

110m horden 1,067m Sen Heren Uur=18:59

| | | | | | | |
|---------|------------|-----------------------|------|-------|-------|----|
| Reeks:1 | Wind : 1.7 | | | | | |
| 1 | 1539 | D'hoker Koen | VS | 15.27 | | 84 |
| 2 | 2721 | CARTON DELCOURT Bruno | CABW | | 15.67 | |
| 88 | | | | | | |

110m horden 1,00m Jun Jun Heren Uur=18:59

| | | | | | | |
|---------|------------|------------------|-----|-------|-----|--------|
| Reeks:1 | Wind : 1.7 | | | | | |
| 1 | 461 | Demuynck Virgile | HCO | 15.63 | | 92 |
| 2 | 64 | Jacobs Bart | EA | 15.73 | | 91 |
| 3 | 5399 | Beckers Serge | RAM | 16.98 | Mas | 62 |
| | 3725 | Jacobs Jos | EA | NA | | Mas 61 |

110m horden 0,914m Sch Heren Uur=19:05

| | | | | | | |
|---------|------------|-------------------|------|-------|--|----|
| Reeks:1 | Wind : 1.4 | | | | | |
| 1 | 3155 | DURANT Thomas | CRAC | 14.54 | | 94 |
| 2 | 2260 | Tommelein Leander | OB | 15.10 | | 94 |
| 3 | 2265 | Bogaerts Jonas | LEBB | 16.04 | | 94 |

kogelstoten 3,000kg Cad Dames Uur=19:13

| | | | | | | |
|---------|------|-----------------|------|-------|--|----|
| Reeks:1 | | | | | | |
| 1 | 1515 | SOUDAN Lauralee | ACLE | 9.64m | | 96 |
| 2 | 1362 | IMBO Kristel | BAEX | 6.85m | | 96 |

kogel 3,000kg W50+ Mas Dames Uur=19:14

| | | | | | | |
|---------|------|---------------------|-----|-------|--|----|
| Reeks:1 | | | | | | |
| 1 | 3087 | Maesschalck Juliane | ACG | 6.00m | | 49 |

100m horden 0,914m Cad Heren Uur=19:14

| | | | | | | |
|---------|------------|--------------------|------|-------|-----|----|
| Reeks:1 | Wind : 1.2 | | | | | |
| 1 | 959 | Demuynck Thibault | HCO | 15.45 | | 95 |
| 2 | 1633 | DURANT Mathieu | CRAC | 16.08 | | 96 |
| 3 | 413 | Gorteman Bart | VITA | 18.15 | | 96 |
| 4 | 5190 | Vlamings Jan | ESAK | 18.38 | Mas | 58 |
| 5 | 1330 | GILLIARD Guillaume | CRAC | 18.75 | | 96 |
| 6 | 5954 | Buelens Marc | DCLA | 19.97 | Mas | 55 |

100m horden 0,762m Sch Dames Uur=19:22

| | | | | | | |
|---------|------------|-------------------------|------|-------|--|----|
| Reeks:1 | Wind : 2.1 | | | | | |
| 1 | 2379 | Duchateau Felke | OB | 16.00 | | 94 |
| 2 | 2271 | Dils Camille | ABES | 16.19 | | 93 |
| 3 | 2239 | Steen Eline | HCO | 16.97 | | 93 |
| 4 | 1964 | Van Doorselaere Annelie | ZELE | 17.34 | | 93 |
| 5 | 2912 | GILLIARD Aline | CRAC | 17.58 | | 93 |

80m horden 0,762m Cad Dames Uur=19:31

| | | | | | | |
|---------|------------|----------------|------|-------|--|----|
| Reeks:1 | Wind : 0.9 | | | | | |
| 1 | 417 | Peeters Linske | HAMM | 13.07 | | 96 |
| 2 | 108 | Calus Kiona | OB | 14.41 | | 96 |
| | 813 | Couvreur Fauve | HCO | NG | | 96 |

80m horden 0,762m Mas Dames Uur=19:32

| | | | | | | | |
|---------|------------|--------------------------|------|-------|--|--|----|
| Reeks:1 | Wind : 0.2 | | | | | | |
| 1 | 2286 | Vanhorenbeeck Hildegarde | STAX | 14.79 | | | 53 |
| 2 | 3795 | PATER Jocelyne | ACLO | 16.56 | | | 54 |

speerwerpen 600g Cad Heren Uur=19:33

| | | | | | | | |
|---------|------|------------------|------|-------------|--|--|----|
| Reeks:1 | | | | | | | |
| 1 | 287 | Sienaert Gregory | VITA | 38.54m | | | 95 |
| 2 | 134 | Pottiez Yannick | EA | 33.59m | | | 95 |
| 3 | 1609 | NICODEME Romain | | BAEX 31.43m | | | |
| 95 | | | | | | | |
| 4 | 543 | De Bruyn Marius | EA | 29.79m | | | 96 |

speerwerpen 600g M60...65 Mas Heren Uur=19:34

| | | | | | | | |
|---------|------|------------------|------|--------|--|--|----|
| Reeks:1 | | | | | | | |
| 1 | 7453 | LONGEVAL Fernand | USTA | 33.49m | | | 48 |
| 2 | 5962 | Wylleman Marc | STAX | 29.31m | | | 48 |

speerwerpen 700g M50...55 Mas Heren Uur=19:35

| | | | | | | | |
|---------|------|-------------|-----|--------|--|--|----|
| Reeks:1 | | | | | | | |
| 1 | 4991 | Logist Yves | ACP | 30.93m | | | 54 |

hoogspringen Cad Dames Uur=19:37

| | | | | | | | |
|---------|------|--------------|------|-------|--|--|----|
| Reeks:1 | | | | | | | |
| 1 | 1362 | IMBO Kristel | BAEX | 1.20m | | | 96 |

verspringen JSM Heren Uur=19:40

| | | | | | | | |
|---------|------|----------------------|------|------------|-----|----|-------|
| Reeks:1 | | | | | | | |
| 1 | 5838 | De Backer Wim | VITA | 5.42m +0.8 | Mas | 74 | |
| 2 | 5517 | Rijdant Pascal | ACG | 5.30m -0.7 | Mas | 69 | |
| 3 | 4163 | Van Achter Joel | ACW | 4.34m +2.6 | Mas | 67 | 4.17m |
| 0.7 | | | | | | | |
| 4 | 3816 | Van Impe Jean-pierre | ACP | 3.73m +0.1 | Mas | 37 | |

100 meter JSM Heren Uur=19:48

| | | | | | | | |
|---------|------------|-----------------------|------|-------|--|-----|-----|
| Reeks:1 | Wind : 2.4 | | | | | | |
| 1 | 1422 | Van Alphen Hans | ZWAT | 11.20 | | Sen | 82 |
| 2 | 1700 | Issa Azizou | OEH | 11.32 | | Sen | 83 |
| 3 | 1209 | Wittesaele Tom | HCO | 11.45 | | Sen | 87 |
| 4 | 2721 | CARTON DELCOURT Bruno | CABW | 11.62 | | | Sen |
| 88 | | | | | | | |
| 5 | 5960 | Jacobs Dirk | LOOI | 12.10 | | Mas | 58 |
| | 5838 | De Backer Wim | VITA | NG | | Mas | 74 |

100 meter JSM Heren Uur=19:48

| | | | | | | | |
|---------|------------|----------------------|------|-------|--|-----|----|
| Reeks:2 | Wind : 0.9 | | | | | | |
| 1 | 830 | DUEZ Mathieu | MOHA | 12.24 | | Jun | 91 |
| 2 | 5517 | Rijdant Pascal | ACG | 12.27 | | Mas | 69 |
| 3 | 282 | Lommelen Ruben | GRIM | 12.30 | | Jun | 92 |
| 4 | 5382 | Blot Stijn | RCG | 12.30 | | Mas | 68 |
| 5 | 5399 | Beckers Serge | RAM | 12.59 | | Mas | 62 |
| 6 | 5190 | Vlamings Jan | ESAK | 13.22 | | Mas | 58 |
| 7 | 3816 | Van Impe Jean-pierre | ACP | 15.82 | | Mas | 37 |

100 meter JSM Dames Uur=19:54

Reeks:1 Wind : 1.7

| | | | | | | |
|---|------|--------------------|------|-------|-----|----|
| 1 | 83 | Blanckaert Lien | HCO | 12.67 | Jun | 92 |
| 2 | 1351 | Janquart Nina | VITA | 12.80 | Sen | 90 |
| 3 | 842 | Crols Sarah | ACW | 13.73 | Sen | 85 |
| 4 | 917 | Van Wambeke Magali | ZELE | 13.82 | Sen | 90 |

100 meter Sch Heren Uur=19:54

Reeks:1 Wind : 1.1

| | | | | | | |
|---|------|-------------------|------|-------|--|----|
| 1 | 3155 | DURANT Thomas | CRAC | 11.61 | | 94 |
| 2 | 2260 | Tommelein Leander | OB | 11.82 | | 94 |
| 3 | 2345 | Curias Marc | GRIM | 11.96 | | 94 |
| 4 | 2265 | Bogaerts Jonas | LEBB | 12.09 | | 94 |

100 meter Sch Dames Uur=19:56

Reeks:1 Wind : 2.1

| | | | | | | |
|---|------|-------------------------|------|-------|--|----|
| 1 | 2379 | Duchateau Felke | OB | 13.23 | | 94 |
| 2 | 2239 | Steen Eline | HCO | 13.60 | | 93 |
| 3 | 2736 | Tuzze Estelle | VITA | 13.99 | | 93 |
| 4 | 1964 | Van Doorselaere Annelie | ZELE | 14.00 | | 93 |
| 5 | 2413 | Van Iseghem Laura | VITA | 14.11 | | 94 |

100 meter Cad Heren Uur=20:01

Reeks:1 Wind : 1.3

| | | | | | | |
|---|------|--------------------|------|-------|--|----|
| 1 | 1084 | Rossaert Michael | ACW | 12.05 | | 95 |
| 2 | 340 | Bonte Alexander | OB | 12.33 | | 95 |
| 3 | 1633 | DURANT Mathieu | CRAC | 13.70 | | 96 |
| 4 | 1609 | NICODEME Romain | BAEX | 13.77 | | 95 |
| 5 | 1330 | GILLIARD Guillaume | CRAC | 14.33 | | 96 |

kogelstoten 4,000kg Cad Heren Uur=20:03

Reeks:1

| | | | | | | |
|---|------|------------------|------|--------|--|----|
| 1 | 287 | Sienaert Gregory | VITA | 11.32m | | 95 |
| 2 | 1609 | NICODEME Romain | BAEX | 7.97m | | 95 |
| 3 | 294 | Sjuvarin Ivan* | VITA | 5.86m | | 96 |

verspringen JSM Dames Uur=20:05

Reeks:1

| | | | | | | |
|---|------|---------------------|------|-----------|-----|----|
| 1 | 3795 | PATER Jocelyne | ACLO | 3.56m+0.6 | Mas | 54 |
| 2 | 3776 | LAURENT Francine | CRAC | 3.54m+0.7 | Mas | 62 |
| 3 | 2564 | Limbourg Christiane | OEH | 3.53m+0.1 | Mas | 48 |

100 meter Cad Dames Uur=20:05

Reeks:1 Wind : 2.2

| | | | | | | |
|---|------|-------------------|------|-------|--|----|
| 1 | 417 | Peeters Linske | HAMM | 14.02 | | 96 |
| 2 | 108 | Calus Kiona | OB | 14.45 | | 96 |
| 3 | 1515 | SOUDAN Lauralee | ACLE | 14.59 | | 96 |
| 4 | 888 | Haelwaeters Laura | GRIM | 16.04 | | 95 |
| 5 | 947 | Isella Bruna | GRIM | 16.24 | | 95 |
| | 813 | Couvreur Fauve | HCO | NA | | 96 |

| | | | | | |
|-------------|-----------|----------------|------|------------|----|
| verspringen | Sch Dames | Uur=20:05 | | | |
| Reeks:1 | | | | | |
| 1 | 2271 | Dils Camille | ABES | 4.88m +0.3 | 93 |
| 2 | 2912 | GILLIARD Aline | CRAC | 4.10m+0.3 | 93 |

| | | | | | |
|-----------|-----------|----------------------|-----|-------|----|
| 400 meter | Cad Dames | Uur=20:16 | | | |
| Reeks:1 | | | | | |
| 1 | 171 | Dedobbeleer Nele | VS | 64.20 | 95 |
| 2 | 652 | Verbruggen Catharina | VAC | 66.66 | 95 |
| 3 | 168 | Bellemans Laurien | VS | 67.63 | 95 |
| 4 | 726 | Boelaert Els | DAC | 69.66 | 96 |

| | | | | | |
|-----------|-----------|------------------|------|-------|----|
| 400 meter | Cad Dames | Uur=20:16 | | | |
| Reeks:2 | | | | | |
| 1 | 104 | Deville Annelies | ACP | 68.28 | 96 |
| 2 | 441 | Valcke Hanne | AVMO | 78.41 | 96 |
| 3 | 1362 | IMBO Kristel | BAEX | 83.05 | 96 |

| | | | | | |
|-----------|--------------|----------------------|-----|-------|----|
| 400 meter | Cad Dames | Uur=20:17 | | | |
| Reeks:1 | GECORRIGEERD | | | | |
| 1 | 171 | Dedobbeleer Nele | VS | 64.20 | 95 |
| 2 | 652 | Verbruggen Catharina | VAC | 66.66 | 95 |
| 3 | 168 | Bellemans Laurien | VS | 67.63 | 95 |
| 4 | 726 | Boelaert Els | DAC | 69.66 | 96 |

| | | | | | |
|-----------|--------------|------------------|------|-------|----|
| 400 meter | Cad Dames | Uur=20:17 | | | |
| Reeks:2 | GECORRIGEERD | | | | |
| 1 | 104 | Deville Annelies | ACP | 68.28 | 96 |
| 2 | 441 | Valcke Hanne | AVMO | 78.41 | 96 |
| 3 | 1362 | IMBO Kristel | BAEX | 83.05 | 96 |

| | | | | | |
|-----------|-----------|--------------------------|-----|-------|----|
| 400 meter | Sch Dames | Uur=20:24 | | | |
| Reeks:1 | | | | | |
| 1 | 2422 | Bernaerts Soline | DAC | 61.88 | 94 |
| 2 | 2540 | Binst Inge | VAC | 63.47 | 94 |
| 3 | 2166 | Vanderstichele Charlotte | OEH | 64.53 | 93 |
| 4 | 2085 | Leeman Sarah | VS | 65.14 | 94 |
| 5 | 2541 | Binst Bieke | VAC | 65.92 | 94 |
| 6 | 2275 | Verboomen Laura | OEH | 67.16 | 94 |

| | | | | | |
|---------------------|-----------|----------------|------|--------|----|
| kogelstoten 5,000kg | Sch Heren | Uur=20:25 | | | |
| Reeks:1 | | | | | |
| 1 | 2238 | De Gendt Jonas | VITA | 10.01m | 94 |

| | | | | | |
|------------------|-----------|------------------|------|--------|--------|
| speerwerpen 800g | JSM Heren | Uur=20:27 | | | |
| Reeks:1 | | | | | |
| 1 | 1539 | D'hoker Koen | VS | 54.84m | Sen 84 |
| 2 | 296 | Baruffa Nils | VITA | 43.72m | Jun 92 |
| 3 | 185 | Vanduyfhuys Kyle | HCO | 42.22m | Jun 91 |

| | | | | | |
|-------------------------------------|-----------|--|--|--|--|
| speerwerpen 800g M35...45 Mas Heren | Uur=20:28 | | | | |
| Reeks:1 | | | | | |

| | | | | | |
|---|------|-----------------------|------|--------|----|
| 1 | 5377 | Janquart Johan | VITA | 31.25m | 62 |
| 2 | 4991 | Logist Yves | ACP | 29.43m | 54 |
| 3 | 4149 | De Groote Christopher | VITA | 23.14m | 74 |
| 4 | 4222 | Wijns David | VITA | 21.54m | 74 |

verspringen Cad Heren Uur=20:33

Reeks:1

| | | | | | |
|---|-----|------------------|------|------------|----|
| 1 | 287 | Sienaert Gregory | VITA | 4.85m +1.2 | 95 |
| 2 | 413 | Gorteman Bart | VITA | 4.40m +0.8 | 96 |
| 3 | 543 | De Bruyn Marius | EA | 4.17m +0.0 | 96 |

400 meter Cad Heren Uur=20:34

Reeks:1

| | | | | | |
|---|------|---------------------|------|-------|--------|
| 1 | 340 | Bonte Alexander | OB | 55.01 | 95 |
| 2 | 337 | Herregodts Preben | VITA | 55.61 | 95 |
| 3 | 409 | Van Doorselaer Nick | VITA | 55.82 | 95 |
| 4 | 957 | Buzaiton Samir | EA | 56.36 | 95 |
| 5 | 2223 | Van Volsem Jurgen | OEH | 57.62 | Sch 94 |

400 meter Cad Heren Uur=20:34

Reeks:2

| | | | | | |
|---|------|---------------------------|------|-------|----|
| 1 | 1084 | Rossaert Michael | ACW | 55.37 | 95 |
| 2 | 959 | Demuynck Thibault | HCO | 56.96 | 95 |
| 3 | 134 | Pottiez Yannick | EA | 61.17 | 95 |
| 4 | 519 | Van der Hoogerstraete Da. | DAC | 61.48 | 95 |
| 5 | 676 | Lannoo Brecht | AVMO | 66.66 | 96 |

400 meter Cad Heren Uur=20:34

Reeks:3

| | | | | | |
|---|------|------------------|------|-------|----|
| 1 | 442 | Herbots Daan | VAC | 62.39 | 95 |
| 2 | 543 | De Bruyn Marius | EA | 66.11 | 96 |
| 3 | 450 | Devriese Thomas | AVMO | 68.39 | 96 |
| | 1084 | Rossaert Michael | ACW | NG | 95 |

400 meter Sch Heren Uur=20:42

Reeks:1

| | | | | | |
|---|------|--------------------|------|-------|----|
| 1 | 2622 | Meykens Zander | GRIM | 53.27 | 94 |
| 2 | 2346 | Hamdi Idriss | GRIM | 53.65 | 93 |
| 3 | 2517 | Heemeryck Sander | VAC | 54.56 | 93 |
| 4 | 2544 | Vannieuwenhuyze Jo | AVMO | 54.77 | 93 |
| 5 | 2283 | Everaert Jan | BONH | 55.93 | 94 |
| 6 | 2162 | Wijzen Christoph | VS | 57.05 | 93 |

400 meter Sch Heren Uur=20:42

Reeks:2

| | | | | | |
|---|------|-----------------------|------|-------|----|
| 1 | 2124 | De Vydt Michiel | VS | 53.64 | 93 |
| 2 | 2339 | Colebrants Thomas | VAC | 56.57 | 94 |
| 3 | 2221 | Hendrickx Brian | OEH | 57.70 | 93 |
| 4 | 2347 | Valcke Mathias | AVMO | 58.66 | 94 |
| 5 | 2206 | Vande Walle Pieter | AVMO | 60.07 | 94 |
| 6 | 2545 | Vandekerckhove Sander | AVMO | 62.50 | 94 |

| | | | | | |
|--------------|---------------------|--------------------|------------|-----|----|
| hoogspringen | JSM Heren Uur=20:51 | | | | |
| Reeks:1 | | | | | |
| 1 | 1422 | Van Alphen Hans | ZWAT 1.90m | Sen | 82 |
| 2 | 5736 | Van Den Haute Dirk | ACP 1.45m | Mas | 63 |

| | | | | | |
|-----------|---------------------|------------------|------------|-----|----|
| 400 meter | JSM Dames Uur=20:51 | | | | |
| Reeks:1 | | | | | |
| 1 | 83 | Blanckaert Lien | HCO 60.48 | Jun | 92 |
| 2 | 842 | Crols Sarah | ACW 71.92 | Sen | 85 |
| 3 | 2270 | Vos San | ABES 73.41 | Mas | 67 |
| 4 | 1043 | Van Roy Sofie | ACP 74.23 | Sen | 82 |
| 5 | 1042 | De Weerd Karlien | ACP 74.93 | Sen | 83 |

| | | | | | |
|--------------|---------------------|----------------|------------|--|----|
| hoogspringen | Sch Heren Uur=20:52 | | | | |
| Reeks:1 | | | | | |
| 1 | 2265 | Bogaerts Jonas | LEBB 1.70m | | 94 |

| | | | | | |
|-----------|---------------------|-----------------------|------------|-----|----|
| 400 meter | JSM Heren Uur=21:01 | | | | |
| Reeks:1 | | | | | |
| 1 | 1179 | Hamdi Ali | GRIM 49.91 | Sen | 89 |
| 2 | 1771 | Kielemoes Tim | ZA 51.60 | Sen | 88 |
| 3 | 461 | Demuyneck Virgile | HCO 51.73 | Jun | 92 |
| 4 | 2390 | De Baets Ben | STAX 53.00 | Sen | 86 |
| 5 | 1699 | Gbedassi Codjo Romari | OEH 53.72 | Sen | 75 |
| 6 | 2769 | DUVIVIER David | MOHA 54.08 | Sen | 82 |

| | | | | | |
|-----------|---------------------|--------------------|------------|-----|----|
| 400 meter | JSM Heren Uur=21:01 | | | | |
| Reeks:2 | | | | | |
| 1 | 1539 | D'hoker Koen | VS 52.90 | Sen | 84 |
| 2 | 5224 | Vanhoutte Gunther | AVMO 53.32 | Mas | 74 |
| 3 | 6226 | Tanghe Jeroen | AVMO 53.56 | Mas | 75 |
| 4 | 1153 | De Crem Nico | BONH 55.57 | Sen | 90 |
| 5 | 214 | Willems Jeroen | VS 56.15 | Jun | 92 |
| 6 | 1268 | Goedefroot Dimitri | OEH 56.54 | Sen | 90 |

| | | | | | |
|-----------|---------------------|--------------------|------------|-----|----|
| 400 meter | JSM Heren Uur=21:01 | | | | |
| Reeks:3 | | | | | |
| 1 | 3599 | Chrispeels Eric | ACP 55.25 | Mas | 65 |
| 2 | 3598 | Chiau Peter | ACP 55.44 | Mas | 65 |
| 3 | 5382 | Blot Stijn | RCG 55.76 | Mas | 68 |
| 4 | 5804 | Dufour Bart | GENK 56.28 | Mas | 74 |
| 5 | 830 | DUEZ Mathieu | MOHA 57.00 | Jun | 91 |
| 6 | 4122 | Willems Christophe | AVMO 57.24 | Mas | 74 |

| | | | | | |
|-----------|---------------------|--------------------|------------|-----|----|
| 400 meter | JSM Heren Uur=21:01 | | | | |
| Reeks:4 | | | | | |
| 1 | 5736 | Van Den Haute Dirk | ACP 58.49 | Mas | 63 |
| 2 | 5871 | Paermentier Guy | VAC 59.85 | Mas | 58 |
| 3 | 6898 | BIAUMET Andre | ACLO 60.80 | Mas | 50 |
| 4 | 4374 | Mollaert Thomas | VAC 64.87 | Mas | 60 |
| 5 | 4314 | Roussel Bernard | MACW 65.19 | Mas | 56 |

verspringen Sch Heren Uur=21:06

Reeks:1

| | | | | | |
|---|------|----------------|------|------------|----|
| 1 | 2265 | Bogaerts Jonas | LEBB | 5.57m +1.0 | 94 |
| 2 | 2238 | De Gendt Jonas | VITA | 5.05m +1.4 | 94 |

speerwerpen 600g Sch Dames Uur=21:07

Reeks:1

| | | | | | |
|---|------|----------------|------|--------|----|
| 1 | 2414 | Baruffa Jolien | VITA | 31.58m | 94 |
|---|------|----------------|------|--------|----|

speerwerpen 600g JSM Dames Uur=21:09

Reeks:1

| | | | | | | |
|---|------|----------------|------|--------|-----|----|
| 1 | 1660 | Leyns An | KAAG | 37.95m | Sen | 87 |
| 2 | 566 | DUHENT Maite | ACLE | 21.89m | Jun | 92 |
| 3 | 3146 | Pille Gille | ACP | 14.46m | Mas | 61 |
| 4 | 3439 | Pletinckx Els | VITA | 12.10m | Mas | 74 |
| 5 | 2581 | Lahaye Martine | VITA | 11.93m | Mas | 64 |

1500 meter Cad Dames Uur=21:12

Reeks:1

| | | | | | | |
|---|------|------------------|------|---------|-----|----|
| 1 | 2165 | Urbain Adeline | OEH | 5'02.44 | Sch | 94 |
| 2 | 1978 | Billen Charlotte | BONH | 5'03.85 | Sch | 94 |
| 3 | 610 | Bautmans Mirte | DAC | 5'07.04 | | 95 |
| 4 | 2193 | Segers Silke | VITA | 5'09.07 | Sch | 93 |
| 5 | 2180 | De Dyn Annelies | VITA | 5'22.14 | Sch | 93 |
| 6 | 304 | Bruylandt Yana | VITA | 5'31.65 | | 96 |
| 7 | 571 | Keppens Nele | ALVA | 6'05.45 | | 95 |

speerwerpen 500g Cad Dames Uur=21:17

Reeks:1

| | | | | | | |
|---|------|--------------|------|--------|--|----|
| 1 | 1362 | IMBO Kristel | BAEX | 17.87m | | 96 |
|---|------|--------------|------|--------|--|----|

1500 meter JSM Dames Uur=21:30

Reeks:1

| | | | | | | |
|----|------|---------------------------|------|---------|-----|----|
| 1 | 880 | Trappeniers Lesley | DCLA | 4'59.45 | Sen | 88 |
| 2 | 1372 | Arijs Kristien | VITA | 5'10.03 | Sen | 89 |
| 3 | 3270 | Adam Inge | MACW | 5'10.16 | Mas | 67 |
| 4 | 70 | De Smedt Elke | GRIM | 5'11.28 | Jun | 91 |
| 5 | 1106 | Deboeck Maaïke | GRIM | 5'12.43 | Sen | 87 |
| 6 | 1551 | Vandeghinste Alana | HAC | 5'15.11 | Sen | 90 |
| 7 | 260 | De Breck Lore | VAC | 5'21.51 | Jun | 91 |
| 8 | 1045 | De Weerd Kirsten | ACP | 5'22.05 | Sen | 81 |
| 9 | 2398 | Blancquaert Nathalie | VS | 5'23.20 | Mas | 66 |
| 10 | 133 | Decubber Joke | VAC | 5'31.54 | Jun | 92 |
| 11 | 903 | De Mars Lieve | GRIM | 5'32.08 | Sen | 88 |
| 12 | 2825 | Reygaerts Kathleen | ACG | 5'34.93 | Mas | 64 |
| 13 | 2285 | Duvivier Chantal | STAX | 5'42.36 | Mas | 58 |
| 14 | 3127 | Deschoolmeester Godeliev. | DAC | 5'45.12 | Mas | 61 |
| 15 | 2871 | Duvivier Els | LEBB | 6'06.30 | Mas | 60 |
| 16 | 2803 | Van Audenhove Veronique | VS | 6'16.88 | Mas | 66 |

1500 meter Cad Heren Uur=21:30

Reeks:1

| | | | | | |
|----|-----|--------------------|------|---------|----|
| 1 | 283 | Debot Cedric | VITA | 4'30.04 | 96 |
| 2 | 455 | Van Den Hende Flor | VS | 4'44.35 | 95 |
| 3 | 863 | Mine Gauthier | DAC | 4'48.07 | 95 |
| 4 | 31 | Billen Arne | BONH | 4'49.86 | 95 |
| 5 | 178 | Ketele Ewoud | VS | 4'55.02 | 95 |
| 6 | 1 | Van Roy Nico | LAT | 4'56.02 | 96 |
| 7 | 141 | Van Winghem Hannes | EA | 4'57.10 | 96 |
| 8 | 143 | Van Bossuyt Jirki | EA | 5'00.12 | 95 |
| 9 | 487 | Erauw Keanu | VS | 5'03.42 | 96 |
| 10 | 729 | Bliki Lucas | VITA | 5'13.77 | 96 |

kogelstoten 4,000kg Sch Dames Uur=21:36

Reeks:1

| | | | | | |
|---|------|----------------|------|-------|----|
| 1 | 2414 | Baruffa Jolien | VITA | 8.65m | 94 |
|---|------|----------------|------|-------|----|

kogelstoten 4,000kg JSM Dames Uur=21:36

Reeks:1

| | | | | | | |
|---|-----|--------------|------|-------|-----|----|
| 1 | 566 | DUHENT Maite | ACLE | 9.59m | Jun | 92 |
|---|-----|--------------|------|-------|-----|----|

kogel 4,000kg W35,40,45 Mas Dames Uur=21:38

Reeks:1

| | | | | | |
|---|------|---------------|------|-------|----|
| 1 | 3146 | Pille Gille | ACP | 6.44m | 61 |
| 2 | 3439 | Pletinckx Els | VITA | 5.58m | 74 |

1500 meter Sch Heren Uur=21:43

Reeks:1

| | | | | | |
|----|------|-------------------------|------|---------|----|
| 1 | 2161 | Bertels Brecht | ABES | 4'11.71 | 94 |
| 2 | 2209 | Braekevelt Jeroen | AVMO | 4'15.21 | 93 |
| 3 | 2705 | Heremans Arne | OEH | 4'15.97 | 93 |
| 4 | 2582 | Baeten Stijn | BONH | 4'16.81 | 94 |
| 5 | 2151 | Vandeneede Jean-baptist | DEIN | 4'20.15 | 93 |
| 6 | 2218 | Debognies Pieter | OEH | 4'22.73 | 93 |
| 7 | 2312 | Van Dorpe Brian | VITA | 4'24.21 | 94 |
| 8 | 3145 | PARYS Valentin | USTA | 4'26.99 | 93 |
| 9 | 2163 | Wijzen Nicolas | VS | 4'32.84 | 94 |
| 10 | 2029 | Laeremans Bram | BONH | 4'39.69 | 94 |
| 11 | 2021 | Dockx Maxim | BONH | 4'42.16 | 94 |
| 12 | 2122 | Rubbrecht Tom | VS | 4'46.63 | 94 |
| 13 | 2216 | De Loecker Jens | VITA | 4'48.28 | 94 |
| 14 | 2427 | Van Haut Mitch | EA | 4'59.37 | 94 |
| 15 | 2125 | Verbraekel Brecht | VS | 5'10.20 | 94 |

1500 meter JSM Heren Uur=22:00

Reeks:1

| | | | | | | |
|---|------|---------------------------|------|---------|-----|----|
| 1 | 157 | De Schrijver Neal | VITA | 4'07.48 | Jun | 91 |
| 2 | 9501 | DESMEDT FREDERIC | CABW | 4'11.17 | Mas | 71 |
| 3 | 1254 | Van Steenbrugge Francies | KAAG | 4'11.72 | Sen | 76 |
| 4 | 1431 | Moriau Tim | OEH | 4'12.46 | Sen | 88 |
| 5 | 261 | Moyson Jonas | ROBA | 4'16.47 | Jun | 92 |
| 6 | 4328 | Dubois Wilfried | EA | 4'17.10 | Mas | 59 |
| 7 | 9500 | LUTEIJN JACK | NED | 4'20.03 | Sen | 86 |
| 8 | 17 | Nyangolo Azombo Leonel R. | ASVO | 4'25.51 | Jun | 91 |

| | | | | | | |
|----|------|----------------------|------|---------|-----|----|
| 9 | 5064 | Heyde Lucien | KAAG | 4'26.00 | Mas | 56 |
| 10 | 6261 | Pollentier Steven | HCO | 4'26.09 | Mas | 71 |
| 11 | 284 | Zwaan Pieter-Jan | BONH | 4'26.17 | Jun | 92 |
| 12 | 4650 | Vandewattijne Marnix | ACG | 4'26.87 | Mas | 67 |
| 13 | 204 | Vermeir Jeffrey | VAC | 4'27.48 | Jun | 92 |
| 14 | 6004 | De Croo Hans | ZA | 4'28.12 | Mas | 74 |
| 15 | 4457 | Claus Eric | RIEM | 4'52.04 | Mas | 61 |

1500 meter JSM Heren Uur=22:00

Reeks:2

| | | | | | | |
|----|------|-------------------|------|---------|-----|----|
| 1 | 453 | Paternoster Maxim | BONH | 4'38.18 | Jun | 92 |
| 2 | 6199 | Jespers Wim | VAC | 4'40.39 | Mas | 75 |
| 3 | 5770 | Van Lierde Freddy | ZA | 4'41.24 | Mas | 65 |
| 4 | 1771 | Kielemoes Tim | ZA | 4'41.55 | Sen | 88 |
| 5 | 3914 | De Mars Kris | GRIM | 4'44.36 | Mas | 61 |
| 6 | 5331 | Vyncke William | RIEM | 4'45.19 | Mas | 55 |
| 7 | 3580 | De Mulder Geert | ZA | 4'45.60 | Mas | 67 |
| 8 | 3913 | De Mars Jan | GRIM | 4'45.85 | Mas | 57 |
| 9 | 4365 | Decubber Jos | VAC | 4'46.64 | Mas | 65 |
| 10 | 4154 | Deneys Dirk | VITA | 5'06.00 | Mas | 73 |
| 11 | 4333 | Balcaen Dirk | RIEM | 5'12.89 | Mas | 62 |
| | 4991 | Logist Yves | ACP | NA | Mas | 54 |

5000 meter JSM Dames Uur=22:15

Reeks:1

| | | | | | | |
|---|------|--------------------|------|----------|-----|----|
| 1 | 2728 | De Clercq Nathalie | ASSA | 19'07.77 | Mas | 70 |
|---|------|--------------------|------|----------|-----|----|

5000 meter JSM Heren Uur=22:18

Reeks:1

| | | | | | | |
|----|------|----------------------|------|----------|-----|----|
| 1 | 1506 | Vermont Pieter | SPVI | 14'54.36 | Sen | 79 |
| 2 | 6693 | VANDERBECK Yves | RIWA | 15'59.09 | Mas | 68 |
| 3 | 3601 | Collin Frederic | ACP | 16'31.71 | Mas | 69 |
| 4 | 1200 | Van Der Hoeven Tim | VS | 16'46.69 | Sen | 85 |
| 5 | 241 | Van Lunter Yannick | VS | 16'47.38 | Jun | 91 |
| 7 | 1909 | Van Der Elst Hendrik | VS | 16'48.33 | Sen | 88 |
| 7 | 4009 | Van Der Hoeven Marc | VS | 16'48.39 | Mas | 60 |
| 8 | 9501 | DESMEDT FREDERIC | CABW | 17'39.09 | Mas | 71 |
| 9 | 5660 | Droogmans Erik | ACA | 17'43.39 | Mas | 63 |
| 10 | 250 | De Paermentier Tom | VS | 17'57.66 | Jun | 91 |
| 11 | 6984 | MILCAMPES Thierry | CABW | 17'58.29 | Mas | 58 |
| | 1464 | Rasschaert Johannes | VS | NA | Sen | 86 |