

Outdoor

top 10 vanaf 2009



Scholieren dames

100 m	1	Nele Geerits	13,57 s	24/05/2009	Bree
	2	Annemarie Janssen	13,79 s	24/05/2009	Bree
	3	Kim Geerits	14,08 s	24/05/2009	Bree
	4	Gitte Noels	14,74 s	5/05/2018	Lier
	5	Melany Look	15,08 s	28/04/2013	Hechtel
	6	Laura Vleugels	15,45 s	22/05/2011	Bree
	7	Ashley Aendekerk	15,85 s	6/06/2015	Hechtel
	8				
	9				
200 m	1	Gitte Noels	31,12 s	5/05/2018	Lier
	2	Ashley Aendekerk	33,23 s	6/06/2015	Hechtel
	3				
	4				
	5				
300 m	1	Benja Maesen	47,77 s	15/07/2017	Alken
	2				
	3				
	4				
	5				
400 m	1	Katrien Verstraeten	1:05,85 s	2/06/2012	Lommel
	2	Ashley Aendekerk	1:22,49 s	25/04/2015	Tessengerlo
	3				
	4				
	5				
800 m	1	Benja Maesen	2:27,03 s	16/07/2016	Heusden
	2	Bieke Stinkens	2:38,58 s	15/04/2018	Hasselt
	3	Ashley Aendekerk	3:29,21 s	8/08/2015	Hechtel
	4				
	5				
100 m H	1	Nele Geerits	16,92 s	25/04/2009	Lanaken
	2	Annemarie Janssen	17,96 s	24/05/2009	Bree
	3	Kim Geerits	18,24 s	24/05/2009	Bree
	4	Ashley Aendekerk	22,72 s	8/08/2015	Hechtel
	5				
400 m H	1				
	2				
	3				
	4				
	5				
1000 m	1	Benja Maesen	3:16,22 s	10/07/2016	Neerpelt
	2	Bieke Stinkens	3:19,45 s	27/06/2018	Tessengerlo
	3				
	4				
	5				

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1500 m	1	Katrien Verstraeten	5:14,03 s	8/06/2012	Lanaken
	2	Benja Maesen	5:21,23 s	2/06/2017	Tienen
	3	Bieke Stinkens	5:22,48 s	18/04/2018	Tessengerlo
	4				
	5				
mijl					
	1	Benja Maesen	5:48,93 s	23/07/2016	Alken
	2				
	3				
2000 m					
	1	Benja Maesen	7:28,82 s	28/05/2016	Genk
	2				
	3				
3000 m					
	1	Bieke Stinkens	11:38,33 s	29/04/2018	Heusden
	2	Benja Maesen	11:39,68 s	22/04/2017	Lanaken
	3				
ver					
	1	Lien Caelen	3,79 m	29/08/2009	Lanaken
	2	Lindsey Nulens	3,32 m	22/04/2017	Lanaken
	3	Ashley Aendekerk	3,18 m	30/05/2015	Genk
	4				
hss					
	1	Lien Caelen	7,93 m	13/09/2009	Diepenbeek
	2				
	3				
	4				
	5				
hoog					
	1	Annemarie Janssen	1,62 m	24/05/2009	Bree
	2	Kim Geerits	1,40 m	24/05/2009	Bree
	3	Ashley Aendekerk	1,09 m	8/08/2015	Hechtel
	4				
	5				
speer					
	1	Lindsey Nulens	21,90 m	4/06/2017	Hechtel
	2				
	3				
discus					
	1	Lien Caelen	21,57 m	13/09/2009	Diepenbeek
	2	Lindsey Nulens	20,93 m	3/06/2018	Mol
	3				
	4				
	5				

kogel	1	Lindsey Nulens	8,15 m	24/06/2018	Diepenbeek
	2	Lien Caelen	7,66 m	29/08/2009	Lanaken
	3	Ashley Aendekerk	5,77 m	8/08/2015	Hechtel
	4				
	5				
hamer	1	Lindsey Nulens	36,14 m	29/09/2018	Alken
	2	Lien Caelen	21,59 m	17/10/2009	Alken
	3				
	4				
	5				
5 -kamp	1	Ashley Aendekerk	831 p	8/08/2015	Hechtel
	2				
	3				
	4				
	5				

CR