

Uitslagen Januari 2013.

	Indoor 6-1-2013 Dortmund.	
	800 meter Masters	
1	M65 Hans Smeets	2.19.81
	Ned. Eur. Record.	
	400 meter Masters	
3	M50 Hugo Kusters	60.97
	Indoor 6-1-2013 Sittard.	
	Meisjes C.	
	60 meter.	
2	Sismee Tiggeloven	8.35sec
8	Kiki Rompen	9.15sec
	60 mtr hrd.	
2	Sismee Tiggeloven	10.40sec
	Verspringen.	
8	Kiki Rompen	3.87m
	Kogelstoten.	
2	Sismee Tiggeloven	8.97m
	Meisjes B.	
	60 meter.	
1	Babs Mevissen	8.23sec
	Mannen.	
	60 meter.	
1	Christian Zick	7.17sec
	Halve Marathon 13 --01-2013	
	in Egmond NH	
	Businusrun.	
64	Ad van Kempen M55	1.33.21
163	Klaus Krolzig M55	1.39.21
	Indoorwedstrijden 19-01-2013	
	in Dortmund	
	1500 meter M65	
1	Hans Smeets	4.51.49
	Abdijcross 19-20-1-2013 Kerkrade.	
	Clubkampioenschappen.	
	Pup.mei C 850mtr	
1	Luna Bodelier	3.52min
2	Mieke Blik	3.55min
3	Maureen Mols	4.14min
	Pup.jo.C 850 mtr	
1	Luca Broers	4.30min
2	Ewout vd Waal	5.05min
	Pup.mei.B 1200mtr	
1	Carlijn Mols	4.58min
	Pup.Jo.B 1200mtr	
1	Max Timmermans	5.08min

2	Lucas Koolen	5.26min
3	Bas Amkreutz	6.13min
4	Collin Schrijen	6.16min
	Pup.mei.A 1400mtr	
1	Minke Bisschop	6.16min
2	Donna Van Wersch	6,28min
3	Fleur Hamers	6.41min
4	Orly Meens	7.11min
5	Regina Laeven	9.24min
	Pup.Jo.A 1400mtr	
1	Quinten van Ommen	5.52min
2	Glenn Grijfrath	6.28min
3	Brian Kreutzer	6.34min
4	Kevin Smaling	7.34min
5	Niko Pasmans	7.59min
	Meisjes D 1750mtr	
1	Myrthe Hamers	9.25min
2	Sanne Dekker	9.47min
3	Lisa Dekker	9.52min
	Jongens D 1750mtr	
1	Kenneth Hoven	8,05min
2	Luuk Pasmans	8.30min
3	Jelle Schurer	9.09min
	Jongens C 2900 mtr	
1	Luc Vilain	14.22min
	Vsen 2600 meter.	
1	Britta Baudisch	12.26min
	V35 5200 meter	
1	Melanie Vermeulen	27.01min
	V40 5200 meter	
1	Sandra Douven	26.56min
2	Aimee Brull	27.34min
	V45 5200 meter	
1	Ellis Burgers	27.05min
	M40 5200 meter	
1	Marc Scheren	27.35min
	M45 5200 meter	
1	Ramon van Ommen	28.30min
	M50 5200 meter	
1	Cor Koreman	32.48min
	M55 5200 meter	
1	Harry Driessen	23.28min
2	Ad van Kempen	25.38min
	M60 5200 meter	
1	John Stoffelen	29.13min
	M45 7400 meter	
1	Mathieu Houben	38.07min
	V50 7400 meter	
1	Annelies Kamphuis	42.14min
	Uitslagen Trailrun	

	10 Km Trailrun Msen	
13	Colin vd Net	52.59min
	10 Km Trailrun M40	
5	Richard Vulkers	52.54min
6	Marc Scheren	52.56min
	10 Km Trailrun M45	
3	John Vreuls	51.26min
4	Frank Nijholt	52.05min
14	Maurice Kohlen	1.11.37u
	10 Km Trailrun M50	
1	Ralf Bunger	49.23min
2	Hans Meyer	51.40min
	10 Km Trailrun M55	
3	Ad van Kempen	53.26min
5	Fred Kroon	1.11.39u
7	Math Baggen	1.14.56u
	10 Km Trailrun M60	
2	Nico Bonfrere	1.06.59u
3	Wiel Pelzer	1.07.11u
	10 Km Trailrun V35	
1	Sandra Florie	55.14min
2	Astrid Pleyers	1.05.23u
	20 Km Trailrun M45	
1	Bert Vanwersch	1.20.16u
5	Theo Schroyen	1.58.13u
	20 Km Trailrun M50	
1	Klaus Krolzig	1.40.49
5	Paul Eymael	1.58.15
	20 Km Trailrun V50	
1	Sibilla Eymael	1.58.16
	Indoorws 20-1-2013 Leverkusen	
	Nord-Rhein Meisterschaften	
	60 mtr Meisjes B. buiten med,	
8	Babs Mevissen	8.21sec
	200mtr Meisjes B. buiten med.	
3	Babs Mevissen	26.36sec
	Vlakwatercross 27-1-2013 Venray,	
	Lange Cross Vrouwen.	
3	Myrthe Meex	34.52min
	Nagekomen Uitslagen November.	
	8Km Cross 4-11-2012 in Waregem B.	
5	Kristof Lefebvre	
	8,2Km Cross 18-11-2012 in Deinze B.	
21	Kristof Lefebvre	
	9Km Cross 25-11-2012 in Genk B.	
6	Kristof Lefebvre	

	Nagekomen Uitslagen December.	
	9,3Km Cross 16-12-2012 in Booischot B.	
13	Kristof Lefebvre	
	5 Km Cross 23-12-2012 in Deerlijk B.	
4	Kristof Lefebvre	16.04min