

JAARBOEK 2018



Koninklijke
Atletiek Vereniging
KAVVAK
Zuider Kempen vzw



**AUTOBANDEN
DE KEMPEN**
Beemdekenstraat 2A
2220 Heist op den Berg
autobandendekempen.be




TIELS TUINCENTRUM
Lierssesteenweg 68 - 2221 Booischot



VLOEREN EN WANDTEGELS
Jaarmarktstraat 2 A - 2221 Booischot



**BROOD EN BANKET
YVES**
Warme bakker
Schrieksesteenweg 86
2221 Pijpelheide



**BNP PARIBAS
FORTIS**
KANTOOR BOOISCHOT
Dorpstraat 64 F - 2221 Booischot



Westmeerbeeksesteenweg 43
2221 Booischot



BOVERBA BVBA
AXA BANKAGENT
Dorpstraat 140 b1
2221 Booischot

**BVBA GLASHANDEL
LEERS WILLY**
Dringende herstellingen - Dubbel glas
Verandas - Securite binnendeuren
Lostraat 47 - 2220 Heist-op-den-Berg



**DE ROOVER & ZN
BVBA**
Waar een klant nog klant is
Schrieksesteenweg 160
2221 Booischot



**HEREMANS
MANSHOVEN
ARCHITECTEN**
Grote Braamstraat 47E
2220 Heist-op-den-Berg

PEETERS
Alle soorten kolen en meststoffen - Aardappelen
Plantaardappelen - Gas - Oliën - Vetten
Bezoek onze tankstations te Booischot
Dorpstraat 6 en Pleinstraat 18 - 2221 Booischot


**BOOISCHOTSE METALEN N.V.
PAUL WUYTS**
Broekmansstraat 36
2221 Booischot



VERZEKERINGEN*SPAREN*BELEGEN
Dorpstraat 56*2221 Booischot*015 22 39 68
info@pdhgroep.be * www.pdhgroep.be
RPR 0641 896 213

EP: VAN EYKEN
Electronic Partner
Onze service maakt het verschil
AUDIO - VIDEO - ELECTRO - MULTIMEDIA
Mechelbaan 1 - 2221 Booischot

BAKKERIJ CHRISTINE
Schrieksesteenweg 74
2221 Booischot (Pijpelheide)



**HEIDI
DELICATESSEN**
Schrieksesteenweg 38
2221 Booischot (Pijpelheide)

DE KOOPJES HOEK
Lierssesteenweg 2
2221 Booischot

FIETSEN GEUENS G.
Oude Godstraat 12
2220 Heist-op-den-Berg




Sport- & ontspanningscenter
**FITNESS CENTER
BOOISCHOT**
Kloosterveldstraat 9
Tel.: 015/22 44 16



BEHANG - DECOR DE LENTE
Molenstraat 69
2220 Heist-op-den-Berg



Pijnkostslagerij
Barbecues
D'as echt lekker!
P. Mellaertsstraat 36 - 2220 Heist-op-den-Berg



ELEKTRO VAN DESSEL
elektrische apparaten - zonnepanelen
kachelbijverwarming - inbouwtoestellen
Langstraat 69 - 2223 Schriek



BVBA IMAVO
Kleine Steenweg 5 - 2221 Booischot



BOSMANS
Slaapcomfort Center
Lierssesteenweg 147 - 2220 Heist-op-den-Berg



HEYLEN N.V.
sleutel-op-de-deur - dakwerken
binnen- en buitenschrijnwerk
keukens.
Industriepark 17 Zone B - 2220 Heist o/d Berg



DELHAIZE
Het beste aan de beste prijs
Pastoor Mellaertsstraat 63
2220 Heist-op-den-Berg (Goor)

INHOUD

ALGEMENE INFO

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| - Dames indoor | |
| - Heren indoor | |
| - Dames outdoor | |
| - Heren outdoor | |

AVZK

Op de voorpagina atleten uit 3 decades die allen uitblonden dit jaar. De jongste, Sarie Milloen, is van de jaren 2000 en sprong met haar polsstok hoger dan enige miniem in België ooit sprong. De oudste Jurgen Huybrechts uit de jaren 70 won bijna alle crossen waaraan hij deelnam, inclusief het Belgisch kampioenschap. Uit de jaren 90 dan Vincent Laporte die talrijke clubrecords verbeterde, met oa een duik onder de 50 seconden op de 400m. In heel wat disciplines is hij bij de beste 30 atleten van het land.

Na een winter met enorm weinig crosswinsten was er nu een kentering met 23 gewonnen crossen. Meer dan de helft was op naam van Jurgen, maar nog 4 anderen won 1 of meerdere crossen. Opmerkelijk toch ook Katinka Bassleer die met 3 crossen erbij nu op een onwaarschijnlijk aantal van 47 overwinningen komt.

In teamverband was het een wisselvallig jaar. Zowel de mannen als vrouwen bij "de groten" (AC) haalden vorig jaar de promotie naar een afdeling hoger. Daar kunnen standhouden was dus de boodschap, maar dit was geen probleem. De vrouwen staan het hoogste in 1ste landelijke en werden 8ste. De mannen deden het echt goed met een 5de plaats. De cadetten en scholieren hadden het zwaar en het feit dat we nooit volledige ploegen kunnen opstellen kost ons heel wat punten. De jongens en de meisjes zakten vanuit de 2de afdeling en komen volgend jaar in 3de uit. De mastersploegen zijn samengevoegd tot 1 ploeg maar krijgt het echt lastig in 2de afdeling, door het gebrek aan instroom van jongere masters. Bij de jeugd haalden onze 2 ploegen een mooie 4de plaats bij de meisjes, terwijl de jongens 6de werden.

Qua clubrecords, top-10 aller tijden prestaties en prestaties in de Belgische top-10 was het allemaal een beetje minder dan het vorige jaar, wat echter een topjaar was.

veel leesplezier,
Peter Vervloet



ORGANIGRAM K.A.V. ZUIDERKEMPEN

Voorzitter

Henderickx Steven Booischot 015/22 09 40

Ondervoorzitter

Vervloet Guido Heist-op-den-Berg 015/27 44 59

Secretaris

Lekens Hendrik Booischot 015/34 87 86

Penningmeester

Naets Monique Booischot 015/22 44 12

Bestuursleden

Busschodts René Beerzel 015/33 76 55
Derdin Jos Houtvenne
Goovaerts Joseph Heist o/d Berg 015/24 35 99
Heremans Agnes Beerzel 015/75 32 32
Van Dyck Julie Heist o/d Berg 015/22 20 42
Van Dyck Michel Heist o/d Berg 015/22 20 42
Van Heugten Chris Hallaar 0495/52 85 95
Van Lent Jurgen Schriek 015/73 07 76
Verelst Wim Heist o/d Berg 015/24 93 23

Vertrouwenspersonen

Badts Wendy Beerzel 015/75 89 29
Van Den Wyngaert Claudia Itegem 015/242709

Jeugdtrainers

De Haes Caroline Heist o/d Berg 0478/65 36 67
De Vocht Nancy Heist o/d Berg 0479/84 86 20
De Vries Wim Heist o/d Berg 0497/42 95 40
Gendarme Naomi Tremelo 0478/28 96 84
Laporte Sten Heist o/d Berg 0472/80 78 40
Van Dyck Julie Heist o/d Berg 0470/63 96 07
Vervloet Peter Heist o/d Berg 0499/98 49 34

Disciplinetrainers

Busschodts René Beerzel 015/33 76 55
Francken Paul Lier
Heylen Bart Heist o/d Berg 0473/34 61 08
Laporte Dany Booischot 0494/56 06 46
Laporte Jens Lier 014/261434
Van Lent Jurgen Schriek 0477/60 75 09
Van Roie Liesbet Putte 0498 79 77 21
Van Roosbroeck Miranda Lier
Van Winckel Lieve Heist o/d Berg 0498/12 98 01

G-Athleten

Busschodts René Beerzel 015/33 76 55

Organigram

Heremans Agnes Beerzel 015/75 32 32

Redactie Clubblad "Kemper"

De Belder Marc 015/34 70 01
Lekens Hendrik Booischot 015/34 87 86

Juryleden

| | | |
|-----------------|----------------|---------------|
| Ceulemans Peter | Schriek | 015/23 47 11 |
| Coremans David | Langdorp | 0496/25 94 69 |
| De Fyn Willy | Beerzel | 015/75 32 32 |
| D'Hooghe René | Ramsel | 014/77 00 47 |
| Gendarme Naomi | Tremelo | 0478/28 96 84 |
| Heremans Agnes | Beerzel | 015/75 32 32 |
| Lekens Hendrik | Booischot | 015/34 87 86 |
| Naets Monique | Booischot | 015/22 44 12 |
| Segers Carina | Begijnendijk | 016/69 66 06 |
| Van Es Debora | Heist o/d Berg | 0475/75 41 42 |
| Van Roie Guido | Booischot | 015/22 39 35 |
| Wijns Edward | Begijnendijk | 016/69 66 06 |

Webmaster

Vervloet Peter

www.avzk.be

vervloet.peter@gmail.com



1. AVZK-VELDLOOPOVERWINNINGEN

PERIODE 1/11/91 - 31/03/2018

59 overwinningen

| | | | |
|----------------|-----|------------------|-----------|
| De Vocht Peter | S | 17 overwinningen | 1991-1997 |
| | M40 | 14 overwinningen | 2000-2004 |
| | M45 | 9 overwinningen | 2006-2010 |
| | M50 | 19 overwinningen | 2010-2013 |

47 overwinningen

| | | | |
|------------------|---|------------------|------------|
| Bassleer Katinka | B | 5 overwinningen | 2006-2008 |
| | P | 13 overwinningen | 2008-2010 |
| | M | 11 overwinningen | 2010-2012 |
| | C | 9 overwinningen | 2012-2014 |
| | L | 3 overwinningen | 2015-2016 |
| | J | 3 overwinningen | 2016-2017 |
| voorbije seizoen | | Duffel | 19/11/2017 |
| | | Booischoot | 10/12/2017 |
| | | Bornem | 4/02/2018 |

35 overwinningen

| | | | |
|-------------------|-----|------------------|------------|
| Huybrechts Jurgen | L | 4 overwinningen | 1994-1995 |
| | M35 | 17 overwinningen | 2014-2017 |
| voorbije seizoen | M35 | Bonheiden | 29/10/2017 |
| | | Opwijk | 5/11/2017 |
| | | Mechelen | 11/11/2017 |
| | | Kortenbergh | 19/11/2017 |
| | | Vilvoorde | 25/11/2017 |
| | | Arendonk | 26/11/2017 |
| | | St-Niklaas | 29/11/2017 |
| | | Wespelaar | 3/12/2017 |
| | | Hulshout | 7/01/2018 |
| | | Kessel | 14/01/2018 |
| | | Herentals | 21/01/2018 |
| | | Vilvoorde | 28/01/2018 |
| | | Bornem | 4/02/2018 |
| | M40 | Gesves | 18/03/2018 |

30 overwinningen

| | | | |
|--------------|---|------------------|-----------|
| LAURENS Glen | B | 1 overwinning | 1992 |
| | C | 3 overwinningen | 1999 |
| | L | 13 overwinningen | 2000-2001 |
| | J | 3 overwinningen | 2001-2002 |
| | S | 10 overwinningen | 2006-2011 |

21 overwinningen

| | | | |
|-----------------|---|------------------|-----------|
| LAPORTE Vincent | B | 12 overwinningen | 2004-2005 |
| | P | 6 overwinningen | 2006-2008 |
| | M | 1 overwinning | 2009 |
| | C | 2 overwinningen | 2011-2012 |

Veldloopoverwinningen

20 overwinningen

| | | | |
|----------|---|------------------|-----------|
| Rens Els | M | 1 overwinning | 1995 |
| | S | 19 overwinningen | 2008-2013 |

18 overwinningen

| | | | |
|---------------|---|-----------------|-----------|
| Bekele Atelaw | J | 9 overwinningen | 2005-2006 |
| | S | 9 overwinningen | 2006-2009 |

16 Overwinningen

| | | | |
|----------------------|---|-----------------|------------|
| Van Den Schoor Senne | B | 3 overwinningen | 2008-2010 |
| | P | 8 overwinningen | 2010-2011 |
| | M | 2 overwinningen | 2014 |
| | L | Bonheiden | 29/10/2017 |
| | | Kortenberg | 19/11/2017 |
| | | Booischoot | 10/12/2017 |

voorbije seizoen

12 Overwinningen

| | | | |
|------------|---|-----------------|-----------|
| Moris Sven | P | 1 overwinning | 1997 |
| | L | 3 overwinningen | 2002-2003 |
| | J | 8 overwinningen | 2003-2005 |

11 Overwinningen

| | | | |
|--------------|---|------------------|-----------|
| Engelen Fien | B | 11 overwinningen | 2007-2009 |
|--------------|---|------------------|-----------|

10 Overwinningen

| | | | |
|---------------------|-----|-----------------|-----------|
| De Preter Berthilia | W60 | 5 overwinningen | 1992-1994 |
| | W65 | 5 overwinningen | 1995-1997 |
| Verlinden Floris | B | 1 overwinning | 2006 |
| | P | 9 overwinningen | 2007-2009 |

8 Overwinningen

| | | | |
|---------------------|---|-----------------|-----------|
| De Kerpel Wesley | J | 6 overwinningen | 2005-2006 |
| | S | 2 overwinningen | 2008 |
| Van Het Hof Katrien | P | 8 overwinningen | 2003-2005 |

7 Overwinningen

| | | | |
|------------------|---|-----------------|-----------|
| Derdin Simon | B | 2 overwinningen | 2010-2011 |
| | P | 5 overwinningen | 2012-2013 |
| Heylen Els | C | 3 overwinningen | 2003 |
| | L | 3 overwinningen | 2005-2006 |
| | J | 1 overwinning | 2006 |
| Heylen Katherine | M | 6 overwinningen | 2004-2005 |
| | C | 1 overwinning | 2005 |
| Peeters Bloeme | M | 4 overwinningen | 2010-2012 |
| | C | 2 overwinningen | 2012-2013 |
| | L | 1 overwinning | 2014 |
| Van Loo Sven | C | 1 overwinning | 1992 |
| | L | 1 overwinning | 1993 |
| | J | 4 overwinningen | 1994-1996 |
| | S | 1 overwinning | 1998 |

6 Overwinningen

| | | | |
|------------------------|-----|-----------------|-----------|
| Boexstaens Johny | M60 | 4 overwinningen | 2010-2012 |
| | M65 | 2 overwinningen | 2014-2015 |
| Naets Illan | B | 5 overwinningen | 2012-2013 |
| | P | 1 overwinning | 2014 |
| Van Den Eynde Annelies | B | 4 overwinningen | 1996-1997 |
| | P | 2 overwinningen | 1997-1998 |
| Van Hoof Nick | C | 1 overwinning | 2006 |
| | L | 5 overwinningen | 2008-2009 |

5 Overwinningen

| | | | |
|----------------------|-----|-----------------|-----------|
| Coeckelbergs Gille | M40 | 5 overwinningen | 2005-2010 |
| Laenen Marcel | M50 | 5 overwinningen | 2008-2010 |
| Teniers René | M45 | 5 overwinningen | 1992-1995 |
| Van Den Broeck Jelle | B | 1 overwinning | 1998 |
| | M | 1 overwinning | 2002 |
| | C | 1 overwinning | 2004 |
| | L | 2 overwinningen | 2006 |
| Van Der Sanden Lien | M | 1 overwinning | 2002 |
| | C | 2 overwinningen | 2003-2004 |
| | L | 1 overwinning | 2005 |
| | J | 1 overwinning | 2007 |
| Van Opstal Rudy | M45 | 3 overwinningen | 1996-1998 |
| | M55 | 2 overwinningen | 2008-2009 |

4 Overwinningen

| | | | |
|----------------------|---|-----------------|-----------|
| Geens Pieter | B | 4 overwinningen | 1993-1994 |
| Gendarme Xana | B | 4 overwinningen | 2011 |
| Oost Morgan | B | 2 overwinningen | 2010 |
| | P | 2 overwinningen | 2012-2013 |
| Vangoidsenhoven Jone | B | 4 overwinningen | 2003-2004 |

3 Overwinningen

| | | | |
|------------------|---|-----------------|------|
| Favot Glenn | C | 3 overwinningen | 2002 |
| Maes Kim | L | 3 overwinningen | 1991 |
| Schelkens Lauren | B | 2 overwinningen | 2010 |
| | M | Tessenderlo | 2015 |

2 Overwinningen

| | | | |
|----------------------|-----|-----------------|------------|
| De Vries Annouck | M | 2 overwinningen | 2004-2005 |
| Goormans Jolien | M | 2 overwinningen | 2013 |
| Morren Romee | B | 2 overwinningen | 2011 |
| Op De Beeck Frederik | M | 1 overwinning | 1997 |
| | J | 1 overwinning | 2003 |
| Van Aelst Linde | jun | | |
| | | Wespelaar | 3/12/2017 |
| | | Kessel | 14/01/2018 |
| Van Rillaer Witse | B | 2 overwinningen | 2008 |
| Wyns Frederik | B | 2 overwinningen | 1994 |

1 Overwinning

| | | | |
|--------------------|-----|---------------|------------|
| Baetens Roger | M40 | 1 overwinning | 1997 |
| Claes An | J | 1 overwinning | 2000 |
| Corluy Febe | B | 1 overwinning | 2009 |
| Dermaux Ann | W50 | | |
| | | Kortenbergh | 19/11/2017 |
| De Coster Pieter | L | 1 overwinning | 2002 |
| De Vocht Marc | M40 | 1 overwinning | 1994 |
| De Winter Murielle | S | 1 overwinning | 2003 |
| Goris Emma | M | Betekom | 2013 |
| Heylen Annelies | J | 1 overwinning | 2005 |
| Heylen Bert | L | 1 overwinning | 1992 |

Veldloopoverwinningen

| | | | |
|-----------------------|-----|---------------|-----------|
| Lambrechts Ellen | L | 2 overwinning | 2009 |
| Lenders Jolien | J | 1 overwinning | 2008 |
| Leysens Simonne | W40 | 1 overwinning | 1995 |
| Milloen Nele | M | 1 overwinning | 2014 |
| Nevelsteen Kristof | P | 1 overwinning | 1993 |
| Sanders Jasper | B | 1 overwinning | 2015 |
| Schelkens Jade | B | 1 overwinning | 2013 |
| Smets Kim | J | 1 overwinning | 1996 |
| Stroobants Jochen | P | 1 overwinning | 1996 |
| Van Bijlén Marcel | M60 | 1 overwinning | 8/07/1905 |
| Van Den Broeck Dorien | J | 1 overwinning | 2005 |
| Van Den Broeck Jos | M65 | 1 overwinning | 1992 |
| Van Den Schoor Sara | J | Hulshout | 2015 |
| Van Goethem Uschi | M | 1 overwinning | 1991 |
| Van Loo Nick | C | 1 overwinning | 1998 |
| Van Mensel Greet | S | 1 overwinning | 2005 |
| Verbeeck Heide | C | 1 overwinning | 1992 |
| Vermeulen Sofie | P | 1 overwinning | 1992 |
| Verschoren Sarah | M | 1 overwinning | 2001 |



2. INDOORPRESTATIES

VROUWEN

| | | | | | |
|-------------------|------------------|----------------------|-----------------|----------|------------|
| 60 meter | 07.63 | Van Lent Lotte | Scholieren | Gent | 04.03.2018 |
| | 08.22 | Meulders Marie | Cadetten | Hoboken | 27.01.2018 |
| | 08.32 | Oost Morgan | Scholieren | Gent | 21.01.2018 |
| | 08.40 | Gendarme Xana | Cadetten | Hoboken | 27.01.2018 |
| | 08.50 | Laporte Morgan | Junioren | Gent | 23.02.2018 |
| | 08.54 | Hutsebaut Jutta | Miniemen | Gent | 30.12.2017 |
| | 08.86 | Milloen Sarie | Miniemen | Hoboken | 17.02.2018 |
| | 09.17 | Van Hove Kaat | Miniemen | Hoboken | 19.11.2017 |
| | 09.21 | Hutsebaut Hasse | Pupillen | Gent | 11.03.2018 |
| | 10.00 | Lambrechts Lise | Pupillen | Gent | 18.02.2018 |
| | 10.18 | Creemers Esra | Miniemen | Hoboken | 09.12.2017 |
| | 10.36 | Henderickx Lien | Pupillen | Gent | 11.03.2018 |
| | 10.64 | De Valck Anke | Pupillen | Hoboken | 13.01.2018 |
| | 10.96 | De Voeght Jenthe | Cadetten | Hoboken | 27.01.2018 |
| | 10.97 | Biesemans Beau | Benjamins | Hoboken | 17.12.2017 |
| | 150 meter | 21.65 | Hutsebaut Jutta | Miniemen | Gent |
| 200 meter | 25.57 | Van Lent Lotte | Scholieren | Gent | 07.01.2018 |
| | 27.44 | Meulders Marie | Cadetten | Gent | 23.12.2017 |
| | 27.86 | Laporte Morgan | Junioren | Gent | 23.02.2018 |
| | 28.56 | Oost Morgan | Scholieren | Gent | 07.01.2018 |
| 400 meter | 1:01.54 | Laporte Morgan | Junioren | Gent | 03.03.2018 |
| 800 meter | 2:34.15 | Laporte Morgan | Junioren | Gent | 07.01.2018 |
| | 2:44.33 | Schelkens Lauren | Cadetten | Gent | 07.02.2018 |
| 1000 meter | 3:49.35 | Hutsebaut Hasse | Pupillen | Gent | 11.03.2018 |
| 60m horden 0,762m | 09.16 | Meulders Marie | Cadetten | Gent | 23.12.2017 |
| | 10.05 | Hutsebaut Jutta | Miniemen | Hoboken | 25.11.2017 |
| | 10.44 | Milloen Sarie | Miniemen | Hoboken | 17.02.2018 |
| | 11.01 | Hutsebaut Hasse | Pupillen | Gent | 11.03.2018 |
| | 11.68 | Van Hove Kaat | Miniemen | Hoboken | 19.11.2017 |
| | 12.04 | Schelkens Jade | Miniemen | Hoboken | 19.11.2017 |
| | 14.04 | Creemers Esra | Miniemen | Hoboken | 17.02.2018 |
| hoogspringen | 1m60 | Van Oosterwyck Lotte | Senioren | Hoboken | 13.01.2018 |
| | 1m38 | Schelkens Lauren | Cadetten | Mol | 16.12.2017 |
| | 1m25 | Schelkens Jade | Miniemen | Hoboken | 19.11.2017 |
| | 1m23 | Milloen Sarie | Miniemen | Hoboken | 17.02.2018 |
| | 1m15 | Hutsebaut Hasse | Pupillen | Hoboken | 25.11.2017 |
| | 1m08 | Creemers Esra | Miniemen | Hoboken | 17.02.2018 |
| | 0m80 | Henderickx Lien | Pupillen | Hoboken | 25.11.2017 |
| | polsstokspringen | 2m83 | Milloen Sarie | Miniemen | Tienen |
| 2m73 | | Schelkens Lauren | Cadetten | Tienen | 10.02.2018 |
| 2m23 | | Schelkens Jade | Miniemen | Tienen | 10.02.2018 |
| verspringen | 5m15 | Meulders Marie | Cadetten | Hoboken | 27.01.2018 |
| | 4m74 | Gendarme Xana | Cadetten | Hoboken | 27.01.2018 |
| | 4m64 | Hutsebaut Jutta | Miniemen | Hoboken | 17.12.2017 |
| | 3m98 | Milloen Sarie | Miniemen | Hoboken | 17.02.2018 |
| | 3m88 | Hutsebaut Hasse | Pupillen | Hoboken | 17.02.2018 |
| | 3m39 | Fleerackers Britt | Miniemen | Hoboken | 17.12.2017 |
| | 3m30 | Lambrechts Lise | Pupillen | Hoboken | 17.12.2017 |
| | 2m96 | Creemers Esra | Miniemen | Hoboken | 17.02.2018 |
| | 2m94 | De Voeght Jenthe | Cadetten | Hoboken | 27.01.2018 |
| | 2m90 | Henderickx Lien | Pupillen | Hoboken | 17.12.2017 |

Indoorprestaties

| | | | | | |
|---------------------|-------|-------------------|-----------|---------|------------|
| | 2m42 | Biesemans Beau | Benjamins | Hoboken | 17.12.2017 |
| kogelstoten 2,000kg | 9m21 | Fleerackers Britt | Miniemen | Hoboken | 17.12.2017 |
| kogelstoten 2,000kg | 8m85 | Schelkens Jade | Miniemen | Hoboken | 27.01.2018 |
| kogelstoten 2,000kg | 8m42 | Milloen Sarie | Miniemen | Hoboken | 17.02.2018 |
| kogelstoten 2,000kg | 7m69 | Hutsebaut Jutta | Miniemen | Hoboken | 17.02.2018 |
| kogelstoten 2,000kg | 7m40 | Creemers Esra | Miniemen | Hoboken | 17.02.2018 |
| kogelstoten 2,000kg | 6m31 | Hutsebaut Hasse | Pupillen | Hoboken | 25.11.2017 |
| kogelstoten 2,000kg | 4m90 | Henderickx Lien | Pupillen | Hoboken | 25.11.2017 |
| kogelstoten 3,000kg | 10m64 | Gendarme Xana | Cadetten | Gent | 21.01.2018 |
| kogelstoten 3,000kg | 5m74 | De Voeght Jenthe | Cadetten | Hoboken | 19.11.2017 |
| kogelstoten 4,000kg | 8m26 | Gendarme Naomi | Senioren | Hoboken | 27.01.2018 |
| vierkamp | 1594 | Hutsebaut Hasse | Pupillen | Hoboken | 17.02.2018 |
| vijfkamp Min | 2601 | Milloen Sarie | Miniemen | Hoboken | 17.02.2018 |
| vijfkamp Min | 1295 | Creemers Esra | Miniemen | Hoboken | 17.02.2018 |

MANNEN

| | | | | | |
|------------------|------------------|----------------------|------------|------------|------------|
| 60 meter | 07.85 | Lambrechts Maarten | Cadetten | Gent | 04.03.2018 |
| | 07.94 | D'hooghe Zico | Scholieren | Gent | 24.02.2018 |
| | 08.29 | Verelst Wim | Masters | Hoboken | 27.01.2018 |
| | 08.54 | Henderickx Sander | Miniemen | Hoboken | 17.12.2017 |
| | 09.33 | Hutsebaut Natan | Miniemen | Hoboken | 25.11.2017 |
| | 09.38 | Swyngedauw Glenn | Pupillen | Hoboken | 17.12.2017 |
| | 09.76 | Boeren Matt | Cadetten | Gent | 31.01.2018 |
| | 09.82 | Verstraeten Pieter | Miniemen | Gent | 11.03.2018 |
| | 09.83 | Verelst Leon | Benjamins | Hoboken | 17.12.2017 |
| | 10.09 | Sleeckx Daniël | Pupillen | Gent | 11.03.2018 |
| | 10.15 | De Heel Michiel | Benjamins | Gent | 23.12.2017 |
| | 10.75 | De Voeght Jitser | Miniemen | Hoboken | 09.12.2017 |
| 11.98 | Henderickx Dries | Benjamins | Gent | 11.03.2018 | |
| 150 meter | 22.09 | Henderickx Sander | Miniemen | Gent | 11.03.2018 |
| | 25.02 | Verstraeten Pieter | Miniemen | Gent | 11.03.2018 |
| 200 meter | 23.43 | Laporte Vincent | Senioren | Gent | 23.02.2018 |
| | 24.75 | Lambrechts Maarten | Cadetten | Gent | 04.03.2018 |
| | 25.65 | Coremans Tibo | Scholieren | Gent | 07.02.2018 |
| | 25.66 | D'hooghe Zico | Scholieren | Gent | 07.02.2018 |
| | 26.52 | Spallier Cédric | Junioren | Gent | 07.01.2018 |
| 400 meter | 55.39 | Ceulemans Vincent | Scholieren | Gent | 07.01.2018 |
| | 1:42.83 | Busschodts Rene | Masters | Gent | 10.03.2018 |
| 800 meter | 2:05.96 | Van den Schoor Senne | Scholieren | Gent | 26.12.2017 |
| | 2:14.08 | Peeters Jannes | Scholieren | Gent | 07.01.2018 |
| | 2:15.42 | Derdin Jos | Masters | Gent | 10.03.2018 |
| | 2:17.77 | Naets Obry | Senioren | Gent | 23.02.2018 |
| | 2:26.62 | Hoefkens Chris | Masters | Gent | 10.03.2018 |
| | 2:27.92 | Naets Ivo | Masters | Gent | 10.03.2018 |
| | 2:32.25 | Heylen Bart | Masters | Gent | 10.03.2018 |
| | 2:33.66 | Vervloet Guido | Masters | Gent | 10.03.2018 |
| | 2:59.77 | Boeren Matt | Cadetten | Gent | 31.01.2018 |
| 1000 meter | 2:49.36 | Van den Schoor Senne | Scholieren | Gent | 30.12.2017 |
| | 3:48.18 | Sleeckx Daniël | Pupillen | Gent | 11.03.2018 |
| 1500 meter | 4:47.57 | Van Aelst Dirk | Masters | Gent | 10.03.2018 |
| | 5:07.89 | Naets Ivo | Masters | Gent | 10.03.2018 |
| | 5:54.35 | Nevelsteen Gustaaf | Masters | Gent | 10.03.2018 |
| 60m horden 0,84m | 10.88 | Henderickx Sander | Miniemen | Hoboken | 17.02.2018 |
| | 13.27 | Verstraeten Pieter | Miniemen | Gent | 11.03.2018 |
| | 14.97 | De Voeght Jitser | Miniemen | Hoboken | 19.11.2017 |

Indoorprestaties

| | | | | | |
|---------------------|---------------------|--------------------|------------------|----------------|------------|
| hoogspringen | 1m80 | Poppelmonde Dries | Senioren | Gent | 23.02.2018 |
| | 1m73 | D'hooghe Zico | Scholieren | Tienen | 10.02.2018 |
| | 1m48 | Sanders Milan | Cadetten | Mol | 16.12.2017 |
| | 1m34 | Henderickx Sander | Miniemen | Hoboken | 17.02.2018 |
| | 1m25 | Hutsebaut Natan | Miniemen | Hoboken | 13.01.2018 |
| | 1m20 | Sanders Jasper | Pupillen | Hoboken | 17.12.2017 |
| | 1m15 | De Voeght Jitser | Miniemen | Hoboken | 27.01.2018 |
| | 1m06 | Sleeckx Godwin | Pupillen | Gent | 11.03.2018 |
| hinkstapspringen | 10m48 | Lambrechts Maarten | Cadetten | Heusden-Zolder | 11.02.2018 |
| polsstokspringen | 3m93 | Van Bael Jens | Junioren | Tienen | 10.02.2018 |
| | 2m52 | Lambrechts Maarten | Cadetten | Gent | 18.02.2018 |
| verspringen | 6m01 | D'hooghe Zico | Scholieren | Gent | 24.02.2018 |
| | 5m76 | Van Bael Jens | Junioren | Heusden-Zolder | 11.02.2018 |
| | 5m19 | Lambrechts Maarten | Cadetten | Heusden-Zolder | 29.12.2017 |
| | 4m96 | Verelst Wim | Masters | Gent | 26.12.2017 |
| | 4m33 | Henderickx Sander | Miniemen | Hoboken | 17.02.2018 |
| | 4m06 | Hutsebaut Natan | Miniemen | Hoboken | 25.11.2017 |
| | 3m67 | Sanders Jasper | Pupillen | Hoboken | 17.12.2017 |
| | 3m60 | Verstraeten Pieter | Miniemen | Gent | 11.03.2018 |
| | 3m30 | De Voeght Jitser | Miniemen | Hoboken | 27.01.2018 |
| | 3m17 | Verelst Leon | Benjamins | Hoboken | 17.12.2017 |
| | 2m63 | Henderickx Dries | Benjamins | Gent | 11.03.2018 |
| | kogelstoten 1,000kg | 3m54 | Henderickx Dries | Benjamins | Gent |
| kogelstoten 2,000kg | 7m47 | Swyngedauw Glenn | Pupillen | Hoboken | 17.12.2017 |
| kogelstoten 3,000kg | 8m30 | Henderickx Sander | Miniemen | Hoboken | 27.01.2018 |
| kogelstoten 3,000kg | 7m29 | De Voeght Jitser | Miniemen | Hoboken | 11.03.2018 |
| kogelstoten 3,000kg | 6m15 | Hutsebaut Natan | Miniemen | Hoboken | 19.11.2017 |
| kogelstoten 5,000kg | 10m72 | Ceulemans Vincent | Scholieren | Gent | 07.01.2018 |
| kogelstoten 5,000kg | 10m12 | D'hooghe Zico | Scholieren | Tienen | 10.02.2018 |
| kogelstoten 5,000kg | 5m29 | Busschodts Rene | Masters | Gent | 10.03.2018 |
| kogelstoten 6,000kg | 9m55 | Van Lent Seppe | Junioren | Hoboken | 25.11.2017 |
| kogelstoten 6,000kg | 8m73 | Spallier Cédric | Junioren | Gent | 07.01.2018 |
| kogelstoten 7,260kg | 12m96 | Laporte Vincent | Senioren | Gent | 23.02.2018 |
| kogelstoten 7,260kg | 8m00 | Derdin Jos | Masters | Gent | 10.03.2018 |
| vijfkamp Min | 2741 | Henderickx Sander | Miniemen | Hoboken | 17.02.2018 |



3. OUTDOORPRESTATIES PISTE

| Aantal prestaties | 2017 | 20172 | 2018 | 2018 | stijging/daling |
|-------------------|------------|------------|------------|------------|-----------------|
| cat | M | V | M | V | van 2018 tov 17 |
| Benjamin | 11 | 67 | 65 | 29 | 16 |
| Pupil | 212 | 83 | 150 | 130 | -15 |
| Miniem | 112 | 325 | 117 | 124 | -196 |
| Cadet | 87 | 72 | 36 | 76 | -47 |
| Scholier | 86 | 82 | 67 | 42 | -59 |
| Junior | 90 | 17 | 40 | 41 | -26 |
| Senior | 31 | 40 | 53 | 49 | 31 |
| Master | 87 | 103 | 86 | 49 | -55 |
| Eindtotaal | 716 | 789 | 614 | 540 | -351 |

VROUWEN

| <u>Naam</u> | <u>prestatie cat</u> | <u>geb.jr</u> | <u>plaats</u> | <u>datum</u> |
|--------------------------|----------------------|---------------|---------------------|--------------|
| Benjamins meisjes | | | | |
| 60 meter | | | | |
| Elsen Clara | 10.42 | 09 | Boischot | 16/06/2018 |
| Biesemans Beau | 10.59 | 10 | Merksem (Antwerpen) | 14/04/2018 |
| Maertens Norah | 10.61 | 09 | Boischot | 16/06/2018 |
| Bruyndonckx Kato | 11.42 | 10 | Boischot | 16/06/2018 |
| Wouters Elise | 11.49 | 10 | Boischot | 16/06/2018 |
| Huybrechts Sara | 11.55 | 10 | Boischot | 16/06/2018 |
| Van Goolen Nina | 11.60 | 10 | Boischot | 16/06/2018 |
| Huybrechts Sara | 11.79 | 10 | Merksem (Antwerpen) | 14/04/2018 |
| Van Hoof Marthe | 12.13 | 10 | Boischot | 16/06/2018 |
| 600 meter | | | | |
| Biesemans Beau | 2:15.69 | 10 | Merksem (Antwerpen) | 14/04/2018 |
| 3 X 600 meter | | | | |
| Huybrechts Sara | 7:46.82 | 10 | Boischot | 16/06/2018 |
| Heremans Linde | | | | |
| Laeveren Pauline | | | | |
| HOOGSPRINGEN | | | | |
| Biesemans Beau | 0m85 | 10 | Merksem (Antwerpen) | 14/04/2018 |
| Huybrechts Sara | 0m80 | 10 | Merksem (Antwerpen) | 14/04/2018 |
| VERSPRINGEN (V Ben.) | | | | |
| Maertens Norah | 3m16 | 09 | Boischot | 16/06/2018 |
| Laeveren Pauline | 2m91 | 10 | Nieuwpoort | 11/07/2018 |
| Huybrechts Sara | 2m80 | 10 | Boischot | 16/06/2018 |
| Van Goolen Nina | 2m69 | 10 | Boischot | 16/06/2018 |
| Heremans Linde | 2m29 | 10 | Boischot | 16/06/2018 |
| Wouters Elise | 2m27 | 10 | Boischot | 16/06/2018 |
| Van Hoof Marthe | 2m20 | 10 | Boischot | 16/06/2018 |
| Bruyndonckx Kato | 2m13 | 10 | Boischot | 16/06/2018 |
| HOCKEYWERPEN | | | | |
| Biesemans Beau | 15m20 | 10 | Merksem (Antwerpen) | 14/04/2018 |
| Huybrechts Sara | 12m37 | 10 | Boischot | 16/06/2018 |
| Bruyndonckx Kato | 10m23 | 10 | Boischot | 16/06/2018 |

Pisteprestaties outdoor

| | | | | |
|-------------------------------------|---------|----|---------------------|------------|
| Laeveren Pauline | 9m47 | 10 | Nieuwpoort | 11/07/2018 |
| Wouters Elise | 7m28 | 10 | Booischoot | 16/06/2018 |
| Van Hoof Marthe | 7m27 | 10 | Booischoot | 16/06/2018 |
| VIERKAMP | | | | |
| Laeveren Pauline | 147 | 10 | Nieuwpoort | 11/07/2018 |
| Pupillen meisjes | | | | |
| 60 meter | | | | |
| Hutsebaut Hasse | 08.87 | 08 | Booischoot | 16/06/2018 |
| Diels Fien | 09.32 | 07 | Booischoot | 16/06/2018 |
| Lambrechts Lise | 09.69 | 07 | Booischoot | 16/06/2018 |
| Luyts Kato | 09.73 | 08 | Duffel | 21/04/2018 |
| Wouters Adelaïde | 09.80 | 07 | Merksem (Antwerpen) | 14/04/2018 |
| Bereté Hadja | 09.82 | 07 | Duffel | 1/05/2018 |
| Huybrechts Anna | 09.82 | 07 | Booischoot | 16/06/2018 |
| Puttenaers Lore | 10.03 | 07 | Mol | 10/05/2018 |
| Henderickx Lien | 10.16 | 08 | Duffel | 1/05/2018 |
| De Valck Anke | 10.36 | 08 | Duffel | 21/04/2018 |
| Kempenaers Lore | 11.02 | 08 | Duffel | 21/04/2018 |
| 1000 meter | | | | |
| Hutsebaut Hasse | 3:30.68 | 08 | Merksem (Antwerpen) | 21/05/2018 |
| Huybrechts Anna | 3:57.50 | 07 | Duffel | 21/04/2018 |
| Puttenaers Lore | 4:00.62 | 07 | Duffel | 21/04/2018 |
| Wouters Adelaïde | 4:13.71 | 07 | Merksem (Antwerpen) | 14/04/2018 |
| 60M HORDEN 0,762M/6H | | | | |
| Hutsebaut Hasse | 11.04 | 08 | Mol | 23/06/2018 |
| Huybrechts Anna | 12.65 | 07 | Duffel | 21/04/2018 |
| Puttenaers Lore | 13.63 | 07 | Lier | 23/09/2018 |
| Wouters Adelaïde | 14.05 | 07 | Duffel | 21/04/2018 |
| 4 X 60 meter | | | | |
| Puttenaers Lore | 37.19 | 05 | Duffel | 21/04/2018 |
| Lambrechts Lise | | | | |
| Bereté Hadja | | | | |
| Hutsebaut Jutta | | | | |
| 3 X 600 meter | | | | |
| Huybrechts Anna | 6:28.12 | 07 | Lier | 2/09/2018 |
| Hutsebaut Hasse | | | | |
| Puttenaers Lore | | | | |
| HOOGSPRINGEN | | | | |
| Diels Fien | 1m15 | 07 | Duffel | 21/04/2018 |
| Hutsebaut Hasse | 1m10 | 08 | Duffel | 1/05/2018 |
| Bereté Hadja | 1m05 | 07 | Duffel | 21/04/2018 |
| Huybrechts Anna | 1m00 | 07 | Duffel | 21/04/2018 |
| VERSPRINGEN | | | | |
| Hutsebaut Hasse | 4m50 | 08 | Mol | 23/06/2018 |
| Luyts Kato | 3m52 | 08 | Booischoot | 16/06/2018 |
| Lambrechts Lise | 3m33 | 07 | Booischoot | 16/06/2018 |
| Diels Fien | 3m27 | 07 | Booischoot | 16/06/2018 |
| Puttenaers Lore | 3m24 | 07 | Booischoot | 16/06/2018 |
| Henderickx Lien | 3m21 | 08 | Mol | 10/05/2018 |
| Wouters Adelaïde | 3m17 | 07 | Merksem (Antwerpen) | 21/05/2018 |
| De Valck Anke | 2m66 | 08 | Duffel | 21/04/2018 |
| KOGELSTOTEN 2,000KG (V pup.) | | | | |
| Hutsebaut Hasse | 6m48 | 08 | Merksem (Antwerpen) | 21/05/2018 |
| Henderickx Lien | 5m87 | 08 | Mol | 23/06/2018 |
| Luyts Kato | 4m97 | 08 | Duffel | 21/04/2018 |
| Wouters Adelaïde | 4m73 | 07 | Merksem (Antwerpen) | 21/05/2018 |

Pisteprestaties outdoor

HOCKEYWERPEN

| | | | | |
|-----------------|-------|----|------------|------------|
| Luyts Kato | 25m19 | 08 | Duffel | 21/04/2018 |
| Puttenaers Lore | 22m20 | 07 | Booischoot | 16/06/2018 |
| Hutsebaut Hasse | 21m94 | 08 | Duffel | 1/05/2018 |
| Bereté Hadja | 21m28 | 07 | Duffel | 21/04/2018 |
| Henderickx Lien | 18m81 | 08 | Booischoot | 16/06/2018 |
| Kempenaers Lore | 18m14 | 08 | Duffel | 21/04/2018 |
| Lambrechts Lise | 17m31 | 07 | Lier | 23/09/2018 |
| De Valck Anke | 9m70 | 08 | Booischoot | 16/06/2018 |

VIERKAMP

| | | | | |
|------------------|------|----|---------------------|------------|
| Hutsebaut Hasse | 1962 | 08 | Merksem (Antwerpen) | 21/05/2018 |
| Wouters Adelaïde | 1119 | 07 | Merksem (Antwerpen) | 21/05/2018 |

Miniemen meisjes

80 meter

| | | | | |
|-----------------|-------|----|---------------------|------------|
| Hutsebaut Jutta | 11.14 | 05 | Heusden (Limb.) | 19/08/2018 |
| Milloen Sarie | 11.56 | 05 | Merksem (Antwerpen) | 21/05/2018 |
| Van Hove Kaat | 11.90 | 05 | Duffel | 1/05/2018 |
| Schelkens Jade | 12.66 | 05 | Duffel | 1/05/2018 |

150 meter

| | | | | |
|-------------------|-------|----|---------------------|------------|
| Hutsebaut Jutta | 20.90 | 05 | Booischoot | 16/06/2018 |
| Van Hove Kaat | 21.44 | 05 | Booischoot | 16/06/2018 |
| Milloen Sarie | 21.71 | 05 | Duffel | 21/04/2018 |
| Schelkens Jade | 22.41 | 05 | Duffel | 21/04/2018 |
| Fleerackers Britt | 22.94 | 05 | Merksem (Antwerpen) | 14/04/2018 |
| Wynants Jente | 25.68 | 06 | Merksem (Antwerpen) | 14/04/2018 |

300 meter

| | | | | |
|-------------------|-------|----|--------|------------|
| Van Hove Kaat | 47.37 | 05 | Mol | 23/06/2018 |
| Fleerackers Britt | 52.15 | 05 | Duffel | 21/04/2018 |

1000 meter

| | | | | |
|-----------------|---------|----|---------------------|------------|
| Hutsebaut Jutta | 3:40.62 | 05 | Merksem (Antwerpen) | 21/05/2018 |
| Creemers Esra | 4:05.61 | 05 | Merksem (Antwerpen) | 14/04/2018 |
| Milloen Sarie | 4:09.04 | 05 | Merksem (Antwerpen) | 21/05/2018 |
| Wynants Jente | 4:10.30 | 06 | Duffel | 21/04/2018 |
| Schelkens Jade | 4:21.21 | 05 | Merksem (Antwerpen) | 21/05/2018 |

60M HORDEN 0,762M/6H (V Min.)

| | | | | |
|-------------------|-------|----|------------|------------|
| Hutsebaut Jutta | 09.88 | 05 | Mol | 23/06/2018 |
| Van Hove Kaat | 11.31 | 05 | Booischoot | 16/06/2018 |
| Fleerackers Britt | 11.68 | 05 | Booischoot | 16/06/2018 |
| Schelkens Jade | 12.64 | 05 | Booischoot | 16/06/2018 |
| Creemers Esra | 13.93 | 05 | Booischoot | 16/06/2018 |

4 X 80 meter

| | | | | |
|-------------------|-------|----|--------|------------|
| Buts Robin | 44.22 | 05 | Lier | 2/09/2018 |
| Fleerackers Britt | | | | |
| Van Hove Kaat | | | | |
| Hutsebaut Jutta | | | | |
| Van Hove Kaat | 44.52 | 05 | Duffel | 21/04/2018 |
| Schelkens Jade | | | | |
| Milloen Sarie | | | | |
| Hutsebaut Jutta | | | | |

HOOGSPRINGEN

| | | | | |
|-----------------|------|----|------------|------------|
| Hutsebaut Jutta | 1m35 | 05 | Booischoot | 16/06/2018 |
| Milloen Sarie | 1m35 | 05 | Duffel | 21/04/2018 |
| Schelkens Jade | 1m35 | 05 | Hulshout | 25/04/2018 |
| Van Hove Kaat | 1m35 | 05 | Booischoot | 16/06/2018 |

Pisteprestaties outdoor

POLSSTOKSPRINGEN

| | | | | |
|----------------|------|----|--------|------------|
| Milloen Sarie | 3m35 | 05 | Nijvel | 29/09/2018 |
| Schelkens Jade | 2m20 | 05 | Mol | 23/06/2018 |

VERSPRINGEN

| | | | | |
|---------------------|------|----|---------------------|------------|
| Hutsebaut Jutta | 4m77 | 05 | Mol | 23/06/2018 |
| Van Hove Kaat | 3m95 | 05 | Merksem (Antwerpen) | 14/04/2018 |
| Milloen Sarie | 3m91 | 05 | Merksem (Antwerpen) | 21/05/2018 |
| Schelkens Jade | 3m58 | 05 | Merksem (Antwerpen) | 21/05/2018 |
| Creemers Esra | 3m09 | 05 | Edegem | 20/05/2018 |
| Van Dyck Flore - 21 | 2m77 | 05 | Lier | 6/10/2018 |
| Wynants Jente | 2m73 | 06 | Merksem (Antwerpen) | 14/04/2018 |

KOGELSTOTEN 2,000KG (V Min.)

| | | | | |
|-------------------|-------|----|--------|------------|
| Fleerackers Britt | 10m69 | 05 | Mol | 23/06/2018 |
| Schelkens Jade | 8m37 | 05 | Duffel | 1/05/2018 |
| Creemers Esra | 8m09 | 05 | Duffel | 21/04/2018 |
| Hutsebaut Jutta | 8m02 | 05 | Duffel | 1/05/2018 |

DISCUSWERPEN 0,750KG (V Min.)

| | | | | |
|---------------|-------|----|---------|------------|
| Milloen Sarie | 17m64 | 05 | Beernem | 12/08/2018 |
| Creemers Esra | 16m56 | 05 | Mol | 10/05/2018 |

SPEERWERPEN 400G (V Min.)

| | | | | |
|-------------------|-------|----|---------------------|------------|
| Milloen Sarie | 24m00 | 05 | Merksem (Antwerpen) | 21/05/2018 |
| Fleerackers Britt | 23m23 | 05 | Duffel | 21/04/2018 |
| Hutsebaut Jutta | 18m28 | 05 | Essen | 9/06/2018 |
| Schelkens Jade | 18m02 | 05 | Duffel | 21/04/2018 |
| Creemers Esra | 13m77 | 05 | Tessenderlo | 24/08/2018 |

VIJFKAMP (V Min.)

| | | | | |
|----------------|------|----|---------------------|------------|
| Milloen Sarie | 2136 | 05 | Merksem (Antwerpen) | 21/05/2018 |
| Schelkens Jade | 1531 | 05 | Merksem (Antwerpen) | 21/05/2018 |



Pisteprestaties outdoor

Cadetten meisjes

| | | | | | |
|------------------------------|---------|--|----|---------------------|-----------------|
| 100 meter | | | | | |
| Meulders Marie | 13.01 | | 04 | Booischoot | 1/06/2018 -0,3 |
| Gendarme Xana | 13.33 | | 04 | Turnhout | 8/04/2018 0,2 |
| Creemers Naima | 15.87 | | 03 | Aartselaar | 21/07/2018 1,1 |
| 200 meter | | | | | |
| Meulders Marie | 27.08 | | 04 | Aartselaar | 5/05/2018 0 |
| 300 meter | | | | | |
| Creemers Naima | 53.37 | | 03 | Booischoot | 1/06/2018 |
| 800 meter | | | | | |
| Nys Emilie | 2:46.16 | | 03 | Aartselaar | 5/05/2018 |
| Gielis Maaïke | 2:49.33 | | 03 | Booischoot | 1/06/2018 |
| 1500 meter | | | | | |
| Gielis Maaïke | 6:16.37 | | 03 | Aartselaar | 5/05/2018 |
| 80m HORDEN 0,762M/8H | | | | | |
| Meulders Marie | 11.99 | | 04 | Kessel-Lo | 27/05/2018 -0,6 |
| 4 X 100 meter | | | | | |
| Gielis Maaïke | 55"01 | | | Aartselaar | 5/05/2018 |
| Nys Emilie | | | | | |
| Gendarme Xana | | | | | |
| Meulders Marie | | | | | |
| HOOGSPRINGEN | | | | | |
| Gendarme Xana | 1m53 | | 04 | Booischoot | 1/06/2018 |
| Schelkens Lauren | 1m35 | | 03 | Hulshout | 25/04/2018 |
| POLSSTOKSPRINGEN | | | | | |
| Schelkens Lauren | 2m75 | | 03 | Turnhout | 29/04/2018 |
| VERSPRINGEN | | | | | |
| Meulders Marie | 5m05 | | 04 | Merksem (Antwerpen) | 12/05/2018 1,7 |
| Gendarme Xana | 4m87 | | 04 | Turnhout | 29/04/2018 0,2 |
| Schelkens Lauren | 3m40 | | 03 | Turnhout | 29/04/2018 0,4 |
| De Voeght Jenthe | 2m90 | | 04 | 's Gravenwezel | 20/05/2018 1 |
| DISCUS | | | | | |
| Gendarme Xana | 36m03 | | 04 | Gentbrugge | 15/08/2018 |
| De Voeght Jenthe | 13m88 | | 04 | Booischoot | 1/06/2018 |
| KOGELSTOTEN 3,000KG (V Kad.) | | | | | |
| Gendarme Xana | 11m85 | | 04 | Lier | 18/08/2018 |
| De Voeght Jenthe | 6m72 | | 04 | Lier | 18/08/2018 |
| SPEERWERPEN 500G (V Kad.) | | | | | |
| Gendarme Xana | 35m15 | | 04 | Stekene | 16/09/2018 |

Scholieren/Seniores/masters vrouwen

| | | | | | |
|---------------------------|-------|------------|----|-------------|-----------------|
| 100 meter | | | | | |
| Van Lent Lotte | 12.03 | Scholieren | 01 | Deinze | 19/05/2018 0,7 |
| Laporte Morgan | 13.34 | Junioren | 00 | Brasschaat | 28/04/2018 0,6 |
| Oost Morgan | 13.40 | Scholieren | 02 | Oordegem | 26/05/2018 0 |
| De Veuster Ilse | 15.01 | Masters | 70 | Lier | 24/06/2018 1,7 |
| Van Den Wijngaert Claudia | 16.17 | Masters | 67 | Tongeren | 10/06/2018 -0,2 |
| Van den Broeck Sarah - 21 | 21.87 | Seniores | 98 | Booischoot | 1/06/2018 -1 |
| Peeters Nadine - 21 | 30.48 | Masters | 70 | Booischoot | 1/06/2018 -1 |
| 200 meter | | | | | |
| Van Lent Lotte | 25.35 | Scholieren | 01 | Brasschaat | 28/04/2018 1 |
| Laporte Morgan | 27.33 | Junioren | 00 | Tessenderlo | 1/08/2018 -0,3 |
| Oost Morgan | 27.53 | Scholieren | 02 | Aartselaar | 5/05/2018 1,2 |
| De Veuster Ilse | 31.63 | Masters | 70 | Tongeren | 10/06/2018 -0,5 |

Pisteprestaties outdoor

| | | | | | | |
|---------------------------|----------|------------|----|---------------------|------------|------|
| 300 meter | | | | | | |
| Laporte Morgan | 43.57 | Junioren | 00 | Booischoot | 1/06/2018 | |
| 400 meter | | | | | | |
| Laporte Morgan | 1:02.71 | Junioren | 00 | Deinze | 19/05/2018 | |
| Tielemans Robin | 1:10.71 | Junioren | 00 | Turnhout | 29/04/2018 | |
| Florus Jinske | 1:14.52 | Junioren | 00 | Merksem (Antwerpen) | 12/05/2018 | |
| 800 meter | | | | | | |
| Bassleer Katinka | 2:25.33 | Junioren | 99 | Booischoot | 1/06/2018 | |
| Van Aelst Linde | 2:33.05 | Junioren | 00 | Merksem (Antwerpen) | 12/05/2018 | |
| Laporte Morgan | 2:33.36 | Junioren | 00 | Duffel | 21/05/2018 | |
| Teniers Iris | 2:40.73 | Masters | 75 | Tongeren | 10/06/2018 | |
| De Proost Fien | 2:56.05 | Scholieren | 02 | Aartselaar | 5/05/2018 | |
| De Cock Laura | 3:08.12 | Junioren | 99 | Booischoot | 1/06/2018 | |
| Bruyndonckx Karian | 3:11.74 | Scholieren | 02 | Booischoot | 1/06/2018 | |
| 1000 meter | | | | | | |
| Teniers Iris | 3:33.25 | Masters | 75 | Tessenderlo | 27/06/2018 | |
| De Cock Laura | 3:56.02 | Junioren | 99 | Tessenderlo | 27/06/2018 | |
| Bruyndonckx Karian | 4:04.65 | Scholieren | 02 | Tessenderlo | 27/06/2018 | |
| 1500 meter | | | | | | |
| Bassleer Katinka | 4:43.10 | Junioren | 99 | Brussel | 7/07/2018 | |
| De Cock Laura | 5:59.55 | Junioren | 99 | Herentals | 8/08/2018 | |
| Gillhaus Angelique | 6:06.88 | Masters | 65 | Tongeren | 10/06/2018 | |
| 3000 meter | | | | | | |
| Bassleer Katinka | 10:12.02 | Junioren | 99 | Herentals | 1/05/2018 | |
| Dermaux Ann | 12:16.85 | Masters | 65 | Merksem (Antwerpen) | 12/05/2018 | |
| Van De Water Geert | 17:22.69 | Masters | 76 | Tongeren | 10/06/2018 | |
| 2 mijl | | | | | | |
| Van Aelst Linde | 12'35"51 | Junioren | 99 | Tessenderlo | 14/09/2018 | |
| 5000 meter | | | | | | |
| Bassleer Katinka | 17:29.45 | Junioren | 99 | Moeskroen | 26/08/2018 | |
| 10000 meter | | | | | | |
| De Cock Laura | 50:37.21 | Junioren | 99 | Kapellen (Antw.) | 12/08/2018 | |
| 100M HORDEN | | | | | | |
| Laporte Morgan | 17.66 | Junioren | 00 | Merksem (Antwerpen) | 12/05/2018 | -0,4 |
| 400M HORDEN 0,762M/10H | | | | | | |
| Laporte Morgan | 1:12.81 | Junioren | 00 | Merksem (Antwerpen) | 6/10/2018 | |
| Goris Emma | 1:28.24 | Scholieren | 01 | Aartselaar | 5/05/2018 | |
| 4 X 100 meter | | | | | | |
| Meulders Marie | 49.11 | cadetten | 01 | Merksem (Antwerpen) | 12/05/2018 | |
| Gendarme Xana | | cadetten | | | | |
| Morgan Oost | | Scholieren | | | | |
| Van Lent Lotte | | Scholieren | | | | |
| Goris Emma | 53"34 | Scholieren | | Aartselaar | 5/05/2018 | |
| De Proost Fien | | Scholieren | | | | |
| Oost Morgan | | Scholieren | | | | |
| Van Lent Lotte | | Scholieren | | | | |
| Gillhaus Angelique | 1:01.87 | Masters | | Tongeren | 10/06/2018 | |
| Van Roie Liesbet | | Masters | | | | |
| De Veuster Ilse | | Masters | | | | |
| Van den Wijngaert Claudia | | Masters | | | | |

Pisteprestaties outdoor

4 X 400 meter

| | | | | | |
|------------------|---------|------------|----|---------------------|------------|
| Tielemans Robin | 4:27.36 | Scholieren | 99 | Merksem (Antwerpen) | 12/05/2018 |
| Laporte Morgan | | Scholieren | | | |
| Van Aelst Linde | | Scholieren | | | |
| Bassleer Katinka | | Junioren | | | |

HOOGSPRINGEN

| | | | | | |
|----------------------|------|----------|----|-----|-----------|
| Van Oosterwyck Lotte | 1m60 | Senioren | 98 | Mol | 3/06/2018 |
|----------------------|------|----------|----|-----|-----------|

VERSPRINGEN

| | | | | | | |
|---------------------------|------|------------|----|------------|------------|------|
| Laporte Morgan | 4m91 | Junioren | 00 | Duffel | 21/05/2018 | 1,5 |
| Teniers Iris | 3m56 | Masters | 75 | Tongeren | 10/06/2018 | 1,1 |
| De Proost Fien | 3m56 | Scholieren | 02 | Aartselaar | 5/05/2018 | 1,2 |
| Van den Broeck Sarah - 21 | 1m90 | Senioren | 98 | Lier | 6/10/2018 | -1 |
| Peeters Nadine - 21 | 0m85 | Masters | 70 | Herentals | 26/05/2018 | -0,5 |

HINKSTAPSPRINGEN

| | | | | | | |
|----------------|-------|----------|----|---------------------|------------|------|
| Laporte Morgan | 10m20 | Junioren | 00 | Merksem (Antwerpen) | 12/05/2018 | -2,7 |
|----------------|-------|----------|----|---------------------|------------|------|

KOGELSTOTEN 4,000KG

| | | | | | |
|---------------------|------|----------|----|---------------------|------------|
| Van Den Broeck Leen | 8m64 | Senioren | 92 | Merksem (Antwerpen) | 12/05/2018 |
| Gendarme Naomi | 8m36 | Senioren | 97 | Boischot | 1/06/2018 |
| Gyselinckx Elke | 8m21 | Senioren | 91 | Herentals | 8/08/2018 |
| Van Winckel Lieve | 7m24 | Masters | 80 | Lommel | 26/05/2018 |

KOGELSTOTEN 3,000KG

| | | | | | |
|-------------|-------|------------|----|------------|-----------|
| Oost Morgan | 10m53 | Scholieren | 02 | Aartselaar | 5/05/2018 |
|-------------|-------|------------|----|------------|-----------|

DISCUSWERPEN 1,000KG (V Sen.)

| | | | | | |
|--------------------|-------|------------|----|------------|------------|
| Van Winckel Lieve | 27m70 | Masters | 80 | | 10/09/2018 |
| Gyselinckx Elke | 26m05 | Senioren | 91 | Lommel | 26/05/2018 |
| Gendarme Naomi | 23m27 | Senioren | 97 | Beveren | 14/07/2018 |
| Bruyndonckx Karian | 9m67 | Scholieren | 02 | Aartselaar | 5/05/2018 |

SPEERWERPEN 600G

| | | | | | |
|------------------|-------|----------|----|------------|------------|
| Gyselinckx Elke | 25m75 | Senioren | 91 | Diepenbeek | 24/06/2018 |
| Van Roie Liesbet | 16m23 | Masters | 81 | Tongeren | 10/06/2018 |

SPEERWERPEN 500G

| | | | | | |
|----------------|-------|------------|----|------------|-----------|
| Van Lent Lotte | 28m72 | Scholieren | 01 | Aartselaar | 5/05/2018 |
|----------------|-------|------------|----|------------|-----------|



MANNEN**Benamins jongens**

60 meter

| | | | | |
|------------------|-------|----|------------|------------|
| Verelst Leon | 09.60 | 09 | Mol | 23/06/2018 |
| De Heel Michiel | 09.78 | 09 | Edegem | 20/05/2018 |
| De Belder Mil | 09.97 | 09 | Booischoot | 16/06/2018 |
| Decaluwé Georges | 10.14 | 09 | Booischoot | 16/06/2018 |
| Henderickx Dries | 11.66 | 10 | Mol | 10/05/2018 |
| Bruynseels Senne | 11.84 | 09 | Booischoot | 16/06/2018 |
| Goossens Cas | 12.32 | 10 | Herentals | 2/04/2018 |

600 meter

| | | | | |
|------------------|---------|----|----------------|------------|
| De Heel Michiel | 2:04.95 | 09 | Heusden-Zolder | 21/07/2018 |
| Verelst Leon | 2:20.70 | 09 | Lier | 23/09/2018 |
| Henderickx Dries | 2:51.91 | 10 | Mol | 25/08/2018 |

3 X 600 meter

| | | | | |
|------------------|---------|----|------------|------------|
| De Heel Michiel | 6:48.73 | 09 | Booischoot | 16/06/2018 |
| Verelst Leon | | | | |
| Decaluwé Georges | | | | |

VERSPRINGEN

| | | | | |
|------------------|------|----|------------|------------|
| Verelst Leon | 3m48 | 09 | Bornem | 28/07/2018 |
| De Heel Michiel | 3m38 | 09 | Booischoot | 16/06/2018 |
| Decaluwé Georges | 3m33 | 09 | Booischoot | 16/06/2018 |
| Henderickx Dries | 2m85 | 10 | Mol | 10/05/2018 |
| Goossens Cas | 2m28 | 10 | Herentals | 2/04/2018 |

KOGELSTOTEN 1,000KG (M Ben.)

| | | | | |
|------------------|------|----|-------------|-----------|
| Henderickx Dries | 5m26 | 10 | Tessenderlo | 4/07/2018 |
| Goossens Cas | 3m80 | 10 | Herentals | 2/04/2018 |

HOCKEYWERPEN

| | | | | |
|------------------|-------|----|------------|------------|
| De Belder Mil | 26m36 | 09 | Booischoot | 16/06/2018 |
| Decaluwé Georges | 21m47 | 09 | Booischoot | 16/06/2018 |
| Verelst Leon | 19m72 | 09 | Booischoot | 16/06/2018 |
| Henderickx Dries | 18m04 | 10 | Booischoot | 16/06/2018 |
| Bruynseels Senne | 12m59 | 09 | Booischoot | 16/06/2018 |
| Goossens Cas | 11m67 | 10 | Booischoot | 16/06/2018 |

Pupillen jongens

60 meter

| | | | | |
|------------------|-------|----|------------|------------|
| Swyngedauw Glenn | 09.24 | 07 | Duffel | 1/05/2018 |
| Sanders Jasper | 09.31 | 07 | Lier | 18/08/2018 |
| Valenne Brent | 09.40 | 07 | Duffel | 1/05/2018 |
| De Herdt Kamil | 09.69 | 07 | Lier | 22/04/2018 |
| De Valck Lars | 09.75 | 07 | Kortenberg | 18/08/2018 |
| Sleeckx Daniël | 09.77 | 08 | Booischoot | 16/06/2018 |
| Geurts Simon | 10.18 | 07 | Lier | 22/04/2018 |
| Bruynseels Yoran | 10.49 | 07 | Booischoot | 16/06/2018 |
| Lens Arthur | 10.66 | 08 | Lier | 22/04/2018 |
| Romont Kobe | 11.05 | 08 | Lier | 22/04/2018 |

1000 meter

| | | | | |
|------------------|---------|----|----------|------------|
| Sanders Jasper | 3:33.07 | 07 | Lier | 18/08/2018 |
| Sleeckx Daniël | 3:33.95 | 08 | Oordegem | 21/07/2018 |
| Sleeckx Godwin | 3:43.51 | 07 | Lier | 18/08/2018 |
| Swyngedauw Glenn | 3:55.90 | 07 | Lille | 5/05/2018 |
| Helsen Mathias | 3:57.59 | 07 | Duffel | 1/05/2018 |
| De Coensel Ruben | 4:05.60 | 08 | Lier | 22/04/2018 |

| | | | | | |
|-------------------------------|---------|----|---------------------|--|------------|
| Pisteprestaties outdoor | | | | | |
| Lens Arthur | 4:28.69 | 08 | Lier | | 22/04/2018 |
| 60M HORDEN 0,762M/6H (M Pup.) | | | | | |
| Valenne Brent | 12.59 | 07 | Booischoot | | 16/06/2018 |
| Sanders Jasper | 13.94 | 07 | Lier | | 22/04/2018 |
| 4 x 60 meter | | | | | |
| Van Heirbeeck Jonas | 36.20 | 07 | Lier | | 2/09/2018 |
| De Valck Lars | | | | | |
| Valenne Brent | | | | | |
| Swyngedauw Glenn | | | | | |
| Sleeckx Daniël | 36.81 | 07 | Lier | | 23/09/2018 |
| De Valck Lars | | | | | |
| Valenne Brent | | | | | |
| Swyngedauw Glenn | | | | | |
| 3 X 600 meter | | | | | |
| Sanders Jasper | 6:25.78 | 08 | Booischoot | | 16/06/2018 |
| Sleeckx Godwin | | | | | |
| Sleeckx Daniël | | | | | |
| Sleeckx Godwin | 6:29.44 | 08 | Lier | | 2/09/2018 |
| Helsen Mathias | | | | | |
| Sleeckx Daniël | | | | | |
| HOOGSPRINGEN | | | | | |
| De Valck Lars | 1m33 | 07 | Booischoot | | 16/06/2018 |
| Sanders Jasper | 1m23 | 07 | Mol | | 23/06/2018 |
| Swyngedauw Glenn | 1m15 | 07 | Booischoot | | 16/06/2018 |
| Sleeckx Godwin | 1m05 | 07 | Booischoot | | 16/06/2018 |
| Helsen Mathias | 1m00 | 07 | Lier | | 22/04/2018 |
| VERSPRINGEN | | | | | |
| Swyngedauw Glenn | 3m72 | 07 | Lille | | 5/05/2018 |
| De Valck Lars | 3m61 | 07 | Merksem (Antwerpen) | | 14/04/2018 |
| Sleeckx Daniël | 3m61 | 08 | Lier | | 23/09/2018 |
| Sleeckx Godwin | 3m30 | 07 | Lier | | 23/09/2018 |
| De Herdt Kamil | 2m93 | 07 | Duffel | | 1/05/2018 |
| Verslegers Tijs | 2m43 | 08 | Lier | | 22/04/2018 |
| Lens Arthur | 2m25 | 08 | Lier | | 22/04/2018 |
| KOGELSTOTEN 2,000KG (M Pup.) | | | | | |
| Swyngedauw Glenn | 8m51 | 07 | Lier | | 22/04/2018 |
| De Herdt Kamil | 7m53 | 07 | Lier | | 22/04/2018 |
| Bruynseels Yoran | 7m18 | 07 | Booischoot | | 16/06/2018 |
| Sleeckx Godwin | 6m94 | 07 | Lier | | 18/08/2018 |
| Sleeckx Daniël | 6m60 | 08 | Bornem | | 28/07/2018 |
| DISCUSWERPEN 0,600KG (M Pup.) | | | | | |
| Swyngedauw Glenn | 23m19 | 07 | Mol | | 23/06/2018 |
| Sleeckx Godwin | 16m53 | 07 | Mol | | 23/06/2018 |
| Sanders Jasper | 12m22 | 07 | Mol | | 23/06/2018 |
| HOCKEYWERPEN | | | | | |
| Swyngedauw Glenn | 34m03 | 07 | Lille | | 5/05/2018 |
| Sleeckx Daniël | 30m50 | 08 | Lier | | 22/04/2018 |
| Sleeckx Godwin | 27m31 | 07 | Mol | | 23/06/2018 |
| De Valck Lars | 25m46 | 07 | Duffel | | 1/05/2018 |
| VIERKAMP | | | | | |
| Swyngedauw Glenn | 1576 | 07 | Mol | | 1/07/2018 |

Pisteprestaties outdoor

Miniemen jongens

80 meter

| | | | | |
|--------------------|-------|----|------|------------|
| Henderickx Sander | 10.62 | 05 | Lier | 23/09/2018 |
| Hutsebaut Natan | 11.95 | 06 | Mol | 10/05/2018 |
| Lens Cédric | 12.74 | 06 | Lier | 22/04/2018 |
| Verstraeten Pieter | 13.00 | 06 | Lier | 22/04/2018 |
| De Voeght Jitser | 13.01 | 06 | Lier | 18/08/2018 |

150 meter

| | | | | |
|--------------------|-------|----|---------------------|------------|
| Henderickx Sander | 20.22 | 05 | Merksem (Antwerpen) | 14/04/2018 |
| Hutsebaut Natan | 22.11 | 06 | Heusden (Limb.) | 19/08/2018 |
| Heremans Mil | 23.87 | 06 | Booischoot | 16/06/2018 |
| Verstraeten Pieter | 24.01 | 06 | Booischoot | 16/06/2018 |

300 meter

| | | | | |
|-------------------|-------|----|------|------------|
| Henderickx Sander | 45.76 | 05 | Lier | 23/09/2018 |
| Hutsebaut Natan | 47.80 | 06 | Mol | 23/06/2018 |

1000 meter

| | | | | |
|-------------------|---------|----|---------------------|------------|
| Henderickx Sander | 3:14.86 | 05 | Heusden (Limb.) | 21/07/2018 |
| Hutsebaut Natan | 3:34.39 | 06 | Merksem (Antwerpen) | 21/05/2018 |
| Lens Cédric | 3:39.94 | 06 | Lier | 22/04/2018 |
| Heremans Mil | 3:40.83 | 06 | Lier | 22/04/2018 |

80M HORDEN 0,840M/8H (M Min.)

| | | | | |
|--------------------|-------|----|------------|------------|
| Henderickx Sander | 14.74 | 05 | Lier | 23/09/2018 |
| Verstraeten Pieter | 17.36 | 06 | Booischoot | 16/06/2018 |

150M HORDEN 0,76M (M Min.)

| | | | | |
|-------------------|-------|----|-----|------------|
| Henderickx Sander | 22.24 | 05 | Mol | 10/05/2018 |
|-------------------|-------|----|-----|------------|

4 x 80 meter

| | | | | |
|-------------------|-------|----|------|-----------|
| Lens Cédric | 45.75 | 05 | Lier | 2/09/2018 |
| De Voeght Jitser | | | | |
| Hutsebaut Natan | | | | |
| Henderickx Sander | | | | |

3 X 600 meter

| | | | | |
|-------------------|---------|----|------|-----------|
| De Voeght Jitser | 6:17.69 | 05 | Lier | 2/09/2018 |
| Heremans Mil | | | | |
| Henderickx Sander | | | | |

HOOGSPRINGEN

| | | | | |
|--------------------|------|----|-------------|------------|
| Henderickx Sander | 1m40 | 05 | Tessenderlo | 2/06/2018 |
| Hutsebaut Natan | 1m25 | 06 | Booischoot | 16/06/2018 |
| De Voeght Jitser | 1m20 | 06 | Lier | 23/09/2018 |
| Verstraeten Pieter | 1m10 | 06 | Booischoot | 16/06/2018 |

VERSPRINGEN

| | | | | |
|--------------------|------|----|-------------|------------|
| Henderickx Sander | 4m28 | 05 | Tessenderlo | 4/07/2018 |
| Hutsebaut Natan | 4m06 | 06 | Mol | 23/06/2018 |
| Verstraeten Pieter | 3m57 | 06 | Lier | 22/04/2018 |
| De Voeght Jitser | 3m54 | 06 | Lier | 23/09/2018 |
| Lens Cédric | 3m13 | 06 | Lier | 22/04/2018 |

KOGELSTOTEN 3,000KG (M Min.)

| | | | | |
|-------------------|------|----|-----------------|------------|
| Henderickx Sander | 9m85 | 05 | Nijvel | 29/09/2018 |
| De Voeght Jitser | 7m85 | 06 | Booischoot | 16/06/2018 |
| Hutsebaut Natan | 7m23 | 06 | Heusden (Limb.) | 19/08/2018 |

DISCUSWERPEN 0,750KG (M Min.)

| | | | | |
|-------------------|-------|----|-------------|------------|
| Henderickx Sander | 25m83 | 05 | Tessenderlo | 4/07/2018 |
| De Voeght Jitser | 21m89 | 06 | Brasschaat | 26/05/2018 |

Pisteprestaties outdoor

SPEERWERPEN 400G (M Min.)

| | | | | |
|-------------------|-------|----|---------------------|------------|
| Henderickx Sander | 37m86 | 05 | Deurne (Antwerpen) | 15/09/2018 |
| Heremans Mil | 24m82 | 06 | Lier | 22/04/2018 |
| De Voeght Jitser | 23m91 | 06 | Lier | 29/09/2018 |
| Hutsebaut Natan | 18m09 | 06 | Merksem (Antwerpen) | 21/05/2018 |

VIJFKAMP (M Min.)

| | | | | |
|-------------------|------|----|---------------------|------------|
| Henderickx Sander | 3029 | 05 | Tessenderlo | 2/06/2018 |
| Hutsebaut Natan | 1927 | 06 | Merksem (Antwerpen) | 21/05/2018 |



Pisteprestaties outdoor

Cadetten jongens

| | | | | | | |
|-------------------------------|---------|----|-------------|------------|------|--|
| 100 meter | | | | | | |
| Lambrechts Maarten | 12.25 | 03 | Turnhout | 13/05/2018 | -0,2 | |
| Van Aelst Kobe | 14.01 | 04 | Booischoot | 1/06/2018 | -0,6 | |
| Naets Ilan | 14.10 | 04 | Mol | 6/05/2018 | -2,3 | |
| 200 meter | | | | | | |
| Lambrechts Maarten | 24.77 | 03 | Tessenderlo | 18/04/2018 | 0,1 | |
| Boeren Matt | 31.53 | 04 | Mol | 6/05/2018 | -2,4 | |
| 300 meter | | | | | | |
| Lambrechts Maarten | 39.35 | 03 | Booischoot | 1/06/2018 | | |
| 400 meter | | | | | | |
| Lambrechts Maarten | 56.54 | 03 | Kessel-Lo | 8/09/2018 | | |
| Van Aelst Kobe | 1:11.62 | 04 | Mol | 6/05/2018 | | |
| 800 meter | | | | | | |
| Helsen Robin | 2:30.01 | 04 | Mol | 6/05/2018 | | |
| Derdin Simon | 2:30.17 | 03 | Booischoot | 1/06/2018 | | |
| Boeren Matt | 2:47.07 | 04 | Booischoot | 1/06/2018 | | |
| 1500 meter | | | | | | |
| Huybrechts Edward | 5:55.01 | 04 | Mol | 6/05/2018 | | |
| 4 X 100 meter | | | | | | |
| Van Aelst Kobe | 53.61 | 04 | Mol | 6/05/2018 | | |
| Helsen Robin | | | | | | |
| Sanders Milan | | | | | | |
| Naets Ilan | | | | | | |
| HOOGSPRINGEN | | | | | | |
| Sanders Milan | 1m45 | 04 | Mol | 6/05/2018 | | |
| VERSPRINGEN | | | | | | |
| Lambrechts Maarten | 5m36 | 03 | Booischoot | 1/06/2018 | 1,4 | |
| Sanders Milan | 4m38 | 04 | Mol | 6/05/2018 | -2,1 | |
| KOGELSTOTEN 4,000KG (M Kad.) | | | | | | |
| Helsen Robin | 8m29 | 04 | Mol | 6/05/2018 | | |
| DISCUSWERPEN 1,000KG (M Kad.) | | | | | | |
| Naets Ilan | 27m46 | 04 | Mol | 6/05/2018 | | |
| SPEERWERPEN 600G (M Kad.) | | | | | | |
| Van Aelst Kobe | 25m92 | 04 | Mol | 6/05/2018 | | |

Scholieren/Juniors/Seniores/masters mannen

| | | | | | | |
|-----------------------|-------|------------|----|---------------------|------------|------|
| 100 meter | | | | | | |
| Laporte Vincent | 11.57 | Senioren | 97 | Tessenderlo | 23/05/2018 | 0,6 |
| Coremans Stef | 12.06 | Scholieren | 01 | Mol | 6/05/2018 | -2,1 |
| Ceulemans Vincent | 12.08 | Scholieren | 02 | Tessenderlo | 1/08/2018 | -0,2 |
| D'hooghe Zico | 12.08 | Scholieren | 01 | Tessenderlo | 27/06/2018 | 0,5 |
| Van Bael Jens | 12.33 | Junioren | 99 | Sneek | 28/04/2018 | |
| Verelst Wim | 13.10 | Masters | 68 | Lier | 24/06/2018 | 1,4 |
| Van Pelt Juan - 20 | 13.20 | Senioren | 94 | Lier | 6/10/2018 | -0,1 |
| Goovaerts Joseph | 16.71 | Masters | 51 | Merksem (Antwerpen) | 22/09/2018 | 0,4 |
| Scheers Frederik - 21 | 17.26 | Senioren | 94 | Booischoot | 1/06/2018 | -1,7 |
| Beullens Wesley - 21 | 18.21 | Senioren | 85 | Torhout | 20/05/2018 | 0,9 |
| 200 meter | | | | | | |
| Laporte Vincent | 22.86 | Senioren | 97 | Tessenderlo | 23/05/2018 | 0,2 |
| Van Bael Jens | 24.16 | Junioren | 99 | Turnhout | 13/05/2018 | -0,1 |
| D'hooghe Zico | 24.79 | Scholieren | 01 | Tienen | 20/05/2018 | 1,7 |
| Verelst Wim | 27.23 | Masters | 68 | Tessenderlo | 23/05/2018 | 0,1 |

Pisteprestaties outdoor

300 meter

| | | | | | |
|-------------------|-------|------------|----|------------|-----------|
| Laporte Vincent | 35.54 | Senioren | 97 | Booischoot | 1/06/2018 |
| Ceulemans Vincent | 37.91 | Scholieren | 02 | Booischoot | 1/06/2018 |
| D'hooghe Zico | 39.51 | Scholieren | 01 | Turnhout | 8/04/2018 |
| Coremans Tibo | 42.85 | Scholieren | 01 | Booischoot | 1/06/2018 |

400 meter

| | | | | | |
|--------------------|---------|------------|----|-----------|------------|
| Laporte Vincent | 49.50 | Senioren | 97 | Kessel-Lo | 27/05/2018 |
| Ceulemans Vincent | 54.35 | Scholieren | 02 | Turnhout | 13/05/2018 |
| D'hooghe Zico | 59.74 | Scholieren | 01 | Herentals | 26/05/2018 |
| Van Pelt Juan - 20 | 1:02.70 | Senioren | 94 | Lier | 6/10/2018 |
| Derdin Jos | 1:03.07 | Masters | 71 | Herentals | 8/08/2018 |
| Hoefkens Chris | 1:03.19 | Masters | 66 | Tongeren | 10/06/2018 |
| Naets Ivo | 1:08.44 | Masters | 62 | Herentals | 8/08/2018 |
| Vervloet Guido | 1:14.22 | Masters | 63 | Herentals | 8/08/2018 |

600 meter

| | | | | | |
|------------|---------|---------|----|--------|-----------|
| Smets René | 2:15.89 | Masters | 53 | Lommel | 5/08/2018 |
|------------|---------|---------|----|--------|-----------|

800 meter

| | | | | | |
|--------------------|---------|------------|----|-------------|------------|
| Coremans Tibo | 2:06.42 | Scholieren | 01 | Turnhout | 13/05/2018 |
| Derdin Jos | 2:18.78 | Masters | 71 | Tessenderlo | 23/05/2018 |
| Hoefkens Chris | 2:21.44 | Masters | 66 | Tessenderlo | 23/05/2018 |
| Huybrechts Jurgen | 2:23.37 | Masters | 78 | Booischoot | 1/06/2018 |
| Bussels Toon | 2:24.98 | Scholieren | 01 | Booischoot | 1/06/2018 |
| Naets Ivo | 2:33.78 | Masters | 62 | Booischoot | 1/06/2018 |
| Van Den Acker Paul | 2:39.12 | Masters | 61 | Tessenderlo | 23/05/2018 |
| Boexstaens Johny | 2:39.47 | Masters | 48 | Ninove | 17/06/2018 |
| Vervloet Guido | 2:43.74 | Masters | 63 | Tessenderlo | 23/05/2018 |
| Van Dyck Michel | 2:54.34 | Masters | 64 | Tessenderlo | 23/05/2018 |

1000 meter

| | | | | | |
|----------------------|---------|------------|----|-------------|------------|
| Van den Schoor Senne | 2:42.92 | Scholieren | 01 | Tessenderlo | 27/06/2018 |
| Derdin Jos | 3:01.00 | Masters | 71 | Dilbeek | 18/07/2018 |
| Hoefkens Chris | 3:05.22 | Masters | 66 | Dilbeek | 18/07/2018 |
| Naets Ivo | 3:16.01 | Masters | 62 | Dilbeek | 18/07/2018 |
| Van Den Acker Paul | 3:32.64 | Masters | 61 | Tessenderlo | 27/06/2018 |

1500 meter

| | | | | | |
|----------------------|---------|------------|----|-------------|------------|
| Van den Schoor Senne | 4:09.91 | Scholieren | 01 | Oordegem | 2/06/2018 |
| Laporte Vincent | 4:34.52 | Senioren | 97 | Tongeren | 7/10/2018 |
| Van Aelst Dirk | 4:44.62 | Masters | 64 | Tongeren | 10/06/2018 |
| Van Bael Jens | 4:56.42 | Junioren | 99 | Oordegem | 21/07/2018 |
| Hoefkens Chris | 5:04.02 | Masters | 66 | Tessenderlo | 18/04/2018 |
| De Cock Marc | 5:31.65 | Masters | 67 | Herentals | 8/08/2018 |

mijl

| | | | | | |
|------------|---------|----------|----|-------------|------------|
| Naets Obry | 5:08.69 | Senioren | 98 | Tessenderlo | 1/08/2018 |
| Naets Ivo | 5:26.18 | Masters | 62 | Tessenderlo | 1/08/2018 |
| Smets René | 7:28.74 | Masters | 53 | Aalst | 29/09/2018 |

3000 meter

| | | | | | |
|---------------------|----------|----------|----|------------|------------|
| Naets Obry | 9:59.83 | Senioren | 98 | Turnhout | 13/05/2018 |
| Naets Ivo | 11:02.04 | Masters | 62 | Booischoot | 1/06/2018 |
| Van Den Schoor Bart | 11:07.45 | Masters | 70 | Booischoot | 1/06/2018 |
| Van Den Acker Paul | 12:02.09 | Masters | 61 | Booischoot | 1/06/2018 |
| Van Dyck Michel | 12:27.91 | Masters | 64 | Booischoot | 1/06/2018 |
| Goovaerts Joseph | 15:12.60 | Masters | 51 | Booischoot | 1/06/2018 |

5000 meter

| | | | | | |
|--------------------|----------|---------|----|---------------------|------------|
| Huybrechts Jurgen | 15:42.76 | Masters | 78 | Turnhout | 13/05/2018 |
| Nevelsteen Gustaaf | 21:18.07 | Masters | 55 | Merksem (Antwerpen) | 22/09/2018 |
| Smets René | 25:47.80 | Masters | 53 | Herentals | 8/08/2018 |

Pisteprestaties outdoor

10000 meter

| | | | | | |
|--------------------|----------|----------|----|------------------|------------|
| Naets Obry | 36:22.46 | Senioren | 98 | Kapellen (Antw.) | 12/08/2018 |
| Naets Ivo | 41:38.06 | Masters | 62 | Kapellen (Antw.) | 12/08/2018 |
| Vervloet Guido | 43:26.33 | Masters | 63 | Kapellen (Antw.) | 12/08/2018 |
| De Cock Marc | 44:06.45 | Masters | 67 | Kapellen (Antw.) | 12/08/2018 |
| Nevelsteen Gustaaf | 44:46.77 | Masters | 55 | Kapellen (Antw.) | 12/08/2018 |

MARATHON

| | | | | | |
|----------------|------------|----------|----|-----------|------------|
| Vervloet Guido | 3u09:18.00 | Masters | 63 | Eindhoven | 14/10/2018 |
| Naets Obry | 3u18:14.00 | Senioren | 98 | Eindhoven | 14/10/2018 |

110m horden 0,914m

| | | | | | | |
|---------------|-------|------------|----|-----------|------------|------|
| D'hooghe Zico | 17.61 | Scholieren | 01 | Herentals | 27/05/2018 | -0,7 |
|---------------|-------|------------|----|-----------|------------|------|

110m horden 0,99m

| | | | | | | |
|---------------|-------|----------|----|---------------------|------------|------|
| Van Bael Jens | 18.40 | Junioren | 99 | Diepenbeek | 2/04/2018 | -3,1 |
| Derdin Jos | 26.29 | Masters | 71 | Merksem (Antwerpen) | 22/09/2018 | -0,2 |

400m horden 0,91m

| | | | | | |
|-----------------|-------|----------|----|---------------------|-----------|
| Laporte Vincent | 57.01 | Senioren | 97 | Merksem (Antwerpen) | 6/10/2018 |
|-----------------|-------|----------|----|---------------------|-----------|

2000m steeple 0,914m

| | | | | | |
|----------------------|---------|------------|----|------------|------------|
| Van den Schoor Senne | 6:27.93 | Scholieren | 01 | Gentbrugge | 15/08/2018 |
|----------------------|---------|------------|----|------------|------------|

4 X 100 meter

| | | | | | |
|---------------|-------|------------|----|-----|-----------|
| Coremans Tibo | 46.38 | Scholieren | 01 | Mol | 6/05/2018 |
|---------------|-------|------------|----|-----|-----------|

Ceulemans Vincent

D'hooghe Zico

Coremans Stef

Coremans Tibo
 47.04 | Senioren | 03 | Turnhout | 13/05/2018 |

Ceulemans Vincent

D'hooghe Zico

Lambrechts Maarten

Derdin Jos
 57.77 | Masters | 66 | Herentals | 8/08/2018 |

Naets Ivo

Vervloet Guido

Hoefkens Chris

4 X 400 meter

| | | | | | |
|-------------------|---------|------------|--|----------|------------|
| Ceulemans Vincent | 3'33"97 | Scholieren | | Turnhout | 13/05/2018 |
|-------------------|---------|------------|--|----------|------------|

Van den Schoor Senne
 | Scholieren | | | |

Van Bael Jens
 | Junioren | | | |

Laporte Vincent
 | Senioren | | | |

| | | | | | |
|-----------------|---------|---------|----|----------|------------|
| Van Lent Jurgen | 4:13.65 | Masters | 68 | Tongeren | 10/06/2018 |
|-----------------|---------|---------|----|----------|------------|

Hoefkens Chris

Heylen Bart

Verelst Wim

4 X 800 meter

| | | | | | |
|-----------------|---------|---------|----|------|-----------|
| Van Lent Jurgen | 9'26"65 | Masters | 78 | Lier | 2/09/2018 |
|-----------------|---------|---------|----|------|-----------|

Van Aelst Dirk
 | Masters | | | |

Hoefkens Chris
 | Masters | | | |

Huybrechts Jurgen
 | Masters | | | |

| | | | | | |
|------------|----------|---------|----|------|-----------|
| Derdin Jos | 10'21"11 | Masters | 78 | Lier | 2/09/2018 |
|------------|----------|---------|----|------|-----------|

Heylen Bart
 | Masters | | | |

Vervloet Guido
 | Masters | | | |

Naets Ivo
 | Masters | | | |

| | | | | | | |
|-------------------------------|----------|------------|----|--------------|--|----------------|
| Pisteprestaties outdoor | | | | | | |
| 4 X 1500 meter | | | | | | |
| Naets Ivo | 20:04.84 | Masters | 78 | Lier | | 2/09/2018 |
| Van Den Schoor Bart | | Masters | | | | |
| Heylen Bart | | Masters | | | | |
| Huybrechts Jurgen | | Masters | | | | |
| Vervloet Guido | 22:48.21 | Masters | 64 | Lier | | 2/09/2018 |
| Van Den Acker Paul | | Masters | | | | |
| De Cock Marc | | Masters | | | | |
| Van Dyck Michel | | Masters | | | | |
| HOOGSPRINGEN | | | | | | |
| Poppelmonde Dries | 1m85 | Senioren | 94 | Turnhout | | 13/05/2018 |
| Van Bael Jens | 1m76 | Junioren | 99 | Sneek | | 28/04/2018 |
| D'hooghe Zico | 1m74 | Scholieren | 01 | Mol | | 6/05/2018 |
| Laporte Vincent | 1m70 | Senioren | 97 | Sint-Niklaas | | 22/09/2018 |
| Smets René | 1m20 | Masters | 53 | Booischoot | | 1/06/2018 |
| POLSSTOKSPRINGEN | | | | | | |
| Van Bael Jens | 3m82 | Junioren | 99 | Vorst | | 20/10/2018 |
| D'hooghe Zico | 2m40 | Scholieren | 01 | Herentals | | 27/05/2018 |
| VERSPRINGEN | | | | | | |
| Laporte Vincent | 6m58 | Senioren | 97 | Sint-Niklaas | | 22/09/2018 1,5 |
| D'hooghe Zico | 6m22 | Scholieren | 01 | Brasschaat | | 28/04/2018 0 |
| Van Bael Jens | 6m06 | Junioren | 99 | Sneek | | 28/04/2018 1,5 |
| Verelst Wim | 5m00 | Masters | 68 | Booischoot | | 1/06/2018 0,6 |
| Van Pelt Juan - 20 | 4m26 | Senioren | 94 | Torhout | | 20/05/2018 2 |
| Beullens Wesley - 21 | 2m50 | Senioren | 85 | Lier | | 6/10/2018 -2,5 |
| HINKSTAPSPRINGEN | | | | | | |
| Van Bael Jens | 12m31 | Junioren | 99 | Turnhout | | 13/05/2018 1,3 |
| KOGELSTOTEN 7,260KG (M Sen.) | | | | | | |
| Laporte Vincent | 13m02 | Senioren | 97 | Turnhout | | 13/05/2018 |
| Van Lent Jurgen | 9m09 | Masters | 68 | Tongeren | | 10/06/2018 |
| Smets René | 6m58 | Masters | 53 | Lier | | 24/06/2018 |
| Beullens Wesley - 21 | 5m18 | Senioren | 85 | Torhout | | 20/05/2018 |
| KOGELSTOTEN 6,000KG (M Jun) | | | | | | |
| Van Bael Jens | 10m42 | Junioren | 99 | Sneek | | 28/04/2018 |
| Van Lent Seppe | 10m04 | Junioren | 00 | Booischoot | | 1/06/2018 |
| KOGELSTOTEN 5,000KG | | | | | | |
| D'hooghe Zico | 11m51 | Scholieren | 01 | Diepenbeek | | 2/04/2018 |
| Ceulemans Vincent | 11m49 | Scholieren | 02 | Mol | | 6/05/2018 |
| Smets René | 7m31 | Masters | 53 | Lommel | | 5/08/2018 |
| DISCUSWERPEN 2,000KG (M Sen.) | | | | | | |
| Laporte Vincent | 41m20 | Senioren | 97 | Turnhout | | 13/05/2018 |
| Van Lent Jurgen | 26m20 | Masters | 68 | Booischoot | | 1/06/2018 |
| Smets René | 18m21 | Masters | 53 | Booischoot | | 1/06/2018 |
| DISCUSWERPEN 1,75KG | | | | | | |
| Van Lent Seppe | 34m61 | Junioren | 00 | Lier | | 7/10/2018 |
| Van Bael Jens | 33m28 | Junioren | 99 | Kortenbergh | | 25/08/2018 |
| Spallier Cédric | 27m04 | Junioren | 00 | Edegem | | 5/08/2018 |
| DISCUSWERPEN 1,5KG | | | | | | |
| D'hooghe Zico | 25m41 | Scholieren | 01 | Herentals | | 27/05/2018 |
| Coremans Tibo | 23m36 | Scholieren | 01 | Mol | | 6/05/2018 |
| DISCUSWERPEN 1,000KG | | | | | | |
| Smets René | 20m70 | Masters | 53 | Tessenderlo | | 27/06/2018 |

Pisteprestaties outdoor

SPEERWERPEN 800G (M Sen.)

| | | | | |
|-----------------|----------------|----|-------------|------------|
| Laporte Vincent | 54m37 Senioren | 97 | Tongeren | 7/10/2018 |
| Van Dyck Gil | 48m15 Senioren | 94 | Brasschaat | 28/04/2018 |
| Van Bael Jens | 40m78 Junioren | 99 | Tessenderlo | 14/09/2018 |
| Derdin Jos | 34m13 Masters | 71 | Tongeren | 10/06/2018 |
| Smets René | 25m80 Masters | 53 | Bornem | 27/07/2018 |

SPEERWERPEN 700G

| | | | | |
|-------------------|------------------|----|-------------|------------|
| D'hooghe Zico | 39m17 Scholieren | 01 | Brasschaat | 28/04/2018 |
| Ceulemans Vincent | 38m61 Scholieren | 02 | Tessenderlo | 1/08/2018 |
| Coremans Stef | 34m99 Scholieren | 01 | Mol | 6/05/2018 |

5-KAMP

| | | | | |
|-----------------|---------------|----|----------|------------|
| Laporte Vincent | 3406 Senioren | 97 | Tongeren | 7/10/2018 |
| Van Bael Jens | 2637 Junioren | 99 | Oordegem | 21/07/2018 |

4. Top 10 België outdoor

| HEREN | | DAMES | |
|-------------------------|------------------------|-------------------|---|
| Miniemen | | Pupillen | |
| speer | 3 Henderickx Sander | 60m horden ver | 7 Hutsebaut Hasse 8 Hutsebaut Hasse |
| Scholieren | | Miniemen | |
| 2000m steeple | 4 Van den Schoor Senne | 60m horden ver | 5 Hutsebaut Jutta 10 Hutsebaut Jutta |
| Juniors | | Cadetten | |
| vijfkamp | 1 Van Bael Jens | 80m horden speer | 5 Meulders Marie 5 Gendarme Xana |
| Alle categorieën | | kogel | 5 Gendarme Xana |
| 2000m steeple | 5 Van den Schoor Senne | discus | 3 Gendarme Xana |
| vijfkamp | 1 Laporte Vincent | discus | 4 Schelkens Lauren |
| | | Scholieren | |
| | | 100m | 3 Van Lent Lotte |
| | | Juniors | |
| | | 3000m | 8 Bassleer Katinka |
| | | 5000m | 2 Bassleer Katinka |

Tot cadetten bijna enkel meisjes van AVZK bij de top-10 van ons land. Uitschieter is uiteraard Sarie Milloen, die hoger sprong dan iemand in België ooit deed op die leeftijd. Opmerkelijk: dit record stond vele jaren op naam van haar trainster Liesbet Van Roie. Ook de zusjes Hutsebaut en Xana Gendarme komen meermaals voor in de lijst.

Bij de scholieren uiteraard Lotte Van Lent en Senne Van den Schoor.

In de categorieën waar het er echt toe doet (cadetten tot seniors) hadden we 7 atleten, 3 minder dan vorig jaar.

Hiervan zijn er 3 in de topdrie van het land op klassieke proeven: Katinka op de 5000m juniors, Lotte op 100m en Xana op discus.

Opmerkelijk blijft dat onze atleten in heel veel verschillende disciplines uitblinken.



5. PODIUMPLAATSEN OP KAMPIOENSCHAPPEN

GOUD

GOUD

| Naam | Proef | Kampioenschap | Categorie | Locatie | Datum |
|----------------------|---------------|---------------|-----------|------------|-----------|
| Milloen Sarie | polsstok | PK indoor | min | Mol | 16-dec-17 |
| Henderickx Sander | kogel | PK indoor | min | Hoboken | 17-dec-17 |
| Hutsebaut Hasse | ver | PK indoor | pup | Hoboken | 17-dec-17 |
| Hutsebaut Jutta | 60m horden | PK indoor | min | Hoboken | 17-dec-17 |
| Verelst Leon | 60m | PK indoor | ben | Hoboken | 17-dec-17 |
| Schelkens Lauren | polsstok | PK indoor | cad | Gent | 07-jan-18 |
| Van Lent Lotte | 60m | PK indoor | schol | Gent | 07-jan-18 |
| Van Lent Lotte | 200m | PK indoor | schol | Gent | 07-jan-18 |
| Van Lent Lotte | 60m | KVV indoor | schol | Gent | 21-jan-18 |
| Bassleer Katinka | cross | PK cross | jun | Bornem | 04-feb-18 |
| Huybrechts Jurgen | cross | PK cross | M35 | Bornem | 04-feb-18 |
| Van Lent Lotte | 60m | BK indoor | schol | Gent | 04-mrt-18 |
| Derdin Jos | kogel | PK indoor | M45 | Gent | 10-mrt-18 |
| Derdin Jos | 800m | PK indoor | M45 | Gent | 10-mrt-18 |
| Hoefkens Chris | 800m | PK indoor | M50 | Gent | 10-mrt-18 |
| Van Aelst Dirk | 1500 | PK indoor | M50 | Gent | 10-mrt-18 |
| Naets Ivo | 1500 | PK indoor | M55 | Gent | 10-mrt-18 |
| Verelst Wim | ver | PK indoor | M45 | Gent | 10-mrt-18 |
| Huybrechts Jurgen | cross | BK cross | M40 | Gesves | 18-mrt-18 |
| Van Lent Lotte | 200m | PK | schol | Brasschaat | 28-apr-18 |
| Gendarme Xana | ver | PK | cad | Turnhout | 29-apr-18 |
| Schelkens Lauren | polsstok | PK | cad | Turnhout | 29-apr-18 |
| Van den Schoor Senne | 2000m steeple | PK | schol | Duffel | 20-mei-18 |
| Hutsebaut Hasse | 4kamp | PK | pup | Merksem | 21-mei-18 |
| Boexstaens Johny | 800m | BK masters | M70 | Ninove | 17-jun-18 |
| Hutsebaut Hasse | 60m horden | PK | pup | Mol | 23-jun-18 |
| Hutsebaut Hasse | ver | PK | pup | Mol | 23-jun-18 |
| Hutsebaut Jutta | 60m horden | PK | min | Mol | 23-jun-18 |
| Milloen Sarie | polsstok | PK | min | Mol | 23-jun-18 |
| Henderickx Sander | speer | PK | min | Mol | 23-jun-18 |
| De Cock Marc | 10000m | PK | M50 | Kapellen | 12-aug-18 |
| Nevelsteen Staf | 10000m | PK | M60 | Kapellen | 12-aug-18 |
| De Cock Laura | 10000m | PK | jun | Kapellen | 12-aug-18 |
| Gendarme Xana | discus | Vlaams | cad | Gentbrugge | 15-aug-18 |
| Van Lent Jurgen | 4x800 | PK aflossing | mas | Lier | 02-sep-18 |
| Van Aelst Dirk | | | | | |
| Hoefkens Chris | | | | | |
| Huybrechts Jurgen | | | | | |
| Nevelsteen Staf | 5000m | PK masters | M60 | Merksem | 22-sep-18 |
| Hoefkens Chris | 800m | PK masters | M50 | Merksem | 22-sep-18 |
| Milloen Sarie | polsstok | BK | min | Nijvel | 29-sep-18 |

ZILVER

ZILVER

| | | | | | |
|-------------------|--------|-----------|-------|------------|-----------|
| Henderickx Sander | 60m | PK indoor | min | Hoboken | 17-dec-17 |
| Sanders Jasper | hoog | PK indoor | pup | Hoboken | 17-dec-17 |
| Gendarme Xana | kogel | PK indoor | cad | Gent | 07-jan-18 |
| Ceulemans Vincent | 400m | PK indoor | schol | Gent | 07-jan-18 |
| Meulders Marie | ver | PK indoor | cad | Gent | 07-jan-18 |
| Laporte Morgan | 800m | PK indoor | jun | Gent | 07-jan-18 |
| Gendarme Xana | discus | PK | cad | Brasschaat | 28-apr-18 |

AVZK-podiumplaatsen

| | | | | | |
|----------------------|---------------|----------------|-------|------------|-----------|
| Gendarme Xana | kogel | PK | cad | Brasschaat | 28-apr-18 |
| Laporte Vincent | ver | PK | AC | Brasschaat | 28-apr-18 |
| Laporte Vincent | 400m | PK | AC | Brasschaat | 28-apr-18 |
| D'Hooghe Zico | ver | PK | schol | Brasschaat | 28-apr-18 |
| Van den Schoor Senne | 1500m | PK | schol | Brasschaat | 28-apr-18 |
| Meulders Marie | ver | PK | cad | Turnhout | 29-apr-18 |
| Meulders Marie | 80m horden | PK | cad | Turnhout | 29-apr-18 |
| Hutsebaut Jutta | ver | PK | min | Mol | 23-jun-18 |
| Henderickx Sander | kogel | PK | min | Mol | 23-jun-18 |
| Swyngedauw Glenn | kogel | PK | pup | Mol | 23-jun-18 |
| Swyngedauw Glenn | discus | PK | pup | Mol | 23-jun-18 |
| Van den Schoor Senne | 2000m steeple | Vlaams | schol | Gentbrugge | 15-aug-18 |
| Bassleer Katinka | 5000m | BK | jun | Moeskroen | 26-aug-18 |
| Hoefkens Chris | 800m | Vlaams masters | M50 | Merksem | 22-sep-18 |

BRONS

| | | | | | |
|----------------------|-------------|----------------|----------|------------|-----------|
| Schelkens Jade | polstok | PK indoor | min | Mol | 16-dec-17 |
| Hutsebaut Jutta | 60m horden | PK indoor | min | Hoboken | 17-dec-17 |
| Van Oosterwyck Lotte | hoog | PK indoor | sen | Gent | 07-jan-18 |
| Lambrechts Maarten | 200m | PK indoor | cad | Gent | 07-jan-18 |
| Van den Schoor Senne | 800m | PK indoor | schol | Gent | 07-jan-18 |
| Meulders Marie | 60m horden | KVV indoor | cad | Gent | 21-jan-18 |
| Schelkens Lauren | polstok | KVV indoor | cad | Gent | 21-jan-18 |
| Dermaux Ann | cross | PK cross | W50 | Bornem | 04-feb-18 |
| Van den Schoor Senne | cross | PK cross | schol | Bornem | 04-feb-18 |
| Goovaerts Joseph | cross | PK cross | M65 | Bornem | 04-feb-18 |
| Laporte Vincent | kogel | BK studenten | sen | Gent | 24-feb-18 |
| Van Oosterwyck Lotte | hoog | BK indoor | beloften | Gent | 04-mrt-18 |
| Van Aelst Dirk | 1500 | BK indoor | M50 | Gent | 10-mrt-18 |
| D'Hooghe Zico | speer | PK | schol | Brasschaat | 28-apr-18 |
| Poppelmonde Dries | hoog | PK | sen | Turnhout | 29-apr-18 |
| Hendrickx Sander | 5kamp | PK | min | Merksem | 21-mei-18 |
| Schelkens Jade | polstok | PK | min | Mol | 23-jun-18 |
| Naets Ivo | 10000m | PK masters | M55 | Kapellen | 12-aug-18 |
| Gendarme Xana | kogel | Vlaams | cad | Gentbrugge | 15-aug-18 |
| Van Lent Lotte | 100m | Vlaams | schol | Gentbrugge | 15-aug-18 |
| Van Oosterwyck Lotte | hoog | BK | beloften | Moeskroen | 26-aug-18 |
| Derdin Jos | 4x800 | PK aflossing | mas | Lier | 02-sep-18 |
| Heylen Bart | | | | | |
| Vervloet Guido | | | | | |
| Naets Ivo | | | | | |
| Gendarme Xana | kogel | BK | cad | Kessel-Lo | 08-sep-18 |
| Laporte Morgan | 4x800 | BK aflossing | jun | Kessel-Lo | 09-sep-18 |
| Van Aelst Linde | | | | | |
| De Cock Laura | | | | | |
| Bassleer Katinka | | | | | |
| Goovaerts Joseph | 100m | Vlaams masters | M65 | Merksem | 22-sep-18 |
| Derdin Jos | 110m horden | Vlaams masters | M45 | Merksem | 22-sep-18 |
| Nevelsteen Staf | 5000m | Vlaams masters | M60 | Merksem | 22-sep-18 |

Ereplaatsen

| | | | | | |
|-----------------|------------|------------|----------|------------|---------------|
| Meulders Marie | ver | KVV indoor | cad | Gent | 21-jan-18 4de |
| Laporte Vincent | kogel | BK indoor | beloften | Gent | 03-mrt-18 4de |
| Van Lent Lotte | 100m | KVV AC | schol | Deinze | 19-mei-18 5de |
| Meulders Marie | 80m horden | Vlaams | cad | Gentbrugge | 15-aug-18 4de |
| D'Hooghe Zico | ver | Vlaams | schol | Gentbrugge | 15-aug-18 4de |
| Laporte Vincent | 400m | BK | beloften | Moeskroen | 26-aug-18 4de |
| Gendarme Xana | discus | BK | cad | Kessel-Lo | 08-sep-18 5de |
| Van Lent Lotte | 100m | BK | schol | Kessel-Lo | 09-sep-18 4de |

6. AVZK - CLUBRECORDS INDOOR

VROUWEN

BENJAMINS MEISJES

| | | | |
|-------------|-------------------------------|---------|------------|
| 60m | 9"63 Hutsebaut Hasse | Gent | 14/01/2017 |
| 1000m | 4'03"01 Vangoirdsenhoven Jone | Gent | 13/02/2005 |
| verspringen | 3m60 Hutsebaut Hasse | Gent | 14/01/2017 |
| hoog | 1m10 De Brandt Naomi | Hoboken | 3/09/2008 |
| | Hutsebaut Hasse | Hoboken | 12/03/2017 |
| Kogelstoten | 7m58 Gendarme Xana | Hoboken | 17/03/2013 |
| Driekamp | 742 ptn Heremans Stefanie | Hoboken | 13/12/1998 |
| 4-kamp | 1304 ptn Hutsebaut Hasse | Hoboken | 5/02/2017 |
| 4x200m | 2'39"62 Gendarme Xana | Gent | 19/02/2011 |
| | Verstrepen Axelle | | |
| | Schellekens Lauren | | |
| | Milloen Nele | | |

PUPILLEN MEISJES

| | | | |
|-------------|------------------------|---------|------------|
| 60m | 8"91 Oost Morgan | Gent | 23/02/2013 |
| 60m horden | 10.76 Marien Svelte | Hoboken | 12/01/2014 |
| 1000m | 3'33"80 De Ryck Lola | Gent | 21/03/2015 |
| hoog | 1m30 Maris Jolien | Hoboken | 22/02/2009 |
| | Marien Svelte | Hoboken | 16/02/2014 |
| ver | 3m98 Hutsebaut Jutta | Heusden | 28/11/2015 |
| Kogelstoten | 8m30 Gendarme Xana | Hoboken | 4/01/2015 |
| 4kamp | 1483 ptn Milloen Sarie | Hoboken | 14/02/2016 |
| 5-kamp | 1147 ptn Gendarme Xana | Hoboken | 2/02/2014 |

MINIEMEN MEISJES

| | | | |
|--------------|--------------------------|---------|------------|
| 60m | 8.32 Van Lent Lotte | Hoboken | 22/03/2014 |
| 60 m horden | 9.86 Meulders Marie | Hoboken | 18/12/2016 |
| 150m | 19.98 Van Lent Lotte | Gent | 22/02/2014 |
| 200m | 29"70 Van Loock Britt | Gent | 8/02/2012 |
| 800m | 2'32"28 Peeters Bloeme | Gent | 8/02/2012 |
| 1000m | 3'20"52 Bassleer Katinka | Gent | 18/03/2012 |
| Verspringen | 4m80 Meulders Marie | Heusden | 21/01/2017 |
| Hoogspringen | 1m41 Van Calster Lisa | Alken | 21/11/2004 |
| polstok | 2m83 Milloen Sarie | Tienen | 10/02/2018 |
| Kogelstoten | 12m12 Gendarme Xana | Gent | 1/02/2017 |
| 5 kamp | 2601 ptn Hutsebaut Jutta | Hoboken | 5/02/2017 |
| | 2601 ptn Milloen Sarie | Hoboken | 17/02/2018 |

CADETTEN MEISJES

| | | | |
|-------------|---------------------------|---------|------------|
| 60m | 7"81 Van Lent Lotte | Gent | 24/01/2016 |
| 200m | 25"76 Van Lent Lotte | Gent | 24/01/2016 |
| 300m | 42"99 Van Lent Lotte | Gent | 14/02/2015 |
| 400m | 1:03.10 Peeters Bloeme | Gent | 26/12/2013 |
| 800m | 2:22.01 Peeters Bloeme | Gent | 26/12/2013 |
| 1000m | 3:02.28 Peeters Bloeme | Gent | 22/02/2014 |
| 60m horden | 9"13 Van Lent Lotte | Gent | 8/03/2015 |
| Verspringen | 5m15 Meulders Marie | Hoboken | 27/01/2018 |
| Hinkstap | 10m22 Van Roie Liesbet | Gent | 7/01/1996 |
| hoog | 1m59 Van Oosterwyck Lotte | Gent | 3/03/2013 |

Clubrecords Indoor

| | | | |
|-------------|---------------------------|------------|------------|
| polstok | 3m50 De Vocht Elien | Gent | 27/02/2010 |
| Kogelstoten | 11m09 Gijsemans Inge | Gent | 15/02/1998 |
| Driekamp | 1369 ptn Van Roie Liesbet | Uden (Ned) | 12/11/1994 |
| Vierkamp | 1764 ptn Van Roie Liesbet | Schaarbeek | 26/03/1995 |
| Vijfkamp | 2744 ptn Van Roie Liesbet | Hoboken | 23/12/1995 |

SCHOLIEREN MEISJES

| | | | |
|-------------------|---------------------------|---------|------------|
| 60m | 7"57 Van Lent Lotte | Gent | 5/03/2017 |
| 200m | 25"57 Van Lent Lotte | Gent | 7/01/2018 |
| 300m | 44"12 Smets Ibich | Gent | 22/02/2014 |
| 400m | 60"51 Laporte Morgan | Gent | 28/02/2016 |
| 800m | 2'19"87 Maes Kim | Gent | 12/01/1992 |
| 1500m | 4'52"39 Peeters Bloeme | Gent | 21/02/2015 |
| 60m horden | 9"23 Vandenhove Lore | Gent | 1/02/2014 |
| Verspringen | 5m15 Laporte Morgan | Gent | 10/01/2016 |
| Hinkstap | 9m99 Smets Ibich | Gent | 5/01/2013 |
| Hoogspringen | 1m57 Van Oosterwyck Lotte | Gent | 11/01/2014 |
| polstok | 3m90 De Vocht Elien | Gent | 26/02/2012 |
| Kogelstoten (3kg) | 10m48 Mariën Dana | Gent | 22/12/1996 |
| Kogelstoten (4kg) | 9m36 Gijsemans Inge | Hoboken | 27/12/1998 |
| Vijfkamp | 3085 ptn Vandenhove Lore | Gent | 1/02/2014 |

JUNIORS DAMES

| | | | |
|-------------|----------------------------|------------------|------------|
| 60m | 8"10 Van Roie Liesbet | Hoboken | 27/12/1998 |
| 200m | 27"35 Smets Ibich | Gent | 4/02/2015 |
| 300m | 43"6 (HT) Verschoren Sarah | Gent | 26/12/2005 |
| 400m | 61"54 Laporte Morgan | Gent | 3/03/2018 |
| 800m | 2'34"15 Laporte Morgan | Gent | 7/01/2018 |
| 1500m | 5'27"23 Lambrechts Ellen | Gent | 15/02/2012 |
| Verspringen | 5m11 Van Roie Liesbet | Hoboken | 26/12/1999 |
| hoog | 1m58 Van Oosterwijck Lotte | Gent | 7/01/2017 |
| polstok | 3m93 De Vocht Elien | Clermont-Ferrand | 12/01/2013 |
| Kogelstoten | 8m81 Van Hoogten Hanne | Tienen | 23/02/2013 |

ALLE CATEGORIEËN DAMES

| | | | | |
|--------------|------------------------------|------------|-----------------|------------|
| 60m | 7"57 Van Lent Lotte | Scholieren | Gent | 5/03/2017 |
| 200m | 25"57 Van Lent Lotte | Scholieren | Gent | 7/01/2018 |
| 300m | 42"99 Van Lent Lotte | Cad | Gent | 14/02/2015 |
| 400m | 60"51 Laporte Morgan | Scholieren | Gent | 28/02/2016 |
| 800m | 2'19"87 Maes Kim | Scholieren | Gent | 12/01/1992 |
| 1000m | 3:02.28 Peeters Bloeme | Scholieren | Gent | 22/02/2014 |
| 1500m | 4'52"39 Peeters Bloeme | Scholieren | Gent | 21/02/2015 |
| 3000m | 13'54"17 De Preter Berthilia | W65 | Birmingham (UK) | 28/02/1997 |
| 60 m horden | 12"52 Kerkhofs Petra | | Gent | 26/12/2009 |
| ver | 5m15 Laporte Morgan | Scholieren | Gent | 10/01/2016 |
| | 5m15 Meulders Marie | Cad | Hoboken | 27/01/2018 |
| Hinkstap | 10m22 Van Roie Liesbet | Cad | Gent | 7/01/1996 |
| Hoogspringen | 1m60 Van Oosterwyck Lotte | | Gent | 13/01/2018 |
| polstok | 4m20 De Vocht Elien | | Metz | 23/01/2016 |
| Kogelstoten | 9m36 Gijsemans Inge | Scholieren | Hoboken | 27/12/1998 |
| Vijfkamp | 3085 ptn Vandenhove Lore | Scholieren | Gent | 1/02/2014 |

MASTERS DAMES (W35)

| | | | | |
|-------------|------------------------|--|------|------------|
| 60m | 10"04 Crauwels Anja | | Gent | 10/03/2012 |
| 200m | 31"52 Verhaegen Ilse | | Gent | 20/12/2003 |
| 400m | 68"98 Verhaegen Ilse | | Gent | 28/12/2003 |
| 800m | 2'41"21 Verhaegen Ilse | | Gent | 8/01/2005 |
| Verspringen | 3m82 Verhaegen Ilse | | Gent | 8/01/2005 |
| Kogelstoten | 6m86 Van Winckel Lieve | | Gent | 11/03/2017 |

MASTERS DAMES (W40)

| | | | |
|-------------|----------------------------|---------|------------|
| 60m | 9"70 De Veuster Ilse | Gent | 8/01/2012 |
| 200m | 31"37 Verhaegen Ilse | Gent | 13/01/2007 |
| 300m | 55"11 Crauwels Anja | Gent | 2/01/2016 |
| 400m | 64"32 Gillhaus Angélique | Gent | 3/01/2009 |
| 800m | 2'30"04 Gillhaus Angélique | Gent | 3/03/2008 |
| Kogelstoten | 7m00 Heremans Agnes | Hoboken | 12/12/1999 |

MASTERS DAMES (W45)

| | | | |
|-------------------|----------------------------|---------|------------|
| 60m | 8"89 Pelgrims Monique | Hoboken | 19/12/1993 |
| 200m | 31"28 De Veuster Ilse | Gent | 10/01/2016 |
| 400m | 63"58 Gillhaus Angélique | Gent | 8/01/2011 |
| 800m | 2'35"26 Gillhaus Angélique | Gent | 10/03/2012 |
| 60m horden (76cm) | 11"73 Meulemans Goele | Gent | 10/03/2012 |
| 60m horden (84cm) | 12"41 Meulemans Goele | Gent | 26/12/2011 |
| hoog | 1m35 Meulemans Goele | Hoboken | 4/12/2011 |
| Verspringen | 4m07 Pelgrims Monique | Hoboken | 20/12/1992 |
| kogelstoten | 7m65 Meulemans Goele | Gent | 8/01/2012 |

MASTERS DAMES (W50)

| | | | |
|-------|----------------------|------|------------|
| 60m | 10"07 Heremans Agnes | Gent | 13/01/2008 |
| 200m | 35"83 Heremans Agnes | Gent | 3/03/2008 |
| kogel | 8m88 Meulemans Goele | Gent | 11/03/2017 |

MASTERS W55 VROUWEN

| | | | |
|-------------|----------------------|------|-----------|
| 200m | 48"25 Heremans Agnes | Gent | 8/01/2012 |
| kogelstoten | 6m45 Heremans Agnes | Gent | 8/01/2012 |

MASTERS DAMES (W65)

| | | | |
|-------|------------------------------|-----------------|------------|
| 800m | 3'07"53 De Preter Berthilia | Birmingham (UK) | 2/03/1997 |
| 1500m | 6'54"10 De Preter Berthilia | Birmingham (UK) | 2/03/1997 |
| 3000m | 13'54"17 De Preter Berthilia | Birmingham (UK) | 28/02/1997 |

MANNEN

BENJAMINS JONGENS

| | | | |
|--------------|---------------------------|---------|------------|
| 60m | 9"57 Naets Illan | Gent | 23/03/2013 |
| 1000m | 3'37"92 Laporte Vincent | Gent | 18/12/2005 |
| Verspringen | 4m12 Laporte Vincent | Gent | 4/03/2006 |
| Hoogspringen | 1m18 Naets Illan | Hoboken | 17/03/2013 |
| Kogelstoten | 8m65 Ceulemans Vincent | Hoboken | 7/11/2010 |
| 4x200m | 2'22"41 Ceulemans Vincent | Gent | 19/02/2011 |
| | Peeters Jannes | | |
| | Milloen Sander | | |
| | Verbeeck Yarno | | |

PUPILLEN JONGENS

| | | | |
|-------------|------------------------|---------|------------|
| 60m | 8"82 Milloen Sander | Gent | 23/03/2013 |
| 60m horden | 10"50 Milloen Sander | Gent | 23/03/2013 |
| 1000m | 3'20"64 Naets Illan | Gent | 14/02/2015 |
| 4x200m | 2'07"19 Milloen Sander | Gent | 16/02/2013 |
| | Peeters Jannes | | |
| | Ceulemans Vincent | | |
| | Verbeeck Yarno | | |
| Verspringen | 4m15 Deca Jan | Hoboken | 18/01/1997 |

Clubrecords Indoor

| | | | |
|--------------|--------------------------|---------|------------|
| hoogspringen | 1m36 Naets Illan | Tienen | 21/02/2015 |
| Kogelstoten | 9m81 Milloen Sander | Hoboken | 24/02/2013 |
| Driekamp | 1410 ptn Ceulemans Seppe | Hoboken | 6/12/2009 |

MINIEMEN JONGENS

| | | | |
|--------------|---|---------------|------------|
| 60m | 8"35 Milloen Sander | Gent | 21/03/2015 |
| 150m | 20"51 Milloen Sander | Gent | 6/12/2014 |
| 200m | 27"39 Milloen Sander | Gent | 28/01/2015 |
| 1000m | 3'12"26 Laporte Vincent | Gent | 23/01/2010 |
| 60m horden | 9"81 Milloen Sander | Gent | 21/03/2015 |
| 4x200m | 2'02"62 Van Nuffelen Thomas Verlinden Florus Van Bael Jens Ceulemans Seppe | Gent | 19/02/2011 |
| Verspringen | 4m68 Lambaerts Dean | Hoboken | 30/11/2003 |
| Hoogspringen | 1m50 Milloen Sander | Hoboken | 1/03/2015 |
| Polsstok | 2m82 Ceulemans Seppe | Sittard (Ned) | 29/12/2011 |
| Kogelstoten | 11m86 Milloen Sander | Hoboken | 8/02/2015 |
| Vijfkamp | 3298 ptn Milloen Sander | Hoboken | 8/02/2015 |

CADETTEN JONGENS

| | | | |
|--------------|--------------------------|----------|------------|
| 60m | 7"36 Deca Jan | Gent | 21/01/2001 |
| 200m | 24"10 Milloen Sander | Gent | 5/03/2017 |
| 300m | 38"10 Milloen Sander | Gent | 25/02/2017 |
| 400m | 55"55 Ceulemans Vincent | Gent | 5/03/2017 |
| 800m | 2'08"78 Laporte Vincent | Gent | 22/01/2012 |
| 1000m | 3'08"07 Aerts Gregory | Dortmund | 19/02/2006 |
| 60m horden | 9"06 Milloen Sander | Gent | 7/01/2017 |
| Verspringen | 6m00 Deca Jan | Gent | 21/01/2001 |
| Hoogspringen | 1m74 Heremans Kristof | Gent | 21/01/2001 |
| Hinkstap | 11m49 Lambaerts Dean | Gent | 22/01/2006 |
| Polsstok | 3m75 Van Nuffelen Thomas | Gent | 3/03/2013 |
| Kogelstoten | 13m93 Milloen Sander | Mol | 17/12/2016 |
| 6-kamp | 3504 ptn Milloen Sander | Gent | 5/02/2017 |

SCHOLIEREN JONGENS

| | | | |
|--------------|------------------------------|---------|------------|
| 60m | 7"12 Deca Jan | Gent | 24/02/2002 |
| 200m | 22"01 Deca Jan | Gent | 1/03/2003 |
| 300m | 36"89 Gybels Niels | Gent | 26/12/2006 |
| 400m | 50"86 Gybels Niels | Gent | 21/01/2007 |
| 800m | 2'04"92 De Winter Brent | Gent | 5/01/2013 |
| 1000m | 2'49"36 Van Den Schoor Senne | Gent | 30/12/2017 |
| 60m horden | 8"91 Ceulemans Seppe | Gent | 7/02/2016 |
| Verspringen | 6m96 Deca Jan | Gent | 8/03/2003 |
| Hinkstap | 13m78 Laporte Vincent | Gent | 19/01/2014 |
| Hoogspringen | 1m85 Poppelmonde Dries | Gent | 8/01/2011 |
| polsstok | 4m40 Van Nuffelen Thomas | Gent | 8/03/2015 |
| Kogelstoten | 14m63 Janssens Steffen | Gent | 4/03/2007 |
| Vijfkamp | 2570 ptn De Fyn Johan | Hoboken | 18/03/2001 |
| 7-kamp | 4255 ptn Ceulemans Seppe | Gent | 7/02/2016 |

JUNIORS HEREN

| | | | |
|--------------|--------------------------|---------|------------|
| 50m | 6"24 Deca Jan | Leuven | 20/12/2004 |
| 60m | 7"17 De Fyn Johan | Hoboken | 8/02/2003 |
| 60 m horden | 8"87 Ceulemans Seppe | Gent | 5/02/2017 |
| 200m | 22"24 Deca Jan | Gent | 25/01/2004 |
| 300m | 38"79 Van Bael Jens | Gent | 25/02/2017 |
| 400m | 52"50 Verbist Jelle | Gent | 13/01/2007 |
| 800m | 1'58"25 Laporte Vincent | Gent | 3/01/2015 |
| 1000m | 3'01"32 Van Bael Jens | Gent | 5/02/2017 |
| 1500m | 4'13"20 De Kerpel Wesley | Gent | 15/02/2006 |
| Verspringen | 6m70 Deca Jan | Hoboken | 31/01/2004 |
| Hinkstap | 12m94 De Fyn Johan | Gent | 22/02/2004 |
| polsstok | 4m52 Van Nuffelen Thomas | Gent | 10/01/2016 |
| Hoogspringen | 1m96 Poppelmonde Dries | Mol | 14/01/2012 |
| Kogelstoten | 13m41 Ceulemans Seppe | Gent | 7/01/2017 |
| zevenkamp | 4345 ptn Ceulemans Seppe | Gent | 5/02/2017 |

ALLE CATEGORIEËN HEREN

| | | | |
|--------------|--------------------------|-----------------|------------|
| 50m | 6"17 Deca Jan | Leuven | 20/12/2005 |
| 60m | 7"05 Aerts Tim | Hoboken | 22/12/1991 |
| 60m horden | 9"06 Mariën Sven | Hoboken | 10/02/2013 |
| 200m | 22"01 Deca Jan | Gent | 1/03/2003 |
| 300m | 36"89 Gybels Niels | Gent | 26/12/2006 |
| 400m | 50"79 Verrept Nick | Gent | 15/01/2006 |
| 800m | 1'58"25 Laporte Vincent | Gent | 3/01/2015 |
| 1000m | 2'40"57 Van Lent Jurgen | Gent | 8/01/2011 |
| 1500m | 4'13"20 De Kerpel Wesley | Gent | 15/02/2006 |
| 3000m | 8'20"18 De Vocht Peter | Gent | 22/01/1995 |
| Verspringen | 6m96 Deca Jan | Gent | 8/03/2003 |
| Hoogspringen | 1m96 Poppelmonde Dries | Mol | 14/01/2012 |
| Hinkstap | 13m78 Laporte Vincent | Scholieren Gent | 19/01/2014 |
| polsstok | 4m52 Van Nuffelen Thomas | Gent | 10/01/2016 |
| Kogelstoten | 12m96 Laporte Vincent | Gent | 23/02/2018 |
| 4 x 200 | 1'34"06 Deca Jan | Gent | 26/02/2006 |
| | Neels Frank | | |
| | Gybels Niels | | |
| | Verrept Nick | | |

MASTERS HEREN M35

| | | | |
|-------------|----------------------------|------|------------|
| 60m | 7"58 Neels Frank | Gent | 19/02/2006 |
| 200m | 24"42 Neels Frank | Gent | 25/02/2007 |
| 400m | 53"72 Van Lent Jurgen | Gent | 11/02/2006 |
| 800m | 2'03"74 Van Lent Jurgen | Gent | 19/02/2006 |
| 1000m | 2'48"82 Van Rillaer Stefan | Gent | 18/03/2007 |
| 1500m | 4'23"77 Van Rillaer Stefan | Gent | 3/03/2008 |
| Kogelstoten | 10m94 Garner Gary | Gent | 15/01/2006 |

MASTERS HEREN M40

| | | | |
|------------|---------------------------|---------|------------|
| 60m | 7"65 Mariën Sven | Gent | 5/01/2013 |
| 200m | 27"07 Deca Dirk | Gent | 19/02/2000 |
| 400m | 52"95 Van Lent Jurgen | Gent | 28/02/2009 |
| 800m | 2'00"81 Van Lent Jurgen | Gent | 31/01/2009 |
| 1000m | 2'40"57 Van Lent Jurgen | Gent | 8/01/2011 |
| 1500m | 4'20"74 Engelen Gert | Gent | 28/02/2009 |
| 3000m | 10'15"10 Grietens Francis | Gent | 4/01/1995 |
| 60m horden | 9"06 Mariën Sven | Hoboken | 10/02/2013 |

Clubrecords Indoor

| | | | |
|--------------------------|---------------------------|-------------|------------|
| Hoogspringen | 1m40 Janssens Rudy | Hoboken | 31/01/2004 |
| Kogelstoten | 11m56 Garner Gary | Hoboken | 5/01/2008 |
| MASTERS HEREN M45 | | | |
| 60m | 8"24 Van Lent Jurgen | Hoboken | 28/11/2015 |
| 200m | 25"67 Dombrecht Filip | Gent | 6/01/2002 |
| 400m | 56.00 Van Lent Jurgen | Gent | 21/12/2013 |
| 800m | 2:07.49 Van Lent Jurgen | Gent | 8/03/2014 |
| 1500m | 4'13"85 De Vocht Peter | Gent | 17/12/2005 |
| mijl | 5'49"40 René Busschodts | Gent | 26/12/2006 |
| 3000m | 8'43"03 Peter De Vocht | Gent | 17/02/2008 |
| ver | 4m96 Verelst Wim | Gent | 23/12/2017 |
| Kogelstoten | 11m80 Tobback Bruno | Tienen | 27/02/1993 |
| MASTERS HEREN M50 | | | |
| 60m | 8"33 Verelst Wim | Gent | 10/03/2018 |
| 200m | 38"20 Busschodts René | Gent | 3/03/2008 |
| 400m | 72"13 Van Aelst Dirk | Gent | 14/03/2015 |
| 800m | 2'23"42 Hoefkens Chris | Gent | 11/03/2017 |
| 1500m | 4'25"87 De Vocht Peter | Gent | 10/03/2012 |
| mijl | 6'25"60 Busschodts René | Gent | 26/12/2007 |
| 3000m | 9'06"22 De Vocht Peter | Gent | 26/02/2012 |
| ver | 4m63 Verelst Wim | Gent | 10/03/2018 |
| Kogelstoten (7kg) | 8m44 De Fyn Willy | Hoboken | 20/11/2005 |
| Kogelstoten (6 kg) | 9m10 De Fyn Willy | Gent | 6/01/2002 |
| MASTERS HEREN M55 | | | |
| 400m | 1:37.87 Busschodts Rene | Gent | 5/01/2014 |
| 800m | 2'27"92 Naets Ivo | Gent | 10/03/2018 |
| 1500m | 5'07"89 Naets Ivo | Gent | 10/03/2018 |
| 60 m horden | 11"04 Meuris Alfons | Hoboken | 5/12/1992 |
| MASTERS HEREN M60 | | | |
| 60m | 8"44 Meuris Alfons | Hoboken | 19/11/1995 |
| 200m | 30"56 Meuris Alfons | Gent | 13/02/1993 |
| 400m | 73"57 Meuris Alfons | Gent | 26/12/1994 |
| 800m | 3'09"06 Meuris Alfons | Gent | 25/02/1995 |
| 1500m | 4'47"52 Boexstaens Johny | Gent | 20/03/2011 |
| 3000m | 10'19"22 Boexstaens Johny | Gent | 16/03/2011 |
| 60m horden | 13"63 Meuris Alfons | Hoboken | 19/12/1993 |
| Verspringen | 4m62 Meuris Alfons | Hoboken | 19/12/1993 |
| Hinkstap | 9m38 Meuris Alfons | Hoboken | 10/12/1995 |
| Hoogspringen | 1m20 Meuris Alfons | Hoboken | 19/11/1995 |
| Polsstok | 2m10 Meuris Alfons | Hoboken | 18/12/1994 |
| Kogelstoten (5 kg) | 5m29 Busschodts Rene | Gent | 10/03/2018 |
| MASTERS HEREN M65 | | | |
| 60m | 9"62 Meuris Alfons | Hoboken | 14/03/1999 |
| 200m | 32"31 Meuris Alfons | Gent | 26/02/1999 |
| 400m | 66"21 Boexstaens Johny | Gent | 14/03/2015 |
| 800m | 02:23.58 Boexstaens Johny | Gent | 8/03/2014 |
| 1500m | 04:50.42 Boexstaens Johny | Boedapest | 30/03/2014 |
| 60 m horden | 12"42 Meuris Alfons | Hoboken | 14/03/1999 |
| Verspringen | 4m53 Meuris Alfons | Malmö (Zwe) | 5/03/1999 |
| Hinkstap | 8m77 Meuris Alfons | Hoboken | 26/12/1998 |
| Hoogspringen | 1m15 Meuris Alfons | Hoboken | 14/03/1999 |
| Polsstok | 2m02 Meuris Alfons | Hoboken | 26/12/1998 |
| Kogel (5 kg) | 7m30 Meuris Alfons | Hoboken | 14/03/1999 |

Clubrecords Indoor

Vijfkamp 1033 ptn Meuris Alfons Hoboken 14/03/1999

MASTERS HEREN M70

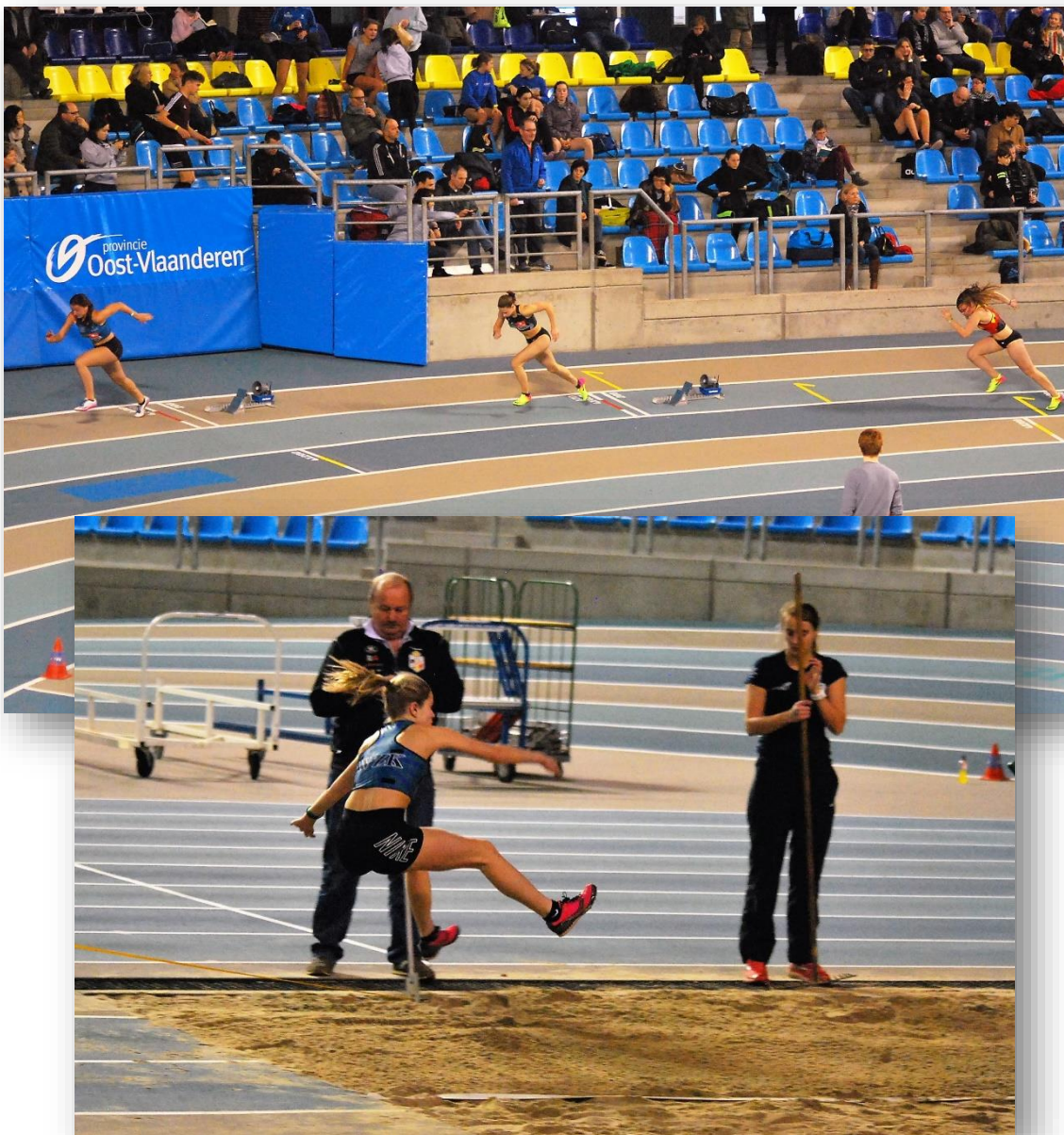
| | | | |
|------------------|------------------------|------------------|------------|
| 60m | 9"99 Meuris Alfons | Gent | 8/01/2005 |
| 1000m | 5'42"37 Meuris Alfons | Sindelfingen (D) | 11/03/2004 |
| 60 m horden | 12"12 Meuris Alfons | Sindelfingen (D) | 11/03/2004 |
| Verspringen | 3m98 Meuris Alfons | Sindelfingen (D) | 10/03/2004 |
| Hinkstapspringen | 8m55 Meuris Alfons | Sindelfingen (D) | 12/03/2004 |
| Hoogspringen | 1m06 Meuris Alfons | Sindelfingen (D) | 10/03/2004 |
| Kogel (4 kg) | 8m11 Meuris Alfons | Sindelfingen (D) | 10/03/2004 |
| Vijfkamp | 2758 ptn Meuris Alfons | Sindelfingen (D) | 11/03/2004 |

MASTERS HEREN M75

| | | | |
|------------|---------------------|------|------------|
| 60m | 11"41 Meuris Alfons | Gent | 10/03/2012 |
| 60m horden | 15"68 Meuris Alfons | Gent | 10/03/2012 |

MASTERS HEREN M80

| | | | |
|--------------|--------------------|------|-----------|
| Hoogspringen | 0m95 Meuris Alfons | Gent | 8/03/2014 |
|--------------|--------------------|------|-----------|



7. AVZK - CLUBRECORDS OUTDOOR

Atleten die veel clubrecords hebben:
(inclusief aflossingen)

Morgan duikt top-10 in.

204 atleten hebben er minstens 1.

In 2018 zijn 34 records verbeterd,
heel weinig na het topjaar 2017.

Tot miniemen zelfs slechts 1 record.

| | |
|---------------------|-----|
| Meuris Alfons | 103 |
| Laporte Vincent | 32 |
| Gillhaus Angélique | 25 |
| Deca Jan | 24 |
| De Vocht Peter | 24 |
| Meulemans Goele | 22 |
| Peeters Bloeme | 20 |
| Van Lent Lotte | 17 |
| De Preter Berthilia | 17 |
| Laporte Morgan | 17 |

VROUWEN

BENJAMINS MEISJES

| | | | | |
|--------------|----------|------------------------|-------------|------------|
| 60m | 9"12 | Hutsebaut Hasse | Nijvel | 23/09/2017 |
| 600m | 1'57"81 | Hutsebaut Hasse | Brasschaat | 24/06/2017 |
| 1000m | 3'37"33 | Van Den Eynde Annelies | Nijvel | 27/09/1997 |
| ver | 3m97 | Hutsebaut Jutta | Tessenderlo | 30/08/2014 |
| hoogspringen | 1m24 | Engelen Fien | Nijvel | 26/09/2009 |
| kogel | 8m78 | Oost Morgan | Nijvel | 24/09/2011 |
| hockey | 30m71 | Laporte Morgan | Lier | 19/09/2009 |
| vierkamp | 1745 ptn | Hutsebaut Hasse | Lommel | 24/09/2017 |
| 4x60m | 37"30 | Laporte Morgan | Nijvel | 26/09/2009 |
| | | Engelen Fien | | |
| | | Van Lent Lotte | | |
| | | Heremans Kato | | |
| 3x600m | 6'25"48 | Goormans Jolien | Kapellen | 23/08/2009 |
| | | Engelen Fien | | |
| | | Laporte Morgan | | |

PUPILLEN MEISJES

| | | | | |
|--------------------|----------|------------------|------------|------------|
| 60m | 8"64 | Oost Morgan | Nijvel | 28/09/2013 |
| 1000m | 3'20"70 | Peeters Bloeme | Hulshout | 11/09/2010 |
| 1000m snelwandeler | 6'25"74 | Verschoren Sarah | Merksem | 2/07/1999 |
| 60m horden | 10"70 | Mariën Svelte | Edegem | 10/05/2014 |
| Verspringen | 4m70 | Hutsebaut Jutta | Nijvel | 24/09/2016 |
| Hoogspringen | 1m36 | Van Lookc Britt | Mol | 26/06/2010 |
| Kogel | 10m01 | Oost Morgan | Maldegem | 14/09/2013 |
| hockey | 41m92 | Verbeeck Sofie | Machelen | 9/08/2008 |
| discus | 26m75 | Gendarme Xana | Vilvoorde | 29/08/2015 |
| Vierkamp | 2050 ptn | Laporte Morgan | Booischoot | 21/05/2011 |
| 4x60m | 34"78 | Van Lent Lotte | Nijvel | 24/09/2011 |
| | | Goris Emma | | |
| | | Goormans Jolien | | |
| | | Laporte Morgan | | |
| 3x600m | 5'58"32 | Bassleer Katinka | Aartselaar | 22/08/2010 |
| | | Goormans Jolien | | |
| | | Peeters Bloeme | | |

MINIEMEN MEISJES

| | | | | |
|--------------------|---------|------------------|------------|------------|
| 80m | 10"54 | Van Lent Lotte | Nijvel | 27/09/2014 |
| 150m | 19"79 | Van Lent Lotte | Duffel | 19/04/2014 |
| 300m | 43"94 | Laporte Morgan | Nijvel | 28/09/2013 |
| 600m | 2'08"1 | Van Roie Liesbet | Best (Ned) | 2/07/1994 |
| 1000m | 3'11"09 | Bassleer Katinka | Lier | 8/09/2012 |
| 1500m | 5'33"29 | Goormans Jolien | Oordegem | 15/05/2013 |
| 1000m snelwandeler | 5'55"63 | De Vries Anouck | Lier | 25/06/2005 |

Clubrecords Outdoor

| | | | | |
|--------------------|----------|------------------|---------------|------------|
| 2000m snelwandeler | 12'25"71 | Verschoren Sarah | Turnhout | 1/10/2000 |
| 60m horden | 9"54 | Meulders Marie | Nijvel | 23/09/2017 |
| 150m horden | 21"65 | Meulders Marie | Mol | 30/09/2017 |
| ver | 5m16 | Meulders Marie | Nijvel | 23/09/2017 |
| hoog | 1m51 | Haddad Carole | Nijvel | 23/09/2006 |
| polstok | 3m35 | Milloen Sarie | Nijvel | 29/09/2018 |
| Kogel (2 kg) | 12m42 | Oost Morgan | Lier | 19/09/2015 |
| discus (750g) | 38m20 | Gendarme Xana | Genk | 10/09/2017 |
| Speer (400 gr) | 33m28 | Gendarme Xana | Turnhout | 15/04/2017 |
| Driekamp | 1517 ptn | Van Roie Liesbet | Tegelen (Ned) | 24/09/1994 |
| Vierkamp | 2029 ptn | Mariën Dana | Essen | 10/09/1994 |
| Vijfkamp | 2921 ptn | Laporte Morgan | Mol | 20/05/2013 |
| 4 X 60 m | 41"85 | Gendarme Xana | Duffel | 27/08/2017 |
| | | Milloen Sarie | | |
| | | Hutsebaut Jutta | | |
| | | Meulders Marie | | |
| 3x600m | 5'34"04 | Peeters Bloeme | Mol | 19/08/2012 |
| | | Goormans Jolien | | |
| | | Laporte Morgan | | |

CADETTEN MEISJES

| | | | | | |
|--------------------|----------|---------------------|------------------|------------|------|
| 100m | 12"24 | Van Lent Lotte | Kapellen (Antw.) | 24/04/2016 | 0,4 |
| 200m | 25"51 | Van Lent Lotte | Kapellen (Antw.) | 24/04/2016 | 1,5 |
| 300m | 43"98 | Bellefroid Kimberly | Oordegem | 29/07/2003 | |
| 400m | 60"98 | Peeters Bloeme | Oordegem | 31/05/2014 | |
| 600m | 1'41"21 | Peeters Bloeme | Gentbrugge | 21/07/2014 | |
| 800m | 2'20"87 | Peeters Bloeme | Duffel | 7/06/2014 | |
| 1000m | 3'03"39 | Peeters Bloeme | Herentals | 6/08/2014 | |
| 1500m | 4'47"89 | Peeters Bloeme | Lier | 21/06/2014 | |
| mijl | 5'14"02 | Peeters Bloeme | Burcht | 12/07/2014 | |
| 2000m | 6'53"35 | Peeters Bloeme | Tielt | 7/09/2014 | |
| 80m horden | 11"99 | Meulders Marie | Kessel-Lo | 27/05/2018 | -0,6 |
| 200m horden | 33"44 | Peeters Bloeme | Hasselt | 3/07/2013 | |
| 300m horden | 46"77 | Van Lent Lotte | Tienen | 2/05/2015 | |
| 1500m steeple | 5'07"81 | Peeters Bloeme | Ieper | 15/08/2014 | |
| 3000m snelwandeler | 19'15"00 | Verschoren Sarah | Charleroi | 14/06/2003 | |
| ver | 5m14 | Peeters Bloeme | Hulshout | 23/04/2014 | |
| hinkstap | 10m07 | Smets Ibich | Boechout | 29/09/2012 | |
| hoogspringen | 1m65 | Van Lent Lotte | Lier | 28/06/2015 | |
| polstok | 3m52 | De Vocht Elie | Aartselaar | 24/07/2010 | |
| Kogel (3 kg) | 11m85 | Gendarme Xana | Lier | 18/08/2018 | |
| Diskus (1 kg) | 36m03 | Gendarme Xana | Gentbrugge | 15/08/2018 | |
| speer | 35m15 | Gendarme Xana | Stekene | 16/09/2018 | |
| Hamer (3 kg) | 24m00 | Van Loo Inge | Wespelaar | 22/09/1995 | |
| Vijfkamp | 2910 ptn | Van Lent Lotte | Lier | 21/07/2015 | |
| Zeskamp | 3327 ptn | Laporte Morgan | n | 23/08/2015 | |
| 4x100m | 51"70 | Tielemans Robin | Merksem | 30/08/2015 | |
| | | Van Dyck Femke | | | |
| | | Laporte Morgan | | | |
| | | Van Lent Lotte | | | |
| 4 X 800 m | 9'56"18 | Peeters Bloeme | Jambes | 21/09/2014 | |
| | | Laporte Morgan | | | |
| | | Goormans Jolien | | | |
| | | Bassleer Katinka | | | |

SCHOLIEREN MEISJES

| | | | | | |
|-------|---------|------------------|------------|------------|-----|
| 100m | 11"98 | Van Lent Lotte | Heusden | 20/05/2017 | 1,2 |
| 200m | 25"35 | Van Lent Lotte | Brasschaat | 28/04/2018 | 1,0 |
| 300m | 43"84 | Laporte Morgan | Herentals | 1/05/2017 | |
| 400m | 60"32 | Peeters Bloeme | Aartselaar | 19/07/2015 | |
| 800m | 2'15"36 | Bassleer Katinka | Huizingen | 6/08/2016 | |
| 1000m | 2'58"49 | Bassleer Katinka | Brussel | 9/09/2016 | |
| 1500m | 4'33"90 | Bassleer Katinka | Kessel-Lo | 30/07/2016 | |

Clubrecords Outdoor

| | | | | | |
|---|----------|-----------------------|-------------|------------|------|
| 2000m | 6'58"05 | Heylen Els | Tessengerlo | 3/05/2006 | |
| 3000m | 10'13"29 | Bassleer Katinka | Huizingen | 6/06/2015 | |
| 100m horden | 15"12 | Vandenhove Lore | Dilbeek | 2/08/2014 | -0,3 |
| 200m horden | 29"96 | Vandenhove Lore | Turnhout | 10/08/2014 | |
| 300m horden | 48"21 | Mariën Dana | Heverlee | 7/05/1997 | |
| 400m horden | 64"60 | Vandenhove Lore | Ieper | 15/08/2014 | |
| 2000m steeple | 6'54"22 | Peeters Bloeme | Moeskroen | 6/09/2015 | |
| 3000m snelwandeler | 20'50"98 | Verschoren Sarah | Herentals | 23/05/2004 | |
| Verspringen | 5m23 | Van Roie Liesbet | Duffel | 23/05/1998 | |
| Hoogspringen | 1m59 | Van Hoogten Marie | Booischoot | 23/05/2014 | |
| Hinkstapspringen | 10m47 | Van Roie Liesbet | Dilbeek | 10/08/1997 | |
| Polstokspringen | 3m92 | De Vocht Elien | Oordegem | 26/05/2012 | |
| Kogel (3 kg) | 10m53 | Mariën Dana | Mechelen | 20/04/1997 | |
| Kogel (4 kg) | 9m78 | Gijsemans Inge | Turnhout | 30/05/1999 | |
| Diskus (1 kg) | 34m64 | Gijsemans Inge | Turnhout | 23/05/1999 | |
| Speer (500 gr) | 36m75 | Bussels Renée | Herentals | 20/09/2013 | |
| Hamer (3 kg) | 36m64 | Van Loo Inge | Wespelaar | 8/08/1997 | |
| Vijfkamp | 2344 ptn | Verschoren Sarah | Mechelen | 19/09/2004 | |
| Zevenkamp | 4205ptn | Vandenhove Lore | Herentals | 1/06/2014 | |
| 4 x 100 meter | 51"45 | Tielemans Robin | Duffel | 27/08/2017 | |
| | | Heremans Kato | | | |
| | | Laporte Morgan | | | |
| | | Van Lent Lotte | | | |
| 4 x 800m | 10'35"69 | Jacobs Nele | Lier | 28/08/2002 | |
| | | Pelgrims Tina | | | |
| | | Van Den Broeck Dorien | | | |
| | | Bellefroid Kate | | | |
| 10 mijl (weg) | 1'19"59 | Heylen Annelies | Booischoot | 3/08/2004 | |
| JUNIORS DAMES | | | | | |
| 100m | 12"84 | Van Roie Liesbet | Mol | 19/08/2000 | |
| 200m | 27"29 | Smets Ibich | Burcht | 9/05/2015 | |
| 300m | 43"57 | Laporte Morgan | Booischoot | 1/06/2018 | |
| 400m | 62"15 | Verschoren Sarah | Mol | 5/08/2006 | |
| 800m | 2'18"37 | Bassleer Katinka | Duffel | 21/05/2017 | |
| 1000m | 3'16"57 | Rens Els | Booischoot | 7/09/2001 | |
| 1500m | 4'40"25 | Bassleer Katinka | Oordegem | 3/06/2017 | |
| mijl | 5'38"21 | Heylen Els | Alken | 14/07/2007 | |
| 2000m | 7'07"63 | Van Den Broeck Dorien | Tessengerlo | 1/06/2005 | |
| 3000m | 10'09"88 | Bassleer Katinka | Lanaken | 25/08/2017 | |
| 2 mijl | 12'35"51 | Van Aelst Linde | Tessengerlo | 14/09/2018 | |
| 5000m | 17'29"45 | Bassleer Katinka | Moeskroen | 26/08/2018 | |
| 10000m | 44'17"95 | Heylen Annelies | Booischoot | 2/07/2005 | |
| 100m horden | 16"86 | Smets Ibich | Burcht | 9/05/2015 | |
| 400m horden | 68"48 | Verschoren Sarah | Duffel | 28/04/2007 | |
| 3000m steeple | 12'41"48 | Lambrechts Ellen | Booischoot | 25/05/2012 | |
| 3000m snelwandeler | 24'24"14 | Verschoren Liesbeth | Herentals | 23/05/2004 | |
| Verspringen | 5m36 | Van Roie Liesbet | Alken | 7/05/2000 | |
| Hoogspringen | 1m61 | Van Oosterwyck Lotte | Alken | 13/05/2017 | |
| Hinkstapspringen | 10m20 | Laporte Morgan | Merksem | 12/05/2018 | |
| Polstokspringen | 4m00 | De Vocht Elien | Oordegem | 5/07/2014 | |
| Kogel | 9m81 | Bogaerts Jill | Mol | 27/04/2014 | |
| discus | 33m19 | Bogaerts Jill | Booischoot | 23/05/2014 | |
| Speer (600 gr) | 25m79 | Gyselinckx Elke | Herentals | 18/09/2009 | |
| Hamer (4 kg) | 32m16 | Van Loo Inge | Wespelaar | 3/07/1998 | |
| 10 mijl (weg) | 1u14'06" | Claes An | Heist-Goor | 26/08/2000 | |
| 4x800m | 10'33"76 | Laporte Morgan | Kessel-Lo | 9/09/2018 | |
| | | Van Aelst Linde | | | |
| | | De Cock Laura | | | |
| | | Bassleer Katinka | | | |
| Olympische aflossing (800-400-200-100) | 5'06"42 | Van Bael Els | Booischoot | 7/09/2001 | |
| | | Vermeylen Caroline | | | |

Clubrecords Outdoor

Pelgrims Tina
Nevelsteen Ans

ALLE CATEGORIEËN DAMES

| | | | | | | |
|---|-----------|---------------------------|---|-------------|------------|-----|
| 100m | 11"98 | Van Lent Lotte | L | Heusden | 20/05/2017 | 1,2 |
| 200m | 25"35 | Van Lent Lotte | L | Brasschaat | 28/04/2018 | 1,0 |
| 300m | 42"27 | Volkaerts Linda | | Lebbeke | 8/09/1993 | |
| 400m | 58"40 | Meuris Vera | | Brussel | 10/07/1994 | |
| 600m | 1'41"21 | Peeters Bloeme | L | Gentbrugge | 21/07/2014 | |
| 800m | 2'15"36 | Bassleer Katinka | L | Huizingen | 6/08/2016 | |
| 1000m | 2'58"49 | Bassleer Katinka | L | Brussel | 9/09/2016 | |
| 1500m | 4'33"90 | Bassleer Katinka | L | Kessel-Lo | 30/07/2016 | |
| 1 mijl | 5'14"02 | Peeters Bloeme | C | Burcht | 12/07/2014 | |
| 2000m | 6'41"2 HT | Volkaerts Marleen | | Wespelaar | 19/06/1992 | |
| 3000m | 9'58"95 | Rens Els | | Huizingen | 28/07/2012 | |
| 2 mijl | 12'35"51 | Van Aelst Linde | | Tessengerlo | 14/09/2018 | |
| 5000m | 16'50"61 | Rens Els | | Ninove | 21/07/2012 | |
| 10000m | 34'54"38 | Rens Els | | Tessengerlo | 14/09/2012 | |
| 100m horden | 15"27 | Van Mensel Inge | | Brussel | 11/07/2004 | |
| 200m horden | 29"96 | Vandenhove Lore | L | Turnhout | 10/08/2014 | |
| 400m horden | 63"52 | Meuris Vera | | Vilvoorde | 23/06/1996 | |
| 2000m steeple | 6'58"71 | Peeters Bloeme | L | Lier | 15/08/2015 | |
| 3000m steeple | 12'41"48 | Lambrechts Ellen | | Booischoot | 25/05/2012 | |
| 3000m snelwandeler | 19'15"00 | Verschoren Sarah | C | Charleroi | 14/06/2003 | |
| Verspringen | 5m40 | Van Roie Liesbet | | Boechout | 2/10/2004 | |
| Hinkstapspringen | 10m47 | Van Roie Liesbet | L | Dilbeek | 10/08/1997 | |
| hoogspringen | 1m65 | Van Lent Lotte | C | Lier | 28/06/2015 | |
| Polstokspringen | 4m25 | De Vocht Elien | | Bertrix | 14/07/2016 | |
| Kogel (4 kg) | 11m39 | Van Asch Maria | | Mechelen | 4/05/1997 | |
| Diskus (1 kg) | 36m03 | Gendarme Xana | | Gentbrugge | 15/08/2018 | |
| Speer (600 gr) | 32m52 | Meuris Vera | | Dilbeek | 7/07/1996 | |
| Hamer (4 kg) | 32m16 | Van Loo Inge | | Wespelaar | 3/07/1998 | |
| gewichtwerpen | 6m22 | Meulemans Goele | | Tienen | 1/10/2011 | |
| Zevenkamp | 4468 ptn | Meuris Vera | | Dilbeek | 7/08/1994 | |
| werp5kamp | 1617 ptn | Meulemans Goele | | Tienen | 1/10/2011 | |
| 4 x 100 meter | 49"11 | Meulders Marie | C | Merksem | 12/05/2018 | |
| | | Gendarme Xana | C | | | |
| | | Morgan Oost | L | | | |
| | | Van Lent Lotte | L | | | |
| 4 x 200m | 1'48"00 | Bellefroid Kimberly | | Bornem | 25/08/2004 | |
| | | Verschoren Sarah | | | | |
| | | Van Roie Liesbet | | | | |
| | | Van Mensel Inge | | | | |
| 4 x 400m | 4'10"47 | Volkaerts Linda | | Vilvoorde | 1/10/1995 | |
| | | Symons Anja | | | | |
| | | Volkaerts Sandra | | | | |
| | | Meuris Vera | | | | |
| 4 x 800m | 9'56"18 | Peeters Bloeme | C | Jambes | 21/09/2014 | |
| | | Laporte Morgan | | | | |
| | | Goormans Jolien | | | | |
| | | Bassleer Katinka | | | | |
| Zweedse aflossing (400-300-200-100) | 2'52"52 | Gillhaus Angélique | | Tienen | 13/05/2016 | |
| | | Crauwels Anja | | | | |
| | | De Veuster Ilse | | | | |
| | | Van Den Wijngaert Claudia | | | | |
| Olympische aflossing (800-400-200-100) | 4'43"78 | Bellefroid Kate | | Booischoot | 20/08/2003 | |
| | | Verschoren Sarah | | | | |
| | | Van Roie Liesbet | | | | |
| | | Bellefroid Kimberly | | | | |
| 10 mijl (weg) | 57'24" | Rens Els | | Booischoot | 6/08/2012 | |
| 1/2 Marathon | 1u16'48" | Rens Els | | Nijlen | 3/06/2012 | |
| marathon | 2u41'19" | Rens Els | | Eindhoven | 13/10/2013 | |

Clubrecords Outdoor

MASTERS DAMES A.C.

| | | | | |
|--|----------|---|----------|------------|
| 4x100m | 57"88 | Gillhaus Angélique Verhaegen Ilse Volkaerts Sandra Van Tricht Kristina | Tongeren | 14/06/2009 |
| 4x200m | 2'09"28 | Gillhaus Angélique Crauwels Anja De Veuster Ilse Van den Wijngaert Claudia | Merksem | 30/08/2015 |
| 4 x 800m | 11'19"97 | Gillhaus Angélique Maes Kim De Vocht Nancy Verhaegen Ilse | Burcht | 21/08/2011 |
| Zweedse aflossing (400-300-200-100) | 2'52"52 | Gillhaus Angélique Crauwels Anja De Veuster Ilse Van Den Wijngaert Claudia | Tienen | 13/05/2016 |

MASTERS DAMES W35

| | | | | |
|--------------------|------------|----------------|-------------|------------|
| 100m | 15"06 | Heylen Rita | Hasselt | 25/05/1995 |
| 200m | 30"36 | Verhaegen Ilse | Vilvoorde | 22/06/2002 |
| 300m | 48"29 | Verhaegen Ilse | Booischoot | 4/09/2002 |
| 400m | 67"24 | Verhaegen Ilse | Vilvoorde | 22/06/2002 |
| 800m | 2'34"08 | Verhaegen Ilse | Lebbeke | 31/08/2003 |
| 1000m | 3'19"23 | Verhaegen Ilse | Oordegem | 31/08/2003 |
| 1500m | 5'17"4 HT | Coremans Diane | Willebroek | 10/05/1992 |
| 1 mijl | 5'44"44 | Coremans Diane | Aartselaar | 10/07/1992 |
| 2000m | 7'53"72 | Teniers Iris | Betekom | 29/09/2012 |
| 3000m | 11'21"3 HT | Coremans Diane | Aalst | 6/06/1992 |
| 5000m | 20'03"22 | Coremans Diane | Tessengerlo | 5/05/1992 |
| 10.000m | 41'25"84 | Coremans Diane | Tessengerlo | 15/05/1992 |
| 3000m snelwandeler | 27'12"36 | Glasse Carina | Duffel | 26/08/2001 |
| Verspringen | 4m15 | Verhaegen Ilse | Herenthout | 29/06/2003 |
| Kogel (4 kg) | 11m39 | Van Asch Maria | Mechelen | 4/05/1997 |
| Diskus (1 kg) | 32m96 | Van Asch Maria | Kessel | 28/07/1996 |
| speer | 19m97 | Crauwels Anja | Herentals | 10/04/2010 |
| 10 mijl (weg) | 1u06'08" | Blockx Lena | Heist-Goor | 28/08/1999 |
| Marathon | 3u09'31" | Van Hoof Wella | Echternach | 18/10/1998 |

MASTERS DAMES W40

| | | | | |
|----------------|------------|--------------------|------------|------------|
| 100m | 14"07 | Gillhaus Angélique | Tongeren | 14/06/2009 |
| 200m | 29"08 | Gillhaus Angélique | St-Niklaas | 30/05/2009 |
| 300m | 46"42 | Gillhaus Angélique | Mechelen | 20/05/2009 |
| 400m | 62"78 | Gillhaus Angélique | Burcht | 16/08/2008 |
| 600m | 1'58"92 | Teniers Iris | Mol | 25/05/2017 |
| 800m | 2'26"29 | Gillhaus Angélique | Lebbeke | 3/08/2008 |
| 1000m | 3'16"05 | Gillhaus Angélique | Zwevegem | 1/06/2008 |
| 1500m | 5'12"41 | Gillhaus Angélique | Mechelen | 31/08/2007 |
| mijl | 5'51"01 | Gillhaus Angélique | Neerpelt | 4/07/2008 |
| 2000m | 7'34"0 HT | Janssens Monique | Wespelaar | 18/09/1992 |
| 3000m | 11'37"3 HT | Leysens Simonne | Aalst | 5/06/1993 |
| 5000m | 21'23"05 | De Vocht Nancy | Maldegem | 26/09/2009 |
| verspringen | 3m92 | Verhaegen Ilse | Booischoot | 11/06/2006 |
| Kogel (4 kg) | 10m84 | Van Asch Maria | Booischoot | 6/07/2001 |
| Diskus (1 kg) | 33m00 | Van Asch Maria | Lier | 24/06/2001 |
| Speer (600 gr) | 21m37 | Crauwels Anja | Booischoot | 14/04/2013 |
| 10 mijl (weg) | 1u11'36" | Leysens Simonne | Aarschoot | 31/05/1993 |
| Marathon | 3u43'19" | Boogemans An | Visé | 13/05/2007 |

MASTERS DAMES W45

| | | | | |
|------|-------|--------------------|----------|-----------|
| 100m | 14"17 | Gillhaus Angélique | Maldegem | 6/06/2010 |
|------|-------|--------------------|----------|-----------|

Clubrecords Outdoor

| | | | | |
|----------------|----------|--------------------|------------|------------|
| 200m | 28"80 | Gillhaus Angélique | Brasschaat | 12/06/2010 |
| 300m | 45"93 | Gillhaus Angélique | Mechelen | 19/05/2010 |
| 400m | 62"86 | Gillhaus Angélique | Brasschaat | 13/06/2010 |
| 800m | 2'26"02 | Gillhaus Angélique | Maldegem | 6/06/2010 |
| 1000m | 3'40"92 | Leysens Simonne | Herentals | 17/09/1999 |
| 1500m | 5'14"88 | Gillhaus Angélique | Mechelen | 3/09/2010 |
| 1 mijl | 6'20"85 | Leysens Simonne | Wespelaar | 26/05/2000 |
| 2000m | 8'25"00 | Leysens Simonne | Booischoot | 25/09/1999 |
| 3000m | 12'04"75 | Gillhaus Angélique | Hulshout | 11/09/2010 |
| 5000m | 21'35"30 | Leysens Simonne | Herentals | 10/08/2001 |
| 80m horden | 16"73 | Meulemans Goele | Beveren | 9/06/2012 |
| 100m horden | 21"47 | Meulemans Goele | Aartselaar | 12/05/2012 |
| 200m horden | 41"67 | Meulemans Goele | Mechelen | 28/05/2012 |
| ver | 3m75 | Meulemans Goele | Mol | 2/07/2011 |
| hoog | 1m40 | Meulemans Goele | Turnhout | 18/09/2011 |
| discus | 18m93 | Meulemans Goele | Merksem | 12/06/2011 |
| kogel | 7m73 | Meulemans Goele | Zwevegem | 24/09/2011 |
| Speer (600 gr) | 16m94 | Pelgrims Monique | Wespelaar | 21/08/1992 |
| hamer | 18m08 | Meulemans Goele | Turnhout | 18/09/2011 |
| gewichtwerpen | 6m22 | Meulemans Goele | Tienen | 1/10/2011 |
| 5kamp | 1359 ptn | Meulemans Goele | Herentals | 27/05/2012 |
| werp5kamp | 1617 ptn | Meulemans Goele | Tienen | 1/10/2011 |
| 10.000m (weg) | 49'37" | Leysens Simonne | Mollem | 15/06/2002 |
| 10 mijl (weg) | 1u18'17" | Leysens Simonne | Booischoot | 7/08/2000 |

MASTERS DAMES W50

| | | | | | |
|---------------|----------|--------------------|--------------|------------|------|
| 100m | 15"7 | Gillhaus Angélique | Booischoot | 27/05/2016 | 0,7 |
| 200m | 30"57 | Gillhaus Angélique | Tessengerlo | 22/06/2016 | -1,8 |
| 300m | 48"84 | Gillhaus Angélique | Booischoot | 2/06/2017 | |
| 400m | 82"82 | Leysens Simonne | Turnhout | 20/08/2004 | |
| 800m | 2'37"10 | Gillhaus Angélique | Oudenaarde | 5/06/2016 | |
| 1000m | 3'33"78 | Gillhaus Angélique | Sint-Truiden | 23/09/2016 | |
| 1500m | 6'10"70 | Schoovaerts Karin | Booischoot | 9/06/2013 | |
| 3000m | 12'01"07 | Dermaux Ann | Oudenaarde | 5/06/2016 | |
| ver | 3m40 | Meulemans Goele | St-Niklaas | 26/08/2017 | |
| hoog | 1m30 | Meulemans Goele | Aarhus (DK) | 27/07/2017 | |
| kogel (3kg) | 8m17 | Meulemans Goele | Ninove | 18/06/2017 | |
| kogel (4kg) | 7m07 | Meulemans Goele | Booischoot | 2/06/2017 | |
| discus | 17m55 | Meulemans Goele | Eeklo | 5/06/2017 | |
| speer | 14m76 | Meulemans Goele | Turnhout | 9/04/2017 | |
| hamer | 25m55 | Meulemans Goele | Lier | 1/10/2017 | |
| gewichtwerpen | 7m82 | Meulemans Goele | Sint-Niklaas | 25/05/2017 | |
| werpvijfkamp | 1982ptn | Meulemans Goele | Obourg | 19/08/2017 | |

W55 DAMES

| | | | | |
|-------------|-------|----------------|----------|------------|
| kogel (3kg) | 6m49 | Heremans Agnes | Zwevegem | 24/09/2011 |
| discus | 14m95 | Heremans Agnes | Zwevegem | 24/09/2011 |

MASTERS DAMES W60

| | | | | |
|---------------|----------|---------------------|-------------------|------------|
| 400m | 84"22 | De Preter Berthilia | Kristiansand (No) | 29/06/1992 |
| 800m | 3'02"69 | De Preter Berthilia | Kristiansand (No) | 2/07/1992 |
| 1500m | 6'07"72 | De Preter Berthilia | Miyazaki (Jap) | 16/10/1993 |
| 5000m | 22'45"68 | De Preter Berthilia | Miyazaki (Jap) | 11/10/1993 |
| 10.000m | 49'06"76 | De Preter Berthilia | Miyazaki (Jap) | 7/10/1993 |
| 1 uur | 11.165m | De Preter Berthilia | Landen | 26/09/1992 |
| Kogel (4 kg) | 4m41 | De Preter Berthilia | Aalst | 6/06/1992 |
| 10 mijl (weg) | 1u17'40" | De Preter Berthilia | Westmalle | 17/04/1994 |

MASTERS DAMES W65

| | | | | |
|------|---------|---------------------|------------|-----------|
| 800m | 3'06"18 | De Preter Berthilia | Athene (G) | 9/06/1994 |
|------|---------|---------------------|------------|-----------|

Clubrecords Outdoor

| | | | | |
|---------------|------------|---------------------|----------------|------------|
| 1500m | 6'10"00 | De Preter Berthilia | Athene (G) | 4/06/1994 |
| 2000m | 9'25"29 | De Preter Berthilia | Tessengerlo | 19/08/1998 |
| 3000m | 13'31"5 HT | De Preter Berthilia | Tessengerlo | 25/05/1994 |
| 5000m | 23'27"53 | De Preter Berthilia | Malmö (Zwe) | 25/07/1996 |
| 10.000m | 48'26"24 | De Preter Berthilia | Woluwe | 14/06/1997 |
| 1 uur | 12.467m | De Preter Berthilia | Wespelaar | 4/10/1996 |
| 10 mijl (weg) | 1u16'52" | De Preter Berthilia | Beveren | 1/12/1996 |
| Marathon | 3u59'41" | De Preter Berthilia | New-York (USA) | 3/11/1996 |

MANNEN

BENJAMINS JONGENS

| | | | | |
|--------------|---------|---------------------|------------|------------|
| 60m | 9"17 | Deca Jan | Bornem | 25/06/1995 |
| 600m | 1'52"36 | Naets Illan | Nijvel | 28/09/2013 |
| 1000m | 3'26"15 | Van De Schoor Senne | Nijvel | 25/09/2010 |
| Verspringen | 4m26 | Laporte Vincent | Duffel | 24/06/2006 |
| Hoogspringen | 1m22 | Laporte Vincent | Kessel-lo | 30/09/2006 |
| Kogel (1 kg) | 10m52 | Poppelmonde Dries | Nijvel | 27/09/2003 |
| hockeybal | 46m60 | Laporte Vincent | Duffel | 24/06/2006 |
| vierkamp | 2008 pt | Laporte Vincent | Woluwe | 14/10/2006 |
| 4x60m | 36"98 | Bassleer Joren | Nijvel | 23/09/2006 |
| | | Verbocht Jens | | |
| | | Laporte Vincent | | |
| | | Michiels Tibo | | |
| 3x600m | 6'23"86 | D'hooghe Zico | Aartselaar | 22/08/2010 |
| | | Ceulemans Vincent | | |
| | | Van De Schoor Senne | | |

PUPILLEN JONGENS

| | | | | |
|--------------------|-----------|----------------------|----------------|------------|
| 60m | 8"48 | Deca Jan | Nijvel | 27/09/1997 |
| 1000m | 3'11"01 | Van den Schoor Senne | Burcht | 23/06/2012 |
| 1000m snelwandeler | 6'50"7 HT | De Fyn Jan | Heist o/d Berg | 20/05/1998 |
| 2000m snelwandeler | 13'17"85 | Pauwels Jeroen | Turnhout | 1/10/2000 |
| 60m horden | 10"52 | Milloen Sander | Maldegem | 14/09/2013 |
| Verspringen | 4m50 | Deca Jan | Kessel-Lo | 26/04/1997 |
| Hoogspringen | 1m43 | Poppelmonde Dries | Nijvel | 24/09/2005 |
| | | Ceulemans Seppe | Sint-Truiden | 7/08/2010 |
| Kogel | 10m54 | Ceulemans Seppe | Willebroek | 12/05/2010 |
| Discus | 34m72 | Milloen Sander | Kapellen | 8/09/2013 |
| Hockeybal | 63m42 | Laporte Vincent | Bree | 6/09/2008 |
| Driekamp | 1279 ptn | Deca Jan | Brasschaat | 11/05/1996 |
| Vierkamp | 2295 pt | Laporte Vincent | Bree | 6/09/2008 |
| 4 x 60m | 34"17 | Deca Jan | Nijvel | 27/09/1997 |
| | | Stroobants Jochen | | |
| | | Luyten Kristof | | |
| | | Heremans Kristof | | |
| 3x600m | 5'51"21 | Ceulemans Vincent | Lier | 18/08/2013 |
| | | Peeters Jannes | | |
| | | Derdin Simon | | |

MINIEMEN JONGENS

| | | | | |
|--------------------|----------|----------------------|------------|------------|
| 80m | 10"24 | Deca Jan | Nijvel | 28/08/1999 |
| 150m | 19"02 | Deca Jan | Booischoot | 25/09/1999 |
| 300m | 41"78 | Milloen Sander | Vorst | 18/10/2015 |
| 800m | 2'45"49 | Naets Yari | Hulshout | 17/04/2013 |
| 1000m | 3'03"15 | Van den Schoor Senne | Mol | 24/08/2014 |
| 1500m | 5'07"19 | Van den Schoor Senne | Hulshout | 23/04/2014 |
| 1000m snelwandeler | 6'16"70 | Pauwels Jeroen | Merksem | 1/06/2002 |
| 3000m snelwandeler | 21'22"54 | Pauwels Jeroen | Duffel | 26/08/2001 |
| 80m horden | 12"37 | Milloen Sander | Nijvel | 26/09/2015 |
| 150m horden | 20"84 | Milloen Sander | Lier | 29/05/2015 |
| Verspringen | 5m29 | Deca Jan | Lier | 18/09/1999 |

Clubrecords Outdoor

| | | | | |
|-----------------|-------------|-------------------|-------------|------------|
| Hoogspringen | 1m56 | Heremans Kristof | Ninove | 3/10/1999 |
| Polstokspringen | 3m01 | Ceulemans Seppe | Lier | 30/06/2012 |
| Kogel (3 kg) | 13m06 | Milloen Sander | Tessengerlo | 29/08/2015 |
| discus (750g) | 43m78 | Milloen Sander | Gentbrugge | 23/08/2015 |
| Diskus (1 kg) | 33m 85 | Janssens Steffen | Heverlee | 4/10/2003 |
| Speer (400 gr) | 47m19 | Laporte Vincent | Beveren | 11/09/2010 |
| Vijfkamp | 3726ptn | Milloen Sander | Tessengerlo | 29/08/2015 |
| 4 x 80m | 41"86 | Ceulemans Vincent | Booischoot | 28/09/2014 |
| | | D'hooghe Zico | | |
| | | Milloen Sander | | |
| | | Coremans Stef | | |
| 3x600m | 5'22"5 (HT) | Verbocht Jens | Aartselaar | 22/08/2010 |
| | | Verlinden Floris | | |
| | | Laporte Vincent | | |

CADETTEN JONGENS

| | | | | | |
|----------------------|----------|----------------------|-------------|------------|-----|
| 100m | 11"45 | Deca Jan | Lier | 19/05/2001 | |
| 200m | 23"06 | Deca Jan | Wespelaar | 4/08/2001 | |
| 300m | 36"88 | Deca Jan | Herentals | 15/06/2001 | |
| 400m | 54"77 | Ceulemans Vincent | Brugge | 15/08/2017 | |
| 600m | 1'42"47 | Coremans Tibo | Mol | 5/07/2015 | |
| 800m | 2'04"91 | De Winter Brent | Zele | 15/05/2011 | |
| 1000m | 2'47"38 | De Winter Brent | Tessengerlo | 8/07/2011 | |
| 1500m | 4'21"92 | Favot Glenn | Oordegem | 8/09/2002 | |
| mijl | 4'55"32 | De Winter Brent | Hasselt | 10/07/2011 | |
| 2000m | 6'05"90 | De Winter Brent | Alken | 24/06/2011 | |
| 3000m | 10'22"26 | Van Hoof Nick | Merksem | 2/05/2007 | |
| 100m horden | 14"33 | Milloen Sander | -1,0 Deinze | 20/08/2017 | 0,4 |
| 200m horden | 30"81 | Laporte Vincent | Vichy (Fr) | 8/07/2012 | |
| 300m horden | 41"25 | Milloen Sander | Maldegem | 7/05/2017 | |
| 1500m steeple | 4'42"61 | De Winter Brent | Booischoot | 27/05/2011 | |
| Verspringen | 6m34 | Deca Jan | Lier | 24/06/2001 | |
| Hinkstapspringen | 12m61 | Deca Jan | Herentals | 27/07/2001 | |
| Hoogspringen | 1m77 | Heremans Kristof | Lier | 19/05/2001 | |
| polstok | 4m04 | Van Nuffelen Thomas | Vilvoorde | 17/08/2013 | |
| Kogel (4 kg) | 13m89 | Ceulemans Seppe | Dilbeek | 2/08/2014 | |
| Diskus (1 kg) | 55m16 | Laporte Vincent | Lier | 29/07/2012 | |
| Speer (600 gr) | 60m62 | Laporte Vincent | Booischoot | 15/04/2012 | |
| Hamer (4 kg) | 36m12 | Laporte Vincent | Merksem | 6/10/2012 | |
| Vijfkamp | 2905 ptn | Milloen Sander | Deinze | 1/04/2017 | |
| Achtkamp | 4956 ptn | Milloen Sander | Deinze | 20/08/2017 | |
| 4 x 100m | 47"03 | Ceulemans Vincent | Duffel | 27/08/2017 | |
| | | Peeters Jannes | | | |
| | | Lambrechts Maarten | | | |
| 4 x 800m | 9'18"84 | Milloen Sander | | | |
| | | Coremans Stef | Bornem | 28/08/2016 | |
| | | Coremans Tibo | | | |
| | | Peeters Jannes | | | |
| | | Van den Schoor Senne | | | |
| Zweedse aflossing | 2'28"18 | Laurens Glen | Herentals | 17/09/1999 | |
| | | Nevelsteen Kristof | | | |
| | | Stroobants Jelle | | | |
| | | Op De Beeck Frederik | | | |
| Olympische aflossing | 4'38"88 | Laporte Jens | Booischoot | 20/08/2003 | |
| | | Verbist Jelle | | | |
| | | Van Den Broeck Jelle | | | |
| | | De Fyn Jan | | | |

SCHOLIEREN JONGENS

| | | | | |
|------|-------|--------------|--------|------------|
| 100m | 11"19 | Deca Jan | Gent | 23/07/2003 |
| 200m | 22"22 | Deca Jan | Burcht | 3/08/2003 |
| 300m | 36"13 | Gybels Niels | Duffel | 24/06/2007 |

Clubrecords Outdoor

| | | | | |
|------------------|---------|----------------------|-------------|------------|
| 400m | 50"31 | Gybels Niels | Gent | 15/07/2007 |
| 600m | 1'31"46 | Van den Schoor Senne | Mol | 25/05/2017 |
| 800m | 1'58"90 | De Winter Brent | Ninove | 21/07/2012 |
| 1000m | 2'39"74 | De Winter Brent | Brussel | 7/09/2012 |
| 1500m | 4'06"93 | Favot Glenn | Herentals | 12/06/2004 |
| 1 mijl | 4'41"53 | Van den Schoor Senne | Kessel-Lo | 19/08/2017 |
| 2000m | 5'47"13 | Van Hoof Nick | Tessengerlo | 6/05/2009 |
| 3000m | 8'47"32 | Laurens Glen | Tessengerlo | 25/08/2001 |
| 110m horden | 15"86 | Ceulemans Seppe | Merksem | 21/08/2016 |
| 300m horden | 42"15 | Deca Wim | Duffel | 5/05/2005 |
| 400m horden | 58"56 | Verbist Jelle | Kessel-lo | 2/09/2006 |
| 2000m steeple | 6'12"79 | Favot Glenn | Tessengerlo | 5/09/2004 |
| Verspringen | 7m03 | Deca Jan | Parijs | 29/07/2003 |
| Hinkstapspringen | 13m33 | Laporte Vincent | Mol | 27/04/2014 |
| Hoogspringen | 1m90 | Poppelmonde Dries | Kapellen | 13/08/2011 |
| polstok | 4m51 | Van Nuffelen Thomas | Booischoot | 22/05/2015 |
| kogel | 14m37 | Ceulemans Seppe | Mol | 8/05/2016 |
| discus | 45m76 | Laporte Vincent | Alken | 11/10/2014 |
| Speer (700 gr) | 64m10 | Laporte Vincent | Booischoot | 14/04/2013 |
| hamer | 35m83 | Laporte Vincent | Alken | 11/10/2014 |
| Vijfkamp | 3476ptn | Laporte Vincent | Kapellen | 14/09/2014 |
| Tienkamp | 6447ptn | Laporte Vincent | Herentals | 1/06/2014 |
| 4 x 100m | 46"31 | De Fyn Jan | Tessengerlo | 7/05/2005 |
| | | Deca Wim | | |
| | | Verbist Jelle | | |
| | | Dobbelaere Jorn | | |
| 4 x 800m | 8'39"84 | Stroobants Jelle | Jambes | 17/09/2000 |
| | | Vermeulen Michaël | | |
| | | Laurens Glen | | |
| | | Van Loo Nick | | |

JUNIORS HEREN

| | | | | |
|------------------|----------|---------------------|------------------|------------|
| 100m | 11"29 | Deca Jan | Aartselaar | 15/05/2005 |
| 200m | 22"25 | Deca Jan | Booischoot | 2/07/2005 |
| 300m | 35"78 | Laporte Vincent | Booischoot | 27/05/2016 |
| 400m | 50"27 | Laporte Vincent | Bertrix | 20/08/2016 |
| 800m | 1'53"44 | De Kerpel Wesley | Ninove | 11/08/2007 |
| 1000m | 2'35"42 | Van Loo Sven | Duffel | 15/08/1995 |
| 1500m | 3'51"54 | De Kerpel Wesley | Heusden | 28/07/2007 |
| 1 mijl | 4'23"33 | De Kerpel Wesley | Herentals | 15/07/2006 |
| 2000m | 5'44"72 | Moris Sven | Merksem | 4/09/2004 |
| 3000m | 8'22"87 | Bekele* Atelaw | Mol | 5/08/2006 |
| 2 mijl | 10'53"67 | Naets Oby | Booischoot | 2/06/2017 |
| 5000m | 14'17"63 | Bekele* Atelaw | Ninove | 29/07/2006 |
| 10000m | 30'38"83 | Bekele* Atelaw | Beveren | 2/09/2006 |
| 110horden | 15"82 | Laporte Vincent | Kapellen (Antw.) | 6/08/2016 |
| 400m horden | 58"77 | Verbist Jelle | Burcht | 18/08/2007 |
| 2000m steeple | 6'40"20 | Laporte Sten | Beveren | 3/09/2005 |
| 3000m steeple | 9'42"31 | Favot Glenn | Kessel-lo | 4/06/2005 |
| Verspringen | 6m84 | Deca Jan | Lier | 20/06/2004 |
| Hinkstapspringen | 13m43 | De Fyn Johan | Heusden | 29/06/2003 |
| Hoogspringen | 1m93 | Poppelmonde Dries | Vilvoorde | 6/08/2013 |
| polstok | 4m71 | Van Nuffelen Thomas | Lier | 5/08/2017 |
| Kogel (6 kg) | 12m98 | Ceulemans Seppe | Dilbeek | 29/07/2017 |
| Kogel (7 kg) | 11m22 | Ceulemans Seppe | Aalter | 14/05/2017 |
| discus (1750g) | 42m97 | Laporte Vincent | Stekene | 20/09/2015 |
| discus (2kg) | 36m90 | Laporte Vincent | Lier | 15/05/2016 |
| Speer (800 gr) | 56m49 | Laporte Vincent | Kapellen (Antw.) | 24/04/2016 |
| Vijfkamp | 2703 pt | Van Bael Jens | Alken | 30/09/2017 |
| Tienkamp | 6498ptn | Laporte Vincent | Deinze | 25/09/2016 |
| 10 mijl (weg) | 56"18 | Moris Sven | Leopoldsburg | 4/06/2005 |
| Marathon | 3u29'51" | Schellens Tom | Rotterdam | 19/04/1998 |

Clubrecords Outdoor

| | | | | |
|---------|----------|---|-----------|------------|
| 4x1500m | 17'35"17 | De Kerpel Wesley De Kerpel Kevin Laporte Jens Bekele* Atelaw | Herentals | 20/08/2006 |
|---------|----------|---|-----------|------------|

ALLE CATEGORIEËN HEREN

| | | | | |
|-------------------|-----------|------------------------|--------------------|------------|
| 100m | 10"9 HT | Aerts Tim | Genk | 23/05/1993 |
| 200m | 21"95 | Aerts Tim | Mol | 5/07/1992 |
| 300m | 35"03 | Deca Jan | Vilvoorde | 29/06/2007 |
| 400m | 49"50 | Laporte Vincent | Kessel-Lo | 27/05/2018 |
| 600m | 1'31"46 | Van den Schoor Senne | L Mol | 25/05/2017 |
| 800m | 1'53"44 | De Kerpel Wesley | J Ninove | 11/08/2007 |
| 1000m | 2'33"03 | Bekele* Atelaw | Dilbeek | 21/07/2007 |
| 1500m | 3'48"08 | De Kerpel Wesley | Oordegem | 26/07/2008 |
| 1 mijl | 4'16"03 | Laporte Dany | Tessengerlo | 18/08/1992 |
| 2000m | 5'27"67 | Laporte Dany | Aartselaar | 21/07/1992 |
| 3000m | 8'11"64 | De Vocht Peter | Tessengerlo | 19/08/1995 |
| 2 mijl | 9'46"40 | Huybrechts Jurgen | Lanaken | 13/05/2015 |
| 5000m | 14'10"38 | De Vocht Peter | Ninove | 13/08/1993 |
| 10.000m | 29'06"66 | De Vocht Peter | Tessengerlo | 18/08/1993 |
| 20.000m | 1u43'05" | Wyns Jos | M40 Brugge | 3/10/1992 |
| 1 uur | 19.343m | De Vocht Peter | Lommel | 6/08/1994 |
| 2 uur | 27.600m | Naets Obry | J Herentals | 28/07/2017 |
| 110m horden | 16"50 | De Fyn Johan | Duffel | 18/05/2003 |
| 200m horden | 26"69 | Mariën Sven | M40 Betekom | 29/09/2012 |
| 400m horden | 57"01 | Laporte Vincent | Merksem | 6/10/2018 |
| 2000m steeple | 6'12"79 | Favot Glenn | L Tessenderlo | 5/09/2004 |
| 3000m steeple | 9'34"0 HT | Teniers Gert | Dilbeek | 5/06/1992 |
| Verspringen | 7m 03 | Deca Jan | L Parijs | 29/07/2003 |
| Hinkstapspringen | 13m 43 | De Fyn Johan | J Heusden | 29/06/2003 |
| Hoogspringen | 1m94 | Verlinden Jasper | Aalter | 14/05/2017 |
| polstok | 4m71 | Van Nuffelen Thomas | J Lier | 5/08/2017 |
| Kogel (7,26 kg) | 13m02 | Laporte Vincent | Turnhout | 13/05/2018 |
| Diskus (2 kg) | 41m20 | Laporte Vincent | Turnhout | 13/05/2018 |
| Speer (800 gr) | 56m49 | Laporte Vincent | J Kapellen (Antw.) | 24/04/2016 |
| Hamer (7 kg) | 33m88 | Garner Gary | M40 Herentals | 15/07/2006 |
| Vijfkamp | 3406 ptn | Laporte Vincent | Tongeren | 7/10/2018 |
| Tienkamp | 4583 ptn | Meuris Wilfried | Aartselaar | 30/05/1993 |
| 4 x 100m | 44"08 | Neels Frank | Aartselaar | 15/05/2005 |
| | | Deca Jan | | |
| | | De Fyn Johan | | |
| 4 x 200m | 1'33"02 | Verrept Nick | | |
| | | De Fyn Johan | Oordegem | 20/09/2003 |
| | | Luyten Kristof | | |
| | | Neels Frank | | |
| | | Deca Jan | | |
| 4x400m | 3'26"98 | Verbist Jelle | J Vilvoorde | 13/05/2007 |
| | | Verrept Nick | | |
| | | De Kerpel Kevin | J | |
| | | Deca Jan | | |
| 4x800m | 8'22"18 | Van Rillaer Stefan | Heusden | 20/09/2009 |
| | | Van de Steene Koenraad | | |
| | | Engelen Gert | | |
| | | Van Lent Jurgen | | |
| 4 x 1500m | 16'50"54 | Teniers Gert | Bornem | 26/08/1992 |
| | | Van Looy Rudy | | |
| | | Baeten Luc | | |
| | | Laporte Dany | | |
| Zweedse aflossing | 2'07"64 | Van Lent Jurgen | Herentals | 15/09/2000 |
| | | Stroobants Jelle | | |
| | | Neels Frank | | |
| | | Heremans Kristof | | |

Clubrecords Outdoor

| | | | | |
|----------------------|----------|---|---------------------|------------|
| Olympische aflossing | 3'48"98 | Vermeylen Michaël Rymenants Kim Neels Frank Gyselinckx Jef | Booischoot | 7/09/2001 |
| 10 mijl (weg) | 47'53" | De Vocht Peter | Arnhem (Ned.) | 17/09/1995 |
| Marathon | 2u16'46" | De Vocht Peter | Sevilla (Sp.) | 23/02/1992 |
| 6 uur (weg) | 75.490m | Vekemans Alfons | M40 La Louviere | 26/03/1994 |
| 100 km (weg) | 8u06'09" | Vekemans Alfons | M40 Winschoten(Ned) | 16/09/1995 |
| 24 uur (weg) | 238.266m | Vekemans Alfons | M40 Torhout | 2/08/1992 |
| 24 uur (piste) | 240.777m | Vekemans Alfons | M45 Izegem | 29/06/1996 |
| Aflossingsmarathon | 2u14'00" | Baeten Luc Laurens Leo Van Goethem John Van Goethem Roger Teniers Gert Van Looy Rudy Cools Bert Laporte Dany | Bonheiden | 5/04/1992 |

MASTERS HEREN A.C.

| | | | | |
|----------------------|----------|---|------------|------------|
| 4 x 100m | 59"02 | Meuris Alfons Van den Broeck Jos Van Casteren Marcel | Mechelen | 24/08/1994 |
| 4 x 200m | 1'46"65 | Naulaerts Juul Mariën Gilbert Pelgrims Edouard Bruynseels Maurits | Herentals | 13/06/1997 |
| 4 x 400m | 3'49"98 | Dombrecht Filip Van Lent Jurgen Van Rillaer Stefan Heylen Bart Engelen Gert | Herentals | 20/08/2006 |
| 4x800m | 8'22"18 | Van Rillaer Stefan Van de Steene Koenraad Engelen Gert Van Lent Jurgen | Heusden | 20/09/2009 |
| 4x1500m | 18'08"20 | Engelen Gert Heylen Bart Van Rillaer Stefan Van Lent Jurgen | Brasschaat | 19/08/2007 |
| Zweedse aflossing | 2'16"58 | Dombrecht Filip Mariën Gilbert Pelgrims Edouard Rymenants Eddy | Herentals | 19/09/1997 |
| Olympische aflossing | 3'50"48 | Dombrecht Filip Rymenants Eddy Deca Dirk Pelgrims Edouard | Booischoot | 7/09/2001 |
| Aflossingsmarathon | 2u26'19" | Willemse Louis Nevelsteen Gustaaf Van Goethem André Laurens Leo Ooms Maurice Van Opstal Rudy Bruynseels Maurits Teniers Rudy | Bonheiden | 24/03/1996 |

MASTERS HEREN M35

| | | | | |
|------|-------|-----------------|------------|------------|
| 100m | 12"13 | Neels Frank | Booischoot | 2/06/2006 |
| 200m | 24"29 | Neels Frank | Booischoot | 2/06/2006 |
| 300m | 37"91 | Neels Frank | Edegem | 19/05/2006 |
| 400m | 52"89 | Van Lent Jurgen | Booischoot | 8/06/2008 |

Clubrecords Outdoor

| | | | | |
|---------------|----------|--------------------|-------------|------------|
| 800m | 1'59"47 | Van Lent Jurgen | Le Touquet | 24/06/2006 |
| 1000m | 2'40"20 | Van Lent Jurgen | Hulshout | 29/09/2007 |
| 1500m | 4'17"34 | Van Lent Jurgen | Diest | 12/08/2006 |
| mijl | 4'39"14 | Engelen Gert | Tessengerlo | 7/09/2007 |
| 2000m | 5'53"47 | Huybrechts Jurgen | Turnhout | 12/04/2015 |
| 3000m | 8'58"41 | Huybrechts Jurgen | Alken | 10/05/2015 |
| 2 mijl | 9'46"40 | Huybrechts Jurgen | Lanaken | 13/05/2015 |
| 5000m | 15'48"91 | Huybrechts Jurgen | Lanaken | 7/06/2015 |
| 10000m | 32'56"59 | Huybrechts Jurgen | Tessengerlo | 11/09/2013 |
| uurloop | 16024m | Huybrechts Jurgen | Herentals | 20/09/2013 |
| 20.000m | 1u14'48" | Huybrechts Jurgen | Herentals | 20/09/2013 |
| 10 mijl (weg) | 57'47" | Huybrechts Jurgen | Booischtot | 5/08/2013 |
| marathon | 2u41'20" | Huybrechts Jurgen | Eindhoven | 13/10/2013 |
| 400m horden | 68"89 | Van Rillaer Stefan | Tienen | 22/09/2007 |
| 2000m steeple | 6'57"56 | Van Rillaer Stefan | Hamme | 19/04/2008 |
| 3000m steeple | 10'21"67 | Van Rillaer Stefan | Doornik | 23/06/2007 |
| Verspringen | 5m33 | Neels Frank | Ninove | 11/06/2006 |
| hoog | 1m40 | Huybrechts Jurgen | Booischtot | 22/05/2015 |
| Speer | 37m40 | Garner Gary | Edegem | 21/04/2006 |
| Kogel | 10m41 | Garner Gary | Mechelen | 24/05/2006 |
| Discus | 29m74 | Garner Gary | Mechelen | 24/05/2006 |
| hamer | 19m66 | Janssens Rony | Herentals | 15/07/2006 |

MASTERS HEREN M40

| | | | | |
|---------------------|-----------|------------------------|-----------------|------------|
| 100m | 12"18 | Deca Dirk | Diest | 11/08/2001 |
| 200m | 24"92 | Dombrecht Filip | Lier | 24/06/2001 |
| 300m | 38"33 | Van Lent Jurgen | Mechelen | 20/05/2009 |
| 400m | 52"51 | Van Lent Jurgen | Compiègne (FRA) | 27/06/2009 |
| 800m | 1'59"78 | Van Den Broeck Rudy | Diest | 31/05/2003 |
| 1000m | 2'37"92 | Van Den Broeck Rudy | Sint-Niklaas | 20/08/2003 |
| 1500m | 4'12"50 | Van Den Broeck Rudy | Mol | 10/05/2002 |
| 1 mijl | 4'34"68 | Baetens Roger | Herentals | 31/07/1998 |
| 2000m | 5'46"4 HT | Baetens Roger | Wespelaar | 3/07/1998 |
| 3000m | 8'42"0 HT | De Vocht Peter | Wespelaar | 17/09/2003 |
| 2 mijl | 10'26"44 | Van Loo Alfons | Booischtot | 4/09/2002 |
| 5000m | 14'44"76 | De Vocht Peter | Heusden | 2/08/2003 |
| 10.000m | 30'56"67 | De Vocht Peter | Lebbeke | 29/08/2003 |
| 20.000m | 1u09'08"7 | Van Goethem Roger | Diest | 27/09/1996 |
| 1 uur | 17.451m | Van Goethem Roger | Wespelaar | 4/10/1996 |
| 200m horden | 26"69 | Mariën Sven | Betekom | 29/09/2012 |
| 2000m steeple | 7'06"08 | Derdin Jos | La Louvière | 6/06/2015 |
| 3000m steeple | 10'13"95 | Engelen Gert | St-Niklaas | 31/05/2009 |
| Verspringen | 5m05 | Van Puybroeck Dirk | Wespelaar | 17/06/1994 |
| Hoogspringen | 1m78 | De Preter Paul | Dilbeek | 6/06/1993 |
| Kogel (7 kg) | 11m55 | Garner Gary | Tessengerlo | 24/06/2008 |
| discus | 28m55 | Garner Gary | Genk | 6/06/2009 |
| Speer (800 gr) | 38m28 | Derdin Jos | Booischtot | 9/06/2013 |
| hamer (7 kg) | 33m88 | Garner Gary | Herentals | 15/07/2006 |
| zwaargewicht (15kg) | 9m89 | Garner Gary | Mechelen | 31/08/2007 |
| 4 x 400m | 3'54"51 | Dombrecht Filip | Herentals | 14/06/1998 |
| | | Rymenants Eddy | | |
| | | Pelgrims Edouard | | |
| | | Wyns Staf | | |
| 4 x 800m | 9'10"87 | Dombrecht Filip | Booischtot | 22/08/2001 |
| | | Van Loo Alfons | | |
| | | Van Den Broeck Robert | | |
| | | Gyselinckx Jef | | |
| 4x1500m | 18'18"49 | Laenen Marcel | Kapellen | 23/08/2009 |
| | | Heylen Bart | | |
| | | Engelen Gert | | |
| | | Van de Steene Koenraad | | |
| 10 mijl (weg) | 52'00" | De Vocht Peter | Booischtot | 8/08/2005 |

Clubrecords Outdoor

| | | | | |
|--------------|----------|-------------------|-----------------|------------|
| 1/2 Marathon | 1u08'22" | De Vocht Peter | St.-Truiden | 7/09/2003 |
| Marathon | 2u32'51" | Van Goethem Roger | St.Amandsberg | 4/05/1996 |
| 100 km (weg) | 8u06'09" | Vekemans Alfons | Winschoten(Ned) | 16/09/1995 |
| 6 uur (weg) | 75.490m | Vekemans Alfons | La Louvisre | 26/03/1994 |
| 24 uur (weg) | 238.266m | Vekemans Alfons | Torhout | 2/08/1992 |

MASTERS HEREN M45

| | | | | |
|----------------|-----------|------------------------|---------------|------------|
| 100m | 12"70 | Van Lent Jurgen | Boischot | 23/05/2014 |
| 200m | 25"50 | Dombrecht Filip | Ninove | 15/09/2002 |
| 300m | 40"76 | Dombrecht Filip | Boischot | 4/09/2002 |
| 400m | 56"90 | Van Lent Jurgen | Mol | 27/04/2014 |
| 600m | 1'37"74 | Derdin Jos | Mol | 25/05/2017 |
| 800m | 2'07"54 | Teniers René | Tessengerlo | 24/06/1992 |
| 1000m | 2'45"96 | Van de Steene Koenraad | Boischot | 29/05/2009 |
| 1500m | 4'09"69 | De Vocht Peter | Merksem | 25/08/2007 |
| mijl | 4'45"09 | Van de Steene Koenraad | Tessengerlo | 9/09/2009 |
| 2000m | 6'13"94 | Ooms Maurice | Edegem | 26/07/1996 |
| 3000m | 8'33"70 | De Vocht Peter | Ninove | 29/08/2007 |
| 2 mijl | 10'09"96 | Van de Steene Koenraad | Mechelen | 20/05/2009 |
| 5000m | 14'42"96 | De Vocht Peter | Heusden | 20/07/2008 |
| 10000m | 30'37"01 | De Vocht Peter | Herentals | 7/09/2007 |
| 1 uur | 18517m | De Vocht Peter | Woluwe | 16/10/05 |
| 20.000m | 1u34'39"1 | Cortens Lucien | Vorst | 29/10/1995 |
| 24 uur (piste) | 240.777m | Vekemans Alfons | Izegem | 29/06/1996 |
| 110m horden | 26"29 | Derdin Jos | -0,2 Merksem | 23/09/2018 |
| 400m horden | 74"55 | Pelgrims Edouard | Diest | 16/06/2002 |
| 2000m steeple | 7'46"73 | Derdin Jos | Kortenberg | 27/08/2016 |
| 3000m steeple | 11:12.67 | Derdin Jos | Kortenberg | 26/08/2017 |
| Verspringen | 4m81 | Mariën Sven | Lanaken | 8/06/2014 |
| hinkstap | 9m22 | Derdin Jos | Kessel-lo | 23/09/2017 |
| Hoogspringen | 1m72 | De Preter Paul | Vilvoorde | 11/06/1995 |
| Kogel (7 kg) | 12m00 | Tobback Bruno | Vilvoorde | 20/06/1993 |
| Diskus (2 kg) | 39m72 | Tobback Bruno | Mol | 30/06/1993 |
| Speer (800 gr) | 38m65 | Herman Verbeeck | Eeklo | 12/10/2008 |
| hamer (7 kg) | 32m51 | Garner Gary | Herentals | 20/08/2011 |
| Vijfkamp | 2446 ptn | Derdin Jos | Alken | 30/09/2017 |
| 4 x 400 | 4'42"43 | Van Lent Jurgen | Lier | 2/09/2018 |
| | | Hoefkens Chris | | |
| | | Derdin Jos | | |
| | | Van Den Acker Paul | | |
| 4 x 1500m | 19'33"88 | Pelgrims Edouard | Mol | 23/08/2000 |
| | | Nevelsteen Gustaaf | | |
| | | Laurens Leo | | |
| | | Bruynseels Maurits | | |
| 10 mijl (weg) | 52"48 | De Vocht Peter | Boischot | 2/08/2010 |
| 1/2 Marathon | 1u09'00" | De Vocht Peter | Leiden | 16/05/2010 |
| Marathon | 2u42'20" | Teniers René | London (GB) | 12/04/1992 |
| 100 km (weg) | 8u28'21" | Vekemans Alfons | Torhout | 21/06/1996 |
| 6 uur (weg) | 71.462m | Vekemans Alfons | Gistel | 2/05/1997 |
| 24 uren (weg) | 229.487m | Vekemans Alfons | Courçon (Fr.) | 6 |

MASTERS HEREN M50

| | | | | | |
|--------|---------|----------------|-------------|------------|-----|
| 100m | 13"10 | Verelst Wim | Lier | 24/06/2018 | 1,4 |
| 200m | 27"23 | Verelst Wim | Tessengerlo | 23/05/2018 | 0,1 |
| 300m | 42"70 | Van Aelst Dirk | Herentals | 5/08/2015 | |
| 400m | 60"19 | Van Aelst Dirk | Tessengerlo | 3/09/2014 | |
| 600m | 1'35"56 | Van Aelst Dirk | Mol | 5/07/2015 | |
| 800m | 2'12"79 | Van Aelst Dirk | Tessengerlo | 10/09/2014 | |
| 1000m | 2'54"39 | Van Aelst Dirk | Boischot | 22/05/2015 | |
| 1500m | 4'31"23 | De Vocht Peter | St-Niklaas | 2/06/2011 | |
| 1 mijl | 5'00"06 | Van Aelst Dirk | Brasschaat | 2/08/2014 | |

Clubrecords Outdoor

| | | | | | |
|-------------------|----------|-----------------------|-------------------|------------|-----|
| 2000m | 6'03"30 | De Vocht Peter | Betekom | 29/09/2012 | |
| 3000m | 9'18"13 | De Vocht Peter | Herentals | 30/04/2011 | |
| 2 mijl | 10'51"06 | Van Aelst Dirk | Beveren | 30/07/2014 | |
| 5000m | 15'23"04 | De Vocht Peter | Sint-Truiden | 25/09/2010 | |
| 10.000m | 30'55"16 | De Vocht Peter | Tessengerlo | 9/08/2010 | |
| 1 uur | 16.068m | Optiels Roger | Kessel-Lo | 30/09/1995 | |
| 100m horden | 23"53 | Pelgrims Edouard | Sint-Niklaas | 2/06/2007 | |
| 300m h (0,84) | 51"22 | Derdin Herman | Willebroek | 6/09/1992 | |
| 3000m steeple | 11'42"31 | Pelgrims Edouard | Luik | 10/09/2005 | |
| hoog | 1m48 | Pelgrims Edouard | Ninove | 11/06/2006 | |
| ver | 5m00 | Verelst Wim | Booischtot | 1/06/2018 | 0,6 |
| Kogel (6 kg) | 11m29 | Tobback Bruno | Vilvoorde | 13/09/1997 | |
| Kogel (7 kg) | 8m62 | De Fyn Willy | Deinze | 8/06/2003 | |
| Diskus (1,5 kg) | 38m10 | Tobback Bruno | Vilvoorde | 13/09/1997 | |
| Diskus (2 kg) | 34m04 | Tobback Bruno | Merksem | 8/06/1997 | |
| Speer (800 gr) | 41m80 | Michiels Jos | Vilvoorde | 29/05/1994 | |
| 4 x 800m | 9'57"10 | Vermaelen Rudy | Brasschaat | 25/08/1999 | |
| | | Optiels Roger | | | |
| | | Ooms Maurice | | | |
| | | Heylen Paul | | | |
| 4 x 1500m | 22'12"96 | Van Den Broeck Robert | Booischtot | 17/08/2014 | |
| | | Bogaerts Rudi | | | |
| | | Van Bijlen Marcel | | | |
| | | Nevelsteen Gustaaf | | | |
| Zweedse aflossing | 2'47"69 | Optiels Roger | Herentals | 17/09/1999 | |
| | | Ooms Maurice | | | |
| | | Vermaelen Rudy | | | |
| | | Heylen Paul | | | |
| 10 mijl (weg) | 57'28" | Van Opstal Rudy | Booischtot-Statie | 7/08/2000 | |
| Marathon | 2u55'32" | Heylen Paul | Gent | 4/10/1998 | |
| 1/2 Marathon | 1u15'08" | De Vocht Peter | Kuurne | 5/10/2012 | |
| 50 km. | 3u58'40" | Vekemans Alfons | Zolder | 17/02/2001 | |
| 100 km. | 8u51'34" | Vekemans Alfons | Torhout | 22/06/2001 | |
| 6 uur | 71.028m | Vekemans Alfons | Breda (Ned.) | 13/05/2001 | |
| 24 uur | 230.224m | Vekemans Alfons | Almere (Ned.) | 5/6/10/01 | |

MASTERS HEREN M55

| | | | | | |
|------------------|----------|------------------|---------------|------------|--|
| 100m | 13"9 HT | Van Parijs Willy | Wespelaar | 19/06/1992 | |
| 200m | 28"8 HT | Van Parijs Willy | Edegem | 22/05/1992 | |
| 300m | 48.14 | Naets Ivo | Edegem | 30/09/2017 | |
| 400m | 63"4 HT | Van Parijs Willy | Kessel-Lo | 3/07/1992 | |
| 800m | 2:27.49 | Naets Ivo | Kessel-Lo | 19/08/2017 | |
| 1000m | 3:11.59 | Naets Ivo | Tessengerlo | 26/07/2017 | |
| 1500m | 4:55.61 | Naets Ivo | Kessel-Lo | 25/08/2017 | |
| 1 mijl | 5:33.74 | Naets Ivo | Tessengerlo | 2/08/2017 | |
| 2000m | 7:08.46 | Naets Ivo | Tessengerlo | 2/08/2017 | |
| 3000m | 10'30"39 | Naets Ivo | Wervik | 30/09/2017 | |
| 2 mijl | 11'45"98 | Pelgrims Edouard | Mechelen | 19/05/2010 | |
| 5000m | 18'28"30 | Naets Ivo | Kessel-lo | 23/09/2017 | |
| 10.000m | 38'43"05 | Ooms Maurice | Tessengerlo | 15/09/2004 | |
| 1 uur | 15.130m | Ooms Maurice | Wespelaar | 1/10/2004 | |
| 100m h (0,91) | 20"25 | Meuris Alfons | Willebroek | 6/09/1992 | |
| 110mh (1,06) | 24"4 HT | Meuris Alfons | Herentals | 26/07/1992 | |
| 300m h (0,84) | 56"69 | Vincx Louis | Vilvoorde | 20/06/1993 | |
| 400m h (0,91) | 84"81 | Meuris Alfons | Mechelen | 23/08/1992 | |
| 3000m steeple | 12'14"57 | Pelgrims Edouard | Luik | 7/07/2010 | |
| Verspringen | 4m86 | Meuris Alfons | Turnhout | 4/10/1992 | |
| Hinkstapspringen | 9m81 | Meuris Alfons | Tessengerlo | 21/06/1992 | |
| Hoogspringen | 1m35 | Pelgrims Edouard | Lanaken (BVV) | 5/06/2011 | |
| Polstokspringen | 2m30 | Meuris Alfons | Herentals | 26/07/1992 | |
| Kogel (6 kg) | 11m44 | Van Hoof Jos | Mol | 5/09/1993 | |
| Kogel (7 kg) | 10m27 | Van Hoof Jos | Wespelaar | 1/05/1993 | |

Clubrecords Outdoor

| | | | | |
|-----------------|----------|--------------------|------------|------------|
| Diskus (1,5 kg) | 27m02 | Meuris Alfons | Turnhout | 11/10/1992 |
| Diskus (2 kg) | 24m44 | Van Hoof Jos | Wespelaar | 1/05/1993 |
| Speer (800 gr) | 38m94 | Michiels Jos | Turnhout | 14/05/1995 |
| Hamer (6 kg) | 26m14 | Meuris Alfons | Turnhout | 5/04/1992 |
| Hamer (7 kg) | 21m22 | Meuris Alfons | Wespelaar | 19/06/1992 |
| Vijfkamp (VET) | 1213 ptn | Meuris Alfons | Neerpelt | 21/07/1992 |
| Tienkamp (SEN) | 1549 ptn | Meuris Alfons | Herentals | 26/07/1992 |
| 10 mijl (weg) | 1u03'46" | Nevelsteen Gustaaf | Booischoot | 8/08/2011 |
| Marathon | 2u49'52" | Vloeberghs Walter | Eindhoven | 14/10/2012 |
| 4 x 800m | 10'52"33 | Optiels Roger | Booischoot | 22/08/2001 |
| | | Op De Beeck Henri | | |
| | | Van Rompaey Roger | | |
| | | Florenty Victor | | |

MASTERS HEREN M60

| | | | | |
|------------------|-----------|---------------------|--------------|------------|
| 100m | 14"2 HT | Meuris Alfons | Turnhout | 3/10/1993 |
| 200m | 29"5 HT | Meuris Alfons | Machelen | 21/08/1993 |
| 300m | 47"9 HT | Meuris Alfons | Aartselaar | 27/08/1993 |
| 400m | 72"22 | Verbeeck Jan | Wespelaar | 25/09/1998 |
| 800m | 2'32"24 | Boexstaens Johny | Herentals | 27/09/2008 |
| 1000m | 3'22"38 | Ooms Maurice | Booischoot | 29/05/2009 |
| 1500m | 4'59"07 | Boexstaens Johny | Sint-Truiden | 25/09/2010 |
| 1 mijl | 5'51"38 | Verbeeck Jan | Herentals | 31/07/1998 |
| 2000m | 7'20"80 | Ooms Maurice | Tessenderlo | 6/05/2009 |
| 3000m | 11'19"40 | Verbeeck Jan | Tessenderlo | 2/10/1998 |
| 2 mijl | 12'33"93 | Ooms Maurice | Mechelen | 20/05/2009 |
| 5000m | 18'54"67 | Boexstaens Johny | St-Niklaas | 30/05/2009 |
| 10.000m | 40'50"79 | Verbeeck Jan | Wespelaar | 25/09/1998 |
| 1 uur | 13.770m | Nevelsteen Gustaaf | Wespelaar | 10/10/2015 |
| 100m h (0,91) | 18"85 | Meuris Alfons | Vilvoorde | 20/06/1993 |
| 100m h (0,84) | 19"15 | Meuris Alfons | Mol | 5/09/1993 |
| 110mh (1,06) | 24"92 | Meuris Alfons | Lebbeke | 6/06/1993 |
| 300m h (0,84) | 55"59 | Meuris Alfons | Vilvoorde | 20/06/1993 |
| 300m h (0,76) | 53"53 | Meuris Alfons | Vorst | 4/09/1994 |
| 400m h (0,91) | 82"15 | Meuris Alfons | Willebroek | 11/07/1993 |
| 2000m steeple | 10'39"63 | Meuris Alfons | Aartselaar | 19/06/1994 |
| Verspringen | 4m74 | Meuris Alfons | Turnhout | 12/06/1994 |
| Hinkstapspringen | 9m34 | Meuris Alfons | Anderlecht | 12/04/1993 |
| Hoogspringen | 1m28 | Meuris Alfons | Herenthout | 30/07/1994 |
| Polstokspringen | 2m10 | Meuris Alfons | Herenthout | 31/07/1994 |
| Kogel (5 kg) | 13m18 | Van Hoof Jos | Tessenderlo | 5/06/1995 |
| Kogel (7 kg) | 10m46 | Van Hoof Jos | Wespelaar | 12/05/1995 |
| Hamer (5 kg) | 29m78 | Meuris Alfons | Turnhout | 18/04/1993 |
| Hamer (7 kg) | 17m80 | Meuris Alfons | Wespelaar | 1/05/1993 |
| Diskus (1 kg) | 37m26 | Meuris Alfons | Machelen | 21/08/1993 |
| Diskus (2 kg) | 24m28 | Van Hoof Jos | Turnhout | 14/05/1995 |
| Speer (600 gr) | 36m51 | Michiels Jozef | Beveren | 12/06/2004 |
| Speer (800 gr) | 33m53 | Michiels Jozef | Ninove | 6/06/2004 |
| Vijfkamp (VET) | 1587 ptn | Meuris Alfons | Machelen | 21/08/1993 |
| Vijfkamp (SEN) | 1242 ptn | Meuris Alfons | Alken | 18/09/1993 |
| Tienkamp (SEN) | 1777 ptn | Meuris Alfons | Herenthout | 31/07/1994 |
| 4 x 100m | 59"02 | Meuris Alfons | Mechelen | 24/08/1994 |
| | | Van Den Broeck Jos | | |
| | | Van Casteren Marcel | | |
| | | Naulaerts Juul | | |
| 4 x 200m | 2'03"1 HT | Meuris Alfons | Vorst | 9/10/1993 |
| | | Van Den Broeck Jos | | |
| | | Naulaerts Juul | | |
| | | Van Casteren Marcel | | |
| 4 x 400m | 4'50"8 HT | Meuris Alfons | Vorst | 9/10/1993 |
| | | Van Den Broeck Jos | | |
| | | Naulaerts Juul | | |

Clubrecords Outdoor

| | | | | |
|---------------|----------|---|------------|------------|
| 4 x 800m | 12'11"61 | Van Bael Denis Meuris Alfons Van Bael Denis Van Den Broeck Jos Naulaerts Juul | Mechelen | 24/08/1994 |
| 4 x 1500 | 27'19"07 | Nevelsteen Gustaaf Goovaerts Joseph Smets René Straetmans Gilbert | Lier | 2/09/2018 |
| 10 mijl (weg) | 1u03'53" | Van Opstal Rudi | Booischoot | 2/08/2010 |

MASTERS HEREN M65

| | | | | |
|---------------------|----------|--------------------|-----------------|------------|
| 100m | 15"13 | Meuris Alfons | Ninove | 2/10/1999 |
| 200m | 28"94 | Naulaerts Juul | Ninove | 11/09/1993 |
| 300m | 45"3 HT | Naulaerts Juul | Edegem | 30/09/1994 |
| 400m | 63"65 | Naulaerts Juul | Kristiansand(N) | 29/06/1992 |
| 600m | 2'15"89 | Smets René | Lommel | 5/08/2018 |
| 800m | 2'23"89 | Boexstaens Johny | St-Niklaas | 15/06/2013 |
| 1000m | 3'08"78 | Boexstaens Johny | Booischoot | 22/05/2015 |
| 1500m | 5'02"13 | Boexstaens Johny | Lebbeke | 14/06/2014 |
| mijl | 7'28"74 | Smets René | Aalst | 29/09/2018 |
| 3000m | 15'12"60 | Goovaerts Joseph | Booischoot | 1/06/2018 |
| 2 mijl | 14'17"33 | Meuris Alfons | Beveren | 16/08/1998 |
| 5000m | 18'36"69 | Boexstaens Johny | St-Niklaas | 16/06/2013 |
| 10.000m | 42'03"26 | Van den Broeck Jos | Willebroek | 6/09/1992 |
| 100m h (0,84) | 21"04 | Meuris Alfons | Herentals | 27/05/2001 |
| 300m h (0,76) | 60"80 | Meuris Alfons | Turnhout | 11/07/1999 |
| 400m h (0,91) | 1'43"08 | Meuris Alfons | Ninove | 5/09/1998 |
| 2000m steeple | 7'42"01 | Boexstaens Johny | Lyon | 16/08/2015 |
| 3000m steeple | 15'46"00 | Meuris Alfons | Naimette | 29/08/1998 |
| Verspringen | 4m35 | Meuris Alfons | Lier | 18/08/2002 |
| Hoogspringen | 1m20 | Smets René | Booischoot | 1/06/2018 |
| Hinkstapspringen | 8m91 | Meuris Alfons | Jambes | 4/09/1999 |
| Polstokspringen | 2m00 | Meuris Alfons | Jambes | 4/09/1999 |
| Kogel (5 kg) | 8m23 | Meuris Alfons | Heverlee | 24/08/2002 |
| Kogel (7 kg) | 6m58 | Smets René | Lier | 24/06/2018 |
| Diskus (1 kg) | 32m57 | Meuris Alfons | Heverlee | 24/08/2002 |
| Diskus (2 kg) | 20m84 | Meuris Alfons | Mechelen | 26/09/1999 |
| speer | 32m50 | Michiels Jozef | St-Niklaas | 30/05/2009 |
| Speer (800 gr) | 25m80 | Smets René | Bornem | 27/07/2018 |
| Hamer (5 kg) | 26m82 | Meuris Alfons | Turnhout | 13/08/1999 |
| Hamer (7 kg) | 17m31 | Meuris Alfons | Lier | 18/08/2002 |
| gewichtwerpen (9kg) | 6m12 | Smets René | Lier | 7/10/2018 |
| Vijfkamp (VET) | 1134 ptn | Meuris Alfons | Hasselt | 21/07/1999 |
| Vijfkamp (SEN) | 889 ptn | Meuris Alfons | Genk | 22/08/1999 |
| Tienkamp (VET) | 1726 ptn | Meuris Alfons | Herentals | 27/05/2001 |
| Tienkamp (SEN) | 1341 ptn | Meuris Alfons | Ninove | 3/10/1999 |
| 10 mijl (weg) | 1u12'13" | Van den Broeck Jos | Booischoot | 2/08/1993 |
| Marathon | 3u24'25" | Van den Broeck Jos | Bernem | 24/09/1995 |

MASTERS HEREN M70

| | | | | |
|---------------|---------|------------------|--------------|------------|
| 100m | 15"19 | Naulaerts Juul | Turnhout | 19/10/1997 |
| 200m | 31"12 | Naulaerts Juul | Turnhout | 12/10/1997 |
| 300m | 49"06 | Naulaerts Juul | Deinze | 21/07/1997 |
| 400m | 70"44 | Naulaerts Juul | Beveren | 26/09/1997 |
| 800m | 2'39"47 | Boexstaens Johny | Ninove | 17/06/2018 |
| 1000m | 4'45"15 | Van Bael Denis | Booischoot | 1/09/2000 |
| 1500m | 8'11"89 | Meuris Alfons | Vilvoorde | 4/10/2003 |
| 80m horden | 17"16 | Meuris Alfons | Herentals | 2005 |
| 100m horden | 22"53 | Meuris Alfons | Sint-Niklaas | 18/08/2004 |
| 300m h (0,76) | 70"67 | Meuris Alfons | Beveren | 11/06/2004 |
| Verspringen | 4m16 | Meuris Alfons | Heverlee | 2003 |

Clubrecords Outdoor

| | | | | |
|----------------------|----------|--------------------|------------|------------|
| Hinkstapspringen | 8m64 | Meuris Alfons | Charleroi | 30/08/2003 |
| Hoogspringen | 1m15 | Meuris Alfons | Herentals | 29/05/2004 |
| Polstokspringen | 1m80 | Meuris Alfons | Herentals | 29/05/2004 |
| Kogel (5 kg) | 8m87 | Meuris Alfons | Turnhout | 22/08/2003 |
| Kogel (7 kg) | 6m21 | Meuris Alfons | Booischoot | 20/08/2003 |
| Diskus (1 kg) | 33m20 | Meuris Alfons | Kessel-lo | 28/08/2004 |
| Diskus (2 kg) | 22m81 | Meuris Alfons | Herentals | 28/05/2005 |
| Speer (500 gr) | 26m25 | Meuris Alfons | Oudenaarde | 1/05/2004 |
| Speer (600 gr) | 27m14 | Van Casteren Jan | Ninove | 24/05/1999 |
| Speer (800 gr) | 23m54 | Van Casteren Jan | Heverlee | 16/04/2000 |
| Hamer (5 kg) | 31m06 | Meuris Alfons | Wespelaar | 25/06/2004 |
| Hamer (7 kg) | 18m69 | Meuris Alfons | Lier | 17/08/2003 |
| zwaargewicht (7,26k) | 9m89 | Alfons Meuris | Mechelen | 31/08/2007 |
| Vijfkamp (IAAF) | 734 ptn | Meuris Alfons | | 2004 |
| Vijfkamp (WMA) | 1035 ptn | Meuris Alfons | Dilbeek | 1/08/2004 |
| Tienkamp (WMA) | 1960 ptn | Meuris Alfons | Herentals | 30/05/2004 |
| 10 mijl (weg) | 1u21'12" | Van den Broeck Jos | Heist-Goor | 28/08/1999 |

MASTERS HEREN M75

| | | | | |
|----------------------|----------|------------------|--------------|------------|
| 100m | 19"21 | Van Casteren Jan | Booischoot | 2/07/2004 |
| 200m | 39"47 | Alfons Meuris | Herentals | 29/08/2009 |
| 1500m | 9'32"81 | Van Casteren Jan | Brasschaat | 20/06/2004 |
| 80m horden | 19"92 | Meuris Alfons | Sint-Niklaas | 21/08/2008 |
| 300m h (0,76) | 90"13 | Meuris Alfons | Alken | 16/08/2008 |
| Verspringen | 3m28 | Meuris Alfons | Schaerbeek | 27/09/2008 |
| Hinkstapspringen | 7m53 | Meuris Alfons | Alken | 16/08/2008 |
| polstok | 1m64 | Meuris Alfons | Turnhout | 8/08/2010 |
| Kogel (4 kg) | 8m78 | Meuris Alfons | Schaerbeek | 27/09/2008 |
| Kogel (5 kg) | 6m98 | Van Casteren Jan | Turnhout | 12/10/2003 |
| discus (1kg) | 29m52 | Meuris Alfons | St-Niklaas | 31/05/2009 |
| discus (2kg) | 17m58 | Meuris Alfons | Lier | 7/08/2010 |
| Speer (500 gr) | 24m04 | Van Casteren Jan | Brasschaat | 20/06/2004 |
| Speer (600 gr) | 22m89 | Van Casteren Jan | Dilbeek | 31/07/2004 |
| Hamer (4 kg) | 26m66 | Meuris Alfons | Turnhout | 18/04/2010 |
| Hamer (7 kg) | 15m43 | Meuris Alfons | Lier | 6/08/2011 |
| zwaargewicht (7,26k) | 10m62 | Meuris Alfons | St-Niklaas | 31/10/2009 |
| werpvijfkamp | 2994 ptn | Meuris Alfons | Tienen | 4/10/2009 |
| Vijfkamp (WMA) | 604ptn | Meuris Alfons | Dilbeek | 8/08/2009 |
| 10-kamp (WMA) | 3902 ptn | Meuris Alfons | | 2008 |

MASTERS HEREN M80

| | | | | |
|----------------------|----------|---------------|------------|------------|
| 100m | 19"95 | Meuris Alfons | Schaerbeek | 28/09/2013 |
| 200m | 44"58 | Meuris Alfons | Dilbeek | 2/08/2014 |
| 1500m | 11'43"10 | Meuris Alfons | Schaerbeek | 29/09/2013 |
| 80m horden | 24"04 | Meuris Alfons | Schaerbeek | 29/09/2013 |
| ver | 2m87 | Meuris Alfons | Deinze | 14/06/2015 |
| hinkstap | 5m74 | Meuris Alfons | Lebbeke | 14/06/2014 |
| hoog | 0m95 | Meuris Alfons | Lebbeke | 14/06/2014 |
| Kogel (3 kg) | 8m04 | Meuris Alfons | Schaerbeek | 28/09/2013 |
| discus (1kg) | 24m65 | Meuris Alfons | Tienen | 5/10/2013 |
| Speer (400 gr) | 20m11 | Meuris Alfons | Dilbeek | 2/08/2014 |
| Hamer (3 kg) | 28m67 | Meuris Alfons | Turnhout | 21/09/2014 |
| zwaargewicht (5,45k) | 10m49 | Meuris Alfons | St-Niklaas | 6/09/2014 |
| werpvijfkamp | 2819 ptn | Meuris Alfons | St-Niklaas | 22/06/2014 |
| 5kamp | 1806 ptn | Meuris Alfons | Dilbeek | 2/08/2014 |
| 10-kamp | 1540ptn | Meuris Alfons | Schaerbeek | 29/09/2013 |
| 10-kamp (WMA) | 3057ptn | Meuris Alfons | Schaerbeek | 29/09/2013 |

8. ANDERE RECORDS

PROVINCIALE RECORDS

BENJAMINS jongens

| | | | | |
|----------|-------|---|--------|------------|
| 4 x 60 m | 36"98 | Bassleer Joren Verbocht Jens Laporte Vincent Michiels Tibo | Nijvel | 23/09/2006 |
|----------|-------|---|--------|------------|

PUPILLEN jongens

| | | | | |
|-----------------|-------|-----------------|------|------------|
| hoog (indoor) | 1m36 | Naets Illan | Gent | 21/02/2015 |
| Hockeybalwerpen | 63m42 | Laporte Vincent | Bree | 6/09/2008 |

MINIEMEN meisjes

| | | | | |
|------------------|-------|----------------|--------|------------|
| 150m (indoor) | 19"98 | Van Lent Lotte | Gent | 22/02/2014 |
| Discus | 38m20 | Gendarme Xana | Genk | 10/09/2017 |
| Polstok | 3m35 | Milloen Sarie | Nijvel | 29/09/2018 |
| Polstok (indoor) | 2m83 | Milloen Sarie | Tienen | 10/02/2018 |

MINIEMEN jongens

| | | | | |
|--------|-------|----------------|------------|------------|
| discus | 43m78 | Milloen Sander | Gentbrugge | 23/08/2015 |
|--------|-------|----------------|------------|------------|

CADETTEN meisjes

| | | | | |
|------------------|------|----------------|------|------------|
| 60m (indoor) | 7"81 | Van Lent Lotte | Gent | 24/02/2016 |
| Polstok (indoor) | 3m50 | De Vocht Elien | Gent | 27/02/2010 |

CADETTEN jongens

| | | | | |
|----------|----------|----------------|--------|------------|
| achtkamp | 4956 ptn | Milloen Sander | Deinze | 20/08/2017 |
|----------|----------|----------------|--------|------------|

SCHOLIEREN meisjes

| | | | | |
|------------------|---------|----------------|-----------|------------|
| 60m (indoor) | 7"57 | Van Lent Lotte | Gent | 5/03/2017 |
| Polstok (indoor) | 3m90 | De Vocht Elien | Gent | 26/02/2012 |
| 2000m steeple | 6'54"22 | Peeters Bloeme | Moeskroen | 6/09/2015 |

SCHOLIEREN jongens

| | | | | |
|----------|----------|-----------------|-----------|-----------|
| tienkamp | 6447 ptn | Laporte Vincent | Herentals | 1/06/2014 |
|----------|----------|-----------------|-----------|-----------|

ALLE CATEGORIEEN vrouwen

| | | | | |
|---------|------|----------------|---------|------------|
| Polstok | 4m25 | De Vocht Elien | Bertrix | 14/07/2016 |
|---------|------|----------------|---------|------------|

BELGISCHE RECORDS

MINIEMEN meisjes

| | | | | |
|---------|------|---------------|--------|------------|
| Polstok | 3m35 | Milloen Sarie | Nijvel | 29/09/2018 |
|---------|------|---------------|--------|------------|

SCHOLIEREN meisjes

| | | | | |
|--------|-------|--|------------------|------------|
| 4x100m | 46"01 | Van Lent Lotte (AVZK) Van der Vreken Lotte Masson Ilona Van Laere Lieselotte | Gyor (Hongarije) | 29/07/2017 |
|--------|-------|--|------------------|------------|

BELOFTEN vrouwen

| | | | | |
|---------|------|----------------|---------|------------|
| Polstok | 4m25 | De Vocht Elien | Bertrix | 14/07/2016 |
|---------|------|----------------|---------|------------|

MASTERS vrouwen W45

Provinciale, Belgische en wereldrecords

| | | | | |
|------------------------|----------|--|----------|------------|
| 4 x 200 meter (indoor) | 1'54"89 | Vandooen Bénédicte (USBW) Dejonghe Saskia (ACME) Andries Gerda (AVKA) Gillhaus Angélique (AVZK) | Gent | 20/03/2011 |
| 4 x 800 meter | 10'26"77 | Vranckx Maria (ACHL) Haspesslagh Charlotte (AVMO) Van Tricht Kristina (AVZK) Scholliers Hilde (LEBB) | Zwevegem | 6/06/2009 |

MASTERS vrouwen W65

| | | | | |
|---------------------|----------|---------------------|-----------------|----------|
| 800 meter (indoor) | 3'07"53 | De Preter Berthilia | Birmingham (UK) | 2-03-97 |
| 3000 meter (indoor) | 13'54"17 | De Preter Berthilia | Birmingham (UK) | 28-02-97 |
| 1 uur | 12.467 m | De Preter Berthilia | Wespelaar | 4-10-96 |

MASTERS heren M35

| | | | | |
|---------------|---------|---|----------|-----------|
| 4 x 400 meter | 3'29"40 | De Moor Mario (FLAC) Dawyndt Frank (MACW) VAN LENT Jurgen (AVZK) Ackaert Yves (Huy) | Zwevegem | 1/06/2008 |
|---------------|---------|---|----------|-----------|

MASTERS heren M40

| | | | | |
|---------------|---------|--|----------|-----------|
| 4 x 800 meter | 8'12"94 | VAN LENT Jurgen (AVZK) Neefs Marc (DCLA) Hellinx David (WIBO) Luyens Yves (RCB) | Zwevegem | 6/06/2009 |
|---------------|---------|--|----------|-----------|

MASTERS heren M45

| | | | | |
|-----------------|-----------|---|-----------|-------------|
| 3000 meter | 8'33"70 | De Vocht Peter | Ninove | 29/08/2007 |
| 3000 m (indoor) | 8'43"03 | De Vocht Peter | Gent | 17/02/2008 |
| 5000 meter | 14'42"96 | De Vocht Peter | Heusden | 20/07/2008 |
| 10.000 meter | 30'37"01 | De Vocht Peter | Herentals | 7/09/2007 |
| 1 uur | 18.517 m | De Vocht Peter | Woluwe | 16/10/2005 |
| 24 uur (indoor) | 240.777 m | Vekemans Alfons | Izegem | 29/30-06-96 |
| 4 x 1500 meter | 17'23"24 | De Vocht Peter (AVZK) Vervaeet Dirk (Avlo) Gryp Lieven (Vac) Van De Steene Koenraad (AVZK) | Zwevegem | 4/07/2010 |

MASTERS heren M50

| | | | | |
|----------------------|-----------|-----------------|---------------|------------|
| 3.000 meter (indoor) | 9'06"22 | De Vocht Peter | Gent | 26/02/2012 |
| 10.000 meter | 30'55"17 | De Vocht Peter | Tessenderlo | 8/09/2010 |
| 24 uur | 230.224 m | Vekemans Alfons | Almere (Ned.) | 5/6-10-01 |

MASTERS heren M60

| | | | | |
|----------------------|----------|--|----------|------------|
| 60 m horden (indoor) | 13"63 | Meuris Alfons | Hoboken | 19/12/1993 |
| 4 x 1500 meter | 21'09"59 | Boexstaens Johnny (AVZK) Van Noten Omer (Roba) Claessens Jozef (Volh) Biaumet André (Aclo) | Zwevegem | 4/07/2010 |

MASTERS heren M65

| | | | | |
|-----------------|----------|-------------------|------------|------------|
| 800m (indoor) | 2'23"58 | Boexstaens Johnny | Gent | 8/03/2014 |
| 1500m (indoor) | 4'50"42 | Boexstaens Johnny | Boedapest | 30/03/2014 |
| 1000m | 3'08"78 | Boexstaens Johnny | Booischtot | 22/05/2015 |
| 1500m | 5'02"13 | Boexstaens Johnny | Lebbeke | 14/06/2014 |
| 2000m steeple | 7'42"01 | Boexstaens Johnny | Lyon (FR) | 16/08/2015 |
| Tienkamp (IAAF) | 1341 ptn | Meuris Alfons | Ninove | 3-10-99 |

MASTERS heren M70

| | | | | |
|-----------------|---------|---------------|--|------|
| Vijfkamp (IAAF) | 734 ptn | Meuris Alfons | | 2004 |
|-----------------|---------|---------------|--|------|

MASTERS heren M75

| | | | | |
|----------------------|----------|---------------|------|------------|
| 60 m horden (indoor) | 15"68 | Meuris Alfons | Gent | 10/03/2012 |
| Tienkamp (WMA) | 3902 ptn | Meuris Alfons | | 2008 |

MASTERS heren M80

| | | | | |
|---------------|---------|---------------|------------|------------|
| 80m horden | 24"04 | Meuris Alfons | Schaerbeek | 29/09/2013 |
| hamer (3kg) | 28m67 | Meuris Alfons | Turnhout | 21/09/2014 |
| 10-kamp (WMA) | 3057ptn | Meuris Alfons | Schaerbeek | 29/09/2013 |



9. PISTERECORDS 'DE LICHTEN'

DAMES

| | | | | | |
|--------------------|----------|---------------------------|-----|------|------------|
| 60m | 8"78 | Hermans Fleur | P | LYRA | 16/06/2018 |
| 80m | 10"78 | Horions Nele | M | DUFF | 7/09/2002 |
| | | Roskams Bente | M | ROBA | 22/05/2010 |
| 100m | 12"49 | Van Lent Lotte | C | AVZK | 27/05/2016 |
| 150m | 19"06 | Bula Bula Chadrak Belinda | M | VMOL | 16/06/2018 |
| 200m | 24"51 | Daems Sandrine | S | RCB | 25/09/1999 |
| 300m | 41"52 | Janssens Jana | J | VMOL | 2/06/2017 |
| 400m | 59"06 | Miri Yasmina | C | MAC | 16/05/2009 |
| 600m | 2'03"15 | Verschoren Femke | B | LYRA | 23/05/2009 |
| 800m | 2'12"65 | Schils Marlies | J | MAC | 16/05/2009 |
| 1000m | 2'55"47 | Kennes Klaartje | S | ROBA | 7/09/2001 |
| 1500m | 4'28"79 | Braem Kirsten | L | AVT | 4/09/2002 |
| 1 mijl | 5'23"10 | Jacobs Marijke | J | LIER | 4/09/2002 |
| 2000m | 6'37"59 | Goossens Patricia | J | SACN | 25/09/1999 |
| 3000m | 10'22"75 | Hofmans Evelien | J | OLSE | 20/04/2002 |
| 10000m | 39'06"12 | Vranckx Maria | W40 | ACHL | 2/07/2005 |
| 60m horden | 9"63 | Meulders Marie | M | AVZK | 17/06/2017 |
| 80m horden | 12"74 | Uttersprot Ellen | C | AT84 | 20/04/2002 |
| 100m horden (0,76) | 14"2 | HT De Jaegher Evi | L | ACHL | 20/04/2002 |
| 100m horden (0,84) | 15"39 | Aerts Sara | J | AVOS | 20/04/2002 |
| 300m horden | 50"31 | Nuyts Christien | C | ACHL | 20/04/2002 |
| 400m horden | 63"90 | Belmans Else | J | ACHL | 20/04/2002 |
| 1500m steeple | 5'05"77 | Vermeulen Heleen | C | KAPE | 27/05/2016 |
| 2000m steeple | 7'02"08 | Sijmens Charlotte | C | DCLA | 27/05/2011 |
| 3000m steeple | 11'01"26 | Gounakis Vasilias | J | VMOL | 27/05/2016 |
| Verspringen | 5m68 | Bolshakova Svetlana | S | SPVI | 16/05/2009 |
| Hinkstapspringen | 10m61 | Jansen Greet | L | ACHL | 20/04/2002 |
| Hoogspringen | 1m60 | Hooybergs Kaat | L | VMOL | 25/05/2012 |
| | | Hespel Nina | M | DCLA | 14/06/2014 |
| Polsstok | 3m76 | De Vocht Elien | L | AVZK | 25/05/2012 |
| Kogel (1 kg) | 9m03 | Liefooghe Jo-anne | B | ABES | 16/06/2012 |
| Kogel (2 kg) | 13m38 | Van Puyvelde Hannah | M | SPBO | 29/06/2002 |
| Kogel (3 kg) | 15m26 | Defrère Elena | L | DCLA | 1/06/2018 |
| Kogel (4 kg) | 12m47 | Wouters Annelies | J | ACHL | 4/07/2003 |
| Hockeybalwerpen | 40m63 | Houbrigts Jill | P | RCT | 17/06/2017 |
| Speer (400 g) | 35m47 | Van Puyvelde Hannah | M | SPBO | 7/09/2002 |
| Speer (500 g) | 48m29 | Van Den Brulle Katoke | L | ALVA | 14/04/2013 |
| Speer (600 g) | 44m92 | Willemsen Elfje | L | ARAC | 20/04/2002 |
| Discus (600 g) | 33m82 | Katelijne Lyssens | M | ROBA | 21/06/2008 |
| Discus (750 g) | 30m24 | Liefooghe Jo-anne | M | DUFF | 18/06/2016 |
| Discus (1 kg) | 44m47 | Emmerzaal Jill | S | NED | 2/06/2017 |
| 4 x 60 meter | 34"40 | OLSE | P | | 14/06/2014 |
| 4 x 80 meter | 42"58 | DCLA | M | | 22/06/2013 |
| 3 x 600 meter | 5'24.56 | DUFF | M | | 17/06/2017 |
| 4 x 100 meter | 47"87 | WIBO | AC | | 22/08/2001 |
| 4 x 200 meter | 1'42"20 | WIBO | AC | | 22/08/2001 |
| 4 x 400 meter | 4'06"65 | Atletica 84 | S | | 22/08/2001 |
| 4 x 800 meter | 9'45"05 | VMOL | AC | | 17/08/2014 |
| Olymp. aflossing | 4'43"78 | AVZK | AC | | 20/08/2003 |
| Vierkamp | 2295 ptn | Van de Velde Sofie | P | DUFF | 23/05/2009 |
| Vijfkamp | 3186 ptn | Gevers Tasja | M | VOLH | 21/05/2005 |
| 1 km snelw. | 7'08"55 | Weymiens Marjolein | M | DUFF | 1/07/2000 |

HEREN

| | | | | | |
|------------------|----------|------------------------|-----|-----------|------------|
| 60m | 8"54 | Hendrickx Neil | P | DUFF | 16/06/2012 |
| 80m | 9"92 | Devrindt Sander | M | AVT | 22/05/2004 |
| 100m | 10"86 | Caethoven Dave | S | LIER | 6/07/2001 |
| 150m | 18"90 | Justens Ruud | M | ACHL | 25/09/1999 |
| 200m | 21"89 | Caethoven Dave | S | LIER | 20/04/2002 |
| 300m | 34"50 | Rummens Tim | S | DCLA | 18/04/2014 |
| 400m | 48"40 | Vanchaze Tom | S | AVT | 16/05/2004 |
| 600m | 1'56"89 | Van de Schoor Senne | B | AVZK | 19/06/2010 |
| 800m | 1'55"23 | Keepers Gunther | S | ACHL | 20/04/2002 |
| 1000m | 2'26"81 | Valgaeren Sam | S | HULS | 23/05/2014 |
| 1500m | 4'00"12 | Verhaert Kris | S | HULS | 4/09/2002 |
| 2000m | 5'33"61 | Verschoren Pieter | S | ROBA | 18/04/2014 |
| 3000m | 8'28"27 | Pauwels Roel | S | VMOL | 16/05/2004 |
| 2 mijl | 9'08"42 | Van Loo Sven | S | ROBA | 6/07/2001 |
| 5000m | 15'16"23 | De Vocht Peter | M45 | AVZK | 10/06/2007 |
| 10000m | 32'13"77 | Laerte Dennis | S | DUFF | 2/07/2005 |
| 60m horden | 10"54 | Segers Daniel | P | EA | 16/06/2012 |
| 80m horden | 12"89 | Willem Geuskens | M | LYRA | 21/06/2008 |
| 300m horden | 46"33 | Delvaux Tom | C | ADD | 5/05/2001 |
| 400m horden | 57"05 | Swinnen Peter | J | ADD | 16/05/2004 |
| 1500m steeple | 4'29"09 | Peeters Dries | C | ACBR | 23/05/2014 |
| 2000m steeple | 6'06"60 | Van de Velde Tim | L | DUFF | 27/05/2016 |
| 3000m steeple | 9'27"14 | Hendrickx Tomas | S | ARAC | 23/05/2014 |
| Verspringen | 6m80 | Buys Lukas | L | SGOL | 25/05/2007 |
| Hinkstapspringen | 13m66 | Van Regenmortel Pieter | S | SGOL | 16/05/2004 |
| Hoogspringen | 2m01 | Jacobs Brett | S | ADD | 2/06/2017 |
| Polsstokspringen | 4m51 | Van Nuffel Thomas | L | AVZK | 22/05/2015 |
| Kogel (1 kg) | 10m61 | Buelens Mathias | B | SPBO | 16/06/2012 |
| Kogel (2 kg) | 10m48 | Ceulemans Seppe | P | AVZK | 24/05/2010 |
| Kogel (3 kg) | 11m84 | Janssens Ken | M | ACHL | 30/06/2001 |
| Kogel (4 kg) | 14m39 | Van Lysebetten Kristof | C | AT84 | 5/05/2001 |
| Kogel (5 kg) | 14m99 | Mergaerts Jan | L | ROBA | 20/08/2003 |
| Kogel (6 kg) | 12m77 | Steffen Janssens | J | AVZK | 23/05/2008 |
| Kogel (7,260 kg) | 14m36 | Beyens Stefan | S | ACHL | 27/05/2011 |
| Hockeybalwerpen | 52m30 | Van den Bosch Vincent | P | DUFF | 8/09/2000 |
| Speer (400 g) | 42m80 | Schepers Bart | M | DUFF | 8/09/2001 |
| Speer (600 g) | 60m62 | Laporte Vincent | C | AVZK | 15/04/2012 |
| Speer (700 g) | 64m10 | Laporte Vincent | L | AVZK | 14/04/2013 |
| Speer (800 g) | 55m55 | De Preter Mathias | S | OEH | 7/07/2000 |
| Discus (600 g) | 30m67 | Naulaerts Joachim | P | ACBR | 1/07/2000 |
| Discus (750 g) | 42m22 | Huts Gerbrand | M | RCT | 21/05/2011 |
| Discus (1 kg) | 46m83 | Laporte Vincent | C | AVZK | 25/05/2012 |
| Discus (1,5 kg) | 43m98 | Mergaerts Jan | L | ROBA | 20/08/2003 |
| Discus (1,75 kg) | 38m08 | Steffen Janssens | J | AVZK | 23/05/2008 |
| Discus (2 kg) | 48m31 | Van Dijck Philip | S | Duitsland | 18/04/2014 |
| 4 x 60 meter | 34"55 | DUFF | P | | 16/06/2012 |
| 4 x 80 meter | 42"29 | AVZK | M | | 17/08/2014 |
| 3 x 600 meter | 5'22"80 | AVZK | M | | 17/08/2014 |
| 4 x 100 meter | 43"23 | A.C. Lierse | AC | | 22/08/2001 |
| 4 x 200 meter | 1'30"02 | A.C. Lierse | AC | | 22/08/2001 |
| 4 x 400 meter | 3'21.67 | ARAC | AC | | 17/08/2014 |
| 4 x 800 meter | 8'02.88 | ACHL | L | | 17/08/2014 |
| 4 x 1500 meter | 16'22"04 | A.C. Duffel | AC | | 22/08/2001 |
| Olymp. aflossing | 3'34"03 | Looise | AC | | 4/09/2002 |
| Vierkamp | 2357 ptn | Van Dyck Jorn | P | ACHL | 23/05/2009 |
| Vijfkamp | 4116 ptn | Lemmens Frederik | M | GENK | 22/05/2004 |
| 1 km snelw. | 6'06"61 | Schepers Koen | P | DUFF | 1/07/2000 |
| 5 km snelw. | 29'03"51 | De Rede Marcel | M40 | BRAB | 20/04/2002 |

10. AVZK - TOP 10 ALLER TIJDEN

DAMES - INDOOR

(tussen haakjes de 10e prestatie van het jaarboek 2017)
 In indoorseizoen 2017-18 zijn er 22 prestaties hier toegevoegd.

| <u>60 meter</u> | | (8"49) | | | |
|-----------------|------|-------------------|---|---------|------------|
| 1 | 7.57 | Van Lent Lotte | L | Gent | 5/03/2017 |
| 2 | 8.02 | Volckaerts Linda | S | Hoboken | 19/12/1993 |
| 3 | 8.05 | Smets Ibich | L | Gent | 2/03/2014 |
| 4 | 8.10 | Van Roie Liesbet | J | Gent | 20/02/1999 |
| 5 | 8.11 | Binyingo Isabelle | C | Gent | 11/02/1996 |
| 6 | 8.22 | Meulders Marie | C | Hoboken | 27/01/2018 |
| 7 | 8.26 | Daems Olivia | L | Gent | 16/02/2013 |
| 8 | 8.32 | Oost Morgan | C | Gent | 7/01/2017 |
| 9 | 8.40 | Gendarme Xana | C | Hoboken | 27/01/2018 |
| 10 | 8.41 | Verschoren Sarah | L | Gent | 26/12/2004 |

| <u>150 meter</u> | | (23"31) | | | |
|------------------|-------|------------------|---|------------|------------|
| 1 | 19.98 | Van Lent Lotte | M | Gent | 22/02/2014 |
| 2 | 21.25 | Laporte Morgan | M | Gent | 23/02/2013 |
| 3 | 21.57 | Meulders Marie | M | Gent | 14/01/2017 |
| 4 | 21.65 | Hutsebaut Jutta | M | Gent | 30.12.2017 |
| 5 | 21.80 | Janssens Jolien | M | Gent | 20/03/2004 |
| 6 | 22.49 | Daems Olivia | M | Gent | 21/03/2009 |
| 7 | 22.88 | Peeters Bloeme | M | Gent | 26/02/2011 |
| 8 | 23.09 | Verschoren Sarah | M | Gent | 23/12/2000 |
| 9 | 23.19 | Van Hove Kaat | | 23.19 Gent | 25/02/2017 |
| 10 | 23.31 | Smets Ibich | M | Gent | 21/03/2009 |

| <u>200 meter</u> | | (28"13) | | | |
|------------------|-------|---------------------|---|------|------------|
| 1 | 25.57 | Van Lent Lotte | C | Gent | 24/01/2016 |
| 2 | 26.53 | Smets Ibich | L | Gent | 26/01/2014 |
| 3 | 27.33 | Daems Olivia | L | Gent | 20/01/2013 |
| 4 | 27.39 | Verschoren Sarah | J | Gent | 17/12/2005 |
| 5 | 27.44 | Peeters Bloeme | C | Gent | 11/01/2014 |
| 6 | 27.44 | Meulders Marie | C | Gent | 23.12.2017 |
| 7 | 27.46 | Laporte Morgan | L | Gent | 3/02/2016 |
| 8 | 27.56 | Oost Morgan | C | Gent | 7/01/2017 |
| 9 | 27.67 | Vandenhove Lore | L | Gent | 5/01/2014 |
| 10 | 27.90 | Bellefroid Kimberly | L | Gent | 13/12/2003 |

| <u>300 meter</u> | | | | | |
|------------------|-----------|------------------|-----|------|------------|
| 1 | 42.99 | Van Lent Lotte | C | Gent | 14/02/2015 |
| 2 | 43.6 (HT) | Verschoren Sarah | J | Gent | 26/12/2005 |
| 3 | 44.12 | Smets Ibich | L | Gent | 22/02/2014 |
| 4 | 45.13 | Laporte Morgan | C | Gent | 2/01/2016 |
| 5 | 46.97 | Milloen Nele | C | Gent | 2/01/2016 |
| 6 | 48.92 | Tielemans Robin | C | Gent | 28/12/2013 |
| 7 | 55.11 | Crauwels Anja | W40 | Gent | 2/01/2016 |

Top 10 aller tijden - Indoor dames

400 meter (66"40)

| | | | | | |
|----|---------|---------------------|-----|------|------------|
| 1 | 1:00.51 | Laporte Morgan | L | Gent | 28/02/2016 |
| 2 | 61.48 | Verschoren Sarah | L | Gent | 16/01/2005 |
| 3 | 61.78 | Bellefroid Kimberly | L | Gent | 18/01/2004 |
| 4 | 62.06 | Meuris Vera | S | Gent | 26/12/1995 |
| 5 | 1:03.10 | Peeters Bloeme | C | Gent | 26/12/2013 |
| 6 | 63.58 | Gillhaus Angelique | W45 | Gent | 12/03/2011 |
| 7 | 65.33 | Vandenhove Lore | C | Gent | 8/01/2012 |
| 8 | 65.51 | Daems Olivia | C | Gent | 26/12/2011 |
| 9 | 66.04 | Marien Dana | C | Gent | 7/01/1996 |
| 10 | 66.40 | Van Mensel Greet | S | Gent | 26/12/2004 |

800 meter (2'36"96)

| | | | | | |
|----|---------|--------------------|-----|------|------------|
| 1 | 2:19.87 | Maes Kim | L | Gent | 12/01/1992 |
| 2 | 2:21.84 | Peeters Bloeme | L | Gent | 8/03/2015 |
| 3 | 2:28.38 | Van Mensel Greet | S | Gent | 15/01/2006 |
| 4 | 2:30.03 | Gillhaus Angélique | W40 | Gent | 8/03/2008 |
| 5 | 2:30.34 | Symons Anja | S | Gent | 26/12/1995 |
| 6 | 2:30.90 | Heylen Katherine | C | Gent | 15/02/2006 |
| 7 | 2:33.15 | Goormans Jolien | C | Gent | 26/12/2013 |
| 8 | 2:34.15 | Laporte Morgan | J | Gent | 07.01.2018 |
| 9 | 2:35.46 | Bassleer Katinka | M | Gent | 8/02/2012 |
| 10 | 2:36.53 | Vandenhove Lore | L | Gent | 1/02/2014 |

1000 meter (3'49"81)

| | | | | | |
|----|---------|----------------------|---|------|------------|
| 1 | 3:02.28 | Peeters Bloeme | C | Gent | 22/02/2014 |
| 2 | 3:11.02 | Van Mensel Greet | S | Gent | 12/02/2005 |
| 3 | 3:20.52 | Bassleer Katinka | M | Gent | 18/03/2012 |
| 4 | 3:22.63 | Verschoren Sarah | C | Gent | 29/12/2001 |
| 5 | 3:27.77 | Milloen Nele | M | Gent | 21/03/2015 |
| 6 | 3:33.80 | De Rijck Lola | P | Gent | 21/03/2015 |
| 7 | 3:37.70 | Laporte Morgan | P | Gent | 27/02/2011 |
| 8 | 3:41.89 | Vangoidsenhoven Jone | M | Gent | 29/12/2007 |
| 9 | 3:45.61 | Milloen Nele | P | Gent | 18/03/2012 |
| 10 | 3:49.35 | Hutsebaut Hasse | P | Gent | 11.03.2018 |

1500 meter

| | | | | | |
|---|---------|---------------------|---|-----------------|------------|
| 1 | 4:52.39 | Peeters Bloeme | L | Gent | 21/02/2015 |
| 2 | 5:08.42 | Heylen Els | L | Gent | 15/02/2006 |
| 3 | 5:27.23 | Lambrechts Ellen | J | Gent (SVS) | 15/02/2012 |
| 4 | 6:14.68 | Van Hove Tinneke | L | Gent | 20/02/2008 |
| 5 | 6:54.10 | De Preter Berthilia | V | Birmingham (GB) | 2/03/1997 |

3000 meter

| | | | | | |
|---|----------|---------------------|---|-----------------|--|
| 1 | 13:54.17 | De Preter Berthilia | V | Birmingham (GB) | |
|---|----------|---------------------|---|-----------------|--|

60 m. horden (76cm)

| | | | | | |
|---|----------|------------------|---------|---------|------------|
| | | | (10"60) | | |
| 1 | 9.13 | Van Lent Lotte | C | Gent | 8/03/2015 |
| 2 | 9.16 | Meulders Marie | C | Gent | 23.12.2017 |
| 3 | 9.23 | Vandenhove Lore | L | Gent | 1/02/2014 |
| 4 | 9.41 | Smets Ibich | L | Gent | 20/01/2013 |
| 5 | 9.5 (HT) | Van Roie Liesbet | C | Hoboken | 23/12/1995 |
| 6 | 10.05 | Hutsebaut Jutta | M | Hoboken | 25.11.2017 |
| 7 | 10.33 | Verschoren Sarah | L | Gent | 27/02/2005 |

Top 10 aller tijden - Indoor dames

| | | | | |
|-----------|----------------------|---|---------|-------------------|
| 8 | 10.44 Milloen Sarie | M | Hoboken | 17.02.2018 |
| 9 | 10.49 Laporte Morgan | L | Gent | 7/02/2016 |
| 10 | 10.57 Peeters Bloeme | C | Gent | 29/12/2012 |

4 X 200 meter

| | | | | |
|----------|--------------|---|------|------------|
| 1 | 2:39.62 AVZK | B | Gent | 19/02/2011 |
|----------|--------------|---|------|------------|

Hinkstapspringen

| | | | | |
|----------|------------------------|---|---------|------------|
| 1 | 10m22 Van Roie Liesbet | C | Gent | 7/01/1996 |
| 2 | 9m99 Smets Ibich | L | Gent | 5/01/2013 |
| 3 | 9m68 Janssens Jolien | L | Hoboken | 10/12/2006 |
| 4 | 9m52 Van Hoogten Marie | L | Gent | 3/01/2015 |
| 5 | 9m43 Verschoren Sarah | L | Gent | 28/12/2003 |
| 6 | 9m04 Marien Dana | C | Hoboken | 3/12/1994 |
| 7 | 7m56 Van Winckel Lieve | C | Hoboken | 3/12/1994 |

Hoogspringen

(1m45)

| | | | | |
|----------|---------------------------|---|---------|-------------------|
| 1 | 1m60 Van Oosterwyck Lotte | S | Hoboken | 13.01.2018 |
| 2 | 1m58 Van Den Broeck Leen | S | Gent | 7/01/2017 |
| 3 | 1m56 Vandenhove Lore | L | Gent | 5/01/2013 |
| 4 | 1m55 Van Hoogten Hanne | L | Mol | 14/01/2012 |
| | 1m55 Van Hoogten Marie | L | Hoboken | 15/02/2015 |
| 6 | 1m51 Van Lent Lotte | C | Mol | 19/12/2015 |
| 7 | 1m46 Van Loock Britt | C | Gent | 5/01/2014 |
| 8 | 1m45 Marien Dana | L | Hoboken | 18/01/1997 |
| | 1m45 Letor Aline | C | Gent | 5/01/2013 |
| | 1m45 Laporte Morgan | L | Gent | 13/12/2003 |

Polsstokspringen

| | | | | |
|----------|-----------------------|---|------------------|-------------------|
| 1 | 4m20 De Vocht Elien | S | Metz / Frankrijk | 23/01/2016 |
| 2 | 4m00 Van Roie Liesbet | S | Gent | 20/12/2003 |
| 3 | 3m15 Peeters Bloeme | C | Gent | 20/01/2013 |
| 4 | 2m83 Milloen Sarie | M | Tienen | 10.02.2018 |
| 5 | 2m73 Schelkens Lauren | C | Tienen | 10.02.2018 |
| 6 | 2m55 Bogaerts Jill | C | Gent | 8/03/2009 |
| 7 | 2m40 Van Lent Lotte | C | Gent | 2/01/2016 |
| 8 | 2m23 Schelkens Jade | M | Tienen | 10.02.2018 |
| 9 | 2m10 Milloen Nele | C | Gent | 10/01/2016 |

Verspringen (4m76)

| | | | | |
|-----------|---------------------------|---|---------|-------------------|
| 1 | 5m15 Laporte Morgan | L | Gent | 10/01/2016 |
| 2 | 5m15 Meulders Marie | C | Hoboken | 27.01.2018 |
| 3 | 5m11 Van Roie Liesbet | J | Hoboken | 26/12/1999 |
| 4 | 4m92 Marien Dana | L | Gent | 12/01/1997 |
| 5 | 4m92 Vandenhove Lore | L | Gent | 1/02/2014 |
| 6 | 4m87 Bellefroid Kimberly | L | Gent | 28/12/2003 |
| 7 | 4m84 Smets Ibich | L | Gent | 29/12/2012 |
| 8 | 4m82 Janssens Jolien | C | Gent | 15/01/2006 |
| 9 | 4m78 Van Oosterwyck Lotte | L | Gent | 5/02/2014 |
| 10 | 4m76 Binyingo Isabelle | C | Hoboken | 19/11/1995 |

Top 10 aller tijden - Indoor dames

Kogel 1 kg (5m66)

| | | | | | |
|----|------|------------------------|---|---------|------------|
| 1 | 7m58 | Gendarme Xana | B | Hoboken | 17/03/2013 |
| 2 | 6m84 | Lambaerts Newt | B | Hoboken | 29/01/2006 |
| 3 | 6m74 | Hutsebaut Hasse | B | Hoboken | 29/01/2017 |
| 4 | 6m28 | Heremans Stefanie | B | Hoboken | 13/12/1998 |
| 5 | 6m03 | Marien Kjersti | B | Hoboken | 16/02/2014 |
| 6 | 6m03 | Schelkens Jade | B | Hoboken | 28/12/2013 |
| 7 | 5m91 | Van Den Eynde Annelies | B | Hoboken | 10/11/1996 |
| 8 | 5m85 | Baestaens Marie | B | Hoboken | 30/11/2003 |
| 9 | 5m77 | Vangoidsenhoven Jone | B | Gent | 13/02/2005 |
| 10 | 5m66 | Milloen Sarie | B | Hoboken | 2/02/2014 |

Kogel 2 kg (8m06)

| | | | | | |
|----|-------|-------------------|---|---------|------------|
| 1 | 10m03 | Goormans Jolien | M | Gent | 30/01/2013 |
| 2 | 12m12 | Gendarme Xana | M | Gent | 1/02/2017 |
| 3 | 11m18 | Gijsemans Inge | M | Hoboken | 17/03/1996 |
| 4 | 10m67 | Oost Morgan | M | Gent | 16/02/2014 |
| 5 | 9m91 | Janssens Jolien | M | Gent | 11/01/2004 |
| 6 | 9m85 | Marien Dana | M | Hoboken | 12/02/1994 |
| 7 | 9m21 | Fleerackers Britt | M | Hoboken | 17.12.2017 |
| 8 | 8m85 | Schelkens Jade | M | Hoboken | 27.01.2018 |
| 9 | 8m60 | Goossens Liesbeth | M | Hoboken | 18/03/2012 |
| 10 | 8m42 | Milloen Sarie | M | Hoboken | 17.02.2018 |

Kogel 3 kg (8m08)

| | | | | | |
|----|-------|------------------|-----|---------|------------|
| 1 | 11m09 | Gijsemans Inge | C | Gent | 15/02/1998 |
| 2 | 10m98 | Oost Morgan | C | Gent | 24/01/2016 |
| 3 | 10m64 | Gendarme Xana | C | Gent | 21.01.2018 |
| 4 | 10m48 | Marien Dana | L | Gent | 22/12/1996 |
| 5 | 9m46 | Oost Morgan | C | Hoboken | 27/11/2016 |
| 6 | 9m43 | Laporte Morgan | L | Gent | 7/02/2016 |
| 7 | 9m05 | Janssens Jolien | C | Hoboken | 28/11/2004 |
| 8 | 8m88 | Meulemans Goele | W50 | Gent | 11/03/2017 |
| 9 | 8m68 | Goormans Jolien | C | Gent | 4/02/2015 |
| 10 | 8m65 | Van Roie Liesbet | C | Hoboken | 25/02/1996 |

Kogel 4 kg (6m42)

| | | | | | |
|----|------|---------------------|---------|------------|------------|
| 1 | 9m36 | Gijsemans Inge | L | Hoboken | 27/12/1998 |
| 2 | 8m81 | Van Hoogten Hanne | J | Tienen | 23/02/2013 |
| 3 | 8m26 | Gendarme Naomi | S | Hoboken | 27/01/2018 |
| 4 | 7m70 | Verschoren Liesbeth | J | Hoboken | 13/12/2003 |
| 5 | 7m65 | Meulemans Goele | W45 | Gent (PK) | 8/01/2012 |
| 6 | 7m62 | Verschoren Sarah | L | Diepenbeek | 18/12/2004 |
| 7 | 7m39 | Gyselinckx Elke | L | Gent | 13/01/2008 |
| 8 | 6m86 | Van Winckel Lieve | Masters | Gent | 11/03/2017 |
| 9 | 6m76 | Crauwels Anja | W35 | Gent (PK) | 8/01/2011 |
| 10 | 6m42 | De Haes Caroline | L | Alken | 20/11/2004 |

Driekamp

| | | | | | |
|---|----------|-------------------|---|------------|------------|
| 1 | 1369 ptn | Van Roie Liesbet | C | Uden (Ned) | 12/11/1994 |
| 2 | 1042 ptn | Van Winckel Lieve | C | Uden (Ned) | 12/11/1994 |
| 3 | 742 ptn | Heremans Stefanie | B | Hoboken | 22/11/1998 |

Top 10 aller tijden - Indoor dames

Vierkamp

| | | | | | |
|---|----------|------------------|---|------------|------------|
| 1 | 1764 ptn | Van Roie Liesbet | C | Schaarbeek | 26/03/1995 |
| 2 | 1594 ptn | Hutsebaut Hasse | B | Hoboken | 17.02.2018 |
| 3 | 1280 ptn | Marien Svelte | P | Hoboken | 10/03/2013 |
| 4 | 1092 ptn | Milloen Sarie | P | Hoboken | 8/02/2015 |
| 5 | 728 ptn | Marien Kjersti | B | Hoboken | 10/03/2013 |

Vijfkamp

| | | | | | |
|---|----------|------------------|---|---------|------------|
| 1 | 3085 ptn | Vandenhove Lore | L | Gent | 1/02/2014 |
| 2 | 2857 ptn | Laporte Morgan | L | Gent | 7/02/2016 |
| 3 | 2744 ptn | Van Roie Liesbet | C | Hoboken | 23/12/1995 |
| 4 | 2601 ptn | Milloen Sarie | M | Hoboken | 17.02.2018 |
| 5 | 2494 ptn | Verschoren Sarah | L | Gent | 27/02/2005 |
| 6 | 2398 ptn | Marien Svelte | M | Hoboken | 8/02/2015 |
| 7 | 1295 ptn | Creemers Esra | M | Hoboken | 17.02.2018 |



HEREN - INDOOR

Tussen haakjes de 10e prestatie van het jaarboek 2017.

In indoorseizoen 2017-18 zijn er 16 prestaties hier toegevoegd

50 meter

| | | | | | |
|---|------|--------------|---|--------|------------|
| 1 | 6.17 | Deca Jan | J | Leuven | 20/12/2005 |
| 2 | 6.47 | De Fyn Johan | J | Leuven | 9/12/2003 |
| 3 | 6.68 | Deca Wim | J | Leuven | 20/12/2005 |

60 meter (7"58)

| | | | | | |
|---|------|-----------------|-----|----------------|------------|
| 1 | 7.05 | Aerts Tim | S | Hoboken | 22/12/1991 |
| 2 | 7.12 | Deca Jan | L | Gent | 24/02/2002 |
| 3 | 7.17 | De Fyn Johan | J | Hoboken | 8/02/2003 |
| 4 | 7.35 | Verrept Nick | S | Hoboken | 10/12/2006 |
| 5 | 7.38 | De Fyn Jan | J | Dortmund (GER) | 5/02/2006 |
| 6 | 7.40 | Verbist Jelle | J | Gent | 31/01/2007 |
| 7 | 7.54 | Laporte Vincent | S | Gent | 26/02/2017 |
| 8 | 7.58 | Dobbelaere Jorn | L | Gent | 8/01/2005 |
| 8 | 7.58 | Neels Frank | M35 | Gent | 19/02/2006 |
| 8 | 7.58 | Gybels Niels | L | Gent | 13/01/2007 |
| 8 | 7.58 | Ceulemans Seppe | J | Gent | 4/02/2017 |

150 meter (22"74)

| | | | | | |
|----|-------|--------------------|---|------|------------|
| 1 | 20.52 | Milloen Sander | M | Gent | 6/12/2014 |
| 2 | 20.83 | Verbocht Jens | M | Gent | 26/12/2009 |
| 2 | 20.83 | Coremans Stef | M | Gent | 22/02/2014 |
| 4 | 20.97 | Laporte Vincent | M | Gent | 26/12/2009 |
| 5 | 21.32 | Deca Jan | M | Gent | 20/03/1999 |
| 6 | 21.44 | D'hooghe Zico | M | Gent | 22/02/2014 |
| 7 | 21.60 | Heremans Kristof | M | Gent | 20/02/1999 |
| 8 | 21.61 | Tshimanga Arnaud | M | Gent | 23/02/2013 |
| 9 | 21.64 | Lambrechts Maarten | M | Gent | 5/03/2016 |
| 10 | 21.93 | Henderickx Sander | M | Gent | 25/02/2017 |

200 meter (24"89)

| | | | | | |
|----|-------|--------------------|---|----------------|------------|
| 1 | 22.01 | Deca Jan | L | Gent | 1/03/2003 |
| 2 | 23.00 | Verrept Nick | S | Gent | 25/02/2007 |
| 3 | 23.19 | Gybels Niels | L | Gent | 13/01/2007 |
| 4 | 23.36 | Laporte Vincent | J | Gent | 4/02/2015 |
| 5 | 23.73 | Verbist Jelle | J | Gent | 31/01/2007 |
| 6 | 24.10 | Milloen Sander | C | Gent | 5/03/2017 |
| 7 | 24.30 | Coremans Stef | C | Gent | 28/02/2016 |
| 8 | 24.42 | Neels Frank | V | Gent | 25/02/2007 |
| 9 | 24.50 | Deca Wim | J | Dortmund (GER) | 5/02/2006 |
| 10 | 24.75 | Lambrechts Maarten | C | Gent | 04.03.2018 |

300 meter

| | | | | | |
|---|-------|-------------------|---|------|------------|
| 1 | 36.89 | Gybels Niels | L | Gent | 26/12/2006 |
| 2 | 37.40 | Laporte Vincent | L | Gent | 2/03/2014 |
| 3 | 38.10 | Milloen Sander | C | Gent | 25/02/2017 |
| 4 | 38.79 | Van Bael Jens | J | Gent | 25/02/2017 |
| 5 | 40.68 | Coremans Stef | C | Gent | 5/12/2015 |
| 6 | 44.45 | Ceulemans Vincent | C | Gent | 2/01/2016 |

Top 10 aller tijden - Indoor heren

7 46.41 Salien Aaron C Gent 29/12/2012

400 meter (57"10)

| | | | | | |
|----|-------|-------------------|---|------|------------|
| 1 | 50.79 | Verrept Nick | S | Gent | 15/01/2006 |
| 2 | 50.86 | Gybels Niels | L | Gent | 21/01/2007 |
| 3 | 51.53 | Laporte Vincent | L | Gent | 2/03/2014 |
| 4 | 52.50 | Verbist Jelle | J | Gent | 13/01/2007 |
| 5 | 52.95 | Van Lent Jurgen | V | Gent | 28/02/2009 |
| 6 | 54.22 | Deca Wim | L | Gent | 6/03/2005 |
| 7 | 55.07 | Van Bael Jens | L | Gent | 10/01/2016 |
| 8 | 55.09 | Luyten Kristof | J | Gent | 28/12/2003 |
| 9 | 55.42 | Neels Frank | S | Gent | 4/01/2003 |
| 10 | 55.39 | Ceulemans Vincent | L | Gent | 07.01.2018 |

800 meter (2'11"75)

| | | | | | |
|----|---------|------------------------|-----|------|------------|
| 1 | 1:58.20 | Laporte Vincent | J | Gent | 3/01/2015 |
| 2 | 1:59.08 | Van Lent Jurgen | S | Gent | 28/01/2001 |
| 3 | 2:02.73 | Van Looy Rudy | S | Gent | 11/12/1993 |
| 4 | 2:03.96 | Favot Glenn | J | Gent | 10/12/2005 |
| 5 | 2:04.92 | De Winter Brent | L | Gent | 5/01/2013 |
| 6 | 2:05.96 | Van den Schoor Senne | L | Gent | 26.12.2017 |
| 7 | 2:06.15 | Stroobants Jelle | J | Gent | 6/01/2002 |
| 8 | 2:07.45 | Van Loo Sven | L | Gent | 9/01/1994 |
| 9 | 2:11.61 | Van Rillaer Stefan | M35 | Gent | 26/12/2005 |
| 10 | 2:11.62 | Van De Steene Koenraad | M45 | Gent | 3/01/2010 |

1000 meter (3'20"29)

| | | | | | |
|----|---------|----------------------|-----|------|------------|
| 1 | 2:40.57 | Van Lent Jurgen | M40 | Gent | 27/02/2011 |
| 2 | 2:48.82 | Van Rillaer Stefan | M35 | Gent | 18/03/2007 |
| 3 | 2:49.36 | Van den Schoor Senne | L | Gent | 30.12.2017 |
| 4 | 2:54.98 | Busschodts René | S | Gent | 10/12/1994 |
| 5 | 2:58.48 | Van Bael Jens | L | Gent | 7/02/2016 |
| 6 | 3:01.12 | Peeters Jannes | C | Gent | 2/01/2016 |
| 7 | 3:08.02 | Ceulemans Seppe | J | Gent | 5/02/2017 |
| 8 | 3:08.27 | Milloen Sander | C | Gent | 5/02/2017 |
| 9 | 3:12.26 | Laporte Vincent | M | Gent | 23/01/2010 |
| 10 | 3:19.46 | Verschoren Raf | C | Gent | 29/12/2001 |

1500 meter

| | | | | | |
|----|---------|------------------------|-----------|--------------|------------|
| 1 | 4:13.20 | De Kerpel Wesley | J | Gent | 15/02/2006 |
| 2 | 4:13.85 | De Vocht Peter | M45 | Gent | 17/12/2005 |
| 3 | 4:18.12 | Van De Steene Koenraad | M45 | Gent | 28/02/2009 |
| 4 | 4:20.4 | Van Looy Rudy | S | Dortmund (D) | 19/02/1995 |
| 5 | 4:20.74 | Engelen Gert | M40 | Gent | 28/02/2009 |
| 6 | 4:30.27 | Bassleer Berend | J | Gent | 15/02/2012 |
| 7 | 4:31.9 | Busschodts René | S | Dortmund (D) | 19/02/1995 |
| 8 | 4:41.43 | Van Aelst Dirk | Masters I | Gent | 11/03/2017 |
| 9 | 4:47.52 | Boexstaens Johny | M60 | Gent | 20/03/2011 |
| 10 | 4:53.40 | Van Den Schoor Bart | Masters I | Gent | 11/03/2017 |

Mijl

| | | | | | |
|---|---------|-----------------|-----|------|------------|
| 1 | 5:49.40 | Busschodts René | M45 | Gent | 26/12/2006 |
|---|---------|-----------------|-----|------|------------|

3000 meter

Top 10 aller tijden - Indoor heren

| | | | | | |
|---|----------|------------------|-----|------|------------|
| 1 | 8:20.18 | De Vocht Peter | S | Gent | 22/01/1995 |
| 2 | 8:34.26 | Van Loo Sven | S | Gent | 28/01/1998 |
| 3 | 10:15.10 | Grietens Francis | M40 | Gent | 4/01/1995 |
| 4 | 10:19.22 | Boexstaens Johny | M60 | Gent | 16/03/2011 |

60 m. horden (11"04)

| | | | | | |
|----|-------|-------------------|-----|---------------------|------------|
| 1 | 8.87 | Ceulemans Seppe | J | Gent | 5/02/2017 |
| 2 | 9.02 | De Fyn Johan | L | Gent | 24/02/2002 |
| 3 | 9.05 | Marijen Sven | M40 | Hoboken | 10/02/2013 |
| 4 | 9.06 | Milloen Sander | C | Gent | 7/01/2017 |
| 5 | 9.55 | Van Bael Jens | L | Gent | 7/02/2016 |
| 6 | 9.58 | Heremans Kristof | C | Gent | 6/01/2001 |
| 7 | 9.95 | Deca Jan | C | Hoboken | 26/11/2000 |
| 8 | 10.04 | Deca Wim | L | Hoboken | 28/11/2004 |
| 9 | 10.43 | Pauwels Jeroen | C | Hoboken | 13/12/2003 |
| 10 | 10.88 | Henderickx Sander | M | Hoboken (Antwerpen) | 17.02.2018 |

Verspringen (5m47)

| | | | | | |
|----|------|-----------------|---|---------|------------|
| 1 | 6m96 | Deca Jan | L | Hoboken | 8/03/2003 |
| 2 | 6m43 | Laporte Vincent | S | Gent | 26/02/2017 |
| 3 | 6m19 | Van Bael Jens | J | Gent | 4/02/2017 |
| 4 | 6m01 | D'hooghe Zico | L | Gent | 24.02.2018 |
| 5 | 6m00 | De Fyn Johan | J | Leuven | 9/12/2003 |
| 6 | 5m98 | Ceulemans Seppe | J | Gent | 4/02/2017 |
| 7 | 5m71 | Milloen Sander | C | Gent | 4/02/2017 |
| 8 | 5m70 | Verbist Jelle | L | Gent | 15/02/2006 |
| 9 | 5m61 | Lambaerts Dean | L | Hoboken | 11/03/2007 |
| 10 | 5m54 | Deca Wim | L | Hoboken | 13/03/2005 |

Hinkstapspringen (9m38)

| | | | | | |
|----|-------|--------------------|---|----------------|------------|
| 1 | 13m78 | Laporte Vincent | L | Gent | 19/01/2014 |
| 2 | 13m08 | Verschoren Raf | S | Gent | 13/01/2007 |
| 3 | 12m99 | De Fyn Johan | S | Gent | 13/01/2007 |
| 4 | 12m34 | Van Bael Jens | J | Gent | 7/01/2017 |
| 5 | 12m28 | Lambaerts Dean | L | Hoboken | 9/12/2007 |
| 6 | 12m06 | Pelgrims Geordy | L | Gent | 21/01/2007 |
| 7 | 10m71 | Laporte Jens | L | Gent | 20/12/2003 |
| 8 | 10m70 | Van Roie Steven | L | Gent | 8/01/1995 |
| 9 | 10m50 | Bruynseels Tom | L | Gent | 25/01/1998 |
| 10 | 10m48 | Heremans Kristof | C | Hoboken | 12/12/1999 |
| | 10m48 | Lambrechts Maarten | C | Heusden-Zolder | 11.02.2018 |

Hoog (1m60)

| | | | | | |
|----|------|-------------------|---|---------|------------|
| 1 | 1m96 | Poppelmonde Dries | J | Mol | 14/01/2012 |
| 2 | 1m95 | Verlinden Jasper | S | Hoboken | 15/02/2015 |
| 3 | 1m80 | Verschoren Raf | S | Gent | 26/12/2006 |
| | 1m80 | Van Bael Jens | C | Gent | 10/01/2016 |
| 5 | 1m78 | Ceulemans Seppe | J | Gent | 4/02/2017 |
| 6 | 1m74 | Heremans Kristof | C | Gent | 21/01/2001 |
| 7 | 1m73 | D'hooghe Zico | L | Tienen | 10.02.2018 |
| 8 | 1m72 | Milloen Sander | C | Gent | 22/01/2017 |
| 9 | 1m70 | Pelgrims Geordy | L | Hoboken | 8/01/2006 |
| 10 | 1m68 | Verlinden Tuur | L | Gent | 8/03/2015 |

Polsstok (2m40)

Top 10 aller tijden - Indoor heren

| | | | | | |
|----|------|---------------------|---|--------|------------|
| 1 | 4m52 | Van Nuffelen Thomas | J | Gent | 10/01/2016 |
| 2 | 4m00 | Laporte Jens | S | Mol | 16/01/2011 |
| | 4m00 | Van Bael Jens | J | Gent | 5/02/2017 |
| 4 | 3m61 | Ceulemans Seppe | L | Tienen | 20/02/2016 |
| 5 | 3m20 | Milloen Sander | C | Gent | 4/02/2017 |
| 6 | 2m87 | Verlinden Tuur | C | Mol | 10/01/2015 |
| 7 | 2m65 | Naets Yari | L | Gent | 10/01/2016 |
| 8 | 2m52 | Lambrechts Maarten | C | Gent | 18.02.2018 |
| 9 | 2m47 | Thevissen Yani | C | Mol | 10/01/2015 |
| 10 | 2m40 | Heremans Kristof | C | Gent | 6/01/2001 |

Kogel 1 kg (5m87)

| | | | | | |
|----|------|-------------------|---|---------|------------|
| 1 | 8m65 | Ceulemans Vincent | B | Hoboken | 7/11/2010 |
| 2 | 8m40 | Poppelmonde Dries | B | Hoboken | 15/12/2002 |
| 3 | 8m11 | Laporte Vincent | B | Gent | 4/03/2006 |
| 4 | 7m97 | Naets Ilan | B | Gent | 23/03/2013 |
| 5 | 7m78 | De Fyn Jan | B | Hoboken | 23/02/1997 |
| 6 | 6m85 | Deca Wim | B | Hoboken | 10/11/1996 |
| 7 | 6m44 | Peeters Jannes | B | Gent | 19/02/2011 |
| 8 | 6m38 | Verbeeck Jesse | B | Hoboken | 12/01/2014 |
| 9 | 6m24 | Verbeeck Yarno | B | Hoboken | 15/01/2011 |
| 10 | 5m87 | Deca Jan | B | Hoboken | 16/01/1994 |

Kogel 2 kg (7m21)

| | | | | | |
|----|------|-------------------|---|---------------------|------------|
| 1 | 9m81 | Milloen Sander | P | Hoboken | 24/02/2013 |
| 2 | 9m79 | Ceulemans Seppe | P | Hoboken | 14/03/2010 |
| 3 | 8m55 | Naets Ilan | P | Hoboken | 25/01/2015 |
| 4 | 8m49 | Ceulemans Vincent | P | Gent | 29/12/2012 |
| 5 | 8m37 | Janssens Steffen | P | Hoboken | 25/02/2001 |
| 6 | 8m03 | Laporte Vincent | P | Gent | 26/12/2007 |
| 7 | 7m64 | Deca Wim | P | Hoboken | 22/11/1998 |
| 8 | 7m59 | De Fyn Jan | P | Hoboken | 14/03/1999 |
| 9 | 7m47 | Swyngedauw Glenn | P | Hoboken (Antwerpen) | 17.12.2017 |
| 10 | 7m42 | Heremans Kristof | P | Hoboken | 22/12/1996 |

Kogel 3 kg (8m24)

| | | | | | |
|----|-------|-------------------|---|---------------------|------------|
| 1 | 11m84 | Milloen Sander | M | Hoboken | 8/02/2015 |
| 2 | 10m82 | Lambaerts Dean | M | Hoboken | 14/03/2004 |
| 3 | 10m38 | Ceulemans Seppe | M | Gent | 8/02/2012 |
| 4 | 9m39 | Janssens Steffen | M | Hoboken | 8/02/2003 |
| 5 | 9m11 | Deca Wim | M | Hoboken | 25/02/2001 |
| 6 | 8m92 | Pauwels Jeroen | M | Hoboken | 22/12/2001 |
| 7 | 8m83 | Ploem Tom | M | Alken | 20/11/2004 |
| 8 | 8m47 | De Fyn Jan | M | Hoboken | 25/02/2001 |
| 9 | 8m38 | Heremans Kristof | M | Hoboken | 29/11/1998 |
| 10 | 8m30 | Henderickx Sander | M | Hoboken (Antwerpen) | 27.01.2018 |

Top 10 aller tijden - Indoor heren

Kogel 4 kg (10m53)

| | | | | | |
|----|-------|------------------|---|---------|------------|
| 1 | 13m93 | Milloen Sander | C | Mol | 17/12/2016 |
| 2 | 13m04 | Ceulemans Seppe | C | Gent | 19/01/2014 |
| 3 | 12m79 | Janssens Steffen | C | Hoboken | 13/03/2005 |
| 4 | 11m98 | Lambaerts Dean | C | Gent | 15/02/2006 |
| 5 | 11m04 | Deca Jan | C | Hoboken | 13/01/2001 |
| 6 | 10m92 | Ploem Tom | C | Gent | 13/01/2007 |
| 7 | 10m76 | Coremans Stef | C | Gent | 5/12/2015 |
| 8 | 10m60 | Verlinden Tuur | C | Gent | 3/01/2015 |
| 9 | 10m58 | De Fyn Jan | C | Hoboken | 8/02/2003 |
| 10 | 10m53 | De Fyn Johan | C | Hoboken | 5/03/2000 |

Kogel 5 kg (9m84)

| | | | | | |
|----|-------|-------------------|---|---------|------------|
| 1 | 14m63 | Janssens Steffen | L | Gent | 4/03/2007 |
| 2 | 12m74 | Lambaerts Dean | L | Hoboken | 9/12/2007 |
| 3 | 13m99 | Ceulemans Seppe | L | Gent | 28/02/2016 |
| 4 | 11m62 | De Fyn Jan | L | Hoboken | 6/02/2005 |
| 5 | 11m38 | De Fyn Johan | L | Hoboken | 24/11/2001 |
| 6 | 11m30 | Laporte Vincent | L | Gent | 5/01/2013 |
| 7 | 11m24 | Bruynseels Tom | L | Gent | 15/02/1998 |
| 8 | 10m72 | Ceulemans Vincent | L | Gent | 07.01.2018 |
| 9 | 10m46 | Van Lent Seppe | L | Gent | 7/01/2017 |
| 10 | 10m27 | Spallier Cédric | L | Hoboken | 29/01/2017 |

Kogel 6 kg (5m86)

| | | | | | |
|----|-------|--------------------|-----|---------------------|------------|
| 1 | 13m41 | Ceulemans Seppe | J | Gent | 7/01/2017 |
| 2 | 13m03 | Janssens Steffen | J | Gent (PK) | 3/01/2009 |
| 3 | 10m89 | De Fyn Jan | J | Dortmund (GER) | 5/02/2006 |
| 4 | 10m83 | Van Bael Jens | J | Gent | 4/02/2017 |
| 5 | 10m56 | Bruynseels Tom | J | Hoboken | 24/01/1999 |
| 6 | 9m55 | Van Lent Seppe | J | Hoboken (Antwerpen) | 25.11.2017 |
| 7 | 9m41 | De Roovere Kristof | J | Gent | 28/12/2003 |
| 8 | 9m10 | De Fyn Willy | M50 | Gent | 6/01/2002 |
| 9 | 8m73 | Spallier Cédric | J | Gent | 07.01.2018 |
| 10 | 7m20 | Schol Wesley | J | Hoboken | 11/01/2009 |

Kogel 7,26 kg (6m53)

| | | | | | |
|----|-------|-----------------|-----|---------|------------|
| 1 | 12m96 | Laporte Vincent | S | Gent | 23/02/2018 |
| 2 | 11m80 | Tobback Bruno | M45 | Tienen | 27/02/1993 |
| 3 | 11m56 | Garner Gary* | M40 | Hoboken | 5/01/2008 |
| 4 | 10m30 | Boonen Werner | S | Gent | 28/12/2003 |
| 5 | 10m27 | De Fyn Johan | S | Gent | 17/12/2005 |
| 6 | 8m94 | Van Roie Steven | S | Hoboken | 22/12/2001 |
| 7 | 8m44 | De Fyn Willy | M50 | Hoboken | 20/11/2005 |
| 8 | 8m11 | Van Loo Jeroen | S | Gent | 29/12/2007 |
| 9 | 8m16 | Verbeeck Herman | V | Hoboken | 11/01/2009 |
| 10 | 8m10 | Derdin Jos | M40 | Gent | 11/03/2017 |

Driekamp

| | | | | | |
|---|----------|------------------|---|---------|------------|
| 1 | 1369 ptn | Heremans Kristof | P | Hoboken | 22/12/1996 |
| | | ? Milloen Sander | P | Dour | 2013 |

Top 10 aller tijden - Indoor heren

Vijfkamp

| | | | | | |
|---|----------|-------------------|-----|---------------------|------------|
| 1 | 3298 ptn | Milloen Sander | M | Hoboken | 8/02/2015 |
| 2 | 2741 ptn | Henderickx Sander | M | Hoboken (Antwerpen) | 17.02.2018 |
| 3 | 2570 ptn | De Fyn Johan | L | Hoboken | 18/03/2001 |
| 4 | 2436 ptn | Lambaerts Dean | M | Hoboken | 22/02/2004 |
| 5 | 2423 ptn | Heremans Kristof | M | Hoboken | 14/03/1999 |
| 6 | 2282 ptn | Thevissen Yani | M | Hoboken | 10/03/2013 |
| 7 | 1737 ptn | Van Roie Steven | J | Hoboken | 23/12/1995 |
| 8 | 1033 ptn | Meuris Alfons | M65 | Hoboken | 14/03/1999 |

Zeskamp

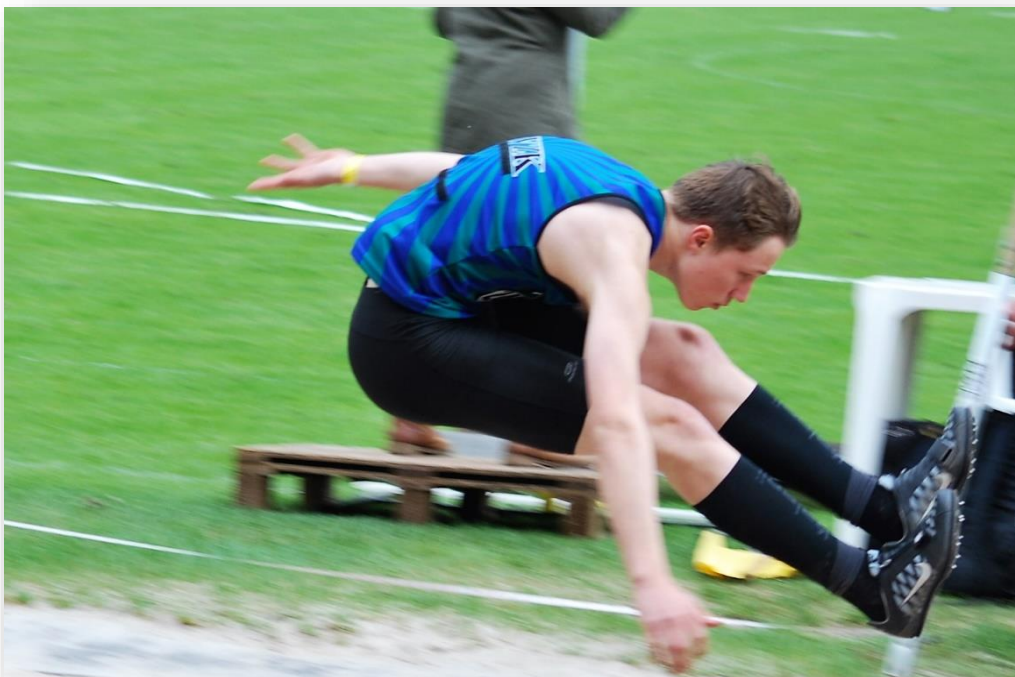
| | | | | | |
|---|----------|----------------|---|------|-----------|
| 1 | 3504 ptn | Milloen Sander | C | Gent | 5/02/2017 |
| 2 | 2413 ptn | Van Bael Jens | C | Gent | 1/02/2014 |

Zevenkamp

| | | | | | |
|---|----------|-----------------|---|------|-----------|
| 1 | 4354 ptn | Ceulemans Seppe | J | Gent | 5/02/2017 |
| 2 | 4258 ptn | Van Bael Jens | J | Gent | 5/02/2017 |

4 x 200 meter

| | | | | | |
|---|---------|---|----|------|------------|
| 1 | 1:34.06 | Deca Jan Neels Frank Gybels Niels Verrept Nick | AC | Gent | 26/02/2006 |
| 2 | 1:34.13 | De Fyn Johan Luyten Kristof Neels Frank Deca Jan | AC | Gent | 8/02/2004 |
| 3 | 2:02.62 | Miniemen | M | Gent | 19/02/2011 |



DAMES - OUTDOOR

Tussen haakjes de 10e prestatie van het jaarboek 2017. In 2018 zijn er 25 prestaties hier toegevoegd.

60 meter

(9"14)

| | | | | | | |
|----|------|----|------------------|---|-------------|------------|
| 1 | 8"3 | HT | Van Roie Liesbet | M | Best (Ned.) | 2/07/1994 |
| 2 | 8"64 | | Oost Morgan | P | Nijvel | 28/09/2013 |
| 3 | 8"65 | | Hutsebaut Jutta | P | Lier | 18/09/2016 |
| 4 | 8"87 | | Hutsebaut Hasse | P | Booischoot | 16/06/2018 |
| 5 | 8"88 | | Laporte Morgan | P | Lier | 30/07/2011 |
| 6 | 8"90 | | Van Look Britt | P | Nijvel | 25/09/2010 |
| 7 | 8"96 | | Van Lent Lotte | P | Nijvel | 22/09/2012 |
| 8 | 8"98 | | Meulders Marie | P | Herentals | 27/06/2015 |
| 9 | 8"9 | HT | Janssens Jolien | P | Herenthout | 10/06/2001 |
| 10 | 9"14 | | Marien Svelte | P | Lier | 9/06/2014 |

80 meter

(11"31)

| | | | | | | |
|----|-------|--|------------------|---|-----------------|------------|
| 1 | 10"54 | | Van Lent Lotte | M | Nijvel | 27/09/2014 |
| 2 | 10"59 | | Meulders Marie | M | Lebbeke | 4/06/2017 |
| 3 | 10"82 | | Laporte Morgan | M | Tessenderlo | 1/06/2013 |
| 4 | 10"98 | | Gendarme Xana | M | Edegem | 25/08/2017 |
| 5 | 11"04 | | Oost Morgan | M | Duffel | 19/04/2014 |
| 6 | 11"07 | | Janssens Jolien | M | Herentals | 26/06/2004 |
| 7 | 11"14 | | Hutsebaut Jutta | M | Heusden (Limb.) | 19/08/2018 |
| 8 | 11"15 | | Van Look Britt | M | Mol | 4/08/2012 |
| 9 | 11"26 | | Van Roie Liesbet | M | Ninove | 17/07/1994 |
| 10 | 11"28 | | Peeters Bloeme | M | Lier | 28/05/2012 |

100 meter

(13"40)

| | | | | | | | |
|----|-------|--|-------------------|---|------------------|------------|------|
| 1 | 11"98 | | Van Lent Lotte | L | Heusden | 20/05/2017 | 1,2 |
| 2 | 12"40 | | Volkaerts Linda | S | Oordegem | 4/07/1993 | |
| 3 | 12"82 | | Smets Ibich | L | Hulshout | 27/04/2014 | -0,3 |
| 4 | 12"84 | | Van Roie Liesbet | J | Mol | 19/08/2000 | |
| 5 | 13"01 | | Meulders Marie | C | Booischoot | 1/06/2018 | -0,3 |
| 6 | 13"12 | | Daems Olivia | C | Bornem | 27/07/2012 | 0,4 |
| 7 | 13"15 | | Binyingo Isabelle | L | Wespelaar | 18/05/1997 | |
| 8 | 13"20 | | Symons Anja | S | Bornem | 5/05/1996 | |
| 9 | 13"25 | | Oost Morgan | C | Kapellen (Antw.) | 24/04/2016 | 2 |
| 10 | 13"34 | | Laporte Morgan | J | Brasschaat | 28/04/2018 | 0,6 |

150 meter

(21"60)

| | | | | | | |
|----|-------|----|---------------------|---|---------------------|------------|
| 1 | 19"79 | | Van Lent Lotte | M | Duffel | 19/04/2014 |
| 2 | 19"89 | | Laporte Morgan | M | Booischoot | 22/06/2013 |
| 3 | 19"93 | | Meulders Marie | M | Merksem (Antwerpen) | 7/05/2017 |
| 4 | 20"6 | HT | Van Roie Liesbet | M | Dilbeek | 9/07/1994 |
| 5 | 20"89 | | Oost Morgan | M | Dilbeek | 23/05/2015 |
| 6 | 20"90 | | Hutsebaut Jutta | M | Booischoot | 16/06/2018 |
| 7 | 21"09 | | Van Look Britt | M | Burcht | 23/06/2012 |
| 8 | 21"15 | | Daems Olivia | M | Hulshout | 11/09/2010 |
| 9 | 21"29 | | Janssens Jolien | M | Duffel | 29/05/2004 |
| 10 | 21"2 | HT | Van Rijmenant Chris | M | Wespelaar | 2/06/1995 |
| 10 | 21"44 | | Van Hove Kaat | M | Booischoot | 16/06/2018 |

Top 10 aller tijden - Outdoor dames

| <u>200 meter</u> | | (26"9-27"14) | | | | | |
|------------------|-------|---------------------|---------------------|---|-------------|------------|------|
| 1 | 25"35 | | Van Lent Lotte | L | Brasschaat | 28/04/2018 | 1 |
| 2 | 26"51 | | Smets Ibich | L | Herentals | 1/05/2014 | -0,1 |
| 3 | 26.63 | | Laporte Morgan | L | Herentals | 28/05/2016 | 0,8 |
| 4 | 26"6 | HT | Van Roie Liesbet | L | Schaarbeek | 11/09/1998 | |
| 5 | 26"83 | | Vandenhove Lore | L | Dilbeek | 2/08/2014 | -0,3 |
| 6 | 26"92 | | Verschoren Sarah | L | Merksem | 1/05/2005 | |
| 7 | 26"95 | | Meuris Vera | S | Dilbeek | 5/08/1995 | |
| 8 | 26"97 | | Bellefroid Kimberly | L | Tessenderlo | 4/09/2004 | |
| 9 | 27"03 | | Peeters Bloeme | C | Aartselaar | 3/05/2014 | |
| 10 | 26"9 | HT | Volkaerts Linda | S | Wespelaar | 16/06/1995 | |

| <u>300 meter</u> | | (44"88) | | | | | |
|------------------|-------|----------------|---------------------|---|------------|------------|--|
| 1 | 42"27 | | Volkaerts Linda | S | Lebbeke | 8/09/1993 | |
| 2 | 42"3 | HT | Meuris Vera | S | Wespelaar | 11/08/1995 | |
| 3 | 43"57 | | Laporte Morgan | J | Booischoot | 1/06/2018 | |
| 4 | 43"98 | | Bellefroid Kimberly | C | Oordegem | 29/07/2003 | |
| 5 | 44"03 | | Verschoren Sarah | L | Dilbeek | 17/07/2005 | |
| 6 | 44"06 | | Liekens Vicky | L | Wespelaar | 23/05/2003 | |
| 7 | 44"32 | | Van Lent Lotte | M | Duffel | 1/05/2014 | |
| 8 | 44"41 | | Van Mensel Greet | S | Aalst | 4/09/2005 | |
| 9 | 44"58 | | Symons Anja | S | Edegem | 3/06/1994 | |
| 10 | 44"88 | | Peeters Bloeme | C | Aalst | 29/06/2014 | |

| <u>400 meter</u> | | (63"29) | | | | | |
|------------------|-------|----------------|---------------------|-----|-------------|------------|--|
| 1 | 58"40 | | Meuris Vera | S | Heizel | 10/07/1994 | |
| 2 | 60"29 | | Volkaerts Linda | S | Mol | 29/08/1993 | |
| 3 | 60"32 | | Peeters Bloeme | L | Lier | 19/07/2015 | |
| 4 | 60"34 | | Symons Anja | S | Zwijndrecht | 18/05/1996 | |
| 5 | 61"55 | | Laporte Morgan | L | Alken | 14/05/2016 | |
| 6 | 62"15 | | Verschoren Sarah | J | Mol | 5/08/2006 | |
| 7 | 62"21 | | Smets Ibich | L | Aartselaar | 3/05/2014 | |
| 8 | 62"66 | | Bellefroid Kimberly | C | Tielt | 14/09/2003 | |
| 9 | 62"78 | | Gillhaus Angélique | W40 | Burcht | 16/08/2008 | |
| 10 | 63"29 | | Claes An | J | Wespelaar | 4/08/2000 | |

| <u>600 meter</u> | | (2'08"47) | | | | | |
|------------------|---------|------------------|------------------|-----|------------|------------|--|
| 1 | 1'41"21 | | Peeters Bloeme | C | Gentbrugge | 21/07/2014 | |
| 2 | 1'57"81 | | Hutsebaut Hasse | B | Brasschaat | 24/06/2017 | |
| 3 | 1'58"92 | | Teniers Iris | W40 | Mol | 25/05/2017 | |
| 4 | 2'04"50 | | Morren Romee | B | Booischoot | 16/06/2012 | |
| 5 | 2'05"76 | | Van Lent Lotte | B | Bornem | 26/09/2010 | |
| 6 | 2'06"28 | | Engelen Fien | B | Lier | 13/09/2009 | |
| 7 | 2'06"77 | | Hutsebaut Jutta | B | Genk | 24/08/2014 | |
| 8 | 2'07"11 | | Laporte Morgan | B | Heusden | 18/07/2009 | |
| 9 | 2'08"19 | | Gendarme Xana | B | Mol | 24/08/2013 | |
| 10 | 2'08"47 | | Schelkens Lauren | B | Merksem | 10/06/2012 | |

| <u>800 meter</u> | | (2'23"51) | | | | | |
|------------------|---------|------------------|-------------------|---|-------------|------------|--|
| 1 | 2'15"36 | | Bassleer Katinka | L | Huizingen | 6/08/2016 | |
| 2 | 2'15"59 | | Peeters Bloeme | L | Kessel-Lo | 8/08/2015 | |
| 3 | 2'17"67 | | Meuris Vera | S | Dilbeek | 29/05/1994 | |
| 4 | 2'17"77 | | Maes Kim | L | Duffel | 30/05/1992 | |
| 5 | 2'19"30 | | Symons Anja | S | Tessenderlo | 31/08/1996 | |
| 6 | 2'19"3 | HT | Volkaerts Marleen | S | Edegem | 4/07/1992 | |

Top 10 aller tijden - Outdoor dames

| | | | | | |
|----|---------|------------------|---|---------------|------------|
| 7 | 2'20"34 | Heylen Els | L | Heusden | 22/07/2006 |
| 8 | 2'20"74 | Van Mensel Greet | S | Oordegem-Lede | 11/08/2005 |
| 9 | 2'22"51 | Claes An | J | Herentals | 9/06/1900 |
| 10 | 2'23"51 | Vandenhove Lore | L | Dilbeek | 1/06/2014 |

1000 meter (3'12"19)

| | | | | | |
|----|---------|------------------|---|-----------|------------|
| 1 | 2'58"49 | Bassleer Katinka | L | Brussel | 9/09/2016 |
| 2 | 3'02"4 | HT Maes Kim | L | Wespelaar | 19/06/1992 |
| 3 | 3'03"39 | Peeters Bloeme | C | Herentals | 6/08/2014 |
| 4 | 3'04"11 | Van Mensel Greet | S | Edegem | 9/09/2005 |
| 5 | 3'03"9 | HT Symons Anja | S | Wespelaar | 20/09/1996 |
| 6 | 3'05"27 | Heylen Els | C | Lier | 20/06/2004 |
| 7 | 3'05"3 | HT Meuris Vera | S | Wespelaar | 1/05/1994 |
| 8 | 3'09"34 | Bellefroid Kate | L | Lier | 23/06/2002 |
| 9 | 3'11"09 | Bassleer Katinka | M | Lier | 8/09/2012 |
| 10 | 3'12"19 | Liekens Vicky | L | Edegem | 6/06/2003 |

1500 meter (5'04"49)

| | | | | | |
|----|---------|--------------------|---|-------------|------------|
| 1 | 4'33"90 | Bassleer Katinka | L | Kessel-Lo | 30/07/2016 |
| 2 | 4'40"24 | Peeters Bloeme | L | Merksem | 22/08/2015 |
| 3 | 4'42"87 | Volkaerts Marleen | S | Heizel | 24/07/1993 |
| 4 | 4'46"21 | Rens Els | S | Vilvoorde | 23/06/2012 |
| 5 | 4'55"68 | Heylen Els | L | Duffel | 27/05/2006 |
| 6 | 4'58"53 | Van Hoof Evelien | C | Zwijndrecht | 29/05/1999 |
| 7 | 4'59"6 | HT Meuris Vera | S | Wespelaar | 13/05/1994 |
| 8 | 4'59"99 | Heylen Katherine | C | Mol | 5/08/2006 |
| 9 | 5'02"90 | Claes An | J | Herentals | 6/08/2000 |
| 10 | 5'04"49 | De Winter Murielle | S | Booischoot | 2/06/2006 |

1 mijl (5'51"01)

| | | | | | |
|----|---------|-----------------------|-----|--------------|------------|
| 1 | 5'14"02 | Peeters Bloeme | C | Burcht | 12/07/2014 |
| 2 | 5'28"36 | Bassleer Katinka | C | Vilvoorde | 22/06/2013 |
| 3 | 5'29"86 | De Winter Murielle | S | Booischoot | 20/08/2003 |
| 4 | 5'37"43 | Heylen Katherine | C | Alken | 14/07/2007 |
| 5 | 5'38"11 | Heylen Els | L | Vilvoorde | 5/08/2005 |
| 6 | 5'40"44 | Van Den Broeck Dorien | J | Herentals | 22/07/2005 |
| 7 | 5'40"84 | Smets Kim | S | Herentals | 11/08/2000 |
| 8 | 5'44"44 | Coremans Diane | W35 | Aartselaar | 10/07/1992 |
| 9 | 5'49"35 | Verschoren Sarah | C | Sint-Truiden | 3/10/2003 |
| 10 | 5'51"01 | Gillhaus Angélique | W40 | Neerpelt | 4/07/2008 |

2000 meter (7'42"78)

| | | | | | |
|----|---------|-----------------------|---|-------------|------------|
| 1 | 6'41"2 | HT Volkaerts Marleen | S | Wespelaar | 19/06/1992 |
| 2 | 6'52"3 | HT Meuris Vera | S | Wespelaar | 17/06/1994 |
| 3 | 6'53"35 | Peeters Bloeme | C | Tielt | 7/09/2014 |
| 4 | 6'58"05 | Heylen Els | L | Tessenderlo | 3/05/2006 |
| 5 | 7'02"32 | Heylen Katherine | C | Tessenderlo | 3/05/2006 |
| 6 | 7'07"63 | Van Den Broeck Dorien | J | Tessenderlo | 1/06/2005 |
| 7 | 7'12"06 | Smets Kim | S | Wespelaar | 4/08/2000 |
| 8 | 7'32"0 | HT Meuris Monique | S | Wespelaar | 17/06/1994 |
| 9 | 7'42"0 | HT Huybrechts Cynthia | S | Wespelaar | 3/07/1998 |
| 10 | 7'42"78 | Liekens Vicky | J | Tessenderlo | 1/06/2005 |

3000 meter (11'26"45)

Top 10 aller tijden - Outdoor dames

| | | | | | |
|----|----------|-----------------------|-----|-------------|------------|
| 1 | 9'58"95 | Rens Els | S | Huizingen | 28/07/2012 |
| 2 | 10'09"88 | Bassleer Katinka | J | Lanaken | 25/08/2017 |
| 3 | 10'32"87 | Peeters Bloeme | L | Zwijndrecht | 9/05/2015 |
| 4 | 10'43"31 | De Winter Murielle | S | Bornem | 9/05/2004 |
| 5 | 10'47"38 | Heylen Els | L | Kessel-Lo | 2/09/2006 |
| 6 | 10'57"32 | Heylen Annelies | L | Burcht | 22/05/2004 |
| 7 | 11'01"57 | Van Den Broeck Dorien | J | Tessenderlo | 20/04/2005 |
| 8 | 11'21"3 | HT Coremans Diane | W35 | Aalst | 6/06/1992 |
| 9 | 11'23"00 | Van Hoof Wella | W35 | Oudenaarde | 13/06/1999 |
| 10 | 11'26"45 | Mondelaers Judith | W | Tessenderlo | 4/07/1995 |

2 mijl

| | | | | | |
|---|----------|-----------------------|-----|-------------|------------|
| 1 | 12'35"51 | Van Aelst Linde | J | Tessenderlo | 14/09/2018 |
| 2 | 13'02"56 | Smets Kim | S | Duffel | 1/05/2000 |
| 3 | 14'55"94 | Van Den Brande Veerle | W35 | Mechelen | 25/05/2005 |

5000 meter

(22'26"52)

| | | | | | |
|----|----------|-----------------------|-----|-------------------|------------|
| 1 | 16'50"61 | Rens Els | S | Ninove | 21/07/2012 |
| 2 | 17:29.45 | Bassleer Katinka | J | Moeskroen | 26/08/2018 |
| 3 | 19'55"18 | Van Den Broeck Dorien | J | Diest | 25/06/2005 |
| 4 | 20'03"22 | Coremans Diane | W35 | Tessenderlo | 5/05/1992 |
| 5 | 21'02"69 | Heylen Els | J | Herentals | 22/08/2007 |
| 6 | 21'23"05 | De Vocht Nancy | W40 | Maldegem (KVV+PK) | 26/09/2009 |
| 7 | 21'29"16 | Smets Kim | J | Tessenderlo | 9/10/1998 |
| 8 | 21'35"30 | Leysens Simonne | W45 | Herentals | 10/08/2001 |
| 9 | 21'42"55 | Dermaux Ann | W50 | Herentals | 9/08/2017 |
| 10 | 22'26"52 | De Swert Nancy | W40 | Herentals | 30/08/2006 |

10000 meter

| | | | | | |
|---|----------|---------------------|-----|------------------|------------|
| 1 | 34'54"38 | Rens Els | S | Tessenderlo | 14/09/2012 |
| 2 | 41'25"84 | Coremans Diane | W35 | Tessenderlo | 15/05/1992 |
| 3 | 44'17"95 | Heylen Annelies | J | Booischoot | 2/07/2005 |
| 4 | 45'13"06 | De Vocht Nancy | W35 | Booischoot | 2/07/2005 |
| 5 | 48'26"24 | De Preter Berthilia | W65 | St.Lambr.Woluwe | 14/06/1997 |
| 6 | 50:37.21 | De Cock Laura | J | Kapellen (Antw.) | 12/08/2018 |

Uur

| | | | | | |
|---|----------|---------------------|-----|-----------|-----------|
| 1 | 12.467 m | De Preter Berthilia | W65 | Wespelaar | 4/10/1996 |
|---|----------|---------------------|-----|-----------|-----------|

60 m. Horden

(10"94)

| | | | | | |
|----|-------|------------------|---|----------|------------|
| 1 | 9"54 | Meulders Marie | M | Nijvel | 23/09/2017 |
| 2 | 9"88 | Hutsebaut Jutta | M | Mol | 23/06/2018 |
| 3 | 9"95 | Van Lent Lotte | M | Oordegem | 13/09/2014 |
| 4 | 10"30 | Van Roie Liesbet | M | Turnhout | 26/06/1994 |
| 5 | 10"70 | Marien Svelte | P | Edegem | 10/05/2014 |
| 6 | 10"71 | Van Loock Britt | M | Lier | 30/09/2012 |
| 7 | 10"73 | Schelkens Lauren | M | Lier | 2/07/2016 |
| 8 | 10"87 | Hutsebaut Jutta | P | Beveren | 4/09/2016 |
| 9 | 10"88 | Peeters Bloeme | M | Lier | 30/09/2012 |
| 10 | 10"7 | HT Marien Dana | M | Mol | 14/09/1994 |

80 m. Horden

(15"66)

| | | | | | | |
|---|-------|----------------|---|-----------|------------|------|
| 1 | 11"99 | Meulders Marie | C | Kessel-Lo | 27/05/2018 | -0,6 |
| 2 | 12"01 | Van Lent Lotte | C | Essen | 6/06/2015 | -0,8 |

Top 10 aller tijden - Outdoor dames

| | | | | | | |
|----|-------|---------------------|---|-------------|------------|------|
| 3 | 12"77 | Smets Ibich | C | Oordegem | 2/09/2012 | |
| 4 | 13"06 | Laporte Morgan | C | Heusden | 22/08/2015 | 0,2 |
| 5 | 13"09 | Vandenhove Lore | C | Huizingen | 15/08/2012 | -1,8 |
| 6 | 13"25 | Van Roie Liesbet | C | Tessenderlo | 29/05/1996 | |
| 7 | 13"42 | Marien Dana | C | Tessenderlo | 1/08/1996 | |
| 8 | 14"70 | Verschoren Sarah | C | Aartselaar | 13/07/2003 | |
| 9 | 14"71 | Bellefroid Kimberly | C | Willebroek | 21/09/2003 | |
| 10 | 15"66 | Onsea Gigi | C | Lier (B) | 26/06/2011 | |

100 m. Horden (18"13)

| | | | | | | |
|----|-------|---------------------|---|----------------|------------|------|
| 1 | 15"12 | Vandenhove Lore | L | Dilbeek | 2/08/2014 | |
| 2 | 15"27 | Van Mensel Inge | S | Brussel | 11/07/2004 | |
| 3 | 15"30 | Smets Ibich | L | Duffel | 26/04/2014 | |
| 4 | 15"45 | Meuris Vera | S | Bressanone (I) | 2/07/1994 | |
| 5 | 16"21 | Laporte Morgan | L | Herentals | 28/05/2016 | -0,3 |
| 6 | 16"33 | Van Den Broeck Leen | S | Alken | 13/05/2017 | |
| 7 | 16"77 | Verschoren Sarah | L | Lier | 18/06/2005 | |
| 8 | 17"14 | Onsea Gigi | L | Herentals | 26/05/2012 | -2,3 |
| 9 | 17"33 | Marien Dana | L | Turnhout | 26/04/1997 | |
| 10 | 18"13 | Bellefroid Kimberly | L | Mechelen | 19/09/2004 | |

150 m. Horden (25"04)

| | | | | | | |
|----|-------|----------------------|---|---------|------------|--|
| 1 | 21"65 | Meulders Marie | M | Mol | 30/09/2017 | |
| 2 | 22"12 | Van Lent Lotte | M | Merksem | 31/05/2014 | |
| 3 | 22"44 | Gendarme Xana | M | Mol | 30/09/2017 | |
| 4 | 23"10 | Laporte Morgan | M | Bornem | 11/08/2013 | |
| 5 | 23"31 | Van Loock Britt | M | Lier | 30/06/2012 | |
| 6 | 23"31 | Hutsebaut Jutta | M | Mol | 30/09/2017 | |
| 7 | 24"14 | Milloen Nele | M | Bornem | 8/08/2015 | |
| 8 | 24"15 | Peeters Bloeme | M | Bornem | 12/08/2012 | |
| 9 | 24"54 | Daems Olivia | M | Aalst | 18/09/2010 | |
| 10 | 25"04 | Van Oosterwyck Lotte | M | Mol | 10/06/2011 | |

200 m. Horden

| | | | | | | |
|---|-------|------------------|-----|----------|------------|--|
| 1 | 29"96 | Vandenhove Lore | L | Turnhout | 10/08/2014 | |
| 2 | 33"15 | Verschoren Sarah | J | Burcht | 30/07/2006 | |
| 3 | 33"44 | Peeters Bloeme | C | Hasselt | 3/07/2013 | |
| 4 | 34"45 | Daems Olivia | L | Hasselt | 3/07/2013 | |
| 5 | 39"69 | Van Loo Lauranne | C | Merksem | 14/10/2007 | |
| 6 | 41"67 | Meulemans Goele | W45 | Mechelen | 28/05/2012 | |

300 m. Horden (52"18)

| | | | | | | |
|----|-------|------------------|---|------------|------------|--|
| 1 | 46"77 | Van Lent Lotte | C | Tienen | 2/05/2015 | |
| 2 | 47"66 | Peeters Bloeme | C | Aartselaar | 3/05/2014 | |
| 3 | 48"21 | Marien Dana | L | Heverlee | 7/05/1997 | |
| 4 | 48"71 | Vandenhove Lore | C | Oordegem | 2/09/2012 | |
| 5 | 50"16 | Laporte Morgan | C | Diepenbeek | 28/08/2015 | |
| 6 | 50"62 | Verschoren Sarah | C | Herentals | 26/07/2003 | |
| 7 | 50"75 | Smets Ibich | C | Oordegem | 2/09/2012 | |
| 8 | 51"33 | Van Roie Liesbet | L | Aartselaar | 9/05/1998 | |
| 9 | 51"94 | Letor Aline | C | Bornem | 28/04/2012 | |
| 10 | 52"18 | Milloen Nele | C | Moeskroen | 10/09/2017 | |

400 m. Horden (75"31)

Top 10 aller tijden - Outdoor dames

| | | | | | |
|----|-------|------------------|---|------------|------------|
| 1 | 63"52 | Meuris Vera | S | Vilvoorde | 23/06/1996 |
| 2 | 64"60 | Vandenhove Lore | L | Ieper | 15/08/2014 |
| 3 | 66"93 | Van Mensel Inge | S | Brussel | 10/07/2004 |
| 4 | 67"59 | Peeters Bloeme | L | Tienen | 2/05/2015 |
| 5 | 67"78 | Symons Anja | S | Oordegem | 10/08/1996 |
| 6 | 67"96 | Verschoren Sarah | L | Brasschaat | 30/04/2005 |
| 7 | 70"54 | Laporte Morgan | L | Herentals | 28/05/2016 |
| 8 | 73"72 | Smets Ibich | J | Burcht | 25/04/2015 |
| 9 | 74.05 | Onsea Gigi | L | Tongeren | 5/05/2012 |
| 10 | 75"31 | Rens Els | L | Burcht | 8/05/1999 |

1500 m. steeple

| | | | | | |
|---|---------|------------------|---|----------|------------|
| 1 | 5'07"81 | Peeters Bloeme | C | Ieper | 15/08/2014 |
| 2 | 5'33"70 | Heylen Katherine | C | Booischt | 2/06/2006 |
| 3 | 5'47"37 | De Vries Annouck | C | Booischt | 2/06/2006 |
| 4 | 5'51"97 | Goormans Jolien | C | Booischt | 23/05/2014 |
| 5 | 5:57.65 | Milloen Nele | C | Booischt | 27/05/2016 |
| 6 | 6'02"24 | Verschoren Sarah | C | Vorst | 19/10/2003 |
| 7 | 6'25"20 | Bussels Tine | C | Booischt | 27/05/2011 |
| 8 | 6:39.00 | Goris Emma | C | Booischt | 27/05/2016 |

2000 m. steeple

| | | | | | |
|---|---------|---------------------|---|-------------------|------------|
| 1 | 6'54"22 | Peeters Bloeme | L | Moeskroen | 6/09/2015 |
| 2 | 8'11"24 | Verschoren Sarah | L | Tessenderlo | 25/09/2004 |
| 3 | 8'14"80 | Lambrechts Ellen | L | Booischt (PK ST.) | 27/05/2011 |
| 4 | 8'23"12 | Van Der Sanden Lien | L | Booischt | 2/06/2006 |
| 5 | 9'14"37 | Van Hove Tinneke | L | Machelen | 1/06/2007 |
| 6 | 9:40.65 | Van Aelst Linde | L | Booischt | 27/05/2016 |
| 7 | 9:40.69 | Goormans Jolien | L | Booischt | 27/05/2016 |
| 8 | 9'41"42 | Baestaens Eline | L | Machelen | 1/06/2007 |

3000 m. steeple

| | | | | | |
|---|----------|------------------|---|-----------|------------|
| 1 | 12.41.48 | Lambrechts Ellen | J | Booischt | 25/05/2012 |
| 2 | 13'05"80 | Heylen Els | J | Machelen | 1/06/2007 |
| 3 | 15'10"76 | Van Hove Tinneke | J | Herentals | 28/06/2008 |

1000 m. Snelwandelen

(6'47"89)

| | | | | | |
|----|---------|---------------------------|---|----------------|------------|
| 1 | 5'55"63 | De Vries Annouck | M | Lier | 25/06/2005 |
| 2 | 6'15"25 | Bogaerts Jill | M | Bornem | 28/06/2008 |
| 3 | 6'15"72 | Storms Katrien | M | Bornem | 28/06/2008 |
| 4 | 6'19"5 | HT Vermeylen Caroline | M | Bonheiden | 11/05/1996 |
| 5 | 6'25"74 | Verschoren Sarah | P | Merksem | 2/07/1999 |
| 6 | 6'31"9 | HT Van Den Wijngaert Liv | M | Heist o/d Berg | 7/05/1997 |
| 7 | 6'32"1 | HT Nevelsteen Ans | P | Heist o/d Berg | 7/05/1997 |
| 8 | 6'32"9 | HT Van Den Eynde Annelies | P | Heist o/d Berg | 20/05/1998 |
| 9 | 6'36"52 | Nevelsteen Heidi | M | Turnhout | 26/06/1994 |
| 10 | 6'47"89 | Vermeylen An | M | Turnhout | 26/06/1994 |

2000 m. Snelwandelen

| | | | | | |
|---|----------|------------------|---|----------|------------|
| 1 | 12'25"71 | Verschoren Sarah | M | Turnhout | 1/10/2000 |
| 2 | 16'26"95 | Vervloet Marlies | M | Duffel | 26/08/2001 |

3000 m. Snelwandelen

| | | | | | |
|---|----------|------------------|---|-----------|------------|
| 1 | 19'15"00 | Verschoren Sarah | C | Charleroi | 14/06/2003 |
|---|----------|------------------|---|-----------|------------|

Top 10 aller tijden - Outdoor dames

| | | | | | |
|---|----------|---------------------|-----|----------|------------|
| 2 | 20'59"30 | Verschoren Liesbeth | C | Turnhout | 1/10/2000 |
| 3 | 27'12"36 | Glasse Carina | W35 | Duffel | 26/08/2001 |

Marathon

| | | | | | |
|---|---------|---------------------|-----|------------------|------------|
| 1 | 2:41:19 | Rens Els | S | Eindhoven | 13/10/2013 |
| 2 | 3:05:02 | Vanlommel Linda | S | Rome (I) | 28/03/2004 |
| 3 | 3:09:31 | Van Hoof Wella | W35 | Echternach (Lux) | 18/10/1998 |
| 4 | 3:21:25 | Mondelaers Judith | W | Rotterdam (Ned) | 23/04/1995 |
| 5 | 3:43:19 | Boogemans An | W35 | Visé | 13/05/2007 |
| 6 | 3:44:49 | Frederickx Brigitta | W40 | Rotterdam (Ned) | 23/04/1995 |
| 7 | 3:59:41 | De Preter Berthilia | W60 | New-York (USA) | 3/11/1996 |

4 x 60 meter

| | | | | | |
|---|-------|---|---|--------|------------|
| | | (34"93) | | | |
| 1 | 34"78 | Van Lent Lotte Goris Emma Goormans Jolien Laporte Morgan | P | Nijvel | 24/09/2011 |
| 2 | 34"86 | Gendarme Xana Milloen Sarie Hutsebaut Jutta Meulders Marie | P | Nijvel | 26/09/2015 |
| 3 | 34"93 | Milloen Nele Oost Morgan Van Lent Lotte Goris Emma | P | Nijvel | 22/09/2012 |

4 x 80 meter

| | | | | | |
|---|-------|--|---|----------|------------|
| | | (42"83) | | | |
| 1 | 41"85 | Gendarme Xana Milloen Sarie Hutsebaut Jutta Meulders Marie | M | Duffel | 27/08/2017 |
| 2 | 42"66 | Milloen Nele Oost Morgan Goris Emma Van Lent Lotte | M | Boischot | 17/08/2014 |
| 3 | 42"83 | Goormans Jolien Laporte Morgan Tielemans Robin Van Lent Lotte | M | Nivelles | 28/09/2013 |

4 x 100 meter

| | | | | | |
|---|-------|--|----|---------------------|------------|
| | | (51"45) | | | |
| 1 | 49"11 | Meulders Marie Gendarme Xana Morgan Oost Van Lent Lotte | AC | Merksem (Antwerpen) | 12/05/2018 |
| 2 | 50"30 | Morgan Oost Femke Van Dyck Morgan Laporte Lotte Van Lent | AC | Bornem | 28/08/2016 |
| 3 | 50"54 | Tielemans Robin Oost Morgan Laporte Morgan Van Lent Lotte | AC | Alken | 13/05/2017 |

4 x 200 meter

(1'53"63)

Top 10 aller tijden - Outdoor dames

| | | | | | |
|----------|---------|--|----|---------|------------|
| 1 | 1'48"00 | Van Roie Liesbet Bellefroid Kimberly Verschoren Sarah | AC | Bornem | 25/08/2004 |
| 2 | 1'51"17 | Van Mensel Inge Tielemans Robin Van Dyck Femke Laporte Morgan Van Lent Lotte | AC | Bornem | 28/08/2016 |
| 3 | 1'53"63 | Bellefroid Kimberly Verschoren Sarah Van Roie Liesbet Liekens Vicky | AC | Merksem | 27/08/2003 |

4 x 400 meter

| | | | | | |
|----------|---------|---|----|-----------|------------|
| | | (4'23"41) | | | |
| 1 | 4'10"47 | Volkaerts Linda Volkaerts Sandra Symons Anja Meuris Vera | AC | Vilvoorde | 1/10/1995 |
| 2 | 4'11"72 | Volkaerts Linda Volkaerts Sandra Volkaerts Marleen Meuris Vera | AC | Bornem | 26/08/1992 |
| 3 | 4'23"41 | Lotte Van Lent Heremans Kato Milloen Nele Morgan Laporte | AC | Duffel | 27/08/2017 |

3 x 600 meter

| | | | | | |
|----------|---------|---|---|------------------|------------|
| | | (5'55"63) | | | |
| 1 | 5'34"04 | Laporte Morgan Goormans Jolien Peeters Bloeme | M | Mol | 19/08/2012 |
| 2 | 5'44"21 | Bassleer Katinka Van Hoogten Marie Peeters Bloeme | M | Burcht (PK EST.) | 21/08/2011 |
| 3 | 5'55"63 | Milloen Nele Van Lent Lotte Goris Emma | M | Booischot | 17/08/2014 |

4 x 800 meter

| | | | | | |
|----------|----------|--|---|-----------|------------|
| | | (10'41"11) | | | |
| 1 | 9'56"18 | Peeters Bloeme Laporte Morgan Goormans Jolien Bassleer Katinka | C | Jambes | 21/09/2014 |
| 2 | 10'35"69 | Jacobs Nele Pelgrims Tina Van Den Broeck Dorien | L | Lier | 28/08/2002 |
| 3 | 10'41"11 | Bellefroid Kate De Vries Debby Van Woensel Annemie Rens Els Van Hoof Evelien | C | Herentals | 26/08/1998 |

Verspringen

| | | | | | |
|----------|------|------------------|---|----------|------------|
| | | (4m95) | | | |
| 1 | 5m40 | Van Roie Liesbet | S | Boechout | 2/10/2004 |
| 2 | 5m16 | Meulders Marie | M | Nijvel | 23/09/2017 |

Top 10 aller tijden - Outdoor dames

| | | | | | |
|----|------|---------------------|---|----------------|------------|
| 3 | 5m14 | Bellefroid Kimberly | L | Lier | 20/06/2004 |
| 4 | 5m14 | Peeters Bloeme | C | Hulshout | 23/04/2014 |
| 5 | 5m13 | Laporte Morgan | C | Lier | 15/08/2015 |
| 6 | 5m12 | Meuris Vera | S | Bressanone (I) | 3/07/1994 |
| 7 | 5m10 | Vandenhove Lore | L | Mol | 4/05/2013 |
| 8 | 5m09 | Smets Ibich | C | Boechout | 29/09/2012 |
| 9 | 4m95 | Marien Dana | L | Tessenderlo | 2/05/1997 |
| 10 | 4m95 | Van Lent Lotte | C | Lier | 21/07/2015 |

Hinkstapspringen (8m50)

| | | | | | | |
|----|-------|---------------------|---|---------------------|------------|------|
| 1 | 10m47 | Van Roie Liesbet | L | Dilbeek | 10/08/1997 | |
| 2 | 10m26 | Van Hoogten Marie | L | Boechout | 27/09/2014 | |
| 3 | 10m20 | Laporte Morgan | J | Merksem (Antwerpen) | 12/05/2018 | -2,7 |
| 4 | 10m07 | Smets Ibich | C | Boechout | 29/09/2012 | 0,3 |
| 5 | 9m72 | Janssens Jolien | C | Heusden | 15/08/2006 | |
| 6 | 9m69 | Marien Dana | C | Diepenbeek | 2/06/1996 | |
| 7 | 9m52 | Verschoren Sarah | L | Burcht | 1/08/2004 | |
| 8 | 9m45 | Bellefroid Kimberly | C | Lier | 28/09/2002 | |
| 9 | 9m16 | Van Rijmenant Chris | C | Tessenderlo | 11/09/1996 | |
| 10 | 9m04 | Binyingo Isabelle | C | Tessenderlo | 11/09/1996 | |

Hoogspringen (1m50)

| | | | | | |
|----|------|----------------------|---|---------------------|------------|
| 1 | 1m65 | Van Lent Lotte | C | Lier | 15/08/2015 |
| 2 | 1m61 | Van Oosterwyck Lotte | J | Alken | 13/05/2017 |
| 3 | 1m59 | Van Hoogten Marie | L | Booischtot | 23/05/2014 |
| 4 | 1m58 | Meuris Vera | S | Dilbeek | 6/08/1994 |
| | 1m58 | Van Roie Liesbet | S | Bornem | 9/05/2004 |
| | 1m58 | Vandenhove Lore | C | Boechout | 1/10/2011 |
| 7 | 1m56 | Van Hoogten Hanne | C | Turnhout | 29/04/2012 |
| | 1m56 | Van Den Broeck Leen | S | Merksem (Antwerpen) | 23/04/2017 |
| 9 | 1m55 | Haddad Carole | C | Lokeren | 14/07/2007 |
| 10 | 1m53 | Gendarme Xana | C | Booischtot | 1/06/2018 |

Polsstok (2m20)

| | | | | | |
|---|------|----------------------|---|------------|------------|
| 1 | 4m25 | De Vocht Elien | S | Bertrix | 14/07/2016 |
| 2 | 4m01 | Van Roie Liesbet | S | Gentbrugge | 31/07/2004 |
| 3 | 3m35 | Milloen Sarie | M | Nijvel | 29/09/2018 |
| 4 | 2m90 | Peeters Bloeme | C | Mol | 6/07/2013 |
| 5 | 2m75 | Bogaerts Jill | L | Aalst | 28/08/2011 |
| | 2m75 | Schelkens Lauren | C | Turnhout | 29/04/2018 |
| 7 | 2m21 | Letor Aline | C | Booischtot | 25/05/2012 |
| | 2m21 | Van Oosterwyck Lotte | C | Booischtot | 25/05/2012 |
| 9 | 2m20 | Lauwers Kaat | C | Booischtot | 29/05/2009 |
| | 2m20 | Milloen Nele | M | Merksem | 27/09/2015 |
| | 2m20 | Schelkens Jade | M | Nijvel | 23/09/2017 |

Kogel 1 kg (7m52)

| | | | | | |
|---|------|----------------------|---|----------|------------|
| 1 | 8m78 | Oost Morgan | B | Nijvel | 24/09/2011 |
| 2 | 8m50 | Goris Emma | B | Nijvel | 25/09/2010 |
| 3 | 8m41 | Gendarme Xana | B | Lier | 7/07/2013 |
| 4 | 8m12 | Laporte Morgan | B | Neerpelt | 13/09/2009 |
| 5 | 8m06 | Marien Kjersti | B | Bree | 6/09/2014 |
| 6 | 7m94 | Goormans Jolien | B | Nijvel | 26/09/2009 |
| 7 | 7m88 | Croonenborghs Dorien | B | Nijvel | 23/09/2006 |
| 8 | 7m84 | Hutsebaut Hasse | B | Mol | 10/09/2017 |

Top 10 aller tijden - Outdoor dames

| | | | | | |
|-----------|------|-----------------|---|------------|------------|
| 9 | 7m59 | Michiels Elke | B | Herenthout | 16/06/2002 |
| 10 | 7m52 | Baestaens Marie | B | Nijvel | 25/09/2004 |

Kogel 2 kg

(9m65)

| | | | | | |
|-----------|-------|-------------------|---|------------|------------|
| 1 | 12m42 | Oost Morgan | M | Lier | 19/09/2015 |
| 2 | 12m13 | Gendarme Xana | M | Edegem | 25/08/2017 |
| 3 | 11m51 | Gijsemans Inge | M | Herentals | 16/06/1996 |
| 4 | 11m26 | Marien Dana | M | Boechout | 25/09/1994 |
| 5 | 11m07 | Goormans Jolien | M | Hulshout | 17/04/2013 |
| 6 | 10m90 | Janssens Jolien | M | Lille | 7/08/2004 |
| 7 | 10m69 | Fleerackers Britt | M | Mol | 23/06/2018 |
| 8 | 10m32 | Laporte Morgan | M | Lier | 27/07/2013 |
| 9 | 9m75 | Van Calster Lisa | M | Booischoot | 18/09/2005 |
| 10 | 9m74 | Goris Emma | M | Booischoot | 17/05/2014 |

Kogel 3 kg

(9m18)

| | | | | | |
|-----------|-------|---------------------|---|-------------|------------|
| 1 | 11m65 | Gendarme Xana | C | Lier | 18/08/2018 |
| 2 | 11m42 | Gijsemans Inge | C | Heverlee | 9/08/1998 |
| 3 | 10m81 | Oost Morgan | C | Tessenderlo | 15/04/2016 |
| 4 | 10m53 | Marien Dana | L | Mechelen | 20/04/1997 |
| 5 | 10m15 | Van Hoogten Hanne | L | Boechout | 29/09/2012 |
| 6 | 10m14 | Bogaerts Jill | L | Tessenderlo | 8/08/2012 |
| 7 | 10m00 | Laporte Morgan | L | Herentals | 28/05/2016 |
| 8 | 9m89 | Van Rijmenant Chris | C | Hasselt | 13/04/1997 |
| 9 | 9m68 | Peeters Vera | L | Mechelen | 20/04/1997 |
| 10 | 9m50 | Van Loo Lauranne | C | Booischoot | 19/09/2008 |

Kogel 4 kg

(8m51)

| | | | | | |
|-----------|-------|---------------------|-----|----------------|------------|
| 1 | 11m39 | Van Asch Maria | W35 | Mechelen | 4/05/1997 |
| 5 | 10m02 | Meuris Vera | S | Brezzanone (I) | 2/07/1994 |
| 2 | 9m81 | Bogaerts Jill | J | Mol | 27/04/2014 |
| 3 | 9m78 | Gijsemans Inge | L | Turnhout | 30/05/1999 |
| 4 | 9m00 | Van Den Broeck Leen | S | Alken | 13/05/2017 |
| 6 | 8m90 | De Vocht Elien | S | Alken | 14/05/2016 |
| 7 | 8m89 | Meuris Monique | S | Turnhout | 8/05/1994 |
| 8 | 8m84 | Meuris Denise | S | Vilvoorde | 16/05/1993 |
| 9 | 8m63 | Van Hoogten Hanne | J | Lier | 28/04/2013 |
| 10 | 8m51 | Gyselinckx Elke | S | Eeklo | 8/10/2011 |

Hamer 3 kg

| | | | | | |
|----------|-------|-------------------|-----|-------------|------------|
| 1 | 36m64 | Van Loo Inge | L | Wespelaar | 8/08/1997 |
| 2 | 35m63 | Bogaerts Jill | L | Tessenderlo | 14/09/2012 |
| 3 | 25m55 | Meulemans Goele | W50 | Lier | 1/10/2017 |
| 4 | 18m54 | Van Winckel Lieve | C | Wespelaar | 22/09/1995 |

Hamer 4 kg

| | | | | | |
|----------|-------|-----------------|-----|-----------|------------|
| 1 | 32m16 | Van Loo Inge | J | Wespelaar | 3/07/1998 |
| 2 | 30m15 | Bogaerts Jill | J | Herentals | 25/08/2013 |
| 3 | 18m08 | Meulemans Goele | W45 | Turnhout | 18/09/2011 |

Gewichtwerpen

| | | | | | |
|----------|------|-----------------|-----|--------------|------------|
| 1 | 7m82 | Meulemans Goele | W50 | Sint-Niklaas | 25/05/2017 |
|----------|------|-----------------|-----|--------------|------------|

Discus 600 gr.

(24m03)

Top 10 aller tijden - Outdoor dames

| | | | | | |
|----|-------|---------------------|---|------------|------------|
| 1 | 33m40 | Van Rijmenant Chris | M | Alken | 24/06/1995 |
| 2 | 31m98 | Marien Dana | M | Diepenbeek | 16/10/1994 |
| 3 | 31m80 | Gijsemans Inge | M | Nijvel | 28/09/1996 |
| 4 | 26m78 | Janssens Jolien | M | Booischoot | 22/05/2004 |
| 5 | 26m75 | Gendarme Xana | P | Vilvoorde | 16/08/2015 |
| 6 | 25m06 | Van Winckel Lieve | M | Wespelaar | 4/06/1993 |
| 7 | 24m62 | De Vries Debby | M | Wespelaar | 26/09/1997 |
| 8 | 24m10 | Van Roie Liesbet | M | Kessel | 11/06/1994 |
| 9 | 24m09 | Verbeeck Sofie | P | Bornem | 28/06/2008 |
| 10 | 24m03 | Bogaerts Jill | M | Herentals | 9/08/2008 |

Discus 750 gr.

(20m24)

| | | | | | |
|----|-------|-------------------|---|--------------|------------|
| 1 | 38m20 | Gendarme Xana | M | Genk | 10/09/2017 |
| 2 | 27m27 | Goormans Jolien | M | Booischoot | 22/06/2013 |
| 3 | 27m09 | Verbeeck Sofie | M | St-Niklaas | 5/04/2010 |
| 4 | 26m95 | Milloen Nele | M | Herentals | 27/06/2015 |
| 5 | 24m32 | Meulders Marie | M | Edegem | 20/05/2017 |
| 6 | 23m38 | Schelkens Lauren | M | Sint-Niklaas | 11/08/2016 |
| 7 | 23m34 | Laporte Morgan | M | Lier | 27/07/2013 |
| 8 | 21m03 | Peeters Bloeme | M | Lier | 28/05/2012 |
| 9 | 20m48 | Kemp Annelien | M | Booischoot | 20/06/2009 |
| 10 | 20m24 | Goossens Liesbeth | M | Sint-niklaas | 23/08/2012 |

Discus 1 kg

(24m46)

| | | | | | |
|----|-------|---------------------|---|-------------|------------|
| 1 | 36m03 | Gendarme Xana | C | Gentbrugge | 15/08/2018 |
| 2 | 34m74 | Gijsemans Inge | C | Tessenderlo | 1/07/1998 |
| 3 | 33m90 | Van Asch Maria | S | Vilvoorde | 1/08/1992 |
| 4 | 33m19 | Bogaerts Jill | J | Booischoot | 23/05/2014 |
| 5 | 30m16 | Marien Dana | C | Diepenbeek | 5/10/1996 |
| 6 | 29m38 | Van Rijmenant Chris | C | Heverlee | 7/09/1996 |
| 7 | 28m55 | Van Winckel Lieve | S | Booischoot | 2/07/2004 |
| 8 | 26m05 | Gyselinckx Elke | S | Lommel | 26/05/2018 |
| 9 | 25m92 | Bogaerts Stefanie | L | Booischoot | 28/05/2010 |
| 10 | 25m68 | Gendarme Naomi | S | Schaarbeek | 22/10/2017 |

Hockeybal

(31m64)

| | | | | | |
|----|-------|-------------------|---|------------|------------|
| 1 | 41m92 | Verbeeck Sofie | P | Machelen | 9/08/2008 |
| 2 | 39m94 | Gendarme Xana | P | Vilvoorde | 29/08/2015 |
| 3 | 36m41 | Marien Svelte | P | St-Niklaas | 7/08/2014 |
| 4 | 36m02 | Peeters Nele | P | Aartselaar | 29/06/1997 |
| 5 | 35m90 | Van Roie Liesbet | P | Turnhout | 4/10/1992 |
| 6 | 35m04 | Goormans Jolien | P | Booischoot | 10/04/2011 |
| 7 | 34m39 | Heremans Stefanie | P | Brasschaat | 7/07/2001 |
| 8 | 34m07 | Oost Morgan | P | Maldegem | 14/09/2013 |
| 9 | 32m24 | Milloen Sarie | P | Mol | 11/09/2016 |
| 10 | 31m64 | Laporte Morgan | P | Bornem | 14/08/2011 |

Speer 400 gr.

(23m32)

| | | | | | |
|---|-------|------------------|---|-----------|------------|
| 1 | 33m28 | Gendarme Xana | M | Turnhout | 15/04/2017 |
| 2 | 27m06 | Verbeeck Sofie | M | Lommel | 26/09/2010 |
| 3 | 26m21 | Oost Morgan | M | Boechout | 29/08/2015 |
| 4 | 25m76 | Van Lent Lotte | M | Merksem | 31/05/2014 |
| 5 | 25m22 | De Vries Debby | M | Wespelaar | 26/09/1997 |
| 6 | 24m98 | Laporte Morgan | M | Kessel-lo | 20/04/2013 |
| 7 | 24m70 | Van Roie Liesbet | M | Turnhout | 5/06/1994 |

Top 10 aller tijden - Outdoor dames

| | | | | | |
|----|-------|-----------------|---|---------------------|------------|
| 8 | 24m30 | Marien Dana | M | Mol | 20/08/1994 |
| 9 | 24m00 | Milloen Sarie | M | Merksem (Antwerpen) | 21/05/2018 |
| 10 | 23m32 | Goormans Jolien | M | Tongerlo | 2/09/2012 |

Speer 500 gr.

(24m74)

| | | | | | |
|----|-------|------------------|---|----------------|------------|
| 1 | 36m75 | Bussels Renee | L | Herentals | 20/09/2013 |
| 2 | 35m15 | Gendarme Xana | C | Stekene | 16/09/2018 |
| 3 | 31m79 | Van Lent Lotte | L | Vilvoorde | 6/05/2017 |
| 4 | 30m58 | Laporte Morgan | C | Lommel | 2/08/2014 |
| 5 | 29m45 | De Vries Debby | C | Tessenderlo | 8/09/1999 |
| 6 | 29m40 | Van Loo Lauranne | C | Lier | 14/06/2008 |
| 7 | 28m92 | Smets Ibich | L | Duffel | 26/04/2014 |
| 8 | 28m80 | Bogaerts Jill | C | Herentals (PK) | 25/04/2009 |
| 9 | 26m50 | Marien Dana | C | Dilbeek | 6/08/1995 |
| 10 | 25m95 | Gijsemans Inge | C | Kessel | 11/07/1998 |

Speer 600 gr.

(24m39)

| | | | | | |
|----|-------|---------------------|---|------------------|------------|
| 1 | 32m52 | Meuris Vera | S | Dilbeek | 7/07/1996 |
| 2 | 29m66 | Symons Anja | S | Neerpelt | 7/05/1995 |
| 3 | 29m53 | Van Den Broeck Leen | S | Alken | 14/05/2016 |
| 4 | 29m34 | Bogaerts Jill | L | Booischoot | 15/04/2012 |
| 5 | 28m75 | Gyselinckx Elke | S | Bornem | 26/07/2013 |
| 6 | 28m29 | De Vries Debby | L | Turnhout | 12/05/2001 |
| 7 | 27m28 | Van Loo Lauranne | L | Aartselaar (BVV) | 9/05/2009 |
| 8 | 26m38 | Van Asch Maria | S | Willebroek | 10/05/1992 |
| 9 | 25m77 | Gijsemans Inge | L | Herentals | 25/04/1999 |
| 10 | 24m39 | Smets Ibich | J | Zwijndrecht | 25/04/2015 |

Vierkamp

(1649 Ptn)

| | | | | | |
|----|----------|------------------|---|---------------------|------------|
| 1 | 2050 ptn | Laporte Morgan | P | Booischoot (JT) | 21/05/2011 |
| 2 | 2029 ptn | Marien Dana | M | Essen | 10/09/1994 |
| 3 | 2002 ptn | Oost Morgan | P | Lier | 8/06/2013 |
| 4 | 1980 ptn | Hutsebaut Jutta | P | Bree | 3/09/2016 |
| 5 | 1962 ptn | Hutsebaut Hasse | P | Merksem (Antwerpen) | 21/05/2018 |
| 6 | 1958 ptn | Van Roie Liesbet | M | Tienen | 31/07/1994 |
| 7 | 1886 ptn | Marien Svelte | P | Dilbeek | 3/08/2014 |
| 8 | 1741 ptn | Peeters Bloeme | P | Mol | 7/08/2010 |
| 9 | 1657 ptn | Van Calster Lisa | P | Mechelen | 7/09/2003 |
| 10 | 1649 ptn | Van Look Britt | P | Booischoot | 22/05/2010 |

Vijfkamp

(2442 Ptn)

| | | | | | |
|----|----------|------------------|---|------------|------------|
| 1 | 2921 ptn | Laporte Morgan | M | Mol | 20/05/2013 |
| 2 | 2919 ptn | Van Lent Lotte | M | Lier | 9/06/2014 |
| 3 | 2822 ptn | Gendarme Xana | M | Mol | 1/07/2017 |
| 4 | 2717 ptn | Peeters Bloeme | M | Dilbeek | 15/09/2012 |
| 5 | 2591 ptn | Janssens Jolien | M | Booischoot | 22/05/2004 |
| 6 | 2505 ptn | Milloen Nele | M | Booischoot | 16/05/2015 |
| 7 | 2484 ptn | Smets Ibich | M | Bree | 4/09/2010 |
| 8 | 2453 ptn | Oost Morgan | M | Mol | 2/08/2015 |
| 9 | 2450 ptn | Verschoren Sarah | L | Mechelen | 18/09/2005 |
| 10 | 2442 ptn | Marien Dana | C | Willebroek | 29/09/1996 |

Zeskamp

Top 10 aller tijden - Outdoor dames

| | | | | | |
|---|----------|------------------|---|-------------------|------------|
| 1 | 3065 ptn | Marien Dana | C | Herentals | 26/05/1996 |
| 2 | 3327 ptn | Laporte Morgan | C | Heusden | 23/08/2015 |
| 3 | 2773 ptn | Smets Ibich | C | Herentals | 27/05/2012 |
| 4 | 1863 ptn | Bussels Renee | C | Herentals (FC MK) | 29/05/2011 |
| 5 | 1514 ptn | Onsea Gigi | C | Dilbeek (KVV MK) | 7/08/2011 |
| 6 | 1373 ptn | Vervloet Marlies | C | Herentals | 25/05/2003 |

Zevenkamp

| | | | | | |
|---|-----------|-------------------|---|-------------------|------------|
| 1 | 4468 ptn | Meuris Vera | S | Dilbeek | 7/08/1994 |
| 2 | 4205 ptn | Vandenhove Lore | L | Herentals | 1/06/2014 |
| 3 | 4177 ptn | Laporte Morgan | L | Herentals | 29/05/2016 |
| 4 | 3540 ptn | Smets Ibich | L | Herentals | 24/08/2013 |
| 5 | 3080 ptn | Verschoren Sarah | L | Brasschaat | 20/06/2004 |
| 6 | 2.755 ptn | Van Hoogten Hanne | L | Herentals (FC MK) | 29/05/2011 |
| 7 | 2.669 ptn | Bogaerts Jill | L | Herentals (FC MK) | 29/05/2011 |

Werpvijfkamp

| | | | | | |
|---|---------|-----------------|-----|--------|------------|
| 1 | 1982ptn | Meulemans Goele | W50 | Obourg | 19/08/2017 |
|---|---------|-----------------|-----|--------|------------|



HEREN - OUTDOOR

Tussen haakjes de 10e prestatie van het jaarboek 2017. In 2018 zijn er 28 prestaties hier toegevoegd, waarvan de helft door Vincent L. en Sander H.

60 meter

(9"05)

| | | | | | |
|----|------|-------------------|---|----------|------------|
| 1 | 8"48 | Deca Jan | P | Nijvel | 27/09/1997 |
| 2 | 8"57 | Milloen Sander | P | Maldegem | 15/06/2013 |
| 3 | 8"70 | Ceulemans Vincent | P | Lier | 8/06/2013 |
| 4 | 8"73 | Stroobants Jochen | P | Nijvel | 27/09/1997 |
| 5 | 8"76 | Naets Ilan | P | Bornem | 19/04/2015 |
| 6 | 8"93 | Janssens Joran | P | Duffel | 1/05/2007 |
| 7 | 8"98 | D'Hooghe Zico | P | Hasselt | 11/07/2012 |
| 8 | 9"02 | Laporte Vincent | P | Lier | 30/09/2007 |
| 9 | 9"04 | Verbocht Jens | P | Lier | 5/10/2008 |
| 10 | 9"05 | Engelen Jan | P | Duffel | 1/05/2009 |

80 meter

(11"03)

| | | | | | |
|----|-------|--------------------|---|-------------|------------|
| 1 | 10"24 | Deca Jan | M | Nijvel | 28/08/1999 |
| 2 | 10"50 | Milloen Sander | M | Tessenderlo | 29/08/2015 |
| 3 | 10"52 | Verbocht Jens | M | Beveren | 11/09/2010 |
| 4 | 10"62 | Henderickx Sander | M | Lier | 23/09/2018 |
| 5 | 10"65 | Coremans Stef | M | Aalst | 21/09/2014 |
| 6 | 10"86 | Vermaelen Maxime | M | Mol | 26/06/2010 |
| 7 | 10"90 | Stroobants Jochen | M | Lier | 21/08/1999 |
| 8 | 10"94 | Heremans Kristof | M | Ninove | 3/10/1999 |
| 9 | 11"03 | Salien Aaron | M | Mechelen | 15/09/2012 |
| 10 | 11"03 | Lambrechts Maarten | M | Mol | 31/07/2016 |

100 meter

(11"76)

| | | | | | | | |
|----|-------|----|------------------|---|---------------|------------|------|
| 1 | 10"9 | HT | Aerts Tim | S | Genk | 23/05/1993 | |
| 2 | 11"19 | | Deca Jan | L | Gent | 23/07/2003 | |
| 3 | 11"27 | | Verrept Nick | S | Turnhout | 29/04/2006 | |
| 4 | 11"3 | HT | Luyten Luc | S | Genk | 23/05/1993 | |
| 5 | 11"57 | | Laporte Vincent | S | Tessenderlo | 23/05/2018 | 0,6 |
| 6 | 11"59 | | Gybels Niels | L | Duffel | 28/04/2007 | 1,8 |
| 7 | 11"66 | | De Fyn Johan | S | Brasschaat | 30/04/2005 | |
| 8 | 11"68 | | Verbist Jelle | J | Duffel | 28/04/2007 | -0,6 |
| 9 | 11"75 | | Heremans Kristof | C | Oordegem-Lede | 16/06/2001 | |
| 10 | 11"76 | | Goossens Joris | L | Turnhout | 16/05/1998 | |

150 meter

(20"95)

| | | | | | |
|----|-------|--------------------|---|---------------------|------------|
| 1 | 19"02 | Deca Jan | M | Boischot | 25/09/1999 |
| 2 | 19"66 | Milloen Sander | M | Bornem | 19/04/2015 |
| 3 | 19"78 | Vermaelen Maxime | M | Beveren | 11/09/2010 |
| 4 | 19"87 | Verbocht Jens | M | Mol | 26/06/2010 |
| 5 | 20"22 | Henderickx Sander | M | Merksem (Antwerpen) | 14/04/2018 |
| 6 | 20"32 | Ceulemans Vincent | M | Merksem | 19/09/2015 |
| 7 | 20"51 | Heremans Kristof | M | Tessenderlo | 11/08/1999 |
| 8 | 20"64 | Lambrechts Maarten | M | Mol | 31/07/2016 |
| 9 | 20"88 | Thevissen Yani | M | Lier | 7/07/2013 |
| 10 | 20"89 | Salien Aaron | M | Boischot | 16/06/2012 |

Top 10 aller tijden - Outdoor heren

| <u>200 meter</u> | | (23"94) | | | | |
|------------------|-------|------------------|---|---------------|--|------------|
| 1 | 21"95 | Aerts Tim | S | Mol | | 5/07/1992 |
| 2 | 22"07 | Deca Jan | S | Duffel | | 28/04/2007 |
| 3 | 22"59 | Verrept Nick | S | Gent | | 16/07/2006 |
| 4 | 22"75 | Gybels Niels | L | Beveren | | 2/06/2007 |
| 5 | 22"86 | Laporte Vincent | S | Tessengerlo | | 23/05/2018 |
| 6 | 23"37 | Verbist Jelle | J | Duffel | | 28/04/2007 |
| 7 | 23"51 | De Fyn Johan | J | Aartselaar | | 13/07/2003 |
| 8 | 23"71 | Heremans Kristof | C | Oordegem-Lede | | 16/06/2001 |
| 9 | 23"91 | Neels Frank | S | Mechelen | | 23/05/2001 |
| 10 | 23"94 | Deca Wim | J | Boischot | | 2/06/2006 |

0,2

| <u>300 meter</u> | | (38"41) | | | | |
|------------------|-------|-------------------|---|-----------|--|------------|
| 1 | 35"03 | Deca Jan | S | Vilvoorde | | 29/06/2007 |
| 2 | 35"54 | Laporte Vincent | S | Boischot | | 1/06/2018 |
| 3 | 35"83 | Verrept Nick | S | Dilbeek | | 17/07/2005 |
| 4 | 36"13 | Gybels Niels | L | Duffel | | 24/06/2007 |
| 5 | 37"37 | Verbist Jelle | J | Duffel | | 24/06/2007 |
| 6 | 37"54 | De Fyn Johan | J | Mechelen | | 2/05/2003 |
| 7 | 37"69 | Neels Frank | S | Herentals | | 15/06/2001 |
| 8 | 37"91 | Ceulemans Vincent | L | Boischot | | 1/06/2018 |
| 9 | 37"94 | Van Lent Jurgen | S | Mechelen | | 8/05/2002 |
| 10 | 37"97 | Luyten Kristof | J | Merksem | | 6/08/2004 |

| <u>400 meter</u> | | (52"8) | | | | |
|------------------|---------|------------------|-----|-----------------|--|------------|
| 1 | 49.50 | Laporte Vincent | S | Kessel-Lo | | 27/05/2018 |
| 2 | 50"31 | Gybels Niels | L | Gent | | 15/07/2007 |
| 3 | 50"64 | Aerts Tim | S | Vlierzele | | 27/06/1992 |
| 4 | 50"71 | Verrept Nick | S | Oordegem-Lede | | 21/05/2006 |
| 5 | 50"98 | Deca Jan | L | Vilvoorde | | 29/06/2007 |
| 6 | 52"53 | Van Lent Jurgen | M40 | Compiègne (FRA) | | 27/06/2009 |
| 7 | 52"67 | De Kerpel Wesley | J | Herentals | | 22/08/2007 |
| 8 | 52"76 | Verbist Jelle | J | Brasschaat | | 21/07/2007 |
| 9 | 52"7 HT | Bervoets Werner | J | Genk | | 23/05/1993 |
| 10 | 52"8 HT | Van Woensel Kris | S | Mechelen | | 24/05/1992 |

| <u>600 meter</u> | | (2'04"80) | | | | |
|------------------|---------|----------------------|-----|----------------|--|------------|
| 1 | 1'31"46 | Van den Schoor Senne | L | Mol | | 25/05/2017 |
| 2 | 1'37"74 | Derdin Jos | M45 | Mol | | 25/05/2017 |
| 3 | 1'52"36 | Naets Ilan | B | Nijvel | | 28/09/2013 |
| 4 | 1'59"87 | D'Hooghe Zico | B | Mol | | 7/08/2010 |
| 5 | 2'02"06 | Ceulemans Vincent | B | Lier | | 11/09/2011 |
| 6 | 2'02"22 | Derdin Simon | B | Betekom | | 22/09/2012 |
| 7 | 2'04"00 | Peeters Jannes | B | Heusden-Zolder | | 16/07/2011 |
| 8 | 2'04"35 | Henderickx Sander | B | Boischot | | 28/09/2014 |
| 9 | 2'04.80 | Sanders Jasper | B | Geel | | 4/09/2016 |
| 10 | 2:04.95 | De Heel Michiel | B | Heusden-Zolder | | 21/07/2018 |

| <u>800 meter</u> | | (1'59"78) | | | | |
|------------------|---------|------------------|---|-----------|--|------------|
| 1 | 1'53"44 | De Kerpel Wesley | J | Ninove | | 11/08/2007 |
| 2 | 1'55"42 | De Kerpel Kevin | J | Neerpelt | | 2/06/2007 |
| 3 | 1'57"51 | Van Lent Jurgen | S | Wespelaar | | 23/07/2000 |
| 4 | 1'57"88 | Laporte Dany | S | Edegem | | 24/07/1992 |
| 5 | 1'58"90 | De Winter Brent | L | Ninove | | 21/07/2012 |

Top 10 aller tijden - Outdoor heren

| | | | | | |
|----|---------|---------------------|-----|-------------|------------|
| 6 | 1'58"99 | Van Goethem Roger | S | Tessenderlo | 15/05/1992 |
| 7 | 1'59"28 | Van Loo Sven | S | Edegem | 8/05/1992 |
| 8 | 1'59"5 | HT Favot Glenn | J | Tessenderlo | 20/04/2005 |
| 9 | 1'59"64 | Vermeulen Michael | S | Herentals | 30/04/2004 |
| 10 | 1'59"78 | Van Den Broeck Rudy | M40 | Diest | 31/05/2003 |

1000 meter (2'39"69)

| | | | | | |
|----|---------|--------------------------|-----|------------|------------|
| 1 | 2'33"03 | Yeshetela Bekele Atelaw* | S | Dilbeek | 21/07/2007 |
| 2 | 2'35"42 | Van Loo Sven | J | Duffel | 15/08/1995 |
| 3 | 2'36"4 | HT Laporte Dany | S | Wespelaar | 1/05/1992 |
| 4 | 2'37"47 | Huybrechts Jurgen | S | Booischoot | 29/05/2009 |
| 5 | 2'37"5 | HT Van Loo Rudy | S | Wespelaar | 1/05/1992 |
| 6 | 2'37"92 | Vandenbroeck Rudy | M40 | St.Niklaas | 20/08/2003 |
| 7 | 2'38"31 | Stroobants Jelle | J | Dilbeek | 21/07/2002 |
| 8 | 2'39"0 | HT Van Goethem Roger | S | Wespelaar | 1/05/1992 |
| 9 | 2'39"34 | De Winter Brent | J | Booischoot | 23/05/2014 |
| 10 | 2'39"69 | Vermeulen Michael | J | Edegem | 31/05/2002 |

1500 meter (4'04"09)

| | | | | | |
|----|---------|-------------------------|---|-----------------|------------|
| 1 | 3'48"08 | De Kerpel Wesley | S | Oordegem-Lede | 26/07/2008 |
| 2 | 3'54"51 | Yeshetela Bekele Atelaw | S | St.Niklaas (FC) | 21/05/2009 |
| 3 | 3'54"89 | Laporte Dany | S | Hechtel | 18/07/1992 |
| 4 | 3'56"06 | De Kerpel Kevin | J | Heusden-Zolder | 28/07/2007 |
| 5 | 3'58"12 | De Vocht Peter | S | Aartselaar | 4/08/1993 |
| 6 | 3'59"39 | Laurens Glen | S | Oordegem-Lede | 7/07/2007 |
| 7 | 4'00"60 | Baeten Luc | S | Aartselaar | 4/08/1993 |
| 8 | 4'00"76 | Van Loo Sven | S | Diest | 17/05/1998 |
| 9 | 4'03"0 | HT Van Loo Rudy | S | Wespelaar | 15/05/1992 |
| 10 | 4'04"09 | Favot Glenn | J | Vilvoorde | 12/06/2005 |

1 mijl (4'39"98)

| | | | | | |
|----|---------|-------------------|-----|-------------|------------|
| 1 | 4'16"03 | Laporte Dany | S | Tessenderlo | 18/08/1992 |
| 2 | 4'23"33 | De Kerpel Wesley | J | Herentals | 15/07/2006 |
| 3 | 4'23"40 | Van Loo Sven | S | Herentals | 13/06/1997 |
| 4 | 4'30"68 | Geens Gunter | S | Herentals | 19/06/2010 |
| 5 | 4'31"04 | Van Goethem Roger | S | Aartselaar | 10/07/1992 |
| 6 | 4'31"8 | HT Moris Sven | J | Herentals | 22/07/2005 |
| 7 | 4'34"68 | Baetens Roger | V | Herentals | 31/07/1998 |
| 8 | 4'39"11 | Stroobants Jelle | J | Herentals | 27/07/2002 |
| 9 | 4'39"14 | Engelen Gert | M35 | Tessenderlo | 7/09/2007 |
| 10 | 4'39"98 | Laporte Erik | S | Herentals | 13/06/1997 |

2000 meter (5'53"47)

| | | | | | |
|----|---------|----------------------|-----|-------------|------------|
| 1 | 5'27"67 | Laporte Dany | S | Aartselaar | 21/07/1992 |
| 2 | 5'33"71 | Laurens Glen | S | Merksem | 4/09/2004 |
| 3 | 5'39"79 | Baeten Luc | S | Aartselaar | 8/06/1994 |
| 4 | 5'42"00 | Geens Gunter | S | Hasselt | 10/07/2011 |
| 5 | 5'42"7 | HT Van Goethem Roger | S | Wespelaar | 16/06/1995 |
| | 5'42"7 | HT Moris Sven | S | Tessenderlo | 3/05/2006 |
| 7 | 5'45"30 | Van Loo Rudy | S | Wespelaar | 18/06/1993 |
| 8 | 5'46"4 | HT Baetens Roger | M40 | Wespelaar | 3/07/1998 |
| 9 | 5'47"92 | Van Loo Sven | J | Wespelaar | 14/06/1996 |
| 10 | 5'53"47 | Huybrechts Jurgen | M35 | Turnhout | 12/04/2015 |

Top 10 aller tijden - Outdoor heren

| 3000 meter | | (8'44"87) | | | |
|-------------------|---------|--------------------------|---|--------------------|------------|
| 1 | 8'11"64 | De Vocht Peter | S | Tessenderlo | 19/08/1995 |
| 2 | 8'12"37 | Yeshetela Bekele Atelaw* | S | Kessel-Lo | 14/08/2010 |
| 3 | 8'15"34 | De Kerpel Wesley | S | Vilvoorde (B) | 12/08/2008 |
| 4 | 8'31"24 | Van Loo Sven | S | Edegem | 14/08/1997 |
| 5 | 8'31"26 | Baeten Luc | S | Tessenderlo | 12/05/1993 |
| 6 | 8'31"48 | Laurens Glen | S | Tessenderlo | 20/08/2005 |
| 7 | 8'36"40 | De Kerpel Kevin | S | Tessenderlo | 18/08/2007 |
| 8 | 8'39"33 | Laporte Dany | S | Aartselaar | 13/06/1992 |
| 9 | 8'40"43 | Geens Gunter | S | Oordegem-Lede (FC) | 2/07/2011 |
| 10 | 8'44"87 | Bosmans Fred | S | Tessenderlo | 18/06/1993 |

| 2 mijl | | (10'53"78) | | | |
|---------------|----------|------------------------|-----|----------|------------|
| 1 | 9'46"40 | Huybrechts Jurgen | M35 | Lanaken | 13/05/2015 |
| 2 | 9'50"81 | Coeckelbergs Gilbert | S | Boischot | 4/09/2002 |
| 3 | 10'00"5 | HT Van Loo Alfons | S | Mechelen | 6/09/1996 |
| 4 | 10'09"96 | Van De Steene Koenraad | M45 | Mechelen | 20/05/2009 |
| 5 | 10'31"3 | HT Busschodts René | M40 | Mechelen | 5/09/1997 |
| 6 | 10'40"7 | HT Ooms Maurice | M45 | Mechelen | 6/09/1996 |
| 7 | 10'51"06 | Van Aelst Dirk | M40 | Beveren | 30/07/2014 |
| 8 | 10'52"58 | Heylen Bart | M45 | Alken | 24/06/2011 |
| 9 | 10'53"67 | Naets Obry | J | Boischot | 2/06/2017 |
| 10 | 10'53"78 | Claes Gerrit | M40 | Boischot | 20/08/2003 |

| 5000 meter | | (15'24"33) | | | |
|-------------------|----------|-------------------------|---|----------------|------------|
| 1 | 14'10"38 | De Vocht Peter | S | Ninove | 13/08/1993 |
| 2 | 14'11"30 | Yeshetela Bekele Atelaw | S | Heusden-Zolder | 10/06/2010 |
| 3 | 14'23"76 | Van Loo Sven | S | Ninove | 25/07/1998 |
| 4 | 14'40"11 | Laurens Glen | S | Heusden-Zolder | 18/07/2009 |
| 5 | 14'51"94 | Baeten Luc | S | Mol | 1/09/1993 |
| 6 | 14'56"13 | Geens Gunter | S | Oordegem | 5/06/2010 |
| 7 | 15'04"2 | HT Bosmans Fred | S | Mol | 16/09/1992 |
| 8 | 15'17"89 | De Kerpel Wesley | J | Ninove | 29/07/2006 |
| 9 | 15'23"12 | Teniers Gert | S | Wespelaar | 21/08/1992 |
| 10 | 15'24"33 | Moris Sven | S | Lier | 30/04/2006 |

| 10000 meter | | (32'56"59) | | | |
|--------------------|----------|-------------------------|-----|--------------|------------|
| 1 | 29'06"66 | De Vocht Peter | S | Tessenderlo | 18/08/1993 |
| 2 | 29'47"60 | Yeshetela Bekele Atelaw | S | Utrecht (NL) | 14/06/2009 |
| 3 | 30'50"26 | Laurens Glen | S | Neerpelt (B) | 31/05/2008 |
| 4 | 30'56"47 | Laporte Dany | S | Tessenderlo | 9/09/1992 |
| 5 | 31'05"08 | Geens Gunter | S | Tessenderlo | 8/09/2010 |
| 6 | 32'28"62 | Wyns Hans | S | Edegem | 16/09/1994 |
| 7 | 32'32"01 | Baetens Roger | M40 | Herentals | 7/07/1998 |
| 8 | 32'39"96 | Coeckelbergs Gilbert | S | Boischot | 2/07/2005 |
| 9 | 32'52"59 | Op De Beeck Frederik | S | Tessenderlo | 10/09/2008 |
| 10 | 32'56"59 | Huybrechts Jurgen | M35 | Tessenderlo | 11/09/2013 |

Top 10 aller tijden - Outdoor heren

20000 meter

| | | | | | |
|---|------------|-------------------|-----|-----------|------------|
| 1 | 1.14.48.00 | Huybrechts Jurgen | M35 | Herentals | 20/09/2013 |
|---|------------|-------------------|-----|-----------|------------|

Uur

(16.092 M)

| | | | | | |
|----|----------|--------------------|-----|-------------|-----------|
| 1 | 19.343 m | De Vocht Peter | S | Lommel | 6/08/1994 |
| 2 | 18.433m | Geens Gunter | S | Herentals | 9/09/2011 |
| 3 | 17.926 m | Baeten Luc | S | Tessengerlo | 9/09/1992 |
| 4 | 17.451 m | Van Goethem Roger | M40 | Wespelaar | 4/10/1996 |
| 5 | 17.300 m | Baetens Roger | S | Wespelaar | 6/10/1995 |
| 6 | 16.956 m | Nevelsteen Gustaaf | S | Wespelaar | 7/10/1994 |
| 7 | 16.888 m | Ooms Maurice | M45 | Wespelaar | 6/10/1995 |
| 8 | 16.405 m | Van Hoof Dirk | M40 | Wespelaar | 3/10/1997 |
| 9 | 16.365 m | Verstrepen Leo | M45 | Wespelaar | 3/10/1997 |
| 10 | 16.092 m | Van Woensel Willy | S | Wespelaar | 7/10/1994 |

Marathon

(30ste Prestatie: 2U58'42")

| | | | | | |
|----|---------|----------------------|-----|------------------|------------|
| 1 | 2:16:46 | De Vocht Peter | S | Sevilla (Spa) | 23/02/1992 |
| 2 | 2:22:50 | Baeten Luc | S | Rotterdam (Ned) | 18/04/1993 |
| 3 | 2:23:59 | Geens Gunter | S | Amsterdam (NED) | 16/10/2011 |
| 4 | 2:24:00 | Van Goethem Roger | S | Antwerpen | 9/04/1995 |
| 5 | 2:27:57 | Op De Beeck Frederik | S | Eindhoven (Ned) | 14/10/2012 |
| 6 | 2:28:32 | Bosmans Fred | S | Rotterdam (Ned) | 5/04/1992 |
| 7 | 2:28:44 | Baetens Roger | S | Echternach (Lux) | 23/10/1994 |
| 8 | 2:35:38 | De Vocht Marc | S | Frankfurt (D) | 17/10/1993 |
| 9 | 2:37:33 | Coeckelbergs Gilbert | S | Eindhoven (Ned) | 12/10/2003 |
| 10 | 2:37:36 | Van Goethem Andre | V | Rotterdam (Ned) | 17/04/1994 |
| 11 | 2:37:51 | Jurgens Kurt | S | Etten-Leur (Ned) | 25/10/1992 |
| 12 | 2:35:33 | Geens Pieter | S | Rotterdam | 9/04/2017 |
| 13 | 2:39:04 | Wyns Hans | S | Kortrijk-Brugge | 10/07/1994 |
| 14 | 2:40:48 | Roekens Gerdy | S | Rotterdam (Ned) | 17/04/1994 |
| 15 | 2:41:20 | Huybrechts Jurgen | M35 | Eindhoven | 13/10/2013 |
| 16 | 2:42:20 | Teniers Rene | M45 | London (GB) | 12/04/1992 |
| 17 | 2:42:27 | Cools Bert | S | Rotterdam (Ned) | 18/04/1993 |
| 18 | 2:42:50 | Nevelsteen Kristof | S | Eindhoven | 13/10/2013 |
| 19 | 2:44:02 | Laporte Erik | S | Rotterdam (Ned) | 28/04/1996 |
| 20 | 2:46:30 | Nevelsteen Gustaaf | S | Echternach (Lux) | 23/10/1994 |
| 21 | 2:49:43 | Van Woensel Willy | S | Middelkerke | 22/08/1993 |
| 22 | 2:49:52 | Vloeberghs Walter | M55 | Eindhoven | 14/10/2012 |
| 23 | 2:49:53 | Van De Gaer Wesley | S | Lier | 24/03/2007 |
| 24 | 2:51:12 | Vekemans Alfons | M40 | Stabroek | 29/03/1992 |
| 25 | 2:53:19 | Vermeulen Jozef | S | Antwerpen | 9/04/1995 |
| 26 | 2:53:57 | Ooms Maurice | M45 | Berchem | 11/09/1994 |
| 27 | 2:55:32 | Heylen Paul | M50 | Gent | 4/10/1998 |
| 28 | 2:55:42 | Optiels Roger | M50 | Eindhoven (Ned) | 8/10/1995 |
| 29 | 2:58:25 | De Cock Marc | M40 | Eindhoven (Ned) | 10/10/2010 |
| 30 | 2:58:42 | Rymenants Eddy | S | Eindhoven (Ned) | 10/10/1993 |

60 m. horden

(11"74)

| | | | | | |
|---|-------|----------------------|---|------------|------------|
| 1 | 10"52 | Milloen Sander | P | Maldegem | 14/09/2013 |
| 2 | 10"80 | Ceulemans Seppe | P | St-Niklaas | 5/08/2010 |
| 3 | 11"20 | Laporte Vincent | P | Booischoot | 21/06/2008 |
| 4 | 11"20 | D'Hooghe Zico | P | Nivelles | 22/09/2012 |
| 6 | 11"29 | Heremans Kristof | P | Nijvel | 27/09/1997 |
| 5 | 11"46 | Peeters Jannes | P | Booischoot | 22/06/2013 |
| 7 | 11"50 | Van Den Schoor Senne | P | Mol | 4/08/2012 |

Top 10 aller tijden - Outdoor heren

| | | | | | |
|----|-------|-------------------|---|------------|------------|
| 8 | 11"62 | Engelen Jef | P | Kapellen | 30/06/2007 |
| 9 | 11"65 | Ceulemans Vincent | P | Booischoot | 22/06/2013 |
| 10 | 11"5 | HT Deca Jan | P | Kapellen | 18/05/1997 |

80 m. horden (15"47)

| | | | | | |
|----|-------|----------------------|---|------------|------------|
| 1 | 12"37 | Milloen Sander | M | Nijvel | 26/09/2015 |
| 2 | 12"83 | Verbocht Jens | M | Mol | 21/08/2010 |
| 3 | 13"1 | HT Deca Jan | M | Brasschaat | 21/08/1999 |
| 4 | 14"09 | Ceulemans Seppe | M | Mol | 22/04/2012 |
| 5 | 14"15 | Heremans Kristof | M | Diepenbeek | 24/05/1999 |
| 6 | 14"40 | Laporte Vincent | M | Lier | 5/06/2010 |
| 7 | 14"71 | D'Hooghe Zico | M | Booischoot | 28/09/2014 |
| 8 | 14"74 | Henderickx Sander | M | Mol | 10/05/2018 |
| 9 | 14"98 | Vangoidsenhoven Wout | M | Vilvoorde | 25/08/2007 |
| 10 | 15"18 | Pauwels Jeroen | M | Herentals | 5/05/2002 |

100 m. horden (18"14)

| | | | | | | |
|----|-------|------------------|-----|-------------------|------------|------|
| 1 | 14"33 | Milloen Sander | C | Deinze | 20/08/2017 | -1,0 |
| 2 | 15"70 | Ceulemans Seppe | C | Dilbeek | 3/08/2014 | 0,0 |
| 3 | 16"07 | De Fyn Johan | C | Oordegem | 10/09/2000 | |
| 4 | 16"42 | Heremans Kristof | C | Herentals | 15/04/2000 | |
| 5 | 16"94 | Laporte Vincent | C | Herentals | 27/05/2012 | -0,5 |
| 6 | 17"05 | Pauwels Jeroen | C | Lier | 6/06/2004 | |
| 7 | 17"15 | Verbocht Jens | C | Herentals (FC MK) | 29/05/2011 | |
| 8 | 17"27 | Meuris Alfons | M70 | Izegem | 21/05/2005 | 1,2 |
| 9 | 17"63 | Van Bael Jens | C | Herentals | 1/06/2014 | -0,1 |
| 10 | 18"14 | D'hooghe Zico | C | Herentals | 29/05/2016 | -0,3 |

110 m. horden (0,91 m.)

| | | | | | | |
|---|-------|-----------------|---|------------|------------|------|
| 1 | 15"86 | Ceulemans Seppe | L | Bertrix | 21/08/2016 | -1,8 |
| 2 | 15"88 | De Fyn Johan | L | Merksem | 30/06/2002 | |
| 3 | 16"02 | Laporte Vincent | L | Herentals | 1/06/2014 | |
| 4 | 16"74 | Laporte Jens | L | Duffel | 5/05/2005 | |
| 5 | 16"74 | Van Bael Jens | L | Herentals | 29/05/2016 | -0,3 |
| 6 | 17"45 | Deca Wim | L | Nieuwpoort | 10/09/2005 | |
| 7 | 17"61 | D'hooghe Zico | L | Herentals | 27/05/2018 | -0,7 |
| 8 | 20"29 | Pelgrims Geordy | L | Lier | 30/04/2006 | |

110 m. horden (0,99 m.)

| | | | | | | |
|---|-------|-----------------|-----|---------------------|------------|------|
| 1 | 15"82 | Laporte Vincent | J | Kapellen (Antw.) | 6/08/2016 | 0,4 |
| 2 | 17"91 | Van Bael Jens | J | Herentals | 28/05/2017 | |
| 3 | 26.29 | Derdin Jos | M45 | Merksem (Antwerpen) | 22/09/2018 | -0,2 |

110 m. horden (1,07 m.)

| | | | | | |
|---|-------|--------------------|-----|-------------------|------------|
| 1 | 16"50 | De Fyn Johan | J | Duffel | 18/05/2003 |
| 2 | 18"0 | HT Meuris Wilfried | S | Aartselaar | 30/05/1993 |
| 3 | 20"21 | Teniers Gert | S | Duffel | 15/05/1994 |
| 4 | 21"02 | Laporte Jens | S | Herentals (FC MK) | 29/05/2011 |
| 5 | 24"4 | HT Meuris Alfons | M55 | Herentals | 26/07/1992 |

Top 10 aller tijden - Outdoor heren

150 m. Horden (23"79)

| | | | | | |
|----|-------|--------------------|---|---------|------------|
| 1 | 20"84 | Milloen Sander | M | Lier | 29/05/2015 |
| 2 | 22"01 | Verbocht Jens | M | Mol | 13/05/2010 |
| 3 | 22"50 | Laporte Vincent | M | Lokeren | 18/07/2010 |
| 4 | 22"86 | Peeters Jannes | M | Bornem | 8/08/2015 |
| 5 | 22"98 | Lambrechts Maarten | M | Bornem | 25/09/2016 |
| 6 | 23"36 | Thevissen Yani | M | Brussel | 6/10/2013 |
| 7 | 23"58 | Ceulemans Vincent | M | Lier | 29/05/2015 |
| 8 | 23"66 | D'Hooghe Zico | M | Mol | 9/05/2013 |
| 9 | 23"72 | Coremans Stef | M | Bornem | 11/08/2013 |
| 10 | 23"79 | Henderickx Sander | M | Lier | 5/08/2017 |

200 m. Horden

| | | | | | | |
|---|-------|---------------------|-----|-----------|------------|------|
| 1 | 26"69 | Marien Sven | M40 | Betekom | 29/09/2012 | -0,5 |
| 2 | 27"87 | De Fyn Johan | S | Burcht | 30/07/2006 | |
| 3 | 28"05 | Verbist Jelle | L | Burcht | 30/07/2006 | |
| 4 | 30"83 | Laporte Vincent | C | Vichy(fr) | 8/07/2012 | |
| 5 | 38"31 | Van Nuffelen Thomas | C | Vichy(fr) | 8/07/2012 | |

300 m. horden (46"24)

| | | | | | |
|----|-------|------------------|---|------------------|------------|
| 1 | 41"25 | Milloen Sander | C | Maldegem | 7/05/2017 |
| 2 | 41"33 | Heremans Kristof | C | Luik | 9/09/2001 |
| 3 | 42"07 | Verbist Jelle | C | Tessengerlo | 5/09/2004 |
| 4 | 42"10 | Peeters Jannes | C | Zwevegem | 26/05/2017 |
| 5 | 42"14 | Gybels Niels | C | Merksem | 15/08/2005 |
| 6 | 44"15 | Luyten Kristof | C | Kortrijk | 22/09/2001 |
| 7 | 44"53 | Coremans Stef | C | Kapellen (Antw.) | 24/04/2016 |
| 8 | 44"90 | Marien Andy | C | Tessengerlo | 21/09/1994 |
| 9 | 46"13 | Deca Wim | C | Nijvel | 6/09/2003 |
| 10 | 46"24 | Deca Jan | C | Burcht | 6/08/2000 |

400 m. horden (0,84 m.) (74"55)

| | | | | | |
|----|-------|------------------|-----|-----------------|------------|
| 1 | 58"56 | Verbist Jelle | L | Kessel-Lo | 2/09/2006 |
| 2 | 60"09 | Luyten Kristof | L | Duffel | 18/05/2003 |
| 3 | 60"54 | Deca Wim | L | Tessengerlo | 7/05/2005 |
| 4 | 61"79 | Van Bael Jens | L | Mol | 8/05/2016 |
| 5 | 62"35 | Naets Yari | L | Maldegem | 7/05/2017 |
| 6 | 64"81 | Van Hoof Nick | L | Turnhout (BVV) | 10/05/2009 |
| 7 | 66"89 | Rymenants Kim | L | Boischot | 5/05/2001 |
| 8 | 70"29 | Schol Wesley | L | Herentals (BVV) | 4/05/2008 |
| 9 | 70"95 | Ceulemans Seppe | L | Lier | 4/05/2015 |
| 10 | 74"55 | Pelgrims Edouard | M45 | Diest | 16/06/2002 |

400 m. horden (0,91 m.) (78"04)

| | | | | | |
|----|-------|----------------------|-----|---------------------|------------|
| 1 | 57"01 | Laporte Vincent | S | Merksem (Antwerpen) | 6/10/2018 |
| 2 | 58"77 | Verbist Jelle | J | Burcht | 18/08/2007 |
| 3 | 61"99 | Van den Schoor Senne | L | Merksem (Antwerpen) | 24/09/2017 |
| 4 | 62"71 | Deca Wim | J | Mol | 14/05/2006 |
| 5 | 62"90 | Luyten Kristof | J | Boischot | 16/05/2004 |
| 6 | 64"46 | Van Goethem Roger | S | Aartselaar | 26/06/1992 |
| 7 | 66"36 | Laporte Dany | S | Aartselaar | 26/06/1992 |
| 8 | 68"89 | Van Rillaer Stefan | M35 | Tienen | 22/09/2007 |
| 9 | 70"4 | Nevelsteen Kristof | S | Deinze (BVV) | 11/05/2008 |
| 10 | 73"50 | De Meutter Thomas | S | Duffel | 13/05/2012 |

Top 10 aller tijden - Outdoor heren

1500 m. steeple

(5'27"34)

| | | | | | |
|----|---------|------------------------|---|-------------------|------------|
| 1 | 4'42"61 | De Winter Brent | C | Boischot (PK ST.) | 27/05/2011 |
| 2 | 4'49"67 | Van den Schoor Senne | C | Herentals | 4/09/2016 |
| 3 | 4'51"11 | Van Den Broeck Jelle | C | Tessengerlo | 5/09/2004 |
| 4 | 4'52"18 | Van Hoof Nick | C | Herentals | 15/06/2007 |
| 5 | 4'52"79 | Laurens Glen | C | Merksem | 23/05/1999 |
| 6 | 4'55"85 | Peeters Jannes | C | Barendrecht (NL) | 1/06/2017 |
| 7 | 5'20"25 | Lambrechts Pieter | C | Machelen | 1/06/2007 |
| 8 | 5'21"67 | Van Puymbroeck Thierry | C | Oordegem | 10/09/2000 |
| 9 | 5'26"84 | Nevelsteen Kristof | C | Merksem | 23/05/1999 |
| 10 | 5'27"34 | Bassleer Berend | C | Herentals | 28/06/2008 |

2000 m. Steeple (0,76m)

| | | | | | |
|---|---------|------------------|-----|--------|---------------|
| 1 | 7'52"77 | Boexstaens Johny | M65 | Deinze | 13/06/2015 BR |
|---|---------|------------------|-----|--------|---------------|

2000 m. Steeple (0,91m)

(7'25"36)

| | | | | | |
|----|---------|----------------------|-----|----------------|------------|
| 1 | 6'12"79 | Favot Glenn | L | Tessengerlo | 5/09/2004 |
| 2 | 6'27.93 | Van den Schoor Senne | L | Gentbrugge | 15/08/2018 |
| 3 | 6'35"66 | Moris Sven | L | Heverlee | 22/08/2003 |
| 4 | 6'40"20 | Laporte Sten | J | Beveren | 3/09/2005 |
| 5 | 6'48"73 | Van Hoof Nick | L | Hamme | 19/04/2008 |
| 6 | 6'57"56 | Van Rillaer Stefan | M35 | Hamme | 19/04/2008 |
| 7 | 7'10"34 | Nevelsteen Kristof | L | Merksem | 11/08/2001 |
| 8 | 7'10"97 | Nevelsteen Gustaaf | V | Herentals | 13/06/1997 |
| 9 | 7'13"96 | Lambrechts Pieter | L | Herentals (PK) | 28/06/2008 |
| 10 | 7'25"36 | Pelgrims Edouard | M40 | Oostende | 3/08/1999 |

3000 m. steeple

(10'46"08)

| | | | | | |
|----|----------|---------------------|-----|---------------------|------------|
| 1 | 9'34"0 | HT Teniers Gert | S | Dilbeek | 5/06/1992 |
| 2 | 9'44"70 | Van Loo Sven | J | Heverlee | 13/09/1995 |
| 3 | 9'45"64 | Moris Sven | S | Boischot | 2/06/2006 |
| 4 | 9'46"12 | Favot Glenn | J | Zelee | 28/05/2005 |
| 5 | 9'46"16 | Laurens Glen | S | Boischot | 2/06/2006 |
| 6 | 10'07"9 | HT Van Goethem John | S | Vilvoorde | 12/06/1992 |
| 7 | 10'11"50 | Laporte Sten | J | Vilvoorde | 11/09/2005 |
| 8 | 10'13"95 | Engelen Gert | M40 | St.Niklaas (BK MAS) | 31/05/2009 |
| 9 | 10'21"67 | Van Rillaer Stefan | M35 | Doornik | 23/06/2007 |
| 10 | 10'46"08 | Bassleer Berend | J | Boischot | 25/05/2012 |

1000 m. snelwandelen

(7'06"4)

| | | | | | |
|----|---------|---------------------|---|----------------|------------|
| 1 | 6'16"70 | Pauwels Jeroen | M | Merksem | 1/06/2002 |
| 2 | 6'19"68 | De Fyn Johan | M | Aartselaar | 29/06/1997 |
| 3 | 6'22"32 | Vervloet Michiel | M | Bornem | 28/06/2008 |
| 4 | 6'38"4 | HT Deca Jan | M | Heist o/d Berg | 20/05/1998 |
| 5 | 6'50"7 | HT De Fyn Jan | P | Heist o/d Berg | 20/05/1998 |
| 6 | 6'56"65 | Engelen Jan | P | Bornem | 28/06/2008 |
| 7 | 7'01"01 | Verbist Jelle | P | Lier | 26/06/1999 |
| 8 | 7'04"9 | HT Heremans Kristof | M | Heist o/d Berg | 20/05/1998 |
| 9 | 7'05"03 | Van Dyck Gil | P | Lier | 25/06/2005 |
| 10 | 7'06"4 | HT Deca Wim | P | Heist o/d Berg | 20/05/1998 |

2000 m. snelwandelen

Top 10 aller tijden - Outdoor heren

| | | | | | |
|---|----------|------------------|---|----------|------------|
| 1 | 13'17"85 | Pauwels Jeroen | P | Turnhout | 1/10/2000 |
| 2 | 18'16"45 | Vervloet Maarten | P | Duffel | 26/08/2001 |

3000 m. snelwandelen

| | | | | | |
|---|----------|----------------|---|--------|------------|
| 1 | 21'22"54 | Pauwels Jeroen | M | Duffel | 26/08/2001 |
|---|----------|----------------|---|--------|------------|

4 x 60 meter

(34"62)

| | | | | | |
|---|-------|--|---|--------|------------|
| 1 | 34"17 | Deca Jan Stroobants Jochen Luyten Kristof Heremans Kristof | P | Nijvel | 27/09/1997 |
| 3 | 34"46 | Bassleer Joren Laporte Vincent Verbocht Jens | P | Lier | 20/09/2008 |
| 2 | 34"62 | Engelen Jan Ceulemans Vincent Milloen Sander Peeters Jannes Verbeeck Yarno | P | Duffel | 1/05/2013 |

4 x 80 meter

(42"66)

| | | | | | |
|---|-------|--|---|------------|------------|
| 1 | 41"86 | Ceulemans Vincent Milloen Sander D'Hooghe Zico Coremans Stef | M | Boischot | 29/08/2014 |
| 2 | 42"01 | Bassleer Joren Laporte Vincent Verbocht Jens Vermaelen Maxime | M | Aartselaar | 22/08/2010 |
| 3 | 42"66 | Deca Jan Stroobants Jochen Luyten Kristof De Coster Pieter | M | Lier | 26/06/1999 |
| | 42"66 | Deca Jan Stroobants Jochen Luyten Krsitof Heremans Kristof | M | Nijvel | 28/08/1999 |

4 x 100 meter

(44"71)

| | | | | | |
|---|-------|--|----|------------|------------|
| 1 | 44"08 | De Fyn Johan Verrept Nick Neels Frank Deca Jan | AC | Aartselaar | 15/05/2005 |
| 2 | 44"20 | De Fyn Jan Verrept Nick Deca Wim Deca Jan | AC | Mol | 14/05/2006 |
| 3 | 44"71 | De Fyn Jan Gybels Niels Verrept Nick Lambaerts Dean | AC | Vilvoorde | 13/05/2007 |

4 x 200 meter

(1'35"35)

| | | | | | |
|---|---------|--------------------------------|----|----------|------------|
| 1 | 1'33"02 | De Fyn Johan Luyten Kristof | AC | Oordegem | 20/09/2003 |
|---|---------|--------------------------------|----|----------|------------|

Top 10 aller tijden - Outdoor heren

| | | | | | |
|----------------------|-------------|---|-----|---------------------|------------|
| | | Neels Frank Deca Jan | | | |
| 2 | 1'35"00 | Verschoren Raf Luyten Kristof Neels Frank Deca Jan | AC | Bornem | 25/08/2004 |
| 3 | 1'35"35 | Verbist Jelle Neels Frank Deca Wim Verrept Nick | AC | Lier | 21/08/2005 |
| 4 x 400 meter | | (3'33"97) | | | |
| 1 | 3'26"98 | Verbist Jelle Verrept Nick De Kerpel Kevin Deca Jan | AC | Vilvoorde | 13/05/2007 |
| 2 | 3'31"92 | Gybels Niels Neels Frank Verbist Jelle Van Lent Jurgen | AC | Mol | 14/05/2006 |
| 3 | 3'33"97 | Ceulemans Vincent Van den Schoor Senne Van Bael Jens Laporte Vincent | AC | Turnhout | 13/05/2018 |
| 3 x 600 meter | | (5'37"20) | | | |
| 1 | 5'22"5 (HT) | Verbocht Jens Verlinden Floris Laporte Vincent | M | Aartselaar | 22/08/2010 |
| 2 | 5'22"79 | Coremans Stef Coremans Tibo Van Den Schoor Senne | M | Boischot | 17/08/2014 |
| 3 | 5'37"20 | Ceulemans Vincent Verbeeck Yarno Milloen Sander | M | Merksem | 30/08/2015 |
| 4 x 800 meter | | (8'33"70) | | | |
| 1 | 08'22"53 | Van De Steene Koenraad Van Rillaer Stefan Engelen Gert Van Lent Jurgen | M45 | Heusden-Zolder (BK) | 20/09/2009 |
| 2 | 8'32"56 | Van Loo Alfons Van Loo Sven Vandenbosch J. Huybrechts Jurgen | AC | Bornem | 27-08-97 |
| 3 | 8'33"70 | Van Rillaer Stefan Heylen Bart Engelen Gert Van Lent Jurgen | MAS | Brussel | 17/09/2006 |

Top 10 aller tijden - Outdoor heren

4 x 1500 meter (17'35"17)

| | | | | | |
|---|----------|--|----|-----------|------------|
| 1 | 16'50"54 | Teniers Gert Van Looy Rudy Baeten Luc Laporte Dany | S | Bornem | 26/08/1992 |
| 2 | 17'08"30 | Van Lent Jurgen Moris Sven Favot Glenn Laurens Glen | AC | Bornem | 25/08/2004 |
| 3 | 17'35"17 | De Kerpel Wesley De Kerpel Kevin Laporte Jens Yeshetela Bekele Atelaw | J | Herentals | 20/08/2006 |

Verspringen (5m96)

| | | | | | | |
|----|------|------------------|---|---------------------|------------|------|
| 1 | 7m03 | Deca Jan | L | Parijs (FRA) | 29/07/2003 | |
| 2 | 6m58 | Laporte Vincent | S | Sint-Niklaas | 22/09/2018 | 1,5 |
| 3 | 6m48 | De Fyn Johan | J | Herentals | 31/05/2003 | |
| 4 | 6m38 | Van Bael Jens | L | Hannuit | 17/07/2016 | 1,4 |
| 5 | 6m22 | D'hooghe Zico | L | Brasschaat | 28/04/2018 | 0 |
| 6 | 6m17 | Ceulemans Seppe | L | Merksem (Antwerpen) | 23/04/2017 | -0,2 |
| 7 | 6m13 | Verlinden Jasper | J | Boechout | 27/09/2014 | |
| 8 | 6m10 | Verschoren Raf | J | Boechout | 1/10/2005 | |
| 9 | 6m07 | Heremans Kristof | C | Merksem | 25/04/2001 | |
| 10 | 6m06 | Milloen Sander | C | Dilbeek | 29/07/2017 | |

Hinkstapspringen

(11m45)

| | | | | | | |
|----|-------|-----------------|---|-----------|------------|------|
| 1 | 13m42 | De Fyn Johan | J | Heusden | 29/06/2003 | |
| 2 | 13m33 | Laporte Vincent | L | Lier | 27/04/2014 | 0,4 |
| 3 | 13m04 | Verschoren Raf | J | Vilvoorde | 11/09/2005 | |
| 4 | 12m61 | Deca Jan | C | Herentals | 27/07/2001 | |
| 5 | 12m43 | Pelgrims Geordy | L | Lier | 29/04/2007 | -0,2 |
| 6 | 12m36 | Lambaerts Dean | L | Lier | 29/04/2007 | 0,4 |
| 7 | 12m31 | Van Bael Jens | J | Turnhout | 13/05/2018 | 1,3 |
| 8 | 11m68 | Van Noten Dirk | S | Turnhout | 14/05/1995 | |
| 9 | 11m64 | Meuris Wilfried | S | Duffel | 15/05/1994 | |
| 10 | 11m48 | Van Looy Rudy | S | Duffel | 15/05/1994 | |

Hoogspringen (1m77)

| | | | | | | |
|---|------|-----------------------|-----|------------|------------|--|
| 1 | 1m94 | Verlinden Jasper | S | Aalter | 14/05/2017 | |
| 2 | 1m93 | Poppelmonde Dries | J | Vilvoorde | 6/08/2013 | |
| 3 | 1m86 | Verschoren Raf | J | Burcht | 21/07/2006 | |
| 4 | 1m82 | Van Bael Jens | L | Kessel-Lo | 4/05/2016 | |
| 5 | 1m80 | Meuris Wilfried | S | Mechelen | 24/05/1992 | |
| | 1m80 | Van Oosterwijck Benny | S | Genk | 23/05/1993 | |
| 7 | 1m78 | De Preter Paul | M40 | Dilbeek | 6/06/1993 | |
| | 1m78 | Ceulemans Seppe | L | Nieuwpoort | 3/07/2016 | |
| 9 | 1m77 | Heremans Kristof | C | Lier | 19/05/2001 | |
| | 1m77 | Van Bael Tim | J | Kapellen | 26/04/2008 | |

Polsstokspringen

(2m70)

| | | | | | | |
|---|------|---------------------|---|------|-----------|--|
| 1 | 4m71 | Van Nuffelen Thomas | J | Lier | 5/08/2017 | |
| 2 | 4m01 | Van Bael Jens | J | Lier | 5/08/2017 | |

Top 10 aller tijden - Outdoor heren

| | | | | | |
|----|------|------------------|---|-------------|------------|
| 3 | 3m92 | Laporte Jens | S | Aartselaar | 24/07/2010 |
| 4 | 3m70 | Ceulemans Seppe | L | Turnhout | 26/04/2015 |
| 5 | 3m60 | Laporte Vincent | J | Deinze | 25/09/2016 |
| 6 | 3m00 | Verlinden Tuur | C | Boischot | 22/05/2015 |
| 7 | 2m80 | Meuris Wilfried | S | Aartselaar | 30/05/1993 |
| | 2m80 | Milloen Sander | C | Lokeren | 10/07/2016 |
| | 2m80 | Naets Yari | L | Maldegem | 7/05/2017 |
| 10 | 2m70 | Heremans Kristof | C | Tessenderlo | 5/07/2000 |

Kogel 1 kg

(8m91)

| | | | | | |
|----|-------|----------------------|---|---------------------|------------|
| 1 | 10m52 | Poppelmonde Dries | B | Nijvel | 27/09/2003 |
| 2 | 10m20 | Laporte Vincent | B | Tessenderlo | 2/09/2006 |
| | | Milloen Sander | B | Vilvoorde | 27/08/2011 |
| 4 | 10m17 | Van Den Acker Jeroen | B | Heverlee | 2/08/1997 |
| 5 | 10m03 | Naets Ilan | B | Vilvoorde | 31/08/2013 |
| 6 | 9m71 | Ceulemans Vincent | B | Lier (PK) | 25/06/2011 |
| 7 | 9m49 | Verhoeven Stijn | B | Tienen | 1/09/1996 |
| 8 | 9m45 | Ceulemans Seppe | B | Diepenbeek | 29/06/2008 |
| 9 | 9m44 | Van Rillaer Witse | B | Brasschaat (PK BPM) | 27/06/2009 |
| 10 | 8m91 | Swyngedauw Glenn | B | Vosselaar | 27/08/2016 |

Kogel 2 kg

(8m70)

| | | | | | |
|----|-------|-------------------|---|-------------|------------|
| 1 | 10m54 | Ceulemans Seppe | P | Willebroek | 12/05/2010 |
| 2 | 9m99 | Lambaerts Dean | P | St.Niklaas | 17/08/2002 |
| | 9m99 | Milloen Sander | P | Duffel | 1/05/2013 |
| 4 | 9m71 | Janssens Steffen | P | Eeklo | 4/08/2001 |
| 5 | 9m50 | Verhoeven Stijn | P | Lanaken | 15/08/1998 |
| 6 | 9m23 | Poppelmonde Dries | P | Lier | 2/10/2005 |
| 7 | 9m19 | Ceulemans Vincent | P | Tessenderlo | 12/04/2013 |
| 8 | 9m10 | Deca Wim | P | Herentals | 1/08/1999 |
| 9 | 8m95 | Naets Ilan | P | Bornem | 19/04/2015 |
| 10 | 8m70 | Laporte Vincent | P | Lier | 5/10/2008 |

Kogel 3 kg

(9m79)

| | | | | | |
|----|-------|----------------------|---|-------------|------------|
| 1 | 13m06 | Milloen Sander | M | Tessenderlo | 29/08/2015 |
| 2 | 11m41 | Janssens Steffen | M | Brasschaat | 15/06/2003 |
| 3 | 11m18 | Ceulemans Seppe | M | Tessenderlo | 28/09/2012 |
| 4 | 10m69 | Verbocht Jens | M | Beveren | 11/09/2010 |
| 5 | 10m49 | Verlinden Tuur | M | Bornem | 11/08/2013 |
| 6 | 10m16 | Laporte Vincent | M | Alken | 14/05/2010 |
| 7 | 10m15 | Lambaerts Dean | M | Lille | 7/08/2004 |
| 8 | 10m05 | Van Den Broeck Jelle | M | Boischot | 7/09/2002 |
| 9 | 10m02 | Deca Jan | M | Genk | 19/09/1999 |
| 10 | 9m85 | Henderickx Sander | M | Nijvel | 29/09/2018 |

Top 10 aller tijden - Outdoor heren

| <u>Kogel 4 kg</u> | | (11m36) | | | |
|-------------------|-------|-------------------|---|-------------|------------|
| 1 | 13m89 | Ceulemans Seppe | C | Dilbeek | 2/08/2014 |
| 2 | 13m66 | Milloen Sander | C | Dilbeek | 29/07/2017 |
| 3 | 13m49 | Janssens Steffen | C | Eeklo | 15/10/2005 |
| 4 | 13m13 | Lambaerts Dean | C | Boechout | 30/09/2006 |
| 5 | 13m01 | Laporte Vincent | C | Lier | 29/07/2012 |
| 6 | 12m86 | Ceulemans Vincent | C | Lier | 5/08/2017 |
| 7 | 11m89 | De Fyn Jan | C | Boechout | 4/10/2003 |
| 8 | 11m44 | Deca Jan | C | Tessengerlo | 5/10/2001 |
| 9 | 11m40 | De Fyn Johan | C | Boischot | 7/07/2000 |
| 10 | 11m36 | Bruynseels Koen | C | Herentals | 31/05/1997 |

| <u>Kogel 5 kg</u> | | (10m79) | | | |
|-------------------|-------|-------------------|-----|-------------|------------|
| 1 | 14m37 | Ceulemans Seppe | L | Mol | 8/05/2016 |
| 2 | 14m24 | Janssens Steffen | L | Lier | 15/08/2007 |
| 3 | 13m18 | Van Hoof Jozef | M60 | Tessengerlo | 5/06/1995 |
| 4 | 13m00 | Laporte Vincent | L | Boischot | 18/04/2014 |
| 5 | 12m49 | De Fyn Johan | L | Herentals | 27/07/2002 |
| 6 | 12m49 | De Fyn Jan | L | Lier | 5/06/2005 |
| 7 | 11m97 | Bruynseels Tom | L | Wespelaar | 25/09/1998 |
| 8 | 11m91 | Lambaerts Dean | L | Herentals | 4/05/2008 |
| 9 | 11m51 | D'hooghe Zico | L | Diepenbeek | 2/04/2018 |
| 10 | 11m49 | Ceulemans Vincent | L | Mol | 6/05/2018 |

| <u>Kogel 6 kg</u> | | (10m03) | | | |
|-------------------|-------|------------------|-----|-----------|------------|
| 1 | 12m98 | Ceulemans Seppe | J | Dilbeek | 29/07/2017 |
| 2 | 12m83 | Janssens Steffen | J | Kapellen | 26/04/2008 |
| 3 | 12m62 | Laporte Vincent | J | Deinze | 24/09/2016 |
| 4 | 11m76 | Bruynseels Tom | J | Duffel | 1/05/2000 |
| 5 | 11m44 | Van Hoof Jos | M55 | Mol | 5/09/1993 |
| 6 | 11m29 | Tobback Bruno | M50 | Vilvoorde | 13/09/1997 |
| 7 | 10m71 | De Fyn Johan | J | Boischot | 20/08/2003 |
| 8 | 10m69 | Van Bael Jens | J | Boischot | 2/06/2017 |
| 9 | 10m16 | De Fyn Jan | J | Turnhout | 29/04/2006 |
| 10 | 10m03 | Van Roie Steven | J | Edegem | 25/04/1997 |

| <u>Kogel 7,260 kg</u> | | (10m04) | | | |
|-----------------------|-------|------------------|-----|-------------------|------------|
| 1 | 13m02 | Laporte Vincent | S | Turnhout | 13/05/2018 |
| 2 | 12m00 | Tobback Bruno | M45 | Vilvoorde | 20/06/1993 |
| 3 | 11m55 | Garner Gary | M40 | Tessengerlo | 25/06/2008 |
| 4 | 11m44 | Janssens Steffen | S | Boischot (PK ST.) | 27/05/2011 |
| 5 | 11m22 | Ceulemans Seppe | J | Aalter | 14/05/2017 |
| 6 | 10m46 | Van Hoof Jozef | M60 | Wespelaar | 12/05/1995 |
| 7 | 10m41 | De Fyn Johan | S | Boechout | 1/10/2005 |
| 8 | 10m28 | Bruynseels Tom | S | Herentals | 10/08/2001 |
| 9 | 10m23 | Boonen Werner | S | Boischot | 20/04/2002 |
| 10 | 10m04 | Janssens Rony | M35 | Edegem | 19/05/2006 |

| <u>Discus 600 gr</u> | | (23m77) | | | |
|----------------------|-------|-------------------|---|-------------|------------|
| 1 | 34m72 | Milloen Sander | P | Kapellen | 8/09/2013 |
| 2 | 27m88 | Ceulemans Seppe | P | Hamme | 8/05/2010 |
| 3 | 26m64 | Janssens Steffen | P | Essen | 14/07/2001 |
| 4 | 26m36 | Verbeeck Yarno | P | Lommel | 23/06/2013 |
| 5 | 26m26 | Laporte Vincent | P | Tessengerlo | 28/09/2007 |
| 6 | 24m90 | Poppelmonde Dries | P | Herenthout | 18/06/2005 |

Top 10 aller tijden - Outdoor heren

| | | | | | |
|----|-------|-----------------|---|----------|------------|
| 7 | 24m75 | De Fyn Jan | P | Edegem | 19/06/1999 |
| 8 | 24m63 | Naets Ilan | P | Lier | 29/05/2015 |
| 9 | 24m11 | Verhoeven Stijn | P | Lebbeke | 12/09/1998 |
| 10 | 23m77 | Van Bael Jens | P | Oostende | 15/08/2010 |

Discus 750g

(24m60)

| | | | | | |
|----|-------|--------------------|---|-------------|------------|
| 1 | 43m78 | Milloen Sander | M | Gent | 23/08/2015 |
| 2 | 34m92 | Laporte Vincent | M | Bornem | 26/09/2010 |
| 3 | 32m48 | Ceulemans Seppe | M | Tessengerlo | 28/09/2012 |
| 4 | 28m70 | Naets Ilan | M | Tongeren | 30/08/2017 |
| 5 | 28m08 | Roofthoofd Lennert | M | Bornem | 26/09/2010 |
| 6 | 27m67 | Van Bael Jens | M | Diepenbeek | 22/08/2012 |
| 7 | 27m11 | Verlinden Tuur | M | Boischot | 18/05/2013 |
| 8 | 26m92 | Verbeeck Yarno | M | Lommel | 7/06/2015 |
| 9 | 26m78 | Van Lent Seppe | M | Boischot | 22/06/2013 |
| 10 | 25m83 | Henderickx Sander | M | Tessengerlo | 4/07/2018 |

Discus 1 kg

(35m69)

| | | | | | |
|----|-------|------------------|-----|-------------|------------|
| 1 | 55m16 | Laporte Vincent | C | Lier | 29/07/2012 |
| 2 | 51m74 | Milloen Sander | C | Moeskroen | 10/09/2017 |
| 3 | 48m61 | Janssens Steffen | C | Nieuwpoort | 10/09/2005 |
| 4 | 40m27 | Ceulemans Seppe | C | Lier | 4/05/2014 |
| 5 | 39m09 | Van Bael Jens | C | Tessengerlo | 10/09/2014 |
| 6 | 37m26 | Meuris Alfons | M60 | Machelen | 21/08/1993 |
| 7 | 36m76 | Van Roie Steven | C | Tessengerlo | 24/09/1993 |
| 8 | 36m07 | De Fyn Johan | C | Willebroek | 27/08/2000 |
| 9 | 35m87 | Van Lent Seppe | C | Eeklo | 10/10/2015 |
| 10 | 35m69 | De Fyn Jan | C | Beveren | 24/05/2003 |

Discus 1,5 kg

(33m36)

| | | | | | |
|----|-------|------------------|-----|-----------|------------|
| 1 | 45m76 | Laporte Vincent | L | Alken | 11/10/2014 |
| 2 | 42m86 | Janssens Steffen | L | Boischot | 25/05/2007 |
| 3 | 40m71 | Ceulemans Seppe | L | Herentals | 29/05/2016 |
| 4 | 38m10 | Tobback Bruno | M50 | Vilvoorde | 13/09/1997 |
| 5 | 36m78 | Van Lent Seppe | L | Lier | 5/08/2017 |
| 6 | 36m67 | Van Bael Jens | L | Ertvelde | 24/08/2016 |
| 7 | 35m64 | De Fyn Jan | L | Turnhout | 20/08/2004 |
| 8 | 34m46 | Van Roie Steven | L | Ninove | 27/08/1995 |
| 9 | 33m58 | Wouters Robbe | L | Merksem | 5/05/2013 |
| 10 | 33m36 | De Fyn Johan | L | Herentals | 26/05/2002 |

Discus 1,750 kg (20m90)

| | | | | | |
|----|-------|------------------|---|-------------|------------|
| 1 | 42m97 | Laporte Vincent | J | Stekene | 20/09/2015 |
| 2 | 38m58 | Janssens Steffen | J | Kapellen | 24/04/2008 |
| 3 | 36m82 | Ceulemans Seppe | J | Huizingen | 17/09/2017 |
| 4 | 34m61 | Van Lent Seppe | J | Lier | 7/10/2018 |
| 5 | 33m59 | Van Bael Jens | J | Alken | 30/09/2017 |
| 6 | 31m57 | Bruynseels Tom | J | Zwijndrecht | 29/05/1999 |
| 7 | 30m46 | Van Roie Steven | J | Herentals | 31/05/1997 |
| 8 | 29m72 | De Fyn Johan | J | Mechelen | 19/09/2004 |
| 9 | 27m04 | Spallier Cédric | J | Edegem | 5/08/2018 |
| 10 | 22m51 | Laporte Sten | J | Lommel | 24/09/2005 |

Discus 2 kg

(26m75)

| | | | | | |
|---|-------|-----------------|---|----------|-----------|
| 1 | 39m98 | Laporte Vincent | S | Boischot | 2/06/2017 |
|---|-------|-----------------|---|----------|-----------|

Top 10 aller tijden - Outdoor heren

| | | | | | |
|----|-------|------------------|-----|----------|------------|
| 2 | 39m72 | Tobback Bruno | M45 | Mol | 30/06/1993 |
| 3 | 35m08 | Janssens Steffen | S | Mol | 16/05/2010 |
| 4 | 30m02 | Van Roie Steven | S | Hamme | 11/05/2003 |
| 5 | 29m74 | Garner Gary | M35 | Mechelen | 24/05/2006 |
| 6 | 29m38 | Bruynseels Tom | J | Alken | 14/05/2000 |
| 7 | 28m82 | Boonen Werner | M35 | Lanaken | 7/06/2015 |
| 8 | 28m43 | Verbeeck Herman | M45 | Boischot | 29/05/2009 |
| 9 | 27m41 | Marien Sven | M40 | Bornem | 24/05/2013 |
| 10 | 26m75 | De Fyn Johan | S | Boechout | 1/10/2005 |

Hockeybal

(38m52)

| | | | | | |
|----|-------|-------------------|---|-------------|------------|
| 1 | 63m42 | Laporte Vincent | P | Bree | 6/09/2008 |
| 2 | 48m31 | Milloen Sander | P | Mechelen | 8/05/2013 |
| 3 | 47m23 | Ceulemans Vincent | P | Turnhout | 29/06/2013 |
| 4 | 46m74 | Lambaerts Dean | P | Boechout | 1/09/2002 |
| 5 | 45m96 | Verhoeven Stijn | P | Tessenderlo | 4/09/1998 |
| 6 | 45m46 | Van Den Dries Jef | P | Maldegem | 14/09/2013 |
| 7 | 39m89 | D'Hooghe Zico | P | Lier | 9/06/2012 |
| 8 | 39m45 | Janssens Steffen | P | Lier | 29/04/2001 |
| 9 | 38m56 | Van Den Dries Jan | P | Lier (BVV) | 17/04/2011 |
| 10 | 38m52 | De Bie Sean | P | Lier | 20/05/2002 |

Speer 400 gr.

(33m60)

| | | | | | |
|----|-------|----------------------|---|--------------------|------------|
| 1 | 47m19 | Laporte Vincent | M | Beveren | 11/09/2010 |
| 2 | 46m29 | Milloen Sander | M | Tessenderlo | 29/08/2015 |
| 3 | 40m36 | Verhoeven Stijn | M | Nijvel | 23/09/2000 |
| 4 | 37m98 | Ceulemans Vincent | M | Herentals | 27/06/2015 |
| 5 | 37m86 | Henderickx Sander | M | Deurne (Antwerpen) | 15/09/2018 |
| 6 | 36m18 | Lambaerts Dean | M | Lier | 29/08/2004 |
| 6 | 36m18 | Roofthoof Lennert | M | Lier | 19/09/2010 |
| 8 | 35m01 | Van Den Broeck Jelle | M | Mol | 9/05/2002 |
| 9 | 34m97 | Verbocht Jens | M | Lier | 19/09/2010 |
| 10 | 34m74 | Van Den Dries Jef | M | Merksem | 12/09/2015 |

Speer 500 gr.

| | | | | | |
|---|-------|------------------|-----|------------|------------|
| 1 | 26m25 | Meuris Alfons | M70 | Oudenaarde | 1/05/2004 |
| 2 | 24m04 | Van Casteren Jan | M75 | Brasschaat | 20/06/2004 |

Speer 600 gr.

(37m33)

| | | | | | |
|----|-------|-------------------|---|------------|------------|
| 1 | 60m62 | Laporte Vincent | C | Boischot | 15/04/2012 |
| 2 | 49m72 | Milloen Sander | C | Deinze | 20/08/2017 |
| 3 | 43m12 | Van Dyck Gil | C | St.Niklaas | 31/10/2009 |
| 4 | 42m94 | Lambaerts Dean | C | Lier | 10/06/2006 |
| 5 | 42m72 | Janssens Steffen | C | Boischot | 2/07/2005 |
| 6 | 42m50 | Ceulemans Vincent | C | Lier | 5/08/2017 |
| 7 | 42m00 | Bruynseels Tom | C | Heverlee | 8/09/1996 |
| 8 | 39m74 | Goossens Joris | C | Boechout | 31/08/1997 |
| 9 | 37m59 | Pelgrims Geordy | C | Vilvoorde | 5/08/2005 |
| 10 | 37m33 | Verhoeven Stijn | C | St.Niklaas | 4/06/2001 |

Speer 700 gr.

(37m44)

| | | | | | |
|---|-------|------------------|---|------------|------------|
| 1 | 64m10 | Laporte Vincent | L | Boischot | 14/04/2013 |
| 2 | 50m77 | Bruynseels Tom | L | Aartselaar | 19/06/1998 |
| 3 | 47m87 | Van Dyck Gil | L | Boischot | 10/04/2011 |
| 4 | 46m95 | Janssens Steffen | L | Diepenbeek | 22/09/2007 |
| 5 | 41m37 | Goossens Joris | L | Turnhout | 30/05/1999 |

Top 10 aller tijden - Outdoor heren

| | | | | | |
|----|-------|-------------------|---|---------------------|------------|
| 6 | 40m41 | Ceulemans Seppe | L | Nieuwpoort | 3/07/2016 |
| 7 | 39m86 | D'hooghe Zico | L | Merksem (Antwerpen) | 23/04/2017 |
| 8 | 38m76 | Lambaerts Dean | L | Lier | 6/05/2007 |
| 9 | 38m61 | Ceulemans Vincent | L | Tessenderlo | 1/08/2018 |
| 10 | 37m86 | De Fyn Jan | L | Mechelen | 18/09/2005 |

Speer 800 gr. (38m25)

| | | | | | |
|----|-------|--------------------|-----|------------------|------------|
| 1 | 56m49 | Laporte Vincent | J | Kapellen (Antw.) | 24/04/2016 |
| 2 | 54m16 | Vermeiren Dirk | S | Genk | 23/05/1993 |
| 3 | 52m19 | Bruynseels Tom | J | Lanaken | 16/05/1999 |
| 4 | 51m34 | Van Dyck Gil | J | Sint-niklaas | 19/10/2013 |
| 5 | 45m86 | Janssens Steffen | J | Deinze | 11/05/2008 |
| 6 | 41m80 | Michiels Jos | M50 | Vilvoorde | 29/05/1994 |
| 7 | 40m78 | Van Bael Jens | J | Tessenderlo | 14/09/2018 |
| 8 | 38m65 | Verbeeck Herman | M40 | Eeklo | 11/10/2008 |
| 9 | 38m28 | Derdin Jos | M40 | Booischoot | 9/06/2013 |
| 10 | 38m25 | Nevelsteen Kristof | S | Booischoot | 16/05/2004 |
| | 38m25 | Garner Gary | M40 | Kessel-lo | 31/08/2008 |

Hamer 3 kg

| | | | | | |
|---|-------|---------------|-----|----------|------------|
| 1 | 28m67 | Meuris Alfons | M75 | Turnhout | 21/09/2014 |
|---|-------|---------------|-----|----------|------------|

Hamer 4 kg (6m98)

| | | | | | |
|----|-------|------------------|-----|------------|------------|
| 1 | 36m12 | Laporte Vincent | C | Merksem | 6/10/2012 |
| 2 | 26m66 | Meuris Alfons | M75 | Turnhout | 18/04/2010 |
| 3 | 22m83 | Ploem Tom | C | Mechelen | 27/08/2006 |
| 4 | 20m46 | Bruynseels Tom | C | Gent | 21/09/1996 |
| 5 | 19m30 | Verhoeven Gino | C | Gent | 21/09/1996 |
| 6 | 17m53 | Mergaerts Jan | C | Winterslag | 24/06/2000 |
| 7 | 17m00 | Bruynseels Koen | C | Gent | 21/09/1996 |
| 8 | 14m32 | Vervloet Maarten | C | Mechelen | 27/08/2006 |
| 9 | 13m67 | Laporte Jens | C | Herentals | 9/08/2002 |
| 10 | 6m98 | Van Casteren Jan | M80 | Alken | 19/10/2008 |

Hamer 5 kg

| | | | | | |
|---|-------|------------------|-----|-----------|------------|
| 1 | 35m83 | Laporte Vincent | L | Alken | 11/10/2014 |
| 2 | 31m06 | Meuris Alfons | M70 | Wespelaar | 25/06/2004 |
| 3 | 24m88 | Schol Wesley | L | Eeklo | 11/10/2008 |
| 4 | 22m08 | Van Winckel Hans | L | Eeklo | 17/04/1994 |
| 5 | 18m84 | Van Roie Steven | L | Oordegem | 10/07/1994 |
| 6 | 18m72 | Bruynseels Tom | L | Wespelaar | 7/06/1997 |
| 7 | 14m80 | Vervloet Maarten | L | Herentals | 28/06/2008 |

Hamer 7,260 kg

| | | | | | |
|---|-------|----------------|-----|-----------|------------|
| 1 | 33m88 | Garner Gary | M40 | Herentals | 15/07/2006 |
| 2 | 21m22 | Meuris Alfons | V | Wespelaar | 19/06/1992 |
| 3 | 19m66 | Janssens Rony | M35 | Herentals | 15/07/2006 |
| 4 | 16m05 | Vervloet Peter | S | Lier | 22/06/2003 |

Vierkamp (1885 Ptn)

| | | | | | |
|---|----------|----------------------|---|------------|------------|
| 1 | 2295 ptn | Laporte Vincent | P | Bree | 6/09/2008 |
| 2 | 2203 ptn | Milloen Sander | P | Mol | 20/05/2013 |
| 3 | 2193 ptn | Van Den Schoor Senne | P | Booischoot | 19/05/2012 |
| 4 | 2089 ptn | Naets Ilan | P | Hechtel | 14/06/2015 |

Top 10 aller tijden - Outdoor heren

| | | | | | |
|----|----------|-------------------|---|-------------------|------------|
| 5 | 2014 ptn | Ceulemans Seppe | P | Lier | 31/07/2010 |
| 6 | 1977 ptn | Deca Jan | P | Boechout | 5/10/1997 |
| 7 | 1959 ptn | Heremans Kristof | P | Vilvoorde | 26/07/1997 |
| 8 | 1955 ptn | D'Hooghe Zico | P | Sint-niklaas | 29/07/2012 |
| 9 | 1948 ptn | Ceulemans Vincent | M | Lier | 8/06/2013 |
| 10 | 1885 ptn | Engelen Jan | P | Boischot (VAL JT) | 23/05/2009 |

Vijfkamp miniemen

(2740 ptn)

| | | | | | |
|----|----------|----------------------|---|--------------------|------------|
| 1 | 3726 ptn | Milloen Sander | M | Tessengerlo | 29/08/2015 |
| 2 | 3298 ptn | Verbocht Jens | M | Lier | 31/07/2010 |
| 3 | 3227 ptn | Laporte Vincent | M | Mol | 7/08/2010 |
| 4 | 3220 ptn | Heremans Kristof | M | Ninove | 3/10/1999 |
| 5 | 3117 ptn | Deca Jan | M | Lier | 10/10/1999 |
| 6 | 3029 ptn | Henderickx Sander | M | Deurne (Antwerpen) | 15/09/2018 |
| 7 | 2895 ptn | Van Den Broeck Jelle | M | Mol | 9/05/2002 |
| 8 | 2859 ptn | Engelen Jef | M | Duffel (PK MK) | 13/06/2009 |
| 9 | 2771 ptn | Peeters Jannes | M | Brasschaat | 25/05/2015 |
| 10 | 2759 ptn | Coremans Stef | M | Mol | 3/08/2014 |

Vijfkamp

(2148 Ptn)

| | | | | | |
|----|----------|-----------------|-----|------------|------------|
| 1 | 3476 ptn | Laporte Vincent | L | Kapellen | 14/09/2014 |
| 2 | 2905 ptn | Milloen Sander | C | Deinze | 1/04/2017 |
| 3 | 2703 ptn | Van Bael Jens | J | Alken | 30/09/2017 |
| 4 | 2520 ptn | Ceulemans Seppe | C | Boischot | 17/05/2014 |
| 5 | 2446 ptn | Derdin Jos | M45 | Alken | 30/09/2017 |
| 6 | 2367 ptn | De Fyn Johan | J | Mechelen | 19/09/2004 |
| 7 | 2306 ptn | Bruynseels Tom | L | Willebroek | 4/07/1998 |
| 8 | 2240 ptn | Van Looy Rudy | S | Wespelaar | 1/05/1994 |
| 9 | 2228 ptn | Verbist Jelle | L | Mechelen | 18/09/2005 |
| 10 | 2148 ptn | De Fyn Jan | L | Mechelen | 18/09/2005 |

Achtkamp

(2343 ptn)

| | | | | | |
|----|----------|-------------------|---|-----------|------------|
| 1 | 4956 ptn | Milloen Sander | C | Deinze | 20/08/2017 |
| 2 | 4426 ptn | Laporte Vincent | C | Herentals | 27/05/2012 |
| 3 | 3984 ptn | Ceulemans Seppe | C | Dilbeek | 3/08/2014 |
| 4 | 3582 ptn | Van Bael Jens | C | Herentals | 1/06/2014 |
| 5 | 3569 ptn | Verbocht Jens | C | Herentals | 29/05/2011 |
| 6 | 3399 ptn | Heremans Kristof | C | Herentals | 28/05/2000 |
| 7 | 3313 ptn | Ceulemans Vincent | C | Lier | 5/08/2017 |
| 8 | 3118 ptn | D'hooghe Zico | C | Herentals | 29/05/2016 |
| 9 | 3016 ptn | Coremans Stef | C | Herentals | 30/05/2015 |
| 10 | 2343 ptn | Engelen Jef | C | Herentals | 30/05/2010 |

Negenkamp

| | | | | | |
|---|----------|---------------|---|-----------|------------|
| 1 | 4414 ptn | De Fyn Johan | L | Herentals | 26/05/2002 |
| 2 | 3130 ptn | Van Pelt Stef | L | Herentals | 29/05/2011 |

Tienkamp

| | | | | | |
|---|----------|-----------------|-----|------------|------------|
| 1 | 6498 ptn | Laporte Vincent | J | Deinze | 25/09/2016 |
| 2 | 5734 ptn | Van Bael Jens | L | Deinze | 25/09/2016 |
| 3 | 5612 ptn | Ceulemans Seppe | L | Bertrix | 21/08/2016 |
| 4 | 4583 ptn | Meuris Wilfried | S | Aartselaar | 30/05/1993 |
| 5 | 4114 ptn | D'hooghe Zico | L | Herentals | 28/05/2017 |
| 6 | 3925 ptn | Laporte Jens | S | Herentals | 29/05/2011 |
| 7 | 1960 ptn | Meuris Alfons | M70 | Herentals | 30/05/2004 |

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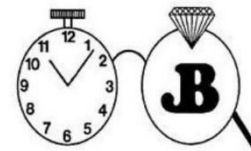


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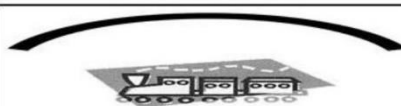
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