

## AVMO CLUBRECORDS MAS/HEREN - M45

| NUMMER          | PREST.   | NAAM  | PLAATS       | DATUM    | PR       | BR       |
|-----------------|----------|---|--------------|----------|----------|----------|
| 100             | 12.7     | DEBAETS Roger   | Mol          | 06/06/93 |          | 11.53    |
|                 | 12.83    | LAUREYS Didier  | Lebbeke      | 15/06/14 |          |          |
| 200             | 26.09    | LAUREYS Didier  | Lebbeke      | 15/06/14 | 23.43    | 23.25    |
| 300             | 41.08    | DEBAETS Roger   |              | 24/05/96 | 37.35    | 37.35    |
| 400             | 56.99    | HAECK Geert   | Booischoot   | 05/06/05 | 51.22    | 51.22    |
| 800             | 2:06.97  | HAECK Geert   | Heusden      | 11/06/05 | 2.00.17  | 1.59.25  |
| 1.000           | 2.41.07  | VANDERMEERSCH Frans   | Waregem      | 09/07/99 | 2.36.03  | 2.35.19  |
| 1.500           | 4.17.53  | VANDERMEERSCH Frans   | Izegem       | 18/08/99 |          | 3.59.22  |
| 1 MIJL          | 4.41.41  | VANDERMEERSCH Frans   | Waregem      | 06/08/99 |          | 4.27.83  |
| 2.000           | 6:25.49  | LANNOO Dirk   | Tielt        | 12/05/08 |          | 5.30.43  |
| 3.000           | 8.53.69  | MISPLON Jozef   | St-Niklaas   | 27/05/96 |          | 8.33.70  |
| 2 MIJL          | 10.52.59 | LANNOO Dirk   | Nieuwpoort   | 25/08/11 |          | 9.35.19  |
| 5.000           | 14.55.31 | MISPLON Jozef   |              | 1996     | 14.55.31 | 14.42.96 |
| 10.000          | 31.47.77 | MISPLON Jozef   | Sint-Niklaas | 24/04/96 | 31.47.77 | 30.37.01 |
| 20.000          |          |   |              |          |          | 1.06.17  |
| 1 UUR           | 14.930 m | DEFAUW Aurele   | Tielt        | 18/05/85 |          | 18.517   |
| 25.000          |          |   |              |          |          |          |
| 30.000          |          |   |              |          |          | 1.46.38  |
| ½ MARATHON      | 1u21.44  | ROYAERT GEERT   | Torhout      | 19/06/15 |          |          |
| MARATHON        | 2.37.47  | MISPLON Jozef   | Torhout      | 20/06/98 | 2.18.55  | 2.18.55  |
| 110H            |          |   |              |          | 19.14    | 15.53    |
| 400H            | 69.40    | WILLEMS Peter   | Kessel-Lo    | 23/09/17 | 58.08    | 58.08    |
| 3.000 ST.       |          |   |              |          |          | 9.59.34  |
| 3.000 SW/piste  | 16'30.0  | VAN MEENEN Donald   | Rosendaal    | 05/06/08 |          |          |
| 5.000 SW/piste  | 28'32.0  | VAN MEENEN Donald   | Zaandam (NI) | 09/09/05 |          |          |
| 10.000 SW/piste | 57'54.38 | VAN MEENEN Donald   | Obourg       | 20/08/05 |          |          |
| 1 uur SW/piste  | 10.300 m | VAN MEENEN Donald   | Zaandam (NI) | 09/09/05 |          |          |
| 10 km SW/weg    | 57'13    | VAN MEENEN Donald   | Tilburg (NI) | 02/10/05 |          |          |
| 20 km SW/weg    | 2u06'20  | VAN MEENEN Donald   | Sirault      | 03/07/05 |          |          |
| HOOG            | 1.45     | VAN CAUWENBERGHE G  | Lebbeke      | 11/06/95 |          | 1.89     |
|                 |          | HAECK Geert   | Ninove       | 11/06/06 |          |          |
| POLSSTOK        |          |   |              |          |          | 4.60     |
| VER             | 5.03     | DE CRAENE Daniel  | Tielt        | 21/06/97 |          | 6.41     |
| HINKSTAP        | 9.07     | DE CRAENE Patrick   | Roeselare    | 22/08/09 | 12.44    | 13.39    |
| KOGEL 7.26kg    | 12.16    | VERHAEGHE Michel  |              | 16/05/96 |          | 15.08    |
| DISCUS 2 kg     | 32.72    | VERHAEGHE Michel  | Tielt        | 03/07/99 |          | 51.56    |
| HAMER 7.26kg    | 46.83    | HUYGHE Marc   | Waregem      | 03/07/02 |          | 49.92    |
| SPEER 800 gr    | 35.68    | DECRAENE Daniel   | Tielt        | 03/07/98 | 55.30    | 57.98    |
| 5-KAMP          | 1590     | DE CRAENE Patrick   | Ninove       | 03/05/09 | 3.600    | 3.600    |
| 10-KAMP         |          |   |              |          | 5.172    | 5.172    |
| 4x100           |          |   |              |          |          | 48.33    |
| 4x200           |          |   |              |          |          | 1.35.58  |
| 4x400           | 5.10.52  | KINT Edwin<br>DEVOLDERE Gilbert<br>VACKIER Pol<br>LANNOO Dirk | Roeselare    | 28/08/16 |          | 3.45.40  |
| 4x800           |          |   |              |          |          | 8.37.30  |
| 4x1500          |          |   |              |          | 19.07.67 | 18.09.00 |