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|  | internationaal palmares |

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|  | jaar | meeting | locatie | resultaat |
|  | **1989**  | EKJ  | Varazdin/Yug  | Kwalificatie: groep 2 - 9de met 45m08  |
|  | **1990**  | WKJ  | Plovdiv/Bul  | Kwalificatie: 14de met 49m12  |
|  | **1991**  | EKJ  | Thessaloniki/Gre  | Finale: 11de met 49m40  |
|  | **1997**  | WK  | Athene/Gre  | Kwalificatie groep A: 13de met 58m66  |
|  | **2000**  | OS  | Sydney/Aus  | Kwalificatie groep B: 13de met 60m93 - (23ste)  |
|  | **2001**  | WK  | Edmonton/Can  | Kwalificatie groep A: 9de met 60m19 - (16de)  |
|  | **2002**  | EK  | Munchen/D  | Finale: 10de met 61m07  |
|  | **2003**  | WK  | Parijs/Fra  | Kwalificatie groep A: 9de met 61m64 - (14v27)  |
|  | **2005** | WK | Helsinki/Fin | Kwalificatie: 8ste met 61m12 |

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|  | nationaal palmares |

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|  | jaar | meeting | locatie | resultaat |
|  | 1986  | BK Cad  | Discus  | 39m60  |
|  | 1987  | BK Cad  | Discus  | 41m78  |
|  | 1988  | BK Schol  | Discus  | 47m50  |
|  | 1989  | BK Schol  | Discus  | 49m90  |
|  | 1990  | BK Jun  | Discus  | 56m72  |
|  | 1990  | BK AC  | Discus  | 52m46  |
|  | 1991  | BK Jun  | Discus  | 54m20  |
|  | 1993  | BK AC  | Discus  | 53m40  |
|  | 1993  | BK Bel  | Discus  | 49m24  |
|  | 1994  | BK AC  | Discus  | 52m66  |
|  | 1994  | BK Bel  | Discus  | 54m10  |
|  | 1995  | BKAC  | Discus  | 58m92  |
|  | 1996  | BK AC  | Discus  | 55m92  |
|  | 1997  | BKAC  | Discus  | 59m06  |
|  | 1998  | BKAC  | Discus  | 58m00  |
|  | 1999  | BKAC  | Discus  | 60m51  |
|  | 2000  | BKAC  | Discus  | 58m78  |
|  | 2001  | BKAC  | Discus  | 60m36  |
|  | 2002  | BKAC  | Discus  | 60m92  |
|  | 2003  | BKAC  | Discus  | 62m19  |
|  | 2004  | BKAC  | Discus  | 60m91  |
|  | 2005 | BKAC | Discus | 59m97 |

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|  | Belgische records |  |  |

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|  | jaar | meeting | locatie | resultaat |
|  | 1997  | Discus  | Kerkrade/Ned, 24 mei  | 61m12  |
|  | 1997  | Discus  | Dublin/Irl, 07 juni  | 62m26  |
|  | 1999  | Discus  | Melle, 30 juli  | 62m61  |
|  | 2000  | Discus  | Wiesbaden/D, 20 mei  | 63m49  |
|  | 2001  | Discus  | Halle/D, 19 mei  | 64m24  |

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|  | Prestatie-ontwikkeling |  |  |

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|  |  | 2 kg  | 1,750 kg  | 1,5kg  | 1 kg  |  |
|  | 1984  |  |  |  | 30m44  |  |
|  | 1985  |  |  |  | 34m50  |  |
|  | 1986  |  |  | 41m18  |  |  |
|  | 1987  |  |  | 48m16  |  |  |
|  | 1988  | 47m16  |  | 51m76  |  |  |
|  | 1989  | 49m58  |  | 53m12  |  |  |
|  | 1990  | 54m06  | 56m72  |  |  |  |
|  | 1991  | 54m04  | 57m44  |  |  |  |
|  | 1992  | 55m68  |  |  |  |  |
|  | 1993  | 54m58  |  |  |  |  |
|  | 1994  | 56m90  |  |  |  |  |
|  | 1995  | 60m42  |  |  |  |  |
|  | 1996  | 60m30  |  |  |  |  |
|  | 1997  | 62m26  |  |  |  |  |
|  | 1998  | 60m94  |  |  |  |  |
|  | 1999  | 62m61  |  |  |  |  |
|  | 2000  | 63m49  |  |  |  |  |
|  | 2001  | 64m24  |  |  |  |  |
|  | 2002  | 63m95  |  |  |  |  |
|  | 2003  | 63m88  |  |  |  |  |
|  | 2004  | 64m06  |  |  |  |  |
|  | 2005 | 63m10 |  |  |  |  |
|  | 2006 | 54m08 |  |  |  |  |
|  | 2007 | 57m39 |  |  |  |  |
|  | 2008 | Laatste competitie op 11 mei 2008 te Zwevegem: BVV: 1ste met 55m75 |
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|  | zomer 2007 |

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|  | Datum | Plaats | Competitie | Discipline | Rang | Prestatie |  | Opmerking |  |
|  | 17 maart | Yalta/Ukr | ECup Winter Throw | Discus | 8ste | 57m39 |  |  |  |
|  | 13 mei | Heusden | BVV | Kogel | 2de | 13m63 |  |  |  |
|  | 13 mei | Heusden | BVV | Discus | 2de | 45m63 |  |  |  |
|  | 24 jun | Munchen/Ger | EuropaCup | Discus | 8ste | 45m50 |  | blessure |  |
|  | 16 okt | Hyderabad/Ind | CISM-kamp | Discus | 9de | 54m08 |  |  |  |
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|  | zomer 2006 |

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|  | Datum | Plaats | Competitie | Discipline | Rang | Prestatie |  | Opmerking |  |
|  | 13 mei | Wiesbaden/D | Internationaal | Discus | 4de | 62m70 |  |  |  |
|  | 14 mei | Kortrijk | BVV | Kogel | 2de | 14m18 |  |  |  |
|  | 14 mei | Kortrijk | BVV | Discus | 1ste | 60m90 |  |  |  |
|  | 20 mei | Halle/Ger | Internationaal | Discus | 9de | 59m82 |  |  |  |
|  | 21 mei | Oordegem | KVV | Discus | 1ste | 58m68 |  |  |  |
|  | 18 juni | Praag/Cze | EuroCup | Discus | 2de | 61m63 |  |  |  |
|  | 30 juni | Bottnaryd/Swe | Internationaal | Discus | 1ste | 60m36 |  |  |  |
|  | 09 juli | Brussel | BK AC | Discus | - | NM |  |  |  |
|  | 22 juli | Heusden-Zolder | KBC Nacht | Discus | 4de | 59m89 |  |  |  |
|  | 26 aug | Merksem | Flanders Cup | Discus | 2de | 58m77 |  |  |  |
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|  | zomer 2005 |

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|  | Datum | Plaats  | Competitie  | Discipline  | Rang  | Prestatie  | Opmerking  |
|  | 12 maa  | Mersin/Tur  | Eur.Werp.Chl  | Discus  | 7de  | 58m63  |  |
|  | 14 mei  | Neuwied/Ger  | Internationaal  | Discus  | 2de  | 62m48  |  |
|  | 15 mei  | Zwevegem  | BVV  | Kogel  | 2de  | 14m08  |  |
|  | 15 mei  | Zwevegem  | BVV  | Discus  | 3de  | 61m65  |  |
|  | 21 mei  | Halle/Ger  | Internationaal  | Discus  | 8ste  | 61m46  |  |
|  | 28 mei  | Wiesbaden/Ger  | Internationaal  | Discus  | 4de  | 62m69  |  |
|  | 29 mei  | Hengelo/Ned  | IAAF GP  | Discus  | 6de  | 62m93  |  |
|  | 01 jun  | Berlijn/Ger  | Internationaal  | Discus  |  | 63m10  | WK-B-limiet  |
|  | 19 jun  | Leiria (POR)  | internationaal  | discus  | 1  | 62m02  |  |
|  | 22 jun  | Papendal (NED)  | internationaal  | discus  | 2  | 59m23  |  |
|  | 02 jul  | Oordegem-Lede  | nationaal  | discus  | 1  | 62m51  |  |
|  | 10 jul  | Brussel  | BK-AC  | discus  | 1  | 59m97  |  |
|  | 23 jul  | Heusden  | internationaal  | discus  |  | 62m40  |  |
|  | 06 aug  | Helsinki (FIN)  | WK | discus  | 5  | 61m12  |  |
|  | 20 aug  | Tessenderlo  | nationaal  | discus  | 1  | 58m44  |  |
|  | 29 aug  | Dubnica (SVK)  | internationaal  | discus  | 2  | 58m93  |  |

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|  | zomer 2004 |

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|  | Datum | Plaats  | Competitie  | Discipline  | Rang  | Prestatie  | Opmerking  |
|  | 13 maa  | Marsa  | Eur.Thr.Chal  | Discus  | 5de  | 58m96  |  |
|  | 15 mei  | Wiesbaden/D  | Internationaal  | Discus  | 4de  | 63m09  |  |
|  | 16 mei  | Merksem  | Interclub  | Discus  | 1ste  | 61m98  |  |
|  | 16 mei  | Merksem  | Interclub  | Kogel  | 4de  | 14m08  |  |
|  | 22 mei  | Halle/D  | Internationaal  | Discus  | 5de  | 63m18  |  |
|  | 29 mei  | Zeulenroda/D  | Internationaal  | Discus  | 2de  | 62m99  |  |
|  | 05 jun  | Heverlee  | Flanders Cup  | Discus  | 1ste  | 62m55  |  |
|  | 06 jun  | Rostock/D  | Regionaal  | Discus  | 1ste  | 63m38  |  |
|  | 09 jun  | Rostock/D  | Regionaal  | Discus  | 1ste  | 64m06  |  |
|  | 13 jun  | Erfurt/D  | Internationaal  | Discus  | 5de  | 60m06  |  |
|  | 20 jun  | Plovdiv/Bul  | EuropaCup  | Discus  | 1ste  | 61m29  |  |
|  | 27 jun | Oordegem  | Kamp.v.Vlaan.  | Discus  | 1ste  | 63m39  |  |
|  | 11 jul | Brussel  | BK AC  | Discus  | 1ste  | 60m91  |  |
|  | 17 jul | Oordegem  | Flanders Cup  | Discus  | 1ste  | 62m94  |  |
|  | 21 jul | Gent  | Flanders Cup  | Discus  | 1ste  | 60m86  |  |
|  | 31 jul | Heusden-Zolder  | IAAF GP KBC  | Discus  | 4de  | 63m20  |  |
|  | 28 aug  | Tessenderlo  | Flanders Cup  | Discus  | 1ste  | 60m44  |  |
|  | 02 sep  | Oordegem  | IAAF GL MVD  | Discus  | 9de  | 60m05  |  |
|  | 04 sep  | Merksem  | Flanders Cup  | Discus  | 1ste  | 61m71  |  |

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|  | zomer 2003 |

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|  | Datum | Plaats  | Competitie  | Discipline  | Rang  | Prestatie  | Opmerking  |
|  | 1 maa | Gioia Tauro/Ita  | Europ.Throw.  | Discus  | 6de  | 61m29  |  |
|  | 11 mei  | Tessenderlo  | BVVlaander.  | Discus  | 1ste  | 62m23  |  |
|  | 11 mei  | Tessenderlo  | BVVlaander.  | Kogel  | 2de  | 14m84  |  |
|  | 17 mei  | Wiesbaden/D  | Internationaal  | Discus  | 5de  | 63m06  |  |
|  | 24 mei  | Halle/D  | Internationaal  | Discus  | 4de  | 63m68  | **B-minimum Parijs**  |
|  | 29 mei  | Zeulenroda/D  | Internationaal  | Discus  | 3de  | 63m69  | **B-minimum Parijs**  |
|  | 07 jun | Leiden/Ned  | Internationaal  | Discus  | 2de  | 61m97  |  |
|  | 15 jun | Dortmund/D  | Internationaal  | Discus  | 3de  | 63m69  | **B-minimum Parijs**  |
|  | 22 jun | Lappeenranta/Fin  | EuroCup  | Discus  | 3de  | 61m91  |  |
|  | 29 jun | Heusden-Zolder  | KVV  | Discus  | 1ste  | 61m58  |  |
|  | 05 jul | Kortrijk  | Flanders Cup  | Discus  | 1ste  | 60m00  |  |
|  | 19 jul | Cuxhaven/D  | Internationaal  | Discus  | 3de  | 62m66  |  |
|  | 20 jul | Hamburg/D  | Internationaal  | Discus  | 2de  | 62m12  |  |
|  | 03 aug  | Leverkusen/D  | Internationaal  | Discus  | 2de  | 63m88  | **B-minimum Parijs**  |
|  | 09 aug  | Jambes  | BK-AC  | Discus  | 1ste  | 60m30  | Kwalificatie  |
|  | 10 aug  | Jambes  | BK-AC  | Discus  | 1ste  | 62m19  | Finale  |
|  | 24 aug  | Parijs/Fra  | WK  | Discus  | 9de  | 61m64  | Kwalificatie  |
|  | 30 aug  | Tessenderlo  | Flanders Cup  | Discus  | 2de  | 61m84  |  |
|  | 06 sep  | Merksem  | Flanders Cup  | Discus  | 1ste  | 60m28  |  |

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|  | zomer 2002 |

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|  | Datum | Plaats  | Competitie  | Discipline  | Rang  | Prestatie  | Opmerking  |
|  | 11 mei  | Halle/D  | Internationaal  | Discus  | 3de  | 63m95  | EK-minimum  |
|  | 12 mei  | Duffel  | Interclub  | Discus  | 1ste  | 61m04  |  |
|  | 12 mei  | Duffel  | Interclub  | Kogel  | 1ste  | 14m82  |  |
|  | 18 mei  | Heverlee  | Flanders Cup  | Discus  | 1ste  | 60m90  |  |
|  | 22 mei  | Heusden  | Militair Kamp.  | Discus  | 1ste  | 61m46  |  |
|  | 26 mei  | Zeulenroda/D  | Internationaal  | Discus  | 2de  | 62m43  |  |
|  | 02 jun | Vilvoorde  | KVV  | Discus  | 1ste  | 61m96  |  |
|  | 08 jun | Dortmund/D  | Internationaal  | Discus  | 2de  | 62m49  |  |
|  | 23 jun | Banska Bystr./Svk  | Europa Cup  | Discus  | 2de  | 61m22  |  |
|  | 07 jul | Brussel  | BK  | Discus  | 1ste  | 60m36  |  |
|  | 24 jul | Gent  | Flanders Cup  | Discus  | 1ste  | 61m74  |  |
|  | 27 jul | Leverkusen/D  | Internationaal  | Discus  | 1ste  | 62m97  |  |
|  | 9 aug | Munchen/D  | EK  | Discus  | 7de  | 62m71  | Kwalif.: 11de plaats  |
|  | 11 aug | Munchen/D  | EK  | Discus  | 10de  | 61m07  | Finale (regenweer!)  |
|  | 17 aug | Merksem  | Nationaal  | Discus  | 1ste  | 61m95  |  |
|  | 24 aug | Tessenderlo  | Flanders Cup  | Discus  | 1ste  | 61m99  |  |

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