

Beker van Vlaanderen A.C. Heren – Landelijke 1

Zwevegem – zondag 17 mei 2009

AZW (Atletiek Zuid West vzw)

400m horden 0,914m JSM Heren Uur=14:06

Reeks:1

| | | | | | | | |
|---|------|---------------------|------|-------|-----|----|----|
| 1 | 2313 | De Schryver Davy | LAT | 61,16 | Sen | 88 | 10 |
| 2 | 602 | Lippens Arne | RIEM | 61,64 | Jun | 90 | 9 |
| 3 | 1840 | Muller Gert | OLSE | 62,01 | Sen | 89 | 7 |
| 4 | 507 | Van Lancker Jasper | AVLO | 62,4 | Jun | 90 | 5 |
| 5 | 3181 | Van Den Broeck Bram | ABES | 66,11 | Sen | 86 | 3 |
| 6 | 740 | Dexters Sander | ATLA | 66,37 | Jun | 91 | 2 |

Reeks:2

| | | | | | | | |
|---|------|--------------------|------|-------|-----|----|----|
| 1 | 1915 | De Schepper Pieter | ACME | 53,57 | Sen | 84 | 13 |
| 2 | 2355 | Docquier Ruben | LIER | 57,62 | Sen | 87 | 11 |
| 3 | 2431 | Migneau Maarten | AZW | 61,78 | Sen | 87 | 8 |
| 4 | 2647 | De Mol Aiko | LEBB | 62,06 | Sen | 88 | 6 |
| 5 | 2762 | De Vlieger Glenn | DEIN | 65,58 | Sen | 88 | 4 |
| 6 | 6104 | De Bock Peter | ACW | 67,59 | Mas | 63 | 1 |

400 meter JSM Heren Uur=14:15

Reeks:1

| | | | | | | | |
|---|------|--------------------|------|-------|-----|----|---|
| 1 | 1935 | Marquenie Dimitry | OLSE | 51,07 | Sen | 89 | 7 |
| 2 | 2600 | Heggen Erik | ATLA | 51,1 | Sch | 92 | 6 |
| 3 | 818 | Van Den Oord Nolan | DEIN | 52,18 | Jun | 90 | 5 |
| 4 | 717 | Baete Gieljan | RIEM | 52,48 | Jun | 90 | 3 |
| 5 | 1863 | Frans Dave | ABES | 54,55 | Sen | 85 | 2 |
| 6 | 662 | Beauprez Frederik | AVLO | 54,91 | Jun | 90 | 1 |

Reeks:2

| | | | | | | | |
|---|------|-----------------------|------|-------|-----|----|----|
| 1 | 2432 | Omey Hans | AZW | 49,28 | Sen | 86 | 13 |
| 2 | 2070 | Van Den Broeck Jan | LAT | 49,32 | Sen | 89 | 11 |
| 3 | 2944 | Helskens Bart | ACW | 49,67 | Sen | 80 | 10 |
| 4 | 689 | Bouckaert Jente | LIER | 49,73 | Jun | 90 | 9 |
| 5 | 2905 | Pieters Christof | ACME | 50,08 | Sen | 86 | 8 |
| 6 | 1943 | De Maerschalck Pieter | LEBB | 52,26 | Sen | 88 | 4 |

100 meter JSM Heren Uur=14:35

Reeks:1

| | | | | | | | |
|-------------|------|-----------------|------|-------|-----|----|---|
| Wind : -1,3 | | | | | | | |
| 1 | 3010 | Bouassam Samir* | OLSE | 11,79 | Sen | 84 | 7 |
| 2 | 2936 | Labis Steven | AZW | 11,97 | Sen | 86 | 5 |
| 3 | 661 | Suy Thijs | AVLO | 12,04 | Jun | 90 | 4 |
| 4 | 5825 | Theeuws Bart | LIER | 12,12 | Mas | 73 | 3 |
| 5 | 2802 | Ringoot Aron | LAT | 12,24 | Sch | 92 | 2 |
| 6 | 601 | De Mey Jelle | RIEM | 12,42 | Jun | 91 | 1 |

Reeks:2

| | | | | | | | |
|-------------|------|---------------------------|------|--------|-----|----|----|
| Wind : -0,6 | | | | | | | |
| 1 | 2598 | Claes Frederik | ATLA | 11,18 | Sch | 92 | 13 |
| 2 | 2947 | De Cauwer Nikki | ACW | 11,42 | Sen | 85 | 11 |
| 3 | 3107 | Nti Anthony | ABES | 11,603 | Sch | 92 | 10 |
| 4 | 3028 | Vander Mijnsbrugge Woute. | LEBB | 11,609 | Sch | 92 | 9 |
| 5 | 2606 | Bouvijn Bram | DEIN | 11,74 | Sch | 92 | 8 |
| 6 | 2648 | Thys Seppe | ACME | 11,87 | Sch | 92 | 6 |

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Zwevegem – zondag 17 mei 2009

AZW (Atletiek Zuid West vzw)

kogelstoten 7,2 JSM Heren Uur=14:48

| | | | | | | | |
|----|------|-----------------------|------|--------|-----|----|----|
| 1 | 3291 | Coene Kris | AVLO | 13,38m | Sen | 83 | 13 |
| 2 | 7265 | Van Der Heyden Pascal | LIER | 13,20m | Mas | 65 | 11 |
| 3 | 2326 | De Visscher Samir | ACME | 12,85m | Sen | 80 | 10 |
| 4 | 1954 | Bruninx Geert | ATLA | 12,56m | Sen | 83 | 9 |
| 5 | 5469 | Morret Michael | LEBB | 11,93m | Mas | 69 | 8 |
| 6 | 3192 | Haazen Stefaan | ABES | 11,81m | Sen | 86 | 7 |
| 7 | 3122 | De Zutter Ricky | RIEM | 11,10m | Sen | 81 | 6 |
| 8 | 5047 | De Feyter Frankie | LAT | 11,08m | Mas | 64 | 5 |
| 9 | 6502 | Van Gansbeke Johan | DEIN | 11,03m | Mas | 59 | 4 |
| 10 | 2919 | Decraene Wouter | AZW | 9,56m | Sen | 83 | 3 |
| 11 | 4798 | Eysackers Karl | OLSE | 9,50m | Mas | 65 | 2 |
| 12 | 3129 | Bogaert Sam | ACW | 9,45m | Sen | 80 | 1 |

800 meter JSM Heren Uur=14:49

| | | | | | | | |
|----|------|---------------------|------|---------|-----|----|----|
| 1 | 587 | Schockaert Laurens | LAT | 1'53,80 | Jun | 90 | 13 |
| 2 | 2648 | Zahafi Soufiane* | AZW | 1'55,12 | Sen | 78 | 11 |
| 3 | 2468 | Goessens Braam | LEBB | 1'56,38 | Sch | 92 | 10 |
| 4 | 1864 | Rombouts Koen | ABES | 1'56,95 | Sen | 88 | 9 |
| 5 | 2386 | De Wulf Steven | RIEM | 1'57,14 | Sen | 88 | 8 |
| 6 | 622 | Vandeweyer Maarten | ATLA | 1'57,74 | Jun | 90 | 7 |
| 7 | 2407 | Ogourtsov Boris* | OLSE | 2'01,55 | Sen | 84 | 6 |
| 8 | 671 | Van De Putte Thomas | AVLO | 2'02,26 | Jun | 91 | 5 |
| 9 | 2467 | Van Havere Robby | ACW | 2'02,59 | Sen | 83 | 4 |
| 10 | 2354 | Kempenaers Bert | LIER | 2'05,97 | Sen | 83 | 3 |
| 11 | 2647 | Paermentier Gilles | ACME | 2'06,53 | Sch | 93 | 2 |
| 12 | 2489 | Van Loocke Jonas | DEIN | 2'07,07 | Sch | 93 | 1 |

speerwerpen 800g JSM Heren Uur=15:04

| | | | | | | | |
|----|------|-------------------------|------|--------|-----|----|----|
| 1 | 1978 | Smet Thomas | OLSE | 71,81m | Sen | 88 | 13 |
| 2 | 760 | Van Der Plaetsen Thomas | DEIN | 59,95m | Jun | 90 | 11 |
| 3 | 2433 | Nolf Cedric | AZW | 57,48m | Sen | 89 | 10 |
| 4 | 3187 | Baeke Geert | AVLO | 44,76m | Sen | 74 | 9 |
| 5 | 3177 | De Roo Dieter | ACME | 43,48m | Sen | 86 | 8 |
| 6 | 2989 | Lambrechts Wim | LIER | 42,90m | Sen | 85 | 7 |
| 7 | 2310 | Verte Tim | ACW | 40,33m | Sen | 89 | 6 |
| 8 | 2313 | De Schryver Davy | LAT | 40,31m | Sen | 88 | 5 |
| 9 | 2956 | Ghyselincq Jeroen | LEBB | 40,19m | Sen | 86 | 4 |
| 10 | 2805 | Dops Dennis | ATLA | 38,18m | Sen | 89 | 3 |
| 11 | 7407 | Stienen Henri | ABES | 36,71m | Mas | 70 | 2 |
| 12 | 2196 | Jansen Joeri | RIEM | 35,98m | Sen | 79 | 1 |

1500 meter JSM Heren Uur=15:09

| | | | | | | | |
|----|------|-----------------------|------|---------|-----|----|----|
| 1 | 2526 | Hannes Pieter-jan | OLSE | 4'07,38 | Sch | 92 | 13 |
| 2 | 418 | De Bosscher Pieterjan | AVLO | 4'08,17 | Jun | 90 | 11 |
| 3 | 431 | Caudron Thomas | LEBB | 4'08,98 | Jun | 90 | 10 |
| 4 | 2524 | Roels Jonas | LAT | 4'09,18 | Sen | 83 | 9 |
| 5 | 2541 | Wytinck Thomas | RIEM | 4'10,37 | Sen | 84 | 8 |
| 6 | 2764 | Van Dyck Dries | LIER | 4'11,64 | Sen | 82 | 7 |
| 7 | 1999 | Descheemacker Johan | DEIN | 4'14,70 | Sen | 78 | 6 |
| 8 | 1961 | De Raeymaecker Karl | ACW | 4'16,66 | Sen | 80 | 5 |
| 9 | 2191 | Salden Tom | ATLA | 4'18,45 | Sen | 85 | 4 |
| 10 | 2430 | Doutrelaigne Kurt | AZW | 4'21,19 | Sen | 82 | 3 |
| 11 | 752 | Coertjes Rien | ABES | 4'22,07 | Jun | 90 | 2 |
| 12 | 2791 | De Meyer Thomas | ACME | 4'50,78 | Sch | 92 | 1 |

Beker van Vlaanderen A.C. Heren – Landelijke 1

Zwevegem – zondag 17 mei 2009

AZW (Atletiek Zuid West vzw)

110m horden 1,067m JSM Heren Uur=15:22

| | | | | | | | |
|---------|-------------|--------------------|------|-------|-----|----|----|
| Reeks:1 | Wind : -0,7 | | | | | | |
| 1 | 1981 | Fonteyn Illya | OLSE | 16,81 | Sen | 87 | 10 |
| 2 | 3232 | Delhem Rik | ABES | 20,01 | Sen | 88 | 7 |
| 3 | 2130 | Buyle Marco | LAT | 20,66 | Sen | 88 | 5 |
| 4 | 818 | Van Den Oord Nolan | DEIN | 21,09 | Jun | 90 | 4 |
| 5 | 741 | Vanderhoven Koen | ATLA | 21,27 | Jun | 91 | 3 |
| 6 | 3006 | De Meyer Nico | RIEM | 21,45 | Sen | 79 | 2 |

| | | | | | | | |
|---------|-------------|----------------------|------|-------|-----|----|----|
| Reeks:2 | Wind : -1,4 | | | | | | |
| 1 | 3080 | Van De Gender Steven | ACW | 15,5 | Sen | 77 | 13 |
| 2 | 1915 | De Schepper Pieter | ACME | 15,87 | Sen | 84 | 11 |
| 3 | 2919 | Decraene Wouter | AZW | 17,37 | Sen | 83 | 9 |
| 4 | 2814 | Laureys Tom | AVLO | 18,81 | Sen | 88 | 8 |
| 5 | 7250 | Florus Joeri | LIER | 20,28 | Mas | 69 | 6 |
| 6 | 2662 | Lux Bart | LEBB | 22,37 | Sen | 75 | 1 |

hoogspringen JSM Heren Uur=15:28

| | | | | | | | |
|----|------|---------------------|------|-------|-----|----|-----|
| 1 | 3134 | Van Wouwe Tom | ABES | 1,85m | Sch | 92 | 13 |
| 2 | 3290 | Verpoest Maarten | LAT | 1,85m | Sen | 87 | 11 |
| 3 | 2484 | Parmentier Thomas | DEIN | 1,85m | Sch | 92 | 9,5 |
| 3 | 1981 | Fonteyn Illya | OLSE | 1,85m | Sen | 87 | 9,5 |
| 5 | 7149 | De Roose Geert | ACME | 1,85m | Mas | 61 | 8 |
| 6 | 718 | De Groote David | RIEM | 1,75m | Jun | 91 | 7 |
| 7 | 714 | Vercammen Ruben | LIER | 1,70m | Jun | 90 | 6 |
| 8 | 934 | De Wilde Sander | LEBB | 1,65m | Cad | 94 | 5 |
| 9 | 3153 | Baert Maarten | AZW | 1,65m | Sch | 92 | 4 |
| 10 | 2506 | Maeckelberghe Ruben | ACW | 1,65m | Sch | 93 | 3 |
| 11 | 2597 | Vanhees Thomas | ATLA | 1,60m | Sch | 93 | 1,5 |
| 11 | 3187 | Baeke Geert | AVLO | 1,60m | Sen | 74 | 1,5 |

hinkstapspringen JSM Heren Uur=15:40

| | | | | | | | | |
|----|------|------------------------|------|--------|-----|----|----|------|
| 1 | 3290 | Verpoest Maarten | LAT | 13,02m | Sen | 87 | 13 | -0,2 |
| 2 | 512 | Hermans Kenny | ATLA | 12,80m | Jun | 90 | 11 | -0,9 |
| 3 | 3295 | Vanden Berghe Davy | RIEM | 12,76m | Sen | 86 | 10 | 0,8 |
| 4 | 1975 | Lichtert Stijn | OLSE | 12,67m | Sen | 87 | 9 | 0 |
| 5 | 2397 | Akenzua Neil | ABES | 12,54m | Sch | 93 | 8 | -0,3 |
| 6 | 452 | Dierick Gabor | ACW | 12,45m | Jun | 91 | 7 | -1,2 |
| 7 | 3174 | Lodewijks Jan | LIER | 12,43m | Sen | 83 | 6 | 0,4 |
| 8 | 3149 | De Vleeschauwer Brecht | AVLO | 12,06m | Sen | 88 | 5 | 0,1 |
| 9 | 2583 | Lesaffer Gilles | AZW | 12,03m | Sen | 86 | 4 | 0,9 |
| 10 | 2660 | De Muinck Pieterjan | ACME | 11,82m | Sch | 92 | 3 | -1,2 |
| 11 | 6008 | De Vreeze Tom | DEIN | 11,49m | Mas | 69 | 2 | -4,3 |
| 12 | 2662 | Lux Bart | LEBB | 11,20m | Sen | 75 | 1 | -2,8 |

3000 meter JSM Heren Uur=15:42

| | | | | | | | |
|----|------|------------------------|------|---------|-----|----|----|
| 1 | 1953 | Bollen Frank | ATLA | 8'18,30 | Sen | 82 | 13 |
| 2 | 5830 | Van Den Broek Stefan | LIER | 8'43,86 | Mas | 72 | 11 |
| 3 | 1949 | De Vleeschauwer Berten | AVLO | 8'57,67 | Sen | 87 | 10 |
| 4 | 1985 | Billiet Kevin | OLSE | 8'59,03 | Sen | 89 | 9 |
| 5 | 2435 | Van De Walle Dieter | AZW | 8'59,97 | Sen | 83 | 8 |
| 6 | 2593 | Pelicaen Joachim | LEBB | 9'02,56 | Sen | 85 | 7 |
| 7 | 2557 | Van Hoey Olivier | ACW | 9'03,24 | Sen | 87 | 6 |
| 8 | 2543 | De Wulf Pieter | RIEM | 9'04,24 | Sen | 88 | 5 |
| 9 | 2000 | De Lepeleire Bert | DEIN | 9'08,74 | Sen | 82 | 4 |
| 10 | 2607 | Wolters Marc | LAT | 9'10,87 | Sen | 74 | 3 |
| 11 | 2696 | De Weerd Tim | ABES | 9'35,29 | Sen | 86 | 2 |
| 12 | 6585 | Schoonackers Dirk | ACME | 9'55,97 | Mas | 64 | 1 |

Beker van Vlaanderen A.C. Heren – Landelijke 1

Zwevegem – zondag 17 mei 2009

AZW (Atletiek Zuid West vzw)

| | | | | | | | | | |
|------------------|------|---------------------------|------|----------|-----|----|----|------|--|
| polsstokspringen | | JSM Heren Uur=16:03 | | | | | | | |
| 1 | 1920 | Lagrange Bjorn | AZW | 4,60m | Sen | 86 | 13 | | |
| 2 | 1975 | Lichtert Stijn | OLSE | 4,20m | Sen | 87 | 11 | | |
| 3 | 2955 | Uyttersprot Rik | LEBB | 3,60m | Sen | 79 | 10 | | |
| 4 | 2400 | Ramsdonck Toon | ABES | 3,60m | Sch | 93 | 9 | | |
| 5 | 2310 | Verte Tim | ACW | 3,20m | Sen | 89 | 8 | | |
| 6 | 7460 | Craenen Wim | LIER | 3,20m | Mas | 70 | 7 | | |
| 7 | 2049 | Van Boxstael Jens | LAT | 2,80m | Sen | 86 | 6 | | |
| 8 | 6474 | Steijvers Peter* | RIEM | 2,60m | Mas | 61 | 5 | | |
| 9 | 698 | Regelbrugge Bram | ACME | 2,40m | Cad | 94 | 4 | | |
| | 823 | Slabbinck Jan | AVLO | GP | Jun | 90 | 0 | | |
| | 760 | Van Der Plaetsen Thomas | DEIN | GP | Jun | 90 | 0 | | |
| | 2600 | Heggen Erik | ATLA | GP | Sch | 92 | 0 | | |
| 5000 meter | | JSM Heren Uur=16:04 | | | | | | | |
| 1 | 464 | Bouchikhi Soufiane | OLSE | 14'46,07 | Jun | 90 | 13 | | |
| 2 | 2197 | Mouton Kristof | RIEM | 14'51,55 | Sen | 84 | 11 | | |
| 3 | 2333 | Lintermans Stijn | LEBB | 15'05,07 | Sen | 84 | 10 | | |
| 4 | 6235 | Reigel Hans | LAT | 15'47,80 | Mas | 70 | 9 | | |
| 5 | 1952 | Van Havermaet Koen | AVLO | 15'49,92 | Sen | 84 | 8 | | |
| 6 | 2367 | Dobbelaere Steven | DEIN | 15'59,18 | Sen | 82 | 7 | | |
| 7 | 1955 | Heemskerk Steven | ATLA | 16'05,01 | Sen | 78 | 6 | | |
| 8 | 2466 | De Rycke Kristof | ACW | 16'11,51 | Sen | 76 | 5 | | |
| 9 | 2349 | Keustermans Johannes | LIER | 16'13,36 | Sen | 84 | 4 | | |
| 10 | 2713 | Roelandt Ivo | ACME | 16'20,53 | Sen | 87 | 3 | | |
| 11 | 6036 | Vervaeke Jan | AZW | 17'13,81 | Mas | 70 | 2 | | |
| 12 | 4643 | Bicker Benny | ABES | 17'52,34 | Mas | 72 | 1 | | |
| 200 meter | | JSM Heren Uur=16:29 | | | | | | | |
| Reeks:1 | | Wind : 0,4 | | | | | | | |
| 1 | 414 | Lossie Yannick | OLSE | 22,9 | Jun | 91 | 11 | | |
| 2 | 2348 | Caethoven Dave | LIER | 23,5 | Sen | 80 | 7 | | |
| 3 | 2474 | Duchatelet Bram | DEIN | 23,56 | Sch | 92 | 6 | | |
| 4 | 2748 | Decatelle Kris | AVLO | 23,74 | Sen | 75 | 4 | | |
| 5 | 1944 | De Maerschalck Jan | LEBB | 23,88 | Sen | 86 | 2 | | |
| 6 | 2586 | De Proft Arne | LAT | 24,32 | Sch | 92 | 1 | | |
| Reeks:2 | | Wind : -0,3 | | | | | | | |
| 1 | 2598 | Claes Frederik | ATLA | 22,81 | Sch | 92 | 13 | | |
| 2 | 2325 | De Baets Jasper | ACME | 22,99 | Sen | 89 | 10 | | |
| 3 | 2397 | Akenzua Neil | ABES | 23,22 | Sch | 93 | 9 | | |
| 4 | 2947 | De Cauwer Nikki | ACW | 23,33 | Sen | 85 | 8 | | |
| 5 | 625 | Rotsaert Tibo | AZW | 23,7 | Jun | 90 | 5 | | |
| 6 | 3295 | Vanden Berghe Davy | RIEM | 23,83 | Sen | 86 | 3 | | |
| verspringen | | JSM Heren Uur=16:34 | | | | | | | |
| 1 | 2433 | Nolf Cedric | AZW | 6,95m | Sen | 89 | 13 | 0 | |
| 2 | 3306 | De Bie Dieter | DEIN | 6,17m | Sen | 85 | 11 | -1,4 | |
| 3 | 3174 | Lodewijks Jan | LIER | 5,95m | Sen | 83 | 10 | 0,1 | |
| 4 | 3149 | De Vleeschauwer Brecht | AVLO | 5,88m | Sen | 88 | 9 | -3,3 | |
| 5 | 2398 | Bertels Thomas | ABES | 5,88m | Sch | 92 | 8 | -3,5 | |
| 6 | 603 | Reyniers Jelle | RIEM | 5,81m | Jun | 91 | 7 | 0,1 | |
| 7 | 452 | Dierick Gabor | ACW | 5,79m | Jun | 91 | 6 | -0,3 | |
| 8 | 3028 | Vander Mijnsbrugge Woute. | LEBB | 5,66m | Sch | 92 | 5 | -4 | |
| 9 | 2660 | De Muinck Pieterjan | ACME | 5,42m | Sch | 92 | 4 | -0,6 | |
| 10 | 512 | Hermans Kenny | ATLA | 5,38m | Jun | 90 | 3 | -3,7 | |
| 11 | 2934 | De Bruyn Kenny | LAT | 5,28m | Sen | 83 | 2 | -1,6 | |
| 12 | 1976 | De Meyer Jeroen | OLSE | 4,94m | Sen | 87 | 1 | 0,6 | |

Beker van Vlaanderen A.C. Heren – Landelijke 1

Zwevegem – zondag 17 mei 2009

AZW (Atletiek Zuid West vzw)

discuswerpen 2 JSM Heren Uur=16:38

| | | | | | | | |
|----|------|-----------------------|------|--------|-----|----|----|
| 1 | 3291 | Coene Kris | AVLO | 45,68m | Sen | 83 | 13 |
| 2 | 5879 | Mesotten Patrick | ATLA | 40,12m | Mas | 69 | 11 |
| 3 | 6502 | Van Gansbeke Johan | DEIN | 39,05m | Mas | 59 | 10 |
| 4 | 5047 | De Feyter Frankie | LAT | 37,09m | Mas | 64 | 9 |
| 5 | 3192 | Haazen Stefaan | ABES | 36,55m | Sen | 86 | 8 |
| 6 | 1920 | Lagrange Bjorn | AZW | 35,61m | Sen | 86 | 7 |
| 7 | 3122 | De Zutter Ricky | RIEM | 32,88m | Sen | 81 | 6 |
| 8 | 7271 | Van Gucht Antoine | LEBB | 30,77m | Mas | 56 | 5 |
| 9 | 7265 | Van Der Heyden Pascal | LIER | 29,58m | Mas | 65 | 4 |
| 10 | 4870 | Wauters Marc | ACW | 29,33m | Mas | 58 | 3 |
| 11 | 2326 | De Visscher Samir | ACME | 27,13m | Sen | 80 | 2 |
| 12 | 3227 | Van Der Velden Dennis | OLSE | 25,38m | Sen | 78 | 1 |

4 x 100 meter JSM Heren Uur=16:49

Reeks:1

| | | | |
|---|------|----------------------|----|
| 1 | ACW | 43,17 | 13 |
| | 3129 | Bogaert Sam | |
| | 2944 | Helskens Bart | |
| | 2947 | De Cauwer Nikki | |
| | 3080 | Van De Gender Steven | |
| 2 | DEIN | 44,48 | 10 |
| | 2606 | Bouvijn Bram | |
| | 1995 | Debaere Wouter | |
| | 2762 | De Vlieger Glenn | |
| | 2474 | Duchatelet Bram | |
| 3 | ATLA | 44,50 | 9 |
| | 2597 | Vanhees Thomas | |
| | 2192 | Vanhees Wouter | |
| | 2599 | Michiels Vincent | |
| | 2598 | Claes Frederik | |
| 4 | ABES | 44,84 | 8 |
| | 3107 | Nti Anthony | |
| | 1561 | Sortino Jeremi | |
| | 2402 | Tanghe Anton | |
| | 1561 | Sortino Jeremi | |
| 5 | ACME | 45,00 | 6 |
| | 2660 | De Muinck Pieterjan | |
| | 2648 | Thys Seppe | |
| | 2325 | De Baets Jasper | |
| | 2905 | Pieters Christof | |
| 6 | RIEM | 46,55 | 2 |
| | 2198 | Peirens Peter | |
| | 601 | De Mey Jelle | |
| | 603 | Reyniers Jelle | |
| | 3295 | Vanden Berghe Davy | |

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4 x 100 meter JSM Heren Uur=16:49

Reeks:2

- 1 AVLO 44,69 11
 - 2171 Van Lancker Wannes
 - 2748 Decatelle Kris
 - 661 Suy Thijs
 - 2815 De Borger Bjorn
- 2 AZW 44,91 7
 - 2919 Decraene Wouter
 - 1920 Lagrange Bjorn
 - 2936 Labis Steven
 - 2433 Nolf Cedric
- 3 OLSE 45,11 5
 - 3010 Bouassam Samir*
 - 2216 Lommaert Jens
 - 1535 Calluy Dylan
 - 414 Lossie Yannick
- 4 LEBB 45,12 4
 - 3028 Vander Mijsbrugge Woute.
 - 794 Van Den Begin Brecht
 - 2331 De Reuse Tim
 - 1944 De Maerschalck Jan
- 5 LIER 46,08 3
 - 688 Ceulemans Stenn
 - 2348 Caethoven Dave
 - 5825 Theeuws Bart
 - 714 Vercammen Ruben
- 6 LAT 46,98 1
 - 2934 De Bruyn Kenny
 - 2586 De Proft Arne
 - 564 De Cauwer Sander
 - 2802 Ringoot Aron

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AZW (Atletiek Zuid West vzw)

4 x 400 meter JSM Heren Uur=17:10

Reeks:1

- 1 ACME 3'23,51 13
2905 Pieters Christof
2325 De Baets Jasper
2648 Thys Seppe
1915 De Schepper Pieter
- 2 ATLA 3'27,30 7
2600 Heggen Erik
2192 Vanhees Wouter
622 Vandeweyer Maarten
2599 Michiels Vincent
- 3 RIEM 3'32,42 5
717 Baete Gieljan
2541 Wytinck Thomas
2386 De Wulf Steven
2196 Jansen Joeri
DEIN DIS
876 De Bruyne Angelo
818 Van Den Oord Nolan
1999 Descheemacker Johan
3306 De Bie Dieter
- 5 ACW 3'35,63 4
452 Dierick Gabor
2944 Helskens Bart
2467 Van Havere Robby
3129 Bogaert Sam
- 6 ABES 3'36,23 3
3181 Van Den Broeck Bram
2398 Bertels Thomas
2407 Bouckaert Joren
1864 Rombouts Koen

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AZW (Atletiek Zuid West vzw)

4 x 400 meter JSM Heren Uur=17:10

Reeks:2

- 1 LAT 3'23,58 11
 - 2130 Buyle Marco
 - 2585 Platteau Niels
 - 587 Schockaert Laurens
 - 2070 Van Den Broeck Jan
- 2 AZW 3'25,17 10
 - 2432 Omey Hans
 - 2583 Lesaffer Gilles
 - 625 Rotsaert Tibo
 - 2648 Zahafi Soufiane*
- 3 LEBB 3'25,53 9
 - 794 Van Den Begin Brecht
 - 2647 De Mol Aiko
 - 2468 Goessens Braam
 - 1943 De Maerschalck Pieter
- 4 OLSE 3'27,17 8
 - 1975 Lichtert Stijn
 - 1935 Marquenie Dimitry
 - 1983 De Beule Jurgen
 - 2216 Lommaert Jens
- 5 LIER 3'28,73 6
 - 2355 Docquier Ruben
 - 2352 Lodewijks Jan
 - 2764 Van Dyck Dries
 - 689 689 Bouckaert Jente
- 6 AVLO 3'39.01 2
 - 6320 Goossens Alain
 - 418 De Bosscher Pieterjan
 - 671 Van De Putte Thomas
 - 662 Beauprez Frederik