



## HORAIRE DÉTAILLÉ / SPORTTECHNISCH TIJDSHEMA

### **BELGISCH KAMPIOENSCHAP JUN/BEL CHAMPIONNATS DE BELGIQUE JUN/ESP Lier (AVLL), dim/Zon 13/09/2026**

| AANMELDING<br>TEN LAATSTE/<br>CONFIRMATION<br>AU PLUS TARD | OPROEPKAMER/<br>CHAMBRE<br>D'APPEL | START<br>DISCIPLINE/<br>HEURE DE<br>L'ÉPREUVE | DISCIPLINE/<br>ÉPREUVE | CAT.        | GESLACM/HT/<br>SEXE | REEKSEN<br>/FINALE<br>SERIES/<br>FINALE | PODIUM |
|------------------------------------------------------------|------------------------------------|-----------------------------------------------|------------------------|-------------|---------------------|-----------------------------------------|--------|
| 09.00                                                      | 09.40                              | 10.00                                         | Ver/Longueur           | JUN         | M/H                 |                                         | 11.20  |
| 09.00                                                      | 09.50                              | 10.00                                         | 100m                   | JUN         | V/F                 | R/S                                     | -      |
| 09.05                                                      | 09.45                              | 10.05                                         | Speer/Javelot          | BEL/ESP     | M/H                 |                                         | 11.20  |
| 09.10                                                      | 09.50                              | 10.10                                         | Kogel/Poids            | JUN         | V/F                 |                                         | 11.20  |
| 09.10                                                      | 10.00                              | 10.10                                         | 100m                   | BEL/ESP     | V/F                 | R/S                                     | -      |
| 09.15                                                      | 09.55                              | 10.15                                         | Hoog/Hauteur           | JUN/BEL/ESP | V/F                 |                                         | 12.25  |
| 09.20                                                      | 09.40                              | 10.20                                         | Polstok/Perche         | JUN/BEL/ESP | V/F                 |                                         | 12.30  |
| 09.20                                                      | 10.10                              | 10.20                                         | 100m                   | JUN         | M/H                 | R/S                                     | -      |
| 09.30                                                      | 10.20                              | 10.30                                         | 100m                   | BEL/ESP     | M/H                 | R/S                                     | -      |
| 09.40                                                      | 10.30                              | 10.40                                         | 400m H                 | JUN         | V/F                 | RF/FD                                   | 11.35  |
| 09.50                                                      | 10.40                              | 10.50                                         | 400m H                 | BEL/ESP     | V/F                 | RF/FD                                   | 11.40  |
| 10.00                                                      | 10.40                              | 11.00                                         | Ver/Longueur           | BEL/ESP     | M/H                 |                                         | 12.25  |
| 10.00                                                      | 10.50                              | 11.00                                         | 400m H                 | JUN         | M/H                 | RF/FD                                   | 12.35  |
| 10.05                                                      | 10.45                              | 11.05                                         | Speer/Javelot          | JUN         | M/H                 |                                         | 12.40  |
| 10.10                                                      | 10.50                              | 11.10                                         | Kogel/Poids            | BEL/ESP     | V/F                 |                                         | 12.40  |
| 10.10                                                      | 11.00                              | 11.10                                         | 400m H                 | BEL/ESP     | M/H                 | RF/FD                                   | 12.35  |
| 10.20                                                      | 11.10                              | 11.20                                         | 800m                   | JUN         | V/F                 | RF/FD                                   | 12.45  |
| 10.25                                                      | 11.15                              | 11.25                                         | 800m                   | BEL/ESP     | V/F                 | RF/FD                                   | 12.50  |
| 10.35                                                      | 11.25                              | 11.35                                         | 800m                   | JUN         | M/H                 | RF/FD                                   | 12.50  |
| 10.40                                                      | 11.30                              | 11.40                                         | 800m                   | BEL/ESP     | M/H                 | RF/FD                                   | 12.55  |
| 10.50                                                      | 11.40                              | 11.50                                         | 100m H                 | JUN         | V/F                 | R/S                                     | -      |
| 11.00                                                      | 11.40                              | 12.00                                         | Ver/Longueur           | JUN         | V/F                 |                                         | 13.15  |
| 11.00                                                      | 11.50                              | 12.00                                         | 100m H                 | BEL/ESP     | V/F                 | R/S                                     | -      |
| 11.05                                                      | 11.45                              | 12.05                                         | Speer/Javelot          | JUN         | V/F                 |                                         | 13.55  |
| 11.10                                                      | 12.00                              | 12.10                                         | 110m H                 | JUN         | M/H                 | R/S                                     | -      |
| 11.20                                                      | 12.10                              | 12.20                                         | 110m H                 | BEL/ESP     | M/H                 | RF/FD                                   | 13.20  |
| 12.00                                                      | 12.40                              | 13.00                                         | Kogel/Poids            | JUN         | M/H                 |                                         | 14.20  |
| 12.00                                                      | 12.40                              | 13.00                                         | Ver/Longueur           | BEL/ESP     | V/F                 |                                         | 14.35  |
| 12.05                                                      | 13.15                              | 13.05                                         | Speer/Javelot          | BEL/ESP     | V/F                 |                                         | 15.05  |
| 13.00                                                      | 13.40                              | 14.00                                         | Hoog/Hauteur           | JUN/BEL/ESP | M/H                 |                                         | 15.25  |
| -                                                          | 13.50                              | 14.00                                         | 110m H                 | BEL/ESP     | M/H                 | F                                       | 15.30  |
| 13.05                                                      | 13.45                              | 14.05                                         | Discus/Disque          | JUN         | V/F                 |                                         | 15.30  |
| -                                                          | 13.55                              | 14.05                                         | 110m H                 | JUN         | M/H                 | F                                       | 15.30  |
| 13.15                                                      | 13.35                              | 14.15                                         | Polstok/Perche         | JUN/BEL/ESP | M/H                 |                                         | 16.40  |
| -                                                          | 14.05                              | 14.15                                         | 100m H                 | JUN         | V/F                 | F                                       | 15.40  |
| -                                                          | 14.15                              | 14.25                                         | 100m H                 | BEL/ESP     | V/F                 | F                                       | 15.40  |
| 13.30                                                      | 14.10                              | 14.30                                         | HSS/Triple             | JUN/BEL/ESP | M/H                 |                                         | 15.55  |
| 13.30                                                      | 14.20                              | 14.30                                         | 400m                   | JUN         | V/F                 | RF/FD                                   | 15.45  |
| 13.40                                                      | 14.30                              | 14.40                                         | 400m                   | BEL/ESP     | V/F                 | RF/FD                                   | 15.45  |
| 13.50                                                      | 14.40                              | 14.50                                         | 400m                   | JUN         | M/H                 | RF/FD                                   | 15.50  |
| 14.00                                                      | 14.50                              | 15.00                                         | 400m                   | BEL/ESP     | M/H                 | RF/FD                                   | 15.50  |
| 14.05                                                      | 14.40                              | 15.05                                         | Discus/Disque          | BEL/ESP     | V/F                 |                                         | 16.45  |
| 14.05                                                      | 14.45                              | 15.05                                         | Kogel/Poids            | BEL/ESP     | M/H                 |                                         | 16.10  |
| -                                                          | 15.00                              | 15.10                                         | 100m                   | JUN         | V/F                 | F                                       | 16.05  |
| -                                                          | 15.05                              | 15.15                                         | 100m                   | BEL/ESP     | V/F                 | F                                       | 16.05  |

|                  |                  |                  |               |                        |                |       |                  |
|------------------|------------------|------------------|---------------|------------------------|----------------|-------|------------------|
| -                | 15.10            | <b>15.20</b>     | 100m          | JUN                    | M/H            | F     | 16.05            |
| -                | 15.15            | <b>15.25</b>     | 100m          | BEL/ESP                | M/H            | F     | 16.05            |
| <del>14.30</del> | <del>15.10</del> | <del>15.30</del> | HSS/Triple    | JUN                    | <del>M/H</del> |       | <del>16.45</del> |
| 14.30            | 15.20            | <b>15.30</b>     | 1500m         | JUN                    | V/F            | RF/FD | 16.30            |
| 14.40            | 15.30            | <b>15.40</b>     | 1500m         | BEL/ESP                | V/F            | RF/FD | 16.30            |
| 14.45            | 15.35            | <b>15.45</b>     | 1500m         | JUN                    | M/H            | RF/FD | 16.30            |
| 14.55            | 15.45            | <b>15.55</b>     | 1500m         | BEL/ESP                | M/H            | RF/FD | 16.30            |
| 15.00            | 15.50            | <b>16.00</b>     | 5000m         | JUN/BEL/ESP            | V/F            | RF/FD | 16.50            |
| <del>15.05</del> | <del>15.45</del> | <del>16.05</del> | Discus/Disque | JUN                    | <del>M/H</del> |       | <del>17.35</del> |
| 15.20            | 16.10            | <b>16.20</b>     | 5000m         | JUN                    | M/H            | RF/FD | 17.50            |
| 15.30            | 16.10            | <b>16.30</b>     | HSS/Triple    | <del>JUN/BEL/ESP</del> | V/F            |       | 17.50            |
| 15.40            | 16.30            | <b>16.40</b>     | 5000m         | BEL/ESP                | M/H            | RF/FD | 17.50            |
| 16.00            | 16.50            | <b>17.00</b>     | 200m          | JUN                    | V/F            | RF/FD | 18.05            |
| <del>16.05</del> | <del>16.45</del> | <del>17.05</del> | Discus/Disque | BEL/ESP                | M/H            |       | <del>18.30</del> |
| 16.15            | 17.05            | <b>17.15</b>     | 200m          | BEL/ESP                | V/F            | RF/FD | 18.05            |
| <del>16.30</del> | <del>17.10</del> | <del>17.30</del> | HSS/Triple    | <del>BEL/ESP</del>     | <del>V/F</del> |       | <del>18.50</del> |
| 16.30            | 17.20            | <b>17.30</b>     | 200m          | JUN                    | M/H            | RF/FD | 18.05            |
| 16.45            | 17.35            | <b>17.45</b>     | 200m          | BEL/ESP                | M/H            | RF/FD | 18.05            |
| 17.00            | 17.50            | <b>18.00</b>     | 3000m Steeple | JUN/BEL/ESP            | V/F            | RF/FD | 18.15            |
| 17.15            | 18.05            | <b>18.15</b>     | 3000m Steeple | JUN/BEL/ESP            | M/H            | RF/FD | <del>18.30</del> |