



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

60M				
Efonye Cathy	9.38	Kortesseem	3/06/2006	Olimpic 4
Hauben Lotte	9.39	Lanaken	30/07/2006	
Efonye Cathy	9.47	Lommel	28/05/2006	Olimpic 3
Efonye Cathy	9.48	Alken	15/07/2006	Nacht
Efonye Cathy	9.51	Lanaken	2/07/2006	
Efonye Cathy	9.51	Lanaken	23/08/2006	Euregio
Hauben Lotte	9.55	Alken	8/07/2006	Olimpic 7
Hauben Lotte	9.59	Lanaken	2/07/2006	
Efonye Cathy	9.61	Lanaken	30/07/2006	
Steegeen Sofie	9.64	St.Truiden	20/05/2006	Olimpic 2
Clerx Katrien	9.65	St.Truiden	20/05/2006	Olimpic 2
Clerx Katrien	9.66	Lommel	28/05/2006	Olimpic 3
Steegeen Sofie	9.67	Kortesseem	3/06/2006	Olimpic 4
Clerx Katrien	9.67	Hasselt	29/07/2006	
Clerx Katrien	9.67	Lanaken	30/07/2006	
Steegeen Sofie	9.68	Lanaken	22/04/2006	B.v.Vlaanderen
Meertens Jinte	9.68	Hechtel L.K.	24/06/2006	10de plaats
Steegeen Sofie	9.70	Lanaken	23/08/2006	Euregio
Clerx Katrien	9.72	Kortesseem	3/06/2006	Olimpic 4
Steegeen Sofie	9.73	Hasselt	11/06/2006	Olimpic 5
Meertens Jinte	9.73	Tessengerlo	17/06/2006	Olimpic 6
Steegeen Sofie	9.74	Alken	15/07/2006	Nacht
Clerx Katrien	9.77	Tessengerlo	11/08/2006	
Hauben Lotte	9.79	Lanaken	23/08/2006	Euregio
Meertens Jinte	9.80	Lanaken	30/07/2006	
Steegeen Sofie	9.81	Lanaken	10/09/2006	Olimpic 10
Smellers Lisa	9.82	Lanaken	2/07/2006	
Smellers Lisa	9.84	Hasselt	11/06/2006	Olimpic 5
Efonye Cathy	9.84	Tessengerlo	2/09/2006	Olimpic 9
Smellers Lisa	9.86	Kortesseem	3/06/2006	Olimpic 4
Meertens Jinte	9.87	Lanaken	23/08/2006	Euregio
Steegeen Sofie	9.88	Lommel	28/05/2006	Olimpic 3
Meertens Jinte	9.89	Lanaken	10/09/2006	Olimpic 10
Steegeen Sofie	9.91	Tessengerlo	17/06/2006	Olimpic 6
Steegeen Sofie	9.91	Bree	27/08/2006	Olimpic 8
Clerx Katrien	9.92	Bree	9/04/2006	
Steegeen Sofie	9.92	Lanaken	2/07/2006	
Smellers Lisa	9.93	Lommel	28/05/2006	Olimpic 3
Smellers Lisa	9.94	Alken	15/07/2006	Nacht
Smellers Lisa	9.96	Lanaken	22/04/2006	B.v.Vlaanderen
Smellers Lisa	9.96	Tessengerlo	17/06/2006	Olimpic 6
Steegeen Sofie	9.97	Alken	8/07/2006	Olimpic 7
Hauben Lotte	9.99	Lanaken	22/04/2006	B.v.Vlaanderen
Steegeen Sofie	10.04	Tessengerlo	2/09/2006	Olimpic 9
Meertens Jinte	10.05	Tessengerlo	14/04/2006	
Nijs Jana	10.09	Lommel	28/05/2006	Olimpic 3



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

60M				
Smellers Lisa	10.11	Lanaken	30/07/2006	
Clerx Katrien	10.12	Tessengerlo	29/09/2006	
Clerx Katrien	10.13	Lanaken	10/09/2006	Olimpic 10
Clerx Katrien	10.15	Tessengerlo	10/06/2006	St.Martinus
Meertens Jinte	10.16	Lanaken	22/04/2006	B.v.Vlaanderen
Coox Michelle	10.16	Lanaken	22/04/2006	B.v.Vlaanderen
Vandeput Evelien	10.16	Bree	27/08/2006	Olimpic 8
Smellers Lisa	10.20	Lanaken	23/08/2006	Euregio
Smellers Lisa	10.20	Lanaken	10/09/2006	Olimpic 10
Smellers Lisa	10.22	Tessengerlo	2/09/2006	Olimpic 9
Aelbers Riet	10.23	Hasselt	11/06/2006	Olimpic 5
Smellers Lisa	10.26	Alken	8/07/2006	Olimpic 7
Vercruyce Gitte	10.31	Lanaken	2/07/2006	
Meertens Jinte	10.31	Tessengerlo	2/09/2006	Olimpic 9
Vercruyce Gitte	10.32	Lanaken	10/09/2006	Olimpic 10
Vandeput Evelien	10.34	Lommel	28/05/2006	Olimpic 3
Aelbers Riet	10.37	Lanaken	23/08/2006	Euregio
Aelbers Riet	10.39	Neerpelt	5/06/2006	N.v.Euregio
Efonye Ashely	10.41	Lanaken	22/04/2006	B.v.Vlaanderen
Efonye Ashely	10.42	Lommel	28/05/2006	Olimpic 3
Aelbers Riet	10.42	Kortesseem	3/06/2006	Olimpic 4
Efonye Ashely	10.42	Lanaken	2/07/2006	
Efonye Ashely	10.43	Kortesseem	3/06/2006	Olimpic 4
Vandeput Evelien	10.44	Lanaken	10/09/2006	Olimpic 10
Aelbers Riet	10.45	Alken	8/07/2006	Olimpic 7
Vercruyce Gitte	10.49	Hasselt	11/06/2006	Olimpic 5
Aelbers Riet	10.49	Lanaken	2/07/2006	
Efonye Ashely	10.49	Lanaken	30/07/2006	
Aelbers Riet	10.51	Tessengerlo	17/06/2006	Olimpic 6
Aelbers Riet	10.51	Bree	27/08/2006	Olimpic 8
Aelbers Riet	10.51	Lanaken	10/09/2006	Olimpic 10
Kerkhofs Milena	10.52	Kortesseem	3/06/2006	Olimpic 4
Efonye Ashely	10.52	Alken	15/07/2006	Nacht
Kerkhofs Milena	10.53	St.Truiden	20/05/2006	Olimpic 2
Efonye Ashely	10.57	Lanaken	23/08/2006	Euregio
Vandeput Evelien	10.58	Lanaken	23/08/2006	Euregio
Nijs Jana	10.59	Lanaken	2/07/2006	
Kerkhofs Milena	10.6	Diepenbeek	14/05/2006	
Aelbers Riet	10.65	St.Truiden	20/05/2006	Olimpic 2
Kerkhofs Milena	10.65	St.Truiden	1/07/2006	
Kerkhofs Milena	10.66	Neerpelt	5/06/2006	N.v.Euregio
Kerkhofs Milena	10.67	Lanaken	2/07/2006	
Kerkhofs Milena	10.68	Lommel	28/05/2006	Olimpic 3
Kerkhofs Milena	10.68	Heusden	17/09/2006	
Simoni Jasmine	10.69	Bree	27/08/2006	Olimpic 8
Chriff Nora	10.69	Lanaken	10/09/2006	Olimpic 10



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

60M				
Kerkhofs Milena	10.72	Hasselt	11/06/2006	Olimpic 5
Aelbers Riet	10.73	Tessenderlo	2/09/2006	Olimpic 9
Efonye Ashley	10.73	Tessenderlo	2/09/2006	Olimpic 9
Kerkhofs Milena	10.74	Tessenderlo	17/06/2006	Olimpic 6
Smellers Lisa	10.75	Bree	27/08/2006	Olimpic 8
Kerkhofs Milena	10.76	Tessenderlo	10/06/2006	St.Martinus
Efonye Ashley	10.76	Lanaken	10/09/2006	Olimpic 10
Dohmen Nanouk	10.82	Lanaken	22/04/2006	B.v.Vlaanderen
Simoni Jasmine	10.82	Lanaken	23/08/2006	Euregio
Kerkhofs Milena	10.83	Heusden	30/06/2006	
Kerkhofs Milena	10.84	Diepenbeek	17/04/2006	
Caubergh Selina	10.84	Lanaken	23/08/2006	Euregio
Kerkhofs Milena	10.90	Tessenderlo	22/09/2006	
Caubergh Selina	10.92	Lanaken	30/07/2006	
Simoni Jasmine	10.92	Tessenderlo	2/09/2006	Olimpic 9
Kerkhofs Milena	10.92	Lanaken	10/09/2006	Olimpic 10
Simoni Jasmine	10.96	Lanaken	10/09/2006	Olimpic 10
Kerkhofs Milena	11.09	Lanaken	23/08/2006	Euregio
Ramaekers Kirsten	11.12	Lanaken	22/04/2006	B.v.Vlaanderen
Chriff Nora	11.14	Lanaken	22/04/2006	B.v.Vlaanderen
Kerkhofs Milena	11.15	Tessenderlo	2/09/2006	Olimpic 9
Kerkhofs Milena	11.18	Tessenderlo	11/08/2006	
Caubergh Selina	11.28	Lanaken	10/09/2006	Olimpic 10
Caubergh Selina	11.62	Lanaken	22/04/2006	B.v.Vlaanderen
Frijns Eefje	11.64	Lanaken	22/04/2006	B.v.Vlaanderen

60M HORDEN		0,76 M		
Efonye Cathy	11.53	Hechtel L.K.	24/06/2006	GOUD
Efonye Cathy	11.63	Nijvel B.K.	23/09/2006	9de plaats
Efonye Cathy	11.70	Lanaken	22/04/2006	B.v.Vlaanderen
Efonye Cathy	11.9	Hasselt	1/05/2006	Olimpic 1
Smellers Lisa	13.7	Hasselt	1/05/2006	Olimpic 1
Aelbers Riet	14.06	Bree	27/08/2006	Olimpic 8
Steegeen Sofie	14.3	Hasselt	1/05/2006	Olimpic 1
Vercruyce Gitte	14.3	Hasselt	1/05/2006	Olimpic 1
Smellers Lisa	14.49	Bree	27/08/2006	Olimpic 8
Nijs Jana	14.7	Hasselt	1/05/2006	Olimpic 1
Steegeen Sofie	14.87	Bree	27/08/2006	Olimpic 8



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

1000M				
Steegen Sofie	3.35.47	Hechtel L.K.	24/06/2006	5de plaats
Steegen Sofie	3.36.36	Lanaken	23/08/2006	Euregio
Nijs Jana	3.37.84	Lommel	28/05/2006	Olimpic 3
Steegen Sofie	3.38.02	Heusden	22/07/2006	Nacht
Nijs Jana	3.39.86	Lanaken	22/04/2006	B.v.Vlaanderen
Steegen Sofie	3.39.90	Lanaken	10/09/2006	Olimpic 10
Meertens Jinte	3.39.95	Hechtel L.K.	24/06/2006	7de plaats
Steegen Sofie	3.40.46	Nijvel B.K.	23/09/2006	B-reeks
Steegen Sofie	3.40.49	Tessenderlo	2/09/2006	Olimpic 9
Steegen Sofie	3.41.48	Lommel	28/05/2006	Olimpic 3
Steegen Sofie	3.41.67	Kortesseem	3/06/2006	Olimpic 4
Meertens Jinte	3.42.05	Lanaken	23/08/2006	Euregio
Meertens Jinte	3.42.12	Nijvel B.K.	23/09/2006	B-reeks
Meertens Jinte	3.43.14	Lanaken	10/09/2006	Olimpic 10
Aelbers Riet	3.43.70	Lanaken	10/09/2006	Olimpic 10
Steegen Sofie	3.43.89	Lanaken	2/07/2006	
Steegen Sofie	3.44.29	Lanaken	22/04/2006	B.v.Vlaanderen
Steegen Sofie	3.44.30	Tessenderlo	17/06/2006	Olimpic 6
Smellers Lisa	3.44.44	Lanaken	10/09/2006	Olimpic 10
Smellers Lisa	3.45.25	Lommel	28/05/2006	Olimpic 3
Smellers Lisa	3.45.85	Tessenderlo	2/09/2006	Olimpic 9
Steegen Sofie	3.46.08	Hasselt	11/06/2006	Olimpic 5
Smellers Lisa	3.46.71	Kortesseem	3/06/2006	Olimpic 4
Steegen Sofie	3.46.76	Hasselt	1/05/2006	Olimpic 1
Meertens Jinte	3.46.83	Tessenderlo	2/09/2006	Olimpic 9
Smellers Lisa	3.47.41	Lanaken	22/04/2006	B.v.Vlaanderen
Meertens Jinte	3.47.42	Hasselt	1/05/2006	Olimpic 1
Smellers Lisa	3.48.07	Tessenderlo	17/06/2006	Olimpic 6
Nijs Jana	3.48.07	Lanaken	2/07/2006	
Meertens Jinte	3.48.82	Tessenderlo	17/06/2006	Olimpic 6
Steegen Sofie	3.49.76	St.Truiden	20/05/2006	Olimpic 2
Nijs Jana	3.49.79	Lanaken	23/08/2006	Euregio
Smellers Lisa	3.50.01	Lanaken	2/07/2006	
Aelbers Riet	3.50.21	Neerpelt	5/06/2006	N.v.Euregio
Aelbers Riet	3.50.63	Tessenderlo	2/09/2006	Olimpic 9
Steegen Sofie	3.51.11	Alken	8/07/2006	Olimpic 7
Meertens Jinte	3.51.38	Lanaken	22/04/2006	B.v.Vlaanderen
Smellers Lisa	3.51.38	Lanaken	30/07/2006	
Aelbers Riet	3.51.83	Tessenderlo	17/06/2006	Olimpic 6
Aelbers Riet	3.52.17	Lanaken	2/07/2006	
Chriff Nora	3.53.39	Lanaken	22/04/2006	B.v.Vlaanderen
Aelbers Riet	3.53.56	Lanaken	23/08/2006	Euregio
Nijs Jana	3.53.77	Hasselt	1/05/2006	Olimpic 1
Aelbers Riet	3.54.11	Heusden	22/07/2006	Nacht
Meertens Jinte	3.54.35	Lanaken	30/07/2006	
Smellers Lisa	3.56.15	Lanaken	23/08/2006	Euregio



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

1000M				
Smellers Lisa	3.57.13	Hasselt	11/06/2006	Olimpic 5
Aelbers Riet	3.57.64	Kortesseem	3/06/2006	Olimpic 4
Smellers Lisa	3.57.69	Alken	8/07/2006	Olimpic 7
Smellers Lisa	3.57.74	Hasselt	1/05/2006	Olimpic1
Aelbers Riet	3.58.22	Alken	8/07/2006	Olimpic 7
Kerkhofs Milena	3.58.51	Heusden	30/06/2006	
Chriff Nora	3.58.63	Lanaken	10/09/2006	Olimpic 10
Kerkhofs Milena	4.01.63	Heusden	17/09/2006	
Aelbers Riet	4.02.53	Hasselt	1/05/2006	Olimpic1
Kerkhofs Milena	4.03.82	Tessengerlo	22/09/2006	
Aelbers Riet	4.04.22	Lanaken	22/04/2006	B.v.Vlaanderen
Clerx Katrien	4.07.82	Lommel	28/05/2006	Olimpic 3
Aelbers Riet	4.08.13	St.Truiden	20/05/2006	Olimpic 2
Kerkhofs Milena	4.08.36	Neerpelt	5/06/2006	N.v.Euregio
Clerx Katrien	4.08.41	Kortesseem	3/06/2006	Olimpic 4
Aelbers Riet	4.09.26	Hasselt	11/06/2006	Olimpic 5
Vercruyce Gitte	4.11.67	Lanaken	2/07/2006	
Clerx Katrien	4.11.84	St.Truiden	20/05/2006	Olimpic 2
Vandeput Evelien	4.13.36	Lanaken	10/09/2006	Olimpic 10
Kerkhofs Milena	4.14.39	Tessengerlo	2/09/2006	Olimpic 9
Vercruyce Gitte	4.14.59	Hasselt	1/05/2006	Olimpic1
Efonye Cathy	4.14.80	Lanaken	10/09/2006	Olimpic 10
Kerkhofs Milena	4.15.03	Lanaken	10/09/2006	Olimpic 10
Kerkhofs Milena	4.15.47	Lanaken	2/07/2006	
Kerkhofs Milena	4.15.70	Tessengerlo	17/06/2006	Olimpic 6
Kerkhofs Milena	4.16.70	St.Truiden	20/05/2006	Olimpic 2
Kerkhofs Milena	4.17.88	Lanaken	23/08/2006	Euregio
Kerkhofs Milena	4.18.05	Lanaken	22/04/2006	B.v.Vlaanderen
Kerkhofs Milena	4.18.73	Lommel	28/05/2006	Olimpic 3
Kerkhofs Milena	4.19.42	St.Truiden	1/07/2006	
Simoni Jasmine	4.19.46	Tessengerlo	2/09/2006	Olimpic 9
Kerkhofs Milena	4.21.97	Kortesseem	3/06/2006	Olimpic 4
Hauben Lott	4.22.48	Lanaken	30/07/2006	
Vandeput Evelien	4.25.32	Lommel	28/05/2006	Olimpic 3
Efonye Ashely	4.27.49	Lanaken	22/04/2006	B.v.Vlaanderen
Simoni Jasmine	4.27.56	Lanaken	10/09/2006	Olimpic 10
Caubergh Selina	4.27.97	Lanaken	30/07/2006	
Simoni Jasmine	4.28.62	Lanaken	23/08/2006	Euregio
Kerkhofs Milena	4.31.25	Hasselt	11/06/2006	Olimpic 5
Caubergh Selina	4.32.97	Lanaken	10/09/2006	Olimpic 10
Simone Jasmine	4.46.40	Hasselt	1/05/2006	Olimpic1



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

HOCKEYBAL				
Efonye Cathy	35m57	Lanaken	23/08/2006	Euregio
Efonye Cathy	35m02	Tessenderlo	2/09/2006	Olimpic 9
Efonye Cathy	33m22	Hechtel L.K.	24/06/2006	ZILVER
Efonye Cathy	32m78	Lanaken	30/07/2006	
Efonye Cathy	32m13	Lanaken	22/04/2006	B.v.Vlaanderen
Clerx Katrien	31m33	Lanaken	1/10/2006	
Clerx Katrien	30m94	Tessenderlo	29/09/2006	
Efonye Cathy	29m91	Lanaken	2/07/2006	
Meertens Jinte	28m93	Lanaken	1/10/2006	
Clerx Katrien	28m79	Lanaken	30/07/2006	
Clerx Katrien	27m73	Tessenderlo	14/04/2006	
Nijs Jana	27m44	Lanaken	23/08/2006	Euregio
Nijs Jana	27m35	Lanaken	2/07/2006	
Clerx Katrien	27m14	Lanaken	22/04/2006	B.v.Vlaanderen
Clerx Katrien	26m87	Tessenderlo	11/08/2006	
Meertens Jinte	26m85	Lanaken	23/08/2006	Euregio
Nijs Jana	26m66	Lanaken	22/04/2006	B.v.Vlaanderen
Meertens Jinte	26m62	Lanaken	30/07/2006	
Meertens Jinte	24m91	Tessenderlo	2/09/2006	Olimpic 9
Efonye Ashley	24m11	Tessenderlo	2/09/2006	Olimpic 9
Efonye Ashely	23m31	Lanaken	30/07/2006	
Efonye Ashely	23m06	Lanaken	22/04/2006	B.v.Vlaanderen
Meertens Jinte	22m93	Tessenderlo	14/04/2006	
Efonye Ashely	22m68	Lanaken	2/07/2006	
Efonye Ashely	22m20	Lanaken	23/08/2006	Euregio
Meertens jinte	21m93	Lanaken	22/04/2006	B.v.Vlaanderen
Smellers Lisa	21m38	Tessenderlo	2/09/2006	Olimpic 9
Smellers Lisa	21m18	Lanaken	30/07/2006	
Smellers Lisa	20m24	Lanaken	2/07/2006	
Vercruyce Gitte	19m91	Lanaken	2/07/2006	
Steegeen Sofie	18m81	Tessenderlo	2/09/2006	Olimpic 9
Smellers Lisa	18m67	Bree	27/08/2006	Olimpic 8
Kerkhofs Milena	18m46	Heusden	30/06/2006	
Kerkhofs Milena	17m86	Diepenbeek	14/05/2006	
Janssen Lise	17m24	Lanaken	22/04/2006	B.v.Vlaanderen
Vandeput Evelien	17m20	Bree	27/08/2006	Olimpic 8
Steegeen Sofie	16m80	Lanaken	23/08/2006	Euregio
Vandeput Evelien	16m57	Lanaken	23/08/2006	Euregio
Hauben Lotte	16m48	Lanaken	30/07/2006	
Kerkhofs Milena	16m46	Lanaken	23/08/2006	Euregio
Kerkhofs Milena	16m33	Tessenderlo	2/09/2006	Olimpic 9
Kerkhofs Milena	16m18	Tessenderlo	11/08/2006	
Kerkhofs Milena	16m10	Lanaken	2/07/2006	
Chriff Nora	15m98	Lanaken	22/04/2006	B.v.Vlaanderen
Vandeput Evelien	15m93	Lanaken	1/10/2006	
Hauben Lotte	15m86	Lanaken	2/07/2006	



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

HOCKEYBAL				
Steegeen Sofie	15m48	Bree	27/08/2006	Olimpic 8
Steegeen Sofie	14m06	Lanaken	2/07/2006	
Simoni Jasmine	14m03	Bree	27/08/2006	Olimpic 8
Simoni Jasmine	13m86	Lanaken	23/08/2006	Euregio
Aelbers Riet	13m82	Bree	27/08/2006	Olimpic 8
Aelbers Riet	13m52	Tessengerlo	2/09/2006	Olimpic 9
Coox Michelle	12m43	Lanaken	22/04/2006	B.v.Vlaanderen
Aelbers Riet	12m15	Lanaken	2/07/2006	
Caubergh Selina	10m85	Lanaken	22/04/2006	B.v.Vlaanderen
Simoni Jasmine	10m72	Tessengerlo	2/09/2006	Olimpic 9
Aelbers Riet	9m27	Lanaken	23/08/2006	Euregio

	KOGEL		2KG	
Efonye Cathy	7m85	Lanaken	10/09/2006	Olimpic 10
Efonye Cathy	7m82	Lanaken	23/08/2006	Euregio
Clerx Katrien	7m45	Lanaken	1/10/2006	
Clerx Katrien	7m15	Tessengerlo	11/08/2006	
Efonye Cathy	7m03	Nijvel B.K.	23/09/2006	12de plaats
Clerx Katrien	6m97	Nijvel B.K.	23/09/2006	13de plaats
Smellers Lisa	6m67	Lanaken	10/09/2006	Olimpic 10
Clerx Katrien	6m64	Tessengerlo	22/09/2006	
Smellers Lisa	6m48	Lanaken	23/08/2006	Euregio
Clerx Katrien	6m46	Lanaken	22/04/2006	B.v.Vlaanderen
Clerx Katrien	6m40	Lanaken	10/09/2006	Olimpic 10
Nijs Jana	6m10	Lanaken	23/08/2006	Euregio
Smellers Lisa	6m02	Alken	8/07/2006	Olimpic 7
Clerx Katrien	5m99	Tessengerlo	14/04/2006	
Clerx Katrien	5m98	Bree	9/04/2006	
Efonye Ashley	5m94	Hechtel L.K.	24/06/2006	7de plaats
Clerx Katrien	5m77	St.Truiden	20/05/2006	Olimpic 2
Smellers Lisa	5m71	Hasselt	1/05/2006	Olimpic1
Efonye Ashley	5m52	Lanaken	23/08/2006	Euregio
Vandeput Evelien	5m43	Lanaken	23/08/2006	Euregio
Chriff Nora	5m40	Lanaken	10/09/2006	Olimpic 10
Steegeen Sofie	5m38	Lanaken	10/09/2006	Olimpic 10
Nijs Jana	5m34	Hasselt	1/05/2006	Olimpic1
Vercruyce Gitte	5m33	Lanaken	10/09/2006	Olimpic 10
Vandeput Evelien	5m31	Lanaken	1/10/2006	
Hauben Lotte	5m26	Lanaken	23/08/2006	Euregio
Hauben Lotte	5m25	Lanaken	22/04/2006	B.v.Vlaanderen
Meertens Jinte	5m18	Lanaken	1/10/2006	
Vercruyce Gitte	5m15	Hasselt	1/05/2006	Olimpic1
Efonye Ashley	5m13	Hasselt	1/05/2006	Olimpic1
Dohmen Nanouk	5m10	Lanaken	22/04/2006	B.v.Vlaanderen
Meertens Jinte	5m07	Lanaken	23/08/2006	Euregio
Aelbers Riet	5m05	Alken	8/07/2006	Olimpic 7



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

	KOGEL		2KG	
Aelbers Riet	5m05	Lanaken	23/08/2006	Euregio
Efonye Ashley	4m97	Lanaken	10/09/2006	Olimpic 10
Frijns Eefje	4m89	Lanaken	22/04/2006	B.v.Vlaanderen
Hauben Lotte	4m87	Alken	8/07/2006	Olimpic 7
Aelbers Riet	4m80	Lanaken	10/09/2006	Olimpic 10
Meertens Jinte	4m74	Lanaken	10/09/2006	Olimpic 10
Ramaekers Kirsten	4m73	Lanaken	22/04/2006	B.v.Vlaanderen
Steegeen Sofie	4m69	Alken	8/07/2006	Olimpic 7
Steegeen Sofie	4m68	Hasselt	1/05/2006	Olimpic 1
Kerkhofs Milena	4m59	Heusden	17/09/2006	
Vandeput Evelien	4m56	Lanaken	10/09/2006	Olimpic 10
Aelbers Riet	4m53	St.Truiden	20/05/2006	Olimpic 2
Steegeen Sofie	4m48	St.Truiden	20/05/2006	Olimpic 2
Simone Jasmine	4m40	Hasselt	1/05/2006	Olimpic 1
Meertens Jinte	4m36	Hasselt	1/05/2006	Olimpic 1
Simoni Jasmine	4m24	Lanaken	10/09/2006	Olimpic 10
Simoni Jasmine	4m09	Lanaken	23/08/2006	Euregio
Aelbers Riet	4m05	Hasselt	1/05/2006	Olimpic 1
Kerkhofs Milena	3m87	Tessengerlo	22/09/2006	
Kerkhofs Milena	3m86	Lanaken	10/09/2006	Olimpic 10
Aelbers Riet	3m66	Lanaken	22/04/2006	B.v.Vlaanderen
Kerkhofs Milena	3m13	St.Truiden	20/05/2006	Olimpic 2

	DISCUS		600GR	
Efonye Cathy	17m16	Lommel	28/05/2006	Olimpic 3
Clerx Katrien	17m01	Lommel	28/05/2006	Olimpic 3
Clerx Katrien	16m86	Kortesseem	3/06/2006	Olimpic 4
Clerx Katrien	16m55	Tessengerlo	29/09/2006	
Clerx Katrien	16m24	Hechtel L.K.	24/06/2006	BRONS
Efonye Cathy	16m03	Kortesseem	3/06/2006	Olimpic 4
Clerx Katrien	15m89	Tessengerlo	22/09/2006	
Smellers Lisa	15m08	Tessengerlo	17/06/2006	Olimpic 6
Smellers Lisa	14m51	Kortesseem	3/06/2006	Olimpic 4
Clerx Katrien	14m43	Hasselt	11/06/2006	Olimpic 5
Steegeen Sofie	13m78	Tessengerlo	17/06/2006	Olimpic 6
Kerkhofs Milena	12m80	Heusden	17/09/2006	
Smellers Lisa	12m53	Lommel	28/05/2006	Olimpic 3
Smellers Lisa	12m44	Hasselt	11/06/2006	Olimpic 5
Steegeen Sofie	11m85	Kortesseem	3/06/2006	Olimpic 4
Meertens Jinte	11m78	Tessengerlo	17/06/2006	Olimpic 6
Efonye Ashley	11m02	Kortesseem	3/06/2006	Olimpic 4
Kerkhofs Milena	10m97	Tessengerlo	22/09/2006	
Nijs Jana	10m89	Lommel	28/05/2006	Olimpic 3
Kerkhofs Milena	10m70	St.Truiden	1/07/2006	
Efonye Ashley	10m69	Lommel	28/05/2006	Olimpic 3
Steegeen Sofie	10m52	Hasselt	11/06/2006	Olimpic 5





## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

DISCUS		600GR		
Efonye Ashley	10m22	Hechtel L.K.	24/06/2006	5de plaats
Aelbers Riet	9m89	Hasselt	11/06/2006	Olimpic 5
Steegeen Sofie	9m58	Lommel	28/05/2006	Olimpic 3
Aelbers Riet	9m56	Kortesseem	3/06/2006	Olimpic 4
Aelbers Riet	9m39	Tessengerlo	17/06/2006	Olimpic 6
Vercruyce Gitte	8m43	Hasselt	11/06/2006	Olimpic 5
Kerkhofs Milena	7m81	Hasselt	11/06/2006	Olimpic 5
Kerkhofs Milena	7m56	Lommel	28/05/2006	Olimpic 3
Kerkhofs Milena	7m01	Diepenbeek	14/05/2006	
Kerkhofs Milena	7m00	Diepenbeek	17/04/2006	
Kerkhofs Milena	6m96	Tessengerlo	17/06/2006	Olimpic 6
Kerkhofs Milena	6m59	Tessengerlo	10/06/2006	St.Martinus
Kerkhofs Milena	6m38	Kortesseem	3/06/2006	Olimpic 4
HOOG				
Efonye Cathy	1m20	Hasselt	1/05/2006	Olimpic 1
Efonye Cathy	1m20	Alken	15/07/2006	Nacht
Clerx Katrien	1m20	Lanaken	10/09/2006	Olimpic 10
Efonye Cathy	1m20	Lanaken	10/09/2006	Olimpic 10
Clerx Katrien	1m15	Kortesseem	3/06/2006	Olimpic 4
Efonye Cathy	1m15	Kortesseem	3/06/2006	Olimpic 4
Smellers Lisa	1m15	Alken	15/07/2006	Nacht
Clerx Katrien	1m15	Tessengerlo	29/09/2006	
Clerx Katrien	1m10	Tessengerlo	14/04/2006	
Nijs Jana	1m10	Hasselt	1/05/2006	Olimpic 1
Smellers Lisa	1m10	Kortesseem	3/06/2006	Olimpic 4
Smellers Lisa	1m10	Lanaken	10/09/2006	Olimpic 10
Nijs Jana	1m10	Lanaken	10/09/2006	Olimpic 10
Efonye Cathy	1m05	Lanaken	22/04/2006	B.v.Vlaanderen
Steegeen Sofie	1m05	Hasselt	1/05/2006	Olimpic 1
Smellers Lisa	1m05	Hasselt	1/05/2006	Olimpic 1
Steegeen Sofie	1m05	Kortesseem	3/06/2006	Olimpic 4
Steegeen Sofie	1m05	Lanaken	10/09/2006	Olimpic 10
Meertens Jinte	1m05	Lanaken	10/09/2006	Olimpic 10
Aelbers Riet	1m05	Lanaken	10/09/2006	Olimpic 10
Chriff Nora	1m05	Lanaken	10/09/2006	Olimpic 10
Simoni Jasmine	1m05	Lanaken	10/09/2006	Olimpic 10
Vercruyce Gitte	1m05	Lanaken	10/09/2006	Olimpic 10
Vercruyce Gitte	1m00	Hasselt	1/05/2006	Olimpic 1
Aelbers Riet	1m00	Kortesseem	3/06/2006	Olimpic 4
Efonye Ashley	1m00	Alken	15/07/2006	Nacht
Steegeen Sofie	1m00	Alken	15/07/2006	Nacht
Efonye Ashley	1m00	Lanaken	10/09/2006	Olimpic 10
Efonye Ashley	0m95	Hasselt	1/05/2006	Olimpic 1
Kerkhofs Milena	0m95	Kortesseem	3/06/2006	Olimpic 4
Efonye Ashley	0m95	Kortesseem	3/06/2006	Olimpic 4



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

HOOG				
Kerkhofs Milena	0m95	Tessenderlo	10/06/2006	St.Martinus
Kerkhofs Milena	0m95	Heusden	30/06/2006	
Kerkhofs Milena	0m95	St.Truiden	1/07/2006	
Kerkhofs Milena	0m95	Tessenderlo	11/08/2006	
Kerkhofs Milena	0m95	Lanaken	10/09/2006	Olimpic 10
Kerkhofs Milena	0m90	Lanaken	22/04/2006	B.v.Vlaanderen
Caubergh Selina	0m90	Lanaken	10/09/2006	Olimpic 10

VER				
Clerx Katrien	3m93	Hasselt	29/07/2006	
Efonye Cathy	3m91	Lanaken	2/07/2006	
Clerx Katrien	3m87	Hechtel L.K.	24/06/2006	4de plaats
Efonye Cathy	3m86	Tessenderlo	2/09/2006	Olimpic 9
Steegeen Sofie	3m73	Hasselt	11/06/2006	Olimpic 5
Steegeen Sofie	3m69	Tessenderlo	2/09/2006	Olimpic 9
Efonye Cathy	3m66	Lommel	28/05/2006	Olimpic 3
Clerx Katrien	3m66	Tessenderlo	11/08/2006	
Clerx Katrien	3m62	Tessenderlo	10/06/2006	St.Martinus
Efonye Cathy	3m61	Lanaken	23/08/2006	Euregio
Clerx Katrien	3m60	Hasselt	11/06/2006	Olimpic 5
Smellers Lisa	3m59	Tessenderlo	17/06/2006	Olimpic 6
Smellers Lisa	3m58	Lanaken	2/07/2006	
Steegeen Sofie	3m56	Lanaken	23/08/2006	Euregio
Clerx Katrien	3m55	St.Truiden	20/05/2006	Olimpic 2
Smellers Lisa	3m54	Lanaken	22/04/2006	B.v.Vlaanderen
Steegeen Sofie	3m51	St.Truiden	20/05/2006	Olimpic 2
Clerx Katrien	3m50	Lommel	28/05/2006	Olimpic 3
Smellers Lisa	3m50	Tessenderlo	2/09/2006	Olimpic 9
Steegeen Sofie	3m47	Lommel	28/05/2006	Olimpic 3
Smellers Lisa	3m47	Lommel	28/05/2006	Olimpic 3
Steegeen Sofie	3m47	Lanaken	2/07/2006	
Steegeen Sofie	3m45	Tessenderlo	17/06/2006	Olimpic 6
Clerx Katrien	3m43	Lanaken	22/04/2006	B.v.Vlaanderen
Nijs Jana	3m42	Lommel	28/05/2006	Olimpic 3
Smellers Lisa	3m39	Lanaken	23/08/2006	Euregio
Steegeen Sofie	3m38	Bree	27/08/2006	Olimpic 8
Smellers Lisa	3m37	Hasselt	11/06/2006	Olimpic 5
Vercruyce Gitte	3m32	Hasselt	11/06/2006	Olimpic 5
Clerx Katrien	3m30	Bree	9/04/2006	
Aelbers Riet	3m30	Tessenderlo	17/06/2006	Olimpic 6
Vercruyce Gitte	3m29	Lanaken	2/07/2006	
Meertens Jinte	3m28	Lanaken	23/08/2006	Euregio
Steegeen Sofie	3m27	Alken	8/07/2006	Olimpic 7
Steegeen Sofie	3m26	Lanaken	22/04/2006	B.v.Vlaanderen
Nijs Jana	3m26	Lanaken	23/08/2006	Euregio
Meertens Jinte	3m24	Tessenderlo	2/09/2006	Olimpic 9



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

VER				
Steegen Sofie	3m23	Hechtel L.K.	24/06/2006	8ste plaats
Aelbers Riet	3m22	Neerpelt	5/06/2006	N.v.Euregio
Clerx Katrien	3m21	Nijvel B.K.	23/09/2006	14de plaats
Smellers Lisa	3m19	Alken	8/07/2006	Olimpic 7
Aelbers Riet	3m19	Lanaken	23/08/2006	Euregio
Aelbers Riet	3m17	Lanaken	2/07/2006	
Aelbers Riet	3m16	Hasselt	11/06/2006	Olimpic 5
Nijs Jana	3m16	Lanaken	2/07/2006	
Meertens Jinte	3m15	Tessenderlo	17/06/2006	Olimpic 6
Smellers Lisa	3m15	Bree	27/08/2006	Olimpic 8
Aelbers Riet	3m14	Bree	27/08/2006	Olimpic 8
Aelbers Riet	3m10	St.Truiden	20/05/2006	Olimpic 2
Aelbers Riet	3m08	Alken	8/07/2006	Olimpic 7
Hauben Lotte	3m05	Lanaken	2/07/2006	
Hauben Lotte	3m00	Lanaken	23/08/2006	Euregio
Aelbers Riet	2m94	Tessenderlo	2/09/2006	Olimpic 9
Kerkhofs Milena	2m93	Diepenbeek	17/04/2006	
Janssen Lise	2m93	Lanaken	22/04/2006	B.v.Vlaanderen
Kerkhofs Milena	2m91	Tessenderlo	22/09/2006	
Kerkhofs Milena	2m87	Tessenderlo	10/06/2006	St.Martinus
Efonye Ashely	2m87	Lanaken	2/07/2006	
Kerkhofs Milena	2m85	Tessenderlo	11/08/2006	
Kerkhofs Milena	2m85	Lanaken	23/08/2006	Euregio
Kerkhofs Milena	2m84	Lanaken	22/04/2006	B.v.Vlaanderen
Kerkhofs Milena	2m84	Tessenderlo	2/09/2006	Olimpic 9
Hauben Lotte	2m83	Lanaken	22/04/2006	B.v.Vlaanderen
Simoni Jasmine	2m82	Tessenderlo	2/09/2006	Olimpic 9
Efonye Ashley	2m81	Lommel	28/05/2006	Olimpic 3
Kerkhofs Milena	2m80	Neerpelt	5/06/2006	N.v.Euregio
Simoni Jasmine	2m80	Bree	27/08/2006	Olimpic 8
Kerkhofs Milena	2m79	Hasselt	11/06/2006	Olimpic 5
Efonye Ashely	2m77	Lanaken	23/08/2006	Euregio
Simoni Jasmine	2m77	Lanaken	23/08/2006	Euregio
Aelbers Riet	2m76	Lanaken	22/04/2006	B.v.Vlaanderen
Hauben Lotte	2m75	Alken	8/07/2006	Olimpic 7
Kerkhofs Milena	2m74	Lommel	28/05/2006	Olimpic 3
Kerkhofs Milena	2m74	Lanaken	2/07/2006	
Efonye Ashley	2m74	Tessenderlo	2/09/2006	Olimpic 9
Kerkhofs Milena	2m73	Tessenderlo	17/06/2006	Olimpic 6
Caubergh Selina	2m67	Lanaken	23/08/2006	Euregio
Kerkhofs Milena	2m65	St.Truiden	20/05/2006	Olimpic 2
Dohmen Nanouk	2m62	Lanaken	22/04/2006	B.v.Vlaanderen
Kerkhofs Milena	2m59	Diepenbeek	14/05/2006	
Ramaekers Kirsten	2m30	Lanaken	22/04/2006	B.v.Vlaanderen
Caubergh Selina	2m22	Lanaken	22/04/2006	B.v.Vlaanderen



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

VIERKAMP				
Smellers Lisa	1491p	Lanaken	10/09/2006	Olimpic 10
Steeegen Sofie	1483p	Lanaken	10/09/2006	Olimpic 10
Smellers Lisa	1407p	Kortesseem	3/06/2006	Olimpic 4
Meertens Jinte	1398p	Lanaken	10/09/2006	Olimpic 10
Steeegen Sofie	1396p	Kortesseem	3/06/2006	Olimpic 4
Steeegen Sofie	1395p	St.Truiden	20/05/2006	Olimpic 2
Steeegen Sofie	1380p	Hasselt	11/06/2006	Olimpic 5
Clerx Katrien	1375p	Kortesseem	3/06/2006	Olimpic 4
Steeegen Sofie	1373p	Tessengerlo	2/09/2006	Olimpic 9
Smellers Lisa	1367p	Tessengerlo	17/06/2006	Olimpic 6
Steeegen Sofie	1352p	Tessengerlo	17/06/2006	Olimpic 6
Smellers Lisa	1339p	Lanaken L.K.Meerk	2/07/2006	BRONS
Clerx Katrien	1332p	St.Truiden	20/05/2006	Olimpic 2
Smellers Lisa	1320p	Lommel	28/05/2006	Olimpic 3
Clerx Katrien	1314p	Lommel	28/05/2006	Olimpic 3
Steeegen Sofie	1306p	Lommel	28/05/2006	Olimpic 3
Nijs Jana	1304p	Lommel	28/05/2006	Olimpic 3
Smellers Lisa	1282p	Tessengerlo	2/09/2006	Olimpic 9
Steeegen Sofie	1274p	Alken	8/07/2006	Olimpic 7
Aelbers Riet	1269p	Lanaken	10/09/2006	Olimpic 10
Steeegen Sofie	1263p	Lanaken L.K.Meerk	2/07/2006	4de plaats
Meertens Jinte	1259p	Tessengerlo	17/06/2006	Olimpic 6
Meertens Jinte	1248p	Tessengerlo	2/09/2006	Olimpic 9
Smellers Lisa	1235p	Alken	8/07/2006	Olimpic 7
Smellers Lisa	1230p	Hasselt	11/06/2006	Olimpic 5
Nijs Jana	1199p	Lanaken L.K.Meerk	2/07/2006	5de plaats
Smellers Lisa	1165p	Hasselt	1/05/2006	Olimpic 1
Chriff Nora	1163p	Lanaken	10/09/2006	Olimpic 10
Efonye Cathy	1147p	Lanaken L.K.Meerk	2/07/2006	7de plaats
Efonye Cathy	1125p	Tessengerlo	2/09/2006	Olimpic 9
Steeegen Sofie	1116p	Hasselt	1/05/2006	Olimpic 1
Nijs Jana	1111p	Hasselt	1/05/2006	Olimpic 1
Aelbers Riet	1109p	Alken	8/07/2006	Olimpic 7
Efonye Cathy	1105p	Kortesseem	3/06/2006	Olimpic 4
Clerx Katrien	1072p	Lanaken	10/09/2006	Olimpic 10
Efonye Cathy	1065p	Lanaken	10/09/2006	Olimpic 10
Efonye Cathy	1059p	Lommel	28/05/2006	Olimpic 3
Aelbers Riet	1057p	Tessengerlo	17/06/2006	Olimpic 6
Aelbers Riet	1030p	Kortesseem	3/06/2006	Olimpic 4
Vercruyce Gitte	1019p	Lanaken L.K.Meerk	2/07/2006	9de plaats
Aelbers Riet	997p	Lanaken L.K.Meerk	2/07/2006	10de plaats
Aelbers Riet	974p	St.Truiden	20/05/2006	Olimpic 2
Aelbers Riet	972p	Hasselt	11/06/2006	Olimpic 5
Aelbers Riet	939p	Tessengerlo	2/09/2006	Olimpic 9
Steeegen Sofie	921p	Bree	27/08/2006	Olimpic 8
Vercruyce Gitte	912p	Hasselt	1/05/2006	Olimpic 1



## PRESTATIES ATLA ATLETEN OUTDOOR 2006



### PUPILLEN MEISJES

VIERKAMP				
Efonye Cathy	865p	Hasselt	1/05/2006	Olimpic1
Simoni Jasmine	861p	Lanaken	10/09/2006	Olimpic 10
Kerkhofs Milena	835p	Lanaken	10/09/2006	Olimpic 10
Hauben Lotte	831p	Alken	8/07/2006	Olimpic 7
Vercruyce Gitte	829p	Lanaken	10/09/2006	Olimpic 10
Vandeput Evelien	822p	Lanaken	10/09/2006	Olimpic 10
Aelbers Riet	809p	Bree	27/08/2006	Olimpic 8
Smellers Lisa	783p	Bree	27/08/2006	Olimpic 8
Kerkhofs Milena	777p	Lanaken L.K.Meerk	2/07/2006	11de plaats
Kerkhofs Milena	775p	St.Truiden	20/05/2006	Olimpic 2
Hauben Lotte	767p	Lanaken L.K.Meerk	2/07/2006	14de plaats
Kerkhofs Milena	760p	Kortesseem	3/06/2006	Olimpic 4
Kerkhofs Milena	722p	Tessengerlo	2/09/2006	Olimpic 9
Kerkhofs Milena	710p	Lommel	28/05/2006	Olimpic 3
Kerkhofs Milena	705p	Tessengerlo	17/06/2006	Olimpic 6
Efonye Ashley	681p	Lanaken	10/09/2006	Olimpic 10
Meertens Jinte	657p	Hasselt	1/05/2006	Olimpic1
Simoni Jasmine	656p	Tessengerlo	2/09/2006	Olimpic 9
Kerkhofs Milena	645p	Hasselt	11/06/2006	Olimpic 5
Efonye Ashely	641p	Lanaken L.K.Meerk	2/07/2006	15de plaats
Efonye Ashley	610p	Kortesseem	3/06/2006	Olimpic 4
Vercruyce Gitte	597p	Hasselt	11/06/2006	Olimpic 5
Vandeput Evelien	585p	Lommel	28/05/2006	Olimpic 3
Efonye Ashley	579p	Tessengerlo	2/09/2006	Olimpic 9
Efonye Ashley	558p	Lommel	28/05/2006	Olimpic 3
Aelbers Riet	527p	Hasselt	1/05/2006	Olimpic1
Vandeput Evelien	505p	Bree	27/08/2006	Olimpic 8
Caubergh Selina	499p	Lanaken	10/09/2006	Olimpic 10
Simoni Jasmine	469p	Bree	27/08/2006	Olimpic 8
Clerx Katrien	447p	Hasselt	11/06/2006	Olimpic 5
Efonye Ashley	380p	Hasselt	1/05/2006	Olimpic1
Simone Jasmine	307p	Hasselt	1/05/2006	Olimpic1
Nijs Jana	278p	Lanaken	10/09/2006	Olimpic 10



# PRESTATIES ATLA ATLETEN OUTDOOR 2006



## PUPILLEN MEISJES

4X60M				
Efonye Cathy-Meertens Jinte-Clerx Katrien-Steegen Sofie				
	36.37	Nijvel B.K.	23/09/2006	5de plaats
Efonye Cathy-Hauben Lotte-Clerx Katrien-Steegen Sofie				
	37.17	Alken L.K.	20/08/2006	BRONS
Efonye Cathy-Meertens Jinte-Clerx Katrien-Steegen Sofie				
	37.55	Lanaken	10/09/2006	Olimpic 10
Clerx Katrien-Meertens Jinte-Smellers Lisa-Efonye Cathy				
	37.87	Lanaken	30/07/2006	
Meertens Jinte-Steegen Sofie-Clerx Katrien-Efonye Cathy				
	37.92	Lanaken	22/04/2006	B.v.Vlaanderen
Efonye Ashely-Efonye Cathy-Steegen Sofie-Smellers Lisa				
	38.10	Alken	15/07/2006	Nacht
Meertens Jinte-Efonye Ashely-Aelbers Riet-Smellers Lisa				
	38.39	Alken L.K.	20/08/2006	4de plaats
Efonye Cathy-Meertens Jinte-Smellers Lisa-Steegen Sofie				
	38.49	Lanaken	23/08/2006	Euregio
Hauben Lotte-Nijs Jana-Efonye Ashely-Smellers Lisa				
	38.72	Lanaken	22/04/2006	B.v.Vlaanderen
Kerkhofs Milena-Efonye Ashley-Aelbers Riet-Smellers Lisa				
	39.59	Lanaken	10/09/2006	Olimpic 10
Hauben Lotte-Efonye Ashely-Aelbers Riet-Simoni Jasmine				
	40.42	Lanaken	23/08/2006	Euregio
Vandeput Evelien-Caubergh Selina-Chriff Nora-Simoni Jasmine				
	43.05	Lanaken	10/09/2006	Olimpic 10