

Palmares 2014/2015 outdoor.

BENJAMINES FILLES

60 m		RC : 9.2		
1	Boone Tya	06	9.92	01/05 csf
2	Bongwele Wula Jade	07	10.16	03/05 resc
3	Zola Kanagila Nicole	07	10.23	03/10 resc
4	Purusi Emma Grace	07	10.84	03/05 resc
5	Van Ex Elvira	06	10.88	03/05 resc
6	Verleyen Marthe	06	11.61	03/05 resc
7	Vermeiren Mattie	07	11.68	03/05 resc
8	Lantaki Ines	06	11.97	05/04 resc
9	Khader Samia	07	11.98	03/05 resc
10	Karoun Yasmine	07	12.12	05/04 resc

600 m		RC : 2.00.94		
1	Boone Tya	06	2.17.39	05/04 resc
2	Zola Kanagila Nicole	07	2.22.60	05/04 resc
3	Van Ex Elvira	06	2.23.29	26/09 rcas
4	Khader Samia	07	2.25.39	03/05 resc
5	Purusi Emma Grace	07	2.29.30	03/05 resc
6	Bongwele Wula Jade	07	2.34.0 TM	31/05 dacm
7	Vermeiren Mattie	07	2.37.21	03/05 resc
8	Verleyen Marthe	06	2.43.98	03/05 resc
9	Karoun Yasmine	07	3.01.51	05/04 resc
10	Lantaki Ines	06	3.01.75	05/04 resc

Hauteur		RC : 1m18		
1	Bongwele Jade	07	0m95	08/08 resc

Longueur		RC : 3m88		
1	Van Ex Elvira	06	2m86	03/05 resc
2	Boone Tya	06	2m72	05/04 resc
3	Bongwele Wula Jade	07	2m60	31/05 dacm
4	Khader Samia	07	2m41	03/05 resc
5	Zola Kanagila Nicole	07	2m21	06/06 csf
6	Karoun Yasmine	07	2m01	05/04 resc
7	Lantaki Ines	06	1m96	05/04 resc

Poids (1 kg)		RC : 8m63		
1	Bongwele Jade	07	5m88	08/08 resc
2	Van Ex Elvira	06	5m52	26/09 rcas
3	Zola Kanagila Nicole	07	4m96	06/06 csf

Balle de hockey		RC : 28m96		
1	Van Ex Elvira	06	17m80	01/05 csf
2	Lantaki Ines	06	14m97	05/04 resc
3	Bongwele Wula Jade	07	13m15	09/08 csf
4	Karoun Yasmine	07	12m57	05/04 resc
5	Zola Kanagila Nicole	07	12m06	03/10 resc
6	Boone Tya	06	11m31	05/04 resc

Tétrathlon		RC : 1601 p		
1	Boone Tya	06	897 p	05/04 resc
2	Van Ex Elvira	06	868 p	26/09 rcas
3	Zola Kanagila Nicole	07	860 p	06/06 csf
4	Lantaki Ines	06	198 p	05/04 resc
5	Karoun Yasmine	07	155 p	05/04 resc

PUPILLES FILLES

60 m		RC : 8.5		
1	Lambert Kylie	04	8.55	26/09 cabw
2	Tshanga Diomi Roline	04	9.17	05/04 resc
3	Mpinga Mulowayi Alexia	04	9.19	12/07 oeh
4	Merino Noemi	04	9.24	03/05 resc
5	Van Ex Alexia	04	9.64	10/10 rcb
6	Louis Emilie	04	9.73	03/10 resc
7	Lufuando Sakaneno Plamedi	05	9.74	03/10 resc
8	Mayot Coiffard Hermine	05	9.95	31/05 dacm
9	Asumani Lumbe N. Didine	04	9.96	05/04 resc
10	Sleewaegen Eline	04	10.18	05/04 resc
11	Dennison Chrystal	05	10.33	05/04 resc
12	Hayoun Roba	04	10.56	05/04 resc
13	Beyaert Marine	04	11.28	03/10 resc
14	Khader Houda	05	12.35	03/05 resc

1000 m		RC : 3.27.87		
1	Lambert Kylie	04	3.26.31	19/09 herv
2	Merino Noemi	04	3.47.80	05/04 resc
3	Tshanga Diomi Roline	04	3.53.44	05/04 resc
4	Sleewaegen Eline	04	3.59.64	05/04 resc
5	Van Ex Alexia	04	4.01.57	03/05 resc
6	Mayot Coiffard Hermine	05	4.04.33	31/05 dacm

7	Hayoun Roba	04	4.06.98	05/04 resc
8	Dennison Chrystal	05	4.16.56	05/04 resc
9	Louis Emilie	04	4.21.03	03/05 resc
10	Mpinga Mulowayi Alexia	04	4.21.33	03/05 resc
11	Lufuando Sakaneno Plamedi	05	4.23.96	05/04 resc
12	Beyaert Marine	04	4.36.09	05/04 resc
13	Asumani Lumbe N. Didine	04	4.39.49	05/04 resc
14	Khader Houda	05	4.54.39	03/05 resc

60 m haies (76 cm)		RC : 10.8		
1	Lambert Kylie	04	10.74	26/09 cabw

Hauteur		RC : 1m33		
1	Lambert Kylie	04	1m30	22/07 dac
2	Lufuando Sakaneno Plamedi	05	1m25	08/08 resc
3	Merino Noemi	04	1m20	22/07 dac
4	Tshanga Diomi Roline	04	1m20	12/07 oeh
5	Louis Emilie	04	1m11	03/05 resc
6	Asumani Lumbe N. Didine	04	1m10	08/08 resc
7	Sleewaegen Eline	04	1m06	03/05 resc
8	Van Ex Alexia	04	1m00	01/05 csf
9	Mayot Coiffard Hermine	05	0m98	31/05 dacm
10	Beyaert Marine	04	0m91	03/05 resc

Longueur		RC : 4m48		
1	Lambert Kylie	04	4m11	03/07 aca
2	Tshanga Diomi Roline	04	3m95	05/04 resc
3	Merino Noemi	04	3m85	05/04 resc
4	Sleewaegen Eline	04	3m44	05/04 resc
5	Asumani Lumbe N. Didine	04	3m19	05/04 resc
6	Van Ex Alexia	04	3m07	10/10 rcb
7	Lufuando Sakaneno Plamedi	05	2m89	05/04 resc
8	Dennison Chrystal	05	2m78	05/04 resc
9	Hayoun Roba	04	2m70	05/04 resc
10	Beyaert Marine	04	2m56	05/09 rcas

Poids (2 kg)		RC : 9m75		
1	Lufuando Sakaneno Plamedi	05	7m44	08/08 resc
2	Asumani Lumbe N. Didine	04	7m23	08/08 resc
3	Merino Noemi	04	6m86	10/04 csf
4	Lambert Kylie	04	6m63	12/09 lebb
5	Tshanga Diomi Roline	04	5m77	10/04 csf
6	Van Ex Alexia	04	5m30	26/09 rcas
7	Sleewaegen Eline	04	5m04	19/09 csf
8	Louis Emilie	04	4m48	08/08 resc
9	Mayot Coiffard Hermine	05	4m21	31/05 dacm

Disque (600 gr)		RC : 23m00		
1	Dennison Chrystal	05	10m42	01/05 csf
2	Lambert Kylie	04	10m39	23/05 dac
3	Merino Noemi	04	10m36	01/05 csf
4	Van Ex Alexia	04	8m89	01/05 csf

Balle de hockey		RC : 41m50		
1	Lambert Kylie	04	28m37	20/09 vita
2	Lufuando Sakaneno Plamedi	05	26m03	03/10 resc
3	Dennison Chrystal	05	24m80	05/04 resc
4	Merino Noemi	04	21m08	05/04 resc
5	Tshanga Diomi Roline	04	18m84	05/04 resc
6	Van Ex Alexia	04	18m17	10/10 rcb
7	Beyaert Marine	04	14m46	03/10 resc
8	Asumani Lumbe N. Didine	04	13m88	05/04 resc
9	Hayoun Roba	04	13m02	05/04 resc
10	Sleewaegen Eline	04	12m22	05/04 resc
11	Louis Emilie	04	12m18	03/10 resc

Tétrathlon		RC : 1935 p		
1	Lambert Kylie	04	2077 p	19/09 herv
2	Merino Noemi	04	1559 p	05/04 resc
3	Tshanga Diomi Roline	04	1538 p	05/04 resc
4	Van Ex Alexia	04	1168 p	26/09 rcas
5	Mayot Coiffard Hermine	05	1139 p	31/05 dacm
6	Sleewaegen Eline	04	1061 p	05/04 resc
7	Dennison Chrystal	05	954 p	05/04 resc
8	Lufuando Sakaneno Plamedi	05	882 p	05/04 resc
9	Asumani Lumbe N. Didine	04	845 p	05/04 resc
10	Hayoun Roba	04	808 p	05/04 resc
11	Beyaert Marine	04	418 p	05/04 resc

4 x 60 m		RC : 35.0		
Mpinga, Merino, Tshanga, Lambert			33.97	30/08 resc

MINIMES FILLES

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80 m		RC : 10.4		
1	Pontara Lisa	03	11.33	03/10 resc
2	Iven Kayla	02	11.67	18/10 ws
3	Bah Mariame	02	11.91	06/06 csf
4	Mugerin Elisabeth	02	11.97	03/10 resc
5	Kazadi Prescillia	03	12.03	03/10 resc
6	Itoe Elisabeth	03	12.09	03/10 resc
7	Dakir Maria	03	12.45	03/10 resc
8	Pola Divine Jackie	02	12.50	05/04 resc
9	Huygens Cloe	03	12.63	29/08 acw
10	Becker Violette	02	13.25	05/04 resc
11	Hayoun Nadha	02	14.62	05/04 resc

150 m		RC : 20.13		
1	Itoe Elisabeth	03	22.49	03/05 resc
2	Bah Mariame	02	22.56	25/05 ws
3	Mugerin Elisabeth	02	23.43	25/05 ws
	Pola Divine Jackie	02	23.43	25/05 ws
5	Huygens Chloe	03	24.00	20/09 vita
6	Matthys Lucie	03	26.82	03/05 resc
7	Khader Firdaous	03	27.73	03/05 resc
8	Becker Violette	02	29.69	03/05 resc

300 m		RC : 44.36		
1	Iven Kayla	02	47.98	10/10 rcb
3	Huygens Cloe	03	51.99	18/10 csf
2	Mugerin Elisabeth	02	52.25	09/08 csf

1000 m		RC : 3.14.33		
1	Iven Kayla	02	3.24.91	05/09 dac
2	Huygens Cloe	03	3.36.86	10/10 cabw
3	Bah Mariame	02	3.45.53	06/06 csf
4	Itoe Elisabeth	03	3.53.33	05/04 resc
5	Pontara Lisa	03	4.06.41	05/04 resc
6	Mugerin Elisabeth	02	4.13.76	06/06 csf
7	Khader Firdaous	03	4.32.61	03/05 resc
8	Becker Violette	02	4.35.70	05/04 resc
9	Pola Divine Jackie	02	4.36.77	05/04 resc
10	Hayoun Nadha	02	5.13.98	05/04 resc

60 m haies (76 cm)		RC : 10.05		
1	Huygens Cloe	03	13.89	16/08 vita
2	Becker Violette	02	14.44	03/05 resc
3	Itoe Elisabeth	03	14.45	03/05 resc

150 m haies (76 cm)		RC : 22.49		
1	Pontara Lisa	03	24.31	03/10 resc
2	Itoe Elisabeth	03	24.53	01/05 csf
3	Iven Kayla	02	25.66	01/05 csf
4	Dakir Maria	03	25.84	03/10 resc
5	Huygens Cloe	03	26.03	18/10 csf
6	Becker Violette	02	27.80	01/05 csf

Hauteur		RC : 1m57		
1	Pontara Lisa	03	1m32	18/10 ws
2	Iven Kayla	02	1m26	18/10 ws
3	Mugerin Elisabeth	02	1m23	18/10 ws
4	Bah Mariame	02	1m21	03/05 resc
5	Huygens Cloe	03	1m20	01/08 dac
6	Becker Violette	02	1m16	03/05 resc
7	Khader Firdaous	03	1m01	03/05 resc
8	Matthys Lucie	03	0m96	03/05 resc

Longueur		RC : 5m00		
1	Iven Kayla	02	4m49	08/08 resc
2	Mugerin Elisabeth	02	4m35	03/10 resc
3	Pontara Lisa	03	4m28	03/10 resc
4	Bah Mariame	02	4m11	08/08 resc
5	Huygens Cloe	03	3m84	22/08 acko
6	Pola Divine Jackie	02	3m79	08/08 resc
7	Itoe Elisabeth	03	3m68	05/04 resc
8	Becker Violette	02	3m44	05/04 resc
9	Hayoun Nadha	02	3m04	05/04 resc

Poids (2 kg)		RC : 13m12		
1	Iven Kayla	02	12m89	11/10 rsca
2	Huygens Cloe	03	8m32	31/10 rcas
3	Mugerin Elisabeth	02	7m77	06/06 csf
4	Bah Mariame	02	7m54	18/10 ws
5	Pontara Lisa	03	7m06	18/10 ws
6	Hayoun Nadha	02	6m45	05/04 resc
7	Itoe Elisabeth	03	5m82	10/04 csf

8	Pola Divine Jackie	02	5m70	05/04 resc
9	Becker Violette	02	4m54	05/04 resc

Disque (750 gr)		RC : 25m78		
1	Iven Kayla	02	27m29	23/05 dac
2	Huygens Cloe	03	20m29	31/10 rcas

Javelot (400 gr)		RC : 30m47		
1	Iven Kayla	02	34m63	11/10 rsca
2	Huygens Cloe	03	22m53	04/10 FRA
3	Pontara Lisa	03	15m74	08/08 resc
4	Bah Mariame	02	15m63	09/08 csf
5	Mugerin Elisabeth	02	15m55	06/06 csf
6	Pola Divine Jackie	02	12m97	05/04 resc
7	Becker Violette	02	12m62	08/08 resc
8	Hayoun Nadha	02	11m32	05/04 resc
9	Itoe Elisabeth	03	7m92	05/04 resc

Pentathlon		RC : 3021 p		
1	Iven Kayla	02	2839 p	19/09 herv
2	Pontara Lisa	03	2231 p	18/10 ws
3	Bah Mariame	02	1951 p	06/06 csf
4	Huygens Cloe	03	1855 p	01/08 dac
5	Mugerin Elisabeth	02	1745 p	18/10 ws
6	Itoe Elisabeth	03	1540 p	05/04 resc
7	Pola Divine Jackie	02	1269 p	05/04 resc
8	Becker Violette	02	1017 p	05/04 resc
9	Hayoun Nadha	02	774 p	05/04 resc

4 x 80 m		RC : 42.79	
Itoe, Huygens, Pontara, Kenaiti		45.92	26/09 cabw

CADETTES FILLES

100 m		RC : 12.64		
1	Yech Chou Safia	01	13.25	02/05 herv
2	Tshanga Diumba Robiane	01	13.80	10/04 csf
3	Celik Pelin	01	14.05	03/05 resc
4	Itoe Cecile	01	14.57	10/04 csf
5	Ouali Sirine	00	14.67	10/04 csf
6	Beyaert Amelie	00	14.77	10/04 csf
7	Van Dessel Manon	00	15.09	10/04 csf
8	Ben Brahim Cherine	01	16.34	10/04 csf

200 m		RC : 26.14		
1	Tshanga Robiane	01	28.88	03/05 resc
2	Camara Fiona	00	29.27	03/10 resc
3	Itoe Cecile	01	30.08	03/10 resc
4	Celik Pelin	01	30.36	03/10 resc
5	Micheli Dimitra	00	30.50	18/04 ws
6	Beyaert Amelie	00	31.36	03/05 resc
7	Saadi Marwa	01	31.83	03/10 resc

400 m		RC : 57.61		
1	Itoe Cecile	01	66.70	25/05 ws
2	Mabsoute Lazim Iman	00	67.09	31/05 usbw
3	Saadi Marwa	01	78.48	18/04 ws
4	Beyaert Amelie	01	83.73	10/04 csf

800 m		RC : 2.21.88		
1	Verriez Laura	01	2.38.54	18/04 ws
2	Derdari Yasmine	01	2.42.39	18/04 ws

1500 m		RC : 4.53.37		
1	Verriez Laura	01	5.42.82	10/04 csf

Mile		RC : 5.37.33		
1	Verriez Laura	01	6.13.72	03/10 resc

80 m haies (76 cm)		RC : 11.88		
1	Micheli Dimitra	00	14.36	02/05 herv
2	Derdari Yasmine	01	16.62	26/09 rcas

200 m haies (76 cm)		RC : -		
1	Ouali Sirine	00	37.39	04/10 FRA

300 m haies (76 cm)		RC : 45.51		
1	Ouali Sirine	00	53.37	12/09 vita

3 km marche		RC : 22.06.9		
1	El Ouahmi Sirine	00	21.58.95	02/05 herv

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Hauteur		RC : 1m68		
1	Tshanga Diumba Robiane	01	1m30	10/04 csf
2	Ouali Sirine	00	1m20	18/04 ws
3	Derdari Yasmine	01	1m18	26/09 rcas

Longueur		RC : 5m74		
1	Yech Chou Safia	01	5m00	23/05 hf
2	Vanden Bergh Joy	00	4m19	09/08 csf
3	Micheli Dimitra	00	3m93	18/04 ws
4	Tshanga Diumba Robiane	01	3m79	09/10 csf
5	Ouali Sirine	00	3m72	18/04 ws
6	Itoe Cecile	01	3m51	18/04 ws
7	Celik Pelin	01	3m02	18/04 ws
	Beyaert Amelie	00	3m02	03/05 resc
9	El Ouahmi Sirine	00	2m94	18/04 ws

Triple saut		RC : 11m71		
1	Yech Chou Safia	01	10m73	22/08 csf
2	Vanden Bergh Joy	00	10m14	20/06 rcb

Perche		RC : 3m26		
1	Beyaert Amelie	00	1m60	02/05 herv

Poids (3 kg)		RC : 12m10		
1	Beyaert Amelie	00	8m91	04/10 FRA
2	Itoe Cecile	01	7m05	25/05 ws
3	Saadi Marwa	01	6m76	18/04 ws
4	Tshanga Diumba Robiane	01	6m52	25/05 ws
5	Celik Pelin	01	6m29	23/04 rcb

Disque (1 kg)		RC : 37m60		
1	Saadi Marwa	01	15m03	18/04 ws
2	Beyaert Amelie	00	12m44	18/10 csf

Javelot (500 gr)		RC : 36m86		
1	Beyaert Amelie	00	16m62	31/10 rcas
2	Ouali Sirine	00	14m02	02/05 herv
3	Itoe Cecile	01	9m68	18/04 ws
4	Celik Pelin	01	9m19	18/04 ws

4 x 100 m		RC : 50.59		
Micheli, Vanden Bergh, Tshanga, Yech Chou		52.75	20/09	riem

4 x 800 m		RC : 10.24.44		
Derdari, Celik, Verriez, Itoe		11.36.19	30/08	resc

SCOLAIRES FEMMES

100 m		RC : 12.33		
1	Noel Nehemie Keysha	98	12.70	23/05 hf
2	Schauwers Manon	99	12.89	05/07 resc
3	Morency Poilvache Alizee	98	13.43	28/06 lyra
4	Henry Morgane	99	13.67	28/06 lyra
5	Madani Sarah	98	13.77	28/06 lyra
6	Salmon Charlotte	98	13.87	23/05 hf
7	De Bruecker Lisaline	98	15.25	09/08 csf
8	Makuza Kibeke Souza	98	16.60	18/04 csf

200 m		RC : 25.1		
1	Schauwers Manon	99	26.25	28/06 lyra
2	Noel Nehemie Keysha	98	27.05	25/05 ws
3	Caty Emeline	98	27.85	20/06 rcb
4	Salmon Charlotte	98	29.84	25/05 ws
5	Montilla Morgane	98	31.23	25/04 rcas
6	De Bruecker Lisaline	98	31.87	26/09 rcas

300 m		RC : 39.65		
1	Salmon Charlotte	98	49.84	23/04 rcb

400 m		RC : 56.03		
1	Salmon Charlotte	98	69.87	10/04 csf

800 m		RC : 2.15.6		
1	Schauwers Manon	99	2.24.07	07/06 ESP
2	Muls Camille	99	2.25.03	23/05 hf
3	Hadj Faraji Soraya	99	2.33.57	23/05 hf
4	Montilla Morgane	98	2.57.18	27/09 rcas
5	Madani Sarah	98	3.00.06	25/05 ws
6	De Bruecker Lisaline	98	3.04.41	27/09 rcas

1500 m		RC : 4.50.73		
1	Muls Camille	99	5.02.61	12/09 vita

2	Hadj Faraji Soraya	99	5.29.87	10/04 csf
3	El Zoljami Imane	98	6.30.78	18/04 ws

Mile		RC : 5.22.27		
1	Muls Camille	99	5.30.02	03/10 resc

3000 m		RC : 10.43.20		
1	El Zoljami Imane	98	12.35.13	02/05 herv

100 m haies (76 cm)		RC : 13.92		
1	Schauwers Manon	99	14.90	23/05 hf
2	Caty Emeline	98	15.78	18/04 ws
3	Montilla Morgane	98	19.28	26/09 rcas
4	De Bruecker Lisaline	98	22.44	26/09 rcas

400 m haies (76 cm)		RC : 68.52		
1	Caty Emeline	98	77.86	09/05 dcla
2	Henry Morgane	99	79.03	20/06 rcb

3 km marche		RC : 21.58.95		
1	Merino Noelia	99	22.14.38	02/05 herv

Hauteur		RC : 1m68		
1	Schauwers Manon	99	1m67	22/08 avt
2	Henry Morgane	99	1m40	18/04 ws
3	De Bruecker Lisaline	98	1m35	22/08 csf
	Montilla Morgane	98	1m35	25/04 rcas

Longueur		RC : 6m08		
1	Schauwers Manon	99	5m42	02/05 herv
2	Caty Emeline	98	4m94	13/06 csf
3	Madani Sarah	98	4m57	03/05 resc
4	De Bruecker Lisaline	98	4m16	27/09 rcas
5	Sudi Sauda Daniella	99	4m02	01/07 jsmc
6	Montilla Morgane	98	3m97	26/04 rcas
7	Makuza Kibeke Souza	98	3m03	18/04 ws

Triple saut		RC : 12m15		
1	Caty Emeline	98	10m91	01/07 FRA
2	Madani Sarah	98	10m73	20/06 rcb
3	Sudi Sauda Daniella	99	9m76	23/05 hf
4	De Bruecker Lisaline	98	9m52	20/06 rcb
5	Noel Nehemie Keysha	98	9m05	22/08 csf

Perche		RC : 3m36		
1	Lacasse Camille	99	2m31	05/07 resc
2	Madani Sarah	98	2m03	31/05 usbw

Poids (3 kg)		RC : 12m64		
1	Madani Sarah	98	11m30	28/06 lyra
2	Schauwers Manon	99	10m95	25/04 rcas
3	Montilla Morgane	98	9m27	19/09 csf
4	Noel Nehemie Keysha	98	6m53	25/05 ws
5	De Bruecker Lisaline	98	5m19	26/09 rcas

Disque (1 kg)		RC : 47m99		
1	Madani Sarah	98	27m07	18/04 ws
2	Sudi Sauda Daniella	99	15m78	18/04 ws

Javelot (500 gr)		RC : 37m30		
1	Montilla Morgane	98	37m09	03/10 resc
2	Schauwers Manon	99	24m39	18/04 ws
3	Madani Sarah	98	16m75	18/04 ws
4	Sudi Sauda Daniella	99	13m84	02/05 herv
5	De Bruecker Lisaline	98	8m51	27/09 rcas

Heptathlon		RC : 4701 p		
1	Schauwers Manon	99	4591 p	23/08 avt
2	Montilla Morgane	98	2681 p	26/04 rcas
3	De Bruecker Lisaline	98	1869 p	27/09 rcas

4 x 100 m		RC : 48.97		
Henry, Morency Poilvache, Noel, Schauwers		50.91	30/08	resc

4 x 800 m		RC : 10.17.08		
Hadj Faraji, Lacasse, Muls, Badibanga		10.49.70	30/08	resc

JUNIORS FEMMES

100 m		RC : 12.11		
1	Van Der Veken Cindy	97	12.08	01/08 vita

Palmares 2014/2015 outdoor.

2	Mwamine Robine	96	12.69	30/05	vs
3	Klai Anissa	96	12.74	01/08	vita
4	Guisse Saliyya	96	12.75	03/05	resc
5	Badji Jalika	96	12.91	03/05	resc
6	Gelbgras Moisa	97	13.15	03/05	resc
7	Barhdadi Lina	97	14.03	10/04	csf
8	Assina Madeleine	97	14.20	22/08	csf
9	Van De Sype Chloe	97	14.80	26/09	rcas
10	Stojanov Ivana	96	16.82	10/04	csf

200 m RC : 24.65

1	Van Der Veken Cindy	97	24.94	09/05	usbw
2	Klai Anissa	96	25.52	05/09	volh
3	Badji Jalika	96	26.00	03/05	resc
4	Mwamine Robine	96	26.41	03/05	resc
5	Gelbgras Moisa	97	27.69	16/05	smac
6	Van De Sype Chloe	97	30.60	25/04	rcas
7	Assina Madeleine	97	31.06	25/05	ws

300 m RC : 39.65

1	Klai Anissa	96	40.49	29/08	ws
2	Van Der Veken Cindy	97	41.82	27/09	usbw

400 m RC : 56.03

1	Klai Anissa	96	56.64	13/09	ob
2	Badji Jalika	96	59.85	27/06	cabw
3	Tshiasuma Jessie	96	64.87	10/04	csf
4	Barhdadi Lina	97	64.92	10/04	csf
5	Bah Yaye Binta	97	69.52	03/05	resc
6	Van De Sype Chloe	97	79.25	26/09	rcas

800 m RC : 2.11.36

1	Tshiasuma Jessie	96	2.24.02	03/05	resc
2	Barhdadi Lina	97	2.30.03	16/05	smac
3	Van De Sype Chloe	97	2.54.78	26/04	rcas
4	Guisse Saliyya	96	3.04.82	27/09	rcas

1500 m RC : 4.30.09

1	Tshiasuma Jessie	96	5.02.58	09/05	usbw
2	Barhdadi Lina	97	5.15.22	09/05	usbw
3	Van De Sype Chloe	97	7.06.52	27/09	rcas

Mile RC : 5.21.54

1	Tshiasuma Jessie	96	5.32.64	03/10	resc
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3000 m RC : 9.36.9

1	Imbo Kristel	96	11.14.33	09/05	usbw
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100 m haies (84 cm) RC : 13.99

1	Guisse Saliyya	96	15.65	26/09	rcas
2	Van De Sype Chloe	97	17.97	27/09	rcas

400 m haies (76 cm) RC : 65.29

1	Badji Jalika	96	64.85	05/07	resc
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Hauteur RC : 1m81

1	Guisse Saliyya	96	1m45	26/09	rcas
2	Van De Sype Chloe	97	1m39	27/09	rcas

Longueur RC : 6m08

1	Guisse Saliyya	96	5m48	05/07	resc
2	Van De Sype Chloe	97	4m52	27/09	rcas

Triple saut RC : 12m15

1	Guisse Saliyya	96	12m09	01/05	vs
2	Van De Sype	97	10m20	22/08	csf

Perche RC : 3m90

1	Van De Sype Chloe	97	3m00	13/09	ob
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Poids (4 kg) RC : 13m12

1	Van De Sype Chloe	97	9m74	25/04	rcas
2	Assina Madeleine	97	8m35	25/05	ws
3	Guisse Saliyya	96	8m19	26/09	rcas

Disque (1 kg) RC : 47m99

1	Van De Sype Chloe	97	26m38	18/04	ws
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Javelot (600 gr) RC : 38m45

1	Van De Sype Chloe	97	23m70	26/04	rcas
2	Guisse Saliyya	96	18m54	27/09	rcas

Heptathlon RC : 3405 p

1	Guisse Saliyya	96	3743 p	27/07	rcas
2	Van De Sype Chloe	97	2995 p	26/04	rcas

Decathlon RC : 4863 p

1	Van De Sype Chloe	97	3920 p	27/09	rcas
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4 x 100 m RC : 48.00

Guisse, Badji, Mawmine, Van Der Veken	97	47.82	30/08	resc
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SENIORS FEMMES

100 m RC : 11.42

1	Zagre Anne	90	11.49	26/07	resc
2	Nagels Rani	95	11.88	22/08	csf
3	Gharafi Yasmine	85	11.95	27/06	cabw
4	Lins Noemie	94	13.66	09/08	csf
5	Cok Evelyn	91	13.85	22/08	csf
6	Assina Patricia	95	14.83	10/04	csf
7	Passagez Anne Miriam	94	14.90	20/06	rcb
8	Guisse Shaena	94	15.30	26/09	rcas

200 m RC : 23.80

1	Gharafi Yasmine	85	24.34	26/07	resc
2	Nagels Rani	95	24.59	04/08	vs
3	Gillet Delphine	86	26.34	29/08	bbs
4	Meert Cynthia	89	27.04	05/09	volh
5	Luypaert Naomy	95	27.92	30/05	vs
6	Cok Evelyn	91	28.33	16/08	ea
7	Passagez Anne Miriam	94	30.89	20/06	rcb

300 m RC : 39.65

1	Nagels Rani	95	38.04	05/09	azw
2	Gillet Delphine	86	42.08	23/06	vita
3	Meert Cynthia	89	43.63	29/08	ws
4	Cok Evelyn	91	46.58	29/08	ws

400 m RC : 56.03

1	Rani Nagels	95	53.51	05/07	resc
2	Gillet Delphine	86	58.17	25/07	resc
3	Passagez Anne Miriam	94	68.49	10/04	csf
4	Guisse Shaena	94	82.00	26/09	rcas

800 m RC : 2.05.85

1	Meert Cynthia	89	2.20.75	11/07	kks
2	Luypaert Naomy	95	2.51.55	02/08	dac

1500 m RC : 4.12.85

1	Guisse Shaena	94	7.57.28	27/09	rcas
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3000 m RC : 8.49.85

1	Laurent Agnes	88	10.17.85	16/05	smac
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100 m haies (84 cm) RC : 12.79

1	Zagre Anne	90	12.71	18/07	avt
2	Luypaert Naomy	95	19.43	01/08	dac
3	Guisse Shaena	94	19.93	27/09	rcas

400 m haies (76 cm) RC : 60.08

1	Meert Cynthia	89	63.56	01/08	vita
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Hauteur RC : 1m95

1	Luypaert Naomy	95	1m40	01/08	dac
2	Guisse Shaena	94	1m36	27/09	rcas
3	Reynaerts Stephanie	80	1m30	10/04	csf

Longueur RC : 6m28

1	Lins Noemie	94	4m79	09/08	csf
2	Luypaert Naomy	95	4m26	03/05	resc
3	Guisse Shaena	94	3m82	27/09	rcas
4	Reynaerts Stephanie	80	3m64	18/04	ws

Triple saut RC : 12m66

1	Guisse Shaena	94	9m21	20/06	rcb
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Perche RC : 3m90

1	Quirin Margaux	95	4m05	27/05	smac
2	Guisse Shaena	94	1m90	22/08	csf
3	Reynaerts Stephanie	80	1m59	26/09	rcas

Poids (4 kg) RC : 13m12

1	Reynaerts Stephanie	80	9m85	05/07	resc
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Palmares 2014/2015 outdoor.

2	Guisse Shaena	94	9m19	01/05	vs
3	Zagre Anne	90	8m97	31/10	rcas
4	Assina Patricia	95	7m25	18/04	ws
5	Luypaert Naomy	95	6m39	01/05	vs

Disque (1 kg)		RC : 47m99			
1	Reynaerts Stephanie	80	32m92	09/05	usbw
2	Guisse Shaena	94	28m28	01/05	vs
3	Mouzon Emmanuelle	91	26m02	05/07	resc

Javelot (600 gr)		RC : 38m45			
1	Reynaerts Stephanie	80	30m78	16/05	smac
2	Guisse Shaena	94	19m68	31/10	rcas
3	Luypaert Naomy	95	16m40	27/09	rcas

Marteau (4 kg)		RC : 56m30			
1	Reynaerts Stephanie	80	30m48	17/05	cabw

Heptathlon		RC : 4804 p			
1	Luypaert Naomy	95	2750 p	02/08	dac

Decathlon		RC : 5847 p			
1	Guisse Shaena	94	2887 p	27/09	rcas

4 x 100 m		RC : 46.95			
Guisse, Klai, Mwamine, Van Der Veken		48.30	20/09	riem	

4 x 200 m		RC : 1.38.53			
Badji, Klai, Gillet, Van Der Veken		1.43.31	20/09	riem	

4 x 400 m		RC : 3.54.68			
Nkumu Bakuba, Badji, Lins, Klai		4.17.14	09/05	usbw	

4 x 800 m		RC : 9.14.89			
Barhdadi, Luypaert, Laurent, Tshiasuma		10.24.56	30/08	resc	

Ekiden		RC : 3h10.19			
Barhdadi, Tshiasuma, Antoine, De Buyst, Detry, Nkandali		4h02.35	17/10	bxl	

MASTERS FEMMES

100 m		RC : 13.37			
1	Guillet Laurence	80	13.06	14/07	asvo
2	Nkumu Bakuba Nancy	77	13.90	22/08	csf
3	Cardenas Ojito Janet	73	14.14	18/04	ws
4	Boonaert Caroline	64	14.16	14/06	dein
5	Nkandali Nkazabwa Marie	72	19.60	07/06	rcas

200 m		RC : 27.44			
1	Guillet Laurence	80	28.05	25/05	ws
2	Cardenas Ojito Janet	73	29.73	04/08	FRA
3	Boonaert Caroline	64	29.98	14/06	dein

300 m		RC : 45.36			
1	Guillet Laurence	80	44.04	14/07	asvo
2	Cardenas Ojito Janet	73	47.11	11/07	dacm

400 m		RC : 62.09			
1	Nkuma Bakuba Nancy	77	63.22	14/08	FRA
2	Cardenas Ojito Janet	73	64.75	22/08	csf
3	Dujardin Sylvie	75	84.69	07/06	rcas

800 m		RC : 2.23.91			
1	Nkumu Bakuba Nancy	77	2.29.34	14/06	dein
2	Cardenas Ojito Janet	73	2.31.16	09/05	usbw
3	Debaillie Isabelle	74	2.54.37	03/05	resc
4	Lange Trameni Claudia	72	3.01.60	07/06	rcas
5	Covens Benedicte	67	3.03.25	03/05	resc

1500 m		RC : 4.36.3			
1	Debaillie Isabelle	74	6.16.60	18/04	ws

Mile		RC : 6.05.94			
1	Covens Benedicte	67	6.05.79	03/10	resc

3000 m		RC : 10.12.14			
1	Covens Benedicte	67	12.20.00	07/06	rcas
2	Cardoso Da Rocha Maria	64	14.38.54	07/06	rcas
3	Nkandali Nkazabwa Marie	72	16.09.74	18/04	ws

100 m haies (84 cm)		RC : 16.27			
1	Guillet Laurence	80	14.94	15/08	FRA

400 m haies (76 cm)		RC : 84.41			
1	Guillet Laurence	80	68.71	13/06	dein

Hauteur		RC : 1m42			
1	Cardenas Ojito Janet	73	1m36	26/09	rcas
2	Bonvin Draps Nathalie	80	1m20	07/06	rcas
	Lange Trameni Claudia	72	1m20	07/06	rcas

Longueur		RC : 5m26			
1	Guillet Laurence	80	5m05	03/05	resc
2	Adam Benedicte	78	4m91	13/06	dein
3	Nkumu Bakuba Nancy	77	4m12	13/06	dein
4	Cardenas Ojito Janet	73	3m84	04/08	FRA
5	Nkandali Nkazabwa Marie	72	2m11	07/06	rcas

Triple saut		RC : -			
1	Adam Benedicte	78	7m81	18/04	ws

Poids (4 kg)		RC : 10m50			
1	Adam Benedicte	78	10m76	16/05	smac
2	Reynaerts Stephanie	80	9m38	03/10	rct
3	Guillet Laurence	80	8m16	25/05	ws
4	Cardenas Ojito Janet	73	7m53	26/09	rcas
5	Debaillie Isabelle	74	7m52	06/09	rcas
6	Bonvin Draps Nathalie	80	7m35	25/05	ws
7	De Buyst Nadia	73	7m23	18/04	ws
8	Milants Marilyn	74	4m82	07/06	rcas

Disque (1 kg)		RC : 29m85			
1	Reynaerts Stephanie	80	31m62	03/10	rct
2	Adam Benedicte	78	29m33	18/04	ws
3	De Buyst Nadia	73	25m53	19/09	csf
4	Debaillie Isabelle	74	18m24	31/10	rcas
5	Cardoso Da Rocha Maria Joao	64	12m58	07/06	rcas

Javelot (600 gr)		RC : 25m00			
1	Adam Benedicte	78	28m66	09/05	usbw
2	Reynaerts Stephanie	80	28m20	31/10	rcas
3	Cardenas Ojito Janet	73	20m22	04/08	FRA
4	De Buyst Nadia	73	18m12	18/04	ws
5	Debaillie Isabelle	74	18m03	03/05	resc
6	Milants Marilyn	74	9m38	07/06	rcas

Marteau (4 kg)		RC : 22m25			
1	Reynaerts Stephanie	80	28m58	03/10	rct
2	Adam Benedicte	78	24m19	03/10	rct

Grand poids (9,08 kg)		RC : -			
1	Reynaerts Stephanie	80	9m10	03/10	rct
2	Adam Benedicte	78	8m80	03/10	rct

Pentathlon W40		RC : -			
1	Cardenas Ojito Janet	73	2242 p	26/09	rcas

Heptathlon W40		RC : 3572 p			
1	Cardenas Ojito Janet	73	3148 p	04/08	FRA

4 x 100 m		RC : 56.36			
Boonaert, Cardenas Ojito, Nkumu Bakuba, Guillet		53.26	30/08	resc	

4 x 200 m		RC : -			
Boonaert, Cardenas Ojito, Nkumu Bakuba, Guillet		1.53.15	30/08	resc	

4 x 400 m		RC : -			
Guillet, Cardenas, Debaillie, Nkumu Bakuba		4.42.09	18/04	ws	

4 x 800 m		RC : 10.51.30			
Nkumu B, Covens, Cardoso DR, Cardenas O		11.30.82	20/09	riem	

Ekiden		RC : 3h50.52			
Nkumu B, Covens, Cardenas O, Cardoso DR, Boonaert, Covens, Dujardin		3h37.59	17/10	bxl	

BENJAMINS GARCONS

60 m		RC : 9.17			
1	Theys Norick	06	09.78	26/09	cabw

Palmares 2014/2015 outdoor.

2	Tshanga Diumba John Ross	07	10.13	03/10	resc
3	Dakir Anis	06	10.22	03/10	resc
4	Huyghe Gauthier	07	10.50	03/05	resc
5	Verriez Ludovic	06	10.51	09/10	csf
6	Maaroufi Elias	07	10.52	09/10	csf
7	Purusi Arno	07	10.60	03/05	resc
8	Therssen Adrien	06	10.87	05/04	resc
9	Elengesa Auguste	06	11.92	03/05	resc

600 m RC : 1.58.56

1	Dakir Anis	06	2.09.74	10/04	csf
2	Theys Norick	06	2.10.28	05/07	resc
3	Huyghe Gauthier	07	2.10.56	18/10	ws
4	Tshanga Diumba John Ross	07	2.14.22	25/05	ws
5	Verriez Ludovic	06	2.16.31	20/06	rcb
6	Purusi Arno	07	2.22.01	03/05	resc
7	Elengesa Auguste	06	2.45.10	03/05	resc

Hauteur RC : 1m25

1	Theys Norick	06	1m05	08/08	resc
2	Tshanga Diumba John Ross	07	1m00	08/08	resc
3	Huyghe Gauthier	07	0m95	08/08	resc

Longueur RC : 4m19

1	Theys Norick	06	3m31	29/08	spvi
2	Huyghe Gauthier	07	3m07	05/09	dac
3	Tshanga Diumba John Ross	07	2m99	12/07	oeh
4	Verriez Ludovic	06	2m94	08/08	macw
5	Dakir Anis	06	2m73	27/09	rcas

Poids (1 kg) RC : 11m68

1	Theys Norick	06	8m04	08/08	resc
2	Huyghe Gauthier	07	7m03	19/09	csf
3	Tshanga Diumba John Ross	07	5m94	05/04	resc
4	Verriez Ludovic	06	4m01	18/10	ws
5	Dakir Anis	06	3m46	05/04	resc

Balle de hockey RC : 40m13

1	Theys Norick	06	31m15	03/10	resc
2	Huyghe Gauthier	07	28m95	03/10	resc
3	Tshanga Diumba John Ross	07	19m45	10/04	csf
4	Dakir Anis	06	16m00	03/10	resc
5	Verriez Ludovic	06	15m25	03/10	resc

Tetrathlon RC : 2099 p

1	Theys Norick	06	1190 p	05/09	dac
2	Huyghe Gauthier	07	1135 p	18/10	ws
3	Tshanga Diumba John Ross	07	959 p	05/04	resc
4	Dakir Anis	06	868 p	05/04	resc
5	Verriez Ludovic	06	807 p	18/10	ws

4 x 60 m RC : 37.73

Verriez, Huyghe, Tshanga, Chekem	40.68	12/07	oeh
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PUPILLES GARCONS

60 m RC : 8.09

1	Englebert Timothee	04	9.02	03/10	resc
2	Gruson Augustin	04	9.36	09/10	resc
3	Arifi Ilias	04	9.39	18/10	ws
4	Purusi Arthur	04	9.40	03/05	resc
5	Ivens Filip	04	9.50	03/10	resc
6	Derome Julien	04	9.52	05/04	resc
7	Sibourg Valentin	04	9.72	04/10	caf
8	Kamara Sanael	04	9.80	31/05	dacm
9	Smitskov Vlado	04	9.84	10/04	csf
10	Arifi Reda	04	9.85	10/04	csf
11	Boukria Jawad	05	9.94	05/04	resc
12	Harroud Ayman	05	10.03	10/10	rcb
13	Van Elsuwe Alexis	04	10.23	03/05	resc
14	Dubois Manoe	04	10.42	03/10	resc
15	Saadi Mohamed	05	10.83	03/10	resc
16	Elengesa Gaspard	04	11.10	03/05	resc
17	Karoun Adam	05	11.16	05/04	resc
18	Rivero Agra Mateo	05	11.48	03/05	resc
19	Rawski Vladimir	05	12.02	03/05	resc

1000 m RC : 3.14.18

1	Kamara Sanael	04	3.18.23	06/06	csf
2	Arifi Reda	04	3.23.20	01/05	csf
3	Englebert Timothee	04	3.30.73	20/06	rcb
4	Van Elsuwe Alexis	04	3.32.45	01/05	csf
5	Derome Julien	04	3.33.69	27/09	rcas

6	Maaroufi Ayoub	05	3.34.64	03/05	resc
7	Arifi Ilias	04	3.35.66	05/07	resc
8	Gruson Augustin	04	3.43.03	05/04	resc
9	Sibourg Valentin	04	3.45.60	06/06	csf
10	Ivens Filip	04	3.50.29	31/05	dacm
11	Purusi Arthur	04	3.51.95	03/05	resc
12	Boukria Jawad	05	3.54.62	18/10	ws
13	Smitskov Vlado	04	4.10.46	10/04	csf
14	Elengesa Gaspard	04	4.26.82	03/05	resc
15	Karoun Adam	05	4.30.50	05/04	resc
16	Harroud Ayman	05	4.38.88	05/04	resc
17	Rivero Agra Mateo	05	4.51.80	03/05	resc

60 m haies (76 cm) RC : 10.0

1	Englebert Timothee	04	12.06	20/06	rcb
2	Ivens Filip	04	13.54	03/05	resc
3	Derome Julien	04	13.56	03/05	resc
4	Gruson Augustin	04	13.66	03/05	resc
5	Purusi Arthur	04	13.77	03/05	resc
	Sibourg Valentin	04	13.77	03/05	resc
7	Arifi Ilias	04	14.01	03/05	resc
8	Boukria Jawad	05	14.22	06/09	rcas
9	Elengesa Gaspard	04	15.10	03/05	resc

Hauteur RC : 1m49

1	Englebert Timothee	04	1m38	03/10	resc
2	Derome Julien	04	1m23	03/10	resc
	Gruson Augustin	04	1m23	03/10	resc
4	Sibourg Valentin	04	1m20	09/08	csf
5	Harroud Ayman	05	1m16	10/10	rcb
6	Ivens Filip	04	1m10	03/10	resc
7	Kamara Sanael	04	1m07	05/04	resc
8	Arifi Ilias	04	1m05	05/04	resc
	Boukria Jawad	05	1m05	03/10	resc
	Dubois Manoe	04	1m05	03/10	resc
	Van Elsuwe Alexis	04	1m05	03/10	resc
12	Arifi Reda	05	1m00	03/10	resc
13	Karoun Adam	05	0m95	05/04	resc

Longueur RC : 4m75

1	Arifi Ilias	04	3m71	08/08	resc
2	Derome Julien	04	3m67	08/08	resc
3	Englebert Timothee	04	3m65	31/05	dacm
4	Kamara Sanael	04	3m56	31/05	dacm
5	Sibourg Valentin	04	3m48	08/08	resc
6	Ivens Filip	04	3m47	31/05	dacm
7	Arifi Reda	05	3m24	25/05	ws
9	Van Elsuwe Alexis	04	3m17	27/09	rcas
8	Harroud Ayman	05	3m16	06/06	csf
10	Boukria Jawad	05	3m01	08/08	resc

Poids (2 kg) RC : 11m71

1	Englebert Timothee	04	9m94	19/09	csf
2	Kamara Sanael	04	7m95	12/07	oeh
3	Arifi Ilias	04	7m09	09/10	csf
4	Gruson Augustin	04	6m24	09/10	csf
5	Van Elsuwe Alexis	04	6m20	31/10	rcas
6	Ivens Filip	04	6m09	31/05	dacm
7	Arifi Reda	04	6m02	05/04	resc
8	Karoun Adam	05	6m00	05/04	resc
9	Derome Julien	04	5m93	31/05	dacm
10	Sibourg Valentin	04	5m78	05/09	dac
11	Harroud Ayman	05	5m53	05/04	resc
12	Boukria Jawad	05	4m85	05/04	resc

Disque (600 gr) RC : 31m14

1	Englebert Timothee	04	26m01	31/10	rcas
2	Van Elsuwe Alexis	04	17m55	31/10	rcas
3	Kamara Sanael	04	15m48	03/07	oeh
4	Sibourg Valentin	04	14m43	19/09	csf

Balle de hockey RC : 46m50

1	Arifi Reda	05	37m07	18/10	ws
2	Beth Kinne Dilmon	04	36m98	18/10	ws
	Englebert Timothee	04	36m98	18/10	ws
4	Sibourg Valentin	04	36m68	18/10	ws
5	Kamara Sanael	04	32m28	18/10	ws
6	Arifi Ilias	04	30m18	18/10	ws
7	Boukria Jawad	05	26m44	18/10	ws
8	Derome Julien	04	25m47	08/08	resc
9	Ivens Filip	04	25m26	25/10	rsca
10	Harroud Ayman	05	24m45	10/10	rcb
11	Van Elsuwe Alexis	04	24m35	19/09	csf
12	Purusi Arthur	04	23m73	03/05	resc

Palmares 2014/2015 outdoor.

13	Gruson Augustin	04	23m60	03/05	resc
14	Rivero Agra Mateo	05	16m49	03/05	resc
15	Rawski Valdimir	05	15m65	03/05	resc
16	Elangesa Gaspard	04	11m67	03/05	resc

Tetrathlon		RC : 2516 p			
1	Englebert Timothee	04	1792 p	27/09	rcas
2	Kamara Sanael	04	1762 p	31/05	dacm
3	Arifi Reda	04	1599 p	18/10	ws
4	Derome Julien	04	1520 p	31/05	dacm
5	Ivens Filip	04	1498 p	31/05	dacm
6	Arifi Ilias	04	1488 p	18/10	ws
	Sibourg Valentin	04	1488 p	19/04	smac
8	Van Elsuwe Alexis	04	1285 p	27/09	rcas
9	Gruson Augustin	04	1270 p	05/04	resc
10	Boukria Jawad	05	1163 p	18/10	ws
11	Harroud Ayman	05	1054 p	05/04	resc
12	Karoun Adam	05	848 p	05/04	resc

4 x 60 m		RC : 33.25			
Sibourg, Kamara, Arifi, Englebert		36.68	30/08	resc	

MINIMES GARCONS

50 m		RC : 6.66			
1	Doudouhi Reda	02	6.95	04/10	FRA

80 m		RC : 9.66			
1	Doudouhi Reda	02	10.40	25/10	rsca
2	Medan Marko	03	10.84	19/07	vmol
3	Beyaert Corentin	02	11.36	06/09	rcas
4	Chekem Ramses	03	11.46	18/10	ws
5	Wilhelmsson Malte	02	11.49	26/06	ws
6	Le Mouillour Nathan	02	11.58	05/04	resc
7	Liessens Dujardin Milan	02	11.59	03/10	resc
8	D'Hautcourt Martin	02	11.60	03/10	resc
9	Izzag Nathan	02	11.72	31/05	dacm
10	Demanet Lounis	03	11.76	18/10	ws
11	Theys Nicolas	02	11.82	25/05	csdy
12	Lafnachi Reda	02	12.08	10/04	csf
13	Codutti Axel	03	12.19	10/10	rcb
14	Taghret Badr	03	12.38	13/06	rcas
15	Vanbellinghen Sebastien	03	12.48	03/10	resc
16	Montilla Alexis	02	12.58	05/04	resc
17	Gruson Baptiste	02	12.59	03/10	resc
18	Dakir Adnan	02	12.64	03/10	resc
19	De Tollenaere Tom	03	12.66	18/10	ws
20	Laruelle Gauthier	02	12.78	03/10	resc
21	Hufty Dorian	02	12.82	05/04	resc
22	Balcaen Max	02	13.01	31/05	dacm
23	Talha Zakaria	03	13.07	05/04	resc
24	Deblauwe Rodrigue	03	13.13	03/10	resc
25	Boukria Ayoub	02	13.36	10/04	csf
26	Kassianoff Yvan	03	13.38	31/05	dacm
27	Fehli Hamza	02	13.59	05/04	resc
28	Kose Ilhan	03	13.60	05/04	resc
29	Verkoyen Jean Baptiste	03	14.29	03/10	resc

150 m		RC : 18.43			
1	Doudouhi Reda	02	19.59	03/05	resc
2	Medan Marko	03	20.43	04/10	FRA
3	Emmerechts Robin	02	20.80	25/05	ws
4	Izzag Nathan	02	21.73	03/05	resc
5	Chekem Ramses	02	21.76	25/05	ws
6	Liessens Dujardin Milan	02	21.84	25/05	ws
7	Beyaert Corentin	02	22.02	25/05	ws
8	Demanet Lounis	03	22.06	03/05	resc
9	Wilhelmsson Malte	02	22.28	25/05	ws
10	Lafnachi Reda	02	22.42	03/05	resc
11	Theys Nicolas	02	22.62	03/05	resc
12	Codutti Axel	03	23.10	03/05	resc
13	Montilla Alexis	02	23.41	03/05	resc
14	Gruson Baptiste	02	23.79	03/05	resc
15	Taghret Badr	03	23.88	23/04	rcb
16	Balcaen Max	02	23.89	25/05	ws
17	Cambolor Esteban	03	23.98	03/05	resc
18	De Tollenaere Tom	03	24.06	25/05	ws
19	Fehli Hamza	02	26.06	09/10	csfc

300 m		RC : 40.86			
1	Beyaert Corentin	02	43.85	10/10	rcb
2	Chekem Ramses	03	47.09	12/07	oeh
3	Liessens Dujardin Milan	02	47.36	10/10	rcb
4	Demanet Lounis	03	47.69	26/09	cabw

5	Lafnachi Reda	02	47.87	12/07	oeh
6	Codutti Axel	03	50.87	10/10	rcb
7	Taghret Badr	03	52.27	10/10	rcb
8	Kassianoff Yvan	03	59.27	09/08	csf

1000 m		RC : 3.01.77			
1	Beyaert Corentin	02	3.06.58	27/09	rcas
2	Lafnachi Reda	02	3.10.17	05/07	resc
3	Demanet Lounis	03	3.16.29	25/10	rsca
4	Izzag Nathan	02	3.21.12	03/05	resc
5	Chekem Ramses	03	3.21.82	22/07	dac
6	Dakir Adnan	02	3.25.72	05/04	resc
7	Hufty Dorian	02	3.27.83	05/04	resc
8	Liessens Dujardin Milan	02	3.27.87	27/09	rcas
9	Taghret Badr	03	3.28.60	25/05	ws
10	Montilla Alexis	02	3.30.92	31/05	dacm
11	Doudouhi Reda	02	3.31.60	05/04	resc
12	Mullender Sebastien	02	3.33.24	03/05	resc
13	Cambolor Esteban	03	3.34.56	25/05	ws
14	Theys Nicolas	02	3.36.30	06/06	csf
15	Wilhelmsson Malte	02	3.38.00	06/06	csf
16	Medan Marko	03	3.38.13	18/10	ws
17	D'Hautcourt Martin	02	3.43.01	05/04	resc
18	Talha Zakaria	03	3.43.33	05/04	resc
19	Emmerechts Robin	02	3.43.64	03/05	resc
20	Balcaen Max	02	3.44.61	25/05	ws
21	Codutti Axel	03	3.45.86	25/05	ws
22	De Tollenaere Tom	03	3.46.84	25/05	ws
23	Le Mouillour Nathan	02	3.55.02	05/04	resc
24	Kassianoff Yvan	03	3.57.84	31/05	dacm
25	Vanbellinghen Sebastien	03	4.14.02	06/06	csf
26	Verkoyen Jean Baptiste	03	4.20.06	05/04	resc
27	Boukria Ayoub	02	4.22.25	05/04	resc
28	Fehli Hamza	02	4.36.16	05/04	resc

80 m haies (84 cm)		RC : 12.00			
1	Beyaert Corentin	02	14.23	27/09	rcas
2	Demanet Lounis	03	15.62	27/09	rcas
3	Chekem Ramses	03	16.44	12/07	oeh
4	Taghret Badr	03	16.64	27/09	rcas
5	De Tollenaere Tom	03	16.67	27/09	rcas
6	Lafnachi Reda	02	17.48	27/09	rcas
7	Liessens Dujardin Milan	02	17.62	27/09	rcas
8	Montilla Alexis	02	17.71	03/05	resc
9	Gruson Baptiste	02	18.35	03/05	resc
10	Fehli Hamza	02	24.54	03/05	resc

150 m haies (76 cm)		RC : 20.54			
1	Beyaert Corentin	02	21.76	18/10	csf
2	Izzag Nathan	02	23.76	03/10	resc
3	Demanet Lounis	03	23.90	25/10	rsca
4	Chekem Ramses	03	24.42	25/10	rsca
5	Liessens Dujardin Milan	02	24.52	25/10	rsca
6	Taghret Badr	03	25.24	28/06	usbw
7	De Tollenaere Tom	03	25.53	03/10	resc
8	Laruelle Gauthier	02	25.75	03/10	resc
9	Dakir Adnan	03	25.98	03/10	resc
10	Theys Nicolas	02	26.02	01/05	resc
11	Deblauwe Rodrigue	03	27.09	03/10	resc
12	Doudouhi Reda	02	29.35	01/05	resc

Hauteur		RC : 1m70			
1	Demanet Lounis	02	1m36	18/10	ws
	Taghret Badr	03	1m36	04/10	FRA
3	Montilla Alexis	02	1m35	01/05	csf
4	Izzag Nathan	02	1m31	10/10	rcb
5	Chekem Ramses	03	1m30	18/10	ws
6	D'Hautcourt Martin	02	1m28	31/05	dacm
	Medan Marko	03	1m28	31/05	dacm
	Theys Nicolas	02	1m28	31/05	dacm
9	Beyaert Corentin	02	1m26	10/10	rcb
10	Wilhelmsson Malte	02	1m22	31/05	dacm
11	De Tollenaere Tom	03	1m15	18/10	ws
	Doudouhi Reda	02	1m15	05/04	resc
	Liessens Dujardin Milan	02	1m15	05/04	resc
14	Balcaen Max	02	1m13	31/05	dacm
	Lafnachi Reda	02	1m13	31/05	dacm
16	Dakir Adnan	02	1m09	05/04	resc
	Le Mouillour Nathan	02	1m09	05/04	resc
	Talha Zakaria	03	1m09	05/04	resc
	Kassianoff Yvan	03	1m07	31/05	dacm
20	Codutti Axel	03	1m03	05/04	resc
21	Boukria Ayoub	02	1m00	05/04	resc
	Fehli Hamza	02	1m00	05/04	resc

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Kose Ilhan	03	1m00	05/04	resc
24 Van Bellinghen Sebastien	03	0m98	31/05	dacm
Longueur RC : 5m73				
1 Medan Marko	03	4m48	18/10	ws
2 Beyaert Corentin	02	4m37	06/09	rcas
3 Theys Nicolas	02	4m19	08/08	resc
4 De Tollenaere Tom	03	4m15	08/08	resc
5 Chekem Ramses	03	4m11	18/10	ws
6 Liessens Dujardin Milan	02	4m07	27/09	rcas
7 Doudouhi Reda	02	4m03	03/05	resc
8 Demanet Lounis	03	4m02	27/09	rcas
9 Iazzag Nathan	02	4m00	08/08	resc
10 Emmerechts Robin	02	3m95	03/05	resc
11 Taghret Badr	03	3m92	06/06	csf
12 Mullender Sebastien	02	3m90	03/05	resc
Wilhelmsson Malte	02	3m85	06/09	rcas
14 Boukria Ayoub	02	3m74	08/08	resc
15 Codutti Axel	03	3m73	08/08	resc
16 Montilla Alexis	02	3m60	25/05	ws
17 Dakir Adnan	02	3m49	10/04	csf
18 Lafnachi Reda	02	3m48	12/07	oehc
19 Cambor Esteban	03	3m38	03/05	resc
20 Fehli Hamza	02	3m32	03/05	resc
21 Gruson Baptiste	02	3m17	03/05	resc
22 Balcaen Max	02	3m10	25/05	ws
23 Van Bellinghen Sebastien	03	2m74	06/06	csf
Perche RC : 3m21				
1 Beyaert Corentin	02	2m12	03/10	resc
2 De Tollenaere Tom	03	1m72	03/10	resc
Poids (3 kg) RC : 14m71				
1 Beyaert Corentin	02	9m39	25/10	rsca
2 Chekem Ramses	03	9m33	25/10	rsca
3 Montilla Alexis	02	8m97	31/10	rcas
4 Doudouhi Reda	02	7m77	01/05	csf
5 De Tollenaere Tom	03	7m57	27/09	rcas
6 Theys Nicolas	02	7m31	20/06	rcb
7 Lafnachi Reda	02	7m11	27/09	rcas
8 Taghret Badr	03	7m09	31/10	rcas
9 Medan Marko	03	6m82	18/10	ws
10 Boukria Ayoub	02	6m42	05/04	resc
11 Demanet Lounis	03	6m40	27/09	rcas
12 Wilhelmsson Malte	02	6m33	26/06	ws
13 Iazzag Nathan	02	6m29	26/06	ws
14 D'Hautcourt Martin	02	6m23	31/05	dacm
15 Liessens Dujardin Milan	02	6m17	25/10	rsca
16 Dakir Adnan	02	5m64	05/04	resc
17 Vanbellinghen Sebastien	03	5m63	31/05	dacm
18 Balcaen Max	02	5m62	19/09	csf
19 Fehli Hamza	02	5m60	09/10	csf
20 Le Mouillour Nathan	02	5m51	05/04	resc
21 Codutti Axel	03	5m35	05/04	resc
22 Talha Zakaria	03	4m71	05/04	resc
23 Verkoyen Jean Baptiste	03	3m84	05/04	resc
24 Kassianoff Yvan	03	3m70	31/05	dacm
Disque (750 gr) RC : 45m01				
1 Montilla Alexis	02	26m01	31/10	rcas
2 Theys Nicolas	02	23m36	29/08	spvi
3 Taghret Badr	03	23m21	10/10	rcb
4 Liessens Dujardin Milan	02	18m55	10/10	rcb
5 Beyaert Corentin	02	15m52	10/10	rcb
6 Balcaen Max	02	15m07	19/09	csf
7 Iazzag Nathan	02	14m13	10/10	rcb
8 Demanet Lounis	03	13m73	10/10	rcb
9 Medan Marko	03	12m63	10/10	rcb
10 Codutti Axel	03	10m82	10/10	rcb
Javelot (400 gr) RC : 45m91				
1 Beyaert Corentin	02	29m75	03/10	resc
2 Montilla Alexis	02	27m09	03/10	resc
3 Medan Marko	03	26m96	31/05	dacm
4 Taghret Badr	03	25m80	27/09	rcas
5 Iazzag Nathan	02	25m41	08/08	resc
6 D'Hautcourt Martin	02	24m58	05/04	resc
7 De Tollenaere Tom	03	24m11	27/09	rcas
8 Theys Nicolas	02	22m91	03/10	resc
9 Gruson Baptiste	02	20m46	03/10	resc
10 Balcaen Max	02	19m15	31/05	dacm
11 Liessens Dujardin Milan	02	18m51	03/10	resc
12 Deblauwe Rodrigue	03	18m24	03/10	resc
13 Codutti Axel	03	16m67	05/04	resc

14 Lafnachi Reda	02	16m59	05/04	resc
15 Boukria Ayoub	02	16m45	08/08	resc
16 Demanet Lounis	03	15m95	03/10	resc
17 Vanbellinghen Sebastien	03	15m80	03/10	resc
18 Dakir Adnan	02	15m71	03/10	resc
19 Laruelle Gauthier	02	15m60	03/10	resc
20 Wilhelmsson Malte	02	13m64	06/06	csf
21 Kose Ilhan	03	12m91	05/04	resc
22 Doudouhi Reda	02	12m31	05/04	resc
23 Le Mouillour Nathan	02	11m85	05/04	resc
24 Hufty Dorian	02	10m03	05/04	resc
25 Talha Zakaria	03	9m33	05/04	resc
26 Kassianoff Yvan	03	8m67	31/05	dacm
27 Verkoyen Jean Baptiste	03	7m52	05/04	resc
28 Fehli Hamza	02	7m22	08/08	resc

Pentathlon RC : 4135 p				
1 Beyaert Corentin	02	2894 p	27/09	rcas
2 Chekem Ramses	03	2603 p	18/10	ws
3 Medan Marko	03	2540 p	18/10	ws
4 Iazzag Nathan	02	2416 p	31/05	dacm
5 Demanet Lounis	03	2388 p	18/10	ws
6 Montilla Alexis	02	2345 p	31/05	dacm
7 Doudouhi Reda	02	2311 p	05/04	resc
8 D'Hautcourt Martin	02	2146 p	05/04	resc
9 Theys Nicolas	02	2045 p	31/05	dacm
10 Taghret Badr	03	2029 p	27/09	rcas
11 Lafnachi Reda	02	1951 p	05/04	resc
12 Liessens Dujardin Milan	02	1873 p	27/09	rcas
13 De Tollenaere Tom	03	1860 p	18/10	ws
14 Dakir Adnan	02	1776 p	05/04	resc
15 Wilhelmsson Malte	02	1724 p	31/05	dacm
16 Le Mouillour Nathan	02	1718 p	05/04	resc
17 Balcaen Max	02	1601 p	31/05	dacm
18 Codutti Axel	03	1577 p	05/04	resc
19 Talha Zakaria	03	1428 p	05/04	resc
20 Vanbellinghen Sebastien	03	1196 p	06/06	csf
21 Boukria Ayoub	02	1186 p	05/04	resc
22 Kassianoff yvan	03	1176 p	31/05	dacm
23 Hufty Dorian	02	1148 p	05/04	resc
24 Fehli Hamza	02	637 p	05/04	resc
25 Verkoyen Jean Baptiste	03	624 p	05/04	resc

4 x 80 m RC : 41.08				
Beyaert, Iazzag, Medan, Doudouhi		41.37	26/09	cabw

CADETS GARCONS

50 m RC : -				
1 Taiwo Eniola	00	6.26	04/10	FRA
100 m RC : 11.31				
1 Kasmi Amine	00	11.52	06/09	jsmc
2 Taiwo Eniola	00	11.59	23/05	hf
3 Salverius Mehdi	00	12.39	23/05	hf
4 Madoughri Sabri	01	13.00	20/06	rcb
5 Gharroudi Souleymane	01	13.27	26/09	rcas
6 Baltas Alexandre	00	13.90	02/05	herv
7 Sleewaegen Jerome	01	14.08	10/04	csf
8 Badji Toumane	01	14.27	26/09	rcas
9 Teklal Liam	01	14.52	10/04	csf
10 Huyghe Xavier	01	15.03	11/07	dacm
200 m RC : 23.14				
1 Kasmi Amine	00	23.77	06/09	jsmc
2 Salverius Mehdi	00	25.37	25/05	ws
3 Gharroudi Souleymane	01	27.02	03/10	resc
300 m RC : 35.89				
1 Madoughri Sabri	01	44.29	23/04	rcb
400 m RC : 52.24				
1 Madoughri Sabri	01	56.38	02/05	herv
2 Bonte Louis	01	70.24	18/04	ws
800 m RC : 1.59.30				
1 Tabbakh Yassine	00	2.09.12	02/05	herv
2 Gharroudi Souleymane	01	2.15.84	23/05	hf
1000 m RC : 2.43.18				
1 Tabbakh Yassine	00	3.00.09	04/10	FRA
2 Gharroudi Souleymane	01	3.03.07	27/09	rcas
3 Badji Toumane	01	3.41.25	27/09	rcas

Palmares 2014/2015 outdoor.

1500 m		RC : 4.10.9	
1	Teklal Liam	01	5.19.11 02/05 herv
2	Gharroudi Souleymane	01	5.26.78 18/04 ws
3	Delarge Mathieu	00	5.42.56 18/04 ws

Mile		RC : 5.22.67	
1	Gharroudi Souleymane	01	5.25.21 03/10 resc

100 m haies (91 cm)		RC : 14.02	
1	Sleewaegen Jerome	01	18.81 02/05 herv
2	Badji Toumane	01	19.90 27/09 rcas
3	Gharroudi Souleymane	01	20.70 27/09 rcas
4	Teklal Liam	01	21.75 18/04 ws

300 m haies (76 cm)		RC : 40.07	
1	Sleewaegen Jerome	01	49.51 23/05 hf
2	Badji Toumane	01	51.27 18/04 ws

3000 m marche		RC : -	
1	Bonte Louis	01	22.18.39 02/05 herv

Hauteur		RC : 1m91	
1	Gharroudi Souleymane	01	1m45 02/05 herv
2	Moens Cyprien	00	1m44 04/10 FRA
3	Badji Toumane	01	1m40 03/10 resc
	Sleewaegen Jerome	01	1m40 03/10 resc
5	Teklal Liam	01	1m30 18/04 ws
6	Huyghe Xavier	01	1m25 11/07 dacm

Longueur		RC : 6m70	
1	Taiwo Eniola	00	5m51 04/10 FRA
2	Badji Toumane	01	4m55 26/09 rcas
3	Gharroudi Souleymane	01	4m45 26/09 rcas
4	Huyghe Xavier	01	4m05 03/10 resc

Triple saut		RC : 13m52	
1	Kasmi Amine	00	11m09 02/05 herv

Perche		RC : 3m76	
1	Moens Cyprien	00	2m90 02/05 herv
2	Badji Toumane	01	2m40 18/04 ws
3	Sleewaegen Jerome	01	2m20 18/04 ws

Poids (4 kg)		RC : 14m42	
1	Baltas Alexandre	00	8m73 18/04 ws
2	Deweever Noe	01	8m47 02/05 herv
3	Gharroudi Souleymane	01	7m82 26/09 rcas
4	Badji Toumane	01	6m43 26/09 rcas
5	Huyghe Xavier	01	6m02 25/10 rsca

Disque (1 kg)		RC : 48m77	
1	Baltas Alexandre	00	19m55 18/04 ws
2	Huyghe Xavier	01	18m28 31/10 rcas

Javelot (600 gr)		RC : 44m54	
1	Moens Cyprien	00	27m55 02/05 herv
2	Gharroudi Souleymane	01	22m21 27/09 rcas
3	Huyghe Xavier	01	21m71 31/10 rcas
4	Badji Toumane	01	19m37 27/09 rcas
5	Teklal Liam	01	18m08 18/04 ws

Marteau (4 kg)		RC : 46m37	
1	Gharroudi Souleymane	01	12m70 02/05 herv

Octathlon		RC : 5037 p	
1	Gharroudi Souleymane	01	2425 p 27/09 rcas
2	Badji Toumane	01	2067 p 27/09 rcas

4 x 100 m		RC : 44.36	
Kasmi, Taiwo, Salverius		47.28	02/05 herv

4 x 800 m		RC : 8.43.82	
Gharroudi, Delarge, Teklal, Tabbakh		10.03.06	30/08 resc

SCOLAIRES HOMMES

100 m		RC : 10.83	
1	Okeowo Peredjo	99	11.58 22/08 csf
2	Nkiere Danfuname Rene	99	11.82 31/05 usbw
3	Zaanani Soufian	98	11.98 02/05 herv
4	Kanfouh Mohamed	98	12.10 10/04 csf

5	Bouffieux Guylian	98	12.33 22/08 csf
	Vardar Alec	99	12.33 02/05 herv
7	De Ro Nicolas	99	12.50 13/06 csf
8	Ramiandrisoa Raphael	99	12.52 03/10 resc
9	Chergui Moushine	99	12.65 10/04 csf
10	Englebert Hadrien	99	12.84 03/10 resc

200 m		RC : 22.02	
1	Nkiere Danfuname Rene	99	23.48 03/10 resc
2	Zaanani Soufian	98	24.39 02/05 herv
3	Assina Kevin	98	24.40 20/06 rcb
4	De Ro Nicolas	99	25.97 20/06 rcb
5	Bouffieux Guylian	98	26.11 25/05 ws
6	Vardar Alec	99	25.50 23/05 hf
7	Ramiandrisoa Raphael	99	25.88 03/10 resc

400 m		RC : 49.48	
1	Nkiere Danfuname Rene	99	51.61 06/06 oeh
2	Zaanani Soufian	98	53.92 23/05 hf
3	Bouffieux Guylian	98	54.27 23/05 hf
4	De Ro Nicolas	99	58.45 03/01 resc
5	Verriez Jonathan	99	60.15 18/04 ws

800 m		RC : 1.55.41	
1	Kanfouh Mohamed	98	2.04.90 02/05 herv
2	Siffi Salhi Anas	99	2.06.82 18/07 avt
3	Chergui Moushine	99	2.13.95 25/05 ws

1000 m		RC : 2.32.80	
1	Siffi Salhi Anas	99	2.46.96 12/09 mac
2	Chergui Moushine	99	3.00.24 23/04 rcb

1500 m		RC : 4.00.79	
1	Siffi Salhi Anas	99	4.37.97 22/08 csf
2	Chergui Moushine	99	4.58.24 02/05 herv

3000 m		RC : 8.33.14	
1	Siffi Salhi Anas	99	11.22.62 02/05 herv

100 m haies (91 cm)		RC : 13.65	
1	Okeowo Peredjo	99	14.81 23/05 hf

400 m haies (84 cm)		RC : 56.13	
1	Assina Kevin	98	64.84 02/05 herv

2000 m steeple (91 cm)		RC : 6.10.2	
1	Temsamani Ilias	99	9.07.38 02/05 herv

3000 m marche		RC : -	
1	Englebert Hadrien	99	22.10.98 02/05 herv

Hauteur		RC : 2m05	
1	Englebert Hadrien	99	1m71 20/06 rcb
2	Geerts Gregory	99	1m65 02/05 herv

Longueur		RC : 7m59	
1	Okeowo Peredjo	99	6m23 23/05 hf
2	Geerts Gregory	99	5m78 12/09 vita
3	Vardar Alec	99	4m35 18/04 ws

Triple saut		RC : 15m64	
1	Okeowo Peredjo	99	12m86 22/08 csf
2	Geerts Gregory	99	12m37 12/09 vita

Perche		RC : 4m36	
1	Bouffieux Guylian	98	2m60 23/05 hf

Poids (5 kg)		RC : 14m35	
1	Petitjean Nicolas	99	10m75 02/05 herv
2	Vardar Alec	99	7m66 18/04 ws

Disque (1,5 kg)		RC : 44m44	
1	Nkiere Danfuname Rene	99	27m65 02/05 herv

Javelot (700 gr)		RC : 52m73	
1	De Ro Nicolas	99	27m15 02/05 herv

Marteau (5 kg)		RC : 53m41	
1	Petitjean Nicolas	99	28m15 02/05 herv

4 x 100 m		RC : 42.91	
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Nkiere, Okeowo, Zaanani, Bouffioux	45.55	01/07	jsmc
4 x 800 m		RC : 8.09.11	
Siffi Salhi, Kanfouh, Tasiaux, Bouffioux	9.00.09	30/08	resc

JUNIORS HOMMES

100 m		RC : 10.71			
1	Tshitwenu Florian	97	10.83	03/10	resc
2	Vanhamme Arno	97	10.92	26/07	resc
3	Caty Dylan	97	11.00	10/06	FRA
4	Szerman Melvin	97	11.39	06/06	oeh
5	Nijs Gaston	96	11.56	18/04	ws
6	Kalandula Fabiano	96	11.63	26/06	ws
7	Duzgun Mikail	96	11.68	03/05	resc
8	Massamba Kazadi Floribert	97	11.82	09/08	csf
9	Hoorens Christopher	97	11.87	09/08	csf
10	Fellemans Raphael	97	12.23	03/05	resc
11	Kalibionna Raphael	96	12.56	10/04	csf
12	Meuris Gregory	97	12.63	03/05	resc
13	Loens Sam	97	12.87	25/04	rcas

200 m		RC : 21.0			
1	Tshitwenu Florian	97	21.71	03/10	resc
2	Vanhamme Arno	97	22.08	28/06	lyra
3	Caty Dylan	97	22.55	03/05	resc
4	Nijs Gaston	96	22.85	18/04	ws
5	Szerman Melvin	97	23.05	05/07	resc
6	Kalandula Fabiano	96	23.80	26/08	vita
7	Duzgun Mikail	96	24.42	03/05	resc

300 m		RC : 34.67			
1	Fellemans Raphael	97	41.91	23/04	rcb

400 m		RC : 47.8			
1	Nijs Gaston	96	49.55	16/05	smac
2	Loens Sam	97	56.43	25/04	rcas
3	Kalandula Fabiano	96	60.53	26/09	rcas

800 m		RC : 1.52.66			
1	Allouchi Najim	97	2.10.01	03/05	resc

1500 m		RC : 3.48.9			
1	Petitjean Simon	96	3.52.87	08/08	dcla
2	Allouchi Najim	97	4.42.07	18/04	ws

3000 m		RC : 8.14.64			
1	Petitjean Simon	96	8.38.86	03/05	resc

110 m haies (99 cm)		RC : 14.43			
1	Caty Dylan	97	13.74	14/06	FRA

110 m haies (106 cm)		RC : 14.18			
1	Caty Dylan	97	14.03	26/07	resc
2	Kalandula Fabiano	96	17.99	30/05	SLO

400 m haies (91 cm)		RC : 51.36			
1	Caty Dylan	97	57.14	17/05	dcla

3000 m steeple		RC : 9.08.42			
1	Petitjean Simon	96	9.28.30	10/05	smac

Hauteur		RC : 2m14			
1	Kalandula Fabiano	96	2m13	26/07	resc
2	Caty Dylan	97	1m75	17/05	dcla
	Loens Sam	97	1m75	22/08	csf

Longueur		RC : 7m86			
1	Hoorens Christopher	97	6m67	03/05	resc
2	Loens Sam	97	6m16	09/08	csf
3	Kalandula Fabiano	96	6m15	11/07	dacm
4	Gaufres Remy	97	4m89	28/06	lyra

Triple saut		RC : 15m79			
1	Hoorens Christopher	97	14m13	22/08	csf
2	Fernandez D. Sebastien	97	10m12	03/10	resc

Poids (6 kg)		RC : 15m79			
1	Loens Sam	97	11m47	26/08	vita
2	Kalandula Fabiano	96	9m66	26/09	rcas

4 x 100 m		RC : 42.37	
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Vanhamme, Tshitwenu, Szerman, Caty	42.93	06/09	jsmc
4 x 400 m		RC : 3.17.65	
Tshitwenu, Petitjean, Caty, Vanhamme	3.28.87	06/09	jsmc

SENIORS HOMMES

100 m		RC : 10.02			
1	Boothaerts Damien	83	10.68	05/09	volh
2	Niesen Charles	94	10.78	22/08	csf
3	Ammar Khodja Brahim	84	10.94	23/05	vs
4	Lins Sebastien	92	11.07	20/08	vs
5	Guassim Hamza	95	11.12	13/06	csf
6	Elsen Daan	94	11.22	14/07	asvo
	Ruffacq Quentin	89	11.22	08/08	moha
8	Badji Asanti	95	11.24	20/08	vs
	Wellemans Olivier	93	11.24	20/08	vs
10	Shutsha Kasongo Emmanuel	95	11.29	13/09	ob
11	Boa Michael	95	11.52	31/05	usbw
12	Vandecapelle Mattijs	89	11.53	14/07	asvo
13	Ouchen Anass	92	11.56	13/06	csf
14	De Ridder Frederic	90	11.62	03/05	resc
15	Zahedi Pouyan	88	11.70	03/05	resc
16	Gets Florent	91	11.86	01/08	dac
17	Ilunga Carl	93	11.97	13/06	csf
18	Xhonneux Frederic	83	12.02	29/03	csf
19	Gressier Sacha	95	12.54	27/09	usbw
20	Segers Mathieu	94	12.59	10/04	csf
21	Heremans Bruno	94	13.43	09/08	csf

200 m		RC : 20.66			
1	Gillet Antoine	88	21.12	04/08	vs
2	Broothaerts Damien	83	21.50	01/08	resc
3	Niesen Charles	94	21.85	05/07	resc
4	Amma Khodja Brahim	84	21.95	23/05	vs
5	Lins Sebastien	92	21.96	04/08	vs
6	Badji Asanti	95	22.24	18/04	ws
7	Guassim Hamza	95	22.47	05/07	resc
8	Nicodeme Romain	95	22.53	04/08	vs
9	Wellemans Olivier	93	22.64	16/08	ea
10	Ruffacq Quentin	89	22.82	08/08	moha
11	Shutsha Kasongo Emmanuel	95	22.97	03/10	resc
12	De Ridder Frederic	90	23.46	19/07	avka
13	Ouchen Anass	92	23.66	03/10	resc
14	Zahedi Pouyan	88	24.15	05/07	resc
15	Gets Florent	91	24.42	08/08	moha
16	Ilunga Carl	93	24.51	06/06	oeh
17	Xhonneux Frederic	83	24.63	27/06	NED

300 m		RC : 33.10			
1	Elsen Daan	94	36.15	14/07	asvo
2	Zahedi Pouyan	88	37.95	23/04	rcb
3	De Ridder Frederic	90	38.59	27/09	usbw

400 m		RC : 45.98			
1	Gillet Antoine	88	46.25	05/07	CH
2	Badji Asanti	95	48.10	23/05	vs
3	Lins Sebastien	92	48.13	01/08	vita
4	Ghislain Arnaud	88	48.26	27/06	cabw
5	Ammar Khodja Brahim	84	48.33	16/05	smac
6	Nicodeme Romain	95	48.86	05/07	resc
7	Niesen Charles	94	49.83	11/07	kks
8	Gets Florent	91	52.33	01/08	dac
9	Wellemans Olivier	93	52.34	09/08	csf
10	Xhonneux Frederic	83	52.44	01/08	dac
11	Elsen Daan	94	52.63	25/04	rcas
12	Segers Mathieu	94	55.14	10/04	csf
13	Zahedi Pouyan	88	55.28	26/06	ws
14	Boa Michael	88	55.31	26/06	ws
15	Ilunga Carl	93	56.52	27/06	cabw
16	Gets Florent	91	58.75	29/03	csf

800 m		RC : 1.46.60			
1	Froidmont Arnaud	89	1.49.01	23/05	vs
2	Tajaouart Hamza	95	2.05.39	25/05	ws
3	Segers Mathieu	94	2.05.69	05/09	azw
4	Boa Michael	95	2.10.06	23/05	vs
5	Xhonneux Frederic	83	2.11.13	19/09	NED
6	Vereertbrugghen Nicolas	92	2.23.83	25/05	ws
7	Errazzouki Samir	89	2.32.04	25/05	ws

1500 m		RC : 3.36.96			
1	Ruell Kim	87	3.48.21	27/06	cabw
2	Balhan Pierre Antoine	92	3.50.34	30/05	SLO

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3	Segers Mathieu	94	4.24.69	05/07	resc
4	Tajaouart Hamza	95	4.25.25	10/04	csf
5	Nicodeme Thibault	92	4.34.77	01/05	vs
6	Xhonneux Frederic	83	4.34.85	02/08	dac
7	Gets Florent	91	4.37.87	02/08	dac
8	Vereertbrugghen Nicolas	92	4.54.76	05/07	resc
9	Xhonneux Frederic	83	4.56.15	20/09	NED

Mile		RC : 4.02.1			
1	Ruell Kim	87	4.17.60	03/10	resc
2	Vereertbrugghen Nicolas	92	5.20.87	09/08	csf
3	Xhonneux Marc	80	5.30.32	03/10	resc

3000 m		RC : 7.47.22			
1	Ruell Kim	87	8.05.91	24/06	riem
2	Lejeune Emmanuel	92	8.29.81	10/05	smac
3	Vereertbrugghen Nicolas	92	10.35.47	20/06	rcb
4	Xhonneux Frederic	83	10.51.98	20/09	NED

5000 m		RC : 13.22.81			
1	Naert Koen	89	14.05.49	10/05	smac
2	Ruell Kim	87	14.26.28	08/08	dcla
3	Xhonneux Frederic	83	18.46.26	19/09	NED

10 000 m		RC : 28.24.95			
1	Xhonneux Frederic	83	44.22.23	20/09	NED

Marathon		RC : 2h13.15			
1	Naert Koen	89	2h10.31	27/09	GER

110 m haies (106 cm)		RC : 13.48			
1	Broothaerts Damien	83	13.72	15/07	rfd
2	Ruffacq Quentin	89	14.11	03/05	resc
3	Elsen Daan	94	14.99	08/08	dcla
4	Xhonneux Frederic	83	15.85	27/06	NED
5	Gets Florent	91	16.59	02/08	dac

200 m haies (76 cm)		RC : 25.52			
1	Xhonneux Frederic	83	25.99	27/06	NED

400 m haies (91 cm)		RC : 48.91			
1	Ghislain Arnaud		51.06	30/05	SLO
2	Nicodeme Romain	95	52.98	26/07	resc
3	Xhonneux Frederic	83	54.98	20/06	rcb

3000 m steeple		RC : 8.24.90			
1	Ruell Kim	87	8.52.81	18/07	avt
2	Xhonneux Frederic	83	11.43.26	27/06	NED

Hauteur		RC : 2m21			
1	Elsen Daan	94	1m93	25/04	rcas
2	Xhonneux Frederic	83	1m90	01/08	dac
3	Boa Michael	95	1m80	11/07	dacm
4	Gets Florent	91	1m77	29/03	csf
5	Boa Michael	95	1m66	20/06	rcb

Longueur		RC : 7m94			
1	Campener Corentin	90	7m82	27/06	FRA
2	Elsen Daan	94	7m17	01/08	vita
3	Vandecapelle Mattijs	89	6m66	05/07	resc
4	Xhonneux Frederic	83	6m49	27/06	NED
5	Boa Michael	95	6m30	18/04	ws
6	Gets Florent	91	6m14	29/08	ath

Triple saut		RC : 16m86			
1	Xhonneux Frederic	83	14m52	31/05	SLO
2	Campener Corentin	90	13m52	10/05	smac

Perche		RC : 5m25			
1	Elsen Daan	94	4m60	10/05	smac
2	Xhonneux Frederic	83	4m25	30/05	SLO
3	Vandecapelle Mattijs	89	4m20	11/07	dacm
4	Gets Florent	91	3m89	27/09	rcas
5	Boa Michael	95	3m51	05/07	resc

Poids (7,26 kg)		RC : 15m08			
1	Xhonneux Frederic	83	14m02	10/05	smac
2	Guillaume Jonathan	92	13m91	11/10	rsca
3	Gets Florent	91	13m43	01/08	dac
4	Elsen Daan	94	13m12	05/07	resc
5	Vandecapelle Mattijs	89	12m75	26/08	vita
6	Boa Michael	95	11m52	20/06	rcb

7	Campener Corentin	90	10m84	25/04	usta
8	Ruell Kim	87	8m13	11/10	rsca

Disque (2 kg)		RC : 51m56			
1	Gets Florent	91	43m20	27/09	rcas
2	Elsen Daan	94	42m85	05/07	resc
3	Xhonneux Frederic	83	42m47	10/05	smac
4	Vandecapelle Mattijs	89	38m78	20/08	vs
5	Guillaume Jonathan	92	37m21	27/09	caf
6	Boa Michael	95	34m23	11/07	dacm
7	Bernard Tom	93	30m64	18/10	csf
8	Campener Corentin	90	27m99	25/04	usta

Javelot (800 gr)		RC : 63m56			
1	Xhonneux Frederic	83	56m65	23/04	rcb
2	Gets Florent	91	55m05	27/09	rcas
3	Elsen Daan	94	53m95	04/08	vs
4	Boa Michael	95	51m20	05/07	resc
5	Niesen Charles	94	48m80	11/10	rsca
6	Vandecapelle Mattijs	89	47m59	04/08	vs
7	Bernard Tom	93	47m29	01/08	bbs
8	Nicodeme Romain	95	40m33	10/10	rcb
9	Ghislain Arnaud	88	34m29	01/07	jsmc

Marteau (7,26 kg)		RC : 61m66			
1	Bernard Tom	93	52m15	11/10	rsca
2	Xhonneux Frederic	83	38m25	27/06	NED

Decathlon		RC : 8142 p			
1	Xhonneux Frederic	83	6624 p	02/08	dac
2	Gets Florent	91	6316 p	02/08	dac

Decathlon en 1 heure		RC : -			
1	Xhonneux Frederic	83	6019 p	29/03	csf
2	Gets Florent	91	4702 p	29/03	csf

Icosathlon en 1 jour		RC : -			
1	Xhonneux Frederic	83	12.363 p	27/06	NED
					Record du monde officieux !

Icosathlon en 2 jours		RC : 13.099 p			
1	Xhonneux Frederic	83	12.399 p	20/09	NED

4 x 100 m		RC : 40.60			
Gillet, Ammar Khodja, Lins, Broothaerts		40.93		10/05	smac

4 x 200 m		RC : 1.24.15			
Tshitwenu, Lins, Guassim, Nijs		1.29.37		30/08	resc

4 x 400 m		RC : 3.10.2			
Nicodeme, Badji, Nijs, Lins		3.14.86		20/09	riem

4 x 800 m		RC : 7.38.0			
Vandenhoeke, Ruell, Petitjean, Froidmont		7.49.08		20/09	riem

Ekiden		RC : 2h16.19			
Ruell, Naert, Petitjean, Lejeune, Hernould, Lahbib		2h12.59		17/10	bxl

MASTERS HOMMES

100 m		RC : 11.74			
1	Sakow Nicolas	77	11.95	11/07	dacm
2	Vanderbiest Joel	78	12.12	29/03	csf
3	Fellemans Emmanuel	70	12.56	23/04	rcb
4	Schoonen Laurent	65	13.43	28/06	ob
5	Gilson Benoit	74	13.51	23/05	spvi
6	Verriez Stephane	70	13.59	10/04	csf
7	Lambert John	80	14.56	13/06	dein

200 m		RC : 24.68			
1	Sakow Nicolas	77	24.89	03/10	resc
2	Fellemans Emmanuel	70	25.54	20/06	rcb
3	Schoonen Laurent	65	27.35	03/10	resc
4	Verriez Stephane	70	28.12	23/05	spvi
5	Gilson Benoit	74	28.13	25/05	ws
6	Lemonnier Thierry	68	32.94	22/08	avt

300 m		RC : 37.95			
1	Sakow Nicolas	77	39.86	11/07	dacm
2	Fellemans Emmanuel	70	40.59	23/04	rcb

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400 m					RC : 52.31
1	Sakow Nicolas	77	56.33	26/06	ws
2	Vanderbiest Joel	78	60.62	29/03	csf
3	Fellemans Emmanuel	70	61.23	07/06	rcas
4	Schoonen Laurent	65	63.05	30/05	achl
5	Schroeven Bruno	80	65.35	07/06	rcas
800 m					RC : 1.59.64
1	July Denis Michael	77	2.21.12	07/06	rcas
2	Ceux Benoit	78	2.26.28	07/06	rcas
3	Schoonen Laurent	65	2.54.01	08/08	moha
1500 m					RC : 3.54.39
1	Njema Imed	75	4.33.14	07/06	rcas
2	Tillieux Guy	58	5.20.00	07/06	rcas
3	Sakow Nicolas	77	5.27.19	27/09	rcas
4	Vanderbiest Joel	78	5.28.26	29/03	csf
5	Schoonen Laurent	65	5.40.67	25/04	rcas
6	Lemonnier Thierry	68	6.36.77	22/08	avt
Mile					RC : 4.46.03
1	Debrabandere Amaury	69	5.14.09	03/10	resc
2	Codutti Marco	68	5.39.14	03/10	resc
3	Englebert Patrick	66	6.21.07	03/10	resc
4	Schoonen Laurent	65	6.41.64	09/08	csf
3000 m					RC : 9.28.22
1	Njema Imed	75	9.56.20	03/05	resc
2	Debrabandere Amaury	69	10.21.69	07/06	rcas
3	Codutti Marco	68	10.55.74	07/06	rcas
4	Tillieux Guy	58	11.27.86	18/04	ws
5	Levacq Guy	46	12.29.10	18/04	ws
6	Englebert Patrick	66	12.51.21	18/04	ws
10 000 m					RC : 31.25.40
1	Schoonen Laurent	65	52.09.92	09/08	csf
100 m haies (91 cm)					RC : -
1	Schoonen Laurent	65	20.06	27/09	rcas
110 m haies (100 cm)					RC : 21.80
1	Vanderbiest Joel	78	21.13	29/03	csf
2	Schoonen Laurent	65	22.07	30/05	achl
400 m haies (84 cm)					RC : -
1	Schoonen Laurent	65	74.42	08/08	moha
400 m haies (91 cm)					RC : 72.77
1	Schoonen Laurent	65	74.62	13/06	dein
Hauteur					RC : 1m76
1	Van De Velde Frank	79	1m86	05/07	resc
2	Vanderbiest Joel	78	1m59	29/03	csf
3	Schoonen Laurent	65	1m42	30/05	achl
4	Van Elsuwe Cedric	75	1m30	07/06	rcas
Longueur					RC : 6m65
1	Vanderbiest Joel	78	5m61	07/06	rcas
2	Sakow Nicolas	77	5m22	27/09	rcas
3	Schroeven Bruno	80	5m15	07/06	rcas
4	Schoonen Laurent	65	4m65	05/07	rcg
5	Gilson Benoit	74	4m55	23/05	spvi
6	Verriez Stephane	70	4m07	10/04	csf
7	Lemonnier Thierry	68	3m68	22/08	avt
Triple saut					RC : 14m09
1	Schoonen Laurent	65	9m11	18/04	ws
Perche					RC : 4m75
1	Vanderbiest Joel	78	2m50	29/03	csf
2	Schoonen Laurent	65	2m42	18/10	csf
Poids (6 kg)					RC : 9m40
1	Schoonen Laurent	65	8m24	06/09	rcas
Poids (7,26 kg)					RC : 15m08
1	Lambert John	80	12m01	07/06	rcas
2	Van De Velde Frank	79	9m54	20/06	rcb
3	Segers Philippe	65	8m33	07/06	rcas
4	Vanderbiest Joel	78	8m25	19/03	csf
5	Schoonen Laurent	65	6m72	30/05	achl

Disque (1,5 kg)					RC : 28m95
1	Schoonen Laurent	65	25m88	31/10	rcas
Disque (2 kg)					RC : 51m56
1	Lambert John	80	34m15	07/06	rcas
2	Schoonen Laurent	65	22m59	28/06	ob
3	Fontenoy Serge	80	19m12	07/06	rcas
4	Sakow Nicolas	77	18m72	27/09	rcas
5	Vanderbiest Joel	78	18m00	29/03	csf
6	Lemonnier Thierry	68	17m52	22/08	avt
Javelot (700 gr)					RC : 22m73
1	Schoonen Laurent	65	29m33	12/07	flac
Javelot (800 gr)					RC : 62m75
1	Sakow Nicolas	77	34m42	23/04	rcb
2	Schoonen Laurent	65	29m38	14/06	dein
3	Vanderbiest Joel	78	26m66	29/03	csf
4	Lemonnier Thierry	68	23m04	22/08	avt
5	Segers Philippe	65	23m75	07/06	rcas
Marteau (6 kg)					RC : -
1	Schoonen Laurent	65	22m97	11/10	rsca
Marteau (7,26 kg)					RC : 51m46
1	Schoonen Laurent	65	19m92	08/08	moha
Grand poids (11,34 kg)					RC : -
1	Schoonen Laurent	65	8m61	04/10	moha
Pentathlon M35					RC : 2054 p
1	Sakow Nicolas	77	2084 p	27/09	rcas
Pentathlon M45					RC : 1859 p
1	Schoonen Laurent	65	2280 p	05/07	rcg
2	Lemonnier Thierry	68	1304 p	22/08	avt
Pentathlon M50					RC : -
1	Schoonen Laurent	65	2271 p	12/07	flac
Decathlon M45					RC : 3635 p
1	Schoonen Laurent	65	3830 p	31/05	achl
Decathlon M50					RC : -
1	Schoonen Laurent	65	4436 p	27/09	rcas
Decathlon M35 en 1 heure					RC : -
1	Vanderbiest Joel	78	3695 p	29/03	csf
4 x 100 m					RC : 49.37
Lambert, Fellemans, Van De Velde, Schroeven			49.11	30/08	resc
4 x 400 m					RC : 4.01.44
Debrabandere, Sakow, Njema, Fellemans			4.11.68	07/06	rcas
Ekiiden					RC : 2h49.20
Codutti, July Denis, Tillieux, Ceux, Vandebussche, Debrabandere			2h42.55	21/03	rcg