



ATLETIEKCLUB
KAPELLEN

Uitslag A.A.S-Meeting van 8 september 2018 te Kapellen meeting nr. 18507

60 meter Ben Heren Uur=15:15

Reeks:1

| | | | | | |
|---|------|-----------------|------|-------|----|
| 1 | 8778 | Coolen Lars | ACBR | 9.79 | 09 |
| 2 | 8508 | Gorts Jonas | KAPE | 9.84 | 10 |
| 3 | 7578 | Janssens Milan | AVKA | 10.31 | 09 |
| 4 | 8526 | De Jaeger Niels | ACBR | 10.39 | 09 |
| 5 | 7702 | Lucas Seppe | ACBR | 10.47 | 10 |
| 6 | 8882 | De Meyer Lex | KAPE | 10.48 | 09 |
| 7 | 8679 | Laenens Senne | BVAC | 10.78 | 09 |

60 meter Ben Heren Uur=15:15

Reeks:2

| | | | | | |
|---|------|-------------------|------|-------|----|
| 1 | 8189 | Vosters Jack | AVKA | 10.59 | 10 |
| 2 | 7949 | Fredrickx Tjorben | HAKI | 10.72 | 10 |
| 3 | 8700 | Isenbaert Kyaro | OLSE | 10.74 | 10 |
| 4 | 9011 | Balazs Staf | ACBR | 10.97 | 09 |
| 5 | 7283 | Deckers Stan | OLSE | 11.36 | 09 |
| 6 | 8680 | Matthieu Daan | OLSE | 12.01 | 10 |
| 7 | 7281 | Schats Vic | OLSE | 12.63 | 10 |

60 meter Ben Heren Uur=15:15

Reeks:3

| | | | | | |
|---|------|----------------------|------|-------|----|
| 1 | 9131 | Derfoufi Salaheddine | BVAC | 10.78 | 10 |
| 2 | 9990 | De Cuyper Ief | N/A | 10.99 | 00 |
| 3 | 9130 | Derfoufi Noureddine | BVAC | 11.01 | 10 |
| 4 | 9484 | Plessers Stan | AVKA | 11.14 | 10 |
| 5 | 9984 | Van Loon Milan | N/A | 11.34 | 00 |
| 6 | 7397 | Strybol Juul | ACBR | 11.45 | 09 |
| 7 | 7396 | Stappers Krijn | ACBR | 14.28 | 09 |

60 meter Ben Heren Uur=15:15

Reeks:4

| | | | | | |
|---|------|------------------|------|-------|----|
| 1 | 8618 | Alaoui Zakaria | BVAC | 10.05 | 09 |
| 2 | 7200 | Toelants Senne | KAPE | 10.47 | 10 |
| 3 | 9987 | Carpentier Mauro | N/A | 10.71 | 00 |
| 4 | 7398 | Van Hoorick Yben | ACBR | 11.33 | 09 |
| 5 | 7598 | De Herdt Milan | AVKA | 11.37 | 09 |
| 6 | 7257 | Vrancken Demian | OLSE | 11.43 | 10 |
| 7 | 7911 | Meeus Roel | LIER | 11.53 | 10 |
| 8 | 8777 | Coolen Finn | ACBR | 11.70 | 09 |

kogelstoten 1,000kg Ben Heren Uur=17:31

Reeks:1

| | | | | | |
|---|------|----------------------|------|-------|----|
| 1 | 7578 | Janssens Milan | AVKA | 9.79m | 09 |
| 2 | 7702 | Lucas Seppe | ACBR | 7.57m | 10 |
| 3 | 8778 | Coolen Lars | ACBR | 7.50m | 09 |
| 4 | 7949 | Fredrickx Tjorben | HAKI | 7.46m | 10 |
| 5 | 9131 | Derfoufi Salaheddine | BVAC | 6.88m | 10 |
| 6 | 7257 | Vrancken Demian | OLSE | 6.74m | 10 |

| | | | | | |
|----|------|---------------------|------|-------|----|
| 7 | 8679 | Laenens Senne | BVAC | 6.72m | 09 |
| 8 | 8508 | Gorts Jonas | KAPE | 6.71m | 10 |
| 9 | 8618 | Alaoui Zakaria | BVAC | 6.65m | 09 |
| 10 | 8526 | De Jaeger Niels | ACBR | 6.41m | 09 |
| 11 | 7397 | Strybol Juul | ACBR | 6.39m | 09 |
| 12 | 9011 | Balazs Staf | ACBR | 6.21m | 09 |
| 13 | 9130 | Derfoufi Noureddine | BVAC | 6.15m | 10 |
| 14 | 8777 | Coolen Finn | ACBR | 5.57m | 09 |
| 15 | 7911 | Meeus Roel | LIER | 5.22m | 10 |
| 16 | 8882 | De Meyer Lex | KAPE | 5.16m | 09 |
| 17 | 8680 | Matthieu Daan | OLSE | 5.12m | 10 |
| 18 | 7598 | De Herdt Milan | AVKA | 5.06m | 09 |
| 19 | 7281 | Schats Vic | OLSE | 4.98m | 10 |
| 20 | 9990 | De Cuyper Ief | N/A | 4.95m | 00 |
| 21 | 8189 | Vosters Jack | AVKA | 4.94m | 10 |
| 22 | 7283 | Deckers Stan | OLSE | 4.53m | 09 |
| 23 | 9987 | Carpentier Mauro | N/A | 4.46m | 00 |
| 24 | 7398 | Van Hoorick Yben | ACBR | 4.43m | 09 |
| 25 | 8700 | Isenbaert Kyaro | OLSE | 4.37m | 10 |
| 26 | 7200 | Toelants Senne | KAPE | 4.08m | 10 |
| 27 | 7396 | Stappers Krijn | ACBR | 3.77m | 09 |

hockeywerpen Ben Heren Uur=15:36
Reeks:1

| | | | | | |
|----|------|----------------------|------|--------|----|
| 1 | 7949 | Fredrickx Tjorben | HAKI | 28.70m | 10 |
| 2 | 8508 | Gorts Jonas | KAPE | 26.89m | 10 |
| 3 | 7578 | Janssens Milan | AVKA | 25.87m | 09 |
| 4 | 7397 | Strybol Juul | ACBR | 24.63m | 09 |
| 5 | 8778 | Coolen Lars | ACBR | 24.22m | 09 |
| 6 | 8700 | Isenbaert Kyaro | OLSE | 23.83m | 10 |
| 7 | 7702 | Lucas Seppe | ACBR | 23.61m | 10 |
| 8 | 7257 | Vrancken Demian | OLSE | 22.34m | 10 |
| 9 | 8618 | Alaoui Zakaria | BVAC | 22.00m | 09 |
| 10 | 8526 | De Jaeger Niels | ACBR | 21.07m | 09 |
| 11 | 8189 | Vosters Jack | AVKA | 21.02m | 10 |
| 12 | 9131 | Derfoufi Salaheddine | BVAC | 20.90m | 10 |
| 13 | 9130 | Derfoufi Noureddine | BVAC | 20.77m | 10 |
| 14 | 9987 | Carpentier Mauro | N/A | 20.28m | 00 |
| 15 | 7281 | Schats Vic | OLSE | 19.98m | 10 |
| 16 | 9484 | Plessers Stan | AVKA | 19.86m | 10 |
| 17 | 8679 | Laenens Senne | BVAC | 19.82m | 09 |
| 18 | 8882 | De Meyer Lex | KAPE | 19.33m | 09 |
| 19 | 9011 | Balazs Staf | ACBR | 18.99m | 09 |
| 20 | 7598 | De Herdt Milan | AVKA | 18.58m | 09 |
| 21 | 8777 | Coolen Finn | ACBR | 17.64m | 09 |
| 22 | 7398 | Van Hoorick Yben | ACBR | 16.90m | 09 |
| 23 | 8680 | Matthieu Daan | OLSE | 16.52m | 10 |
| 24 | 7911 | Meeus Roel | LIER | 16.46m | 10 |
| 25 | 7200 | Toelants Senne | KAPE | 14.56m | 10 |
| 26 | 9990 | De Cuyper Ief | N/A | 14.01m | 00 |
| 27 | 7283 | Deckers Stan | OLSE | 13.93m | 09 |
| 28 | 7396 | Stappers Krijn | ACBR | 8.63m | 09 |

verspringen Ben Heren Uur=16:50
Reeks:1

| | | | | | |
|---|------|----------------|------|-------|----|
| 1 | 7578 | Janssens Milan | AVKA | 3.25m | 09 |
| 2 | 7200 | Toelants Senne | KAPE | 3.22m | 10 |
| 3 | 8778 | Coolen Lars | ACBR | 3.16m | 09 |

| | | | | | |
|----|------|----------------------|------|-------|----|
| 4 | 8189 | Vosters Jack | AVKA | 3.15m | 10 |
| 5 | 7702 | Lucas Seppe | ACBR | 3.11m | 10 |
| 6 | 8508 | Gorts Jonas | KAPE | 3.08m | 10 |
| 7 | 8526 | De Jaeger Niels | ACBR | 3.03m | 09 |
| 8 | 7949 | Fredrickx Tjorben | HAKI | 2.97m | 10 |
| 9 | 8679 | Laenens Senne | BVAC | 2.93m | 09 |
| 10 | 9011 | Balazs Staf | ACBR | 2.92m | 09 |
| 11 | 8618 | Alaoui Zakaria | BVAC | 2.90m | 09 |
| 12 | 9987 | Carpentier Mauro | N/A | 2.83m | 00 |
| 13 | 9990 | De Cuyper Ief | N/A | 2.77m | 00 |
| 14 | 8700 | Isenbaert Kyaro | OLSE | 2.76m | 10 |
| 15 | 9131 | Derfoufi Salaheddine | BVAC | 2.75m | 10 |
| 16 | 7283 | Deckers Stan | OLSE | 2.74m | 09 |
| 17 | 7257 | Vrancken Demian | OLSE | 2.71m | 10 |
| 18 | 7397 | Strybol Juul | ACBR | 2.70m | 09 |
| 19 | 8882 | De Meyer Lex | KAPE | 2.68m | 09 |
| 20 | 7398 | Van Hoorick Yben | ACBR | 2.63m | 09 |
| 21 | 9130 | Derfoufi Noureddine | BVAC | 2.59m | 10 |
| 22 | 7598 | De Herdt Milan | AVKA | 2.59m | 09 |
| 23 | 8777 | Coolen Finn | ACBR | 2.54m | 09 |
| 24 | 8680 | Matthieu Daan | OLSE | 2.44m | 10 |
| 25 | 7281 | Schats Vic | OLSE | 2.41m | 10 |
| 26 | 7396 | Stappers Krijn | ACBR | 2.05m | 09 |
| 27 | 9984 | Van Loon Milan | N/A | 1.99m | 00 |

4 x 60 meter Ben Heren Uur=13:31

Reeks:1

| | | | |
|------|----------------------|-------|-----|
| 1 | BVAC | 39.93 | |
| 9131 | Derfoufi Salaheddine | | |
| 9130 | Derfoufi Noureddine | | |
| 8618 | Alaoui Zakaria | | |
| 8679 | Laenens Senne | | |
| 2 | ACBR | 40.54 | |
| 7397 | Strybol Juul | | |
| 9011 | Balazs Staf | | |
| 8778 | Coolen Lars | | |
| 8526 | De Jaeger Niels | | |
| 3 | KAPE | 40.68 | |
| 9987 | Carpentier Mauro | | N/A |
| 7200 | Toelants Senne | | |
| 8882 | De Meyer Lex | | |
| 8508 | Gorts Jonas | | |
| 4 | AVKA | 41.97 | |
| 7578 | Janssens Milan | | |
| 8189 | Vosters Jack | | |
| 7598 | De Herdt Milan | | |
| 9484 | Plessers Stan | | |
| 5 | OLSE | 47.04 | |
| 8680 | Matthieu Daan | | |
| 7281 | Schats Vic | | |
| 7257 | Vrancken Demian | | |
| 8700 | Isenbaert Kyaro | | |
| 6 | ACBR | 47.98 | |
| 9990 | De Cuyper Ief | | N/A |
| 7396 | Stappers Krijn | | |
| 7398 | Van Hoorick Yben | | |
| 8777 | Coolen Finn | | |

| | | | | | |
|----------|------|-----------------|-----------|-------|----|
| 60 meter | | Ben Dames | Uur=14:58 | | |
| Reeks:1 | | | | | |
| 1 | 672 | Cools Hannah | AVKA | 10.43 | 10 |
| 2 | 1568 | Oosters Eline | LIER | 10.49 | 09 |
| 3 | 1978 | Moons Eva | KAPE | 10.75 | 10 |
| 4 | 673 | Vaerten Noor | AVKA | 10.76 | 09 |
| 5 | 1459 | Denolf Anke | LIER | 11.02 | 09 |
| 6 | 391 | Cornelis Roxane | KAPE | 11.14 | 09 |
| 7 | 1460 | Denolf Lien | LIER | 11.21 | 10 |

| | | | | | |
|----------|------|----------------------|-----------|-------|----|
| 60 meter | | Ben Dames | Uur=14:58 | | |
| Reeks:2 | | | | | |
| 1 | 1610 | Van Der Taelen Eleni | BVAC | 10.57 | 09 |
| 2 | 1962 | Hens Lore | LIER | 10.82 | 09 |
| 3 | 402 | Van Rompaey Celine | OLSE | 10.84 | 09 |
| 4 | 1405 | Switser Lauren | LIER | 10.97 | 10 |
| 5 | 10 | Lembrechts Charlotte | ACHL | 11.53 | 10 |
| 6 | 828 | Van Dorst Lucie | AVKA | 11.53 | 09 |
| 7 | 822 | Loos Silke | AVKA | 11.67 | 10 |

| | | | | | |
|----------|------|----------------------|-----------|-------|----|
| 60 meter | | Ben Dames | Uur=14:58 | | |
| Reeks:3 | | | | | |
| 1 | 1161 | Panier Fleur | AVKA | 10.71 | 09 |
| 2 | 1835 | Rosebel Juraily | BVAC | 10.84 | 09 |
| 3 | 2271 | Verspaandonck Emilie | LIER | 11.32 | 09 |
| 4 | 1212 | Vingherhoets Fleur | AVKA | 11.42 | 09 |
| 5 | 1406 | Tindemans Ella | LIER | 11.81 | 10 |
| 6 | 1494 | Verhelst - 81 Lotte | KAPE | 12.04 | 10 |

| | | | | | |
|----------|------|---------------------|-----------|-------|----|
| 60 meter | | Ben Dames | Uur=14:58 | | |
| Reeks:4 | | | | | |
| 1 | 2126 | Kpodzo Maeva | BVAC | 10.50 | 09 |
| 2 | 1867 | Idrisa Munahya | BVAC | 11.09 | 09 |
| 3 | 1735 | Laureyssens Zita | KAPE | 11.28 | 10 |
| 4 | 1569 | Van Den Eynde Alice | LIER | 11.31 | 09 |
| 5 | 9985 | Wouters Marie | N/A | 11.49 | 00 |
| 6 | 9999 | Van Hassel Fien | N/A | 12.17 | 00 |
| 7 | 775 | Michiels Anna | ACBR | 13.44 | 10 |

| | | | | | |
|---------------------|------|----------------------|-----------|-------|----|
| kogelstoten 1,000kg | | Ben Dames | Uur=16:20 | | |
| Reeks:1 | | | | | |
| 1 | 1459 | Denolf Anke | LIER | 8.19m | 09 |
| 2 | 1962 | Hens Lore | LIER | 6.41m | 09 |
| 3 | 672 | Cools Hannah | AVKA | 5.97m | 10 |
| 4 | 673 | Vaerten Noor | AVKA | 5.77m | 09 |
| 5 | 1978 | Moons Eva | KAPE | 5.67m | 10 |
| 6 | 1405 | Switser Lauren | LIER | 5.65m | 10 |
| 7 | 2271 | Verspaandonck Emilie | LIER | 5.60m | 09 |
| 8 | 602 | De Greef Nina | ABES | 5.55m | 09 |
| 9 | 1406 | Tindemans Ella | LIER | 5.33m | 10 |
| 10 | 9999 | Van Hassel Fien | N/A | 5.27m | 00 |
| 11 | 391 | Cornelis Roxane | KAPE | 5.26m | 09 |
| 12 | 402 | Van Rompaey Celine | OLSE | 5.20m | 09 |
| 13 | 1835 | Rosebel Juraily | BVAC | 5.08m | 09 |
| 14 | 1212 | Vingherhoets Fleur | AVKA | 4.99m | 09 |
| 15 | 822 | Loos Silke | AVKA | 4.96m | 10 |
| 16 | 1568 | Oosters Eline | LIER | 4.95m | 09 |
| 17 | 1735 | Laureyssens Zita | KAPE | 4.91m | 10 |

| | | | | | |
|----|------|----------------------|------|-------|----|
| 18 | 10 | Lembrechts Charlotte | ACHL | 4.80m | 10 |
| 19 | 828 | Van Dorst Lucie | AVKA | 4.78m | 09 |
| 20 | 1610 | Van Der Taelen Eleni | BVAC | 4.43m | 09 |
| 21 | 1460 | Denolf Lien | LIER | 4.19m | 10 |
| 22 | 9985 | Wouters Marie | N/A | 4.12m | 00 |
| 23 | 1161 | Panier Fleur | AVKA | 3.55m | 09 |
| 24 | 775 | Michiels Anna | ACBR | 3.55m | 10 |
| 25 | 1867 | Idrisa Munahya | BVAC | 3.49m | 09 |
| 26 | 1569 | Van Den Eynde Alice | LIER | 3.26m | 09 |

hockeywerpen Ben Dames Uur=17:36

Reeks:1

| | | | | | |
|----|------|----------------------|------|--------|----|
| 1 | 1459 | Denolf Anke | LIER | 23.43m | 09 |
| 2 | 1610 | Van Der Taelen Eleni | BVAC | 20.04m | 09 |
| 3 | 672 | Cools Hannah | AVKA | 20.02m | 10 |
| 4 | 402 | Van Rompaey Celine | OLSE | 19.92m | 09 |
| 5 | 1212 | Vingherhoets Fleur | AVKA | 17.10m | 09 |
| 6 | 1406 | Tindemans Ella | LIER | 16.76m | 10 |
| 7 | 2126 | Kpodzo Maeva | BVAC | 16.41m | 09 |
| 8 | 1962 | Hens Lore | LIER | 15.92m | 09 |
| 9 | 391 | Cornelis Roxane | KAPE | 15.57m | 09 |
| 10 | 822 | Loos Silke | AVKA | 14.64m | 10 |
| 11 | 9999 | Van Hassel Fien | N/A | 14.17m | 00 |
| 12 | 1835 | Rosebel Juraily | BVAC | 14.06m | 09 |
| 13 | 1978 | Moons Eva | KAPE | 14.03m | 10 |
| 14 | 1735 | Laureyssens Zita | KAPE | 13.96m | 10 |
| 15 | 1405 | Switser Lauren | LIER | 13.26m | 10 |
| 16 | 828 | Van Dorst Lucie | AVKA | 13.23m | 09 |
| 17 | 1568 | Oosters Eline | LIER | 12.32m | 09 |
| 18 | 673 | Vaerten Noor | AVKA | 11.57m | 09 |
| 19 | 10 | Lembrechts Charlotte | ACHL | 11.37m | 10 |
| 20 | 2271 | Verspaandonck Emilie | LIER | 10.99m | 09 |
| 21 | 1460 | Denolf Lien | LIER | 10.21m | 10 |
| 22 | 1161 | Panier Fleur | AVKA | 10.03m | 09 |
| 23 | 1867 | Idrisa Munahya | BVAC | 9.66m | 09 |
| 24 | 775 | Michiels Anna | ACBR | 9.02m | 10 |
| 25 | 829 | Verhoeven Femke | AVKA | 8.32m | 10 |
| 26 | 9985 | Wouters Marie | N/A | 8.15m | 00 |
| 27 | 1569 | Van Den Eynde Alice | LIER | 7.92m | 09 |
| 28 | 1494 | Verhelst - 81 Lotte | KAPE | 5.37m | 10 |

verspringen Ben Dames Uur=15:45

Reeks:1

| | | | | | |
|----|------|----------------------|------|-------|----|
| 1 | 672 | Cools Hannah | AVKA | 3.20m | 10 |
| 2 | 1978 | Moons Eva | KAPE | 3.04m | 10 |
| 3 | 673 | Vaerten Noor | AVKA | 2.99m | 09 |
| 4 | 2126 | Kpodzo Maeva | BVAC | 2.99m | 09 |
| 5 | 1161 | Panier Fleur | AVKA | 2.91m | 09 |
| 6 | 402 | Van Rompaey Celine | OLSE | 2.91m | 09 |
| 7 | 1568 | Oosters Eline | LIER | 2.89m | 09 |
| 8 | 1735 | Laureyssens Zita | KAPE | 2.83m | 10 |
| 9 | 1835 | Rosebel Juraily | BVAC | 2.83m | 09 |
| 10 | 1962 | Hens Lore | LIER | 2.82m | 09 |
| 11 | 828 | Van Dorst Lucie | AVKA | 2.82m | 09 |
| 12 | 1610 | Van Der Taelen Eleni | BVAC | 2.81m | 09 |
| 13 | 10 | Lembrechts Charlotte | ACHL | 2.79m | 10 |
| 14 | 1569 | Van Den Eynde Alice | LIER | 2.75m | 09 |
| 15 | 1405 | Switser Lauren | LIER | 2.75m | 10 |

| | | | | | |
|----|------|----------------------|------|-------|----|
| 16 | 391 | Cornelis Roxane | KAPE | 2.71m | 09 |
| 17 | 2271 | Verspaandonck Emilie | LIER | 2.70m | 09 |
| 18 | 1406 | Tindemans Ella | LIER | 2.67m | 10 |
| 19 | 1867 | Idrisa Munahya | BVAC | 2.67m | 09 |
| 20 | 822 | Loos Silke | AVKA | 2.62m | 10 |
| 21 | 1212 | Vingherhoets Fleur | AVKA | 2.61m | 09 |
| 22 | 1459 | Denolf Anke | LIER | 2.60m | 09 |
| 23 | 1460 | Denolf Lien | LIER | 2.60m | 10 |
| 24 | 9985 | Wouters Marie | N/A | 2.48m | 00 |
| 25 | 829 | Verhoeven Femke | AVKA | 2.48m | 10 |
| 26 | 9999 | Van Hassel Fien | N/A | 2.24m | 00 |
| 27 | 775 | Michiels Anna | ACBR | 2.00m | 10 |

4 x 60 meter Ben Dames Uur=13:17
Reeks:1

| | | | |
|------|----------------------|-------|------|
| 1 | BVAC | 40.89 | |
| 1867 | Idrisa Munahya | | |
| 2126 | Kpodzo Maeva | | |
| 1610 | Van Der Taelen Eleni | | |
| 1835 | Rosebel Juraily | | |
| 2 | LIER | 42.46 | |
| 1568 | Oosters Eline | | |
| 1405 | Switser Lauren | | |
| 1460 | Denolf Lien | | |
| 1962 | Hens Lore | | |
| 3 | AVKA | 42.70 | |
| 672 | Cools Hannah | | |
| 1212 | Vingherhoets Fleur | | |
| 822 | Loos Silke | | |
| 1161 | Panier Fleur | | |
| 4 | KAPE | 43.69 | |
| 1494 | Verhelst - 81 Lotte | | |
| 1735 | Laureyssens Zita | | |
| 1978 | Moons Eva | | |
| 391 | Cornelis Roxane | | |
| 5 | LIER | 49.18 | |
| 775 | Michiels Anna | | ACBR |
| 1569 | Van Den Eynde Alice | | |
| 2271 | Verspaandonck Emilie | | |
| 1406 | Tindemans Ella | | |

60 meter Pup Heren Uur=15:36
Reeks:1

| | | | | | |
|---|------|-----------------|------|------|----|
| 1 | 2078 | Itotoh Treasure | BVAC | 8.72 | 07 |
| 2 | 1981 | De Roy Ruben | ACBR | 8.84 | 07 |
| 3 | 1869 | De Kock Mervyn | BVAC | 8.96 | 07 |
| 4 | 888 | Lucas Robbe | ACBR | 8.98 | 07 |
| 5 | 939 | Van Dorst Stan | AVKA | 9.53 | 07 |
| 6 | 934 | Loos Senne | AVKA | 9.57 | 08 |

60 meter Pup Heren Uur=15:36
Reeks:2

| | | | | | |
|---|------|------------------|------|------|----|
| 1 | 1113 | Weyns Jens | AVKA | 9.55 | 07 |
| 2 | 1556 | Verstraeten Kobe | KAPE | 9.59 | 08 |
| 3 | 937 | Thonon Simon | AVKA | 9.70 | 08 |
| 4 | 772 | Callaert Jasper | AVKA | 9.73 | 07 |
| 5 | 700 | Van Bael Arne | AVKA | 9.73 | 08 |
| 6 | 492 | Deckers Lars | OLSE | 9.77 | 07 |

| | | | | | |
|----------|------|--------------------|-----------|-------|----|
| 60 meter | | Pup Heren | Uur=15:36 | | |
| Reeks:3 | | | | | |
| 1 | 9989 | Luyckx Artuur | N/A | 9.33 | 00 |
| 2 | 773 | Cools Lenn | AVKA | 9.65 | 07 |
| 3 | 1209 | Verhagen Marvis | OLSE | 9.87 | 08 |
| 4 | 1194 | De Beuckelaer Kobe | AVKA | 9.95 | 07 |
| 5 | 477 | Van Rompaey Ruben | OLSE | 10.19 | 07 |
| 6 | 421 | Sebregts Joey | KAPE | 10.22 | 08 |

| | | | | | |
|----------|------|-----------------|-----------|-------|----|
| 60 meter | | Pup Heren | Uur=15:36 | | |
| Reeks:4 | | | | | |
| 1 | 777 | Mets Arthur | AVKA | 10.02 | 08 |
| 2 | 1315 | Honsia Rick | KAPE | 10.03 | 08 |
| 3 | 491 | Schats Toon | OLSE | 10.55 | 08 |
| 4 | 1547 | Schrijvers Lars | LIER | 10.68 | 08 |
| 5 | 431 | Vallaey Sander | KAPE | 10.73 | 07 |
| 6 | 1548 | Tindemans Junes | LIER | 11.10 | 08 |

| | | | | | |
|----------|------|----------------------|-----------|-------|--------|
| 60 meter | | Pup Heren | Uur=15:36 | | |
| Reeks:5 | | | | | |
| 1 | 9986 | Danlos Quin | | 9.69 | 00 |
| 2 | 1455 | Stoop Matthias | AVKA | 10.21 | 07 |
| 3 | 778 | Plessers Tijn | AVKA | 10.64 | 08 |
| 4 | 1647 | Verhelst Wouter - 81 | KAPE | 11.06 | 07 |
| 5 | 696 | Lingier Stef | AVKA | 11.19 | 08 |
| | 7598 | De Herdt Milan | AVKA | NG | Ben 09 |

| | | | | | |
|----------|------|--------------------|-----------|-------|----|
| 60 meter | | Pup Heren | Uur=15:36 | | |
| Reeks:6 | | | | | |
| 1 | 2330 | Van de Pas Jobbe | KAPE | 10.19 | 08 |
| 2 | 1404 | Gielen Hannes | ESAK | 10.32 | 07 |
| 3 | 1044 | Meeus Bram | LIER | 10.47 | 08 |
| 4 | 1330 | Vingherhoets Jente | AVKA | 10.72 | 07 |
| 5 | 2331 | Van de Pas Tobe | KAPE | 10.94 | 08 |
| 6 | 1111 | Stuer Boris | AVKA | 11.02 | 07 |

| | | | | | |
|----------------------|------|------------------|-----------|-------|----|
| 60m horden 0,762m/6H | | Pup Heren | Uur=16:45 | | |
| Reeks:1 | | | | | |
| 1 | 1869 | De Kock Mervyn | BVAC | 12.42 | 07 |
| 2 | 2330 | Van de Pas Jobbe | KAPE | 14.28 | 08 |
| 3 | 1404 | Gielen Hannes | ESAK | 14.44 | 07 |
| 4 | 1111 | Stuer Boris | AVKA | 14.50 | 07 |
| 5 | 1044 | Meeus Bram | LIER | 14.58 | 08 |
| 6 | 2331 | Van de Pas Tobe | KAPE | 14.71 | 08 |

| | | | | | |
|----------------------|------|-------------------|-----------|-------|----|
| 60m horden 0,762m/6H | | Pup Heren | Uur=16:45 | | |
| Reeks:2 | | | | | |
| 1 | 773 | Cools Lenn | AVKA | 13.31 | 07 |
| 2 | 477 | Van Rompaey Ruben | OLSE | 14.15 | 07 |
| 3 | 421 | Sebregts Joey | KAPE | 14.39 | 08 |
| 4 | 1209 | Verhagen Marvis | OLSE | 14.65 | 08 |
| 5 | 1455 | Stoop Matthias | AVKA | 14.81 | 07 |

| | | | | | |
|----------------------|-----|-----------------|-----------|-------|----|
| 60m horden 0,762m/6H | | Pup Heren | Uur=16:45 | | |
| Reeks:3 | | | | | |
| 1 | 772 | Callaert Jasper | AVKA | 13.54 | 07 |
| 2 | 431 | Vallaey Sander | KAPE | 14.43 | 07 |

| | | | | | |
|---|------|-----------------|------|-------|----|
| 3 | 696 | Lingier Stef | AVKA | 14.83 | 08 |
| 4 | 1547 | Schrijvers Lars | LIER | 15.40 | 08 |
| 5 | 491 | Schats Toon | OLSE | 17.81 | 08 |
| | 1315 | Honsia Rick | KAPE | NG | 08 |

60m horden 0,762m/6H Pup Heren Uur=16:45

Reeks:4

| | | | | | |
|---|------|--------------------|------|-------|----|
| 1 | 1113 | Weyns Jens | AVKA | 12.74 | 07 |
| 2 | 492 | Deckers Lars | OLSE | 13.03 | 07 |
| 3 | 700 | Van Bael Arne | AVKA | 13.38 | 08 |
| 4 | 1556 | Verstraeten Kobe | KAPE | 13.69 | 08 |
| 5 | 934 | Loos Senne | AVKA | 14.08 | 08 |
| | 1194 | De Beuckelaer Kobe | AVKA | NG | 07 |

60m horden 0,762m/6H Pup Heren Uur=16:45

Reeks:5

| | | | | | |
|---|------|-----------------|------|-------|----|
| 1 | 2078 | Itotoh Treasure | BVAC | 10.96 | 07 |
| 2 | 939 | Van Dorst Stan | AVKA | 11.12 | 07 |
| 3 | 692 | De Greef Mats | ABES | 11.34 | 07 |
| 4 | 1981 | De Roy Ruben | ACBR | 11.65 | 07 |
| 5 | 888 | Lucas Robbe | ACBR | 11.72 | 07 |
| 6 | 937 | Thonon Simon | AVKA | 12.35 | 08 |

discuswerpen 0,600kg Pup Heren Uur=15:29

Reeks:1

| | | | | | |
|----|------|--------------------|------|--------|----|
| 1 | 692 | De Greef Mats | ABES | 25.12m | 07 |
| 2 | 2078 | Itotoh Treasure | BVAC | 21.69m | 07 |
| 3 | 888 | Lucas Robbe | ACBR | 21.28m | 07 |
| 4 | 1455 | Stoop Matthias | AVKA | 20.96m | 07 |
| 5 | 1869 | De Kock Mervyn | BVAC | 17.42m | 07 |
| 6 | 772 | Callaert Jasper | AVKA | 17.34m | 07 |
| 7 | 1981 | De Roy Ruben | ACBR | 16.03m | 07 |
| 8 | 934 | Loos Senne | AVKA | 15.82m | 08 |
| 9 | 1113 | Weyns Jens | AVKA | 15.54m | 07 |
| 10 | 1404 | Gielen Hannes | ESAK | 15.52m | 07 |
| 11 | 1194 | De Beuckelaer Kobe | AVKA | 15.28m | 07 |
| 12 | 777 | Mets Arthur | AVKA | 15.12m | 08 |
| 13 | 421 | Sebregts Joey | KAPE | 14.58m | 08 |
| 14 | 1111 | Stuer Boris | AVKA | 14.29m | 07 |
| 15 | 477 | Van Rompaey Ruben | OLSE | 14.17m | 07 |
| 16 | 1548 | Tindemans Junes | LIER | 13.92m | 08 |
| 17 | 431 | Vallaey Sander | KAPE | 13.80m | 07 |
| 18 | 700 | Van Bael Arne | AVKA | 13.77m | 08 |
| 19 | 9989 | Luyckx Artuur | N/A | 13.74m | 00 |
| 20 | 2331 | Van de Pas Tobe | KAPE | 13.26m | 08 |
| 21 | 696 | Lingier Stef | AVKA | 13.22m | 08 |
| 22 | 937 | Thonon Simon | AVKA | 13.14m | 08 |
| 23 | 2330 | Van de Pas Jobbe | KAPE | 12.59m | 08 |
| 24 | 1547 | Schrijvers Lars | LIER | 11.90m | 08 |
| 25 | 492 | Deckers Lars | OLSE | 11.79m | 07 |
| 26 | 1044 | Meeus Bram | LIER | 11.03m | 08 |
| 27 | 1556 | Verstraeten Kobe | KAPE | 10.98m | 08 |
| 28 | 778 | Plessers Tijn | AVKA | 10.67m | 08 |
| 29 | 1315 | Honsia Rick | KAPE | 10.54m | 08 |
| 30 | 939 | Van Dorst Stan | AVKA | 10.36m | 07 |
| 31 | 491 | Schats Toon | OLSE | 10.27m | 08 |
| 32 | 1330 | Vingherhoets Jente | AVKA | 9.31m | 07 |

hockeywerpen Pup Heren Uur=16:45

Reeks:1

| | | | | | |
|----|------|----------------------|------|--------|----|
| 1 | 1455 | Stoop Matthias | AVKA | 34.81m | 07 |
| 2 | 9989 | Luyckx Artuur | N/A | 34.19m | 00 |
| 3 | 700 | Van Bael Arne | AVKA | 33.85m | 08 |
| 4 | 1113 | Weyns Jens | AVKA | 33.33m | 07 |
| 5 | 2331 | Van de Pas Tobe | KAPE | 32.60m | 08 |
| 6 | 1869 | De Kock Mervyn | BVAC | 31.81m | 07 |
| 7 | 2078 | Itotoh Treasure | BVAC | 31.81m | 07 |
| 8 | 934 | Loos Senne | AVKA | 31.39m | 08 |
| 9 | 939 | Van Dorst Stan | AVKA | 31.32m | 07 |
| 10 | 2330 | Van de Pas Jobbe | KAPE | 29.86m | 08 |
| 11 | 888 | Lucas Robbe | ACBR | 29.77m | 07 |
| 12 | 772 | Callaert Jasper | AVKA | 29.35m | 07 |
| 13 | 421 | Sebregts Joey | KAPE | 28.81m | 08 |
| 14 | 773 | Cools Lenn | AVKA | 28.55m | 07 |
| 15 | 1556 | Verstraeten Kobe | KAPE | 27.73m | 08 |
| 16 | 477 | Van Rompaey Ruben | OLSE | 26.41m | 07 |
| 17 | 9986 | Danlos Quin | | 25.53m | 00 |
| 18 | 937 | Thonon Simon | AVKA | 25.31m | 08 |
| 19 | 1194 | De Beuckelaer Kobe | AVKA | 25.23m | 07 |
| 20 | 1404 | Gielen Hannes | ESAK | 24.57m | 07 |
| 21 | 1981 | De Roy Ruben | ACBR | 24.25m | 07 |
| 22 | 696 | Lingier Stef | AVKA | 23.81m | 08 |
| 23 | 1647 | Verhelst Wouter - 81 | KAPE | 23.17m | 07 |
| 24 | 1548 | Tindemans Junes | LIER | 23.15m | 08 |
| 25 | 431 | Vallaey Sander | KAPE | 22.53m | 07 |
| 26 | 1111 | Stuer Boris | AVKA | 22.00m | 07 |
| 27 | 1547 | Schrijvers Lars | LIER | 21.02m | 08 |
| 28 | 492 | Deckers Lars | OLSE | 20.36m | 07 |
| 29 | 1315 | Honsia Rick | KAPE | 19.77m | 08 |
| 30 | 491 | Schats Toon | OLSE | 18.25m | 08 |
| 31 | 1330 | Vingherhoets Jente | AVKA | 15.26m | 07 |

4 x 60 meter Pup Heren Uur=13:32

Reeks:1

| | | | |
|------|--------------------|-------|------|
| 1 | ACBR | 37.03 | |
| 1547 | Schrijvers Lars | | LIER |
| 1548 | Tindemans Junes | | LIER |
| 888 | Lucas Robbe | | |
| 1981 | De Roy Ruben | | |
| 2 | AVKA | 38.05 | |
| 773 | Cools Lenn | | |
| 700 | Van Bael Arne | | |
| 1194 | De Beuckelaer Kobe | | |
| 1330 | Vingherhoets Jente | | |
| 3 | KAPE | 38.11 | |
| 9989 | Luyckx Artuur | N/A | |
| 2331 | Van de Pas Tobe | | |
| 2330 | Van de Pas Jobbe | | |
| 1556 | Verstraeten Kobe | | |

4 x 60 meter Pup Heren Uur=13:32

Reeks:2

| | | | |
|-----|----------------|-------|--|
| 1 | AVKA | 35.77 | |
| 934 | Loos Senne | | |
| 937 | Thonon Simon | | |
| 939 | Van Dorst Stan | | |

| | | |
|------|----------------------|-------|
| 1113 | Weyns Jens | |
| 2 | OLSE | 38.03 |
| 491 | Schats Toon | |
| 477 | Van Rompaey Ruben | |
| 1209 | Verhagen Marvis | |
| 492 | Deckers Lars | |
| 3 | KAPE | 40.08 |
| 1647 | Verhelst Wouter - 81 | |
| 421 | Sebregts Joey | |
| 1315 | Honsia Rick | |
| 431 | Vallaey Sander | |

60m horden 0,762m/6H Pup Dames Uur=16:32

Reeks:1

| | | | | | |
|---|------|------------------|------|-------|----|
| 1 | 5351 | Okaka Osahajajie | BVAC | 11.63 | 07 |
| 2 | 5306 | Idrisa Moza | BVAC | 13.78 | 07 |
| 3 | 4451 | Vanheel Louise | AVKA | 14.12 | 08 |
| 4 | 3825 | Prinzie Anna | OLSE | 14.84 | 07 |
| 5 | 5023 | Melotte Jasmine | AVKA | 18.66 | 08 |
| 6 | 4364 | Gerets Ode | LIER | 28.01 | 08 |
| | 3765 | Caron Liezelotte | KAPE | NA | 08 |

60m horden 0,762m/6H Pup Dames Uur=16:32

Reeks:2

| | | | | | |
|---|------|----------------------|------|-------|----|
| 1 | 4053 | Lemmens Rowen - 81 | AVKA | 14.12 | 07 |
| 2 | 4051 | De Bruyn Jana | AVKA | 14.77 | 08 |
| 3 | 4122 | Cools Emma | AVKA | 14.80 | 08 |
| 4 | 3809 | Pauwels Emma | OLSE | 15.61 | 08 |
| 5 | 5588 | Janssens Caitlyn | KAPE | 15.86 | 07 |
| 6 | 6857 | Verspaandonck Maïthé | LIER | 16.60 | 07 |
| 7 | 4445 | Sanders Ymke | AVKA | 18.88 | 08 |

60m horden 0,762m/6H Pup Dames Uur=16:32

Reeks:3

| | | | | | |
|---|------|----------------------|------|-------|----|
| 1 | 5256 | Prijck Caroline | BVAC | 11.03 | 07 |
| 2 | 3416 | Lembrechts Julie | ACHL | 12.13 | 08 |
| 3 | 5286 | Rosebel Jefiney | BVAC | 12.21 | 07 |
| 4 | 5394 | Van Thuyne Anna-Lisa | SGOL | 12.38 | 07 |
| 5 | 3807 | Smits Lyo | OLSE | 13.79 | 07 |
| 6 | 5572 | Verbruggen Amber | KAPE | 14.41 | 08 |
| 7 | 4052 | Leboda Nina | AVKA | 14.52 | 08 |

kogelstoten 2,000kg Pup Dames Uur=15:53

Reeks:1

| | | | | | |
|----|------|----------------------|------|-------|----|
| 1 | 5617 | Vaudo Nina | ESAK | 8.75m | 07 |
| 2 | 5286 | Rosebel Jefiney | BVAC | 8.19m | 07 |
| 3 | 3403 | Willepenninckx Amber | ACHL | 8.16m | 07 |
| 4 | 4856 | Tindemans Mila | LIER | 7.78m | 07 |
| 5 | 3417 | Van Baelen Malien | ACHL | 7.54m | 08 |
| 6 | 5256 | Prijck Caroline | BVAC | 7.44m | 07 |
| 7 | 5351 | Okaka Osahajajie | BVAC | 7.38m | 07 |
| 8 | 5306 | Idrisa Moza | BVAC | 7.31m | 07 |
| 9 | 4636 | Hendrickx Loore | KAPE | 6.11m | 07 |
| 10 | 3812 | Van Eeckhoven Elena | OLSE | 6.05m | 08 |
| 11 | 5394 | Van Thuyne Anna-Lisa | SGOL | 6.03m | 07 |
| 12 | 3416 | Lembrechts Julie | ACHL | 5.95m | 08 |
| 13 | 3816 | Maurissen Lexia | OLSE | 5.79m | 08 |
| 14 | 6857 | Verspaandonck Maïthé | LIER | 5.53m | 07 |

| | | | | | |
|----|------|--------------------------|------|-------|----|
| 15 | 3807 | Smits Lyo | OLSE | 5.46m | 07 |
| 16 | 4054 | Van Beirendonck Fien | AVKA | 5.22m | 07 |
| 17 | 3825 | Prinzie Anna | OLSE | 5.16m | 07 |
| 18 | 5572 | Verbruggen Amber | KAPE | 5.11m | 08 |
| 19 | 4205 | Michiels Roos | ACBR | 5.00m | 07 |
| 20 | 4122 | Cools Emma | AVKA | 5.00m | 08 |
| 21 | 5588 | Janssens Caitlyn | KAPE | 4.89m | 07 |
| 22 | 3809 | Pauwels Emma | OLSE | 4.87m | 08 |
| 23 | 4053 | Lemmens Rowen - 81 | AVKA | 4.83m | 07 |
| 24 | 4445 | Sanders Ymke | AVKA | 4.82m | 08 |
| 25 | 3766 | Van Cleuvenbergen Kato | KAPE | 4.61m | 08 |
| 26 | 4051 | De Bruyn Jana | AVKA | 4.60m | 08 |
| 27 | 4637 | Neutjens Jinte | KAPE | 4.45m | 07 |
| 28 | 4635 | Hendrickx Lize | KAPE | 4.40m | 07 |
| 29 | 4470 | Verhees Veronica | KAPE | 4.39m | 07 |
| 30 | 4364 | Gerets Ode | LIER | 4.34m | 08 |
| 31 | 4451 | Vanheel Louise | AVKA | 4.33m | 08 |
| 32 | 4052 | Leboda Nina | AVKA | 4.31m | 08 |
| 33 | 5350 | Derfoufi Salma | BVAC | 4.27m | 08 |
| 34 | 5023 | Melotte Jasmine | AVKA | 4.12m | 08 |
| 35 | 3765 | Caron Liezelotte | KAPE | 4.08m | 08 |
| 36 | 4124 | Mertens Emma-Elisabeth - | AVKA | 3.45m | 08 |

discuswerpen 0,600kg Pup Dames Uur=17:12

Reeks:1

| | | | | | |
|----|------|--------------------------|------|--------|----|
| 1 | 3403 | Willepenninckx Amber | ACHL | 25.27m | 07 |
| 2 | 5617 | Vaudo Nina | ESAK | 21.50m | 07 |
| 3 | 5286 | Rosebel Jefiney | BVAC | 20.00m | 07 |
| 4 | 3417 | Van Baelen Malien | ACHL | 18.52m | 08 |
| 5 | 5351 | Okaka Osahajiajie | BVAC | 18.39m | 07 |
| 6 | 5256 | Prijck Caroline | BVAC | 17.98m | 07 |
| 7 | 5306 | Idrisa Moza | BVAC | 16.75m | 07 |
| 8 | 5023 | Melotte Jasmine | AVKA | 15.90m | 08 |
| 9 | 4445 | Sanders Ymke | AVKA | 15.85m | 08 |
| 10 | 5394 | Van Thuyne Anna-Lisa | SGOL | 15.20m | 07 |
| 11 | 4122 | Cools Emma | AVKA | 14.70m | 08 |
| 12 | 4470 | Verhees Veronica | KAPE | 14.52m | 07 |
| 13 | 3807 | Smits Lyo | OLSE | 14.16m | 07 |
| 14 | 4856 | Tindemans Mila | LIER | 13.21m | 07 |
| 15 | 3816 | Maurissen Lexia | OLSE | 12.95m | 08 |
| 16 | 4052 | Leboda Nina | AVKA | 12.19m | 08 |
| 17 | 3812 | Van Eeckhoven Elena | OLSE | 11.58m | 08 |
| 18 | 4051 | De Bruyn Jana | AVKA | 11.43m | 08 |
| 19 | 3416 | Lembrechts Julie | ACHL | 11.41m | 08 |
| 20 | 4053 | Lemmens Rowen - 81 | AVKA | 11.22m | 07 |
| 21 | 4637 | Neutjens Jinte | KAPE | 11.08m | 07 |
| 22 | 6857 | Verspaandonck Maïthé | LIER | 10.82m | 07 |
| 23 | 4636 | Hendrickx Loore | KAPE | 10.81m | 07 |
| 24 | 4124 | Mertens Emma-Elisabeth - | AVKA | 10.74m | 08 |
| 25 | 5588 | Janssens Caitlyn | KAPE | 10.35m | 07 |
| 26 | 3809 | Pauwels Emma | OLSE | 10.31m | 08 |
| 27 | 4205 | Michiels Roos | ACBR | 10.18m | 07 |
| 28 | 4635 | Hendrickx Lize | KAPE | 9.25m | 07 |
| 29 | 3825 | Prinzie Anna | OLSE | 8.92m | 07 |
| 30 | 5572 | Verbruggen Amber | KAPE | 8.78m | 08 |
| 31 | 3765 | Caron Liezelotte | KAPE | 8.25m | 08 |
| | 5350 | Derfoufi Salma | BVAC | NG | 08 |
| | 4364 | Gerets Ode | LIER | NG | 08 |

verspringen

Pup Dames Uur=17:53

Reeks:1

| | | | | | |
|----|------|--------------------------|------|-------|----|
| 1 | 5351 | Okaka Osahajajie | BVAC | 4.05m | 07 |
| 2 | 5394 | Van Thuyne Anna-Lisa | SGOL | 3.70m | 07 |
| 3 | 3403 | Willepenninckx Amber | ACHL | 3.66m | 07 |
| 4 | 5256 | Prijck Caroline | BVAC | 3.64m | 07 |
| 5 | 5306 | Idrisa Moza | BVAC | 3.63m | 07 |
| 6 | 5286 | Rosebel Jefiney | BVAC | 3.47m | 07 |
| 7 | 4856 | Tindemans Mila | LIER | 3.35m | 07 |
| 8 | 3816 | Maurissen Lexia | OLSE | 3.28m | 08 |
| 9 | 4122 | Cools Emma | AVKA | 3.15m | 08 |
| 10 | 4636 | Hendrickx Loore | KAPE | 3.13m | 07 |
| 11 | 4053 | Lemmens Rowen - 81 | AVKA | 3.07m | 07 |
| 12 | 4052 | Leboda Nina | AVKA | 3.05m | 08 |
| 13 | 3809 | Pauwels Emma | OLSE | 3.01m | 08 |
| 14 | 3417 | Van Baelen Malien | ACHL | 2.96m | 08 |
| 15 | 5572 | Verbruggen Amber | KAPE | 2.96m | 08 |
| 16 | 4051 | De Bruyn Jana | AVKA | 2.80m | 08 |
| 17 | 4445 | Sanders Ymke | AVKA | 2.76m | 08 |
| 18 | 5588 | Janssens Caitlyn | KAPE | 2.73m | 07 |
| 19 | 4470 | Verhees Veronica | KAPE | 2.66m | 07 |
| 20 | 4205 | Michiels Roos | ACBR | 2.64m | 07 |
| 21 | 4637 | Neutjens Jinte | KAPE | 2.60m | 07 |
| 22 | 6857 | Verspaandonck Maïthé | LIER | 2.56m | 07 |
| 23 | 4937 | Verhelst Tinne - 81 | KAPE | 2.45m | 07 |
| 24 | 4635 | Hendrickx Lize | KAPE | 2.38m | 07 |
| 25 | 3812 | Van Eekhoven Elena | OLSE | 2.25m | 08 |
| 26 | 4124 | Mertens Emma-Elisabeth - | AVKA | 1.76m | 08 |
| | 5023 | Melotte Jasmine | AVKA | GP | 08 |
| | 4364 | Gerets Ode | LIER | GP | 08 |
| | 3416 | Lembrechts Julie | ACHL | GP | 08 |

4 x 60 meter

Pup Dames Uur=13:32

Reeks:1

| | | |
|---|------|------------------------|
| 1 | BVAC | 35.22 |
| | 5286 | Rosebel Jefiney |
| | 5351 | Okaka Osahajajie |
| | 5306 | Idrisa Moza |
| | 5256 | Prijck Caroline |
| 2 | AVKA | 39.27 |
| | 4053 | Lemmens Rowen - 81 |
| | 4122 | Cools Emma |
| | 5023 | Melotte Jasmine |
| | 4054 | Van Beirendonck Fien |
| 3 | KAPE | 39.29 |
| | 3766 | Van Cleuvenbergen Kato |
| | 5572 | Verbruggen Amber |
| | 4636 | Hendrickx Loore |
| | 5588 | Janssens Caitlyn |
| 4 | OLSE | 41.43 |
| | 3825 | Prinzie Anna |
| | 402 | Van Rompaey Celine |
| | 3809 | Pauwels Emma |
| | 3816 | Maurissen Lexia |
| 5 | AVKA | 42.95 |
| | 4051 | De Bruyn Jana |
| | 4451 | Vanheel Louise |

4445 Sanders Ymke
4124 Mertens Emma-Elisabeth -

150 meter Min Heren Uur=14:26

Reeks:1

| | | | | | |
|---|------|---------------------|------|-------|----|
| 1 | 5152 | Schaerlaeken Jonas | ACBR | 23.67 | 06 |
| 2 | 9983 | Van De Watering Jan | N/A | 23.86 | 00 |
| 3 | 5219 | Alaoui Ismail | BVAC | 24.48 | 06 |
| 4 | 4682 | Loos Jarne | AVKA | 25.32 | 06 |
| 5 | 4687 | Verbelen Wannes | AVKA | 25.78 | 06 |
| 6 | 5429 | Hoornaert Yaro | KAPE | 26.26 | 06 |

150 meter Min Heren Uur=14:26

Reeks:2

| | | | | | |
|---|------|------------------------|------|-------|----|
| 1 | 4832 | Vanheel Alexandre - 81 | AVKA | 22.27 | 05 |
| 2 | 4323 | Rooms Stijn | OLSE | 23.60 | 05 |
| 3 | 5561 | De Ridder Rik | ESAK | 24.46 | 05 |
| 4 | 4257 | Gielen Stef | KAPE | 24.47 | 06 |
| | 5513 | Balazs Juul | ACBR | NG | 06 |

150 meter Min Heren Uur=14:26

Reeks:3

| | | | | | |
|---|------|--------------------|------|-------|----|
| 1 | 4483 | Michiels Thibo | AVKA | 22.40 | 06 |
| 2 | 5734 | Verbruggen Thomas | KAPE | 22.47 | 06 |
| 3 | 4505 | Smets Jarno | OLSE | 22.74 | 05 |
| 4 | 3942 | Van Tigchelt Joeri | ACHL | 22.89 | 06 |
| 5 | 4329 | Bouwens Mick | OLSE | 24.22 | 05 |

150 meter Min Heren Uur=14:26

Reeks:4

| | | | | | |
|---|------|----------------------|------|-------|----|
| 1 | 4680 | Berben Rhune | AVKA | 21.68 | 05 |
| 2 | 4491 | Vandekerckhove Yoran | AVKA | 21.93 | 05 |
| 3 | 4320 | Smeulders Ward | OLSE | 22.17 | 06 |
| 4 | 4576 | Vaerten Mats | AVKA | 23.13 | 06 |

150 meter Min Heren Uur=14:26

Reeks:5

| | | | | | |
|---|------|--------------------|------|-------|----|
| 1 | 5171 | Bala Tino | BVAC | 20.09 | 05 |
| 2 | 4490 | Leboda Tibo | AVKA | 20.25 | 06 |
| 3 | 4315 | Geleyn Daan | OLSE | 21.03 | 05 |
| 4 | 4703 | De Maeseneire Kobe | OLSE | 21.40 | 05 |
| 5 | 4668 | Vander Avert Ben | KAPE | 22.47 | 06 |

80m horden 0,84m Min Heren Uur=17:31

Reeks:1

| | | | | | |
|---|------|------------------------|------|-------|----|
| 1 | 4323 | Rooms Stijn | OLSE | 17.50 | 05 |
| 2 | 5219 | Alaoui Ismail | BVAC | 18.22 | 06 |
| 3 | 4832 | Vanheel Alexandre - 81 | AVKA | 18.44 | 05 |
| 4 | 5152 | Schaerlaeken Jonas | ACBR | 18.88 | 06 |
| | 4687 | Verbelen Wannes | AVKA | NA | 06 |
| | 5429 | Hoornaert Yaro | KAPE | NA | 06 |

80m horden 0,84m Min Heren Uur=17:31

Reeks:2

| | | | | | |
|---|------|--------------------|------|-------|----|
| 1 | 4320 | Smeulders Ward | OLSE | 17.01 | 06 |
| 2 | 4329 | Bouwens Mick | OLSE | 17.02 | 05 |
| 3 | 3942 | Van Tigchelt Joeri | ACHL | 17.80 | 06 |
| 4 | 5561 | De Ridder Rik | ESAK | 18.30 | 05 |

| | | | | | |
|---|------|----------------|------|-------|----|
| 5 | 4483 | Michiels Thibo | AVKA | 18.44 | 06 |
| 6 | 4682 | Loos Jarne | AVKA | 18.73 | 06 |
| 7 | 4257 | Gielen Stef | KAPE | 19.25 | 06 |

80m horden 0,84m Min Heren Uur=17:31

Reeks:3

| | | | | | |
|---|------|----------------------|------|-------|----|
| 1 | 4491 | Vandekerckhove Yoran | AVKA | 14.37 | 05 |
| 2 | 4490 | Leboda Tibo | AVKA | 15.06 | 06 |
| 3 | 4315 | Geleyn Daan | OLSE | 15.55 | 05 |
| 4 | 5734 | Verbruggen Thomas | KAPE | 17.96 | 06 |
| 5 | 4668 | Vander Avert Ben | KAPE | 18.95 | 06 |
| | 5171 | Bala Tino | BVAC | NG | 05 |

kogelstoten 3,000kg Min Heren Uur=18:02

Reeks:1

| | | | | | |
|----|------|---------------------|------|-------|----|
| 1 | 4483 | Michiels Thibo | AVKA | 9.41m | 06 |
| 2 | 4703 | De Maeseneire Kobe | OLSE | 8.90m | 05 |
| 3 | 4257 | Gielen Stef | KAPE | 8.38m | 06 |
| 4 | 4668 | Vander Avert Ben | KAPE | 8.23m | 06 |
| 5 | 4490 | Leboda Tibo | AVKA | 7.76m | 06 |
| 6 | 5734 | Verbruggen Thomas | KAPE | 7.31m | 06 |
| 7 | 3942 | Van Tigchelt Joeri | ACHL | 7.20m | 06 |
| 8 | 9983 | Van De Watering Jan | N/A | 6.70m | 00 |
| 9 | 4323 | Rooms Stijn | OLSE | 6.67m | 05 |
| 10 | 4329 | Bouwens Mick | OLSE | 6.67m | 05 |
| 11 | 4576 | Vaerten Mats | AVKA | 6.03m | 06 |
| 12 | 5219 | Alaoui Ismail | BVAC | 5.82m | 06 |
| 13 | 5429 | Hoornaert Yaro | KAPE | 5.79m | 06 |
| 14 | 4320 | Smeulders Ward | OLSE | 5.78m | 06 |
| 15 | 5152 | Schaerlaeken Jonas | ACBR | 5.30m | 06 |
| 16 | 4687 | Verbelen Wannes | AVKA | 4.84m | 06 |
| 17 | 5513 | Balazs Juul | ACBR | 4.83m | 06 |
| 18 | 4682 | Loos Jarne | AVKA | 4.25m | 06 |

hoogspringen Min Heren Uur=16:40

Reeks:1

| | | | | | |
|----|------|------------------------|------|-------|----|
| 1 | 5171 | Bala Tino | BVAC | 1.55m | 05 |
| 2 | 4491 | Vandekerckhove Yoran | AVKA | 1.45m | 05 |
| 3 | 4320 | Smeulders Ward | OLSE | 1.40m | 06 |
| 4 | 4490 | Leboda Tibo | AVKA | 1.35m | 06 |
| 5 | 4703 | De Maeseneire Kobe | OLSE | 1.30m | 05 |
| 6 | 4680 | Berben Rhune | AVKA | 1.25m | 05 |
| 6 | 4505 | Smets Jarno | OLSE | 1.25m | 05 |
| 6 | 5734 | Verbruggen Thomas | KAPE | 1.25m | 06 |
| 9 | 4668 | Vander Avert Ben | KAPE | 1.25m | 06 |
| 10 | 3942 | Van Tigchelt Joeri | ACHL | 1.25m | 06 |
| 10 | 4323 | Rooms Stijn | OLSE | 1.25m | 05 |
| 12 | 5429 | Hoornaert Yaro | KAPE | 1.20m | 06 |
| 13 | 4257 | Gielen Stef | KAPE | 1.20m | 06 |
| 14 | 4329 | Bouwens Mick | OLSE | 1.20m | 05 |
| 15 | 4483 | Michiels Thibo | AVKA | 1.20m | 06 |
| 16 | 5561 | De Ridder Rik | ESAK | 1.15m | 05 |
| 17 | 5152 | Schaerlaeken Jonas | ACBR | 1.15m | 06 |
| 18 | 4576 | Vaerten Mats | AVKA | 1.15m | 06 |
| 19 | 5513 | Balazs Juul | ACBR | 1.15m | 06 |
| 20 | 9983 | Van De Watering Jan | N/A | 1.10m | 00 |
| 21 | 4832 | Vanheel Alexandre - 81 | AVKA | 1.10m | 05 |
| 22 | 5219 | Alaoui Ismail | BVAC | 1.05m | 06 |

| | | | | | |
|----|------|-----------------|------|-------|----|
| 22 | 4682 | Loos Jarne | AVKA | 1.05m | 06 |
| 24 | 4687 | Verbelen Wannas | AVKA | 1.00m | 06 |

4 x 80 meter Min Heren Uur=13:39

Reeks:1

| | | |
|------|---------------------------------------|-------|
| 1 | AVKA | 46.56 |
| 4832 | Vanheel Alexandre - 81 | |
| 4483 | Michiels Thibo | |
| 4680 | Berben Rhune | |
| 4491 | Vandekerckhove Yoran | |
| 2 | OLSE | 46.60 |
| 4323 | Rooms Stijn | |
| 4329 | Bouwens Mick | |
| 4505 | Smets Jarno | |
| 4703 | De Maeseneire Kobe | |
| 3 | KAPE | 49.47 |
| 4257 | Gielen Stef | |
| 5734 | Verbruggen Thomas | |
| 4668 | Vander Avert Ben | |
| 5429 | Hoornaert Yaro | |
| 4 | AVKA | 50.33 |
| 4682 | Loos Jarne | |
| 4576 | Vaerten Mats | |
| 5513 | Balazs Juul ACBR | |
| 4687 | Verbelen Wannas | |

150 meter Min Dames Uur=14:12

Reeks:1

| | | | | | |
|---|------|-------------------|------|-------|----|
| 1 | 7537 | Verhagen Mori | OLSE | 22.29 | 06 |
| 2 | 7257 | Caron Hannelore | KAPE | 23.16 | 06 |
| 3 | 7635 | El Aboussi Aya | OLSE | 24.39 | 06 |
| 4 | 8232 | Smets Fleur | ACBR | 25.21 | 05 |
| 5 | 8048 | Smet Chayenne | BVAC | 26.85 | 06 |
| 6 | 8547 | Bonsu Agatha Osei | BVAC | 27.92 | 06 |

150 meter Min Dames Uur=14:12

Reeks:2

| | | | | | |
|---|------|------------------|------|-------|----|
| 1 | 8054 | Neyrinck Zoe | ACBR | 22.72 | 05 |
| 2 | 7696 | Gerets Ibe | LIER | 23.65 | 06 |
| 3 | 7047 | Boeckx Lies | SGOL | 24.61 | 06 |
| 4 | 7302 | El Ayadi Nisrine | OLSE | 24.90 | 05 |
| 5 | 7514 | Mertens Lieselot | AVKA | 25.02 | 06 |
| 6 | 7880 | Van Hassel Lise | SGOL | 25.66 | 06 |

150 meter Min Dames Uur=14:12

Reeks:3

| | | | | | |
|---|------|-----------------------|------|-------|----|
| 1 | 7613 | De Decker Jitske | AVKA | 23.10 | 06 |
| 2 | 7365 | Mees Jinse | ACBR | 24.43 | 05 |
| 3 | 7455 | Blommers Yentl | AVKA | 24.66 | 06 |
| 4 | 8065 | Schillemans Laura | AVKA | 25.24 | 06 |
| 5 | 7299 | Van Eekhoven Annelies | OLSE | 25.74 | 06 |
| 6 | 7942 | Teck Ashley | AVKA | 26.43 | 06 |

150 meter Min Dames Uur=14:12

Reeks:4

| | | | | | |
|---|------|--------------|------|-------|----|
| 1 | 8071 | Blomme Ilara | KAPE | 22.02 | 06 |
| 2 | 7258 | Dua Hanne | KAPE | 22.13 | 05 |
| 3 | 7822 | Taelman Lola | BVAC | 22.52 | 05 |

| | | | | | |
|---|------|-----------------|------|-------|----|
| 4 | 8107 | Van Laer Mirthe | ACBR | 23.45 | 06 |
| 5 | 7259 | Sebregts Ashley | KAPE | 23.95 | 06 |

150 meter Min Dames Uur=14:12

Reeks:5

| | | | | | |
|---|------|-------------------------|------|-------|----|
| 1 | 7607 | Vander Avert Caro | KAPE | 20.40 | 05 |
| 2 | 7325 | Van der Jonckheyd Hanne | OLSE | 21.48 | 05 |
| 3 | 7659 | Leys Merel | KAPE | 22.31 | 05 |
| 4 | 7304 | Prinzie Hannelore | OLSE | 23.24 | 05 |
| 5 | 7451 | Zemmouri Ulfa | AVKA | 23.49 | 05 |

60m horden 0,762m/6H Min Dames Uur=17:13

Reeks:1

| | | | | | |
|---|------|-------------------|------|-------|----|
| 1 | 7298 | Dubrul Renée | OLSE | 13.47 | 05 |
| 2 | 7257 | Caron Hannelore | KAPE | 14.73 | 06 |
| 3 | 8547 | Bonsu Agatha Osei | BVAC | 15.30 | 06 |
| 4 | 7696 | Gerets Ibe | LIER | 15.46 | 06 |
| 5 | 7880 | Van Hassel Lise | SGOL | 15.80 | 06 |
| 6 | 7172 | Ceunen Fran | VMOL | 16.21 | 05 |
| | 7047 | Boeckx Lies | SGOL | NG | 06 |

60m horden 0,762m/6H Min Dames Uur=17:13

Reeks:2

| | | | | | |
|---|------|-------------------|------|-------|----|
| 1 | 8232 | Smets Fleur | ACBR | 14.28 | 05 |
| 2 | 7304 | Prinzie Hannelore | OLSE | 14.54 | 05 |
| 3 | 7365 | Mees Jinse | ACBR | 14.58 | 05 |
| 4 | 7514 | Mertens Lieselot | AVKA | 14.60 | 06 |
| 5 | 7455 | Blommers Yentl | AVKA | 15.06 | 06 |
| 6 | 8048 | Smet Chayenne | BVAC | 15.11 | 06 |
| 7 | 8065 | Schillemans Laura | AVKA | 15.42 | 06 |

60m horden 0,762m/6H Min Dames Uur=17:13

Reeks:3

| | | | | | |
|---|------|------------------|------|-------|----|
| 1 | 8149 | Matthieu Marie | OLSE | 11.69 | 06 |
| 2 | 8071 | Blomme Ilara | KAPE | 12.15 | 06 |
| 3 | 7613 | De Decker Jitske | AVKA | 13.39 | 06 |
| 4 | 7537 | Verhagen Mori | OLSE | 13.77 | 06 |
| 5 | 7451 | Zemmouri Ulfa | AVKA | 13.82 | 05 |
| 6 | 7942 | Teck Ashley | AVKA | 14.94 | 06 |
| 7 | 7457 | Meuris Ina | AVKA | 15.09 | 05 |

60m horden 0,762m/6H Min Dames Uur=17:13

Reeks:4

| | | | | | |
|---|------|---------------------|------|-------|----|
| 1 | 7607 | Vander Avert Caro | KAPE | 10.50 | 05 |
| 2 | 7258 | Dua Hanne | KAPE | 11.34 | 05 |
| 3 | 7899 | Van De Perre Evelyn | ESAK | 11.38 | 05 |
| 4 | 7822 | Taelman Lola | BVAC | 11.47 | 05 |
| 5 | 7659 | Leys Merel | KAPE | 11.73 | 05 |
| 6 | 7259 | Sebregts Ashley | KAPE | 11.88 | 06 |
| 7 | 8107 | Van Laer Mirthe | ACBR | 12.22 | 06 |

discuswerpen 0,750kg Min Dames Uur=17:56

Reeks:1

| | | | | | |
|---|------|------------------------|------|--------|----|
| 1 | 7302 | El Ayadi Nisrine | OLSE | 28.21m | 05 |
| 2 | 7607 | Vander Avert Caro | KAPE | 27.73m | 05 |
| 3 | 7299 | Van Eeckhoven Annelies | OLSE | 24.14m | 06 |
| 4 | 7258 | Dua Hanne | KAPE | 22.70m | 05 |
| 5 | 7172 | Ceunen Fran | VMOL | 22.49m | 05 |

| | | | | | |
|----|------|---------------------|------|--------|----|
| 6 | 7457 | Meuris Ina | AVKA | 21.26m | 05 |
| 7 | 8071 | Blomme Ilara | KAPE | 20.50m | 06 |
| 8 | 7899 | Van De Perre Evelyn | ESAK | 19.91m | 05 |
| 9 | 7822 | Taelman Lola | BVAC | 17.48m | 05 |
| 10 | 7659 | Leys Merel | KAPE | 16.65m | 05 |
| 11 | 7613 | De Decker Jitske | AVKA | 15.51m | 06 |
| 12 | 7259 | Sebregts Ashley | KAPE | 14.97m | 06 |
| 13 | 8547 | Bonsu Agatha Osei | BVAC | 14.83m | 06 |
| 14 | 7514 | Mertens Lieselot | AVKA | 13.72m | 06 |
| 15 | 7365 | Mees Jinse | ACBR | 12.64m | 05 |
| 16 | 8065 | Schillemans Laura | AVKA | 12.45m | 06 |
| 17 | 7635 | El Aboussi Aya | OLSE | 12.25m | 06 |
| 18 | 8149 | Matthieu Marie | OLSE | 11.50m | 06 |
| 19 | 7942 | Teck Ashley | AVKA | 11.46m | 06 |
| 20 | 8232 | Smets Fleur | ACBR | 10.53m | 05 |
| 21 | 7880 | Van Hassel Lise | SGOL | 9.81m | 06 |
| 22 | 8048 | Smet Chayenne | BVAC | 9.55m | 06 |
| | 8107 | Van Laer Mirthe | ACBR | NG | 06 |
| | 7696 | Gerets Ibe | LIER | NG | 06 |

verspringen Min Dames Uur=16:07
Reeks:1

| | | | | | |
|----|------|-------------------------|------|-------|----|
| 1 | 7607 | Vander Avert Caro | KAPE | 4.61m | 05 |
| 2 | 7899 | Van De Perre Evelyn | ESAK | 4.22m | 05 |
| 3 | 7822 | Taelman Lola | BVAC | 4.04m | 05 |
| 4 | 7613 | De Decker Jitske | AVKA | 3.93m | 06 |
| 5 | 7258 | Dua Hanne | KAPE | 3.83m | 05 |
| 6 | 7304 | Prinzie Hannelore | OLSE | 3.77m | 05 |
| 7 | 7325 | Van der Jonckheyd Hanne | OLSE | 3.73m | 05 |
| 8 | 7659 | Leys Merel | KAPE | 3.59m | 05 |
| 9 | 8071 | Blomme Ilara | KAPE | 3.56m | 06 |
| 10 | 7259 | Sebregts Ashley | KAPE | 3.49m | 06 |
| 11 | 7298 | Dubrul Renée | OLSE | 3.42m | 05 |
| 12 | 7537 | Verhagen Mori | OLSE | 3.39m | 06 |
| 13 | 8149 | Matthieu Marie | OLSE | 3.35m | 06 |
| 14 | 7696 | Gerets Ibe | LIER | 3.35m | 06 |
| 15 | 8065 | Schillemans Laura | AVKA | 3.35m | 06 |
| 16 | 7257 | Caron Hannelore | KAPE | 3.33m | 06 |
| 17 | 7299 | Van Eekhoven Annelies | OLSE | 3.31m | 06 |
| 18 | 7942 | Teck Ashley | AVKA | 3.29m | 06 |
| 19 | 7302 | El Ayadi Nisrine | OLSE | 3.27m | 05 |
| 20 | 7047 | Boeckx Lies | SGOL | 3.21m | 06 |
| 21 | 7514 | Mertens Lieselot | AVKA | 3.18m | 06 |
| 22 | 8232 | Smets Fleur | ACBR | 3.16m | 05 |
| 23 | 7365 | Mees Jinse | ACBR | 3.11m | 05 |
| 24 | 7457 | Meuris Ina | AVKA | 3.09m | 05 |
| 25 | 8107 | Van Laer Mirthe | ACBR | 3.05m | 06 |
| 26 | 7455 | Blommers Yentl | AVKA | 2.93m | 06 |
| 27 | 7635 | El Aboussi Aya | OLSE | 2.89m | 06 |
| 28 | 8048 | Smet Chayenne | BVAC | 2.79m | 06 |
| 29 | 7880 | Van Hassel Lise | SGOL | 2.74m | 06 |
| 30 | 8547 | Bonsu Agatha Osei | BVAC | 2.59m | 06 |

4 x 80 meter Min Dames Uur=13:37
Reeks:1

| | | |
|------|------------|-------|
| 1 | KAPE | 44.23 |
| 7258 | Dua Hanne | |
| 7659 | Leys Merel | |

7257 Caron Hannelore
 7607 Vander Avert Caro
 2 OLSE 45.96
 7635 El Aboussi Aya
 8149 Matthieu Marie
 7537 Verhagen Mori
 7325 Van der Jonckheyd Hanne
 3 AVKA 50.78
 7455 Blommers Yentl
 8065 Schillemans Laura
 7942 Teck Ashley
 7514 Mertens Lieselot

200 meter Cad Heren Uur=16:00

Reeks:1 Wind : 0.4

| | | | | | |
|---|-----|------------------|------|-------|----|
| 1 | 40 | Van Tigchelt Wim | ACHL | 26.52 | 04 |
| 2 | 858 | Bals Thijs | ACBR | 27.57 | 04 |
| 3 | 637 | Daemen Andert | SGOL | 28.00 | 04 |

200 meter Cad Heren Uur=16:00

Reeks:2 Wind : 0.1

| | | | | | |
|---|------|----------------------|------|-------|----|
| 1 | 1188 | Seghers Louis | ACBR | 26.41 | 03 |
| 2 | 757 | De Clerck Timo | ACBR | 26.42 | 04 |
| 3 | 873 | Blomme Jarno | KAPE | 26.91 | 04 |
| 4 | 708 | Van Liefferinge Glen | BVAC | 29.28 | 04 |

100m horden 0,914m Cad Heren Uur=17:31

Reeks:1 Wind : -0.3

| | | | | | |
|---|------|----------------------|------|-------|----|
| 1 | 1188 | Seghers Louis | ACBR | 16.09 | 03 |
| 2 | 40 | Van Tigchelt Wim | ACHL | 16.66 | 04 |
| 3 | 708 | Van Liefferinge Glen | BVAC | 19.00 | 04 |
| 4 | 757 | De Clerck Timo | ACBR | 19.21 | 04 |
| 5 | 858 | Bals Thijs | ACBR | 19.59 | 04 |

1000 meter Cad Heren Uur=17:53

Reeks:1

| | | | | | |
|---|------|------------------------|------|---------|----|
| 1 | 873 | Blomme Jarno | KAPE | 2'55.70 | 04 |
| 2 | 77 | Wuyts Zeno | SGOL | 2'56.07 | 04 |
| 3 | 708 | Van Liefferinge Glen | BVAC | 3'13.81 | 04 |
| 4 | 606 | Geeraerts Ruben | LIER | 3'18.22 | 04 |
| 5 | 9984 | Van De Watering Pieter | N/A | 3'22.63 | 00 |
| 6 | 757 | De Clerck Timo | ACBR | 3'28.30 | 04 |
| 7 | 904 | Alaoui Ibrahim | BVAC | 3'34.29 | 04 |
| 8 | 858 | Bals Thijs | ACBR | 3'39.75 | 04 |

hoogspringen Cad Heren Uur=15:31

Reeks:1

| | | | | | |
|---|------|------------------------|------|-------|----|
| 1 | 1027 | Hoornaert Ynse | KAPE | 1.70m | 04 |
| 2 | 708 | Van Liefferinge Glen | BVAC | 1.55m | 04 |
| 3 | 873 | Blomme Jarno | KAPE | 1.50m | 04 |
| 4 | 757 | De Clerck Timo | ACBR | 1.45m | 04 |
| 5 | 9984 | Van De Watering Pieter | N/A | 1.45m | 00 |
| 6 | 858 | Bals Thijs | ACBR | 1.45m | 04 |
| 7 | 637 | Daemen Andert | SGOL | 1.35m | 04 |
| 8 | 910 | Vandepaer Jonas | LIER | 1.30m | 03 |

4 x 100 meter Cad Heren Uur=16:02

GP

0
0
0
-1 Geen deelnemers

200 meter Cad Dames Uur=16:02

Reeks:1 Wind : -0.2

| | | | | | |
|---|------|-------------------|------|-------|----|
| 1 | 867 | Schaerlaeken Yana | ACBR | 28.87 | 04 |
| 2 | 998 | Peeters Ellen | BVAC | 29.11 | 03 |
| 3 | 468 | Lagaeyse Miek | RIEM | 30.26 | 04 |
| 4 | 547 | Mariën Kyra | LIER | 31.02 | 03 |
| 5 | 857 | Tibax Lotte | LIER | 32.82 | 03 |
| | 1150 | Konneh Bendu | BVAC | NG | 04 |

200 meter Cad Dames Uur=16:02

Reeks:2 Wind : 0.5

| | | | | | |
|---|------|-----------------|------|-------|----|
| 1 | 732 | Janssens Clara | ESAK | 31.70 | 04 |
| 2 | 730 | Keuppens Drieke | ESAK | 32.43 | 03 |
| 3 | 1095 | Balazs Fien | ACBR | 32.83 | 04 |
| 4 | 637 | Verhees Celina | KAPE | 34.02 | 04 |
| 5 | 608 | Baccarne Eva | ACBR | 35.02 | 04 |

200 meter Cad Dames Uur=16:02

Reeks:3 Wind : 0.1

| | | | | | |
|---|------|--------------------|------|-------|----|
| 1 | 1290 | Ograkhi Johanna* | BVAC | 29.55 | 03 |
| 2 | 905 | Vandepaer Hanne | LIER | 31.82 | 03 |
| 3 | 680 | De Beuckelaer Lara | AVKA | 31.90 | 04 |
| 4 | 858 | Vinck Yanis | LIER | 32.68 | 04 |
| 5 | 78 | Boeckx Saar | SGOL | 33.35 | 04 |

80m horden 0,762m Cad Dames Uur=17:13

Reeks:1 Wind : 0.3

| | | | | | |
|---|------|-----------------|------|-------|----|
| 1 | 517 | Alessie Floor* | ATAC | 13.42 | 03 |
| 2 | 637 | Verhees Celina | KAPE | 16.32 | 04 |
| 3 | 905 | Vandepaer Hanne | LIER | 17.60 | 03 |
| 4 | 1095 | Balazs Fien | ACBR | 17.99 | 04 |
| 5 | 608 | Baccarne Eva | ACBR | 19.42 | 04 |
| | 78 | Boeckx Saar | SGOL | NG | 04 |
| | 998 | Peeters Ellen | BVAC | NG | 03 |

80m horden 0,762m Cad Dames Uur=17:13

Reeks:2 Wind : -0.2

| | | | | | |
|---|------|--------------------|------|-------|----|
| 1 | 867 | Schaerlaeken Yana | ACBR | 15.20 | 04 |
| 2 | 730 | Keuppens Drieke | ESAK | 15.20 | 03 |
| 3 | 858 | Vinck Yanis | LIER | 16.87 | 04 |
| 4 | 547 | Mariën Kyra | LIER | 17.74 | 03 |
| 5 | 1290 | Ograkhi Johanna* | BVAC | 18.37 | 03 |
| 6 | 680 | De Beuckelaer Lara | AVKA | 18.48 | 04 |
| 7 | 857 | Tibax Lotte | LIER | 20.77 | 03 |

discuswerpen 1,000kg Cad Dames Uur=15:59

Reeks:1

| | | | | | |
|---|------|-----------------|------|--------|----|
| 1 | 444 | Vandewalle Febe | ASVO | 32.20m | 03 |
| 2 | 517 | Alessie Floor* | ATAC | 26.21m | 03 |
| 3 | 858 | Vinck Yanis | LIER | 23.31m | 04 |
| 4 | 857 | Tibax Lotte | LIER | 22.72m | 03 |
| 5 | 547 | Mariën Kyra | LIER | 20.05m | 03 |
| 6 | 1150 | Konneh Bendu | BVAC | 18.05m | 04 |

| | | | | | |
|----|------|--------------------|------|--------|----|
| 7 | 998 | Peeters Ellen | BVAC | 16.55m | 03 |
| 8 | 905 | Vandepaer Hanne | LIER | 16.01m | 03 |
| 9 | 867 | Schaerlaeken Yana | ACBR | 15.60m | 04 |
| 10 | 730 | Keuppens Drieke | ESAK | 14.15m | 03 |
| 11 | 1095 | Balazs Fien | ACBR | 12.78m | 04 |
| 12 | 732 | Janssens Clara | ESAK | 12.59m | 04 |
| 13 | 78 | Boeckx Saar | SGOL | 11.63m | 04 |
| 14 | 637 | Verhees Celina | KAPE | 10.76m | 04 |
| 15 | 1290 | Ograkhi Johanna* | BVAC | 10.67m | 03 |
| 16 | 608 | Baccarne Eva | ACBR | 10.51m | 04 |
| 17 | 680 | De Beuckelaer Lara | AVKA | 10.48m | 04 |

hoogspringen Cad Dames Uur=18:18

Reeks:1

| | | | | | |
|----|------|-------------------|------|-------|----|
| 1 | 517 | Alessie Floor* | ATAC | 1.55m | 03 |
| 2 | 867 | Schaerlaeken Yana | ACBR | 1.50m | 04 |
| 3 | 547 | Mariën Kyra | LIER | 1.45m | 03 |
| 4 | 998 | Peeters Ellen | BVAC | 1.40m | 03 |
| 5 | 637 | Verhees Celina | KAPE | 1.40m | 04 |
| 6 | 730 | Keuppens Drieke | ESAK | 1.35m | 03 |
| 7 | 905 | Vandepaer Hanne | LIER | 1.30m | 03 |
| 8 | 1290 | Ograkhi Johanna* | BVAC | 1.25m | 03 |
| 9 | 858 | Vinck Yanis | LIER | 1.20m | 04 |
| 10 | 608 | Baccarne Eva | ACBR | 1.15m | 04 |
| 10 | 732 | Janssens Clara | ESAK | 1.15m | 04 |
| | 857 | Tibax Lotte | LIER | NG | 03 |

4 x 100 meter Cad Dames Uur=13:57

Reeks:1

| | | |
|------|------------------|-------|
| 1 | BVAC | 59.27 |
| 1290 | Ograkhi Johanna* | |
| 78 | Boeckx Saar | SGOL |
| 1150 | Konneh Bendu | |
| 998 | Peeters Ellen | |
| 2 | LIER | 59.91 |
| 547 | Mariën Kyra | |
| 858 | Vinck Yanis | |
| 905 | Vandepaer Hanne | |
| 857 | Tibax Lotte | |