**JAARBOEK**



**2017**

# Jaarboek 2016 Inhoud nr. 9

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**Samenstelling** : Marleen De Bont

# INDOOR DAMES BENJAMINS

## JAARPRESTATIES benjamins

**50 meter El** 1. Koppert Liselotte 9”63 Herentals 19/11/16

2. Graux Lotte 9”70 Herentals 10/12/16

**60 meter El** 1. Koppert Liselotte 11”34 Hoboken 15/01/17

**Ver** 1. Koppert Liselotte 2m77 Hoboken 20/11/16

2. Graux Lotte 2m71 Herentals 19/11/16

**Hoog**  1. Koppert Liselotte 0m95 Hoboken 06/11/16

2. Graux Lotte 0m90 Herentals 10/12/16

**Kogel 1kg**  1. Koppert Liselotte 7m16 Hoboken 18/12/16

2. Graux Lotte 5m56 Herentals 18/02/17

**3-Kamp** 1. Koppert Liselotte 660p Herentals 10/12/16

2. Graux Lotte 528p Herentals 10/12/16

## 10 Beste prestaties benjamins

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|  | **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 | Koppert Liselotte | 11”34 | ‘17 |  |

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|  | **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 |  |

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|  | Kogel 1kg | | | |  | 3-Kamp | | | |  |
|  | 1 | Koppert Liselotte | 7m16 | ‘16 |  | 1 | van den Broek Truus | 889p | ‘10 |  |
|  | 2 | Lauwers Fé | 6m97 | ‘08 |  | 2 | Frijters Stien | 845p | ‘13 |  |
|  | 3 | van den Broek Truus | 6m95 | ‘11 |  | 3 | Lauwers Fé | 823p | ‘08 |  |
|  | 4 | Koppert Elisabeth | 6m67 | ‘15 |  | 4 | Keuppens Lenka | 805p | ‘14 |  |
|  | 5 | Borstlap Kaat | 6m59 | ‘11 |  | 5 | Borstlap Hanne | 795p | ‘08 |  |
|  | 6 | Saidi Malak | 6m42 | ‘15 |  | 6 | Keuppens Jinthe | 793p | ‘12 |  |
|  | 7 | Borstlap Hanne | 6m20 | ‘09 |  | 7 | Saidi Malak | 787p | ‘14 |  |
|  | 8 | Discart Kyra | 6m19 | ‘10 |  | 8 | Van Goubergen Anne-S. | 683p | ‘10 |  |
|  | 9 | Smeyers Lynn | 6m05 | ‘09 |  | 9 | Koppert Liselotte | 660p | ‘16 |  |
|  | 10 | De Meulder Joke | 5m90 | ‘11 |  | 10 | Discart Kyra | 643p | ‘09 |  |

# INDOOR DAMES BENJAMINS

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|  | 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** Koppert Liselotte 7m16 Hoboken 18/12/16

**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. Bremans Anne-Sophie 11”11 Herentals 18/02/17

2. Keuppens Lenka 11”21 Herentals 18/02/17

3. Vloemans Sanne 11”55 Herentals 18/02/17

4. Segers Eveliene 14”56 Herentals 18/02/17

**60 m Horden El** 1. Bremans Anne-Sophie 13”14 Hoboken 18/12/16

2. Koppert Elisabeth 13”32 Hoboken 18/12/16

**50 meter El** 1. Keuppens Lenka 8”29 Herentals 10/12/16

2. Roesbeke Fran 8”35 Herentals 10/12/16

3. Saidi Malak 8”47 Herentals 19/11/16

4. Koppert Elisabeth 9”16 Herentals 19/11/16

5. Segers Eveliene 9”16 Herentals 10/12/16

6. Vloemans Sanne 9”28 Herentals 10/12/16

**60 meter El** 1. Bremans Anne-Sophie 9”07 Hoboken 18/12/16

2. Koppert Elisabeth 10”72 Hoboken 06/11/16

# INDOOR DAMES pupillen

**Ver** 1. Roesbeke Fran 3m19 Herentals 10/12/16

2. Keuppens Lenka 3m18 Herentals 10/12/16

3. Koppert Elisabeth 2m97 Herentals 19/11/16

4. Vloemans Sanne 2m96 Herentals 10/12/16

5. Segers Eveliene 2m61 Herentals 10/12/16

**Hoog**  1. Roesbeke Fran 1m18 Herentals 19/11/16

2. Keuppens Lenka 1m15 Herentals 18/02/17

3. Saidi Malak 1m05 Herentals 19/11/16

4. Koppert Elisabeth 1m05 Herentals 19/11/16

5. Bremans Anne-Sophie 1m00 Herentals 18/02/17

6. Vloemans Sanna 1m00 Herentals 18/02/17

7. Segers Eveliene 0m90 Herentals 18/02/17

**Kogel 2kg**  1. Koppert Elisabeth 8m01 Hoboken 18/12/16

2. Saidi Malak 6m56 Herentals 19/11/16

3. Roesbeke Fran 5m66 Herentals 19/11/16

4. Keuppens Lenka 5m58 Herentals 10/12/16

5. Vloemans Sanne 5m03 Herentals 10/12/16

6. Segers Eveliene 4m38 Herentals 10/12/16

7. Bremans Anne-Sophie 3m86 Herentals 18/02/17

**3-Kamp** 1. Roesbeke Fran 1104p Herentals 19/11/16

2. Saidi Malak 1022p Herentals 19/11/16

3. Keuppens Lenka 945p Herentals 10/12/16

4. Koppert Elisabeth 944p Herentals 19/11/16

5. Vloemans Sanne 632p Herentals 10/12/16

6. Segers Eveliene 556p Herentals 10/12/16

## 10 BESTE PRESTATIES pupillen

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|  | **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 | Bremans Anne-Sophie | 11”11 | ‘17 |  | 4 | Van Goubergen Anne-S. | 12”87 | ‘13 |  |
|  | 5 | van den Broek Truus | 11”12 | ‘13 |  | 5 | Bremans Anne-Sophie | 13”14 | ‘16 |  |
|  | 6 | Keuppens Lenka | 11”18 | ‘16 |  | 6 | Vosters Kaat | 13”30 | ‘13 |  |
|  | 7 | Saidi Malak | 11”21 | ‘16 |  | 7 | Koppert Elisabeth | 13”32 | ‘16 |  |
|  | 8 | Koppert Elisabeth | 11”23 | ‘16 |  | 8 | Keuppens Jinthe | 13”70 | ‘15 |  |
|  | 9 | Lenaerts Isabeau | 11”27 | ‘11 |  | 9 | De Meulder Joke | 13”77 | ‘13 |  |
|  | 10 | Smeyers Lynn | 11”33 | ‘11 |  | 10 | Borstlap Kaat | 14”65 | ‘13 |  |

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|  | **50 meter El** | | | |  | 60 meter El | | | |  |
|  | 1 | Keuppens Lenka | 8”29 | ‘16 |  | 1 | Bremans Anne-Sophie | 9”07 | ‘16 |  |
|  | 2 | Lenaerts Robine | 8”32 | ‘14 |  | 2 | van den Broek Truus | 9”45 | ‘13 |  |
|  | 3 | Roesbeke Fran | 8”35 | ‘16 |  | 3 | Alessie Floor | 9”45 | ‘14 |  |
|  | 4 | Keuppens Jinthe | 8”42 | ‘14 |  | 4 | De Meulder Joke | 9”74 | ‘13 |  |
|  | 5 | Saidi Malak | 8”47 | ‘16 |  | 5 | Tan Noa | 10”14 | ‘14 |  |
|  | 6 | Vanmechelen Hannah | 8”53 | ‘10 |  | 6 | Keuppens Jinthe | 10”19 | ‘15 |  |
|  | 7 | Smeyers Lynn | 8”54 | ‘11 |  | 7 | Hillen Amber | 10”27 | ‘13 |  |
|  | 8 | Alessie Floor | 8”54 | ‘13 |  | 8 | Borstlap Hanne | 10”39 | ‘09 |  |
|  | 9 | van den Broek Truus | 8”56 | ‘11 |  | 9 | Vosters Kaat | 10”47 | ‘13 |  |
|  | 10 | Verwaest Olivia | 8”65 | ‘14 |  | 10 | Lenaerts Lorane | 10”62 | ‘08 |  |

# INDOOR DAMES pupillen

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|  | **1000 meter El** | | | | |  |  | | | |  |
|  | 1 | Van Goubergen Anne-S. | 3’43”45 | | ‘13 |  |  |  |  |  |  |
|  | 2 | van den Broek Truus | | 3’52”72 | ‘13 |  |  |  |  |  |  |
|  | 3 | Tan Noa | | 3’56”75 | ‘14 |  |  |  |  |  |  |
|  | 4 | Borstlap Kaat | | 4’12”37 | ‘13 |  |  |  |  |  |  |
|  | 5 | Vosters Kaat | | 4’26”81 | ‘13 |  |  |  |  |  |  |

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|  | **Ver** | | | |  | Hoog | | | |  |
|  | 1 | Alessie Floor | 3m92 | ‘14 |  | 1 | van den Broek Truus | 1m36 | ‘13 |  |
|  | 2 | van den Broek Truus | 3m60 | ‘13 |  | 2 | Alessie Floor | 1m36 | ‘14 |  |
|  | 3 | Van Goubergen Anne-S. | 3m54 | ‘12 |  | 3 | 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 | Keuppens Lenka | 1m15 | ‘17 |  |
|  | 10 | Roesbeke Fran | 3m19 | ‘16 |  | 10 | Woestenborghs Julie | 1m13 | ‘09 |  |

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|  | **Kogel 2kg** | | | |  | 3-Kamp | | | |  |
|  | 1 | Vosters Kaat | 8m18 | ‘13 |  | 1 | Alessie Floor | 1211p | ‘13 |  |
|  | 2 | Koppert Elisabeth | 8m01 | ‘16 |  | 2 | Lenaerts Robine | 1189p | ‘14 |  |
|  | 3 | Alessie Floor | 7m88 | ‘14 |  | 3 | Roesbeke Fran | 1104p | ‘16 |  |
|  | 4 | Lenaerts Robine | 7m54 | ‘15 |  | 4 | Keuppens Jinthe | 1092p | ‘14 |  |
|  | 5 | van den Broek Truus | 7m17 | ‘13 |  | 5 | Smeyers Lynn | 1030p | ‘11 |  |
|  | 6 | Smeyers Lynn | 6m96 | ‘11 |  | 6 | Saidi Malak | 1022p | ‘16 |  |
|  | 7 | Saidi Malak | 6m56 | ‘16 |  | 7 | Vosters Kaat | 971p | ‘13 |  |
|  | 8 | Hillen Amber | 6m22 | ‘13 |  | 8 | van den Broek Truus | 946p | ‘11 |  |
|  | 9 | Koppert Emma-Louise | 6m20 | ‘15 |  | 9 | Keuppens Lenka | 945p | ‘16 |  |
|  | 10 | Van Goubergen Anne-S. | 6m10 | ‘13 |  | 10 | Koppert Elisabeth | 944p | ‘16 |  |

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|  | **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** Keuppens Lenka 8”29 Herentals 10/12/16

**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 Herentals 16/12/95

**60 meter**  **Atac** Bremans Anne-Sophie 9”07 Hoboken 18/12/16

**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 04/03/06erentals 22/02/14essie Floor 9"tals 19/11/167

**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

# INDOOR DAMES pupillen

**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. Kamou Joy 9”78 Herentals 18/02/17

2. Keuppens Jinthe 10”26 Herentals 18/02/17

3. Koppert Emma-Louise 10”51 Herentals 18/02/17

**60 meter H El** 1. Koppert Emma-Louise 11”92 Hoboken 12/03/17

**50 meter El** 1. Lenaerts Robine 7”76 Herentals 19/11/16

2. Van Tiggelen Lotte 8”07 Herentals 10/12/16

3. Keuppens Jinthe 8”29 Herentals 10/12/16

4. Koppert Emma-Louise 8”59 Herentals 10/12/16

5. Huet Anna 8”80 Herentals 10/12/16

**60 meter El** 1. Koppert Emma-Louise 9”96 Hoboken 15/01/17

**150 meter El** 1. Koppert Emma-Louise 24”55 Gent 12/02/17

**Ver**  1. Lenaerts Robine 4m24 Herentals 19/11/16

2. Keuppens Jinthe 3m61 Herentals 10/12/16

3. Van Tiggelen Lotte 3m44 Herentals 19/11/16

4. Koppert Emma-Louise 3m38 Herentals 10/12/16

5. Huet Anna 3m12 Herentals 10/12/16

**Hoog** 1. Lenaerts Robine 1m40 Herentals 10/12/16

2. Koppert Emma-Louise 1m30 Hoboken 15/01/17

3. Keuppens Jinthe 1m28 Herentals 10/12/16

4. Van Tiggelen Lotte 1m20 Herentals 19/11/16

5. Huet Anna 1m10 Herentals 10/12/16

6. Kamau Joy 1m10 Herentals 18/02/17

**Kogel 2kg** 1. Koppert Emma-Louise 8m62 Hoboken 18/12/16

2. Lenaerts Robine 8m36 Herentals 10/12/16

3. Keuppens Jinthe 6m52 Herentals 10/12/16

# INDOOR DAMES MINIEMEn

4. Van Tiggelen Lotte 5m48 Herentals 10/12/16

5. Huet Anna 4m00 Herentals 10/12/16

**4-Kamp** 1. Lenaerts Robine 2075p Herentals 10/12/16

2. Keuppens Jinthe 1543p Herentals 10/12/16

3. Van Tiggelen Lotte 1365p Herentals 19/11/16

4. Koppert Emma-Louise 1351p Herentals 19/11/16

5. Huet Anna 980p Herentals 10/12/16

## 10 BESTE PRESTATIES miniemen

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Kamau Joy | 9”78 | ‘17 |  |  |  |  |  |  |
|  | 5 | Smeyers Lynn | 9”81 | ‘14 |  |  |  |  |  |  |
|  | 6 | Borstlap Hanne | 9”88 | ‘12 |  |  |  |  |  |  |
|  | 7 | Lenaerts Robine | 10”23 | ‘16 |  |  |  |  |  |  |
|  | 8 | Keuppens Jinthe | 10”26 | ‘17 |  |  |  |  |  |  |
|  | 9 | Borstlap Kaat | 10”46 | ‘16 |  |  |  |  |  |  |
|  | 10 | Lenaerts Lorane | 10”48 | ‘12 |  |  |  |  |  |  |

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|  | **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 | Koppert Emma-Louise | 11”92 | ‘17 |  |  |  |  |  |  |
|  | 6 | Engelen Sara | 13”38 | ‘13 |  |  |  |  |  |  |

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|  | **50 meter El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Lenaerts Robine | 7”76 | ‘16 |  | 1 | Loyens Inneke | 8”80 | ‘15 |  |
|  | 2 | Smeyers Lynn | 7”98 | ‘13 |  | 2 | Lenaerts Sofie | 9”01 | ‘13 |  |
|  | 3 | Brosens Stefanie | 8”06 | ‘09 |  | 3 | Lenaerts Robine | 9”25 | ‘16 |  |
|  | 4 | Van Tiggelen Lotte | 8”07 | ‘16 |  | 4 | Alessie Floor | 9”40 | ‘14 |  |
|  | 5 | Lenaerts Sofie | 8”10 | ‘11 |  | 5 | Tan Noa | 9”44 | ‘16 |  |
|  | 6 | Alessie Floor | 8”14 | ‘15 |  | 6 | De Meulder Joke | 9”55 | ‘14 |  |
|  | 7 | Vanmechelen Hannah | 8”18 | ‘12 |  | 7 | Lenaerts Isabeau | 9”91 | ‘13 |  |
|  | 8 | Lenaerts Isabeau | 8”24 | ‘13 |  | 8 | Engelen Sara | 9”94 | ‘13 |  |
|  | 9 | van den Broek Truus | 8”25 | ‘13 |  | 9 | Koppert Emma-Louise | 9”96 | ‘17 |  |
|  | 10 | Keuppens Jinthe | 8”29 | ‘16 |  | 10 | Borstlap Kaat | 10”71 | ‘15 |  |

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|  | **150 meter El** | | | |  | **800 meter El** | | | |  |
|  | 1 | Lenaerts Sofie | 22”59 | ‘13 |  | 1 | Engelen Sara | 2’51”36 | ‘14 |  |
|  | 2 | Koppert Emma-Louise | 24”55 | ‘17 |  |  |  |  |  |  |
|  | 3 | Tan Noa | 25”14 | ‘15 |  |  |  |  |  |  |
|  | 4 | Borstlap Kaat | 26”49 | ‘15 |  |  |  |  |  |  |

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|  | **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 |  |  |  |  |  |  |
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# INDOOR DAMES MINIEMEn

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|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Alessie Floor | 4m31 | ‘15 |  | 1 | Alessie Floor | 1m46 | ‘16 |  |
|  | 2 | Lenaerts Robine | 4m24 | ‘16 |  | 2 | Brosens Stefanie | 1m44 | ‘10 |  |
|  | 3 | van den Broek Truus | 4m11 | ‘14 |  | 3 | Borstlap Kaat | 1m40 | ‘16 |  |
|  | 4 | Lenaerts Sofie | 3m95 | ‘11 |  | 4 | Lenaerts Robine | 1m40 | ‘16 |  |
|  | 5 | Tan Noa | 3m85 | ‘16 |  | 5 | Lenaerts Sofie | 1m37 | ‘13 |  |
|  | 6 | Lenaerts Isabeau | 3m84 | ‘14 |  | 6 | van den Broek Truus | 1m34 | ‘13 |  |
|  | 7 | Brosens Stefanie | 3m82 | ‘09 |  | 7 | Borstlap Hanne | 1m33 | ‘12 |  |
|  | 8 | Peeters Silke | 3m80 | ‘11 |  | 8 | Koppert Emma-Louise | 1m30 | ‘17 |  |
|  | 9 | Van Goubergen Anne-S. | 3m78 | ‘13 |  | 9 | Peeters Silke | 1m28 | ‘11 |  |
|  | 10 | Borstlap Hanne | 3m70 | ‘11 |  | 10 | Smeyers Lynn | 1m28 | ‘14 |  |

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|  | Kogel 2kg | | | |  | **4-Kamp** | | | |  |
|  | 1 | Vosters Kaat | 10m89 | ‘15 |  | 1 | Lenaerts Robine | 2075p | ‘16 |  |
|  | 2 | Alessie Floor | 10m85 | ‘15 |  | 2 | Alessie Floor | 2065p | ‘15 |  |
|  | 3 | Smeyers Lynn | 9m85 | ‘13 |  | 3 | Brosens Stefanie | 1915p | ‘09 |  |
|  | 4 | van den Broek Truus | 9m72 | ‘15 |  | 4 | Smeyers Lynn | 1797p | ‘13 |  |
|  | 5 | Brosens Stefanie | 9m30 | ‘10 |  | 5 | van den Broek Truus | 1678p | ‘13 |  |
|  | 6 | Koppert Emma-Louise | 8m62 | ‘16 |  | 6 | Peeters Silke | 1561p | ‘11 |  |
|  | 7 | Lenaerts Robine | 8m36 | ‘16 |  | 7 | Keuppens Jinthe | 1543p | ‘16 |  |
|  | 8 | Vanmechelen Hannah | 8m09 | ‘13 |  | 8 | Lenaerts Sofie | 1515p | ‘11 |  |
|  | 9 | Peeters Silke | 7m67 | ‘12 |  | 9 | Vanmechelen Hannah | 1472p | ‘12 |  |
|  | 10 | De Letter Jana | 7m62 | ‘13 |  | 10 | Van Goubergen Anne-S. | 1429p | ‘13 |  |

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

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| **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** Lenaerts Robine 7”76 Herentals 19/11/16 **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

# INDOOR DAMES MINIEMEn

**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** Lenaerts Robine 2075p Herentals 10/12/16

**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. Alessie Floor 10”48 Heusden 04/02/17

2. van den Broek Truus 10”87 Gent 26/12/16

**60 meter El** 1. van den Broek Truus 8”70 Gent 26/12/16

**200 meter El** 1. van den Broek Truus 29”91 Gent 26/12/16

2. Alessie Floor 30”70 Gent 07/01/176us 10"

**Ver**  1. van den Broek Truus 4m65 Gent 26/12/16

2. Alessie Floor 4m48 Heusden 04/02/17

**Hinkstap**  1. Alessie Floor 9m72 Gent 07/01/17

**Kogel 3kg** 1. van den Broek Truus 10m80 Mol 17/12/16

## 10 BESTE PRESTATIES cadetten

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **60 meter Horden El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Hooyberghs Elien | 9”30 | ‘10 |  | 1 | Brosens Stefanie | 8”51 | ‘11 |  |
|  | 2 | Brosens Stefanie | 9”71 | ‘11 |  | 2 | 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 | Alessie Floor | 10”48 | ‘17 |  | 5 | van den Broek Truus | 8”70 | ‘16 |  |
|  | 6 | van den Broek Truus | 10”87 | ‘16 |  | 6 | Verrydt Karen | 8”74 | ‘09 |  |
|  | 7 | Lambregts Ylen | 11”05 | ‘08 |  | 7 | Smeyers Lynn | 8”80 | ‘16 |  |
|  | 8 | Peeters Silke | 11”19 | ‘12 |  | 8 | Vanmechelen Hannah | 8”90 | ‘15 |  |
|  | 9 | Ghyssaert Leen | 11”88 | ‘09 |  | 9 | Lambregts Ylen | 8”99 | ‘08 |  |
|  |  |  |  |  |  | 10 | Berckvens Anaïs | 9”26 | ‘16 |  |

# INDOOR DAMES cadetten

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|  | **200 meter El** | | | |  | **300 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 27”77 | ‘12 |  | 1 | Hooyberghs Elien | 44”93 | ‘10 |  |
|  | 2 | Hooyberghs Elien | 28”01 | ‘10 |  | 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 | Alessie Floor | 30”70 | ‘17 |  |  |  |  |  |  |
|  | 8 | Vanderhaeghen Janne | 31”14 | ‘09 |  |  |  |  |  |  |
|  | 9 | Lambregts Ylen | 31”22 | ‘08 |  |  |  |  |  |  |
|  | 10 | Janssen Steffi | 31”78 | ‘09 |  |  |  |  |  |  |

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

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|  | **1000 meter El** | | | |  |  | | | |  |
|  | 1 | Speelman-rooms Femke | 3’11”77 | ‘12 |  |  |  |  |  |  |

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|  | Ver | | | |  | Hinkstap | | | |  |
|  | 1 | Hooyberghs Elien | 5m07 | ‘10 |  | 1 | Alessie Floor | 9m72 | ‘17 |  |
|  | 2 | van den Broek Truus | 4m65 | ‘16 |  |  |  |  |  |  |
|  | 3 | Quirijnen Dien | 4m53 | ‘14 |  |  |  |  |  |  |
|  | 4 | De Baere Fien | 4m48 | ‘15 |  |  |  |  |  |  |
|  | 5 | Alessie Floor | 4m48 | ‘17 |  |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 4m44 | ‘09 |  |  |  |  |  |  |
|  | 7 | Van Eekert Siel | 4m39 | ‘09 |  |  |  |  |  |  |
|  | 8 | Brosens Stefanie | 4m28 | ‘12 |  |  |  |  |  |  |
|  | 9 | Janssen Steffi | 3m59 | ‘09 |  |  |  |  |  |  |

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|  | Hoog | | | |  | Polsstok | | | |  |
|  | 1 | Hooyberghs Elien | 1m60 | ‘09 |  | 1 | Peeters Silke | 2m00 | ‘12 |  |
|  | 2 | Brosens Stefanie | 1m54 | ‘12 |  | 2 | Lenaerts Sofie | 2m00 | ‘14 |  |
|  | 3 | Van Eekert Siel | 1m53 | ‘09 |  | 3 | Janssen Steffi | 1m72 | ‘10 |  |
|  | 4 | Lambregts Ylen | 1m45 | ‘08 |  |  |  |  |  |  |
|  | 5 | Ameye Astrid | 1m35 | ‘10 |  |  |  |  |  |  |
|  | 6 | Peeters Silke | 1m35 | ‘12 |  |  |  |  |  |  |
|  | 7 | van den Broek Truus | 1m35 | ‘16 |  |  |  |  |  |  |
|  | 8 | Druyts Lies | 1m30 | ‘10 |  |  |  |  |  |  |
|  | 9 | Lenaerts Sofie | 1m29 | ‘14 |  |  |  |  |  |  |
|  | 10 | Marsboom Caroline | 1m25 | ‘10 |  |  |  |  |  |  |

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|  | Kogel 3kg | | | |  | 5-Kamp | | | |  |
|  | 1 | Hooyberghs Elien | 11m21 | ‘09 |  | 1 | Hooyberghs Elien | 3303p | ‘10 |  |
|  | 2 | van den Broek Truus | 10m80 | ‘16 |  | 2 | Brosens Stefanie | 2705p | ‘12 |  |
|  | 3 | Brosens Stefanie | 10m26 | ‘12 |  | 3 | Van Eekert Siel | 2097p | ‘09 |  |
|  | 4 | Lambregts Ylen | 9m32 | ‘08 |  |  |  |  |  |  |
|  | 5 | Smeyers Lynn | 9m28 | ‘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 |  |  |  |  |  |  |

# INDOOR DAMES CADETTEN

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| **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

**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** **Atac** Alessie Floor 9m72 Gent 07/01/17

**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 El** 1. De Baere Fien 8”26 Gent 05/03/17

2. Smeyers Lynn 9”01 Gent 26/12/16

3. Vanmechelen Hannah 9”07 Gent 26/12/16

4. Berckvens Anaïs 9”40 Hoboken 19/02/17

**200 meter El** 1. De Baere Fien 28”27 Gent 26/12/16

2. Vanmechelen Hannah 29”58 Gent 07/01/17

**Ver** 1. Berckvens Anaïs 3m61 Hoboken 16/01/17

**Kogel 3kg** 1. Smeyers Lynn 9m72 Gent 07/01/17

2. Vanmechelen Hannah 8m58 Gent 26/12/16

3. Berckvens Anaïs 7m88 Hoboken 16/01/17

## 10 BESTE PRESTATIES scholieren

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **60 meter Horden El** | | | |  | **60 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 9”02 | ‘14 |  | 1 | De Baere Fien | 8”26 | ‘17 |  |
|  | 2 | Hooyberghs Elien | 9”35 | ‘11 |  | 2 | Brosens Stefanie | 8”33 | ‘13 |  |
|  | 3 | Verrydt Nathalie | 9”52 | ‘09 |  | 3 | Caers Shana | 8”48 | ‘08 |  |
|  | 4 | Caers Shana | 9”75 | ‘08 |  | 4 | Cuynen Nele | 8”61 | ‘10 |  |
|  | 5 | Van Eekert Siel | 10”31 | ‘10 |  | 5 | Verrydt Nathalie | 8”67 | ‘09 |  |
|  | 6 | Lambregts Ylen | 10”97 | ‘10 |  | 6 | Van Den Branden Inne | 8”67 | ‘16 |  |
|  | 7 | Van Den Branden Inne | 11”37 | ‘16 |  | 7 | Vanmechelen Hannah | 8”78 | ‘16 |  |
|  |  |  |  |  |  | 8 | Toelen Daphne | 8”86 | ‘09 |  |
|  |  |  |  |  |  | 9 | Lambregts Ylen | 9”00 | ‘10 |  |
|  |  |  |  |  |  | 10 | Smeyers Lynn | 9”01 | ‘16 |  |

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

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|  | **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 |  |  |  |  |  |  |
|  | 6 | Berckvens Anaïs | 3m61 | ‘17 |  |  |  |  |  |  |

# INDOOR DAMES SCHOLIEREN

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 3 kg | | | |  | Kogel 4 kg | | | |  |
|  | 1 | Brosens Stefanie | 12m29 | ‘14 |  | 1 | Hooyberghs Elien | 10m40 | ‘11 |  |
|  | 2 | Smeyers Lynn | 9m72 | ‘17 |  | 2 | Lambregts Ylen | 7m78 | ‘11 |  |
|  | 3 | Vanmechelen Hannah | 8m73 | ‘15 |  | 3 | Van Eekert Siel | 7m65 | ‘10 |  |
|  | 4 | Berckvens Anaïs | 7m88 | ‘17 |  | 4 | Janssen Steffi | 6m32 | ‘11 |  |
|  | 5 | Janssen Steffi | 7m12 | ‘12 |  |  |  |  |  |  |

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

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

## CLUBRECORDS SCHOLIEREN

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

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

Leysen An 7”7 ev Leuven 21/02/84

**60 m H (0,76m)** **Atac** Brosens Stefanie 9”02 Gent 02/03/14

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

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

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

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

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

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

**60 meter Atac** De Baere Fien 8”26 Gent 05/03/17

**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

# INDOOR DAMES SCHOLIEREN

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1’53”07 Gent 14/02/10

# INDOOR DAMES JUNIORES

## jaarprestaties JUNIORES

**200 meter El** 1. Vermeiren Nathalie 30”32 Gent 07/01/17

**800 meter El** 1. De Vlieger Lize 2’19”05 Gent 04/03/17

**Hoog**  1. Vermeiren Nathalie 1m46 Gent 26/12/16

## 10 beste prestaties juniores

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Vermeiren Nathalie | 30”32 | ‘17 |  |
|  |  |  |  |  |  | 3 | Lambregts Ylen | 31”21 | ‘12 |  |

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **800 meter El** | | | |  |  | | | |  |
|  | 1 | De Vlieger Lize | 2’19”05 | ‘17 |  |  |  |  |  |  |
|  | 2 | De Keulenaer Tina | 2’31”03 | ‘15 |  |  |  |  |  |  |
|  | 3 | Brosens Stefanie | 2’51”88 | ‘16 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 3’13”88 | ‘12 |  |  |  |  |  |  |

# INDOOR DAMES JUNIORES

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Vermeiren Nathalie | 1m46 | ‘16 |  | 3 | Lambregts Ylen | 7m98 | ‘12 |  |
|  | 4 | Van Eekert Siel | 1m45 | ‘12 |  | 4 | Janssen Steffi | 6m64 | ‘14 |  |
|  | 5 | Lambregts Ylen | 1m42 | ‘12 |  |  |  |  |  |  |

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|  | **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 Vlieger Lize 2’19”05 Gent 04/03/17

**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

**60 meter H El** 1. Brosens Stefanie 9”61 Gent 07/01/17

2. Lambregts Ylen 11”88 Gent 26/12/16

**200 meter El** 1. Brosens Stefanie 25”56 Gent 04/03/17

**800 meter H El** 1. Brosens Stefanie 2’45”71 Gent 05/02/17

**Ver** 1. Brosens Stefanie 5m54 Gent 29/01/17

2. Lambregts Ylen 4m22 Gent 26/12/16

**Hoog** 1. Brosens Stefanie 1m61 Mol 17/12/16

2. Lambregts Ylen 1m36 Mol 17/12/16

**Kogel 4kg** 1. Brosens Stefanie 10m93 Gent 05/02/17

2. Lambregts Ylen 8m09 Mol 17/12/16

3. Van der Veken Katrien 7m91 Gent 07/01/17

**5-Kamp** 1. Brosens Stefanie 3260p Gent 05/02/17

## 10 Beste prestaties seniores

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Maes Marjan | 8”85 | ‘12 |  | 1 | Brosens Stefanie | 9”61 | ‘17 |  |
|  |  |  |  |  |  | 2 | Segers Liene | 9”96 | ‘12 |  |
|  |  |  |  |  |  | 3 | Maes Marjan | 10”30 | ‘12 |  |
|  |  |  |  |  |  | 4 | Lambregts Ylen | 11”88 | ‘16 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Segers Liene | 8”12 | ‘12 |  | 1 | Brosens Stefanie | 25”56 | ‘17 |  |
|  | 2 | De Backer Tanja | 8”17 | ‘12 |  | 2 | Segers Liene | 27”24 | ‘12 |  |
|  | 3 | Lambregts Ylen | 9”17 | ‘15 |  |  |  |  |  |  |

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

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|  | **400 meter El** | | | |  | **800 meter El** | | | |  |
|  | 1 | De Vlieger Charlotte | 63”83 | ‘14 |  | 1 | De Vlieger Charlotte | 2’29”93 | ‘14 |  |
|  |  |  |  |  |  | 2 | Brosens Stefanie | 2’45”71 | ‘17 |  |

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|  | **Ver** | | | |
|  | 1 | Brosens Stefanie | 5m54 | ‘17 |
|  | 2 | Lambregts Ylen | 4m34 | ‘13 |

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|  | **Hoog** | | | |  | **Kogel 4kg** | | | |  |
|  | 1 | Maes Marjan | 1m61 | ‘10 |  | 1 | Brosens Stefanie | 10m93 | ‘17 |  |
|  | 2 | Brosens Stefanie | 1m61 | ‘16 |  | 2 | Lambregts Ylen | 8m09 | ‘16 |  |
|  | 3 | Lambregts Ylen | 1m36 | ‘16 |  | 3 | Van der Veken Katrien | 7m91 | ‘17 |  |
|  | 4 | Maes Kathleen | 1m35 | ‘10 |  | 4 | Maes Marjan | 7m33 | ‘11 |  |
|  | 5 | Brosens Evelien | 1m35 | ‘12 |  | 5 | Lambregts Ymke | 7m02 | ‘12 |  |
|  |  |  |  |  |  | 6 | Maes Kathleen | 5m39 | ‘10 |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **5-Kamp** | | | |
|  | 1 | Brosens Stefanie | 3260p | ‘17 |

# INDOOR DAMES SENIORES

## 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** Brosens Stefanie 9”61 Gent 07/01/17

**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** Brosens Stefanie 25”56 Gent 04/03/17

**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** Brosens Stefanie 5m54 Gent 29/01/17

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

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

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

Brosens Stefanie 1m61ev Mol 17/12/16

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

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

**Kogel 4kg** **Atac** Brosens Stefanie 10m93 Gent 05/02/17

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

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

**5-Kamp** **Atac** Brosens Stefanie 3260p Gent 05/02/17

**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

**Kogel 4kg** 1. Dockx Hilde 7m43 Mol 17/12/16

## 10 beste PRESTATIES masters-W40

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **60 meter El** | | | |  | **Kogel 4kg** | | | |  |
|  | 1 | Dockx Hilde | 9”97 | ‘16 |  | 1 | Dockx Hilde | 7m43 | ‘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 7m43 Mol 17/12/16

**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

# INDOOR DAMES MASTERS-W50

**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 23/10/16 cross-cup

BENJAMINS Koppert Liselotte 8/14

PUPILLEN Saidi Malak 7/73

Koppert Elisabeth 7/73 Bremans Anne-Sophie 7/73

MINIEMEN Koppert Emma-Louise 6/12

SCHOLIEREN Van Goubergen Anne-S. (cad) 9/48

Lenaerts Isabeau 9/48

Discart Kyra 9/48

JUNIORES De Vlieger Lize 2/24

Lenaerts Lorane 2/24

Speelman-rooms Femke 2/24

SENIORES Van Eyck Sofie 50/71

De Keulenaer Tina 50/71

Smeets Lore 50/71

## mol 06/11/16 cross-cup

BENJAMINS ’09 Tan Ine 11/29

BENJAMINS ’08 Graux Lotte 7/37

PUPILLEN ’07 Daeleman Jasmijn 29/48

Segers Eveliene 41/48

PUPILLEN ’06 Saidi Malak 3/40

Keuppens Lenka 10/40

Vloemans Sanne 33/40

MINIEMEN ’04 Keuppens Jinthe 22/46

CADETTEN Van Goubergen Anne-Sophie 25/48

Tan Noa 28/48

SCHOLIEREN Lenaerts Isabeau 10/36

Discart Kyra 24/36

JUNIORES Speelman-rooms Femke 19/28

De Vlieger Lize 23/28

SENIORES Lauwers Shana 24/29

## Tongeren 06/11/16

PUPILLEN ‘06 Bremans Anne-Sophie 2/34\*

## neerpelt 13/11/16

PUPILLEN ’06 Saidi Malak 2/54

MINIEMEN ’04 Lenaerts Robine 11/23

CADETTEN Van Goubergen Anne-Sophie 5/29

SCHOLIEREN **Lenaerts Isabeau 1/22**

JUNIORES Lenaerts Lorane 4/12

SENIORES Lauwers Shana 3/19

Beyens Jelle 5/19

## DUFFEL 20/11/16

PUPILLEN ’06 **Bremans Anne-Sophie 1/29**

Saidi Malak 2/29

# VELDLOPEN DAMES 2

JUNIORES De Vlieger Lize 3/9

Smeets Lore 4/9

SENIORES Van Eyck Sofie 22/25

## TILburg 27/11/16

SCHOLIEREN Lenaerts Isabeau 8/53

JUNIORES Swannet Laura 10/34

## ROESELARE 27/11/16 cross-cup

JUNIORES Speelman-rooms Femke 3/25

De Vlieger Lize 13/25

## ARENDONK 27/11/16

BENJAMINS ’09 Tan Ine 3/24

BENJAMINS ’08 Graux Lotte 6/21

Koppert Liselotte 20/21

PUPILLEN ’07 Daeleman Jasmijn 12/33

Willemsens Nore 18/33

Segers Eveliene 27/33

PUPILLEN ‘06 **Saidi Malak 1/28**

Roesbeke Fran 12/28

Vloemans Sanne 18/28

Govaerts Marlies 20/28

MINIEMEN ‘05 Huet Anna 15/16

MINIEMEN ‘04 Koppert Emma-Louise 15/27

CADETTEN Tan Noa 4/25

van den Broek Truus 20/25

SCHOLIEREN Discart Kyra 6/14

Berckvens Anaïs 14/14

JUNIORES **Lenaerts Lorane 1/4**

SENIORES Beyens Jelle 3/10

Brosens Stefanie 9/10

Van der Veken Katrien 10/10 MASTERS Dams Lou 8/9

## bree 04/12/16

SENIORES Lauwers Shana 2/16

Beyens Jelle 8/16

## boechout 04/12/16

PUPILLEN ’06 **Saidi Malak 1/21\***

MINIEMEN ’04 Koppert Emma-Louise 16/21\*

SENIORES Claes Lotte 9/12

Van Eyck Sofie 11/12

# VELDLOPEN DAMES 3

## booischot 11/12/16

BENJAMINS ’09 Tan Ine 8/25

PUPILLEN ‘06 **Saidi Malak 1/33**

Keuppens Lenka 2/33

MINIEMEN ‘04 Keuppens Jinthe 11/21

## gierle 18/12/16

BENJAMINS ’09 Klaassen Paulien 11/36

BENJAMINS ’08 Graux Lotte 7/33

PUPILLEN ‘07 Willemsens Nore 8/43

Daeleman Jasmijn 17/43

Segers Eveliene 29/43

Megens Pien 40/43

PUPILLEN ‘06 **Saidi Malak 1/37**

Keuppens Lenka 9/37

Roesbeke Fran 21/37

Govaerts Marlies 28/37

Vloemans Sanne 29/37

MINIEMEN ’05 Van Tiggelen Lotte 22/36

Engels Kaat 24/36

Cuypers Floor 27/36

Wuyts Britt 30/36

Huet Anna 34/36

Engels Noor 35/36

Cornelis Vickx 36/36

MINIEMEN ‘04 Lenaerts Robine 18/33

Keuppens Jinthe 19/33

Cornelis Jessy 31/33

CADETTEN Tan Noa 5/29

Borstlap Kaat 13/29

SCHOLIEREN **Lenaerts Isabeau 1/12**

JUNIORES Lenaerts Lorane 2/5

Smeets Lore 3/5

SENIORES Lauwers Shana 3/29

Beyens Jelle 10/29

Van Ammel Joyce 18/29

Claes Lotte 23/29

Van Eyck Sofie 27/29

MASTERS Dams Lou 16/23

## ertvelde 26/12/16

PUPILLEN ’06 **Bremans Anne-Sophie 1/44\***

## hulshout 07/01/17

PUPILLEN ’06 **Saidi Malak 1/17\***

MASTERS Dams Lou 23/24

# VELDLOPEN DAMES 4

## grimbergen 08/01/17

PUPILLEN ’06 Bremans Anne-Sophie 3/55\*

## HERENTALS 15/01/17

BENJAMINS ’09 Tan Ine 22/51

PUPILLEN ’07 Willemsens Nore 13/47

Daeleman Jasmijn 24/47

Segers Eveliene 38/47

PUPILLEN ’06 **Bremans Anne-Sophie 1/40**

Saidi Malak 2/40

Keuppens Lenka 7/40

Roesbeke Fran 21/40

MINIEMEN ’05 Cuypers Floor 27/38

Huet Anna 31/38

MINIEMEN ’04 Keuppens Jinthe 9/26

Lenaerts Robine 14/26

CADETTEN Tan Noa 9/33

SCHOLIEREN Discart Kyra 5/17

SENIORES Beyens Jelle 12/23

Van Ammel Joyce 16/23

MASTERS Dams Lou 22/24

## Hamme 15/01/17

JUNIORES Smeets Lore 2/6

SENIORES Claes Lotte 6/11

## kerkrade 15/01/17

SCHOLIEREN Lenaerts Isabeau 9/15

JUNIORES Speelman-rooms Femke 3/14

Lenaerts Lorane 9/14

SENIORES Lauwers Shana 7/10

## geel 22/01/17

BENJAMINS ’08 Graux Lotte 8/28

Koppert Liselotte 23/28

PUPILLEN ’07 Willemsens Nore 11/42

Daeleman Jasmijn 26/42

Segers Eveliene 33/42

PUPILLEN ’06 **Saidi Malak 1/27**

Roesbeke Fran 10/27

Vloemans Sanne 14/27

MINIEMEN ’05 Van Tiggelen Lotte 17/23

MINIEMEN ’04 Lenaerts Robine 8/24

Koppert Emma-Louise 11/24

SENIORES **Lauwers Shana 1/15**

Beyens Jelle 5/15

Van Ammel Joyce 6/15

# VELDLOPEN DAMES 5

## Hannuit 22/01/17 Cross-cup

SCHOLIEREN Lenaerts Isabeau 8/44

JUNIORES Swannet Laura 3/16

Speelman-rooms Femke 4/16

Lenaerts Lorane 8/16

## lier 29/01/17

PUPILLEN ’06 Saidi Malak 2/27

Keuppens Lenka 3/27

MINIEMEN ’04 Keuppens Jinthe 4/27

JUNIORES **Smeets Lore 1/1**

SENIORES Claes Lotte 11/14

## herentals 05/02/17 pk

BENJAMINS ’09 Klaassen Paulien 6/48

BENJAMINS ’08 Graux Lotte 9/36

Koppert Liselotte 32/36

PUPILLEN ’07 Willemsens Lore 16/50

Segers Eveliene 35/50

PUPILLEN ’06 **Bremans Anne-Sophie 1/44**

Saidi Malak 4/44

Keuppens Lenka 5/44

Roesbeke Fran 15/44

MINIEMEN ’05 Van Tiggelen Lotte 24/40

MINIEMEN ’04 Keuppens Jinthe 11/37

Koppert Emma-Louise 25/37

CADETTEN Tan Noa 8/39

Borstlap Kaat 14/39

SCHOLIEREN Lenaerts Isabeau 3/19

JUNIORES De Vlieger Lize (korte cross) 6/13

**Swannet Laura 1/8**

Speelman-rooms Femke 2/8

Lenaerts Lorane 5/8

Smeets Lore 7/8

SENIORES Van Eyck Sofie (korte cross) 11/13

Lauwers Shana 3/16

Van Ammel Joyce 9/16

Beyens Jelle 10/16

Claes Lotte 12/16

MASTERS Dams Lou 24/25

## rotselaar 12/02/17 KVV

PUPILLEN‘06 Bremans Anne-Sophie 2/44\*

JUNIORES Speelman-rooms Femke 2/23

Lenaerts Lorane 14/23

SENIORES Lauwers Shana 17/34

MASTERS W60 Dams Lou 5/6

# VELDLOPEN DAMES 6

## lommel 19/02/17

PUPILLEN ’06 Bremans Anne-Sophie 2/36

Vloemans Sanne 23/36

CADETTEN Tan Noa 4/24

Borstlap Kaat 15/24

SCHOLIEREN Discart Kyra 10/14

## lebbeke 26/02/17

PUPILLEN ’06 Keuppens Lenka 4/19\*

MINIEMEN ’04 Keuppens Jinthe 9/22\*

SCHOLIEREN Lenaerts Isabeau 4/17

JUNIORES **Speelman-rooms Femke 1/8**

Lenaerts Lorane 4/8

SENIORES Lauwers Shana 2/24

## Essen 05/03/17

BENJAMINS ’08 Koppert Liselotte 18/21

PUPILLEN ’06 **Saidi Malak 1/21**

MINIEMEN ’04 Lenaerts Robine 6/17

Koppert Emma-Louise 9/17

SENIORES Beyens Jelle 8/14

MASTERS Dams Lou 9/13

## wachtebeke 12/03/16 Nat. Kamp. & cross-cup

PUPILLEN ’06 Saidi Malak 4/81

Bremans Anne-Sophie 7/81

CADETTEN ’03 Tan Noa 21/74

SCHOLIEREN ’01 **Lenaerts Isabeau 1/46**

Discart Kyra 32/46

JUNIORES Swannet Laura 3/37

Speelman-rooms Femke 4/37

Lenaerts Lorane 10/37

Smeets Lore 19/37

De Vlieger Lize (korte cross) 36/95

SENIORES Lauwers Shana 16/44

De Keulenaer Tina (korte cross) 37/95

Beyens Jelle (korte cross) 44/95

Claes Lotte (korte cross) 60/95

## lokeren 19/03/17 Nat. Kamp. masters

MASTERS W60 Dams Lou 8/9

\* komt niet in aanmerking voor het wintercriterium

# DAMES KLASSEMENT VELDLOOP

Klassement opgemaakt met de 5 beste veldloopprestaties

## BENJAMINS

1. Graux Lotte 24,45p

2. Koppert Liselotte 81,82p

## PUPILLEN

1. Saidi Malak 3,34p

2. Bremans Anne-Sophie 5,70p

3. Keuppens Lenka 14,07p

4. Willemsens Nore 31,79p

5. Roesbeke Fran 44,64p

6. Daeleman Jasmijn 49,85p

7. Vloemans Sanne 68,17p

8. Segers Eveliene 75,73p

## MINIEMEN

1. Keuppens Jinthe 35,86p

2. Lenaerts Robine 44,96p

3. Koppert Emma-Louise 54,37p

## cadetten

1. Tan Noa 19,53p

## scholieren

1. Lenaerts Isabeau 9,18p

2. Discart Kyra 45,44p

## juniores

1. Speelman-rooms Femke 10,46p

2. Lenaerts Lorane 26,73p

3. De Vlieger Lize 35,54p

4. Smeets Lore 51,90p

## seniores

1. Lauwers Shana 10,72p

2. Beyens Jelle 34,08p

3. Claes Lotte 69,25p

4. Van Eyck Sofie 85,55p

## masters

1. Dams Lou 79,97p

# Ben/pup/min Dames eindklassement Winter

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Graux Lotte*** | | |  | ***2. Koppert Liselotte*** | | |
| 5 crossen | 24,45 | 756p |  | 5 crossen | 81,82 | 182p |
| 50m | 9”70 | 199p |  | 50m | 9”63 | 212p |
|  |  |  |  | 60m | 11”34 | 179p\* |
| Ver | 2m71 | 91p\* |  | Ver | 2m77 | 101p\* |
| Hoog | 0m90 | 119p |  | Hoog | 0m95 | 156p |
| Kogel | 5m56 | 252p |  | Kogel | 7m16 | 358p |
| **Totaal** |  | **1326p** |  | **Totaal** |  | **908p** |

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

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| --- | --- | --- | --- | --- | --- | --- |
| ***1. Keuppens Lenka*** | | |  | ***2. Bremans Anne-Sophie*** | | |
| 5 crossen | 14,07 | 860p |  | 5 crossen | 5,70 | 943p |
| 50mH | 11”21 | 296p\* |  | 50mH | 11”11 | 311p\* |
|  |  |  |  | 60mH | 13”14 | 290p\* |
| 50m | 8”29 | 517p |  |  |  |  |
|  |  |  |  | 60m | 9”07 | 646p |
| Ver | 3m18 | 175p\* |  |  |  |  |
| Hoog | 1m15 | 323p |  | Hoog | 1m00 | 194p |
| Kogel | 5m58 | 253p |  | Kogel | 3m86 | 142p |
| **Totaal** |  | **1953p** |  | **Totaal** |  | **1925p** |

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| ***3. Roesbeke Fran*** | | |  | ***4. Vloemans Sanne*** | | |
| 5 crossen | 44,64 | 554p |  | 5 crossen | 68,17 | 319p |
|  |  |  |  | 50mH | 11”55 | 248p\* |
| 50m | 8”35 | 501p |  | 50m | 9”28 | 280p |
| Ver | 3m19 | 177p\* |  | Ver | 2m96 | 134p\* |
| Hoog | 1m18 | 350p |  | Hoog | 1m00 | 194p |
| Kogel | 5m66 | 259p |  | Kogel | 5m03 | 218p |
| **Totaal** |  | **1664p** |  | **Totaal** |  | **1011p** |

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| ***5. Segers Eveliene*** | | |  |  | | |
| 5 crossen | 75,73 | 243p |  |  |  |  |
| 50mH | 14”56 | 4p\* |  |  |  |  |
| 50m | 9”16 | 305p |  |  |  |  |
| Ver | 2m61 | 75p\* |  |  |  |  |
| Hoog | 0m90 | 119p |  |  |  |  |
| Kogel | 4m38 | 176p |  |  |  |  |
| **Totaal** |  | **843p** |  |  |  |  |

# Ben/pup/min Dames eindklassement Winter

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

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| ***1. Lenaerts Robine*** | | |  | ***2. Keuppens Jinthe*** | | |
| 5 crossen | 44,96 | 551p |  | 5 crossen | 35,86 | 642p |
|  |  |  |  | 50mH | 10”26 | 449p\* |
| 50m | 7”76 | 670p |  | 50m | 8”29 | 517p |
| Ver | 4m24 | 413p\* |  | Ver | 3m61 | 265p\* |
| Hoog | 1m40 | 568p |  | Hoog | 1m28 | 446p |
| Kogel | 8m36 | 438p |  | Kogel | 6m52 | 315p |
| **Totaal** |  | **2227p** |  | **Totaal** |  | **1920p** |

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| ***3. Koppert Emma-Louise*** | | |  |  | | |
| 5 crossen | 54,37 | 457p |  |  |  |  |
| 50mH | 10”51 | 406p\* |  |  |  |  |
| 60mH | 11”92 | 459p |  |  |  |  |
| 50m | 8”59 | 438p\* |  |  |  |  |
| 60m | 9”96 | 432p\* |  |  |  |  |
| 150m | 24”55 | 268p\* |  |  |  |  |
| Ver | 3m38 | 216p\* |  |  |  |  |
| Hoog | 1m30 | 466p |  |  |  |  |
| Kogel | 8m62 | 455p |  |  |  |  |
| **Totaal** |  | **1837p** |  |  |  |  |

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

# OUTDOOR DAMES BENJAMINS

## JAARPRESTATIEs benjamins

**60 meter**  1. Graux Lotte 10”4 Arendonk 22/04/17

2. Klaasen Paulien 10”6 Lille 20/05/17

3. Koppert Liselotte 11”4 Lille 20/05/17

**60 meter El** 1. Klaassen Paulien 10”81 Westmalle 17/09/17

2. Graux Lotte 11”06 Westmalle 17/09/17

3. Koppert Liselotte 11”60 Hechtel 06/05/17

4. Van der Heyden Linde 12”17 Turnhout 15/04/17

5. Chajay Nisrien 12”80 Geel 07/05/17

**600 meter** 1. Graux Lotte 2’18”5 Vosselaar 02/09/17

2. Klaassen Paulien 2’28”2 Vosselaar 02/09/17

3. Koppert Liselotte 2’47”4 Lille 20/05/17

**600 meter El** 1. Graux Lotte 2’13”22 Westmalle 17/09/17

2. Klaassen Paulien 2’31”80 Geel 07/05/17

3. Koppert Liselotte 2’54”83 Hechtel 06/05/17

4. Chajay Nisrien 3’08”80 Geel 07/05/17

**Ver** 1. Klaassen Paulien 3m06 Vosselaar 02/09/17

2. Graux Lotte 3m04 Arendonk 22/04/17

3. Koppert Liselotte 2m90 Arendonk 22/04/17

4. Chajay Nisrien 1m91 Geel 07/05/17

**Hoog** 1. Klaassen Paulien 0m95 Herenthout 11/06/17

2. Koppert Liselotte 0m95 Brasschaat 24/06/17

3. Graux Lotte 0m85 Lille 20/05/17

**Kogel 1kg** 1. Koppert Liselotte 9m00 Schaarbeek 22/10/17

2. Graux Lotte 5m83 Westmalle 17/09/17

3. Klaassen Paulien 5m71 Lille 20/05/17

4. Van der Heyden Linde 2m70 Turnhout 15/04/17

**Hockeybal** 1. Graux Lotte 18m63 Arendonk 22/04/17

2. Koppert Liselotte 17m26 Hechtel 06/05/17

3. Klaassen Paulien 12m00 Turnhout 20/08/17

4. Chajay Nisrien 7m80 Geel 07/05/17

5. Van der Heyden Linde 3m82 Turnhout 15/04/17

**4-Kamp** 1. Graux Lotte 802p Lille 20/05/17

2. Klaassen Paulien 751p Lille 20/05/17

3. Koppert Liselotte 679p Lille 20/05/17

4. Chajay Nisrien 27p Geel 07/05/17

# OUTDOOR DAMES BENJAMINS

## 10 Beste prestaties benjamins

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|  | **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 | Graux Lotte | 10”4 | ‘17 |  |
|  | 9 | Daeleman Jasmijn | 10”35 | ‘16 |  | 9 | Saidi Malak | 10”5 | ‘15 |  |
|  | 10 | Borstlap Hanne | 10”41 | ‘09 |  | 10 | Borstlap Hanne | 10”6 | ‘09 |  |

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|  | **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 | Graux Lotte | 2’13”22 | ‘17 |  | 6 | Keuppens Lenka | 2’16”1 | ‘14 |  |
|  | 7 | Borstlap Hanne | 2’13”51 | ‘09 |  | 7 | Graux Lotte | 2’18”5 | ‘17 |  |
|  | 8 | Discart Kyra | 2’13”61 | ‘10 |  | 8 | De Maesschalck Amber | 2’18”7 | ‘09 |  |
|  | 9 | Daeleman Jasmijn | 2’14”63 | ‘16 |  | 9 | Discart Kyra | 2’18”7 | ‘10 |  |
|  | 10 | Van Goubergen Anne-S. | 2’14”91 | ‘10 |  | 10 | Borstlap Kaat | 2’20”5 | ‘12 |  |

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|  | **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 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Kogel 1kg | | | |  | Hockeybal | | | |  |
|  | 1 | Koppert Liselotte | 9m00 | ‘17 |  | 1 | Lannoy Emilie | 32m23 | ‘13 |  |
|  | 2 | Koppert Elisabeth | 8m10 | ‘15 |  | 2 | Lauwers Fé | 29m95 | ‘09 |  |
|  | 3 | Lauwers Fé | 7m60 | ‘09 |  | 3 | Keuppens Jinthe | 24m49 | ‘13 |  |
|  | 4 | van den Broek Truus | 7m60 | ‘11 |  | 4 | Van Goubergen Anne-S. | 21m51 | ‘11 |  |
|  | 5 | Smeyers Lynn | 7m54 | ‘10 |  | 5 | Smeyers Lynn | 20m96 | ‘10 |  |
|  | 6 | Saidi Malak | 7m51 | ‘15 |  | 6 | De Maesschalck Amber | 20m40 | ‘09 |  |
|  | 7 | Van Goubergen Anne-S. | 7m32 | ‘11 |  | 7 | Lenaerts Isabeau | 20m25 | ‘10 |  |
|  | 8 | Borstlap Kaat | 7m29 | ‘12 |  | 8 | van den Broek Truus | 19m60 | ‘11 |  |
|  | 9 | Lannoy Emilie | 7m04 | ‘13 |  | 9 | Vanmechelen Hannah | 19m22 | ‘09 |  |
|  | 10 | Roesbeke Fran | 7m03 | ‘15 |  | 10 | Saidi Malak | 19m09 | ‘05 |  |

# OUTDOOR DAMES BENJAMINS

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|  | **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 |  |  |  |  |  |  |

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| **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 |

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

## CLUBRECORDS BENJAMINS

**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

**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 Liselotte 9m00 Schaarbeek 22/10/17

**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. Saidi Malak 12”80 Lier 29/04/17

2. Vloemans Sanne 13”89 Essen 03/06/17

3. Koppert Elisabeth 14”19 Hechtel 06/05/17

4. Bremans Anne-Sophie 14”34 Herentals 17/04/17

5. Daeleman Jasmijn 14”37 Turnhout 15/04/17

6. Roesbeke Fran 14”38 Turnhout 15/04/17

**60 meter**  1. Bremans Anne-Sophie 9”0 Vosselaar 02/09/17

2. Roesbeke Fran 9”2 Lille 20/05/17

3. Saidi Malak 9”6 Arendonk 22/04/17

4. Willemsens Nore 9”7 Turnhout 20/08/17

5. Daeleman Jasmijn 9”7 Vosselaar 02/09/17

6. Vloemans Sanne 10”2 Vosselaar 02/09/17

7. Koppert Elisabeth 10”3 Turnhout 20/08/17

8. Segers Eveliene 10”4 Arendonk 22/04/17

**60 meter El** 1. Bremans Anne-Sophie 9”00 Tienen 14/05/17

2. Roesbeke Fran 9”27 Mol 12/08/17

3. Saidi Malak 9”62 Turnhout 15/04/17

4. Daeleman Jasmijn 9”82 Turnhout 15/04/17

5. Vloemans Sanne 10”18 Westmalle 17/09/17

6. Koppert Elisabeth 10”30 Mol 12/08/17

7. Segers Eveliene 10”91 Lier 29/04/17

**1000 meter** 1. Saidi Malak 3’28”3 Lille 20/05/17

2. Bremans Anne-Sophie 3’31”7 Vosselaar 02/09/17

3. Keuppens Lenka 3’37”9 Vosselaar 02/09/17

4. Roesbeke Fran 3’50”9 Lille 20/05/17

5. Daeleman Jasmijn 4’00”8 Lille 20/05/17

6. Vloemans Sanne 4’04”7 Lille 20/05/17

7. Segers Eveliene 4’22”5 Lille 20/05/17

8. Koppert Elisabeth 4’39”2 Arendonk 22/04/17

**1000 meter El** 1. Bremans Anne-Sophie 3’18”45 Oordegem 13/08/17

2. Saidi Malak 3’25”58 Lier 29/04/17

3. Roesbeke Fram 3’50”29 Westmalle 17/09/17

4. Willemsens Nore 3’50”70 Turnhout 20/08/17

5. Vloemans Sanne 4’02”00 Lier 29/04/17

6. Daeleman Jasmijn 4’09”10 Geel 07/05/17

7. Koppert Elisabeth 4’17”30 Turnhout 20/08/17

**Ver** 1. Roesbeke Fran 3m96 Turnhout 20/08/17

2. Saidi Malak 3m74 Herentals 17/04/17

3. Bremans Anne-Sophie 3m49 Merksem 07/05/17

4. Koppert Elisabeth 3m21 Turnhout 20/08/17

5. Vloemans Sanne 3m17 Peer 06/08/17

6. Daeleman Jasmijn 3m01 Turnhout 20/08/17

7. Willemsens Nore 2m97 Turnhout 20/08/17

8. Segers Eveliene 2m94 Herenthout 11/06/17

# OUTDOOR DAMES PUPILLEN

**Hoog** 1. Roesbeke Fran 1m25 Vosselaar 02/09/17

2. Saidi Malak 1m15 Turnhout 15/04/17

3. Koppert Elisabeth 1m15 Vosselaar 02/09/17

4. Bremans Anne-Sophie 1m10 Tienen 14/05/17

5. Daeleman Jasmijn 1m05 Arendonk 22/04/17

6. Keuppens Lenka 1m05 Vosselaar 02/09/17

7. Vloemans Sanne 1m00 Tongerlo 08/04/17

8. Segers Eveliene 0m95 Arendonk 22/04/17

**Kogel 2kg** 1. Koppert Elisabeth 9m99 Westmalle 17/09/17

2. Saidi Malak 7m38 Turnhout 15/04/17

3. Roesbeke Fran 6m68 Westmalle 17/09/17

4. Vloemans Sanne 5m87 Essen 03/06/17

5. Willemsens Nore 5m66 Turnhout 20/08/17

6. Bremans Anne-Sophie 5m18 Tongeren 30/08/17

7. Segers Eveliene 4m50 Lier 29/04/17

8. Daeleman Jasmijn 4m19 Geel 07/05/17

**Hockeybal** 1. Saidi Malak 28m26 Vosselaar 02/09/17

2. Koppert Elisabeth 23m07 Vosselaar 02/09/17

3. Roesbeke Fran 22m81 Westmalle 17/09/17

4. Keuppens Lenka 20m12 Vosselaar 02/09/17

5. Bremans Anne-Sophie 20m80 Lier 29/04/17

6. Vloemans Sanne 17m42 Vosselaar 02/09/17

7. Segers Eveliene 14m54 Lier 29/04/17

8. Daeleman Jasmijn 14m19 Vosselaar 02/09/17

**Discus 600g** 1. Koppert Elisabeth 25m86 Herenthout 11/06/17

2. Saidi Malak 17m01 Herenthout 11/06/17

3. Vloemans Sanne 13m58 Boechout 26/08/17

4. Roesbeke Fran 13m55 Mol 12/08/17

5. Bremans Anne-Sophie 10m74 Tienen 14/05/17

6. Segers Eveliene 8m26 Herenthout 11/06/17

**4-kamp** 1. Bremans Anne-Sophie 1753p Lier 05/06/17

2. Saidi Malak 1672p Lier 05/06/17

3. Roesbeke Fran 1636p Turnhout 20/08/17

4. Willemsens Nore 1289p Turnhout 20/08/17

5. Koppert Elisabeth 1254p Turnhout 20/08/17

6. Daeleman Jasmijn 1119p Arendonk 22/04/17

7. Vloemans Sanne 1031p Arendonk 22/04/17

8. Segers Eveliene 636p Lille 20/05/17

**Aflossing 4 x 60m El**

1. Daeleman Jasmijn – Koppert Elisabeth – Willemsens Nore – Roesbeke Fran

38”30 Turnhout 20/08/17

2. Saidi Malak – Vloemans Sanne – Segers Eveliene – Bremans Anne-Sophie

39”44 Lier 29/04/17

# OUTDOOR DAMES PUPILLEN

## 10 BESTE prestaties pupillen

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|  | **60 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Alessie Floor | 11”95 | ‘14 |  |  |  |  |  |  |
|  | 2 | Peeters Silke | 12”14 | ‘10 |  |  |  |  |  |  |
|  | 3 | Lenaerts Robine | 12”14 | ‘15 |  |  |  |  |  |  |
|  | 4 | van den Broek Truus | 12”60 | ‘13 |  |  |  |  |  |  |
|  | 5 | Saidi Malak | 12”80 | ‘17 |  |  |  |  |  |  |
|  | 6 | Lenaerts Lorane | 13”11 | ‘10 |  |  |  |  |  |  |
|  | 7 | Lenaerts Isabeau | 13”32 | ‘12 |  |  |  |  |  |  |
|  | 8 | Vosters Kaat | 13”34 | ‘14 |  |  |  |  |  |  |
|  | 9 | Vanmechelen Hannah | 13”59 | ‘11 |  |  |  |  |  |  |
|  | 10 | Woestenborghs Julie | 13”62 | ‘10 |  |  |  |  |  |  |

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|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | Bremans Anne-Sophie | 9”00 | ‘17 |  | 1 | Bremans Anne-Sophie | 9”0 | ‘17 |  |
|  | 2 | Van Tiggelen Lotte | 9”22 | ‘16 |  | 2 | Roesbeke Fran | 9”2 | ‘17 |  |
|  | 3 | Roesbeke Fran | 9”27 | ‘17 |  | 3 | Alessie Floor | 9”3 | ‘14 |  |
|  | 4 | Lenaerts Robine | 9”35 | ‘15 |  | 4 | Van Tiggelen Lotte | 9”3 | ‘16 |  |
|  | 5 | Alessie Floor | 9”43 | ‘14 |  | 5 | Smeyers Lynn | 9”4 | ‘12 |  |
|  | 6 | van den Broek Truus | 9”53 | ‘13 |  | 6 | van den Broek Truus | 9”4 | ‘13 |  |
|  | 7 | Van Gorp Caro | 9”58 | ‘10 |  | 7 | Lenaerts Robine | 9”4 | ‘15 |  |
|  | 8 | Saidi Malak | 9”62 | ‘17 |  | 8 | Saidi Malak | 9”6 | ‘17 |  |
|  | 9 | Smeyers Lynn | 9”64 | ‘12 |  | 9 | Vanmechelen Hannah | 9”7 | ‘11 |  |
|  | 10 | Vanmechelen Hannah | 9”68 | ‘11 |  | 10 | De Meulder Joke | 9”7 | ‘13 |  |

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Bremans Anne-Sophie | 3’18”45 | ‘17 |  | 1 | Saidi Malak | 3’28”3 | ‘17 |  |
|  | 2 | Saidi Malak | 3’25”58 | ‘17 |  | 2 | Bremans Anne-Sophie | 3’31”7 | ‘17 |  |
|  | 3 | Van Goubergen Anne-S. | 3’32”88 | ‘13 |  | 3 | Keuppens Lenka | 3’37”9 | ‘17 |  |
|  | 4 | Lenaerts Isabeau | 3’33”26 | ‘12 |  | 4 | Lenaerts Isabeau | 3’41”0 | ‘12 |  |
|  | 5 | Alessie Floor | 3’33”35 | ‘14 |  | 5 | Van Goubergen Anne-S. | 3’42”4 | ‘13 |  |
|  | 6 | Keuppens Lenka | 3’38”26 | ‘16 |  | 6 | van den Broek Truus | 3’43”1 | ‘13 |  |
|  | 7 | van den Broek Truus | 3’39”49 | ‘13 |  | 7 | Lenaerts Lorane | 3’44”3 | ‘10 |  |
|  | 8 | Keuppens Jinthe | 3’39”89 | ‘15 |  | 8 | Alessie Floor | 3’44”6 | ‘14 |  |
|  | 9 | Lenaerts Lorane | 3’40”62 | ‘10 |  | 9 | Lenaerts Robine | 3’45”7 | ‘15 |  |
|  | 10 | Borstlap Kaat | 3’42”72 | ‘13 |  | 10 | Woestenborghs Julie | 3’47”0 | ‘10 |  |

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|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Alessie Floor | 4m00 | ‘14 |  | 1 | Alessie Floor | 1m45 | ‘14 |  |
|  | 2 | Roesbeke Fran | 3m96 | ‘17 |  | 2 | van den Broek Truus | 1m42 | ‘13 |  |
|  | 3 | Lenaerts Robine | 3m94 | ‘15 |  | 3 | Van Goubergen Anne-S. | 1m28 | ‘13 |  |
|  | 4 | van den Broek Truus | 3m88 | ‘13 |  | 4 | Borstlap Kaat | 1m27 | ‘14 |  |
|  | 5 | Saidi Malak | 3m75 | ‘16 |  | 5 | Roesbeke Fran | 1m25 | ‘17 |  |
|  | 6 | Van Goubergen Anne-S. | 3m74 | ‘13 |  | 6 | Keuppens Jinthe | 1m23 | ‘15 |  |
|  | 7 | Van Tiggelen Lotte | 3m66 | ‘16 |  | 7 | Lenaerts Robine | 1m22 | ‘15 |  |
|  | 8 | Keuppens Jinthe | 3m61 | ‘15 |  | 8 | Hillen Amber | 1m21 | ‘12 |  |
|  | 9 | Keuppens Lenka | 3m53 | ‘16 |  | 9 | Koppert Emma-Louise | 1m19 | ‘15 |  |
|  | 10 | Bremans Anne-Sophie | 3m49 | ‘17 |  | 10 | Van Gorp Caro | 1m15 | ‘10 |  |

# OUTDOOR DAMES pupillEN

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|  | **Hockeybal** | | | |  | **Kogel 2kg** | | | |  |
|  | 1 | Alessie Floor | 36m31 | ‘14 |  | 1 | Koppert Elisabeth | 9m99 | ‘17 |  |
|  | 2 | Vosters Kaat | 35m42 | ‘14 |  | 2 | Vosters Kaat | 9m05 | ‘14 |  |
|  | 3 | Van Goubergen Anne-S. | 31m86 | ‘13 |  | 3 | Alessie Floor | 8m42 | ‘14 |  |
|  | 4 | Lenaerts Isabeau | 28m41 | ‘12 |  | 4 | Lenaerts Robine | 7m79 | ‘15 |  |
|  | 5 | Saidi Malak | 28m26 | ‘17 |  | 5 | Smeyers Lynn | 7m72 | ‘12 |  |
|  | 6 | Vanmechelen Hannah | 26m73 | ‘11 |  | 6 | Saidi Malak | 7m38 | ‘17 |  |
|  | 7 | De Beuker Jade | 26m68 | ‘16 |  | 7 | van den Broek Truus | 7m02 | ‘13 |  |
|  | 8 | Keuppens Jinthe | 26m59 | ‘14 |  | 8 | Van Goubergen Anne-S. | 6m89 | ‘13 |  |
|  | 9 | Lenaerts Robine | 26m50 | ‘15 |  | 9 | Roesbeke Fran | 6m68 | ‘17 |  |
|  | 10 | Lauwers Fé | 25m99 | ‘10 |  | 10 | Lenaerts Isabeau | 6m59 | ‘12 |  |

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|  | **Discus 600g** | | | |  | **4-kamp** | | | |  |
|  | 1 | Koppert Elisabeth | 23m86 | ‘17 |  | 1 | Alessie Floor | 1957p | ‘14 |  |
|  | 2 | Alessie Floor | 21m65 | ‘14 |  | 2 | van den Broek Truus | 1849p | ‘13 |  |
|  | 3 | Vosters Kaat | 19m24 | ‘14 |  | 3 | Bremans Anne-Sophie | 1753p | ‘17 |  |
|  | 4 | Smeyers Lynn | 18m22 | ‘12 |  | 4 | Lenaerts Robine | 1734p | ‘15 |  |
|  | 5 | Van Goubergen Anne-S. | 17m25 | ‘12 |  | 5 | Van Goubergen Anne-S. | 1687p | ‘13 |  |
|  | 6 | van den Broek Truus | 17m18 | ‘13 |  | 6 | Saidi Malak | 1672p | ‘17 |  |
|  | 7 | Saidi Malak | 17m01 | ‘17 |  | 7 | Roesbeke Fran | 1636p | ‘17 |  |
|  | 8 | Lenaerts Lorane | 14m91 | ‘10 |  | 8 | Lenaerts Isabeau | 1432p | ‘12 |  |
|  | 9 | Lenaerts Robine | 14m44 | ‘14 |  | 9 | Keuppens Jinthe | 1409p | ‘15 |  |
|  | 10 | De Meulder Joke | 14m23 | ‘13 |  | 10 | Van Tiggelen Lotte | 1345p | ‘16 |  |

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| **Aflossing 4 x 60 meter El** | | | |
| 1 | Van Tiggelen Lotte - De Beuker Jade – Koppert Elisabeth – Roesbeke Fran | 38”28 | ‘16 |
| 2 | Daeleman Jasmijn – Koppert Elisabeth – Willemsens Nore – Roesbeke Fran | 38”30 | ‘17 |
| 3 | Roesbeke Fran – De Beuker Jade – Keuppens Lenka – Van Tiggelen Lotte | 38”40 | ‘16 |
| 4 | Discart Kyra – Smeyers Lynn – De Letter Jana – Vanmechelen Hannah | 39”31 | ‘11 |
| 5 | Saidi Malak – Vloemans Sanne – Segers Eveliene – Bremans Anne-Sophie | 39”44 | ‘17 |
| 6 | Peeters Silke – Lenaerts Lorane – Woestenborghs Julie – Matthé Marie | 39”57 | ‘09 |
| 7 | Van Tiggelen Lotte – Vloemans Sanne – Koppert Elisabeth – Roesbeke Fran | 40”00 | ‘16 |
| 8 | Discart Kyra – van den Broek Truus – De Meulder Joke – Ceusters Bauke | 40”12 | ‘12 |

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

## clubrecords pupillen

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

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

**60 meter** **Atac** Bremans Anne-Sophie 9”00 Tienen 14/05/17

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

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

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

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

**400 meter Tuac** Vercauteren Ann 1’38”2 Turnhout 08/04/79

**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 3’18”45 Oordegem 13/08/17

**Avos** Peeters An 3’24”3 Heist o/d Berg 07/05/94

**Tuac** Abbeel Anneleen 3’19”11 Turnhout 06/10/96

# OUTDOOR DAMES pupillEN

**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** Koppert Elisabeth 9m99 Westmalle 17/09/17

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

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

**Discus 600g** **Atac** Koppert Elisabeth 25m86 Herenthout 11/06/17

**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. Van Tiggelen Lotte 10”82 Brasschaat 24/06/17

2. Lenaerts Robine 11”21 Turnhout 15/04/17

3. Koppert Emma-Louise 12”23 Brasschaat 24/06/17

**150 meter H El** 1. Van Tiggelen Lotte 25”69 Mol 30/09/17

**80 meter**  1. Lenaerts Robine 11”4 Arendonk 22/04/17

2. Van Tiggelen Lotte 11”7 Vosselaar 02/09/17

3. Keuppens Jinthe 12”3 Vosselaar 02/09/17

4. Koppert Emma-Louise 12”3 Vosselaar 02/09/17

5. Huet Anna 13”4 Arendonk 22/04/17

**80 meter El** 1. Lenaerts Robine 11”55 Westmalle 17/09/17

2. Van Tiggelen Lotte 11”80 Lier 05/06/17

3. Engelen Jira 11”99 Turnhout 15/04/17

4. Cuypers Floor 12”18 Turnhout 15/04/17

5. Koppert Emma-Louise 12”39 Westmalle 17/09/17

# OUTDOOR DAMES MINIEMEN

**150 meter El** 1. Lenaerts Robine 21”32 Lier 29/04/17

2. Koppert Emma-Louise 22”81 Mol 12/08/17

**300 meter**  1. Koppert Emma-Louise 53”7 Herenthout 11/06/17

**300 meter El** 1. Lenaerts Robine 47”72 Turnhout 15/04/17

2. Cuypers Floor 52”33 Turnhout 15/04/17

**1000 meter** 1. Lenaerts Robine 3’32”8 Lille 20/05/17

2. Keuppens Jinthe 3’34”4 Vosselaar 02/09/17

3. Koppert Emma-Louise 3’42”0 Lille 20/05/17

4. Van Tiggelen Lotte 4’09”3 Arendonk 22/04/17

5. Huet Anna 4’26”2 Arendonk 22/04/17

**1000 meter El** 1. Lenaerts Robine 3’40”02 Lier 05/06/17

2. Koppert Emma-Louise 3’48”69 Westmalle 17/09/17

3. Van Tiggelen Lotte 3’51”19 Lier 05/06/17

**Ver** 1. Lenaerts Robine 4m40 Turnhout 15/04/17

2. Keuppens Jinthe 3m86 Vosselaar 02/09/17

3. Engelen Jira 3m80 Turnhout 15/04/17

4. Van Tiggelen Lotte 3m80 Turnhout 15/04/17

5. Koppert Emma-Louise 3m74 Lille 20/05/17

6. Cuypers Floor 3m62 Turnhout 15/04/17

7. Huet Anna 3m35 Arendonk 22/04/17

**Hoog** 1. Lenaerts Robine 1m33 Turnhout 20/08/17

2. Van Tiggelen Lotte 1m30 Turnhout 15/04/17

3. Koppert Emma-Louise 1m25 Westmalle 17/09/17

**Polsstok** 1. Van Tiggelen Lotte 2m00 Vosselaar 02/09/17

2. Koppert Emma-Louise 1m60 Vosselaar 02/09/17

3. Lenaerts Robine 1m50 Turnhout 25/04/17

**Kogel 2kg** 1. Lenaerts Robine 9m48 Turnhout 20/08/17

2. Koppert Emma-Louise 9m26 Mol 12/08/17

3. Keuppens Jinthe 6m98 Vosselaar 02/09/17

4. Van Tiggelen Lotte 6m37 Arendonk 22/04/17

5. Huet Anna 5m18 Arendonk 22/04/17

**Discus 750g** 1. Koppert Emma-Louise 19m42 Lille 20/05/17

2. Lenaerts Robine 16m77 Lille 20/05/17

3. Van Tiggelen Lotte 13m57 Westmalle 17/09/17

4. Vloemans Elien 11m35 Westmalle 17/11/17

**Speer 400g** 1. Lenaerts Robine 23m68 Lier 29/04/17

2. Van Tiggelen Lotte 18m88 Westmalle 17/09/17

3. Koppert Emma-Louise 16m13 Vosselaar 02/09/17

4. Engelen Jira 14m17 Turnhout 15/04/17

5. Cuypers Floor 12m48 Turnhout 15/04/17

6. Vloemans Elien 10m87 Westmalle 17/09/17

7. Keuppens Jinthe 10m86 Vosselaar 02/09/17

8. Huet Anna 7m74 Arendonk 22/04/17

# OUTDOOR DAMES MINIEMEN

**5-kamp** 1. Lenaerts Robine 2436p Turnhout 20/08/17

2. Koppert Emma-Louise 1913p Turnhout 20/08/17

3. Van Tiggelen Lotte 1731p Geel 07/05/17

4. Huet Anna 993p Arendonk 22/04/17

## 10 beste prestatieS miniemen

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|  | **60 meter Horden El** | | | |  | **150 meter Horden El** | | | |  |
|  | 1 | Loyens Inneke | 10”01 | ‘16 |  | 1 | Brosens Stefanie | 24”69 | ‘09 |  |
|  | 2 | Van Tiggelen Lotte | 10”82 | ‘17 |  | 2 | Borstlap Hanne | 24”86 | ‘12 |  |
|  | 3 | Peeters Silke | 11”05 | ‘12 |  | 3 | Peeters Silke | 25”53 | ‘12 |  |
|  | 4 | Borstlap Hanne | 11”14 | ‘12 |  | 4 | Van Tiggelen Lotte | 25”69 | ‘17 |  |
|  | 5 | Lenaerts Robine | 11”21 | ‘17 |  | 5 | van den Broek Truus | 26”19 | ‘15 |  |
|  | 6 | Alessie Floor | 11”30 | ‘15 |  | 6 | Alessie Floor | 26”32 | ‘15 |  |
|  | 7 | Brosens Stefanie | 11”31 | ‘09 |  | 7 | Lenaerts Lorane | 26”42 | ‘11 |  |
|  | 8 | Lenaerts Sofie | 11”58 | ‘13 |  | 8 | Lenaerts Sofie | 27”46 | ‘12 |  |
|  | 9 | van den Broek Truus | 11”59 | ‘15 |  | 9 | De Letter Jana | 28”70 | ‘13 |  |
|  | 10 | Smeyers Lynn | 11”85 | ‘14 |  |  |  |  |  |  |

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|  | **80 meter El** | | | |  | **80 meter** | | | |  |
|  | 1 | Lenaerts Sofie | 11”14 | ‘13 |  | 1 | Lenaerts Sofie | 10”9 | ‘13 |  |
|  | 2 | Loyens Inneke | 11”55 | ‘16 |  | 2 | Lenaerts Robine | 11”4 | ‘17 |  |
|  | 3 | Lenaerts Robine | 11”55 | ‘17 |  | 3 | Smeyers Lynn | 11”7 | ‘13 |  |
|  | 4 | Peeters Diede | 11”70 | ‘11 |  | 4 | Van Tiggelen Lotte | 11”7 | ‘17 |  |
|  | 5 | Quirijnen Dien | 11”71 | ‘13 |  | 5 | Brosens Stefanie | 11”8 | ‘10 |  |
|  | 6 | Smeyers Lynn | 11”75 | ‘14 |  | 6 | Quirijnen Dien | 11”8 | ‘13 |  |
|  | 7 | Van Tiggelen Lotte | 11”80 | ‘17 |  | 7 | Van Goubergen Anne-S. | 11”8 | ‘15 |  |
|  | 8 | Brosens Stefanie | 11”81 | ‘10 |  | 8 | Alessie Floor | 11”8 | ‘16 |  |
|  | 9 | van den Broek Truus | 11”83 | ‘15 |  | 9 | Lenaerts Lorane | 11”9 | ‘12 |  |
|  | 10 | Alessie Floor | 11”91 | ‘16 |  | 10 | van den Broek Truus | 11”9 | ‘15 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **150 meter El** | | | |  |  | | | |  |
|  | 1 | Lenaerts Robine | 21”32 | ‘17 |  |  |  |  |  |  |
|  | 2 | Lenaerts Sofie | 21”40 | ‘13 |  |  |  |  |  |  |
|  | 3 | Brosens Stefanie | 21”86 | ‘10 |  |  |  |  |  |  |
|  | 4 | Loyens Inneke | 22”00 | ‘16 |  |  |  |  |  |  |
|  | 5 | van den Broek Truus | 22”13 | ‘15 |  |  |  |  |  |  |
|  | 6 | Peeters Diede | 22”23 | ‘11 |  |  |  |  |  |  |
|  | 7 | Van Goubergen Anne-S. | 22”41 | ‘15 |  |  |  |  |  |  |
|  | 8 | Segers Kaat | 22”50 | ‘10 |  |  |  |  |  |  |
|  | 9 | Lenaerts Lorane | 22”76 | ‘12 |  |  |  |  |  |  |
|  | 10 | Koppert Emma-Louise | 22”81 | ‘17 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **300 meter** | | | |  |
|  | 1 | Lenaerts Lorane | 47”45 | ‘12 |  | 1 | Lenaerts Robine | 47”8 | ‘16 |  |
|  | 2 | Lenaerts Robine | 47”72 | ‘17 |  | 2 | Peeters Silke | 51”2 | ‘12 |  |
|  | 3 | Lenaerts Sofie | 48”00 | ‘13 |  | 3 | van den Broek Truus | 51”7 | ‘15 |  |
|  | 4 | Brosens Stefanie | 49”04 | ‘09 |  | 4 | Borstlap Hanne | 53”0 | ‘12 |  |
|  | 5 | Peeters Diede | 49”10 | ‘10 |  | 5 | Vanmechelen Hannah | 53”1 | ‘12 |  |
|  | 6 | Lenaerts Isabeau | 49”18 | ‘14 |  | 6 | Koppert Emma-Louise | 53”7 | ‘17 |  |
|  | 7 | Tan Noa | 49”53 | ‘16 |  | 7 | Quirijnen Dien | 54”0 | ‘13 |  |
|  | 8 | Van Goubergen Anne-S. | 49”62 | ‘15 |  | 8 | Smeyers Lynn | 57”9 | ‘13 |  |
|  | 9 | Engelen Sara | 50”38 | ‘14 |  | 9 | De Letter Jana | 59”0 | ‘13 |  |
|  | 10 | Borstlap Hanne | 50”50 | ‘12 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **600 meter El** | | | |  |  | | | |  |
|  | 1 | Lenaerts Lorane | 1’56”03 | ‘12 |  |  |  |  |  |  |
|  | 2 | Lenaerts Isabeau | 1’56”60 | ‘13 |  |  |  |  |  |  |

# OUTDOOR DAMES MINIEMEN

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Lenaerts Isabeau | 3’13”27 | ‘14 |  | 1 | Lenaerts Isabeau | 3’22”8 | ‘14 |  |
|  | 2 | Lenaerts Lorane | 3’18”95 | ‘12 |  | 2 | Engelen Sara | 3’27”2 | ‘14 |  |
|  | 3 | Van Goubergen Anne-S. | 3’22”99 | ‘14 |  | 3 | 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 | Keuppens Jinthe | 3’34”4 | ‘17 |  |
|  | 9 | Lenaerts Robine | 3’40”02 | ‘17 |  | 9 | Discart Kyra | 3’36”7 | ‘14 |  |
|  | 10 | Brosens Stefanie | 3’41”21 | ‘10 |  | 10 | Borstlap Kaat | 3’41”4 | ‘15 |  |

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|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Alessie Floor | 4m57 | ‘16 |  | 1 | Alessie Floor | 1m52 | ‘16 |  |
|  | 2 | Quirijnen Dien | 4m52 | ‘13 |  | 2 | Brosens Stefanie | 1m43 | ‘09 |  |
|  | 3 | Lenaerts Robine | 4m40 | ‘17 |  | 3 | van den Broek Truus | 1m41 | ‘15 |  |
|  | 4 | Lenaerts Sofie | 4m38 | ‘13 |  | 4 | Van Goubergen Anne-S | 1m41 | ‘15 |  |
|  | 5 | Brosens Stefanie | 4m32 | ‘10 |  | 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 |  |

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|  | **Polsstok** | | | |  |  | | | |  |
|  | 1 | Borstlap Hanne | 2m31 | ‘12 |  |  |  |  |  |  |
|  | 2 | Lenaerts Sofie | 2m14 | ‘13 |  |  |  |  |  |  |
|  | 3 | Tan Noa | 2m11 | ‘16 |  |  |  |  |  |  |
|  | 4 | Peeters Silke | 2m07 | ‘12 |  |  |  |  |  |  |
|  | 5 | Van Tiggelen Lotte | 2m00 | ‘17 |  |  |  |  |  |  |
|  | 6 | Borstlap Kaat | 1m85 | ‘15 |  |  |  |  |  |  |
|  | 7 | Vanmechelen Hannah | 1m64 | ‘13 |  |  |  |  |  |  |
|  | 8 | Van Goubergen Anne-S. | 1m62 | ‘14 |  |  |  |  |  |  |
|  | 9 | Koppert Emma-Louise | 1m60 | ‘17 |  |  |  |  |  |  |
|  | 10 | Lenaerts Robine | 1m50 | ‘17 |  |  |  |  |  |  |

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|  | **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 | Lenaerts Robine | 9m48 | ‘17 |  | 6 | van den Broek Truus | 19m46 | ‘14 |  |
|  | 7 | Koppert Emma-Louise | 9m26 | ‘17 |  | 7 | Koppert Emma-Louise | 19m42 | ‘17 |  |
|  | 8 | Quirijnen Dien | 8m72 | ‘13 |  | 8 | Quirijnen Dien | 19m29 | ‘13 |  |
|  | 9 | Van Goubergen Anne-S. | 8m71 | ‘15 |  | 9 | Lenaerts Sofie | 18m21 | ‘13 |  |
|  | 10 | Vanmechelen Hannah | 8m69 | ‘13 |  | 10 | Brosens Stefanie | 17m57 | ‘10 |  |

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|  | **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 | Lenaerts Robine | 2436p | ‘17 |  |
|  | 4 | Lenaerts Robine | 23m68 | ‘17 |  | 4 | Van Goubergen Anne-S. | 2334p | ‘15 |  |
|  | 5 | Brosens Stefanie | 22m75 | ‘10 |  | 5 | van den Broek Truus | 2201p | ‘15 |  |
|  | 6 | Peeters Silke | 22m46 | ‘12 |  | 6 | Lenaerts Sofie | 2199p | ‘13 |  |
|  | 7 | Vanmechelen Hannah | 21m04 | ‘13 |  | 7 | Borstlap Hanne | 2165p | ‘12 |  |
|  | 8 | Berckvens Anaïs | 19m99 | ‘14 |  | 8 | Tan Noa | 2125p | ‘16 |  |
|  | 9 | van den Broek Truus | 19m26 | ‘15 |  | 9 | Quirijnen Dien | 2062p | ‘13 |  |
|  | 10 | Van Tiggelen Lotte | 18m88 | ‘17 |  | 10 | Peeters Silke | 2018p | ‘12 |  |

# OUTDOOR DAMES MINIEMEN

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| **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 |

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| **Aflossing 3 x 600 meter El** | | | |
| 1 | Borstlap Hanne – Peeters Silke – Lenaerts Lorane | 5’53”75 | ‘12 |
| 2 | Peeters Silke – Lenaerts Sofie – Borstlap Hanne | 6’24”18 | ‘12 |
| 3 | van den Broek Truus – Engelen Sara – Berckvens Anaïs | 6’29”65 | ‘14 |
| 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 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 Robine 21”32 Lier 29/04/17

**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. Alessie Floor 13”68 Deinze 20/08/17

**300 meter H El** 1. Alessie Floor 51”47 Bornem 22/04/17

2. Van Rompaey Jessi 59”80 Vilvoorde 06/05/17

**100 meter El** 1. van den Broek Truus 13”42 Turnhout 24/09/17

2. Tan Noa 14”85 Vilvoorde 06/05/17

**200 meter El** 1. van den Broek Truus 27”35 Vilvoorde 06/05/17

**300 meter El** 1. van den Broek Truus 45"17 Herentals 01/05/17

**400 meter El** 1. Van Der Wee Amélie 76”84 Vilvoorde 06/05/17

**800 meter El** 1. Tan Noa 2’33”58 Tessenderlo 28/06/17

2. van den Broek Truus 2’37”87 Herentals 28/05/17

3. Borstlap Kaat 2’41”19 Vilvoorde 06/05/17

**1500 meter El** 1. Tan Noa 5’27”92 Vilvoorde 06/05/17

# OUTDOOR DAMES cADETTEN

**Ver** 1. van den Broek Truus 4m84 Herentals 01/05/17

2. Borstlap Kaat 3m83 Vilvoorde 06/05/17

**Hoog** 1. Alessie Floor 1m50 Lommel 10/09/17

2. van den Broek Truus 1m35 Deinze 20/08/17

3. Van Rompaey Jessi 1m25 Vilvoorde 06/05/17

**Kogel 3kg** 1. van den Broek Truus 11m66 Moeskroen 10/09/17

2. Alessie Floor 9m43 Lommel 10/09/17

**Discus 1kg** 1. Van Goubergen Anne-Sophie 20m94 Vilvoorde 06/05/17

**Speer 500g** 1. Alessie Floor 32m47 Lommel 10/09/17

2. Van Goubergen Anne-Sophie 27m35 Vilvoorde 06/05/17

3. van den Broek Truus 22m18 Deinze 20/08/17

**Hamer 3kg** 1. van den Broek Truus 32m61 Lier 01/10/17

**6-Kamp** 1. van den Broek Truus 2951p Deinze 20/08/17

## 10 Beste prestaties cadetten

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|  | **80 meter Horden El** | | | |  | **300 meter Horden El** | | | |  |
|  | 1 | Hooyberghs Elien | 11”96 | ‘10 |  | 1 | Brosens Stefanie | 45”99 | ‘12 |  |
|  | 2 | Brosens Stefanie | 12”76 | ‘12 |  | 2 | De Vlieger Lize | 51”05 | ‘13 |  |
|  | 3 | De Baere Fien | 13”41 | ‘16 |  | 3 | Alessie Floor | 51”47 | ‘17 |  |
|  | 4 | Alessie Floor | 13”68 | ‘17 |  | 4 | Van Eekert Siel | 52”10 | ‘09 |  |
|  | 5 | Peeters Silke | 13”89 | ‘13 |  | 5 | van Den Broek Truus | 53”79 | ‘16 |  |
|  | 6 | Van Eekert Siel | 13”94 | ‘09 |  | 6 | De Baere Fien | 53”86 | ‘15 |  |
|  | 7 | van den Broek Truus | 14”58 | ‘16 |  | 7 | Ameye Astrid | 54”64 | ‘10 |  |
|  | 8 | Smeyers Lynn | 15”69 | ‘15 |  | 8 | Berckvens Anaïs | 58”72 | ‘16 |  |
|  | 9 | Lambregts Ylen | 15”79 | ‘09 |  | 9 | Van Rompaey Jessi | 59”80 | ‘17 |  |
|  | 10 | Berckvens Anaïs | 16”88 | ‘16 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  |
|  | 1 | De Baere Fien | 13”31\* | ‘16 |  |
|  | 2 | Brosens Stefanie | 13”42 | ‘12 |  |
|  | 3 | van den Broek Truus | 13”42 | ‘17 |  |
|  | 4 | Ghyssaert Leen | 13”50 | ‘09 |  |
|  | 5 | Hooyberghs Elien | 13”50 | ‘10 |  |
|  | 6 | Verrydt Karen | 13”61 | ‘09 |  |
|  | 7 | Cuynen Nele | 13”79 | ‘09 |  |
|  | 8 | Joos Caroline | 13”94 | ‘09 |  |
|  | 9 | De Vlieger Lize | 13”98 | ‘13 |  |
|  | 10 | Lenaerts Sofie | 14”04 | ‘15 |  |

# OUTDOOR DAMES cADETTEN

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|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | Brosens Stefanie | 26”94 | ‘12 |  | 1 | Aerts Paulien | 29”5\* | ‘13 |  |
|  | 2 | van den Broek Truus | 27”35 | ‘17 |  | 2 | van den Broek Truus | 30”1 | ‘16 |  |
|  | 3 | Hooyberghs Elien | 27”82 | ‘10 |  |  |  |  |  |  |
|  | 4 | De Vlieger Lize | 28”29 | ‘13 |  |  |  |  |  |  |
|  | 5 | Verrydt Karen | 28”39 | ‘09 |  |  |  |  |  |  |
|  | 6 | Ghyssaert Leen | 28”53 | ‘10 |  |  |  |  |  |  |
|  | 7 | Vanmechelen Hannah | 28”60\* | ‘15 |  |  |  |  |  |  |
|  | 8 | Cuynen Nele | 28”70 | ‘09 |  |  |  |  |  |  |
|  | 9 | Ameye Astrid | 29”20 | ‘10 |  |  |  |  |  |  |
|  | 10 | Joos Caroline | 29”22 | ‘09 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | De Vlieger Lize | 44”07 | ‘13 |  | 1 | De Vlieger Lize | 60”86 | ‘13 |  |
|  | 2 | van den Broek Truus | 45”17 | ‘17 |  | 2 | Hooyberghs Elien | 63”52 | ‘10 |  |
|  | 3 | Hooyberghs Elien | 45”32 | ‘10 |  | 3 | Brosens Stefanie | 63”73 | ‘11 |  |
|  | 4 | Speelman-rooms Femke | 46”77 | ‘14 |  | 4 | Speelman-rooms F. | 66”04 | ‘14 |  |
|  | 5 | Vanmechelen Hannah | 46”84 | ‘15 |  | 5 | Aerts Paulien | 66”64 | ‘13 |  |
|  | 6 | Lenaerts Lorane | 46”88 | ‘14 |  | 6 | Lenaerts Lorane | 66”69 | ‘14 |  |
|  | 7 | Van Goubergen Anne-S. | 47”91 | ‘16 |  | 7 | van den Broek Truus | 68”67 | ‘16 |  |
|  | 8 | Aerts Paulien | 48”46 | ‘13 |  | 8 | Ameye Astrid | 69”47 | ‘11 |  |
|  | 9 | Janssen Steffi | 51”62 | ‘09 |  | 9 | Joos Caroline | 71”80 | ‘10 |  |
|  | 10 | Vanderhaeghen Janne | 56”25 | ‘09 |  | 10 | Van Der Wee Amélie | 76”84 | ‘17 |  |

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|  | **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 | Tan Noa | 2’33”58 | ‘17 |  |  |  |  |  |
|  | 8 | Hooyberghs Elien | 2’33”76 | ‘09 |  |  |  |  |  |
|  | 9 | Van Eekert Siel | 2’34”54 | ‘09 |  |  |  |  |  |
|  | 10 | van den Broek Truus | 2’37”56 | ‘16 |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Van Ammel Joyce | 3’25”40 | ‘09 |  | 1 | Brosens Stefanie | 3’45”0 | ‘11 |  |
|  | 2 | Verrydt Karen | 3’31”34 | ‘10 |  | 2 | Janssen Steffi | 4’09”0 | ‘10 |  |
|  | 3 | Verschuren Lotte | 3’32”89 | ‘09 |  | 3 | Marsboom Caroline | 4’14”0 | ‘10 |  |
|  | 4 | Lenaerts Lorane | 3’36”11 | ‘13 |  | 4 | Berckvens Anaïs | 4’19”1 | ‘15 |  |

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|  | **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 | Tan Noa | 5’27”92 | ‘17 |  |  |  |  |  |  |
|  | 8 | Lenaerts Lorane | 5’38”32 | ‘14 |  |  |  |  |  |  |
|  | 9 | Verschuren Lotte | 5’45”74 | ‘09 |  |  |  |  |  |  |

# OUTDOOR DAMES cADETTEN

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|  | **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 |  |  |  |  |  |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Hooyberghs Elien | 5m36 | ‘10 |  | 1 | Hooyberghs Elien | 1m61 | ‘09 |  |
|  | 2 | De Baere Fien | 4m84 | ‘16 |  | 2 | Brosens Stefanie | 1m57 | ‘11 |  |
|  | 3 | van den Broek Truus | 4m84 | ‘17 |  | 3 | Van Eekert Siel | 1m51 | ‘09 |  |
|  | 4 | Brosens Stefanie | 4m80 | ‘12 |  | 4 | Alessie Floor | 1m50 | ‘17 |  |
|  | 5 | Van Eekert Siel | 4m47 | ‘09 |  | 5 | Van Den Schoor Esther | 1m45 | ‘12 |  |
|  | 6 | Lenaerts Sofie | 4m47 | ‘15 |  | 6 | De Vlieger Lize | 1m45 | ‘13 |  |
|  | 7 | De Vlieger Lize | 4m45 | ‘13 |  | 7 | Lambregts Ylen | 1m42 | ‘09 |  |
|  | 8 | Lambregts Ylen | 4m38 | ‘09 |  | 8 | Van Heuckelom Loren | 1m40 | ‘09 |  |
|  | 9 | Cuynen Nele | 4m27 | ‘09 |  | 9 | Druyts Lies | 1m40 | ‘11 |  |
|  | 10 | Verrydt Karen | 4m26 | ‘10 |  | 10 | Peeters Silke | 1m37 | ‘13 |  |

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

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|  | **Kogel 2kg** | | | |  | **Kogel 3kg** | | | |  |
|  | 1 | Hooyberghs Elien | 13m07 | ‘09 |  | 1 | Hooyberghs Elien | 12m05 | ‘10 |  |
|  |  |  |  |  |  | 2 | van den Broek Truus | 11m66 | ‘17 |  |
|  |  |  |  |  |  | 3 | Brosens Stefanie | 10m51 | ‘12 |  |
|  |  |  |  |  |  | 4 | Smeyers Lynn | 9m75 | ‘16 |  |
|  |  |  |  |  |  | 5 | Alessie Floor | 9m43 | ‘17 |  |
|  |  |  |  |  |  | 6 | Aerts Paulien | 9m22 | ‘13 |  |
|  |  |  |  |  |  | 7 | Vanmechelen Hannah | 9m18 | ‘15 |  |
|  |  |  |  |  |  | 8 | Lambregts Ylen | 9m08 | ‘09 |  |
|  |  |  |  |  |  | 9 | Van Den Schoor Esther | 8m98 | ‘12 |  |
|  |  |  |  |  |  | 10 | Berckvens Anaïs | 8m41 | ‘16 |  |

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|  | 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 | Alessie Floor | 32m47 | ‘17 |  |
|  | 4 | Berckvens Anaïs | 21m58 | ‘16 |  | 4 | Berckvens Anaïs | 27m38 | ‘16 |  |
|  | 5 | Van Goubergen Anne-S | 20m94 | ‘17 |  | 5 | Van Goubergen Anne-S. | 27m35 | ‘17 |  |
|  | 6 | Brosens Stefanie | 19m05 | ‘11 |  | 6 | Lambregts Ylen | 26m15 | ‘09 |  |
|  | 7 | Verrydt Karen | 17m89 | ‘10 |  | 7 | Vanmechelen Hannah | 24m66 | ‘15 |  |
|  | 8 | Lambregts Ylen | 17m73 | ‘09 |  | 8 | Peeters Silke | 24m12 | ‘13 |  |
|  | 9 | Lenaerts Sofie | 17m11 | ‘15 |  | 9 | van den Broek Truus | 22m18 | ‘17 |  |
|  | 10 | Robeyns Olivia | 14m39 | ‘11 |  | 10 | Janssen Steffi | 20m69 | ‘10 |  |

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|  | **Hamer 3kg** | | | |  | **6-Kamp** | | | |  |
|  | 1 | van den Broek Truus | 32m61 | ‘17 |  | 1 | Hooyberghs Elien | 3936p | ‘10 |  |
|  | 2 | Smeyers Lynn | 29m32 | ‘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 | 2951p | ‘17 |  |
|  | 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 |  |

# OUTDOOR DAMES cADETTEN

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Ghyssaert Leen – Cuynen Nele – Van Eekert Siel – Hooyberghs Elien | 53”73 | ‘09 |
| 2 | Ghyssaert Leen – Hooyberghs Elien – Joos Caroline – Ameye Astrid | 54”08 | ‘10 |
| 3 | 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 |

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| **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

**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

# OUTDOOR DAMES cADETTEN

**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** van den Broek Truus 32m61 Lier 01/10/17

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

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

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

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

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

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

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

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

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

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

53”73 Aartselaar 09/05/09

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

53”47 Aartselaar 11/05/02

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

53”0 Heist 23/09/77

**Afl 4 x 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

**400 meter H El** 1. Tophoven Rani 82”14 Vilvoorde 06/05/17

**100 meter El** 1. De Baere Fien 13”41 Alken 13/05/17

2. Van Den Branden Inne 14”33 Vilvoorde 06/05/17

3. Vanmechelen Hannah 14”92 Turnhout 24/09/17

4. Tophoven Rani 14”93 Turnhout 24/09/17

# OUTDOOR DAMES SCholieren

**200 meter El** 1. De Baere Fien 28”09 Vilvoorde 06/05/17

2. Vanmechelen Hannah 29”24 Mol 25/05/17

**300 meter El**  1. Vanmechelen Hannah 47”98 Herentals 01/05/17

**400 meter El** 1. Vanmechelen Hannah 68”79 Vilvoorde 06/05/17

**800 meter El** 1. Lenaerts Isabeau 2’16”98 Mol 12/08/17

2. Discart Kyra 2’33”95 Herentals 01/05/17

**1000 meter El**  1. Lenaerts Isabeau 3’05”26 Cergy-Pontoise 07/07/17

**1500 meter El** 1. Lenaerts Isabeau 4’33”55 Nijmegen 02/06/17

2. Discart Kyra 5’17”18 Oordegem 27/05/17

**Ver** 1. De Baere Fien 5m03 Alken 13/05/17

2. Berckvens Anaïs 3m75 (w+2,2) Lier 01/10/17

**Hoog** 1. Tophoven Rani 1m40 Vilvoorde 06/05/17

**Kogel 3kg** 1. Smeyers Lynn 9m73 Merksem 23/04/17

2. Berckvens Anaïs 9m10 Stekene 16/09/17

3. Vanmechelen Hannah 8m27 Turnhout 09/04/17

**Discus 1kg**  1. Smeyers Lynn 24m99 Merksem 23/04/17

2. Berckvens Anaïs 22m57 Lommel 10/09/17

**Speer 500g** 1. Berckvens Anaïs 28m30 Stekene 16/09/17

2. Vanmechelen Hannah 22m99 Turnhout 24/09/17

## 10 Beste prestaties scholieren

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|  | **100 meter Horden El** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Hooyberghs Elien | 14”19\* | ‘11 |  | 1 | Brosens Stefanie | 30”61\* | ‘14 |  |
|  | 2 | Brosens Stefanie | 14”92 | ‘14 |  |  |  |  |  |  |
|  | 3 | Caers Shana | 16”32 | ‘09 |  |  |  |  |  |  |
|  | 4 | Verrydt Nathalie | 17”75 | ‘09 |  |  |  |  |  |  |
|  | 5 | Van Eekert Siel | 18”41 | ‘11 |  |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 18”44 | ‘11 |  |  |  |  |  |  |
|  | 7 | Cuynen Nele | 19”96 | ‘10 |  |  |  |  |  |  |

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|  | **400 meter Horden El** | | | |  |  | | | |
|  | 1 | Brosens Stefanie | 66”70 | ‘13 |  |  |  |  |  |
|  | 2 | De Vlieger Lize | 68”72 | ‘14 |  |  |  |  |  |
|  | 3 | Toelen Daphne | 81”40 | ‘09 |  |  |  |  |  |
|  | 4 | Tophoven Rani | 82”14 | ‘17 |  |  |  |  |  |
|  | 5 | Van Gestel Hanne | 84”29 | ‘15 |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 89”34 | ‘11 |  |  |  |  |  |

# OUTDOOR DAMES SCholieren

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|  | **100 meter El** | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 12”79 | ‘14 |  |  |  |  |  |  |
|  | 2 | Ghyssaert Leen | 13”25\* | ‘12 |  |  |  |  |  |  |
|  | 3 | Hooyberghs Elien | 13”34 | ‘11 |  |  |  |  |  |  |
|  | 4 | De Baere Fien | 13”41 | ‘17 |  |  |  |  |  |  |
|  | 5 | Cuynen Nele | 13”52 | ‘10 |  |  |  |  |  |  |
|  | 6 | De Vlieger Lize | 13”63 | ‘14 |  |  |  |  |  |  |
|  | 7 | Caers Shana | 13”75 | ‘09 |  |  |  |  |  |  |
|  | 8 | Aerts Paulien | 13”84 | ‘15 |  |  |  |  |  |  |
|  | 9 | Verrydt Nathalie | 13”96 | ‘09 |  |  |  |  |  |  |
|  | 10 | Toelen Daphne | 13”97 | ‘10 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | Brosens Stefanie | 25”44 | ‘14 |  | 1 | Cuynen Nele | 29”0\* | ‘10 |  |
|  | 2 | Hooyberghs Elien | 27”05\* | ‘11 |  | 2 | Vanmechelen Hannah | 29”2 | ‘16 |  |
|  | 3 | De Vlieger Lize | 28”02\* | ‘15 |  | 3 | Van Eekert Siel | 29”5\* | ‘10 |  |
|  | 4 | De Baere Fien | 28”09 | ‘17 |  | 4 | Lambregts Ylen | 30”6\* | ‘10 |  |
|  | 5 | Ghyssaert Leen | 28”12 | ‘12 |  |  |  |  |  |  |
|  | 6 | Caers Shana | 28”26 | ‘09 |  |  |  |  |  |  |
|  | 7 | Cuynen Nele | 28”40 | ‘10 |  |  |  |  |  |  |
|  | 8 | Aerts Paulien | 28”59 | ‘15 |  |  |  |  |  |  |
|  | 9 | Toelen Daphne | 28”70 | ‘09 |  |  |  |  |  |  |
|  | 10 | Vanmechelen Hannah | 28”85 | ‘16 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | De Vlieger Lize | 42”34 | ‘14 |  | 1 | De Vlieger Lize | 59”63 | ‘14 |  |
|  | 2 | Brosens Stefanie | 42”80 | ‘13 |  | 2 | 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 | Vanmechelen Hannah | 47”98 | ‘17 |  | 5 | Van Eyck Sofie | 67”97 | ‘13 |  |
|  |  |  |  |  |  | 6 | Burm Antje | 68”79 | ‘16 |  |
|  |  |  |  |  |  | 7 | Vanmechelen Hannah | 68”79 | ‘17 |  |
|  |  |  |  |  |  | 8 | Cuynen Nele | 75”24 | ‘11 |  |

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

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|  | **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 | Lenaerts Isabeau | 2’16”98 | ‘17 |  | 3 | Lambregts Ylen | 3’03”0 | ‘10 |  |
|  | 4 | Lauwers Shana | 2’19”59 | ‘09 |  | 4 | Janssen Steffi | 3’04”0 | ‘11 |  |
|  | 5 | Lenaerts Lorane | 2’19”67 | ‘16 |  | 5 | Vanmechelen Hannah | 3’17”0 | ‘16 |  |
|  | 6 | Aerts Paulien | 2’19”80 | ‘15 |  |  |  |  |  |  |
|  | 7 | Brosens Evelien | 2’25”47 | ‘09 |  |  |  |  |  |  |
|  | 8 | Hooyberghs Elien | 2’31”74 | ‘11 |  |  |  |  |  |  |
|  | 9 | Brosens Stefanie | 2’31”82 | ‘14 |  |  |  |  |  |  |
|  | 10 | Discart Kyra | 2’33”95 | ‘17 |  |  |  |  |  |  |

# OUTDOOR DAMES SCholieren

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|  | **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 | Lenaerts Isabeau | 4’33”55 | ‘17 |  |
|  | 3 | Lenaerts Isabeau | 3’05”26 | ‘17 |  | 3 | Lauwers Shana | 4’52”14 | ‘09 |  |
|  | 4 | Brosens Evelien | 3’12”26 | ‘09 |  | 4 | Lenaerts Lorane | 4’52”72 | ‘16 |  |
|  | 5 | Janssen Shana | 3’28”39 | ‘09 |  | 5 | Swannet Laura | 4’55”07 | ‘15 |  |
|  | 6 | Van Eyck Sofie | 3’33”54 | ‘13 |  | 6 | De Vlieger Lize | 4’56”04 | ‘15 |  |
|  | 7 | Van Ammel Joyce | 3’41”26 | ‘11 |  | 7 | Brosens Evelien | 5’15”14 | ‘09 |  |
|  |  |  |  |  |  | 8 | Discart Kyra | 5’17”18 | ‘17 |  |
|  |  |  |  |  |  | 9 | Van Ammel Joyce | 5’18”45 | ‘11 |  |
|  |  |  |  |  |  | 10 | Van Eyck Sofie | 5’21”44 | ‘13 |  |

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|  | **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 |  |  |  |  |  |  |

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|  | **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 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Hooyberghs Elien | 1m63 | ‘11 |  | 1 | Janssen Steffi | 2m33 | ‘11 |  |
|  | 2 | Caers Shana | 1m62 | ‘09 |  |  |  |  |  |  |
|  | 3 | Brosens Stefanie | 1m61 | ‘13 |  |  |  |  |  |  |
|  | 4 | De Vlieger Lize | 1m56 | ‘14 |  |  |  |  |  |  |
|  | 5 | Van Eekert Siel | 1m50 | ‘10 |  |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 1m48 | ‘10 |  |  |  |  |  |  |
|  | 7 | Vermeiren Nathalie | 1m45 | ‘16 |  |  |  |  |  |  |
|  | 8 | Van Den Schoor Esther | 1m40 | ‘13 |  |  |  |  |  |  |
|  | 9 | Van Eyck Sofie | 1m40 | ‘13 |  |  |  |  |  |  |
|  | 10 | Tophoven Rani | 1m40 | ‘17 |  |  |  |  |  |  |

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|  | **Ver** | | | |  | Hinkstap | | | |  |
|  | 1 | Hooyberghs Elien | 5m42\* | ‘11 |  | 1 | Caers Shana | 10m92\* | ‘09 |  |
|  | 2 | Caers Shana | 5m22 | ‘09 |  |  |  |  |  |  |
|  | 3 | Brosens Stefanie | 5m12 | ‘14 |  |  |  |  |  |  |
|  | 4 | De Baere Fien | 5m03 | ‘17 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 4m51 | ‘10 |  |  |  |  |  |  |
|  | 6 | Cuynen Nele | 4m51 | ‘10 |  |  |  |  |  |  |
|  | 7 | Van Eekert Siel | 4m36 | ‘10 |  |  |  |  |  |  |
|  | 8 | Van Den Schoor Esther | 4m18 | ‘14 |  |  |  |  |  |  |
|  | 9 | Tophoven Rani | 4m13 | ‘16 |  |  |  |  |  |  |
|  | 10 | Janssen Steffi | 4m12 | ‘12 |  |  |  |  |  |  |

# oUTDOOR DAMES SCholieren

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|  | **Kogel 3kg** | | | |  | Kogel 4kg | | | |  |
|  | 1 | Brosens Stefanie | 12m57 | ‘14 |  | 1 | Hooyberghs Elien | 10m94 | ‘11 |  |
|  | 2 | Smeyers Lynn | 9m73 | ‘17 |  | 2 | Brosens Evelien | 9m12 | ‘10 |  |
|  | 3 | Van Den Schoor Esther | 9m36 | ‘14 |  | 3 | Caers Shana | 8m73 | ‘09 |  |
|  | 4 | Aerts Paulien | 9m10 | ‘14 |  | 4 | Lambregts Ylen | 8m08 | ‘10 |  |
|  | 5 | Berckvens Anaïs | 9m10 | ‘17 |  | 5 | Van Eekert Siel | 7m98 | ‘11 |  |
|  | 6 | Vanmechelen Hannah | 8m98 | ‘16 |  | 6 | Janssen Steffi | 7m05 | ‘11 |  |
|  | 7 | Van Eekert Siel | 8m92 | ‘10 |  | 7 | Marsboom Caroline | 5m45 | ‘11 |  |
|  | 8 | Lambregts Ylen | 8m56 | ‘10 |  |  |  |  |  |  |
|  | 9 | Kuijpers Anne | 7m89 | ‘11 |  |  |  |  |  |  |
|  | 10 | Janssen Steffi | 7m41 | ‘12 |  |  |  |  |  |  |
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|  | Discus 1kg | | | |  | Hamer 4kg | | | |  |
|  | 1 | Brosens Stefanie | 30m84 | ‘14 |  | 1 | Lambregts Ylen | 15m84 | ‘11 |  |
|  | 2 | Brosens Evelien | 27m42 | ‘10 |  | 2 | Van Eekert Siel | 13m40 | ‘10 |  |
|  | 3 | Smeyers Lynn | 24m99 | ‘17 |  |  |  |  |  |  |
|  | 4 | Van Eekert Siel | 23m07 | ‘10 |  |  |  |  |  |  |
|  | 5 | Berckvens Anaïs | 22m57 | ‘17 |  |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 21m08 | ‘10 |  |  |  |  |  |  |
|  | 7 | Toelen Daphne | 19m54 | ‘10 |  |  |  |  |  |  |
|  | 8 | Lenaerts Sofie | 18m87 | ‘16 |  |  |  |  |  |  |
|  | 9 | Janssen Steffi | 18m11 | ‘11 |  |  |  |  |  |  |
|  | 10 | Vanmechelen Hannah | 17m81 | ‘16 |  |  |  |  |  |  |

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|  | **Speer 600 g** | | | |  | Speer 500 g | | | |  |
|  | 1 | Hooyberghs Elien | 34m11 | ‘11 |  | 1 | Brosens Stefanie | 44m28 | ‘14 |  |
|  | 2 | Brosens Evelien | 30m58 | ‘10 |  | 2 | Van Den Schoor Esther | 32m25 | ‘14 |  |
|  | 3 | Caers Shana | 29m40 | ‘09 |  | 3 | Berckvens Anaïs | 28m30 | ‘17 |  |
|  | 4 | Lambregts Ylen | 26m32 | ‘10 |  | 4 | Vanmechelen Hannah | 24m19 | ‘16 |  |
|  | 5 | Peeters Teske | 26m28 | ‘09 |  | 5 | Janssen Steffi | 21m80 | ‘12 |  |
|  | 6 | Van Eekert Siel | 24m58 | ‘11 |  | 6 | Lenaerts Sofie | 18m56 | ‘16 |  |
|  | 7 | Kuijpers Anne | 21m70 | ‘11 |  | 7 | Lenaerts Lorane | 13m43 | ‘15 |  |
|  | 8 | Janssen Steffi | 21m62 | ‘11 |  |  |  |  |  |  |
|  | 9 | Verrydt Nathalie | 16m10 | ‘09 |  |  |  |  |  |  |
|  | 10 | Marsboom Caroline | 13m83 | ‘11 |  |  |  |  |  |  |

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|  | **5-Kamp** | | | |  | **7-Kamp** | | | |  |
|  | 1 | Lambregts Ylen | 1399p | ‘11 |  | 1 | Brosens Stefanie | 4962p | ‘14 |  |
|  |  |  |  |  |  | 2 | Hooyberghs Elien | 4830p | ‘11 |  |
|  |  |  |  |  |  | 3 | Caers Shana | 3983p | ‘09 |  |
|  |  |  |  |  |  | 4 | Lambregts Ylen | 3068p | ‘10 |  |
|  |  |  |  |  |  | 5 | Van Eekert Siel | 2625p | ‘11 |  |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Van Den Schoor Esther – De Vlieger Lize – Aerts Paulien – Brosens Stefanie | 53”48 | ‘14 |
| 2 | Cuynen Nele – Van Eekert Siel – Lambregts Ylen – Vermeylen Bika | 54”02 | ‘10 |
| 3 | Caers Shana – Van Tilborg Griet – Oostvogels Ellen – Toelen Daphne | 55”36 | ‘09 |
| 4 | Ghyssaert Leen – Lambregts Ylen – Janssen Steffi – Hooyberghs Elien | 55”74 | ‘11 |
| 5 | 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 |

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

# OUTDOOR DAMES SCholieren

## 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

**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

# OUTDOOR DAMES SCholieren

**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

**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

**200 meter El** 1. Aerts Paulien 29”30 Oordegem 01/05/17

**300 meter El** 1. De Vlieger Lize 43”14 Herentals 09/08/17

**400 meter El** 1. De Vlieger Lize 58”64 Oordegem 01/05/17

**800 meter El** 1.De Vlieger Lize2’13”91 Kessel-Lo 19/08/17

2. Speelman-rooms Femke 2’14”84 Merksem 23/04/17

3. Lenaerts Lorane 2’26”07 Alken 13/05/17

4. Smeets Lore 2’26”39 Oordegem 27/05/17

**1000 meter El** 1. Smeets Lore 3’14”24 Beveren 02/09/17

**1500 meter El** 1. Speelman-rooms Femke 4’30”77 Nijmegen 02/06/17

2. Smeets Lore 5’23”47 Bornem 22/04/17

**3000 meter El** 1. Speelman-rooms Femke 9’39”84 Ertvelde 17/06/17

**5000 meter El** 1. Speelman-rooms Femke 17’13”74 Kortrijk 08/07/17

2. Lenaerts Lorane 20’16”88 Halle 17/09/17

# OUTDOOR DAMES JUNIORES

## 10 Beste prestaties juniores

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|  | **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 |  |  |  |  |  |  |

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

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | 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 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 25”31 | ‘16 |  |  |  |  |  |  |
|  | 2 | Caers Shana | 28”49 | ‘11 |  |  |  |  |  |  |
|  | 3 | Mynendonckx Jessica | 28”75 | ‘09 |  |  |  |  |  |  |
|  | 4 | Aerts Paulien | 29”30 | ‘17 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 31”62 | ‘12 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | De Vlieger Lize | 43”14 | ‘17 |  | 1 | De Vlieger Lize | 58”64 | ‘17 |  |
|  | 2 | Mynendonckx Jessica | 46”64 | ‘09 |  | 2 | Aerts Paulien | 61”86 | ‘16 |  |
|  | 3 | Caers Shana | 47”31 | ‘11 |  | 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 |  |

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|  | **800 meter El** | | | |  |  | | | |  |
|  | 1 | De Vlieger Lize | 2’12”86 | ‘16 |  |  |  |  |  |  |
|  | 2 | Speelman-rooms Femke | 2’14”84 | ‘17 |  |  |  |  |  |  |
|  | 3 | Lauwers Shana | 2’15”28 | ‘11 |  |  |  |  |  |  |
|  | 4 | De Keulenaer Tina | 2’21”99 | ‘15 |  |  |  |  |  |  |
|  | 5 | Lenaerts Lorane | 2’26”07 | ‘17 |  |  |  |  |  |  |
|  | 6 | Smeets Lore | 2’26”39 | ‘17 |  |  |  |  |  |  |
|  | 7 | Brosens Stefanie | 2’36”65 | ‘16 |  |  |  |  |  |  |
|  | 8 | Brosens Evelien | 2’38”80 | ‘11 |  |  |  |  |  |  |
|  | 9 | Van Eyck Sofie | 2’38”98 | ‘15 |  |  |  |  |  |  |
|  | 10 | Lambregts Ylen | 3’17”40 | ‘12 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | Lauwers Shana | 3’00”03 | ‘11 |  | 1 | Speelman-rooms Femke | 4’30”77 | ‘17 |  |
|  | 2 | Smeets Lore | 3’14”24 | ‘17 |  | 2 | Lauwers Shana | 4’35”73 | ‘11 |  |
|  | 3 | Van Eyck Sofie | 3’26”34 | ‘14 |  | 3 | De Vlieger Lize | 5’01”59 | ‘16 |  |
|  | 4 | Mynendonckx Jessica | 3’26”76 | ‘09 |  | 4 | Smeets Lore | 5’06”88 | ‘16 |  |
|  |  |  |  |  |  | 5 | Van Ammel Joyce | 5’28”92 | ‘13 |  |
|  |  |  |  |  |  | 6 | Van Eyck Sofie | 5’43”29 | ‘14 |  |

# OUTDOOR DAMES JUNIORES

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

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|  | **3000 meter El** | | | |  | **5000 meter El** | | | |  |
|  | 1 | Speelman-rooms Femke | 9’39”84 | ‘17 |  | 1 | Speelman-rooms F. | 17’13”74 | ‘17 |  |
|  | 2 | Lauwers Shana | 10’38”27 | ‘10 |  | 2 | Lauwers Shana | 17’56”75 | ‘11 |  |
|  | 3 | Van Ammel Joyce | 11’32”68 | ‘14 |  | 3 | Lenaerts Lorane | 20’16”88 | ‘17 |  |
|  | 4 | Smeets Lore | 11’40”78 | ‘16 |  |  |  |  |  |  |
|  | 5 | Lambregts Ylen | 17’38”90 | ‘12 |  |  |  |  |  |  |

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|  | 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 |  |  |  |  |  |  |

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|  | 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 |  |  |  |  |  |  |

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|  | 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 |  |

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|  | 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 |  |

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

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| **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 |

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

# OUTDOOR DAMES JUNIORES

## 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

**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** De Vlieger Lize 43”14 Herentals 09/08/17

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

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

**400 meter**  **Atac** De Vlieger Lize 58”64 Oordegem 01/05/17

**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** Speelman-rooms Femke 4’30”77 Nijmegen 02/06/17

**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** Speelman-rooms Femke 9’39”84 Ertvelde 17/06/17

**Avos** Swinnen Jo 10’23”63 Oordegem 11/08/05

**Tuac** Beckers Annick 9’44”9 Neerpelt 20/05/88

**5000 meter Atac** Speelman-rooms Femke 17’13”74 Kortrijk 08/07/17

**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

# OUTDOOR DAMES JUNIORES

**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

**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. Brosens Stefanie 16”05 Herentals 28/05/17

2. Lambregts Ylen 20”36 Herentals 28/05/17

**200 meter H El** 1. Brosens Stefanie 29”95 Turnhout 27/08/17

2. Lambregts Ylen 42”37 Turnhout 27/08/17

**400 meter H El** 1. Brosens Stefanie 69”40 Turnhout 27/08/17

2. Lambregts Ylen 98”18 Turnhout 27/08/17

**100 meter El** 1. Brosens Stefanie 12”61 Herentals 01/05/17

2. Lambregts Ylen 14”94 Herentals 01/05/17

**200 meter El** 1. Brosens Stefanie 25”21 Herentals 28/05/17

2. Lambregts Ylen 32”46 Herentals 28/05/17

**300 meter El** 1. Brosens Stefanie 40”71 Herentals 01/05/17

**400 meter El** 1. Brosens Stefanie 59”51 Turnhout 27/08/17

2. De Keulenaer Tina 65”23 Bornem 22/04/17

3. Lambregts Ylen 82”69 Turnhout 27/08/17

**600 meter El** 1. Beyens Jelle 1’41”35 St.-Truiden 07/07/17

**800 meter El** 1. Lauwers Shana 2’15”47 Mol 12/08/17

2. De Keulenaer Tina 2’24”12 Oordegem 27/05/17

3. Beyens Jelle 2’27”71 Tienen 02/06/17

4. Brosens Stefanie 2’33”08 Dilbeek 30/07/17

# OUTDOOR DAMES seniores

5. Lambregts Ylen 3’20”02 Herentals 28/05/17

**1500 meter El** 1. Lauwers Shana 4’30”72 Huizingen 10/06/17

2. Brosens Stefanie 6’01”08 Turnhout 27/08/17

3. Lambregts Ylen 7’41”77 Turnhout 27/08/17

**2000 meter El** 1. Beyens Jelle 07’11”57 Oudenarrde 14/07/17

**3000 meter El** 1. Lauwers Shana 10’20”21 Tessenderlo 28/06/17

2. Beyens Jelle 10’57”91 Herentals 01/05/17

3. Van Ammel Joyce 11’33”89 Alken 13/05/17

4. Brosens Stefanie 14’12”45 Turnhout 27/08/17

5. Lambregts Ylen 17’15”25 Turnhout 27/08/17

**Ver** 1. Brosens Stefanie 5m36 Deinze 20/08/17

2. Lambregts Ylen 4m24 Herentals 28/05/17

**Hoog** 1. Brosens Stefanie 1m62 Merksem 23/04/17

2. Lambregts Ylen 1m35 Turnhout 27/08/17

**Kogel 4kg** 1. Brosens Stefanie 10m47 Herentals 01/05/17

2. Lambregts Ylen 7m64 Turnhout 27/08/17

**Discus 1kg** 1. Brosens Stefanie 27m82 Turnhout 24/09/17

2. Van der Veken Katrien 21m64 Turnhout 09/04/17

3. Lambregts Ylen 19m92 Turnhout 09/04/17

**Speer 600g** 1. Brosens Stefanie 38m48 Halle 17/09/17

2. Lambregts Ymke 21m74 Alken 13/05/17

3. Lambregts Ylen 21m27 Herentals 28/05/17

4. Lambregts Yoni 16m79 Turnhout 09/04/17

**Hamer 4kg** 1. Brosens Stefanie 21m40 Turnhout 24/09/17

**7-Kamp** 1. Brosens Stefanie 4605p Herentals 28/05/17

2. Lambregts Ylen 2264p Herentals 28/05/17

**14-Kamp** 1. Brosens Stefanie 8531p Turnhout 27/08/17

2. Lambregts Ylen 3102p Turnhout 27/08/17

**Aflossing 4 x 100 meter El**

1. van den Broek Truus – Vanmechelen Hannah – De Baere Fien – Brosens Stefanie

51”48 Alken 13/05/17

**Aflossing 4 x 200 meter El**

1. van den Broek Truus – Vanmechelen Hannah – De Baere Fien – Brosens Stefanie

1’51”45 Turnhout 24/09/17

# OUTDOOR DAMES seniores

## 10 bEste prestaties seniores

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|  | **100 meter Horden El** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Segers Liene | 15”67 | ‘13 |  | 1 | Brosens Stefanie | 29”95 | ‘17 |  |
|  | 2 | Van Eekert Siel | 16”00 | ‘14 |  | 2 | Van Eekert Siel | 33”60 | ‘14 |  |
|  | 3 | Brosens Stefanie | 16”05 | ‘17 |  | 3 | De Vlieger Charlotte | 34”13\* | ‘13 |  |
|  | 4 | Jansens Greet | 16”52 | ‘09 |  | 4 | Lambregts Ylen | 39”15\* | ‘16 |  |
|  | 5 | Maes Marjan | 16”69 | ‘12 |  | 5 | Lambregts Ymke | 68”66 | ‘14 |  |
|  | 6 | Mynendonckx Jessica | 17”55 | ‘10 |  | 6 | Lambregts Yoni | 83”12 | ‘14 |  |
|  | 7 | Lambregts Ylen | 19”32 | ‘14 |  |  |  |  |  |  |
|  | 8 | Caers Shana | 19”66 | ‘13 |  |  |  |  |  |  |
|  | 9 | Lambregts Ymke | 22”42 | ‘14 |  |  |  |  |  |  |
|  | 10 | Lambregts Yoni | 32”08 | ‘14 |  |  |  |  |  |  |
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|  | **400 meter Horden El** | | | |  |  | | | |  |
|  | 1 | De Vlieger Charlotte | 1’08”11 | ‘14 |  |  |  |  |  |  |
|  | 2 | Brosens Stefanie | 1’09”40 | ‘17 |  |  |  |  |  |  |
|  | 3 | Van Eekert Siel | 1’14”14 | ‘14 |  |  |  |  |  |  |
|  | 4 | Lambregts Ylen | 1’38”18 | ‘17 |  |  |  |  |  |  |
|  | 5 | Lambregts Ymke | 1’54”54 | ‘12 |  |  |  |  |  |  |
|  | 6 | Lambregts Yoni | 2’44”90 | ‘14 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  |  | | | |  |
|  | 1 | Brosens Stefanie | 12”61 | ‘17 |  |  |  |  |  |  |
|  | 2 | Segers Liene | 13”00 | ‘13 |  |  |  |  |  |  |
|  | 3 | De Backer Tanja | 13”87 | ‘09 |  |  |  |  |  |  |
|  | 4 | Jansens Greet | 13”87 | ‘09 |  |  |  |  |  |  |
|  | 5 | Mynendonckx Jessica | 13”93 | ‘10 |  |  |  |  |  |  |
|  | 6 | De Vlieger Charlotte | 14”19 | ‘13 |  |  |  |  |  |  |
|  | 7 | Maes Marjan | 14”21 | ‘09 |  |  |  |  |  |  |
|  | 8 | Van Eekert Siel | 14”58 | ‘14 |  |  |  |  |  |  |
|  | 9 | Lambregts Ylen | 14”94 | ‘17 |  |  |  |  |  |  |
|  | 10 | Lambregts Ymke | 17”23 | ‘13 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | Brosens Stefanie | 25”21 | ‘17 |  | 1 | Maes Marjan | 30”5\* | ‘10 |  |
|  | 2 | Segers Liene | 26”77 | ‘13 |  |  |  |  |  |  |
|  | 3 | V.Waeyenberghe Hanne | 27”21 | ‘10 |  |  |  |  |  |  |
|  | 4 | Caers Shana | 28”91\* | ‘13 |  |  |  |  |  |  |
|  | 5 | Van Eekert Siel | 30”18 | ‘14 |  |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 32”29 | ‘14 |  |  |  |  |  |  |
|  | 7 | Lambregts Ymke | 36”19 | ‘14 |  |  |  |  |  |  |
|  | 8 | Lambregts Yoni | 48”64 | ‘14 |  |  |  |  |  |  |

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Brosens Stefanie | 40”71 | ‘17 |  | 1 | Brosens Stefanie | 0’59”51 | ‘17 |  |
|  | 2 | De Vlieger Charlotte | 45”46 | ‘13 |  | 2 | De Vlieger Charlotte | 1’03”04 | ‘14 |  |
|  | 3 | Van Eekert Siel | 47”52 | ‘14 |  | 3 | De Keulenaer Tina | 1’03”65 | ‘16 |  |
|  |  |  |  |  |  | 4 | Van Eekert Siel | 1’07”14 | ‘14 |  |
|  |  |  |  |  |  | 5 | Lambregts Ylen | 1’22”69 | ‘17 |  |
|  |  |  |  |  |  | 6 | Lambregts Ymke | 1’34”77 | ‘12 |  |
|  |  |  |  |  |  | 7 | Lambregts Yoni | 2’00”18 | ‘14 |  |

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|  | **600 meter El** | | | |  |  | | | |  |
|  | 1 | Beyens Jelle | 1’41”35 | ‘17 |  |  |  |  |  |  |

# OUTDOOR DAMES seniores

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|  | **800 meter El** | | | |  |  | | | |  |
|  | 1 | Lauwers Shana | 2’14”14 | ‘13 |  |  |  |  |  |  |
|  | 2 | De Keulenaer Tina | 2’24”12 | ‘17 |  |  |  |  |  |  |
|  | 3 | Beyens Jelle | 2’27”71 | ‘17 |  |  |  |  |  |  |
|  | 4 | Maes Marjan | 2’29”38 | ‘11 |  |  |  |  |  |  |
|  | 5 | De Vlieger Charlotte | 2’29”78 | ‘14 |  |  |  |  |  |  |
|  | 6 | Brosens Stefanie | 2’33”08 | ‘17 |  |  |  |  |  |  |
|  | 7 | Claes Lotte | 2’33”61 | ‘13 |  |  |  |  |  |  |
|  | 8 | Mynendonckx Jessica | 2’41”11 | ‘10 |  |  |  |  |  |  |
|  | 9 | Maes Kathleen | 2’45”13 | ‘11 |  |  |  |  |  |  |
|  | 10 | Van Eekert Siel | 2’57”94 | ‘14 |  |  |  |  |  |  |

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|  | **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 |  |  |  |  |  |  |

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|  | **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 | Brosens Stefanie | 6’01”08 | ‘17 |  |  |  |  |  |  |
|  | 7 | Lambregts Ylen | 7’41”77 | ‘17 |  |  |  |  |  |  |
|  | 8 | Lambregts Ymke | 8’32”02 | ‘12 |  |  |  |  |  |  |
|  | 9 | Lambregts Yoni | 9’58”14 | ‘14 |  |  |  |  |  |  |

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|  | **1 mijl El** | | | |  | **2000 meter El** | | | |  |
|  | 1 | Lauwers Shana | 5’05”60 | ‘12 |  | 1 | Lauwers Shana | 6’38”32 | ‘13 |  |
|  | 2 | Maes Kathleen | 6’20”69 | ‘11 |  | 2 | Beyens Jelle | 7’11”57 | ‘17 |  |
|  |  |  |  |  |  | 3 | Claes Lotte | 7’20”94 | ‘13 |  |
|  |  |  |  |  |  | 4 | Maes Marjan | 7’51”47 | ‘13 |  |

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|  | **3000 meter El** | | | |  | **5000 meter El** | | | |
|  | 1 | Lauwers Shana | 10’20”21 | ‘17 |  | 1 | Lauwers Shana | 18’58”49 | ‘15 |
|  | 2 | Van Ammel Joyce | 10’55”33 | ‘15 |  | 2 | Claes Lotte | 19’23”20 | ‘13 |
|  | 3 | Beyens Jelle | 10’57”91 | ‘17 |  |  |  |  |  |
|  | 4 | Claes Lotte | 11’09”30 | ‘13 |  |  |  |  |  |
|  | 5 | Van Eekert Siel | 13’14”96 | ‘14 |  |  |  |  |  |
|  | 6 | Brosens Stefanie | 14’12”45 | ‘17 |  |  |  |  |  |
|  | 7 | Lambregts Ylen | 17’15”25 | ‘17 |  |  |  |  |  |
|  | 8 | Lambregts Ymke | 24’34”32 | ‘14 |  |  |  |  |  |
|  | 9 | Lambregts Yoni | 25’29”84 | ‘14 |  |  |  |  |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Brosens Stefanie | 5m36 | ‘17 |  | 1 | Maes Marjan | 1m68 | ‘11 |  |
|  | 2 | Jansens Greet | 4m92 | ‘10 |  | 2 | Brosens Stefanie | 1m62 | ‘17 |  |
|  | 3 | Segers Liene | 4m86 | ‘13 |  | 3 | Van Eekert Siel | 1m55 | ‘14 |  |
|  | 4 | Maes Marjan | 4m81 | ‘10 |  | 4 | Maes Kathleen | 1m45 | ‘09 |  |
|  | 5 | Caers Shana | 4m75 | ‘13 |  | 5 | Lambregts Ylen | 1m40 | ‘14 |  |
|  | 6 | Van Eekert Siel | 4m68 | ‘14 |  | 6 | Caers Shana | 1m34 | ‘13 |  |
|  | 7 | Sneyders Sanne | 4m60 | ‘09 |  | 7 | Lambregts Ymke | 1m15 | ‘13 |  |
|  | 8 | Lambregts Ylen | 4m40 | ‘16 |  |  |  |  |  |  |
|  | 9 | Van der Veken Katrien | 4m19 | ‘15 |  |  |  |  |  |  |
|  | 10 | Janssen Steffi | 3m94 | ‘15 |  |  |  |  |  |  |

# OUTDOOR DAMES seniores

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|  | **Polsstok** | | | |  |  | | | |  |
|  | 1 | Janssen Steffi | 2m10 | ‘15 |  |  |  |  |  |  |

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|  | **Kogel 4kg** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Brosens Stefanie | 10m47 | ‘17 |  | 1 | Brosens Stefanie | 27m82 | ‘17 |  |
|  | 2 | Caers Shana | 9m29 | ‘13 |  | 2 | Caers Shana | 25m12 | ‘13 |  |
|  | 3 | Segers Liene | 8m41 | ‘13 |  | 3 | Maes Marjan | 22m99 | ‘11 |  |
|  | 4 | Van Eekert Siel | 8m17 | ‘14 |  | 4 | Van Eekert Siel | 20m71 | ‘14 |  |
|  | 5 | Lambregts Ylen | 8m09 | ‘14 |  | 5 | Lambregts Ylen | 19m92 | ‘17 |  |
|  | 6 | Van der Veken Katrien | 7m66 | ‘16 |  | 6 | Van der Veken Katrien | 21m64 | ‘17 |  |
|  | 7 | Maes Marjan | 7m51 | ‘09 |  | 7 | Lambregts Ymke | 17m76 | ‘13 |  |
|  | 8 | Lambregts Ymke | 7m42 | ‘15 |  | 8 | Lambregts Yoni | 17m24 | ‘13 |  |
|  | 9 | Janssen Steffi | 6m44 | ‘15 |  | 9 | Maes Kathleen | 16m65 | ‘09 |  |
|  | 10 | Lambregts Yoni | 5m90 | ‘14 |  | 10 | Janssen Steffi | 16m50 | ‘15 |  |
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|  | **Speer 600g** | | | |  | **Hamer 4kg** | | | |  |
|  | 1 | Brosens Stefanie | 38m48 | ‘17 |  | 1 | Janssens Melissa | 24m31 | ‘10 |  |
|  | 2 | Caers Shana | 28m74 | ‘13 |  | 2 | Brosens Stefanie | 21m40 | ‘17 |  |
|  | 3 | Segers Liene | 26m96 | ‘13 |  | 3 | Janssen Steffi | 11m40 | ‘15 |  |
|  | 4 | Van Eekert Siel | 25m76 | ‘14 |  |  |  |  |  |  |
|  | 5 | Lambregts Ymke | 25m47 | ‘14 |  |  |  |  |  |  |
|  | 6 | Lambregts Ylen | 22m35 | ‘14 |  |  |  |  |  |  |
|  | 7 | Janssen Steffi | 21m70 | ‘15 |  |  |  |  |  |  |
|  | 8 | Lambregts Yoni | 18m88 | ‘15 |  |  |  |  |  |  |
|  | 9 | Maes Marjan | 17m59 | ‘11 |  |  |  |  |  |  |
|  | 10 | Maes Kathleen | 13m41 | ‘09 |  |  |  |  |  |  |

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|  | **7-Kamp** | | | |  | **14-Kamp** | | | |
|  | 1 | Brosens Stefanie | 4605p | ‘17 |  | 1 | Brosens Stefanie | 8531p | ‘17 |
|  | 2 | Caers Shana | 2714p | ‘13 |  | 2 | Van Eekert Siel | 6805p | ‘14 |
|  | 3 | Lambregts Ylen | 2664p | ‘14 |  | 3 | Lambregts Ylen | 3102p | ‘17 |
|  | 4 | Lambregts Ymke | 1313p | ‘14 |  | 4 | Lambregts Ymke | 1411p | ‘14 |
|  |  |  |  |  |  | 5 | Lambregts Yoni | 931p | ‘14 |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | De Backer Tanja – Caers Shana – Van Waeyenberghe Hanne – Jansens Greet | 51”42 | ‘09 |
| 2 | van den Broek Truus – Vanmechelen Hannah – De Baere Fien – Brosens Stefanie | 51”48 | ‘17 |
| 3 | Caers Shana – Segers Liene – Peeters Silke – Brosens Stefanie | 52”00 | ‘13 |
| 4 | Ghyssaert Leen – Cuynen Nele – Lambregts Ylen – Brosens Stefanie | 52”79 | ‘12 |
| 5 | Lenaerts Sofie – Van Eekert Siel – Vanmechelen Hannah – Brosens Stefanie | 55”26 | ‘15 |
| 6 | De Vlieger Charlotte – Van Eekert Siel – Brosens Stefanie – Van Den Schoor E. | 56”35 | ‘14 |
| 7 | Janssen Steffi – Van Den Schoor Esther – van den Broek Marie – Brosens Evelien | 58”61 | ‘12 |

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| **Aflossing 4 x 200 meter El** | | | |
| 1 | van den Broek Truus – Vanmechelen Hannah – De Baere Fien – Brosens Stefanie | 1’51”45 | ‘17 |
| 2 | Vermeiren Nathalie – Vanmechelen Hannah – Lambregts Ylen – Brosens Stefanie | 1’56”25 | ‘16 |

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| **Aflossing 4 x 400 meter El** | | | |
| 1 | Lauwers Shana – Maes Marjan – Van Eekert Siel – Toelen Daphne | 4’19”59 | ‘09 |

## clubrecords seniores

**100 m Horden** **Atac** Segers Liene 15”67 Merksem 27/04/13

**Avos** Aerts Sara 13”44 Bangkok (Th) 10/08/07

**Tuac** Van Herpe Katrin 14”95 Ninove 07/09/96

**200 m Horden** **Atac** Brosens Stefanie 29”95 Turnhout 27/08/17

# OUTDOOR DAMES seniores

**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** Brosens Stefanie 12”61 Herentals 01/05/17

**Avos** Aerts Sara 12”39 Herentals 12/06/04

**Tuac** Huysmans Miek 12”42 Heizel 18/07/76

**200 meter** **Atac** Brosens Stefanie 25”21 Herentals 28/05/17

**Avos** Aerts Sara 24”20 Maribor (Slo) 08/07/07

**Tuac** Huysmans Miek 25”48 Heizel 21/08/76

**300 meter Atac** Brosens Stefanie 40”71 Herentals 01/05/17

**Avos** Aerts Sara 41”35 Herentals 12/06/04

**Tuac** Aerts Katrien 41”04 Mol 25/05/01

**400 meter**  **Atac** Brosens Stefanie 59”51 Turnhout 27/08/17

**Avos** Belmans Else 57”71 Lier 13/05/06

**Tuac** Aerts Katrien 57”08 Brussel 01/07/01

**600 meter**  **Atac** Beyens Jelle 1’41”35 St.-Truiden 07/07/17

**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 10’20”21 Tessenderlo 28/06/17

**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** Brosens Stefanie 5m36 Deinze 20/08/17

**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** Brosens Stefanie 10m47 Herentals 01/05/17

**Avos** Aerts Sara 13m70 Lier 29/04/07

**Tuac** Mariën Hilde 11m53 Mol 25/08/93

**Discus 1kg** **Atac** Brosens Stefanie 27m82 Turnhout 24/09/17

**Avos** De Smet Bie 36m28 Brasschaat 14/08/02

**Tuac** Mariën Hilde 39m76 Gent 01/06/96

**Speer 600g**  **Atac** Brosens Stefanie 38m48 Halle 17/09/17

**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

# OUTDOOR DAMES seniores

**5-Kamp** **Avos** V.Hofstraeten M.-Paule 1544p Willebroek 04/07/98

**Tuac** Huysmans Miek 3294p 82

**7-Kamp** **Atac** Brosens Stefanie 4605p Herentals 28/05/17

**Avos** Aerts Sara 5950p Maribor (Slo) 08/07/07

**Tuac** Keeris Chistel 4530p Kessel-Lo 15/08/82

**14-Kamp Atac** Brosens Stefanie 8531p Turnhout 27/08/17

**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** v.d.Broek Truus – Vanmechelen H. – De Baere Fien – Brosens St.

1’51”45 Turnhout 24/09/17

**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

**200 meter El** 1. Peeters Joke 33”42 Kapellen 11/06/17

**Ver** 1. Peeters Joke 3m64 Kapellen 11/06/17

**Aflossing 4 x 100 meter El**

1. Peeters Joke – Buyens Tineke – Verrelst Martine – Dockx Hilde

65”64 Kapellen 11/06/17

## 10 beste prestaties masters-W35

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|  | **200 meter** | | | |  | **200 meter El** | | | |  |
|  | 1 | Peeters Joke | 32”4 | ‘16 |  | 1 | Peeters Joke | 33”42 | ‘17 |  |

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|  | **3000 meter** | | | |  | **Ver** | | | |
|  | 1 | Kerstens Elly | 11’26”6 | ‘16 |  | 1 | Peeters Joke | 3m74 | ‘16 |

# OUTDOOR DAMES Masters-W35

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| **Aflossing 4 x 100 meter** | | | |
| 1 | Dockx Hilde – Peeters Joke – Buyens Tineke – Kerstens Elly | 63”1 | ‘16 |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Peeters Joke – Buyens Tineke – Verrelst Martine – Dockx Hilde | 65”64 | ‘17 |

## 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**  **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** **Avos** Hooyberghs Monique 9m65 Brasschaat 06/08/06

**Tuac** Beyens Rita 11m73 Brasschaat 11/05/79

**Discus 1kg**  **Avos** Hooyberghs Monique 27m10 Lier 13/05/06

**Tuac** Beyens Rita 49m84 Herentals 30/04/79

**Speer 600g**  **Avos** Huybrechts Sandra 24m82 Tessenderlo 03/05/06

**Tuac** Marynissen Diane 30m38 Turnhout 25/05/96

**Hamer 4kg** **Avos** Huybrechts Sandra 17m09 Turnhout 15/04/06

**Tuac** Matheussen Hilde 35m60 Vught (Ned) 12/05/92

**5-Kamp** **Avos** Huybrechts Sandra 2026p Turnhout 02/07/06

**Afl 4 x 100m** **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. Verrelst Martine 8m46 Kapellen 11/06/17

**Discus 1kg** 1. Dockx Hilde 23m58 Kapellen 11/06/15

2. Verrelst Martine 22m31 Herentals 09/08/17

**Speer 600g** 1. Verrelst Martine 22m07 Kapellen 11/06/17

**Hamer 4kg** 1. Verrelst Martine 14m33 Turnhout 09/04/17

## 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 | Verrelst Martine | 8m46 | ‘17 |  | 1 | Dockx Hilde | 23m58 | ‘17 |  |
|  | 2 | Dockx Hilde | 7m25 | ‘16 |  | 2 | Verrelst Martine | 22m31 | ‘17 |  |
|  | 3 | Kinnaer Katrien | 6m49 | ‘12 |  | 3 | Kinnaer Katrien | 19m62 | ‘12 |  |
|  | 4 | Van Hofstraeten M.-P. | 6m35 | ‘14 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Speer 600g** | | | |  | **Hamer 4kg** | | | |  |
|  | 1 | Verrelst Martine | 22m07 | ‘17 |  | 1 | Verrelst Martine | 14m33 | ‘17 |  |
|  | 2 | Kinnaer Katrien | 13m59 | ‘12 |  |  |  |  |  |  |

## clubrecords masters-W40

**80 m Horden** **Avos** De Wachter Sabine 13”20 Turnhout 02/07/06

**Tuac** Huysmans Miek 14”33 Turnhout 09/04/95

**100 m Horden** **Avos** De Wachter Sabine 18”87 Brasschaat 08/05/05

**Tuac** Beyens Rita 20”7 Turnhout 21/04/85

**60 meter Tuac** Beyens Rita 8”8 Turnhout 06/06/82

**100 meter**  **Atac** Kinnaer Katrien 15”86 Mol 14/07/12

**Avos** De Wachter Sabine 15”24 Herentals 22/04/05

**Tuac** Huysmans Miek 13”60 Turnhout 12/06/94

**200 meter**  **Avos** De Wachter Sabine 30”95 Brasschaat 07/08/05

**Tuac** Huysmans Miek 28”67 Herentals 14/06/98

**300 meter**  **Avos** De Bont Marleen 51”67 Heverlee 11/05/94

**400 meter** **Avos** De Bont Marleen 75”4 Turnhout 16/05/93

**Tuac** Dams Lou 71”05 St.-Niklaas 10/05/98

**800 meter** **Avos** Staes Annie 2’32”14 Turnhout 17/08/07

**Tuac** Dams Lou 2’40”07 Jambes 05/05/96

**1000 meter** **Avos** De Bont Marleen 4’23”5 Vosselaar 11/06/93

**1500 meter** **Avos** Staes Annie 5’13”11 Duffel 26/05/07

**Tuac** Dams Lou 5’28”36 St.-Niklaas 10/05/98

**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

# outdoor DAMES Masters-W40

**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** Verrelst Martine 8m46 Kapellen 11/06/17

**Avos** De Wachter Sabine 11m36 Turnhout 02/07/06

**Tuac** Matheussen Hilde 11m05 Etten-Leur (Ned) 26/06/93

**Speer 600g**  **Atac** Verrelst Martine 22m07 Kapellen 11/06/17

**Avos** De Wachter Sabine 33m67 Brasschaat 08/05/05

**Tuac** Marynissen Diane 30m26 Turnhout 29/08/97

**Discus 1kg** **Atac** Dockx Hilde 23m58 Kapellen 11/06/17

**Avos** De Wachter Sabine 27m90 Tessenderlo 28/09/05

**Tuac** Beyens Rita 42m00 Lier 19/06/83

**Hamer 4kg** **Atac** Verrelst Martine 14m33 Turnhout 09/04/17

**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 El** 1. Buyens Tineke 16”90 Kapellen 11/06/17

**1500 meter El** 1. Buyens Tineke 6’07”26 Kapellen 11/06/17

## 10 beste prestaties masters-W45

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **100 meter** | | | |  | **100 meter El** | | | |  |
|  | 1 | Buyens Tineke | 16”1 | ‘16 |  | 1 | Buyens Tineke | 16”90 | ‘17 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | Staes Annie | 3’18”39 | ‘11 |  | 1 | Staes Annie | 5’16”70 | ‘11 |  |
|  |  |  |  |  |  | 2 | Buyens Tineke | 6’07”26 | ‘17 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1 mijl El** | | | |  |  | | | |  |
|  | 1 | Staes Annie | 5’51”52 | ‘11 |  |  |  |  |  |  |

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

# outdoor DAMES Masters-W45

## 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 |

# outdoor DAMES Masters-W50

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1500 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | Staes Annie | 5’19”65 | ‘12 |  | 1 | Staes Annie | 11’31”69 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **5000 meter El** | | | |  | **10000 meter El** | | | |  |
|  | 1 | Staes Annie | 19’30”60 | ‘12 |  | 1 | Staes Annie | 40’24”64 | ‘13 |  |
|  | 2 | Dams Lou | 22’00”99 | ‘09 |  | 2 | Dams Lou | 45’57”60 | ‘09 |  |

## clubrecords masters-W50

**80 m Horden Avos** De Bont Marleen 18”06 Heusden 24/06/01

**100 meter Avos** De Bont Marleen 15”95 Herentals 21/04/01

**200 meter Avos** De Bont Marleen 33”13 Herentals 21/04/01

**800 meter Atac** Staes Annie 2’44”86 St.-Niklaas 16/06/13

**Avos** De Bont Marleen 3’22”96 Heusden 24/06/01

**1000 meter Atac** Staes Annie 3’26”07 Tessenderlo 26/06/13

**1500 meter Atac** Staes Annie 5’19”65 Tongerlo 22/08/12

**3000 meter Atac** Staes Annie 11’31”69 Herentals 01/05/13

**Tuac** Dams Lou 12’22”99 Bornem 12/05/07

**5000 meter Atac** Staes Annie 19’30”60 Beveren 01/09/12

**Tuac** Dams Lou 20’42”32 Heusden 11/06/05

**10000 meter Atac** Staes Annie 40’24”64 Duffel 04/05/13

**Tuac** Dams Lou 43’35”86 Duffel 01/07/07

**Ver** **Avos** De Bont Marleen 4m05 Herentals 21/04/01

**Hoog** **Avos** De Bont Marleen 1m25 Heusden 24/06/01

**Kogel 3kg**  **Avos** De Bont Marleen 8m89 Turnhout 30/09/01

**Tuac** Beyens Rita 10m87 Aartselaar 19/06/94

**Kogel 4kg**  **Avos** De Bont Marleen 8m00 Booischot 07/09/01

**Tuac** Beyens Rita 9m80 Vilvoorde 08/05/97

**Discus 1kg**  **Avos** De Bont Marleen 23m84 Willebroek 27/08/00

**Tuac** Beyens Rita 34m58 Kessel 18/07/ 93

**Speer 400g Tuac** Beyens Rita 23m96 93

**Speer 500g Avos** De Bont Marleen 17m81 Herentals 15/09/00

**Speer 600g Avos** De Bont Marleen 17m80 Duffel 26/08/01

**Tuac** Beyens Rita 23m90 93

**Hamer 4kg** **Tuac** Beyens Rita 19m40 Turnhout 02/04/95

**5-Kamp Avos** De Bont Marleen 1456p Heusden 24/06/01

# outdoor DAMES Masters-W55

## 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 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Discus 1kg** | | | |  |  | | | |  |
|  | 1 | De Bont Marleen | 19m02 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 3kg** | | | |  | **Kogel 4kg** | | | |  |
|  | 1 | De Bont Marleen | 7m66 | ‘09 |  | 1 | De Bont Marleen | 6m84 | ‘09 |  |

# outdoor DAMES Masters-W55

## 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 |

## 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. Graux Lotte*** | | | |  | ***2. Koppert Liselotte*** | | | | | |
| 60m | 10”4 | 295p |  | | | 60m | 11”60 | 142p |  |
| 600m | 2’13”22 | 383p |  | | | 600m | 2’47”4 | 69p | \* |
| Ver | 3m04 | 149p |  | | | Ver | 2m90 | 123p |  |
|  |  |  |  | | | Hoog | 0m95 | 156p |  |
| Kogel | 5m83 | 270p |  | | | Kogel | 9m00 | 481p |  |
| Hockey | 18m63 | 134p | \* | | | Hockey | 17m26 | 117p | \* |
| Totaal |  | **1097p** |  | | | **Totaal** |  | **902p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Klaassen Paulien*** | | | |  |  | | | | | |
| 60m | 10”81 | 264p |  | | |  |  |  |  |
| 600m | 2’28”2 | 216p |  | | |  |  |  |  |
| Ver | 3m06 | 152p | \* | | |  |  |  |  |
| Hoog | 0m95 | 156p |  | | |  |  |  |  |
| Kogel | 5m71 | 262p |  | | |  |  |  |  |
| Hockey | 12m00 | 22p | \* | | |  |  |  |  |
| Totaal |  | **898p** |  | | |  |  |  |  |
|  |  |  |  | | |  |  |  |  |

## PUPILLEN 2 x 5 proeven

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Saidi Malak*** | | | |  | | ***2. Roesbeke Fran*** | | | | |
| 60mH | 12”80 | 402p |  | |  | |  |  |  |
| 60m | 9”62 | 509p |  | | 60m | | 9”27 | 595p |  |
| 1000m | 3’25”58 | 666p |  | | 1000m | | 3’50”29 | 461p |  |
| Ver | 3m74 | 294p | \* | | Ver | | 3m96 | 345p |  |
| Hoog | 1m15 | 323p |  | | Hoog | | 1m25 | 417p |  |
| Kogel | 7m38 | 372p |  | | Kogel | | 6m68 | 326p |  |
| Hockey | 28m26 | 257p | **\*** | | Hockey | | 22m81 | 187p | \* |
| **Totaal** |  | **2272p** |  | | **Totaal** | |  | **2144p** |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Bremans Anne-Sophie*** | | | |  | | ***4. Koppert Elisabeth*** | | | | |
| 60m | 9”00 | 664p |  | | 60m | | 10”30 | 361p |  |
| 1000m | 3’18”45 | 731p |  | | 1000m | | 4’17”30 | 278p |  |
| Ver | 3m49 | 276p |  | | Ver | | 3m21 | 181p | \* |
| Hoog | 1m10 | 278p |  | | Hoog | | 1m15 | 323p |  |
| Kogel | 5m18 | 227p |  | | Kogel | | 9m99 | 548p |  |
|  |  |  |  | | Discus | | 25m86 | 416p |  |
| Hockey | 19m80 | 149p | **\*** | | Hockey | | 23m07 | 191p | \* |
| **Totaal** |  | **2139p** |  | | **Totaal** | |  | **1926p** |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Vloemans Sanne*** | | | |  | | ***6. Daeleman Jasmijn*** | | | | |
| 60mH | 13”89 | 267p |  | |  | |  |  |  |
| 60m | 10”18 | 385p |  | | 60m | | 9”82 | 463p |  |
| 1000m | 4’02”00 | 377p |  | | 1000m | | 4’00”8 | 390p |  |
| Ver | 3m17 | 173p | \* | | Ver | | 3m01 | 143p |  |
| Hoog | 1m00 | 194p |  | | Hoog | | 1m05 | 235p |  |
| Kogel | 5m87 | 272p |  | | Kogel | | 4m19 | 163p |  |
| Discus | 13m58 | 168p | **\*** | |  | |  |  |  |
| Hockey | 17m42 | 119p | **\*** | | Hockey | | 14m19 | 79p | \* |
| **Totaal** |  | **1495p** |  | | **Totaal** | |  | **1394p** |  |

# ben/pup/min dAMES eindklassement ZOMEr

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***7. Segers Eveliene*** | | | |  | |  | | | | |
| 60m | 10”4 | 295p |  | |  | |  |  |  |
| 1000m | 4’22”5 | 248p |  | |  | |  |  |  |
| Ver | 2m94 | 130p |  | |  | |  |  |  |
| Hoog | 0m95 | 156p |  | |  | |  |  |  |
| Kogel | 4m50 | 183p |  | |  | |  |  |  |
| Hockey | 14m54 | 83p | **\*** | |  | |  |  |  |
| **Totaal** |  | **1012p** |  | |  | |  |  |  |

## MINIEMEN 2 x 6 proeven (2 loop-, 2 spring-, 2 Werpnummers)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Lenaerts Robine*** | | | |  | | ***2. Van Tiggelen Lotte*** | | | | |
|  |  |  |  | | 60mH | | 10”82 | 711p |  |
| 80m | 11”55 | 632p |  | | 80m | | 11”80 | 580p | \* |
| 1000m | 3’32”8 | 602p |  | | 1000m | | 3’51”19 | 454p |  |
| Ver | 4m40 | 454p |  | | Ver | | 3m80 | 308p | \* |
| Hoog | 1m33 | 496p |  | | Hoog | | 1m30 | 466p |  |
|  |  |  |  | | Polsstok | | 2m00 | 352p |  |
| Kogel | 9m48 | 513p |  | | Kogel | | 6m37 | 305p |  |
| Discus | 16m77 | 230p | **\*** | | Discus | | 13m57 | 167p | \* |
| Speer | 23m68 | 380p |  | | Speer | | 18m88 | 285p |  |
| **Totaal** |  | **3077p** |  | | **Totaal** | |  | **2573p** |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***3. Koppert Emma-Louise*** | | | |  | |  | | | | |
| 60mH | 12”23 | 483p |  | |  | |  |  |  |
| 80m | 12”42 | 460p | \* | |  | |  |  |  |
| 1000m | 3’42”0 | 526p |  | |  | |  |  |  |
| Ver | 3m74 | 294p |  | |  | |  |  |  |
| Hoog | 1m20 | 369p |  | |  | |  |  |  |
| Kogel | 9m26 | 498p |  | |  | |  |  |  |
| Discus | 19m42 | 283p |  | |  | |  |  |  |
| Speer | 16m13 | 231p | **\*** | |  | |  |  |  |
| **Totaal** |  | **2453p** |  | |  | |  |  |  |

\* Proef met minste punten valt weg

# indoor heren benjamins

## jaarprestaties benjamins

**50 meter El** 1. Peeters Mil 9”06 Herentals 18/02/17

**Ver**  1. Peeters Mil 2m98 Herentals 18/02/17

**Hoog**  1. Peeters Mil 0m85 Herentals 10/12/16

**Kogel 1kg**  1. Peeters Mil 5m89 Herentals 18/02/17

**3-Kamp** 1. Peeters Mil 648p Herentals 10/12/16

## 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 | Peeters Mil | 9”06 | ‘17 |  |  |  |  |  |  |
|  | 6 | Leys Jules | 9”12 | ‘11 |  |  |  |  |  |  |
|  | 7 | Breugelmans Thiebe | 9”34 | ‘11 |  |  |  |  |  |  |
|  | 8 | Kwanten Rube | 9”52 | ‘13 |  |  |  |  |  |  |
|  | 9 | Van Gelder Rube | 9”62 | ‘12 |  |  |  |  |  |  |
|  | 10 | Lauwers Senne | 9”64 | ‘09 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Peeters Mil | 2m98 | ‘17 |  | 5 | Lauwers Senne | 0m90 | ‘10 |  |
|  | 6 | Leys Lode | 2m85 | ‘09 |  | 6 | Malfet Yorben | 0m85 | ‘09 |  |
|  | 7 | Lauwers Senne | 2m74 | ‘10 |  | 7 | Breugelmans Thiebe | 0m85 | ‘10 |  |
|  | 8 | Breugelmans Thiebe | 2m68 | ‘11 |  | 8 | Leys Jules | 0m85 | ‘10 |  |
|  | 9 | Kwanten Rube | 2m67 | ‘13 |  | 9 | Vanmechelen Bram | 0m85 | ‘10 |  |
|  | 10 | Lambregts Nathan | 2m65 | ‘10 |  | 10 | Peeters Mil | 0m85 | ‘16 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Peeters Mil | 648p | ‘16 |  |
|  | 6 | Peeters Mil | 5m89 | ‘17 |  | 6 | Leys Jules | 610p | ‘10 |  |
|  | 7 | Breugelmans Thiebe | 5m66 | ‘11 |  | 7 | Breugelmans Thiebe | 596p | ‘10 |  |
|  | 8 | Kwanten Rube | 5m55 | ‘13 |  | 8 | Kwanten Rube | 560p | ‘13 |  |
|  | 9 | Leys Jules | 5m54 | ‘10 |  | 9 | Vanmechelen Bram | 513p | ‘10 |  |
|  | 10 | Lauwers Senne | 5m27 | ‘10 |  | 10 | Lauwers Senne | 407p | ‘09 |  |

## clubrecords benjamins

**50 meter**  **Atac** Vosters Wout 8”23 Herentals 12/12/09

**Avos** V. Waeyenberghe Yelle 8”21 Herentals 04/03/95

**Tuac** Van Gorp Rob 8”1 Herentals 13/02/93

# indoor heren benjamins

**60 meter** **Atac** Vosters Wout 9”62 Gent 26/12/09

**Avos** Van Hove Guy 9”3 Hoboken 10/03/91

**Tuac** Noyens Dries 11”3 Hoboken 13/01/96

**1000 meter** **Avos** Sneyders Jente 4’18”86 Gent 04/11/00

**Ver** **Atac** Vosters Wout 3m67 Herentals 14/11/09

**Avos** Minnen Toon 3m69 Hoboken 01/02/04

**Tuac** Van Gorp Rob 3m47 Herentals 13/02/93

**Hoog** **Atac** Tan Ruï 0m98 Mol 11/01/14

**Avos** Hooyberghs Jens 1m11 Hoboken 26/01/02

**Tuac** Noyens Dries 0m90 Herentals 08/03/97

**Kogel 1kg** **Atac** Vosters Wout 8m13 Gent 19/12/09

**Avos** Hooyberghs Jens 9m14 Hoboken 26/01/02

**Tuac** Van Rompaey Dennis 8m46 Herentals 23/01/93

**3-Kamp Atac** Vosters Wout 1167p Herentals 14/11/09

**Avos** V. Waeyenberghe Yelle 1116p Herentals 04/03/95

**Tuac** Van Gorp Rob 1082p Herentals 13/02/93

**4-Kamp** **Avos** Minnen Toon 1031p Hoboken 22/02/04

# indoor heren pupillen

## jaarprestatieS pupillen

**50 meter H El** 1. Thompson David 10”00 Herentals 18/02/17

**50 meter El** 1. Artoos Daan 8”21 Herentals 10/12/16

2. Buijs Lennert 8”62 Herentals 10/12/16

**Ver**  1. Artoos Daan 3m23 Herentals 10/12/16

2. Buijs Lennert 2m94 Herentals 10/12/16

**Hoog** 1. Thompson David 1m27 Herentals 18/02/17

2. Buijs Lennert 1m05 Herentals 19/11/16

**Kogel 2kg** 1. Thompson David 8m41 Herentals 18/02/17

2. Buijs Lennert 5m91 Herentals 19/11/16

3. Artoos Daan 5m69 Herentals 10/12/16

**3-Kamp** 1. Artoos Daan 985p Herentals 10/12/16

2. Buijs Lennert 938p Herentals 19/11/16

# indoor heren pupillen

## 10 Beste Prestaties pupillen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Thompson David | 10”00 | ‘17 |  | 1 | Van Gool Milan | 12”72 | ‘13 |  |
|  | 2 | Leys Jules | 10”30 | ‘13 |  | 2 | Berckvens Viktor | 13”90 | ‘16 |  |
|  | 3 | Tan Ruï | 10”41 | ‘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 | Artoos Daan | 8”21 | ‘16 |  | 3 | Thompson David | 9”50 | ‘15 |  |
|  | 4 | Janssen Pieter | 8”36 | ‘10 |  | 4 | Van Gool Milan | 9”72 | ‘13 |  |
|  | 5 | Leys Lode | 8”38 | ‘10 |  | 5 | Janssen Pieter | 10”11 | ‘10 |  |
|  | 6 | Berckvens Viktor | 8”54 | ‘15 |  | 6 | Berckvens Viktor | 10”16 | ‘16 |  |
|  | 7 | Matthé Flor | 8”59 | ‘09 |  | 7 | Deckers Milan | 10”28 | ‘14 |  |
|  | 8 | Buijs Lennert | 8”62 | ‘16 |  | 8 | Janssen Toon | 10”46 | ‘10 |  |
|  | 9 | Lauwers Senne | 8”65 | ‘11 |  | 9 | Borstlap Dries | 10”47 | ‘09 |  |
|  | 10 | Baeten Senne | 8”66 | ‘14 |  | 10 | De Smedt Rens | 10”95 | ‘13 |  |

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

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Vosters Wout | 3m68 | ‘11 |  | 1 | Thompson David | 1m27 | ‘17 |  |
|  | 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 | Artoos Daan | 3m23 | ‘16 |  | 7 | Vanmechelen Bram | 1m10 | ‘13 |  |
|  | 8 | Lauwers Senne | 3m18 | ‘11 |  | 8 | Van Gestel Cis | 1m10 | ‘16 |  |
|  | 9 | Geudens Bram | 3m15 | ‘11 |  | 9 | Deckers Milan | 1m07 | ‘13 |  |
|  | 10 | Baeten Senne | 3m09 | ‘14 |  | 10 | De Smedt Rens | 1m06 | ‘13 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Kogel 2kg** | | | |  | **3-Kamp** | | | |  |
|  | 1 | Thompson David | 8m41 | ‘17 |  | 1 | Vosters Wout | 1329p | ‘11 |  |
|  | 2 | Vosters Wout | 8m29 | ‘11 |  | 2 | Tan Ruï | 1237p | ‘15 |  |
|  | 3 | Abou Al Kassim Moh. | 7m43 | ‘10 |  | 3 | Berckvens Viktor | 1036p | ‘15 |  |
|  | 4 | Berckvens Viktor | 7m39 | ‘16 |  | 4 | Leys Lode | 1032p | ‘10 |  |
|  | 5 | De Smedt Rens | 6m96 | ‘13 |  | 5 | Janssen Pieter | 1025p | ‘10 |  |
|  | 6 | Vanmechelen Bram | 6m79 | ‘13 |  | 6 | Artoos Daan | 985p | ‘16 |  |
|  | 7 | Borstlap Dries | 6m62 | ‘09 |  | 7 | Buijs Lennert | 938p | ‘16 |  |
|  | 8 | Tan Ruï | 6m53 | ‘16 |  | 8 | Leys Jules | 916p | ‘12 |  |
|  | 9 | Janssens Quinten | 6m52 | ‘11 |  | 9 | Matthé Flor | 901p | ‘09 |  |
|  | 10 | Leys Jules | 6m52 | ‘13 |  | 10 | Van Gool Milan | 857p | ‘12 |  |

# indoor heren pupillen

## clubrecords pupillen

**50 m Horden Atac** Thompson David 10”00 Herentals 18/02/17

**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 1m27 Herentals 18/02/17

**Avos** Sneyders Jente 1m40 Hoboken 22/02/04

**Tuac** Van Gorp Rob 1m38 Herentals 11/03/95

**Kogel 2kg** **Atac** Thompson David 8m41 Herentals 18/02/17

**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 9”98 Herentals 18/02/17

2. Graux Siebe 10”67 Herentals 18/02/17

3. Buijs Arne 11”81 Herentals 18/02/17

**60 m Horden El** 1. Berckvens Viktor 12”06 Hoboken 19/02/17

**50 meter El** 1. Graux Siebe 7”66 Herentals 10/12/16

2. Broeckx Mattice 7”70 Herentals 19/11/16

3. Van Gorp Berrie 7”71 Herentals 19/11/16

4. Tan Ruï 7”72 Herentals 19/11/16

5. Jacobs Joppe 7”87 Herentals 10/12/16

6. Geysen Rune 7”90 Herentals 19/11/16

7. Verschueren Bjarne 7”98 Herentals 10/12/16

8. Buijs Arne 8”07 Herentals 19/11/16

# indoor heren MINIEMEN

9. Berckvens Viktot 8”30 Herentals 10/12/16

**60 meter El** 1. Tan Ruï 8”97 Gent 12/02/17

2. Broeckx Mattice 9”03 Gent 14/01/17

3. Berckvens Viktor 9”48 Hoboken 19/02/17

**150 meter El** 1. Broeckx Mattice 22”30 Gent 25/02/17

**1000 meter El** 1. Tan Ruï 3’18”41 Gent 12/02/17

**Ver** 1. Thompson Holy-i 4m44 Herentals 18/02/17

2. Jacobs Joppe 3m99 Herentals 10/12/16

3. Graux Siebe 3m94 Herentals 19/11/16

4. Tan Ruï 3m80 Herentals 19/11/16

5. Verschueren Bjarne 3m77 Herentals 10/12/16

6. Broeckx Mattice 3m76 Herentals 19/11/16

7. Buijs Arne 3m72 Herentals 19/11/16

8. Geysen Rune 3m67 Herentals 19/11/16

9. Van Gorp Berrie 3m48 Herentals 19/11/16

10. Berckvens Viktor 3m21 Herentals 10/12/16

**Hoog** 1. Thompson Holy-i 1m43 Herentals 18/02/17

2. Broeckx Mattice 1m25 Herentals 19/11/16

3. Tan Ruï 1m25 Herentals 19/11/16

4. Van Gorp Berrie 1m25 Herentals 19/11/16

5. Berckvens Viktor 1m25 Hoboken 15/01/17

6. Graux Siebe 1m20 Herentals 10/12/16

7. Jacobs Joppe 1m20 Herentals 10/12/16

8. Buijs Arne 1m20 Herentals 18/02/17

9. Geysen Rune 1m10 Herentals 19/11/16

10. Verschueren Bjarne 1m10 Herentals 10/12/16

**Kogel 3kg** 1. Graux Siebe 8m74 Herentals 10/12/16

2. Thompson Holy-i 8m41 Herentals 18/02/17

3. Berckvens Viktor 7m15 Herentals 10/12/16

4. Geysen Rune 7m13 Herentals 19/11/16

5. Jacobs Joppe 7m05 Herentals 18/02/17

6. Broeckx Mattice 6m58 Herentals 19/11/16

7. Van Gorp Berrie 5m91 Herentals 19/11/16

8. Verschueren Bjarne 5m84 Herentals 10/12/16

9. Tan Ruï 4m85 Herentals 19/11/16

10. Buijs Arne 4m82 Herentals 19/11/16

**4-Kamp** 1. Graux Siebe 1856p Herentals 10/12/16

2. Broeckx Mattice 1722p Herentals 19/11/16

3. Jacobs Joppe 1651p Herentals 10/12/16

4. Van Gorp Berrie 1614p Herentals 19/11/16

5. Tan Ruï 1613p Herentals 19/11/16

6. Geysen Rune 1540p Herentals 19/11/16

7. Verschueren Bjarne 1453p Herentals 10/12/16

8. Berckvens Viktor 1421p Herentals 10/12/16

9. Buijs Arne 1394p Herentals 19/11/16

# indoor heren MINIEMEN

## 10 Beste Prestaties miniemen

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Leys Lode | 8”95 | ‘13 |  | 1 | Berckvens Viktor | 12”06 | ‘17 |  |
|  | 2 | Dom Stijn | 9”55 | ‘12 |  | 2 | Daniëls Bart | 12”73 | ‘13 |  |
|  | 3 | Leys Jules | 9”83 | ‘15 |  |  |  |  |  |  |
|  | 4 | Thompson Holy-i | 9”98 | ‘17 |  |  |  |  |  |  |
|  | 5 | Servotte Seppe | 10”20 | ‘09 |  |  |  |  |  |  |
|  | 6 | Falleyn Jore | 10”56 | ‘14 |  |  |  |  |  |  |
|  | 7 | Daniëls Bart | 10”58 | ‘13 |  |  |  |  |  |  |
|  | 8 | Graux Siebe | 10”67 | ‘17 |  |  |  |  |  |  |
|  | 9 | Janssen Kobe | 10”79 | ‘15 |  |  |  |  |  |  |
|  | 10 | Deckers Milan | 10”79 | ‘16 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Graux Siebe | 7”66 | ‘16 |  | 3 | Janssen Kobe | 8”89 | ‘15 |  |
|  | 4 | Dom Stijn | 7”68 | ‘11 |  | 4 | Tan Ruï | 8”97 | ‘17 |  |
|  | 5 | Leys Lode | 7”70 | ‘12 |  | 5 | Broeckx Mattice | 9”03 | ‘17 |  |
|  | 6 | Broeckx Mattice | 7”70 | ‘16 |  | 6 | Thompson Holy-i | 9”16 | ‘15 |  |
|  | 7 | Van Gorp Berrie | 7”71 | ‘16 |  | 7 | Daniëls Bart | 9”24 | ‘13 |  |
|  | 8 | Tan Ruï | 7”72 | ‘16 |  | 8 | Vanmechelen Bram | 9”47 | ‘15 |  |
|  | 9 | Janssen Kobe | 7”86 | ‘14 |  | 9 | Berckvens Viktor | 9”48 | ‘17 |  |
|  | 10 | Jacobs Joppe | 7”87 | ‘16 |  | 10 | Jacobs Joppe | 9”61 | ‘16 |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Tan Ruï | 3’18”41 | ‘17 |  |
|  | 3 | Broeckx Mattice | 22”30 | ‘17 |  | 3 | Vosters Wout | 3’26”94 | ‘13 |  |
|  | 4 | Vanmechelen Bram | 23”59 | ‘15 |  | 4 | Geudens Bram | 3’47”63 | ‘13 |  |
|  | 5 | Geudens Bram | 24”61 | ‘13 |  |  |  |  |  |  |
|  | 6 | De Smedt Rens | 24”84 | ‘15 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Ver | | | |  | Hoog | | | |  |
|  | 1 | Leys Jules | 4m51 | ‘15 |  | 1 | Thompson Holy-i | 1m43 | ‘17 |  |
|  | 2 | Thompson Holy-i | 4m44 | ‘17 |  | 2 | Dom Stijn | 1m40 | ‘12 |  |
|  | 3 | Janssen Kobe | 4m41 | ‘15 |  | 3 | Falleyn Jore | 1m40 | ‘13 |  |
|  | 4 | Leys Lode | 4m24 | ‘13 |  | 4 | Leys Jules | 1m40 | ‘15 |  |
|  | 5 | Dom Stijn | 4m19 | ‘12 |  | 5 | Geudens Bram | 1m37 | ‘14 |  |
|  | 6 | Vosters Wout | 4m16 | ‘14 |  | 6 | Servotte Seppe | 1m30 | ‘09 |  |
|  | 7 | Servotte Seppe | 4m05 | ‘09 |  | 7 | Daniëls Bart | 1m30 | ‘12 |  |
|  | 8 | Jacobs Joppe | 3m99 | ‘16 |  | 8 | Leys Lode | 1m30 | ‘13 |  |
|  | 9 | Graux Siebe | 3m94 | ‘16 |  | 9 | Borstlap Dries | 1m28 | ‘12 |  |
|  | 10 | Deckers Milan | 3m91 | ‘16 |  | 10 | Vanmechelen Bram | 1m28 | ‘14 |  |

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|  | 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 | Graux Siebe | 8m74 | ‘16 |  | 4 | Graux Siebe | 1856p | ‘16 |  |
|  | 5 | Thompson Holy-i | 8m41 | ‘17 |  | 5 | Leys Lode | 1770p | ‘12 |  |
|  | 6 | Leys Jules | 8m19 | ‘15 |  | 6 | Broeckx Mattice | 1722p | ‘16 |  |
|  | 7 | De Smedt Rens | 7m91 | ‘15 |  | 7 | Janssen Kobe | 1666p | ‘14 |  |
|  | 8 | Leys Lode | 7m51 | ‘13 |  | 8 | Jacobs Joppe | 1651p | ‘16 |  |
|  | 9 | Janssen Kobe | 7m43 | ‘15 |  | 9 | Falleyn Jore | 1636p | ‘13 |  |
|  | 10 | Berckvens Viktor | 7m15 | ‘16 |  | 10 | Van Gorp Berrie | 1614p | ‘16 |  |

## 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** Berckvens Viktor 12”06 Hoboken 19/02/17

**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** Thompson Holy-i 1m43 Herentals 18/02/17

**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. De Smedt Rens 12”82 Gent 26/12/16

**60 meter El** 1. Broeckx Xander 7”67 Gent 05/03/17

2. Janssen Kobe 7”76 Gent 07/01/17

3. Vanmechelen Bram 8”29 Gent 07/01/17

4. De Smedt Rens 8”60 Hoboken 15/01/17

**200 meter El** 1. Janssen Kobe 24”93 Gent 22/01/17

2. Broeckx Xander 25”15 Gent 05/03/17

3. Leys Jules 25”88 Gent 26/12/16

4. Vanmechelen Bram 27”52 Gent 26/12/16

**400 meter El** 1. Leys Jules 55”23 Gent 05/03/17

**Ver** 1. Leys Jules 5m60 Gent 05/03/17

2. De Smedt Rens 4m49 Hoboken 15/01/17

**Hoog** 1. De Smedt Rens 1m45 Tienen 25/02/17

**Polsstok** 1. De Smedt Rens 2m92 Tienen 25/02/17

**Kogel 4kg** 1. De Smedt Rens 9m93 Mol 17/12/16

2. Vanmechelen Bram 9m89 Gent 26/12/16

## 10 Beste Prestaties cadetten

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 60 meter Horden El | | | |  | **40 meter El** | | | |  |
|  | 1 | Janssen Robbe | 8”89 | ‘12 |  | 1 | Dom Stijn | 5”88 | ‘12 |  |
|  | 2 | Leys Jules | 10”35 | ‘16 |  |  |  |  |  |  |
|  | 3 | Janssen Kobe | 10”76 | ‘16 |  |  |  |  |  |  |
|  | 4 | De Smedt Rens | 12”82 | ‘16 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Broeckx Xander | 7”67 | ‘17 |  | 1 | Druyts Tobias | 24”80 | ‘09 |  |
|  | 2 | Druyts Tobias | 7”69 | ‘09 |  | 2 | Janssen Kobe | 24”93 | ‘17 |  |
|  | 3 | Janssen Kobe | 7”76 | ‘17 |  | 3 | Broeckx Xander | 25”15 | ‘17 |  |
|  | 4 | Leys Lode | 7”97 | ‘15 |  | 4 | Leys Jules | 25”88 | ‘16 |  |
|  | 5 | Daniëls Bart | 8”00 | ‘16 |  | 5 | Keuppens Jan | 26”29 | ‘09 |  |
|  | 6 | Keuppens Jan | 8”08 | ‘09 |  | 6 | Daniëls Bart | 26”75 | ‘15 |  |
|  | 7 | Leys Jules | 8”22 | ‘16 |  | 7 | Desmedt Pieter | 26”89 | ‘09 |  |
|  | 8 | Vanmechelen Bram | 8”29 | ‘17 |  | 8 | Vanmechelen Bram | 27”52 | ‘16 |  |
|  | 9 | Desmedt Pieter | 8”41 | ‘09 |  | 9 | De Rammelaere Anton | 28”77 | ‘08 |  |
|  | 10 | Servotte Bram | 8”46 | ‘09 |  | 10 | Bax Thomas | 29”09 | ‘08 |  |

# indoor heren cadetten

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 300 meter El | | | |  | **400 meter El** | | | |
|  | 1 | Leys Lode | 40”93 | ‘15 |  | 1 | Leys Jules | 55”23 | ‘17 |
|  | 2 | Daniëls Bart | 44”86 | ‘15 |  | 2 | Leys Lode | 56”90 | ‘15 |
|  | 3 | Falleyn Jore | 45”51 | ‘15 |  |  |  |  |  |
|  | 4 | Geudens Bram | 53”14 | ‘15 |  |  |  |  |  |

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|  | **800 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Vercauteren Sander | 2’06”78 | ‘13 |  | 1 | Vercauteren Sander | 2’51”65 | ‘12 |  |
|  | 2 | Bax Thomas | 2’35”66 | ‘08 |  | 2 | Janssen Robbe | 3’02”65 | ‘12 |  |

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|  | Ver | | | |  | **Hoog** | | | |  |
|  | 1 | Janssen Robbe | 5m99 | ‘12 |  | 1 | Daniëls Bart | 1m76 | ‘16 |  |
|  | 2 | Leys Jules | 5m60 | ‘17 |  | 2 | Dom Stijn | 1m69 | ‘14 |  |
|  | 3 | Janssen Kobe | 4m94 | ‘16 |  | 3 | Janssen Robbe | 1m65 | ‘12 |  |
|  | 4 | De Smedt Rens | 4m49 | ‘17 |  | 4 | Leys Lode | 1m60 | ‘15 |  |
|  | 5 | Daniëls Bart | 4m43 | ‘14 |  | 5 | Falleyn Jore | 1m53 | ‘16 |  |
|  | 6 | Janssens Quinten | 4m34 | ‘14 |  | 6 | Leys Jules | 1m46 | ‘15 |  |
|  | 7 | Falleyn Jore | 4m27 | ‘15 |  | 7 | Servotte Bram | 1m45 | ‘09 |  |
|  | 8 | Geudens Bram | 4m17 | ‘15 |  | 8 | De Smedt Rens | 1m45 | ‘17 |  |
|  |  |  |  |  |  | 9 | Geudens Bram | 1m35 | ‘15 |  |

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|  | Polsstok | | | |  | Kogel 4kg | | | |  |
|  | 1 | De Smedt Rens | 2m92 | ‘17 |  | 1 | Janssen Robbe | 13m10 | ‘12 |  |
|  | 2 | Falleyn Jore | 2m65 | ‘16 |  | 2 | De Smedt Rens | 9m93 | ‘16 |  |
|  | 3 | Janssen Robbe | 2m60 | ‘12 |  | 3 | Vanmechelen Bram | 9m89 | ‘16 |  |
|  | 4 | Janssen Kobe | 2m15 | ‘15 |  | 4 | Dom Stijn | 9m17 | ‘13 |  |
|  | 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 |  |

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|  | Kogel 3kg | | | |  | **6-Kamp** | | | |  |
|  | 1 | Dom Stijn | 9m19 | ‘12 |  | 1 | Janssen Robbe | 3164p | ‘12 |  |

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| **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** Broeckx Xander 7”67 Gent 05/03/17

**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

# indoor heren cadetten

**300 meter**  **Atac** Leys Lode 40”93 Gent 14/02/15

**Avos** Rutten Thomas 45”2 Gent 26/12/05

**400 meter**  **Atac** Leys Jules 55”23 Gent 05/03/17

**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** De Smedt Rens 2m92 Tienen 25/02/17

**Avos** Aerts Bram 2m60 Gent 03/02/02

**Tuac** Lambregts Koen 1m80 Hoboken 28/02/87

**Kogel 3kg** **Atac** Dom Stijn 9m19 Reusel (Ned) 27/10/12

**Kogel 4kg** **Atac** Janssen Robbe 13m10 Gent 05/02/12

**Avos** Hooyberghs Jens 11m90 Gent 16/03/08

**Tuac** Quirijnen Kristof 11m51 Hoboken 06/01/98

**Kogel 5kg** **Tuac** Houtmeyers Ronald 10m53 Gent 13/02/88

**3-Kamp** **Avos** Fabri Tom 1329p Hoboken 24/11/91

**5-Kamp Tuac** Meulders Koen 998p Hoboken 03/01/88

**6-Kamp Atac** Janssen Robbe 3164p Gent 05/02/12

**Avos** Aerts Bram 2569p Gent 03/02/02

**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

**200 meter El** 1. Leys Lode 25”68 Gent 26/12/16

**300 meter El** 1. Daniëls Bart 38”71 Gent 25/02/17

2. Leys Lode 38”74 Gent 25/02/17

**400 meter El** 1. Leys Lode 54”18 Gent 05/03/17

**Ver** 1. Dom Stijn 5m93 Gent 10/01/16

**Hoog** 1. Daniëls Bart 1m81 Gent 22/01/17

2. Falleyn Jore 1m61 Gent 07/01/17

# indoor heren Scholieren

**Kogel 5kg** 1. Falleyn Jore 9m45 Gent 07/01/17

## 10 beste prestaties scholieren

|  |  |  |  |  |  |  |  |  |  |  |
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|  | **60 meter Horden El (0,91m)** | | | |  | **60 meter El** | | | |  |
|  | 1 | Janssen Robbe | 8”46 | ‘14 |  | 1 | Roefs Steyn | 7”38 | ‘14 |  |
|  | 2 | 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 |  |

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|  | **200 meter El** | | | |  | **300 meter El** | | | |  |
|  | 1 | Roefs Steyn | 24”16 | ‘14 |  | 1 | Daniëls Bart | 38”71 | ‘17 |  |
|  | 2 | Ameye Dries | 24”25 | ‘09 |  | 2 | Leys Lode | 38”74 | ‘17 |  |
|  | 3 | Leys Lode | 25”07 | ‘15 |  |  |  |  |  |  |
|  | 4 | Druyts Tobias | 25”22 | ‘11 |  |  |  |  |  |  |
|  | 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 |  |  |  |  |  |  |

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|  | 400 meter El | | | |  |  | | | |  |
|  | 1 | Leys Lode | 54”18 | ‘17 |  |  |  |  |  |  |
|  | 2 | Hooyberghs Jens | 54”86 | ‘10 |  |  |  |  |  |  |
|  | 3 | Bax Thomas | 57”24 | ‘11 |  |  |  |  |  |  |
|  | 4 | Sterkens Milan | 61”13 | ‘16 |  |  |  |  |  |  |
|  | 5 | Pelckmans Jens | 61”91 | ‘10 |  |  |  |  |  |  |

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|  | **800 meter El** | | | |  | 1000 meter El | | | |  |
|  | 1 | Vercauteren Sander | 2’12”15 | ‘14 |  | 1 | Hooyberghs Jens | 2’48”71 | ‘10 |  |
|  | 2 | Bax Thomas | 2’22”84 | ‘11 |  | 2 | Janssen Robbe | 2’55”31 | ‘14 |  |

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|  | Ver | | | |  |  | | | |  |
|  | 1 | Janssen Robbe | 6m13 | ‘14 |  |  |  |  |  |  |
|  | 2 | Dom Stijn | 5m93 | ‘16 |  |  |  |  |  |  |
|  | 3 | Hooyberghs Jens | 5m87 | ‘10 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Hoog | | | |  | Polsstok | | | |  |
|  | 1 | Verbaarschot Nick | 1m88 | ‘13 |  | 1 | Hooyberghs Jens | 3m70 | ‘10 |  |
|  | 2 | Daniëls Bart | 1m81 | ‘17 |  | 2 | Verbaarschot Nick | 3m20 | ‘13 |  |
|  | 3 | Hooyberghs Jens | 1m76 | ‘10 |  | 3 | Janssen Robbe | 3m20 | ‘14 |  |
|  | 4 | Dom Stijn | 1m71 | ‘15 |  | 4 | Leys Lode | 2m50 | ‘15 |  |
|  | 5 | Janssen Robbe | 1m69 | ‘14 |  |  |  |  |  |  |
|  | 6 | Falleyn Jore | 1m61 | ‘17 |  |  |  |  |  |  |
|  | 7 | Leys Lode | 1m51 | ‘15 |  |  |  |  |  |  |

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|  | 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 | Falleyn Jore | 9m45 | ‘17 |  |  |  |  |  |  |
|  | 5 | Leys Lode | 8m31 | ‘15 |  |  |  |  |  |  |

# indoor heren Scholieren

## 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

**300 meter Atac** Daniëls Bart 38”71 Gent 25/02/17

**400 meter Atac** Leys Lode 54”18 Gent 05/03/17

**Avos** Van Hove Guy 58”42 Gent 27/12/97

**Tuac** Drossaert Kristof 58”05 Gent 25/01/98

**800 meter** **Atac** Vercauteren Sander 2’12”15 Gent 29/01/14

**Avos** Van der Eycken Jan 2’13”41 Gent 04/11/00

**1000 meter** **Atac** Hooyberghs Jens 2’54”13 Gent 15/02/09

**Avos** Aerts Bram 2’58”56 Gent 29/02/04

**Ver** **Atac** Janssen Robbe 6m13 Gent 05/01/14

**Avos** Aerts Bram 5m97 Gent 18/01/04

**Tuac** Lambregts Koen 6m57 Hoboken 03/12/88

**Hinkstap** **Avos** Fabri Tom 13m03 Gent 30/01/94

**Tuac** Lambregts Koen 13m10 Hoboken 08/01/89

**Hoog** **Atac** Verbaarschot Nick 1m88 Gent 19/01/13

**Avos** Machielsen Tom 1m75 Hoboken 27/11/88

**Tuac** Lambregts Koen 1m85 Hoboken 05/03/89

**Polsstok** **Atac** Hooyberghs Jens 3m70 Gent 27/02/10

**Avos** Van Hove Guy 3m20 Hoboken 13/12/98

**Tuac** Houtmeyers Ronald 2m30 Hoboken 17/12/89

**Kogel 5kg** **Atac** Janssen Robbe 14m48 Mol 11/01/14

**Avos** Van Hove Guy 13m04 Hoboken 21/11/98

**Tuac** Houtmeyers Ronald 13m22 Hoboken 03/03/90

**Kogel 6kg** **Avos** Goos Luc 7m94 Hoboken 28/07/87

**Tuac** Van De Kerkhof Paul 11m90 Hoboken 15/01/84

**6-Kamp Avos** Van Hove Guy 3443p Hoboken 13/12/98

**Tuac** Houtmeyers Ronald 2494p Hoboken 13/01/90

**7-Kamp** **Atac** Hooyberghs Jens 4427p Gent 07/02/10

**Avos** Van Hove Guy 3991p Gent 17/02/99

# indoor heren juniores

## jaarprestaties juniores

**60 meter H El** 1. Dom Stijn 8”36 Gent 05/02/17

**60 meter El** 1. Dom Stijn 7”55 Gent 05/02/17

**1000 meter El** 1. Dom Stijn 3’04”92 Gent 05/02/17

# indoor heren juniores

**Ver** 1. Dom Stijn 6m66 Gent 05/02/17

**Hoog** 1. Dom Stijn 1m86 Mol 17/12/16

**Polsstok** 1. Dom Stijn 3m30 Mol 17/12/16

**Kogel 6kg** 1. Dom Stijn 11m94 Gent 05/02/17

**7-Kamp** 1. Dom Stijn 4511p Gent 05/02/17

## 10 Beste Prestaties juniores

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|  | **50 meter Horden El (1m00)** | | | |  | **60 meter Horden El (1m00)** | | | |  |
|  | 1 | Verbaarschot Nick | 7”29 | ‘14 |  | 1 | Dom Stijn | 8”36 | ‘17 |  |
|  | 2 | Janssen Robbe | 7”43 | ‘14 |  | 2 | Janssen Robbe | 8”69 | ‘15 |  |
|  | 3 | Rutten Thomas | 8”44 | ‘09 |  | 3 | Verbaarschot Nick | 8”85 | ‘15 |  |
|  |  |  |  |  |  | 4 | Rutten Thomas | 9”45 | ‘09 |  |

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|  | **60 meter Horden El (1m067)** | | | |  |  | | | |  |
|  | 1 | Janssen Robbe | 8”68 | ‘15 |  |  |  |  |  |  |

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|  | **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 | Dom Stijn | 7”55 | ‘17 |  | 3 | Ameye Dries | 24”65 | ‘10 |  |
|  | 4 | Verbaarschot Nick | 7”56 | ‘13 |  | 4 | Druyts Tobias | 24”75 | ‘12 |  |
|  | 5 | Druyts Tobias | 7”66 | ‘12 |  | 5 | Dubois Wesley | 25”54 | ‘09 |  |
|  | 6 | Dubois Wesley | 7”78 | ‘09 |  | 6 | Pelckmans Jens | 27”75 | ‘11 |  |
|  | 7 | Rutten Thomas | 7”82 | ‘08 |  |  |  |  |  |  |
|  | 8 | De Rammelaere Anton | 7”89 | ‘12 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  |  | | | |  |
|  | 1 | Dom Stijn | 3’04”92 | ‘17 |  |  |  |  |  |  |

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|  | **Ver** | | | |  |  | | | |  |
|  | 1 | Dom Stijn | 6m66 | ‘17 |  |  |  |  |  |  |
|  | 2 | Rutten Thomas | 6m44 | ‘09 |  |  |  |  |  |  |
|  | 3 | Verbaarschot Nick | 5m83 | ‘13 |  |  |  |  |  |  |
|  | 4 | Ameye Dries | 5m52 | ‘10 |  |  |  |  |  |  |
|  | 5 | Pelckmans Jens | 5m36 | ‘11 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Dom Stijn | 1m86 | ‘16 |  | 1 | Verbaarschot Nick | 3m73 | ‘14 |  |
|  | 2 | Verbaarschot Nick | 1m85 | ‘14 |  | 2 | Dom Stijn | 3m30 | ‘16 |  |
|  | 3 | Rutten Thomas | 1m80 | ‘09 |  | 3 | Rutten Thomas | 2m97 | ‘09 |  |

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|  | **Kogel 6kg** | | | |  | **7-Kamp** | | | |  |
|  | 1 | Janssen Robbe | 12m99 | ‘15 |  | 1 | Dom Stijn | 4511p | ‘17 |  |
|  | 2 | Dom Stijn | 11m94 | ‘17 |  |  |  |  |  |  |
|  | 3 | Rutten Thomas | 10m38 | ‘09 |  |  |  |  |  |  |
|  | 4 | Verbaarschot Nick | 10m24 | ‘14 |  |  |  |  |  |  |

# indoor heren juniores

## 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** Dom Stijn 8”36 Gent 05/02/17

**Avos** Fabri Tom 9”07 Glasgow (GB) 04/03/95

**60 m H (1m067) 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

**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**  **Atac** Dom Stijn 3’04”92 Gent 05/02/17

**Avos** Quirijnen Kristof 2’49”96 Gent 09/03/03

**Tuac** Quirijnen Kristof 3’00”84 Gent 03/02/02

**Ver** **Atac** Dom Stijn 6m66 Gent 05/02/17

**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** Dom Stijn 1m86 Mol 17/12/17 **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 Atac** Dom Stijn 4511p Gent 05/02/17

**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”77 Gent 29/01/17

**60 meter El** 1. Roefs Steyn 7”34 Gent 15/01/17

2. Aerts Bram 8”17 Gent 26/12/16

# indoor heren Seniores

**200 meter El** 1. Roefs Steyn 24”33 Gent 15/01/17

**Ver** 1. Aerts Bram 5m71 Gent 26/12/16

**Hoog** 1. Aerts Bram 1m51 Mol 17/12/16

**Polsstok** 1. Aerts Bram 2m80 Mol 17/12/16

**Kogel 7,250kg** 1. Janssen Robbe 12m26 Mol 17/12/16

2. Aerts Bram 9m24 Mol 17/12/16

## 10 BESTE PRESTATIES seniores

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|  | **50 meter Horden El** | | | |  | **60 meter Horden El** | | | |  |
|  | 1 | Aerts Bram | 8”13 | ‘10 |  | 1 | Aerts Bram | 9”28 | ‘11 |  |
|  |  |  |  |  |  | 2 | Michielsen Tom | 9”62 | ‘12 |  |

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|  | **60 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Roefs Steyn | 7”34 | ‘17 |  | 1 | Roefs Steyn | 24”33 | ‘17 |  |
|  | 2 | Aerts Bram | 7”76 | ‘10 |  | 2 | Aerts Bram | 25”05 | ‘11 |  |
|  | 3 | De Proost Rinze | 7”90 | ‘11 |  | 3 | Michielsen Tom | 25”72 | ‘12 |  |
|  | 4 | Michielsen Tom | 7”99 | ‘12 |  |  |  |  |  |  |
|  | 5 | Van Den Eynden Kurt | 8”04 | ‘13 |  |  |  |  |  |  |
|  | 6 | De Cock Jan | 8”11 | ‘09 |  |  |  |  |  |  |

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|  | **400 meter El** | | | |  |  | | | |  |
|  | 1 | Michielsen Tom | 56”03 | ‘12 |  |  |  |  |  |  |

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|  | **800 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Michielsen Tom | 2’08”61 | ‘12 |  | 1 | Aerts Bram | 2’55”77 | ‘10 |  |

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|  | **1500 meter El** | | | |  | **1 mijl El** | | | |  |
|  | 1 | Michielsen Tom | 4’25”92 | ‘13 |  | 1 | Michielsen Tom | 5’00”06 | ‘10 |  |

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|  | **3000 meter El** | | | |  | **5000 meter El** | | | |  |
|  | 1 | Michielsen Tom | 10’20”97 | ‘12 |  | 1 | Michielsen Tom | 18’34”50 | ‘12 |  |

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|  | **Ver** | | | |  | **Hinkstap** | | | |  |
|  | 1 | Aerts Bram | 6m49 | ‘11 |  | 1 | Aerts Bram | 12m80 | ‘09 |  |
|  | 2 | Michielsen Tom | 5m81 | ‘12 |  | 2 | Michielsen Tom | 12m01 | ‘12 |  |
|  | 3 | De Proost Rinze | 5m37 | ‘11 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | Polsstok | | | |  |
|  | 1 | Michielsen Tom | 1m85 | ‘12 |  | 1 | Aerts Bram | 3m42 | ‘10 |  |
|  | 2 | Aerts Bram | 1m70 | ‘11 |  | 2 | Michielsen Tom | 2m55 | ‘12 |  |

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|  | **Kogel 7,250kg** | | | |  | **Gewicht 7,250kg** | | | |  |
|  | 1 | Janssen Robbe | 12m26 | ‘16 |  | 1 | Michielsen Tom | 7m81 | ‘12 |  |
|  | 2 | Aerts Bram | 11m20 | ‘10 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 8m55 | ‘12 |  |  |  |  |  |  |

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|  | **7-Kamp** | | | |  | **14-Kamp** | | | |  |
|  | 1 | Aerts Bram | 4103p | ‘10 |  | 1 | Michielsen Tom | 7526p | ‘12 |  |
|  | 2 | Michielsen Tom | 3654p | ‘12 |  |  |  |  |  |  |

# indoor heren Seniores

## 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** Roefs Steyn 7”34 Gent 15/01/17

**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** Roefs Steyn 24”33 Gent 15/01/17

**Avos** Husslage Michiel 23”20 Gent 11/02/06

**Tuac** Van Beers Koen 21”89 Gent 15/02/97

**400 meter**  **Atac** Michielsen Tom 56”03 Helsinki (Fin) 15/04/12

**Avos** Van Hove Guy 52”50 Gent 26/12/04

**Tuac** Caers Leo 49”9 Dortmund (D) 08/03/81

**800 meter**  **Atac** Michielsen Tom 2’08”61 Gent 08/01/12

**Avos** Geerts Dirk 2’06”14 Gent 06/01/01

**Tuac** Vanmechelen Jos 2’23”3 Dortmund (D) 08/03/81

**1000 meter** **Atac** Aerts Bram 2’55”77 Gent 07/02/10 **Avos** De Smedt Serge 2’43”30 Gent 03/02/02

**Tuac** Leys Emmanuel 2’37”8  Dortmund (D) 07/03/82

**1500 meter** **Atac** Michielsen Tom 4’25”92 Gent 09/02/13

**Avos** Geerts Dirk 4’15”52 Gent 21/12/02

**1 mijl**  **Atac** Michielsen Tom 5’00”06 Gent 27/12/10

**3000 meter**  **Atac** Michielsen Tom 10’20”97 Helsinki (Fin) 15/04/12

**Avos** Janssens Koen 8’35”20 Gent 19/03/06

**Tuac** Smits Jef 9’19”96 Gent 10/02/95

**5000 meter**  **Atac** Michielsen Tom 18’34”50 Helsinki (Fin) 15/04/12

**3000 m Snelw.** **Tuac** Beckers Paul 13’13”45 Maastricht (Ned) 03/02/85 **Ver**  **Atac** Aerts Bram 6m49 Gent 08/01/11

**Avos** Van Alphen Hans 6m90 Gent 22/02/04

**Tuac** Jacobs Guy 6m52 Leuven 17/02/83

**Hinkstap** **Atac** Aerts Bram 12m80 Gent 25/01/09

**Avos** Fabri Tom 13m90 Gent 26/01/03

**Tuac** Verstraelen Hans 14m09 Leuven 24/01/96

**Hoog** **Atac** Michielsen Tom 1m85 Helsinki (Fin) 15/04/12

**Avos** Porto-Carrero Guy 1m87 Gent 09/03/03

**Tuac** Verstraelen Hans 1m95 Heverlee 09/12/97

**Polsstok** **Atac** Aerts Bram 3m42 Mol 24/01/10

**Avos** Quirijnen Kristof 4m30 Gent 27/02/05

**Kogel 7,250kg** **Atac** Janssen Robbe 12m26 Mol 17/12/16

**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

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|  | **60 meter Horden El (1m)** | | | |  | **60 meter Horden El (1,067m)** | | | |  |
|  | 1 | De Smedt Serge | 8”82 | ‘09 |  | 1 | De Smedt Serge | 9”50 | ‘09 |  |

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|  | **60 meter El** | | | |  |  | | | |  |
|  | 1 | De Smedt Serge | 7”71 | ‘12 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **Ver** | | | |  |
|  | 1 | De Smedt Serge | 2’52”84 | ‘13 |  | 1 | De Smedt Serge | 6m17 | ‘11 |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | De Smedt Serge | 1m69 | ‘09 |  | 1 | De Smedt Serge | 3m80 | ‘11 |  |

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|  | **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 9”24 Gent 05/02/17

**60 meter El** 1. De Smedt Serge 8”20 Gent 26/12/16

**1000 meter El** 1. De Smedt Serge 3’09”11 Gent 05/02/17

**Ver** 1. De Smedt Serge 5m23 Gent 05/02/17

**Hoog** 1. De Smedt Serge 1m49 Gent 05/02/17

**Polsstok** 1. De Smedt Serge 3m32 Tienen 25/02/17

**Kogel 7,250kg** 1. De Smedt Serge 9m74 Gent 05/02/17

**5-Kamp** 1. De Smedt Serge 2956p Gent 05/02/17

# indoor heren masters-M40

## 10 BESTE PRESTATIES Masters-m40

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|  | **60 m Horden (1m) El** | | | |  | **60 meter El** | | | |  |
|  | 1 | De Smedt Serge | 8”87 | ‘16 |  | 1 | De Smedt Serge | 7”78 | ‘16 |  |

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|  | **200 meter El** | | | |  | **300 meter El** | | | |  |
|  | 1 | De Smedt Serge | 25”49 | ‘15 |  | 1 | De Smedt Serge | 40”39 | ‘15 |  |

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|  | **1000 meter El** | | | |  | **Ver** | | | |  |
|  | 1 | De Smedt Serge | 2’52”95 | ‘16 |  | 1 | De Smedt Serge | 6m00 | ‘16 |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Bras Bart | 1m65 | ‘13 |  | 1 | De Smedt Serge | 3m70 | ‘16 |  |
|  | 2 | De Smedt Serge | 1m55 | ‘15 |  |  |  |  |  |  |

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|  | **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

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|  | **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 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 23/10/16 cross-cup

SCHOLIEREN De Beck Michael 15/64

Appels Pieter-jan 15/64

De Gruyter Joren 15/64

Van Bladel Robin (cad) 58/64

Mispoulier Senne (cad) 58/64

Verheyen Brent 58/64

SENIORES Vandenbulcke Frederik 77/99

D’Hooghe Robin 77/99

Vercauteren Sander 77/99

MASTERS De Smedt Serge 24/59

Swannet Kurt 24/59

Ameye Jo 24/59

## Mol 06/11/16 cross-cup

BENJAMINS ’09 Peeters Mil 21/30

BENJAMINS ’08 Van Bael Jim 10/32

Daeleman Jordy 20/32

Mertens Tim 27/32

PUPILLEN ’06 Van der Heyden Matthias 25/42

Goos Klaas 40/42

Buijs Lennert 41/42

JUNIORES Vercauteren Sander 19/38

Vandenbulcke Frederik 30/38

SENIORES Van Waeyenberghe Yelle 32/45

MASTERS Kerstens Michel 18/60

## neerpelt 13/11/16

MINIEMEN ‘04 Bertels Briek 2/23

Maes Runar 5/23

CADETTEN Mispoulier Senne 15/40

Goos Daan 26/40

Du Jardin Martin 29/40

SCHOLIEREN Appels Pieter-jan 4/32

De Beck Michael 11/32

Verheyen Brent 12/32

SENIORES Van Waeyenberghe Yelle 4/26

Sneyders Dieter 20/26

MASTERS Kerstens Michel 16/60

Ameye Jo 21/60

Chody Christian 31/60

Swannet Kurt 39/60

Peeraer Eddy 57/60

## DUFFEL 20/11/16

JUNIORES Vercauteren Sander 3/9

Vandenbulcke Frederik 7/9

SENIORES D’Hooghe Robin (korte cross) 21/35

# VeLDLOPEN HEREn 2

MASTERS Kerstens Michel 16/51

Meeuwsen Roger 38/51

## roeselare 27/12/16 cross-cup

JUNIORES Vercauteren Sander 8/29

Vandenbulcke Frederik 28/29

## aRENDONK 27/11/16

BENJAMINS ’09 Peeters Mil 4/18

BENJAMINS ’08 Van Bael Jim 6/21

Bertels Kerel 15/21

Mertens Tim 16/21

PUPILLEN ‘06 Artoos Daan 22/25

Buijs Lennert 23/25

Goos Klaas 24/25

MINIEMEN ‘05 **Tan Ruï 1/23**

Van Gestel Cis 6/23

Verschueren Bjarne 7/23

Berckvens Viktor 17/23

MINIEMEN ‘04 Graux Siebe 7/24

Maes Runar 8/24

Jacobs Joppe 16/24

Buijs Arne 21/24

CADETTEN De Smedt Rens 10/25

Mispoulier Senne 11/25

Leys Jules 12/25

Goos Daan 16/25

Du Jardin Mathieu 21/25

Du Jardin Martin 22/25

SCHOLIEREN Verheyen Brent 6/18

De Beck Michael 7/18

SENIORES Aerts Bram (korte cross) 19/20

Sneyders Dieter 15/15

MASTERS Kerstens Michel 11/47

Ameye Jo 19/47

Chody Christian 23/47

Meeuwsen Roger 36/47

De Smedt Serge 47/47

## wespelaar 04/12/16

SENIORES Sneyders Dieter 17/22

## bree 04/12/16

CADETTEN De Smedt Rens 15/36

Mispoulier Senne 16/36

SCHOLIEREN Appels Pieter-jan 3/21

De Beck Michael 10/21

MASTERS Kerstens Michel 18/53

De Smedt Serge 45/53

# VELDLOPEN HEREn 3

## booischot 11/12/16

BENJAMINS ’08 Van Bael Jim 8/24

Bertels Kerel 12/24

PUPILLEN ‘07 Vanbesien Benjamin 26/38

MINIEMEN ‘05 Tan Ruï 4/23

## gierle 18/12/16

BENJAMINS ’09 Peeters Mil 6/32

Crols Jelle 30/32

BENJAMINS ’08 Van Bael Jim 9/31

Wojtowicz Matt 11/31

Bertels Kerel 21/31

Mertens Tim 23/31

PUPILLEN ‘06 Van der Heyden Matthias 22/42

Buijs Lennert 28/42

Goos Klaas 30/42

MINIEMEN ‘05 Tan Ruï 2/35

Van Gestel Cis 11/35

Verschueren Bjarne 12/35

Wojtowicz Natan 13/35

Berckvens Viktor 27/35

Kwanten Rube 28/35

Pil Indio 33/35

MINIEMEN ‘04 Bertels Briek 5/32

Graux Siebe 9/32

Maes Runar 10/32

Buijs Arne 19/32

Jacobs Joppe 21/32

CADETTEN Mispoulier Senne 9/31

De Smedt Rens 13/31

Van Bladel Robin 22/31

Goos Daan 23/31

Du Jardin Martin 26/31

SCHOLIEREN Appels Pieter-jan 2/22

Verheyen Brent 12/22

De Beck Michael 13/22

JUNIORES Vandenbulcke Frederik 4/13

SENIORES Van Waeyenberghe Yelle 5/32

Sneyders Dieter 27/32

MASTERS Kerstens Michel 17/106

Ameye Jo 32/106

Swannet Kurt 59/106

Chody Christian 66/106

Meeuwsen Roger 74/106

De Smedt Serge 91/106

## hulshout 07/01/17

MINIEMEN ’05 **Tan Ruï 1/11\***

MASTERS +50 Kerstens Michel 3/25

# VELDLOPEN HEREn 4

## grimbergen 08/01/17

SENIORES Sneyders Dieter 32/35

MASTERS +50 Kerstens Michel 3/33

## HERENTALS 15/01/17

BENJAMINS ’08 Van Bael Jim 6/21

Bertels Kerel 11/21

Wojtowicz Matt 13/21

PUPILLEN ’06 Van der Heyden Matthias 34/48

Buijs Lennert 35/48

Goos Klaas 44/48

MINIEMEN ’05 Tan Ruï 8/32

Van Gestel Cis 14/32

Wojtowicz Natan 16/32

MINIEMEN ’04 Bertels Briek 11/41

Jacobs Joppe 32/41

Buijs Arne 34/41

CADETTEN Mispoulier Senne 11/34

Van Bladel Robin 23/34

Goos Daan 26/34

Du Jardin Martin 27/34

SCHOLIEREN De Gruyter Joren 6/31

De Beck Michael 16/31

SENIORES Sneyders Dieter 31/36

MASTERS +50 Kerstens Michel 2/40

Meeuwsen Roger 23/40

## kerkrade 15/01/17

SCHOLIEREN Appels Pieter-jan 7/33

SENIORES Van Waeyenberghe Yelle 19/42

## geel 22/01/17

BENJAMINS ’08 Wojtowicz Matt 11/21

PUPILLEN ‘06 Buijs Lennert 27/32

Goos Klaas 28/32

MINIEMEN ‘05 Tan Ruï 4/28

Wojtowicz Natan 10/28

Berckvens Viktor 18/28

MINIEMEN ’04 Maes Runar 6/27

Graux Siebe 9/27

Jacobs Joppe 20/27

Buijs Arne 21/27

CADETTEN Mispoulier Senne 5/28

Van Bladel Robin 14/28

Goos Daan 17/28

Du Jardin Martin 22/28

SCHOLIEREN De Beck Michael 4/21

SENIORES Van Waeyenberghe Yelle 4/13

Sneyders Dieter 10/13

# VELDLOPEN HEREn 5

MASTERS Chody Christian 29/59

Meeuwsen Roger 34/59

## hannuit 22/01/17 cross-cup

SCHOLIEREN Appels Pieter-jan 10/51

Verheyen Brent 24/51

## lier 29/01/17

BENJAMINS ’09 Peeters Mil 6/29

BENJAMINS ’08 Mertens Tim 14/20

MASTERS Kerstens Michel 7/50

## herentals 05/02/17 Prov.Kamp.

BENJAMINS ’09 Peeters Mil 9/42

BENJAMINS ‘08 Van Bael Jim 10/32

Bertels Kerel 16/32

Mertens Tim 23/32

PUPILLEN ’06 Van der Heyden Matthias 39/53

MINIEMEN ’05 Tan Ruï 2/35

Verschueren Bjarne 10/35

Van Gestel Cis 12/35

MINIEMEN ’04 Graux Siebe 5/35

Maes Runar 7/35

Bertels Briek 10/35

CADETTEN Mispoelier Senne 14/44

Du Jardin Martin 36/44

Goos Daan 37/44

Van Bladel Robin 38/44

SCHOLIEREN Appels Pieter-jan 6/35

De Gruyter Joren 7/35

De Beck Michael 13/35

JUNIORES **Vercauteren Sander 1/11**

Blevi Bavo (korte cross) 18/38

SENIORES D’Hooghe Robin (korte cross) 23/38

MASTERS +50 Kerstens Michel 2/48

Meeuwsen Roger 18/48

## rotselaar 12/02/17 KVV

MINIEMEN ’05 Berckvens Viktor 32/37\*

CADETTEN ’02 Mispoulier Senne 23/33

SCHOLIEREN ’01 Appels Pieter-jan 2/33

De Beck Michael 11/33

SCHOLIEREN ’00 Verheyen Brent 24/32

JUNIORES Vercauteren Sander 3/25

MASTERS M50 Kerstens Michel 7/41

Ameye Jo 12/41

MASTERS M55 Meeuwsen Roger 10/15

# VELDLOPEN HEREn 6

## lommel 19/02/17

BENJAMINS ’08 Van Bael Jim 7/21

PUPILLEN ’06 Goos Klaas 25/35

CADETTEN Du Jardin Martin 18/35

Goos Daan 20/35

## lebbeke 26/02/17

SCHOLIEREN Appels Pieter-jan 4/21

JUNIORES Vandenbulcke Frederik 11/13

MASTERS +50 Kerstens Michel 3/23

Ameye Jo 7/23

## Essen 05/03/17

MINIEMEN ’05 Tan Ruï 4/19

Berckvens Viktor 15/19

MINIEMEN ’04 Maes Runar 5/16

CADETTEN De Smedt Rens 7/21

JUNIORES Blevi Bavo 2/6

MASTERS Kerstens Michel 5/31

Meeuwsen Roger 17/31

De Smedt Serge 22/31

## wachtebeke 12/03/17 BELG. KAMP. & cross-cup

MINIEMEN ’05 Tan Ruï 20/110

MINIEMEN ’04 Maes Runar 41/86

CADETTEN ’03 Du Jardin Martin 62/83

Goos Daan 63/83

CADETTEN ’02 Mispoulier Senne 51/73

SCHOLIEREN ‘01 Appels Pieter-jan 2/72

De Beck Michael 48/72

SCHOLIEREN ‘00 Verheyen Brent 42/73

JUNIORES Vercauteren Sander 6/75

Vandenbulcke Frederik 45/75

SENIORES D’Hooghe Robin (korte cross) 84/155

## lokeren 19/03/17 belg. kamp. masters

MASTERS M50 Kerstens Michel 5/39

MASTERS M55 Ameye Jo 10/25

Meeuwsen Roger 16/25

\* komt niet in aanmerking voor het wintercriterium

# HEREN KLASSEMENT VELDLOOP

Klassement opgemaakt met de 5 beste veldloopprestaties

## benjamins

1. Van Bael Jim 29,73p
2. Peeters Mil 30,61p
3. Bertels Kerel 58,30p
4. Mertens Tim 75,32p

## pupillen

1. Buijs Lennert 82,71p
2. Goos Klaas 83,44p

## miniemen

1. Tan Ruï 9,48p
2. Maes Runar 25,29p
3. Graux Siebe 27,02p
4. Van Gestel Cis 37,10p
5. Jacobs Joppe 71,29p
6. Berckvens Viktor 74,76p
7. Buijs Arne 75,46p

## cadetten

1. Mispoulier Senne 29,70p
2. Goos Daan 64,18p
3. Du Jardin Martin 71,31p
4. Van Bladel Robin 73,11p

## scholieren

1. Appels Pieter-jan 8,94p
2. De Beck Michael 29,46p
3. Verheyen Brent 45,99p

## juNIORES

1. Vercauteren Sander 16,19p

2. Vandenbulcke Frederik 66,18p

## SENIORES

1. Van Waeyenberghe Yelle 36,99p
2. Sneyders Dieter 80,31p

# HEREN KLASSEMENT VELDLOOP

## masters

1. Kerstens Michel 8,61p
2. Ameye Jo 32,91p
3. Meeuwsen Roger 54,29p
4. De Smedt Serge 76,47p

# ben/pup/min heren eindklassement winter

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Peeters Mil*** | | |  |  | | |
| 5 crossen | 30,61 | 694p |  |  |  |  |
| 50m | 9”06 | 327p |  |  |  |  |
| Ver | 2m98 | 138p |  |  |  |  |
| Hoog | 0m85 | 86p\* |  |  |  |  |
| Kogel | 5m89 | 274p |  |  |  |  |
| **Totaal** |  | **1433p** |  |  |  |  |

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Buijs Lennert*** | | |  |  | | |
| 5 crossen | 82,71 | 173p |  |  |  |  |
| 50m | 8”62 | 431p |  |  |  |  |
| Ver | 2m94 | 130p\* |  |  |  |  |
| Hoog | 1m05 | 235p |  |  |  |  |
| Kogel | 5m91 | 275p |  |  |  |  |
| **Totaal** |  | **1114p** |  |  |  |  |

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***1. Graux Siebe*** | | |  | ***2. Tan Ruï*** | | |
| 5 crossen | 27,02 | 730p |  | 5 crossen | 9,48 | 906p |
| 50mH | 7”66 | 700p |  |  |  |  |
| 50m | 8”30 | 514p |  | 50m | 7”72 | 682p |
|  |  |  |  | 60m | 8”97 | 672p\* |
| Ver | 3m94 | 340p\* |  | Ver | 3m80 | 308p\* |
| Hoog | 1m20 | 369p |  | Hoog | 1m25 | 417p |
| Kogel | 8m74 | 463p |  | Kogel | 4m85 | 206p |
| **Totaal** |  | **2262p** |  | **Totaal** |  | **2211p** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***3. Jacobs Joppe*** | | |  | ***4. Berckvens Viktor*** | | |
| 5 crossen | 71,29 | 288p |  | 5 crossen | 74,76 | 253p |
|  |  |  |  | 60mH | 12”09 | 386p\* |
| 50m | 7”87 | 636p |  | 50m | 8”30 | 514p\* |
|  |  |  |  | 60m | 9”48 | 543p |
| Ver | 3m99 | 352p\* |  | Ver | 3m21 | 181p\* |
| Hoog | 1m20 | 369p |  | Hoog | 1m25 | 417p |
| Kogel | 7m05 | 350p |  | Kogel | 7m15 | 357p |
| **Totaal** |  | **1643p** |  | **Totaal** |  | **1570p** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Buijs Arne*** | | |  | |  | | |
| 5 crossen | 75,46 | 246p |  | |  |  |  |
| 50mH | 11”81 | 174p\* |  | |  |  |  |
| 50m | 8”07 | 578p |  | |  |  |  |
| Ver | 3m72 | 289p\* |  | |  |  |  |
| Hoog | 1m20 | 369p |  | |  |  |  |
| Kogel | 4m82 | 204p |  | |  |  |  |
| **Totaal** |  | **1397p** |  | |  |  |  |
|  | | | | |

# outdoor heren benjamins

## jaarprestaties benjamins

**60 meter** 1. Daeleman Jordy 9”6 Arendonk 22/04/17

2. Peeters Mil 10”3 Arendonk 22/04/17

3. Van Lommel Joannes 10”6 Vosselaar 02/09/17

4. Mertens Tim 10”9 Vosselaar 02/09/17

**60 meter El** 1. Van Bael Jim 9”90 Turnhout 13/04/17

2. Peeters Mil 10”47 Westmalle 17/09/17

**600 meter** 1. Peeters Mil 2’16”5 Lille 20/05/17

2. Mertens Tim 2’20”1 Vosselaar 02/09/17

3. Van Lommel Joannes 2’26”9 Vosselaar 02/09/17

4. Daelemans Jordy 2’37”7 Arendonk 22/04/17

**600 meter El** 1. Peeters Mil 2’19”32 Westmalle 17/09/17

**Ver** 1. Daeleman Jordy 3m43 Arendonk 22/04/17

2. Van Lommel Joannes 3m16 Vosselaar 02/09/17

3. Peeters Mil 3m12 Vosselaar 02/09/17

4. Van Bael Jim 2m88 Turnhout 15/04/17

5. Mertens Tim 2m86 Vosselaar 02/09/17

**Hoog** 1. Peeters Mil 0m95 Lille 20/05/17

**Kogel 1kg** 1. Peeters Mil 6m80 Lille 20/05/17

2. Van Lommel Joannes 6m71 Vosselaar 02/09/17

3. Van Bael Jim 6m17 Turnhout 15/04/17

4. Mertens Tim 4m98 Vosselaar 02/09/17

**Hockeybal** 1. Peeters Mil 26m92 Arendonk 22/04/17

2. Daeleman Jordy 22m49 Arendonk 22/04/17

3. Van Bael Jim 19m82 Turnhout 15/04/17

**4-Kamp** 1. Daeleman Jordy 1130p Arendonk 22/04/17

2. Peeters Mil 1127p Lille 20/05/17

## 10 Beste prestaties benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Daeleman Jordy | 9”6 | ‘17 |  |
|  | 5 | Van Bael Jim | 9”90 | ‘17 |  | 5 | Vervloet Storm | 9”7 | ‘15 |  |
|  | 6 | Van Gool Milan | 10”00 | ‘12 |  | 6 | Van Gool Milan | 9”9 | ‘12 |  |
|  | 7 | Naessens Olivier | 10”08 | ‘09 |  | 7 | Leys Jules | 10”0 | ‘11 |  |
|  | 8 | Joppen Warre | 10”12 | ‘16 |  | 8 | Matthé Flor | 10”1 | ‘09 |  |
|  | 9 | Matthé Flor | 10”16 | ‘09 |  | 9 | Berckvens Viktor | 10”2 | ‘14 |  |
|  | 10 | Degroote Floris | 10”25 | ‘13 |  | 10 | Zahdali Hanza | 10”2 | ‘16 |  |

# outdoor heren benjamins

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Daeleman Jordy | 3m43 | ‘17 |  |
|  | 6 | Vanommeslaeghe Noa | 0m95 | ‘11 |  | 6 | Otten Stan | 3m42 | ‘13 |  |
|  | 7 | Thompson David | 0m95 | ‘14 |  | 7 | Tan Ruï | 3m38 | ‘14 |  |
|  | 8 | Peeters Mil | 0m95 | ‘17 |  | 8 | Meerts Stijn | 3m35 | ‘13 |  |
|  | 9 | Van Stappen Joren | 0m92 | ‘09 |  | 9 | Vervloet Storm | 3m33 | ‘15 |  |
|  | 10 | Matthé Flor | 0m90 | ‘09 |  | 10 | Janssens Quinten | 3m22 | ‘09 |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Peeters Mil | 26m92 | ‘17 |  |
|  | 9 | Breugelmans Thiebe | 7m53 | ‘11 |  | 9 | Bax Xander | 25m84 | ‘10 |  |
|  | 10 | Vervloet Storm | 7m46 | ‘15 |  | 10 | Naessens Olivier | 25m19 | ‘09 |  |

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|  | **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 | Daeleman Jordy | 1130p | ‘17 |  |  |  |  |  |  |
|  | 10 | Peeters Mil | 1127p | ‘17 |  |  |  |  |  |  |

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| **Aflossing 4 x 60 meter El** | | | |
| 1 | Vanmechelen Bram – Nys Jens – Breugelmans Thiebe – Leys Jules | 42”73 | ‘11 |
| 2 | Matthé Flor – Lauwers Senne – Breugelmans Michiel – Vosters Wout | 43”05 | ‘09 |
| 3 | Breugelmans Michiel – Lauwers Senne – Verheyen Brent – Vosters Wout | 43”52 | ‘09 |
| 4 | Matthé Flor – Lauwers Senne – Verheyen Brent – Vosters Wout | 45”77 | ‘09 |
| 5 | Leys Jules – Vanmechelen Bram – Bax Xander – Vosters Wout | 45”79 | ‘10 |
| 6 | Vanmechelen Bram – Janssens Quinten – Matthé Vic – Naessens Olivier | 47”23 | ‘09 |
| 7 | Vanmechelen Bram – Breugelmans Thiebe – Haest Jelle – Janssens Quinten | 51”45 | ‘09 |

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| **Aflossing 3 x 600 meter El** | | | |
| 1 | Lauwers Senne – Vanmechelen Bram – Vosters Wout | 7’15”26 | ‘10 |

# outdoor heren benjamins

## clubrecords benjamins

**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

**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

**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. Thompson David 11”98 Turnhout 15/04/17

2. Vervloet Storm 13”94 Lier 30/04/17

3. Buijs Lennert 16”09 Turnhout 15/04/17

**60 meter**  1. Thompson David 8”8 Arendonk 22/04/17

2. Joffre Buetusukina 9”2 Turnhout 20/08/17

3. Goos Klaas 9”6 Vosselaar 02/09/17

4. Vervloet Storm 9”8 Lille 20/05/17

5. Buijs Lennert 10”1 Lille 20/05/17

# outdoor heren pupillen

**60 meter El** 1. Thompson David 8”87 Turnhout 20/08/17

2. Goos Klaas 9”58 Herentals 17/04/17

3. Vervloet Storm 9”74 Turnhout 20/08/17

4. Buijs Lennert 10”05 Westmalle 17/09/17

5. Van der Heyden Matthias 11”07 Turnhout 15/04/17

**1000 meter** 1. Thompson David 3’50”3 Lille 20/05/17

2. Goos Klaas 3’52”9 Vosselaar 02/09/17

3. Buijs Lennert 3’55”2 Lille 20/05/17

**1000 meter El** 1. Goos Klaas 3’54”89 Westmalle 17/09/17

2. Thompson David 4’04”40 Turnhout 20/08/17

3. Vervloet Storm 4’06”60 Turnhout 20/08/17

4. Buijs Lennert 4’07”70 Turnhout 20/08/17

**Ver** 1. Thompson David 4m26 Westmalle 17/09/17

2. Vervloet Storm 3m51 Lier 30/04/17

3. Goos Klaas 3m49 Westmalle 17/09/17

4. Buijs Lennert 3m22 Herenthout 11/06/17

5. Joffre Buetusukina 2m81 Turnhout 20/08/17

**Hoog** 1. Thompson David 1m28 Turnhout 15/04/17

2. Goos Klaas 1m05 Vosselaar 02/09/17

3. Buijs Lennert 1m04 Turnhout 15/04/17

4. Van der Heyden Matthias 0m92 Turnhout 15/04/17

**Kogel 2kg** 1. Thompson David 9m12 Brasschaat 24/06/17

2. Vervloet Storm 7m93 Turnhout 20/08/17

3. Joffre Buetusukina 6m73 Turnhout 20/08/17

4. Buijs Lennert 6m17 Turnhout 15/04/17

5. Goos Klaas 5m53 Lier 05/06/17

**Hockeybal** 1. Goos Klaas 30m86 Vosselaar 02/09/17

2. Buijs Lennert 30m39 Westmalle 17/09/17

3. Thompson David 30m19 Westmalle 17/09/17

4. Vervloet Storm 20m33 Lille 20/05/17

**Discus 600g** 1. Goos Klaas 14m54 Westmalle 17/09/17

2. Buijs Lennert 14m42 Westmalle 17/09/17

**4-Kamp** 1. Thompson David 1850p Arendonk 22/04/17

2. Vervloet Storm 1406p Turnhout 20/08/17

3. Goos Klaas 1188p Lille 20/05/17

4. Buijs Lennert 1120p Lille 20/05/17

5. Joffre Buetusukina 989p Turnhout 20/08/17

**Aflossing 4 x 60 meter El**

1. Vervloet Storm – Joffre Buetusukina – Buijs Lennert – Thompson David

36”60 Turnhout 20/08/17

2. Vervloet Storm – Goos Klaas – Buijs Lennert – Thompson David

37”78 Lier 30/04/17

# outdoor heren pupillen

## 10 Beste Prestaties pupillen

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|  | **60 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Thompson David | 11”98 | ‘17 |  |  |  |  |  |  |
|  | 2 | Leys Jules | 12”45 | ‘13 |  |  |  |  |  |  |
|  | 3 | Tan Ruï | 12”57 | ‘16 |  |  |  |  |  |  |
|  | 4 | Van Gool Milan | 12”66 | ‘13 |  |  |  |  |  |  |
|  | 5 | Leys Lode | 12”84 | ‘11 |  |  |  |  |  |  |
|  | 6 | Berckvens Viktor | 13”19 | ‘16 |  |  |  |  |  |  |
|  | 7 | Matthé Flor | 13”20 | ‘10 |  |  |  |  |  |  |
|  | 8 | Thompson Holy-i | 13”23 | ‘15 |  |  |  |  |  |  |
|  | 9 | Vosters Wout | 13”54 | ‘12 |  |  |  |  |  |  |
|  | 10 | Vervloet Storm | 13”88 | ‘16 |  |  |  |  |  |  |

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|  | **60 meter El** | | | |  | **60 meter** | | | |  |
|  | 1 | Thompson David | 8”87 | ‘17 |  | 1 | Thompson David | 8”8 | ‘17 |  |
|  | 2 | Appels Pieter-jan | 8”98 | ‘12 |  | 2 | Vosters Wout | 9”1 | ‘12 |  |
|  | 3 | Vosters Wout | 9”09 | ‘12 |  | 3 | Tan Ruï | 9”1 | ‘16 |  |
|  | 4 | Thompson Holy-i | 9”18 | ‘15 |  | 4 | Joffre Buetusukina | 9”2 | ‘17 |  |
|  | 5 | Leys Lode | 9”31 | ‘11 |  | 5 | Leys Lode | 9”3 | ‘11 |  |
|  | 6 | Tan Ruï | 9”31 | ‘16 |  | 6 | Thompson Holy-i | 9”3 | ‘15 |  |
|  | 7 | Gevers Warre | 9”38 | ‘09 |  | 7 | Van Gool Milan | 9”4 | ‘13 |  |
|  | 8 | Van Gool Milan | 9”44 | ‘14 |  | 8 | Broeckx Mattice | 9”4 | ‘15 |  |
|  | 9 | Janssen Rune | 9”52 | ‘15 |  | 9 | De Baere Wannes | 9”5 | ‘10 |  |
|  | 10 | Broeckx Mattice | 9”53 | ‘15 |  | 10 | Janssen Kobe | 9”5 | ‘13 |  |

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|  | **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 |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Thompson David | 4m26 | ‘17 |  | 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 |  |

# outdoor heren pupillen

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|  | **Kogel 2kg** | | | |  | Discus 600g | | | |  |
|  | 1 | Thompson David | 9m12 | ‘17 |  | 1 | Berckvens Viktor | 25m76 | ‘16 |  |
|  | 2 | Vosters Wout | 8m61 | ‘12 |  | 2 | De Smedt Rens | 18m55 | ‘13 |  |
|  | 3 | Berckvens Viktor | 8m35 | ‘16 |  | 3 | Otten Stan | 18m52 | ‘15 |  |
|  | 4 | Otten Stan | 8m28 | ‘15 |  | 4 | Vosters Wout | 18m30 | ‘12 |  |
|  | 5 | Van Gorp Berrie | 8m00 | ‘15 |  | 5 | Van Gool Milan | 17m96 | ‘13 |  |
|  | 6 | Vervloet Storm | 7m93 | ‘17 |  | 6 | Deckers Milan | 16m85 | ‘15 |  |
|  | 7 | Van Gool Milan | 7m76 | ‘14 |  | 7 | Vervloet Storm | 16m40 | ‘16 |  |
|  | 8 | De Smedt Rens | 7m56 | ‘13 |  | 8 | Vanmechelen Bram | 15m83 | ‘13 |  |
|  | 9 | Falleyn Jore | 7m50 | ‘12 |  | 9 | Geudens Bram | 15m25 | ‘12 |  |
|  | 10 | Janssens Quinten | 7m46 | ‘11 |  | 10 | Goos Klaas | 14m54 | ‘17 |  |

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|  | 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 |  |

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| **Aflossing 4 x 60 meter El** | | | |
| 1 | Vervloet Storm – Joffre Buetusukina – Buijs Lennert – Thompson David | 36”60 | ‘17 |
| 2 | Vervloet Storm – Berckvens Viktor – Buijs Lennert – Tan Ruï | 36”70 | ‘16 |
| 3 | Vervloet Storm – Berckvens Viktor – Buijs Lennert – Thompson David | 37”39 | ‘16 |
| 4 | Vervloet Storm – Goos Klaas – Buijs Lennert – Thompson David | 37”78 | ‘17 |
| 5 | Tan Ruï – Broeckx Mattice – Buijs Arne – Berckvens Viktor | 38”35 | ‘15 |
| 6 | Berckvens Viktor – Deckers Milan – Tan Ruï – Thompson Holy-i | 38”61 | ‘15 |
| 7 | Leys Lode – Verheyen Brent – Janssens Quinten – Vosters Wout | 38”66 | ‘11 |
| 8 | Appels Pieter-jan – Geudens Bram – Falleyn Jore – Vosters Wout | 39”72 | ‘12 |
| 9 | Druyts Pieter – Van Gestel Axel – Michielsen Robbe – Breugelmans Michiel | 39”88 | ‘11 |
| 10 | Van der Heyden Matthias – Van Gestel Cis – Joppen Warre – Thompson David | 39”94 | ‘16 |

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| **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** Thompson David 11”98 Turnhout 15/04/17

**Avos** Sneyders Jente 10”62 Nijvel 25/09/04

**Tuac** Quirijnen Kristof 10”80 Merksem 21/05/95

**60 meter** **Atac** Thompson David 8”87 Turnhout 20/08/17

**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

**800 meter** **Avos** Wouters Rik 2’39”0 Turnhout 07/06/87

**Tuac** De Keyser Rudi 2’30”9 Hechtel 16/07/86

# outdoor heren pupillen

**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 4m26 Westmalle 17/09/17

**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** Thompson David 9m12 Brasschaat 24/06/17

**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

**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 – Joffre Buetusukina – Buijs Lennert – Thompson D.

36”60 Turnhout 20/08/17

**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. Thompson Holy-i 15”98 Turnhout 15/04/17

2. Berckvens Viktor 16”00 Brasschaat 24/06/17

3. Buijs Arne 18”43 Lier 30/04/17

**150 meter H El** 1. Otten Stan 21”12 Mol 30/09/17

2. Berckvens Viktor 25”33 Mol 30/09/17

**80 meter** 1. Otten Stan 10”5 Vosselaar 02/09/17

2. Thompson Holy-i 10”8 Vosselaar 02/09/17

3. Graux Siebe 11”1 Herenthout 11/06/17

# outdoor heren miniemen

4. Jacobs Joppe 11”6 Lille 20/05/17

5. Berckvens Viktor 11”6 Vosselaar 02/09/17

6. Jochems Quinten 11”9 Lille 20/05/17

7. Broeckx Mattice 11”9 Vosselaar 02/09/17

8. Jochems Bastiaan 12”1 Lille 20/05/17

9. Tan Ruï 12”2 Vosselaar 02/09/17

10. Buijs Arne 12”4 Herenthout 11/06/17

**80 meter El** 1. Otten Stan 10”71 Mol 30/09/17

2. Thompson Holy-i 10”92 Turnhout 20/08/17

3. Graux Siebe 11”16 Westmalle 17/09/17

4. Broeckx Mattice 11”42 Heusden 30/07/17

5. Otokan Mohase 11”67 Turnhout 20/08/17

6. Tan Ruï 11”73 Mol 16/07/17

7. Berckens Viktor 11”83 Westmalle 17/09/17

8. Jochems Quinten 11”88 Duffel 25/05/17

9. Geysen Rune 12”00 Geel 07/05/17

10. Jacobs Joppe 12”00 Geel 07/05/17

11. Jochems Bastiaan 12”26 Duffel 25/05/17

12. Maes Runar 12”31 Turnhout 20/08/17

13. Degroote Floris 12”69 Turnhout 20/08/17

14. Buijs Arne 12”76 Turnhout 20/08/17

15. Van Gestel Cis 13”30 Turnhout 20/08/17

**100 meter El** 1. Broeckx Mattice 14”46 Hulshout 26/04/17

**150 meter El** 1. Thompson Holy-i 20”58 Brasschaat 24/06/17

2. Broeckx Mattice 21”23 Brasschaat 24/06/17

3. Jochems Bastiaan 23”30 Brasschaat 24/06/17

4. Jochems Quinten 23”95 Lier 30/04/17

5. Berckvens Viktor 24”00 Lier 30/04/17

**300 meter**  1. Graux Siebe 46”6 Herenthout 11/06/17

2. Berckvens Viktor 51”2 Herenthout 11/06/17

3. Jacobs Joppe 51”7 Herenthout 11/06/17

4. Buijs Arne 53”2 Herenthout 11/06/17

**300 meter El** 1. Graux Siebe 46”04 Turnhout 15/04/17

2. Broeckx Mattice 46”97 Lier 30/04/17

3. Thompson Holy-i 47”67 Turnhout 15/04/17

4. Buijs Arne 49”93 Lier 30/04/17

5. Berckvens Viktor 52”72 Turnhout 15/04/17

6. Jacobs Joppe 53”29 Turnhout 15/04/17

7. Geysen Rune 53”75 Turnhout 15/04/17

8. Jochems Quinten 53”98 Turnhout 15/04/17

9. Jochems Bastiaan 56”95 Turnhout 15/04/17

**1000 meter** 1. Graux Siebe 3’14”5 Lille 20/05/17

2. Tan Ruï 3’25”5 Vosselaar 02/09/17

3. Otten Stan 3’27”9 Lille 20/05/17

4. Thompson Holy-i 3’29”9 Lille 20/05/17

5. Jacobs Joppe 3’35”8 Lille 20/05/17

6. Van Gestel Cis 3’39”2 Vosselaar 02/09/17

7. Berckvens Viktor 3’40”5 Lille 20/05/17

# outdoor heren miniemen

8. Roovers Felix 3’42”9 Vosselaar 02/09/17

9. Buijs Arne 3’51”1 Vosselaar 02/09/17

10. Broeckx Mattice 3’58”4 Vosselaar 02/09/17

11. Jochems Quinten 4’00”9 Vosselaar 02/09/17

12. Jochems Bastiaan 4’02”1 Vosselaar 02/09/17

**1000 meter El** 1. Graux Siebe 3’14”60 Westmalle 17/09/17

2. Tan Ruï 3’20”94 Mol 16/07/17

3. Maes Runar 3’22”20 Lier 30/04/17

4. Thompson Holy-i 3’22”20 Turnhout 20/08/17

5. Otten Stan 3’30”30 Geel 07/05/17

6. Berckvens Viktor 3’37”54 Westalle 17/09/17

7. Jacobs Joppe 3’42”20 Geel 07/05/17

8. Otokan Mohase 3’43”30 Turnhout 20/08/17

9. Degroote Floris 3’44”20 Turnhout 20/08/17

10. Van Gestel Cis 3’44”90 Turnhout 20/08/17

11. Roovers Felix 3’45”45 Lier 30/04/17

12. Broeckx Mattice 3’47”00 Geel 07/05/17

13. Buijs Arne 3’56”30 Turnhout 20/08/17

14. Jochems Quinten 3’57”60 Turnhout 20/08/17

15. Geysen Rune 4’05”60 Geel 07/05/17

16. Jochems Bastiaan 4’10”30 Turnhout 20/08/17

**Ver** 1. Otten Stan 5m04 Vosselaar 02/09/17

2. Thompson Holy-i 4m87 Turnhout 20/08/17

3. Graux Siebe 4m36 Geel 07/05/17

4. Jacobs Joppe 4m16 Geel 07/05/17

5. Broeckx Mattice 4m15 Tessenderlo 08/09/17

6. Berckvens Viktor 3m97 Vosselaar 02/09/17

7. Tan Ruï 3m89 Vosselaar 02/09/17

8. Geysen Rune 3m86 Geel 07/05/17

9. Buijs Arne 3m83 Vosselaar 02/09/17

10. Degroote Floris 3m60 Turnhout 20/08/17

11. Jochems Quinten 3m58 Turnhout 20/08/17

12. Maes Runar 3m57 Turnhout 20/08/17

13. Jochems Bastiaan 3m55 Brasschaat 24/06/17

14. Van Gestel Cis 3m29 Turnhout 20/08/17

15. Otokan Mohase 3m24 Turnhout 20/08/17

**Hoog** 1. Thompson Holy-i 1m46 Lier 05/06/17

2. Jochems Quinten 1m40 Lier 30/04/17

3. Berckvens Viktor 1m40 Westmalle 17/09/17

4. Otten Stan 1m40 Westmalle 17/09/17

5. Graux Siebe 1m30 Vosselaar 02/09/17

6. Tan Ruï 1m30 Vosselaar 02/09/17

7. Jacobs Joppe 1m25 Lier 30/04/17

8. Jochems Bastiaan 1m25 Duffel 25/05/17

9. Broeckx Mattice 1m25 Heusden 30/07/17

10. Buijs Arne 1m25 Vosselaar 02/09/17

11. Degroote Floris 1m20 Turnhout 20/08/17

12. Otokan Mohase 1m20 Turnhout 20/08/17

13. Van Gestel Cis 1m20 Westmalle 17/09/17

14. Maes Runar 1m10 Turnhout 20/08/17

# outdoor heren miniemen

**Polsstok** 1. Graux Siebe 2m21 Turnhout 15/04/17

2. Broeckx Mattice 1m95 Vosselaar 02/09/17

3. Geysen Rune 1m80 Turnhout 15/04/17

4. Berckvens Viktor 1m70 Mol 30/09/17

5. Buijs Arne 1m50 Turhout 15/04/17

6. Jacobs Joppe 1m50 Turnhout 15/04/17

**Kogel 3kg** 1. Otten Stan 11m21 Tessenderlo 08/09/17

2. Graux Siebe 9m77 Geel 07/05/17

3. Thompson Holy-i 8m50 Lille 20/05/17

4. Geysen Rune 7m72 Lier 30/04/17

5. Broeckx Mattice 7m68 Tessenderlo 08/09/17

6. Jacobs Joppe 6m95 Tongerlo 08/04/17

7. Berckvens Viktor 6m95 Arendonk 22/04/17

8. Otokan Mohase 6m72 Turnhout 20/08/17

9. Jochems Quinten 6m63 Lille 20/05/17

10. Degroote Floris 6m12 Turnhout 20/08/17

11. Jochems Bastiaan 5m77 Turnhout 20/08/17

12. Buijs Arne 5m71 Turnhout 20/08/17

13. Maes Runar 5m11 Turnhout 20/08/17

14. Van Gestel Cis 3m98 Turnhout 20/08/17

**Discus 750g** 1. Otten Stan 33m91 Westmalle 17/09/17

2. Graux Siebe 28m97 Herenthout 11/06/17

3. Berckvens Viktor 25m72 Herenthout 11/06/17

4. Thompson Holy-i 19m02 Lille 20/05/17

5. Jochems Quinten 17m00 Lille 20/05/17

6. Jacobs Joppe 16m38 Herenthout 11/06/17

7. Tan Ruï 15m25 Mol 30/09/17

8. Jochems Bastiaan 14m57 Lille 20/05/17

9. Buijs Arne 12m74 Herenthout 11/06/17

**Speer 400g** 1. Graux Siebe 36m58 Geel 07/05/17

2. Otten Stan 32m96 Vosselaar 02/09/17

3. Berckvens Viktor 27m49 Vosselaar 02/09/17

4. Thompson Holy-i 23m25 Vosselaar 02/09/17

5. Jacobs Joppe 22m80 Geel 07/05/17

6. Geysen Rune 22m35 Geel 07/05/17

7. Broeckx Mattice 19m30 Geel 07/05/17

8. Jochems Quinten 16m51 Vosselaar 02/09/17

9. Jochems Bastiaan 15m88 Vosselaar 02/09/17

10. Tan Ruï 13m12 Westmalle 17/09/17

11. Van Gestel Cis 11m77 Westmalle 17/09/17

12. Buijs Arne 11m49 Turnhout 15/04/17

**5-Kamp** 1. Thompson Holy-I 3097p Turnhout 20/08/17

2. Graux Siebe 2996p Geel 07/05/17

3. Otten Stan 2901p Geel 07/05/17

4. Jacobs Joppe 2135p Geel 07/05/17

5. Berckvens Viktor 2095p Lille 20/05/17

6. Otokan Mohase 2007p Turnhout 20/08/17

7. Jochems Quinten 1983p Turnhout 20/08/17

8. Broeckx Mattice 1981p Geel 07/05/17

9. Geysen Rune 1945p Geel 07/05/17

# outdoor heren miniemen

10. Maes Runar 1911p Turnhout 20/08/17

11. Degroote Floris 1840p Turnhout 20/08/17

12. Jochems Bastiaan 1630p Turnhout 20/08/17

13. Buijs Arne 1578p Turnhout 20/08/17

14. Van Gestel Cis 1483p Turnhout 20/08/17

**Aflossing 4 x 80 meter El**

1. Broeckx Mattice – Graux Siebe – Berckvens Viktor – Otten Stan

43”19 Westmalle 17/09/17

2. Broeckx Mattice – Jacobs Joppe – Graux Siebe – Thompson Holy-i

45”45 Lier 30/04/17

3. Van Gestel Cis – Degroote Floris – Maes Runar – Thompson Holy-i

45”60 Turnhout 20/08/17

4. Berckvens Viktor – Jochems Bastiaan – Buijs Arne – Geysen Rune

48”82 Lier 30/04/17

**Aflossing 3 x 600 meter El**

1. Jacobs Joppe – Berckvens Viktor – Graux Siebe

5’55”00 Tongerlo 08/04/17

## 10 Beste Prestaties miniemen

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|  | **80 meter Horden El** | | | |  | **150 meter Horden El** | | | |  |
|  | 1 | Dom Stijn | 14”23 | ‘12 |  | 1 | Otten Stan | 21”12 | ‘17 |  |
|  | 2 | Leys Jules | 14”95 | ‘15 |  | 2 | Janssen Kobe | 24”73 | ‘14 |  |
|  | 3 | Thompson Holy-i | 15”98 | ‘17 |  | 3 | Berckvens Viktor | 25”33 | ‘17 |  |
|  | 4 | Berckvens Viktor | 16”00 | ‘17 |  | 4 | De Smedt Rens | 26”97 | ‘15 |  | |
|  | 5 | Leys Lode | 16”62 | ‘12 |  |  |  |  |  |  | |
|  | 6 | Falleyn Jore | 16”93 | ‘14 |  |  |  |  |  |  | |
|  | 7 | Buijs Arne | 17”63 | ‘16 |  |  |  |  |  |  | |
|  | 8 | De Baere Wannes | 18”36 | ‘11 |  |  |  |  |  |  |
|  | 9 | Bogaerts Fik | 19”07 | ‘13 |  |  |  |  |  |  |
|  | 10 | Geudens Bram | 19”69 | ‘14 |  |  |  |  |  |  |

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|  | **80 meter El** | | | |  | **80 meter** | | | |  |
|  | 1 | Broeckx Xander | 10”15 | ‘15 |  | 1 | Broeckx Xander | 10”0 | ‘15 |  |
|  | 2 | Otten Stan | 10”71 | ‘17 |  | 2 | Otten Stan | 10”5 | ‘17 |  |
|  | 3 | Servotte Seppe | 10”75 | ‘10 |  | 3 | Leys Jules | 10”6 | ‘15 |  |
|  | 4 | Dom Stijn | 10”82 | ‘12 |  | 4 | Leys Lode | 10”7 | ‘13 |  |
|  | 5 | Leys Lode | 10”91 | ‘13 |  | 5 | Thompson Holy-i | 10”8 | ‘17 |  |
|  | 6 | Thompson Holy-i | 10”92 | ‘17 |  | 6 | Appels Pieter-jan | 10”9 | ‘14 |  |
|  | 7 | Leys Jules | 11”07 | ‘15 |  | 7 | Janssen Kobe | 11”0 | ‘15 |  |
|  | 8 | Daniëls Bart | 11”16 | ‘14 |  | 8 | Servotte Seppe | 11”1 | ‘10 |  |
|  | 9 | Graux Siebe | 11”16 | ‘17 |  | 9 | Dom Stijn | 11”1 | ‘12 |  |
|  | 10 | Janssen Kobe | 11”23 | ‘15 |  | 10 | Graux Siebe | 11”1 | ‘17 |  |

# outdoor heren miniemen

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|  | **100 meter El** | | | |  | **150 meter El** | | | |  |
|  | 1 | Broeckx Mattice | 14”46 | ‘17 |  | 1 | Broeckx Xander | 19”18 | ‘15 |  |
|  |  |  |  |  |  | 2 | Leys Jules | 19”82 | ‘15 |  |
|  |  |  |  |  |  | 3 | Janssen Kobe | 20”53 | ‘15 |  |
|  |  |  |  |  |  | 4 | Thompson Holy-i | 20”58 | ‘17 |  |
|  |  |  |  |  |  | 5 | Dom Stijn | 20”64 | ‘12 |  |
|  |  |  |  |  |  | 6 | Broeckx Mattice | 21”23 | ‘17 |  |
|  |  |  |  |  |  | 7 | Leys Lode | 21”45 | ‘12 |  |
|  |  |  |  |  |  | 8 | Vanmechelen Bram | 21”65 | ‘15 |  |
|  |  |  |  |  |  | 9 | Falleyn Jore | 21”77 | ‘14 |  |
|  |  |  |  |  |  | 10 | Vosters Wout | 21”78 | ‘14 |  |

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|  | **300 meter El** | | | |  | **300 meter** | | | |  |
|  | 1 | Broeckx Xander | 41”88 | ‘15 |  | 1 | Broeckx Xander | 42”6 | ‘15 |  |
|  | 2 | Leys Jules | 44”75 | ‘15 |  | 2 | Graux Siebe | 46”6 | ‘17 |  |
|  | 3 | Janssen Kobe | 44”88 | ‘15 |  | 3 | Daniëls Bart | 47”3 | ‘14 |  |
|  | 4 | Leys Lode | 45”44 | ‘13 |  | 4 | Geysen Rune | 50”8 | ‘16 |  |
|  | 5 | Graux Siebe | 46”04 | ‘17 |  | 5 | Stoops Jarne | 50”9 | ‘14 |  |
|  | 6 | Dom Stijn | 46”28 | ‘12 |  | 6 | Berckvens Viktor | 51”2 | ‘17 |  |
|  | 7 | Broeckx Mattice | 46”97 | ‘17 |  | 7 | Jacobs Joppe | 51”7 | ‘17 |  |
|  | 8 | Vosters Wout | 47”13 | ‘14 |  | 8 | Janssens Quinten | 52”6 | ‘12 |  |
|  | 9 | Thompson Holy-i | 47”67 | ‘17 |  | 9 | Buijs Arne | 52”8 | ‘16 |  |
|  | 10 | Servotte Seppe | 48”20 | ‘09 |  | 10 | Janssen Kobe | 54”1 | ‘14 |  |

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|  | **1000 meter El** | | | |  | **1000 meter** | | | |  |
|  | 1 | Appels Pieter-jan | 2’50”51 | ‘14 |  | 1 | Appels Pieter-jan | 2’57”5 | ‘14 |  |
|  | 2 | Borstlap Dries | 3’09”30 | ‘12 |  | 2 | Graux Siebe | 3’14”5 | ‘17 |  |
|  | 3 | Servotte Seppe | 3’10”07 | ‘10 |  | 3 | Leys Jules | 3’14”7 | ‘15 |  |
|  | 4 | Graux Siebe | 3’14”60 | ‘17 |  | 4 | Servotte Seppe | 3’17”0 | ‘10 |  |
|  | 5 | Leys Jules | 3’15”13 | ‘15 |  | 5 | Borstlap Dries | 3’17”7 | ‘12 |  |
|  | 6 | Falleyn Jore | 3’17”67 | ‘14 |  | 6 | Mols Senne | 3’19”8 | ‘13 |  |
|  | 7 | Leys Lode | 3’20”01 | ‘12 |  | 7 | Falleyn Jore | 3’22”2 | ‘14 |  |
|  | 8 | Tan Ruï | 3’20”94 | ‘17 |  | 8 | Van Gool Milan | 3’22”7 | ‘15 |  |
|  | 9 | Mols Senne | 3’21”84 | ‘12 |  | 9 | Tan Ruï | 3’25”5 | ‘17 |  |
|  | 10 | Naessens Benjamin | 3’21”97 | ‘11 |  | 10 | Leys Lode | 3’27”1 | ‘13 |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  |
|  | 1 | Otten Stan | 5m04 | ‘17 |  | 1 | Dom Stijn | 1m54 | ‘12 |  |
|  | 2 | Servotte Seppe | 5m01 | ‘10 |  | 2 | Servotte Seppe | 1m50 | ‘10 |  |
|  | 3 | Thompson Holy-i | 4m87 | ‘17 |  | 3 | Daniëls Bart | 1m50 | ‘14 |  |
|  | 4 | Broeckx Xander | 4m83 | ‘15 |  | 4 | Broeckx Xander | 1m48 | ‘15 |  |
|  | 5 | Appels Pieter-jan | 4m82 | ‘14 |  | 5 | Thompson Holy-i | 1m46 | ‘17 |  |
|  | 6 | Leys Jules | 4m60 | ‘15 |  | 6 | Falleyn Jore | 1m45 | ‘14 |  |
|  | 7 | Janssen Kobe | 4m56 | ‘15 |  | 7 | Leys Jules | 1m45 | ‘15 |  |
|  | 8 | Dom Stijn | 4m50 | ‘12 |  | 8 | Jochems Quinten | 1m40 | ‘17 |  |
|  | 9 | Daniëls Bart | 4m44 | ‘14 |  | 9 | Berckvens Viktor | 1m40 | ‘17 |  |
|  | 10 | Leys Lode | 4m39 | ‘13 |  | 10 | Otten Stan | 1m40 | ‘17 |  |

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|  | **Polsstok** | | | |  |  | | | |  |
|  | 1 | Graux Siebe | 2m21 | ‘17 |  |  |  |  |  |  |
|  | 2 | De Smedt Rens | 2m20 | ‘15 |  |  |  |  |  |  |
|  | 3 | Servotte Seppe | 2m15 | ‘09 |  |  |  |  |  |  |
|  | 4 | Falleyn Jore | 2m12 | ‘14 |  |  |  |  |  |  |
|  | 5 | Janssen Kobe | 2m01 | ‘15 |  |  |  |  |  |  |
|  | 6 | Dom Stijn | 1m96 | ‘12 |  |  |  |  |  |  |
|  | 7 | Broeckx Mattice | 1m95 | ‘17 |  |  |  |  |  |  |
|  | 8 | Leys Lode | 1m84 | ‘13 |  |  |  |  |  |  |
|  | 9 | Daniëls Bart | 1m82 | ‘14 |  |  |  |  |  |  |
|  | 10 | Geysen Rune | 1m80 | ‘17 |  |  |  |  |  |  |

# outdoor heren miniemen

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|  | Kogel 3kg | | | |  | **Discus 750g** | | | |  |
|  | 1 | Otten Stan | 11m21 | ‘17 |  | 1 | Otten Stan | 33m91 | ‘17 |  |
|  | 2 | Appels Pieter-jan | 10m07 | ‘14 |  | 2 | Graux Siebe | 28m97 | ‘17 |  |
|  | 3 | Servotte Seppe | 9m85 | ‘10 |  | 3 | Vanmechelen Bram | 27m93 | ‘15 |  |
|  | 4 | Vosters Wout | 9m78 | ‘14 |  | 4 | Falleyn Jore | 26m72 | ‘14 |  |
|  | 5 | Graux Siebe | 9m77 | ‘17 |  | 5 | De Smedt Rens | 25m88 | ‘15 |  |
|  | 6 | Dom Stijn | 9m56 | ‘12 |  | 6 | Berckvens Viktor | 25m72 | ‘17 |  |
|  | 7 | Broeckx Xander | 9m55 | ‘15 |  | 7 | Dom Stijn | 25m65 | ‘12 |  |
|  | 8 | Vanmechelen Bram | 9m41 | ‘15 |  | 8 | Janssen Kobe | 25m18 | ‘15 |  |
|  | 9 | De Smedt Rens | 8m71 | ‘15 |  | 9 | Daniëls Bart | 21m80 | ‘14 |  |
|  | 10 | Thompson Holy-i | 8m50 | ‘17 |  | 10 | Appels Pieter-jan | 20m63 | ‘14 |  |

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|  | **Speer 400g** | | | |  | **5-Kamp** | | | |  |
|  | 1 | Dom Stijn | 39m44 | ‘12 |  | 1 | Servotte Seppe | 3456p | ‘10 |  |
|  | 2 | Graux Siebe | 36m58 | ‘17 |  | 2 | Thompson Holy-i | 3097p | ‘17 |  |
|  | 3 | Servotte Seppe | 33m83 | ‘10 |  | 3 | Appels Pieter-jan | 3089p | ‘14 |  |
|  | 4 | Otten Stan | 32m96 | ‘17 |  | 4 | Graux Siebe | 2996p | ‘17 |  |
|  | 5 | Janssen Kobe | 31m60 | ‘15 |  | 5 | Leys Jules | 2971p | ‘15 |  |
|  | 6 | Vanmechelen Bram | 31m53 | ‘15 |  | 6 | Broeckx Xander | 2913p | ‘15 |  |
|  | 7 | Falleyn Jore | 31m17 | ‘14 |  | 7 | Dom Stijn | 2909p | ‘12 |  |
|  | 8 | Leys Jules | 29m91 | ‘15 |  | 8 | Otten Stan | 2901p | ‘17 |  |
|  | 9 | Daniëls Bart | 28m58 | ‘14 |  | 9 | Daniëls Bart | 2886p | ‘14 |  |
|  | 10 | Broeckx Xander | 28m53 | ‘15 |  | 10 | Falleyn Jore | 2734p | ‘14 |  |

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| **Aflossing 4 x 80 meter El** | | | |
| 1 | Broeckx Mattice – Van Gorp Berrie – Deckers Milan – Thompson Holy-i | 43”19 | ‘16 |
| 2 | Broeckx Mattice – Graux Siebe – Berckvens Viktor – Otten Stan | 43”19 | ‘17 |
| 3 | Janssen Kobe – Leys Jules – Vanmechelen Bram – De Smedt Rens | 44”82 | ‘15 |
| 4 | Broeckx Mattice – Jacobs Joppe – Graux Siebe – Thompson Holy-i | 45”45 | ‘17 |
| 5 | Van Gestel Cis – Degroote Floris – Maes Runar – Thompson Holy-i | 45”60 | ‘17 |
| 6 | Janssen Kobe – Falleyn Jore – De Smedt Rens – Daniëls Bart | 46”42 | ‘14 |
| 7 | Buijs Arne – Deckers Milan – Goos Daan – Thompson Holy-i | 46”79 | ‘16 |
| 8 | Janssen Kobe – Leys Jules – De Smedt Rens – Daniëls Bart | 46”83 | ‘14 |
| 9 | Geysen Rune – Goos Daan – Thompson Holy-i – Buijs Arne | 47”40 | ‘16 |
| 10 | Broeckx Mattice – Jacobs Joppe – Geysen Rune – Van Gorp Berrie | 47”48 | ‘16 |

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| **Aflossing 3 x 600 meter El** | | | |
| 1 | Jacobs Joppe – Berckvens Viktor – Graux Siebe | 5’55”00 | ‘17 |
| 2 | 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** Otten Stan 21”12 Mol 30/09/17

**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** **Atac** Broeckx Mattice 14”46 Hulshout 26/04/17

**Avos** Beyens Sander 15”54 Duffel 25/04/01

**Tuac** Vermeulen Stefaan 12”2 Turnhout 19/09/76

# outdoor heren miniemen

**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** Otten Stan 5m04 Vosselaar 02/09/17

**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** Graux Siebe 2m21 Turnhout 15/04/17

**Avos** Hooyberghs Jens 2m51 Vosselaar 02/09/06

**Tuac** Vermeulen Stefaan 2m74 Turnhout 10/10/76

**Kogel 3kg** **Atac** Otten Stan 11m21 Tessenderlo 08/09/17

**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** Otten Stan 33m91 Westmalle 17/09/17

**Discus 1kg** **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

Broeckx Mattice – Graux Siebe – Berckvens Viktor – Otten Stan

43”19 ev Westmalle 17/09/17

**Avos** Janssens Koen – Stevens Simon – Roefs Stijn – Van Hove Guy 43”73 Bornem 25/06/95

**Tuac** Blondeel P. – Christiaensen M. – Kaers L. – Vermeulen Stefaan

42”6 Turnhout 21/09/75

**Afl 4 x 100m** **Tuac** De Clerq M. – Caers B. – Van De Ven R. – Roefs P.

56”8 Merksem 06/10/79

# outdoor heren miniemen

**Afl 3 x 600 m Atac** Jacobs Joppe – Berckvens Viktor – Graux Siebe

5’55”00 Tongerlo 08/04/17

# outdoor heren Cadetten

## JAARPRESTATIES cadetten

**100 meter H El** 1. De Smedt Rens 18”06 Deinze 20/08/17

**300 meter H El** 1. Leys Jules 43”24 Merksem 23/04/17

2. Janssen Kobe 45”45 Heusden 07/05/17

**100 meter** 1. Janssen Kobe 11”9 Hechtel 04/06/17

**100 meter El** 1. Broeckx Xander 11”87 Bornem 22/04/17

2. Janssen Kobe 11”96 Brugge 15/08/17

3. Leys Jules 12”63 Alken 15/07/17

4. Vanmechelen Bram 12”76 (w+2,5) Beveren 25/07/17

5. De Smedt Rens 13”15 (w+2,1) Deinze 20/08/17

6. Van Bladel Robin 13”37 Heusden 07/05/17

**200 meter El** 1. Janssen Kobe 24”21 Brugge 15/08/17

2. Broeckx Xander 24”30 Oordegem 03/06/17

3. Leys Jules 25”18 Beveren 25/07/17

**300 meter El** 1. Leys Jules 39”23 Alken 15/07/17

2. Janssen Kobe 40”19 Herentals 01/05/17

**400 meter El** 1. Leys Jules 55”97 Merksem 29/07/17

**600 meter El** 1. Leys Jules 1’33”62 Mol 25/05/17

2. Van Bladel Robin 1’43”34 Mol 25/05/17

3. Goos Daan 1’46”60 Mol 25/06/17

4. Du Jardin Martin 1’53”72 Mol 25/06/17

**800 meter El** 1. Mispoulier Senne 2’17”03 Herentals 01/05/17

2. Van Bladel Robin 2’23”22 Duffel 21/05/17

3. Goos Daan 2’34”42 Huizingen 10/06/17

4. Du Jardin Martin 2’38”28 Herentals 01/05/17

5. Du Jardin Marthieu 2’38”28 Herentals 01/05/17

**1000 meter El** 1. De Smedt Rens 3’01”34 Herentals 28/05/17

**1500 meter El** 1. Mispoulier Senne 4’55”55 Oordegem 27/05/17

2. Van Bladel Robin 5’08”42 Heusden 07/05/17

**2000 meter El** 1. Mispoulier Senne 6’50”14 Turnhout 24/09/17

2. Goos Daan 7’31”56 Turnhout 24/09/17

**Ver** 1. Leys Jules 5m82 Essen 08/07/17

2. Broeckx Xander 5m25 Tessenderlo 28/06/17

# outdoor heren Cadetten

3. Janssen Kobe 5m22 Hechtel 04/06/17

4. De Smedt Rens 5m22 Essen 08/07/17

**Hoog** 1. De Smedt Rens 1m56 Herentals 28/06/17

**Polsstok** 1. De Smedt Rens 3m10 Merksem 23/04/17

**Kogel 4kg** 1. De Smedt Rens 11m69 Essen 08/07/17

2. Vanmechelen Bram 11m14 Heusden 07/05/17

3. Broeckx Xander 9m41 Mol 01/07/17

**Discus 1kg** 1. De Smedt Rens 41m73 Beveren 25/07/17

2. Vanmechelen Bram 31m16 Beveren 25/07/17

**Speer 600g** 1. De Smedt Rens 37m26 Alken 15/07/17

2. Leys Jules 34m96 Alken 15/07/17

3. Janssen Kobe 33m34 Tessenderlo 26/07/17

4. Vanmechelen Bram 32m06 Merksem 23/04/17

**Hamer 4kg** 1. De Smedt Rens 36m98 Luik 30/07/17

**8-Kamp** 1. De Smedt Rens 3521p Deinze 20/08/17

**Aflossing 4 x 100 meter El**

1. Vanmechelen Bram – Leys Jules – Janssen Kobe – Broeckx Xander

46”59 Duffel 27/08/17

2. Vanmechelen Bram – Janssen Kobe – Leys Jules – De Smedt Rens

48”26 Heusden 07/05/17

## 10 beste prestaties cadetten

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|  | **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 | De Smedt Rens | 18”06 | ‘17 |  |  |  |  |  |  |
|  | 7 | Bax Thomas | 18”66 | ‘10 |  |  |  |  |  |  |
|  | 8 | Janssen Kobe | 19”61 | ‘16 |  |  |  |  |  |  |
|  | 9 | Falleyn Jore | 20”51 | ‘16 |  |  |  |  |  |  |

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|  | **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”24 | ‘17 |  |  |  | |  |  |  |
|  | 3 | Janssen Kobe | 45”45 | ‘17 |  |  |  | |  |  |  |
|  | 4 | Bax Thomas | 47”08 | ‘10 |  |  |  | |  |  |  |

# outdoor heren Cadetten

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Broeckx Xander | 11”87 | ‘17 |  | 1 | Janssen Kobe | 11”9 | ‘17 |  |
|  | 2 | Janssen Kobe | 11”96 | ‘17 |  |  |  |  |  |  |
|  | 3 | Druyts Tobias | 12”19\* | ‘09 |  |  |  |  |  |  |
|  | 4 | Daniëls Bart | 12”28 | ‘16 |  |  |  |  |  |  |
|  | 5 | Janssen Robbe | 12”56 | ‘12 |  |  |  |  |  |  |
|  | 6 | Leys Jules | 12”61 | ‘16 |  |  |  |  |  |  |
|  | 7 | Leys Lode | 12”70 | ‘15 |  |  |  |  |  |  |
|  | 8 | Vanmechelen Bram | 12”76\* | ‘17 |  |  |  |  |  |  |
|  | 9 | Servotte Bram | 12”86 | ‘10 |  |  |  |  |  |  |
|  | 10 | Desmedt Pieter | 13”01 | ‘09 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  | **300 meter El** | | | |  |
|  | 1 | Janssen Kobe | 24”21 | ‘17 |  | 1 | Leys Jules | 39”23 | ‘17 |  |
|  | 2 | Broeckx Xander | 24”30 | ‘17 |  | 2 | Janssen Kobe | 40”19 | ‘17 |  |
|  | 3 | Druyts Tobias | 24”57 | ‘09 |  | 3 | Daniëls Bart | 41”06 | ‘16 |  |
|  | 4 | Daniëls Bart | 24”66 | ‘16 |  | 4 | Vercauteren Sander | 41”57 | ‘13 |  |
|  | 5 | Leys Jules | 25”18 | ‘17 |  | 5 | Desmedt Pieter | 41”87 | ‘09 |  |
|  | 6 | Desmedt Pieter | 25”49\* | ‘09 |  | 6 | Geudens Bram | 53”60 | ‘16 |  |
|  | 7 | Leys Lode | 25”85 | ‘15 |  |  |  |  |  |  |
|  | 8 | Vercauteren Sander | 26”21 | ‘13 |  |  |  |  |  |  |
|  | 9 | Appels Pieter-jan | 26”38 | ‘15 |  |  |  |  |  |  |
|  | 10 | Bax Thomas | 27”81 | ‘10 |  |  |  |  |  |  |

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|  | **400 meter El** | | | |  | **600 meter El** | | | |  |
|  | 1 | Leys Jules | 55”97 | ‘17 |  | 1 | Leys Jules | 1’33”62 | ‘17 |  |
|  | 2 | Vercauteren Sander | 56”80 | ‘13 |  | 2 | Leys Lode | 1’35”53 | ‘15 |  |
|  | 3 | Leys Lode | 57”66 | ‘15 |  | 3 | Bax Thomas | 1’40”27 | ‘10 |  |
|  | 4 | Servotte Bram | 58”04 | ‘10 |  | 4 | Van Bladel Robin | 1’43”34 | ‘17 |  |
|  | 5 | Blevi Bavo | 65”65 | ‘13 |  | 5 | Goos Daan | 1’46”60 | ‘17 |  |
|  | 6 | Deckx Seppe | 66”67 | ‘15 |  | 6 | Du Jardin Martin | 1’53”72 | ‘17 |  |
|  | 7 | Vandenbulcke Frederik | 68”81 | ‘13 |  |  |  |  |  |  |

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|  | **800 meter El** | | | |  |  | | | |  |
|  | 1 | Vercauteren Sander | 2’03”52 | ‘13 |  |  |  |  |  |  |
|  | 2 | Appels Pieter-jan | 2’06”01 | ‘16 |  |  |  |  |  |  |
|  | 3 | De Gruyter Joren | 2’12”40 | ‘15 |  |  |  |  |  |  |
|  | 4 | Servotte Bram | 2’15”09 | ‘10 |  |  |  |  |  |  |
|  | 5 | Mispoulier Senne | 2’17”03 | ‘17 |  |  |  |  |  |  |
|  | 6 | Janssen Robbe | 2’20”22 | ‘12 |  |  |  |  |  |  |
|  | 7 | Leys Lode | 2’20”80 | ‘15 |  |  |  |  |  |  |
|  | 8 | Van Bladel Robin | 2’23”22 | ‘17 |  |  |  |  |  |  |
|  | 9 | Bax Thomas | 2’24”88 | ‘10 |  |  |  |  |  |  |
|  | 10 | Blevi Bavo | 2’25”53 | ‘13 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | Servotte Bram | 2’54”18 | ‘09 |  | 1 | Appels Pieter-jan | 4’16”02 | ‘16 |  |
|  | 2 | De Smedt Rens | 3’01”34 | ‘17 |  | 2 | Vercauteren Sander | 4’16”30 | ‘13 |  |
|  | 3 | Janssen Robbe | 3’03”61 | ‘12 |  | 3 | De Gruyter Joren | 4’34”75 | ‘15 |  |
|  | 4 | Leys Lode | 3’05”10 | ‘15 |  | 4 | Servotte Bram | 4’39”51 | ‘09 |  |
|  | 5 | Falleyn Jore | 3’07”51 | ‘15 |  | 5 | Blevi Bavo | 4’47”47 | ‘13 |  |
|  | 6 | Daniëls Bart | 3’08”92 | ‘16 |  | 6 | Vandenbulcke Frederik | 4’51”61 | ‘13 |  |
|  | 7 | Bax Thomas | 3’14”48 | ‘09 |  | 7 | Borstlap Dries | 4’54”31 | ‘13 |  |
|  | 8 | Verheyen Brent | 3’17”34 | ‘17 |  | 8 | Mispoulier Senne | 4’55”55 | ‘17 |  |
|  | 9 | Deckx Seppe | 3’25”36 | ‘15 |  | 9 | Marynissen Seppe | 4’57”18 | ‘12 |  |
|  | 10 | Janssen Kobe | 3’29”97 | ‘16 |  | 10 | Verheyen Brent | 4’59”50 | ‘15 |  |

# outdoor heren Cadetten

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|  | **1 mijl El** | | | |  | **2000 meter El** | | | |  |
|  | 1 | Vercauteren Sander | 4’37”52 | ‘13 |  | 1 | Vercauteren Sander | 6’07”22 | ‘13 |  |
|  |  |  |  |  |  | 2 | Appels Pieter-jan | 6’22”07 | ‘15 |  |
|  |  |  |  |  |  | 3 | De Gruyter Joren | 6’36”57 | ‘15 |  |
|  |  |  |  |  |  | 4 | Mispoulier Senne | 6’50”14 | ‘17 |  |
|  |  |  |  |  |  | 5 | Blevi Bavo | 6’50”78 | ‘13 |  |
|  |  |  |  |  |  | 6 | Borstlap Dries | 6’51”66 | ‘13 |  |
|  |  |  |  |  |  | 7 | Vandenbulcke Frederik | 6’53”05 | ‘13 |  |
|  |  |  |  |  |  | 8 | Goos Daan | 7’31”56 | ‘17 |  |
|  |  |  |  |  |  | 9 | Deckx Seppe | 8’19”10 | ‘15 |  |
|  |  |  |  |  |  | 10 | Geudens Bram | 8’35”69 | ‘15 |  |

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|  | **Polsstok** | | | |  |  | | | |
|  | 1 | De Smedt Rens | 3m10 | ‘17 |  |  |  |  |  |
|  | 2 | Janssen Robbe | 2m80 | ‘12 |  |  |  |  |  |
|  | **3** | Falleyn Jore | 2m75 | ‘16 |  |  |  |  |  |
|  | **4** | Leys Lode | 2m56 | ‘15 |  |  |  |  |  |
|  | **5** | Daniëls Bart | 2m10 | ‘16 |  |  |  |  |  |
|  | **6** | Janssen Kobe | 2m00 | ‘16 |  |  |  |  |  |

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|  | **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 | 5m82 | ‘17 |  | 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 | Broeckx Xander | 5m25 | ‘17 |  | 6 | De Smedt Rens | 1m56 | ‘17 |  |
|  | 7 | Janssen Kobe | 5m22 | ‘17 |  | 7 | Oostvogels Martijn | 1m50 | ‘09 |  |
|  | 8 | De Smedt Rens | 5m22 | ‘17 |  | 8 | Bastiaensen Filip | 1m50 | ‘10 |  |
|  | 9 | Leys Lode | 5m21 | ‘15 |  | 9 | De Ridder Johan | 1m45 | ‘15 |  |
|  | 10 | Oostvogels Martijn | 4m65 | ‘09 |  | 10 | Geudens Bram | 1m45 | ‘16 |  |

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|  | **Kogel 4kg** | | | |  | **Discus 1kg** | | | |  |
|  | 1 | Janssen Robbe | 14m68 | ‘12 |  | 1 | De Smedt Rens | 41m73 | ‘17 |  |
|  | 2 | Dom Stijn | 11m98 | ‘14 |  | 2 | Janssen Robbe | 33m77 | ‘12 |  |
|  | 3 | De Smedt Rens | 11m69 | ‘17 |  | 3 | Dom Stijn | 33m00 | ‘14 |  |
|  | 4 | Servotte Bram | 11m19 | ‘10 |  | 4 | Vanmechelen Bram | 31m16 | ‘17 |  |
|  | 5 | Vanmechelen Bram | 11m14 | ‘17 |  | 5 | Falleyn Jore | 28m32 | ‘16 |  |
|  | 6 | Falleyn Jore | 10m57 | ‘16 |  | 6 | Daniëls Bart | 27m27 | ‘15 |  |
|  | 7 | Broeckx Xander | 9m41 | ‘17 |  | 7 | Leys Lode | 26m35 | ‘15 |  |
|  | 8 | Leys Lode | 9m08 | ‘15 |  | 8 | Oostvogels Martijn | 24m78 | ‘09 |  |
|  | 9 | Daniëls Bart | 9m08 | ‘16 |  | 9 | Janssens Quinten | 23m50 | ‘14 |  |
|  | 10 | Appels Pieter-jan | 8m93 | ‘15 |  | 10 | Geudens Bram | 22m99 | ‘16 |  |

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|  |  | | | |  | **Discus 1,250kg** | | | |
|  |  |  |  |  |  | 1 | De Smedt Rens | 27m35 | ‘16 |

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|  | **Speer 600g** | | | |  | **Hamer 4kg** | | | |  |
|  | 1 | Dom Stijn | 39m62 | ‘14 |  | 1 | De Smedt Rens | 36m98 | ‘17 |  |
|  | 2 | Vercauteren Sander | 38m71 | ‘13 |  | 2 | Falleyn Jore | 25m25 | ‘16 |  |
|  | 3 | Falleyn Jore | 37m65 | ‘16 |  | 3 | Oostvogels Martijn | 19m85 | ‘09 |  |
|  | 4 | De Smedt Rens | 37m26 | ‘17 |  | 4 | Geudens Bram | 18m68 | ‘16 |  |
|  | 5 | Janssen Robbe | 35m88 | ‘12 |  |  |  |  |  |  |
|  | 6 | Leys Jules | 34m96 | ‘17 |  |  |  |  |  |  |
|  | 7 | Janssen Kobe | 33m34 | ‘17 |  |  |  |  |  |  |
|  | 8 | Daniëls Bart | 33m00 | ‘16 |  |  |  |  |  |  |
|  | 9 | Vanmechelen Bram | 32m06 | ‘17 |  |  |  |  |  |  |
|  | 10 | Keuppens Jan | 31m58 | ‘09 |  |  |  |  |  |  |

# outdoor heren Cadetten

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|  | **Werpvierkamp** | | | |  |  | | | |
|  | 1 | De Smedt Rens | 1269p | ‘16 |  |  |  |  |  |

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|  | | **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 | De Smedt Rens | | 3521p | | ‘17 |  |
|  | |  | |  |  |  |  | 5 | Falleyn Jore | | 3136p | | ‘16 |  |
|  | |  | |  |  |  |  | 6 | Janssen Kobe | | 2593p | | ‘16 |  |
|  | |  | |  |  |  |  |  |  | |  | |  |  |
| **Aflossing 4 x 100 meter El** | | | | | | | | | | | | |
| 1 | | Vanmechelen Bram – Leys Jules – Janssen Kobe – Broeckx Xander | | | | | | | 46”59 | | ‘17 | |
| 2 | | Janssen Kobe – Leys Jules – Daniëls Bart – Broeckx Xander | | | | | | | 47”91 | | ‘16 | |
| 3 | | Vanmechelen Bram – Janssen Kobe – Leys Jules – De Smedt Rens | | | | | | | 48”26 | | ‘17 | |
| 4 | | Servotte Bram – Keuppens Jan – Desmedt Pieter – Druyts Tobias | | | | | | | 49”69 | | ‘09 | |
| 5 | | Janssen Kobe – Vanmechelen Bram – Leys Jules – Daniëls Bart | | | | | | | 50”20 | | ‘16 | |
| 6 | | Bax Thomas – Servotte Bram – Bastiaensen Filip – Van Gils Daan | | | | | | | 55”91 | | ‘10 | |
| 7 | | Leys Lode – Dom Stijn – Janssens Quinten – Verheyen Brent | | | | | | | 56”87 | | ‘14 | |

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| **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** Broeckx Xander 11”87 Bornem 22/04/17

**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** Janssen Kobe 24”21 Brugge 15/08/17

**Avos** Bellens Davy 25”59 Mol 03/06/90

**Tuac** Drossaert Kristof 24”67 Herentals 20/04/97

**300 meter Atac** Leys Jules 39”23 Alken 15/07/17

**Avos** Hooyberghs Jens 40”80 Vorst 25/10/08

**Tuac** Drossaert Kristof 40”0 Mol 24/05/97

**400 meter** **Atac** Leys Jules 55”97 Merksem 29/07/17

**Avos** Hooyberghs Jens 56”77 Vorst 11/10/08

**Tuac** Van Laarhoven Dirk 56”4 Roosendaal (Ned) 30/09/78

**600 meter Atac** Leys Jules 1’33”62 Mol 25/05/17

**Tuac** Woestenbergs 1’35”2 65

# outdoor heren Cadetten

**800 meter**  **Atac** Vercauteren Sander 2’03”52 Huizingen 10/08/13 **Avos** Wouters Rik 2’05”25 Lebbeke 11/08/91

**Tuac** Sneyders Yuri 2’06”54 Aartselaar 21/07/93

**1000 meter** **Atac** Servotte Bram 2’54”18 Tessenderlo 24/06/09

**Avos** Raeymaekers Sander 2’44”56 Herentals 29/08/03

**Tuac** Sneyders Yuri 2’46”43 Lommel 10/07/93

**1500 meter** **Atac** 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

**Polsstok** **Atac** De Smedt Rens 3m10 Merksem 23/04/17

**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 41m73 Beveren 25/07/17

**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 36m98 Luik 30/07/17

**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

# outdoor heren Cadetten

**Afl 4 x 100 m Atac** Vanmechelen Bram – Leys Jules – Janssen Kobe – Broeckx Xander

46”59 Duffel 27/08/17

**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. Daniëls Bart 15”09 (w+3) Moeskroen 10/09/17

**400 meter H El** 1. Leys Lode 59”25 Heusden 07/05/17

**100 meter El** 1. Daniëls Bart 11”97 Herentals 01/05/17

2. Leys Lode 12”33 Alken 15/07/17

3. Geudens Bram 14”68 Heusden 07/05/17

**200 meter El** 1. Daniëls Bart 24”36 Heusden 07/05/17

2. Leys Lode 24”95 Beveren 25/07/17

**300 meter El** 1. Daniëls Bart 38”40 Herentals 01/05/17

2. Leys Lode 38”67 Herentals 01/05/17

**400 meter El** 1. Leys Lode 54”57 Duffel 14/05/17

2. Sterkens Milan 57”54 Heusden 07/05/17

**800 meter El** 1. De Beck Michael 2’05”64 Mol 12/08/17

2. De Gruyter Joren 2’10”28 Herentals 01/05/17

**1500 meter El** 1. De Gruyter Joren 4’26”37 Merksem 23/04/17

2. De Beck Michael 4’30”26 Oordegem 27/05/17

3. Verheyen Brent 4’33”60 Oordegem 27/05/17

**2000 meter El** 1. Verheyen Brent 6’06”68 Mol 12/08/17

2. De Beck Michael 6’25”95 Turnhout 24/09/17

**3000 meter El** 1. Verheyen Brent 9’35”24 Kessel-Lo 19/08/17

**Ver** 1. Daniëls Bart5m65 Merksem 23/04/17

2. Geudens Bram 4m50 Heusden 07/05/17

**Hoog** 1. Daniêls Bart 1m77 Bornem 22/04/17

# outdoor heren scholieren

**Kogel 5kg** 1. Leys Lode 9m00 Heusden 07/05/17

**Discus 1,5kg** 1. Falleyn Jore 26m65 Heusden 07/05/17

**Speer 700g** 1. Falleyn Jore 36m64 Heusden 07/05/17

2. Daniêls Bart 30m74 Turnhout 09/04/17

**Aflossing 4 x 100 meter El**

1. Falleyn Jore – Leys Lode – Daniëls Bart – Sterkens Milan

48”79 Heusden 07/05/17

**Aflossing 4 x 200 meter El**

1. Leys Lode – Leys Jules – Janssen Kobe – Daniëls Bart

1’38”17 Turnhout 24/09/17

## 10 Beste prestaties scholieren

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|  | **110 meter Horden El (91,4 cm)** | | | |  | **200 meter Horden El** | | | |  |
|  | 1 | Janssen Robbe | 14”80 | ‘14 |  | 1 | Dom Stijn | 27”60\* | ‘16 |  |
|  | 2 | Dom Stijn | 14”85 | ‘16 |  | 2 | Janssen Robbe | 28”89\* | ‘14 |  |
|  | 3 | Daniëls Bart | 15”09\* | ‘17 |  | 3 | Leys Lode | 29”49\* | ‘16 |  |
|  | 4 | Hooyberghs Jens | 15”84 | ‘10 |  |  |  |  |  |  |
|  | 5 | Verbaarschot Nick | 15”99\* | ‘13 |  |  |  |  |  |  |
|  | 6 | Ameye Dries | 17”53 | ‘09 |  |  |  |  |  |  |
|  | 7 | Bax Thomas | 18”12 | ‘12 |  |  |  |  |  |  |
|  | 8 | Sneyders Jente | 18”77 | ‘09 |  |  |  |  |  |  |

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|  | **400 meter Horden El (84 cm)** | | | |  |  | | | |  |
|  | 1 | Leys Lode | 59”25 | ‘17 |  |  |  |  |  |  |
|  | 2 | Hooyberghs Jens | 59”76 | ‘09 |  |  |  |  |  |  |
|  | 3 | Bax Thomas | 62”66 | ‘12 |  |  |  |  |  |  |
|  | 4 | Sneyders Jente | 64”24 | ‘10 |  |  |  |  |  |  |
|  | 5 | Sterkens Milan | 66”04 | ‘16 |  |  |  |  |  |  |
|  | 6 | Vercauteren Sander | 68”55 | ‘14 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **200 meter El** | | | |  |
|  | 1 | Roefs Steyn | 11”71 | ‘14 |  | 1 | Ameye Dries | 23”83 | ‘09 |  |
|  | 2 | Verbaarschot Nick | 11”80\* | ‘13 |  | 2 | Roefs Steyn | 23”98 | ‘14 |  |
|  | 3 | Dom Stijn | 11”85 | ‘16 |  | 3 | Daniëls Bart | 24”36 | ‘17 |  |
|  | 4 | Oematie Saverio | 11”91 | ‘11 |  | 4 | Dom Stijn | 24”58 | ‘16 |  |
|  | 5 | Ameye Dries | 11”96 | ‘09 |  | 5 | Oematie Saverio | 24”67 | ‘11 |  |
|  | 6 | Daniëls Bart | 11”97 | ‘17 |  | 6 | Druyts Tobias | 24”76 | ‘11 |  |
|  | 7 | Druyts Tobias | 12”22 | ‘10 |  | 7 | Hooyberghs Jens | 24”84 | ‘10 |  |
|  | 8 | Hooyberghs Jens | 12”23 | ‘10 |  | 8 | Leys Lode | 24”95 | ‘17 |  |
|  | 9 | Janssen Robbe | 12”28 | ‘14 |  | 9 | De Rammelaere Anton | 25”96 | ‘10 |  |
|  | 10 | Leys Lode | 12”33 | ‘17 |  | 10 | Vercauteren Sander | 26”28 | ‘15 |  |

# outdoor heren scholieren

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|  | **300 meter El** | | | |  | **400 meter El** | | | |  |
|  | 1 | Oematie Saverio | 38”00 | ‘11 |  | 1 | Hooyberghs Jens | 53”86 | ‘10 |  |
|  | 2 | Daniëls Bart | 38”40 | ‘17 |  | 2 | Leys Lode | 54”57 | ‘17 |  |
|  | 3 | Hooyberghs Jens | 38”66 | ‘10 |  | 3 | Bax Thomas | 54”66 | ‘12 |  |
|  | 4 | Leys Lode | 38”67 | ‘17 |  | 4 | Janssen Robbe | 55”20 | ‘14 |  |
|  | 5 | Roefs Steyn | 39”29 | ‘14 |  | 5 | Desmedt Pieter | 55”52 | ‘10 |  |
|  | 6 | Dom Stijn | 40”22 | ‘16 |  | 6 | Dom Stijn | 56”44 | ‘16 |  |
|  | 7 | Bax Thomas | 41”57 | ‘11 |  | 7 | Ameye Dries | 57”01 | ‘09 |  |
|  | 8 | Vercauteren Sander | 42”08 | ‘14 |  | 8 | Vercauteren Sander | 57”09 | ‘15 |  |
|  | 9 | De Rop Michiel | 43”79 | ‘14 |  | 9 | Sterkens Milan | 57”54 | ‘17 |  |
|  |  |  |  |  |  | 10 | Vandenbulcke Frederik | 61”53 | ‘15 |  |

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|  | **800 meter El** | | | |  | **1000 meter El** | | | |  |
|  | 1 | Vercauteren Sander | 2’01”36 | ‘15 |  | 1 | Vercauteren Sander | 2’36”34 | ‘15 |  |
|  | 2 | De Beck Michael | 2’05”64 | ‘17 |  | 2 | Verhagen Niels | 2’55”86 | ‘12 |  |
|  | 3 | De Gruyter Joren | 2’08”63 | ‘16 |  | 3 | Luyten Jens | 2’59”16 | ‘09 |  |
|  | 4 | De Rop Michiel | 2’09”98 | ‘15 |  | 4 | Bax Thomas | 2’59”70 | ‘11 |  |
|  | 5 | Blevi Bavo | 2’12”01 | ‘15 |  | 5 | Sneyders Jente | 3’06”86 | ‘09 |  |
|  | 6 | Vandenbulcke Frederik | 2’13”15 | ‘15 |  |  |  |  |  |  |
|  | 7 | Luyten Jens | 2’15”30 | ‘09 |  |  |  |  |  |  |
|  | 8 | Desmedt Pieter | 2’17”86 | ‘10 |  |  |  |  |  |  |
|  | 9 | Verhagen Niels | 2’17”87 | ‘11 |  |  |  |  |  |  |
|  | 10 | Bax Thomas | 2’18”79 | ‘11 |  |  |  |  |  |  |

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|  | **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 Beck Michael | 4’30”26 | ‘17 |  |  |  |  |  |  |
|  | 5 | De Rop Michiel | 4’32”22 | ‘14 |  |  |  |  |  |  |
|  | 6 | Hooyberghs Jens | 4’33”18 | ‘10 |  |  |  |  |  |  |
|  | 7 | Verheyen Brent | 4’33”60 | ‘17 |  |  |  |  |  |  |
|  | 8 | Desmedt Pieter | 4’38”33 | ‘11 |  |  |  |  |  |  |
|  | 9 | Verhagen Niels | 4’40”73 | ‘11 |  |  |  |  |  |  |
|  | 10 | Bax Thomas | 4’43”04 | ‘11 |  |  |  |  |  |  |

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|  | **1 mijl El** | | | |  |  | | | |  |
|  | 1 | Vercauteren Sander | 4’33”82 | ‘15 |  |  |  |  |  |  |
|  | 2 | De Rop Michiel | 4’57”09 | ‘14 |  |  |  |  |  |  |
|  | 3 | Blevi Bavo | 5’08”98 | ‘15 |  |  |  |  |  |  |

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|  | **2000 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | Verheyen Brent | 6’06”68 | ‘17 |  | 1 | Vercauteren Sander | 8’48”57 | ‘15 |  |
|  | 2 | De Beck Michael | 6’25”95 | ‘17 |  | 2 | Verheyen Brent | 9’35”24 | ‘17 |  |
|  | 3 | Bax Thomas | 6’30”62 | ‘11 |  | 3 | Vandenbulcke Frederik | 9’50”88 | ‘15 |  |
|  | 4 | Desmedt Pieter | 6’33”53 | ‘11 |  | 4 | De Rop Michiel | 10’04”57 | ‘14 |  |
|  | 5 | Verhagen Niels | 6’37”53 | ‘12 |  |  |  |  |  |  |

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|  | **Ver** | | | |  |  | | | |  |
|  | 1 | Dom Stijn | 6m35 | ‘16 |  |  |  |  |  |  |
|  | 2 | Janssen Robbe | 6m16\* | ‘14 |  |  |  |  |  |  |
|  | 3 | Hooyberghs Jens | 6m14 | ‘10 |  |  |  |  |  |  |
|  | 4 | Verbaarschot Nick | 5m93 | ‘13 |  |  |  |  |  |  |
|  | 5 | Daniëls Bart | 5m65 | ‘17 |  |  |  |  |  |  |
|  | 6 | Sneyders Jente | 5m52 | ‘09 |  |  |  |  |  |  |
|  | 7 | Bastiaensen Filip | 5m06 | ‘11 |  |  |  |  |  |  |
|  | 8 | Geudens Bram | 4m50 | ‘17 |  |  |  |  |  |  |

# outdoor heren SCHOLIEREN

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|  | **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 | Daniëls Bart | 1m77 | ‘17 |  | 4 | Dom Stijn | 3m20 | ‘16 |  |
|  | 5 | Janssen Robbe | 1m70 | ‘14 |  |  |  |  |  |  |
|  | 6 | Oostvogels Martijn | 1m55 | ‘10 |  |  |  |  |  |  |
|  | 7 | Bastiaensen Filip | 1m50 | ‘11 |  |  |  |  |  |  |
|  | 8 | De Rop Michiel | 1m50 | ‘15 |  |  |  |  |  |  |
|  | 9 | Bollens Saan | 1m45 | ‘16 |  |  |  |  |  |  |

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|  | Kogel 5kg | | | |  | **Discus 1,5kg** | | | |  |
|  | 1 | Janssen Robbe | 14m91 | ‘14 |  | 1 | Hooyberghs Jens | 44m64 | ‘10 |  |
|  | 2 | Hooyberghs Jens | 14m23 | ‘10 |  | 2 | Janssen Robbe | 37m72 | ‘14 |  |
|  | 3 | 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 | Falleyn Jore | 26m65 | ‘17 |  |
|  | 6 | Leys Lode | 9m00 | ‘17 |  | 6 | Verbaarschot Nick | 26m45 | ‘12 |  |
|  | 7 | Desmedt Pieter | 8m13 | ‘10 |  |  |  |  |  |  |
|  | 8 | Sterkens Milan | 7m61 | ‘16 |  |  |  |  |  |  |
|  | 9 | Vandenbulcke Fredrik | 7m41 | ‘15 |  |  |  |  |  |  |

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|  | Speer 700g | | | |  | **9-Kamp** | | | |  |
|  | 1 | Ameye Dries | 52m76 | ‘09 |  | 1 | Hooyberghs Jens | 5713p | ‘10 |  |
|  | 2 | Hooyberghs Jens | 46m19 | ‘10 |  | 2 | Verbaarschot Nick | 4244p | ‘13 |  |
|  | 3 | Dom Stijn | 43m63 | ‘16 |  |  |  |  |  |  |
|  | 4 | Sneyders Jente | 40m22 | ‘10 |  |  |  |  |  |  |
|  | 5 | Falleyn Jore | 36m64 | ‘17 |  |  |  |  |  |  |
|  | 6 | Janssen Robbe | 34m02 | ‘14 |  |  |  |  |  |  |
|  | 7 | Oostvogels Martijn | 32m52 | ‘10 |  |  |  |  |  |  |
|  | 8 | Daniëls Bart | 30m74 | ‘17 |  |  |  |  |  |  |
|  | 9 | De Rop Michiel | 29m26 | ‘14 |  |  |  |  |  |  |
|  | 10 | Verbaarschot Nick | 25m31 | ‘13 |  |  |  |  |  |  |

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|  | **10-Kamp** | | | |  |  | | | |  |
|  | 1 | Janssen Robbe | 5827p | ‘14 |  |  |  |  |  |  |
|  | 2 | Dom Stijn | 5577p | ‘16 |  |  |  |  |  |  |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Druyts Tobias – Sneyders Jente – Hooyberghs Jens – Desmedt Pieter | 46”87 | ‘10 |
| 2 | Falleyn Jore – Leys Lode – Daniëls Bart – Sterkens Milan | 48”79 | ‘17 |
| 3 | Leys Lode – Dom Stijn – Bollens Saan – Sterkens Milan | 49”35 | ‘16 |
| 4 | Sneyders Jente – Mangelschots Kevin – Hooyberghs Jens – Ameye Dries | 49”42 | ‘09 |
| 5 | Vercauteren Sander – Vandenbulcke Frederik – De Rop Michiel – Dom Stijn | 52”23 | ‘15 |
| 6 | Vercauteren Sander – Janssen Robbe – De Rop Michiel – Vandenbulcke Frederik | 52”49 | ‘14 |

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| **Aflossing 4 x 200 meter El** | | | |
| 1 | Leys Lode – Leys Jules – Janssen Kobe – Daniëls Bart | 1’38”17 | ‘17 |
| 2 | Dom Stijn – Geudens Bram – Bollens Saan – Leys Lode | 1’49”62 | ‘16 |

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| **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

# outdoor heren SCHOLIEREN

**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** Leys Lode 59”25 Heusden 07/05/17

**Avos** Van Hove Guy 58”92 Verviers 18/09/99

**Tuac** Drossaert Kristof 61”16 Vilvoorde 15/05/99

**50 meter Tuac** V. D. Langenberg Luc 6”5 Alken 11/08/79

**60 meter Tuac** Vanmechelen Luc 7”7 Turnhout 15/08/81

**100 meter**  **Atac** Roefs Steyn 11”71 Oordegem 11/08/14

**Avos** Rutten Thomas 12”04 Naimette 31/08/08

**Tuac** Van Beers Fonny 11”0 Kapellen 09/09/67

**200 meter**  **Atac** Ameye Dries 23”83 Turnhout 10/05/09

**Avos** Van Hove Guy 24”66 Izegem 05/06/99

**Tuac** Van Beers Fonny 22”6 Lommel 16/07/67

**300 meter**  **Atac** Oematie Saverio 38”00 Turnhout 07/08/11

**Avos** Van Hove Guy 38”86 Tessenderlo 16/08/99

**Tuac** Quirijnen Kristof 38”19 Herentals 15/06/01

**400 meter**  **Atac** Hooyberghs Jens 53”86 Tessenderlo 08/09/10

**Avos** Van Hove Guy 54”21 Merksem 02/10/99

**Tuac** Nuyts David 51”5 Vlissingen (Ned) 04/10/86

**800 meter**  **Atac** 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** Verheyen Brent 6’06”68 Mol 12/08/17

**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

# outdoor heren SCHOLIEREN

**Kogel 5kg** **Atac** Janssen Robbe 14m91 Dilbeek 03/08/14

**Avos** Van Hove Guy 13m74 Herve 22/08/99

**Tuac** Quirijnen Kristof 13m17 Mol 05/05/01

**Kogel 6kg** **Avos** Van Der Velden Patrick 10m87 Kalmthout 19/10/85

**Discus 1,5kg** **Atac** Hooyberghs Jens 44m64 Lommel 07/08/10

**Avos** Fabri Tom 36m34 Vosselaar 09/09/94

**Tuac** Quirijnen Kristof 41m07 Boechout 06/10/01

**Discus 1,750kg** **Avos** Van Der Velden Patrick 30m82 Hechtel 29/09/85

**Speer 700g**  **Atac** Ameye Dries 52m76 Turnhout 11/04/09

**Avos** Van Hove Guy 48m61 St.-Niklaas 21/07/98

**Tuac** Adriaensen Chris 59m94 Merksem 28/08/93

**Speer 800g Avos** Fabri Tom 40m60 Mol 15/05/94

**Hamer 5kg** **Avos** Rutten Thomas 24m02 Herentals 26/08/07

**Hamer 6kg** **Avos** Van Der Velden Patrick 17m82 Hechtel 26/10/85

**Tuac** Van De Kerkhof Paul 49m46 Turnhout 85

**3-Kamp** **Avos** Fabri Kim 1427p Turnhout 15/09/91

**Tuac** Meulders Tom 1329p Turnhout 15/09/91

**4-Kamp Tuac** De Keyser Rudi 1482p Dilbeek 11/07/92

**5-Kamp**  **Avos** Van Hove Guy 2801p Izegem 05/06/99

**Tuac** Quirijnen Kristof 3052p Mechelen 23/09/01

**8-Kamp**  **Avos** Fabri Tom 3709p Aartselaar 30/05/93

**Tuac** Lambregts Koen 4011p Tessenderlo 24/06/89

**9-Kamp**  **Atac** Hooyberghs Jens 5713p Nieuwpoort 04/07/10

**Avos** Van Hove Guy 5405p Izegem 11/07/99

**Tuac** Quirijnen Kristof 5318p St.-Niklaas 26/08/01

**10-Kamp Atac** Janssen Robbe 5827p Herentals 01/06/14

**Afl 4 x 100m Atac** Druyts Tobias – Sneyders Jente – Hooyberghs Jens – Desmedt Pieter

46”87 Aartselaar 09/05/10

**Avos** Van Hove Guy – Geerts Rob – Stevens Simon – Ten Naepel Sven

50”13 Vilvoorde 15/05/99

**Tuac** Wouters N. – Cos Ronny – Bammens T. – Lambregts Koen

46”6 88

**Afl 4 x 200m Atac** Leys Lode – Leys Jules – Janssen Kobe – Daniëls Bart

1’38”17 Turnhout 24/09/17

**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

**110 meter H El** 1. Dom Stijn 14”86 Gentbrugge 21/07/17

**400 meter H El** 1. Dom Stijn 68”49 Essen 08/07/17

**100 meter El** 1. Dom Stijn 11”63 Deinze 20/08/17

2. Bollens Saan 12”62 Turnhout 09/04/17

# outdoor heren Juniores

**200 meter El** 1. Dom Stijn 24”14 Turnhout 09/04/17

2. Bollens Saan 25”79 Turnhout 09/04/17

**300 meter El** 1. Dom Stijn 38”02 Herentals 09/08/17

**400 meter El** 1. Dom Stijn 55”63 Herentals 28/05/17

**600 meter El** 1. Vercauteren Sander 1’30”51 Lommel 10/09/17

2. Vandenbulcke Frederik 1’33”36 Lommel 10/09/17

**800 meter El** 1. Vercauteren Sander 2’00”07 Duffel 14/05/17

2. Blevi Bavo 2’09”14 Bornem 22/04/17

3. Vandenbulcke Frederik 2’18”03 Bornem 22/04/17

**1000 meter El** 1. Vercauteren Sander 2’38”69 Dilbeek 19/07/17

2. Vandenbulcke Frederik 2’48”11 Beveren 02/09/17

**1500 meter El** 1. Vercauteren Sander 3’57”97 Ninove 15/07/17

2. Blevi Bavo 4’04”18 Oordegem 27/05/17

3. Vandenbulcke Fredrik 4’29”00 Merksem 23/04/17

4. Dom Stijn 4’59”34 Deinze 20/08/17

**1 mijl El** 1. Vercauteren Sander 4’31”81 Lommel 10/09/17

2. Vandenbulcke Frederik 5”15”44 Lommel 10/09/17

**3000 meter El** 1. Blevi Bavo 8’57”15 Herentals 01/05/17

2. Vandenbulcke Fredrik 9’58”80 Duffel 14/05/17

**5000 meter El** 1. Blevi Bavo 15’21”08 Duffel 14/05/17

**Ver** 1. Dom Stijn 6m87 Merksem 23/04/17

**Hoog** 1. Dom Stijn 1m88 Herentals 28/05/17

2. Bollens Saan 1m60 Turnhout 09/04/17

**Polsstok** 1. Dom Stijn 3m60 Herentals 28/05/17

**Kogel 6kg** 1. Dom Stijn 11m53 Mol 12/08/17

**Discus 1,750kg** 1. Dom Stijn 33m64 Deinze 20/08/17

**Speer 800g** 1. Dom Stijn 44m06 Herentals 09/08/17

2. Bollens Saan 18m66 Duffel 14/05/17

**10-Kamp** 1. Dom Stijn 5990p Herentals 28/05/17

# outdoor heren Juniores

## 10 beste prestaties juniores

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|  | **110 meter Horden (1m) El** | | | |  | 400 meter Horden El | | | |  |
|  | 1 | Dom Stijn | 14”86 | ‘17 |  | 1 | Dom Stijn | 68”49 | ‘17 |  |
|  | 2 | Hooyberghs Jens | 15”74\* | ‘11 |  |  |  |  |  |  |
|  | 3 | Janssen Robbe | 15”93 | ‘15 |  |  |  |  |  |  |
|  | 4 | Verbaarschot Nick | 15”96 | ‘14 |  |  |  |  |  |  |
|  | 5 | Rutten Thomas | 17”76\* | ‘10 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | Roefs Steyn | 11”38\* | ‘16 |  | 1 | Verbaarschot Nick | 11”7\* | ‘14 |  |
|  | 2 | Verbaarschot Nick | 11”56\* | ‘14 |  |  |  |  |  |  |
|  | 3 | Dom Stijn | 11”63 | ‘17 |  |  |  |  |  |  |
|  | 4 | Oematie Saverio | 11”79 | ‘12 |  |  |  |  |  |  |
|  | 5 | Hooyberghs Jens | 11”79\* | ‘11 |  |  |  |  |  |  |
|  | 6 | Ameye Dries | 11”84 | ‘10 |  |  |  |  |  |  |
|  | 7 | Dubois Wesley | 12”01 | ‘09 |  |  |  |  |  |  |
|  | 8 | Janssen Robbe | 12”52 | ‘15 |  |  |  |  |  |  |
|  | 9 | Bollens Saan | 12”62 | ‘17 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  |  | | | |
|  | 1 | Roefs Steyn | 23”10 | ‘16 |  |  |  |  |  |
|  | 2 | Oematie Saverio | 23”78 | ‘12 |  |  |  |  |  |
|  | 3 | Dom Stijn | 24”14 | ‘17 |  |  |  |  |  |
|  | 4 | Bollens Saan | 25”79 | ‘17 |  |  |  |  |  |
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|  | **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 | Dom Stijn | 38”02 | ‘17 |  | 3 | Dom Stijn | 55”63 | ‘17 |  |
|  |  |  |  |  |  | 4 | Verbaarschot Nick | 58”91 | ‘14 |  |

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|  | **600 meter El** | | | |  |  | | | |
|  | 1 | Vercauteren Sander | 1’30”51 | ‘17 |  |  |  |  |  |
|  | 2 | Vandenbulcke Frederik | 1’33”36 | ‘17 |  |  |  |  |  |

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|  | **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 | Vandenbulcke Frederik | 2’48”11 | ‘17 |
|  | 3 | Verhelst Arno | 2’08”02 | ‘15 |  | 3 | Verhagen Niels | 2’52”06 | ‘13 |
|  | 4 | Sneyders Dieter | 2’10”97 | ‘09 |  | 4 | Sneyders Dieter | 2’52”12 | ‘09 |
|  | 5 | Vandenbulcke Frederik | 2’11”53 | ‘16 |  | 5 | Ulloa Fabian | 2’55”38 | ‘15 |
|  | 6 | Daniëls Andrew | 2’14”36 | ‘09 |  |  |  |  |  |
|  | 7 | Verhagen Niels | 2’16”53 | ‘13 |  |  |  |  |  |
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|  | **1500 meter El** | | | |  | **1 mijl El** | | | |  |
|  | 1 | Vercauteren Sander | 3’57”97 | ‘17 |  | 1 | Vercauteren Sander | 4’31”81 | ‘17 |  |
|  | 2 | Blevi Bavo | 4’04”18 | ‘17 |  | 2 | Blevi Bavo | 4’37”76 | ‘16 |  |
|  | 3 | Vandenbulcke Fredrik | 4’18”04 | ‘16 |  | 3 | Vandenbulcke Fredrik | 5’15”44 | ‘17 |  |
|  | 4 | Verhelst Arno | 4’24”89 | ‘15 |  |  |  |  |  |  |
|  | 5 | Hooyberghs Jens | 4’27”82 | ‘11 |  |  |  |  |  |  |
|  | 6 | Verhagen Niels | 4’32”85 | ‘13 |  |  |  |  |  |  |
|  | 7 | Dom Stijn | 4’59”34 | ‘17 |  |  |  |  |  |  |
|  | 8 | Verbaarschot Nick | 5’55”60 | ‘14 |  |  |  |  |  |  |

# outdoor heren Juniores

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|  | **2000 meter El** | | | |  | **3000 meter El** | | | |  |
|  | 1 | Verhagen Niels | 6’24”05 | ‘13 |  | 1 | Blevi Bavo | 8’57”15 | ‘17 |  |
|  | 2 | Ulloa Fabian | 6’44”61 | ‘15 |  | 2 | Verhagen Niels | 9’32”27 | ‘13 |  |
|  |  |  |  |  |  | 3 | Sneyders Dieter | 9’40”57 | ‘09 |  |
|  |  |  |  |  |  | 4 | Vandenbulcke Frederik | 9’58”80 | ‘17 |  |

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|  | **2 mijl El** | | | |  | **5000 meter El** | | | |  |
|  | 1 | Vercauteren Sander | 9’29”84 | ‘16 |  | 1 | Vercauteren Sander | 15’16”49 | ‘16 |  |
|  |  |  |  |  |  | 2 | Blevi Bavo | 15’21”08 | ‘17 |  |

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|  | **Ver** | | | |  |  | | | |  |
|  | 1 | Dom Stijn | 6m87 | ‘17 |  |  |  |  |  |  |
|  | 2 | Hooyberghs Jens | 6m34\* | ‘11 |  |  |  |  |  |  |
|  | 3 | Rutten Thomas | 6m23 | ‘09 |  |  |  |  |  |  |
|  | 4 | Verbaarschot Nick | 6m16 | ‘14 |  |  |  |  |  |  |
|  | 5 | Roefs Steyn | 5m83 | ‘16 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | Hooyberghs Jens | 1m90 | ‘11 |  | 1 | Hooyberghs Jens | 4m30 | ‘11 |  |
|  | 2 | Dom Stijn | 1m88 | ‘17 |  | 2 | Verbaarschot Nick | 3m75 | ‘14 |  |
|  | 3 | Verbaarschot Nick | 1m84 | ‘14 |  | 3 | Dom Stijn | 3m60 | ‘17 |  |
|  | 4 | Rutten Thomas | 1m80 | ‘09 |  |  |  |  |  |  |
|  | 5 | Bollens Saan | 1m60 | ‘17 |  |  |  |  |  |  |

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|  | **Hamer 6kg** | | | |  | **Discus 1,750kg** | | | |  |
|  | 1 | Verbaarschot Nick | 25m48 | ‘15 |  | 1 | Hooyberghs Jens | 45m13 | ‘11 |  |
|  |  |  |  |  |  | 2 | Dom Stijn | 33m64 | ‘17 |  |
|  |  |  |  |  |  | 3 | Rutten Thomas | 32m50 | ‘10 |  |
|  |  |  |  |  |  | 4 | Verbaarschot Nick | 25m72 | ‘14 |  |

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|  | **Speer 800g** | | | |  | Kogel 6kg | | | |  |
|  | 1 | Hooyberghs Jens | 48m66 | ‘11 |  | 1 | Hooyberghs Jens | 13m78 | ‘11 |  |
|  | 2 | Dom Stijn | 44m06 | ‘17 |  | 2 | Janssen Robbe | 12m87 | ‘15 |  |
|  | 3 | Ameye Dries | 42m90 | ‘10 |  | 3 | Rutten Thomas | 11m81 | ‘10 |  |
|  | 4 | Rutten Thomas | 37m12 | ‘09 |  | 4 | Dom Stijn | 11m53 | ‘17 |  |
|  | 5 | Verbaarschot Nick | 30m64 | ‘14 |  | 5 | Verbaarschot Nick | 10m36 | ‘14 |  |
|  | 6 | Bollens Saan | 18m66 | ‘17 |  |  |  |  |  |  |

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|  | **10-Kamp** | | | |  |  | | | |  |
|  | 1 | Hooyberghs Jens | 7019p | ‘11 |  |  |  |  |  |  |
|  | 2 | Dom Stijn | 5990p | ‘17 |  |  |  |  |  |  |
|  | 3 | 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** Dom Stijn 14”86 Gentbrugge 21/07/17

**Avos** Aerts Bram 17”52 Mol 04/06/06

**400 m Horden** **Atac** Dom Stijn 68”49 Essen 08/07/17

**Avos** Sanen Pieter 61”65 Burcht 11/05/03

**Tuac** Van De Gender Steven 57”62 Jambes 02/06/96

**50 meter Tuac** Slegers Eddy 6”2 Hechtel 28/07/79

**60 meter Tuac** De Neve Patrick 7”6 Turnhout 07/06/81

Vanmechelen Luc 7”6 ev Neerpelt 22/06/83

Vanmechelen Erik 7”6 ev Neerpelt 22/06/83

# outdoor heren Juniores

**100 meter** **Atac** 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

**600 meter** **Atac** Vercauteren Sander 1’30”51 Lommel 10/09/17

**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 3’57”97 Ninove 15/07/17

**Avos** V.Waeyenberghe Yelle 4’07”77 St.-Niklaas 05/05/05

**Tuac** Sneyders Yuri 3’58”76 St.-Niklaas 25/05/97

**1 mijl (1609m)** **Atac** Vercauteren Sander 4’31”81 Lommel 10/09/17

**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** Blevi Bavo 8’57”15 Herentals 01/05/17

**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** Dom Stijn 6m87 Merksem 23/04/17

**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

# outdoor heren Juniores

**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

**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”08 Merksem 23/04/17

**200 meter H El** 1. Aerts Bram 30”55 Turnhout 27/08/17

**400 meter H El** 1. Aerts Bram 73”73 Turnhout 27/08/17

**100 meter El** 1. Roefs Steyn 11”37 (w+3,2) Bornem 22/04/17

2. Aerts Bram 12”63 Herentals 01/05/17

**200 meter El** 1. Roefs Steyn 23”42 Heusden 20/05/17

2. Aerts Bram 25”49 Turnhout 09/04/17

**300 meter El** 1. Roefs Steyn 38”27 Herentals 01/05/17

**400 meter El** 1. Roefs Steyn 58”85 Merksem 23/04/17

2. Aerts Bram 61”39 Herentals 28/05/17

**800 meter El** 1. D’Hooghe Robin 2’20”51 Bornem 22/04/17

2. Aerts Bram 2’43”28 Turnhout 27/08/17

# outdoor heren Seniores

**1500 meter El** 1. D’Hooghe Robin 4’34”34 Merksem 23/04/17

2. Aerts Bram 5’05”72 Herentals 28/05/17

**3000 meter El** 1. Aerts Bram 12’48”95 Turnhout 27/08/17

**3000 m St El** 1. Aerts Bram 13’47”36 Turnhout 27/08/17

**5000 meter El** 1. Aerts Bram 23’11”01 Turnhout 27/08/17

**10000 meter El** 1. Aerts Bram 49’24”56 Turnhout 27/08/17

**Ver** 1. Aerts Bram 5m95 Merksem 23/04/17

2. Roefs Steyn 5m76 Merksem 23/04/17

**Hinkstap** 1. Aerts Bram 11m19 Turnhout 27/08/17

**Hoog**  1. Aerts Bram 1m52 Herentals 28/05/17

**Polsstok**  1. Aerts Bram 2m81 Herentals 01/05/17

**Kogel 7,250kg** 1. Janssen Robbe 11m16 Duffel 14/05/17

2. Aerts Bram 9m92 Turnhout 27/08/17

**Discus 2kg**  1. Janssen Robbe 34m16 Turnhout 09/04/17

2. Aerts Bram 28m09 Mol 12/08/17

**Speer 800g** 1. Roefs Steyn 32m67 Turnhout 24/09/17

2. Aerts Bram 31m62 Herentals 28/05/17

**Hamer 7,250kg** 1. Aerts Bram 13m85 Turnhout 27/08/17

**10-Kamp** 1. Aerts Bram 4291p Herentals 28/05/17

**20-Kamp** 1. Aerts Bram 6692p Turnhout 27/08/17

**Aflossing 4 x 100 meter El**

1. Daniëls Bart – Bollens Saan – Dom Stijn – Roefs Steyn

45”07 Duffel 14/05/17

**Aflossing 4 x 200 meter El**

1. Aerts Bram – De Smedt Serge – Dom Stijn – Roefs Steyn

1’36”86 Turnhout 24/09/17

**Aflossing 4 x 400 meter El**

1. Leys Lode – Dom Stijn – Daniëls Bart – Vercauteren Sander

3’41”76 Duffel 14/05/17

**Zweedse allossing El**

1. Janssen Kobe – Leys Jules – De Smedt Rens – De Smedt Serge

2’23”60 Essen 08/07/17

# outdoor heren Seniores

## 10 Beste prestaties seniores

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|  | **110 meter Horden El** | | | |  | **110 meter Horden** | | | |  |
|  | 1 | Aerts Bram | 17”04 | ‘11 |  | 1 | Michielsen Tom | 17”7 | ‘11 |  |
|  | 2 | Michielsen Tom | 17”29 | ‘12 |  |  |  |  |  |  |
|  | 3 | Evers Steven | 18”60 | ‘09 |  |  |  |  |  |  |

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|  | **200 meter Horden El** | | | |  |  | | | |  |
|  | 1 | Michielsen Tom | 27”86\* | ‘12 |  |  |  |  |  |  |
|  | 2 | Aerts Bram | 30”55 | ‘17 |  |  |  |  |  |  |

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|  | **400 meter Horden El** | | | |  | **400 meter Horden** | | | |  |
|  | 1 | Michielsen Tom | 59”89 | ‘12 |  | 1 | Michielsen Tom | 65”7 | ‘13 |  |
|  | 2 | Aerts Bram | 73”73 | ‘17 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **150 meter El** | | | |  |
|  | 1 | Roefs Steyn | 11”37\* | ‘17 |  | 1 | Aerts Bram | 18”04\* | ‘11 |  |
|  | 2 | Aerts Bram | 11”93\* | ‘11 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 12”45 | ‘11 |  |  |  |  |  |  |
|  | 4 | De Proost Rinze | 12”58 | ‘11 |  |  |  |  |  |  |
|  | 5 | Hoet Maarten | 13”47 | ‘16 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  | **300 meter El** | | | |  |
|  | 1 | Roefs Steyn | 23”42 | ‘17 |  | 1 | Aerts Bram | 37”79 | ‘11 |  |
|  | 2 | Aerts Bram | 24”22 | ‘11 |  | 2 | Roefs Steyn | 38”27 | ‘17 |  |
|  | 3 | Michielsen Tom | 25”62 | ‘12 |  | 3 | De Proost Rinze | 41”94 | ‘11 |  |
|  | 4 | De Proost Rinze | 26”42 | ‘11 |  |  |  |  |  |  |

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|  | **400 meter El** | | | |  | **400 meter** | | | |  |
|  | 1 | Michielsen Tom | 54”16 | ‘12 |  | 1 | Michielsen Tom | 57”3 | ‘13 |  |
|  | 2 | Aerts Bram | 54”36 | ‘11 |  |  |  |  |  |  |
|  | 3 | Desmedt Pieter | 58”14 | ‘15 |  |  |  |  |  |  |
|  | 4 | Roefs Steyn | 58”85 | ‘17 |  |  |  |  |  |  |
|  | 5 | De Proost Rinze | 62”14 | ‘11 |  |  |  |  |  |  |
|  | 6 | Janssens Koen | 63”03 | ‘09 |  |  |  |  |  |  |

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|  | **800 meter El** | | | |  |  | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 1’58”99 | ‘13 |  |  |  |  |  |  |
|  | 2 | Michielsen Tom | 2’09”54 | ‘12 |  |  |  |  |  |  |
|  | 3 | D’Hooghe Robin | 2’20”51 | ‘17 |  |  |  |  |  |  |
|  | 4 | Sneyders Dieter | 2’30”30 | ‘10 |  |  |  |  |  |  |
|  | 5 | Aerts Bram | 2’43”28 | ‘17 |  |  |  |  |  |  |

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|  | **1000 meter El** | | | |  |  | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 2’34”48 | ‘13 |  |  |  |  |  |  |
|  | 2 | Janssens Koen | 2’43”32 | ‘11 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 2’45”98 | ‘11 |  |  |  |  |  |  |

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|  | **1500 meter El** | | | |  | **1500 meter** | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 3’59”50 | ‘13 |  | 1 | Michielsen Tom | 4’39”8 | ‘13 |  |
|  | 2 | Janssens Koen | 4’06”04 | ‘11 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 4’26”11 | ‘13 |  |  |  |  |  |  |
|  | 4 | D’Hooghe Robin | 4’34”34 | ‘17 |  |  |  |  |  |  |
|  | 5 | Snoeckx Zeger | 4’40”21 | ‘11 |  |  |  |  |  |  |
|  | 6 | Aerts Bram | 4’44”69 | ‘11 |  |  |  |  |  |  |

# outdoor heren Seniores

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|  | **1 mijl El** | | | |  |  | | | |  |
|  | 1 | V.Waeyenberghe Yelle | 4’26”83 | ‘14 |  |  |  |  |  |  |
|  | 2 | D’Hooghe Robin | 5’07”33 | ‘16 |  |  |  |  |  |  |

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|  | **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 |  |  |  |  |  |  |

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|  | **3000 meter El** | | | |  | **3000 meter** | | | |  |
|  | 1 | Janssens Koen | 8’35”80 | ‘11 |  | 1 | Michielsen Tom | 10’17”4 | ‘13 |  |
|  | 2 | V.Waeyenberghe Yelle | 8’37”85 | ‘14 |  |  |  |  |  |  |
|  | 3 | Snoeckx Zeger | 10’06”68 | ‘11 |  |  |  |  |  |  |
|  | 4 | Michielsen Tom | 10’11”18 | ‘13 |  |  |  |  |  |  |
|  | 5 | Aerts Bram | 12’48”95 | ‘17 |  |  |  |  |  |  |

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|  | **3000 meter Steeple El** | | | |  | **3000 meter Steeple** | | | |  |
|  | 1 | Michielsen Tom | 10’30”28 | ‘15 |  | 1 | Michielsen Tom | 10’40”3 | ‘13 |  |
|  | 2 | Aerts Bram | 13’47”36 | ‘17 |  |  |  |  |  |  |
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|  | **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 |  |  |  |  |  |  |
|  | 5 | Aerts Bram | 23’11”01 | ‘17 |  |  |  |  |  |  |

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|  | **10000 meter El** | | | |  | **10000 meter** | | | |  |
|  | 1 | De Raeymaecker Karl | 33’24”77 | ‘13 |  | 1 | Michielsen Tom | 38’09”4 | ‘13 |  |
|  | 2 | V.Waeyenberghe Yelle | 33’59”67 | ‘10 |  |  |  |  |  |  |
|  | 3 | Michielsen Tom | 41’10”60 | ‘13 |  |  |  |  |  |  |
|  | 4 | Aerts Bram | 49’24”56 | ‘17 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | Polsstok | | | |  |
|  | 1 | Michielsen Tom | 1m87 | ‘11 |  | 1 | Aerts Bram | 3m44 | ‘10 |  |
|  | 2 | Aerts Bram | 1m71 | ‘10 |  | 2 | Michielsen Tom | 2m80 | ‘12 |  |
|  | 3 | Sneyders Dieter | 1m50 | ‘11 |  |  |  |  |  |  |

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|  | Ver | | | |  | Hinkstap | | | |  |
|  | 1 | Aerts Bram | 6m42 | ‘10 |  | 1 | Aerts Bram | 13m14 | ‘10 |  |
|  | 2 | Roefs Steyn | 5m76 | ‘17 |  | 2 | Michielsen Tom | 12m17 | ‘11 |  |
|  | 3 | Michielsen Tom | 5m75 | ‘12 |  |  |  |  |  |  |
|  | 4 | De Proost Rinze | 5m41 | ‘11 |  |  |  |  |  |  |
|  | 5 | Sneyders Dieter | 4m67\* | ‘11 |  |  |  |  |  |  |

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|  | Kogel 7,250kg | | | |  | Discus 2kg | | | |  |
|  | 1 | Janssen Robbe | 11m16 | ‘17 |  | 1 | Janssen Robbe | 34m16 | ‘17 |  |
|  | 2 | Aerts Bram | 10m65 | ‘11 |  | 2 | Aerts Bram | 32m13 | ‘10 |  |
|  | 3 | Evers Steven | 10m00 | ‘10 |  | 3 | Evers Steven | 29m80 | ‘09 |  |
|  | 4 | Michielsen Tom | 9m03 | ‘12 |  | 4 | Michielsen Tom | 25m54 | ‘12 |  |
|  | 5 | Sneyders Dieter | 7m77 | ‘11 |  |  |  |  |  |  |

# outdoor heren Seniores

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|  | Speer 800g | | | |  | Hamer 7,250kg | | | |  |
|  | 1 | Michielsen Tom | 43m84 | ‘12 |  | 1 | Michielsen Tom | 19m41 | ‘13 |  |
|  | 2 | Ameye Dries | 38m87 | ‘13 |  | 2 | Aerts Bram | 16m95 | ‘15 |  |
|  | 3 | Aerts Bram | 38m57 | ‘10 |  |  |  |  |  |  |
|  | 4 | Roefs Steyn | 32m67 | ‘17 |  |  |  |  |  |  |
|  | 4 | Sneyders Dieter | 30m20 | ‘11 |  |  |  |  |  |  |
|  | 5 | Janssens Koen | 17m89 | ‘09 |  |  |  |  |  |  |

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|  | 5-Kamp | | | |  | **10-Kamp** | | | |  |
|  | 1 | Aerts Bram | 2651p | ‘10 |  | 1 | Aerts Bram | 5366p | ‘11 |  |
|  |  |  |  |  |  | 2 | Michielsen Tom | 5298p | ‘12 |  |

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|  | 20-Kamp | | | |  |  | | | |  |
|  | 1 | Michielsen Tom | 10117p | ‘13 |  |  |  |  |  |  |
|  | 2 | Aerts Bram | 6692p | ‘17 |  |  |  |  |  |  |

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| **Aflossing 4 x 100 meter El** | | | |
| 1 | Daniëls Bart – Bollens Saan – Dom Stijn – Roefs Steyn | 45”07 | ‘17 |
| 2 | Druyts Tobias – Rutten Thomas – Ameye Dries – Dubois Wesley | 45”74 | ‘09 |
| 3 | Janssen Robbe – De Smedt Serge – Verbaarschot Nick – Desmedt Pieter | 46”31 | ‘13 |
| 4 | Evers Steven – Aerts Bram – Ameye Dries – Dubois Wesley | 46”39 | ‘09 |
| 5 | Aerts Bram – Oematie Saverio – Janssen Robbe – Verbaarschot Nick | 46”84 | ‘12 |
| 6 | Aerts Bram – Verbaarschot Nick – Janssen Robbe – De Smedt Serge | 46”94 | ‘14 |
| 7 | Aerts Bram – Daniëls Bart – Dom Stijn – Roefs Steyn | 46”95 | ‘16 |
| 8 | De Proost Rinze – Aerts Bram – Michielsen Tom – De Smedt Serge | 47”02 | ‘11 |
| 9 | De Smedt Serge – Janssen Kobe – Verbaarschot Nick – Desmedt Pieter | 47”10 | ‘15 |
| 10 | Ameye Dries – Sneyders Dieter – Michielsen Tom – Snoeckx Zeger | 50”07 | ‘11 |

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| **Aflossing 4 x 200 meter El** | | | |
| 1 | Aerts Bram – De Smedt Serge – Dom Stijn – Roefs Steyn | 1’36”86 | ‘17 |
| 2 | Aerts Bram – Hoet Maarten – Roefs Steyn - De Smedt Serge | 1’47”09 | ‘16 |

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| **Aflossing 4 x 400 meter El** | | | |
| 1 | Aerts Bram – De Smedt Serge – Van Waeyenberghe Yelle – Michielsen Tom | 3’35”50 | ‘12 |
| 2 | Aerts Bram – Van Waeyenberghe Yelle – De Smedt Serge – Michielsen Tom | 3’37”77 | ‘10 |
| 3 | De Smedt Serge – Aerts Bram – Michielsen Tom – Van Waeyenberghe Yelle | 3’38”35 | ‘13 |
| 4 | Leys Lode – Dom Stijn – Daniëls Bart – Vercauteren Sander | 3’41”76 | ‘17 |
| 5 | Aerts Bram – Van Waeyenberghe Yelle – Janssen Robbe – De Smedt Serge | 3’44”03 | ‘14 |
| 6 | Aerts Bram – Daniëls Andrew – Van Waeyenberghe Yelle – De Smedt Serge | 3’44”54 | ‘09 |
| 7 | De Smedt Serge – Aerts Bram – Janssen Robbe – Michielsen Tom | 3’47”58 | ‘15 |
| 8 | Aerts Bram – Vercauteren Sander – Leys Lode – Dom Stijn | 3’52”17 | ‘16 |

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| **Zweedse aflossing El** | | | |
| 1 | Janssen Kobe – Leys Jules – De Smedt Rens – De Smedt Serge | 2’23”60 | ‘17 |

## 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** Roefs Steyn 11”56 Duffel 14/05/17

**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** Roefs Steyn 23”42 Heusden 20/05/17

**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** Janssen Robbe 11m16 Duffel 14/05/17

**Avos** Van Alphen Hans 14m03 Burcht 11/05/03

**Tuac** Van De Weghe Jules 14m76 Turnhout 03/05/75

**Discus 2kg** **Atac** Janssen Robbe 34m16 Turnhout 09/04/17

**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** Daniëls Bart – Bollens Saan – Dom Stijn – Roefs Steyn

45”07 Duffel 14/05/17

**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 – De Smedt Serge – Dom Stijn – Roefs Steyn

1’36”86 Turnhout 24/09/17

**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 Atac** Janssen Kobe – Leys Jules – De Smedt Rens – De Smedt Serge

2’23”60 Essen 08/07/17

**Avos** Porto-Carrero Guy – Sanen Pieter – Evers Steven – Fabri Tom2’06”49 Herentals 20/09/02

# outdoor heren Seniores

**Olympische afl Avos** Rutten Patrick – Aerts Bram – De Smedt Serge – Rutten Thomas4’18”20 Mol 08/07/07

# outdoor heren Masters-M35

## 10 beste prestaties Masters-M35

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|  | **110 meter Horden El (1m)** | | | |  | **110 meter Horden El (1,067m)** | | | |  |
|  | 1 | De Smedt Serge | 15”69 | ‘13 |  | 1 | De Smedt Serge | 16”55 | ‘09 |  |

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|  | **200 meter Horden El** | | | |  | **400 meter Horden El** | | | |  |
|  | 1 | De Smedt Serge | 28”56\* | ‘09 |  | 1 | De Smedt Serge | 58”50 | ‘09 |  |

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|  | **3000 meter Steeple El** | | | |  |  | | | |  |
|  | 1 | De Smedt Serge | 11’54”32 | ‘11 |  |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | De Smedt Serge | 11”79\* | ‘13 |  | 1 | De Smedt Serge | 12”2\* | ‘13 |  |

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|  | **200 meter El** | | | |  | **200 meter** | | | |  |
|  | 1 | De Smedt Serge | 24”40 | ‘13 |  | 1 | De Smedt Serge | 27”9\* | ‘10 |  |

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|  | **400 meter El** | | | |  | **800 meter El** | | | |  |
|  | 1 | De Smedt Serge | 55”56 | ‘10 |  | 1 | De Smedt Serge | 2’25”04 | ‘10 |  |

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|  | **1500 meter El** | | | |  | **2000 meter El** | | | |  |
|  | 1 | De Smedt Serge | 4’51”00 | ‘10 |  | 1 | De Smedt Serge | 7’27”00 | ‘13 |  |

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|  | **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 |  |  |  |  |  |  |

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|  | **2 mijl El** | | | |  | **5000 meter El** | | | |  |
|  | 1 | De Smedt Serge | 13’03”97 | ‘10 |  | 1 | De Smedt Serge | 20’56”04 | ‘10 |  |

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|  | **5000 meter snelwandelen El** | | | |  | **10000 meter El** | | | |  |
|  | 1 | Buytaert Frank | 26’35”00 | ‘10 |  | 1 | Buytaert Frank | 34’22”73 | ‘10 |  |
|  |  |  |  |  |  | 2 | De Smedt Serge | 48’29”34 | ‘09 |  |

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|  | **Ver** | | | |  | **Hinkstap** | | | |  |
|  | 1 | De Smedt Serge | 6m22 | ‘13 |  | 1 | De Smedt Serge | 11m36 | ‘12 |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | De Smedt Serge | 1m65 | ‘09 |  | 1 | De Smedt Serge | 3m70 | ‘11 |  |

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|  | **Kogel 7,250kg** | | | |  | **Discus 2kg** | | | |  |
|  | 1 | De Smedt Serge | 11m42 | ‘13 |  | 1 | De Smedt Serge | 32m99 | ‘11 |  |
|  |  |  |  |  |  | 2 | Van Goubergen Guy | 15m08 | ‘13 |  |

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|  | **Speer 800g** | | | |  | **Hamer 7,250kg** | | | |  |
|  | 1 | De Smedt Serge | 35m82 | ‘10 |  | 1 | De Smedt Serge | 27m50 | ‘11 |  |

# outdoor heren Masters-M35

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|  | **5-Kamp** | | | |  | **10-Kamp** | | | |  |
|  | 1 | De Smedt Serge | 2568p | ‘09 |  | 1 | De Smedt Serge | 5031p | ‘10 |  |

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|  | **20-Kamp** | | | |  |  | | | |  |
|  | 1 | De Smedt Serge | 9858p | ‘09 |  |  |  |  |  |  |

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| **Aflossing 4 x 400 meter El** | | | |
| 1 | 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 |

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| **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

**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

**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

**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

# outdoor heren Masters-M35

**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 17”13 Ninove 18/06/17

**200 m H El** 1. De Smedt Serge 30”05 Turnhout 27/08/17

**400 m H El** 1. De Smedt Serge 63”33 Duffel 14/05/17

**100 meter El** 1. De Smedt Serge 12”00 Ninove 17/06/17

**200 meter El** 1. De Smedt Serge 25”35 Deinze 20/08/17

**400 meter El** 1. De Smedt Serge 58”47 Herentals 28/05/17

**800 meter El** 1. De Smedt Serge 2’53”63 Turnhout 27/08/17

**1500 meter El** 1. De Smedt Serge 5’10”23 Deinze 20/08/17

**2000 m St El** 1. De Smedt Serge 8’26”80 Beveren 25/07/17

**3000 meter El** 1. De Smedt Serge 13’03”09 Turnhout 27/08/17

**3000 m St El** 1. De Smedt Serge 15’14”77 Turnhout 27/08/17

**5000 meter El** 1. De Smedt Serge 21’08”90 Herentals 09/08/17

**10000 meter El** 1. De Smedt Serge 46’13”35 Essen 08/07/17

**Ver** 1. De Smedt Serge 5m55 Herentals 28/05/17

**Hinkstap** 1. De Smedt Serge 10m04 Turnhout 27/08/17

**Hoog**  1. De Smedt Serge 1m43 Herentals 28/05/17

**Polsstok**  1. De Smedt Serge 3m42 Mol 25/05/17

**Kogel 7,250kg** 1. De Smedt Serge 10m81 Herentals 09/08/17

**Discus 2kg**  1. De Smedt Serge 32m63 Tessenderlo 26/07/17

**Speer 800g** 1. De Smedt Serge 30m29 Deinze 20/08/17

# outdoor heren Masters-M40

**Hamer 7,250kg** 1. De Smedt Serge 25m69 Turnhout 24/09/17

**Gewicht 15,88kg**1. De Smedt Serge 7m24 Lier 01/10/17

**5-Kamp**  1. De Smedt Serge 2682p Deinze 20/08/17

**10-Kamp**  1. De Smedt Serge 5303p Herentals 28/05/17

**20-Kamp**  1. De Smedt Serge 8641p Turnhout 27/08/17

**Afl. 4 x 400 meter El**

1. Swannet Kurt – Chody Christian – Meeuwsen Roger – De Smedt Serge

4’27”10 Kapellen 11/06/17

## 10 Beste prestaties masters-M40

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|  | **110 meter Horden (1m) El** | | | |  | **200 meter Horden El** | | | |
|  | 1 | De Smedt Serge | 15”85 | ‘13 |  | 1 | De Smedt Serge | 28”03 | ‘15 |

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|  | **400 meter Horden El** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 60”20 | ‘13 |  |  |  |  |  |

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|  | **100 meter El** | | | |  | **100 meter** | | | |  |
|  | 1 | De Smedt Serge | 11”75\* | ‘15 |  | 1 | De Smedt Serge | 12”0\* | ‘16 |  |
|  | 2 | Van Zummeren Luc | 13”42 | ‘10 |  |  |  |  |  |  |
|  | 3 | Toelen Jan | 14”02 | ‘09 |  |  |  |  |  |  |

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|  | **200 meter El** | | | |  | **300 meter El** | | | |
|  | 1 | De Smedt Serge | 24”74 | ‘14 |  | 1 | De Smedt Serge | 39”41 | ‘16 |

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|  | **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 |  |

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|  | **800 meter El** | | | |  | **800 meter** | | | |
|  | 1 | De Smedt Serge | 2’11”24 | ‘14 |  | 1 | De Smedt Serge | 2’26”1 | ‘15 |

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|  | **1000 meter El** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 3’05”76 | ‘16 |  |  |  |  |  |

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|  | **1500 meter El** | | | |  | **1 mijl** | | | |
|  | 1 | De Smedt Serge | 4’49”48 | ‘14 |  | 1 | De Smedt Serge | 5’34”0 | ‘16 |

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|  | **2000 meter Steeple El** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 8’26”80 | ‘17 |  |  |  |  |  |

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|  | **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 |  |  |  |  |  |  |

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|  | **5000 meter El** | | | |  | **10000 meter El** | | | |
|  | 1 | De Smedt Serge | 21’08”90 | ‘17 |  | 1 | De Smedt Serge | 46’13”35 | ‘17 |

# outdoor heren Masters-M40

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|  | **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 |  |  |  |  |  |  |

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|  | **Hoog** | | | |  | **Polsstok** | | | |  |
|  | 1 | De Smedt Serge | 1m55 | ‘13 |  | 1 | De Smedt Serge | 3m72 | ‘14 |  |
|  | 1 | Toelen Jan | 1m40 | ‘09 |  |  |  |  |  |  |

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|  | **Kogel 7,250kg** | | | |  | **Hamer 7,250kg** | | | |  |
|  | 1 | Bras Bart | 11m86 | ‘13 |  | 1 | De Smedt Serge | 25m69 | ‘17 |  |
|  | 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 |  |  |  |  |  |  |

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|  | **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 |  |  |  |  |  |  |

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|  | **Gewichtwerpen 15,88kg** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 7m24 | ‘17 |  |  |  |  |  |

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|  | **5-Kamp** | | | |  | **10-Kamp** | | | |
|  | 1 | De Smedt Serge | 2946p | ‘14 |  | 1 | De Smedt Serge | 6144p | ‘15 |

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|  | **20-Kamp** | | | |  |  | | | |
|  | 1 | De Smedt Serge | 10551p | ‘14 |  |  |  |  |  |

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| **Aflossing 4 x 400 meter El** | | | |
| 1 | Swannet Kurt – Chody Christian – Meeuwsen Roger – De Smedt Serge | 4’27”10 | ‘17 |
| 2 | Bras Bart – Peeraer Eddy – Kerstens Michel – De Smedt Serge | 4’31”11 | ‘14 |
| 3 | Meeuwsen Roger – Verrydt Dirk – Peeraer Eddy – Toelen Jan | 4’52”00 | ‘09 |

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| **Aflossing 4 x 1500 meter El** | | | |
| 1 | Ameye Jo – van den Broek Jo – De Smedt Serge – Kerstens Michel | 20’27”47 | ‘14 |

## clubrecords Masters-M40

**110 m Horden** **Atac** De Smedt Serge 15”85 Brasschaat 28/09/13

**200 m Horden** **Atac** De Smedt Serge 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

# outdoor heren Masters-M40

**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

**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)** **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

**2000 m Steeple** **Atac** De Smedt Serge 8’26”80 Beveren 25/07/17

**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 21’08”90 Herentals 09/08/17

**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 46’13”35 Essen 08/07/17

**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 25m69 Turnhout 24/09/17

**Avos** Toelen Jan 21m74 Turnhout 05/08/05

**Tuac** Boermans Hugo 47m88 Turnhout 01/06/77

**Gewicht 15,88kg Atac** De Smedt Serge 7m24 Lier 01/10/17

**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

# outdoor heren Masters-M40

**10-Kamp Atac** De Smedt Serge 6144p Herentals 31/05/15

**20-Kamp**  **Atac** De Smedt Serge 10551p Lodi (It) 07/09/14

**Afl 4 x 400 m Atac** Swannet Kurt – Chody Christian – Meeuwsen Roger – De Smedt Serge

4’27”10 Kapellen 11/06/17

**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

**1500 meter El** 1. Chody Christian 5’14”13 Kapellen 11/06/17

## 10 Beste prestaties masters-M45

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|  | **100 meter El** | | | |  | **100 meter** | | | |  | |
|  | 1 | Toelen Jan | 14”27 | ‘10 |  | 1 | Kerstens Michel | 14”2\* | ‘13 | |  | |
|  | 2 | Verbaarschot Walter | 14”84 | ‘13 |  |  |  |  |  | |  | |
|  | 3 | van den Broek Jo | 15”92 | ‘12 |  |  |  |  |  | |  | |

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|  | **400 meter El** | | | |  | **800 meter El** | | | |  | |
|  | 1 | Ameye Jo | 61”87 | ‘11 |  | 1 | Ameye Jo | 2’17”78 | ‘10 | |  | |
|  | 2 | 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 |  |  |  |  |  | |  | |

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|  | **1000 meter El** | | | |  | **1500 meter El** | | | |  |
|  | 1 | Ameye Jo | 2’54”67 | ‘11 |  | 1 | Ameye Jo | 4’36”96 | ‘11 |  |
|  | 2 | Meeuwsen Roger | 3’00”07 | ‘09 |  | 2 | Kerstens Michel | 4’45”59 | ‘12 |  |
|  |  |  |  |  |  | 3 | Meeuwsen Roger | 4’47”34 | ‘09 |  |
|  |  |  |  |  |  | 4 | Mariani Renzo | 5’00”63 | ‘12 |  |
|  |  |  |  |  |  | 5 | Chody Christian | 5’14”13 | ‘17 |  |

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|  | **1 mijl El** | | | |  |  | | | |  |
|  | 1 | Ameye Jo | 5’02”88 | ‘11 |  |  |  |  |  |  |

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|  | **2000 meter El** | | | |  | **2000 meter** | | | |  |
|  | 1 | Ameye Jo | 6’35”90 | ‘11 |  | 1 | van den Broek Jo | 7’38”2 | ‘12 |  |

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|  | **3000 meter El** | | | |  | **3000 meter** | | | |  |
|  | 1 | Ameye Jo | 9’52”96 | ‘11 |  | 1 | Kerstens Michel | 10’02”3 | ‘13 |  |
|  | 2 | Kerstens Michel | 10’08”62 | ‘12 |  |  |  |  |  |  |
|  | 3 | Mariani Renzo | 10’54”37 | ‘13 |  |  |  |  |  |  |
|  | 4 | van den Broek Jo | 12’14”34 | ‘14 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **5000 meter El** | | | |  |  | | | |  |
|  | 1 | Kerstens Michel | 16’47”68 | ‘12 |  |  |  |  |  |  |
|  | 2 | Meeuwsen Roger | 17’04”90 | ‘09 |  |  |  |  |  |  |
|  | 3 | Ameye Jo | 17’34”68 | ‘11 |  |  |  |  |  |  |
|  | 4 | van den Broek Jo | 20’44”83 | ‘12 |  |  |  |  |  |  |

# outdoor heren Masters-M45

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|  | **Hoog** | | | |  | Ver | | | |  | |
|  | 1 | Toelen Jan | 1m35 | ‘10 |  | 1 | van den Broek Jo | 3m94 | ‘12 | |  | |
|  | 2 | van den Broek Jo | 1m30 | ‘13 |  |  |  |  |  | |  | |
|  | 3 | Kerstens Michel | 1m20 | ‘13 |  |  |  |  |  | |  | |

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|  | **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 |  |

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|  | **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

**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

# outdoor heren Masters-M45

**Hoog** **Avos** Toelen Jan 1m35 Machelen 06/06/10

**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

**400 meter El** 1. Swannet Kurt 66”14 Kapellen 11/06/17

**5000 meter El** 1. Kerstens Michel 17’28”89 Kapellen 11/06/17

**Ver** 1. Lenaerts Jan 4m91 Kapellen 11/06/17

**Hoog** 1. Lenaerts Jan 1m45 Kapellen 11/06/17

**Kogel 7,250kg** 1. Leys Paul 7m62 Kapellen 11/06/17

**Speer 800g** 1. Leys Paul 37m54 Kapellen 11/06/17

## 10 Beste prestaties masters-M50

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|  | **100 meter Horden El** | | | |  |  | | | |  | |
|  | 1 | Verbaarschot Walter | 22”21 | ‘15 |  |  |  |  |  | |  | |
|  | 2 | Peeraer Eddy | 26”91 | ‘13 |  |  |  |  |  | |  | |

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|  | **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 | |  | |

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|  | **200 meter El** | | | |  | **200 meter** | | | |  | |
|  | 1 | Kerstens Michel | 31”08 | ‘15 |  | 1 | Peeraer Eddy | 33”7\* | ‘10 | |

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|  | **300 meter El** | | | |  |  | | | |  | |
|  | 1 | Kerstens Michel | 48”33 | ‘16 |  |  |  |  |  | |  | |

# outdoor heren Masters-M50

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|  | **400 meter El** | | | |  | **400 meter** | | | |  | |
|  | 1 | Ameye Jo | 62”93 | ‘12 |  | 1 | Swannet Kurt | 63”0 | ‘16 | |  | |
|  | 2 | Swannet Kurt | 66”14 | ‘17 |  |  |  |  |  | |  | |
|  | 3 | 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 |  |  |  |  |  | |  | |

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

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

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|  | **1 mijl El** | | | |  |  | | | |  | |
|  | 1 | Kerstens Michel | 5’18”00 | ‘15 |  |  |  |  |  | |  | |

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|  | **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 |  |  |  |  |  | |

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|  | **3000 meter El** | | | |  | **5000 meter El** | | | |  | |
|  | 1 | Kerstens Michel | 9’48”37 | ‘14 |  | 1 | Kerstens Michel | 16’40”15 | ‘14 | |  | |
|  | 2 | Ameye Jo | 10’20”23 | ‘13 |  | 2 | Ameye Jo | 17’46”41 | ‘12 | |  | |
|  | 3 | Meeuwsen Roger | 10’26”28 | ‘13 |  |  |  |  |  | |  | |

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|  | **10000 meter El** | | | |  | **10000 meter** | | | |  |
|  | 1 | Kerstens Michel | 34’41”55 | ‘14 |  | 1 | Kerstens Michel | 36’15”9 | ‘14 |  |

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|  | **Ver** | | | |  | **Hoog** | | | |  | |
|  | 1 | Lenaerts Jan | 4m91 | ‘17 |  | 1 | Verbaarschot Walter | 1m51 | ‘14 | |  | |
|  | 2 | Kerstens Michel | 4m33 | ‘14 |  | 2 | Lenaerts Jan | 1m45 | ‘17 | |  | |
|  | 3 | Verbaarschot Walter | 4m05\* | ‘14 |  | 3 | Peeraer Eddy | 1m20 | ‘11 | |  | |
|  | 4 | Peeraer Eddy | 3m76\* | ‘11 |  |  |  |  |  | |  | |
|  | 5 | Ameye Jo | 3m39\* | ‘13 |  |  |  |  |  | |  | |

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|  | **Kogel 7,250kg** | | | |  | **Kogel 6kg** | | | |  | |
|  | 1 | Leys Paul | 7m62 | ‘17 |  | 1 | Verbaarschot Walter | 9m44 | ‘14 | |  | |
|  | 2 | Van Deun Rob | 5m76 | ‘11 |  |  |  |  |  | |  | |
|  |  |  |  |  |  |  |  |  |  | |  | |
|  | **Discus 2kg** | | | |  | **Polsstok** | | | |  | |
|  | 1 | Van Deun Rob | 15m92 | ‘10 |  | 1 | Verbaarschot Walter | 2m50 | ‘14 |  | |

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|  | **Speer 800g** | | | |  | **Hamer 6 kg** | | | |  | |
|  | 1 | Leys Paul | 37m54 | ‘17 |  | 1 | Verbaarschot Walter | 20m16 | ‘15 | |  | |
|  | 2 | Verbaarschot Walter | 24m75 | ‘14 |  |  |  |  |  | |  | |
|  | 3 | Ameye Jo | 18m35 | ‘13 |  |  |  |  |  | |  | |
|  | 4 | 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** Lenaerts Jan 4m91 Kapellen 11/06/17

**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 9m44 Ninove 27/09/14

**Avos** De Keyser Ludo 9m24 Turnhout 11/10/98

**Tuac** Claessen Jef 11m07 Tessenderlo 09/08/87

**Kogel 7,250kg** **Atac** Leys Paul 7m62 Kapellen 11/06/17

**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** Leys Paul 37m54 Kapellen 11/06/17

**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

## jaarprestaties masters-m55

**300 meter El** 1. Meeuwsen Roger 52”08 Turnhout 24/09/17

**800 meter El** 1. Meeuwsen Roger 2’30”59 Tessenderlo 28/06/17

**2000 meter El** 1. Meeuwsen Roger 6’58”97 Turnhout 24/09/17

**3000 meter El** 1. Meeuwsen Roger 10’56”03 Kapellen 11/06/17

## 10 beste prestaties masters-m55

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **300 meter El** | | | |  | **800 meter El** | | | |  | |
|  | 1 | Meeuwsen Roger | 52”08 | ‘17 |  | 1 | Meeuwsen Roger | 2’30”59 | ‘17 | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **2000 meter El** | | | |  | **3000 meter El** | | | |  | |
|  | 1 | Meeuwsen Roger | 6’58”97 | ‘17 |  | 1 | Meeuwsen Roger | 10’56”03 | ‘17 | |  | |

## CLUBRECORDS masters-m55

**300 meter El** **Atac** Meeuwsen Roger 52”08 Turnhout 24/09/17

**800 meter El** **Atac** Meeuwsen Roger 2’30”59 Tessenderlo 28/06/17

**2000 meter El** **Atac** Meeuwsen Roger 6’58”97 Turnhout 24/09/17

**3000 meter El** **Atac** Meeuwsen Roger 10’56”03 Kapellen 11/06/17

**Ver** **Avos** Versmissen Kamiel 4m30 Zwijndrecht 11/06/95

**Kogel 6kg** **Avos** De Keyser Ludo 9m17 Lille 22/06/02

**Tuac** Leysen Jef 10m73 Leuven 04/09/85

**Kogel 7,250kg** **Avos** De Keyser Ludo 8m15 Alken 09/06/02

**Tuac** Leysen Jef 9m48 Turnhout 15/08/82

**Discus 2kg** **Avos** De Keyser Ludo 17m95 Alken 09/06/02

**Hamer 6kg** **Avos** De Keyser Ludo 21m48 Lille 22/06/02

**Tuac** Leysen Jef 35m98 Hechtel 29/07/87

**Hamer 7,250kg Tuac** Leysen Jef 32m02 Turnhout 15/08/82

# outdoor heren Masters-M60

## CLUBRECORDS masters-m60

**400 meter Avos** De Backer Fernand 79”41 Herentals 27/09/08

**800 meter Avos** De Backer Fernand 2’56”24 Herentals 27/09/08

**Kogel 5kg Avos** De Backer Fernand 7m14 Lille 25/06/05

**Tuac** Leysen Jef 11m56 Turnhout 15/10/89

**Kogel 6kg Tuac** Leysen Jef 9m60 Duffel 10/06/89

**Kogel 7,250kg Avos** Versmissen Kamiel 5m86 Alken 14/05/00

**Tuac** Leysen Jef 9m54 Turnhout 10/07/88

**Hamer 5kg Avos** De Backer Fernand 17m66 Lille 25/06/05

**Tuac** Leysen Jef 37m84 Turnhout 15/10/91

**Hamer 6kg Tuac** Leysen Jef 31m52 Duffel 10/06/89

**Hamer 7,250kg Tuac** Leysen Jef 31m20 Turnhout 20/09/88

# outdoor heren Masters-M65

## CLUBRECORDS masters-m65

**Kogel 4kg Tuac** Leysen Jef 10m14 Naimette 18/09/97

**Kogel 5kg Tuac** Leysen Jef 10m43 Mol 05/09/93

**Kogel 7,250kg Tuac** Leysen Jef 8m31 Turnhout 26/08/93

**Discus 1kg Tuac** Leysen Jef 24m08 Turnhout 19/10/97

**Hamer 4kg Tuac** Leysen Jef 34m64 Naimette 04/09/97

**Hamer 5kg Tuac** Leysen Jef 37m12 Turnhout 10/10/93

**Hamer 7,250kg Tuac** Leysen Jef 27m24 Haacht 13/08/93

# outdoor heren masters-m70

## CLUBRECORDS masters-m70

**Kogel 4kg Tuac** Leysen Jef 10m94 Jambes 04/09/99

**Kogel 5kg Tuac** Leysen Jef 10m69 98

**Discus 1,5kg Tuac** Leysen Jef 21m55 Eindhoven (Ned) 29/05/99

**Hamer 4kg Tuac** Leysen Jef 38m56 Naimette 08/06/97

**Hamer 5kg Tuac** Leysen Jef 32m74 Turnhout 19/06/98

**Hamer 6kg Tuac** Leysen Jef34m21 Spa 05/06/99

**Hamer 7,250kg Tuac** Leysen Jef 23m14 Turnhout 03/10/99

**Speer 800g Tuac** Leysen Jef 19m55 Eindhoven (Ned) 29/05/99

**Werpvierkamp Tuac** Leysen Jef1360p Eindhoven (Ned) 15/10/00

**Werpvijfkamp Tuac** Leysen Jef 2980p Eindhoven (Ned) 29/05/99

# outdoor heren masters-m75

## CLUBRECORDS masters-m75

**Kogel 4kg Tuac** Leysen Jef 8m10 Alken 19/05/02

**Kogel 5kg Tuac** Leysen Jef 7m99 Turnhout 22/08/03

**Hamer 4kg Tuac** Leysen Jef 30m73 Alken 19/05/02

**Hamer 5kg Tuac** Leysen Jef 28m94 Lille 22/06/02

# ben/pup/min heren eindklassement zomer

## benjamins 2 x 4 proeven

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Peeters Mil*** | | | |  |  | | | | |
| 60m | 10”47 | 327p |  | | |  |  |  |  | |
| 600m | 2’16”5 | 342p |  | | |  |  |  |  | |
| Ver | 3m12 | 164p | \* | | |  |  |  |  | |
| Hoog | 0m95 | 156p | \* | | |  |  |  |  | |
| Kogel | 6m80 | 334p |  | | |  |  |  |  | |
| Hockey | 26m92 | 240p |  | | |  |  |  |  | |
| **Totaal** |  | **1243p** |  | | |  |  |  |  | |

## pupillen 2 x 5 proeven

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Thompson David*** | | | |  | ***2. Buijs Lennert*** | | | | |
| 60mH | 11”98 | 521p |  | | |  |  |  |  | |
| 60m | 8”87 | 699p |  | | | 60m | 10”05 | 413p |  | |
| 1000m | 3’50”3 | 461p |  | | | 1000m | 3’55”2 | 425p |  | |
| Ver | 4m26 | 428p | \* | | | Ver | 3m22 | 183p | \* | |
| Hoog | 1m28 | 446p |  | | | Hoog | 1m04 | 227p |  | |
| Kogel | 9m12 | 489p |  | | | Kogel | 6m17 | 292p |  | |
|  |  |  |  | | | Discus | 14m42 | 184p | \* | |
| Hockey | 30m19 | 282p | \* | | | Hockey | 30m39 | 285p |  | |
| **Totaal** |  | **2616p** |  | | | **Totaal** |  | **1642p** |  | |

## miniemen 2 x 6 proeven (2 loop-, 2 spring-, 2 werpnummers)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***1. Graux Siebe*** | | | |  | ***2. Thompson Holy-i*** | | | | |
| 80m | 11”16 | 718p |  | | | 80m | 10”92 | 773p |  | |
|  |  |  |  | | | 150m | 20”58 | 673p | \* | |
| 300m | 46”04 | 545p | \* | | |  |  |  |  | |
| 1000m | 3’14”5 | 769p |  | | | 1000m | 3’22”20 | 697p |  | |
| Ver | 4m36 | 444p |  | | | Ver | 4m87 | 579p |  | |
| Hoog | 1m30 | 466p |  | | | Hoog | 1m50 | 676p |  | |
| Polsstok | 2m21 | 438p | \* | | | Polsstok | 1m85 | 294p | \* | |
| Kogel | 9m77 | 533p |  | | | Kogel | 8m50 | 447p |  | |
| Discus | 28m97 | 482p | \* | | | Discus | 19m02 | 275p | \* | |
| Speer | 36m58 | 640p |  | | | Speer | 23m25 | 372p |  | |
| **Totaal** |  | **3570p** |  | | | **Totaal** |  | **3544p** |  | |

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| ***3. Berckvens Viktor*** | | | |  | ***4. Jacobs Joppe*** | | | | |
| 80mH | 16”00 | 462p | \* | | |  |  |  |  | |
| 80m | 11”83 | 574p |  | | | 80m | 11”6 | 572p |  | |
| 300m | 51”2 | 334p | \* | | | 300m | 51”7 | 317p | \* | |
| 1000m | 3’37”54 | 562p |  | | | 1000m | 3’35”8 | 577p |  | |
| Ver | 3m97 | 347p |  | | | Ver | 4m16 | 393p |  | |
| Hoog | 1m40 | 568p |  | | | Hoog | 1m25 | 417p |  | |
| Polsstok | 1m70 | 239p | \* | | |  |  |  |  | |
| Kogel | 6m95 | 344p | \* | | | Kogel | 6m95 | 344p |  | |
| Discus | 25m72 | 413p |  | | | Discus | 16m38 | 222p | \* | |
| Speer | 27m49 | 457p |  | | | Speer | 22m80 | 363p |  | |
| **Totaal** |  | **2921p** |  | | | **Totaal** |  | **2666p** |  | |

# ben/pup/min heren eindklassement zomer

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***5. Broeckx Mattice*** | | | |  | ***6. Tan Ruï*** | | | | |
| 80m | 11”42 | 660p |  | | | 80m | 11”73 | 595p |  | |
| 300m | 46”97 | 505p | \* | | |  |  |  |  | |
| 1000m | 3’47”00 | 487p |  | | | 1000m | 3’20”94 | 708p |  | |
| Ver | 4m15 | 391p |  | | | Ver | 3m89 | 328p |  | |
| Hoog | 1m25 | 417p |  | | | Hoog | 1m30 | 466p |  | |
| Kogel | 7m68 | 392p |  | | |  |  |  |  | |
|  |  |  |  | | | Discus | 15m25 | 200p |  | |
| Speer | 19m30 | 294p |  | | | Speer | 13m12 | 173p |  | |
| **Totaal** |  | **2641p** |  | | | **Totaal** |  | **2470p** |  | |

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| ***7. Jochems Quinten*** | | | |  | ***8. Jochems Bastiaan*** | | | | |
| 80m | 11”88 | 564p |  | | | 80m | 12”26 | 490p |  | |
|  |  |  |  | | | 150m | 23”30 | 377p | \* | |
| 1000m | 3’57”60 | 408p |  | | | 1000m | 4’02”1 | 376p |  | |
| Ver | 3m58 | 258p |  | | | Ver | 3m55 | 252p |  | |
| Hoog | 1m40 | 568p |  | | | Hoog | 1m25 | 417p |  | |
| Kogel | 6m63 | 322p |  | | | Kogel | 5m77 | 266p |  | |
| Speer | 16m51 | 239p |  | | | Speer | 15m88 | 226p |  | |
| **Totaal** |  | **2359p** |  | | | **Totaal** |  | **2027p** |  | |

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| ***9. Buijs Arne*** | | | |  |  | | | | |
| 80mH | 18”43 | 247p | \* | | |  |  |  |  | |
| 80m | 12”4 | 420p |  | | |  |  |  |  | |
| 300m | 53”12 | 278p | \* | | |  |  |  |  | |
| 1000m | 3’51”1 | 455p |  | | |  |  |  |  | |
| Ver | 3m83 | 314p |  | | |  |  |  |  | |
| Hoog | 1m25 | 417p |  | | |  |  |  |  | |
| Kogel | 5m71 | 262p |  | | |  |  |  |  | |
| Discus | 12m74 | 151p |  | | |  |  |  |  | |
| Speer | 11m49 | 141p | \* | | |  |  |  |  | |
| **Totaal** |  | **2019p** |  | | |  |  |  |  | |

\* proef met minste punten valt weg

# heren Vermeldingen

## INDOOR

**Provinciaal kampioenschap**

1. Broeckx Xander (Cad) 60m 7”70 Gent 07/01/17

1. Leys Jules (Cad) Ver 5m46 Gent 07/01/17

1. Janssen Kobe (Cad) 200m 25”54 Gent 07/01/17

1. Dom Stijn (Jun) Ver 6m48 Gent 07/01/17

2. Janssen Kobe (Cad) 60m 7”76 Gent 07/01/17

2. De Smedt Rens (Cad) Polsstok 2m90 Gent 07/01/17

2. Daniëls Bart (Sch) Hoog 1m73 Gent 07/01/17

2. Broeckx Xander (Cad) 200m 25”67 Gent 07/01/17

2. Leys Jules (Cad) 400m 56”98 Gent 07/01/17

2. Leys Lode (Sch) 400m 55”15 Gent 07/01/17

3. Dom Stijn (Jun) 60mH 8”54 Gent 07/01/17

**Kampioenschap van Vlaanderen**

2. De Smedt Serge (M-50) 5-Kamp 2956p Gent 05/02/17

3. Leys Jules (Cad) 400m 55”61 Gent 22/01/17

3. Janssen Kobe (Cad) 200m 24”93 Gent 22/01/17

3. Dom Stijn (Jun) 7-Kamp 4511p Gent 05/02/17

**Nationaal kampioenschap**

1. De Smedt Serge (M-50) 5-Kamp 2956p Gent 05/02/17

1. De Smedt Serge (M40) 60mH 9”41 Gent 11/03/17

1. De Smedt Serge (M40) Polsstok 3m20 Gent 11/03/17

3. Dom Stijn (Jun) 60mH 8”24 Gent 04/03/17

3. Leys Jules (Cad) 400m 55”23 Gent 05/03/17

## veldloop

**Provinciaal kampioenschap**

1. Appels Pieter-jan (Sch ‘01) Herentals 05/02/17

1. Vercauteren Sander (Jun) Herentals 05/02/17

2. Tan Ruï (Min ’05) Herentals 05/02/17

2. Kerstens Michel (M50) Herentals 05/02/17

**Kampioenschap van Vlaanderen**

2. Appels Pieter-jan (Sch ‘01) Rotselaar 12/02/17

3. Vercauteren Sander (Jun) Rotselaar 12/02/17

**Nationaal kampioenschap**

2. Appels Pieter-jan (Sch ‘01) Wachtebeke 12/03/17

# heren Vermeldingen

## outdoor

**Provinciaal kampioenschap**

1. Dom Stijn (Jun) Ver 6m87 Merksem 23/04/17

1. Leys Lode (Sch) 400mH 59”77 Merksem 23/04/17

1. Vercauteren Sander (Jun) 1500m 4’04”03 Merksem 23/04/17

1. Dom Stijn (Jun) 10-Kamp 5990p Herentals 28/05/17

1. De Smedt Serge (Mas) 10-Kamp 5303p Herentals 28/05/17

1. Thompson David (Pup) Kogel 9m12 Brasschaat 24/06/17

1. Cadetten 4 x 100m 46”59 Duffel 27/08/17

1. De Smedt Serge (M40) 110mH 17”65 Kessel-Lo 23/09/17

1. De Smedt Serge (M40) Polsstok 3m10 Kessel-Lo 23/09/17

2. Daniëls Bart (Sch) Hoog 1m77 Bornem 22/04/17

2. Leys Jules (Cad) 300mH 43”24 Merksem 23/04/17

2. De Smedt Rens (Cad) Polsstok 3m10 Merksem 23/04/17

2. De Gruyter Joren (Sch) 1500m 4’26”37 Merksem 23/04/17

3. Vercauteren Sander (Jun) 800m 2’01”18 Bornem 22/04/17

3. Broeckx Xander (Cad) 100m 11”87 Bornem 22/04/17

3. Vandenbulcke Frederik (Jun) 1500m 4’29”00 Merksem 23/04/17

3. Daniëls Bart (Sch) 110mH 16”53 Merksem 23/04/17

3. Broeckx Xander (SVS) 100m 11”91 Hulshout 26/04/17

3. Aerts Bram (Sen) 10-Kamp 4291p Herentals 28/05/17

3. Otten Stan (Min) Kogel 11m19 Brasschaat 24/06/17

3. Thompson Holy-i (Min) 150m 20”58 Brasschaat 24/06/17

**Kampioenschap van Vlaanderen**

1. De Smedt Serge (M40) 110mH 17”65 Kessel-Lo 23/09/17

1. De Smedt Serge (M40) Polsstok 3m10 Kessel-Lo 23/09/17

2. De Smedt Rens (Cad) Hamer 31m94 St.-Niklaas 25/05/17

**Nationaal kampioenschap**

1. De Smedt Serge (M40) Polsstok 3m40 Ninove 18/06/17

1. De Smedt Serge (M40) 110mH 17”13 Ninove 18/06/17

2. Vercauteren Sander (Stud) 5000m 14’47”34 Oordegem 01/05/17

2. De Smedt Serge (M40) 400mH 65”27 Ninove 17/06/17

2. De Smedt Serge (M40) 100m 12”00 Ninove 17/06/17

**Wereldkampioenschap**

3. De Smedt Serge (M40) 20-Kamp 8641p Turnhout 27/08/17

# dames Vermeldingen

## INDOOR

**Provinciaal kampioenschap**

1. Koppert Liselotte (Ben) Kogel 7m16 Hoboken 18/12/16

1. Bremans Anne-Sophie (Pup) 60m 9”07 Hoboken 18/12/16

1. Koppert Elisabeth (Pup) Kogel 8m01 Hoboken 18/12/16

2. Alessie Floor (Cad) HSS 9m72 Gent 07/01/17

2. Brosens Stefanie (Sen) Ver 5m48 Gent 07/01/17

3. Koppert Liselotte (Ben) Hoog 0m93 Hoboken 18/12/16

3. van den Broek Truus (Cad) Kogel 9m92 Gent 07/01/17

3. Vermeiren Nathalie (Jun) Hoog 1m45 Gent 07/01/17

**Nationaal kampioenschap**

3. Brosens Stefanie (Stud) Ver 5m54 Gent 26/02/17

3. Brosens Stefanie (Bel) Ver 5m51 Gent 04/03/17

## veldloop

**Provinciaal kampioenschap**

1. Bremans Anne-Sophie (Pup ’06) Herentals 05/02/17

1. Swannet Laura (Jun) Herentals 05/02/17

2. Speelman-rooms Femke (Jun) Herentals 05/02/17

3. Lenaerts Isabeau (Sch ’01) Herentals 05/02/17

3. Lauwers Shana (Sen) Herentals 05/02/17

3. Dams Lou (W60) Herentals 05/02/17

**Kampioenschap van Vlaanderen**

2. Bremans Anne-Sophie (Pup ’06) Rotselaar 12/02/17

2. Speelman-rooms Femke (Jun) Rotselaar 12/02/17

**Nationaal kampioenschap**

1. Lenaerts Isabeau (Sch ’01) Wachtebeke 12/03/17

3. Swannet Laura (Jun) Wachtebeke 12/03/17

## outdoor

**Provinciaal kampioenschap**

1. Kerstens Elly (W35) Marathon 3u14’32” Lier 26/03/17

1. Speelman-rooms Femke (Jun) 800m 2’14”84 Merksem 23/04/17

1. Koppert Elisabeth (Pup) Kogel 8m92 Brasschaat 24/06/17

1. Koppert Elisabeth (Pup) Discus 23m35 Brasschaat 24/06/17

1. van den Broek Truus (Cad) Hamer 32m61 Lier 01/10/17

2. Lauwers Shana (Sen) 1500m 4’44”96 Bornem 22/04/17

2. De Vlieger Lize (Jun) 800m 2’15”41 Merksem 23/04/17

2. Brosens Stefanie (Sen) 200m 25”68 Merksem 23/04/17

2. Brosens Stefanie (Sen) Hoog 1m62 Merksem 23/04/17

2. Koppert Liselotte (Ben) Kogel 7m06 Brasschaat 24/06/17

# dames Vermeldingen

3. Lenaerts Isabeau (Sch) 1500m 5’03”78 Bornem 22/04/17

3. Smeets Lore (Jun) 1500m 5’23”47 Bornem 22/04/17

3. Brosens Stefanie (Sen) 7-Kamp 4605p Herentals 28/05/17

3. Bremans Anne-Sophie (Pup) 4-Kamp 1753p Lier 05/06/17

**Kampioenschap van Vlaanderen**

1. Kerstens Elly (W35) Marathon 3u14’32” Lier 26/03/17

**Nationaal kampioenschap**

2. Brosens Stefanie (Bel) Speer 38m48 Halle 17/09/17

2. Speelman-rooms Femke (Jun) 5000m 17’39”84 Halle 17/09/17

2. Koppert Liselotte (Ben) Kogel 8m44 Nijvel 23/09/17

3. van den Broek Truus (Cad) Kogel 11m66 Moeskroen 10/09/17

3. Koppert Elisabeth (Pup) Discus 23m48 Nijvel 23/09/17

**Wereldkampioenschap**

1. Brosens Stefanie (U23) 14-Kamp 8531p Turnhout 27/08/17

# eindklassement veldlopen 2016-2017

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***1.*** | ***Saidi Malak (Pup)*** |  | ***3,34p*** |  |  |
| 2. | Bremans Anne-Sophie (Pup) |  | 5,70p |  |  |
| 3. | Kerstens Michel (Mas) |  | 8,61p |  |  |
| 4. | Appels Pieter-jan (Sch) |  | 8,94p |  |  |
| 5. | Lenaerts Isabeau (Sch) |  | 9,18p |  |  |
| 6. | Tan Ruï (Min) |  | 9,48p |  |  |
| 7. | Speelman-rooms Femke (Jun) |  | 10,46p |  |  |
| 8. | Lauwers Shana (Sen) |  | 10,72p |  |  |
| 9. | Keuppens Lenka (Pup) |  | 14,07p |  |  |
| 10. | Vercauteren Sander (Jun) |  | 16,19p |  |  |
| 11. | Tan Noa (Cad) |  | 19,53p |  |  |
| 12. | Graux Lotte (Ben) |  | 24,45p |  |  |
| 13. | Maes Runar (Min) |  | 25,29p |  |  |
| 14. | Lenaerts Lorane (Jun) |  | 26,73p |  |  |
| 15. | Graux Siebe (Min) |  | 27,02p |  |  |
| 16. | De Beck Michael (Sch) |  | 29,46p |  |  |
| 17. | Mispoulier Senne (Cad) |  | 29,70p |  |  |
| 18. | Van Bael Jim (Ben) |  | 29,73p |  |  |
| 19. | Peeters Mil (Ben) |  | 30,61p |  |  |
| 20. | Willemsens Nore (Pup) |  | 31,79p |  |  |
| 21. | Ameye Jo (Mas) |  | 32,91p |  |  |
| 22. | Beyens Jelle (Sen) |  | 34,08p |  |  |
| 23. | De Vlieger Lize (Jun) |  | 35,54p |  |  |
| 24. | Keuppens Jinthe (Min) |  | 35,86p |  |  |
| 25. | Van Waeyenberghe Yelle (Sen) |  | 36,99p |  |  |
| 26. | Van Gestel Cis (Min) |  | 37,10p |  |  |
| 27. | Roesbeke Fran (Pup) |  | 44,64p |  |  |
| 28. | Lenaerts Robine (Min) |  | 44,96p |  |  |
| 29. | Discart Kyra (Cad) |  | 45,44p |  |  |
| 30. | Verheyen Brent (Sch) |  | 45,99p |  |  |
| 31. | Daeleman Jasmijn (Pup) |  | 49,85p |  |  |
| 32. | Smeets Lore (Jun) |  | 51,90p |  |  |
| 33. | Meeuwsen Roger (Mas) |  | 54,29p |  |  |
| 34. | Koppert Emma-Louise (Min) |  | 54,37p |  |  |
| 35. | Bertels Kerel (Ben) |  | 58,30p |  |  |
| 36. | Goos Daan (Cad) |  | 64,18p |  |  |
| 37. | Vandenbulcke Frederik (Jun) |  | 66,18p |  |  |
| 38. | Vloemans Sanne (Pup) |  | 68,17p |  |  |
| 39. | Claes Lotte (Sen) |  | 69,25p |  |  |
| 40. | Jacobs Joppe (Min) |  | 71,29p |  |  |
| 41. | Du Jardin Martin (Cad) |  | 71,31p |  |  |
| 42. | Van Bladel Robin (Cad) |  | 73,11p |  |  |
| 43. | Berckvens Viktor (Min) |  | 74,76p |  |  |
| 44. | Mertens Tim (Ben) |  | 75,32p |  |  |
| 45. | Buijs Arne (Min) |  | 75,46p |  |  |
| 46. | Segers Eveliene (Pup) |  | 75,73p |  |  |
| 47. | De Smedt Serge (Mas) |  | 76,47p |  |  |
| 48. | Dams Lou (Mas) |  | 79,97p |  |  |
| 49. | Sneyders Dieter (Sen) |  | 80,31p |  |  |
| 50. | Koppert Liselotte (Ben) |  | 81,82p |  |  |
| 51. | Buijs Lennert (Pup) |  | 82,71p |  |  |
| 52. | Goos Klaas (Pup) |  | 83,44p |  |  |
| 53. | Van Eyck Sofie (Sen) |  | 85,55p |  |  |