



PRESTATIES ATLA ATLETEN OUTDOOR 2010



BENJAMINS JONGENS

40M				
Beenkens Tom	7.30	Heerlen (Ned)	5/09/2010	
Beenkens Tom	7.41	Kerkrade (Ned)	17/07/2010	
Lanbrichts Jorre	7.45	Heerlen (Ned)	5/09/2010	

60M				
Spauwen Thomas	10.04	Lanaken	12/09/2010	Mem.Cops
Vanhengel Maarten	10.15	Lanaken	11/06/2010	
Spauwen Thomas	10.20	Lanaken	8/08/2010	
Spauwen Thomas	10.22	Tongeren	1/08/2010	
Vanhengel Maarten	10.27	Lanaken	11/07/2010	
Beenkens Tom	10.38	Tessenderlo	21/05/2010	
Vanhengel Maarten	10.44	Neerpelt	26/06/2010	11de plaats
Milissen Tommy	10.44	Lanaken	8/08/2010	
Spauwen Thomas	10.46	Lanaken	11/06/2010	
Beenkens Tom	10.57	Tessenderlo	28/08/2010	
Lambrichts Jorre	10.58	Lanaken	11/07/2010	
Beenkens Tom	10.66	Lanaken	11/06/2010	
Beenkens Tom	10.67	Lommel	25/07/2010	
Beenkens Tom	10.67	Lanaken	25/08/2010	Euregio
Beenkens Tom	10.69	St.Truiden	8/05/2010	
Beenkens Tom	10.69	Tessenderlo	1/07/2010	
Beenkens Tom	10.71	Tessenderlo	17/09/2010	
Beenkens Tom	10.73	Hechtel	2/05/2010	
Lambrichts Jorre	10.74	Lanaken	8/08/2010	
Beenkens Tom	10.77	Lanaken	8/08/2010	
Lambrichts Jorre	10.78	Lanaken	11/06/2010	
Milissen Tommy	10.80	Lanaken	11/06/2010	
Beenkens Tom	10.81	Tessenderlo	9/04/2010	
Beenkens Tom	10.81	Bree	4/09/2010	
Beenkens Tom	10.82	Lommel	10/04/2010	
Lambrichts Jorre	10.84	Lommel	25/07/2010	
Beenkens Tom	10.85	Lommel	29/05/2010	
Lambrichts Jorre	10.89	Lanaken	25/08/2010	Euregio
Beenkens Tom	10.95	Herentals	5/04/2010	
Beenkens Tom	10.96	Tongeren	1/08/2010	
Milissen Tommy	11.00	Hechtel	2/05/2010	
Beenkens Tom	11.01	Heusden	14/08/2010	
Lambrichts Jorre	11.03	Lanaken	12/09/2010	Mem.Cops
Beenkens Tom	11.04	Alken	30/07/2010	Nacht
Lambrichts Jorre	11.06	Genk	12/06/2010	
Beenkens Tom	11.07	Bree	23/05/2010	
Lambrichts Jorre	11.07	Genk	18/09/2010	
Beenkens Tom	11.09	Genk	18/09/2010	
Lemmens Mike	11.10	Bree	4/09/2010	
Lambrichts Jorre	11.12	St.Truiden	8/05/2010	



PRESTATIES ATLA ATLETEN OUTDOOR 2010



BENJAMINS JONGENS

60M				
Lemmens Mike	11.13	Lanaken	25/08/2010	Euregio
Lambrichts Jorre	11.23	Hechtel	2/05/2010	
Schiffeleers Jarno	11.32	Lanaken	8/08/2010	
Lemmens Mike	11.36	Lanaken	11/06/2010	
Schiffeleers Jarno	11.47	Lanaken	12/09/2010	Mem.Cops
Schiffeleers Jarno	11.51	Lanaken	25/08/2010	Euregio
Lika Erald	11.52	Lanaken	11/06/2010	
Lambrichts Jorre	11.56	Alken	14/05/2010	
Mebis Luca	11.63	Lanaken	25/08/2010	Euregio
Mebis Luca	11.78	Neerpelt	11/04/2010	
Mebis Luca	11.93	Heusden	19/09/2010	
Mebis Luca	11.96	Lanaken	12/09/2010	Mem.Cops
Dewitte Gijs	12.06	Lanaken	12/09/2010	Mem.Cops
Mebis Luca	12.16	Lanaken	11/06/2010	
Mebis Luca	12.36	Genk	12/06/2010	
Deckers Roan	12.44	Lanaken	12/09/2010	Mem.Cops
Mebis Luca	12.51	Lanaken	8/08/2010	
Mebis Luca	12.57	Alken	14/05/2010	
Mebis Luca	12.99	Tessenderlo	1/07/2010	
Spauwen Bjorn	13.23	Lanaken	12/09/2010	Mem.Cops

600M				
Lambrichts Jorre	2.11.51	Neerpelt L.K.	26/06/2010	5de plaats
Spauwen Thomas	2.11.67	Lanaken	12/09/2010	Mem.Cops
Lambrichts Jorre	2.13.26	Lanaken	12/09/2010	Mem.Cops
Lambrichts Jorre	2.13.29	Heusden	10/07/2010	Nacht
Lambrichts Jorre	2.14.02	Lanaken	25/08/2010	Euregio
Lambrichts Jorre	2.14.44	St.Truiden	8/05/2010	
Beenkens Tom	2.14.58	Tessenderlo	1/07/2010	
Beenkens Tom	2.14.62	Tessenderlo	21/05/2010	
Beenkens Tom	2.15.90	Heusden	10/07/2010	Nacht
Lambrichts Jorre	2.15.91	Genk	18/09/2010	
Lambrichts Jorre	2.16.02	Genk	12/06/2010	
Lambrichts Jorre	2.16.28	Lommel	25/07/2010	
Lambrichts Jorre	2.16.53	Hechtel	2/05/2010	
Beenkens Tom	2.17.09	Lanaken	25/08/2010	Euregio
Beenkens Tom	2.17.22	Genk	18/09/2010	
Lambrichts Jorre	2.17.95	Alken	14/05/2010	
Beenkens Tom	2.18.95	St.Truiden	8/05/2010	
Beenkens Tom	2.19.92	Tongeren	1/08/2010	
Beenkens Tom	2.20.13	Hechtel	2/05/2010	
Beenkens Tom	2.20.36	Alken	30/07/2010	Nacht
Beenkens Tom	2.21.44	Lommel	25/07/2010	
Beenkens Tom	2.21.63	Lommel	10/04/2010	
Beenkens Tom	2.22.99	Lommel	29/05/2010	



PRESTATIES ATLA ATLETEN OUTDOOR 2010



BENJAMINS JONGENS

600M				
Mebis Luca	2.23.77	Lanaken	12/09/2010	Mem.Cops
Milissen Tommy	2.24.02	Lanaken	12/09/2010	Mem.Cops
Vanhengel Maarten	2.27.37	Lanaken	11/07/2010	
Mebis Luca	2.28.89	Heusden	19/09/2010	
Beenkens Tom	2.29.31	Tessengerlo	28/08/2010	
Schiffeleers Jarno	2.29.57	Lanaken	12/09/2010	Mem.Cops
Mebis Luca	2.31.02	Genk	12/06/2010	
Mebis Luca	2.31.57	Tessengerlo	1/07/2010	
Mebis Luca	2.35.68	Neerpelt	11/04/2010	
Milissen Tommy	2.37.00	Hechtel	2/05/2010	
Mebis Luca	2.38.37	Alken	14/05/2010	
Mebis Luca	2.38.77	Neerpelt L.K.	26/06/2010	11de plaats
Kirton Mikaïl	3.08.92	Lanaken	12/09/2010	Mem.Cops

1000M				
Lambrichts Jorre	4.02.37	Heerlen (Ned)	5/09/2010	
Beenkens Tom	4.08.68	Kerkrade (Ned)	17/07/2010	

KOGEL		1 KG		
Beenkens Tom	8m95	Bree	4/09/2010	
Beenkens Tom	8m82	Alken	30/07/2010	Nacht
Beenkens Tom	8m33	Tongeren	1/08/2010	
Beenkens Tom	8m17	Tessengerlo	1/07/2010	
Beenkens Tom	8m08	Tessengerlo	17/09/2010	
Beenkens Tom	8m07	Lommel	25/07/2010	
Beenkens Tom	7m99	Tessengerlo	21/04/2010	
Beenkens Tom	7m95	Lanaken	3/10/2010	Jeugd criterium
Beenkens Tom	7m74	Tessengerlo	5/06/2010	
Beenkens Tom	7m39	Nijvel B.K.	25/09/2010	13de plaats
Beenkens Tom	7m26	St.Truiden	8/05/2010	
Beenkens Tom	7m10	Tessengerlo	9/04/2010	
Spauwen Thomas	7m00	Lanaken	3/10/2010	Jeugd criterium
Lambrichts Jorre	6m15	Lanaken	3/10/2010	Jeugd criterium
Lambrichts Jorre	5m94	St.Truiden	8/05/2010	
Lambrichts Jorre	5m74	Lommel	25/07/2010	
Lemmens Mike	5m70	Bree	4/09/2010	
Mebis Luca	5m46	Tessengerlo	1/07/2010	
Spauwen Thomas	5m16	Tongeren	1/08/2010	
Mebis Luca	4m65	Lanaken	3/10/2010	Jeugd criterium
Vanderhallen Ryan	4m60	Lanaken	3/10/2010	Jeugd criterium



PRESTATIES ATLA ATLETEN OUTDOOR 2010



BENJAMINS JONGENS

HOCKEYBAL				
Beenkens Tom	29m72	Hechtel	2/05/2010	
Beenkens Tom	27m86	Lommel	29/05/2010	
Vanhengel Maarten	26m81	Lanaken	11/06/2010	
Beenkens Tom	26m14	Lanaken	3/10/2010	Jeugd criterium
Beenkens Tom	25m75	Lanaken	25/08/2010	Euregio
Vanhengel Maarten	25m64	Neerpelt L.K.	26/06/2010	6de plaats
Beenkens Tom	25m53	Kerkrade (Ned)	17/07/2010	
Beenkens Tom	25m48	Lanaken	11/07/2010	
Spauwen Thomas	25m31	Lanaken	3/10/2010	Jeugd criterium
Beenkens Tom	25m20	Tessenderlo	21/05/2010	
Beenkens Tom	24m38	Bree	23/05/2010	
Beenkens Tom	24m37	heusden	14/08/2010	
Lambrichts Jorre	23m81	Lanaken	25/08/2010	Euregio
Vanhengel Maarten	23m60	Lanaken	11/07/2010	
Beenkens Tom	23m52	Genk	18/09/2010	
Beenkens Tom	23m47	Neerpelt L.K.	26/06/2010	8ste plaats
Beenkens Tom	23m40	Lanaken	11/06/2010	
Beenkens Tom	23m28	Tessenderlo	5/06/2010	
Lambrichts Jorre	23m06	Lanaken	3/10/2010	Jeugd criterium
Beenkens Tom	22m75	Herentals	5/04/2010	
Milissen Tommy	22m32	Hechtel	2/05/2010	
Beenkens Tom	22m28	Lommel	10/04/2010	
Milissen Tommy	21m19	Lanaken	11/06/2010	
Beenkens Tom	20m68	Tessenderlo	9/04/2010	
Beenkens Tom	20m66	Bree	4/09/2010	
Lambrichts Jorre	20m58	Heerlen (Ned)	5/09/2010	
Beenkens Tom	20m53	Tessenderlo	17/09/2010	
Lambrichts Jorre	19m87	Lanaken	12/09/2010	Mem.Cops
Beenkens Tom	19m79	Tessenderlo	28/08/2010	
Lambrichts Jorre	19m77	Lanaken	11/06/2010	
Beenkens Tom	19m40	Heerlen (Ned)	5/09/2010	
Mebis Luca	18m70	Lanaken	3/10/2010	Jeugd criterium
Lambrichts Jorre	18m50	Genk	18/09/2010	
Spauwen Thomas	18m20	Lanaken	12/09/2010	Mem.Cops
Lambrichts Jorre	18m08	Neerpelt L.K.	26/06/2010	9de plaats
Milissen Tommy	18m04	Lanaken	12/09/2010	Mem.Cops
Lambrichts Jorre	17m74	Genk	12/06/2010	
Lambrichts Jorre	17m44	Aiken	14/05/2010	
Mebis Luca	17m01	Lanaken	25/08/2010	Euregio
Schiffeleers Jarno	16m90	Lanaken	25/08/2010	Euregio
Mebis Luca	15m90	Neerpelt L.K.	26/06/2010	11de plaats
Lambrichts Jorre	15m87	Hechtel	2/05/2010	
Vnderhallen Ryan	15m66	Lanaken	3/10/2010	Jeugd criterium
Mebis Luca	15m40	Lanaken	11/06/2010	
Lemmens Mike	15m37	Bree	4/09/2010	



PRESTATIES ATLA ATLETEN OUTDOOR 2010



BENJAMINS JONGENS

HOCKEYBAL				
Schiffeleers Jarno	15m25	Lanaken	12/09/2010	Mem.Cops
Mebis Luca	14m96	Genk	12/06/2010	
Mebis Luca	14m93	Lanaken	12/09/2010	Mem.Cops
Lika Erald	13m96	Lanaken	11/06/2010	
Lemmens Mike	13m88	Lanaken	25/08/2010	Euregio
Mebis Luca	13m71	Alken	14/05/2010	
Mebis Luca	13m49	Heusden	19/09/2010	
Mebis Luca	12m96	Neerpelt	11/04/2010	
Spauwen Bjorn	12m28	Lanaken	12/09/2010	Mem.Cops

VER				
Beenkens Tom	3m64	Lanaken	25/08/2010	Euregio
Vanhengel Maarten	3m46	Lanaken	11/07/2010	
Beenkens Tom	3m40	Tessengerlo	21/05/2010	
Beenkens Tom	3m39	Bree	4/09/2010	
Beenkens Tom	3m35	Tessengerlo	5/06/2010	
Beenkens Tom	3m27	Tessengerlo	28/08/2010	
Spauwen Thomas	3m27	Lanaken	12/09/2010	Mem.Cops
Lambrichts Jorre	3m25	Lanaken	11/07/2010	
Spauwen Thomas	3m25	Lanaken	3/10/2010	Jeugd criterium
Lambrichts Jorre	3m24	Lanaken	3/10/2010	Jeugd criterium
Beenkens Tom	3m22	Lanaken	11/07/2010	
Beenkens Tom	3m18	Alken	30/07/2010	Nacht
Lemmens Mike	3m17	Bree	4/09/2010	
Beenkens Tom	3m16	Lanaken	3/10/2010	Jeugd criterium
Beenkens Tom	3m15	Nijvel B.K.	25/09/2010	14de plaats
Beenkens Tom	3m14	Lanaken	8/08/2010	
Milissen Tommy	3m12	Lanaken	12/09/2010	Mem.Cops
Beenkens Tom	3m10	Lommel	25/07/2010	
Beenkens Tom	3m10	Tongeren	1/08/2010	
Spauwen Thomas	3m08	Tongeren	1/08/2010	
Lambrichts Jorre	3m05	Lommel	25/07/2010	
Lambrichts Jorre	3m04	Lanaken	25/08/2010	Euregio
Beenkens Tom	3m04	Bree	23/05/2010	
Lambrichts Jorre	3m04	Lanaken	8/08/2010	
Lambrichts Jorre	3m03	Genk	12/06/2010	
Beenkens Tom	3m02	Lommel	29/05/2010	
Spauwen Thomas	3m02	Lanaken	8/08/2010	
Beenkens Tom	2m98	Lommel	10/04/2010	
Beenkens Tom	2m98	Tessengerlo	9/04/2010	
Beenkens Tom	2m96	Kerkrade (Ned)	17/07/2010	
Beenkens Tom	2m96	Hechtel	2/05/2010	
Milissen Tommy	2m96	Lanaken	8/08/2010	
Lambrichts Jorre	2m96	Lanaken	12/09/2010	Mem.Cops
Lambrichts Jorre	2m96	Genk	18/09/2010	



PRESTATIES ATLA ATLETEN OUTDOOR 2010



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VER				
Beenkens Tom	2m87	Heusden	14/08/2010	
Lambrichts Jorre	2m85	Alken	14/05/2010	
Mebis Luca	2m84	Lanaken	25/08/2010	Euregio
Lambrichts Jorre	2m83	Heerlen (Ned)	5/09/2010	
Schiffeleers Arno	2m73	Lanaken	12/09/2010	Mem.Cops
Vanderhallen Ryan	2m73	Lanaken	3/10/2010	Jeugd criterium
Mebis Luca	2m72	Lanaken	3/10/2010	Jeugd criterium
Schiffeleers Arno	2m71	Lanaken	8/08/2010	
Schiffeleers Arno	2m65	Lanaken	25/08/2010	Euregio
Mebis Luca	2m65	Lommel	26/09/2010	
Mebis Luca	2m61	Lanaken	12/09/2010	Mem.Cops
Lemmens Mike	2m59	Lanaken	25/08/2010	Euregio
Lambrichts Jorre	2m57	Hechtel	2/05/2010	
Mebis Luca	2m56	Lanaken	8/08/2010	
Beenkens Tom	2m56	Genk	18/09/2010	
Mebis Luca	2m56	Heusden	19/09/2010	
Beenkens Tom	2m43	Heerlen (Ned)	5/09/2010	
Mebis Luca	2m32	Genk	12/06/2010	
Mebis Luca	2m31	Neerpelt	11/04/2010	
Kirton Michail	2m27	Lanaken	12/09/2010	Mem.Cops
Milissen Tommy	2m26	Hechtel	2/05/2010	

HOOG				
Beenkens Tom	1m11	Lommel	10/04/2010	
Beenkens Tom	1m05	Neerpelt L.K.	26/06/2010	ZILVER
Beenkens Tom	1m05	Heerlen (Ned)	5/09/2010	
Beenkens Tom	1m00	St.Truiden	8/05/2010	
Beenkens Tom	1m00	Tessenderlo	1/07/2010	
Lambrichts Jorre	0m90	Heerlen (Ned)	5/09/2010	
Mebis Luca	0m90	Lommel	26/09/2010	
Lambrichts Jorre	0m85	St.Truiden	8/05/2010	
Mebis Luca	0m80	Tessenderlo	1/07/2010	
Beenkens Tom	0m80	Herentals	5/04/2010	
Mebis Luca	0m75	Alken	14/05/2010	

DRIEKAMP				
Beenkens Tom	1167p	Kerkrade (Ned)	17/07/2010	



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VIERKAMP				
Lambrichts Jorre	1337p	Heerlen (Ned)	5/09/2010	
Beenkens Tom	1271p	Heerlen (Ned)	5/09/2010	
Beenkens Tom	1158p	St.Truiden	8/05/2010	Olimpic
Beenkens Tom	1153p	Lommel L.K.	25/07/2010	4de plaats
Beenkens Tom	1138p	Tongeren	1/08/2010	Olimpic
Beenkens Tom	1119p	Bree	4/09/2010	Olimpic
Vanhengel Maarten	1020p	Lanaken	11/07/2010	Olimpic
Lambrichts Jorre	1019p	Lommel L.K.	25/07/2010	6de plaats
Beenkens Tom	989p	Hechtel	2/05/2010	Olimpic
Lambrichts Jorre	942p	St.Truiden	8/05/2010	Olimpic
Beenkens Tom	923p	Lommel	29/05/2010	Olimpic
Beenkens Tom	856p	Tessenderlo	28/08/2010	Olimpic
Lambrichts Jorre	837p	Genk	18/09/2010	Olimpic
Beenkens Tom	815p	Genk	18/09/2010	Olimpic
Spauwen Thomas	759p	Tongeren	1/08/2010	Olimpic
Lemmens Mike	744p	Bree	4/09/2010	Olimpic
Lambrichts Jorre	706p	Hechtel	2/05/2010	Olimpic
Milissen Tommy	581p	Hechtel	2/05/2010	Olimpic
Lambrichts Jorre	495p	Lanaken	11/07/2010	Olimpic
Beenkens Tom	405p	Lanaken	11/07/2010	Olimpic
Mebis Luca	367p	Neerpelt	11/04/2010	Olimpic

4x60M				
Beenkens Tom-Lambrichts Jorre-Mebis Luca-Vanhengel Maarten				
	41.36	ST.Truiden L.K.	22/08/2010	4de plaats
Beenkens Tom-Lambrichts Jorre-Mebis Luca-Spauwen Thomas				
	43.70	Lanaken	8/08/2010	
Mebis Luca-Lambrichts Jorre-Spauwen Thomas-Schiffeleers Jarno				
	45.78	Lanaken	12/09/2010	Mem.Cops

3x600M				
Vanhengel Maarten-Lambrichts Jorre-Beenkens Tom				
	6.52.80	St.Truiden L.K.	22/08/2010	ZILVER
Beenkens Tom-Lambrichts Jorre-Spauwen Thomas				
	7.00.15	Lanaken	8/08/2010	
Schiffeleers Jarno-Milissen Tommy-Mebis Luca				
	8.04.09	Lanaken	8/08/2010	