



PRESTATIES ATLA ATLETEN OUTDOOR 2010



MINIEMEN JONGENS

80M				
Loyens Dennis	10.79	Heusden	24/05/2010	
Loyens Dennis	10.82	St.Truiden	8/05/2010	
Loyens Dennis	10.87	Bree	4/09/2010	
Loyens Dennis	10.88	Tessenderlo	5/06/2010	
Bijnens Niels	10.92	Neerpelt L.K.	26/06/2010	BRONS
Bijnens Niels	10.96	Tessenderlo	5/06/2010	
Bijnens Niels	11.00	Lanaken	11/06/2010	
Bijnens Niels	11.00	Lanaken	8/08/2010	
Bijnens Niels	11.04	Tessenderlo	1/07/2010	
Loyens Dennis	11.06	Neerpelt	11/04/2010	
Bastings Pascal	11.09	Lanaken	11/07/2010	
Loyens Dennis	11.10	Lanaken	11/07/2010	
Bastings Pascal	11.19	Lommel	29/05/2010	
Bijnens Niels	11.25	Neerpelt	11/04/2010	
Bastings Pascal	11.26	St.Truiden	8/05/2010	
Bastings Pascal	11.29	Hechtel	2/05/2010	
Bijnens Niels	11.29	Alken	14/05/2010	
Bijnens Niels	11.31	Diepenbeek	22/05/2010	
Bastings Pascal	11.50	Neerpelt	11/04/2010	
Groenen Bernard	11.62	Lanaken	11/06/2010	
Groenen Bernard	11.80	Alken	14/05/2010	
Groenen Bernard	11.83	Hechtel	2/05/2010	
Groenen Bernard	12.01	Alken	18/04/2010	B.v.Vlaanderen
Quagliara Ruben	12.16	Lanaken	12/09/2010	Mem.Cops
Panis Brecht	12.18	Alken	13/06/2010	
Panis Brecht	12.37	Lommel	29/05/2010	
Breems Benneth	12.37	Lanaken	11/06/2010	
Panis Brecht	12.40	Lanaken	11/06/2010	
Colla Brecht	12.41	Alken	18/04/2010	B.v.Vlaanderen
Quagliara Ruben	12.42	Lanaken	8/08/2010	
Panis Brecht	12.44	Hechtel	2/05/2010	
Panis Brecht	12.44	Tessenderlo	28/08/2010	
Panis Brecht	12.47	Lanaken	11/07/2010	
Panis Brecht	12.49	Neerpelt	11/04/2010	
Breems Benneth	12.50	Alken	13/06/2010	
Panis Brecht	12.53	Lanaken	8/08/2010	
Panis Brecht	12.56	Tongeren	1/08/2010	
Panis Brecht	12.57	Bree	4/09/2010	
Panis Brecht	12.64	Genk	18/09/2010	
Verschelde Viktor	12.65	Lanaken	11/06/2010	
Panis Brecht	12.66	St.Truiden	8/05/2010	
Breems Benneth	12.69	Neerpelt	11/04/2010	
Breems Benneth	12.74	Hechtel	2/05/2010	
Breems Benneth	12.74	Lanaken	12/09/2010	Mem.Cops
Breems Benneth	12.77	Lommel	29/05/2010	



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MINIEMEN JONGENS

80M				
Breems Benneth	12.78	St.Truiden	8/05/2010	
Breems Benneth	12.83	Bree	4/09/2010	
Breems Benneth	12.86	Lanaken	25/08/2010	Euregio
Breems Benneth	12.89	Genk	18/09/2010	
Breems Benneth	12.90	Tessengerlo	28/08/2010	
Breems Benneth	12.92	Tongeren	1/08/2010	
Breems Benneth	12.99	Lanaken	8/08/2010	

150M				
Loyens Dennis	19.98	Heusden	19/09/2010	
Loyens Dennis	20.17	Lanaken	25/08/2010	Euregio
Colla Brecht	24.28	Alken	18/04/2010	B.v.Vlaanderen

300M				
Loyens Dennis	43.30	Nijvel B.K.	25/09/2010	9de plaats
Loyens Dennis	43.41	Neerpelt L.K.	26/06/2010	ZILVER
Loyens Dennis	43.65	Heusden	24/05/2010	
Groenen Bernard	44.53	Heusden	19/06/2010	
Groenen Bernard	47.42	Alken	14/05/2010	
Verschelde Viktor	50.35	Alken	18/04/2010	B.v.Vlaanderen

800M				
Groenen Bernard	2.23.49	Kerkrade (Ned)	4/07/2010	
Groenen Bernard	2.24.1	Heerlen (Ned)	23/05/2010	



PRESTATIES ATLA ATLETEN OUTDOOR 2010



MINIEMEN JONGENS

1000M				
Groenen Bernard	3.02.93	Neerpelt L.K.	26/06/2010	GOUD
Groenen Bernard	3.07.84	Heusden	10/07/2010	Nacht
Groenen Bernard	3.08.26	Lanaken	11/06/2010	
Groenen Bernard	3.08.38	Lier	5/06/2010	
Groenen Bernard	3.14.88	Hechtel	2/05/2010	
Bastings Pascal	3.16.14	St.Truiden	8/05/2010	
Groenen Bernard	3.20.22	Lanaken	25/08/2010	Euregio
Groenen Bernard	3.21.82	Alken	18/04/2010	B.v.Vlaanderen
Loyens Dennis	3.25.28	St.Truiden	8/05/2010	
Verschelde Viktor	3.25.40	Lanaken	11/06/2010	
Bastings Pascal	3.25.41	Lanaken	11/07/2010	
Bastings Pascal	3.25.71	Hechtel	2/05/2010	
Quagliara Ruben	3.32.73	Lanaken	25/08/2010	Euregio
Verschelde Viktor	3.36.32	Lanaken	25/08/2010	Euregio
Breems Benneth	3.39.38	Alken	13/06/2010	
Panis Brecht	3.40.46	Lanaken	11/06/2010	
Panis Brecht	3.40.92	Alken	13/06/2010	
Breems Benneth	3.41.22	Lommel	29/05/2010	
Panis Brecht	3.42.57	Lommel	29/05/2010	
Panis Brecht	3.42.80	Hechtel	2/05/2010	
Panis Brecht	3.44.09	Lanaken	11/07/2010	
Panis Brecht	3.44.12	St.Truiden	8/05/2010	
Breems Benneth	3.45.58	Neerpelt	11/04/2010	
Breems Benneth	3.45.72	Genk	18/09/2010	
Breems Benneth	3.45.80	Lanaken	11/06/2010	
Panis Brecht	3.46.46	Tongeren	1/08/2010	
Panis Brecht	3.46.58	Genk	18/09/2010	
Breems Benneth	3.46.72	St.Truiden	8/05/2010	
Panis Brecht	3.47.25	Tessenderlo	28/08/2010	
Panis Brecht	3.50.73	Neerpelt	11/04/2010	
Breems Benneth	3.53.10	Hechtel	2/05/2010	
Breems Benneth	3.57.18	Tongeren	1/08/2010	
Breems Benneth	3.59.44	Lanaken	12/09/2010	Mem.Cops
Breems Benneth	4.03.99	Tessenderlo	28/08/2010	

80M HORDEN		0,84 M / 8H		
Colla Brecht	16.84	Alken	18/04/2010	B.v.Vlaanderen
Panis Brecht	17.42	Bree	4/09/2010	



PRESTATIES ATLA ATLETEN OUTDOOR 2010



MINIEMEN JONGENS

KOGEL		3 KG	
Bastings Pascal	9m92	St.Truiden	8/05/2010
Bastings Pascal	9m79	Lanaken	11/07/2010
Bastings Pascal	9m75	Hechtel	2/05/2010
Bastings Pascal	9m66	Tongeren	1/08/2010
Bastings Pascal	9m58	Neerpelt	11/04/2010
Bijnens Niels	8m22	Lanaken	11/06/2010
Bijnens Niels	7m79	Alken	18/04/2010
Loyens Dennis	7m54	St.Truiden	8/05/2010
Breems Benneth	7m40	Genk	18/09/2010
Loyens Dennis	7m34	Bree	4/09/2010
Breems Benneth	7m20	Lanaken	3/10/2010
Loyens Dennis	7m15	Lanaken	11/07/2010
Breems Benneth	7m11	Tessenderlo	28/08/2010
Loyens Dennis	7m01	Neerpelt	11/04/2010
Breems Benneth	6m99	Bree	4/09/2010
Breems Benneth	6m82	Lanaken	25/08/2010
Breems Benneth	6m82	Lanaken	12/09/2010
Breems Benneth	6m56	Lanaken	11/06/2010
Breems Benneth	6m41	Tongeren	1/08/2010
Panis Brecht	6m20	Genk	18/09/2010
Breems Benneth	6m13	Alken	13/06/2010
Breems Benneth	6m06	Hechtel	2/05/2010
Panis Brecht	6m03	Lanaken	11/06/2010
Panis Brecht	5m95	Lanaken	3/10/2010
Breems Benneth	5m92	St.Truiden	8/05/2010
Breems Benneth	5m89	Neerpelt	11/04/2010
Panis Brecht	5m88	Bree	4/09/2010
Panis Brecht	5m62	Tessenderlo	28/08/2010
Brouns Yannick	5m55	Lanaken	3/10/2010
Panis Brecht	5m48	Tongeren	1/08/2010
Panis Brecht	5m47	Lanaken	11/07/2010
Panis Brecht	5m22	St.Truiden	8/05/2010
Panis Brecht	5m16	Alken	13/06/2010
Panis Brecht	5m02	Neerpelt	11/04/2010
Panis Brecht	4m93	Hechtel	2/05/2010



PRESTATIES ATLA ATLETEN OUTDOOR 2010



MINIEMEN JONGENS

DISCUS		750 GRAM		
Bastings Pascal	22m40	Lanaken	11/07/2010	
Bastings Pascal	20m45	St.Truiden	8/05/2010	
Breems Benneth	19m48	Genk	18/09/2010	
Bastings Pascal	19m18	Lommel	29/05/2010	
Breems Benneth	19m10	Lanaken	12/09/2010	Mem.Cops
Loyens Dennis	17m79	Lanaken	25/08/2010	Euregio
Breems Benneth	17m48	Lanaken	25/08/2010	Euregio
Panis Brecht	16m31	Genk	18/09/2010	
Breems Benneth	16m19	St.Truiden	8/05/2010	
Loyens Dennis	16m13	Lanaken	11/07/2010	
Breems Benneth	15m68	Lommel	29/05/2010	
Panis Brecht	15m40	Lanaken	11/07/2010	
Loyens Dennis	15m28	St.Truiden	8/05/2010	
Panis Brecht	14m45	St.Truiden	8/05/2010	
Panis Brecht	13m70	Lommel	29/05/2010	
SPEER		400 GR		
Bastings Pascal	26m17	Neerpelt	11/04/2010	
Bastings Pascal	26m17	Hechtel	2/05/2010	
Breems Benneth	21m99	Lanaken	3/10/2010	Jeugd criterium
Breems Benneth	21m83	Tessenderlo	28/08/2010	
Panis Brecht	21m26	Lanaken	3/10/2010	Jeugd criterium
Breems Benneth	19m57	Lommel	29/05/2010	
Bastings Pascal	19m45	Lommel	29/05/2010	
Breems Benneth	18m91	Neerpelt	11/04/2010	
Breems Benneth	18m65	Hechtel	2/05/2010	
Loyens Dennis	18m54	Neerpelt	11/04/2010	
Panis Brecht	18m00	Tessenderlo	28/08/2010	
Groenen Bernard	17m77	Alken	18/04/2010	B.v.Vlaanderen
Breems Benneth	17m35	Alken	13/06/2010	
Brouns Yannick	15m53	Lanaken	3/10/2010	Jeugd criterium
Panis Brecht	15m31	Neerpelt	11/04/2010	
Panis Brecht	13m23	Lommel	29/05/2010	
Panis Brecht	12m18	Alken	13/06/2010	
Panis Brecht	11m65	Hechtel	2/05/2010	



PRESTATIES ATLA ATLETEN OUTDOOR 2010



MINIEMEN JONGENS

VER				
Bijnens Niels	5m05	Tessengerlo	1/07/2010	
Bastings Pascal	5m03	Lanaken	11/07/2010	
Bijnens Niels	4m79	Nijvel B.K.	25/09/2010	9de plaats
Loyens Dennis	4m70	Tessengerlo	5/06/2010	
Bijnens Niels	4m65	Tessengerlo	5/06/2010	
Bijnens Niels	4m64	Diepenbeek	22/05/2010	
Bijnens Niels	4m63	Lanaken	8/08/2010	
Loyens Dennis	4m63	Nijvel B.K.	25/09/2010	12de plaats
Bijnens Niels	4m58	Alken	18/04/2010	B.v.Vlaanderen
Loyens Dennis	4m56	Heusden	19/09/2010	
Bijnens Niels	4m55	Alken	14/05/2010	
Loyens Dennis	4m45	Lanaken	11/07/2010	
Loyens Dennis	4m14	Bree	4/09/2010	
Brouns Yannick	4m11	Lanaken	3/10/2010	Jeugd criterium
Panis Brecht	4m00	Lanaken	11/07/2010	
Panis Brecht	3m96	Lanaken	3/10/2010	Jeugd criterium
Breems Benneth	3m90	Lanaken	12/09/2010	
Breems Benneth	3m76	Lanaken	3/10/2010	Jeugd criterium
Panis Brecht	3m75	Lanaken	8/08/2010	
Panis Brecht	3m74	Genk	18/09/2010	
Breems Benneth	3m74	Genk	18/09/2010	
Breems Benneth	3m73	Lanaken	25/08/2010	Euregio
Breems Benneth	3m69	Lanaken	8/08/2010	
Quagliara Ruben	3m69	Lanaken	25/08/2010	Euregio
Panis Brecht	3m63	Bree	4/09/2010	
Quagliara Ruben	3m62	Lanaken	8/08/2010	
Breems Benneth	3m60	Tongeren	1/08/2010	
Breems Benneth	3m50	Bree	4/09/2010	
Panis Brecht	3m46	Tongeren	1/08/2010	
Vershelde Viktor	3m37	Lanaken	25/08/2010	Euregio
Vershelde Viktor	3m09	Alken	18/04/2010	B.v.Vlaanderen



PRESTATIES ATLA ATLETEN OUTDOOR 2010



MINIEMEN JONGENS

HOOG				
Bijnens Niels	1m50	Neerpelt L.K.	26/06/2010	GOUD
Bijnens Niels	1m47	Alken	18/04/2010	B.v.Vlaanderen
Bijnens Niels	1m45	Nijvel B.K.	25/09/2010	9de plaats
Bijnens Niels	1m45	Tongeren	1/08/2010	
Bastings Pascal	1m40	St.Truiden	8/05/2010	
Bastings Pascal	1m40	Lommel	29/05/2010	
Bijnens Niels	1m35	Neerpelt	11/04/2010	
Bastings Pascal	1m35	Hechtel	2/05/2010	
Panis Brecht	1m25	Bree	4/09/2010	
Bastings Pascal	1m25	Tongeren	1/08/2010	
Bastings Pascal	1m20	Neerpelt	11/04/2010	
Loyens Dennis	1m20	Neerpelt	11/04/2010	
Panis Brecht	1m20	Alken	13/06/2010	
Panis Brecht	1m20	Tongeren	1/08/2010	
Breems Benneth	1m15	Lommel	29/05/2010	
Panis Brecht	1m15	Lommel	29/05/2010	
Breems Benneth	1m15	Tessengerlo	28/08/2011	
Panis Brecht	1m15	Tessengerlo	28/08/2010	
Breems Benneth	1m10	Hechtel	2/05/2010	
Breems Benneth	1m10	St.Truiden	8/05/2010	
Breems Benneth	1m10	Alken	13/06/2010	
Breems Benneth	1m05	Bree	4/09/2010	
Breems Benneth	1m05	Neerpelt	11/04/2010	
Breems Benneth	1m05	Tongeren	1/08/2010	
Panis Brecht	1m00	Neerpelt	11/04/2010	
Panis Brecht	0m95	Hechtel	2/05/2010	
Panis Brecht	0m95	St.Truiden	8/05/2010	



PRESTATIES ATLA ATLETEN OUTDOOR 2010



MINIEMEN JONGENS

VIJFKAMP				
Bastings Pascal	2902p	Lanaken	11/07/2010	Olimpic
Bastings Pascal	2863p	St.Truiden	8/05/2010	Olimpic
Bastings Pascal	2831p	Hechtel	2/05/2010	Olimpic
Loyens Dennis	2049p	St.Truiden	8/05/2010	Olimpic
Bastings Pascal	1962p	Neerpelt	11/04/2010	Olimpic
Bastings Pascal	1853p	Lommel	29/05/2010	Olimpic
Breems Benneth	1825p	Genk	18/09/2010	Olimpic
Breems Benneth	1814p	Alken	13/06/2010	Olimpic
Panis Brecht	1790p	Alken	13/06/2010	Olimpic
Panis Brecht	1788p	Tessengerlo	28/08/2010	Olimpic
Panis Brecht	1773p	Tongeren	1/08/2010	Olimpic
Loyens Dennis	1772p	Lanaken	11/07/2010	Olimpic
Panis Brecht	1763p	Lanaken	11/07/2010	Olimpic
Breems Benneth	1760p	Lommel	29/05/2010	Olimpic
Breems Benneth	1759p	Tessengerlo	28/08/2010	Olimpic
Loyens Dennis	1736p	Neerpelt	11/04/2010	Olimpic
Panis Brecht	1719p	Bree	4/09/2010	Olimpic
Panis Brecht	1719p	Genk	18/09/2010	Olimpic
Breems Benneth	1704p	Neerpelt	11/04/2010	Olimpic
Breems Benneth	1686p	Hechtel	2/05/2010	Olimpic
Panis Brecht	1658p	Lommel	29/05/2010	Olimpic
Breems Benneth	1657p	St.Truiden	8/05/2010	Olimpic
Breems Benneth	1589p	Tongeren	1/08/2010	Olimpic
Loyens Dennis	1541p	Bree	4/09/2010	Olimpic
Panis Brecht	1531p	Neerpelt	11/04/2010	Olimpic
Panis Brecht	1495p	St.Truiden	8/05/2010	Olimpic
Panis Brecht	1487p	Hechtel	2/05/2010	Olimpic
Groenen Bernard	1339p	Hechtel	2/05/2010	Olimpic
Bijnens Niels	1214p	Neerpelt	11/04/2010	Olimpic
Breems Benneth	1209p	Bree	4/09/2010	Olimpic
Bastings Pascal	942p	Tongeren	1/08/2010	Olimpic
Bijnens Niels	621p	Tongeren	1/08/2010	Olimpic

4x80M				
Quagliara Ruben-Groenen Bernard-Loyens Dennis-Breems Benneth				
	44.61	St.Truiden L.K.	22/08/2010	ZILVER
Quagliara Ruben-Vershelde Viktor-Panis Brecht-Bijnens Niels				
	47.68	Lanaken	8/08/2010	

3x600M				
Groenen Bernard-Quagliara Ruben-Loyens Dennis				
	5.30.59	St.Truiden L.K.	22/08/2010	ZILVER
Panis Brecht-Quagliara Ruben-Vershelde Viktor				
	6.06.51	Lanaken	8/08/2010	