

AVMO CLUBRECORDS MAS DAMES – W40

| NUMMER | PREST. | NAAM | PLAATS | DATUM |
|-------------|----------|--------------------------------------------------------------------------------|--------------|------------|
| 100 | 13.94 | D'HONDT Nathalie | Maldegem | 13/09/2014 |
| 200 | 26.98 | D'HONDT Nathalie | Kortrijk | 12/07/2014 |
| 300 | 42.66 | D'HONDT Nathalie | Tielt | 23/08/2014 |
| 400 | 59.18 | D'HONDT Nathalie | Sint-Niklaas | 29/05/2014 |
| 800 | 2'19.21 | D'HONDT Nathalie | Torhout | 24/05/2014 |
| 1.000 | 3'10.80 | VERBAUWHEDE Marianne | Tielt | 12/07/2000 |
| 1.500 | 4'58.97 | VERBAUWHEDE Marianne | Oudenaarde | 07/07/1998 |
| 1 MIJL | 5'33.17 | VERBAUWHEDE Marianne | Waregem | 24/07/1998 |
| 2.000 | 7'02.58 | VAN HULLE Katrijn | Ninove | 08/09/2021 |
| 3.000 | 10'21.35 | VERBAUWHEDE Marianne | Gent | 19/07/2000 |
| 2 MIJL | 12'46.20 | HOORELBEKE Marleen | Tielt | 05/06/2006 |
| 5.000 | 17'51.40 | VERBAUWHEDE Marianne | Ninove | 24/08/2000 |
| 10.000 | 38'08.11 | VERBAUWHEDE Marianne | Kortrijk | 18/08/2000 |
| 20.000 | 1u24'11 | VERBAUWHEDE Marianne | Tielt | 02/04/2000 |
| 1 UUR | 13,863km | VERBAUWHEDE Marianne | Izegem | 04/09/1998 |
| 100H-0,84m | | | | |
| 400H-0,76m | 1'24.06 | OTS Erna | Gent | 07/08/1997 |
| 2.000St | | | | |
| 3.000St | | | | |
| ½ MARATHON | | | | |
| MARATHON | 2u49'57 | MATON Siska | Gent | 04/10/1997 |
| HOOG | 1m15 | DEBUSSCHERE Rita | Nieuwpoort | 27/05/2001 |
| VER | 4m04 | OTS Erna | Vilvoorde | 13/09/1997 |
| HINKSTAP | | | | |
| POLSSTOK | | | | |
| KOGEL-4kg | 8m09 | COENE Annick | Eeklo | 15/09/2012 |
| DISCUS-1kg | 24m67 | COENE Annick | Torhout | 26/05/2012 |
| SPEER-600g | 19m39 | GAIO DE CASTRO NERY Marcia | Zwevegem | 02/06/2019 |
| HAMER-4kg | 24m80 | COENE Annick | Eeklo | 15/09/2012 |
| GEWICHT-9kg | 8m97 | COENE Annick | Eeklo | 05/10/2013 |
| 5-KAMP | | | | |
| WERP 5-KAMP | 1.772p | COENE Annick | Sint-Niklaas | 22/06/2014 |
| 4x100 | 63.64 | D'HONDT Nathalie HASPELAGH Charlotte DEFOORT Saartje ROMBAUT Nathalie | Roeselare | 02/06/2024 |
| 4x200 | 2'27.86 | SUPPLY Els GEEROLF Christa D'HONDT Nathalie DEYPERE PETRA | Waregem | 28/08/2021 |
| 4x400 | 4'57.96 | HASPELAGH Charlotte D'HONDT Nathalie GEEROLF Christa DEFOORT Saartje | Roeselare | 25/08/2019 |
| 4x800 | 11'28.82 | HASPELAGH Charlotte D'HONDT Nathalie GEEROLF Christa DEFOORT Saartje | Merksem | 08/09/2019 |
| 4x1500 | | | | |