

KAPE - INDOOR Top 5 - Alle Categorieën heren - 31-03-2010

60 m

| | | | | |
|---|----------------|------|-------------|----------|
| 1 | De Hoon Wim | 7"31 | Gent blaarm | 23-12-00 |
| | Gorts Kristof | 7"31 | Gent Blaarm | 24-02-01 |
| 3 | Vanhaeren Bram | 7"41 | Gent Blaarm | 13-01-08 |
| 4 | Vanhaeren Tim | 7"42 | Gent Blaarm | 13-01-08 |
| 5 | Vanhaeren Stef | 7"44 | Gent Blaarm | 13-01-07 |

60 m H

(1m07)

| | | | | |
|---|------------------|-------|-------------|----------|
| 1 | Gorts Kristof | 8"62 | Gent Blaarm | 06-01-01 |
| 2 | Van Beeck Gert | 8"94 | Hoboken | 07-03-93 |
| 3 | Schrauwen Steven | 9"82 | Gent Blaarm | 07-02-10 |
| 4 | Oerlemans Jan | 10"17 | Gent | 02-02-97 |
| 5 | Souvereyns Bart | 11"08 | Gent | 18-02-96 |

200 m

| | | | | |
|---|----------------|-------|-------------|----------|
| 1 | Vanhaeren Stef | 22"51 | Gent Blaarm | 18-01-09 |
| 2 | Vanhaeren Tim | 23"49 | Gent Blaarm | 12-03-06 |
| 3 | Gorts Kristof | 23"51 | Gent Blaarm | 30-12-00 |
| 4 | De Hoon Wim | 23"57 | Gent Blaarm | 06-01-01 |
| 5 | Gorts Stefan | 23"81 | Gent | 22-12-95 |

300 m

| | | | | |
|---|------------------|-------|-------------|----------|
| 1 | Vanhaeren Stef | 36"61 | Gent Blaarm | 26-12-07 |
| 2 | Vanhaeren Tim | 37"3 | Gent Blaarm | 26-12-05 |
| 3 | Schrauwen Steven | 38"2 | Gent Blaarm | 26-12-05 |
| 4 | Vanhaeren Bram | 39"1 | Gent Blaarm | 26-12-05 |
| 5 | Schrauwen Jeroen | 47"4 | Gent Blaarm | 26-12-05 |

400 m

| | | | | |
|---|----------------|-------|-------------|----------|
| 1 | Vanhaeren Stef | 48"59 | Gent Blaarm | 31-01-10 |
| 2 | De Hoon Wim | 50"37 | Gent Blaarm | 27-01-02 |
| 3 | Vanhaeren Tim | 51"72 | Gent Blaarm | 03-01-10 |
| 4 | Gorts Kristof | 52"12 | Gent | 21-02-99 |
| 5 | Vanhaeren Bram | 52"65 | Gent Blaarm | 03-01-10 |

800 m

| | | | | |
|---|----------------|---------|-------------|----------|
| 1 | De Hoon Wim | 1'56"31 | Gent Blaarm | 06-01-02 |
| 2 | Pallems Martin | 2'04"02 | Gent Blaarm | 13-01-07 |
| 3 | Gorts Kristof | 2'04"16 | Gent | 24-02-96 |
| 4 | Goffa Tom | 2'04"34 | Gent Blaarm | 05-03-00 |
| 5 | Gadisseur Wim | 2'07"04 | Gent Blaarm | 24-03-01 |

1000 m

| | | | | |
|---|---------------|---------|-------------|----------|
| 1 | De Hoon Wim | 2'36"35 | Gent Blaarm | 29-12-01 |
| 2 | Goffa Tom | 2'43"5 | Dortmund | 20-02-00 |
| 3 | Gorts Kristof | 2'46"09 | Gent | 18-02-96 |
| 4 | Vanhaeren Tim | 2'49"78 | Gent Blaarm | 05-02-06 |
| 5 | Oerlemans Jan | 2'53"15 | Gent | 02-02-97 |

1500 m

| | | | | |
|---|----------------|---------|-------------|----------|
| 1 | Gadisseur Wim | 4'16"41 | Gent Blaarm | 31-03-01 |
| 2 | Pallems Martin | 4'17"66 | Gent Blaarm | 18-03-06 |
| 3 | De Hoon Wim | 4'44"72 | Gent | 26-12-96 |

3000 m

| | | | | |
|---|---------------|---------|-------------|----------|
| 1 | Gadisseur Wim | 9'12"70 | Gent Blaarm | 14-02-01 |
|---|---------------|---------|-------------|----------|

Verspringen

| | | | | |
|---|------------------|------|-------------|----------|
| 1 | Van Beeck Gert | 6m70 | Hoboken | 07-03-93 |
| 2 | Vanhaeren Tim | 6m52 | Gent Blaarm | 15-01-06 |
| 3 | Schrauwen Steven | 6m43 | Gent Blaarm | 26-12-05 |
| 4 | Vanhaeren Bram | 6m35 | Hoboken | 07-01-07 |
| 5 | Doms Bart | 6m32 | Gent Blaarm | 20-12-03 |

Hoogspringen

| | | | | |
|---|-----------------|------|-------------|----------|
| 1 | Souvereyns Bart | 1m85 | Hoboken | 15-03-97 |
| 2 | Zuodar Raf | 1m81 | Gent | 17-02-99 |
| 3 | Vanhaeren Bram | 1m75 | Hoboken | 07-01-07 |
| | Goeman Wim | 1m75 | Gent Blaarm | 21-01-07 |
| 5 | Van Beeck Gert | 1m73 | Hoboken | 26-02-89 |

Hinkstapspringen

| | | | | |
|---|------------------|-------|-------------|----------|
| 1 | Schrauwen Steven | 13m13 | Gent Blaarm | 25-01-04 |
| 2 | Vanhaeren Tim | 13m10 | Gent Blaarm | 08-01-05 |
| 3 | Gorts Kristof | 12m61 | Gent Blaarm | 28-12-03 |
| 4 | Zuodar Raf | 12m30 | Gent | 25-01-98 |
| 5 | Collins Robert | 12m26 | Hoboken | 19-12-93 |

Polsstokspringen

| | | | | |
|---|------------------|------|-------------|----------|
| 1 | Zuodar Raf | 3m80 | Gent | 25-01-98 |
| 2 | Gorts Kristof | 3m70 | Gent Blaarm | 12-03-00 |
| 3 | Souvereyns Bart | 3m60 | Gent | 08-01-95 |
| | Oerlemans Jan | 3m60 | Gent | 02-02-97 |
| 5 | Schrauwen Steven | 3m55 | Gent Blaarm | 03-01-10 |

Kogelstoten (7,26 kg)

| | | | | |
|---|-----------------------|-------|-------------|----------|
| 1 | Van Den Eynden Johnny | 15m73 | Hoboken | 15-01-89 |
| 2 | Vanhaeren Tim | 11m48 | Gent Blaarm | 03-01-09 |
| 3 | Schrauwen Bert | 11m02 | Gent Blaarm | 03-01-09 |
| 4 | Gorts Kristof | 10m66 | Gent Blaarm | 11-03-00 |
| 5 | Adriaensen Jan | 9m93 | Gent | 17-02-90 |

zevenkamp

| | | | | |
|---|------------------|--------|-------------|-------------|
| 1 | Gorts Kristof | 4385 p | Gent | 11/12-03-00 |
| 2 | Schrauwen Steven | 2997 p | Gent Blaarm | 06/07-02-10 |