

Prestatieverloop																				
Sam De Wilde		Indoor					Outdoor													
		400m	800m	1000m	1500m	mijl	300m	400m	800m	1000m	1500m	mijl	2000m	3000m	2 mijl	5000m	10.000	steeple		marathon
2010-2011		min	3'14"21					3'02"57												
2009-2010	5053	pup						3'09"61												
2008-2009		pup						3'21"66												
Sam De Wilde		Indoor					Outdoor													
		400m	800m	1000m	1500m	mijl	300m	400m	800m	1000m	1500m	mijl	2000m	3000m	2 mijl	5000m	10.000	steeple		marathon
14/jan			3'7"12																	
2011-2012		min																		
20/jul																				
25/jun																				
4/jun																				
17/apr																				
2/jan			3'14"21																	
2010-2011		min																		
25/sep																				
18/sep																				
8/aug																				
26/jun																				
19/jun																				
5/jun																				
18/apr																				
2009-2010	5053	pup																		
26/09/2009																				
19/sep																				
5/jul																				
24/mei																				
9/mei																				
19/apr																				
2008-2009		pup																		
Palmares																				

2009 - 2010 -	
2008 - 2009 -	
2007 - 2008 -	