

## 22<sup>th</sup> International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2009

TROFEO "CITTA' DI DESENZANO DEL GARDA"(BS) - ITALY

Desenzano del Garda (Italy) "F. Ghizzi" Stadium - May 9<sup>th</sup> - 10<sup>th</sup>, 2009

Name: **Remona FRANSEN**  
 Country: Netherland  
 Date of birth: 25 November 1985  
 Place of birth: Dordrecht  
 Profession: Physiotherapist  
 Club: AV De Spartaan  
 Coach: Anthony Ott  
 Height: 1,90  
 Weight: 72

### Personal best:

Heptathlon	5.285	Werden		31.08.08
100 m hurdles	14.56	Hengelo	0,0	28.06.08
	14.54w	Sittard	3,6	25.05.06
High jump	1.78	Ashford		26.07.08
	1.79i	Apeldoorn		15.02.09
Shot put	12.60	Krommenie		22.06.08
	12.99i	Apeldoorn		22.02.09
200 m	25.30	Emmeloord		14.05.05
	24.86w	Bydgoszcz	2,3	2.07.05
Long jump	5.84	Ashford	0,5	27.07.08
	5.94i	Apeldoorn		22.02.09
Javelin throw	33.12	Hengelo		29.06.08
800 m	2.21.22	Hengelo		29.06.08

### Career:

5094	3)	EMMELOORD	15.05.05 NC	15.12	1.72	10.91	25.30	5.50	29.30	2.23.42			
5238	26)	BYDGOSZCZ	3.07.05 EP	14.91	1.75	11.21	24.86	5.58	29.55	2.24.16	-0,4	2,3	1,0
5056	4)	SITTARD	26.05.06 NC	14.54	1.72	11.34	25.01	5.37	23.43	2.25.23	3,6	3,1	0,9
5138	1)	SITTARD	12.05.08 NC	14.69	1.72	11.82	26.24	5.70	31.62	2.30.61	-2,6	-1,1	2,3
5249	21)	HENGELO	29.06.08 EP	14.56	1.69	11.84	25.70	5.46	33.12	2.21.22	0,0	-0,1	-1,5
5239	-)	ASHFORD	27.07.08	14.79	1.78	11.19	26.04	5.84	30.46	2.27.25	-0,7	-2,0	0,5
5285	8)	WOERDEN	31.08.08 INVT	14.66	1.78	11.50	26.00	5.73	30.09	2.23.71	-0,9	-2,6	2,1
Indoor													
4025	8)	ZARAGOZA	1.02.09 V4	8.82	1.75	12.77	5.54	2.26.56					
4276	2)	APELDOORN	22.02.09 NC	8.73	1.78	12.99	5.94	2.21.87					

