

ADD OUTDOOR -PRESTATIES 2011

BENJAMINS HEREN

60 METER

1 CROES Teun	09"70	2 Diepenbeek	13/06/2011
2 HERMANS Ruben	10"10	2 Lanaken	01/06/2011
3 POUSETT Jensen	10"14	3 Kortesseem	03/04/2011
4 MARTENS Robbe	10"24	2 Diepenbeek	21/05/2011
5 VANDEBOSCH Robbe	10"51	2 Alken	11/06/2011
6 VEESTRAETEN Martijn	10"66	2 St.Truiden	06/08/2011
7 VAN BIESBROUCK Olivier	10"73	3 Tongeren	30/08/2011
8 HERMANS Tibo	10"85	4 Diepenbeek	25/04/2011
9 RAEDTS Cedric	10"98	2 Tongeren (PK ST.)	17/07/2011
10 STEVENS Ian	11"16	3 Diepenbeek	21/05/2011
11 KNEVELS Thijs	11"22	2 Diepenbeek	13/06/2011
12 CUYX Robbe	11"28	3 Alken	29/07/2011
13 VOS Beau	11"44	4 Lommel	28/05/2011
14 VANDERSMISSEN Fre	11"55	4 Heusden-Zolder	18/06/2011
15 SWIDZINSKI Tibo	12"08	4 Diepenbeek	21/05/2011
16 KNEVELS Warre	12"12	4 Diepenbeek	13/06/2011
17 EYKENBOOM Brecht	12"43	4 Diepenbeek	13/06/2011
18 HERMANS Ben	14"16	4 Diepenbeek	25/04/2011

600 METER

1 HERMANS Ruben	2'02"43	2 Tessenderlo	30/09/2011
2 CROES Teun	2'03"21	2 St.Truiden (PK)	25/06/2011
3 VANDEBOSCH Robbe	2'05"96	2 Heusden-Zolder	21/07/2011
4 VEESTRAETEN Martijn	2'18"46	2 St.Truiden (PK)	25/06/2011
5 MARTENS Robbe	2'18"73	2 Tessenderlo	30/06/2011
6 POUSETT Jensen	2'22"12	3 Kortesseem	03/04/2011
7 VANDERSMISSEN Fre	2'35"96	4 Alken	11/06/2011
8 CUYX Robbe	2'44"96	3 Lommel	28/05/2011
9 VOS Beau	2'50"35	4 Genk	17/09/2011

4 X 60 METER

1 AC DE Demer	39"89	Alken (PK EST)	21/08/2011
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Croes Teun-Hermans Ruben-Vandebosch Robbe-Veestraeten Martijn

3 X 600 METER

1 AC DE Demer	06'23"57	Alken (PK EST)	21/08/2011
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Croes Teun-Hermans Ruben-Vandebosch Robbe

2 AC DE Demer	06'30"82	Lanaken	01/06/2011
3 AC DE Demer	07'46"43	Alken (PK EST)	21/08/2011

HOOGSPRINGEN

1 CROES Teun	1m10	2 Diepenbeek	25/04/2011
2 MARTENS Robbe	1m05	2 Heusden-Zolder	15/08/2011
4 VAN BIESBROUCK Olivier	0m95	3 Diepenbeek	25/04/2011
6 KNEVELS Thijs	0m80	2 Diepenbeek	25/04/2011
6 VEESTRAETEN Martijn	0m80	2 Diepenbeek	25/04/2011
8 KNEVELS Warre	0m75	4 Diepenbeek	25/04/2011

VERSPRINGEN

1 CROES Teun	3m56	2 St.Truiden (PK)	25/06/2011
2 MARTENS Robbe	3m45	2 Diepenbeek	25/04/2011
3 VANDEBOSCH Robbe	3m35	2 Lanaken	30/04/2011
4 VEESTRAETEN Martijn	3m16	2 St.Truiden (PK)	25/06/2011
5 HERMANS Ruben	3m14	2 Diepenbeek	25/04/2011
6 STEVENS Ian	3m10	3 Diepenbeek	25/04/2011
7 POUSSET Jensen	3m07	3 Kortesseem	03/04/2011
8 VAN BIESBROUCK Olivier	2m99	3 Tongeren	30/08/2011
9 RAEDTS Cedric	2m86	2 Tongeren (PK ST.)	17/07/2011
10 CUYX Robbe	2m85	3 Tongeren (PK ST.)	17/07/2011
11 KNEVELS Warre	2m74	4 Diepenbeek	25/04/2011
12 KNEVELS Thijs	2m62	2 Diepenbeek	13/06/2011
13 VANDERSMISSEN Fre	2m61	4 Tongeren	30/08/2011
14 SWIDZINSKI Tibo	2m40	4 Diepenbeek	25/04/2011
15 VOS Beau	2m35	4 Alken	29/07/2011
16 EYKENBOOM Brecht	2m31	4 Diepenbeek	13/06/2011

KOGELSTOTEN 1,000KG

1 CROES Teun	07m75	2 Diepenbeek	21/05/2011
2 VAN BIESBROUCK Olivier	07m72	3 Diepenbeek	21/05/2011
3 VANDEBOSCH Robbe	07m02	2 Diepenbeek	21/05/2011
4 HERMANS Ruben	06m77	2 Diepenbeek	25/04/2011
5 VEESTRAETEN Martijn	06m71	2 Diepenbeek	25/04/2011
6 KNEVELS Thijs	05m77	2 Diepenbeek	25/04/2011
7 STEVENS Ian	05m61	3 Diepenbeek	21/05/2011
8 CUYX Robbe	05m28	3 Alken	29/07/2011
9 POUSSET Jensen	05m15	3 Kortesseem	03/04/2011
10 VANDERSMISSEN Fre	05m10	4 Tongeren	30/08/2011
11 KNEVELS Warre	04m68	4 Diepenbeek	13/06/2011
12 VOS Beau	04m65	4 Tongeren	30/08/2011
13 SWIDZINSKI Tibo	03m78	4 Diepenbeek	21/05/2011

HOCKEYWERPEN

1 VANDEBOSCH Robbe	27m09	2 Heusden-Zolder	21/07/2011
2 HERMANS Ruben	26m57	2 Lanaken	01/06/2011
3 CROES Teun	23m49	2 Lanaken	01/06/2011
4 VAN BIESBROUCK Olivier	21m19	3 Tongeren	30/08/2011
5 STEVENS Ian	17m83	3 Diepenbeek	13/06/2011
6 VEESTRAETEN Martijn	17m40	2 Diepenbeek	25/04/2011
7 MARTENS Robbe	16m80	2 Diepenbeek	25/04/2011
8 KNEVELS Thijs	16m63	2 Diepenbeek	13/06/2011
9 VANDERSMISSEN Fre	15m50	4 Alken	11/06/2011
10 CUYX Robbe	14m22	3 Lommel	28/05/2011
11 VOS Beau	11m31	4 Diepenbeek	25/04/2011
12 KNEVELS Warre	08m63	4 Diepenbeek	25/04/2011
13 SWIDZINSKI Tibo	08m16	4 Diepenbeek	25/04/2011

VIERKAMP

1 VANDEBOSCH Robbe	1.149 ptn	2 Alken	11/06/2011
2 POUSSET Jensen	1.051 ptn	3 Kortesseem	03/04/2011
3 HERMANS Ruben	0.861 ptn	2 Kortesseem	03/04/2011
4 VANDERSMISSEN Fre	0.440 ptn	4 Alken	11/06/2011

5 CUYX Robbe	0.290 ptn	3 St.Truiden	15/05/2011
6 VOS Beau	0.212 ptn	4 Lommel	28/05/2011

PUPILLEN HEREN

60 METER

1 KNAPEN Stijn	08"83	0 St.Truiden (PK)	25/06/2011
2 VOLONT Donald	09"14	1 Neerpelt	10/04/2011
3 LAMBRECHT Harley	09"25	0 Tongeren	30/08/2011
4 BOS Jordy	09"42	0 Diepenbeek	13/06/2011
5 HERMANS Cedric	09"42	0 Kortesseem	03/04/2011
6 SCHELDAMAN Willem	09"49	0 Diepenbeek	13/06/2011
7 SCHOEFS Daan	09"55	0 Genk	17/09/2011
8 SMETS Senne	09"83	1 St.Truiden (PK)	25/06/2011
9 STAS Emile	09"85	0 Heusden-Zolder	18/06/2011
10 BERTRAND Ignace	09"86	1 Alken	11/06/2011
11 PERONI Bren	10"00	1 Genk (BVV)	17/04/2011
12 VAN DORSSELAER Jonas	10"15	1 Genk (BVV)	17/04/2011
13 VANDERSMISSEN Faber	10"49	1 Alken	11/06/2011
14 GENNE Siebe	10"58	0 St.Truiden (PK)	25/06/2011
15 AWOUTERS Willem	10"68	0 Lanaken	01/06/2011
16 POUSET Steffen	10"86	1 Kortesseem	03/04/2011
17 VAN VINCKENROYE Toon	10"93	1 Tongeren	30/08/2011
18 SWENNEN Rob	11"27	1 Diepenbeek	13/06/2011

1000 METER

1 SCHELDAMAN Willem	3'13"47	0 St.Truiden (PK)	25/06/2011
2 HERMANS Cedric	3'26"91	0 St.Truiden	06/08/2011
3 SCHOEFS Daan	3'35"19	0 Genk (BVV)	17/04/2011
4 LAMBRECHT Harley	3'38"02	0 Kortesseem	03/04/2011
5 KNAPEN Stijn	3'39"01	0 Kortesseem	03/04/2011
6 STAS Emile	3'40"01	0 St.Truiden (PK)	25/06/2011
7 BERTRAND Ignace	3'48"86	1 Alken	11/06/2011
8 BOS Jordy	3'56"35	0 Kortesseem	03/04/2011
9 VOLONT Donald	4'05"47	1 Hasselt	02/07/2011
10 VAN DORSSELAER Jonas	4'09"47	1 Neerpelt	10/04/2011
11 VANDERSMISSEN Faber	4'11"21	1 Alken	11/06/2011
12 POUSET Steffen	4'54"62	1 Kortesseem	03/04/2011

60M HORDEN 0,762M/6H

1 BOS Jordy	12"28	0 St.Truiden (PK)	25/06/2011
2 HERMANS Cedric	13"25	0 Diepenbeek	25/04/2011
3 SCHOEFS Daan	13"28	0 Genk (BVV)	17/04/2011
4 LAMBRECHT Harley	13"72	0 Bree	03/09/2011
5 VOLONT Donald	14"33	1 Bree	03/09/2011

4 X 60 METER

1 AC DE Demer	35"90	Alken (PK EST)	21/08/2011
Volont Donald-Lambrecht Harley-Scheldeman Willem-Knapen Stijn			
2 AC DE Demer	36"70	Genk (BVV)	17/04/2011
3 AC DE Demer	36"98	Alken (PK EST)	21/08/2011
4 AC DE Demer	38"11	Genk (BVV)	17/04/2011
5 AC DE Demer	41"14	Alken (PK EST)	21/08/2011

3 X 600 METER

1 AC DE Demer	05'51"85	Alken (PK EST)	21/08/2011
Scheldeman Willem-Knapen Stijn-Hermans Cedric			
2 AC DE Demer	06'10"33	Lanaken	01/06/2011
3 AC DE Demer	06'24"34	Alken (PK EST)	21/08/2011
4 AC DE Demer	06'51"76	Alken (PK EST)	21/08/2011
5 AC DE Demer	07'01"08	Alken (PK EST)	21/08/2011

HOOGSPRINGEN

1 BOS Jordy	1m25	0 Diepenbeek	13/06/2011
1 VOLONT Donald	1m25	1 Diepenbeek	13/06/2011
3 LAMBRECHT Harley	1m20	0 Genk (BVV)	17/04/2011
9 BERTRAND Ignace	1m15	1 Heusden-Zolder	18/06/2011
16 SCHOEFS Daan	1m10	0 Genk	17/09/2011
16 STAS Emile	1m10	0 Diepenbeek	13/06/2011
25 VAN VINCKENROYE Toon	0m95	1 Diepenbeek	13/06/2011
28 VANDERSMISSEN Faber	0m90	1 Heusden-Zolder	18/06/2011

VERSPRINGEN

1 VOLONT Donald	4m28	1 Tongeren	30/08/2011
2 LAMBRECHT Harley	4m17	0 Tongeren	30/08/2011
4 BOS Jordy	4m08	0 St.Truiden (PK)	25/06/2011
7 SCHEDEMAN Willem	4m02	0 Lanaken	01/06/2011
19 SCHOEFS Daan	3m80	0 Tongeren	30/08/2011
30 SMETS Senne	3m65	1 St.Truiden (PK)	25/06/2011
33 STAS Emile	3m60	0 Alken	11/06/2011
39 BERTRAND Ignace	3m52	1 St.Truiden	15/05/2011
48 POUSETT Steffen	3m24	1 Kortesseem	03/04/2011
52 KNAPEN Stijn	3m19	0 Kortesseem	03/04/2011
55 AWOUTERS Willem	3m14	0 Lanaken	01/06/2011
56 VAN DORSSELAER Jonas	3m11	1 Neerpelt	10/04/2011
59 HERMANS Cedric	3m08	0 Diepenbeek	25/04/2011
62 VANDERSMISSEN Faber	2m95	1 Kortesseem	03/04/2011
65 VAN VINCKENROYE Toon	2m82	1 Diepenbeek	25/04/2011
67 SWENNEN Rob	2m74	1 Diepenbeek	25/04/2011

KOGELSTOTEN 2,000KG

1 VOLONT Donald	08m34	1 Genk	17/09/2011
2 LAMBRECHT Harley	08m33	0 Genk	17/09/2011
3 KNAPEN Stijn	07m73	0 Diepenbeek	13/06/2011
4 BERTRAND Ignace	07m28	1 Genk (BVV)	17/04/2011
5 STAS Emile	06m72	0 Genk	17/09/2011
6 SCHOEFS Daan	06m49	0 Genk	17/09/2011
7 SCHEDEMAN Willem	06m46	0 Diepenbeek	13/06/2011
8 HERMANS Cedric	06m39	0 Diepenbeek	25/04/2011
9 BOS Jordy	06m10	0 Diepenbeek	25/04/2011
10 SWENNEN Rob	05m88	1 Diepenbeek	13/06/2011
11 PERONI Bren	05m14	1 Genk (BVV)	17/04/2011
12 VANDERSMISSEN Faber	04m98	1 Heusden-Zolder	18/06/2011
13 VAN DORSSELAER Jonas	04m49	1 Lanaken	30/04/2011
14 VAN VINCKENROYE Toon	04m02	1 Diepenbeek	13/06/2011

DISCUSWERPEN 0,600KG

1 LAMBRECHT Harley	24m26	0 Lommel	10/07/2011
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2	VOLONT Donald	22m23	1	Heusden-Zolder	21/07/2011
3	BERTRAND Ignace	15m77	1	St.Truiden	15/05/2011
4	SWENNEN Rob	13m98	1	Heusden-Zolder	21/07/2011
5	VANDERSMISSEN Faber	13m32	1	Tongeren	30/08/2011
6	SCHOEFS Daan	12m60	0	Tongeren	30/08/2011
7	BOS Jordy	11m77	0	Diepenbeek	25/04/2011
8	STAS Emile	11m76	0	St.Truiden	15/05/2011
9	VAN DORSSELAER Jonas	10m71	1	Neerpelt	10/04/2011
10	VAN VINCKENROYE Toon	07m62	1	Diepenbeek	25/04/2011

HOCKEYWERPEN

1	LAMBRECHT Harley	45m94	0	Tongeren (PK ST.)	17/07/2011
2	SHELDEMAN Willem	40m74	0	Genk (BVV)	17/04/2011
3	VOLONT Donald	38m20	1	Bree	03/09/2011
4	BERTRAND Ignace	33m47	1	Genk (BVV)	17/04/2011
5	BOS Jordy	29m07	0	Bree	03/09/2011
6	SCHOEFS Daan	28m03	0	Tongeren	30/08/2011
7	STAS Emile	25m96	0	Tongeren	30/08/2011
8	HERMANS Cedric	23m72	0	Diepenbeek	21/05/2011
9	KNAPEN Stijn	23m02	0	Kortesseem	03/04/2011
10	PERONI Bren	21m39	1	Diepenbeek	21/05/2011
11	VAN DORSSELAER Jonas	21m29	1	Kortesseem	03/04/2011
12	GENNE Siebe	20m15	0	St.Truiden (PK)	25/06/2011
13	VANDERSMISSEN Faber	16m48	1	Kortesseem	03/04/2011
14	POUSSET Steffen	15m52	1	Kortesseem	03/04/2011
15	VAN VINCKENROYE Toon	15m21	1	Tongeren	30/08/2011

VIKAMP

1	LAMBRECHT Harley	1.867 ptn	0	Genk	17/09/2011
2	SHELDEMAN Willem	1.716 ptn	0	Kortesseem	03/04/2011
3	SCHOEFS Daan	1.646 ptn	0	Genk	17/09/2011
4	VOLONT Donald	1.635 ptn	1	Genk	17/09/2011
5	KNAPEN Stijn	1.499 ptn	0	Kortesseem	03/04/2011
6	BERTRAND Ignace	1.495 ptn	1	Heusden-Zolder	18/06/2011
7	STAS Emile	1.478 ptn	0	Genk	17/09/2011
8	BOS Jordy	1.463 ptn	0	Kortesseem	03/04/2011
9	HERMANS Cedric	1.162 ptn	0	Kortesseem	03/04/2011
10	VAN DORSSELAER Jonas	0.943 ptn	1	Neerpelt	10/04/2011
11	VANDERSMISSEN Faber	0.943 ptn	1	Alken	11/06/2011
12	POUSSET Steffen	0.636 ptn	1	Kortesseem	03/04/2011

MINIEMEN HEREN

80 METER

1	GIJSEN Maarten	11"10	98	Neerpelt	03/07/2011
2	BOUZZABOUI Ayoub	11"29	98	Tongeren	30/08/2011
3	VERDUYCKT Martijn	11"47	99	St.Truiden	15/05/2011
4	TEUCHIE Arno	11"54	98	Diepenbeek	21/05/2011
5	HOFINGER Gianni	11"95	98	Lommel	28/05/2011
6	VAN BIESBROUCK Emmanuel	12"25	98	Diepenbeek	21/05/2011
7	JACOBS Colin	12"39	98	Heusden-Zolder	18/06/2011
8	BAUTERS Laurens	12"42	99	Tongeren	30/08/2011
9	BOUZZAOUI Ibrahim	12"44	99	Tongeren	30/08/2011
10	METTEN Lorijn	12"44	98	Diepenbeek	25/04/2011

11	MOMBEEK Jonas	12"91	99 Alken	11/06/2011
12	MEESEN Glenn	13"74	99 Kortesseem	03/04/2011
13	KNEVELS Ferre	15"02	99 Diepenbeek	25/04/2011

150 METER

1	HOFINGER Gianni	22"53	98 Lommel	25/09/2011
2	JACOBS Colin	23"49	98 Tongeren (PK ST.)	17/07/2011
3	METTEN Lorijn	23"78	98 Genk (BVV)	17/04/2011
4	BAUTERS Laurens	23"81	99 Lommel	10/07/2011
5	MEESEN Glenn	26"38	99 Genk (BVV)	17/04/2011

300 METER

1	VERDUYCKT Martijn	47"54	99 Genk (BVV)	17/04/2011
2	BOUAZZABOUI Ayoub	49"26	98 Genk (BVV)	17/04/2011
3	METTEN Lorijn	51"56	98 Hasselt	02/07/2011
4	BAUTERS Laurens	51"80	99 Heusden-Zolder	15/08/2011
5	BOUAZZAOU Ibrahīm	51"98	99 Genk (BVV)	17/04/2011
6	METTEN Lorijn	53"47	98 Heusden-Zolder	15/08/2011

1000 METER

1	TEUCHIE Arno	2'59"08	98 St.Truiden (PK)	25/06/2011
2	GIJSEN Maarten	3'16"46	98 Alken	11/06/2011
3	HOFINGER Gianni	3'27"13	98 Tessenderlo	04/06/2011
4	VERDUYCKT Martijn	3'27"14	99 Lanaken	30/04/2011
5	METTEN Lorijn	3'33"60	98 Heusden-Zolder	21/07/2011
6	BAUTERS Laurens	3'39"43	99 Tessenderlo	30/09/2011
7	BOUAZZAOU Ibrahīm	3'56"25	99 Genk	17/09/2011
8	JACOBS Colin	3'58"27	98 Tessenderlo	30/09/2011
9	MOMBEEK Jonas	4'15"00	99 Kortesseem	03/04/2011
10	MEESEN Glenn	4'31"05	99 Kortesseem	03/04/2011

80M HORDEN 0,840M/8H

1	GIJSEN Maarten	14"62	98 Bree	03/09/2011
2	METTEN Lorijn	16"15	98 Bree	03/09/2011
3	BAUTERS Laurens	16"36	99 Bree	03/09/2011
4	TEUCHIE Arno	16"60	98 Diepenbeek	21/05/2011
5	HOFINGER Gianni	16"98	98 Bree	03/09/2011
6	JACOBS Colin	18"70	98 Bree	03/09/2011
7	VAN BIESBROUCK Emmanuel	18"83	98 Diepenbeek	21/05/2011

150M HORDEN 0,762M/4H

1	GIJSEN Maarten	23"01	98 Alken	29/07/2011
2	METTEN Lorijn	24"93	98 Heusden-Zolder	15/08/2011
3	BAUTERS Laurens	25"90	99 Alken	29/07/2011
4	HOFINGER Gianni	26"60	98 Alken	29/07/2011

4 X 80 METER

1	AC DE Demer	45"39	Genk (BVV)	17/04/2011
Verduyck Martijn-Gijsen Maarten-Hofinger Gianni-Teuchi Arno				
2	AC DE Demer	45"59	Alken (PK EST)	21/08/2011
3	AC DE Demer	46"95	Alken (PK EST)	21/08/2011
4	AC DE Demer	51"08	Genk (BVV)	17/04/2011

3 X 600 METER

1	AC DE Demer	05'35"26	Alken (PK EST)	21/08/2011
Gijsen Maarten-Verduyck Martijn-Teuchi Arno				
2	AC DE Demer	06'12"57	Alken (PK EST)	21/08/2011

HOOGSPRINGEN

1	GIJSEN Maarten	1m45	98 Diepenbeek	21/05/2011
2	JACOBS Colin	1m40	98 Heusden	24/09/2011
3	TEUCHIE Arno	1m40	98 Heusden-Zolder (S	04/05/2011
4	HOFINGER Gianni	1m30	98 Lommel	25/09/2011
5	VAN BIESBROUCK Emmanuel	1m25	98 Diepenbeek	21/05/2011
6	METTEN Lorijn	1m20	98 Kortesseem	03/04/2011
7	BAUTERS Laurens	1m15	99 Diepenbeek	21/05/2011
8	MOMBEEK Jonas	1m10	99 Neerpelt	10/04/2011
9	VERDUYCKT Martijn	1m10	99 Lommel	28/05/2011
10	MEESEN Glenn	1m00	99 Neerpelt	10/04/2011

VERSPRINGEN

1	GIJSEN Maarten	4m42	98 Genk	17/09/2011
2	HOFINGER Gianni	4m32	98 Tessenderlo	04/06/2011
3	BOUAZZABOUI Ayoub	4m19	98 Genk	17/09/2011
4	METTEN Lorijn	4m13	98 Genk	17/09/2011
5	TEUCHIE Arno	4m09	98 Diepenbeek	21/05/2011
6	VERDUYCKT Martijn	3m90	99 Diepenbeek	25/04/2011
7	BAUTERS Laurens	3m82	99 Genk	17/09/2011
8	JACOBS Colin	3m73	98 Tessenderlo	30/09/2011
9	BOUAZZAOUI Ibrahim	3m51	99 Bree	03/09/2011
10	VAN BIESBROUCK Emmanuel	3m44	98 Diepenbeek	25/04/2011
11	MOMBEEK Jonas	3m36	99 Lanaken	30/04/2011
12	MEESEN Glenn	2m99	99 Diepenbeek	25/04/2011
13	KNEVELS Ferre	2m68	99 Diepenbeek	25/04/2011

KOGELSTOTEN 3,000KG

1	GIJSEN Maarten	09m39	98 Bree	03/09/2011
2	TEUCHIE Arno	08m81	98 Diepenbeek	25/04/2011
3	BOUAZZABOUI Ayoub	08m30	98 Genk	17/09/2011
4	JACOBS Colin	08m16	98 Tessenderlo (JT)	27/08/2011
5	HOFINGER Gianni	07m94	98 Tessenderlo (JT)	27/08/2011
6	BAUTERS Laurens	07m45	99 Genk	17/09/2011
7	MOMBEEK Jonas	07m06	99 Lanaken	30/04/2011
8	VERDUYCKT Martijn	06m75	99 Genk	17/09/2011
9	MEESEN Glenn	06m53	99 Diepenbeek	25/04/2011
10	METTEN Lorijn	06m51	98 Tessenderlo (JT)	27/08/2011
11	DUCHATEAU Nathan	06m13	99 Genk (BVV)	17/04/2011
12	BOUAZZAOUI Ibrahim	05m97	99 Tongeren	30/08/2011
13	VAN BIESBROUCK Emmanuel	05m49	98 Tongeren	30/08/2011
14	KNEVELS Ferre	04m05	99 Diepenbeek	25/04/2011

DISCUSWERPEN 0,750KG

1	GIJSEN Maarten	31m43	98 St.Truiden (PK)	25/06/2011
2	TEUCHIE Arno	25m38	98 Tongeren	30/08/2011
3	HOFINGER Gianni	25m00	98 Lommel	28/05/2011
4	JACOBS Colin	24m84	98 Tessenderlo	13/08/2011
5	BAUTERS Laurens	24m12	99 Genk	17/09/2011
6	METTEN Lorijn	19m31	98 Lommel	25/09/2011
7	VERDUYCKT Martijn	18m99	99 Lanaken	30/04/2011
8	MOMBEEK Jonas	16m77	99 Kortesseem	03/04/2011
9	MEESEN Glenn	15m61	99 Lanaken	30/04/2011

10 VAN BIESBROUCK Emmanuel	14m02	98 Tongeren	30/08/2011
11 KNEVELS Ferre	11m23	99 Diepenbeek	25/04/2011
<u>DISCUSWERPEN 1.000KG</u>			
1 GIJSEN Maarten	25m87	98 Nijvel	24/09/2011
<u>SPEERWERPEN 400G</u>			
1 HOFINGER Gianni	34m45	98 Tongeren (PK ST.)	17/07/2011
2 GIJSEN Maarten	34m15	98 St.Truiden	06/08/2011
3 JACOBS Colin	32m32	98 Diepenbeek	13/06/2011
4 METTEN Lorijn	28m34	98 Lommel	25/09/2011
5 BAUTERS Laurens	27m44	99 Tongeren (PK ST.)	17/07/2011
6 TEUCHIE Arno	24m65	98 Diepenbeek	25/04/2011
7 MOMBEEK Jonas	21m03	99 Tongeren	30/08/2011
8 VERDUYCKT Martijn	18m39	99 Tessenderlo (JT)	27/08/2011
9 MEESEN Glenn	16m06	99 Diepenbeek	25/04/2011
10 VAN BIESBROUCK Emmanuel	14m15	98 Diepenbeek	25/04/2011
11 KNEVELS Ferre	09m81	99 Diepenbeek	25/04/2011
<u>VIJFKAMP</u>			
1 GIJSEN Maarten	3.032 ptn	98 Alken	11/06/2011
6 TEUCHIE Arno	2.676 ptn	98 Alken	11/06/2011
11 HOFINGER Gianni	2.470 ptn	98 Lommel	28/05/2011
18 VERDUYCKT Martijn	2.143 ptn	99 Lanaken	30/04/2011
19 JACOBS Colin	2.088 ptn	98 Tessenderlo (JT)	27/08/2011
23 BAUTERS Laurens	2.001 ptn	99 Genk	17/09/2011
26 METTEN Lorijn	1.962 ptn	98 Tessenderlo (JT)	27/08/2011
53 BOUAZZABOUI Ayoub	1.519 ptn	98 Genk	17/09/2011
55 MOMBEEK Jonas	1.408 ptn	99 Heusden-Zolder	18/06/2011
62 BOUAZZAOUI Ibrahim	1.287 ptn	99 Genk	17/09/2011
65 MEESEN Glenn	0.985 ptn	99 Lanaken	30/04/2011



CADETTEN HEREN

100 METER

1 MBACHU Kevin*	13"92	97 Diepenbeek	18/09/2011	+1,0
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200 METER

1 PEUMANS Niels	27"45	96 St.Niklaas (BVV)	08/05/2011	-0,5
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400 METER

1 MBACHU Kevin*	63"88	97 St.Niklaas (BVV)	08/05/2011	
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2 LUBON Camille	63"96	96 Hechtel-Eksel (PK)	24/04/2011	
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800 METER

1 LUBON Camille	2'12"49	96 Heusden-Zolder (K)	16/07/2011	
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2 GREGOIRE Jarne	2'58"18	97 St.Niklaas (BVV)	08/05/2011	
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1500 METER

1 GREGOIRE Jarne	5'13"94	97 Hechtel-Eksel (PK)	24/04/2011	
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300M HORDEN 0,762M/7H

1 LUBON Camille	47"32	96 Hechtel-Eksel (PK)	24/04/2011	
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2 RISKIN Jens	63"31	97 Hechtel-Eksel (PK)	24/04/2011	
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1500M STEEPLE 0,762M

1 LUBON Camille	05'12"86	96 Tongeren (PK ST.)	17/07/2011	
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4 X 100 METER

1 AC DE Demer	54"52	St.Niklaas (BVV)	08/05/2011	
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Peumans Niels-Metten Diederik-Gregoire Jarne-Mbachu Kevin

HOOGSPRINGEN

1 METTEN Diederik	1m30	96 St.Niklaas (BVV)	08/05/2011	
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VERSPRINGEN

1 METTEN Diederik	4m63	96 Tessenderlo	14/09/2011	-0,4
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KOGELSTOTEN 4,000KG

1 PEUMANS Niels	11m72	96 St.Niklaas (BVV)	08/05/2011	
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2 SWENNEN Pieter	10m47	96 Diepenbeek	18/09/2011	
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DISCUSWERPEN 1,000KG

1 SWENNEN Pieter	34m53	96 Tessenderlo	14/09/2011	
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2 PEUMANS Niels	30m07	96 Tessenderlo	04/06/2011	
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3 LUBON Camille	22m70	96 Hechtel-Eksel (PK)	23/04/2011	
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4 METTEN Diederik	20m41	96 Diepenbeek	18/09/2011	
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HAMERSLINGEREN 4,000KG

1 PEUMANS Niels	52m61	96 Nijvel (BK HAMER)	25/09/2011	
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SPEERWERPEN 600G (NIEUW)

1 METTEN Diederik	29m58	96 Hechtel-Eksel (PK)	24/04/2011	
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2 SWENNEN Pieter	29m29	96 St.Niklaas (BVV)	08/05/2011	
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SCHOLIEREN HEREN

100 METER

1 HENRY Laurent	11"79	95 Hasselt	10/07/2011	+0,2
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2 STOCKMANS Jo	12"30	95 Heusden-Zolder (S)	04/05/2011	2.3
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3 ALBERT Brent	12"60	95 Alken	30/07/2011	+0,5
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4 JACOBS Brett	12"91	94 Dilbeek (KVV MK)	06/08/2011	-0,4
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200 METER

1 HENRY Laurent	24"50	95 St.Niklaas (BVV)	08/05/2011	-0,4
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2 STOCKMANS Jo	25"59	95 Tessenderlo	13/08/2011	-0,8
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3 ALBERT Brent	26"49	95 Tessenderlo	13/08/2011	-0,5
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4 DAENEN Jurgen	27"38	94 Tessengerlo	13/08/2011	-0,8
5 HENRI Jarrick	27"58	95 Tessengerlo	13/04/2011	+0,2
<u>300 METER</u>				
1 ALBERT Brent	45"51	95 Alken	30/07/2011	
<u>400 METER</u>				
1 GIELEN Bram	53"71	95 Lier (BVV)	15/05/2011	
2 NEVEN Jorrit	56"88	94 Naimet.Xhovemor	05/08/2011	
3 HENRI Jarrick	58"75	95 Mol (B)	29/05/2011	
<u>800 METER</u>				
1 GIELEN Bram	2'03"27	95 St.Niklaas (BVV)	08/05/2011	
2 NEVEN Jorrit	2'06"56	94 Kessel-Lo (FC)	13/08/2011	
3 HENRI Jarrick	2'21"15	95 Lanaken	01/06/2011	
<u>1000 METER</u>				
1 NEVEN Jorrit	2'49"67	94 Tessengerlo	06/07/2011	
<u>1500 METER</u>				
1 NEVEN Jorrit	4'34"59	94 St.Niklaas (BVV)	08/05/2011	
2 JACOBS Brett	5'38"14	94 Dilbeek (KVV MK)	07/08/2011	
3 ALBERT Brent	5'52"22	95 Tessengerlo	13/08/2011	
4 DAENEN Jurgen	6'11"38	94 Tessengerlo	13/08/2011	
5 STOCKMANS Jo	6'16"76	95 Tessengerlo	13/08/2011	
<u>400M HORDEN 0,840M/10H</u>				
1 GIELEN Bram	63"94	95 Hechtel-Eksel (PK)	24/04/2011	
2 METTEN Marnik	67"10	94 St.Niklaas (BVV)	08/05/2011	
<u>110M HORDEN 0,914M/10H</u>				
1 JACOBS Brett	17"39	94 Dilbeek (KVV MK)	07/08/2011	-0,5
2 ALBERT Brent	19"93	95 Dilbeek (KVV MK)	07/08/2011	-0,2
<u>2000M STEEPLE 0,914M</u>				
1 HENRI Jarrick	08'23"14	95 Tongeren (PK ST.)	17/07/2011	
<u>4 X 100 METER</u>				
1 AC DE Demer	48"12	St.Niklaas (BVV)	08/05/2011	
Henry Laurent-Albert Brent-Gielen Bram-Stockmans Jo				
2 AC DE Demer	48"50	Alken (PK EST)	21/08/2011	
<u>HOOGSPRINGEN</u>				
1 JACOBS Brett	1m95	94 Lissabon-Fisec (PC)	09/07/2011	
2 ALBERT Brent	1m80	95 Hechtel-Eksel (PK)	23/04/2011	
<u>VERSPRINGEN</u>				
1 STOCKMANS Jo	6m17	95 Hechtel-Eksel (PK)	24/04/2011	+1,9
2 JACOBS Brett	5m72	94 Lommel	01/05/2011	-2,1
3 ALBERT Brent	5m69	95 Tongeren	02/10/2011	+0,2
4 METTEN Marnik	5m23	94 Alken	24/06/2011	-0,1
5 DAENEN Jurgen	5m09	94 Tessengerlo	13/08/2011	-0,7
6 MICHELSSEN Siegerd	4m78	95 Hechtel-Eksel (PK)	24/04/2011	+1,9
<u>POLSTOKSPRINGEN</u>				
1 JACOBS Brett	3m31	94 Naimet.Xhovemor	09/10/2011	
2 STOCKMANS Jo	2m70	95 Tongeren (PK ST.)	17/07/2011	
3 ALBERT Brent	2m60	95 Heusden (NAT.IPN)	10/09/2011	
<u>KOGELSTOTEN 5,000KG</u>				
1 DAENEN Jurgen	13m46	94 Alken	30/07/2011	
2 JACOBS Brett	11m86	94 Alken	08/10/2011	
3 ALBERT Brent	11m04	95 Alken	30/07/2011	

4 STOCKMANS Jo	10m03	95 Alken	24/06/2011
<u>DISCUSWERPEN 1,500KG</u>			
1 JACOBS Brett	40m28	94 Lanaken	15/10/2011
2 DAENEN Jurgen	39m87	94 Lanaken	15/10/2011
15 STOCKMANS Jo	30m60	95 Hechtel-Eksel (PK)	23/04/2011
<u>HAMERSLINGEREN 5,000KG</u>			
1 DAENEN Jurgen	61m28	94 Nijvel	31/08/2011
2 ALBERT Brent	45m75	95 Nijvel (BK HAMER)	25/09/2011
<u>SPEERWERPEN 700G</u>			
1 JACOBS Brett	45m11	94 Lissabon-Fisec (PC)	08/07/2011
2 METTEN Marnik	38m85	94 St.Niklaas (BVV)	08/05/2011
3 ALBERT Brent	36m88	95 Tongeren	02/10/2011
4 DAENEN Jurgen	34m61	94 Tessengerlo	13/08/2011
5 METTEN Marnik	34m51	94 Hechtel-Eksel (PK)	24/04/2011
6 STOCKMANS Jo	32m98	95 Hechtel-Eksel (PK)	24/04/2011
<u>VIJFKAMP 700G 1,5KG (NK) (M Sch.)</u>			
1 DAENEN Jurgen	2.032 ptn	94 Tessengerlo	13/08/2011
2 ALBERT Brent	1.993 ptn	95 Tessengerlo	13/08/2011
3 STOCKMANS Jo	1.915 ptn	95 Tessengerlo	13/08/2011
<u>NEGENKAMP (NIEUW) (M Sch.)</u>			
1 JACOBS Brett	4.515 ptn	94 Dilbeek (KVV MK)	07/08/2011
2 ALBERT Brent	3.762 ptn	95 Dilbeek (KVV MK)	07/08/2011
<u>JUNIORS HEREN</u>			
<u>100 METER</u>			
1 LENAERS Mathias	12"63	92 Genk	28/05/2011 -2,6
<u>200 METER</u>			
1 SNELLINX Dave	24"58	93 Hechtel-Eksel (PK)	23/04/2011 +1,1
2 HENRI Arne	24"97	93 Tessengerlo	13/04/2011 -1,5
<u>400 METER</u>			
1 HENRI Arne	52"12	93 Hechtel-Eksel (PK)	24/04/2011
<u>800 METER</u>			
1 HENRI Arne	2'01"83	93 Herentals (B)	30/04/2011
<u>400M HORDEN 0,914M/10H</u>			
1 HENRI Arne	61"62	93 Tessengerlo	13/04/2011
<u>VERSPRINGEN</u>			
1 LENAERS Mathias	5m13	92 Genk	28/05/2011 -1,7
<u>SENIORS HEREN</u>			
<u>100 METER</u>			
1 HOUBEN Wouter	12"12	89 Tessengerlo	14/09/2011
2 CIELEN Frank	12"50	89 Hasselt	10/07/2011
3 MARTENS Thomas	12"67	90 Genk	28/05/2011
<u>200 METER</u>			
1 SNELLINX Maikel	23"29	90 Lier (BVV)	15/05/2011
2 KENIS Ruben	25"17	83 Tongeren (PK ST.)	17/07/2011
3 CIELEN Frank	25"52	89 Tongeren (PK ST.)	17/07/2011
<u>400 METER</u>			
1 KENIS Ruben	52"45	83 Lanaken	01/06/2011
<u>800 METER</u>			
1 KENIS Ruben	1'55"77	83 Herentals (B)	30/04/2011

1500 METER

1	KENIS Ruben	3'51"01	83 Oordegem-Lede (I	04/06/2011
2	HENDRIKX Jeroen	4'02"40	86 Oordegem-Lede (I	04/06/2011
3	JACOBS Kris	4'31"55	79 Genk	28/05/2011
4	MOHAMUD Edris*	4'34"16	86 Genk	28/05/2011

MIJL

1	KENIS Ruben	4'18"02	83 Tessenderlo	14/09/2011
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2 MIJL

1	JACOBS Kris	10'09"16	79 Alken	24/06/2011
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3000 METER

1	KENIS Ruben	08'25"53	83 Oordegem-Lede (F	02/07/2011
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5000 METER

1	HENDRIKX Jeroen	15'08"91	86 Heusden-Zolder (K	16/07/2011
3	JACOBS Kris	16'15"04	79 Tessenderlo	13/04/2011

10.000 METER

1	JACOBS Kris	34'17"81	79 Tessenderlo	14/09/2011
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UURLOOP

1	JACOBS Kris	16.286m	79 St.Truiden	06/08/2011
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MARATHON

1	NEVEN Koen	02u17'53"	77 Antwerpen	17/04/2011
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110M HORDEN 1,067M/10H (M Sen.)

1	KENIS Ruben	21"33	83 Lier (BVV)	15/05/2011
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4 X 100 METER

1	AC DE Demer	46"52	Lier (BVV)	15/05/2011
Henry Laurent-Snellinx Dave-Stockmans Jo-Snellinx Maikel				

4 X 200 METER

1	AC DE Demer	1'39"35	Alken (PK EST)	21/08/2011
Henry Laurent-Houben Wouter-Jacobs Brett-Snellinx Dave				

4 X 400 METER

1	AC DE Demer	3'36"47	Lier (BVV)	15/05/2011
Henri Arne-Kenis Ruben-Gielen Bram-Houben Wouter				

4 X 800 METER

1	AC DE Demer	10'34"73	Alken (PK EST)	21/08/2011
Henri Jarrick-Gregoire Jarne-Albert Brent-Lubon Camille				

4 X 1500 METER

1	AC DE Demer	17'53"89	Alken (PK EST)	21/08/2011
Jacobs Kris-Hendrikx Jeroen-Nys Patrick-Kenis Ruben				

HOOGSPRINGEN

1	PAPPERS Rafael*	1m85	91 Hechtel-Eksel (PK)	23/04/2011
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VERSPRINGEN

1	HOUBEN Wouter	6m27	89 Hechtel-Eksel (PK)	24/04/2011
2	PAPPERS Rafael*	6m14	91 Hechtel-Eksel (PK)	24/04/2011
3	MARTENS Thomas	5m90	90 Hechtel-Eksel (PK)	24/04/2011

HINKSTAPSPRINGEN

1	HOUBEN Wouter	11m57	89 Lier (BVV)	15/05/2011
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KOGELSTOTEN 7,260KG

1	BRUNINX Maarten	11m35	87 Hechtel-Eksel (PK)	23/04/2011
2	BRUNINX Brecht	11m31	90 Hechtel-Eksel (PK)	23/04/2011

DISCUSWERPEN 2,000KG

1	BRUNINX Brecht	32m98	90 Lanaken	15/10/2011
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SPEERWERPEN 800G

1 SPAEPEN Pieter	55m69	84 Hasselt	10/07/2011
2 BRUNINX Brecht	50m68	90 Lanaken	15/10/2011

MASTERS HEREN**100 METER**

1 SCHOELS Marc	13"64	63 Tessenderlo	14/09/2011 -0,4
2 METTEN Ivan	14"19	65 Tessenderlo	06/07/2011 -1,0

200 METER

1 JACOBS Humberto	29"44	57 Dilbeek (KVV MK)	06/08/2011 +0,6
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400 METER

1 SCHOELS Marc	62"63	63 Tessenderlo	14/09/2011
2 ERNA Philip	70"35	63 Oudenaarde (BVV)	05/06/2011

1500 METER

1 RASKIN Lode	4'45"13	69 Zwevegem (PK+KV)	24/09/2011
2 SCHELDAMAN Stijn	4'45"96	68 Oudenaarde (BVV)	05/06/2011
3 JACOBS Humberto	7'10"47	57 Dilbeek (KVV MK)	06/08/2011

3000 METER

1 NYS Patrick	10'21"10	59 Oudenaarde (BVV)	05/06/2011
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5000 METER

1 JORISSEN Mark	16'27"75	66 Oudenaarde (BVV)	05/06/2011
2 RASKIN Lode	17'11"58	69 Zwevegem (PK+KV)	24/09/2011

10.000 METER

1 RASKIN Lode	35'36"15	69 Tessenderlo	14/09/2011
2 BLEUS Rudi	37'32"77	63 Tessenderlo	14/09/2011

UURLOOP

1 RASKIN Lode	15.863m	69 St.Truiden	06/08/2011
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MARATHON

1 JORISSEN Mark	02u34'02"	66 Torhout (NACHT)	17/06/2011
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3000M STEEPLE 0,914M

1 LISMONT Marc	12'58"19	66 Tongeren (PK ST.)	17/07/2011
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4 X 400 METER

1 AC DE Demer	4'27"92	Oudenaarde (BVV)	05/06/2011
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Erna Philip-Scheldeman Stijn-Nys Patrick-Jorissen Mark

4 X 1500 METER

1 AC DE Demer	20'41"20	Alken (PK EST)	21/08/2011
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Metten Ivan-Stas Alain-Stas Johan-Bleus Rudi

HOOGSPRINGEN

1 JACOBS Humberto	1m54	57 Kessel-Lo	26/06/2011
2 BLEUS Johan	1m48	67 Oudenaarde (BVV)	05/06/2011
3 METTEN Ivan	1m45	65 Zwevegem (PK+KV)	24/09/2011

VERSPRINGEN

1 METTEN Ivan	5m00	65 Hechtel-Eksel (PK)	24/04/2011
2 JACOBS Humberto	4m58	57 Hechtel-Eksel (PK)	24/04/2011

HINKSTAPSPRINGEN

1 JACOBS Humberto	09m40	57 Tessenderlo	04/06/2011
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KOGELSTOTEN 5,000KG

1 SCHOOFs Rene	10m60	48 Diepenbeek	18/09/2011
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KOGELSTOTEN 6,000KG

1 JACOBS Humberto	10m31	57 Kessel-Lo	26/06/2011
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KOGELSTOTEN 7,260KG

1 ALBERT Jonny 08m23 69 Oudenaarde (BVV, 05/06/2011

DISCUSWERPEN 1,000KG

1 SCHOOFs Rene 41m18 48 Lanaken 15/10/2011

2 JACOBS Humberto 29m85 57 Naim.Xhovemont 22/07/2011

DISCUSWERPEN 1,500KG

1 JACOBS Humberto 32m78 57 Tessengerlo 14/09/2011

DISCUSWERPEN 2,000KG

1 SCHOOFs Rene 29m99 48 Bree 22/05/2011

2 JACOBS Humberto 27m56 57 Tongeren (PK ST.) 17/07/2011

HAMERSLINGEREN 5,000KG

1 SCHOOFs Rene 16m26 48 Tienen 01/10/2011

HAMERSLINGEREN 6,000KG (M50/55)

1 JACOBS Humberto 24m44 57 Tienen 01/10/2011

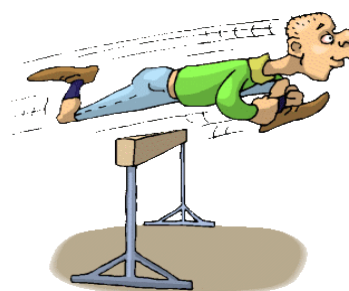
SPEERWERPEN 700G

1 JACOBS Humberto 38m56 57 Mol 02/07/2011

SPEERWERPEN 800G

1 JACOBS Humberto 35m13 57 Tongeren 02/10/2011

2 ALBERT Jonny 26m49 69 Oudenaarde (BVV, 05/06/2011



BENJAMINS DAMES

60 METER

1	BERINGS Anissa	09"74	2	Neerpelt	10/04/2011
2	SMETS Evelien	10"15	2	Diepenbeek	21/05/2011
3	BIKKEMBERGS Hanke	10"23	2	Heusden-Zolder	18/06/2011
4	SWENNEN Margo	10"28	2	Diepenbeek	21/05/2011
5	MERTENS Evelyne	10"55	2	St.Truiden	15/05/2011
6	VOS Jade	10"80	2	Tessenderlo (JT)	27/08/2011
7	LICATA Elisa	10"86	2	Tongeren	30/08/2011
8	HABEX Fien	10"94	2	Diepenbeek	21/05/2011
9	JORISSEN Fleur	11"09	2	Tongeren	30/08/2011
10	VEESTRAETEN Anneleen	11"27	3	St.Truiden	06/08/2011
11	VERDUYCKT Paulien	11"80	3	Genk	17/09/2011
12	HEYLEN Lara	11"89	4	Diepenbeek	25/04/2011
13	ROUVROIS Mirthe	12"69	4	Tongeren	30/08/2011
14	SERDONS Nayah	12"72	3	Genk	17/09/2011

600 METER

1	BERINGS Anissa	2'08"11	2	Hasselt	02/07/2011
2	BIKKEMBERGS Hanke	2'14"83	2	Tongeren	30/08/2011
3	MERTENS Evelyne	2'25"34	2	Kortesseem	03/04/2011
4	ROUVROIS Mirthe	3'07"67	4	Genk	17/09/2011
5	SERDONS Nayah	3'02"26	3	Tongeren	30/08/2011
6	VEESTRAETEN Anneleen	2'15"82	3	St.Truiden	06/08/2011
7	VERDUYCKT Paulien	2'53"23	3	Neerpelt	10/04/2011
8	VOS Jade	2'23"24	2	Genk	17/09/2011

4 X 60 METER

1	AC DE Demer	42"14	Alken (PK EST)	21/08/2011
Bikkembergs Hanke-Veestraeten Anneleen-Broux Stiene-Vos Jade				

3 X 600 METER

1	AC DE Demer	07'28"31	Alken (PK EST)	21/08/2011
Bikkembergs Hanke-Veestraeten Anneleen-Vos Jade				
2	AC DE Demer	08'28"82	Alken (PK EST)	21/08/2011

HOOGSPRINGEN

1	SMETS Evelien	1m10	2	St.Truiden (PK)	25/06/2011
2	MERTENS Evelyne	1m00	2	Heusden-Zolder	15/08/2011
3	BIKKEMBERGS Hanke	0m90	2	Heusden-Zolder	18/06/2011
3	HABEX Fien	0m90	2	Diepenbeek	25/04/2011
3	VOS Jade	0m90	2	Heusden-Zolder	18/06/2011
6	VEESTRAETEN Anneleen	0m85	3	Diepenbeek	25/04/2011

VERSPRINGEN

1	SWENNEN Margo	3m60	2	St.Truiden (PK)	25/06/2011
2	BIKKEMBERGS Hanke	3m50	2	Tongeren	30/08/2011
3	VOS Jade	3m23	2	St.Truiden (PK)	25/06/2011
4	BERINGS Anissa	3m22	2	Hasselt	02/07/2011
5	SMETS Evelien	3m17	2	Diepenbeek	21/05/2011
6	MERTENS Evelyne	3m02	2	Genk	17/09/2011
7	LICATA Elisa	2m92	2	Tongeren	30/08/2011
8	VEESTRAETEN Anneleen	2m78	3	Diepenbeek	13/06/2011
9	HABEX Fien	2m76	2	Diepenbeek	21/05/2011
10	HEYLEN Lara	2m50	4	Diepenbeek	25/04/2011

11 SERDONS Nayah	2m49	3 Tongeren	30/08/2011
12 ROUVROIS Mirthe	2m24	4 St.Truiden (PK)	25/06/2011
13 VERDUYCKT Paulien	2m15	3 Alken	11/06/2011

KOGELSTOTEN 1,000KG

1 MERTENS Evelyne	07m72	2 Lommel	25/09/2011
2 VOS Jade	07m48	2 Bree	03/09/2011
3 BERINGS Anissa	07m08	2 Hasselt	02/07/2011
4 BIKKEMBERGS Hanke	06m61	2 Tongeren	30/08/2011
5 SWENNEN Margo	06m44	2 Diepenbeek	21/05/2011
6 SMETS Evelien	05m43	2 Diepenbeek	25/04/2011
7 HABEX Fien	05m30	2 Diepenbeek	25/04/2011
8 SERDONS Nayah	05m27	3 Tongeren (PK ST.)	17/07/2011
9 JORISSEN Fleur	05m16	2 Tongeren	30/08/2011
10 LICATA Elisa	04m84	2 Tongeren	30/08/2011
11 VEESTRAETEN Anneleen	04m59	3 Diepenbeek	13/06/2011
12 VERDUYCKT Paulien	03m78	3 Kortesseem	03/04/2011
13 HEYLEN Lara	03m54	4 Diepenbeek	25/04/2011
14 ROUVROIS Mirthe	03m23	4 Lommel	28/05/2011

HOCKEYWERPEN

1 MERTENS Evelyne	22m83	2 St.Niklaas (JT)	31/07/2011
2 BIKKEMBERGS Hanke	22m19	2 Bree	03/09/2011
3 SWENNEN Margo	20m41	2 Diepenbeek	21/05/2011
4 SMETS Evelien	17m96	2 Diepenbeek	21/05/2011
5 BERINGS Anissa	17m53	2 Genk	17/09/2011
6 VOS Jade	16m98	2 Bree	03/09/2011
7 SERDONS Nayah	15m22	3 Bree	03/09/2011
8 VEESTRAETEN Anneleen	14m28	3 Diepenbeek	25/04/2011
9 VERDUYCKT Paulien	09m58	3 Alken	11/06/2011
10 HABEX Fien	08m18	2 Diepenbeek	25/04/2011
11 ROUVROIS Mirthe	06m70	4 Bree	03/09/2011
12 HEYLEN Lara	05m98	4 Diepenbeek	25/04/2011

VIERKAMP

1 BERINGS Anissa	1.236 ptn	2 St.Truiden	15/05/2011
2 BIKKEMBERGS Hanke	0.987 ptn	2 Bree	03/09/2011
3 VOS Jade	0.903 ptn	2 Lommel	28/05/2011
4 MERTENS Evelyne	0.890 ptn	2 Kortesseem	03/04/2011
5 SERDONS Nayah	0.327 ptn	3 Bree	03/09/2011
6 VERDUYCKT Paulien	0.195 ptn	3 St.Truiden	15/05/2011
7 ROUVROIS Mirthe	0.105 ptn	4 Lommel	28/05/2011

PUPILLEN DAMES

60 METER

1 PETRY Lisa	08"95	1 Heusden-Zolder	18/06/2011
2 VAN GURP Yasmine	09"04	0 Lanaken	11/09/2011
3 RYBSKI Aster	09"73	0 Diepenbeek	21/05/2011
4 ICKMANS Britt	09"80	0 Tongeren (BVV)	16/04/2011
5 AWOUTERS Olive	09"81	1 Alken	29/07/2011
6 SNELLINX Jana	09"81	0 Kortesseem	03/04/2011
7 MARTENS Jana	09"84	1 Mol (B)	29/05/2011
8 CORNILLE Luane	10"10	1 Tongeren (BVV)	16/04/2011
9 SMEETS Eva	10"28	1 Lanaken	01/06/2011

10 SMETS Jill	10"33	0 Diepenbeek	21/05/2011
11 CUYX Femke	10"53	1 Tongeren	30/08/2011
12 JORISSEN Fien	10"63	0 Tongeren (BVV)	16/04/2011
13 THOELLEN Lindsey	10"69	0 Diepenbeek	21/05/2011
14 PEETERSEN Charlotte	10"90	0 Diepenbeek	13/06/2011

1000 METER

1 VAN GURP Yasmine	3'27"11	0 Nijvel	24/09/2011
2 PENTRY Lisa	3'40"69	1 St.Truiden	15/05/2011
3 THOELLEN Lindsey	4'01"94	0 Tongeren (BVV)	16/04/2011
4 ICKMANS Britt	4'11"25	0 Kortesseem	03/04/2011
5 CUYX Femke	4'15"33	1 Tessengerlo (JT)	27/08/2011

60M HORDEN 0,762M/6H

1 PENTRY Lisa	12"93	1 Tongeren (BVV)	16/04/2011
2 RYBSKI Aster	13"71	0 Tongeren (BVV)	16/04/2011
3 SMETS Jill	13"90	0 Diepenbeek	21/05/2011
4 MARTENS Jana	14"28	1 Mol (B)	29/05/2011
5 PEETERSEN Charlotte	14"57	0 Diepenbeek	25/04/2011

4 X 60 METER

1 AC DE Demer	37"63	Tongeren (BVV)	16/04/2011
Petry Lisa-Snellinx Jana-Van Gulp Yasmine-Ickmans Britt			
2 AC DE Demer	37"79	Alken (PK EST)	21/08/2011
3 AC DE Demer	39"38	Tongeren (BVV)	16/04/2011
4 AC DE Demer	40"27	Tongeren (BVV)	16/04/2011

3 X 600 METER

1 AC DE Demer	06'32"97	Alken (PK EST)	21/08/2011
Petry Lisa-Smets Jill-Rybski Aster			
2 AC DE Demer	06'48"44	Alken (PK EST)	21/08/2011

HOOGSPRINGEN

1 MARTENS Jana	1m20	1 Diepenbeek	13/06/2011
1 PENTRY Lisa	1m20	1 Lanaken	30/04/2011
3 CUYX Femke	1m10	1 Tongeren (BVV)	16/04/2011
4 VAN GURP Yasmine	1m10	0 Diepenbeek	13/06/2011
5 SNELLINX Jana	1m00	0 Tongeren (BVV)	16/04/2011

VERSPRINGEN

1 PENTRY Lisa	3m97	1 Lommel	28/05/2011
2 VAN GURP Yasmine	3m64	0 Diepenbeek	25/04/2011
3 MARTENS Jana	3m39	1 St.Truiden	06/08/2011
4 AWOUTERS Olive	3m32	1 Diepenbeek	13/06/2011
5 SMETS Jill	3m18	0 Tongeren (BVV)	16/04/2011
6 RYBSKI Aster	3m17	0 Diepenbeek	21/05/2011
7 CUYX Femke	3m15	1 St.Truiden (PK)	25/06/2011
8 JORISSEN Fien	2m92	0 Tongeren (BVV)	16/04/2011
9 THOELLEN Lindsey	2m89	0 Diepenbeek	25/04/2011
10 PEETERSEN Charlotte	2m88	0 Diepenbeek	21/05/2011

KOGELSTOTEN 2,000KG

1 VAN GURP Yasmine	07m17	0 Heusden-Zolder	15/08/2011
2 SNELLINX Jana	07m11	0 Heusden	24/09/2011
3 PENTRY Lisa	06m28	1 Tongeren	30/08/2011
4 JORISSEN Fien	05m58	0 Tongeren	30/08/2011
5 CUYX Femke	05m22	1 Lanaken	30/04/2011

6 MARTENS Jana	05m18	1 Diepenbeek	21/05/2011
7 ICKMANS Britt	05m05	0 Tongeren (BVV)	16/04/2011
8 CORNILLE Luane	03m47	1 Tongeren (BVV)	16/04/2011
9 THOELLEN Lindsey	03m25	0 Diepenbeek	25/04/2011

DISCUSWERPEN 0,600KG

1 SNELLINX Jana	19m68	0 Tongeren	30/08/2011
2 SMETS Jill	15m98	0 Diepenbeek	21/05/2011
3 VAN GURP Yasmine	14m75	0 Diepenbeek	21/05/2011
4 PETRY Lisa	13m68	1 Tessenderlo (JT)	27/08/2011
5 RYBSKI Aster	12m86	0 Diepenbeek	21/05/2011
6 CUYX Femke	11m99	1 Tongeren (PK ST.)	17/07/2011
7 PEETERSEN Charlotte	11m76	0 Diepenbeek	21/05/2011
8 THOELLEN Lindsey	08m01	0 Diepenbeek	21/05/2011

HOCKEYWERPEN

1 PETRY Lisa	32m28	1 Bree	03/09/2011
2 SNELLINX Jana	28m54	0 Tongeren (BVV)	16/04/2011
3 MARTENS Jana	22m11	1 Diepenbeek	21/05/2011
4 VAN GURP Yasmine	20m44	0 Diepenbeek	21/05/2011
5 CUYX Femke	18m93	1 Tessenderlo	13/08/2011
6 THOELLEN Lindsey	13m30	0 Diepenbeek	21/05/2011

VIERKAMP

1 PETRY Lisa	1.749 ptn	1 Lanaken	30/04/2011
2 CUYX Femke	1.022 ptn	1 Lanaken	30/04/2011
3 VAN GURP Yasmine	0.936 ptn	0 Kortesseem	03/04/2011
4 ICKMANS Britt	0.746 ptn	0 Kortesseem	03/04/2011
5 MARTENS Jana	0.616 ptn	1 Tessenderlo (JT)	27/08/2011
6 SNELLINX Jana	0.465 ptn	0 Kortesseem	03/04/2011

MINIEMEN DAMES

80 METER

1 THIJSEN Anai	11"20	98 St.Truiden (PK)	25/06/2011
2 CUYX Silke	11"73	98 Alken	29/07/2011
3 SCHELDAMAN Aude	11"75	99 Diepenbeek	13/06/2011
4 GOOSSENS Noa	11"87	99 Alken	29/07/2011
5 MERTENS Celine	11"88	98 Heusden-Zolder	21/07/2011
6 WAGEMANS Esther	11"97	99 Diepenbeek	13/06/2011
7 DAELS Mara	12"12	98 Diepenbeek	13/06/2011
8 AWOUTERS Berenice	12"13	98 Diepenbeek	13/06/2011
9 SWENNEN Anook	12"30	98 St.Truiden (PK)	25/06/2011
10 CALUWAERTS Anouck	12"32	99 Tongeren (BVV)	16/04/2011
11 MARAI Alessia	12"42	98 St.Truiden (PK)	25/06/2011
12 VAN VINCKENROYE Lotte	12"91	99 Diepenbeek	13/06/2011
13 PADUART Alana	12"95	99 Neerpelt	10/04/2011
14 CORNILLE Oceane	13"79	99 Tongeren (BVV)	16/04/2011
15 SERDONS Nikita	14"46	99 Alken	11/06/2011

150 METER

1 MERTENS Celine	22"21	98 Lommel	25/09/2011
3 CUYX Silke	23"28	98 Tongeren (PK ST.)	17/07/2011
5 PADUART Alana	24"75	99 Tongeren (PK ST.)	17/07/2011
7 VANHEERS Leen	25"19	99 Tongeren (BVV)	16/04/2011
9 CORNILLE Oceane	26"83	99 Tongeren (BVV)	16/04/2011

11	RAEDTS Celine	27"38	98 Tongeren (PK ST.)	17/07/2011
13	SERDONS Nikita	27"67	99 Tongeren (PK ST.)	17/07/2011
15	FOLLON Ellen	29"54	99 Tongeren (BVV)	16/04/2011
<u>300 METER</u>				
1	THIJSEN Anai	44"21	98 Mol (B)	29/05/2011
2	GOOSSENS Noa	48"58	99 Tongeren (BVV)	16/04/2011
3	RAEDTS Celine	61"95	98 Tongeren (BVV)	16/04/2011
<u>1000 METER</u>				
1	THIJSEN Anai	3'08"91	98 Nijvel	24/09/2011
2	SCHEDEMAN Aude	3'28"64	99 Alken	29/07/2011
3	GOOSSENS Noa	3'34"87	99 Genk	17/09/2011
4	WAGEMANS Esther	3'38"49	99 Genk	17/09/2011
5	MERTENS Celine	3'43"99	98 Lommel	28/05/2011
6	DAELS Mara	3'51"55	98 Kortesseem	03/04/2011
7	VAN VINCKENROYE Lotte	3'53"42	99 Tongeren	30/08/2011
8	PADUART Alana	3'55"78	99 Tessengerlo	13/08/2011
9	CUYX Silke	4'02"58	98 Tessengerlo	13/08/2011
10	SERDONS Nikita	4'39"84	99 Tongeren	30/08/2011
<u>60M HORDEN 0,762M/6H</u>				
1	MERTENS Celine	10"97	98 St.Truiden (PK)	25/06/2011
2	CUYX Silke	11"35	98 Bree	03/09/2011
3	THIJSEN Anai	12"05	98 Diepenbeek	21/05/2011
4	SWENNEN Anoenk	12"15	98 Diepenbeek	25/04/2011
5	WAGEMANS Esther	12"29	99 Bree	03/09/2011
6	PADUART Alana	13"00	99 Bree	03/09/2011
7	GOOSSENS Noa	13"42	99 Diepenbeek	25/04/2011
<u>150M HORDEN 0,762M/6H</u>				
1	MERTENS Celine	24"12	98 Alken	29/07/2011
2	CUYX Silke	24"77	98 Alken	29/07/2011
3	GOOSSENS Noa	25"33	99 Alken	29/07/2011
4	PADUART Alana	27"80	99 Alken	29/07/2011
<u>4 X 80 METER</u>				
1	AC DE Demer	45"53	Alken (PK EST)	21/08/2011
	Cuyx Silke-Goossens Noa-Wagemans Ester-Scheldeman Aude			
2	AC DE Demer	45"72	Tongeren (BVV)	16/04/2011
3	AC DE Demer	48"29	Tongeren (BVV)	16/04/2011
4	AC DE Demer	50"47	Alken (PK EST)	21/08/2011
5	AC DE Demer	53"01	Tongeren (BVV)	16/04/2011
<u>3 X 600 METER</u>				
1	AC DE Demer	05'52"88	Alken (PK EST)	21/08/2011
	Goossens Noa-Scheldeman Aude-Wagemans Ester			
2	AC DE Demer	06'36"03	Alken (PK EST)	21/08/2011
<u>HOOGSPRINGEN</u>				
1	CUYX Silke	1m45	98 Neerpelt	10/04/2011
2	MERTENS Celine	1m40	98 Neerpelt	10/04/2011
3	PADUART Alana	1m35	99 Alken	29/07/2011
4	GOOSSENS Noa	1m30	99 Heusden-Zolder	18/06/2011
5	WAGEMANS Esther	1m30	99 Bree	03/09/2011
6	SWENNEN Anoenk	1m25	98 Diepenbeek	21/05/2011
7	THIJSEN Anai	1m25	98 Diepenbeek	21/05/2011

8 SCHELDEMAN Aude	1m15	99 Kortesseem	03/04/2011
9 DAELS Mara	1m10	98 Kortesseem	03/04/2011
10 SERDONS Nikita	0m95	99 Neerpelt	10/04/2011

VERSPRINGEN

1 CUYX Silke	4m82	98 Genk	17/09/2011
2 MERTENS Celine	4m55	98 Nijvel	24/09/2011
3 THIJSEN Anai	4m25	98 Diepenbeek	21/05/2011
4 WAGEMANS Esther	4m20	99 Genk	17/09/2011
5 AWOUTERS Berenice	4m00	98 Diepenbeek	13/06/2011
6 PADUART Alana	3m91	99 Bree	03/09/2011
7 SWENNEN Anoeck	3m65	98 Diepenbeek	21/05/2011
8 GOOSSENS Noa	3m60	99 Lanaken	30/04/2011
9 VAN VINCKENROYE Lotte	3m27	99 Diepenbeek	25/04/2011
10 SERDONS Nikita	3m10	99 Tongeren	30/08/2011

KOGELSTOTEN 2,000KG (V Min.)

1 MERTENS Celine	10m43	98 St.Niklaas (JT)	31/07/2011
2 SCHELDEMAN Aude	09m41	99 Diepenbeek	13/06/2011
3 VANHERLE Femke	09m17	98 Tongeren (BVV)	16/04/2011
4 CUYX Silke	08m86	98 Lommel	28/05/2011
5 PADUART Alana	08m82	99 St.Truiden (PK)	25/06/2011
6 GOOSSENS Noa	08m01	99 Diepenbeek	25/04/2011
7 SERDONS Nikita	07m69	99 Diepenbeek	13/06/2011
8 THIJSEN Anai	07m23	98 Diepenbeek	25/04/2011
9 WAGEMANS Esther	07m20	99 Bree	03/09/2011
10 SWENNEN Anoeck	07m04	98 Diepenbeek	21/05/2011
11 DAELS Mara	06m00	98 Kortesseem	03/04/2011
12 VANHEERS Leen	05m85	99 Tongeren (BVV)	16/04/2011
13 FOLLON Ellen	05m79	99 Tongeren (BVV)	16/04/2011
14 VAN VINCKENROYE Lotte	05m75	99 Diepenbeek	13/06/2011

DISCUSWERPEN 0,750KG

1 MERTENS Celine	20m43	98 Lanaken	30/04/2011
2 PADUART Alana	19m40	99 Tessengerlo	13/08/2011
3 THIJSEN Anai	18m91	98 Diepenbeek	21/05/2011
4 GOOSSENS Noa	18m16	99 Tongeren	30/08/2011
5 MARAI Alessia	18m14	98 St.Truiden (PK)	25/06/2011
6 CUYX Silke	16m58	98 Lommel	28/05/2011
7 SERDONS Nikita	15m91	99 Tongeren	30/08/2011
8 SWENNEN Anoeck	13m78	98 Diepenbeek	25/04/2011
9 WAGEMANS Esther	13m49	99 Tessengerlo	13/08/2011
10 VAN VINCKENROYE Lotte	12m25	99 Diepenbeek	13/06/2011

SPEERWERPEN 400G

1 SCHELDEMAN Aude	32m59	99 St.Truiden (PK)	25/06/2011
2 MERTENS Celine	22m80	98 Eupen	11/09/2011
3 SERDONS Nikita	20m72	99 Tongeren	30/08/2011
4 PADUART Alana	20m51	99 St.Truiden (PK)	25/06/2011
5 GOOSSENS Noa	20m43	99 Alken	29/07/2011
6 WAGEMANS Esther	18m29	99 Diepenbeek	25/04/2011
7 CUYX Silke	18m15	98 Alken	29/07/2011
8 SWENNEN Anoeck	14m25	98 Diepenbeek	25/04/2011
9 DAELS Mara	12m05	98 Kortesseem	03/04/2011

10 CALUWAERTS Anouck	10m01	99 Tongeren (BVV)	16/04/2011
<u>VIJFKAMP</u>			
1 CUYX Silke	2.676 ptn	98 Bree	03/09/2011
2 MERTENS Celine	2.461 ptn	98 Eupen	11/09/2011
3 WAGEMANS Esther	2.177 ptn	99 Bree	03/09/2011
4 SCHELDAMAN Aude	2.111 ptn	99 Kortesseem	03/04/2011
5 GOOSSENS Noa	2.103 ptn	99 Heusden-Zolder	18/06/2011
6 PADUART Alana	1.919 ptn	99 Bree	03/09/2011
7 DAELS Mara	1.571 ptn	98 Kortesseem	03/04/2011
8 SERDONS Nikita	0.843 ptn	99 Genk	17/09/2011



CADETTEN DAMES

100 METER

1 NICOLAERS Lore	14"12	97 Alken	24/06/2011 -0,1
2 CLAESEN Evi	14"29	97 Alken	24/06/2011 +0,1
3 HENRI Oona	14"68	97 Lanaken	01/06/2011 +0,1
4 GROVEN Nele	15"50	97 Aartselaar (BVV)	07/05/2011 -0,8

200 METER

1 SCHELDAMAN Lotte	27"64	97 Genk	28/05/2011 -3,4
2 NICOLAERS Lore	29"96	97 Genk	28/05/2011 -3,4
3 HENRI Oona	30"37	97 Tongeren (PK ST.)	17/07/2011 +1,3
4 CLAESEN Evi	30"44	97 Tongeren (PK ST.)	17/07/2011 -2,5
5 GROVEN Nele	32"55	97 Aartselaar (BVV)	07/05/2011 -1,7

300 METER

1 CLAESEN Evi	45"09	97 Alken	30/07/2011
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400 METER

1 SCHELDAMAN Lotte	60"80	97 Alken	24/06/2011
2 CLAESEN Evi	63"95	97 Aartselaar (BVV)	07/05/2011
3 KNAPEN Tinne	70"73	97 Alken	24/06/2011

800 METER

1 SCHELDAMAN Lotte	2'15"79	97 Moeskroen (BK C+	04/09/2011
2 CLAESEN Evi	2'32"77	97 Lanaken	01/06/2011
3 KNAPEN Tinne	2'46"72	97 Heusden-Zolder (S	04/05/2011

1500 METER

1 SCHELDAMAN Lotte	5'04"62	97 Hechtel-Eksel (PK)	23/04/2011
2 HENRI Oona	6'08"14	97 Aartselaar (BVV)	07/05/2011

300M HORDEN 0,762M/7H

1 CLAESEN Evi	50"73	97 Moeskroen (BK C+	03/09/2011
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1500M STEEPLE 0,762M

1 CLAESEN Evi	06'14"59	97 Tongeren (PK ST.)	17/07/2011
2 HENRI Oona	06'37"05	97 Tongeren (PK ST.)	17/07/2011
3 NICOLAERS Lore	06'44"36	97 Tongeren (PK ST.)	17/07/2011

4 X 100 METER

1 AC DE Demer	54"09	Aartselaar (BVV)	07/05/2011
Claesen Evi-Stockmans Ine-Nicolaers Lore-Scheldeman Lotte			

HOOGSPRINGEN

1 STOCKMANS Ine	1m30	97 Hechtel-Eksel (PK)	24/04/2011
1 NICOLAERS Lore	1m30	97 Genk	28/05/2011
3 HENRI Oona	1m25	97 Heusden-Zolder (S	04/05/2011
4 KNAPEN Tinne	1m20	97 Heusden-Zolder (S	04/05/2011

VERSPRINGEN

1 STOCKMANS Ine	4m56	97 Hechtel-Eksel (PK)	23/04/2011 +1,7
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KOGELSTOTEN 3,000KG

1 NICOLAERS Lore	09m27	97 Aartselaar (BVV)	07/05/2011
2 MOMBEEK Jolien	08m14	96 Tongeren	02/10/2011

DISCUSWERPEN 1,000KG

1 NICOLAERS Lore	19m87	97 Bornem (BVV)	14/05/2011
2 STOCKMANS Ine	19m39	97 Hechtel-Eksel (PK)	24/04/2011
3 BERTRAND Anouchka	13m43	97 Aartselaar (BVV)	07/05/2011

SPEERWERPEN 500G

1 NICOLAERS Lore	28m03	97 Hechtel-Eksel (PK)	23/04/2011
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2 MOMBEEK Jolien	22m82	96 Tongeren	02/10/2011
3 STOCKMANS Ine	20m66	97 Hechtel-Eksel (PK)	23/04/2011

SCHOLIEREN DAMES

100 METER

1 VANHEUSDEN Marisa	12"90	94 Hasselt	10/07/2011 +0,2
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200 METER

1 VANHEUSDEN Marisa	26"35	94 Bornem (BVV)	14/05/2011 +0,2
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300 METER

1 VANHEUSDEN Marisa	43"88	94 Hasselt	10/07/2011
2 VANHEUSDEN Marisa	44"96	94 Alken	30/07/2011

800 METER

1 MAZIERS Stephanie	2'33"77	94 Hechtel-Eksel (PK)	24/04/2011
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1500 METER

1 MAZIERS Stephanie	5'06"31	94 Bornem (BVV)	14/05/2011
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400M HORDEN 0,762M/10H

1 MAZIERS Stephanie	85"60	94 Aartselaar (BVV)	07/05/2011
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HOOGSPRINGEN

1 RASKIN Kristen	1m45	95 Lommel	01/05/2011
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VERSPRINGEN

1 VANHEUSDEN Marisa	4m52	94 Alken	30/07/2011 +0,1
2 RASKIN Kristen	4m40	95 Tongeren	02/10/2011 +0,3

KOGELSTOTEN 4,000KG

1 RASKIN Kristen	08m56	95 Lissabon-Fisec (PC)	10/07/2011
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DISCUSWERPEN 1,000KG

1 RASKIN Kristen	27m35	95 Lier	22/05/2011
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SPEERWERPEN (NIEUW)600G (

1 RASKIN Kristen	24m25	95 Tongeren	02/10/2011
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HAMERSLINGEREN 3,000KG

1 RASKIN Kristen	42m73	95 Lissabon-Fisec (PC)	07/07/2011
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HAMERSLINGEREN 4,000KG

1 RASKIN Kristen	42m28	95 Tienen (KVV HAMI)	26/06/2011
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JUNIORES DAMES

200 METER

1 CROES Naomi	28"81	93 Herentals (FC MK)	28/05/2011 +0,5
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800 METER

1 CROES Naomi	2'52"36	93 Herentals (FC MK)	29/05/2011
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100M HORDEN 0,840M/10H

1 CROES Naomi	17"61	93 Herentals (FC MK)	28/05/2011 +0,3
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HOOGSPRINGEN

1 CROES Naomi	1m45	93 Herentals (FC MK)	28/05/2011
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VERSPRINGEN

1 CROES Naomi	4m90	93 Hechtel-Eksel (PK)	23/04/2011 +1,8
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KOGELSTOTEN 4,000KG

1 CROES Naomi	09m46	93 Herentals (FC MK)	28/05/2011
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SPEERWERPEN (NIEUW)600G

1 CROES Naomi	27m85	93 Herentals (FC MK)	29/05/2011
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ZEVENKAMP (NIEUW) (V JSV)

1 CROES Naomi	3.506 ptn	93 Herentals (FC MK)	29/05/2011
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SENIORES DAMES

100 METER

1 VAN HOVE Karolien 14"44 78 Hechtel 26/06/2011 -0,1

200 METER

1 VAN HOVE Karolien 30"02 78 Mol 02/07/2011 +0,4

800 METER

1 CLAESEN Evelien 2'53"95 89 Hechtel-Eksel (PK) 24/04/2011

3000 METER

1 PAUWELS Jill 12'29"69 83 Bornem (BVV) 14/05/2011

4 X 100 METER

1 AC DE Demer 51"41 Bornem (BVV) 14/05/2011

Croes Naomi-Claesen Eveline-Scheldeman Lotte-Vanheusden Marisa

4 X 200 METER

1 AC DE Demer 1'51"33 Alken (PK EST) 21/08/2011

Croes Naomi-Claesen Eveline-Scheldeman Lotte-Vanheusden Marisa

KOGELSTOTEN 4,000KG

1 STAS Suzy 09m58 77 Lommel 01/05/2011

DISCUSWERPEN 1,000KG

1 STAS Suzy 30m59 77 Alken 30/07/2011

SPEERWERPEN (NIEUW)600G

1 VAN HOVE Karolien 12m29 78 Bornem (BVV) 14/05/2011

MASTERS DAMES

100 METER

1 BERGEN Lieve 16"71 62 Lanaken (BVV) 05/06/2011 -0,2

200 METER

1 SIMENON Marina 33"09 60 Lanaken (BVV) 05/06/2011 +0,9

800 METER

1 SCHOOFs Kristel 3'24"37 71 Lanaken (BVV) 05/06/2011

1500 METER

1 FRISINA Luisa 5'06"94 71 Lanaken (BVV) 05/06/2011

2 SCHREURS Betty 7'02"66 47 Ninove (BK MAST) 11/06/2011

3000 METER

1 PROESMANS Inge 15'06"44 75 Lanaken (BVV) 05/06/2011

5000 METER

1 SCHREURS Betty 25'18"23 47 Ninove (BK MAST) 12/06/2011

4 X 100 METER

1 AC DE Demer 62"10 Lanaken (BVV) 05/06/2011

Bergen Lieve-Bruninx Ilse-Simenon Marina-Frisina Louisa

VERSPRINGEN

1 FRISINA Luisa 4m15 71 Lanaken (BVV) 05/06/2011 +0,4

KOGELSTOTEN 4,000KG

1 SCHREURS Betty 05m84 47 Lanaken (BVV) 05/06/2011

2 ASNONG Jenny 04m73 52 Tongeren 02/10/2011

DISCUSWERPEN 1,000KG

1 BRUNINX Ilse 14m68 75 Lanaken (BVV) 05/06/2011

SPEERWERPEN (NIEUW)600G

1 BRUNINX Ilse 12m10 75 Lanaken (BVV) 05/06/2011

INDOOR 2010-2011

BENJAMINS HEREN

HOOGSPRINGEN

1 JARYCH Yannick	0m80	Tongeren	27/11/2010
2 TIGRAR Salem	0m70	Tongeren	27/11/2010

KOGELSTOTEN 1,000KG (M Ben.)

1 VANBUUL Jasper	07m28	Tongeren	27/11/2010
2 CUYX Robbe	04m13	Sittard (NED)	30/01/2011
3 TIGRAR Salem	03m80	Tongeren	27/11/2010
4 JARYCH Yannick	03m38	Tongeren	27/11/2010

PUPILLEN HEREN

60 METER

1 KNAPEN Stijn	09"06	0 Sittard (NED)	30/01/2011
2 VOLONT Donald	09"66	1 Sittard (NED)	30/01/2011
3 STAS Emile	10"23	0 Sittard (NED)	30/01/2011
4 PERONI Bren	10"45	1 Sittard (NED)	30/01/2011

HOOGSPRINGEN

1 LAMBRECHT Harley	1m20	0 Tongeren	27/11/2010
2 VOLONT Donald	1m15	1 Alken	20/11/2010
3 BERTRAND Ignace	1m10	1 Tongeren	27/11/2010
3 SCHOEFS Daan	1m10	0 Tongeren	27/11/2010
5 VAN DORSSELAER Jonas	1m05	1 Tongeren	27/11/2010

VERSPRINGEN

1 VOLONT Donald	3m52	1 Sittard (NED)	30/01/2011
2 VAN DORSSELAER Jonas	3m24	1 Sittard (NED)	30/01/2011

KOGELSTOTEN 2,000KG

1 KNAPEN Stijn	07m77	0 Sittard (NED)	30/01/2011
2 LAMBRECHT Harley	07m66	0 Alken	20/11/2010
3 VOLONT Donald	06m88	1 Alken	20/11/2010
4 BERTRAND Ignace	06m58	1 Sittard (NED)	30/01/2011
5 STAS Emile	06m04	0 Sittard (NED)	30/01/2011
6 PERONI Bren	05m53	1 Sittard (NED)	30/01/2011
7 SCHOEFS Daan	05m44	0 Tongeren	27/11/2010
8 VAN DORSSELAER Jonas	04m21	1 Tongeren	27/11/2010
9 TIGRAR Omar	04m04	0 Tongeren	27/11/2010

MINIEMEN HEREN

60M HORDEN 0,840M/5H

1 GIJSEN Maarten	11"25	98 Sittard (NED)	30/01/2011
2 METTEN Lorijn	12"77	98 Sittard (NED)	30/01/2011
3 BAUTERS Laurens	13"12	99 Sittard (NED)	30/01/2011

HOOGSPRINGEN

1 TEUCHIE Arno	1m38	98 Sittard (NED)	30/01/2011
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2	HOFINGER Gianni	1m25	98 Sittard (NED)	30/01/2011
3	HABIEB Anes	1m20	99 Tongeren	27/11/2010
3	JACOBS Colin	1m20	98 Tongeren	27/11/2010
5	BOUAZZAOU Ibrahīm	1m10	99 Tongeren	27/11/2010
5	BAUTERS Laurens	1m10	99 Alken	20/11/2010
7	BOUAZZABOUI Ayoub	1m05	98 Tongeren	27/11/2010
8	VERDUYCKT Martijn	1m00	99 Tongeren	27/11/2010
9	MOMBEEK Jonas	0m95	99 Tongeren	27/11/2010
9	MEESEN Glenn	0m95	99 Alken	20/11/2010

VERSPRINGEN

1	TEUCHIE Arno	4m21	98 Sittard (NED)	30/01/2011
2	METTEN Lorijn	3m48	98 Sittard (NED)	30/01/2011

KOGELSTOTEN 3,000KG

1	GIJSEN Maarten	08m30	98 Sittard (NED)	30/01/2011
2	BOUAZZABOUI Ayoub	07m70	98 Tongeren	27/11/2010
3	HOFINGER Gianni	07m50	98 Sittard (NED)	30/01/2011
4	JACOBS Colin	07m03	98 Alken	20/11/2010
5	BAUTERS Laurens	06m60	99 Sittard (NED)	30/01/2011
6	BOUAZZAOU Ibrahīm	06m52	99 Tongeren	27/11/2010
7	MOMBEEK Jonas	06m45	99 Alken	20/11/2010
8	MEESEN Glenn	06m31	99 Alken	20/11/2010
9	VERDUYCKT Martijn	06m01	99 Tongeren	27/11/2010
10	HABIEB Anes	04m99	99 Tongeren	27/11/2010

CADETTEN HEREN

60 METER

1	LUBON Camille	08"20	96 Gent	26/02/2011
2	MBACHU Kevin*	08"81	97 Gent (PK)	09/01/2011

200 METER

1	MBACHU Kevin*	29"71	97 Gent (PK)	09/01/2011
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400 METER

1	LUBON Camille	59"93	96 Gent	26/02/2011
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60M HORDEN 0,914M/5H

1	LUBON Camille	10"96	96 Hoboken	13/02/2011
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SCHOLIEREN HEREN

60 METER

1	STOCKMANS Jo	07"66	95 Gent (PK)	09/01/2011
2	HENRY Laurent	07"88	95 Gent (PK)	09/01/2011

200 METER

1	HENRY Laurent	25"52	95 Gent (PK)	09/01/2011
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800 METER

1	GIELEN Bram	2'09"14	95 Gent (KVV CAD(SC	23/01/2011
2	NEVEN Jorrit	2'16"50	94 Gent (PK)	09/01/2011

HOOGSPRINGEN

1	JACOBS Brett	1m92	94 Gent (KVV CAD(SC	23/01/2011
2	ALBERT Brent	1m76	95 Mol	16/01/2011
3	STOCKMANS Jo	1m60	95 Gent	02/01/2011
4	GIELEN Bram	1m50	95 Tongeren	27/11/2010
5	DAENEN Jurgen	1m45	94 Tongeren	27/11/2010

VERSPRINGEN

1 STOCKMANS Jo	5m94		95 Gent (PK)	09/01/2011
<u>POLSTOKSPRINGEN</u>				
1 ALBERT Brent	2m50		95 Gent (PK)	09/01/2011
1 JACOBS Brett	2m50		94 Gent (PK)	09/01/2011
<u>KOGELSTOTEN 5,000KG</u>				
1 DAENEN Jurgen	13m94		94 Alken	20/11/2010
2 JACOBS Brett	11m57		94 Alken	20/11/2010
3 ALBERT Brent	11m15		95 Mol	16/01/2011
<u>SENIORS HEREN</u>				
<u>1500 METER</u>				
1 KENIS Ruben	3'56"56		83 Gent (KVV)	30/01/2011
<u>3000 METER</u>				
1 KENIS Ruben	08'56"95		83 Gent (BK)	20/02/2011
<u>60M HORDEN 1,067M/5H</u>				
1 PETERS Kim	09"33		90 Gent (KVV)	30/01/2011
<u>HOOGSPRINGEN</u>				
1 PAPPERS Rafael*	1m83		91 Gent (PK)	09/01/2011
<u>VERSPRINGEN</u>				
1 PAPPERS Rafael*	5m55		91 Gent (PK)	09/01/2011
<u>KOGELSTOTEN 7,260KG</u>				
1 BRUNINX Maarten	09m58		87 Tongeren	27/11/2010
<u>MASTERS HEREN</u>				
<u>60 METER</u>				
1 ERNA Philip	09"11	M45	Gent (PK)	09/01/2011
<u>200 METER</u>				
1 ERNA Philip	30"91	M45	Gent (PK)	09/01/2011
<u>1500 METER</u>				
1 ROUVROIS Philip	5'26"58	M40	Gent (BK MAST.)	12/03/2011
<u>HOOGSPRINGEN</u>				
1 JACOBS Humberto	1m50	M50	Alken	20/11/2010
<u>KOGELSTOTEN 7,260KG (M Sen.)</u>				
1 JACOBS Humberto	09m84	M50	Tongeren	27/11/2010
2 ALBERT Jonny	08m30	M40	Alken	20/11/2010
3 ERNA Philip	07m68	M45	Tongeren	27/11/2010
<u>KOGELSTOTEN 6,000KG (M Jun.)</u>				
1 JACOBS Humberto	10m05	M50	Mol	16/01/2011
<u>KOGELSTOTEN 5,000KG (M Sch.)</u>				
1 SCHOOF Rene	10m20		48 Alken	20/11/2010
<u>BENJAMINS DAMES</u>				
<u>60 METER</u>				
1 BERINGS Anissa	10"60		2 Sittard (NED)	30/01/2011
2 MERTENS Evelyne	10"69		2 Hoboken	13/03/2011
<u>HOOGSPRINGEN</u>				
1 BIKKEMBERGS Hanke	1m00		2 Tongeren	27/11/2010
1 MERTENS Evelyne	1m00		2 Hoboken	23/01/2011
1 SMETS Evelien	1m00		2 Sittard (NED)	30/01/2011
4 VOS Jade	0m85		2 Tongeren	27/11/2010
5 SERDONS Nayah	0m75		3 Tongeren	27/11/2010
<u>VERSPRINGEN</u>				

1 SMETS Evelien	3m09	2 Sittard (NED)	30/01/2011
2 BERINGS Anissa	2m97	2 Sittard (NED)	30/01/2011
3 MERTENS Evelyne	2m93	2 Hoboken	13/03/2011
4 VOS Jade	2m72	2 Sittard (NED)	30/01/2011
5 ROUVROIS Mirthe	1m77	4 Sittard (NED)	30/01/2011

KOGELSTOTEN 1,000KG

1 VOS Jade	06m09	2 Sittard (NED)	30/01/2011
2 BERINGS Anissa	05m97	2 Tongeren	27/11/2010
3 MERTENS Evelyne	05m90	2 Tongeren	27/11/2010
4 BIKKEMBERGS Hanke	05m24	2 Tongeren	27/11/2010
5 SERDONS Nayah	04m27	3 Tongeren	27/11/2010
6 VOS Beau	03m80	0 Tongeren	27/11/2010
7 ROUVROIS Mirthe	02m85	4 Tongeren	27/11/2010

PUPILLEN DAMES

60 METER

1 PETRY Lisa	09"23	1 Sittard (NED)	30/01/2011
2 VAN GURP Yasmine	09"62	0 Sittard (NED)	30/01/2011
3 SNELLINX Jana	09"77	0 Hoboken	23/01/2011
4 RYBSKI Aster	10"06	0 Sittard (NED)	30/01/2011
5 SMETS Jill	10"41	0 Sittard (NED)	30/01/2011
6 MARTENS Jana	10"42	1 Sittard (NED)	30/01/2011
7 SMEETS Eva	10"49	1 Sittard (NED)	30/01/2011
8 JANS Selina	10"79	0 Sittard (NED)	30/01/2011
9 PEETERSEN Charlotte	10"88	0 Sittard (NED)	30/01/2011

60M HORDEN 0,762M/5H

1 PEETERSEN Charlotte	14"70	0 Sittard (NED)	30/01/2011
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HOOGSPRINGEN

1 SNELLINX Jana	1m20	0 Tongeren	27/11/2010
2 SMETS Jill	1m05	0 Tongeren	27/11/2010
3 RYBSKI Aster	1m00	0 Tongeren	27/11/2010
4 CUYX Femke	1m00	1 Alken	20/11/2010

VERSPRINGEN

1 VAN GURP Yasmine	3m61	0 Sittard (NED)	30/01/2011
2 PETRY Lisa	3m59	1 Sittard (NED)	30/01/2011
3 SNELLINX Jana	3m48	0 Sittard (NED)	30/01/2011
4 MARTENS Jana	2m84	1 Sittard (NED)	30/01/2011
5 CUYX Femke	2m73	1 Sittard (NED)	30/01/2011
6 SMETS Jill	2m53	0 Sittard (NED)	30/01/2011
7 RYBSKI Aster	2m43	0 Sittard (NED)	30/01/2011

KOGELSTOTEN 2,000KG

1 SNELLINX Jana	06m14	0 Tongeren	27/11/2010
2 JANS Selina	06m10	0 Sittard (NED)	30/01/2011
3 SMETS Jill	05m15	0 Tongeren	27/11/2010
4 RYBSKI Aster	05m14	0 Tongeren	27/11/2010
5 CUYX Femke	04m60	1 Alken	20/11/2010

MINIEMEN DAMES

60 METER

1 MERTENS Celine	09"36	98 Gent	27/02/2011
2 WAGEMANS Esther	09"39	99 Sittard (NED)	30/01/2011

3 CALUWAERTS Anouck	09"66	99 Sittard (NED)	30/01/2011
4 VANHEERS Leen	10"81	99 Sittard (NED)	30/01/2011

1000 METER

1 MERTENS Celine	3'58"23	98 Gent	27/02/2011
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60M HORDEN 0,762M/5H

1 MERTENS Celine	11"14	98 Hoboken	13/02/2011
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HOOGSPRINGEN

1 PADUART Alana	1m40	99 Alken	20/11/2010
2 CUYX Silke	1m38	98 Sittard (NED)	30/01/2011
3 MERTENS Celine	1m38	98 Gent	27/02/2011
4 WAGEMANS Esther	1m30	99 Sittard (NED)	30/01/2011
5 GOOSSENS Noa	1m20	99 Tongeren	27/11/2010
6 VANHEERS Leen	1m00	99 Tongeren	27/11/2010
7 SERDONS Nikita	0m90	99 Tongeren	27/11/2010

VERSPRINGEN

1 MERTENS Celine	4m37	98 Sittard (NED)	30/01/2011
2 CUYX Silke	4m26	98 Sittard (NED)	30/01/2011
3 CALUWAERTS Anouck	3m53	99 Sittard (NED)	30/01/2011
4 SERDONS Nikita	2m86	99 Sittard (NED)	30/01/2011
5 VANHEERS Leen	2m71	99 Sittard (NED)	30/01/2011

KOGELSTOTEN 2,000KG

1 MERTENS Celine	10m19	98 Gent	27/02/2011
2 PADUART Alana	08m61	99 Alken	20/11/2010
3 CUYX Silke	08m52	98 Alken	20/11/2010
4 SCHELDAMAN Aude	08m32	99 Tongeren	27/11/2010
5 GOOSSENS Noa	07m23	99 Sittard (NED)	30/01/2011
6 SERDONS Nikita	06m65	99 Sittard (NED)	30/01/2011
7 WAGEMANS Esther	06m18	99 Tongeren	27/11/2010
8 VANHEERS Leen	04m27	99 Tongeren	27/11/2010

CADETTEN DAMES

60 METER

1 STOCKMANS Ine	08"99	96 Gent (SVS)	09/02/2011
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200 METER

1 CLAESEN Evi	28"90	97 Gent	26/12/2010
2 NICOLAERS Lore	30"63	97 Gent	26/12/2010

400 METER

1 CLAESEN Evi	63"40	97 Gent (BK CAD(SCH	06/03/2011
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VERSPRINGEN

1 STOCKMANS Ine	4m48	96 Gent (SVS)	09/02/2011
2 STOCKMANS Ine	4m40	97 Gent	02/01/2011

KOGELSTOTEN 3,000KG (V Sch.)

1 NICOLAERS Lore	09m71	97 Gent	26/12/2010
2 MOMBEEK Jolien	07m99	96 Tongeren	27/11/2010
3 BERTRAND Anouchka	05m78	97 Tongeren	27/11/2010

SCHOLIEREN DAMES

60 METER

1 VANHEUSDEN Marisa	08"09	94 Gent (PK)	09/01/2011
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200 METER

1 VANHEUSDEN Marisa	26"35	94 Gent (KVV CAD(SC	23/01/2011
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HOOGSPRINGEN

1 RASKIN Kristen 1m45 95 Tongeren 27/11/2010

KOGELSTOTEN 3,000KG

1 RASKIN Kristen 08m57 95 Gent (SVS) 09/02/2011

KOGELSTOTEN 4,000KG

1 RASKIN Kristen 08m35 95 Alken 20/11/2010

JUNIORES DAMES

800 METER

1 CROES Naomi 3'01"45 93 Gent (BK+KVV MK) 06/02/2011

60M HORDEN 0,840M/5H

1 CROES Naomi 10"49 93 Gent (BK+KVV MK) 06/02/2011

HOOGSPRINGEN

1 CROES Naomi 1m40 93 Gent (BK+KVV MK) 06/02/2011

VERSPRINGEN

1 CROES Naomi 4m94 93 Gent (PK) 09/01/2011

KOGELSTOTEN 4,000KG

1 CROES Naomi 09m03 93 Gent (PK) 09/01/2011

VIJFKAMP 4KG

1 CROES Naomi 2.486 ptn 93 Gent (BK+KVV MK) 06/02/2011

MASTERS DAMES

1500 METER

1 SCHREURS Betty 6'58"19 47 Gent (EVACI-D5) 20/03/2011

3000 METER

1 SCHREURS Betty 14'26"87 47 Gent (EVACI-D1) 16/03/2011

