**JAARBOEK**



**2016**

# Jaarboek 2016 Inhoud nr. 8

## DAMES

* INDOORPRESTATIES p.4
* VELDLOOPUITSLAGEN p.22
* KLASSEMENT VELDLOOP p.28
* EINDKLASSEMENT WINTER BEN/PUP/MIN p.29
* OUTDOORPRESTATIES p.31
* EINDKLASSEMENT ZOMER BEN/PUP/MIN p.74

## HEREN

* INDOORPRESTATIES p.76
* VELDLOOPUITSLAGEN p.95
* KLASSEMENT VELDLOOP p.101
* EINDKLASSEMENT WINTER BEN/PUP/MIN p.102
* OUTDOORPRESTATIES p.103
* EINDKLASSEMENT ZOMER BEN/PUP/MIN p.153

## DAMES & HEREN

* VERMELDINGEN ATAC p.155
* RECORDS ATAC p.159
* EINDKLASSEMENT VELDLOPEN p.162

**Samenstelling** : Marleen De Bont

# INDOOR DAMES BENJAMINS

## JAARPRESTATIES benjamins

**50 meter El** 1. Segers Eveliene 9”38 Herentals 27/02/16

2. Koppert Liselotte 9”98 Herentals 27/02/16

**Ver** 1. Segers Eveliene 2m80 Herentals 27/02/16

2. Koppert Liselotte 2m56 Herentals 27/02/16

**Hoog**  1. Koppert Liselotte 0m86 Mol 19/12/15

**Kogel 1kg**  1. Koppert Liselotte 5m30 Herentals 14/11/15

2. Segers Eveliene 4m48 Herentals 14/11/15

**3-Kamp** 1. Segers Eveliene 474p Herentals 14/11/15

2. Koppert Liselotte 386p Herentals 14/11/15

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Roesbeke Fran | 8”68 | ‘15 |  | 1 | Frijters Stien | 10”00 | ‘14 |  |
|  | 2 | Frijters Stien | 8”71 | ‘14 |  | 2 | Roesbeke Fran | 10”15 | ‘15 |  |
|  | 3 | Keuppens Lenka | 8”78 | ‘14 |  | 3 | Keuppens Lenka | 10”34 | ‘15 |  |
|  | 4 | van den Broek Truus | 8”82 | ‘10 |  | 4 | Keuppens Jinthe | 10”35 | ‘13 |  |
|  | 5 | Keuppens Jinthe | 8”84 | ‘13 |  | 5 | Borstlap Hanne | 10”64 | ‘09 |  |
|  | 6 | Lauwers Fé | 8”92 | ‘08 |  | 6 | Saidi Malak | 10”66 | ‘15 |  |
|  | 7 | Borstlap Hanne | 9”09 | ‘08 |  | 7 | van den Broek Truus | 10”71 | ‘11 |  |
|  | 8 | Saidi Malak | 9”22 | ‘14 |  | 8 | Discart Kyra | 10”77 | ‘10 |  |
|  | 9 | Van Goubergen Anne-S. | 9”24 | ‘11 |  | 9 | Van Goubergen Anne-S. | 11”29 | ‘10 |  |
|  | 10 | Malfet Yana | 9”26 | ‘11 |  | 10 | Embrechts Lotte | 11”38 | ‘15 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | Hoog | | | |  |
|  | 1 | Roesbeke Fran | 3m32 | ‘15 |  | 1 | Keuppens Jinthe | 1m10 | ‘13 |  |
|  | 2 | van den Broek Truus | 3m18 | ‘10 |  | 2 | Borstlap Hanne | 1m05 | ‘09 |  |
|  | 3 | Borstlap Hanne | 3m11 | ‘09 |  | 3 | van den Broek Truus | 1m04 | ‘10 |  |
|  | 4 | Keuppens Lenka | 3m07 | ‘14 |  | 4 | Keuppens Lenka | 1m03 | ‘15 |  |
|  | 5 | Frijters Stien | 3m04 | ‘14 |  | 5 | Frijters Stien | 1m01 | ‘13 |  |
|  | 6 | Discart Kyra | 3m02 | ‘09 |  | 6 | Saidi Malak | 1m01 | ‘14 |  |
|  | 7 | Van Goubergen Anne-S. | 3m02 | ‘11 |  | 7 | Smeyers Lynn | 0m99 | ‘10 |  |
|  | 8 | Keuppens Jinthe | 3m00 | ‘13 |  | 8 | Van Goubergen Anne-S. | 0m95 | ‘10 |  |
|  | 9 | Saidi Malak | 3m00 | ‘15 |  | 9 | De Meulder Joke | 0m95 | ‘10 |  |
|  | 10 | Borstlap Kaat | 2m90 | ‘12 |  | 10 | Borstlap Kaat | 0m95 | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | Koppert Elisabeth | 6m67 | ‘15 |  | 3 | Lauwers Fé | 823p | ‘08 |  |
|  | 4 | Borstlap Kaat | 6m59 | ‘11 |  | 4 | Keuppens Lenka | 805p | ‘14 |  |
|  | 5 | Saidi Malak | 6m42 | ‘15 |  | 5 | Borstlap Hanne | 795p | ‘08 |  |
|  | 6 | Borstlap Hanne | 6m20 | ‘09 |  | 6 | Keuppens Jinthe | 793p | ‘12 |  |
|  | 7 | Discart Kyra | 6m19 | ‘10 |  | 7 | Saidi Malak | 787p | ‘14 |  |
|  | 8 | Smeyers Lynn | 6m05 | ‘09 |  | 8 | Van Goubergen Anne-S. | 683p | ‘10 |  |
|  | 9 | De Meulder Joke | 5m90 | ‘11 |  | 9 | Discart Kyra | 643p | ‘09 |  |
|  | 10 | Van Goubergen Anne-S. | 5m82 | ‘11 |  | 10 | Smeyers Lynn | 622p | ‘09 |  |

# INDOOR DAMES BENJAMINS

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 4-Kamp | | | |  |  | | | |  |
|  | 1 | Roesbeke Fran | 788p | ‘15 |  |  |  |  |  |  |
|  | 2 | Embrechts Lotte | 567p | ‘15 |  |  |  |  |  |  |

## CLUBRECORDS BENJAMINS

**50 meter Atac** Roesbeke Fran 8”68 Herentals 07/03/15

**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** Roesbeke Fran 3m32 Hoboken 08/02/15

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

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

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

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

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

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

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

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

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

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

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

**4-Kamp** **Atac** Roesbeke Fran 788p Hoboken 08/02/15

**Avos** Hooyberghs Elien 1247p Hoboken 22/02/04

# INDOOR DAMES pupillen

## JAARPRESTATIES pupillen

**50 m Horden El** 1. Keuppens Lenka 11”18 Herentals 27/02/16

2. Saidi Malak 11”21 Herentals 27/02/16

3. Koppert Elisabeth 11”23 Herentals 27/02/16

4. Vloemans Sanne 11”70 Herentals 27/02/16

5. Roesbeke Fran 11”82 Herentals 27/02/16

**60 m Horden El** 1. Koppert Elisabeth 13”50 Heusden 23/01/16

**50 meter El** 1. Roesbeke Fran 8”43 Herentals 14/11/15

2. Keuppens Lenka 8”78 Herentals 14/11/15

3. Ottevaere Kate 8”99 Herentals 14/11/15

4. Saidi Malak 9”06 Herentals 14/11/15

5. Koppert Elisabeth 9”41 Herentals 14/11/15

6. Vloemans Sanne 9”55 Herentals 14/11/15

7. De Beuker Jade 9”65 Herentals 14/11/15

8. Wuyts Britt 9”65 Herentals 14/11/15

**60 meter El** 1. Koppert Elisabeth 10”92 Heusden 23/01/16

2. Vloemans Sanne 10”95 Hoboken 27/12/15

# INDOOR DAMES pupillen

**Ver** 1. Roesbeke Fran 3m17 Hoboken 27/12/15

2. Koppert Elisabeth 3m03 Heusden 28/11/15

3. Vloemans Sanne 2m80 Hoboken 27/12/15

**Hoog**  1. Roesbeke Fran 1m25 Hoboken 27/12/15

2. Saidi Malak 1m10 Hoboken 27/12/15

3. Keuppens Lenka 1m05 Herentals 27/02/16

4. Koppert Elisabeth 1m05 Herentals 27/02/16

5. Ottevaere Kate 1m00 Herentals 14/11/15

6. Wuyts Britt 0m96 Mol 19/12/15

7. Vloemans Sanne 0m95 Herentals 14/11/15

**Kogel 2kg**  1. Koppert Elisabeth 6m45 Herentals 27/02/16

2. Saidi Malak 5m85 Herentals 27/02/16

3. Keuppens Lenka 5m47 Herentals 27/02/16

4. Wuyts Britt 5m27 Mol 19/12/15

5. Roesbeke Fran 5m01 Herentals 14/11/15

6. Ottevaere Kate 4m72 Herentals 14/11/15

7. Vloemans Sanne 4m63 Herentals 27/02/16

8. De Beuker Jade 4m50 Herentals 14/11/15

**3-Kamp** 1. Roesbeke Fran 1019p Herentals 14/11/15

2. Keuppens Lenka 811p Herentals 14/11/15

3. Saidi Malak 802p Herentals 14/11/15

4. Ottevaere Kate 735p Herentals 14/11/15

5. Koppert Elisabeth 720p Herentals 14/11/15

6. Wuyts Britt 584p Herentals 14/11/15

7. Vloemans Sanne 533p Herentals 14/11/15

8. De Beuker Jade 391p Herentals 14/11/15

## 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 | Lenaerts Robine | 10”32 | ‘15 |  | 2 | van den Broek Truus | 12”50 | ‘13 |  |
|  | 3 | Van Goubergen Anne-S. | 10”77 | ‘13 |  | 3 | Hillen Amber | 12”78 | ‘13 |  |
|  | 4 | van den Broek Truus | 11”12 | ‘13 |  | 4 | Van Goubergen Anne-S. | 12”87 | ‘13 |  |
|  | 5 | Keuppens Lenka | 11”18 | ‘16 |  | 5 | Vosters Kaat | 13”30 | ‘13 |  |
|  | 6 | Saidi Malak | 11”21 | ‘16 |  | 6 | Koppert Elisabeth | 13”50 | ‘16 |  |
|  | 7 | Koppert Elisabeth | 11”23 | ‘16 |  | 7 | Keuppens Jinthe | 13”70 | ‘15 |  |
|  | 8 | Lenaerts Isabeau | 11”27 | ‘11 |  | 8 | De Meulder Joke | 13”77 | ‘13 |  |
|  | 9 | Smeyers Lynn | 11”33 | ‘11 |  | 9 | Borstlap Kaat | 14”65 | ‘13 |  |
|  | 10 | Keuppens Jinthe | 11”49 | ‘14 |  | 10 | Borstlap Hanne | 14”80 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | 60 meter El | | | |  |
|  | 1 | Lenaerts Robine | 8”32 | ‘14 |  | 1 | van den Broek Truus | 9”45 | ‘13 |  |
|  | 2 | Keuppens Jinthe | 8”42 | ‘14 |  | 2 | Alessie Floor | 9”45 | ‘14 |  |
|  | 3 | Roesbeke Fran | 8”43 | ‘15 |  | 3 | De Meulder Joke | 9”74 | ‘13 |  |
|  | 4 | Vanmechelen Hannah | 8”53 | ‘10 |  | 4 | Tan Noa | 10”14 | ‘14 |  |
|  | 5 | Smeyers Lynn | 8”54 | ‘11 |  | 5 | Keuppens Jinthe | 10”19 | ‘15 |  |
|  | 6 | Alessie Floor | 8”54 | ‘13 |  | 6 | Hillen Amber | 10”27 | ‘13 |  |
|  | 7 | van den Broek Truus | 8”56 | ‘11 |  | 7 | Borstlap Hanne | 10”39 | ‘09 |  |
|  | 8 | Verwaest Olivia | 8”65 | ‘14 |  | 8 | Vosters Kaat | 10”47 | ‘13 |  |
|  | 9 | Lauwers Fé | 8”69 | ‘09 |  | 9 | Lenaerts Lorane | 10”62 | ‘08 |  |
|  | 10 | Peeters Silke | 8”76 | ‘09 |  | 10 | Koppert Elisabeth | 10”92 | ‘16 |  |

# INDOOR DAMES pupillen

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Roesbeke Fran | 1m25 | ‘15 |  |
|  | 4 | Verwaest Olivia | 3m41 | ‘14 |  | 4 | Lenaerts Robine | 1m21 | ‘15 |  |
|  | 5 | Woestenborghs Julie | 3m23 | ‘09 |  | 5 | Hillen Amber | 1m20 | ‘13 |  |
|  | 6 | Borstlap Hanne | 3m23 | ‘09 |  | 6 | Keuppens Jinthe | 1m18 | ‘14 |  |
|  | 7 | Borstlap Kaat | 3m21 | ‘13 |  | 7 | Borstlap Hanne | 1m15 | ‘09 |  |
|  | 8 | Lenaerts Lorane | 3m20 | ‘09 |  | 8 | Koppert Emma-Louise | 1m15 | ‘15 |  |
|  | 9 | Vosters Kaat | 3m20 | ‘13 |  | 9 | Woestenborghs Julie | 1m13 | ‘09 |  |
|  | 10 | Roesbeke Fran | 3m17 | ‘15 |  | 10 | Peeters Silke | 1m10 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 2kg** | | | |  | **3-Kamp** | | | |  |
|  | 1 | Vosters Kaat | 8m18 | ‘13 |  | 1 | Alessie Floor | 1211p | ‘13 |  |
|  | 2 | Alessie Floor | 7m88 | ‘14 |  | 2 | Lenaerts Robine | 1189p | ‘14 |  |
|  | 3 | Lenaerts Robine | 7m54 | ‘15 |  | 3 | Keuppens Jinthe | 1092p | ‘14 |  |
|  | 4 | van den Broek Truus | 7m17 | ‘13 |  | 4 | Smeyers Lynn | 1030p | ‘11 |  |
|  | 5 | Smeyers Lynn | 6m96 | ‘11 |  | 5 | Roesbeke Fran | 1019p | ‘15 |  |
|  | 6 | Koppert Elisabeth | 6m45 | ‘16 |  | 6 | Vosters Kaat | 971p | ‘13 |  |
|  | 7 | Hillen Amber | 6m22 | ‘13 |  | 7 | van den Broek Truus | 946p | ‘11 |  |
|  | 8 | Koppert Emma-Louise | 6m20 | ‘15 |  | 8 | Woestenborghs Julie | 921p | ‘09 |  |
|  | 9 | Van Goubergen Anne-S. | 6m10 | ‘13 |  | 9 | Hillen Amber | 875p | ‘11 |  |
|  | 10 | Lenaerts Isabeau | 6m03 | ‘12 |  | 10 | Lauwers Fé | 839p | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **4-Kamp** | | | |  | 5-Kamp | | | |  |
|  | 1 | Keuppens Jinthe | 960p | ‘15 |  | 1 | Alessie Floor | 2171p | ‘14 |  |
|  | 2 | Borstlap Kaat | 873p | ‘13 |  |  |  |  |  |  |

## 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

**50 meter**  **Atac** Lenaerts Robine 8”32 Herentals 15/11/14

**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

# INDOOR DAMES pupillen

**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** Keuppens Jinthe 960p Hoboken 08/02/15

**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 El** 1. Alessie Floor 9”30 Herentals 27/02/16

2. Lenaerts Robine 10”23 Herentals 27/02/16

3. Borstlap Kaat 10”46 Herentals 27/02/16

4. Keuppens Jinthe 10”78 Herentals 27/02/16

5. Tan Noa 11”39 Herentals 27/02/16

6. Koppert Emma-Louise 13”12 Herentals 27/02/16

**60 meter H El** 1. Loyens Inneke 9”99 Hoboken 27/12/15

2. Alessie Floor 11”23 Hoboken 06/12/15

3. Koppert Emma-Louise 14”36 Heusden 23/01/16

**50 meter El** 1. Lenaerts Robine 8”10 Herentals 14/11/15

2. Alessie Floor 8”14 Herentals 14/11/15

3. Vosters Kaat 8”52 Herentals 14/11/15

4. Keuppens Jinthe 8”81 Herentals 14/11/15

5. Castelijns Anke 8”96 Herentals 14/11/15

6. Borstlap Kaat 9”08 Herentals 14/11/15

7. Koppert Emma-Louise 9”09 Herentals 14/11/15

**60 meter El** 1. Loyens Inneke 8”80 Hoboken 27/12/15

2. Lenaerts Robine 9”25 Gent 14/02/16

3. Tan Noa 9”44 Gent 05/03/16

4. Alessie Floor 9”56 Hoboken 14/02/16

5. Koppert Emma-Louise 10”73 Gent 14/02/16

**1000 meter El** 1. Tan Noa 3’35”72 Gent 05/03/16

**Ver**  1. Alessie Floor 4m31 Hoboken 06/12/15

2. Tan Noa 3m85 Gent 05/03/16

# INDOOR DAMES MINIEMEn

3. Lenaerts Robine 3m69 Herentals 14/11/15

4. Borstlap Kaat 3m64 Herentals 27/02/16

5. Keuppens jinthe 3m62 Herentals 27/02/16

6. Castelijns Anke 3m34 Herentals 27/02/16

7. Vosters Kaat 3m33 Herentals 14/11/15

8. Koppert Emma-Louise 3m07 Herentals 27/02/16

**Hoog** 1. Alessie Floor 1m46 Herentals 27/02/16

2. Borstlap Kaat 1m40 Herentals 27/02/16

3. Lenaerts Robine 1m31 Herentals 14/11/15

4. Keuppens Jinthe 1m25 Herentals 27/02/16

5. Koppert Emma-Louise 1m20 Hoboken 27/12/15

6. Tan Noa 1m10 Gent 14/02/16

7. Castelijns Anke 0m90 Hoboken 14/11/15

**Polsstok** 1. Tan Noa 1m93 Mol 19/12/15

2. Borstlap Kaat 1m78 Mol 19/12/15

**Kogel 2kg** 1. Vosters Kaat 10m89 Hoboken 27/12/15

2. Alessie Floor 10m85 Herentals 14/11/15

3. Lenaerts Robine 8m36 Herentals 27/02/16

4. Borstlap Kaat 6m88 Herentals 27/02/16

5. Koppert Emma-Louise 6m44 Herentals 14/11/15

6. Keuppens Jinthe 6m12 Herentals 27/02/16

7. Tan Noa 6m05 Herentals 27/02/16

8. Castelijns Anke 4m95 Herentals 27/02/16

**4-Kamp** 1. Alessie Floor 2065p Herentals 14/11/15

2. Lenaerts Robine 1734p Herentals 14/11/15

3. Borstlap Kaat 1336p Herentals 14/11/15

4. Vosters Kaat 1249p Herentals 14/11/15

5. Keuppens Jinthe 1237p Herentals 14/11/15

6. Koppert Emma-Louise 991p Herentals 14/11/15

7. Castelijns Anke 742p Herentals 14/11/15

**5-Kamp** 1. Alessie Floor 2658p Hoboken 14/02/16

**Aflossing 4 x 200m El**

1. Lenaerts Robine – Borstlap Kaat – Koppert Emma-Louise – Tan Noa

2’15”90 Gent 14/02/16

## 10 BESTE PRESTATIES miniemen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **50 meter Horden** | | | |  |
|  | 1 | Alessie Floor | 9”30 | ‘16 |  | 1 | van den Broek Truus | 9”8 | ‘14 |  |
|  | 2 | Peeters Silke | 9”56 | ‘12 |  | 2 | Discart Kyra | 10”6 | ‘14 |  |
|  | 3 | Lenaerts Sofie | 9”63 | ‘13 |  |  |  |  |  |  |
|  | 4 | Smeyers Lynn | 9”81 | ‘14 |  |  |  |  |  |  |
|  | 5 | Borstlap Hanne | 9”88 | ‘12 |  |  |  |  |  |  |
|  | 6 | Lenaerts Robine | 10”23 | ‘16 |  |  |  |  |  |  |
|  | 7 | Borstlap Kaat | 10”46 | ‘16 |  |  |  |  |  |  |
|  | 8 | Lenaerts Lorane | 10”48 | ‘12 |  |  |  |  |  |  |
|  | 9 | van den Broek Truus | 10”54 | ‘15 |  |  |  |  |  |  |
|  | 10 | Keuppens Jinthe | 10”78 | ‘16 |  |  |  |  |  |  |

# INDOOR DAMES MINIEMEn

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Loyens Inneke | 9”99 | ‘15 |  |  |  |  |  |  |
|  | 2 | Lenaerts Sofie | 11”06 | ‘13 |  |  |  |  |  |  |
|  | 3 | Alessie Floor | 11”23 | ‘15 |  |  |  |  |  |  |
|  | 4 | van den Broek Truus | 11”77 | ‘14 |  |  |  |  |  |  |
|  | 5 | Engelen Sara | 13”38 | ‘13 |  |  |  |  |  |  |
|  | 6 | Koppert Emma-Louise | 14”36 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Smeyers Lynn | 7”98 | ‘13 |  | 1 | Loyens Inneke | 8”80 | ‘15 |  |
|  | 2 | Brosens Stefanie | 8”06 | ‘09 |  | 2 | Lenaerts Sofie | 9”01 | ‘13 |  |
|  | 3 | Lenaerts Sofie | 8”10 | ‘11 |  | 3 | Lenaerts Robine | 9”25 | ‘16 |  |
|  | 4 | Lenaerts Robine | 8”10 | ‘15 |  | 4 | Alessie Floor | 9”40 | ‘14 |  |
|  | 5 | Alessie Floor | 8”14 | ‘15 |  | 5 | Tan Noa | 9”44 | ‘16 |  |
|  | 6 | Vanmechelen Hannah | 8”18 | ‘12 |  | 6 | De Meulder Joke | 9”55 | ‘14 |  |
|  | 7 | Lenaerts Isabeau | 8”24 | ‘13 |  | 7 | Lenaerts Isabeau | 9”91 | ‘13 |  |
|  | 8 | van den Broek Truus | 8”25 | ‘13 |  | 8 | Engelen Sara | 9”94 | ‘13 |  |
|  | 9 | Lenaerts Lorane | 8”39 | ‘11 |  | 9 | Borstlap Kaat | 10”71 | ‘15 |  |
|  | 10 | Van Goubergen Anne-S. | 8”41 | ‘13 |  | 10 | Koppert Emma-Louise | 10”73 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **150 meter El** | | | |  | **800 meter El** | | | |  |
|  | 1 | Lenaerts Sofie | 22”59 | ‘13 |  | 1 | Engelen Sara | 2’51”36 | ‘14 |  |
|  | 2 | Tan Noa | 25”14 | ‘15 |  |  |  |  |  |  |
|  | 3 | Borstlap Kaat | 26”49 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | | |  | **Polsstok** | | | |  |
|  | 1 | Lenaerts Isabeau | 3’35”14 | | ‘13 |  | 1 | Tan Noa | 1m93 | ‘15 |  |
|  | 2 | Tan Noa | 3’35”72 | | ‘16 |  | 2 | Borstlap Kaat | 1m78 | ‘15 |  |
|  | 3 | Engelen Sara | 3’48”23 | | ‘13 |  |  |  |  |  |  |
|  |  |  |  | |  |  |  |  |  |  |  |
|  | Ver | | | | |  | Hoog | | | |  |
|  | 1 | Alessie Floor | | 4m31 | ‘15 |  | 1 | Alessie Floor | 1m46 | ‘16 |  |
|  | 2 | van den Broek Truus | | 4m11 | ‘14 |  | 2 | Brosens Stefanie | 1m44 | ‘10 |  |
|  | 3 | Lenaerts Sofie | | 3m95 | ‘11 |  | 3 | Borstlap Kaat | 1m40 | ‘16 |  |
|  | 4 | Tan Noa | | 3m85 | ‘16 |  | 4 | Lenaerts Sofie | 1m37 | ‘13 |  |
|  | 5 | Lenaerts Isabeau | | 3m84 | ‘14 |  | 5 | van den Broek Truus | 1m34 | ‘13 |  |
|  | 6 | Brosens Stefanie | | 3m82 | ‘09 |  | 6 | Borstlap Hanne | 1m33 | ‘12 |  |
|  | 7 | Peeters Silke | | 3m80 | ‘11 |  | 7 | Lenaerts Robine | 1m31 | ‘15 |  |
|  | 8 | Van Goubergen Anne-S. | | 3m78 | ‘13 |  | 8 | Peeters Silke | 1m28 | ‘11 |  |
|  | 9 | Borstlap Hanne | | 3m70 | ‘11 |  | 9 | Smeyers Lynn | 1m28 | ‘14 |  |
|  | 10 | Lenaerts Robine | | 3m69 | ‘15 |  | 10 | Lenaerts Lorane | 1m25 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 2kg | | | |  | **4-Kamp** | | | |  |
|  | 1 | Vosters Kaat | 10m89 | ‘15 |  | 1 | Alessie Floor | 2065p | ‘15 |  |
|  | 2 | Alessie Floor | 10m85 | ‘15 |  | 2 | Brosens Stefanie | 1915p | ‘09 |  |
|  | 3 | Smeyers Lynn | 9m85 | ‘13 |  | 3 | Smeyers Lynn | 1797p | ‘13 |  |
|  | 4 | van den Broek Truus | 9m72 | ‘15 |  | 4 | Lenaerts Robine | 1734p | ‘15 |  |
|  | 5 | Brosens Stefanie | 9m30 | ‘10 |  | 5 | van den Broek Truus | 1678p | ‘13 |  |
|  | 6 | Lenaerts Robine | 8m36 | ‘16 |  | 6 | Peeters Silke | 1561p | ‘11 |  |
|  | 7 | Vanmechelen Hannah | 8m09 | ‘13 |  | 7 | Lenaerts Sofie | 1515p | ‘11 |  |
|  | 8 | Peeters Silke | 7m67 | ‘12 |  | 8 | Vanmechelen Hannah | 1472p | ‘12 |  |
|  | 9 | De Letter Jana | 7m62 | ‘13 |  | 9 | Van Goubergen Anne-S. | 1429p | ‘13 |  |
|  | 10 | Quirijnen Dien | 7m36 | ‘11 |  | 10 | Lenaerts Lorane | 1419p | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 5-Kamp | | | |  |  | | | |  |
|  | 1 | Alessie Floor | 2658p | ‘16 |  |  |  |  |  |  |

# INDOOR DAMES miniemen

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 200 meter El** | | | |
| 1 | Lenaerts Robine – Borstlap Kaat – Koppert Emma-Louise– Tan Noa | 2’15”90 | ‘16 |

## CLUBRECORDS MINIEMEN

**50 m Horden Atac** Alessie Floor 9”30 Herentals 27/02/16

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

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

**60 m Horden**  **Atac** Loyens Inneke 9”99 Hoboken 27/12/15

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

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

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

**50 meter**  **Atac** 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** Loyens Inneke 8”80 Hoboken 27/12/15

**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** Alessie Floor 4m31 Hoboken 06/12/15

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

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

**Hoog** **Atac** Alessie Floor 1m46 Herentals 27/02/16

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

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

**Polsstok** **Atac** Tan Noa 1m93 Mol 19/12/15

**Kogel 2kg** **Atac** Vosters Kaat 10m89 Hoboken 27/12/15

**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** Alessie Floor 2065p Herentals 14/11/15

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

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

**5-Kamp Atac** Alessie Floor 2658p Hoboken 14/02/16

**Avos** Hooyberghs Elien 2994p Hoboken 04/02/07

**Afl** **4 x 200 m** **Atac** Lenaerts Robine – Borstlap Kaat – Koppert Emma-L. – Tan Noa

2’15”90 Gent 14/02/16

# INDOOR DAMES cadetten

## JAARPRESTATIES cadetten

**60 meter H El** 1. De Baere Fien 10”07 Gent 02/01/16

**60 meter El** 1. De Baere Fien 8”53 Gent 14/02/16

2. Smeyers Lynn 8”80 Gent 02/01/16

3. van den Broek Truus 8”98 Gent 14/02/16

4. Berckvens Anaïs 9”26 Gent 14/02/16

**200 meter El** 1. van den Broek Truus 29”57 Gent 10/01/16

**Ver**  1. De Baere Fien 4m48 Gent 26/12/15

**Hoog**  1. van den Broek Truus 1m35 Hoboken 17/01/16

**Kogel 3kg** 1. Smeyers Lynn 9m28 Gent 02/01/16

2. van den Broek Truus 9m08 Gent 10/01/16

**Aflossing 4 x 200m El**

1. van den Broek Truus – Smeyers Lynn – Berckvens Anaïs – De Baere Fien

2’00”89 Gent 14/02/16

## 10 BESTE PRESTATIES cadetten

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | De Baere Fien | 8”53 | ‘16 |  |
|  | 3 | De Baere Fien | 10”07 | ‘16 |  | 3 | Ghyssaert Leen | 8”54 | ‘09 |  |
|  | 4 | Van Eekert Siel | 10”24 | ‘08 |  | 4 | Hooyberghs Elien | 8”58 | ‘10 |  |
|  | 5 | Lambregts Ylen | 11”05 | ‘08 |  | 5 | Verrydt Karen | 8”74 | ‘09 |  |
|  | 6 | Peeters Silke | 11”19 | ‘12 |  | 6 | Smeyers Lynn | 8”80 | ‘16 |  |
|  | 7 | Ghyssaert Leen | 11”88 | ‘09 |  | 7 | Vanmechelen Hannah | 8”90 | ‘15 |  |
|  |  |  |  |  |  | 8 | van den Broek Truus | 8”98 | ‘16 |  |
|  |  |  |  |  |  | 9 | Lambregts Ylen | 8”99 | ‘08 |  |
|  |  |  |  |  |  | 10 | Berckvens Anaïs | 9”26 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **300 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 27”77 | ‘12 |  | 1 | Hooyberghs Elien | 44”93 | ‘10 |  |
|  | 2 | Hooyberghs Elien | 28”01 | ‘10 |  | 2 | Vanmechelen Hannah | 47”18 | ‘15 |  |
|  | 3 | Van Eekert Siel | 29”30 | ‘08 |  | 3 | Smeyers Lynn | 51”90 | ‘15 |  |
|  | 4 | van den Broek Truus | 29”57 | ‘16 |  |  |  |  |  |  |
|  | 5 | Lenaerts Sofie | 29”67 | ‘14 |  |  |  |  |  |  |
|  | 6 | Vanmechelen Hannah | 29”78 | ‘15 |  |  |  |  |  |  |
|  | 7 | Vanderhaeghen Janne | 31”14 | ‘09 |  |  |  |  |  |  |
|  | 8 | Lambregts Ylen | 31”22 | ‘08 |  |  |  |  |  |  |
|  | 9 | Janssen Steffi | 31”78 | ‘09 |  |  |  |  |  |  |

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

# INDOOR DAMES cadetten

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | Ver | | | |  |
|  | 1 | Speelman-rooms Femke | 3’11”77 | ‘12 |  | 1 | Hooyberghs Elien | 5m07 | ‘10 |  |
|  |  |  |  |  |  | 2 | Quirijnen Dien | 4m53 | ‘14 |  |
|  |  |  |  |  |  | 3 | De Baere Fien | 4m48 | ‘15 |  |
|  |  |  |  |  |  | 4 | Lambregts Ylen | 4m44 | ‘09 |  |
|  |  |  |  |  |  | 5 | Van Eekert Siel | 4m39 | ‘09 |  |
|  |  |  |  |  |  | 6 | Brosens Stefanie | 4m28 | ‘12 |  |
|  |  |  |  |  |  | 7 | Janssen Steffi | 3m59 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | van den Broek Truus | 1m35 | ‘16 |  |  |  |  |  |  |
|  | 8 | Druyts Lies | 1m30 | ‘10 |  |  |  |  |  |  |
|  | 9 | Lenaerts Sofie | 1m29 | ‘14 |  |  |  |  |  |  |
|  | 10 | Marsboom Caroline | 1m25 | ‘10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | Smeyers Lynn | 9m28 | ‘16 |  |  |  |  |  |  |
|  | 5 | van den Broek Truus | 9m08 | ‘16 |  |  |  |  |  |  |
|  | 6 | Van Eekert Siel | 8m44 | ‘09 |  |  |  |  |  |  |
|  | 7 | Vanmechelen Hannah | 8m22 | ‘15 |  |  |  |  |  |  |
|  | 8 | Lenaerts Sofie | 7m51 | ‘14 |  |  |  |  |  |  |
|  | 9 | Peeters Silke | 7m47 | ‘12 |  |  |  |  |  |  |
|  | 10 | Ameye Astrid | 6m48 | ‘10 |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 200 meter El** | | | |
| 1 | van den Broek Truus – Smeyers Lynn – Berckvens Anaïs – De Baere Fien | 2’00”89 | ‘16 |

## 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

# INDOOR DAMES CADETTEN

**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

**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

**Afl 4 x 200m Atac** van den Broek Tr. – Smeyers Lynn – Berckvens Anaïs – De Baere F.

2’00”89 Gent 14/02/16

# INDOOR DAMES SCHOLIEREN

## jaarprestaties scholieren

**60 meter H El** 1. Van Den Branden Inne 11”37 Gent 02/01/16

**60 meter El** 1. Van Den Branden Inne 8”67 Gent 14/02/16

2. Vanmechelen Hannah 8”78 Gent 14/02/16

3. Vermeiren Nathalie 9”04 Gent 10/01/16

4. Tophoven Rani 9”14 Gent 14/02/16

**200 meter El** 1. Vanmechelen Hannah 29”28 Gent 10/01/16

**Hoog** 1. Vermeiren Nathalie 1m40 Gent 10/01/16

**Kogel 3kg** 1. Vanmechelen Hannah 8m73 Gent 26/12/15

# INDOOR DAMES SCHOLIEREN

## 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 | Van Den Branden Inne | 8”67 | ‘16 |  |
|  | 6 | Lambregts Ylen | 10”97 | ‘10 |  | 6 | Vanmechelen Hannah | 8”78 | ‘16 |  |
|  | 7 | Van Den Branden Inne | 11”37 | ‘16 |  | 7 | Toelen Daphne | 8”86 | ‘09 |  |
|  |  |  |  |  |  | 8 | Lambregts Ylen | 9”00 | ‘10 |  |
|  |  |  |  |  |  | 9 | Vermeiren Nathalie | 9”04 | ‘16 |  |
|  |  |  |  |  |  | 10 | Tophoven Rani | 9”14 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 27”00 | ‘13 |  | 1 | Aerts Paulien | 63”16 | ‘15 |  |
|  | 2 | Toelen Daphne | 28”82 | ‘10 |  | 2 | Toelen Daphne | 64”57 | ‘09 |  |
|  | 3 | Caers Shana | 28”85 | ‘08 |  |  |  |  |  |  |
|  | 4 | Vanmechelen Hannah | 29”28 | ‘16 |  |  |  |  |  |  |
|  | 5 | Verrydt Nathalie | 29”47 | ‘09 |  |  |  |  |  |  |
|  | 6 | Van Eekert Siel | 29”50 | ‘09 |  |  |  |  |  |  |
|  | 7 | Cuynen Nele | 29”59 | ‘10 |  |  |  |  |  |  |
|  | 8 | Lambregts Ylen | 31”08 | ‘11 |  |  |  |  |  |  |
|  | 9 | Janssen Steffi | 31”35 | ‘11 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  |  |  |  |  |  |
|  | 1 | Speelman-rooms Femke | 2’22”05 | ‘15 |  |  |  |  |  |  |
|  | 2 | Aerts Paulien | 2’26”22 | ‘15 |  |  |  |  |  |  |
|  | 3 | Brosens Stefanie | 2’27”82 | ‘14 |  |  |  |  |  |  |
|  | 4 | Hooyberghs Elien | 2’36”94 | ‘11 |  |  |  |  |  |  |
|  | 5 | Van Eekert Siel | 2’44”82 | ‘10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | Vermeiren Nathalie | 1m40 | ‘16 |  |  |  |  |  |  |
|  | 7 | Van Heuckelom Loren | 1m35 | ‘09 |  |  |  |  |  |  |
|  | 8 | Ameye Astrid | 1m35 | ‘12 |  |  |  |  |  |  |
|  | 9 | Druyts Lies | 1m35 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 3 kg | | | |  | Kogel 4 kg | | | |  |
|  | 1 | Brosens Stefanie | 12m29 | ‘14 |  | 1 | Hooyberghs Elien | 10m40 | ‘11 |  |
|  | 2 | Vanmechelen Hannah | 8m73 | ‘15 |  | 2 | Lambregts Ylen | 7m78 | ‘11 |  |
|  | 3 | Janssen Steffi | 7m12 | ‘12 |  | 3 | Van Eekert Siel | 7m65 | ‘10 |  |
|  |  |  |  |  |  | 4 | Janssen Steffi | 6m32 | ‘11 |  |

# INDOOR DAMES SCHOLIEREN

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 5-Kamp | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 3542p | ‘14 |  |  |  |  |  |  |
|  | 2 | Hooyberghs Elien | 3275p | ‘11 |  |  |  |  |  |  |
|  | 3 | Van Eekert Siel | 2390p | ‘10 |  |  |  |  |  |  |

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

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

**400 meter Atac** Aerts Paulien 63”16 Gent 18/01/15

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

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

**800 meter Atac** Speelman-rooms Femke 2’22”05 Gent 03/01/15 **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

# INDOOR DAMES SCHOLIEREN

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

1’53”07 Gent 14/02/10

# INDOOR DAMES JUNIORES

## jaarprestaties JUNIORES

**60 meter H El** 1. Brosens Stefanie 9”75 Gent 07/02/16

**200 meter El** 1. Brosens Stefanie 25”74 Gent 10/01/16

**300 meter El** 1. Aerts Paulien 47”07 Gent 02/01/16

**400 meter El** 1. Aerts Paulien 62”92 Gent 27/02/16

**800 meter El** 1. Brosens Stefanie 2’51”88 Gent 07/02/16

**Ver**  1. Brosens Stefanie 5m01 Gent 07/02/16

**Hoog**  1. Brosens Stefanie 1m59 Mol 19/12/15

**Kogel 4kg**  1. Brosens Stefanie 11m21 Mol 19/12/15

**5-Kamp**  1. Brosens Stefanie 2966p Gent 07/02/16

## 10 beste prestaties juniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Brosens Stefanie | 8”28 | ‘14 |  | 1 | Brosens Stefanie | 9”61 | ‘14 |  |
|  |  |  |  |  |  | 2 | Caers Shana | 10”44 | ‘09 |  |
|  |  |  |  |  |  | 3 | Van Eekert Siel | 10”78 | ‘12 |  |
|  |  |  |  |  |  | 4 | Lambregts Ylen | 11”28 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Caers Shana | 8”63 | ‘10 |  | 1 | Brosens Stefanie | 25”74 | ‘16 |  |
|  | 2 | Lambregts Ylen | 9”21 | ‘11 |  | 2 | Lambregts Ylen | 31”21 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Aerts Paulien | 47”07 | ‘16 |  | 1 | Aerts Paulien | 62”92 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  |  | | | |  |
|  | 1 | De Keulenaer Tina | 2’31”03 | ‘15 |  |  |  |  |  |  |
|  | 2 | Brosens Stefanie | 2’51”88 | ‘16 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 3’13”88 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hinkstap** | | | |  |
|  | 1 | Caers Shana | 5m01 | ‘10 |  | 1 | Caers Shana | 10m69 | ‘11 |  |
|  | 2 | Brosens Stefanie | 5m01 | ‘16 |  |  |  |  |  |  |
|  | 3 | Van Eekert Siel | 4m31 | ‘12 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 4m21 | ‘12 |  |  |  |  |  |  |

# INDOOR DAMES JUNIORES

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Kogel 4 kg** | | | |  |
|  | 1 | Brosens Stefanie | 1m59 | ‘15 |  | 1 | Brosens Stefanie | 11m42 | ‘15 |  |
|  | 2 | Caers Shana | 1m56 | ‘10 |  | 2 | Caers Shana | 9m01 | ‘10 |  |
|  | 3 | Van Eekert Siel | 1m45 | ‘12 |  | 3 | Lambregts Ylen | 7m98 | ‘12 |  |
|  | 4 | Lambregts Ylen | 1m42 | ‘12 |  | 4 | Janssen Steffi | 6m64 | ‘14 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5-Kamp** | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 2966p | ‘16 |  |  |  |  |  |  |
|  | 2 | Lambregts Ylen | 1549p | ‘12 |  |  |  |  |  |  |

## clubrecords JUNIORES

**50 m Horden** **Atac** Brosens Stefanie 8”28 Heverlee 09/12/14

**Tuac** Kerremans Ivy 7”5 Leuven 16/02/88

**60 m Horden** **Atac** Brosens Stefanie 9”61 Gent 26/12/14

**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** Brosens Stefanie 25”74 Gent 10/01/16

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

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

**300 meter** **Atac** Aerts Paulien 47”07 Gent 02/01/16

**400 meter** **Atac** Aerts Paulien 62”92 Gent 27/02/16 **Avos** Peeters An 60”40 Gent 17/02/02

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

**800 meter** **Atac** De Keulenaer Tina 2’31”03 Gent 07/03/15

**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

Brosens Stefanie 5m01 ev Gent 07/02/16

**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** Brosens Stefanie 1m59 Mol 19/12/15

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

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

**Kogel 4kg**  **Atac** Brosens Stefanie 11m42 Gent 07/03/15

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

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

**5-Kamp** **Atac** Brosens Stefanie 2966p Gent 07/02/16

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

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

# INDOOR DAMES SENIORES

## JAARPRESTATIES seniores

**300 meter El** 1. De Keulenaer Tina 47”34 Gent 02/01/16

# INDOOR DAMES SENIORES

## 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 Ylen | 12”51 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 9”17 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **300 meter El** | | | |
|  | 1 | De Keulenaer Tina | 47”34 | ‘16 |

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

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

**300 meter** **Atac** De Keulenaer Tina 47”34 Gent 02/01/16

**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

**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

# INDOOR DAMES SENIORES

**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

## JAARPRESTATIES masters-W40

**60 meter El** 1. Dockx Hilde 9”97 Gent 12/03/16

**Kogel 4kg** 1. Dockx Hilde 6m73 Gent 12/03/16

## 10 beste PRESTATIES masters-W40

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **Kogel 4kg** | | | |  |
|  | 1 | Dockx Hilde | 9”97 | ‘16 |  | 1 | Dockx Hilde | 6m73 | ‘16 |  |

## 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**  **Atac** Dockx Hilde 9”97 Gent 12/03/16

**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** **Atac** Dockx Hilde 6m73 Gent 12/03/16

**Avos** De Wachter Sabine 11m36 Gent 11/03/07

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

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

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

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

# INDOOR DAMES MASTERS-W45

## CLUBRECORDS MASTERS-W45

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

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

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

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

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

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

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

# INDOOR DAMES MASTERS-W50

## CLUBRECORDS MASTERS-W50

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

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

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

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

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

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

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

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

# INDOOR DAMES MASTERS-W55

## CLUBRECORDS MASTERS-W55

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

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

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

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

# VELDLOPEN DAMES 1

## gent 26/10/15

MINIEMEN Lenaerts Robine 27/83\*

Tan Noa 27/83\*

Borstlap Kaat 27/83\*

CADETTEN Discart Kyra 5/67

Engelen Sara 5/67

Lenaerts Isabeau 5/67

SCHOLIEREN Burm Antje 15/45

Lenaerts Lorane 15/45

Speelman-rooms Femke 15/45

JUNIORES Aerts Paulien 4/21

Smeets Lore 4/21

De Vlieger Lize 4/21

SENIORES Van Eyck Sofie 43/57

De Keulenaer Tina 43/57

Claes Lotte 43/57

## mol 01/11/15

BENJAMINS ‘07 Segers Eveliene 16/29\*

PUPILLEN ’05 Wuyts Britt 25/31\*

SCHOLIEREN Speelman-rooms Femke 13/38

SENIORES Lauwers Shana 31/34

## Tongeren 08/11/15

SENIORES Bosch Evelyn 5/16

## neerpelt 15/11/15

CADETTEN **Lenaerts Isabeau 1/38**

Engelen Sara 6/38

Discart Kyra 13/38

SCHOLIEREN Lenaerts Lorane 3/23

SENIORES Van Ammel Joyce 7/18

Beyens Jelle 10/18

## DUFFEL 15/11/15

BENJAMINS ’07 Segers Eveliene 15/31

PUPILLEN ’05 Saidi Malak (’06) 5/35

MINIEMEN ’04 Keuppens Jinthe 14/32

CADETTEN Berckvens Anaïs 29/30

## deinze 15/11/15

JUNIORES De Vlieger Lize 4/24

Smeets Lore 8/24

# VELDLOPEN DAMES 2

## TILburg 21&22/11/15

CADETTEN **Lenaerts Isabeau 1/29**

Engelen Sara 12/29

Discart Kyra 16/29

SCHOLIEREN Speelman-rooms Femke 3/56

Lenaerts Lorane 38/56

SENIORES **Van Ammel Joyce 1/11**

## Zele 22/11/15

SENIORES De Keulenaer Tina 18/32

Van Eyck Sofie 29/32

## ARENDONK 29/11/15

BENJAMINS ’08 Van Delm Sien 14/20

Koppert Liselotte 16/20

BENJAMINS ’07 Segers Eveliene 13/24

Willemsens Nore 14/24

Van Tillo Lenthe 16/24

PUPILLEN ‘06 Saidi Malak 2/29

Keuppens Lenka 4/29

Roesbeke Fran 15/29

Vloemans Sanne 16/29

Koppert Elisabeth 18/29

Dzifa Agblemegah Ashley 35/35

PUPILLEN ‘05 Wuyts Britt 20/27

MINIEMEN ‘04 Keuppens Jinthe 11/30

Lenaerts Robine 15/30

Koppert Emma-Louise 21/30

MINIEMEN ‘03 Tan Noa 11/25

Borstlap Kaat 12/25

CADETTEN van den Broek Truus 21/29

SCHOLIEREN Vanmechelen Hannah 7/7

SENIORES Bosch Evelyn 8/19

Beyens Jelle 11/19

## bree 06/12/15

CADETTEN Engelen Sara 3/17

SCHOLIEREN **Lenaerts Lorane 1/11**

SENIORES Bosch Evelyn 4/11

Beyens Jelle 5/11

Van Ammel Joyce 6/11

## stekene 13/12/15

PUPILLEN ’06 Bremans Anne-Sophie 9/39\*

JUNIORES Smeets Lore 2/4

SENIORES Van Eyck Sofie 24/25

# VELDLOPEN DAMES 3

## booischot 13/12/15

PUPILLEN ‘06 **Saidi Malak 1/39**

Keuppens Lenka 5/39

MINIEMEN ‘04 Keuppens Jinthe 7/30

Lenaerts Robine 12/30

## gierle 20/12/15

BENJAMINS ’08 Koppert Liselotte 10/17

Van Delm Sien 12/17

BENJAMINS ‘07 Segers Eveliene 10/32

Willemsens Nore 12/32

Van Tillo Lenthe 26/32

PUPILLEN ‘06 **Saidi Malak 1/35**

Bremans Anne-Sophie 6/35

Keuppens Lenka 7/35

Roesbeke Fran 21/35

Koppert Elisabeth 23/35

PUPILLEN ‘05 Van Den Berghe Carolijn 8/29

Wuyts Britt 16/29

Lauwaert Nika 17/29

De Beuker Jade 18/29

MINIEMEN ‘04 Keuppens Jinthe 9/33

Koppert Emma-Louise 25/33

MINIEMEN ‘03 Tan Noa 14/26

Borstlap Kaat 18/26

Castelijns Anke 25/26

CADETTEN **Lenaerts Isabeau 1/33**

Engelen Sara 4/33

Discart Kyra 6/33

van den Broek Truus 22/33

Berckvens Anaïs 33/33

SCHOLIEREN **Swannet Laura 1/13**

Lenaerts Lorane 2/13

Van Den Branden Inne 13/13

JUNIORES Smeets Lore 3/11

Aerts Paulien 5/11

SENIORES Lauwers Shana 4/17

Beyens Jelle 7/17

Bosch Evelyn 10/17

Van Ammel Joyce 11/17

Claes Lotte 14/17

Van Eyck Sofie 17/17

MASTERS Kerstens Elly 3/17

## kessel 03/01/16

PUPILLEN ’06 **Saidi Malak 1/31\***

## hulshout 09/01/16

BENJAMINS ’08 Koppert Liselotte 10/27

# VELDLOPEN DAMES 4

PUPILLEN ’06 **Saidi Malak 1/31**

Koppert Elisabeth 22/31

PUPILLEN ’05 De Beuker Jade 25/39

MINIEMEN ’04 Lenaerts Robine 17/33

Koppert Emma-Louise 30/33

MINIEMEN ’03 Tan Noa 14/24

CADETTEN Engelen Sara 4/30

Discart Kyra 5/30

SCHOLIEREN Lenaerts Lorane 3/10

SENIORES Bosch Evelyn 8/18

Beyens Jelle 9/18

MASTERS Dams Lou 19/20

## HERENTALS 17/01/16

BENJAMINS ’08 Koppert Liselotte 22/40

Van Delm Sien 27/40

BENJAMINS ’07 Willemsens Nore 13/60

Segers Eveliene 28/60

Daeleman Jasmijn 29/60

PUPILLEN ’06 **Saidi Malak 1/51**

Keuppens Lenka 5/51

Roesbeke Fran 25/51

Vloemans Sanne 26/51

Koppert Elisabeth 29/51

PUPILLEN ’05 Van Tiggelen Lotte 18/54

Huet Anna 40/54

MINIEMEN ’04 Keuppens Jinthe 16/49

MINIEMEN ’03 Tan Noa 10/44

Borstlap Kaat 11/44

Castelijns Anke 37/44

SENIORES Beyens Jelle 10/22

Bosch Evelyn 17/22

MASTERS Dams Lou 27/33

## geel 24/01/16

BENJAMINS ’07 Willemsens Nore 8/34

Daeleman Jasmijn 12/34

PUPILLEN ’06 **Saidi Malak 1/34**

Roesbeke Fran 16/34

Vloemans Sanne 18/34

PUPILLEN ’05 Van Tiggelen Lotte 9/25

MINIEMEN ’04 Lenaerts Robine 14/32

MINIEMEN ’03 Tan Noa 6/22

Borstlap Kaat 11/22

Castelijns Anke 18/22

## BORNEM 24/01/16

JUNIORES Smeets Lore 3/11

# VELDLOPEN DAMES 5

## Hannuit 24/01/16 Cross-cup

CADETTEN Lenaerts Isabeau 4/61

Engelen Sara 12/61

Discart Kyra 16/61

SCHOLIEREN Speelman-rooms Femke 5/43

Lenaerts Lorane 11/43

JUNIORES De Vlieger Lize 12/23

## Gierle 07/02/16 PK

BENJAMINS ’08 Lauwers Noë 26/30

Van Delm Sien 27/30

BENJAMINS ’07 Daeleman Jasmijn 17/35

Segers Eveliene 20/35

PUPILLEN ’06 **Saidi Malak 1/34**

Keuppens Lenka 2/34

Bremans Anne-Sophie 3/34

Roesbeke Fran 16/34

Vloemans Sanne 24/34

PUPILLEN ’05 Van Tiggelen Lotte 23/41

De Beuker Jade 31/41

MINIEMEN ’04 Keuppens Jinthe 10/33

Lenaerts Robine 19/33

MINIEMEN ’03 Tan Noa 9/28

Borstlap Kaat 11/28

Van Rompaey Jessi 27/28

Castelijns Anke 28/28

CADETTEN **Lenaerts Isabeau 1/27**

Engelen Sara 4/27

Discart Kyra 7/27

van den Broek Truus 24/27

SCHOLIEREN **Speelman-rooms Femke 1/17**

Lenaerts Lorane 5/17

JUNIORES Smeets Lore 4/8

SENIORES Van Ammel Joyce 8/18

Bosch Evelyn 11/18

Beyens Jelle 13/18

MASTERS Dams Lou 14/20

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

BENJAMINS ‘06 **Saidi Malak 1/38\***

SCHOLIEREN Speelman-rooms Femke 12/43

JUNIORES Smeets Lore 20/25

MASTERS Dams Lou 43/46

## lommel 21/02/16

PUPILLEN ’06 Bremans Anne-Sophie 4/35\*

SCHOLIEREN Swannet Laura 2/20

# VELDLOPEN DAMES 6

## Borsbeek 21/02/16

BENJAMINS ‘06 **Saidi Malak 1/23**

Keuppens Lenka 2/23

Vloemans Sanne 14/23

MINIEMEN ’04 Keuppens Jinthe 11/24

MINIEMEN ’03 Borstlap Kaat 6/15

Castelijns Anke 14/15

SENIORES Bosch Evelyn 5/10

## diekirch 21/02/16

CADETTEN Lenaerts Isabeau 2/29

Engelen Sara 3/29

Discart Kyra 5/29

SCHOLIEREN Lenaerts Lorane 3/10

## Essen 28/02/16

BENJAMINS ’08 Koppert Liselotte 14/21

PUPILLEN ’06 **Saidi Malak 1/28**

Koppert Elisabeth 20/28

MINIEMEN ’04 Koppert Emma-Louise 21/32

SENIORES Bosch Evelyn 6/17

Van Ammel Joyce 8/17

Beyens Jelle 11/17

MASTERS Dams Lou 16/22

## dour 06/03/16 cross-cup & Nat. Kamp. masters

SCHOLIEREN Speelman-rooms Femke 3/16

JUNIORES Smeets Lore 5/6

## wachtebeke 13/03/16 Nat. Kamp.

PUPILLEN ’06 Saidi Malak 3/90

Bremans Anne-Sophie 4/90

MINIEMEN ’04 Koppert Emma-Louise 69/75

CADETTEN ’01 Lenaerts Isabeau 7/59

Discart Kyra 15/59

Engelen Sara 25/59

SCHOLIEREN ’99 Swannet Laura 3/29

Speelman-rooms Femke 7/29

Lenaerts Lorane 12/29

JUNIORES Smeets Lore 22/36

SENIORES Van Eyck Sofie (sprint-cross) 8/13

\* komt niet in aanmerking voor het wintercriterium

# DAMES KLASSEMENT VELDLOOP

Klassement opgemaakt met de 5 beste veldloopprestaties

## BENJAMINS

1. Segers Eveliene 5 47,51p

2. Koppert Liselotte 6 59,50p

## PUPILLEN

1. Saidi Malak 13 2,82p

2. Keuppens Lenka 6 10,19p

3. Roesbeke Fran 5 50,96p

4. Vloemans Sanne 5 58,10p

5. Koppert Elisabeth 5 65,40p

## MINIEMEN

1. Keuppens Jinthe 7 30,04p

2. Tan Noa 7 35,99p

3. Borstlap Kaat 7 40,45p

4. Lenaerts Robine 6 48,56p

5. Koppert Emma-Louise 5 78,85p

6. Castelijns Anke 5 91,97p

## cadetten

1. Lenaerts Isabeau 8 3,87p

2. Engelen Sara 10 11,61p

3. Discart Kyra 9 16,99p

## scholieren

1. Speelman-rooms Femke 8 13,14p

2. Lenaerts Lorane 10 18,50p

## juniores

1. Smeets Lore 9 31,38p

## seniores

1. Bosch Evelyn 9 37,88p

2. Van Ammel Joyce 6 38,80p

3. Beyens Jelle 8 47,52p

4. Van Eyck Sofie 5 84,71p

## masters

1. Dams Lou 5 82,60p

# Ben/pup/min Dames eindklassement Winter

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Segers Eveliene*** | | |  | ***2. Koppert Liselotte*** | | |
| 5 crossen | 47,51 | 525p |  | 5 crossen | 59,50 | 405p |
| 50m | 9”38 | 260p |  | 50m | 9”98 | 153p |
| Ver | 2m80 | 106p |  | Ver | 2m56 | 68p\* |
|  |  |  |  | Hoog | 0m86 | 92p |
| Kogel | 4m48 | 182p |  | Kogel | 5m30 | 235p |
| **Totaal** |  | **1073p** |  | **Totaal** |  | **885p** |

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Saidi Malak*** | | |  | ***2. Keuppens Lenka*** | | |
| 5 crossen | 2,82 | 972p |  | 5 crossen | 10,19 | 899p |
| 50mH | 11”21 | 296p\* |  | 50mH | 11”18 | 301p\* |
| 50m | 9”06 | 327p |  | 50m | 8”78 | 392p |
| Hoog | 1m10 | 278p |  | Hoog | 1m05 | 235p |
| Kogel | 5m85 | 271p |  | Kogel | 5m57 | 253p |
| **Totaal** |  | **1848p** |  | **Totaal** |  | **1779p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***3. Roesbeke Fran*** | | |  | ***4. Koppert Elisabeth*** | | |
| 5 crossen | 50,96 | 491p |  | 5 crossen | 65,40 | 346p |
| 50mH | 11”82 | 213p\* |  | 50mH | 11”23 | 293p |
|  |  |  |  | 60mH | 13”50 | 247p\* |
| 50m | 8”43 | 480p |  | 50m | 9”41 | 254p\* |
|  |  |  |  | 60m | 10”92 | 245p\* |
| Ver | 3m17 | 173p\* |  | Ver | 3m03 | 147p\* |
| Hoog | 1m25 | 417p |  | Hoog | 1m05 | 235p |
| Kogel | 5m01 | 216p |  | Kogel | 6m45 | 311p |
| **Totaal** |  | **1604p** |  | **Totaal** |  | **1385p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***5. Vloemans Sanne*** | | |  |  | | |
| 5 crossen | 58,10 | 419p |  |  |  |  |
| 50mH | 11”70 | 229p\* |  |  |  |  |
| 50m | 9”55 | 227p\* |  |  |  |  |
| 60m | 10”95 | 240p |  |  |  |  |
| Ver | 2m80 | 106p\* |  |  |  |  |
| Hoog | 0m95 | 156p |  |  |  |  |
| Kogel | 4m63 | 192p |  |  |  |  |
| **Totaal** |  | **1007p** |  |  |  |  |

# Ben/pup/min Dames eindklassement Winter

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Lenaerts Robine*** | | |  | ***2. Borstlap Kaat*** | | |
| 5 crossen | 48,56 | 515p |  | 5 crossen | 40,45 | 596p |
| 50mH | 10”23 | 455p\* |  | 50mH | 10”46 | 415p |
| 50m | 8”10 | 570p\* |  | 50m | 9”08 | 323p\* |
| 60m | 9”25 | 600p |  |  |  |  |
| Ver | 3m69 | 283p\* |  | Ver | 3m64 | 271p\* |
| Hoog | 1m31 | 476p |  | Hoog | 1m40 | 568p |
|  |  |  |  | Polsstok | 1m78 | 268p\* |
| Kogel | 8m36 | 438p |  | Kogel | 6m88 | 339p |
| **Totaal** |  | **2029p** |  | **Totaal** |  | **1918p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***3. Tan Noa*** | | |  | ***4. Keuppens Jinthe*** | | |
| 5 crossen | 35,99 | 641p |  | 5 crossen | 30,04 | 700p |
| 50mH | 11”39 | 270p\* |  | 50mH | 10”78 | 362p\* |
|  |  |  |  | 50m | 8”81 | 384p |
| 60m | 9”44 | 552p |  | 60m | 10”02 | 419p\* |
| Ver | 3m85 | 319p\* |  | Ver | 3m62 | 267p\* |
| Hoog | 1m10 | 278p\* |  | Hoog | 1m25 | 417p |
| Polsstok | 1m93 | 325p\* |  |  |  |  |
| Kogel | 6m05 | 284p |  | Kogel | 6m12 | 289p |
| **Totaal** |  | **1802p** |  | **Totaal** |  | **1790p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***5. Koppert Emma-Louise*** | | |  | ***6. Castelijns Anke*** | | |
| 5 crossen | 78,85 | 212p |  | 5 crossen | 91,07 | 90p |
| 50mH | 13”12 | 79p\* |  |  |  |  |
| 60mH | 14”36 | 157p\* |  |  |  |  |
| 50m | 9”09 | 320p |  | 50m | 8”96 | 350p |
| 60m | 10”73 | 279p\* |  |  |  |  |
| Ver | 3m07 | 154p\* |  | Ver | 3m34 | 207p |
| Hoog | 1m20 | 369p |  | Hoog | 0m90 | 119p\* |
| Kogel | 6m44 | 310p |  | Kogel | 4m95 | 212p |
| **Totaal** |  | **1211p** |  | **Totaal** |  | **859p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | |  |  | | |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| \*Proef met minste punten valt weg |  |  |  |  |  |

# OUTDOOR DAMES BENJAMINS

## JAARPRESTATIEs benjamins

**40 meter**  1. Daeleman Jasmijn 7”3 Baarle-Nassau 26/03/16

2. Tan Ine 8”5 Baarle-Nassau 26/03/16

3. Buijs Femke 8”6 Baarle-Nassau 26/03/16

4. Graux Lotte 8”9 Baarle-Nassau 26/03/16

**60 meter**  1. Segers Eveliene 10”6 Arendonk 29/04/16

2. Koppert Liselotte 11”5 Vosselaar 27/08/16

3. Graux Lotte 12”2 Geel 04/09/16

**60 meter El** 1. Daeleman Jasmijn 10”35 Westmalle 18/09/16

2. Willemsens Nore 10”42 Turnhout 05/06/16

3. Segers Eveliene 10”70 Turnhout 05/06/16

4. Koppert Liselotte 11”48 Kapellen 03/09/16

5. Graux Lotte 11”69 Turnhout 05/06/16

6. Vanderheyden Linde 11”96 Turnhout 05/06/16

**400 meter** 1. Tan Ine 1’38”0 Baarle-Nassau 26/03/16

**600 meter** 1. Daeleman Jasmijn 2’23”0 Baarle-Nassau 26/03/16

2. Segers Eveliene 2’24”5 Lille 21/05/16

3. Graux Lotte 2’25”7 Geel 04/09/16

4. Koppert Liselotte 2’50”2 Vosselaar 27/08/16

5. Buijs Femke 2’59”0 Baarle-Nassau 26/03/16

**600 meter El** 1. Daeleman Jasmijn 2’14”63 Turnhout 05/06/16

2. Segers Eveliene 2’25”13 Westmalle 18/09/16

3. Willemsens Nore 2’27”06 Turnhout 05/06/16

4. Graux Lotte 2’32”16 Turnhout 05/06/16

5. Vanderheyden Linde 3’03”82 Turnhout 05/06/16

**Ver** 1. Segers Eveliene 3m09 Arendonk 29/04/16

2. Daeleman Jasmijn 2m92 Turnhout 05/06/16

3. Koppert Liselotte 2m88 Lommel 25/06/16

4. Willemsens Nore 2m79 Turnhout 05/06/16

5. Graux Lotte 2m70 Geel 04/09/16

6. Tan Ine 2m32 Baarle-Nassau 26/03/16

7. Vanderheyden Linde 2m23 Turnhout 05/06/16

8. Buijs Femke 1m92 Baarle-Nassau 26/03/16

**Hoog** 1. Koppert Liselotte 0m97 Lille 21/05/16

2. Daeleman Jasmijn 0m90 Baarle-Nassau 26/03/16

3. Segers Eveliene 0m82 Lille 21/05/16

4. Buijs Femke 0m70 Baarle-Nassau 26/03/16

5. Graux Lotte 0m70 Baarle-Nassau 26/03/16

**Kogel 1kg** 1. Koppert Liselotte 6m56 Vosselaar 27/08/16

2. Segers Eveliene 5m69 Vosselaar 27/08/16

3. Daeleman Jasmijn 3m90 Westmalle 18/09/16

# OUTDOOR DAMES BENJAMINS

**Hockeybal** 1. Koppert Liselotte 15m22 Kapellen 03/09/16

2. Graux Lotte 14m72 Turnhout 16/05/16

3. Segers Eveliene 12m52 Geel 04/09/16

4. Tan Ine 10m56 Baarle-Nassau 26/03/16

5. Willemsens Nore 10m43 Turnhout 05/06/16 6. Buijs Femke 8m42 Baarle-Nassau 26/03/16 7. Daeleman Jasmijn 8m38 Turnhout 05/06/16 8. Vanderheyden Linde 4m52 Turnhout 05/06/16

**4-Kamp** 1. Daeleman Jasmijn 846p Turnhout 05/06/16

2. Segers Eveliene 721p Lille 21/05/16

3. Willemsens Nore 702p Turnhout 05/06/16

4. Koppert Liselotte 500p Lille 21/05/16

5. Graux Lotte 436p Geel 04/09/16

6. Vanderheyden Linde 129p Turnhout 05/06/16

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | |  | **40 meter** | | | |  |
|  |  |  |  |  |  | 1 | Roesbeke Fran | 7”0 | ‘15 |  |
|  |  |  |  |  |  | 2 | Saidi Malak | 7”1 | ‘15 |  |
|  |  |  |  |  |  | 3 | Keuppens Lenka | 7”3 | ‘14 |  |
|  |  |  |  |  |  | 4 | Daeleman Jasmijn | 7”3 | ‘16 |  |
|  |  |  |  |  |  | 5 | De Meulder Joke | 7”4 | ‘11 |  |
|  |  |  |  |  |  | 6 | Malfet Yana | 7”5 | ‘11 |  |
|  |  |  |  |  |  | 7 | Keuppens Jinthe | 7”5 | ‘12 |  |
|  |  |  |  |  |  | 8 | Koppert Elisabeth | 7”9 | ‘15 |  |
|  |  |  |  |  |  | 9 | Embrechts Lotte | 8”0 | ‘14 |  |
|  |  |  |  |  |  | 10 | Tan Ine | 8”5 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | Roesbeke Fran | 9”72 | ‘15 |  | 1 | Roesbeke Fran | 9”5 | ‘15 |  |
|  | 2 | van den Broek Truus | 10”00 | ‘11 |  | 2 | Keuppens Jinthe | 9”9 | ‘13 |  |
|  | 3 | Lauwers Fé | 10”03 | ‘09 |  | 3 | Lauwers Fé | 10”0 | ‘09 |  |
|  | 4 | Smeyers Lynn | 10”08 | ‘10 |  | 4 | Vanmechelen Hannah | 10”1 | ‘09 |  |
|  | 5 | Vanmechelen Hannah | 10”19 | ‘09 |  | 5 | van den Broek Truus | 10”1 | ‘11 |  |
|  | 6 | Keuppens Lenka | 10”20 | ‘15 |  | 6 | Van Goubergen Anne-S. | 10”2 | ‘11 |  |
|  | 7 | Van Goubergen Anne-S. | 10”31 | ‘11 |  | 7 | Keuppens Lenka | 10”3 | ‘14 |  |
|  | 8 | Keuppens Jinthe | 10”31 | ‘13 |  | 8 | Saidi Malak | 10”5 | ‘15 |  |
|  | 9 | Daeleman Jasmijn | 10”35 | ‘16 |  | 9 | Borstlap Hanne | 10”6 | ‘09 |  |
|  | 10 | Borstlap Hanne | 10”41 | ‘09 |  | 10 | Smeyers Lynn | 10”6 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | |  | **400 meter** | | | |  |
|  |  |  |  |  |  | 1 | Keuppens Jinthe | 1’34”0 | ‘11 |  |
|  |  |  |  |  |  | 2 | Tan Ine | 1’38”0 | ‘16 |  |

# OUTDOOR DAMES BENJAMINS

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **600 meter El** | | | |  | **600 meter** | | | |  |
|  | 1 | Saidi Malak | 2’04”91 | ‘15 |  | 1 | Saidi Malak | 2’08”7 | ‘15 |  |
|  | 2 | Keuppens Jinthe | 2’05”98 | ‘13 |  | 2 | Van Goubergen Anne-S. | 2’09”6 | ‘11 |  |
|  | 3 | Lenaerts Isabeau | 2’06”12 | ‘10 |  | 3 | van den Broek Truus | 2’12”2 | ‘11 |  |
|  | 4 | Keuppens Lenka | 2’10”62 | ‘14 |  | 4 | Lenaerts Isabeau | 2’12”6 | ‘10 |  |
|  | 5 | van den Broek Truus | 2’11”90 | ‘11 |  | 5 | Keuppens Jinthe | 2’12”8 | ‘13 |  |
|  | 6 | Borstlap Hanne | 2’13”51 | ‘09 |  | 6 | Keuppens Lenka | 2’16”1 | ‘14 |  |
|  | 7 | Discart Kyra | 2’13”61 | ‘10 |  | 7 | De Maesschalck Amber | 2’18”7 | ‘09 |  |
|  | 8 | Daeleman Jasmijn | 2’14”63 | ‘16 |  | 8 | Discart Kyra | 2’18”7 | ‘10 |  |
|  | 9 | Van Goubergen Anne-S. | 2’14”91 | ‘10 |  | 9 | Borstlap Kaat | 2’20”5 | ‘12 |  |
|  | 10 | De Maesschalck Amber | 2’15”36 | ‘09 |  | 10 | Lauwers Fé | 2’20”6 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | Hoog | | | |  |
|  | 1 | Roesbeke Fran | 3m71 | ‘15 |  | 1 | van den Broek Truus | 1m15 | ‘11 |  |
|  | 2 | Van Goubergen Anne-S. | 3m64 | ‘11 |  | 2 | Roesbeke Fran | 1m15 | ‘15 |  |
|  | 3 | van den Broek Truus | 3m48 | ‘11 |  | 3 | Borstlap Hanne | 1m09 | ‘09 |  |
|  | 4 | Saidi Malak | 3m39 | ‘15 |  | 4 | Saidi Malak | 1m08 | ‘15 |  |
|  | 5 | Lauwers Fé | 3m37 | ‘09 |  | 5 | Borstlap Kaat | 1m06 | ‘12 |  |
|  | 6 | Smeyers Lynn | 3m37 | ‘10 |  | 6 | Keuppens Jinthe | 1m06 | ‘13 |  |
|  | 7 | Lenaerts Isabeau | 3m27 | ‘10 |  | 7 | Koppert Elisabeth | 1m00 | ‘15 |  |
|  | 8 | Keuppens Jinthe | 3m22 | ‘13 |  | 8 | Koppert Liselotte | 0m97 | ‘16 |  |
|  | 9 | Koppert Elisabeth | 3m21 | ‘15 |  | 9 | Lenaerts Isabeau | 0m95 | ‘10 |  |
|  | 10 | Keuppens Lenka | 3m20 | ‘15 |  | 10 | Van Goubergen Anne-S. | 0m95 | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 1kg | | | |  | Hockeybal | | | |  |
|  | 1 | Koppert Elisabeth | 8m10 | ‘15 |  | 1 | Lannoy Emilie | 32m23 | ‘13 |  |
|  | 2 | Lauwers Fé | 7m60 | ‘09 |  | 2 | Lauwers Fé | 29m95 | ‘09 |  |
|  | 3 | van den Broek Truus | 7m60 | ‘11 |  | 3 | Keuppens Jinthe | 24m49 | ‘13 |  |
|  | 4 | Smeyers Lynn | 7m54 | ‘10 |  | 4 | Van Goubergen Anne-S. | 21m51 | ‘11 |  |
|  | 5 | Saidi Malak | 7m51 | ‘15 |  | 5 | Smeyers Lynn | 20m96 | ‘10 |  |
|  | 6 | Van Goubergen Anne-S. | 7m32 | ‘11 |  | 6 | De Maesschalck Amber | 20m40 | ‘09 |  |
|  | 7 | Borstlap Kaat | 7m29 | ‘12 |  | 7 | Lenaerts Isabeau | 20m25 | ‘10 |  |
|  | 8 | Lannoy Emilie | 7m04 | ‘13 |  | 8 | van den Broek Truus | 19m60 | ‘11 |  |
|  | 9 | Roesbeke Fran | 7m03 | ‘15 |  | 9 | Vanmechelen Hannah | 19m22 | ‘09 |  |
|  | 10 | Keuppens Jinthe | 6m60 | ‘13 |  | 10 | Saidi Malak | 19m09 | ‘05 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **4-kamp** | | | |  |  | | | |  |
|  | 1 | Roesbeke Fran | 1378p | ‘15 |  |  |  |  |  |  |
|  | 2 | Keuppens Jinthe | 1322p | ‘13 |  |  |  |  |  |  |
|  | 3 | Van Goubergen Anne-S. | 1269p | ‘11 |  |  |  |  |  |  |
|  | 4 | Saidi Malak | 1086p | ‘15 |  |  |  |  |  |  |
|  | 5 | Lauwers Fé | 1065p | ‘09 |  |  |  |  |  |  |
|  | 6 | van den Broek Truus | 1056p | ‘11 |  |  |  |  |  |  |
|  | 7 | Keuppens Lenka | 1009p | ‘15 |  |  |  |  |  |  |
|  | 8 | Borstlap Hanne | 989p | ‘09 |  |  |  |  |  |  |
|  | 9 | Lenaerts Isabeau | 988p | ‘10 |  |  |  |  |  |  |
|  | 10 | Smeyers Lynn | 963p | ‘10 |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 60 meter El** | | | |
| 1 | Lenaerts Isabeau – De Maesschalck Amber – Vanmechelen H. – Lauwers Fé | 41”33 | ‘09 |
| 2 | Saidi Malak – Segers Eveliene – Koppert Elisabeth – Roesbeke Fran | 42”22 | ‘15 |
| 3 | Vanmechelen Hannah – Smeyers Lynn – De Maesschalck A. – Lauwers Fé | 43”10 | ‘09 |

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

# OUTDOOR DAMES BENJAMINS

## CLUBRECORDS BENJAMINS

**40 meter**  **Atac** Roesbeke Fran 7”0 Baarle-Nassau 21/03/15

**60 meter**  **Atac** Roesbeke Fran 9”72 Herentals 27/06/15 **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** Saidi Malak 2’04”91 Herentals 27/06/15

**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** Roesbeke Fran 3m71 Vosselaar 29/08/15

**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

Roesbeke Fran 1m15 ev Lommel 27/09/15

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

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

**Kogel 1kg** **Atac** Koppert Elisabeth 8m10 Vosselaar 29/08/15

**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

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

**Tuac** Meynen Griet 820p 92

**4-Kamp** **Atac** Roesbeke Fran 1378p Lommel 27/09/15

**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. Koppert Elisabeth 13”78 Kapellen 03/09/16

2. Saidi Malak 14”16 Herentals 28/03/16

3. Vloemans Sanne 14”54 Lier 02/07/16

**60 meter**  1. Van Tiggelen Lotte 9”3 Herenthout 12/06/16

2. Roesbeke Fran 9”4 Arendonk 30/04/16

3. Bremans Anne-Sophie 9”4 Vosselaar 27/08/16

4. Keuppens Lenka 9”7 Baarle-Nassau 26/03/16

5. De Beuker Jade 9”8 Arendonk 30/04/16

6. Saidi Malak 9”8 Arendonk 30/04/16

7. Vloemans Sanne 10”3 Arendonk 30/04/16

8. Huet Anna 10”5 Baarle-Nassau 26/03/16

# OUTDOOR DAMES PUPILLEN

9. Koppert Elisabeth 10”7 Arendonk 30/04/16

10. Wuyts Britt 10”7 Vosselaar 27/08/16

**60 meter El** 1. Van Tiggelen Lotte 9”22 Westmalle 18/09/16

2. Bremans Anne-Sophie 9”41 Lier 25/09/16

3. Roesbeke Fran 9”66 Lier 25/09/16

4. De Beuker Jade 9”81 Turnhout 05/06/16

5. Keuppens Lenka 9”90 Westmalle 18/09/16

6. Saidi Malak 10”10 Westmalle 18/09/16

7. Vloemans Sanne 10”66 Turnhout 16/05/16

8. Koppert Elisabeth 10”75 Neerpelt 07/08/16

**600 meter**  1. Saidi Malak 2’02”0 Baarle-Nassau 26/03/16

2. Keuppens Lenka 2’05”0 Baarle-Nassau 26/03/16

3. Roesbeke Fran 2’17”0 Baarle-Nassau 26/03/16

4. Huet Anna 2’23”0 Baarle-Nassau 26/03/16

5. Vloemans Sanne 2’29”0 Baarle-Nassau 26/03/16

**1000 meter** 1. Bremans Anne-Sophie 3’35”7 Vosselaar 27/08/16

2. Saidi Malak 3’42”4 Vosselaar 27/08/16

3. Keuppens Lenka 3’46”4 Vosselaar 27/08/16

4. Van Tiggelen Lotte 4’02”1 Lille 21/05/16

5. De Beuker Jade 4’09”8 Lille 21/05/16

6. Vloemans Sanne 4’14”0 Lille 21/05/16

7. Roesbeke Fran 4’14”2 Geel 04/09/16

8. Wuyts Britt 4’28”7 Vosselaar 27/08/16

9. Koppert Elisabeth 4’41”5 Arendonk 30/04/16

**1000 meter El** 1. Bremans Anne-Sophie 3’30”17 Nijvel 24/09/16

2. Saidi Malak 3’37”87 Westmalle 18/09/16

3. Keuppens Lenka 3’38”26 Westmalle 18/09/16

4. Roesbeke Fran 3’56”96 Turnhout 16/05/16

5. Van Tiggelen Lotte 3’58”52 Westmalle 18/09/16

6. De Beuker Jade 4’00”15 Turnhout 16/05/16

7. Vloemans Sanne 4’07”62 Westmalle 18/09/16

8. Koppert Elisabeth 4’26”29 Neerpelt 07/08/16

**Ver** 1. Roesbeke Fran 3m76 Baarle-Nassau 26/03/16

2. Saidi Malak 3m75 Westmalle 18/09/16

3. Van Tiggelen Lotte 3m66 Lier 02/07/16

4. Keuppens Lenka 3m53 Baarle-Nassau 26/03/16

5. De Beuker Jade 3m34 Turnhout 05/06/16

6. Huet Anna 3m27 Baarle-Nassau 26/03/16

7. Koppert Elisabeth 3m25 Neerpelt 07/08/16

8. Bremans Anne-Sophie 3m11 Lier 25/09/16

9. Vloemans Sanne 2m94 Lier 02/07/16

10. Wuyts Britt 2m67 Lille 21/05/16

**Hoog** 1. Roesbeke Fran 1m22 Arendonk 30/04/16

2. Saidi Malak 1m15 Vosselaar 27/08/16

3. Van Tiggelen Lotte 1m15 Vosselaar 27/08/16

4. De Beuker Jade 1m07 Arendonk 30/04/16

5. Koppert Elisabeth 1m07 Arendonk 30/04/16

# OUTDOOR DAMES PUPILLEN

6. Keuppens Lenka 1m05 Vosselaar 27/08/16

7. Wuyts Britt 1m00 Vosselaar 27/08/16

8. Vloemans Sanne 1m00 Geel 04/09/16

9. Huet Anna 0m80 Baarle-Nassau 26/03/16

**Kogel 2kg** 1. Koppert Elisabeth 6m87 Herenthout 12/06/16

2. Saidi Malak 6m10 Westmalle 18/09/16

3. De Beuker Jade 5m95 Turnhout 05/06/16

4. Keuppens Lenka 5m62 Westmalle 18/09/16

5. Roesbeke Fran 5m56 Turnhout 05/06/16

6. Van Tiggelen Lotte 5m33 Turnhout 05/06/16

7. Vloemans Sanne 4m72 Westmalle 18/09/16

8. Huet Anna 3m82 Baarle-Nassau 26/03/16

9. Bremans Anne-Sophie 3m70 Lier 25/09/16

**Hockeybal** 1. De Beuker Jade 26m68 Westmalle 18/09/16

2. Wuyts Britt 25m36 Vosselaar 27/08/16

3. Roesbeke Fran 24m05 Vosselaar 27/08/16

4. Koppert Elisabeth 23m33 Vosselaar 27/08/16

5. Saidi Malak 21m82 Herentals 28/03/16

6. Bremans Anne-Sophie 21m15 Vosselaar 27/08/16

7. Van Tiggelen Lotte 18m95 Westmalle 18/09/16

8. Vloemans Sanne 16m80 Lille 21/05/16

9. Keuppens Lenka 15m92 Vosselaar 27/08/16

10. Huet Anna 10m57 Baarle-Nassau 26/03/16

**Discus 600g** 1. Koppert Elisabeth 22m75 Nijvel 24/09/16

2. Van Tiggelen Lotte 12m80 Lommel 25/09/16

3. Roesbeke Fran 11m15 Lommel 25/09/16

4. Vloemans Sanne 9m56 Herenthout 12/06/15

5. Saidi Malak 8m88 Merksem 10/04/16

**4-kamp** 1. Saidi Malak 1455p Geel 04/09/16

2. Roesbeke Fran 1382p Arendonk 30/04/16

3. Van Tiggelen Lotte 1345p Lommel 25/09/16

4. Keuppens Lenka 1278p Turnhout 16/05/16

5. De Beuker Jade 1267p Turnhout 05/06/16

6. Koppert Elisabeth 979p Neerpelt 07/08/16

7. Vloemans Sanne 892p Geel 04/09/16

8. Wuyts Britt 616p Lille 21/05/16

**Aflossing 4 x 60m El**

1. Van Tiggelen Lotte – De Beuker Jade – Koppert Elisabeth – Roesbeke Fran

38”28 Turnhout 05/06/16

2. Roesbeke Fran – De Beuker Jade – Keuppens Lenka – Van Tiggelen Lotte

38”40 Westmalle 18/09/16

3. Van Tiggelen Lotte – Vloemans Sanne – Koppert Elisabeth – Roesbeke Fran

40”00 Lier 16/04/16

# OUTDOOR DAMES PUPILLEN

## 10 BESTE prestaties pupillen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Alessie Floor | 11”95 | ‘14 |  |  |  |  |  |  |
|  | 2 | Peeters Silke | 12”14 | ‘10 |  |  |  |  |  |  |
|  | 3 | Lenaerts Robine | 12”14 | ‘15 |  |  |  |  |  |  |
|  | 4 | van den Broek Truus | 12”60 | ‘13 |  |  |  |  |  |  |
|  | 5 | Lenaerts Lorane | 13”11 | ‘10 |  |  |  |  |  |  |
|  | 6 | Lenaerts Isabeau | 13”32 | ‘12 |  |  |  |  |  |  |
|  | 7 | Vosters Kaat | 13”34 | ‘14 |  |  |  |  |  |  |
|  | 8 | Vanmechelen Hannah | 13”59 | ‘11 |  |  |  |  |  |  |
|  | 9 | Woestenborghs Julie | 13”62 | ‘10 |  |  |  |  |  |  |
|  | 10 | Koppert Elisabeth | 13”78 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | Van Tiggelen Lotte | 9”22 | ‘16 |  | 1 | Alessie Floor | 9”3 | ‘14 |  |
|  | 2 | Lenaerts Robine | 9”35 | ‘15 |  | 2 | Van Tiggelen Lotte | 9”3 | ‘16 |  |
|  | 3 | Bremans Anne-Sophie | 9”41 | ‘16 |  | 3 | Smeyers Lynn | 9”4 | ‘12 |  |
|  | 4 | Alessie Floor | 9”43 | ‘14 |  | 4 | van den Broek Truus | 9”4 | ‘13 |  |
|  | 5 | van den Broek Truus | 9”53 | ‘13 |  | 5 | Lenaerts Robine | 9”4 | ‘15 |  |
|  | 6 | Van Gorp Caro | 9”58 | ‘10 |  | 6 | Roesbeke Fran | 9”4 | ‘16 |  |
|  | 7 | Smeyers Lynn | 9”64 | ‘12 |  | 7 | Bremans Anne-Sophie | 9”4 | ‘16 |  |
|  | 8 | Roesbeke Fran | 9”66 | ‘16 |  | 8 | Vanmechelen Hannah | 9”7 | ‘11 |  |
|  | 9 | Vanmechelen Hannah | 9”68 | ‘11 |  | 9 | De Meulder Joke | 9”7 | ‘13 |  |
|  | 10 | Lauwers Fé | 9”72 | ‘10 |  | 10 | V.Goubergen Anne-S. | 9”7 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **600 meter** | | | |  |  | | | |  |
|  | 1 | Saidi Malak | 2’02”0 | ‘16 |  |  |  |  |  |  |
|  | 2 | Lenaerts Robine | 2’04”3 | ‘15 |  |  |  |  |  |  |
|  | 3 | Keuppens Lenka | 2’05”0 | ‘16 |  |  |  |  |  |  |
|  | 4 | van den Broek Truus | 2’06”0 | ‘13 |  |  |  |  |  |  |
|  | 5 | Keuppens Jinthe | 2’08”0 | ‘14 |  |  |  |  |  |  |
|  | 6 | Tan Noa | 2’15”0 | ‘14 |  |  |  |  |  |  |
|  | 7 | Koppert Emma-Louise | 2’15”7 | ‘15 |  |  |  |  |  |  |
|  | 8 | Roesbeke Fran | 2’17”0 | ‘16 |  |  |  |  |  |  |
|  | 9 | Huet Anna | 2’23”0 | ‘16 |  |  |  |  |  |  |
|  | 10 | Vloemans Sanne | 2’29”0 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Bremans Anne-Sophie | 3’30”17 | ‘16 |  | 1 | Bremans Anne-Sophie | 3’35”7 | ‘16 |  |
|  | 2 | Van Goubergen Anne-S. | 3’32”88 | ‘13 |  | 2 | Lenaerts Isabeau | 3’41”0 | ‘12 |  |
|  | 3 | Lenaerts Isabeau | 3’33”26 | ‘12 |  | 3 | Van Goubergen Anne-S. | 3’42”4 | ‘13 |  |
|  | 4 | Alessie Floor | 3’33”35 | ‘14 |  | 4 | Saidi Malak | 3’42”4 | ‘16 |  |
|  | 5 | Saidi Malak | 3’37”87 | ‘16 |  | 5 | van den Broek Truus | 3’43”1 | ‘13 |  |
|  | 6 | Keuppens Lenka | 3’38”26 | ‘16 |  | 6 | Lenaerts Lorane | 3’44”3 | ‘10 |  |
|  | 7 | van den Broek Truus | 3’39”49 | ‘13 |  | 7 | Alessie Floor | 3’44”6 | ‘14 |  |
|  | 8 | Keuppens Jinthe | 3’39”89 | ‘15 |  | 8 | Lenaerts Robine | 3’45”7 | ‘15 |  |
|  | 9 | Lenaerts Lorane | 3’40”62 | ‘10 |  | 9 | Keuppens Lenka | 3’46”4 | ‘16 |  |
|  | 10 | Borstlap Kaat | 3’42”72 | ‘13 |  | 10 | Woestenborghs Julie | 3’47”0 | ‘10 |  |

# OUTDOOR DAMES PUPILLEN

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Alessie Floor | 4m00 | ‘14 |  | 1 | Alessie Floor | 1m45 | ‘14 |  |
|  | 2 | Lenaerts Robine | 3m94 | ‘15 |  | 2 | van den Broek Truus | 1m42 | ‘13 |  |
|  | 3 | van den Broek Truus | 3m88 | ‘13 |  | 3 | Van Goubergen Anne-S. | 1m28 | ‘13 |  |
|  | 4 | Roesbeke Fran | 3m76 | ‘16 |  | 4 | Borstlap Kaat | 1m27 | ‘14 |  |
|  | 5 | Saidi Malak | 3m75 | ‘16 |  | 5 | Keuppens Jinthe | 1m23 | ‘15 |  |
|  | 6 | Van Goubergen Anne-S. | 3m74 | ‘13 |  | 6 | Lenaerts Robine | 1m22 | ‘15 |  |
|  | 7 | Van Tiggelen Lotte | 3m66 | ‘16 |  | 7 | Roesbeke Fran | 1m22 | ‘16 |  |
|  | 8 | Keuppens Jinthe | 3m61 | ‘15 |  | 8 | Hillen Amber | 1m21 | ‘12 |  |
|  | 9 | Keuppens Lenka | 3m53 | ‘16 |  | 9 | Koppert Emma-Louise | 1m19 | ‘15 |  |
|  | 10 | Ceusters Bauke | 3m48 | ‘12 |  | 10 | Van Gorp Caro | 1m15 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Lenaerts Robine | 7m79 | ‘15 |  |
|  | 4 | Lenaerts Isabeau | 28m41 | ‘12 |  | 4 | Smeyers Lynn | 7m72 | ‘12 |  |
|  | 5 | Vanmechelen Hannah | 26m73 | ‘11 |  | 5 | van den Broek Truus | 7m02 | ‘13 |  |
|  | 6 | De Beuker Jade | 26m68 | ‘16 |  | 6 | Van Goubergen Anne-S. | 6m89 | ‘13 |  |
|  | 7 | Keuppens Jinthe | 26m59 | ‘14 |  | 7 | Koppert Elisabeth | 6m87 | ‘16 |  |
|  | 8 | Lenaerts Robine | 26m50 | ‘15 |  | 8 | Lenaerts Isabeau | 6m59 | ‘12 |  |
|  | 9 | Lauwers Fé | 25m99 | ‘10 |  | 9 | Koppert Emma-Louise | 6m53 | ‘15 |  |
|  | 10 | Wuyts Britt | 25m36 | ‘16 |  | 10 | De Maesschalck Amber | 6m34 | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Discus 600g** | | | |  | **4-kamp** | | | |  |
|  | 1 | Koppert Elisabeth | 22m75 | ‘16 |  | 1 | Alessie Floor | 1957p | ‘14 |  |
|  | 2 | Alessie Floor | 21m65 | ‘14 |  | 2 | van den Broek Truus | 1849p | ‘13 |  |
|  | 3 | Vosters Kaat | 19m24 | ‘14 |  | 3 | Lenaerts Robine | 1734p | ‘15 |  |
|  | 4 | Smeyers Lynn | 18m22 | ‘12 |  | 4 | Van Goubergen Anne-S. | 1687p | ‘13 |  |
|  | 5 | Van Goubergen Anne-S. | 17m25 | ‘12 |  | 5 | Saidi Malak | 1455p | ‘16 |  |
|  | 6 | van den Broek Truus | 17m18 | ‘13 |  | 6 | Lenaerts Isabeau | 1432p | ‘12 |  |
|  | 7 | Lenaerts Lorane | 14m91 | ‘10 |  | 7 | Keuppens Jinthe | 1409p | ‘15 |  |
|  | 8 | Lenaerts Robine | 14m44 | ‘14 |  | 8 | Roesbeke Fran | 1382p | ‘16 |  |
|  | 9 | De Meulder Joke | 14m23 | ‘13 |  | 9 | Van Tiggelen Lotte | 1345p | ‘16 |  |
|  | 10 | De Letter Jana | 13m27 | ‘11 |  | 10 | Vosters Kaat | 1320p | ‘14 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 60 meter El** | | | |
| 1 | Van Tiggelen Lotte - De Beuker Jade – Koppert Elisabeth – Roesbeke Fran | 38”28 | ‘16 |
| 2 | Roesbeke Fran – De Beuker Jade – Keuppens Lenka – Van Tiggelen Lotte | 38”40 | ‘16 |
| 3 | Discart Kyra – Smeyers Lynn – De Letter Jana – Vanmechelen Hannah | 39”31 | ‘11 |
| 4 | Peeters Silke – Lenaerts Lorane – Woestenborghs Julie – Matthé Marie | 39”57 | ‘09 |
| 5 | Van Tiggelen Lotte – Vloemans Sanne – Koppert Elisabeth – Roesbeke Fran | 40”00 | ‘16 |
| 6 | Discart Kyra – van den Broek Truus – De Meulder Joke – Ceusters Bauke | 40”12 | ‘12 |

|  |  |  |  |
| --- | --- | --- | --- |
| **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** Van Tiggelen Lotte 9”22 Westmalle 18/09/16

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

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

# OUTDOOR DAMES pupillEN

**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** Saidi Malak 2’02”0 Baarle-Nassau 26/03/16

**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** Bremans Anne-Sophie 3’30”17 Nijvel 24/09/16

**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

**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** Koppert Elisabeth 22m75 Nijvel 24/09/16

**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** V.Tiggelen Lotte – De Beuker Jade – Koppert E. – Roesbeke Fran

38”28 Turnhout 05/06/16

**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. Loyens Inneke 10”01 Lier 16/04/16

**60 meter**  1. Lenaerts Robine 9”1 Baarle-Nassau 26/03/16

2. Tan Noa 9”5 Baarle-Nassau 26/03/16

3. Keuppens Jinthe 9”8 Baarle-Nassau 26/03/16

4. Castelijns Anke 10”0 Baarle-Nassau 26/03/16

5. Vosters Kaat 10”0 Baarle-Nassau 26/03/16

**80 meter**  1. Alessie Floor 11”8 Arendonk 30/04/16

2. Lenaerts Robine 11”8 Herenthout 12/06/16

# OUTDOOR DAMES MINIEMEN

3. Tan Noa 12”2 Lille 21/05/16

4. Keuppens Jinthe 12”9 Vosselaar 27/08/16

5. Castelijns Anke 13”0 Arendonk 30/04/16

6. Koppert Emma-Louise 13”3 Lille 21/05/16

**80 meter El** 1. Loyens Inneke 11”55 Lier 16/04/16

2. Lenaerts Robine 11”59 Westmalle 18/09/16

3. Alessie Floor 11”91 Merksem 10/09/16

4. Tan Noa 12”47 Turnhout 05/06/16

5. Keuppens Jinthe 12”86 Westmalle 18/09/16

6. Engelen Jira 13”05 Turnhout 16/05/16

7. Borstlap Kaat 13”30 Turnhout 16/05/16

8. Koppert Emma-Louise 13”61 Lier 16/04/16

**150 meter El** 1. Loyens Inneke 22”00 Lier 16/04/16

**300 meter**  1. Lenaerts Robine 47”8 Herenthout 12/06/16

2. Koppert Emma-Louise 56”9 Herenthout 12/06/16

**300 meter El** 1. Tan Noa 49”53 Lier 16/04/16

**1000 meter** 1. Lenaerts Robine 3’30”0 Baarle-Nassau 26/03/16

2. Tan Noa 3’30”0 Baarle-Nassau 26/03/16

3. Keuppens Jinthe 3’46”0 Baarle-Nassau 26/03/16

4. Alessie Floor 3’59”6 Arendonk 30/04/16

5. Koppert Emma-Louise 4’04”6 Lille 21/05/16

6. Castelijns Anke 4’26”0 Baarle-Nassau 26/03/16

**1000 meter El** 1. Tan Noa 3’30”83 Turnhout 05/06/16

2. Borstlap Kaat 3’35”06 Turnhout 16/05/16

3. Lenaerts Robine 3’42”13 Westmalle 18/09/16

4. Keuppens Jinthe 3’44”95 Turnhout 16/05/16

5. Alessie Floor 3’48”15 Merksem 10/09/16

6. Engelen Jira 4’08”15 Turnhout 16/05/16

7. Koppert Emma-Louise 4’11”92 Turnhout 05/06/16

**Ver** 1. Alessie Floor 4m57 Arendonk 30/04/16

2. Lenaerts Robine 4m16 Turnhout 16/05/16

3. Tan Noa 4m06 Turnhout 05/06/16

4. Keuppens Jinthe 3m71 Baarle-Nassau 26/03/16

5. Borstlap Kaat 3m55 Turnhout 16/05/16

6. Koppert Emma-Louise 3m37 Arendonk 30/04/16

7. Castelijns Anke 3m25 Arendonk 30/04/16

8. Engelen Jira 3m12 Turnhout 16/05/16

**Hoog** 1. Alessie Floor 1m52 Lier 02/07/16

2. Borstlap Kaat 1m35 Lier 16/04/16

3. Lenaerts Robine 1m35 Turnhout 16/05/16

4. Keuppens Jinthe 1m30 Westmalle 18/09/16

5. Tan Noa 1m23 Turnhout 05/06/16

6. Koppert Emma-Louise 1m15 Turnhout 05/06/16

7. Engelen Jira 1m14 Turnhout 16/05/16

8. Castelijns Anke 0m90 Baarle-Nassau 26/03/16

# OUTDOOR DAMES MINIEMEN

**Polsstok** 1.Tan Noa 2m11 Lier 02/07/16

**Kogel 2kg** 1. Alessie Floor 11m06 Arendonk 30/04/16

2. Vosters Kaat 10m28 Baarle-Nassau 26/03/16

3. Lenaerts Robine 8m71 Arendonk 30/04/16

4. Keuppens Jinthe 6m91 Vosselaar 27/08/16

5. Koppert Emma-Louise 6m56 Vosselaar 27/08/16

6. Tan Noa 6m12 Turnhout 05/06/16

7. Castelijns Anke 4m65 Baarle-Nassau 26/03/16

**Discus 750g** 1. Alessie Floor 29m25 Mol 17/07/16

2. Vosters Kaat 17m38 Baarle-Nassau 26/03/16

3. Lenaerts Robine 16m62 Westmalle 18/09/16

4. Tan Noa 14m14 Baarle-Nassau 26/03/16

5. Koppert Emma-Louise 13m65 Kapellen 03/09/16

6. Keuppens Jinthe 12m89 Westmalle 18/09/16

7. Castelijns Anke 9m86 Baarle-Nassau 26/03/16

**Speer 400g** 1. Alessie Floor 32m42 Lier 02/07/16

2. Lenaerts Robine 18m08 Geel 04/09/16

3. Borstlap Kaat 16m79 Turnhout 16/05/16

4. Keuppens Jinthe 15m34 Westmalle 18/09/16

5. Koppert Emma-Louise 11m97 Arendonk 30/04/16

6. Castelijns Anke 7m71 Arendonk 30/04/16

7. Engelen Jira 7m25 Turnhout 16/05/16

**5-kamp** 1. Alessie Floor 2759p Merksem 10/09/16

2. Lenaerts Robine 2225p Turnhout 05/06/16

3. Tan Noa 2125p Turnhout 05/06/16

4. Borstlap Kaat 1845p Turnhout 16/05/16

5. Keuppens Jinthe 1622p Turnhout 16/05/16

6. Koppert Emma-Louise 1255p Lille 21/05/16

7. Engelen Jira 1224p Turnhout 16/05/16

8. Castelijns Anke 975p Arendonk 30/04/16

## 10 beste prestatieS miniemen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter Horden El** | | | |  | **150 meter Horden El** | | | |  |
|  | 1 | Loyens Inneke | 10”01 | ‘16 |  | 1 | Brosens Stefanie | 24”69 | ‘09 |  |
|  | 2 | Peeters Silke | 11”05 | ‘12 |  | 2 | Borstlap Hanne | 24”86 | ‘12 |  |
|  | 3 | Borstlap Hanne | 11”14 | ‘12 |  | 3 | Peeters Silke | 25”53 | ‘12 |  |
|  | 4 | Alessie Floor | 11”30 | ‘15 |  | 4 | van den Broek Truus | 26”19 | ‘15 |  |
|  | 5 | Brosens Stefanie | 11”31 | ‘09 |  | 5 | Alessie Floor | 26”32 | ‘15 |  |
|  | 6 | Lenaerts Sofie | 11”58 | ‘13 |  | 6 | Lenaerts Lorane | 26”42 | ‘11 |  |
|  | 7 | van den Broek Truus | 11”59 | ‘15 |  | 7 | Lenaerts Sofie | 27”46 | ‘12 |  |
|  | 8 | Smeyers Lynn | 11”85 | ‘14 |  | 8 | De Letter Jana | 28”70 | ‘13 |  |
|  | 9 | Lenaerts Lorane | 11”99 | ‘12 |  |  |  |  |  |  |
|  | 10 | Quirijnen Dien | 12”13 | ‘13 |  |  |  |  |  |  |

# OUTDOOR DAMES MINIEMEN

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | |  | **60 meter** | | | |
|  |  |  |  |  |  | 1 | Smeyers Lynn | 8”7 | ‘14 |
|  |  |  |  |  |  | 2 | Lenaerts Robine | 9”1 | ‘16 |
|  |  |  |  |  |  | 3 | Berckvens Anaïs | 9”3 | ‘14 |
|  |  |  |  |  |  | 4 | Tan Noa | 9”5 | ‘16 |
|  |  |  |  |  |  | 5 | Keuppens Jinthe | 9”8 | ‘16 |
|  |  |  |  |  |  | 6 | Vosters Kaat | 10”0 | ‘15 |
|  |  |  |  |  |  | 7 | Castelijns Anke | 10”0 | ‘16 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **80 meter El** | | | |  | **80 meter** | | | |  |
|  | 1 | Lenaerts Sofie | 11”14 | ‘13 |  | 1 | Lenaerts Sofie | 10”9 | ‘13 |  |
|  | 2 | Loyens Inneke | 11”55 | ‘16 |  | 2 | Smeyers Lynn | 11”7 | ‘13 |  |
|  | 3 | Lenaerts Robine | 11”59 | ‘16 |  | 3 | Brosens Stefanie | 11”8 | ‘10 |  |
|  | 4 | Peeters Diede | 11”70 | ‘11 |  | 4 | Quirijnen Dien | 11”8 | ‘13 |  |
|  | 5 | Quirijnen Dien | 11”71 | ‘13 |  | 5 | Van Goubergen Anne-S. | 11”8 | ‘15 |  |
|  | 6 | Smeyers Lynn | 11”78 | ‘14 |  | 6 | Alessie Floor | 11”8 | ‘16 |  |
|  | 7 | Brosens Stefanie | 11”81 | ‘10 |  | 7 | Lenaerts Robine | 11”8 | ‘16 |  |
|  | 8 | van den Broek Truus | 11”83 | ‘15 |  | 8 | Lenaerts Lorane | 11”9 | ‘12 |  |
|  | 9 | Alessie Floor | 11”91 | ‘16 |  | 9 | van den Broek Truus | 11”9 | ‘15 |  |
|  | 10 | Lenaerts Lorane | 12”11 | ‘12 |  | 10 | Peeters Diede | 12”0 | ‘11 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **150 meter El** | | | |  |  | | | |  |
|  | 1 | Lenaerts Sofie | 21”40 | ‘13 |  |  |  |  |  |  |
|  | 2 | Brosens Stefanie | 21”86 | ‘10 |  |  |  |  |  |  |
|  | 3 | Loyens Inneke | 22”00 | ‘16 |  |  |  |  |  |  |
|  | 4 | van den Broek Truus | 22”13 | ‘15 |  |  |  |  |  |  |
|  | 5 | Peeters Diede | 22”23 | ‘11 |  |  |  |  |  |  |
|  | 6 | Van Goubergen Anne-S. | 22”41 | ‘15 |  |  |  |  |  |  |
|  | 7 | Segers Kaat | 22”50 | ‘10 |  |  |  |  |  |  |
|  | 8 | Lenaerts Lorane | 22”76 | ‘12 |  |  |  |  |  |  |
|  | 9 | Nyokabi Sandra | 23”19 | ‘11 |  |  |  |  |  |  |
|  | 10 | Borstlap Hanne | 23”19 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **300 meter El** | | | |  | **300 meter** | | | |  |
|  | 1 | Lenaerts Lorane | 47”45 | ‘12 |  | 1 | Lenaerts Robine | 47”8 | ‘16 |  |
|  | 2 | Lenaerts Sofie | 48”00 | ‘13 |  | 2 | Peeters Silke | 51”2 | ‘12 |  |
|  | 3 | Brosens Stefanie | 49”04 | ‘09 |  | 3 | van den Broek Truus | 51”7 | ‘15 |  |
|  | 4 | Peeters Diede | 49”10 | ‘10 |  | 4 | Borstlap Hanne | 53”0 | ‘12 |  |
|  | 5 | Lenaerts Isabeau | 49”18 | ‘14 |  | 5 | Vanmechelen Hannah | 53”1 | ‘12 |  |
|  | 6 | Tan Noa | 49”53 | ‘16 |  | 6 | Quirijnen Dien | 54”0 | ‘13 |  |
|  | 7 | Van Goubergen Anne-S. | 49”62 | ‘15 |  | 7 | Koppert Emma-Louise | 56”9 | ‘16 |  |
|  | 8 | Engelen Sara | 50”38 | ‘14 |  | 8 | Smeyers Lynn | 57”9 | ‘13 |  |
|  | 9 | Borstlap Hanne | 50”50 | ‘12 |  | 9 | De Letter Jana | 59”0 | ‘13 |  |
|  | 10 | Woestenborghs Julie | 51”81 | ‘11 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **600 meter El** | | | |  |  | | | |  |
|  | 1 | Lenaerts Lorane | 1’56”03 | ‘12 |  |  |  |  |  |  |
|  | 2 | Lenaerts Isabeau | 1’56”60 | ‘13 |  |  |  |  |  |  |

# OUTDOOR DAMES MINIEMEN

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Van Goubergen Anne-S. | 3’29”4 | ‘15 |  |
|  | 4 | Engelen Sara | 3’28”57 | ‘14 |  | 4 | Lenaerts Robine | 3’30”0 | ‘16 |  |
|  | 5 | Borstlap Hanne | 3’29”75 | ‘12 |  | 5 | Tan Noa | 3’30”0 | ‘16 |  |
|  | 6 | Discart Kyra | 3’30”41 | ‘14 |  | 6 | Lenaerts Lorane | 3’30”1 | ‘12 |  |
|  | 7 | Tan Noa | 3’30”83 | ‘16 |  | 7 | Borstlap Hanne | 3’30”1 | ‘12 |  |
|  | 8 | Borstlap Kaat | 3’35”06 | ‘16 |  | 8 | Discart Kyra | 3’36”7 | ‘14 |  |
|  | 9 | Brosens Stefanie | 3’41”21 | ‘10 |  | 9 | Borstlap Kaat | 3’41”4 | ‘15 |  |
|  | 10 | Peeters Silke | 3’41”36 | ‘11 |  | 10 | Brosens Stefanie | 3’46”0 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Alessie Floor | 4m57 | ‘16 |  | 1 | Alessie Floor | 1m52 | ‘16 |  |
|  | 2 | Quirijnen Dien | 4m52 | ‘13 |  | 2 | Brosens Stefanie | 1m43 | ‘09 |  |
|  | 3 | Lenaerts Sofie | 4m38 | ‘13 |  | 3 | van den Broek Truus | 1m41 | ‘15 |  |
|  | 4 | Brosens Stefanie | 4m32 | ‘10 |  | 4 | Van Goubergen Anne-S | 1m41 | ‘15 |  |
|  | 5 | Lenaerts Robine | 4m16 | ‘16 |  | 5 | Borstlap Hanne | 1m40 | ‘12 |  |
|  | 6 | Borstlap Hanne | 4m14 | ‘12 |  | 6 | Peeters Silke | 1m36 | ‘12 |  |
|  | 7 | Van Goubergen Anne-S. | 4m14 | ‘14 |  | 7 | Lenaerts Sofie | 1m35 | ‘13 |  |
|  | 8 | van den Broek Truus | 4m13 | ‘14 |  | 8 | Borstlap Kaat | 1m35 | ‘16 |  |
|  | 9 | Tan Noa | 4m06 | ‘16 |  | 9 | Lenaerts Robine | 1m35 | ‘16 |  |
|  | 10 | Peeters Silke | 4m02 | ‘12 |  | 10 | Quirijnen Dien | 1m31 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Polsstok** | | | |  |  | | | |  |
|  | 1 | Borstlap Hanne | 2m31 | ‘12 |  |  |  |  |  |  |
|  | 2 | Lenaerts Sofie | 2m14 | ‘13 |  |  |  |  |  |  |
|  | 3 | Tan Noa | 2m11 | ‘16 |  |  |  |  |  |  |
|  | 4 | Peeters Silke | 2m07 | ‘12 |  |  |  |  |  |  |
|  | 5 | Borstlap Kaat | 1m85 | ‘15 |  |  |  |  |  |  |
|  | 6 | Vanmechelen Hannah | 1m64 | ‘13 |  |  |  |  |  |  |
|  | 7 | Van Goubergen Anne-S. | 1m62 | ‘14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 2kg** | | | |  | **Discus 750g** | | | |  |
|  | 1 | Alessie Floor | 11m06 | ‘16 |  | 1 | Alessie Floor | 29m25 | ‘16 |  |
|  | 2 | van den Broek Truus | 10m71 | ‘15 |  | 2 | Van Goubergen Anne-S. | 21m47 | ‘15 |  |
|  | 3 | Vosters Kaat | 10m28 | ‘16 |  | 3 | Smeyers Lynn | 20m72 | ‘14 |  |
|  | 4 | Brosens Stefanie | 10m13 | ‘10 |  | 4 | De Letter Jana | 20m56 | ‘13 |  |
|  | 5 | Smeyers Lynn | 9m79 | ‘13 |  | 5 | Vosters Kaat | 19m89 | ‘15 |  |
|  | 6 | Quirijnen Dien | 8m72 | ‘13 |  | 6 | van den Broek Truus | 19m46 | ‘14 |  |
|  | 7 | Van Goubergen Anne-S. | 8m71 | ‘15 |  | 7 | Quirijnen Dien | 19m29 | ‘13 |  |
|  | 8 | Lenaerts Robine | 8m71 | ‘16 |  | 8 | Lenaerts Sofie | 18m21 | ‘13 |  |
|  | 9 | Vanmechelen Hannah | 8m69 | ‘13 |  | 9 | Brosens Stefanie | 17m57 | ‘10 |  |
|  | 10 | Peeters Silke | 8m29 | ‘12 |  | 10 | Vanmechelen Hannah | 17m50 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Speer 400g** | | | |  | **5-Kamp** | | | |  |
|  | 1 | Alessie Floor | 32m42 | ‘16 |  | 1 | Alessie Floor | 2759p | ‘16 |  |
|  | 2 | Van Goubergen Anne-S. | 29m29 | ‘15 |  | 2 | Brosens Stefanie | 2609p | ‘10 |  |
|  | 3 | Vosters Kaat | 24m85 | ‘15 |  | 3 | Van Goubergen Anne-S. | 2334p | ‘15 |  |
|  | 4 | Brosens Stefanie | 22m75 | ‘10 |  | 4 | Lenaerts Robine | 2225p | ‘16 |  |
|  | 5 | Peeters Silke | 22m46 | ‘12 |  | 5 | van den Broek Truus | 2201p | ‘15 |  |
|  | 6 | Vanmechelen Hannah | 21m04 | ‘13 |  | 6 | Lenaerts Sofie | 2199p | ‘13 |  |
|  | 7 | Berckvens Anaïs | 19m99 | ‘14 |  | 7 | Borstlap Hanne | 2165p | ‘12 |  |
|  | 8 | van den Broek Truus | 19m26 | ‘15 |  | 8 | Tan Noa | 2125p | ‘16 |  |
|  | 9 | Smeyers Lynn | 18m41 | ‘13 |  | 9 | Quirijnen Dien | 2062p | ‘13 |  |
|  | 10 | Lenaerts Robine | 18m08 | ‘16 |  | 10 | Peeters Silke | 2018p | ‘12 |  |

# OUTDOOR DAMES MINIEMEN

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 80 meter El** | | | |
| 1 | Boateng Esther – Janssens Kato – Segers Kaat – Brosens Stefanie | 48”63 | ‘09 |
| 2 | van den Broek Truus – Borstlap Kaat – Van Goubergen Anne-Sophie – Tan Noa | 49”91 | ‘15 |
| 3 | Breimer Elizabeth – Druyts Lies – Ameye Astrid – Brosens Stefanie | 50”10 | ‘09 |
| 4 | Lenaerts Lorane – Borstlap Hanne – Quirijnen Dien – Van Gorp Caro | 50”80 | ‘12 |

|  |  |  |  |
| --- | --- | --- | --- |
| **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 |
| 4 | Borstlap Kaat – Tan Noa – van den Broek Truus | 6’30”70 | ‘15 |

## clubrecords miniemen

**60 m Horden Atac** Loyens Inneke 10”01 Lier 16/04/16

**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** Alessie Floor 4m57 Arendonk 30/04/16

**Avos** V.Waeyenberghe Hanne 5m16 Nijvel 29/09/01

**Tuac** Van der Veken Katrien 4m96 Zwijndrecht 28/06/98

**Hoog** **Atac** Alessie Floor 1m52 Lier 02/07/16

**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

# OUTDOOR DAMES MINIEMEN

**Kogel 2kg** **Atac** Alessie Floor 11m06 Arendonk 30/04/16

**Avos** Driesen Sarah 12m26 Duffel 24/06/06

**Tuac** Meulders Liesbeth 12m84 Turnhout 14/10/90

**Kogel 3kg** **Avos** Van Der Velden Carine 10m52 Lommel 07/07/84

**Discus 600g** **Avos** V.D.Auwelant Nicki 37m74 St.-Truiden 17/08/90

**Tuac** Meulders Liesbeth 37m58 Neerpelt 29/09/90

**Discus 750g Atac** Alessie Floor 29m25 Mol 17/07/16

**Speer 400g**  **Atac** Alessie Floor 32m42 Lier 02/07/16

**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** Alessie Floor 2759p Merksem 10/09/16

**Avos** Hooyberghs Elien 3239p Nieuwpoort 21/09/08

**Tuac** Van der Veken Katrien 3252p Bree 29/08/98

**Afl 4 x 80m**  **Atac** Boateng Esther – Janssens Kato – Segers Kaat – Brosens Stefanie

48”63 Turnhout 06/06/09

**Avos** Peeters Teske – Lauwers Shana – Brosens Evelien – Caers Shana 45”10 Ninove 17/09/05

**Tuac** Meulders L. – Mattheussen Bieke – V. Dooren Dana – Aerts Katrien

45”83 Willebroek 09/09/89

**Afl 3 x 600m** **Atac** Borstlap Hanne – Peeters Silke – Lenaerts Lorane

5’53”75 Lier 30/06/12

# OUTDOOR DAMES CADETTEN

## JAARPRESTATIES cadetten

**80 meter H El** 1. De Baere Fien 13”41 Brasschaat 23/04/16

2. van den Broek Truus 14”58 Herentals 29/05/16

3. Berckvens Anaïs 16”88 Herentals 29/05/16

**300 meter H El** 1. van den Broek Truus 53”79 Essen 01/07/16

2. Berckvens Anaïs 58”72 Aartselaar 07/05/16

**80 meter** 1. Berckvens Anaïs 12”4 (w?) Baarle-Nassau 26/03/16

**100 meter El** 1. De Baere Fien 13”31 (w+4,2) Alken 14/05/16

2. van den Broek Truus 14”02 Turnhout 11/09/16

3. Smeyers Lynn 14”59 Turnhout 09/04/16

4. Berckvens Anaïs 14”83 Mol 03/07/16

**200 meter** 1. van den Broek Truus 30”1 Essen 01/07/16

**200 meter El** 1. van den Broek Truus 29”22 Kapellen 24/04/16

2. Smeyers Lynn 29”59 Aartselaar 07/05/16

**300 meter El** 1. Van Goubergen Anne-Sophie 47”91 Turnhout 09/04/16

# OUTDOOR DAMES cADETTEN

**400 meter El** 1. van den Broek Truus 68”67 Aartselaar 07/05/16

**800 meter** 1. Berckvens Anaïs 3’14”0 Baarle-Nassau 26/03/16

**800 meter El** 1. Lenaerts Isabeau 2’18”61 Brussel 19/06/16

2. Engelen Sara 2’25”60 Brussel 19/06/16

3. Discart Kyra 2’33”10 Duffel 22/05/16

4. van den Broek Truus 2’37”56 Herentals 29/05/16

5. Berckvens Anaïs 3’10”03 Herentals 29/05/16

**1500 meter El** 1. Lenaerts Isabeau 4’39”91 Oordegem 28/05/16

2. Engelen Sara 4’59”33 Oordegem 28/05/16

3. Discart Kyra 5’09”06 Oordegem 28/05/16

**2000 meter** 1. Lenaerts Isabeau 6’51”0 Turnhout 09/04/16

2. Discart Kyra 7’15”5 Turnhout 09/04/16

**Ver** 1. De Baere Fien 4m84 Merksem 17/09/16

2. van den Broek Truus 4m49 Turnhout 11/09/16

3. Berckvens Anaïs 3m52 (w?) Baarle-Nassau 26/03/16

**Hoog** 1. van den Broek Truus 1m37 Herentals 29/05/16

2. Berckvens Anaïs 1m15 Baarle-Nassau 26/03/16

**Polsstok** 1. Berckvens Anaïs 1m81 Mol 03/07/16

**Kogel 3kg** 1. Smeyers Lynn 9m75 Aartselaar 07/05/16

2. van den Broek Truus 9m66 Essen 01/07/16

3. Berckvens Anaïs 8m41 Mol 03/07/16

**Discus 1kg** 1. Smeyers Lynn 23m97 Mol 03/07/16

2. Berckvens Anaïs 21m58 St.-Niklaas 16/10/16

3. Van Goubergen Anne-Sophie 19m39 Aartselaar 07/05/16

**Speer 500g** 1. Berckvens Anaïs 27m38 St.-Niklaas 16/10/16

2. Smeyers Lynn 20m19 Turnhout 09/04/16

3. van den Broek Truus 15m23 Herentals 29/05/16

**Hamer 3kg** 1. Smeyers Lynn 29m32 Mol 25/09/16

2. van den Broek Truus 23m96 Mol 27/08/16

3. Berckvens Anaïs 22m58 St.-Niklaas 16/10/16

**6-Kamp** 1. van den Broek Truus 2550p Herentals 29/05/16

2. Berckvens Anaïs 1768p Herentals 29/05/16

**Aflossing 4 x 100 meter El**

1. Smeyers Lynn – van den Broek Truus – Berckvens Anaïs – De Baere Fien

54”65 Aartselaar 07/05/16

**Aflossing 4 x 200 meter El**

1. Smeyers Lynn – van den Broek Truus – Berckvens Anaïs – De Baere Fien

2’00”71 Turnhout 09/04/16

# OUTDOOR DAMES cADETTEN

## 10 Beste prestaties cadetten

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | De Baere Fien | 13”41 | ‘16 |  | 3 | Van Eekert Siel | 52”10 | ‘09 |  |
|  | 4 | Peeters Silke | 13”89 | ‘13 |  | 4 | van Den Broek Truus | 53”79 | ‘16 |  |
|  | 5 | Van Eekert Siel | 13”94 | ‘09 |  | 5 | De Baere Fien | 53”86 | ‘15 |  |
|  | 6 | van den Broek Truus | 14”58 | ‘16 |  | 6 | Ameye Astrid | 54”64 | ‘10 |  |
|  | 7 | Smeyers Lynn | 15”69 | ‘15 |  | 7 | Berckvens Anaïs | 58”72 | ‘16 |  |
|  | 8 | Lambregts Ylen | 15”79 | ‘09 |  |  |  |  |  |  |
|  | 9 | Berckvens Anaïs | 16”88 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **80 meter** | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 11”1\* | ‘12 |  |  |  |  |  |  |
|  | 2 | Vanmechelen Hannah | 11”5\* | ‘14 |  |  |  |  |  |  |
|  | 3 | Smeyers Lynn | 11”8\* | ‘15 |  |  |  |  |  |  |
|  | 4 | Peeters Silke | 12”1\* | ‘13 |  |  |  |  |  |  |
|  | 5 | Berckvens Anaïs | 12”3\* | ‘15 |  |  |  |  |  |  |
|  | 6 | Janssen Steffi | 12”5\* | ‘10 |  |  |  |  |  |  |
|  | 7 | Van Den Schoor Ester | 12”5\* | ‘12 |  |  |  |  |  |  |
|  | 8 | Marsboom Caroline | 12”7\* | ‘10 |  |  |  |  |  |  |
|  | 9 | van Limpt Anne | 15”1\* | ‘13 |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  |
|  | 1 | De Baere Fien | 13”31\* | ‘16 |  |
|  | 2 | Brosens Stefanie | 13”42 | ‘12 |  |
|  | 3 | Ghyssaert Leen | 13”50 | ‘09 |  |
|  | 4 | Hooyberghs Elien | 13”50 | ‘10 |  |
|  | 5 | Verrydt Karen | 13”61 | ‘09 |  |
|  | 6 | Cuynen Nele | 13”79 | ‘09 |  |
|  | 7 | Joos Caroline | 13”94 | ‘09 |  |
|  | 8 | De Vlieger Lize | 13”98 | ‘13 |  |
|  | 9 | van den Broek Truus | 14”02 | ‘16 |  |
|  | 10 | Lenaerts Sofie | 14”04 | ‘15 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | Brosens Stefanie | 26”94 | ‘12 |  | 1 | Aerts Paulien | 29”5\* | ‘13 |  |
|  | 2 | Hooyberghs Elien | 27”82 | ‘10 |  | 2 | van den Broek Truus | 30”1 | ‘16 |  |
|  | 3 | De Vlieger Lize | 28”29 | ‘13 |  |  |  |  |  |  |
|  | 4 | Verrydt Karen | 28”39 | ‘09 |  |  |  |  |  |  |
|  | 5 | Ghyssaert Leen | 28”53 | ‘10 |  |  |  |  |  |  |
|  | 6 | Vanmechelen Hannah | 28”60\* | ‘15 |  |  |  |  |  |  |
|  | 7 | Cuynen Nele | 28”70 | ‘09 |  |  |  |  |  |  |
|  | 8 | Ameye Astrid | 29”20 | ‘10 |  |  |  |  |  |  |
|  | 9 | Joos Caroline | 29”22 | ‘09 |  |  |  |  |  |  |
|  | 10 | van den Broek Truus | 29”22 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Vanmechelen Hannah | 46”84 | ‘15 |  | 4 | Speelman-rooms F. | 66”04 | ‘14 |  |
|  | 5 | Lenaerts Lorane | 46”88 | ‘14 |  | 5 | Aerts Paulien | 66”64 | ‘13 |  |
|  | 6 | Van Goubergen Anne-S. | 47”91 | ‘16 |  | 6 | Lenaerts Lorane | 66”69 | ‘14 |  |
|  | 7 | Aerts Paulien | 48”46 | ‘13 |  | 7 | van den Broek Truus | 68”67 | ‘16 |  |
|  | 8 | Janssen Steffi | 51”62 | ‘09 |  | 8 | Ameye Astrid | 69”47 | ‘11 |  |
|  | 9 | Vanderhaeghen Janne | 56”25 | ‘09 |  | 9 | Joos Caroline | 71”80 | ‘10 |  |

# OUTDOOR DAMES cADETTEN

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **600 meter El** | | | |  |  | | | |
|  | 1 | De Vlieger Lize | 1’40”31 | ‘13 |  |  |  |  |  |
|  | 2 | Speelman-rooms Femke | 1’44”45 | ‘13 |  |  |  |  |  |
|  | 3 | Lenaerts Lorane | 1’48”16 | ‘13 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **800 meter El** | | | |  | **800 meter** | | | |
|  | 1 | Lenaerts Isabeau | 2’18”61 | ‘16 |  | 1 | Berckvens Anaïs | 3’14”0 | ‘16 |
|  | 2 | De Vlieger Lize | 2’20”49 | ‘13 |  |  |  |  |  |
|  | 3 | Speelman-rooms Femke | 2’22”10 | ‘14 |  |  |  |  |  |
|  | 4 | Engelen Sara | 2’25”60 | ‘16 |  |  |  |  |  |
|  | 5 | Lenaerts Lorane | 2’31”52 | ‘14 |  |  |  |  |  |
|  | 6 | Discart Kyra | 2’31”59 | ‘15 |  |  |  |  |  |
|  | 7 | Hooyberghs Elien | 2’33”76 | ‘09 |  |  |  |  |  |
|  | 8 | Van Eekert Siel | 2’34”54 | ‘09 |  |  |  |  |  |
|  | 9 | van den Broek Truus | 2’37”56 | ‘16 |  |  |  |  |  |
|  | 10 | Van Ammel Joyce | 2’38”08 | ‘10 |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  | 4 | Berckvens Anaïs | 4’19”1 | ‘15 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1500 meter El** | | | |  | **1 mijl El** | | | |  |
|  | 1 | Lenaerts Isabeau | 4’39”91 | ‘16 |  | 1 | Speelman-rooms F. | 5’22”48 | ‘14 |  |
|  | 2 | Engelen Sara | 4’59”33 | ‘16 |  |  |  |  |  |  |
|  | 3 | Swannet Laura | 5’01”45 | ‘14 |  |  |  |  |  |  |
|  | 4 | De Vlieger Lize | 5’08”61 | ‘13 |  |  |  |  |  |  |
|  | 5 | Discart Kyra | 5’09”06 | ‘16 |  |  |  |  |  |  |
|  | 6 | Van Ammel Joyce | 5’15”08 | ‘09 |  |  |  |  |  |  |
|  | 7 | Lenaerts Lorane | 5’38”32 | ‘14 |  |  |  |  |  |  |
|  | 8 | Verschuren Lotte | 5’45”74 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  | **2000 meter** | | | |  |
|  | 1 | Lenaerts Isabeau | 6’48”39 | ‘15 |  | 1 | Lenaerts Isabeau | 6’51”0 | ‘16 |  |
|  | 2 | Engelen Sara | 7’17”39 | ‘15 |  | 2 | Discart Kyra | 7’15”5 | ‘16 |  |
|  | 3 | Discart Kyra | 7’31”48 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Hooyberghs Elien | 5m36 | ‘10 |  | 1 | Hooyberghs Elien | 1m61 | ‘09 |  |
|  | 2 | De Baere Fien | 4m84 | ‘16 |  | 2 | Brosens Stefanie | 1m57 | ‘11 |  |
|  | 3 | Brosens Stefanie | 4m80 | ‘12 |  | 3 | Van Eekert Siel | 1m51 | ‘09 |  |
|  | 4 | van den Broek Truus | 4m49 | ‘16 |  | 4 | Van Den Schoor Esther | 1m45 | ‘12 |  |
|  | 5 | Van Eekert Siel | 4m47 | ‘09 |  | 5 | De Vlieger Lize | 1m45 | ‘13 |  |
|  | 6 | Lenaerts Sofie | 4m47 | ‘15 |  | 6 | Lambregts Ylen | 1m42 | ‘09 |  |
|  | 7 | De Vlieger Lize | 4m45 | ‘13 |  | 7 | Van Heuckelom Loren | 1m40 | ‘09 |  |
|  | 8 | Lambregts Ylen | 4m38 | ‘09 |  | 8 | Druyts Lies | 1m40 | ‘11 |  |
|  | 9 | Cuynen Nele | 4m27 | ‘09 |  | 9 | Peeters Silke | 1m37 | ‘13 |  |
|  | 10 | Verrydt Karen | 4m26 | ‘10 |  | 10 | van den Broek Truus | 1m37 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Polsstok** | | | |  |  | | | |  |
|  | 1 | Lenaerts Sofie | 2m16 | ‘15 |  |  |  |  |  |  |
|  | 2 | Peeters Silke | 2m10 | ‘13 |  |  |  |  |  |  |
|  | 3 | Berckvens Anaïs | 1m81 | ‘15 |  |  |  |  |  |  |

# OUTDOOR DAMES cADETTEN

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 2kg** | | | |  | **Kogel 3kg** | | | |  |
|  | 1 | Hooyberghs Elien | 13m07 | ‘09 |  | 1 | Hooyberghs Elien | 12m05 | ‘10 |  |
|  |  |  |  |  |  | 2 | Brosens Stefanie | 10m51 | ‘12 |  |
|  |  |  |  |  |  | 3 | Smeyers Lynn | 9m75 | ‘16 |  |
|  |  |  |  |  |  | 4 | van den Broek Truus | 9m66 | ‘16 |  |
|  |  |  |  |  |  | 5 | Aerts Paulien | 9m22 | ‘13 |  |
|  |  |  |  |  |  | 6 | Vanmechelen Hannah | 9m18 | ‘15 |  |
|  |  |  |  |  |  | 7 | Lambregts Ylen | 9m08 | ‘09 |  |
|  |  |  |  |  |  | 8 | Van Den Schoor Esther | 8m98 | ‘12 |  |
|  |  |  |  |  |  | 9 | Berckvens Anaïs | 8m41 | ‘16 |  |
|  |  |  |  |  |  | 10 | Van Eekert Siel | 8m24 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Discus 1kg | | | |  | **Speer 500g** | | | |  |
|  | 1 | Hooyberghs Elien | 26m53 | ‘10 |  | 1 | Hooyberghs Elien | 36m60 | ‘10 |  |
|  | 2 | Smeyers Lynn | 23m97 | ‘16 |  | 2 | Brosens Stefanie | 33m32 | ‘12 |  |
|  | 3 | Vanmechelen Hannah | 21m92 | ‘15 |  | 3 | Berckvens Anaïs | 27m38 | ‘16 |  |
|  | 4 | Berckvens Anaïs | 21m58 | ‘16 |  | 4 | Lambregts Ylen | 26m15 | ‘09 |  |
|  | 5 | Van Goubergen Anne-S | 19m39 | ‘16 |  | 5 | Vanmechelen Hannah | 24m66 | ‘15 |  |
|  | 6 | Brosens Stefanie | 19m05 | ‘11 |  | 6 | Peeters Silke | 24m12 | ‘13 |  |
|  | 7 | Verrydt Karen | 17m89 | ‘10 |  | 7 | Janssen Steffi | 20m69 | ‘10 |  |
|  | 8 | Lambregts Ylen | 17m73 | ‘09 |  | 8 | Van Eekert Siel | 20m33 | ‘09 |  |
|  | 9 | Lenaerts Sofie | 17m11 | ‘15 |  | 9 | Lenaerts Sofie | 20m31 | ‘15 |  |
|  | 10 | Robeyns Olivia | 14m39 | ‘11 |  | 10 | Smeyers Lynn | 20m19 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hamer 3kg** | | | |  | **6-Kamp** | | | |  |
|  | 1 | Smeyers Lynn | 29m32 | ‘16 |  | 1 | Hooyberghs Elien | 3936p | ‘10 |  |
|  | 2 | van den Broek Truus | 23m96 | ‘16 |  | 2 | Brosens Stefanie | 3479p | ‘12 |  |
|  | 3 | Berckvens Anaïs | 22m58 | ‘16 |  | 3 | Van Eekert Siel | 2970p | ‘09 |  |
|  | 4 | Van Eekert Siel | 21m34 | ‘09 |  | 4 | van den Broek Truus | 2550p | ‘16 |  |
|  | 5 | Lambregts Ylen | 21m30 | ‘09 |  | 5 | Peeters Silke | 2497p | ‘13 |  |
|  | 6 | Lenaerts Sofie | 20m99 | ‘15 |  | 6 | Lambregts Ylen | 2452p | ‘09 |  |
|  | 7 | Vanmechelen Hannah | 15m70 | ‘15 |  | 7 | Berckvens Anaïs | 1768p | ‘16 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **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 | Smeyers Lynn – van den Broek Truus – Berckvens Anaïs – De Baere Fien | 54”65 | ‘16 |
| 4 | Druyts Lies – Robeyns Olivia – Ameye Astrid – Brosens Stefanie | 55”52 | ‘11 |
| 5 | Berckvens Anaïs – Vanmechelen Hannah – Smeyers Lynn – Lenaerts Sofie | 56”30 | ‘15 |
| 6 | Speelman-rooms Femke – De Vlieger Lize – Aerts Paulien – Claesens Sha-uri | 57”60 | ‘13 |
| 7 | Quirijnen Dien – Vanmechelen Hannah – Berckvens Anaïs – Smeyers lynn | 57”62 | ‘15 |
| 8 | Speelman-rooms F. – Lenaerts Lorane – Quirijnen Dien – Vanmechelen Hannah | 58”74 | ‘14 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 200 meter El** | | | |
| 1 | Smeyers Lynn – van den Broek Truus – Berckvens Anaïs – De Baere Fien | 2’00”71 | ‘16 |
| 2 | Berckvens Anaïs – Lenaerts Sofie – Smeyers Lynn – Vanmechelen Hannah | 2’05”39 | ‘15 |

## 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

# OUTDOOR DAMES cADETTEN

**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** De Baere Fien 13”34 Aartselaar 07/05/16

**Avos** Broeckx Sophie 12”76 Merksem 15/08/05

**Tuac** Van Gils Inge 12”5 Arendonk 23/05/88

**200 meter**  **Atac** Brosens Stefanie 26”94 Aartselaar 12/05/12

**Avos** V.Waeyenberghe Hanne 25”98 Merksem 15/08/03

**Tuac** Hermans Annemie 26”4 Hechtel 06/05/91

**300 meter**  **Atac** De Vlieger Lize 44”07 St.-Niklaas 20/08/13

**Avos** V.Waeyenberghe Hanne 41”72 Herentals 14/06/02

**Tuac** Van der Veken Katrien 43”12 Alken 21/08/99

**400 meter Atac** De Vlieger Lize 60”86 St.-Niklaas 09/05/13 **Avos** Beyens Jelle 60”54 Vilvoorde 22/06/02

**Tuac** Aerts Katrien 59”44 Oordegem 12/09/92

**600 meter Atac** De Vlieger Lize 1’40”31 Hulst 20/05/13

**800 meter Atac** Lenaerts Isabeau 2’18”61 Brussel 19/06/16

**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** Lenaerts Isabeau 4’39”91 Oordegem 28/05/16 **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** **Atac** Lenaerts Isabeau 6’48”39 Turnhout 12/04/15

**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** Lenaerts Sofie 2m16 Turnhout 24/05/15

**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** Smeyers Lynn 29m32 Mol 25/09/16

**Avos** Rutten Sophie 27m53 Merksem 24/08/08

**Tuac** Lambregts Ylen 16m64 Tessenderlo 25/06/08

# OUTDOOR DAMES cADETTEN

**3-Kamp Avos** Van Gorp Inge 1054p Turnhout 15/09/91

**Tuac** Hermans Annemie 2094p Landen 27/09/81

**5-Kamp**  **Avos** Sneyders Sanne 2669p Mechelen 19/09/04

**Tuac** Meulders Liesbeth 3350p Kessel-Lo 30/08/92

**6-Kamp Atac** Hooyberghs Elien 3936p Naimette 29/08/10

**Avos** V.Waeyenberghe Hanne 3788p Herentals 24/08/03

**Tuac** Lambregts Ylen 2485p Oordegem 28/09/08

**Afl 4 x 100 m** **Atac** Ghyssaert Leen – Cuynen Nele – Van Eekert Siel – Hooyberghs Elien

53”73 Aartselaar 09/05/09

**Avos** Peeters Hanne – Swinnen Jo – Beyens J. – Van Waeyenberghe Hanne

53”47 Aartselaar 11/05/02

**Tuac** Van den Dungen Olga – Diels C. – Verheyen M. – Keeris C.

53”0 Heist 23/09/77

**Afl 4 x 200 m** **Atac** Smeyers Lynn – v.d.Broek Truus – Berckvens Anaïs – De Baere Fien

2’00”71 Turnhout 09/04/16

**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**  1. Vanmechelen Hannah 14”4 (w?) Baarle-Nassau 26/03/16

**100 meter El** 1. Van Den Branden Inne 14”18 Turnhout 09/04/16

2. Vanmechelen Hannah 14”26 (w+2,5) Aartselaar 24/07/16

3. Vermeiren Nathalie 14”52 Aartselaar 07/05/16

**200 meter**  1. Vanmechelen Hannah 29”2 Mol 03/07/16

**200 meter El** 1. Vanmechelen Hannah 28”85 Kapellen 24/04/16

**400 meter El** 1. Burm Antje 68”79 Oordegem 28/05/16

**800 meter**  1. Vanmechelen Hannah 3’17”0 Baarle-Nassau 26/03/16

**800 meter El** 1. Speelman-rooms Femke 2’16”53 Oordegem 21/05/16

2. Lenaerts Lorane 2’19”67 Hechtel 16/07/16

**1000 meter El**  1. Speelman-rooms Femke 3’00”75 Brussel 09/08/16

**1500 meter El** 1. Speelman-rooms Femke 4’33”36 Oordegem 28/05/16

2. Lenaerts Lorane 4’52”72 Oordegem 28/05/16

**1 mijl El**  1. Speelman-rooms Femke 5’20”09 Turnhout 11/09/16

2. Lenaerts Lorane 7’04”90 Turnhout 11/09/16

**2000 meter** 1. Lenaerts Lorane 7’11”3 Turnhout 09/04/16

**3000 meter El**  1. Speelman-rooms Femke 9’57”88 Herentals 04/09/16

# OUTDOOR DAMES SCholieren

**Ver** 1. Tophoven Rani 4m13 Aartselaar 07/05/16

2. Vanmechelen Hannah 3m74 (w?) Baarle-Nassau 26/03/16

**Hoog** 1. Vermeiren Nathalie 1m45 Aartselaar 07/05/16

**Kogel 3kg** 1. Vanmechelen Hannah 8m98 Mol 03/07/16

**Discus 1kg**  1. Lenaerts Sofie 18m87 Aartselaar 07/05/16 2. Vanmechelen Hannah 17m81 Alken 14/05/16

**Speer 500g** 1. Vanmechelen Hannah 24m19 Turnhout 09/04/16

2. Lenaerts Sofie 18m56 Aartselaar 07/05/16

**Aflossing 4 x 100m El**

1. Lenaerts Lorane – Vermeiren Nathalie – Tophoven Rani – Vanmechelen Hannah

56”03 Aartselaar 07/05/16

2. Van Den Branden Inne – Vanmechelen H. – Vermeiren N. – Lenaerts Sofie

56”17 Bornem 28/08/16

## 10 Beste prestaties scholieren

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

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter Horden El** | | | |  |  | | | |
|  | 1 | Brosens Stefanie | 66”70 | ‘13 |  |  |  |  |  |
|  | 2 | De Vlieger Lize | 68”72 | ‘14 |  |  |  |  |  |
|  | 3 | Toelen Daphne | 81”40 | ‘09 |  |  |  |  |  |
|  | 4 | Van Gestel Hanne | 84”29 | ‘15 |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 89”34 | ‘11 |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Brosens Stefanie | 12”79 | ‘14 |  | 1 | Lambregts Ylen | 14”3\* | ‘11 |  |
|  | 2 | Ghyssaert Leen | 13”25\* | ‘12 |  | 2 | Vanmechelen Hannah | 14”4\* | ‘16 |  |
|  | 3 | Hooyberghs Elien | 13”34 | ‘11 |  | 3 | Janssen Steffi | 14”5\* | ‘11 |  |
|  | 4 | Cuynen Nele | 13”52 | ‘10 |  |  |  |  |  |  |
|  | 5 | De Vlieger Lize | 13”63 | ‘14 |  |  |  |  |  |  |
|  | 6 | Caers Shana | 13”75 | ‘09 |  |  |  |  |  |  |
|  | 7 | Aerts Paulien | 13”84 | ‘15 |  |  |  |  |  |  |
|  | 8 | Verrydt Nathalie | 13”96 | ‘09 |  |  |  |  |  |  |
|  | 9 | Toelen Daphne | 13”97 | ‘10 |  |  |  |  |  |  |
|  | 10 | Vermeylen Bika | 14”03 | ‘10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **150 meter El** | | | |  |  | | | |  |
|  | 1 | Janssen Steffi | 22”79\* | ‘11 |  |  |  |  |  |  |

# OUTDOOR DAMES SCholieren

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | Brosens Stefanie | 25”44 | ‘14 |  | 1 | Cuynen Nele | 29”0\* | ‘10 |  |
|  | 2 | Hooyberghs Elien | 27”05\* | ‘11 |  | 2 | Vanmechelen Hannah | 29”2 | ‘16 |  |
|  | 3 | De Vlieger Lize | 28”02\* | ‘15 |  | 3 | Van Eekert Siel | 29”5\* | ‘10 |  |
|  | 4 | Ghyssaert Leen | 28”12 | ‘12 |  | 4 | Lambregts Ylen | 30”6\* | ‘10 |  |
|  | 5 | Caers Shana | 28”26 | ‘09 |  |  |  |  |  |  |
|  | 6 | Cuynen Nele | 28”40 | ‘10 |  |  |  |  |  |  |
|  | 7 | Aerts Paulien | 28”59 | ‘15 |  |  |  |  |  |  |
|  | 8 | Toelen Daphne | 28”70 | ‘09 |  |  |  |  |  |  |
|  | 9 | Vanmechelen Hannah | 28”85 | ‘16 |  |  |  |  |  |  |
|  | 10 | Lambregts Ylen | 30”00 | ‘10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Aerts Paulien | 61”14 | ‘15 |  |
|  | 3 | Caers Shana | 45”10 | ‘09 |  | 3 | Brosens Stefanie | 62”17 | ‘13 |  |
|  | 4 | Aerts Paulien | 45”81 | ‘14 |  | 4 | Van Eekert Siel | 66”95 | ‘10 |  |
|  |  |  |  |  |  | 5 | Van Eyck Sofie | 67”97 | ‘13 |  |
|  |  |  |  |  |  | 6 | Burm Antje | 68”79 | ‘16 |  |
|  |  |  |  |  |  | 7 | Cuynen Nele | 75”24 | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **600 meter El** | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 1’49”86 | ‘14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | De Vlieger Lize | 2’15”26 | ‘15 |  | 1 | Van Eekert Siel | 2’42”0 | ‘10 |  |
|  | 2 | Speelman-rooms Femke | 2’16”53 | ‘16 |  | 2 | Cuynen Nele | 2’52”0 | ‘10 |  |
|  | 3 | Lauwers Shana | 2’19”59 | ‘09 |  | 3 | Lambregts Ylen | 3’03”0 | ‘10 |  |
|  | 4 | Lenaerts Lorane | 2’19”67 | ‘16 |  | 4 | Janssen Steffi | 3’04”0 | ‘11 |  |
|  | 5 | Aerts Paulien | 2’19”80 | ‘15 |  | 5 | Vanmechelen Hannah | 3’17”0 | ‘16 |  |
|  | 6 | Brosens Evelien | 2’25”47 | ‘09 |  |  |  |  |  |  |
|  | 7 | Hooyberghs Elien | 2’31”74 | ‘11 |  |  |  |  |  |  |
|  | 8 | Brosens Stefanie | 2’31”82 | ‘14 |  |  |  |  |  |  |
|  | 9 | Van Eyck Sofie | 2’34”88 | ‘13 |  |  |  |  |  |  |
|  | 10 | Verschuren Linde | 2’38”12 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | De Vlieger Lize | 2’59”38 | ‘14 |  | 1 | Speelman-rooms F. | 4’33”36 | ‘16 |  |
|  | 2 | Speelman-rooms Femke | 3’00”75 | ‘16 |  | 2 | Lauwers Shana | 4’52”14 | ‘09 |  |
|  | 3 | Brosens Evelien | 3’12”26 | ‘09 |  | 3 | Lenaerts Lorane | 4’52”72 | ‘16 |  |
|  | 4 | Janssen Shana | 3’28”39 | ‘09 |  | 4 | Swannet Laura | 4’55”07 | ‘15 |  |
|  | 5 | Van Eyck Sofie | 3’33”54 | ‘13 |  | 5 | De Vlieger Lize | 4’56”04 | ‘15 |  |
|  | 6 | Van Ammel Joyce | 3’41”26 | ‘11 |  | 6 | Brosens Evelien | 5’15”14 | ‘09 |  |
|  |  |  |  |  |  | 7 | Van Ammel Joyce | 5’18”45 | ‘11 |  |
|  |  |  |  |  |  | 8 | Van Eyck Sofie | 5’21”44 | ‘13 |  |
|  |  |  |  |  |  | 9 | Verschuren Linde | 5’36”72 | ‘09 |  |
|  |  |  |  |  |  | 10 | Van Eekert Siel | 6’46”78 | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1 mijl El** | | | |  |  | | | |  |
|  | 1 | Speelman-rooms Femke | 5’20”09 | ‘16 |  |  |  |  |  |  |
|  | 2 | Van Eyck Sofie | 5’57”63 | ‘13 |  |  |  |  |  |  |
|  | 3 | Lenaerts Lorane | 7’04”90 | ‘16 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **2000 meter El** | | | |  | **2000 meter** | | | |  |
|  | 1 | Lenaerts Lorane | 7’16”80 | ‘15 |  | 1 | Lenaerts Lorane | 7’11”3 | ‘16 |  |
|  | 2 | Van Eyck Sofie | 7’28”44 | ‘13 |  |  |  |  |  |  |

# OUTDOOR DAMES SCholieren

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **3000 meter El** | | | |  |  | | | |  |
|  | 1 | Speelman-rooms Femke | 9’57”88 | ‘16 |  |  |  |  |  |  |
|  | 2 | Lauwers Shana | 10’42”34 | ‘09 |  |  |  |  |  |  |
|  | 3 | Brosens Evelien | 11’24”65 | ‘09 |  |  |  |  |  |  |
|  | 4 | Van Eyck Sofie | 11’29”05 | ‘13 |  |  |  |  |  |  |
|  | 5 | Van Ammel Joyce | 11’47”75 | ‘11 |  |  |  |  |  |  |
|  | 6 | Verschuren Lotte | 13’13”68 | ‘11 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Vermeiren Nathalie | 1m45 | ‘16 |  |  |  |  |  |  |
|  | 8 | Van Den Schoor Esther | 1m40 | ‘13 |  |  |  |  |  |  |
|  | 9 | Van Eyck Sofie | 1m40 | ‘13 |  |  |  |  |  |  |
|  | 10 | Lauwers Shana | 1m35 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Tophoven Rani | 4m13 | ‘16 |  |  |  |  |  |  |
|  | 9 | Janssen Steffi | 4m12 | ‘12 |  |  |  |  |  |  |
|  | 10 | Speelman-rooms Femke | 3m88 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Vanmechelen Hannah | 8m98 | ‘16 |  | 4 | Lambregts Ylen | 8m08 | ‘10 |  |
|  | 5 | Van Eekert Siel | 8m92 | ‘10 |  | 5 | Van Eekert Siel | 7m98 | ‘11 |  |
|  | 6 | Lambregts Ylen | 8m56 | ‘10 |  | 6 | Janssen Steffi | 7m05 | ‘11 |  |
|  | 7 | Kuijpers Anne | 7m89 | ‘11 |  | 7 | Marsboom Caroline | 5m45 | ‘11 |  |
|  | 8 | Janssen Steffi | 7m41 | ‘12 |  |  |  |  |  |  |
|  | 9 | Dom Hanna | 6m87 | ‘12 |  |  |  |  |  |  |
|  | 10 | Cuynen Nele | 6m42 | ‘10 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | 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 | Lenaerts Sofie | 18m87 | ‘16 |  |  |  |  |  |  |
|  | 7 | Janssen Steffi | 18m11 | ‘11 |  |  |  |  |  |  |
|  | 8 | Vanmechelen Hannah | 17m81 | ‘16 |  |  |  |  |  |  |

# oUTDOOR DAMES SCholieren

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Vanmechelen Hannah | 24m19 | ‘16 |  |
|  | 4 | Lambregts Ylen | 26m32 | ‘10 |  | 4 | Janssen Steffi | 21m80 | ‘12 |  |
|  | 5 | Peeters Teske | 26m28 | ‘09 |  | 5 | Lenaerts Sofie | 18m56 | ‘16 |  |
|  | 6 | Van Eekert Siel | 24m58 | ‘11 |  | 6 | Lenaerts Lorane | 13m43 | ‘15 |  |
|  | 7 | Kuijpers Anne | 21m70 | ‘11 |  |  |  |  |  |  |
|  | 8 | Janssen Steffi | 21m62 | ‘11 |  |  |  |  |  |  |
|  | 9 | Verrydt Nathalie | 16m10 | ‘09 |  |  |  |  |  |  |
|  | 10 | Marsboom Caroline | 13m83 | ‘11 |  |  |  |  |  |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **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 | Lenaerts Lorane – Vermeiren Nathalie – Tophoven Rani – Vanmechelen Hannah | 56”03 | ‘16 |
| 6 | Aerts Paulien – Speelman-rooms Femke – Lenaerts Lorane – Van Gestel Hanne | 56”17 | ‘15 |
| 7 | Van Den Branden Inne – Vanmechelen H. – Vermeiren Nathalie – Lenaerts Sofie | 56”17 | ‘16 |
| 8 | Janssen Steffi – Ameye Astrid – Lambregts Ylen – Brosens Stefanie | 56”93 | ‘11 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 800 meter El** | | | |
| 1 | Aerts Paulien – Lenaerts Lorane – Speelman-rooms Femke – De Vlieger Lize | 9’31”31 | ‘15 |

## clubrecords scholieren

**100 m Horden Atac** Hooyberghs Elien 14”83 Lier 26/06/11

**Avos** Sneyders Sanne 15”58 Brasschaat 30/04/05

**Tuac** Kerremans Ivy 14”20 Leuven 12/09/87

**300 m Horden** **Avos** Peeters An 46”45 Reutlingen (D) 28/06/99

**Tuac** Hermans Annemie 44”80 Leuven 01/06/93

**400 m Horden Atac** Brosens Stefanie 66”70 Moeskroen 31/08/13 **Avos** Peeters An 66”63 Turnhout 11/07/99

**Tuac** Maes Marjan 68”28 Oordegem 09/09/ 00

**60 meter Tuac** Hermans Annemie 8”0 Turnhout 22/05/83

**100 meter Atac** 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

# OUTDOOR DAMES SCholieren

**800 meter** **Atac** De Vlieger Lize 2’15”26 Huizingen 06/06/15 **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** Speelman-rooms Femke 4’33”36 Oordegem 28/05/16

**Avos** Janssens Vicky 4’33”67 Tessenderlo 04/09/04

**Tuac** Abbeel Anneleen 4’40”10 Duffel 27/05/01

**1 mijl**  **Atac** Speelman-rooms Femke 5’20”09 Turnhout 11/09/16

**Avos** Peeters Silke 5’43”84 Mol 04/06/06

**2000 meter** **Atac** Lenaerts Lorane 7’11”3 Turnhout 09/04/16

**3000 meter**  **Atac** Speelman-rooms Femke 9’57”88 Herentals 04/09/16

**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

**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 SCholieren

**Afl 4 x 800 m** **Atac** Aerts Paulien – Lenaerts Lorane – Speelman-rooms F. – De Vlieger L.

9’31”31 Ertvelde 20/09/15

# OUTDOOR DAMES JUNIORES

## jaarprestaties juniores

**100 meter H El** 1.Brosens Stefanie 15”71 Herentals 29/05/16

**100 meter El** 1. Brosens Stefanie 12”69 (w+2,3) Herentals 01/05/16

**200 meter El** 1. Brosens Stefanie 25”31 Herentals 29/05/16

**400 meter El** 1. Aerts Paulien 61”86 Oordegem 28/05/16

2. De Vlieger Lize 62”25 Alken 14/05/16

**800 meter** 1.Brosens Stefanie 3’07”0 Baarle-Nassau 26/03/16

**800 meter El** 1.De Vlieger Lize2’12”86 Oordegem 28/05/16

2. Smeets Lore 2’26”57 Oordegem 21/05/16

3. Brosens Stefanie 2’36”65 Dilbeek 31/07/16

**1500 meter El** 1. De Vlieger Lize 5’01”59 Oordegem 21/05/16

**3000 meter El** 1. Smeets Lore 11’40”78 Brasschaat 23/04/16

**Ver** 1. Brosens Stefanie 5m49 Nijvel 11/09/16

**Hoog** 1. Brosens Stefanie 1m61 Dilbeek 31/07/16

**Kogel 4kg** 1. Brosens Stefanie 10m47 Herentals 29/05/16

**Speer 600g** 1. Brosens Stefanie 41m14 Brasschaat 23/04/16

**7-Kamp** 1. Brosens Stefanie 4709p Dilbeek 31/07/16

**Aflossing 4 x 100m El**

1. Vermeiren Nathalie – Vanmechelen Hannah – De Baere Fien – Brosens Stefanie

52”87 Alken 14/05/16

**Aflossing 4 x 800m El**

1. Lenaerts Lorane – Smeets Lore – Speelman-rooms Femke – De Vlieger Lize

9’32”63 Bornem 28/08/16

## 10 Beste prestaties juniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter Horden El** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Brosens Stefanie | 15”71 | ‘16 |  | 1 | Van Eyck Sofie | 39”25\* | ‘14 |  |
|  | 2 | Mynendonckx Jessica | 18”60\* | ‘09 |  | 2 | Lambregts Ylen | 40”42\* | ‘12 |  |
|  | 3 | Caers Shana | 18”70 | ‘10 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 20”26 | ‘12 |  |  |  |  |  |  |

# OUTDOOR DAMES JUNIORES

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Mynendonckx Jessica | 75”49 | ‘09 |  |  |  |  |  |  |
|  | 2 | Lambregts Ylen | 90”16 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Brosens Stefanie | 12”69\* | ‘16 |  | 1 | Brosens Evelien | 13”8\* | ‘12 |  |
|  | 2 | Mynendonckx Jessica | 13”74 | ‘09 |  |  |  |  |  |  |
|  | 3 | Caers Shana | 14”34 | ‘11 |  |  |  |  |  |  |
|  | 4 | Verrydt Nathalie | 14”49 | ‘10 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 15”27 | ‘12 |  |  |  |  |  |  |
|  | 6 | Janssens Melissa | 15”37 | ‘09 |  |  |  |  |  |  |
|  | 7 | Janssen Steffi | 15”37 | ‘14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 25”31 | ‘16 |  |  |  |  |  |  |
|  | 2 | Caers Shana | 28”49 | ‘11 |  |  |  |  |  |  |
|  | 3 | Mynendonckx Jessica | 28”75 | ‘09 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 31”62 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Mynendonckx Jessica | 46”64 | ‘09 |  | 1 | Aerts Paulien | 61”86 | ‘16 |  |
|  | 2 | Caers Shana | 47”31 | ‘11 |  | 2 | De Vlieger Lize | 62”25 | ‘16 |  |
|  |  |  |  |  |  | 3 | De Keulenaer Tina | 62”98 | ‘15 |  |
|  |  |  |  |  |  | 4 | Brosens Evelien | 64”38 | ‘11 |  |
|  |  |  |  |  |  | 5 | Mynendonckx Jessica | 64”47 | ‘09 |  |
|  |  |  |  |  |  | 6 | Cuynen Nele | 66”83 | ‘12 |  |
|  |  |  |  |  |  | 7 | Caers Shana | 68”56 | ‘11 |  |
|  |  |  |  |  |  | 8 | Van Eyck Sofie | 70”40 | ‘15 |  |
|  |  |  |  |  |  | 9 | Lambregts Ylen | 82”27 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | De Vlieger Lize | 2’12”86 | ‘16 |  | 1 | Brosens Evelien | 2’41”0 | ‘11 |  |
|  | 2 | Lauwers Shana | 2’15”28 | ‘11 |  | 2 | Brosens Stefanie | 3’07”0 | ‘16 |  |
|  | 3 | De Keulenaer Tina | 2’21”99 | ‘15 |  |  |  |  |  |  |
|  | 4 | Smeets Lore | 2’26”57 | ‘16 |  |  |  |  |  |  |
|  | 5 | Brosens Stefanie | 2’36”65 | ‘16 |  |  |  |  |  |  |
|  | 6 | Brosens Evelien | 2’38”80 | ‘11 |  |  |  |  |  |  |
|  | 7 | Van Eyck Sofie | 2’38”98 | ‘15 |  |  |  |  |  |  |
|  | 8 | Lambregts Ylen | 3’17”40 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | De Vlieger Lize | 5’01”59 | ‘16 |  |
|  | 3 | Mynendonckx Jessica | 3’26”76 | ‘09 |  | 3 | Smeets Lore | 5’06”88 | ‘16 |  |
|  |  |  |  |  |  | 4 | Van Ammel Joyce | 5’28”92 | ‘13 |  |
|  |  |  |  |  |  | 5 | Van Eyck Sofie | 5’43”29 | ‘14 |  |

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Smeets Lore | 11’40”78 | ‘16 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 17’38”90 | ‘12 |  |  |  |  |  |  |

# OUTDOOR DAMES JUNIORES

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  | Hinkstap | | | |  |
|  | 1 | Brosens Stefanie | 5m49 | ‘16 |  | 1 | Caers Shana | 10m88 | ‘10 |  |
|  | 2 | Caers Shana | 5m01 | ‘10 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 4m41 | ‘12 |  |  |  |  |  |  |
|  | 4 | Mynendonckx Jessica | 4m37 | ‘09 |  |  |  |  |  |  |
|  | 5 | Brosens Evelien | 4m15\* | ‘11 |  |  |  |  |  |  |
|  | 6 | Janssen Steffi | 3m99 | ‘14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Hoog | | | |  | Polsstok | | | |  |
|  | 1 | Brosens Stefanie | 1m63 | ‘15 |  | 1 | Janssen Steffi | 2m10 | ‘13 |  |
|  | 2 | Caers Shana | 1m50 | ‘10 |  |  |  |  |  |  |
|  | 3 | Lambregts Ylen | 1m42 | ‘12 |  |  |  |  |  |  |
|  | 4 | Brosens Evelien | 1m40 | ‘12 |  |  |  |  |  |  |
|  | 5 | Van Eekert Siel | 1m40 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Discus 1 kg | | | |  | Speer 600g | | | |  |
|  | 1 | Brosens Evelien | 26m30 | ‘11 |  | 1 | Brosens Stefanie | 41m14 | ‘16 |  |
|  | 2 | Caers Shana | 24m22 | ‘11 |  | 2 | Caers Shana | 29m02 | ‘10 |  |
|  | 3 | Van Eekert Siel | 21m96 | ‘12 |  | 3 | Brosens Evelien | 26m91 | ‘12 |  |
|  | 4 | Lambregts Ylen | 20m30 | ‘13 |  | 4 | Lambregts Ylen | 23m66 | ‘12 |  |
|  | 5 | Janssen Steffi | 17m20 | ‘14 |  | 5 | Janssen Steffi | 22m27 | ‘13 |  |
|  |  |  |  |  |  | 6 | Van Eekert Siel | 21m96 | ‘12 |  |
|  |  |  |  |  |  | 7 | Lambregts Yoni | 21m95 | ‘10 |  |
|  |  |  |  |  |  | 8 | Verrydt Nathalie | 16m72 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Hamer 4 kg | | | |  | Kogel 4kg | | | |  |
|  | 1 | Lambregts Ylen | 16m00 | ‘12 |  | 1 | Brosens Stefanie | 10m81 | ‘15 |  |
|  | 2 | Janssen Steffi | 12m36 | ‘14 |  | 2 | Brosens Evelien | 9m50 | ‘11 |  |
|  |  |  |  |  |  | 3 | Caers Shana | 9m08 | ‘10 |  |
|  |  |  |  |  |  | 4 | Van Eekert Siel | 7m97 | ‘12 |  |
|  |  |  |  |  |  | 5 | Lambregts Ylen | 7m62 | ‘12 |  |
|  |  |  |  |  |  | 6 | Janssen Steffi | 7m05 | ‘14 |  |
|  |  |  |  |  |  | 7 | Lambregts Yoni | 5m58 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **7-Kamp** | | | |  | **14-Kamp** | | | |  |
|  | 1 | Brosens Stefanie | 4709p | ‘16 |  | 1 | Lambregts Ylen | 3217p | ‘12 |  |
|  | 2 | Lambregts Ylen | 2402p | ‘12 |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 100 meter El** | | | |
| 1 | Vermeiren Nathalie – Vanmechelen Hannah – De Baere Fien – Brosens Stefanie | 52”87 | ‘16 |
| 2 | Caers Shana – Cuynen Nele – Lambregts Ylen – Brosens Stefanie | 54”05 | ‘11 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 800 meter El** | | | |
| 1 | Lenaerts Lorane – Smeets Lore – Speelman-rooms Femke – De Vlieger Lize | 9’32”63 | ‘16 |

## clubrecords juniores

**100 m Horden** **Atac** Brosens Stefanie 15”71 Herentals 29/05/16

**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

# OUTDOOR DAMES JUNIORES

**100 meter** **Atac** Brosens Stefanie 12”89 Mol 27/08/16

**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** Brosens Stefanie 25”31 Herentals 29/05/16 **Avos** Aerts Sara 26”04 Sint-Niklaas 05/10/03

**Tuac** Segers Mai 25”7 Herentals 19/04/76

**300 meter Atac** Mynendonckx Jessica 46”64 Turnhout 07/08/09

**Avos** Peeters An 42”70 Duffel 02/05/01

**Tuac** Aerts Katrien 41”2 Hechtel 06/08/95

**400 meter**  **Atac** Aerts Paulien 61”86 Oordegem 28/05/16

**Avos** Peeters An 59”38 Duffel 27/05/01

**Tuac** Segers Mai 56”0 Heizel 30/05/76

**800 meter** **Atac** De Vlieger Lize 2’12”86 Oordegem 28/05/16

**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** Brosens Stefanie 5m49 Nijvel 11/09/16

**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** Brosens Stefanie 1m63 Herentals 31/05/15

**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 4kg** **Atac** Brosens Stefanie 10m81 Dilbeek 02/08/15

**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** Brosens Stefanie 41m14 Brasschaat 23/04/16

**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

# OUTDOOR DAMES JUNIORES

**7-Kamp** **Atac** Brosens Stefanie 4709p Dilbeek 31/07/16

**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** Vermeiren N. – Vanmechelen H. – De Baere Fien – Brosens Stefanie

52”87 Alken 14/05/16

**Afl 4 x 400 m Avos** Peeters Silke – Brosens Evelien – Petit Nikki – Boermans Dominique4’43”42 Oordegem 10/05/08

**Afl 4 x 800 m Atac** Lenaerts Lorane – Smeets Lore – Speelman-rooms F. – De Vlieger Lize

9’32”63 Bornem 28/08/16

# OUTDOOR DAMES seniores

## jaarprestaties seniores

**100 meter H El** 1. Lambregts Ylen 20”42 Cambridge (GB) 28/08/16

**200 meter H El** 1. Lambregts Ylen 39”15 (w?) Turnhout 07/08/16

**100 meter El** 1. Lambregts Ylen 15”03 Turnhout 07/08/16

**200 meter El** 1. Lambregts Ylen 33”28 Cambridge (GB) 28/08/16

**400 meter El** 1. De Keulenaer Tina 63”65 Oordegem 21/05/16

**800 meter**  1. Lambregts Ylen 3’28”0 Baarle-Nassau 26/03/16

**800 meter El** 1. De Keulenaer Tina 2’26”11 Oordegem 28/05/16

2. Lambregts Ylen 3’25”48 Cambridge (GB) 28/08/16

**1000 meter**  1. Beyens Jelle 3’15”1 Dilbeek 20/07/16

**1500 meter El** 1. Beyens Jelle 5’07”36 Vilvoorde 19/06/16

**3000 meter El** 1. Van Ammel Joyce 10’57”56 Alken 14/05/16

2. Beyens Jelle 11’23”50 Herentals 01/05/16

**Ver** 1. Lambregts Ylen 4m40 Cambridge (GB) 28/08/16

**Hoog** 1. Lambregts Ylen 1m30 Kapellen 24/04/16

**Kogel 4kg** 1. Van der Veken Katrien 7m66 Alken 14/05/16

2. Lambregts Ylen 7m46 Kapellen 24/04/16

3. Lambregts Ymke 7m23 Kapellen 24/04/16

**Discus 1kg** 1. Lambregts Ylen 19m61 Turnhout 09/04/16

2. Lambregts Ymke 15m93 Kapellen 24/04/16

3. Lambregts Yoni 14m92 Turnhout 09/04/16

# OUTDOOR DAMES seniores

**Speer 600g** 1. Lambregts Ymke 24m64 Alken 14/05/16

2. Lambregts Ylen 20m54 Cambridge (GB) 28/08/16

3. Lambregts Yoni 18m19 Brasschaat 23/04/16

**7-Kamp** 1. Lambregts Ylen 2204p Cambridge (GB) 28/08/16

**Aflossing 4 x 200 meter El**

1. Vermeiren Nathalie – Vanmechelen Hannah – Lambregts Ylen – Brosens Stefanie

1’56”25 Turnhout 09/04/16

## 10 bEste prestaties seniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | 39”15\* | ‘16 |  |
|  | 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 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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”03 | ‘16 |  |  |  |  |  |  |
|  | 9 | Lambregts Ymke | 17”23 | ‘13 |  |  |  |  |  |  |
|  | 10 | Lambregts Yoni | 18”26 | ‘14 |  |  |  |  |  |  |

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | De Keulenaer Tina | 1’03”65 | ‘16 |  |
|  |  |  |  |  |  | 3 | Van Eekert Siel | 1’07”14 | ‘14 |  |
|  |  |  |  |  |  | 4 | Lambregts Ylen | 1’26”28 | ‘14 |  |
|  |  |  |  |  |  | 5 | Lambregts Ymke | 1’34”77 | ‘12 |  |
|  |  |  |  |  |  | 6 | Lambregts Yoni | 2’00”18 | ‘14 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | Lauwers Shana | 2’14”14 | ‘13 |  | 1 | Maes Marjan | 2’37”0 | ‘11 |  |
|  | 2 | De Keulenaer Tina | 2’26”11 | ‘16 |  | 2 | Segers Liene | 2’48”0 | ‘13 |  |
|  | 3 | Maes Marjan | 2’29”38 | ‘11 |  | 3 | Maes Kathleen | 2’56”0 | ‘11 |  |
|  | 4 | De Vlieger Charlotte | 2’29”78 | ‘14 |  | 4 | Van Eekert Siel | 3’03”0 | ‘14 |  |
|  | 5 | Claes Lotte | 2’33”61 | ‘13 |  | 5 | Lambregts Ylen | 3’28”0 | ‘16 |  |
|  | 6 | Mynendonckx Jessica | 2’41”11 | ‘10 |  | 6 | Lambregts Ymke | 3’59”0 | ‘14 |  |
|  | 7 | Maes Kathleen | 2’45”13 | ‘11 |  |  |  |  |  |  |
|  | 8 | Van Eekert Siel | 2’57”94 | ‘14 |  |  |  |  |  |  |
|  | 9 | Lambregts Ylen | 3’22”87 | ‘14 |  |  |  |  |  |  |
|  | 10 | Lambregts Ymke | 4’48”68 | ‘14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Lauwers Shana | 2’53”51 | ‘13 |  | 1 | Beyens Jelle | 3’15”1 | ‘16 |  |
|  | 2 | Maes Marjan | 3’18”10 | ‘11 |  |  |  |  |  |  |
|  | 3 | Claes Lotte | 3’24”36 | ‘14 |  |  |  |  |  |  |
|  | 4 | Maes Kathleen | 3’31”18 | ‘11 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1500 meter El** | | | |  |  | | | |  |
|  | 1 | Lauwers Shana | 4’30”40 | ‘13 |  |  |  |  |  |  |
|  | 2 | Beyens Jelle | 5’07”36 | ‘16 |  |  |  |  |  |  |
|  | 3 | Claes Lotte | 5’09”02 | ‘13 |  |  |  |  |  |  |
|  | 4 | Van Eekert Siel | 5’36”82 | ‘14 |  |  |  |  |  |  |
|  | 5 | Maes Kathleen | 5’38”60 | ‘11 |  |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 7’56”80 | ‘14 |  |  |  |  |  |  |
|  | 7 | Lambregts Ymke | 8’32”02 | ‘12 |  |  |  |  |  |  |
|  | 8 | Lambregts Yoni | 9’58”14 | ‘14 |  |  |  |  |  |  |

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

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **3000 meter El** | | | |  | **5000 meter El** | | | |
|  | 1 | Lauwers Shana | 10’22”55 | ‘15 |  | 1 | Lauwers Shana | 18’58”49 | ‘15 |
|  | 2 | Van Ammel Joyce | 10’55”33 | ‘15 |  | 2 | Claes Lotte | 19’23”20 | ‘13 |
|  | 3 | Claes Lotte | 11’09”30 | ‘13 |  |  |  |  |  |
|  | 4 | Beyens Jelle | 11’23”50 | ‘16 |  |  |  |  |  |
|  | 5 | Van Eekert Siel | 13’14”96 | ‘14 |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 18’02”92 | ‘14 |  |  |  |  |  |
|  | 7 | Lambregts Ymke | 24’34”32 | ‘14 |  |  |  |  |  |
|  | 8 | Lambregts Yoni | 25’29”84 | ‘14 |  |  |  |  |  |

# OUTDOOR DAMES seniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | 4m40 | ‘16 |  |  |  |  |  |  |
|  | 8 | Van der Veken Katrien | 4m19 | ‘15 |  |  |  |  |  |  |
|  | 9 | Janssen Steffi | 3m94 | ‘15 |  |  |  |  |  |  |
|  | 10 | Lambregts Ymke | 3m67 | ‘14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Polsstok** | | | |  |  | | | |  |
|  | 1 | Janssen Steffi | 2m10 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Van der Veken Katrien | 7m66 | ‘16 |  | 5 | Van der Veken Katrien | 18m62 | ‘15 |  |
|  | 6 | Maes Marjan | 7m51 | ‘09 |  | 6 | Lambregts Ymke | 17m76 | ‘13 |  |
|  | 7 | Lambregts Ymke | 7m42 | ‘15 |  | 7 | Lambregts Yoni | 17m24 | ‘13 |  |
|  | 8 | Janssen Steffi | 6m44 | ‘15 |  | 8 | Maes Kathleen | 16m65 | ‘09 |  |
|  | 9 | Lambregts Yoni | 5m90 | ‘14 |  | 9 | Janssen Steffi | 16m50 | ‘15 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Speer 600g** | | | |  | **Hamer 4kg** | | | |  |
|  | 1 | Caers Shana | 28m74 | ‘13 |  | 1 | Janssens Melissa | 24m31 | ‘10 |  |
|  | 2 | Segers Liene | 26m96 | ‘13 |  | 2 | Janssen Steffi | 11m40 | ‘15 |  |
|  | 3 | Van Eekert Siel | 25m76 | ‘14 |  |  |  |  |  |  |
|  | 4 | Lambregts Ymke | 25m47 | ‘14 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 22m35 | ‘14 |  |  |  |  |  |  |
|  | 6 | Janssen Steffi | 21m70 | ‘15 |  |  |  |  |  |  |
|  | 7 | Lambregts Yoni | 18m88 | ‘15 |  |  |  |  |  |  |
|  | 8 | Maes Marjan | 17m59 | ‘11 |  |  |  |  |  |  |
|  | 9 | Maes Kathleen | 13m41 | ‘09 |  |  |  |  |  |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **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 | Lenaerts Sofie – Van Eekert Siel – Vanmechelen Hannah – Brosens Stefanie | 55”26 | ‘15 |
| 5 | De Vlieger Charlotte – Van Eekert Siel – Brosens Stefanie – Van Den Schoor E. | 56”35 | ‘14 |
| 6 | Janssen Steffi – Van Den Schoor Esther – van den Broek Marie – Brosens Evelien | 58”61 | ‘12 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 200 meter El** | | | |
| 1 | Vermeiren Nathalie – Vanmechelen Hannah – Lambregts Ylen – Brosens Stefanie | 1’56”25 | ‘16 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 400 meter El** | | | |
| 1 | Lauwers Shana – Maes Marjan – Van Eekert Siel – Toelen Daphne | 4’19”59 | ‘09 |

# OUTDOOR DAMES seniores

## 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

**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** Lauwers Shana 10’22”55 Tongerlo 01/05/15

**Avos** Lockkamper Christel 14’31”7 Vosselaar 23/09/00

**Tuac** Beckers Annick 9’32”28 Tessenderlo 18/08/90

**5000 meter**  **Atac** Lauwers Shana 18’58”49 Tongerlo 01/05/15

**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

**Polsstok** **Atac** Janssen Steffi 2m10 Turnhout 26/04/15

**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

# OUTDOOR DAMES seniores

**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 Atac** Vermeiren N. – Vanmechelen H. – Lambregts Ylen – Brosens Stefanie

1’56”25 Turnhout 09/04/16

**Tuac** Verheyen May – Paulussen Marien – Segers Mai - Druyts R.

1’46”2 Heizel 16/09/79

. **Afl 4 x 400 m** **Atac** Lauwers Shana – Maes Marjan – Van Eekert Siel – Toelen Daphne

4’19”59 Ninove 16/05/09

**Avos** Caers Shana – Jansens Greet – Belmans Else – Aerts Sara

3’59”47 Brasschaat 12/05/07

**Tuac** Paulussen Marien – Maes R. – Segers Mai – Keeris Christel

4’09”7 Brasschaat 10/05/81

**Zweedse afl** **Avos** Woestenborghs H. - Peeters An – V. Hofstraeten M.-P. – De Bont M. 2’43”47 Herentals 11/09/98

**Tuac** Aerts Katrien – Noyens Annelies – Meir Katho – Maes Marjan

2’27”11 Herentals 10/09/97

**Olympische afl** **Avos** Peeters Silke – De Wachter Sabine – Belmans Else – Broeckx Sophie 5’01”25 Alken 02/10/05

# OUTDOOR DAMES Masters-W35

## jaarprestaties MASTERS-W35

**100 meter** 1. Peeters Joke 16”8 (w?) Baarle-Nassau 26/03/16

**200 meter** 1. Peeters Joke 32”4 Bornem 05/06/16

**800 meter** 1. Peeters Joke 3’16”0 Baarle-Nassau 26/03/16

**3000 meter** 1. Kerstens Elly 11’26”6 Bornem 05/06/16

**Ver** 1. Peeters Joke 3m74 Bornem 05/06/16

**Kogel 4kg** 1. Peeters Joke 5m87 Baarle-Nassau 26/03/16

# OUTDOOR DAMES Masters-W35

**Aflossing 4 x 100 meter**

1. Dockx Hilde – Peeters Joke – Buyens Tineke – Kerstens Elly

63”1 Bornem 05/06/13

## 10 beste prestaties masters-W35

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter** | | | |  | **200 meter** | | | |  |
|  | 1 | Peeters Joke | 16”8\* | ‘16 |  | 1 | Peeters Joke | 32”4 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter** | | | |  | **3000 meter** | | | |
|  | 1 | Peeters Joke | 3’16”0 | ‘16 |  | 1 | Kerstens Elly | 11’26”6 | ‘16 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Kogel 4kg** | | | |  |
|  | 1 | Peeters Joke | 3m74 | ‘16 |  | 1 | Peeters Joke | 5m87 | ‘16 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 100 meter El** | | | |
| 1 | Dockx Hilde – Peeters Joke – Buyens Tineke – Kerstens Elly | 63”1 | ‘16 |

## 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** **Atac** Peeters Joke 32”4 Bornem 05/06/16

**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**  **Atac** Peeters Joke 3’16”0 Baarle-Nassau 26/03/16

**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** **Atac** Kerstens Elly 11’26”6 Bornem 05/06/15

**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** **Atac** Peeters Joke 3m74 Bornem 05/06/16

**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** **Atac** Peeters Joke 5m87 Baarle-Nassau 26/03/16

**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

# OUTDOOR DAMES Masters-W35

**Speer 600g**  **Avos** Huybrechts Sandra 24m82 Tessenderlo 03/05/06

**Tuac** Marynissen Diane 30m38 Turnhout 25/05/96

**Hamer 4kg** **Avos** Huybrechts Sandra 17m09 Turnhout 15/04/06

**Tuac** Matheussen Hilde 35m60 Vught (Ned) 12/05/92

**5-Kamp** **Avos** Huybrechts Sandra 2026p Turnhout 02/07/06

**Afl 4 x 100m** **Atac** Dockx Hilde – Peeters Joke – Buyens Tineke – Kerstens Elly

63”1 Bornem 05/06/16

**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 4kg** 1. Dockx Hilde 7m25 Deinze 12/06/16

**Discus 1kg** 1. Dockx Hilde 23m40 Mol 03/07/16

## 10 beste prestaties masters-W40

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  | **Ver** | | | |  |
|  | 1 | Kinnaer Katrien | 15”86 | ‘12 |  | 1 | Kinnaer Katrien | 3m77 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 4kg** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Dockx Hilde | 7m25 | ‘16 |  | 1 | Dockx Hilde | 23m40 | ‘16 |  |
|  | 2 | Kinnaer Katrien | 6m49 | ‘12 |  | 2 | Kinnaer Katrien | 19m62 | ‘12 |  |
|  | 3 | Van Hofstraeten M.-P. | 6m35 | ‘14 |  |  |  |  |  |  |

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

# outdoor DAMES Masters-W40

**800 meter** **Avos** Staes Annie 2’32”14 Turnhout 17/08/07

**Tuac** Dams Lou 2’40”07 Jambes 05/05/96

**1000 meter** **Avos** De Bont Marleen 4’23”5 Vosselaar 11/06/93

**1500 meter** **Avos** Staes Annie 5’13”11 Duffel 26/05/07

**Tuac** Dams Lou 5’28”36 St.-Niklaas 10/05/98

**3000 meter** **Avos** Staes Annie 10’52”70 Mol 08/08/07

**Tuac** Mariën Rita 11’41”4 Neerpelt 28/05/94

**5000 meter** **Avos** Staes Annie 18’42”98 St.-Niklaas 03/06/07

**10000 meter** **Avos** Staes Annie 39’09”48 Duffel 04/07/07

**Tuac** Dams Lou 41’44”81 Luik 29/08/98

**Uurloop** **Tuac** Dams Lou 14 303m Herentals 26/09/97

**Ver** **Atac** Kinnaer Katrien 3m77 Mol 14/07/12

**Avos** De Wachter Sabine 4m51 Turnhout 02/07/06

**Tuac** Huysmans Miek 3m85 Turnhout 11/08/94

**Hoog**  **Avos** De Wachter Sabine 1m54 Turnhout 02/07/06

**Tuac** Huysmans Miek 1m50 Aartselaar 19/06/94

**Kogel 4kg** **Atac** Dockx Hilde 7m25 Deinze 12/06/16

**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** Dockx Hilde 23m40 Mol 03/07/16

**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

## jaarprestaties masters-W45

**100 meter** 1. Buyens Tineke 16”1 Bornem 05/06/16

## 10 beste prestaties masters-W45

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter** | | | |  |  | | | |  |
|  | 1 | Buyens Tineke | 16”1 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | Staes Annie | 3’18”39 | ‘11 |  | 1 | Staes Annie | 5’16”70 | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1 mijl El** | | | |  |  | | | |  |
|  | 1 | Staes Annie | 5’51”52 | ‘11 |  |  |  |  |  |  |

# outdoor DAMES Masters-W45

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | Staes Annie | 7’15”54 | ‘12 |  | 1 | Staes Annie | 11’17”71 | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5000 meter El** | | | |  | **10000 meter El** | | | |  |
|  | 1 | Staes Annie | 19’16”19 | ‘12 |  | 1 | Staes Annie | 41’13”71 | ‘11 |  |

## clubrecords masters-W45

**80 m Horden** **Avos** De Bont Marleen 18”10 Herentals 22/05/99

**100 meter**  **Atac** Buyens Tineke 16”1 Bornem 05/06/16

**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 |

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

## 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 |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5000 meter El** | | | |  | **10000 meter El** | | | |
|  | 1 | Dams Lou | 21’41”55 | ‘10 |  | 1 | Dams Lou | 45’24”47 | ‘14 |

# outdoor DAMES Masters-W55

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

# outdoor DAMES Masters-W60

## jaarprestaties masters-W60

**800 meter** 1. Dams Lou 3’14”6 Bornem 05/06/16

**800 meter El** 1. Dams Lou 3’21”18 Deinze 12/06/16

**5000 meter El** 1. Dams Lou 23’55”46 Wervik 24/09/16

**10000 meter El** 1. Dams Lou 49’46”08 Duffel 07/05/16

## 10 beste prestaties masters-W60

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | Dams Lou | 3’13”94 | ‘15 |  | 1 | Dams Lou | 3’14”6 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5000 meter El** | | | |  | **10000 meter El** | | | |
|  | 1 | Dams Lou | 22’33”52 | ‘15 |  | 1 | Dams Lou | 47’12”18 | ‘15 |

# outdoor DAMES Masters-W60

## clubrecords masters-W60

**800 meter Atac** Dams Lou 3’13”94 Deinze 14/06/15

**5000 meter Atac** Dams Lou 22’33”52 Heusden 26/09/15

**10000 meter Atac** Dams Lou 47’12”18 Heusden 02/05/15

# ben/pup/min dAMES eindklassement ZOMEr

## BENJAMINS 2 x 4 proeven

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Segers Eveliene*** | | | |  | ***2. Daeleman Jasmijn*** | | | | | |
| 60m | 10”70 | 284p |  | | | 60m | 10”35 | 351p |  |
| 600m | 2’24”5 | 253p |  | | | 600m | 2’14’63 | 365p |  |
| Ver | 3m09 | 158p |  | | | Ver | 2m92 | 127p |  |
| Kogel | 5m69 | 261p |  | | |  |  |  |  |
| Hockey | 12m52 | 58p | \* | | | Hockey | 8m38 | 9p |  |
| Totaal |  | **956p** |  | | | **Totaal** |  | **852p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Koppert Liselotte*** | | | |  | ***4. Graux Lotte*** | | | | | |
| 60m | 11”48 | 159p |  | | | 60m | 11”69 | 130p |  |
| 600m | 2’50”2 | 54p | \* | | | 600m | 2’25”7 | 241p |  |
| Ver | 2m88 | 120p |  | | | Ver | 2m70 | 90p |  |
| Hoog | 0m97 | 171p |  | | |  |  |  |  |
| Kogel | 6m56 | 318p |  | | |  |  |  |  |
| Hockey | 15m22 | 92p | \* | | | Hockey | 14m72 | 85p |  |
| Totaal |  | **768p** |  | | | **Totaal** |  | **546p** |  |
|  |  |  |  | | |  |  |  |  |

## PUPILLEN 2 x 5 proeven

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Saidi Malak*** | | | |  | | ***2. Roesbeke Fran*** | | | | |
| 60m | 9”8 | 415p |  | | 60m | | 9”4 | 505p |  |
| 1000m | 3’37”87 | 560p |  | | 1000m | | 3’56”96 | 412p |  |
| Ver | 3m75 | 296p |  | | Ver | | 3m76 | 298p |  |
| Hoog | 1m15 | 323p |  | | Hoog | | 1m22 | 388p |  |
| Kogel | 6m10 | 287p |  | | Kogel | | 5m56 | 252p |  |
| Hockey | 21m82 | 175p | **\*** | | Hockey | | 24m05 | 203p | \* |
| **Totaal** |  | **1881p** |  | | **Totaal** | |  | **1855p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Van Tiggelen Lotte*** | | | |  | | ***4. Keuppens Lenka*** | | | | |
| 60m | 9”22 | 607p |  | | 60m | | 9”90 | 445p |  |
| 1000m | 3’58”52 | 401p |  | | 1000m | | 3’38”26 | 557p |  |
| Ver | 3m66 | 276p |  | | Ver | | 3m53 | 247p |  |
| Hoog | 1m15 | 323p |  | | Hoog | | 1m05 | 235p |  |
| Kogel | 5m33 | 237p |  | | Kogel | | 5m62 | 256p |  |
| Discus | 12m80 | 153p | **\*** | |  | |  |  |  |
| Hockey | 18m95 | 138p | **\*** | | Hockey | | 15m92 | 100p | \* |
| **Totaal** |  | **1844p** |  | | **Totaal** | |  | **1740p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Bremans Anne-Sophie*** | | | |  | | ***6. De Beuker Jade*** | | | | |
| 60m | 9”41 | 560p |  | | 60m | | 9”81 | 465p |  |
| 1000m | 3’30”17 | 625p |  | | 1000m | | 4’00”15 | 389p |  |
| Ver | 3m11 | 162p |  | | Ver | | 3m34 | 207p |  |
| Kogel | 3m70 | 132p |  | | Kogel | | 6m95 | 278p |  |
| Hockey | 21m15 | 166p |  | | Hockey | | 26m68 | 237p |  |
| **Totaal** |  | **1645p** |  | | **Totaal** | |  | **1576p** |  |

# ben/pup/min dAMES eindklassement ZOMEr

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***7. Koppert Elisabeth*** | | | |  | | ***8. Vloemans Sanne*** | | | | |
| 60mH | 13”78 | 279p |  | | 60mH | | 14”54 | 198p |  |
| 60m | 10”75 | 275p |  | | 60m | | 10”3 | 314p |  |
| 1000m | 4’26”29 | 227p | \* | | 1000m | | 4’07”62 | 339p |  |
| Ver | 3m25 | 189p | \* | | Ver | | 2m94 | 130p | \* |
| Hoog | 1m07 | 252p |  | | Hoog | | 1m00 | 194p |  |
| Kogel | 6m87 | 338p |  | | Kogel | | 4m72 | 198p |  |
| Discus | 22m75 | 351p |  | |  | |  |  |  |
| Hockey | 23m33 | 194p | **\*** | | Hockey | | 16m80 | 111p | \* |
| **Totaal** |  | **1495p** |  | | **Totaal** | |  | **1243p** |  |

## MINIEMEN 2 x 6 proeven (2 loop-, 2 spring-, 2 Werpnummers)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Alessie Floor*** | | | |  | | ***2. Lenaerts Robine*** | | | | |
| 80m | 11”91 | 558p |  | | 80m | | 11”59 | 624p |  |
| 1000m | 3’48”15 | 478p |  | | 1000m | | 3’30”0 | 627p |  |
| Ver | 4m57 | 498p |  | | Ver | | 4m16 | 393p |  |
| Hoog | 1m52 | 698p |  | | Hoog | | 1m35 | 516p |  |
| Kogel | 11m06 | 620p |  | | Kogel | | 8m71 | 461p |  |
|  |  |  |  | | Discus | | 16m62 | 227p | \* |
| Speer | 32m42 | 556p |  | | Speer | | 18m08 | 270p |  |
| **Totaal** |  | **3408p** |  | | **Totaal** | |  | **2891p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Tan Noa*** | | | |  | | ***4. Keuppens Jinthe*** | | | | |
| 80m | 12”2 | 456p |  | | 80m | | 12”86 | 382p |  |
| 1000m | 3’30”0 | 627p |  | | 1000m | | 3’44”95 | 503p |  |
| Ver | 4m06 | 369p | \* | | Ver | | 3m71 | 287p |  |
| Hoog | 1m23 | 397p |  | | Hoog | | 1m30 | 466p |  |
| Polsstok | 2m11 | 396p |  | |  | |  |  |  |
| Kogel | 6m12 | 289p |  | | Kogel | | 6m91 | 341p |  |
| Discus | 14m14 | 178p |  | | Discus | | 12m89 | 154p | \* |
| Speer |  |  |  | | Speer | | 15m34 | 216p |  |
| **Totaal** |  | **2349p** |  | | **Totaal** | |  | **2195p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Koppert Emma-Louise*** | | | |  | |  | | | | |
| 80m | 13”3 | 274p |  | |  | |  |  |  |
| 1000m | 4’04”6 | 359p |  | |  | |  |  |  |
| Ver | 3m37 | 214p |  | |  | |  |  |  |
| Hoog | 1m15 | 323p |  | |  | |  |  |  |
| Kogel | 6m56 | 318p |  | |  | |  |  |  |
| Discus | 13m65 | 169p |  | |  | |  |  |  |
| Speer | 11m97 | 151p | **\*** | |  | |  |  |  |
| **Totaal** |  | **1657p** |  | |  | |  |  |  |

\* Proef met minste punten valt weg

# indoor heren benjamins

## 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 |  |

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

# indoor heren benjamins

**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 H El** 1. Tan Ruï 10”41 Herentals 27/02/16

2. Thompson David 10”69 Herentals 27/02/16

3. Berckvens Viktor 11”27 Herentals 27/02/16

4. Van Gestel Cis 11”47 Herentals 27/02/16

5. Buijs Lennert 12”88 Herentals 27/02/16

**60 meter H El** 1. Berckvens Viktor 13”90 Gent 02/01/16

**50 meter El** 1. Tan Ruï 7”86 Herentals 14/11/15

2. Berckvens Viktor 8”54 Herentals 14/11/15

3. Buijs Lennert 8”94 Herentals 14/11/15

**60 meter El** 1. Tan Ruï 9”06 Hoboken 27/12/15

2. Thompson David 9”50 Hoboken 27/12/15

3. Berckvens Viktor 10”16 Gent 14/02/16

**1000 meter El** 1. Tan Ruï 3’25”51 Gent 05/03/16

**Ver**  1. Thompson David 3m59 Hoboken 27/12/15

2. Berckvens Viktor 2m75 Gent 02/01/16

**Hoog** 1. Thompson David 1m21 Herentals 27/02/16

2. Berckvens Viktor 1m21 Herentals 27/02/16

3. Tan Ruï 1m21 Herentals 27/02/16

4. Van Gestel Cis 1m10 Herentals 27/02/16

5. Buijs Lennert 0m95 Herentals 27/02/16

**Kogel 2kg** 1. Berckvens Viktor 7m39 Herentals 27/02/16

2. Thompson David 6m88 Herentals 27/02/16

3. Tan Ruï 6m53 Herentals 27/02/16

4. Buijs Lennert 4m54 Herentals 27/02/16

**3-Kamp** 1. Tan Ruï 1237p Herentals 14/11/15

2. Berckvens Viktor 1036p Herentals 14/11/15

3. Buijs Lennert 631p Herentals 14/11/15

# indoor heren pupillen

## 10 Beste Prestaties pupillen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Leys Jules | 10”30 | ‘13 |  | 1 | Van Gool Milan | 12”72 | ‘13 |  |
|  | 2 | Tan Ruï | 10”41 | ‘16 |  | 2 | Berckvens Viktor | 13”90 | ‘16 |  |
|  | 3 | Thompson David | 10”69 | ‘16 |  | 3 | Borstlap Dries | 14”52 | ‘09 |  |
|  | 4 | Van Gool Milan | 10”79 | ‘13 |  |  |  |  |  |  |
|  | 5 | Leys Lode | 11”16 | ‘11 |  |  |  |  |  |  |
|  | 6 | Berckvens Viktor | 11”27 | ‘16 |  |  |  |  |  |  |
|  | 7 | Luypaerts Jelle | 11”36 | ‘11 |  |  |  |  |  |  |
|  | 8 | Van Gestel Cis | 11”47 | ‘16 |  |  |  |  |  |  |
|  | 9 | Janssens Quinten | 11”52 | ‘11 |  |  |  |  |  |  |
|  | 10 | Malfet Yorben | 11”71 | ‘11 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Tan Ruï | 7”86 | ‘15 |  | 1 | Tan Ruï | 9”06 | ‘15 |  |
|  | 2 | Vosters Wout | 7”94 | ‘11 |  | 2 | Vosters Wout | 9”26 | ‘11 |  |
|  | 3 | Janssen Pieter | 8”36 | ‘10 |  | 3 | Thompson David | 9”50 | ‘15 |  |
|  | 4 | Leys Lode | 8”38 | ‘10 |  | 4 | Van Gool Milan | 9”72 | ‘13 |  |
|  | 5 | Berckvens Viktor | 8”54 | ‘15 |  | 5 | Janssen Pieter | 10”11 | ‘10 |  |
|  | 6 | Matthé Flor | 8”59 | ‘09 |  | 6 | Berckvens Viktor | 10”16 | ‘16 |  |
|  | 7 | Lauwers Senne | 8”65 | ‘11 |  | 7 | Deckers Milan | 10”28 | ‘14 |  |
|  | 8 | Baeten Senne | 8”66 | ‘14 |  | 8 | Janssen Toon | 10”46 | ‘10 |  |
|  | 9 | Leys Jules | 8”67 | ‘12 |  | 9 | Borstlap Dries | 10”47 | ‘09 |  |
|  | 10 | Van Gool Milan | 8”69 | ‘12 |  | 10 | De Smedt Rens | 10”95 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  |  | | | |  |
|  | 1 | Tan Ruï | 3’25”51 | ‘16 |  |  |  |  |  |  |
|  | 2 | Vosters Wout | 3’29”82 | ‘12 |  |  |  |  |  |  |
|  | 3 | Van Gool Milan | 3’35”03 | ‘13 |  |  |  |  |  |  |
|  | 4 | De Smedt Rens | 3’58”84 | ‘13 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Vosters Wout | 3m68 | ‘11 |  | 1 | Thompson David | 1m21 | ‘16 |  |
|  | 2 | Thompson David | 3m59 | ‘15 |  | 2 | Berckvens Viktor | 1m21 | ‘16 |  |
|  | 3 | Janssen Pieter | 3m51 | ‘10 |  | 3 | Tan Ruï | 1m21 | ‘16 |  |
|  | 4 | Leys Jules | 3m47 | ‘12 |  | 4 | Leys Lode | 1m16 | ‘10 |  |
|  | 5 | Leys Lode | 3m44 | ‘10 |  | 5 | Geudens Bram | 1m16 | ‘12 |  |
|  | 6 | Matthé Flor | 3m27 | ‘09 |  | 6 | Mols Senne | 1m10 | ‘11 |  |
|  | 7 | Lauwers Senne | 3m18 | ‘11 |  | 7 | Vanmechelen Bram | 1m10 | ‘13 |  |
|  | 8 | Geudens Bram | 3m15 | ‘11 |  | 8 | Van Gestel Cis | 1m10 | ‘16 |  |
|  | 9 | Baeten Senne | 3m09 | ‘14 |  | 9 | Deckers Milan | 1m07 | ‘13 |  |
|  | 10 | Van Gool Milan | 3m07 | ‘12 |  | 10 | De Smedt Rens | 1m06 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 2kg** | | | |  | **3-Kamp** | | | |  |
|  | 1 | Vosters Wout | 8m29 | ‘11 |  | 1 | Vosters Wout | 1329p | ‘11 |  |
|  | 2 | Abou Al Kassim Moh. | 7m43 | ‘10 |  | 2 | Tan Ruï | 1237p | ‘15 |  |
|  | 3 | Berckvens Viktor | 7m39 | ‘16 |  | 3 | Berckvens Viktor | 1036p | ‘15 |  |
|  | 4 | De Smedt Rens | 6m96 | ‘13 |  | 4 | Leys Lode | 1032p | ‘10 |  |
|  | 5 | Thompson David | 6m88 | ‘16 |  | 5 | Janssen Pieter | 1025p | ‘10 |  |
|  | 6 | Vanmechelen Bram | 6m79 | ‘13 |  | 6 | Leys Jules | 916p | ‘12 |  |
|  | 7 | Borstlap Dries | 6m62 | ‘09 |  | 7 | Matthé Flor | 901p | ‘09 |  |
|  | 8 | Tan Ruï | 6m53 | ‘16 |  | 8 | Van Gool Milan | 857p | ‘12 |  |
|  | 9 | Janssens Quinten | 6m52 | ‘11 |  | 9 | Geudens Bram | 849p | ‘11 |  |
|  | 10 | Leys Jules | 6m52 | ‘13 |  | 10 | Janssen Pieter | 835p | ‘09 |  |

# 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** Tan Ruï 7”86 Herentals 14/11/15

**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** Tan Ruï 9”06 Hoboken 27/12/15

**Avos** Van Hove Guy 8”7 Hoboken 08/11/92

**Tuac** De Keyser Rudi 9”5 Hoboken 02/02/86

**1000 meter** **Atac** Tan Ruï 3’25”51 Gent 05/03/16

**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** Thompson David 1m21 Herentals 27/02/16

Berckvens Viktor 1m21 ev Herentals 27/02/16

Tan Ruï 1m21 ev Herentals 27/02/16

**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. Thompson Holy-i 10”14 Herentals 27/02/16

2. Deckers Milan 10”79 Herentals 27/02/16

3. Buijs Arne 11”18 Herentals 27/02/16

**50 meter El** 1. Broeckx Mattice 8”14 Herentals 14/11/15

2. Jacobs Joppe 8”30 Herentals 14/11/15

3. Geysen Rune 8”32 Herentals 14/11/15

4. Buijs Arne 8”39 Herentals 14/11/15

5. Baeten Senne 8”51 Herentals 14/11/15

6. Jochems Quinten 8”57 Herentals 14/11/15

7. Jochems Bastiaan 9”14 Herentals 14/11/15

# indoor heren MINIEMEN

**60 meter El** 1. Thompson Holy-i 9”16 Hoboken 27/12/15

2. Broeckx Mattice 9”35 Gent 05/03/16

3. Jacobs Joppe 9”61 Hoboken 21/02/16

**150 meter El** 1. Broeckx Mattice 23”54 Gent 05/03/16

**Ver** 1. Deckers Milan 3m91 Herentals 27/02/16

2. Thompson Holy-i 3m75 Herentals 27/02/16

3. Jacobs Joppe 3m72 Herentals 14/11/15

4. Buijs Arne 3m54 Herentals 27/02/16

5. Broeckx Mattice 3m44 Gent 05/03/16

6. Geysen Rune 3m43 Herentals 27/02/16

7. Baeten Senne 3m10 Herentals 14/11/15

8. Jochems Quinten 2m77 Herentals 14/11/15

9. Jochems Bastiaan 2m53 Herentals 14/11/15

**Hoog** 1. Thompson Holy-i 1m34 Herentals 27/02/16

2. Baeten Senne 1m15 Herentals 14/11/15

3. Deckers Milan 1m15 Herentals 27/02/16

4. Buijs Arne 1m10 Herentals 14/11/15

5. Broeckx Mattice 1m10 Herentals 14/11/15

6. Jochems Bastiaan 1m05 Herentals 14/11/15

7. Jochems Quinten 1m05 Herentals 14/11/15

8. Jacobs Joppe 1m05 Herentals 14/11/15

9. Geysen Rune 1m05 Herentals 27/02/16

**Kogel 3kg** 1. Geysen Rune 6m21 Herentals 27/02/16

2. Thompson Holy-i 5m90 Herentals 27/02/16

3. Broeckx Mattice 5m78 Herentals 14/11/15

4. Baeten Senne 5m62 Herentals 14/11/15

5. Deckers Milan 5m60 Herentals 27/02/16

6. Jacobs Joppe 5m22 Herentals 14/11/15

7. Buijs Arne 4m45 Herentals 14/11/15

8. Jochems Bastiaan 3m81 Herentals 14/11/15

9. Jochems Quinten 3m58 Herentals 14/11/15

**4-Kamp** 1. Broeckx Mattice 1316p Herentals 14/11/15

2. Jacobs Joppe 1268p Herentals 14/11/15

3. Baeten Senne 1198p Herentals 14/11/15

4. Geysen Rune 1149p Herentals 14/11/15

5. Buijs Arne 1086p Herentals 14/11/15

6. Jochems Quinten 904p Herentals 14/11/15

7. Jochems Bastiaan 747p Herentals 14/11/15

# indoor heren MINIEMEN

## 10 Beste Prestaties miniemen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Leys Lode | 8”95 | ‘13 |  | 1 | Daniëls Bart | 12”73 | ‘13 |  |
|  | 2 | Dom Stijn | 9”55 | ‘12 |  |  |  |  |  |  |
|  | 3 | Leys Jules | 9”83 | ‘15 |  |  |  |  |  |  |
|  | 4 | Thompson Holy-i | 10”14 | ‘16 |  |  |  |  |  |  |
|  | 5 | Servotte Seppe | 10”20 | ‘09 |  |  |  |  |  |  |
|  | 6 | Falleyn Jore | 10”56 | ‘14 |  |  |  |  |  |  |
|  | 7 | Daniëls Bart | 10”58 | ‘13 |  |  |  |  |  |  |
|  | 8 | Janssen Kobe | 10”79 | ‘15 |  |  |  |  |  |  |
|  | 9 | Deckers Milan | 10”79 | ‘16 |  |  |  |  |  |  |
|  | 10 | Borstlap Dries | 10”90 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Leys Jules | 7”59 | ‘14 |  | 1 | Leys Jules | 8”58 | ‘15 |  |
|  | 2 | Vosters Wout | 7”60 | ‘13 |  | 2 | Vosters Wout | 8”83 | ‘14 |  |
|  | 3 | Dom Stijn | 7”68 | ‘11 |  | 3 | Janssen Kobe | 8”89 | ‘15 |  |
|  | 4 | Leys Lode | 7”70 | ‘12 |  | 4 | Thompson Holy-i | 9”16 | ‘15 |  |
|  | 5 | Janssen Kobe | 7”86 | ‘14 |  | 5 | Daniëls Bart | 9”24 | ‘13 |  |
|  | 6 | Van Gael Bart | 8”11 | ‘08 |  | 6 | Broeckx Mattice | 9”35 | ‘16 |  |
|  | 7 | Broeckx Mattice | 8”14 | ‘15 |  | 7 | Vanmechelen Bram | 9”47 | ‘15 |  |
|  | 8 | Janssen Tuur | 8”23 | ‘08 |  | 8 | Jacobs Joppe | 9”61 | ‘16 |  |
|  | 9 | Jacobs Joppe | 8”30 | ‘15 |  | 9 | Geudens Bram | 9”95 | ‘13 |  |
|  | 10 | Geysen Rune | 8”32 | ‘15 |  | 10 | De Smedt Rens | 10”25 | ‘15 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **150 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Leys Jules | 21”12 | ‘15 |  | 1 | Mols Senne | 3’17”67 | ‘13 |  |
|  | 2 | Janssen Kobe | 22”00 | ‘15 |  | 2 | Vosters Wout | 3’26”94 | ‘13 |  |
|  | 3 | Broeckx Mattice | 23”54 | ‘16 |  | 3 | Geudens Bram | 3’47”63 | ‘13 |  |
|  | 4 | Vanmechelen Bram | 23”59 | ‘15 |  |  |  |  |  |  |
|  | 5 | Geudens Bram | 24”61 | ‘13 |  |  |  |  |  |  |
|  | 6 | De Smedt Rens | 24”84 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Leys Jules | 4m51 | ‘15 |  | 1 | Dom Stijn | 1m40 | ‘12 |  |
|  | 2 | Janssen Kobe | 4m41 | ‘15 |  | 2 | Falleyn Jore | 1m40 | ‘13 |  |
|  | 3 | Leys Lode | 4m24 | ‘13 |  | 3 | Leys Jules | 1m40 | ‘15 |  |
|  | 4 | Dom Stijn | 4m19 | ‘12 |  | 4 | Geudens Bram | 1m37 | ‘14 |  |
|  | 5 | Vosters Wout | 4m16 | ‘14 |  | 5 | Thompson Holy-i | 1m34 | ‘16 |  |
|  | 6 | Servotte Seppe | 4m05 | ‘09 |  | 6 | Servotte Seppe | 1m30 | ‘09 |  |
|  | 7 | Deckers Milan | 3m91 | ‘16 |  | 7 | Daniëls Bart | 1m30 | ‘12 |  |
|  | 8 | Falleyn Jore | 3m87 | ‘14 |  | 8 | Leys Lode | 1m30 | ‘13 |  |
|  | 9 | Janssens Quinten | 3m78 | ‘13 |  | 9 | Borstlap Dries | 1m28 | ‘12 |  |
|  | 10 | Van Gael Bart | 3m77 | ‘08 |  | 10 | Vanmechelen Bram | 1m28 | ‘14 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Polsstok | | | |  |  | | | |  |
|  | 1 | De Smedt Rens | 1m93 | ‘15 |  |  |  |  |  |  |
|  | 2 | Janssen Kobe | 1m77 | ‘15 |  |  |  |  |  |  |

# indoor heren MINIEMEN

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 3kg** | | | |  | **4-Kamp** | | | |  |
|  | 1 | Dom Stijn | 9m41 | ‘12 |  | 1 | Dom Stijn | 2037p | ‘11 |  |
|  | 2 | Vosters Wout | 9m38 | ‘14 |  | 2 | Leys Jules | 2032p | ‘15 |  |
|  | 3 | Vanmechelen Bram | 9m02 | ‘15 |  | 3 | Vosters Wout | 1876p | ‘13 |  |
|  | 4 | Leys Jules | 8m19 | ‘15 |  | 4 | Leys Lode | 1770p | ‘12 |  |
|  | 5 | De Smedt Rens | 7m91 | ‘15 |  | 5 | Janssen Kobe | 1666p | ‘14 |  |
|  | 6 | Leys Lode | 7m51 | ‘13 |  | 6 | Falleyn Jore | 1636p | ‘13 |  |
|  | 7 | Janssen Kobe | 7m43 | ‘15 |  | 7 | Van Gael Bart | 1500p | ‘08 |  |
|  | 8 | Servotte Seppe | 7m07 | ‘09 |  | 8 | Vanmechelen Bram | 1479p | ‘14 |  |
|  | 9 | Falleyn Jore | 6m95 | ‘13 |  | 9 | Daniëls Bart | 1451p | ‘12 |  |
|  | 10 | Janssens Quinten | 6m88 | ‘13 |  | 10 | Janssen Tuur | 1405p | ‘08 |  |

## 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** Leys Jules 7”59 Herentals 15/11/14

**Avos** Van Hove Guy 7”39 Herentals 04/03/95

**Tuac** Van den Eynden Kurt 7”43 Herentals 21/03/98

**60 meter**  **Atac** Leys Jules 8”58 Gent 14/02/15

**Avos** Van Hove Guy 8”54 Hoboken 26/02/95

**Tuac** Meulders Tom 8”7 Hoboken 30/11/85

**150 meter Atac** Leys Jules 21”12 Gent 14/02/15

**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 Jules 4m51 Herentals 07/03/15

**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

Leys Jules 1m40 ev Herentals 07/03/15 **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 1m93 Tienen 21/02/15

**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

# indoor heren MINIEMEN

**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 H El** 1. Leys Jules 10”35 Gent 10/01/16

2. Janssen Kobe 10”76 Gent 24/01/16

**60 meter El** 1. Broeckx Xander 7”71 Gent 26/12/15

2. Daniëls Bart 8”00 Gent 14/02/16

3. Janssen Kobe 8”08 Gent 14/02/16

4. Leys Jules 8”22 Gent 14/02/16

5. Vanmechelen Bram 8”58 Gent 14/02/16

6. De Smedt Rens 9”61 Heusden 23/01/16

**200 meter El** 1. Broeckx Xander 25”91 Gent 28/02/16

2. Leys Jules 26”54 Gent 10/01/16

3. Daniëls Bart 26”75 Gent 26/12/15

4. Janssen Kobe 27”46 Gent 26/12/15

5. De Smedt Rens 30”76 Gent 26/12/15

**300 meter El** 1. Leys Lode 40”93 Gent 14/02/15

2. Daniëls Bart 44”86 Gent 14/02/15

3. Falleyn Jore 45”51 Gent 14/02/15

4. Geudens Bram 53”14 Gent 14/02/15

**400 meter El** 1. Leys Lode 56”90 Gent 08/03/15

**Ver** 1. Janssen Kobe 4m94 Gent 10/01/16

2. Leys Jules 4m81 Gent 26/12/15

**Hoog** 1. Daniëls Bart 1m76 Heusden 23/01/16

2. Falleyn Jore 1m53 Gent 10/01/16

3. Leys Jules 1m46 Mol 19/12/15

4. De Smedt Rens 1m30 Heusden 23/01/16

**Polsstok** 1. Falleyn Jore 2m65 Gent 10/01/16

2. De Smedt Rens 2m40 Gent 10/01/16

3. Janssen Kobe 2m15 Mol 19/12/15

4. Leys Jules 1m70 Mol 19/12/15

**Kogel 4kg** 1. Vanmechelen Bram 8m77 Gent 26/12/15

2. De Smedt Rens 8m63 Gent 26/12/15

3. Leys Jules 7m55 Mol 19/12/15

4. Janssen Kobe 7m53 Mol 19/12/15

# indoor heren cadetten

**Aflossing 4 x 200 meter El**

1. Janssen Kobe – Leys Jules – Vanmechelen Bram – Daniëls Bart

1’47”72 Gent 14/02/16

## 10 Beste Prestaties cadetten

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 60 meter Horden El | | | |  | **40 meter El** | | | |  |
|  | 1 | Janssen Robbe | 8”89 | ‘12 |  | 1 | Dom Stijn | 5”88 | ‘12 |  |
|  | 2 | Leys Jules | 10”35 | ‘16 |  |  |  |  |  |  |
|  | 3 | Janssen Kobe | 10”76 | ‘16 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Druyts Tobias | 7”69 | ‘09 |  | 1 | Druyts Tobias | 24”80 | ‘09 |  |
|  | 2 | Broeckx Xander | 7”71 | ‘15 |  | 2 | Broeckx Xander | 25”91 | ‘16 |  |
|  | 3 | Leys Lode | 7”97 | ‘15 |  | 3 | Keuppens Jan | 26”29 | ‘09 |  |
|  | 4 | Daniëls Bart | 8”00 | ‘16 |  | 4 | Leys Jules | 26”54 | ‘16 |  |
|  | 5 | Keuppens Jan | 8”08 | ‘09 |  | 5 | Daniëls Bart | 26”75 | ‘15 |  |
|  | 6 | Janssen Kobe | 8”08 | ‘16 |  | 6 | Desmedt Pieter | 26”89 | ‘09 |  |
|  | 7 | Leys Jules | 8”22 | ‘16 |  | 7 | Janssen Kobe | 27”46 | ‘15 |  |
|  | 8 | Desmedt Pieter | 8”41 | ‘09 |  | 8 | De Rammelaere Anton | 28”77 | ‘08 |  |
|  | 9 | Servotte Bram | 8”46 | ‘09 |  | 9 | Bax Thomas | 29”09 | ‘08 |  |
|  | 10 | Vanmechelen Bram | 8”58 | ‘16 |  | 10 | De Smedt Rens | 30”76 | ‘15 |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 300 meter El | | | |  | **400 meter El** | | | |
|  | 1 | Leys Lode | 40”93 | ‘15 |  | 1 | Leys Lode | 56”90 | ‘15 |
|  | 2 | Daniëls Bart | 44”86 | ‘15 |  |  |  |  |  |
|  | 3 | Falleyn Jore | 45”51 | ‘15 |  |  |  |  |  |
|  | 4 | Geudens Bram | 53”14 | ‘15 |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Vercauteren Sander | 2’06”78 | ‘13 |  | 1 | Vercauteren Sander | 2’51”65 | ‘12 |  |
|  | 2 | Bax Thomas | 2’35”66 | ‘08 |  | 2 | Janssen Robbe | 3’02”65 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  | **Hoog** | | | |  |
|  | 1 | Janssen Robbe | 5m99 | ‘12 |  | 1 | Daniëls Bart | 1m76 | ‘16 |  |
|  | 2 | Janssen Kobe | 4m94 | ‘16 |  | 2 | Dom Stijn | 1m69 | ‘14 |  |
|  | 3 | Leys Jules | 4m81 | ‘15 |  | 3 | Janssen Robbe | 1m65 | ‘12 |  |
|  | 4 | Daniëls Bart | 4m43 | ‘14 |  | 4 | Leys Lode | 1m60 | ‘15 |  |
|  | 5 | Janssens Quinten | 4m34 | ‘14 |  | 5 | Falleyn Jore | 1m53 | ‘16 |  |
|  | 6 | Falleyn Jore | 4m27 | ‘15 |  | 6 | Leys Jules | 1m46 | ‘15 |  |
|  | 7 | Geudens Bram | 4m17 | ‘15 |  | 7 | Servotte Bram | 1m45 | ‘09 |  |
|  |  |  |  |  |  | 8 | Geudens Bram | 1m35 | ‘15 |  |
|  |  |  |  |  |  | 9 | De Smedt Rens | 1m30 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Polsstok | | | |  | Kogel 4kg | | | |  |
|  | 1 | Falleyn Jore | 2m65 | ‘16 |  | 1 | Janssen Robbe | 13m10 | ‘12 |  |
|  | 2 | Janssen Robbe | 2m60 | ‘12 |  | 2 | Dom Stijn | 9m17 | ‘13 |  |
|  | 3 | De Smedt Rens | 2m40 | ‘16 |  | 3 | Vanmechelen Bram | 8m77 | ‘15 |  |
|  | 4 | Janssen Kobe | 2m15 | ‘15 |  | 4 | De Smedt Rens | 8m63 | ‘15 |  |
|  | 5 | Daniëls Bart | 2m07 | ‘15 |  | 5 | Servotte Bram | 8m56 | ‘09 |  |
|  | 6 | Leys Jules | 1m70 | ‘15 |  | 6 | Leys Lode | 8m16 | ‘15 |  |
|  |  |  |  |  |  | 7 | Leys Jules | 7m55 | ‘15 |  |
|  |  |  |  |  |  | 8 | Janssen Kobe | 7m53 | ‘15 |  |
|  |  |  |  |  |  | 9 | Daniëls Bart | 7m49 | ‘15 |  |
|  |  |  |  |  |  | 10 | Falleyn Jore | 6m01 | ‘15 |  |

# indoor heren cadetten

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 3kg | | | |  | **6-Kamp** | | | |  |
|  | 1 | Dom Stijn | 9m19 | ‘12 |  | 1 | Janssen Robbe | 3164p | ‘12 |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 200 meter El** | | | |
| 1 | Janssen Kobe – Leys Jules – Vanmechelen Bram – Daniëls Bart | 1’47”72 | ‘16 |

## 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**  **Atac** Leys Lode 40”93 Gent 14/02/15

**Avos** Rutten Thomas 45”2 Gent 26/12/05

**400 meter**  **Atac** Leys Lode 56”90 Gent 08/03/15

**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** Daniëls Bart 1m76 Heusden 23/01/16

**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** Falleyn Jore 2m65 Gent 10/01/16

**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

# indoor heren cadetten

**6-Kamp Atac** Janssen Robbe 3164p Gent 05/02/12

**Avos** Aerts Bram 2569p Gent 03/02/02

**Afl 4 x 200 m Atac** Janssen Kobe – Leys Jules – Vanmechelen Bram – Daniëls Bart

1’47”72 Gent 14/02/16

# indoor heren Scholieren

## jaarprestaties scholieren

**60 meter H El** 1. Dom Stijn 9”00 Gent 10/01/16

2. Leys Lode 10”90 Gent 26/12/15

**200 meter El** 1. Leys Lode 25”07 Gent 26/12/15

2. Sterkens Milan 27”07 Gent 10/01/16

**400 meter El** 1. Sterkens Milan 61”13 Gent 10/01/16

**Ver** 1. Dom Stijn 5m93 Gent 10/01/16

**Hoog** 1. Dom Stijn 1m71 Mol 19/12/15

2. Leys Lode 1m51 Mol 19/12/15

**Polsstok** 1. Leys Lode 2m50 Mol 19/12/15

**Kogel 5kg** 1. Dom Stijn 11m70 Mol 19/12/15

2. Leys Lode 8m31 Mol 19/12/15

## 10 beste prestaties scholieren

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter Horden El (0,91m)** | | | |  | **60 meter El** | | | |  |
|  | 1 | Janssen Robbe | 8”46 | ‘14 |  | 1 | Roefs Steyn | 7”38 | ‘14 |  |
|  | 2 | Dom Stijn | 9”00 | ‘16 |  | 2 | Druyts Tobias | 7”67 | ‘09 |  |
|  | 3 | Hooyberghs Jens | 9”06 | ‘10 |  | 3 | Hooyberghs Jens | 7”80 | ‘10 |  |
|  | 4 | Ameye Dries | 9”70 | ‘09 |  | 4 | Janssen Robbe | 7”90 | ‘14 |  |
|  | 5 | Bax Thomas | 9”77 | ‘12 |  | 5 | Pelckmans Jens | 8”13 | ‘09 |  |
|  | 6 | Leys Lode | 10”90 | ‘15 |  | 6 | De Rammelaere Anton | 8”54 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Leys Lode | 25”07 | ‘15 |  | 3 | Sterkens Milan | 61”13 | ‘16 |  |
|  | 4 | Druyts Tobias | 25”22 | ‘11 |  | 4 | Pelckmans Jens | 61”91 | ‘10 |  |
|  | 5 | Hooyberghs Jens | 25”29 | ‘09 |  |  |  |  |  |  |
|  | 6 | Sterkens Milan | 27”07 | ‘16 |  |  |  |  |  |  |
|  | 7 | De Rammelaere Anton | 27”49 | ‘10 |  |  |  |  |  |  |
|  | 8 | Pelckmans Jens | 27”68 | ‘09 |  |  |  |  |  |  |

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  |  | | | |  |
|  | 1 | Janssen Robbe | 6m13 | ‘14 |  |  |  |  |  |  |
|  | 2 | Dom Stijn | 5m93 | ‘16 |  |  |  |  |  |  |
|  | 3 | Hooyberghs Jens | 5m87 | ‘10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Hoog | | | |  | Polsstok | | | |  |
|  | 1 | Verbaarschot Nick | 1m88 | ‘13 |  | 1 | Hooyberghs Jens | 3m70 | ‘10 |  |
|  | 2 | Hooyberghs Jens | 1m76 | ‘10 |  | 2 | Verbaarschot Nick | 3m20 | ‘13 |  |
|  | 3 | Dom Stijn | 1m71 | ‘15 |  | 3 | Janssen Robbe | 3m20 | ‘14 |  |
|  | 4 | Janssen Robbe | 1m69 | ‘14 |  | 4 | Leys Lode | 2m50 | ‘15 |  |
|  | 5 | Leys Lode | 1m51 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 5kg | | | |  | **7-Kamp** | | | |  |
|  | 1 | Janssen Robbe | 14m48 | ‘14 |  | 1 | Hooyberghs Jens | 4427p | ‘10 |  |
|  | 2 | Hooyberghs Jens | 13m50 | ‘10 |  | 2 | Janssen Robbe | 4307p | ‘14 |  |
|  | 3 | Dom Stijn | 11m70 | ‘15 |  |  |  |  |  |  |
|  | 4 | Leys Lode | 8m31 | ‘15 |  |  |  |  |  |  |

## 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

# indoor heren Scholieren

**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 El** 1. Roefs Steyn 7”35 Gent 10/01/16

**200 meter El** 1. Roefs Steyn 24”24 Gent 26/12/15

## 10 Beste Prestaties juniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El (1m00)** | | | |  | **60 meter Horden El (1m00)** | | | |  |
|  | 1 | Verbaarschot Nick | 7”29 | ‘14 |  | 1 | Janssen Robbe | 8”69 | ‘15 |  |
|  | 2 | Janssen Robbe | 7”43 | ‘14 |  | 2 | Verbaarschot Nick | 8”85 | ‘15 |  |
|  | 3 | Rutten Thomas | 8”44 | ‘09 |  | 3 | Rutten Thomas | 9”45 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter Horden El (1m067)** | | | |  |  | | | |  |
|  | 1 | Janssen Robbe | 8”68 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Roefs Steyn | 7”30 | ‘15 |  | 1 | Oematie Saverio | 24”05 | ‘12 |  |
|  | 2 | Oematie Saverio | 7”55 | ‘12 |  | 2 | Roefs Steyn | 24”24 | ‘15 |  |
|  | 3 | Verbaarschot Nick | 7”56 | ‘13 |  | 3 | Ameye Dries | 24”65 | ‘10 |  |
|  | 4 | Druyts Tobias | 7”66 | ‘12 |  | 4 | Druyts Tobias | 24”75 | ‘12 |  |
|  | 5 | Dubois Wesley | 7”78 | ‘09 |  | 5 | Dubois Wesley | 25”54 | ‘09 |  |
|  | 6 | Rutten Thomas | 7”82 | ‘08 |  | 6 | Pelckmans Jens | 27”75 | ‘11 |  |
|  | 7 | De Rammelaere Anton | 7”89 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Verbaarschot Nick | 1m85 | ‘14 |  | 1 | Verbaarschot Nick | 3m73 | ‘14 |  |
|  | 2 | Rutten Thomas | 1m80 | ‘09 |  | 2 | Rutten Thomas | 2m97 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 6kg** | | | |  | **Ver** | | | |  |
|  | 1 | Janssen Robbe | 12m99 | ‘15 |  | 1 | Rutten Thomas | 6m44 | ‘09 |  |
|  | 2 | Rutten Thomas | 10m38 | ‘09 |  | 2 | Verbaarschot Nick | 5m83 | ‘13 |  |
|  | 3 | Verbaarschot Nick | 10m24 | ‘14 |  | 3 | Ameye Dries | 5m52 | ‘10 |  |
|  |  |  |  |  |  | 4 | Pelckmans Jens | 5m36 | ‘11 |  |

## Clubrecords juniores

**50 m H (1m00) Atac** Verbaarschot Nick 7”29 Heverlee 09/12/14

**50 m H (1m067) Tuac** Vanmechelen Erik 7”9 Leuven 17/02/83

**60 m H (1m00) Atac** Janssen Robbe 8”69 Gent 07/03/15

**Avos** Fabri Tom 9”07 Glasgow (GB) 04/03/95

**60 m H (1m06) Atac** Janssen Robbe 8”68 Gent 25/01/15

**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** Roefs Steyn 7”30 Gent 03/01/15

**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 1m85 Heverlee 09/12/14 **Avos** Sanen Pieter 1m81 Gent 09/03/03

**Tuac** Lambregts Koen 1m90 Hoboken 23/02/91

**Polsstok** **Atac** Verbaarschot Nick 3m73 Tienen 06/12/14

**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** Janssen Robbe 12m99 Gent 03/01/15 **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

**60 meter H El** 1. Aerts Bram 9”62 Gent 31/01/16

**Ver** 1. Aerts Bram 5m89 Gent 10/01/16

**Hoog** 1. Aerts Bram 1m56 Mol 19/12/15

**Polsstok** 1. Aerts Bram 2m96 Mol 19/12/15

**Kogel 7,250kg** 1. Aerts Bram 9m39 Mol 19/12/15

## 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

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter El** | | | |  |  | | | |  |
|  | 1 | Michielsen Tom | 56”03 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Michielsen Tom | 2’08”61 | ‘12 |  | 1 | Aerts Bram | 2’55”77 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1500 meter El** | | | |  | **1 mijl El** | | | |  |
|  | 1 | Michielsen Tom | 4’25”92 | ‘13 |  | 1 | Michielsen Tom | 5’00”06 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **3000 meter El** | | | |  | **5000 meter El** | | | |  |
|  | 1 | Michielsen Tom | 10’20”97 | ‘12 |  | 1 | Michielsen Tom | 18’34”50 | ‘12 |  |

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | Polsstok | | | |  |
|  | 1 | Michielsen Tom | 1m85 | ‘12 |  | 1 | Aerts Bram | 3m42 | ‘10 |  |
|  | 2 | Aerts Bram | 1m70 | ‘11 |  | 2 | Michielsen Tom | 2m55 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 7,250kg** | | | |  | **Gewicht 7,250kg** | | | |  |
|  | 1 | Aerts Bram | 11m20 | ‘10 |  | 1 | Michielsen Tom | 7m81 | ‘12 |  |
|  | 2 | Michielsen Tom | 8m55 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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”87 Gent 07/02/16

**60 meter El** 1. De Smedt Serge 7”78 Gent 10/01/16

**1000 meter El** 1. De Smedt Serge 2’52”95 Gent 07/02/16

**Ver** 1. De Smedt Serge 6m00 Gent 07/02/16

**Hoog** 1. De Smedt Serge 1m52 Gent 07/02/16

**Polsstok** 1. De Smedt Serge 3m70 Gent 12/03/16

**Kogel 7,250kg** 1. De Smedt Serge 10m65 Mol 19/12/15

**5-Kamp** 1. De Smedt Serge 3460p Gent 07/02/16

## 10 BESTE PRESTATIES Masters-m40

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 m Horden (1m) El** | | | |  | **60 meter El** | | | |  |
|  | 1 | De Smedt Serge | 8”87 | ‘16 |  | 1 | De Smedt Serge | 7”78 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **300 meter El** | | | |  |
|  | 1 | De Smedt Serge | 25”49 | ‘15 |  | 1 | De Smedt Serge | 40”39 | ‘15 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | **Ver** | | | |  |
|  | 1 | De Smedt Serge | 2’52”95 | ‘16 |  | 1 | De Smedt Serge | 6m00 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Bras Bart | 1m65 | ‘13 |  | 1 | De Smedt Serge | 3m70 | ‘16 |  |
|  | 2 | De Smedt Serge | 1m55 | ‘15 |  |  |  |  |  |  |

# indoor heren masters-M40

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 7,250kg** | | | |  | **5-Kamp** | | | |  |
|  | 1 | Bras Bart | 11m49 | ‘13 |  | 1 | De Smedt Serge | 3460p | ‘16 |  |
|  | 2 | De Smedt Serge | 10m92 | ‘14 |  |  |  |  |  |  |

## Clubrecords masters-m40

**60 meter Horden** **Atac** De Smedt Serge 8”87 Gent 07/02/16

**60 meter**  **Atac** De Smedt Serge 7”78 Gent 10/01/16

**Avos** Toelen Jan 8”59 Hoboken 12/11/06

**200 meter**  **Atac** De Smedt Serge 25”49 Gent 03/01/15

**Avos** Toelen Jan 28”99 Gent 30/12/06

**300 meter**  **Atac** De Smedt Serge 40”39 Gent 14/02/15

**1000 meter**  **Atac** De Smedt Serge 2’52”95 Gent 07/02/16

**3000 meter**  **Tuac** Spaepen Staf 8’53”6 Dortmund (D) 24/01/82

**Ver** **Atac** De Smedt Serge 6m00 Gent 07/02/16

**Hoog**  **Atac** Bras Bart 1m65 Gent 09/03/13

**Polsstok** **Atac** De Smedt Serge 3m70 Gent 12/03/16

**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

**5-Kamp**  **Atac** De Smedt Serge 3460p Gent 07/02/16

# 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

## 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 |  |

# indoor heren masters-M50

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

## gent 26/10/15

PUPILLEN Vervloet Storm 11/90\*

Berckvens Viktor 11/90\*

Tan Ruï 11/90\*

JUNIORES Blevi Bavo 13/38

Vandenbulcke Frederik 13/38

Vercauteren Sander 13/38

## Mol 01/11/15

JUNIORES Vercauteren Sander 19/38

Vandenbulcke Frederik 30/38

SENIORES Van Waeyenberghe Yelle 32/45

MASTERS Kerstens Michel 18/60

## DUFFEL 15/11/15

BENJAMINS ’08 Wojtowicz Matt 16/28

PUPILLEN ’06 **Vervloet Storm 1/34**

Buijs Lennert 29/34

PUPILLEN ‘05 Tan Ruï 2/28

Wojtowicz Natan 10/28

Berckvens Viktor 20/28

MINIEMEN ’04 Buijs Arne 25/33

## deinze 15/11/15

JUNIORES Vercauteren Sander 2/27

Vandenbulcke Frederik 23/27

SENIORES Verhelst Arno 38/52

## neerpelt 15/11/15

MINIEMEN ‘04 Maes Runar 8/26\*

CADETTEN **Appels Pieter-jan 1/38**

SCHOLIEREN De Gruyter Joren 3/22

Verheyen Brent 17/22

JUNIORES Eelen Jordi 6/7

SENIORES Van Waeyenberghe Yelle 4/30

MASTERS Ameye Jo 22/72

## tilburg 21&22/11/15

CADETTEN Appels Pieter-jan 14/41

SCHOLIEREN De Gruyter Joren 18/75

Verheyen Brent 55/75

JUNIORES Vercauteren Sander 8/79

Vandenbulcke Frederik 42/79

SENIORES Van Waeyenberghe Yelle 79/98

MASTERS 45&50 Ameye Jo 15/33

Swannet Kurt 23/33

# VeLDLOPEN HEREn 2

## ARENDONK 29/11/15

BENJAMINS ’08 Wojtowicz Matt 10/15

PUPILLEN ‘06 Vervloet Storm 2/35

Buijs Lennert 25/35

PUPILLEN ‘05 Tan Ruï 3/25

Wojtowicz Natan 10/25

Van Gestel Cis 13/25

MINIEMEN ‘04 Maes Runar 8/36

Buijs Arne 18/36

Jacobs Joppe 22/36

Deckers Milan 24/36

Geysen Rune 32/36

Baeten Senne 34/36

Vertriest Seppe 35/36

MINIEMEN ‘03 Van Bladel Robin 19/26

CADETTEN Falleyn Jore 8/23

Leys Jules 13/23

Janssen Kobe 16/23

De Smedt Rens 21/23

Vanmechelen Bram 23/23

SCHOLIEREN Leys Lode 15/22

JUNIORES Janssen Robbe 8/8

SENIORES Aerts Bram (korte cross) 24/25

MASTERS Kerstens Michel 11/54

De Smedt Serge 38/54

Peeraer Eddy (korte cross) 25/25

## wespelaar 06/12/15

MASTERS +50 Kerstens Michel 3/45

Ameye Jo 10/45

Meeuwsen Roger 23/45

## bree 06/12/15

CADETTEN **Appels Pieter-jan 1/21**

JUNIORES Eelen Jordi 5/5

SENIORES Van Waeyenberghe Yelle 3/24

MASTERS Swannet Kurt 27/57

## booischot 13/12/15

PUPILLEN ‘06 Thompson David 14/39

Buijs Lennert 34/39

PUPILLEN ‘05 Tan Ruï 3/23

Berckvens Viktor 21/23

MINIEMEN ‘04 Jacobs Joppe 25/46

Thompson Holy-i 31/46

Buijs Arne 38/46

Geysen Rune 41/46

Baeten Senne 44/46

# VELDLOPEN HEREn 3

## Stekene 13/12/15

JUNIORES **Vercauteren Sander 1/12**

## gierle 20/12/15

BENJAMINS ’08 Wojtowicz Matt 13/19

Bertels Kerel 17/19

BENJAMINS ’07 Augustyns Flip 19/23

PUPILLEN ‘06 **Vervloet Storm 1/36**

Thompson David 15/36

Van Der Heyden Matthias 18/36

Goos Klaas 27/36

Huet Pieter 29/36

PUPILLEN ‘05 Tan Ruï 3/31

Wojtowicz Natan 16/31

Berckvens Viktor 24/31

MINIEMEN ‘04 Maes Runar 7/38

Bertels Briek 8/38

Thompson Holy-i 22/38

Jacobs Joppe 23/38

Deckers Milan 26/38

Broeckx Mattice 31/38

MINIEMEN ‘03 Van Bladel Robin 18/25

Goos Daan 22/25

CADETTEN **Appels Pieter-jan 1/33**

Falleyn Jore 10/33

Leys Jules 14/33

Janssen Kobe 22/33

Jacobs Jent 32/33

Vanmechelen Bram 33/33

SCHOLIEREN De Gruyter Joren 4/26

Verheyen Brent 18/26

Leys Lode 20/26

JUNIORES De Rop Michiel 5/8

Eelen Jordi 7/8

SENIORES Van Waeyenberghe Yelle 2/30

Sneyders Dieter 24/30

MASTERS Kerstens Michel 12/73

Chody Christian 45/73

Meeuwsen Roger 50/73

Govers Bart 58/73

## grimbergen 03/01/16

SENIORES Sneyders Dieter 20/29

MASTERS -50 Chody Christian 53/63

MASTERS +50 **Kerstens Michel 1/38**

Ameye Jo 15/38

Meeuwsen Roger 33/38

# VELDLOPEN HEREn 4

## hulshout 09/01/16

PUPILLEN ’06 Buijs Lennert 29/36

PUPILLEN ’05 Tan Ruï 3/33

MINIEMEN ’04 Jacobs Joppe 14/27

Buijs Arne 17/27

Geysen Rune 25/27

CADETTEN **Appels Pieter-jan 1/31**

SCHOLIEREN De Gruyter Joren 5/30

Verheyen Brent 19/30

SENIORES Van Waeyenberghe Yelle 4/15

MASTERS +50 Kerstens Michel 3/37

## HERENTALS 17/01/16

BENJAMINS ’08 Wojtowicz Matt 15/32

PUPILLEN ’06 **Vervloet Storm 1/57**

Huet Pieter 24/57

Buijs Lennert 32/57

Goos Klaas 33/57

PUPILLEN ’05 Tan Ruï 4/39

Van Gestel Cis 16/39

Wojtowicz Natan 17/39

MINIEMEN ’04 Bertels Briek 11/58

Maes Runar 15/58

Buijs Arne 29/58

Deckers Milan 30/58

Jacobs Joppe 32/58

Geysen Rune 50/58

MINIEMEN ’03 Goos Daan 33/38

CADETTEN De Smedt Rens 39/39

SENIORES Van Waeyenberghe Yelle 7/43

MASTERS -50 De Smedt Serge 29/44

Govers Bart 33/44

MASTERS +50 Kerstens Michel 2/53

Ameye Jo 11/53

## geel 24/01/16

BENJAMINS ’08 Wojtowicz Matt 12/18

PUPILLEN ‘06 **Vervloet Storm 1/33**

Van Der Heyden Matthias 14/33

Buijs Lennert 22/33

PUPILLEN ‘05 Wojtowicz Natan 5/31

Van Gestel Cis 26/31

MINIEMEN ’04 Maes Runar 8/39

Jacobs Joppe 19/39

Buijs Arne 26/39

MINIEMEN ’03 Goos Daan 19/24

CADETTEN De Smedt Rens 23/24

MASTERS Kerstens Michel 10/59

De Smedt Serge 44/59

Meeuwsen Roger 52/59

# VELDLOPEN HEREn 5

## bornem 24/01/16

JUNIORES Blevi Bavo 8/19

Vandenbulcke Frederik 11/19

## hannuit 24/01/16 cross-cup

CADETTEN Appels Pieter-jan 8/78

SCHOLIEREN De Gruyter Joren 16/57

Verheyen Brent 43/57

JUNIORES Vercauteren Sander 7/31

## lokeren 31/01/16

JUNIORES De Rop Michiel 2/9

## gierle 07/02/16 Prov.Kamp.

BENJAMINS ‘08 Bertels Kerel 17/22

Maes Yari 20/22

PUPILLEN ’06 Vervloet Storm 3/51

Van Der Heyden Matthias 21/51

Thompson David 32/51

Buijs Lennert 36/51

PUPILLEN ’05 Tan Ruï 4/35

Van Gestel Cis 16/35

Berckvens Viktor 32/35

MINIEMEN ’04 Maes Runar 8/40

Thompson Holy-i 21/40

Buijs Arne 24/40

Geysen Rune 38/40

CADETTEN **Appels Pieter-jan 1/40**

SCHOLIEREN De Gruyter Joren 8/28

Sterkens Milan 23/28

JUNIORES Vercauteren Sander 2/15

Blevi Bavo 4/15

Vandenbulcke Frederik 6/15

Eelen Jordi 15/15

SENIORES Van Waeyenberghe Yelle 4/27

MASTERS -50 Swannet Kurt 25/36

Chody Christian 28/36

Govers Bart 32/36

MASTERS +50 Kerstens Michel 2/50

Ameye Jo 13/50

Meeuwsen Roger 31/50

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

JUNIORES Vercauteren Sander 12/31

Blevi Bavo 14/31

Vandenbulcke Frederik 28/31

# VELDLOPEN HEREn 6

## lommel 21/02/16

MASTERS Kerstens Michel 10/59

Ameye Jo 20/59

Swannet Kurt 33/59

Meeuwsen Roger 46/59

## borsbeek 21/02/16

BENJAMINS ‘08 Wojtowicz Matt 9/16

Maes Yari 14/16

PUPILLEN ’05 Wojtowicz Natan 5/24

MINIEMEN ’04 Maes Runar 8/24

## diekirch 21/02/16

CADETTEN **Appels Pieter-jan 1/16**

SCHOLIEREN De Gruyter Joren 5/19

SENIORES Van Waeyenberghe Yelle 11/29

## Essen 28/02/16

PUPILLEN ’06 Van Hofstraeten Levi 22/31

PUPILLEN ’05 Tan Ruï 4/26

Berckvens Viktor 21/26

CADETTEN De Smedt Rens 11/12

MASTERS Kerstens Michel 5/32

De Smedt Serge 17/32

Meeuwsen Roger 21/32

## DOUR 06/03/16 CROSS-CUP & Nat. Kamp. masters

JUNIORES Vercauteren Sander 4/14

Blevi Bavo 10/14

Vandenbulcke Frederik 12/14

MASTERS M50 Kerstens Michel 7/26

Ameye Jo 11/26

## wachtebeke 13/03/16 BELG. KAMP.

CADETTEN ‘01 Appels Pieter-jan 5/78

SCHOLIEREN ‘00 De Gruyter Joren 19/62

JUNIORES Vercauteren Sander 10/64

Blevi Bavo 18/64

Vandenbulcke Frederik 33/64

SENIORES Van Waeyenberghe Yelle 23/85

\* komt niet in aanmerking voor het wintercriterium

# HEREN KLASSEMENT VELDLOOP

Klassement opgemaakt met de 5 beste veldloopprestaties

## benjamins

1. Wojtowicz Matt 7 58,71p

## pupillen

1. Vervloet Storm 8 3,24p
2. Tan Ruï 10 9,51p
3. Wojtowicz Natan 7 31,24p
4. Buijs Lennert 8 69,07p
5. Berckvens Viktor 7 82,46p

## miniemen

1. Maes Runar 8 21,40p

2. Jacobs Joppe 7 54,11p

3. Buijs Arne 7 57,92p

4. Geysen Rune 6 90,36p

## cadetten

1. Appels Pieter-jan 9 3,22p

## scholieren

1. De Gruyter Joren 8 19,19p
2. Verheyen Brent 5 71,71p

## juNIORES

1. Vercauteren Sander 10 10,96p

2. Blevi Bavo 6 35,25p

3. Vandenbulcke Frederik 9 47,36p

## SENIORES

1. Van Waeyenberghe Yelle 10 12,71p

## masters

1. Kerstens Michel 12 5,03p
2. Ameye Jo 8 26,68p
3. Meeuwsen Roger 7 65,03p

# ben/pup/min heren eindklassement winter

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Tan Ruï*** | | |  | ***2. Berckvens Viktor*** | | |
| 5 crossen | 9,51 | 905p |  | 5 crossen | 82,46 | 176p |
| 50mH | 10”41 | 423p\* |  | 50mH | 11”27 | 288p\* |
|  |  |  |  | 60mH | 13”90 | 203p\* |
| 50m | 7”86 | 639p\* |  | 50m | 8”54 | 451p |
| 60m | 9”06 | 649p |  | 60m | 10”16 | 389p\* |
|  |  |  |  | Ver | 2m75 | 98p\* |
| Hoog | 1m21 | 378p |  | Hoog | 1m21 | 378p |
| Kogel | 6m53 | 316p |  | Kogel | 7m39 | 373p |
| **Totaal** |  | **2248p** |  | **Totaal** |  | **1378p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***3. Buijs Lennert*** | | |  |  | | |
| 5 crossen | 69,07 | 310p |  |  |  |  |
| 50mH | 12”88 | 99p\* |  |  |  |  |
| 50m | 8”94 | 354p |  |  |  |  |
| Hoog | 0m95 | 156p |  |  |  |  |
| Kogel | 4m54 | 186p |  |  |  |  |
| **Totaal** |  | **1006p** |  |  |  |  |

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Jacobs Joppe*** | | |  | ***2. Buijs Arne*** | | |
| 5 crossen | 54,11 | 459p |  | 5 crossen | 57,92 | 421p |
|  |  |  |  | 50mH | 11”18 | 254p\* |
| 50m | 8”30 | 514p |  | 50m | 8”39 | 490p |
| 60m | 9”61 | 512p\* |  |  |  |  |
| Ver | 3m72 | 289p |  | Ver | 3m54 | 249p\* |
| Hoog | 1m05 | 235p\* |  | Hoog | 1m10 | 278p |
| Kogel | 5m22 | 230p |  | Kogel | 4m45 | 180p |
| **Totaal** |  | **1492p** |  | **Totaal** |  | **1369p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***3. Geysen Rune*** | | |  |  | | |
| 5 crossen | 90,36 | 97p |  |  |  |  |
| 50m | 8”32 | 509p |  |  |  |  |
| Ver | 3m43 | 226p\* |  |  |  |  |
| Hoog | 1m05 | 235p |  |  |  |  |
| Kogel | 6m21 | 295p |  |  |  |  |
| **Totaal** |  | **1136p** |  |  |  |  |

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

# outdoor heren benjamins

## jaarprestaties benjamins

**40 meter** 1. Peeters Mil 7”9 Baarle-Nassau 26/03/16

**60 meter** 1. Zahdali Hanza 10”2 Lille 21/05/16

2. Snoeck Stan 10”9 Lille 21/05/16

**60 meter El** 1. Joppen Warre 10”12 Turnhout 05/06/16

2. Van Lommel Joannes 10”57 Turnhout 05/06/16

3. Augustyns Flip 10”84 Turnhout 05/06/16

**400 meter** 1. Peeters Mil 1’33”0 Baarle-Nassau 26/03/16

**600 meter** 1. Zahdali Hanza 2’15”3 Lille 21/05/16

2. Snoeck Stan 2’32”6 Lille 21/05/16

**600 meter El** 1. Snoeck Stan 2’17”98 Turnhout 16/05/16

2. Augustyns Flip 2’22”46 Turnhout 05/06/16

3. Joppen Warre 2’28”59 Turnhout 05/06/16

4. Van Lommel Joannes 2’34”32 Turnhout 05/06/16

**Ver** 1. Van Lommel Joannes 2m94 Turnhout 05/06/16

2. Joppen Warre 2m92 Turnhout 05/06/16

3. Augustyns Flip 2m86 Turnhout 05/06/16

4. Snoeck Stan 2m73 Herenthout 12/06/16

5. Peeters Mil 2m40 Baarle-Nassau 26/03/16

**Hoog** 1. Snoeck Stan 0m88 Lille 21/05/16

2. Zahdali Hanza 0m85 Lille 21/05/16

3. Peeters Mil 0m75 Baarle-Nassau 26/03/16

**Kogel 1kg** 1. Zahdali Hanza 4m98 Lille 21/05/16

2. Snoeck Stan 4m92 Lille 21/05/16

**Hockeybal** 1. Joppen Warre 20m70 Turnhout 05/06/16

2. Snoeck Stan 18m75 Herenthout 12/06/16

3. Van Lommel Joannes 16m03 Turnhout 05/06/16

4. Augustyns Flip 13m48 Turnhout 05/06/16

5. Peeters Mil 13m23 Baarle-Nassau 26/03/16

**4-Kamp** 1. Zahdali Hanza 990p Lille 21/05/16

2. Joppen Warre 898p Turnhout 05/06/16

3. Augustyns Flip 720p Turnhout 05/06/16

4. Snoeck Stan 704p Turnhout 16/05/16

5. Van Lommel Joannes 701p Turnhout 05/06/16

# outdoor heren benjamins

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | |  | **40 meter** | | | |  |
|  |  |  |  |  |  | 1 | Tan Ruï | 6”8 | ‘14 |  |
|  |  |  |  |  |  | 2 | Berckvens Viktor | 7”0 | ‘14 |  |
|  |  |  |  |  |  | 3 | Vervloet Storm | 7”0 | ‘15 |  |
|  |  |  |  |  |  | 4 | Bordeyne Jens | 7”1 | ‘14 |  |
|  |  |  |  |  |  | 5 | Baeten Senne | 7”8 | ‘13 |  |
|  |  |  |  |  |  | 6 | Peeters Mil | 7”9 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | Thompson David | 9”43 | ‘15 |  | 1 | Vosters Wout | 9”4 | ‘10 |  |
|  | 2 | Vervloet Storm | 9”59 | ‘15 |  | 2 | Tan Ruï | 9”6 | ‘14 |  |
|  | 3 | Tan Ruï | 9”69 | ‘14 |  | 3 | Thompson David | 9”6 | ‘15 |  |
|  | 4 | Vosters Wout | 9”72 | ‘10 |  | 4 | Vervloet Storm | 9”7 | ‘15 |  |
|  | 5 | Van Gool Milan | 10”00 | ‘12 |  | 5 | Van Gool Milan | 9”9 | ‘12 |  |
|  | 6 | Naessens Olivier | 10”08 | ‘09 |  | 6 | Leys Jules | 10”0 | ‘11 |  |
|  | 7 | Joppen Warre | 10”12 | ‘16 |  | 7 | Matthé Flor | 10”1 | ‘09 |  |
|  | 8 | Matthé Flor | 10”16 | ‘09 |  | 8 | Berckvens Viktor | 10”2 | ‘14 |  |
|  | 9 | Degroote Floris | 10”25 | ‘13 |  | 9 | Zahdali Hanza | 10”2 | ‘16 |  |
|  | 10 | Meerts Stijn | 10”28 | ‘13 |  | 10 | Leys Lode | 10”3 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | |  | **400 meter** | | | |
|  |  |  |  |  |  | 1 | Peeters Mil | 1’33”0 | ‘16 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Thompson David | 2’05”26 | ‘15 |  | 5 | Vosters Wout | 2’09”7 | ‘10 |  |
|  | 6 | Degroote Floris | 2’08”57 | ‘13 |  | 6 | Thompson David | 2’11”2 | ‘15 |  |
|  | 7 | Matthé Flor | 2’09”27 | ‘09 |  | 7 | Leys Jules | 2’12”9 | ‘11 |  |
|  | 8 | Breugelmans Thiebe | 2’09”47 | ‘11 |  | 8 | Vervloet Storm | 2’14”4 | ‘15 |  |
|  | 9 | Leys Lode | 2’10”44 | ‘09 |  | 9 | Leys Lode | 2’15”3 | ‘09 |  |
|  | 10 | Leys Jules | 2’10”89 | ‘11 |  | 10 | Zahdali Hanza | 2’15”3 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Ver** | | | |  |
|  | 1 | Leys Lode | 1m10 | ‘09 |  | 1 | Thompson David | 4m07 | ‘15 |  |
|  | 2 | Tan Ruï | 1m09 | ‘14 |  | 2 | Matthé Flor | 3m68 | ‘09 |  |
|  | 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 | Vervloet Storm | 3m33 | ‘15 |  |
|  | 9 | Matthé Flor | 0m90 | ‘09 |  | 9 | Janssens Quinten | 3m22 | ‘09 |  |
|  | 10 | Van Gool Milan | 0m90 | ‘11 |  | 10 | Leys Lode | 3m22 | ‘09 |  |

# outdoor heren benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Thompson David | 27m45 | ‘15 |  |
|  | 7 | Druyts Pieter | 7m62 | ‘09 |  | 7 | Leys Jules | 27m43 | ‘11 |  |
|  | 8 | Tan Ruï | 7m62 | ‘14 |  | 8 | Bax Xander | 25m84 | ‘10 |  |
|  | 9 | Breugelmans Thiebe | 7m53 | ‘11 |  | 9 | Naessens Olivier | 25m19 | ‘09 |  |
|  | 10 | Vervloet Storm | 7m46 | ‘15 |  | 10 | Berckvens Viktor | 25m01 | ‘14 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **4-Kamp** | | | |  |  | | | |  |
|  | 1 | Thompson David | 1464p | ‘15 |  |  |  |  |  |  |
|  | 2 | Vosters Wout | 1461p | ‘10 |  |  |  |  |  |  |
|  | 3 | Van Gool Milan | 1454p | ‘12 |  |  |  |  |  |  |
|  | 4 | Tan Ruï | 1404p | ‘14 |  |  |  |  |  |  |
|  | 5 | Vervloet Storm | 1266p | ‘15 |  |  |  |  |  |  |
|  | 6 | Naessens Olivier | 1203p | ‘09 |  |  |  |  |  |  |
|  | 7 | Leys Lode | 1187p | ‘09 |  |  |  |  |  |  |
|  | 8 | Matthé Flor | 1134p | ‘09 |  |  |  |  |  |  |
|  | 9 | Breugelmans Thiebe | 1035p | ‘11 |  |  |  |  |  |  |
|  | 10 | Degroote Floris | 1028p | ‘13 |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 60 meter El** | | | |
| 1 | Vanmechelen Bram – Nys Jens – Breugelmans Thiebe – Leys Jules | 42”73 | ‘11 |
| 2 | Matthé Flor – Lauwers Senne – Breugelmans Michiel – Vosters Wout | 43”05 | ‘09 |
| 3 | Breugelmans Michiel – Lauwers Senne – Verheyen Brent – Vosters Wout | 43”52 | ‘09 |
| 4 | Matthé Flor – Lauwers Senne – Verheyen Brent – Vosters Wout | 45”77 | ‘09 |
| 5 | Leys Jules – Vanmechelen Bram – Bax Xander – Vosters Wout | 45”79 | ‘10 |
| 6 | Vanmechelen Bram – Janssens Quinten – Matthé Vic – Naessens Olivier | 47”23 | ‘09 |
| 7 | Vanmechelen Bram – Breugelmans Thiebe – Haest Jelle – Janssens Quinten | 51”45 | ‘09 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 3 x 600 meter El** | | | |
| 1 | Lauwers Senne – Vanmechelen Bram – Vosters Wout | 7’15”26 | ‘10 |

## clubrecords benjamins

**40 meter**  **Atac** Tan Ruï 6”8 Baarle-Nassau 29/03/14

**60 meter**  **Atac** Thompson David 9”43 Turnhout 09/08/15

**Avos** Van Hove Guy 9”07 Willebroek 24/05/91

**Tuac** Van Gorp Rob 9”4 Turnhout 15/05/93

**400 meter**  **Atac** Peeters Mil 1’33”0 Baarle-Nassau 26/03/16

**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** Thompson David 4m07 Vosselaar 29/08/15

**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

# outdoor heren benjamins

**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** Thompson David 1464p Turnhout 09/08/15

**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. Tan Ruï 12”57 Mol 11/09/16

2. Berckvens Viktor 13”19 Mol 29/05/16

3. Vervloet Storm 13”88 Mol 29/05/16

4. Buijs Lennert 16”40 Beveren 17/04/16

**60 meter**  1. Thompson David 9”0 Baarle-Nassau 26/03/16

2. Tan Ruï 9”1 Baarle-Nassau 26/03/16

3. Berckvens Viktor 9”5 Vosselaar 27/08/16

4. Zahdali Adam 9”6 Lille 21/05/16

5. Buijs Lennert 10”0 Baarle-Nassau 26/03/16

6. Goos Klaas 10”1 Vosselaar 27/08/16

7. Van Der Heyden Matthias 10”9 Arendonk 30/04/16

**60 meter El** 1. Thompson David 9”11 Westmalle 18/09/16

2. Tan Ruï 9”31 Mol 29/05/16

3. Vervloet Storm 9”56 Turnhout 05/06/16

4. Berckvens Viktor 9”75 Lommel 25/09/16

5. Buijs Lennert 10”00 Beveren 17/04/16

6. Van Gestel Cis 10”26 Turnhout 16/05/16

7. Goos Klaas 10”34 Turnhout 16/05/16

8. Van Der Heyden Matthias 11”41 Turnhout 05/06/16

**600 meter** 1. Tan Ruï 1’56”0 Baarle-Nassau 26/03/16

2. Berckvens Viktor 2’09”0 Baarle-Nassau 26/03/16

3. Thompson David 2’11”0 Baarle-Nassau 26/03/16

4. Buijs Lennert 2’26”0 Baarle-Nassau 26/03/16

# outdoor heren pupillen

**1000 meter** 1. Tan Ruï 3’25”2 Lille 21/05/16

2. Van Gestel Cis 3’49”6 Vosselaar 27/08/16

3. Berckvens Viktor 3’59”8 Lille 21/05/16

4. Van Der Heyden Matthias 4’04”3 Arendonk 30/04/16

5. Buijs Lennert 4’07”0 Lille 21/05/16

6. Thompson David 4’08”0 Lille 21/05/16

7. Goos Klaas 4’11”2 Geel 04/09/16

8. Zahdali Adam 4’27”0 Lille 21/05/16

**1000 meter El** 1. Tan Ruï 3’14”25 Hechtel 16/07/16

2. Vervloet Storm 3’31”05 Turnhout 05/06/16

3. Van Gestel Cis 3’38”40 Lier 02/07/16

4. Berckvens Viktor 3’42”65 Westmalle 18/09/16

5. Thompson David 3’42”71 Turnhout 16/05/16

6. Van Der Heyden Matthias 3’58”45 Turnhout 05/06/16

7. Buijs Lennert 4’03”30 Westmalle 18/09/16

8. Goos Klaas 4’04”85 Turnhout 16/05/16

**Ver** 1. Thompson David 4m15 Turnhout 05/06/16

2. Tan Ruï 3m91 Baarle-Nassau 26/03/16

3. Berckvens Viktor 3m65 Lommel 25/09/16

4. Vervloet Storm 3m43 Mol 29/05/16

5. Zahdali Adam 3m27 Lille 21/05/16

6. Van Gestel Cis 3m20 Westmalle 18/09/16

7. Buijs Lennert 2m99 Baarle-Nassau 26/03/16

8. Goos Klaas 2m86 Turnhout 16/05/16

9. Van Der Heyden Matthias 2m18 Turnhout 05/06/16

**Hoog** 1. Tan Ruï 1m30 Vosselaar 27/08/16

2. Berckvens Viktor 1m25 Arendonk 30/04/16

3. Thompson David 1m24 Geel 04/09/16

4. Van Gestel Cis 1m18 Lier 02/07/16

5. Goos Klaas 1m05 Vosselaar 27/08/16

6. Buijs Lennert 1m00 Geel 04/09/16

7. Van Der Heyden Matthias 0m86 Arendonk 30/04/16

**Kogel 2kg** 1. Berckvens Viktor 8m35 Arendonk 30/04/16

2. Thompson David 7m90 Turnhout 05/06/16

3. Tan Ruï 7m12 Turnhout 05/06/16

4. Vervloet Storm 6m82 Turnhout 05/06/16

5. Buijs Lennert 5m49 Geel 04/09/16

6. Goos Klaas 4m39 Turnhout 16/05/16

7. Van Gestel Cis 3m66 Turnhout 05/06/16

8. Van Der Heyden Matthias 3m26 Arendonk 30/04/16

**Hockeybal** 1. Berckvens Viktor 34m42 Vosselaar 27/08/16

2. Tan Ruï 28m15 Westmalle 18/09/16

3. Goos Klaas 27m60 Vosselaar 27/08/16

4. Thompson David 27m43 Vosselaar 27/08/16

5. Buijs Lennert 27m08 Vosselaar 27/08/16

6. Zahdali Adam 17m86 Lille 21/05/16

7. Van Gestel Cis 16m71 Westmalle 18/09/16

# outdoor heren pupillen

**Discus 600g** 1. Berckvens Viktor 25m76 Lommel 25/09/16

2. Vervloet Storm 16m40 Westmalle 18/09/16

3. Tan Ruï 13m79 Westmalle 18/09/16

4. Buijs Lennert 10m57 Westmalle 18/09/16

5. Goos Klaas 9m97 Herenthout 12/06/16

6. Van Gestel Cis 9m70 Westmalle 18/09/16

**4-Kamp** 1. Thompson David 1870p Turnhout 16/05/16

2. Tan Ruï 1783p Turnhout 05/06/16

3. Vervloet Storm 1700p Turnhout 05/06/16

4. Berckvens Viktor 1658p Arendonk 30/04/16

5. Van Gestel Cis 1193p Turnhout 16/05/16

6. Buijs lennert 1067p Turnhout 05/06/16

7. Goos Klaas 1008p Geel 04/09/16

8. Zahdali Adam 1000p Lille 21/05/16

9. Van Der Heyden Matthias 767p Arendonk 30/04/16

**Aflossing 4 x 60 meter El**

1. Vervloet Storm – Berckvens Viktor – Buijs Lennert – Tan Ruï

36”70 Turnhout 05/06/16

2. Vervloet Storm – Berckvens Viktor – Buijs Lennert – Thompson David

37”39 Beveren 17/04/16

3. Van Der Heyden Matthias – Van Gestel Cis – Joppen Warre – Thompson David

39”94 Turnhout 05/06/16

**Aflossing 3 x 600 meter El**

1. Berckvens Viktor – Vervloet Storm – Tan Ruï

6’08”13 Mol 29/05/16

## 10 Beste Prestaties pupillen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Leys Jules | 12”45 | ‘13 |  |  |  |  |  |  |
|  | 2 | Tan Ruï | 12”57 | ‘16 |  |  |  |  |  |  |
|  | 3 | Van Gool Milan | 12”66 | ‘13 |  |  |  |  |  |  |
|  | 4 | Leys Lode | 12”84 | ‘11 |  |  |  |  |  |  |
|  | 5 | Berckvens Viktor | 13”19 | ‘16 |  |  |  |  |  |  |
|  | 6 | Matthé Flor | 13”20 | ‘10 |  |  |  |  |  |  |
|  | 7 | Thompson Holy-i | 13”23 | ‘15 |  |  |  |  |  |  |
|  | 8 | Vosters Wout | 13”54 | ‘12 |  |  |  |  |  |  |
|  | 9 | Vervloet Storm | 13”88 | ‘16 |  |  |  |  |  |  |
|  | 10 | Bogaerts Fik | 14”06 | ‘11 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | Appels Pieter-jan | 8”98 | ‘12 |  | 1 | Thompson David | 9”0 | ‘16 |  |
|  | 2 | Vosters Wout | 9”09 | ‘12 |  | 2 | Vosters Wout | 9”1 | ‘12 |  |
|  | 3 | Thompson David | 9”11 | ‘16 |  | 3 | Tan Ruï | 9”1 | ‘16 |  |
|  | 4 | Thompson Holy-i | 9”18 | ‘15 |  | 4 | Leys Lode | 9”3 | ‘11 |  |
|  | 5 | Leys Lode | 9”31 | ‘11 |  | 5 | Thompson Holy-i | 9”3 | ‘15 |  |
|  | 6 | Tan Ruï | 9”31 | ‘16 |  | 6 | Van Gool Milan | 9”4 | ‘13 |  |
|  | 7 | Gevers Warre | 9”38 | ‘09 |  | 7 | Broeckx Mattice | 9”4 | ‘15 |  |
|  | 8 | Van Gool Milan | 9”44 | ‘14 |  | 8 | De Baere Wannes | 9”5 | ‘10 |  |
|  | 9 | Janssen Rune | 9”52 | ‘15 |  | 9 | Janssen Kobe | 9”5 | ‘13 |  |
|  | 10 | Broeckx Mattice | 9”53 | ‘15 |  | 10 | Van Gorp Berrie | 9”5 | ‘15 |  |

# outdoor heren pupillen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **600 meter** | | | |  |  | | | |  |
|  | 1 | Van Gool Milan | 1’54”0 | ‘14 |  |  |  |  |  |  |
|  | 2 | Tan Ruï | 1’56”0 | ‘16 |  |  |  |  |  |  |
|  | 3 | Berckvens Viktor | 2’09”0 | ‘16 |  |  |  |  |  |  |
|  | 4 | Thompson David | 2’11”0 | ‘16 |  |  |  |  |  |  |
|  | 5 | Van Gorp Berrie | 2’18”4 | ‘15 |  |  |  |  |  |  |
|  | 6 | Vanommeslaeghe Noa | 2’19”0 | ‘12 |  |  |  |  |  |  |
|  | 7 | De Smedt Rens | 2’21”0 | ‘13 |  |  |  |  |  |  |
|  | 8 | Buijs Lennert | 2’26”0 | ‘16 |  |  |  |  |  |  |
|  | 9 | Stoops Rune | 2’26”2 | ‘15 |  |  |  |  |  |  |
|  | 10 | Baeten Senne | 2’28”3 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Tan Ruï | 3’14”25 | ‘16 |  | 1 | Van Gool Milan | 3’23”8 | ‘14 |  |
|  | 2 | Van Gool Milan | 3’15”42 | ‘14 |  | 2 | Tan Ruï | 3’25”2 | ‘16 |  |
|  | 3 | Naessens Benjamin | 3’19”77 | ‘09 |  | 3 | Vosters Wout | 3’35”0 | ‘12 |  |
|  | 4 | Appels Pieter-jan | 3’24”21 | ‘12 |  | 4 | Leys Jules | 3’37”3 | ‘13 |  |
|  | 5 | Leys Jules | 3’28”67 | ‘13 |  | 5 | Falleyn Jore | 3’41”8 | ‘12 |  |
|  | 6 | Vervloet Storm | 3’31”05 | ‘16 |  | 6 | Leys Lode | 3’43”4 | ‘11 |  |
|  | 7 | Naessens Olivier | 3’31”43 | ‘11 |  | 7 | Mols Senne | 3’44”5 | ‘11 |  |
|  | 8 | Mols Senne | 3’33”55 | ‘11 |  | 8 | Breugelmans Michiel | 3’47”5 | ‘11 |  |
|  | 9 | Falleyn Jore | 3’37”65 | ‘12 |  | 9 | Verheyen Brent | 3’49”0 | ‘11 |  |
|  | 10 | Leys Lode | 3’38”25 | ‘11 |  | 10 | Breugelmans Thiebe | 3’49”0 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Thompson David | 4m15 | ‘16 |  | 1 | Thompson Holy-i | 1m30 | ‘15 |  |
|  | 2 | Thompson Holy-i | 4m07 | ‘15 |  | 2 | Tan Ruï | 1m30 | ‘16 |  |
|  | 3 | Tan Ruï | 3m91 | ‘16 |  | 3 | Leys Jules | 1m26 | ‘13 |  |
|  | 4 | Appels Pieter-jan | 3m84 | ‘12 |  | 4 | Leys Lode | 1m25 | ‘11 |  |
|  | 5 | Janssen Rune | 3m84 | ‘15 |  | 5 | Berckvens Viktor | 1m25 | ‘16 |  |
|  | 6 | De Roose Casper | 3m83 | ‘10 |  | 6 | Thompson David | 1m24 | ‘16 |  |
|  | 7 | Otten Stan | 3m83 | ‘15 |  | 7 | Falleyn Jore | 1m21 | ‘12 |  |
|  | 8 | Van Gool Milan | 3m82 | ‘14 |  | 8 | Van Gool Milan | 1m20 | ‘14 |  |
|  | 9 | Vosters Wout | 3m80 | ‘12 |  | 9 | Geudens Bram | 1m18 | ‘12 |  |
|  | 10 | Leys Jules | 3m66 | ‘13 |  | 10 | Vosters Wout | 1m18 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 2kg** | | | |  | Discus 600g | | | |  |
|  | 1 | Vosters Wout | 8m61 | ‘12 |  | 1 | Berckvens Viktor | 25m76 | ‘16 |  |
|  | 2 | Berckvens Viktor | 8m35 | ‘16 |  | 2 | De Smedt Rens | 18m55 | ‘13 |  |
|  | 3 | Otten Stan | 8m28 | ‘15 |  | 3 | Otten Stan | 18m52 | ‘15 |  |
|  | 4 | Van Gorp Berrie | 8m00 | ‘15 |  | 4 | Vosters Wout | 18m30 | ‘12 |  |
|  | 5 | Thompson David | 7m90 | ‘16 |  | 5 | Van Gool Milan | 17m96 | ‘13 |  |
|  | 6 | Van Gool Milan | 7m76 | ‘14 |  | 6 | Deckers Milan | 16m85 | ‘15 |  |
|  | 7 | De Smedt Rens | 7m56 | ‘13 |  | 7 | Vervloet Storm | 16m40 | ‘16 |  |
|  | 8 | Falleyn Jore | 7m50 | ‘12 |  | 8 | Vanmechelen Bram | 15m83 | ‘13 |  |
|  | 9 | Janssens Quinten | 7m46 | ‘11 |  | 9 | Geudens Bram | 15m25 | ‘12 |  |
|  | 10 | Thompson Holy-i | 7m22 | ‘15 |  | 10 | Matthé Flor | 14m32 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Hockeybal | | | |  | **4-Kamp** | | | |  |
|  | 1 | Van Gool Milan | 38m75 | ‘13 |  | 1 | Van Gool Milan | 1874p | ‘14 |  |
|  | 2 | Janssen Rune | 38m67 | ‘15 |  | 2 | Thompson David | 1870p | ‘16 |  |
|  | 3 | Vosters Wout | 38m33 | ‘12 |  | 3 | Vosters Wout | 1811p | ‘12 |  |
|  | 4 | Janssen Kobe | 37m23 | ‘13 |  | 4 | Tan Ruï | 1783p | ‘16 |  |
|  | 5 | Falleyn Jore | 37m06 | ‘12 |  | 5 | Thompson Holy-i | 1763p | ‘15 |  |
|  | 6 | Vanmechelen Bram | 35m78 | ‘13 |  | 6 | Leys Jules | 1725p | ‘13 |  |
|  | 7 | Berckvens Viktor | 34m42 | ‘16 |  | 7 | Vervloet Storm | 1700p | ‘16 |  |
|  | 8 | Leys Lode | 33m70 | ‘11 |  | 8 | Leys Lode | 1665p | ‘11 |  |
|  | 9 | Naessens Benjamin | 33m57 | ‘09 |  | 9 | Berckvens Viktor | 1658p | ‘16 |  |
|  | 10 | Otten Stan | 33m40 | ‘15 |  | 10 | Naessens Benjamin | 1610p | ‘09 |  |

# outdoor heren pupillen

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 60 meter El** | | | |
| 1 | Vervloet Storm – Berckvens Viktor – Buijs Lennert – Tan Ruï | 36”70 | ‘16 |
| 2 | Vervloet Storm – Berckvens Viktor – Buijs Lennert – Thompson David | 37”39 | ‘16 |
| 3 | Tan Ruï – Broeckx Mattice – Buijs Arne – Berckvens Viktor | 38”35 | ‘15 |
| 4 | Berckvens Viktor – Deckers Milan – Tan Ruï – Thompson Holy-i | 38”61 | ‘15 |
| 5 | Leys Lode – Verheyen Brent – Janssens Quinten – Vosters Wout | 38”66 | ‘11 |
| 6 | Appels Pieter-jan – Geudens Bram – Falleyn Jore – Vosters Wout | 39”72 | ‘12 |
| 7 | Druyts Pieter – Van Gestel Axel – Michielsen Robbe – Breugelmans Michiel | 39”88 | ‘11 |
| 8 | Van Der Heyden Matthias – Van Gestel Cis – Joppen Warra – Thompson David | 39”94 | ‘16 |
| 9 | Janssens Quinten – Verheyen Brent – Michielsen Robbe – Vosters Wout | 40”02 | ‘11 |
| 10 | Matthé Flor – Leys Lode – Verheyen Brent – Breugelmans Michiel | 41”19 | ‘10 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 3 x 600 meter El** | | | |
| 1 | Berkvens Viktor – Vervloet Storm - Tan Ruï | 6’08”13 | ‘16 |
| 2 | Berckvens Viktor – Buijs Arne – Tan Ruï | 6’16”97 | ‘15 |
| 3 | Janssens Quinten – Breugelmans Michiel – Matthé Flor | 6’44”00 | ‘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** Van Gool Milan 1’54”0 Baarle-Nassau 29/03/14

**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** Tan Ruï 3’14”25 Hechtel 16/07/16 **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** Thompson David 4m15 Turnhout 05/06/16

**Avos** Van Hove Guy 4m67 Vosselaar 26/06/93

**Tuac** Van Den Eynden Kurt 4m62 Nijvel 28/09/96

**Hoog** **Atac** Thompson Holy-i 1m30 Vosselaar 29/08/15

Tan Ruï 1m30 ev Vosselaar 27/08/16

**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** Berckvens Viktor 25m76 Lommel 25/09/16

**Avos** Hooyberghs Jens 27m12 Kapellen 20/05/04

**Tuac** Noyens Dries 19m59 Mol 14/09/99

**Hockeybal** **Atac** Van Gool Milan 38m75 Geel 08/09/13 **Avos** Hooyberghs Jens 45m19 Mol 22/08/04

**Tuac** Van Gompel Ben 43m80 Gent 01/09/96

# outdoor heren pupillen

**3-Kamp**  **Avos** Van Hove Guy 1649p Tessenderlo 18/09/93

**Tuac** Van Den Eynden Kurt 1439p Gent 01/09/96

**4-Kamp** **Atac** Van Gool Milan 1874p Lier 09/06/14

**Avos** Hooyberghs Jens 2147p Brasschaat 20/06/04

**Tuac** Bax Thomas 1694p Turnhout 02/07/06

**Afl 4 x 60 m** **Atac** Vervloet Storm – Berckvens Viktor – Buijs Lennert – Tan Ruï

36”70 Turnhout 05/06/16

**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** Berckvens Viktor – Vervloet Storm – Tan Ruï

06’08”13 Mol 29/05/16

# outdoor heren miniemen

## jaarprestaties miniemen

**80 meter H El** 1. Buijs Arne 17”63 Beveren 17/04/16

**80 meter** 1. Thompson Holy-i 11”4 Lille 21/05/16

2. Goos Daan 11”4 Vosselaar 27/08/16

3. Van Gorp Berrie 11”9 Lille 21/05/16

4. Jacobs Joppe 12”3 Arendonk 30/04/16

5. Deckers Milan 12”3 Arendonk 30/04/16

6. Buijs Arne 12”3 Vosselaar 27/08/16

7. Baeten Senne 12”4 Arendonk 30/04/16

8. Geysen Rune 12”4 Herenthout 12/06/16

9. Graux Siebe 12”5 Geel 04/09/16

**80 meter El** 1. Thompson Holy-i 11”58 Turnhout 16/05/16

2. Broeckx Mattice 11”78 Beveren 17/04/16

3. Goos Daan 11”94 Westmalle 18/09/16

4. Geysen Rune 12”08 Turnhout 05/06/16

5. Buijs Arne 12”11 Westmalle 18/09/16

6. Van Gorp Berrie 12”12 Turnhout 05/06/16

7. Jacobs Joppe 12”28 Turnhout 05/06/16

8. Graux Siebe 12”31 Turnhout 05/06/16

9. Maes Runar 12”41 Turnhout 05/06/16

10. Baeten Senne 12”50 Turnhout 05/06/16

11. Deckers Milan 12”60 Turnhout 05/06/16

12. Degroote Floris 12”66 Turnhout 16/05/16

13. Jochems Quinten 12”81 Beveren 17/04/16

14. Jochems Bastiaan 13”00 Beveren 17/04/16

**150 meter El** 1. Broeckx Mattice 22”77 Beveren 17/04/16

2. Deckers Milan 23”62 Beveren 17/04/16

**300 meter**  1. Geysen Rune 50”8 Herenthout 12/06/16

2. Buijs Arne 52”8 Herenthout 12/06/16

3. Jacobs Joppe 53”3 Herenthout 12/06/16

# outdoor heren miniemen

4. Baeten Senne 56”4 Herenthout 12/06/16

**300 meter El** 1. Deckers Milan 51”51 Beveren 17/04/16

**1000 meter** 1. Graux Siebe 3’33”1 Geel 04/09/16

2. Thompson Holy-i 3’39”0 Baarle-Nassau 26/03/16

3. Buijs Arne 3’44”7 Geel 04/09/16

4. Goos Daan 3’46”0 Baarle-Nassau 26/03/16

5. Deckers Milan 3’49”0 Baarle-Nassau 26/03/16

6. Jacobs Joppe 3’59”0 Arendonk 30/04/16

7. Van Gorp Berrie 4’05”7 Lille 21/05/16

8. Geysen Rune 4’08”0 Baarle-Nassau 26/03/16

9. Baeten Senne 4’22”7 Arendonk 30/04/16

**1000 meter El** 1. Graux Siebe 3’26”53 Turnhout 05/06/16

2. Maes Runar 3’27”70 St.-Niklaas 19/09/16

3. Thompson Holy-i 3’32”24 Turnhout 16/05/16

4. Degroote Floris 3’35”38 Turnhout 16/05/16

5. Buijs Arne 3’37”02 Turnhout 05/06/16

6. Goos Daan 3’42”21 Turnhout 05/06/16

7. Jacobs Joppe 3’45”60 Turnhout 16/05/16

8. Geysen Rune 3’53”71 Turnhout 16/05/16

9. Broeckx Mattice 3’58”45 Turnhout 16/05/16

10. Deckers Milan 3’58”55 Turnhout 05/06/16

11. Van Gorp Berrie 4’07”80 Turnhout 16/05/16

**Ver** 1. Thompson Holy-i 4m28 Geel 04/09/16

2. Jacobs Joppe 4m01 Turnhout 05/06/16

3. Graux Siebe 3m94 Geel 04/09/16

4. Geysen Rune 3m66 Baarle-Nassau 26/03/16

5. Broeckx Mattice 3m63 Beveren 17/04/16

6. Van Gorp Berrie 3m59 Lille 21/05/16

7. Buijs Arne 3m59 Vosselaar 27/08/16

8. Deckers Milan 3m58 Arendonk 30/04/16

9. Baeten Senne 3m50 Turnhout 05/06/16

10. Maes Runar 3m39 Turnhout 05/06/16

11. Degroote Floris 3m38 Turnhout 16/05/16

12. Goos Daan 3m37 Turnhout 05/06/16

13. Jochems Bastiaan 3m10 Beveren 17/04/16

**Hoog** 1. Thompson Holy-i 1m44 Turnhout 05/06/16

2. Goos Daan 1m23 Turnhout 05/06/16

3. Jochems Quinten 1m20 Beveren 17/04/16

4. Van Gorp Berrie 1m20 Turnhout 16/05/16

5. Geysen Rune 1m20 Turnhout 05/06/16

6. Deckers Milan 1m20 Turnhout 05/06/16

7. Broeckx Mattice 1m17 Turnhout 16/05/16

8. Jacobs Joppe 1m15 Turnhout 05/06/16

9. Graux Siebe 1m15 Turnhout 05/06/16

10. Buijs Arne 1m15 Turnhout 05/06/16

11. Baeten Senne 1m15 Turnhout 05/06/16

12. De Groote Floris 1m05 Turnhout 16/05/16

13. Maes Runar 0m95 Turnhout 05/06/16

# outdoor heren miniemen

**Kogel 3kg** 1. Graux Siebe 8m15 Tessenderlo 16/09/16

2. Thompson Holy-i 7m36 Lille 21/05/16

3. Geysen Rune 6m41 Geel 04/09/16

4. Van Gorp Berrie 6m33 Lille 21/05/16

5. Jacobs Joppe 5m90 Turnhout 05/06/16

6. Deckers Milan 5m56 Arendonk 30/04/16

7. Baeten Senne 5m52 Arendonk 30/04/16

8. Goos Daan 5m30 Turnhout 05/06/16

9. Buijs Arne 4m99 Turnhout 05/06/16

10. Maes Runar 4m68 Turnhout 05/06/16

**Discus 750g** 1. Graux Siebe 17m98 Tessenderlo 16/09/16

2. Goos Daan 17m27 Westmalle 18/09/16

3. Geysen Rune 15m82 Westmalle 18/09/16

4. Thompson Holy-i 15m54 Lille 21/05/16

5. Baeten Senne 15m33 Westmalle 18/09/16

6. Van Gorp Berrie 13m58 Lille 21/05/16

7. Deckers Milan 13m26 Baarle-Nassau 26/03/16

**Speer 400g** 1. Graux Siebe 27m96 Turnhout 16/05/16

2. Geysen Rune 22m25 Geel 04/09/16

3. Baeten Senne 16m17 Herenthout 12/06/16

4. Goos Daan 15m59 Westmalle 18/09/16

5. Deckers Milan 15m49 Arendonk 30/04/16

6. Thompson Holy-i 15m17 Vosselaar 27/08/16

7. Jacobs Joppe 14m82 Herenthout 12/06/16

8. Buijs Arne 14m52 Beveren 17/04/16

9. Degroote Floris 11m75 Turnhout 16/05/16

10. Van Gorp Berrie 11m42 Turnhout 16/05/16

11. Broeckx Mattice 5m94 Turnhout 16/05/16

**5-Kamp** 1. Thompson Holy-I 2203p Turnhout 16/05/16

2. Graux Siebe 2113p Geel 04/09/16

3. Jacobs Joppe 1932p Turnhout 05/06/16

4. Goos Daan 1906p Turnhout 05/06/16

5. Geysen Rune 1863p Turnhout 05/06/16

6. Buijs Arne 1725p Turnhout 05/06/16

7. Maes Runar 1675p Turnhout 05/06/16

8. Deckers Milan 1648p Turnhout 05/06/16

9. Van Gorp Berrie 1596p Lille 21/05/16

10. Degroote Floris 1594p Turnhout 16/05/16

11. Broeckx Mattice 1459p Turnhout 16/05/16

12. Baeten Senne 1288p Arendonk 30/04/16

**Aflossing 4 x 80 meter El**

1. Broeckx Mattice – Van Gorp Berrie – Deckers Milan – Thompson Holy-i

43”19 Beveren 17/04/16

2. Buijs Arne – Deckers Milan – Goos Daan – Thompson Holy-i

46”79 Turnhout 05/06/16

3. Geysen Rune – Goos Daan – Thompson Holy-i – Buijs Arne

47”40 Westmalle 18/09/16

4. Broeckx Mattice – Jacobs Joppe Geysen Rune – Van Gorp Berrie

47”48 Turnhout 05/06/16

# outdoor heren miniemen

5. Baeten Senne – Graux Siebe – Van Gestel Cis – Maes Runar

48”82 Turnhout 05/06/16

## 10 Beste Prestaties miniemen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **80 meter Horden El** | | | |  | **150 meter Horden El** | | | |  |
|  | 1 | Dom Stijn | 14”23 | ‘12 |  | 1 | Janssen Kobe | 24”73 | ‘14 |  |
|  | 2 | Leys Jules | 14”95 | ‘15 |  | 2 | De Smedt Rens | 26”97 | ‘15 |  |
|  | 3 | Leys Lode | 16”62 | ‘12 |  |  |  |  |  |  |
|  | 4 | Falleyn Jore | 16”93 | ‘14 |  |  |  |  |  |  | |
|  | 5 | Buijs Arne | 17”63 | ‘16 |  |  |  |  |  |  | |
|  | 6 | De Baere Wannes | 18”36 | ‘11 |  |  |  |  |  |  | |
|  | 7 | Bogaerts Fik | 19”07 | ‘13 |  |  |  |  |  |  |
|  | 8 | Geudens Bram | 19”69 | ‘14 |  |  |  |  |  |  |
|  | 9 | Breugelmans Michiel | 21”25 | ‘12 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **80 meter El** | | | |  | **80 meter** | | | |  |
|  | 1 | Broeckx Xander | 10”15 | ‘15 |  | 1 | Broeckx Xander | 10”0 | ‘15 |  |
|  | 2 | Servotte Seppe | 10”75 | ‘10 |  | 2 | Leys Jules | 10”6 | ‘15 |  |
|  | 3 | Dom Stijn | 10”82 | ‘12 |  | 3 | Leys Lode | 10”7 | ‘13 |  |
|  | 4 | Leys Lode | 10”91 | ‘13 |  | 4 | Appels Pieter-jan | 10”9 | ‘14 |  |
|  | 5 | Leys Jules | 11”07 | ‘15 |  | 5 | Janssen Kobe | 11”0 | ‘15 |  |
|  | 6 | Daniëls Bart | 11”16 | ‘14 |  | 6 | Servotte Seppe | 11”1 | ‘10 |  |
|  | 7 | Janssen Kobe | 11”23 | ‘15 |  | 7 | Dom Stijn | 11”1 | ‘12 |  |
|  | 8 | Vosters Wout | 11”33 | ‘14 |  | 8 | Vosters Wout | 11”3 | ‘14 |  |
|  | 9 | Thompson Holy-i | 11”58 | ‘16 |  | 9 | Daniëls Bart | 11”3 | ‘14 |  |
|  | 10 | Vanmechelen Bram | 11”75 | ‘15 |  | 10 | Thompson Holy-i | 11”4 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **150 meter El** | | | |  |  | | | |  |
|  | 1 | Broeckx Xander | 19”18 | ‘15 |  |  |  |  |  |  |
|  | 2 | Leys Jules | 19”82 | ‘15 |  |  |  |  |  |  |
|  | 3 | Janssen Kobe | 20”53 | ‘15 |  |  |  |  |  |  |
|  | 4 | Dom Stijn | 20”64 | ‘12 |  |  |  |  |  |  |
|  | 5 | Leys Lode | 21”45 | ‘12 |  |  |  |  |  |  |
|  | 6 | Vanmechelen Bram | 21”65 | ‘15 |  |  |  |  |  |  |
|  | 7 | Falleyn Jore | 21”77 | ‘14 |  |  |  |  |  |  |
|  | 8 | Vosters Wout | 21”78 | ‘14 |  |  |  |  |  |  |
|  | 9 | Goos Daan | 22”41 | ‘15 |  |  |  |  |  |  |
|  | 10 | Broeckx Mattice | 22”77 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **300 meter El** | | | |  | **300 meter** | | | |  |
|  | 1 | Broeckx Xander | 41”88 | ‘15 |  | 1 | Broeckx Xander | 42”6 | ‘15 |  |
|  | 2 | Leys Jules | 44”75 | ‘15 |  | 2 | Daniëls Bart | 47”3 | ‘14 |  |
|  | 3 | Janssen Kobe | 44”88 | ‘15 |  | 3 | Geysen Rune | 50”8 | ‘16 |  |
|  | 4 | Leys Lode | 45”44 | ‘13 |  | 4 | Stoops Jarne | 50”9 | ‘14 |  |
|  | 5 | Dom Stijn | 46”28 | ‘12 |  | 5 | Janssens Quinten | 52”6 | ‘12 |  |
|  | 6 | Vosters Wout | 47”13 | ‘14 |  | 6 | Buijs Arne | 52”8 | ‘16 |  |
|  | 7 | Servotte Seppe | 48”20 | ‘09 |  | 7 | Jacobs Joppe | 53”3 | ‘16 |  |
|  | 8 | Vanmechelen Bram | 48”90 | ‘15 |  | 8 | Janssen Kobe | 54”1 | ‘14 |  |
|  | 9 | Falleyn Jore | 49”00 | ‘14 |  | 9 | De Smedt Rens | 55”6 | ‘14 |  |
|  | 10 | Borstlap Dries | 49”22 | ‘12 |  | 10 | Stappers Toon | 55”7 | ‘14 |  |

# outdoor heren miniemen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Leys Jules | 3’14”7 | ‘15 |  |
|  | 3 | Servotte Seppe | 3’10”07 | ‘10 |  | 3 | Servotte Seppe | 3’17”0 | ‘10 |  |
|  | 4 | Leys Jules | 3’15”13 | ‘15 |  | 4 | Borstlap Dries | 3’17”7 | ‘12 |  |
|  | 5 | Falleyn Jore | 3’17”67 | ‘14 |  | 5 | Mols Senne | 3’19”8 | ‘13 |  |
|  | 6 | Leys Lode | 3’20”01 | ‘12 |  | 6 | Falleyn Jore | 3’22”2 | ‘14 |  |
|  | 7 | Mols Senne | 3’21”84 | ‘12 |  | 7 | Van Gool Milan | 3’22”7 | ‘15 |  |
|  | 8 | Naessens Benjamin | 3’21”97 | ‘11 |  | 8 | Leys Lode | 3’27”1 | ‘13 |  |
|  | 9 | Verheyen Brent | 3’22”59 | ‘13 |  | 9 | Janssen Kobe | 3’27”1 | ‘15 |  |
|  | 10 | Graux Siebe | 3’26”53 | ‘16 |  | 10 | Verheyen Brent | 3’28”1 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Servotte Seppe | 5m01 | ‘10 |  | 1 | Dom Stijn | 1m54 | ‘12 |  |
|  | 2 | Broeckx Xander | 4m83 | ‘15 |  | 2 | Servotte Seppe | 1m50 | ‘10 |  |
|  | 3 | Appels Pieter-jan | 4m82 | ‘14 |  | 3 | Daniëls Bart | 1m50 | ‘14 |  |
|  | 4 | Leys Jules | 4m60 | ‘15 |  | 4 | Broeckx Xander | 1m48 | ‘15 |  |
|  | 5 | Janssen Kobe | 4m56 | ‘15 |  | 5 | Falleyn Jore | 1m45 | ‘14 |  |
|  | 6 | Dom Stijn | 4m50 | ‘12 |  | 6 | Leys Jules | 1m45 | ‘15 |  |
|  | 7 | Daniëls Bart | 4m44 | ‘14 |  | 7 | Thompson Holy-i | 1m44 | ‘16 |  |
|  | 8 | Leys Lode | 4m39 | ‘13 |  | 8 | Janssen Kobe | 1m39 | ‘15 |  |
|  | 9 | Vosters Wout | 4m28 | ‘14 |  | 9 | Vanderhaeghen Willem | 1m35 | ‘10 |  |
|  | 10 | Thompson Holy-i | 4m28 | ‘16 |  | 10 | Vanmechelen Bram | 1m35 | ‘15 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Polsstok** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | De Smedt Rens | 2m20 | ‘15 |  | 1 | Servotte Seppe | 17m88 | ‘10 |  |
|  | 2 | Servotte Seppe | 2m15 | ‘09 |  |  |  |  |  |  |
|  | 3 | Falleyn Jore | 2m12 | ‘14 |  |  |  |  |  |  |
|  | 4 | Janssen Kobe | 2m01 | ‘15 |  |  |  |  |  |  |
|  | 5 | Dom Stijn | 1m96 | ‘12 |  |  |  |  |  |  |
|  | 6 | Leys Lode | 1m84 | ‘13 |  |  |  |  |  |  |
|  | 7 | Daniëls Bart | 1m82 | ‘14 |  |  |  |  |  |  |
|  | 8 | Leys Jules | 1m62 | ‘14 |  |  |  |  |  |  |
|  | 9 | Declerq Stijn | 1m62 | ‘14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 3kg | | | |  | **Discus 750g** | | | |  |
|  | 1 | Appels Pieter-jan | 10m07 | ‘14 |  | 1 | Vanmechelen Bram | 27m93 | ‘15 |  |
|  | 2 | Servotte Seppe | 9m85 | ‘10 |  | 2 | Falleyn Jore | 26m72 | ‘14 |  |
|  | 3 | Vosters Wout | 9m78 | ‘14 |  | 3 | De Smedt Rens | 25m88 | ‘15 |  |
|  | 4 | Dom Stijn | 9m56 | ‘12 |  | 4 | Dom Stijn | 25m65 | ‘12 |  |
|  | 5 | Broeckx Xander | 9m55 | ‘15 |  | 5 | Janssen Kobe | 25m18 | ‘15 |  |
|  | 6 | Vanmechelen Bram | 9m41 | ‘15 |  | 6 | Daniëls Bart | 21m80 | ‘14 |  |
|  | 7 | De Smedt Rens | 8m71 | ‘15 |  | 7 | Appels Pieter-jan | 20m63 | ‘14 |  |
|  | 8 | Leys Lode | 8m40 | ‘13 |  | 8 | Leys Jules | 19m71 | ‘14 |  |
|  | 9 | Janssen Kobe | 8m38 | ‘15 |  | 9 | Geudens Bram | 18m94 | ‘14 |  |
|  | 10 | Leys Jules | 8m21 | ‘15 |  | 10 | Janssens Quinten | 18m59 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Janssen Kobe | 31m60 | ‘15 |  | 3 | Leys Jules | 2971p | ‘15 |  |
|  | 4 | Vanmechelen Bram | 31m53 | ‘15 |  | 4 | Broeckx Xander | 2913p | ‘15 |  |
|  | 5 | Falleyn Jore | 31m17 | ‘14 |  | 5 | Dom Stijn | 2909p | ‘12 |  |
|  | 6 | Leys Jules | 29m91 | ‘15 |  | 6 | Daniëls Bart | 2886p | ‘14 |  |
|  | 7 | Daniëls Bart | 28m58 | ‘14 |  | 7 | Falleyn Jore | 2734p | ‘14 |  |
|  | 8 | Broeckx Xander | 28m53 | ‘15 |  | 8 | Janssen Kobe | 2646p | ‘15 |  |
|  | 9 | Graux Siebe | 27m96 | ‘16 |  | 9 | Leys Lode | 2546p | ‘13 |  |
|  | 10 | De Smedt Rens | 26m85 | ‘15 |  | 10 | Vanmechelen Bram | 2517p | ‘15 |  |

# outdoor heren miniemen

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 80 meter El** | | | |
| 1 | Broeckx Mattice – Van Gorp Berrie – Deckers Milan – Thompson Holy-i | 43”19 | ‘16 |
| 2 | Janssen Kobe – Leys Jules – Vanmechelen Bram – De Smedt Rens | 44”82 | ‘15 |
| 3 | Janssen Kobe – Falleyn Jore – De Smedt Rens – Daniëls Bart | 46”42 | ‘14 |
| 4 | Buijs Arne – Deckers Milan – Goos Daan – Thompson Holy-i | 46”79 | ‘16 |
| 5 | Janssen Kobe – Leys Jules – De Smedt Rens – Daniëls Bart | 46”83 | ‘14 |
| 6 | Geysen Rune – Goos Daan – Thompson Holy-i – Buijs Arne | 47”40 | ‘16 |
| 7 | Broeckx Mattice – Jacobs Joppe – Geysen Rune – Van Gorp Berrie | 47”48 | ‘16 |
| 8 | Baeten Senne – Graux Siebe – Van Gestel Cis – Maes Runar | 48”82 | ‘16 |
| 9 | Borstlap Dries – Verheyen Brent – Mols Senne – Dom Stijn | 50”02 | ‘12 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 3 x 600 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** Broeckx Xander 10”15 Tessenderlo 12/08/15

**Avos** Van Duerm Amouri 10”56 Lier 25/06/05

**Tuac** Vermeulen Stefaan 9”9 Turnhout 27/06/76

**100 meter** **Avos** Beyens Sander 15”54 Duffel 25/04/01

**Tuac** Vermeulen Stefaan 12”2 Turnhout 19/09/76

**150 meter** **Atac** Broeckx Xander 19”18 Herentals 27/06/15

**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** Broeckx Xander 41”88 Turnhout 07/06/15

**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** De Smedt Rens 2m20 Tessenderlo 02/07/15

**Avos** Hooyberghs Jens 2m51 Vosselaar 02/09/06

**Tuac** Vermeulen Stefaan 2m74 Turnhout 10/10/76

# outdoor heren miniemen

**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** Vanmechelen Bram 27m93 Lommel 27/09/15

**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** Broeckx Mattice – Van Gorp B. – Deckers Milan – Thompson Holy-i

43”19 Beveren 17/04/16

**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

**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. Daniëls Bart 16”49 Turnhout 09/04/16

2. Leys Jules 17”97 Kapellen 24/04/16

3. Janssen Kobe 19”61 Herentals 29/05/16

4. Falleyn Jore 20”51 Herentals 29/05/16

5. De Smedt Rens 22”45 Bétrix 21/08/16

**200 meter H El** 1. Daniëls Bart 29”36 (w?) Turnhout 07/08/16

2. Leys Jules 31”04 (w?) Turnhout 07/08/16

3. Janssen Kobe 32”12 (w?) Turnhout 07/08/16

**300 meter H El** 1. Leys Jules 43”29 Herentals 04/09/16

**100 meter** 1. De Smedt Rens 14”6 (w?) Baarle-Nassau 26/03/16

2. Geudens Bram 15”0 (w?) Baarle-Nassau 26/03/16

# outdoor heren Cadetten

**100 meter El** 1. Daniëls Bart 12”28 Herentals 29/05/16

2. Janssen Kobe 12”56 Kessel-Lo 15/08/16

3. Leys Jules 12”61 Aartselaar 23/07/16

4. Broeckx Xander 12”61 Turnhout 07/08/16

5. Vanmechelen Bram 13”50 Turnhout 11/09/16

6. Falleyn Jore 13”66 Turnhout 11/09/16

7. Jacobs Jent 13”83 Turnhout 09/04/16

8. De Smedt Rens 13”84 (w+2;2) Mol 03/07/16

9. Geudens Bram 16”07 Turnhout 07/08/16

**200 meter El** 1. Daniëls Bart 24”66 Turnhout 11/09/16

2. Leys Jules 25”32 Brasschaat 23/04/16

3. Janssen Kobe 25”70 Turnhout 11/09/16

**300 meter El** 1. Daniëls Bart 41”06 Turnhout 09/04/16

2. Leys Jules 41”31 Turnhout 09/04/16

3. Geudens Bram 53”60 Turnhout 09/04/16

**400 meter El** 1. Leys Jules 56”78 Woluwe 10/09/16

**800 meter** 1. De Smedt Rens 2’39”0 Baarle-Nassau 26/03/16

2. Geudens Bram 3’10”0 Baarle-Nassau 26/03/16

**800 meter El** 1. Appels Pieter-jan 2’06”01 Duffel 22/05/16

**1000 meter El** 1. Falleyn Jore 3’08”60 Herentals 29/05/16

2. Daniëls Bart 3’08”92 Herentals 29/05/16

3. De Smedt Rens 3’20”70 Herentals 29/05/16

4. Janssen Kobe 3’29”97 Herentals 29/05/16

**1500 meter El** 1. Appels Pieter-jan 4’16”02 Oordegem 28/05/16

2. De Smedt Rens 5’48”18 Vilvoorde 08/05/16

**Ver** 1. Leys Jules 5m48 Aartselaar 23/07/16

2. Daniëls Bart 5m44 Turnhout 07/08/16

3. Janssen Kobe 5m04 Herentals 29/05/16

4. Falleyn Jore 4m60 Herentals 29/05/16

5. De Smedt Rens 4m48 (w+2,8) Bétrix 21/08/16

6. Geudens Bram 4m20 Turnhout 11/09/16

**Hoog** 1. Daniëls Bart 1m77 Vilvoorde 08/05/16

2. Falleyn Jore 1m57 Herentals 29/05/16

3. Geudens Bram 1m45 Turnhout 11/09/16

4. De Smedt Rens 1m40 Mol 17/07/16

5. Vanmechelen Bram 1m35 Turnhout 09/04/16

6. Janssen Kobe 1m15 Herentals 29/05/16

**Polsstok** 1. Falleyn Jore 2m75 Kapellen 24/04/16

2. De Smedt Rens 2m72 Turnhout 07/08/16

3. Daniëls Bart 2m10 Herentals 29/05/16

4. Janssen Kobe 2m00 Herentals 29/05/16

# outdoor heren Cadetten

**Kogel 4kg** 1. Falleyn Jore 10m57 Herentals 29/05/16

2. De Smedt Rens 9m97 Turnhout 11/09/16

3. Vanmechelen Bram 9m26 Turnhout 11/09/16

4. Daniëls Bart 9m08 Herentals 29/05/16

5. Janssen Kobe 8m07 Herentals 29/05/16

6. Geudens Bram 7m30 Turnhout 11/09/16

**Discus 1kg** 1. De Smedt Rens 35m38 Lier 02/10/16

2. Falleyn Jore 28m32 Turnhout 09/04/16

3. Vanmechelen Bram 27m15 Aartselaar 23/07/16

4. Daniëls Bart 24m37 Turnhout 09/04/16

5. Geudens Bram 22m99 Turnhout 09/04/16

6. Jacobs Jent 21m38 Turnhout 09/04/16

**Discus 1,250kg** 1. De Smedt Rens 27m35 Cambridge (GB) 28/08/16

**Speer 600g** 1. Falleyn Jore 37m65 Turnhout 11/09/16

2. De Smedt Rens 35m92 Lier 11/06/16

3. Daniëls Bart 33m00 Mol 03/07/16

4. Vanmechelen Bram 30m98 Turnhout 11/09/16

5. Janssen Kobe 29m54 Mol 03/07/16

6. Geudens Bram 22m97 Baarle-Nassau 26/03/16

**Hamer 4kg** 1. De Smedt Rens 25m44 ST-Niklaas 16/10/16

2. Falleyn Jore 25m25 Turnhout 11/09/16

3. Geudens Bram 18m68 Turnhout 11/09/16

**Werpvierkamp** 1. De Smedt Rens 1269p Cambridge (GB) 28/08/16

**8-Kamp** 1. Daniëls Bart 3626p Herentals 29/05/16

2. Falleyn Jore 3136p Herentals 29/05/16

3. Janssen Kobe 2593p Herentals 29/05/16

4. De Smedt Rens 2438p Bétrix 21/08/16

**Aflossing 4 x 100 meter El**

1. Janssen Kobe – Leys Jules – Daniëls Bart – Broeckx Xander

47”91 Bornem 28/08/16

2. Janssen Kobe – Vanmechelen Bram – Leys Jules – Daniëls Bart

50”20 Vilvoorde 08/05/16

**Aflossing 4 x 200 meter El**

1. Daniëls Bart – De Smedt Rens – Vanmechelen Bram – Leys Jules

1’51”03 Turnhout 09/04/16

# outdoor heren Cadetten

## 10 beste prestaties cadetten

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter Horden El** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Janssen Robbe | 14”19 | ‘12 |  | 1 | Daniëls Bart | 29”36\* | ‘16 |  |
|  | 2 | Dom Stijn | 16”33\* | ‘14 |  | 2 | Leys Jules | 31”04\* | ‘16 |  |
|  | 3 | Daniëls Bart | 16”49 | ‘16 |  | 3 | Janssen Kobe | 32”12\* | ‘16 |  |
|  | 4 | Leys Lode | 17”03 | ‘15 |  |  |  |  |  |  |
|  | 5 | Leys Jules | 17”97 | ‘16 |  |  |  |  |  |  |
|  | 6 | Bax Thomas | 18”66 | ‘10 |  |  |  |  |  |  |
|  | 7 | Janssen Kobe | 19”61 | ‘16 |  |  |  |  |  |  |
|  | 8 | Falleyn Jore | 20”51 | ‘16 |  |  |  |  |  |  |
|  | 9 | De Smedt Rens | 22”45 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **300 meter Horden El** | | | |  | **1500 meter steeple El** | | | | |  |
|  | 1 | Leys Lode | 43”22 | ‘15 |  | 1 | Bax Thomas | 5’15”39 | | ‘10 |  |
|  | 2 | Leys Jules | 43”29 | ‘16 |  |  |  | |  |  |  |
|  | 3 | Bax Thomas | 47”08 | ‘10 |  |  |  | |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Druyts Tobias | 12”19\* | ‘09 |  | 1 | Servotte Bram | 13”0\* | ‘10 |  |
|  | 2 | Daniëls Bart | 12”28 | ‘16 |  | 2 | Leys Lode | 13”0\* | ‘15 |  |
|  | 3 | Janssen Robbe | 12”56 | ‘12 |  | 3 | Daniëls Bart | 13”2\* | ‘15 |  |
|  | 4 | Janssen Kobe | 12”56 | ‘16 |  | 4 | Falleyn Jore | 14”6\* | ‘15 |  |
|  | 5 | Leys Jules | 12”61 | ‘16 |  | 5 | De Smedt Rens | 14”6\* | ‘16 |  |
|  | 6 | Broeckx Xander | 12”61 | ‘16 |  | 6 | Geudens Bram | 15”0\* | ‘16 |  |
|  | 7 | Leys Lode | 12”70 | ‘15 |  |  |  |  |  |  |
|  | 8 | Servotte Bram | 12”86 | ‘10 |  |  |  |  |  |  |
|  | 9 | Desmedt Pieter | 13”01 | ‘09 |  |  |  |  |  |  |
|  | 10 | Vercauteren Sander | 13”02 | ‘13 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **300 meter El** | | | |  |
|  | 1 | Druyts Tobias | 24”57 | ‘09 |  | 1 | Daniëls Bart | 41”06 | ‘16 |  |
|  | 2 | Daniëls Bart | 24”66 | ‘16 |  | 2 | Leys Jules | 41”31 | ‘16 |  |
|  | 3 | Leys Jules | 25”32 | ‘16 |  | 3 | Vercauteren Sander | 41”57 | ‘13 |  |
|  | 4 | Desmedt Pieter | 25”49\* | ‘09 |  | 4 | Desmedt Pieter | 41”87 | ‘09 |  |
|  | 5 | Janssen Kobe | 25”70 | ‘16 |  | 5 | Geudens Bram | 53”60 | ‘16 |  |
|  | 6 | Leys Lode | 25”85 | ‘15 |  |  |  |  |  |  |
|  | 7 | Vercauteren Sander | 26”21 | ‘13 |  |  |  |  |  |  |
|  | 8 | Appels Pieter-jan | 26”38 | ‘15 |  |  |  |  |  |  |
|  | 9 | Bax Thomas | 27”81 | ‘10 |  |  |  |  |  |  |
|  | 10 | De Rammelaere Anton | 29”22 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter El** | | | |  | **600 meter El** | | | |  |
|  | 1 | Leys Jules | 56”78 | ‘16 |  | 1 | Leys Lode | 1’35”53 | ‘15 |  |
|  | 2 | Vercauteren Sander | 56”80 | ‘13 |  | 2 | Bax Thomas | 1’40”27 | ‘10 |  |
|  | 3 | Leys Lode | 57”66 | ‘15 |  |  |  |  |  |  |
|  | 4 | Servotte Bram | 58”04 | ‘10 |  |  |  |  |  |  |
|  | 5 | Blevi Bavo | 65”65 | ‘13 |  |  |  |  |  |  |
|  | 6 | Deckx Seppe | 66”67 | ‘15 |  |  |  |  |  |  |
|  | 7 | Vandenbulcke Frederik | 68”81 | ‘13 |  |  |  |  |  |  |

# outdoor heren Cadetten

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | Vercauteren Sander | 2’03”52 | ‘13 |  | 1 | De Smedt Rens | 2’39”0 | ‘16 |  |
|  | 2 | Appels Pieter-jan | 2’06”01 | ‘16 |  | 2 | Geudens Bram | 3’10”0 | ‘16 |  |
|  | 3 | De Gruyter Joren | 2’12”40 | ‘15 |  |  |  |  |  |  |
|  | 4 | Servotte Bram | 2’15”09 | ‘10 |  |  |  |  |  |  |
|  | 5 | Janssen Robbe | 2’20”22 | ‘12 |  |  |  |  |  |  |
|  | 6 | Leys Lode | 2’20”80 | ‘15 |  |  |  |  |  |  |
|  | 7 | Bax Thomas | 2’24”88 | ‘10 |  |  |  |  |  |  |
|  | 8 | Blevi Bavo | 2’25”53 | ‘13 |  |  |  |  |  |  |
|  | 9 | Verheyen Brent | 2’29”39 | ‘15 |  |  |  |  |  |  |
|  | 10 | Verhagen Niels | 2’29”76 | ‘10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Leys Lode | 3’05”10 | ‘15 |  | 3 | Falleyn Jore | 3’18”8 | ‘15 |  |
|  | 4 | Falleyn Jore | 3’07”51 | ‘15 |  | 4 | Deckx Seppe | 3’39”6 | ‘15 |  |
|  | 5 | Daniëls Bart | 3’08”92 | ‘16 |  | 5 | Daniëls Bart | 3’46”9 | ‘15 |  |
|  | 6 | Bax Thomas | 3’14”48 | ‘09 |  | 6 | Geudens Bram | 4’02”1 | ‘15 |  |
|  | 7 | Verheyen Brent | 3’17”27 | ‘15 |  |  |  |  |  |  |
|  | 8 | De Smedt Rens | 3’20”70 | ‘16 |  |  |  |  |  |  |
|  | 9 | Deckx Seppe | 3’25”36 | ‘15 |  |  |  |  |  |  |
|  | 10 | Janssen Kobe | 3’29”97 | ‘16 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **1500 meter El** | | | |  | **1 mijl El** | | | |  |
|  | 1 | Appels Pieter-jan | 4’16”02 | ‘16 |  | 1 | Vercauteren Sander | 4’37”52 | ‘13 |  |
|  | 2 | Vercauteren Sander | 4’16”30 | ‘13 |  |  |  |  |  |  |
|  | 3 | De Gruyter Joren | 4’34”75 | ‘15 |  |  |  |  |  |  |
|  | 4 | Servotte Bram | 4’39”51 | ‘09 |  |  |  |  |  |  |
|  | 5 | Blevi Bavo | 4’47”47 | ‘13 |  |  |  |  |  |  |
|  | 6 | Vandenbulcke Frederik | 4’51”61 | ‘13 |  |  |  |  |  |  |
|  | 7 | Borstlap Dries | 4’54”31 | ‘13 |  |  |  |  |  |  |
|  | 8 | Marynissen Seppe | 4’57”18 | ‘12 |  |  |  |  |  |  |
|  | 9 | Verheyen Brent | 4’59”50 | ‘15 |  |  |  |  |  |  |
|  | 10 | Verhagen Niels | 5’02”31 | ‘10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  |  | | | |
|  | 1 | Vercauteren Sander | 6’07”22 | ‘13 |  |  |  |  |  |
|  | 2 | Appels Pieter-jan | 6’22”07 | ‘15 |  |  |  |  |  |
|  | 3 | De Gruyter Joren | 6’36”57 | ‘15 |  |  |  |  |  |
|  | 4 | Blevi Bavo | 6’50”78 | ‘13 |  |  |  |  |  |
|  | 5 | Borstlap Dries | 6’51”66 | ‘13 |  |  |  |  |  |
|  | 6 | Vandenbulcke Frederik | 6’53”05 | ‘13 |  |  |  |  |  |
|  | 7 | Deckx Seppe | 8’19”10 | ‘15 |  |  |  |  |  |
|  | 8 | Geudens Bram | 8’35”69 | ‘15 |  |  |  |  |  |
|  | 9 | Ibn Hach Mounir | 8’40”63 | ‘14 |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Polsstok** | | | |  |  | | | |
|  | 1 | Janssen Robbe | 2m80 | ‘12 |  |  |  |  |  |
|  | 2 | Falleyn Jore | 2m75 | ‘16 |  |  |  |  |  |
|  | **3** | De Smedt Rens | 2m72 | ‘16 |  |  |  |  |  |
|  | **4** | Leys Lode | 2m56 | ‘15 |  |  |  |  |  |
|  | **5** | Daniëls Bart | 2m10 | ‘16 |  |  |  |  |  |
|  | **6** | Janssen Kobe | 2m00 | ‘16 |  |  |  |  |  |

# outdoor heren Cadetten

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | Hoog | | | |  |
|  | 1 | Dom Stijn | 6m14 | ‘14 |  | 1 | Daniëls Bart | 1m77 | ‘16 |  |
|  | 2 | Janssen Robbe | 5m97\* | ‘12 |  | 2 | Dom Stijn | 1m67 | ‘13 |  |
|  | 3 | Leys Jules | 5m48 | ‘16 |  | 3 | Leys Lode | 1m62 | ‘15 |  |
|  | 4 | Daniëls Bart | 5m44 | ‘16 |  | 4 | Janssen Robbe | 1m60 | ‘12 |  |
|  | 5 | Servotte Bram | 5m27 | ‘10 |  | 5 | Falleyn Jore | 1m57 | ‘16 |  |
|  | 6 | Leys Lode | 5m21 | ‘15 |  | 6 | Oostvogels Martijn | 1m50 | ‘09 |  |
|  | 7 | Janssen Kobe | 5m04 | ‘16 |  | 7 | Bastiaensen Filip | 1m50 | ‘10 |  |
|  | 8 | Oostvogels Martijn | 4m65 | ‘09 |  | 8 | De Ridder Johan | 1m45 | ‘15 |  |
|  | 9 | Falleyn Jore | 4m62 | ‘15 |  | 9 | Geudens Bram | 1m45 | ‘16 |  |
|  | 10 | De Smedt Rens | 4m48\* | ‘16 |  | 10 | Servotte Bram | 1m40 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 4kg** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Janssen Robbe | 14m68 | ‘12 |  | 1 | De Smedt Rens | 35m38 | ‘16 |  |
|  | 2 | Dom Stijn | 11m98 | ‘14 |  | 2 | Janssen Robbe | 33m77 | ‘12 |  |
|  | 3 | Servotte Bram | 11m19 | ‘10 |  | 3 | Dom Stijn | 33m00 | ‘14 |  |
|  | 4 | Falleyn Jore | 10m57 | ‘16 |  | 4 | Falleyn Jore | 28m32 | ‘16 |  |
|  | 5 | De Smedt Rens | 9m97 | ‘16 |  | 5 | Daniëls Bart | 27m27 | ‘15 |  |
|  | 6 | Vanmechelen Bram | 9m26 | ‘16 |  | 6 | Vanmechelen Bram | 27m15 | ‘16 |  |
|  | 7 | Leys Lode | 9m08 | ‘15 |  | 7 | Leys Lode | 26m35 | ‘15 |  |
|  | 8 | Daniëls Bart | 9m08 | ‘16 |  | 8 | Oostvogels Martijn | 24m78 | ‘09 |  |
|  | 9 | Appels Pieter-jan | 8m93 | ‘15 |  | 9 | Janssens Quinten | 23m50 | ‘14 |  |
|  | 10 | Desmedt Pieter | 8m83 | ‘09 |  | 10 | Geudens Bram | 22m99 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | |  | **Discus 1,250kg** | | | |
|  |  |  |  |  |  | 1 | De Smedt Rens | 27m35 | ‘16 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Speer 600g** | | | |  | **Hamer 4kg** | | | |  |
|  | 1 | Dom Stijn | 39m62 | ‘14 |  | 1 | De Smedt Rens | 25m44 | ‘16 |  |
|  | 2 | Vercauteren Sander | 38m71 | ‘13 |  | 2 | Falleyn Jore | 25m25 | ‘16 |  |
|  | 3 | Falleyn Jore | 37m65 | ‘16 |  | 3 | Oostvogels Martijn | 19m85 | ‘09 |  |
|  | 4 | De Smedt Rens | 35m92 | ‘16 |  | 4 | Geudens Bram | 18m68 | ‘16 |  |
|  | 5 | Janssen Robbe | 35m88 | ‘12 |  |  |  |  |  |  |
|  | 6 | Daniëls Bart | 33m00 | ‘16 |  |  |  |  |  |  |
|  | 7 | Keuppens Jan | 31m58 | ‘09 |  |  |  |  |  |  |
|  | 8 | Vanmechelen Bram | 30m98 | ‘16 |  |  |  |  |  |  |
|  | 9 | Leys Lode | 29m88 | ‘15 |  |  |  |  |  |  |
|  | 10 | Janssen Kobe | 29m54 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Werpvierkamp** | | | |  |  | | | |
|  | 1 | De Smedt Rens | 1269p | ‘16 |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **5-Kamp** | | | | |  | **8-Kamp** | | | | | | |  |
|  | | 1 | | Janssen Robbe | 2550p | ‘12 |  | 1 | Janssen Robbe | | 4281p | | ‘12 | |  |
|  | | 2 | | Dom Stijn | 1922p | ‘14 |  | 2 | Daniëls Bart | | 3626p | | ‘16 | |  |
|  | |  | |  |  |  |  | 3 | Leys Lode | | 3533p | | ‘15 | |  |
|  | |  | |  |  |  |  | 4 | Falleyn Jore | | 3136p | | ‘16 | |  |
|  | |  | |  |  |  |  | 5 | Janssen Kobe | | 2593p | | ‘16 | |  |
|  | |  | |  |  |  |  | 6 | De Smedt Rens | | 2438p | | ‘16 | |  |
|  | |  | |  |  |  |  |  |  | |  | |  | |  |
| **Aflossing 4 x 100 meter El** | | | | | | | | | | | | |
| 1 | | Janssen Kobe – Leys Jules – Daniëls Bart – Broeckx Xander | | | | | | | 47”91 | | ‘16 | |
| 2 | | Servotte Bram – Keuppens Jan – Desmedt Pieter – Druyts Tobias | | | | | | | 49”69 | | ‘09 | |
| 3 | | Janssen Kobe – Vanmechelen Bram – Leys Jules – Daniëls Bart | | | | | | | 50”20 | | ‘16 | |
| 4 | | Bax Thomas – Servotte Bram – Bastiaensen Filip – Van Gils Daan | | | | | | | 55”91 | | ‘10 | |
| 5 | | Leys Lode – Dom Stijn – Janssens Quinten – Verheyen Brent | | | | | | | 56”87 | | ‘14 | |

# outdoor heren Cadetten

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 200 meter El** | | | |
| 1 | Daniëls Bart – De Smedt Rens – Vanmechelen Bram – Leys Jules | 1’51”03 | ‘16 |

## 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 43”22 Moeskroen 06/09/15

**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** Daniëls Bart41”06 Turnhout 09/04/16

**Avos** Hooyberghs Jens 40”80 Vorst 25/10/08

**Tuac** Drossaert Kristof 40”0 Mol 24/05/97

**400 meter** **Atac** Leys Jules 56”78 Woluwe 10/09/16

**Avos** Hooyberghs Jens 56”77 Vorst 11/10/08

**Tuac** Van Laarhoven Dirk 56”4 Roosendaal (Ned) 30/09/78

**600 meter Atac** Leys Lode 1’35”53 Mol 05/07/15

**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** Appels Pieter-jan 4’16”02 Oordegem 28/05/16

**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** Daniëls Bart 1m77 Vilvoorde 08/05/16 **Avos** Hooyberghs Jens 1m72 Nieuwpoort 21/09/08

**Tuac** Vermeulen Stefaan 1m73 Brasschaat 07/08/77

# outdoor heren Cadetten

**Polsstok** **Atac** Janssen Robbe 2m80 Dilbeek 05/08/12

**Avos** Hooyberghs Jens 3m16 Nieuwpoort 21/09/08

**Tuac** Vermeulen Stefaan 3m01 Herentals 22/07/77

**Kogel 4kg** **Atac** Janssen Robbe 14m68 Lier 07/07/12 **Avos** Van Hove Guy 12m14 Izegem 27/09/97

**Tuac** Quirijnen Kristof 13m52 Winterslag 09/10/99

**Kogel 5kg** **Avos** Struyven Steven 9m30 Arendonk 08/06/87

**Discus 1kg** **Atac** De Smedt Rens 35m38 Lier 02/10/16

**Avos** Hooyberghs Jens 41m26 Eeklo 18/10/08

**Tuac** Quirijnen Kristof 45m28 Winterslag 09/10/99

**Discus 1,250kg** **Atac** De Smedt Rens 27m35 Cambridge (GB) 28/08/16

**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** De Smedt Rens 25m44 St.-Niklaas 16/10/16

**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

**Werpvierkamp** **Atac** De Smedt Rens 1269p Cambridge (GB) 28/08/16

**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** Janssen Kobe – Leys Jules – Daniëls Bart – Broeckx Xander

47”91 Bornem 28/08/16

**Avos** Fabri Kim - Rameyssen Urbaan - Woestenborghs Rob - Wouters Rik

49”63 Tessenderlo 16/05/90

**Tuac** Van Gool H. – Kaers Erik – Marynissen B. – Slegers B.

50”7 Merskem 06/10/79

**Afl 4 x 200 m Atac** Daniëls Bart – De Smedt Rens – Vanmechelen Bram – Leys Jules

1’51”03 Turnhout 09/04/16

**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 Erik – Lenaerts L. – Van Laarhoven Dirk

9’22”5 Turnhout 23/04/78

# outdoor heren scholieren

## JAARPRESTATIES scholieren

**110 meter H El** 1. Dom Stijn 14”85 Herentals 04/09/16

**200 meter H El** 1. Dom Stijn 27”60 (w?) Turnhout 07/08/16

2. Leys Lode 29”49 (w?) Turnhout 07/08/16

**400 meter H El** 1. Leys Lode 61”53 Merksem 17/09/16

2. Sterkens Milan 66”04 Vilvoorde 08/05/16

# outdoor heren scholieren

**100 meter** 1. Dom Stijn 11”9 (w?) Baarle-Nassau 26/03/16

**100 meter El** 1. Dom Stijn 11”85 Herentals 29/05/16

2. Leys Lode 12”58 Aartselaar 23/07/16

3. Bollens Saan 12”79 Vilvoorde 08/05/16

**200 meter El** 1. Dom Stijn 24”58 Mol 27/08/16

2. Leys Lode 25”69 Brasschaat 23/04/16

**300 meter El** 1. Dom Stijn 40”22 Turnhout 09/04/16

2. Leys Lode 40”64 Turnhout 09/04/16

**400 meter El** 1. Dom Stijn 56”44 Herentals 29/05/16

2. Leys Lode 56”82 Tessenderlo 15/05/16

**800 meter El** 1. De Gruyter Joren 2’08”63 Duffel 22/05/16

2. Verheyen Brent 2’21”44 Duffel 22/05/16

**1500 meter El** 1. De Gruyter Joren 4’18”67 Oordegem 28/05/16

2. Verheyen Brent 4’38”96 Oordegem 28/05/16

3. Dom Stijn 5’21”80 Herentals 29/05/16

**1 mijl** 1. Dom Stijn 6’22”0 Baarle-Nassau 26/03/16

**Ver** 1. Dom Stijn 6m35 Herentals 29/05/16

**Hoog** 1. Dom Stijn 1m84 Turnhout 11/09/16

2. Bollens Saan 1m45 Vilvoorde 08/05/16

**Polsstok** 1. Dom Stijn 3m20 Bétrix 21/08/16

**Kogel 5kg** 1. Dom Stijn 12m40 Mol 03/07/16

2. Sterkens Milan 7m61 Vilvoorde 08/05/16

**Discus 1,5kg** 1. Dom Stijn 33m23 Herentals 29/05/16

**Speer 700g** 1. Dom Stijn 43m63 Turnhout 11/09/16

**10-Kamp** 1. Dom Stijn 5577p Herentals 29/05/16

**Aflossing 4 x 100 meter El**

1. Leys Lode – Dom Stijn – Bollens Saan – Sterkens Milan

49”35 Vilvoorde 08/05/16

**Aflossing 4 x 200 meter El**

1. Dom Stijn – Geudens Bram – Bollens Saan – Leys Lode

1’49”62 Turnhout 09/04/16

# outdoor heren scholieren

## 10 Beste prestaties scholieren

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **110 meter Horden El (91,4 cm)** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Janssen Robbe | 14”80 | ‘14 |  | 1 | Dom Stijn | 27”60\* | ‘16 |  |
|  | 2 | Dom Stijn | 14”85 | ‘16 |  | 2 | Janssen Robbe | 28”89\* | ‘14 |  |
|  | 3 | Hooyberghs Jens | 15”84 | ‘10 |  | 3 | Leys Lode | 29”49\* | ‘16 |  |
|  | 4 | Verbaarschot Nick | 15”99\* | ‘13 |  |  |  |  |  |  |
|  | 5 | Ameye Dries | 17”53 | ‘09 |  |  |  |  |  |  |
|  | 6 | Bax Thomas | 18”12 | ‘12 |  |  |  |  |  |  |
|  | 7 | Sneyders Jente | 18”77 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter Horden El (84 cm)** | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 59”76 | ‘09 |  |  |  |  |  |  |
|  | 2 | Leys Lode | 61”53 | ‘16 |  |  |  |  |  |  |
|  | 3 | Bax Thomas | 62”66 | ‘12 |  |  |  |  |  |  |
|  | 4 | Sneyders Jente | 64”24 | ‘10 |  |  |  |  |  |  |
|  | 5 | Sterkens Milan | 66”04 | ‘16 |  |  |  |  |  |  |
|  | 6 | Vercauteren Sander | 68”55 | ‘14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Dom Stijn | 11”85 | ‘16 |  | 3 | Dom Stijn | 11”9\* | ‘16 |  |
|  | 4 | Oematie Saverio | 11”91 | ‘11 |  |  |  |  |  |  |
|  | 5 | Ameye Dries | 11”96 | ‘09 |  |  |  |  |  |  |
|  | 6 | Druyts Tobias | 12”22 | ‘10 |  |  |  |  |  |  |
|  | 7 | Hooyberghs Jens | 12”23 | ‘10 |  |  |  |  |  |  |
|  | 8 | Janssen Robbe | 12”28 | ‘14 |  |  |  |  |  |  |
|  | 9 | Desmedt Pieter | 12”51 | ‘10 |  |  |  |  |  |  |
|  | 10 | Leys Lose | 12”58 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  |  | | | |
|  | 1 | Ameye Dries | 23”83 | ‘09 |  |  |  |  |  |
|  | 2 | Roefs Steyn | 23”98 | ‘14 |  |  |  |  |  |
|  | 3 | Dom Stijn | 24”58 | ‘16 |  |  |  |  |  |
|  | 4 | Oematie Saverio | 24”67 | ‘11 |  |  |  |  |  |
|  | 5 | Druyts Tobias | 24”76 | ‘11 |  |  |  |  |  |
|  | 6 | Hooyberghs Jens | 24”84 | ‘10 |  |  |  |  |  |
|  | 7 | Leys Lode | 25”69 | ‘16 |  |  |  |  |  |
|  | 8 | De Rammelaere Anton | 25”96 | ‘10 |  |  |  |  |  |
|  | 9 | Vercauteren Sander | 26”28 | ‘15 |  |  |  |  |  |
|  | 10 | De Rop Michiel | 28”00 | ‘15 |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Dom Stijn | 40”22 | ‘16 |  | 4 | Desmedt Pieter | 55”52 | ‘10 |  |
|  | 5 | Leys Lode | 40”64 | ‘16 |  | 5 | Dom Stijn | 56”44 | ‘16 |  |
|  | 6 | Bax Thomas | 41”57 | ‘11 |  | 6 | Leys Lode | 56”82 | ‘16 |  |
|  | 7 | Vercauteren Sander | 42”08 | ‘14 |  | 7 | Ameye Dries | 57”01 | ‘09 |  |
|  | 8 | De Rop Michiel | 43”79 | ‘14 |  | 8 | Vercauteren Sander | 57”09 | ‘15 |  |
|  |  |  |  |  |  | 9 | Vandenbulcke Frederik | 61”53 | ‘15 |  |
|  |  |  |  |  |  | 10 | Bordeyne Uriaan | 64”58 | ‘11 |  |

# outdoor heren scholieren

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Vercauteren Sander | 2’01”36 | ‘15 |  | 1 | Vercauteren Sander | 2’36”34 | ‘15 |  |
|  | 2 | De Gruyter Joren | 2’08”63 | ‘16 |  | 2 | Verhagen Niels | 2’55”86 | ‘12 |  |
|  | 3 | De Rop Michiel | 2’09”98 | ‘15 |  | 3 | Luyten Jens | 2’59”16 | ‘09 |  |
|  | 4 | Blevi Bavo | 2’12”01 | ‘15 |  | 4 | Bax Thomas | 2’59”70 | ‘11 |  |
|  | 5 | Vandenbulcke Frederik | 2’13”15 | ‘15 |  | 5 | Sneyders Jente | 3’06”86 | ‘09 |  |
|  | 6 | Luyten Jens | 2’15”30 | ‘09 |  |  |  |  |  |  |
|  | 7 | Desmedt Pieter | 2’17”86 | ‘10 |  |  |  |  |  |  |
|  | 8 | Verhagen Niels | 2’17”87 | ‘11 |  |  |  |  |  |  |
|  | 9 | Bax Thomas | 2’18”79 | ‘11 |  |  |  |  |  |  |
|  | 10 | Verheyen Brent | 2’21”44 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1500 meter El** | | | |  | **2000 meter Steeple El** | | | |  |
|  | 1 | Vercauteren Sander | 4’02”19 | ‘15 |  | 1 | Luyten Jens | 7’08”71 | ‘09 |  |
|  | 2 | De Gruyter Joren | 4’18”67 | ‘16 |  |  |  |  |  |  |
|  | 3 | Vandenbulcke Frederik | 4’28”63 | ‘15 |  |  |  |  |  |  |
|  | 4 | De Rop Michiel | 4’32”22 | ‘14 |  |  |  |  |  |  |
|  | 5 | Hooyberghs Jens | 4’33”18 | ‘10 |  |  |  |  |  |  |
|  | 6 | Desmedt Pieter | 4’38”33 | ‘11 |  |  |  |  |  |  |
|  | 7 | Verheyen Brent | 4’38”96 | ‘16 |  |  |  |  |  |  |
|  | 8 | Verhagen Niels | 4’40”73 | ‘11 |  |  |  |  |  |  |
|  | 9 | Bax Thomas | 4’43”04 | ‘11 |  |  |  |  |  |  |
|  | 10 | Luyten Jens | 4’45”89 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1 mijl El** | | | |  | **1 mijl** | | | |  |
|  | 1 | Vercauteren Sander | 4’33”82 | ‘15 |  | 1 | Janssen Robbe | 5’49”0 | ‘14 |  |
|  | 2 | De Rop Michiel | 4’57”09 | ‘14 |  | 2 | Dom Stijn | 6’22”0 | ‘16 |  |
|  | 3 | Blevi Bavo | 5’08”98 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | Bax Thomas | 6’30”62 | ‘11 |  | 1 | Vercauteren Sander | 8’48”57 | ‘15 |  |
|  | 2 | Desmedt Pieter | 6’33”53 | ‘11 |  | 2 | Vandenbulcke Frederik | 9’50”88 | ‘15 |  |
|  | 3 | Verhagen Niels | 6’37”53 | ‘12 |  | 3 | De Rop Michiel | 10’04”57 | ‘14 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  |  | | | |  |
|  | 1 | Dom Stijn | 6m35 | ‘16 |  |  |  |  |  |  |
|  | 2 | Janssen Robbe | 6m16\* | ‘14 |  |  |  |  |  |  |
|  | 3 | Hooyberghs Jens | 6m14 | ‘10 |  |  |  |  |  |  |
|  | 4 | Verbaarschot Nick | 5m93 | ‘13 |  |  |  |  |  |  |
|  | 5 | Sneyders Jente | 5m52 | ‘09 |  |  |  |  |  |  |
|  | 6 | Bastiaensen Filip | 5m06 | ‘11 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | Polsstok | | | |  |
|  | 1 | Verbaarschot Nick | 1m88 | ‘13 |  | 1 | Hooyberghs Jens | 3m80 | ‘09 |  |
|  | 2 | Dom Stijn | 1m84 | ‘16 |  | 2 | Verbaarschot Nick | 3m60 | ‘13 |  |
|  | 3 | Hooyberghs Jens | 1m80 | ‘09 |  | 3 | Janssen Robbe | 3m32 | ‘14 |  |
|  | 4 | Janssen Robbe | 1m70 | ‘14 |  | 4 | Dom Stijn | 3m20 | ‘16 |  |
|  | 5 | Oostvogels Martijn | 1m55 | ‘10 |  |  |  |  |  |  |
|  | 6 | Bastiaensen Filip | 1m50 | ‘11 |  |  |  |  |  |  |
|  | 7 | De Rop Michiel | 1m50 | ‘15 |  |  |  |  |  |  |
|  | 8 | Bollens Saan | 1m45 | ‘16 |  |  |  |  |  |  |

# outdoor heren SCHOLIEREN

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | Dom Stijn | 12m40 | ‘16 |  | 3 | Dom Stijn | 33m23 | ‘16 |  |
|  | 4 | Verbaarschot Nick | 9m86 | ‘12 |  | 4 | Strijbos Seppe | 26m89 | ‘11 |  |
|  | 5 | Strijbos Seppe | 9m08 | ‘11 |  | 5 | Verbaarschot Nick | 26m45 | ‘12 |  |
|  | 6 | Desmedt Pieter | 8m13 | ‘10 |  |  |  |  |  |  |
|  | 7 | Sterkens Milan | 7m61 | ‘16 |  |  |  |  |  |  |
|  | 8 | Vandenbulcke Fredrik | 7m41 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 | Dom Stijn | 43m63 | ‘16 |  |  |  |  |  |  |
|  | 4 | Sneyders Jente | 40m22 | ‘10 |  |  |  |  |  |  |
|  | 5 | Janssen Robbe | 34m02 | ‘14 |  |  |  |  |  |  |
|  | 6 | Oostvogels Martijn | 32m52 | ‘10 |  |  |  |  |  |  |
|  | 7 | De Rop Michiel | 29m26 | ‘14 |  |  |  |  |  |  |
|  | 8 | Verbaarschot Nick | 25m31 | ‘13 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **10-Kamp** | | | |  |  | | | |  |
|  | 1 | Janssen Robbe | 5827p | ‘14 |  |  |  |  |  |  |
|  | 2 | Dom Stijn | 5577p | ‘16 |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 100 meter El** | | | |
| 1 | Druyts Tobias – Sneyders Jente – Hooyberghs Jens – Desmedt Pieter | 46”87 | ‘10 |
| 2 | Leys Lode – Dom Stijn – Bollens Saan – Sterkens Milan | 49”35 | ‘16 |
| 3 | Sneyders Jente – Mangelschots Kevin – Hooyberghs Jens – Ameye Dries | 49”42 | ‘09 |
| 4 | Vercauteren Sander – Vandenbulcke Frederik – De Rop Michiel – Dom Stijn | 52”23 | ‘15 |
| 5 | Vercauteren Sander – Janssen Robbe – De Rop Michiel – Vandenbulcke Frederik | 52”49 | ‘14 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 200 meter El** | | | |
| 1 | Dom Stijn – Geudens Bram – Bollens Saan – Leys Lode | 1’49”62 | ‘16 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 800 meter El** | | | |
| 1 | Blevi Bavo – De Rop Michiel – Vandenbulcke Frederik – Vercauteren Sander | 8’55”14 | ‘15 |

## 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

# outdoor heren SCHOLIEREN

**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** Vercauteren Sander 2’01”36 Merksem 22/08/15

**Avos** Wouters Rik 2’01”19 Duffel 30/05/92

**Tuac** Craane Bart 1’58”2 Burgos 79

**1000 meter** **Atac** Vercauteren Sander 2’36”34 Gentbrugge 08/08/15

**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 4’02”19 Moeskroen 06/09/15

**Avos** Wouters Rik 4’10”1 Mol 16/09/92

**Tuac** Sneyders Yuri 4’04”05 Gent 04/08/95

**1 mijl**  **Atac** Vercauteren Sander 4’33”82 Burcht 11/07/15

**Avos** Sneyders Dieter 5’02”23 Mol 04/06/06

**2000 meter** **Atac** Bax Thomas 6’30”62 Turnhout 17/04/11

**Avos** Sneyders Dieter 6’21”34 Lier 01/07/07

**Tuac** Van Deun Rob 5’49”8 Lommel 12/08/95

**2000 m Steeple** **Atac** Luyten Jens 7’08”71 Kapellen 07/06/09

**Avos** Woestenborghs Rob 6’08”55 Tessenderlo 18/08/93

**Tuac** Craane Bart 6’23”5 Denderleeuw 31/08/79

**3000 meter** **Atac** Vercauteren Sander 8’48”57 Ertvelde 24/06/15

**Avos** V.Waeyenberghe Yelle 9’02”62 Tessenderlo 24/08/02

**Tuac** Govaerts Nick 8’35”6 Tessenderlo 31/08/96

**Ver** **Atac** Dom Stijn 6m35 Herentals 29/05/16

**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

# outdoor heren SCHOLIEREN

**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 200m Atac** Dom Stijn – Geudens Bram – Bollens Saan – Leys Lode

1’49”62 Turnhout 09/04/16

**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 Atac** Blevi Bavo – De Rop Michiel – Vandenbulcke Fr. – Vercauteren S.

8’55”14 Merksem 30/08/15

**Tuac** Leys E. – Lenaerts L. – Kreynen E. – Craane Bart

8’20”4 Heizel 06/09/79

# outdoor heren Juniores

## jaarprestaties juniores

**100 meter El** 1. Roefs Steyn 11”38 (w+2,8) Tessenderlo 15/05/16

**200 meter El** 1. Roefs Steyn 23”10 Merksem 17/09/16

**300 meter El** 1. Roefs Steyn 40”11 Turnhout 09/04/16

**800 meter El** 1. Vercauteren Sander 1’58”75 Oordegem 21/05/16

2. Blevi Bavo 2’03”61 Brussel 19/06/16

3. Vandenbulcke Frederik 2’11”53 Kessel-Lo 30/07/16

**1000 meter El** 1. Vercauteren Sander 2’35”87 Beveren 26/07/16

**1500 meter El** 1. Vercauteren Sander 3’58”72 Oordegem 28/05/16

2. Blevi Bavo 4’09”39 Oordegem 21/05/16

3. Vandenbulcke Fredrik 4’18”04 Oordegem 28/05/16

**1 mijl El** 1. Blevi Bavo 4’37”76 Burcht 09/07/16

**2 mijl El** 1. Vercauteren Sander 9’29”84 Beveren 26/07/16

**5000 meter El** 1. Vercauteren Sander 15’16”49 Kapellen 24/04/16

2. Blevi Bavo 16’28”43 Tessenderlo 15/05/16

**Ver** 1. Roefs Steyn 5m83 Turnhout 11/09/16

# outdoor heren Juniores

## 10 beste prestaties juniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **110 meter Horden (1m) El** | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 15”74\* | ‘11 |  |  |  |  |  |  |
|  | 2 | Janssen Robbe | 15”93 | ‘15 |  |  |  |  |  |  |
|  | 3 | Verbaarschot Nick | 15”96 | ‘14 |  |  |  |  |  |  |
|  | 4 | Rutten Thomas | 17”76\* | ‘10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Roefs Steyn | 11”38\* | ‘16 |  | 1 | Verbaarschot Nick | 11”7\* | ‘14 |  |
|  | 2 | Verbaarschot Nick | 11”56\* | ‘14 |  |  |  |  |  |  |
|  | 3 | Oematie Saverio | 11”79 | ‘12 |  |  |  |  |  |  |
|  | 4 | Hooyberghs Jens | 11”79\* | ‘11 |  |  |  |  |  |  |
|  | 5 | Ameye Dries | 11”84 | ‘10 |  |  |  |  |  |  |
|  | 6 | Dubois Wesley | 12”01 | ‘09 |  |  |  |  |  |  |
|  | 7 | Janssen Robbe | 12”52 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  |  | | | |
|  | 1 | Roefs Steyn | 23”10 | ‘16 |  |  |  |  |  |
|  | 2 | Oematie Saverio | 23”78 | ‘12 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Oematie Saverio | 37”27 | ‘12 |  | 1 | Hooyberghs Jens | 51”63 | ‘11 |  |
|  | 2 | Roefs Steyn | 37”81 | ‘15 |  | 2 | Desmedt Pieter | 55”31 | ‘13 |  |
|  |  |  |  |  |  | 3 | Verbaarschot Nick | 58”91 | ‘14 |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **1000 meter El** | | | |
|  | 1 | Vercauteren Sander | 1’58”75 | ‘16 |  | 1 | Vercauteren Sander | 2’35”87 | ‘16 |
|  | 2 | Blevi Bavo | 2’03”61 | ‘16 |  | 2 | Verhagen Niels | 2’52”06 | ‘13 |
|  | 3 | Verhelst Arno | 2’08”02 | ‘15 |  | 3 | Sneyders Dieter | 2’52”12 | ‘09 |
|  | 4 | Sneyders Dieter | 2’10”97 | ‘09 |  | 4 | Ulloa Fabian | 2’55”38 | ‘15 |
|  | 5 | Vandenbulcke Frederik | 2’11”53 | ‘16 |  |  |  |  |  |
|  | 6 | Daniëls Andrew | 2’14”36 | ‘09 |  |  |  |  |  |
|  | 7 | Verhagen Niels | 2’16”53 | ‘13 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **1500 meter El** | | | |  | **1 mijl El** | | | |  |
|  | 1 | Vercauteren Sander | 3’58”72 | ‘16 |  | 1 | Blevi Bavo | 4’37”76 | ‘16 |  |
|  | 2 | Blevi Bavo | 4’09”39 | ‘16 |  |  |  |  |  |  |
|  | 3 | Vandenbulcke Fredrik | 4’18”04 | ‘16 |  |  |  |  |  |  |
|  | 4 | Verhelst Arno | 4’24”89 | ‘15 |  |  |  |  |  |  |
|  | 5 | Hooyberghs Jens | 4’27”82 | ‘11 |  |  |  |  |  |  |
|  | 6 | Verhagen Niels | 4’32”85 | ‘13 |  |  |  |  |  |  |
|  | 7 | Verbaarschot Nick | 5’55”60 | ‘14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | Verhagen Niels | 6’24”05 | ‘13 |  | 1 | Verhagen Niels | 9’32”27 | ‘13 |  |
|  | 2 | Ulloa Fabian | 6’44”61 | ‘15 |  | 2 | Sneyders Dieter | 9’40”57 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2 mijl El** | | | |  | **5000 meter El** | | | |  |
|  | 1 | Vercauteren Sander | 9’29”84 | ‘16 |  | 1 | Vercauteren Sander | 15’16”49 | ‘16 |  |
|  |  |  |  |  |  | 2 | Blevi Bavo | 16’28”43 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 6m34\* | ‘11 |  |  |  |  |  |  |
|  | 2 | Rutten Thomas | 6m23 | ‘09 |  |  |  |  |  |  |
|  | 3 | Verbaarschot Nick | 6m16 | ‘14 |  |  |  |  |  |  |
|  | 4 | Roefs Steyn | 5m83 | ‘16 |  |  |  |  |  |  |

# outdoor heren Juniores

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hamer 6kg** | | | |  | **Discus 1,750kg** | | | |  |
|  | 1 | Verbaarschot Nick | 25m48 | ‘15 |  | 1 | Hooyberghs Jens | 45m13 | ‘11 |  |
|  |  |  |  |  |  | 2 | Rutten Thomas | 32m50 | ‘10 |  |
|  |  |  |  |  |  | 3 | Verbaarschot Nick | 25m72 | ‘14 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Speer 800g** | | | |  | Kogel 6kg | | | |  |
|  | 1 | Hooyberghs Jens | 48m66 | ‘11 |  | 1 | Hooyberghs Jens | 13m78 | ‘11 |  |
|  | 2 | Ameye Dries | 42m90 | ‘10 |  | 2 | Janssen Robbe | 12m87 | ‘15 |  |
|  | 3 | Rutten Thomas | 37m12 | ‘09 |  | 3 | Rutten Thomas | 11m81 | ‘10 |  |
|  | 4 | Verbaarschot Nick | 30m64 | ‘14 |  | 4 | Verbaarschot Nick | 10m36 | ‘14 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **10-Kamp** | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 7019p | ‘11 |  |  |  |  |  |  |
|  | 2 | Verbaarschot Nick | 5074p | ‘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** Janssen Robbe 15”93 Turnhout 26/04/15

**Avos** Aerts Bram 17”52 Mol 04/06/06

**400 m Horden** **Avos** Sanen Pieter 61”65 Burcht 11/05/03

**Tuac** Van De Gender Steven 57”62 Jambes 02/06/96

**50 meter Tuac** Slegers Eddy 6”2 Hechtel 28/07/79

**60 meter Tuac** De Neve Patrick 7”6 Turnhout 07/06/81

Vanmechelen Luc 7”6 ev Neerpelt 22/06/83

Vanmechelen Erik 7”6 ev Neerpelt 22/06/83

**100 meter** **Atac** Roefs Steyn 11”40 Lier 05/07/15

**Avos** Quirijnen Kristof 11”87 Dilbeek 03/08/03

**Tuac** Van Beers Fonny 10”8 Heizel 22/09/68

**200 meter**  **Atac** Roefs Steyn 23”10 Merksem 17/09/16

**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** Vercauteren Sander 1’58”75 Oordegem 21/05/16 **Avos** V.Waeyenberghe Yelle 1’59”70 Herentals 11/06/05

**Tuac** Caers Leo 1’56”4 Turnhout 14/10/73

**1000 meter** **Atac** Vercauteren Sander 2’35”87 Beveren 26/07/16

**Avos** Vrancken Kris 2’42”4 Kontich 30/08/87

**Tuac** Caers Leo 2’31”6 Turnhout 26/08/73

**1500 meter** **Atac** Vercauteren Sander 3’58”72 Oordegem 28/05/16

**Avos** V.Waeyenberghe Yelle 4’07”77 St.-Niklaas 05/05/05

**Tuac** Sneyders Yuri 3’58”76 St.-Niklaas 25/05/97

# outdoor heren Juniores

**1 mijl (1609m)** **Atac** Blevi Bavo 4’37”76 Burcht 09/07/16

**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** **Atac** Vercauteren Sander 9’29”84 Beveren 26/07/16

**Avos** De Jongh Mike 11’11”8 Booischot 04/09/02

**5000 meter Atac** Vercauteren Sander15’16”49 Kapellen 24/04/16

**Avos** V.Waeyenberghe Yelle 15’25”31 Hechtel 31/07/04

**Tuac** Sneyders Yuri 15’05”81 Turnhout 11/05/97

**10000 meter Tuac** Van Gool Jef 34’35”0 Diest 18/10/79

**Uurloop Avos** De Jongh Mike 15 207m Tessenderlo 18/09/02

**Ver** **Atac** Hooyberghs Jens 6m29 Dilbeek 06/08/11

**Avos** Fabri Tom 6m42 Vosselaar 24/09/95

**Tuac** Leysen Paul 6m70 Heizel 19/09/71

**Hinkstap** **Avos** Fabri Tom 13m81 Herentals 25/06/95

**Tuac** Verstraelen Hans 13m74 Turnhout 14/05/95

**Hoog** **Atac** Hooyberghs Jens 1m90 Heusden 27/08/11

**Avos** Quirijnen Kristof 1m81 Herentals 24/08/03

**Tuac** Verstraelen Hans 2m00 Oordegem 23/05/94

**Polsstok** **Atac** Hooyberghs Jens 4m30 Heusden 28/08/11

**Avos** Quirijnen Kristof 4m10 Herentals 24/08/03

**Tuac** Quirijnen Kristof 3m70 Turnhout 21/04/02

**Kogel 6kg Atac** Hooyberghs Jens 13m78 Heusden 27/08/11

**Avos** Quirijnen Kristof 12m39 Mol 17/05/03

**Tuac** Quirijnen Kristof 12m28 Booischot 20/04/02

**Kogel 7,250kg** **Avos** Van Der Velden Patrick 10m83 Hechtel 04/05/87

**Tuac** Drossaert Kristof 7m81 Burcht 13/05/01

**Discus 1,750kg Atac** Hooyberghs Jens 45m13 Dilbeek 07/08/11

**Avos** Quirijnen Kristof 37m95 Turnhout 12/10/03

**Tuac** Cos Ronny 38m24 Turnhout 02/09/90

**Discus 2kg** **Avos** Van Der Velden Patrick 32m68 Turnhout 06/09/87

**Tuac** Van Gompel Yannick 19m17 Burcht 13/05/01

**Speer 700g Tuac** Noyens Koen 50m22 Lier 20/05/01

**Speer 800g**  **Atac** Hooyberghs Jens 48m66 Heusden 28/08/11

**Avos** Van Hove Guy 47m93 Lanaken 13/05/01

**Tuac** Adriaensen Chris 54m30 Mol 29/04/95

**Hamer 6kg** **Atac** Verbaarschot Nick 25m48 Turnhout 12/04/15

**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

# outdoor heren Juniores

**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”07 Dilbeek 31/07/16

**200 meter H El** 1. Aerts Bram 29”36 (w?) Turnhout 07/08/16

**100 meter El** 1. Aerts Bram 12”51 Dilbeek 31/07/16

2. Hoet Maarten 13”47 Turnhout 09/04/16

**400 meter El** 1. Aerts Bram 58”22 Herentals 29/05/16

**1500 meter El** 1. Van Waeyenberghe Yelle 4’08”69 Brussel 19/06/16

2. Aerts Bram 4’54”17 Herentals 29/05/16

**1 mijl**  1. Michielsen Tom 4’37”0 Baarle-Nassau 26/03/16

2. Aerts Bram 6’15”0 Baarle-Nassau 26/03/16

**1 mijl El**  1. D’Hooghe Robin 5’07”33 Burcht 09/07/16

**2000 meter** 1. Van Waeyenberghe Yelle 5’46”5 Turnhout 09/04/16

**3000 meter El** 1. Van Waeyenberghe Yelle 8’48”19 Herentals 01/05/16

**5000 meter El** 1. Van Waeyenberghe Yelle 14’56”72 Hechtel 16/07/16

**Ver** 1. Aerts Bram 6m04 Turnhout 07/08/16

2. Michielsen Tom 5m69 (w?) Baarle-Nassau 26/03/16

**Hinkstap** 1. Aerts Bram 12m78 Tessenderlo 15/05/16

**Hoog**  1. Michielsen Tom 1m80 Baarle-Nassau 26/03/16

2. Aerts Bram 1m60 Dilbeek 31/07/16

**Polsstok**  1. Aerts Bram 2m90 Herentals 29/05/16

**Kogel 7,250kg** 1. Aerts Bram 9m44 Mol 03/07/16

2. Michielsen Tom 8m30 Baarle-Nassau 26/03/16

**Discus 2kg**  1. Aerts Bram 28m09 Tessenderlo 23/07/16

**Speer 800g** 1. Michielsen Tom 35m59 Baarle-Nassau 26/03/16

2. Aerts Bram 31m06 Dilbeek 31/07/16

**Hamer 7,250kg** 1. Aerts Bram 14m37 Turnhout 11/09/16

# outdoor heren Seniores

**10-Kamp** 1. Aerts Bram 4584p Dilbeek 31/07/16

**Aflossing 4 x 100 meter El**

1. Aerts Bram – Daniëls Bart – Dom Stijn – Roefs Steyn

46”95 Tessenderlo 15/05/16

**Aflossing 4 x 200 meter El**

1. Aerts Bram – Hoet Maarten – Roefs Steyn – De Smedt Serge

1’47”09 Turnhout 09/04/16

**Aflossing 4 x 400 meter El**

1. Aerts Bram – Vercauteren Sander – Leys Lode – Dom Stijn

3’52”17 Tessenderlo 15/05/16

## 10 Beste prestaties seniores

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter Horden El** | | | |  | **200 meter Horden** | | | |  |
|  | 1 | Michielsen Tom | 27”86\* | ‘12 |  | 1 | Michielsen Tom | 28”0\* | ‘11 |  |
|  | 2 | Aerts Bram | 29”36\* | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter Horden El** | | | |  | **400 meter Horden** | | | |  |
|  | 1 | Michielsen Tom | 59”89 | ‘12 |  | 1 | Michielsen Tom | 65”7 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  |
|  | 4 | Hoet Maarten | 13”47 | ‘16 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **150 meter El** | | | |  |  | | | |  |
|  | 1 | Aerts Bram | 18”04\* | ‘11 |  |  |  |  |  |  |

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **300 meter El** | | | |  |  | | | |  |
|  | 1 | Aerts Bram | 37”79 | ‘11 |  |  |  |  |  |  |
|  | 2 | De Proost Rinze | 41”94 | ‘11 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **400 meter El** | | | |  | **400 meter** | | | |  |
|  | 1 | Michielsen Tom | 54”16 | ‘12 |  | 1 | Michielsen Tom | 57”3 | ‘13 |  |
|  | 2 | Aerts Bram | 54”36 | ‘11 |  |  |  |  |  |  |
|  | 3 | Desmedt Pieter | 58”14 | ‘15 |  |  |  |  |  |  |
|  | 4 | De Proost Rinze | 62”14 | ‘11 |  |  |  |  |  |  |
|  | 5 | Janssens Koen | 63”03 | ‘09 |  |  |  |  |  |  |

# outdoor heren Seniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 1’58”99 | ‘13 |  | 1 | Michielsen Tom | 2’08”0 | ‘11 |  |
|  | 2 | Michielsen Tom | 2’09”54 | ‘12 |  | 2 | Aerts Bram | 2’15”0 | ‘11 |  |
|  | 3 | Sneyders Dieter | 2’30”30 | ‘10 |  | 3 | Sneyders Dieter | 2’31”0 | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  |  | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 2’34”48 | ‘13 |  |  |  |  |  |  |
|  | 2 | Janssens Koen | 2’43”32 | ‘11 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 2’45”98 | ‘11 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1500 meter El** | | | |  | **1500 meter** | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 3’59”50 | ‘13 |  | 1 | Michielsen Tom | 4’39”8 | ‘13 |  |
|  | 2 | Janssens Koen | 4’06”04 | ‘11 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 4’26”11 | ‘13 |  |  |  |  |  |  |
|  | 4 | Snoeckx Zeger | 4’40”21 | ‘11 |  |  |  |  |  |  |
|  | 5 | Aerts Bram | 4’44”69 | ‘11 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1 mijl El** | | | |  | **1 mijl** | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 4’26”83 | ‘14 |  | 1 | Michielsen Tom | 4’37”0 | ‘16 |  |
|  | 2 | D’Hooghe Robin | 5’07”33 | ‘16 |  | 2 | Aerts Bram | 6’15”0 | ‘16 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  | **2000 meter** | | | |  |
|  | 1 | V. Waeyenberghe Yelle | 5’40”82 | ‘14 |  | 1 | V. Waeyenberghe Yelle | 5’46”5 | ‘16 |  |
|  | 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 |  |  |  |  |  |  |

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **3000 meter Steeple El** | | | |  | **3000 meter Steeple** | | | |  |
|  | 1 | Michielsen Tom | 10’30”28 | ‘15 |  | 1 | Michielsen Tom | 10’40”3 | ‘13 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **5000 meter El** | | | |  | **5000 meter** | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 14’48”15 | ‘15 |  | 1 | Michielsen Tom | 17’57”0 | ‘11 |  |
|  | 2 | Janssens Koen | 14’51”62 | ‘11 |  |  |  |  |  |  |
|  | 3 | De Raeymaecker Karl | 15’39”03 | ‘13 |  |  |  |  |  |  |
|  | 4 | Michielsen Tom | 17’40”45 | ‘13 |  |  |  |  |  |  |

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

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  | Hinkstap | | | |  |
|  | 1 | Aerts Bram | 6m42 | ‘10 |  | 1 | Aerts Bram | 13m14 | ‘10 |  |
|  | 2 | Michielsen Tom | 5m75 | ‘12 |  | 2 | Michielsen Tom | 12m17 | ‘11 |  |
|  | 3 | De Proost Rinze | 5m41 | ‘11 |  |  |  |  |  |  |
|  | 4 | Sneyders Dieter | 4m67\* | ‘11 |  |  |  |  |  |  |

# outdoor heren Seniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Speer 800g | | | |  | Hamer 7,250kg | | | |  |
|  | 1 | Michielsen Tom | 43m84 | ‘12 |  | 1 | Michielsen Tom | 19m41 | ‘13 |  |
|  | 2 | Ameye Dries | 38m87 | ‘13 |  | 2 | Aerts Bram | 16m95 | ‘54 |  |
|  | 3 | Aerts Bram | 38m57 | ‘10 |  |  |  |  |  |  |
|  | 4 | Sneyders Dieter | 30m20 | ‘11 |  |  |  |  |  |  |
|  | 5 | Janssens Koen | 17m89 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 5-Kamp | | | |  | **10-Kamp** | | | |  |
|  | 1 | Aerts Bram | 2651p | ‘10 |  | 1 | Aerts Bram | 5366p | ‘11 |  |
|  |  |  |  |  |  | 2 | Michielsen Tom | 5298p | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 20-Kamp | | | |  |  | | | |  |
|  | 1 | Michielsen Tom | 10117p | ‘13 |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **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 | Aerts Bram – Daniëls Bart – Dom Stijn – Roefs Steyn | 46”95 | ‘16 |
| 7 | De Proost Rinze – Aerts Bram – Michielsen Tom – De Smedt Serge | 47”02 | ‘11 |
| 8 | De Smedt Serge – Janssen Kobe – Verbaarschot Nick – Desmedt Pieter | 47”10 | ‘15 |
| 9 | Ameye Dries – Sneyders Dieter – Michielsen Tom – Snoeckx Zeger | 50”07 | ‘11 |
| 10 | De Smedt Serge – Mangelschots Kevin - Bax Thomas – Desmedt Pieter | 51”80 | ‘09 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 200 meter El** | | | |
| 1 | Aerts Bram – Hoet Maarten – Roefs Steyn - De Smedt Serge | 1’47”09 | ‘16 |

|  |  |  |  |
| --- | --- | --- | --- |
| **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 |
| 6 | De Smedt Serge – Aerts Bram – Janssen Robbe – Michielsen Tom | 3’47”58 | ‘15 |
| 7 | Aerts Bram – Vercauteren Sander – Leys Lode – Dom Stijn | 3’52”17 | ‘16 |

## 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

# outdoor heren Seniores

**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 10’30”28 Duffel 20/06/15

**Avos** De Smedt Serge 11’43”62 Herentals 22/07/05

**Tuac** Woestenborghs Rob 9’04”25 Oordegem 10/08/96

**2 mijl**  **Avos** Geerts Dirk 10’06”59 Mechelen 02/05/03

**5000 meter** **Atac** V.Waeyenberghe Yelle 14’48”15 Heusden 18/07/15

**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

# outdoor heren Seniores

**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 Atac** Aerts Bram – Hoet Maarten – Roefs Steyn – De Smedt Serge

1’47”09 Turnhout 09/04/16

**Avos** Geerts Dirk – Geerts Rob – Heylen Christoph – Bastijns Maarten1’47”30 Herentals 26/08/98

**Tuac** Van Beers Fonny – Van Elst – Fagoo L. – Wouters Wim

1’33”7 Turnhout 15/06/69

**Afl 4 x 400 m Atac** Aerts Bram – De Smedt S. – V. Waeyenberghe Y. – Michielsen Tom

3’35”50 Duffel 13/05/12

**Avos** Porto-Carrero G. – Beyens Jurgen – Van Alphen Hans – De Smedt S.

.3’28”0 Bornem 12/05/02

**Tuac** Van Soom L. – Vanmechelen J. – Fagoo L. – Wouters Wim

3’25”3 Brasschaat 25/05/70

**Afl 4 x 800 m** **Avos** Geerts Rob – De Jongh Mike – Geerts Dirk – Bastijns Maarten 9’17”13 Tessenderlo 30/08/01

**Tuac** Wesplat M. – Vanmechelen J. – Van Deun Rob – Caers Leo

8’16”2 Heist o/d Berg 23/09/77

**Afl 4 x 1500m Tuac** Van Gool J. – Dierckx B. - Leys E. – Van Deun Rob

16’55”6 Merksem 05/09/81

**Zweedse afl Avos** Porto-Carrero Guy – Sanen Pieter – Evers Steven – Fabri Tom2’06”49 Herentals 20/09/02

**Olympische afl Avos** Rutten Patrick – Aerts Bram – De Smedt Serge – Rutten Thomas4’18”20 Mol 08/07/07

# outdoor heren Masters-M35

## jaarprestaties masters-M35

**3000 meter El** 1. De Raeymaecker Karl 9’27”2 Bornem 05/06/16

**Aflossing 4 x 400m El**

1. Swannet Kurt – Chody Christian – De Raeymaecker Karl – Ameye Jo

4’25”9 Bornem 05/06/16

## 10 beste prestaties masters-M35

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter Horden El** | | | |  | **400 meter Horden El** | | | |  |
|  | 1 | De Smedt Serge | 28”56\* | ‘09 |  | 1 | De Smedt Serge | 58”50 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **3000 meter Steeple El** | | | |  |  | | | |  |
|  | 1 | De Smedt Serge | 11’54”32 | ‘11 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | De Smedt Serge | 11”79\* | ‘13 |  | 1 | De Smedt Serge | 12”2\* | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | De Smedt Serge | 24”40 | ‘13 |  | 1 | De Smedt Serge | 27”9\* | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter El** | | | |  | **600 meter El** | | | |  |
|  | 1 | De Smedt Serge | 55”56 | ‘10 |  | 1 | De Smedt Serge | 1’30”17 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **800 meter** | | | |  |
|  | 1 | De Smedt Serge | 2’25”04 | ‘10 |  | 1 | De Smedt Serge | 2’10”0 | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1500 meter El** | | | |  | **1 mijl** | | | |  |
|  | 1 | De Smedt Serge | 4’51”00 | ‘10 |  | 1 | De Smedt Serge | 5’16”0 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  |  | | | |  |
|  | 1 | De Smedt Serge | 7’27”00 | ‘13 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **3000 meter El** | | | |  | **3000 meter** | | | |  |
|  | 1 | Rijnders Pieter | 9’11”17 | ‘15 |  | 1 | De Raeymaecker Karl | 9’27”2 | ‘16 |  |
|  | 2 | De Smedt Serge | 11’50”31 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2 mijl El** | | | |  | **5000 meter El** | | | |  |
|  | 1 | De Smedt Serge | 13’03”97 | ‘10 |  | 1 | De Smedt Serge | 20’56”04 | ‘10 |  |

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hinkstap** | | | |  |
|  | 1 | De Smedt Serge | 6m22 | ‘13 |  | 1 | De Smedt Serge | 11m36 | ‘12 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | De Smedt Serge | 1m65 | ‘09 |  | 1 | De Smedt Serge | 3m70 | ‘11 |  |

# outdoor heren Masters-M35

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 7,250kg** | | | |  | **Discus 2kg** | | | |  |
|  | 1 | De Smedt Serge | 11m42 | ‘13 |  | 1 | De Smedt Serge | 32m99 | ‘11 |  |
|  |  |  |  |  |  | 2 | Van Goubergen Guy | 15m08 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Speer 800g** | | | |  | **Hamer 7,250kg** | | | |  |
|  | 1 | De Smedt Serge | 35m82 | ‘10 |  | 1 | De Smedt Serge | 27m50 | ‘11 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5-Kamp** | | | |  | **10-Kamp** | | | |  |
|  | 1 | De Smedt Serge | 2568p | ‘09 |  | 1 | De Smedt Serge | 5031p | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **20-Kamp** | | | |  |  | | | |  |
|  | 1 | De Smedt Serge | 9858p | ‘09 |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 400 meter El** | | | |
| 1 | Swannet Kurt – Ameye Jo – Rijnders Pieter – De Smedt Serge | 3’58”50 | ‘15 |
| 2 | Bras Bart – Ameye Jo – Meeuwsen Roger – De Smedt Serge | 4’09”46 | ‘13 |
| 3 | Ameye Jo – Mariani Renzo – Meeuwsen Roger – De Smedt Serge | 4’15”00 | ‘12 |
| 4 | Van Zummeren Luc – Verrydt Dirk – Ameye Jo – De Smedt Serge | 4’25”12 | ‘10 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Aflossing 4 x 400 meter** | | | |
| 1 | Swannet Kurt – Chody Christian – De Raeymaecker Karl – Ameye Jo | 4’25”9 | ‘16 |

## 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** Rijnders Pieter 9’11”17 Tienen 07/06/15

**2 mijl**  **Atac** De Smedt Serge 13’03”97 Nieuwpoort 24/08/10

**5000 meter**  **Atac** De Smedt Serge 20’56”04 Delft (Ned) 19/09/10

**5000 m snelw**  **Atac** Buytaert Frank 26’35”00 Zwijndrecht 24/04/10

**10000 meter** **Atac** Buytaert Frank 34’22”73 Merksem 28/08/10

**Ver** **Atac** De Smedt Serge 6m22 Kapellen 19/05/13

**Avos** De Smedt Serge 5m80 Turnhout 29/08/08

**Hinkstap** **Atac** De Smedt Serge 11m36 Nieuwpoort 28/08/12 **Hoog** **Atac** De Smedt Serge 1m65 Delft (Ned) 12/09/09

**Avos** De Smedt Serge 1m65 Ninove 01/08/08

# outdoor heren Masters-M35

**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** Swannet Kurt – Ameye Jo – Rijnders Pieter – De Smedt Serge

3’58”50 Tienen 07/06/15

# outdoor heren Masters-M40

## jaarprestaties masters-M40

**110 m H El (1m)** 1. De Smedt Serge 16”80 Turnhout 09/04/16

**200 m H El** 1. De Smedt Serge 32”66 Cambridge (GB) 28/08/16

**400 m H El** 1. De Smedt Serge 66”04 Tessenderlo 15/05/16

**100 meter**  1. De Smedt Serge 12”0 (w?) Baarle-Nassau 26/03/16

**100 meter El** 1. De Smedt Serge 12”43 Herentals 01/05/16

**200 meter El** 1. De Smedt Serge 26”41 Cambridge (GB) 28/08/16

**300 meter El** 1. De Smedt Serge 39”41 Herentals 01/05/16

**400 meter El** 1. De Smedt Serge 59”28 Vorst 16/04/16

**800 meter El** 1. De Smedt Serge 2’45”81 Cambridge (GB) 28/08/16

**1000 meter El** 1. De Smedt Serge 3’05”76 Turnhout 07/08/16

**1500 meter El** 1. De Smedt Serge 5’18”42 Bétrix 21/08/16

**1 mijl** 1. De Smedt Serge 5’34”0 Baarle-Nassau 26/03/16

**5000 meter El** 1. De Smedt Serge 24’04”40 Cambridge (GB) 28/08/16

**Ver** 1. De Smedt Serge 5m26 Cambridge (GB) 28/08/16

**Hoog**  1. De Smedt Serge 1m45 Baarle-Nassau 26/03/16

# outdoor heren Masters-M40

**Polsstok**  1. De Smedt Serge 3m42 Turnhout 07/08/16

**Kogel 7,250kg** 1. De Smedt Serge 10m54 Vorst 16/04/16

**Discus 2kg**  1. De Smedt Serge 31m00 Cambridge (GB) 28/08/16

**Speer 800g** 1. De Smedt Serge 32m62 Bétrix 21/08/16

2. Graux Sydney 25m93 Baarle-Nassau 26/03/16

**Hamer 7,250kg** 1. De Smedt Serge 24m58 Turnhout 11/09/16

**Gewicht 15,88kg**1. De Smedt Serge 6m52 Lier 02/10/16

**5-Kamp**  1. De Smedt Serge 2503p Bétrix 21/08/16

**10-Kamp**  1. De Smedt Serge 4069p Vorst 16/04/16

## 10 Beste prestaties masters-M40

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **110 meter Horden (1m) El** | | | |  | **200 meter Horden El** | | | |
|  | 1 | De Smedt Serge | 15”85 | ‘13 |  | 1 | De Smedt Serge | 28”03 | ‘15 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter Horden El** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 60”20 | ‘13 |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | De Smedt Serge | 11”75\* | ‘15 |  | 1 | De Smedt Serge | 12”0\* | ‘16 |  |
|  | 2 | Van Zummeren Luc | 13”42 | ‘10 |  |  |  |  |  |  |
|  | 3 | Toelen Jan | 14”02 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **300 meter El** | | | |
|  | 1 | De Smedt Serge | 24”74 | ‘14 |  | 1 | De Smedt Serge | 39”41 | ‘16 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter El** | | | |  | **600 meter El** | | | |  |
|  | 1 | De Smedt Serge | 55”33 | ‘15 |  | 1 | De Smedt Serge | 1’31”12 | ‘14 |  |
|  |  |  |  |  |  | 2 | Van Zummeren Luc | 1’56”51 | ‘10 |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **800 meter** | | | |
|  | 1 | De Smedt Serge | 2’11”24 | ‘14 |  | 1 | De Smedt Serge | 2’26”1 | ‘15 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 3’05”76 | ‘16 |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1500 meter El** | | | |  | **1 mijl** | | | |
|  | 1 | De Smedt Serge | 4’49”48 | ‘14 |  | 1 | De Smedt Serge | 5’34”0 | ‘16 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **3000 meter El** | | | |  | **3000 meter Steeple El** | | | |  |
|  | 1 | Peeters Marc | 10’52”55 | ‘09 |  | 1 | De Smedt Serge | 13’44”73 | ‘15 |  |
|  | 2 | De Smedt Serge | 12’15”62 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5000 meter El** | | | |  | **10000 meter El** | | | |
|  | 1 | De Smedt Serge | 21’16”03 | ‘13 |  | 1 | De Smedt Serge | 49’32”92 | ‘15 |

# outdoor heren Masters-M40

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hinkstap** | | | |  |
|  | 1 | De Smedt Serge | 6m26 | ‘15 |  | 1 | De Smedt Serge | 10m72\* | ‘13 |  |
|  | 2 | Bras Bart | 5m05 | ‘13 |  |  |  |  |  |  |
|  | 3 | Van Zummeren Luc | 4m69\* | ‘10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | De Smedt Serge | 1m55 | ‘13 |  | 1 | De Smedt Serge | 3m72 | ‘14 |  |
|  | 1 | Toelen Jan | 1m40 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 7,250kg** | | | |  | **Hamer 7,250kg** | | | |  |
|  | 1 | Bras Bart | 11m86 | ‘13 |  | 1 | De Smedt Serge | 25m47 | ‘15 |  |
|  | 2 | De Smedt Serge | 11m08 | ‘15 |  | 2 | Toelen Jan | 22m00 | ‘09 |  |
|  | 3 | Verrydt Dirk | 7m67 | ‘09 |  |  |  |  |  |  |
|  | 4 | Toelen Jan | 7m40 | ‘09 |  |  |  |  |  |  |
|  | 5 | Van Zummeren Luc | 7m15 | ‘10 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Discus 2kg** | | | |  | Speer 800g | | | |  |
|  | 1 | Bras Bart | 34m67 | ‘13 |  | 1 | De Smedt Serge | 32m95 | ‘14 |  |
|  | 2 | De Smedt Serge | 33m99 | ‘15 |  | 2 | Van Zummeren Luc | 30m67 | ‘10 |  |
|  | 3 | Van Zummeren Luc | 22m61 | ‘10 |  | 3 | Graux Sydney | 25m93 | ‘16 |  |
|  | 4 | Toelen Jan | 18m50 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Gewichtwerpen 15,88kg** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 6m52 | ‘16 |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5-Kamp** | | | |  | **10-Kamp** | | | |
|  | 1 | De Smedt Serge | 2946p | ‘14 |  | 1 | De Smedt Serge | 6144p | ‘15 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **20-Kamp** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 10551p | ‘14 |  |  |  |  |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **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 28”03 Tartu (Est) 23/08/15

**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”96 Tartu (Est) 23/08/15 **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 39”41 Herentals 01/05/16

**Avos** Beyens Jos 45”47 Turnhout 18/07/97

**400 meter Atac** De Smedt Serge 55”33 Herentals 31/05/15

**Avos** Versmissen Kamiel 59”6 Lommel 07/07/84

**Tuac** Daniëls Frans 56”4 Turnhout 03/06/78

# outdoor heren Masters-M40

**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** **Atac** De Smedt Serge 3’05”76 Turnhout 07/08/16

**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 5’34”0 Baarle-Nassau 26/03/16

**Avos** Dierckx Jan 4’53”03 Herentals 26/07/03

**Tuac** Daniëls Frans 5’03”9 Turnhout 21/09/80

**2000 meter Tuac** Quirijnen Edgard 6’17”02 Turnhout 23/05/99

**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 13’44”73 Tartu (Est) 23/08/15

**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 49’32”92 Tartu (Est) 23/08/15

**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 6m26 Tartu (Est) 23/08/15 **Avos** Beyens Jos 5m01 Turnhout 14/08/96

**Tuac** Daniëls Frans 5m33 Turnhout 08/04/79

**Hinkstap Atac** De Smedt Serge 10m42 Tartu (Est) 23/08/15

**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 25m47 Turnhout 12/04/15

**Avos** Toelen Jan 21m74 Turnhout 05/08/05

**Tuac** Boermans Hugo 47m88 Turnhout 01/06/77

**Gewicht 15,88kg Atac** De Smedt Serge 6m52 Lier 02/10/16

**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 6144p Herentals 31/05/15

**20-Kamp**  **Atac** De Smedt Serge 10551p Lodi (It) 07/09/14

# outdoor heren Masters-M40

**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

**Kogel 7,250kg**  1. Bras Bart 10m99 Bornem 05/06/16

**Discus 2kg**  1. Bras Bart 34m20 Bornem 05/06/16

**Speer 800g**  1. Leys Paul 31m60 Bornem 05/06/16

## 10 Beste prestaties masters-M45

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter El** | | | |  | **800 meter El** | | | |  | |
|  | 1 | Ameye Jo | 61”87 | ‘11 |  | 1 | Ameye Jo | 2’17”78 | ‘10 | |  | |
|  | 2 | Swannet Kurt | 64”40 | ‘15 |  | 2 | Meeuwsen Roger | 2’21”64 | ‘09 | |  | |
|  | 3 | Mariani Renzo | 64”70 | ‘12 |  | 3 | Mariani Renzo | 2’23”06 | ‘13 | |  | |
|  | 4 | Peeraer Eddy | 73”82 | ‘09 |  |  |  |  |  | |  | |

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1 mijl El** | | | |  | **1 mijl** | | | |  |
|  | 1 | Ameye Jo | 5’02”88 | ‘11 |  | 1 | Kerstens Michel | 5’13”0 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  | **2000 meter** | | | |  |
|  | 1 | Ameye Jo | 6’35”90 | ‘11 |  | 1 | van den Broek Jo | 7’38”2 | ‘12 |  |

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

# outdoor heren Masters-M45

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Speer 800g** | | | |  | **Kogel 7,250kg** | | | |  |
|  | 1 | Leys Paul | 36m84 | ‘14 |  | 1 | Bras Bart | 10m99 | ‘16 |  |
|  | 2 | Verbaarschot Walter | 25m91 | ‘13 |  | 2 | Verbaarschot Walter | 7m83 | ‘13 |  |
|  | 3 | Kerstens Michel | 21m51 | ‘13 |  | 3 | Kerstens Michel | 6m81 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Discus 2kg** | | | |  | **Hamer 7,250kg** | | | |  |
|  | 1 | Bras Bart | 34m20 | ‘16 |  | 1 | Toelen Jan | 22m27 | ‘10 |  |
|  | 2 | Verbaarschot Walter | 20m74 | ‘13 |  |  |  |  |  |  |
|  | 3 | Toelen Jan | 17m04 | ‘10 |  |  |  |  |  |  |

## clubrecords masters-M45

**400 m Horden** **Avos** De Backer Fernand 84”54 Tessenderlo 10/04/92

**100 meter** **Atac** Toelen Jan 14”27 Machelen 06/06/10

**Avos** Versmissen Kamiel 13”0 Tessenderlo 21/05/85

**Tuac** Daniëls Frans 13”0 Tessenderlo 07/08/83

**200 meter** **Avos** Versmissen Kamiel 27”7 Tessenderlo 08/05/85

**Tuac** Daniëls Frans 27”3 Tessenderlo 07/08/83

**300 meter Avos** De Keyser Ludo 52”9 Vosselaar 13/08/94

**400 meter** **Atac** Ameye Jo 61”87 Merksem 13/08/11

**Avos** Versmissen Kamiel 59”4 Turnhout 15/08/85

**Tuac** Daniëls Frans 60”1 Willebroek 03/09/83

**800 meter** **Atac** Ameye Jo 2’17”78 Turnhout 08/08/10

**Avos** Versmissen Kamiel 2’13”7 Lommel 18/09/85

**Tuac** Noyens Jan 2’14”05 Burcht 11/05/03

**1000 meter** **Atac** Ameye Jo 2’54”67 Turnhout 07/08/11

**Avos** Versmissen Kamiel 2’57”5 Heist o/d Berg 08/08/86

**Tuac** Kaers Jos 3’19”9 Turnhout 78

**1500 meter** **Atac** Ameye Jo 4’36”96 St.-Niklaas 02/06/11

**Avos** Beyens Jos 4’30”18 Diest 31/05/03

**Tuac** Mertens Ludo 4’24”39 Turnhout 19/06/98

**1 mijl (1609m)** **Atac** Ameye Jo 5’02”88 Vilvoorde 06/05/11

**Avos** Versmissen Kamiel 4’58”4 Heist o/d Berg 08/08/86

**Tuac** Mertens Ludo 4’46”87 Turnhout 08/08/97

**2000 meter** **Atac** Ameye Jo 6’35”90 Turnhout 17/04/11

**Avos** De Backer Fernand 6’55”7 Herentals 07/07/92

**Tuac** Abbeel Jef 6’52”16 Turnhout 29/08/97

**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

# outdoor heren Masters-M45

**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** Bras Bart 10m99 Bornem 05/06/16 **Avos** De Keyser Ludo 9m53 Turnhout 03/10/93

**Tuac** Boermans Hugo 10m48 Turnhout 12/04/81

**Discus 2kg** **Atac** Bras Bart 34m20 Bornem 05/06/16

**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

**300 meter El** 1. Kerstens Michel 48”33 Turnhout 09/04/16

**400 meter** 1. Swannet Kurt 63”0 Bornem 05/06/16

**1000 meter El** 1. Ameye Jo 2’56”24 Turnhout 07/08/16

2. Kerstens Michel 3’10”47 Turnhout 07/08/16

**1500 meter** 1. Ameye Jo 4’59”5 Bornem 05/06/16

**1500 meter El** 1. Ameye Jo 4’44”59 Wervik 24/09/16

**2000 meter** 1. Kerstens Michel 6’37”4 Turnhout 09/04/16

**10000 meter El** 1. Kerstens Michel 35’57”25 Duffel 07/05/16

## 10 Beste prestaties masters-M50

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter Horden El** | | | |  |  | | | |  | |
|  | 1 | Verbaarschot Walter | 22”21 | ‘15 |  |  |  |  |  | |  | |
|  | 2 | Peeraer Eddy | 26”91 | ‘13 |  |  |  |  |  | |  | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter El** | | | |  | **100 meter** | | | |  | |
|  | 1 | Kerstens Michel | 14”82 | ‘15 |  | 1 | Verbaarschot Walter | 14”0\* | ‘14 | |  | |
|  | 2 | Peeraer Eddy | 16”37 | ‘12 |  | 2 | Ameye Jo | 15”1\* | ‘13 | |  | |
|  |  |  |  |  |  | 3 | Peeraer Eddy | 16”1 | ‘12 | |  | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **200 meter El** | | | |  | **200 meter** | | | |  | |
|  | 1 | Kerstens Michel | 31”08 | ‘15 |  | 1 | Peeraer Eddy | 33”7\* | ‘10 | |

# outdoor heren Masters-M50

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **300 meter El** | | | |  |  | | | |  | |
|  | 1 | Kerstens Michel | 48”33 | ‘16 |  |  |  |  |  | |  | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **400 meter El** | | | |  | **400 meter** | | | |  | |
|  | 1 | Ameye Jo | 62”93 | ‘12 |  | 1 | Swannet Kurt | 63”0 | ‘16 | |  | |
|  | 2 | Peeraer Eddy | 76”32 | ‘11 |  |  |  |  |  | |  | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  | **800 meter** | | | |  | |
|  | 1 | Ameye Jo | 2’15”81 | ‘15 |  | 1 | Peeraer Eddy | 2’59”0 | ‘11 | |  | |
|  | 2 | Kerstens Michel | 2’21”89 | ‘15 |  |  |  |  |  | |  | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | **1000 meter** | | | |  | |
|  | 1 | Ameye Jo | 2’53”91 | ‘15 |  | 1 | Ameye Jo | 3’05”4 | ‘14 | |  | |
|  | 2 | Kerstens Michel | 2’54”65 | ‘13 |  |  |  |  |  | |  | |
|  | 3 | Meeuwsen Roger | 3’08”02 | ‘13 |  |  |  |  |  | |  | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1500 meter El** | | | |  | **1500 meter** | | | |  | |
|  | 1 | Ameye Jo | 4’35”39 | ‘15 |  | 1 | Kerstens Michel | 4’51”5 | ‘14 | |  | |
|  | 2 | Kerstens Michel | 4’38”53 | ‘13 |  | 2 | Ameye Jo | 4’59”5 | ‘16 | |  | |
|  | 3 | Meeuwsen Roger | 4’46”57 | ‘13 |  |  |  |  |  | |  | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1 mijl El** | | | |  | **1 mijl** | | | |  | |
|  | 1 | Kerstens Michel | 5’18”00 | ‘15 |  | 1 | Ameye Jo | 5’36”0 | ‘13 | |  | |
|  |  |  |  |  |  | 2 | Peeraer Eddy | 6’43”0 | ‘10 | |  | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  | **2000 meter** | | | |  | |
|  | 1 | Ameye Jo | 6’31”76 | ‘15 |  | 1 | Kerstens Michel | 6’37”4 | ‘16 | |
|  | 2 | Kerstens Michel | 6’39”01 | ‘15 |  |  |  |  |  | |
|  | 3 | Meeuwsen Roger | 6’53”52 | ‘13 |  |  |  |  |  | |

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **10000 meter El** | | | |  | **10000 meter** | | | |  |
|  | 1 | Kerstens Michel | 34’41”55 | ‘14 |  | 1 | Kerstens Michel | 36’15”9 | ‘14 |  |

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

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Speer 800g** | | | |  | **Hamer 6 kg** | | | |  | |
|  | 1 | Verbaarschot Walter | 24m75 | ‘14 |  | 1 | Verbaarschot Walter | 20m16 | ‘15 | |  | |
|  | 2 | Ameye Jo | 18m35 | ‘13 |  |  |  |  |  | |  | |
|  | 3 | Peeraer Eddy | 16m59 | ‘13 |  |  |  |  |  | |  | |

# outdoor heren Masters-M50

## clubrecords masters-M50

**100 m Horden Atac** Verbaarschot Walter 22”21 Turnhout 12/04/15

**100 meter**  **Atac** Kerstens Michel 14”82 Mol 29/08/15

**Avos** Van Hoek Jef 14”58 Hechtel 15/04/90

**Tuac** Claessen Jef 13”9 Deurne 20/07/85

**200 meter** **Atac** Kerstens Michel 31”08 Mol 29/08/15

**Avos** Versmissen Kamiel 28”1 Mol 14/04/90

**Tuac** Claessen Jef 29”8 Deurne 09/09/86

**300 meter Atac** Kerstens Michel 48”33 Turnhout 09/04/16

**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 2’15”81 Tessenderlo 06/05/15

**Avos** Versmissen Kamiel 2’29”2 Machelen 11/05/91

**Tuac** Abbeel Jef 2’52”03 Lier 23/06/00

**1000 meter** **Atac** Ameye Jo 2’53”91 Turnhout 24/05/15

**Tuac** Abbeel Jef 2’47”95 Hasselt 27/08/00

**1500 meter** **Atac** Ameye Jo 4’35”39 Deinze 14/06/15

**Avos** Van Hoek Jef 5’49”7 Neerpelt 21/07/91

**Tuac** Abbeel Jef 5’17”87 Turnhout 11/06/00

**1 mijl Atac** Kerstens Michel 5’18”00 Burcht 11/07/15

**Tuac** Abbeel Jef 5’44”72 Hasselt 27/08/00

**2000 meter Atac** Ameye Jo 6’31”76Turnhout 12/04/15

**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

# outdoor heren Masters-M50

**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

**Hamer 6kg Atac** Verbaarschot Walter 20m16 Turnhout 12/04/15

**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

# outdoor heren Masters-M65

**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. Snoeck Stan*** | | | |  |  | | | | |
| 60m | 11”21 | 198p |  | | |  |  |  |  | |
| 600m | 2’17”98 | 326p |  | | |  |  |  |  | |
| Ver | 2m73 | 94p |  | | |  |  |  |  | |
| Hockey | 18m75 | 136p |  | | |  |  |  |  | |
| **Totaal** |  | **754p** |  | | |  |  |  |  | |

## pupillen 2 x 5 proeven

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Tan Ruï*** | | | |  | ***2. Thompson David*** | | | | |
| 60mH | 12”57 | 434p |  | | |  |  |  |  | |
| 60m | 9”31 | 584p |  | | | 60m | 9”11 | 636p |  | |
| 1000m | 3’14”25 | 771p |  | | | 1000m | 3’42”71 | 520p |  | |
| Ver | 3m91 | 333p | \* | | | Ver | 4m15 | 391p |  | |
| Hoog | 1m30 | 466p |  | | | Hoog | 1m24 | 407p |  | |
| Kogel | 7m12 | 355p |  | | | Kogel | 7m90 | 407p |  | |
| Hockey | 28m15 | 256p | \* | | | Hockey | 27m43 | 247p | \* | |
| **Totaal** |  | **2610p** |  | | | **Totaal** |  | **2361p** |  | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Berckvens Viktor*** | | | |  | ***4. Van Gestel Cis*** | | | | |
| 60m | 9”5 | 481p |  | | | 60m | 10”26 | 369p |  | |
| 1000m | 3’42”65 | 521p |  | | | 1000m | 3’38”40 | 555p |  | |
| Ver | 3m65 | 274p | \* | | | Ver | 3m20 | 179p |  | |
| Hoog | 1m25 | 417p |  | | | Hoog | 1m18 | 350p |  | |
| Kogel | 8m35 | 437p |  | | | Kogel | 3m66 | 130p |  | |
| Discus | 25m76 | 414p |  | | |  |  |  |  | |
| Hockey | 34m42 | 337p | \* | | | Hockey | 16m71 | 110p | \* | |
| **Totaal** |  | **2270p** |  | | | **Totaal** |  | **1583p** |  | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Buijs Lennert*** | | | |  |  | | | | |
| 60m | 10”00 | 423p |  | | |  |  |  |  | |
| 1000m | 4’03”30 | 368p |  | | |  |  |  |  | |
| Ver | 2m99 | 139p | \* | | |  |  |  |  | |
| Hoog | 1m00 | 194p |  | | |  |  |  |  | |
| Kogel | 5m49 | 247p |  | | |  |  |  |  | |
| Hockey | 27m08 | 242p |  | | |  |  |  |  | |
| **Totaal** |  | **1474p** |  | | |  |  |  |  | |

## miniemen 2 x 6 proeven (2 loop-, 2 spring-, 2 werpnummers)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Thompson Holy-i*** | | | |  | ***2. Graux Siebe*** | | | | |
| 80m | 11”58 | 626p |  | | | 80m | 12”31 | 480p |  | |
| 1000m | 3’32”24 | 607p |  | | | 1000m | 3’26”53 | 657p |  | |
| Ver | 4m28 | 423p |  | | | Ver | 3m94 | 340p |  | |
| Hoog | 1m44 | 610p |  | | | Hoog | 1m15 | 323p |  | |
| Kogel | 7m36 | 371p |  | | | Kogel | 8m15 | 424p |  | |
| Discus | 15m54 | 206p | \* | | | Discus | 17m98 | 254p | \* | |
| Speer | 15m17 | 213p |  | | | Speer | 27m96 | 466p |  | |
| **Totaal** |  | **2850p** |  | | | **Totaal** |  | **2690p** |  | |

# ben/pup/min heren eindklassement zomer

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Geysen Rune*** | | | |  | ***4. Goos Daan*** | | | | |
| 80m | 12”08 | 524p |  | | | 80m | 11”4 | 613p |  | |
| 1000m | 3’53”71 | 436p |  | | | 1000m | 3’42”21 | 524p |  | |
| Ver | 3m66 | 276p |  | | | Ver | 3m37 | 214p |  | |
| Hoog | 1m20 | 369p |  | | | Hoog | 1m23 | 397p |  | |
| Kogel | 6m41 | 308p |  | | | Kogel | 5m30 | 235p |  | |
| Discus | 15m82 | 211p | \* | | | Discus | 17m27 | 240p |  | |
| Speer | 22m25 | 352p |  | | | Speer | 15m59 | 221p | \* | |
| **Totaal** |  | **2265p** |  | | | **Totaal** |  | **2223p** |  | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Jacobs Joppe*** | | | |  | ***6. Buijs Arne*** | | | | |
| 80m | 12”28 | 486p |  | | | 80m | 12”11 | 518p |  | |
| 1000m | 3’45”60 | 497p |  | | | 1000m | 3’37”02 | 567p |  | |
| Ver | 4m01 | 357p |  | | | Ver | 3m59 | 260p |  | |
| Hoog | 1m15 | 323p |  | | | Hoog | 1m15 | 323p |  | |
| Kogel | 5m90 | 274p |  | | | Kogel | 4m99 | 215p |  | |
|  |  |  |  | | | Discus | 13m75 | 171p | \* | |
| Speer | 14m82 | 206p |  | | | Speer | 14m52 | 200p |  | |
| **Totaal** |  | **2143p** |  | | | **Totaal** |  | **2083p** |  | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***7. Deckers Milan*** | | | |  | ***8. Van Gorp Berrie*** | | | | |
| 80m | 12”3 | 438p |  | | | 80m | 12”12 | 516p |  | |
| 1000m | 3’49”0 | 471p |  | | | 1000m | 4’05”7 | 352p |  | |
| Ver | 3m58 | 258p |  | | | Ver | 3m59 | 260p |  | |
| Hoog | 1m20 | 369p |  | | | Hoog | 1m20 | 369p |  | |
| Kogel | 5m56 | 254p |  | | | Kogel | 6m33 | 303p |  | |
|  |  |  |  | | | Discus | 13m58 | 168p |  | |
| Speer | 15m49 | 219p |  | | |  |  |  |  | |
| **Totaal** |  | **2009p** |  | | | **Totaal** |  | **1968p** |  | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***9. Baeten Senne*** | | | |  |  | | | | |
| 80m | 12”50 | 445p |  | | |  |  |  |  | |
| 1000m | 4’22”7 | 247p |  | | |  |  |  |  | |
| Ver | 3m50 | 241p |  | | |  |  |  |  | |
| Hoog | 1m15 | 323p |  | | |  |  |  |  | |
| Kogel | 5m52 | 249p |  | | |  |  |  |  | |
| Speer | 16m17 | 232p |  | | |  |  |  |  | |
| **Totaal** |  | **1737p** |  | | |  |  |  |  | |

\* proef met minste punten valt weg

# heren Vermeldingen

(1 is goud, 2 is zilver, 3 is brons)

## INDOOR

**Provinciaal kampioenschap**

1. Dom Stijn (Sch) Ver 5m93 Gent 10/01/16

1. De Smedt Serge (M40) 60mH 8”94 Gent 12/03/16

1. De Smedt Serge (M40) Polsstok 3m70 Gent 12/03/16

2. Falleyn Jore (Cad) Polsstok 2m65 Gent 10/01/16

3. Tan Ruï (Pup) 60m 9”06 Hoboken 27/12/15

3. Broeckx Xander (Cad) 60m 7”71 Gent 10/01/16

3. Broeckx Xander (Cad) 200m 25”98 Gent 10/01/16

3. Dom Stijn (Sch) 60mH 9”00 Gent 10/01/16

**Kampioenschap van Vlaanderen**

1. De Smedt Serge (Mas) 5-Kamp 3460p Gent 07/02/16

**Nationaal kampioenschap**

1. De Smedt Serge (Mas) 5-Kamp 3460p Gent 07/02/16

1. De Smedt Serge (M40) 60mH 8”94 Gent 12/03/16

1. De Smedt Serge (M40) Polsstok 3m70 Gent 12/03/16

## veldloop

**Provinciaal kampioenschap**

1. Appels Pieter-jan (Cad ‘01) Gierle 07/02/16

2. Vercauteren Sander (Jun) Gierle 07/02/16

2. Kerstens Michel (M50) Gierle 07/02/16

3. Vervloet Storm (Pup ’06) Gierle 07/02/16

## outdoor

**Provinciaal kampioenschap**

1. Kerstens Michel (M50) ½ marathon 1u17’26” Lier 20/03/16

1. Appels Pieter-jan (Cad) 1500m 4’32”80 Kapellen 24/04/16

1. Vercauteren Sander (Jun) 5000m 15’16”49 Kapellen 24/04/16

1. De Smedt Serge (M40) Polsstok 3m20 Wervik 24/09/16

2. Daniëls Bart (Cad) Hoog 1m69 Brasschaat 23/04/16

2. Falleyn Jore (Cad) Polsstok 2m75 Kapellen 24/04/16

2. Van Waeyenberghe Yelle (Sen) 5000m 15’13”45 Kapellen 24/04/16

2. Daniëls Bart (Cad) 8-Kamp 3626p Herentals 29/05/16

2. Berckvens Viktor (Pup) Discus 23m10 Lier 02/07/16

3. Vercauteren Sander (Jun) 800m 1’59”70 Brasschaat 23/04/16

3. De Smedt Rens (Cad) Polsstok 2m40 Kapellen 24/04/16

3. Dom Stijn (Sch) 110mH 15”21 Kapellen 24/04/16

3. Dom Stijn (Sch) Ver 5m72 Kapellen 24/04/16

3. De Gruyter Joren (Sch) 1500m 4’31”69 Kapellen 24/04/16

# heren Vermeldingen

3. Blevi Bavo (Jun) 1500m 4’18”28 Kapellen 24/04/16

3. Thompson David (Pup) 4-Kamp 1870p Turnhout 16/05/16

3. Dom Stijn (Sch) 10-Kamp 5577p Herentals 29/05/16

3. Tan Ruï (Pup) 1000m 3’23”54 Lier 02/07/16

**Beker van Vlaanderen**

3. Cadetten/Scholieren 3de Landelijke Tessenderlo 15/05/16

**Kampioenschap van Vlaanderen**

1. De Smedt Serge (M40) Polsstok 3m20 Wervik 24/09/16

3. Dom Stijn (Sch) 110mH 14”96 Kessel-Lo 15/08/16

**Nationaal kampioenschap**

1. De Smedt Serge (M-50) 5-Kamp 2503p Bétrix 21/08/16

1. Appels Pieter-jan (Cad) 1500m 4’28”21 Herentals 04/09/16

3. Dom Stijn (Sch) 110mH 14”85 Herentals 04/09/16

3. Vercauteren Sander (Jun) 5000m 15’34”59 Nijvel 11/09/16

# dames Vermeldingen

(1 is goud, 2 is zilver, 3 is brons)

## INDOOR

**Provinciaal kampioenschap**

1. Brosens Stefanie (Jun) 200m 25”74 Gent 10/01/16

2. Tan Noa (Min) Polsstok 1m93 Mol 19/12/15

2. Loyens Inneke (Min) 60mH 9”99 Hoboken 27/12/15

2. Vosters Kaat (Min) Kogel 10m89 Hoboken 27/12/15

3. Borstlap Kaat (Min) Polsstok 1m78 Mol 19/12/15

3. Vermeiren Nathalie (Sch) Hoog 1m40 Gent 10/01/16

## veldloop

**Provinciaal kampioenschap**

1. Saidi Malak (Pup ’06) Gierle 07/02/16

1. Lenaerts Isabeau (Cad ‘01) Gierle 07/02/16

1. Speelman-rooms Femke (Sch ‘99) Gierle 07/02/16

1. Dams Lou (W60) Gierle 07/02/16

2. Keuppens Lenka (Pup ’06) Gierle 07/02/16

3. Bremans Anne-Sophie (Pup ‘06) Gierle 07/02/16

3. Lenaerts Lorane (Sch ‘99) Gierle 07/02/16

**Kampioenschap van Vlaanderen**

1. Saidi Malak (Pup ’06) Rotselaar 14/02/16

3. Dams Lou (W60) Rotselaar 14/02/16

**Nationaal kampioenschap**

3. Saidi Malak (Pup ’06) Wachtebeke 13/03/16

3. Swannet Laura (Sch ‘99) Wachtebeke 13/03/16

## outdoor

**Provinciaal kampioenschap**

1. Kerstens Elly (W35) ½ marathon 1u28’23” Lier 20/03/16

1. Lenaerts Isabeau (Cad) 1500m 4’54”01 Brasschaat 23/04/16

1. Lenaerts Lorane (Sch) 1500m 5’00”95 Brasschaat 23/04/16

1. Speelman-rooms Femke (Sch) 3000m 10’05”62 Brasschaat 23/04/16

1. Brosens Stefanie (Jun) 7-Kamp 4541p Herentals 29/05/16

1. Alessie Floor (Min) Hoog 1m52 Lier 02/07/16

1. Alessie Floor (Min) Speer 32m42 Lier 02/07/16

1. Dams Lou (W60) 5000m 23’55”46 Wervik 24/09/16

1. Dams Lou (W60) 800m 3’27”15 Wervik 24/09/16

2. Smeyers Lynn (Cad) Discus 23m84 Kapellen 24/04/16

2. De Vlieger Lize (Jun) 800m 2’36”26 Kapellen 24/04/16

2. Loyens Inneke (Min) 60mH 10”19 Lier 02/07/16

2. Tan Noa (Min) Polsstok 2m11 Lier 02/07/16

2. van den Broek Truus (Cad) Hamer 23m96 Mol 27/08/16

# dames Vermeldingen

3. Brosens Stefanie (Jun) 100mH 16”37 Brasschaat 23/04/16

3. Smeets Lore (Jun) 3000m 11’40”78 Brasschaat 23/04/16

3. Smeyers Lynn (Cad) Kogel 9m65 Kapellen 24/04/16

3. Brosens Stefanie (Jun) 200m 25”86 Kapellen 24/04/16

3. Brosens Stefanie (Jun) Hoog 1m50 Kapellen 24/04/16

3. Smeyers Lynn (Cad) Hamer 22m86 Mol 27/08/16

**Kampioenschap van Vlaanderen**

1. Brosens Stefanie (Jun) 7-Kamp 4709p Dilbeek 31/07/16

2. Dams Lou (W60) 5000m 23’55”46 Wervik 24/09/16

3. Dockx Hilde (W40) Discus 19m62 Wervik 24/09/16

3. Dams Lou (W60) 800m 3’27”15 Wervik 24/09/16

**Nationaal kampioenschap**

1. Brosens Stefanie (Jun) 7-Kamp 4455p Bétrix 21/08/16

1. De Vlieger Lize (Jun) 800m 2’16”29 Nijvel 11/09/16

2. Speelman-rooms Femke (Sch) 3000m 9’57”88 Herentals 04/09/16

2. Alessie Floor (Min) Speer 29m30 Nijvel 24/09/16

3. Lenaerts Isabeau (Cad) 1500m 4’53”10 Herentals 04/09/16

3. Koppert Elisabeth (Pup) Discus 22m75 Nijvel 24/09/16

# RECORDS Atac

## HEREN outdoor

110mH 16”55 De Smedt Serge 03/05/09

400mH 58”50 De Smedt Serge 17/05/09

100m 11”40 Roefs Steyn 05/07/15

200m 23”10 Roefs Steyn 17/09/16

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 3’58”72 Vercauteren Sander 28/05/16

3000m 8’35”80 Janssens Koen 13/08/11

5000m 14’48”15 Van Waeyenberghe Yelle 18/07/15

10000m 33’24”77 De Raeymaecker Karl 30/06/13

3000mSt 10’30”28 Michielsen Tom 20/06/15

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 200m 1’47”09 09/04/16

Aerts Bram – Hoet Maarten – Roefs Steyn – De Smedt Serge

4 x 400m 3’35”50 13/05/12

Aerts Bram – De Smedt Serge – V.Waeyenberghe Yelle – Michielsen Tom

4 x 800m 8’55”14 30/08/15

Blevi Bavo – De Rop Michiel – Vandenbulcke F. – Vercauteren Sander

4 x 1500m 20’27”47 17/08/14

Ameye Jo – van den Broek Jo – De Smedt Serge – Kerstens Michel

## HEREN INDOOR

60mH 8”68 Janssen Robbe 25/01/15

60m 7”30 Roefs Steyn 03/01/15

200m 24”05 Oematie Saverio 08/01/12

300m 40”93 Leys Lode 14/02/15

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

4 x 200m 1’47”72 14/02/16

Janssen Kobe – Leys Jules – Vanmechelen Bram – Daniëls Bart

# 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”31 Brosens Stefanie 29/05/16

300m 42”34 De Vlieger Lize 12/08/14

400m 59”63 De Vlieger Lize 05/07/14

800m 2’12”86 De Vlieger Lize 28/05/16

1000m 2’53”51 Lauwers Shana 04/08/13

1500m 4’30”40 Lauwers Shana 10/08/13

3000m 9’57”88 Speelman-rooms Femke 04/09/16

5000m 17’56”75 Lauwers Shana 11/09/11

10000m 40’24”64 Staes Annie 04/05/13

Ver 5m49 Brosens Stefanie 11/09/16

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 41m14 Brosens Stefanie 23/04/16

Hamer 24m31 Janssens Melissa 08/08/10

7-Kamp 4709p Brosens Stefanie 31/07/16

4 x 100m 51”42 16/05/09

De Backer Tanja – Caers Shana – V.Waeyenberghe Hanne – Jansens Greet

4 x 200m 1’56”25 09/04/16

Vermeiren Nathalie – Vanmechelen H. – Lambregts Ylen – Brosens Stefanie

4 x 400m 4’19”59 16/05/09

Lauwers Shana – Maes Marjan – Van Eekert Siel – Toelen Daphne

4 x 800m 9’31”31 20/09/15

Aerts Paulien – Lenaerts Lorane – Speelman-rooms F. – De Vlieger Lize

## DAMES INDOOR

60mH 9”61 Brosens Stefanie 26/12/14

60m 8”12 Segers Liene 26/12/12

200m 25”74 Brosens Stefanie 10/01/16

300m 44”93 Hooyberghs Elien 10/01/10

400m 62”91 Brosens Stefanie 26/12/11

800m 2’22”05 Speelman-rooms Femke 03/01/15

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 11m42 Brosens Stefanie 07/03/15

5-Kamp 2966p Brosens Stefanie 07/02/16

4 x 200m 1’56”94 13/02/11

Ghyssaert Leen – Lambregts Ylen – Brosens Stefanie – Cuynen Nele

# eindklassement veldlopen 2015-2016

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***1.*** | ***Saidi Malak (Pup)*** |  | ***2,82p*** |  |  |
| 2. | Appels Pieter-jan (Cad) |  | 3,22p |  |  |
| 3. | Vervloet Storm (Pup) |  | 3,24p |  |  |
| 4. | Lenaerts Isabeau (Cad) |  | 3,87p |  |  |
| 5. | Kerstens Michel (Mas) |  | 5,03p |  |  |
| 6. | Tan Ruï (Pup) |  | 9,51p |  |  |
| 7. | Keuppens Lenka (Pup) |  | 10,19p |  |  |
| 8. | Vercauteren Sander (Jun) |  | 10,96p |  |  |
| 9. | Engelen Sara (Cad) |  | 11,61p |  |  |
| 10. | Van Waeyenberghe Yelle (Sen) |  | 12,71p |  |  |
| 11. | Speelman-rooms Femke (Sch) |  | 13,14p |  |  |
| 12. | Discart Kyra (Cad) |  | 16,99p |  |  |
| 13. | Lenaerts Lorane (Sch) |  | 18,50p |  |  |
| 14. | De Gruyter Joren (Sch) |  | 19,19p |  |  |
| 15. | Maes Runar (Min) |  | 21,40p |  |  |
| 16. | Ameye Jo (Mas) |  | 26,68p |  |  |
| 17. | Keuppens Jinthe (Min) |  | 30,04p |  |  |
| 18. | Wojtowicz Natan (Pup) |  | 31,24p |  |  |
| 19. | Smeets Lore (Jun) |  | 31,38p |  |  |
| 20. | Blevi Bavo (Jun) |  | 35,25p |  |  |
| 21. | Tan Noa (Min) |  | 35,99p |  |  |
| 22. | Bosch Evelyn (Sen) |  | 37,88p |  |  |
| 23. | Van Ammel Joyce (Sen) |  | 38,80p |  |  |
| 24. | Borstlap Kaat (Min) |  | 40,45p |  |  |
| 25. | Vandenbulcke Frederik (Jun) |  | 47,36p |  |  |
| 26. | Segers Evelyn (Ben) |  | 47,51p |  |  |
| 27. | Beyens Jelle (Sen) |  | 47,52p |  |  |
| 28. | Lenaerts Robine (Min) |  | 48,56p |  |  |
| 29. | Roesbeke Fran (Pup) |  | 50,96p |  |  |
| 30. | Jacobs Joppe (Min) |  | 54,11p |  |  |
| 31. | Buijs Arne (Min) |  | 57,92p |  |  |
| 32. | Vloemans Sanne (Pup) |  | 58,10p |  |  |
| 33. | Wojtowicz Matt (Ben) |  | 58,71p |  |  |
| 34. | Koppert Liselotte (Ben) |  | 59,50p |  |  |
| 35. | Meeuwsen Roger 5mas) |  | 65,03p |  |  |
| 36. | Koppert Elisabeth (Pup) |  | 65,40p |  |  |
| 37. | Buijs Lennert (Pup) |  | 69,07p |  |  |
| 38. | Verheyen Brent (Sch) |  | 71,71p |  |  |
| 39. | Koppert Emma-Louise (Min) |  | 78,85p |  |  |
| 40. | Berckvens Viktor (Pup) |  | 82,46p |  |  |
| 41. | Dams Lou (Mas) |  | 82,60p |  |  |
| 42. | Van Eyck Sofie (Sen) |  | 84,71p |  |  |
| 43. | Geysen Rune (Min) |  | 90,36p |  |  |
| 44. | Castelijns Anke (Min) |  | 91,07p |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |