

## NATIONALE RECORDS OUTDOOR (02.07.11)

### 100m

M35	10"25	WIJMEERSCH Erik	ACW	2006
M40	11"03	BRANLE Jean-Marie	ARCH	1988
M45	11"53	GOEFFERS Freddy	RISC	1997
M50	11"72	VANDEWIELE Emiel	OB	1985
M55	12"1	CORNELIS François	EA	1989
M60	12"62	CRAS August	WIBO	1989
M65	13"2	WILLEMS Willy	WIBO	1993
	13"44	CORNELIS François	EA	2000
M70	13"99	LAUWAERT Bernard	EA	2007
M75	14"70	LENOIR Henri	OEH	2007
M80	17"32	STRUBBE Andre	SPVI	2008
M85	23"57	MOENS Carolus	OB	2011
M90	22"63	PAUWELS Emiel	OB	2009

### 200m

M35	21"55	WIJMEERSCH Erik	ACW	2006
M40	22"5	BRANLE Jean-Marie	ARCH	1988
M45	23"25	DE MOOR Mario	FLAC	2009
M50	23"68	CHENOIS Paul-Emile	CRAC	2006
M55	25"39	PEYSKENS Roger	ASVO	2006
M60	25"9	CRAS August	WIBO	1988
M65	27"75	LAUWAERT Bernard	VS	2004
M70	29"04	REGEMEUTTER Henri	BVAV	1981
M75	31"03	CORNELIS François	EA	2009
M80	37"27	STRUBBE Andre	SPVI	2010
M85	51"89	PAUWELS Emiel	OB	2008
M90	49"77	PAUWELS Emiel	OB	2009

### 300m

M35	35"83	MELCHIOR Olivier	CABW	2008
M40	36"21	THIBAU Erwin	AVLO	2005
M45	36"40	JACOBS Dirk	LOOI	2006
M50	37"95	CHENOIS Paul-Emile	CRAC	2006
M55	40"94	PEYSKENS Roger	ASVO	2003
M60	41"70	CORNELIS François	EA	1995
M65	42"34	CORNELIS François	EA	2001
M70	46"93	MOENS Pierre	EA	1999
M75	53"16	CORNELIS François	EA	2010
M80	66"77	MICHIELS Constant	ABES	2007
M85	80"31	PAUWELS Emiel	OB	2008
M90	85"28	PAUWELS Emiel	OB	2009

### 400m

M35	49"39	BAKRIM Mustapha	RCAS	2009
M40	50"58	THIBAU Erwin	AVLO	2006
M45	51"22	NEYTS Eddy	OB	1994
M50	53"06	LAFERE André	RAM	2009
M55	56"74	CORNELIS François	EA	1989
M60	57"95	BAEYENS Louis	ARAC	1995
M65	62"21	CORNELIS François	EA	1999
M70	67"08	REGEMEUTTER Henri	BVAV	1982
M75	73"24	CORNELIS François	EA	2009
M80	84"45	PAUWELS Emiel	OB	1999
M85	1'41"37	PAUWELS Emiel	OB	2004
M90	1'54"05	PAUWELS Emiel	OB	2009

800m

M35	1'53"37	BAKRIM Mustapha	RCAS	2007
M40	1'53"15	FLAMEE Alain	CSF	2002
M45	1'59"80	LAFERE Andre	RAM	2008
M50	1'58"80	LAFERE André	RAM	2010
M55	2'09"57	HEYDE Lucien	KAAG	2011
M60	2'16"49	DE WYNGAERT Jaak	HERA	1998
M65	2'26"08	VANDELLI Marino	FAC	2011
M70	2'40"50	PAUWELS Emiel	OB	1989
M75	2'53"77	PAUWELS Emiel	OB	1994
M80	3'04"29	PAUWELS Emiel	OB	1999
M85	3'52"02	PAUWELS Emiel	OB	2004
M90	4'40"30	PAUWELS Emiel	OB	2009

1000m

M35	2'29"40	DESMEDT Frédéric	CABW	2007
M40	2'28"18	FLAMEE Alain	CSF	2001
M45	2'36"03	MASSCHELEIN Marc	KKS	2005
M50	2'35"42	LAFERE André	RAM	2009
M55	2'45"41	HEYDE Lucien	KAAG	2011
M60	2'58"60	DE WYNGAERT Jaak	HERA	1998
M65	3'15"57	MARCKX Rene	ABES	1994
M70	3'30"7	SIMONS Henri	KAPE	2003
M75	4'05"43	CAROUBEL Lucien	LWA	2004
M80	4'50"45	CAROUBEL Lucien	USBW	2009

1500m

M35	3'51"87	DESMET Frédéric	CABW	2007
M40	3'50"28	VAN PAEMEL Raymond	VITA	1997
M45	3'59"22	DUBOIS Wilfried	EA	2005
M50	4'05"81	DUBOIS Wilfried	EA	2010
M55	4'21"71	HEYDE Lucien	KAAG	2011
M60	4'41"2	BRIERS Alfons	SGOL	1994
M65	5'02"67	PEETERS Herman	ROBA	2003
M70	5'27"16	SIMONS Henri	KAPE	2002
M75	5'55"09	PAUWELS Emiel	OB	1994
M80	6'23"14	PAUWELS Emiel	OB	1999
M85	7'43"64	PAUWELS Emiel	OB	2004
M90	9'53"07	PAUWELS Emiel	OB	2009

1 mijl

M35	4'22"89	DELME Andy	ROBA	2009
M40	4'15"98	FLAMEE Alain	CSF	2002
M45	4'28"17	JAPPENS Ludo	MAC	2000
M50	4'35"69	HEYDE Lucien	KAAG	2008
M55	4'39"80	HEYDE Lucien	KAAG	2011
M60	5'07"78	BRIERS Alfons	SGOL	1994
M65	5'27"30	PEETERS Herman	ROBA	2003
M70	6'02"07	PEETERS Herman	ROBA	2008
M75	6'25"12	PAUWELS Emiel	OB	1994
M80	8'25"49	CAROUBEL Lucien	USBW	2009

2000m

M35	5'31"75	FAILLE Grégory	DS	2009
M40	5'25"11	FLAMEE Alain	CSF	2002
M45	5'30"43	DUBOIS Wilfried	EA	2004
M50	5'53"37	HEYDE Lucien	KAAG	2008
M55	6'08"28	HEYDE Lucien	KAAG	2011
M60	6'33"5	BRIERS Alfons	SGOL	1994
M65	6'48"73	PEETERS Herman	ROBA	2003

M70	7'51"72	VERLOY Lodewijk	DCLA	2007
M75	8'46"91	CARUBEL Lucien	LWA	2004
M80	10'37"9	CARUBEL Lucien	USBW	2009

### 3000m

M35	8'02"56	FAYS Guy	RFCL	2006
M40	8'21"65	DE VOCHT Peter	BONH	2000
M45	8'33"70	DE VOCHT Peter	AVZK	2007
M50	8'47"67	DUBOIS Wilfried	EA	2010
M55	9'19"55	HEYDE Lucien	KAAG	2011
M60	9'58"87	VAN NUFFELEN Gerard	BEAC	1994
M65	10'36"9	PEETERS Herman	ROBA	2003
M70	11'48"2	VERLOY Lodewijk	DCLA	2006
M75	11'47"26	VERLOY Lodewijk	DCLA	2007
M80	16'10"4	OSSELAER André	ASVO	1998

### 2 mijl

M35	9'42"08	EL MKABLI EL IDRISSE Moulay	RCAS	2009
M40	9'18"16	BLOCKX Jan	DUFF	2005
M45	9'35"19	BLOCKX Jan	DUFF	2008
M50	9'55"81	HEYDE Lucien	KAAG	2006
M55	10'18"10	VAN NOTEN Omer	ROBA	2002
M60	11'12"80	PEETERS Herman	ROBA	2001
M65	11'25"54	PEETERS Herman	ROBA	2003
M70	12'42"11	MATTON Jaak	OEH	2007
M75	14'43"80	CARUBEL Lucien	LWA	2004
M80	18'02"69	CARUBEL Lucien	USBW	2009

### 5000m

M35	13'41"59	FAYS Guy	RFCL	2006
M40	14'03"0	ROELANTS Gaston	DCL	1977
M45	14'42"96	DE VOCHT Peter	AVZK	2008
M50	15'06"0	VAN ONSELEN Jean	BVAV	1984
M55	16'15"8	SCHELFHAUT Robert	BEAC	1992
M60	16'55"61	VAN NUFFELEN Gerard	BEAC	1994
M65	17'47"62	BRIERS Alfons	SGOL	1998
M70	20'09"49	BOTERBERG Remi	ABAV	1994
M75	20'37"47	VERLOY Lodewijk	DCLA	2007
M80	24'18"07	PAUWELS Emiel	OB	1999
M85	28'33"56	PAUWELS Emiel	OB	2004

### 10.000m

W35	28'36"12	FAYS Guy	RFCL	2006
M40	30'14"18	VAN RENTERGHEM Walter	CSF	1984
M45	30'37"01	DE VOCHT Peter	AVZK	2007
M50	30'55"16	DE VOCHT Peter	AVZK	2010
M55	33'17"26	VAN NOTEN Omer	ROBA	2002
M60	35'06"48	VAN NUFFELEN Gerard	BEAC	1994
M65	37'22"68	BRIERS Alfons	SGOL	1998
M70	41'09"35	SIMONS Henri	KAPE	2002
M75	43'15"90	VERLOY Lodewijk	DCLA	2008
M80	50'19"77	PAUWELS Emiel	OB	2001

### 1 uur

M35	18.030m	BLOCKX David	LOOI	2006
M40	19.150m	EYCKMANS Jozef	LOOI	1996
M45	18.517m	DE VOCHT Peter	AVZK	2005
M50	18.402m	DAMIAN Ion	VOLH	2004
M55	17.261m	PEETERS Herman	HERA	1994
M60	16.384m	VAN NUFFELEN Gerard	BRAB	1997

M65	15.600m	PEETERS Herman	ROBA	2003
M70	14.023m	CARUBEL Lucien	LWA	1999
M75	13.707m	VERLOY Lodewijk	DCLA	2008
M80	11.436m	OSSELAER André	ASVO	1997
M85	9.641m	OSSELAER André	ASVO	2001

#### 20.000m

M35		-		
M40	1u06'05"0	VAN DER HOEVEN André	PAKT	1990
M45	1u06'16"5	VAN NOTEN Omer	WESP	1992
M50	1u11'50"0	VAN DEN DRIES Frans	MECH	1990
M55	1u10'53"0	VAN NUFFELEN Gerard	BEAC	1992
M60	1u27'04"8	GOURLET Marcel	CSF	1995
M65	1u31'14"0	MAMMERICKX Camille	WS	1994
M70	1u46'10"0	MAMMERICKX Camille	WS	2001

#### 30.000m

M35		-		
M40	1u48'18"2	SCHEPETLEVANE Gilbert	BBS	1981
M45	1u46'38"0	VAN RENSBERGEN Walter	LEBB	1988
M50	1u59'52"0	SCHEPETLEVANE Gilbert	IXEL	1994
M55	2u19'36"8	SOMVILLE René	IXEL	1990
M60	2u27'50"0	BAUDOUX François	RCB	1994
M65	2u21'18"0	MAMMERICKX Camille	WS	1994

#### 110mH (1.067m)

M35	14"95	ASSELMAN Frank	VS	2007
	14"95	NSENGA Jonathan	CABW	2008
M40	14"7	MARIEN Leo	BVAV	1975
M45	15"53	MARIEN Leo	BVAV	1979
M50	16"7	VAN DER LINDEN Gilbert	DCLA	1984
M55	18"1	VAN DER LINDEN Gilbert	DCLA	1988
M60	26"90	BAEYENS Louis	ARAC	1996

#### 110mH (99,1cm)

M35	14"52	NSENGA Jonathan	CABW	2008
M40	15"33	FRIDENBERGS André	ACF	1993
	15"33	BECKERS Serge	ACW	2005
M45	15"94	BECKERS Serge	MACW	2009

#### 100mH (91,4cm)

M50	15"58	GHEQUIERE Régis	ACIP	1999
M55	15"54	MARIEN Leo	BVAC	1989

#### 100mH (84cm)

M60	16"55	VAN IMPE Frank	BRAB	2011
M65	18"26	EVARD Gilbert	RFCL	2002

#### 80mH (76,2cm)

M70	15"24	VAN DER LINDEN Gilbert	DCLA	2005
M75	19"92	MEURIS Alfons	AVZK	2008

#### 400mH (91,4cm)

M35	55"87	ASSELMAN Frank	VS	2008
M40	57"25	RAVETS René	CSF	1989
M45	58"08	BRAEMS Patrick	AZW	2004
M50	65"31	BRAEMS Patrick	AZW	2009
M55	68"38	RAVETS René	CSF	2004
M60	71"18	RAVETS René	CSF	2009
M65	82"84	BAEYENS Louis	ARAC	2000

400mH (84cm)

M50	59"92	RAVETS René	CSF	1999
M55	69"34	ADRIAENSEN Joan	ACHL	2007

300mH (76,2cm)

M60	45"41	CORNELIS François	EA	1996
M65	47"57	CORNELIS François	EA	1999

300mH (68,6cm)

M70	52"31	CORNELIS François	EA	2004
M75	59"47	CORNELIS François	EA	2010

2000mSt (91,4cm)

M36	6'10"04	DE WAELE Bart	KAAG	2007
M40	6'07"8	HENDRICKX Roger	ARAC	1994
M45	6'19"63	VANDERHOEVEN Marc	VS	2006
M50	6'56"2	CLAESSENS Jozef	VOLH	2001
M55	7'08"79	CLAESSENS Jozef	VOLH	2006
M60	7'43"61	CLAESSENS Jozef	VOLH	2010
M65	9'22"31	BAEYENS Louis	ARAC	2002

2000mSt (76,2cm)

M60	7'39"51	CLAESSENS Jozef	VOLH	2010
M65	8'52"63	PAUWELS Emiel	OB	1986
M70	9'43"40	SCHOUPPE Maurice	ACG	2008
M75	11'09"23	PAUWELS Emiel	OB	1995
M80	11'39"21	PAUWELS Emiel	OB	2001

3000mSt (91,4cm)

M35	9'36"19	FAILLE Grégory	DS	2008
M40	8'41"5	ROELANTS Gaston	DCL	1977
M45	9'35"72	VAN DER HOEVEN Marc	VS	2007
M50	9'57"74	VAN DER HOEVEN Marc	VS	2011
M55	11'06"59	HENDRICKX Roger	ARAC	2010
M60	12'07"57	FLORUS Willy	LIER	1996
M65	13'46"0	PAUWELS Emiel	OB	1984

4 x 100m

M35	44"79	BELGIE	BEL	2009
	44"83	CA BRABANT WALLON	CABW	2008
M40	44"39	BELGIE	BEL	2003
	45"12	R.INT SP CHARLEROI	RISC	1997
M45	46"02	BELGIE	BEL	2006
	48"33	EENDRACHT AALST	EA	2008
M50	48"88	BELGIE	BEL	2007
	49"42	AC LA LOUVIERE	ACLO	2004
M55	50"90	BELGIE	BEL	2007
	59"02	REGIO O-BRABANT ATL	ROBA	2001
M60	52"11	BELGIE	BEL	1994
	59"02	AV ZUIDERKEMPEN	AVZK	1994
M65	55"57	BELGIE	BEL	2002
	65"34	OL ESSENBEEK HALLE	OEH	2000
M70	58"49	BELGIE	BEL	2002
	67"17	R IXELLES SC	IXEL	2002

4 x 200m

M35	1'36"20	AV LOKEREN	AVLO	2006
M40	1'34"33	BELGIE	BEL	2007
	1'36"10	R INT SP CHARLEROI	RISC	1994
M45	1'39"47	EENDRACHT AALST	EA	2007

M50	1'42"30	BELGIE	BEL	2007
	1'44"31	AC LOUVIEROIS	ACLO	2004
M55	2'06"94	AC HERENTALS	ACHL	1998
M60	2'03"1	AV ZUIDERKEMPEN	AVZK	1993
M65	1'58"50	BELGIE	BEL	2003
	2'19"74	OL ESSENBEEK HALLE	OEH	2000
M70	2'04"66	BELGIE	BEL	2008
	2'34"50	R IXELLES SC	IXEL	2001

#### 4 x 400m

M35	3'29"40	BELGIE	BEL	2008
	3'36"14	AV LOKEREN	AVLO	2006
M40	3'32"26	BELGIE	BEL	1997
	3'34"84	R INT SC CHARLEROI	RISC	1996
M45	3'38"97	BELGIE	BEL	2004
	3'45"40	VILVOORDE AC	VAC	2007
M50	3'52"78	BELGIE	BEL	2008
	3'54"12	AC LOUVIEROIS	ACLO	2004
M55	4'29"55	BELGIE	BEL	2004
	4'38"54	AC ALKEN	ACA	2008
M60	4'14"12	BELGIE	BEL	1995
	4'50"8	AV ZUIDERKEMPEN	AVZK	1993
M65	4'52"30	BELGIE	BEL	2004
	5'15"47	OL ESSENBEEK HALLE	OEH	2001
M70	5'04"54	BELGIE	BEL	2008
	6'14"49	R IXELLES SC	IXEL	2001
M75	5'46"15	BELGIE	BEL	2008

#### 4 x 800m

M35	8'12"57	BELGIE	BEL	2009
	8'16"36	REGIO O-BRABANT ATL	ROBA	2009
M40	8'12"94	BELGIE	BEL	2009
	8'25"68	KON KORTRIJK SPORT	KKS	2006
M45	8'25"93	BELGIE	BEL	2005
	8'46"93	DC LEUVEN ATL	DCLA	2010
M50	8'40"2	BELGIE	BEL	2009
	9'21"53	AC HERENTALS	ACHL	2003
M55	9'36"52	BELGIE	BEL	2009
	10'11"89	AC HERENTALS	ACHL	2006
M60	10'09"56	BELGIE	BEL	2009
	11'10"56	HAACHT & REGIO ATL	HERA	1998
M65	11'06"85	BELGIE	BEL	2005
	12'39"54	OL ESSENBEEK HALLE	OEH	2002
M70	11'57"84	BELGIE	BEL	2009
	13'55"37	OL ESSENBEEK HALLE	OEH	2008
M75	15'14"22	BELGIE	BEL	2005

#### 4 x 1500m

M35	17'31"74	BELGIE	BEL	2010
	17'43"09	AC LIERSE	LIER	2008
M40	16'46"24	BELGIE	BEL	2006
	17'01"2	AV MOLENLAND	AVMO	1994
M45	17'23"24	BELGIE	BEL	2010
	18'17"85	DC LEUVEN ATL	DCLA	2003
M50	18'19"13	BELGIE	BEL	2010
	19'02"20	AC HERENTALS	ACHL	2000
M55	19'38"53	BELGIE	BEL	2006
	20'54"69	AC HERENTALS	ACHL	2006
M60	21'09"59	BELGIE	BEL	2010
	22'24"09	HAACHT & REGIO ATL	HERA	1998

M65	22'53''68	BELGIE	BEL	2006
	23'53''30	REGIO O-BRABANT ATL	ROBA	2003
M70	25'03''05	BELGIE	BEL	2010
	28'36''44	OL ESSENBEEK HALLE	OEH	2008
M75	29'31''50	BELGIE	BEL	2006

#### Marathon

M35	2u10'36''	VAN HOOSTE Tom	OEH	2008
M40	2u16'47''	VERBEECK Chris	VOLH	2002
M45	2u18'55''	VANHAECKE Filip	FLAC	2004
M50	2u26'59''	VERBEECK Chris	VOLH	2009
M55	2u38'29''	VAN NUFFELEN Gerard	OLYM	1989
M60	2u43'57''	VAN DE PUTTE Renaat	VMOL	2005
M65	2u51'59''	DE SCHACHT Georges	BEHO	1989
M70	3u10'06''	DE SCHACHT Georges	HCO	1994
M75	3u46'06''	OSSELAER André	ASVO	1993
M80	4u08'10''	OSSELAER André	ASVO	1996

#### Hoog

M35	1m87	JOIRIS Jérémy	DAMP	2010
M40	2m01	MOREAU Guy	RCB	1995
M45	1m89	DE ROOSE Geert	ACME	2009
M50	1m84	DE ROOSE Geert	ACME	2011
M55	1m65	VANDEBOSCH Lambert	WACG	1990
M60	1m62	VANDEBOSCH Lambert	WACG	1995
M65	1m54	VANDEBOSCH Lambert	GENK	2000
M70	1m48	VANDEBOSCH Lambert	GENK	2005
M75	1m37	VANDEBOSCH Lambert	GENK	2010
M80	1m20	D'HANIS Marcel	AVLO	2011
M85	1m00	PAUWELS Emiel	OB	2004
M90	0m98	PAUWELS Emiel	OB	2010

#### Polsstok

M35	4m40	LEDEGEN Dirk	EA	2006
M40	4m86	VAN HOCHT Jan	DCLA	1994
M45	4m60	BORREY Daniel	RCAS	1995
M50	4m50	BORREY Daniel	RCAS	1995
M55	4m10	DEWIL Jef	SPA	2004
M60	3m60	DEWIL Jef	SPA	2009
M65	2m95	STERCKX Leo	BVAC	2002
M70	2m75	STERCKX Leo	BVAC	2007
M75	1m64	MEURIS Alfons	AVZK	2010

#### Ver

M35	7m11	MOMMAERT Didier	ACG	2007
M40	6m95	MOMMAERT Didier	OEH	2010
M45	6m41	WOUTERS Wim	OLSE	1982
M50	5m95	VAN DER LINDEN Gilbert	DCLA	1984
M55	5m54	MARIEN Leo	BVAV	1989
M60	5m21	VERSTRAETEN August	HERA	1997
M65	5m02	VANDEBOSCH Lambert	GENK	2000
M70	4m58	WILLEMS Willy	WIBO	1996
M75	4m21	WILLEMS Willy	WIBO	2001
M80	3m32	WILLEMS Willy	WIBO	2009

#### Hinkstap

M35	14m19	BRANLE Hugues	CABW	2008
M40	14m18	MIEVIS Benny	ACA	2006
M45	13m39	CARVALHO Léonel	MOHA	1990
M50	12m12	PEYSKENS Roger	ASVO	1997

M55	11m91	PEYSKENS Roger	ASVO	2002
M60	11m17	PEYSKENS Roger	ASVO	2008
M65	9m87	VANDEBOSCH Lambert	GENK	2000
M70	8m90	EVARD Gilbert	RFCL	2006
M75	8m98	VANDEBOSCH Lambert	GENK	2011

Kogel (7,260kg)

M35	18m61	BLONDEEL Wim	KAAG	2009
M40	15m56	SWINNEN Philippe	VAC	2002
M45	15m08	CHEVALIER Claude	SCA	1986
M50	13m65	DEPRE Vic	RCT	1981
M55	13m57	DEPRE Vic	RCT	1983
M60	12m25	DEPRE Vic	RCT	1988
M65	9m60	VANDENWEGHE Jules	DCLA	2009
M70	9m07	NAUDTS Evarist	KAAG	2008
M75	7m92	BREGY Léon	RFCL	1995
M80	6m19	HECQ Pierre	ACLO	2009

Kogel (6kg)

M50	14m60	CHEVALIER Claude	SCA	1992
M55	13m53	MOERLOOS Jozef	ACW	1989

Kogel (5kg)

M60	14m50	DEPRE Vic	RCT	1990
M65	13m19	VANDEZANDE Edouard	CSF	1998

Kogel (4kg)

M70	12m17	NAUDTS Evarist	KAAG	2008
M75	10m96	VANDEBOSCH Lambert	GENK	2010

Kogel (3kg)

M80	10m48	HECQ Pierre	ACLO	2008
M85	5m99	MOENS Carolus	OB	2011

Discus (2kg)

M35	55m75	VAN DAELE Jo	AVMO	2008
M40	52m40	DE DECKER Bertrand	ACW	1985
M45	51m56	VAN SCHOOR Robert	RFCL	1991
M50	47m69	VAN SCHOOR Robert	RFCL	1998
M55	45m49	VAN SCHOOR Robert	ESC	2003
M60	41m62	VAN SCHOOR Robert	RESC	2007
M65	29m83	MIKOLAJCZYK Eduard	GENK	1999
M70	28m49	NAUDTS Evarist	KAAG	2007
M75	23m25	VANDEBOSCH Lambert	GENK	2010
M80	17m43	GAUDITIAUBOIS René	GOSP	2008

Discus (1,5kg)

M50	50m86	VAN SCHOOR Robert	RFCL	1996
M55	43m72	EVARD André	UAC	2009

Discus (1kg)

M60	46m52	MIKOLAJCZYK Eduard	WACG	1995
M65	44m30	SYMONS Emiel	LOOI	2010
M70	46m70	NAUDTS Evarist	KAAG	2009
M75	35m06	VANDEBOSCH Lambert	GENK	2010
M80	27m03	GAUDITIAUBOIS René	GOSP	2007
M85	16m75	PAUWELS Emiel	OB	2004
M90	11m97	PAUWELS Emiel	OB	2010

Hamer (7,260kg)

M35	65m92	DE WYNGAERT Walter	ROBA	2007
M40	63m84	DE WYNGAERT Walter	ROBA	2010
M45	51m12	DESPONTIN Thierry	ARCH	2006
M50	50m06	DESPONTIN Thierry	ARCH	2009
M55	45m30	OSETEK Jean	RFCL	1995
M60	45m30	OSETEK Jean	RFCL	1997
M65	38m54	NAUDTS Evarist	KAAG	2002
M70	31m03	NAUDTS Evarist	KAAG	2007
M75	16m10	GAUDITIAUBOIS René	GOSP	2004
M80	14m50	GAUDITIAUBOIS René	GOSP	2009

#### Hamer (6kg)

M50	56m29	DESPONTIN Thierry	ARCH	2009
M55	51m82	OSETEK Jean	RFCL	1992

#### Hamer (5kg)

M60	53m68	OSETEK Jean	RFCL	1997
M65	44m59	NAUDTS Evarist	KAAG	2003

#### Hamer (4kg)

M70	50m58	NAUDTS Evarist	KAAG	2009
M75	29m31	LIPPENS Denis	MACW	2008

#### Hamer (3kg)

M80	26m43	GAUDITIAUBOIS René	GOSP	2008
M85	15m30	MOENS Carolus	OB	2011
M90	11m52	PAUWELS Emiel	OB	2009

#### Speer (800gr)

M35	66m57	VAN MENSEL Marc	AT84	2006
M40	67m70	SCHLATTER Jean-Paul	CSF	1998
M45	57m98	SCHLATTER Jean-Paul	ACO	2004
M50	51m48	TIMMERMANS Eric	LOOI	1999
M55	47m69	MOONS Christiaan	ACBR	2006
M60	45m28	TIMMERMANS Eric	LOOI	2009
M65	37m39	RIHOUX Yves	CABW	2000
M70	29m18	VANDEBOSCH Lambert	GENK	2005
M75	26m68	VANDEBOSCH Lambert	GENK	2010
M80	20m00	GAUDITIAUBOIS René	GOSP	2007
M85	13m64	PAUWELS Emiel	OB	2005

#### Speer (700gr)

M50	52m76	TIMMERMANS Eric	LOOI	2002
M55	51m48	TIMMERMANS Eric	LOOI	2004

#### Speer (600gr)

M60	47m28	TIMMERMANS Eric	LOOI	2010
M65	39m25	SOMERS Roland	OB	2010

#### Speer (500gr)

M70	35m07	VANDEBOSCH Lambert	GENK	2005
M75	32m09	VANDEBOSCH Lambert	GENK	2010

#### Speer (400gr)

M80	23m08	GAUDITIAUBOIS René	GOSP	2007
M85	20m73	PAUWELS Emiel	OB	2004
M90	15m41	PAUWELS Emiel	OB	2009

#### Gewichtwerpen (15,88kg)

M35	18m45	DE WYNGAERT Walter	ROBA	2009
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M40	18m56	DE WYNGAERT Walter	ROBA	2010
M45	13m80	DEMUYNCK Rik	HAC	2020

Gewichtwerpen (11,34kg)

M50	17m80	DESPONTIN Thierry	ARCH	2009
M55	13m78	PEROMET Daniel	HUY	2009

Gewichtwerpen (9,08kg)

M60	13m56	OOMS Gerard	VMOL	2009
M65	14m89	SYMONS Emiel	LOOI	2009

Gewichtwerpen (7,260kg)

M70	19m19	NAUDTS Evarist	KAAG	2008
M75	10m62	MEURIS Alfons	AVZK	2009

Gewichtwerpen (5,450kg)

M80	9m31	GAUDITIAUBOIS René	GOSP	2009
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Werpvijfkamp (2)

M35	3.686p	DE WYNGAERT Walter	ROBA	2007
M40	2.954p	DE WYNGAERT Walter	ROBA	2010
M45	3.351p	VAN GANSBEKE Johan	DEIN	2008
M50	3.585p	VAN GANSBEKE Johan	DEIN	2009
M55	3.327p	PEROMET Daniel	HUY	2010
M60	3.301p	TIMMERMANS Eric	LOOI	2010
M65	3.892p	SYMONS Emiel	LOOI	2009
M70	4.359p	NAUDTS Evarist	KAAG	2009
M75	3.204p	VANDEBOSCH Lambert	GENK	2011
M80	2.940p	GAUDITIAUBOIS René	GOSP	2009

Vijfkamp (1)

M35	3.083p	BRAS Bart	DAC	2006
M40	2.934p	GHEQUIERE Régis	JSM	1990
M45	2.870p	GHEQUIERE Régis	ACIP	1994
M50	2.307p	VAN DE STEENE August	AVLO	1987
M55	1.872p	VAN DE STEENE August	AVLO	1993
M60	1.619p	VANDEBOSCH Lambert	WACG	1996
M65	1.367p	VANDEBOSCH Lambert	GENK	2001
M70	734p	MEURIS Alfons	AVZK	2004
M75	611p	GAUDITIAUBOIS René	GOSP	2002

Vijfkamp (2)

M40	3.375p	GHEQUIERE Régis	JSM	1992
M45	3.481p	MARIEN Leo	BVAV	1981
M50	3.316p	PEYSKENS Roger	ASVO	1997
M55	3.324p	VANDEBOSCH Lambert	WACG	1990
M60	3.503p	VANDEBOSCH Lambert	WACG	1996
M65	3.676p	VANDEBOSCH Lambert	GENK	2001
M70	3.307p	VANDEBOSCH Lambert	GENK	2007
M75	2.716p	VANDEBOSCH Lambert	GENK	2010
M80	1.470p	GAUDITIAUBOIS René	GOSP	2009

Tienkamp (1)

M35	5.667p	MATANDA KAIJI Didier	CRAC	2007
M40	6.032p	GHEQUIERE Régis	JSM	1991
M45	5.172p	GHEQUIERE Régis	ACIP	1996
M50	3.946p	PEYSKENS Roger	ASVO	1997
M55	3.261p	ADRIAENSEN Joan	ACHL	2007
M60	2.500p	DANCKAERTS Alfons	BETA	1989
M65	1.341p	MEURIS Alfons	AVZK	1999

Tienkamp (2)

M35	5.929p	BRAS Bart	DAC	2007
M40	6.765p	GHESQUIERE Régis	JSM	1991
M45	6.095p	BRAEMS Patrick	AZW	2004
M50	7.478p	GHESQUIERE Régis	ACIP	1999
M55	6.097p	ADRIAENSEN Joan	ACHL	2008
M60	5.843p	VANDEBOSCH Lambert	WACG	1995
M65	6.539p	VANDEBOSCH Lambert	GENK	2001
M70	4.659p	PAUWELS Emiel	OB	1991
M75	3.902p	MEURIS Alfons	AVZK	2008

(1) Atletieknorm IAAF (2) Atletieknorm WMA (Nieuwe puntentelling vanaf 1 mei 2010)

100m

W35	12"61	MEGANCK Liliane	BEAC	1993
W40	12"83	VANHOORNE Lieve	FLAC	2004
W45	13"07	KNIPPING Annie-Paule	OEH	1993
W50	13"22	KNIPPING Annie-Paule	OEH	1997
W55	14"17	GRAFF Edith	DAMP	1999
W60	14"70	GRAFF Edith	DAMP	2002
W65	14"86	GRAFF Edith	DAMP	2007
W70	21"71	TEUNEN Maria	LIER	2010

200m

W35	26"13	DE BOCK Berlinde	STG	2002
W40	26"44	VERGUTS Karin	LIER	2003
W45	26"13	KNIPPING Annie-Paule	OEH	1994
W50	26"82	KNIPPING Annie-Paule	OEH	1997
W55	29"45	DE ROOCK Lieve	DAC	2006
W60	31"76	GRAFF Edith	DAMP	2005
W65	31"62	GRAFF Edith	DAMP	2007
W70	48"82	TEUNEN Maria	LIER	2010

300m

W35	41"46	MEGANCK Liliane	BEAC	1993
W40	43"02	FIDDELAERS Liliane	AVT	2005
W45	42"28	KNIPPING Annie-Paule	OEH	1995
W50	42"96	KNIPPING Annie-Paule	OEH	1997
W55	47"97	DE ROOCK Lieve	DAC	2006
W60	52"11	GRAFF Edith	DAMP	2005

400m

W35	58"56	OOSTERLINCK Marleen	VITA	1994
W40	60"34	VAN DE VENSTER Christel	BRAB	2011
W45	59"06	KNIPPING Annie-Paule	OEH	1995
W50	59"88	KNIPPING Annie-Paule	OEH	1997
W55	67"76	DE ROOCK Lieve	DAC	2007
W60	71"45	DE ROOCK Lieve	DAC	2011
W65	82"64	SCHOUPE Jeanine	VS	2011
W70	91"96	DE PRETER Berthilia	HULS	1999

800m

W35	2'09"93	BERG Regina	AVT	1994
W40	2'13"74	DEBAETS Corinne	DCLA	2007
W45	2'16"99	DEBAETS Corinne	DCLA	2009
W50	2'28"80	WRIGHT Carol	WS	2000
W55	2'39"32	WRIGHT Carol	WS	2006
W60	2'52"59	WRIGHT Carol	SMAC	2010
W65	3'06"18	DE PRETER Berthilia	AVZK	1994

W70	3'17"69	TUBEX Rachel	SWIN	2007
<u>1000m</u>				
W35	2'48"56	DEBAETS Corinne	DCLA	2000
W40	2'51"08	DEBAETS Corinne	DCLA	2004
W45	2'53"39	DEBAETS Corinne	DCLA	2009
W50	3'16"05	WRIGHT Carol	WS	2000
W55	3'31"48	WRIGHT Carol	WS	2006
W60	3'44"94	SCHOUPE Jeanine	VS	2007
W65	4'21"88	VAN CAEKENBERGHE Myriam	RCB	2000
<u>1500m</u>				
W35	4'21"21	DEBAETS Corinne	DCLA	2002
W40	4'20"6	DEBAETS Corinne	DCLA	2007
W45	4'27"47	DEBAETS Corinne	DCLA	2009
W50	5'06"56	VAN PEER Christa	ACHL	2009
W55	5'13"27	JUSTIN Danielle	MALM	2007
W60	5'50"95	DE PRETER Berthilia	BOOI	1989
W65	6'10"00	DE PRETER Berthilia	AVZK	1994
W70	6'55"87	DE PRETER Berthilia	HULS	1999
<u>1 mijl</u>				
W35	4'44"81	DEBAETS Corinne	DCLA	2002
W40	4'46"04	DEBAETS Corinne	DCLA	2004
W45	4'57"13	DEBAETS Corinne	DCLA	2010
W50	5'31"88	KETELSLEGERS Marie-Paule	ADD	1998
W55	5'55"59	MUNTEN Anna	ATLA	2010
W60	6'37"8	VAN CAEKENBERGHE Myriam	IXEL	1995
W65	7'33"37	VAN CAEKENBERGHE Myriam	RCB	2000
W70	7'39"74	DE PRETER Berthilia	HULS	1999
<u>2000m</u>				
W35	6'04"27	DEBAETS Corinne	DCLA	2000
W40	6'13"00	DEBAETS Corinne	DCLA	2006
W45	6'10"64	DEBAETS Corinne	DCLA	2009
W50	7'03"8	KETELSLEGERS Marie-Paule	ADD	1998
W55	7'30"25	BEELEN Jacqueline	RCT	2002
W60	8'03"50	SCHOUPE Jeanine	VS	2007
W65	9'18"85	VAN CAEKENBERGHE Myriam	RCB	2000
W70	9'03"77	TUBEX Rachel	SWIN	2007
<u>3000m</u>				
W35	9'08"21	DANNEELS Anne-Marie	AVT	1997
W40	9'22"90	DEBAETS Corinne	DCLA	2007
W45	9'49"18	DEBAETS Corinne	DCLA	2009
W50	10'51"04	KETELSLEGERS Marie-Paule	ADD	1998
W55	11'06"2	ALFVOET Denise	OB	1991
W60	12'01"65	ALFVOET Denise	OB	1996
W65	13'04"86	TUBEX Rachel	SWIN	2004
<u>2 mijl</u>				
W35	11'07"07	PEETERS Anja	LOOI	2008
W40	10'33"4	DEBAETS Corinne	DCLA	2004
W45	10'58"49	DEBAETS Corinne	DCLA	2010
W50	12'06"86	BEELEN Jacqueline	RCT	2002
W55	12'36"39	MUNTEN Anna	ATLA	2010
W60	15'03"96	VERSTREPEN Monique	SWIN	2007

5000m

W35	15'36"60	BAOUF Fatiha	CABW	2006
W40	16'11"90	DEBAETS Corinne	DCLA	2004
W45	16'53"00	DEBAETS Corinne	DCLA	2009
W50	18'37"17	VAN PEER Christa	ACHL	2009
W55	18'56"07	ALFVOET Denise	OB	1991
W60	20'57"14	DE PRETER Berthilia	BOOI	1989
W65	23'27"53	DE PRETER Berthilia	AVZK	1996
W70	25'06"46	DE PRETER Berthilia	HULS	1999

10.000m

W35	32'36"23	BAOUF Fatiha	CABW	2006
W40	34'59"19	DEBAETS Corinne	DCLA	2005
W45	36'48"56	DE HAES Gerda	BETA	1999
W50	38'46"60	VAN PEER Christa	ACHL	2009
W55	39'03"51	JUSTIN Danielle	MALM	2007
W60	43'07"8	ALFVOET Denise	OB	1996
W65	48'26"24	DE PRETER Berthilia	AVZK	1997
W70	53'41"74	DE PRETER Berthilia	HULS	1999

1 uur

W35	16.520m	SEGERS Catharina	RCG	1999
W40	16.048m	DEBAETS Corinne	DCLA	2004
W45	15.956m	KETELSLEGERS Marie-Paule	ADD	1993
W50	14.986m	KETELSLEGERS Marie-Paule	ADD	1998
W55	14.600m	BEELEN Jacqueline	RCT	2002
W60	13.660m	ALFVOET Denise	OB	1996
W65	12.467m	DE PRETER Berthilia	AVZK	1996
W70	11.425m	DE PRETER Berthilia	HULS	1999

20.000m

W35	1u28'58"0	BREL Béatrice	IXEL	1989
W40	1u24'11"0	VERBAUWHEDE Marianne	AVMO	2000
W45	1u30'06"0	SELCK Annie	OEH	1990

30.000m

W40	2u29'36"0	GENOT Jocelyne	IXEL	1990
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100mH (84cm)

W35	15"21	KNIPPING Véronique	OEH	1994
W40	16"18	DENISTY Danièle	FCHA	2007
W45	17"21	DENISTY Danièle	WS	2011
W50	18"23	DE KEYZER Odette	STG	2002
W55	19"41	VANHORENBEECK Hildegard	STAX	2009

80mH (76,2cm)

W40	12"66	PEETERMANS Ilse	ACHL	2011
W45	12"92	DENISTY Danièle	WS	2011
W50	13"94	KNIPPING Véronique	OEH	2010
W55	14"24	VANHORENBEECK Hildegard	STAX	2009

80mH (68,6cm)

W60	14"03	GRAFF Edith	DAMP	2005
W65	14"03	GRAFF Edith	DAMP	2008

400mH (76,2cm)

W35	63"80	STAUT Kris	VOLH	1993
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W40	67"62	VAN KEER Wiske	STAR	1993
W45	73"84	CLAUWAERT Karine	DEIN	2005
W50	75"80	CLAUWAERT Karine	DEIN	2009

#### 300mH (76,2cm)

W50	51"90	CLAUWAERT Karine	DEIN	2011
W55	55"86	PATER Jocelyne	ACLO	2009

#### 2000mSt (76,2cm)

W35	7'04"38	STATKUVIENE Stefanija	ASSA	2001
W40	7'37"33	DE GEYTER Caroline	ZA	2007
W45	8'46"35	VANDORMAEL Marie-Jeanne	AVT	2011
W50	10'36"63	AVAU Magda	OEH	2007
W55	9'01"85	SCHOUPE Jeanine	ACG	2001

#### 3000mSt (76,2cm)

W35	9'51"64	DEJAEGHERE Veerle	AVR	2011
W40	12'05"60	DE WULF Hilde	RIEM	2005

#### 4 x 100m

W35	50"80	BELGIE	BEL	2002
	51"9	SORGHVLIEDT ATL	SORG	1991
W40	54"09	BELGIE	BEL	2007
	54"87	DILBEEK AC	DILB	1996
W45	52"93	BELGIE	BEL	2007
	56"45	AC DEINZE	DEIN	2010
W50	56"15	BELGIE	BEL	2007
	65"53	OL ESSENBEEK HALLE	OEH	2006
W55	60"10	BELGIE	BEL	2007
	75"29	SAC NEERPELT	SACN	2010

#### 4 x 200m

W35	1'51"27	BELGIE	BEL	2003
	1'53"05	SORG & AARTS SAMENW	STAR	1992
W40	1'52"93	BELGIE	BEL	2007
	1'59"1	FLANDERS AC	FLAC	2003
W45	1'51"96	BELGIE	BEL	2007
	2'11"65	OL ESSENBEEK HALLE	OEH	2004
W50	2'08"15	BELGIE	BEL	2003
	2'14"51	OL ESSENBEEK HALLE	OEH	2005
W55	2'10"21	BELGIE	BEL	2007
	2'43"19	SAC NEERPELT	SACN	2010

#### 4 x 400m

W35	4'03"33	BELGIE	BEL	1994
	4'18"76	OL ESSENBEEK HALLE	OEH	1996
W40	4'24"41	BELGIE	BEL	2004
	4'39"19	AC STANDAARD GENT	STG	2001
W45	4'13"75	BELGIE	BEL	1996
	4'38"46	AC DEINZE	DEIN	2010
W50	4'45"73	BELGIE	BEL	2004
	5'07"70	OL ESSENBEEK HALLE	OEH	2005
W55	5'07"47	BELGIE	BEL	2010
	5'55"91	SAC NEERPELT	SACN	2009
W60	6'11"09	BELGIE	BEL	2004

#### 4 x 800m

W35	9'31"23	BELGIE	BEL	2005
	9'57"35	AS RIEME	RIEM	2002
W40	9'45"65	BELGIE	BEL	2009
	10'22"67	AS RIEME	RIEM	2005
W45	10'26"77	BELGIE	BEL	2009
	10'28"87	DC LEUVEN ATL	DCLA	2010

W50	10'45''39	BELGIE	BEL	2009
	11'21''02	OL ESSENBEK HALLE	OEH	2006
W55	11'51''73	BELGIE	BEL	2009
	13'18''64	SAC NEERPELT	SACN	2009
W60	14'22''13	BELGIE	BEL	2009

#### Marathon

W35	2u33'05''	MILO Linda	RISC	1995
W40	2u44'10''	ILANDS Magda	DUFF	1991
W45	2u41'04''	ALFVOET Denise	OB	1984
W50	2u51'46''	ALFVOET Denise	OB	1986
W55	3u01'31''	ALFVOET Denise	OB	1990
W60	3u22'32''	ALFVOET Denise	OB	1996
W65	3u45'33''	VAN CAEKENBERGHE Myriam	RCB	2000

#### Hoog

W35	1m75	DE LEEUW Sabine	OEH	2010
W40	1m63	PAESEN Heidi	LYRA	2010
W45	1m56	WERY Myriam	DAMP	2006
W50	1m35	GRAFF Edith	DAMP	1992
	1m35	CASIN Roswitha	LACE	1996
W55	1m37	GRAFF Edith	DAMP	1999
W60	1m41	GRAFF Edith	DAMP	2004
W65	1m32	GRAFF Edith	DAMP	2007

#### Polsstok

W35	3m40	ZUBIOLO Sophie	ARCH	2009
W40	3m22	DU BOIS Véronique	DAMP	2004
W45	3m01	DU BOIS Véronique	DAMP	2008
W50	2m00	MIMMO Angela	RCAS	2002
W55	1m50	DERKSEN Amely	WS	2004
W60	1m40	TEUNEN Maria	LIER	1997

#### Ver

W35	5m68	VERVAET Hilde	RCG	2002
W40	5m40	AUTRIQUE Betty	BVAV	1991
W45	5m18	KNIPPING Annie-Paule	OEH	1994
W50	4m91	KNIPPING Annie-Paule	OEH	2000
W55	4m80	GRAFF Edith	DAMP	2000
W60	4m69	GRAFF Edith	DAMP	2002
W65	4m42	GRAFF Edith	DAMP	2007
W70	2m42	TEUNEN Maria	LIER	2009

#### Hinkstap

W35	11m38	PAESEN Heidi	LYRA	2009
W40	11m11	PAESEN Heidi	LYRA	2010
W45	10m66	BOTTIN Hilde	RCT	2009
W50	9m15	GRAFF Edith	DAMP	1996
W55	9m56	GRAFF Edith	DAMP	2000
W60	9m35	GRAFF Edith	DAMP	2006
W65	9m32	GRAFF Edith	DAMP	2007

#### Kogel (4kg)

W35	15m79	DELEEUW Brigitte	SCA	1993
W40	13m66	GELDHOF Marie-Paule	VAC	1999
W45	11m84	LARNOE Karin	VOLH	2009
W50	11m10	TOMANEK Margareth	KAAG	1999
W55	9m80	GRAFF Edith	DAMP	1998
W60	8m64	DE WILDE Jeanne	SGOL	1987
W65	8m13	HANSSENS Rachel	ASVO	1996
W70	7m49	HANSSENS Rachel	ASVO	1999

W75	6m68	HANSSENS Rachel	ASVO	2004
<u>Kogel (3kg)</u>				
W50	12m69	TOMANEK Margareth	KAAG	1999
W55	11m11	TOMANEK Margareth	KAAG	2005
W60	9m96	TOMANEK Margareth	KAAG	2010
W65	9m14	HANSSENS Rachel	ASVO	1995
W70	8m86	HANSSENS Rachel	ASVO	1999
<u>Kogel (2kg)</u>				
W80	8m87	HANSSENS Rachel	ASVO	2010
<u>Discus (1kg)</u>				
W35	61m40	GELDHOF Marie-Paule	AVT	1994
W40	54m73	GELDHOF Marie-Paule	VAC	1999
W45	46m57	ENGELLEN Ingrid	BRAB	2000
W50	39m71	TOMANEK Margareth	KAAG	2000
W55	36m24	TOMANEK Margareth	KAAG	2004
W60	32m19	TOMANEK Margareth	KAAG	2010
W65	23m24	HANSSENS Rachel	ASVO	1995
W70	20m77	HANSSENS Rachel	ASVO	2000
W75	18m96	HANSSENS Rachel	ASVO	2007
W80	16m91	HANSSENS Rachel	ASVO	2009
<u>Discus (750gr)</u>				
W80	21m34	HANSSENS Rachel	ASVO	2009
<u>Hamer (4kg)</u>				
W35	44m19	DE WOLF Kathleen	DCLA	2005
W40	44m54	CHRETIEN Bernadette	CABW	2001
W45	40m62	TOMANEK Margareth	KAAG	1997
W50	39m81	TOMANEK Margareth	KAAG	1999
W55	30m91	DESCAMPS M-Madeleine	FLAC	2011
W60	23m86	PAPS Maria	LOOI	2009
W65	20m44	DE WILDE Jeanne	SGOL	1994
W70	19m60	DE WILDE Jeanne	SGOL	1997
W75	15m49	HANSSENS Rachel	ASVO	2004
<u>Hamer (3kg)</u>				
W50	49m50	TOMANEK Margareth	KAAG	1999
W55	45m04	TOMANEK Margareth	KAAG	2006
W60	41m18	TOMANEK Margareth	KAAG	2010
W65	29m61	GRAFF Edith	DAMP	2007
W70	22m06	DE WILDE Jeanne	SGOL	1997
<u>Hamer (2kg)</u>				
W80	27m09	HANSSENS Rachel	ASVO	2011
<u>Speer (600gr)</u>				
W35	39m98	FORTHOMME Laurence	RFCL	2006
W40	35m78	VAN EYNDE Annik	FLAC	2007
W45	33m60	VAN EYNDE Annik	FLAC	2011
W50	30m13	FRANCKX Magda	BRAB	1999
W55	30m62	FRANCKX Magda	BRAB	2002
W60	28m30	FRANCKX Magda	BRAB	2006
W70	23m42	HANSSENS Rachel	ASVO	1999
W75	18m88	HANSSENS Rachel	ASVO	2008
W80	10m43	DE WILDE Jeanne	SGOL	2007

Speer (500gr)

W50	32m33	FRANCKX Magda	BRAB	2000
W55	33m68	FRANCKX Magda	BRAB	2002

Speer (400gr)

W60	32m62	FRANCKX Magda	BRAB	2006
W65	30m22	HANSSENS Rachel	ASVO	1995
W70	26m60	HANSSENS Rachel	ASVO	2000
W75	23m84	HANSSENS Rachel	ASVO	2006
W80	21m83	HANSSENS Rachel	ASVO	2010

Gewichtwerpen (9,080kg)

W35	14m01	DE WOLF Kathleen	DCLA	2005
W40	13m69	DE WOLF Kathleen	RAM	2007
W45	11m36	TOMANEK Margareth	KAAG	1996

Gewichtwerpen (7,260kg)

W50	13m97	TOMANEK Margareth	KAAG	2002
W55	14m32	TOMANEK Margareth	KAAG	2005

Gewichtwerpen (5,450kg)

W60	15m64	TOMANEK Margareth	KAAG	2011
W65	10m33	HANSSENS Rachel	ASVO	1996
W70	9m09	HANSSENS Rachel	ASVO	2000

Gewichtwerpen (4kg)

W80	10m15	HANSSENS Rachel	ASVO	2010
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Werpvijfkamp (2)

W35	3.026p	DE WOLF Kathleen	DCLA	2004
W40	3.231p	DE WOLF Kathleen	RAM	2008
W45	3.428p	TOMANEK Margareth	KAAG	1996
W50	4.238p	TOMANEK Margareth	KAAG	1999
W55	4.403p	TOMANEK Margareth	KAAG	2005
W60	4.391p	TOMANEK Margareth	KAAG	2010
W65	3.636p	HANSSENS Rachel	ASVO	1996
W70	3.960p	HANSSENS Rachel	ASVO	2000
W75	4.578p	HANSSENS Rachel	ASVO	2008
W80	4.780p	HANSSENS Rachel	ASVO	2010

Vijfkamp (1)

W35	3.004p	DENISTY Danièle	SMAC	2004
W40	3.047p	DENISTY Danièle	FCHA	2007
W45	2.026p	ANDRIES Gerda	AVKA	2010
W50	2.139p	DE KEYZER Odette	STG	2001

Vijfkamp (2)

W35	3.601p	CORNEILLE Rosanne	HCO	1984
W40	3.663p	DENISTY Danièle	FCHA	2007
W45	3.938p	GRAFF Edith	DAMP	1988
W50	3.364p	CLAUWAERT Karine	DEIN	2011
W55	3.915p	GRAFF Edith	DAMP	1997
W60	4.195p	GRAFF Edith	DAMP	2005

Zevenkamp (1)

W35	4.678p	DEGHEUS Nadine	RCB	1984
W40	4.062p	DENISTY Danièle	SMAC	2006
W45	3.843p	DENISTY Danièle	WS	2011
W50	1.649p	PATER Jocelyne	ACLO	2005
W55	756p	DERKSEN Amely	WS	2003
W60	614p	DERKSEN Amely	WS	2008

Zevenkamp (2)

W35	4.337p	DENISTY Danièle	SMAC	2004
W40	4.703p	DENISTY Danièle	FCHA	2008
W45	4.926p	GRAFF Edith	DAMP	1988
W50	3.883p	KNIPPING Véronique	OEH	2010
W55	4.050p	PATER Jocelyne	ACLO	2009

Tienkamp (1)

W35	4.103p	ZUBIOLO Sophie	ARCH	2008
W40	4.963p	DENISTY Danièle	FCHA	2007

(1) Atletieknorm IAAF (2) Atletieknorm WMA (Nieuwe puntentelling vanaf 1 mei 2010)

**BELGISCHE RECORDS INDOOR (op 01.04.2011)**

(1) IAAF norm (2) WMA norm

**M35**

60m	6"78	WYMEERSCH Erik	ACW	Gent	14.01.06
200m	23"26	CALLENS Emmanuel	USTA	Gent	12.03.11
300m	37"77	CALLENS Emmanuel	USTA	Gent	27.02.11
400m	50"64	BAKRIM Mustapha	RCAS	Gent	24.01.09
800m	1'59"61	DESMEDT Frédéric	CABW	Gent	18.03.11
1000m	2'36"64	DESMEDT Frédéric	CABW	Gent	15.01.11
1500m	4'03"07	LECOEUCHE Arnaud	JSMC	Gent	28.02.09
Mijl	4'33"68	BORGHOMS Luc	ATLA	Gent	26.12.10
3000m	8'40"14	LECOEUCHE Arnaud	JSMC	Gent	24.01.09
60mH (1m06)	8"25	NSENGA Jonathan	CABW	Gent	22.02.09
60mH (0m99)	8"26	NSENGA Jonathan	CABW	Dour	31.01.09
4x200m	1'36"20	BELGIE	BEL	Gent	20.03.11
	(Stefaan De Schanfeleire/ASVO-Kris Decatelle/AVLO-Serge De Smedt/ATAC-Luc Vervynck/DEIN)				
4x200m	1'50"51	ATL ZUID WEST	AZW	Gent	14.02.10
	(Frederic Descamps-Thierry Dierickx-Patrick.Braems-Jan Vervaeke)				
4x400m	4'16"88	ATL ZUID WEST	AZW	Gent	26.12.09
	(Thierry Dierickx-Patrick Hermans-Frederic Descamps-Jan Vervaeke)				
Hoog	1m90	LEMMENS Koen	OLSE	Gent	11.03.07
Polsstok	4m65	LEDEGEN Dirk	EA	Gent	19.02.06
Ver	6m78	HERMAN Eric	DAMP	Linz (Aut)	19.03.06
Hss	14m16	HERMAN Eric	DAMP	Linz (Aut)	18.03.06
Kogel	18m43	BLONDEEL Wim	KAAG	Gent	22.02.09
Vijfkamp (1)	3.133p	HERMAN Eric	DAMP	Gent	05.02.06
		(9.46 – 6.50 – 10.50 -1.70 -2.53.63)			
Vijfkamp (2)	3.411p	HERMAN Eric	DAMP	Linz (Aut)	16.03.06
		(9.06 – 6.50 – 11.05 – 1.69 – 2.51.62)			
Zevenkamp (1)	3.961p	BRAS Bart	DAC	Gent	03.02.08
		(7.98 – 5.97 – 11.89 – 1.71 – 9.95 – 3.40 – 3.00.84)			
5000mSW	22'43"77	BUYTAERT Frank	OLSE	Gent	27.01.07

**M40**

60m	7"12	DIERICX Philippe	OCAN	Sindelfingen(Ger)	12.03.04
200m	23"14	THIBAU Erwin	AVLO	Gent	14.01.07
300m	36"94	THIBAU Erwin	AVLO	Gent	26.12.06
400m	50"57	THIBAU Erwin	AVLO	Linz (Aut)	20.03.06
800m	1'56"45	FLAMEE Alain	CSF	Gent	02.03.03
1000m	2'36"72	MASSCHELEIN Marc	KKS	Gent	03.03.01
1500m	3'59"69	TRUYERS Marc	DUFF	Gent	04.02.96
Mijl	4'36"99	STEURS Wim	DCLA	Gent	26.12.07
3000m	8'30"52	FLAMEE Alain	CSF	Gent	17.02.02
60mH(1m06)	9"19	DELBAERE Willy	ACBR	Hoboken	20.01.01
60mH(99cm)	8"55	DA SILVA Juan	RCB	Fléron	02.02.02
4x200m	1'35"84	BELGIE	BEL	Gent	20.03.11
		(Dirk Bonte/RAM-Frank Dawyndt/MACW-Marc Pottiez/RAM-Serge Blot/RCG))			
4x200m	1'36"44	REGIO ATL MECHELEN	RAM	Gent	14.02.10
		(Dirk Bonte-Johan Wonnink-Marc Pottiez-André Lafere)			
Hoog	1m89	DE ROOSE Geert	ACME	Gent	19.02.06
Polsstok	4m75	DEWIL Jef	ESC	Oreye	09.03.91
Ver	6m35	POULAIN Philippe	CSDY	Clerm.-Ferrand(Fra)	21.03.08
Hss	13m84	MIEVIS Benny	ACA	Linz (Aut)	17.03.06
Kogel	14m88	DE DECKER Bertrand	ACW	Gent	24.01.88
Vijfkamp (2)	3.475p	VAN NIEUWENHOVE Erwin EA		Sindelfingen (Ger)	10.03.04
		(9.09 – 5.92 – 12.82 – 1.70 – 3.15.78)			

Zevenkamp (1)	3.640p	BRAEMS Patrick	AZW	Gent	25.02.01
		(8.08 – 5.56 – 8.14 – 1.60 – 9.65 – 3.20 – 2.50.99)			
3000mSW	13'43"2	STEENHOUDT Hendrik	ACG	Liévin (Fra)	09.02.86
5000mSW	22'11"53	DEJONCKHEERE Godfried	KKS	Gent	07.02.93

#### M45

60m	7"27	GOEFFERS Freddy	USLE	Dour	10.01.98
200m	23"55	CHENOIS Paul-Emile	RCSC	Gent	27.03.04
300m	40"00	BRUSTEN Michel	CABW	Gent	10.01.10
400m	52"86	HOUTMAN Danny	EA	Helsinki (Fin)	23.03.07
800m	2'02"06	LAFERE Andre	RAM	Gent	28.02.09
1000m	2'39"33	MASSCHELEIN Marc	KKS	Gent	18.03.07
1500m	4'13"35	DE BAETS Frits	RCG	Gent	11.03.07
Mijl	4'36"95	DE BAETS Frits	RCG	Gent	26.12.07
3000m	8'43"03	DE VOCHT Peter	AVZK	Gent	17.02.08
60mH(1m06)	9"60	JACOBS Jos	EA	Gent	10.02.06
60mH(99cm)	8"77	BECKERS Serge	MACW	Ancona (Ita)	28.03.09
4x200m	1'42"01	BELGIE	BEL	Gent	29.03.04
		(Jer.Goossens/VAC-Dan.Jeanmotte/OSGA-Patr.Herremann/KKS-Patr.Braems/AZW)			
Hoog	1m93	DE ROOSE Geert	ACME	Linz (Aut)	19.03.06
Polstok	4m42	ELIAS Roland	SER	Gent	12.03.06
Ver	6m14	POULAIN Philippe	CSDY	Gent	18.03.11
Hss	12m66	MIEVIS Benny	ACA	Gent	04.01.09
Kogel	13m71	DE DECKER Bertrand	ACW	Wilrijk	10.02.90
Vijfkamp (2)	3.528p	BECKERS Serge	MACW	Gent	15.02.09
		(8.88 – 6.07 – 9.34 – 1.63 – 3.27.51)			
3000mSW	13'52"90	BOGAERT Dirk	ACME	Eskilstuna (Swe)	12.03.05
5000mSW	23'57"01	BOGAERT Dirk	ACME	Gent	21.02.04

#### M50

60m	7"61	JACOBS Dirk	LOOI	Gent	12.03.11
200m	24"29	JACOBS Dirk	LOOI	Gent	16.03.11
300m	38"83	CHENOIS Paul Emile	CRAC	Gent	26.12.07
400m	53"79	LAFERE André	RAM	Gent	27.02.10
800m	1'59"74	LAFERE André	RAM	Gent	13.03.10
1000m	2'49"50	CLAESSENS Jozef	VOLH	Gent	03.03.01
1500m	4'11"73	CLAESSENS Jozef	VOLH	Gent	07.01.01
Mijl	5'03"89	VYNCKE William	RIEM	Gent	26.12.07
3000m	9'13"39	VAN NOTEN Omer	HERA	Gent	03.01.98
60mH(1m06)	11"65	BUELENS Marc	DCLA	Hoboken	26.11.05
60mH(91cm)	9"39	DA SILVA Juan	RCB	Gent	13.03.10
4x200m	1'43"03	BELGIE	BEL	S.Sebastian (Esp)	09.03.03
		(Fr.Goeffers/ACLO-Alain Wayet/ACLO-Al. Ebertzheim/ACLO-Rog.Peyskens/ASVO)			
4x200m	1'49"36	AC LOUVIEROIS	ACLO	Sindelfingen (Ger)	14.03.04
		(Freddy Goeffers-Alain Wayet-Alain Ebertzheim-André Biaumet)			
4x400m	4'41"57	ATL ZUID WEST	AZW	Gent	26.12.09
		(Filip Bossuyt-Patrick Braems-Lucien Taelman-Geert Verschaeve)			
Hoog	1m84	DE ROOSE Geert	ACME	Gent	16.03.11
Polstok	4m33	DEWIL Jef	MALM	Oreye	25.02.01
Ver	5m52	GOEFFERS Freddy	ACLO	S.Sebastian (Esp)	06.03.03
Hss	11m94	PEYSKENS Roger	ASVO	Birmingham (Gbr)	01.03.97
Kogel 7kg	12m82	CHEVALIER Claude	SCA	Gent	02.02.91
Kogel 6kg	12m79	DE HERDT Dirk	ZWAT	Gent	12.03.11
Vijfkamp (2)	3.577p	DE ROOSE Geert	ACME	Gent	16.03.11
		(10.40 – 5.34 – 9.96 – 1.384– 3.24.94)			
3000mSW	14'07"34	BOGAERT Dirk	ACME	Gent	17.03.11
5000mSW	24'27"54	BOGAERT Dirk	ACME	Gent	29.01.11

**M55**

60m	7"92	PEYSKENS Roger	ASVO	Gent	05.01.02
200m	25"68	PEYSKENS Roger	ASVO	Gent	12.01.02
300m	42"13	HEYNDERICKX Robert	ACBR	Gent	26.12.07
400m	57"57	BIAUMET André	ACLO	Clerm.-Ferrand(Fra)	22.03.08
800m	2'14"37	BIAUMET André	ACLO	Helsinki (Fin)	24.03.07
1000m	2'54"78	VAN NOTEN Omer	ROBA	Gent	28.12.02
1500m	4'33"69	CLAESSENS Jozef	VOLH	Gent	19.12.04
Mijl	5'03"04	CLAESSENS Jozef	VOLH	Gent	26.12.07
3000m	9'32"43	VAN NOTEN Omer	ROBA	Gent	26.12.02
60mH(1m06)	11"04	MEURIS Alfons	AVZK	Hoboken	19.12.93
60mH(91cm)	9"67	VAN IMPE Frank	OLSE	Linz (Aut)	19.03.06
4x200m	1'46"54	BELGIE	BEL	Clerm.-Ferrand (Fra)	22.03.08
(Al.Wayet/ACLO-Al.Ebertzheim/ACLO-Al.Biaumet/ACLO-José Kumps/CSDY)					
Hoog	1m58	VANDEBOSCH Lambert	WACG	Tongeren	21.03.92
Polstok	3m60	STERCKX Leo	BVAC	Wilrijk	08.02.92
Ver	5m33	VERSTRAETEN August	HERA	Gent	18.12.93
Hss	11m46	PEYSKENS Roger	ASVO	Gent	05.01.02
Kogel 7kg	12m25	DEPRE Vic	RCT	Nijvel	11.02.84
Kogel 6kg	11m89	LEGROS Noël	FCHA	Visé	21.11.10
Vijfkamp (2)	2.974p	VAN IMPE Frank	OLSE	Linz (Aut)	17.03.06
(9.85 – 5.07 – 11.07 – 0 – 3.39.00)					
3000mSW	15'41"0	SCHOUCKENS Robert	MABI	Charleville (Fra)	11.12.83
5000mSW	27'10"7	SCHOUCKENS Robert	MABI	Charleville (Fra)	07.12.86

**M60**

60m	8"06	PEYSKENS Roger	ASVO	Helsinki (Fin)	23.01.07
200m	26"45	PEYSKENS Roger	ASVO	Helsinki (Fin)	25.03.07
300m	42"85	BIAUMET André	ACLO	Gent	27.02.11
400m	59"81	BIAUMET André	ACLO	Gent	12.03.11
800m	2'22"30	BIAUMET André	ACLO	Gent	16.01.11
1000m	3'03"13	CLAESSENS Jozef	VOLH	Gent	23.01.10
1500m	4'47"52	BOEXSTAENS Johnny	AVZK	Gent	20.03.11
Mijl	5'23"13	CLAESSENS Jozef	VOLH	Gent	26.12.10
3000m	10'14"48	CLAESSENS Jozef	VOLH	Gent	31.01.10
60mH(1m06)	13"63	MEURIS Alfons	AVZK	Hoboken	19.12.93
60mH(84cm)	10"04	VAN IMPE Frank	BRAB	Gent	17.03.11
4x200m	2'01"75	BELGIE	BEL	Gent	13.03.10
(José Kumps/CSDY-Paul Wauterecht/LAT-Paul Gruloos/ASSA-Jozef Claessens/VOLH)					
Hoog	1m57	VANDEBOSCH Lambert	GENK	Tongeren	18.03.95
	1m57	VAN IMPE Frank	BRAB	Gent	16.03.11
Polstok	3m20	STERCKX Leo	BVAC	Hoboken	24.01.99
Ver	5m21	VERSTRAETEN August	HERA	Hoboken	17.12.95
Hss	11m11	PEYSKENS Roger	ASVO	Gent	14.01.07
Kogel 7kg	9m24	VAN IMPE Frank	BRAB	Hoboken	13.02.11
Kogel 5kg	12m33	VAN IMPE Frank	BRAB	Gent	27.02.11
Vijfkamp (2)	3.655p	VAN IMPE Frank	BRAB	Gent	16.03.11
(10.14 – 4.28 – 11.50 – 1.57 – 3.54.76)					
3000mSW	17'10"1	GABRIELS Pierre	BREE	Zaandam (Ned)	28.02.05
5000mSW	26'56"2	SCHOUCKENS Robert	MABI	Liévin (Fra)	21.01.89

**M65**

60m	8"40	LAUWAERT Bernard	VS	Sindelfingen (Ger)	12.03.04
200m	28"35	CORNELIS François	EA	Bordeaux (Fra)	09.03.01
300m	57"06	VAN IMPE Jean-Pierre	ACP	Gent	26.12.06
400m	66"06	DE WIJNGAERT Jaak	ROBA	Gent	11.01.03
800m	2'37"74	DE WIJNGAERT Jaak	ROBA	Gent	28.12.03
1000m	3'30"50	UYTTERSCHAUT Etienne	ZELE	Gent	15.01.11
1500m	5'14"01	SCHOUPE Maurice	ACG	Gent	22.03.03

3000m	11'43''95	UYTTERSCHAUT Etienne	ZELE	Gent	16.03.11
60mH(84cm)	11''51	EVRARD Gilbert	RFCL	Bordeaux (Fra)	10.03.01
4x200m	2'01''77	BELGIE	BEL	Gent	29.02.04
(Gaston Cornelis/ABES-Jaak De Wyngaert/ROBA-François Cornelis/EA-Bernard Lauwaert/VS)					
Hoog	1m54	VANDEBOSCH Lambert	GENK	Bordeaux (Fra)	11.03.01
Polstok	3m05	STERCKX Leo	BVAC	Gent	04.01.03
Ver	4m82	VANDEBOSCH Lambert	GENK	Bordeaux (Fra)	09.03.01
Hss	9m90	EVRARD Gilbert	RFCL	Bordeaux (Fra)	10.03.01
Kogel 7kg	8m55	OSETEK Jean	RFCL	Dour	21.12.02
Kogel 5kg	11m42	VANDEWEGHE Jules	DCLA	Gent	28.02.09
3000mSW	18'30''23	VAN LANDEGHEM Emiel	BRAB	Dusseldorf (Ger)	13.12.98
5000mSW	32'32''36	VAN LANDEGHEM Emiel	BRAB	Gent	29.01.00

### M70

60m	8''67	LAUWAERT Bernard	EA	Clerm.-Ferrand (Fra)	18.03.08
200m	30''14	LENOIR Henri	OEH	Gent	04.01.03
300m	57''08	VAN IMPE Jean-Pierre	ACP	Gent	23.01.10
400m	73''30	MATTON Jaak	OEH	Gent	28.12.03
800m	2'47''16	MATTON Jaak	OEH	Gent	04.01.03
1000m	5'42''37	MEURIS Alfons	AVZK	Sindelfingen (Ger)	11.03.04
1500m	5'56''99	SCHOUPPE Maurice	ACG	Gent	08.03.08
60mH(76,2cm)	11''37	EVRARD Gilbert	RFCL	Linz (Aut)	19.03.06
4x200m	2'15''64	BELGIE	BEL	Gent	13.03.10
(Gaston Cornelis/ABES-J-Pierre Van Impe/ACP-François Cornelis/EA-Henri Lenoir/OEH)					
Hoog	1m38	BIJLOOS Frans	LOOI	Gent	19.03.11
Polstok	2m70	STERCKX Leo	BVAC	Clerm.-Ferrand(Fra)	20.03.08
Ver	4m43	WILLEMS Willy	WIBO	Hoboken	21.11.98
Hss	8m62	EVRARD Gilbert	RFCL	Gent	08.03.08
Kogel 7kg	8m20	VANDEBOSCH Lambert	GENK	Diepenbeek	17.12.05
Kogel 4kg	11m28	VANDEBOSCH Lambert	GENK	Alken	20.11.05
Vijfkamp (2)	2.542p	MEURIS Alfons	AVZK	Sindelfingen (Ger)	11.03.04
(12.12 – 3.98 – 8.11 – 1.06 – 5.42.37)					
3000mSW	20'33''36	VAN LANDEGHEM Emiel	BRAB	Linz (Aut)	17.03.06
5000mSW	29'33''0	SCHOUCKENS Robert	GOSP	Charleville (Fra)	20.02.99

### M75

60m	9''09	LENOIR Henri	OEH	Gent	08.03.08
200m	31''25	CORNELIS François	EA	Gent	17.03.11
300m	62''43	BRAEMS André	AZW	Gent	23.01.10
400m	78''15	MATTON Jaak	OEH	Gent	08.03.08
800m	3'00''10	PAUWELS Emiel	OB	Birmingham (Gbr)	02.03.97
1500m	6'08''06	PAUWELS Emiel	OB	Birmingham (Gbr)	02.03.97
3000m	13'04''60	PAUWELS Emiel	OB	Birmingham (Gbr)	28.02.97
60mH(76,2cm)	15''92	MEURIS Alfons	AVZK	Gent	13.03.10
4x200m	2'18''97	BELGIE	BEL	Gent	20.03.11
(François Cornelis/EA-Henri Lenoir/OEH-Gilbert Van der Linden/DCLA-Lambert Vandebosch/GENK)					

Hoog	1m37	VANDEBOSCH Lambert	GENK	Gent	19.03.11
Ver	4m10	VANDEBOSCH Lambert	GENK	Gent	17.03.11
Hss	8m75	VANDEBOSCH Lambert	GENK	Gent	16.03.11
Kogel (4kg)	10m84	VANDEBOSCH Lambert	GENK	Gent	13.03.10

### M80

60m	10''66	STRUBBE Andre	SPVI	Gent	18.03.11
200m	37''55	STRUBBE Andre	SPVI	Gent	17.03.11
400m	89''83	PAUWELS Emiel	OB	Bordeaux (Fra)	11.03.01
800m	3'11''16	PAUWELS Emiel	OB	Bordeaux (Fra)	11.03.01
1000m	4'20''91	PAUWELS Emiel	OB	Bordeaux (Fra)	08.03.01
1500m	6'52''17	PAUWELS Emiel	OB	Bordeaux (Fra)	11.03.01
3000m	15'20''14	PAUWELS Emiel	OB	S.Sebastian (Esp)	06.03.03

60mH(68,6cm)	17"33	PAUWELS Emiel	OB	Bordeaux (Fra)	08.03.01
Hoog	1m05	PAUWELS Emiel	OB	Bordeaux (Fra)	08.03.01
	1m05	STRUBBE Andre	SPVI	Gent	28.02.09
Ver	2m58	GAUDITIAUBOIS René	GOSP	Gent	28.02.09
Koge (3kg)	10m02	HECK Pierre	ACLO	Gent	28.02.09
Vijfkamp (2)	2.649p	PAUWELS Emiel	OB	Bordeaux (Fra)	08.03.01
		(17.33 – 2.44 – 6.26 – 1.05 – 4.20.91)			
5000mSW	35'36"70	SCHOUCKENS Robert	GOSP	Gent	30.01.10

### M85

60m	13"82	MOENS Carolus	OB	Gent	12.03.11
200m	48"06	PAUWELS Emiel	OB	Linz (Aut)	16.03.06
400m	1'43"82	PAUWELS Emiel	OB	Eskilstuna (Swe)	13.03.05
800m	3'51"22	PAUWELS Emiel	OB	Sindelfingen (Ger)	12.03.04
1500m	7'53"01	PAUWELS Emiel	OB	Sindelfingen (Ger)	14.03.04
3000m	17'29"09	PAUWELS Emiel	OB	Eskilstuna (Swe)	13.03.05
Hoog	0m95	PAUWELS Emiel	OB	Gent	08.03.08

### M90

60m	14"65	PAUWELS Emiel	OB	Ancona (Ita)	26.03.09
200m	51"11	PAUWELS Emiel	OB	Ancona (Ita)	28.03.09
400m	1'54"92	PAUWELS Emiel	OB	Ancona (Ita)	04.01.09
800m	4'43"08	PAUWELS Emiel	OB	Ancona (Ita)	28.03.09
1500m	9'42"49	PAUWELS Emiel	OB	Ancona (Ita)	29.03.09
3000m	21'25"55	PAUWELS Emiel	OB	Ancona (Ita)	25.03.09
Hoog	0m95	PAUWELS Emiel	OB	Gent	28.02.09

### W35

60m	8"07	VERVAET Hilde	RCG	Gent	19.02.00
200m	26"19	BOGEMANS Kristien	ACW	Gent	23.02.02
300m	46"23	CARDENAS OJITO Janet	IAAC	Gent	27.02.11
400m	59"17	BOGEMANS Kristien	ACW	Gent	17.02.02
800m	2'10"23	BERG Regine	AVT	Gent	16.01.94
1000m	2'59"84	DETIENNE Sophie	CABW	Gent	27.02.11

1500m	4'18"26	DEJAEGHERE Veerle	HULS	Gent	08.02.09
Mijl	4'38"01	DEJAEGHERE Veerle	HULS	Gent	08.02.09
3000m	9'47"08	LOUBELE Nathalie	BBS	Kirchberg (Lux)	27.01.06
60mH(84cm)	9"45	KNIPPING Véronique	OEH	Gent	16.01.94
4x200m	1'49"65	BELGIE	BEL	Gent	29.02.04
		(Lieve Vanhoorne/FLAC-Karin Bogemans/ACW-Hilde Vervet/RCG-Liliane Fiddelaers/AVT)			
4x400m	4'47"19	ZWIJNDRECHT ATL TEAM	ZWAT	Gent	26.12.09
		(Miranda Van Dievoet-Sandra Onzia-Judy Claes-Isabel Van Hul)			
Hoog	1m66	PAESEN Heidi	LYRA	Gent	03.01.10
Polstok	2m60	VAN HOVE Christel	LIER	Hoboken	12.12.99
Ver	5m77	VERVAET Hilde	RCG	Gent	03.03.01
Hss	11m33	PAESEN Heidi	LYRA	Gent	03.01.09
Kogel	14m60	GELDHOF Marie-Paule	AVT	Gent	14.01.96
Gewicht (9,080kg)	12m62	DE WOLF Kathleen	RAM	Helsinki (Fin)	23.03.07
Vijfkamp (1)	3.452p	DE WACHTER Sabine	ACHL	Gent	06.02.00
		(9.47 – 1.63 – 11.89 – 5.10 – 2.35.35)			
Vijfkamp (2)	3.331p	DENISTY Danièle	SMAC	Linz (Aut)	16.03.06
		(9.97 – 1.51 – 10.21 – 5.02 – 2.35.63)			
3000mSW	16'37"76	ICHARD Genevieve	WS	Gent	23.01.93

### W40

60m	8"25	VANHOORNE Lieve	FLAC	Gent	25.01.04
200m	26"90	VANHOORNE Lieve	FLAC	Gent	25.01.04
300m	44"82	PAESEN Sonja	LOOI	Gent	27.02.11
400m	62"60	FIDDELAERS Liliane	AVT	Dusseldorf (Ger)	04.02.06

800m	2'14"63	DEBAETS Corinne	DCLA	Gent	22.12.07
1000m	2'53"72	DEBAETS Corinne	DCLA	Gent	15.12.07
1500m	4'34"14	DEBAETS Corinne	DCLA	Gent	19.02.06
Mijl	4'49"55	DEBAETS Corinne	DCLA	Gent	26.12.07
3000m	9'51"17	LOUBELE Nathalie	BBS	Gent	16.03.11
60mH(84cm)	9"79	DENISTY Danièle	FCHA	Fléron	05.01.08
60mH(76cm)	9"42	PEETERMANS Ilse	ACHL	Gent	16.03.11
4x200m	1'53"49	BELGIE	BEL	Gent	20.03.11
(Sonja Paesen/LOOI-Annick Geeraert/ACME-Danièle Denisty/FCHA)-Ilse Peetermans/ACHL)					
Hoog	1m60	PAESEN Heidi	LYRA	Gent	13.03.10
Polstok	2m80	DU BOIS Véronique	DAMP	Sindelfingen(Ger)	12.03.04
Ver	5m26	AUTRIQUE Betty	BVAV	Gent	03.02.91
Hss	11m08	PAESEN Heidi	LYRA	Gent	13.03.10
Kogel	12m83	LARNOE Karin	OLSE	Gent	25.01.04
Gewicht (9,080kg)	13m03	DE WOLF Kathleen	RAM	Cl-Ferrand (Fra)	18.03.08
Vijfkamp (1)	3.099p	DENISTY Danièle (9.91 – 1.55 – 10.17 – 4.94 – 2.38.21)	FCHA	Gent	11.02.07
Vijfkamp (2)	3.706p	DENISTY Danièle (9.69 – 1.52 – 9.90 – 5.14 – 2.41.99)	FCHA	Cl-Ferrand	17.03.08
3000mSW	16'02"23	DE WOLF Frieda	BREE	Liévin (Fra)	01.02.86
<b>W45</b>					
60m	8"42	DU BOIS Véronique	DAMP	Gent	11.03.07
200m	27"48	FIDDELAERS Liliane	AVT	Gent	08.03.08
300m	46"48	DEJONGHE Saskia	ACME	Gent	23.01.10
400m	62"80	FIDDELAERS Liliane	AVT	Gent	11.03.07
800m	2'26"77	HILLEWAERE Nele	VS	Gent	18.03.11
1000m	2'58"60	DEBAETS Corinne	DCLA	Gent	27.02.11
1500m	4'28"13	DEBAETS Corinne	DCLA	Gent	22.02.09
Mijl	4'54"82	DEBAETS Corinne	DCLA	Gent	26.12.08
3000m	9'36"38	DEBAETS Corinne	DCLA	Gent	22.03.09
60mH(84cm)	10"35	KNIPPING Véronique	OEH	Hoboken	13.03.05
60mH(76cm)	9"94	DU BOIS Véronique	DAMP	Gent	11.03.07
4x200m	1'54"89	BELGIE	BEL	Gent	20.03.11
(Béatrice Vandooren/USBW- Saskia De Jonghe/ACME-Gerda Andries/AVKA-Angelique Gillhaus/AVZK)					
Hoog	1m60	WERY Myriam	DAMP	Gent	19.02.06
Polstok	3m01	DU BOIS Véronique	DAMP	Gent	08.03.08
Ver	5m00	WERY Myriam	DAMP	Gent	19.02.06
Hss	10m14	BOTTIN Hilde	RCT	Gent	08.01.11
Kogel	11m74	LARNOE Karin	VOLH	Gent	18.03.11
Vijfkamp (1)	1.958p	CLAUWAERT Karine	DEIN	Gent	26.02.05
Vijfkamp (2)	3.352p	ANDRIES Gerda (10.24 – 1.42 – 6.88 – 4.40 – 2.45.92)	AVKA	Gent	05.02.11
3000mSW	16'14"88	NICOLAS Myriam	BBS	Vittel (FRA)	14.02.10
<b>W50</b>					
60m	8"68	CLAUWAERT Karine	DEIN	Gent	18.03.11
200m	29"17	DE KEYZER Odette	STG	Gent	23.02.02
300m	48"48	CLAUWAERT Karine	DEIN	Gent	23.01.10
400m	67"58	WRIGHT Carol	WS	Gent	09.03.01
800m	2'35"76	BALDUCK Nadine	MAC	Gent	12.03.11
1000m	3'28"31	LAUS Clairette	OEH	Gent	19.03.06
1500m	5'14"06	BALDUCK Nadine	MAC	Gent	20.03.11
3000m	11'52"34	VERBAUWHEDE Marianne	AVMO	Gent	16.03.11
Mijl	5'49"13	VAN DEN EEDE Chantal	OEH	Gent	26.12.06
60mH(84cm)	10"80	VANHORENBEECK Hildeg.	STAX	Gent	22.01.05

60mH(76,2cm)	10"24	KNIPPING Véronique	OEH	Clerm.-Ferrand (Fra)	20.03.08
4x200m	2'02"38	BELGIE	BEL	Gent	29.02.04
		(Lieve De Roock/DAC-Hildeg Vanhorenbeeck/STAX-Carol Wright/WS-M.Anne Blaude/SMAC)			
Hoog	1m30	KNIPPING Véronique	OEH	Cl-Ferrand (Fra)	20.03.08
	1m30	CLAUWAERT Karine	DEIN	Gent	05.02.11
Ver	4m91	CLAUWAERT Karine	DEIN	Gent	27.02.11
Hss	9m19	SMEETS Nicole	AVT	Gent	08.03.08
Kogel 4kg	8m85	MERCELIS Marleen	RCG	Hoboken	01.02.09
Kogel 3kg	10m60	KNIPPING Véronique	OEH	Gent	08.03.08
Vijfkamp (2)	3.323p	KNIPPING Véronique	OEH	Clerm.-Ferrand (Fra)	17.03.08
		(10.30 – 1.30 – 10.14 – 4.17 – 3.31.09)			
3000mSW	17'01"8	DE WOLF Frieda	BREE	Zaandam (Ned)	26.11.95

### **W55**

60m	9"00	GRAFF Edith	DAMP	Bordeaux (Fra)	10.03.01
200m	29"98	DE ROOCK Lieve	DAC	Gent	13.01.07
300m	49"46	DE ROOCK Lieve	DAC	Gent	26.12.06
400m	70"19	DE ROOCK Lieve	DAC	Gent	30.12.06
800m	2'42"17	MUNTEN Anna	ATLA	Gent	18.03.11
1000m	3'50"83	PATER Jocelyne	ACLO	Gent	23.01.10
1500m	5'25"19	JUSTIN Danielle	RFCL	Gent	28.02.09
3000m	11'25"70	JUSTIN Danielle	RFCL	Ancona (Ita)	25.03.09
60mH (84cm)	11"32	VANHORENBEECK Hildegard	STAX	Gent	26.12.08
60mH (76,2cm)	10"60	VANHORENBEECK Hildegard	STAX	Gent	13.03.10
4x200m	2'10"94	BELGIE	BEL	Gent	13.03.10
		(Lieve De Roock/DAC- Clairette Laus /OEH-Jocelyne Pater/ACLO-M.Anne .Blaude/SMAC)			
Hoog	1m25	VANHORENBEECK Hildegard	STAX	Gent	14.02.09
Ver	4m61	GRAFF Edith	DAMP	Bordeaux (Fra)	09.03.01
Kogel 4kg	8m13	FRANCKX Magda	BRAB	Hoboken	08.02.04
Kogel 3kg	9m95	CHALON Betty	DAMP	S.Sebastian (Esp)	07.03.03
Vijfkamp (2)	3.341p	VANHORENBEECK Hildegard	STAX	Gent	14.02.09
		(11.01 – 1.25 – 5.72 – 4.18 – 3.12.17)			
3000mSW	16'46"49	DE WOLF Frieda	BREE	Dusseldorf (Ger)	20.02.99

### **W60**

60m	9"23	GRAFF Edith	DAMP	Linz (Aut)	18.03.06
200m	33"21	LIMBOURG Christiane	OEH	Gent	03.01.10
300m	56"96	LIMBOURG Christiane	OEH	Gent	10.01.10
400m	83"96	LIMBOURG Christiane	OEH	Gent	19.03.11
800m	3'01"35	SCHOUPE Jeanine	VS	Gent	08.03.08
1500m	6'10"62	SCHOUPE Jeanine	VS	Gent	20.03.11
3000m	13'41"17	BAUTERS Monique	ASVO	Ancona (Ita)	25.03.09
60mH(68,6cm)	10"44	GRAFF Edith	DAMP	Linz (Aut)	19.03.06
4x200m	2'29"36	BELGIE	BEL	Gent	20.03.10
		(Christiane Limbourg/OEH-Betty Schreurs/ADD-Maria Paps/LOOI-Jeanine Schoupe/VS)			
Hoog	1m36	GRAFF Edith	DAMP	S. Sebastian (Esp)	07.03.03
Ver	4m35	GRAFF Edith	DAMP	Sindelfingen (Ger)	13.03.04
Hss	9m25	GRAFF Edith	DAMP	Sindelfingen (Ger)	12.03.04
Kogel 4kg	7m65	HANSSENS Rachel	ASVO	Gent	28.12.91
Kogel 3kg	10m35	TOMANEK Margareth	KAAG	Kamloops (Can)	03.03.10
Gewicht 5,45kg	14m66	TOMANEK Margareth	KAAG	Kamloops (Can)	05.03.10
3000mSW	17'52"6	DE WOLF Frieda	BREE	Zaandam (Ned)	22.02.04

### **W65**

60m	9"21	GRAFF Edith	DAMP	Clerm.-Ferrand(Fra)	18.03.08
800m	3'07"53	DE PRETER Berthilia	AVZK	Birmingham(Gbr)	02.03.97
1500m	6'54"10	DE PRETER Berthilia	AVZK	Birmingham(Gbr)	02.03.97
3000m	13'54"17	DE PRETER Berthilia	AVZK	Birmingham(Gbr)	28.02.97
60mH	10"58	GRAFF Edith	DAMP	Helsinki (Fin)	25.03.07

Hoog	1m31	GRAFF Edith	DAMP	Helsinki (Fin)	24.03.07
Ver	4m26	GRAFF Edith	DAMP	Luxemburg (Lux)	06.01.07
Hss	9m12	GRAFF Edith	DAMP	Gent	11.03.07
Kogel 4kg	7m81	HANSENS Rachel	ASVO	Gent	25.02.95
Kogel 3kg	8m70	HANSENS Rachel	ASVO	Birmingham(Gbr)	28.02.97
3000mSW	19'58"77	DE WOLF Frieda	BREE	Ancona (Ita)	26.03.09

**W70**

Kogel 4kg	7m58	HANSENS Rachel	ASVO	Gent	23.03.02
Kogel 3kg	8m58	HANSENS Rachel	ASVO	Bordeaux (Fra)	09.03.01

**W75**

Kogel 4kg	6m77	HANSENS Rachel	ASVO	Gent	11.02.06
Gewicht (5,450kg)	9m12	HANSENS Rachel	ASVO	Helsinki (Fin)	23.03.07

**W80**

Kogel 2kg	8m39	HANSENS Rachel	ASVO	Gent	12.03.11
Gewicht (5,45kg)	8m01	HANSENS Rachel	ASVO	Kamloops (Can)	05.03.10