

Prestatieverloop																					
Liesbeth		Indoor					Outdoor														
		400m	800m	1000m	1500m	mijl	200m	300m	400m	800m	1000m	1500m	mijl	2000m	3000m	2 mijl	5000m	10.000	steeple	400m horden	marathon
2009-2010	jun		2'42"57				29"71			2'34"76			5'29"37							76"85	
2008-2009	sch								2'29"18			5'13"43								73"22	
Liesbeth		Indoor					Outdoor														
		400m	800m	1000m	1500m	mijl	200m	300m	400m	800m	1000m	1500m	mijl	2000m	3000m	2 mijl	5000m	10.000	steeple	400m horden	marathon
2010-2011	jun																				
	8/mei						29"71														76"85
	25/apr								2'34"76												
	24/mei											5'29"37									
	3/jan		2'42"57																		
2009-2010	jun																				
	7/jun										2'29"18										
	27/mei											5'13"43									
	9/mei																			73"22	
	1/05/2009								2'32"10												
	25/04/2009											5'34"35									
2008-2009	sch																				
Palmares																					
2009 - 2010 -																					
2008 - 2009 -																					
2007 - 2008 -																					