

Outdoor

top 10 vanaf 2009



JSM Heren

100 m	1	Davy Aendekerk (Mas)	14,32 s	1/08/2015	Lommel
	2				
	3				
	4				
	5				
<hr/>					
200 m	1	Davy Aendekerk (Mas)	28,81 s	22/08/2015	Heusden
	2				
	3				
	4				
	5				
<hr/>					
400 m	1				
	2				
	3				
	4				
	5				
<hr/>					
800 m	1	Jan Smeets (Mas)	2:24,29 s	24/09/2011	Zwevegem
	2				
	3				
	4				
	5				
<hr/>					
110 m H	1				
	2				
	3				
	4				
	5				
<hr/>					
400 m H	1				
	2				
	3				
	4				
	5				
<hr/>					
1500 m	1	Dirk Smeets (sen)	4:45,38 s	13/04/2012	Tessenderlo
	2	Jan Smeets (Mas)	4:54,72 s	16/04/2012	Tessenderlo
	3	Davy Aendekerk (Mas)	6:41,04 s	22/08/2015	Heusden
	4				
	5				

mijl	1	Jan Smeets (Mas)	5:14,06 s	8/09/2010	Tessenderlo
	2				
	3				
	4				
	5				
2 mijl					
2 mijl	1	Jan Smeets (Mas)	11:27,32 s	20/06/2014	Alken
	2				
	3				
	4				
	5				
5000 m					
5000 m	1	Bart Smeets (Sen)	16:17,55 s	29/08/2015	Kortenbergh
	2				
	3				
	4				
	5				
ver					
ver	1	Mats Vanrompay (jun)	5,55 m	26/04/2015	Tessenderlo
	2	Davy Aendekerk (Mas)	4,45 m	1/08/2015	Lommel
	3	Guy Nulens (Jun)	4,29 m	19/04/2016	Weert
	4				
	5				
hoog					
hoog	1				
	2				
	3				
	4				
	5				
speer					
speer	1	Jeffrey Nulens (jun)	31,14 m	1/05/2011	Lommel
	2	Erik Peeten (sen)	30,50 m	12/07/2014	Neerpelt
	3	Davy Aendekerk (Mas)	28,99 m	22/08/2015	Heusden
	4	Jeffrey Nulens (sen)	28,78 m	8/10/2016	Lanaken
	5	Guy Nulens (Jun)	19,10 m	26/04/2015	Tessenderlo
	6				
discus					
discus	1	Jeffrey Nulens	32,52 m	25/08/2017	Lanaken
	2	Jeffrey Nulens (jun)	29,49 m	31/07/2010	Alken
	3	Davy Aendekerk (Mas)	24,57 m	22/08/2015	Heusden
	4	Guy Nulens (jun)	21,65 m	30/04/2016	Diepenbeek
	5				
kogel					
kogel	1	Jeffrey Nulens (jun)	10,00 m	1/05/2011	Lommel
	2	Jeffrey Nulens (sen)	10,12 m	20/08/2016	Lanaken
	3				
	4				
	5				

CR

hamer	1	Jeffrey Nulens	39,86 m	14/10/2017	Lanaken	CR
	2	Jeffrey Nulens (jun)	36,68 m	26/09/2010	Beveren	CR
	3	Guy Nulens (Jun)	34,55 m	27/08/2016	Mol	
	4	Davy Aendekerk (mas)	19,62 m	2/09/2015	Tessenderlo	CR
	5					
gewicht						
15,88 kg	1	Jeffrey Nulens	10,64 m	14/10/2017	Lanaken	CR
	2	Davy Aendekerk (mas)	6,33 m	19/09/2015	Ciney	CR
	3					
	4					
	5					
5 - kamp						
	1	Davy Aendekerk (Mas)	1610 p	22/08/2015	Heusden	
	2					
	3					
	4					
	5					