



PRESTATIES ATLA ATLETEN OUTDOOR 2012



MASTERS DAMES +40

| HOOG | | | | |
|-------------|------|------|-----------|----------------|
| Aelbers Els | 1m05 | Gent | 3/06/2012 | B.v.Vlaanderen |

| VER | | | | |
|------------|------|------|-----------|----------------|
| Jans Petra | 2m53 | Gent | 3/06/2012 | B.v.Vlaanderen |

| MARATHON | | | | |
|-------------|---------|-----------------|------------|---------------|
| Jans Petra | 4u09.17 | Eindhoven (Ned) | 14/10/2012 | |
| Aelbers Els | 4u19.47 | Luxemburg | 19/05/2012 | The Night Run |
| Jans Petra | 4u19.52 | Parijs | 15/04/2012 | |
| Aelbers Els | 4u22.08 | Eindhoven (Ned) | 14/10/2012 | |
| Aelbers Els | 4u23.57 | Lier B.K. | 25/03/2012 | 4de plaats |
| Aelbers Els | 4u36.15 | Parijs | 15/04/2012 | |
| Aelbers Els | 4u43.36 | Geldrop | 27/11/2011 | |

| 6 UUR | | | | |
|-------------|---------|-------------|-----------|--|
| Aelbers Els | 53km584 | Stein (Ned) | 4/03/2012 | |

| 100 KM | | | | |
|-------------|----------|--------------|------------|--------|
| Aelbers Els | 12u15.39 | Torhout B.K. | 22/06/2012 | ZILVER |

| KOGEL | | | 4 KG | |
|----------------|------|-----------------------|------------|----------------|
| Ezaitouni Aida | 8m61 | Beveren B.K. | 9/06/2012 | 4de plaats |
| Ezaitouni Aida | 8m38 | Alken L.K. A.C. | 29/04/2012 | 7de plaats |
| Ezaitouni Aida | 8m38 | Brasschaat | 12/05/2012 | B.v.Vlaanderen |
| Ezaitouni Aida | 8m34 | Lanaken | 8/06/2012 | |
| Ezaitouni Aida | 8m33 | Gent | 3/06/2012 | B.v.Vlaanderen |
| Ezaitouni Aida | 8m28 | Tongeren | 20/07/2012 | |
| Ezaitouni Aida | 8m24 | Alken | 13/10/2012 | |
| Ezaitouni Aida | 7m97 | Tessengerlo | 13/04/2012 | |
| Ezaitouni Aida | 7m90 | Vilvoorde L.K. | 22/09/2012 | GOUD |
| Ezaitouni Aida | 7m90 | Vilvoorde K.v.Vlaand. | 22/09/2012 | BRONS |

| SPEER | | | 600 GR | |
|----------------|-------|--------------|------------|----------------|
| Ezaitouni Aida | 21m77 | Beveren B.K. | 10/06/2012 | BRONS |
| Ezaitouni Aida | 20m44 | Gent | 3/06/2012 | B.v.Vlaanderen |

| DISCUS | | | 1 KG | |
|----------------|-------|-----------------------|------------|----------------|
| Ezaitouni Aida | 25m28 | Vilvoorde L.K. | 22/09/2012 | GOUD |
| Ezaitouni Aida | 25m28 | Vilvoorde K.v.Vlaand. | 22/09/2012 | 5de plaats |
| Ezaitouni Aida | 25m09 | Lanaken | 8/06/2012 | |
| Ezaitouni Aida | 24m58 | Tongeren | 20/07/2012 | |
| Ezaitouni Aida | 23m92 | Alken | 13/10/2012 | |
| Ezaitouni Aida | 23m85 | Beveren B.K. | 9/06/2012 | 4de plaats |
| Ezaitouni Aida | 22m88 | Alken L.K. A.C. | 29/04/2012 | 6de plaats |
| Ezaitouni Aida | 21m60 | Tessengerlo | 13/04/2012 | |
| Polders Sandra | 21m48 | Gent | 3/06/2012 | B.v.Vlaanderen |

| HAMER | | | 4 KG | |
|----------------|-------|------------|------------|------|
| Ezaitouni Aida | 23m58 | Alken L.K. | 13/10/2012 | GOUD |



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| GEWICHTWERPEN | | | 9,08 KG | |
|----------------------|------|------------|----------------|------|
| Ezaitouni Aida | 7m92 | Alken L.K. | 13/10/2012 | GOUD |

| 4x100M | | | | |
|---|-------|-------------|------------|----------------|
| Munten Annie-Polders Sandra-Ezaitouni Aida-Borghoms Sabine | | | | |
| | 62.96 | Gent | 3/06/2012 | B.v.Vlaanderen |
| Martens Linda-Jans Hilde-Vanhoyland Veronique-Stulens Katinka | | | | |
| | 66.90 | Lommel L.K. | 19/08/2012 | ZILVER |

| 4x200M | | | | |
|---|---------|-------------|------------|------|
| Martens Linda-Vandebosch Heidi-Oosterbosch Maria-Jans Petra | | | | |
| | 2.28.76 | Lommel L.K. | 19/08/2012 | GOUD |

| 4x400M | | | | |
|--|---------|-------------|------------|------|
| Brouwers Carin-Jans Petra-Moonen Olga-Munten Annie | | | | |
| | 5.34.23 | Lommel L.K. | 19/08/2012 | GOUD |

| OLYMPISCHE ESTAFETTEN 800M-400M-200M-200M | | | | |
|--|---------|---------|------------|---------|
| Brouwers Carin-Martens Linda-Jans Hilde-Jans Petra | | | | |
| | 5.44.99 | Lanaken | 25/08/2012 | Euregio |