

2/8/23 Herentals

Sen- Masters dames

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|-------|---------------------|---------|
| 1500m | 1 Baetens Donja | 5.13.52 |
| 400m | 1 Van Goethem Tessa | 1.03.38 |

Sen- Masters heren

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| 400m | 5. Lemmens Rien | 54.26 |
| 1500m | 3 Michielsen Jeroen | 4.25.12 |
| 5000m | 5. Buyens Koen | 19.14.25 |
| | 8.Cik Miroslav | 20.04.17 (V) |