

# Outdoor

top 10 vanaf 2009



Miniemen meisjes

|                |    |                           |         |            |             |
|----------------|----|---------------------------|---------|------------|-------------|
| <b>80 m</b>    | 1  | Anna Jehoul               | 11,29 s | 29/04/2017 | Tessenderlo |
|                | 2  | Mirthe Drijkoningen       | 11,57 s | 1/07/2017  | Neerpelt    |
|                | 3  | Liesl Goossens            | 11,64 s | 24/06/2017 | Hechtel     |
|                | 4  | Marie Verslegers          | 11,67 s | 11/06/2017 | Heusden     |
|                | 5  | Lies Vanhecke             | 11,80 s | 7/09/2013  | Bree        |
|                | 6  | Leen Vansteenkiste        | 11,88 s | 10/08/2014 | Peer        |
|                | 7  | Kyara Maestriperi         | 11,90 s | 21/06/2014 | Hasselt     |
|                | 8  | Katrien Verstraeten       | 11,96 s | 10/04/2009 | Tessenderlo |
|                | 9  | Joyce Van Der Vorst       | 11,99 s | 12/07/2014 | Neerpelt    |
|                | 10 | Gitte Noels               | 12,06 s | 6/09/2014  | Bree        |
| <b>60 m H</b>  |    |                           |         |            |             |
| <b>60 m H</b>  | 1  | Mirthe Drijkoningen       | 10,77 s | 2/09/2017  | Bree        |
|                | 2  | Karen Geerits             | 11,21 s | 24/05/2009 | Bree        |
|                | 3  | Lies Vanhecke             | 11,34 s | 1/05/2013  | Heusden     |
|                | 4  | Diete Parren              | 11,61 s | 6/09/2014  | Bree        |
|                | 5  | Kyara Maestriperi         | 11,70 s | 6/09/2014  | Bree        |
|                | 6  | Leen Vansteenkiste        | 11,75 s | 6/07/2014  | Genk        |
|                | 7  | Marie Nijsen              | 11,80 s | 6/06/2015  | Tessenderlo |
|                | 8  | Nikki Harrison            | 12,31 s | 27/06/2009 | Lanaken     |
|                | 9  | Lotte Smeets              | 12,59 s | 24/05/2009 | Bree        |
|                | 10 | Sien Thijs                | 13,13 s | 24/05/2009 | Bree        |
| <b>150 m</b>   |    |                           |         |            |             |
| <b>150 m</b>   | 1  | Leen Vansteenkiste        | 21,82 s | 9/06/2014  | Lommel      |
|                | 2  | Mirthe Drijkoningen       | 21,85 s | 13/08/2017 | Heusden     |
|                | 3  | Anna Jehoul               | 21,97 s | 21/05/2017 | Genk        |
|                | 4  | Marie Verslegers          | 23,04 s | 21/05/2017 | Genk        |
|                | 5  | Raphaëlle Van Der Meersch | 23,37 s | 21/04/2012 | St.Truiden  |
|                | 6  | Joyce Van Der Vorst       | 23,46 s | 28/06/2014 | Genk        |
|                | 7  | Karen Geerits             | 23,63 s | 18/04/2009 | St.Truiden  |
|                | 8  | Liesl Goossens            | 23,80 s | 25/06/2016 | Lommel      |
|                | 9  | Gitte Noels               | 23,80 s | 28/06/2014 | Genk        |
|                | 10 | Imke Goossens             | 24,11 s | 13/05/2015 | Lanaken     |
| <b>150 m H</b> |    |                           |         |            |             |
| <b>150 m H</b> | 1  | Mirthe Drijkoningen       | 23,30 s | 5/08/2017  | Lier        |
|                | 2  |                           |         |            |             |
|                | 3  |                           |         |            |             |
|                | 4  |                           |         |            |             |
|                | 5  |                           |         |            |             |
|                | 6  |                           |         |            |             |
|                | 7  |                           |         |            |             |
|                | 8  |                           |         |            |             |
|                | 9  |                           |         |            |             |
|                | 10 |                           |         |            |             |

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| <b>300 m</b>  | 1  | Katrien Verstraeten              | 46,25 s   | 10/05/2009 | Hechtel     |
|               | 2  | Leen Vansteenkiste               | 46,62 s   | 30/07/2014 | Lanaken     |
|               | 3  | Mirthe Drijkoningen              | 47,22 s   | 5/06/2017  | Diepenbeek  |
|               | 4  | Kyara Maestriperi                | 48,20 s   | 28/06/2014 | Genk        |
|               | 5  | Lotte Smeets                     | 49,71 s   | 10/04/2009 | Tessenderlo |
|               | 6  | Lies Vanhecke                    | 50,36 s   | 1/05/2013  | Heusden     |
|               | 7  | Nora Jehoul                      | 51,33 s   | 21/04/2012 | St.Truiden  |
|               | 8  | Sien Thijs                       | 51,53 s   | 10/04/2009 | Tessenderlo |
|               | 9  | Griet Hertogs                    | 51,85 s   | 28/06/2014 | Genk        |
|               | 10 | Lisa Geunis                      | 53,2 s    | 29/04/2017 | Tessenderlo |
| <b>1000 m</b> |    |                                  |           |            |             |
| <b>1000 m</b> | 1  | Katrien Verstraeten              | 3:06,02 s | 26/09/2009 | Nijvel      |
|               | 2  | Lotte Smeets                     | 3:11,54 s | 26/09/2009 | Nijvel      |
|               | 3  | Mirthe Drijkoningen              | 3:13,60 s | 9/07/2017  | Oordegem    |
|               | 4  | Leen Vansteenkiste               | 3:22,42 s | 19/07/2014 | Heusden     |
|               | 5  | Sien Thijs                       | 3:24,97 s | 27/06/2009 | Lanaken     |
|               | 6  | Noor Vanhemel                    | 3:34,09 s | 4/06/2016  | Tessenderlo |
|               | 7  | Michelle Cardinaels              | 3:39,19 s | 30/06/2017 | Lanaken     |
|               | 8  | Marie Nijssen                    | 3:41,56 s | 6/06/2015  | Tessenderlo |
|               | 9  | Benja Maesen                     | 3:44,82 s | 20/04/2013 | Lommel      |
|               | 10 | Kyara Maestriperi                | 3:46,01 s | 15/06/2014 | Hechtel     |
| <b>ver</b>    |    |                                  |           |            |             |
| <b>ver</b>    | 1  | Liesl Goossens                   | 4,43 m    | 5/06/2017  | Diepenbeek  |
|               | 2  | Anna Jehoul                      | 4,22 m    | 29/04/2017 | Tessenderlo |
|               | 3  | Karen Geerits                    | 4,19 m    | 27/06/2009 | Lanaken     |
|               | 4  | Mirthe Drijkoningen              | 4,14 m    | 12/06/2016 | Hasselt     |
|               | 5  | Marie Verslegers                 | 4,07 m    | 11/06/2017 | Heusden     |
|               | 6  | Kyara Maestriperi                | 4,06 m    | 21/06/2014 | Hasselt     |
|               | 7  | Katrien Verstraeten              | 3,98 m    | 5/09/2009  | Bree        |
|               | 8  | Lies Vanhecke                    | 3,94 m    | 7/09/2013  | Bree        |
|               | 9  | Nora Jehoul                      | 3,92 m    | 19/05/2012 | Lanaken     |
|               | 10 | Diete Parren                     | 3,88 m    | 12/07/2014 | Neerpelt    |
| <b>hoog</b>   |    |                                  |           |            |             |
| <b>hoog</b>   | 1  | Mirthe Drijkoningen              | 1,59 m    | 2/09/2017  | Bree        |
|               | 2  | Karen Geerits                    | 1,35 m    | 24/05/2009 | Bree        |
|               | 3  | Liesl Goossens                   | 1,30 m    | 2/09/2017  | Bree        |
|               | 4  | Marie Nijssen                    | 1,30 m    | 9/05/2015  | Lommel      |
|               | 5  | Kyara Maestriperi                | 1,30 m    | 6/09/2014  | Bree        |
|               | 6  | Leen Vansteenkiste               | 1,30 m    | 28/06/2014 | Genk        |
|               | 7  | Anna Jehoul                      | 1,25 m    | 2/09/2017  | Bree        |
|               | 8  | Michelle Theuwissen              | 1,25 m    | 24/05/2009 | Bree        |
|               | 9  | Sien Thijs                       | 1,25 m    | 4/09/2010  | Bree        |
|               | 10 | Griet,Leen Hertogs/Lieze Nijssen | 1,20 m    |            |             |

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| <b>speer</b> | 1  | Lindsey Nulens       | 18,18 m | 19/04/2014 | Lommel      |
|              | 2  | Liesl Goossens       | 14,29 m | 25/06/2016 | Lommel      |
|              | 3  | Mirthe Drijkoningen  | 13,18 m | 5/08/2017  | Lier        |
|              | 4  | Lisa Geunis          | 9,70 m  | 9/04/2016  | Bree        |
|              | 5  | Celine Van Schijndel | 8,50 m  | 22/09/2013 | Genk        |
|              | 6  | Sien Thijs           | 7,28 m  | 18/04/2009 | St.Truiden  |
|              | 7  | Michelle Cardinaels  | 4,74 m  | 29/04/2017 | Tessenderlo |
|              | 8  |                      |         |            |             |
|              | 9  |                      |         |            |             |
|              | 10 |                      |         |            |             |

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|---------------|----|----------------------|---------|------------|------------|
| <b>discus</b> | 1  | Lindsey Nulens       | 18,67 m | 29/06/2013 | Diepenbeek |
|               | 2  | Michelle Theuwissen  | 18,30 m | 26/08/2009 | Lanaken    |
|               | 3  | Liesl Goossens       | 18,25 m | 5/06/2017  | Diepenbeek |
|               | 4  | Mirthe Drijkoningen  | 14,37 m | 20/05/2017 | Lanaken    |
|               | 5  | Celine Van Schijndel | 13,48 m | 26/05/2013 | Tongeren   |
|               | 6  | Nora Jehoul          | 11,97 m | 19/05/2012 | Lanaken    |
|               | 7  | Benja Maesen         | 11,96 m | 30/09/2012 | Lommel     |
|               | 8  | Anna Jehoul          | 10,84 m | 25/09/2016 | Lommel     |
|               | 9  |                      |         |            |            |
|               | 10 |                      |         |            |            |

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|--------------|----|----------------------|--------|------------|-------------|
| <b>kogel</b> | 1  | Mirthe Drijkoningen  | 9,20 m | 6/08/2017  | Peer        |
|              | 2  | Lindsey Nulens       | 8,62 m | 10/08/2014 | Peer        |
|              | 3  | Michelle Theuwissen  | 8,44 m | 5/09/2009  | Bree        |
|              | 4  | Liesl Goossens       | 8,34 m | 3/06/2017  | Tessenderlo |
|              | 5  | Leen Vansteenkiste   | 8,11 m | 4/08/2013  | Peer        |
|              | 6  | Kyara Maestriperi    | 7,83 m | 6/09/2014  | Bree        |
|              | 7  | Diete Parren         | 7,59 m | 10/08/2014 | Peer        |
|              | 8  | Katrien Verstraeten  | 7,49 m | 5/09/2009  | Bree        |
|              | 9  | Lies Vanhecke        | 7,48 m | 7/09/2013  | Bree        |
|              | 10 | Celine Van Schijndel | 7,39 m | 22/09/2013 | Genk        |

|                |    |                     |        |           |      |
|----------------|----|---------------------|--------|-----------|------|
| <b>5 -kamp</b> | 1  | Mirthe Drijkoningen | 2870 p | 2/09/2017 | Bree |
|                | 2  | Kyara Maestriperi   | 2292 p | 6/09/2014 | Bree |
|                | 3  | Karen Geerits       | 2033 p | 5/09/2009 | Bree |
|                | 4  | Lies Vanhecke       | 1920 p | 7/09/2013 | Bree |
|                | 5  | Leen Vansteenkiste  | 1827 p | 7/09/2013 | Bree |
|                | 6  | Liesl Goossens      | 1808 p | 2/09/2017 | Bree |
|                | 7  | Diete Parren        | 1793 p | 6/09/2014 | Bree |
|                | 8  | Anna Jehoul         | 1790 p | 3/09/2016 | Bree |
|                | 9  | Marie Nijsen        | 1690 p | 5/09/2015 | Bree |
|                | 10 | Katrien Verstraeten | 1608 p | 5/09/2009 | Bree |

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