

## 7. PISTERECORDS 'DE LICHTEN'

### DAMES

60m	8"78		Hermans Fleur	P	LYRA	16/06/2018
80m	10"44		Good-luck Kossi	M	AVLL	24/06/2023
100m	12"49		Van Lent Lotte	C	AVZK	27/05/2016
150m	19"06		Belinda	M	VMOL	16/06/2018
200m	24"51		Daems Sandrine	S	RCB	25/09/1999
300m	41"52		Janssens Jana	J	VMOL	2/06/2017
400m	59"06		Miri Yasmina	C	MAC	16/05/2009
600m	2'03"15		Verschoren Femke	B	LYRA	23/05/2009
800m	2'12"65		Schils Marlies	J	MAC	16/05/2009
1000m	2'55"47		Kennes Klaartje	S	ROBA	7/09/2001
1500m	4'28"79		Braem Kirsten	L	AVT	4/09/2002
1 mijl	5'23"10		Jacobs Marijke	J	LIER	4/09/2002
2000m	6'37"59		Goossens Patricia	J	SACN	25/09/1999
3000m	10'22"75		Hofmans Evelien	J	OLSE	20/04/2002
2 mijl	11'22"06		Aubroeck Friedl	J	ACKO	31/05/2024
10000m	39'06"12		Vranckx Maria	W40	ACHL	2/07/2005
60m horden	9"63		Meulders Marie	M	AVZK	17/06/2017
80m horden	12"74		Uttersprot Ellen	C	AT84	20/04/2002
100m horden (0,76)	14"2	HT	De Jaegher Evi	L	ACHL	20/04/2002
100m horden (0,84)	15"39		Aerts Sara	J	AVOS	20/04/2002
150m horden	21"13		Peeters Fien	M	ROBA	24/06/2023
300m horden	50"31		Nuyts Christien	C	ACHL	20/04/2002
400m horden	63"90		Belmans Else	J	ACHL	20/04/2002
1500m steeple	5'05"77		Vermeulen Heleen	C	KAPE	27/05/2016
2000m steeple	7'02"08		Sijmens Charlotte	C	DCLA	27/05/2011
3000m steeple	11'01"26		Gounakis Vasilias	J	VMOL	27/05/2016
uurloop	13460m		Peeters Karen	W50	BONH	3/06/2022
Verspringen	5m89		Brasseur Bo	S	DCLA	7/06/2019
Hinkstapspringen	10m61		Jansen Greet	L	ACHL	20/04/2002
Hoogspringen	1m84		Ekman Louise	S	Zweden	10/02/2024
Polstok	3m76		De Vocht Elien	L	AVZK	25/05/2012
			Milloen Sarie	C	AVZK	7/06/2019
Kogel (2 kg)	13m38		Van Puyvelde Hannah	M	SPBO	29/06/2002
Kogel (3 kg)	15m26		Defrère Elena	L	DCLA	1/06/2018
Kogel (4 kg)	12m47		Wouters Annelies	J	ACHL	4/07/2003
Speer (400 g)	35m47		Van Puyvelde Hannah	M	SPBO	7/09/2002
Speer (500 g)	48m29		Van Den Brulle Katoke	L	ALVA	14/04/2013
Speer (600 g)	44m92		Willemsen Elfje	L	ARAC	20/04/2002
Discus (600 g)	33m82		Katelijne Lyssens	M	ROBA	21/06/2008
Discus (750 g)	30m24		Liefoghe Jo-anne	M	DUFF	18/06/2016
Discus (1 kg)	44m47		Emmerzaal Jill	S	NED	2/06/2017
4 x 60 meter	34"40		OLSE	P		14/06/2014
4 x 80 meter	42"58		DCLA	M		22/06/2013
3 x 600 meter	5'24.56		DUFF	M		17/06/2017
4 x 100 meter	47"87		WIBO	AC		22/08/2001
4 x 200 meter	1'42"20		WIBO	AC		22/08/2001
4 x 400 meter	4'06"65		Atletica 84	S		22/08/2001
4 x 800 meter	9'45"05		VMOL	AC		17/08/2014
Olymp. aflossing	4'43"78		AVZK	AC		20/08/2003
Vierkamp	2295 ptn		Van de Velde Sofie	P	DUFF	23/05/2009

Pisterecords

Vijfkamp	3186 ptn	Gevers Tasja	M	VOLH	21/05/2005
1 km snelw.	7'08"55	Weymiens Marjolein	M	DUFF	1/07/2000
<b><u>HEREN</u></b>					
60m	8"54	Hendrickx Neil	P	DUFF	16/06/2012
80m	9"92	Devrindt Sander	M	AVT	22/05/2004
100m	10"86	Caethoven Dave	S	LIER	6/07/2001
150m	18"90	Justens Ruud	M	ACHL	25/09/1999
200m	21"89	Caethoven Dave	S	LIER	20/04/2002
300m	34"50	Rummens Tim	S	DCLA	18/04/2014
400m	48"40	Vanchaze Tom	S	AVT	16/05/2004
600m	1'56"89	Van de Schoor Senne	B	AVZK	19/06/2010
800m	1'55"23	Keepers Gunther	S	ACHL	20/04/2002
1000m	2'26"81	Valgaeren Sam	S	HULS	23/05/2014
1500m	4'00"12	Verhaert Kris	S	HULS	4/09/2002
2000m	5'33"61	Verschoren Pieter	S	ROBA	18/04/2014
3000m	8'28"27	Pauwels Roel	S	VMOL	16/05/2004
2 mijl	9'08"42	Van Loo Sven	S	ROBA	6/07/2001
5000m	15'16"23	De Vocht Peter	M45	AVZK	10/06/2007
10000m	32'13"77	Laerte Dennis	S	DUFF	2/07/2005
uurloop	16925m	Huybrechts Jurgen	M40	AVZK	3/06/2022
60m horden	10"47	Wouters Robbe	P	ABES	24/06/2023
80m horden	12"63	Van Genechten Jorre	M	ACHL	22/06/2024
150m horden	21"86	Van Genechten Jorre	M	ACHL	24/06/2023
300m horden	46"33	Delvaux Tom	C	ADD	5/05/2001
400m horden	57"05	Swinnen Peter	J	ADD	16/05/2004
1500m steeple	4'29"09	Peeters Dries	C	ACBR	23/05/2014
2000m steeple	6'06"60	Van de Velde Tim	L	DUFF	27/05/2016
3000m steeple	9'27"14	Hendrickx Tomas	S	ARAC	23/05/2014
Verspringen	6m80	Buys Lukas	L	SGOL	25/05/2007
Hinkstapspringen	13m66	Van Regenmortel Pieter	S	SGOL	16/05/2004
Hoogspringen	2m23	Tejaswin Shankar	S	Indië	10/02/2024
Polstokspringen	4m51	Van Nuffel Thomas	L	AVZK	22/05/2015
Kogel (2 kg)	10m48	Ceulemans Seppe	P	AVZK	24/05/2010
Kogel (3 kg)	11m84	Janssens Ken	M	ACHL	30/06/2001
Kogel (4 kg)	14m39	Van Lysebetten Kristof	C	AT84	5/05/2001
Kogel (5 kg)	14m99	Mergaerts Jan	L	ROBA	20/08/2003
Kogel (6 kg)	12m77	Steffen Janssens	J	AVZK	23/05/2008
Kogel (7,260 kg)	14m36	Beyens Stefan	S	ACHL	27/05/2011
Speer (400 g)	43m14	Fredrickx Tjorben	M	HAKI	24/06/2023
Speer (600 g)	60m62	Laporte Vincent	C	AVZK	15/04/2012
Speer (700 g)	64m10	Laporte Vincent	L	AVZK	14/04/2013
Speer (800 g)	55m55	De Preter Mathias	S	OEH	7/07/2000
Discus (600 g)	30m67	Naulaerts Joachim	P	ACBR	1/07/2000
Discus (750 g)	42m22	Huts Gerbrand	M	RCT	21/05/2011
Discus (1 kg)	46m83	Laporte Vincent	C	AVZK	25/05/2012
Discus (1,5 kg)	43m98	Mergaerts Jan	L	ROBA	20/08/2003
Discus (1,75 kg)	39m33	Dhaenens Wout	J	OEH	7/06/2019
Discus (2 kg)	48m31	Van Dijck Philip	S	Duitsland	18/04/2014
4 x 60 meter	34"55	DUFF	P		16/06/2012
4 x 80 meter	42"29	AVZK	M		17/08/2014
3 x 600 meter	5'18"41	DUFF	M		22/06/2019
4 x 100 meter	43"23	A.C. Lierse	AC		22/08/2001
4 x 200 meter	1'30"02	A.C. Lierse	AC		22/08/2001
4 x 400 meter	3'21.67	ARAC	AC		17/08/2014
4 x 800 meter	8'02.88	ACHL	L		17/08/2014
4 x 1500 meter	16'22"04	A.C. Duffel	AC		22/08/2001

## Pisterecords

Olymp. aflossing	3'34"03	Looise	AC		4/09/2002
Vierkamp	2357 ptn	Van Dyck Jorn	P	ACHL	23/05/2009
Vijfkamp	4116 ptn	Lemmens Frederik	M	GENK	22/05/2004
1 km snelw.	6'06"61	Schepers Koen	P	DUFF	1/07/2000
5 km snelw.	29'03"51	De Rede Marcel	M40	BRAB	20/04/2002