

GP Josse Ringoir zaterdag 28 augustus 2010

300m horden 0,762m Cad Dames Uur=02:30

Reeks:1

| | | | | | | |
|---|------|----------------|------|-------|--|----|
| 1 | 1347 | VAN DEN ABEELE | ACLO | 54.18 | | 96 |
|---|------|----------------|------|-------|--|----|

300m horden 0,762m Cad Heren Uur=02:30

Reeks:1

| | | | | | | |
|---|-----|--------------------|------|-------|--|----|
| 1 | 688 | Smismans Robin | OEH | 46.42 | | 96 |
| 2 | 332 | Bove Yacco | LOND | 47.95 | | 95 |
| 3 | 134 | Pottiez Yannick | EA | 48.57 | | 95 |
| 4 | 413 | Gorteman Bart | VITA | 49.14 | | 96 |
| 5 | 139 | Magdy Hegazy Tamer | EA | 50.77 | | 96 |
| 6 | 524 | Verhasselt Yannick | HAMM | 53.62 | | 96 |

400m horden 0,762m Sch Dames Uur=02:36

Reeks:1

| | | | | | | |
|---|------|-----------------|------|-------|-----|----|
| 1 | 78 | De Win Dinja | DAC | 69.83 | Jun | 91 |
| 2 | 2218 | Bonduelle Silke | LEBB | 78.00 | | 93 |

verspringen JSM Heren Uur=02:40

Reeks:1

| | | | | | | |
|---|-----------|-------------------|------|------------|-----|----|
| 1 | 430 | Winderickx Ingmar | DAC | 6.39m +2.9 | Jun | 91 |
| | 6.12m 2.0 | | | | | |
| 2 | 2286 | Steyaert Olivier | AVLO | 5.59m +0.8 | Sen | 83 |

400m horden 0,84m Sch Heren Uur=02:48

Reeks:1

| | | | | | | |
|---|------|-----------------|------|-------|--|----|
| 1 | 2160 | Vermeire Arthur | HAMM | 59.42 | | 93 |
| 2 | 2105 | Lambrecht Levi | EA | 61.92 | | 94 |
| 3 | 2546 | Dieleman Cedric | ACW | 65.61 | | 93 |
| 4 | 2245 | Stevens Yannik | KAPE | 67.43 | | 94 |

400m horden 0,914m JSM Heren Uur=02:48

Reeks:1

| | | | | | | |
|---|------|-----------------|------|-------|-----|----|
| 1 | 64 | Jacobs Bart | EA | 56.68 | Jun | 91 |
| 2 | 1181 | Hoebeeck Simon | VS | 58.23 | Sen | 83 |
| 3 | 3822 | Depuydt Patrick | ZA | 67.11 | Mas | 64 |
| | 341 | Krijnen Filip | ESAK | NA | Jun | 91 |

kogel 3,000kg W50+ Mas Dames Uur=02:51

Reeks:1

| | | | | | | |
|---|------|----------------------|------|-------|--|----|
| 1 | 3085 | Van Lysebetten Els | ACW | 5.39m | | 59 |
| 2 | 2302 | Van Doorselaer Greta | ACDL | 5.31m | | 54 |

kogelstoten 3,000kg Cad Dames Uur=02:53

Reeks:1

| | | | | | | |
|---|-----|-------------------|-----|-------|--|----|
| 1 | 690 | Dieleman Liesbet | ACW | 9.19m | | 95 |
| 2 | 532 | De Naeyer Silke | EA | 8.71m | | 96 |
| 3 | 639 | Van De Velde Kato | EA | 7.82m | | 96 |
| 4 | 531 | De Naeyer Kirsten | EA | 7.59m | | 96 |

speerwerpen 600g Cad Heren Uur=02:57

Reeks:1

| | | | | | | |
|---|-----|------------------|-----|--------|--|--|
| 1 | 613 | Van Hoof Vincent | ACW | 41.17m | | |
|---|-----|------------------|-----|--------|--|--|

96

| | | | | |
|----|-----|------------------------|------|--------|
| 2 | 671 | Van Den Broeck Altaseb | ACP | 32.62m |
| 96 | | | | |
| 3 | 134 | Pottiez Yannick | EA | 31.63m |
| 95 | | | | |
| 4 | 540 | Van Hooydonck Pieter | KAPE | 28.22m |
| 96 | | | | |
| 5 | 144 | Brack Lander | EA | 26.62m |
| 96 | | | | |

speerwerpen 600g M60...65 Mas Heren Uur=02:57

Reeks:1

| | | | | |
|----|------|---------------|------|--------|
| 1 | 5962 | Wylleman Marc | STAX | 30.26m |
| 48 | | | | |

100 meter Cad Dames Uur=03:02

Reeks:1

Wind : 1.0

| | | | | | |
|---|-----|-------------------|------|-------|----|
| 1 | 535 | Bogaert Annelies | KAAG | 13.29 | 95 |
| 2 | 417 | Peeters Linske | HAMM | 13.83 | 96 |
| 3 | 997 | De Pauw Silke | EA | 13.97 | 96 |
| 4 | 531 | De Naeyer Kirsten | EA | 14.13 | 96 |
| 5 | 532 | De Naeyer Silke | EA | 14.13 | 96 |

100 meter Cad Dames Uur=03:02

Reeks:2

Wind : 0.8

| | | | | | |
|---|-----|-------------------|------|-------|----|
| 1 | 238 | Vincke Magalie | HAMM | 13.98 | 96 |
| 2 | 956 | De La Mane Marie | KAAG | 14.81 | 95 |
| 3 | 639 | Van De Velde Kato | EA | 14.89 | 96 |
| 4 | 142 | Van Eyck Sofie | ACW | 14.91 | 96 |

100 meter Sch Dames Uur=03:08

Reeks:1

Wind : -0.4

| | | | | | |
|---|------|--------------------------|------|-------|----|
| 1 | 2187 | Bussens Tine | ACW | 13.39 | 93 |
| 2 | 2116 | Van De Voorde Lieselotte | KAAG | 13.54 | 94 |
| 3 | 2368 | Van Damme Melinde | BRAB | 14.38 | 93 |

100 meter JSM Dames Uur=03:09

Reeks:1

Wind : -0.9

| | | | | | | |
|---|------|------------------|------|-------|-----|----|
| 1 | 128 | De Geest Lize | LEBB | 12.41 | Jun | 91 |
| 2 | 1385 | Van Hecke Karen | AVLO | 13.40 | Sen | 76 |
| 3 | 1192 | De Baets Soetkin | ACME | 13.49 | Sen | 84 |
| 4 | 841 | Van Ginderen Eva | ACW | 13.64 | Sen | 77 |
| 5 | 842 | Crols Sarah | ACW | 13.68 | Sen | 85 |
| 6 | 202 | Ringoot Lieselot | LEBB | 13.75 | Jun | 92 |
| 7 | 1208 | Dullaert Liesbet | HAMM | 14.66 | Sen | 89 |

kogelstoten 4,000kg Sch Dames Uur=03:10

Reeks:1

| | | | | | |
|---|------|----------------|------|-------|----|
| 1 | 2414 | Baruffa Jolien | VITA | 8.86m | 94 |
| 2 | 2124 | Goossens Nicky | HAMM | 7.97m | 94 |

speerwerpen 600g JSM Dames Uur=03:15

Reeks:1

| | | | | | |
|----|------|----------------------|-----|--------|-----|
| 1 | 1135 | De Vleeschauwer Elke | ACG | 26.75m | Sen |
| 90 | | | | | |
| 2 | 3146 | Pille Gille | ACP | 15.71m | Mas |
| 61 | | | | | |

100 meter Cad Heren Uur=03:25

| | | | | | |
|---------|------------|------------------------|------|-------|----|
| Reeks:1 | Wind : 1.3 | | | | |
| 1 | 792 | Thysman Jonas | ACW | 12.24 | 95 |
| 2 | 491 | Heyninck Dries | ACW | 12.44 | 95 |
| 3 | 1108 | ZHANG KEVIN | GRIM | 12.78 | 95 |
| 4 | 332 | Bove Yacco | LOND | 13.06 | 95 |
| 5 | 671 | Van Den Broeck Altaseb | ACP | 13.91 | 96 |

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|-----------|-------------|-----------------------|-----------|-------|----|
| 100 meter | | Cad Heren | Uur=03:25 | | |
| Reeks:2 | Wind : -0.5 | | | | |
| 1 | 683 | Van Steenbrugge Brent | KAPE | 13.58 | 95 |
| 2 | 524 | Verhasselt Yannick | HAMM | 14.13 | 96 |
| 3 | 139 | Magdy Hegazy Tamer | EA | 14.30 | 96 |
| | 351 | Van Nuffel Danny | LEBB | NA | 95 |

| | | | | | |
|-----------|------------|----------------------|-----------|-------|----|
| 100 meter | | Sch Heren | Uur=03:38 | | |
| Reeks:1 | Wind : 2.2 | | | | |
| 1 | 2103 | Vandewalle Maarten | EA | 11.53 | 93 |
| 2 | 2345 | Curias Marc | GRIM | 11.73 | 94 |
| 3 | 2663 | Vereecken Dimitri | ACW | 11.87 | 94 |
| 4 | 2448 | Dullaert Sander | HAMM | 12.01 | 94 |
| 5 | 2160 | Vermeire Arthur | HAMM | 12.18 | 93 |
| 6 | 2090 | Champeaux Christophe | LEBB | 12.35 | 94 |

| | | | | | |
|-----------|-------------|--------------------------|-----------|-------|----|
| 100 meter | | Sch Heren | Uur=03:38 | | |
| Reeks:2 | Wind : -0.1 | | | | |
| 1 | 2618 | Maeckelberghe Ruben | ACW | 12.27 | 93 |
| 2 | 2266 | Van Dingenen Tim | LEBB | 12.40 | 93 |
| 3 | 2546 | Dieleman Cedric | ACW | 12.61 | 93 |
| 4 | 2388 | De Wilde Sander | LEBB | 12.63 | 94 |
| 5 | 2118 | Van Caelenberghe Stefaan | VS | 12.96 | 94 |
| 6 | 2245 | Stevens Yannik | KAPE | 13.22 | 94 |

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|-----------|-------------|----------------------|-----------|-------|--------|
| 100 meter | | JSM Heren | Uur=03:39 | | |
| Reeks:1 | Wind : -0.5 | | | | |
| 1 | 1944 | De Baets Jasper | ACME | 11.21 | Sen 89 |
| 2 | 430 | Winderickx Ingmar | DAC | 11.46 | Jun 91 |
| 3 | 2081 | Koenen Maarten | DAC | 11.60 | Sen 86 |
| 4 | 399 | Van Hecke Christophe | EA | 11.66 | Jun 91 |
| 5 | 1964 | Rugwiro Ange | EA | 12.46 | Sen 87 |

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|-----------|------------|----------------------|-----------|-------|--------|
| 100 meter | | JSM Heren | Uur=03:39 | | |
| Reeks:2 | Wind : 0.4 | | | | |
| 1 | 5960 | Jacobs Dirk | LOOI | 12.03 | Mas 58 |
| 2 | 529 | Roggeman Kenneth | EA | 12.40 | Jun 92 |
| 3 | 5371 | Verstynen Peter | BRAB | 13.06 | Mas 68 |
| 4 | 5586 | Houry Raymond | DCLA | 14.17 | Mas 43 |
| 5 | 3816 | Van Impe Jean-pierre | ACP | 15.38 | Mas 37 |

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|---------------------|------|----------------------|-----------|-------|--------|
| kogelstoten 4,000kg | | JSM Dames | Uur=03:43 | | |
| Reeks:1 | | | | | |
| 1 | 1135 | De Vleeschauwer Elke | ACG | 8.24m | Sen 90 |
| 2 | 3146 | Pille Gille | ACP | 6.71m | Mas 61 |

| | | | | | |
|-----------|-----|---------------------|-----------|-------|----|
| 400 meter | | Cad Dames | Uur=03:56 | | |
| Reeks:1 | | | | | |
| 1 | 56 | De Launoit Laura | DUFF | 64.80 | 96 |
| 2 | 345 | De Veylder Lieselot | EA | 64.97 | 96 |
| 3 | 417 | Peeters Linske | HAMM | 65.84 | 96 |

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|---------------------|------|----------------------|-----------|------------|-----|----|
| 4 | 147 | Lagrilliere Valerie | EA | 67.07 | | 96 |
| 400 meter | | Sch Dames | Uur=03:57 | | | |
| Reeks:1 | | | | | | |
| 1 | 2219 | Moens Elien | LEBB | 61.77 | | 93 |
| 2 | 2038 | Leybaert Frauke | ACDL | 62.79 | | 93 |
| 3 | 2237 | Baetens Renke | AVLO | 64.47 | | 94 |
| 4 | 2245 | Van Campenhout Sanne | LOND | 70.49 | | 93 |
| 400 meter | | JSM Dames | Uur=04:02 | | | |
| Reeks:1 | | | | | | |
| 1 | 1391 | De Wael Els | AVLO | 60.79 | Sen | 90 |
| 2 | 271 | Vanfleteren Riet | LEBB | 61.54 | Jun | 91 |
| 3 | 35 | Gheerardyn Tessa | OB | 67.21 | Jun | 92 |
| 4 | 132 | De Wachter Hannelore | VAC | 70.63 | Jun | 92 |
| hoogspringen | | Sch Heren | Uur=04:13 | | | |
| Reeks:1 | | | | | | |
| 1 | 2618 | Maeckelberghe Ruben | ACW | 1.65m | | 93 |
| verspringen | | Cad Dames | Uur=04:24 | | | |
| Reeks:1 | | | | | | |
| 1 | 417 | Peeters Linske | HAMM | 4.71m +0.1 | | 96 |
| 2 | 238 | Vincke Magalie | HAMM | 4.40m +2.2 | | 96 |
| 4.13m | 1.8 | | | | | |
| 3 | 531 | De Naeyer Kirsten | EA | 4.37m +1.8 | | 96 |
| 4 | 697 | Pauwels Elien | HAMM | 4.35m +5.0 | | 95 |
| 4.15m | 0.6 | | | | | |
| 5 | 502 | De Haes Jolien | LEBB | 3.73m +2.3 | | 96 |
| 3.53m | 1.5 | | | | | |
| 6 | 639 | Van De Velde Kato | EA | 3.70m +3.2 | | 96 |
| 3.60m | 1.0 | | | | | |
| speerwerpen 800g | | JSM Heren | Uur=04:27 | | | |
| Reeks:1 | | | | | | |
| 1 | 1076 | Verte Tim | ACW | 46.28m | Sen | |
| 89 | | | | | | |
| 2 | 430 | Winderickx Ingmar | DAC | 42.94m | Jun | |
| 91 | | | | | | |
| kogelstoten 4,000kg | | Cad Heren | Uur=04:30 | | | |
| Reeks:1 | | | | | | |
| 1 | 339 | Vermeulen Jorg | EA | 8.67m | | 96 |
| kogel 4,000kg M70+ | | Mas Heren | Uur=04:31 | | | |
| Reeks:1 | | | | | | |
| 1 | 3816 | Van Impe Jean-pierre | ACP | 7.25m | | 37 |
| 400 meter | | Cad Heren | Uur=04:39 | | | |
| Reeks:1 | | | | | | |
| 1 | 293 | Van Diest Daan | OEH | 54.27 | | 95 |
| 2 | 351 | Van Nuffel Danny | LEBB | 55.83 | | 95 |
| 3 | 792 | Thysman Jonas | ACW | 56.53 | | 95 |
| 4 | 392 | Geeroms Jeroen | LOND | 59.94 | | 96 |
| 400 meter | | Cad Heren | Uur=04:39 | | | |
| Reeks:2 | | | | | | |
| 1 | 491 | Heyninck Dries | ACW | 58.73 | | 95 |

| | | | | | |
|---|-----|-----------------|------|-------|----|
| 2 | 506 | Van Dorpe Midas | KAAG | 62.52 | 96 |
| 3 | 291 | Querton Michiel | OEH | 64.11 | 95 |
| 4 | 145 | Brack Niels | EA | 64.74 | 95 |

400 meter Sch Heren Uur=04:39

Reeks:1

| | | | | | |
|---|------|--------------------------|------|-------|----|
| 1 | 2512 | Claus Pieter | EA | 52.06 | 93 |
| 2 | 2387 | Wellekens Brent | LEBB | 53.13 | 93 |
| 3 | 2577 | Dhaen Rembert | HAMM | 54.02 | 93 |
| 4 | 2663 | Vereecken Dimitri | ACW | 55.21 | 94 |
| 5 | 2105 | Lambrecht Levi | EA | 56.69 | 94 |
| 6 | 2118 | Van Caelenberghe Stefaan | VS | 57.21 | 94 |

polstokspringen AC Heren Uur=04:45

Reeks:1

| | | | | | | |
|---|------|-----------------|------|-------|-----|----|
| 1 | 1736 | Besters Victor* | LAT | 4.20m | Sen | 90 |
| 2 | 136 | Wery Florian | EA | 3.00m | Cad | 96 |
| 3 | 144 | Brack Lander | EA | 2.70m | Cad | 96 |
| 4 | 145 | Brack Niels | EA | 2.30m | Cad | 95 |
| 5 | 2563 | De Munck Arnout | LOND | 2.10m | Sch | 93 |

400 meter JSM Heren Uur=04:46

Reeks:1

| | | | | | | |
|---|------|------------------------|------|-------|-----|----|
| 1 | 1466 | Vanhaeren Tim | KAPE | 49.96 | Sen | 88 |
| 2 | 1695 | De Maersschalck Pieter | LEBB | 50.80 | Sen | 88 |
| 3 | 1692 | Van De Voorde Gerben | ACW | 52.13 | Sen | 90 |
| 4 | 2081 | Koenen Maarten | DAC | 52.28 | Sen | 86 |
| 5 | 495 | Van Den Begin Brecht | LEBB | 53.57 | Jun | 91 |

400 meter JSM Heren Uur=04:46

Reeks:2

| | | | | | | |
|---|------|---------------------|------|-------|-----|----|
| 1 | 1694 | De Maersschalck Jan | LEBB | 51.91 | Sen | 86 |
| 2 | 161 | Cools Tim | BRAB | 52.27 | Jun | 91 |
| 3 | 1196 | Rottiers Thomas | HAMM | 53.84 | Sen | 90 |
| 4 | 1268 | Goedefroot Dimitri | OEH | 57.18 | Sen | 90 |
| | 1333 | De Decker Benny | BRAB | NG | Sen | 87 |

speerwerpen 500g Cad Dames Uur=04:50

Reeks:1

| | | | | | |
|----|------|----------------------|------|--------|--|
| 1 | 238 | Vincke Magalie | HAMM | 24.37m | |
| 96 | | | | | |
| 2 | 417 | Peeters Linske | HAMM | 21.17m | |
| 96 | | | | | |
| 3 | 9501 | VAN NIEUWENHOVE JANA | NA | 20.28m | |
| 95 | | | | | |

speerwerpen 500g W50...55 Mas Dames Uur=05:01

Reeks:1

| | | | | | |
|----|------|----------------------|------|--------|--|
| 1 | 2302 | Van Doorselaer Greta | ACDL | 13.55m | |
| 54 | | | | | |

verspringen Sch Dames Uur=05:03

Reeks:1

| | | | | | |
|---|------|-------------------|------|------------|----|
| 1 | 2124 | Goossens Nicky | HAMM | 4.65m +1.3 | 94 |
| 2 | 2187 | Bussens Tine | ACW | 4.41m +1.9 | 93 |
| 3 | 2368 | Van Damme Melinde | BRAB | 4.18m +1.7 | 93 |

verspringen JSM Dames Uur=05:31

Reeks:1

| | | | | | | |
|---|-----------|-----------------------|------|------------|-----|----|
| 1 | 975 | Van Poppel Hilde | ACW | 4.77m +2.4 | Sen | 83 |
| | 4.64m 0.2 | | | | | |
| 2 | 1167 | Vanbuggenhout Marijke | LEBB | 4.13m +2.6 | Sen | 83 |
| | 3.94m 1.7 | | | | | |
| 3 | 3141 | Van Wemmel Monique | LEBB | 3.01m +2.7 | Mas | 54 |
| | 3.00m 1.0 | | | | | |

1500 meter

JSM Dames Uur=05:40

Reeks:1

| | | | | | | |
|----|------|---------------------------|------|---------|-----|--|
| 1 | 923 | De Sadeleer Petra | VS | 4'55.56 | Sen | |
| | 84 | | | | | |
| 2 | 2422 | Bernaerts Soline | DAC | 5'02.38 | Sch | |
| | 94 | | | | | |
| 3 | 2277 | Van Brussel Fien | HAMM | 5'03.23 | Sch | |
| | 94 | | | | | |
| 4 | 2565 | Van den Branden-Cools Ev. | HAMM | 5'11.56 | Sch | |
| | 93 | | | | | |
| 5 | 691 | De Keulenaer Tina | ACW | 5'16.76 | Cad | |
| | 96 | | | | | |
| 6 | 1175 | Van Biesen Sara | LEBB | 5'16.93 | Sen | |
| | 88 | | | | | |
| 7 | 2870 | Scholliers Hilde | LEBB | 5'22.18 | Mas | |
| | 62 | | | | | |
| 8 | 167 | Rooms Lisa | AVLO | 5'22.75 | Cad | |
| | 96 | | | | | |
| 9 | 2180 | De Dyn Annelies | VITA | 5'24.57 | Sch | |
| | 93 | | | | | |
| 10 | 2825 | Reygaerts Kathleen | ACG | 5'28.04 | Mas | |
| | 64 | | | | | |
| 11 | 142 | Van Eyck Sofie | ACW | 5'29.41 | Cad | |
| | 96 | | | | | |
| 12 | 831 | Van Leugenhaege Jolien | HAMM | 5'32.26 | Cad | |
| | 95 | | | | | |
| 13 | 163 | Audenaert Kendra | AVLO | 5'34.92 | Cad | |
| | 96 | | | | | |
| 14 | 2285 | Duvivier Chantal | STAX | 5'39.71 | Mas | |
| | 58 | | | | | |

1500 meter

Sch Heren Uur=05:40

Reeks:1

| | | | | | | |
|---|------|------------------------|-----|---------|-----|--|
| 1 | 2715 | Oosterlinck Ward | EA | 4'29.23 | | |
| | 93 | | | | | |
| 2 | 2484 | Van Lombergen Bram | ACW | 4'33.22 | | |
| | 94 | | | | | |
| 3 | 863 | Mine Gauthier | DAC | 4'43.89 | Cad | |
| | 95 | | | | | |
| 4 | 671 | Van Den Broeck Altaseb | ACP | 4'47.13 | Cad | |
| | 96 | | | | | |
| 5 | 1 | Van Roy Nico | LAT | 4'49.76 | Cad | |
| | 96 | | | | | |
| 6 | 1595 | GUILIAUME LASZLO | CSF | 4'49.76 | Cad | |
| | 96 | | | | | |
| 7 | 2427 | Van Haut Mitch | EA | 4'50.45 | | |
| | 94 | | | | | |
| 8 | 133 | De Boeck Nikolai | ACW | 4'55.74 | Cad | |
| | 96 | | | | | |

| | | | | | |
|----|-----|---------------|-----|---------|-----|
| 9 | 129 | De Rop Pieter | ACW | 4'57.93 | Cad |
| 96 | | | | | |
| 10 | 130 | Dhooghe Robin | ACW | 5'02.64 | Cad |
| 96 | | | | | |

kogelstoten 5,000kg Sch Heren Uur=05:46

Reeks:1

| | | | | | |
|----|------|------------------|------|--------|--|
| 1 | 2266 | Van Dingenen Tim | LEBB | 13.83m | |
| 93 | | | | | |
| 2 | 2301 | Spilliaert Stijn | HAMM | 13.76m | |
| 93 | | | | | |
| 3 | 2825 | Vercammen Stijn | HAMM | 12.87m | |
| 94 | | | | | |
| 4 | 2102 | De Cremer Thomas | EA | 11.00m | |
| 94 | | | | | |
| 5 | 2238 | De Gendt Jonas | VITA | 10.79m | |
| 94 | | | | | |
| 6 | 2388 | De Wilde Sander | LEBB | 10.64m | |
| 94 | | | | | |

kogel 5,000kg M60...65 Mas Heren Uur=05:48

Reeks:1

| | | | | | |
|---|------|---------------|------|-------|----|
| 1 | 5962 | Wylleman Marc | STAX | 9.93m | 48 |
|---|------|---------------|------|-------|----|

speerwerpen 600g Sch Dames Uur=05:49

Reeks:1

| | | | | | |
|----|------|----------------|------|--------|--|
| 1 | 2414 | Baruffa Jolien | VITA | 33.81m | |
| 94 | | | | | |
| 2 | 2257 | David Bo | HCO | 29.38m | |
| 93 | | | | | |

1500 meter JSM Heren Uur=05:51

Reeks:1

| | | | | | |
|----|------|---------------------|------|---------|--------|
| 1 | 1155 | De Vriendt Simon | KAAG | 4'10.88 | Sen |
| 84 | | | | | |
| 2 | 3129 | COSTER JULIEN | USBW | 4'20.78 | Sen |
| 89 | | | | | |
| 3 | 4346 | Moens Jan | LEBB | 4'29.39 | Mas |
| 68 | | | | | |
| 4 | 4078 | Rahoens Philip | RCG | 4'29.94 | Mas |
| 68 | | | | | |
| 5 | 2005 | Raeymaekers Glen | OEH | 4'30.98 | Sen |
| 89 | | | | | |
| 6 | 4429 | Geeroms Kris | LOND | 4'46.94 | Mas |
| 61 | | | | | |
| 7 | 4837 | Van Campenhout Paul | LOND | 4'51.38 | Mas |
| 58 | | | | | |
| | 5464 | Stichelmans Frank | ACP | NA | Mas 64 |
| | 984 | De Roovere Jens | DUFF | NA | Sen 90 |

200 meter JSM Dames Uur=06:00

Reeks:1

Wind : 1.0

| | | | | | |
|---|------|-----------------|------|-------|--------|
| 1 | 1396 | Bogemans Elke | ACW | 24.90 | Sen 77 |
| 2 | 128 | De Geest Lize | LEBB | 25.33 | Jun 91 |
| 3 | 1308 | Bonte Laura | KAPE | 25.89 | Sen 89 |
| 4 | 1385 | Van Hecke Karen | AVLO | 27.88 | Sen 76 |

200 meter JSM Dames Uur=06:00

