

| <b>Uitslagen Mei 2010.</b>               |      |                     |         |
|--|------|---------------------|---------|
| <b>Nagekomen uitslagen Koninginloop</b>  |      |                     |         |
| <b>30-04-2010 in Beek.</b>               |      |                     |         |
| 10 Km                                    |      |                     |         |
| 2  | M45  | Maurice Quaedvlieg  | 35.26   |
| 6  | Sen  | Roel Curfs          | 45.05   |
| 5 Km                                     |      |                     |         |
| 1  | V35  | Marjon van Ommen    | 21.36   |
| 1000mtr                                  |      | Groep 7/8           |         |
| 1  |      | Luc Vilain          | 3.37    |
| 800 mtr                                  |      | Groep5/6            |         |
| 3  |      | Maud Vilain         | 2.50    |
| 600 mtr                                  |      | Groep 3/4           |         |
| 1  |      | Quinten van Ommen   | 2.02    |
|  |      |                     |         |
| <b>Competitie. 9-05-2010 in Kerkrade</b> |      |                     |         |
| <b>Mannen 3e divisie.</b>                |      |                     |         |
| 100 meter.                               |      |                     |         |
| 12                                       |      | Branko Linden       | 12.23   |
| 26                                       |      | Lars Curfs          | 13.51   |
| 200 meter.                               |      |                     |         |
| 22                                       | M55  | Glenn Gentle        | 27.85   |
| 400 meter.                               |      |                     |         |
| 22                                       | M60  | Hans Smeets         | 64.53   |
| 1500 meter.                              |      |                     |         |
| 16                                       |      | Sander van Leeuwen  | 4.41.79 |
| 23                                       |      | Senbet Eyob         | 4.51.04 |
| Hoogspringen.                            |      |                     |         |
| 2  |      | Frans Boumans       | 1.85    |
| Verspringen.                             |      |                     |         |
| 15                                       |      | Lars Curfs          | 4.33    |
| Kogelstoten.                             |      |                     |         |
| 1  |      | Tom Corstjens       | 16.17   |
| 3  |      | Arjan Dekker        | 13.07   |
| Discuswerpen.                            |      |                     |         |
| 7  |      | Arjan Dekker        | 31.37   |
| Totaal                                   |      |                     |         |
| 15                                       |      | Achilles-Top Mannen | 3979pt  |
| Vrouwen.                                 |      |                     |         |
| 100 meter.                               |      |                     |         |
| 7  |      | Daniella Michiels   | 14.10   |
| 8  | MeiA | Leonie Haasler      | 14.61   |
| 200 meter.                               |      |                     |         |
| 2  | MeiA | Roan Stijns         | 26.25   |
| 5  |      | Daniella Michiels   | 29.04   |
| 400 meter.                               |      |                     |         |
| 1  | MeiA | Elli Frank          | 62.38   |
| 6  |      | Ciska Wouters       | 69.62   |
| 800 meter.                               |      |                     |         |
| 2  | MeiA | Roan Stijns         | 2.26.9  |

|  |      |                              |          |
|--|------|------------------------------|----------|
| 3000 meter.                                      |      |                              |          |
| 1  | MeiA | Elli Frank                   | 10.54.82 |
| 400 mtr horden.                                  |      |                              |          |
| 4  |      | Michaela Lambertz            | 74.09    |
| 4x100mtr estafette.                              |      |                              |          |
| 1  |      | Achilles-Top                 |          |
|  |      | Daniella- Michaela-Maud-Roan |          |
| Hoogspringen.                                    |      |                              |          |
| 9  |      | Silvia Hulzebosch            | 1.30     |
| Verspringen.                                     |      |                              |          |
| 2  |      | Maud Wetzels                 | 4.63     |
| Hinkstapspringen.                                |      |                              |          |
| 4  | V35  | Leonie Wagelaar              | 9.56     |
| Kogelstoten.                                     |      |                              |          |
| 3  |      | Michaela Lambertz            | 9.52     |
| Discuswerpen.                                    |      |                              |          |
| 9  |      | Francien Den Teuling         | 17.55    |
| Speerwerpen.                                     |      |                              |          |
| 7  |      | Silvia Hulzebosch            | 24.02    |
| Totaal.  |      |                              |          |
| 2  |      | Achilles-Top Vrouwen         | 7457pt   |
|  |      |                              |          |
| <b>Marathon 9-5-2010 in Vise.B</b>               |      |                              |          |
| <b>Hele M.</b>                                   |      |                              |          |
| 22   | M55  | Ad van Kempen                | 3.45.39  |
| <b>Halve M.</b>                                  |      |                              |          |
| 11   | M35  | Maurice Ruwette              | 1.25.57  |
| 22   | Sen  | Bert Vanwersch               | 1.28.59  |
| 14   | M50  | Paul Eymael                  | 1.38.13  |
| 111  | M40  | Nathal vd Meulen             | 1.46.43  |
| 116  | M40  | Theo Schroyen                | 1.47.33  |
| 10   | V40  | Sibilla Eymael               | 1.47.33  |
| 62   | M35  | Maurice Bouwens              | 1.53.25  |
|  |      |                              |          |
| <b>Baanwedstrijd 13 mei 2010 in Hulst.</b>       |      |                              |          |
| <b>800 meter.</b>                                |      |                              |          |
| 4  |      | Martijn Arnoldussen          | 1.53.56  |
|  |      |                              |          |
| <b>Nederlandse Studenten Kampioenschappen</b>    |      |                              |          |
| <b>13 en 14 mei 2010 in Nijmegen.</b>            |      |                              |          |
| Vrouwen.   |      | 1500meter                    |          |
| 4  |      | Elli Frank                   | 4.48.58  |
| Mannen.  |      | 1500 meter.                  |          |
| 3  |      | Martijn Arnoldussen          | 4.07.23  |
|  |      |                              |          |
| <b>Marathon 15 mei 2010 in Luxemburg Stad.</b>   |      |                              |          |
| 24   | M50  | Klaus Krolzig                | 3.35.56  |
|  |      |                              |          |
| <b>Ter Speckebokaal N.B.C. 15-05-2010 Lisse.</b> |      |                              |          |
| Mannen.  |      |                              |          |

|  |     |                     |         |
|--|-----|---------------------|---------|
| 300 meter.                                   |     |                     |         |
| 4  |     | Ludrick Berrenstein | 34.31   |
| 24   |     | Eugene Martineau    | 36.30   |
| Hoogspringen.                                |     |                     |         |
| 2  |     | Tim Riedl           | 2.02    |
| 4  |     | Eugene Martineau    | 1.95    |
| Discuswerpen                                 |     |                     |         |
| 7  |     | Eugene Martineau    | 44.82   |
| Heideloop 15 mei 2010 in Landgraaf.          |     |                     |         |
| 10 Engelse Mijl.                             |     |                     |         |
| 3  | M45 | Maurice Quadvlieg   | 1.01.43 |
| 12   | M45 | Maurice Kohlen      | 1.12.08 |
| 2  | V45 | Jose van Beek       | 1.29.40 |
| 5 Engelse Mijl.                              |     |                     |         |
| 1  | M50 | Harry Driessen      | 32.41   |
| 5  | M40 | Frank Nijholt       | 35.05   |
| 8  | M50 | Hans Meijer         | 37.13   |
| 3  | V40 | Marjon van Ommen    | 39.37   |
| 6  | M55 | Guus Stauvermann    | 40.22   |
| 23   | M40 | Marc Scheeren       | 41.50   |
| 15   | M55 | Wiel Pelzer         | 46.12   |
| 7  | V35 | Astrid Pleyers      | 46.54   |
| 41   | M45 | Cor Koreman         | 47.23   |
| 5 Km.  |     |                     |         |
| 13   | M   | John Schoeters      | 24.43   |
| 24   | V   | Nancy Rhoen         | 30.26   |
| 25   | V   | Wilma Janssen       | 30.31   |
| Kreismeisterschaften 15/16 mei 2010 in Aken. |     |                     |         |
| Verspringen Mannen.                          |     |                     |         |
| 3  |     | Frans Boumans       | 6.80    |
| Kogelstoten Mannen.                          |     |                     |         |
| 1  |     | Tom Corstjens       | 16.75   |
| Baanwedstrijden 23-05-2010 in Heerlen.       |     |                     |         |
| 100 meter.                                   |     |                     |         |
|  | Sen | Lars Curfs          | 12.80   |
| 200 meter.                                   |     |                     |         |
|  | M55 | Glenn Gentle        | 26.40   |
|  | Sen | Lars Curfs          | 27.30   |
| 800 meter.                                   |     |                     |         |
|  | M60 | Hans Smeets         | 2.20.70 |
| Verspringen.                                 |     |                     |         |
|  | Sen | Lars Curfs          | 4.23    |
| Kogelstoten.                                 |     |                     |         |
| 1  | Sen | Tom Corstjens       | 16.85   |
| 2  | Sen | Arjan Dekker        | 13.35   |
| 1  | JoA | Etienne Orbons 6kg  | 15.16   |
| Discuswerpen.                                |     |                     |         |

|  |     |                            |         |
|--|-----|----------------------------|---------|
| 1  | Sen | Tom Corstjens              | 48.04   |
| 1  | JoA | Etienne Orbons 1.75kg      | 43.59   |
| Speerwerpen.   |     |                            |         |
| 1  | Sen | Pascal Stitzinger          | 57.35   |
| <b>Nationaal Baancircuit 23-05-2010 in Hoorn.</b>                    |     |                            |         |
| 400 meter.   |     |                            |         |
| 4  |     | Ludrik Berrenstein         | 48.35   |
| Verspringen.   |     |                            |         |
| 4  |     | Eugene Martineau           | 6.94    |
| Speerwerpen.   |     |                            |         |
| 4  |     | Eugene Martineau           | 62.01   |
| <b>Wegwedstrijd 21-05-2010 In Beegden.</b>                           |     |                            |         |
| <b>10 Km.</b>  |     |                            |         |
| 1  | M40 | Bert Vanwersch             | 34.52   |
| 9  | M40 | Ivo Vermeeren              | 39.06   |
| <b>2e Competitiewedstrijd CD Junioren op 29 mei 2010 in Someren.</b> |     |                            |         |
| <b>Jongens C 2e divisie.</b>   |     |                            |         |
| <b>100 meter.</b>  |     |                            |         |
| 9  |     | Ruben Franssen             | 14.95   |
| <b>800 meter.</b>  |     |                            |         |
| 5  |     | Laurens Franssen           | 2.23.02 |
| <b>100 mtr horden.</b>   |     |                            |         |
| 4  |     | Maximilian Stetzkowski     | 18.27   |
| <b>4x100 meter estafette.</b>  |     |                            |         |
| 6  |     | 2x Franssen 2x Stetzkowski | 55.57   |
| Hoogspringen.  |     |                            |         |
| 9  |     | Julian Stetzkowski D       | 1.35    |
| Verspringen.   |     |                            |         |
| 9  |     | Laurens Franssen           | 4.21    |
| Kogelstoten.   |     |                            |         |
| 9  |     | Ruben Franssen             | 7.57    |
| Discuswerpen.  |     |                            |         |
| 9  |     | Julian Stetzkowski D       | 18.67   |
| Speerwerpen.   |     |                            |         |
| 3  |     | Maximilian Stetzkowski     | 33.62   |
| Totaal   |     |                            |         |
| 7  |     | Achilles-Top               | 4180pt  |
| <b>Jongens D 2e divisie.</b>   |     |                            |         |
| 1000 meter.  |     |                            |         |
| 4  |     | Luc Vilain                 | 3.27.66 |
| Verspringen.   |     |                            |         |
| 5  |     | Luc Vilain                 | 3.75    |
| <b>Meisjes D 2e divisie.</b>   |     |                            |         |
| 60 meter.  |     |                            |         |
| 9  |     | Kiki Rompen                | 9.81    |
| 1000 meter.  |     |                            |         |

|  |                       |                      |         |
|--|-----------------------|----------------------|---------|
| 7  |                       | Lynn Vogely          | 3.56.01 |
| 13   |                       | Mijke Wassenberg     | 4.09.79 |
| 60 mtr horden.                                     |                       |                      |         |
| 12   |                       | Kiki Rompen          | 13.95   |
| 15   |                       | Edda Benders         | 14.72   |
| 4x60 mtr estafette.                                |                       |                      |         |
| 9  |                       | Achilles-Top         | 39.03   |
|  |                       | Lieke-Lynn-Kiki-Edda |         |
| Hoogspringen.                                      |                       |                      |         |
| 11   |                       | Edda Benders         | 1.10    |
| 12   |                       | Mijke Wassenberg     | 1.05    |
| Verspringen.                                       |                       |                      |         |
| 10   |                       | Lieke Lipsch         | 3.13    |
| Kogelstoten.                                       |                       |                      |         |
| 13   |                       | Lynn Vogely          | 4.39    |
| Speerwerpen.                                       |                       |                      |         |
| 11   |                       | Lieke Lipsch         | 10.16   |
| Totaal.  |                       |                      |         |
| 9  |                       | Achilles-Top         | 2203p   |
| <b>Baanwedstrijd op 29 mei 2010 in Aken D.</b>     |                       |                      |         |
| Mannen.  |                       |                      |         |
| 100 meter.   |                       |                      |         |
| 3  |                       | Luuk Linssen         | 11.72   |
| 200 meter.   |                       |                      |         |
| 4  |                       | Luuk Linssen         | 23.78   |
| <b>Competitie Pupillen 30 mei 2010 in Heerlen.</b> |                       |                      |         |
| Pupillen Meisjes A.                                |                       |                      |         |
|  | 60mtr                 | Verspr Hoog Kogel    | Punten  |
| 1  | Sismee Tiggeloven     |                      | 2009    |
|  | 7.61                  | 3.69 1.20 6.76       |         |
| 6  | Veerle van der Meulen |                      | 1552    |
|  | 10.40                 | 3.45 1.00 5.63       |         |
| 7  | Lieke Severens        |                      | 1467    |
|  | 10.47                 | 3.34 1.00 4.83       |         |
| 13   | Ivy Kockelkoren       |                      | 1239    |
|  | 11.09                 | 3.08 0.90 4.54       |         |
| 14   | Senna Cubeddi         |                      | 1237    |
|  | 11.51                 | 3.54 0.90 3.95       |         |
| 15   | Sylvia Boer           |                      | 1170    |
|  | 10.93                 | 2.84 1.00 3.08       |         |
| 22   | Sanne Andriolo        |                      | 987     |
|  | 11.77                 | 2.50 0.90 3.78       |         |
| 24   | Danae Andriolo        |                      | 739     |
|  | 11.67                 | 2.19 0.70 3.17       |         |
| Pupillen Meisjes B.                                |                       |                      |         |
|  |                       | 40 mtr Verspr Balw.  | Punten  |
| 2  | Kimberly Wijngaarden  |                      | 970     |
|  | 7.20                  | 2.65 13.31           |         |

|  |       |                    |        |
|--|-------|--------------------|--------|
| 4  |       | Emma Wassenberg    | 944    |
|  |       | 7.50 3.07 10.60    |        |
| 11   |       | Lisa Dekker        | 676    |
|  |       | 8.10 2.42 9.06     |        |
| 13   |       | Sanne Dekker       | 603    |
|  |       | 8.20 2.27 7.82     |        |
| Pupillen Meisjes C.                        |       |                    |        |
|  |       | 40 mtr Verspr Balw | Punten |
| 4  |       | Lotte vd Bent      | 704    |
|  |       | 8.40 2.56 11.47    |        |
| Totaal Pupillen Meisjes                    |       |                    |        |
| 2  |       | Achilles-Top       | 7646pt |
| Pupillen Jongens A.                        |       |                    |        |
|  | 60mtr | Verspr Hoog Kogel  | Punten |
| 10   |       | Diego Vankan       | 1363   |
|  | 10.61 | 2.68 1.00 5.54     |        |
| 13   |       | Pelle Leclair      | 1194   |
|  | 11.26 | 2.67 0.90 5.39     |        |
| 24   |       | Bart Spons         | 1099   |
|  | 11.05 | 2.94 0.80 3.94     |        |
| Pupillen Jongens B.                        |       |                    |        |
|  |       | 40mtr Verspr Balw  | Punten |
| 2  |       | Sander Lanters     | 1056   |
|  |       | 7.64 2.98 20.16    |        |
| 10   |       | Thijs vd Bent      | 663    |
|  |       | 8.53 2.28 13.39    |        |
| 11   |       | Luuk Pasmans       | 608    |
|  |       | 8.53 2.17 11.53    |        |
| Pupillen Jongens C.                        |       |                    |        |
|  |       | 40mtr Verspr Balw  | Punten |
| 1  |       | Quinten van Ommen  | 1133   |
|  |       | 6.89 3.09 13.75    |        |
| 3  |       | Attila Cubeddi     | 996    |
|  |       | 7.67 2.80 18.91    |        |
| 8  |       | Laurenz Feierabend | 725    |
|  |       | 8.62 2.36 11.51    |        |
| 12   |       | Noah Faber         | 623    |
|  |       | 8.57 2.30 11.27    |        |
| Totaal Pupillen Jongens.                   |       |                    |        |
| 5  |       | Achilles-Top       | 6841pt |
| <b>Open N.K. atleten met een beperking</b> |       |                    |        |
| <b>29 en 30 mei 2010 in Emmen.</b>         |       |                    |        |
| 100 meter.                                 |       | T38                |        |
| 3  |       | Lars Curfs         | 13.53  |
| 200 meter.                                 |       | T38                |        |
| 3  |       | Lars Curfs         | 28.11  |
| Verspringen.                               |       | T38 Ned.Record !!  |        |
| 2  |       | Lars Curfs         | 4.87   |