



PRESTATIES ATLA ATLETEN OUTDOOR 2011



SENIORES DAMES

| 300M | | | | |
|---------------|-------|-------|------------|-------|
| Jacobs Margit | 47.74 | Alken | 30/07/2011 | Nacht |

| 400M | | | | |
|---------------|-------|--------------|------------|-------|
| Jacobs Margit | 68.15 | Alken | 24/06/2011 | |
| Jacobs Margit | 68.44 | Hechtel L.K. | 23/04/2011 | BRONS |

| 800M | | | | |
|---------------|---------|-------------------------|------------|------------|
| Jacobs Margit | 2.29.94 | Vilvoorde B.K. beloften | 11/09/2011 | 6de plaats |
| Jacobs Margit | 2.30.75 | Tessenderlo | 10/08/2011 | |
| Jacobs Margit | 2.30.88 | Seraing | 7/08/2011 | |
| Jacobs Margit | 2.33.29 | Luik | 22/07/2011 | |
| Jacobs Margit | 2.33.43 | Hechtel L.K. | 24/04/2011 | ZILVER |
| Jacobs Margit | 2.33.96 | Tongeren | 17/07/2011 | |
| Jacobs Margit | 2.41.47 | Lanaken | 1/06/2011 | |

| 1500M | | | | |
|---------------|---------|---------|------------|----------------|
| Socol Manuela | 4.45.41 | Heusden | 16/07/2011 | Nacht |
| Jacobs Margit | 5.42.21 | Luik | 13/07/2011 | Internationaal |

| 1 MIJL | | | | |
|---------------|---------|-------|------------|-------|
| Socol Manuela | 5.15.30 | Alken | 30/07/2011 | Nacht |

| 2000M | | | | |
|---------------|---------|-------------|------------|--|
| Socol Manuela | 6.29.82 | Hasselt | 10/07/2011 | |
| Socol Manuela | 6.34.63 | Tessenderlo | 4/06/2011 | |

| 3000M | | | | |
|-----------------------|----------|--------------|------------|----------------|
| Socol Manuela | 10.03.65 | Izegem | 14/05/2011 | B.v.Vlaanderen |
| Socol Manuela | 10.13.30 | Lanaken | 24/08/2011 | Euregio |
| Socol Manuela | 10.17.37 | Hechtel L.K. | 23/04/2011 | GOUD |
| Van Oosterwijck Natha | 12.06.52 | Lanaken | 24/08/2011 | Euregio |
| Coninx Dorine | 12.19.24 | Lanaken | 24/08/2011 | Euregio |

| 5000M | | | | |
|---------------|----------|-------------------|------------|---------------|
| Socol Manuela | 16.35.70 | Lanaken | 1/06/2011 | |
| Socol Manuela | 17.00.23 | Brussel B.K. A.C. | 24/07/2011 | 5de plaats |
| Socol Manuela | 17.21.76 | Izmir (Turkije) | 19/06/2011 | Europe League |

| 10.000M | | | | |
|---------------|----------|-------------|-----------|--------|
| Socol Manuela | 35.52.88 | Ninove B.K. | 7/05/2011 | ZILVER |

| 3000M STEEPLE | | | | |
|---------------|----------|-------------|-----------|--|
| Jacobs Margit | 14.03.06 | Tessenderlo | 6/07/2011 | |



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| KOGEL | | | 4 KG | |
|---------------|------|---------|-------------|----------------|
| Bruninx Wendy | 8m86 | Lanaken | 15/10/2011 | |
| Bruninx Wendy | 8m72 | Izegem | 14/05/2011 | B.v.Vlaanderen |
| Bruninx Wendy | 8m20 | Lanaken | 24/08/2011 | Euregio |
| Bruninx Wendy | 7m96 | Lanaken | 1/06/2011 | |

| HAMER | | | 4 KG | |
|---------------|-------|----------------|-------------|-------|
| Bruninx Wendy | 30m48 | Tongeren | 2/10/2011 | |
| Bruninx Wendy | 29m26 | Alken L.K. | 8/10/2011 | BRONS |
| Bruninx Wendy | 28m93 | Lanaken | 15/10/2011 | |
| Bruninx Wendy | 28m80 | Tessengerlo | 14/09/2011 | |
| Bruninx Wendy | 28m72 | Kerkrade (Ned) | 27/08/2011 | |

| GEWICHTWERPEN | | | 9,08 KG | |
|----------------------|------|-------|----------------|--|
| Bruninx Wendy | 8m11 | Alken | 8/10/2011 | |

| DISCUS | | | 1 KG | |
|---------------|-------|---------|-------------|---------|
| Bruninx Wendy | 29m71 | Lanaken | 15/10/2011 | |
| Bruninx Wendy | 27m58 | Lanaken | 24/08/2011 | Euregio |
| Bruninx Wendy | 26m93 | Lanaken | 1/06/2011 | |

| SPEER | | | 600 GR | |
|---------------|-------|---------|---------------|--|
| Bruninx Wendy | 15m94 | Lanaken | 15/10/2011 | |

| VER | | | | |
|-------------|------|--------|------------|----------------|
| Belen Sanne | 5m40 | Izegem | 14/05/2011 | B.v.Vlaanderen |

| HINKSTAP | | | | |
|-----------------|-------|------------------------|------------|-------|
| Belen Sanne | 11m68 | Gentbrugge K.v.Vlaand. | 21/05/2011 | BRONS |
| Belen Sanne | 11m51 | Hechtel L.K. | 23/04/2011 | GOUD |
| Heggen Hilde | 9m49 | Hechtel L.K. | 23/04/2011 | BRONS |

| 4X100M | | | | |
|---|-------|------------|------------|----------------|
| Vanhaen Shana-Belen Sanne-Nijs Bo-Ulrichs Laura | | | | |
| | 50.37 | Izegem | 14/05/2011 | B.v.Vlaanderen |
| Efonye Kimberly-Heggen Hilde-Hauben Lotte-Mievis Stefie | | | | |
| | 52.04 | Alken L.K. | 21/08/2011 | ZILVER |

| 4x200M | | | | |
|---|---------|------------|------------|------------|
| Efonye Kimberly-Mievis Stefie-Nijs Bo-Bruggen Anne | | | | |
| | 1.49.01 | Alken L.K. | 21/08/2011 | ZILVER |
| Hauben Lotte-Elkadaoui Oumaima-Heggen Hilde-Dubois Nina | | | | |
| | 2.06.11 | Alken L.K. | 21/08/2011 | 6de plaats |



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SENIORES DAMES

| 4X400M | | | | |
|--|---------|------------|------------|----------------|
| Groenen Martine-Steegen Sofie-Mievis Stefie-Efonye Kimberley | | | | |
| | 4.05.89 | Izegem | 14/05/2011 | B.v.Vlaanderen |
| Meertens Jinte-Simoni Kirsten-Jacobs Margit-Soccol Manuela | | | | |
| | 4.24.79 | Alken L.K. | 21/08/2011 | ZILVER |
| Dubois Nina-Colla Ine-Bergmans Joke-Elkadaoui Oumaima | | | | |
| | 4.56.21 | Alken L.K. | 21/08/2011 | 4de plaats |
| Appermans Astrid-Aelbers Els-Moors Karolien-Jans Petra | | | | |
| | 5.48.61 | Alken L.K. | 21/08/2011 | 5de plaats |

| 4X800M | | | | |
|--|----------|------------|------------|------|
| Meertens Jinte-Soccol Manuela-Jacobs Margit-Simoni Kirsten | | | | |
| | 10.26.31 | Alken L.K. | 21/08/2011 | GOUD |

| ZWEEDSE ESTAFETTE 400M-300M-200M-100M | | | | |
|--|---------|---------|------------|---------|
| Jacobs Margit-Simoni Kirsten-Nys Jana-Heggen Hilde | | | | |
| | 2.39.67 | Lanaken | 24/08/2011 | Euregio |
| Bergmans Joke-Colla Ine-Hauben Lotte-Elkadaoui Oumaima | | | | |
| | 2.47.91 | Lanaken | 24/08/2011 | Euregio |

| EKIDEN | | | | |
|---|---------|--------------|------------|--|
| Aelbers Riet-Meertens Jinte-Vandegoor Patricia-Aelbers Els-Borghoms Sabine-Jans Petra | | | | |
| | 3u26.36 | Brussel B.K. | 15/10/2011 | |