



ATLETIEKCLUB  
KAPellen

## Uitslag A.A.S.-meeting van 14 juli 2018 te Kapellen

hockeywerpen

Ben Heren Uur=14:29

Reeks:1

|    |      |                          |      |        |    |
|----|------|--------------------------|------|--------|----|
| 1  | 7949 | Fredrickx Tjorben        | HAKI | 29.36m | 10 |
| 2  | 8508 | Gorts Jonas              | KAPE | 27.54m | 10 |
| 3  | 7578 | Janssens Milan           | AVKA | 23.32m | 09 |
| 4  | 8499 | Kempen Lucas             | LIER | 22.33m | 09 |
| 5  | 9011 | Balazs Staf              | ACBR | 19.97m | 09 |
| 6  | 8618 | Alaoui Zakaria           | BVAC | 19.47m | 09 |
| 7  | 9281 | Vanagtmaal Thomas        | ESAK | 19.43m | 09 |
| 8  | 9484 | Plessers Stan            | AVKA | 18.92m | 00 |
| 9  | 8564 | Lamot Laurent            | AVKA | 18.18m | 10 |
| 10 | 8882 | De Meyer Lex             | KAPE | 16.95m | 09 |
| 11 | 8526 | De Jaeger Niels          | ACBR | 16.84m | 09 |
| 12 | 7913 | Neeus Xian               | LIER | 16.63m | 09 |
| 13 | 7598 | De Herdt Milan           | AVKA | 16.05m | 09 |
| 14 | 8252 | Nelen Jasper             | ESAK | 15.12m | 09 |
| 15 | 7283 | Deckers Stan             | OLSE | 13.93m | 09 |
| 16 | 8512 | Van Meirvenne Siebe - 81 | BVAC | 10.99m | 10 |

kogelstoten 1,000kg

Ben Heren Uur=15:46

Reeks:1

|    |      |                          |      |       |    |
|----|------|--------------------------|------|-------|----|
| 1  | 7578 | Janssens Milan           | AVKA | 8.71m | 09 |
| 2  | 8618 | Alaoui Zakaria           | BVAC | 7.65m | 09 |
| 3  | 7949 | Fredrickx Tjorben        | HAKI | 7.62m | 10 |
| 4  | 8499 | Kempen Lucas             | LIER | 6.69m | 09 |
| 5  | 8526 | De Jaeger Niels          | ACBR | 6.44m | 09 |
| 6  | 8508 | Gorts Jonas              | KAPE | 6.37m | 10 |
| 7  | 9011 | Balazs Staf              | ACBR | 6.31m | 09 |
| 8  | 7913 | Neeus Xian               | LIER | 6.25m | 09 |
| 9  | 7598 | De Herdt Milan           | AVKA | 5.67m | 09 |
| 10 | 8564 | Lamot Laurent            | AVKA | 5.41m | 10 |
| 11 | 9030 | Rylant Lander            | ESAK | 5.39m | 09 |
| 12 | 8882 | De Meyer Lex             | KAPE | 5.15m | 09 |
| 13 | 9484 | Plessers Stan            | AVKA | 5.12m | 00 |
| 14 | 7283 | Deckers Stan             | OLSE | 4.54m | 09 |
| 15 | 8512 | Van Meirvenne Siebe - 81 | BVAC | 4.30m | 10 |
|    | 8252 | Nelen Jasper             | ESAK | GP    | 09 |

verspringen

Ben Heren Uur=14:24

Reeks:1

|    |      |                   |      |       |    |
|----|------|-------------------|------|-------|----|
| 1  | 8508 | Gorts Jonas       | KAPE | 3.51m | 10 |
| 2  | 7578 | Janssens Milan    | AVKA | 3.44m | 09 |
| 3  | 7913 | Neeus Xian        | LIER | 3.28m | 09 |
| 4  | 7949 | Fredrickx Tjorben | HAKI | 3.27m | 10 |
| 5  | 9030 | Rylant Lander     | ESAK | 3.22m | 09 |
| 6  | 9484 | Plessers Stan     | AVKA | 3.12m | 00 |
| 7  | 8526 | De Jaeger Niels   | ACBR | 3.05m | 09 |
| 8  | 8564 | Lamot Laurent     | AVKA | 3.02m | 10 |
| 9  | 9011 | Balazs Staf       | ACBR | 2.99m | 09 |
| 10 | 8882 | De Meyer Lex      | KAPE | 2.91m | 09 |
| 11 | 8499 | Kempen Lucas      | LIER | 2.90m | 09 |
| 12 | 8618 | Alaoui Zakaria    | BVAC | 2.90m | 09 |
| 13 | 7283 | Deckers Stan      | OLSE | 2.82m | 09 |
| 14 | 9281 | Vanagtmaal Thomas | ESAK | 2.81m | 09 |

|    |      |                          |      |       |    |
|----|------|--------------------------|------|-------|----|
| 15 | 7598 | De Herdt Milan           | AVKA | 2.75m | 09 |
| 16 | 8252 | Nelen Jasper             | ESAK | 2.36m | 09 |
| 17 | 8512 | Van Meirvenne Siebe - 81 | BVAC | 2.34m | 10 |

hockeywerpen Ben Dames Uur=14:34

Reeks:1

|    |      |                      |      |        |    |
|----|------|----------------------|------|--------|----|
| 1  | 1610 | Van Der Taelen Eleni | BVAC | 21.82m | 09 |
| 2  | 1459 | Denolf Anke          | LIER | 18.45m | 09 |
| 3  | 672  | Cools Hannah         | AVKA | 15.87m | 10 |
| 4  | 1735 | Laureyssens Zita     | KAPE | 15.15m | 10 |
| 5  | 1568 | Oosters Eline        | LIER | 14.77m | 09 |
| 6  | 822  | Loos Silke           | AVKA | 14.48m | 10 |
| 7  | 1978 | Moons Eva            | KAPE | 13.76m | 10 |
| 8  | 391  | Cornelis Roxane      | KAPE | 13.40m | 09 |
| 9  | 1406 | Tindemans Ella       | LIER | 12.20m | 10 |
| 10 | 673  | Vaerten Noor         | AVKA | 11.94m | 09 |
| 11 | 1460 | Denolf Lien          | LIER | 11.76m | 10 |
| 12 | 776  | Simons Lily          | ACBR | 11.59m | 10 |
| 13 | 1161 | Panier Fleur         | AVKA | 10.11m | 09 |
| 14 | 1403 | Schrijvers Lien      | LIER | 9.82m  | 10 |
| 15 | 1835 | Rosebel Juraily*     | BVAC | 9.78m  | 09 |
| 16 | 1867 | Idrisa Munahya*      | BVAC | 9.72m  | 09 |
| 17 | 9986 | Fredrickx Jitte      |      | 9.69m  | 00 |
| 18 | 1494 | Verhelst - 81 Lotte  | KAPE | 8.74m  | 10 |
| 19 | 829  | Verhoeven Femke      | AVKA | 8.38m  | 10 |

kogelstoten 1,000kg Ben Dames Uur=15:18

Reeks:1

|    |      |                      |      |       |    |
|----|------|----------------------|------|-------|----|
| 1  | 1459 | Denolf Anke          | LIER | 7.92m | 09 |
| 2  | 672  | Cools Hannah         | AVKA | 6.20m | 10 |
| 3  | 673  | Vaerten Noor         | AVKA | 6.03m | 09 |
| 4  | 1978 | Moons Eva            | KAPE | 5.68m | 10 |
| 5  | 1610 | Van Der Taelen Eleni | BVAC | 5.67m | 09 |
| 6  | 1835 | Rosebel Juraily*     | BVAC | 5.56m | 09 |
| 7  | 1406 | Tindemans Ella       | LIER | 5.40m | 10 |
| 8  | 1735 | Laureyssens Zita     | KAPE | 5.13m | 10 |
| 9  | 1403 | Schrijvers Lien      | LIER | 4.98m | 10 |
| 10 | 822  | Loos Silke           | AVKA | 4.88m | 10 |
| 11 | 391  | Cornelis Roxane      | KAPE | 4.83m | 09 |
| 12 | 1568 | Oosters Eline        | LIER | 4.66m | 09 |
| 13 | 776  | Simons Lily          | ACBR | 4.28m | 10 |
| 14 | 1161 | Panier Fleur         | AVKA | 4.17m | 09 |
| 15 | 1867 | Idrisa Munahya*      | BVAC | 3.87m | 09 |
| 16 | 9987 | Van Geertruyden Roos |      | 3.64m | 00 |
| 17 | 1460 | Denolf Lien          | LIER | 3.42m | 10 |
| 18 | 829  | Verhoeven Femke      | AVKA | 3.02m | 10 |

verspringen Ben Dames Uur=14:27

Reeks:1

|    |      |                      |      |       |    |
|----|------|----------------------|------|-------|----|
| 1  | 672  | Cools Hannah         | AVKA | 3.35m | 10 |
| 2  | 1978 | Moons Eva            | KAPE | 3.33m | 10 |
| 3  | 1568 | Oosters Eline        | LIER | 3.28m | 09 |
| 4  | 1610 | Van Der Taelen Eleni | BVAC | 3.23m | 09 |
| 5  | 673  | Vaerten Noor         | AVKA | 3.14m | 09 |
| 6  | 1835 | Rosebel Juraily*     | BVAC | 3.10m | 09 |
| 7  | 1403 | Schrijvers Lien      | LIER | 3.00m | 10 |
| 8  | 1735 | Laureyssens Zita     | KAPE | 2.96m | 10 |
| 9  | 391  | Cornelis Roxane      | KAPE | 2.92m | 09 |
| 10 | 1161 | Panier Fleur         | AVKA | 2.92m | 09 |
| 11 | 1867 | Idrisa Munahya*      | BVAC | 2.88m | 09 |
| 12 | 822  | Loos Silke           | AVKA | 2.86m | 10 |

|    |      |                      |      |       |    |
|----|------|----------------------|------|-------|----|
| 13 | 1459 | Denolf Anke          | LIER | 2.75m | 09 |
| 14 | 1406 | Tindemans Ella       | LIER | 2.74m | 10 |
| 15 | 9986 | Fredrickx Jitte      |      | 2.70m | 00 |
| 16 | 9987 | Van Geertruyden Roos |      | 2.69m | 00 |
| 17 | 1460 | Denolf Lien          | LIER | 2.62m | 10 |
| 18 | 829  | Verhoeven Femke      | AVKA | 2.51m | 10 |
| 19 | 776  | Simons Lily          | ACBR | 2.50m | 10 |

60 meter Pup Heren Uur=14:08

Reeks:1

|   |      |                 |      |      |    |
|---|------|-----------------|------|------|----|
| 1 | 2078 | Itotoh Treasure | BVAC | 8.70 | 07 |
| 2 | 1869 | De Kock Mervyn  | BVAC | 8.77 | 07 |
| 3 | 50   | Bos Siebe       | ACHL | 9.13 | 08 |
| 4 | 492  | Deckers Lars    | OLSE | 9.55 | 07 |
| 5 | 934  | Loos Senne      | AVKA | 9.61 | 08 |
| 6 | 43   | Aerts Senne     | ACHL | 9.65 | 07 |
| 7 | 700  | Van Bael Arne   | AVKA | 9.67 | 08 |

60 meter Pup Heren Uur=14:08

Reeks:2

|   |      |                  |      |       |    |
|---|------|------------------|------|-------|----|
| 1 | 1556 | Verstraeten Kobe | KAPE | 9.49  | 08 |
| 2 | 1113 | Weyns Jens       | AVKA | 9.57  | 07 |
| 3 | 1328 | Oerlemans Vins   | ESAK | 9.91  | 07 |
| 4 | 1873 | Allami Zakaria   | ABES | 10.09 | 07 |
| 5 | 421  | Sebregts Joey*   | KAPE | 10.14 | 08 |
| 6 | 1315 | Honsia Rick      | KAPE | 10.30 | 08 |
| 7 | 778  | Plessers Tijl    | AVKA | 10.35 | 08 |

60 meter Pup Heren Uur=14:08

Reeks:3

|   |      |                      |      |       |    |
|---|------|----------------------|------|-------|----|
| 1 | 9990 | De Mulder Grim       | ACBR | 9.20  | 00 |
| 2 | 772  | Callaert Jasper      | AVKA | 9.66  | 07 |
| 3 | 1547 | Schrijvers Lars      | LIER | 10.40 | 08 |
| 4 | 1548 | Tindemans Junes      | LIER | 10.63 | 08 |
| 5 | 431  | Vallaey Sander       | KAPE | 10.71 | 07 |
| 6 | 1647 | Verhelst Wouter - 81 | KAPE | 10.90 | 07 |

1000 meter Pup Heren Uur=15:46

Reeks:1

|    |      |                  |      |         |    |
|----|------|------------------|------|---------|----|
| 1  | 492  | Deckers Lars     | OLSE | 3'19.15 | 07 |
| 2  | 2078 | Itotoh Treasure  | BVAC | 3'25.58 | 07 |
| 3  | 50   | Bos Siebe        | ACHL | 3'34.05 | 08 |
| 4  | 43   | Aerts Senne      | ACHL | 3'35.38 | 07 |
| 5  | 1873 | Allami Zakaria   | ABES | 3'38.75 | 07 |
| 6  | 1869 | De Kock Mervyn   | BVAC | 3'43.17 | 07 |
| 7  | 1315 | Honsia Rick      | KAPE | 3'46.28 | 08 |
| 8  | 1556 | Verstraeten Kobe | KAPE | 3'49.43 | 08 |
| 9  | 431  | Vallaey Sander   | KAPE | 3'50.80 | 07 |
| 10 | 1328 | Oerlemans Vins   | ESAK | 4'07.90 | 07 |
|    | 421  | Sebregts Joey*   | KAPE | NG      | 08 |

discuswerpen 0,600kg Pup Heren Uur=14:23

Reeks:1

|   |      |                 |      |        |    |
|---|------|-----------------|------|--------|----|
| 1 | 50   | Bos Siebe       | ACHL | 23.60m | 08 |
| 2 | 43   | Aerts Senne     | ACHL | 21.40m | 07 |
| 3 | 1873 | Allami Zakaria  | ABES | 17.81m | 07 |
| 4 | 2078 | Itotoh Treasure | BVAC | 17.46m | 07 |
| 5 | 1328 | Oerlemans Vins  | ESAK | 17.43m | 07 |
| 6 | 1869 | De Kock Mervyn  | BVAC | 16.62m | 07 |
| 7 | 772  | Callaert Jasper | AVKA | 15.67m | 07 |
| 8 | 421  | Sebregts Joey*  | KAPE | 15.56m | 08 |

|    |      |                  |      |        |    |
|----|------|------------------|------|--------|----|
| 9  | 934  | Loos Senne       | AVKA | 14.98m | 08 |
| 10 | 1113 | Weyns Jens       | AVKA | 14.84m | 07 |
| 11 | 1548 | Tindemans Junes  | LIER | 14.84m | 08 |
| 12 | 1547 | Schrijvers Lars  | LIER | 13.44m | 08 |
| 13 | 492  | Deckers Lars     | OLSE | 13.31m | 07 |
| 14 | 431  | Vallaey Sander   | KAPE | 13.07m | 07 |
| 15 | 1556 | Verstraeten Kobe | KAPE | 12.26m | 08 |
| 16 | 700  | Van Bael Arne    | AVKA | 11.69m | 08 |
| 17 | 778  | Plessers Tijl    | AVKA | 9.99m  | 08 |
| 18 | 1315 | Honsia Rick      | KAPE | 9.49m  | 08 |

hockeywerpen Pup Heren Uur=15:19

Reeks:1

|    |      |                      |      |        |    |
|----|------|----------------------|------|--------|----|
| 1  | 50   | Bos Siebe            | ACHL | 36.77m | 08 |
| 2  | 1113 | Weyns Jens           | AVKA | 32.51m | 07 |
| 3  | 1873 | Allami Zakaria       | ABES | 32.04m | 07 |
| 4  | 2078 | Itotoh Treasure      | BVAC | 31.56m | 07 |
| 5  | 700  | Van Bael Arne        | AVKA | 31.38m | 08 |
| 6  | 421  | Sebregts Joey*       | KAPE | 30.07m | 08 |
| 7  | 1328 | Oerlemans Vins       | ESAK | 29.19m | 07 |
| 8  | 934  | Loos Senne           | AVKA | 27.31m | 08 |
| 9  | 43   | Aerts Senne          | ACHL | 27.28m | 07 |
| 10 | 772  | Callaert Jasper      | AVKA | 27.26m | 07 |
| 11 | 431  | Vallaey Sander       | KAPE | 25.37m | 07 |
| 12 | 492  | Deckers Lars         | OLSE | 25.14m | 07 |
| 13 | 1556 | Verstraeten Kobe     | KAPE | 23.77m | 08 |
| 14 | 1315 | Honsia Rick          | KAPE | 23.58m | 08 |
| 15 | 1548 | Tindemans Junes      | LIER | 23.45m | 08 |
| 16 | 9990 | De Mulder Grim       | ACBR | 22.17m | 00 |
| 17 | 1547 | Schrijvers Lars      | LIER | 20.88m | 08 |
| 18 | 1647 | Verhelst Wouter - 81 | KAPE | 20.60m | 07 |
| 19 | 778  | Plessers Tijl        | AVKA | 17.75m | 08 |

60 meter Pup Dames Uur=14:40

Reeks:1

|   |      |                      |      |       |    |
|---|------|----------------------|------|-------|----|
| 1 | 5286 | Rosebel Jefiney*     | BVAC | 9.07  | 07 |
| 2 | 5394 | Van Thuyne Anna-Lisa | SGOL | 9.28  | 07 |
| 3 | 5351 | Okaka Osahajiajie    | BVAC | 9.37  | 07 |
| 4 | 5572 | Verbruggen Amber     | KAPE | 9.83  | 08 |
| 5 | 4053 | Lemmens Rowen - 81   | AVKA | 9.89  | 07 |
| 6 | 3591 | Bernaerts Lotte      | DUFF | 10.04 | 07 |
| 7 | 4856 | Tindemans Mila       | LIER | 10.07 | 07 |
|   | 4206 | Simons Marie         | ACBR | NA    | 07 |

60 meter Pup Dames Uur=14:40

Reeks:2

|   |      |                       |      |       |    |
|---|------|-----------------------|------|-------|----|
| 1 | 3816 | Maurissen Lexia       | OLSE | 9.92  | 08 |
| 2 | 5588 | Janssens Caitlyn      | KAPE | 10.01 | 07 |
| 3 | 4052 | Leboda Nina           | AVKA | 10.28 | 08 |
| 4 | 4122 | Cools Emma            | AVKA | 10.36 | 08 |
| 5 | 3809 | Pauwels Emma          | OLSE | 10.67 | 08 |
| 6 | 4070 | Van Den Bergh Aurélie | OLSE | 10.99 | 08 |
| 7 | 4637 | Neutjens Jinte        | KAPE | 11.64 | 07 |

60 meter Pup Dames Uur=14:40

Reeks:3

|   |      |                     |      |       |    |
|---|------|---------------------|------|-------|----|
| 1 | 5306 | Idrisa Moza*        | BVAC | 9.37  | 07 |
| 2 | 5256 | Prijck Caroline     | BVAC | 9.38  | 07 |
| 3 | 4854 | Kempen Eline        | LIER | 10.19 | 07 |
| 4 | 4937 | Verhelst Tinne - 81 | KAPE | 11.06 | 07 |
| 5 | 4470 | Verhees Veronica    | KAPE | 11.13 | 07 |

6 4364 Gerets Ode LIER 11.56 08

hockeywerpen Pup Dames Uur=15:55

Reeks:1

|    |      |                       |      |        |    |
|----|------|-----------------------|------|--------|----|
| 1  | 5351 | Okaka Osahajiajie     | BVAC | 34.67m | 07 |
| 2  | 5256 | Prijck Caroline       | BVAC | 32.67m | 07 |
| 3  | 4052 | Leboda Nina           | AVKA | 25.89m | 08 |
| 4  | 4122 | Cools Emma            | AVKA | 25.61m | 08 |
| 5  | 3591 | Bernaerts Lotte       | DUFF | 23.70m | 07 |
| 6  | 4856 | Tindemans Mila        | LIER | 23.19m | 07 |
| 7  | 5286 | Rosebel Jefiney*      | BVAC | 22.09m | 07 |
| 8  | 3812 | Van Eeckhoven Elena   | OLSE | 21.83m | 08 |
| 9  | 5306 | Idrisa Moza*          | BVAC | 21.48m | 07 |
| 10 | 4637 | Neutjens Jinte        | KAPE | 20.91m | 07 |
| 11 | 5394 | Van Thuyne Anna-Lisa  | SGOL | 20.08m | 07 |
| 12 | 4854 | Kempen Eline          | LIER | 19.82m | 07 |
| 13 | 4053 | Lemmens Rowen - 81    | AVKA | 18.32m | 07 |
| 14 | 3816 | Maurissen Lexia       | OLSE | 18.32m | 08 |
| 15 | 4470 | Verhees Veronica      | KAPE | 15.01m | 07 |
| 16 | 3809 | Pauwels Emma          | OLSE | 13.81m | 08 |
| 17 | 4070 | Van Den Bergh Aurélie | OLSE | 11.46m | 08 |
| 18 | 4364 | Gerets Ode            | LIER | 8.75m  | 08 |
|    | 4206 | Simons Marie          | ACBR | NG     | 07 |

hoogspringen Pup Dames Uur=15:07

Reeks:1

|    |      |                       |      |       |    |
|----|------|-----------------------|------|-------|----|
|    | 4364 | Gerets Ode            | LIER | GP    | 08 |
| 1  | 5394 | Van Thuyne Anna-Lisa  | SGOL | 1.32m | 07 |
| 2  | 5256 | Prijck Caroline       | BVAC | 1.25m | 07 |
| 2  | 5351 | Okaka Osahajiajie     | BVAC | 1.25m | 07 |
| 4  | 4854 | Kempen Eline          | LIER | 1.25m | 07 |
| 5  | 5306 | Idrisa Moza*          | BVAC | 1.20m | 07 |
| 6  | 5286 | Rosebel Jefiney*      | BVAC | 1.20m | 07 |
| 7  | 4856 | Tindemans Mila        | LIER | 1.20m | 07 |
| 8  | 4053 | Lemmens Rowen - 81    | AVKA | 1.15m | 07 |
| 9  | 4206 | Simons Marie          | ACBR | 1.10m | 07 |
| 10 | 4122 | Cools Emma            | AVKA | 1.10m | 08 |
| 11 | 5572 | Verbruggen Amber      | KAPE | 1.05m | 08 |
| 12 | 3809 | Pauwels Emma          | OLSE | 1.05m | 08 |
| 13 | 3812 | Van Eeckhoven Elena   | OLSE | 1.00m | 08 |
| 14 | 4637 | Neutjens Jinte        | KAPE | 1.00m | 07 |
| 15 | 4052 | Leboda Nina           | AVKA | 1.00m | 08 |
| 16 | 4470 | Verhees Veronica      | KAPE | 0.95m | 07 |
| 16 | 4070 | Van Den Bergh Aurélie | OLSE | 0.95m | 08 |
| 16 | 3816 | Maurissen Lexia       | OLSE | 0.95m | 08 |
| 16 | 5588 | Janssens Caitlyn      | KAPE | 0.95m | 07 |

80 meter Min Heren Uur=13:57

Reeks:1

|   |      |                     |      |       |    |
|---|------|---------------------|------|-------|----|
| 1 | 4490 | Leboda Tibo         | AVKA | 11.24 | 06 |
| 2 | 4504 | Van Den Bergh Pablo | OLSE | 11.53 | 06 |
| 3 | 5020 | Van Acker Matteo    | AVKA | 11.57 | 06 |
| 4 | 4668 | Vander Avert Ben    | KAPE | 11.81 | 06 |
| 5 | 4320 | Smeulders Ward      | OLSE | 11.81 | 06 |
| 6 | 3952 | Van Roey Tibo       | ACHL | 12.14 | 06 |
| 7 | 4576 | Vaerten Mats        | AVKA | 12.27 | 06 |
| 8 | 4329 | Bouwens Mick        | OLSE | 12.54 | 05 |

80 meter Min Heren Uur=13:57

Reeks:2

|   |      |                |      |       |    |
|---|------|----------------|------|-------|----|
| 1 | 4483 | Michiels Thibo | AVKA | 12.04 | 06 |
|---|------|----------------|------|-------|----|

|   |      |                    |      |       |    |
|---|------|--------------------|------|-------|----|
| 2 | 4318 | De Caluwé Robin    | OLSE | 12.61 | 05 |
| 3 | 5221 | Sacre Jelle        | AVKA | 12.71 | 06 |
| 4 | 4257 | Gielen Stef        | KAPE | 13.12 | 06 |
| 5 | 4682 | Loos Jarne         | AVKA | 13.16 | 06 |
| 6 | 5152 | Schaerlaeken Jonas | ACBR | 13.19 | 06 |
| 7 | 4687 | Verbelen Wannes    | AVKA | 13.58 | 06 |

80 meter Min Heren Uur=13:57

Reeks:3

|   |      |               |      |       |    |
|---|------|---------------|------|-------|----|
| 1 | 5219 | Alaoui Ismail | BVAC | 12.78 | 06 |
| 2 | 9989 | Zerrad Ismael | BVAC | 12.90 | 00 |
| 3 | 5513 | Balazs Juul   | ACBR | 13.30 | 06 |
| 4 | 5561 | De Ridder Rik | ESAK | 13.50 | 05 |
| 5 | 5429 | Hornaert Yaro | KAPE | 14.43 | 06 |

1000 meter Min Heren Uur=16:27

Reeks:1

|   |      |                  |      |         |    |
|---|------|------------------|------|---------|----|
| 1 | 4490 | Leboda Tibo      | AVKA | 3'17.49 | 06 |
| 2 | 4668 | Vander Avert Ben | KAPE | 3'18.66 | 06 |
| 3 | 4318 | De Caluwé Robin  | OLSE | 3'27.42 | 05 |
| 4 | 4483 | Michiels Thibo   | AVKA | 3'27.49 | 06 |
| 5 | 3952 | Van Roey Tibo    | ACHL | 3'30.70 | 06 |
| 6 | 5219 | Alaoui Ismail    | BVAC | 3'41.69 | 06 |
| 7 | 4329 | Bouwens Mick     | OLSE | 3'43.62 | 05 |
| 8 | 9989 | Zerrad Ismael    | BVAC | 4'08.91 | 00 |

discuswerpen 0,750kg Min Heren Uur=16:18

Reeks:1

|    |      |                     |      |        |    |
|----|------|---------------------|------|--------|----|
| 1  | 3952 | Van Roey Tibo       | ACHL | 23.48m | 06 |
| 2  | 4257 | Gielen Stef         | KAPE | 23.35m | 06 |
| 3  | 4490 | Leboda Tibo         | AVKA | 22.51m | 06 |
| 4  | 4483 | Michiels Thibo      | AVKA | 21.59m | 06 |
| 5  | 5221 | Sacre Jelle         | AVKA | 18.40m | 06 |
| 6  | 4576 | Vaerten Mats        | AVKA | 16.66m | 06 |
| 7  | 4329 | Bouwens Mick        | OLSE | 16.51m | 05 |
| 8  | 4682 | Loos Jarne          | AVKA | 16.44m | 06 |
| 9  | 5152 | Schaerlaeken Jonas  | ACBR | 15.51m | 06 |
| 10 | 4320 | Smeulders Ward      | OLSE | 13.53m | 06 |
| 11 | 5219 | Alaoui Ismail       | BVAC | 13.51m | 06 |
| 12 | 5429 | Hornaert Yaro       | KAPE | 13.42m | 06 |
| 13 | 4504 | Van Den Bergh Pablo | OLSE | 13.16m | 06 |
| 14 | 9989 | Zerrad Ismael       | BVAC | 13.13m | 00 |
| 15 | 5513 | Balazs Juul         | ACBR | 12.74m | 06 |
| 16 | 4504 | Van Den Bergh Pablo | OLSE | 12.66m | 06 |
| 17 | 4687 | Verbelen Wannes     | AVKA | 11.62m | 06 |
|    | 4668 | Vander Avert Ben    | KAPE | GP     | 06 |

verspringen Min Heren Uur=15:23

Reeks:1

|    |      |                     |      |       |    |
|----|------|---------------------|------|-------|----|
| 1  | 4490 | Leboda Tibo         | AVKA | 4.51m | 06 |
| 2  | 3952 | Van Roey Tibo       | ACHL | 4.45m | 06 |
| 3  | 4504 | Van Den Bergh Pablo | OLSE | 4.14m | 06 |
| 4  | 4329 | Bouwens Mick        | OLSE | 3.97m | 05 |
| 5  | 4320 | Smeulders Ward      | OLSE | 3.93m | 06 |
| 6  | 4668 | Vander Avert Ben    | KAPE | 3.93m | 06 |
| 7  | 5020 | Van Acker Matteo    | AVKA | 3.77m | 06 |
| 8  | 4687 | Verbelen Wannes     | AVKA | 3.62m | 06 |
| 9  | 5152 | Schaerlaeken Jonas  | ACBR | 3.60m | 06 |
| 10 | 5561 | De Ridder Rik       | ESAK | 3.51m | 05 |
| 11 | 5513 | Balazs Juul         | ACBR | 3.49m | 06 |
| 12 | 5221 | Sacre Jelle         | AVKA | 3.48m | 06 |

|    |      |                 |      |       |    |
|----|------|-----------------|------|-------|----|
| 13 | 4505 | Smets Jarno     | OLSE | 3.46m | 05 |
| 14 | 4483 | Michiels Thibo  | AVKA | 3.42m | 06 |
| 15 | 5219 | Alaoui Ismail   | BVAC | 3.39m | 06 |
| 16 | 4576 | Vaerten Mats    | AVKA | 3.35m | 06 |
| 17 | 4682 | Loos Jarne      | AVKA | 3.30m | 06 |
| 18 | 4318 | De Caluwé Robin | OLSE | 3.27m | 05 |
| 19 | 4257 | Gielen Stef     | KAPE | 3.10m | 06 |
| 20 | 5429 | Hoornaert Yaro  | KAPE | 3.00m | 06 |
| 21 | 9989 | Zerrad Ismael   | BVAC | 2.87m | 00 |

150 meter Min Dames Uur=13:33

Reeks:1

|   |      |                     |      |       |    |
|---|------|---------------------|------|-------|----|
| 1 | 7899 | Van De Perre Evelyn | ESAK | 22.30 | 05 |
| 2 | 7700 | Van Looy Milena     | LIER | 22.86 | 05 |
| 3 | 7787 | Moyson Stien        | SGOL | 22.98 | 06 |
| 4 | 7259 | Sebregts Ashley*    | KAPE | 23.50 | 06 |
| 5 | 7696 | Gerets Ibe          | LIER | 23.64 | 06 |
|   | 8047 | Bouzid Sofia        | OEH  | NG    | 06 |

150 meter Min Dames Uur=13:33

Reeks:2

|   |      |                   |      |       |    |
|---|------|-------------------|------|-------|----|
| 1 | 7607 | Vander Avert Caro | KAPE | 20.37 | 05 |
| 2 | 9988 | Karelse Yara      |      | 22.31 | 00 |
| 3 | 7258 | Dua Hanne         | KAPE | 22.72 | 05 |
| 4 | 8107 | Van Laer Mirthe   | ACBR | 23.15 | 06 |
| 5 | 7451 | Zemmouri Ulfa     | AVKA | 23.22 | 05 |
| 6 | 8266 | Willemyns Zoë     | ABES | 23.25 | 06 |

150 meter Min Dames Uur=13:33

Reeks:3

|   |      |                   |      |       |    |
|---|------|-------------------|------|-------|----|
| 1 | 7659 | Leys Merel        | KAPE | 22.01 | 05 |
| 2 | 8065 | Schillemans Laura | AVKA | 24.73 | 06 |
| 3 | 7942 | Teck Ashley       | AVKA | 25.28 | 06 |
| 4 | 7303 | Van Gelder Esmé   | OLSE | 26.09 | 05 |
| 5 | 7452 | Michiels Zoë      | AVKA | 28.28 | 06 |

150 meter Min Dames Uur=13:33

Reeks:4

|   |      |                        |      |       |    |
|---|------|------------------------|------|-------|----|
| 1 | 7613 | De Decker Jitske       | AVKA | 23.33 | 06 |
| 2 | 7299 | Van Eeckhoven Annelies | OLSE | 24.13 | 06 |
| 3 | 7365 | Mees Jinse             | ACBR | 24.54 | 05 |
| 4 | 7455 | Blommers Yentl         | AVKA | 24.78 | 06 |
| 5 | 7305 | Van Hyfte Astrid       | OLSE | 25.17 | 05 |
| 6 | 7457 | Meuris Ina             | AVKA | 25.87 | 05 |

150 meter Min Dames Uur=13:33

Reeks:5

|   |      |                      |      |       |    |
|---|------|----------------------|------|-------|----|
| 1 | 8547 | Bonsu Agarthha Osei* | BVAC | 27.20 | 06 |
|---|------|----------------------|------|-------|----|

1000 meter Min Dames Uur=16:18

Reeks:1

|   |      |                         |      |         |    |
|---|------|-------------------------|------|---------|----|
| 1 | 7325 | Van der Jonckheyd Hanne | OLSE | 3'38.79 | 05 |
|---|------|-------------------------|------|---------|----|

discuswerpen 0,750kg Min Dames Uur=15:26

Reeks:1

|   |      |                        |      |        |    |
|---|------|------------------------|------|--------|----|
| 1 | 7258 | Dua Hanne              | KAPE | 23.83m | 05 |
| 2 | 7299 | Van Eeckhoven Annelies | OLSE | 23.83m | 06 |
| 3 | 7899 | Van De Perre Evelyn    | ESAK | 22.24m | 05 |
| 4 | 7259 | Sebregts Ashley*       | KAPE | 18.12m | 06 |
| 5 | 8107 | Van Laer Mirthe        | ACBR | 17.62m | 06 |
| 6 | 7659 | Leys Merel             | KAPE | 17.41m | 05 |

|    |      |                         |      |        |    |
|----|------|-------------------------|------|--------|----|
| 7  | 7325 | Van der Jonckheyd Hanne | OLSE | 17.04m | 05 |
| 8  | 7457 | Meuris Ina              | AVKA | 16.91m | 05 |
| 9  | 7365 | Mees Jinse              | ACBR | 15.80m | 05 |
| 10 | 8547 | Bonsu Agartha Osei*     | BVAC | 15.41m | 06 |
| 11 | 7613 | De Decker Jitske        | AVKA | 14.93m | 06 |
| 12 | 7451 | Zemmouri Ulfa           | AVKA | 14.74m | 05 |
| 13 | 7305 | Van Hyfte Astrid        | OLSE | 14.60m | 05 |
| 14 | 8065 | Schillemans Laura       | AVKA | 14.41m | 06 |
| 15 | 7700 | Van Looy Milena         | LIER | 14.34m | 05 |
| 16 | 7696 | Gerets Ibe              | LIER | 13.68m | 06 |
| 17 | 7942 | Teck Ashley             | AVKA | 11.62m | 06 |
| 18 | 7455 | Blommers Yentl          | AVKA | 10.19m | 06 |
| 19 | 7303 | Van Gelder Esmé         | OLSE | 10.10m | 05 |
| 20 | 7452 | Michiels Zoë            | AVKA | 9.20m  | 06 |
|    | 7607 | Vander Avert Caro       | KAPE | GP     | 05 |

hoogspringen Min Dames Uur=16:12

Reeks:1

|    |      |                         |      |       |    |
|----|------|-------------------------|------|-------|----|
|    | 7613 | De Decker Jitske        | AVKA | NG    | 06 |
|    | 8547 | Bonsu Agartha Osei*     | BVAC | GP    | 06 |
| 1  | 7607 | Vander Avert Caro       | KAPE | 1.50m | 05 |
| 2  | 7899 | Van De Perre Evelyn     | ESAK | 1.45m | 05 |
| 3  | 9988 | Karelse Yara            |      | 1.35m | 00 |
| 4  | 8107 | Van Laer Mirthe         | ACBR | 1.30m | 06 |
| 5  | 7258 | Dua Hanne               | KAPE | 1.30m | 05 |
| 6  | 7325 | Van der Jonckheyd Hanne | OLSE | 1.30m | 05 |
| 7  | 7942 | Teck Ashley             | AVKA | 1.25m | 06 |
| 8  | 7259 | Sebregts Ashley*        | KAPE | 1.25m | 06 |
| 9  | 7305 | Van Hyfte Astrid        | OLSE | 1.25m | 05 |
| 10 | 8065 | Schillemans Laura       | AVKA | 1.20m | 06 |
| 10 | 7299 | Van Eeckhoven Annelies  | OLSE | 1.20m | 06 |
| 12 | 7696 | Gerets Ibe              | LIER | 1.20m | 06 |
| 13 | 7700 | Van Looy Milena         | LIER | 1.15m | 05 |
| 14 | 7659 | Leys Merel              | KAPE | 1.15m | 05 |
| 15 | 7451 | Zemmouri Ulfa           | AVKA | 1.10m | 05 |
| 16 | 7452 | Michiels Zoë            | AVKA | 1.05m | 06 |
| 17 | 7365 | Mees Jinse              | ACBR | 1.05m | 05 |
| 17 | 7303 | Van Gelder Esmé         | OLSE | 1.05m | 05 |
| 19 | 7457 | Meuris Ina              | AVKA | 1.00m | 05 |

100 meter Cad Heren Uur=13:30

Reeks:1

Wind : 0.8

|   |      |                         |      |       |    |
|---|------|-------------------------|------|-------|----|
| 1 | 757  | De Clerck Timo          | ACBR | 12.41 | 04 |
| 2 | 1188 | Seghers Louis           | ACBR | 12.80 | 03 |
| 3 | 246  | Van Cleuvenbergen Senne | KAPE | 13.65 | 03 |
| 4 | 1027 | Hoornaert Ynse          | KAPE | 14.85 | 04 |
| 5 | 338  | Van Den Eede Joppe      | ACBR | 15.79 | 04 |

1000 meter Cad Heren Uur=16:10

Reeks:1

|   |     |                         |      |         |    |
|---|-----|-------------------------|------|---------|----|
| 1 | 100 | Borry Thomas            | SPBO | 2'45.21 | 03 |
| 2 | 150 | Leijssenaar Jeroen      | DUFF | 2'56.54 | 04 |
| 3 | 246 | Van Cleuvenbergen Senne | KAPE | 3'02.42 | 03 |
| 4 | 904 | Alaoui Ibrahim          | BVAC | 3'23.95 | 04 |
| 5 | 338 | Van Den Eede Joppe      | ACBR | 3'29.26 | 04 |

kogelstoten 4,000kg Cad Heren Uur=14:36

Reeks:1

|   |      |                   |      |        |    |
|---|------|-------------------|------|--------|----|
| 1 | 1188 | Seghers Louis     | ACBR | 12.02m | 03 |
| 2 | 1027 | Hoornaert Ynse    | KAPE | 9.80m  | 04 |
| 3 | 520  | Vander Avert Nils | KAPE | 9.58m  | 03 |



|   |     |                         |      |       |    |
|---|-----|-------------------------|------|-------|----|
| 4 | 757 | De Clerck Timo          | ACBR | 7.39m | 04 |
| 5 | 246 | Van Cleuvenbergen Senne | KAPE | 7.36m | 03 |
| 6 | 338 | Van Den Eede Joppe      | ACBR | 6.10m | 04 |

discuswerpen 1,000kg Cad Heren Uur=15:28

Reeks:1

|   |      |                         |      |        |        |
|---|------|-------------------------|------|--------|--------|
| 1 | 1188 | Seghers Louis           | ACBR | 37.18m | 03     |
| 2 | 520  | Vander Avert Nils       | KAPE | 33.61m | 03     |
| 3 | 1027 | Hoornaert Ynse          | KAPE | 22.63m | 04     |
| 4 | 246  | Van Cleuvenbergen Senne | KAPE | 19.92m | 03     |
| 5 | 757  | De Clerck Timo          | ACBR | 17.99m | 04     |
| 6 | 338  | Van Den Eede Joppe      | ACBR | 17.31m | 04     |
|   | 4504 | Van Den Bergh Pablo     | OLSE | NG     | Min 06 |

100 meter Cad Dames Uur=14:31

Reeks:1

Wind : 1.3

|   |      |                   |      |       |    |
|---|------|-------------------|------|-------|----|
| 1 | 998  | Peeters Ellen     | BVAC | 13.94 | 03 |
| 2 | 867  | Schaerlaeken Yana | ACBR | 14.36 | 04 |
| 3 | 1290 |                   |      | 14.42 | 00 |
| 4 | 547  | Mariën Kyra       | LIER | 15.20 | 03 |
| 5 | 668  | Bax Axelle        | LIER | 15.36 | 03 |
| 6 | 730  | Keuppens Drieke   | ESAK | 15.63 | 03 |
| 7 | 637  | Verhees Celina    | KAPE | 16.05 | 04 |

1000 meter Cad Dames Uur=16:18

Reeks:1

|   |      |                    |      |         |    |
|---|------|--------------------|------|---------|----|
| 1 | 1223 | Van Aerde Bo       | RCG  | 3'19.55 | 04 |
| 2 | 108  | Verheyen Lore      | LOOI | 3'22.38 | 03 |
| 3 | 127  | Bernaerts Esther   | DUFF | 3'25.13 | 03 |
| 4 | 730  | Keuppens Drieke    | ESAK | 3'32.17 | 03 |
| 5 | 126  | Leijssenaar Nienke | DUFF | 3'46.88 | 04 |
| 6 | 637  | Verhees Celina     | KAPE | 3'53.18 | 04 |

kogelstoten 3,000kg Cad Dames Uur=14:30

Reeks:1

|   |      |                   |      |       |    |
|---|------|-------------------|------|-------|----|
| 1 | 547  | Mariën Kyra       | LIER | 8.19m | 03 |
| 2 | 998  | Peeters Ellen     | BVAC | 8.08m | 03 |
| 3 | 867  | Schaerlaeken Yana | ACBR | 6.97m | 04 |
| 4 | 1290 |                   |      | 6.88m | 00 |
| 5 | 730  | Keuppens Drieke   | ESAK | 6.56m | 03 |
| 6 | 668  | Bax Axelle        | LIER | 6.11m | 03 |
| 7 | 637  | Verhees Celina    | KAPE | 5.89m | 04 |

verspringen Cad Dames Uur=15:57

Reeks:1

|   |      |                   |      |           |    |
|---|------|-------------------|------|-----------|----|
| 1 | 998  | Peeters Ellen     | BVAC | 4.61m+1.9 | 03 |
| 2 | 867  | Schaerlaeken Yana | ACBR | 4.28m-0.1 | 04 |
| 3 | 730  | Keuppens Drieke   | ESAK | 4.28m+1.9 | 03 |
| 4 | 547  | Mariën Kyra       | LIER | 4.25m+0.8 | 03 |
| 5 | 637  | Verhees Celina    | KAPE | 3.93m+0.3 | 04 |
| 6 | 668  | Bax Axelle        | LIER | 3.82m-0.8 | 03 |
| 7 | 1290 |                   |      | 3.70m+0.1 | 00 |