

**VAL N°190 1ste MEETING ROOD GEEL REIZEN LAUWERS
28/06/2011 SPARTA VILVOORDE SPORTSTADION DRIE FONTEINEN**

| 100 meter | Cad Dames | Uur=19:28 | Reeks:1 | Wind : -0.7 | |
|-----------|-----------|------------------------|---------|-------------|----|
| 1 | 669 | Willaert Niki | MAC | 14.13 | 97 |
| 2 | 924 | Maes Laure | LOND | 14.63 | 97 |
| 3 | 375 | PLETINCKX Leslie Marie | RCAS | 14.94 | 97 |
| 4 | 1545 | De Bondt Evelien | LOND | 15.49 | 97 |

| 100 meter | Sch Dames | Uur=19:23 | Reeks:1 | Wind : -0.7 | |
|-----------|-----------|--------------------|---------|-------------|----|
| 1 | 3125 | Vanden Daele Arike | VAC | 13.88 | 95 |
| 2 | 3186 | Vanhaelen Lisa | VAC | 14.54 | 95 |

| verspringen | Cad Dames | Uur=20:17 | | | | |
|-------------|-----------|------------------------|------|-------|------|---------------|
| 1 | 375 | PLETINCKX Leslie Marie | RCAS | 4.16m | +1.6 | 97 |
| 2 | 924 | Maes Laure | LOND | 3.93m | +2.4 | 97 3.84m -1.5 |
| 3 | 1545 | De Bondt Evelien | LOND | 3.21m | -0.4 | 97 |

| verspringen | JSM Dames | Uur=20:17 | | | | |
|-------------|-----------|-----------------|------|-------|------|------------------|
| 1 | 371 | Paredis Tine | SPVI | 4.75m | +2.4 | Jun 92 4.68m 0.0 |
| 2 | 1404 | Vloebergh Anouk | SPVI | 4.65m | -0.4 | Sen 89 |

| kogelstoten 7,260kg | JSM Heren | Uur=20:06 | | | | |
|---------------------|-----------|-------------------|------|-------|--|--------|
| 1 | 2800 | Van Havere Steven | SPVI | 9.84m | | Sen 84 |
| 2 | 3100 | Muyldermans Bert | SPVI | 9.74m | | Sen 78 |
| 3 | 2154 | Van Havere Kevin | SPVI | 7.95m | | Sen 81 |
| 4 | 2296 | Rottiers Joris | LOND | 7.31m | | Sen 86 |

| discuswerpen 1,000kg | Sch Dames | Uur=19:36 | | | |
|----------------------|-----------|-----------------------|-----|--------|----|
| 1 | 2610 | Sterckendries Vanessa | MAC | 38.49m | 95 |

| 100 meter | Cad Heren | Uur=19:24 | Reeks:1 | Wind : 1.0 | |
|-----------|-----------|----------------|---------|------------|----|
| 1 | 1032 | Meeusen Dries | ABES | 12.31 | 96 |
| 2 | 1028 | Boonen Jannes | ABES | 12.57 | 96 |
| 3 | 1244 | Merckx Ward | GRIM | 12.93 | 97 |
| 4 | 698 | Bollen Mattias | GRIM | 14.22 | 97 |
| 5 | 720 | Staessens Simo | VAC | 14.56 | 97 |

| 100 meter | Sch Heren | Uur=19:28 | Reeks:1 | Wind : 1.2 | |
|-----------|-----------|------------------|---------|------------|----|
| 1 | 2604 | Van Mele Pieter | VAC | 11.51 | 94 |
| 2 | 2590 | Curias Marc | GRIM | 11.69 | 94 |
| 3 | 2594 | Vermeire Jochem | GRIM | 11.91 | 94 |
| 4 | 3325 | Sevenants Dennis | VAC | 12.34 | 95 |
| 5 | 3271 | Zhang Kevin | GRIM | 12.39 | 95 |
| 6 | 2584 | Croon Robin | GRIM | 12.56 | 94 |
| 7 | 2741 | Van Lindt Jente | SPVI | 12.86 | 95 |

| 100 meter | JSM Heren | Uur=19:29 | Reeks:1 | Wind : -0.2 | |
|-----------|-----------|------------------|---------|-------------|--------|
| 1 | 834 | Deflem Kenny | RCT | 11.96 | Jun 92 |
| 2 | 4378 | HSAINÉ Jawad* | RESC | 12.46 | Mas 75 |
| 3 | 3166 | Rollier Sven | MAC | 12.48 | Sen 87 |
| 4 | 359 | Schils Joeri | MAC | 12.54 | Jun 93 |
| 5 | 3031 | Kinnaer Thijs | RCT | 12.92 | Sen 80 |
| 6 | 1865 | Decoster Sil | MAC | 13.10 | Sen 91 |
| 7 | 4822 | Mollaert Thomas | VAC | 13.58 | Mas 60 |
| | 3100 | Muyldermans Bert | SPVI | NG | Sen 78 |

| 300 meter | Cad Dames | Uur=19:43 | Reeks:1 | |
|-----------|-----------|---------------|---------|----------|
| 1 | 669 | Willaert Niki | MAC | 47.36 97 |

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|---|------|--------------------|------|-------|----|
| 2 | 691 | Doossche Jody | DUFF | 48.47 | 97 |
| 3 | 1828 | Van Steen Delphine | VAC | 49.08 | 96 |
| 4 | 681 | Blommaerts Nele | DUFF | 49.26 | 97 |

300 meter Sch Dames Uur=19:44 Reeks:1

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|---|------|-----------------|------|-------|----|
| 1 | 3431 | Schroven Lorien | VAC | 47.37 | 95 |
| 2 | 2925 | Meykens Sien | GRIM | 48.01 | 95 |

300 meter JSM Dames Uur=19:45 Reeks:1

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|---|------|---------------|----|-------|--------|
| 1 | 9500 | SOETEMANS EVA | NA | 43.54 | Sen 84 |
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verspringen JSM Heren Uur=20:37

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|---|------|-------------------|------|-------|------|--------|
| 1 | 3166 | Rollier Sven | MAC | 5.20m | -0.9 | Sen 87 |
| 2 | 2154 | Van Havere Kevin | SPVI | 5.16m | -0.4 | Sen 81 |
| 3 | 2800 | Van Havere Steven | SPVI | 4.96m | +0.4 | Sen 84 |
| 4 | 5471 | Willems Peter | ROBA | 4.59m | +1.2 | Mas 70 |

kogelstoten 3,000kg Cad Dames Uur=20:44

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|---|------|------------------------|------|--------|----|
| 1 | 1824 | Vanden Eynde Joyce | ACKO | 10.69m | 97 |
| 2 | 375 | PLETINCKX Leslie Marie | RCAS | 10.31m | 97 |

discus 1,500kg M50,M55 Mas Heren Uur=20:18

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| 1 | 5325 | Bollen Leo | SPVI | 32.83m | 54 |
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300 meter Cad Heren Uur=19:58 Reeks:1

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|---|------|------------------|------|-------|----|
| 1 | 1028 | Boonen Jannes | ABES | 42.39 | 96 |
| 2 | 1032 | Meeusen Dries | ABES | 42.68 | 96 |
| 3 | 720 | Staessens Simo | VAC | 47.52 | 97 |
| 4 | 722 | Van Steen Cyriel | VAC | 47.65 | 97 |

300 meter Sch Heren Uur=19:58 Reeks:1

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|---|------|------------------|------|-------|----|
| 1 | 2604 | Van Mele Pieter | VAC | 37.10 | 94 |
| 2 | 2801 | Demeyere Maarten | ACKO | 38.96 | 95 |
| 3 | 2903 | Meykens Zander | GRIM | 39.71 | 94 |
| 4 | 2605 | Peeters Simon | VAC | 40.98 | 95 |
| 5 | 2741 | Van Lindt Jente | SPVI | 41.32 | 95 |

300 meter JSM Heren Uur=20:12 Reeks:1

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|---|------|----------------|------|-------|--------|
| 1 | 2365 | Hamdi Ali | GRIM | 36.06 | Sen 89 |
| 2 | 1383 | DUMONT Jeremie | ATH | 37.25 | Sen 84 |
| 3 | 4378 | HSAINE Jawad* | RESC | 37.95 | Mas 75 |
| 4 | 3166 | Rollier Sven | MAC | 39.30 | Sen 87 |
| | 359 | Schils Joeri | MAC | NG | Jun 93 |

300 meter JSM Heren Uur=20:12 Reeks:2

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|---|------|-----------------|------|-------|--------|
| 1 | 834 | Deflem Kenny | RCT | 38.08 | Jun 92 |
| 2 | 572 | Hamdi Idriss | GRIM | 38.61 | Jun 93 |
| 3 | 2145 | Gorecki Piotr | SPVI | 39.43 | Sen 81 |
| 4 | 476 | Pauwels Robin | SPVI | 40.04 | Jun 93 |
| 5 | 3085 | Jonckers Jayson | RCT | 40.28 | Sen 90 |

300 meter JSM Heren Uur=20:12 Reeks:3

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|---|------|-----------------|------|-------|--------|
| 1 | 3031 | Kinnaer Thijs | RCT | 40.10 | Sen 80 |
| 2 | 1865 | Decoster Sil | MAC | 41.32 | Sen 91 |
| 3 | 4822 | Mollaert Thomas | VAC | 43.18 | Mas 60 |
| 4 | 5873 | Herinckx Jos | GRIM | 44.45 | Mas 53 |
| 5 | 2296 | Rottiers Joris | LOND | 47.37 | Sen 86 |

1000 meter Cad Dames Uur=20:34 Reeks:1

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| 1 | 50 | TSHIASUMA Jessie | RESC | 3'06.25 | 96 |
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| 2 | 790 | Van den Brande Eline | RAM | 3'20.20 | 97 |
| 3 | 673 | Windelinckx Anke | DUFF | 3'29.39 | 97 |
| 4 | 667 | Putman Nina | MAC | 3'36.40 | 97 |
| 5 | 575 | BRION Laura | DS | 4'32.78 | 96 |

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| 1000 meter | Sch Dames | Uur=20:35 | Reeks:1 | | |
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| 1 | 2198 | LEPOINT Justine | DS | 4'22.08 | 94 |
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| 1000 meter | JSM Dames | Uur=20:35 | Reeks:1 | | |
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| 1 | 1275 | Van Maele Heidi | VAC | 3'12.24 | Sen 78 |
| 2 | 1534 | Deboeck Maaïke | GRIM | 3'14.01 | Sen 87 |
| 3 | 1886 | Moens Katrien | VAC | 3'19.80 | Sen 82 |
| 4 | 4137 | Luyckx Tilly | ABES | 3'22.14 | Mas 76 |
| 5 | 1400 | Rijckmans Eva | SPVI | 3'23.47 | Sen 84 |
| 6 | 1511 | Wouters Ine | ABES | 3'26.45 | Sen 90 |
| 7 | 1251 | De Mars Lieve | GRIM | 3'27.22 | Sen 88 |
| 8 | 2457 | HENAUT Dorothee | DS | 3'29.84 | Mas 72 |
| 9 | 453 | Ceuppens Sara | GRIM | 3'45.96 | Jun 93 |
| 10 | 1401 | Rijckmans Ilse | SPVI | 3'55.68 | Sen 86 |
| 11 | 3443 | De Mars Hinde | GRIM | 4'12.44 | Mas 65 |

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| kogelstoten 4,000kg | JSM Dames | Uur=20:45 | Reeks:1 | | |
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| 1 | 2860 | Geerts Myriam | MAC | 10.24m | Mas 66 |
| 2 | 1404 | Vloebergh Anouk | SPVI | 7.95m | Sen 89 |

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| discuswerpen 2,000kg | JSM Heren | Uur=20:51 | Reeks:1 | | |
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| 1 | 3166 | Rollier Sven | MAC | 28.70m | Sen 87 |
| 2 | 7511 | De Donder Koen | LOND | 12.92m | Mas 76 |

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| 1000 meter | Cad Heren | Uur=20:47 | Reeks:1 | | |
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| 1 | 777 | Ziarczyk Nathan | RAM | 3'06.86 | 97 |
| 2 | 773 | De Laet Jo | RAM | 3'09.71 | 97 |

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| 1000 meter | Sch Heren | Uur=20:43 | Reeks:1 | | |
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| 1 | 2563 | Putman Jonathan | MAC | 2'55.84 | 95 |
| 2 | 2607 | Herbots Daan | VAC | 2'56.66 | 95 |
| 3 | 2042 | SEGERS Mathieu | RESC | 3'01.63 | 94 |
| 4 | 2773 | Bove Yacco | LOND | 3'19.70 | 95 |

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| 1000 meter | JSM Heren | Uur=21:02 | Reeks:1 | | |
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| 1 | 1113 | DELCAMBRE Maxime | DS | 2'33.88 | Sen 87 |
| 2 | 1498 | IDAMRE Mohamed* | RESC | 2'34.96 | Sen 86 |
| 3 | 2773 | Kenis Dion | ACKO | 2'35.49 | Sen 88 |
| 4 | 2155 | Vermont Pieter | SPVI | 2'37.00 | Sen 79 |
| 5 | 2364 | Van Goolen Bert | GRIM | 2'37.32 | Sen 90 |
| 6 | 1383 | DUMONT Jeremie | ATH | 2'38.14 | Sen 84 |
| 7 | 4708 | Gryp Lieven | VAC | 2'45.56 | Mas 64 |
| 8 | 2150 | Nys Bruno | SPVI | 2'46.41 | Sen 77 |
| 9 | 1429 | DEROUX Geoffrey | DS | 2'47.10 | Sen 84 |
| 10 | 2228 | Demeyere Hans | ACKO | 2'51.47 | Sen 89 |
| | 3621 | DUPONT LESTHER | DS | NA | Mas 74 |
| | 2365 | Hamdi Ali | GRIM | NA | Sen 89 |

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| 1000 meter | JSM Heren | Uur=21:02 | Reeks:2 | | |
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| 1 | 373 | Vermeir Jeffrey | VAC | 2'49.76 | Jun 92 |
| 2 | 1181 | ROBERT Cedric | DS | 2'52.44 | Sen 79 |

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| 3 | 5471 | Willems Peter | ROBA | 2'54.42 | Mas | 70 |
| 4 | 2056 | Janssens Sven | ROBA | 2'55.02 | Sen | 89 |
| 5 | 5484 | Verbist Wouter | ROBA | 2'55.83 | Mas | 73 |
| 6 | 5422 | Van Campenhout Paul | LOND | 2'59.02 | Mas | 58 |
| 7 | 5013 | De Bondt Walter | SPBO | 3'09.50 | Mas | 68 |
| 8 | 5519 | Lemoine Philip | ROBA | 3'13.35 | Mas | 66 |
| 9 | 2296 | Rottiers Joris | LOND | 3'47.80 | Sen | 86 |

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| 3000 meter | JSM Heren | Uur=21:11 | Reeks:1 | | | |
| 1 | 1889 | Van Assche Lukas | VAC | 8'42.17 | Sen | 89 |
| 2 | 6511 | Schroven Erik | VAC | 9'22.79 | Mas | 69 |
| 3 | 9501 | GARNES LENNART | NOOR | 9'34.29 | Sen | 78 |
| 4 | 2156 | Verreect David | SPVI | 9'49.69 | Sen | 86 |
| 5 | 4838 | Van Steen Sven | VAC | 10'05.16 | Mas | 66 |
| 6 | 5417 | Geeroms Kris | LOND | 10'34.80 | Mas | 61 |
| | 2345 | Heyndels Ewoud | RAM | NA | Sen | 87 |

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|----------------------------|------------------|------------------|------|--------|--|----|
| discus 1,000kg M60+ | Mas Heren | Uur=20:20 | | | | |
| 1 | 7378 | Nevens Frans | SPVI | 12.98m | | 40 |
| | 4329 | STALAS Michel | CABW | GP | | 48 |