



PRESTATIES ATLA ATLETEN OUTDOOR 2011



MINIEMEN JONGENS

80M				
Quagliara Ruben	11.56	St.Truiden L.K.	25/06/2011	8ste plaats
Quagliara Ruben	11.58	St.Truiden	6/08/2011	
Quagliara Ruben	11.79	Hechtel	8/05/2011	
Quagliara Ruben	11.79	Lanaken	11/09/2011	Memorial Cops
Panis Brecht	11.84	St.Truiden	6/08/2011	
Quagliara Ruben	11.85	Lommel	28/05/2011	
Quagliara Ruben	11.87	Heusden	21/07/2011	
Quagliara Ruben	11.89	Genk	17/04/2011	B.v.Vlaanderen
Quagliara Ruben	11.89	Lanaken	1/06/2011	
Panis Brecht	12.01	Bree	3/09/2011	
Breems Benneth	12.06	Lanaken	11/09/2011	Memorial Cops
Breems Benneth	12.06	Lanaken	30/04/2011	
Panis Brecht	12.12	Lanaken	11/09/2001	Memorial Cops
Panis Brecht	12.12	Lommel	28/05/2011	
Panis Brecht	12.14	Lanaken	1/06/2011	
Panis Brecht	12.15	Alken	11/06/2011	
Panis Brecht	12.17	Lanaken	30/04/2011	
Breems Benneth	12.17	St.Truiden	15/05/2011	
Panis Brecht	12.20	Kortesseem	3/04/2011	
Breems Benneth	12.23	Kortesseem	3/04/2011	
Breems Benneth	12.28	Neerpelt	10/04/2011	
Breems Benneth	12.28	Lommel	28/05/2011	
Breems Benneth	12.31	Lanaken	1/06/2011	
Breems Benneth	12.35	Alken	11/06/2011	
Panis Brecht	12.37	Hasselt	2/07/2011	
Breems Benneth	12.38	Heusden	18/06/2011	
Breems Benneth	12.39	Tessengerlo	13/08/2011	
Breems Benneth	12.41	Bree	3/09/2011	
Breems Benneth	12.46	Genk	17/09/2011	
Quagliara Ruben	12.50	St.Truiden	15/05/2011	
Breems Benneth	12.65	Tessengerlo	27/08/2011	
Stouten Bram	13.19	Genk	17/04/2011	B.v.Vlaanderen

150M				
Quagliara Ruben	21.87	Lanaken	24/08/2011	Euregio
Breems Benneth	22.64	Genk	17/04/2011	B.v.Vlaanderen
Breems Benneth	22.80	Lanaken	24/08/2011	Euregio
Panis Brecht	22.80	Lanaken	22/08/2011	Euregio
Panis Brecht	22.97	Tongeren	17/07/2001	
Stouten Bram	25.13	Lanaken	22/08/2011	Euregio

300M				
Quagliara Ruben	46.96	Heusden	15/08/2011	
Stouten Bram	53.27	Genk	17/04/2011	B.v.Vlaanderen



PRESTATIES ATLA ATLETEN OUTDOOR 2011



MINIEMEN JONGENS

1000M				
Quagliara Ruben	3.12.93	Heusden	21/07/2011	
Quagliara Ruben	3.14.04	Lanaken	11/09/2011	Memorial Cops
Quagliara Ruben	3.14.72	Nijvel	24/09/2011	
Quagliara Ruben	3.16.10	St.Truiden L.K.	25/06/2011	4de plaats
Quagliara Ruben	3.16.25	Heusden	16/07/2011	Nacht
Quagliara Ruben	3.16.53	St.Truiden	6/08/2011	
Quagliara Ruben	3.18.53	Lommel	28/05/2011	
Quagliara Ruben	3.19.74	Hechtel	8/05/2011	
Quagliara Ruben	3.23.93	St.Truiden	15/05/2011	
Vershelde Viktor	3.27.74	Genk	17/04/2011	B.v.Vlaanderen
Panis Brecht	3.36.33	Lanaken	30/04/2011	
Breems Benneth	3.37.47	Alken	11/06/2011	
Stouten Bram	3.37.69	Lanaken	30/04/2011	
Panis Brecht	3.41.88	Lommel	28/05/2011	
Breems Benneth	3.41.96	Lanaken	30/04/2011	
Panis Brecht	3.43.20	Alken	11/06/2011	
Breems Benneth	3.43.37	Neerpelt	10/04/2011	
Breems Benneth	3.43.97	Heusden	18/06/2011	
Breems Benneth	3.44.67	Tessenderlo	27/08/2011	
Breems Benneth	3.45.08	Lommel	28/05/2011	
Breems Benneth	3.51.81	St.Truiden	15/05/2011	
Breems Benneth	3.52.50	Kortesseem	3/04/2011	
Breems Benneth	4.01.17	Tessenderlo	13/08/2011	
Breems Benneth	4.21.87	Lanaken	11/09/2011	Memorial Cops
Panis Brecht	4.28.71	Lanaken	11/09/2011	Memorial Cops

80M HORDEN		0,84 M / 8 H		
Panis Brecht	15.91	St.Truiden L.K.	25/06/2011	BRONS
Breems Benneth	16.15	Lanaken	11/09/2011	Memorial Cops
Breems Benneth	16.40	Bree	3/09/2011	
Panis Brecht	17.09	Bree	3/09/2011	
Panis Brecht	17.22	Lanaken	11/09/2011	Memorial Cops
Panis Brecht	17.98	Genk	17/04/2011	B.v.Vlaanderen

150M HORDEN		0,762 M / 4 H		
Panis Brecht	24.84	Hasselt	2/07/2011	
Panis Brecht	24.85	Alken	29/07/2011	Nacht



PRESTATIES ATLA ATLETEN OUTDOOR 2011



MINIEMEN JONGENS

KOGEL		3 KG		
Breems Benneth	9m63	Genk	17/09/2011	
Breems Benneth	9m47	Nijvel B.K.	24/09/2011	9de plaats
Breems Benneth	9m28	Lanaken	15/10/2011	Jeugd criterium
Breems Benneth	9m13	Tessenderlo	27/08/2011	
Breems Benneth	9m06	Bree	3/09/2011	
Breems Benneth	8m92	St.Truiden L.K.	25/06/2011	5de plaats
Breems Benneth	8m71	Heusden	18/06/2011	
Breems Benneth	8m54	Lanaken	30/04/2011	
Breems Benneth	8m50	Alken	11/06/2011	
Breems Benneth	8m20	Genk	17/04/2011	B.v.Vlaanderen
Breems Benneth	8m15	St.Truiden	15/05/2011	
Breems Benneth	7m55	Kortesseem	3/04/2011	
Breems Benneth	7m53	Neerpelt	10/04/2011	
Panis Brecht	5m93	Lanaken	15/10/2011	Jeugd criterium
Panis Brecht	5m66	Kortesseem	3/04/2011	
Panis Brecht	5m66	Bree	3/09/2011	

DISCUS		750 GRAM		
Breems Benneth	21m13	Lanaken	24/08/2011	Euregio
Breems Benneth	19m30	St.Truiden L.K.	25/06/2011	
Breems Benneth	18m59	Kortesseem	3/04/2011	
Breems Benneth	18m45	Lommel	28/05/2011	
Breems Benneth	18m43	Tessenderlo	13/08/2011	
Breems Benneth	17m76	Lanaken	30/04/2011	
Breems Benneth	17m32	St.Truiden	15/05/2011	

SPEER		400 GR		
Breems Benneth	27m58	Tessenderlo	13/08/2011	
Breems Benneth	26m91	Lanaken	15/10/2011	Jeugd criterium
Breems Benneth	24m57	Lommel	28/05/2011	
Breems Benneth	23m50	Lanaken	15/10/2011	Jeugd criterium
Breems Benneth	23m38	Tessenderlo	27/08/2011	
Breems Benneth	22m63	Neerpelt	10/04/2011	
Breems Benneth	22m32	Heusden	18/06/2011	
Breems Benneth	21m80	Genk	17/04/2011	B.v.Vlaanderen
Breems Benneth	21m73	Alken	11/06/2011	



PRESTATIES ATLA ATLETEN OUTDOOR 2011



MINIEMEN JONGENS

VER				
Panis Brecht	4m34	Lanaken	11/09/2011	Memorial Cops
Panis Brecht	4m16	Lanaken	1/06/2011	
Panis Brecht	4m08	Alken	29/07/2011	Nacht
Breems Benneth	4m07	Lanaken	1/06/2011	
Panis Brecht	4m02	Lanaken	30/04/2011	
Breems Benneth	4m01	Lanaken	11/09/2011	Memorial Cops
Panis Brecht	3m97	Bree	3/09/2011	
Panis Brecht	3m93	Genk	17/04/2011	B.v.Vlaanderen
Panis Brecht	3m85	St.Truiden	25/06/2011	10de plaats
Breems Benneth	3m77	Lanaken	30/04/2011	
Breems Benneth	3m70	Tessengerlo	13/08/2011	
Breems Benneth	3m52	Bree	3/09/2011	

HOOG				
Panis Brecht	1m30	Kortesseem	3/04/2011	
Panis Brecht	1m30	Lommel	28/05/2011	
Panis Brecht	1m30	St.Truiden	6/08/2011	
Verschelde Viktor	1m25	Genk	17/04/2011	B.v.Vlaanderen
Panis Brecht	1m25	Genk	17/04/2011	B.v.Vlaanderen
Panis Brecht	1m25	Alken	11/06/2011	
Breems Benneth	1m25	Tessengerlo	27/08/2011	
Breems Benneth	1m25	Bree	3/09/2011	
Breems Benneth	1m20	Kortesseem	3/04/2011	
Breems Benneth	1m20	St.Truiden	15/05/2011	
Breems Benneth	1m20	Alken	11/06/2011	
Breems Benneth	1m20	Heusden	18/06/2011	
Breems Benneth	1m15	Neerpelt	10/04/2011	
Breems Benneth	1m10	Lommel	28/05/2011	



PRESTATIES ATLA ATLETEN OUTDOOR 2011



MINIEMEN JONGENS

VIJFKAMP				
Breems Benneth	2203p	Tessengerlo	27/08/2011	Olimpic
Breems Benneth	2194p	Alken	11/06/2011	Olimpic
Breems Benneth	2160p	Heusden	18/06/2011	Olimpic
Breems Benneth	2065p	Neerpelt	10/04/2011	Olimpic
Breems Benneth	2055p	Lanaken	30/04/2011	Olimpic
Breems Benneth	2031p	Bree	3/09/2011	Olimpic
Breems Benneth	1991p	St.Truiden	15/05/2011	Olimpic
Breems Benneth	1959p	Kortesseem	3/04/2011	Olimpic
Breems Benneth	1928p	Lommel	28/05/2011	Olimpic
Breems Benneth	1853p	Tessengerlo L.K.	13/08/2011	9de plaats
Panis Brecht	1509p	Lommel	28/05/2011	Olimpic
Panis Brecht	1502p	Bree	3/09/2011	Olimpic
Breems Benneth	1493p	Genk	17/09/2011	Olimpic
Panis Brecht	1444p	Alken	11/06/2011	Olimpic
Panis Brecht	1439p	Lanaken	30/04/2011	Olimpic
Quagliara Ruben	1301p	Lommel	28/05/2011	Olimpic
Panis Brecht	1226p	Kortesseem	3/04/2011	Olimpic
Quagliara Ruben	1146p	St.Truiden	15/05/2011	Olimpic
Stouten Bram	561p	Lanaken	30/04/2011	Olimpic

4x80M				
Panis Brecht-Breems Benneth-Stouten Bram-Quagliara Ruben				
	46.77	Alken L.K.	21/08/2011	6de plaats
Panis Brecht-Breems Benneth-Stouten Bram-Quagliara Ruben				
	47.05	Genk	17/04/2011	B.v.Vlaanderen

3x600M				
Panis Brecht-Breems Benneth-Quagliara Ruben				
	5.49.57	Lanaken	1/06/2011	
Quagliara Ruben-Stouten Bram-Breems Benneth				
	5.50.04	Alken L.K.	21/08/2011	6de plaats