

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 Muyldermans	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 Muyldermans		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 Muyldermans		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	

Clubrecords Bonheiden Atletiekclub

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	Nieuw 2026	50 m	24/01/2026	Gent	Ella Andries	00:00:08.07	
Min.	D	Indoor	Nieuw 2026	60 m	17/12/2017	Hoboken	Lore Hellemans	00:00:09.03	
Min.	D	Indoor		150 m	24/01/2026	Gent	Ella Andries	00:00:23.87	
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	

Clubrecords Bonheiden Atletiekclub

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
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	
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	Nieuw 2026	50 m	24/01/2026	Gent	Lucas Andries	00:00:07.87	
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

Clubrecords Bonheiden Atletiekclub

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
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	
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	Nieuw 2026	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	21/01/2026	Gent	Stig Geens	00:02:24.16	
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	

Clubrecords Bonheiden Atletiekclub

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
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	
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

Clubrecords Bonheiden Atletiekclub

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
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	
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	

Clubrecords Bonheiden Atletiekclub

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
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
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	

Clubrecords Bonheiden Atletiekclub

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
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	
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	Booischoot	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

Clubrecords Bonheiden Atletiekclub

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
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	50 m	24/01/2026	Gent	Anneleen Arnold	00:00:07.48	
M40+	D	Indoor	Nieuw 2026	60 m	27/12/2025	Heusden-Zolder	Annelore Arnold	00:00:08.59	
M40+	D	Indoor	Nieuw 2026	200 m	10/01/2026	Gent	Anneleen Arnold	00:00:29.88	
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	

Clubrecords Bonheiden Atletiekclub

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten	
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	
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	

Clubrecords Bonheiden Atletiekclub

Cat.	D/H	In/Out		Discipline	Datum	Plaats	Atleet	Tijd	Afst./Punten
M55+	D	Outdoor	Nieuw 2026	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	
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	24/01/2026	Lier	Gilbert Laevers	01:48:18.00	
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	Nieuw 2026	1500 m	8/03/2020	Gent	Januario Silva	00:06:35.02	
M65+	H	Indoor		Kogel	20/12/2025	Mol	Luc Janssen		6,75 m
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

Clubrecords Bonheiden Atletiekclub

Clubrecords Bonheiden Atletiekclub

Clubrecords Bonheiden Atletiekclub

Clubrecords Bonheiden Atletiekclub

Clubrecords Bonheiden Atletiekclub

Clubrecords Bonheiden Atletiekclub

Clubrecords Bonheiden Atletiekclub

Clubrecords Bonheiden Atletiekclub

Clubrecords Bonheiden Atletiekclub

Clubrecords Bonheiden Atletiekclub

Clubrecords Bonheiden Atletiekclub