

Top 10 INDOOR tot einde maart 2026

ABES VZW

De IAAF-reglementen zijn hier van toepassing!

INDOOR

Benjamins Meisjes:

| 60 meter | | | kogel | | |
|--------------------------|-------|----------|---------------------------|-------|----------|
| 1. PLINKE Ines | 9.53 | 13 03 94 | 1. LIEFOOGHE Joke | 10,25 | 05 02 12 |
| 2. WINTERS Helena | 9.75 | 05 02 17 | 2. VAN der JONCKHEYD Lisa | 8,02 | 30 01 05 |
| 3. KOZICKA Maya | 10.09 | 13 01 19 | 3. SAGON Julie | 7,68 | 13 03 05 |
| 4. HELLEMANS Marie | 10.21 | 14 12 08 | 4. PLINKE Ines | 7,67 | 07 11 93 |
| 5. SAGON Julie | 10.22 | 13 03 05 | 5. DE WIT Barbara | 7,17 | 20 02 94 |
| 6. LIEFOOGHE Joke | 10.23 | 22 01 12 | 6. SCHROOTEN Marie | 6,55 | 27 01 13 |
| 7. CHAULIAC Margot | 10.24 | 02 02 02 | 7. WINTERS Helena | 5,91 | 05 02 17 |
| 8. HUYSMANS Anouk | 10.1 | 12 03 95 | 8. VERBRUGGEN Lenna | 5,87 | 15 12 19 |
| 9. BUELENS Lien | 10.42 | 16 03 08 | 9. HUYSMANS Anouk | 5,69 | 21 01 95 |
| 10. VAN d JONCKHEYD Lisa | 10.47 | 13 03 05 | 10. DE GREEF Nina | 5,56 | 11 03 18 |

| ver | | | hoog | | |
|-------------------------|------|----------|---------------------------|------|----------|
| 1. LIEFOOGHE Joke | 3,58 | 18 03 12 | 1. PLINKE Ines | 1,21 | 30 01 94 |
| 2. PLINKE Ines | 3,54 | 20 02 94 | 2. SAGON Julie | 1,15 | 27 02 05 |
| 3. VAN d JONCKHEYD Lisa | 3,49 | 27 02 05 | LIEFOOGHE Joke | 1,15 | 07 01 12 |
| 4. DE WIT Barbara | 3,45 | 20 02 94 | 4. WINTERS Helena | 1,06 | 05 02 17 |
| 5. KOZICKA Maya | 3,41 | 13 01 19 | 5. VAN der JONCKHEYD Lisa | 1,05 | 27 02 05 |
| 6. VAN DEN BUYS Jitske | 3,22 | 17 12 17 | KOZICKA Maya | 1,05 | 18 11 18 |
| 7. THYS Eline | 3,12 | 17 02 19 | 7. HUYSMANS Anouk | 1,01 | 12 03 95 |
| 8. VAN ELSSEN Hannelore | 3,11 | 11 03 18 | 8. Thys Eline | 1,00 | 17 03 19 |
| 9. BUELENS Lien | 3,05 | 16 03 08 | 9. SCHROOTEN Marie | 0,95 | 24 02 13 |
| 10. WINTERS Helena | 3,04 | 05 02 17 | VAN ELSSEN Hannelore | 0,95 | 27 01 17 |

| 1000 meter | | | 4-kamp | | |
|-------------------|---------|----------|-------------------------|-------|----------|
| 1. MASELIS Amber | 4.06.94 | 20 01 08 | 1. LIEFOOGHE Joke | 1506p | 18 03 12 |
| | | | 2. WINTERS Helena | 1147p | 05 02 17 |
| | | | 3. DE GREEF Nina | 629p | 17 02 18 |
| | | | 4. KOZICKA Maya | 572p | 17 02 18 |
| | | | 5. VAN ELSSEN Hannelore | 550p | 05 02 17 |
| | | | 6. ALLAMI Bouchra | 409p | 17 02 18 |
| | | | 7. THYS Eline | 393p | 17 02 18 |
| | | | 8. VLEMINCKX Norah | 272p | 17 02 18 |

| 4x200 meter | | |
|---|---------|--------|
| 1. Maya KOZICKA, Ella LEMMENS, Norah VLEMINCKX, Eline LEMMENS | 2.36.24 | 120119 |

Benjamins jongens:

| 60 meter | | | kogel (1kg) | | |
|---------------------|-------|----------|--------------------|-------|----------|
| 1. BISSCHOPS Yaron | 9.55 | 28 12 14 | 1. STRUYF Wouter | 10,23 | 30 05 93 |
| 2. PALINCKX David | 9.64 | 16 03 97 | 2. VERDUYN Lennert | 9,20 | 19 12 10 |
| 3. VAN DYCK Floris | 9.67 | 15 12 19 | 3. MOONS Dennis | 8,85 | 20 06 98 |
| 4. VERVOORT Wouter | 9.6 | 11 01 92 | 4. DESMET Milan | 8,22 | 15 03 15 |
| 5. MOONS Dennis | 9.92 | 22 12 93 | 5. TUYTELEERS Roel | 8,05 | 11 03 00 |
| 6. GODDEN Tom | 9.95 | 13 03 05 | 6. VAN DAMME Samy | 7,74 | 19 02 11 |
| 7. DESMET Milan | 9.96 | 28 12 14 | 7. VERVOORT Wouter | 7,73 | 28 12 91 |
| 8. CRAEN Toon | 9.98 | 12 03 95 | 8. GEYSKENS Kobe | 7,55 | 07 11 10 |
| 9. LATTE Jan-Willem | 10.11 | 16 02 14 | 9. VAN DYCK Floris | 7,25 | 29 02 20 |
| 10. DHONDT Dylan | 10.25 | 19 11 17 | 10. MASUDI Jayda | 7,11 | 09 11 08 |

| hoog | | | ver | | |
|---------------------|------|----------|------------------------|------|----------|
| 1. VERDUYN Lennert | 1,19 | 23 01 11 | 1. VAN DYCK Floris | 3,89 | 12 01 20 |
| 2. DESMET Milan | 1,18 | 08 02 15 | 2. DESMET Milan | 3,60 | 15 03 15 |
| 3. VAN DYCK Floris | 1,16 | 23 02 20 | 3. LATTE Jan-Willem | 3,51 | 22 12 13 |
| VERVOORT Wouter | 1,14 | 08 03 92 | DE CLEIR Joppe | 3,51 | 09 12 17 |
| 5. STRUYF Wouter | 1,10 | 15 11 92 | 5. PALINCKX David | 3,46 | 15 12 96 |
| MOONS Dennis | 1,10 | 30 01 94 | 6. VERVOORT Wouter | 3,43 | 28 12 91 |
| LATTE Jan-Willem | 1,10 | 16 02 14 | 7. VAN DEN BOSCH Steve | 3,41 | 14 03 99 |
| 8. VERBRAEKEN Sten | 1,05 | 13 01 13 | 8. VAN DYCK Floris | 3,37 | 17 03 19 |
| DE GREEF Mats | 1,05 | 12 03 16 | 9. STRUYF Wouter | 3,35 | 19 12 92 |
| 10. PALINCKX David | 1,00 | 16 03 97 | 10. MOONS Dennis | 3,33 | 21 11 93 |
| VAN DEN BOSCH Steve | 1,00 | 14 03 99 | | | |
| CRAEN Jannes | 1,00 | 26 01 02 | | | |
| STOLEN Max | 1,00 | 24 02 08 | | | |
| MASUDI Jayda | 1,00 | 04 01 09 | | | |
| BISSCHOPS Yaron | 1,00 | 01 03 15 | | | |
| DE CLEIR Joppe | 1,00 | 11 03 18 | | | |

| 600 meter | | | 4-kamp | | |
|--------------------|---------|----------|--------------------|-------|----------|
| 1. VAN DYCK Floris | 2.12.02 | 29 02 20 | 1. VAN DYCK Floris | 1557p | 29 02 20 |
| 2. WAGEMANS Siebe | 2.17.40 | 29 02 20 | 2. VERDUYN Lennert | 1211p | 06 02 11 |
| | | | 3. DESMET Milan | 1166p | 08 02 15 |
| | | | 4. WAGEMANS Siebe | 1016p | 29 02 20 |
| | | | 5. VERBRAEKEN Sten | 974p | 10 03 13 |
| | | | 6. DE CLEIR Joppe | 797p | 17 02 18 |
| | | | 7. STIENEN Dries | 700p | 10 03 13 |
| | | | 8. HOSTEAUX Joppe | 746p | 14 02 16 |
| | | | 9. BERCKMANS Taro | 468p | 18 03 12 |
| | | | 10. EYCKMANS Fedde | 394p | 18 03 12 |

| 4 X 200 meter | | |
|---|---------|----------|
| 1. Samy VAN DAMME, Evert STIENEN, Jelle BICKER en Lennert VERDUYN | 2.30.08 | 19 02 11 |
| 2. Floris VAN DYCK, Adam KOZICKI, Julian DEWITTE, Siebe WAGEMANS | 2.30.31 | 11 01 20 |

Pupillen meisjes:ABES VZW
indoor**60 meter**

| | | |
|----------------------|------|----------|
| 1. DRIES Evie | 8,8 | 10 03 91 |
| 2. PLINKE Ines | 8,8 | 19 02 95 |
| 3. WINTERS Helena | 9,06 | 18 11 18 |
| 4. WUYTS Louise | 9,14 | 17 02 18 |
| 5. DE VLEGELAER Jill | 9,17 | 17 02 17 |
| 6. DEWAELE Betti | 9,21 | 21 02 16 |
| 7. KEGELEERS Ninte | 9,24 | 29 01 17 |
| 8. VAN BILSEN Anne | 9,0 | 13 03 88 |
| 9. ROELS Ilse | 9,1 | 23 02 85 |
| 10. DE WIT Barbara | 9,1 | 13 11 94 |

1000 meter

| | | |
|-------------------|---------|----------|
| 1. GODDEN Elke | 3.38.57 | 30 12 06 |
| 2. LIEFOOGHE Joke | 3.48.69 | 23 02 13 |
| 3. MASELIS Amber | 3.51.45 | 19 12 09 |
| 4. ALLAMI Bouchra | 3.55.55 | 29 02 20 |
| 5. DE GREEF Nina | 4.03.18 | 29 02 20 |
| 6. KOZICKA Maya | 4.04.41 | 29 02 20 |
| 7. MASELIS Iris | 4.15.38 | 26 12 05 |
| 8. LUYTEN Nora | 4.18.83 | 04 01 25 |

ver

| | | |
|-----------------------|------|----------|
| 1. PLINKE Ines | 4,57 | 17 02 96 |
| 2. LIEFOOGHE Joke | 4,01 | 22 12 13 |
| 3. WINTERS Helena | 3,96 | 02 12 18 |
| 4. REYNIERS Sally | 3,93 | 02 02 85 |
| 5. DEWAELE Betti | 3,90 | 14 02 16 |
| 6. DE BRUYN Anouck | 3,85 | 27 02 05 |
| 7. SCHOOFS Manou | 3,80 | 18 02 24 |
| 8. DRIES Evie | 3,79 | 10 03 91 |
| 9. WUYTS Louise | 3,65 | 19 11 17 |
| 10. DE VLEGELAER Jill | 3,60 | 19 02 17 |

kogel

| | | |
|--------------------------|-------|----------|
| 1. LIEFOOGHE Joke | 10,56 | 14 12 13 |
| 2. SAGON Julie | 9,76 | 18 03 07 |
| 3. PLINKE Ines | 9,00 | 03 03 96 |
| 4. SCHOOFS Manou | 8,35 | 10 03 24 |
| 5. WINTERS Helena | 8,03 | 17 03 19 |
| 6. DE VLEGELAER Jill | 7,54 | 05 02 17 |
| 7. SEUTENS Gabrielle | 7,53 | 15 02 92 |
| 8. VAN d JONCKHEID Lisa | 7,32 | 03 12 06 |
| 9. VAN HOYWEGHEN Whitley | 7,31 | 11 03 07 |
| 10. COP Cindy | 7,10 | 08 03 92 |

5-kamp

| | | |
|-------------------|-------|----------|
| 1. LIEFOOGHE Joke | 2431p | 02 02 14 |
|-------------------|-------|----------|

4 X 200 meter

| | | |
|---|---------|----------|
| 1. Maya KOZICKA, Rosalie KELLENS, Bouchra ALLAMI, Jitske VAN DEN BUYS | 2.14.84 | 11 01 20 |
| 2. Helena WINTERS, Hannelore VAN ELSSEN, Nina DE GREEF, Jitske VAN DEN BUYS | 2.15.42 | 12 01 19 |
| 3. Hannelore VAN ELSSEN, Nina DE GREEF, Pauline LANDTMETES, Finke DUBOIS | 2.25.64 | 11 01 20 |

Pupillen jongens:**50 meter**

| | | |
|------------------|------|----------|
| 1. DE KEYZER Bob | 7,82 | 24 01 25 |
| 2. HOFMAN Kobe | 8,03 | 24 01 25 |
| 3. SCHOOFS Teo | 8,06 | 24 01 25 |
| 4. VERHENNE Cas | 8,55 | 24 01 25 |

60 meter

| | | |
|----------------------|------|----------|
| 1. DAENEN Vic | 8,52 | 21 12 24 |
| 2. PREAUX Maxim | 8,80 | 22 11 09 |
| 3. DE KEYZER Bob | 8,95 | 28 02 26 |
| 4. LEENAERDS Mil | 8,97 | 19 02 24 |
| 5. VAN DYCK Floris | 9,00 | 21 11 21 |
| 6. WOUTERS Robbe | 9,00 | 18 02 23 |
| 7. PALINCKX David | 8,8 | 06 02 99 |
| 8. DE MOOR Romain | 9,05 | 07 12 25 |
| 9. SCHOOFS Teo | 9,09 | 08 02 25 |
| 10. GOBBAERT Maarten | 9,10 | 13 03 11 |
| 11. CLAESSENS Jasper | 9,10 | 15 02 25 |

ver

| | | |
|---------------------|------|----------|
| 1. VAN DYCK Floris | 4,48 | 23 01 22 |
| 2. DAENEN Vic | 4,46 | 08 03 25 |
| 3. CLAESSENS Jasper | 4,29 | 15 02 25 |
| 4. DE MOOR Romain | 4,19 | 06 12 25 |
| 5. SCHOOFS Teo | 4,18 | 28 02 26 |
| 6. DESMET Milan | 4,09 | 15 01 17 |
| 7. DE PAUW Didier | 4,06 | 25 02 90 |
| 8. VERDUYN Lennert | 4,04 | 24 02 13 |
| 9. VERVOORT Wouter | 3,99 | 16 01 94 |
| 10. HUYSMANS Alek | 3,98 | 28 01 23 |

kogel (2kg)

| | | |
|---------------------|-------|----------|
| 1. DE KEYZER Bob | 10,60 | 20 12 25 |
| 2. VERDUYN Lennert | 8,98 | 17 03 13 |
| 3. VERDUYN Lennert | 8,98 | 17 03 13 |
| 4. DESMET Milan | 8,80 | 05 02 17 |
| 5. CLAESSENS Jasper | 8,72 | 01 03 25 |
| 6. VERVOORT Wouter | 8,65 | 22 01 94 |
| 7. VAN DAMME Samy | 8,60 | 13 01 13 |
| 8. DE GREEF Mats | 8,56 | 17 12 17 |
| 9. MOONS Dennis | 8,13 | 19 02 95 |
| 10. VAN DYCK Floris | 8,05 | 20 02 22 |

4-kamp

| | | |
|---------------------|-------|----------|
| 1. VAN DYCK Floris | 2348p | 09 01 22 |
| 2. CLAESSENS Jasper | 1983p | 15 02 25 |
| 3. VERDUYN Lennert | 1918p | 10 03 13 |
| 4. HUYSMANS Alek | 1916p | 18 02 23 |
| 5. WOUTERS Robbe | 1842p | 18 02 23 |
| 6. DESMET Milan | 1839p | 05 02 17 |
| 7. DAENEN Vic | 1824p | 15 02 25 |
| 8. KENNES Karel | 1679p | 15 02 25 |

60m horden (0,68m)

| | | |
|-------------------------------|-------|----------|
| 1. GUNS Paulien | 11,70 | 07 03 26 |
| 2. BISSCHOPS Margot | 12,41 | 15 12 24 |
| 3. GUNS Hanne | 12,44 | 17 12 23 |
| 4. SCHOOFS Manou | 12,66 | 28 01 24 |
| 5. VERBRUGGEN Lenna | 13,42 | 09 01 22 |
| 6. AERTS VAN DEN BRANDE Eline | 13,65 | 01 12 24 |
| 7. SEL Julie | 13,87 | 01 12 24 |
| 8. LUYTEN Nora | 14,00 | 01 12 24 |
| 9. DAELEMANS Pauline | 14,37 | 25 01 26 |
| 10. THEUNISSEN Marit | 16,21 | 28 01 24 |

60m horden (0,76m)

| | | |
|----------------------|-------|----------|
| 1. WINTERS Helena | 10,99 | 16 12 18 |
| 2. ROELS Ilse | 10,9 | 02 02 85 |
| 3. PLINKE Ines | 11,0 | 25 02 96 |
| 4. DE VLEGELAER Jill | 11,32 | 12 03 17 |
| 5. WUYTS Louise | 11,39 | 11 03 18 |
| 6. LIEFOOGHE Joke | 11,40 | 16 02 14 |
| 7. DEWAELE Betti | 11,79 | 12 03 16 |
| 8. DE GREEF Nina | 11,89 | 15 12 19 |
| 9. HELLEMANS Marie | 12,11 | 13 02 11 |
| 10. DRIES Evie | 12,1 | 27 01 91 |

hoog

| | | |
|----------------------|------|----------|
| 1. PLINKE Ines | 1,47 | 17 03 96 |
| 2. DE VLEGELAER Jill | 1,42 | 12 03 17 |
| 3. LIEFOOGHE Joke | 1,42 | 12 01 14 |
| 4. WINTERS Helena | 1,40 | 17 03 19 |
| 5. REYNIERS Sally | 1,37 | 08 02 86 |
| 6. DEWAELE Betti | 1,30 | 21 02 16 |
| 7. DE BRUYN Anouck | 1,29 | 14 11 04 |
| 8. DE CAUWER Britt | 1,25 | 19 01 14 |
| 9. MOONS Katrien | 1,20 | 06 12 92 |
| 10. BONGERS Yara | 1,20 | 13 02 11 |
| 11. MEES Yara | 1,20 | 09 12 17 |
| 12. SCHOOFS Manou | 1,20 | 10 02 23 |

4-kamp

| | | |
|----------------------|-------|----------|
| 1. DE VLEGELAER Jill | 1694p | 05 02 17 |
| 2. DEWAELE Betti | 1622p | 14 02 16 |
| 3. WINTERS Helena | 1598p | 17 02 18 |
| 4. LIEFOOGHE Joke | 1575p | 10 03 13 |
| 5. WUYTS Louise | 1504p | 17 02 18 |
| 6. KOZICKA Maya | 1402p | 29 02 20 |
| 7. SCHOOFS Manou | 1334p | 04 02 24 |
| 8. DE GREEF Nina | 1128p | 29 02 20 |
| 9. MEES Yara | 1116p | 17 02 18 |
| 10. DAEMS Silke | 1089p | 18 03 12 |

60m horden (0,68m)

| | | |
|----------------------|-------|----------|
| 1. SCHOOFS Teo | 10,15 | 25 02 26 |
| 2. DE KEYZER Bob | 10,24 | 14 03 26 |
| 3. VAN DYCK Floris | 10,30 | 26 02 22 |
| 4. WOUTERS Robbe | 10,30 | 12 03 23 |
| 5. DAENEN Vic | 10,54 | 01 03 25 |
| 6. HUYSMANS Alek | 10,58 | 12 02 23 |
| 7. CLAESSENS Jasper | 10,58 | 15 12 24 |
| 8. DE MOOR Romain | 10,93 | 07 03 26 |
| 9. DE MOOR Richard | 11,44 | 12 02 23 |
| 10. THEUNISSEN Niels | 11,64 | 12 02 23 |

60m horden (0,76m)

| | | |
|---------------------|-------|----------|
| 1. BISSCHOPS Ilan | 11,34 | 09 03 14 |
| 2. VERDUYN Lennert | 11,53 | 23 03 13 |
| 3. DESMET Milan | 11,54 | 12 02 17 |
| 4. DE GREEF Mats | 11,75 | 17 03 18 |
| 5. VERBRAEKEN Ward | 11,81 | 17 03 13 |
| 6. VAN WOUWE Tom | 11,83 | 08 03 03 |
| 7. DE PAUW Didier | 11,8 | 27 01 90 |
| 8. PALINCKX David | 12,1 | 06 02 99 |
| 9. TERLAEKEN Arthur | 12,36 | 03 01 16 |
| 10. BLOCH Arthur | 12,36 | 17 03 19 |

150 meter

| | | |
|---------------------|-------|----------|
| 1. THEUNISSEN Niels | 24,43 | 30 12 22 |
| 2. DE KEYZER Pol | 26,14 | 30 12 22 |
| 3. TOEBOSCH Raf | 26,36 | 30 12 22 |

1000 meter

| | | |
|-------------------|---------|----------|
| 1. HUYSMANS Alek | 3.14.67 | 18 02 23 |
| 2. MASELIS Jonas | 3.19.01 | 04 03 06 |
| 3. DE MOOR Romain | 3.20.40 | 06 12 25 |
| 4. KENNES Karel | 3.23.56 | 21 12 24 |
| 5. SEGHERS Loek | 3.24.72 | 20 12 25 |
| 6. GEYSKENS Kobe | 3.25.48 | 08 12 12 |
| 7. BERTELS Brecht | 3.29.61 | 05 03 05 |
| 8. BOONEN Jannes | 3.33.04 | 11 02 06 |
| 9. DE KEYZER Bob | 3.35.16 | 28 02 26 |
| 10. WOUTERS Robbe | 3.39.62 | 05 02 23 |

hoog

| | | |
|---------------------|------|----------|
| 1. VERDUYN Lennert | 1,42 | 17 03 13 |
| 2. CLAESSENS Jasper | 1,38 | 15 12 24 |
| 3. VERVOORT Wouter | 1,35 | 12 02 94 |
| 4. BISSCHOPS Ilan | 1,35 | 09 03 14 |
| 5. VAN DYCK Floris | 1,35 | 09 01 22 |
| 6. DAENEN Vic | 1,35 | 15 12 24 |
| 7. DE MOOR Romain | 1,35 | 14 12 25 |
| 8. DE MOOR Richard | 1,34 | 12 03 23 |

ABES VZW
indoor

| | | | | | |
|---|--------------|-----------------|-----------------------|----------------|-----------------|
| 9. DE MOOR Romain | 1576p | 18 02 23 | 9. SCHOOFS Teo | 1,30 | 08 11 25 |
| 10. DE MOOR Richard | 1558p | 18 02 23 | 10. DESMET Milan | 1,28 | 17 12 16 |
| 4-kamp | | | 5-kamp | | |
| 1. DE KEYZER Bob | 2098p | 28 02 26 | 1. BISSCHOPS Ilan | 1998p | 02 02 14 |
| 2. DE MOOR ROMAIN | 2002p | 28 02 26 | | | |
| 3. SCHOOFS Teo | 1882p | 28 02 26 | | | |
| 4. SEGHERS Loek | 1714p | 28 02 26 | | | |
| 4 X 200 meter | | | | | |
| 1. Teo SCHOOFS, Bob DE KEYZER, Otis LEEUWS, Romain DE MOOR | | | | 2.04.19 | 01 03 26 |
| 2. Alek HUYSMANS, Cyril DE MOOR, Robbe WOUTERS, Richard DE MOOR | | | | 2.05.92 | 26 02 23 |

| | | |
|--|---------|----------|
| 3. Karel KENNES, Jasper CLAESSENS, Felix DEGROOTE, Vic DAENEN | 2.10.35 | 30 11 24 |
| 4. Teo SCHOOFs, Bob DE KEYZER, Mats BJURSTRÖM, Romain DE MOOR | 2.17.57 | 30 11 24 |
| 5. Xander Bet-Benjamin, Pol DE KEYZER, Alexander VANHANDENHOVE, Seth VERHOFT | 2.21.77 | 25 02 24 |
| 6. Pol DE KEYZER, Xander BET-BENJAMIN, Storm DE COCK, Niels THEUNISSEN | 2.30.42 | 26 02 23 |

Miniemen meisjes:

| <u>60 meter</u> | | | <u>60m horden</u> (0,68m) | | |
|--------------------------|------|----------|---------------------------|-------|----------|
| 1. DE VLEGELAER Jill | 8.50 | 23 03 19 | 1. KOZICKA Maya | 9.65 | 18 12 22 |
| 2. DRIES Evie | 8.3 | 15 02 92 | 2. DE GREEF Nina | 10.51 | 20 02 22 |
| 3. WUYTS Louise | 8.53 | 23 02 20 | 3. THYS Eline | 10.53 | 04 12 22 |
| 4. VANDERHAEGHEN Lauryne | 8.60 | 09 03 22 | 4. VANDERHAEGHEN Lauryne | 10.48 | 05 03 22 |
| 5. KOZICKA Maya | 8.60 | 06 11 22 | 5. SCHOOFs Manou | 10.51 | 01 03 25 |
| 6. WUYTS Eva | 8.4 | 08 03 92 | 6. VAN DEN BUYS Jitske | 10.80 | 05 03 22 |
| 7. KEGELEERS Ninte | 8.64 | 17 03 19 | 7. TORFS Noa | 10.81 | 12 02 23 |
| 8. DEWAELE Betti | 8.66 | 24 02 18 | 8. LANDTMETERS Pauline | 10.90 | 05 02 23 |
| 9. WINTERS Helena | 8.70 | 15 12 19 | 9. KELLENS Rosalie | 10.91 | 05 03 22 |
| 10. SAGON Julie | 8.73 | 01 03 09 | 10. BOERJAN Milou | 11.08 | 05 03 22 |

| <u>150 meter</u> | | | <u>60m horden</u> (0,76m) | | |
|-------------------------|-------|----------|---------------------------|-------|----------|
| 1. DE VLEGELAER Jill | 21.34 | 29 12 18 | 1. DRIES Evie | 9.72 | 14 03 93 |
| 2. KOZICKA Maya | 21.50 | 05 02 23 | 2. DE VLEGELAER Jill | 10.03 | 29 12 18 |
| 3. DEWAELE Betti | 21.64 | 24 02 18 | 3. ROELS Ilse | 10.1 | 22 03 87 |
| 4. SAGON Julie | 21.96 | 01 02 09 | 4. CEULEMANS Kristin | 10.2 | 19 03 88 |
| 5. KEGELEERS Ninte | 22.07 | 24 02 18 | 5. WUYTS Louise | 10.44 | 23 02 20 |
| 6. DILS Camille | 22.14 | 04 03 06 | 6. KEGELEERS Ninte | 10.58 | 17 03 19 |
| 7. TAMBA Amelie | 22.16 | 05 02 23 | 7. DEWAELE Betti | 10.61 | 17 02 18 |
| 8. SCHOOFs Manou | 22.33 | 27 12 25 | 8. Van HOYWEGHEN Joyce | 10.69 | 11 02 06 |
| 9. SIMONS Lore | 22.55 | 21 12 24 | 9. DAEMS silke | 10.73 | 01 03 15 |
| 10. Van HOYWEGHEN Joyce | 22.59 | 04 03 06 | 10. WINTERS Helena | 10.80 | 23 02 20 |

| <u>300 meter</u> | | | <u>hoog</u> | | |
|------------------------|-------|----------|----------------------|------|----------|
| 1. SCHOOFs Manou | 49.44 | 24 01 26 | 1. DE VLEGELAER Jill | 1.52 | 04 11 18 |
| 2. LANDTMETERS Pauline | 50.75 | 04 12 22 | 2. WINTERS Helena | 1.45 | 15 12 19 |
| 3. SEGHERS To | 55.68 | 21 12 24 | 3. DAEMS Silke | 1.43 | 09 11 14 |

| <u>1000 meter</u> | | | <u>4-kamp</u> | | |
|------------------------|---------|----------|------------------------|-------|----------|
| 1. KEGELEERS Ninte | 3.19.06 | 10 02 19 | 1. DE VLEGELAER Jill | 1931p | 23 03 19 |
| 2. BICKER Janne | 3.25.84 | 21 03 15 | 2. SCHOOFs Manou | 1.40 | 07 03 26 |
| 3. MASELIS Amber | 3.27.93 | 18 03 12 | 8. LANDTMETERS Pauline | 1.37 | 18 02 23 |
| 4. SEGHERS To | 3.30.03 | 28 02 26 | 9. THYS Eline | 1.36 | 05 02 23 |
| 5. GODDEN Elke | 3.34.67 | 29 12 07 | 10. CEULEMANS Kristin | 1.35 | 01 03 88 |
| 6. VAN DEN BUYS Jitske | 3.40.45 | 27 02 22 | DRIES Evie | 1.35 | 15 12 92 |
| 7. THYS Eline | 3.41.05 | 05 02 23 | SAGON Julie | 1.35 | 04 01 09 |
| 8. LANDTMETERS Pauline | 3.42.27 | 18 02 23 | KOZICKA Maya | 1.35 | 06 11 22 |
| 9. LEUE Mona Fay | 3.44.87 | 04 02 24 | DUBOIS Charlie | 1.35 | 25 01 25 |
| 10. DANEELS Sylvier | 3.46.01 | 28 02 26 | | | |

| <u>ver</u> | | | <u>polisstok</u> | | |
|--------------------------|------|----------|------------------------|------|----------|
| 1. DRIES Evie | 4.70 | 14 03 93 | 1. VAN HOYWEGHEN Joyce | 2.01 | 04 03 06 |
| 2. PLINKE Ines | 4.62 | 16 03 97 | 2. MASELIS Iris | 1.91 | 21 03 09 |
| 3. KOZICKA Maya | 4.60 | 12 02 23 | | | |
| 4. DE VLEGELAER Jill | 4.42 | 17 02 19 | | | |
| 5. VANDERHAEGHEN Lauryne | 4.41 | 21 11 21 | | | |
| 6. WINTERS Helena | 4.40 | 23 02 20 | | | |
| 7. Van HOYWEGHEN Joyce | 4.36 | 11 02 06 | | | |
| 8. SCHOOFs Manou | 4.35 | 08 03 25 | | | |
| 9. DE PRIJCK Karen | 4.28 | 18 12 05 | | | |
| DAEMS Silke | 4.28 | 15 03 15 | | | |

| <u>kogel</u> (2kg) | | | <u>5-kamp</u> | | |
|--------------------------|-------|----------|-------------------------|-------|----------|
| 1. SAGON Julie | 13.33 | 01 02 09 | 1. KOZICKA Maya | 2761p | 18 02 23 |
| 2. SCHOOFs Manou | 13.10 | 08 02 26 | 2. DE VLEGELAER Jill | 2709p | 17 02 18 |
| 3. DE VLEGELAER Jill | 11.85 | 23 03 19 | 3. DAEMS Silke | 2514p | 08 02 15 |
| 4. PLINKE Ines | 11.20 | 23 02 97 | 4. SCHOOFs Manou | 2477p | 15 02 25 |
| 5. KOZICKA Maya | 10.86 | 04 12 22 | 5. LANDTMETERS Pauline | 2475p | 18 02 23 |
| 6. VERBIST Dominique | 9.98 | 09 12 89 | 6. DEWAELE Betti | 2253p | 05 02 17 |
| 7. VAN HOYWEGHEN Whitley | 9.16 | 01 03 09 | 7. HELLEMANS Marie | 2172p | 18 03 12 |
| 8. DANEELS Sylvier | 9.13 | 28 02 26 | 8. BONGERS Yara | 2138p | 18 03 12 |
| 9. WINTERS Helena | 9.00 | 25 01 20 | 9. LEUE Mona Fay | 2134p | 04 02 24 |
| 10. LANDUYDT Ella | 8.95 | 16 12 00 | 10. VAN DEN BUYS Jitske | 2051p | 27 02 22 |

| <u>4x200 meter</u> | | |
|---|---------|----------|
| 1. Jill DE VLEGELAER, Zoë WILLEMYNS, Louise WUYTS, Ninte KEGELEERS | 2.00.09 | 12 01 19 |
| 2. Lauryne VANDERHAEGHEN, Jitske VAN DEN BUYS, Milou BOERJAN, Nina DE GREEF | 2.00.19 | 05 03 22 |
| 3. Amelie TAMBA, Pauline LANDTMETERS, Noa TORFS, Eline THYS | 2.01.48 | 26 02 23 |
| 4. Helena WINTERS, Liv ENGELS, Anaïs LANDTMETERS, Louise WUYTS | 2.04.41 | 11 01 20 |
| 5. Manou SCHOOFs, Lune GEERTS, Zora DE VLEESSCHAUWER, Charlie DUBOIS | 2.06.08 | 01 03 26 |
| 6. Maya KOZICKA, Amelie TAMBA, Rosalie KELLENS, Jolien LENIE | 2.08.51 | 05 03 22 |
| 7. Elena MARCKX, Manou SCHOOFs, Line VAN DER HEYDEN, Lore SIMONS | 2.11.37 | 30 11 24 |

Miniemen jongens:**50 meter**

| | | |
|---------------|------|----------|
| 1. NINI Mario | 7.12 | 24 01 26 |
|---------------|------|----------|

60 meter

| | | |
|---------------------|------|----------|
| 1. NINI Mario | 8.18 | 06 12 25 |
| 2. SCHEERDER Kobe | 8.19 | 24 02 13 |
| 3. BRIERS Kristof | 8.0 | 20 12 98 |
| 4. PALINCKX David | 8.28 | 25 02 01 |
| 5. DAENEN Vic | 8.42 | 01 03 26 |
| 6. PREAUX Maxim | 8.46 | 04 12 11 |
| 7. LEENAARDS Mil | 8.48 | 01 03 25 |
| 8. WOUTERS Robbe | 8.57 | 01 02 25 |
| 9. BISSCHOPS Ilan | 8.58 | 12 03 16 |
| 10. COLLIER Quinten | 8.59 | 25 02 01 |

150 meter

| | | |
|----------------------|-------|----------|
| 1. SCHEERDER Kobe | 20.57 | 23 03 13 |
| 2. PREAUX Maxim | 20.72 | 18 03 12 |
| 3. LEENAARDS Mil | 20.71 | 15 02 26 |
| 4. DAENEN Vic | 20.71 | 15 02 26 |
| 5. BOONEN Jannes | 20.97 | 21 03 09 |
| 6. WOUTERS Robbe | 20.97 | 18 01 25 |
| 7. NINI Mario | 20.99 | 24 01 26 |
| 8. DESMET Milan | 21.34 | 23 02 19 |
| 9. VAN DAMME Steven | 21.60 | 25 01 92 |
| 10. CLAESSENS Jasper | 21.62 | 24 01 26 |

300 meter

| | | |
|---------------------|-------|----------|
| 1. HUYSMANS Alek | 46.07 | 21 12 24 |
| 2. LEENAARDS Mil | 46.50 | 21 12 24 |
| 3. CLAESSENS Jasper | 46.95 | 15 02 26 |
| 4. KENNES Karel | 48.41 | 24 01 26 |
| 5. DE JONGHE Kobe | 53.78 | 04 12 22 |
| 6. DE KEYZER Pol | 54.75 | 21 12 24 |

ver

| | | |
|------------------------|------|----------|
| 1. BRIERS Kristof | 5.20 | 20 12 98 |
| 2. NINI Mario | 4.85 | 07 03 26 |
| 3. DESMET Milan | 4.81 | 17 03 19 |
| 4. VAN DYCK Floris | 4.81 | 28 01 24 |
| 5. BRACKE Roel | 4.71 | 03 03 96 |
| 6. PALINCKX David | 4.67 | 25 02 01 |
| 7. SCHEERDER Kobe | 4.66 | 24 02 13 |
| 8. VAN OLMEN Milo | 4.61 | 26 01 26 |
| 9. VAN VLASSELAER Mike | 4.60 | 11 12 88 |
| 10. WOUTERS Robbe | 4.59 | 01 03 25 |

polisstok

| | | |
|-------------------|------|----------|
| 1. DESMET Milan | 2.40 | 22 12 18 |
| 2. RAMSDONCK Toon | 2.30 | 04 03 06 |
| 3. BOONEN Jannes | 1.91 | 21 03 09 |
| 4. BRIERS Kristof | 1.90 | 24 01 99 |
| 5. CRAEN Toon | 1.90 | 24 01 99 |

kogel (3kg)

| | | |
|---------------------------|------|----------|
| 1. DE KEYZER Pol | 9.98 | 01 03 26 |
| 2. VERDUYN Lennert | 9.44 | 15 03 15 |
| 3. SCHEERDER Kobe | 9.28 | 10 03 13 |
| 4. BAELE Tirso | 9.14 | 15 12 24 |
| 5. THEUNISSEN Niels | 9.13 | 28 01 25 |
| 6. DESMET Milan | 8.94 | 23 03 19 |
| 7. BRIERS Kristof | 8.92 | 17 01 99 |
| 8. TOEBOSCH Raf | 8.91 | 15 12 24 |
| 9. VAN OLMEN Milo | 8.70 | 26 01 25 |
| 10. VAN d JONCKHEYD Jamie | 8.64 | 14 11 04 |

4-kamp

| | | |
|-------------------|-------|----------|
| 1. BJURSTRÖM Mats | 1588p | 28 02 26 |
|-------------------|-------|----------|

4x200 meter

| | | |
|--|---------|----------|
| 1. Richard DE MOOR, Cyril DE MOOR, Mil LEENAARDS, Robbe WOUTERS | 1.57.13 | 08 03 25 |
| 2. Richard DE MOOR, Cyril DE MOOR, Tirso BAELE, Robbe WOUTERS | 2.02.11 | 25 02 24 |
| 3. Kobe De JONGHE, Jens THEUNISSEN, Floris VAN DYCK, Elémiah VANDERHAEGHEN | 2.02.45 | 26 02 23 |
| 4. Lander PEETERS, Zakaria ALLAMI, Arthur BLOCH, Mats DE GREEF | 2.05.77 | 11 01 20 |
| 5. Lander PEETERS, Simon VAN OEVELEN, Kris WINTERS, Mats DE GREEF | 2.08.80 | 12 01 19 |
| 6. Elias RONSYN, Kobe DEJONGHE, Elémiah VANDERHAEGHEN, Aster WYCKMANS | 2.08.81 | 05 03 22 |
| 7. Tirso BAELE, Pol DE KEYZER, Alexander VANHANDENHOVE, Alek HUYSMANS | 2.10.01 | 30 11 24 |
| 8. Cedric DE GREEF, Adam KOZICKI, Maxime SEL, Victor VAN ROYE | 2.10.01 | 25 02 24 |
| 9. Matthis DEWITTE, Tim VAN DER AUWERA, Nand VAN REGENMORTEL, Fen LEUS | 2.12.75 | 11 01 20 |

60m horden(0.84)

| | | |
|--------------------|-------|----------|
| 1. SCHEERDER Kobe | 10.06 | 10 03 13 |
| 2. PALINCKX David | 10.18 | 18 03 01 |
| 3. BRIERS Kristof | 10.1 | 13 12 98 |
| 4. BISSCHOPS Ilan | 10.45 | 27 12 15 |
| 5. DESMET Milan | 10.38 | 17 02 19 |
| 6. VERDUYN Lennert | 10.82 | 08 02 15 |
| 7. DE GREEF Mats | 10.85 | 24 11 19 |
| 8. EYCKMANS Fedde | 11.03 | 21 02 16 |
| 9. COLLIER Quinten | 11.42 | 11 02 01 |
| 10. JARVIS Tibo | 11.57 | 13 01 18 |

60m horden(0.76)

| | | |
|--------------------------|-------|----------|
| 1. DE MOOR Richard | 9.78 | 08 03 25 |
| 2. WOUTERS Robbe | 9.88 | 26 01 25 |
| 3. VAN DYCK Floris | 9.94 | 12 03 23 |
| 4. LEENAARDS Mil | 10.11 | 14 12 25 |
| 5. DAENEN Vic | 10.44 | 30 11 25 |
| 6. THEUNISSEN Niels | 10.52 | 08 03 25 |
| 7. VAN OLMEN Milo | 10.55 | 01 12 24 |
| 8. DE MOOR Cyril | 10.66 | 15 12 24 |
| 9. VANDERHAEGHEN Elémiah | 10.68 | 05 02 23 |
| 10. DE KEYZER Pol | 10.68 | 07 03 26 |

ABES VZW
indoor**1000 meter**

| | | |
|------------------------|---------|----------|
| 1. MASELIS Jonas | 3.04.26 | 20 01 08 |
| 2. VAN EYNDHOVEN Peter | 3.04.63 | 10 12 05 |
| 3. HUYSMANS Alek | 3.07.16 | 01 03 25 |
| 4. KENNES Karel | 3.14.08 | 31 01 26 |
| 5. BERTELS Brecht | 3.15.08 | 26 12 05 |
| 6. BICKER Jelle | 3.18.14 | 21 03 15 |
| 7. DE MOOR Richard | 3.25.64 | 18 01 25 |
| 8. DE MOOR Cyril | 3.27.35 | 18 01 25 |
| 9. LEENAARDS Mil | 3.27.36 | 08 21 25 |
| 10. ALLAMI Zakaria | 3.27.75 | 10 02 19 |

hoog

| | | |
|---------------------------|------|----------|
| 1. BRIERS Kristof | 1.60 | 13 12 98 |
| 2. DE HOON Stefan | 1.57 | 15 03 87 |
| 3. VERDUYN Lennert | 1.57 | 08 02 15 |
| 4. VANDERHAEGHEN Elémiah | 1.50 | 12 02 23 |
| 5. VAN OLMEN Milo | 1.50 | 17 11 24 |
| 6. VAN VLASSELAER Mike | 1.49 | 04 12 88 |
| 7. PALINCKX David | 1.48 | 25 02 01 |
| 8. VANDER JONCKHEYD Jamie | 1.48 | 23 01 05 |
| 9. VERVOORT Wouter | 1.45 | 09 03 96 |
| 10. BRACKE Roel | 1.45 | 17 03 96 |
| 11. VAN DEN BROECK Bram | 1.45 | 14 03 99 |
| 12. VAN DYCK Floris | 1.45 | 18 02 24 |
| 13. CLAESSENS Jasper | 1.45 | 14 12 25 |

5-kamp

| | | |
|--------------------------|-------|----------|
| 1. SCHEERDER Kobe | 3116p | 10 03 13 |
| 2. VERDUYN Lennert | 2732p | 08 02 15 |
| 3. LEENAARDS Mil | 2706p | 15 02 25 |
| 4. HUYSMANS Alek | 2672p | 15 02 25 |
| 5. DE MOOR Richard | 2651p | 15 02 25 |
| 6. DE GREEF Mats | 2562p | 29 02 20 |
| 7. VANDERHAEGHEN Elémiah | 2475p | 18 02 23 |
| 8. BAELE Tirso | 2431p | 15 02 25 |
| 9. VAN DYCK Floris | 2422p | 18 02 23 |
| 10. DE MOOR Cyril | 2419p | 15 02 25 |

3-kamp

| | | |
|-----------------|-------|----------|
| 1. DESMET Milan | 1556p | 23 03 19 |
|-----------------|-------|----------|

Cadetten meisjes:

60 meter

| | | |
|----------------------|------|----------|
| 1. WINTERS Helena | 7.73 | 19 02 23 |
| 2. LEQUESNE Marijke | 8.02 | 02 02 02 |
| 3. CEULEMANS Kristin | 8.13 | 18 02 90 |
| DE WITTE Rehka | 8.13 | 12 01 96 |
| 5. ROELS Ilse | 7.9 | 19 02 89 |
| DRIES Evie | 7.9 | 21 01 95 |
| 7. SUY Ellen | 8.24 | 05 03 89 |
| LANDUYT Ella | 8.24 | 04 01 03 |
| 9. NAGELS Rani | 8.26 | 17 01 10 |
| 10. WILLEMYSNS Zoë | 8.27 | 25 01 20 |

200 meter

| | | |
|----------------------|-------|----------|
| 1. WINTERS Helena | 25.65 | 04 03 23 |
| 2. NAGELS Rani | 26.70 | 17 01 10 |
| 3. DE WITTE Rehka | 26.77 | 22 12 96 |
| 4. LANDUYT Ella | 26.85 | 24 02 02 |
| 5. DRIES Evie | 27.10 | 26 12 94 |
| 6. CEULEMANS Kristin | 27.16 | 27 10 90 |
| 7. WILLEMYSNS Zoë | 27.37 | 11 01 20 |
| 8. LEQUESNE Marijke | 27.39 | 29 12 01 |
| 9. DE WIT Barbara | 27.52 | 05 03 00 |
| 10. WUYTS Eva | 28.11 | 23 01 94 |

800 meter

| | | |
|------------------------|---------|----------|
| 1. VAN DE VEL Sara | 2.31.08 | 20 12 08 |
| 2. DEWICKERE Danielle | 2.31.56 | 15 01 06 |
| 3. KEGELEERS Ninte | 2.34.54 | 05 01 20 |
| 4. BICKER Janne | 2.34.55 | 27 01 15 |
| 5. VAN DEN BROECK Ann | 2.37.1 | 18 03 90 |
| 6. DE GREEF Nina | 2.38.10 | 10 02 24 |
| 7. LANDTMETERS Pauline | 2.40.24 | 08 02 25 |
| 8. KOZICKA Maya | 2.47.13 | 08 02 25 |
| 9. VANHOVE Noor | 2.47.48 | 23 12 17 |
| 10. DAEMS Silke | 2.48.25 | 04 02 17 |

ver

| | | |
|------------------------|------|----------|
| 1. CEULEMANS Kristin | 5.37 | 27 10 90 |
| 2. WINTERS Helena | 5.23 | 07 01 23 |
| 3. KOZICKA Maya | 5.10 | 19 01 25 |
| 4. Van HOYWEGHEN Joyce | 4.89 | 03 02 08 |
| 4. LEQUESNE Marijke | 4.80 | 25 02 01 |
| 5. DAEMS Silke | 4.76 | 04 02 17 |
| 6. DE VLEGELAER Jill | 4.74 | 17 11 19 |
| 7. DRIES Evie | 4.72 | 20 02 94 |
| 8. DE VOEGHT Karen | 4.71 | 17 10 88 |
| ROELS Ilse | 4.71 | 18 12 88 |
| 10. LANDUYT Ella | 4.70 | 02 02 02 |

hoog

| | | |
|------------------------|------|----------|
| 1. DAEMS Silke | 1.51 | 17 12 16 |
| 2. DE VLEGELAER Jill | 1.50 | 05 01 20 |
| 3. WUYTS Eva | 1.48 | 26 12 93 |
| KOZICKA Maya | 1.48 | 26 01 25 |
| 5. REYNIERS Sally | 1.45 | 19 02 89 |
| DE PRUJK Karen | 1.45 | 09 12 07 |
| 7. DE BRUIJN Anouck | 1.45 | 05 01 08 |
| WILLEKENS Eline | 1.45 | 01 03 09 |
| 9. LANDTMETERS Pauline | 1.45 | 25 01 25 |
| 10. LENIE Jolien | 1.41 | 11 02 23 |
| VAN ROMPAEY Michèle | 1.40 | 17 12 89 |
| LEQUESNE Marijke | 1.40 | 13 01 01 |

5-kamp

| | | |
|------------------------|-------|----------|
| 1. KOZICKA Maya | 2886p | 08 02 25 |
| 2. DAEMS Silke | 2796p | 04 01 17 |
| 3. LANDTMETERS Pauline | 2691p | 08 02 25 |
| 4. DE GREEF Nina | 2559p | 10 02 24 |

4x200 meter

| | | |
|--|---------|----------|
| 1. Pauline LANDTMETERS, Maya KOZICKA, Jitske VAN DEN BUYS, Nina DE GREEF | 1.54.33 | 25 02 24 |
| 2. Lauryne VANDERHAEGHEN, Jitske VAN DEN BUYS, Jolien LENIE, Nina DE GREEF | 2.01.27 | 26 02 23 |
| 3. Amélie TAMBA, Noa TORFS, Ella Lemmens, Eline LEMMENS | 2.03.62 | 25 02 24 |

4x400 meter

| | | |
|--|---------|----------|
| 1. Amélie TAMBA, Maya KOZICKA, Ella LEMMENS, Eline LEMMENS | 4.52.03 | 25 02 24 |
|--|---------|----------|

60m horden (0.762)

| | | |
|--------------------------|------|----------|
| 1. DRIES Evie | 9.15 | 29 01 95 |
| 2. DE GREEF Nina | 9.56 | 03 03 24 |
| 3. WUYTS Eva | 9.61 | 09 01 94 |
| 4. KOZICKA Maya | 9.53 | 08 02 25 |
| 5. ROELS Ilse | 9.4 | 19 02 89 |
| 6. VANDERHAEGHEN Lauryne | 9.79 | 07 01 23 |
| 7. DAEMS Silke | 9.81 | 04 02 17 |
| 8. DILS Renee | 9.87 | 22 01 06 |
| 9. DE VLEGELAER Jill | 9.88 | 05 01 20 |
| 10. BUELENS Charlotte | 9.93 | 08 01 12 |
| LANDTMETERS Pauline | 9.93 | 08 02 25 |

300 meter

| | | |
|------------------------|-------|----------|
| 1. NAGELS Rani | 43.18 | 23 01 10 |
| 2. WILLEMYSNS Zoë | 45.45 | 28 12 19 |
| 3. VAN EYNDHOVEN Els | 47.09 | 10 01 10 |
| 4. VAN HOYWEGHEN Joyce | 49.02 | 26 12 06 |
| 5. HORREVORST Noor | 50.35 | 23 02 19 |
| 6. VERBEKE Liin | 51.52 | 26 02 11 |

400 meter

| | | |
|------------------------|-------|----------|
| 1. VAN DEN BUYS Jitske | 64.73 | 07 01 24 |
| 2. DE GREEF Nina | 64.96 | 07 01 24 |
| 3. LANDTMETERS Pauline | 65.78 | 19 01 24 |
| 4. VANHOVE Noor | 66.68 | 20 01 19 |
| 5. HORREVORST Noor | 67.24 | 20 01 19 |
| 6. LANDTMETERS Pauline | 67.51 | 21 01 24 |
| 7. VERBEKE Liin | 75.50 | 08 01 11 |

1000 meter

| | | |
|-------------------------------|---------|----------|
| 1. BICKER Janne | 3.08.17 | 25 02 17 |
| 2. VAN DE VEL Sara | 3.13.71 | 15 03 09 |
| 3. VANDENLINDENLOOF Charlotte | 3.24.59 | 14 02 15 |
| 4. BAETENS Sara | 3.33.48 | 14 02 15 |

ABES VZW
indoor

hinkstap

| | | |
|------------------------|-------|----------|
| 1. DAEMS Silke | 10.68 | 05 03 17 |
| 2. VAN HOYWEGHEN Joyce | 9.69 | 21 01 07 |
| 3. VAN DE BUYS Jitske | 9.64 | 07 01 23 |
| 4. DE BRUIJN Severine | 9.49 | 22 01 06 |
| 5. DILS Renee | 9.46 | 27 11 05 |
| 6. DILS Camille | 8.80 | 03 12 06 |
| 7. VAN OPSTAL Kristin | 8.64 | 20 12 92 |
| 8. WOUTERS Sofie | 8.27 | 24 11 19 |

poisstok

| | | |
|----------------------|------|----------|
| 1. VAN EYNDHOVEN Els | 2.50 | 17 01 10 |
| 2. DE PRUJK Karen | 2.40 | 29 12 07 |
| 3. MASELIS Iris | 2.35 | 03 01 10 |
| 4. BONGERS Yara | 1.80 | 05 01 14 |

kogel (3kg)

| | | |
|------------------------|-------|----------|
| 1. SAGON Julie | 13.10 | 06 03 11 |
| 2. KOZICKA Maya | 10.94 | 16 02 25 |
| 3. VERBIST Dominique | 10.28 | 09 02 91 |
| 4. AZZOUZ Yasmine | 9.36 | 15 02 15 |
| 5. SUY Ellen | 9.24 | 16 03 93 |
| 6. DE BRUIJN Severine | 9.09 | 13 03 05 |
| 7. LANDTMETERS Pauline | 8.94 | 01 12 24 |
| 8. DAEMS Silke | 8.61 | 04 02 17 |
| 9. LANDUYT Ella | 8.54 | 24 11 01 |
| 10. WUYTS Eva | 8.34 | 07 11 93 |

Cadetten jongens:

60 meter

| | | |
|-----------------------|------|----------|
| 1. SORTINO Jérémi | 7.40 | 08 03 09 |
| 2. COLLIGNON Jonathan | 7.41 | 07 01 96 |
| 3. PALINCKX David | 7.53 | 04 01 03 |
| 4. PREAUX Maxim | 7.61 | 02 03 14 |
| 5. ROSIERS Peter | 7.4 | 15 02 92 |
| 6. BELIS Steven | 7.65 | 09 04 91 |
| 7. BRIERS Kristof | 7.72 | 31 01 01 |
| 8. HOOGWIJS Johnny | 7.82 | 30 01 88 |
| 9. JACOBS Joe | 7.87 | 29 01 17 |
| 10. SCHEERDER Kobe | 7.84 | 16 02 14 |

200 meter

| | | |
|------------------------|-------|----------|
| 1. COLLIGNON Jonathan | 24.08 | 07 01 96 |
| 2. PALINCKX David | 24.59 | 01 03 03 |
| 3. ROSIERS Peter | 24.84 | 22 02 92 |
| 4. PREAUX Maxim | 24.99 | 02 03 14 |
| 5. LEUE Louie | 25.27 | 10 01 15 |
| 6. V.MINNEBRUGGEN Ewan | 25.46 | 26 12 95 |
| 7. BERTELS Thomas | 25.54 | 17 12 06 |
| 8. COLLIER Quinten | 25.78 | 22 03 03 |
| 9. SCHEERDER Kobe | 25.89 | 05 01 14 |
| 10. BOONEN Jannes | 26.02 | 16 01 11 |

400 meter

| | | |
|-----------------------|-------|----------|
| 1. LEUE Louie | 55.09 | 08 03 15 |
| 2. VAN EYNDOVEN Peter | 55.15 | 02 03 08 |
| 3. BERTELS Thomas | 56.02 | 18 03 07 |
| 4. BOONEN Jannes | 57.39 | 08 01 11 |
| 5. LUYTS Elias | 57.79 | 19 01 20 |
| 6. BRIERS Kristof | 57.99 | 31 03 01 |
| 7. DE WIT Ben | 58.08 | 30 01 94 |
| 8. DRIEGHE Davy | 59.25 | 09 01 94 |
| 9. BERKMANS Taro | 60.86 | 21 01 18 |
| 10. BOUCKAERT Joren | 60.89 | 04 03 07 |

ver

| | | |
|--------------------|------|----------|
| 1. PALINCKX David | 6,04 | 23 02 03 |
| 2. BELIS Steven | 5,92 | 09 01 94 |
| 3. DRIEGHE Davy | 5,72 | 30 01 94 |
| BRIERS Kristof | 5,72 | 31 03 01 |
| 5. HOOGWIJS Johnny | 5,64 | 30 01 88 |
| BERTELS Thomas | 5,64 | 21 01 07 |
| 7. VAN DYCK Floris | 5,56 | 13 03 26 |
| VERDUYN Lennert | 5,55 | 29 01 17 |
| 9. VAN OLMEN Milo | 5,53 | 07 03 26 |
| 10. SCHEERDER Kobe | 5,52 | 21 12 13 |

hoog

| | | |
|------------------------|------|----------|
| 1. VERDUYN Lennert | 1,78 | 05 03 17 |
| 2. PALINCKX David | 1,77 | 07 12 02 |
| 3. VAN VLASSELAER Mike | 1,70 | 17 01 91 |
| 4. DE HOON Stefan | 1,65 | 08 01 89 |
| BRIERS Kristof | 1,65 | 21 11 99 |
| VAN OLMEN Milo | 1,65 | 22 02 26 |
| 6. DE CONINCK Peter | 1,60 | 12 01 86 |
| BRACKE Roel | 1,60 | 08 12 96 |
| BOONEN Jannes | 1,60 | 06 02 11 |
| 9. VAN DYCK Floris | 1,58 | 25 01 25 |
| 10. HOOGWIJS Johnny | 1,55 | 03 01 88 |
| BELIS Steven | 1,55 | 19 12 92 |
| VAN EYNDOVEN Peter | 1,55 | 12 11 06 |
| DESMET Milan | 1,55 | 12 01 20 |
| VANDERHAEGHEN Elémiah | 1,55 | 10 03 24 |
| VERCRUYSSSE Olivier | 1,55 | 17 11 24 |

kogel (4kg)

| | | |
|-------------------------|-------|----------|
| 1. VERDUYN Lennert | 12.08 | 19 02 17 |
| 2. DRIEGHE Davy | 11.65 | 28 11 93 |
| 3. DEPECKER Lucas | 11.56 | 28 12 19 |
| 4. BERKMANS Taro | 11.50 | 05 01 19 |
| 5. SOMERS Geert | 11.38 | 30 01 94 |
| 6. VERCRUYSSSE Olivier | 10.69 | 22 02 26 |
| 7. VAN DYCK Floris | 10.61 | 13 03 26 |
| 8. BERTELS Thomas | 10.56 | 11 03 07 |
| 9. BELIS Steven | 10.19 | 20 02 94 |
| 10. VAN VLASSELAER Mike | 10.18 | 09 12 90 |

vijfkamp

| | | |
|--------------------------|-------|----------|
| 1. VAN DYCK Floris | 2245p | 25 01 25 |
| 2. DE MOOR Richard | 2022p | 01 02 26 |
| 3. BAELE Tirso | 1887p | 01 02 26 |
| 4. DE MOOR Cyril | 1868p | 01 02 26 |
| 3. VANDERHAEGHEN Elémiah | 1650p | 04 02 24 |

zeskamp

| | | |
|--------------------|-------|----------|
| 1. VERDUYN Lennert | 3041p | 05 02 17 |
| 2. BOONEN Jannes | 2928p | 06 02 11 |
| 3. VAN DYCK Floris | 2788p | 22 02 26 |
| 4. SCHEERDER Kobe | 2741p | 02 02 14 |
| 5. DESMET Milan | 2655p | 02 02 20 |

4 X 200 meter

| | | |
|--|---------|----------|
| 1. Kobe SCHEERDER, Louie LEUE, Ward LEUNCKENS, Maxim PREAUX | 1.46.05 | 16 02 14 |
| 2. Floris VAN DYCK, Robbe WOUTERS, Niels THEUNISSEN, Wannes JANSSENS | 1.46.81 | 01 03 26 |
| 3. Tom GODDEN, Vincent VAN REETH, Arno VERDUYN en Jannes BOONEN | 1.47.04 | 19 02 11 |
| 4. Kobe DE JONGHE, Floris VAN DYCK, Jens THEUNISSEN, Nio MEIRE | 1.48.04 | 08 03 25 |
| 5. Maxim PREAUX, Rob WILLEKENS, Beau DEBULPAEP en Emile SEGERS | 1.49.27 | 16 02 13 |
| 6. Cyril DE MOOR, Tirso BAELE, Adam KOZICKI, Richard DE MOOR | 1.51.82 | 01 03 26 |

4 X 400 meter

| | | |
|--|---------|----------|
| 1. Floris VAN DYCK, Robbe WOUTERS, Niels THEUNISSEN, Wannes JANSSENS | 4.14.87 | 01 03 26 |
| 2. Cedric DE GREEF, Richard DE MOOR, Cyril DE MOOR, Alek HUYSMANS | 4.16.43 | 01 03 26 |

Scholieren meisjes:

60 meter

200 meter

60m horden (0,91m)

| | | |
|------------------------|-------|----------|
| 1. V.MINNEBRUGGEN Ewan | 9.19 | 28 01 96 |
| 2. BELIS Steven | 9.3 | 20 02 94 |
| 3. SCHEERDER Kobe | 9.57 | 02 02 14 |
| 4. BOONEN Jannes | 9.61 | 06 02 11 |
| 5. HOOGWIJS Johnny | 9.4 | 13 03 88 |
| 6. VERDUYN Lennert | 9.86 | 05 01 17 |
| 7. EYCKMANS Fedde | 9.98 | 07 01 18 |
| 8. DRIEGHE Davy | 10.42 | 28 11 93 |
| 9. PALINCKX David | 10.60 | 24 11 01 |
| 10. DE WIT Ben | 10.4 | 20 02 94 |

60m horden (0,84m)

| | | |
|--------------------------|-------|----------|
| 1. VAN DYCK Floris | 9.09 | 07 03 26 |
| 2. DE GREEF Mats | 9.49 | 06 02 22 |
| 3. THEUNISSEN Niels | 9.50 | 08 03 26 |
| 4. DESMET Milan | 9.52 | 02 02 20 |
| 5. DE MOOR Richard | 9.56 | 15 02 26 |
| 6. JARVIS Tibo | 9.69 | 08 12 19 |
| 7. WOUTERS Robbe | 10.27 | 08 03 26 |
| 8. BAELE Tirso | 10.45 | 01 02 26 |
| 9. DE MOOR Cyril | 10.58 | 01 02 26 |
| 10. VANDERHAEGEN Elémiah | 10.86 | 03 12 23 |

300 meter

| | | |
|-----------------------|-------|----------|
| 1. PREAUX Maxim | 39.08 | 22 02 14 |
| 2. LEUE Louie | 39.18 | 14 02 15 |
| 3. BOONEN Jannes | 39.98 | 26 02 11 |
| 4. SCHEERDER Kobe | 40.93 | 22 02 14 |
| 5. BERTELS Thomas | 41.07 | 26 12 06 |
| 6. VAN EYNDOVEN Peter | 41.88 | 26 12 06 |
| 7. LUYTS Elias | 42.64 | 28 12 19 |
| 8. VAN DYCK Floris | 43.25 | 28 12 24 |
| 9. LEUNCKENS Ward | 44.24 | 28 12 13 |
| 10. BERTELS Brecht | 44.27 | 26 12 07 |

800 meter

| | | |
|-----------------------|---------|----------|
| 1. BERTELS Brecht | 2.05.39 | 18 01 09 |
| 2. FONTAINE Andy | 2.07.0 | 13 02 88 |
| 3. MASELIS Jonas | 2.10.96 | 07 03 10 |
| 4. VAN EYNDOVEN Peter | 2.13.02 | 26 12 07 |
| 5. LEUNCKENS Ward | 2.14.13 | 08 03 15 |
| 6. VAN DAMME Steven | 2.15.87 | 30 01 94 |
| 7. MORTELMANS Maarten | 2.15.94 | 20 03 04 |
| 8. HUYSMANS Alek | 2.17.72 | 04 01 26 |
| 9. VAN ROY Mauro | 2.18.18 | 04 01 26 |
| 10. MEEUSEN Mats | 2.18.88 | 15 01 06 |

1000 meter

| | | |
|-----------------------|---------|----------|
| 1. BERTELS Brecht | 2.46.95 | 15 03 09 |
| 2. MASELIS Jonas | 2.51.57 | 23 01 10 |
| 3. VAN EYNDOVEN Peter | 2.54.87 | 19 01 08 |
| 4. BOONEN Jannes | 3.00.24 | 06 02 11 |
| 5. VAN GILS Louis | 3.02.69 | 30 12 17 |
| 6. LEUNCKENS Ward | 3.04.64 | 22 02 14 |
| 7. BICKER Jelle | 3.07.82 | 25 02 17 |
| 8. VERDUYN Lennert | 3.08.18 | 05 02 17 |
| 9. VANROY Louis | 3.08.32 | 02 01 16 |
| 10. LEUE Louie | 3.08.41 | 22 02 14 |

1500 meter

| | | |
|------------------|---------|----------|
| 1. KERREMANS Ben | 5.34.23 | 12 03 06 |
|------------------|---------|----------|

hinkstap

| | | |
|--------------------|-------|----------|
| 1. VAN DYCK Floris | 11.90 | 07 03 26 |
| 2. VERDUYN Lennert | 11.73 | 05 03 17 |
| 3. DESMET Milan | 11.63 | 23 02 20 |
| 4. HOOGWIJS Johnny | 11.38 | 31 01 88 |
| 5. BERKMANS Taro | 11.29 | 20 01 19 |
| 6. EYCKMANS Fedde | 11.21 | 21 01 18 |
| 7. DE HOON Stefan | 10.95 | 12 03 89 |
| 8. BOONEN Jannes | 10.84 | 06 03 11 |
| 9. VERHOEVEN Peter | 10.46 | 22 12 90 |
| 10. DE GREEF Mats | 10.34 | 23 01 22 |

polisstok

| | | |
|--------------------|------|----------|
| 1. DESMET Milan | 3,33 | 15 02 20 |
| 2. SCHEERDER Kobe | 3,20 | 02 02 14 |
| 3. RAMSDONCK Toon | 3,10 | 13 01 07 |
| 4. BOONEN Jannes | 3,00 | 16 01 11 |
| 5. COENEGRACHT Bob | 2,91 | 26 03 05 |
| 6. CRAEN Roel | 2,80 | 25 01 98 |
| VAN CAMPPORT Jesse | 2,60 | 29 12 07 |
| 8. VERDUYN Lennert | 2,60 | 04 02 17 |
| VAN DYCK Floris | 2,60 | 21 02 26 |
| 10. CRAEN Toon | 2,20 | 30 12 00 |

| | | |
|----------------------|------|----------|
| 1. WINTERS Helena | 7.71 | 03 03 24 |
| 2. NAGELS Rani | 7.76 | 29 01 12 |
| 3. SUY Ellen | 7.88 | 07 01 90 |
| 4. WILLEMYNS Zoë | 7.97 | 26 12 22 |
| 5. DE PRINS Maud | 8.12 | 17 12 89 |
| 6. SUY Jorinde | 8.21 | 29 01 95 |
| 7. ENGELS Liv | 8.23 | 11 01 25 |
| 8. CEULEMANS Kristin | 8.26 | 22 02 92 |
| 9. ROELS Ilse | 8.1 | 18 03 90 |
| 10. DAEMS Silke | 8.34 | 13 01 18 |

300 meter

| | | |
|------------------------|-------|----------|
| 1. NAGELS Rani | 40.04 | 12 02 12 |
| 2. VAN DEN BUYS Jitske | 44.76 | 28 12 24 |
| 3. SNIJDERS Loeka | 51.63 | 02 01 16 |

400 meter

| | | |
|-------------------------|--------------|-----------------|
| 1. NAGELS Rani | 56.51 | 29 01 12 |
| 2. ROELS Ilse | 59.46 | 17 02 91 |
| 3. WOUTERS Ine | 61.08 | 21 01 07 |
| 4. DE GREEF Nina | 61.27 | 17 01 26 |
| 5. LANDUYDT Ella | 64.99 | 28 12 03 |
| 6. VAN MENSEL Greet | 65.44 | 25 01 98 |
| 7. VANHOVE Kaat | 66.33 | 07 01 18 |
| 8. BELLENS Laurien | 68.16 | 18 01 15 |
| 9. VETS Caroline | 68.64 | 06 01 02 |
| HORREHORST Roos | 68.64 | 07 01 18 |

60m horden (0,762)

| | | |
|-------------------------------|-------------|-----------------|
| 1. DAEMS Silke | 9.25 | 04 02 18 |
| 2. KOZICKA Maya | 9.28 | 04 01 26 |
| 3. VAN DEN BUYS Jitske | 9.47 | 01 02 26 |
| 4. DE GREEF Nina | 9.51 | 04 01 26 |
| 5. DILS Camille | 9.57 | 07 03 10 |
| 6. DE PRIJCK Karen | 9.73 | 06 02 10 |
| 7. WUYTS Eva | 9.76 | 29 01 95 |
| 8. BUELENS Charlotte | 9.78 | 25 11 12 |
| 9. LANDTMETERS Pauline | 9.89 | 19 12 25 |
| 10. LANDTMETERS Anais | 10.09 | 16 02 25 |

hoog

| | | |
|----------------------------|-------------|-----------------|
| 1. DE PRINS Maud | 1.63 | 03 02 90 |
| 2. DE PRIJCK Karen | 1.61 | 07 03 10 |
| 3. DAEMS Silke | 1.58 | 16 12 17 |
| 4. NEUMANN Kira | 1.55 | 07 03 26 |
| 5. LANDTMETERS Anais | 1.50 | 11 01 25 |
| 6. REYNIERS Sally | 1.47 | 22 12 90 |
| 7. DIERKX Els | 1.45 | 18 12 94 |
| WILLEKENS Eline | 1.45 | 20 11 10 |
| LANDTMETERS Pauline | 1.45 | 17 01 26 |
| DE GREEF Nina | 1.45 | 01 02 26 |
| KOZICKA Maya | 1.45 | 22 02 26 |

hinkstap

| | | |
|------------------------|-------|----------|
| 1. DAEMS Silke | 11,48 | 21 01 18 |
| 2. VAN DEN BUYS Jitske | 10,41 | 11 01 25 |
| 3. DRIES Evie | 10,18 | 28 01 96 |
| 4. VAN HOYWEGHEN Joyce | 9,53 | 29 11 09 |
| 5. DILS Renee | 9,25 | 13 01 07 |
| 6. DE BRUIJN Severine | 8,92 | 13 01 07 |

kogel (3kg vanaf 2012)

| | | |
|-------------------------------|--------------|-----------------|
| 1. SAGON Julie | 11,95 | 22 01 12 |
| 2. KOZICKA Maya | 11,57 | 20 12 25 |
| 3. LANDTMETERS Anais | 10,86 | 17 11 24 |
| 4. DAEMS Silke | 10,04 | 04 02 18 |
| 5. AZZOUZ Yasmine | 9,81 | 15 01 17 |
| 6. LANDTMETERS Pauline | 9,59 | 01 02 26 |
| 7. VAN DEN BUYS Jitske | 9,49 | 01 02 26 |
| 8. DE GREEF Nina | 7,78 | 01 02 26 |

4 X 200 meter

| | | |
|---|---------|----------|
| 1. Helena WINTERS, Nina DE GREEF, Jitske VAN DEN BUYS, Liv ENGELS | 1.47.36 | 08 03 25 |
| 2. Louise WUYTS, Lauren MATTHYSEN, Jolien LODEWIJKS, Yinthe VAN REGENMORTEL | 1.53.49 | 26 02 23 |
| 3. Karen DE PRIJCK, Anouck DE BRUIJN, Camille DILS, Charlotte COENEGRACHT | 1.55.24 | 21 02 09 |

4 X 400 meter

| | | |
|---|----------------|-----------------|
| 1. Pauline LANDTMETERS, Nina DE GREEF, Jitske VAN DEN BUYS, Maya KOZICKA | 4.12.97 | 01 03 26 |
|---|----------------|-----------------|

| | | |
|-------------------------|--------------|-----------------|
| 1. NAGELS Rani | 25.45 | 08 01 12 |
| 2. WINTERS Helena | 25.72 | 07 01 24 |
| 3. WILLEMYNS Zoë | 25.79 | 14 01 23 |
| 4. ROELS Ilse | 26.49 | 27 01 91 |
| 5. SUY Ellen | 26.50 | 27 01 90 |
| 6. DE GREEF Nina | 26.91 | 20 12 25 |
| 7. ENGELS Liv | 27.02 | 19 01 25 |
| 8. CEULEMANS Kristin | 27.39 | 17 02 91 |
| 9. WUYTS Eva | 27.74 | 26 12 94 |
| 10. LANDUYDT Ella | 27.77 | 20 12 03 |

800 meter

| | | |
|-------------------------|----------------|-----------------|
| 1. NAGELS Rani | 2.12.74 | 18 02 12 |
| 2. KEGELEERS Ninte | 2.13.77 | 15 01 22 |
| 3. DEWICKERE Danielle | 2.20.47 | 27 01 08 |
| 4. BICKER Janne | 2.20.83 | 03 03 19 |
| 5. VAN DE VEL Sara | 2.21.48 | 17 01 10 |
| 6. OFFERGELD Elke | 2.21.81 | 25 01 98 |
| 7. HORREHORST Roos | 2.34.35 | 13 01 18 |
| 8. VANHOVE Kaat | 2.35.44 | 13 01 18 |
| 9. DAEMS Silke | 2.36.01 | 04 02 18 |
| 10. KOZICKA Maya | 2.36.37 | 22 02 26 |

1000 meter

| | | |
|-------------------------------|---------|----------|
| 1. DEWICKERE Danielle | 3.07.12 | 16 03 08 |
| 2. VAN DE VEL Sara | 3.11.56 | 23 01 10 |
| 3. Vandenlindenloof Charlotte | 3.14.30 | 25 02 17 |
| 4. HORREHORST Roos | 3.22.19 | 25 02 17 |
| 5. BELLENS Laurien | 3.27.02 | 14 02 15 |
| 6. BAETENS Sara | 3.31.21 | 25 02 17 |

ABES VZW
indoor

ver

| | | |
|--------------------------|-------------|-----------------|
| 1. WINTERS Helena | 5.65 | 16 02 25 |
| 2. CEULEMANS Kristin | 5.34 | 15 03 92 |
| KOZICKA Maya | 5.34 | 07 03 26 |
| 4. DAEMS Silke | 5.31 | 21 01 18 |
| 5. DE PRINS Maud | 4.92 | 10 12 89 |
| 6. VAN DEN BUYS Jitske | 4.89 | 16 02 25 |
| 7. LANDTMETERS Anais | 4.87 | 25 01 25 |
| 8. VAN HOYWEGHEN Joyce | 4.81 | 26 12 08 |
| 9. ROELS Ilse | 4.77 | 03 03 90 |
| 10. DE GREEF Nina | 4.75 | 01 02 26 |

polisstok

| | | |
|----------------------|------|----------|
| 1. DE PRIJCK Karen | 2.91 | 10 01 10 |
| 2. VAN EYNDHOVEN Els | 2.82 | 15 01 11 |
| 3. MASELIS Iris | 2.35 | 08 01 12 |

kogel (4kg tot 2012)

| | | |
|-----------------------|------|----------|
| 1. VERDUYN Isabelle | 8,61 | 03 01 10 |
| 2. DE BRUIJN Severine | 8,24 | 05 01 08 |
| 3. LANDUYDT Ella | 8,15 | 23 04 04 |
| 4. TEUGHEL Eline | 7,97 | 08 01 11 |
| 5. DE PRIJCK Karen | 6,92 | 06 02 10 |
| 6. VETS Karen | 5,96 | 19 02 00 |

5-kamp

| | | |
|-------------------------------|--------------|-----------------|
| 1. DAEMS Silke | 3310p | 04 02 18 |
| 2. KOZICKA Maya | 3199p | 22 02 26 |
| 3. VAN DEN BUYS Jitske | 2830p | 01 02 26 |
| 4. DE GREEF Nina | 2813p | 01 02 26 |
| 5. LANDTMETERS Pauline | 2619p | 01 02 26 |
| 6. LANDTMETERS Anais | 2604p | 25 01 25 |
| 7. DE PRIJCK Karen | 2585p | 06 02 10 |

Scholieren jongens:

60 meter

| | | |
|---------------------|------|----------|
| 1. SORTINO Jérémi | 7.07 | 07 03 10 |
| 2. NTI Anthony | 7.15 | 08 03 09 |
| 3. VERCRUYSE Carl | 7.18 | 30 01 00 |
| 4. BRIERS Kristof | 7.21 | 30 11 02 |
| 5. AKENZUA Neil | 7.24 | 14 02 10 |
| 6. JACOBS Joe | 7.27 | 05 01 19 |
| 7. HOOGEWIJS Johnny | 7.30 | 07 01 90 |
| 8. ROSIERS Peter | 7.40 | 07 03 93 |
| 9. BELIS Steven | 7.40 | 28 01 96 |
| 10. GODDEN Tom | 7.43 | 16 02 13 |

200 meter

| | | |
|--------------------------|-------|----------|
| 1. AKENZUA Neil | 22.65 | 07 03 10 |
| 2. BRIERS Kristof | 23.20 | 24 02 02 |
| 3. SORTINO Jeremi | 23.66 | 26 12 10 |
| 4. TIMMERMANS Koen | 23.74 | 23 02 03 |
| 5. HOOGEWIJS Johnny | 23.77 | 27 01 90 |
| 6. BOONEN Jannes | 23.78 | 12 01 13 |
| 7. ROSIERS Peter | 23.83 | 27 02 93 |
| 8. VERHOEVEN Peter | 23.92 | 13 02 92 |
| 9. V. MINNEBRUGGEN Egwin | 23.97 | 26 12 95 |
| 10. BOUCKAERT Jente | 24.12 | 23 12 06 |

300 meter

| | | |
|------------------------|-------|----------|
| 1. BOONEN Jannes | 36.62 | 23 02 13 |
| 2. AKENZUA Neil | 37.20 | 10 01 10 |
| 3. BERTELS Thomas | 38.55 | 26 12 07 |
| 4. VAN EYNDHOVEN Peter | 38.70 | 10 01 10 |
| 5. VAN REETH Vincent | 39.03 | 23 02 13 |
| 6. VERDUYN Arno | 39.43 | 23 02 13 |
| 7. MATTHYSSENS Steve | 40.35 | 10 01 10 |
| 8. TRUYENS Jarne | 42.58 | 27 12 25 |

1000 meter

| | | |
|-----------------------|---------|----------|
| 1. LEUNCKENS Ward | 2.43.87 | 02 01 16 |
| 2. BOONEN Jannes | 2.46.10 | 03 02 13 |
| 3. LIESENBORGHS Niels | 3.25.29 | 01 02 25 |
| 4. MEIRE Nio | 3.31.79 | 03 02 13 |

ver

| | | |
|---------------------|------|----------|
| 1. BRIERS Kristof | 6.45 | 02 03 02 |
| 2. PALINCKX David | 6.39 | 18 01 04 |
| 3. HOOGEWIJS Johnny | 6.26 | 07 01 90 |
| 4. DRIEGHE Davy | 6.25 | 18 02 95 |
| 5. EYCKMANS Fedde | 6.16 | 25 11 20 |
| 6. BOONEN Jannes | 6.13 | 02 02 13 |
| 7. BRACKE Roel | 6.12 | 19 02 00 |
| 8. BEULEN Peter | 6.10 | 13 01 91 |
| 9. JACOBS Joe | 6.10 | 13 01 19 |
| 10. BERTELS Thomas | 5.93 | 16 03 08 |

hoog

| | | |
|---------------------|------|----------|
| 1. VERDUYN Lennert | 1.90 | 03 03 19 |
| 2. BEULEN Peter | 1.90 | 13 01 91 |
| 3. DE HOON Stefan | 1.90 | 27 01 91 |
| 4. DE GREEF Mats | 1.77 | 07 01 24 |
| 5. BRACKE Roel | 1.75 | 19 02 00 |
| 6. HOOGEWIJS Johnny | 1.70 | 24 02 90 |
| 7. BOONEN Jannes | 1.70 | 03 02 13 |
| 8. VRIENS Arne | 1.70 | 05 01 14 |
| 9. SELS Louis | 1.67 | 03 01 10 |
| 10. VAN RIEL Luc | 1.65 | 28 11 87 |

poisstok

| | | |
|-----------------------|------|----------|
| 1. BOONEN Jannes | 3.70 | 22 12 12 |
| 2. RAMSDONCK Toon | 3.60 | 07 03 10 |
| 3. CRAEN Roel | 3.40 | 13 02 99 |
| 4. COENGRACHT Bob | 3.40 | 26 12 06 |
| 5. VAN CAMPFORT Jesse | 3.15 | 03 01 10 |
| 6. VAN RIEL Luc | 2.90 | 14 02 88 |
| 7. BEULEN Peter | 2.90 | 24 02 90 |
| 8. BROUX Sander | 2.60 | 15 01 06 |
| 9. DE JONGHE Kobe | 2.40 | 27 12 25 |

4 X 200 meter

| | | |
|---|---------|----------|
| 1. Anthony NTI, Anton TANGHE, Thomas BERTELS en Neil AKENZUA | 1.36.11 | 08 02 09 |
| 2. Tom GODDEN, Vincent VAN REETH, Arno VERDUYN en Jannes BOONEN | 1.37.80 | 16 02 13 |
| 3. Kobe DE JONGHE, Niels LIESENBORGHS, Mattis Janssens, Jens THEUNISSEN | 1.39.24 | 01 03 26 |
| 4. Emile SEGERS, Beau DEBULPAEP, Aico VERSCHUERE, Arne VRIENS | 1.43.35 | 11 01 14 |

4 X 400 meter

| | | |
|---|---------|----------|
| 1. Niels LIESENBORGHS, Nio MEIRE, Kobe DE JONGHE, Mattis JANSSENS | 4.05.53 | 01 03 26 |
|---|---------|----------|

60m horden (0.914m)

| | | |
|------------------------|------|----------|
| 1. DE GREEF Mats | 8.66 | 03 03 24 |
| 2. BOONEN Jannes | 8.76 | 03 02 13 |
| 3. EYCKMANS Fedde | 8.80 | 01 03 20 |
| 4. BELIS Steven | 9.05 | 28 01 96 |
| 5. JARVIS Tibo | 9.08 | 05 03 22 |
| 6. HOOGEWIJS Johnny | 9.1 | 28 01 90 |
| 7. VAN OOSTVELDT Oscar | 9.41 | 08 12 19 |
| 8. LIESENBORGHS Niels | 9.57 | 01 02 26 |
| 9. VERDUYN Lennert | 9.58 | 02 12 18 |
| 10. DE VOS Laurens | 9.75 | 03 01 15 |

400 meter

| | | |
|------------------------|-------|----------|
| 1. BOUCKAERT Joren | 51.15 | 07 02 10 |
| 2. BOUCKAERT Jente | 51.76 | 04 03 07 |
| 3. BOONEN Jannes | 51.86 | 03 03 13 |
| 4. FONTAINE Andy | 52.95 | 27 01 90 |
| 5. LEUE Louie | 53.23 | 24 01 16 |
| 6. BERTELS Thomas | 53.40 | 18 01 09 |
| 7. ROSIERS Peter | 53.46 | 10 01 93 |
| 8. HOOGEWIJS Johnny | 53.53 | 24 02 90 |
| 9. VAN EYNDHOVEN Peter | 53.74 | 17 01 10 |
| 10. MEEUSEN Dries | 54.00 | 22 01 12 |

800 meter

| | | |
|------------------------|---------|----------|
| 1. BOUCKAERT Joren | 1.57.89 | 21 02 10 |
| 2. LEUNCKENS Ward | 2.02.55 | 24 01 16 |
| 3. FONTAINE Andy | 2.02.6 | 18 03 90 |
| 4. STRUYF Thomas | 2.05.27 | 09 01 94 |
| 5. MASELIS Jonas | 2.05.81 | 23 01 11 |
| 6. THUIS Rob | 2.07.15 | 29 01 95 |
| 7. VAN DAMME Steven | 2.08.63 | 26 12 94 |
| 8. MATTHYSSENS Steve | 2.09.72 | 17 01 10 |
| 9. VAN OLMEN Kristof | 2.18.41 | 03 01 10 |
| 10. TIMMERMANS Thibaut | 2.19.56 | 21 12 02 |

hinkstap

| | | |
|-----------------------|-------|----------|
| 1. BOONEN Jannes | 13,80 | 03 03 13 |
| 2. DOUCOURE Abdallah | 12,99 | 03 02 90 |
| 3. AKENZUA Neil | 12,99 | 29 11 09 |
| 4. VALGAEREN Werther | 12,57 | 04 03 07 |
| 5. EYCKMANS Fedde | 12,53 | 19 01 20 |
| 6. JARVIS Tibo | 12,39 | 20 02 22 |
| 7. HOOGEWIJS Johnny | 12,30 | 28 12 89 |
| 8. LIESENBORGHS Niels | 12,12 | 07 03 26 |
| 9. DE HOON Stefan | 12,07 | 09 12 90 |
| 10. BERTELS Thomas | 11,62 | 07 12 08 |

ABES VZW

indoor

kogel

| | | |
|---------------------|-------|----------|
| 1. HAAZEN Stefaan | 14,15 | 23 02 03 |
| 2. BEULEN Peter | 12,06 | 03 03 90 |
| 3. BOONEN Jannes | 11,98 | 02 02 13 |
| 4. HOOGEWIJS Johnny | 11,95 | 24 02 90 |
| 5. BERTELS Thomas | 11,80 | 11 01 09 |
| 6. VAN HOOFF Stijn | 11,76 | 26 12 99 |
| 7. BERKMANS Taro | 11,72 | 11 01 20 |
| 8. DE CONINCK Peter | 11,59 | 06 03 88 |
| 9. VERDUYN Lennert | 11,52 | 05 01 19 |
| 10. SOMERS Geert | 11,17 | 03 12 94 |

viifkamp

| | | |
|-----------------------|-------|----------|
| 1. LIESENBORGHS Niels | 2493p | 01 02 26 |
| 2. MEIRE Nio | 2231p | 01 02 26 |

zevenkamp

| | | |
|------------------|-------|----------|
| 1. BOONEN Jannes | 4606p | 03 02 13 |
|------------------|-------|----------|

Juniors dames:

60 meter

| | | |
|--------------------------|-------------|-----------------|
| 1. WINTERS Helena | 7.68 | 04 01 26 |
| 2. DANIELS Rienske | 7.82 | 06 02 00 |
| 3. SUY Ellen | 7.6 | 06 12 92 |
| 4. WILLEMYSNS Zoë | 7.88 | 11 01 25 |
| 5. ENGELS Liv | 8.11 | 04 01 26 |
| 6. COENGRACHT Charlotte | 8.24 | 08 01 11 |
| 7. ROELS Ilse | 8.29 | 04 01 92 |
| 8. CEULEMANS Kristin | 8.33 | 20 12 92 |
| 9. SUY Jorinde | 8.35 | 23 02 97 |
| 10. BUELENS Charlotte | 8.37 | 23 11 14 |

400 meter

| | | |
|-----------------------|-------|----------|
| 1. DEWICKERE Danielle | 64.52 | 09 03 09 |
| 2. VAN MENSEL Greet | 65.35 | 28 01 01 |
| 3. VANHOVE Kaat | 67.42 | 05 01 19 |
| 4. VANLEENE Veerie | 72.31 | 26 12 94 |

50 meter

| | | |
|-------------------------|------|----------|
| 1. COENGRACHT Charlotte | 7.13 | 14 12 10 |
| 2. DILS Renee | 7.69 | 15 12 09 |

60m horden (0.84m)

| | | |
|-----------------------------|--------------|-----------------|
| 1. ENGELS Liv | 9.59 | 19 12 25 |
| 2. DAEMS Silke | 9.71 | 02 02 20 |
| 3. BUELENS Charlotte | 9.83 | 23 11 14 |
| 4. DE PRUJCK Karen | 9.84 | 26 02 11 |
| 5. DILS Camille | 10.00 | 30 01 11 |
| 6. LANDTMETERS Anaïs | 10.68 | 22 02 26 |
| 7. DILS Renee | 10.77 | 11 01 09 |

ver

| | | |
|-----------------------------|-------------|-----------------|
| 1. WINTERS Helena | 5.68 | 17 01 26 |
| 2. DAEMS Silke | 5.12 | 02 02 20 |
| 3. DE PRUJCK Karen | 5.05 | 27 02 11 |
| 4. CEULEMANS Kristin | 5.04 | 12 12 92 |
| 5. LANDTMETERS Anaïs | 4.95 | 19 12 95 |
| 6. DILS Camille | 4.91 | 08 01 11 |
| 7. SUY Ellen | 4.77 | 06 12 92 |
| 8. LEEEMANS Elke | 4.58 | 22 03 86 |
| 9. LOVENIERS Heidi | 4.50 | 09 03 86 |
| 10. DIERCKX Els | 4.38 | 21 01 96 |

hinkstap

| | | |
|----------------|-------|----------|
| 1. DAEMS Silke | 11,11 | 26 01 20 |
|----------------|-------|----------|

Juniors heren:

60 meter

| | | |
|----------------------|------|----------|
| 1. NTT Anthony | 6.93 | 07 03 10 |
| 2. THYS Wim | 7.07 | 21 01 96 |
| 3. SORTINO Jeremi | 7.14 | 29 01 12 |
| 4. CORNELIS Rudy | 7.18 | 10 01 88 |
| 5. BRIERS Kristof | 7.23 | 28 11 04 |
| 6. VAN ASSCHE Peter | 7.24 | 27 12 97 |
| 7. VAN ROMPAEY Peter | 7.27 | 06 02 94 |
| 8. BOONEN Jannes | 7.27 | 31 01 15 |
| 9. JACOBS Joe | 7.30 | 12 01 20 |
| 10. MARIËN Jarne | 7.31 | 07 01 23 |

300 meter

| | | |
|------------------|-------|----------|
| 1. BOONEN Jannes | 35.26 | 14 02 15 |
| 2. LEUE Louie | 35.52 | 29 12 18 |

400 meter

| | | |
|--|-------|----------------------|
| 1. BOONEN Jannes | 49.64 | 21 02 15 |
| 2. BOUCKAERT Joren | 49.74 | 29 01 12 |
| 3. BOUCKAERT Jente | 50.76 | 17 02 08 |
| 4. LEUE Louie | 50.90 | 28 01 18 |
| 5. V.MINNEBRUGGEN Egwin | 51.62 | 27 12 97 |
| 6. VAN EYNDHOVEN Peter | 52.52 | 08 01 11 |
| 7. DE GREEF Mats | 53.34 | 16 02 25 |
| 8. BEULEN Peter | 54.49 | 30 01 93 |
| 9. VAN REETH Vincent | 55.27 | 26 12 13 |
| 10. DRIEGHE Davy TIMMERMANS Thibaut | 55.76 | 22 12 96 04 03 06 |

1000 meter

| | | |
|------------------------|---------|----------|
| 1. BOONEN Jannes | 2.41.00 | 02 02 14 |
| 2. VAN EYNDHOVEN Peter | 2.42.78 | 11 02 12 |

1500 meter

| | | |
|------------------------|---------|----------|
| 1. VAN EYNDHOVEN Peter | 4.19.41 | 17 12 11 |
| 2. ROSIERS Johan | 5.06.5 | 04 01 92 |

ver

| | | |
|-------------------------|------|----------|
| 1. BOONEN Jannes | 6.79 | 31 01 15 |
| 2. DE HOON Stefan | 6.71 | 03 01 93 |
| 3. BRACKE Roel | 6.54 | 04 03 01 |
| 4. JACOBS Joe | 6.43 | 12 01 20 |
| 5. HOOGEWIJS Johnny | 6.09 | 22 12 91 |
| 6. BEULEN Peter | 6.03 | 15 03 92 |
| 7. MARIËN Jarne | 6.01 | 19 02 23 |
| 8. VAN KOEVERINGE Alain | 5.95 | 10 12 89 |
| 9. BERTELS Thomas | 5.94 | 11 12 10 |
| 10. VAN ROMPAEY Peter | 5.85 | 27 02 94 |

kogel (6.000 kg)

| | | |
|---------------------|-------|----------|
| 1. HAAZEN Stefaan | 12.86 | 21 12 04 |
| 2. BOONEN Jannes | 11.96 | 31 01 15 |
| 3. BEULEN Peter | 11.79 | 30 01 93 |
| 4. VERDUYN Lennert | 11.74 | 24 11 19 |
| 5. DE CONINCK Peter | 11.59 | 12 03 89 |
| 6. DE HOON Stefan | 10.64 | 16 01 93 |
| 7. PONNET Hans | 10.50 | 26 01 94 |
| 8. DENECKERE Wout | 9.58 | 28 12 03 |

200 meter

| | | |
|------------------------|-------|----------|
| 1. DANIELS Rienske | 25.01 | 06 02 00 |
| 2. WILLEMYSNS Zoë | 25.54 | 30 12 23 |
| 3. LANDUYDT Ella | 27.15 | 15 01 06 |
| 4. CEULEMANS Kristin | 27.79 | 11 12 93 |
| 5. VAN AERSCHOT Riet | 28.33 | 11 02 23 |
| 6. BOEYE Stien | 28.48 | 21 03 10 |
| 7. VANHOVE Kaat | 29.04 | 22 02 20 |
| 8. DILS Renee | 29.41 | 03 01 09 |
| 9. BELLENS Laurien | 30.34 | 16 01 16 |
| 10. DE BRUIJN Severine | 30.34 | 27 12 08 |

800 meter

| | | |
|-----------------------------|----------------|-----------------|
| 1. OFFERGELD Kim | 2.17.59 | 11 01 98 |
| 2. VANDENLINDENLOOF Margot | 2.23.53 | 07 02 14 |
| 3. V.D. BROECK Kalleen | 2.26.9 | 18 03 90 |
| 4. WOUTERS Ine | 2.27.43 | 13 01 08 |
| 5. BELLENS Laurien | 2.32.25 | 27 02 16 |
| 6. DAEMS Silke | 2.39.98 | 02 02 20 |
| 7. HORREVORST Roos | 2.41.21 | 05 01 19 |
| 8. VANLEENE Veerie | 3.02.00 | 26 12 95 |
| 9. LANDTMETERS Anaïs | 3.10.36 | 22 02 26 |

1500 meter

| | | |
|------------------|---------|----------|
| 1. OFFERGELD Kim | 4.33.30 | 01 02 98 |
|------------------|---------|----------|

hoog

| | | |
|-----------------------------|-------------|-----------------|
| 1. DE PRUJCK Karen | 1.65 | 13 02 11 |
| 2. DAEMS Silke | 1.55 | 02 02 20 |
| 3. LANDTMETERS Anaïs | 1.50 | 04 01 26 |
| 4. LOVENIERS Heidi | 1.45 | 01 03 86 |
| 5. GOOSSENS Annechien | 1.40 | 10 12 14 |
| 6. REYNIERS Sally | 1.35 | 19 12 93 |
| ZWINNEN Sarah | 1.35 | 06 01 01 |

polssnok

| | | | |
|----------------------|------|----------|----------|
| 1. VAN EYNDHOVEN Els | 3,02 | 23 02 13 | ABES VZW |
| 2. DE PRUJCK Karen | 2,57 | 11 02 12 | indoor |

kogel (4kg)

| | | |
|-----------------------------|-------------|-----------------|
| 1. DAEMS Silke | 10.55 | 24 11 19 |
| 2. DIERCKX Els | 10.36 | 15 12 96 |
| 3. SUY Ellen | 9.24 | 01 03 93 |
| 4. LANDTMETERS Anaïs | 8.98 | 20 12 25 |
| 5. AZZOUZ Yasmine | 8.48 | 07 01 18 |
| 6. VERDUYN Isabelle | 8.30 | 08 01 12 |
| 7. VAN OPSTAL Kristin | 7.52 | 21 01 96 |

5-kamp

| | | |
|-----------------------------|--------------|-----------------|
| 1. DAEMS Silke | 3146p | 02 02 20 |
| 2. LANDTMETERS Anaïs | 2286p | 22 02 26 |

200 meter

| | | |
|-------------------------|-------|----------|
| 1. BOONEN Jannes | 22.35 | 07 03 15 |
| 2. AKENZUA Neil | 22.37 | 03 03 12 |
| 3. THYS Wim | 22.44 | 24 02 96 |
| 4. MARIËN Jarne | 22.94 | 05 03 23 |
| 5. DE HOON Stefan | 23.25 | 30 01 93 |
| 6. VAN ASSCHE Peter | 23.54 | 27 12 97 |
| 7. CORNELIS Rudy | 23.55 | 10 01 88 |
| 8. V.MINNEBRUGGEN Egwin | 23.95 | 22 12 96 |
| 9. VAN REETH Vincent | 24.00 | 07 02 14 |
| 10. VERHOEVEN Peter | 24.06 | 26 12 94 |

800 meter

| | | |
|-------------------------|---------|----------|
| 1. BOUCKAERT Joren | 1.52.56 | 13 02 11 |
| 2. DE WIT Ben | 1.56.65 | 19 01 97 |
| 3. VAN EYNDHOVEN Peter | 2.01.06 | 26 02 12 |
| 4. HENDRIX Flor | 2.06.97 | 07 01 23 |
| 5. HORREVORST Kris | 2.07.1 | 18 03 90 |
| 6. THYS Rob | 2.10.59 | 26 12 95 |
| 7. VAN KOEVERINGE Alain | 2.15.3 | 18 03 90 |

60m horden (0.99m)

| | | |
|-------------------|------|----------|
| 1. BOONEN Jannes | 8.64 | 28 12 14 |
| 2. EYCKMANS Fedde | 8.86 | 12 03 22 |
| 3. DE GREEF Mats | 8.90 | 16 21 25 |
| 4. JARVIS Tibo | 9.02 | 17 12 22 |
| 5. LOOTS Pascal | 10.9 | 13 02 83 |

1mijl

| | | |
|------------------------|---------|----------|
| 1. VAN EYNDHOVEN Peter | 4.42.69 | 26 12 11 |
|------------------------|---------|----------|

3000 meter

| | | |
|------------------------|----------|----------|
| 1. VAN EYNDHOVEN Peter | 9.56.49 | 29 01 12 |
| 2. KERREMANS Ben | 10.19.99 | 11 12 10 |

hinkstap

| | | |
|-----------------------|-------|----------|
| 1. BOONEN Jannes | 14.22 | 15 02 14 |
| 2. EYCKMANS Fedde | 13.55 | 12 03 22 |
| 3. DE HOON Stefan | 12.72 | 22 12 91 |
| 4. JARVIS Tibo | 12.71 | 05 03 23 |
| 5. DILS Nortwin | 12.02 | 28 01 90 |
| 6. V.MINNEBRUGGEN Tim | 11.63 | 11 12 94 |
| 7. BEULEN Peter | 10.58 | 22 12 91 |

hoog

| | | |
|--------------------|------|----------|
| 1. BOONEN Jannes | 1.93 | 06 02 15 |
| 2. DE HOON Stefan | 1.92 | 15 03 92 |
| 3. LOOTS Pascal | 1.91 | 13 02 83 |
| 4. VERDUYN Lennert | 1.89 | 05 01 20 |
| 5. BEULEN Peter | 1.86 | 15 03 92 |
| 5. VRIENS Arne | 1.82 | 03 01 15 |
| 6. BRACKE Roel | 1.80 | 04 03 01 |
| 7. DE GREEF Mats | 1.80 | 02 03 25 |
| 8. DILS Nortwin | 1.70 | 19 11 89 |

polssnok

| | | |
|------------------|------|----------|
| 1. BOONEN Jannes | 4,10 | 01 02 15 |
| 2. CRAEN Roel | 3,90 | 20 01 01 |

| | | | | | |
|-------------------|-------|----------|-----------------------|------|----------|
| 9. BRIERS Kristof | 9,55 | 14 03 04 | 3. VAN CAMPFORT Jesse | 3,80 | 03 03 12 |
| <u>7-kamp</u> | | | 4. DELHEM Jef | 3,40 | 17 12 06 |
| 1. BOONEN Jannes | 5119p | 01 02 15 | 5. BEULEN Peter | 3,10 | 08 02 92 |
| | | | 6. DE HOON Stefan | 2,50 | 08 02 92 |

INDOOR : alle categorieën dames

 ABES VZW
 indoor

| | | | | | | | |
|--|----------------|-----------------|------------|---|----------------|-----------------|------------|
| 60 meter | | | | 200 meter | | | |
| 1. WINTERS Helena | 7.60 | 25 01 26 | JUN | 1. GHARAFI Yasmine | 24.90 | 29 01 12 | |
| 2. GHARAFI Yasmine | 7.70 | 27 02 12 | | 2. DANIELS Rienske* | 25.01 | 06 02 00 | JUN |
| 3. SUY Ellen | 7.72 | 18 12 94 | | 3. WILLEMYSNs Zoë | 25.34 | 25 01 26 | |
| 4. NAGELS Rani | 7.76 | 29 01 12 | SCH | 4. NAGELS Rani | 25.45 | 08 01 12 | SCH |
| 5. ROYAKKERS Sandra* | 7.79 | 06 02 00 | | 5. WINTERS Helena | 25.65 | 04 03 23 | CAD |
| 6. DANIELS Rienske* | 7.82 | 06 02 00 | JUN | 6. ROELS Ilse | 26.03 | 24 02 96 | |
| 7. WILLEMYSNs Zoë | 7.85 | 31 01 26 | | 7. SUY Ellen | 26.50 | 27 01 90 | SCH |
| 8. FAITH Wiwa | 7.98 | 07 02 26 | | 8. DE WITTE Rehka | 26.77 | 22 12 96 | CAD |
| 9. LEQUESNE Marijke | 8.02 | 02 02 02 | CAD | 9. LANDUYT Ella | 26.85 | 24 02 02 | CAD |
| 10. ENGELS Liv | 8.11 | 04 01 26 | JUN | 10. DE GREEF Nina | 26.91 | 20 12 25 | SCH |
| 60m horden (0.84 meter) | | | | 300 meter | | | |
| 1. DE PRIJCK Karen | 9.15 | 25 01 15 | | 1. NAGELS Rani | 40.04 | 11 02 12 | SCH |
| 2. DAEMS Silke | 9.27 | 22 02 26 | | 2. VAN DEN BUYS Jitske | 44.76 | 28 12 24 | SCH |
| 3. ENGELS Liv | 9.28 | 25 01 26 | JUN | 3. WILLEMYSNs Zoë | 45.45 | 28 12 19 | CAD |
| 4. BUELENS Charlotte | 9.83 | 23 11 14 | JUN | 4. LUYCKX Tilly | 46.76 | 28 12 13 | MAS |
| 5. DILS Camille | 10.00 | 30 01 11 | JUN | 5. VAN EYNDHOVEN Els | 47.09 | 10 01 10 | CAD |
| 6. DILS Renee | 10.77 | 11 01 09 | JUN | 6. VAN HOYWEGHEN Joyce | 49.02 | 26 12 06 | CAD |
| 7. LOSTRIE Anne | 11.5 | 23 12 95 | MAS | 7. VERBRUGGEN Rosanne | 50.12 | 27 12 25 | |
| 8. REYNIERS Sally | 11.8 | 23 12 96 | | 8. HORREVORST Noor | 50.35 | 23 02 19 | CAD |
| 9. CAMMAERTS An | 12.14 | 10 02 13 | MAS | 9. LANDTMETERS Pauline | 50.75 | 04 12 22 | MIN |
| 10. CEULEMANS Monique | 12.2 | 23 12 95 | MAS | 10. CAMMAERTS An | 50.77 | 11 02 12 | MAS |
| 400 meter | | | | 800 meter | | | |
| 1. NAGELS Rani | 56.51 | 29 01 12 | SCH | 1. NAGELS Rani | 2.12.74 | 19 02 12 | SCH |
| 2. ROELS Ilse | 59.46 | 17 02 91 | SCH | 2. KEGELEERS Ninte | 2.13.77 | 15 01 22 | SCH |
| 3. DAEMS Silke | 60.44 | 24 02 23 | | 3. OFFERGELD Kim | 2.17.59 | 11 01 98 | JUN |
| 4. WOUTERS Ine | 61.08 | 21 01 07 | SCH | 4. DEWICKERE Danielle | 2.20.47 | 27 01 08 | SCH |
| 5. DEWICKERE Danielle | 64.52 | 07 03 09 | JUN | 5. BICKER Janne | 2.20.83 | 03 03 19 | SCH |
| 6. LANDUYDT Ella | 64.99 | 28 01 03 | SCH | 6. VAN DE VEL Sara | 2.21.48 | 17 01 10 | SCH |
| 7. VAN MENSEL Greet | 65.35 | 28 01 01 | JUN | 7. OFFERGELD Elke | 2.21.81 | 25 01 98 | SCH |
| 8. LUYCKX Tilly | 65.74 | 03 01 15 | MAS | 8. VANDENLINDENLOOF Margot | 2.23.53 | 07 02 14 | JUN |
| 9. VANHOVE Kaat | 66.33 | 07 01 18 | SCH | 9. LUYCKX Tilly | 2.24.97 | 10 01 16 | MAS |
| 10. VANHOVE Noor | 66.68 | 20 01 19 | CAD | 10. BELLENS Laurien | 2.26.98 | 03 03 19 | |
| 1000 meter | | | | 600 meter | | | |
| 1. BELLENS Laurien | 3.06.40 | 01 02 20 | | 1. LUYCKX Tilly | 1.45.05 | 03 02 13 | MAS |
| 2. DEWICKERE Danielle | 3.07.12 | 16 03 08 | SCH | 1500 meter | | | |
| 3. BICKER Janne | 3.08.17 | 25 02 17 | CAD | 1. OFFERGELD Kim | 4.33.30 | 01 02 98 | JUN |
| 4. LUYCKX Tilly | 3.09.70 | 02 01 16 | MAS | 2. BELLENS Laurien | 4.56.19 | 26 01 20 | MAS |
| 5. VAN DE VEL Sara | 3.11.56 | 23 01 10 | SCH | 3. LUYCKX Tilly | 5.45.66 | 08 03 20 | MAS |
| 6. Vandenlindenloof Charlotte | 3.14.30 | 25 02 17 | SCH | mijl | | | |
| 7. WOUTERS Ine | 3.17.85 | 14 02 15 | | 1. BELLENS Laurien | 5.55.89 | 26 12 17 | |
| 8. KEGELEERS Ninte | 3.19.06 | 10 02 19 | MIN | hinkstap | | | |
| 9. HORREVORST Roos | 3.22.19 | 25 02 17 | SCH | 1. DAEMS Silke | 11.77 | 04 01 26 | |
| 10. MASELIS Amber | 3.28.98 | 17 12 11 | MIN | 2. DRIES Evie | 10.18 | 28 01 96 | SCH |
| ver | | | | 3. DE CEULAER Stephanie | 10.17 | 28 12 15 | |
| 1. WINTERS Helena | 5.68 | 17 01 26 | JUN | 4. SUY Ellen | 10.01 | 13 02 94 | |
| 2. DAEMS Silke | 5.66 | 11 01 25 | | 5. VAN HOYWEGHEN Joyce | 9.69 | 21 01 07 | CAD |
| 3. DE PRIJCK Karen | 5.45 | 15 02 15 | | 6. DE SCHRUYVER Evelyne | 9.65 | 07 01 18 | |
| 4. CEULEMANS Kristin | 5.37 | 27 10 90 | CAD | 7. DE BRUIJN Severine | 9.49 | 22 01 06 | CAD |
| 5. KOZICKA Maya | 5.34 | 07 03 26 | SCH | 8. DILS Renee | 9.46 | 27 11 05 | CAD |
| 6. SUY Ellen | 4.98 | 03 12 94 | | 9. BASTIAENS Valerie | 9.45 | 04 01 26 | MAS |
| 7. LANDTMETERS Anaïs | 4.95 | 19 12 25 | JUN | 10. DILS Camille | 8.80 | 03 12 06 | CAD |
| 8. DE PRINS Maud | 4.92 | 10 12 89 | SCH | polisstok | | | |
| 9. DILS Camille | 4.91 | 08 01 11 | JUN | 1. VAN EYNDHOVEN Els | 3.02 | 23 02 13 | JUN |
| 10. VAN HOYWEGHEN Joyce | 4.89 | 03 02 08 | CAD | 2. KOCKELBERGH Ine | 2.95 | 03 01 09 | |
| VAN DEN BUYS Jitske | 4.89 | 16 02 25 | SCH | 3. DE PRIJCK Karen | 2.91 | 10 01 10 | SCH |
| hoog | | | | 4. MASELIS Iris | 2.35 | 03 01 10 | CAD |
| 1. DE PRIJCK Karen | 1.70 | 20 12 14 | | 5. CAMMAERTS An | 2.20 | 20 12 08 | MAS |
| 2. ROYAKKERS Sandra * | 1.68 | 06 02 00 | | 6. VAN HOYWEGHEN Joyce | 2.01 | 04 03 06 | MIN |
| 3. DE PRINS Maud | 1.63 | 03 02 90 | SCH | 7. BONGERS Yara | 1.80 | 05 01 14 | CAD |
| 4. DAEMS Silke | 1.58 | 16 12 17 | SCH | kogel (4kg) | | | |
| 5. BASTIAENS Valerie | 1.55 | 15 02 25 | | 1. DAEMS Silke | 11.29 | 22 02 26 | |
| 6. NEUMANN Kira | 1.55 | 07 03 26 | SCH | 2. LOSTRIE Anne | 10.53 | 11 02 96 | MAS |
| 7. DE VLEGELAER Jill | 1.52 | 18 11 18 | MIN | 3. DIERCKX Els | 10.36 | 15 12 96 | JUN |
| WALCKIERS Annelies | 1.50 | 19 02 17 | | 4. BLOCK Martine | 10.08 | 12 03 94 | MAS |
| KOCKELBERGH Ine | 1.50 | 01 02 09 | | 5. SUY Ellen | 9.24 | 01 03 93 | JUN |
| 10. LANDTMETERS Anaïs | 1.50 | 11 01 25 | SCH | 6. DE SCHRUYVER Evelyne | 9.24 | 24 11 19 | |
| driekamp | | | | 7. MERTENS Linda | 9.10 | 22 01 94 | |
| 1. DE SCHRUYVER Evelyne | 1392p | 05 02 16 | | 8. LANDTMETERS Anaïs | 8.98 | 20 12 25 | |
| 2. DE CEULAER Stephanie | 1300p | 06 02 15 | | 9. DE DECKERS Anne | 8.66 | 28 12 85 | |
| vijfkamp | | | | 10. VERDUYN Isabelle | 8.61 | 03 01 10 | SCH |
| 1. DAEMS Silke | 3513p | 22 02 26 | | 50 m Horden indoor | | | |
| 2. KOZICKA Maya | 3199p | 22 02 26 | SCH | 1. DE PRIJCK Karen | 8.11 | 09 12 14 | |
| 3. DE PRIJCK Karen | 2585p | 06 02 10 | SCH | 50 meter | | | |
| 4. DE GREEF Nina | 2559p | 10 02 24 | CAD | 1. GHARAFI Yasmine | 6.60 | 13 12 11 | |
| 5. LANDTMETERS Anaïs | 2286p | 22 02 26 | JUN | 2. COENEGRACHT Charlotte | 7.09 | 13 12 11 | |
| 6. LANDTMETERS Pauline | 2096p | 04 02 24 | CAD | 3. DE PRIJCK Karen | 7.22 | 09 12 14 | |
| 7. REYNIERS Sally | 1755p | 23 12 95 | | 4. DE SCHRUYVER Evelyne | 7.64 | 09 12 14 | |
| 4 X 200 meter | | | | 5. DILS Renee | 7.69 | 15 12 09 | JUN |
| 1. Helena WINTERS, Nina DE GREEF, Jitske VAN DEN BUYS, Liv ENGELS | 1.47.36 | 08 03 25 | SCH | 4 X 400 meter | | | |
| 2. Louise WUYTS, Lauren MATTHYSEN, Jolien LODEWIJKS, Yinthe VAN REGENMORTEL | 1.53.49 | 26 02 23 | SCH | 1. Pauline LANDTMETERS, Nina DE GREEF, Jitske VAN DEN BUYS, Maya KOZICKA | 4.12.97 | 01 03 26 | SCH |
| 3. Jitske VAN DEN BUYS, Rosanne VERBRUGGEN, Anaïs LANDTMETERS, Liv ENGELS | 1.54.69 | 01 03 36 | | 2. Liv ENGELS, Nina DE GREEF, Jitske VAN DEN BUYS, Silke DAEMS | 4.16.78 | 08 03 25 | |
| 4. Karen DE PRIJCK, Anouck DE BRUIJN, Camille DILS, Charlotte COENEGRACHT | 1.55.24 | 21 02 09 | SCH | 3. Nina DE GREEF, Pauline LANDTMETERS, Jitske VAN DEN BUYS, Silke DAEMS | 4.18.71 | 25 02 24 | |
| 5. Silke DAEMS, Jill DE VLEGELAER, Ninte KEGELEERS, Evelyne DE SCHRUYVER | 1.55.58 | 11 01 20 | | 4. Sara BAETENS, Silke DAEMS, Evelyne DE SCHRUYVER, Charlotte VANDENLINDENLOOF | 4.25.23 | 05 03 22 | |
| 6. Emma MARCKX, HORREVORST Roos, Evelyne DE SCHRUYVER, Kaat VANHOVE | 1.59.99 | 13 01 18 | | | | | |
| 7. Jill DE VLEGELAER, Zoë WILLEMIJNS, Louise WUYTS, Ninte KEGELEERS | 2.00.09 | 12 01 19 | MIN | | | | |
| 8. Lauryne VANDERHAEGHEN, Jitske VAN DEN BUYS, Milou BOERJAN, Nina DE GREEF | 2.00.19 | 05 03 22 | MIN | | | | |
| 9. Lauryne VANDERHAEGHEN, Jitske VAN DEN BUYS, Jolien LENIE, Nina DE GREEF | 2.01.27 | 26 02 23 | CAD | | | | |
| 10. Amelie TAMBA, Pauline LANDTMETERS, Noa TORFS, Eline THYS | 2.01.48 | 26 02 23 | MIN | | | | |

INDOOR : alle categorieën heren

50 meter

| | | |
|--------------------|-------------|-----------------|
| 1. THYS Wim | 5.91 | 07 12 99 |
| 2. BRIERS Kristof | 6.09 | 19 12 06 |
| 3. HUYBRECHTS Tuur | 6.49 | 24 01 25 |
| 4. NINI Mario | 7.12 | 24 01 25 MIN |
| 5. DE KEYZER Bob | 7.82 | 24 01 25 PUP |
| 6. HOFMAN Kobe | 8.03 | 24 01 25 PUP |
| 7. SCHOOFS Teo | 8.06 | 24 01 25 PUP |
| 8. VERHENNE Cas | 8.55 | 24 01 25 PUP |

60 meter

| | | |
|----------------------|------|--------------|
| 1. THYS Wim | 6.79 | 28 01 01 |
| 2. NTI Anthony | 6.93 | 06 03 10 JUN |
| 3. BRIERS Kristof | 6.97 | 03 02 07 |
| 4. VAN ROMPAEY Peter | 7.05 | 27 12 98 |
| BOONEN Jannes | 7.05 | 04 02 17 |
| 6. SORTINO Jérémi | 7.07 | 07 03 10 SCH |
| 7. NWOBODO David | 7.13 | 19 01 97 |
| 8. CORNELIS Rudy | 7.18 | 10 01 88 JUN |
| VERCRUYSSSE Carl | 7.18 | 30 01 00 SCH |
| 10. DE HOON Stefan | 7.19 | 28 11 93 |

60m horden (1,067m)

| | | |
|-------------------|-------------|-----------------|
| 1. BOONEN Jannes | | 07 01 23 |
| 2. EYCKMANS Fedde | 8.71 | 26 12 25 |
| 3. CORNELIS Ben | 9.00 | 23 02 25 |
| 4. HAVERHALS Jan | 8.22 | 19 02 00 |
| 5. THYS Rob | 9.51 | 13 01 19 MAS |
| 6. LOOTS Pascal | 10.3 | 26 02 84 |
| 7. STIENEN Henri | 12.50 | 25 02 07 MAS |
| 8. JANSSENS Bert | 16.1 | 23 12 95 |

400 meter

| | | |
|-------------------------|-------|--------------|
| 1. KAHAN Nathan | 48.50 | 26 01 97 |
| 2. BOONEN Jannes | 49.64 | 21 02 15 JUN |
| 3. GOEVAERTS Roel | 49.67 | 03 01 98 |
| 4. BOUCKAERT Joren | 49.74 | 29 01 12 JUN |
| 5. DE WIT Ben | 49.75 | 14 02 99 |
| 6. LEUE Louie | 50.01 | 05 03 22 |
| 7. V.MINNEBRUGGEN Egwin | 50.35 | 27 01 02 |
| 8. BOUCKAERT Jenle | 50.76 | 17 12 08 JUN |
| 9. NWOBODO David | 50.82 | 01 02 98 |
| 10. VERREPT Nick | 51.10 | 17 02 02 |

1000 meter

| | | |
|------------------------|---------|--------------|
| 1. BOONEN Jannes | 2.35.18 | 04 02 18 |
| 2. VAN EYNDHOVEN Peter | 2.42.78 | 11 02 12 JUN |
| 3. LEUNCKENS Ward | 2.43.87 | 02 01 16 SCH |
| 4. RONDAS Tom | 2.44.72 | 17 12 06 |
| 5. BERTELS Brecht | 2.46.95 | 15 03 09 CAD |
| 6. THYS Rob | 2.48.71 | 03 02 19 MAS |
| 7. MASELIS Jonas | 2.51.57 | 23 01 10 CAD |
| 8. STIENEN Henri | 2.51.58 | 17 12 06 MAS |
| 9. CORNELIS Ben | 2.54.39 | 09 02 25 |
| 10. DECLERCK Peter | 2.58.95 | 02 01 16 MAS |

1 mijl

| | | |
|------------------------|---------|--------------|
| 1. VAN EYNDHOVEN Peter | 4.42.69 | 26 12 11 JUN |
| 2. RONDAS Tom | 4.51.45 | 26 12 07 |
| 3. STIENEN Henri | 5.03.34 | 26 12 06 MAS |
| 4. DECLERCK Peter | 5.07.08 | 26 12 15 MAS |

3000 meter

| | | |
|------------------------|----------|--------------|
| 1. SABBE Kris | 8.25.07 | 06 02 00 |
| 2. SOETEWY Patrick | 8.46.09 | 24 01 93 |
| 3. VAN TICHELDT Dirk | 8.55.77 | 30 12 92 |
| 4. KENNIS Kevin | 9.39.02 | 26 12 22 |
| 5. KENNIS Kevin | 9.44.07 | 26 12 23 |
| 6. VAN EYNDHOVEN Peter | 9.56.49 | 29 01 12 JUN |
| 7. KERREMANS Ben | 10.19.99 | 11 12 10 JUN |
| 8. STIENEN Henri | 10.25.15 | 28 01 07 MAS |

ver

| | | |
|-------------------|-------------|-----------------|
| 1. BOONEN Jannes | 7.18 | 15 01 17 |
| 2. BRIERS Kristof | 6.73 | 19 03 06 |
| 3. DE HOON Stefan | 6.71 | 03 01 93 JUN |
| 4. BRACKE Roel | 6.65 | 07 12 02 JUN |
| 5. JACOBS Joe | 6.43 | 12 01 20 JUN |
| 6. PALINCKX David | 6.39 | 18 01 04 SCH |
| 7. GRAUS Igor | 6.37 | 10 01 88 |
| 8. EYCKMANS Fedde | 6.36 | 19 12 25 |
| 9. BEULEN Peter | 6.29 | 03 12 94 |
| 10. LOOTS Pascal | 6.27 | 11 03 84 |

hoog

| | | |
|--------------------|------|--------------|
| 1. DE HOON Stefan | 1.96 | 17 12 95 |
| 2. LEMMENS Koen | 1.95 | 27 01 02 |
| 3. BOONEN Jannes | 1.93 | 06 02 15 JUN |
| 4. LOOTS Pascal | 1.91 | 13 02 83 JUN |
| 5. BEULEN Peter | 1.90 | 13 01 91 SCH |
| VERDUYN Lennert | 1.90 | 03 03 19 SCH |
| 7. PONNET Hans | 1.85 | 18 12 95 |
| VRIENS Arne | 1.85 | 03 01 15 |
| 8. BRACKE Roel | 1.80 | 04 03 01 JUN |
| 10. PALINCKX David | 1.77 | 07 12 02 CAD |

4 X 200 meter

| | | |
|---|----------------|---------------------|
| 1. Anthony NTI, Anton TANGHE, Thomas BERTELS, Neil AKENZUA | 1.36.11 | 08 02 09 SCH |
| 2. Nand VAN REGENMORTEL, Tuur HUYRECHTS, Wim MAERVOET, Wannas DAELEMANS | 1.36.96 | 01 03 26 |
| 3. Tom GODDEN, Vincent VAN REETH, Arno VERDUYN en Jannes BOONEN | 1.37.80 | 16 02 13 SCH |
| 4. Kobe DE JONGHE, Niels LIESENBOGHES, Mattis Janssens, Jens THEUNISSEN | 1.39.24 | 01 03 26 SCH |
| 5. Oscar VAN OOSTVELDT, Vincent VAN REETH, Wannas DAELEMANS, Doran PLATTEAU | 1.41.05 | 05 03 22 |
| 6. Emile SEGERS, Beau DEBULPAEP, Aico VERSCHUERE, Arne VRIENS | 1.43.35 | 11 01 14 SCH |
| 7. Floris VAN DYCK, Robbe WOUTERS, Niels THEUNISSEN, Wannas JANSSENS | 1.46.81 | 01 03 26 CAD |
| 8. Maxim PREAUX, Rob WILLEKENS, Beau DEBULPAEP en Emile SEGERS | 1.49.27 | 16 02 13 CAD |
| 9. Cyril DE MOOR, Tirso BAELE, Adam KOZICKI, Richard DE MOOR | 1.51.82 | 01 03 26 CAD |
| 10. Kobe SCHEERDER, Louie LEUE, Ward LEUNCKENS, Maxim PREAUX | 1.55.73 | 11 01 14 CAD |

200 meter

| | | |
|-----------------------|--------------|-----------------|
| 1. THYS Wim | 21.93 | 22 12 96 |
| 2. BRIERS Kristof | 22.04 | 03 02 07 |
| 3. BOONEN Jannes | 22.12 | 10 01 16 |
| 4. AKENZUA Neil | 22.37 | 03 03 12 JUN |
| 5. MARIEN Jarne | 22.54 | 04 01 26 |
| 6. NWOBODO David | 22.87 | 19 01 97 |
| SMET Wim | 22.87 | 27 12 97 |
| 8. DE HOON Stefan | 22.93 | 26 12 94 SCH |
| 9. EYCKMANS Fedde | 23.37 | 31 01 26 |
| 10. VAN ROMPAEY Peter | 23.38 | 03 02 96 |

300 meter

| | | |
|------------------------|-------|--------------|
| 1. BOONEN Jannes | 34.87 | 15 01 17 |
| 2. LEUE Louie | 35.52 | 10 01 10 JUN |
| 3. MARIEN Jarne | 35.81 | 28 12 24 |
| 4. EYCKMANS Fedde | 37.04 | 21 12 24 |
| 5. AKENZUA NEIL | 37.20 | 10 01 10 SCH |
| 6. BERTELS Thomas | 38.55 | 26 12 07 SCH |
| 7. VAN EYNDHOVEN Peter | 38.70 | 10 01 10 SCH |
| 8. VAN REETH Vincent | 39.03 | 23 02 13 SCH |
| 9. PREAUX Maxim | 39.08 | 22 02 14 CAD |
| 10. VERDUYN Arno | 39.43 | 23 02 13 SCH |

800 meter

| | | |
|------------------------|---------|--------------|
| 1. KAHAN Nathan | 1.47.93 | 25 01 98 |
| 2. GOEVAERTS Roel | 1.49.60 | 18 01 98 |
| 3. DE WIT Ben | 1.52.49 | 06 02 00 |
| 4. BOUCKAERT Joren | 1.52.56 | 13 02 11 JUN |
| 5. OOMS Dirk | 1.55.00 | 06 02 94 |
| 6. VELDEMAN Guy | 1.55.77 | 26 02 99 |
| 7. VAN EYNDHOVEN Peter | 2.01.06 | 26 02 12 JUN |
| 8. LEUNCKENS Ward | 2.02.55 | 24 01 16 SCH |
| 9. FONTAINE Andy | 2.02.6 | 18 03 90 SCH |
| 10. THYS Rob | 2.04.69 | 08 03 14 MAS |

1500 meter

| | | |
|------------------------|---------|--------------|
| 1. GOEVAERTS Roel | 3.55.37 | 26 01 97 |
| 2. VELDEMAN Guy | 3.56.35 | 14 02 99 |
| 3. VAN TICHELDT Dirk | 3.57.83 | 07 02 93 |
| 4. SAELS Koen | 3.58.66 | 23 01 00 |
| 5. THYS Rob | 4.12.57 | 14 03 15 |
| 6. ROMBOUTS Koen | 4.14.52 | 11 12 10 |
| 7. VAN EYNDHOVEN Peter | 4.19.41 | 17 12 11 JUN |
| 8. ALGOET Francis | 4.23.56 | 18 03 90 |
| 9. STIENEN Henri | 4.32.59 | 17 12 05 MAS |
| 10. RONDAS Tom | 4.40.03 | 19 12 15 MAS |

hinkstap

| | | |
|------------------------|--------------|-----------------|
| 1. BOONEN Jannes | 14.49 | 27 02 16 |
| 2. EYCKMANS Fedde | 13.99 | 14 02 26 |
| 3. DE HOON Stefan | 13.39 | 28 11 93 |
| 5. DOUCOURE Abdallah | 12.99 | 03 02 90 SCH |
| AKENZUA Neil | 12.99 | 29 11 09 SCH |
| 6. JARVIS Tibo | 12.71 | 05 03 23 JUN |
| 7. VALGAEREN Werther | 12.57 | 04 03 07 SCH |
| 8. HOOGVEIJS Johnny | 12.30 | 28 12 89 SCH |
| 9. DILS Nortwin | 12.15 | 14 01 96 |
| 10. LIESENBOGHES Niels | 12.12 | 07 03 26 |

poisstok

| | | |
|-----------------------|-------------|-----------------|
| 1. BOONEN Jannes | 4.60 | 04 02 18 |
| 2. CORNELIS Ben | 4.50 | 07 02 26 |
| 3. SELS Ben | 4.00 | 27 02 10 |
| 4. CRAEN Roel | 3.90 | 20 01 01 JUN |
| 5. VAN CAMPFORT Jesse | 3.80 | 07 03 10 JUN |
| 6. RAMSDONCK Toon | 3.60 | 07 03 10 SCH |
| 7. ROSIERS Johan | 3.50 | 19 12 93 |
| 8. ZWINNEN Patrick | 3.40 | 03 01 98 |
| DELHEM Jef | 3.40 | 17 12 06 JUN |
| COENEGRACHT Bob | 3.40 | 26 12 06 SCH |

kogel (7,260kg)

| | | |
|-----------------------|-------|----------|
| 1. BOONEN Jannes | 14.09 | 10 02 24 |
| 2. GULDENTOPS Wim | 12.36 | 20 11 10 |
| 3. V.D. BOSSCHE Bruno | 11.27 | 18 12 94 |
| 4. VAN HEE Danny | 11.23 | 11 12 05 |
| 5. BEULEN Peter | 10.50 | 19 12 93 |
| 6. PONNET Hans | 10.34 | 18 12 95 |
| 7. LOOTS Pascal | 10.16 | 26 02 84 |
| 8. JANSSENS Bert | 10.08 | 26 12 07 |
| 9. GRAUS Igor | 9.77 | 14 02 88 |
| 10. JOACHIM Sven | 9.35 | 07 01 95 |

Zevenkamp

| | | |
|------------------|-------|----------|
| 1. BOONEN Jannes | 5564p | 04 02 18 |
| 2. CORNELIS Ben | 4388p | 09 02 25 |

4 X 400 meter

| | | | |
|--|---------|----------|-----|
| 1. Flor HENDRIX, Ruben HELLEMANS, Piotr ZAGORSKI, Jannes BOONEN | 3.32.08 | 05 03 22 | |
| 2. Mats DE GREEF, Kobe DE JONGHE, Jens THEUNISSEN, Mattis JANSSENS | 4.03.26 | 08 03 25 | CAD |
| 3. Niels LIESENBORGHS, Nio MEIRE, Kobe DE JONGHE, Mattis JANSSENS | 4.05.53 | 01 03 26 | SCH |
| 4. Floris VAN DYCK, Robbe WOUTERS, Niels THEUNISSEN, Wannas JANSSENS | 4.14.87 | 01 03 26 | CAD |
| 5. Cedric DE GREEF, Richard DE MOOR, Cyril DE MOOR, Alek HUYSMANS | 4.16.43 | 01 03 26 | CAD |

Masters heren:

60 meter

| | | |
|--------------------|------|----------|
| 1. MAERVOET Wim | 7.63 | 20 12 25 |
| 2. SUY René | 7.73 | 20 12 92 |
| 3. THYS Rob | 7.86 | 09 12 17 |
| 4. BANZADIO Jacky | 7.98 | 04 01 26 |
| 5. VAN REETH Wim | 8.06 | 15 01 12 |
| 6. CORNELIS Rudy | 8.09 | 11 03 07 |
| 7. STIENEN Henri | 8.18 | 25 02 07 |
| 8. BJURSTRÖM Tomas | 8.20 | 28 12 24 |
| 9. CORNELIS Gaston | 8.23 | 17 12 89 |
| 10. EYCKMANS Gert | 8.32 | 07 12 24 |

60m horden (0.99m)

| | | |
|--------------------|-------|----------|
| 1. THYS Rob | 9.21 | 02 12 18 |
| 2. HAVERHALS Jan | 9.31 | 13 03 05 |
| 3. STIENEN Henri | 12.50 | 25 02 07 |
| 4. VAN BILSEN Marc | 14.4 | 03 01 88 |

400 meter

| | | |
|-------------------|-------|----------|
| 1. THYS Rob | 54.48 | 22 12 18 |
| 2. VAN REETH Wim | 56.45 | 10 03 12 |
| 3. BANZADIO Jacky | 57.72 | 25 02 23 |
| 4. STIENEN Henri | 58.42 | 17 12 05 |
| 5. RONDAS Tom | 58.96 | 10 01 16 |

ver

| | | |
|--------------------|------|----------|
| 1. THYS Rob | 5.73 | 02 02 20 |
| 2. SUY René | 5.61 | 22 12 91 |
| 3. EYCKMANS Gert | 5.47 | 24 02 24 |
| 4. STIENEN Henri | 5.14 | 19 02 06 |
| 5. CORNELIS Gaston | 4.98 | 10 12 89 |
| 6. DRIEGHE Ernest | 4.75 | 03 12 94 |
| 7. VAN BILSEN Marc | 4.46 | 03 01 88 |
| 8. BAELE Lieven | 4.27 | 22 01 26 |

hoog

| | | |
|--------------------|------|----------|
| 1. HAVERHALS Jan | 1.65 | 14 03 04 |
| 2. THYS Rob | 1.61 | 04 02 18 |
| 3. EYCKMANS Gert | 1.60 | 06 02 22 |
| 4. STIENEN Henri | 1.55 | 15 01 06 |
| 5. DRIEGHE Ernest | 1.35 | 18 12 94 |
| 6. VAN BILSEN Marc | 1.30 | 03 01 88 |

hinkstap

| | | |
|------------------|-------|----------|
| 1. THYS Rob | 11.89 | 07 01 18 |
| 2. STIENEN Henri | 10.86 | 11 03 07 |
| 3. EYCKMANS Gert | 10.60 | 30 12 21 |

poisstok

| | | |
|--------------------|------|----------|
| 1. ZWINNEN Patrick | 3m40 | 30 12 06 |
| 2. EYCKMANS Gert | 2m30 | 30 11 25 |

viifkamp 35-40-45

| | | |
|--------------------|-------|----------|
| 1. THYS Rob | 3108p | 30 11 25 |
| 2. STIENEN Henri | 1928p | 05 02 11 |
| 3. VAN BILSEN Marc | 1068p | 03 01 88 |

viifkamp 50+

| | | |
|------------------|-------|----------|
| 1. EYCKMANS Gert | 3476p | 09 02 25 |
|------------------|-------|----------|

zevenkamp

| | | |
|------------------|-------|----------|
| 1. EYCKMANS Gert | 4307p | 30 11 25 |
|------------------|-------|----------|

Masters dames:

60 meter

| | | |
|----------------------|------|----------|
| 1. LOSTRIE Anne | 8.84 | 22 02 98 |
| 2. CEULEMANS Monique | 8.93 | 15 12 96 |
| 3. BASTIAENS Valerie | 8.96 | 25 01 26 |
| 4. CAMMAERTS An | 9.18 | 01 02 09 |
| 5. LUYCKX Tilly | 9.42 | 10 01 15 |
| 6. BRUSTEN Patricia | 9.61 | 03 12 94 |
| 7. BLOCK Martine | 9.82 | 05 12 93 |

200 meter

| | | |
|----------------------|-------|----------|
| 1. LUYCKX Tilly | 29.53 | 16 01 16 |
| 2. BASTIAENS Valerie | 29.69 | 14 02 26 |
| 2. CAMMAERTS An | 30.58 | 08 01 12 |

300 meter

| | | |
|-----------------|-------|----------|
| 1. LUYCKX Tilly | 46.76 | 28 12 13 |
| 2. CAMMAERTS An | 50.77 | 11 02 12 |

800 meter

| | | |
|----------------------|---------|----------|
| 1. LUYCKX Tilly | 2.24.97 | 10 01 16 |
| 2. BASTIAENS Valerie | 2.48.64 | 08 02 25 |

1500 meter

| | | |
|-----------------|---------|----------|
| 1. LUYCKX Tilly | 5.45.66 | 08 03 20 |
|-----------------|---------|----------|

hoog

| | | |
|----------------------|------|----------|
| 1. BASTIAENS Valerie | 1.55 | 15 02 25 |
| 2. LOSTRIE Anne | 1.45 | 21 01 96 |
| 3. CEULEMANS Monique | 1.40 | 23 12 95 |
| 4. CAMMAERTS An | 1.25 | 16 12 12 |

kogel (4kg)

| | | |
|------------------|-------|----------|
| 1. LOSTRIE Anne | 10.53 | 08 12 96 |
| 2. BLOCK Martine | 10.08 | 12 03 94 |

200 meter

| | | |
|-----------------------|-------|----------|
| 1. MAERVOET Wim | 24.57 | 14 02 26 |
| 2. THYS Rob | 25.14 | 13 12 25 |
| 3. BANZADIO Jacky | 25.33 | 04 01 26 |
| 4. VAN REETH Wim | 25.67 | 08 01 12 |
| 5. STIENEN Henri | 26.03 | 13 01 07 |
| 6. VAN HEE Danny | 26.75 | 04 03 06 |
| 7. DRIEGHE Ernest | 27.17 | 26 12 94 |
| 8. CORNELIS Gaston | 27.44 | 27 01 90 |
| 9. EYCKMANS Gert | 27.98 | 11 01 25 |
| 10. MICHIELS Constant | 32.53 | 20 12 97 |

300 meter

| | | |
|--------------------|-------|----------|
| 1. BJURSTRÖM Tomas | 40.64 | 28 12 24 |
| 2. VAN REETH Wim | 40.93 | 10 01 10 |
| 3. BANZADIO Jacky | 41.81 | 26 12 06 |
| 4. STIENEN Henri | 43.92 | 26 12 06 |

60m horden (1.067m)

| | | |
|-------------|------|----------|
| 1. THYS Rob | 9.51 | 13 01 19 |
|-------------|------|----------|

60m horden (0.914m)

| | | |
|------------------|------|----------|
| 1. HAVERHALS Jan | 9.41 | 29 03 14 |
| 2. EYCKMANS Gert | 9.95 | 09 02 25 |

800 meter

| | | |
|-------------------|---------|----------|
| 1. THYS Rob | 2.04.69 | 08 03 14 |
| 2. STIENEN Henri | 2.08.08 | 19 02 06 |
| 3. RONDAS Tom | 2.08.63 | 14 03 15 |
| 4. DRIEGHE Ernest | 2.19.87 | 26 12 95 |
| 5. KENNIS Kevin | 2.21.70 | 14 02 26 |
| 5. VANLEENE Paul | 2.24.98 | 26 12 94 |

1000 meter

| | | |
|-------------------|---------|----------|
| 1. THYS Rob | 2.48.71 | 03 02 19 |
| 2. RONDAS Tom | 2.48.78 | 05 12 15 |
| 3. STIENEN Henri | 2.51.58 | 17 12 06 |
| 4. DECLERCK Peter | 2.58.95 | 02 01 16 |
| 5. EYCKMANS Gert | 3.22.75 | 09 02 25 |

1500 meter

| | | |
|------------------|---------|----------|
| 1. THYS Rob | 4.12.57 | 14 03 15 |
| 2. STIENEN Henri | 4.32.59 | 17 12 05 |
| 3. RONDAS Tom | 4.40.03 | 19 12 15 |
| 4. KENNIS Kevin | 4.40.41 | 14 02 26 |

1 miil

| | | |
|-------------------|---------|----------|
| 1. STIENEN Henri | 5.03.34 | 26 12 06 |
| 2. DECLERCK Peter | 5.07.08 | 26 12 15 |

3000 meter

| | | |
|------------------|----------|----------|
| 1. STIENEN Henri | 10.25.15 | 28 01 07 |
|------------------|----------|----------|

kogel (6kg)

| | | |
|------------------|------|----------|
| 1. EYCKMANS Gert | 7.96 | 13 02 22 |
|------------------|------|----------|

kogel (7.26kg)

| | | |
|-------------------------|-------|----------|
| 1. VAN HEE Danny | 11.23 | 11 12 05 |
| 2. V.D. BOSSCHE Bruno | 11.10 | 22 12 96 |
| 3. SUY René | 9.06 | 01 02 92 |
| 4. STIENEN Henri | 8.98 | 19 01 08 |
| 5. CORNELIS Rudy | 8.64 | 11 03 07 |
| 6. VAN DEN BOSCH Freddy | 8.56 | 02 02 02 |
| 7. THYS Rob | 8.17 | 13 01 18 |
| 8. LANDUYDT Luc | 7.88 | 02 02 02 |
| 9. VAN BILSEN Marc | 7.15 | 03 01 88 |
| 10. CORNELIS Gaston | 6.35 | 03 01 88 |

60m horden (0.76 meter)

| | | |
|----------------------|-------|----------|
| 1. CAMMAERTS An | 10.89 | 10 03 12 |
| 2. BASTIAENS Valerie | 10.99 | 21 02 26 |

60m horden (0.84 meter)

| | | |
|----------------------|-------|----------|
| 1. LOSTRIE Anne | 11.5 | 23 12 95 |
| 2. CAMMAERTS An | 12.14 | 10 02 13 |
| 3. CEULEMANS Monique | 12.2 | 23 12 95 |

400 meter

| | | |
|--------------------|-------|----------|
| 1. LUYCKX Tilly | 65.74 | 03 01 15 |
| 2. BOERMANS Nadine | 67.75 | 26 01 03 |

600 meter

| | | |
|-----------------|---------|----------|
| 1. LUYCKX Tilly | 1.45.05 | 03 02 13 |
|-----------------|---------|----------|

1000 meter

| | | |
|-----------------|---------|----------|
| 1. LUYCKX Tilly | 3.09.70 | 02 01 16 |
|-----------------|---------|----------|

ver

| | | |
|----------------------|------|----------|
| 1. LOSTRIE Anne | 4.76 | 08 12 96 |
| 2. CEULEMANS Monique | 4.73 | 02 02 97 |
| 3. BASTIAENS Valerie | 4.52 | 21 02 26 |
| 4. DE DECKERS Anne | 4.14 | 14 03 87 |
| 5. CAMMAERTS An | 4.04 | 29 03 15 |
| 6. BLOCK Martine | 3.38 | 06 12 92 |

Hinkstap

| | | |
|----------------------|------|----------|
| 1. BASTIAENS Valerie | 9.45 | 04 01 26 |
| 2. CAMMAERTS An | 7.23 | 08 12 19 |

Poisstok

| | | |
|-----------------|------|----------|
| 1. CAMMAERTS An | 2.20 | 20 12 08 |
|-----------------|------|----------|

kogel (3kg)

| | | | | | |
|----------------------|------|----------|-----------------|------|----------|
| 3. BASTIAENS Valerie | 7,84 | 11 01 25 | 1. CAMMAERTS An | 7,85 | 23 01 22 |
| 4. DE NEF Sabine | 7,65 | 30 12 00 | | | |
| 5. DE DECKERS Anne | 7,56 | 14 03 87 | <u>viifkamp</u> | | |