



PRESTATIES ATLA ATLETEN OUTDOOR 2012



BENJAMINS JONGENS

60M				
Vangangelt Chris	9.80	Tessengerlo	11/08/2012	
Vangangelt Chris	9.85	Lanaken	9/09/2012	Mem.Cops
Vangangelt Chris	9.89	St.Truiden	4/08/2012	
Vangangelt Chris	9.95	Alken	9/06/2012	
Vangangelt Chris	9.98	Bree	1/09/2012	
Vangangelt Chris	9.99	Lanaken	25/08/2012	Euregio
Vangangelt Chris	10.02	Lanaken	19/05/2012	
Vangangelt Chris	10.11	Genk	15/09/2012	
Hermens Bert	10.14	Lanaken	9/09/2012	Mem.Cops
Vangangelt Chris	10.17	Diepenbeek	30/06/2012	
Vangangelt Chris	10.19	Hasselt	16/06/2012	
Hermens Bert	10.28	Bree	1/09/2012	
Hermens Bert	10.31	Hasselt	11/07/2012	
Hermens Bert	10.37	Tessengerlo	31/08/2012	
Hermens Bert	10.38	Tessengerlo	11/08/2012	
Hermens Bert	10.38	Lommel	30/09/2012	
Hermens Bert	10.43	Genk	15/09/2012	
Hermens Bert	10.44	Diepenbeek	30/06/2012	
Hermens Bert	10.47	St.Truiden	4/08/2012	
Hermens Bert	10.50	Lanaken	19/05/2012	
Hermens Bert	10.50	Lanaken	14/07/2012	
Mebis Luca	10.51	Lanaken	25/08/2012	Euregio
Hermens Bert	10.52	Alken	9/06/2012	
Mebis Luca	10.60	Hasselt	16/06/2012	
Mebis Luca	10.61	Lanaken	19/05/2012	
Hermens Bert	10.64	Neerpelt	28/05/2012	
Van Hoof Peter	10.64	Lanaken	9/09/2012	Mem.Cops
Hermens Bert	10.66	Alken	27/07/2012	
Gerits Jelle	10.67	Lanaken	25/08/2012	Euregio
Mebis Luca	10.68	Tessengerlo	11/08/2012	
Thijs Wout	10.68	Lanaken	9/09/2012	Mem.Cops
Hermens Bert	10.68	Heusden	23/09/2012	
Spauwen Bjorn	10.72	St.Truiden	4/08/2012	
Hermens Bert	10.73	Lommel	1/05/2012	
Mebis Luca	10.74	Neerpelt	15/04/2012	
Spauwen Bjorn	10.74	Lanaken	9/09/2012	Mem.Cops
Mebis Luca	10.75	Alken	9/06/2012	
Spauwen Bjorn	10.75	Bree	1/09/2012	
Hermens Bert	10.76	Neerpelt	15/04/2012	
Hermens Bert	10.76	Hasselt	16/06/2012	
Van Hoof Peter	10.77	Lanaken	14/07/2012	
Hermens Bert	10.80	Tongeren	6/07/2012	
Gerits Jelle	10.80	Lanaken	9/09/2012	Mem.Cops
Mebis Luca	10.82	Lanaken	9/09/2012	Mem.Cops
Gerits Jelle	10.83	Lanaken	14/07/2012	
Hermens Bert	10.89	St.Truiden	12/05/2012	
Spauwen Bjorn	10.94	Alken	27/07/2012	
Spauwen Bjorn	10.95	Lanaken	14/07/2012	
Spauwen Bjorn	10.98	Genk	15/09/2012	
60M				



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BENJAMINS JONGENS

Mebis Luca	10.99	Tessengerlo	31/08/2012	
Gerits Jelle	11.05	Lanaken	19/05/2012	
Lowis Arnaud	11.05	Lanaken	25/08/2012	Euregio
Mebis Luca	11.05	Genk	15/09/2012	
Spauwen Bjorn	11.06	Lommel	1/05/2012	
Spauwen Bjorn	11.07	Tessengerlo	11/08/2012	
Mebis Luca	11.10	St.Truiden	12/05/2012	
Mebis Luca	11.10	Genk	26/08/2012	
Spauwen Bjorn	11.13	Lanaken	19/05/2012	
Lips Reno	11.15	Lanaken	9/09/2012	Mem.Cops
Spauwen Bjorn	11.18	Alken	9/06/2012	
Spauwen Bjorn	11.18	Diepenbeek	30/06/2012	
Spauwen Bjorn	11.20	Neerpelt	28/05/2012	
Spauwen Bjorn	11.24	Neerpelt	15/04/2012	
Thijs Wout	11.25	Lanaken	14/07/2012	
Lowis Arnaud	11.33	Lanaken	19/05/2012	
Spauwen Bjorn	11.34	Hasselt	16/06/2012	
Spauwen Bjorn	11.39	St.Truiden	12/05/2012	
Laarhoven Jess	11.45	Lanaken	9/09/2012	Mem.Cops
Thijs Wout	11.47	Lanaken	19/05/2012	
Laarhoven Jess	11.52	Lanaken	19/05/2012	
Fraussen Ruben	11.77	Lanaken	25/08/2012	Euregio
Leinders Luc	12.13	Lanaken	14/07/2012	



PRESTATIES ATLA ATLETEN OUTDOOR 2012



BENJAMINS JONGENS

600M				
Mebis Luca	2.01.99	Heusden	7/07/2012	Nacht
Mebis Luca	2.03.87	Tessenderlo L.K.	23/06/2012	4de plaats
Vangangelt Chris	2.03.91	Heusden	7/07/2012	Nacht
Mebis Luca	2.04.17	Lanaken	9/09/2012	Mem.Cops
Mebis Luca	2.04.32	Nijvel B.K.	22/09/2012	13de plaats
Vangangelt Chris	2.05.11	Lanaken	9/09/2012	Mem.Cops
Mebis Luca	2.05.12	Lanaken	19/05/2012	
Mebis Luca	2.05.50	Tessenderlo	11/08/2012	
Vangangelt Chris	2.05.95	Nijvel B.K.	22/09/2012	15de plaats
Mebis Luca	2.07.49	Hasselt	16/06/2012	
Vangangelt Chris	2.07.83	Diepenbeek	30/06/2012	
Mebis Luca	2.07.83	Tessenderlo	31/08/2012	
Mebis Luca	2.08.17	Genk	26/08/2012	
Mebis Luca	2.08.32	Alken	9/06/2012	
Mebis Luca	2.09.10	Hechtel	6/05/2012	
Mebis Luca	2.09.18	Genk	15/09/2012	
Vangangelt Chris	2.10.13	St.Truiden	4/08/2012	
Vangangelt Chris	2.10.25	Alken	9/06/2012	
Mebis Luca	2.10.45	Neerpelt	15/04/2012	
Vangangelt Chris	2.10.50	Tessenderlo	11/08/2012	
Mebis Luca	2.10.89	St.Truiden	12/05/2012	
Hermens Bert	2.14.20	Heusden	7/07/2012	Nacht
Hermens Bert	2.14.48	Diepenbeek	30/06/2012	
Vangangelt Chris	2.14.57	Lanaken	19/05/2012	
Hermens Bert	2.14.77	Lommel	30/09/2012	
Hermens Bert	2.15.07	Alken	27/07/2012	
Vangangelt Chris	2.15.24	Genk	15/09/2012	
Hermens Bert	2.15.83	St.Truiden	4/08/2012	
Hermens Bert	2.16.15	Tessenderlo	28/09/2012	
Hermens Bert	2.16.75	Tessenderlo	11/08/2012	
Hermens Bert	2.18.04	Neerpelt	28/05/2012	
Hermens Bert	2.18.07	Alken	9/06/2012	
Hermens Bert	2.18.35	Tessenderlo L.K.	23/06/2012	10de plaats
Hermens Bert	2.18.55	Lanaken	9/09/2012	Mem.Cops
Hermens Bert	2.18.95	Tongeren	6/07/2012	
Hermens Bert	2.19.17	Tessenderlo	31/08/2012	
Hermens Bert	2.19.24	Genk	15/09/2012	
Hermens Bert	2.19.29	Hasselt	11/07/2012	
Hermens Bert	2.19.34	Heusden	23/09/2012	
Spauwen Bjorn	2.19.92	Tessenderlo	11/08/2012	
Spauwen Bjorn	2.20.61	Lanaken	9/09/2012	Mem.Cops
Spauwen Bjorn	2.20.79	Genk	15/09/2012	
Hermens Bert	2.20.84	Lommel	1/05/2012	
Spauwen Bjorn	2.21.62	St.Truiden	4/08/2012	
Spauwen Bjorn	2.21.65	Alken	27/07/2012	
Hermens Bert	2.22.37	Hasselt	16/06/2012	
Vangangelt Chris	2.22.48	Hasselt	16/06/2012	
Hermens Bert	2.23.43	St.Truiden	12/05/2012	
Spauwen Bjorn	2.23.80	Lommel	1/05/2012	
600M				



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BENJAMINS JONGENS

Lips Reno	2.24.99	Lanaken	9/09/2012	Mem.Cops
Hermens Bert	2.25.01	Lanaken	19/05/2012	
Spauwen Bjorn	2.26.28	Diepenbeek	30/06/2012	
Spauwen Bjorn	2.26.66	Lanaken	19/05/2012	
Thijs Wout	2.27.08	Lanaken	9/09/2012	Mem.Cops
Lowis Arnaud	2.28.31	Lanaken	19/05/2012	
Spauwen Bjorn	2.28.33	Tessenderlo L.K.	23/06/2012	12de plaats
Spauwen Bjorn	2.28.97	Neerpelt	28/05/2012	
Spauwen Bjorn	2.29.82	Alken	9/06/2012	
Spauwen Bjorn	2.30.14	Neerpelt	15/04/2012	
Gerits Jelle	2.30.23	Lanaken	9/09/2012	Mem.Cops
Fraussen Ruben	2.32.04	Lanaken	9/09/2012	Mem.Cops
Spauwen Bjorn	2.32.09	St.Truiden	12/05/2012	
Hermens Bert	2.34.93	Neerpelt	15/04/2012	
Laarhoven Jess	2.35.05	Lanaken	19/05/2012	
Spauwen Bjorn	2.35.17	Hasselt	16/06/2012	
Gerits Jelle	2.36.51	Lanaken	19/05/2012	
Thijs Wout	2.38.18	Lanaken	19/05/2012	
Laarhoven Jess	2.40.88	Lanaken	9/09/2012	Mem.Cops
Van Hoof Peter	2.51.25	Lanaken	9/09/2012	Mem.Cops

KOGEL

1 KG

Spauwen Bjorn	6m74	Bree	1/09/2012	
Vangangelst Chris	6m73	Bree	1/09/2012	
Hermens Bert	6m67	Lommel	30/09/2012	
Hermens Bert	6m60	Hasselt	11/07/2012	
Hermens Bert	6m56	Tongeren	6/07/2012	
Hermens Bert	6m50	Alken	27/07/2012	
Hermens Bert	6m46	Tessenderlo L.K.	23/06/2012	6de plaats
Hermens Bert	6m36	Tessenderlo	31/08/2012	
Vangangelst Chris	6m26	Lanaken	25/08/2012	Euregio
Hermens Bert	6m24	St.Truiden	12/05/2012	
Mebis Luca	6m19	St.Truiden	12/05/2012	
Gerits Jelle	6m03	Lanaken	25/08/2012	Euregio
Mebis Luca	5m97	Lanaken	25/08/2012	Euregio
Hermens Bert	5m91	Tessenderlo	28/09/2012	
Hermens Bert	5m76	Neerpelt	28/05/2012	
Mebis Luca	5m62	Tessenderlo	31/08/2012	
Hermens Bert	5m54	Alken	27/07/2012	
Hermens Bert	5m42	Bree	1/09/2012	
Spauwen Bjorn	4m73	Diepenbeek	9/04/2012	
Fraussen Ruben	4m67	Lanaken	25/08/2012	Euregio
Spauwen Bjorn	4m45	St.Truiden	12/05/2012	
Spauwen Bjorn	4m20	Neerpelt	28/05/2012	
Lowis Arnaud	3m76	Lanaken	25/08/2012	Euregio



PRESTATIES ATLA ATLETEN OUTDOOR 2012



BENJAMINS JONGENS

HOCKEYBAL				
Hermens Bert	25m03	Bree	1/09/2012	
Hermens Bert	24m18	Lanaken	9/09/2012	
Vangangelt Chris	23m62	Bree	1/09/2012	
Hermens Bert	23m09	Lommel	30/09/2012	
Hermens Bert	22m28	Genk	15/09/2012	
Mebis Luca	21m94	Lanaken	9/09/2012	
Vangangelt Chris	21m77	Lanaken	9/09/2012	
Hermens Bert	21m24	Heusden	23/09/2012	
Lips Reno	21m09	Lanaken	9/09/2012	
Vangangelt Chris	21m01	Tessenderlo	11/08/2012	
Mebis Luca	20m62	Neerpelt	15/04/2012	
Vangangelt Chris	20m32	St.Truiden	4/08/2012	
Hermens Bert	20m30	Tessenderlo	11/08/2012	
Mebis Luca	19m96	Genk	15/09/2012	
Mebis Luca	19m90	Alken	9/06/2012	
Mebis Luca	19m31	Lanaken	19/05/2012	
Spauwen Bjorn	18m80	Diepenbeek	9/04/2012	
Hermens Bert	18m56	Tongeren	6/07/2012	
Vangangelt Chris	18m46	Diepenbeek	30/06/2012	
Spauwen Bjorn	18m42	Bree	1/09/2012	
Mebis Luca	18m41	Hechtel	6/05/2012	
Mebis Luca	18m41	Hasselt	16/06/2012	
Vangangelt Chris	18m40	Hasselt	16/06/2012	
Vangangelt Chris	18m28	Alken	9/06/2012	
Spauwen Bjorn	18m11	Diepenbeek	30/06/2012	
Laarhoven Jess	18m06	Lanaken	19/05/2012	
Vangangelt Chris	17m88	Genk	15/09/2012	
Spauwen Bjorn	17m78	Genk	15/09/2012	
Hermens Bert	17m76	Lanaken	19/05/2012	
Mebis Luca	17m67	Tessenderlo	11/08/2012	
Hermens Bert	17m47	Alken	9/06/2012	
Spauwen Bjorn	17m14	Tessenderlo	11/08/2012	
Spauwen Bjorn	16m97	Lanaken	9/09/2012	
Vangangelt Chris	16m73	Lanaken	19/05/2012	
Hermens Bert	16m70	St.Truiden	4/08/2012	
Hermens Bert	16m39	Diepenbeek	30/06/2012	
Spauwen Bjorn	16m18	Alken	9/06/2012	
Thijs Wout	16m09	Lanaken	19/05/2012	
Hermens Bert	15m53	Hasselt	16/06/2012	
Spauwen Bjorn	15m15	Lommel	1/05/2012	
Spauwen Bjorn	15m09	St.Truiden	4/08/2012	
Spauwen Bjorn	14m40	Hasselt	16/06/2012	
Hermens Bert	14m17	Lommel	1/05/2012	
Spauwen Bjorn	14m04	Lanaken	19/05/2012	
Spauwen Bjorn	13m63	Neerpelt	15/04/2012	
Gerits Jelle	13m27	Lanaken	9/09/2012	
Thijs Wout	12m95	Lanaken	9/09/2012	
Laarhoven Jess	11m89	Lanaken	9/09/2012	
Lowis Arnaud	11m00	Lanaken	19/05/2012	
HOCKEYBAL				



PRESTATIES ATLA ATLETEN OUTDOOR 2012



BENJAMINS JONGENS

Gerits Jelle	10m36	Lanaken	19/05/2012	
Hermens Bert	9m68	Neerpelt	15/04/2012	



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BENJAMINS JONGENS

VER				
Hermens Bert	3m43	Lanaken	9/09/2012	Mem.Cops
Mebis Luca	3m43	Lanaken	9/09/2012	Mem.Cops
Vangangelt Chris	3m42	Diepenbeek	30/06/2012	
Vangangelt Chris	3m37	Lanaken	19/05/2012	
Vangangelt Chris	3m34	Lanaken	9/09/2012	Mem.Cops
Spauwen Bjorn	3m32	Lanaken	9/09/2012	Mem.Cops
Hermens Bert	3m30	Tessenderlo	28/09/2012	
Hermens Bert	3m24	Tessenderlo	11/08/2012	
Hermens Bert	3m24	Bree	1/09/2012	
Hermens Bert	3m24	Lommel	30/09/2012	
Hermens Bert	3m20	St.Truiden	4/08/2012	
Vangangelt Chris	3m20	St.Truiden	4/08/2012	
Thijs Wout	3m17	Lanaken	19/05/2012	
Hermens Bert	3m14	Tongeren	6/07/2012	
Vangangelt Chris	3m14	Genk	15/09/2012	
Hermens Bert	3m13	Genk	15/09/2012	
Spauwen Bjorn	3m12	Tessenderlo	11/08/2012	
Vangangelt Chris	3m09	Alken	9/06/2012	
Spauwen Bjorn	3m08	Neerpelt	28/05/2012	
Mebis Luca	3m08	Genk	26/08/2012	
Mebis Luca	3m05	Hechtel	6/05/2012	
Mebis Luca	3m05	Tessenderlo	11/08/2012	
Spauwen Bjorn	3m05	Genk	15/09/2012	
Spauwen Bjorn	3m03	Diepenbeek	30/06/2012	
Hermens Bert	3m03	Alken	27/07/2012	
Spauwen Bjorn	3m03	St.Truiden	4/08/2012	
Vangangelt Chris	3m03	Bree	1/09/2012	
Mebis Luca	3m02	Neerpelt	15/04/2012	
Vangangelt Chris	3m02	Tessenderlo	11/08/2012	
Mebis Luca	3m01	St.Truiden	12/05/2012	
Laarhoven Jess	3m01	Lanaken	9/09/2012	Mem.Cops
Spauwen Bjorn	2m99	Bree	1/09/2012	
Spauwen Bjorn	2m98	Tessenderlo L.K.	23/06/2012	12de plaats
Mebis Luca	2m96	Alken	9/06/2012	
Mebis Luca	2m95	Lanaken	19/05/2012	
Gerits Jelle	2m95	Lanaken	9/09/2012	Mem.Cops
Thijs Wout	2m93	Lanaken	9/09/2012	Mem.Cops
Spauwen Bjorn	2m91	Alken	27/07/2012	
Mebis Luca	2m88	Genk	15/09/2012	
Hermens Bert	2m86	St.Truiden	12/05/2012	
Spauwen Bjorn	2m85	Lanaken	19/05/2012	
Hermens Bert	2m84	Diepenbeek	30/06/2012	
Hermens Bert	2m83	Neerpelt	15/04/2012	
Spauwen Bjorn	2m83	St.Truiden	12/05/2012	
Spauwen Bjorn	2m82	Lommel	1/05/2012	
Hermens Bert	2m82	Neerpelt	28/05/2012	
Spauwen Bjorn	2m81	Alken	9/06/2012	
Hermens Bert	2m80	Lanaken	19/05/2012	
Hermens Bert	2m79	Alken	9/06/2012	
VER				



PRESTATIES ATLA ATLETEN OUTDOOR 2012



BENJAMINS JONGENS

Spauwen Bjorn	2m78	Neerpelt	15/04/2012	
Vangangelt Chris	2m78	Hasselt	16/06/2012	
Laarhoven Jess	2m75	Lanaken	19/05/2012	
Mebis Luca	2m75	Hasselt	16/06/2012	
Hermens Bert	2m72	Lommel	1/05/2012	
Spauwen Bjorn	2m72	Hasselt	16/06/2012	
Spauwen Bjorn	2m69	Diepenbeek	9/04/2012	
Lowis Arnaud	2m68	Lanaken	19/05/2012	
Lips Reno	2m56	Lanaken	9/09/2012	Mem.Cops
Gerits Jelle	2m47	Lanaken	19/05/2012	
Hermens Bert	2m41	Hasselt	16/06/2012	

HOOG

Mebis Luca	1m10	Tessenderlo L.K.	23/06/2012	ZILVER
Mebis Luca	1m00	Tessenderlo	31/08/2012	
Hermens Bert	0m95	Tessenderlo	31/08/2012	
Hermens Bert	0m90	Hasselt	11/07/2012	
Spauwen Bjorn	0m90	Lanaken	14/07/2012	
Hermens Bert	0m90	Lommel	30/09/2012	
Gerits Jelle	0m75	Lanaken	14/07/2012	



PRESTATIES ATLA ATLETEN OUTDOOR 2012



BENJAMINS JONGENS

VIKAMP				
Vangangelt Chris	1196p	Diepenbeek	30/06/2012	Olimpic
Vangangelt Chris	1194p	Tessenderlo	11/08/2012	Olimpic
Vangangelt Chris	1144p	Alken	9/06/2012	Olimpic
Vangangelt Chris	1109p	Lanaken	19/05/2012	Olimpic
Vangangelt Chris	1102p	Bree	1/09/2012	Olimpic
Mebis Luca	1066p	Lanaken	19/05/2012	Olimpic
Mebis Luca	1064p	St.Truiden	12/05/2012	Olimpic
Vangangelt Chris	1051p	Genk	15/09/2012	Olimpic
Mebis Luca	1046p	Tessenderlo	11/08/2012	Olimpic
Hermens Bert	1027p	Tessenderlo	11/08/2012	Olimpic
Hermens Bert	1011p	Bree	1/09/2012	Olimpic
Mebis Luca	1005p	Alken	9/06/2012	Olimpic
Mebis Luca	999p	Neerpelt	15/04/2012	Olimpic
Hermens Bert	993p	Neerpelt L.K.	28/05/2012	9de plaats
Hermens Bert	993p	Genk	15/09/2012	Olimpic
Mebis Luca	990p	Hasselt	16/06/2012	Olimpic
Mebis Luca	930p	Genk	15/09/2012	Olimpic
Hermens Bert	928p	St.Truiden	12/05/2012	Olimpic
Hermens Bert	919p	Diepenbeek	30/06/2012	Olimpic
Vangangelt Chris	892p	Hasselt	16/06/2012	Olimpic
Spauwen Bjorn	876p	Bree	1/09/2012	Olimpic
Hermens Bert	865p	Alken	9/06/2012	Olimpic
Spauwen Bjorn	803p	Tessenderlo	11/08/2012	Olimpic
Spauwen Bjorn	803p	Genk	15/09/2012	Olimpic
Hermens Bert	798p	Lanaken	19/05/2012	Olimpic
Hermens Bert	743p	Lommel	1/05/2012	Olimpic
Spauwen Bjorn	729p	Neerpelt L.K.	28/05/2012	15de plaats
Spauwen Bjorn	713p	Diepenbeek	30/06/2012	Olimpic
Hermens Bert	692p	Hasselt	16/06/2012	Olimpic
Spauwen Bjorn	682p	Lommel	1/05/2012	Olimpic
Spauwen Bjorn	643p	St.Truiden	12/05/2012	Olimpic
Spauwen Bjorn	634p	Lanaken	19/05/2012	Olimpic
Spauwen Bjorn	616p	Alken	9/06/2012	Olimpic
Spauwen Bjorn	567p	Neerpelt	15/04/2012	Olimpic
Thijs Wout	565p	Lanaken	19/05/2012	Olimpic
Hermens Bert	564p	Neerpelt	15/04/2012	Olimpic
Laarhoven Jess	533p	Lanaken	19/05/2012	Olimpic
Lowis Arnaud	521p	Lanaken	19/05/2012	Olimpic
Spauwen Bjorn	507p	Hasselt	16/06/2012	Olimpic
Gerits Jelle	454p	Lanaken	19/05/2012	Olimpic



PRESTATIES ATLA ATLETEN OUTDOOR 2012



BENJAMINS JONGENS

4x60M				
Hermens Bert-Vangangelt Chris-Laarhoven Jess-Mebis Luca				
	40.6	Lommel L.K.	19/08/2012	ZILVER
Hermens Bert-Vangangelt Chris-Spauwen Bjorn-Gerits Jelle				
	41.64	Lanaken	9/09/2012	Mem.Cops

3x600M				
Hermens Bert-Mebis Luca-Vangangelt Chris				
	6.35.07	Lommel L.K.	19/08/2012	ZILVER
Hermens Bert-Spauwen Bjorn-Gerits Jelle				
	7.22.51	Lanaken	14/07/2012	
Thijs Wout-Leinders Luc-Van Hoof Peter				
	7.50.10	Lanaken	14/07/2012	
Lips Reno-Fraussen Ruben-Gerits Jelle				
	8.18.25	Lommel L.K.	19/08/2012	BRONS