



PRESTATIES ATLA ATLETEN OUTDOOR 2006



CADETTEN JONGENS

100M				
Vandebroek Joery	12.90	Kerkrade (Ned)	6/07/2006	
Heggen Erik	13.05	Sittard (Ned)	25/05/2006	
Dexters Sander	13.08	Sittard (Ned)	25/05/2006	
Heggen Erik	13.09	Tessengerlo	23/08/2006	
Flammia Pascal	13.12	Lommel	17/04/2006	
Heggen Erik	13.17	Lanaken	13/08/2006	
Flammia Pascal	13.18	Alken	15/07/2006	
Heggen Erik	13.19	Lommel	12/08/2006	
Flammia Pascal	13.28	Kerkrade (Ned)	6/07/2006	
Flammia Pascal	13.35	Lanaken	26/08/2006	Euregio
Flammia Pascal	13.35	Mol	5/08/2006	
Flammia Pascal	13.39	Tessengerlo	23/08/2006	
Dexters Sander	13.41	Lommel	12/08/2006	
Flammia Pascal	13.43	Lanaken L.K.	29/04/2006	8ste plaats
Flammia Pascal	13.48	Maastricht (Ned)	16/09/2006	
Flammia Pascal	13.62	Aalst	7/05/2006	B.v.Vlaanderen
Froyen Matthias	15.10	St.Truiden	5/08/2006	
Froyen Matthias	15.27	Lommel	12/08/2006	
Froyen Matthias	15.30	Bree	9/04/2006	
Froyen Matthias	15.32	Alken	15/07/2006	
Froyen Matthias	15.71	Lanaken	26/08/2006	Euregio
Froyen Matthias	16.05	Diepenbeek	2/04/2006	

150M				
Vandebroek Joery	19.32	Kerkrade (Ned)	22/06/2006	

200M				
Heggen Erik	26.20	Lanaken	30/07/2006	
Heggen Erik	26.28	Lier	29/07/2006	
Heggen Erik	26.51	Lommel	12/08/2006	
Dexters Sanders	W+2,4	26.89	Lanaken	2/07/2006
Flammia Pascal		26.96	Lier	29/07/2006
Flammia Pascal		27.03	Lanaken	30/07/2006
Flammia Pascal		27.05	Lanaken	26/08/2006
Flammia Pascal		27.08	Lommel	17/04/2006
Flammia Pascal		27.14	Lanaken	2/07/2006
Dexters Sanders		27.85	Lommel	12/08/2006
Flammia Pascal		27.97	Lanaken L.K.	29/04/2006
Flammia Pascal		28.28	Aalst	7/05/2006
Froyen Matthias		32.50	Lanaken	30/07/2006
Froyen Matthias	W+2,4	32.51	Lanaken	2/07/2006

300M				
Flammia Pascal	42.22	Aalst	10/09/2006	
Vandebroek Joery	43.49	Alken	15/04/2006	



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400M				
Heggen Erik	58.08	Tessengerlo	23/08/2006	
Heggen Erik	58.15	Mol	5/08/2006	
Vandebroek Joery	59.78	Tessengerlo	31/05/2006	
Vandebroek Joery	59.89	Lanaken L.K.	30/04/2006	BRONS
Flammia Pascal	60.31	Tessengerlo	23/08/2006	

800M				
Nulens Rafael	2.16.89	Heusden	22/07/2006	Nacht
Nulens Rafael	2.19.93	Lanaken L.K.	29/04/2006	4de plaats
Nulens Rafael	2.24.49	Lanaken	30/07/2006	
Vandebroek Joery	2.27.14	Aalst	7/05/2006	B.v.Vlaanderen

1000M				
Put Pieter	3.21.03	Tessengerlo	30/06/2006	

1500M				
Nulens Rafael	4.39.10	Lanaken	26/08/2006	Euregio
Nulens Rafael	4.39.59	Diest	12/08/2006	
Nulens Rafael	4.40.00	Aalst	7/05/2006	B.v.Vlaanderen
Nulens Rafael	4.41.75	Kerkrade (Ned)	6/07/2006	
Nulens Rafael	4.47.89	Duffel	27/05/2006	
Nulens Rafael	4.48.34	Lanaken L.K.	30/04/2006	GOUD
Nulens Rafael	4.48.60	Heusden L.K. S.V.S.	3/05/2006	GOUD
Nulens Rafael	4.56.00	Naimette Luik	9/04/2006	
Flammia Pascal	5.14.85	Lanaken	2/07/2006	
Dexters Sander	5.32.30	Lanaken	2/07/2006	

1MIJL				
Nulens Rafael	5.03.42	Valkenswaard (Ned)	2/09/2006	
Nulens Rafael	5.03.63	Alken	15/07/2006	Nacht

300M HORDEN		0,762 M		
Heggen Erik	43.73	Kessel-Lo B.K.	3/09/2006	6de plaats
Heggen Erik	43.96	Kessel-Lo B.K.	2/09/2006	Reeksen
Heggen Erik	44.02	Vorst	10/09/2006	
Heggen Erik	44.45	Heusden K.v.Vlaand.	15/08/2006	6de plaats
Heggen Erik	46.65	Aalst	7/05/2006	B.v.Vlaanderen
Heggen Erik	47.15	Lanaken L.K.	30/04/2006	GOUD

1500M STEEPLE		0,762 M		
Nulens Rafael	5.04.09	Heusden K.v.Vlaand.	15/08/2006	5de plaats
Nulens Rafael	5.11.66	St.Truiden L.K.	5/08/2006	GOUD
Nulens Rafael	5.13.48	Tessengerlo	30/06/2006	
Nulens Rafael	5.14.50	Zwevegem	19/08/2006	



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CADETTEN JONGENS

KOGEL		4 KG		
Dexters Sander	10m08	Lommel	12/08/2006	
Dexters Sander	10m06	Aalst	7/05/2006	B.v.Vlaanderen
Dexters Sander	9m72	Sittard (Ned)	25/05/2006	
Heggen Erik	8m92	Lommel	12/08/2006	
Heggen Erik	8m86	Lanaken	1/10/2006	
Flammia Pascal	7m58	Lanaken	1/10/2006	
Flammia Pascal	7m09	Maastricht (Ned)	16/09/2006	
Froyen Matthias	7m07	Diepenbeek	7/10/2006	
Froyen Matthias	6m73	Diepenbeek	16/09/2006	
Froyen Matthias	6m62	Lanaken	1/10/2006	
Froyen Matthias	6m36	Lommel	12/08/2006	
Chrif Khalil	5m97	Lanaken	1/10/2006	

SPEER		600 GR		
Heggen Erik	31m49	Lanaken	1/10/2006	
Froyen Matthias	26m39	Diepenbeek	7/10/2006	
Froyen Matthias	25m89	Lanaken	1/10/2006	
Froyen Matthias	25m88	Lanaken	26/08/2006	Euregio
Dexters Sander	25m51	Lanaken	2/07/2006	
Froyen Matthias	24m87	Diepenbeek	16/09/2006	
Froyen Matthias	24m44	Lanaken	30/07/2006	
Froyen Matthias	24m35	Lanaken L.K.	30/04/2006	6de plaats
Froyen Matthias	24m02	St.Truiden	5/08/2006	
Froyen Matthias	23m53	Lanaken	2/07/2006	
Froyen Matthias	23m35	St.Truiden	26/03/2006	
Froyen Matthias	23m15	Aalst	7/05/2006	B.v.Vlaanderen
Froyen Matthias	22m85	Diepenbeek	2/04/2006	
Flammia Pascal	20m35	Lanaken	1/10/2006	
Flammia Pascal	19m54	Lanaken	2/07/2006	

DISCUS		1 KG		
Heggen Erik	30m08	Lanaken	1/10/2006	
Dexters Sander	23m63	Lanaken	2/07/2006	
Flammia Pascal	20m39	Lanaken	1/10/2006	
Froyen Matthias	19m60	Lommel	12/08/2006	
Froyen Matthias	18m35	Diepenbeek	7/10/2006	
Froyen Matthias	17m19	Diepenbeek	16/09/2006	
Froyen Matthias	17m14	Lanaken	2/07/2006	
Flammia Pascal	16m73	Lanaken	2/07/2006	
Froyen Matthias	16m55	Lanaken	1/10/2006	
Froyen Matthias	16m40	St.Truiden	26/03/2006	

HOOG				
Heggen Erik	1m45	Lanaken L.K.	29/04/2006	4de plaats
Heggen Erik	1m30	Aalst	7/05/2006	B.v.Vlaanderen
Froyen Matthias	1m10	Diepenbeek	7/10/2006	



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CADETTEN JONGENS

VER				
Heggen Erik	5m33	Lier	29/07/2006	
Heggen Erik	5m16	Lanaken	26/08/2006	Euregio
Flammia Pascal	4m86	Maastricht (Ned)	16/09/2006	
Dexters Sander	4m76	Lanaken	2/07/2006	
Flammia Pascal	4m75	Lier	29/07/2006	
Flammia Pascal	4m61	Aalst	10/09/2006	
Flammia Pascal	4m61	Kerkrade (Ned)	6/07/2006	
Flammia Pascal	4m58	Mol	5/08/2006	
Flammia Pascal W+2,2	4m44	Lanaken	2/07/2006	
Vandebroek Joery	4m43	Aalst	7/05/2006	B.v.Vlaanderen
Flammia Pascal	4m26	Lanaken L.K.	30/04/2006	7de plaats
Nulens Rafael	3m99	St.Truiden	14/05/2006	B.v.Vlaanderen
Froyen Matthias	3m84	Diepenbeek	16/09/2006	
Froyen Matthias	3m83	Bree	9/04/2006	
Froyen Matthias	3m73	Lanaken	26/08/2006	Euregio
Froyen Matthias	3m49	Lanaken	2/07/2006	

VIJFKAMP				
Dexters Sander	1759p	Lanaken L.K.	2/07/2006	4de plaats
Flammia Pascal	1560p	Lanaken L.K.	2/07/2006	6de plaats
Froyen Matthias	684p	Lanaken L.K.	2/07/2006	9de plaats

4X100M				
Vandebroek Joery-Froyen Matthias-Dexters Sander-Heggen Erik				
	53.90	Aalst	7/05/2006	B.v.Vlaanderen
Flammia Pascal-Froyen Matthias-Nulens Rafael-heggen Erik				
	54.19	Alken L.K.	20/08/2006	ZILVER