

Clubrecords Bonheiden Atletiekclub

Het is de verantwoordelijkheid van de atleet om te wijzen op een verbetering van een record: mail bjorngeens@gmail.com

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
Ben.	D	Outdoor		60 m	28/06/1992	Aartselaar	Eefje Vankerckhoven	00:00:09.30	
Ben.	D	Outdoor		600 m	24/06/2017	Brasschaat	Mirte Dewil	00:02:03.20	
Ben.	D	Outdoor		1000 m	17/09/2006	Machelen	Hellen Dockx	00:03:50.11	
Ben.	D	Outdoor		4 x 60 m	27/08/2017	Duffel	InesJ,EmmaC,MirteD,EllaS	00:00:40.40	
Ben.	D	Outdoor		3 x 600 m	27/08/2017	Duffel	InesJ,EmmaC,MirteD	00:06:25.39	
Ben.	D	Outdoor		Verspringen	1/07/2006	Booischoot	Hellen Dockx		3,55 m
Ben.	D	Outdoor		Hoogspringen	27/06/1993	Duffel	Dorien Kempeneers		1,05 m
Ben.	D	Outdoor		Kogel	21/09/2007	Mechelen	Trui Kerkaert		8,26 m
Ben.	D	Outdoor		Hockeybal	5/07/2009	Machelen	Ruth Kerkaert		24,29 m
Ben.	D	Outdoor		Driekamp	5/09/1992	Bonheiden	Eefje Vankerckhoven		903 ptn
Ben.	D	Outdoor		Vierkamp	23/09/2006	Mechelen	Hanneleen Peeters		1238 ptn
Ben.	H	Outdoor		60 m	11/05/2019	Duffel	Joren Dewil	00:00:09.47	
Ben.	H	Outdoor		600 m	22/09/2019	Lier	Wout Vanderborght	00:01:56.21	
Ben.	H	Outdoor		1000 m	23/09/2006	Mechelen	Jens Muyltermans	00:03:39.13	
Ben.	H	Outdoor		4 x 60 m	25/08/2019	Herentals	StormS,JorenD,MilanW, WoutV	00:00:41.77	
Ben.	H	Outdoor		3 x 600 m	25/08/2019	Herentals	KorneelDS,StefJ,TibeH	00:05:58.69	
Ben.	H	Outdoor		Verspringen	3/09/2000	Lier	Jan Rutten		3,87 m
Ben.	H	Outdoor		Hoogspringen	6/09/2008	Beveren	Yoren Muyltermans		1,08 m
Ben.	H	Outdoor		Kogel	9/08/2008	Machelen	Axel Van Genechten		8,86 m
Ben.	H	Outdoor		Hockeybal	12/08/2012	Bornem	Quinten Pauwels		32,22 m
Ben.	H	Outdoor		Driekamp	31/07/1993	Willebroek	Jonas De Meyer		1015 ptn
Ben.	H	Outdoor		Vierkamp	2/09/2006	Tessenderlo	Jens Muyltermans		1279 ptn
Pup.	D	Outdoor		60 m	6/05/1990	Edegem	Kim Geysemans	00:00:08.50	
Pup.	D	Outdoor		800 m	21/09/1990	Wespelaar	Kim Geysemans	00:02:39.80	
Pup.	D	Outdoor		1000 m	29/06/2019	Turnhout	Mirte Dewil	00:03:17.54	
Pup.	D	Outdoor		H 60 m	28/06/1991	Aartselaar	Karen Van der Aa	00:00:12.10	
Pup.	D	Outdoor		4 x 60 m	26/08/2023	Mechelen	AliceH,EllaA,MarieVH, AnoukS	00:00:37.47	
Pup.	D	Outdoor		3 x 600 m	25/08/2019	Herentals	InesJ,EllaS,EmmaC	00:06:15.98	
Pup.	D	Outdoor		Verspringen	14/09/1990	Wespelaar	Kim Geysemans		4,48 m
Pup.	D	Outdoor		Hoogspringen	15/06/2019	Edegem	Ines Jacobs		1,34 m
Pup.	D	Outdoor		Kogel	27/06/2009	Brasschaat	Trui Kerkaert		8,06 m
Pup.	D	Outdoor		Discus	28/06/2008	Bornem	Christel Lambrechts		16,86 m
Pup.	D	Outdoor		Vortex	19/08/2023	Boom	Marie Van Herpe		23,31 m
Pup.	D	Outdoor		Hockeybal	5/07/2009	Machelen	Trui Kerkaert		39,86 m
Pup.	D	Outdoor		Driekamp	24/08/1990	Bonheiden	Kim Geysemans		1258 ptn
Pup.	D	Outdoor		Vierkamp	23/07/2023	Sint-Niklaas	Anouk Sels		1721 ptn
Pup.	D	Indoor		60 m	4/12/2022	Hoboken	Anouk Sels	00:00:09.44	
Pup.	D	Indoor		1000 m	1/03/2025	Gent	Cleo Geens	00:04:03.26	
Pup.	D	Indoor		H 60 m	18/01/2025	Gent	Nel Pluys	00:00:13.08	
Pup.	D	Indoor		Verspringen	5/12/2022	Hoboken	Alice Heylen		3,48 m
Pup.	D	Indoor		Kogel	4/12/2022	Hoboken	Anouk Sels		5,75 m
Pup.	H	Outdoor		60 m	24/06/2017	Brasschaat	Cedric Vinken	00:00:08.55	

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Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
Pup.	H	Outdoor		800 m	1/10/1982	Wespelaar	Joeri Van Goethem	00:02:35.60	
Pup.	H	Outdoor		1000 m	26/06/1994	Turnhout	Christoph Janssens	00:03:11.50	
Pup.	H	Outdoor		H 60 m	2/10/1983	Turnhout	Steve Ceulemans	00:00:11.90	
Pup.	H	Outdoor		4 x 60 m	1/05/2023	Duffel	YensI,MiloE,MaartenV, StigG	00:00:36.30	
Pup.	H	Outdoor		3 x 600 m	25/08/2019	Herentals	KorneelDS,StefJ,TibeH	00:06:13.84	
Pup.	H	Outdoor		Verspringen	15/08/1983	Sint - Niklaas	Steve Ceulemans		4,16 m
Pup.	H	Outdoor		Hoogspringen	17/06/2017	Booischot	Cedric Vinken		1,36 m
Pup.	H	Outdoor		Kogel	26/06/1994	Turnhout	Christoph Janssens		8,78 m
Pup.	H	Outdoor		Discus	10/05/2015	Edegem	Ruben Pauwels		17,20 m
Pup.	H	Outdoor		Vortex	30/08/2025	Boom	Oskar Diddens		38,14 m
Pup.	H	Outdoor		Hockeybal	8/06/1996	Kessel	Bert Tuteleers		43,60 m
Pup.	H	Outdoor		Driekamp	31/07/1993	Willebroek	Dieter De Meyer		1150 ptn
Pup.	H	Outdoor		Vierkamp	29/05/2023	Lier	Stig Geens		1725 ptn
Min.	D	Outdoor		80 m	28/06/1992	Aartselaar	Kim Geysemans	00:00:10.60	
Min.	D	Outdoor		150 m	16/06/1992	Kessel	Kim Geysemans	00:00:19.90	
Min.	D	Outdoor		200 m	15/08/1985	Mechelen	Wendy Crabbé	00:00:30.20	
Min.	D	Outdoor		300 m	11/06/2010	Edegem	Lieze Dockx	00:00:46.12	
Min.	D	Outdoor		800 m	15/07/1987	Leuven	Lucia Van Zand	00:02:31.70	
Min.	D	Outdoor		1000 m	26/06/1994	Turnhout	An Vanhout	00:03:10.30	
Min.	D	Outdoor		1500 m	7/05/2025	Hulshout	Marie Van Herpe	00:05:20.91	
Min.	D	Outdoor		H 60 m	31/08/1991	Halle	Ellen Van der Aa	00:00:10.90	
Min.	D	Outdoor		H 150 m	21/04/2025	Aartselaar	Marie Van Herpe	00:00:25.30	
Min.	D	Outdoor		3 x 600 m	18/08/2013	Lier	ElienV,AnneliesL,JoDB	00:06:01.50	
Min.	D	Outdoor		Verspringen	25/06/1995	Bornem	Sofie Geerts		5,01 m
Min.	D	Outdoor		Hoogspringen	28/06/1991	Aartselaar	Ellen Van der Aa		1,50 m
Min.	D	Outdoor		Kogel	11/09/2011	Lier	Trui Kerkaert		11,10 m
Min.	D	Outdoor		Discus	20/09/2015	Herentals	Noor Kerkaert		21,52 m
Min.	D	Outdoor		Speer	29/06/2013	Turnhout	Ruth Kerkaert		31,13 m
Min.	D	Outdoor		Vierkamp	5/09/1992	Bonheiden	Kim Geysemans		2031 ptn
Min.	D	Outdoor		Vijfkamp	2/06/2011	Lier	Trui Kerkaert		2407 ptn
Min.	D	Indoor		60 m	17/12/2017	Hoboken	Lore Hellemans	00:00:09.03	
Min.	H	Outdoor		80 m	1/06/2025	Mechelen	Len Knockaert	00:00:10.65	
Min.	H	Outdoor		100 m	7/05/2025	Vilvoorde	Len Knockaert	00:00:13.86	
Min.	H	Outdoor		150 m	14/08/1992	Wespelaar	Hans Janssens	00:00:19.80	
Min.	H	Outdoor		200 m	24/06/1984	Merksem	Koen Govaert	00:00:27.06	
Min.	H	Outdoor		300 m	28/09/2025	Lier	Len Knockaert	00:00:43.02	
Min.	H	Outdoor		800 m	12/09/1984	Willebroek	Joeri Van Goethem	00:02:18.70	
Min.	H	Outdoor		1000 m	20/08/1993	Wespelaar	Hans Janssens	00:02:55.31	
Min.	H	Outdoor		1500 m	7/05/2025	Vilvoorde	Len Knockaert	00:05:10.64	
Min.	H	Outdoor		H 80 m	16/08/1991	Neerpelt	Dirk Vervloesem	00:00:15.70	
Min.	H	Outdoor		H 150 m	24/06/2023	Booischot	Milan Wouters	00:00:23.95	
Min.	H	Outdoor		4 x 80 m	24/08/2025	Bornem	LanderV,MaartenV,StigG, LenK	00:00:44.75	
Min.	H	Outdoor		3 x 600 m	24/08/2025	Bornem	LenK,MaartenV,StigG	00:05:37.53	

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Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
Min.	H	Outdoor		Verspringen	17/09/1988	Willebroek	Ralph Opdebeeck		4,86 m
Min.	H	Outdoor		Hoogspringen	14/09/1997	Gent	Jonas De Meyer		1,40 m
Min.	H	Outdoor		Kogel	2/06/1985	Willebroek	Steve Ceulemans		11,14 m
Min.	H	Outdoor		Discus	24/08/1985	Vilvoorde	Steve Ceulemans		37,90 m
Min.	H	Outdoor		Speer	13/09/2015	Lier	Karsten Claes		41,35 m
Min.	H	Outdoor		Driekamp	2/06/1985	Willebroek	Steve Ceulemans		911 ptn
Min.	H	Outdoor		Vierkamp	23/09/2006	Mechelen	Jan Everaert		1639 ptn
Min.	H	Outdoor		Vijfkamp	14/09/1997	Gent	Jonas De Meyer		2513 ptn
Min.	H	Indoor		60 m	12/03/2025	Gent	Len Knockaert	00:00:08.62	
Min.	H	Indoor		150 m	30/12/2023	Gent	Maarten Volders	00:00:22.07	
Min.	H	Indoor		200 m	12/03/2025	Gent	Len Knockaert	00:00:27.86	
Min.	H	Indoor		1000 m	1/03/2025	Gent	Stig Geens	00:03:13.42	
Min.	H	Indoor		H 60 m	23/12/2023	Gent	Maarten Volders	00:00:12.60	
Min.	H	Indoor		Verspringen	1/03/2025	Gent	Stig Geens		4,21 m
Min.	H	Indoor		Kogel	30/12/2023	Gent	Stig Geens		5,42 m
Cad.	D	Outdoor		60 m	30/07/1982	Wespelaar	Sigrid Van Goethem	00:00:09.30	
Cad.	D	Outdoor		100 m	18/07/1993	Kessel	Kim Geysemans	00:00:12.90	
Cad.	D	Outdoor		150 m	13/09/2025	Edegem	Amelie Laurent	00:00:23.80	
Cad.	D	Outdoor		200 m	29/06/1996	Willebroek	Sofie Geerts	00:00:26.96	
Cad.	D	Outdoor		300 m	15/08/1996	Duffel	Sofie Geerts	00:00:44.46	
Cad.	D	Outdoor		400 m	2/06/2012	Oordegem	Lieze Dockx	00:00:58.17	
Cad.	D	Outdoor		800 m	1/05/2012	Herentals	Lieze Dockx	00:02:13.92	
Cad.	D	Outdoor		1000 m	16/05/2007	Mechelen	Ines Verbiese	00:03:10.04	
Cad.	D	Outdoor		1500 m	27/07/2019	Merksem	Hannelore Van Nuffelen	00:04:56.85	
Cad.	D	Outdoor		Mijl	9/09/2023	Vilvoorde	Finne Laureys	00:05:43.90	
Cad.	D	Outdoor		H 80 m	27/08/1994	Duffel	Kim Geysemans	00:00:12.64	
Cad.	D	Outdoor		H 300 m	19/05/1997	Brugge	Sofie Geerts	00:00:47.70	
Cad.	D	Outdoor		4 x 100 m	26/04/1997	Bornem	Judith,Karolien,Caroline, Sofie	00:00:55.93	
Cad.	D	Outdoor		Verspringen	31/05/1997	Herentals	Sofie Geerts		5,38 m
Cad.	D	Outdoor		Hoogspringen	29/08/1992	Beveren	Ellen Van der Aa		1,58 m
Cad.	D	Outdoor		Kogel	10/08/2013		Trui Kerkaert		10,98 m
Cad.	D	Outdoor		Discus	1/08/1993	Duffel	Kim Geysemans		16,74 m
Cad.	D	Outdoor		Speer	30/06/2013	Lier	Trui Kerkaert		39,69 m
Cad.	D	Outdoor		Driekamp	19/09/1982	Tienen	Sigrid Van Goethem		1581 ptn
Cad.	D	Outdoor		Vijfkamp	5/10/1997	Willebroek	Sofie Geerts		2513 ptn
Cad.	D	Indoor		60 m	14/02/2015	Gent	Lene Gillis	00:00:08.47	
Cad.	D	Indoor		200 m	10/01/2015	Gent	Lene Gillis	00:00:28.42	
Cad.	D	Indoor		300 m	2/01/2016	Gent	Sofie Verheyen	00:00:49.89	
Cad.	D	Indoor		800 m	4/03/2012	Gent	Lieze Dockx	00:02:18.55	
Cad.	D	Indoor		Kogel	10/01/2015	Gent	Ruth Kerkaert		8,62 m
Cad.	H	Outdoor		100 m	30/08/2014	Oordegem	Yoren Muyldermans	00:00:11.55	
Cad.	H	Outdoor		200 m	31/08/2014	Oordegem	Yoren Muyldermans	00:00:23.71	
Cad.	H	Outdoor		300 m	25/05/2005	Mechelen	Dieter Bueds	00:00:39.28	

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Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
Cad.	H	Outdoor		400 m	1/07/1995	Vilvoorde	Hans Janssens	00:00:54.39	
Cad.	H	Outdoor		600 m	17/09/2025	Tessenderlo	Joren Dewil	00:01:43.37	
Cad.	H	Outdoor		800 m	11/09/2022	Lebbeke	Julian Van Aken	00:01:59.40	
Cad.	H	Outdoor		1000 m	12/08/1995	Lommel	Hans Janssens	00:02:44.44	
Cad.	H	Outdoor		1500 m	29/07/1995	Ninove	Hans Janssens	00:04:08.32	
Cad.	H	Outdoor		Mijl	20/05/2005	Edegem	Casimir Reijnders	00:04:56.18	
Cad.	H	Outdoor		H 100 m	4/10/1997	Sint-Niklaas	Dieter De Meyer	00:00:16.78	
Cad.	H	Outdoor		H 300 m	3/08/1983	Leuven	Dirk Vervloesem	00:00:46.60	
Cad.	H	Outdoor		4 x 800 m	24/08/2024	Mol	TibeH,LucasDV,EmmetL, StefJ	00:09:46.49	
Cad.	H	Outdoor		Verspringen	14/09/1990	Wespelaar	Ralph Opdebeeck		5,48 m
Cad.	H	Outdoor		Hinkstap	8/07/1987	Aartselaar	Tim Symons		10,69 m
Cad.	H	Outdoor		Hoogspringen	31/05/1997	Herentals	Dieter De Meyer		1,75 m
Cad.	H	Outdoor		Kogel	16/08/1987	Sint - Niklaas	Steve Ceulemans		13,96 m
Cad.	H	Outdoor		Discus	20/04/1987	Kapellen	Steve Ceulemans		37,16 m
Cad.	H	Outdoor		Speer	1/10/2017	Lier	Karsten Claes		50,24 m
Cad.	H	Outdoor		Vijfkamp	10/05/1987	Willebroek	Steve Ceulemans		2296 ptn
Cad.	H	Indoor		60 m	8/01/2005	Gent	Dieter Bueds	00:00:07.97	
Cad.	H	Indoor		200 m	13/01/2007	Gent	Olivier Militti	00:00:26.18	
Cad.	H	Indoor		800 m	25/01/2023	Gent	Tibe Hellemans	00:02:31.98	
Cad.	H	Indoor		Kogel	13/01/2007	Gent	Toon Vertommen		8,74 m
Sch.	D	Outdoor		100 m	9/09/1991	Merksem	Griet Vertommen	00:00:12.90	
Sch.	D	Outdoor		200 m	14/08/1992	Wespelaar	Griet Vertommen	00:00:27.40	
Sch.	D	Outdoor		300 m	10/08/2016	Herentals	Lene Gillis	00:00:44.39	
Sch.	D	Outdoor		400 m	30/06/2013	Lier	Lieze Dockx	00:00:58.81	
Sch.	D	Outdoor		800 m	1/05/2013	Herentals	Lieze Dockx	00:02:12.74	
Sch.	D	Outdoor		1000 m	21/07/1997	Dilbeek	An Vanhout	00:03:03.67	
Sch.	D	Outdoor		1500 m	21/08/2021	Merksem	Hannelore Van Nuffelen	00:04:41.99	
Sch.	D	Outdoor		3000 m	11/07/2021	Lokeren	Hannelore Van Nuffelen	00:09:55.32	
Sch.	D	Outdoor		H 100 m	6/09/1998	Oordegem	Sofie Geerts	00:00:15.95	
Sch.	D	Outdoor		2000 steeple	23/05/2014	Booischoot	Trui Kerkaert	00:09:23.05	
Sch.	D	Outdoor		Verspringen	18/07/1998	Brussel	Sofie Geerts		5,54 m
Sch.	D	Outdoor		Hoogspringen	1/10/1994	Duffel	Ellen Van der Aa		1,51 m
Sch.	D	Outdoor		Kogel	15/08/2015	Lier	Trui Kerkaert		13,37 m
Sch.	D	Outdoor		Discus	24/08/1982	Vilvoorde	Nadine Roose		24,72 m
Sch.	D	Outdoor		Speer	15/08/2015	Lier	Trui Kerkaert		45,41 m
Sch.	D	Outdoor		Vijfkamp	3/09/1994	Oostende	Ellen Van der Aa		2273 ptn
Sch.	D	Outdoor		Zevenkamp	27/09/2015	Sint-Niklaas	Trui Kerkaert		3534 ptn
Sch.	D	Indoor		60 m	24/01/2016	Gent	Flore Verbist	00:00:08.25	
Sch.	D	Indoor		200 m	24/01/2016	Gent	Flore Verbist	00:00:26.94	
Sch.	D	Indoor		300 m	2/01/2016	Gent	Flore Verbist	00:00:43.82	
Sch.	D	Indoor		800 m	10/02/2013	Gent	Lieze Dockx	00:02:17.02	
Sch.	D	Indoor		Kogel	18/01/2015	Gent	Trui Kerkaert		12,42 m
Sch.	H	Outdoor		100 m	15/08/2015	Lier	Yoren Muyldermans	00:00:11.45	

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Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
Sch.	H	Outdoor		200 m	6/09/2015	Moeskroen	Yoren Muyldermans	00:00:22.99	
Sch.	H	Outdoor		300 m	29/09/2007	Tongerlo	Jeroen Stoks	00:00:38.57	
Sch.	H	Outdoor		400 m	17/05/2015	Leuven	Yoren Muyldermans	00:00:52.09	
Sch.	H	Outdoor		800 m	26/06/2011	Lier	Stijn Baeten	00:01:55.08	
Sch.	H	Outdoor		1000 m	16/09/2011	Brussel	Stijn Baeten	00:02:35.06	
Sch.	H	Outdoor		1500 m	7/06/1997	Wespelaar	Hans Janssens	00:04:00.44	
Sch.	H	Outdoor		Mijl	7/09/2007	Tessenderlo	Casimir Reijnders	00:04:40.55	
Sch.	H	Outdoor		2000 m	6/05/2009	Tessenderlo	Pieter-Jan Zwaan	00:06:23.86	
Sch.	H	Outdoor		3000 m	14/08/1997	Edegem	Hans Janssens	00:08:37.76	
Sch.	H	Outdoor		H 300 m	2/08/1992	Kessel - Lo	Ralph Opdebeeck	00:00:40.96	
Sch.	H	Outdoor		2000 steeple	27/07/1996	Aartselaar	Hans Janssens	00:06:38.81	
Sch.	H	Outdoor		4 x 100 m	24/04/1994	Mol	Kris,Stijn,Nico,Wim	00:00:51.28	
Sch.	H	Outdoor		4 x 800 m	19/09/2010	Eigenbrakel	StijnB,MatthiasP,BramL, TomH	00:08:23.25	
Sch.	H	Outdoor		Verspringen	29/08/1992	Mol	Ralph Opdebeeck		6,02 m
Sch.	H	Outdoor		Hoogspringen	3/07/1998	Wespelaar	Dieter De Meyer		1,76 m
Sch.	H	Outdoor		Kogel	20/05/2009	Mechelen	Toon Vertommen		12,04 m
Sch.	H	Outdoor		Discus	29/07/2009	Beveren	Toon Vertommen		34,81 m
Sch.	H	Outdoor		Speer	6/09/2009	BK Nijvel	Toon Vertommen		50,32 m
Sch.	H	Outdoor		Vijfkamp	3/05/2009	Ninove	Toon Vertommen		2344 ptn
Sch.	H	Indoor			60 m	10/01/2016	Gent	Yoren Muyldermans	00:00:07.32
Sch.	H	Indoor	200 m		10/01/2016	Gent	Yoren Muyldermans	00:00:23.24	
Sch.	H	Indoor	300 m		2/01/2016	Gent	Yoren Muyldermans	00:00:38.60	
Sch.	H	Indoor	400 m		3/01/2010	Gent	Jan Everaert	00:00:57.74	
Sch.	H	Indoor	800 m		12/03/2025	Gent	Tibe Hellemans	00:02:23.83	
Sch.	H	Indoor	Verspringen		28/11/2015	Hoboken	Yoren Muyldermans		5,43 m
Sch.	H	Indoor	Kogel		3/01/2009	Gent	Toon Vertommen		10,95 m
Jun.	D	Outdoor		100 m	17/06/1994	Wespelaar	Griet Vertommen	00:00:12.80	
Jun.	D	Outdoor		200 m	25/06/2017	Lier	Flore Verbist	00:00:26.57	
Jun.	D	Outdoor		300 m	1/05/2017	Herentals	Flore Verbist	00:00:42.37	
Jun.	D	Outdoor		400 m	21/05/2017	Duffel	Flore Verbist	00:01:00.72	
Jun.	D	Outdoor		800 m	8/08/2015	Kessel-Lo	Lieze Dockx	00:02:18.46	
Jun.	D	Outdoor		1000 m	10/06/1983	Heist op den Berg	Veronique Verhoeven	00:03:05.00	
Jun.	D	Outdoor		1500 m	5/07/1983	Willebroek	Veronique Verhoeven	00:04:41.90	
Jun.	D	Outdoor		3000 m	24/06/1983	Kessel - Lo	Veronique Verhoeven	00:10:00.04	
Jun.	D	Outdoor		H 100 m	31/05/1997	Herentals	Kim Geysemans	00:00:16.16	
Jun.	D	Outdoor		3000 steeple	18/09/2022	Kortrijk	Hannelore Van Nuffelen	00:11:20.86	
Jun.	D	Outdoor		Verspringen	31/05/1997	Herentals	Kim Geysemans		5,22 m
Jun.	D	Outdoor		Hoogspringen	18/05/1996 02/09/2015	Zwijndrecht Heusden	Ellen Van der Aa Christel Lambrechts		1,50 m 1,50 m
Jun.	D	Outdoor		Kogel	24/04/2016	Kapellen	Trui Kerkaert		11,26 m
Jun.	D	Outdoor		Discus	8/09/1983	Merksem	Nadine Roose		28,78 m
Jun.	D	Outdoor		Speer	23/04/2016	Brasschaat	Trui Kerkaert		38,61 m
Jun.	D	Outdoor		Zevenkamp	8/09/1985	Herentals	Sigrid Van Goethem		3059 ptn
Jun.	D	Indoor			60 m	7/01/2017	Gent	Flore Verbist	00:00:08.52

Clubrecords Bonheiden Atletiekclub

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
Jun.	D	Indoor		200 m	4/03/2017	Gent	Flore Verbist	00:00:26.95	
Jun.	D	Indoor		Kogel	27/02/2016	Gent	Trui Kerkaert		11,66 m
Jun.	H	Outdoor		100 m	7/06/2008	Kessel-Lo	Dieter Bueds	00:00:11.79	
Jun.	H	Outdoor		200 m	6/08/1993	Willebroek	Ralph Opdebeeck	00:00:23.59	
Jun.	H	Outdoor		300 m	8/09/1993	Lebbeke	Ralph Opdebeeck	00:00:36.98	
Jun.	H	Outdoor		400 m	26/05/2012	Oordegem	Stijn Baeten	00:00:49.76	
Jun.	H	Outdoor		800 m	1/05/2013	Herentals	Stijn Baeten	00:01:49.42	
Jun.	H	Outdoor		1000 m	2/09/1998	Vilvoorde	Hans Janssens	00:02:32.12	
Jun.	H	Outdoor		1500 m	7/09/2013	Beveren	Stijn Baeten	00:03:50.07	
Jun.	H	Outdoor		Mijl	18/08/2012	Kessel-Lo	Matthias Pittoors	00:04:26.73	
Jun.	H	Outdoor		2000 m	6/05/2009	Tessenderlo	Casimir Reijnders	00:06:00.76	
Jun.	H	Outdoor		3000 m	28/08/1999	Tessenderlo	Hans Janssens	00:08:20.87	
Jun.	H	Outdoor		5000 m	23/06/1999	Tessenderlo	Hans Janssens	00:14:20.98	
Jun.	H	Outdoor		10000 m	6/08/1999	EK Jun. Riga	Hans Janssens	00:29:49.59	
Jun.	H	Outdoor		Uurloop	6/10/1995	Wespelaar	David Troch		14735 m
Jun.	H	Outdoor		H 400 m	24/07/1993	Brussel	Ralph Opdebeeck	00:00:55.24	
Jun.	H	Outdoor		3000 steeple	6/09/1983	Willebroek	John Van Goethem	00:10:22.00	
Jun.	H	Outdoor		4 x 100 m	6/06/1984	Willebroek	Dirk,Rudolf,Bart,Chris	00:00:48.20	
Jun.	H	Outdoor		Verspringen	4/08/1993	Aartselaar	Ralph Opdebeeck		5,78 m
Jun.	H	Outdoor		Hoogspringen	11/05/1997	Diest	Peter Soetens		1,55 m
Jun.	H	Outdoor		Kogel	14/05/1995	Bornem	Kris Vanderhulst		7,13 m
Jun.	H	Outdoor		Discus	19/09/2004	Mechelen	Pieter Van Den Dries		12,54 m
Jun.	H	Outdoor		Speer	11/05/1997	Diest	Peter Soetens		36,12 m
Jun.	H	Outdoor		Vijfkamp	19/09/2004	Mechelen	Pieter Van Den Dries		1713 ptn
Jun.	H	Indoor		400 m	3/01/2009	Gent	Lukas Vinkx	00:00:57.52	
Jun.	H	Indoor		800 m	10/02/2013	Gent	Stijn Baeten	00:01:53.17	
Sen.	D	Outdoor		100 m	29/08/1986	Heist op den Berg	Linda Van der Hoeven	00:00:12.30	
Sen.	D	Outdoor		200 m	1/08/1986	Leuven	Linda Van der Hoeven	00:00:25.40	
Sen.	D	Outdoor		300 m	1/06/2018	Booischoot	Nele Hendrickx	00:00:45.29	
Sen.	D	Outdoor		400 m	4/05/1997	Mechelen	An Van Hemelrijck	00:01:02.80	
Sen.	D	Outdoor		800 m	26/04/2025	Mol	Hannelore Van Nuffelen	00:02:24.95	
Sen.	D	Outdoor		1000 m	17/07/2019	Dilbeek	Charlotte Billen	00:03:12.90	
Sen.	D	Outdoor		1500 m	20/04/2024	Zwijndrecht	Hannelore Van Nuffelen	00:04:49.89	
Sen.	D	Outdoor		3000 m	18/08/2024	Stekene	Hannelore Van Nuffelen	00:10:10.43	
Sen.	D	Outdoor		5000 m	26/09/1998	Dilbeek	An Van Hemelrijck	00:17:53.68	
Sen.	D	Outdoor		10000 m	27/06/2001	Duffel	Karen Peeters	00:39:16.55	
Sen.	D	Outdoor		H 100 m	19/09/2004	Mechelen	Kirsten Van de Velde	00:00:18.35	
Sen.	D	Outdoor		3000 steeple	7/08/2024	Herentals	Hannelore Van Nuffelen	00:10:52.60	
Sen.	D	Outdoor		Uurloop	1/10/1999	Wespelaar	Karen Peeters		14410 m
Sen.	D	Outdoor		4 x 100 m	4/05/1997	Mechelen	Griet,Kim,Karen,Liesbeth	00:00:55.70	
Sen.	D	Outdoor		4 x 400 m	4/05/1997	Mechelen	Erika,An,Magda,Karen	00:04:42.60	
Sen.	D	Outdoor		4 x 800 m	24/08/2024	Mol	FinneL,StephanieK,AnneleenA,HanneloreVN	00:10:26.71	
Sen.	D	Outdoor		Verspringen	2/06/1989	Wespelaar	Tanja De Meyer		5,14 m

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Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
Sen.	D	Outdoor		Hinkstap	4/06/1993	Dilbeek	Goele Meulemans		9,77 m
Sen.	D	Outdoor		Hoogspringen	5/05/1996	Bornem	Goele Meulemans		1,55 m
Sen.	D	Outdoor		Kogel	16/09/1997	Wijnegem	Kathleen De Wolf		10,51 m
Sen.	D	Outdoor		Discus	13/04/1997	Turnhout	Kathleen De Wolf		30,80 m
Sen.	D	Outdoor		Hamer	14/06/1997	Wijnegem	Kathleen De Wolf		33,36 m
Sen.	D	Outdoor		Speer	4/05/1997	Mechelen	Kathleen De Wolf		22,76 m
Sen.	D	Outdoor		Vijfkamp	19/09/2004	Mechelen	Kirsten Van de Velde		2286 ptn
Sen.	D	Outdoor		Zevenkamp	8/09/1985	Herentals	Goele Meulemans		3201 ptn
Sen.	D	Indoor		60 m	8/01/2005	Gent	Kirsten Van De Velde	00:00:08.71	
Sen.	D	Indoor		Kogel	8/01/2005	Gent	Kirsten Van De Velde		9,95 m
Sen.	H	Outdoor		100 m	10/07/1985	Kessel - Lo	Manu Saenen	00:00:11.30	
Sen.	H	Outdoor		200 m	10/07/1985	Kessel - Lo	Manu Saenen	00:00:22.19	
Sen.	H	Outdoor		300 m	29/04/2011	Edegem	Jeroen Stoks	00:00:39.29	
Sen.	H	Outdoor		400 m	14/08/1985	Hechtel	Manu Saenen	00:00:48.10	
Sen.	H	Outdoor		800 m	30/05/2015	Oordegem	Stijn Baeten	00:01:47.87	
Sen.	H	Outdoor		1000 m	8/08/1998	Lommel	Joeri Wouters	00:02:27.34	
Sen.	H	Outdoor		1500 m	8/08/2015	Kessel-Lo	Stijn Baeten	00:03:44.49	
Sen.	H	Outdoor		Mijl	2/05/1999	Lier	Joeri Wouters	00:04:15.91	
Sen.	H	Outdoor		2000 m	30/07/1993	Edegem	Luc Schoeters	00:05:48.06	
Sen.	H	Outdoor		3000 m	30/08/1998	Tessenderlo	Stijn Van de Velde	00:08:07.35	
Sen.	H	Outdoor		5000 m	12/06/1999	Vilvoorde	Stefan Van Den Broek	00:14:01.37	
Sen.	H	Outdoor		10000 m	14/07/1999	Seraing	Stefan Van Den Broek	00:29:03.98	
Sen.	H	Outdoor		1/2 Marathon	29/03/2025	Lier	Matthias Goyvaerts	01:13:18.00	
Sen.	H	Outdoor		Marathon	3/10/1999	Gent	Peter De Vocht	02:23:05.00	
Sen.	H	Outdoor		Uurloop	6/08/1994	Lommel	Joeri Van Goethem		18238 m
Sen.	H	Outdoor		H 400 m	10/07/1983	Merksem	Erik Mertens	00:00:53.80	
Sen.	H	Outdoor		3000 steeple	7/09/2025	Nijvel	Frederik Van Eynde	00:09:31.88	
Sen.	H	Outdoor		4 x 100 m	11/05/1997	Diest	Nico,Hans,Kris,Peter	00:00:48.80	
Sen.	H	Outdoor		4 x 200 m	25/08/1999	Brasschaat	Manu,Willy,Rudi,Grieko	00:01:37.32	
Sen.	H	Outdoor		4 x 800 m	18/08/2013	Lier	Tom,Joeri,Nico,Stijn	00:07:55.61	
Sen.	H	Outdoor		4 x 1500 m	26/08/1998	Herentals	Hans,Stefan,Joeri,Jan	00:16:04.81	
Sen.	H	Outdoor		Verspringen	15/05/1994	Bornem	Rudi Schoeters		5,32 m
Sen.	H	Outdoor		Hoogspringen	11/05/1998	Diest	Nico Verrijdt		1,70 m
Sen.	H	Outdoor		Kogel	1/05/1990	Wespelaar	Jan Costers		9,98 m
Sen.	H	Outdoor		Discus	30/04/1982	Heist op den Berg	Ben Blanquaert		29,12 m
Sen.	H	Outdoor		Speer	27/05/1990	Merksem	Jan Costers		49,24 m
Sen.	H	Outdoor		Vijfkamp	29/09/1984	Kortrijk - Heerle	Erik Mertens		2550 ptn
Sen.	H	Indoor		60 m	23/12/2006	Gent	Kenny Muyltermans	00:00:08.23	
Sen.	H	Indoor		800 m	2/03/2013	Gent	Tom Heremans	00:01:53.74	
M35+	D	Outdoor		100 m	28/08/2004	Kessel - Lo	Lieve Stroobants	00:00:14.95	
M35+	D	Outdoor		200 m	2/10/2004	Vilvoorde	Lieve Stroobants	00:00:30.61	
M35+	D	Outdoor		400 m	12/07/2003	Vilvoorde	Lieve Stroobants	00:01:09.60	
M35+	D	Outdoor		800 m	17/08/2003	Lier	Lieve Stroobants	00:02:39.83	
M35+	D	Outdoor		1000 m	28/08/2003	Herentals	Lieve Stroobants	00:03:26.47	

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Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
M35+	D	Outdoor		1500 m	30/06/1991	Bornem	Renilde De Schutter	00:05:22.90	
M35+	D	Outdoor		Mijl	20/09/1991	Wespelaar	Renilde De Schutter	00:05:51.50	
M35+	D	Outdoor		2000 m	3/08/1990	Wespelaar	Renilde De Schutter	00:07:19.10	
M35+	D	Outdoor		3000 m	1/09/1991	Woluwe	Renilde De Schutter	00:11:20.65	
M35+	D	Outdoor		Marathon	24/04/2022	Hamburg	Chana Van Bael	03:37:56.00	
M35+	D	Outdoor		Uurloop	4/10/1991	Wespelaar	Renilde De Schutter		14137 m
M35+	D	Outdoor		Verspringen	23/08/2003	Heverlee	Lieve Stroobants		3,91 m
M35+	D	Outdoor		Hoogspringen	23/08/2003	Heverlee	Lieve Stroobants		1,20 m
M35+	D	Outdoor		Kogel	4/07/2003	Booischot	Lieve Stroobants		6,15 m
M35+	D	Outdoor		Discus	17/08/2003	Lier	Lieve Stroobants		14,32 m
M35+	D	Outdoor		Speer	28/08/2004	Kessel - Lo	Lieve Stroobants		10,95 m
M35+	D	Outdoor		100 m	31/05/2025	Lier	Cedric Berckmans	00:00:13.38	
M35+	D	Outdoor		200 m	27/09/2025	Turnhout	Cedric Berckmans	00:00:27.55	
M35+	D	Outdoor		400 m	27/09/2025	Turnhout	Cedric Berckmans	00:01:01.71	
M35+	D	Outdoor		800 m	21/09/2025	Antwerpen	Cedric Berckmans	00:02:25.24	
M35+	H	Outdoor		1/2 Marathon	9/03/2025	Gent	Jesse Massez	01:14:35.00	
M35+	H	Outdoor		Marathon	8/10/2023	Eindhoven	Jesse Massez	02:37:08.00	
M35+	H	Outdoor		4 x 100 m	31/05/2025	Lier	JelleVL,BjörnG,BartM, CedricB	00:00:55.23	
M35+	H	Outdoor		4 x 200 m	15/08/2019	Herentals	JoeriL,JorisS,GeertD, LucVdS	00:01:52.02	
M35+	H	Outdoor		4 x 400 m	14/09/2025	Brussel	JelleVL,BjörnG,BartM, CedricB	00:04:20.61	
M35+	H	Outdoor		4 x 800 m	14/09/2025	Brussel	JelleVL,BjörnG,BartM, CedricB	00:09:51.71	
M35+	H	Outdoor		4 x 1500 m	24/08/2025	Bornem	JelleVL,KlaasB,BartM, CedricB	00:19:22.59	
M35+	H	Outdoor		Hamer	11/08/2019	Kapellen	Joris Sels		19,43 m
M40+	D	Outdoor		100 m	30/08/2025	Kortenbergh	Annelore Arnold	00:00:13.72	
M40+	D	Outdoor		200 m	21/09/2025	Antwerpen	Annelore Arnold	00:00:28.92	
M40+	D	Outdoor		300 m	4/07/2025	Londerzeel	Annelore Arnold	00:00:46.97	
M40+	D	Outdoor		400 m	13/08/2005	Lier	Lieve Stroobants	00:01:07.28	
M40+	D	Outdoor		800 m	7/09/2024	Mechelen	Anneleen Arnold	00:02:39.46	
M40+	D	Outdoor		1000 m	19/08/2005	Herentals	Lieve Stroobants	00:03:32.53	
M40+	D	Outdoor		1500 m	19/05/2006	Edegem	Lieve Stroobants	00:05:32.79	
M40+	D	Outdoor		Mijl	26/06/2024	Mechelen	Anneleen Arnold	00:06:25.13	
M40+	D	Outdoor		3000 m	17/09/2006	Bornem	Lieve Stroobants	00:11:54.29	
M40+	D	Outdoor		2 Mijl	24/05/2006	Mechelen	Lieve Stroobants	00:12:59.79	
M40+	D	Outdoor		5000 m	1/08/1997	Beveren	Magda Fleerackers	00:21:43.79	
M40+	D	Outdoor		10000 m	21/06/2008	Merksem	Karen Peeters	00:40:03.79	
M40+	D	Outdoor		Verspringen	14/08/2005	Vilvoorden	Lieve Stroobants		3,88 m
M40+	D	Outdoor		Hoogspringen	25/09/1998	Wespelaar	Ingrid Ceuppens		1,10 m
M40+	D	Outdoor		Discus	1/08/1998	Wijnegem	Ingrid Ceuppens		16,17 m
M40+	D	Outdoor		Speer	1/08/1998	Wijnegem	Renilde Ceuppens		12,74 m
M40+	D	Outdoor		Vierkamp	1/10/2005	Vilvoorde	Lieve Stroobants		1473 ptn
M40+	D	Indoor	Nieuw 2026	60 m	19/12/2025	Heusden-Zolder	Annelore Arnold	00:00:08.69	

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Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
M40+	H	Outdoor		100 m	16/06/2002	Diest	Manu Saenen	00:00:11.90	
M40+	H	Outdoor		200 m	16/06/2002	Diest	Manu Saenen	00:00:23.81	
M40+	H	Outdoor		300 m	7/06/2002	Vilvoorde	Manu Saenen	00:00:37.55	
M40+	H	Outdoor		400 m	24/08/2002	Heverlee	Manu Saenen	00:00:53.56	
M40+	H	Outdoor		800 m	15/09/2002	Ninove	Rob Barbé	00:02:09.21	
M40+	H	Outdoor		1000 m	1/10/1991	Wespelaar	Alfons Schelfhout	00:02:56.00	
M40+	H	Outdoor		1500 m	16/06/2002	Diest	Rob Barbé	00:04:30.28	
M40+	H	Outdoor		Mijl	20/09/2002	Wespelaar	Rob Barbé	00:05:00.49	
M40+	H	Outdoor		2000 m	9/07/1999	Vilvoorde	Luc Schoeters	00:06:22.36	
M40+	H	Outdoor		3000 m	7/09/2000	Tessenderlo	Peter De Vocht	00:08:21.64	BR
M40+	H	Outdoor		5000 m	9/09/2000	Beveren	Peter De Vocht	00:14:39.28	
M40+	H	Outdoor		10000 m	7/09/2007	Herentals	Luc Moens	00:35:11.18	
M40+	H	Outdoor		1/2 Marathon	31/03/2014	Lier	Luc Van de Sande	01:17:45.00	
M40+	H	Outdoor		Marathon	24/04/2022	Hamburg	Peter Soetens	02:42:51.00	
M40+	H	Outdoor		H 110 m	9/07/2023	Turnhout	Joris Sels	00:00:30.30	
M40+	H	Outdoor		H 200 m	9/07/2023	Turnhout	Joris Sels	00:00:37.81	
M40+	H	Outdoor		H 400 m	19/06/2022	Merksem	Joris Sels	00:01:31.82	
M40+	H	Outdoor		3000 steeple	26/06/2022	Lier	Joris Sels	00:13:45.17	
M40+	H	Outdoor		Uurloop	6/10/2000	Wespelaar	Peter De Vocht		18910 m
M40+	H	Outdoor		4 x 100 m	26/08/2023	Mechelen	JoeriL,JimmyO,JorisS, PeterS	00:00:57.27	
M40+	H	Outdoor		4 x 400 m	28/08/2002	Lier	Willy,Rob,Rudi,Manu	00:03:49.20	
M40+	H	Outdoor		Verspringen	22/09/1995	Wespelaar	Willy Bemus		5,38 m
M40+	H	Outdoor		Hinkstap	9/07/2023	Turnhout	Joris Sels		9,39 m
M40+	H	Outdoor		Hoogspringen	1/09/1996	Hechtel	Walter Vander Aa		1,51 m
M40+	H	Outdoor		Polsstok	9/07/2023	Turnhout	Joris Sels		1,80 m
M40+	H	Outdoor		Kogel	17/05/1998	Diest	Rudi Schoeters		8,36 m
M40+	H	Outdoor		Discus	9/07/2023	Turnhout	Joris Sels		21,25 m
M40+	H	Outdoor		Hamer	6/08/2022	Sint-Niklaas	Joris Sels		23,75 m
M40+	H	Outdoor		Gewicht	3/10/2021	Mechelen	Joris Sels		7,39 m
M40+	H	Outdoor		Speer	21/09/1994	Heverlee	Walter Vander Aa		34,72 m
M40+	H	Outdoor		Vijfkamp	28/05/2022	Herentals	Joris Sels		1770
M40+	H	Indoor		60 m	17/12/1995	Hoboken	Willy Bemus	00:00:07.87	
M40+	H	Indoor		Kogel	25/02/2023	Gent	Joris Sels		7,20 m
M45+	D	Outdoor		200 m	28/05/2012	Merksem	Lieve Stroobants	00:00:32.55	
M45+	D	Outdoor		400 m	28/09/2013	Antwerpen	Lieve Stroobants	00:01:10.46	
M45+	D	Outdoor		800 m	24/09/2011	Zwevegem	Lieve Stroobants	00:02:37.77	
M45+	D	Outdoor		2000 m	6/08/2013	Vilvoorde	Lieve Stroobants	00:07:31.88	
M45+	D	Outdoor		2 Mijl	28/05/2012	Mechelen	Lieve Stroobants	00:12:06.10	
M45+	D	Outdoor		10000m	6/05/2017	Ninove	Karen Peeters	00:41:33.53	
M45+	D	Outdoor		1/2 Marathon	29/03/2025	Lier	Sarah Ben Youssef	01:46:38.00	
M45+	D	Outdoor		Marathon	27/04/2025	Hamburg	Sarah Ben Youssef	03:45:23.00	
M45+	D	Outdoor		Kogel	27/05/2012	Merksem	Lieve Stroobants		5,62 m
M45+	D	Outdoor		Discus	27/05/2012	Mechelen	Lieve Stroobants		12,40 m

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Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
M45+	D	Indoor		1500 m	11/03/2017	Gent	Karen Peeters	00:05:36.58	
M45+	H	Outdoor		100 m	21/07/1998	Dilbeek	Willy Bemus	00:00:12.41	
M45+	H	Outdoor		200 m	4/09/1999	Jambes	Willy Bemus	00:00:25.05	
M45+	H	Outdoor		300 m	1/05/1999	Duffel	Willy Bemus	00:00:40.41	
M45+	H	Outdoor		400 m	4/06/1999	Duffel	Willy Bemus	00:00:56.69	
M45+	H	Outdoor		800 m	21/09/2019	Deinze	Luc Van de Sande	00:02:30.24	
M45+	H	Outdoor		1500 m	7/08/2024	Mechelen	Geert Delen	00:05:03.53	
M45+	H	Outdoor		5000 m	26/07/2000	Flemalle	Jan Torfs	00:16:34.94	
M45+	H	Outdoor		1/2 Marathon	13/03/2022	Gent	Geert Delen	01:18:32.00	
M45+	H	Outdoor		Marathon	24/04/2022	Hamburg	Geert Delen	02:48:15.00	
M45+	H	Outdoor		Verspringen	22/09/2018	Merksem	Luc Van de Sande		3,89 m
M45+	H	Outdoor		Discus	16/05/1999	Zwijndrecht	Georges Janssens		17,55 m
M45+	H	Indoor		60 m	27/12/1998	Hoboken	Willy Bemus	00:00:07.90	
M45+	H	Indoor		200 m	19/02/2000	Gent	Willy Bemus	00:00:25.67	
M50+	D	Outdoor		100 m	23/09/2017	Kessel lo	Lieve Stroobants	00:00:16.59	
M50+	D	Outdoor		200 m	24/09/2016	Wervik	Lieve Stroobants	00:00:32.83	
M50+	D	Outdoor		400 m	26/09/2015	Heusden	Lieve Stroobants	00:01:12.48	
M50+	D	Outdoor		800 m	21/09/2019	Deinze	Karen Peeters	00:02:38.32	
M50+	D	Outdoor		1000 m	6/09/2015	Mechelen	Lieve Stroobants	00:03:40.67	
M50+	D	Outdoor		1500 m	12/06/2022	Brugge	Karen Peeters	00:05:39.73	
M50+	D	Outdoor		5000 m	11/06/2022	Brugge	Karen Peeters	00:20:08.18	
M50+	D	Outdoor		10000 m	30/04/2022	Malmedy	Karen Peeters	00:40:34.85	
M50+	D	Outdoor		Marathon	9/10/2022	Eindhoven	Karen Peeters	03:17:26.00	
M50+	D	Outdoor		2000 steeple	20/09/2020	Ninove	Karen Peeters	00:08:37.06	
M50+	D	Outdoor		Uurloop	4/06/2022	Booischoot	Karen Peeters		13460 m
M50+	D	Indoor		60 m	10/03/2019	Gent	Karen Peeters	00:00:10.33	
M50+	D	Indoor		800 m	10/03/2019	Gent	Karen Peeters	00:02:46.45	
M50+	H	Outdoor		100 m	7/09/2002	Beveren	Willy Bemus	00:00:13.19	
M50+	H	Outdoor		200 m	24/08/2002	Heverlee	Willy Bemus	00:00:26.89	
M50+	H	Outdoor		300 m	2/05/2003	Mechelen	Willy Bemus	00:00:43.02	
M50+	H	Outdoor		400 m	24/08/2002	Heverlee	Willy Bemus	00:01:00.89	
M50+	H	Outdoor		800 m	27/08/2004	Edegem	Johan Govaerts	00:02:24.23	
M50+	H	Outdoor		5000 m	22/09/2018	Merksem	Luc Moens	00:17:59.60	
M50+	H	Outdoor		10000 m	7/05/2016	Duffel	Luc Moens	00:37:12.90	
M50+	H	Outdoor		1/2 Marathon	27/10/2024	Etten-Leur	Luc Van de Sande	01:31:31.00	
M50+	H	Outdoor		Marathon	15/11/2015	Valencia	Dirk Claes	03:07:46.00	
M50+	H	Outdoor		Verspringen	31/07/2016	Tielt	Dirk Claes		3,88 m
M50+	H	Outdoor		Kogel	10/08/2016	Herentals	Dirk Claes		6,75 m
M50+	H	Outdoor		Discus	10/08/2016	Herentals	Dirk Claes		17,80 m
M55+	D	Outdoor		200 m	19/06/2022	Merksem	Lieve Stroobants	00:00:33.76	
M55+	D	Outdoor		400 m	20/09/2020	Ninove	Lieve Stroobants	00:01:13.07	
M55+	D	Outdoor		800 m	19/09/2020	Ninove	Lieve Stroobants	00:02:45.86	
M55+	D	Outdoor		1500 m	7/09/2024	Mechelen	Karen Peeters	00:05:31.01	
M55+	D	Outdoor		Mijl	26/06/2024	Mechelen	Lieve Stroobants	00:06:22.51	

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Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
M55+	D	Outdoor		5000 m	21/09/2025	Antwerpen	Karen Peeters	00:19:35.42	
M55+	D	Outdoor		10000 m	9/06/2025	Duffel	Karen Peeters	00:41:08.32	
M55+	H	Outdoor		200 m	29/08/2021	Lebbeke	Dirk Claes	00:00:34.83	
M55+	H	Outdoor		1/2 Marathon	29/03/2025	Lier	Gilbert Laevers	01:54:29.00	
M55+	H	Outdoor		Marathon	10/04/2022	Zoniënwood	Dirk De Bruyn	03:43:44.00	
M55+	H	Outdoor		H 400 m	15/06/2019	Sint-Niklaas	Alex Storms	00:01:23.38	
M55+	H	Outdoor		3000 steeple	15/06/2019	Sint-Niklaas	Alex Storms	00:12:57.21	
M55+	H	Outdoor		Speer	29/08/2021	Lebbeke	Dirk Claes		15,45 m
M60+	D	Outdoor		800 m	21/06/2025	Sint-Niklaas	Lieve Stroobants	00:02:50.86	
M60+	D	Outdoor		1500 m	22/06/2025	Sint-Niklaas	Lieve Stroobants	00:05:55.79	
M60+	D	Outdoor		Mijl	25/06/2025	Mechelen	Lieve Stroobants	00:06:28.33	
M60+	D	Outdoor		2 Mijl	4/07/2025	Londerzeel	Lieve Stroobants	00:13:51.90	
M60+	D	Outdoor		10000 m	9/06/2025	Duffel	Lieve Stroobants	00:46:37.10	
M60+	H	Outdoor		Marathon	1/04/2022	Zoniënwood	Aimé Golvers	04:12:05.00	
M65+	H	Outdoor		800 m	21/09/2025	Antwerpen	Luc Janssen	00:03:18.17	
M65+	H	Outdoor		1500 m	27/09/2025	Turnhout	Luc Janssen	00:06:42.43	
M65+	H	Outdoor		10000 m	7/05/2011	Ninove	René Versteven	00:41:02.31	
M65+	H	Outdoor		Kogel	27/09/2025	Turnhout	Luc Janssen		6,52 m
M65+	H	Outdoor		Speer	27/09/2025	Turnhout	Luc Janssen		20,01 m
M65+	H	Indoor		1500 m	8/03/2020	Gent	Januario Silva	00:06:35.02	
M70+	H	Outdoor		10000 m	7/05/2016	Duffel	René Versteven	00:44:32.07	
M75+	H	Outdoor		Speer	21/09/2025	Antwerpen	André Arnold		15,74 m

Estafettes gelopen met atleten van binnen en buiten de club:

Min.	H	Outdoor	4 x 100 m	7/05/2025	Vilvoorde	LenK,Robbe,Lasse,Aiko	00:00:59.63	
Cad.	mix	Outdoor	4 x 100 m	7/05/2025	Hulshout	Thomas,Leonie,StigG, MarieVH	00:00:59.74	
M50+	D	Outdoor	4 x 400 m	25/08/2024	Gotenburg	Marijke,Benediekt,LieveS, Lieve	00:04:33.81	BR

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