08

# OUTDOOR DAMES BENJAMINS

**3-Kamp** **Avos** V.Waeyenberghe Hanne 951p Turnhout 09/06/96

**Tuac** Meynen Griet 820p 92

**4-Kamp** **Atac** Keuppens Jinthe 1322p Lille 25/05/13

**Avos** V.Waeyenberghe Hanne 1612p Turnhout 06/07/97

**Tuac** Verrydt Karen 1458p Lommel 10/07/04

**Afl 4 x 60 m Atac** Lenaerts I. – De Maesschalck A. – Vanmechelen H. – Lauwers Fé

41"33 Turnhout 06/06/09

**Avos** Driesen Sarah – Rutten Sophie – Toelen Daphne – Brosens Evelien 41"26 Merksem 01/06/02

**Afl 3 x 600 m Atac** Lenaerts Isabeau – Van Goubergen Anne-Sophie – Discart Kyra

7'05"41 Mol 13/05/10

# OUTDOOR DAMES PUPILLEN

## JAARPRESTATIEs pupillen

**60 meter H El** 1. van den Broek Truus 12"60 Lier 27/07/13 2. Vosters Kaat 14"32 Mol 09/05/13

3. Borstlap Kaat 15"20 Herentals 01/04/13

4. V. Goubergen Anne-Sophie 18"30 Turnhout 09/06/13

**60 meter**  1. van den Broek Truus 9"4 Herenthout 16/06/13

2. Alessie Floor 9"6 Geel 08/09/13

3. V. Goubergen Anne-Sophie 9"7 Arendonk 13/04/13

4. De Meulder Joke 9"7 Lille 25/05/13

5. Vosters Kaat 10"3 Baarle-Nassau 30/03/13

6. Borstlap Kaat 10"6 Herenthout 16/06/13

7. Tan Noa 10"7 Vosselaar 31/08/13

**60 meter El** 1. van den Broek Truus 9"53 Turnhout 09/06/13

2. V. Goubergen Anne-Sophie 9"79 Lommel 23/06/13

3. Alessie Floor 9"80 Turnhout 15/09/13

4. De Meulder Joke 9"96 Turnhout 15/09/13

5. Vosters Kaat 10"55 Mol 09/05/13

6. Borstlap Kaat 10"84 Turnhout 15/09/13

**600 meter**  1. van den Broek Truus 2'06"0 Baarle-Nassau 30/03/13

2. Vosters Kaat 2'37"0 Baarle-Nassau 30/03/13

**1000 meter** 1. V. Goubergen Anne-Sophie 3'42"4 Vosselaar 31/08/13

2. van den Broek Truus 3'43"1 Vosselaar 31/08/13

3. Borstlap Kaat 3'52"2 Lille 25/05/13

4. Tan Noa 4'11"0 Vosselaar 31/08/13

5. De Meulder Joke 4'14"9 Lille 25/05/13

6. Vosters Kaat 4'29"3 Lille 25/05/13

**1000 meter El** 1. V. Goubergen Anne-Sophie 3'32"88 Turnhout 15/09/13

2. van den Broek Truus 3'39"49 Malle 29/09/13

3. Borstlap Kaat 3'42"72 Turnhout 15/09/13

4. Alessie Floor 3'46"28 Turnhout 15/09/13

5. De Meulder Joke 3'49"90 Turnhout 15/09/13

6. Vosters Kaat 5'04"61 Turnhout 15/09/13

# OUTDOOR DAMES PUPILLEN

**Ver** 1. van den Broek Truus 3m88 Mechelen 08/05/13

2. Alessie Floor 3m79 Turnhout 15/09/13

3. V. Goubergen Anne-Sophie 3m74 Mol 24/08/13

4. Borstlap Kaat 3m31 Lille 25/05/13

5. Vosters Kaat 3m22 Turnhout 15/09/13

6. De Meulder Joke 2m93 Herenthout 16/06/13

**Hoog** 1. van den Broek Truus 1m42 Arendonk 13/04/13

2. V. Goubergen Anne-Sophie 1m28 Lommel 23/06/13

3. Borstlap Kaat 1m10 Lokeren 15/06/13 4. Vosters Kaat 1m05 Turnhout 09/06/13 5. De Meulder Joke 1m00 Vosselaar 31/08/13

6. Tan Noa 1m00 Vosselaar 31/08/13

**Kogel 2kg** 1. Vosters Kaat 7m57 Turnhout 15/09/13

2. van den Broek Truus 7m02 Arendonk 13/04/13

3. V. Goubergen Anne-Sophie 6m89 Turnhout 15/09/13

4. Alessie Floor 6m44 Turnhout 15/09/13

5. De Meulder Joke 6m28 Turnhout 15/09/13

6. Borstlap Kaat 5m60 Turnhout 15/09/13

**Hockeybal** 1. Vosters Kaat 33m74 Vosselaar 31/08/13

2. V. Goubergen Anne-Sophie 31m86 Lommel 23/06/13

3. Alessie Floor 27m98 Geel 08/09/13

4. van den Broek Truus 23m11 Malle 29/09/13

5. De Meulder Joke 22m64 Vosselaar 31/08/13

6. Borstlap Kaat 21m26 Vosselaar 31/08/13

7. Tan Noa 13m00 Vosselaar 31/08/13

**Discus 600g** 1. van den Broek Truus 17m18 Edegem 11/05/13

2. V. Goubergen Anne-Sophie 17m13 Mol 24/08/13

3. Vosters Kaat 16m36 Herenthout 16/06/13

4. De Meulder Joke 14m23 Herenthout 16/06/13

5. Borstlap Kaat 12m22 Mol 24/08/13.

**4-kamp** 1. van den Broek Truus 1849p Arendonk 13/04/13

2. V. Goubergen Anne-Sophie 1687p Turnhout 15/09/13

3. Alessie Floor 1575p Turnhout 15/09/13

4. De Meulder Joke 1298p Turnhout 15/09/13

4. Borstlap Kaat 1213p Turnhout 15/09/13

5. Vosters Kaat 904p Lille 25/05/13

## Overwinningen pupillen

1. Vosters Kaat Hockey Baarle-Nassau 30/03/13

2. van den Broek Truus Hoog Baarle-Nassau 30/03/13

3. van den Broek Truus Ver Baarle-Nassau 30/03/13

4. van den Broek Truus Kogel Baarle-Nassau 30/03/13

5. van den Broek Truus Hoog Arendonk 13/04/13

6. van den Broek Truus 60m Arendonk 13/04/13

7. van den Broek Truus 4-Kamp Arendonk 13/04/13

8. V.Goubergen Anne-Sophie 60m Arendonk 13/04/13

9. V.Goubergen Anne-Sophie 1000m Arendonk 13/04/13

# OUTDOOR DAMES PUPILLEN

10. van den Broek Truus Ver Mechelen 08/05/13

11. van den Broek Truus 1000m Lille 25/05/13

12. Borstlap Kaat 60m Lille 25/05/13

13. De Meulder Joke 60m Lille 25/05/13

14. V.Goubergen Anne-Sophie Hoog Lommel 23/06/13

15. Borstlap Kaat 1000m Turnhout 29/06/13

16. V.Goubergen Anne-Sophie 60m Mol 03/08/13

17. V.Goubergen Anne-Sophie Ver Mol 24/08/13

18. V.Goubergen Anne-Sophie Discus Mol 24/08/13

19. V.Goubergen Anne-Sophie Hoog Vosselaar 31/08/13

20. V.Goubergen Anne-Sophie 1000m Vosselaar 31/08/13

21. Vosters Kaat Hockey Vosselaar 31/08/13

22. Vosters Kaat Hockey Geel 08/09/13

23. V.Goubergen Anne-Sophie Ver Geel 08/09/13

24. V.Goubergen Anne-Sophie 1000m Turnhout 15/09/13

25. Vosters Kaat Hockey Malle 29/09/13

26. Vosters Kaat Kogel Malle 29/09/13

## 10 BESTE prestaties pupillen

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|  | **60 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Peeters Silke | 12"14 | '10 |  |  |  |  |  |  |
|  | 2 | van den Broek Truus | 12"60 | '13 |  |  |  |  |  |  |
|  | 3 | Lenaerts Lorane | 13"11 | '10 |  |  |  |  |  |  |
|  | 4 | Lenaerts Isabeau | 13"32 | '12 |  |  |  |  |  |  |
|  | 5 | Vanmechelen Hannah | 13"59 | '11 |  |  |  |  |  |  |
|  | 6 | Woestenborghs Julie | 13"62 | '10 |  |  |  |  |  |  |
|  | 7 | Lauwers Fé | 13"87 | '10 |  |  |  |  |  |  |
|  | 8 | De Meulder Joke | 14"16 | '12 |  |  |  |  |  |  |
|  | 9 | Vosters Kaat | 14"32 | '13 |  |  |  |  |  |  |
|  | 10 | Smeyers Lynn | 14"53 | '12 |  |  |  |  |  |  |

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|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | van den Broek Truus | 9"53 | '13 |  | 1 | Smeyers Lynn | 9"4 | '12 |  |
|  | 2 | Van Gorp Caro | 9"58 | '10 |  | 2 | van den Broek Truus | 9"4 | '13 |  |
|  | 3 | Smeyers Lynn | 9"64 | '12 |  | 3 | Alessie Floor | 9"6 | '13 |  |
|  | 4 | Vanmechelen Hannah | 9"68 | '11 |  | 4 | Vanmechelen Hannah | 9"7 | '11 |  |
|  | 5 | Lauwers Fé | 9"72 | '10 |  | 5 | De Meulder Joke | 9"7 | '13 |  |
|  | 6 | V.Goubergen Anne-S. | 9"79 | '13 |  | 6 | V.Goubergen Anne-S. | 9"7 | '13 |  |
|  | 7 | Alessie Floor | 9"80 | '13 |  | 7 | Peeters Silke | 9"9 | '10 |  |
|  | 8 | Peeters Silke | 9"94 | '10 |  | 8 | Ceusters Bauke | 9"9 | '12 |  |
|  | 9 | Ceusters Bauke | 9"95 | '12 |  | 9 | Hillen Amber | 10"0 | '12 |  |
|  | 10 | Matthé Marie | 9"96 | '09 |  | 10 | Lauwers Fé | 10"1 | '10 |  |

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|  | **600 meter** | | | |  |  | | | |  |
|  | 1 | van den Broek Truus | 2'06"0 | '13 |  |  |  |  |  |  |
|  | 2 | Vosters Kaat | 2'37"0 | '13 |  |  |  |  |  |  |

# OUTDOOR DAMES PUPILLEN

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Van Goubergen Anne-S. | 3'32"88 | '13 |  | 1 | Lenaerts Isabeau | 3'41"0 | '12 |  |
|  | 2 | Lenaerts Isabeau | 3'33"26 | '12 |  | 2 | Van Goubergen Anne-S. | 3'42"4 | '13 |  |
|  | 3 | van den Broek Truus | 3'39"49 | '13 |  | 3 | van den Broek Truus | 3'43"1 | '13 |  |
|  | 4 | Lenaerts Lorane | 3'40"62 | '10 |  | 4 | Lenaerts Lorane | 3'44"3 | '10 |  |
|  | 5 | Borstlap Kaat | 3'42"72 | '13 |  | 5 | Woestenborghs Julie | 3'47"0 | '10 |  |
|  | 6 | Peeters Silke | 3'46"18 | '10 |  | 6 | Peeters Silke | 3'49"0 | '10 |  |
|  | 7 | Alessie Floor | 3'46"29 | '13 |  | 7 | Borstlap Kaat | 3'52"2 | '13 |  |
|  | 8 | Woestenborghs Julie | 3'48"31 | '10 |  | 8 | Discart Kyra | 3'55"2 | '12 |  |
|  | 9 | De Meulder Joke | 3'49"90 | '13 |  | 9 | Vanmechelen Hannah | 4'01"1 | '11 |  |
|  | 10 | Discart Kyra | 3'53"47 | '12 |  | 10 | De Maesschalck Amber | 4'08"4 | '11 |  |

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|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | van den Broek Truus | 3m88 | '13 |  | 1 | van den Broek Truus | 1m42 | '13 |  |
|  | 2 | Alessie Floor | 3m79 | '13 |  | 2 | Van Goubergen Anne-S. | 1m28 | '13 |  |
|  | 3 | Van Goubergen Anne-S. | 3m74 | '13 |  | 3 | Hillen Amber | 1m21 | '12 |  |
|  | 4 | Ceusters Bauke | 3m48 | '12 |  | 4 | Van Gorp Caro | 1m15 | '10 |  |
|  | 5 | Lenaerts Isabeau | 3m42 | '12 |  | 5 | Lenaerts Isabeau | 1m13 | '12 |  |
|  | 6 | Smeyers Lynn | 3m40 | '12 |  | 6 | De Letter Jana | 1m11 | '11 |  |
|  | 7 | Lenaerts Lorane | 3m32 | '10 |  | 7 | Smeyers Lynn | 1m11 | '11 |  |
|  | 8 | Borstlap Kaat | 3m31 | '13 |  | 8 | Woestenborghs Julie | 1m10 | '09 |  |
|  | 9 | Peeters Silke | 3m25 | '10 |  | 9 | Lenaerts Lorane | 1m10 | '10 |  |
|  | 10 | Vosters Kaat | 3m22 | '13 |  | 10 | Peeters Silke | 1m10 | '10 |  |

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|  | **Hockeybal** | | | |  | **Kogel 2kg** | | | |  |
|  | 1 | Vosters Kaat | 33m74 | '13 |  | 1 | Smeyers Lynn | 7m72 | '12 |  |
|  | 2 | Van Goubergen Anne-S. | 31m86 | '13 |  | 2 | Vosters Kaat | 7m57 | '13 |  |
|  | 3 | Lenaerts Isabeau | 28m41 | '12 |  | 3 | van den Broek Truus | 7m02 | '13 |  |
|  | 4 | Alessie Floor | 27m98 | '13 |  | 4 | Van Goubergen Anne-S. | 6m89 | '13 |  |
|  | 5 | Vanmechelen Hannah | 26m73 | '11 |  | 5 | Lenaerts Isabeau | 6m59 | '12 |  |
|  | 6 | Lauwers Fé | 25m99 | '10 |  | 6 | Alessie Floor | 6m44 | '13 |  |
|  | 7 | van den Broek Truus | 23m11 | '13 |  | 7 | De Maesschalck Amber | 6m34 | '11 |  |
|  | 8 | Smeyers Lynn | 22m78 | '11 |  | 8 | De Meulder Joke | 6m28 | '13 |  |
|  | 9 | De Meulder Joke | 22m64 | '13 |  | 9 | Lenaerts Lorane | 6m22 | '10 |  |
|  | 10 | De Letter Jana | 22m46 | '11 |  | 10 | Woestenborghs Julie | 6m20 | '10 |  |

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|  | **Discus 600g** | | | |  | **4-kamp** | | | |  |
|  | 1 | Smeyers Lynn | 18m22 | '12 |  | 1 | van den Broek Truus | 1849p | '13 |  |
|  | 2 | Van Goubergen Anne-S. | 17m25 | '12 |  | 2 | Van Goubergen Anne-S. | 1687p | '13 |  |
|  | 3 | van den Broek Truus | 17m18 | '13 |  | 3 | Alessie Floor | 1575p | '13 |  |
|  | 4 | Vosters Kaat | 16m36 | '13 |  | 4 | Lenaerts Isabeau | 1432p | '12 |  |
|  | 5 | Lenaerts Lorane | 14m91 | '10 |  | 5 | De Meulder Joke | 1298p | '13 |  |
|  | 6 | De Meulder Joke | 14m23 | '13 |  | 6 | Smeyers Lynn | 1287p | '12 |  |
|  | 7 | De Letter Jana | 13m27 | '11 |  | 7 | Lenaerts Lorane | 1238p | '10 |  |
|  | 8 | Peeters Silke | 13m20 | '10 |  | 8 | Woestenborghs Julie | 1234p | '09 |  |
|  | 9 | Hillen Amber | 12m60 | '12 |  | 9 | Vanmechelen Hannah | 1217p | '11 |  |
|  | 10 | Borstlap Kaat | 12m22 | '13 |  | 10 | Borstlap Kaat | 1213p | '13 |  |

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| **Aflossing 4 x 60 meter El** | | | |
| 1 | Discart Kyra – Smeyers Lynn – De Letter Jana – Vanmechelen Hannah | 39"31 | '11 |
| 2 | Peeters Silke – Lenaerts Lorane – Woestenborghs Julie – Matthé Marie | 39"57 | '09 |
| 3 | Discart Kyra – van den Broek Truus – De Meulder Joke – Ceusters Bauke | 40"12 | '12 |

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| **Aflossing 3 x 600 meter El** | | | |
| 1 | Discart Kyra – Van Goubergen Anne-Sophie – Lenaerts Isabeau | 6'22"87 | '12 |
| 2 | Peeters Silke – Woestenborghs Julie – Lenaerts Lorane | 6'28"86 | '10 |

# OUTDOOR DAMES PUPILLEN

## clubrecords pupillen

**60 m Horden** **Atac** Peeters Silke 12"14 Lier 19/09/10

**Avos** Hooyberghs Elien 10"42 Herentals 12/08/06

**Tuac** Van Herpe Katrin 10"5 Neerpelt 06/09/86

**60 meter** **Atac** van den Broek Truus 9"53 Turnhout 09/06/13

**Avos** V.Waeyenberghe Hanne 8"59 Lier 26/06/99

**Tuac** Van Herpe Katrin 8"2 Hechtel 19/10/86

**100 meter Tuac** Van Neuten Marina 16"0 Turnhout 08/10/74

**200 meter Tuac** De Neve Annick 32"2 Hulshout 25/06/78

**400 meter Tuac** Vercauteren Ann 1'38"2 Turnhout 08/04/79

**600 meter** **Atac** van den Broek Truus 2'06"0 Baarle-Nassau 30/03/13

**800 meter** **Avos** Van Hoek Els 2'54"9 Hechtel 26/10/85

**Tuac** Moelans Inge 2'37"6 Willebroek 02/07/86

**1000 meter** **Atac** Van Goubergen Anne-S. 2'32"88 Turnhout 15/09/13

**Avos** Peeters An 3'24"3 Heist o/d Berg 07/05/94

**Tuac** Abbeel Anneleen 3'19"11 Turnhout 06/10/96

**Ver Atac** van den Broek Truus 3m88 Mechelen 08/05/13

**Avos** V.Waeyenberghe Hanne 4m37 Vosselaar 22/08/98

**Tuac** Van Herpe Katrin 4m50 Herentals 03/08/86

**Hoog** **Atac** van den Broek Truus 1m42 Arendonk 13/04/13 **Avos** Hooyberghs Elien 1m40 Duffel 24/06/06

**Tuac** Meulders Liesbeth 1m50 Tessenderlo 12/08/88

**Kogel 2kg** **Atac** Smeyers Lynn 7m72 Herenthout 17/06/12

**Avos** Hooyberghs Elien 9m53 Lommel 08/10/06

**Tuac** Meulders Liesbeth 9m63 Hechtel 09/10/88

**Discus 600g** **Atac** Smeyers Lynn 18m22 Herenthout 17/06/12

**Avos** Hooyberghs Elien 20m76 Herentals 12/08/06

**Tuac** Lambregts Ylen 18m47 Diepenbeek 12/06/05

**Hockeybal** **Atac** Vosters Kaat 33m74 Vosselaar 31/08/13

**Avos** Brosens Evelien 39m92 Tessenderlo 02/10/04

**Tuac** Steeman Leen 29m06 Turnhout 02/09/01

**3-Kamp** **Avos** Peeters An 1044p Arendonk 17/04/94

**Tuac** Van der Veken Katrien 1263p Merksem 14/07/96

**4-Kamp** **Atac** van den Broek Truus 1849p Arendonk 13/04/13

**Avos** Hooyberghs Elien 2264p Mol 19/08/06

**Tuac** Verrydt Karen 1679p Turnhout 06/05/05

**Afl 4 x 60 m Atac** Discart Kyra – Smeyers Lynn – De Letter Jana – Vanmechelen H.

39"31 Turnhout 12/06/11

**Avos** Somers Nina – Beyens Jelle – Bruyndonckx S. – V.Waeyenberghe H.36"38 Burcht 28/06/98

**Tuac** Meulders Liesbeth – Mattheussen B. – V. Dooren D. – Aerts Katrien

34"91 88

**Afl 3 x 600 m Atac** Discart Kyra – Van Goubergen Anne-Sophie – Lenaerts Isabeau

6'22"87 Lier 30/06/12

# OUTDOOR DAMES MINIEMEN

## jaarprestaties miniemen

**60 meter H El** 1. Lenaerts Sofie 11"58 Mol 03/08/13

2. Quirijnen Dien 12"13 Turnhout 09/06/13

# OUTDOOR DAMES MINIEMEN

3. Smeyers Lynn 12"98 Turnhout 09/06/13

4. Lenaerts Isabeau 13"22 Turnhout 10/06/12

5. Discart Kyra 13"80 Turnhout 09/06/13

6. Engelen Sara 13"91 Turnhout 29/06/13

7. De Letter Jana 14"73 Herentals 01/04/13

**150 meter H El** 1. De Letter Jana 28"70 Mol 09/05/13

**80 meter**  1. Lenaerts Sofie 10"9 Lille 25/05/13

2. Smeyers Lynn 11"7 Geel 08/09/13

3. Quirijnen Dien 11"8 Lille 25/05/13

4. Vanmechelen Hannah 12"2 Geel 08/09/13

5. Lenaerts Isabeau 12"7 Vosselaar 31/08/13

6. Discart Kyra 13"0 Arendonk 13/04/13

7. Engelen Sara 13"0 Geel 08/09/13

8. De Letter Jana 13"2 Herenthout 16/06/13

**80 meter El** 1. Lenaerts Sofie 11"14 Turnhout 29/06/13

2. Quirijnen Dien 11"71 Turnhout 09/06/13

3. Smeyers Lynn 11"90 Turnhout 15/09/13

4. Vanmechelen Hannah 12"60 Turnhout 09/06/13

5. Lenaerts Isabeau 12"86 Mol 03/08/13

6. Discart Kyra 13"20 Turnhout 09/06/13

7. De Letter Jana 13"37 Duffel 01/05/13

**150 meter El** 1. Lenaerts Sofie 21"40 Lommel 23/06/13

2. Vanmechelen Hannah 23"20 Turnhout 29/06/13

**300 meter**  1. Quirijnen Dien 54"0 Herenthout 16/06/13

2. Smeyers Lynn 57"9 Herenthout 16/06/13

3. De Letter Jana 59"0 Herenthout 16/06/13

**300 meter El** 1. Lenaerts Sofie 48"00 Turnhout 09/06/13

2. Lenaerts Isabeau 50"95 Turnhout 09/06/13

3. Vanmechelen Hannah 52"26 Turnhout 09/06/13

4. Quirijnen Dien 52"86 Turnhout 09/06/13

5. Smeyers Lynn 53"52 Turnhout 09/06/13

6. Engelen Sara 53"95 Turnhout 09/06/13

7. Discart Kyra 55"51 Turnhout 09/06/13

8. De Letter Jana 57"71 Turnhout 09/06/13

**600 meter El** 1. Lenaerts Isabeau 1'56"60 Hulst 20/05/13

**1000 meter** 1. Lenaerts Isabeau 3'34"0 Lille 25/05/13

2. Engelen Sara 3'50"5 Vosselaar 31/08/13

3. Discart Kyra 3'59"6 Lille 25/05/13

4. Lenaerts Sofie 4'01"3 Lille 25/05/13

5. Quirijnen Dien 4'02"1 Lille 25/05/13

6. De Letter Jana 4'03"0 Lille 25/05/13

7. Vanmechelen Hannah 4'13"2 Arendonk 13/04/13

8. Smeyers Lynn 4'16"3 Lille 25/05/13

# OUTDOOR DAMES MINIEMEN

**1000 meter El** 1. Lenaerts Isabeau 3'24"53 Turnhout 29/06/13

2. Engelen Sara 3'32"28 Turnhout 29/06/13

3. Discart Kyra 3'43"89 Turnhout 29/06/13

4. Vanmechelen Hannah 4'00"48 Turnhout 15/09/13

5. Quirijnen Dien 4'02"58 Turnhout 15/09/13

6. Lenaerts Sofie 4'06"76 Turnhout 15/09/13

7. De Letter Jana 4'07"27 Turnhout 15/09/13

8. Smeyers Lynn 4'14"78 Turnhout 15/09/13

**Ver** 1. Quirijnen Dien 4m52 Vosselaar 31/08/13

2. Lenaerts Sofie 4m38 Vosselaar 31/08/13

3. Lenaerts Isabeau 3m62 Vosselaar 31/08/13

4. Vanmechelen Hannah 3m61 Vosselaar 31/08/13

5. Smeyers Lynn 3m50 Vosselaar 31/08/13

6. Discart Kyra 3m33 Lille 25/05/13

7. De Letter Jana 3m31 Tessenderlo 01/06/13

8. Engelen Sara 3m16 Turnhout 09/06/13

**Hoog** 1. Lenaerts Sofie 1m35 Lommel 23/06/13

2. Quirijnen Dien 1m31 Herenthout 16/06/13

3. Smeyers Lynn 1m25 Turnhout 15/09/13

4. De Letter Jana 1m20 Duffel 01/05/13

5. Vanmechelen Hannah 1m20 Lommel 23/06/13

6. Discart Kyra 1m20 Turnhout 15/09/13

7. Lenaerts Isabeau 1m05 Mol 03/08/13

**Polsstok** 1. Lenaerts Sofie 2m14 Lokeren 15/06/13

2. Vanmechelen Hannah 1m64 Turnhout 09/06/13

**Kogel 2kg** 1. Smeyers Lynn 9m79 Turnhout 15/09/13

2. Quirijnen Dien 8m72 Turnhout 15/09/13

3. Vanmechelen Hannah 8m69 Turnhout 15/09/13

4. De Letter Jana 8m18 Tessenderlo 01/06/13

5. Lenaerts Sofie 7m91 Turnhout 15/09/13

6. Lenaerts Isabeau 7m58 Turnhout 15/09/13

7. Discart Kyra 6m10 Turnhout 15/09/13

**Discus 750g** 1. De Letter Jana 20m56 Tessenderlo 01/06/13

2. Quirijnen Dien 19m29 Herenthout 16/06/13

3. Lenaerts Sofie 18m21 Lommel 29/09/13

4. Vanmechelen Hannah 17m50 Lommel 23/06/13

5. Smeyers Lynn 17m44 Herenthout 16/06/13

6. Lenaerts Isabeau 14m08 Lille 25/05/13

7. Discart Kyra 13m19 Lille 25/05/13

**Speer 400g** 1. Vanmechelen Hannah 21m04 Turnhout 15/09/13

2. Smeyers Lynn 18m41 Vosselaar 31/08/13

3. De Letter Jana 17m35 Herenthout 16/06/13

4. Lenaerts Sofie 16m31 Turnhout 15/09/13

5. Discart Kyra 16m13 Geel 08/09/13

6. Quirijnen Dien 15m89 Vosselaar 31/08/13

7. Lenaerts Isabeau 15m20 Turnhout 15/09/13

# OUTDOOR DAMES MINIEMEN

**5-kamp** 1. Lenaerts Sofie 2199p Turnhout 15/09/13

2. Quirijnen Dien 2062p Turnhout 15/09/13

3. Smeyers Lynn 1900p Turnhout 15/09/13

4. Len aerts Isabeau 1873p Turnhout 15/09/13

5. Vanmechelen Hannah 1873p Turnhout 15/09/13

6. Discart Kyra 1436p Turnhout 15/09/13

7. De Letter Jana 1429p Lille 25/05/13

8. Engelen Sara 570p Turnhout 15/09/13

## overwinningen MINIEMEN

1. Lenaerts Sofie 80m Arendonk 13/04/13

2. Lenaerts Sofie 80m Mol 20/05/13

3. Smeyers Lynn 80m Lille 25/05/13

4. Quirijnen Dien Discus Lille 25/05/13

5. Smeyers Lynn 80m Turnhout 09/06/13

6. Lenaerts Sofie 300m Turnhout 09/06/13

7. Lenaerts Sofie Hoog Lommel 23/06/13

8. Lenaerts Sofie Ver Lommel 23/06/13

9. Lenaerts Sofie 80m Lommel 23/06/13

10. Lenaerts Sofie 150m Lommel 23/06/13

11. Lenaerts Sofie 80m Turnhout 29/06/13

12. Lenaerts Isabeau 1000m Turnhout 29/06/13

13. Lenaerts Isabeau 300m Mol 03/08/13

14. Lenaerts Isabeau 1000m Vosselaar 31/08/13

15. Lenaerts Sofie 80m Vosselaar 31/08/13

16. Smeyers Lynn 80m Vosselaar 31/08/13

17. Quirijnen Dien Ver Vosselaar 31/08/13

18. Lenaerts Sofie 80m Geel 08/09/13

19. Smeyers Lynn Kogel Geel 08/09/13

20. Quirijnen Dien Ver Geel 08/09/13

21. Lenaerts Isabeau 1000m Turnhout 15/09/13

22. Lenaerts Sofie 80m Turnhout 15/09/13

23. Lenaerts Sofie Hoog Turnhout 15/09/13

24. Vanmechelen Hannah Speer Turnhout 15/09/13

25. Smeyers Lynn Kogel Turnhout 15/09/13

26. Lenaerts Sofie 80m Lommel 29/09/13

27. Lenaerts Sofie 150m Lommel 29/09/13

## 10 beste prestatieS miniemen

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|  | **60 meter Horden El** | | | |  | **150 meter Horden El** | | | |  |
|  | 1 | Peeters Silke | 11"05 | '12 |  | 1 | Brosens Stefanie | 24"69 | '09 |  |
|  | 2 | Borstlap Hanne | 11"14 | '12 |  | 2 | Borstlap Hanne | 24"86 | '12 |  |
|  | 3 | Brosens Stefanie | 11"31 | '09 |  | 3 | Peeters Silke | 25"53 | '12 |  |
|  | 4 | Lenaerts Sofie | 11"58 | '13 |  | 4 | Lenaerts Lorane | 26"42 | '11 |  |
|  | 5 | Lenaerts Lorane | 11"99 | '12 |  | 5 | Lenaerts Sofie | 27"46 | '12 |  |
|  | 6 | Quirijnen Dien | 12"13 | '13 |  | 6 | De Letter Jana | 28"70 | '13 |  |
|  | 7 | Smeyers Lynn | 12"98 | '13 |  |  |  |  |  |  |
|  | 8 | Lenaerts Isabeau | 13"22 | '13 |  |  |  |  |  |  |
|  | 9 | Druyts Lies | 13"34 | '09 |  |  |  |  |  |  |
|  | 10 | Vanmechelen Hannah | 13"47 | '12 |  |  |  |  |  |  |

# OUTDOOR DAMES MINIEMEN

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|  | **80 meter El** | | | |  | **80 meter** | | | |  |
|  | 1 | Lenaerts Sofie | 11"14 | '13 |  | 1 | Lenaerts Sofie | 10"9 | '13 |  |
|  | 2 | Peeters Diede | 11"70 | '11 |  | 2 | Smeyers Lynn | 11"7 | '13 |  |
|  | 3 | Quirijnen Dien | 11"71 | '13 |  | 3 | Brosens Stefanie | 11"8 | '10 |  |
|  | 4 | Brosens Stefanie | 11"81 | '10 |  | 4 | Quirijnen Dien | 11"8 | '13 |  |
|  | 5 | Smeyers Lynn | 11"90 | '13 |  | 5 | Lenaerts Lorane | 11"9 | '12 |  |
|  | 6 | Lenaerts Lorane | 12"11 | '12 |  | 6 | Peeters Diede | 12"0 | '11 |  |
|  | 7 | Ameye Astrid | 12"26 | '09 |  | 7 | Peeters Silke | 12"1 | '12 |  |
|  | 8 | Borstlap Hanne | 12"27 | '12 |  | 8 | Vanmechelen Hannah | 12"2 | '13 |  |
|  | 9 | Peeters Silke | 12"32 | '12 |  | 9 | Borstlap Hanne | 12"4 | '12 |  |
|  | 10 | Nyokabi Sandra | 12"33 | '11 |  | 10 | Woestenborghs Julie | 12"5 | '11 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **150 meter El** | | | |  |  | | | |  |
|  | 1 | Lenaerts Sofie | 21"40 | '13 |  |  |  |  |  |  |
|  | 2 | Brosens Stefanie | 21"86 | '10 |  |  |  |  |  |  |
|  | 3 | Peeters Diede | 22"23 | '11 |  |  |  |  |  |  |
|  | 4 | Segers Kaat | 22"50 | '10 |  |  |  |  |  |  |
|  | 5 | Lenaerts Lorane | 22"76 | '12 |  |  |  |  |  |  |
|  | 6 | Nyokabi Sandra | 23"19 | '11 |  |  |  |  |  |  |
|  | 7 | Borstlap Hanne | 23"19 | '12 |  |  |  |  |  |  |
|  | 8 | Vanmechelen Hannah | 23"20 | '13 |  |  |  |  |  |  |
|  | 9 | Peeters Silke | 23"34 | '12 |  |  |  |  |  |  |
|  | 10 | Boateng Esther | 23"72 | '09 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **300 meter** | | | |  |
|  | 1 | Lenaerts Lorane | 47"45 | '12 |  | 1 | Peeters Silke | 51"2 | '12 |  |
|  | 2 | Lenaerts Sofie | 48"00 | '13 |  | 2 | Borstlap Hanne | 53"0 | '12 |  |
|  | 3 | Brosens Stefanie | 49"04 | '09 |  | 3 | Vanmechelen Hannah | 53"1 | '12 |  |
|  | 4 | Peeters Diede | 49"10 | '10 |  | 4 | Quirijnen Dien | 54"0 | '13 |  |
|  | 5 | Borstlap Hanne | 50"50 | '12 |  | 5 | Smeyers Lynn | 57"9 | '13 |  |
|  | 6 | Lenaerts Isabeau | 50"95 | '13 |  | 6 | De Letter Jana | 59"0 | '13 |  |
|  | 7 | Woestenborghs Julie | 51"81 | '11 |  |  |  |  |  |  |
|  | 8 | Vanmechelen Hannah | 52"26 | '13 |  |  |  |  |  |  |
|  | 9 | Peeters Silke | 52"49 | '12 |  |  |  |  |  |  |
|  | 10 | Quirijnen Dien | 52"86 | '13 |  |  |  |  |  |  |
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|  | **600 meter El** | | | |  |  | | | |  |
|  | 1 | Lenaerts Lorane | 1'56"03 | '12 |  |  |  |  |  |  |
|  | 2 | Lenaerts Isabeau | 1'56"60 | '13 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Lenaerts Lorane | 3'18"95 | '12 |  | 1 | Lenaerts Lorane | 3'30"1 | '12 |  |
|  | 2 | Lenaerts Isabeau | 3'24"53 | '13 |  | 2 | Borstlap Hanne | 3'30"1 | '12 |  |
|  | 3 | Borstlap Hanne | 3'29"75 | '12 |  | 3 | Lenaerts Isabeau | 3'34"0 | '13 |  |
|  | 4 | Engelen Sara | 3'32"28 | '13 |  | 4 | Brosens Stefanie | 3'46"0 | '09 |  |
|  | 5 | Brosens Stefanie | 3'41"21 | '10 |  | 5 | Peeters Silke | 3'46"4 | '12 |  |
|  | 6 | Peeters Silke | 3'41"36 | '11 |  | 6 | Woestenborghs Julie | 3'47"7 | '11 |  |
|  | 7 | Discart Kyra | 3'43"89 | '13 |  | 7 | Engelen Sara | 3'50"5 | '13 |  |
|  | 8 | Woestenborghs Julie | 3'47"43 | '11 |  | 8 | Peeters Diede | 3'51"0 | '10 |  |
|  | 9 | Vanmechelen Hannah | 4'00"48 | '13 |  | 9 | Discart Kyra | 3'59"6 | '13 |  |
|  | 10 | Quirijnen Dien | 4'02"58 | '13 |  | 10 | Lenaerts Sofie | 4'01"3 | '13 |  |

# OUTDOOR DAMES MINIEMEN

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|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Quirijnen Dien | 4m52 | '13 |  | 1 | Brosens Stefanie | 1m43 | '09 |  |
|  | 2 | Lenaerts Sofie | 4m38 | '13 |  | 2 | Borstlap Hanne | 1m40 | '12 |  |
|  | 3 | Brosens Stefanie | 4m32 | '10 |  | 3 | Peeters Silke | 1m36 | '12 |  |
|  | 4 | Borstlap Hanne | 4m14 | '12 |  | 4 | Lenaerts Sofie | 1m35 | '13 |  |
|  | 5 | Peeters Silke | 4m02 | '12 |  | 5 | Quirijnen Dien | 1m31 | '13 |  |
|  | 6 | Woestenborghs Julie | 3m81 | '11 |  | 6 | Boateng Esther | 1m30 | '10 |  |
|  | 7 | Nyokabi Sandra | 3m78 | '11 |  | 7 | Lenaerts Lorane | 1m30 | '11 |  |
|  | 8 | Lenaerts Lorane | 3m71 | '11 |  | 8 | Ameye Astrid | 1m25 | '09 |  |
|  | 9 | Ameye Astrid | 3m68 | '09 |  | 9 | Segers Kaat | 1m25 | '10 |  |
|  | 10 | Lenaerts Isabeau | 3m62 | '13 |  | 10 | Smeyers Lynn | 1m25 | '13 |  |

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|  | **Polsstok** | | | |  |  | | | |  |
|  | 1 | Borstlap Hanne | 2m31 | '12 |  |  |  |  |  |  |
|  | 2 | Lenaerts Sofie | 2m14 | '13 |  |  |  |  |  |  |
|  | 3 | Peeters Silke | 2m07 | '12 |  |  |  |  |  |  |
|  | 4 | Vanmechelen Hannah | 1m64 | '13 |  |  |  |  |  |  |

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|  | **Kogel 2kg** | | | |  | **Discus 750g** | | | |  |
|  | 1 | Brosens Stefanie | 10m13 | '10 |  | 1 | De Letter Jana | 20m56 | '13 |  |
|  | 2 | Smeyers Lynn | 9m79 | '13 |  | 2 | Quirijnen Dien | 19m29 | '13 |  |
|  | 3 | Quirijnen Dien | 8m72 | '13 |  | 3 | Lenaerts Sofie | 18m21 | '13 |  |
|  | 4 | Vanmechelen Hannah | 8m69 | '13 |  | 4 | Brosens Stefanie | 17m57 | '10 |  |
|  | 5 | Peeters Silke | 8m29 | '12 |  | 5 | Vanmechelen Hannah | 17m50 | '13 |  |
|  | 6 | De Letter Jana | 8m18 | '13 |  | 6 | Smeyers Lynn | 17m44 | '13 |  |
|  | 7 | Lenaerts Sofie | 7m91 | '13 |  | 7 | Lenaerts Lorane | 16m58 | '12 |  |
|  | 8 | Borstlap Hanne | 7m90 | '12 |  | 8 | Peeters Silke | 15m98 | '11 |  |
|  | 9 | Lenaerts Isabeau | 7m58 | '13 |  | 9 | Van Goubergen Carolien | 15m80 | '12 |  |
|  | 10 | Boateng Esther | 7m32 | '09 |  | 10 | Woestenborghs Julie | 14m65 | '11 |  |

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|  | **Speer 400g** | | | |  | **5-Kamp** | | | |  |
|  | 1 | Brosens Stefanie | 22m75 | '10 |  | 1 | Brosens Stefanie | 2609p | '10 |  |
|  | 2 | Peeters Silke | 22m46 | '12 |  | 2 | Lenaerts Sofie | 2199p | '13 |  |
|  | 3 | Vanmechelen Hannah | 21m04 | '13 |  | 3 | Borstlap Hanne | 2165p | '12 |  |
|  | 4 | Smeyers Lynn | 18m41 | '13 |  | 4 | Quirijnen Dien | 2062p | '13 |  |
|  | 5 | De Letter Jana | 17m35 | '13 |  | 5 | Peeters Silke | 2018p | '12 |  |
|  | 6 | van den Broek Marie | 16m60 | '11 |  | 6 | Lenaerts Lorane | 1951p | '12 |  |
|  | 7 | Lenaerts Sofie | 16m31 | '13 |  | 7 | Smeyers Lynn | 1900p | '13 |  |
|  | 8 | Discart Kyra | 16m13 | '13 |  | 8 | Vanmechelen Hannah | 1873p | '12 |  |
|  | 9 | Borstlap Hanne | 15m97 | '12 |  | 9 | Lenaerts Isabeau | 1873p | '13 |  |
|  | 10 | Quirijnen Dien | 15m89 | '13 |  | 10 | Boateng Esther | 1641p | '09 |  |

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| **Aflossing 4 x 80 meter El** | | | |
| 1 | Boateng Esther – Janssens Kato – Segers Kaat – Brosens Stefanie | 48"63 | '09 |
| 2 | Breimer Elizabeth – Druyts Lies – Ameye Astrid – Brosens Stefanie | 50"10 | '09 |
| 3 | Lenaerts Lorane – Borstlap Hanne – Quirijnen Dien – Van Gorp Caro | 50"80 | '12 |

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| **Aflossing 3 x 600 meter El** | | | |
| 1 | Borstlap Hanne – Peeters Silke – Lenaerts Lorane | 5'53"75 | '12 |
| 2 | Peeters Silke – Lenaerts Sofie – Borstlap Hanne | 6'24"18 | '12 |

## clubrecords miniemen

**60 m Horden Atac** Peeters Silke 11"05 Lier 30/09/12

**Avos** Hooyberghs Elien 10"20 Kapellen 19/04/08

**Tuac** Van Herpe Katrin 9"1 Duffel 18/06/88

# OUTDOOR DAMES MINIEMEN

**150 m Horden** **Atac** Brosens Stefanie 24"69 Mol 21/05/09

**Avos** Hooyberghs Elien 22"37 Mol 01/05/08

**Tuac** Verrydt Karen 23"64 Mol 01/05/08

**300 m Horden Tuac** Van Mierlo Katie 55"6 Breda (Ned) 25/05/86

**60 meter Tuac** Gevers Marian 9"3 Turnhout 09/08/69

**80 meter Atac** Lenaerts Sofie 11"14 Turnhout 29/06/13

**Avos** V.Waeyenberghe Hanne 10"51 Herentals 16/04/01

**Tuac** Van der Veken Katrien 10"66 Edegem 20/06/98

**100 meter Avos** V.Waeyenberghe Hanne 12"99 Oordegem 16/05/01

**Tuac** Van den Dungen Olga 13"9 Turnhout 25/04/77

**150 meter Atac** Lenaerts Sofie 21"40 Lommel 23/06/13

**Avos** V.Waeyenberghe Hanne 19"92 Herentals 16/04/01

**Tuac** Van der Veken Katrien 19"9 Edegem 11/09/98

**200 meter** **Avos** Van Gool Els 30"0 Heist 29/08/86

**Tuac** Hendrickx Ilse 27"04 Heist 15/05/77

**300 meter Atac** Lenaerts Lorane 47"45 Turnhout 10/06/12

**Avos** Caers Shana 42"85 Ninove 17/09/05

**Tuac** Van der Veken Katrien 44"10 Tessenderlo 11/08/98

**400 meter Tuac** Hermans Annemie 1'08"4 Turnhout 08/04/79

**600 meter Atac** Lenaerts Lorane 1'56"03 Hulst 28/05/12

**800 meter** **Avos** Peeters An 2'36"3 Palafrugell (Sp) 31/03/96

**Tuac** Moelans Inge 2'23"99 Merksem 26/06/88

**1000 meter** **Atac** Lenaerts Lorane 3'18"95 Heusden 07/07/12 **Avos** Peeters An 3'12"01 Turnhout 29/06/96

**Tuac** Abbeel Anneleen 3'09"43 Turnhout 12/10/97

**1000 m snelw Avos** Sas Nathalie 7'19"1 Arendonk 14/05/00

**Ver** **Atac** Quirijnen Dien 4m52 Vosselaar 31/08/13

**Avos** V.Waeyenberghe Hanne 5m16 Nijvel 29/09/01

**Tuac** Van der Veken Katrien 4m96 Zwijndrecht 28/06/98

**Hoog** **Atac** Brosens Stefanie 1m43 Brasschaat 27/06/09

**Avos** V.Waeyenberghe Hanne 1m55 Mol 24/05/01

Caers Shana 1m55 ev Hechtel 04/09/05

Hooyberghs Elien 1m55 ev Mol 27/09/08

**Tuac** Meulders Liesbeth 1m65 Gent 26/08/90

**Polsstok Atac** Borstlap Hanne 2m31 Nijvel 22/09/12

**Avos** Hooyberghs Elien 2m00 Mol 17/05/07

**Kogel 2kg** **Atac** Brosens Stefanie 10m13 Turnhout 23/05/10

**Avos** Driesen Sarah 12m26 Duffel 24/06/06

**Tuac** Meulders Liesbeth 12m84 Turnhout 14/10/90

**Kogel 3kg** **Avos** Van Der Velden Carine 10m52 Lommel 07/07/84

**Discus 600g** **Avos** V.D.Auwelant Nicki 37m74 St.-Truiden 17/08/90

**Tuac** Meulders Liesbeth 37m58 Neerpelt 29/09/90

**Discus 750g Atac** De Letter Jana 20m56 Tessenderlo 01/06/13

**Speer 400g**  **Atac** Brosens Stefanie 22m75 Arendonk 11/04/10

**Avos** V.D.Auwelant Nicki 35m20 Turnhout 14/10/90

**Tuac** Grimon Kim 25m70 Turnhout 14/10/90

**Speer 500g**  **Avos** Van Der Velden Carine 25m68 Kessel 05/08/84

**3-Kamp Avos** V.D.Auwelant Nicki 1257p Lommel 23/08/89

**Tuac** Meulders Liesbeth 1440p Tessenderlo 24/06/89

**4-Kamp Avos** V.D.Auwelant Nicki 1973p Heverlee 29/09/90

**Tuac** Meulders Liesbeth 2341p Deinze 01/09/90

# OUTDOOR DAMES MINIEMEN

**5-Kamp Atac** Brosens Stefanie 2609p Turnhout 23/05/10

**Avos** Hooyberghs Elien 3239p Nieuwpoort 21/09/08

**Tuac** Van der Veken Katrien 3252p Bree 29/08/98

**Afl 4 x 80m**  **Atac** Boateng Esther – Janssens Kato – Segers Kaat – Brosens Stefanie

48"63 Turnhout 06/06/09

**Avos** Peeters Teske – Lauwers Shana – Brosens Evelien – Caers Shana 45"10 Ninove 17/09/05

**Tuac** Meulders L. – Mattheussen Bieke – V. Dooren Dana – Aerts Katrien

45"83 Willebroek 09/09/89

**Afl 3 x 600m** **Atac** Borstlap Hanne – Peeters Silke – Lenaerts Lorane

5'53"75 Lier 30/06/12

# OUTDOOR DAMES CADETTEN

## JAARPRESTATIES cadetten

**80 meter H El** 1. Peeters Silke 13"89 Herentals 02/06/13

**300 meter H El** 1. De Vlieger Lize 51"05 Tienen 0444/05/13

**80 meter** 1. Peeters Silke 12"1 (w?) Baarle-Nassau 30/03/13

2. van Limpt Anne 15"1 (w?) Baarle-Nassau 30/03/13

**100 meter El** 1. De Vlieger Lize 13"98 St.-Niklaas 20/08/13

2. Aerts Paulien 14"40 Beveren 07/09/13

3. Claesens Sha-uri 15"19 (w+2,3) Tienen 04/05/13

**200 meter** 1. Aerts Paulien 29"5 (w+3) Tienen 04/05/13

**200 meter El** 1. De Vlieger Lize 28"29 Ninove 27/07/13 2. Aerts Paulien 29"63 Lier 30/06/13

**300 meter El** 1. De Vlieger Lize 44"07 St.-Niklaas 20/08/13

2. Speelman-rooms Femke 48"38 Beveren 31/07/13

3. Aerts Paulien 48"46 Turnhout 14/04/13

**400 meter El** 1. De Vlieger Lize 60"86 St.-Niklaas 09/05/13

2. Aerts Paulien 66"64 Merksem 27/04/13

3. Speelman-rooms Femke 66"73 Ninove 27/07/13

4. Lenaerts Lorane 66"99 St.-Niklaas 09/05/13

**600 meter El** 1. De Vlieger Lize 1'40"31 Hulst 20/05/13

2. Speelman-rooms Femke 1'44"45 Hulst 20/05/13

3. Lenaerts Lorane 1'48"16 Hulst 20/05/13

**800 meter El** 1. De Vlieger Lize 2'20"49 Oordegem 02/06/13

2. Speelman-rooms Femke 2'25"99 Oordegem 02/06/13

3. Lenaerts Lorane 2'36"56 Heusden 13/07/13

4. Peeters Silke 2'53"35 Herentals 02/06/13

**1000 meter El** 1. Lenaerts Lorane 3'36"11 Turnhout 04/08/13

# OUTDOOR DAMES CADETTEN

**1500 meter El** 1. De Vlieger Lize 5'08"61 Beveren 07/06/13

2. Lenaerts Lorane 6'11"90 Tienen 04/05/13

**Ver** 1. De Vlieger Lize 4m45 Lier 30/06/13

2. Claesens Sha-uri 3m99 Turnhout 22/09/13

3. Peeters Silke 3m86 (w?) Baarle-Nassau 30/03/13

4. van Limpt Anne 2m70 (w?) Baarle-Nassau 30/03/13

**Hoog** 1. De Vlieger Lize 1m50 Turnhout 14/04/13

2. Peeters Silke 1m37 Herentals 02/06/13

3. Claesens Sha-uri 1m20 Turnhout 22/09/13

**Polsstok** 1. Peeters Silke 2m10 Booischot 24/05/13

**Kogel 3kg** 1. Aerts Paulien 9m22 Tienen 04/05/13

2. Peeters Silke 7m62 Herentals 02/06/13

3. Claesens Sha-uri 6m52 Turnhout 22/09/13

4. van Limpt Anne 5m39 Baarle-Nassau 30/03/13

**Discus 1kg** 1. van Limpt Anne 12m48 Baarle-Nassau 30/03/13

2. Peeters Silke 11m59 Baarle-Nassau 30/03/13

**Speer 500g** 1. Peeters Silke 24m12 Lier 30/06/13

2. Claesens Sha-uri 18m80 Turnhout 22/09/13

3. Lenaerts Lorane 11m30 Tienen 04/05/13

**6-Kamp** 1. Peeters Silke 2497p Herentals 02/06/13

**Aflossing 4 x 100 meter El**

1. Speelman-rooms Femke – De Vlieger Lize – Aerts Paulien – Claesens Sha-uri

57"60 Tienen 04/05/13

## overwinningen cadetten

1. Peeters Silke 80m Baarle-Nassau 30/03/13

2. Peeters Silke 1000m Baarle-Nassau 30/03/13

3. Peeters Silke Hoog Baarle-Nassau 30/03/13

4. Peeters Silke Ver Baarle-Nassau 30/03/13

5. Peeters Silke Kogel Baarle-Nassau 30/03/13

6. van Limpt Anne Discus Baarle-Nassau 30/03/13

7. De Vlieger Lize Hoog Tienen 04/05/13

8. Speelman-rooms Femke 800m Tienen 04/05/13

9. Peeters Silke 80mH Herentals 02/06/13

10. De Vlieger Lize 800m Oordegem 02/06/13

11. De Vlieger Lize 1500m Beveren 07/09/13

# OUTDOOR DAMES cADETTEN

## 10 Beste prestaties cadetten

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|  | **80 meter Horden El** | | | |  | **300 meter Horden El** | | | |  |
|  | 1 | Hooyberghs Elien | 11"96 | '10 |  | 1 | Brosens Stefanie | 45"99 | '12 |  |
|  | 2 | Brosens Stefanie | 12"76 | '12 |  | 2 | De Vlieger Lize | 51"05 | '13 |  |
|  | 3 | Peeters Silke | 13"89 | '13 |  | 3 | Van Eekert Siel | 52"10 | '09 |  |
|  | 4 | Van Eekert Siel | 13"94 | '09 |  | 4 | Ameye Astrid | 54"64 | '10 |  |
|  | 5 | Lambregts Ylen | 15"79 | '09 |  |  |  |  |  |  |

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|  | **80 meter** | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 11"1\* | '12 |  |  |  |  |  |  |
|  | 2 | Peeters Silke | 12"1\* | '13 |  |  |  |  |  |  |
|  | 3 | Janssen Steffi | 12"5\* | '10 |  |  |  |  |  |  |
|  | 4 | Van Den Schoor Ester | 12"5\* | '12 |  |  |  |  |  |  |
|  | 5 | Marsboom Caroline | 12"7\* | '10 |  |  |  |  |  |  |
|  | 6 | van Limpt Anne | 15"1\* | '13 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 13"42 | '12 |  |
|  | 2 | Ghyssaert Leen | 13"50 | '09 |  |
|  | 3 | Hooyberghs Elien | 13"50 | '10 |  |
|  | 4 | Verrydt Karen | 13"61 | '09 |  |
|  | 5 | Cuynen Nele | 13"79 | '09 |  |
|  | 6 | Joos Caroline | 13"94 | '09 |  |
|  | 7 | De Vlieger Lize | 13"98 | '13 |  |
|  | 8 | Ameye Astrid | 14"15 | '11 |  |
|  | 9 | Nieste Ine | 14"30 | '09 |  |
|  | 10 | Aerts Paulien | 14"40 | '13 |  |

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|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | Brosens Stefanie | 26"94 | '12 |  | 1 | Aerts Paulien | 29"5\* | '13 |  |
|  | 2 | Hooyberghs Elien | 27"82 | '10 |  |  |  |  |  |  |
|  | 3 | De Vlieger Lize | 28"29 | '13 |  |  |  |  |  |  |
|  | 4 | Verrydt Karen | 28"39 | '09 |  |  |  |  |  |  |
|  | 5 | Ghyssaert Leen | 28"53 | '10 |  |  |  |  |  |  |
|  | 6 | Cuynen Nele | 28"70 | '09 |  |  |  |  |  |  |
|  | 7 | Ameye Astrid | 29"20 | '10 |  |  |  |  |  |  |
|  | 8 | Joos Caroline | 29"22 | '09 |  |  |  |  |  |  |
|  | 9 | Nieste Ine | 29"44 | '09 |  |  |  |  |  |  |
|  | 10 | Aerts Paulien | 29"63 | '13 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | De Vlieger Lize | 44"07 | '13 |  | 1 | De Vlieger Lize | 60"86 | '13 |  |
|  | 2 | Hooyberghs Elien | 45"32 | '10 |  | 2 | Hooyberghs Elien | 63"52 | '10 |  |
|  | 3 | Speelman-rooms Femke | 48"38 | '13 |  | 3 | Brosens Stefanie | 63"73 | '11 |  |
|  | 4 | Aerts Paulien | 48"46 | '13 |  | 4 | Aerts Paulien | 66"64 | '13 |  |
|  | 5 | Janssen Steffi | 51"62 | '09 |  | 5 | Speelman-rooms F. | 66"73 | '13 |  |
|  | 6 | Vanderhaeghen Janne | 56"25 | '09 |  | 6 | Lenaerts Lorane | 66"99 | '13 |  |
|  |  |  |  |  |  | 7 | Ameye Astrid | 69"47 | '11 |  |
|  |  |  |  |  |  | 8 | Joos Caroline | 71"80 | '10 |  |

# OUTDOOR DAMES cADETTEN

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|  | **600 meter El** | | | |  | **800 meter El** | | | |
|  | 1 | De Vlieger Lize | 1'40"31 | '13 |  | 1 | De Vlieger Lize | 2'20"49 | '13 |
|  | 2 | Speelman-rooms Femke | 1'44"45 | '13 |  | 2 | Speelman-rooms F. | 2'25"99 | '13 |
|  | 3 | Lenaerts Lorane | 1'48"16 | '13 |  | 3 | Hooyberghs Elien | 2'33"76 | '09 |
|  |  |  |  |  |  | 4 | Van Eekert Siel | 2'34"54 | '09 |
|  |  |  |  |  |  | 5 | Lenaerts Lorane | 2'36"56 | '13 |
|  |  |  |  |  |  | 6 | Van Ammel Joyce | 2'38"08 | '10 |
|  |  |  |  |  |  | 7 | Brosens Stefanie | 2'40"38 | '11 |
|  |  |  |  |  |  | 8 | Verschuren Lotte | 2'41"92 | '09 |
|  |  |  |  |  |  | 9 | Segers Kaat | 2'43"53 | '11 |
|  |  |  |  |  |  | 10 | Verrydt Karen | 2'45"85 | '10 |

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Van Ammel Joyce | 3'25"40 | '09 |  | 1 | Brosens Stefanie | 3'45"0 | '11 |  |
|  | 2 | Verrydt Karen | 3'31"34 | '10 |  | 2 | Janssen Steffi | 4'09"0 | '10 |  |
|  | 3 | Verschuren Lotte | 3'32"89 | '09 |  | 3 | Marsboom Caroline | 4'14"0 | '10 |  |
|  | 4 | Lenaerts Lorane | 3'36"11 | '13 |  |  |  |  |  |  |

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|  | **1500 meter El** | | | |  |  | | | |  |
|  | 1 | De Vlieger Lize | 5'08"61 | '13 |  |  |  |  |  |  |
|  | 2 | Van Ammel Joyce | 5'15"08 | '09 |  |  |  |  |  |  |
|  | 3 | Verschuren Lotte | 5'45"74 | '09 |  |  |  |  |  |  |
|  | 4 | Lenaerts Lorane | 6'11"90 | '13 |  |  |  |  |  |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Hooyberghs Elien | 5m36 | '10 |  | 1 | Hooyberghs Elien | 1m61 | '09 |  |
|  | 2 | Brosens Stefanie | 4m80 | '12 |  | 2 | Brosens Stefanie | 1m57 | '11 |  |
|  | 3 | Van Eekert Siel | 4m47 | '09 |  | 3 | Van Eekert Siel | 1m51 | '09 |  |
|  | 4 | De Vlieger Lize | 4m45 | '13 |  | 4 | Van Den Schoor Esther | 1m45 | '12 |  |
|  | 5 | Lambregts Ylen | 4m38 | '09 |  | 5 | De Vlieger Lize | 1m45 | '13 |  |
|  | 6 | Cuynen Nele | 4m27 | '09 |  | 6 | Lambregts Ylen | 1m42 | '09 |  |
|  | 7 | Verrydt Karen | 4m26 | '10 |  | 7 | Van Heuckelom Loren | 1m40 | '09 |  |
|  | 8 | Ghyssaert Leen | 4m17 | '10 |  | 8 | Druyts Lies | 1m40 | '11 |  |
|  | 9 | Van Den Schoor Esther | 4m01\* | '12 |  | 9 | Peeters Silke | 1m37 | '13 |  |
|  | 10 | Claesens Sha-uri | 3m99 | '13 |  | 10 | Ameye Astrid | 1m35 | '10 |  |

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|  | **Polsstok** | | | |  |  | | | |  |
|  | 1 | Peeters Silke | 2m10 | '13 |  |  |  |  |  |  |

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|  | **Kogel 2kg** | | | |  | **Kogel 3kg** | | | |  |
|  | 1 | Hooyberghs Elien | 13m07 | '09 |  | 1 | Hooyberghs Elien | 12m05 | '10 |  |
|  |  |  |  |  |  | 2 | Brosens Stefanie | 10m51 | '12 |  |
|  |  |  |  |  |  | 3 | Aerts Paulien | 9m22 | '13 |  |
|  |  |  |  |  |  | 4 | Lambregts Ylen | 9m08 | '09 |  |
|  |  |  |  |  |  | 5 | Van Den Schoor Esther | 8m98 | '12 |  |
|  |  |  |  |  |  | 6 | Van Eekert Siel | 8m24 | '09 |  |
|  |  |  |  |  |  | 7 | Verrydt Karen | 8m06 | '10 |  |
|  |  |  |  |  |  | 8 | Peeters Silke | 7m62 | '13 |  |
|  |  |  |  |  |  | 9 | Ameye Astrid | 7m38 | '11 |  |
|  |  |  |  |  |  | 10 | Ghyssaert Leen | 7m23 | '10 |  |

# OUTDOOR DAMES cADETTEN

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|  | Discus 1kg | | | |  | **Speer 500g** | | | |  |
|  | 1 | Hooyberghs Elien | 26m53 | '10 |  | 1 | Hooyberghs Elien | 36m60 | '10 |  |
|  | 2 | Brosens Stefanie | 19m05 | '11 |  | 2 | Brosens Stefanie | 33m32 | '12 |  |
|  | 3 | Verrydt Karen | 17m89 | '10 |  | 3 | Lambregts Ylen | 26m15 | '09 |  |
|  | 4 | Lambregts Ylen | 17m73 | '09 |  | 4 | Peeters Silke | 24m12 | '13 |  |
|  | 5 | Robeyns Olivia | 14m39 | '11 |  | 5 | Janssen Steffi | 20m69 | '10 |  |
|  | 6 | Van Den Schoor Esther | 13m62 | '12 |  | 6 | Van Eekert Siel | 20m33 | '09 |  |
|  | 7 | Janssen Steffi | 13m58 | '09 |  | 7 | Claesens Sha-uri | 18m80 | '13 |  |
|  | 8 | van Limpt Anne | 12m48 | '13 |  | 8 | Ghyssaert Leen | 17m01 | '10 |  |
|  | 9 | Peeters Silke | 11m59 | '13 |  | 9 | van den Broek Marie | 15m95 | '12 |  |
|  | 10 | Marsboom Caroline | 10m45 | '10 |  | 10 | Van Heuckelom Loren | 14m98 | '09 |  |

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|  | **Hamer 3kg** | | | |  | **6-Kamp** | | | |  |
|  | 1 | Van Eekert Siel | 21m34 | '09 |  | 1 | Hooyberghs Elien | 3936p | '10 |  |
|  | 2 | Lambregts Ylen | 21m30 | '09 |  | 2 | Brosens Stefanie | 3479p | '12 |  |
|  |  |  |  |  |  | 3 | Van Eekert Siel | 2970p | '09 |  |
|  |  |  |  |  |  | 4 | Peeters Silke | 2497p | '13 |  |
|  |  |  |  |  |  | 5 | Lambregts Ylen | 2452p | '09 |  |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Ghyssaert Leen – Cuynen Nele – Van Eekert Siel – Hooyberghs Elien | 53"73 | '09 |
| 2 | Ghyssaert Leen – Hooyberghs Elien – Joos Caroline – Ameye Astrid | 54"08 | '10 |
| 3 | Druyts Lies – Robeyns Olivia – Ameye Astrid – Brosens Stefanie | 55"52 | '11 |
| 4 | Speelman-rooms Femke – De Vlieger Lize – Aerts Paulien – Claesens Sha-uri | 57"60 | '13 |

## clubrecords cadetten

**80 m Horden** **Atac** Hooyberghs Elien 11"96 Mol 21/08/10

**Avos** Sneyders Sanne 12"67 Tessenderlo 04/09/04

**Tuac** Van Herpe Katrin 12"00 Naimette 23/09/89

**200 m Horden** **Avos** Toelen Daphne 37"13 Kapellen 17/08/08

**300 m Horden** **Atac** Brosens Stefanie 45"99 Oordegem 02/09/12

**Avos** Caers Shana 48"01 Willebroek 06/05/06

**Tuac** Hermans Annemie 45"59 Heizel 13/09/81

**50 meter** **Avos** Peeters Teske 7"58 L'Isle-s/l-Sorgue 10/07/06

**60 meter** **Tuac** Hermans Annemie 8"2 Turnhout 07/06/81

**80 meter** **Tuac** Huysmans Miek 10"1 69

**100 meter**  **Atac** Brosens Stefanie 13"42 Tessenderlo 14/09/12

**Avos** Broeckx Sophie 12"76 Merksem 15/08/05

**Tuac** Van Gils Inge 12"5 Arendonk 23/05/88

**200 meter**  **Atac** Brosens Stefanie 26"94 Aartselaar 12/05/12

**Avos** V.Waeyenberghe Hanne 25"98 Merksem 15/08/03

**Tuac** Hermans Annemie 26"4 Hechtel 06/05/91

**300 meter**  **Atac** De Vlieger Lize 44"07 St.-Niklaas 20/08/13

**Avos** V.Waeyenberghe Hanne 41"72 Herentals 14/06/02

**Tuac** Van der Veken Katrien 43"12 Alken 21/08/99

**400 meter Atac** De Vlieger Lize 60"86 St.-Niklaas 09/05/13 **Avos** Beyens Jelle 60"54 Vilvoorde 22/06/02

**Tuac** Aerts Katrien 59"44 Oordegem 12/09/92

**600 meter Atac** De Vlieger Lize 1'40"31 Hulst 20/05/13

**800 meter Atac** De Vlieger Lize 2'20"49 Oordegem 02/06/13

**Avos** Beyens Jelle 2'18"25 Edegem 13/09/02

**Tuac** Keeris Christel 2'15"4 Blankenberge 11/09/77

# OUTDOOR DAMES cADETTEN

**1000 meter**  **Atac** Van Ammel Joyce 3'25"40 Turnhout 03/07/09

**Avos** Swinnen Jo 3'05"60 Duffel 01/05/02

**Tuac** Abbeel Anneleen 3'02"60 Breda (Ned) 01/04/00

**1500 meter**  **Atac** De Vlieger Lize 5'08"61 Beveren 07/09/13

**Avos** Swinnen Jo 4'46"90 Vilvoorde 27/07/02

**Tuac** Abbeel Anneleen 4'39"60 Leuven 15/08/00

**1 mijl** **Avos** Brosens Evelien 5'53"58 Tessenderlo 10/09/08

**2000 meter** **Tuac** Lambregts Ylen 10'15"00 Lier 29/06/08

**3000 meter** **Tuac** Abbeel Anneleen 10'21"86 St.-Niklaas 01/06/00

**Ver** **Atac** Hooyberghs Elien 5m36 Turnhout 08/08/10

**Avos** V.Waeyenberghe Hanne 5m36 Herentals 24/08/03

**Tuac** Meulders Liesbeth 5m45 Oordegem 12/09/82

**Hinkstap** **Avos** Caers Shana 10m65 Brasschaat 12/05/07

**Tuac** Noyens Annelies 10m42 Herentals 13/06/97

**Hoog** **Atac** Hooyberghs Elien 1m61 Merksem 26/04/09

**Avos** Caers Shana 1m57 Lier 30/04/06

**Tuac** Meulders Liesbeth 1m78 Gent 20/06/92

**Polsstok** **Atac** Peeters Silke 2m10 Booischot 24/05/13

**Kogel 2kg** **Atac** Hooyberghs Elien 13m07 Oordegem 20/05/09

**Kogel 3kg** **Atac** Hooyberghs Elien 12m05 Naimette 28/08/10

**Avos** Van Der Velden Carine 11m68 Ninove 15/09/85

**Tuac** Meulders Liesbeth 12m71 Turnhout 05/04/92

**Discus 1kg** **Atac** Hooyberghs Elien 26m53 Lanaken 08/05/10

**Avos** Van Der Velden Carine 34m64 Dilbeek 20/09/86

**Tuac** Meulders Liesbeth 38m18 Ninove 26/09/92

**Speer 500g Atac** Hooyberghs Elien 36m60 Jambes 11/09/10

**Avos** V.Waeyenberghe Hanne 32m69 Herentals 24/08/03

**Tuac** Van Den Auwelant Nicki 39m58 Vosselaar 21/06/91

**Speer 600g Tuac** Lambregts Ymke 17m08 Turnhout 29/04/01

**Hamer 3kg** **Atac** Van Eekert Siel 21m34 Turnhout 03/07/09

**Avos** Rutten Sophie 27m53 Merksem 24/08/08

**Tuac** Lambregts Ylen 16m64 Tessenderlo 25/06/08

**3-Kamp Avos** Van Gorp Inge 1054p Turnhout 15/09/91

**Tuac** Hermans Annemie 2094p Landen 27/09/81

**5-Kamp**  **Avos** Sneyders Sanne 2669p Mechelen 19/09/04

**Tuac** Meulders Liesbeth 3350p Kessel-Lo 30/08/92

**6-Kamp Atac** Hooyberghs Elien 3936p Naimette 29/08/10

**Avos** V.Waeyenberghe Hanne 3788p Herentals 24/08/03

**Tuac** Lambregts Ylen 2485p Oordegem 28/09/08

**Afl 4 x 100 m** **Atac** Ghyssaert Leen – Cuynen Nele – Van Eekert Siel – Hooyberghs Elien

53"73 Aartselaar 09/05/09

**Avos** Peeters Hanne – Swinnen Jo – Beyens J. – Van Waeyenberghe Hanne

53"47 Aartselaar 11/05/02

**Tuac** Van den Dungen Olga – Diels C. – Verheyen M. – Keeris C.

53"0 Heist 23/09/77

**Afl 4 x 800 m Avos** Janssen Shana – Boermans Dominique – Petit Nikki – Brosens E.10'32"54 Brasschaat 19/08/07

# OUTDOOR DAMES SCholieren

## jaarprestaties scholieren

**100 meter H El** 1. Brosens Stefanie 15"18 Herentals 25/08/13

**400 meter H El** 1. Brosens Stefanie 66"70 Moeskroen 31/08/13

**200 meter El** 1. Brosens Stefanie 26"21 Herentals 02/06/13

2. Van Den Schoor Esther 32"10 (w+3,5) Tienen 04/05/13

**300 meter El** 1. Brosens Stefanie 42"80 Turnhout 14/04/13

**400 meter El** 1. Brosens Stefanie 62"17 Genk 11/05/13

2. Van Eyck Sofie 67"97 Lier 30/06/13

**800 meter El** 1. Van Eyck Sofie 2'34"88 Oordegem 02/06/13

2. Brosens Stefanie 2'37"23 Dilbeek 04/08/13

**1000 meter El** 1. Van Eyck Sofie 3'33"54 St.-Niklaas 20/08/13

**1500 meter El** 1. Van Eyck Sofie 5'21"44 Hulst 20/05/13

**1 mijl El** 1. Van Eyck Sofie 5'57"63 Ninove 22/07/13

**2000 meter El** 1. Van Eyck Sofie 7'28"44 Turnhout 14/04/13

**3000 meter El** 1. Van Eyck Sofie 11'29"05 Merksem 27/04/13

**Ver** 1. Brosens Stefanie 4m88 Herentals 25/08/13

2. Van Den Schoor Esther 3m98 Tienen 04/05/13

**Hoog** 1. Brosens Stefanie 1m61 Herentals 25/08/13

2. Van Den Schoor Esther 1m40 Turnhout 14/04/13

3. Van Eyck Sofie 1m40 Tienen 04/05/13

**Kogel 3 kg** 1. Brosens Stefanie 11m71 Herentals 25/08/13

2. Van Den Schoor Esther 7m90 Baarle-Nassau 30/03/13

**Speer 500g** 1. Brosens Stefanie 42m57 Turnhout 22/09/13

2. Van Den Schoor Esther 16m90 Baarle-Nassau 30/03/13

**7-Kamp** 1. Brosens Stefanie 4747p Herentals 25/08/13

## overwinningen scholieren

1. Van Den Schoor Esther Hoog Baarle-Nassau 30/03/13

2. Brosens Stefanie Speer Baarle-Nassau 30/03/13

3. Brosens Stefanie Ver Baarle-Nassau 30/03/13

4. Brosens Stefanie Kogel Baarle-Nassau 30/03/13

5. Van Den Schoor Esther Hoog Turnhout 14/04/13

6. Brosens Stefanie 100mH Turnhout 14/04/13

7. Brosens Stefanie Speer Turnhout 14/04/13

8. Brosens Stefanie 300m Turnhout 14/04/13

# OUTDOOR DAMES SCholieren

9. Brosens Stefanie Speer Merksem 27/04/13

10. Brosens Stefanie Speer Tienen 04/05/13

11. Brosens Stefanie 400mH Tienen 04/05/13

12. Brosens Stefanie 7-Kamp Herentals 02/06/13

13. Brosens Stefanie 200m Herentals 02/06/13

14. Brosens Stefanie Speer Herentals 02/06/13

15. Brosens Stefanie Speer Herentals 22/06/13

16. Brosens Stefanie Speer Lier 07/07/13

17. Brosens Stefanie 200m Lier 07/07/13

18. Brosens Stefanie Speer Turnhout 22/09/13

19. Brosens Stefanie Kogel Turnhout 22/09/13

## 10 Beste prestaties scholieren

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|  | **100 meter Horden El** | | | |  | **400 meter Horden El** | | | |  |
|  | 1 | Hooyberghs Elien | 14"19\* | '11 |  | 1 | Brosens Stefanie | 66"70 | '13 |  |
|  | 2 | Brosens Stefanie | 15"18 | '13 |  | 2 | Toelen Daphne | 81"40 | '09 |  |
|  | 3 | Caers Shana | 16"32 | '09 |  | 3 | Lambregts Ylen | 89"34 | '11 |  |
|  | 4 | Verrydt Nathalie | 17"75 | '09 |  |  |  |  |  |  |
|  | 5 | Van Eekert Siel | 18"41 | '11 |  |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 18"44 | '11 |  |  |  |  |  |  |
|  | 7 | Cuynen Nele | 19"96 | '10 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Ghyssaert Leen | 13"25\* | '12 |  | 1 | Lambregts Ylen | 14"3\* | '11 |  |
|  | 2 | Hooyberghs Elien | 13"34 | '11 |  | 2 | Janssen Steffi | 14"5\* | '11 |  |
|  | 3 | Cuynen Nele | 13"52 | '10 |  |  |  |  |  |  |
|  | 4 | Caers Shana | 13"75 | '09 |  |  |  |  |  |  |
|  | 5 | Verrydt Nathalie | 13"96 | '09 |  |  |  |  |  |  |
|  | 6 | Toelen Daphne | 13"97 | '10 |  |  |  |  |  |  |
|  | 7 | Vermeylen Bika | 14"03 | '10 |  |  |  |  |  |  |
|  | 8 | Lambregts Ylen | 14"27 | '10 |  |  |  |  |  |  |
|  | 9 | Van Tilborg Griet | 14"32 | '09 |  |  |  |  |  |  |
|  | 10 | Janssen Steffi | 14"82 | '11 |  |  |  |  |  |  |

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|  | **150 meter El** | | | |  |  | | | |  |
|  | 1 | Janssen Steffi | 22"79\* | '11 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | Brosens Stefanie | 26"21 | '13 |  | 1 | Cuynen Nele | 29"0\* | '10 |  |
|  | 2 | Hooyberghs Elien | 27"05\* | '11 |  | 2 | Van Eekert Siel | 29"5\* | '10 |  |
|  | 3 | Ghyssaert Leen | 28"12 | '12 |  | 3 | Lambregts Ylen | 30"6\* | '10 |  |
|  | 4 | Caers Shana | 28"26 | '09 |  |  |  |  |  |  |
|  | 5 | Cuynen Nele | 28"40 | '10 |  |  |  |  |  |  |
|  | 6 | Toelen Daphne | 28"70 | '09 |  |  |  |  |  |  |
|  | 7 | Lambregts Ylen | 30"00 | '10 |  |  |  |  |  |  |
|  | 8 | Van Eekert Siel | 30"05 | '10 |  |  |  |  |  |  |
|  | 9 | Van Den Schoor Esther | 32"10\* | '13 |  |  |  |  |  |  |
|  | 10 | Dom Hanna | 32"45 | '12 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 42"80 | '13 |  | 1 | Brosens Stefanie | 62"17 | '13 |  |
|  | 2 | Caers Shana | 45"10 | '09 |  | 2 | Van Eekert Siel | 66"95 | '10 |  |
|  |  |  |  |  |  | 3 | Van Eyck Sofie | 67"97 | '13 |  |
|  |  |  |  |  |  | 4 | Cuynen Nele | 75"24 | '11 |  |

# OUTDOOR DAMES SCholieren

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|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | Lauwers Shana | 2'19"59 | '09 |  | 1 | Van Eekert Siel | 2'42"0 | '10 |  |
|  | 2 | Brosens Evelien | 2'25"47 | '09 |  | 2 | Cuynen Nele | 2'52"0 | '10 |  |
|  | 3 | Hooyberghs Elien | 2'31"74 | '11 |  | 3 | Lambregts Ylen | 3'03"0 | '10 |  |
|  | 4 | Van Eyck Sofie | 2'34"88 | '13 |  | 4 | Janssen Steffi | 3'04"0 | '11 |  |
|  | 5 | Brosens Stefanie | 2'37"23 | '13 |  |  |  |  |  |  |
|  | 6 | Verschuren Linde | 2'38"12 | '09 |  |  |  |  |  |  |
|  | 7 | Van Ammel Joyce | 2'44"19 | '11 |  |  |  |  |  |  |
|  | 8 | Janssen Shana | 2'45"47 | '09 |  |  |  |  |  |  |
|  | 9 | Caers Shana | 2'52"60 | '09 |  |  |  |  |  |  |
|  | 10 | Verschuren Lotte | 2'57"19 | '11 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | Brosens Evelien | 3'12"26 | '09 |  | 1 | Lauwers Shana | 4'52"14 | '09 |  |
|  | 2 | Janssen Shana | 3'28"39 | '09 |  | 2 | Brosens Evelien | 5'15"14 | '09 |  |
|  | 3 | Van Eyck Sofie | 3'33"54 | '13 |  | 3 | Van Ammel Joyce | 5'18"45 | '11 |  |
|  | 4 | Van Ammel Joyce | 3'41"26 | '11 |  | 4 | Van Eyck Sofie | 5'21"44 | '13 |  |
|  |  |  |  |  |  | 5 | Verschuren Linde | 5'36"72 | '09 |  |
|  |  |  |  |  |  | 6 | Van Eekert Siel | 6'46"78 | '11 |  |

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|  | **1 mijl El** | | | |  | **2000 meter El** | | | |  |
|  | 1 | Van Eyck Sofie | 5'57"63 | '13 |  | 1 | Van Eyck Sofie | 7'28"44 | '13 |  |

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|  | **3000 meter El** | | | |  |  | | | |  |
|  | 1 | Lauwers Shana | 10'42"34 | '09 |  |  |  |  |  |  |
|  | 2 | Brosens Evelien | 11'24"65 | '09 |  |  |  |  |  |  |
|  | 3 | Van Eyck Sofie | 11'29"05 | '13 |  |  |  |  |  |  |
|  | 4 | Van Ammel Joyce | 11'47"75 | '11 |  |  |  |  |  |  |
|  | 5 | Verschuren Lotte | 13'13"68 | '11 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Hooyberghs Elien | 1m63 | '11 |  | 1 | Janssen Steffi | 2m33 | '11 |  |
|  | 2 | Caers Shana | 1m62 | '09 |  |  |  |  |  |  |
|  | 3 | Brosens Stefanie | 1m61 | '13 |  |  |  |  |  |  |
|  | 4 | Van Eekert Siel | 1m50 | '10 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 1m48 | '10 |  |  |  |  |  |  |
|  | 6 | Van Den Schoor Esther | 1m40 | '13 |  |  |  |  |  |  |
|  | 7 | Van Eyck Sofie | 1m40 | '13 |  |  |  |  |  |  |
|  | 8 | Lauwers Shana | 1m35 | '09 |  |  |  |  |  |  |
|  | 9 | Ameye Astrid | 1m35 | '12 |  |  |  |  |  |  |
|  | 10 | Cuynen Nele | 1m30 | '10 |  |  |  |  |  |  |

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|  | **Ver** | | | |  | Hinkstap | | | |  |
|  | 1 | Hooyberghs Elien | 5m42\* | '11 |  | 1 | Caers Shana | 10m92\* | '09 |  |
|  | 2 | Caers Shana | 5m22 | '09 |  |  |  |  |  |  |
|  | 3 | Brosens Stefanie | 4m88 | '13 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 4m51 | '10 |  |  |  |  |  |  |
|  | 5 | Cuynen Nele | 4m51 | '10 |  |  |  |  |  |  |
|  | 6 | Van Eekert Siel | 4m36 | '10 |  |  |  |  |  |  |
|  | 7 | Janssen Steffi | 4m12 | '12 |  |  |  |  |  |  |
|  | 8 | Van Den Schoor Esther | 3m98 | '13 |  |  |  |  |  |  |
|  | 9 | Kuijpers Anne | 3m80\* | '11 |  |  |  |  |  |  |

# OUTDOOR DAMES SCholieren

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|  | **Kogel 3kg** | | | |  | Kogel 4kg | | | |  |
|  | 1 | Brosens Stefanie | 11m71 | '13 |  | 1 | Hooyberghs Elien | 10m94 | '11 |  |
|  | 2 | Van Eekert Siel | 8m92 | '10 |  | 2 | Brosens Evelien | 9m12 | '10 |  |
|  | 3 | Lambregts Ylen | 8m56 | '10 |  | 3 | Caers Shana | 8m73 | '09 |  |
|  | 4 | Van Den Schoor Esther | 7m90 | '13 |  | 4 | Lambregts Ylen | 8m08 | '10 |  |
|  | 5 | Kuijpers Anne | 7m89 | '11 |  | 5 | Van Eekert Siel | 7m98 | '11 |  |
|  | 6 | Janssen Steffi | 7m41 | '12 |  | 6 | Janssen Steffi | 7m05 | '11 |  |
|  | 7 | Dom Hanna | 6m87 | '12 |  | 7 | Marsboom Caroline | 5m45 | '11 |  |
|  | 8 | Cuynen Nele | 6m42 | '10 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | Discus 1kg | | | |  | Hamer 4kg | | | |  |
|  | 1 | Brosens Evelien | 27m42 | '10 |  | 1 | Lambregts Ylen | 15m84 | '11 |  |
|  | 2 | Van Eekert Siel | 23m07 | '10 |  | 2 | Van Eekert Siel | 13m40 | '10 |  |
|  | 3 | Lambregts Ylen | 21m08 | '10 |  |  |  |  |  |  |
|  | 4 | Toelen Daphne | 19m54 | '10 |  |  |  |  |  |  |
|  | 5 | Janssen Steffi | 18m11 | '11 |  |  |  |  |  |  |

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|  | **Speer 600 g** | | | |  | Speer 500 g | | | |  |
|  | 1 | Hooyberghs Elien | 34m11 | '11 |  | 1 | Brosens Stefanie | 42m57 | '13 |  |
|  | 2 | Brosens Evelien | 30m58 | '10 |  | 2 | Janssen Steffi | 21m80 | '12 |  |
|  | 3 | Caers Shana | 29m40 | '09 |  | 3 | Van Den Schoor Esther | 16m90 | '13 |  |
|  | 4 | Lambregts Ylen | 26m32 | '10 |  |  |  |  |  |  |
|  | 5 | Peeters Teske | 26m28 | '09 |  |  |  |  |  |  |
|  | 6 | Van Eekert Siel | 24m58 | '11 |  |  |  |  |  |  |
|  | 7 | Kuijpers Anne | 21m70 | '11 |  |  |  |  |  |  |
|  | 8 | Janssen Steffi | 21m62 | '11 |  |  |  |  |  |  |
|  | 9 | Verrydt Nathalie | 16m10 | '09 |  |  |  |  |  |  |
|  | 10 | Marsboom Caroline | 13m83 | '11 |  |  |  |  |  |  |

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|  | **5-Kamp** | | | |  | **7-Kamp** | | | |  |
|  | 1 | Lambregts Ylen | 1399p | '11 |  | 1 | Hooyberghs Elien | 4830p | '11 |  |
|  |  |  |  |  |  | 2 | Brosens Stefanie | 4747p | '13 |  |
|  |  |  |  |  |  | 3 | Caers Shana | 3983p | '09 |  |
|  |  |  |  |  |  | 4 | Lambregts Ylen | 3068p | '10 |  |
|  |  |  |  |  |  | 5 | Van Eekert Siel | 2625p | '11 |  |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Cuynen Nele – Van Eekert Siel – Lambregts Ylen – Vermeylen Bika | 54"02 | '10 |
| 2 | Caers Shana – Van Tilborg Griet – Oostvogels Ellen – Toelen Daphne | 55"36 | '09 |
| 3 | Ghyssaert Leen – Lambregts Ylen – Janssen Steffi – Hooyberghs Elien | 55"74 | '11 |
| 4 | Janssen Steffi – Ameye Astrid – Lambregts Ylen – Brosens Stefanie | 56"93 | '11 |

## clubrecords scholieren

**100 m Horden Atac** Hooyberghs Elien 14"83 Lier 26/06/11

**Avos** Sneyders Sanne 15"58 Brasschaat 30/04/05

**Tuac** Kerremans Ivy 14"20 Leuven 12/09/87

**300 m Horden** **Avos** Peeters An 46"45 Reutlingen (D) 28/06/99

**Tuac** Hermans Annemie 44"80 Leuven 01/06/93

**400 m Horden Atac** Brosens Stefanie 66"70 Moeskroen 31/08/13 **Avos** Peeters An 66"63 Turnhout 11/07/99

**Tuac** Maes Marjan 68"28 Oordegem 09/09/ 00

**60 meter Tuac** Hermans Annemie 8"0 Turnhout 22/05/83

**100 meter Atac** Hooyberghs Elien 13"34 Zele 20/08/11

**Avos** V.Waeyenberghe Hanne 12"71 Tesssenderlo 05/09/04

**Tuac** Druyts Ria 12"50 Merksem 18/08/79

# oUTDOOR DAMES SCholieren

**200 meter Atac** Brosens Stefanie 26"21 Herentals 02/06/13

**Avos** V.Waeyenberghe Hanne 26"25 Duffel 15/08/04

**Tuac** De Neve Annick 25"98 Merksem 18/08/79

**300 meter Atac** Brosens Stefanie 42"80 Turnhout 14/04/13

**Avos** V.Waeyenberghe Hanne 41"52 Tessenderlo 01/07/04

**Tuac** Aerts Katrien 41"61 Oordegem 10/07/94

**400 meter Atac** Brosens Stefanie 62"17 Genk 11/05/13

**Avos** Peeters An 59"74 Zwijndrecht 29/05/99

**Tuac** Segers Mai 56"68 Heizel 10/08/75

**800 meter** **Atac** Lauwers Shana 2'19"59 Ninove 16/05/09

**Avos** Janssens Vicky 2'13"18 Heverlee 05/06/04

**Tuac** Segers Mai 2'14"4 Tongerlo 03/08/75

**1000 meter** **Atac** Brosens Evelien 3'12"26 Tessenderlo 24/06/09

**Avos** Janssens Vicky 3'03"36 Duffel 01/05/04

**Tuac** Moelans Inge 2'58"9 Neerpelt 07/08/92

**1500 meter** **Atac** Lauwers Shana 4'52"14 Brasschaat 26/07/09

**Avos** Janssens Vicky 4'33"67 Tessenderlo 04/09/04

**Tuac** Abbeel Anneleen 4'40"10 Duffel 27/05/01

**1 mijl**  **Atac** Van Eyck Sofie 5'57"63 Ninove 22/07/13

**Avos** Peeters Silke 5'43"84 Mol 04/06/06

**2000 meter** **Atac** Van Eyck Sofie 7'28"44 Turnhout 14/04/13

**3000 meter**  **Atac** Lauwers Shana 10'42"34 Brugge 15/08/09

**Avos** Janssens Vicky 10'00"34 Tessenderlo 28/08/04

**Tuac** Abbeel Anneleen 9'57"36 Sittard (Ned) 04/06/01

**Ver** **Atac** Hooyberghs Elien 5m33 Zele 20/08/11

**Avos** V.Waeyenberghe Hanne 5m64 Tessenderlo 04/09/04

**Tuac** Meulders Liesbeth 5m55 Leuven 15/08/94

**Hinkstap Atac** Caers Shana 10m72 Ninove 16/05/09

**Avos** Sneyders Sanne 10m76 Brasschaat 30/04/05

**Tuac** Noyens Annelies 10m50 Turnhout 26/04/98

**Hoog** **Atac** Hooyberghs Elien 1m63 Herentals 28/05/11

**Avos** Caers Shana 1m60 Mol 23/08/08

**Tuac** Meulders Liesbeth 1m81 Hasselt 15/07/94

**Polsstok** **Atac** Janssen Steffi 2m33 Boechout 01/10/11

**Kogel 3kg** **Atac** Brosens Stefanie 11m71 Herentals 25/08/13

**Avos** Jacobs Leslie 10m80 Herentals 20/04/96

**Tuac** Meulders Liesbeth 13m30 Hechtel 04/09/93

**Kogel 4kg** **Atac** Hooyberghs Elien 10m94 Heusden 27/08/11

**Avos** Van Der Velden Carine 11m39 Lommel 20/08/88

**Tuac** Drossaert Karolien 8m45 Willebroek 16/07/ 00

**Discus 1kg** **Atac** Brosens Evelien 27m42 Turnhout 08/08/10

**Avos** Van Der Velden Carine 37m70 Kessel 08/00/88

**Tuac** Meulders Liesbeth 38m04 Turnhout 10/10/93

**Speer 500g** **Atac** Brosens Stefanie 42m57 Turnhout 22/09/13

**Speer 600g**  **Atac** Hooyberghs Elien 34m11 Dilbeek 07/08/11

**Avos** V.Waeyenberghe Hanne 30m58 Dilbeek 07/08/05

**Tuac** Van Den Auwelant Nicki 43m08 Turnhout 10/10/93

**Hamer 3kg** **Tuac** Loos Bieke 40m24 Melle 19/10/96

**Hamer 4kg** **Atac** Lambregts Ylen 15m84 Turnhout 18/09/11

**Avos** Sneyders Sanne 20m25 Lille 25/06/05

**Tuac** Janssens Melissa 14m26 Herentals 22/08/07

**5-Kamp Atac** Lambregts Ylen 1399p Kapellen 11/09/11 **Tuac** Keeris Christel3408p Hechtel 01/07/78

# OUTDOOR DAMES SCholieren

**7-Kamp** **Atac** Hooyberghs Elien 4830p Heusden 28/08/11

**Avos** V.Waeyenberghe Hanne 4476p Dilbeek 01/08/04

**Tuac** Meulders Liesbeth 4727p Vught (Ned) 20/08/94

**Afl 4 x 100 m** **Atac** Cuynen Nele – Van Eekert Siel – Lambregts Ylen – Vermeylen Bika

54"02 Lanaken 08/05/10

**Avos** Peeters Teske – Beysen Dolores – Toelen Daphne – Lauwers Shana

55"73 Brasschaat 12/05/07

**Tuac** Druyts Ria – Keeris Christel – Van Den Dungen Olga – Verheyen M.

50"6 Turnhout 01/07/79

# OUTDOOR DAMES JUNIORES

## jaarprestaties juniores

**1500 meter El** 1. Van Ammel Joyce 5'28"92 Genk 11/05/13

**3000 meter El** 1. Van Ammel Joyce 11'48"17 Merksem 27/04/13

**Ver** 1. Lambregts Ylen 4m07 Turnhout 04/08/13

2. Janssen Steffi 3m88 Turnhout 14/04/13

**Polsstok** 1. Janssen Steffi 2m10 Mol 06/07/13

**Kogel 4kg** 1. Lambregts Ylen 7m44 Genk 11/05/13

2. Janssen Steffi 6m62 Turnhout 22/09/13

**Discus 1kg** 1. Lambregts Ylen 20m30 Turnhout 22/09/13

2. Janssen Steffi 16m12 Turnhout 22/09/13

**Speer 600g** 1. Janssen Steffi 22m27 Mol 06/07/13 2. Lambregts Ylen 20m70 Turnhout 04/08/13

## overwinningen juniores

1. Lambregts Ylen Kogel Baarle-Nassau 30/03/13

2. Lambregts Ylen Speer Baarle-Nassau 30/03/13

3. Lambregts Ylen Ver Baarle-Nassau 30/03/13

4. Janssen Steffi Polsstok Turnhout 04/08/13

## 10 Beste prestaties juniores

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|  | **100 meter Horden El** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Mynendonckx Jessica | 18"60\* | '09 |  | 1 | Lambregts Ylen | 40"42\* | '12 |  |
|  | 2 | Caers Shana | 18"70 | '10 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 20"26 | '12 |  |  |  |  |  |  |

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|  | **400 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Mynendonckx Jessica | 75"49 | '09 |  |  |  |  |  |  |
|  | 2 | Lambregts Ylen | 90"16 | '12 |  |  |  |  |  |  |

# OUTDOOR DAMES JUNIORES

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Mynendonckx Jessica | 13"74 | '09 |  | 1 | Brosens Evelien | 13"8\* | '12 |  |
|  | 2 | Caers Shana | 14"34 | '11 |  |  |  |  |  |  |
|  | 3 | Verrydt Nathalie | 14"49 | '10 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 15"27 | '12 |  |  |  |  |  |  |
|  | 5 | Janssens Melissa | 15"37 | '09 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  |  | | | |  |
|  | 1 | Caers Shana | 28"49 | '11 |  |  |  |  |  |  |
|  | 2 | Mynendonckx Jessica | 28"75 | '09 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 31"62 | '12 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Mynendonckx Jessica | 46"64 | '09 |  | 1 | Brosens Evelien | 64"38 | '11 |  |
|  | 2 | Caers Shana | 47"31 | '11 |  | 2 | Mynendonckx Jessica | 64"47 | '09 |  |
|  |  |  |  |  |  | 3 | Cuynen Nele | 66"83 | '12 |  |
|  |  |  |  |  |  | 4 | Caers Shana | 68"56 | '11 |  |
|  |  |  |  |  |  | 5 | Lambregts Ylen | 82"27 | '12 |  |

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|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | Lauwers Shana | 2'15"28 | '11 |  | 1 | Brosens Evelien | 2'41"0 | '11 |  |
|  | 2 | Brosens Evelien | 2'38"80 | '11 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 3'17"40 | '12 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | Lauwers Shana | 3'00"03 | '11 |  | 1 | Lauwers Shana | 4'35"73 | '11 |  |
|  | 2 | Mynendonckx Jessica | 3'26"76 | '09 |  | 2 | Van Ammel Joyce | 5'28"92 | '13 |  |

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|  | **1 mijl El** | | | |  | **2000 meter El** | | | |  |
|  | 1 | Lauwers Shana | 5'09"90 | '11 |  | 1 | Brosens Evelien | 7'36"54 | '11 |  |

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|  | **3000 meter El** | | | |  | **5000 meter El** | | | |  |
|  | 1 | Lauwers Shana | 10'38"27 | '10 |  | 1 | Lauwers Shana | 17'56"75 | '11 |  |
|  | 2 | Van Ammel Joyce | 11'48"17 | '13 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 17'38"90 | '12 |  |  |  |  |  |  |

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|  | Ver | | | |  | Hinkstap | | | |  |
|  | 1 | Caers Shana | 5m01 | '10 |  | 1 | Caers Shana | 10m88 | '10 |  |
|  | 2 | Lambregts Ylen | 4m41 | '12 |  |  |  |  |  |  |
|  | 3 | Mynendonckx Jessica | 4m37 | '09 |  |  |  |  |  |  |
|  | 4 | Brosens Evelien | 4m15\* | '11 |  |  |  |  |  |  |
|  | 5 | Janssen Steffi | 3m88 | '13 |  |  |  |  |  |  |

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|  | Hoog | | | |  | Polsstok | | | |  |
|  | 1 | Caers Shana | 1m50 | '10 |  | 1 | Janssen Steffi | 2m10 | '13 |  |
|  | 2 | Lambregts Ylen | 1m42 | '12 |  |  |  |  |  |  |
|  | 3 | Brosens Evelien | 1m40 | '12 |  |  |  |  |  |  |
|  | 4 | Van Eekert Siel | 1m40 | '12 |  |  |  |  |  |  |

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|  | Discus 1 kg | | | |  | Speer 600g | | | |  |
|  | 1 | Brosens Evelien | 26m30 | '11 |  | 1 | Caers Shana | 29m02 | '10 |  |
|  | 2 | Caers Shana | 24m22 | '11 |  | 2 | Brosens Evelien | 26m91 | '12 |  |
|  | 3 | Van Eekert Siel | 21m96 | '12 |  | 3 | Lambregts Ylen | 23m66 | '12 |  |
|  | 4 | Lambregts Ylen | 20m30 | '13 |  | 4 | Janssen Steffi | 22m27 | '13 |  |
|  | 5 | Janssen Steffi | 16m12 | '13 |  | 5 | Van Eekert Siel | 21m96 | '12 |  |
|  |  |  |  |  |  | 6 | Lambregts Yoni | 21m95 | '10 |  |
|  |  |  |  |  |  | 7 | Verrydt Nathalie | 16m72 | '10 |  |

# OUTDOOR DAMES JUNIORES

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|  | Hamer 4 kg | | | |  | Kogel 4kg | | | |  |
|  | 1 | Lambregts Ylen | 16m00 | '12 |  | 1 | Brosens Evelien | 9m50 | '11 |  |
|  |  |  |  |  |  | 2 | Caers Shana | 9m08 | '10 |  |
|  |  |  |  |  |  | 3 | Van Eekert Siel | 7m97 | '12 |  |
|  |  |  |  |  |  | 4 | Lambregts Ylen | 7m62 | '12 |  |
|  |  |  |  |  |  | 5 | Janssen Steffi | 6m62 | '13 |  |
|  |  |  |  |  |  | 6 | Lambregts Yoni | 5m58 | '10 |  |

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|  | **7-Kamp** | | | |  | **14-Kamp** | | | |  |
|  | 1 | Lambregts Ylen | 2402p | '12 |  | 1 | Lambregts Ylen | 3217p | '12 |  |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Caers Shana – Cuynen Nele – Lambregts Ylen – Brosens Stefanie | 54"05 | '11 |

## clubrecords juniores

**100 m Horden** **Atac** Mynendonckx Jessica 18"64 Herentals 25/04/09

**Avos** Aerts Sara 14"67 Jambes 09/08/03

**Tuac** De Neve Annick 14"96 Hechtel 08/05/86

**400 m Horden** **Atac** Mynendonckx Jessica 75"49 Mol 22/08/09

**Avos** Peeters An 63"37 Sint-Niklaas 25/05/01

**Tuac** Aerts Katrien 62"65 Naimette 02/09/95

**60 meter** **Tuac** Druyts Ria 7"7 Hechtel 11/06/80

**100 meter** **Atac** Mynendonckx Jessica 13"74 Beveren 29/07/09

**Avos** Aerts Sara 13"17 Burcht 04/08/02

**Tuac** De Neve Annick 12"70 Hechtel 27/05/85

Aerts Katrien 12"70 ev Mol 26/08/95

**200 meter** **Atac** Caers Shana 28"49 Herentals 25/04/11 **Avos** Aerts Sara 26"04 Sint-Niklaas 05/10/03

**Tuac** Segers Mai 25"7 Herentals 19/04/76

**300 meter Atac** Mynendonckx Jessica 46"64 Turnhout 07/08/09

**Avos** Peeters An 42"70 Duffel 02/05/01

**Tuac** Aerts Katrien 41"2 Hechtel 06/08/95

**400 meter**  **Atac** Brosens Evelien 64"38 Bornem 14/05/11

**Avos** Peeters An 59"38 Duffel 27/05/01

**Tuac** Segers Mai 56"0 Heizel 30/05/76

**800 meter** **Atac** Lauwers Shana 2'15"28 Herentals 30/04/11

**Avos** Aerts Sara 2'24"79 Sint-Niklaas 05/10/03

**Tuac** Moelans Inge 2'15"65 Turnhout 22/07/93

**1000 meter** **Atac** Lauwers Shana 3'00"03 Tessenderlo 06/07/11

**Avos** Vissers Ilse 3'14"0 Hechtel 16/09/87

**Tuac** Beckers Annick 2'57"6 Hechtel 30/06/88

**1500 meter Atac** Lauwers Shana 4'35"73 Oordegem 02/07/11

**Avos** Janssens Vicky 4'36"84 Neerpelt 02/06/07

**Tuac** Beckers Annick 4'37"8 Hasselt 17/05/87

**1 mijl Atac** Lauwers Shana 5'09"90 Vilvoorde 06/05/11 **Tuac** Moelans Inge 5'19"3 Turnhout 10/10/93

**2000 meter Atac** Brosens Evelien 7'36"54 Turnhout 17/04/11

**Tuac** Spaepen Birgit 7'31"3 Turnhout 26/05/85

**3000 meter Atac** Lauwers Shana 10'38"27 Mol 24/07/10

**Avos** Swinnen Jo 10'23"63 Oordegem 11/08/05

**Tuac** Beckers Annick 9'44"9 Neerpelt 20/05/88

# OUTDOOR DAMES JUNIORES

**5000 meter Atac** Lauwers Shana 17'56"75 Vilvoorde 11/09/11

**Avos** Swinnen Jo 18'06"51 Vilvoorde 11/09/05

**Tuac** Beckers Annick 17'09"6 Hechtel 30/07/88

**Ver** **Atac** Caers Shana 5m01 Turnhout 08/08/10

**Avos** Aerts Sara 5m63 Sint-Niklaas 05/10/03

**Tuac** Hermans Annemie 5m55 Vorst 13/05/84

**Hinkstap** **Atac** Caers Shana 10m88 Zwijndrecht 24/04/10

**Avos** Sneyders Sanne 10m10 Oordegem 10/05/08

**Hoog** **Atac** Caers Shana 1m50 Lier 25/04/10

**Avos** Aerts Sara 1m71 Herentals 26/05/02

**Tuac** Kerens Peggy 1m77 Woluwe 05/05/90

**Polsstok** **Atac** Janssen Steffi 2m10 Mol 06/07/13

**Kogel 4 kg** **Atac** Brosens Evelien 9m50 Turnhout 18/09/11

**Avos** Aerts Sara 12m56 Heusden 29/06/03

**Tuac** Meulders Liesbeth 11m13 Sint-Niklaas 24/08/96

**Discus 1kg** **Atac** Brosens Evelien 26m30 Turnhout 18/09/11

**Avos** Van Der Velden Carine 36m82 Turnhout 14/05/89

**Tuac** Meulders Liesbeth 37m02 Turnhout 14/08/96

**Speer 600g**  **Atac** Caers Shana 29m02 Baarle-Nassau 08/07/10

**Avos** Aerts Sara 34m42 Alken 04/05/03

**Tuac** Kauks Carmen 42m22 Turnhout 04/06/95

**Hamer 4kg Atac** Lambregts Ylen 16m00 Turnhout 15/04/12

**Tuac** Loos Bieke 39m99 Lille 20/06/98

**5-Kamp Tuac** Huysmans Miek3130p 73

**7-Kamp** **Atac** Lambregts Ylen 2402p Herentals 27/05/12

**Avos** Aerts Sara 5015p Sint-Niklaas 05/10/03

**Tuac** Meulders Liesbeth 4529p Sint-Niklaas 18/08/96

**14-Kamp** **Atac** Lambregts Ylen 3217p Turnhout 01/07/12

**Afl 4 x 100 m Atac** Caers Shana – Cuynen Nele – Lambregts Ylen – Brosens Stefanie54"05 Bornem 14/05/11

**Afl 4 x 400 m Avos** Peeters Silke – Brosens Evelien – Petit Nikki – Boermans Dominique4'43"42 Oordegem 10/05/08

# OUTDOOR DAMES seniores

## jaarprestaties seniores

**100 meter H El** 1. Segers Liene 15"67 Merksem 27/04/13

2. Maes Marjan 17"32 Genk 11/05/13

3. Caers Shana 19"66 Herentals 02/06/13

4. Lambregts Ymke 24"75 Yeovil (GB) 25/08/13

**200 meter H El** 1. De Vlieger Charlotte 34"13 (w?) Turnhout 04/08/13

**400 meter H El** 1. De Vlieger Charlotte 69"44 Merksem 24/08/13

2. Lambregts Ymke 122"71 Yeovil (GB) 25/08/13

**100 meter** 1. Segers Liene 13"8 (w?) Baarle-Nassau 30/03/13

**100 meter El** 1. Segers Liene 13"00 Genk 11/05/13

2. De Vlieger Charlotte 14"19 St.-Niklaas 20/08/13

# OUTDOOR DAMES seniores

3. Lambregts Ymke 17"23 Yeovil (GB) 25/08/13

**200 meter El** 1. Segers Liene 26"77 Genk 11/05/13

2. Caers Shana 28"91 (w+2,8) Herentals 02/06/13

3. Lambregts Ymke 38"16 Yeovil (GB) 25/08/13

**300 meter El** 1. De Vlieger Charlotte 45"46 St.-Niklaas 20/08/13

**400 meter El** 1. De Vlieger Charlotte 64"03 Ninove 27/07/13

2. Lambregts Ymke 98"66 Yeovil (GB) 25/08/13

**800 meter**  1. Maes Marjen 2'39"0 Baarle-Nassau 30/03/13

2. Segers Liene 2'48"0 Baarle-Nassau 30/03/13

**800 meter El** 1. Lauwers Shana 2'14"14 Lier 30/06/13

2. De Vlieger Charlotte 2'30"78 Genk 11/05/13

3. Maes Marjan 2'33"26 Duffel 26/05/13

4. Claes Lotte 2'33"61 St.-Niklaas 09/05/13

**1000 meter El** 1. Lauwers Shana 2'53"51 Turnhout 04/08/13

**1500 meter El** 1. Lauwers Shana 4'30"40 Huizingen 10/08/13

2. Claes Lotte 5'09"02 Oordegem 02/06/13

3. Lambregts Ymke 8'45"58 Yeovil (GB) 25/08/13

**2000 meter El** 1. Lauwers Shana 6'38"32 Turnhout 14/04/13

2. Claes Lotte 7'20"94 Beveren 04/07/13

3. Maes Marjan 7'51"47 Turnhout 14/04/13

**3000 meter El** 1. Claes Lotte 11'09"30 Genk 11/05/13

**5000 meter El** 1. Claes Lotte 19'23"20 St.-Niklaas 20/08/13

**Ver** 1. Segers Liene 4m86 Alken 27/07/13

2. Caers Shana 4m75 Genk 11/05/13

3. Lambregts Ymke 2m97 (w?) Baarle-Nassau 30/03/13

**Hoog** 1.Maes Marjan 1m64 Genk 11/05/13

2. Caers Shana 1m34 Herentals 02/06/13

3. Lambregts Ymke 1m15 Yeovil (GB) 25/08/13

**Kogel 4kg** 1. Caers Shana 9m29 Herentals 02/06/13

2. Segers Liene 8m41 Herentals 01/05/13

3. Lambregts Ymke 6m88 Edegem 19/04/13

4. Maes Marjan 6m64 Baarle-Nassau 30/03/13

**Discus 1kg** 1.Caers Shana 25m12 Turnhout 14/04/13

2. Lambregts Ymke 17m76 Turnhout 14/04/13

3. Lambregts Yoni 17m24 Turnhout 14/04/13

4. Maes Kathleen 14m74 Genk 11/05/13

**Speer 600g** 1.Caers Shana 28m74 Turnhout 14/04/13

2. Segers Liene 26m96 Alken 27/07/13

# OUTDOOR DAMES seniores

3. Lambregts Ymke23m49 Turnhout 04/08/13

4. Lambregts Yoni 18m68 Turnhout 14/04/13

**7-Kamp** 1. Caers Shana 2714p Herentals 02/06/13

**Aflossing 4 x 100 meter El**

1. Caers Shana – Segers Liene – Peeters Silke – Brosens Stefanie

52"00 Genk 11/05/13

## overwinningen seniores

1. Maes Marjan Hoog Baarle-Nassau 30/03/13

2. Maes Marjan 800m Baarle-Nassau 30/03/13

3. Segers Liene 100m Baarle-Nassau 30/03/13

4. Segers Liene Ver Baarle-Nassau 30/03/13

5. Segers Liene Kogel Baarle-Nassau 30/03/13

6. Lambregts Ymke Speer Baarle-Nassau 30/03/13

7. Segers Liene 100m Turnhout 14/04/13

8. Lauwers Shana 2000m Turnhout 14/04/13

9. De Vlieger Charlotte 400mH Merksem 27/04/13

10. Maes Marjan Hoog Lier 28/04/13

11. Maes Marjan 100mH Genk 11/05/13

12. Segers Liene 100m Genk 11/05/13

13. Maes Marjan Hoog Mol 06/07/13

14. Lauwers Shana 1000m Turnhout 04/08/13

15. Lauwers Shana 1500m Huizingen 10/08/13

## 10 bEste prestaties seniores

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|  | **100 meter Horden El** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Segers Liene | 15"67 | '13 |  | 1 | De Vlieger Charlotte | 34"13\* | '13 |  |
|  | 2 | Jansens Greet | 16"52 | '09 |  |  |  |  |  |  |
|  | 3 | Maes Marjan | 16"69 | '12 |  |  |  |  |  |  |
|  | 4 | Mynendonckx Jessica | 17"55 | '10 |  |  |  |  |  |  |
|  | 5 | Caers Shana | 19"66 | '13 |  |  |  |  |  |  |
|  | 6 | Lambregts Ymke | 24"03 | '12 |  |  |  |  |  |  |
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|  | **400 meter Horden El** | | | |  |  | | | |  |
|  | 1 | De Vlieger Charlotte | 69"44 | '13 |  |  |  |  |  |  |
|  | 2 | Lambregts Ymke | 1'54"54 | '12 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Segers Liene | 13"00 | '13 |  | 1 | Segers Liene | 13"8\* | '13 |  |
|  | 2 | De Backer Tanja | 13"87 | '09 |  |  |  |  |  |  |
|  | 3 | Jansens Greet | 13"87 | '09 |  |  |  |  |  |  |
|  | 4 | Mynendonckx Jessica | 13"93 | '10 |  |  |  |  |  |  |
|  | 5 | De Vlieger Charlotte | 14"19 | '13 |  |  |  |  |  |  |
|  | 6 | Maes Marjan | 14"21 | '09 |  |  |  |  |  |  |
|  | 7 | Lambregts Ymke | 17"23 | '13 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | Segers Liene | 26"77 | '13 |  | 1 | Maes Marjan | 30"5\* | '10 |  |
|  | 2 | V.Waeyenberghe Hanne | 27"21 | '10 |  |  |  |  |  |  |
|  | 3 | Caers Shana | 28"91\* | '13 |  |  |  |  |  |  |
|  | 4 | Lambregts Ymke | 38"16 | '13 |  |  |  |  |  |  |

# OUTDOOR DAMES seniores

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | De Vlieger Charlotte | 45"46 | '13 |  | 1 | De Vlieger Charlotte | 64"03 | '13 |  |
|  |  |  |  |  |  | 2 | Lambregts Ymke | 94"77 | '12 |  |

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|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | Lauwers Shana | 2'14"14 | '13 |  | 1 | Maes Marjan | 2'37"0 | '11 |  |
|  | 2 | Maes Marjan | 2'29"38 | '11 |  | 2 | Segers Liene | 2'48"0 | '13 |  |
|  | 3 | De Vlieger Charlotte | 2'30"78 | '13 |  | 3 | Maes Kathleen | 2'56"0 | '11 |  |
|  | 4 | Claes Lotte | 2'33"61 | '13 |  |  |  |  |  |  |
|  | 5 | Mynendonckx Jessica | 2'41"11 | '10 |  |  |  |  |  |  |
|  | 6 | Maes Kathleen | 2'45"13 | '11 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | Lauwers Shana | 2'53"51 | '13 |  | 1 | Lauwers Shana | 4'30"40 | '13 |  |
|  | 2 | Maes Marjan | 3'18"10 | '11 |  | 2 | Claes Lotte | 5'09"02 | '13 |  |
|  | 3 | Maes Kathleen | 3'31"18 | '11 |  | 3 | Maes Kathleen | 5'38"60 | '11 |  |
|  |  |  |  |  |  | 4 | Lambregts Ymke | 8'32"02 | '12 |  |

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|  | **1 mijl El** | | | |  | **2000 meter El** | | | |  |
|  | 1 | Lauwers Shana | 5'05"60 | '12 |  | 1 | Lauwers Shana | 6'38"32 | '13 |  |
|  | 2 | Maes Kathleen | 6'20"69 | '11 |  | 2 | Claes Lotte | 7'20"94 | '13 |  |
|  |  |  |  |  |  | 3 | Maes Marjan | 7'51"47 | '13 |  |

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|  | **3000 meter El** | | | |  | **5000 meter El** | | | |
|  | 1 | Claes Lotte | 11'09"30 | '13 |  | 1 | Claes Lotte | 19'23"20 | '13 |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Jansens Greet | 4m92 | '10 |  | 1 | Maes Marjan | 1m68 | '11 |  |
|  | 2 | Segers Liene | 4m86 | '13 |  | 2 | Maes Kathleen | 1m45 | '09 |  |
|  | 3 | Maes Marjan | 4m81 | '10 |  | 3 | Caers Shana | 1m34 | '13 |  |
|  | 4 | Caers Shana | 4m75 | '13 |  | 4 | Lambregts Ymke | 1m15 | '13 |  |
|  | 5 | Sneyders Sanne | 4m60 | '09 |  |  |  |  |  |  |
|  | 6 | Lambregts Ymke | 3m53 | '12 |  |  |  |  |  |  |

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|  | **Kogel 4kg** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Caers Shana | 9m29 | '13 |  | 1 | Caers Shana | 25m12 | '13 |  |
|  | 2 | Segers Liene | 8m41 | '13 |  | 2 | Maes Marjan | 22m99 | '11 |  |
|  | 3 | Maes Marjan | 7m51 | '09 |  | 3 | Lambregts Ymke | 17m76 | '13 |  |
|  | 4 | Van Der Veken Katrien | 7m34 | '09 |  | 4 | Lambregts Yoni | 17m24 | '13 |  |
|  | 5 | Lambregts Ymke | 6m92 | '12 |  | 5 | Maes Kathleen | 16m65 | '09 |  |

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|  | **Speer 600g** | | | |  | **Hamer 4kg** | | | |  |
|  | 1 | Caers Shana | 28m74 | '13 |  | 1 | Janssens Melissa | 24m31 | '10 |  |
|  | 2 | Segers Liene | 26m96 | '13 |  |  |  |  |  |  |
|  | 3 | Lambregts Ymke | 25m08 | '10 |  |  |  |  |  |  |
|  | 4 | Lambregts Yoni | 18m68 | '13 |  |  |  |  |  |  |
|  | 5 | Maes Marjan | 17m59 | '11 |  |  |  |  |  |  |
|  | 6 | Maes Kathleen | 13m41 | '09 |  |  |  |  |  |  |

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|  | **7-Kamp** | | | |  |  | | | |
|  | 1 | Caers Shana | 2714p | '13 |  |  |  |  |  |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | De Backer Tanja – Caers Shana – Van Waeyenberghe Hanne – Jansens Greet | 51"42 | '09 |
| 2 | Caers Shana – Segers Liene – Peeters Silke – Brosens Stefanie | 52"00 | '13 |
| 3 | Ghyssaert Leen – Cuynen Nele – Lambregts Ylen – Brosens Stefanie | 52"79 | '12 |
| 4 | Janssen Steffi – Van Den Schoor Esther – van den Broek Marie – Brosens Evelien | 58"61 | '12 |

# OUTDOOR DAMES seniores

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| **Aflossing 4 x 400 meter El** | | | |
| 1 | Lauwers Shana – Maes Marjan – Van Eekert Siel – Toelen Daphne | 4'19"59 | '09 |

## clubrecords seniores

**100 m Horden** **Atac** Segers Liene 15"67 Merksem 27/04/13

**Avos** Aerts Sara 13"44 Bangkok (Th) 10/08/07

**Tuac** Van Herpe Katrin 14"95 Ninove 07/09/96

**400 m Horden** **Atac** De Vlieger Charlotte 69"44 Merksem 24/08/13

**Avos** Belmans Else 60"22 Kessel-Lo 21/05/05

**Tuac** Segers Mai 62"05 Leuven 30/06/79

**60 meter**  **Tuac** Huysmans Miek 7"9 Turnhout 30/05/76

**100 meter**  **Atac** Segers Liene 13"00 Genk 11/05/13

**Avos** Aerts Sara 12"39 Herentals 12/06/04

**Tuac** Huysmans Miek 12"42 Heizel 18/07/76

**200 meter** **Atac** Segers Liene 26"77 Genk 11/05/13

**Avos** Aerts Sara 24"20 Maribor (Slo) 08/07/07

**Tuac** Huysmans Miek 25"48 Heizel 21/08/76

**300 meter Atac** De Vlieger Charlotte 45"46 St.-Niklaas 20/08/13

**Avos** Aerts Sara 41"35 Herentals 12/06/04

**Tuac** Aerts Katrien 41"04 Mol 25/05/01

**400 meter**  **Atac** De Vlieger Charlotte 64"03 Ninove 27/07/13

**Avos** Belmans Else 57"71 Lier 13/05/06

**Tuac** Aerts Katrien 57"08 Brussel 01/07/01

**800 meter** **Atac** Lauwers Shana 2'14"14 Lier 30/06/13

**Avos** Aerts Sara 2'18"24 Bangkok (Th) 10/08/07

**Tuac** Segers Mai 2'12"5 Hechtel 12/07/78

**1000 meter**  **Atac** Lauwers Shana 2'53"51 Turnhout 04/08/13

**Tuac** Segers Mai 2'56"9 Kessel-Lo 21/09/78

**1500 meter** **Atac** Lauwers Shana 4'30"40 Huizingen 10/08/13

**Avos** Bollansee Nancy 5'35"1 Vosselaar 22/06/91

**Tuac** Beckers Annick 4'32"50 Duffel 01/09/90

**1 mijl** **Atac** Lauwers Shana 5'05"60 Kessel-Lo 18/08/12

**Avos** Lockkamper Christel6'49"89 Herentals 31/07/98

**Tuac** Beckers Annick 4'57"29 Mol 04/08/90

**2000 meter** **Atac** Lauwers Shana 6'38"32 Turnhout 14/04/13

**3000 meter Atac** Claes Lotte 11'09"30 Genk 11/05/13

**Avos** Lockkamper Christel 14'31"7 Vosselaar 23/09/00

**Tuac** Beckers Annick 9'32"28 Tessenderlo 18/08/90

**5000 meter**  **Atac** Claes Lotte 19'23"20 St.-Niklaas 20/08/13

**Tuac** Beckers Annick 16'31"3 Wespelaar 14/09/90

**10000 meter** **Tuac** Beckers Annick 36'47"67 Tessenderlo 09/09/98

**Ver** **Atac** Jansens Greet 4m92 Turnhout 08/08/10

**Avos** Aerts Sara 6m15 Dilbeek 01/08/04

**Tuac** Deckx Chris 5m56 Turnhout 02/05/76

**Hoog** **Atac** Maes Marjan 1m68 Lier 26/06/11

**Avos** Aerts Sara 1m75 Dilbeek 01/08/04

**Tuac** Verheyen May 1m85 Neerpelt 31/08/84

**Kogel 4kg** **Atac** Caers Shana 9m29 Herentals 02/06/13

**Avos** Aerts Sara 13m70 Lier 29/04/07

**Tuac** Mariën Hilde 11m53 Mol 25/08/93

# OUTDOOR DAMES seniores

**Discus 1kg** **Atac** Caers Shana 25m12 Turnhout 14/04/13

**Avos** De Smet Bie 36m28 Brasschaat 14/08/02

**Tuac** Mariën Hilde 39m76 Gent 01/06/96

**Speer 600g**  **Atac** Caers Shana 28m74 Turnhout 14/04/13

**Avos** Aerts Sara 40m08 Maribor (Slo) 08/07/07

**Tuac** Scheerlinck Tille 46m44 Woluwe 08/05/88

**Hamer 4kg** **Atac** Janssens Melissa 24m31 Turnhout 08/08/10

**Tuac** Mariën Hilde 44m68 Tessenderlo 07/06/96

**5-Kamp** **Avos** V.Hofstraeten M.-Paule 1544p Willebroek 04/07/98

**Tuac** Huysmans Miek 3294p 82

**7-Kamp** **Atac** Caers Shana 2714p Herentals 02/06/13

**Avos** Aerts Sara 5950p Maribor (Slo) 08/07/07

**Tuac** Keeris Chistel 4530p Kessel-Lo 15/08/82

**Afl 4 x 100 m** **Atac** De Backer Tanja – Caers Shana – V.Waeyenberghe H. – Jansens G.

51"42 Ninove 16/05/09

**Avos** Peeters An – Aerts Sara – Van Waeyenberghe Hanne – Jansens Greet

50"78 Alken 04/05/03

**Tuac** Paulussen Marien – Huysmans Miek – Broeckx N. – Segers Mai

49"6 Heizel 26/09/76

**Afl 4 x 200 m Tuac** Verheyen May – Paulussen Marien – Segers Mai - Druyts R.

1'46"2 Heizel 16/09/79

. **Afl 4 x 400 m** **Atac** Lauwers Shana – Maes Marjan – Van Eekert Siel – Toelen Daphne

4'19"59 Ninove 16/05/09

**Avos** Caers Shana – Jansens Greet – Belmans Else – Aerts Sara

3'59"47 Brasschaat 12/05/07

**Tuac** Paulussen Marien – Maes R. – Segers Mai – Keeris Christel

4'09"7 Brasschaat 10/05/81

**Zweedse afl** **Avos** Woestenborghs H. - Peeters An – V. Hofstraeten M.-P. – De Bont M. 2'43"47 Herentals 11/09/98

**Tuac** Aerts Katrien – Noyens Annelies – Meir Katho – Maes Marjan

2'27"11 Herentals 10/09/97

**Olympische afl** **Avos** Peeters Silke – De Wachter Sabine – Belmans Else – Broeckx Sophie 5'01"25 Alken 02/10/05

# OUTDOOR DAMES Masters-W35

## CLUBRECORDS MASTERS-W35

**100 m** **Horden** **Avos** Huybrechts Sandra 18"43 Nieuwpoort 17/06/06

**100 meter Avos** V. Hofstraeten M.-Paule 15"04 Lier 09/08/08

**Tuac** Huysmans Miek 13"48 Tessenderlo 05/07/89

**200 meter** **Avos** Woestenborghs Hilde 30"75 Herentals 16/06/96

**Tuac** Huysmans Miek 29"24 Mol 05/09/93

**300 meter**  **Avos** Woestenborghs Hilde 50"63 Oostende 29/07/97

**400 meter**  **Avos** Woestenborghs Hilde 70"25 Turnhout 04/10/98

**Tuac** Huysmans Miek 74"1 Duffel 23/04/89

**800 meter**  **Avos** Woestenborghs Hilde 2'36"77 Aartselaar 10/05/98

**Tuac** Dams Lou 2'41"9 Neerpelt 28/05/94

**1000 meter Avos** Woestenborghs Hilde 3'22"08 Herentals 11/09/98

**1500 meter** **Avos** Woestenborghs Hilde 5'17"48 Duffel 27/05/00

**Tuac** Mariën Rita 5'40"7 Willebroek 10/05/92

# OUTDOOR DAMES Masters-W35

**1 mijl** **Avos** Woestenborghs Hilde 5'44"26 Herentals 31/07/98

**2000 meter** **Avos** Woestenborghs Hilde 7'37"16 Turnhout 23/05/99

**3000 meter** **Avos** Woestenborghs Hilde 11'21"8 Herenthout 25/06/00

**Tuac** Dams Lou 12'58"3 Genk 23/05/93

**5000 meter** **Avos** Woestenborghs Hilde 20'09"96 Edegem 02/06/00

**Tuac** Mariën Rita 20'41"8 Turnhout 10/10/93

**Uurloop** **Avos** Jespers Hilde 12407m Herentals 21/09/01

**Ver** **Avos** Huybrechts Sandra 4m36 Turnhout 15/04/06

**Tuac** Huysmans Miek 4m26 Aalst 05/06/93

**Hoog**  **Avos** Hooyberghs Monique 1m49 Nieuwpoort 17/06/06

**Tuac** Keeris Christel 1m49 Herentals 14/06/98

**Kogel 4kg** **Avos** Hooyberghs Monique 9m65 Brasschaat 06/08/06

**Tuac** Beyens Rita 11m73 Brasschaat 11/05/79

**Discus 1kg**  **Avos** Hooyberghs Monique 27m10 Lier 13/05/06

**Tuac** Beyens Rita 49m84 Herentals 30/04/79

**Speer 600g**  **Avos** Huybrechts Sandra 24m82 Tessenderlo 03/05/06

**Tuac** Marynissen Diane 30m38 Turnhout 25/05/96

**Hamer 4kg** **Avos** Huybrechts Sandra 17m09 Turnhout 15/04/06

**Tuac** Matheussen Hilde 35m60 Vught (Ned) 12/05/92

**5-Kamp** **Avos** Huybrechts Sandra 2026p Turnhout 02/07/06

**Afl 4 x 100m** **Avos** De Bont Marleen - Jacobs Mia - Verdonck Hilde - Cools Hilda 65"71 Heverlee 10/06/95

**Tuac** Paulussen Marien – Dams Lou – Van Gorp L. – Huysmans Miek

57"7 Neerpelt 28/05/94

**Afl 4 x 400m** **Avos** De Bont M. – Woestenborghs H. – Wagemans May – Schellekens G. 6'28"5 Mechelen 04/05/97

# outdoor DAMES Masters-W40

## 10 beste prestaties masters-W40

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  | **Ver** | | | |  |
|  | 1 | Kinnaer Katrien | 15"86 | '12 |  | 1 | Kinnaer Katrien | 3m77 | '12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 4kg** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Kinnaer Katrien | 6m49 | '12 |  | 1 | Kinnaer Katrien | 19m62 | '12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Speer 600g** | | | |  |  | | | |  |
|  | 1 | Kinnaer Katrien | 13m59 | '12 |  |  |  |  |  |  |

## clubrecords masters-W40

**80 m Horden** **Avos** De Wachter Sabine 13"20 Turnhout 02/07/06

**Tuac** Huysmans Miek 14"33 Turnhout 09/04/95

**100 m Horden** **Avos** De Wachter Sabine 18"87 Brasschaat 08/05/05

**Tuac** Beyens Rita 20"7 Turnhout 21/04/85

**60 meter Tuac** Beyens Rita 8"8 Turnhout 06/06/82

**100 meter**  **Atac** Kinnaer Katrien 15"86 Mol 14/07/12

**Avos** De Wachter Sabine 15"24 Herentals 22/04/05

**Tuac** Huysmans Miek 13"60 Turnhout 12/06/94

# outdoor DAMES Masters-W40

**200 meter**  **Avos** De Wachter Sabine 30"95 Brasschaat 07/08/05

**Tuac** Huysmans Miek 28"67 Herentals 14/06/98

**300 meter**  **Avos** De Bont Marleen 51"67 Heverlee 11/05/94

**400 meter** **Avos** De Bont Marleen 75"4 Turnhout 16/05/93

**Tuac** Dams Lou 71"05 St.-Niklaas 10/05/98

**800 meter** **Avos** Staes Annie 2'32"14 Turnhout 17/08/07

**Tuac** Dams Lou 2'40"07 Jambes 05/05/96

**1000 meter** **Avos** De Bont Marleen 4'23"5 Vosselaar 11/06/93

**1500 meter** **Avos** Staes Annie 5'13"11 Duffel 26/05/07

**Tuac** Dams Lou 5'28"36 St.-Niklaas 10/05/98

**3000 meter** **Avos** Staes Annie 10'52"70 Mol 08/08/07

**Tuac** Mariën Rita 11'41"4 Neerpelt 28/05/94

**5000 meter** **Avos** Staes Annie 18'42"98 St.-Niklaas 03/06/07

**10000 meter** **Avos** Staes Annie 39'09"48 Duffel 04/07/07

**Tuac** Dams Lou 41'44"81 Luik 29/08/98

**Uurloop** **Tuac** Dams Lou 14 303m Herentals 26/09/97

**Ver** **Atac** Kinnaer Katrien 3m77 Mol 14/07/12

**Avos** De Wachter Sabine 4m51 Turnhout 02/07/06

**Tuac** Huysmans Miek 3m85 Turnhout 11/08/94

**Hoog**  **Avos** De Wachter Sabine 1m54 Turnhout 02/07/06

**Tuac** Huysmans Miek 1m50 Aartselaar 19/06/94

**Kogel 4kg** **Atac** Kinnaer Katrien 6m49 Hannuit 08/07/12

**Avos** De Wachter Sabine 11m36 Turnhout 02/07/06

**Tuac** Matheussen Hilde 11m05 Etten-Leur (Ned) 26/06/93

**Speer 600g**  **Atac** Kinnaer Katrien 13m59 Lommel 02/06/12

**Avos** De Wachter Sabine 33m67 Brasschaat 08/05/05

**Tuac** Marynissen Diane 30m26 Turnhout 29/08/97

**Discus 1kg** **Atac** Kinnaer Katrien 19m62 Lommel 02/06/12

**Avos** De Wachter Sabine 27m90 Tessenderlo 28/09/05

**Tuac** Beyens Rita 42m00 Lier 19/06/83

**Hamer 4kg** **Avos** De Wachter Sabine 30m84 Turnhout 02/10/05

**Tuac** Matheussen Hilde 38m58 Anderlecht 01/05/96

**Gewicht 9,080kg** **Avos** De Wachter Sabine 9m02 St.-Niklaas 25/06/06

**Werpvijfkamp Avos** De Wachter Sabine 3006p St.-Niklaas 25/06/06

**Tuac** Matheussen Hilde 3233p Athene (Gr) 94

**5-Kamp** **Avos** De Wachter Sabine 2454p St.-Truiden 24/07/05

**Tuac** Marynissen Diane 1961p Eindhoven 29/05/99

**7-Kamp**  **Avos** De Wachter Sabine 4429p San Sebastian (Sp) 24/08/05

**Afl 4 x 400m** **Avos** De Bont Marleen - Jacobs Mia - Wagemans May - Schellekens Gusta 6'32"6 Bornem 05/05/96

# outdoor DAMES Masters-W45

## 10 beste prestaties masters-W45

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | Staes Annie | 3'18"39 | '11 |  | 1 | Staes Annie | 5'16"70 | '11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1 mijl El** | | | |  |  | | | |  |
|  | 1 | Staes Annie | 5'51"52 | '11 |  |  |  |  |  |  |

# outdoor DAMES Masters-W45

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | Staes Annie | 7'15"54 | '12 |  | 1 | Staes Annie | 11'17"71 | '11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5000 meter El** | | | |  | **10000 meter El** | | | |  |
|  | 1 | Staes Annie | 19'16"19 | '12 |  | 1 | Staes Annie | 41'13"71 | '11 |  |

## clubrecords masters-W45

**80 m Horden** **Avos** De Bont Marleen 18"10 Herentals 22/05/99

**100 meter**  **Avos** De Bont Marleen 15"62 Herentals 02/05/98

**Tuac** Beyens Rita 15"0 Neerpelt 10/08/88

**200 meter Avos** De Bont Marleen 32"55 Herentals 02/05/98

**Tuac** Beyens Rita 31"8 Tessenderlo 07/09/88

**400 meter Avos** De Bont Marleen 1'18"59 Herentals 19/09/97

**Tuac** Daams Jo 1'30"8 Turnhout 08/04/79

**800 meter Avos** Staes Annie 2'37"83 Turnhout 29/08/08

**Tuac** Meeuws Bettie 2'38"70 Herentals 21/04/96

**1000 meter** **Atac** Staes Annie 3'18"39 Turnhout 07/08/11

**Avos** Schellekens Gusta 5'57"4 Vosselaar 14/09/96

**1500 meter** **Atac** Staes Annie 5'16"70 Beveren 03/09/11

**Avos** Staes Annie 5'11"03 Tienen 22/09/07

**Tuac** Meeuws Bettie 5'10"07 Jambes 05/05/96

**1 mijl Atac** Staes Annie 5'51"52 Herentals 24/06/11

**Tuac** Dams Lou 6'06"49 Herentals 26/07/03

**2000 meter Atac** Staes Annie 7'15"54 Turnhout 15/04/12

**Tuac** Meeuws Bettie 7'22"69 Edegem 26/07/96

**3000 meter** **Atac** Staes Annie 11'17"71 Tessenderlo 10/08/11

**Avos** Staes Annie 11'11"55 Herentals 15/06/08

**Tuac** Meeuws Bettie 11'09"32 Merksem 01/09/96

**5000 meter** **Atac** Staes Annie 19'16"19 Herentals 01/05/12

**Avos** Staes Annie 18'34"74 Herentals 22/08/07

**Tuac** Dams Lou 20'06"44 Diest 16/06/02

**10000 meter** **Atac** Staes Annie 41'13"56 Ninove 07/05/11

**Avos** Staes Annie 39'57"83 Jambes 02/07/08

**Tuac** Meeuws Bettie 40'50"6 Herentals 12/07/96

**Ver** **Avos** De Bont Marleen 4m23 Vilvoorde 08/05/97

**Tuac** Beyens Rita 3m62 Turnhout 15/08/87

**Hoog**  **Avos** De Bont Marleen 1m22 Vosselaar 14/09/96

**Tuac** Beyens Rita 1m25 Tessenderlo 09/08/87

**Kogel 4kg** **Avos** De Bont Marleen 8m14 Turnhout 19/10/97

**Tuac** Matheussen Hilde 10m07 98

**Discus 1kg** **Avos** De Bont Marleen 23m37 Aartselaar 04/07/99

**Tuac** Beyens Rita 38m08 Turnhout 01/05/88

**Speer 600g**  **Avos** De Bont Marleen 19m51 Willebroek 09/05/99

**Tuac** Beyens Rita 25m56 Turnhout 15/08/87

**Hamer 4kg**  **Tuac** Matheussen Hilde 34m90 Spa 05/06/99

**Werpvierkamp** **Tuac** Matheussen Hilde 2027p Eindhoven (Ned) 15/10/00

**Werpvijfkamp** **Tuac** Matheussen Hilde 2894p Eindhoven (Ned) 29/05/99

**5-Kamp Avos** De Bont Marleen 1502p Herentals 22/05/99

# outdoor DAMES Masters-W50

## jaarprestaties masters-W50

**800 meter El** 1. Staes Annie 2'44"86 St.-Niklaas 16/06/13

**1000 meter El** 1. Staes Annie 3'26"07 Tessenderlo 26/06/13

**1500 meter El** 1. Staes Annie 5'19"99 Tongerlo 21/08/13

**3000 meter El** 1. Staes Annie 11'31"69 Herentals 01/05/13

**5000 meter El** 1. Staes Annie 19'52"56 St.-Niklaas 16/06/13

**10000 meter El** 1. Staes Annie 40'24"64 Duffel 04/05/13

## overwinningen masters-W50

1. Staes Annie 10000m Duffel 04/05/13

2. Staes Annie 800m St.-Niklaas 16/06/13

## 10 beste prestaties masters-W50

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **1000 meter El** | | | |
|  | 1 | Staes Annie | 2'44"86 | '13 |  | 1 | Staes Annie | 3'26"07 | '13 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1500 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | Staes Annie | 5'19"65 | '12 |  | 1 | Staes Annie | 11'31"69 | '13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5000 meter El** | | | |  | **10000 meter El** | | | |  |
|  | 1 | Staes Annie | 19'30"60 | '12 |  | 1 | Staes Annie | 40'24"64 | '13 |  |
|  | 2 | Dams Lou | 22'00"99 | '09 |  | 2 | Dams Lou | 45'57"60 | '09 |  |

## clubrecords masters-W50

**80 m Horden Avos** De Bont Marleen 18"06 Heusden 24/06/01

**100 meter Avos** De Bont Marleen 15"95 Herentals 21/04/01

**200 meter Avos** De Bont Marleen 33"13 Herentals 21/04/01

**800 meter Atac** Staes Annie 2'44"86 St.-Niklaas 16/06/13

**Avos** De Bont Marleen 3'22"96 Heusden 24/06/01

**1000 meter Atac** Staes Annie 3'26"07 Tessenderlo 26/06/13

**1500 meter Atac** Staes Annie 5'19"65 Tongerlo 22/08/12

**3000 meter Atac** Staes Annie 11'31"69 Herentals 01/05/13

**Tuac** Dams Lou 12'22"99 Bornem 12/05/07

**5000 meter Atac** Staes Annie 19'30"60 Beveren 01/09/12

**Tuac** Dams Lou 20'42"32 Heusden 11/06/05

**10000 meter Atac** Staes Annie 40'24"64 Duffel 04/05/13

**Tuac** Dams Lou 43'35"86 Duffel 01/07/07

**Ver** **Avos** De Bont Marleen 4m05 Herentals 21/04/01

**Hoog** **Avos** De Bont Marleen 1m25 Heusden 24/06/01

**Kogel 3kg**  **Avos** De Bont Marleen 8m89 Turnhout 30/09/01

**Tuac** Beyens Rita 10m87 Aartselaar 19/06/94

**Kogel 4kg**  **Avos** De Bont Marleen 8m00 Booischot 07/09/01

**Tuac** Beyens Rita 9m80 Vilvoorde 08/05/97

# outdoor DAMES Masters-W50

**Discus 1kg**  **Avos** De Bont Marleen 23m84 Willebroek 27/08/00

**Tuac** Beyens Rita 34m58 Kessel 18/07/ 93

**Speer 400g Tuac** Beyens Rita 23m96 93

**Speer 500g Avos** De Bont Marleen 17m81 Herentals 15/09/00

**Speer 600g Avos** De Bont Marleen 17m80 Duffel 26/08/01

**Tuac** Beyens Rita 23m90 93

**Hamer 4kg** **Tuac** Beyens Rita 19m40 Turnhout 02/04/95

**5-Kamp Avos** De Bont Marleen 1456p Heusden 24/06/01

# outdoor DAMES Masters-W55

## jaarprestaties masters-W55

**5000 meter El** 1. Dams Lou 22'41"27 St.-Niklaas 16/06/13

**10000 meter El** 1. Dams Lou 46'11"10 Duffel 04/05/13

## 10 beste prestaties masters-W55

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  |  | | | |  |
|  | 1 | De Bont Marleen | 17"69 | '09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5000 meter El** | | | |  | **10000 meter El** | | | |
|  | 1 | Dams Lou | 21'41"55 | '10 |  | 1 | Dams Lou | 46'11"10 | '13 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Discus 1kg** | | | |  |  | | | |  |
|  | 1 | De Bont Marleen | 19m02 | '09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 3kg** | | | |  | **Kogel 4kg** | | | |  |
|  | 1 | De Bont Marleen | 7m66 | '09 |  | 1 | De Bont Marleen | 6m84 | '09 |  |

## clubrecords masters-W55

**100 meter** **Atac** De Bont Marleen 17"69 Tessenderlo 24/06/09

**Avos** De Bont Marleen 16"83 Mol 01/06/08

**200 meter** **Avos** De Bont Marleen 35"62 Herentals 15/06/07

**5000 meter Atac** Dams Lou 21'41"55 Brasschaat 12/06/10

**10000 meter Atac** Dams Lou 46'11"10 Duffel 04/05/13

**Ver Avos** De Bont Marleen 3m79 Booischot 28/07/07

**Hoog**  **Avos** De Bont Marleen 1m20 Herentals 22/04/06

**Kogel 3kg Atac** De Bont Marleen 7m66 Tessenderlo 24/06/09

**Avos** De Bont Marleen 8m54 Herentals 20/04/08

**Tuac** Beyens Rita 9m29 Duffel 01/06/98

**Kogel 4kg Atac** De Bont Marleen 6m84 Turnhout 03/07/09

**Discus 1kg Atac** De Bont Marleen 19m02 Turnhout 03/07/09

**Avos** De Bont Marleen 19m52 Turnhout 02/10/05

**Tuac** Beyens Rita 27m96 Turnhout 18/04/99

**Speer 500g Avos** De Bont Marleen 17m32 Lommel 24/09/05

**Tuac** Smets Lydie 13m57 Turnhout 03/10/04

# outdoor DAMES Masters-W55

**Speer 600g** **Avos** De Bont Marleen 17m07 Mol 01/06/08

**Tuac** Beyens Rita 17m56 Zwevegem 09/05/99

# ben/pup/min dAMES eindklassement ZOMEr

## BENJAMINS 2 x 4 proeven

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Keuppens Jinthe*** | | | |  | ***2. Keuppens Lenka*** | | | | | |
| 60m | 9"9 | 393p |  | | | 60m | 10"97 | 237p |  |
| 600m | 2'05"98 | 479p |  | | | 600m | 2'16"44 | 343p |  |
| Ver | 3m22 | 183p | \* | | | Ver | 2m73 | 94p |  |
| Hoog | 1m06 | 244p |  | | | Hoog | 0m85 | 86p | \* |
| Kogel | 6m60 | 320p |  | | | Kogel | 4m26 | 168p |  |
| Hockey | 24m49 | 209p | \* | | | Hockey | 10m24 | 31p | \* |
| Totaal |  | **1436p** |  | | | **Totaal** |  | **842p** |  |

## PUPILLEN 2 x 5 proeven

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. van den Broek Truus*** | | | |  | | ***2. Van Goubergen Anne-Sophie*** | | | | |
| 60mH | 12"60 | 430p |  | |  | |  |  |  |
| 60m | 9"53 | 531p |  | | 60m | | 9"79 | 470p |  |
| 1000m | 3'39"49 | 546p |  | | 1000m | | 3'32"88 | 602p |  |
| Ver | 3m88 | 326p | \* | | Ver | | 3m74 | 294p | \* |
| Hoog | 1m42 | 589p |  | | Hoog | | 1m28 | 446p |  |
| Kogel | 7m02 | 348p |  | | Kogel | | 6m89 | 340p |  |
| Discus | 17m18 | 238p | **\*** | | Discus | | 17m13 | 237p | \* |
| Hockey | 23m11 | 191p | **\*** | | Hockey | | 31m86 | 304p |  |
| **Totaal** |  | **2444p** |  | | **Totaal** | |  | **2162p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Borstlap Kaat*** | | | |  | | ***3. De Meulder Joke*** | | | | |
| 60mH | 15"20 | 138p | \* | |  | |  |  |  |
| 60m | 10"6 | 259p |  | | 60m | | 9"7 | 436p |  |
| 1000m | 3'42"72 | 520p |  | | 1000m | | 3'49"90 | 464p |  |
| Ver | 3m31 | 201p |  | | Ver | | 2m93 | 129p |  |
| Hoog | 1m10 | 278p |  | |  | |  |  |  |
| Kogel | 5m60 | 255p |  | | Kogel | | 6m28 | 299p |  |
| Discus | 12m22 | 142p | **\*** | |  | |  |  |  |
| Hockey | 21m22 | 167p | **\*** | | Hockey | | 22m64 | 185p |  |
| **Totaal** |  | **1513p** |  | | **Totaal** | |  | **1513p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Vosters Kaat*** | | | |  | |  | | | | |
| 60mH | 14"32 | 220p |  | |  | |  |  |  |
| 60m | 10"3 | 314p |  | |  | |  |  |  |
| 1000m | 4'29"3 | 211p | \* | |  | |  |  |  |
| Ver | 3m22 | 183p | \* | |  | |  |  |  |
| Hoog | 1m05 | 235p |  | |  | |  |  |  |
| Kogel | 7m57 | 385p |  | |  | |  |  |  |
| Hockey | 33m74 | 328p |  | |  | |  |  |  |
| **Totaal** |  | **1482p** |  | |  | |  |  |  |

# ben/pup/min dAMES eindklassement ZOMEr

## MINIEMEN 2 x 6 proeven (2 loop-, 2 spring-, 2 Werpnummers)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Lenaerts Sofie*** | | | |  | | ***2. Quirijnen Dien*** | | | | |
| 80m | 10"9 | 722p |  | | 80m | | 11"71 | 599p |  |
| 150m | 21"40 | 576p | \* | |  | |  |  |  |
|  |  |  |  | | 300m | | 52"86 | 286p | \* |
| 1000m | 4'01"3 | 381p |  | | 1000m | | 4'02"1 | 376p |  |
| Ver | 4m38 | 449p |  | | Ver | | 4m52 | 485p |  |
| Hoog | 1m35 | 516p |  | | Hoog | | 1m31 | 476p |  |
| Polsstok | 2m14 | 409p | **\*** | |  | |  |  |  |
| Kogel | 7m91 | 407p |  | | Kogel | | 8m72 | 462p |  |
| Discus | 18m21 | 259p |  | | Discus | | 19m29 | 281p |  |
| Speer | 16m31 | 235p | **\*** | | Speer | | 15m89 | 227p | \* |
| **Totaal** |  | **2734p** |  | | **Totaal** | |  | **2679p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Smeyers Lynn*** | | | |  | | ***4. Vanmechelen Hannah*** | | | | |
| 80m | 11"90 | 560p |  | | 80m | | 12"2 | 456p |  |
|  |  |  |  | | 150m | | 23"20 | 387p | \* |
| 300m | 53"52 | 265p | \* | |  | |  |  |  |
| 1000m | 4'14"78 | 294p |  | | 1000m | | 4'00"48 | 387p |  |
| Ver | 3m50 | 241p |  | | Ver | | 3m61 | 265p |  |
| Hoog | 1m25 | 417p |  | | Hoog | | 1m20 | 369p |  |
| Kogel | 9m79 | 534p |  | | Kogel | | 8m69 | 460p |  |
| Discus | 17m44 | 243p | **\*** | |  | |  |  |  |
| Speer | 18m41 | 276p |  | | Speer | | 21m04 | 328p |  |
| **Totaal** |  | **2322p** |  | | **Totaal** | |  | **2265p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Lenaerts Isabeau*** | | | |  | | ***6. De Letter Jana*** | | | | |
| 80m | 12"86 | 382p |  | | 80m | | 13"37 | 300p |  |
| 300m | 50"95 | 351p | \* | | 300m | | 57"71 | 148p | \* |
| 1000m | 3'24"53 | 675p |  | | 1000m | | 4'03"0 | 370p |  |
| Ver | 3m62 | 267p |  | | Ver | | 3m36 | 211p |  |
| Hoog | 1m05 | 235p |  | | Hoog | | 1m20 | 369p |  |
| Kogel | 7m58 | 385p |  | | Kogel | | 8m18 | 426p |  |
| Discus | 14m08 | 177p | **\*** | | Discus | | 20m56 | 306p |  |
| Speer | 15m20 | 213p |  | | Speer | | 17m35 | 255p | \* |
| **Totaal** |  | **2157p** |  | | **Totaal** | |  | **1982p** |  |

\* Proef met minste punten valt weg

# indoor heren benjamins

## jaarprestaties benjamins

**50 meter El** 1. Tan Ruï 9"19 Herentals 23/02/13

2. Kwanten Rube 9"74 Herentals 23/02/13

**60 meter El** 1. Tan Ruï 10"76 Gent 23/03/13

**Ver**  1. Tan Ruï 2m82 Herentals 23/02/13

2. Kwanten Rube 2m67 Herentals 23/02/13

**Hoog** 1. Tan Ruï 0m80 Herentals 08/12/12

**Kogel 1kg**  1. Kwanten Rube 4m69 Herentals 23/02/13

2. Tan Ruï 4m43 Herentals 08/12/12

**3-Kamp**  1. Tan Ruï 518p Herentals 08/12/12

## overwinningen benjamins

1. Tan Ruï 50m Herentals 08/12/12

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Vosters Wout | 8"23 | '09 |  | 1 | Vosters Wout | 9"62 | '09 |  |
|  | 2 | Van Gool Milan | 8"62 | '12 |  | 2 | Tan Ruï | 10"76 | '13 |  |
|  | 3 | Leys Lode | 8"85 | '09 |  | 3 | Lauwers Senne | 10"97 | '10 |  |
|  | 4 | Leys Jules | 9"12 | '11 |  |  |  |  |  |  |
|  | 5 | Tan Ruï | 9"19 | '13 |  |  |  |  |  |  |
|  | 6 | Breugelmans Thiebe | 9"34 | '11 |  |  |  |  |  |  |
|  | 7 | Van Gelder Rube | 9"62 | '12 |  |  |  |  |  |  |
|  | 8 | Lauwers Senne | 9"64 | '09 |  |  |  |  |  |  |
|  | 9 | Kwanten Rube | 9"74 | '13 |  |  |  |  |  |  |
|  | 10 | Vanmechelen Bram | 9"87 | '10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Vosters Wout | 3m67 | '09 |  | 1 | Leys Lode | 0m97 | '08 |  |
|  | 2 | Van Gool Milan | 3m30 | '12 |  | 2 | Vosters Wout | 0m95 | '09 |  |
|  | 3 | Leys Jules | 3m00 | '11 |  | 3 | Van Gool Milan | 0m95 | '11 |  |
|  | 4 | Leys Lode | 2m85 | '09 |  | 4 | Lauwers Senne | 0m90 | '10 |  |
|  | 5 | Tan Ruï | 2m82 | '13 |  | 5 | Malfet Yorben | 0m85 | '09 |  |
|  | 6 | Lauwers Senne | 2m74 | '10 |  | 6 | Breugelmans Thiebe | 0m85 | '10 |  |
|  | 7 | Breugelmans Thiebe | 2m68 | '11 |  | 7 | Leys Jules | 0m85 | '10 |  |
|  | 8 | Kwanten Rube | 2m67 | '13 |  | 8 | Vanmechelen Bram | 0m85 | '10 |  |
|  | 9 | Lambregts Nathan | 2m65 | '10 |  | 9 | Woestenborghs Jef | 0m80 | '08 |  |
|  | 10 | Van Gelder Rube | 2m59 | '12 |  | 10 | Tan Ruï | 0m80 | '12 |  |

# indoor heren benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 1kg** | | | |  | **3-Kamp** | | | |  |
|  | 1 | Vosters Wout | 8m13 | '09 |  | 1 | Vosters Wout | 1167p | '09 |  |
|  | 2 | Van Gool Milan | 6m91 | '11 |  | 2 | Van Gool Milan | 817p | '11 |  |
|  | 3 | Vanmechelen Bram | 6m30 | '11 |  | 3 | Leys Lode | 767p | '08 |  |
|  | 4 | Leys Lode | 6m20 | '09 |  | 4 | Leys Jules | 610p | '10 |  |
|  | 5 | Breugelmans Thiebe | 5m66 | '11 |  | 5 | Breugelmans Thiebe | 596p | '10 |  |
|  | 6 | Leys Jules | 5m54 | '10 |  | 6 | Tan Ruï | 518p | '12 |  |
|  | 7 | Lauwers Senne | 5m27 | '10 |  | 7 | Vanmechelen Bram | 513p | '10 |  |
|  | 8 | Van Gelder Rube | 5m03 | '12 |  | 8 | Lauwers Senne | 407p | '09 |  |
|  | 9 | Lambregts Nathan | 4m87 | '10 |  | 9 | Lambregts Nathan | 391p | '10 |  |
|  | 10 | Kwanten Rube | 4m69 | '13 |  | 10 | Malfet Yorben | 377p | '09 |  |

## clubrecords benjamins

**50 meter**  **Atac** Vosters Wout 8"23 Herentals 12/12/09

**Avos** V. Waeyenberghe Yelle 8"21 Herentals 04/03/95

**Tuac** Van Gorp Rob 8"1 Herentals 13/02/93

**60 meter** **Atac** Vosters Wout 9"62 Gent 26/12/09

**Avos** Van Hove Guy 9"3 Hoboken 10/03/91

**Tuac** Noyens Dries 11"3 Hoboken 13/01/96

**1000 meter** **Avos** Sneyders Jente 4'18"86 Gent 04/11/00

**Ver** **Atac** Vosters Wout 3m67 Herentals 14/11/09

**Avos** Minnen Toon 3m69 Hoboken 01/02/04

**Tuac** Van Gorp Rob 3m47 Herentals 13/02/93

**Hoog** **Atac** Leys Lode 0m97 Herentals 13/12/08

**Avos** Hooyberghs Jens 1m11 Hoboken 26/01/02

**Tuac** Noyens Dries 0m90 Herentals 08/03/97

**Kogel 1kg** **Atac** Vosters Wout 8m13 Gent 19/12/09

**Avos** Hooyberghs Jens 9m14 Hoboken 26/01/02

**Tuac** Van Rompaey Dennis 8m46 Herentals 23/01/93

**3-Kamp Atac** Vosters Wout 1167p Herentals 14/11/09

**Avos** V. Waeyenberghe Yelle 1116p Herentals 04/03/95

**Tuac** Van Gorp Rob 1082p Herentals 13/02/93

**4-Kamp** **Avos** Minnen Toon 1031p Hoboken 22/02/04

# indoor heren pupillen

## jaarprestatieS pupillen

**50 m Horden El** 1. Leys Jules 10"30 Herentals 23/02/13

2. Van Gool Milan 10"79 Herentals 23/02/13

3. Vanmechelen Bram 12"01 Herentals 23/02/13

**60 m Horden El** 1. Van Gool Milan 12"72 Gent 23/03/13

**50 meter El** 1. Leys Jules 8"67 Herentals 08/12/12

2. Van Gool Milan 8"69 Herentals 08/12/12

3. Vanmechelen Bram 9"05 Herentals 08/12/12

4. De Smedt Rens 9"73 Herentals 08/12/12

**60 meter El** 1. Van Gool Milan 9"72 Gent 23/03/13

2. De Smedt Rens 10"95 Gent 23/03/13

# indoor heren pupillen

**1000 meter El** 1. Van Gool Milan 3'35"03 Gent 23/03/13

2. De Smedt Rens 3'58"84 Gent 23/03/13

**Ver** 1. Leys Jules 3m47 Herentals 08/12/12

2. Van Gool Milan 3m07 Herentals 08/12/12

3. Vanmechelen Bram 2m90 Herentals 08/12/12

4. De Smedt Rens 2m56 Herentals 08/12/12

**Hoog** 1. Vanmechelen Bram 1m10 Herentals 23/02/13

2. De Smedt Rens 1m06 Mol 12/01/13

3. Leys Jules 1m05 Herentals 23/02/13

4. Van Gool Milan 1m00 Herentals 23/02/13

**Kogel 2kg** 1. De Smedt Rens 6m96 Gent 23/03/13

2. Vanmechelen Bram 6m79 Herentals 23/02/13

3. Leys Jules 6m52 Herentals 23/02/13

4. Van Gool Milan 6m14 Herentals 08/12/12

**3-Kamp** 1. Leys Jules 916p Herentals 08/12/12

2. Van Gool Milan 857p Herentals 08/12/12

3. Vanmechelen Bram 746p Herentals 08/12/12

4. De Smedt Rens 589p Herentals 08/12/12

## 10 Beste Prestaties pupillen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Leys Jules | 10"30 | '13 |  | 1 | Van Gool Milan | 12"72 | '13 |  |
|  | 2 | Van Gool Milan | 10"79 | '13 |  | 2 | Borstlap Dries | 14"52 | '09 |  |
|  | 3 | Leys Lode | 11"16 | '11 |  |  |  |  |  |  |
|  | 4 | Luypaerts Jelle | 11"36 | '11 |  |  |  |  |  |  |
|  | 5 | Janssens Quinten | 11"52 | '11 |  |  |  |  |  |  |
|  | 6 | Malfet Yorben | 11"71 | '11 |  |  |  |  |  |  |
|  | 7 | Mols Senne | 11"86 | '11 |  |  |  |  |  |  |
|  | 8 | Breugelmans Michiel | 11"97 | '11 |  |  |  |  |  |  |
|  | 9 | Lauwers Senne | 12"00 | '11 |  |  |  |  |  |  |
|  | 10 | Breugelmans Thiebe | 12"00 | '12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Vosters Wout | 7"94 | '11 |  | 1 | Vosters Wout | 9"26 | '11 |  |
|  | 2 | Janssen Pieter | 8"36 | '10 |  | 2 | Van Gool Milan | 9"72 | '13 |  |
|  | 3 | Leys Lode | 8"38 | '10 |  | 3 | Janssen Pieter | 10"11 | '10 |  |
|  | 4 | Matthé Flor | 8"59 | '09 |  | 4 | Janssen Toon | 10"46 | '10 |  |
|  | 5 | Lauwers Senne | 8"65 | '11 |  | 5 | Borstlap Dries | 10"47 | '09 |  |
|  | 6 | Leys Jules | 8"67 | '12 |  | 6 | De Smedt Rens | 10"95 | '13 |  |
|  | 7 | Van Gool Milan | 8"69 | '12 |  |  |  |  |  |  |
|  | 8 | Janssen Toon | 8"76 | '10 |  |  |  |  |  |  |
|  | 9 | Borstlap Dries | 8"92 | '09 |  |  |  |  |  |  |
|  | 10 | Breugelmans Michiel | 8"95 | '10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  |  | | | |  |
|  | 1 | Vosters Wout | 3'29"82 | '12 |  |  |  |  |  |  |
|  | 2 | Van Gool Milan | 3'35"03 | '13 |  |  |  |  |  |  |
|  | 3 | De Smedt Rens | 3'58"84 | '13 |  |  |  |  |  |  |

# indoor heren pupillen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Vosters Wout | 3m68 | '11 |  | 1 | Leys Lode | 1m16 | '10 |  |
|  | 2 | Janssen Pieter | 3m51 | '10 |  | 2 | Geudens Bram | 1m16 | '12 |  |
|  | 3 | Leys Jules | 3m47 | '12 |  | 3 | Mols Senne | 1m10 | '11 |  |
|  | 4 | Leys Lode | 3m44 | '10 |  | 4 | Vanmechelen Bram | 1m10 | '13 |  |
|  | 5 | Matthé Flor | 3m27 | '09 |  | 5 | De Smedt Rens | 1m06 | '13 |  |
|  | 6 | Lauwers Senne | 3m18 | '11 |  | 6 | Janssen Pieter | 1m05 | '10 |  |
|  | 7 | Geudens Bram | 3m15 | '11 |  | 7 | Breugelmans Michiel | 1m05 | '11 |  |
|  | 8 | Van Gool Milan | 3m07 | '12 |  | 8 | Vosters Wout | 1m05 | '11 |  |
|  | 9 | Borstlap Dries | 3m04 | '09 |  | 9 | Leys Jules | 1m05 | '13 |  |
|  | 10 | Breugelmans Michiel | 2m99 | '10 |  | 10 | Abou Al Kassim Moh. | 1m00 | '10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 2kg** | | | |  | **3-Kamp** | | | |  |
|  | 1 | Vosters Wout | 8m29 | '11 |  | 1 | Vosters Wout | 1329p | '11 |  |
|  | 2 | Abou Al Kassim Moh. | 7m43 | '10 |  | 2 | Leys Lode | 1032p | '10 |  |
|  | 3 | De Smedt Rens | 6m96 | '13 |  | 3 | Janssen Pieter | 1025p | '10 |  |
|  | 4 | Vanmechelen Bram | 6m79 | '13 |  | 4 | Leys Jules | 916p | '12 |  |
|  | 5 | Borstlap Dries | 6m62 | '09 |  | 5 | Matthé Flor | 901p | '09 |  |
|  | 6 | Janssens Quinten | 6m52 | '11 |  | 6 | Van Gool Milan | 857p | '12 |  |
|  | 7 | Leys Jules | 6m52 | '13 |  | 7 | Geudens Bram | 849p | '11 |  |
|  | 8 | Leys Lode | 6m47 | '11 |  | 8 | Janssen Pieter | 835p | '09 |  |
|  | 9 | Van Gool Milan | 6m14 | '12 |  | 9 | Lauwers Senne | 801p | '11 |  |
|  | 10 | Janssen Pieter | 6m04 | '10 |  | 10 | Borstlap Dries | 795p | '09 |  |

## clubrecords pupillen

**50 m Horden Atac** Leys Jules 10"30 Herentals 23/02/13

**Avos** Hooyberghs Jens 9"48 Herentals 21/02/04

**Tuac** Verheyen Yves 9"6 Herentals 13/02/93

**60 m Horden** **Atac** Van Gool Milan 12"72 Gent 23/03/13

**Avos** Van Hove Guy 11"17 Hoboken 14/03/93

**Tuac** De Keyser Rudi 11"7 Hoboken 18/01/86

**50 Yards Tuac** Van Den Broeck Wim 7"5 Herentals 15/02/86

**50 meter Atac** Vosters Wout7"94 Herentals 12/11/11

**Avos** V. Waeyenberghe Yelle 7"81 Herentals 08/02/97

**Tuac** Verheyen Yves 7"94 Herentals 23/01/93

Quirijnen Kristof 7"94 ev Herentals 21/01/95

**60 meter** **Atac** Vosters Wout 9"26 Gent 17/12/11

**Avos** Van Hove Guy 8"7 Hoboken 08/11/92

**Tuac** De Keyser Rudi 9"5 Hoboken 02/02/86

**1000 meter** **Atac** Vosters Wout 3'29"82 Gent 14/01/12

**Avos** Heylen Wannes 3'31"14 Gent 04/03/06

**Ver** **Atac** Vosters Wout 3m68 Herentals 10/12/11

**Avos** Van Hove Guy 4m45 Hoboken 14/03/93

**Tuac** Van Gorp Rob 4m21 Herentals 11/03/95

**Hoog** **Atac** Leys Lode 1m16 Herentals 13/11/10

Geudens Bram 1m16 ev Herentals 18/02/12

**Avos** Sneyders Jente 1m40 Hoboken 22/02/04

**Tuac** Van Gorp Rob 1m38 Herentals 11/03/95

**Kogel 2kg** **Atac** Vosters Wout 8m29 Herentals 10/12/11

**Avos** Van Hove Guy 8m99 Gent 27/02/93

**Tuac** Quirijnen Kristof 8m34 Herentals 21/01/95

**Kogel 3kg** **Avos** V.D.Heuvel Jan 5m97 Hoboken 22/02/87

# indoor heren pupillen

**3-Kamp** **Atac** Vosters Wout 1329p Herentals 10/12/11

**Avos** Van Hove Guy 1423p Hoboken 06/12/92

**Tuac** Quirijnen Kristof 1422p Herentals 21/01/95

**4-Kamp** **Avos** Sneyders Jente 2347p Hoboken 22/02/04

# indoor heren MINIEMEN

## jaarPrestaties miniemen

**50 m Horden El** 1. Leys Lode 8"95 Herentals 23/02/13

2. Daniëls Bart 10"58 Herentals 23/02/13

3. Falleyn Jore 10"67 Herentals 23/02/13

4. Mols Senne 11"13 Herentals 23/02/13

5. Janssens Quinten 11"22 Herentals 23/02/13

6. Breugelmans Michiel 11"61 Herentals 23/02/13

**60 m Horden El** 1. Daniëls Bart 12"73 Gent 23/03/13

**50 meter El** 1. Leys Lode 7"70 Herentals 08/12/12

2. Vosters Wout 7"91 Herentals 08/12/12

3. Daniëls Bart 8"43 Herentals 08/12/12

4. Breugelmans Michiel 8"65 Herentals 08/12/12

5. Falleyn Jore 8"71 Herentals 08/12/12

6. Van Gestel Axel 8"88 Herentals 08/12/12

7. Geudens Bram 8"99 Herentals 08/12/12

**60 meter El** 1. Vosters Wout 8"88 Gent 23/03/13

2. Daniëls Bart 9"24 Gent 23/03/13

3. Geudens Bram 9"95 Gent 23/03/13

4. De Smet War 10"66 Gent 23/03/13

**150 meter El** 1. Geudens Bram 24"61 Gent 23/03/13

**1000 meter El** 1. Mols Senne 3'17"67 Gent 23/03/13

2. Vosters Wout 3'26"94 Gent 23/03/13

3. Geudens Bram 3'47"63 Gent 23/03/13

**Ver** 1. Leys Lode 4m24 Herentals 23/02/13

2. Vosters Wout 3m90 Gent 23/03/13

3. Janssens Quinten 3m78 Herentals 23/02/13

4. Breugelmans Michiel 3m76 Herentals 23/02/13

5. Daniëls Bart 3m70 Herentals 23/02/13

6. Geudens Bram 3m62 Herentals 23/02/13

7. Falleyn Jore 3m52 Herentals 23/02/13

8. Mols Senne 3m48 Herentals 23/02/13

9. Van Gestel Axel 3m15 Herentals 23/02/13

10. De Smet War 2m86 Gent 23/03/13

**Hoog** 1. Daniëls Bart 1m30 Herentals 08/12/12

2. Leys Lode 1m30 Herentals 23/02/13

3. Geudens Bram 1m25 Herentals 08/12/12

4. Falleyn Jore 1m21 Mol 12/01/13

# indoor heren MINIEMEN

5. Mols Senne 1m20 Herentals 23/02/13

6. Janssens Quinten 1m16 Mol 12/01/13

7. Jacobs Bent 1m15 Herentals 08/12/12

8. Breugelmans Michiel 1m10 Herentals 08/12/12

9. Vosters Wout 1m10 Herentals 08/12/12

10. Van Gestel Axel 1m10 Herentals 23/02/13

**Kogel 3 kg** 1. Vosters Wout 7m90 Herentals 23/02/13

2. Leys Lode 7m51 Herentals 23/02/13

3. Janssens Quinten 6m88 Mol 12/01/13

4. Falleyn Jore 6m21 Mol 12/01/13

5. Breugelmans Michiel 5m97 Herentals 08/12/12

6. Daniëls Bart 5m76 Gent 23/03/13

7. Mols Senne 5m52 Herentals 23/02/13

8. Geudens Bram 5m38 Tienen 29/12/12

9. De Smet War 5m15 Gent 23/03/13

10. Van Gestel Axel 4m94 Mol 12/01/13

**4-Kamp** 1. Leys Lode 1770p Herentals 08/12/12

2. Vosters Wout 1541p Herentals 08/12/12

3. Daniëls Bart 1451p Herentals 08/12/12

4. Breugelmans Michiel 1265p Herentals 08/12/12

5. Geudens Bram 1197p Herentals 08/12/12

6. Van Gestel Axel 881p Herentals 08/12/12

7. Falleyn Jore 844p Herentals 08/12/12

8. Jacobs Bent 323p Herentals 08/12/12

## overwinningen miniemen

1. Leys Lode 50m Herentals 08/12/12

2. Daniëls Bart 50m Herentals 08/12/12

3. Leys Lode 50mH Herentals 23/02/13

4. Daniëls Bart 50mH Herentals 23/02/13

5. Vosters Wout Kogel Herentals 23/02/13

## 10 Beste Prestaties miniemen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Leys Lode | 8"95 | '13 |  | 1 | Daniëls Bart | 12"73 | '13 |  |
|  | 2 | Dom Stijn | 9"55 | '12 |  |  |  |  |  |  |
|  | 3 | Servotte Seppe | 10"20 | '09 |  |  |  |  |  |  |
|  | 4 | Daniëls Bart | 10"58 | '13 |  |  |  |  |  |  |
|  | 5 | Falleyn Jore | 10"67 | '13 |  |  |  |  |  |  |
|  | 6 | Borstlap Dries | 10"90 | '12 |  |  |  |  |  |  |
|  | 7 | Mols Senne | 11"13 | '13 |  |  |  |  |  |  |
|  | 8 | Janssens Quinten | 11"22 | '13 |  |  |  |  |  |  |
|  | 9 | Breugelmans Michiel | 11"61 | '13 |  |  |  |  |  |  |
|  | 10 | Vanderhaeghen Willem | 12"09 | '09 |  |  |  |  |  |  |

# indoor heren MINIEMEN

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Dom Stijn | 7"68 | '11 |  | 1 | Vosters Wout | 8"88 | '13 |  |
|  | 2 | Leys Lode | 7"70 | '12 |  | 2 | Daniëls Bart | 9"24 | '13 |  |
|  | 3 | Vosters Wout | 7"91 | '12 |  | 3 | Geudens Bram | 9"95 | '13 |  |
|  | 4 | Van Gael Bart | 8"11 | '08 |  | 4 | De Smet War | 10"66 | '13 |  |
|  | 5 | Janssen Tuur | 8"23 | '08 |  |  |  |  |  |  |
|  | 6 | Daniëls Bart | 8"43 | '12 |  |  |  |  |  |  |
|  | 7 | Borstlap Dries | 8"50 | '11 |  |  |  |  |  |  |
|  | 8 | Breugelmans Michiel | 8"59 | '11 |  |  |  |  |  |  |
|  | 9 | Falleyn Jore | 8"71 | '12 |  |  |  |  |  |  |
|  | 10 | Bols Ruben | 8"76 | '11 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **150 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Geudens Bram | 24"61 | '13 |  | 1 | Mols Senne | 3'17"67 | '13 |  |
|  |  |  |  |  |  | 2 | Vosters Wout | 3'26"94 | '13 |  |
|  |  |  |  |  |  | 3 | Geudens Bram | 3'47"63 | '13 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Leys Lode | 4m24 | '13 |  | 1 | Dom Stijn | 1m40 | '12 |  |
|  | 2 | Dom Stijn | 4m19 | '12 |  | 2 | Servotte Seppe | 1m30 | '09 |  |
|  | 3 | Servotte Seppe | 4m05 | '09 |  | 3 | Daniëls Bart | 1m30 | '12 |  |
|  | 4 | Vosters Wout | 3m90 | '13 |  | 4 | Leys Lode | 1m30 | '13 |  |
|  | 5 | Janssens Quinten | 3m78 | '13 |  | 5 | Borstlap Dries | 1m28 | '12 |  |
|  | 6 | Van Gael Bart | 3m77 | '08 |  | 6 | Geudens Bram | 1m25 | '12 |  |
|  | 7 | Breugelmans Michiel | 3m76 | '13 |  | 7 | Falleyn Jore | 1m21 | '13 |  |
|  | 8 | Daniëls Bart | 3m70 | '13 |  | 8 | Mols Senne | 1m20 | '13 |  |
|  | 9 | Geudens Bram | 3m62 | '13 |  | 9 | Janssens Quinten | 1m16 | '13 |  |
|  | 10 | Borstlap Dries | 3m53 | '11 |  | 10 | Janssen Tuur | 1m15 | '08 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 3kg** | | | |  | **4-Kamp** | | | |  |
|  | 1 | Dom Stijn | 9m41 | '12 |  | 1 | Dom Stijn | 2037p | '11 |  |
|  | 2 | Vosters Wout | 7m90 | '13 |  | 2 | Leys Lode | 1770p | '12 |  |
|  | 3 | Leys Lode | 7m51 | '13 |  | 3 | Vosters Wout | 1541p | '12 |  |
|  | 4 | Servotte Seppe | 7m07 | '09 |  | 4 | Van Gael Bart | 1500p | '08 |  |
|  | 5 | Janssens Quinten | 6m88 | '13 |  | 5 | Daniëls Bart | 1451p | '12 |  |
|  | 6 | Borstlap Dries | 6m68 | '11 |  | 6 | Janssen Tuur | 1405p | '08 |  |
|  | 7 | Janssen Tuur | 6m48 | '08 |  | 7 | Borstlap Dries | 1353p | '11 |  |
|  | 8 | Van Gael Bart | 6m43 | '08 |  | 8 | Breugelmans Michiel | 1265p | '12 |  |
|  | 9 | Falleyn Jore | 6m21 | '13 |  | 9 | Geudens Bram | 1197p | '12 |  |
|  | 10 | Breugelmans Michiel | 5m97 | '12 |  | 10 | Mols Senne | 1106p | '11 |  |

## clubrecords miniemen

**40 m Horden** **Avos** Van Hove Guy 7"7 Schaarbeek 26/03/95

**Tuac** Quirijnen Kristof 7"8 Beveren 08/03/87

**50 m Horden**  **Atac** Leys Lode 8"95 Herentals 23/02/13

**Avos** Sneyders Jente 8"98 Herentals 11/02/06 **Tuac** Quirijnen Kristof 9"42 Herentals 08/03/97

**60 m Horden** **Atac** Daniëls Bart 12"73 Gent 23/03/13

**Avos** Van Hove Guy 10"32 Hoboken 12/03/95

**Tuac** Verheyen Kurt 10"6 Hoboken 15/03/87

**40 meter Avos** Van Hove Guy 6"1 Schaarbeek 26/03/95

**50 Yards Tuac** Leysen Klaas 7"9 Herentals 15/02/86

**50 meter Atac** Dom Stijn 7"68 Herentals 10/12/11

**Avos** Van Hove Guy 7"39 Herentals 04/03/95

**Tuac** Van den Eynden Kurt 7"43 Herentals 21/03/98

# indoor heren MINIEMEN

**60 meter**  **Atac** Vosters Wout 8"88 Gent 23/03/13

**Avos** Van Hove Guy 8"54 Hoboken 26/02/95

**Tuac** Meulders Tom 8"7 Hoboken 30/11/85

**150 meter Atac** Geudens Bram 24"61 Gent 23/03/13

**Avos** Van Hove Guy 20"95 Gent 31/12/94

**600 meter Tuac** De Keyser Rudi 1'58"5 Beveren 08/03/87

**1000 meter**  **Atac** Mols Senne 3'17"67 Gent 23/03/13

**Avos** Hooyberghs Jens 3'09"87 Gent 04/03/06

**Tuac** Noyens Koen 3'17"32 Gent 22/02/98

**Ver** **Atac** Leys Lode 4m24 Herentals 23/02/13

**Avos** Van Hove Guy 5m14 Herentals 04/03/95

**Tuac** Van den Eynden Kurt 4m93 Herentals 21/03/98

**Hoog** **Atac** Dom Stijn 1m40 Herentals 18/02/12

**Avos** Van Hove Guy 1m45 Gent 04/01/95

Sneyders Jente 1m45 ev Hoboken 05/03/06

**Tuac** Verstraelen Hans 1m52 Hoboken 25/02/89

**Polsstok**  **Avos** Hooyberghs Jens 2m20 Gent 11/02/06

**Kogel 3kg** **Atac** Dom Stijn 9m41 Herentals 18/02/12

**Avos** Servotte Bram 9m74 Gent 16/03/08

**Tuac** Quirijnen Kristof 8m49 Hoboken 23/12/95

**Kogel 4kg** **Avos** Fabri Tom 5m66 Hoboken 05/03/89

**3-Kamp Avos** Fabri Tom 1419p Hoboken 03/12/89

**Tuac** Meulders Tom 763p Hoboken 04/01/87

**4-Kamp Atac** Dom Stijn 2037p Herentals 10/12/11

**Avos** Van Hove Guy 2332p Herentals 04/03/95

**Tuac** Van den Eynden Kurt 2372p Herentals 21/03/98

**5-Kamp Tuac** De Backer Kevin 1847p Hoboken 20/12/98

# indoor heren cadetten

## jaarprestaties cadetten

**40 meter El** 1. Dom Stijn 5"88 Reusel 27/10/12

**800 meter El** 1. Vercauteren Sander 2'06"78 Gent 05/01/13

**1000 meter El** 1. Vercauteren Sander 2'51"65 Gent 29/12/12

**Hoog** 1. Dom Stijn 1m60 Mol 12/01/13

**Kogel 3 kg** 1. Dom Stijn 9m19 Reusel 27/10/12

**Kogel 4 kg** 1. Dom Stijn 9m17 Mol 12/01/13

## overwinningen cadetten

1. Dom Stijn Hoog Mol 12/01/13

# indoor heren cadetten

## 10 Beste Prestaties cadetten

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 60 meter Horden El | | | |  | **40 meter El** | | | |  |
|  | 1 | Janssen Robbe | 8"89 | '12 |  | 1 | Dom Stijn | 5"88 | '12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Druyts Tobias | 7"69 | '09 |  | 1 | Druyts Tobias | 24"80 | '09 |  |
|  | 2 | Keuppens Jan | 8"08 | '09 |  | 2 | Keuppens Jan | 26"29 | '09 |  |
|  | 3 | Desmedt Pieter | 8"41 | '09 |  | 3 | Desmedt Pieter | 26"89 | '09 |  |
|  | 4 | Servotte Bram | 8"46 | '09 |  | 4 | De Rammelaere Anton | 28"77 | '08 |  |
|  | 5 | De Rammelaere Anton | 8"63 | '08 |  | 5 | Bax Thomas | 29"09 | '08 |  |
|  | 6 | Van Vlasselaer Jamesky | 8"77 | '09 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Vercauteren Sander | 2'06"78 | '13 |  | 1 | Vercauteren Sander | 2'51"65 | '12 |  |
|  | 2 | Bax Thomas | 2'35"66 | '08 |  | 2 | Janssen Robbe | 3'02"65 | '12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  | **Hoog** | | | |  |
|  | 1 | Janssen Robbe | 5m99 | '12 |  | 1 | Janssen Robbe | 1m65 | '12 |  |
|  |  |  |  |  |  | 2 | Dom Stijn | 1m60 | '13 |  |
|  |  |  |  |  |  | 3 | Servotte Bram | 1m45 | '09 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Polsstok | | | |  | Kogel 4kg | | | |  |
|  | 1 | Janssen Robbe | 2m60 | '12 |  | 1 | Janssen Robbe | 13m10 | '12 |  |
|  |  |  |  |  |  | 2 | Dom Stijn | 9m17 | '13 |  |
|  |  |  |  |  |  | 3 | Servotte Bram | 8m56 | '09 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 3kg | | | |  | **6-Kamp** | | | |  |
|  | 1 | Dom Stijn | 9m19 | '12 |  | 1 | Janssen Robbe | 3164p | '12 |  |

## clubrecords cadetten

**40 m Horden Avos** Fabri Tom 7"2 Beveren 03/03/91

**60 m H (0,91m) Atac** Janssen Robbe 8"89 Gent 05/02/12 **Avos** Fabri Tom 9"77 Gent 02/02/92

**Tuac** Lambregts Koen 9"3 Hoboken 12/01/86

**60 m H (1,00m) Tuac** Cos Ronny 11"7 Maastricht (Ned) 02/02/85

**40 meter** **Atac** Dom Stijn 5"88 Reusel (Ned) 27/10/12

**Avos** Fabri Tom 6"3 Beveren 03/03/91

**50 yards** **Avos** Fabri Tom 6"5 Wilrijk 08/02/92

**Tuac** Van Herck Bob 6"5 Herentals 15/02/86

**60 meter** **Atac** Druyts Tobias 7"69 Gent 18/01/09

**Avos** Struyven Steven 8"0 Hoboken 15/03/87

**Tuac** Van Beers Koen 7"77 Hoboken 08/01/89

**200 meter**  **Atac** Druyts Tobias 24"80 Gent 18/01/09

**Avos** Hooyberghs Jens 26"92 Gent 16/03/08

**Tuac** Van Beers Koen 25"0 Dortmund (D) 19/02/89

**300 meter**  **Avos** Rutten Thomas 45"2 Gent 26/12/05

**400 meter**  **Avos** Hooyberghs Jens 59"45 Gent 13/01/08

**Tuac** Drossaert Kristof 58"70 Gent 12/01/97

**800 meter Atac** Vercauteren Sander 2'06"78Gent 05/01/13

**Avos** Wouters Rik 2'11"01 Gent 03/02/90

**Tuac** De Keyser Rudi 2'31"4 Dortmund (D) 19/02/89

**1000 meter Atac** Vercauteren Sander 2'51"65 Gent 29/12/12

**Avos** Hooyberghs Jens 3'12"00 Gent 11/02/07

# indoor heren cadetten

**Ver** **Atac** Janssen Robbe 5m99 Gent 22/01/12

**Avos** Aerts Bram 5m25 Gent 20/01/02

**Tuac** Lambregts Koen 5m42 Hoboken 11/01/87

**Hinkstap** **Avos** Van Hove Guy 11m77 Gent 22/12/96

**Tuac** Lambregts Koen 11m63 Hoboken 15/03/87

**Hoog**  **Atac** Janssen Robbe 1m65 Gent 05/02/12

**Avos** Machielsen Tom 1m60 Hoboken 28/02/87

Struyven Steven 1m60 ev Hoboken 28/02/87

Daniëls Andrew 1m60 ev Hoboken 11/12/05

**Tuac** Houtmeyers Ronald 1m68 Hoboken 15/03/88

**Polsstok**  **Atac** Janssen Robbe 2m60 Mol 14/01/12

**Avos** Aerts Bram 2m60 Gent 03/02/02

**Tuac** Lambregts Koen 1m80 Hoboken 28/02/87

**Kogel 3kg** **Atac** Dom Stijn 9m19 Reusel (Ned) 27/10/12

**Kogel 4kg** **Atac** Janssen Robbe 13m10 Gent 05/02/12

**Avos** Hooyberghs Jens 11m90 Gent 16/03/08

**Tuac** Quirijnen Kristof 11m51 Hoboken 06/01/98

**Kogel 5kg** **Tuac** Houtmeyers Ronald 10m53 Gent 13/02/88

**3-Kamp** **Avos** Fabri Tom 1329p Hoboken 24/11/91

**5-Kamp Tuac** Meulders Koen 998p Hoboken 03/01/88

**6-Kamp Atac** Janssen Robbe 3164p Gent 05/02/12

**Avos** Aerts Bram 2569p Gent 03/02/02

# indoor heren Scholieren

## jaarprestaties scholieren

**60 meter H El** 1. Janssen Robbe 8"65 Gent 19/01/13

**60 meter El** 1. Janssen Robbe 8"03 Gent 03/02/13

**Ver** 1. Janssen Robbe 5m32 Gent 03/02/13

**Hoog** 1. Verbaarschot Nick 1m88 Gent 19/01/13

2. Janssen Robbe 1m55 Mol 12/01/13

**Polsstok** 1. Verbaarschot Nick 3m20 Mol 12/01/13

2. Janssen Robbe 2m90 Mol 12/01/12

**Kogel 5kg** 1. Janssen Robbe 14m17 Gent 03/03/13

## overwinningen scholieren

1. Janssen Robbe Kogel Mol 12/01/13

2. Verbaarschot Nick Hoog Mol 12/01/13

3. Verbaarschot Nick Hoog Gent 19/01/13

# indoor heren Scholieren

## 10 beste prestaties scholieren

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter Horden El (0,91m)** | | | |  | **60 meter El** | | | |  |
|  | 1 | Janssen Robbe | 8"65 | '13 |  | 1 | Druyts Tobias | 7"67 | '09 |  |
|  | 2 | Hooyberghs Jens | 9"06 | '10 |  | 2 | Hooyberghs Jens | 7"80 | '10 |  |
|  | 3 | Ameye Dries | 9"70 | '09 |  | 3 | Janssen Robbe | 8"03 | '13 |  |
|  | 4 | Bax Thomas | 9"77 | '12 |  | 4 | Pelckmans Jens | 8"13 | '09 |  |
|  |  |  |  |  |  | 5 | De Rammelaere Anton | 8"54 | '09 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Ameye Dries | 24"25 | '09 |  | 1 | Hooyberghs Jens | 54"86 | '10 |  |
|  | 2 | Druyts Tobias | 25"22 | '11 |  | 2 | Bax Thomas | 57"24 | '11 |  |
|  | 3 | Hooyberghs Jens | 25"29 | '09 |  | 3 | Pelckmans Jens | 61"91 | '10 |  |
|  | 4 | De Rammelaere Anton | 27"49 | '10 |  |  |  |  |  |  |
|  | 5 | Pelckmans Jens | 27"68 | '09 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | 1000 meter El | | | |  |
|  | 1 | Bax Thomas | 2'22"84 | '11 |  | 1 | Hooyberghs Jens | 2'48"71 | '10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 5m87 | '10 |  |  |  |  |  |  |
|  | 2 | Janssen Robbe | 5m32 | '13 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Hoog | | | |  | Polsstok | | | |  |
|  | 1 | Verbaarschot Nick | 1m88 | '13 |  | 1 | Hooyberghs Jens | 3m70 | '10 |  |
|  | 2 | Hooyberghs Jens | 1m76 | '10 |  | 2 | Verbaarschot Nick | 3m20 | '13 |  |
|  | 3 | Janssen Robbe | 1m55 | '13 |  | 3 | Janssen Robbe | 2m90 | '13 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 5kg | | | |  | **7-Kamp** | | | |  |
|  | 1 | Janssen Robbe | 14m17 | '13 |  | 1 | Hooyberghs Jens | 4427p | '10 |  |
|  | 2 | Hooyberghs Jens | 13m50 | '10 |  |  |  |  |  |  |

## clubrecords Scholieren

**60 m H (0,91m) Atac** Janssen Robbe 8"65Gent 19/01/13

**Avos** Van Hove Guy 8"86 Gent 13/02/99

**60 m H (1,00m) Avos** Fabri Tom 9"09 Hoboken 28/11/93

**Tuac** Cos Ronny 8"3 Hoboken 19/03/88

**50 meter** **Tuac** Slegers Bart 6"4 Leuven 25/01/80

**60 meter** **Atac** Druyts Tobias 7"67 Gent 26/12/09 **Avos** Van Hove Guy 7"5 Hoboken 13/12/98

**Tuac** Van Beers Koen 7"59 Hoboken 18/03/90

**200 meter Atac** Ameye Dries 24"25 Gent 18/01/09

**Avos** Van Hove Guy 24"96 Gent 20/02/99

**Tuac** Van Beers Koen 24"98 Gent 07/01/90

**400 meter Atac** Hooyberghs Jens 54"86 Gent 27/02/10

**Avos** Van Hove Guy 58"42 Gent 27/12/97

**Tuac** Drossaert Kristof 58"05 Gent 25/01/98

**800 meter** **Atac** Bax Thomas 2'22"84 Gent 08/01/11

**Avos** Van der Eycken Jan 2'13"41 Gent 04/11/00

**1000 meter** **Atac** Hooyberghs Jens 2'54"13 Gent 15/02/09

**Avos** Aerts Bram 2'58"56 Gent 29/02/04

**Ver** **Atac** Hooyberghs Jens 5m87 Gent 06/02/10

**Avos** Aerts Bram 5m97 Gent 18/01/04

**Tuac** Lambregts Koen 6m57 Hoboken 03/12/88

# indoor heren Scholieren

**Hinkstap** **Avos** Fabri Tom 13m03 Gent 30/01/94

**Tuac** Lambregts Koen 13m10 Hoboken 08/01/89

**Hoog** **Atac** Verbaarschot Nick 1m88 Gent 19/01/13

**Avos** Machielsen Tom 1m75 Hoboken 27/11/88

**Tuac** Lambregts Koen 1m85 Hoboken 05/03/89

**Polsstok** **Atac** Hooyberghs Jens 3m70 Gent 27/02/10

**Avos** Van Hove Guy 3m20 Hoboken 13/12/98

**Tuac** Houtmeyers Ronald 2m30 Hoboken 17/12/89

**Kogel 5kg** **Atac** Janssen Robbe 14m17 Gent 03/03/13

**Avos** Van Hove Guy 13m04 Hoboken 21/11/98

**Tuac** Houtmeyers Ronald 13m22 Hoboken 03/03/90

**Kogel 6kg** **Avos** Goos Luc 7m94 Hoboken 28/07/87

**Tuac** Van De Kerkhof Paul 11m90 Hoboken 15/01/84

**6-Kamp Avos** Van Hove Guy 3443p Hoboken 13/12/98

**Tuac** Houtmeyers Ronald 2494p Hoboken 13/01/90

**7-Kamp** **Atac** Hooyberghs Jens 4427p Gent 07/02/10

**Avos** Van Hove Guy 3991p Gent 17/02/99

# indoor heren juniores

## 10 Beste Prestaties juniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El (1m00)** | | | |  | **60 meter Horden El (1m00)** | | | |  |
|  | 1 | Rutten Thomas | 8"44 | '09 |  | 1 | Rutten Thomas | 9"45 | '09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Oematie Saverio | 7"55 | '12 |  | 1 | Oematie Saverio | 24"05 | '12 |  |
|  | 2 | Druyts Tobias | 7"66 | '12 |  | 2 | Ameye Dries | 24"65 | '10 |  |
|  | 3 | Dubois Wesley | 7"78 | '09 |  | 3 | Druyts Tobias | 24"75 | '12 |  |
|  | 4 | Rutten Thomas | 7"82 | '08 |  | 4 | Dubois Wesley | 25"54 | '09 |  |
|  | 5 | De Rammelaere Anton | 7"89 | '12 |  | 5 | Pelckmans Jens | 27"75 | '11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Rutten Thomas | 1m80 | '09 |  | 1 | Rutten Thomas | 2m97 | '09 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 6kg** | | | |  | **Ver** | | | |  |
|  | 1 | Rutten Thomas | 10m38 | '09 |  | 1 | Rutten Thomas | 6m44 | '09 |  |
|  |  |  |  |  |  | 2 | Ameye Dries | 5m52 | '10 |  |
|  |  |  |  |  |  | 3 | Pelckmans Jens | 5m36 | '11 |  |

## Clubrecords juniores

**50 m H (1m00) Atac** Rutten Thomas 8"44 Heverlee 15/12/09

**50 m H (1m06) Tuac** Vanmechelen Erik 7"9 Leuven 17/02/83

**60 m H (1m00) Atac** Rutten Thomas 9"45 Hoboken 11/01/09

**Avos** Fabri Tom 9"07 Glasgow (GB) 04/03/95

**60 m H (1m06) Avos** Evers Steven 9"22 Gent 03/02/02

**Tuac** Cos Ronny 8"16 Gent 21/01/90

**50 meter**  **Tuac** De Neve Patrick 6"2 Leuven 15/02/81

**60 meter**  **Atac** Oematie Saverio 7"55 Gent 08/01/12

**Avos** Van Hove Guy 7"63 Gent 11/03/00

**Tuac** Van Beers Koen 7"33 Hoboken 20/12/92

# indoor heren juniores

**200 meter**  **Atac** Oematie Saverio 24"05 Gent 08/01/12 **Avos** Quirijnen Kristof 24"26 Gent 01/02/03

**Tuac** Van Beers Koen 23"47 Gent 13/02/93

**400 meter**  **Avos** Van Hove Guy 56"89 Gent 31/03/01

**Tuac** De Neve Patrick 53"2 Dortmund (D) 08/03/81

**1000 meter**  **Avos** Quirijnen Kristof 2'49"96 Gent 09/03/03

**Tuac** Quirijnen Kristof 3'00"84 Gent 03/02/02

**Ver** **Atac** Rutten Thomas 6m44 Gent 03/01/09

**Avos** Fabri Tom 6m32 Hoboken 03/12/95

**Tuac** Lambregts Koen 6m47 Hoboken 26/11/89

**Hinkstap** **Avos** Fabri Tom 13m13 Hoboken 10/12/95

**Tuac** Lambregts Koen 13m51 Hoboken 17/12/89

**Hoog** **Atac** Rutten Thomas 1m80 Gent 03/01/09 **Avos** Sanen Pieter 1m81 Gent 09/03/03

**Tuac** Lambregts Koen 1m90 Hoboken 23/02/91

**Polsstok** **Atac** Rutten Thomas 2m97 Gent 26/12/08

**Avos** Sanen Pieter 3m70 Gent 09/03/03

Quirijnen Kristof 3m70 ev Gent 09/03/03

**Tuac** Quirijnen Kristof 3m70 Gent 03/02/02

**Kogel 6kg Atac** Rutten Thomas10m38 Hoboken 11/01/09 **Avos** Quirijnen Kristof 12m50 Gent 04/01/03

**Tuac** Houtmeyers Ronald 12m35 Hoboken 09/12/90

**Kogel 7,250kg** **Avos** Van Der Velden Patrick 10m80 Hoboken 01/03/87

**Tuac** Bammens Tom 8m48 Hoboken 12/03/89

**7-Kamp Avos** Quirijnen Kristof 4358p Gent 09/03/03

**Tuac** Quirijnen Kristof 4028p Gent 03/02/02

# indoor heren Seniores

## jaarPRESTATIES seniores

**50 meter H El** 1. Aerts Bram 8"26 Heverlee 11/12/12

**60 meter H El** 1. Aerts Bram 9"52 Gent 27/01/13

**60 meter El** 1. Aerts Bram 7"79 Gent 03/02/13

2. Van Den Eynden Kurt 8"04 Hoboken 10/02/13

3. Michielsen Tom 8"13 Gent 05/01/13

**1000 meter El** 1. Aerts Bram 3'01"51 Gent 03/02/13

**1500 meter El** 1. Michielsen Tom 4'25"92 Gent 09/02/13

**Ver** 1. Aerts Bram 6m14 Gent 03/02/13

**Hinkstap** 1. Michielsen Tom 12"29 Gent 05/01/13

**Hoog** 1. Michielsen Tom 1m75 Gent 09/02/13

2. Aerts Bram 1m60 Mol 12/01/13

**Polsstok** 1. Aerts Bram 3m20 Gent 03/02/13

# indoor heren Seniores

**Kogel 7,250 kg** 1. Aerts Bram 9m92 Gent 03/02/13

**7-Kamp** 1. Aerts Bram 3871p Gent 03/02/13

## overwinningen seniores

1. Van Den Eynden Kurt 60m Hoboken 10/02/13

## 10 BESTE PRESTATIES seniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Aerts Bram | 8"13 | '10 |  | 1 | Aerts Bram | 9"28 | '11 |  |
|  |  |  |  |  |  | 2 | Michielsen Tom | 9"62 | '12 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Aerts Bram | 7"76 | '10 |  | 1 | Aerts Bram | 25"05 | '11 |  |
|  | 2 | De Proost Rinze | 7"90 | '11 |  | 2 | Michielsen Tom | 25"72 | '12 |  |
|  | 3 | Michielsen Tom | 7"99 | '12 |  |  |  |  |  |  |
|  | 4 | Van Den Eynden Kurt | 8"04 | '13 |  |  |  |  |  |  |
|  | 5 | De Cock Jan | 8"11 | '09 |  |  |  |  |  |  |

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|  | **400 meter El** | | | |  |  | | | |  |
|  | 1 | Michielsen Tom | 56"03 | '12 |  |  |  |  |  |  |

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|  | **800 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Michielsen Tom | 2'08"61 | '12 |  | 1 | Aerts Bram | 2'55"77 | '10 |  |

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|  | **1500 meter El** | | | |  | **1 mijl El** | | | |  |
|  | 1 | Michielsen Tom | 4'25"92 | '13 |  | 1 | Michielsen Tom | 5'00"06 | '10 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **3000 meter El** | | | |  | **5000 meter El** | | | |  |
|  | 1 | Michielsen Tom | 10'20"97 | '12 |  | 1 | Michielsen Tom | 18'34"50 | '12 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hinkstap** | | | |  |
|  | 1 | Aerts Bram | 6m49 | '11 |  | 1 | Aerts Bram | 12m80 | '09 |  |
|  | 2 | Michielsen Tom | 5m81 | '12 |  | 2 | Michielsen Tom | 12m01 | '12 |  |
|  | 3 | De Proost Rinze | 5m37 | '11 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | Polsstok | | | |  |
|  | 1 | Michielsen Tom | 1m85 | '12 |  | 1 | Aerts Bram | 3m42 | '10 |  |
|  | 2 | Aerts Bram | 1m70 | '11 |  | 2 | Michielsen Tom | 2m55 | '12 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 7,250kg** | | | |  | **Gewicht 7,250kg** | | | |  |
|  | 1 | Aerts Bram | 11m20 | '10 |  | 1 | Michielsen Tom | 7m81 | '12 |  |
|  | 2 | Michielsen Tom | 8m55 | '12 |  |  |  |  |  |  |

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|  | **7-Kamp** | | | |  | **14-Kamp** | | | |  |
|  | 1 | Aerts Bram | 4103p | '10 |  | 1 | Michielsen Tom | 7526p | '12 |  |
|  | 2 | Michielsen Tom | 3654p | '12 |  |  |  |  |  |  |

## Clubrecords seniores

**50 m Horden Atac** Aerts Bram 8"13 Heverlee 14/12/10

**Avos** Evers Steven 8"11 Heverlee 18/12/07

**Tuac** Van De Gender Steven 6"97 Heverlee 05/12/01

# indoor heren Seniores

**60 m Horden Atac** Aerts Bram 9"28 Gent 30/01/11 **Avos** De Smedt Serge 8"54 Gent 03/02/02

**Tuac** Van De Gender Steven 7"92 Gent 17/02/02

**50 meter Avos** Van Hove Guy 6"57 Heverlee 09/12/03

**Tuac** Van De Gender Steven 6"33 Heverlee 03/12/02

**60 meter Atac** Aerts Bram 7"76 Gent 06/02/10

**Avos** De Smedt Serge 7"36 Gent 03/02/02

**Tuac** Van Beers Koen 6"91 Gent 27/12/97

**100 meter**  **Tuac** Caers Leo 11"5 Dortmund (D) 08/02/81 Sels Ludo 11"5 ev Dortmund (D) 08/02/81

**200 meter**  **Atac** Aerts Bram 25"05 Gent 26/02/11

**Avos** Husslage Michiel 23"20 Gent 11/02/06

**Tuac** Van Beers Koen 21"89 Gent 15/02/97

**400 meter**  **Atac** Michielsen Tom 56"03 Helsinki (Fin) 15/04/12

**Avos** Van Hove Guy 52"50 Gent 26/12/04

**Tuac** Caers Leo 49"9 Dortmund (D) 08/03/81

**800 meter**  **Atac** Michielsen Tom 2'08"61 Gent 08/01/12

**Avos** Geerts Dirk 2'06"14 Gent 06/01/01

**Tuac** Vanmechelen Jos 2'23"3 Dortmund (D) 08/03/81

**1000 meter** **Atac** Aerts Bram 2'55"77 Gent 07/02/10 **Avos** De Smedt Serge 2'43"30 Gent 03/02/02

**Tuac** Leys Emmanuel 2'37"8  Dortmund (D) 07/03/82

**1500 meter** **Atac** Michielsen Tom 4'25"92 Gent 09/02/13

**Avos** Geerts Dirk 4'15"52 Gent 21/12/02

**1 mijl**  **Atac** Michielsen Tom 5'00"06 Gent 27/12/10

**3000 meter**  **Atac** Michielsen Tom 10'20"97 Helsinki (Fin) 15/04/12

**Avos** Janssens Koen 8'35"20 Gent 19/03/06

**Tuac** Smits Jef 9'19"96 Gent 10/02/95

**5000 meter**  **Atac** Michielsen Tom 18'34"50 Helsinki (Fin) 15/04/12

**3000 m Snelw.** **Tuac** Beckers Paul 13'13"45 Maastricht (Ned) 03/02/85 **Ver**  **Atac** Aerts Bram 6m49 Gent 08/01/11

**Avos** Van Alphen Hans 6m90 Gent 22/02/04

**Tuac** Jacobs Guy 6m52 Leuven 17/02/83

**Hinkstap** **Atac** Aerts Bram 12m80 Gent 25/01/09

**Avos** Fabri Tom 13m90 Gent 26/01/03

**Tuac** Verstraelen Hans 14m09 Leuven 24/01/96

**Hoog** **Atac** Michielsen Tom 1m85 Helsinki (Fin) 15/04/12

**Avos** Porto-Carrero Guy 1m87 Gent 09/03/03

**Tuac** Verstraelen Hans 1m95 Heverlee 09/12/97

**Polsstok** **Atac** Aerts Bram 3m42 Mol 24/01/10

**Avos** Quirijnen Kristof 4m30 Gent 27/02/05

**Kogel 7,250kg** **Atac** Aerts Bram 11m20 Mol 24/01/10

**Avos** Van Alphen Hans 14m30 Gent 28/12/03

**Tuac** Verheyen Luc 13m32 Gent 11/01/92

**Gewicht 7,250kg Atac** Michielsen Tom 7m81 Helsinki (Fin) 15/04/12

**7-Kamp** **Atac** Aerts Bram 4103p Gent 15/02/09 **Avos** De Smedt Serge 4863p Gent 07/02/10

**14-Kamp**  **Atac** Michielsen Tom 7526p Helsinki (Fin) 15/04/12

# indoor heren masters-M35

## jaarPRESTATIES masters-M35

**60 m H El (1m)** 1. De Smedt Serge 8"94 Gent 03/02/13

**60 meter El**  1. De Smedt Serge 7"88 Gent 05/01/13

**1000 meter El** 1. De Smedt Serge 2'52"84 Gent 03/02/13

**Ver** 1. De Smedt Serge 5m94 Gent 03/02/13

**Hoog** 1. De Smedt Serge 1m50 Mol 12/01/13

**Polsstok** 1. De Smedt Serge 3m60 Gent 09/03/13

**Kogel 7,250kg** 1. De Smedt Serge 10m32 Gent 03/02/13

**5-Kamp** 1. De Smedt Serge 3085p Gent 03/02/13

## overwinningen masters-M35

1. De Smedt Serge 60m Gent 05/01/13

2. De Smedt Serge Kogel Mol 12/01/13

3. De Smedt Serge 60mH Gent 03/02/13

4. De Smedt Serge Ver Gent 03/02/13

5. De Smedt Serge 1000m Gent 03/02/13

6. De Smedt Serge 5-Kamp Gent 03/02/13

## 10 BESTE PRESTATIES Masters-m35

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter Horden El (1m)** | | | |  | **60 meter Horden El (1,067m)** | | | |  |
|  | 1 | De Smedt Serge | 8"82 | '09 |  | 1 | De Smedt Serge | 9"50 | '09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **60 meter El** | | | |  |  | | | |  |
|  | 1 | De Smedt Serge | 7"71 | '12 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **Ver** | | | |  |
|  | 1 | De Smedt Serge | 2'52"84 | '13 |  | 1 | De Smedt Serge | 6m17 | '11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | De Smedt Serge | 1m69 | '09 |  | 1 | De Smedt Serge | 3m80 | '11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 7,250kg** | | | |  | **5-Kamp** | | | |  |
|  | 1 | De Smedt Serge | 11m34 | '10 |  | 1 | De Smedt Serge | 3256p | '11 |  |

## Clubrecords masters-m35

**60 m H (1m)** **Atac** De Smedt Serge 8"82 Gent 15/02/09

**60 m H (1,067m) Atac** De Smedt Serge 9"50 Hoboken 01/02/09

**60 meter**  **Atac** De Smedt Serge 7"71 Gent 08/01/12

**1000 meter**  **Atac** De Smedt Serge 2'52"84 Gent 03/02/13

**Ver Atac** De Smedt Serge 6m17 Gent 16/03/11

**Hoog Atac** De Smedt Serge 1m69 Gent 15/02/09

# indoor heren masters-M35

**Polsstok Atac** De Smedt Serge 3m80 Gent 12/03/11

**Kogel 7,250kg** **Atac** De Smedt Serge 11m34 Mol 24/01/10

**5-Kamp Atac** De Smedt Serge 3256p Gent 16/03/11

# indoor heren masters-M40

## jaarPRESTATIES masters-M40

**Hoog** 1. Bras Bart 1m65 Gent 09/03/13

**Kogel 7,250kg** 1. Bras Bart 11m49 Gent 09/03/13

## 10 BESTE PRESTATIES Masters-m40

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Kogel 7,250kg** | | | |  |
|  | 1 | Bras Bart | 1m65 | '13 |  | 1 | Bras Bart | 11m49 | '13 |  |

## Clubrecords masters-m40

**60 meter**  **Avos** Toelen Jan 8"59 Hoboken 12/11/06

**200 meter**  **Avos** Toelen Jan 28"99 Gent 30/12/06

**3000 meter**  **Tuac** Spaepen Staf 8'53"6 Dortmund (D) 24/01/82

**Hoog**  **Atac** Bras Bart 1m65 Gent 09/03/13

**Kogel 7,250kg** **Atac** Bras Bart 11m49 Gent 09/03/13

**Avos** Van Der Velden Piet 9m13 Leopoldsburg 04/01/87

**Tuac** Van Beers Alfons 8m59 Hoboken 27/02/94

# indoor heren masters-M45

## jaarPRESTATIES masters-M45

**Hoog** 1. Verbaarschot Walter 1m40 Mol 12/01/13

**Polsstok** 1. Verbaarschot Walter 2m50 Mol 12/01/13

## 10 BESTE PRESTATIES Masters-m45

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Verbaarschot Walter | 1m40 | '13 |  | 1 | Verbaarschot Walter | 2m50 | '13 |  |

## Clubrecords masters-M45

**Ver** **Avos** Van Der Velden Piet 3m15 Hoboken 11/03/90

**Hoog** **Atac** Verbaarschot Walter 1m40 Mol 12/01/13

**Polsstok** **Atac** Verbaarschot Walter 2m50 Mol 12/01/13

**Kogel 7,250kg** **Avos** Van Der Velden Piet 9m40 Hoboken 08/01/89

**Tuac** Bammens Staf 9m10 Hoboken 17/12/95

# VELDLOPEN HEREn 1

## bonheiden 28/10/12

BENJAMINS '05 Tan Ruï 7/45

PUPILLEN '03 Van Gool Milan 7/49

MINIEMEN '01 Appels Pieter-jan 3/47

Vosters Wout 24/47

Daniëls Bart 31/47

Geudens Bram 39/47

MINIEMEN '00 Mols Senne 5/36

Verheyen Brent 16/36

Janssens Quinten 24/36

CADETTEN Borstlap Dries 9/43

JUNIORES Verhagen Niels 13/24

SENIORES Janssens Koen 10/53

Van Waeyenberghe Yelle 12/53

MASTERS –50 Kerstens Michel 9/77

MASTERS +50 Meeuwsen Roger 10/61

Ameye Jo 11/61

## hulst 03/11/12

CADETTEN **Vercauteren Sander 1/19**

Blevi Bavo 4/19

## Mol 04/11/12 cross-cup

PUPILLEN '03 Van Gool Milan 7/55\*

MINIEMEN '01 Appels Pieter-jan 6/42\*

MASTERS Kerstens Michel 20/99

De Smedt Serge 78/99

## mechelen 11/11/12

MASTERS Kerstens Michel 14/102

## DUFFEL 18/11/12

BENJAMINS '04 Degroote Floris 14/49

PUPILLEN '03 **Van Gool Milan 1/38**

Maes Seppe 12/38

PUPILLEN '02 Leys Jules 14/45

Vanmechelen Bram 43/45

MINIEMEN '01 Vosters Wout 7/22

Geudens Bram 13/22

Daniëls Bart 17/22

Bols Sander 21/22

MINIEMEN '00 Leys Lode 8/41

Verheyen Brent 9/41

Janssens Quinten 17/41

Van Gestel Axel 39/41

CADETTEN **Vercauteren Sander 1/28**

Blevi Bavo 5/28

# VeLDLOPEN HEREn 2

Borstlap Dries 6/28

Vandenbulcke Frederik 13/28

JUNIORES Verhagen Niels 4/13

SENIORES Janssens Koen 7/24

De Raeymaecker Karl 9/24

Van Waeyenberghe Yelle 13/24

MASTERS Kerstens Michel 7/55

Ameye Jo 25/55

## ARENDONK 25/11/12

BENJAMINS '05 Tan Ruï 3/31

Kwanten Rube 26/31

BENJAMINS '04 van Litsenborg Silas 16/33

Vertriest Seppe 28/33

Matthijs Senne 33/33

PUPILLEN '03 **Van Gool Milan 1/28**

Maes Seppe 11/28

Goos Daan 18/28

PUPILLEN '02 Leys Jules 10/34

Vanmechelen Bram 29/34

De Smedt Rens 30/34

MINIEMEN '01 **Appels Pieter-jan 1/26**

Falleyn Jore 13/26

Vanneste Achiel 17/26

Geudens Bram 20/26

Daniëls Bart 21/26

Jacobs Bent 24/26

MINIEMEN '00 Mols Senne 5/28

Verheyen Brent 9/28

Janssens Quinten 16/28

Breugelmans Michiel 21/28

Van Gestel Axel 28/28

CADETTEN Borstlap Dries 3/20

SCHOLIEREN Janssen Robbe 19/20

JUNIORES Verhagen Niels 7/16

SENIORES Aerts Bram (korte cross) 34/36

Van Waeyenberghe Yelle 9/24

MASTERS Kerstens Michel 4/47

Ameye Jo 12/47

Mariani Renzo 24/47

De Smedt Serge 29/47

## boechout 02/12/12

PUPILLEN '03 Van Gool Milan 3/38\*

CADETTEN Blevi Bavo 4/35

Vandenbulcke Frederik 12/35

SENIORES De Raeymaecker Karl 2/12

MASTERS Kerstens Michel 5/56

# VELDLOPEN HEREn 3

## stekene 09/12/12

MINIEMEN '00 Verheyen Brent 8/16\*

CADETTEN Blevi Bavo 5/23

Borstlap Dries 6/23

SENIORES Van Waeyenberghe Yelle 21/36

MASTERS +50 Ameye Jo 13/35

## booischot 16/12/12

PUPILLEN '03 Van Gool Milan 7/35

PUPILLEN '02 Malfait Mathijs 9/46

De Smedt Rens 41/46

MINIEMEN '01 Appels Pieter-jan 2/43

Geudens Bram 34/43

MASTERS -50 Kerstens Michel 9/82

De Smedt Serge 55/82

MASTERS +50 Ameye Jo 17/51

## gierle 23/12/12

BENJAMINS '05 Kwanten Rube 18/39

De Locht Flor 28/39

Herremans Wies 29/39

Collin Nanko 36/39

Keuppens Kobe 37/39

BENJAMINS '04 Van Gelder Rube 23/29

PUPILLEN '03 Van Gool Milan 8/32

Maes Seppe 10/32

Goos Daan 23/32

Lavrijssen Thomas 29/32

PUPILLEN '02 Malfait Mathijs 9/40

Leys Jules 10/40

De Smedt Rens 37/40

Vanmechelen Bram 40/40

MINIEMEN '01 **Appels Pieter-jan 1/34**

Falleyn Jore 18/34

Geudens Bram 21/34

Boudewijns Thijs 29/34

MINIEMEN '00 Verheyen Brent 8/31

Leys Lode 10/31

Janssens Quinten 11/31

Breugelmans Michiel 19/31

Van Gestel Axel 28/31

CADETTEN **Vercauteren Sander 1/35**

Borstlap Dries 7/35

Vandenbulcke Frederik 8/35

JUNIORES Verhagen Niels 4/12

Swannet Frederik 10/12

SENIORES Van Waeyenberghe Yelle 6/33

De Raeymaecker Karl 7/33

Aerts Bram 31/33

Sneyders Dieter 32/33

# VELDLOPEN HEREn 4

MASTERS Kerstens Michel 4/96

Ameye Jo 29/96

De Smedt Serge 51/96

Meeuwsen Roger 61/96

## tessenderlo 05/01/13

PUPILLEN '03 Van Gool Milan 4/30\*

## betekom 13/01/13

MINIEMEN Mols Senne 2/53\*

Verheyen Brent 17/53\*

CADETTEN Borstlap Dries 7/25

JUNIORES Verhagen Niels 8/15

MASTERS –50 Kerstens Michel 10/55

MASTERS +50 Ameye Jo 6/40

Meeuwsen Roger 13/40

## hamme 13/01/13

CADETTEN **Vercauteren Sander 1/30**

Blevi Bavo 15/30

## HERENTALS 20/01/13

BENJAMINS '05 Tan Ruï 2/31

Kwanten Rube 22/31

PUPILLEN '03 Van Gool Milan 4/22

PUPILLEN '02 Leys Jules 2/26

Malfait Mathijs 9/26

De Smedt Rens 22/26

Vanmechelen Bram 25/26

MINIEMEN '01 Appels Pieter-jan 3/29

Vosters Wout 10/29

Geudens Bram 16/29

MINIEMEN '00 Mols Senne 6/22

Leys Lode 7/22

Verheyen Brent 9/22

CADETTEN Borstlap Dries 7/24

JUNIORES Verhagen Niels 8/16

Swannet Frederik 10/16

SENIORES Aerts Bram 30/30

MASTERS -50 Kerstens Michel 4/31

De Smedt Serge 21/31

MASTERS +50 Ameye Jo 5/21

Meeuwsen Roger 8/21

Peeraer Eddy 20/21

## Bornem 20/01/13

CADETTEN **Vercauteren Sander 1/21**

Blevi Bavo 3/21

# VELDLOPEN HEREn 5

Vandenbulcke Frederik 6/21

SENIORES De Raeymaecker Karl 14/46

## ekeren 27/01/13

PUPILLEN '03 Van Gool Milan 2/24

PUPILLEN '02 De Smedt Rens 16/25

MINIEMEN '01 Appels Pieter-jan 2/27

Falleyn Jore 12/27

Vosters Wout 19/27

MASTERS Kerstens Michel 3/42

De Smedt Serge 25/42

## borsbeek 03/02/13 Prov.Kamp.

BENJAMINS '05 Tan Ruï 3/61

PUPILLEN '03 Van Gool Milan 9/60

PUPILLEN '02 Malfait Mathijs 18/63

De Smedt Rens 52/63

Vanmechelen Bram 59/63

MINIEMEN '01 **Appels Pieter-jan 1/52**

Falleyn Jore 19/52

Vosters Wout 24/52

Daniëls Bart 34/52

MINIEMEN '00 Mols Senne 5/46

Verheyen Brent 19/46

Van Gestel Axel 45/46

CADETTEN '99 Borstlap Dries 3/21

CADETTEN '98 **Vercauteren Sander 1/25**

Vandenbulcke Frederik 10/25

Blevi Bavo 13/25

JUNIORES Verhagen Niels 11/31

Swannet Frederik 22/31

SENIORES De Raeymaecker Karl 13/31

Van Waeyenberghe Yelle 16/31

MASTERS –50 Kerstens Michel 7/69

MASTERS +50 Ameye Jo 8/43

## kessel 10/02/13

BENJAMINS '05 Tan Ruï 4/33

PUPILLEN '03 Van Gool Milan 5/33

PUPILLEN '02 Leys Jules 8/29

MINIEMEN '01 **Appels Pieter-jan 1/31**

Geudens Bram 25/31

MINIEMEN '00 Leys Lode 6/20

Van Gestel Axel 20/20

CADETTEN Marynissen Seppe 18/53

CADETTEN **Vercauteren Sander 1/23**

Blevi Bavo 5/23

MASTERS -50 Kerstens Michel 6/49

MASTERS +50 Peeraer Eddy 23/27

# VELDLOPEN HEREn 6

## hulshout 17/02/13 cross-cup & KVV

BENJAMINS '05 Tan Ruï 11/47\*

PUPILLEN '03 Van Gool Milan 7/32\*

MINIEMEN '00 Mols Senne 8/32\*

SENIORES Van Waeyenberghe Yelle 24/30

MASTERS Kerstens Michel 7/84

Ameye Jo 39/84

## ESSen 24/02/13

PUPILLEN '03 Van Gool Milan 8/25

Maes Seppe 15/25

PUPILLEN '02 De Smedt Rens 14/19

MINIEMEN '01 **Appels Pieter-jan 1/21**

Falleyn Jore 9/21

Vosters Wout 15/21

Geudens Bram 24/33

MINIEMEN '00 Mols Senne 3/12

MASTERS Meeuwsen Roger 11/29

De Smedt Serge 14/29

Peeraer Eddy 26/29

## opwijk 02/03/13

CADETTEN **Vercauteren Sander 1/28**

Blevi Bavo 9/28

SENIORES De Raeymaecker Karl 2/16

## eindhoven 10/03/13

BENJAMINS '05 **Tan Ruï 1/10\***

## OOSTENDE 10/03/13 BELG. KAMP.

PUPILLEN '02 Leys Jules 41/115

MINIEMEN '01 Appels Pieter-jan 2/110

MINIEMEN '00 Leys Lode 38/86

CADETTEN '99 Borstlap Dries 25/80

CADETTEN '98 **Vercauteren Sander 1/94**

Blevi Bavo 27/94

Vandenbulcke Frederik 53/94

SENIORES Van Waeyenberghe Yelle 34/97

De Raeymaecker Karl 58/97

## rotselaar 17/03/13 BELG. KAMP. mas.

MASTERS M50 Ameye Jo 10/32

Meeuwsen Roger 17/32

\* komt niet in aanmerking voor het wintercriterium

# HEREN KLASSEMENT VELDLOOP

## benjamins

1. Tan Ruï 5 9,74 punten

## pupillen

1. Van Gool Milan 5 8,76 punten

2. Leys Jules 5 24,15 punten

3. De Smedt Rens 5 78,61 punten

4. Vanmechelen Bram 5 94,12 punten

## miniemen

1. Appels Pieter-jan 5 2,74 punten

2. Mols Senne 5 18,97 punten

3. Leys Lode 5 31,55 punten

4. Verheyen Brent 5 32,41 punten

5. Falleyn Jore 5 45,35 punten

6. Vosters Wout 5 46,77 punten

7. Geudens Bram 5 66,40 punten

8. Van Gestel Axel 5 96,65 punten

## cadetten

1. Vercauteren Sander 5 2,87 punten

2. Blevi Bavo 5 17,26 punten

3. Borstlap Dries 5 18,32 punten

4. Vandenbulcke Frederik 5 34,42 punten

## juniores

1. Verhagen Niels 5 38,66 punten

## SENIORES

1. De Raeymaecker Karl 5 23,66 punten

2. Van Waeyenberghe Yelle 5 33,00 punten

## masters

1. Kerstens Michel 5 7,41 punten

2. Ameye Jo 5 20,19 punten

3. Meeuwsen Roger 5 35,60 punten

4. De Smedt Serge 5 57,93 punten

# ben/pup/min heren eindklassement winter

## benjamins (5 crossen, 1 sprint-, 1 spring-, 1 werpnummer)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Tan Ruï*** | | |  |  | | |
| 5 crossen | 9,74 | 903p |  |  |  |  |
| 50m | 9"19 | 299p |  |  |  |  |
| 60m | 10"76 | 273p\* |  |  |  |  |
| Ver | 2m82 | 109p |  |  |  |  |
| Hoog | 0m80 | 55p\* |  |  |  |  |
| Kogel | 4m43 | 179p |  |  |  |  |
| **Totaal** |  | **1490p** |  |  |  |  |

## pupillen (5 crossen, 1 sprint-, 1 spring-, 1 werpnummer)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Van Gool Milan*** | | |  | ***2. Leys Jules*** | | |
| 5 crossen | 8,76 | 913p |  | 5 crossen | 24,15 | 759p |
| 50mH | 10"79 | 360p\* |  | 50mH | 10"30 | 442p |
| 60mH | 12"72 | 344p\* |  |  |  |  |
| 50m | 8"69 | 413p\* |  | 50m | 8"67 | 418p\* |
| 60m | 9"72 | 486p |  |  |  |  |
| Ver | 3m07 | 154p\* |  | Ver | 3m47 | 234p\* |
| Hoog | 1m00 | 194p |  | Hoog | 1m05 | 235p |
| Kogel | 6m14 | 290p |  | Kogel | 6m52 | 315p |
| **Totaal** |  | **1885p** |  | **Totaal** |  | **1751p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***3. De Smedt Rens*** | | |  | ***4. Vanmechelen Bram*** | | |
| 5 crossen | 78,61 | 214p |  | 5 crossen | 94,12 | 59p |
|  |  |  |  | 50mH | 12"01 | 190p\* |
| 50m | 9"73 | 194p\* |  | 50m | 9"05 | 329p |
| 60m | 10"95 | 240p |  |  |  |  |
| Ver | 2m56 | 68p\* |  | Ver | 2m90 | 123p\* |
| Hoog | 1m06 | 244p |  | Hoog | 1m10 | 278p |
| Kogel | 6m96 | 344p |  | Kogel | 6m79 | 333p |
| **Totaal** |  | **1042p** |  | **Totaal** |  | **999p** |

## miniemen (5 crossen, 1 sprint-, 1 spring-, 1 werpnummer)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Leys Lode*** | | |  | ***2. Vosters Wout*** | | |
| 5 crossen | 31,55 | 685p |  | 5 crossen | 46,77 | 533p |
| 50mH | 8"95 | 646p\* |  |  |  |  |
| 50m | 7"70 | 688p |  | 50m | 7"91 | 625p\* |
|  |  |  |  | 60m | 8"88 | 697p |
| Ver | 4m24 | 413p\* |  | Ver | 3m90 | 331p |
| Hoog | 1m30 | 466p |  | Hoog | 1m10 | 278p\* |
| Kogel | 7m51 | 381p |  | Kogel | 7m90 | 407p |
| **Totaal** |  | **2220p** |  | **Totaal** |  | **1968p** |

# ben/pup/min heren eindklassement winter

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***3. Mols Senne*** | | |  | ***4. Falleyn Jore*** | | |
| 5 crossen | 18,97 | 811p |  | 5 crossen | 45,35 | 547p |
| 50mH | 11"13 | 261p |  | 50mH | 10"67 | 328p\* |
|  |  |  |  | 50m | 8"71 | 409p |
| Ver | 3m48 | 237p\* |  | Ver | 3m52 | 245p\* |
| Hoog | 1m20 | 369p |  | Hoog | 1m21 | 378p |
| Kogel | 5m52 | 249p |  | Kogel | 6m21 | 295p |
| **Totaal** |  | **1690p** |  | **Totaal** |  | **1629p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***5. Geudens Bram*** | | |  | ***6. Van Gestel Axel*** | | |
| 5 crossen | 66,40 | 336p |  | 5 crossen | 96,65 | 34p |
| 50m | 8"99 | 343p\* |  | 50m | 8"88 | 368p |
| 60m | 9"95 | 434p |  |  |  |  |
| 150m | 24"61 | 263p\* |  |  |  |  |
| Ver | 3m62 | 267p\* |  | Ver | 3m15 | 170p\* |
| Hoog | 1m25 | 417p |  | Hoog | 1m10 | 278p |
| Kogel | 5m38 | 240p |  | Kogel | 4m94 | 212p |
| **Totaal** |  | **1427p** |  | **Totaal** |  | **892p** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| \* proef met minste punten valt weg |  |  |  |  |  |

# outdoor heren benjamins

## jaarprestaties benjamins

**40 meter** 1. Tan Ruï 7"4 Baarle-Nassau 30/03/13

2. Bordeyne Jens 7"5 Baarle-Nassau 30/03/13

3. Baeten Senne 7"8 Baarle-Nassau 30/03/13

**60 meter** 1. Tan Ruï 10"3 Lille 25/05/13

2. Buijs Arne 10"3 Vosselaar 31/08/13

3. Deckers Milan 10"4 Geel 08/09/13

4. Baeten Senne 10"9 Vosselaar 31/08/13

5. Berckvens Viktor 10"9 Vosselaar 31/08/13

6. Bordeyne Jens 11"0 Arendonk 13/04/13

7. Kwanten Rube 11"3 Vosselaar 31/08/13

**60 meter El** 1. Degroote Floris 10"25 Turnhout 15/09/13

2. Meerts Stijn 10"28 Turnhout 29/06/13

3. Deckers Milan 10"42 Turnhout 15/09/13

4. Tan Ruï 10"61 Turnhout 09/06/13

5. Baeten Senne 10"63 Turnhout 09/06/13

6. Graux Siebe 10"73 Turnhout 09/06/13

7. Buijs Arne 10"80 Turnhout 09/06/13

8. Peeters Arne 11"16 Turnhout 15/09/13

9. Kwanten Rube 11"25 Turnhout 15/09/13

10. Van Gestel Cis 11"38 Turnhout 15/09/13

11. Berckvens Viktor 11"42 Turnhout 15/09/13

12. De Maesschalck Bram 12"67 Turnhout 15/09/13

**600 meter** 1. Tan Ruï 2'17"3 Vosselaar 31/08/13

2. Buijs Arne 2'23"0 Geel 08/09/13

3. Deckers Milan 2'23"3 Geel 08/09/13

4. Bordeyne Jens 2'25"7 Lille 25/05/13

5. Kwanten Rube 2'33"7 Vosselaar 31/08/13

6. Otten Stan 2'38"4 Arendonk 13/04/13

7. Baeten Senne 2'38"7 Geel 08/09/13

8. Berckvens Viktor 2'40"4 Vosselaar 31/08/13

**600 meter El** 1. Degroote Floris 2'08"57 Mol 24/08/13

2. Leemans Dieter 2'15"07 Turnhout 15/09/13

3. Tan Ruï 2'17"17 Turnhout 15/09/13

4. Deckers Milan 2'21"59 Turnhout 15/09/13

5. Berckvens Viktor 2'23"38 Turnhout 15/09/13

6. Van Gestel Cis 2'27"18 Turnhout 15/09/13

7. Kwanten Rube 2'31"86 Turnhout 15/09/13

8. Peeters Arne 2'32"38 Turnhout 15/09/13

9. Leemans Wouter 2'33"80 Turnhout 15/09/13

10. Baeten Senne 2'37"31 Turnhout 15/09/13

11. De Maesschalck Bram 2'43"54 Turnhout 15/09/13

**Ver** 1. Otten Stan 3m42 Arendonk 13/04/13

2. Meerts Stijn 3m35 Turnhout 29/06/13

3. Degroote Floris 3m22 Mol 09/05/13

4. Tan Ruï 3m18 Vosselaar 31/08/13

5. Graux Siebe 3m17 Turnhout 09/06/13

# outdoor heren benjamins

6. Buijs Arne 3m02 Turnhout 09/06/13

7. Baeten Senne 3m02 Turnhout 15/09/13

8. Deckers Milan 2m96 Turnhout 15/09/13

9. Peeters Arne 2m95 Turnhout 15/09/13

10. Kwanten Rube 2m93 Ttturnhout 09/06/13

11. Bordeyne Jens 2m74 Arendonk 13/04/13

12. Berckvens Viktor 2m69 Vosselaar 31/08/13

13. Van Gestel Cis 2m52 Turnhout 15/09/13

14. De Maesschalck Bram 2m05 Turnhout 15/09/13

**Hoog** 1. Tan Ruï 1m00 Turnhout 29/06/13

2. Baeten Senne 0m85 Baarle-Nassau 30/03/13

3. Bordeyne Jens 0m80 Baarle-Nassau 30/03/13

**Kogel 1kg** 1. Graux Siebe 7m95 Turnhout 09/06/13

2. Deckers Milan 6m67 Geel 08/09/13

3. Tan Ruï 6m30 Vosselaar 31/08/13

4. Degroote Floris 6m23 Mol 24/08/13

5. Kwanten Rube 5m63 Vosselaar 31/08/13

6. Baeten Senne 5m43 Herenthout 16/06/13

7. Buijs Arne 5m30 Vosselaar 31/08/13

8. Bordeyne Jens 4m95 Turnhout 09/06/13

**Hockeybal** 1. Otten Stan 30m66 Arendonk 13/04/13

2. Peeters Arne 29m52 Turnhout 15/09/13

3. Kwanten Rube 19m02 Turnhout 29/06/13

4. Leemans Dieter 18m57 Turnhout 15/09/13

5. Graux Siebe 18m50 Turnhout 09/06/13

6. Tan Ruï 18m25 Turnhout 15/09/13

7. Bordeyne Jens 18m02 Turnhout 09/06/13

8. Degroote Floris 17m99 Turnhout 15/09/13

9. Berckvens Viktor 16m91 Turnhout 15/09/13

10. Baeten Senne 14m15 Turnhout 15/09/13

11. Buijs Arne 11m52 Geel 08/09/13

12. Deckers Milan 11m52 Turnhout 15/09/13

13. Van Gestel Cis 11m22 Turnhout 15/09/13

14. De Maesschalck Bram 8m38 Turnhout 15/09/13

**4-Kamp** 1. Degroote Floris 1041p Turnhout 15/09/13

2. Tan Ruï 1006p Lille 25/05/13

3. Deckers Milan 801p Turnhout 15/09/13

4. Peeters Arne 790p Turnhout 15/09/13

5. Otten Stan 641p Arendonk 13/04/13

6. Baeten Senne 626p Turnhout 15/09/13

7. Berckvens Viktor 611p Turnhout 15/09/13

8. Bordeyne Jens 606p Lille 25/05/13

9. Kwanten Rube 542p Turnhout 15/09/13

10. Van Gestel Cis 504p Turnhout 15/09/13

11. Leemans Dieter 494p Turnhout 15/09/13

12. Leemans Wouter 166p Turnhout 15/09/13

13. De Maesschalck Bram 142p Turnhout 15/09/13

# outdoor heren benjamins

## OVERWINNINGEN benjamins

1. Bordeyne Jens Hockey Baarle-Nassau 30/03/13

2. Tan Ruï 40m Baarle-Nassau 30/03/13

3. Tan Ruï 600m Baarle-Nassau 30/03/13

4. Tan Ruï Hoog Baarle-Nassau 30/03/13

5. Bordeyne Jens 60m Arendonk 13/04/13

6. Otten Stan Ver Arendonk 13/04/13

7. Otten Stan Hockey Arendonk 13/04/13

8. Tan Ruï 60m Arendonk 13/04/13

9. Degroote Floris 60m Turnhout 09/06/13

10. Degroote Floris 60m Mol 24/08/13

11. Buijs Arne 60m Vosselaar 31/08/13

12. Deckers Milan 60m Geel 08/09/13

13. Deckers Milan 60m Turnhout 15/09/13

14. Degroote Floris 60m Turnhout 15/09/13

15. Degroote Floris 600m Turnhout 15/09/13

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | |  | **40 meter** | | | |  |
|  |  |  |  |  |  | 1 | Tan Ruï | 7"4 | '13 |  |
|  |  |  |  |  |  | 2 | Bordeyne Jens | 7"5 | '13 |  |
|  |  |  |  |  |  | 3 | Baeten Senne | 7"8 | '13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | Vosters Wout | 9"72 | '10 |  | 1 | Vosters Wout | 9"4 | '10 |  |
|  | 2 | Van Gool Milan | 10"00 | '12 |  | 2 | Van Gool Milan | 9"9 | '12 |  |
|  | 3 | Naessens Olivier | 10"08 | '09 |  | 3 | Leys Jules | 10"0 | '11 |  |
|  | 4 | Matthé Flor | 10"16 | '09 |  | 4 | Matthé Flor | 10"1 | '09 |  |
|  | 5 | Degroote Floris | 10"25 | '13 |  | 5 | Leys Lode | 10"3 | '09 |  |
|  | 6 | Meerts Stijn | 10"28 | '13 |  | 6 | Mylle Stan | 10"3 | '09 |  |
|  | 7 | Leys Lode | 10"32 | '09 |  | 7 | Tan Ruï | 10"3 | '13 |  |
|  | 8 | Deckers Milan | 10"42 | '13 |  | 8 | Buijs Arne | 10"3 | '13 |  |
|  | 9 | Janssen Pieter | 10"44 | '09 |  | 9 | Lauwers Senne | 10"4 | '10 |  |
|  | 10 | Vanommeslaeghe Noa | 10"49 | '11 |  | 10 | Breugelmans Thiebe | 10"4 | '11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **600 meter El** | | | |  | **600 meter** | | | |  |
|  | 1 | Van Gool Milan | 1'57"60 | '12 |  | 1 | Naessens Olivier | 2'03"5 | '09 |  |
|  | 2 | Naessens Olivier | 2'02"07 | '09 |  | 2 | Van Gool Milan | 2'07"0 | '12 |  |
|  | 3 | Vosters Wout | 2'02"07 | '10 |  | 3 | Breugelmans Thiebe | 2'09"0 | '11 |  |
|  | 4 | Degroote Floris | 2'08"57 | '13 |  | 4 | Vosters Wout | 2'09"7 | '10 |  |
|  | 5 | Matthé Flor | 2'09"27 | '09 |  | 5 | Leys Jules | 2'12"9 | '11 |  |
|  | 6 | Breugelmans Thiebe | 2'09"47 | '11 |  | 6 | Leys Lode | 2'15"3 | '09 |  |
|  | 7 | Leys Lode | 2'10"44 | '09 |  | 7 | Matthé Flor | 2'16"7 | '09 |  |
|  | 8 | Leys Jules | 2'10"89 | '11 |  | 8 | Tan Ruï | 2'17"3 | '13 |  |
|  | 9 | Lauwers Senne | 2'10"96 | '10 |  | 9 | Breugelmans Michiel | 2'22"1 | '09 |  |
|  | 10 | Breugelmans Michiel | 2'13"08 | '09 |  | 10 | Lauwers Senne | 2'23"3 | '10 |  |

# outdoor heren benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Ver** | | | |  |
|  | 1 | Leys Lode | 1m10 | '09 |  | 1 | Matthé Flor | 3m68 | '09 |  |
|  | 2 | Leys Jules | 1m00 | '10 |  | 2 | Van Gool Milan | 3m56 | '12 |  |
|  | 3 | Tan Ruï | 1m00 | '13 |  | 3 | Vosters Wout | 3m49 | '10 |  |
|  | 4 | Janssen Pieter | 0m95 | '09 |  | 4 | Otten Stan | 3m42 | '13 |  |
|  | 5 | Janssen Toon | 0m95 | '09 |  | 5 | Meerts Stijn | 3m35 | '13 |  |
|  | 6 | Vanommeslaeghe Noa | 0m95 | '11 |  | 6 | Janssens Quinten | 3m22 | '09 |  |
|  | 7 | Van Stappen Joren | 0m92 | '09 |  | 7 | Leys Lode | 3m22 | '09 |  |
|  | 8 | Matthé Flor | 0m90 | '09 |  | 8 | Degroote Floris | 3m22 | '13 |  |
|  | 9 | Van Gool Milan | 0m90 | '11 |  | 9 | Janssen Pieter | 3m20 | '09 |  |
|  | 10 | Lauwers Senne | 0m89 | '09 |  | 10 | Tan Ruï | 3m18 | '13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 1kg** | | | |  | **Hockeybal** | | | |  |
|  | 1 | Vosters Wout | 9m43 | '10 |  | 1 | Otten Stan | 30m66 | '13 |  |
|  | 2 | Otten Stan | 7m98 | '12 |  | 2 | Vosters Wout | 30m54 | '10 |  |
|  | 3 | Graux Siebe | 7m95 | '13 |  | 3 | Peeters Arne | 29m52 | '13 |  |
|  | 4 | Vanmechelen Bram | 7m80 | '11 |  | 4 | Breugelmans Thiebe | 27m88 | '11 |  |
|  | 5 | Leys Jules | 7m63 | '11 |  | 5 | Van Gool Milan | 27m76 | '12 |  |
|  | 6 | Druyts Pieter | 7m62 | '09 |  | 6 | Leys Jules | 27m43 | '11 |  |
|  | 7 | Breugelmans Thiebe | 7m53 | '11 |  | 7 | Bax Xander | 25m84 | '10 |  |
|  | 8 | Van Gool Milan | 7m38 | '12 |  | 8 | Naessens Olivier | 25m19 | '09 |  |
|  | 9 | Bax Xander | 7m02 | '10 |  | 9 | Vanmechelen Bram | 24m66 | '11 |  |
|  | 10 | Janssens Quinten | 6m93 | '09 |  | 10 | Vanommeslaeghe Noa | 24m64 | '11 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **4-Kamp** | | | |  |  | | | |  |
|  | 1 | Vosters Wout | 1461p | '10 |  |  |  |  |  |  |
|  | 2 | Van Gool Milan | 1454p | '12 |  |  |  |  |  |  |
|  | 3 | Naessens Olivier | 1203p | '09 |  |  |  |  |  |  |
|  | 4 | Leys Lode | 1187p | '09 |  |  |  |  |  |  |
|  | 5 | Matthé Flor | 1134p | '09 |  |  |  |  |  |  |
|  | 6 | Breugelmans Thiebe | 1035p | '11 |  |  |  |  |  |  |
|  | 7 | Degroote Floris | 1028p | '13 |  |  |  |  |  |  |
|  | 8 | Tan Ruï | 1006p | '13 |  |  |  |  |  |  |
|  | 9 | Leys Jules | 974p | '11 |  |  |  |  |  |  |
|  | 10 | Vanommeslaeghe Noa | 933p | '11 |  |  |  |  |  |  |

|  |  |  |  |
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| **Aflossing 4 x 60 meter El** | | | |
| 1 | Vanmechelen Bram – Nys Jens – Breugelmans Thiebe – Leys Jules | 42"73 | '11 |
| 2 | Matthé Flor – Lauwers Senne – Breugelmans Michiel – Vosters Wout | 43"05 | '09 |
| 3 | Breugelmans Michiel – Lauwers Senne – Verheyen Brent – Vosters Wout | 43"52 | '09 |
| 4 | Matthé Flor – Lauwers Senne – Verheyen Brent – Vosters Wout | 45"77 | '09 |
| 5 | Leys Jules – Vanmechelen Bram – Bax Xander – Vosters Wout | 45"79 | '10 |
| 6 | Vanmechelen Bram – Janssens Quinten – Matthé Vic – Naessens Olivier | 47"23 | '09 |
| 7 | Vanmechelen Bram – Breugelmans Thiebe – Haest Jelle – Janssens Quinten | 51"45 | '09 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 3 x 600 meter El** | | | |
| 1 | Lauwers Senne – Vanmechelen Bram – Vosters Wout | 7'15"26 | '10 |

## clubrecords benjamins

**40 meter**  **Atac** Tan Ruï 7"4 Baarle-Nassau 30/03/13

**60 meter**  **Atac** Vosters Wout 9"4 Arendonk 11/04/10

**Avos** Van Hove Guy 9"07 Willebroek 24/05/91

**Tuac** Van Gorp Rob 9"4 Turnhout 15/05/93

**600 meter**  **Atac** Van Gool Milan 1'57"60 Lier 30/09/12

**1000 meter** **Avos** V.Waeyenberghe Yelle 3'28"92 Mol 25/05/95

**Tuac** Bertels Yannick 3'46"5 Turnhout 08/06/97

# outdoor heren benjamins

**Ver** **Atac** Matthé Flor 3m68 Vosselaar 05/09/09

**Avos** Van Hove Guy 4m04 Kessel-Lo 29/09/91

**Tuac** Van Gorp Rob 3m73 Bornem 12/09/93

**Hoog**  **Atac** Leys Lode 1m10 Mol 22/08/09

**Avos** V.Waeyenberghe Yelle 1m23 Turnhout 09/07/95

**Tuac** Verbraeken Toon 1m20 Turnhout 05/09/99

**Kogel 1kg** **Atac** Vosters Wout 9m43 Vosselaar 04/09/10

**Avos** Goossens Dennis 10m17 Lommel 14/09/91

Hooyberghs Jens 10m17 ev Tessenderlo 27/09/02

**Tuac** Van Den Eynden Kurt 10m58 Lille 06/08/94

**Hockeybal** **Atac** Otten Stan 30m66 Arendonk 13/04/13

**Avos** Van Hove Guy 35m50 Mechelen 08/09/91

**Tuac** Van Den Eynden Kurt 29m86 Turnhout 18/08/94

Noyens Koen 29m86 ev Bornem 11/09/94

**3-Kamp**  **Avos** Van Hove Guy 1411p Kessel-Lo 29/09/91

**Tuac** Van Den Eynden Kurt 1197p Lille 06/08/94

**4-Kamp Atac** Vosters Wout 1461p Turnhout 23/05/10

**Avos** Bruyndonckx Kjeld 1612p Lier 10/10/99

**Tuac** Verbraeken Toon 1134p Turnhout 25/04/99

**Afl 4 x 60 m** **Atac** Vanmechelen Bram – Nys Jens – Breugelmans Thiebe – Leys Jules

42"73 Turnhout 12/06/11

**Avos** Van Hove Guy - Van Gorp Wim - Roefs Stijn - Goossens Dennis

37"3 Aartselaar 29/06/91

**Tuac** Quirijnen Kristof – Verheyen – V.D. Eynden Kurt – Van Gorp Rob

40"10 Bornem 12/09/93

**Afl 3 x 600 m** **Atac** Lauwers Senne – Vanmechelen Bram – Vosters Wout

7'15"26 Mol 13/05/10

# outdoor heren pupillen

## jaarprestaties pupillen

**60 meter H El** 1. Leys Jules 12"45 Turnhout 09/06/13

2. Van Gool Milan 12"66 Heusden 20/07/13

3. De Smedt Rens 15"36 Turnhout 09/06/13

**60 meter**  1. Van Gool Milan 9"4 Lille 25/05/13

2. Janssen Kobe 9"5 Vosselaar 31/08/13

3. Leys Jules 9"7 Arendonk 13/04/13

4. De Smedt Rens 10"5 Arendonk 13/04/13

5. Vanmechelen Bram 10"8 Arendonk 13/04/13

6. Rahimi Amine 11"5 Herenthout 16/06/13

**60 meter El** 1. Vanommeslaeghe Noa 9"59 Turnhout 09/06/13

2. Janssen Kobe 9"68 Turnhout 15/09/13

3. Van Gool Milan 9"70 Turnhout 09/06/13

4. Leys Jules 9"79 Turnhout 09/06/13

5. Goos Daan 10"13 Turnhout 09/06/13

6. Hens Jasper 10"13 Turnhout 29/06/13

7. Vanmechelen Bram 10"40 Lommel 23/06/13

8. De Smedt Rens 10"91 Edegem 27/04/13

# outdoor heren pupillen

9. Rahimi Amine 11"01 Turnhout 09/06/13

**600 meter** 1. De Smedt Rens 2'21"0 Baarle-Nassau 30/03/13

**1000 meter** 1. Van Gool Milan 3'28"9 Geel 08/09/13

2. Leys Jules 3'37"3 Lille 25/05/13

3. De Smedt Rens 4'00"2 Lille 25/05/13

4. Janssen Kobe 4'12"9 Vosselaar 31/08/13

5. Vanmechelen Bram 4'22"8 Vosselaar 31/08/13

6. Rahimi Amine 5'54"9 Arendonk 13/04/13

**1000 meter El** 1. Van Gool Milan 3'18"57 Turnhout 15/09/13

2. Leys Jules 3'28"67 Turnhout 15/09/13

3. Janssen Kobe 4'05"38 Turnhout 15/09/13

4. De Smedt Rens 4'08"37 Edegem 27/04/13

5. Vanmechelen Bram 4'20"15 Turnhout 15/09/13

**Ver** 1. Van Gool Milan 3m72 Turnhout 29/06/13

2. Leys Jules 3m66 Turnhout 15/09/13

3. Janssen Kobe 3m46 Turnhout 15/09/13

4. Hens Jasper 3m26 Turnhout 29/06/13

5. Vanommeslaeghe Noa 3m22 Turnhout 29/06/13

6. Vanmechelen Bram 3m05 Turnhout 15/09/13

7. De Smedt Rens 3m00 Baarle-Nassau 30/03/13

8. Rahimi Amine 2m24 Herenthout 16/06/13

**Hoog** 1. Leys Jules 1m26 Vosselaar 31/08/13

2. Vanmechelen Bram 1m18 Arendonk 13/04/13

3. Van Gool Milan 1m15 Arendonk 13/04/13

4. De Smedt Rens 1m10 Lommel 29/09/13

5. Vanommeslaeghe Noa 1m05 Turnhout 09/06/13

6. Janssen Kobe 1m05 Vosselaar 31/08/13

7. Goos Daan 0m95 Turnhout 09/06/13

**Kogel 2kg** 1. De Smedt Rens 7m56 Turnhout 09/06/13

2. Leys Jules 7m12 Turnhout 15/09/13

3. Vanmechelen Bram 6m86 Turnhout 15/09/13

4. Janssen Kobe 6m77 Turnhout 15/09/13

5. Van Gool Milan 6m60 Turnhout 15/09/13

6. Rahimi Amine 5m62 Turnhout 09/06/13

7. Goos Daan 4m22 Turnhout 09/06/13

**Hockeybal** 1. Van Gool Milan 38m75 Geel 08/09/13

2. Janssen Kobe 37m23 Vosselaar 31/08/13

3. Vanmechelen Bram 35m78 Vosselaar 31/08/13

4. De Smedt Rens 32m09 Vosselaar 31/08/13

5. Vanommeslaeghe Noa 31m55 Turnhout 29/06/13

6. Leys Jules 30m80 Vosselaar 31/08/13

**Discus 600g** 1. De Smedt Rens 18m55 Turnhout 29/06/13

2. Van Gool Milan 17m96 Bornem 11/08/13

3. Vanmechelen Bram 15m83 Lommel 23/06/13

# outdoor heren pupillen

**4-Kamp** 1. Van Gool Milan 1767p Turnhout 15/09/13

2. Leys Jules 1725p Turnhout 15/09/13

3. Van Gool Milan 1463p Turnhout 15/09/13

4. Janssen Kobe 1413p Turnhout 15/09/13

5. De Smedt Rens 1160p Arendonk 13/04/13

6. Vanmechelen Bram 1096p Arendonk 13/04/13

7. Rahimi Amine 296p Arendonk 13/04/13

## overwinningen pupillen

1. De Smedt Rens Kogel Baarle-Nassau 30/03/13

2. De Smedt Rens Kogel Arendonk 13/04/13

3. Leys Jules 4-Kamp Arendonk 13/04/13

4. Leys Jules 60m Arendonk 13/04/13

5. Van Gool Milan 60m Arendonk 13/04/13

6. Van Gool Milan 1000m Arendonk 13/04/13

7. Leys Jules 1000m Lille 25/05/13

8. Vanommeslaeghe Noa 60m Turnhout 09/06/13

9. Leys Jules Hoog Vosselaar 31/08/13

10. Van Gool Milan 60m Vosselaar 31/08/13

11. Van Gool Milan Hockey Vosselaar 31/08/13

12. Van Gool Milan 1000m Vosselaar 31/08/13

13. Van Gool Milan 1000m Geel 08/09/13

## 10 Beste Prestaties pupillen

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **60 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Leys Jules | 12"45 | '13 |  |  |  |  |  |  |
|  | 2 | Van Gool Milan | 12"66 | '13 |  |  |  |  |  |  |
|  | 3 | Leys Lode | 12"84 | '11 |  |  |  |  |  |  |
|  | 4 | Matthé Flor | 13"20 | '10 |  |  |  |  |  |  |
|  | 5 | Vosters Wout | 13"54 | '12 |  |  |  |  |  |  |
|  | 6 | Bogaerts Fik | 14"06 | '11 |  |  |  |  |  |  |
|  | 7 | Michielsen Robbe | 14"16 | '11 |  |  |  |  |  |  |
|  | 8 | Breugelmans Michiel | 14"28 | '11 |  |  |  |  |  |  |
|  | 9 | Luypaerts Jelle | 14"30 | '11 |  |  |  |  |  |  |
|  | 10 | Mols Senne | 14"38 | '11 |  |  |  |  |  |  |

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|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | Appels Pieter-jan | 8"98 | '12 |  | 1 | Vosters Wout | 9"1 | '12 |  |
|  | 2 | Vosters Wout | 9"09 | '12 |  | 2 | Leys Lode | 9"3 | '11 |  |
|  | 3 | Leys Lode | 9"31 | '11 |  | 3 | Van Gool Milan | 9"4 | '13 |  |
|  | 4 | Gevers Warre | 9"38 | '09 |  | 4 | De Baere Wannes | 9"5 | '10 |  |
|  | 5 | Malfet Yorben | 9"56 | '12 |  | 5 | Janssen Kobe | 9"5 | '13 |  |
|  | 6 | Vanommeslaeghe Noa | 9"59 | '13 |  | 6 | Malfet Yorben | 9"6 | '12 |  |
|  | 7 | Janssen Kobe | 9"68 | '13 |  | 7 | Michielsen Robbe | 9"7 | '10 |  |
|  | 8 | Van Gool Milan | 9"70 | '13 |  | 8 | Leys Jules | 9"7 | '13 |  |
|  | 9 | Matthé Flor | 9"73 | '10 |  | 9 | Matthé Flor | 9"8 | '10 |  |
|  | 10 | Leys Jules | 9"79 | '13 |  | 10 | Janssens Quinten | 10"0 | '11 |  |

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|  | **600 meter** | | | |  |  | | | |  |
|  | 1 | Vanommeslaeghe Noa | 2'19"0 | '12 |  |  |  |  |  |  |
|  | 2 | De Smedt Rens | 2'21"0 | '13 |  |  |  |  |  |  |

# outdoor heren pupillen

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Van Gool Milan | 3'18"57 | '13 |  | 1 | Van Gool Milan | 3'28"9 | '13 |  |
|  | 2 | Naessens Benjamin | 3'19"77 | '09 |  | 2 | Vosters Wout | 3'35"0 | '12 |  |
|  | 3 | Appels Pieter-jan | 3'24"21 | '12 |  | 3 | Leys Jules | 3'37"3 | '13 |  |
|  | 4 | Leys Jules | 3'28"67 | '13 |  | 4 | Falleyn Jore | 3'41"8 | '12 |  |
|  | 5 | Naessens Olivier | 3'31"43 | '11 |  | 5 | Leys Lode | 3'43"4 | '11 |  |
|  | 6 | Mols Senne | 3'33"55 | '11 |  | 6 | Mols Senne | 3'44"5 | '11 |  |
|  | 7 | Falleyn Jore | 3'37"65 | '12 |  | 7 | Breugelmans Michiel | 3'47"5 | '11 |  |
|  | 8 | Leys Lode | 3'38"25 | '11 |  | 8 | Verheyen Brent | 3'49"0 | '11 |  |
|  | 9 | Vosters Wout | 3'38"63 | '12 |  | 9 | Breugelmans Thiebe | 3'49"0 | '12 |  |
|  | 10 | Breugelmans Michiel | 3'39"12 | '11 |  | 10 | Buytaert Sverre | 3'51"1 | '10 |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Appels Pieter-jan | 3m84 | '12 |  | 1 | Leys Jules | 1m26 | '13 |  |
|  | 2 | De Roose Casper | 3m83 | '10 |  | 2 | Leys Lode | 1m25 | '11 |  |
|  | 3 | Vosters Wout | 3m80 | '12 |  | 3 | Falleyn Jore | 1m21 | '12 |  |
|  | 4 | Van Gool Milan | 3m72 | '13 |  | 4 | Geudens Bram | 1m18 | '12 |  |
|  | 5 | Leys Jules | 3m66 | '13 |  | 5 | Vosters Wout | 1m18 | '12 |  |
|  | 6 | Geudens Bram | 3m61 | '12 |  | 6 | Vanmechelen Bram | 1m18 | '13 |  |
|  | 7 | Gevers Warre | 3m58 | '09 |  | 7 | Naessens Benjamin | 1m15 | '09 |  |
|  | 8 | Leys Lode | 3m54 | '11 |  | 8 | Mols Senne | 1m15 | '10 |  |
|  | 9 | Falleyn Jore | 3m51 | '12 |  | 9 | Verheyen Brent | 1m15 | '11 |  |
|  | 10 | Michielsen Robbe | 3m50 | '11 |  | 10 | Michielsen Robbe | 1m15 | '11 |  |

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|  | **Kogel 2kg** | | | |  | Discus 600g | | | |  |
|  | 1 | Vosters Wout | 8m61 | '12 |  | 1 | De Smedt Rens | 18m55 | '13 |  |
|  | 2 | De Smedt Rens | 7m56 | '13 |  | 2 | Vosters Wout | 18m30 | '12 |  |
|  | 3 | Falleyn Jore | 7m50 | '12 |  | 3 | Van Gool Milan | 17m96 | '13 |  |
|  | 4 | Janssens Quinten | 7m46 | '11 |  | 4 | Vanmechelen Bram | 15m83 | '13 |  |
|  | 5 | Leys Jules | 7m12 | '13 |  | 5 | Geudens Bram | 15m25 | '12 |  |
|  | 6 | Vanmechelen Bram | 6m86 | '13 |  | 6 | Matthé Flor | 14m32 | '10 |  |
|  | 7 | Gevers Warre | 6m85 | '09 |  | 7 | Janssens Quinten | 14m17 | '11 |  |
|  | 8 | Michielsen Robbe | 6m80 | '11 |  | 8 | Mols Senne | 14m08 | '11 |  |
|  | 9 | Naessens Benjamin | 6m79 | '09 |  | 9 | Leys Jules | 13m90 | '12 |  |
|  | 10 | Janssen Kobe | 6m77 | '13 |  | 10 | Falleyn Jore | 12m27 | '12 |  |

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|  | Hockeybal | | | |  | **4-Kamp** | | | |  |
|  | 1 | Van Gool Milan | 38m75 | '13 |  | 1 | Vosters Wout | 1811p | '12 |  |
|  | 2 | Vosters Wout | 38m33 | '12 |  | 2 | Van Gool Milan | 1767p | '13 |  |
|  | 3 | Janssen Kobe | 37m23 | '13 |  | 3 | Leys Jules | 1725p | '13 |  |
|  | 4 | Falleyn Jore | 37m06 | '12 |  | 4 | Leys Lode | 1665p | '11 |  |
|  | 5 | Vanmechelen Bram | 35m78 | '13 |  | 5 | Naessens Benjamin | 1610p | '09 |  |
|  | 6 | Leys Lode | 33m70 | '11 |  | 6 | Michielsen Robbe | 1535p | '11 |  |
|  | 7 | Naessens Benjamin | 33m57 | '09 |  | 7 | Falleyn Jore | 1483p | '12 |  |
|  | 8 | Michielsen Robbe | 32m13 | '11 |  | 8 | Janssens Quinten | 1422p | '11 |  |
|  | 9 | De Smedt Rens | 32m09 | '13 |  | 9 | Janssen Kobe | 1413p | '13 |  |
|  | 10 | Vanommeslaeghe Noa | 31m55 | '13 |  | 10 | Breugelmans Michiel | 1398p | '11 |  |

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| **Aflossing 4 x 60 meter El** | | | |
| 1 | Leys Lode – Verheyen Brent – Janssens Quinten – Vosters Wout | 38"66 | '11 |
| 2 | Appels Pieter-jan – Geudens Bram – Falleyn Jore – Vosters Wout | 39"72 | '12 |
| 3 | Druyts Pieter – Van Gestel Axel – Michielsen Robbe – Breugelmans Michiel | 39"88 | '11 |
| 4 | Janssens Quinten – Verheyen Brent – Michielsen Robbe – Vosters Wout | 40"02 | '11 |
| 5 | Matthé Flor – Leys Lode – Verheyen Brent – Breugelmans Michiel | 41"19 | '10 |

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| **Aflossing 3 x 600 meter El** | | | |
| 1 | Janssens Quinten – Breugelmans Michiel – Matthé Flor | 6'44"70 | '10 |

# outdoor heren pupillen

## clubrecords pupillen

**60 m Horden Atac** Leys Jules 12"45 Turnhout 09/06/13

**Avos** Sneyders Jente 10"62 Nijvel 25/09/04

**Tuac** Quirijnen Kristof 10"80 Merksem 21/05/95

**60 meter** **Atac** Appels Pieter-jan 8"98 Mol 22/04/12

**Avos** Goossens Dennis 8"4 Vosselaar 26/06/93

Van Hove Guy 8"4 ev Tessenderlo 18/09/93

**Tuac** Hermans Kurt 8"6 Hechtel 08/06/85

**100 meter Tuac** Vermeulen Stefaan 14"2 Ekeren 27/07/74

**200 meter Tuac** De Keyser Rudi 34"3 Diest 29/08/85

**600 meter Atac** Vanommeslaeghe Noa 2'19"0 Baarle-Nassau 31/03/12

**800 meter** **Avos** Wouters Rik 2'39"0 Turnhout 07/06/87

**Tuac** De Keyser Rudi 2'30"9 Hechtel 16/07/86

**1000 meter** **Atac** Van Gool Milan 3'18"57 Turnhout 15/09/13 **Avos** V.Waeyenberghe Yelle 3'08"96 Aartselaar 29/06/97

**Tuac** Quirijnen Kristof 3'13"74 Turnhout 07/10/95

**1000 m Snelw** **Avos** Sneyders Jente 6'13"95 Herentals 28/06/03

**Tuac** De Keyser Rudi 6'15"5 Hasselt 14/04/85

**Ver** **Atac** Appels Pieter-jan 3m84 Mol 22/04/12

**Avos** Van Hove Guy 4m67 Vosselaar 26/06/93

**Tuac** Van Den Eynden Kurt 4m62 Nijvel 28/09/96

**Hoog** **Atac** Leys Jules 1m26 Vosselaar 31/08/13

**Avos** Van Hove Guy 1m40 Stabroek 31/05/93

Verbaarschot Nick 1m40 ev Arendonk 01/04/07

**Tuac** Quirijnen Kristof 1m42 Turnhout 06/08/95

**Kogel 2kg** **Atac** Vosters Wout 8m61 Turnhout 01/09/12

**Avos** Hooyberghs Jens 10m16 Vosselaar 04/09/04

**Tuac** Quirijnen Kristof 9m69 Bornem 27/08/95

**Kogel 3kg** **Avos** Fabri Tom 6m73 Tessenderlo 27/09/88

**Discus 600g** **Atac** De Smedt Rens 18m55 Turnhout 29/06/13

**Avos** Hooyberghs Jens 27m12 Kapellen 20/05/04

**Tuac** Noyens Dries 19m59 Mol 14/09/99

**Hockeybal** **Atac** Van Gool Milan 38m75 Geel 08/09/13 **Avos** Hooyberghs Jens 45m19 Mol 22/08/04

**Tuac** Van Gompel Ben 43m80 Gent 01/09/96

**3-Kamp**  **Avos** Van Hove Guy 1649p Tessenderlo 18/09/93

**Tuac** Van Den Eynden Kurt 1439p Gent 01/09/96

**4-Kamp** **Atac** Vosters Wout 1811p Lille 02/06/12

**Avos** Hooyberghs Jens 2147p Brasschaat 20/06/04

**Tuac** Bax Thomas 1694p Turnhout 02/07/06

**Afl 4 x 60 m** **Atac** Leys Lode – Verheyen Brent – Janssens Quinten – Vosters Wout

38"66 Turnhout 12/06/11

**Avos** Van Hove Guy - Jacobs Stijn - Roefs Stijn - Goossens Dennis 35"0 Aartselaar 28/06/92

**Tuac** Vermeiren Y. – Noyens Koen – Van Gompel Ben – V.D. Eynden Kurt

34"86 Gent 01/09/96

**Afl 3 x 600 m** **Atac** Janssens Quinten – Breugelmans Michiel – Matthé Flor

6'44"70 Mol 13/05/10

# outdoor heren miniemen

## jaarprestaties miniemen

**80 meter H El** 1. Bogaerts Fik 19"07 Turnhout 29/06/13

**80 meter** 1. Leys Lode 10"7 Lille 25/05/13

2. Vosters Wout 11"6 Herenthout 16/06/13

3. Janssens Quinten 11"8 Lille 25/05/13

4. Daniëls Bart 12"2 Arendonk 13/04/13

5. Falleyn Jore 12"7 Lile 25/05/13

6. Mols Senne 12"8 Vosselaar 31/08/13

7. Geudens Bram 13"0 Baarle-Nassau 30/03/13

8. Jacobs Bent 13"0 Vosselaar 31/08/13

**80 meter El** 1. Leys Lode 10"91 Turnhout 09/06/13

2. Vosters Wout 11"65 Mol 09/05/13

3. Malfet Yorben 12"01 Turnhout 29/06/13

4. Janssens Quinten 12"12 Mol 20/05/13

5. Daniëls Bart 12"20 Mol 20/05/13

6. Falleyn Jore 12"51 Turnhout 09/06/13

7. Mols Senne 12"77 Lier 27/07/13

8. Geudens Bram 13"53 Turnhout 15/09/13

**300 meter**  1. Geudens Bram 56"2 Herenthout 16/06/13

**300 meter El** 1. Leys Lode 45"44 Turnhout 09/06/13

2. Vosters Wout 47"63 Turnhout 09/06/13

3. Falleyn Jore 49"99 Turnhout 09/06/13

4. Malfet Yorben 53"73 Turnhout 09/06/13

5. Jacobs Bent 55"65 Turnhout 29/06/13

6. Geudens Bram 57"37 Tienen 20/05/13

**1000 meter** 1. Mols Senne 3'19"8 Beveren 01/05/13

2. Leys Lode 3'27"1 Lille 25/05/13

3. Verheyen Brent 3'28"1 Vosselaar 31/08/13

4. Falleyn Jore 3'36"2 Geel 08/09/13

5. Janssens Quinten 3'39"9 Lille 25/05/13

6. Vosters Wout 3'41"0 Lille 25/05/13

7. Geudens Bram 3'47"9 Geel 08/09/13

8. Daniëls Bart 3'51"3 Arendonk 13/04/13

9. Jacobs Bent 4'06"8 Vosselaar 31/08/13

**1000 meter El** 1. Appels Pieter-jan 3'03"33 Turnhout 29/06/13

2. Verheyen Brent 3'22"59 Turnhout 15/09/13

3. Mols Senne 3'22"74 Lier 27/07/13

4. Falleyn Jore 3'33"61 Turnhout 15/09/13

5. Janssens Quinten 3'39"15 Mol 20/05/13

6. Leys Lode 3'42"19 Turnhout 15/09/13

7. Vosters Wout 3'46"36 Turnhout 15/09/13

8. Geudens Bram 3'46"70 Turnhout 15/09/13

9. Daniëls Bart 3'52"03 Mol 20/05/13

**Ver** 1. Leys Lode 4m39 Lille 25/05/13

2. Janssens Quinten 4m03 Lille 25/05/13

# outdoor heren miniemen

3. Vosters Wout 3m97 Lille 25/05/13

4. Falleyn Jore 3m66 Lille 25/05/13

5. Geudens Bram 3m65 Arendonk 13/04/13

6. Daniëls Bart 3m60 Arendonk 13/04/13

7. Mols Senne 3m56 Vosselaar 31/08/13

8. Malfet Yorben 3m41 Turnhout 09/06/13

9. Jacobs Bent 3m08 Vosselaar 31/08/13

**Hoog** 1. Falleyn Jore 1m36 Turnhout 15/09/13

2. Daniëls Bart 1m25 Mol 20/05/13

3. Leys Lode 1m25 Vosselaar 31/08/13

4. Geudens Bram 1m20 Baarle-Nassau 30/03/13

5. Janssens Quinten 1m15 Mol 20/05/13

6. Huybrechts Thomas 1m15 Turnhout 29/06/13

7. Malfet Yorben 1m15 Tturnhout 29/06/13

8. Vosters Wout 1m10 Turnhout 15/09/13

**Polsstok** 1. Leys Lode 1m84 Turnhout 09/06/13

**Kogel 3kg** 1. Leys Lode 8m40 Geel 08/09/13

2. Vosters Wout 8m28 Turnhout 29/06/13

3. Janssens Quinten 7m67 Turnhout 15/09/13

4. Falleyn Jore 6m68 Turnhout 15/09/13

5. Jacobs Bent 5m99 Turnhout 29/06/13

6. Geudens Bram 5m62 Arendonk 13/04/13

7. Daniëls Bart 5m23 Arendonk 13/04/13

**Discus 750g** 1. Falleyn Jore 20m06 Lille 25/05/13

2. Janssens Quinten 18m59 Lille 25/05/13

3. Leys Lode 18m47 Lille 25/05/13

4. Vosters Wout 15m87 's Gravenwezel 12/05/13

5. Mols Senne 14m92 Beveren 01/05/13

6. Geudens Bram 14m15 Herenthout 16/06/13

**Speer 400g** 1. Leys Lode 26m10 Turnhout 09/06/13 2. Vosters Wout 25m22 Turnhout 15/09/13

3. Falleyn Jore 24m71 Turnhout 09/06/13

4. Janssens Quinten 22m33 Turnhout 15/09/13

5. Mols Senne 21m18 Lier 27/07/13

6. Bogaerts Fik 19m47 Turnhout 29/06/13

7. Jacobs Bent 19m03 Vosselaar 31/08/13

8. Geudens Bram 17m54 Turnhout 15/09/13

9. Daniëls Bart 10m94 Mol 20/05/13

10. Malfet Yorben 10m88 Turnhout 09/06/13

**5-Kamp** 1. Leys Lode 2546p Lille 25/05/13

2. Falleyn Jore 2210p Turnhout 15/09/13

3. Vosters Wout 2167p Turnhout 15/09/13

4. Janssens Quinten 2033p Lille 25/05/13

5. Daniëls Bart 1726p Mol 20/05/13

6. Geudens Bram 1633p Turnhout 15/09/13

7. Appels Pieter-jan 814p Turnhout 15/09/13

8. Verheyen Brent 693p Turnhout 15/09/13

# outdoor heren miniemen

## overwinningen miniemen

1. Janssens Quinten 80m Arendonk 13/04/13

2. Leys Lode 1000m Arendonk 13/04/13

3. Leys Lode 5-Kamp Arendonk 13/04/13

4. Leys Lode 80m Arendonk 13/04/13

5. Leys Lode Speer Arendonk 13/04/13

6. Leys Lode Kogel Arendonk 13/04/13

7. Janssens Quinten 80m Lille 25/05/13

8. Leys Lode Kogel Lille 25/05/13

9. Leys Lode 1000m Lille 25/05/13

10. Leys Lode 80m Turnhout 09/06/13

11. Mols Senne 1000m Vosselaar 31/08/13

12. Vosters Wout 80m Geel 08/09/13

13. Vosters Wout 80m Turnhout 15/09/13

14. Appels Pieter-jan 1000m Turnhout 15/09/13

## 10 Beste Prestaties miniemen

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **80 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Dom Stijn | 14"23 | '12 |  |  |  |  |  |  |
|  | 2 | Leys Lode | 16"62 | '12 |  |  |  |  |  |  |
|  | 3 | De Baere Wannes | 18"36 | '11 |  |  |  |  |  |  |
|  | 4 | Bogaerts Fik | 19"07 | '13 |  |  |  |  |  |  |
|  | 5 | Breugelmans Michiel | 21"25 | '12 |  |  |  |  |  |  |

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|  | **80 meter El** | | | |  | **80 meter** | | | |  |
|  | 1 | Servotte Seppe | 10"75 | '10 |  | 1 | Leys Lode | 10"7 | '13 |  |
|  | 2 | Dom Stijn | 10"82 | '12 |  | 2 | Servotte Seppe | 11"1 | '10 |  |
|  | 3 | Leys Lode | 10"91 | '13 |  | 3 | Dom Stijn | 11"1 | '12 |  |
|  | 4 | Vosters Wout | 11"65 | '13 |  | 4 | Vosters Wout | 11"6 | '13 |  |
|  | 5 | Malfet Yorben | 12"01 | '13 |  | 5 | Aerts Toon | 11"8 | '10 |  |
|  | 6 | Janssens Quinten | 12"12 | '13 |  | 6 | Janssens Quinten | 11"8 | '13 |  |
|  | 7 | Daniëls Bart | 12"20 | '13 |  | 7 | De Baere Wannes | 12"0 | '11 |  |
|  | 8 | Vanderhaeghen Willem | 12"32 | '10 |  | 8 | Daniëls Bart | 12"2 | '13 |  |
|  | 9 | De Roose Casper | 12"45 | '11 |  | 9 | Breugelmans Michiel | 12"5 | '12 |  |
|  | 10 | Falleyn Jore | 12"51 | '13 |  | 10 | Borstlap Dries | 12"6 | '12 |  |

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|  | **150 meter El** | | | |  |  | | | |  |
|  | 1 | Dom Stijn | 20"64 | '12 |  |  |  |  |  |  |
|  | 2 | Leys Lode | 21"45 | '12 |  |  |  |  |  |  |
|  | 3 | De Baere Wannes | 23"52 | '11 |  |  |  |  |  |  |
|  | 4 | Janssens Quinten | 24"01 | '12 |  |  |  |  |  |  |
|  | 5 | Borstlap Dries | 24"20 | '12 |  |  |  |  |  |  |
|  | 6 | Mols Senne | 24"93 | '12 |  |  |  |  |  |  |
|  | 7 | Vanderhaeghen Willem | 25"23 | '09 |  |  |  |  |  |  |
|  | 8 | De Roose Casper | 25"39 | '11 |  |  |  |  |  |  |
|  | 9 | Breugelmans Michiel | 25"86 | '12 |  |  |  |  |  |  |
|  | 10 | Verheyen Brent | 26"38 | '12 |  |  |  |  |  |  |

# outdoor heren miniemen

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|  | **300 meter El** | | | |  | **300 meter** | | | |  |
|  | 1 | Leys Lode | 45"44 | '13 |  | 1 | Janssens Quinten | 52"6 | '12 |  |
|  | 2 | Dom Stijn | 46"28 | '12 |  | 2 | Geudens Bram | 56"2 | '13 |  |
|  | 3 | Vosters Wout | 47"63 | '13 |  | 3 | Van Gestel Axel | 58"0 | '12 |  |
|  | 4 | Servotte Seppe | 48"20 | '09 |  | 4 | Verheyen Brent | 59"1 | '12 |  |
|  | 5 | Borstlap Dries | 49"22 | '12 |  |  |  |  |  |  |
|  | 6 | Falleyn Jore | 49"99 | '13 |  |  |  |  |  |  |
|  | 7 | Janssens Quinten | 51"11 | '12 |  |  |  |  |  |  |
|  | 8 | Mols Senne | 51"63 | '12 |  |  |  |  |  |  |
|  | 9 | Druyts Pieter | 52"79 | '12 |  |  |  |  |  |  |
|  | 10 | De Baere Wannes | 53"73 | '11 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Appels Pieter-jan | 3'03"33 | '13 |  | 1 | Servotte Seppe | 3'17"0 | '10 |  |
|  | 2 | Borstlap Dries | 3'09"30 | '12 |  | 2 | Borstlap Dries | 3'17"7 | '12 |  |
|  | 3 | Servotte Seppe | 3'10"07 | '10 |  | 3 | Mols Senne | 3'19"8 | '13 |  |
|  | 4 | Leys Lode | 3'20"01 | '12 |  | 4 | Leys Lode | 3'27"1 | '13 |  |
|  | 5 | Mols Senne | 3'21"84 | '12 |  | 5 | Verheyen Brent | 3'28"1 | '13 |  |
|  | 6 | Naessens Benjamin | 3'21"97 | '11 |  | 6 | Dom Stijn | 3'34"4 | '12 |  |
|  | 7 | Verheyen Brent | 3'22"59 | '13 |  | 7 | Naessens Benjamin | 3'35"1 | '10 |  |
|  | 8 | Falleyn Jore | 3'33"61 | '13 |  | 8 | Falleyn Jore | 3'36"2 | '13 |  |
|  | 9 | Janssens Quinten | 3'37"11 | '12 |  | 9 | Janssens Quinten | 3'39"9 | '12 |  |
|  | 10 | Dom Stijn | 3'44"41 | '12 |  | 10 | Vosters Wout | 3'41"0 | '13 |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Servotte Seppe | 5m01 | '10 |  | 1 | Dom Stijn | 1m54 | '12 |  |
|  | 2 | Dom Stijn | 4m50 | '12 |  | 2 | Servotte Seppe | 1m50 | '10 |  |
|  | 3 | Leys Lode | 4m39 | '13 |  | 3 | Falleyn Jore | 1m36 | '13 |  |
|  | 4 | Aerts Toon | 4m22 | '10 |  | 4 | Vanderhaeghen Willem | 1m35 | '10 |  |
|  | 5 | Janssens Quinten | 4m03 | '13 |  | 5 | Borstlap Dries | 1m29 | '12 |  |
|  | 6 | Vosters Wout | 3m97 | '13 |  | 6 | Leys Lode | 1m29 | '12 |  |
|  | 7 | Borstlap Dries | 3m96 | '12 |  | 7 | Daniëls Bart | 1m25 | '13 |  |
|  | 8 | Vanderhaeghen Willem | 3m85 | '10 |  | 8 | Verheyen Brent | 1m20 | '12 |  |
|  | 9 | Breugelmans Michiel | 3m83 | '12 |  | 9 | Geudens Bram | 1m20 | '13 |  |
|  | 10 | De Baere Wannes | 3m77 | '11 |  | 10 | Mols Senne | 1m18 | '12 |  |

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|  | **Polsstok** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Servotte Seppe | 2m15 | '09 |  | 1 | Servotte Seppe | 17m88 | '10 |  |
|  | 2 | Dom Stijn | 1m96 | '12 |  |  |  |  |  |  |
|  | 3 | Leys Lode | 1m84 | '13 |  |  |  |  |  |  |

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|  | Kogel 3kg | | | |  | **Discus 750g** | | | |  |
|  | 1 | Servotte Seppe | 9m85 | '10 |  | 1 | Dom Stijn | 25m65 | '12 |  |
|  | 2 | Dom Stijn | 9m56 | '12 |  | 2 | Falleyn Jore | 20m06 | '13 |  |
|  | 3 | Leys Lode | 8m40 | '13 |  | 3 | Janssens Quinten | 18m59 | '13 |  |
|  | 4 | Vosters Wout | 8m28 | '13 |  | 4 | Leys Lode | 18m47 | '13 |  |
|  | 5 | Janssens Quinten | 7m67 | '13 |  | 5 | Vosters Wout | 15m87 | '13 |  |
|  | 6 | Borstlap Dries | 6m74 | '12 |  | 6 | Breugelmans Michiel | 15m77 | '12 |  |
|  | 7 | Falleyn Jore | 6m68 | '13 |  | 7 | Borstlap Dries | 15m09 | '12 |  |
|  | 8 | Vanderhaeghen Willem | 6m52 | '10 |  | 8 | Mols Senne | 14m96 | '12 |  |
|  | 9 | Breugelmans Michiel | 6m32 | '12 |  | 9 | Geudens Bram | 14m15 | '13 |  |
|  | 10 | Jacobs Bent | 5m99 | '13 |  | 10 | Verheyen Brent | 11m40 | '12 |  |

# outdoor heren miniemen

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|  | **Speer 400g** | | | |  | **5-Kamp** | | | |  |
|  | 1 | Dom Stijn | 39m44 | '12 |  | 1 | Servotte Seppe | 3456p | '10 |  |
|  | 2 | Servotte Seppe | 33m83 | '10 |  | 2 | Dom Stijn | 2909p | '12 |  |
|  | 3 | Leys Lode | 26m10 | '13 |  | 3 | Leys Lode | 2546p | '13 |  |
|  | 4 | Vosters Wout | 25m22 | '13 |  | 4 | Borstlap Dries | 2242p | '12 |  |
|  | 5 | Falleyn Jore | 24m71 | '13 |  | 5 | Falleyn Jore | 2210p | '13 |  |
|  | 6 | Borstlap Dries | 23m75 | '12 |  | 6 | Vosters Wout | 2167p | '13 |  |
|  | 7 | Janssens Quinten | 22m33 | '13 |  | 7 | Vanderhaeghen Willem | 2119p | '10 |  |
|  | 8 | Mols Senne | 21m18 | '13 |  | 8 | Janssens Quinten | 2033p | '13 |  |
|  | 9 | Bogaerts Fik | 19m47 | '13 |  | 9 | Mols Senne | 1810p | '12 |  |
|  | 10 | Jacobs Bent | 19m03 | '13 |  | 10 | Daniëls Bart | 1726p | '13 |  |

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| **Aflossing 4 x 80 meter El** | | | |
| 1 | Borstlap Dries – Verheyen Brent – Mols Senne – Dom Stijn | 50"02 | '12 |

## clubrecords miniemen

**80 m Horden** **Atac** Dom Stijn 14"23 Mol 04/08/12

**Avos** Sneyders Jente 13"37 Nijvel 23/09/06

**Tuac** Vermeulen Stefaan 12"6 Turnhout 13/06/76

**150 m Horden** **Avos** Servotte Bram 22"63 Mol 01/05/08

**Tuac** Bax Thomas 24"11 Mol 01/05/08

**50 meter Avos** Sneyders Jente 7"69 L'Isle-s/l-Sorgue 10/07/06

**60 meter Tuac** Van Beers Fonny 8"5 Turnhout 14/07/63

**80 meter** **Atac** Servotte Seppe 10"75 Turnhout 23/05/10

**Avos** Van Duerm Amouri 10"56 Lier 25/06/05

**Tuac** Vermeulen Stefaan 9"9 Turnhout 27/06/76

**100 meter** **Avos** Beyens Sander 15"54 Duffel 25/04/01

**Tuac** Vermeulen Stefaan 12"2 Turnhout 19/09/76

**150 meter** **Atac** Dom Stijn 20"64 Lommel 30/09/12

**Avos** Raeymaekers Sander 19"88 Brasschaat 18/08/01

**Tuac** Adriaensen Dominic 20"52 Turnhout 11/06/95

**200 meter** **Avos** Oris Erwin 27"7 Mol 10/08/86

**Tuac** Graux Sidney 27"44 Merksem 28/06/87

**300 meter** **Atac** Leys Lode 45"44 Turnhout 09/06/13

**Avos** Raeymaekers Sander 41"18 Nijvel 29/09/01

**Tuac** Vermeulen Stefaan 40"4 Turnhout 14/07/76

**800 meter** **Avos** Wouters Rik 2'16"3 Neerpelt 30/09/89

**Tuac** Kaers Erik 2'24"1 Herentals 15/10/77

**1000 meter** **Atac** Appels Pieter-jan 3'03"33 Turnhout 29/06/13

**Avos** Raeymaekers Sander 2'57"31 Brasschaat 18/08/01

**Tuac** Michielsen Wim 3'09"85 Mol 25/05/95

**1500 meter Avos** Raeymaekers Sander 4'57"01 Duffel 25/04/01

**1000 m snelw** **Avos** Sneyders Jente 6'12"56 Lier 25/06/05

**Ver** **Atac** Servotte Seppe 5m01 Turnhout 23/05/10

**Avos** Van Hove Guy 4m99 Bornem 25/06/95

**Tuac** Vermeulen Stefaan 5m83 Herentals 29/05/75

**Hoog** **Atac** Dom Stijn 1m54 Mol 17/05/12

**Avos** Sneyders Jente 1m51 Herentals 10/06/06

**Tuac** Vermeulen Stefaan 1m65 Ekeren 26/06/76

**Polsstok**  **Atac** Servotte Seppe 2m15 Vosselaar 05/09/09

**Avos** Hooyberghs Jens 2m51 Vosselaar 02/09/06

**Tuac** Vermeulen Stefaan 2m74 Turnhout 10/10/76

# outdoor heren miniemen

**Kogel 3kg** **Atac** Servotte Seppe 9m85 Turnhout 23/05/10

**Avos** Raeymaekers Sander 12m51 Nijvel 29/09/01

**Tuac** Adriaensen Dominic 11m25 Bornem 25/06/95

**Kogel 4kg** **Avos** Bellens Davy 8m22 Turnhout 15/08/88

**Discus 750g Atac** Dom Stijn 25m65 Mol 30/06/12

**Discus 1kg** **Atac** Servotte Seppe 17m88 Baarle-Nassau 10/04/10

**Avos** Hooyberghs Jens 29m93 Lommel 08/10/06

**Tuac** Vermeulen Stefaan 36m32 Turnhout 26/09/76

**Discus 1,2kg** **Avos** Sneyders Jente 14m84 L'Isle-s/l-Sorgue 10/07/06

**Speer 400g**  **Atac** Dom Stijn 39m44 Turnhout 01/09/12

**Avos** Van Hove Guy 42m62 Hechtel 15/10/95

**Tuac** Adriaensen Dominic 41m60 Mol 25/05/95

**Speer 500g**  **Avos** Wouters Rik 29m72 Turnhout 08/10/89

**3-Kamp Avos** Wouters Rik 1260p Lommel 23/08/89

**Tuac** Verstraelen Hans 1401p Hechtel 04/05/89

**4-Kamp**  **Avos** Van Hove Guy 2314p Brugge 20/05/95

**Tuac** Adriaensen Dominic 2201p Turnhout 25/05/95

**5-Kamp Atac** Servotte Seppe 3456p Turnhout 23/05/10

**Avos** Raeymaekers Sander 3405p Lille 11/08/01

**Tuac** Quirijnen Kristof 3220p Turnhout 08/06/97

**Afl 4 x 80 m Atac** Borstlap Dries – Verheyen Brent – Mols Senne – Dom Stijn

50"02 Mol 22/04/12

**Avos** Janssens Koen – Stevens Simon – Roefs Stijn – Van Hove Guy 43"73 Bornem 25/06/95

**Tuac** Blondeel P. – Christiaensen M. – Kaers L. – Vermeulen Stefaan

42"6 Turnhout 21/09/75

**Afl 4 x 100m** **Tuac** De Clerq M. – Caers B. – Van De Ven R. – Roefs P.

56"8 Merksem 06/10/79

# outdoor heren Cadetten

## JAARPRESTATIES cadetten

**100 meter H El** 1. Dom Stijn 20"06 Turnhout 14/04/13

**100 meter El** 1. Vercauteren Sander 13"02 Ninove 11/07/13

2. Dom Stijn 13"94 Herentals 22/06/13

**200 meter El** 1. Vercauteren Sander 26"21 Ninove 11/07/13

**300 meter El** 1. Vercauteren Sander 41"57 Beveren 31/07/13

**400 meter El** 1. Vercauteren Sander 56"80 Oordegem 06/07/13

2. Blevi Bavo 65"65 St.-Niklaas 09/05/13

3. Vandenbulcke Frederik 68"81 St.-Niklaas 09/05/13

**800 meter El** 1. Vercauteren Sander 2'03"52 Huizingen 10/08/13

2. Blevi Bavo 2'25"53 Hulst 20/05/13

3. Vandenbulcke Frederik 2'30"60 Hulst 20/05/13

# outdoor heren Cadetten

**1500 meter El** 1. Vercauteren Sander 4'16"30 Vilvoorde 17/08/13

2. Blevi Bavo 4'47"47 Beveren 07/09/13

3. Vandenbulcke Frederik 4'51"61 Oordegem 92/06/13

4. Borstlap Dries 4'54"31 Lier 28/04/13

**1 mijl El** 1. Vercauteren Sander 4'37"52 Burcht 27/07/13

**2000 meter El** 1. Vercauteren Sander 6'07"22 Turnhout 14/04/13

2. Blevi Bavo 6'50"78 Turnhout 14/04/13

3. Borstlap Dries 6'51"66 Turnhout 14/04/13

4. Vandenbulcke Frederik 6'53"05 Turnhout 14/04/13

**Ver** 1. Dom Stijn 5m32 Turnhout 22/09/13

**Hoog** 1. Dom Stijn 1m67 Herentals 22/06/13

**Kogel 4kg** 1. Dom Stijn 9m65 Turnhout 22/09/13

**Speer 600g** 1. Vercauteren Sander 38m71 Turnhout 22/09/13

2. Dom Stijn 31m80 Lier 27/04/13

## overwinningen cadetten

1. Vercauteren Sander 2000m Turnhout 14/04/13

2. Vercauteren Sander 800m Merksem 27/04/13

3. Vercauteren Sander 1500m Lier 28/04/13

4. Dom Stijn Hoog Herentals 22/06/13

5. Dom Stijn Hoog Turnhout 22/09/13

## 10 beste prestaties cadetten

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|  | **100 meter Horden El** | | | |  | **300 meter Horden El** | | | |  |
|  | 1 | Janssen Robbe | 14"19 | '12 |  | 1 | Bax Thomas | 47"08 | '10 |  |
|  | 2 | Bax Thomas | 18"66 | '10 |  |  |  |  |  |  |
|  | 3 | Dom Stijn | 20"06 | '13 |  |  |  |  |  |  |

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|  | **1500 meter steeple El** | | | |  |  | | | |  |
|  | 1 | Bax Thomas | 5'15"39 | '10 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Druyts Tobias | 12"19\* | '09 |  | 1 | Servotte Bram | 13"0\* | '10 |  |
|  | 2 | Janssen Robbe | 12"56 | '12 |  |  |  |  |  |  |
|  | 3 | Servotte Bram | 12"86 | '10 |  |  |  |  |  |  |
|  | 4 | Desmedt Pieter | 13"01 | '09 |  |  |  |  |  |  |
|  | 5 | Vercauteren Sander | 13"02 | '13 |  |  |  |  |  |  |
|  | 6 | Van Vlasselaer Jamesky | 13"47\* | '10 |  |  |  |  |  |  |
|  | 7 | Bax Thomas | 13"78 | '09 |  |  |  |  |  |  |
|  | 8 | Dom Stijn | 13"94 | '13 |  |  |  |  |  |  |
|  | 9 | De Rammelaere Anton | 14"03 | '09 |  |  |  |  |  |  |
|  | 10 | Van Gils Daan | 15"83 | '10 |  |  |  |  |  |  |

# outdoor heren Cadetten

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|  | **200 meter El** | | | |  | **300 meter El** | | | |  |
|  | 1 | Druyts Tobias | 24"57 | '09 |  | 1 | Vercauteren Sander | 41"57 | '13 |  |
|  | 2 | Desmedt Pieter | 25"49\* | '09 |  | 2 | Desmedt Pieter | 41"87 | '09 |  |
|  | 3 | Vercauteren Sander | 26"21 | '13 |  |  |  |  |  |  |
|  | 4 | Bax Thomas | 27"81 | '10 |  |  |  |  |  |  |
|  | 5 | De Rammelaere Anton | 29"22 | '09 |  |  |  |  |  |  |

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|  | **400 meter El** | | | |  | **600 meter El** | | | |  |
|  | 1 | Vercauteren Sander | 56"80 | '13 |  | 1 | Bax Thomas | 1'40"27 | '10 |  |
|  | 2 | Servotte Bram | 58"04 | '10 |  |  |  |  |  |  |
|  | 3 | Blevi Bavo | 65"65 | '13 |  |  |  |  |  |  |
|  | 4 | Vandenbulcke Frederik | 68"81 | '13 |  |  |  |  |  |  |

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|  | **800 meter El** | | | |  |  | | | |  |
|  | 1 | Vercauteren Sander | 2'03"52 | '13 |  |  |  |  |  |  |
|  | 2 | Servotte Bram | 2'15"09 | '10 |  |  |  |  |  |  |
|  | 3 | Janssen Robbe | 2'20"22 | '12 |  |  |  |  |  |  |
|  | 4 | Bax Thomas | 2'24"88 | '10 |  |  |  |  |  |  |
|  | 5 | Blevi Bavo | 2'25"53 | '13 |  |  |  |  |  |  |
|  | 6 | Verhagen Niels | 2'29"76 | '10 |  |  |  |  |  |  |
|  | 7 | Vandenbulcke Frederik | 2'30"60 | '13 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Servotte Bram | 2'54"18 | '09 |  | 1 | Servotte Bram | 3'06"0 | '10 |  |
|  | 2 | Janssen Robbe | 3'03"61 | '12 |  | 2 | Verhagen Niels | 3'15"0 | '10 |  |
|  | 3 | Bax Thomas | 3'14"48 | '09 |  |  |  |  |  |  |

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|  | **1500 meter El** | | | |  | **1 mijl El** | | | |  |
|  | 1 | Vercauteren Sander | 4'16"30 | '13 |  | 1 | Vercauteren Sander | 4'37"52 | '13 |  |
|  | 2 | Servotte Bram | 4'39"51 | '09 |  |  |  |  |  |  |
|  | 3 | Blevi Bavo | 4'47"47 | '13 |  |  |  |  |  |  |
|  | 4 | Vandenbulcke Frederik | 4'51"61 | '13 |  |  |  |  |  |  |
|  | 5 | Borstlap Dries | 4'54"31 | '13 |  |  |  |  |  |  |
|  | 6 | Marynissen Seppe | 4'57"18 | '12 |  |  |  |  |  |  |
|  | 7 | Verhagen Niels | 5'02"31 | '10 |  |  |  |  |  |  |

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|  | **2000 meter El** | | | |  |  | | | |
|  | 1 | Vercauteren Sander | 6'07"22 | '13 |  |  |  |  |  |
|  | 2 | Blevi Bavo | 6'50"78 | '13 |  |  |  |  |  |
|  | 3 | Borstlap Dries | 6'51"66 | '13 |  |  |  |  |  |
|  | 4 | Vandenbulcke Frederik | 6'53"05 | '13 |  |  |  |  |  |

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|  | **Polsstok** | | | |  |  | | | |
|  | 1 | Janssen Robbe | 2m80 | '12 |  |  |  |  |  |

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|  | **Ver** | | | |  | Hoog | | | |  |
|  | 1 | Janssen Robbe | 5m97\* | '12 |  | 1 | Dom Stijn | 1m67 | '13 |  |
|  | 2 | Dom Stijn | 5m32 | '13 |  | 2 | Janssen Robbe | 1m60 | '12 |  |
|  | 3 | Servotte Bram | 5m27 | '10 |  | 3 | Oostvogels Martijn | 1m50 | '09 |  |
|  | 4 | Oostvogels Martijn | 4m65 | '09 |  | 4 | Bastiaensen Filip | 1m50 | '10 |  |
|  | 5 | Bastiaensen Filip | 4m42 | '09 |  | 5 | Servotte Bram | 1m40 | '10 |  |
|  | 6 | Bax Thomas | 4m10 | '09 |  |  |  |  |  |  |

# outdoor heren Cadetten

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|  | **Kogel 4kg** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Janssen Robbe | 14m68 | '12 |  | 1 | Janssen Robbe | 33m77 | '12 |  |
|  | 2 | Servotte Bram | 11m19 | '10 |  | 2 | Oostvogels Martijn | 24m78 | '09 |  |
|  | 3 | Dom Stijn | 9m65 | '13 |  |  |  |  |  |  |
|  | 4 | Desmedt Pieter | 8m83 | '09 |  |  |  |  |  |  |
|  | 5 | Oostvogels Martijn | 8m80 | '09 |  |  |  |  |  |  |

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|  | **Speer 600g** | | | |  | **Hamer 4kg** | | | |  |
|  | 1 | Vercauteren Sander | 38m71 | '13 |  | 1 | Oostvogels Martijn | 19m85 | '09 |  |
|  | 2 | Janssen Robbe | 35m88 | '12 |  |  |  |  |  |  |
|  | 3 | Dom Stijn | 31m80 | '13 |  |  |  |  |  |  |
|  | 4 | Keuppens Jan | 31m58 | '09 |  |  |  |  |  |  |
|  | 5 | Servotte Bram | 28m68 | '09 |  |  |  |  |  |  |
|  | 6 | Oostvogels Martijn | 28m28 | '09 |  |  |  |  |  |  |
|  | 7 | Van Gils Daan | 11m39 | '10 |  |  |  |  |  |  |

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|  | **5-Kamp** | | | |  | **8-Kamp** | | | |  |
|  | 1 | Janssen Robbe | 2550p | '12 |  | 1 | Janssen Robbe | 4281p | '12 |  |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Servotte Bram – Keuppens Jan – Desmedt Pieter – Druyts Tobias | 49"69 | '09 |
| 2 | Bax Thomas – Servotte Bram – Bastiaensen Filip – Van Gils Daan | 55"91 | '10 |

## CLUBRECORDS CADETTEN

**100 m Horden** **Atac** Janssen Robbe 14"19 Oordegem 02/09/12

**Avos** Fabri Tom 15"27 Oordegem 13/09/92

**Tuac** Cos Ronny 15"19 Heizel 14/09/86

**110 m Horden** **Tuac** Cos Ronny 18"55 Inssbruck (O) 14/07/85

**300 m Horden Atac** Bax Thomas 47"08 Aartselaar 09/05/10

**Avos** Van Hove Guy 44"21 Oordegem 13/09/97

**Tuac** Drossaert Kristof 41"95 Brugge 06/09/97

**1500 m Steeple Atac** Bax Thomas 5'15"39 Merksem 20/06/10

**Avos** Luyten Jens 5'14"64 Herentals 28/06/08

**50 meter** **Avos** Sneyders Jente 7"54 L'Isle s/l Sorgue 09/07/07

**60 meter Tuac** Van Beers Fonny 7"7 Turnhout 31/05/64

**80 meter Tuac** Van Beers Fonny 9"2 Lommel 07/08/65

**100 meter** **Atac** Druyts Tobias 12"26 Turnhout 10/05/09

**Avos** Bellens Davy 12"1 Mol 14/04/90

**Tuac** Van Beers Fonny 11"8 Turnhout 05/09/65

**150 meter Tuac** Van Beers Fonny 18"4 65

**200 meter**  **Atac** Druyts Tobias 24"57 Aalter 17/05/09

**Avos** Bellens Davy 25"59 Mol 03/06/90

**Tuac** Drossaert Kristof 24"67 Herentals 20/04/97

**300 meter Atac** Vercauteren Sander 41"57 Beveren 31/07/13

**Avos** Hooyberghs Jens 40"80 Vorst 25/10/08

**Tuac** Drossaert Kristof 40"0 Mol 24/05/97

**400 meter** **Atac** Vercauteren Sander 56"80 Oordegem 06/07/13

**Avos** Hooyberghs Jens 56"77 Vorst 11/10/08

**Tuac** Van Laarhoven Dirk 56"4 Roosendaal (Ned) 30/09/78

**600 meter Atac** Bax Thomas 1'40"27 Baarle-Nassau 08/07/10

**Tuac** Woestenbergs 1'35"2 65

# outdoor heren Cadetten

**800 meter**  **Atac** Vercauteren Sander 2'03"52 Huizingen 10/08/13 **Avos** Wouters Rik 2'05"25 Lebbeke 11/08/91

**Tuac** Sneyders Yuri 2'06"54 Aartselaar 21/07/93

**1000 meter** **Atac** Servotte Bram 2'54"18 Tessenderlo 24/06/09

**Avos** Raeymaekers Sander 2'44"56 Herentals 29/08/03

**Tuac** Sneyders Yuri 2'46"43 Lommel 10/07/93

**1500 meter** **Atac** Servotte Bram 4'39"51 Turnhout 10/05/09

**Avos** V.Waeyenberghe Yelle 4'24"74 Heusden 15/08/01

**Tuac** Sneyders Yuri 4'11"80 Nijvel 12/09/93

**1 mijl** **Atac** Vercauteren Sander 4'37"52 Burcht 27/07/13 **Avos** Luyten Jens 5'09"65 Tessenderlo 10/09/08

**2000 meter** **Atac** Vercauteren Sander 6'07"22 Turnhout 14/04/13

**Avos** Sneyders Dieter 6'46"23 Mol 04/06/05

**Ver** **Atac** Janssen Robbe 5m79 Turnhout 29/04/12

**Avos** Fabri Tom 5m80 Mol 16/09/92

**Tuac** Vermeulen Stefaan 6m27 Tessenderlo 25/05/77

**Hinkstap** **Avos** Fabri Tom 12m36 Diepenbeek 04/10/92

**Tuac** Lambregts Koen 11m60 87

**Hoog** **Atac** Dom Stijn 1m67 Herentals 22/06/13 **Avos** Hooyberghs Jens 1m72 Nieuwpoort 21/09/08

**Tuac** Vermeulen Stefaan 1m73 Brasschaat 07/08/77

**Polsstok** **Atac** Janssen Robbe 2m80 Dilbeek 05/08/12

**Avos** Hooyberghs Jens 3m16 Nieuwpoort 21/09/08

**Tuac** Vermeulen Stefaan 3m01 Herentals 22/07/77

**Kogel 4kg** **Atac** Janssen Robbe 14m68 Lier 07/07/12 **Avos** Van Hove Guy 12m14 Izegem 27/09/97

**Tuac** Quirijnen Kristof 13m52 Winterslag 09/10/99

**Kogel 5kg** **Avos** Struyven Steven 9m30 Arendonk 08/06/87

**Discus 1kg** **Atac** Janssen Robbe 33m77 Bornem 28/04/12

**Avos** Hooyberghs Jens 41m26 Eeklo 18/10/08

**Tuac** Quirijnen Kristof 45m28 Winterslag 09/10/99

**Discus 1,5kg** **Avos** Machielsen Tom 26m54 Turnhout 23/08/87

**Speer 600g**  **Atac** Vercauteren Sander 38m71 Turnhout 22/09/13 **Avos** Van Hove Guy 47m14 Izegem 27/09/97

**Tuac** Adriaensen Chris 55m72 Tessenderlo 07/06/ 91

**Hamer 4kg Atac** Oostvogels Martijn 19m85 Turnhout 03/07/09

**Avos** Sneyders Dieter 22m87 Herentals 19/08/05

**Tuac** Van De Kerkhof Paul 46m98 Heizel 03/09/83

**3-Kamp**  **Avos** Fabri Kim 1157p Lebbeke 27/06/90

**Tuac** Van Den Broeck Wim 1219p Turnhout 15/09/92

**5-Kamp**  **Atac** Janssen Robbe 2550p Oordegem 22/07/12

**Avos** Fabri Tom 2444p Kessel-Lo 30/08/92

**Tuac** Cos Ronny 2510p Saint-Ghislain 18/10/86

**8-Kamp** **Atac** Janssen Robbe 4281p Herentals 27/05/12

**Avos** Hooyberghs Jens 4103p Nieuwpoort 21/09/08

**Tuac** Quirijnen Kristof 3799p Herentals 23/05/99

**Afl 4 x 100 m Atac** Servotte Bram – Keuppens Jan – Desmedt Pieter – Druyts Tobias

49"69 Turnhout 10/05/09

**Avos** Fabri Kim - Rameyssen Urbaan - Woestenborghs Rob - Wouters Rik

49"63 Tessenderlo 16/05/90

**Tuac** Van Gool H. – Kaers E. – Marynissen B. – Slegers B.

50"7 Merskem 06/10/79

# outdoor heren Cadetten

**Afl 4 x 800 m Avos** Fabri Kim - Rameyssen Urbaan - Woestenborghs Rob - Wouters Rik 9'26"87 Merksem 28/08/90

**Tuac** Nuydens D. – Kaers E. – Lenaerts L. – Van Laarhoven D.

9'22"5 Turnhout 23/04/78

# outdoor heren scholieren

## JAARPRESTATIES scholieren

**110 meter H El** 1. Janssen Robbe 15"27 Hulst 20/05/13

2. Verbaarschot Nick 15"99 (w+2,3) Herentals 02/06/13

**100 meter** 1. Verbaarschot Nick 11"9 (w?) Baarle-Nassau 30/03/13

**100 meter El** 1. Verbaarschot Nick 11"80 (w+2,9) Herentals 02/06/13

2. Janssen Robbe 13"11 Turnhout 14/04/13

**1500 meter El** 1. Verbaarschot Nick 5'54"50 Herentals 02/06/13

**Ver** 1. Verbaarschot Nick 5m93 Herentals 02/06/13

2. Janssen Robbe 5m32 Aartselaar 12/05/13

**Hoog** 1. Verbaarschot Nick 1m88 Turnhout 14/04/13

**Polsstok** 1. Verbaarschot Nick 3m60 Turnhout 04/08/13

**Kogel 5kg** 1. Janssen Robbe 13m67 Heusden 15/08/13

2. Verbaarschot Nick 9m38 Herentals 02/06/13

**Discus 1,5kg** 1. Verbaarschot Nick 24m80 Herentals 02/06/13

**Speer 700g** 1. Verbaarschot Nick 25m31 Baarle-Nassau 30/03/13

**9-Kamp** 1. Verbaarschot Nick 4244p Herentals 02/06/13

## overwinningen scholieren

1. Verbaarschot Nick Hoog Baarle-Nassau 30/03/13

2. Verbaarschot Nick Ver Baarle-Nassau 30/03/13

3. Verbaarschot Nick 100m Baarle-Nassau 30/03/13

4. Verbaarschot Nick 100m Turnhout 14/04/13

5. Verbaarschot Nick Hoog Turnhout 14/04/13

6. Verbaarschot Nick Hoog Merksem 27/04/13

7. Verbaarschot Nick 100m Herentals 02/06/13

8. Verbaarschot Nick Polsstok Turnhout 04/08/13

# outdoor heren scholieren

## 10 Beste prestaties scholieren

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|  | **110 meter Horden El (91,4 cm)** | | | |  | **400 meter Horden El (84cm)** | | | |  |
|  | 1 | Janssen Robbe | 15"27 | '13 |  | 1 | Hooyberghs Jens | 59"76 | '09 |  |
|  | 2 | Hooyberghs Jens | 15"84 | '10 |  | 2 | Bax Thomas | 62"66 | '12 |  |
|  | 3 | Verbaarschot Nick | 15"99\* | '13 |  | 3 | Sneyders Jente | 64"24 | '10 |  |
|  | 2 | Ameye Dries | 17"53 | '09 |  |  |  |  |  |  |
|  | 4 | Bax Thomas | 18"12 | '12 |  |  |  |  |  |  |
|  | 5 | Sneyders Jente | 18"77 | '09 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Verbaarschot Nick | 11"80\* | '13 |  | 1 | Verbaarschot Nick | 11"9\* | '13 |  |
|  | 2 | Oematie Saverio | 11"91 | '11 |  |  |  |  |  |  |
|  | 3 | Ameye Dries | 11"96 | '09 |  |  |  |  |  |  |
|  | 4 | Druyts Tobias | 12"22 | '10 |  |  |  |  |  |  |
|  | 5 | Hooyberghs Jens | 12"23 | '10 |  |  |  |  |  |  |
|  | 6 | Desmedt Pieter | 12"51 | '10 |  |  |  |  |  |  |
|  | 7 | Sneyders Jente | 12"91 | '09 |  |  |  |  |  |  |
|  | 8 | Janssen Robbe | 13"11 | '13 |  |  |  |  |  |  |
|  | 9 | De Rammelaere Anton | 13"51 | '10 |  |  |  |  |  |  |
|  | 10 | Mangelschots Kevin | 13"98 | '09 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  |  | | | |
|  | 1 | Ameye Dries | 23"83 | '09 |  |  |  |  |  |
|  | 2 | Oematie Saverio | 24"67 | '11 |  |  |  |  |  |
|  | 3 | Druyts Tobias | 24"76 | '11 |  |  |  |  |  |
|  | 4 | Hooyberghs Jens | 24"84 | '10 |  |  |  |  |  |
|  | 5 | De Rammelaere Anton | 25"96 | '10 |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Oematie Saverio | 38"00 | '11 |  | 1 | Hooyberghs Jens | 53"86 | '10 |  |
|  | 2 | Hooyberghs Jens | 38"66 | '10 |  | 2 | Bax Thomas | 54"66 | '12 |  |
|  | 3 | Bax Thomas | 41"57 | '11 |  | 3 | Desmedt Pieter | 55"52 | '10 |  |
|  |  |  |  |  |  | 4 | Ameye Dries | 57"01 | '09 |  |
|  |  |  |  |  |  | 5 | Bordeyne Uriaan | 64"58 | '11 |  |

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|  | **800 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Luyten Jens | 2'15"30 | '09 |  | 1 | Verhagen Niels | 2'55"86 | '12 |  |
|  | 2 | Desmedt Pieter | 2'17"86 | '10 |  | 2 | Luyten Jens | 2'59"16 | '09 |  |
|  | 3 | Verhagen Niels | 2'17"87 | '11 |  | 3 | Bax Thomas | 2'59"70 | '11 |  |
|  | 4 | Bax Thomas | 2'18"79 | '11 |  | 4 | Sneyders Jente | 3'06"86 | '09 |  |
|  | 5 | Pelckmans Jens | 2'24"39 | '09 |  |  |  |  |  |  |
|  | 6 | Oostvogels Martijn | 2'38"46 | '10 |  |  |  |  |  |  |

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|  | **1500 meter El** | | | |  | **2000 meter Steeple El** | | | |  |
|  | 1 | Hooyberghs Jens | 4'33"18 | '10 |  | 1 | Luyten Jens | 7'08"71 | '09 |  |
|  | 2 | Desmedt Pieter | 4'38"33 | '11 |  |  |  |  |  |  |
|  | 3 | Verhagen Niels | 4'40"73 | '11 |  |  |  |  |  |  |
|  | 4 | Bax Thomas | 4'43"04 | '11 |  |  |  |  |  |  |
|  | 5 | Luyten Jens | 4'45"89 | '09 |  |  |  |  |  |  |
|  | 6 | Verbaarschot Nick | 5'54"50 | '13 |  |  |  |  |  |  |

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|  | **2000 meter El** | | | |  |  | | | |  |
|  | 1 | Bax Thomas | 6'30"62 | '11 |  |  |  |  |  |  |
|  | 2 | Desmedt Pieter | 6'33"53 | '11 |  |  |  |  |  |  |
|  | 3 | Verhagen Niels | 6'37"53 | '12 |  |  |  |  |  |  |

# outdoor heren SCHOLIEREN

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|  | **Ver** | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 6m14 | '10 |  |  |  |  |  |  |
|  | 2 | Verbaarschot Nick | 5m93 | '13 |  |  |  |  |  |  |
|  | 3 | Sneyders Jente | 5m52 | '09 |  |  |  |  |  |  |
|  | 4 | Janssen Robbe | 5m32 | '13 |  |  |  |  |  |  |
|  | 5 | Bastiaensen Filip | 5m06 | '11 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | Polsstok | | | |  |
|  | 1 | Verbaarschot Nick | 1m88 | '13 |  | 1 | Hooyberghs Jens | 3m80 | '09 |  |
|  | 2 | Hooyberghs Jens | 1m80 | '09 |  | 2 | Verbaarschot Nick | 3m60 | '13 |  |
|  | 3 | Oostvogels Martijn | 1m55 | '10 |  |  |  |  |  |  |
|  | 4 | Bastiaensen Filip | 1m50 | '11 |  |  |  |  |  |  |

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|  | Kogel 5kg | | | |  | **Discus 1,5kg** | | | |  |
|  | 1 | Hooyberghs Jens | 14m23 | '10 |  | 1 | Hooyberghs Jens | 44m64 | '10 |  |
|  | 2 | Janssen Robbe | 13m67 | '13 |  | 2 | Strijbos Seppe | 26m89 | '11 |  |
|  | 3 | Verbaarschot Nick | 9m86 | '12 |  | 3 | Verbaarschot Nick | 26m45 | '12 |  |
|  | 4 | Strijbos Seppe | 9m08 | '11 |  |  |  |  |  |  |
|  | 5 | Desmedt Pieter | 8m13 | '10 |  |  |  |  |  |  |

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|  | Speer 700g | | | |  | **9-Kamp** | | | |  |
|  | 1 | Ameye Dries | 52m76 | '09 |  | 1 | Hooyberghs Jens | 5713p | '10 |  |
|  | 2 | Hooyberghs Jens | 46m19 | '10 |  | 2 | Verbaarschot Nick | 4244p | '13 |  |
|  | 3 | Sneyders Jente | 40m22 | '10 |  |  |  |  |  |  |
|  | 4 | Oostvogels Martijn | 32m52 | '10 |  |  |  |  |  |  |
|  | 5 | Verbaarschot Nick | 25m31 | '13 |  |  |  |  |  |  |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Druyts Tobias – Sneyders Jente – Hooyberghs Jens – Desmedt Pieter | 46"87 | '10 |
| 2 | Sneyders Jente – Mangelschots Kevin – Hooyberghs Jens – Ameye Dries | 49"42 | '09 |

## clubrecords scholieren

**110 m H (91,4cm)** **Atac** Janssen Robbe 15"27 Hulst 20/05/13

**Avos** Van Hove Guy 15"94 Izegem 11/07/99

**110 m H (100cm)** **Avos** Fabri Tom 16"58 Mol 09/05/93

**Tuac** Cos Ronny 14"93 Gent 11/09/88

**300 m Horden** **Avos** Van Hove Guy 43"40 Ninove 07/06/98

**Tuac** Nuyts David 40"06 Heizel 14/09/86

**400 m Horden** **Atac** Hooyberghs Jens 59"76 Brussel 03/10/09

**Avos** Van Hove Guy 58"92 Verviers 18/09/99

**Tuac** Drossaert Kristof 61"16 Vilvoorde 15/05/99

**50 meter Tuac** V. D. Langenberg Luc 6"5 Alken 11/08/79

**60 meter Tuac** Vanmechelen Luc 7"7 Turnhout 15/08/81

**100 meter**  **Atac** Oematie Saverio 11"91 Turnhout 07/08/11

**Avos** Rutten Thomas 12"04 Naimette 31/08/08

**Tuac** Van Beers Fonny 11"0 Kapellen 09/09/67

**200 meter**  **Atac** Ameye Dries 23"83 Turnhout 10/05/09

**Avos** Van Hove Guy 24"66 Izegem 05/06/99

**Tuac** Van Beers Fonny 22"6 Lommel 16/07/67

**300 meter**  **Atac** Oematie Saverio 38"00 Turnhout 07/08/11

**Avos** Van Hove Guy 38"86 Tessenderlo 16/08/99

**Tuac** Quirijnen Kristof 38"19 Herentals 15/06/01

# outdoor heren SCHOLIEREN

**400 meter**  **Atac** Hooyberghs Jens 53"86 Tessenderlo 08/09/10

**Avos** Van Hove Guy 54"21 Merksem 02/10/99

**Tuac** Nuyts David 51"5 Vlissingen (Ned) 04/10/86

**800 meter**  **Atac** Luyten Jens 2'15"30 Herentals 25/04/09

**Avos** Wouters Rik 2'01"19 Duffel 30/05/92

**Tuac** Craane Bart 1'58"2 Burgos 79

**1000 meter** **Atac** Verhagen Niels 2'55"86 Turnhout 05/08/12

**Avos** Woestenborghs Rob 2'41"10 Lommel 10/07/93

**Tuac** Craane Bart 2'32"2 Rijsel 12/09/79

**1500 meter** **Atac** Hooyberghs Jens 4'33"18 Naimette 29/08/10

**Avos** Wouters Rik 4'10"1 Mol 16/09/92

**Tuac** Sneyders Yuri 4'04"05 Gent 04/08/95

**1 mijl**  **Avos** Sneyders Dieter 5'02"23 Mol 04/06/06

**2000 meter** **Atac** Bax Thomas 6'30"62 Turnhout 17/04/11

**Avos** Sneyders Dieter 6'21"34 Lier 01/07/07

**Tuac** Van Deun Rob 5'49"8 Lommel 12/08/95

**2000 m Steeple** **Atac** Luyten Jens 7'08"71 Kapellen 07/06/09

**Avos** Woestenborghs Rob 6'08"55 Tessenderlo 18/08/93

**Tuac** Craane Bart 6'23"5 Denderleeuw 31/08/79

**3000 meter** **Avos** V.Waeyenberghe Yelle 9'02"62 Tessenderlo 24/08/02

**Tuac** Govaerts Nick 8'35"6 Tessenderlo 31/08/96

**Ver** **Atac** Hooyberghs Jens 6m14 Nieuwpoort 03/07/10

**Avos** Van Hove Guy 6m27 Oordegem 19/05/99

**Tuac** Lambregts Koen 6m51 Willebroek 27/05/89

**Hinkstap** **Avos** Van Hove Guy 13m34 Oordegem 11/09/99

**Tuac** Lambregts Koen 13m66 Willebroek 27/05/89

**Hoog** **Atac** Verbaarschot Nick 1m88 Turnhout 14/04/13

**Avos** Dockx Marc 1m88 Arendonk 23/05/88

**Tuac** Verstraelen Hans 1m91 Merksem 28/08/93

**Polsstok** **Atac** Hooyberghs Jens 3m80 Brugge 15/08/09

**Avos** Van Hove Guy 3m50 Herve 22/08/99

**Tuac** Quirijnen Kristof 3m80 St.-Niklaas 25/08/01

**Kogel 5kg** **Atac** Hooyberghs Jens 14m23 Herentals 29/05/10

**Avos** Van Hove Guy 13m74 Herve 22/08/99

**Tuac** Quirijnen Kristof 13m17 Mol 05/05/01

**Kogel 6kg** **Avos** Van Der Velden Patrick 10m87 Kalmthout 19/10/85

**Discus 1,5kg** **Atac** Hooyberghs Jens 44m64 Lommel 07/08/10

**Avos** Fabri Tom 36m34 Vosselaar 09/09/94

**Tuac** Quirijnen Kristof 41m07 Boechout 06/10/01

**Discus 1,750kg** **Avos** Van Der Velden Patrick 30m82 Hechtel 29/09/85

**Speer 700g**  **Atac** Ameye Dries 52m76 Turnhout 11/04/09

**Avos** Van Hove Guy 48m61 St.-Niklaas 21/07/98

**Tuac** Adriaensen Chris 59m94 Merksem 28/08/93

**Speer 800g Avos** Fabri Tom 40m60 Mol 15/05/94

**Hamer 5kg** **Avos** Rutten Thomas 24m02 Herentals 26/08/07

**Hamer 6kg** **Avos** Van Der Velden Patrick 17m82 Hechtel 26/10/85

**Tuac** Van De Kerkhof Paul 49m46 Turnhout 85

**3-Kamp** **Avos** Fabri Kim 1427p Turnhout 15/09/91

**Tuac** Meulders Tom 1329p Turnhout 15/09/91

**4-Kamp Tuac** De Keyser Rudi 1482p Dilbeek 11/07/92

**5-Kamp**  **Avos** Van Hove Guy 2801p Izegem 05/06/99

**Tuac** Quirijnen Kristof 3052p Mechelen 23/09/01

# outdoor heren SCHOLIEREN

**8-Kamp**  **Avos** Fabri Tom 3709p Aartselaar 30/05/93

**Tuac** Lambregts Koen 4011p Tessenderlo 24/06/89

**9-Kamp**  **Atac** Hooyberghs Jens 5713p Nieuwpoort 04/07/10

**Avos** Van Hove Guy 5405p Izegem 11/07/99

**Tuac** Quirijnen Kristof 5318p St.-Niklaas 26/08/01

**Afl 4 x 100m Atac** Druyts Tobias – Sneyders Jente – Hooyberghs Jens – Desmedt Pieter

46"87 Aartselaar 09/05/10

**Avos** Van Hove Guy – Geerts Rob – Stevens Simon – Ten Naepel Sven

50"13 Vilvoorde 15/05/99

**Tuac** Wouters N. – Cos Ronny – Bammens T. – Lambregts Koen

46"6 88

**Afl 4 x 400m Tuac** De Neve P. – Kreynen E. – Blockx R. – Craane Bart

3'38"2 Turnhout 01/07/79

**Afl 4 x 800m Tuac** Leys E. – Lenaerts L. – Kreynen E. – Craane Bart

8'20"4 Heizel 06/09/79

# outdoor heren Juniores

## jaarprestaties juniores

**400 meter El** 1. Desmedt Pieter 55"31 Aartselaar 12/05/13

**800 meter El** 1. Verhagen Niels 2'16"53 Merksem 27/04/13

**1000 meter El** 1. Verhagen Niels 2'52"06 Turnhout 04/08/13

**1500 meter El** 1. Verhagen Niels 4'32"85 Tongerlo 21/08/13

**2000 meter El** 1. Verhagen Niels 6'24"05 Turnhout 14/04/13

**3000 meter El** 1. Verhagen Niels 9'32"27 Herentals 01/05/13

## 10 beste prestaties juniores

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|  | **100 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 15"74\* | '11 |  |  |  |  |  |  |
|  | 2 | Rutten Thomas | 17"76\* | '10 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Oematie Saverio | 11"79 | '12 |  | 1 | Oematie Saverio | 23"78 | '12 |  |
|  | 2 | Hooyberghs Jens | 11"79\* | '11 |  |  |  |  |  |  |
|  | 3 | Ameye Dries | 11"84 | '10 |  |  |  |  |  |  |
|  | 4 | Dubois Wesley | 12"01 | '09 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Oematie Saverio | 37"27 | '12 |  | 1 | Hooyberghs Jens | 51"63 | '11 |  |
|  |  |  |  |  |  | 2 | Desmedt Pieter | 55"31 | '13 |  |

# outdoor heren Juniores

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|  | **800 meter El** | | | |  | **1000 meter El** | | | |
|  | 1 | Sneyders Dieter | 2'10"97 | '09 |  | 1 | Verhagen Niels | 2'52"06 | '13 |
|  | 2 | Daniëls Andrew | 2'14"36 | '09 |  | 2 | Sneyders Dieter | 2'52"12 | '09 |
|  | 3 | Verhagen Niels | 2'16"53 | '13 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **1500 meter El** | | | |  | **2000 meter El** | | | |  |
|  | 1 | Hooyberghs Jens | 4'27"82 | '11 |  | 1 | Verhagen Niels | 6'24"05 | '13 |  |
|  | 2 | Verhagen Niels | 4'32"85 | '13 |  |  |  |  |  |  |

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|  | **3000 meter El** | | | |  |  | | | |  |
|  | 1 | Verhagen Niels | 9'32"27 | '13 |  |  |  |  |  |  |
|  | 2 | Sneyders Dieter | 9'40"57 | '09 |  |  |  |  |  |  |

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|  | **Ver** | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 6m34\* | '11 |  |  |  |  |  |  |
|  | 2 | Rutten Thomas | 6m23 | '09 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Hooyberghs Jens | 1m90 | '11 |  | 1 | Hooyberghs Jens | 4m30 | '11 |  |
|  | 2 | Rutten Thomas | 1m80 | '09 |  |  |  |  |  |  |

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|  | **Kogel 6 kg** | | | |  | **Discus 1,750 kg** | | | |  |
|  | 1 | Hooyberghs Jens | 13m78 | '11 |  | 1 | Hooyberghs Jens | 45m13 | '11 |  |
|  | 2 | Rutten Thomas | 11m81 | '10 |  | 2 | Rutten Thomas | 32m50 | '10 |  |

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|  | **Speer 800g** | | | |  | 10-Kamp | | | |  |
|  | 1 | Hooyberghs Jens | 48m66 | '11 |  | 1 | Hooyberghs Jens | 7019p | '11 |  |
|  | 2 | Ameye Dries | 42m90 | '10 |  |  |  |  |  |  |
|  | 3 | Rutten Thomas | 37m12 | '09 |  |  |  |  |  |  |

## clubrecords juniores

**110 m H (1,067m)Avos** Evers Steven 16"32 Lier 23/06/02

**Tuac** Cos Ronny 14"90 Willebroek 28/05/89

**110 m H (1m)** **Atac** Hooyberghs Jens 16"27 Herentals 29/05/11

**Avos** Aerts Bram 17"52 Mol 04/06/06

**400 m Horden** **Avos** Sanen Pieter 61"65 Burcht 11/05/03

**Tuac** Van De Gender Steven 57"62 Jambes 02/06/96

**50 meter Tuac** Slegers Eddy 6"2 Hechtel 28/07/79

**60 meter Tuac** De Neve Patrick 7"6 Turnhout 07/06/81

Vanmechelen Luc 7"6 ev Neerpelt 22/06/83

Vanmechelen Erik 7"6 ev Neerpelt 22/06/83

**100 meter** **Atac** Oematie Saverio 11"79 Turnhout 05/08/12

**Avos** Quirijnen Kristof 11"87 Dilbeek 03/08/03

**Tuac** Van Beers Fonny 10"8 Heizel 22/09/68

**200 meter**  **Atac** Oematie Saverio 23"78 Duffel 13/05/12

**Avos** Quirijnen Kristof 24"27 Tessenderlo 25/06/03

**Tuac** Van Beers Koen 22"80 Mol 29/08/93

**300 meter** **Atac** Oematie Saverio 37"27 Turnhout 05/08/12

**Avos** Fabri Tom 39"40 Vilvoorde 25/05/95

**Tuac** Van De Gender Steven 37"22 Turnhout 27/05/96

**400 meter**  **Atac** Hooyberghs Jens 51"63 Dilbeek 06/08/11

**Avos** Sanen Pieter 53"24 Herentals 25/05/03

**Tuac** Van De Gender Steven 51"51 Zwijndrecht 18/05/96

# outdoor heren Juniores

**800 meter** **Atac** Sneyders Dieter 2'10"97 Herentals 25/04/09

**Avos** V.Waeyenberghe Yelle 1'59"70 Herentals 11/06/05

**Tuac** Caers Leo 1'56"4 Turnhout 14/10/73

**1000 meter** **Atac** Verhagen Niels 2'52"06 Turnhout 04/08/13

**Avos** Vrancken Kris 2'42"4 Kontich 30/08/87

**Tuac** Caers Leo 2'31"6 Turnhout 26/08/73

**1500 meter** **Atac** Hooyberghs Jens 4'27"82 Heusden 28/08/11

**Avos** V.Waeyenberghe Yelle 4'07"77 St.-Niklaas 05/05/05

**Tuac** Sneyders Yuri 3'58"76 St.-Niklaas 25/05/97

**1 mijl (1609m)** **Avos** Vrancken Kris 4'43"8 Lommel 21/08/87

**Tuac** Woestenborghs Rob 4'31"0 Edegem 29/09/95

**2000 meter** **Atac** Verhagen Niels 6'24"05 Turnhout 14/04/13

**Avos** Janssens Koen 6'00"74 Duffel 01/05/00

**Tuac** Caers Leo 5'41"4 Turnhout 16/09/73

**2000 m Steeple Tuac** Van Deun Rob 6'37"9 Heist o/d Berg 05/06/77

**3000 meter**  **Atac** Verhagen Niels 9'32"27 Herentals 01/05/13

**Avos** Janssens Koen 8'53"37 Oordegem 03/08/00

**Tuac** Sneyders Yuri 8'36"1 Tessenderlo 31/08/96

**3000 m Steeple** **Avos** Woestenborghs Rob 9'26"61 Duffel 23/05/94

**Tuac** Daneels Luc 9'50"38 Duffel 23/05/94

**2 mijl** **Avos** De Jongh Mike 11'11"8 Booischot 04/09/02

**5000 meter Avos** V.Waeyenberghe Yelle 15'25"31 Hechtel 31/07/04

**Tuac** Sneyders Yuri 15'05"81 Turnhout 11/05/97

**10000 meter Tuac** Van Gool Jef 34'35"0 Diest 18/10/79

**Uurloop Avos** De Jongh Mike 15 207m Tessenderlo 18/09/02

**Ver** **Atac** Hooyberghs Jens 6m29 Dilbeek 06/08/11

**Avos** Fabri Tom 6m42 Vosselaar 24/09/95

**Tuac** Leysen Paul 6m70 Heizel 19/09/71

**Hinkstap** **Avos** Fabri Tom 13m81 Herentals 25/06/95

**Tuac** Verstraelen Hans 13m74 Turnhout 14/05/95

**Hoog** **Atac** Hooyberghs Jens 1m90 Heusden 27/08/11

**Avos** Quirijnen Kristof 1m81 Herentals 24/08/03

**Tuac** Verstraelen Hans 2m00 Oordegem 23/05/94

**Polsstok** **Atac** Hooyberghs Jens 4m30 Heusden 28/08/11

**Avos** Quirijnen Kristof 4m10 Herentals 24/08/03

**Tuac** Quirijnen Kristof 3m70 Turnhout 21/04/02

**Kogel 6kg Atac** Hooyberghs Jens 13m78 Heusden 27/08/11

**Avos** Quirijnen Kristof 12m39 Mol 17/05/03

**Tuac** Quirijnen Kristof 12m28 Booischot 20/04/02

**Kogel 7,250kg** **Avos** Van Der Velden Patrick 10m83 Hechtel 04/05/87

**Tuac** Drossaert Kristof 7m81 Burcht 13/05/01

**Discus 1,750kg Atac** Hooyberghs Jens 45m13 Dilbeek 07/08/11

**Avos** Quirijnen Kristof 37m95 Turnhout 12/10/03

**Tuac** Cos Ronny 38m24 Turnhout 02/09/90

**Discus 2kg** **Avos** Van Der Velden Patrick 32m68 Turnhout 06/09/87

**Tuac** Van Gompel Yannick 19m17 Burcht 13/05/01

**Speer 700g Tuac** Noyens Koen 50m22 Lier 20/05/01

**Speer 800g**  **Atac** Hooyberghs Jens 48m66 Heusden 28/08/11

**Avos** Van Hove Guy 47m93 Lanaken 13/05/01

**Tuac** Adriaensen Chris 54m30 Mol 29/04/95

**Hamer 6kg** **Avos** Quirijnen Kristof 32m23 Turnhout 12/10/03

**Hamer 7,250kg** **Avos** Van Der Velden Patrick 17m12 Turnhout 12/10/86

**Tuac** Bammens Tom 27m70 Vosselaar 20/08/91

# outdoor heren Juniores

**5-Kamp Avos** Fabri Tom 2688p Wespelaar 01/05/96

**Tuac** Houtmeyers Ronald 2458p Neerpelt 21/07/91

**10-Kamp**  **Atac** Hooyberghs Jens 7019p Heusden 28/08/11

**Avos** Quirijnen Kristof 6220p Herentals 24/08/03

**Tuac** Quirijnen Kristof 5456p Dilbeek 04/08/02

**10-Kamp (sen)** **Avos** Fabri Tom 5138p Zwijndrecht 17/09/95

**Afl 4 x 100m** **Tuac** Graux D. – De Clercq P. – Vanmechelen E. – Vanmechelen Luc

48"4 83

# outdoor heren Seniores

## jaarprestaties seniores

**110 meter H** 1. Michielsen Tom 18"3 (w?) Helsinki (Fin) 25/05/13

**110 meter H El** 1. Aerts Bram 17"70 Turnhout 14/04/13 2. Michielsen Tom 18"51 Herentals 02/06/13

**200 meter H** 1. Michielsen Tom 28"7 (w?) Helsinki (Fin) 25/05/13

**200 meter H El** 1. Michielsen Tom 29"00 (w+2,2) Yeovil (GB) 25/08/13

**400 meter H** 1. Michielsen Tom 65"7 Helsinki (Fin) 25/05/13

**400 meter H El** 1. Michielsen Tom 60"98 Aartselaar 12/05/13

**100 meter**  1. Michielsen Tom 12"5 (w?) Helsinki (Fin) 25/05/13

**100 meter El** 1. Aerts Bram 12"43 Dilbeek 04/08/13

2. Michielsen Tom 12"76 Yeovil (GB) 25/08/13

**200 meter**  1. Michielsen Tom 26"1 (w?) Helsinki (Fin) 25/05/13

**200 meter El** 1. Aerts Bram 25"91 Aartselaar 12/05/13

2. Michielsen Tom 26"45 Yeovil (GB) 25/08/13

**300 meter El** 1. Aerts Bram 39"60 Turnhout 14/04/13

**400 meter**  1. Michielsen Tom 57"3 Helsinki (Fin) 25/05/13

**400 meter El** 1. Michielsen Tom 54"80 Herentals 02/06/13

2. Aerts Bram 58"03 Herentals 02/06/13

**800 meter** 1. Michielsen Tom 2'14"6 Helsinki (Fin) 25/05/13

**800 meter El** 1. Van Waeyenberghe Yelle 1'58"99 Aartselaar 12/05/13

2. Michielsen Tom 2'11"02 Yeovil (GB) 25/08/13

**1000 meter El** 1. Van Waeyenberghe Yelle 2'34"48 Turnhout 04/08/13

# outdoor heren Seniores

**1500 meter**  1. Michielsen Tom 4'39"8 Helsinki Fin) 25/05/13

**1500 meter El** 1. Van Waeyenberghe Yelle 3'59"50 Oordegem 06/07/13

2. Michielsen Tom 4'26"11 Herentals 02/06/13

3. Aerts Bram 4'57"03 Herentals 02/06/13

**1 mijl**  1. Michielsen Tom 4'57"0 Baarle-Nassau 30/03/13

2. Aerts Bram 6'15"0 Baarle-Nassau 30/03/13

**2000 meter El** 1. Van Waeyenberghe Yelle 5'47"16 Turnhout 14/04/13

**3000 meter** 1. Michielsen Tom 10'17"4 Helsinki (Fin) 25/05/13

**3000 meter El** 1. Michielsen Tom 10'11"18 Yeovil (GB) 25/08/13

**3000 m Steeple** 1. Michielsen Tom 10'40"3 Helsinki (Fin) 25/05/13

**3000 m St El** 1. Michielsen Tom 10'56"88 Yeovil (GB) 25/08/13

**5000 meter** 1. Michielsen Tom 17'57"0 Helsinki (Fin) 25/05/13

**5000 meter El** 1. De Raeymaecker Karl 15'39"03 Aartselaar 12/05/13

2. Michielsen Tom 17'40"45 Yeovil (GB) 25/08/13

**10000 meter** 1. Michielsen Tom 38'09"4 Helsinki (Fin) 25/05/13

**10000 meter El** 1. De Raeymaecker Karl 33'24"77 Lier 30/06/13

2. Michielsen Tom 41'10"60 Yeovil (GB) 25/08/13

**Ver** 1. Aerts Bram 6m03 Beveren 07/09/13

2. Michielsen Tom 5m65 (w?) Helsinki (Fin) 25/05/13

**Hinkstap** 1. Michielsen Tom 12m15 Aartselaar 12/05/13

**Hoog**  1. Michielsen Tom 1m80 Baarle-Nassau 30/03/13

2. Aerts Bram 1m60 Merksem 27/04/13

**Polsstok**  1. Aerts Bram 3m01 Herentals 22/06/13

2. Michielsen Tom 2m60 Herentals 02/06/13

**Kogel 7,250kg** 1. Aerts Bram 10m49 Herentals 02/06/13

2. Michielsen Tom 8m66 Herentals 02/06/13

**Discus 2kg**  1. Aerts Bram 30m57 Lier 30/06/13

2. Michielsen Tom 24m61 Herentals 02/06/13

**Speer 800g** 1. Michielsen Tom 42m82 Baarle-Nassau 30/03/13

2. Ameye Dries 38m87 Aartselaar 12/0513

3. Aerts Bram 33m76 Kapellen 15/09/13

**Hamer 7,250kg** 1. Michielsen Tom 19m41 Helsinki (Fin) 25/05/13

# outdoor heren Seniores

**5-Kamp** 1. Aerts Bram 2322p Kapellen 15/09/13

**10-Kamp** 1. Aerts Bram 4808p Herentals 02/06/13

2. Michielsen Tom 4676p Herentals 02/06/13

**20-Kamp** 1. Michielsen Tom 10117p Helsinki (Fin) 25/05/13

**Aflossing 4 x 100 meter El**

1. Janssen Robbe – De Smedt Serge – Verbaarschot Nick – Desmedt Pieter

46"31 Aartselaar 12/05/13

**Aflossing 4 x 400 meter El**

1. De Smedt Serge - Aerts Bram –Michielsen Tom - Van Waeyenberghe Yelle

3'38"35 Aartselaar 12/05/13

## overwinningen seniores

1. Michielsen Tom 1mijl Baarle-Nassau 30/03/13

2. Michielsen Tom Hoog Baarle-Nassau 30/03/13

3. Aerts Bram Kogel Baarle-Nassau 30/03/13

4. Aerts Bram Ver Baarle-Nassau 30/03/13

5. Aerts Bram 110mH Turnhout 14/04/13

6. Michielsen Tom 1500m Herentals 02/06/13

7. Aerts Bram 100m Dilbeek 04/08/13

8. Van Waeyenberghe Yelle 1000m Turnhout 04/08/13

9. Aerts Bram Ver Turnhout 22/09/13

## 10 Beste prestaties seniores

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|  | **110 meter Horden El** | | | |  | **110 meter Horden** | | | |  |
|  | 1 | Aerts Bram | 17"04 | '11 |  | 1 | Michielsen Tom | 17"7 | '11 |  |
|  | 2 | Michielsen Tom | 17"29 | '12 |  |  |  |  |  |  |
|  | 3 | Evers Steven | 18"60 | '09 |  |  |  |  |  |  |

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|  | **200 meter Horden El** | | | |  | **200 meter Horden** | | | |  |
|  | 1 | Michielsen Tom | 27"86\* | '12 |  | 1 | Michielsen Tom | 28"0\* | '11 |  |

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|  | **400 meter Horden El** | | | |  | **400 meter Horden** | | | |  |
|  | 1 | Michielsen Tom | 59"89 | '12 |  | 1 | Michielsen Tom | 65"7 | '13 |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Aerts Bram | 11"93\* | '11 |  | 1 | Aerts Bram | 11"9\* | '11 |  |
|  | 2 | Michielsen Tom | 12"45 | '11 |  | 2 | Michielsen Tom | 12"5\* | '13 |  |
|  | 3 | De Proost Rinze | 12"58 | '11 |  | 3 | Sneyders Dieter | 13"2\* | '11 |  |

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|  | **150 meter El** | | | |  |  | | | |  |
|  | 1 | Aerts Bram | 18"04\* | '11 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | Aerts Bram | 24"22 | '11 |  | 1 | Michielsen Tom | 26"1\* | '13 |  |
|  | 2 | Michielsen Tom | 25"62 | '12 |  | 2 | Aerts Bram | 26"7\* | '10 |  |
|  | 3 | De Proost Rinze | 26"42 | '11 |  |  |  |  |  |  |

# outdoor heren Seniores

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|  | **300 meter El** | | | |  |  | | | |  |
|  | 1 | Aerts Bram | 37"79 | '11 |  |  |  |  |  |  |
|  | 2 | De Proost Rinze | 41"94 | '11 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **400 meter El** | | | |  | **400 meter** | | | |  |
|  | 1 | Michielsen Tom | 54"16 | '12 |  | 1 | Michielsen Tom | 57"3 | '13 |  |
|  | 2 | Aerts Bram | 54"36 | '11 |  |  |  |  |  |  |
|  | 3 | De Proost Rinze | 62"14 | '11 |  |  |  |  |  |  |
|  | 4 | Janssens Koen | 63"03 | '09 |  |  |  |  |  |  |

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|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 1'58"99 | '13 |  | 1 | Michielsen Tom | 2'08"0 | '11 |  |
|  | 2 | Michielsen Tom | 2'09"54 | '12 |  | 2 | Aerts Bram | 2'15"0 | '11 |  |
|  | 3 | Sneyders Dieter | 2'30"30 | '10 |  | 3 | Sneyders Dieter | 2'31"0 | '11 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **1000 meter El** | | | |  |  | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 2'34"48 | '13 |  |  |  |  |  |  |
|  | 2 | Janssens Koen | 2'43"32 | '11 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 2'45"98 | '11 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **1500 meter El** | | | |  | **1500 meter** | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 3'59"50 | '13 |  | 1 | Michielsen Tom | 4'39"8 | '13 |  |
|  | 2 | Janssens Koen | 4'06"04 | '11 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 4'26"11 | '13 |  |  |  |  |  |  |
|  | 4 | Snoeckx Zeger | 4'40"21 | '11 |  |  |  |  |  |  |
|  | 5 | Aerts Bram | 4'44"69 | '11 |  |  |  |  |  |  |

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|  | **1 mijl El** | | | |  | **1 mijl** | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 4'29"28 | '11 |  | 1 | Michielsen Tom | 4'48"0 | '12 |  |

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|  | **2000 meter El** | | | |  |  | | | |  |
|  | 1 | V. Waeyenberghe Yelle | 5'47"16 | '13 |  |  |  |  |  |  |
|  | 2 | Janssens Koen | 5'48"59 | '11 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 6'30"24 | '11 |  |  |  |  |  |  |
|  | 4 | Sneyders Dieter | 6'42"96 | '10 |  |  |  |  |  |  |
|  | 5 | Aerts Bram | 6'51"59 | '11 |  |  |  |  |  |  |

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|  | **3000 meter El** | | | |  | **3000 meter** | | | |  |
|  | 1 | Janssens Koen | 8'35"80 | '11 |  | 1 | Michielsen Tom | 10'17"4 | '13 |  |
|  | 2 | V.Waeyenberghe Yelle | 8'51"40 | '09 |  |  |  |  |  |  |
|  | 3 | Snoeckx Zeger | 10'06"68 | '11 |  |  |  |  |  |  |
|  | 4 | Michielsen Tom | 10'11"18 | '13 |  |  |  |  |  |  |

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|  | **3000 meter Steeple El** | | | |  | **3000 meter Steeple** | | | |  |
|  | 1 | Michielsen Tom | 10'56"88 | '13 |  | 1 | Michielsen Tom | 10'40"3 | '13 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **5000 meter El** | | | |  | **5000 meter** | | | |  |
|  | 1 | Janssens Koen | 14'51"62 | '11 |  | 1 | Michielsen Tom | 17'57"0 | '11 |  |
|  | 2 | De Raeymaecker Karl | 15'39"03 | '13 |  |  |  |  |  |  |
|  | 3 | V.Waeyenberghe Yelle | 15'42"93 | '10 |  |  |  |  |  |  |
|  | 4 | Michielsen Tom | 17'40"45 | '13 |  |  |  |  |  |  |

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|  | **10000 meter El** | | | |  | **10000 meter** | | | |  |
|  | 1 | De Raeymaecker Karl | 33'24"77 | '13 |  | 1 | Michielsen Tom | 38'09"4 | '13 |  |
|  | 2 | V.Waeyenberghe Yelle | 33'59"67 | '10 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 41'10"60 | '13 |  |  |  |  |  |  |

# outdoor heren Seniores

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|  | **Hoog** | | | |  | Polsstok | | | |  |
|  | 1 | Michielsen Tom | 1m87 | '11 |  | 1 | Aerts Bram | 3m44 | '10 |  |
|  | 2 | Aerts Bram | 1m71 | '10 |  | 2 | Michielsen Tom | 2m80 | '12 |  |
|  | 3 | Sneyders Dieter | 1m50 | '11 |  |  |  |  |  |  |

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|  | Ver | | | |  | Hinkstap | | | |  |
|  | 1 | Aerts Bram | 6m42 | '10 |  | 1 | Aerts Bram | 13m14 | '10 |  |
|  | 2 | Michielsen Tom | 5m75 | '21 |  | 2 | Michielsen Tom | 12m17 | '11 |  |
|  | 3 | De Proost Rinze | 5m41 | '11 |  |  |  |  |  |  |
|  | 4 | Sneyders Dieter | 4m67\* | '11 |  |  |  |  |  |  |

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|  | Kogel 7,250kg | | | |  | Discus 2kg | | | |  |
|  | 1 | Aerts Bram | 10m65 | '11 |  | 1 | Aerts Bram | 32m13 | '10 |  |
|  | 2 | Evers Steven | 10m00 | '10 |  | 2 | Evers Steven | 29m80 | '09 |  |
|  | 3 | Michielsen Tom | 9m03 | '12 |  | 3 | Michielsen Tom | 25m54 | '12 |  |
|  | 4 | Sneyders Dieter | 7m77 | '11 |  |  |  |  |  |  |

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|  | Speer 800g | | | |  | Hamer 7,250kg | | | |  |
|  | 1 | Michielsen Tom | 43m84 | '12 |  | 1 | Michielsen Tom | 19m41 | '13 |  |
|  | 2 | Ameye Dries | 38m87 | '13 |  |  |  |  |  |  |
|  | 3 | Aerts Bram | 38m57 | '10 |  |  |  |  |  |  |
|  | 4 | Sneyders Dieter | 30m20 | '11 |  |  |  |  |  |  |
|  | 5 | Janssens Koen | 17m89 | '09 |  |  |  |  |  |  |

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|  | 5-Kamp | | | |  | **10-Kamp** | | | |  |
|  | 1 | Aerts Bram | 2651p | '10 |  | 1 | Aerts Bram | 5366p | '11 |  |
|  |  |  |  |  |  | 2 | Michielsen Tom | 5298p | '12 |  |

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|  | 20-Kamp | | | |  |  | | | |  |
|  | 1 | Michielsen Tom | 101173 | '13 |  |  |  |  |  |  |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Druyts Tobias – Rutten Thomas – Ameye Dries – Dubois Wesley | 45"74 | '09 |
| 2 | Janssen Robbe – De Smedt Serge – Verbaarschot Nick – Desmedt Pieter | 46"31 | '13 |
| 3 | Evers Steven – Aerts Bram – Ameye Dries – Dubois Wesley | 46"39 | '09 |
| 4 | Aerts Bram – Oematie Saverio – Janssen Robbe – Verbaarschot Nick | 46"84 | '12 |
| 5 | De Proost Rinze – Aerts Bram – Michielsen Tom – De Smedt Serge | 47"02 | '11 |
| 6 | Ameye Dries – Sneyders Dieter – Michielsen Tom – Snoeckx Zeger | 50"07 | '11 |
| 7 | De Smedt Serge – Mangelschots Kevin - Bax Thomas – Desmedt Pieter | 51"80 | '09 |

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| **Aflossing 4 x 400 meter El** | | | |
| 1 | Aerts Bram – De Smedt Serge – Van Waeyenberghe Yelle – Michielsen Tom | 3'35"50 | '12 |
| 2 | Aerts Bram – Van Waeyenberghe Yelle – De Smedt Serge – Michielsen Tom | 3'37"77 | '10 |
| 3 | De Smedt Serge – Aerts Bram – Michielsen Tom – Van Waeyenberghe Yelle | 3'38"35 | '13 |
| 4 | Aerts Bram – Daniëls Andrew – Van Waeyenberghe Yelle – De Smedt Serge | 3'44"54 | '09 |

## clubrecords seniores

**110 m Horden Atac** Aerts Bram 17"04 Lier 26/06/11

**Avos** Evers Steven 15"44 Izegem 28/08/05

**Tuac** Van De Gender Steven 14"15 Jambes 09/08/03

**200 m Horden Atac** Michielsen Tom 28"07 Kapellen 13/08/11

**400 m Horden Atac** Michielsen Tom 59"89 Duffel 13/05/12

**Avos** Husslage Michiel 54"86 Breda (Ned) 24/09/06

**Tuac** Van De Gender Steven 55"84 Brasschaat 07/08/04

**50 meter Tuac** Caers Leo 6"1 Hechtel 07/05/80

# outdoor heren Seniores

**60 meter Tuac** Paulussen Jan 7"3 Turnhout 07/06/80

Sels Ludo 7"3 ev Turnhout 07/06/80

**100 meter**  **Atac** Aerts Bram 12"02 Herentals 28/05/11

**Avos** De Smedt Serge 11"51 Herentals 26/05/02

Van Alphen Hans 11"51 ev Verviers 22/08/04

**Tuac** Van Beers Koen 10"62 Oordegem 26/07/97

**200 meter**  **Atac** Aerts Bram 24"22 Lier 26/06/11

**Avos** Van Alphen Hans 23"0 Bornem 12/05/02

**Tuac** Van Beers Koen 21"49 Lommel 09/08/97

**300 meter Atac** Aerts Bram 37"79 Mol 30/07/11

**Avos** Beyens Jurgen 37"35 Booischot 07/09/01

**Tuac** Meulders Tom 36"04 Herentals 31/05/03

**400 meter** **Atac** Michielsen Tom 54"16 Herentals 27/05/12

**Avos** Van Alphen Hans 50"21 Maribor (Slov) 30/06/02

**Tuac** Caers Leo 48"8 Brussel 07/06/81

**800 meter** **Atac** V. Waeyenberghe Yelle 1'58"99 Aartselaar 12/05/13

**Avos** Beyens Jurgen 1'57"75 Heusden 29/06/03

**Tuac** Caers Leo 1'52"0 Hechtel 14/08/76

**1000 meter** **Atac** V. Waeyenberghe Yelle 2'34"48 Turnhout 04/08/13

**Avos** Beyens Jurgen 2'33"61 Duffel 01/05/03

**Tuac** Caers Leo 2'27"2 Turnhout 08/08/76

**1500 meter Atac** V. Waeyenberghe Yelle 3'59"50 Oordegem 06/07/13

**Avos** Janssens Koen 3'58"19 Oordegem 30/07/05

**Tuac** Dielis Karel 3'49"7 Heizel 15/07/73

**1 mijl**  **Atac** V. Waeyenberghe Yelle 4'29"28 Vilvoorde 06/05/11

**Avos** Janssens Koen 4'23"39 Kessel-Lo 10/06/06

**Tuac** Peeters Karel 4'21"7 Lommel 04/09/85

**2000 meter** **Atac** V. Waeyenberghe Yelle 4'47"16 Turnhout 14/04/13

**Avos** Geerts Dirk 5'55"98 Duffel 02/05/01

**Tuac** Dielis Karel 5'21"6 Turnhout 16/09/73

**3000 meter** **Atac** Janssens Koen 8'35"80 Kessel-Lo 13/08/11

**Avos** Janssens Koen 8'29"07 Tessenderlo 20/08/05

**Tuac** Woestenborghs Rob 8'23"34 Tessenderlo 30/08/98

**3000 m Steeple** **Atac** Michielsen Tom 10'40"3 Helsinki (Fin) 25/05/13

**Avos** De Smedt Serge 11'43"62 Herentals 22/07/05

**Tuac** Woestenborghs Rob 9'04"25 Oordegem 10/08/96

**2 mijl**  **Avos** Geerts Dirk 10'06"59 Mechelen 02/05/03

**5000 meter** **Atac** Janssens Koen 14'51"62 Heusden 16/07/11

**Avos** Janssens Koen 14'19"97 Heusden 23/07/05

**Tuac** Grimon Julien 14'39"8 Hechtel 31/05/78

**10000 meter** **Atac** De Raeymaecker Karl 33'24"77 Lier 30/06/13 **Avos** Janssens Koen 31'18"63 Vilvoorde 06/07/05

**Tuac** Grimon Julien 30'19"8 Hechtel 14/06/97

**Uurloop Avos** Geerts Dirk 17271m Herentals 27/09/02

**Tuac** Grimon Julien 18166m Turnhout 16/10/74

**Ver** **Atac** Aerts Bram 6m42 Mol 16/05/10

**Avos** Van Alphen Hans 7m04 Verviers 22/08/04

**Tuac** Wouters Wim 7m26 Heizel 14/07/74

**Hinkstap** **Atac** Aerts Bram 13m14 Mol 16/05/10

**Avos** Fabri Tom 14m15 Vilvoorde 02/06/02

**Tuac** Verstraelen Hans 14m65 Brugge 27/06/98

# outdoor heren Seniores

**Hoog** **Atac** Michielsen Tom 1m87 Herentals 30/04/11

**Avos** Husslage Michiel 1m91 Turnhout 02/07/06

**Tuac** Verstraelen Hans 1m96 Oordegem 01/05/97

**Polsstok** **Atac** Aerts Bram 3m44 Turnhout 08/08/10

**Avos** Van Alphen Hans 4m20 Verviers 22/08/04

Sanen Pieter 4m20 ev Merksem 01/05/05

Husslage Michiel 4m20 ev Breda (Ned) 16/09/06

**Tuac** Wouters Wim 3m61 Breda (Ned) 01/11/70

**Kogel 7,250kg** **Atac** Aerts Bram 10m65 Herentals 28/05/11

**Avos** Van Alphen Hans 14m03 Burcht 11/05/03

**Tuac** Van De Weghe Jules 14m76 Turnhout 03/05/75

**Discus 2kg** **Atac** Aerts Bram 32m13 Turnhout 18/04/10

**Avos** Van Alphen Hans 41m31 Luik 12/08/04

**Tuac** Verheyen Luc 49m06 Antwerpen 18/04/95

**Speer 800g** **Atac** Michielsen Tom 43m84 Herentals 31/03/12

**Avos** Van Alphen Hans 58m54 Herve 11/09/04

**Tuac** Noyens Koen 58m91 Oordegem 01/05/07

**Hamer 7,250kg** **Atac** Michielsen Tom 19m41 Helsinki (Fin) 25/05/13

**Avos** De Smedt Serge 26m93 Turnhout 13/04/08

**Tuac** Verheyen Luc 46m10 Herentals 24/06/93

**5-Kamp** **Atac** Aerts Bram 2651p Kapellen 12/09/10

**Avos** De Smedt Serge 2523p Nieuwpoort 24/09/06

**Tuac** Wouters Wim 2817p Turnhout 06/05/68

**Werpvijfkamp Tuac** Houtmeyers Ronald 2020p Eindhoven (Ned) 29/05/99

**10-Kamp** **Atac** Aerts Bram 5366p Herentals 29/05/11

**Avos** Van Alphen Hans 7054p Verviers 22/08/04

**Tuac** Meulders Tom 5616p Herentals 29/07/95

**20-Kamp** **Atac** Michielsen Tom 10117p Helsinki (Fin) 25/05/13

**Avos** De Smedt Serge 9007p Delft (Ned) 19/09/04

**Afl 4 x 100 m Atac** Druyts Tobias – Rutten Thomas – Ameye Dries – Dubois Wesley

45"74 Aalter 17/05/09

**Avos** Porto-Carrero Guy – Evers Steven – Sanen Pieter – Fabri Tom

45"57 Lier 28/08/02

**Tuac** Verstraelen H. – Meulders Tom – V.D.Gender Steven – Van Beers K.

43"04 Mol 17/05/99

**Afl 4 x 200 m Avos** Geerts Dirk – Geerts Rob – Heylen Christoph – Bastijns Maarten1'47"30 Herentals 26/08/98

**Tuac** Van Beers Fonny – Van Elst – Fagoo L. – Wouters Wim

1'33"7 Turnhout 15/06/69

**Afl 4 x 400 m Atac** Aerts Bram – De Smedt S. – V. Waeyenberghe Y. – Michielsen Tom

3'35"50 Duffel 13/05/12

**Avos** Porto-Carrero G. – Beyens Jurgen – Van Alphen Hans – De Smedt S.

.3'28"0 Bornem 12/05/02

**Tuac** Van Soom L. – Vanmechelen J. – Fagoo L. – Wouters Wim

3'25"3 Brasschaat 25/05/70

**Afl 4 x 800 m** **Avos** Geerts Rob – De Jongh Mike – Geerts Dirk – Bastijns Maarten 9'17"13 Tessenderlo 30/08/01

**Tuac** Wesplat M. – Vanmechelen J. – Van Deun Rob – Caers Leo

8'16"2 Heist o/d Berg 23/09/77

**Afl 4 x 1500m Tuac** Van Gool J. – Dierckx B. - Leys E. – Van Deun Rob

16'55"6 Merksem 05/09/81

# outdoor heren Seniores

**Zweedse afl Avos** Porto-Carrero Guy – Sanen Pieter – Evers Steven – Fabri Tom2'06"49 Herentals 20/09/02

**Olympische afl Avos** Rutten Patrick – Aerts Bram – De Smedt Serge – Rutten Thomas4'18"20 Mol 08/07/07

# outdoor heren Masters-M35

## jaarprestaties masters-M35

**110 m H El (1m)** 1. De Smedt Serge 15"69 Kapelllen 19/05/13

**110 m H El (1,067m)**

1. De Smedt Serge 16"98 Lier 28/04/13

**100 meter**  1. De Smedt Serge 12"2 (w?) Baarle-Nassau 30/03/13

**100 meter El** 1. De Smedt Serge 11"79 (w+2,5) Aartselaar 12/05/13

**200 meter El** 1. De Smedt Serge 24"40 Herentals 01/05/13

**1 mijl**  1. De Smedt Serge 5'18"0 Baarle-Nassau 30/03/13

**2000 meter El** 1. De Smedt Serge 7'27"00 Turnhout 14/04/13

**Ver** 1. De Smedt Serge 6m22 Kapellen 19/05/13

**Hoog**  1. De Smedt Serge 1m55 Baarle-Nassau 30/03/13

**Polsstok**  1. De Smedt Serge 3m47 Lier 28/04/13

**Kogel 7,250kg** 1. De Smedt Serge 11m42 Herentals 01/05/13

**Discus 2kg**  1. De Smedt Serge 31m54 Kapellen 19/05/13

2. Van Goubergen Guy 15m08 Turnhout 04/08/13

**Speer 800g** 1. De Smedt Serge 29m21 Baarle-Nassau 30/03/13

**Hamer 7,250kg** 1. De Smedt Serge 27m49 Turnhout 14/04/13

**Aflossing 4 x 400 meter El**

1. Bras Bart – Ameye Jo – Meeuwsen Roger – De Smedt Serge

4'09"46 Kapellen 09/06/13

## overwinningen masters-M-35

1. De Smedt Serge 100m Baarle-Nassau 30/03/13

2. De Smedt Serge Speer Baarle-Nassau 30/03/13

3. De Smedt Serge Hoog Baarle-Nassau 30/03/13

4. De Smedt Serge Ver Baarle-Nassau 30/03/13

5. De Smedt Serge Kogel Baarle-Nassau 30/03/13

# outdoor heren Masters-M35

6. De Smedt Serge 110mH Turnhout 14/04/13

7. De Smedt Serge 110mH Aartselaar 12/05/13

8. De Smedt Serge Ver Aartselaar 12/05/13

## 10 beste prestaties masters-M35

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|  | **110 meter Horden El (1m)** | | | |  | **110 meter Horden El (1,067m)** | | | |  |
|  | 1 | De Smedt Serge | 15"69 | '13 |  | 1 | De Smedt Serge | 16"55 | '09 |  |

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|  | **200 meter Horden El** | | | |  | **400 meter Horden El** | | | |  |
|  | 1 | De Smedt Serge | 28"56\* | '09 |  | 1 | De Smedt Serge | 58"50 | '09 |  |

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|  | **3000 meter Steeple El** | | | |  |  | | | |  |
|  | 1 | De Smedt Serge | 11'54"32 | '11 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | De Smedt Serge | 11"79\* | '132 |  | 1 | De Smedt Serge | 12"2\* | '13 |  |

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|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | De Smedt Serge | 24"40 | '13 |  | 1 | De Smedt Serge | 27"9\* | '10 |  |

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|  | **400 meter El** | | | |  | **600 meter El** | | | |  |
|  | 1 | De Smedt Serge | 55"56 | '10 |  | 1 | De Smedt Serge | 1'30"17 | '10 |  |

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|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | De Smedt Serge | 2'25"04 | '10 |  | 1 | De Smedt Serge | 2'10"0 | '11 |  |

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|  | **1500 meter El** | | | |  | **1 mijl** | | | |  |
|  | 1 | De Smedt Serge | 4'51"00 | '10 |  | 1 | De Smedt Serge | 5'16"0 | '12 |  |

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|  | **2000 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | De Smedt Serge | 7'27"00 | '13 |  | 1 | De Smedt Serge | 11'50"31 | '09 |  |

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|  | **2 mijl El** | | | |  | **5000 meter El** | | | |  |
|  | 1 | De Smedt Serge | 13'03"97 | '10 |  | 1 | De Smedt Serge | 20'56"04 | '10 |  |

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|  | **5000 meter snelwandelen El** | | | |  | **10000 meter El** | | | |  |
|  | 1 | Buytaert Frank | 26'35"00 | '10 |  | 1 | Buytaert Frank | 34'22"73 | '10 |  |
|  |  |  |  |  |  | 2 | De Smedt Serge | 48'29"34 | '09 |  |

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|  | **Ver** | | | |  | **Hinkstap** | | | |  |
|  | 1 | De Smedt Serge | 6m22 | '13 |  | 1 | De Smedt Serge | 11m36 | '12 |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | De Smedt Serge | 1m65 | '09 |  | 1 | De Smedt Serge | 3m70 | '11 |  |

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|  | **Kogel 7,250kg** | | | |  | **Discus 2kg** | | | |  |
|  | 1 | De Smedt Serge | 11m42 | '13 |  | 1 | De Smedt Serge | 32m99 | '11 |  |
|  |  |  |  |  |  | 2 | Van Goubergen Guy | 15m08 | '13 |  |

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|  | **Speer 800g** | | | |  | **Hamer 7,250kg** | | | |  |
|  | 1 | De Smedt Serge | 35m82 | '10 |  | 1 | De Smedt Serge | 27m50 | '11 |  |

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|  | **5-Kamp** | | | |  | **10-Kamp** | | | |  |
|  | 1 | De Smedt Serge | 2568p | '09 |  | 1 | De Smedt Serge | 5031p | '10 |  |

# outdoor heren Masters-M35

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|  | **20-Kamp** | | | |  |  | | | |  |
|  | 1 | De Smedt Serge | 9858p | '09 |  |  |  |  |  |  |

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| **Aflossing 4 x 400 meter El** | | | |
| 1 | Bras Bart – Ameye Jo – Meeuwsen Roger – De Smedt Serge | 4'09"46 | '13 |
| 2 | Ameye Jo – Mariani Renzo – Meeuwsen Roger – De Smedt Serge | 4'15"00 | '12 |
| 3 | Van Zummeren Luc – Verrydt Dirk – Ameye Jo – De Smedt Serge | 4'25"12 | '10 |

## clubrecords Masters-M35

**110 m H (1m)** **Atac** De Smedt Serge 15"69 Kapellen 19/05/13

**Avos** De Smedt Serge 16"45 Herentals 27/09/08

**110 m H (1,067m) Atac** De Smedt Serge 16"55 Herentals 03/05/09

**Avos** De Smedt Serge 16"65 Beveren 06/09/08

**400 meter H**  **Atac** De Smedt Serge 58"50 Aalter 17/05/09

**Avos** De Smedt Serge 59"51 Herentals 27/09/08

**2000 m Steeple** **Avos** De Smedt Serge 7'49"61 Beveren 06/09/08

**3000 m Steeple** **Atac** De Smedt Serge 11'54"32 Maldegem 11/07/11

**100 meter** **Atac** De Smedt Serge 11"85 Herentals 01/05/13

**Avos** De Smedt Serge 12"63 Turnhout 29/08/08

**200 meter** **Atac** De Smedt Serge 24"40 Herentals 01/05/13

**Avos** De Smedt Serge 24"93 Heusden 12/07/08

**400 meter** **Atac** De Smedt Serge 55"56 Herentals 29/05/10

**600 meter** **Atac** De Smedt Serge 1'30"17 Baarle-Nassau 08/07/10

**800 meter**  **Atac** De Smedt Serge 2'25"04 Delft (Ned) 19/09/10

**1500 meter** **Atac** De Smedt Serge 4'51"00 Herentals 30/05/10

**Avos** De Smedt Serge 4'58"24 Heusden 12/07/08

**1 mijl**  **Atac** De Smedt Serge 5'16"0 Baarle-Nassau 31/03/12

**2000 meter** **Atac** De Smedt Serge 7'27"00 Turnhout 14/04/13

**3000 meter** **Atac** De Smedt Serge 11'50"31 Delft (Ned) 13/09/09

**2 mijl**  **Atac** De Smedt Serge 13'03"97 Nieuwpoort 24/08/10

**5000 meter**  **Atac** De Smedt Serge 20'56"04 Delft (Ned) 19/09/10

**5000 m snelw**  **Atac** Buytaert Frank 26'35"00 Zwijndrecht 24/04/10

**10000 meter** **Atac** Buytaert Frank 34'22"73 Merksem 28/08/10

**Ver** **Atac** De Smedt Serge 6m22 Kapellen 19/05/13

**Avos** De Smedt Serge 5m80 Turnhout 29/08/08

**Hinkstap** **Atac** De Smedt Serge 11m36 Nieuwpoort 28/08/12 **Hoog** **Atac** De Smedt Serge 1m65 Delft (Ned) 12/09/09

**Avos** De Smedt Serge 1m65 Ninove 01/08/08

**Polsstok** **Atac** De Smedt Serge 3m70 Herentals 25/04/11

**Avos** De Smedt Serge 3m50 Mol 23/08/08

**Kogel 7,250kg** **Atac** De Smedt Serge 11m42 Herentals 01/05/13

**Avos** De Smedt Serge 10m18 Ninove 01/08/08

**Discus 2kg** **Atac** De Smedt Serge 32m99 Turnhout 17/04/11

**Avos** De Smedt Serge 32m01 Heusden 12/07/08

**Speer 800g** **Atac** De Smedt Serge 35m82 Naimette 29/08/10

**Avos** De Smedt Serge 36m12 Heusden 12/07/08

**Hamer 7,250kg** **Atac** De Smedt Serge 27m50 Turnhout 18/09/11

**Avos** De Smedt Serge 23m65 Turnhout 29/08/08

**5-Kamp** **Atac** De Smedt Serge 2568p Herentals 30/08/09

**Avos** De Smedt Serge 2607p Heusden 12/07/08

**10-Kamp** **Atac** De Smedt Serge 5031p Herentals 30/05/10

**20-Kamp**  **Atac** De Smedt Serge 9858p Delft (Ned) 13/09/09

# outdoor heren Masters-M35

**Afl 4 x 400 m Atac** Ameye Jo – Mariani Renzo – Meeuwsen Roger – De Smedt Serge

4'15"00 Roeselare 03/06/12

# outdoor heren Masters-M40

## jaarprestaties masters-M40

**110 m H El (1m)** 1. De Smedt Serge 15"85 Brasschaat 28/09/13

**200 m H El** 1. De Smedt Serge 29"51 (w?) Turnhout 04/08/13

**400 m H El** 1. De Smedt Serge 60"20 St.-Niklaas 15/06/13

**100 meter El** 1. De Smedt Serge 12"03 St.-Niklaas 15/06/13

**200 meter El** 1. De Smedt Serge 24"87 Mol 06/07/13

**400 meter El** 1. De Smedt Serge 57"18 Yeovil (GB) 25/08/13

**800 meter El** 1. De Smedt Serge 2'22"46 Yeovil (GB) 25/08/13

**1500 meter El** 1. De Smedt Serge 5'39"53 Yeovil (GB) 25/08/13

**3000 meter El** 1. De Smedt Serge 12'25"59 Yeovil (GB) 25/08813

**3000 m St El** 1. De Smedt Serge 14'00"80 Yeovil (GB) 25/05/13

**5000 meter El** 1. De Smedt Serge 21'16"03 Yeovil (GB) 25/08/13

**10000 meter El** 1. De Smedt Serge 49'44"88 Yeovil (GB) 25/08/13

**Ver** 1. De Smedt Serge 6m06 (w?) Yeovil (GB) 25/08/13

2. Bras Bart 5m05 Herentals 24/08/13

**Hinkstap** 1. De Smedt Serge 10m72 (w?) Yeovil (GB) 25/08/13

**Hoog**  1. De Smedt Serge 1m55 Yeovil (GB) 25/08/13

**Polsstok**  1. De Smedt Serge 3m65 Brasschaat 28/09/13

**Kogel 7,250kg** 1. Bras Bart 11m86 Kapellen 09/06/13

2.De Smedt Serge 10m90 Bar Le Duc 14/09/13

**Discus 2kg**  1. Bras Bart 34m67 Turnhout 04/08/13

2. De Smedt Serge 32m25 Mol 06/07/13

**Speer 800g** 1. De Smedt Serge 30m27 Yeovil (GB) 25/08/13

**Hamer 7,250kg** 1. De Smedt Serge 24m03 Turnhout 04/08/13

**20-Kamp** 1. De Smedt Serge 10437p Yeovi (GB) 25/08/13

# outdoor heren Masters-M40

## overwinningen masters-M40

1. Bras Bart Discus Turnhout 14/04/13

2. De Smedt Serge 100m Herentals 02/06/13

3. De Smedt Serge 100m Kapellen 09/06/13

4. De Smedt Serge Ver Kapellen 09/06/13

5. Bras Bart Discus Kapellen 09/06/13

6. De Smedt Serge 400mH St.-Niklaas 15/06/13

7. De Smedt Serge 110mH St.-Niklaas 16/06/13

8. De Smedt Serge 200m Mol 06/07/13

9. De Smedt Serge Polsstok Mol 06/07/13

10. De Smedt Serge Polsstok Turnhout 04/08/13

11. De Smedt Serge Kogel Turnhout 04/08/13

12. Bras Bart Discus Turnhout 04/08/13

13. De Smedt Serge 20-Kamp Yeovil (GB) 25/08/13

14. De Smedt Serge 100m Yeovil (GB) 25/08/13

15. De Smedt Serge Ver Yeovil (GB) 25/08/13

16. De Smedt Serge Kogel Yeovil (GB) 25/08/13

17. De Smedt Serge 400m Yeovil (GB) 25/08/13

18. De Smedt Serge 110mH Yeovil (GB) 25/08/13

19. De Smedt Serge Polsstok Yeovil (GB) 25/08/13

20. De Smedt Serge 200m Yeovil (GB) 25/08/13

21. De Smedt Serge 400mH Yeovil (GB) 25/08/13

22. De Smedt Serge Ver Bar Le Duc 14/09/13

23. De Smedt Serge Polsstok Brasschaat 28/09/13

24. De Smedt Serge 110mH Brasschaat 28/09/13

## 10 Beste prestaties masters-M40

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|  | **110 meter Horden El** | | | |  | **200 meter Horden El** | | | |
|  | 1 | De Smedt Serge | 15"85 | '13 |  | 1 | De Smedt Serge | 29"51\* | '13 |

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|  | **400 meter Horden El** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 60"20 | '13 |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | De Smedt Serge | 12"03 | '13 |  | 1 | De Smedt Serge | 24"87 | '13 |  |
|  | 2 | Van Zummeren Luc | 13"42 | '10 |  |  |  |  |  |  |
|  | 3 | Toelen Jan | 14"02 | '09 |  |  |  |  |  |  |

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|  | **400 meter El** | | | |  | **600 meter El** | | | |  |
|  | 1 | De Smedt Serge | 57"18 | '13 |  | 1 | Van Zummeren Luc | 1'56"51 | '10 |  |

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|  | **800 meter El** | | | |  | **1500 meter El** | | | |
|  | 1 | De Smedt Serge | 2'22"46 | '13 |  | 1 | De Smedt Serge | 5'39"53 | '13 |

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|  | **3000 meter El** | | | |  | **3000 meter Steeple El** | | | |  |
|  | 1 | Peeters Marc | 10'52"55 | '09 |  | 1 | De Smedt Serge | 14'00"80 | '13 |  |
|  | 2 | De Smedt Serge | 12'25"59 | '13 |  |  |  |  |  |  |

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|  | **5000 meter El** | | | |  | **10000 meter El** | | | |
|  | 1 | De Smedt Serge | 21'16"03 | '13 |  | 1 | De Smedt Serge | 49'44"88 | '13 |

# outdoor heren Masters-M40

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|  | **Ver** | | | |  | **Hinkstap** | | | |  |
|  | 1 | De Smedt Serge | 6m06\* | '13 |  | 1 | De Smedt Serge | 10m72\* | '13 |  |
|  | 2 | Bras Bart | 5m05 | '13 |  |  |  |  |  |  |
|  | 3 | Van Zummeren Luc | 4m69\* | '10 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | De Smedt Serge | 1m55 | '13 |  | 1 | De Smedt Serge | 3m65 | '13 |  |
|  | 1 | Toelen Jan | 1m40 | '09 |  |  |  |  |  |  |

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|  | **Kogel 7,250kg** | | | |  | **Hamer 7,250kg** | | | |  |
|  | 1 | Bras Bart | 11m86 | '13 |  | 1 | De Smedt Serge | 24m03 | '13 |  |
|  | 2 | De Smedt Serge | 10m90 | '13 |  | 2 | Toelen Jan | 22m00 | '09 |  |
|  | 3 | Verrydt Dirk | 7m67 | '09 |  |  |  |  |  |  |
|  | 4 | Toelen Jan | 7m40 | '09 |  |  |  |  |  |  |
|  | 5 | Van Zummeren Luc | 7m15 | '10 |  |  |  |  |  |  |

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|  | **Discus 2kg** | | | |  | Speer 800g | | | |  |
|  | 1 | Bras Bart | 34m67 | '13 |  | 1 | Van Zummeren Luc | 30m67 | '10 |  |
|  | 2 | De Smedt Serge | 32m25 | '13 |  | 2 | De Smedt Serge | 30m27 | '13 |  |
|  | 3 | Van Zummeren Luc | 22m61 | '10 |  |  |  |  |  |  |
|  | 4 | Toelen Jan | 18m50 | '09 |  |  |  |  |  |  |

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|  | **20-Kamp** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 10437p | '13 |  |  |  |  |  |

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| **Aflossing 4 x 400 meter El** | | | |
| 1 | Meeuwsen Roger – Verrydt Dirk – Peeraer Eddy – Toelen Jan | 4'52"00 | '09 |

## clubrecords Masters-M40

**110 m Horden** **Atac** De Smedt Serge 15"85 Brasschaat 28/09/13

**400 m Horden** **Atac** De Smedt Serge 60"20 St.-Niklaas 15/06/13

**60 meter** **Tuac** Versmissen Kamiel 8"3 Turnhout 15/08/83

**100 meter**  **Atac** De Smedt Serge 12"03 St.-Niklaas 15/06/13 **Avos** Fabri Herman 12"78 Tessenderlo 11/04/90

**Tuac** Daniëls Frans 12"0 Turnhout 17/06/78

**200 meter** **Atac** De Smedt Serge 24"87 Mol 06/07/13 **Avos** Versmissen Kamiel 25"8 Lommel 15/09/84

**Tuac** Daniëls Frans 25"6 Turnhout 17/06/78

**300 meter**  **Avos** Beyens Jos 45"47 Turnhout 18/07/97

**400 meter Atac** De Smedt Serge 57"18 Yeovil (GB) 25/08/13

**Avos** Versmissen Kamiel 59"6 Lommel 07/07/84

**Tuac** Daniëls Frans 56"4 Turnhout 03/06/78

**600 meter**  **Atac** Van Zummeren Luc 1'56"51 Baarle-Nassau 08/07/10

**800 meter** **Atac** De Smedt Serge 2'22"46 Yeovil (GB) 25/08/13

**Avos** Dierckx Jan 2'03"65 Jambes 02/09/01

**Tuac** Daniëls Frans 2'07"2 Wilrijk 23/06/79

**1000 meter** **Avos** Dierckx Jan 2'45"1 Herentals 14/09/01

**Tuac** Daniëls Frans 2'47"2 Turnhout 10/09/78

**1500 meter** **Atac** De Smedt Serge 5'39"53 Yeovil (GB) 25/08/13 **Avos** Dierckx Jan 4'21"46 Ninove 15/09/02

**Tuac** Matheussen Paul 4'31"65 Turnhout 22/07/93

**1 mijl(1609m)** **Avos** Dierckx Jan 4'53"03 Herentals 26/07/03

**Tuac** Daniëls Frans 5'03"9 Turnhout 21/09/80

**2000 meter Tuac** Quirijnen Edgard 6'17"02 Turnhout 23/05/99

# outdoor heren Masters-M40

**3000 meter** **Atac** Peeters Marc 10'52"55 Turnhout 03/07/09

**Avos** Beyens Jos 9'19"26 Mol 18/09/98

**Tuac** Matheussen Paul 9'36"1 Turnhout 18/04/93

**3000 m Steeple** **Atac** De Smedt Serge 14'00"80 Yeovil (GB) 25/08/13

**Avos** Beyens Jos 10'27"70 Tessenderlo 02/07/96

**5000 meter** **Atac** De Smedt Serge 21'16"03 Yeovil (GB) 25/08/13

**Avos** Beyens Jos 16'07"2 Aartselaar 12/05/96

**Tuac** Spaepen Staf 15'34"0 Kessel-Lo 18/06/81

**10 000 meter** **Atac** De Smedt Serge 49'44"88 Yeovil (GB) 25/08/13

**Avos** Beyens Jos 33'27"61 Herentals 07/07/98

**Tuac** Spaepen Staf 33'17"30 Strasbourg (F) 18/06/81

**Uurloop**  **Avos** Beyens Jos 17 643m Herentals 26/09/97

**Tuac** Spaepen Staf 18 497m Landen 29/09/81

**Ver** **Atac** De Smedt Serge 6m04 Bar Le Duc 14/09/13 **Avos** Beyens Jos 5m01 Turnhout 14/08/96

**Tuac** Daniëls Frans 5m33 Turnhout 08/04/79

**Hoog** **Atac** De Smedt Serge 1m55 Yeovil (GB) 25/08/13 **Avos** Beyens Fons 1m50 Deinze 10/06/01

**Tuac** Daniëls Frans 1m40 Hoboken 15/08/79

**Polsstok** **Atac** De Smedt Serge 3m65 Brasschaat 28/09/13

**Kogel 7,250kg** **Atac** Bras Bart 11m86 Kapellen 09/06/13

**Avos** De Keyser Ludo 10m07 Tongerlo 31/07/88

**Tuac** Leysen Jef 12m24 Turnhout 30/04/67

**Discus 2kg** **Atac** Bras Bart 34m67 Turnhout 04/08/13

**Avos** Van Der Velden Piet 25m88 Heist o/d Berg 08/08/86

**Tuac** Boermans Hugo 35m36 Heusden 24/04/76

**Speer 800g**  **Atac** Van Zummeren Luc 30m67 Machelen 06/06/10

**Avos** Van Der Velden Piet 33m72 Willebroek 03/05/87

**Tuac** Didden René 50m76 Herentals 13/04/80

**Hamer 7,250kg** **Atac** De Smedt Serge 24m04 Turnhout 04/08/13

**Avos** Toelen Jan 21m74 Turnhout 05/08/05

**Tuac** Boermans Hugo 47m88 Tturnhout 01/06/77

**5-Kamp**  **Avos** Rutten Patrick 1362p Dilbeek 29/07/07

**Tuac** Daniëls Frans 1998p Hoboken 15/09/79

**20-Kamp**  **Atac** De Smedt Serge 10437p Yeovil (GB) 25/08/13

**Afl 4 x 400 m Atac** Meeuwsen Roger – Verrydt Dirk – Peeraer Eddy – Toelen Jan

4'52"00 Roeselare 14/06/09

**Avos** Jacobs Johan – Dierckx Bert – Beyens Jos – Dierckx Jan

4'06"45 Alken 09/06/02

# outdoor heren Masters-M45

## jaarprestaties masters-M45

**100 meter**  1. Kerstens Michel 14"2 (w?) Baarle-Nassau 30/03/13

**100 meter El** 1. Verbaarschot Walter 14"84 Turnhout 04/08/13

**800 meter El** 1. Mariani Renzo 2'23"06 St.-Niklaas 15/06/13

# outdoor heren Masters-M45

**1 mijl** 1. Kerstens Michel 5'13"0 Baarle-Nassau 30/03/13

**3000 meter**  1. Kerstens Michel 10'02"3 Aartselaar 12/05/13

**3000 meter El**  1. Mariani Renzo 10'54"37 Herentals 01/05/13

**Ver**  1. Kerstens Michel 4m20 (w?) Baarle-Nassau 30/03/13

2. Verbaarschot Walter 3m75 (w?) Baarle-Nassau 30/03/13

**Hoog**  1. Verbaarschot Walter 1m50 Baarle-Nassau 30/03/13

2. van den Broek Jo 1m30 Kapellen 09/06/13

3. Kerstens Michel 1m20 Baarle-Nassau 30/03/13

**Kogel 7,250kg** 1. Verbaarschot Walter 7m83 Baarle-Nassau 30/03/13

2. Kerstens Michel 6m81 Baarle-Nassau 30/03/13

**Discus 2kg**  1. Verbaarschot Walter 20m74 Turnhout 04/08/13

**Speer 800g**  1. Leys Paul 28m10 Kapellen 09/06/13

2. Verbaarschot Walter 25m91 Turnhout 04/08/13

3. Kerstens Michel 21m51 Baarle-Nassau 30/03/13

## overwinningen masters-M45

1. Kerstens Michel 1 mijl Baarle-Nassau 30/03/13

2. Verbaarschot Walter Speer Tturnhout 04/08/13

## 10 Beste prestaties masters-M45

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|  | **100 meter El** | | | |  | **100 meter** | | | |  | |
|  | 1 | Toelen Jan | 14"27 | '10 |  | 1 | Kerstens Michel | 14"2\* | '13 | |  | |
|  | 2 | Verbaarschot Walter | 14"84 | '13 |  |  |  |  |  | |  | |
|  | 3 | van den Broek Jo | 15"92 | '12 |  |  |  |  |  | |  | |

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|  | **400 meter El** | | | |  | **800 meter El** | | | |  | |
|  | 1 | Ameye Jo | 61"87 | '11 |  | 1 | Ameye Jo | 2'17"78 | '10 | |  | |
|  | 2 | Mariani Renzo | 64"70 | '12 |  | 2 | Meeuwsen Roger | 2'21"64 | '09 | |  | |
|  | 3 | Peeraer Eddy | 73"82 | '09 |  | 3 | Mariani Renzo | 2'23"06 | '13 | |  | |

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|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | Ameye Jo | 2'54"67 | '11 |  | 1 | Ameye Jo | 4'36"96 | '11 |  |
|  | 2 | Meeuwsen Roger | 3'00"07 | '09 |  | 2 | Kerstens Michel | 4'45"59 | '12 |  |
|  |  |  |  |  |  | 3 | Meeuwsen Roger | 4'47"34 | '09 |  |
|  |  |  |  |  |  | 4 | Mariani Renzo | 5'00"63 | '12 |  |

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|  | **1 mijl El** | | | |  | **1 mijl** | | | |  |
|  | 1 | Ameye Jo | 5'02"88 | '11 |  | 1 | Kerstens Michel | 5'13"0 | '13 |  |

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|  | **2000 meter El** | | | |  | **2000 meter** | | | |  |
|  | 1 | Ameye Jo | 6'35"90 | '11 |  | 1 | van den Broek Jo | 7'38"2 | '12 |  |

# outdoor heren Masters-M45

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|  | **3000 meter El** | | | |  | **3000 meter** | | | |  |
|  | 1 | Ameye Jo | 9'52"96 | '11 |  | 1 | Kerstens Michel | 10'02"3 | '13 |  |
|  | 2 | Kerstens Michel | 10'08"62 | '12 |  |  |  |  |  |  |
|  | 3 | Mariani Renzo | 10'54"37 | '13 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **5000 meter El** | | | |  |  | | | |  |
|  | 1 | Kerstens Michel | 16'47"68 | '12 |  |  |  |  |  |  |
|  | 2 | Meeuwsen Roger | 17'04"90 | '09 |  |  |  |  |  |  |
|  | 3 | Ameye Jo | 17'34"68 | '11 |  |  |  |  |  |  |
|  | 4 | van den Broek Jo | 20'44"83 | '12 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | Ver | | | |  | |
|  | 1 | Verbaarschot Walter | 1m50 | '13 |  | 1 | Kerstens Michel | 4m20\* | '13 | |  | |
|  | 2 | Toelen Jan | 1m35 | '10 |  | 2 | van den Broek Jo | 3m94 | '12 | |  | |
|  | 3 | van den Broek Jo | 1m30 | '13 |  | 3 | Verbaarschot Walter | 3m75\* | '13 | |  | |
|  | 4 | Kerstens Michel | 1m20 | '13 |  |  |  |  |  | |  | |

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|  | **Speer 800g** | | | |  | **Kogel 7,250kg** | | | |  |
|  | 1 | Leys Paul | 28m10 | '13 |  | 1 | Verbaarschot Walter | 7m83 | '13 |  |
|  | 2 | Verbaarschot Walter | 25m91 | '13 |  | 2 | Kerstens Michel | 6m81 | '13 |  |
|  | 3 | Kerstens Michel | 21m51 | '13 |  |  |  |  |  |  |

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|  | **Discus 2kg** | | | |  | **Hamer 7,250kg** | | | |  |
|  | 1 | Verbaarschot Walter | 20m74 | '13 |  | 1 | Toelen Jan | 22m27 | '10 |  |
|  | 2 | Toelen Jan | 17m04 | '10 |  |  |  |  |  |  |

## clubrecords masters-M45

**400 m Horden** **Avos** De Backer Fernand 84"54 Tessenderlo 10/04/92

**100 meter** **Atac** Toelen Jan 14"27 Machelen 06/06/10

**Avos** Versmissen Kamiel 13"0 Tessenderlo 21/05/85

**Tuac** Daniëls Frans 13"0 Tessenderlo 07/08/83

**200 meter** **Avos** Versmissen Kamiel 27"7 Tessenderlo 08/05/85

**Tuac** Daniëls Frans 27"3 Tessenderlo 07/08/83

**300 meter Avos** De Keyser Ludo 52"9 Vosselaar 13/08/94

**400 meter** **Atac** Ameye Jo 61"87 Merksem 13/08/11

**Avos** Versmissen Kamiel 59"4 Turnhout 15/08/85

**Tuac** Daniëls Frans 60"1 Willebroek 03/09/83

**800 meter** **Atac** Ameye Jo 2'17"78 Turnhout 08/08/10

**Avos** Versmissen Kamiel 2'13"7 Lommel 18/09/85

**Tuac** Noyens Jan 2'14"05 Burcht 11/05/03

**1000 meter** **Atac** Ameye Jo 2'54"67 Turnhout 07/08/11

**Avos** Versmissen Kamiel 2'57"5 Heist o/d Berg 08/08/86

**Tuac** Kaers Jos 3'19"9 Turnhout 78

**1500 meter** **Atac** Ameye Jo 4'36"96 St.-Niklaas 02/06/11

**Avos** Beyens Jos 4'30"18 Diest 31/05/03

**Tuac** Mertens Ludo 4'24"39 Turnhout 19/06/98

**1 mijl (1609m)** **Atac** Ameye Jo 5'02"88 Vilvoorde 06/05/11

**Avos** Versmissen Kamiel 4'58"4 Heist o/d Berg 08/08/86

**Tuac** Mertens Ludo 4'46"87 Turnhout 08/08/97

**2000 meter** **Atac** Ameye Jo 6'35"90 Turnhout 17/04/11

**Avos** De Backer Fernand 6'55"7 Herentals 07/07/92

**Tuac** Abbeel Jef 6'52"16 Turnhout 29/08/97

# outdoor heren Masters-M45

**3000 meter** **Atac** Ameye Jo 9'52"96 Oordegem 02/07/11

**Avos** Beyens Jos 9'22"79 Duffel 25/05/02

**Tuac** Spaepen Staf 9'15"8 Kessel-Lo 09/07/85

**3000 m Steeple** **Avos** Beyens Jos 10'53"23 Jambes 02/09/01

**5000 meter** **Atac** Kerstens Michel 16'47"68 Herentals 01/05/12

**Avos** Beyens Jos 15'55"41 Turnhout 21/04/02

**Tuac** Spaepen Staf 16'15"7 Turnhout 13/07/86

**10 000 meter** **Avos** Beyens Jos 33'47"25 Duffel 27/06/01

**Tuac** Spaepen Staf 33'10"7 Neerpelt 29/07/85

**Ver** **Atac** van den Broek Jo 3m94 Turnhout 15/04/12

**Avos** Versmissen Kamiel 4m56 Lommel 29/06/85

**Tuac** Leysen Jef 4m82 Turnhout 20/04/75

**Hoog** **Atac** Verbaarschot Walter 1m50 Baarle-Nassau 30/03/13 **Avos** Beyens Fons 1m51 Alken 09/06/02

**Tuac** Leysen Jef 1m21 Turnhout 76

**Kogel 7,250kg Atac** Verbaarschot Walter 7m83 Baarle-Nassau 30/03/13 **Avos** De Keyser Ludo 9m53 Turnhout 03/10/93

**Tuac** Boermans Hugo 10m48 Turnhout 12/04/81

**Discus 2kg** **Atac** Verbaarschot Walter 20m74 Turnhout 04/08/13

**Avos** Van Der Velden Piet 26m44 Kalmthout 15/10/88

**Tuac** Boermans Hugo 34m62 Lier 20/04/81

**Speer 800g**  **Atac** Leys Paul 28m10 Kapellen 09/06/13

**Avos** Van Der Velden Piet 32m26 Turnhout 11/08/91

**Tuac** Didden René 48m00 Landen 20/05/84

**Hamer 7,250kg** **Atac** Toelen Jan 22m27 Turnhout 18/04/10

**Avos** De Keyser Ludo 20m62 Turnhout 02/09/92

**Tuac** Boermans Hugo 45m28 Turnhout 01/05/81

**5-Kamp**  **Avos** De Backer Fernand 1504p Neerpelt 21/07/92

# outdoor heren Masters-M50

## jaarprestaties masters-M50

**100 meter H El** 1. Peeraer Eddy 26"91 Turnhout 14/04/13

**100 meter** 1. Ameye Jo 15"1 (w?) Baarle-Nassau 30/03/13

2. Peeraer Eddy 16"5 (w?) Baarle-Nassau 30/03/13

**400 meter El** 1. Peeraer Eddy 77"25 Kapellen 09/06/13

**800 meter El** 1. Ameye Jo 2'21"06 Duffel 26/05/13

**1000 meter El** 1. Kerstens Michel 2'54"65 Turnhout 04/08/13

2. Meeuwsen Roger 3'08"02 Turnhout 04/08/13

**1500 meter El** 1. Kerstens Michel 4'38"53 Tongerlo 21/08/13

2. Meeuwsen Roger 4'46"57 Duffel 26/05/13

3. Ameye Jo 4'47"13 Lier 28/04/13

**1 mijl** 1. Ameye Jo 5'36"0 Baarle-Nassau 30/03/13

2. Peeraer Eddy 6'50"0 Baarle-Nassau 30/03/13

# outdoor heren Masters-M50

**2000 meter El** 1. Ameye Jo 6'43"49 Neerpelt 30/08/13

2. Meeuwsen Roger 6'53"52 Turnhout 14/04/13

**3000 meter El** 1. Ameye Jo 10'20"23 Tessenderlo 23/08/13

2. Meeuwsen Roger 10'26"28 Herentals 01/05/13

**5000 meter El** 1. Kerstens Michel 16'57"37 Kapellen 09/06/13

2. Ameye Jo 17'47"85 Beveren 07/09/13

**Ver** 1. Peeraer Eddy 3m56 (w?) Baarle-Nassau 30/03/13

2. Ameye Jo 3m39 (w?) Baarle-Nassau 30/03/13

**Hoog** 1. Verbaarschot Walter 1m40 Brasschaat 28/09/13

2. Peeraer Eddy 1m00 Baarle-Nassau 30/03/13

**Polsstok** 1. Verbaarschot Walter 2m40 Brasschaat 28/09/13

**Kogel 7,250 kg** 1. Ameye Jo 7m17 Baarle-Nassau 30/03/13

2. Peeraer Eddy 4m47 Baarle-Nassau 30/03/13

**Speer 600 g** 1. Ameye Jo 18m35 Baarle-Nassau 30/03/13

2. Peeraer Eddy 16m59 Baarle-Nassau 30/03/13

## overwinningen masters-M50

1. Ameye Jo 1500m Kapellen 09/06/13

2. Kerstens Michel 5000m Kapellen 09/06/13

## 10 Beste prestaties masters-M50

|  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **100 meter Horden El** | | | |  |  | | | |  | |
|  | 1 | Peeraer Eddy | 26"91 | '13 |  |  |  |  |  | |  | |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  | |
|  | 1 | Peeraer Eddy | 16"37 | '12 |  | 1 | Ameye Jo | 15"1\* | '13 | |  | |
|  |  |  |  |  |  | 2 | Peeraer Eddy | 16"1\* | '12 | |  | |

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|  | **200 meter** | | | |  | **400 meter El** | | | |  | |
|  | 1 | Peeraer Eddy | 33"7\* | '10 |  | 1 | Ameye Jo | 62"93 | '12 | |  | |
|  |  |  |  |  |  | 2 | Peeraer Eddy | 76"32 | '11 | |  | |

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|  | **800 meter El** | | | |  | **800 meter** | | | |  | |
|  | 1 | Ameye Jo | 2'20"12 | '12 |  | 1 | Peeraer Eddy | 2'59"0 | '11 | |  | |

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|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  | |
|  | 1 | Kerstens Michel | 2'54"65 | '13 |  | 1 | Kerstens Michel | 4'38"53 | '13 | |  | |
|  | 2 | Ameye Jo | 2'58"71 | '12 |  | 2 | Meeuwsen Roger | 4'46"57 | '13 | |  | |
|  | 3 | Meeuwsen Roger | 3'08"02 | '13 |  | 3 | Ameye Jo | 4'47"13 | '13 | |  | |

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|  | **1 mijl** | | | |  | **2000 meter El** | | | |  | |
|  | 1 | Ameye Jo | 5'36"0 | '13 |  | 1 | Ameye Jo | 6'43"49 | '13 | |  | |
|  | 2 | Peeraer Eddy | 6'43"0 | '10 |  | 2 | Meeuwsen Roger | 6'53"52 | '13 | |  | |

# outdoor heren Masters-M50

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|  | **3000 meter El** | | | |  | **5000 meter El** | | | |  | |
|  | 1 | Ameye Jo | 10'20"23 | '13 |  | 1 | Kerstens Michel | 16'57"37 | '13 | |  | |
|  | 2 | Meeuwsen Roger | 10'26"28 | '13 |  | 2 | Ameye Jo | 17'46"41 | '12 | |  | |

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|  | **Ver** | | | |  | **Hoog** | | | |  | |
|  | 1 | Peeraer Eddy | 3m76\* | '11 |  | 1 | Verbaarschot Walter | 1m40 | '13 | |  | |
|  | 2 | Ameye Jo | 3m39\* | '13 |  | 2 | Peeraer Eddy | 1m20 | '11 | |  | |

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|  | **Kogel 7,250kg** | | | |  | **Speer 800g** | | | |  | |
|  | 1 | Ameye Jo | 7m17 | '13 |  | 1 | Ameye Jo | 18m35 | '13 | |  | |
|  | 2 | Peeraer Eddy | 5m88 | '11 |  | 2 | Peeraer Eddy | 16m59 | '13 | |  | |
|  | 3 | Van Deun Rob | 5m76 | '11 |  |  |  |  |  | |  | |

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|  | **Discus 2kg** | | | |  | **Polsstok** | | | |  |
|  | 1 | Van Deun Rob | 15m92 | '10 |  | 1 | Verbaarschot Walter | 2m40 | '13 |  |

## clubrecords masters-M50

**100 m Horden Atac** Peeraer Eddy 26"91 Turnhout 14/04/13

**100 meter**  **Atac** Peeraer Eddy 16"37 Roeselare 03/06/12

**Avos** Van Hoek Jef 14"58 Hechtel 15/04/90

**Tuac** Claessen Jef 13"9 Deurne 20/07/85

**200 meter** **Avos** Versmissen Kamiel 28"1 Mol 14/04/90

**Tuac** Claessen Jef 29"8 Deurne 09/09/86

**300 meter Tuac** Abbeel Jef 56"52 Turnhout 04/08/00

**400 meter** **Atac** Ameye Jo 62"93 Duffel 13/05/12

**Avos** Versmissen Kamiel 69"4 Vosselaar 26/06/93

**Tuac** Abbeel Jef 78"55 Herentals 28/07/00

**800 meter** **Atac** Ameye Jo 2'20"12 Huizingen 28/07/12

**Avos** Versmissen Kamiel 2'29"2 Machelen 11/05/91

**Tuac** Abbeel Jef 2'52"03 Lier 23/06/00

**1000 meter** **Atac** Kerstens Michel 2'54"65 Turnhout 04/08/13

**Tuac** Abbeel Jef 2'47"95 Hasselt 27/08/00

**1500 meter** **Atac** Kerstens Michel 4'38"53 Tongerlo 21/08/13

**Avos** Van Hoek Jef 5'49"7 Neerpelt 21/07/91

**Tuac** Abbeel Jef 5'17"87 Turnhout 11/06/00

**1 mijl Atac** Ameye Jo 5'36"0 Baarle-Nassau 30/03/13

**Tuac** Abbeel Jef 5'44"72 Hasselt 27/08/00

**2000 meter Atac** Ameye Jo 6'43"49 Neerpelt 30/08/13

**3000 meter** **Atac** Ameye Jo 10'20"23 Tessenderlo 23/08/13

**Avos** Van Hoek Jef 13'11"3 Vosselaar 22/06/91

**Tuac** Abbeel Jef 10'57"51 St.-Niklaas 01/06/00

**5000 meter** **Atac** Kerstens Michel 16'57"37 Kapellen 09/06/13

**Avos** Beyens Jos 17'04"91 Kessel-Lo 04/06/05

**Tuac** Abbeel Jef 18'48"28 Turnhout 14/05/00

**10 000 meter** **Avos** Beyens Jos 35'59"18 Duffel 01/07/07

**Tuac** Abbeel Jef 39'18"17 Herentals 15/09/00

**Uurloop**  **Avos** Janssen Jan 15 000m Herentals 16/09/05

**Tuac** Abbeel Jef 14 927m Herentals 22/09/00

**Ver** **Atac** Peeraer Eddy 3m72 Roeselare 05/06/11

**Avos** Versmissen Kamiel 4m41 Vosselaar 27/06/92

**Hoog** **Atac** Verbaarschot Walter 1m40 Brasschaat 28/09/13

**Avos** Versmissen Kamiel 1m30 Alken 07/06/92

**Polsstok** **Atac** Verbaarschot Walter 2m40 Brasschaat 28/09/13

# outdoor heren Masters-M50

**Kogel 6kg** **Avos** De Keyser Ludo 9m24 Turnhout 11/10/98

**Tuac** Claessen Jef 11m07 Tessenderlo 09/08/87

**Kogel 7,250kg** **Atac** Ameye Jo 7m17 Baarle-Nassau 30/03/13

**Avos** De Keyser Ludo 8m61 Lille 21/06/97

**Tuac** Leysen Jef 10m54 81

**Discus 1,5kg** **Avos** Van Hoek Jef 18m76 Turnhout 15/08/90

**Tuac** Claessen Jef 11m07 Tessenderlo 09/08/87

**Discus 2kg** **Atac** Van Deun Rob 15m92 Machelen 06/06/10

**Avos** De Keyser Ludo 22m02 Turnhout 11/10/98

**Tuac** Claessen Jef 32m06 Turnhout 22/05/83

**Speer 800g**  **Atac** Ameye Jo 18m35 Baarle-Nassau 30/03/13

**Avos** Van Hoek Jef 21m88 Turnhout 08/07/90

**Tuac** Bammens Staf 30m28 Spa 05/06/99

**Hamer 6kg Avos** De Keyser Ludo 19m89 Turnhout 11/07/99

**Tuac** Claessen Jef 41m26 Turnhout 11/10/87

**Hamer 7,250kg Tuac** Claessen Jef 35m80 Deurne 23/06/87

**5-Kamp**  **Avos** Van Hoek Jef 976p Neerpelt 21/07/91

**Werpvijfkamp Tuac** Bammens Staf 2416p Eindhoven (Ned) 29/05/99

# outdoor heren Masters-M55

## CLUBRECORDS masters-m55

**Ver** **Avos** Versmissen Kamiel 4m30 Zwijndrecht 11/06/95

**Kogel 6kg** **Avos** De Keyser Ludo 9m17 Lille 22/06/02

**Tuac** Leysen Jef 10m73 Leuven 04/09/85

**Kogel 7,250kg** **Avos** De Keyser Ludo 8m15 Alken 09/06/02

**Tuac** Leysen Jef 9m48 Turnhout 15/08/82

**Discus 2kg** **Avos** De Keyser Ludo 17m95 Alken 09/06/02

**Hamer 6kg** **Avos** De Keyser Ludo 21m48 Lille 22/06/02

**Tuac** Leysen Jef 35m98 Hechtel 29/07/87

**Hamer 7,250kg Tuac** Leysen Jef 32m02 Turnhout 15/08/82

# outdoor heren Masters-M60

## CLUBRECORDS masters-m60

**400 meter Avos** De Backer Fernand 79"41 Herentals 27/09/08

**800 meter Avos** De Backer Fernand 2'56"24 Herentals 27/09/08

**Kogel 5kg Avos** De Backer Fernand 7m14 Lille 25/06/05

**Tuac** Leysen Jef 11m56 Turnhout 15/10/89

**Kogel 6kg Tuac** Leysen Jef 9m60 Duffel 10/06/89

**Kogel 7,250kg Avos** Versmissen Kamiel 5m86 Alken 14/05/00

**Tuac** Leysen Jef 9m54 Turnhout 10/07/88

**Hamer 5kg Avos** De Backer Fernand 17m66 Lille 25/06/05

**Tuac** Leysen Jef 37m84 Turnhout 15/10/91

**Hamer 6kg Tuac** Leysen Jef 31m52 Duffel 10/06/89

**Hamer 7,250kg Tuac** Leysen Jef 31m20 Turnhout 20/09/88

# outdoor heren Masters-M65

## CLUBRECORDS masters-m65

**Kogel 4kg Tuac** Leysen Jef 10m14 Naimette 18/09/97

**Kogel 5kg Tuac** Leysen Jef 10m43 Mol 05/09/93

**Kogel 7,250kg Tuac** Leysen Jef 8m31 Turnhout 26/08/93

**Discus 1kg Tuac** Leysen Jef 24m08 Turnhout 19/10/97

**Hamer 4kg Tuac** Leysen Jef 34m64 Naimette 04/09/97

**Hamer 5kg Tuac** Leysen Jef 37m12 Turnhout 10/10/93

**Hamer 7,250kg Tuac** Leysen Jef 27m24 Haacht 13/08/93

# outdoor heren masters-m70

## CLUBRECORDS masters-m70

**Kogel 4kg Tuac** Leysen Jef 10m94 Jambes 04/09/99

**Kogel 5kg Tuac** Leysen Jef 10m69 98

**Discus 1,5kg Tuac** Leysen Jef 21m55 Eindhoven (Ned) 29/05/99

**Hamer 4kg Tuac** Leysen Jef 38m56 Naimette 08/06/97

**Hamer 5kg Tuac** Leysen Jef 32m74 Turnhout 19/06/98

**Hamer 6kg Tuac** Leysen Jef34m21 Spa 05/06/99

**Hamer 7,250kg Tuac** Leysen Jef 23m14 Turnhout 03/10/99

**Speer 800g Tuac** Leysen Jef 19m55 Eindhoven (Ned) 29/05/99

**Werpvierkamp Tuac** Leysen Jef1360p Eindhoven (Ned) 15/10/00

**Werpvijfkamp Tuac** Leysen Jef 2980p Eindhoven (Ned) 29/05/99

# outdoor heren masters-m75

## CLUBRECORDS masters-m75

**Kogel 4kg Tuac** Leysen Jef 8m10 Alken 19/05/02

**Kogel 5kg Tuac** Leysen Jef 7m99 Turnhout 22/08/03

**Hamer 4kg Tuac** Leysen Jef 30m73 Alken 19/05/02

**Hamer 5kg Tuac** Leysen Jef 28m94 Lille 22/06/02

# ben/pup/min heren eindklassement zomer

## BENJAMINS 2 x 4 proeven

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Degrootte Floris*** | | | |  | ***2. Tan Ruï*** | | | | | |
| 60m | 10"25 | 371p |  | | | 60m | 10"3 | 314p |  |
| 600m | 2'08"57 | 443p |  | | | 600m | 2'17"17 | 335p |  |
| Ver | 3m22 | 183p |  | | | Ver | 3m18 | 175p | \* |
|  |  |  |  | | | Hoog | 1m00 | 194p |  |
| Kogel | 6m23 | 296p |  | | | Kogel | 6m30 | 301p |  |
| Hockey | 17m99 | 126p | \* | | | Hockey | 18m25 | 130p | \* |
| Totaal |  | **1293p** |  | | | **Totaal** |  | **1144p** |  |

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| ***3. Deckers Milan*** | | | |  | ***4. Buijs Arne*** | | | | | |
| 60m | 10"42 | 337p |  | | | 60m | 10"3 | 314p |  |
| 600m | 2'21"59 | 284p |  | | | 600m | 2'23"0 | 269p |  |
| Ver | 2m96 | 134p |  | | | Ver | 3m02 | 145p |  |
| Kogel | 6m67 | 325p |  | | | Kogel | 5m30 | 235p |  |
| Hockey | 11m52 | 47p | \* | | |  |  |  |  |
| Totaal |  | **1080p** |  | | | **Totaal** |  | **963p** |  |

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| ***5. Baeten Senne*** | | | |  | ***6. Bordeyne Jens*** | | | | | |
| 60m | 10"63 | 297p |  | | | 60m | 11"0 | 194p |  |
| 600m | 2'37"31 | 137p |  | | | 600m | 2'25"7 | 241p |  |
| Ver | 3m02 | 145p |  | | | Ver | 2m74 | 96p | \* |
|  |  |  |  | | | Hoog | 0m80 | 55p | \* |
| Kogel | 5m43 | 244p |  | | | Kogel | 4m95 | 212p |  |
| Hockey | 14m15 | 78p | \* | | | Hockey | 18m02 | 127p |  |
| Totaal |  | **823p** |  | | | **Totaal** |  | **774p** |  |

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| ***7. Kwanten Rube*** | | | |  |  | | | | | |
| 60m | 11"25 | 192p |  | | |  |  |  |  |
| 600m | 2'31"86 | 183p |  | | |  |  |  |  |
| Ver | 2m93 | 129p | \* | | |  |  |  |  |
| Kogel | 5m63 | 257p |  | | |  |  |  |  |
| Hockey | 19m02 | 139p |  | | |  |  |  |  |
| Totaal |  | **771p** |  | | |  |  |  |  |

## pupillen 2 x 5 proeven

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Van Gool Milan*** | | | |  | ***2. Leys Jules*** | | | | |
| 60mH | 12"66 | 422p |  | | |  |  |  |  | |
| 60m | 9"4 | 505p |  | | | 60m | 9"79 | 470p |  | |
| 1000m | 3'18"57 | 730p |  | | | 1000m | 3'28"67 | 639p |  | |
| Ver | 3m72 | 289p | \* | | | Ver | 3m66 | 276p | \* | |
| Hoog | 1m15 | 323p |  | | | Hoog | 1m26 | 426p |  | |
| Kogel | 6m60 | 320p | \* | | | Kogel | 7m12 | 355p |  | |
| Discus | 17m96 | 254p | \* | | |  |  |  |  | |
| Hockey | 38m75 | 394p |  | | | Hockey | 30m80 | 290p |  | |
| **Totaal** |  | **2374p** |  | | | **Totaal** |  | **2180p** |  | |

# ben/pup/min heren eindklassement zomer

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Vanmechelen Bram*** | | | |  | ***4. De Smedt Rens*** | | | | |
| 60m | 10"40 | 341p |  | | | 60m | 10"5 | 277p |  | |
| 1000m | 4'20"15 | 261p |  | | | 1000m | 4'00"2 | 389p |  | |
|  |  |  |  | | | Ver | 3m00 | 141p | \* | |
| Hoog | 1m18 | 350p |  | | | Hoog | 1m10 | 278p |  | |
| Kogel | 6m86 | 338p |  | | | Kogel | 7m56 | 384p |  | |
|  |  |  |  | | | Discus | 18m55 | 266p | \* | |
| Hockey | 35m78 | 355p |  | | | Hockey | 32m09 | 307p |  | |
| **Totaal** |  | **1645p** |  | | | **Totaal** |  | **1635p** |  | |

## miniemen 2 x 6 proeven (2 loop-, 2 spring-, 2 werpnummers)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Leys Lode*** | | | |  | ***2. Vosters Wout*** | | | | |
| 80m | 10"91 | 775p |  | | | 80m | 11"65 | 611p |  | |
|  |  |  |  | | | 300m | 47"63 | 478p | \* | |
| 1000m | 3'27"1 | 652p |  | | | 1000m | 3'41"0 | 534p |  | |
| Ver | 4m39 | 451p |  | | | Ver | 3m97 | 347p |  | |
| Hoog | 1m25 | 417p |  | | | Hoog | 1m10 | 278p |  | |
| Kogel | 8m40 | 440p |  | | | Kogel | 8m28 | 432p |  | |
|  |  |  |  | | | Discus | 15m87 | 212p | \* | |
| Speer | 26m10 | 429p |  | | | Speer | 25m22 | 411p |  | |
| **Totaal** |  | **3164p** |  | | | **Totaal** |  | **2613p** |  | |

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| ***3. Falleyn Jore*** | | | |  | ***4. Janssens Quinten*** | | | | |
| 80m | 12"51 | 443p |  | | | 80m | 11"8 | 532p |  | |
| 1000m | 3'33"61 | 596p |  | | | 1000m | 3'39"15 | 549p |  | |
| Ver | 3m66 | 276p |  | | | Ver | 4m03 | 362p |  | |
| Hoog | 1m36 | 526p |  | | | Hoog | 1m15 | 323p |  | |
| Kogel | 6m68 | 326p |  | | | Kogel | 7m67 | 391p |  | |
| Discus | 20m06 | 296p | \* | | |  |  |  |  | |
| Speer | 24m71 | 401p |  | | | Speer | 22m33 | 354p |  | |
| **Totaal** |  | **2568p** |  | | | **Totaal** |  | **2511p** |  | |

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| ***5. Geudens Bram*** | | | |  |  | | | | |
| 80m | 13"0 | 320p |  | | |  |  |  |  | |
| 1000m | 3'46"70 | 489p |  | | |  |  |  |  | |
| Ver | 3m65 | 274p |  | | |  |  |  |  | |
| Hoog | 1m20 | 369p |  | | |  |  |  |  | |
| Kogel | 5m62 | 256p |  | | |  |  |  |  | |
| Discus | 14m15 | 179p | \* | | |  |  |  |  | |
| Speer | 17m54 | 259p |  | | |  |  |  |  | |
| **Totaal** |  | **1967p** |  | | |  |  |  |  | |

\* proef met minste punten valt weg

# heren Vermeldingen

## INDOOR

**Provinciaal kampioenschap**

1. Vercauteren Sander (Cad) 800m 2'06"78 Gent 05/01/13

1. De Smedt Serge (M35) 60m 7"88 Gent 05/01/13

1. De Smedt Serge (M35) Polsstok 3m00 Gent 05/01/13

2. Janssen Robbe (Sch) 60mH 8"68 Gent 05/01/13

**Kampioenschap van Vlaanderen**

1. Verbaarschot Nick (Sch) Hoog 1m88 Gent 19/01/13

**Nationaal kampioenschap**

1. De Smedt Serge (Mas -50) 5-Kamp 3085p Gent 03/02/13

1. De Smedt Serge (M35) 60mH 9"06 Gent 09/03/13

2. Verbaarschot Nick (Sch) Hoog 1m88 Gent 03/02/13

2. De Smedt Serge (M35) Polsstok 3m60 Gent 09/03/13

3. Michielsen Tom (Univ) 1500m 4'25"92 Gent 09/02/13

## veldloop

**Provinciaal kampioenschap**

1. Appels Pieter-jan (Min '01) Borsbeek 03/02/13

1. Vercauteren Sander (Cad '98) Borsbeek 03/02/13

3. Tan Ruï (Ben '05) Borsbeek 03/02/13

3. Borstlap Dries (Cad '99) Borsbeek 03/02/13

3. Kerstens Michel (M45) Borsbeek 03/02/13

**Kampioenschap van Vlaanderen**

3. Kerstens Michel (M45) Hulshout 17/02/13

**Nationaal kampioenschap**

1. Vercauteren Sander (Cad '98) Oostende 10/03/13

2. Appels Pieter-jan (Min '01) Oostende 10/03/13

## outdoor

**Provinciaal kampioenschap**

1. Vercauteren Sander (Cad) 800m 2'09"15 Merksem 27/04/13

1. Verbaarschot Nick (Sch) Hoog 1m81 Merksem 27/04/13

1. Vercauteren Sander (Cad) 1500m 4'39"75 Lier 28/04/13

1. Kerstens Michel (M50) ½ marathon 1u18'29" Nijlen 02/06/13

1. De Smedt Serge (M40) Polstok 3m65 Brasschaat 28/09/13

1. De Smedt Serge (M40) 110mH 15”85 Brasschaat 28/09/13

1. Verbaarschot Walter (M50) Hoog 1m40 Brasschaat 28/09/13

1. Verbaarschot Walter (M50) Polsstok 2m40 Brasschaat 28/09/13

# heren Vermeldingen

2. Janssen Robbe (Sch) 110mH 15"78 Lier 28/04/13

2. Appels Pieter-jan (Min) 1000m 3'03"33 Turnhout 29/06/13

3. Dom Stijn (Cad) Hoog 1m60 Merksem 27/04/13

3. De Smedt Serge (Sen) Polsstok 3m47 Lier 28/04/13

**Kampioenschap van Vlaanderen**

1. Kerstens Michel (M50) ½ marathon 1u18'29" Nijlen 02/06/13

1. De Smedt Serge (M40) Polstok 3m65 Brasschaat 28/09/13

1. De Smedt Serge (M40) 110mH 15”85 Brasschaat 28/09/13

2. Verbaarschot Walter (M50) Hoog 1m40 Brasschaat 28/09/13

2. Verbaarschot Walter (M50) Polsstok 2m40 Brasschaat 28/09/13

3. Driesen Wim (M45) 100km 8u30'00" Torhout 22/06/13

3. Vercauteren Sander (Cad) 800m 2’03”83 Heusden 15/08/13

**Beker van Vlannderen**

1. Masters heren (5de afdeling) Kapellen 09/06/13

**Nationaal kampioenschap**

1. De Smedt Serge (M40) 400mH 60"20 St.-Niklaas 15/06/13

1. De Smedt Serge (M40) 110mH 16"24 St.-Niklaas 16/06/13

1. De Smedt Serge (M40) Polsstok 3m50 St.-Niklaas 16/06/13

1. Leysen Pat (M55) 24uur 221,1km Nijvel 20/10/13

2. De Smedt Serge (M40) 100m 12"03 St.-Niklaas 15/06/13

2. Vercauteren Sander (Cad) 1500m 4’18”76 Moeskroen 31/08/13

3. Bras Bart (M40) Kogel 11m06 St.-Niklaas 15/06/13

3. Bras Bart (M40) Discus 34m41 St.-Niklaas 15/06/13

3. Driesen Wim (M45) 100km 8u30'00" Torhout 22/06/13

**Wereldkampioenschap**

1. De Smedt Serge (M40) 20-Kamp 10437p Yeovil (UK) 25/08/13

# dames Vermeldingen

## INDOOR

**Provinciaal kampioenschap**

2. Speelman-rooms Femke (Cad) 800m 2'24"99 Gent 05/01/13

3. Lambregts Ylen (Jun) Kogel 7m59 Gent 05/01/13

## veldloop

**Provinciaal kampioenschap**

1. Staes Annie (W50) Borsbeek 03/02/13

2. Speelman-rooms Femke (Cad '99) Borsbeek 03/02/13

2. De Vlieger Lize (Cad '98) Borsbeek 03/02/13

3. Swannet Laura (Cad '99) Borsbeek 03/02/13

3. Dams Lou (W55) Borsbeek 03/02/13

**Kampioenschap van Vlaanderen**

1. Staes Annie (W50) Hulshout 17/02/13

3. Dams Lou (W55) Hulshout 17/02/13

**Nationaal kampioenschap**

1. Staes Annie (W50) Rotselaar 17/03/13

## outdoor

**Provinciaal kampioenschap**

1. Brosens Stefanie (Sch) Speer 37m31 Merksem 27/04/13

1. Maes Marjan (Sen) Hoog 1m62 Lier 28/04/13

1. Brosens Stefanie (Sch) 7-Kamp 4530p Herentals 02/06/13

2. Lauwers Shana (Sen) 1500m 4'42"16 Merksem 27/04/13

2. De Vlieger Lize (Cad) 800m 2'25"75 Lier 28/04/13

2. Lanoy Emilie (Ben) Hockey 24m39 Turnhout 29/06/13

2. Vosters Kaat (Pup) Hockey 31m47 Turnhout 29/06/13

2. Lenaerts Sofie (Min) 80m 11"16 Turnhout 29/06/13

3. Aerts Paulien (Cad) 400m 66"64 Merksem 27/04/13

3. Van Eyck Sofie (Sch) 3000m 11'29"05 Merksem 27/04/13

3. Van Ammel Joyce (Jun) 3000m 11'48"17 Merksem 27/04/13

3. Segers Liene (Sen) 100mH 15"67 Merksem 27/04/13

3. Speelman-rooms Femke (Cad) 800m 2'26"34 Lier 28/04/13

3. Segers Liene (Sen) 100m 13"08 Lier 28/04/13

3. Segers Liene (Sen) 200m 26"80 Lier 28/04/13

3. Caers Shana (Sen) 7-Kamp 2714p Herentals 02/06/13

**Nationaal kampioenschap**

1. Staes Annie (W50) 10000m 40'24"64 Duffel 04/05/13

1. Staes Annie (W50) 800m 2'44"86 St.-Niklaas 16/06/13

1. Dams Lou (W55) 5,5km berg 42’11” Malmédy 03/08/13

2. Dams Lou (W55) 10000m 46'11"10 Duffel 04/05/13

# dames Vermeldingen

2. Staes Annie (W50) 5000m 14'42"56 St.-Niklaas 16/06/13

2. Brosens Stefanie (Sch) Speer 42m31 Moeskroen 31/08/13

# RECORDS Atac

## HEREN outdoor

110mH 16"55 De Smedt Serge 03/05/09

400mH 58"50 De Smedt Serge 17/05/09

100m 11"79 Oematie Saverio 05/08/12

200m 23"78 Oematie Saverio 13/05/12

300m 37"27 Oematie Saverio 05/08/12

400m 51"63 Hooyberghs Jens 06/08/11

800m 1'58"99 Van Waeyenberghe Yelle 12/05/13

1000m 2'34"48 Van Waeyenberghe Yelle 04/08/13

1500m 3'59"50 Van Waeyenberghe Yelle 06/07/13

3000m 8'35"80 Janssens Koen 13/08/11

5000m 14'51"62 Janssens Koen 16/07/11

10000m 33'24"77 De Raeymaecker Karl 30/06/13

3000mSt 10'40"3 Michielsen Tom 25/05/13

Ver 6m42 Aerts Bram 16/05/10

Hinkstap 13m14 Aerts Bram 16/05/10

Hoog 1m90 Hooyberghs Jens 27/08/11

Polsstok 4m30 Hooyberghs Jens 28/08/11

Kogel 11m86 Bras Bart 09/06/13

Discus 34m67 Bras Bart 04/08/13

Speer 48m66 Hooyberghs Jens 28/08/11

Hamer 27m50 De Smedt Serge 18/09/11

10-kamp 5366p Aerts Bram 29/05/11

4 x 100m 45"74 17/05/09 Druyts Tobias – Rutten Thomas – Ameye Dries – Dubois Wesley

4 x 400m 3'35"50 13/05/12

Aerts Bram – De Smedt Serge – V.Waeyenberghe Yelle – Michielsen Tom

## HEREN INDOOR

60mH 9"28 Aerts Bram 30/01/11

60m 7"55 Oematie Saverio 08/01/12

200m 24"05 Oematie Saverio 08/01/12

400m 54"86 Hooyberghs Jens 27/02/10

800m 2'06"78 Vercauteren Sander 05/01/13

1000m 2'48"71 Hooyberghs Jens 07/02/10

1500m 4'25"92 Michielsen Tom 09/02/13

3000m 10'20"97 Michielsen Tom 15/04/12

5000m 18'34"50 Michielsen Tom 15/04/12

Ver 6m49 Aerts Bram 08/01/11

Hinkstap 12m80 Aerts Bram 25/01/09

Hoog 1m88 Verbaarschot Nick 19/01/13

Polsstok 3m80 De Smedt Serge 12/03/11

Kogel 11m49 Bras Bart 09/03/13

7-Kamp 4103p Aerts Bram 07/02/10

# RECORDS Atac

## DAMES outdoor

100mH 15"67 Segers Liene 27/04/13

400mH 69"44 De Vlieger Charlotte 24/08/13

100m 13"00 Segers Liene 11/05/13

200m 26"21 Brosens Stefanie 02/06/13

300m 42"80 Brosens Stefanie 14/04/13

400m 60"86 De Vlieger Lize 09/05/13

800m 2'14"14 Lauwers Shana 30/06/13

1000m 2'53"51 Lauwers Shana 04/08/13

1500m 4'30"40 Lauwers Shana 10/08/13

3000m 10'38"27 Lauwers Shana 24/07/10

5000m 17'56"75 Lauwers Shana 11/09/11

10000m 40'24"64 Staes Annie 04/05/13

Ver 5m36 Hooyberghs Elien 08/08/10

Hinkstap 10m88 Caers Shana 24/04/10

Hoog 1m68 Maes Marjan 26/06/11

Polsstok 2m33 Janssen Steffi 01/10/11

Kogel 10m93 Hooyberghs Elien 27/08/11

Discus 27m42 Brosens Evelien 08/08/10

Speer 34m11 Hooyberghs Elien 07/08/11

Hamer 24m31 Janssens Melissa 08/08/10

7-Kamp 2714p Caers Shana 02/06/13

4 x 100m 51"42 16/05/09

De Backer Tanja – Caers Shana – V.Waeyenberghe Hanne – Jansens Greet

4 x 400m 4'19"59 16/05/09

Lauwers Shana – Maes Marjan – Van Eekert Siel – Toelen Daphne

## DAMES INDOOR

60mH 9"96 Segers Liene 26/12/12

60m 8"12 Segers Liene 26/12/12

200m 27"00 Brosens Stefanie 19/01/13

300m 44"93 Hooyberghs Elien 10/01/10

400m 62"91 Brosens Stefanie 26/12/11

800m 2'24"99 Speelman-rooms Femke 05/01/13

1000m 3'11"77 Speelman-rooms Femke 29/12/12

Ver 5m28 Caers Shana 18/01/09

Hinkstap 10m69 Caers Shana 13/02/11

Hoog 1m61 Maes Marjan 24/01/10

Polsstok 2m20 Janssen Steffi 14/01/12

Kogel 10m40 Hooyberghs Elien 06/02/11

4 x 200m 1'56"94 13/02/11

Ghyssaert Leen – Lambregts Ylen – Brosens Stefanie – Cuynen Nele

# eindklassement veldlopen 2012-2013

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***1.*** | ***Appels Pieter-jan*** | ***Min*** | ***2,74*** | ***punten*** |
| 2. | Vercauteren Sander | Cad | 2,87 | punten |
| 3. | De Vlieger Lize | Cad | 5,86 | punten |
| 4. | Kerstens Michel | Mas | 7,41 | punten |
| 5. | Lenaerts Isabeau | Min | 7,62 | punten |
| 6. | Speelman-rooms Femke | Cad | 8,19 | punten |
| 7. | Van Gool Milan | Pup | 8,76 | punten |
| 8. | Tan Ruï | Ben | 9,74 | punten |
| 9. | Staes Annie | Mas | 11,61 | punten |
| 10. | Keuppens Jinthe | Ben | 15,86 | punten |
| 11. | Van Goubergen Anne-Sophie | Pup | 16,78 | punten |
| 12. | Blevi Bavo | Cad | 17,26 | punten |
| 13. | Borstlap Dries | Cad | 18,32 | punten |
| 14. | Mols Senne | Min | 18,97 | punten |
| 15. | Van Eyck Sofie | Sch | 19,12 | punten |
| 16. | Lenaerts Lorane | Cad | 20,08 | punten |
| 17. | Ameye Jo | Mas | 20,19 | punten |
| 18. | Engelen Sara | Min | 20,76 | punten |
| 19. | De Raeymaecker Karl | Sen | 23,66 | punten |
| 20. | Lauwers Shana | Sen | 23,78 | punten |
| 21. | Leys Jules | Pup | 24,15 | punten |
| 22. | van den Broek Truus | Pup | 27,58 | punten |
| 23. | Swannet Laura | Cad | 28,03 | punten |
| 24. | Leys Lode | Min | 31,55 | punten |
| 25. | Verheyen Brent | Min | 32,41 | punten |
| 26. | Keuppens Lenka | Ben | 32,44 | punten |
| 27. | Van Waeyenberghe Yelle | Sen | 33,00 | punten |
| 28. | Vandenbulcke Frederik | Cad | 34,42 | punten |
| 29. | Meeuwsen Roger | Mas | 35,60 | punten |
| 30. | Verhagen Niels | Jun | 38,66 | punten |
| 31. | Claes Lotte | Sen | 41,32 | punten |
| 32. | Falleyn Jore | Min | 45,35 | punten |
| 33. | Vosters Wout | Min | 46,77 | punten |
| 34. | Van Ammel Joyce | Jun | 50,00 | punten |
| 35. | Discart Kyra | Min | 51,04 | punten |
| 36. | Borstlap Kaat | Pup | 54,60 | punten |
| 37. | Dams Lou | Mas | 56,14 | punten |
| 38. | De Smedt Serge | Mas | 57,93 | punten |
| 39. | Geudens Bram | Min | 66,40 | punten |
| 40. | De Meulder Joke | Pup | 73,15 | punten |
| 41. | Vanmechelen Hannah | Min | 75,30 | punten |
| 42. | De Smedt Rens | Pup | 78,61 | punten |
| 43. | Vosters Kaat | Pup | 82,10 | punten |
| 44. | Maes Marjan | Sen | 86,02 | punten |
| 45. | De Letter Jana | Min | 92,09 | punten |
| 46. | Vanmechelen Bram | Pup | 94,12 | punten |
| 47. | Van Gestel Dina | Pup | 94,61 | punten |
| 48. | Van Gestel Axel | Min | 96,65 | punten |
|  |  |  |  |  |

# joggings en wegwedstrijden 1

## bottroper herbstwaldlauf (d) 11/11/12

50 km Driesen Wim 3u32’34” 5/277

## (halve) marathon kasterlee 18/11/12

21,1 km Van Beek Peter 1u24’09” 23/1085

Paulussen Pieter 1u31’34” 83/1085

Van Mechelen Mart 1u34’54” 85/1085

El Bali Achmed 1u33’47” 111/1085

Bastiaensen Eric 1u35’03” 131/1085

Noyens Jan 1u36’32” 152/1085

Lippens Yves 1u38’07” 179/1085

Fontenelle Jean 1u39’20” 197/1085

Segers Frank 1u39’20” 198/1085

Rombouts Suzy 1u40’01” 212/1085

Van Hest Marc 1u41’53” 256/1085

Leys Paul 1u43’30” 325/1085

Van Mechelen Johan 1u46’39” 396/1085

Potters Cil 2u01’12” 783/1085

Peeters Evelien 2u03’12” 814/1085

Sterckx Sabine 2u12’09” 959/1085

Eelen Bieke 2u20’03” 1019/1085

Siemons Chris 2u27’16” 1061/1085

42,2 km Driesen Wim 2u53’11” 7/403

Roels Jan 3u15’19” 46/403

Buyens Tinneke 3u54’27” 214/403

van den Broek Jo 3u54’38” 217/403

Starckx Francis 4u28’38” 351/403

Engels Jos 5u00’10” 397/403

## marathon geldrop (nl) 25/11/12

42,2 km Driesen Wim 3u05'27"

## spijkenisse spark marathon (nl) 16/12/12

42,2 km Driesen Wim 2u51’47” 8/273

## marathon apeldoorn (nl) 03/02/13

42,2 km Driesen Wim 2u53’05” 20/540

## marathon genk 10/02/13

42,2 km Driesen Wim 2u56’17” 8/163

## eersel (nl) 02/03/13

21,1 km Kerstens Michel 1u18’49” 3/107

# joggings en wegwedstrijden 2

## 29ste volksloop grasheide 03/03/13

5,22 km Mariani Renzo 18’51” 11/214

Staes Annie 20’16” 25/214

Dams Lou 23’25” 74/214

## 6-uursloop stein (NL) 03/03/13

6 uur Driesen Wim 76409,50m 11/156

Leysen Pat 71438,18m 25/156

## Tilburg (nl) 10/03/13

10 km Kerstens Michel 35’01” 5/98

## kempenrun hapert 17/03/13

21,1 km Kerstens Michel 1u14’39” 10/245

## meetria klooster-run meer 17/03/13

10,5 km Rombouts Suzy 0u48’03” 29/89

Siemons Chris 1u05’37” 80/89

Eelen Bieke 1u05’38” 81/89

## ultrarail spa 30/03/13

55 km Driesen Wim 5u49’44” 37/425

## grensloop reusel 06/04/13

10 mijl Kerstens Michel 0u57’11” 9/155

Peeraer Eddy 1u18’31”

## 32ste hyacintenjogging 20/04/13

7,5 km Meeuwsen Roger 30’20 “ 9/325

## antwerp 10 miles 21/04/13

10 mijl Van Camp Luc 1u11’09”

Driesen Wim 1u12’59”

Buys Ronny 1u20’04”

de Waghter Kaat 1u22’54”

Peeraer Eddy 1u23’26”

Maes Linda 1u30’35”

Sauvillers Mieke 1u35’09”

Siemons Chris 1u42’50”

Bastiaensen Els 1u43’27”

Wouters Katrien 1u44’46”

Eelen Bieke 1u46’42”

# joggings en wegwedstrijden 3

Van Mechelen Pia 1u50’34”

Smet Lief 1u50’34”

42,2 km Driesen Wim 2u49’35”

Van Hest Marc 3u39’45”

## loop van vlaanderen oudenaarde 28/04/13

10 km Peeters Evelien 0u56’18” 229/595

25 km Van Mechelen Marc 1u55’12” 88/1115

Roels Jan 1u56’31” 102/1115

Van Camp Luc 2u02’22” 171/1115

## dwars door brugge 05/05/13

14,5 km Gils Peter 1u07’24” 832/4369

## Jogging wechelderzande 08/05/13

4 km Dams Lou 18’28” 36/128

8 km Mariani Renzo 30’48” 7/73

12 km Driesen Wim 46’34” 9/61

Staes Annie 51’10” 18/61

## marathon visé 12/05/13

42,2 km Driesen Wim 2u51’13” 18/606

## parel der kempen malle 19/05/13

9 km Staes Annie 36’22” 9/92

10 mijl Van Waeyenberghe Yelle 1u02’43” 9/152

Driesen Wim 1u02’53” 10/152

Sneyders Dieter 1u15’42” 66/152

## stadsparkfeestenloop turnhout 17/05/13

3,1 km Mols Senne 11’48” 3/41

Van Gool Milan 12’06” 5/41

El Bali Ahmed 12’11” 6/41

Verheyen Brent 12’21” 7/41

van den Broek Truus 14’14” 10/41 Geudens Bram 14’42” 13/41

Borstlap Kaat 14’42” 14/41

De Smedt Rens 17’01” 21/41

Maes Kathleen 17’30” 24/41

6,2 km Van Ammel Joyce 26’13” 4/80

Falleyn Jore 28’44” 7/80

Borstlap Geert 28’48” 8/80

Lenaerts Lorane 28’55” 9/80

Dams Lou 29’50” 15/80

Van Gils Liesbeth 34’55” 26/80

Van Mechelen Pia 38’12” 39/80

# joggings en wegwedstrijden 4

Smet Lief 38’15” 40/80

Wouters Katrien 40’59” 53/80

Cuypers Ria 41’02” 55/80

9,3 km **Van Waeyenberghe Yelle 31’20” 1/118**

Ameye Jo 34’39” 9/118

Van Beek Peter 35’04” 10/118

Meeuwsen Roger 35’40” 12/118

Lauwers Shana 36’01” 13/118

Roels Jan 37’37” 19/118

Van Mechelen Marc 42’20” 33/118

Gils Peter 43’33” 40/118

Vanmechelen Johan 44’01” 43/118

Swannet Frederik 44’26” 49/118

Maes Marjan 44’29” 50/118

Peeraer Eddy 44’57” 54/118

Devolder Eddy 48’26” 65/118

## 20 km van brussel 26/05/13

20 km Roels Jan 1u22’41”

Peeraer Eddy 1u44’35”

de Waghter Kaat 1u45’35”

Siemons Chris 2u10’12”

Eelen Bieke 2u12’14”

## hoogstraten 29/05/13

10 km Kerstens Michel 34’07”

Driesen Wim 35’45”

## PK/KVV halve marathon nijlen 02/06/13

21,1 km Kerstens Michel 1u18’29" 17/248

## 21ste kapellekensloop minderhout 08/06/13

5,27 km Mariani Renzo 19’33” 10/160

10,55 km **Janssens Koen 34’48” 1/131**

## grand jogging verviers 16/06/13

13 km Peeraer Eddy 1u10’58” 1553/3007

## schimmert 16/06/13

42,2 km Driesen Wim 3u00’56” 3/37

## sint-oedenrode 16/06/13

21,1 km **Kerstens Michel 1u17’51” 1/119**

# joggings en wegwedstrijden 5

## BK & kvv 100 km torhout 22/06/13

100 km Driesen Wim 8u30’00”

## Roosendaal (nl) 23/06/13

21,1 km Kerstens Michel 1u16’27”

## 7de marathon noorderkempen rijkevorsel 29/06/13

5 km Mariani Renzo 18’32”

10 km Staes Annie 39’38”

21,1 km Janssens Koen 1u13’10”

42,2 km Kerstens Michel 2u46’05” 3/81

Driesen Wim 2u54’52” 6/81

## nike classic tessenderlo 08/07/13

10 km Paulussen Pieter 39’42” 186/2292

Rombouts Suzy 46’36” 678/2292

## dwars door kasterlee 20/07/13

10 km Paulussen Pieter 0u41’43" 12/143

Van Mechelen Dieter 0u46'31" 35/143

Rombouts Suzy 0u47'50" 38/143

Dams Lou 0u49'46" 48/143

Maes Marjan 0u58'00" 96/143

Maes Kathleen 1u06'37" 120/143

16 km Janssens Koen 0u57'08" 7/276

Meeuwsen Roger 1u07'40" 46/276

Noyens Jan 1u16'38" 105/276

Leys Paul 1u19'41" 128/276

Van Mechelen Johan 1u20'02" 131/276

Buyens Tinneke 1u24'23" 170/276

## 6 uur van aalter 21/07/13

6 uur Driesen Wim 65146m 9/85

## BK berglopen malmédy 03/08/13

5,5 km Dams Lou 42'11" 26/39

## estafette halve marathon het gielsbos 03/08/13

21,1 km **The Glorious Basterds 1u10'19" 1/64**

## ultramarathon monschau (D) 11/08/13

56 km Driesen Wim 4u20'04" 7/151

# joggings en wegwedstrijden 6

## dwars door turnhout 24/08/13

5,5 km Mariani Renzo 19'29" 3/357

Fontenelle Jean 23'25" 19/357

11 km Driesen Wim 41'43" 15/814

Van Mechelen Marc 45'57" 73/814

Van Mechelen Dieter 47'46" 105/814

Rombouts Suzy 50'15" 160/814

Gils Peter 51'46" 202/814

Meeuwsen Roger 53'17" 246/814

Peeraer Eddy 53'55" 276/814

Lenaerts Luc 56'32" 381/814

Van Goubergen Guy 56'32" 382/814

Potters Cil 59'23" 449/814

## piereloop ravels 31/08/13

5 km Fontenelle Jean 22’15” 23/190

10 km **Verhagen Niels 37’53” 1/99**

Rombouts Suzy 46’11” 11/99

Paulussen Pieter 46’11” 12/99

Smet Lief 1u10’20” 86/99

Van Mechelen Pia 1u10’25” 87/99

10 mijl Kerstens Michel 0u58’14” 7/158

Roels Jan 1u09’09” 33/158

Van Ammel Joyce 1u21’16” 92/158

Ameye Jo 1u21’16” 93/158

Lauwers Shana 1u21’16” 94/158

## dijkenloop beneden-leeuwen 01/09/13

42,2 km Driesen Wim 3u00’16”

## in flanders fields nieuwpoort 15/09/13

42,2 km Driesen Wim 3u06’18” 31/372

## BK/KVV marathon oostende 29/09/13

42,2 km Driesen Wim 2u54'07" 29/311

## Halve marathon eindhoven (nl) 12/10/13

21,1 km Van Waeyenberghe Yelle 1u12'38" 9/7420

Kerstens Michel 1u15'47" 21/7420

Lauwers Shana 1u26'53" 219/7420

Ameye Jo 1u27'23" 240/7420

Meeuwsen Roger 1u28'30" 295/7420

## BK 24 uur Nijvel 20/10/13

24 uur Leysen Pat 221,1 km 5/34

# joggings en wegwedstrijden 7

## 5de hageland marathon aarschot 27/10/13

42,2 km Driesen Wim 3u05'23" 2/34