



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

| 60M             |      |               |          |  |
|-----------------|------|---------------|----------|--|
| Senden Sofie    | 8.86 | Heerlen (Ned) | 6-9-2009 |  |
| Aelbers Riet    | 9.67 | Heerlen (Ned) | 6-9-2009 |  |
| Kerkhofs Milena | 9.84 | Heerlen (Ned) | 6-9-2009 |  |

| 80M            |       |              |           |             |
|----------------|-------|--------------|-----------|-------------|
| Nijs Bo        | 11.14 | Bree         | 5-9-2009  |             |
| Senden Sofie   | 11.29 | Lanaken      | 26-8-2009 |             |
| Nijs Bo        | 11.29 | Neerpelt     | 13-9-2009 |             |
| Nijs Bo        | 11.34 | Lanaken      | 26-8-2009 |             |
| Nijs Bo        | 11.35 | Heusden      | 16-8-2009 |             |
| Nijs Bo        | 11.36 | Alken        | 22-8-2009 |             |
| Nijs Bo        | 11.36 | Nijvel B.K.  | 26-9-2009 | 16de plaats |
| Nijs Bo        | 11.45 | Heusden L.K. | 26-7-2009 |             |
| Nijs Bo        | 11.65 | Genk         | 4-7-2009  |             |
| Hauben Lotte   | 11.65 | Genk         | 19-9-2009 |             |
| Nijs Bo        | 11.68 | Hasselt      | 21-6-2009 |             |
| Hauben Lotte   | 11.68 | Heusden L.K. | 26-7-2009 |             |
| Nijs Bo        | 11.71 | Lanaken      | 12-6-2009 |             |
| Nijs Bo        | 11.72 | Lommel       | 13-6-2009 |             |
| Nijs Bo        | 11.72 | Lanaken L.K. | 27-6-2009 | 8ste plaats |
| Bruggen Anne   | 11.77 | Heusden      | 16-8-2009 |             |
| Nijs Bo        | 11.82 | Neerpelt     | 5-4-2009  |             |
| Hauben Lotte   | 11.86 | Lanaken      | 29-5-2009 | Mem. Cops   |
| Bruggen Anne   | 11.86 | Tongerren    | 30-8-2009 |             |
| Bruggen Anne   | 11.87 | Alken        | 22-8-2009 |             |
| Hauben Lotte   | 11.88 | Lanaken      | 26-8-2009 |             |
| Thijs Emilie   | 11.89 | Lanaken      | 2-5-2009  |             |
| Nijs Bo        | 11.90 | Tessenderlo  | 6-6-2009  | St.Martinus |
| Hauben Lotte   | 11.93 | Lanaken L.K. | 27-6-2009 | 9de plaats  |
| Thijs Emilie   | 11.93 | Heusden L.K. | 26-7-2009 |             |
| Bruggen Anne   | 11.93 | Lanaken      | 26-8-2009 |             |
| Bruggen Anne   | 11.93 | Genk         | 19-9-2009 |             |
| Hauben Lotte   | 11.95 | Lanaken      | 12-6-2009 |             |
| Nijs Bo        | 11.98 | Lanaken      | 29-5-2009 | Mem. Cops   |
| Meertens Jinte | 11.99 | Lanaken      | 12-6-2009 |             |
| Thijs Emilie   | 12.00 | Neerpelt     | 5-4-2009  |             |
| Bruggen Anne   | 12.01 | Tessenderlo  | 29-8-2009 |             |
| Thijs Emilie   | 12.02 | Alken        | 22-8-2009 |             |
| Bruggen Anne   | 12.03 | Bree         | 5-9-2009  |             |
| Bruggen Anne   | 12.04 | Lanaken      | 2-5-2009  |             |
| Meertens Jinte | 12.05 | Lanaken      | 26-8-2009 |             |
| Dubois Nina    | 12.06 | Lanaken L.K. | 27-6-2009 | 10de plaats |
| Bruggen Anne   | 12.07 | Kortesseem   | 5-7-2009  |             |
| Bruggen Anne   | 12.08 | St.Truiden   | 9-5-2009  |             |
| Nijs Bo        | 12.08 | Alken        | 22-5-2009 |             |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

| 80M               |       |              |           |                |
|-------------------|-------|--------------|-----------|----------------|
| Bruggen Anne      | 12.11 | Neerpelt     | 5-4-2009  |                |
| Dubois Nina       | 12.11 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Hauben Lotte      | 12.12 | Alken        | 22-5-2009 |                |
| Elkadaoui Oumaima | 12.12 | Lanaken      | 12-6-2009 |                |
| Meertens Jinte    | 12.13 | Lanaken      | 2-5-2009  |                |
| Bruggen Anne      | 12.14 | Lommel       | 13-6-2009 |                |
| Bruggen Anne      | 12.16 | Alken        | 10-7-2009 | Nacht          |
| Hauben Lotte      | 12.17 | Neerpelt     | 5-4-2009  |                |
| Thijs Emilie      | 12.17 | Diepenbeek   | 13-4-2009 |                |
| Bruggen Anne      | 12.17 | Lanaken      | 12-6-2009 |                |
| Meertens Jinte    | 12.19 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Dubois Nina       | 12.21 | Tongeren     | 30-8-2009 |                |
| Elkadaoui Oumaima | 12.24 | Hasselt      | 21-6-2009 |                |
| Elkadaoui Oumaima | 12.26 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Kerkhofs Milena   | 12.27 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Thijs Emilie      | 12.34 | Diepenbeek   | 16-5-2009 |                |
| Froyen Lisa       | 12.41 | Heusden L.K. | 26-7-2009 |                |
| Kerkhofs Milena   | 12.44 | St.Truiden   | 9-5-2009  |                |
| Thijs Emilie      | 12.45 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Hauben Lotte      | 12.45 | Lanaken      | 2-5-2009  |                |
| Kerkhofs Milena   | 12.45 | Lanaken      | 12-6-2009 |                |
| Simoni Jasmine    | 12.45 | Heusden L.K. | 26-7-2009 |                |
| Meertens Jinte    | 12.48 | St.Truiden   | 8-8-2009  |                |
| Froyen Lisa       | 12.48 | Genk         | 19-9-2009 |                |
| Elkadaoui Oumaima | 12.49 | St.Truiden   | 9-5-2009  |                |
| Thijs Emilie      | 12.51 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Elkadaoui Oumaima | 12.52 | Lanaken      | 2-5-2009  |                |
| Kerkhofs Milena   | 12.54 | Neerpelt     | 5-4-2009  |                |
| Froyen Lisa       | 12.56 | Diepenbeek   | 13-4-2009 |                |
| Thijs Emilie      | 12.56 | St.Truiden   | 9-5-2009  |                |
| Hauben Lotte      | 12.59 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Simoni Jasmine    | 12.63 | St.Truiden   | 8-8-2009  |                |
| Froyen Lisa       | 12.65 | Alken        | 22-8-2009 |                |
| Aelbers Riet      | 12.67 | St.Truiden   | 8-8-2009  |                |
| Dubois Nina       | 12.68 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Froyen Lisa       | 12.68 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Simoni Jasmine    | 12.69 | Alken        | 22-5-2009 |                |
| Elkadaoui Oumaima | 12.70 | Neerpelt     | 5-4-2009  |                |
| Elkadaoui Oumaima | 12.71 | Lanaken      | 26-8-2009 |                |
| Froyen Lisa       | 12.72 | Lanaken      | 26-8-2009 |                |
| Kerkhofs Milena   | 12.73 | Lanaken      | 2-5-2009  |                |
| Simoni Jasmine    | 12.73 | Tessenderlo  | 6-6-2009  |                |
| Froyen Lisa       | 12.74 | Lanaken      | 12-6-2009 |                |
| Froyen Lisa       | 12.76 | Heusden      | 31-5-2009 |                |
| Simoni Jasmine    | 12.77 | Lanaken      | 2-5-2009  |                |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

| 80M              |       |              |           |                |
|------------------|-------|--------------|-----------|----------------|
| Gregoor Berenike | 12.79 | Lanaken      | 12-6-2009 |                |
| Gregoor Berenike | 12.79 | Lanaken      | 26-8-2009 |                |
| Froyen Lisa      | 12.99 | Lanaken      | 2-5-2009  |                |
| Froyen Lisa      | 13.03 | St.Truiden   | 8-8-2009  |                |
| Gregoor Berenike | 13.07 | Lanaken L.K. | 27-6-2009 | 19de plaats    |
| Simoni Jasmine   | 13.09 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Froyen Lisa      | 13.19 | St.Truiden   | 9-5-2009  |                |
| Gregoor Berenike | 13.20 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Efonye Ashley    | 13.20 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Gregoor Berenike | 13.32 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Gregoor Berenike | 13.32 | Lanaken      | 2-5-2009  |                |
| Efonye Ashley    | 13.63 | Lanaken      | 26-8-2009 |                |

| 150M              |       |              |           |                |
|-------------------|-------|--------------|-----------|----------------|
| Nijs Bo           | 21.41 | Neerpelt     | 13-9-2009 |                |
| Steegen Sofie     | 22.02 | Lier         | 11-7-2009 |                |
| Hauben Lotte      | 22.37 | Lanaken L.K. | 27-6-2009 | 6de plaats     |
| Elkadaoui Oumaima | 22.68 | Lanaken L.K. | 27-6-2009 | 7de plaats     |
| Meertens Jinte    | 22.76 | Lier         | 11-7-2009 |                |
| Kerkhofs Milena   | 22.85 | Lanaken L.K. | 27-6-2009 | 8ste plaats    |
| Aelbers Riet      | 23.11 | Lier         | 11-7-2009 |                |
| Dubois Nina       | 23.14 | Lanaken L.K. | 27-6-2009 | 10de plaats    |
| Thijs Emilie      | 23.21 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Kerkhofs Milena   | 23.23 | Lier         | 11-7-2009 |                |
| Simoni Jasmine    | 23.31 | Lanaken L.K. | 27-6-2009 | 11de plaats    |
| Elkadaoui Oumaima | 23.97 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Hauben Lotte      | 23.98 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

| 300M            |       |              |           |                |
|-----------------|-------|--------------|-----------|----------------|
| Steegen Sofie   | 45.12 | Genk         | 4-7-2009  |                |
| Steegen Sofie   | 45.83 | Heusden      | 16-8-2009 |                |
| Steegen Sofie   | 45.89 | Lanaken      | 26-8-2009 |                |
| Meertens Jinte  | 46.77 | Genk         | 4-7-2009  |                |
| Meertens Jinte  | 46.93 | Lanaken L.K. | 27-6-2009 | 5de plaats     |
| Steegen Sofie   | 47.15 | Hasselt      | 21-6-2009 |                |
| Meertens Jinte  | 47.66 | Hasselt      | 21-6-2009 |                |
| Aelbers Riet    | 48.61 | Genk         | 4-7-2009  |                |
| Nijs Bo         | 48.66 | Genk         | 4-7-2009  |                |
| Bruggen Anne    | 48.94 | Lanaken L.K. | 27-6-2009 | 7de plaats     |
| Kerkhofs Milena | 48.98 | Hasselt      | 21-6-2009 |                |
| Meertens Jinte  | 49.21 | Alken        | 22-5-2009 |                |
| Aelbers Riet    | 49.27 | Hasselt      | 21-6-2009 |                |
| Nijs Bo         | 49.36 | Heusden      | 16-8-2009 |                |
| Bruggen Anne    | 49.72 | Lanaken      | 26-8-2009 |                |
| Nijs Bo         | 49.81 | Hasselt      | 21-6-2009 |                |
| Kerkhofs Milena | 49.91 | Heusden      | 16-8-2009 |                |
| Kerkhofs Milena | 50.10 | Alken        | 22-5-2009 |                |
| Simoni Jasmine  | 50.22 | Genk         | 4-7-2009  |                |
| Bruggen Anne    | 50.31 | Heusden      | 16-8-2009 |                |
| Kerkhofs Milena | 50.46 | Genk         | 4-7-2009  |                |
| Kerkhofs Milena | 50.60 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Hauben Lotte    | 50.67 | Lanaken      | 26-8-2009 |                |
| Aelbers Riet    | 50.74 | Alken        | 22-5-2009 |                |
| Nijs Bo         | 51.30 | Alken        | 22-5-2009 |                |
| Froyen Lisa     | 51.98 | Lanaken      | 26-8-2009 |                |
| Simoni Jasmine  | 52.13 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Bruggen Anne    | 52.80 | Tongeren     | 30-8-2009 |                |
| Dubois Nina     | 54.10 | Lanaken      | 26-8-2009 |                |
| Simoni Jasmine  | 54.46 | Alken        | 22-5-2009 |                |
| Dubois Nina     | 56.79 | Tongeren     | 30-8-2009 |                |

| 600M             |         |                |           |  |
|------------------|---------|----------------|-----------|--|
| Steegen Sofie    | 1.48.09 | Trieste (Ital) | 18-4-2009 |  |
| Aelbers Riet     | 1.48.92 | Heerlen (Ned)  | 6-9-2009  |  |
| Meertens Jinte   | 1.51.61 | Trieste (Ital) | 18-4-2009 |  |
| Kerkhofs Milena  | 1.58.23 | Heerlen (Ned)  | 6-9-2009  |  |
| Senden Sofie     | 2.00.01 | Heerlen (Ned)  | 6-9-2009  |  |
| Brouwers Chantal | 2.09.1  | Weert (Ned)    | 1-9-2009  |  |

| 800 M            |        |             |          |  |
|------------------|--------|-------------|----------|--|
| Brouwers Chantal | 2.55.0 | Weert (Ned) | 2-6-2009 |  |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

| 1000M             |         |                  |           |                |
|-------------------|---------|------------------|-----------|----------------|
| Steegen Sofie     | 3.04.56 | Nijvel B.K.      | 26-9-2009 | ZILVER         |
| Steegen Sofie     | 3.06.76 | Lanaken L.K.     | 27-6-2009 | GOUD           |
| Steegen Sofie     | 3.08.51 | Heusden          | 18-7-2009 | Nacht          |
| Steegen Sofie     | 3.08.83 | Brussel Memorial | 4-9-2009  | ZILVER         |
| Aelbers Riet      | 3.11.15 | Nijvel B.K.      | 26-9-2009 | 9de plaats     |
| Steegen Sofie     | 3.11.41 | Heusden          | 16-8-2009 |                |
| Meertens Jinte    | 3.11.74 | Heusden          | 16-8-2009 |                |
| Steegen Sofie     | 3.11.87 | Alken            | 22-5-2009 |                |
| Steegen Sofie     | 3.14.34 | Luik             | 15-7-2009 | Internationaal |
| Meertens Jinte    | 3.14.60 | Heusden          | 18-7-2009 | Nacht          |
| Meertens Jinte    | 3.15.21 | Brussel Memorial | 4-9-2009  | 7de plaats     |
| Meertens Jinte    | 3.15.31 | Lanaken          | 26-8-2009 |                |
| Meertens Jinte    | 3.15.36 | St.Truiden       | 8-8-2009  |                |
| Steegen Sofie     | 3.15.78 | Lanaken          | 12-6-2009 |                |
| Steegen Sofie     | 3.16.27 | Lanaken          | 2-5-2009  |                |
| Aelbers Riet      | 3.16.63 | Lanaken          | 26-8-2009 |                |
| Meertens Jinte    | 3.16.83 | Lanaken          | 12-6-2009 |                |
| Meertens Jinte    | 3.16.89 | Luik             | 15-7-2009 | Internationaal |
| Steegen Sofie     | 3.17.67 | Lanaken          | 29-5-2009 | Mem. Cops      |
| Aelbers Riet      | 3.17.90 | Lanaken          | 12-6-2009 |                |
| Aelbers Riet      | 3.18.93 | St.Truiden       | 8-8-2009  |                |
| Aelbers Riet      | 3.19.46 | Lanaken L.K.     | 27-6-2009 | 7de plaats     |
| Kerkhofs Milena   | 3.19.56 | Lanaken          | 29-5-2009 | Mem. Cops      |
| Meertens Jinte    | 3.19.80 | Lanaken          | 2-5-2009  |                |
| Meertens Jinte    | 3.20.05 | Alken            | 22-5-2009 |                |
| Aelbers Riet      | 3.20.73 | Lanaken          | 2-5-2009  |                |
| Kerkhofs Milena   | 3.20.95 | Alken            | 22-5-2009 |                |
| Kerkhofs Milena   | 3.21.65 | Lanaken          | 2-5-2009  |                |
| Aelbers Riet      | 3.23.44 | Tessenderlo      | 15-5-2009 |                |
| Kerkhofs Milena   | 3.26.91 | Lanaken L.K.     | 27-6-2009 | 10de plaats    |
| Kerkhofs Milena   | 3.27.64 | St.Truiden       | 9-5-2009  |                |
| Kerkhofs Milena   | 3.29.94 | Heusden          | 18-7-2009 | Nacht          |
| Aelbers Riet      | 3.30.89 | St.Truiden       | 18-4-2009 | B.v.Vlaanderen |
| Kerkhofs Milena   | 3.31.58 | Neerpelt         | 5-4-2009  |                |
| Kerkhofs Milena   | 3.35.16 | Heusden          | 16-8-2009 |                |
| Kerkhofs Milena   | 3.35.67 | Lanaken          | 26-8-2009 |                |
| Kerkhofs Milena   | 3.35.90 | Lanaken          | 12-6-2009 |                |
| Elkadaoui Oumaima | 3.40.79 | Lanaken          | 12-6-2009 |                |
| Elkadaoui Oumaima | 3.42.83 | Lanaken          | 29-5-2009 | Mem. Cops      |
| Bruggen Anne      | 3.43.84 | Lanaken          | 12-6-2009 |                |
| Brouwers Chantal  | 3.44.57 | Lanaken          | 29-5-2009 | Mem. Cops      |
| Brouwers Chantal  | 3.44.81 | Lanaken          | 12-6-2009 |                |
| Bruggen Anne      | 3.44.94 | Genk             | 19-9-2009 |                |
| Simoni Jasmine    | 3.45.62 | Heusden          | 26-7-2009 |                |
| Nijs Bo           | 3.46.22 | Lommel           | 13-6-2009 |                |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

| 1000M             |         |             |           |                |
|-------------------|---------|-------------|-----------|----------------|
| Elkadaoui Oumaima | 3.46.37 | Lanaken     | 2-5-2009  |                |
| Nijs Bo           | 3.47.04 | Heusden     | 26-7-2009 |                |
| Bruggen Anne      | 3.47.09 | Alken       | 10-7-2009 | Nacht          |
| Elkadaoui Oumaima | 3.47.81 | St.Truiden  | 9-5-2009  |                |
| Brouwers Chantal  | 3.48.0  | Weert (Ned) | 28-4-2009 |                |
| Bruggen Anne      | 3.48.51 | Tessenderlo | 29-8-2009 |                |
| Brouwers Chantal  | 3.48.70 | Lanaken     | 2-5-2009  |                |
| Brouwers Chantal  | 3.49.76 | Lanaken     | 26-8-2009 |                |
| Brouwers Chantal  | 3.50.31 | Alken       | 10-7-2009 | Nacht          |
| Bruggen Anne      | 3.50.68 | Heusden     | 16-8-2009 |                |
| Simoni Jasmine    | 3.51.17 | Lanaken     | 12-6-2009 |                |
| Simoni Jasmine    | 3.52.02 | St.Truiden  | 8-8-2009  |                |
| Brouwers Chantal  | 3.52.11 | St.Truiden  | 18-4-2009 | B.v.Vlaanderen |
| Brouwers Chantal  | 3.52.99 | Heusden     | 16-8-2009 |                |
| Bruggen Anne      | 3.53.31 | St.Truiden  | 9-5-2009  |                |
| Bruggen Anne      | 3.54.31 | Kortesseem  | 5-7-2009  |                |
| Simoni Jasmine    | 4.01.11 | Lanaken     | 29-5-2009 | Mem. Cops      |
| Bruggen Anne      | 4.01.85 | Neerpelt    | 5-4-2009  |                |
| Thijs Emilie      | 4.05.65 | St.Truiden  | 9-5-2009  |                |
| Thijs Emilie      | 4.07.08 | Heusden     | 26-7-2009 |                |
| Gregoor Berenike  | 4.08.82 | Lanaken     | 12-6-2009 |                |
| Hauben Lotte      | 4.10.18 | Lanaken     | 26-8-2009 |                |
| Gregoor Berenike  | 4.12.96 | Lanaken     | 29-5-2009 | Mem. Cops      |
| Hauben Lotte      | 4.21.61 | Lanaken     | 2-5-2009  |                |
| Thijs Emilie      | 4.24.92 | Neerpelt    | 5-4-2009  |                |
| Bringmans Indy    | 5.28.83 | Lanaken     | 12-6-2009 |                |

| 60M HORDEN   |       | 0,762M/6H  |           |                |
|--------------|-------|------------|-----------|----------------|
| Bruggen Anne | 11.22 | Heusden    | 16-8-2009 |                |
| Bruggen Anne | 11.41 | Bree       | 5-9-2009  |                |
| Nijs Bo      | 13.08 | Heusden    | 16-8-2009 |                |
| Aelbers Riet | 13.64 | St.Truiden | 18-4-2009 | B.v.Vlaanderen |

| 150M HORDEN   |       | 0,762M/4H |           |           |
|---------------|-------|-----------|-----------|-----------|
| Bruggen Anne  | 24.22 | Lanaken   | 26-8-2009 |           |
| Bruggen Anne  | 24.78 | Alken     | 10-7-2009 | Nacht     |
| Steegen Sofie | 25.44 | Lanaken   | 29-5-2009 | Mem. Cops |
| Hauben Lotte  | 27.17 | Lanaken   | 29-5-2009 | Mem. Cops |
| Aelbers Riet  | 27.25 | Lanaken   | 29-5-2009 | Mem. Cops |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

|                   | KOGEL |              | 2 KG      |                |
|-------------------|-------|--------------|-----------|----------------|
| Efonye Ashley     | 10m89 | Lanaken      | 26-8-2009 |                |
| Efonye Ashley     | 10m61 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Efonye Ashley     | 10m49 | Lanaken      | 3-10-2009 | Funmeeting     |
| Efonye Ashley     | 10m35 | Nijvel B.K.  | 26-9-2009 | 9de plaats     |
| Efonye Ashley     | 10m09 | Lanaken L.K. | 27-6-2009 | ZILVER         |
| Efonye Ashley     | 9m98  | Lanaken      | 2-5-2009  |                |
| Efonye Ashley     | 9m77  | St.Truiden   | 9-5-2009  |                |
| Efonye Ashley     | 9m28  | Hasselt      | 21-6-2009 |                |
| Efonye Ashley     | 9m15  | Neerpelt     | 5-4-2009  |                |
| Efonye Ashley     | 9m10  | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Froyen Lisa       | 8m72  | Heusden      | 26-7-2009 |                |
| Froyen Lisa       | 8m58  | Lanaken      | 2-5-2009  |                |
| Froyen Lisa       | 8m54  | Lanaken      | 26-8-2009 |                |
| Froyen Lisa       | 8m48  | Lanaken      | 12-6-2009 |                |
| Froyen Lisa       | 8m38  | St.Truiden   | 8-8-2009  |                |
| Froyen Lisa       | 8m38  | Genk         | 19-9-2009 |                |
| Froyen Lisa       | 8m33  | Lanaken L.K. | 27-6-2009 | 5de plaats     |
| Elkadaoui Oumaima | 8m25  | Lanaken      | 3-10-2009 | Funmeeting     |
| Bruggen Anne      | 8m20  | Bree         | 5-9-2009  |                |
| Elkadaoui Oumaima | 8m18  | St.Truiden   | 9-5-2009  |                |
| Froyen Lisa       | 8m12  | Lommel       | 13-6-2009 |                |
| Elkadaoui Oumaima | 8m05  | Lanaken      | 12-6-2009 |                |
| Elkadaoui Oumaima | 8m00  | Lanaken      | 29-5-2009 | Mem. Cops      |
| Froyen Lisa       | 7m99  | Lanaken      | 29-5-2009 | Mem. Cops      |
| Bruggen Anne      | 7m99  | Lanaken      | 3-10-2009 | Funmeeting     |
| Froyen Lisa       | 7m98  | Alken        | 22-8-2009 |                |
| Bruggen Anne      | 7m89  | Genk         | 19-9-2009 |                |
| Elkadaoui Oumaima | 7m87  | Hasselt      | 21-6-2009 |                |
| Elkadaoui Oumaima | 7m86  | Lanaken      | 2-5-2009  |                |
| Froyen Lisa       | 7m83  | St.Truiden   | 9-5-2009  |                |
| Bruggen Anne      | 7m83  | Tongeren     | 30-8-2009 |                |
| Elkadaoui Oumaima | 7m79  | Lanaken      | 26-8-2009 |                |
| Bruggen Anne      | 7m74  | Lanaken      | 2-5-2009  |                |
| Bruggen Anne      | 7m64  | Neerpelt     | 5-4-2009  |                |
| Froyen Lisa       | 7m59  | Heusden      | 31-5-2009 |                |
| Bruggen Anne      | 7m58  | Alken        | 22-8-2009 |                |
| Froyen Lisa       | 7m57  | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Bruggen Anne      | 7m48  | St.Truiden   | 9-5-2009  |                |
| Bruggen Anne      | 7m48  | Lanaken      | 12-6-2009 |                |
| Nijs Bo           | 7m37  | Lanaken      | 12-6-2009 |                |
| Froyen Lisa       | 7m34  | Diepenbeek   | 13-4-2009 |                |
| Nijs Bo           | 7m32  | Heusden      | 26-7-2009 |                |
| Nijs Bo           | 7m31  | Lommel       | 13-6-2009 |                |
| Nijs Bo           | 7m29  | Lanaken      | 26-8-2009 |                |
| Elkadaoui Oumaima | 7m22  | Neerpelt     | 5-4-2009  |                |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

|                  | KOGEL |            | 2 KG      |                |
|------------------|-------|------------|-----------|----------------|
| Hauben Lotte     | 6m97  | Lanaken    | 3-10-2009 | Funmeeting     |
| Hauben Lotte     | 6m76  | Lanaken    | 26-8-2009 |                |
| Hauben Lotte     | 6m73  | Lanaken    | 29-5-2009 | Mem. Cops      |
| Bringmans Indy   | 6m67  | Lanaken    | 26-8-2009 |                |
| Hauben Lotte     | 6m59  | Lanaken    | 12-6-2009 |                |
| Thijs Emilie     | 6m54  | Heusden    | 26-7-2009 |                |
| Bruggen Anne     | 6m52  | Lommel     | 13-6-2009 |                |
| Hauben Lotte     | 6m47  | Lanaken    | 2-5-2009  |                |
| Hauben Lotte     | 6m46  | Heusden    | 26-7-2009 |                |
| Bringmans Indy   | 6m45  | Lanaken    | 29-5-2009 | Mem. Cops      |
| Simoni Jasmine   | 6m36  | Heusden    | 26-7-2009 |                |
| Nijs Bo          | 6m19  | Lanaken    | 3-10-2009 | Funmeeting     |
| Kerkhofs Milena  | 6m13  | Lanaken    | 2-5-2009  |                |
| Bringmans Indy   | 6m11  | Lanaken    | 12-6-2009 |                |
| Thijs Emilie     | 6m05  | Lanaken    | 3-10-2009 | Funmeeting     |
| Nijs Bo          | 6m04  | Neerpelt   | 5-4-2009  |                |
| Thijs Emilie     | 6m03  | Alken      | 22-8-2009 |                |
| Bringmans Indy   | 6m01  | Lanaken    | 2-5-2009  |                |
| Thijs Emilie     | 5m99  | Diepenbeek | 13-4-2009 |                |
| Thijs Emilie     | 5m99  | Lanaken    | 2-5-2009  |                |
| Gregoor Berenike | 5m94  | Lanaken    | 12-6-2009 |                |
| Thijs Emilie     | 5m93  | Lanaken    | 29-5-2009 | Mem. Cops      |
| Hauben Lotte     | 5m91  | Alken      | 22-5-2009 |                |
| Kerkhofs Milena  | 5m89  | Lanaken    | 3-10-2009 | Funmeeting     |
| Kerkhofs Milena  | 5m80  | St.Truiden | 9-5-2009  |                |
| Hauben Lotte     | 5m64  | Neerpelt   | 5-4-2009  |                |
| Gregoor Berenike | 5m53  | Lanaken    | 29-5-2009 | Mem. Cops      |
| Gregoor Berenike | 5m37  | Lanaken    | 3-10-2009 | Funmeeting     |
| Kerkhofs Milena  | 5m35  | Neerpelt   | 5-4-2009  |                |
| Bruggen Anne     | 5m07  | St.Truiden | 18-4-2009 | B.v.Vlaanderen |
| Thijs Emilie     | 5m05  | Neerpelt   | 5-4-2009  |                |
| Dubois Nina      | 5m00  | Lanaken    | 29-5-2009 | Mem. Cops      |
| Dubois Nina      | 4m78  | Lanaken    | 2-5-2009  |                |

|               | DISCUS |             | 600GR     |  |
|---------------|--------|-------------|-----------|--|
| Efonye Ashley | 27m89  | Nijvel B.K. | 26-9-2009 |  |





## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

|                   | DISCUS |              | 750GR     |            |
|-------------------|--------|--------------|-----------|------------|
| Efonye Ashley     | 24m20  | Neerpelt     | 5-4-2009  |            |
| Efonye Ashley     | 23m07  | Lanaken      | 26-8-2009 |            |
| Brouwers Chantal  | 21m87  | Lanaken      | 26-8-2009 |            |
| Elkadaoui Oumaima | 20m45  | Lanaken      | 26-8-2009 |            |
| Elkadaoui Oumaima | 19m45  | St.Truiden   | 9-5-2009  |            |
| Efonye Ashley     | 19m32  | Lanaken      | 2-5-2009  |            |
| Brouwers Chantal  | 18m79  | Lanaken L.K. | 27-6-2009 | 5de plaats |
| Elkadaoui Oumaima | 18m77  | Lanaken      | 2-5-2009  |            |
| Elkadaoui Oumaima | 18m60  | Neerpelt     | 5-4-2009  |            |
| Brouwers Chantal  | 18m36  | Heusden      | 16-8-2009 |            |
| Efonye Ashley     | 18m11  | Lanaken      | 29-5-2009 | Mem. Cops  |
| Elkadaoui Oumaima | 17m87  | Lanaken      | 29-5-2009 | Mem. Cops  |
| Nijs Bo           | 17m67  | Alken        | 22-5-2009 |            |
| Brouwers Chantal  | 17m48  | Lanaken      | 29-5-2009 | Mem. Cops  |
| Efonye Ashley     | 17m18  | St.Truiden   | 9-5-2009  |            |
| Nijs Bo           | 16m69  | Lanaken      | 29-5-2009 | Mem. Cops  |
| Bruggen Anne      | 16m63  | Lanaken      | 2-5-2009  |            |
| Bruggen Anne      | 16m63  | St.Truiden   | 9-5-2009  |            |
| Froyen Lisa       | 16m59  | Lanaken      | 26-8-2009 |            |
| Froyen Lisa       | 16m52  | Genk         | 19-9-2009 |            |
| Bruggen Anne      | 16m35  | Lanaken      | 26-8-2009 |            |
| Nijs Bo           | 16m32  | Neerpelt     | 5-4-2009  |            |
| Bruggen Anne      | 16m29  | Heusden      | 16-8-2009 |            |
| Kerkhofs Milena   | 16m18  | Lanaken      | 26-8-2009 |            |
| Bruggen Anne      | 16m12  | Kortesseem   | 5-7-2009  |            |
| Froyen Lisa       | 16m10  | Lommel       | 13-6-2009 |            |
| Nijs Bo           | 15m83  | Lommel       | 13-6-2009 |            |
| Kerkhofs Milena   | 15m74  | Neerpelt     | 5-4-2009  |            |
| Kerkhofs Milena   | 15m33  | St.Truiden   | 9-5-2009  |            |
| Brouwers Chantal  | 15m26  | Lanaken      | 2-5-2009  |            |
| Hauben Lotte      | 15m10  | Lanaken      | 29-5-2009 | Mem. Cops  |
| Froyen Lisa       | 14m46  | Lanaken      | 2-5-2009  |            |
| Bruggen Anne      | 14m33  | Neerpelt     | 5-4-2009  |            |
| Bruggen Anne      | 14m04  | Lommel       | 13-6-2009 |            |
| Bruggen Anne      | 13m94  | Genk         | 19-9-2009 |            |
| Froyen Lisa       | 13m84  | Diepenbeek   | 13-4-2009 |            |
| Bruggen Anne      | 13m08  | Tessengerlo  | 29-8-2009 |            |
| Hauben Lotte      | 12m70  | Neerpelt     | 5-4-2009  |            |
| Hauben Lotte      | 12m60  | Lanaken      | 2-5-2009  |            |
| Hauben Lotte      | 12m45  | Alken        | 22-5-2009 |            |
| Froyen Lisa       | 12m10  | St.Truiden   | 9-5-2009  |            |
| Kerkhofs Milena   | 12m08  | Lanaken      | 2-5-2009  |            |
| Thijs Emilie      | 11m49  | Diepenbeek   | 13-4-2009 |            |
| Hauben Lotte      | 10m98  | Genk         | 19-9-2009 |            |
| Thijs Emilie      | 10m68  | Lanaken      | 2-5-2009  |            |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

| DISCUS           |      | 750GR    |           |           |
|------------------|------|----------|-----------|-----------|
| Gregoor Berenike | 9m95 | Lanaken  | 29-5-2009 | Mem. Cops |
| Thijs Emilie     | 9m70 | Neerpelt | 5-4-2009  |           |

| SPEER             |       | 400 GR       |           |                |
|-------------------|-------|--------------|-----------|----------------|
| Meertens Jinte    | 22m43 | Genk         | 4-7-2009  |                |
| Meertens Jinte    | 21m77 | Lanaken      | 3-10-2009 | Funmeeting     |
| Meertens Jinte    | 21m18 | Lanaken L.K. | 27-6-2009 | 5de plaats     |
| Elkadaoui Oumaima | 20m74 | Lanaken      | 3-10-2009 | Funmeeting     |
| Efonye Ashley     | 20m67 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Efonye Ashley     | 19m46 | Lanaken      | 3-10-2009 | Funmeeting     |
| Froyen Lisa       | 19m25 | Lanaken L.K. | 27-6-2009 | 7de plaats     |
| Efonye Ashley     | 18m24 | Lanaken L.K. | 27-6-2009 | 8ste plaats    |
| Froyen Lisa       | 17m41 | Diepenbeek   | 13-4-2009 |                |
| Simoni Jasmine    | 16m81 | Heusden      | 26-7-2009 |                |
| Froyen Lisa       | 16m66 | Heusden      | 31-5-2009 |                |
| Brouwers Chantal  | 16m61 | Lanaken L.K. | 27-6-2009 | 9de plaats     |
| Brouwers Chantal  | 16m42 | Alken        | 10-7-2009 | Nacht          |
| Froyen Lisa       | 16m42 | Heusden      | 26-7-2009 |                |
| Froyen Lisa       | 16m34 | Alken        | 22-8-2009 |                |
| Brouwers Chantal  | 15m48 | Lanaken      | 3-10-2009 | Funmeeting     |
| Nijs Bo           | 15m34 | Heusden      | 26-7-2009 |                |
| Hauben Lotte      | 14m82 | Heusden      | 26-7-2009 |                |
| Bruggen Anne      | 14m62 | Lanaken      | 3-10-2009 | Funmeeting     |
| Brouwers Chantal  | 13m56 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Nijs Bo           | 12m98 | Lanaken      | 3-10-2009 | Funmeeting     |
| Nijs Bo           | 12m53 | Alken        | 22-8-2009 |                |
| Hauben Lotte      | 12m48 | Lanaken      | 3-10-2009 | Funmeeting     |
| Bruggen Anne      | 12m47 | Alken        | 10-7-2009 | Nacht          |
| Bruggen Anne      | 12m34 | Alken        | 22-8-2009 |                |
| Froyen Lisa       | 12m20 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Kerkhofs Milena   | 10m59 | Lanaken      | 3-10-2009 | Funmeeting     |
| Thijs Emilie      | 9m21  | Heusden      | 26-7-2009 |                |
| Gregoor Berenike  | 8m84  | Lanaken      | 3-10-2009 | Funmeeting     |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

| VER               |      |              |           |                |
|-------------------|------|--------------|-----------|----------------|
| Nijs Bo           | 4m53 | Bree         | 5-9-2009  |                |
| Nijs Bo           | 4m41 | Alken        | 22-8-2009 |                |
| Nijs Bo           | 4m36 | Lanaken L.K. | 27-6-2009 | BRONS          |
| Nijs Bo           | 4m33 | Nijvel B.K.  | 26-9-2009 | 9de plaats     |
| Nijs Bo           | 4m28 | Lanaken      | 26-8-2009 |                |
| Nijs Bo           | 4m27 | Lanaken      | 3-10-2009 | Funmeeting     |
| Nijs Bo           | 4m21 | Lommel       | 13-6-2009 |                |
| Bruggen Anne      | 4m20 | Alken        | 22-8-2009 |                |
| Nijs Bo           | 4m14 | Tessenderlo  | 6-6-2009  | St.Martinus    |
| Bruggen Anne      | 4m13 | Bree         | 5-9-2009  |                |
| Bruggen Anne      | 4m13 | Lanaken L.K. | 27-6-2009 | 7de plaats     |
| Bruggen Anne      | 4m13 | Lanaken      | 3-10-2009 | Funmeeting     |
| Nijs Bo           | 4m10 | Heusden L.K. | 26-7-2009 |                |
| Meertens Jinte    | 4m10 | Lanaken      | 3-10-2009 | Funmeeting     |
| Nijs Bo           | 4m07 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Bruggen Anne      | 4m07 | Genk         | 19-9-2009 |                |
| Nijs Bo           | 4m06 | Hasselt      | 21-6-2009 |                |
| Bruggen Anne      | 4m02 | Tongeren     | 30-8-2009 |                |
| Elkadaoui Oumaima | 4m02 | Lanaken      | 3-10-2009 | Funmeeting     |
| Kerkhofs Milena   | 4m01 | Lanaken      | 3-10-2009 | Funmeeting     |
| Elkadaoui Oumaima | 3m98 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Elkadaoui Oumaima | 3m95 | Lanaken L.K. | 27-6-2009 | 9de plaats     |
| Bruggen Anne      | 3m92 | Kortesseem   | 5-7-2009  |                |
| Bruggen Anne      | 3m92 | Lanaken      | 26-8-2009 |                |
| Meertens Jinte    | 3m92 | Lanaken      | 26-8-2009 |                |
| Aelbers Riet      | 3m91 | Lanaken      | 2-5-2009  |                |
| Bruggen Anne      | 3m81 | Lommel       | 13-6-2009 |                |
| Bruggen Anne      | 3m80 | Lanaken      | 2-5-2009  |                |
| Elkadaoui Oumaima | 3m75 | Lanaken      | 2-5-2009  |                |
| Elkadaoui Oumaima | 3m73 | Hasselt      | 21-6-2009 |                |
| Thijs Emilie      | 3m73 | Lanaken      | 3-10-2009 | Funmeeting     |
| Gregoor Berenike  | 3m70 | Lanaken      | 3-10-2009 | Funmeeting     |
| Simoni Jasmine    | 3m69 | Lanaken      | 2-5-2009  |                |
| Hauben Lotte      | 3m63 | Lanaken      | 3-10-2009 | Funmeeting     |
| Thijs Emilie      | 3m62 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Gregoor Berenike  | 3m61 | Lanaken      | 2-5-2009  |                |
| Simoni Jasmine    | 3m58 | Alken        | 22-5-2009 |                |
| Simoni Jasmine    | 3m55 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Simoni Jasmine    | 3m55 | Heusden L.K. | 26-7-2009 |                |
| Gregoor Berenike  | 3m53 | Alken        | 22-8-2009 |                |
| Efonye Ashley     | 3m53 | Lanaken      | 2-5-2009  |                |
| Kerkhofs Milena   | 3m49 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Thijs Emilie      | 3m48 | Diepenbeek   | 13-4-2009 |                |
| Gregoor Berenike  | 3m47 | Lanaken L.K. | 27-6-2009 | 12de plaats    |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

| VER               |      |              |           |                |
|-------------------|------|--------------|-----------|----------------|
| Meertens Jinte    | 3m44 | Lanaken      | 2-5-2009  |                |
| Gregoor Berenike  | 3m44 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Efonye Ashley     | 3m44 | Lanaken      | 3-10-2009 | Funmeeting     |
| Thijs Emilie      | 3m34 | Heusden L.K. | 26-7-2009 |                |
| Kerkhofs Milena   | 3m31 | Lanaken      | 2-5-2009  |                |
| Elkadaoui Oumaima | 3m30 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Froyen Lisa       | 3m29 | Lanaken      | 2-5-2009  |                |
| Froyen Lisa       | 3m28 | Heusden L.K. | 26-7-2009 |                |
| Thijs Emilie      | 3m25 | Lanaken      | 2-5-2009  |                |
| Efonye Ashley     | 3m17 | Lanaken      | 29-5-2009 | Mem. Cops      |
| Hauben Lotte      | 3m15 | Lanaken      | 2-5-2009  |                |
| Gregoor Berenike  | 3m14 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Simoni Jasmine    | 3m13 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Efonye Ashley     | 3m06 | Hasselt      | 21-6-2009 |                |
| Bringmans Indy    | 2m93 | Lanaken      | 2-5-2009  |                |
| Bringmans Indy    | 2m70 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Gregoor Berenike  | 2m64 | Lanaken      | 26-8-2009 |                |
| Aelbers Riet      | 2m35 | Lanaken      | 29-5-2009 | Mem. Cops      |

| HOOG              |      |              |           |                |
|-------------------|------|--------------|-----------|----------------|
| Simoni Jasmine    | 1m35 | Genk         | 4-7-2009  |                |
| Simoni Jasmine    | 1m35 | St.Truiden   | 8-8-2009  |                |
| Bruggen Anne      | 1m35 | Tongeren     | 30-8-2009 |                |
| Bruggen Anne      | 1m30 | Neerpelt     | 5-4-2009  |                |
| Bruggen Anne      | 1m30 | Bree         | 5-9-2009  |                |
| Simoni Jasmine    | 1m30 | Neerpelt     | 5-4-2009  |                |
| Thijs Emilie      | 1m25 | Neerpelt     | 5-4-2009  |                |
| Bruggen Anne      | 1m25 | Tessenderlo  | 29-8-2009 |                |
| Aelbers Riet      | 1m25 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Simoni Jasmine    | 1m25 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Simoni Jasmine    | 1m25 | Tessenderlo  | 6-6-2009  | St.Martinus    |
| Simoni Jasmine    | 1m25 | Lanaken L.K. | 27-6-2009 | 6de plaats     |
| Thijs Emilie      | 1m25 | Diepenbeek   | 16-5-2009 |                |
| Nijs Bo           | 1m25 | Neerpelt     | 13-9-2009 |                |
| Elkadaoui Oumaima | 1m20 | St.Truiden   | 9-5-2009  |                |
| Bruggen Anne      | 1m20 | St.Truiden   | 9-5-2009  |                |
| Thijs Emilie      | 1m20 | St.Truiden   | 9-5-2009  |                |
| Aelbers Riet      | 1m20 | Genk         | 4-7-2009  |                |
| Bruggen Anne      | 1m20 | Alken        | 10-7-2009 | Nacht          |
| Kerkhofs Milena   | 1m15 | St.Truiden   | 18-4-2009 | B.v.Vlaanderen |
| Kerkhofs Milena   | 1m15 | St.Truiden   | 9-5-2009  |                |
| Simoni Jasmine    | 1m15 | Heusden      | 31-5-2009 |                |
| Kerkhofs Milena   | 1m10 | Neerpelt     | 5-4-2009  |                |
| Efonye Ashley     | 1m00 | St.Truiden   | 9-5-2009  |                |



## PRESTATIES ATLA ATLETEN OUTDOOR 2009



### MINIEMEN MEISJES

| VIJFKAMP          |       |              |           |             |
|-------------------|-------|--------------|-----------|-------------|
| Bruggen Anne      | 2424p | Bree         | 5-9-2009  | Olimpic 9   |
| Nijs Bo           | 2103p | Heusden L.K. | 26-7-2009 | 6de plaats  |
| Nijs Bo           | 2075p | Lommel       | 13-6-2009 | Olimpic 5   |
| Bruggen Anne      | 2031p | Genk         | 19-9-2009 | Olimpic 10  |
| Elkadaoui Oumaima | 2006p | St.Truiden   | 9-5-2009  | Olimpic 3   |
| Bruggen Anne      | 1938p | St.Truiden   | 9-5-2009  | Olimpic 3   |
| Bruggen Anne      | 1933p | Neerpelt     | 5-4-2009  | Olimpic 1   |
| Elkadaoui Oumaima | 1902p | Lanaken      | 2-5-2009  | Olimpic 2   |
| Kerkhofs Milena   | 1896p | St.Truiden   | 9-5-2009  | Olimpic 3   |
| Kerkhofs Milena   | 1777p | Neerpelt     | 5-4-2009  | Olimpic 1   |
| Simoni Jasmine    | 1753p | Heusden L.K. | 26-7-2009 | 9de plaats  |
| Kerkhofs Milena   | 1735p | Lanaken      | 2-5-2009  | Olimpic 2   |
| Bruggen Anne      | 1588p | Tessenderlo  | 29-8-2009 | Olimpic 8   |
| Thijs Emilie      | 1517p | Heusden L.K. | 26-7-2009 | 13de plaats |
| Bruggen Anne      | 1512p | Alken        | 22-8-2009 | Olimpic 7   |
| Bruggen Anne      | 1509p | Kortesseem   | 5-7-2009  | Olimpic 6   |
| Thijs Emilie      | 1504p | Neerpelt     | 5-4-2009  | Olimpic 1   |
| Bruggen Anne      | 1463p | Lanaken      | 2-5-2009  | Olimpic 2   |
| Meertens Jinte    | 1461p | Lanaken      | 2-5-2009  | Olimpic 2   |
| Froyen Lisa       | 1356p | Heusden L.K. | 26-7-2009 | 14de plaats |
| Hauben Lotte      | 1338p | Lanaken      | 2-5-2009  | Olimpic 2   |
| Bruggen Anne      | 1315p | Lommel       | 13-6-2009 | Olimpic 5   |
| Nijs Bo           | 1290p | Alken        | 22-8-2009 | Olimpic 7   |
| Nijs Bo           | 1210p | Bree         | 5-9-2009  | Olimpic 9   |
| Froyen Lisa       | 1194p | Lanaken      | 2-5-2009  | Olimpic 2   |
| Thijs Emilie      | 1155p | St.Truiden   | 9-5-2009  | Olimpic 3   |
| Thijs Emilie      | 1144p | Lanaken      | 2-5-2009  | Olimpic 2   |
| Hauben Lotte      | 1122p | Heusden L.K. | 26-7-2009 | 17de plaats |
| Froyen Lisa       | 1113p | Genk         | 19-9-2009 | Olimpic 10  |
| Nijs Bo           | 1081p | Neerpelt     | 5-4-2009  | Olimpic 1   |
| Efonye Ashley     | 1075p | Lanaken      | 2-5-2009  | Olimpic 2   |
| Froyen Lisa       | 1065p | Alken        | 22-8-2009 | Olimpic 7   |
| Aelbers Riet      | 1043p | Lanaken      | 2-5-2009  | Olimpic 2   |
| Elkadaoui Oumaima | 1037p | Neerpelt     | 5-4-2009  | Olimpic 1   |
| Froyen Lisa       | 1027p | Heusden      | 31-5-2009 | Olimpic 4   |
| Efonye Ashley     | 965p  | St.Truiden   | 9-5-2009  | Olimpic 3   |
| Hauben Lotte      | 915p  | Neerpelt     | 5-4-2009  | Olimpic 1   |
| Efonye Ashley     | 872p  | Neerpelt     | 5-4-2009  | Olimpic 1   |
| Froyen Lisa       | 869p  | St.Truiden   | 9-5-2009  | Olimpic 3   |
| Thijs Emilie      | 819p  | Alken        | 22-8-2009 | Olimpic 7   |
| Steege Sofie      | 752p  | Lanaken      | 2-5-2009  | Olimpic 2   |
| Hauben Lotte      | 729p  | Genk         | 19-9-2009 | Olimpic 10  |
| Simoni Jasmine    | 680p  | Lanaken      | 2-5-2009  | Olimpic 2   |
| Brouwers Chantal  | 673p  | Lanaken      | 2-5-2009  | Olimpic 2   |
| Froyen Lisa       | 639p  | Lommel       | 13-6-2009 | Olimpic 5   |



# PRESTATIES ATLA ATLETEN OUTDOOR 2009



## MINIEMEN MEISJES

| VIJFKAMP         |      |          |           |           |
|------------------|------|----------|-----------|-----------|
| Gregoor Berenike | 572p | Lanaken  | 2-5-2009  | Olimpic 2 |
| Simoni Jasmine   | 466p | Neerpelt | 5-4-2009  | Olimpic 1 |
| Bringmans Indy   | 411p | Lanaken  | 2-5-2009  | Olimpic 2 |
| Simoni Jasmine   | 323p | Heusden  | 31-5-2009 | Olimpic 4 |
| Gregoor Berenike | 247p | Alken    | 22-8-2009 | Olimpic 7 |
| Dubois Nina      | 201p | Lanaken  | 2-5-2009  | Olimpic 2 |

| 4x80m   |       |                  |           |                |
|---|-------|------------------|-----------|----------------|
| Bruggen Anne-Nijs Bo-Thijs Emilie-Hauben Lotte            |       |                  |           |                |
|   | 44.86 | Tessengerlo L.K. | 23-8-2009 | BRONS          |
| Meertens Jinte-Steegen Sofie-Kerkhofs Milena-Aelbers Riet |       |                  |           |                |
|   | 46.34 | Tessengerlo L.K. | 23-8-2009 | 5de plaats     |
| Froyen Lisa-Simoni Jasmine-Elkadaoui Oumaima-Thijs Emilie |       |                  |           |                |
|   | 48.54 | St.Truiden       | 18-4-2009 | B.v.Vlaanderen |
| Froyen Lisa-Dubois Nina-Brouwers Chantal-Efonye Ashley    |       |                  |           |                |
|   | ???   | Tessengerlo L.K. | 23-8-2009 |                |

| 3x600M                                    |         |                  |           |             |
|---|---------|------------------|-----------|-------------|
| Steegen Sofie-Meertens Jinte-Aelbers Riet |         |                  |           |             |
|   | 5.22.1  | Tessengerlo L.K. | 23-8-2009 | GOUD        |
| Steegen Sofie-Meertens Jinte-Aelbers Riet |         |                  |           |             |
|   | 5.30.78 | Lier             | 11-7-2009 | B.R.        |
| Nijs Bo-Kerkhofs Milena-Brouwers Chantal  |         |                  |           |             |
|   | 6.05.1  | Tessengerlo L.K. | 23-8-2009 | 6de plaats  |
| Bruggen Anne-Froyen Lisa-Efonye Ashley    |         |                  |           |             |
|   | 6.51.2  | Tessengerlo L.K. | 23-8-2009 | 10de plaats |