**JAARBOEK**



**2014**

# Jaarboek 2014 Inhoud nr. 6

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**Samenstelling** : Marleen De Bont

# INDOOR DAMES BENJAMINS

## JAARPRESTATIES benjamins

**50 meter El** 1. Frijters Stien 8"71 Herentals 22/02/14

2. Keuppens Lenka 9"26 Herentals 16/11/13

3. De Vries Annemijn 9"85 Herentals 16/11/13

4. Koppert Elisabeth 9"96 Herentals 14/12/13

5. Embrechts Lotte 10"19 Herentals 16/11/13

**60 meter El** 1. Frijters Stien 10"00 Hoboken 12/01/14

**Ver** 1. Frijters Stien 3m04 Herentals 22/02/14

2. Keuppens Lenka 2m72 Herentals 22/02/14

3. De Vries Annemijn 2m53 Herentals 16/11/13

4. Koppert Elisabeth 2m35 Herentals 22/02/14

5. Embrechts Lotte 2m19 Herentals 16/11/13

**Hoog**  1. Frijters Stien 1m01 Herentals 14/12/13

2. Keuppens Lenka 0m80 Herentals 14/12/13

3. Koppert Elisabeth 0m80 Herentals 14/12/13

4. Embrechts Lotte 0m75 Herentals 14/12/13

**Kogel 1kg**  1. Koppert Elisabeth 5m68 Herentals 22/02/14

2. De Vries Annemijn 5m38 Herentals 16/11/13

3. Frijters Stien 5m33 Herentals 14/12/13

4. Keuppens Lenka 5m16 Herentals 22/02/14

5. Embrechts Lotte 4m15 Herentals 14/12/13

**3-Kamp** 1. Frijters Stien 845p Herentals 14/12/13

2. Keuppens Lenka 538p Herentals 16/11/13

3. De Vries Annemijn 477p Herentals 16/11/13

4. Koppert Elisabeth 449p Herentals 14/12/13

5. Embrechts Lotte 295p Herentals 16/11/13

## overwinningen benjamins

1. Keuppens Lenka 50m Herentals 16/11/13

2. De Vries Annemijn 50m Herentals 16/11/13

3. Keuppens Lenka 50m Herentals 14/12/13

4. Koppert Elisabeth 50m Herentals 14/12/13

5. Frijters Stien 50m Herentals 14/12/13

# INDOOR DAMES BENJAMINS

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Frijters Stien | 8"71 | '14 |  | 1 | Frijters Stien | 10"00 | '14 |  |
|  | 2 | van den Broek Truus | 8"82 | '10 |  | 2 | Keuppens Jinthe | 10"35 | '13 |  |
|  | 3 | Keuppens Jinthe | 8"84 | '13 |  | 3 | Borstlap Hanne | 10"64 | '09 |  |
|  | 4 | Lauwers Fé | 8"92 | '08 |  | 4 | van den Broek Truus | 10"71 | '11 |  |
|  | 5 | Borstlap Hanne | 9"09 | '08 |  | 5 | Discart Kyra | 10"77 | '10 |  |
|  | 6 | Van Goubergen Anne-S. | 9"24 | '11 |  | 6 | Van Goubergen Anne-S. | 11"29 | '10 |  |
|  | 7 | Malfet Yana | 9"26 | '11 |  | 7 | Lenaerts Isabeau | 11"39 | '09 |  |
|  | 8 | Keuppens Lenka | 9"26 | '13 |  | 8 | Keuppens Lenka | 11"57 | '13 |  |
|  | 9 | De Meulder Joke | 9"33 | '11 |  |  |  |  |  |  |
|  | 10 | Discart Kyra | 9"41 | '09 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Frijters Stien | 3m04 | '14 |  | 3 | van den Broek Truus | 1m04 | '10 |  |
|  | 4 | Discart Kyra | 3m02 | '09 |  | 4 | Frijters Stien | 1m01 | '13 |  |
|  | 5 | Van Goubergen Anne-S. | 3m02 | '11 |  | 5 | Smeyers Lynn | 0m99 | '10 |  |
|  | 6 | Keuppens Jinthe | 3m00 | '13 |  | 6 | Van Goubergen Anne-S. | 0m95 | '10 |  |
|  | 7 | Borstlap Kaat | 2m90 | '12 |  | 7 | De Meulder Joke | 0m95 | '10 |  |
|  | 8 | Lauwers Fé | 2m78 | '09 |  | 8 | Borstlap Kaat | 0m95 | '11 |  |
|  | 9 | Keuppens Lenka | 2m72 | '14 |  | 9 | Lauwers Fé | 0m90 | '08 |  |
|  | 10 | De Meulder Joke | 2m71 | '11 |  | 10 | De Maesschalck Amber | 0m85 | '08 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 1kg | | | |  | 3-Kamp | | | |  |
|  | 1 | Lauwers Fé | 6m97 | '08 |  | 1 | van den Broek Truus | 889p | '10 |  |
|  | 2 | van den Broek Truus | 6m95 | '11 |  | 2 | Frijters Stien | 845p | '13 |  |
|  | 3 | Borstlap Kaat | 6m59 | '11 |  | 3 | Lauwers Fé | 823p | '08 |  |
|  | 4 | Borstlap Hanne | 6m20 | '09 |  | 4 | Borstlap Hanne | 795p | '08 |  |
|  | 5 | Discart Kyra | 6m19 | '10 |  | 5 | Keuppens Jinthe | 793p | '12 |  |
|  | 6 | Smeyers Lynn | 6m05 | '09 |  | 6 | Van Goubergen Anne-S. | 683p | '10 |  |
|  | 7 | De Meulder Joke | 5m90 | '11 |  | 7 | Discart Kyra | 643p | '09 |  |
|  | 8 | Van Goubergen Anne-S. | 5m82 | '11 |  | 8 | Smeyers Lynn | 622p | '09 |  |
|  | 9 | Keuppens Jinthe | 5m81 | '12 |  | 9 | Borstlap Kaat | 613p | '11 |  |
|  | 10 | Koppert Elisabeth | 5m68 | '14 |  | 10 | De Meulder Joke | 579p | '10 |  |

## CLUBRECORDS BENJAMINS

**50 meter Atac** Frijters Stien 8"71 Herentals 22/02/14

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

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

**60 meter** **Atac** Frijters Stien 10"00 Hoboken 12/01/14

**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

# INDOOR DAMES BENJAMINS

**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. Alessie Floor 9"79 Herentals 22/02/14

2. Keuppens Jinthe 11"49 Herentals 22/02/14

3. Lenaerts Robine 11"53 Herentals 22/02/14

4. Vosters Kaat 11"75 Herentals 22/02/14

5. Koppert Emma-Louise 12"49 Herentals 22/02/14

6. Holleman Laurie 14"62 Herentals 22/02/14

**60 m Horden El** 1. Alessie Floor 11"42 Hoboken 09/03/14

2. Vosters Kaat 13"30 Hoboken 01/12/13

**50 meter El** 1. Alessie Floor 8"54 Herentals 14/12/13

2. Keuppens Jinthe 8"73 Herentals 16/11/13

3. Vosters Kaat 8"87 Herentals 16/11/13

4. Lenaerts Robine 8"91 Herentals 16/11/13

5. Tan Noa 8"94 Herentals 16/11/13

6. Borstlap Kaat 9"39 Herentals 14/12/13

7. Koppert Emma-Louise 9"43 Herentals 14/12/13

**60 meter El** 1. Alessie Floor 9"45 Hoboken 02/02/14

2. Tan Noa 10"14 Gent 22/03/14

3. Vosters Kaat 10"49 Gent 28/12/13

**1000 meter El** 1. Tan Noa 3'56"75 Gent 22/03/14

**Ver** 1. Alessie Floor 3m92 Herentals 14/12/13

2. Borstlap Kaat 3m21 Herentals 14/12/13

3. Vosters Kaat 3m11 Gent 28/12/13

4. Keuppens Jinthe 2m93 Herentals 14/12/13

5. Koppert Emma-Louise 2m59 Herentals 14/12/13

**Hoog**  1. Alessie Floor 1m36 Herentals 22/02/14

2. Lenaerts Robine 1m05 Herentals 22/02/14

3. Vosters Kaat 1m05 Herentals 22/02/14

4. Tan Noa 1m04 Mol 11/01/14

5. Koppert Emma-Louise 1m00 Herentals 22/02/14

6. Keuppens Jinthe 0m95 Herentals 22/02/14

7. Holleman Laurie 0m80 Herentals 22/02/14

**Kogel 2kg**  1. Vosters Kaat 8m18 Hoboken 01/12/13

2. Alessie Floor 7m88 Hoboken 09/03/14

3. Borstlap Kaat 5m62 Herentals 14/12/13

4. Keuppens Jinthe 5m55 Herentals 22/02/14

# INDOOR DAMES pupillen

5. Lenaerts Robine 5m27 Herentals 22/02/14

6. Koppert Emma-Louise 4m50 Herentals 22/02/14

7. Tan Noa 4m23 Herentals 16/11/13

8. Holleman Laurie 4m02 Herentals 22/02/14

**3-Kamp** 1.Alessie Floor 1211p Herentals 16/11/13

2. Vosters Kaat 971p Herentals 16/11/13 3. Lenaerts Robine 734p Herentals 16/11/13

4. Keuppens Jinthe 719p Herentals 14/12/13

5. Borstlap Kaat 695p Herentals 14/12/13

6. Tan Noa 520p Herentals 16/11/13

7. Koppert Emma-Louise 473p Herentals 14/12/13

**5-Kamp** 1. Alessie Floor 2171p Hoboken 02/02/14

## overwinningen pupillen

1. Alessie Floor 50m Herentals 16/11/13

2. Alessie Floor Hoog Herentals 16/11/13

3. Alessie Floor 3-Kamp Herentals 16/11/13

4. Vosters Kaat Kogel Herentals 16/11/13

5. Keuppens Jinthe 50m Herentals 16/11/13

6. Alessie Floor 60mH Hoboken 01/12/13

7. Alessie Floor 60m Hoboken 01/12/13

8. Vosters Kaat 60mH Hoboken 01/12/13

9. Alessie Floor Ver Herentals 14/12/13

10. Alessie Floor Kogel Herentals 14/12/13

11. Alessie Floor 3-Kamp Herentals 14/12/13

12. Keuppens Jinthe 50m Herentals 14/12/13

13. Alessie Floor 60m Hoboken 02/02/14

14. Alessie Floor Hoog Herentals 22/02/14

15. Vosters Kaat Kogel Herentals 22/02/14

16. Keuppens Jinthe 50mH Herentals 22/02/14

17. Alessie Floor 60mH Hoboken 09/03/14

## 10 BESTE PRESTATIES pupillen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | 60 meter Horden El | | | |  |
|  | 1 | Alessie Floor | 9"79 | '14 |  | 1 | Alessie Floor | 11"42 | '14 |  |
|  | 2 | Van Goubergen Anne-S. | 10"77 | '13 |  | 2 | van den Broek Truus | 12"50 | '13 |  |
|  | 3 | van den Broek Truus | 11"12 | '13 |  | 3 | Hillen Amber | 12"78 | '13 |  |
|  | 4 | Lenaerts Isabeau | 11"27 | '11 |  | 4 | Van Goubergen Anne-S. | 12"87 | '13 |  |
|  | 5 | Smeyers Lynn | 11"33 | '11 |  | 5 | Vosters Kaat | 13"30 | '13 |  |
|  | 6 | Keuppens Jinthe | 11"49 | '14 |  | 6 | De Meulder Joke | 13"77 | '13 |  |
|  | 7 | Lenaerts Robine | 11"53 | '14 |  | 7 | Borstlap Kaat | 14"65 | '13 |  |
|  | 8 | Vosters Kaat | 11"67 | '13 |  | 8 | Borstlap Hanne | 14"80 | '09 |  |
|  | 9 | Vanmechelen Hannah | 11"76 | '11 |  | 9 | De Maesschalck Amber | 14"96 | '10 |  |
|  | 10 | Borstlap Kaat | 12"06 | '13 |  |  |  |  |  |  |

# INDOOR DAMES pupillen

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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 | Alessie Floor | 9"45 | '14 |  |
|  | 3 | Alessie Floor | 8"54 | '13 |  | 3 | De Meulder Joke | 9"74 | '13 |  |
|  | 4 | van den Broek Truus | 8"56 | '11 |  | 4 | Tan Noa | 10"14 | '14 |  |
|  | 5 | Lauwers Fé | 8"69 | '09 |  | 5 | Hillen Amber | 10"27 | '13 |  |
|  | 6 | Keuppens Jinthe | 8"73 | '13 |  | 6 | Borstlap Hanne | 10"39 | '09 |  |
|  | 7 | Peeters Silke | 8"76 | '09 |  | 7 | Vosters Kaat | 10"47 | '13 |  |
|  | 8 | Hillen Amber | 8"80 | '11 |  | 8 | Lenaerts Lorane | 10"62 | '08 |  |
|  | 9 | Woestenborghs Julie | 8"83 | '08 |  | 9 | Borstlap Kaat | 10"94 | '13 |  |
|  | 10 | Lenaerts Lorane | 8"86 | '09 |  | 10 | De Maesschalck Amber | 11"35 | '10 |  |

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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 | Tan Noa | 3'56"75 | '14 |  |  |  |  |  |  |
|  | 4 | Borstlap Kaat | 4'12"37 | '13 |  |  |  |  |  |  |
|  | 5 | Vosters Kaat | 4'26"81 | '13 |  |  |  |  |  |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Alessie Floor | 3m92 | '14 |  | 1 | van den Broek Truus | 1m36 | '13 |  |
|  | 2 | van den Broek Truus | 3m60 | '13 |  | 2 | Alessie Floor | 1m36 | '14 |  |
|  | 3 | Van Goubergen Anne-S. | 3m54 | '12 |  | 3 | Hillen Amber | 1m20 | '13 |  |
|  | 4 | Woestenborghs Julie | 3m23 | '09 |  | 4 | Borstlap Hanne | 1m15 | '09 |  |
|  | 5 | Borstlap Hanne | 3m23 | '09 |  | 5 | Woestenborghs Julie | 1m13 | '09 |  |
|  | 6 | Borstlap Kaat | 3m21 | '13 |  | 6 | Peeters Silke | 1m10 | '10 |  |
|  | 7 | Lenaerts Lorane | 3m20 | '09 |  | 7 | Borstlap Kaat | 1m10 | '13 |  |
|  | 8 | Vosters Kaat | 3m20 | '13 |  | 8 | De Letter Jana | 1m05 | '11 |  |
|  | 9 | Lenaerts Isabeau | 3m14 | '11 |  | 9 | Smeyers Lynn | 1m05 | '11 |  |
|  | 10 | Vanmechelen Hannah | 3m08 | '10 |  | 10 | Van Goubergen Anne-S. | 1m05 | '11 |  |

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|  | **Kogel 2kg** | | | |  | **3-Kamp** | | | |  |
|  | 1 | Vosters Kaat | 8m18 | '13 |  | 1 | Alessie Floor | 1211p | '13 |  |
|  | 2 | Alessie Floor | 7m88 | '14 |  | 2 | Smeyers Lynn | 1030p | '11 |  |
|  | 3 | van den Broek Truus | 7m17 | '13 |  | 3 | Vosters Kaat | 971p | '13 |  |
|  | 4 | Smeyers Lynn | 6m96 | '11 |  | 4 | van den Broek Truus | 946p | '11 |  |
|  | 5 | Hillen Amber | 6m22 | '13 |  | 5 | Woestenborghs Julie | 921p | '09 |  |
|  | 6 | Van Goubergen Anne-S. | 6m10 | '13 |  | 6 | Hillen Amber | 875p | '11 |  |
|  | 7 | Lenaerts Isabeau | 6m03 | '12 |  | 7 | Lauwers Fé | 839p | '09 |  |
|  | 8 | De Meulder Joke | 5m85 | '13 |  | 8 | Vanmechelen Hannah | 834p | '10 |  |
|  | 9 | Woestenborghs Julie | 5m77 | '10 |  | 9 | Van Goubergen Anne-S. | 832p | '11 |  |
|  | 10 | Borstlap Kaat | 5m76 | '13 |  | 10 | Lenaerts Isabeau | 807p | '11 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **4-Kamp** | | | |  | 5-Kamp | | | |  |
|  | 1 | Borstlap Kaat | 873p | '13 |  | 1 | Alessie Floor | 2171p | '14 |  |

## CLUBRECORDS PUPILLEN

**50 m Horden Atac** Alessie Floor 9"79 Herentals 22/02/14

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

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

**60 m Horden** **Atac** Alessie Floor 11"42 Hoboken 09/03/14

**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

# INDOOR DAMES pupillen

**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

Alessie Floor 9"45 ev Hoboken 02/02/14

**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** Alessie Floor 3m92 Herentals 14/12/13

**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

Alessie Floor 1m36 ev Herentals 22/02/14 **Avos** Caers Shana 1m31 Hoboken 29/12/02

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

**Kogel 2kg** **Atac** Vosters Kaat 8m18 Hoboken 01/12/13

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

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

**3-Kamp** **Atac** Alessie Floor 1211p Herentals 16/11/13 **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

**5-Kamp** **Atac** Alessie Floor 2171p Hoboken 02/02/14

**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** 1. van den Broek Truus 9"8 Herentals 22/02/14

2. Discart Kyra 10"6 Herentals 22/02/14

**50 meter H El** 1. Smeyers Lynn 9"81 Herentals 22/02/14

**60 meter H El** 1. van den Broek Truus 11"77 Hoboken 12/01/14

**50 meter El** 1. Smeyers Lynn 7"98 Herentals 16/11/13

2. Lenaerts Isabeau 8"24 Herentals 16/11/13

3. van den Broek Truus 8"25 Herentals 14/12/13

4. Van Goubergen Anne-Sophie 8"41 Herentals 16/11/13

5. Discart Kyra 8"43 Herentals 16/11/13

6. De Meulder Joke 8"43 Herentals 14/12/13

7. Engelen Sara 8"59 Herentals 16/11/13

**60 meter El** 1. De Meulder Joke 9"55 Hoboken 12/01/14

**800 meter El** 1. Engelen Sara 2'51"36 Gent 29/01/14

# INDOOR DAMES MINIEMEn

**Ver**  1. van den Broek Truus 4m11 Herentals 22/02/14

2. Lenaerts Isabeau 3m84 Herentals 22/02/14

3. Van Goubergen Anne-Sophie 3m78 Herentals 14/12/13

4. Smeyers Lynn 3m65 Herentals 22/02/14

5. Engelen Sara 3m50 Gent 29/01/14

6. Discart Kyra 3m26 Herentals 22/02/14

7. De Meulder Joke 3m20 Herentals 14/12/13

**Hoog** 1. van den Broek Truus 1m34 Herentals 14/12/13

2. Smeyers Lynn 1m28 Herentals 22/02/14

3. Van Goubergen Anne-Sophie 1m20 Herentals 14/12/13

4. Discart Kyra 1m20 Herentals 22/02/14

5. Lenaerts Isabeau 1m08 Herentals 16/11/13

6. Engelen Sara 1m05 Herentals 16/11/13

7. De Meulder Joke 1m05 Herentals 14/12/13

**Kogel 2kg** 1. Smeyers Lynn 9m85 Herentals 16/11/13

2. van den Broek Truus 7m69 Herentals 22/02/14

3. Lenaerts Isabeau 7m01 Herentals 22/02/14

4. Van Goubergen Anne-Sophie 6m45 Herentals 14/12/13

5. De Meulder Joke 6m32 Herentals 14/12/13

6. Discart Kyra 6m24 Herentals 22/02/14

7. Engelen Sara 5m55 Herentals 16/11/13

**4-Kamp** 1. Smeyers Lynn 1797p Herentals 16/11/13

2. van den Broek Truus 1678p Herentals 14/12/13

3. Van Goubergen Anne-Sophie 1429p Herentals 14/12/13

4. Lenaerts Isabeau 1303p Herentals 16/11/13

5. Discart Kyra 1241p Herentals 16/11/13

6. De Meulder Joke 1196p Herentals 14/12/14

7. Engelen Sara 1082p Herentals 16/11/13

## overwinningen miniemen

1. Lenaerts Isabeau 50m Herentals 16/11/13 2. Smeyers Lynn 50m Herentals 16/11/13

3. Smeyers Lynn 50m Herentals 14/12/13

4. Smeyers Lynn 50mH Herentals 22/02/14

5. van den Broek Truus 50mH Herentals 22/02/14

## 10 BESTE PRESTATIES miniemen

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **50 meter Horden El** | | | |  | **50 meter Horden** | | | |  |
|  | 1 | Peeters Silke | 9"56 | '12 |  | 1 | van den Broek Truus | 9"8 | '14 |  |
|  | 2 | Lenaerts Sofie | 9"63 | '13 |  | 2 | Discart Kyra | 10"6 | '14 |  |
|  | 3 | Smeyers Lynn | 9"81 | '14 |  |  |  |  |  |  |
|  | 4 | Borstlap Hanne | 9"88 | '12 |  |  |  |  |  |  |
|  | 5 | Lenaerts Lorane | 10"48 | '12 |  |  |  |  |  |  |
|  | 6 | Lenaerts Isabeau | 10"80 | '13 |  |  |  |  |  |  |
|  | 7 | Vanmechelen Hannah | 10"88 | '13 |  |  |  |  |  |  |
|  | 8 | Brosens Stefanie | 10"96 | '09 |  |  |  |  |  |  |
|  | 9 | Discart Kyra | 11"43 | '13 |  |  |  |  |  |  |
|  | 10 | Engelen Sara | 11"60 | '13 |  |  |  |  |  |  |

# INDOOR DAMES MINIEMEn

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|  | **60 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Lenaerts Sofie | 11"06 | '13 |  |  |  |  |  |  |
|  | 2 | van den Broek Truus | 11"77 | '14 |  |  |  |  |  |  |
|  | 3 | Engelen Sara | 13"38 | '13 |  |  |  |  |  |  |

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|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Smeyers Lynn | 7"98 | '13 |  | 1 | Lenaerts Sofie | 9"01 | '13 |  |
|  | 2 | Brosens Stefanie | 8"06 | '09 |  | 2 | De Meulder Joke | 9"55 | '14 |  |
|  | 3 | Lenaerts Sofie | 8"10 | '11 |  | 3 | Lenaerts Isabeau | 9"91 | '13 |  |
|  | 4 | Vanmechelen Hannah | 8"18 | '12 |  | 4 | Engelen Sara | 9"94 | '13 |  |
|  | 5 | Lenaerts Isabeau | 8"24 | '13 |  |  |  |  |  |  |
|  | 6 | van den Broek Truus | 8"25 | '13 |  |  |  |  |  |  |
|  | 7 | Lenaerts Lorane | 8"39 | '11 |  |  |  |  |  |  |
|  | 8 | Van Goubergen Anne-S. | 8"41 | '13 |  |  |  |  |  |  |
|  | 9 | Discart Kyra | 8"43 | '13 |  |  |  |  |  |  |
|  | 10 | De Meulder Joke | 8"43 | '13 |  |  |  |  |  |  |

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|  | **150 meter El** | | | |  | **800 meter El** | | | |  |
|  | 1 | Lenaerts Sofie | 22"59 | '13 |  | 1 | Engelen Sara | 2'51"36 | '14 |  |

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|  | **1000 meter El** | | | |  |  | | | |  |
|  | 1 | Lenaerts Isabeau | 3'35"14 | '13 |  |  |  |  |  |  |
|  | 2 | Engelen Sara | 3'48"23 | '13 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | van den Broek Truus | 4m11 | '14 |  | 1 | Brosens Stefanie | 1m44 | '10 |  |
|  | 2 | Lenaerts Sofie | 3m95 | '11 |  | 2 | Lenaerts Sofie | 1m37 | '13 |  |
|  | 3 | Lenaerts Isabeau | 3m84 | '14 |  | 3 | van den Broek Truus | 1m34 | '13 |  |
|  | 4 | Brosens Stefanie | 3m82 | '09 |  | 4 | Borstlap Hanne | 1m33 | '12 |  |
|  | 5 | Peeters Silke | 3m80 | '11 |  | 5 | Peeters Silke | 1m28 | '11 |  |
|  | 6 | Van Goubergen Anne-S. | 3m78 | '13 |  | 6 | Smeyers Lynn | 1m28 | '14 |  |
|  | 7 | Borstlap Hanne | 3m70 | '11 |  | 7 | Lenaerts Lorane | 1m25 | '12 |  |
|  | 8 | Smeyers Lynn | 3m65 | '14 |  | 8 | Van Goubergen Anne-S. | 1m20 | '13 |  |
|  | 9 | Engelen Sara | 3m50 | '14 |  | 9 | Discart Kyra | 1m20 | '14 |  |
|  | 10 | Lenaerts Lorane | 3m45 | '11 |  | 10 | De Letter Jana | 1m16 | '13 |  |

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|  | Kogel 2kg | | | |  | **4-Kamp** | | | |  |
|  | 1 | Smeyers Lynn | 9m85 | '13 |  | 1 | Brosens Stefanie | 1915p | '09 |  |
|  | 2 | Brosens Stefanie | 9m30 | '10 |  | 2 | Smeyers Lynn | 1797p | '13 |  |
|  | 3 | Vanmechelen Hannah | 8m09 | '13 |  | 3 | van den Broek Truus | 1678p | '13 |  |
|  | 4 | van den Broek Truus | 7m69 | '14 |  | 4 | Peeters Silke | 1561p | '11 |  |
|  | 5 | Peeters Silke | 7m67 | '12 |  | 5 | Lenaerts Sofie | 1515p | '11 |  |
|  | 6 | De Letter Jana | 7m62 | '13 |  | 6 | Vanmechelen Hannah | 1472p | '12 |  |
|  | 7 | Quirijnen Dien | 7m36 | '11 |  | 7 | Van Goubergen Anne-S. | 1429p | '13 |  |
|  | 8 | Lenaerts Lorane | 7m06 | '11 |  | 8 | Lenaerts Lorane | 1419p | '11 |  |
|  | 9 | Lenaerts Isabeau | 7m01 | '14 |  | 9 | Borstlap Hanne | 1383p | '11 |  |
|  | 10 | Lenaerts Sofie | 6m55 | '13 |  | 10 | Lenaerts Isabeau | 1303p | '13 |  |

## 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

# INDOOR DAMES MINIEMEn

**50 meter**  **Atac** Smeyers Lynn 7"98 Herentals 16/11/13 **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

**800 meter Atac** Engelen Sara 2'51"36 Gent 29/01/14

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

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

**Ver** **Atac** van den Broek Truus 4m11 Herentals 22/02/14

**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** Smeyers Lynn 9m85 Herentals 16/11/13

**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 El** 1. Vanmechelen Hannah 9"18 Gent 26/12/13

**200 meter El** 1. Lenaerts Sofie 29"67 Gent 05/01/14

2. Vanmechelen Hannah 31"47 Gent 26/12/13

**800 meter El** 1. Speelman-rooms Femke 2'49"63 Gent 05/01/14

**Ver**  1. Quirijnen Dien 4m53 Gent 05/01/14

**Hoog** 1. Lenaerts Sofie 1m29 Mol 11/01/14

2. Vanmechelen Hannah 1m24 Mol 11/01/14

3. Quirijnen Dien 1m15 Gent 05/01/14

**Polsstok** 1. Lenaerts Sofie 2m00 Mol 11/01/14

# INDOOR DAMES cadetten

**Kogel 3 kg** 1. Lenaerts Sofie 7m51 Mol 11/01/14

2. Vanmechelen Hannah 6m99 Gent 26/12/13

## 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 | Vanmechelen Hannah | 9"18 | '13 |  |
|  |  |  |  |  |  | 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 | Lenaerts Sofie | 29"67 | '14 |  |  |  |  |  |  |
|  | 5 | Vanderhaeghen Janne | 31"14 | '09 |  |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 31"22 | '08 |  |  |  |  |  |  |
|  | 7 | Vanmechelen Hannah | 31"47 | '13 |  |  |  |  |  |  |
|  | 8 | 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 | Quirijnen Dien | 4m53 | '14 |  |
|  |  |  |  |  |  | 3 | Lambregts Ylen | 4m44 | '09 |  |
|  |  |  |  |  |  | 4 | Van Eekert Siel | 4m39 | '09 |  |
|  |  |  |  |  |  | 5 | Brosens Stefanie | 4m28 | '12 |  |
|  |  |  |  |  |  | 6 | Janssen Steffi | 3m59 | '09 |  |

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|  | Hoog | | | |  | Polsstok | | | |  |
|  | 1 | Hooyberghs Elien | 1m60 | '09 |  | 1 | Peeters Silke | 2m00 | '12 |  |
|  | 2 | Brosens Stefanie | 1m54 | '12 |  | 2 | Lenaerts Sofie | 2m00 | '14 |  |
|  | 3 | Van Eekert Siel | 1m53 | '09 |  | 3 | Janssen Steffi | 1m72 | '10 |  |
|  | 4 | Lambregts Ylen | 1m45 | '08 |  |  |  |  |  |  |
|  | 5 | Ameye Astrid | 1m35 | '10 |  |  |  |  |  |  |
|  | 6 | Peeters Silke | 1m35 | '12 |  |  |  |  |  |  |
|  | 7 | Druyts Lies | 1m30 | '10 |  |  |  |  |  |  |
|  | 8 | Lenaerts Sofie | 1m29 | '14 |  |  |  |  |  |  |
|  | 9 | Marsboom Caroline | 1m25 | '10 |  |  |  |  |  |  |
|  | 10 | Vanmechelen Hannah | 1m24 | '14 |  |  |  |  |  |  |

# INDOOR DAMES cadetten

|  |  |  |  |  |  |  |  |  |  |  |
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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 | Lenaerts Sofie | 7m51 | '14 |  |  |  |  |  |  |
|  | 6 | Peeters Silke | 7m47 | '12 |  |  |  |  |  |  |
|  | 7 | Vanmechelen Hannah | 6m99 | '13 |  |  |  |  |  |  |
|  | 8 | Ameye Astrid | 6m48 | '10 |  |  |  |  |  |  |
|  | 9 | Druyts Lies | 6m33 | '10 |  |  |  |  |  |  |
|  | 10 | Marsboom Caroline | 6m19 | '10 |  |  |  |  |  |  |

## 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

**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

Lenaerts Sofie 2m00 ev Mol 11/01/14

**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

# INDOOR DAMES CADETTEN

**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"02 Gent 02/03/14

**60 meter El** 1. Brosens Stefanie 8"33 Gent 26/12/13

**800 meter El** 1. Brosens Stefanie 2'27"82 Gent 02/02/14

2. Aerts Paulien 2'29"36 Gent 29/01/14

**Ver** 1. Brosens Stefanie 5m02 Gent 02/02/14

**Hoog** 1. Brosens Stefanie 1m61 Gent 05/01/14

**Kogel 3 kg** 1. Brosens Stefanie 12m29 Gent 02/02/14

**5-Kamp** 1. Brosens Stefanie 3542p Gent 02/02/14

## overwinningen scholieren

1. Brosens Stefanie 60m Gent 26/12/13

2. Brosens Stefanie Hoog Gent 05/01/14 3. Brosens Stefanie Kogel Gent 02/02/14

## 10 BESTE PRESTATIES scholieren

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter Horden El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 9"02 | '14 |  | 1 | Brosens Stefanie | 8"33 | '13 |  |
|  | 2 | Hooyberghs Elien | 9"35 | '11 |  | 2 | Caers Shana | 8"48 | '08 |  |
|  | 3 | Verrydt Nathalie | 9"52 | '09 |  | 3 | Cuynen Nele | 8"61 | '10 |  |
|  | 4 | Caers Shana | 9"75 | '08 |  | 4 | Verrydt Nathalie | 8"67 | '09 |  |
|  | 5 | Van Eekert Siel | 10"31 | '10 |  | 5 | Toelen Daphne | 8"86 | '09 |  |
|  | 6 | Lambregts Ylen | 10"97 | '10 |  | 6 | Lambregts Ylen | 9"00 | '10 |  |

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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 |  |  |  |  |  |  |

# INDOOR DAMES SCHOLIEREN

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **800 meter El** | | | |  |  |  |  |  |  |
|  | 1 | Brosens Stefanie | 2'27"82 | '14 |  |  |  |  |  |  |
|  | 2 | Aerts Paulien | 2'29"36 | '14 |  |  |  |  |  |  |
|  | 3 | Hooyberghs Elien | 2'36"94 | '11 |  |  |  |  |  |  |
|  | 4 | 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 | Brosens Stefanie | 5m02 | '14 |  |  |  |  |  |  |
|  | 4 | Van Eekert Siel | 4m32 | '10 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 4m31 | '10 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Hoog | | | |  | Polsstok | | | |  |
|  | 1 | Brosens Stefanie | 1m61 | '14 |  | 1 | Janssen Steffi | 2m20 | '12 |  |
|  | 2 | Caers Shana | 1m59 | '09 |  |  |  |  |  |  |
|  | 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 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 3 kg | | | |  | Kogel 4 kg | | | |  |
|  | 1 | Brosens Stefanie | 12m29 | '14 |  | 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 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 5-Kamp | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 3542p | '14 |  |  |  |  |  |  |
|  | 2 | Hooyberghs Elien | 3275p | '11 |  |  |  |  |  |  |
|  | 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** Brosens Stefanie 9"02 Gent 02/03/14

**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

**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** Brosens Stefanie 8"33 Gent 26/12/13

**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

# INDOOR DAMES SCHOLIEREN

**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** Brosens Stefanie 2'27"82 Gent 02/02/14 **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** Brosens Stefanie 1m61 Gent 05/01/14

**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 12m29 Gent 02/02/14

**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** Brosens Stefanie 3542p Gent 02/02/14

**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

**Kogel 4 kg**  1. Janssen Steffi 6m64 Mol 11/01/14

## 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 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  |  |  |  |  |  |

# INDOOR DAMES JUNIORES

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  | 3 | Janssen Steffi | 6m64 | '14 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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

**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

**60 meter H El** 1. Lambregts Ylen 12"51 Gent 26/12/13

**400 meter El** 1. De Vlieger Charlotte 63"83 Gent 05/01/14

**800 meter El** 1. De Vlieger Charlotte 2'29"93 Gent 01/03/14

# INDOOR DAMES SENIORES

**Ver** 1. Lambregts Ylen 4m34 Gent 26/12/13

**Hoog** 1. Lambregts Ylen 1m34 Mol 11/01/14

**Kogel 4kg**  1. Lambregts Ylen 7m66 Mol 11/01/14

2. Lambregts Ymke 6m55 Gent 26/12/13

## 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 |  |
|  |  |  |  |  |  | 3 | Lambregts Ymen | 12"51 | '13 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter El** | | | |  | **800 meter El** | | | |  |
|  | 1 | De Vlieger Charlotte | 63"83 | '14 |  | 1 | De Vlieger Charlotte | 2'29"93 | '14 |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Ver** | | | |
|  | 1 | Lambregts Ylen | 4m34 | '13 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Kogel 4kg** | | | |  |
|  | 1 | Maes Marjan | 1m61 | '10 |  | 1 | Lambregts Ylen | 7m66 | '14 |  |
|  | 2 | Maes Kathleen | 1m35 | '10 |  | 2 | Maes Marjan | 7m33 | '11 |  |
|  | 3 | Brosens Evelien | 1m35 | '12 |  | 3 | Lambregts Ymke | 7m02 | '12 |  |
|  | 4 | Lambregts Ylen | 1m34 | '14 |  | 4 | 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

**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 Atac** De Vlieger Charlotte 63"83 Gent 05/01/14

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

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

**800 meter** **Atac** De Vlieger Charlotte 2'29"93 Gent 01/03/14

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

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

# INDOOR DAMES SENIORES

**Ver** **Atac** Lambregts Ylen 4m34 Gent 26/12/13

**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** Lambregts Ylen 7m66 Mol 11/01/14

**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

# INDOOR DAMES MASTERS-W45

**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

## hulst 02/11/13

CADETTEN **Speelman-rooms Femke 1/10**

Lenaerts Lorane 4/10

SCHOLIEREN **De Vlieger Lize 1/7**

Aerts Paulien 2/7

JUNIORES Van Eyck Sofie 9/19

SENIORES Claes Lotte (9480m) 3/5

De Vlieger Charlotte 11/19

## mol 03/11/13 cross-cup

BENJAMINS '06 Keuppens Lenka 6/61

Koppert Elisabeth 24/61

BENJAMINS '05 Van Den Brande Fee 38/48

PUPILLEN '04 Keuppens Jinthe 7/49

Koppert Emma-Louise 35/49

PUPILLEN '03 Tan Noa 15/38

MINIEMEN '02 van den Broek Truus 21/53

Van Goubergen Anne-Sophie 23/53

De Meulder Joke 49/53

MINIEMEN '01 Engelen Sara 15/45

Discart Kyra 29/45

Berckvens Anaïs 4/45

CADETTEN Vanmechelen Hannah 45/52

SENIORES Lauwers Shana 28/37

## DUFFEL 17/11/13

BENJAMINS '06 Koppert Elisabeth 16/49

PUPILLEN '04 Lenaerts Robine 21/37

Koppert Emma-Louise 29/37

PUPILLEN '03 Vosters Kaat 19/20

MINIEMEN '02 Van Goubergen Anne-Sophie 2/25

van den Broek Truus 11/25

MINIEMEN '01 Lenaerts Isabeau 2/23

Engelen Sara 5/23

Smeyers Lynn 23/23

CADETTEN **Speelman-rooms Femke 1/27**

Swannet Laura 6/27

Lenaerts Lorane 10/27

JUNIORES Van Eyck Sofie 8/10

SENIORES Lauwers Shana 2/16

MASTERS Dams Lou 13/21

## deinze 17/11/13

SCHOLIEREN De Vlieger Lize 2/36

## ARENDONK 24/11/13

BENJAMINS '06 Vertriest Elise 4/37

Janssen Lien 9/37

# VELDLOPEN DAMES 2

Koppert Elisabeth 16/37

BENJAMINS '05 Frijters Stien 3/19

De Vries Annemijn 13/19

PUPILLEN '04 Keuppens Jinthe 7/22

Lenaerts Robine 11/22

Koppert Emma-Louise 17/22

PUPILLEN '03 Tan Noa 10/22

Vosters Kaat 22/22

MINIEMEN '02 van den Broek Truus 5/20

De Meulder Joke 18/20

MINIEMEN '01 **Lenaerts Isabeau 1/21**

Engelen Sara 5/21

Berckvens Anaïs 20/21

Smeyers Lynn 21/21

CADETTEN Vanmechelen Hannah 10/16

Chody Khadja Mira 15/16

SCHOLIEREN Brosens Stefanie 10/13

JUNIORES Van Ammel Joyce 4/9

Janssen Steffi 7/9

SENIORES Maes Marjan 8/8

MASTERS Dams Lou 6/10

## bonheiden 24/11/13

CADETTEN Lenaerts Lorane 8/41

JUNIORES Van Eyck Sofie 5/7

## roeselare 24/11/13 cross-cup

SENIORES Lauwers Shana 17/22

## boechout 01/12/13

BENJAMINS '06 Embrechts Lotte 17/22

PUPILLEN '04 Keuppens Jinthe 3/28

Lenaerts Robine 22/28

PUPILLEN '03 Borstlap Kaat 6/21

MINIEMEN '02 Van Goubergen Anne-Sophie 5/24

MINIEMEN '01 Lenaerts Isabeau 2/29

Engelen Sara 10/29

CADETTEN Lenaerts Lorane 5/18

Vanmechelen Hannah 16/18

## stekene 08/12/13

SCHOLIEREN Aerts Paulisn 4/5

JUNIORES Van Eyck Sofie 6/7

SENIORES Claes Lotte 27/29

## booischot 15/12/13

BENJAMINS '06 Keuppens Lenka 2/56

PUPILLEN '04 Keuppens Jinthe 4/37

# VELDLOPEN DAMES 3

PUPILLEN '03 Borstlap Kaat 12/41

MINIEMEN '02 van den Broek Truus 8/34

SENIORES Lauwers Shana 6/24

## brussel 22/12/13 croos-cup

SCHOLIEREN De Vlieger Lize 17/54

## gierle 22/12/13

BENJAMINS '06 Willemsens Nore 15/61

Koppert Elisabeth 21/61

Embrechts Lotte 25/61

Roesbeke Fran 29/61

BENJAMINS '05 Frijters Stien 11/38

PUPILLEN '04 Keuppens Jinthe 2/32

Koppert Emma-Louise 27/32

PUPILLEN '03 Tan Noa 12/32

Vosters Kaat 32/32

MINIEMEN '02 Van Goubergen Anne-Sophie 3/30

van den Broek Truus 12/30

De Meulder Joke 26/30

MINIEMEN '01 **Lenaerts Isabeau 1/36**

Engelen Sara 6/36

Discart Kyra 17/36

CADETTEN Speelman-rooms Femke 2/26

Swannet Laura 3/26

Lenaerts Lorane 11/26

Vanmechelen Hannah 25/26

SCHOLIEREN Aerts Paulien 3/15

JUNIORES Van Eyck Sofie 5/7

Janssen Steffi 7/7

SENIORES Lauwers Shana 5/22

Maes Marjan 17/22

Claes Lotte 18/22

MASTERS Dams Lou 13/27

## tessenderlo 04/01/14

SENIORES Maes Marjan 14/20

MASTERS Dams Lou 18/26

## hamme 12/01/14

MINIEMEN '02 Van Goubergen Anne-Sophie 5/30\*

MINIEMEN '01 Lenaerts Isabeau 4/30\*

CADETTEN Lenaerts Lorane 7/30

SCHOLIEREN **De Vlieger Lize 1/12**

Aerts Paulien 4/12

JUNIORES Van Eyck Sofie 7/10

# VELDLOPEN DAMES 4

## HERENTALS 19/01/14

BENJAMINS '06 **Keuppens Lenka 1/79**

Embrechts Lotte 14/79

Willemsens Nore 30/79

PUPILLEN '04 Keuppens Jinthe 3/41

Holleman Laurie 25/41

PUPILLEN '03 Tan Noa 12/41

Van Der Borght Lena 26/41

Vosters Kaat 32/41

Bouyaghroumni Imane 40/41

MINIEMEN '02 Van Goubergen Anne-Sophie 5/29

van den Broek Truus 11/29

MINIEMEN '01 Lenaerts Isabeau 3/29

Engelen Sara 10/29

Discart Kyra 15/22

CADETTEN Swannet Laura 2/30

Vanmechelen Hannah 27/30

SENIORES Maes Marjan 17/26

## Bornem 19/01/14

CADETTEN Speelman-rooms Femke 3/40

Lenaerts Lorane 10/40

SCHOLIEREN **De Vlieger Lize 1/14**

Aerts Paulien 5/14

JUNIORES Van Eyck Sofie 5/12

## Ekeren 26/01/14

PUPILLEN '03 Tan Noa 10/28\*

MINIEMEN '01 Berckvens Anaïs 24/26\*

Smeyers Lynn 26/26\*

## hulshout 02/02/14 prov.kamp.

BENJAMINS '06 **Keuppens Lenka 1/54**

Koppert Elisabeth 32/54

PUPILLEN '04 Keuppens Jinthe 4/49

Lenaerts Robine 25/49

Koppert Emma-Louise 41/49

PUPILLEN '03 Tan Noa 14/40

MINIEMEN '02 Van Goubergen Anne-Sophie 2/32

van den Broek Truus 9/32

MINIEMEN '01 Lenaerts Isabeau 4/41

Engelen Sara 13/41

Berckvens Anaïs 40/41

CADETTEN Speelman-rooms Femke 2/45

Swannet Laura 11/45

Lenaerts Lorane 12/45

SCHOLIEREN De Vlieger Lize 3/28

Aerts Paulien 5/28

JUNIORES Van Eyck Sofie 6/9

# VELDLOPEN DAMES 5

SENIORES Maes Marjan (korte cross) 8/11

Claes Lotte 13/18

MASTERS Dams Lou 32/40

## Lier 09/02/14

BENJAMINS '06 Keuppens Lenka 2/33

Vertriest Elise 6/33

PUPILLEN '04 Keuppens Jinthe 6/29

Lenaerts Robine 19/29

PUPILLEN '03 Borstlap Kaat 9/28

Tan Noa 12/28

Van Der Borght Lena 19/28

MINIEMEN '02 Van Goubergen Anne-Sophie 3/24

van den Broek Truus 9/24

MINIEMEN '01 Lenaerts Isabeau 3/26

Engelen Sara 7/26

Discart Kyra 15/26

CADETTEN **Speelman-rooms Femke 1/16**

Lenaerts Lorane 4/16

SCHOLIEREN Aerts Paulien 4/8

JUNIORES Van Eyck Sofie 3/4

SENIORES Maes Marjan 6/20

## Lokeren 09/02/14

SCHOLIEREN **De Vlieger Lize 1/15**

## rotselaar 16/02/14 cross-cup & KVV

SCHOLIEREN De Vlieger Lize 4/58

MASTERS W50 Dams Lou 79/98

## Essen 23/02/14

MINIEMEN '02 Van Goubergen Anne-Sophie 6/15\*

MASTERS Dams Lou 11/17

## borsbeek 02/03/14

BENJAMINS '06 Keuppens Lenka 3/26

PUPILLEN '04 Keuppens Jinthe 2/21

PUPILLEN '03 Vosters Kaat 16/16

MINIEMEN '02 van den Broek Truus 3/14

MINIEMEN '01 Engelen Sara 2/15

Discart Kyra 9/15

JUNIORES Van Ammel Joyce 3/3

SENIORES Maes Marjan 11/15

## wachtebeke 09/03/14 Nat. Kamp.

MINIEMEN '02 Van Goubergen Anne-Sophie 44/106

van den Broek Truus 52/106

# VELDLOPEN DAMES 6

MINIEMEN '01 Lenaerts Isabeau 32/108

Engelen Sara 34/108

CADETTEN '99 Lenaerts Lorane 20/60

SCHOLIEREN '98 De Vlieger Lize 8/55

Aerts Paulien 22/55

JUNIORES Van Ammel Joyce 27/36

Van Eyck Sofie 33/36

\* komt niet in aanmerking voor het wintercriterium

# DAMES KLASSEMENT VELDLOOP

## BENJAMINS

1. Keuppens Lenka 5 4,51 punten

2. Koppert Elisabeth 5 41,78 punten

## PUPILLEN

1. Keuppens Jinthe 5 8,39 punten

2. Tan Noa 5 36,81 punten

3. Lenaerts Robine 5 60,37 punten

4. Koppert Emma-Louise 5 79,02 punten

5. Vosters Kaat 5 94,60 punten

## MINIEMEN

1. Lenaerts Isabeau 5 6,57 punten

2. Van Goubergen Anne-Sophie 5 10,79 punten

3. Engelen Sara 5 20,48 punten

4. van den Broek Truus 5 27,11 punten

## cadetten

1. Speelman-rooms Femke 5 5,91 punten

2. Lenaerts Lorane 5 23,90 punten

3. Vanmechelen Hannah 5 84,81 punten

## scholieren

1. De Vlieger Lize 5 6,91 punten

2. Aerts Paulien 5 27,09 punten

## juniores

1. Van Eyck Sofie 5 59,42 punten

## seniores

1. Lauwers Shana 5 42,63 punten

2. Maes Marjan 5 62,28 punten

## masters

1. Dams Lou 5 60,79 punten

# Ben/pup/min Dames eindklassement Winter

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Keuppens Lenka*** | | |  | ***2. Koppert Elisabeth*** | | |
| 5 crossen | 4,51 | 955p |  | 5 crossen | 41,78 | 583p |
| 50m | 9"26 | 284p |  | 50m | 9"96 | 156p |
| Ver | 2m72 | 93p |  | Ver | 2m35 | 39p\* |
| Hoog | 0m80 | 55p\* |  | Hoog | 0m80 | 55p |
| Kogel | 5m16 | 226p |  | Kogel | 5m68 | 260p |
| **Totaal** |  | **1558p** |  | **Totaal** |  | **1054p** |

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Keuppens Jinthe*** | | |  | ***2. Tan Noa*** | | |
| 5 crossen | 8,39 | 917p |  | 5 crossen | 36,81 | 632p |
| 50mH | 11"49 | 257p\* |  |  |  |  |
| 50m | 8"73 | 404p |  | 50m | 8"94 | 354p\* |
|  |  |  |  | 60m | 10"14 | 393p |
| Ver | 2m93 | 129p\* |  |  |  |  |
| Hoog | 0m95 | 156p |  | Hoog | 1m04 | 227p |
| Kogel | 5m55 | 251p |  | Kogel | 4m23 | 166p |
| **Totaal** |  | **1728P** |  | **Totaal** |  | **1418p** |

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| ***3. Lenaerts Robine*** | | |  | ***4. Vosters Kaat*** | | |
| 5 crossen | 60,37 | 397p |  | 5 crossen | 94,60 | 54p |
| 50mH | 11"53 | 251p\* |  | 50mH | 11"75 | 222p\* |
|  |  |  |  | 60mH | 13"30 | 271p\* |
| 50m | 8"91 | 361p |  | 50m | 8"87 | 370p |
|  |  |  |  | 60m | 10"49 | 323p\* |
|  |  |  |  | Ver | 3m11 | 162p\* |
| Hoog | 1m05 | 235p |  | Hoog | 1m05 | 235p |
| Kogel | 5m27 | 233p |  | Kogel | 8m18 | 426p |
| **Totaal** |  | **1226p** |  | **Totaal** |  | **1085p** |

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| ***5. Koppert Emma-Louise*** | | |  |  | | |
| 5 crossen | 79,02 | 210p |  |  |  |  |
| 50mH | 12"49 | 137p\* |  |  |  |  |
| 50m | 9"43 | 250p |  |  |  |  |
| Ver | 2m59 | 72p\* |  |  |  |  |
| Hoog | 1m00 | 194p |  |  |  |  |
| Kogel | 4m50 | 183p |  |  |  |  |
| **Totaal** |  | **837p** |  |  |  |  |

# Ben/pup/min Dames eindklassement Winter

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

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| --- | --- | --- | --- | --- | --- | --- |
| ***1. van den Broek Truus*** | | |  | ***2. Lenaerts Isabeau*** | | |
| 5 crossen | 27,11 | 729p |  | 5 crossen | 6,57 | 935p |
| 50mH | 9"8 | 489p\* |  |  |  |  |
| 60mH | 11"77 | 482p\* |  |  |  |  |
| 50m | 8"25 | 528p |  | 50m | 8"24 | 531p |
| Ver | 4m11 | 381p\* |  | Ver | 3m84 | 317p |
| Hoog | 1m34 | 506p |  | Hoog | 1m08 | 261p\* |
| Kogel | 7m69 | 393p |  | Kogel | 7m01 | 348p |
| **Totaal** |  | **2156p** |  | **Totaal** |  | **2131p** |

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| ***3. Van Goubergen Anne-Sophie*** | | |  | ***4. Engelen Sara*** | | |
| 5 crossen | 10,79 | 893p |  | 5 crossen | 20,48 | 796p |
| 50m | 8"41 | 485p |  | 50m | 8"59 | 438p |
| Ver | 3m78 | 303p\* |  | Ver | 3m50 | 241p |
| Hoog | 1m20 | 369p |  | Hoog | 1m05 | 235p\* |
| Kogel | 6m45 | 311p |  | Kogel | 5m55 | 251p |
| **Totaal** |  | **2058p** |  | **Totaal** |  | **1726p** |

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

# OUTDOOR DAMES BENJAMINS

## JAARPRESTATIEs benjamins

**40 meter**  1. Keuppens Lenka 7"3 Baarle-Nassau 29/03/14

2. Embrechts Lotte 8"0 Baarle-Nassau 29/03/14

3. Saidi Malak 8"4 Baarle-Nassau 29/03/14

**60 meter**  1. Keuppens Lenka 10"3 Vosselaar 30/08/14

2. Roesbeke Fran 10"6 Vosselaar 30/08/14

3. Saidi Malak 10"8 Vosselaar 30/08/14

4. Matheussen Laure 11"0 Herenthout 15/06/14

5. Koppert Elisabeth 11"2 Vosselaar 30/08/14

6. Embrechts Lotte 11"8 Lille 24/05/14

7. Wuyts Britt 11"8 Vosselaar 30/08/14

8. Segers Eveliene 12"1 Vosselaar 30/08/14

9. Koppert Liselotte 12"5 Geel 07/09/14

**60 meter El** 1. Roesbeke Fran 10"29 Turnhout 14/09/14

2. Keuppens Lenka 10"75 Turnhout 14/09/14

3. Saidi Malak 10"99 Turnhout 14/09/14

4. Koppert Elisabeth 11"31 Merksem 28/06/14

5. Wuyts Britt 11"42 Turnhout 14/09/14

6. Embrechts Lotte 11"72 Turnhout 18/05/14

7. Segers Eveliene 12"28 Turnhout 14/09/14

8. Koppert Liselotte 12"29 Turnhout 14/09/14

**600 meter** 1. Keuppens Lenka 2'16"1 Vosselaar 30/08/14

2. Saidi Malak 2'22"8 Vosselaar 30/08/14

3. Roesbeke Fran 2'33"6 Vosselaar 30/08/14

4. Koppert Elisabeth 2'38"1 Lille 24/05/14

5. Embrechts Lotte 2'40"0 Baarle-Nassau 29/03/14

6. Koppert Liselotte 2'59"9 Geel 07/09/14

7. Segers Eveliene 3'00"1 Vosselaar 30/08/14

**600 meter El** 1. Keuppens Lenka 2'10"62 Merksem 28/06/14

2. Saidi Malak 2'15"44 Turnhout 14/09/14

3. Roesbeke Fran 2'23"07 Turnhout 14/09/14

4. Koppert Elisabeth 2'34"66 Turnhout 14/09/14

5. Wuyts Britt 2'37"81 Turnhout 14/09/14

6. Segers Eveliene 2'44"62 Turnhout 14/09/14

7. Embrechts Lotte 2'45"09 Herentals 06/04/14

8. Koppert Liselotte 2'47"05 Turnhout 14/09/14

**Ver** 1. Roesbeke Fran 3m12 Turnhout 14/09/14

2. Keuppens Lenka 2m97 Vosselaar 30/08/14

3. Saidi Malak 2m89 Vosselaar 30/0814

4. Koppert Elisabeth 2m86 Turnhout 14/09/14

5. Wuyts Britt 2m69 Vosselaar 30/08/14

6. Embrechts Lotte 2m53 Turnhout 18/05/14

7. Koppert Liselotte 2m38 Turnhout 14/09/14

8. Segers Eveliene 2m25 Turnhout 14/09/14

**Hoog** 1. Koppert Elisabeth 0m95 Herenthout 15/06/14

2. Saidi Malak 0m90 Baarle-Nassau 29/03/14

# OUTDOOR DAMES BENJAMINS

3. Keuppens Lenka 0m88 Lille 24/05/14

4. Matheussen Laure 0m85 Herenthout 15/06/14

5. Embrechts Lotte 0m73 Lille 24/05/14

**Kogel 1kg** 1. Koppert Elisabeth 6m29 Merksem 28/06/14

2. Saidi Malak 5m48 Merksem 31/05/14

3. Keuppens Lenka 5m18 Vosselaar 30/08/14

4. Matheussen Laure 5m05 Herenthout 15/06/14

5. Embrechts Lotte 4m72 Herentals 06/04/14

6. Roesbeke Fran 3m88 Vosselaar 30/08/14

7. Koppert Liselotte 2m90 Vosselaar 30/08/14

8. Segers Eveliene 2m65 Vosselaar 30/08/14

**Hockeybal** 1. Wuyts Britt 14m01 Turnhout 14/09/14

2. Keuppens Lenka 13m88 Geel 07/09/14

3. Embrechts Lotte 12m43 Ttturnhout 18/05/14

4. Koppert Elisabeth 12m30 Herenthout 15/06/14

5. Saidi Malak 12m00 Turnhout 14/09/14

6. Roesbeke Fran 11m41 Turnhout 14/09/14

7. Matheussen Laure 9m48 Herenthout 15/06/14

8. Segers Eveliene 8m03 Turnhout 14/09/14

9. Koppert Liselotte 7m12 Turnhout 14/09/14

**4-Kamp** 1. Keuppens Lenka 862p Geel 07/09/14

2. Roesbeke Fran 840p Turnhout 14/09/14

3. Saidi Malak 763p Turnhout 14/09/14

4. Koppert Elisabeth 541p Lille 24/05/14

5. Wuyts Britt 431p Turnhout 14/09/14

6. Embrechts Lotte 372p Lille 24/05/14

7. Segers Eveliene 183p Turnhout 14/09/14

8. Koppert Liselotte 148p Turnhout 14/09/14

## Overwinningen Benjamins

1. Keuppens Lenka 40m Baarle-Nassau 29/03/14

2. Keuppens Lenka 600m Baarle-Nassau 29/03/14

3. Keuppens Lenka Ver Baarle-Nassau 29/03/14

4. Saidi Malak Hoog Baarle-Nassau 29/03/14

5. Keuppens Lenka 600m Herentals 06/04/14

6. Roesbeke Fran 60m Turnhout 18/05/14

7. Roesbeke Fran Ver Turnhout 18/05/14

8. Koppert Elisabeth 60m Herenthout 15/06/14

9. Keuppens Lenka 600m Vosselaar 30/08/14

10. Koppert Elisabeth Kogel Vosselaar 30/08/14

11. Saidi Malak 60m Vosselaar 30/08/14

12. Keuppens Lenka 600m Turnhout 14/09/14

13. Roesbeke Fran 60m Turnhout 14/09/14

# OUTDOOR DAMES BENJAMINS

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
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|  |  | | | |  | **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 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Roesbeke Fran | 10"29 | '14 |  | 5 | Van Goubergen Anne-S. | 10"2 | '11 |  |
|  | 6 | Van Goubergen Anne-S. | 10"31 | '11 |  | 6 | Keuppens Lenka | 10"3 | '14 |  |
|  | 7 | Keuppens Jinthe | 10"31 | '13 |  | 7 | Borstlap Hanne | 10"6 | '09 |  |
|  | 8 | Borstlap Hanne | 10"41 | '09 |  | 8 | Smeyers Lynn | 10"6 | '10 |  |
|  | 9 | Discart Kyra | 10"44 | '10 |  | 9 | Roesbeke Fran | 10"6 | '14 |  |
|  | 10 | De Meulder Joke | 10"72 | '11 |  | 10 | De Maesschalck Amber | 10"7 | '09 |  |

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|  |  | | | |  | **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 | Keuppens Lenka | 2'10"62 | '14 |  | 3 | Lenaerts Isabeau | 2'12"6 | '10 |  |
|  | 4 | van den Broek Truus | 2'11"90 | '11 |  | 4 | Keuppens Jinthe | 2'12"8 | '13 |  |
|  | 5 | Borstlap Hanne | 2'13"51 | '09 |  | 5 | Keuppens Lenka | 2'16"1 | '14 |  |
|  | 6 | Discart Kyra | 2'13"61 | '10 |  | 6 | De Maesschalck Amber | 2'18"7 | '09 |  |
|  | 7 | Van Goubergen Anne-S. | 2'14"91 | '10 |  | 7 | Discart Kyra | 2'18"7 | '10 |  |
|  | 8 | De Maesschalck Amber | 2'15"36 | '09 |  | 8 | Borstlap Kaat | 2'20"5 | '12 |  |
|  | 9 | Saidi Malak | 2'15"44 | '14 |  | 9 | Lauwers Fé | 2'20"6 | '09 |  |
|  | 10 | Borstlap Kaat | 2'19"18 | '12 |  | 10 | Vanmechelen Hannah | 2'22"7 | '09 |  |

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|  | **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 | Koppert Elisabeth | 0m95 | '14 |  |
|  | 9 | Vanmechelen Hannah | 3m13 | '09 |  | 9 | Smeyers Lynn | 0m90 | '10 |  |
|  | 10 | Roesbeke Fran | 3m12 | '14 |  | 10 | Saidi Malak | 0m90 | '14 |  |

# OUTDOOR DAMES BENJAMINS

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|  | 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 | Koppert Elisabeth | 6m29 | '14 |  | 10 | Malfet Yana | 18m70 | '11 |  |

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|  | **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 | Keuppens Lenka | 862p | '14 |  |  |  |  |  |  |

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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 |

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| **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. Alessie Floor 11"95 Lokeren 12/07/14

2. Vosters Kaat 13"34 Turnhout 18/05/14

3. Keuppens Jinthe 13"79 Turnhout 18/05/14

4. Lenaerts Robine 14"15 Merksem 31/05/14

5. Tan Noa 14"64 Turnhout 18/05/14

6. Borstlap Kaat 14"70 Turnhout 18/05/14

**60 meter**  1. Alessie Floor 9"3 Herenthout 15/06/14

2. Lenaerts Robine 9"7 Baarle-Nassau 29/03/14

3. Keuppens Jinthe 9"8 Baarle-Nassau 29/03/14

4. Tan Noa 9"9 Baarle-Nassau 29/03/14

5. Vosters Kaat 10"0 Baarle-Nassau 29/03/14

6. Borstlap Kaat 10"4 Vosselaar 30/08/14

7. Holleman Laurie 10"5 Vosselaar 30/08/14

8. Koppert Emma-Louise 10"7 Vosselaar 30/08/14

**60 meter El** 1. Alessie Floor 9"43 Mol 24/08/14

2. Lenaerts Robine 9"86 Turnhout 18/05/14

3. Keuppens Jinthe 10"07 Turnhout 18/05/14

4. Vosters Kaat 10"25 Turnhout 14/09/14

5. Tan Noa 10"31 Herentals 06/04/14

6. Koppert Emma-Louise 10"61 Merksem 28/06/14

7. Borstlap Kaat 10"79 Turnhout 18/05/14

8. Bouyaghroumni Imane 10"84 Merksem 31/05/14

**600 meter**  1. Keuppens Jinthe 2'08"0 Baarle-Nassau 29/03/14

2. Tan Noa 2'15"0 Baarle-Nassau 29/03/14

3. Vosters Kaat 2'30"0 Baarle-Nassau 29/03/14

**1000 meter** 1. Alessie Floor 3'44"6 Lille 24/05/14

2. Keuppens Jinthe 3'48"8 Geel 07/09/14

3. Borstlap Kaat 3'53"8 Vosselaar 30/08/14

4. Lenaerts Robine 3'54"8 Geel 07/09/14

5. Tan Noa 4'00"6 Lille 24/05/14

6. Koppert Emma-Louise 4'11"2 Geel 07/09/14

# OUTDOOR DAMES PUPILLEN

7. Holleman Laurie 4'19"9 Vosselaar 30/08/14  
 8. Vosters Kaat 4'24"3 Lille 24/05/14

9. Verwaest Olivia 4'34"5 Vosselaar 30/08/14

**1000 meter El** 1. Alessie Floor 3'33"35 Lier 09/06/14

2. Keuppens Jinthe 3'42"48 Merksem 28/06/14

3. Lenaerts Robine 4'03"57 Turnhout 14/09/14

4. Tan Noa 4'09"97 Herentals 06/04/14

5. Koppert Emma-Louise 4'12"07 Turnhout 14/09/14

6. Vosters Kaat 4'22"30 Turnhout 14/09/14

**Ver** 1. Alessie Floor 4m00 Turnhout 14/09/14

2. Vosters Kaat 3m48 Baarle-Nassau 29/03/14

3. Borstlap Kaat 3m44 Turnhout 14/09/14

4. Lenaerts Robine 3m40 Merksem 31/05/14

5. Tan Noa 3m34 Baarle-Nassau 29/03/14

6. Keuppens Jinthe 3m23 Baarle-Nassau 29/03/14

7. Koppert Emma-Louise 3m11 Turnhout 14/09/14

8. Bouyaghroumni Imane 2m87 Merksem 31/05/14

**Hoog** 1. Alessie Floor 1m45 Turnhout 18/05/14

2. Borstlap Kaat 1m27 Turnhout 18/05/14

3. Keuppens Jinthe 1m19 Vosselaar 30/08/14

4. Lenaerts Robine 1m13 Arendonk 27/04/14

5. Vosters Kaat 1m10 Arendonk 27/04/14

6. Koppert Emma-Louise 1m10 Vosselaar 30/08/14

7. Tan Noa 1m05 Baarle-Nassau 29/03/14

8. Verwaesr Olivia 1m00 Vosselaar 30/08/14

**Kogel 2kg** 1. Vosters Kaat 9m05 Turnhout 14/09/14

2. Alessie Floor 8m42 Geel 07/09/14

3. Lenaerts Robine 5m99 Turnhout 14/09/14

4. Bouyaghroumni Imane 5m89 Merksem 31/05/14

5. Borstlap Kaat 5m86 Turnhout 18/05/14

6. Tan Noa 5m45 Herenthout 15/06/14

7. Keuppens Jinthe 4m84 Turnhout 14/09/14

8. Koppert Emma-Louise 4m81 Geel 07/09/14

**Hockeybal** 1. Alessie Floor 36m31 Merksem 28/06/14

2. Vosters Kaat 35m42 Vosselaar 30/08/14

3. Keuppens Jinthe 26m59 Vosselaar 30/08/14

4. Borstlap Kaat 22m98 Vosselaar 30/08/14

5. Koppert Emma-Louise 17m23 Vosselaar 30/08/14

6. Lenaerts Robine 15m95 Lille 24/05/14

7. Tan Noa 14m58 Lille 24/05/14

8. Holleman Laurie 13m91 Vosselaar 30/08/14

**Discus 600g** 1.Alessie Floor 21m65 Lokeren 12/07/14

2. Vosters Kaat 19m24 Lommel 28/09/14

3. Lenaerts Robine 14m44 Herenthout 15/06/14

4. Tan Noa 11m60 Herenthout 15/06/14

5. Koppert Emma-Louise 8m32 Herenthout 15/06/14

# OUTDOOR DAMES PUPILLEN

**4-kamp** 1. Alessie Floor 1957p Geel 07/09/14

2. Lenaerts Robine 1332p Geel 07/09/14

3. Vosters Kaat 1320p Turnhout 14/09/14

4. Keuppens Jinthe 1251p Geel 07/09/14

5. Tan Noa 1072p Geel 07/09/14

6. Koppert Emma-Louise 909p Geel 07/09/14

7. Borstlap Kaat 825p Lille 24/05/14

## Overwinningen pupillen

1. Keuppens Jinthe 600m Baarle-Nassau 29/03/14

2. Lenaerts Robine 60m Baarle-Nassau 29/03/14

3. Tan Noa Hoog Baarle-Nassau 29/03/14

4. Vosters Kaat Ver Baarle-Nassau 29/03/14

5. Vosters Kaat Hoog Baarle-Nassau 29/03/14

6. Vosters Kaat Kogel Baarle-Nassau 29/03/14

7. Vosters Kaat Hockey Baarle-Nassau 29/03/14

8. Vosters Kaat Hockey Herentals 06/04/14

9. Keuppens Jinthe 1000m Herentals 06/04/14

10. Alessie Floor Hoog Arendonk 27/04/14

11. Alessie Floor 60m Arendonk 27/04/14

12. Alessie Floor 1000m Arendonk 27/04/14

13. Vvosters Kaat Kogel Arendonk 27/04/14

14. Tan Noa 60mH Turnhout 18/05/14

15. Lenaerts Robine 60m Turnhout 18/05/14

16. Alessie Floor Hoog Turnhout 18/05/14

17. Alessie Floor Hockey Lille 24/05/14

18. Alessie Floor Ver Herenthout 15/06/14

19. Alessie Floor Hockey Merksem 28/06/14

20. Alessie Floor Hoog Merksem 28/06/14

21. Alessie Floor Discus Lokeren 12/07/14 22. Alessie Floor Ver Mol 24/08/14

23. Borstlap Kaat Hoog Vosselaar 30/08/14

24. Borstlap Kaat 1000m Vosselaar 30/08/14

25. Vosters Kaat Hockey Vosselaar 30/08/14

26. Alessie Floor 4-Kamp Geel 07/09/14

27. Alessie Floor Kogel Geel 07/09/14

28. Alessie Floor Hoog Geel 07/09/14

29. Alessie Floor 1000m Geel 07/09/14

30. Alessie Floor 1000m Turnhout 14/09/14

31. Vosters Kaat Kogel Turnhout 14/09/14

32. Vosters Kaat Kogel Lommel 28/09/14 33. Vosters Kaat Hockey Lommel 28/09/14

# OUTDOOR DAMES PUPILLEN

## 10 BESTE prestaties pupillen

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **60 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Alessie Floor | 11"95 | '14 |  |  |  |  |  |  |
|  | 2 | Peeters Silke | 12"14 | '10 |  |  |  |  |  |  |
|  | 3 | van den Broek Truus | 12"60 | '13 |  |  |  |  |  |  |
|  | 4 | Lenaerts Lorane | 13"11 | '10 |  |  |  |  |  |  |
|  | 5 | Lenaerts Isabeau | 13"32 | '12 |  |  |  |  |  |  |
|  | 6 | Vosters Kaat | 13"34 | '14 |  |  |  |  |  |  |
|  | 7 | Vanmechelen Hannah | 13"59 | '11 |  |  |  |  |  |  |
|  | 8 | Woestenborghs Julie | 13"62 | '10 |  |  |  |  |  |  |
|  | 9 | Lauwers Fé | 13"87 | '10 |  |  |  |  |  |  |
|  | 10 | Keuppens Jinthe | 13"79 | '14 |  |  |  |  |  |  |

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|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | Alessie Floor | 9"43 | '14 |  | 1 | Alessie Floor | 9"3 | '14 |  |
|  | 2 | van den Broek Truus | 9"53 | '13 |  | 2 | Smeyers Lynn | 9"4 | '12 |  |
|  | 3 | Van Gorp Caro | 9"58 | '10 |  | 3 | van den Broek Truus | 9"4 | '13 |  |
|  | 4 | Smeyers Lynn | 9"64 | '12 |  | 4 | Vanmechelen Hannah | 9"7 | '11 |  |
|  | 5 | Vanmechelen Hannah | 9"68 | '11 |  | 5 | De Meulder Joke | 9"7 | '13 |  |
|  | 6 | Lauwers Fé | 9"72 | '10 |  | 6 | V.Goubergen Anne-S. | 9"7 | '13 |  |
|  | 7 | V.Goubergen Anne-S. | 9"79 | '13 |  | 7 | Lenaerts Robine | 9"7 | '14 |  |
|  | 8 | Lenaerts Robine | 9"86 | '14 |  | 8 | Keuppens Jinthe | 9"8 | '14 |  |
|  | 9 | Peeters Silke | 9"94 | '10 |  | 9 | Peeters Silke | 9"9 | '10 |  |
|  | 10 | Ceusters Bauke | 9"95 | '12 |  | 10 | Ceusters Bauke | 9"9 | '12 |  |

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|  | **600 meter** | | | |  |  | | | |  |
|  | 1 | van den Broek Truus | 2'06"0 | '13 |  |  |  |  |  |  |
|  | 2 | Keuppens Jinthe | 2'08"0 | '14 |  |  |  |  |  |  |
|  | 3 | Tan Noa | 2'15"0 | '14 |  |  |  |  |  |  |
|  | 4 | Vosters Kaat | 2'30"0 | '14 |  |  |  |  |  |  |

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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 | Alessie Floor | 3'33"35 | '14 |  | 3 | van den Broek Truus | 3'43"1 | '13 |  |
|  | 4 | van den Broek Truus | 3'39"49 | '13 |  | 4 | Lenaerts Lorane | 3'44"3 | '10 |  |
|  | 5 | Lenaerts Lorane | 3'40"62 | '10 |  | 5 | Alessie Floor | 3'44"6 | '14 |  |
|  | 6 | Keuppens Jinthe | 3'42"48 | '14 |  | 6 | Woestenborghs Julie | 3'47"0 | '10 |  |
|  | 7 | Borstlap Kaat | 3'42"72 | '13 |  | 7 | Keuppens Jinthe | 3'48"8 | '14 |  |
|  | 8 | Peeters Silke | 3'46"18 | '10 |  | 8 | Peeters Silke | 3'49"0 | '10 |  |
|  | 9 | Woestenborghs Julie | 3'48"31 | '10 |  | 9 | Borstlap Kaat | 3'52"2 | '13 |  |
|  | 10 | De Meulder Joke | 3'49"90 | '13 |  | 10 | Lenaerts Robine | 3'54"8 | '14 |  |

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|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Alessie Floor | 4m00 | '14 |  | 1 | Alessie Floor | 1m45 | '14 |  |
|  | 2 | van den Broek Truus | 3m88 | '13 |  | 2 | van den Broek Truus | 1m42 | '13 |  |
|  | 3 | Van Goubergen Anne-S. | 3m74 | '13 |  | 3 | Van Goubergen Anne-S. | 1m28 | '13 |  |
|  | 4 | Ceusters Bauke | 3m48 | '12 |  | 4 | Borstlap Kaat | 1m27 | '14 |  |
|  | 5 | Vosters Kaat | 3m48 | '14 |  | 5 | Hillen Amber | 1m21 | '12 |  |
|  | 6 | Borstlap Kaat | 3m44 | '14 |  | 6 | Keuppens Jinthe | 1m19 | '14 |  |
|  | 7 | Lenaerts Isabeau | 3m42 | '12 |  | 7 | Van Gorp Caro | 1m15 | '10 |  |
|  | 8 | Smeyers Lynn | 3m40 | '12 |  | 8 | Lenaerts Isabeau | 1m13 | '12 |  |
|  | 9 | Lenaerts Robine | 3m40 | '14 |  | 9 | Lenaerts Robine | 1m13 | '14 |  |
|  | 10 | Tan Noa | 3m34 | '14 |  | 10 | De Letter Jana | 1m11 | '11 |  |

# OUTDOOR DAMES PUPILLEN

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|  | **Hockeybal** | | | |  | **Kogel 2kg** | | | |  |
|  | 1 | Alessie Floor | 36m31 | '14 |  | 1 | Vosters Kaat | 9m05 | '14 |  |
|  | 2 | Vosters Kaat | 35m42 | '14 |  | 2 | Alessie Floor | 8m42 | '14 |  |
|  | 3 | Van Goubergen Anne-S. | 31m86 | '13 |  | 3 | Smeyers Lynn | 7m72 | '12 |  |
|  | 4 | Lenaerts Isabeau | 28m41 | '12 |  | 4 | van den Broek Truus | 7m02 | '13 |  |
|  | 5 | Vanmechelen Hannah | 26m73 | '11 |  | 5 | Van Goubergen Anne-S. | 6m89 | '13 |  |
|  | 6 | Keuppens Jinthe | 26m59 | '14 |  | 6 | Lenaerts Isabeau | 6m59 | '12 |  |
|  | 7 | Lauwers Fé | 25m99 | '10 |  | 7 | De Maesschalck Amber | 6m34 | '11 |  |
|  | 8 | van den Broek Truus | 23m11 | '13 |  | 8 | De Meulder Joke | 6m28 | '13 |  |
|  | 9 | Borstlap Kaat | 22m98 | '14 |  | 9 | Lenaerts Lorane | 6m22 | '10 |  |
|  | 10 | Smeyers Lynn | 22m78 | '11 |  | 10 | Woestenborghs Julie | 6m20 | '10 |  |

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|  | **Discus 600g** | | | |  | **4-kamp** | | | |  |
|  | 1 | Alessie Floor | 21m65 | '14 |  | 1 | Alessie Floor | 1957p | '14 |  |
|  | 2 | Vosters Kaat | 19m24 | '14 |  | 2 | van den Broek Truus | 1849p | '13 |  |
|  | 3 | Smeyers Lynn | 18m22 | '12 |  | 3 | Van Goubergen Anne-S. | 1687p | '13 |  |
|  | 4 | Van Goubergen Anne-S. | 17m25 | '12 |  | 4 | Lenaerts Isabeau | 1432p | '12 |  |
|  | 5 | van den Broek Truus | 17m18 | '13 |  | 5 | Lenaerts Robine | 1332p | '14 |  |
|  | 6 | Lenaerts Lorane | 14m91 | '10 |  | 6 | Vosters Kaat | 1320p | '14 |  |
|  | 7 | Lenaerts Robine | 14m44 | '14 |  | 7 | De Meulder Joke | 1298p | '13 |  |
|  | 8 | De Meulder Joke | 14m23 | '13 |  | 8 | Smeyers Lynn | 1287p | '12 |  |
|  | 9 | De Letter Jana | 13m27 | '11 |  | 9 | Keuppens Jinthe | 1251p | '14 |  |
|  | 10 | Peeters Silke | 13m20 | '10 |  | 10 | Lenaerts Lorane | 1238p | '10 |  |

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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 |

## clubrecords pupillen

**60 m Horden** **Atac** Alessie Foor 11"95 Lokeren 12/07/14 **Avos** Hooyberghs Elien 10"42 Herentals 12/08/06

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

**60 meter** **Atac** Alessie Floor 9"43 Mol 24/08/14

**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. 3'32"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** Alessie Floor4m00 Turnhout 14/09/14

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

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

**Hoog** **Atac** Alessie Floor 1m45 Turnhout 18/05/14 **Avos** Hooyberghs Elien 1m40 Duffel 24/06/06

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

# OUTDOOR DAMES pupillEN

**Kogel 2kg** **Atac** Vosters Kaat 9m05 Turnhout 14/09/14

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

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

**Discus 600g** **Atac** Alessie Floor 21m65 Lokeren 12/07/14

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

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

**Hockeybal** **Atac** Alessie Floor 36m31 Merksem 28/06/14

**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** Alessie Floor 1957p Geel 07/09/14

**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. van den Broek Truus 11"76 Herentals 06/04/14

2. Smeyers Lynn 11"85 Turnhout 18/05/14

3. Discart Kyra 13"89 Turnhout 18/05/14

**60 meter**  1. Smeyers Lynn 8"7 Baarle-Nassau 29/03/14

2. Berckvens Anaïs 9"3 Baarle-Nassau 29/03/14

**80 meter**  1. Smeyers Lynn 11"7 Lille 24/05/14

2. Berckvens Anaïs 12"1 Arendonk 27/04/14

3. Lenaerts Isabeau 12"1 Vosselaar 30/08/14

4. Van Goubergen Anne-Sophie 12"1 Vosselaar 30/08/14

5. van den Broek Truus 12"2 Lille 24/05/14

6. Engelen Sara 12"5 Vosselaar 30/08/14

7. Discart Kyra 12"8 Arendonk 27/04/14

**80 meter El** 1. Smeyers Lynn 11"78 Turnhout 18/05/14

2. van den Broek Truus 12"08 Herentals 06/04/14

3. Berckvens Anaïs 12"22 Turnhout 18/05/14

4. Van Goubergen Anne-Sophie 12"29 Mol 24/08/14

5. Lenaerts Isabeau 12"31 Merksem 31/05/14

6. Engelen Sara 12"67 Turnhout 18/05/14

7. Discart Kyra 12"72 Turnhout 14/09/14

**150 meter El** 1. van den Broek Truus 22"97 Edegem 10/05/14

2. Berckvens Anaïs 23"45 Westmalle 21/09/14

# OUTDOOR DAMES MINIEMEN

**300 meter**  1. van den Broek Truus 52"7 Herenthout 15/06/14

**300 meter El** 1. Lenaerts Isabeau 49"18 Turnhout 18/05/14

2. Engelen Sara 50"38 Turnhout 18/05/14

3. Discart Kyra 51"89 Turnhout 18/05/14

4. Van Goubergen Anne-Sophie 53"21 Turnhout 18/05/14

5. Smeyers Lynn 55"35 Turnhout 18/05/14

6. Berckvens Anaïs 55"98 Turnhout 18/05/14

**1000 meter** 1. Lenaerts Isabeau 3'22"8 Lille 24/05/14

2. Engelen Sara 3'27"2 Lille 24/05/14

3. Van Goubergen Anne-Sophie 3'32"5 Vosselaar 30/08/14

4. Discart Kyra 3'36"7 Lille 24/05/14

5. van den Broek Truus 3'51"4 Lille 24/05/14

6. Berckvens Anaïs 4'15"7 Lille 24/05/14

7. Smeyers Lynn 4'25"3 Lille 24/05/14

**1000 meter El** 1. Lenaerts Isabeau 3'13"27 Merksem 28/06/14

2. Van Goubergen Anne-Sophie 3'22"99 Lier 09/06/14

3. Engelen Sara 3'28"57 Merksem 28/06/14

4. Discart Kyra 3'30"41 Turnhout 14/09/14

5. van den Broek Truus 3'41"88 Herentals 06/04/14

6. Berckvens Anaïs 4'08"84 Herentals 06/04/14

7. Smeyers Lynn 4'43"16 Turnhout 14/09/14

**Ver** 1. Van Goubergen Anne-Sophie 4m14 Vosselaar 30/08/14

2. van den Broek Truus 4m13 Vosselaar 30/08/14

3. Lenaerts Isabeau 3m75 Merksem 31/05/14

4. Berckvens Anaïs 3m73 Lille 24/05/14

5. Smeyers Lynn 3m72 Arendonk 27/04/14

6. Engelen Sara 3m40 Vosselaar 30/08/14

7. Discart Kyra 3m34 Lille 24/05/14

**Hoog** 1. van den Broek Truus 1m34 Herentals 06/04/14

2. Van Goubergen Anne-Sophie 1m33 Turnhout 14/09/14

3. Discart Kyra 1m25 Turnhout 14/09/14

4. Smeyers Lynn 1m25 Turnhout 14/09/14

5. Engelen Sara 1m10 Turnhout 14/09/14

6. Berckvens Anaïs 1m10 Turnhout 14/09/14

**Polsstok** 1. Van Goubergen Anne-Sophie 1m62 Turnhout 18/05/14

**Kogel 2kg** 1. Smeyers Lynn 9m59 Geel 07/09/14

2. van den Broek Truus 8m69 Lier 09/06/14

3. Lenaerts Isabeau 8m03 Turnhout 14/09/14

4. Berckvens Anaïs 7m67 Turnhout 14/09/14

5. Van Goubergen Anne-Sophie 7m26 Vosselaar 30/08/14

6. Discart Kyra 6m59 Arendonk 27/04/14

7. Engelen Sara 5m56 Vosselaar 30/08/14

**Discus 750g** 1. Smeyers Lynn 20m72 Lille 24/05/14

2. van den Broek Truus 19m46 Lille 24/05/14

3. Van Goubergen Anne-Sophie 17m88 Lille 24/05/14

# OUTDOOR DAMES MINIEMEN

4. Berckvens Anaïs 16m57 Westmalle 21/09/14

5. Discart Kyra 14m01 Lille 24/05/14

6. Lenaerts Isabeau 13m70 Lille 24/05/14

7. Engelen Sara 8m90 Lille 24/05/14

**Speer 400g** 1. Van Goubergen Anne-Sophie 23m08 Merksem 31/05/14

2. Berckvens Anaïs 19m99 Vosselaar 30/08/14

3. Lenaerts Isabeau 17m12 Vosselaar 30/08/14

4. Discart Kyra 16m60 Turnhout 14/09/14

5. Smeyers Lynn 16m40 Geel 07/09/14

6. van den Broek Truus 15m63 Vosselaar 30/08/14

7. Engelen Sara 7m15 Turnhout 18/05/14

**5-kamp** 1. Van Goubergen Anne-Sophie 2197p Lier 09/06/14

2. van den Broek Truus 2150p Lier 09/06/14

3. Discart Kyra 1995p Turnhout 14/09/14

4. Smeyers Lynn 1812p Turnhout 14/09/14

5. Lenaerts Isabeau 1748p Lille 24/05/14

6. Berckvens Anaïs 1609p Lille 24/05/14

7. Engelen Sara 1533p Turnhout 14/09/14

**Aflossing 3 x 600m**

1. van den Broek Truus – Engelen Sara – Berckvens Anaïs

6'29"65 Booischot 17/08/14

## overwinningen MINIEMEN

1. Smeyers Lynn 60m Baarle-Nassau 29/03/14

2. Smeyers Lynn Kogel Baarle-Nassau 29/03/14

3. Smeyers Lynn Discus Baarle-Nassau 29/03/14

4. van den Broek Truus 1000m Herentals 06/04/14

5. Smeyers Lynn 80m Arendonk 27/04/14

6. van den Broek Truus 150m Edegem 10/05/14

7. Smeyers Lynn 80m Turnhout 18/05/14

8. Lenaerts Isabeau 1000m Lille 24/05/14

9. Smeyers Lynn 80m Lille 24/05/14

10. Smeyers Lynn Discus Lile 24/05/14

11. V.Goubergen Anne-Sophie 80m Mol 24/08/14

12. Lenaerts Isabeau 1000m Vosselaar 30/08/14

13. Smeyers Lynn 80m Vosselaar 30/08/14

14. Smeyers Lynn 80m Geel 07/09/14

15. Lenaerts Isabeau 1000m Turnhout 14/09/14

# OUTDOOR DAMES MINIEMEN

## 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 | van den Broek Truus | 11"76 | '14 |  | 5 | Lenaerts Sofie | 27"46 | '12 |  |
|  | 6 | Smeyers Lynn | 11"85 | '14 |  | 6 | De Letter Jana | 28"70 | '13 |  |
|  | 7 | Lenaerts Lorane | 11"99 | '12 |  |  |  |  |  |  |
|  | 8 | Quirijnen Dien | 12"13 | '13 |  |  |  |  |  |  |
|  | 9 | Lenaerts Isabeau | 13"22 | '13 |  |  |  |  |  |  |
|  | 10 | Druyts Lies | 13"34 | '09 |  |  |  |  |  |  |

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|  |  | | | |  | **60 meter** | | | |
|  |  |  |  |  |  | 1 | Smeyers Lynn | 8"7 | '14 |
|  |  |  |  |  |  | 2 | Berckvens Anaïs | 9"3 | '14 |

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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 | Smeyers Lynn | 11"78 | '14 |  | 4 | Quirijnen Dien | 11"8 | '13 |  |
|  | 5 | Brosens Stefanie | 11"81 | '10 |  | 5 | Lenaerts Lorane | 11"9 | '12 |  |
|  | 6 | van den Broek Truus | 12"08 | '14 |  | 6 | Peeters Diede | 12"0 | '11 |  |
|  | 7 | Lenaerts Lorane | 12"11 | '12 |  | 7 | Peeters Silke | 12"1 | '12 |  |
|  | 8 | Berckvens Anaïs | 12"22 | '14 |  | 8 | Berckvens Anaïs | 12"1 | '14 |  |
|  | 9 | Ameye Astrid | 12"26 | '09 |  | 9 | Lenaerts Isabeau | 12"1 | '14 |  |
|  | 10 | Borstlap Hanne | 12"27 | '12 |  | 10 | Van Goubergen Anne-S. | 12"1 | '14 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **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 | van den Broek Truus | 22"97 | '14 |  |  |  |  |  |  |
|  | 7 | Nyokabi Sandra | 23"19 | '11 |  |  |  |  |  |  |
|  | 8 | Borstlap Hanne | 23"19 | '12 |  |  |  |  |  |  |
|  | 9 | Vanmechelen Hannah | 23"20 | '13 |  |  |  |  |  |  |
|  | 10 | Peeters Silke | 23"34 | '12 |  |  |  |  |  |  |

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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 | van den Broek Truus | 52"7 | '14 |  |
|  | 3 | Brosens Stefanie | 49"04 | '09 |  | 3 | Borstlap Hanne | 53"0 | '12 |  |
|  | 4 | Peeters Diede | 49"10 | '10 |  | 4 | Vanmechelen Hannah | 53"1 | '12 |  |
|  | 5 | Lenaerts Isabeau | 49"18 | '14 |  | 5 | Quirijnen Dien | 54"0 | '13 |  |
|  | 6 | Engelen Sara | 50"38 | '14 |  | 6 | Smeyers Lynn | 57"9 | '13 |  |
|  | 7 | Borstlap Hanne | 50"50 | '12 |  | 7 | De Letter Jana | 59"0 | '13 |  |
|  | 8 | Woestenborghs Julie | 51"81 | '11 |  |  |  |  |  |  |
|  | 9 | Discart Kyra | 51"89 | '14 |  |  |  |  |  |  |
|  | 10 | Vanmechelen Hannah | 52"26 | '13 |  |  |  |  |  |  |
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|  | **600 meter El** | | | |  |  | | | |  |
|  | 1 | Lenaerts Lorane | 1'56"03 | '12 |  |  |  |  |  |  |
|  | 2 | Lenaerts Isabeau | 1'56"60 | '13 |  |  |  |  |  |  |

# OUTDOOR DAMES MINIEMEN

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Lenaerts Isabeau | 3'13"27 | '14 |  | 1 | Lenaerts Isabeau | 3'22"8 | '14 |  |
|  | 2 | Lenaerts Lorane | 3'18"95 | '12 |  | 2 | Engelen Sara | 3'27"2 | '14 |  |
|  | 3 | Van Goubergen Anne-S. | 3'22"99 | '14 |  | 3 | Lenaerts Lorane | 3'30"1 | '12 |  |
|  | 4 | Engelen Sara | 3'28"57 | '14 |  | 4 | Borstlap Hanne | 3'30"1 | '12 |  |
|  | 5 | Borstlap Hanne | 3'29"75 | '12 |  | 5 | Van Goubergen Anne-S. | 3'32"5 | '14 |  |
|  | 6 | Discart Kyra | 3'30"41 | '14 |  | 6 | Discart Kyra | 3'36"7 | '14 |  |
|  | 7 | Brosens Stefanie | 3'41"21 | '10 |  | 7 | Brosens Stefanie | 3'46"0 | '09 |  |
|  | 8 | Peeters Silke | 3'41"36 | '11 |  | 8 | Peeters Silke | 3'46"4 | '12 |  |
|  | 9 | van den Broek Truus | 3'41"88 | '14 |  | 9 | Woestenborghs Julie | 3'47"7 | '11 |  |
|  | 10 | Woestenborghs Julie | 3'47"43 | '11 |  | 10 | Peeters Diede | 3'51"0 | '10 |  |

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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 | Van Goubergen Anne-S. | 4m14 | '14 |  | 5 | Van den Broek Truus | 1m34 | '14 |  |
|  | 6 | van den Broek Truus | 4m13 | '14 |  | 6 | Van Goubergen Anne-S | 1m33 | '14 |  |
|  | 7 | Peeters Silke | 4m02 | '12 |  | 7 | Quirijnen Dien | 1m31 | '13 |  |
|  | 8 | Woestenborghs Julie | 3m81 | '11 |  | 8 | Boateng Esther | 1m30 | '10 |  |
|  | 9 | Nyokabi Sandra | 3m78 | '11 |  | 9 | Lenaerts Lorane | 1m30 | '11 |  |
|  | 10 | Lenaerts Isabeau | 3m75 | '14 |  | 10 | Ameye Astrid | 1m25 | '09 |  |

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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 |  |  |  |  |  |  |
|  | 5 | Van Goubergen Anne-S. | 1m62 | '14 |  |  |  |  |  |  |

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|  | **Kogel 2kg** | | | |  | **Discus 750g** | | | |  |
|  | 1 | Brosens Stefanie | 10m13 | '10 |  | 1 | Smeyers Lynn | 20m72 | '14 |  |
|  | 2 | Smeyers Lynn | 9m79 | '13 |  | 2 | De Letter Jana | 20m56 | '13 |  |
|  | 3 | Quirijnen Dien | 8m72 | '13 |  | 3 | van den Broek Truus | 19m46 | '14 |  |
|  | 4 | Vanmechelen Hannah | 8m69 | '13 |  | 4 | Quirijnen Dien | 19m29 | '13 |  |
|  | 5 | van den Broek Truus | 8m69 | '14 |  | 5 | Lenaerts Sofie | 18m21 | '13 |  |
|  | 6 | Peeters Silke | 8m29 | '12 |  | 6 | Van Goubergen Anne-S. | 17m88 | '14 |  |
|  | 7 | De Letter Jana | 8m18 | '13 |  | 7 | Brosens Stefanie | 17m57 | '10 |  |
|  | 8 | Lenaerts Isabeau | 8m03 | '14 |  | 8 | Vanmechelen Hannah | 17m50 | '13 |  |
|  | 9 | Lenaerts Sofie | 7m91 | '13 |  | 9 | Lenaerts Lorane | 16m58 | '12 |  |
|  | 10 | Borstlap Hanne | 7m90 | '12 |  | 10 | Berckvens Anaïs | 16m57 | '14 |  |

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|  | **Speer 400g** | | | |  | **5-Kamp** | | | |  |
|  | 1 | Van Goubergen Anne-S. | 23m08 | '14 |  | 1 | Brosens Stefanie | 2609p | '10 |  |
|  | 2 | Brosens Stefanie | 22m75 | '10 |  | 2 | Lenaerts Sofie | 2199p | '13 |  |
|  | 3 | Peeters Silke | 22m46 | '12 |  | 3 | Van Goubergen Anne-S. | 2197p | '14 |  |
|  | 4 | Vanmechelen Hannah | 21m04 | '13 |  | 4 | Borstlap Hanne | 2165p | '12 |  |
|  | 5 | Berckvens Anaïs | 19m99 | '14 |  | 5 | van den Broek Truus | 2150p | '14 |  |
|  | 6 | Smeyers Lynn | 18m41 | '13 |  | 6 | Quirijnen Dien | 2062p | '13 |  |
|  | 7 | De Letter Jana | 17m35 | '13 |  | 7 | Peeters Silke | 2018p | '12 |  |
|  | 8 | Lenaerts Isabeau | 17m12 | '14 |  | 8 | Discart Kyra | 1995p | '14 |  |
|  | 9 | van den Broek Marie | 16m60 | '11 |  | 9 | Lenaerts Lorane | 1951p | '12 |  |
|  | 10 | Discart Kyra | 16m60 | '14 |  | 10 | Smeyers Lynn | 1900p | '13 |  |

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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 |

# OUTDOOR DAMES MINIEMEN

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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 |
| 3 | van den Broek Truus – Engelen Sara – Berckvens Anaïs | 6'29"65 | '14 |

## 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

**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 Atac** Smeyers Lynn 8"7 Baarle-Nassau 29/03/14

**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 Isabeau 3'13"27 Merksem 28/06/14 **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

# OUTDOOR DAMES MINIEMEN

**Discus 750g Atac** Smeyers Lynn 20m72 Lille 24/05/14

**Speer 400g**  **Atac** Van Goubergen Anne-S. 23m08 Merksem 31/05/14

**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

**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** 1. Vanmechelen Hannah 11"5 (w?) Baarle-Nassau 29/03/14

**100 meter El** 1. Vanmechelen Hannah 14"74 Mol 27/04/14

2. Quirijnen Dien 14"81 Merksem 03/05/14

**200 meter El** 1. Vanmechelen Hannah 30"45 Merksem 03/05/14

**300 meter El** 1. Speelman-rooms Femke 46"77 St.-Niklaas 12/08/14

**400 meter El** 1. Speelman-rooms Femke 66"04 Duffel 26/04/14

2. Lenaerts Lorane 66"69 Ieper 15/08/14

**800 meter El** 1. Speelman-rooms Femke 2'22"39 Ieper 15/08/14

2. Lenaerts Lorane 2'31"52 Lier 21/06/14

**1500 meter El** 1. Swannet Laura 5'01"45 Lier 21/06/14

2. Lenaerts Lorane 5'38"32 Merksem 03/05/14

**1 mijl El** 1. Speelman-rooms Femke 5'22"48 Burcht 12/07/14

**Ver** 1. Quirijnen Dien 4m19 Merksem 03/05/14

2. Vanmechelen Hannah 3m92 (w?) Baarle-Nassau 29/03/14

**Hoog** 1. Speelman-rooms Femke 1m25 Merksem 03/05/14

# OUTDOOR DAMES cADETTEN

**Kogel 3kg** 1. Vanmechelen Hannah 8m04 Turnhout 21/09/14

**Speer 500g** 1. Vanmechelen Hannah 21m84 Turnhout 21/09/14

**Aflossing 4 x 100 meter El**

1. Speelman-rooms F. – Lenaerts Lorane – Quirijnen Dien – Vanmechelen H.

58"74 Merksem 03/05/14

## overwinningen cadetten

1. Speelman-rooms Femke 800m Merksem 03/05/14

## 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 | Vanmechelen Hannah | 11”5\* | ‘14 |  |  |  |  |  |  |
|  | 3 | Peeters Silke | 12"1\* | '13 |  |  |  |  |  |  |
|  | 4 | Janssen Steffi | 12"5\* | '10 |  |  |  |  |  |  |
|  | 5 | Van Den Schoor Ester | 12"5\* | '12 |  |  |  |  |  |  |
|  | 6 | Marsboom Caroline | 12"7\* | '10 |  |  |  |  |  |  |
|  | 7 | 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 |  |  |  |  |  |  |

# OUTDOOR DAMES cADETTEN

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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 | 46"77 | '14 |  | 3 | Brosens Stefanie | 63"73 | '11 |  |
|  | 4 | Aerts Paulien | 48"46 | '13 |  | 4 | Speelman-rooms F. | 66"04 | '14 |  |
|  | 5 | Janssen Steffi | 51"62 | '09 |  | 5 | Aerts Paulien | 66"64 | '13 |  |
|  | 6 | Vanderhaeghen Janne | 56"25 | '09 |  | 6 | Lenaerts Lorane | 66"69 | '14 |  |
|  |  |  |  |  |  | 7 | Ameye Astrid | 69"47 | '11 |  |
|  |  |  |  |  |  | 8 | Joos Caroline | 71"80 | '10 |  |

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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. | 2'22"39 | '14 |
|  | 3 | Lenaerts Lorane | 1'48"16 | '13 |  | 3 | Lenaerts Lorane | 2'31"52 | '14 |
|  |  |  |  |  |  | 4 | Hooyberghs Elien | 2'33"76 | '09 |
|  |  |  |  |  |  | 5 | Van Eekert Siel | 2'34"54 | '09 |
|  |  |  |  |  |  | 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 mijl El** | | | |  |
|  | 1 | Swannet Laura | 5'01"45 | '14 |  | 1 | Speelman-rooms F. | 5'22"48 | '14 |  |
|  | 2 | De Vlieger Lize | 5'08"61 | '13 |  |  |  |  |  |  |
|  | 3 | Van Ammel Joyce | 5'15"08 | '09 |  |  |  |  |  |  |
|  | 4 | Lenaerts Lorane | 5'38"32 | '14 |  |  |  |  |  |  |
|  | 5 | Verschuren Lotte | 5'45"74 | '09 |  |  |  |  |  |  |

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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 | Quirijnen Dien | 4m19 | '14 |  | 8 | Druyts Lies | 1m40 | '11 |  |
|  | 9 | Ghyssaert Leen | 4m17 | '10 |  | 9 | Peeters Silke | 1m37 | '13 |  |
|  | 10 | Van Den Schoor Esther | 4m01\* | '12 |  | 10 | Ameye Astrid | 1m35 | '10 |  |

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|  | **Polsstok** | | | |  |  | | | |  |
|  | 1 | Peeters Silke | 2m10 | '13 |  |  |  |  |  |  |

# OUTDOOR DAMES cADETTEN

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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 | Vanmechelen Hannah | 8m04 | '14 |  |
|  |  |  |  |  |  | 9 | Peeters Silke | 7m62 | '13 |  |
|  |  |  |  |  |  | 10 | Ameye Astrid | 7m38 | '11 |  |

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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 | Vanmechelen Hannah | 21m84 | '14 |  |
|  | 6 | Van Den Schoor Esther | 13m62 | '12 |  | 6 | Janssen Steffi | 20m69 | '10 |  |
|  | 7 | Janssen Steffi | 13m58 | '09 |  | 7 | Van Eekert Siel | 20m33 | '09 |  |
|  | 8 | van Limpt Anne | 12m48 | '13 |  | 8 | Claesens Sha-uri | 18m80 | '13 |  |
|  | 9 | Peeters Silke | 11m59 | '13 |  | 9 | Ghyssaert Leen | 17m01 | '10 |  |
|  | 10 | Marsboom Caroline | 10m45 | '10 |  | 10 | van den Broek Marie | 15m95 | '12 |  |

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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 |
| 5 | Speelman-rooms F. – Lenaerts Lorane – Quirijnen Dien – Vanmechelen Hannah | 58"74 | '14 |

## 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

# OUTDOOR DAMES cADETTEN

**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

**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** Swannet Laura 5'01"45 Lier 21/06/14

**Avos** Swinnen Jo 4'46"90 Vilvoorde 27/07/02

**Tuac** Abbeel Anneleen 4'39"60 Leuven 15/08/00

**1 mijl** **Atac** Speelman-rooms Femke 5'22"48 Burcht 12/07/14

**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

# OUTDOOR DAMES cADETTEN

**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 14"92 Nijvel 24/08/14

**200 meter H El** 1. Brosens Stefanie 30"61 (w?) Turnhout 10/08/14

**400 meter H El** 1. De Vlieger Lize 68"72 Merksem 03/05/14

**100 meter El** 1. Brosens Stefanie 12"79 Herentals 01/05/14

2. De Vlieger Lize 13"63 St.-Niklaas 12/08/14

3. Aerts Paulien 14"08 Beveren 03/07/14

4. Van Den Schoor Esther 14"74 Merksem 03/05/14

**200 meter El** 1. Brosens Stefanie 25"44 Oordegem 30/08/14

2. Aerts Paulien 28"99 Beveren 03/07/14

**300 meter El** 1. De Vlieger Lize 42"34 St.-Niklaas 12/08/14

2. Brosens Stefanie 43"05 Turnhout 13/04/14

3. Aerts Paulien 47"52 Turnhout 13/04/14

**400 meter El** 1. De Vlieger Lize 59"63 Oordegem 05/07/14

2. Aerts Paulien 64"49 Duffel 26/04/14

**600 meter El** 1. Brosens Stefanie 1'49"86 Mol 20/07/14

**800 meter El** 1. De Vlieger Lize 2'20"59 Merksem 23/08/14

2. Brosens Stefanie 2'31"82 Tenerife (Sp) 25/05/14

3. Aerts Paulien 2'35"70 Merksem 03/05/14

**1000 meter El** 1. De Vlieger Lize 2'59"38 Brussel 05/09/14

**Ver** 1. Brosens Stefanie 5m12 Lier 21/06/14

2. Van Den Schoor Esther 4m18 Merksem 03/05/14

**Hoog** 1. Brosens Stefanie 1m61 Dilbeek 03/08/14

2. De Vlieger Lize 1m56 Merksem 03/05/14

3. Van Den Schoor Esther 1m35 Turnhout 13/04/14

# OUTDOOR DAMES SCholieren

**Kogel 3kg** 1. Brosens Stefanie 12m57 Nijvel 24/08/14

2. Van Den Schoor Esther 9m36 Baarle-Nassau 29/03/14

3. Aerts Paulien 9m10 Merksem 03/05/14

**Discus 1kg** 1. Brosens Stefanie 30m84 Alken 11/10/14

**Speer 500g** 1. Brosens Stefanie 44m28 Merksem 03/05/14

2. Van Den Schoor Esther 32m25 Turnhout 13/04/14

**Hamer 3kg** 1. Brosens Stefanie 26m50 Alken 11/10/14

**7-Kamp** 1. Brosens Stefanie 4962p Tenerife (Sp) 25/05/14

**Aflossing 4 x 100m**

1. Van Den Schoor Esther – De Vlieger Lize – Aerts Paulien – Brosens Stefanie

53"48 Merksem 03/05/14

## overwinningen scholieren

1. Brosens Stefanie Ver Baarle-Nassau 29/03/14

2. Brosens Stefanie Speer Baarle-Nassau 29/03/14

3. Brosens Stefanie Kogel Baarle-Nassau 29/03/14

4. Brosens Stefanie 100mH Turnhout 13/04/14

5. Brosens Stefanie Speer Turnhout 13/04/14

6. Brosens Stefanie 300m Turnhout 13/04/14

7. Van Den Schoor Esther Hoog Turnhout 13/04/14

8. Brosens Stefanie Speer Duffel 26/04/14

9. Brosens Stefanie 100mH Duffel 26/04/14

10. Brosens Stefanie 100m Herentals 01/05/14

11. Aerts Paulien 800m Merksem 03/05/14

12. Brosens Stefanie Speer Merksem 03/05/14

13. Brosens Stefanie 200m Merksem 03/05/14

14. De Vlieger Lize Hoog Merksem 03/05/14

16. Brosens Stefanie 7-Kamp Tenerife 25/05/14

17. Brosens Stefanie 200m Tenerife 25/05/14

18. Brosens Stefanie Speer Tenerife 25/05/14

19. Brosens Stefanie 800m Tenerife 25/05/14

20. De Vlieger Lize 400m Oordegem 05/07/14

21. Brosens Stefanie 100mH Mol 20/07/14

22. Brosens Stefanie Kogel Dilbeek 03/08/14

23. Brosens Stefanie Speer Dilbeek 03/08/14

24. Brosens Stefanie 100m Turnhout 10/08/14

25. Brosens Stefanie 7-Kamp Nijvel 24/08/14

26. Brosens Stefanie Kogel Nijvel 24/08/14

27. Brosens Stefanie Speer Nijvel 24/08/14

28. Brosens Stefanie 200m Oordegem 30/08/14

29. Brosens Stefanie Speer Oordegem 30/08/14

30. Brosens Stefanie Speer Moeskroen 13/09/14

31. Brosens Stefanie Speer Turnhout 21/09/14

32. Brosens Stefanie Kogel Turnhout 21/09/14

33. Brosens Stefanie Discus Alken 11/10/14

# OUTDOOR DAMES SCholieren

## 10 Beste prestaties scholieren

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **100 meter Horden El** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Hooyberghs Elien | 14"19\* | '11 |  | 1 | Brosens Stefanie | 30"61\* | '14 |  |
|  | 2 | Brosens Stefanie | 14"92 | '14 |  |  |  |  |  |  |
|  | 3 | Caers Shana | 16"32 | '09 |  |  |  |  |  |  |
|  | 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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|  | **400 meter Horden El** | | | |  |  | | | |
|  | 1 | Brosens Stefanie | 66"70 | '13 |  |  |  |  |  |
|  | 2 | De Vlieger Lize | 68"72 | '14 |  |  |  |  |  |
|  | 3 | Toelen Daphne | 81"40 | '09 |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 89"34 | '11 |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Brosens Stefanie | 12"79 | '14 |  | 1 | Lambregts Ylen | 14"3\* | '11 |  |
|  | 2 | Ghyssaert Leen | 13"25\* | '12 |  | 2 | Janssen Steffi | 14"5\* | '11 |  |
|  | 3 | Hooyberghs Elien | 13"34 | '11 |  |  |  |  |  |  |
|  | 4 | Cuynen Nele | 13"52 | '10 |  |  |  |  |  |  |
|  | 5 | De Vlieger Lize | 13"63 | '14 |  |  |  |  |  |  |
|  | 6 | Caers Shana | 13"75 | '09 |  |  |  |  |  |  |
|  | 7 | Verrydt Nathalie | 13"96 | '09 |  |  |  |  |  |  |
|  | 8 | Toelen Daphne | 13"97 | '10 |  |  |  |  |  |  |
|  | 9 | Vermeylen Bika | 14"03 | '10 |  |  |  |  |  |  |
|  | 10 | Aerts Paulien | 14"08 | '14 |  |  |  |  |  |  |

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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 | 25"44 | '14 |  | 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 | Aerts Paulien | 28"99 | '14 |  |  |  |  |  |  |
|  | 8 | Lambregts Ylen | 30"00 | '10 |  |  |  |  |  |  |
|  | 9 | Van Eekert Siel | 30"05 | '10 |  |  |  |  |  |  |
|  | 10 | Van Den Schoor Esther | 32"10\* | '13 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | De Vlieger Lize | 42"34 | '14 |  | 1 | De Vlieger Lize | 59"63 | '14 |  |
|  | 2 | Brosens Stefanie | 42"80 | '13 |  | 2 | Brosens Stefanie | 62"17 | '13 |  |
|  | 3 | Caers Shana | 45"10 | '09 |  | 3 | Aerts Paulien | 64"49 | '14 |  |
|  | 4 | Aerts Paulien | 47"52 | '14 |  | 4 | Van Eekert Siel | 66"95 | '10 |  |
|  |  |  |  |  |  | 5 | Van Eyck Sofie | 67"97 | '13 |  |
|  |  |  |  |  |  | 6 | Cuynen Nele | 75"24 | '11 |  |

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|  | **600 meter El** | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 1'49"86 | '14 |  |  |  |  |  |  |

# 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 | Brosens Stefanie | 2'31"82 | '14 |  | 4 | Janssen Steffi | 3'04"0 | '11 |  |
|  | 5 | Van Eyck Sofie | 2'34"88 | '13 |  |  |  |  |  |  |
|  | 6 | Aerts Paulien | 2'35"70 | '14 |  |  |  |  |  |  |
|  | 7 | Verschuren Linde | 2'38"12 | '09 |  |  |  |  |  |  |
|  | 8 | Van Ammel Joyce | 2'44"19 | '11 |  |  |  |  |  |  |
|  | 9 | Janssen Shana | 2'45"47 | '09 |  |  |  |  |  |  |
|  | 10 | Caers Shana | 2'52"60 | '09 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | De Vlieger Lize | 2'59"38 | '14 |  | 1 | Lauwers Shana | 4'52"14 | '09 |  |
|  | 2 | Brosens Evelien | 3'12"26 | '09 |  | 2 | Brosens Evelien | 5'15"14 | '09 |  |
|  | 3 | Janssen Shana | 3'28"39 | '09 |  | 3 | Van Ammel Joyce | 5'18"45 | '11 |  |
|  | 4 | Van Eyck Sofie | 3'33"54 | '13 |  | 4 | Van Eyck Sofie | 5'21"44 | '13 |  |
|  | 5 | Van Ammel Joyce | 3'41"26 | '11 |  | 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 | De Vlieger Lize | 1m56 | '14 |  |  |  |  |  |  |
|  | 5 | Van Eekert Siel | 1m50 | '10 |  |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 1m48 | '10 |  |  |  |  |  |  |
|  | 7 | Van Den Schoor Esther | 1m40 | '13 |  |  |  |  |  |  |
|  | 8 | Van Eyck Sofie | 1m40 | '13 |  |  |  |  |  |  |
|  | 9 | Lauwers Shana | 1m35 | '09 |  |  |  |  |  |  |
|  | 10 | Ameye Astrid | 1m35 | '12 |  |  |  |  |  |  |

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|  | **Ver** | | | |  | Hinkstap | | | |  |
|  | 1 | Hooyberghs Elien | 5m42\* | '11 |  | 1 | Caers Shana | 10m92\* | '09 |  |
|  | 2 | Caers Shana | 5m22 | '09 |  |  |  |  |  |  |
|  | 3 | Brosens Stefanie | 5m12 | '14 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 4m51 | '10 |  |  |  |  |  |  |
|  | 5 | Cuynen Nele | 4m51 | '10 |  |  |  |  |  |  |
|  | 6 | Van Eekert Siel | 4m36 | '10 |  |  |  |  |  |  |
|  | 7 | Van Den Schoor Esther | 4m18 | '14 |  |  |  |  |  |  |
|  | 8 | Janssen Steffi | 4m12 | '12 |  |  |  |  |  |  |
|  | 9 | Kuijpers Anne | 3m80\* | '11 |  |  |  |  |  |  |

# OUTDOOR DAMES SCholieren

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|  | **Kogel 3kg** | | | |  | Kogel 4kg | | | |  |
|  | 1 | Brosens Stefanie | 12m57 | '14 |  | 1 | Hooyberghs Elien | 10m94 | '11 |  |
|  | 2 | Van Den Schoor Esther | 9m36 | '14 |  | 2 | Brosens Evelien | 9m12 | '10 |  |
|  | 3 | Aerts Paulien | 9m10 | '14 |  | 3 | Caers Shana | 8m73 | '09 |  |
|  | 4 | Van Eekert Siel | 8m92 | '10 |  | 4 | Lambregts Ylen | 8m08 | '10 |  |
|  | 5 | Lambregts Ylen | 8m56 | '10 |  | 5 | Van Eekert Siel | 7m98 | '11 |  |
|  | 6 | Kuijpers Anne | 7m89 | '11 |  | 6 | Janssen Steffi | 7m05 | '11 |  |
|  | 7 | Janssen Steffi | 7m41 | '12 |  | 7 | Marsboom Caroline | 5m45 | '11 |  |
|  | 8 | Dom Hanna | 6m87 | '12 |  |  |  |  |  |  |
|  | 9 | Cuynen Nele | 6m42 | '10 |  |  |  |  |  |  |
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|  | Discus 1kg | | | |  | Hamer 4kg | | | |  |
|  | 1 | Brosens Stefanie | 30m84 | '14 |  | 1 | Lambregts Ylen | 15m84 | '11 |  |
|  | 2 | Brosens Evelien | 27m42 | '10 |  | 2 | Van Eekert Siel | 13m40 | '10 |  |
|  | 3 | Van Eekert Siel | 23m07 | '10 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 21m08 | '10 |  |  |  |  |  |  |
|  | 5 | Toelen Daphne | 19m54 | '10 |  |  |  |  |  |  |
|  | 6 | Janssen Steffi | 18m11 | '11 |  |  |  |  |  |  |

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|  | **Speer 600 g** | | | |  | Speer 500 g | | | |  |
|  | 1 | Hooyberghs Elien | 34m11 | '11 |  | 1 | Brosens Stefanie | 44m28 | '14 |  |
|  | 2 | Brosens Evelien | 30m58 | '10 |  | 2 | Van Den Schoor Esther | 32m25 | '14 |  |
|  | 3 | Caers Shana | 29m40 | '09 |  | 3 | Janssen Steffi | 21m80 | '12 |  |
|  | 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 | Brosens Stefanie | 4962p | '14 |  |
|  |  |  |  |  |  | 2 | Hooyberghs Elien | 4830p | '11 |  |
|  |  |  |  |  |  | 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 | Van Den Schoor Esther – De Vlieger Lize – Aerts Paulien – Brosens Stefanie | 53"48 | '14 |
| 2 | Cuynen Nele – Van Eekert Siel – Lambregts Ylen – Vermeylen Bika | 54"02 | '10 |
| 3 | Caers Shana – Van Tilborg Griet – Oostvogels Ellen – Toelen Daphne | 55"36 | '09 |
| 4 | Ghyssaert Leen – Lambregts Ylen – Janssen Steffi – Hooyberghs Elien | 55"74 | '11 |
| 5 | 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

# oUTDOOR DAMES SCholieren

**100 meter Atac** Brosens Stefanie 12"79 Herentals 01/05/14

**Avos** V.Waeyenberghe Hanne 12"71 Tesssenderlo 05/09/04

**Tuac** Druyts Ria 12"50 Merksem 18/08/79

**200 meter Atac** Brosens Stefanie 25"44 Oordegem 30/08/14

**Avos** V.Waeyenberghe Hanne 26"25 Duffel 15/08/04

**Tuac** De Neve Annick 25"98 Merksem 18/08/79

**300 meter Atac** De Vlieger Lize 42"34 St.-Niklaas 12/08/14

**Avos** V.Waeyenberghe Hanne 41"52 Tessenderlo 01/07/04

**Tuac** Aerts Katrien 41"61 Oordegem 10/07/94

**400 meter Atac** De Vlieger Lize 59"63 Oordegem 05/07/14

**Avos** Peeters An 59"74 Zwijndrecht 29/05/99

**Tuac** Segers Mai 56"68 Heizel 10/08/75

**600 meter Atac** Brosens Stefanie 1'49"86 Mol 20/07/14

**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** De Vlieger Lize 2'59"38 Brussel 05/09/14

**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 12m57 Nijvel 24/08/14

**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 Stefanie 30m84 Alken 11/10/14

**Avos** Van Der Velden Carine 37m70 Kessel 08/00/88

**Tuac** Meulders Liesbeth 38m04 Turnhout 10/10/93

**Speer 500g** **Atac** Brosens Stefanie 44m28 Merksem 03/05/14

**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

# OUTDOOR DAMES SCholieren

**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

**7-Kamp** **Atac** Brosens Stefanie 4962p Tenerife (Sp) 25/05/14

**Avos** V.Waeyenberghe Hanne 4476p Dilbeek 01/08/04

**Tuac** Meulders Liesbeth 4727p Vught (Ned) 20/08/94

**Afl 4 x 100 m** **Atac** Van Den Schoor E. – De Vlieger Lize – Aerts Paulien – Brosens S.

53"48 Merksem 03/05/14

**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

**200 meter H El** 1.Van Eyck Sofie 39"25 (w?) Bornem 25/07/14

**100 meter El** 1. Janssen Steffi 15"37 Turnhout 13/04/14

**800 meter El** 1.Van Eyck Sofie 2'39"68 St.-Niklaas 29/05/14

**1000 meterEl** 1.Van Eyck Sofie 3'26"34 Zele 23/08/14

**1500 meter El** 1. Van Eyck Sofie 5'43"29 Bornem 25/07/14

**1 mijl El** 1.Van Eyck Sofie 6'11"03 Burcht 12/07/14

**3000 meter El** 1. Van Ammel Joyce 11'32"68 Alken 10/05/14

**Ver** 1. Janssen Steffi 3m99 Mol 20/07/14

**Polsstok** 1. Janssen Steffi 2m00 Turnhout 10/08/14

**Kogel 4kg** 1. Janssen Steffi 7m05 Turnhout 21/09/14

**Discus 1kg** 1. Janssen Steffi 17m20 Turnhout 13/04/14

**Speer 600g** 1. Janssen Steffi 20m86 Turnhout 13/04/14

**Hamer 4kg** 1. Janssen Steffi 12m36 Turnhout 21/09/14

# OUTDOOR DAMES JUNIORES

## overwinningen juniores

1. Janssen Steffi Kogel Baarle-Nassau 29/03/14

2. Janssen Steffi Speer Baarle-Nassau 29/03/14

3. Janssen Steffi Ver Baarle-Nassau 29/03/14

4. Janssen Steffi Kogel Turnhout 21/09/14

## 10 Beste prestaties juniores

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|  | **100 meter Horden El** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Mynendonckx Jessica | 18"60\* | '09 |  | 1 | Van Eyck Sofie | 39"25\* | '14 |  |
|  | 2 | Caers Shana | 18"70 | '10 |  | 2 | Lambregts Ylen | 40"42\* | '12 |  |
|  | 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 |  |  |  |  |  |  |

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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 |  |  |  |  |  |  |
|  | 6 | Janssen Steffi | 15"37 | '14 |  |  |  |  |  |  |

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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 | Van Eyck Sofie | 2'39"68 | '14 |  |  |  |  |  |  |
|  | 4 | 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 | Van Eyck Sofie | 3'26"34 | '14 |  | 2 | Van Ammel Joyce | 5'28"92 | '13 |  |
|  | 3 | Mynendonckx Jessica | 3'26"76 | '09 |  | 3 | Van Eyck Sofie | 5'43"29 | '14 |  |

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|  | **1 mijl El** | | | |  | **2000 meter El** | | | |  |
|  | 1 | Lauwers Shana | 5'09"90 | '11 |  | 1 | Brosens Evelien | 7'36"54 | '11 |  |
|  | 2 | Van Eyck Sofie | 6'11"03 | '14 |  |  |  |  |  |  |

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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 | 11'32"68 | '14 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 17'38"90 | '12 |  |  |  |  |  |  |

# OUTDOOR DAMES JUNIORES

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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 | 3m99 | '14 |  |  |  |  |  |  |

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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 | 17m20 | '14 |  | 5 | Van Eekert Siel | 21m96 | '12 |  |
|  |  |  |  |  |  | 6 | Lambregts Yoni | 21m95 | '10 |  |
|  |  |  |  |  |  | 7 | Verrydt Nathalie | 16m72 | '10 |  |

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|  | Hamer 4 kg | | | |  | Kogel 4kg | | | |  |
|  | 1 | Lambregts Ylen | 16m00 | '12 |  | 1 | Brosens Evelien | 9m50 | '11 |  |
|  | 2 | Janssen Steffi | 12m36 | '14 |  | 2 | Caers Shana | 9m08 | '10 |  |
|  |  |  |  |  |  | 3 | Van Eekert Siel | 7m97 | '12 |  |
|  |  |  |  |  |  | 4 | Lambregts Ylen | 7m62 | '12 |  |
|  |  |  |  |  |  | 5 | Janssen Steffi | 7m05 | '14 |  |
|  |  |  |  |  |  | 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

# OUTDOOR DAMES JUNIORES

**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

**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. Van Eekert Siel 16"00 Lodi (It) 07/09/14

2. Lambregts Ylen 19"32 Lodi (It) 07/09/14

3. Lambregts Ymke 22"42 Lodi (It) 07/09/14

4. Lambregts Yoni 32"08 Lodi (It) 07/09/14

**200 meter H El** 1. Van Eekert Siel 33"60 Lodi (It) 07/09/14

2. Lambregts Ylen 46"74 Lodi (It) 07/09/14

3. Lambregts Ymke 68"66 Lodi (It) 07/09/14

4. Lambregts Yoni 83"12 Lodi (It) 07/09/14

**400 meter H El** 1. De Vlieger Charlotte 1'08"11 Gentbrugge 17/05/14

2. Van Eekert Siel 1'14"14 Lodi (It) 07/09/14

3. Lambregts Ylen 1'45"70 Lodi (It) 07/09/14

4. Lambregts Ymke 2'08"78 Lodi (It) 07/09/14

5. Lambregts Yoni 2'44"90 Lodi (It) 07/09/14

**100 meter** 1. Lambregts Ymke 16"0 (w?) Baarle-Nassau 29/03/14

2. Lambregts Yoni 17"2 (w?) Baarle-Nassau 29/03/14

**100 meter El** 1. Van Eekert Siel 14"58 Lodi (It) 07/09/14

2. Lambregts Ylen 15"22 Lodi (It) 07/09/14

3. Lambregts Ymke 18"22 Lodi (It) 07/09/14

4. Lambregts Yoni 18"26 Lodi (It) 07/09/14

**200 meter El** 1. Van Eekert Siel 30"18 Lodi (It) 07/09/14

2. Lambregts Ylen 32"29 Herentals 01/06/14

3. Lambregts Ymke 36"19 Lodi (It) 07/09/14

4. Lambregts Yoni 48"64 Lodi (It) 07/09/14

**300 meter El** 1. De Vlieger Charlotte 45"50 St.-Niklaas 12/08/14

2. Van Eekert Siel 47"52 St.-Niklaas 12/08/14

**400 meter El** 1. De Vlieger Charlotte 1'03"04 Alken 10/05/14

2. Van Eekert Siel 1'07"14 Lodi (It) 07/09/14

3. Lambregts Ylen 1'26"28 Lodi (It) 07/09/14

4. Lambregts Ymke 1'48"68 Lodi (It) 07/09/14

5. Lambregts Yoni 2'00"18 Lodi (It) 07/09/14

**800 meter**  1. Van Eekert Siel 3'03"0 Baarle-Nassau 29/03/14

**800 meter El** 1. De Vlieger Charlotte 2'29"78 Ninove 02/08/14

2. Maes Marjan 2'37"82 Mol 27/04/14

3. Van Eekert Siel 2'57"94 Lodi (It) 07/09/14

4. Lambregts Ylen 3'22"87 Herentals 01/06/14

5. Lambregts Ymke 4'48"68 Lodi (It) 07/09/14

6. Lambregts Yoni 5'15"74 Lodi (It) 07/09/14

**1000 meter El** 1. De Vlieger Charlotte 3'24"36 St.-Niklaas 12/08/14

# OUTDOOR DAMES seniores

**1500 meter El** 1. Claes Lotte 5'25"63 Bornem 25/07/14

2. Van Eekert Siel 5'36"82 Lodi (It) 07/09/14

3. Lambregts Ylen 7'56"80 Lodi (It) 07/09/14

4. Lambregts Ymke 8'38"30 Lodi (It) 07/09/14

5. Lambregts Yoni 9'58"14 Lodi (It) 07/09/14

**3000 meter El** 1. Van Eekert Siel 13'14"96 Lodi (It) 07/09/14

2. Lambregts Ylen 18'02"92 Lodi (It) 07/09/14

3. Lambregts Ymke 24'34"32 Lodi (It) 07/09/14

4. Lambregts Yoni 25'29"84 Lodi (It) 07/09/14

**Ver** 1. Van Eekert Siel 4m68 Lodi (It) 07/09/14

2. Lambregts Ylen 4m20 Lodi (It) 07/09/14

3. Lambregts Ymke 3m67 Lodi (It) 07/09/14

4. Lambregts Yoni 2m91 Lodi (It) 07/09/14

**Hoog** 1. Van Eekert Siel 1m55 Lodi (It) 07/09/14

2. Maes Marjan 1m51 Mol 27/04/14

3. Lambregts Ylen 1m40 Lodi (It) 07/09/14

4. Lambregts Ymke 1m15 Herentals 01/06/14

**Kogel 4kg** 1. Van Eekert Siel 8m17 Alken 10/05/14

2. Lambregts Ylen 8m09 Mol 27/04/14

3. Lambregts Ymke 7m04 Herentals 01/06/14

4. Lambregts Yoni 5m90 Brasschaat 02/07/14

**Discus 1kg** 1. Van Eekert Siel 20m71 Lodi (It) 07/09/14

2. Lambregts Ylen 19m81 Turnhout 21/09/14

3. Lambregts Ymke 17m72 Turnhout 13/04/14

4. Lambregts Yoni 13m62 Lodi (It) 07/09/14

**Speer 600g** 1.Van Eekert Siel 25m76 Lodi (It) 07/09/14

2. Lambregts Ymke 25m47 Duffel 26/04/14

3. Lambregts Ylen 22m35 Lodi (It) 07/09/14

4. Lambregts Yoni 17m78 Turnhout 13/04/14

**7-Kamp** 1. Lambregts Ylen 2264p Herentals 01/06/14

2. Lambregts Ymke 1313p Herentals 01/06/14

**14-Kamp** 1. Van Eekert Siel 6805p Lodi (It) 07/09/14

2. Lambregts Ylen 3037p Lodi (It) 07/09/14

3. Lambregts Ymke 1411p Lodi (It) 07/09/14

4. Lambregts Yoni 931p Lodi (It) 07/09/14

**Aflossing 4 x 100 meter El**

1. De Vlieger Charlotte – Van Eekert Siel – Brosens Stefanie – Van Den Schoor E.

56"35 Alken 10/05/14

# OUTDOOR DAMES seniores

## overwinningen seniores

1. Lambregts Ymke 100m Baarle-Nassau 29/03/14

2. Lambregts Ymke Speer Baarle-Nassau 29/03/14

3. Van Eekert Siel 800m Baarle-Nassau 29/03/14

4. Van Eekert Siel Ver Baarle-Nassau 29/03/14

5. Van Eekert Siel Kogel Baarle-Nassau 29/03/14

6. De Vlieger Charlotte 300m Turnhout 13/04/14

7. Lambregts Ymke Speer Turnhout 13/04/14

8. Van Eekert Siel Speer Nieuwpoort 23/08/14

9. Lambregts Ylen Discus Turnhout 21/09/14

10. Lambregts Ylen Kogel Turnhout 21/09/14

## 10 bEste prestaties seniores

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|  | **100 meter Horden El** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Segers Liene | 15"67 | '13 |  | 1 | Van Eekert Siel | 33"60 | '14 |  |
|  | 2 | Van Eekert Siel | 16"00 | '14 |  | 2 | De Vlieger Charlotte | 34"13\* | '13 |  |
|  | 3 | Jansens Greet | 16"52 | '09 |  | 3 | Lambregts Ylen | 46"74 | '14 |  |
|  | 4 | Maes Marjan | 16"69 | '12 |  | 4 | Lambregts Ymke | 68"66 | '14 |  |
|  | 5 | Mynendonckx Jessica | 17"55 | '10 |  | 5 | Lambregts Yoni | 83"12 | '14 |  |
|  | 6 | Lambrechts Ylen | 19"32 | '14 |  |  |  |  |  |  |
|  | 7 | Caers Shana | 19"66 | '13 |  |  |  |  |  |  |
|  | 8 | Lambregts Ymke | 22"42 | '14 |  |  |  |  |  |  |
|  | 9 | Lambregts Yoni | 32"08 | '14 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **400 meter Horden El** | | | |  |  | | | |  |
|  | 1 | De Vlieger Charlotte | 1'08"11 | '14 |  |  |  |  |  |  |
|  | 2 | Van Eekert Siel | 1'14"14 | '14 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 1'45"70 | '14 |  |  |  |  |  |  |
|  | 4 | Lambregts Ymke | 1'54"54 | '12 |  |  |  |  |  |  |
|  | 5 | Lambregts Yoni | 2'44"90 | '14 |  |  |  |  |  |  |

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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 |  | 2 | Lambregts Ymke | 16"0\* | '14 |  |
|  | 3 | Jansens Greet | 13"87 | '09 |  | 3 | Lambregts Yoni | 17"2\* | '14 |  |
|  | 4 | Mynendonckx Jessica | 13"93 | '10 |  |  |  |  |  |  |
|  | 5 | De Vlieger Charlotte | 14"19 | '13 |  |  |  |  |  |  |
|  | 6 | Maes Marjan | 14"21 | '09 |  |  |  |  |  |  |
|  | 7 | Van Eekert Siel | 14"58 | '14 |  |  |  |  |  |  |
|  | 8 | Lambregts Ylen | 15"22 | '14 |  |  |  |  |  |  |
|  | 9 | Lambregts Ymke | 17"23 | '13 |  |  |  |  |  |  |
|  | 10 | Lambregts Yoni | 18"26 | '14 |  |  |  |  |  |  |

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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 | Van Eekert Siel | 30"18 | '14 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 32"29 | '14 |  |  |  |  |  |  |
|  | 6 | Lambregts Ymke | 36"19 | '14 |  |  |  |  |  |  |
|  | 7 | Lambregts Yoni | 48"64 | '14 |  |  |  |  |  |  |

# OUTDOOR DAMES seniores

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | De Vlieger Charlotte | 45"46 | '13 |  | 1 | De Vlieger Charlotte | 1'03"04 | '14 |  |
|  | 2 | Van Eekert Siel | 47"52 | '14 |  | 2 | Van Eekert Siel | 1'07"14 | '14 |  |
|  |  |  |  |  |  | 3 | Lambregts Ylen | 1'26"28 | '14 |  |
|  |  |  |  |  |  | 4 | Lambregts Ymke | 1'34"77 | '12 |  |
|  |  |  |  |  |  | 5 | Lambregts Yoni | 2'00"18 | '14 |  |

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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 | 2'29"78 | '14 |  | 3 | Maes Kathleen | 2'56"0 | '11 |  |
|  | 4 | Claes Lotte | 2'33"61 | '13 |  | 4 | Van Eekert Siel | 3'03"0 | '14 |  |
|  | 5 | Mynendonckx Jessica | 2'41"11 | '10 |  | 5 | Lambregts Ymke | 3'59"0 | '14 |  |
|  | 6 | Maes Kathleen | 2'45"13 | '11 |  |  |  |  |  |  |
|  | 7 | Van Eekert Siel | 2'57"94 | '14 |  |  |  |  |  |  |
|  | 8 | Lambregts Ylen | 3'22"87 | '14 |  |  |  |  |  |  |
|  | 9 | Lambregts Ymke | 4'48"68 | '14 |  |  |  |  |  |  |
|  | 10 | Lambregts Yoni | 5'15"74 | '14 |  |  |  |  |  |  |

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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 | Claes Lotte | 3'24"36 | '14 |  | 3 | Van Eekert Siel | 5'36"82 | '14 |  |
|  | 4 | Maes Kathleen | 3'31"18 | '11 |  | 4 | Maes Kathleen | 5'38"60 | '11 |  |
|  |  |  |  |  |  | 5 | Lambregts Ylen | 7'56"80 | '14 |  |
|  |  |  |  |  |  | 6 | Lambregts Ymke | 8'32"02 | '12 |  |
|  |  |  |  |  |  | 7 | Lambregts Yoni | 9'58"14 | '14 |  |

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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 |
|  | 2 | Van Eekert Siel | 13'14"96 | '14 |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 18'02"92 | '14 |  |  |  |  |  |
|  | 4 | Lambregts Ymke | 24'34"32 | '14 |  |  |  |  |  |
|  | 5 | Lambregts Yoni | 25'29"84 | '14 |  |  |  |  |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Jansens Greet | 4m92 | '10 |  | 1 | Maes Marjan | 1m68 | '11 |  |
|  | 2 | Segers Liene | 4m86 | '13 |  | 2 | Van Eekert Siel | 1m55 | '14 |  |
|  | 3 | Maes Marjan | 4m81 | '10 |  | 3 | Maes Kathleen | 1m45 | '09 |  |
|  | 4 | Caers Shana | 4m75 | '13 |  | 4 | Lambregts Ylen | 1m40 | '14 |  |
|  | 5 | Van Eekert Siel | 4m68 | '14 |  | 5 | Caers Shana | 1m34 | '13 |  |
|  | 6 | Sneyders Sanne | 4m60 | '09 |  | 6 | Lambregts Ymke | 1m15 | '13 |  |
|  | 7 | Lambregts Ylen | 4m20 | '14 |  |  |  |  |  |  |
|  | 8 | Lambregts Ymke | 3m67 | '14 |  |  |  |  |  |  |
|  | 9 | Lambregts Yoni | 2m91 | '14 |  |  |  |  |  |  |

# OUTDOOR DAMES seniores

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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 | Van Eekert Siel | 8m17 | '14 |  | 3 | Van Eekert Siel | 20m71 | '14 |  |
|  | 4 | Lambregts Ylen | 8m09 | '14 |  | 4 | Lambregts Ylen | 19m81 | '14 |  |
|  | 5 | Maes Marjan | 7m51 | '09 |  | 5 | Lambregts Ymke | 17m76 | '13 |  |
|  | 6 | Van Der Veken Katrien | 7m34 | '09 |  | 6 | Lambregts Yoni | 17m24 | '13 |  |
|  | 7 | Lambregts Ymke | 7m04 | '14 |  | 7 | Maes Kathleen | 16m65 | '09 |  |
|  | 8 | Lambregts Yoni | 5m90 | '14 |  |  |  |  |  |  |

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|  | **Speer 600g** | | | |  | **Hamer 4kg** | | | |  |
|  | 1 | Caers Shana | 28m74 | '13 |  | 1 | Janssens Melissa | 24m31 | '10 |  |
|  | 2 | Segers Liene | 26m96 | '13 |  |  |  |  |  |  |
|  | 3 | Van Eekert Siel | 25m76 | '14 |  |  |  |  |  |  |
|  | 4 | Lambregts Ymke | 25m47 | '14 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 22m35 | '14 |  |  |  |  |  |  |
|  | 6 | Lambregts Yoni | 18m68 | '13 |  |  |  |  |  |  |
|  | 7 | Maes Marjan | 17m59 | '11 |  |  |  |  |  |  |
|  | 8 | Maes Kathleen | 13m41 | '09 |  |  |  |  |  |  |

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|  | **7-Kamp** | | | |  | **14-Kamp** | | | |
|  | 1 | Caers Shana | 2714p | '13 |  | 1 | Van Eekert Siel | 6805p | '14 |
|  | 2 | Lambregts Ylen | 2664p | '14 |  | 2 | Lambregts Ylen | 3037p | '14 |
|  | 3 | Lambregts Ymke | 1313p | '14 |  | 3 | Lambregts Ymke | 1411p | '14 |
|  |  |  |  |  |  | 4 | Lambregts Yoni | 931p | '14 |

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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 | De Vlieger Charlotte – Van Eekert Siel – Brosens Stefanie – Van Den Schoor E. | 56"35 | '14 |
| 5 | Janssen Steffi – Van Den Schoor Esther – van den Broek Marie – Brosens Evelien | 58"61 | '12 |

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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

**200 m Horden** **Atac** Van Eekert Siel 33"60 Lodi (It) 07/09/14

**400 m Horden** **Atac** De Vlieger Charlotte 68"11 Gentbrugge 17/05/14

**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

# OUTDOOR DAMES seniores

**400 meter**  **Atac** De Vlieger Charlotte 63"04 Alken 10/05/14

**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

**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

**14-Kamp Atac** Van Eekert Siel 6805p Lodi (It) 07/09/14

**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

# OUTDOOR DAMES seniores

. **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

**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

# OUTDOOR DAMES Masters-W35

**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

## jaarprestaties masters-W40

**Kogel 4 kg** 1. Van Hofstraeten M.-Paule 6m35 Baarle-Nassau 29/03/14

## overwinningen masters-W40

1. Van Hofstraeten M.-Paule Kogel Baarle-Nassau 29/03/14

## 10 beste prestaties masters-W40

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **100 meter El** | | | |  | **Ver** | | | |  |
|  | 1 | Kinnaer Katrien | 15"86 | '12 |  | 1 | Kinnaer Katrien | 3m77 | '12 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 4kg** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Kinnaer Katrien | 6m49 | '12 |  | 1 | Kinnaer Katrien | 19m62 | '12 |  |
|  | 2 | Van Hofstraeten M.-P. | 6m35 | '14 |  |  |  |  |  |  |

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|  | **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

**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

# outdoor DAMES Masters-W40

**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 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | Staes Annie | 7'15"54 | '12 |  | 1 | Staes Annie | 11'17"71 | '11 |  |

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|  | **5000 meter El** | | | |  | **10000 meter El** | | | |  |
|  | 1 | Staes Annie | 19'16"19 | '12 |  | 1 | Staes Annie | 41'13"71 | '11 |  |

# outdoor DAMES Masters-W45

## 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

## 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 |

# outdoor DAMES Masters-W50

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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

**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

**800 meter El** 1. Dams Lou 3'17"66 Ninove 27/09/14

**5000 meter El** 1. Dams Lou 22'37"15 Ninove 27/09/14

**10000 meter El** 1. Dams Lou 45'24"47 Naimette 01/05/14

## 10 beste prestaties masters-W55

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  | **800 meter El** | | | |  |
|  | 1 | De Bont Marleen | 17"69 | '09 |  | 1 | Dams Lou | 3'17"66 | '14 |  |

# outdoor DAMES Masters-W55

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5000 meter El** | | | |  | **10000 meter El** | | | |
|  | 1 | Dams Lou | 21'41"55 | '10 |  | 1 | Dams Lou | 45'24"47 | '14 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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

**800 meter Atac** Dams Lou 3'17"66 Ninove 27/09/14

**5000 meter Atac** Dams Lou 21'41"55 Brasschaat 12/06/10

**10000 meter Atac** Dams Lou 45'24"47 Naimette 01/05/14

**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

**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 Lenka*** | | | |  | ***2. Saidi Malak*** | | | | | |
| 60m | 10"3 | 314p |  | | | 60m | 10"99 | 234p |  |
| 600m | 2'10"62 | 416p |  | | | 600m | 2'15'44 | 355p |  |
| Ver | 2m97 | 136p |  | | | Ver | 2m89 | 122p |  |
| Hoog | 0m88 | 106p | \* | | | Hoog | 0m90 | 119p | \* |
| Kogel | 5m18 | 227p |  | | | Kogel | 5m48 | 247p |  |
| Hockey | 13m88 | 75p | \* | | | Hockey | 12m00 | 52p | \* |
| Totaal |  | **1093p** |  | | | **Totaal** |  | **958p** |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Roesbeke Fran*** | | | |  | | ***4. Koppert Elisabeth*** | | | | | | | | | | |
| 60m | 10"29 | 363p |  | | | | 60m | | 11"31 | | 183p | |  | | |
| 600m | 2'23"07 | 268p |  | | | | 600m | | 2'34"66 | | 159p | |  | | |
| Ver | 3m12 | 164p |  | | | | Ver | | 2m86 | | 116p | | \* | | |
|  |  |  |  | | | | Hoog | | 0m95 | | 156p | |  | | |
| Kogel | 3m88 | 144p |  | | | | Kogel | | 6m29 | | 300p | |  | | |
|  |  |  |  | | | | Hockey | | 12m30 | | 56p | | \* | | |
| Totaal |  | **939p** |  | | | | **Totaal** | |  | | **798p** | |  | | |
|  |  |  |  | | | |  | |  | |  | |  | | |
| ***5. Embrechts Lotte*** | | | |  | |  | | | | | | | | |
| 60m | 11"72 | 127p |  | |  | | |  | |  | |  | |
| 600m | 2'40"0 | 117p |  | |  | | |  | |  | |  | |
| Ver | 2m53 | 63p |  | |  | | |  | |  | |  | |
| Hoog | 0m73 | 19p | **\*** | |  | | |  | |  | |  | |
| Kogel | 4m72 | 198p |  | |  | | |  | |  | |  | |
| Hockey | 12m43 | 57p | **\*** | |  | | |  | |  | |  | |
| Totaal |  | **505p** |

## PUPILLEN 2 x 5 proeven

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Alessie Floor*** | | | |  | | ***2. Vosters Kaat*** | | | | |
| 60mH | 11"95 | 525p |  | | 60mH | | 13"34 | 332p |  |
| 60m | 9"43 | 555p |  | | 60m | | 10"0 | 373p |  |
| 1000m | 3'33"35 | 598p |  | | 1000m | | 4'22"30 | 249p | \* |
| Ver | 4m00 | 354p | \* | | Ver | | 3m48 | 237p | \* |
| Hoog | 1m45 | 621p |  | | Hoog | | 1m10 | 278p |  |
| Kogel | 8m42 | 442p |  | | Kogel | | 9m05 | 484p |  |
| Discus | 21m65 | 329p | **\*** | |  | |  |  |  |
| Hockey | 36m31 | 362p | **\*** | | Hockey | | 35m42 | 350p |  |
| **Totaal** |  | **2739p** |  | | **Totaal** | |  | **1817p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Keuppens Jinthe*** | | | |  | | ***4. Lenaerts Robine*** | | | | |
| 60mH | 13"79 | 278p |  | | 60mH | | 14"15 | 238p |  |
| 60m | 9"8 | 415p |  | | 60m | | 9"86 | 454p |  |
| 1000m | 3'42"48 | 522p |  | | 1000m | | 3'54"8 | 428p |  |
| Ver | 3m23 | 185p | \* | | Ver | | 3m40 | 220p | \* |
| Hoog | 1m19 | 359p |  | | Hoog | | 1m13 | 305p |  |
| Kogel | 4m84 | 205p | **\*** | | Kogel | | 5m99 | 280p |  |
| Hockey | 26m59 | 236p |  | |  | |  |  |  |
| **Totaal** |  | **1810p** |  | | **Totaal** | |  | **1705p** |  |
|  |  |  |  | |  | |  |  |  |

# ben/pup/min dAMES eindklassement ZOMEr

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Borstlap Kaat*** | | | |  | | ***6. Tan Noa*** | | | | |
|  |  |  |  | | 60mH | | 14"64 | 188p | \* |
| 60m | 10"4 | 295p |  | | 60m | | 9"9 | 393p |  |
| 1000m | 3'53"8 | 435p |  | | 1000m | | 4'00"6 | 386p |  |
| Ver | 3m44 | 228p |  | | Ver | | 3m34 | 207p |  |
| Hoog | 1m27 | 436p |  | | Hoog | | 1m05 | 235p |  |
| Kogel | 5m86 | 272p |  | | Kogel | | 5m45 | 245p |  |
| Hockey | 22m98 | 190p | **\*** | | Hockey | | 14m58 | 84p | \* |
| **Totaal** |  | **1666p** |  | | **Totaal** | |  | **1466p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***7. Koppert Emma-Louise*** | | | |  | |  | | | | |
| 60m | 10"61 | 300p |  | |  | |  |  |  |
| 1000m | 4'11"2 | 316p |  | |  | |  |  |  |
| Ver | 3m11 | 162p |  | |  | |  |  |  |
| Hoog | 1m10 | 278p |  | |  | |  |  |  |
| Kogel | 4m81 | 203p |  | |  | |  |  |  |
| **Totaal** |  | **1259p** |  | |  | |  |  |  |

## MINIEMEN 2 x 6 proeven (2 loop-, 2 spring-, 2 Werpnummers)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Van Goubergen Anne-Sophie*** | | | |  | | ***2. van den Broek Truus*** | | | | |
|  |  |  |  | | 60mH | | 11"76 | 555p |  |
| 80m | 12"29 | 484p |  | | 80m | | 12"08 | 524p | \* |
| 1000m | 3'22"99 | 689p |  | | 1000m | | 3'41"88 | 527p |  |
| Ver | 4m14 | 388p |  | | Ver | | 4m13 | 386p |  |
| Hoog | 1m33 | 496p |  | | Hoog | | 1m34 | 506p |  |
| Kogel | 7m26 | 364p |  | | Kogel | | 8m69 | 460p |  |
|  |  |  |  | | Discus | | 19m46 | 284p |  |
| Speer | 23m08 | 368p |  | | Speer | | 15m89 | 222p | \* |
| **Totaal** |  | **2789p** |  | | **Totaal** | |  | **2718p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Smeyers Lynn*** | | | |  | | ***4. Berckvens Anaïs*** | | | | |
| 80m | 11"78 | 584p |  | | 80m | | 12"22 | 497p |  |
|  |  |  |  | | 150m | | 23"45 | 363p | \* |
| 1000m | 4'25"3 | 232p |  | | 1000m | | 4'08"84 | 331p |  |
| Ver | 3m72 | 289p |  | | Ver | | 3m73 | 292p |  |
| Hoog | 1m25 | 417p |  | | Hoog | | 1m10 | 278p |  |
| Kogel | 9m59 | 520p |  | | Kogel | | 7m67 | 391p |  |
| Discus | 20m72 | 310p |  | | Discus | | 15m86 | 212p | \* |
| Speer | 16m40 | 237p | **\*** | | Speer | | 19m99 | 307p |  |
| **Totaal** |  | **2352p** |  | | **Totaal** | |  | **2096p** |  |

\* Proef met minste punten valt weg

# indoor heren benjamins

## jaarprestaties benjamins

**50 meter El** 1. Tan Ruï 8"52 Herentals 22/02/14

2. Kwanten Rube 9"52 Herentals 16/11/13

**60 meter El** 1. Tan Ruï 9"99 Gent 22/03/14

**Ver**  1. Tan Ruï 3m34 Gent 22/03/14

2. Kwanten Rube 2m62 Herentals 16/11/13

**Hoog** 1. Tan Ruï 0m98 Mol 11/01/14

**Kogel 1kg**  1. Tan Ruï 6m48 Mol 11/01/14

2. Kwanten Rube 5m55 Herentals 16/11/13

**3-Kamp**  1. Tan Ruï 855p Herentals 16/11/13

2. Kwanten Rube 560p Herentals 16/11/13

## overwinningen benjamins

1. Tan Ruï 50m Herentals 16/11/13

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Vosters Wout | 8"23 | '09 |  | 1 | Vosters Wout | 9"62 | '09 |  |
|  | 2 | Tan Ruï | 8"52 | '14 |  | 2 | Tan Ruï | 9"99 | '14 |  |
|  | 3 | Van Gool Milan | 8"62 | '12 |  | 3 | Lauwers Senne | 10"97 | '10 |  |
|  | 4 | Leys Lode | 8"85 | '09 |  |  |  |  |  |  |
|  | 5 | Leys Jules | 9"12 | '11 |  |  |  |  |  |  |
|  | 6 | Breugelmans Thiebe | 9"34 | '11 |  |  |  |  |  |  |
|  | 7 | Kwanten Rube | 9"52 | '13 |  |  |  |  |  |  |
|  | 8 | Van Gelder Rube | 9"62 | '12 |  |  |  |  |  |  |
|  | 9 | Lauwers Senne | 9"64 | '09 |  |  |  |  |  |  |
|  | 10 | Vanmechelen Bram | 9"87 | '10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Vosters Wout | 3m67 | '09 |  | 1 | Tan Ruï | 0m98 | '14 |  |
|  | 2 | Tan Ruï | 3m34 | '14 |  | 2 | Leys Lode | 0m97 | '08 |  |
|  | 3 | Van Gool Milan | 3m30 | '12 |  | 3 | Vosters Wout | 0m95 | '09 |  |
|  | 4 | Leys Jules | 3m00 | '11 |  | 4 | Van Gool Milan | 0m95 | '11 |  |
|  | 5 | Leys Lode | 2m85 | '09 |  | 5 | Lauwers Senne | 0m90 | '10 |  |
|  | 6 | Lauwers Senne | 2m74 | '10 |  | 6 | Malfet Yorben | 0m85 | '09 |  |
|  | 7 | Breugelmans Thiebe | 2m68 | '11 |  | 7 | Breugelmans Thiebe | 0m85 | '10 |  |
|  | 8 | Kwanten Rube | 2m67 | '13 |  | 8 | Leys Jules | 0m85 | '10 |  |
|  | 9 | Lambregts Nathan | 2m65 | '10 |  | 9 | Vanmechelen Bram | 0m85 | '10 |  |
|  | 10 | Van Gelder Rube | 2m59 | '12 |  | 10 | Woestenborghs Jef | 0m80 | '08 |  |

# indoor heren benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 1kg** | | | |  | **3-Kamp** | | | |  |
|  | 1 | Vosters Wout | 8m13 | '09 |  | 1 | Vosters Wout | 1167p | '09 |  |
|  | 2 | Van Gool Milan | 6m91 | '11 |  | 2 | Tan Ruï | 855p | '13 |  |
|  | 3 | Tan Ruï | 6m48 | '14 |  | 3 | Van Gool Milan | 817p | '11 |  |
|  | 4 | Vanmechelen Bram | 6m30 | '11 |  | 4 | Leys Lode | 767p | '08 |  |
|  | 5 | Leys Lode | 6m20 | '09 |  | 5 | Leys Jules | 610p | '10 |  |
|  | 6 | Breugelmans Thiebe | 5m66 | '11 |  | 6 | Breugelmans Thiebe | 596p | '10 |  |
|  | 7 | Kwanten Rube | 5m55 | '13 |  | 7 | Kwanten Rube | 560p | '13 |  |
|  | 8 | Leys Jules | 5m54 | '10 |  | 8 | Vanmechelen Bram | 513p | '10 |  |
|  | 9 | Lauwers Senne | 5m27 | '10 |  | 9 | Lauwers Senne | 407p | '09 |  |
|  | 10 | Van Gelder Rube | 5m03 | '12 |  | 10 | Lambregts Nathan | 391p | '10 |  |

## 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** Tan Ruï 0m98 Mol 11/01/14

**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 meter El** 1. Deckers Milan 8"99 Herentals 16/11/13

**60 meter El** 1. Deckers Milan 10"28 Hoboken 12/01/14

**Hoog** 1. Deckers Milan 1m07 Herentals 16/11/13

**Kogel 2kg** 1. Deckers Milan 5m26 Hoboken 12/01/14

**3-Kamp** 1. Deckers Milan 806p Herentals 16/11/13

# indoor heren pupillen

## 10 Beste Prestaties pupillen

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|  | **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 |  |  |  |  |  |  |

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|  | **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 | Deckers Milan | 10"28 | '14 |  |
|  | 5 | Lauwers Senne | 8"65 | '11 |  | 5 | Janssen Toon | 10"46 | '10 |  |
|  | 6 | Leys Jules | 8"67 | '12 |  | 6 | Borstlap Dries | 10"47 | '09 |  |
|  | 7 | Van Gool Milan | 8"69 | '12 |  | 7 | De Smedt Rens | 10"95 | '13 |  |
|  | 8 | Janssen Toon | 8"76 | '10 |  |  |  |  |  |  |
|  | 9 | Borstlap Dries | 8"92 | '09 |  |  |  |  |  |  |
|  | 10 | Breugelmans Michiel | 8"95 | '10 |  |  |  |  |  |  |

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|  | **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 |  |  |  |  |  |  |

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|  | **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 | Deckers Milan | 1m07 | '13 |  |
|  | 6 | Lauwers Senne | 3m18 | '11 |  | 6 | De Smedt Rens | 1m06 | '13 |  |
|  | 7 | Geudens Bram | 3m15 | '11 |  | 7 | Janssen Pieter | 1m05 | '10 |  |
|  | 8 | Van Gool Milan | 3m07 | '12 |  | 8 | Breugelmans Michiel | 1m05 | '11 |  |
|  | 9 | Borstlap Dries | 3m04 | '09 |  | 9 | Vosters Wout | 1m05 | '11 |  |
|  | 10 | Breugelmans Michiel | 2m99 | '10 |  | 10 | Leys Jules | 1m05 | '13 |  |

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|  | **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 | Deckers Milan | 806p | '13 |  |
|  | 10 | Janssen Pieter | 6m04 | '10 |  | 10 | Lauwers Senne | 801p | '11 |  |

# indoor heren pupillen

## 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

**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 Jules 9"95 Herentals 22/02/14

2. Falleyn Jore 10"56 Herentals 22/02/14

3. Geudens Bram 11"23 Herentals 22/02/14

4. Vanmechelen Bram 12"34 Herentals 22/02/14

**50 meter El** 1. Vosters Wout 7"60 Herentals 16/11/13

2. Janssen Kobe 8"14 Herentals 16/11/13

3. Lauwers Senne 8"33 Herentals 16/11/13

4. Falleyn Jore 8"41 Herentals 16/11/13

5. Jacobs Bent 8"59 Herentals 16/11/13

6. Vanmechelen Bram 8"62 Herentals 16/11/13

7. Leys Jules 8"62 Herentals 16/11/13

7. Geudens Bram 8"79 Herentals 16/11/13

8. De Smedt Rens 9"37 Herentals 14/12/13

# indoor heren MINIEMEN

**60 meter El** 1. Vosters Wout 8"83 Hoboken 12/01/14

**Ver** 1. Vosters Wout 4m16 Herentals 22/02/14

2. Falleyn Jore 3m87 Herentals 22/02/14

3. Leys Jules 3m74 Herentals 22/02/14

4. Geudens Bram 3m69 Herentals 22/02/14

5. Janssen Kobe 3m68 Herentals 14/12/13

6. Lauwers Senne 3m40 Herentals 16/11/13

7. Vanmechelen Bram 3m30 Herentals 14/12/13

8. Jacobs Bent 3m16 Herentals 16/11/13

9. De Smedt Rens 3m12 Herentals 14/12/13

**Hoog** 1. Falleyn Jore 1m40 Herentals 14/12/13

2. Geudens Bram 1m37 Herentals 22/02/14

3. De Smedt Rens 1m24 Mol 11/01/14

4. Vosters Wout 1m23 Herentals 16/11/13

5. Vanmechelen Bram 1m20 Herentals 16/11/13

6. Leys Jules 1m20 Herentals 22/02/14

7. Janssen Kobe 1m15 Herentals 14/12/13

8. Lauwers Senne 1m14 Herentals 16/11/13

9. Jacobs Bent 1m11 Herentals 16/11/13

**Polsstok** 1. De Smedt Rens 1m70 Mol 11/01/14

**Kogel 3 kg** 1. Vosters Wout 9m38 Herentals 22/02/14

2. Falleyn Jore 6m95 Herentals 16/11/13

3. De Smedt Rens 6m66 Herentals 14/12/13

4. Vanmechelen Bram 6m12 Herentals 14/12/13

5. Jacobs Bent 6m10 Herentals 16/11/13

6. Leys Jules 5m87 Herentals 16/11/13

7. Geudens Bram 5m83 Herentals 14/12/13

8. Janssen Kobe 5m29 Herentals 14/12/13

9. Lauwers Senne 5m26 Herentals 16/11/13

**4-Kamp** 1. Vosters Wout 1876p Herentals 16/11/13

2. Falleyn Jore 1636p Herentals 14/12/13

3. Janssen Kobe 1393p Herentals 14/12/13

4. Lauwers Senne 1273p Herentals 16/11/13

5. Geudens Bram 1273p Herentals 14/12/13

6. Vanmechelen Bram 1242p Herentals 16/11/13

7. Leys Jules 1210p Herentals 16/11/13

8. Jacobs Bent 1183p Herentals 16/11/13

9. De Smedt Rens 1073p Herentals 14/12/13

## overwinningen miniemen

1. Janssen Kobe 50m Herentals 16/11/13

2. Vosters Wout 60m Hoboken 12/01/13

3. Vosters Wout Kogel Herentals 22/02/14

4. Falleyn Jore 50mH Herentals 22/02/14

5. Falleyn Jore Hoog Herentals 22/02/14

# indoor heren MINIEMEN

## 10 Beste Prestaties miniemen

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|  | **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 | Leys Jules | 9"95 | '14 |  |  |  |  |  |  |
|  | 4 | Servotte Seppe | 10"20 | '09 |  |  |  |  |  |  |
|  | 5 | Falleyn Jore | 10"56 | '14 |  |  |  |  |  |  |
|  | 6 | Daniëls Bart | 10"58 | '13 |  |  |  |  |  |  |
|  | 7 | Borstlap Dries | 10"90 | '12 |  |  |  |  |  |  |
|  | 8 | Mols Senne | 11"13 | '13 |  |  |  |  |  |  |
|  | 9 | Janssens Quinten | 11"22 | '13 |  |  |  |  |  |  |
|  | 10 | Geudens Bram | 11"23 | '14 |  |  |  |  |  |  |

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|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Vosters Wout | 7"60 | '13 |  | 1 | Vosters Wout | 8"83 | '14 |  |
|  | 2 | Dom Stijn | 7"68 | '11 |  | 2 | Daniëls Bart | 9"24 | '13 |  |
|  | 3 | Leys Lode | 7"70 | '12 |  | 3 | Geudens Bram | 9"95 | '13 |  |
|  | 4 | Van Gael Bart | 8"11 | '08 |  | 4 | De Smet War | 10"66 | '13 |  |
|  | 5 | Janssen Kobe | 8"14 | '13 |  |  |  |  |  |  |
|  | 6 | Janssen Tuur | 8"23 | '08 |  |  |  |  |  |  |
|  | 7 | Lauwers Senne | 8"33 | '13 |  |  |  |  |  |  |
|  | 8 | Falleyn Jore | 8"41 | '13 |  |  |  |  |  |  |
|  | 9 | Daniëls Bart | 8"43 | '12 |  |  |  |  |  |  |
|  | 10 | Borstlap Dries | 8"50 | '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 | Falleyn Jore | 1m40 | '13 |  |
|  | 3 | Vosters Wout | 4m16 | '14 |  | 3 | Geudens Bram | 1m37 | '14 |  |
|  | 4 | Servotte Seppe | 4m05 | '09 |  | 4 | Servotte Seppe | 1m30 | '09 |  |
|  | 5 | Falleyn Jore | 3m87 | '14 |  | 5 | Daniëls Bart | 1m30 | '12 |  |
|  | 6 | Janssens Quinten | 3m78 | '13 |  | 6 | Leys Lode | 1m30 | '13 |  |
|  | 7 | Van Gael Bart | 3m77 | '08 |  | 7 | Borstlap Dries | 1m28 | '12 |  |
|  | 8 | Breugelmans Michiel | 3m76 | '13 |  | 8 | De Smedt Rens | 1m24 | '14 |  |
|  | 9 | Leys Jules | 3m74 | '14 |  | 9 | Vosters Wout | 1m23 | '13 |  |
|  | 10 | Daniëls Bart | 3m70 | '13 |  | 10 | Mols Senne | 1m20 | '13 |  |

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|  | Polsstok | | | |  |  | | | |  |
|  | 1 | De Smedt Rens | 1m70 | '14 |  |  |  |  |  |  |

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|  | **Kogel 3kg** | | | |  | **4-Kamp** | | | |  |
|  | 1 | Dom Stijn | 9m41 | '12 |  | 1 | Dom Stijn | 2037p | '11 |  |
|  | 2 | Vosters Wout | 9m38 | '14 |  | 2 | Vosters Wout | 1876p | '13 |  |
|  | 3 | Leys Lode | 7m51 | '13 |  | 3 | Leys Lode | 1770p | '12 |  |
|  | 4 | Servotte Seppe | 7m07 | '09 |  | 4 | Falleyn Jore | 1636p | '13 |  |
|  | 5 | Falleyn Jore | 6m95 | '13 |  | 5 | Van Gael Bart | 1500p | '08 |  |
|  | 6 | Janssens Quinten | 6m88 | '13 |  | 6 | Daniëls Bart | 1451p | '12 |  |
|  | 7 | Borstlap Dries | 6m68 | '11 |  | 7 | Janssen Tuur | 1405p | '08 |  |
|  | 8 | De Smedt Rens | 6m66 | '13 |  | 8 | Janssen Kobe | 1393p | '13 |  |
|  | 9 | Janssen Tuur | 6m48 | '08 |  | 9 | Borstlap Dries | 1353p | '11 |  |
|  | 10 | Van Gael Bart | 6m43 | '08 |  | 10 | Lauwers Senne | 1273p | '13 |  |

# indoor heren MINIEMEN

## 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** Vosters Wout 7"60 Herentals 16/11/13

**Avos** Van Hove Guy 7"39 Herentals 04/03/95

**Tuac** Van den Eynden Kurt 7"43 Herentals 21/03/98

**60 meter**  **Atac** Vosters Wout 8"83 Hoboken 12/01/14

**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

Falleyn Jore 1m40 ev Herentals 14/12/13

**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**  **Atac** De Smedt Rens 1m70 Mol 11/01/14

**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

**60 meter El** 1. Leys Lode 8"27 Gent 26/12/13

2. Janssens Quinten 9"22 Gent 05/01/14

# indoor heren cadetten

**400 meter El** 1. Leys Lode 63"28 Gent 26/12/13

**Ver** 1. Janssens Quinten 4m34 Gent 05/01/14

**Hoog** 1. Dom Stijn 1m69 Mol 11/01/14

2. Leys Lode 1m49 Mol 11/01/14

**Kogel 4 kg** 1. Leys Lode 7m42 Gent 26/12/13

## overwinningen cadetten

1. Leys Lode 60m Gent 26/12/13

2. Dom Stijn Hoog Mol 11/01/14

## 10 Beste Prestaties cadetten

|  |  |  |  |  |  |  |  |  |  |  |
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|  | 60 meter Horden El | | | |  | **40 meter El** | | | |  |
|  | 1 | Janssen Robbe | 8"89 | '12 |  | 1 | Dom Stijn | 5"88 | '12 |  |

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|  | **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 | Leys Lode | 8"27 | '13 |  | 3 | Desmedt Pieter | 26"89 | '09 |  |
|  | 4 | Desmedt Pieter | 8"41 | '09 |  | 4 | De Rammelaere Anton | 28"77 | '08 |  |
|  | 5 | Servotte Bram | 8"46 | '09 |  | 5 | Bax Thomas | 29"09 | '08 |  |
|  | 6 | De Rammelaere Anton | 8"63 | '08 |  |  |  |  |  |  |
|  | 7 | Van Vlasselaer Jamesky | 8"77 | '09 |  |  |  |  |  |  |
|  | 8 | Janssens Quinten | 9"22 | '14 |  |  |  |  |  |  |

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|  | 400 meter El | | | |  |  | | | |
|  | 1 | Leys Lode | 63"28 | '13 |  |  |  |  |  |

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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 |  |

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|  | Ver | | | |  | **Hoog** | | | |  |
|  | 1 | Janssen Robbe | 5m99 | '12 |  | 1 | Dom Stijn | 1m69 | '14 |  |
|  | 2 | Janssens Quinten | 4m34 | '14 |  | 2 | Janssen Robbe | 1m65 | '12 |  |
|  |  |  |  |  |  | 3 | Leys Lode | 1m49 | '14 |  |
|  |  |  |  |  |  | 4 | 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 |  |
|  |  |  |  |  |  | 4 | Leys Lode | 7m42 | '13 |  |

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|  | Kogel 3kg | | | |  | **6-Kamp** | | | |  |
|  | 1 | Dom Stijn | 9m19 | '12 |  | 1 | Janssen Robbe | 3164p | '12 |  |

# indoor heren cadetten

## 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**  **Atac** Leys Lode 63"28 Gent 26/12/13

**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

**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** Dom Stijn 1m69 Mol 11/01/14

**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"46 Gent 02/03/14

**60 meter El** 1. Roefs Steyn 7"38 Gent 02/03/14

2. Janssen Robbe 7"90 Gent 02/02/14

**200 meter El** 1. Roefs Steyn 24"16 Gent 02/03/14

**800 meter El** 1. Vercauteren Sander 2'12"15 Gent 29/01/14

**1000 meter El** 1. Janssen Robbe 2'55"31 Gent 02/02/14

**Ver** 1. Janssen Robbe 6m13 Gent 05/01/14

**Hoog** 1. Janssen Robbe 1m69 Mol 11/01/14

**Polsstok** 1. Janssen Robbe 3m20 Mol 11/01/14

**Kogel 5kg** 1. Janssen Robbe 14m48 Mol 11/01/14

**7-Kamp** 1. Janssen Robbe 4307p Gent 02/02/14

## overwinningen scholieren

1. Janssen Robbe Kogel Tienen 07/12/13

2. Roefs Steyn 60m Gent 28/12/13

3. Roefs Steyn 60m Gent 19/01/14

4. Janssen Robbe 60mH Gent 19/01/14

## 10 beste prestaties scholieren

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|  | **60 meter Horden El (0,91m)** | | | |  | **60 meter El** | | | |  |
|  | 1 | Janssen Robbe | 8"46 | '14 |  | 1 | Roefs Steyn | 7"38 | '14 |  |
|  | 2 | Hooyberghs Jens | 9"06 | '10 |  | 2 | Druyts Tobias | 7"67 | '09 |  |
|  | 3 | Ameye Dries | 9"70 | '09 |  | 3 | Hooyberghs Jens | 7"80 | '10 |  |
|  | 4 | Bax Thomas | 9"77 | '12 |  | 4 | Janssen Robbe | 7"90 | '14 |  |
|  |  |  |  |  |  | 5 | Pelckmans Jens | 8"13 | '09 |  |
|  |  |  |  |  |  | 6 | De Rammelaere Anton | 8"54 | '09 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Roefs Steyn | 24"16 | '14 |  | 1 | Hooyberghs Jens | 54"86 | '10 |  |
|  | 2 | Ameye Dries | 24"25 | '09 |  | 2 | Bax Thomas | 57"24 | '11 |  |
|  | 3 | Druyts Tobias | 25"22 | '11 |  | 3 | Pelckmans Jens | 61"91 | '10 |  |
|  | 4 | Hooyberghs Jens | 25"29 | '09 |  |  |  |  |  |  |
|  | 5 | De Rammelaere Anton | 27"49 | '10 |  |  |  |  |  |  |
|  | 6 | Pelckmans Jens | 27"68 | '09 |  |  |  |  |  |  |

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|  | **800 meter El** | | | |  | 1000 meter El | | | |  |
|  | 1 | Vercauteren Sander | 2'12"15 | '14 |  | 1 | Hooyberghs Jens | 2'48"71 | '10 |  |
|  | 2 | Bax Thomas | 2'22"84 | '11 |  | 2 | Janssen Robbe | 2'55"31 | '14 |  |

# indoor heren Scholieren

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|  | Ver | | | |  |  | | | |  |
|  | 1 | Janssen Robbe | 6m13 | '14 |  |  |  |  |  |  |
|  | 2 | Hooyberghs Jens | 5m87 | '10 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | 1m69 | '14 |  | 3 | Janssen Robbe | 3m20 | '14 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 5kg | | | |  | **7-Kamp** | | | |  |
|  | 1 | Janssen Robbe | 14m48 | '14 |  | 1 | Hooyberghs Jens | 4427p | '10 |  |
|  | 2 | Hooyberghs Jens | 13m50 | '10 |  | 2 | Janssen Robbe | 4307p | '14 |  |

## clubrecords Scholieren

**60 m H (0,91m) Atac** Janssen Robbe 8"46Gent 02/03/14

**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** Roefs Steyn 7"38 Gent 02/03/14 **Avos** Van Hove Guy 7"5 Hoboken 13/12/98

**Tuac** Van Beers Koen 7"59 Hoboken 18/03/90

**200 meter Atac** Roefs Steyn 24"16 Gent 02/03/14

**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** Vercauteren Sander 2'12"15 Gent 29/01/14

**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** Janssen Robbe 6m13 Gent 05/01/14

**Avos** Aerts Bram 5m97 Gent 18/01/04

**Tuac** Lambregts Koen 6m57 Hoboken 03/12/88

**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 14m48 Mol 11/01/14

**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

## jaarprestaties juniores

**60 meter H El** 1. Verbaarschot Nick 9"09 Gent 26/12/13

**60 meter El** 1. Verbaarschot Nick 7"56 Gent 26/12/13

**Ver** 1. Verbaarschot Nick 5m83 Gent 26/12/13

**Hoog** 1. Verbaarschot Nick 1m82 Gent 05/01/14

**Polsstok** 1. Verbaarschot Nick 3m40 Mol 11/01/14

**Kogel 6kg** 1. Verbaarschot Nick 8m98 Mol 11/01/14

## overwinningen juniores

1. Verbaarschot Nick Hoog Tienen 30/11/13

2. Verbaarschot Nick 60m Gent 26/12/13

## 10 Beste Prestaties juniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El (1m00)** | | | |  | **60 meter Horden El (1m00)** | | | |  |
|  | 1 | Rutten Thomas | 8"44 | '09 |  | 1 | Verbaarschot Nick | 9"09 | '13 |  |
|  |  |  |  |  |  | 2 | Rutten Thomas | 9"45 | '09 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Oematie Saverio | 7"55 | '12 |  | 1 | Oematie Saverio | 24"05 | '12 |  |
|  | 2 | Verbaarschot Nick | 7"56 | '13 |  | 2 | Ameye Dries | 24"65 | '10 |  |
|  | 3 | Druyts Tobias | 7"66 | '12 |  | 3 | Druyts Tobias | 24"75 | '12 |  |
|  | 4 | Dubois Wesley | 7"78 | '09 |  | 4 | Dubois Wesley | 25"54 | '09 |  |
|  | 5 | Rutten Thomas | 7"82 | '08 |  | 5 | Pelckmans Jens | 27"75 | '11 |  |
|  | 6 | De Rammelaere Anton | 7"89 | '12 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Verbaarschot Nick | 1m82 | '14 |  | 1 | Verbaarschot Nick | 3m40 | '14 |  |
|  | 2 | Rutten Thomas | 1m80 | '09 |  | 2 | Rutten Thomas | 2m97 | '09 |  |

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|  | **Kogel 6kg** | | | |  | **Ver** | | | |  |
|  | 1 | Rutten Thomas | 10m38 | '09 |  | 1 | Rutten Thomas | 6m44 | '09 |  |
|  | 2 | Verbaarschot Nick | 8m98 | '14 |  | 2 | Verbaarschot Nick | 5m83 | '13 |  |
|  |  |  |  |  |  | 3 | Ameye Dries | 5m52 | '10 |  |
|  |  |  |  |  |  | 4 | 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** Verbaarschot Nick 9"09 Gent 26/12/13

**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

# indoor heren juniores

**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

**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** Verbaarschot Nick 1m82 Gent 05/01/14 **Avos** Sanen Pieter 1m81 Gent 09/03/03

**Tuac** Lambregts Koen 1m90 Hoboken 23/02/91

**Polsstok** **Atac** Verbaarschot Nick 3m40 Mol 11/01/14

**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"25 Leuven 10/12/13

**60 meter H El** 1. Aerts Bram 9"38 Gent 05/01/14

**60 meter El** 1. Aerts Bram 7"95 Gent 26/12/13

**Ver** 1. Aerts Bram 6m28 Gent 05/01/14

**Hoog** 1. Aerts Bram 1m54 Mol 11/01/14

**Kogel 7,250 kg** 1. Aerts Bram 10m21 Mol 11/01/14

## 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 |  |

# indoor heren Seniores

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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

**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

# indoor heren Seniores

**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

## 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 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  |  | | | |  |
|  | 1 | De Smedt Serge | 7"71 | '12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  |

# indoor heren masters-M35

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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

**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

**60 meter H El** 1. De Smedt Serge 8"94 Gent 05/01/14

**Ver** 1. De Smedt Serge 5m72 Gent 26/12/13

**Hoog** 1. De Smedt Serge 1m54 Mol 11/01/14

**Polsstok** 1. De Smedt Serge 3m55 Gent 05/01/14

**Kogel 7,250kg** 1. De Smedt Serge 10m07 Mol 11/01/14

## overwinningen Masters-m40

1. De Smedt Serge Polsstok Gent 05/01/14

2. De Smedt Serge Polsstok Mol 11/01/14

3. De Smedt Serge Kogel Mol 11/01/14

## 10 BESTE PRESTATIES Masters-m40

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 m Horden (1m) El** | | | |  | **Ver** | | | |  |
|  | 1 | De Smedt Serge | 8"94 | '14 |  | 1 | De Smedt Serge | 5m72 | '13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Bras Bart | 1m65 | '13 |  | 1 | De Smedt Serge | 3m55 | '14 |  |
|  | 2 | De Smedt Serge | 1m54 | '14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 7,250kg** | | | |  |  | | | |  |
|  | 1 | Bras Bart | 11m49 | '13 |  |  |  |  |  |  |
|  | 2 | De Smedt Serge | 10m07 | '14 |  |  |  |  |  |  |

# indoor heren masters-M40

## Clubrecords masters-m40

**60 meter Horden** **Atac** De Smedt Serge 8"94 Gent 05/01/14

**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

**Ver** **Atac** De Smedt Serge 5m72 Gent 26/12/13

**Hoog**  **Atac** Bras Bart 1m65 Gent 09/03/13

**Polsstok** **Atac** De Smedt Serge 3m55 Gent 05/01/14

**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

## 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

# indoor heren masters-M50

## jaarPRESTATIES masters-M50

**60 m Horden El** 1. Verbaarschot Walter 12"09 Gent 02/02/14

**60 meter El** 1. Verbaarschot Walter 8"98 Gent 26/12/13

**1000 meter El** 1. Verbaarschot Walter 4'56"07 Gent 02/02/14

**Ver** 1. Verbaarschot Walter 4m30 Gent 26/12/13

**Hoog** 1. Verbaarschot Walter 1m54 Mol 11/01/14

**Polsstok** 1. Verbaarschot Walter 2m50 Gent 08/03/14

**Kogel 6 kg** 1. Verbaarschot Walter 9m43 Gent 02/02/14

**5-Kamp** 1. Verbaarschot Walter 2216p Gent 02/02/14

# indoor heren masters-M50

## 10 BESTE PRESTATIES Masters-m50

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter H (0,914m) El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Verbaarschot Walter | 12"09 | '14 |  | 1 | Verbaarschot Walter | 8"98 | '13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | **Ver** | | | |  |
|  | 1 | Verbaarschot Walter | 4'56"07 | '14 |  | 1 | Verbaarschot Walter | 4m30 | '13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Verbaarschot Walter | 1m54 | '14 |  | 1 | Verbaarschot Walter | 2m50 | '14 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 6 kg** | | | |  | **5-Kamp** | | | |  |
|  | 1 | Verbaarschot Walter | 9m43 | '14 |  | 1 | Verbaarschot Walter | 2216p | '14 |  |

## Clubrecords masters-M50

**60 m Horden Atac** Verbaarschot Walter 12"09 Gent 02/02/14

**60 meter** **Atac** Verbaarschot Walter 8"98 Gent 26/12/13

**1000 meter** **Atac** Verbaarschot Walter 4'56"07 Gent 02/02/14

**Ver** **Atac** Verbaarschot Walter 4m30 Gent 26/12/13

**Hoog** **Atac** Verbaarschot Walter 1m54 Mol 11/01/14

**Polsstok** **Atac** Verbaarschot Walter 2m50 Gent 08/03/14

**Kogel 6kg** **Atac** Verbaarschot Walter 9m43 Gent 02/02/14

**5-Kamp Atac** Verbaarschot Walter 2216p Gent 02/02/14

# VELDLOPEN HEREn 1

## hulst 02/11/13

SCHOLIEREN **Vercauteren Sander 1/10**

De Rop Michiel 3/10

Blevi Bavo 4/10

Vandenbulcke Frederik 5/10

SEIORES De Raeymaecker Karl 3/20

## Mol 03/11/13 cross-cup

BENJAMINS '06 Buijs Lennert 29/60

BENJAMINS '05 Tan Ruï 10/53

Berckvens Viktor 27/53

PUPILLEN '04 Buijs Arne 38/57

Otten Stan 46/57

Swannet Hannes 52/57

PUPILLEN '03 Van Gool Milan 14/56

MINIEMEN '02 Leys Jules 9/44

Vanmechelen Bram 38/44

MINIEMEN '01 Appels Pieter-jan 2/38

Falleyn Jore 17/38

Geudens Bram 38/38

CADETTEN Leys Lode 30/61

Verheyen Brent 36/61

JUNIORES Verhagen Niels 39/

SENIORES Van Waeyenberghe Yelle 32/47

MASTERS van den Broek Jo (korte cross) 51/51

Kerstens Michel 15/83

Peeraer Eddy 80/83

## DUFFEL 17/11/13

BENJAMINS '05 Berckvens Viktor 14/28

PUPILLEN '04 Buijs Arne 35/49

Vertriest Seppe 37/49

PUPILLEN '03 Van Gool Milan 5/25

MINIEMEN '02 De Smedt Rens 32/32

MINIEMEN '01 **Appels Pieter-jan 1/21**

Falleyn Jore 10/21

Declerq Stijn 13/21

Geudens Bram 20/21

CADETTEN Verheyen Brent 16/43

SCHOLIEREN Vercauteren Sander 2/28

Blevi Bavo 9/28

Vandenbulcke Frederik 10/28

SENIORES Van Waeyenberghe Yelle 4/17

MASTERS Kerstens Michel 7/46

Ameye Jo 21/46

De Smedt Serge 33/46

## deinze 17/11/13

SCHOLIEREN De Rop Michiel 28/55

# VeLDLOPEN HEREn 2

## Vilvoorde 23/11/13

SCHOLIEREN De Rop Michiel 6/17

## ARENDONK 24/11/13

BENJAMINS '06 Gijsels Xander 16/34

Buijs Lennert 19/34

BENJAMINS '05 Tan Ruï 6/25

Dierckx Karl 8/25

Van Den Wouwer Alexander 14/25

Kwanten Rube 19/25

Berckvens Viktor 20/25

PUPILLEN '04 Buijs Arne 26/38

Vertriest Seppe 33/38

PUPILLEN '03 Van Gool Milan 9/26

MINIEMEN '02 Leys Jules 4/29

Vanmechelen Bram 23/29

De Smedt Rens 29/29

MINIEMEN '01 **Appels Pieter-jan 1/24**

Falleyn Jore 8/24

Declerq Stijn 13/24

Vosters Wout 17/24

Geudens Bram 20/24

CADETTEN Leys Lode 8/27

Verheyen Brent 13/27

SCHOLIEREN Janssen Robbe 9/10

JUNIORES **Swannet Frederik 1/5**

Verhagen Niels 2/5

SENIORES Aerts Bram (korte cross) 19/19

MASTERS Ameye Jo 17/35

De Smedt Serge 22/35

Meeuwsen Roger 23/35

Peeraer Eddy 34/35

## Roeselare 24/11/13 cross-cup

SENIORES Van Waeyenberghe Yelle 34/47

## boechout 01/12/13

MINIEMEN '02 Leys Jules 8/31

De Smedt Rens 28/31

Vanmechelen Bram 29/31

MINIEMEN '01 **Appels Pieter-jan 1/23**

Falleyn Jore 12/23

Geudens Bram 22/23

CADETTEN Leys Lode 10/21

Verheyen Brent 12/21

SENIORES De Raeymaecker Karl 5/12

MASTERS De Smedt Serge 29/42

Peeraer Eddy 41/42

# VELDLOPEN HEREn 3

## stekene 08/12/13

SCHOLIEREN Blevi Bavo 5/10

MASTERS Ameye Jo 43/73

## booischot 15/12/13

PUPILLEN '04 Vertriest Seppe 54/61

MINIEMEN '02 De Smedt Rens 53/56

MINIEMEN '01 **Appels Pieter-jan 1/29**

Falleyn Jore 9/29

SENIORES Van Waeyenberghe Yelle 8/37

MASTERS -50 De Smedt Serge 58/73

MASTERS +50 Kerstens Michel 2/59

Meeuwsen Roger 32/59

## gierle 22/12/13

BENJAMINS '06 Thompson David 13/46

Backx Lars 18/46

De Maesschalck Bram 23/46

BENJAMINS '05 Kwanten Rube 21/37

Van Gestel Cis 25/37

PUPILLEN '04 Deckers Milan 30/47

PUPILLEN '03 Van Gool Milan 11/35

Goos Daan 30/35

MINIEMEN '02 Leys Jules 6/35

Gorremans Gill 26/35

De Smedt Rens 28/35

Vanmechelen Bram 28/35

MINIEMEN '01 **Appels Pieter-jan 1/31**

Falleyn Jore 12/31

Declercq Stijn 20/31

Vosters Wout 23/31

Geudens Bram 27/31

CADETTEN Leys Lode 8/35

Janssens Quinten 32/35

SCHOLIEREN **Vercauteren Sander 1/18**

Vandenbulcke Frederik 6/18

De Rop Michiel 10/18

JUNIORES Verhagen Niels 6/10

Swannet Frederik 8/10

SENIORES Van Waeyenberghe Yelle 2/34

De Raeymaecker Karl 4/34

Sneyders Dieter 33/34

MASTERS Kerstens Michel 7/101

Ameye Jo 46/101

Meeuwsen Roger 50/101

De Smedt Serge 65/101

Peeraer Eddy 97/101

# VELDLOPEN HEREn 4

## tessenderlo 04/01/14

PUPILLEN '03 Van Gool Milan 7/26\*

MASTERS Kerstens Michel 2/54

Meeuwsen Roger 28/54

## alken 12/01/14

MASTERS Ameye Jo 26/59

## hamme 12/01/14

CADETTEN Vercauteren Sander 2/21

De Rop Michiel 8/21

Vandenbulcke Frederik 9/21

Blevi Bavo 14/21

## HERENTALS 19/01/14

BENJAMINS '06 Buijs Lennert 39/76

BENJAMINS '05 Tan Ruï 2/50

Van Den Wouwer Alexander 19/50

Kwanten Rube 26/50

Van Gestel Cis 29/50

PUPILLEN '04 Buijs Arne 28/62

Deckers Milan 29/62

PUPILLEN '03 **Van Gool Milan 1/40**

Goos Daan 23/40

MINIEMEN '02 Leys Jules 9/35

Janssen Kobe 29/35

MINIEMEN '01 **Appels Pieter-jan 1/34**

Falleyn Jore 12/34

Vosters Wout 24/34

Geudens Bram 32/34

CADETTEN Leys Lode 18/50

Verheyen Brent 27/50

Janssens Quinten 45/50

JUNIORES Swannet Frederik 9/13

SENIORES Van Waeyenberghe Yelle 10/44

MASTERS +50 **Kerstens Michel 1/48**

Ameye Jo 22/48

Meeuwsen Roger 23/48

## Bornem 19/01/14

SCHOLIEREN Vercauteren Sander 2/26

Vandenbulcke Frederik 8/26

De Rop Michiel 9/26

Blevi Bavo 11/26

SENIORES De Raeymaecker Karl 7/37

# VELDLOPEN HEREn 5

## ekeren 26/01/14

BENJAMINS '05 Tan Ruï 5/25\*

Berckvens Viktor 13/25\*

MINIEMEN '01 Geudens Bram 20/21\*

MASTERS Kerstens Michel 6/45

## hulshout 02/02/14 Prov.Kamp.

BENJAMINS '06 Buijs Lennert 35/49

BENJAMINS '05 Tan Ruï 2/43

Berckvens Viktor 26/43

Van Den Wouwer Alexander 37/43

PUPILLEN '04 Buijs Arne 50/59

PUPILLEN '03 Van Gool Milan 9/57

MINIEMEN '01 **Appels Pieter-jan 1/39**

Falleyn Jore 14/39

CADETTEN Verheyen Brent 34/52

De Gruyter Joren 43/52

SCHOLIEREN Vercauteren Sander 5/30

De Rop Michiel 10/30

Vandenbulcke Frederik 12/30

Blevi Bavo 19/30

JUNIORES Swannet Frederik 7/15

SENIORES De Raeymaecker Karl 9/28

Van Waeyenberghe Yelle 10/28

MASTERS +50 **Kerstens Michel 1/51**

Ameye Jo 12/51

Meeuwsen Roger 15/51

Peeraer Eddy 46/51

## lier 09/02/14

BENJAMINS '06 Thompson David 8/36

BENJAMINS '05 Tan Ruï 6/28

PUPILLEN '04 Thompson Holy 26/44

PUPILLEN '03 **Van Gool Milan 1/37**

Goos Daan 28/37

MINIEMEN '02 Vanmechelen Bram 29/33

MINIEMEN '01 Geudens Bram 21/22

SCHOLIEREN **Blevi Bavo 1/9**

MASTERS +50 **Kerstens Michel 1/26**

## lokeren 09/02/14

SCHOLIEREN Vandenbulcke Frederik 7/28

De Rop Michiel 8/28

## rotselaar 16/02/14 cross-cup & KVV

SCHOLIEREN Vercauteren Sander 18/57

SENIORES Van Waeyenberghe Yelle 23/38

MASTERS Kerstens Michel 3/122

# VELDLOPEN HEREn 6

Meeuwsen Roger 37/122

Ameye Jo 51/122

## ESSen 23/02/14

PUPILLEN '03 Van Gool Milan 2/27\*

PUPILLEN '02 De Smedt Rens 25/28\*

MINIEMEN '01 **Appels Pieter-jan 1/20\***

CADETTEN Verheyen Brent 10/24

MASTERS Kerstens Michel 15/38

Ameye Jo 21/38

## borsbeek 02/03/14

BENJAMINS '05 Tan Ruï 5/19

## wachtebeke 09/03/14 BELG. KAMP.

PUPILLEN '03 Van Gool Milan 37/120

MINIEMEN '02 De Smedt Rens 102/112

MINIEMEN '01 **Appels Pieter-jan 1/99**

CADETTEN '00 Verheyen Brent 83/92

SCHOLIEREN '98 Vercauteren Sander 18/65

Blevi Bavo 27/65

De Rop Michiel 37/65

JUNIORES Verhagen Niels 55/60

SENIORES Van Waeyenberghe Yelle 26/96

De Raeymaecker Karl 34/96

\* komt niet in aanmerking voor het wintercriterium

# HEREN KLASSEMENT VELDLOOP

## benjamins

1. Tan Ruï 5 14,58 punten

## pupillen

1. Van Gool Milan 5 13,19 punten

2. Buijs Arne 5 67,28 punten

## miniemen

1. Appels Pieter-jan 5 2,63 punten

2. Leys Jules 5 20,57 punten

3. Falleyn Jore 5 34,84 punten

4. Vanmechelen Bram 5 85,98 punten

5. Geudens Bram 5 91,04 punten

6. De Smedt Rens 5 91,20 punten

## cadetten

1. Leys Lode 5 37,05 punten

2. Verheyen Brent 5 47,62 punten

## scholieren

1. Vercauteren Sander 5 7,98 punten

2. De Rop Michiel 5 32,38 punten

3. Vandenbulcke Frederik 5 32,96 punten

4. Blevi Bavo 5 33,41 punten

## SENIORES

1. Van Waeyenberghe Yelle 5 20,16 punten

2. De Raeymaecker Karl 5 22,64 punten

## masters

1. Kerstens Michel 5 2,71 punten

2. Ameye Jo 5 40,11 punten

3. Meeuwsen Roger 5 41,79 punten

4. De Smedt Serge 5 69,48 punten

5. Peeraer Eddy 5 95,47 punten

# ben/pup/min heren eindklassement winter

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Tan Ruï*** | | |  |  | | |
| 5 crossen | 14,58 | 855p |  |  |  |  |
| 50m | 8"52 | 456p |  |  |  |  |
| 60m | 9"99 | 425p\* |  |  |  |  |
| Ver | 3m34 | 207p |  |  |  |  |
| Hoog | 0m98 | 179p\* |  |  |  |  |
| Kogel | 6m48 | 312p |  |  |  |  |
| **Totaal** |  | **1830p** |  |  |  |  |

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Falleyn Jore*** | | |  | ***2. Leys Jules*** | | |
| 5 crossen | 34,84 | 652p |  | 5 crossen | 20,57 | 795p |
| 50mH | 10"56 | 345p\* |  | 50mH | 9"95 | 449p |
| 50m | 8"41 | 485p |  | 50m | 8"62 | 431p\* |
| Ver | 3m87 | 324p\* |  | Ver | 3m74 | 294p\* |
| Hoog | 1m40 | 568p |  | Hoog | 1m20 | 369p |
| Kogel | 6m95 | 344p |  | Kogel | 5m87 | 272p |
| **Totaal** |  | **2049p** |  | **Totaal** |  | **1885p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***3. Geudens Bram*** | | |  | ***4. Vanmechelen Bram*** | | |
| 5 crossen | 91,04 | 90 |  | 5 crossen | 85,98 | 141p |
| 50mH | 11"23 | 247p\* |  | 50mH | 12"34 | 119p\* |
| 50m | 9"79 | 389p |  | 50m | 8"62 | 431p |
| Ver | 3m67 | 278p\* |  | Ver | 3m30 | 199p\* |
| Hoog | 1m37 | 537p |  | Hoog | 1m20 | 369p |
| Kogel | 5m83 | 270p |  | Kogel | 6m12 | 289p |
| **Totaal** |  | **1286p** |  | **Totaal** |  | **1230p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***5. De Smedt Rens*** | | |  |  | | |
| 5 crossen | 91,20 | 88p |  |  |  |  |
| 50m | 9"37è | 262p |  |  |  |  |
| Ver | 3m12 | 164p\* |  |  |  |  |
| Hoog | 1m24 | 407p |  |  |  |  |
| Polsstok | 1m70 | 239p\* |  |  |  |  |
| Kogel | 6m66 | 324p |  |  |  |  |
| **Totaal** |  | **1081p** |  |  |  |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |

# outdoor heren benjamins

## jaarprestaties benjamins

**40 meter** 1. Tan Ruï 6"8 Baarle-Nassau 29/03/14

2. Berckvens Viktor 7"0 Baarle-Nassau 29/03/14

3. Bordeyne Jens 7"1 Baarle-Nassau 29/03/14

**60 meter** 1. Tan Ruï 9"6 Vosselaar 30/08/14

2. Berckvens Viktor 10"2 Vosselaar 30/08/14

3. Van Gestel Cis 10"9 Vosselaar 30/08/14

4. Buijs Lennert 11"6 Arendonk 27/04/14

**60 meter El** 1. Tan Ruï 9"69 Mol 06/09/14

2. Thompson David 9"83 Merksem 31/05/14

3. Berckens Viktor 10"33 Westmalle 21/09/14

4. Kwanten Rube 10"95 Herentals 06/04/14

5. Stoops Rune 10"97 Turnhout 18/05/14

6. Van Gestel Cis 11"13 Turnhout 18/05/14

7. Buijs Lennert 11"34 Turnhout 14/09/14

**600 meter** 1. Tan Ruï 2'01"0 Baarle-Nassau 29/03/14

2. Berckvens Viktor 2'18"0 Baarle-Nassau 29/03/14

3. Van Gestel Cis 2'20"2 Vosselaar 30/08/14

4. Bordeyne Jens 2'28"0 Baarle-Nassau 29/03/14

5. Buijs Lennert 2'35"5 Arendonk 27/04/14

**600 meter El** 1. Ttan Ruï 1'57"13 Nijvel 27/09/14

2. Van Gestel Cis 2'16"00 Turnhout 14/09/14

3. Berckvens Viktor 2'17"05 Herentals 06/04/14

4. Thompson David 2'18"75 Turnhout 14/09/14

5. Kwanten Rube 2'19"69 Herentals 06/04/14

6. Buijs Lennert 2'33"38 Turnhout 14/09/14

**Ver** 1. Thompson David 3m65 Merksem 28/06/14

2. Tan Ruï 3m38 Turnhout 14/09/14

3. Berckvens Viktor 3m21 Turnhout 18/05/14

4. Stoops Rune 3m18 Turnhout 18/05/14

5. Kwanten Rube 3m15 Herentals 06/04/14

6. Van Gestel Cis 2m69 Turnhout 18/05/14

7. Bordeyne Jens 2m64 Baarle-Nassau 29/03/14

8. Buijs Lennert 2m36 Turnhout 14/09/14

**Hoog** 1. Tan Ruï 1m09 Mol 06/09/14

2. Thompson David 0m95 Merksem 31/05/14

3. Stoops Rune 0m90 Merksem 31/05/14

4. Bordeyne Jens 0m85 Baarle-Nassau 29/03/14

**Kogel 1kg** 1. Thompson David 8m10 Turnhout 18/05/14

2. Tan Ruï 7m62 Vosselaar 30/0814

3. Berckvens Viktor 7m33 Westmalle 21/09/14

4. Kwanten Rube 5m86 Herentals 06/04/14

5. Stoops Rune 5m85 Merksem 31/05/14

6. Van Gestel Cis 4m92 Turnhout 18/05/14

7. Buijs Lennert 4m47 Vosselaar 30/08/14

# outdoor heren benjamins

**Hockeybal** 1. Berckvens Viktor 25m01 Turnhout 18/04/14

2. Tan Ruï 21m95 Turnhout 14/09/14

3. Stoops Rune 15m25 Turnhout 18/05/14

4. Bordeyne Jens 14m16 Baarle-Nassau 29/03/14

5. Van Gestel Cis 13m89 Turnhout 18/05/14

6. Thompson David 13m85 Turnhout 18/05/14

7. Buijs Lennert 12m76 Turnhout 14/09/14

**4-Kamp** 1. Tan Ruï 1404p Lille 24/05/14

2. Berckvens Viktor 998p Turnhout 14/09/14

3. Thompson David 956p Turnhout 14/09/14

4. Van Gestel Cis 685p Turnhout 14/09/14

5. Buijs Lennert 449p Turnhout 14/09/14

## OVERWINNINGEN benjamins

1. Tan Ruï 600m Baarle-Nassau 29/03/14

2. Tan Ruï Hoog Baarle-Nassau 29/03/14

3. Tan Ruï 60m Arendonk 27/04/14

4. Tan Ruï 600m Arendonk 27/04/14

5. Berckvens Viktor 60m Turnhout 18/05/14

6. Tan Ruï 60m Turnhout 18/05/14

7. Thompson David Ver Turnhout 18/05/14

8. Tan Ruï 600m Lille 24/05/14

9. Thompson David 60m Merksem 31/05/14

10. Tan Ruï 60m Herenthout 15/06/14

11. Tan Ruï Ver Mol 22/06/14

12. Tan Ruï 60m Mol 22/06/14

13. Tan Ruï 600m Mol 22/06/14

14. Tan Ruï 600m Gent 10/08/14

15. Tan Ruï 60m Mol 24/08/14

16. Tan Ruï Ver Mol 24/08/14

17. Tan Ruï 600m Mol 24/08/14

18. Tan Ruï 60m Vosselaar 30/08/14

19. Tan Ruï Kogel Vosselaar 30/08/14

20. Tan Ruï 600m Vosselaar 30/08/14

21. Tan Ruï 60m Mol 06/09/14

22. Tan Ruï Hoog Mol 06/09/14

23. Tan Ruï 4-Kamp Geel 07/09/14

24. Tan Ruï 60m Geel 07/09/14

25. Tan Ruï 600m Geel 07/09/14

26. Tan Ruï 60m Turnhout 14/09/14

27. Thompson David 60m Turnhout 14/09/14

28. Berckvens Viktor 60m Lommel 28/09/14

## 10 Beste prestaties benjamins

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|  |  | | | |  | **40 meter** | | | |  |
|  |  |  |  |  |  | 1 | Tan Ruï | 6"8 | '14 |  |
|  |  |  |  |  |  | 2 | Berckvens Viktor | 7"0 | '14 |  |
|  |  |  |  |  |  | 3 | Bordeyne Jens | 7"1 | '14 |  |
|  |  |  |  |  |  | 4 | Baeten Senne | 7"8 | '13 |  |

# outdoor heren benjamins

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|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | Tan Ruï | 9"69 | '14 |  | 1 | Vosters Wout | 9"4 | '10 |  |
|  | 2 | Vosters Wout | 9"72 | '10 |  | 2 | Tan Ruï | 9"6 | '14 |  |
|  | 3 | Thompson David | 9"83 | '14 |  | 3 | Van Gool Milan | 9"9 | '12 |  |
|  | 4 | Van Gool Milan | 10"00 | '12 |  | 4 | Leys Jules | 10"0 | '11 |  |
|  | 5 | Naessens Olivier | 10"08 | '09 |  | 5 | Matthé Flor | 10"1 | '09 |  |
|  | 6 | Matthé Flor | 10"16 | '09 |  | 6 | Berckvens Viktor | 10"2 | '14 |  |
|  | 7 | Degroote Floris | 10"25 | '13 |  | 7 | Leys Lode | 10"3 | '09 |  |
|  | 8 | Meerts Stijn | 10"28 | '13 |  | 8 | Mylle Stan | 10"3 | '09 |  |
|  | 9 | Leys Lode | 10"32 | '09 |  | 9 | Buijs Arne | 10"3 | '13 |  |
|  | 10 | Berckvens Viktor | 10"33 | '14 |  | 10 | Lauwers Senne | 10"4 | '10 |  |

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|  | **600 meter El** | | | |  | **600 meter** | | | |  |
|  | 1 | Tan Ruï | 1'57"13 | '14 |  | 1 | Tan Ruï | 2'01"0 | '14 |  |
|  | 2 | Van Gool Milan | 1'57"60 | '12 |  | 2 | Naessens Olivier | 2'03"5 | '09 |  |
|  | 3 | Naessens Olivier | 2'02"07 | '09 |  | 3 | Van Gool Milan | 2'07"0 | '12 |  |
|  | 4 | Vosters Wout | 2'02"07 | '10 |  | 4 | Breugelmans Thiebe | 2'09"0 | '11 |  |
|  | 5 | Degroote Floris | 2'08"57 | '13 |  | 5 | Vosters Wout | 2'09"7 | '10 |  |
|  | 6 | Matthé Flor | 2'09"27 | '09 |  | 6 | Leys Jules | 2'12"9 | '11 |  |
|  | 7 | Breugelmans Thiebe | 2'09"47 | '11 |  | 7 | Leys Lode | 2'15"3 | '09 |  |
|  | 8 | Leys Lode | 2'10"44 | '09 |  | 8 | Matthé Flor | 2'16"7 | '09 |  |
|  | 9 | Leys Jules | 2'10"89 | '11 |  | 9 | Berckvens Viktor | 2'18"0 | '14 |  |
|  | 10 | Lauwers Senne | 2'10"96 | '10 |  | 10 | Van Gestel Cis | 2'20"2 | '14 |  |

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|  | **Hoog** | | | |  | **Ver** | | | |  |
|  | 1 | Leys Lode | 1m10 | '09 |  | 1 | Matthé Flor | 3m68 | '09 |  |
|  | 2 | Tan Ruï | 1m09 | '14 |  | 2 | Thompson David | 3m65 | '14 |  |
|  | 3 | Leys Jules | 1m00 | '10 |  | 3 | Van Gool Milan | 3m56 | '12 |  |
|  | 4 | Janssen Pieter | 0m95 | '09 |  | 4 | Vosters Wout | 3m49 | '10 |  |
|  | 5 | Janssen Toon | 0m95 | '09 |  | 5 | Otten Stan | 3m42 | '13 |  |
|  | 6 | Vanommeslaeghe Noa | 0m95 | '11 |  | 6 | Tan Ruï | 3m38!! | '14 |  |
|  | 7 | Thompson David | 0m95 | '14 |  | 7 | Meerts Stijn | 3m35 | '13 |  |
|  | 8 | Van Stappen Joren | 0m92 | '09 |  | 8 | Janssens Quinten | 3m22 | '09 |  |
|  | 9 | Matthé Flor | 0m90 | '09 |  | 9 | Leys Lode | 3m22 | '09 |  |
|  | 10 | Van Gool Milan | 0m90 | '11 |  | 10 | Degroote Floris | 3m22 | '13 |  |

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|  | **Kogel 1kg** | | | |  | **Hockeybal** | | | |  |
|  | 1 | Vosters Wout | 9m43 | '10 |  | 1 | Otten Stan | 30m66 | '13 |  |
|  | 2 | Thompson David | 8m10 | '14 |  | 2 | Vosters Wout | 30m54 | '10 |  |
|  | 3 | Otten Stan | 7m98 | '12 |  | 3 | Peeters Arne | 29m52 | '13 |  |
|  | 4 | Graux Siebe | 7m95 | '13 |  | 4 | Breugelmans Thiebe | 27m88 | '11 |  |
|  | 5 | Vanmechelen Bram | 7m80 | '11 |  | 5 | Van Gool Milan | 27m76 | '12 |  |
|  | 6 | Leys Jules | 7m63 | '11 |  | 6 | Leys Jules | 27m43 | '11 |  |
|  | 7 | Druyts Pieter | 7m62 | '09 |  | 7 | Bax Xander | 25m84 | '10 |  |
|  | 8 | Tan Ruï | 7m62 | '14 |  | 8 | Naessens Olivier | 25m19 | '09 |  |
|  | 9 | Breugelmans Thiebe | 7m53 | '11 |  | 9 | Berckvens Viktor | 25m01 | '14 |  |
|  | 10 | Van Gool Milan | 7m38 | '12 |  | 10 | Vanmechelen Bram | 24m66 | '11 |  |

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|  | **4-Kamp** | | | |  |  | | | |  |
|  | 1 | Vosters Wout | 1461p | '10 |  |  |  |  |  |  |
|  | 2 | Van Gool Milan | 1454p | '12 |  |  |  |  |  |  |
|  | 3 | Tan Ruï | 1404p | '14 |  |  |  |  |  |  |
|  | 4 | Naessens Olivier | 1203p | '09 |  |  |  |  |  |  |
|  | 5 | Leys Lode | 1187p | '09 |  |  |  |  |  |  |
|  | 6 | Matthé Flor | 1134p | '09 |  |  |  |  |  |  |
|  | 7 | Breugelmans Thiebe | 1035p | '11 |  |  |  |  |  |  |
|  | 8 | Degroote Floris | 1028p | '13 |  |  |  |  |  |  |
|  | 9 | Berckvens Viktor | 998p | '14 |  |  |  |  |  |  |
|  | 10 | Leys Jules | 974p | '11 |  |  |  |  |  |  |

# outdoor heren benjamins

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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 |

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| **Aflossing 3 x 600 meter El** | | | |
| 1 | Lauwers Senne – Vanmechelen Bram – Vosters Wout | 7'15"26 | '10 |

## clubrecords benjamins

**40 meter**  **Atac** Tan Ruï 6"8 Baarle-Nassau 29/03/14

**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** Tan Ruï 1'57"13 Nijvel 27/09/14

**1000 meter** **Avos** V.Waeyenberghe Yelle 3'28"92 Mol 25/05/95

**Tuac** Bertels Yannick 3'46"5 Turnhout 08/06/97

**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. Van Gool Milan 13"09 Lokeren 12/07/14

2. Thompson Holy 14"03 Merksem 31/05/14 3. Buijs Arne 14"14 Herentals 06/04/14 4. Degroote Floris 15"21 Turnhout 18/05/14

5. Graux Siebe 15"21 Turnhout 18/05/14

6. Baeten Senne 15"61 Turnhout 18/05/14

**60 meter**  1. Van Gool Milan 9"6 Arendonk 27/04/14

2. Janssen Rune 9"6 Vosselaar 30/08/14

3. Van Gorp Berrie 9"8 Baarle-Nassau 29/03/14

4. Goos Daan 10"0 Vosselaar 30/08/14

5. Baeten Senne 10"1 Baarle-Nassau 29/03/14

6. Degroote Floris 10"1 Herenthout 15/06/14

7. Deckers Milan 10"1 Vosselaar 30/08/14

8. Buijs Arne 10"5 Arendonk 27/04/14

9. Graux Siebe 10"7 Herenthout 15/06/14

10. Roovers Felix 11"0 Baarle-Nassau 29/03/14

**60 meter El** 1. Van Gool Milan 9"44 Herentals 06/04/14

2. Thompson Holy 9"66 Turnhout 14/09/14

3. Goos Daan 9"74 Turnhout 14/09/14

4. Van Gorp Berrie 9"90 Turnhout 18/05/14

5. Meerts Stijn 9"99 Turnhout 18/05/14

6. Janssen Rune 10"00 Turnhout 14/09/14

7. Degroote Floris 10"02 Turnhout 18/05/14

8. Buijs Arne 10"11 Herentals 06/04/14

9. Deckers Milan 10"32 Turnhout 14/09/14

10. Baeten Senne 10"37 Turnhout 18/05/14

11. Graux Siebe 10"50 Turnhout 18/05/14

12. Bouyaghroumni Elias 10"72 Merksem 31/05/14

13. Vertriest Seppe 10"89 Turnhout 14/09/14

**600 meter** 1. Van Gorp Berrie 2'28"0 Baarle-Nassau 29/03/14

2. Roovers Felix 2'29"0 Baarle-Nassau 29/03/14

3. Baeten Senne 2'35"0 Baarle-Nassau 29/03/14

**1000 meter** 1. Van Gool Milan 3'23"8 Geel 07/09/14

2. Goos Daan 3'58"8 Vosselaar 30/08/14

3. Buijs Arne 4'09"7 Arendonk 27/04/14

4. Deckers Milan 4'11"1 Geel 07/09/14

5. Baeten Senne 4'33"2 Geel 07/09/14

**1000 meter El** 1. Van Gool Milan 3'15"42 Lier 09/06/14

2. Goos Daan 3'55"32 Turnhout 14/09/14

3. Degroote Floris 3'56"66 Turnhout 14/09/14

4. Buijs Arne 3'59"33 Herentals 06/04/14 5. Thompson Holy 4'00"27 Turnhout 14/09/14

6. Graux Siebe 4'02"62 Turnhout 14/09/14

7. Deckers Milan 4'03"28 Turnhout 14/09/14

# outdoor heren pupillen

8. Vertriest Seppe 4'36"11 Turnhout 14/09/14 9. Baeten Senne 4'39"80 Turnhout 14/09/14

**Ver** 1. Van Gool Milan 3m82 Baarle-Nassau 29/03/14

2. Janssen Rune 3m49 Turnhout 14/09/14

3. Van Gorp Berrie 3m31 Turnhout 14/09/14

4. Goos Daan 3m29 Turnhout 14/09/14

5. Graux Siebe 3m23 Turnhout 14/09/14

6. Deckers Milan 3m17 Turnhout 14/09/14

7. Thompson Holy 3m10 Turnhout 14/09/14

8. Degroote Floris 3m09 Turnhout 14/09/14

9. Baeten Senne 3m07 Baarle-Nassau 29/03/14

10. Vertriest Seppe 2m96 Turnhout 14/09/14

11. Buijs Arne 2m89 Herentals 06/04/14

12. Roovers Felix 2m65 Baarle-Nassau 29/03/14

**Hoog** 1. Thompson Holy 1m20 Turnhout 18/05/14

2. Deckers Milan 1m16 Vosselaar 30/08/14

3. Van Gorp Berrie 1m10 Baarle-Nassau 29/03/14

4. Baeten Senne 1m10 Vosselaar 30/08/14

5. Van Gool Milan 1m10 Vosselaar 30/08/14

6. Buijs Arne 1m09 Turnhout 18/05/14

7. Degroote Floris 1m03 Turnhout 18/05/14

8. Goos Daan 1m00 Geel 07/09/14

9. Roovers Felix 0m95 Baarle-Nassau 29/03/14

10. Peeters Arne 0m95 Turnhout 18/05/14

**Kogel 2kg** 1. Van Gool Milan 7m76 Geel 07/09/14 2. Graux Siebe 6m96 Turnhout 14/09/14

3. Janssen Rune 6m64 Turnhout 14/09/14

4. Vertriest Seppe 5m91 Turnhout 14/09/14

5. Degroote Floris 5m70 Turnhout 18/05/14

6. Deckers Milan 5m68 Arendonk 27/04/14

7. Peeters Arne 5m65 Turnhout 18/05/14

8. Thompson Holy 5m60 Turnhout 14/09/14

9. Goos Daan 5m33 Turnhout 14/09/14

10. Meerts Stijn 5m29 Turnhout 18/05/14

11. Van Gorp Berrie 4m51 Baarle-Nassau 29/03/14 12. Baeten Senne 4m50 Geel 07/09/14

13. Buijs Arne 4m39 Turnhout 18/05/14

14. Roovers Felix 3m45 Baarle-Nassau 29/03/14

**Hockeybal** 1. Janssen Rune 36m00 Vosselaar 30/08/14

2. Van Gool Milan 32m62 Vosselaar 30/08/14

3. Graux Siebe 27m39 Vosselaar 30/08/14

4. Deckers Milan 16m36 Vosselaar 30/08/14

5. Baeten Senne 16m36 Vosselaar 30/08/14

6. Goos Daan 15m36 Vosselaar 30/08/14

7. Buijs Arne 14m42 Herentals 06/04/14

8. Van Gorp Berrie 14m40 Baarle-Nassau 29/03/14

9. Roovers Felix 7m87 Baarle-Nassau 29/03/14

**Discus 600g** 1. Thompson Holy 12m16 Merksem 31/05/14

2. Dgroote Felix 11m32 Herenthout 15/06/14

# outdoor heren pupillen

3. Buijs Arne 10m96 Merksem 31/05/14

4. Bouyaghroumni Elias 7m70 Merksem 31/05/14

**4-Kamp** 1. Van Gool Milan 1773p Geel 07/09/14

2. Goos Daan 1339p Turnhout 14/09/14

3. Thompson Holy 1304p Turnhout 14/09/14

4. Degroote Floris 1205p Turnhout 14/09/14

5. Graux Siebe 1160p Turnhout 14/09/14

6. Deckers Milan 1129p Turnhout 14/09/14

7. Buijs Arne 1001p Arendonk 27/04/14

8. Janssen Rune 985p Turnhout 14/09/14

9. Vertriest Seppe 836p Turnhout 14/09/14

10. Van Gorp Berrie 783p Turnhout 14/09/14

11. Baeten Senne 686p Turnhout 14/09/14

## overwinningen pupillen

1. Van Gool Milan 600m Baarle-Nassau 29/03/14

2. Van Gool Milan Ver Baarle-Nassau 29/03/14

3. Van Gool Milan 1000m Herentals 06/04/14

4. Van Gool Milan 60m Arendonk 27/04/14

5. Van Gool Milan 1000m Arendonk 27/04/14

6. Graux Siebe Kogel Turnhout 18/05/14

7. Thompson Holy Hoog Turnhout 18/05/14

8. Thompson Holy 60m Turnhout 18/05/14

9. Van Gool Milan 1000m Lille 24/05/14

10. Van Gool Milan 1000m Lier 09/06/14

11. Degroote Floris 60m Herenthout 15/06/14

12. Van Gool Milan 1000m Lokeren 12/07/14

13. Janssen Rune Hockey Vosselaar 30/08/14

14. Van Gool Milan 1000m Vosselaar 30/08/14

15. Van Gool Milan Kogel Geel 07/09/14

## 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 | Thompson Holy | 14"03 | '14 |  |  |  |  |  |  |
|  | 7 | Bogaerts Fik | 14"06 | '11 |  |  |  |  |  |  |
|  | 8 | Buijs Arne | 14"14 | '14 |  |  |  |  |  |  |
|  | 9 | Michielsen Robbe | 14"16 | '11 |  |  |  |  |  |  |
|  | 10 | Breugelmans Michiel | 14"28 | '11 |  |  |  |  |  |  |

# outdoor heren pupillen

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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 | Van Gool Milan | 9"44 | '14 |  | 5 | Janssen Kobe | 9"5 | '13 |  |
|  | 6 | Malfet Yorben | 9"56 | '12 |  | 6 | Malfet Yorben | 9"6 | '12 |  |
|  | 7 | Vanommeslaeghe Noa | 9"59 | '13 |  | 7 | Janssen Rune | 9"6 | '14 |  |
|  | 8 | Thompson Holy | 9"66 | '14 |  | 8 | Michielsen Robbe | 9"7 | '10 |  |
|  | 9 | Janssen Kobe | 9"68 | '13 |  | 9 | Leys Jules | 9"7 | '13 |  |
|  | 10 | Matthé Flor | 9"73 | '10 |  | 10 | Matthé Flor | 9"8 | '10 |  |

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|  | **600 meter** | | | |  |  | | | |  |
|  | 1 | Vanommeslaeghe Noa | 2'19"0 | '12 |  |  |  |  |  |  |
|  | 2 | De Smedt Rens | 2'21"0 | '13 |  |  |  |  |  |  |
|  | 3 | Van Gorp Berrie | 2'28"0 | '14 |  |  |  |  |  |  |
|  | 4 | Roovers Felix | 2'29"0 | '14 |  |  |  |  |  |  |
|  | 5 | Baeten Senne | 2'35"0 | '14 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Van Gool Milan | 3'15"42 | '14 |  | 1 | Van Gool Milan | 3'23"8 | '14 |  |
|  | 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 | Van Gool Milan | 3m82 | '14 |  | 3 | Falleyn Jore | 1m21 | '12 |  |
|  | 4 | Vosters Wout | 3m80 | '12 |  | 4 | Van Gool Milan | 1m20 | '14 |  |
|  | 5 | Leys Jules | 3m66 | '13 |  | 5 | Geudens Bram | 1m18 | '12 |  |
|  | 6 | Geudens Bram | 3m61 | '12 |  | 6 | Vosters Wout | 1m18 | '12 |  |
|  | 7 | Gevers Warre | 3m58 | '09 |  | 7 | Vanmechelen Bram | 1m18 | '13 |  |
|  | 8 | Leys Lode | 3m54 | '11 |  | 8 | Deckers Milan | 1m16 | '14 |  |
|  | 9 | Falleyn Jore | 3m51 | '12 |  | 9 | Naessens Benjamin | 1m15 | '09 |  |
|  | 10 | Michielsen Robbe | 3m50 | '11 |  | 10 | Mols Senne | 1m15 | '10 |  |

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|  | **Kogel 2kg** | | | |  | Discus 600g | | | |  |
|  | 1 | Vosters Wout | 8m61 | '12 |  | 1 | De Smedt Rens | 18m55 | '13 |  |
|  | 2 | Van Gool Milan | 7m76 | '14 |  | 2 | Vosters Wout | 18m30 | '12 |  |
|  | 3 | De Smedt Rens | 7m56 | '13 |  | 3 | Van Gool Milan | 17m96 | '13 |  |
|  | 4 | Falleyn Jore | 7m50 | '12 |  | 4 | Vanmechelen Bram | 15m83 | '13 |  |
|  | 5 | Janssens Quinten | 7m46 | '11 |  | 5 | Geudens Bram | 15m25 | '12 |  |
|  | 6 | Leys Jules | 7m12 | '13 |  | 6 | Matthé Flor | 14m32 | '10 |  |
|  | 7 | Graux Siebe | 6m96 | '14 |  | 7 | Janssens Quinten | 14m17 | '11 |  |
|  | 8 | Vanmechelen Bram | 6m86 | '13 |  | 8 | Mols Senne | 14m08 | '11 |  |
|  | 9 | Gevers Warre | 6m85 | '09 |  | 9 | Leys Jules | 13m90 | '12 |  |
|  | 10 | Michielsen Robbe | 6m80 | '11 |  | 10 | Falleyn Jore | 12m27 | '12 |  |

# outdoor heren pupillen

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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 | 1773p | '14 |  |
|  | 3 | Janssen Kobe | 37m23 | '13 |  | 3 | Leys Jules | 1725p | '13 |  |
|  | 4 | Falleyn Jore | 37m06 | '12 |  | 4 | Leys Lode | 1665p | '11 |  |
|  | 5 | Janssen Rune | 36m00 | '14 |  | 5 | Naessens Benjamin | 1610p | '09 |  |
|  | 6 | Vanmechelen Bram | 35m78 | '13 |  | 6 | Michielsen Robbe | 1535p | '11 |  |
|  | 7 | Leys Lode | 33m70 | '11 |  | 7 | Falleyn Jore | 1483p | '12 |  |
|  | 8 | Naessens Benjamin | 33m57 | '09 |  | 8 | Janssens Quinten | 1422p | '11 |  |
|  | 9 | Michielsen Robbe | 32m13 | '11 |  | 9 | Janssen Kobe | 1413p | '13 |  |
|  | 10 | De Smedt Rens | 32m09 | '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 |

## 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 3'15"42 Lier 09/06/14 **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

# outdoor heren pupillen

**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. Leys Jules 16"67 Herentals 06/04/14

2. Falleyn Jore 16"93 Herentals 06/04/14

3. Geudens Bram 19"69 Herentals 06/04/14

**150 meter H El** 1. Janssen Kobe 24"73 Mol 22/06/14

2. De Smedt Rens 28"72 Mol 22/06/14

**80 meter** 1. Appels Pieter-jan 10"9 Lille 24/05/14

2. Vosters Wout 11"3 Vosselaar 30/08/14

3. Daniëls Bart 11"3 Vosselaar 30/08/14

4. Leys Jules 11"3 Vosselaar 30/08/14

5. Janssen Kobe 11"7 Vosselaar 30/08/14

6. Falleyn Jore 11"9 Geel 07/09/14

7. Lauwers Senne 12"1 Arendonk 27/04/14

8. Stoops Jarne 12"3 Herenthout 15/06/14

9. Stappers Toon 12"7 Arendonk 27/04/14

10. Vanmechelen Bram 12"9 Vosselaar 30/08/14

11. Geudens Bram 13"0 Geel 07/09/14

12. Jacobs Bent 13"1 Arendonk 27/04/14

13. De Smedt Rens 13"6 Geel 07/09/14

**80 meter El** 1. Daniëls Bart 11"16 Turnhout 14/09/14

2. Vosters Wout 11"33 Turnhout 14/09/14

3. Malfet Yorben 11"77 Turnhout 14/09/14

4. Leys Jules 11"81 Turnhout 14/09/14

5. Janssen Kobe 11"91 Mol 22/06/14

6. Declerq Stijn 11"96 Turnhout 18/05/14

7. Stoops Jarne 12"14 Turnhout 18/05/14

8. Falleyn Jore 12"24 Turnhout 18/05/14

9. Stappers Toon 12"77 Merksem 31/05/14

# outdoor heren miniemen

10. Geudens Bram 12"93 Turnhout 18/05/14

11. Vanmechelen Bram 13"04 Turnhout 14/09/14

12. Jacobs Bent 13"31 Turnhout 18/05/14

13. De Smedt Rens 13"48 Mol 22/06/14

14. Peeters Ward 15"28 Turnhout 18/05/14

**150 meter El** 1. Vosters Wout 21"77 Merksem 28/06/14

2. Falleyn Jore 21"78 Westmalle 21/09/14

3. Geudens Bram 25"41 Westmalle 21/09/14

4. De Smedt Rens 26"16 Lommel 28/09/14

**300 meter**  1. Daniëls Bart 47"3 Herenthout 15/06/14

2. Stoops Jarne 50"9 Herenthout 15/06/14

3. Janssen Kobe 54"1 Herenthout 15/06/14

4. De Smedt Rens 55"6 Herenthout 15/06/14

5. Stappers Toon 55"7 Herenthout 15/06/14

6. Vanmechelen Bram 62"7 Herenthout 15/06/14

**300 meter El** 1. Vosters Wout 47"13 Turnhout 18/05/14

2. Leys Jules 48"33 Turnhout 18/05/14

3. Falleyn Jore 49"00 Turnhout 18/05/14

4. Janssen Kobe 51"01 Oordegem 09/08/14

5. Jacobs Bent 54"41 Turnhout 18/05/14

6. Geudens Bram 56"93 Turnhout 18/05/14

7. De Smedt Rens 57"23 Turnhout 18/05/14

8. Vanmechelen Bram 60"60 Turnhout 18/05/14

**1000 meter** 1. Appels Pieter-jan 2'57"5 Lille 24/05/14

2. Leys Jules 3'20"6 Vosselaar 30/08/14

3. Falleyn Jore 3'22"2 Vosselaar 30/08/14

4. Daniëls Bart 3'36"7 Geel 07/09/14

5. Vosters Wout 3'41"8 Arendonk 27/04/14

6. Geudens Bram 3'44"7 Arendonk 27/04/14

7. De Smedt Rens 3'52"5 Lille 24/05/14

8. Janssen Kobe 3'56"1 Geel 07/09/14

9. Jacobs Bent 3'58"7 Vosselaar 30/08/14

10. Lauwers Senne 4'05"5 Arendonk 27/04/14

11. Vanmechelen Bram 4'06"6 Vosselaar 30/08/14

12. Stappers Toon 4'09"8 Lille 24/05/14

**1000 meter El** 1. Appels Pieter-jan 2'50"51 Heusden 19/06/14

2. Falleyn Jore 3'17"67 Turnhout 14/09/14

3. Leys Jules 3'22"71 Turnhout 14/09/14

4. Daniëls Bart 3'30"82 Turnhout 14/09/14

5. Vosters Wout 3'36"15 Herentals 06/04/14

6. Janssen Kobe 3'43"14 Turnhout 14/09/14

7. Geudens Bram 3'52"80 Turnhout 14/09/14

8. De Smedt Rens 3'54"00 Mol 22/06/14

9. Malfet Yorben 3'59"74 Turnhout 14/09/14

10. Vanmechelen Bram 4'05"52 Turnhout 14/09/14

**Ver** 1. Appels Pieter-jan 4m82 Lille 24/05/14

2. Daniëls Bart 4m44 Voselaar 30/08/14

3. Leys Jules 4m40 Vosselaar 30/08/14

# outdoor heren miniemen

4. Vosters Wout 4m28 Vosselaar 30/08/14

5. Janssen Kobe 4m19 Vosselaar 30/08/14

6. Falleyn Jore 4m17 Arendonk 27/04/14

7. Lauwers Senne 4m04 Arendonk 27/04/14

8. Stoops Jarne 4m00 Turnhout 18/05/14

9. Geudens Bram 3m93 Geel 07/09/14

10. Vanmechelen Bram 3m62 Baarle-Nassau 29/03/14

11. Stappers Toon 3m58 Arendonk 27/04/14

12. Jacobs Bent 3m55 Vosselaar 30/08/14

13. De Smedt Rens 3m18 Lille 24/05/14

14. Peeters Ward 2m66 Turnhout 18/05/14

**Hoog** 1. Daniëls Bart 1m50 Turnhout 14/09/14

2. Falleyn Jore 1m45 Baarle-Nassau 29/03/14

3. Leys Jules 1m38 Turnhout 14/09/14

4. Stoops Jarne 1m31 Herenthout 15/06/14

5. Geudens Bram 1m30 Baarle-Nassau 29/03/14

6. Janssen Kobe 1m25 Mol 22/06/14

7. De Smedt Rens 1m20 Baarle-Nassau 29/03/14

8. Vanmechelen Bram 1m20 Herenthout 15/06/14

9. Malfet Yorben 1m20 Turnhout 14/09/14

10. Stappers Toon 1m10 Herenthout 15/06/14

11. Jacobs Bent 1m00 Vosselaar 30/08/14

**Polsstok** 1. Falleyn Jore 2m12 Turnhout 18/05/14

2. De Smedt Rens 1m92 Mol 22/06/14

3. Daniëls Bart 1m82 Turnhout 18/05/14

4. Leys Jules 1m62 Turnhout 18/05/14

5. Declerq Stijn 1m62 Turnhout 18/05/14

6. Janssen Kobe 1m62 Mol 22/06/14

**Kogel 3kg** 1. Appels Pieter-jan 10m07 Lille 24/05/14

2. Vosters Wout 9m78 Turnhout 14/09/14

3. Falleyn Jore 7m88 Geel 07/09/14

4. Daniëls Bart 7m71 Turnhout 14/09/14

5. Leys Jules 7m59 Lille 24/05/14

6. De Smedt Rens 7m12 Geel 07/09/14

7. Vanmechelen Bram 6m95 Turnhout 14/09/14

8. Geudens Bram 6m70 Turnhout 14/09/14

9. Jacobs Bent 6m28 Arendonk 27/04/14

10. Janssen Kobe 5m96 Oordegem 09/08/14

11. Leys Jules 5m86 Arendonk 27/04/14

12. Stappers Toon 5m83 Lille 24/05/14

13. Malfet Yorben 5m31 Turnhout 14/09/14

**Discus 750g** 1. Falleyn Jore 26m72 Westmalle 21/09/14

2. De Smedt Rens 23m36 Lommel 28/09/14

3. Daniëls Bart 21m80 Mol 24/08/14

4. Appels Pieter-jan 20m63 Lille 24/05/14

5. Janssen Kobe 20m23 Mol 24/08/14

6. Leys Jules 19m71 Lille 24/05/14

7. Geudens Bram 18m94 Westmalle 21/09/14

8. Vanmechelen Bram 18m18 Lille 24/05/14

9. Stoops Jarne 14m60 Herenthout 15/06/14

# outdoor heren miniemen

10. Stappers Toon 14m33 Herenthout 15/06/14

**Speer 400g** 1. Falleyn Jore 31m17 Westmalle 21/09/14

2. Daniëls Bart 28m58 Turnhout 14/09/14

3. Leys Jules 25m76 Vosselaar 30/08/14

4. Janssen Kobe 25m67 Mol 22/06/14 5. Vosters Wout 24m50 Arendonk 27/04/14

6. Vanmechelen Bram 22m93 Arendonk 27/04/14

7. De Smedt Rens 22m85 Turnhout 14/09/14

8. Geudens Bram 22m20 Turnhout 18/05/14

9. Declerq Stijn 20m55 Turnhout 18/05/14

10. Stoops Jarne 19m09 Herenthout 15/06/14

11. Stappers Toon 18m43 Herenthout 15/06/14

12. Jacobs Bent 17m96 Westmalle 21/09/14

13. Malfet Yorben 15m59 Turnhout 14/09/14

14. Peeters Ward 11m58 Turnhout 18/05/14

15. Lauwers Senne 8m17 Arendonk 27/04/14

**5-Kamp** 1. Appels Pieter-jan 3089p Lille 24/05/14

2. Daniëls Bart 2886p Turnhout 14/09/14

3. Falleyn Jore 2734p Turnhout 14/09/14

4. Leys Jules 2527p Turnhout 14/09/14

5. Vosters Wout 2461p Turnhout 14/09/14

6. Janssen Kobe 2100p Turnhout 14/09/14

7. Malfet Yorben 1804p Turnhout 14/09/14

8. Geudens Bram 1790p Turnhout 14/09/14

9. Vanmechelen Bram 1757p Turnhout 14/09/14

10. Lauwers Senne 1542p Arendonk 27/04/14

11. De Smedt Rens 1448p Geel 07/09/14

12. Jacobs Bent 1375p Arendonk 27/04/14

13. Stappers Toon 1265p Lille 24/05/14

**Aflossing 4 x 80meter El**

1. Janssen Kobe – Falleyn Jore – De Smedt Rens – Daniëls Bart

46"42 Merksem 31/05/14

2. Janssen Kobe – Leys Jules – De Smedt Rens – Daniëls Bart

46"83 Booischot 17/08/14

**Aflossing 3 x 600meter El**

1. Leys Jules – Janssen Kobe – De Smedt Rens

6'11"60 Booischot 17/08/14

## overwinningen miniemen

1. Daniëls Bart 80m Baarle-Nassau 29/03/14

2. De Smedt Rens Kogel Baarle-Nassau 29/03/14

3. Falleyn Jore 1000m Baarle-Nassau 29/03/14

4. Falleyn Jore Hoog Baarle-Nassau 29/03/14

5. Falleyn Jore Discus Baarle-Nassau 29/03/14

6. Vosters Wout Kogel Herentals 06/04/14

7. Daniëls Bart 80m Arendonk 27/04/14

8. Falleyn Jore Ver Arendonk 27/04/14

9. Falleyn Jore Speer Arendonk 27/04/14

10. Leys Jules 80m Arendonk 27/04/14

11. Stappers Toon 80m Arendonk 27/04/14

# outdoor heren miniemen

12. Vosters Wout 5-Kamp Arendonk 27/04/14

13. Vosters Wout 80m Arendonk 27/04/14

14. Vosters Wout Kogel Arendonk 27/04/14

15. Daniëls Bart 80m Turnhout 18/05/14

16. Declerq Stijn 80m Turnhout 18/05/14

17. Leys Jules 300m Turnhout 18/05/14

18. Vosters Wout 80m Turnhout 18/05/14

19. Appels Pieter-jan 5-Kamp Lille 24/05/14

20. Appels Pieter-jan Kogel Lille 24/05/14

21. Appels Pieter-jan 80m Lille 24/05/14

22. Appels Pieter-jan 1000m Lille 24/05/14

23. Leys Jules 80m Lille 24/05/14

24. Stappers Toon 80m Lille 24/05/14

25. Daniëls Bart 150mH Merksem 31/05/14

26. Daniëls Bart 80m Merksem 31/05/14

27. Falleyn Jore Polsstok Merksem 31/05/14

28. Daniëls Bart 300m Herenthout 15/06/14

29. Daniëls Bart Hoog Herenthout 15/06/14

30. Stoops Jarne 80m Herenthout 15/06/14

31. Appels Pieter-jan 1000m Merksem 28/06/14

32. Daniëls Bart 80m Mol 24/08/14

33. Daniëls Bart Ver Vosselaar 30/08/14

34. Daniëls Bart Hoog Vosselaar 30/08/14

35. Falleyn Jore Speer Vosselaar 30/08/14 36. Leys Jules 1000m Vosselaar 30/08/14

37. Vosters Wout 80m Vosselaar 30/08/14 38. Falleyn Jore Kogel Geel 07/09/14

39. Falleyn Jore Speer Geel 07/09/14

40. Leys Jules 5-Kamp Geel 07/09/14

41. Leys Jules 80m Geel 07/09/14

42. Leys Jules Ver Geel 07/09/14

43. Leys Jules 1000m Geel 07/09/14

44. Appels Pieter-jan 1000m Turnhout 14/09/14

45. Daniëls Bart 5-Kamp Turnhout 14/09/14

46. Daniëls Bart Hoog Turnhout 14/09/14

47. Falleyn Jore Speer Turnhout 14/09/14

48. Leys Jules 1000m Turnhout 14/09/14

49. Vosters Wout 80m Turnhout 14/09/14

50. Vosters Wout Kogel Turnhout 14/09/14

51. Falleyn Jore 150m Westmalle 21/09/14

## 10 Beste Prestaties miniemen

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|  | **80 meter Horden El** | | | |  | **150 meter Horden El** | | | |  |
|  | 1 | Dom Stijn | 14"23 | '12 |  | 1 | Janssen Kobe | 24"73 | '14 |  |
|  | 2 | Leys Lode | 16"62 | '12 |  | 2 | De Smedt Rens | 28"72 | '14 |  |
|  | 3 | Leys Jules | 16"67 | '14 |  |  |  |  |  |  |
|  | 4 | Falleyn Jore | 16"93 | '14 |  |  |  |  |  |  | |
|  | 5 | De Baere Wannes | 18"36 | '11 |  |  |  |  |  |  | |
|  | 6 | Bogaerts Fik | 19"07 | '13 |  |  |  |  |  |  |
|  | 7 | Geudens Bram | 19"69 | '14 |  |  |  |  |  |  |
|  | 8 | Breugelmans Michiel | 21"25 | '12 |  |  |  |  |  |  |

# outdoor heren miniemen

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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 | Appels Rieter-jan | 10"9 | '14 |  |
|  | 3 | Leys Lode | 10"91 | '13 |  | 3 | Servotte Seppe | 11"1 | '10 |  |
|  | 4 | Daniëls Bart | 11"16 | '14 |  | 4 | Dom Stijn | 11"1 | '12 |  |
|  | 5 | Vosters Wout | 11"33 | '14 |  | 5 | Vosters Wout | 11"3 | '14 |  |
|  | 6 | Malfet Yorben | 11"77 | '14 |  | 6 | Daniëls Bart | 11"3 | '14 |  |
|  | 7 | Leys Jules | 11"81 | '14 |  | 7 | Leys Jules | 11"3 | '14 |  |
|  | 8 | Janssen Kobe | 11"91 | '14 |  | 8 | Janssen Kobe | 11"7 | '14 |  |
|  | 9 | Declerq Stijn | 11"96 | '14 |  | 9 | Aerts Toon | 11"8 | '10 |  |
|  | 10 | Janssens Quinten | 12"12 | '13 |  | 10 | Janssens Quinten | 11"8 | '13 |  |

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|  | **150 meter El** | | | |  |  | | | |  |
|  | 1 | Dom Stijn | 20"64 | '12 |  |  |  |  |  |  |
|  | 2 | Leys Lode | 21"45 | '12 |  |  |  |  |  |  |
|  | 3 | Falleyn Jore | 21"77 | '14 |  |  |  |  |  |  |
|  | 4 | Vosters Wout | 21"78 | '14 |  |  |  |  |  |  |
|  | 5 | De Baere Wannes | 23"52 | '11 |  |  |  |  |  |  |
|  | 6 | Janssens Quinten | 24"01 | '12 |  |  |  |  |  |  |
|  | 7 | Borstlap Dries | 24"20 | '12 |  |  |  |  |  |  |
|  | 8 | Mols Senne | 24"93 | '12 |  |  |  |  |  |  |
|  | 9 | Vanderhaeghen Willem | 25"23 | '09 |  |  |  |  |  |  |
|  | 10 | De Roose Casper | 25"39 | '11 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **300 meter** | | | |  |
|  | 1 | Leys Lode | 45"44 | '13 |  | 1 | Daniëls Bart | 47"3 | '14 |  |
|  | 2 | Dom Stijn | 46"28 | '12 |  | 2 | Stoops Jarne | 50"9 | '14 |  |
|  | 3 | Vosters Wout | 47"13 | '14 |  | 3 | Janssens Quinten | 52"6 | '12 |  |
|  | 4 | Servotte Seppe | 48"20 | '09 |  | 4 | Janssen Kobe | 54"1 | '14 |  |
|  | 5 | Leys Jules | 48"33 | '14 |  | 5 | De Smedt Rens | 55"6 | '14 |  |
|  | 6 | Falleyn Jore | 49"00 | '14 |  | 6 | Stappers Toon | 55"7 | '14 |  |
|  | 7 | Borstlap Dries | 49"22 | '12 |  | 7 | Geudens Bram | 56"2 | '13 |  |
|  | 8 | Janssen Kobe | 51"01 | '14 |  | 8 | Van Gestel Axel | 58"0 | '12 |  |
|  | 9 | Janssens Quinten | 51"11 | '12 |  | 9 | Verheyen Brent | 59"1 | '12 |  |
|  | 10 | Mols Senne | 51"63 | '12 |  | 10 | Vanmechelen Bram | 62"7 | '14 |  |

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Appels Pieter-jan | 2'50"51 | '14 |  | 1 | Appels Pieter-jan | 2'57"5 | '14 |  |
|  | 2 | Borstlap Dries | 3'09"30 | '12 |  | 2 | Servotte Seppe | 3'17"0 | '10 |  |
|  | 3 | Servotte Seppe | 3'10"07 | '10 |  | 3 | Borstlap Dries | 3'17"7 | '12 |  |
|  | 4 | Falleyn Jore | 3'17"67 | '14 |  | 4 | Mols Senne | 3'19"8 | '13 |  |
|  | 5 | Leys Lode | 3'20"01 | '12 |  | 5 | Leys Jules | 3'20"6 | '14 |  |
|  | 6 | Mols Senne | 3'21"84 | '12 |  | 6 | Falleyn Jore | 3'22"2 | '14 |  |
|  | 7 | Naessens Benjamin | 3'21"97 | '11 |  | 7 | Leys Lode | 3'27"1 | '13 |  |
|  | 8 | Verheyen Brent | 3'22"59 | '13 |  | 8 | Verheyen Brent | 3'28"1 | '13 |  |
|  | 9 | Leys Jules | 3'22"71 | '14 |  | 9 | Dom Stijn | 3'34"4 | '12 |  |
|  | 10 | Daniëls Bart | 3'30"82 | '14 |  | 10 | Naessens Benjamin | 3'35"1 | '10 |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Servotte Seppe | 5m01 | '10 |  | 1 | Dom Stijn | 1m54 | '12 |  |
|  | 2 | Appels Pieter-jan | 4m82 | '14 |  | 2 | Servotte Seppe | 1m50 | '10 |  |
|  | 3 | Dom Stijn | 4m50 | '12 |  | 3 | Daniëls Bart | 1m50 | '14 |  |
|  | 4 | Daniëls Bart | 4m44 | '14 |  | 4 | Falleyn Jore | 1m45 | '14 |  |
|  | 5 | Leys Jules | 4m40 | '14 |  | 5 | Leys Jules | 1m38 | '14 |  |
|  | 6 | Leys Lode | 4m39 | '13 |  | 6 | Vanderhaeghen Willem | 1m35 | '10 |  |
|  | 7 | Vosters Wout | 4m28 | '14 |  | 7 | Stoops Jarne | 1m31 | '14 |  |
|  | 8 | Aerts Toon | 4m22 | '10 |  | 8 | Geudens Bram | 1m30 | '14 |  |
|  | 9 | Janssen Kobe | 4m19 | '14 |  | 9 | Borstlap Dries | 1m29 | '12 |  |
|  | 10 | Falleyn Jore | 4m17 | '14 |  | 10 | Leys Lode | 1m29 | '12 |  |

# outdoor heren miniemen

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|  | **Polsstok** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Servotte Seppe | 2m15 | '09 |  | 1 | Servotte Seppe | 17m88 | '10 |  |
|  | 2 | Falleyn Jore | 2m12 | '14 |  |  |  |  |  |  |
|  | 3 | Dom Stijn | 1m96 | '12 |  |  |  |  |  |  |
|  | 4 | De Smedt Rens | 1m92 | '14 |  |  |  |  |  |  |
|  | 5 | Leys Lode | 1m84 | '13 |  |  |  |  |  |  |
|  | 6 | Daniëls Bart | 1m82 | '14 |  |  |  |  |  |  |
|  | 7 | Leys Jules | 1m62 | '14 |  |  |  |  |  |  |
|  | 8 | Declerq Stijn | 1m62 | '14 |  |  |  |  |  |  |
|  | 9 | Janssen Kobe | 1m62 | '14 |  |  |  |  |  |  |

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|  | Kogel 3kg | | | |  | **Discus 750g** | | | |  |
|  | 1 | Appels Pieter-jan | 10m07 | '14 |  | 1 | Falleyn Jore | 26m72 | '14 |  |
|  | 2 | Servotte Seppe | 9m85 | '10 |  | 2 | Dom Stijn | 25m65 | '12 |  |
|  | 3 | Vosters Wout | 9m78 | '14 |  | 3 | De Smedt Rens | 23m36 | '14 |  |
|  | 4 | Dom Stijn | 9m56 | '12 |  | 4 | Daniëls Bart | 21m80 | '14 |  |
|  | 5 | Leys Lode | 8m40 | '13 |  | 5 | Appels Pieter-jan | 20m63 | '14 |  |
|  | 6 | Falleyn Jore | 7m88 | '14 |  | 6 | Janssen Kobe | 20m23 | '14 |  |
|  | 7 | Daniëls Bart | 7m71 | '14 |  | 7 | Leys Jules | 19m71 | '14 |  |
|  | 8 | Janssens Quinten | 7m67 | '13 |  | 8 | Geudens Bram | 18m94 | '14 |  |
|  | 9 | Leys Jules | 7m59 | '14 |  | 9 | Janssens Quinten | 18m59 | '13 |  |
|  | 10 | De Smedt Rens | 7m12 | '14 |  | 10 | Leys Lode | 18m47 | '13 |  |

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|  | **Speer 400g** | | | |  | **5-Kamp** | | | |  |
|  | 1 | Dom Stijn | 39m44 | '12 |  | 1 | Servotte Seppe | 3456p | '10 |  |
|  | 2 | Servotte Seppe | 33m83 | '10 |  | 2 | Appels Pieter-jan | 3089p | '14 |  |
|  | 3 | Falleyn Jore | 31m17 | '14 |  | 3 | Dom Stijn | 2909p | '12 |  |
|  | 4 | Daniëls Bart | 28m58 | '14 |  | 4 | Daniëls Bart | 2886p | '14 |  |
|  | 5 | Leys Lode | 26m10 | '13 |  | 5 | Falleyn Jore | 2734p | '14 |  |
|  | 6 | Leys Jules | 25m76 | '14 |  | 6 | Leys Lode | 2546p | '13 |  |
|  | 7 | Janssen Kobe | 25m67 | '14 |  | 7 | Leys Jules | 2527p | '14 |  |
|  | 8 | Vosters Wout | 25m22 | '13 |  | 8 | Vosters Wout | 2461p | '14 |  |
|  | 9 | Borstlap Dries | 23m75 | '12 |  | 9 | Borstlap Dries | 2242p | '12 |  |
|  | 10 | Vanmechelen Bram | 22m93 | '14 |  | 10 | Vanderhaeghen Willem | 2119p | '10 |  |

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| **Aflossing 4 x 80 meter El** | | | |
| 1 | Janssen Kobe – Falleyn Jore – De Smedt Rens – Daniëls Bart | 46"42 | '14 |
| 2 | Janssen Kobe – Leys Jules – De Smedt Rens – Daniëls Bart | 46"83 | '14 |
| 3 | Borstlap Dries – Verheyen Brent – Mols Senne – Dom Stijn | 50"02 | '12 |

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| **Aflossing 3 x 6000 meter El** | | | |
| 1 | Leys Jules - Janssen Kobe - De Smedt Rens | 6'11"60 | '14 |

## 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** **Atac** Janssen Kobe 24"73 Mol 22/06/14

**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

# outdoor heren miniemen

**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 2'50"51 Heusden 19/06/14 **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

**Kogel 3kg** **Atac** Appels Pieter-jan 10m07 Lille 24/05/14

**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** Falleyn Jore 26m72 Westmalle 21/09/14

**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** Janssen Kobe – Falleyn Jore – De Smedt Rens – Daniëls Bart

46"42 Merksem 31/05/14

**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 miniemen

**Afl 3 x 600 m Atac** Leys Jules – Janssen Kobe – De Smedt Rens

6'11"60 Booischot 17/08/14

# outdoor heren Cadetten

## JAARPRESTATIES cadetten

**100 meter H El** 1. Dom Stijn 16"33 (w+2,5) Mol 20/07/14

**300 meter H El** 1. Leys Lode 44"73 Oordegem 30/08/14

**100 meter El** 1. Dom Stijn 13"13 Mol 06/09/14

2. Janssens Quinten 14"17 Bornem 04/05/14

3. Ibn Hach Mounir 15"98 Turnhout 13/04/14

**200 meter El** 1. Leys Lode 26"51 Bornem 04/05/14

**800 meter El** 1. Leys Lode 2'21"60 Duffel 26/04/14

2. Dom Stijn 2'44"64 Tessenderlo 30/08/14

3. Ibn Hach Mounir 2'55"57 Bornem 04/05/14

**1500 meter El** 1. Verheyen Brent 5'05"71 Beveren 06/09/14

**2000 meter El** 1. Ibn Hach Mounir 8'40"63 Turnhout 13/04/14

**Ver** 1. Dom Stijn 6m14 Alken 11/10/14

2. Ibn Hach Mounir 3m48 Bornem 04/05/14

**Hoog** 1. Dom Stijn 1m65 Bornem 04/05/14

2. Leys Lode 1m50 Turnhout 21/09/14

**Kogel 4kg** 1. Dom Stijn 11m98 Turnhout 21/09/14

2. Janssens Quinten 7m19 Bornem 04/05/14

**Discus 1kg** 1. Dom Stijn 33m00 Boechout 27/09/14

2. Janssens Quinten 23m50 Duffel 26/04/14

**Speer 600g** 1. Dom Stijn 39m62 Turnhout 21/09/14

2. Leys Lode 25m55 Turnhout 21/09/14

**Aflossing 4 x 100m**

1. Leys Lode – Dom Stijn – Janssens Quinten – Verheyen Brent

56"87 Bornem 04/05/14

## overwinningen cadetten

1. Dom Stijn Discus Turnhout 13/04/14

2. Dom Stijn Hoog Turnhout 13/04/14

3. Dom Stijn Ver Alken 11/10/14

4. Dom Stijn Kogel Alken 11/10/14

# outdoor heren Cadetten

## 10 beste prestaties cadetten

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|  | **100 meter Horden El** | | | |  | **300 meter Horden El** | | | |  |
|  | 1 | Janssen Robbe | 14"19 | '12 |  | 1 | Leys Lode | 44"73 | '14 |  |
|  | 2 | Dom Stijn | 16"33\* | '14 |  | 2 | Bax Thomas | 47"08 | '10 |  |
|  | 3 | Bax Thomas | 18"66 | '10 |  |  |  |  |  |  |

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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 | Dom Stijn | 13"13 | '14 |  |  |  |  |  |  |
|  | 7 | Van Vlasselaer Jamesky | 13"47\* | '10 |  |  |  |  |  |  |
|  | 8 | Bax Thomas | 13"78 | '09 |  |  |  |  |  |  |
|  | 9 | De Rammelaere Anton | 14"03 | '09 |  |  |  |  |  |  |
|  | 10 | Janssens Quinten | 14"17 | '14 |  |  |  |  |  |  |

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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 | Leys Lode | 26"51 | '14 |  |  |  |  |  |  |
|  | 5 | Bax Thomas | 27"81 | '10 |  |  |  |  |  |  |
|  | 6 | 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 | Leys Lode | 2'21"60 | '14 |  |  |  |  |  |  |
|  | 5 | Bax Thomas | 2'24"88 | '10 |  |  |  |  |  |  |
|  | 6 | Blevi Bavo | 2'25"53 | '13 |  |  |  |  |  |  |
|  | 7 | Verhagen Niels | 2'29"76 | '10 |  |  |  |  |  |  |
|  | 8 | Vandenbulcke Frederik | 2'30"60 | '13 |  |  |  |  |  |  |
|  | 9 | Dom Stijn | 2'44"64 | '14 |  |  |  |  |  |  |
|  | 10 | Ibn Hach Mounir | 2'55"57 | '14 |  |  |  |  |  |  |

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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 |  |  |  |  |  |  |

# outdoor heren Cadetten

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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 |  |  |  |  |  |  |
|  | 8 | Verheyen Brent | 5'05"71 | '14 |  |  |  |  |  |  |

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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 |  |  |  |  |  |
|  | 5 | Ibn Hach Mounir | 8'40"63 | '14 |  |  |  |  |  |

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|  | **Polsstok** | | | |  |  | | | |
|  | 1 | Janssen Robbe | 2m80 | '12 |  |  |  |  |  |

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|  | **Ver** | | | |  | Hoog | | | |  |
|  | 1 | Dom Stijn | 6m14 | '14 |  | 1 | Dom Stijn | 1m67 | '13 |  |
|  | 2 | Janssen Robbe | 5m97\* | '12 |  | 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 | Leys Lode | 1m50 | '14 |  |
|  | 6 | Bax Thomas | 4m10 | '09 |  | 6 | Servotte Bram | 1m40 | '10 |  |
|  | 7 | Ibn Hach Mounir | 3m48 | '14 |  |  |  |  |  |  |

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|  | **Kogel 4kg** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Janssen Robbe | 14m68 | '12 |  | 1 | Janssen Robbe | 33m77 | '12 |  |
|  | 2 | Dom Stijn | 11m98 | '14 |  | 2 | Dom Stijn | 33m00 | '14 |  |
|  | 3 | Servotte Bram | 11m19 | '10 |  | 3 | Oostvogels Martijn | 24m78 | '09 |  |
|  | 4 | Desmedt Pieter | 8m83 | '09 |  | 4 | Janssens Quinten | 23m50 | '14 |  |
|  | 5 | Oostvogels Martijn | 8m80 | '09 |  |  |  |  |  |  |
|  | 6 | Janssens Quinten | 7m19 | '14 |  |  |  |  |  |  |

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|  | **Speer 600g** | | | |  | **Hamer 4kg** | | | |  |
|  | 1 | Dom Stijn | 39m62 | '14 |  | 1 | Oostvogels Martijn | 19m85 | '09 |  |
|  | 2 | Vercauteren Sander | 38m71 | '13 |  |  |  |  |  |  |
|  | 3 | Janssen Robbe | 35m88 | '12 |  |  |  |  |  |  |
|  | 4 | Keuppens Jan | 31m58 | '09 |  |  |  |  |  |  |
|  | 5 | Servotte Bram | 28m68 | '09 |  |  |  |  |  |  |
|  | 6 | Oostvogels Martijn | 28m28 | '09 |  |  |  |  |  |  |
|  | 7 | Leys Lode | 25m55 | '14 |  |  |  |  |  |  |
|  | 8 | Van Gils Daan | 11m39 | '10 |  |  |  |  |  |  |

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|  | **5-Kamp** | | | |  | **8-Kamp** | | | |  |
|  | 1 | Janssen Robbe | 2550p | '12 |  | 1 | Janssen Robbe | 4281p | '12 |  |
|  | 2 | Dom Stijn | 1922p | '14 |  |  |  |  |  |  |

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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 |
| 3 | Leys Lode – Dom Stijn – Janssens Quinten – Verheyen Brent | 56"87 | '14 |

# outdoor heren Cadetten

## 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** Leys Lode 44"73 Oordegem 30/08/14

**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

**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** Dom Stijn 6m14 Alken 11/10/14 **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

# outdoor heren Cadetten

**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** Dom Stijn 39m62 Turnhot 21/09/14 **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

**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 14"80 Oordegem 30/08/14

**200 meter H El** 1. Janssen Robbe 28"89 (w?) Turnhout 10/08/14

**400 meter H El** 1. Vercauteren Sander 68"55 Bornem 04/05/14

**100 meter** 1. Janssen Robbe 11"8 (w?) Baarle-Nassau 29/03/14

**100 meter El** 1. Roefs Steyn 11"71 Oordegem 30/08/14

2. Janssen Robbe 12"28 Dilbeek 03/08/14

**200 meter El** 1. Roefs Steyn 23"98 Mol 20/07/14

2. Vercauteren Sander 26"82 (w+3) Mol 11/05/14

# outdoor heren scholieren

**300 meter El** 1. Roefs Steyn 39"29 Mol 09/07/14

2. De Rop Michiel 45"33 St.-Niklaas 12/08/14

**400 meter El** 1. Janssen Robbe 55"20 Herentals 01/06/14

2. Vercauteren Sander 57"16 Mol 27/04/14

**800 meter El** 1. De Rop Michiel 2'15"63 Merksem 23/08/14

2. Vercauteren Sander 2'16"83 Merksem 23/08/14

3. Vandenbulcke Frederik 2'22"56 Duffel 26/04/14

**1000 meter El** 1. Vercauteren Sander 2'43"63 St.-Niklaas 12/08/14

**1500 meter El** 1. Vercauteren Sander 4'15"44 Beveren 06/09/14

2. De Rop Michiel 4'32"22 Beveren 06/09/14

3. Vandenbulcke Frederik 4'33"21 St.-Niklaas 29/05/14

4. Janssen Robbe 4'48"08 Herentals 01/06/14

**1 mijl** 1. Janssen Robbe 5'49"0 Baarle-Nassau 29/03/14

**1 mijl El** 1. De Rop Michiel 4'57"09 Burcht 12/07/14

**3000 meter El** 1. De Rop Michiel 10'04"57 Gentbrugge 21/07/14

**Ver** 1. Janssen Robbe 6m16 (w+3,7) Mol 27/04/14

**Hoog** 1. Janssen Robbe 1m70 Baarle-Nassau 29/03/14

**Polsstok** 1. Janssen Robbe 3m32 Mol 09/07/14

**Kogel 5kg** 1. Janssen Robbe 14m91 Dilbeek 03/08/14

**Discus 1,5kg** 1. Janssen Robbe 37m72 Mol 09/07/14

**Speer 700g** 1. Janssen Robbe 34m02 Herentals 01/06/14

2. De Rop Michiel 29m26 Bornem 04/05/14

**10-Kamp** 1. Janssen Robbe 5827p Herentals 01/06/14

**Aflossin 4 x 100 meter El**

1. Vercauteren S. – Janssen Robbe – De Rop Michiel – Vandenbulcke Frederik

52"49 Bornem 04/05/14

## overwinningen scholieren

1. Janssen Robbe 100m Baarle-Nassau 29/03/14

2. Janssen Robbe 1mijl Baarle-Nassau 29/03/14

3. Janssen Robbe Hoog Baarle-Nassau 29/03/14

4. Janssen Robbe Kogel Baarle-Nassau 29/03/14

5. Roefs Steyn 100m Duffel 26/04/14

6. Roefs Steyn 200m Duffel 26/04/14

7. Janssen Robbe Ver Mol 27/04/14

8. Janssen Robbe 110mH Mol 27/04/14

# outdoor heren scholieren

9. Roefs Steyn 100m Herentals 01/05/14

10. Janssen Robbe Kogel Bornem 04/05/14

11. De Rop Michiel 800m St.-Niklaas 29/05/14

12. Janssen Robbe Kogel Herentals 31/05/14

13. Janssen Robbe Kogel Mol 09/07/14

14. Roefs Steyn 100m Mol 09/07/14

15. Vercauteren Sander 1500m Maldegem 11/07/14

16. Roefs Steyn 200m Mol 20/07/14

17. Janssen Robbe 100m Dilbeek 03/08/14

18. Janssen Robbe Kogel Turnhout 10/08/14

## 10 Beste prestaties scholieren

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|  | **110 meter Horden El (91,4 cm)** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Janssen Robbe | 14"80 | '14 |  | 1 | Janssen Robbe | 28"89\* | '14 |  |
|  | 2 | Hooyberghs Jens | 15"84 | '10 |  |  |  |  |  |  |
|  | 3 | Verbaarschot Nick | 15"99\* | '13 |  |  |  |  |  |  |
|  | 4 | Ameye Dries | 17"53 | '09 |  |  |  |  |  |  |
|  | 5 | Bax Thomas | 18"12 | '12 |  |  |  |  |  |  |
|  | 6 | Sneyders Jente | 18"77 | '09 |  |  |  |  |  |  |

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|  | **400 meter Horden El (84 cm)** | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 59"76 | '09 |  |  |  |  |  |  |
|  | 2 | Bax Thomas | 62"66 | '12 |  |  |  |  |  |  |
|  | 3 | Sneyders Jente | 64"24 | '10 |  |  |  |  |  |  |
|  | 4 | Vercauteren Sander | 68"55 | '14 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Roefs Steyn | 11"71 | '14 |  | 1 | Janssen Robbe | 11"8\* | '14 |  |
|  | 2 | Verbaarschot Nick | 11"80\* | '13 |  | 2 | Verbaarschot Nick | 11"9\* | '13 |  |
|  | 3 | Oematie Saverio | 11"91 | '11 |  |  |  |  |  |  |
|  | 4 | Ameye Dries | 11"96 | '09 |  |  |  |  |  |  |
|  | 5 | Druyts Tobias | 12"22 | '10 |  |  |  |  |  |  |
|  | 6 | Hooyberghs Jens | 12"23 | '10 |  |  |  |  |  |  |
|  | 7 | Janssen Robbe | 12"28 | '14 |  |  |  |  |  |  |
|  | 8 | Desmedt Pieter | 12"51 | '10 |  |  |  |  |  |  |
|  | 9 | Sneyders Jente | 12"91 | '09 |  |  |  |  |  |  |
|  | 10 | De Rammelaere Anton | 13"51 | '10 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  |  | | | |
|  | 1 | Ameye Dries | 23"83 | '09 |  |  |  |  |  |
|  | 2 | Roefs Steyn | 23"98 | '14 |  |  |  |  |  |
|  | 3 | Oematie Saverio | 24"67 | '11 |  |  |  |  |  |
|  | 4 | Druyts Tobias | 24"76 | '11 |  |  |  |  |  |
|  | 5 | Hooyberghs Jens | 24"84 | '10 |  |  |  |  |  |
|  | 6 | De Rammelaere Anton | 25"96 | '10 |  |  |  |  |  |
|  | 7 | Vercauteren Sander | 26"82\* | '14 |  |  |  |  |  |

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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 | Roefs Steyn | 39"29 | '14 |  | 3 | Janssen Robbe | 55"20 | '14 |  |
|  | 4 | Bax Thomas | 41"57 | '11 |  | 4 | Desmedt Pieter | 55"52 | '10 |  |
|  | 5 | De Rop Michiel | 45"33 | '14 |  | 5 | Ameye Dries | 57"01 | '09 |  |
|  |  |  |  |  |  | 6 | Vercauteren Sander | 57"16 | '14 |  |
|  |  |  |  |  |  | 7 | Bordeyne Uriaan | 64"58 | '11 |  |

# outdoor heren scholieren

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|  | **800 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Luyten Jens | 2'15"30 | '09 |  | 1 | Vercauteren Sander | 2'43"63 | '14 |  |
|  | 2 | De Rop Michiel | 2'15"63 | '14 |  | 2 | Verhagen Niels | 2'55"86 | '12 |  |
|  | 3 | Vercauteren Sander | 2'16"83 | '14 |  | 3 | Luyten Jens | 2'59"16 | '09 |  |
|  | 4 | Desmedt Pieter | 2'17"86 | '10 |  | 4 | Bax Thomas | 2'59"70 | '11 |  |
|  | 5 | Verhagen Niels | 2'17"87 | '11 |  | 5 | Sneyders Jente | 3'06"86 | '09 |  |
|  | 6 | Bax Thomas | 2'18"79 | '11 |  |  |  |  |  |  |
|  | 7 | Vandenbulcke Frederik | 2'22"56 | '14 |  |  |  |  |  |  |
|  | 8 | Pelckmans Jens | 2'24"39 | '09 |  |  |  |  |  |  |
|  | 9 | Oostvogels Martijn | 2'38"46 | '10 |  |  |  |  |  |  |

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|  | **1500 meter El** | | | |  | **2000 meter Steeple El** | | | |  |
|  | 1 | Vercauteren Sander | 2'15"63 | '14 |  | 1 | Luyten Jens | 7'08"71 | '09 |  |
|  | 2 | De Rop Michiel | 4'32"22 | '14 |  |  |  |  |  |  |
|  | 3 | Hooyberghs Jens | 4'33"18 | '10 |  |  |  |  |  |  |
|  | 4 | Vandenbulcke Frederik | 4'33"21 | '14 |  |  |  |  |  |  |
|  | 5 | Desmedt Pieter | 4'38"33 | '11 |  |  |  |  |  |  |
|  | 6 | Verhagen Niels | 4'40"73 | '11 |  |  |  |  |  |  |
|  | 7 | Bax Thomas | 4'43"04 | '11 |  |  |  |  |  |  |
|  | 8 | Luyten Jens | 4'45"89 | '09 |  |  |  |  |  |  |
|  | 9 | Janssen Robbe | 4'48"08 | '14 |  |  |  |  |  |  |
|  | 10 | Verbaarschot Nick | 5'54"50 | '13 |  |  |  |  |  |  |

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|  | **1 mijl El** | | | |  | **1 mijl** | | | |  |
|  | 1 | De Rop Michiel | 4'57"09 | '14 |  | 1 | Janssen Robbe | 5'49"0 | '14 |  |

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|  | **2000 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | Bax Thomas | 6'30"62 | '11 |  | 1 | De Rop Michiel | 10'04"57 | '14 |  |
|  | 2 | Desmedt Pieter | 6'33"53 | '11 |  |  |  |  |  |  |
|  | 3 | Verhagen Niels | 6'37"53 | '12 |  |  |  |  |  |  |

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|  | **Ver** | | | |  |  | | | |  |
|  | 1 | Janssen Robbe | 6m16\* | '14 |  |  |  |  |  |  |
|  | 2 | Hooyberghs Jens | 6m14 | '10 |  |  |  |  |  |  |
|  | 3 | Verbaarschot Nick | 5m93 | '13 |  |  |  |  |  |  |
|  | 4 | Sneyders Jente | 5m52 | '09 |  |  |  |  |  |  |
|  | 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 | Janssen Robbe | 1m70 | '14 |  | 3 | Janssen Robbe | 3m32 | '14 |  |
|  | 4 | Oostvogels Martijn | 1m55 | '10 |  |  |  |  |  |  |
|  | 5 | Bastiaensen Filip | 1m50 | '11 |  |  |  |  |  |  |

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|  | Kogel 5kg | | | |  | **Discus 1,5kg** | | | |  |
|  | 1 | Janssen Robbe | 14m91 | '14 |  | 1 | Hooyberghs Jens | 44m64 | '10 |  |
|  | 2 | Hooyberghs Jens | 14m23 | '10 |  | 2 | Janssen Robbe | 37m72 | '14 |  |
|  | 3 | Verbaarschot Nick | 9m86 | '12 |  | 3 | Strijbos Seppe | 26m89 | '11 |  |
|  | 4 | Strijbos Seppe | 9m08 | '11 |  | 4 | Verbaarschot Nick | 26m45 | '12 |  |
|  | 5 | Desmedt Pieter | 8m13 | '10 |  |  |  |  |  |  |

# outdoor heren SCHOLIEREN

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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 | Janssen Robbe | 34m02 | '14 |  |  |  |  |  |  |
|  | 5 | Oostvogels Martijn | 32m52 | '10 |  |  |  |  |  |  |
|  | 6 | De Rop Michiel | 29m26 | '14 |  |  |  |  |  |  |
|  | 7 | Verbaarschot Nick | 25m31 | '13 |  |  |  |  |  |  |

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|  | **10-Kamp** | | | |  |  | | | |  |
|  | 1 | Janssen Robbe | 5827p | '14 |  |  |  |  |  |  |

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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 |
| 3 | Vercauteren Sander – Janssen Robbe – De Rop Michiel – Vandenbulcke Frederik | 52"49 | '14 |

## clubrecords scholieren

**110 m H (91,4cm)** **Atac** Janssen Robbe 14"80 Oordegem 30/08/14

**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** Roefs Steyn 11"71 Oordegem 11/08/14

**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

**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** Vercauteren Sander 2'43"63 St.-Niklaas 12/08/14

**Avos** Woestenborghs Rob 2'41"10 Lommel 10/07/93

**Tuac** Craane Bart 2'32"2 Rijsel 12/09/79

**1500 meter** **Atac** Vercauteren Sander 4'15"44 Beveren 06/09/14

**Avos** Wouters Rik 4'10"1 Mol 16/09/92

**Tuac** Sneyders Yuri 4'04"05 Gent 04/08/95

**1 mijl**  **Atac** De Rop Michiel 4'57"09 Burcht 12/07/14

**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

# outdoor heren SCHOLIEREN

**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** **Atac** De Rop Michiel 10'04"57 Gentbrugge 21/07/14

**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** Janssen Robbe 14m91 Dilbeek 03/08/14

**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

**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

**10-Kamp Atac** Janssen Robbe 5827p Herentals 01/06/14

**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

**110 meter H El** 1. Verbaarschot Nick 15"96 Brussel 29/06/14

**100 meter** 1. Verbaarschot Nick 11"7 (w?) Baarle-Nassau 29/03/14

**100 meter El** 1. Verbaarschot Nick 11"56 (w+2,5) Mol 11/05/14

**400 meter El** 1. Verbaarschot Nick 58"91 Herentals 01/06/14

**1500 meter El** 1. Verhagen Niels 4'55"99 Mol 11/05/14

2. Verbaarschot Nick 5'55"60 Herentals 01/06/14

**Ver** 1. Verbaarschot Nick 6m16 Herentals 01/06/14

**Hoog** 1. Verbaarschot Nick 1m84 Herentals 01/06/14

**Polsstok** 1. Verbaarschot Nick 3m75 Brussel 29/06/14

**Kogel 6kg** 1. Verbaarschot Nick 10m36 Brussel 29/06/14

**Discus 1,750kg** 1. Verbaarschot Nick 25m72 Brussel 29/06/14

**Speer 800g** 1. Verbaarschot Nick 30m64 Herentals 01/06/14

**10-Kamp** 1. Verbaarschot Nick 5074p Herentals 01/06/14

## overwinningen juniores

1. Verbaarschot Nick 100m Baarle-Nassau 29/03/14

2. Verbaarschot Nick Hoog Baarle-Nassau 29/03/14

3. Verbaarschot Nick Ver Baarle-Nassau 29/03/14

4. Verbaarschot Nick Kogel Baarle-Nassau 29/03/14

5. Verbaarschot Nick Speer Baarle-Nassau 29/03/14

6. Verbaarschot Nick Hoog Herentals 31/05/14

7. Verbaarschot Nick 400m Herentals 31/05/14

8. Verbaarschot Nick 110mH Herentals 01/06/14

9. Verbaarschot Nick Hoog Vorst 12/09/14

## 10 beste prestaties juniores

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|  | **110 meter Horden (1m) El** | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 15"74\* | '11 |  |  |  |  |  |  |
|  | 2 | Verbaarschot Nick | 15"96 | '14 |  |  |  |  |  |  |
|  | 3 | Rutten Thomas | 17"76\* | '10 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Verbaarschot Nick | 11"56\* | '14 |  | 1 | Verbaarschot Nick | 11"7\* | '14 |  |
|  | 2 | Oematie Saverio | 11"79 | '12 |  |  |  |  |  |  |
|  | 3 | Hooyberghs Jens | 11"79\* | '11 |  |  |  |  |  |  |
|  | 4 | Ameye Dries | 11"84 | '10 |  |  |  |  |  |  |
|  | 5 | Dubois Wesley | 12"01 | '09 |  |  |  |  |  |  |

# outdoor heren Juniores

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|  | **200 meter El** | | | |  |  | | | |
|  | 1 | Oematie Saverio | 23"78 | '12 |  |  |  |  |  |
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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 |  |
|  |  |  |  |  |  | 3 | Verbaarschot Nick | 58"91 | '14 |  |

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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 |  |  |  |  |  |  |
|  | 3 | Verbaarschot Nick | 5'55"60 | '14 |  |  |  |  |  |  |

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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 |  |  |  |  |  |  |
|  | 3 | Verbaarschot Nick | 6m16 | '14 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Hooyberghs Jens | 1m90 | '11 |  | 1 | Hooyberghs Jens | 4m30 | '11 |  |
|  | 2 | Verbaarschot Nick | 1m84 | '14 |  | 2 | Verbaarschot Nick | 3m75 | '14 |  |
|  | 3 | 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 |  |
|  | 3 | Verbaarschot Nick | 10m36 | '14 |  | 3 | Verbaarschot Nick | 25m72 | '14 |  |

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|  | **Speer 800g** | | | |  | 10-Kamp | | | |  |
|  | 1 | Hooyberghs Jens | 48m66 | '11 |  | 1 | Hooyberghs Jens | 7019p | '11 |  |
|  | 2 | Ameye Dries | 42m90 | '10 |  | 2 | Verbaarschot Nick | 5074p | '14 |  |
|  | 3 | Rutten Thomas | 37m12 | '09 |  |  |  |  |  |  |
|  | 4 | Verbaarschot Nick | 30m64 | '14 |  |  |  |  |  |  |

## 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** Verbaarschot Nick 15"96 Brussel 29/06/14

**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

# outdoor heren Juniores

**100 meter** **Atac** Verbaarschot Nick 11"62 Brussel 29/06/14

**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

**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

# outdoor heren Juniores

**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

**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 El** 1. Aerts Bram 18"26 Gentbrugge 17/05/14

**200 meter H El** 1. Aerts Bram 29"84 (w?) Turnhout 10/08/14

**100 meter El** 1. Aerts Bram 12"44 Herentals 01/06/14

**200 meter El** 1. Aerts Bram 25"74 Lier 21/06/14

**400 meter El** 1. Aerts Bram 59"73 Herentals 01/06/14

2. Desmedt Pieter 74"06 Mol 11/05/14

**800 meter El** 1. Van Waeyenberghe Yelle 1'59"99 Herentals 01/05/14

**1500 meter El** 1. Van Waeyenberghe Yelle 4'01"46 Lier 21/06/14

2. Aerts Bram 5'01"60 Dilbeek 03/08/14

**1 mijl**  1. Michielsen Tom 4'50"0 Baarle-Nassau 29/03/14

**1 mijl El** 1. Van Waeyenberghe Yelle 4'26"83 Gentbrugge 21/07/14

**2000 meter El** 1. Van Waeyenberghe Yelle 5'40"82 Turnhout 13/04/14

**3000 meter El** 1. Van Waeyenberghe Yelle 8'37"85 Kessel-Lo 09/08/14

**5000 meter El** 1. De Raeymaecker Karl 15'39"98 Mol 27/04/14

# outdoor heren Seniores

**Ver** 1. Aerts Bram 6m01 Gentbrugge 17/05/14

**Hinkstap** 1. Aerts Bram 12m74 (w+6,5) Mol 11/05/14

**Hoog**  1. Michielsen Tom 1m85 Baarle-Nassau 29/03/14

2. Aerts Bram 1m55 Dilbeek 03/08/14

**Polsstok**  1. Aerts Bram 3m20 Dilbeek 03/08/14

**Kogel 7,250kg** 1. Aerts Bram 10m03 Herentals 01/06/14

2. Michielsen Tom 8m13 Baarle-Nassau 29/03/14

**Discus 2kg**  1. Aerts Bram 29m59 Nijvel 24/08/14

**Speer 800g** 1. Michielsen Tom 41m94 Baarle-Nassau 29/03/14

2. Aerts Bram 31m84 Dilbeek 03/08/14

**Hamer 7,250kg** 1. Aerts Bram 14m75 Turnhout 21/09/14

**10-Kamp** 1. Aerts Bram 4563p Herentals 01/06/14

**Aflossing 4 x 100 meter El**

1. Aerts Bram – Verbaarschot Nick – Janssen Robbe – De Smedt Serge

46"94 Mol 11/05/14

**Aflossing 4 x 400 meter El**

1. Aerts Bram – Van Waeyenberghe Yelle – Janssen Robbe – De Smedt Serge

3'44"03 Mol 11/05/14

## overwinningen seniores

1. Aerts Bram Kogel Baarle-Nassau 29/03/14

2. Michielsen Tom 1mijl Baarle-Nassau 29/03/14

3. Michielsen Tom Hoog Baarle-Nassau 29/03/14

4. Michielsen Tom Speer Baarle-Nassau 29/03/14

5. Aerts Bram Ver Turnhout 21/09/14

## 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 |  |
|  | 2 | Aerts Bram | 29"84\* | '14 |  |  |  |  |  |  |

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|  | **400 meter Horden El** | | | |  | **400 meter Horden** | | | |  |
|  | 1 | Michielsen Tom | 59"89 | '12 |  | 1 | Michielsen Tom | 65"7 | '13 |  |

# outdoor heren Seniores

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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 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  |  | | | |  |
|  | 1 | Aerts Bram | 37"79 | '11 |  |  |  |  |  |  |
|  | 2 | De Proost Rinze | 41"94 | '11 |  |  |  |  |  |  |
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|  | **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 |  |  |  |  |  |  |
|  | 5 | Desmedt Pieter | 74"06 | '14 |  |  |  |  |  |  |

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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 |  |

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|  | **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 |  |  |  |  |  |  |

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|  | **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 | 4'26"83 | '14 |  | 1 | Michielsen Tom | 4'48"0 | '12 |  |

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|  | **2000 meter El** | | | |  |  | | | |  |
|  | 1 | V. Waeyenberghe Yelle | 5'40"82 | '14 |  |  |  |  |  |  |
|  | 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 | 8'37"85 | '14 |  |  |  |  |  |  |
|  | 3 | Snoeckx Zeger | 10'06"68 | '11 |  |  |  |  |  |  |
|  | 4 | Michielsen Tom | 10'11"18 | '13 |  |  |  |  |  |  |

# outdoor heren Seniores

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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 |  |
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|  | **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 |  |  |  |  |  |  |

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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 |  | 2 | Aerts Bram | 14m75 | '14 |  |
|  | 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 | 10117p | '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 | Aerts Bram – Verbaarschot Nick – Janssen Robbe – De Smedt Serge | 46"94 | '14 |
| 6 | De Proost Rinze – Aerts Bram – Michielsen Tom – De Smedt Serge | 47"02 | '11 |
| 7 | Ameye Dries – Sneyders Dieter – Michielsen Tom – Snoeckx Zeger | 50"07 | '11 |
| 8 | De Smedt Serge – Mangelschots Kevin - Bax Thomas – Desmedt Pieter | 51"80 | '09 |

# outdoor heren Seniores

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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 – Van Waeyenberghe Yelle – Janssen Robbe – De Smedt Serge | 3'44"03 | '14 |
| 5 | 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

**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 4'26"83 Gentbrugge 21/07/14

**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 5'40"82 Turnhout 13/04/14

**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

# outdoor heren Seniores

**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

**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

# outdoor heren Seniores

**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

**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

## 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 |  |

# outdoor heren Masters-M35

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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 |  |

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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

# outdoor heren Masters-M35

**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

**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 16"27 Herentals 01/06/14

**200 m H El** 1. De Smedt Serge 28"58 (w?) Turnhout 10/08/14

**400 m H El** 1. De Smedt Serge 61"00 Mol 11/05/14

**100 meter**  1. De Smedt Serge 12"4 (w?) Baarle-Nassau 29/03/14

**100 meter El** 1. De Smedt Serge 11"99 Mol 20/07/14

**200 meter El** 1. De Smedt Serge 24"74 Nijvel 24/08/14

**300 meter El** 1. De Smedt Serge 41"35 Turnhout 13/04/14

**400 meter El** 1. De Smedt Serge 55"64 Herentals 01/06/14

**600 meter El** 1. De Smedt Serge 1'31"12 Mol 20/07/14

**800 meter El** 1. De Smedt Serge 2'11"24 Lebbeke 15/06/14

**1500 meter El** 1. De Smedt Serge 4'49"48 Herentals 01/06/14

**1 mijl**  1. De Smedt Serge 5'38"0 Baarle-Nassau 29/03/14

**3000 meter El** 1. De Smedt Serge 12'47"06 Lodi (It) 07/09/14

# outdoor heren Masters-M40

**3000 m St El** 1. De Smedt Serge 14'10"02 Lodi (It) 07/09/14

**5000 meter El** 1. De Smedt Serge 22'40"32 Lodi (It) 07/09/14

**10000 meter El** 1. De Smedt Serge 51'00"60 Lodi (It) 07/09/14

**Ver** 1. De Smedt Serge 6m01 Lodi (It) 07/09/14

**Hinkstap** 1. De Smedt Serge 10m36 Lodi (It) 07/09/14

**Hoog**  1. De Smedt Serge 1m50 Lodi (It) 07/09/14

**Polsstok**  1. De Smedt Serge 3m72 Mol 09/07/14

**Kogel 7,250kg** 1. Bras Bart 11m16 Merksem 08/06/14

2.De Smedt Serge 10m90 Trier (D) 20/09/14

**Discus 2kg**  1. Bras Bart 34m40 Mol 11/05/14

2. De Smedt Serge 31m71 Lodi (It) 07/09/14

**Speer 800g** 1. De Smedt Serge 32m95 Lodi (It) 07/09/14

**Hamer 7,250kg** 1. De Smedt Serge 25m20 Turnhout 21/09/14

**5-Kamp**  1. De Smedt Serge 2946p Nijvel 24/08/14

**10-Kamp**  1. De Smedt Serge 5892p Herentals 01/06/14

**20-Kamp** 1. De Smedt Serge 10551p Lodi (It) 07/09/14

**Aflossing 4 x 400m El**

1. Bras Bart – Peeraer Eddy – Kerstens Michel – De Smedt Serge

4'31"11 Merksem 08/06/14

**Aflossing 4 x 1500m El**

1. Ameye Jo – van den Broek Jo – De Smedt Serge – Kerstens Michel

20'27"47 Booischot 17/08/14

## overwinningen masters-M40

1. De Smedt Serge 100m Baarle-Nassau 29/03/14

2. De Smedt Serge 1mijl Baarle-Nassau 29/03/14

3. De Smedt Serge Ver Baarle-Nassau 29/03/14

4. De Smedt Serge Speer Baarle-Nassau 29/03/14

5. De Smedt Serge 110mH Turnhout 13/04/14

6. De Smedt Serge 400m Herentals 31/05/14

7. De Smedt Serge 110mH Herentals 01/06/14

8. Bras Bart Discus Merksem 08/06/14

9. De Smedt Serge 110mH Lebbeke 14/06/14

10. De Smedt Serge 400mH Lebbeke 15/06/14

11. De Smedt Serge 200mH Turnhout 10/08/14

12. De Smedt Serge Kogel Turnhout 10/08/14

# outdoor heren Masters-M40

13. De Smedt Serge 5-Kamp Nijvel 24/08/14

14. De Smedt Serge Ver Nijvel 24/08/14

15. De Smedt Serge 200m Nijvel 24/08/14

16. De Smedt Serge Discus Nijvel 24/08/14

17. De Smedt Serge 1500m Nijvel 24/08/14

18. De Smedt Serge 110mH Lodi (It) 07/09/14

19. De Smedt Serge Polsstok Ninove 27/09/14

20. De Smedt Serge 110mH Ninove 27/09/14

## 10 Beste prestaties masters-M40

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|  | **110 meter Horden (1m) El** | | | |  | **200 meter Horden El** | | | |
|  | 1 | De Smedt Serge | 15"85 | '13 |  | 1 | De Smedt Serge | 28"58 | '14 |

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|  | **400 meter Horden El** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 60"20 | '13 |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | De Smedt Serge | 11"99 | '14 |  | 1 | De Smedt Serge | 12"4\* | '14 |  |
|  | 2 | Van Zummeren Luc | 13"42 | '10 |  |  |  |  |  |  |
|  | 3 | Toelen Jan | 14"02 | '09 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  | **300 meter El** | | | |
|  | 1 | De Smedt Serge | 24"74 | '14 |  | 1 | De Smedt Serge | 41"35 | '14 |

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|  | **400 meter El** | | | |  | **600 meter El** | | | |  |
|  | 1 | De Smedt Serge | 55"64 | '14 |  | 1 | De Smedt Serge | 1'31"12 | '14 |  |
|  |  |  |  |  |  | 2 | Van Zummeren Luc | 1'56"51 | '10 |  |

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|  | **800 meter El** | | | |  | **1500 meter El** | | | |
|  | 1 | De Smedt Serge | 2'11"24 | '14 |  | 1 | De Smedt Serge | 4'49"48 | '14 |

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|  | **1 mijl** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 5'38"0 | '14 |  |  |  |  |  |

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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 |

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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 | 3m72 | '14 |  |
|  | 1 | Toelen Jan | 1m40 | '09 |  |  |  |  |  |  |

# outdoor heren Masters-M40

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|  | **Kogel 7,250kg** | | | |  | **Hamer 7,250kg** | | | |  |
|  | 1 | Bras Bart | 11m86 | '13 |  | 1 | De Smedt Serge | 25m20 | '14 |  |
|  | 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 | De Smedt Serge | 32m95 | '14 |  |
|  | 2 | De Smedt Serge | 32m25 | '13 |  | 2 | Van Zummeren Luc | 30m67 | '10 |  |
|  | 3 | Van Zummeren Luc | 22m61 | '10 |  |  |  |  |  |  |
|  | 4 | Toelen Jan | 18m50 | '09 |  |  |  |  |  |  |

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|  | **5-Kamp** | | | |  | **10-Kamp** | | | |
|  | 1 | De Smedt Serge | 2946p | '14 |  | 1 | De Smedt Serge | 5892p | '14 |

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|  | **20-Kamp** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 10551p | '14 |  |  |  |  |  |

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| **Aflossing 4 x 400 meter El** | | | |
| 1 | Bras Bart – Peeraer Eddy – Kerstens Michel – De Smedt Serge | 4'31"11 | '14 |
| 2 | Meeuwsen Roger – Verrydt Dirk – Peeraer Eddy – Toelen Jan | 4'52"00 | '09 |

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| **Aflossing 4 x 1500 meter El** | | | |
| 1 | Ameye Jo – van den Broek Jo – De Smedt Serge – Kerstens Michel | 20'27"47 | '14 |

## clubrecords Masters-M40

**110 m Horden** **Atac** De Smedt Serge 15"85 Brasschaat 28/09/13

**200 m Horden** **Atac** De Smedt Serge 29"20 Lodi (It) 07/09/14

**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 11"99 Mol 20/07/14 **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"74 Nijvel 24/08/14 **Avos** Versmissen Kamiel 25"8 Lommel 15/09/84

**Tuac** Daniëls Frans 25"6 Turnhout 17/06/78

**300 meter**  **Atac** De Smedt Serge 41"35 Turnhout 13/04/14

**Avos** Beyens Jos 45"47 Turnhout 18/07/97

**400 meter Atac** De Smedt Serge 55"64 Herentals 31/05/14

**Avos** Versmissen Kamiel 59"6 Lommel 07/07/84

**Tuac** Daniëls Frans 56"4 Turnhout 03/06/78

**600 meter**  **Atac** De Smedt Serge 1'31"12 Mol 20/07/14

**800 meter** **Atac** De Smedt Serge 2'11"24 Lebbeke 15/06/14

**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 4'49"48 Herentals 01/06/14 **Avos** Dierckx Jan 4'21"46 Ninove 15/09/02

**Tuac** Matheussen Paul 4'31"65 Turnhout 22/07/93

**1 mijl(1609m)** **Atac** De Smedt Serge 5'38"0 Baarle-Nassau 39/03/14

**Avos** Dierckx Jan 4'53"03 Herentals 26/07/03

**Tuac** Daniëls Frans 5'03"9 Turnhout 21/09/80

# outdoor heren Masters-M40

**2000 meter Tuac** Quirijnen Edgard 6'17"02 Turnhout 23/05/99

**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

**Hinkstap Atac** De Smedt Serge 10m36 Lodi (It) 07/09/14

**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 3m72 Mol 09/07/14

**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** De Smedt Serge 32m95 Lodi (It) 07/09/14

**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 25m20 Turnhout 21/09/14

**Avos** Toelen Jan 21m74 Turnhout 05/08/05

**Tuac** Boermans Hugo 47m88 Turnhout 01/06/77

**5-Kamp**  **Atac** De Smedt Serge 2946p Nijvel 24/08/14

**Avos** Rutten Patrick 1362p Dilbeek 29/07/07

**Tuac** Daniëls Frans 1998p Hoboken 15/09/79

**10-Kamp Atac** De Smedt Serge 5892p Herentals 01/06/14

**20-Kamp**  **Atac** De Smedt Serge 10551p Lodi (It) 07/09/14

**Afl 4 x 400 m Atac** Bras Bart – Peeraer Eddy – Kerstens Michel – De Smedt Serge

4'31"11 Merksem 08/06/14

**Avos** Jacobs Johan – Dierckx Bert – Beyens Jos – Dierckx Jan

4'06"45 Alken 09/06/02

**Afl 4 x 1500m** **Atac** Ameye Jo – van den Broek Jo – De Smedt Serge – Kerstens Michel

20'27"47 Booischot 17/08/14

# outdoor heren Masters-M45

## jaarprestaties masters-M45

**3000 meter El**  1. van den Broek Jo 12'14"34 Merksem 08/06/14

# outdoor heren Masters-M45

**Speer 800g**  1. Leys Paul 36m84 Merksem 08/06/14

## 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 |  |

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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 |  |  |  |  |  |  |
|  | 4 | van den Broek Jo | 12'14"34 | '14 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **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 | 36m84 | '14 |  | 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

# outdoor heren Masters-M45

**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

**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 36m84 Merksem 08/06/14

**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** 1. Verbaarschot Walter 14"0 (w?) Baarle-Nassau 29/03/14

**100 meter El** 1. Kerstens Michel 15"00 Turnhout 13/04/14

**400 meter El** 1. Peeraer Eddy 78"06 Merksem 08/06/14

**1000 meter** 1. Ameye Jo 3'05"4 Turnhout 10/08/14

**1500 meter** 1. Kerstens Michel 4'51"5 Maldegem 11/07/14

**1500 meter El** 1. Ameye Jo 4'57"33 Mol 27/04/14

**1 mijl** 1. Peeraer Eddy 7'06"0 Baarle-Nassau 29/03/14

**2000 meter El** 1. Kerstens Michel 6'40"80 Turnhout 13/04/14

2. Ameye Jo 7'06"01 Turnhout 13/04/14

**3000 meter El** 1. Kerstens Michel 9'48"37 Mol 11/05/14

**5000 meter El** 1. Kerstens Michel 16'40"15 Merksem 08/06/14

**10000 meter** 1. Kerstens Michel 36'15"9 Kapellen 25/05/14

**10000 meter El** 1. Kerstens Michel 34'41"55 Naimette 01/05/14

**Ver** 1. Kerstens Michel 4m33 Turnhout 13/04/14 2. Verbaarschot Walter 4m05 (w?) Baarle-Nassau 29/03/14

**Hoog** 1. Verbaarschot Walter 1m51 Merksem 08/06/14

2. Peeraer Eddy 1m20 Baarle-Nassau 29/03/14

**Polsstok** 1. Verbaarschot Walter 2m50 Ninove 27/09/14

**Kogel 6 kg** 1.Verbaarschot Walter 10m00 Baarle-Nassau 29/03/14

2. Peeraer Eddy 5m01 Baarle-Nassau 29/03/14

**Speer 600 g** 1.Verbaarschot Walter 24m75 Baarle-Nassau 29/03/14

## overwinningen masters-M50

1. Verbaarschot Walter Hoog Baarle-Nassau 29/03/14

2. Verbaarschot Walter Kogel Baarle-Nassau 29/03/14

3. Kerstens Michel 10000m Kapellen 25/05/14

## 10 Beste prestaties masters-M50

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|  | **100 meter Horden El** | | | |  |  | | | |  | |
|  | 1 | Peeraer Eddy | 26"91 | '13 |  |  |  |  |  | |  | |

# outdoor heren Masters-M50

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|  | **100 meter El** | | | |  | **100 meter** | | | |  | |
|  | 1 | Kerstens Michel | 15"00 | '14 |  | 1 | Verbaarschot Walter | 14"0\* | '14 | |  | |
|  | 2 | Peeraer Eddy | 16"37 | '12 |  | 2 | Ameye Jo | 15"1\* | '13 | |  | |
|  |  |  |  |  |  | 3 | 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** | | | |  | **1000 meter** | | | |  | |
|  | 1 | Kerstens Michel | 2'54"65 | '13 |  | 1 | Ameye Jo | 3'05"4 | '14 | |  | |
|  | 2 | Ameye Jo | 2'58"71 | '12 |  |  |  |  |  | |  | |
|  | 3 | Meeuwsen Roger | 3'08"02 | '13 |  |  |  |  |  | |  | |

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|  | **1500 meter El** | | | |  | **1500 meter** | | | |  | |
|  | 1 | Kerstens Michel | 4'38"53 | '13 |  | 1 | Kerstens Michel | 4'51"5 | '14 | |  | |
|  | 2 | Meeuwsen Roger | 4'46"57 | '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 | Kerstens Michel | 6'40"80 | '14 | |  | |
|  | 2 | Peeraer Eddy | 6'43"0 | '10 |  | 2 | Ameye Jo | 6'43"49 | '13 | |  | |
|  |  |  |  |  |  | 3 | Meeuwsen Roger | 6'53"52 | '13 | |  | |

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|  | **3000 meter El** | | | |  | **5000 meter El** | | | |  | |
|  | 1 | Kerstens Michel | 9'48"37 | '14 |  | 1 | Kerstens Michel | 16'40"15 | '14 | |  | |
|  | 2 | Ameye Jo | 10'20"23 | '13 |  | 2 | Ameye Jo | 17'46"41 | '12 | |  | |
|  | 3 | Meeuwsen Roger | 10'26"28 | '13 |  |  |  |  |  | |  | |

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|  | **10000 meter El** | | | |  | **10000 meter** | | | |  |
|  | 1 | Kerstens Michel | 34'41"55 | '14 |  | 1 | Kerstens Michel | 36'15"9 | '14 |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  | |
|  | 1 | Kerstens Michel | 4m33 | '14 |  | 1 | Verbaarschot Walter | 1m51 | '14 | |  | |
|  | 2 | Verbaarschot Walter | 4m05\* | '14 |  | 2 | Peeraer Eddy | 1m20 | '11 | |  | |
|  | 3 | Peeraer Eddy | 3m76\* | '11 |  |  |  |  |  | |  | |
|  | 4 | Ameye Jo | 3m39\* | '13 |  |  |  |  |  | |  | |

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|  | **Kogel 7,250kg** | | | |  | **Kogel 6 kg** | | | |  | |
|  | 1 | Van Deun Rob | 5m76 | '11 |  | 1 | Verbaarschot Walter | 10m00 | '14 | |  | |
|  |  |  |  |  |  | 2 | Ameye Jo | 7m17 | '13 | |  | |
|  |  |  |  |  |  | 3 | Peeraer Eddy | 5m88 | '11 | |  | |
|  |  |  |  |  |  |  |  |  |  | |  | |
|  | **Discus 2kg** | | | |  | **Polsstok** | | | |  | |
|  | 1 | Van Deun Rob | 15m92 | '10 |  | 1 | Verbaarschot Walter | 2m50 | '14 |  | |

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|  | **Speer 800g** | | | |  |  | | | |  | |
|  | 1 | Verbaarschot Walter | 24m75 | '14 |  |  |  |  |  | |  | |
|  | 2 | Ameye Jo | 18m35 | '13 |  |  |  |  |  | |  | |
|  | 3 | Peeraer Eddy | 16m59 | '13 |  |  |  |  |  | |  | |

# outdoor heren Masters-M50

## 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** Kerstens Michel6'40"80Turnhout 13/04/14

**3000 meter** **Atac** Kerstens Michel 9'48"37 Mol 11/05/14

**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 16'40"15 Merksem 08/06/14

**Avos** Beyens Jos 17'04"91 Kessel-Lo 04/06/05

**Tuac** Abbeel Jef 18'48"28 Turnhout 14/05/00

**10 000 meter** **Atac** Kerstens Michel 34'41"55 Naimette 01/05/14

**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** Kerstens Michel 4m33 Turnhout 13/04/14

**Avos** Versmissen Kamiel 4m41 Vosselaar 27/06/92

**Hoog** **Atac** Verbaarschot Walter 1m51 Merksem 08/06/14

**Avos** Versmissen Kamiel 1m30 Alken 07/06/92

**Polsstok** **Atac** Verbaarschot Walter 2m50 Ninove 27/09/14

**Kogel 6kg** **Atac** Verbaarschot Walter 10m00 Baarle-Nassau 29/03/14

**Avos** De Keyser Ludo 9m24 Turnhout 11/10/98

**Tuac** Claessen Jef 11m07 Tessenderlo 09/08/87

**Kogel 7,250kg** **Atac** Van Deun Rob 5m76 Roeselare 05/06/11

**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** Verbaarschot Walter 24m75 Baarle-Nassau 29/03/14

**Avos** Van Hoek Jef 21m88 Turnhout 08/07/90

**Tuac** Bammens Staf 30m28 Spa 05/06/99

# outdoor heren Masters-M50

**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. Tan Ruï*** | | | |  | ***2. Berckvens Viktor*** | | | | | |
| 60m | 9"69 | 493p |  | | | 60m | 10"33 | 355p |  |
| 600m | 1'57"13 | 609p |  | | | 600m | 2'17"05 | 336p |  |
| Ver | 3m38 | 216p | \* | | | Ver | 3m21 | 181p | \* |
| Hoog | 1m09 | 269p |  | | |  |  |  |  |
| Kogel | 7m62 | 388p |  | | | Kogel | 7m33 | 369p |  |
| Hockey | 21m95 | 176p | \* | | | Hockey | 25m01 | 215p |  |
| Totaal |  | **1759p** |  | | | **Totaal** |  | **1275p** |  |

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| ***3. Thompson David*** | | | |  | ***4. Van Gestel Cis*** | | | | | |
| 60m | 9"83 | 461p |  | | | 60m | 11"13 | 211p |  |
|  |  |  |  | | | 600m | 2'16"00 | 348p |  |
| Ver | 3m65 | 274p |  | | | Ver | 2m69 | 88p |  |
| Kogel | 8m10 | 420p |  | | | Kogel | 4m92 | 210p |  |
| Hockey | 13m85 | 75p |  | | | Hockey | 13m89 | 75p | \* |
| Totaal |  | **1230p** |  | | | **Totaal** |  | **857p** |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Buijs Lennert*** | | | |  |  | | | | | |
| 60m | 11"34 | 179p |  | | |  |  |  |  |
| 600m | 2'33"38 | 170p |  | | |  |  |  |  |
| Ver | 2m36 | 440p | \* | | |  |  |  |  |
| Kogel | 4m47 | 181p |  | | |  |  |  |  |
| Hockey | 12m76 | 61p |  | | |  |  |  |  |
| Totaal |  | **591p** |  | | |  |  |  |  |

## pupillen 2 x 5 proeven

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Van Gool Milan*** | | | |  | ***2. Buijs Arne*** | | | | |
| 60mH | 13"09 | 364p |  | | | 60mH | 14"14 | 239p |  | |
| 60m | 9"44 | 552p |  | | | 60m | 10"11 | 400p |  | |
| 1000m | 3'15"42 | 760p |  | | | 1000m | 3'59"33 | 395p |  | |
| Ver | 3m82 | 312p | \* | | | Ver | 2m89 | 122p | \* | |
| Hoog | 1m10 | 278p | \* | | | Hoog | 1m09 | 269p |  | |
| Kogel | 7m76 | 397p |  | | | Kogel | 4m39 | 176p |  | |
| Hockey | 32m62 | 314p |  | | | Hockey | 14m42 | 82p | \* | |
| **Totaal** |  | **2387p** |  | | | **Totaal** |  | **1479p** |  | |

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| ***3. Baeten Senne*** | | | |  |  | | | | |
| 60m | 10"1 | 353p |  | | |  |  |  |  | |
| 1000m | 4'33"2 | 191p |  | | |  |  |  |  | |
| Ver | 3m07 | 154p |  | | |  |  |  |  | |
| Hoog | 1m10 | 278p |  | | |  |  |  |  | |
| Kogel | 4m50 | 183p |  | | |  |  |  |  | |
| Hockey | 16m36 | 106p | \* | | |  |  |  |  | |
| **Totaal** |  | **1159p** |  | | |  |  |  |  | |

# ben/pup/min heren eindklassement zomer

## miniemen 2 x 6 proeven (2 loop-, 2 spring-, 2 werpnummers)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Daniëls Bart*** | | | |  | ***2. Falleyn Jore*** | | | | |
| 80m | 11&"16 | 718p |  | | | 80m | 11"9 | 513p |  | |
| 1000m | 3'30"82 | 620p |  | | | 1000m | 3'17"67 | 739p |  | |
| Ver | 4m44 | 464p |  | | | Ver | 4m17 | 396p | \* | |
| Hoog | 1m50 | 676p |  | | | Hoog | 1m45 | 621p |  | |
| Polsstok | 1m82 | 283p | \* | | | Polsstok | 2m12 | 400p |  | |
| Kogel | 7m71 | 394p |  | | | Kogel | 7m88 | 405p | \* | |
| Discus | 21m80 | 332p | \* | | | Discus | 26m01 | 419p |  | |
| Speer | 28m58 | 478p |  | | | Speer | 31m17 | 529p |  | |
| **Totaal** |  | **3350p** |  | | | **Totaal** |  | **3221p** |  | |

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| ***3. Leys Jules*** | | | |  | ***4. Janssen Kobe*** | | | | |
|  |  |  |  | | | 150mH | 24"73 | 443p | \* | |
| 80m | 11"3 | 634p |  | | | 80m | 11"91 | 558p |  | |
|  |  |  |  | | | 300m | 51"01 | 349p | \* | |
| 1000m | 3'20"6 | 711p |  | | | 1000m | 3'43"14 | 517p |  | |
| Ver | 4m40 | 454p |  | | | Ver | 4m19 | 401p |  | |
| Hoog | 1m38 | 547p |  | | | Hoog | 1m25 | 417p |  | |
|  |  |  |  | | | Polsstok | 1m62 | 210p | \* | |
| Kogel | 7m59 | 386p |  | | | Kogel | 5m96 | 278p | \* | |
|  |  |  |  | | | Discus | 20m23 | 300p |  | |
| Speer | 25m76 | 422p |  | | | Speer | 25m67 | 420p |  | |
| **Totaal** |  | **3154p** |  | | | **Totaal** |  | **2613p** |  | |

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| ***5. Geudens Bram*** | | | |  | ***6. De Smedt Rens*** | | | | |
|  |  |  |  | | | 150mH | 28"72 | 148p | \* | |
| 80m | 12"93 | 370p |  | | | 80m | 13"48 | 283p |  | |
|  |  |  |  | | | 300m | 55"6 | 197p | \* | |
| 1000m | 3'44"7 | 504p |  | | | 1000m | 3'52"5 | 445p |  | |
| Ver | 3m93 | 338p |  | | | Ver | 3m18 | 175p | \* | |
| Hoog | 1m30 | 466p |  | | | Hoog | 1m20 | 369p |  | |
|  |  |  |  | | | Polsstok | 1m92 | 321p |  | |
| Kogel | 6m70 | 327p |  | | | Kogel | 7m12 | 355p | \* | |
| Discus | 18m94 | 274p | \* | | | Discus | 23m36 | 364p |  | |
| Speer | 22m20 | 351p |  | | | Speer | 22m85 | 364p |  | |
| **Totaal** |  | **2356p** |  | | | **Totaal** |  | **2146p** |  | |

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| ***7. Vanmechelen Bram*** | | | |  |  | | | | |
| 80m | 13"04 | 352p |  | | |  |  |  |  | |
| 300m | 60"60 | 86p | \* | | |  |  |  |  | |
| 1000m | 4'05"52 | 353p |  | | |  |  |  |  | |
| Ver | 3m62 | 267p |  | | |  |  |  |  | |
| Hoog | 1m20 | 369p |  | | |  |  |  |  | |
| Kogel | 6m95 | 344p |  | | |  |  |  |  | |
| Discus | 18m18 | 258p | \* | | |  |  |  |  | |
| Speer | 22m93 | 365p |  | | |  |  |  |  | |
| **Totaal** |  | **2050p** |  | | |  |  |  |  | |

\* proef met minste punten valt weg

# heren Vermeldingen

## INDOOR

**Provinciaal kampioenschap**

1. Verbaarschot Nick (Jun) Hoog 1m82 Gent 05/01/14

1. De Smedt Serge (M40) 60mH 8"94 Gent 05/01/14

1. De Smedt Serge (M40) Polsstok 3m55 Gent 05/01/14

1. Verbaarschot Walter (M50) Hoog 1m50 Gent 05/01/14

3. Janssen Robbe (Sch) 60mH 8"74 Gent 05/01/14

3. Verbaarschot Nick (Jun) Polsstok 3m25 Gent 05/01/14

3. Aerts Bram (Sen) 60mH 9"38 Gent 05/01/14

**Kampioenschap van Vlaanderen**

3. Janssen Robbe (Sch) 60mH 8"51 Gent 19/01/14

3. Verbaarschot Walter (Mas+50) 5-Kamp 2052p Gent 02/02/14

## veldloop

**Provinciaal kampioenschap**

1. Appels Pieter-jan (Min '01) Hulshout 02/02/14

1. Kerstens Michel (M50) Hulshout 02/02/14

2. Tan Ruï (Ben '05) Hulshout 02/02/14

**Kampioenschap van Vlaanderen**

3. Kerstens Michel (M50) Rotselaar 16/02/14

**Nationaal kampioenschap**

1. Appels Pieter-jan (Min '01) Wachtebeke 09/03/14

3. Kerstens Michel (M50) Rotselaar 16/02/14

## outdoor

**Provinciaal kampioenschap**

1. Janssen Robbe (Sch) Ver 6m16 Mol 27/04/14

1. Janssen Robbe (Sch) 110mH 14"95 Mol 27/04/14

1. De Raeymaecker Karl (Sen) 5000m 15'39"98 Mol 27/04/14

1. Kerstens Michel (M50) 10000m 36'15"9 Kapellen 25/05/14

1. De Smedt Serge (M40) 10-Kamp 5892p Herentals 01/06/14

1. Appels Pieter-jan (Min) 1000m 2'53"76 Merksem 28/06/14

1. De Smedt Serge (M40) 110mH 16"32 Ninove 27/09/14

1. De Smedt Serge (M40) Polsstok 3m40 Ninove 27/09/14

1. Verbaarschot Walter (M50) Polsstok 2m50 Ninove 27/09/14

2. Janssen Robbe (Sch) 10-Kamp 5827p Herentals 01/06/14

2. Verbaarschot Nick (Jun) 10-Kamp 5074p Herentals 01/06/14

2. De Smedt Rens (Min) Polsstok 1m80 Merksem 28/06/14

2. Verbaarschot Walter (M50) Kogel 9m44 Ninove 27/09/14

3. Verbaarschot Nick (Jun) 110mH 16"35 Mol 27/04/14

3. Aerts Bram (Sen) 10-Kamp 4563p Herentals 01/06/14

# heren Vermeldingen

3. Thompson David (Ben) Ver 3m65 Merksem 28/06/14

**Kampioenschap van Vlaanderen**

1. De Smedt Serge (M40) 110mH 16"32 Ninove 27/09/14

1. De Smedt Serge (M40) Polsstok 3m40 Ninove 27/09/14

1. Verbaarschot Walter (M50) Polsstok 2m50 Ninove 27/09/14

2. Kerstens Michel (M50) ½ marathon 1u19'46" Lier 31/03/14

**Nationaal kampioenschap**

1. De Smedt Serge (M40) 110mH 18"44 Lebbeke 14/06/14

1. De Smedt Serge (M40) Polsstok 3m50 Lebbeke 14/06/14

1. De Smedt Serge (M40) 400mH 62"43 Lebbeke 15/06/14

1. Leysen Pat (M55) 24uur 212,1km Maasmechelen 29/06/14

1. De Smedt Serge (M40) 5-Kamp 2946p Nijvel 24/08/14

2. Bras Bart (M40) Kogel 11m09 Lebbeke 15/06/14

2. Bras Bart (M40) Discus 34m33 Lebbeke 15/06/14

3. Kerstens Michel (M50) 10000m 34'41"55 Naimette 01/05/14

3. Tan Ruï (Ben) 600m 1'57"13 Nijvel 27/09/14

**Europees kampioenschap**

1. De Smedt Serge (M40) 20-Kamp 10551p Lodi (It) 07/09/14

# dames Vermeldingen

## INDOOR

**Provinciaal kampioenschap**

1. Brosens Stefanie (Sch) Hoog 1m61 Gent 05/01/14

2. Vosters Kaat (Pup) Kogel 7m91 Hoboken 12/01/14

3. Frijters Stien (Ben) 60m 10"02 Hoboken 12/01/14

**Kampioenschap van Vlaanderen**

2. Brosens Stefanie (Sch) Hoog 1m61 Gent 19/01/14

3. Brosens Stefanie (Sch) 5-Kamp 3542p Gent 02/02/14

**Nationaal kampioenschap**

3. Brosens Stefanie (Sch) 5-Kamp 3542p Gent 02/02/14

## veldloop

**Provinciaal kampioenschap**

1. Keuppens Lenka (Ben '06) Hulshout 02/02/14

2. Van Goubergen Anne-Sophie (Min '02) Hulshout 02/02/14

2. Speelman-rooms Femke (Cad '99) Hulshout 02/02/14

3. De Vlieger Lize (Sch '98) Hulshout 02/02/14

3. Dams Lou (W55) Hulshout 02/02/14

**Kampioenschap van Vlaanderen**

2. De Vlieger Lize (Sch '98) Rotselaar 16/02/14

## outdoor

**Provinciaal kampioenschap**

1. Brosens Stefanie (Sch) Speer 40m57 Duffel 26/04/14

1. Alessie Floor (Pup) Hockey 36m31 Merksem 28/06/14

1. Alessie Floor (Pup) Hoog 1m36 Merksem 28/06/14

1. Dams Lou (W55) 800m 3'17"66 Ninove 27/09/14

1. Dams Lou (W55) 5000m 22'37"15 Ninove 27/09/14

2. Lambregts Ylen (Sen) 7-Kamp 2264p Herentals 01/06/14

2. Vosters Kaat (Pup) Kogel 8m56 Merksem 28/06/14

3. Brosens Stefanie (Sch) 100mH 14"95 Duffel 26/04/14

3. De Vlieger Charlotte (Sen) 400mH 69"04 Duffel 26/04/14

3. Lambregts Ymke (Sen) Speer 25m47 Duffel 26/04/14

3. Brosens Stefanie (Sch) Hoog 1m58 Mol 27/04/14

3. Lambregts Ymke (Sen) 7-Kamp 1313p Herentals 01/06/14

3. Vosters Kaat (Pup) Hockey 34m08 Merksem 28/06/14

3. Lenaerts Isabeau (Min) 1000m 3'13"27 Merksem 28/06/14

# dames Vermeldingen

**Kampioenschap van Vlaanderen**

2. Brosens Stefanie (Sch) Speer 39m97 Ieper 15/08/14

2. Dams Lou (W55) 800m 3'17"66 Ninove 27/09/14

3. Brosens Stefanie (Sch) 7-Kamp 4863p Dilbeek 03/08/14

3. Dams Lou (W55) 5000m 22'37"15 Ninove 27/09/14

**Nationaal kampioenschap**

1. Brosens Stefanie (Sch) 7-Kamp 4869p Nijvel 24/08/14

1. Brosens Stefanie (Sch) Speer 44m28 Oordegem 30/08/14

2. Dams Lou (W55) 10000m 45'24"47 Naimette 01/05/14

2. De Vlieger Lize (Sch) 800m 2'21"84 Oordegem 30/08/14

3. Dams Lou (W55) 5000m 22'44"34 Lebbeke 14/06/14

3. Alessie Floor (Pup) Hoog 1m38 Nijvel 27/09/14

**Europees kampioenschap**

1. Van Eekert Siel (U23) 14-Kamp 6805p Lodi (It) 07/09/14

1. Lambregts Ymke (Sen) 14-Kamp 1411p Lodi (It) 07/09/14

3. Lambregts Ylen (U23) 14-Kamp 3037p Lodi (It) 07/09/14

# RECORDS Atac

## HEREN outdoor

110mH 16"55 De Smedt Serge 03/05/09

400mH 58"50 De Smedt Serge 17/05/09

100m 11"62 Verbaarschot Nick 29/06/14

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 5892p De Smedt Serge 01/06/14

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"38 Roefs Steyn 02/03/14

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 68"11 De Vlieger Charlotte 17/05/14

100m 12"79 Brosens Stefanie 01/05/14

200m 25"44 Brosens Stefanie 30/08/14

300m 42"34 De Vlieger Lize 12/08/14

400m 59"63 De Vlieger Lize 05/07/14

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 30m84 Brosens Stefanie 11/10/14

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

Brosens Stefanie 05/01/14

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 2013-2014

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***1.*** | ***Appels Pieter-jan*** | ***Min*** | ***2,63*** | ***punten*** |
| 2. | Kerstens Michel | Mas | 2,71 | punten |
| 3. | Keuppens Lenka | Ben | 4,51 | punten |
| 4. | Speelman-rooms Femke | Cad | 5,91 | punten |
| 5. | Lenaerts Isabeau | Min | 6,57 | punten |
| 6. | De Vlieger Lize | Sch | 6,91 | punten |
| 7. | Vercauteren Sander | Sch | 7,98 | punten |
| 8. | Keuppens Jinthe | Pup | 8,39 | punten |
| 9. | Van Goubergen Anne-Sophie | Min | 10,79 | punten |
| 10. | Van Gool Milan | Pup | 13,19 | punten |
| 11. | Tan Ruï | Ben | 14,58 | punten |
| 12. | Van Waeyenberghe Yelle | Sen | 20,16 | punten |
| 13. | Engelen Sara | Min | 20,49 | punten |
| 14. | Leys Jules | Min | 20,57 | punten |
| 15. | De Raeymaecker Karl | Sen | 22,64 | punten |
| 16. | Lenaerts Lorane | Cad | 23,90 | punten |
| 17. | Aerts Paulien | Sch | 27,09 | punten |
| 18. | van den Broek Truus | Min | 27,11 | punten |
| 19. | De Rop Michiel | Sch | 32,38 | punten |
| 20. | Vandenbulcke Frederik | Sch | 32,96 | punten |
| 21. | Blevi Bavo | Sch | 33,41 | punten |
| 22. | Falleyn Jore | Min | 34,84 | punten |
| 23. | Tan Noa | Pup | 36,81 | punten |
| 24. | Leys Lode | Cad | 37,05 | punten |
| 25. | Ameye Jo | Mas | 40,11 | punten |
| 26. | Koppert Elisabeth | Ben | 41,78 | punten |
| 27. | Meeuwsen Roger | Mas | 41,79 | punten |
| 28. | Lauwers Shana | Sen | 42,63 | punten |
| 29. | Verheyen Brent | Cad | 47,62 | punten |
| 30. | Van Eyck Sofie | Jun | 59,42 | punten |
| 31. | Lenaerts Robine | Pup | 60,37 | punten |
| 32. | Dams Lou | Mas | 60,79 | punten |
| 33. | Maes Marjan | Sen | 62,28 | punten |
| 34. | Buijs Arne | Pup | 67,28 | punten |
| 35. | De Smedt Serge | Mas | 69,48 | punten |
| 36. | Koppert Emma-Louise | Pup | 79,02 | punten |
| 37. | Vanmechelen Hannah | Cad | 84,81 | punten |
| 38. | Vanmechelen Bram | Min | 85,98 | punten |
| 39. | Geudens Bram | Min | 91,04 | punten |
| 40. | De Smedt Rens | Min | 91,20 | punten |
| 41. | Vosters Kaat | Pup | 94,60 | punten |
| 42. | Peeraer Eddy | Mas | 95,47 | punten |
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# joggings en wegwedstrijden 1

## bottroper herbstwaldlauf (d) 10/11/13

50 km Driesen Wim 3u35'30" 23/379

## (halve) marathon kasterlee 17/11/13

21,1 km Paulussen Pieter 1u28'33" 48/1350

Noyens Jan 1u34'28" 138/1350

Segers Frank 1u35'27" 152/1350

Van Mechelen Dieter 1u39'09" 228/1350

Van Ammel Joyce 1u39'58" 248/1350

Rombouts Suzy 1u40'48" 270/1350

Van den Broek Jo 1u41'21" 294/1350

Van Mechelen Johan 1u47'02" 425/1350

Van Hest Marc 1u49'38" 519/1350

De Wagter Kaat 1u52'16" 559/1350

Potters Cil 1u53'12" 587/1350

Van Boxel Maria 1u53'32" 599/1350

Bras Bart 1u56'38" 676/1350

Sauvillers Mieke 2u00'00" 769/1350

Starckx Francis 2u01'17" 797/1350

Eelen Bieke 2u09'37" 976/1350

Van Wezel Ton 2u11'51" 997/1350

Siemons Chris 2u12'29" 1009/1350

Van Mechelen Pia 2u28'43" 1107/1350

Smet Lief 2u28'43" 1108/1350

42,2 km Driesen Wim 2u54'09" 14/425

Van Mechelen Marc 3u33'38" 123/425

Roels Jan 3u41'55" 158/425

Engels Jos 4u20'49" 350/425

## spijkenisse spark marathon (nl) 15/12/13

42,2 km Driesen Wim 2u54'50" 7/211

## bosmarathon Aalter 21/12/13

42,2 km Driesen Wim 3u19'36" 8/105

## louis persoons memorial genk 10/02/14

42,2 km Driesen Wim 3u05'12" 13/188

## 19de meuleberg recycling Stein 09/03/14

6uur Driesen Wim 67562,96m 22/159

## binnenmaas marathon 15/03/14

42,2 km Driesen Wim 2u59'09" 3/33

# joggings en wegwedstrijden 2

## meetria klooster-run meer 16/03/14

10,5 km Rombouts Suzy 53'36" 36/102

## 6de lentejogging flandria ravels 11/04/14

10,5 km Van Ammel Joyce 44'42" 28/161

Rombouts Suzy 48'14" 53/161

Dams Lou 50'35" 72/161

## antwerp 10 miles 27/04/14

10 mijl Van Ammel Joyce 1u12'25" 1806/25745

## worldrun ieper 04/05/14

Dams Lou 21,75km 6236

## bödefeld trail 10/05/14

67 km Driesen Wim 6u01'47" 18/49

## 20 km van brussel 18/05/14

20 km Roels Jan 1u24'19" 891

Van Wezel Ton 1u57'11" 17645

Engels Jos 1u58'01" 18196

Potters Cil 2u03'20" 21423

Van Deun Bie 2u08'12" 26998

Eelen Bieke 2u15'25" 27034

## marathon kopenhagen 18/05/14

42,2 km Van Boxel Maria 4u14'28"

## parel der kempen malle 18/05/14

9 km Dams Lou 42'39" 42/134

## loop van vlaanderen oudenaarde 18/05/14

50 km Driesen wim 4u43'19" 31

## brabantse walmarathon hoogerheide 01/06/14

42,2 km **Driesen Wim 3u03'51" 1/96**

## 1ste krawatenjogginglille 14/05/14

12,35 km Driesen Wim 50'42" 11/117

# joggings en wegwedstrijden 3

## Beerse 15/06/14

10 km Dams Lou 51'56"

## hoogstraten 18/06/14

10 km Kerstens Michel 33'45" 15/159

Driesen Wim 37'11" 32/159

## haarlemmermeer 21/06/14

6 uur Driesen Wim 69744m 4/37

## herentals-tielen 22/0614

14,3 km Ameye Jo 1u00'39" 29/302

Van Ammel Joyce 1u04'39" 46/302

Noyens Jan 1u05'52" 55/302

Hofkens Ria 1u37'53" 286/302

Van Mechelen Pia 1u43'51" 293/302

Smet Lief 1u43'53" 294/302

## dwars door kasterlee 21/07/14

16 km Paulussen Pieter 1u09'11" 37/253

Dams Lou 1u26'44" 152/253

## schoten 17/08/14

50 km Driesen Wim 3u57'32" 10/25

## 12de landmopersjooging wortel 29/08/14

16,165 km Driesen Wim 1u05'17" 10/105

Dams Lou 1u20'50" 58/105

## dwars door turnhout 30/08/14

11 km Driesen Wim 42'38" 30/806

Ameye Jo 42'56" 36/806

## 23ste piereloop ravels 06/09/14

16 km Dams Lou 1u19'12" 337/419

## 15de dijkenloop beneden-leeuwen 07/09/14

42,2 km Driesen Wim 3u00’35” 5/85

# joggings en wegwedstrijden 4

## BK halve marathon sint-truiden 17/09/14

21,1 km Dams Lou 1u45'28" 157/195