

**Palmares 2015/2016 outdoor.**

**BENJAMINES FILLES**

60 m		RC : 9.2			
1	Ngandeu Tshambia Brenda	07	9.71	17/09	usbw
2	Khrauph Aya	08	10.59	01/10	resc
3	Hannani Salma	07	10.65	01/05	resc
4	Wanyu Diane	08	10.90	08/05	resc
5	Agacseven Lina	08	11.11	01/10	resc
6	Bakkali Yakhlef Dina	07	11.27	29/05	dacm
	Van Den Bossche Nina	07	11.27	08/05	resc
8	Mjahed Maya	07	11.40	01/10	resc
9	Khader Samia	07	11.55	08/05	resc
10	Halioui Hind	07	11.92	08/05	resc

600 m		RC : 2.00.94			
1	Ngandeu Tshambia Brenda	07	2.10.62	18/06	csf
2	Khader Samia	07	2.19.38	08/05	resc
3	Agacseven Lina	08	2.32.65	20/08	resc
4	Khrauph Aya	08	2.38.50	08/05	resc
5	Wanyu Diane	08	2.53.89	20/08	resc

Hauteur		RC : 1m18			
1	Ngandeu Tshambia Brenda	07	0m95	29/07	resc

Longueur		RC : 3m88			
1	Ngandeu Tshambia Brenda	07	2m86	07/10	csf
2	Khrauph Aya	08	2m78	15/10	ws
3	Mjahed Maya	07	2m39	29/07	resc
4	Agacseven Lina	08	2m23	01/05	resc
5	Bakkali Yakhlef Dina	07	1m57	29/05	dacm
6	Wanyu Diane	08	1m20	10/04	csf

Poids (1 kg)		RC : 8m63			
1	Ngandeu Tshambia Brenda	07	7m59	20/08	resc
2	Wanyu Diane	08	5m21	20/08	resc
3	Hannani Salma	07	5m15	30/04	resc
4	Mjahed Maya	07	5m14	20/08	resc
5	Khader Samia	07	5m00	08/05	resc
6	Khrauph Aya	08	3m75	15/10	ws
7	Agacseven Lina	08	3m68	15/10	ws

Balle de hockey		RC : 28m96			
1	Ngandeu Tshambia Brenda	07	17m51	29/05	dacm
2	Khrauph Aya	08	13m02	01/10	resc
3	Wanyu Diane	08	12m63	10/04	csf
4	Mjahed Maya	07	12m34	01/10	resc
5	Agacseven Lina	08	11m46	01/10	resc
6	Bakkali Yakhlef Dina	07	9m06	29/05	dacm

Tetrathlon		RC : 1601 p			
1	Ngandeu Tshambia Brenda	07	989 p	17/09	usbw
2	Khrauph Aya	08	614 p	15/10	ws
3	Agacseven Lina	08	275 p	15/10	ws
4	Bakkali Yakhlef Dina	07	189 p	29/05	dacm

**PUPILLES FILLES**

60 m		RC : 8.55			
1	Tramoni Svenia	05	9.10	20/08	resc
2	Dewaele Laura	05	9.24	17/09	usbw
3	Dennison Chrystal	05	9.84	08/10	rcb
4	Mayot Coiffard Hermine	05	9.84	15/10	ws
5	Kubiak Joanna	06	9.93	01/10	resc
6	Chraibi Sara	06	10.22	01/10	resc
7	Van Ex Elvira	06	10.41	29/05	dacm
8	Sinani Agnesa	05	10.48	01/05	resc
9	Demagnet Solea	06	10.62	08/05	resc
10	Chraibi Sofia	05	10.74	08/05	resc
11	Lenders Ghislaine	06	10.96	01/10	resc
12	Lafnachi Nora	05	11.58	08/05	resc
13	Verleyen Marthe	06	12.14	10/04	csf
14	Khader Houda	05	12.37	08/05	resc

1000 m		RC : 3.26.31			
1	Dewaele Laura	05	3.40.86	29/05	dacm
2	Tramoni Svenia	05	3.42.54	29/05	dacm
3	Mayot Coiffard Hermine	05	3.48.40	15/10	ws
4	Dennison Chrystal	05	4.06.58	18/06	csf
5	Sinani Agnesa	05	4.08.70	08/05	resc
6	Demagnet Solea	06	4.15.59	08/05	resc
7	Van Ex Elvira	06	4.21.68	29/05	dacm
8	Lafnachi Nora	05	4.24.97	10/04	csf
9	Kubiak Joanna	06	4.36.01	10/04	csf

10	Chraibi Sara	06	4.36.75	08/05	resc
11	Verleyen Marthe	06	4.58.13	10/04	csf
12	Chraibi Sofia	05	5.12.88	08/05	resc

Hauteur		RC : 1m33			
1	Dewaele Laura	05	1m15	01/05	resc
2	Sinani Agnesa	05	1m05	01/05	resc
3	Kubiak Joanna	06	0m95	01/05	resc

Longueur		RC : 4m48			
1	Tramoni Svenia	05	4m13	29/05	dacm
2	Dewaele Laura	05	3m63	29/05	dacm
3	Dennison Chrystal	05	3m43	08/10	rcb
4	Mayot Coiffard Hermine	05	3m36	15/10	ws
5	Chraibi Sara	06	3m17	08/05	resc
6	Sinani Agnesa	05	3m16	08/05	resc
7	Kubiak Joanna	06	2m94	20/08	resc
8	Van Ex Elvira	06	2m92	29/05	dacm
9	Chraibi Sofia	05	2m78	08/05	resc
10	Verleyen Marthe	06	2m53	10/04	csf
11	Lafnachi Nora	05	2m49	08/05	resc
12	Khader Houda	05	2m31	08/05	resc

Poids (1 kg)		RC : 9m75			
1	Dennison Chrystal	05	5m73	18/06	csf
2	Van Ex Elvira	06	5m23	29/07	resc

Disque (600 gr)		RC : 23m00			
1	Van Ex Elvira	06	11m88	23/10	rcas
2	Lafnachi Nora	05	10m68	01/05	resc

Balle de hockey		RC : 41m50			
1	Dennison Chrystal	05	28m46	01/10	resc
2	Dewaele Laura	05	26m32	17/09	usbw
3	Mayot Coiffard Hermine	05	23m18	15/10	ws
4	Lenders Ghislaine	06	20m37	01/10	resc
5	Sinani Agnesa	05	17m27	10/04	csf
6	Van Ex Elvira	06	16m78	01/10	resc
7	Lafnachi Nora	05	16m72	10/04	csf
8	Kubiak Joanna	06	14m12	01/10	resc
9	Verleyen Marthe	06	11m12	10/04	csf

Tetrathlon		RC : 2077 p			
1	Dewaele Laura	05	1605 p	17/09	usbw
2	Tramoni Svenia	05	1490 p	29/05	dacm
3	Mayot Coiffard Hermine	05	1338 p	15/10	ws
4	Dennison Chrystal	05	1095 p	29/05	dacm
5	Van Ex Elvira	06	807 p	29/05	dacm

4 x 60 m		RC : 33.97			
Dennison, Dewaele, Chraibi, Demagnet			37.51	24/09	cabw

**MINIMES FILLES**

50 m		RC : -			
1	Lambert Kylie	04	7.30	07/05	FRA

80 m		RC : 10.4			
1	Lambert Kylie	04	10.91	10/09	lebb
2	Pontara Lisa	03	11.00	29/05	dacm
3	Mpinga Mulowayi Alexia	04	11.07	10/04	csf
4	Nijs Juliette	03	11.52	31/07	dac
5	Sielinou Lisa	03	11.54	01/10	resc
6	Merino Noemi	04	11.76	29/05	dacm
7	Huygens Cloe	03	11.98	19/06	smac
8	Lucas Clara	04	12.14	01/10	resc
9	Van Ex Alexia	04	12.43	01/10	resc
10	Louis Emilie	04	13.11	17/04	ws
11	Kebdani Samia	03	13.57	01/10	resc

150 m		RC : 20.13			
1	Pontara Lisa	03	20.75	08/05	resc
2	Lambert Kylie	04	20.80	08/05	resc
3	Mpinga Mulowayi Alexia	04	20.91	08/05	resc
4	Tshanga Diomi Roline	04	21.22	08/05	resc
5	Merino Noemi	04	21.81	08/05	resc
6	Huygens Cloe	03	22.47	23/04	lebb
7	Van Ex Alexia	04	24.01	08/05	resc
8	Lufuando Sakaneno Plamedi	04	24.39	08/05	resc

300 m		RC : 44.36			
1	Lambert Kylie	04	44.48	20/08	resc
2	Huygens Cloe	03	48.92	22/10	csf

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3	Lucas Clara	04	50.29	08/10	rcb
<b>1000 m</b>		<b>RC : 3.14.33</b>			
1	Lambert Kylie	04	3.23.71	21/07	vs
2	Huygens Cloe	03	3.33.70	25/09	usbw
3	Merino Noemi	04	3.43.41	29/05	dacm
4	Nijs Juliette	03	3.48.47	31/07	dac
5	Pontara Lisa	03	3.50.09	28/05	rcb
6	Lucas Clara	04	3.50.49	25/09	rcas
7	Louis Emilie	04	4.04.45	08/05	resc
8	Mpinga Mulowayi Alexia	04	4.04.72	10/04	csf
9	Sielinou Lisa	03	4.12.00	15/10	ws
10	Van Ex Alexia	04	4.16.26	29/05	dacm
11	Khader Firdaous	03	4.33.69	08/05	resc
<b>50 m haies (65 cm)</b>		<b>-</b>			
1	Lambert Kylie	04	8.47	02/07	FRA
<b>60 m haies (76 cm)</b>		<b>RC : 10.05</b>			
1	Lambert Kylie	04	10.14	17/07	vita
2	Huygens Cloe	03	11.84	16/04	smac
3	Lucas Clara	04	13.27	25/09	rcas
<b>150 m haies (76 cm)</b>		<b>RC : 22.49</b>			
1	Lambert Kylie	04	22.57	22/07	aca
2	Mpinga Mulowayi Alexia	04	23.84	01/05	resc
3	Huygens Cloe	03	25.29	01/05	resc
4	Lucas Clara	04	25.69	01/10	resc
<b>Hauteur</b>		<b>RC : 1m57</b>			
1	Lambert Kylie	04	1m38	04/06	FRA
2	Pontara Lisa	03	1m37	31/07	dac
3	Lucas Clara	04	1m24	25/09	rcas
4	Huygens Cloe	03	1m20	03/09	vita
5	Sielinou Lisa	03	1m18	15/10	ws
6	Nijs Juliette	03	1m16	31/07	dac
<b>Longueur</b>		<b>RC : 5m00</b>			
1	Pontara Lisa	03	4m48	29/07	resc
2	Lambert Kylie	04	4m43	21/07	vs
3	Merino Noemi	04	4m38	29/05	dacm
	Sielinou Lisa	03	4m38	01/10	resc
5	Huygens Cloe	03	4m20	02/10	rcas
6	Mpinga Mulowayi Alexia	04	4m14	29/07	resc
7	Tshanga Diomi Roline	04	4m13	29/07	resc
8	Lufuando Sakaneno Plamedi	04	4m07	29/07	resc
9	Lucas Clara	04	3m83	08/05	resc
10	Van Ex Alexia	04	3m49	08/05	resc
11	Louis Emilie	04	3m22	08/05	resc
12	Khader Firdaous	03	2m99	08/05	resc
13	Kebdani Samia	03	2m90	01/10	resc
<b>Perche</b>		<b>RC : 2m43</b>			
1	Lambert Kylie	04	2m00	20/08	resc
<b>Poids (2 kg)</b>		<b>RC : 13m12</b>			
1	Huygens Cloe	03	9m46	16/10	rsca
2	Nijs Juliette	03	8m68	31/07	dac
3	Lambert Kylie	04	8m53	02/07	FRA
4	Sielinou Lisa	03	8m46	15/10	ws
5	Merino Noemi	04	8m35	10/04	csf
6	Pontara Lisa	03	8m15	31/07	dac
7	Mpinga Mulowayi Alexia	04	7m68	10/04	csf
8	Lucas Clara	04	6m09	16/10	rsca
9	Louis Emilie	04	5m94	17/04	ws
10	Van Ex Alexia	04	5m92	23/10	rcas
<b>Disque (750 gr)</b>		<b>RC : 27m29</b>			
1	Huygens Cloe	03	25m56	23/10	rcas
2	Pontara Lisa	03	16m12	10/04	csf
3	Lambert Kylie	04	15m55	10/09	lebb
4	Merino Noemi	04	14m49	10/04	csf
5	Lucas Clara	04	12m72	16/10	rsca
6	Mpinga Mulowayi Alexia	04	12m66	10/04	csf
7	Van Ex Alexia	04	12m01	23/10	rcas
<b>Javelot (400 gr)</b>		<b>RC : 34m63</b>			
1	Huygens Cloe	03	25m88	23/10	rcas
2	Lambert Kylie	04	18m70	12/06	FRA
3	Pontara Lisa	03	17m81	31/07	dac
4	Nijs Juliette	03	17m69	02/10	rcas
5	Merino Noemi	04	17m65	01/05	resc
6	Van Ex Alexia	04	13m60	23/10	rcas

7	Lucas Clara	04	13m09	27/08	spvi
<b>Pentathlon</b>		<b>RC : 3021 p</b>			
1	Lambert Kylie	04	2612 p	21/07	vs
2	Pontara Lisa	03	2304 p	31/07	dac
3	Huygens Cloe	03	2184 p	19/06	smac
4	Nijs Juliette	03	2158 p	31/07	dac
5	Sielinou Lisa	03	2124 p	15/10	ws
6	Merino Noemi	04	2049 p	29/05	dacm
7	Lucas Clara	04	1790 p	25/09	rcas
8	Van Ex Alexia	04	1189 p	29/05	dacm
<b>4 x 80 m</b>		<b>RC : 42.79</b>			
Pontara, Lambert, Mpinga, Nijs			<b>42.22</b>	24/09	cabw
<b>CADETTES FILLES</b>					
<b>100 m</b>		<b>RC : 12.64</b>			
1	Yech Chou Safia	01	12.95	07/05	herv
2	Iven Kayla	02	13.75	27/08	ws
3	Tshanga Diumba Robiane	01	13.86	17/04	ws
4	Sandon Liza	02	13.99	08/05	resc
5	Mugerin Elisabeth	02	15.10	21/04	rcb
6	Siepedji Adrienne	01	15.55	24/04	csf
7	Van Den Bossche Mira	02	15.61	24/04	csf
8	Cuvelier Maela	02	17.16	17/04	ws
<b>200 m</b>		<b>RC : 26.14</b>			
1	Tshanga Diumba Robiane	01	28.41	24/04	csf
2	Sandon Liza	02	29.97	24/04	csf
3	Mugerin Elisabeth	02	31.13	19/06	resc
4	Saadi Marwa	01	32.51	08/05	resc
<b>300 m</b>		<b>RC : 42.36</b>			
1	Derdari Yasmine	01	48.26	20/08	resc
2	Iven Kayla	02	49.22	10/04	vs
3	Mugerin Elisabeth	02	51.89	21/04	rcb
<b>400 m</b>		<b>RC : 57.61</b>			
1	Iven Kayla	02	65.66	07/08	ea
2	Derdari Yasmine	01	68.31	27/08	ws
3	Golfa Sambay Clara	02	70.59	30/04	smac
<b>800 m</b>		<b>RC : 2.21.88</b>			
1	Iven Kayla	02	2.32.28	31/07	dac
2	Verriez Laura	01	2.33.21	04/06	cabw
3	Derdari Yasmine	01	2.36.32	28/05	ea
4	Khattou Lina	01	2.37.72	08/05	resc
5	Van Den Bossche Mira	02	2.51.24	28/05	rcb
<b>1500 m</b>		<b>RC : 4.53.37</b>			
1	Verriez Laura	01	5.34.61	30/04	smac
<b>80 m haies (76 cm)</b>		<b>RC : 11.88</b>			
1	Iven Kayla	02	15.84	02/07	bbs
2	Miftah Lina	02	16.65	30/04	smac
<b>300 m haies (76 cm)</b>		<b>RC : 45.51</b>			
1	Sandon Liza	02	52.50	30/04	smac
2	Mugerin Elisabeth	02	57.89	24/04	csf
3	Miftah Lina	02	62.45	24/04	csf
<b>Hauteur</b>		<b>RC : 1m68</b>			
1	Golfa Sambay Clara	02	1m50	07/05	herv
2	Iven Kayla	02	1m30	30/07	dac
<b>Longueur</b>		<b>RC : 5m74</b>			
1	Iven Kayla	02	4m66	20/08	resc
2	Yech Chou Safia	01	4m50	30/04	smac
<b>Triple saut</b>		<b>RC : 11m71</b>			
1	Sandon Liza	02	10m01	07/05	herv
<b>Perche</b>		<b>RC : 3m26</b>			
1	Derdari Yasmine	01	1m80	30/04	smac
<b>Poids (3 kg)</b>		<b>RC : 12m10</b>			
1	Iven Kayla	02	11m03	15/08	dacm
2	Mugerin Elisabeth	02	7m44	14/08	csdy
3	Van Den Bosche Mira	02	4m96	30/04	smac
<b>Disque (1 kg)</b>		<b>RC : 37m60</b>			

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1 Iven Kayla	02	28m30	06/08	kape
<b>Javelot (500 gr)</b>		RC : 36m86		
1 Iven Kayla	02	34m91	07/05	herv
<b>3000 m marche</b>		RC : 21.58.95		
1 Cuvelier Maela	02	<b>21.19.14</b>	30/04	smac
<b>Pentathlon</b>		RC : 2720 p		
1 Iven Kayla	02	2546 p	29/05	vac
<b>Hexathlon</b>		RC : 3901 p		
1 Iven Kayla	02	2924 p	03/07	bbs
<b>4 x 100 m</b>		RC : 50.59		
Iven, Sandon, Tshanga, Yech Chou		53.52	30/04	smac

<b>4 x 800 m</b>		RC : 10.24.44		
Iven, Verriez, Khattou, Derdari		10.46.71	18/09	jsmc

**SCOLAIRES FEMMES**

<b>100 m</b>		RC : 12.33		
1 Schauwers Manon	99	12.77	29/05	usbw
2 Camara Fiona	00	13.65	30/04	smac
3 Henry Morgane	99	14.06	17/04	ws
4 Beyaert Amelie	00	14.58	28/05	rcb
5 Cuvelier Noemie	00	16.40	24/04	csf
6 El Ouahmi Sirine	00	16.43	24/04	csf
<b>200 m</b>		RC : 25.1		
1 Schauwers Manon	99	25.65	28/05	ea
2 Camara Fiona	00	28.10	30/04	smac
3 Beyaert Amelie	00	30.83	28/05	rcb
4 El Holouany Hiba	99	34.46	29/05	usbw

<b>300 m</b>		RC : 39.65		
1 Schauwers Manon	99	41.68	20/08	resc

<b>400 m</b>		RC : 56.03		
1 Schauwers Manon	99	58.90	04/06	vs
2 Mabsoute Lazim Iman	00	65.83	07/05	herv
3 Hadj Faraji Soraya	99	68.03	17/04	ws

<b>800 m</b>		RC : 2.15.6		
1 Muls Camille	99	<b>2.14.88</b>	25/06	resc
2 Van Den Bossche Inga	00	2.19.06	28/05	rcb
3 Hadj Faraji Soraya	99	2.38.33	24/04	csf
4 Janssens Marie	99	2.49.71	08/05	resc
5 Aragonés Elena	00	2.50.97	08/05	resc
6 Beyaert Amelie	00	3.34.85	26/09	rcas

<b>1000 m</b>		RC : 3.01.95		
1 Muls Camille	99	3.05.34	21/04	rcb

<b>1500 m</b>		RC : 4.50.73		
1 Van Den Bossche Inga	00	<b>4.47.63</b>	10/09	ws
2 Muls Camille	99	4.55.13	14/05	cabw

<b>2000 m</b>		RC : 7.02.18		
1 Muls Camille	99	<b>6.38.49</b>	01/10	resc
2 Van Den Bossche Inga	00	6.38.60	01/10	resc

<b>3000 m</b>		RC : 10.43.20		
1 Van Den Bossche Inga	00	10.53.61	14/05	cabw

<b>100 m haies (76 cm)</b>		RC : 13.92		
1 Schauwers Manon	99	14.38	07/05	herv
2 Micheli Dimitra	00	18.48	24/04	csf
3 Beyaert Amelie	00	21.87	25/09	rcas
4 El Holouany Hiba	99	25.31	25/09	rcas

<b>400 m haies (76 cm)</b>		RC : 68.52		
1 Schauwers Manon	99	<b>62.36</b>	01/10	resc
2 Henry Morgane	99	76.50	30/04	smac

<b>Hauteur</b>		RC : 1m68		
1 Schauwers Manon	99	1m60	14/05	cabw
2 Beyaert Amelie	00	1m22	25/09	rcas
3 El Holouany Hiba	99	1m21	28/05	rcb

<b>Longueur</b>		RC : 6m08		
1 Schauwers Manon	99	5m30	05/06	rcg
2 Sudi Sauda Daniella	99	4m34	30/04	smac
3 Vanden Bergh Joy	00	3m96	24/04	csf
4 Beyaert Amelie	00	3m70	03/06	csf

<b>Triple saut</b>		RC : 12m15		
1 Sudi Sauda Daniella	99	9m81	07/05	herv
2 Vanden Bergh Joy	00	9m05	24/04	csf

<b>Perche</b>		RC : 3m36		
1 Lacasse Camille	99	2m21	17/04	ws

<b>Poids (3 kg)</b>		RC : 12m64		
1 Beyaert Amelie	00	9m13	24/04	csf
2 El Holouany Hiba	99	5m55	25/09	rcas

<b>Disque (1 kg)</b>		RC : 47m99		
1 Sudi Sauda Daniella	99	21m60	30/04	smac
2 Beyaert Amelie	00	11m00	24/04	csf

<b>Javelot (500 gr)</b>		RC : 37m30		
1 Beyaert Amelie	00	15m76	26/09	rcas

<b>3000 m marche</b>		RC : 21.58.95		
1 El Ouahmi Sirine	00	<b>20.08.91</b>	30/04	smac

<b>Heptathlon</b>		RC : 4701 p		
1 Beyaert Amelie	99	1843 p	26/09	rcas

<b>4 x 100 m</b>		RC : 48.97		
Henry, Micheli, Camara, Schauwers		52.25	30/04	smac

**JUNIORS FEMMES**

<b>100 m</b>		RC : 12.08		
1 Van Der Veken Cindy	97	<b>12.03</b>	25/09	usbw
2 Noel Nehemie Keysha	98	12.92	28/05	rcb
3 Caty Emeline	98	13.55	22/05	FRA
4 Assina Madeleine	97	13.62	22/05	rsca
5 De Bruecker Lisaline	98	14.45	29/05	usbw

<b>200 m</b>		RC : 24.65		
1 Van Der Veken Cindy	97	24.82	01/10	resc
2 Noel Nehemie Keysha	98	26.70	08/05	resc
3 Assina Madeleine	97	29.65	28/05	ea
4 Montilla Morgane	98	31.17	08/05	resc

<b>300 m</b>		RC : 39.65		
1 Barhdadi Lina	97	45.79	20/08	resc

<b>400 m</b>		RC : 56.03		
1 Assina Madeleine	97	69.55	22/05	rsca

<b>800 m</b>		RC : 2.11.36		
1 Barhdadi Lina	96	2.24.41	28/05	rsca

<b>1500 m</b>		RC : 4.30.09		
1 El Zoljani Imane	98	6.33.42	24/04	csf

<b>Hauteur</b>		RC : 1m81		
1 De Bruecker Lisaline	98	1m30	24/04	csf

<b>Longueur</b>		RC : 6m08		
1 Van Der Veken Cindy	97	5m53	20/08	resc
2 Caty Emeline	98	4m95	29/05	FRA
3 Noel Nehemie Keysha	98	4m69	28/05	rcb
4 De Bruecker Lisaline	98	4m40	29/05	usbw
5 Montilla Morgane	98	2m58	29/05	usbw

<b>Triple saut</b>		RC : 12m15		
1 Caty Emeline	98	10m82	21/05	cabw
2 De Bruecker Lisaline	98	9m86	21/05	cabw

<b>Perche</b>		RC : 3m90		
1 Van De Sype Cloe	97	3m10	21/05	cabw

<b>Poids (4 kg)</b>		RC : 13m12		
1 Montilla Morgane	98	7m92	17/04	ws

<b>Disque (1 kg)</b>		RC : 47m99		
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## Palmares 2015/2016 outdoor.

1	Montilla Morgane	98	23m86	29/05	usbw
2	Van Der Veken Cindy	97	19m95	08/10	rcb

Javelot (600 gr)		RC : 38m45			
1	Montilla Morgane	98	34m09	08/05	resc
2	Van De Sype Cloe	97	22m97	08/05	resc

### SENIORS FEMMES

100 m		RC : 11.42			
1	Zagre Anne	90	11.68	24/06	resc
2	Gharafi Yasmine	85	12.02	08/05	FRA
3	Nagels Rani	95	12.11	09/07	zwat
4	Badji Jalika	96	12.71	19/06	resc
5	Mwamine Robine	96	12.91	23/07	vita
6	Guisse Saliyya	96	13.09	24/04	csf
7	Cok Evelyn	91	13.55	22/05	rsca
8	Meert Cynthia	89	13.73	04/06	vs
9	Archambeau Aline	90	14.27	24/04	csf
10	Tahirwa Tracy	96	15.21	17/04	ws

200 m		RC : 23.80			
1	Zagre Anne	90	23.57	04/05	USA
2	Gharafi Yasmine	85	24.92	04/06	vs
3	Badji Jalika	96	25.69	19/06	resc
4	Guisse Saliyya	96	27.14	25/09	rcas
5	Cok Evelyn	91	27.63	11/07	vs
6	Meert Cynthia	89	27.93	04/06	vs
7	Lins Noemie	94	28.23	08/05	resc

200 m en ligne droite		RC : -			
1	Gharafi Yasmine	85	26.88	04/09	bxl

300 m		RC : 38.04			
1	Badji Jalika	96	40.71	20/08	resc
2	Cok Evelyn	91	44.20	20/08	resc
3	Tshiasuma Jessie	96	45.23	20/08	resc
4	Lins Noemie	94	46.07	20/08	resc
5	D'Hondt Charlotte	94	54.89	20/08	resc

400 m		RC : 53.51			
1	Nagels Rani	95	53.57	22/05	FRA
2	Badji Jalika	96	57.92	11/07	vs
3	Gillet Delphine	86	59.13	23/07	vita
4	Klai Anissa	96	60.62	14/05	cabw
5	Lins Noemie	94	65.32	19/06	resc
6	Cok Evelyn	91	65.48	11/06	lyra

800 m		RC : 2.05.85			
1	Nagels Rani	95	2.09.69	14/05	cabw
2	Tshiasuma Jessie	96	2.20.97	28/05	rcb
3	Cok Evelyn	91	2.45.82	26/09	rcas
4	D'Hondt Charlotte	94	2.55.79	11/09	cabw

1500 m		RC : 4.12.85			
1	Tshiasuma Jessie	96	4.52.78	11/09	cabw
2	D'Hondt Charlotte	94	6.09.00	27/08	ws

2000 m		RC : 5.55.66			
1	Stalins Philippine	94	8.35.15	01/10	resc

100 m haies (84 cm)		RC : 12.71			
1	Zagre Anne	90	12.78	22/07	GBR
2	Guisse Saliyya	96	16.05	25/09	rcas
3	Cok Evelyn	91	20.05	25/09	rcas

200 m haies en ligne droite		RC : -			
1	Zagre Anne	90	28.28	04/09	bxl

400 m haies (76 cm)		RC : 60.08			
1	Badji Jalika	96	63.08	24/06	resc

Hauteur		RC : 1m95			
1	Archambeau Aline	90	1m50	24/04	csf
2	Guisse Saliyya	96	1m37	25/09	rcas
3	Cok Evelyn	91	1m31	25/09	rcas

Longueur		RC : 6m28			
1	Guisse Saliyya	96	5m52	14/05	cabw
2	Mwamine Robine	96	5m11	20/08	resc
3	Cok Evelyn	91	3m94	26/09	rcas

Triple saut		RC : 12m66			
1	Guisse Saliyya	96	11m93	08/10	rcb

Perche		RC : 4m05			
1	Quirin Margaux	95	3m40	01/05	smac

Poids (4 kg)		RC : 13m12			
1	Archambeau Aline	90	9m77	24/04	csf
2	Mouzon Emmanuelle	91	9m53	21/05	cabw
3	Meert Cynthia	89	8m64	20/08	resc
4	Guisse Shaena	94	8m47	08/05	resc
5	Guisse Saliyya	96	8m35	25/09	rcas
6	Cok Evelyn	91	7m21	25/09	rcas

Disque (1 kg)		RC : 47m99			
1	Guisse Shaena	94	27m98	20/03	cabw

Javelot (600 gr)		RC : 38m45			
1	Mouzon Emmanuelle	91	30m99	21/05	cabw
2	Guisse Shaena	94	17m81	08/05	resc
3	Cok Evelyn	91	16m31	26/09	rcas

Heptathlon		RC : 4804 p			
1	Cok Evelyn	91	2692 p	26/09	rcas

4 x 100 m		RC : 46.95			
Nagels, Van Der Veken, Badji, Gharafi			46.86	18/09	jsmc

4 x 200 m		RC : 1.38.53			
Nagels, Schauwers, Badji, Van Der Veken			1.39.68	18/09	jsmc

4 x 400 m		RC : 3.54.68			
Schauwers, Gillet, Badji, Nagels			3.54.00	14/05	cabw

### MASTERS FEMMES

100 m		RC : 13.06			
1	Guillet Laurence	80	13.10	26/10	AUS
2	Bonvin Draps Nathalie	80	13.91	19/06	resc
3	Boonaert Caroline	64	14.01	12/06	dein

200 m		RC : 27.44			
1	Guillet Laurence	80	26.58	12/06	dein
2	Nkumu Bakuba Nancy	77	28.60	31/10	AUS
3	Dewitte Valerie	80	29.02	12/06	dein
4	Boonaert Caroline	64	29.60	12/06	dein

400 m		RC : 62.09			
1	Nkumu Bakuba Nancy	77	60.68	05/11	AUS
2	Guillet Laurence	80	63.95	05/06	herv
3	Dewitte Valerie	80	65.95	11/06	dein

800 m		RC : 2.23.91			
1	Lange Tramon Claudia	72	2.50.69	05/06	herv
2	Debaillie Isabelle	74	3.14.07	05/06	herv

1500 m		RC : 4.36.3			
1	Lange Tramon Claudia	72	6.17.27	20/08	resc
2	Debaillie Isabelle	74	6.20.28	24/04	csf

3000 m		RC : 10.12.14			
1	Debaillie Isabelle	74	14.11.76	05/06	herv
2	Cardoso Da Rocha Maria Joao	64	14.49.91	05/06	herv

Marathon		RC : 3h17.15			
1	Cardoso Da Rocha Maria Joao		4h36.12	02/10	bxl

100 m haies (84 cm)		RC : 14.94			
1	Guillet Laurence	80	14.72	24/06	resc

400 m haies (76 cm)		RC : 68.71			
1	Guillet Laurence	80	66.16	11/06	dein

Hauteur		RC : 1m42			
1	Reynaerts Stephanie	80	1m25	05/06	herv

Longueur		RC : 5m26			
1	Guillet Laurence	80	5m14	11/06	dein
2	Bonvin Draps Nathalie	80	4m76	11/06	dein

Poids (4 kg)		RC : 10m76			
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**Palmares 2015/2016 outdoor.**

1 Adam Benedicte	78	11m07	10/04	moha
2 Reynaerts Stephanie	80	9m56	12/06	dein
3 Debaille Isabelle	74	7m37	20/08	resc
4 De Buyst Nadia	73	7m16	26/05	ws

Disque (1 kg)		RC : 31m62		
1 Reynaerts Stephanie	80	34m32	12/06	dein
2 Adam Benedicte	78	28m27	20/03	cabw
3 De Buyst Nadia	73	25m51	05/06	herv
4 Debaille Isabelle	74	16m41	24/04	csf

Javelot (600 gr)		RC : 28m66		
1 Adam Benedicte	78	28m01	05/06	herv
2 Reynaerts Stephanie	80	26m73	29/05	usbw
3 De Buyst Nadia	73	17m76	26/05	ws
4 Debaille Isabelle	74	16m05	08/05	resc

Marteau (4 kg)		RC : 28m58		
1 Reynaerts Stephanie	80	31m49	21/05	cabw
2 Adam Benedicte	78	27m95	20/03	cabw

4 x 100 m		RC : 53.26		
Boonaert, Dewitte, Bonvin Draps, Guillet		53.59	27/08	smac

4 x 200 m		RC : 1.53.15		
Boonaert, Dewitte, Bonvin Draps, Guillet		1.55.31	27/08	smac

**BENJAMINS GARCONS**

60 m		RC : 9.17		
1 Maaroufi Elias	07	9.66	08/05	resc
2 Ouattara Reda	08	9.88	01/10	resc
Poortman Matheo	07	9.88	28/05	rcb
4 Arifi Rayane	08	9.89	08/05	resc
5 Matassi Lucas	08	9.95	29/05	dacm
6 Huyghe Gauthier	07	10.01	01/10	resc
7 Tshanga Diumba John Ross	07	10.23	17/04	ws
8 Ezzeddine Adam	07	10.37	08/05	resc
9 Hadrazi Yanis	07	10.39	08/05	resc
10 Maaroufi Zakaria	08	10.54	08/05	resc
11 Mpongo Mpiana Maweja	08	10.57	08/05	resc
12 Meguellati Younes	07	10.64	26/09	rcas
13 Arifi Sohaib	08	10.74	08/05	resc
14 Kenaiti Yanis	08	10.75	08/05	resc
15 Piton Matthias	08	11.06	29/05	dacm
16 Verleyen Jakob	08	11.52	10/04	csf
17 Henry Maxance	08	11.66	10/04	csf
18 El Fassi Jabir	07	12.40	20/08	resc

600 m		RC : 1.58.56		
1 Poortman Matheo	07	2.01.77	28/05	rcb
2 Maaroufi Elias	07	2.01.80	08/05	resc
3 Arifi Rayane	08	2.07.33	03/06	csf
4 Meguellati Younes	07	2.07.42	29/05	dacm
5 Tshanga Diumba John Ross	07	2.07.56	17/04	ws
6 Huyghe Gauthier	07	2.08.80	29/05	dacm
7 Hadrazi Yanis	07	2.08.82	08/05	resc
8 Kenaiti Yanis	08	2.11.29	08/05	resc
9 Arifi Sohaib	08	2.13.90	15/10	ws
10 Maaroufi Zakaria	08	2.14.89	08/05	resc
11 Matassi Lucas	08	2.21.36	29/05	dacm
12 Piton Matthias	08	2.22.40	29/05	dacm
13 Mpongo Mpiana Maweja	08	2.24.94	29/05	dacm
14 El Fassi Jabir	08	2.39.66	20/08	resc
15 Henry Maxance	08	2.41.88	10/04	csf
16 Ezzeddine Adam	07	2.43.53	08/05	resc
17 Verleyen Jakob	08	2.48.02	10/04	csf

Hauteur		RC : 1m25		
1 Meguellati Younes	07	1m04	29/07	resc
2 Huyghe Gauthier	07	0m99	29/07	resc
Tshanga Diumba John Ross	07	0m99	29/04	resc
4 Piton Matthias	08	0m94	29/07	resc
5 Mpongo Mpiana Maweja	08	0m90	03/06	csf
6 Maaroufi Elias	07	0m89	29/07	resc

Longueur		RC : 4m19		
1 Matassi Lucas	08	3m48	29/05	dacm
2 Huyghe Gauthier	07	3m28	29/05	dacm
3 Meguellati Younes	07	3m19	27/08	spvi
4 Arifi Rayane	08	3m15	01/05	resc
Poortman Matheo	07	3m15	29/05	dacm
6 Maaroufi Elias	07	3m08	29/05	dacm

7 Arifi Sohaib	08	2m98	15/10	ws
8 Mpongo Mpiana Maweja	08	2m93	18/06	csf
9 Piton Matthias	08	2m74	29/07	resc
10 Maaroufi Zakaria	08	2m65	29/07	resc
11 Henry Maxance	08	2m30	29/07	resc
12 El Fassi Jabir	08	2m20	20/08	resc
13 Aouragh Kais	08	1m66	29/07	resc

Poids (1 kg)		RC : 11m68		
1 Meguellati Younes	07	8m80	27/08	spvi
2 Huyghe Gauthier	07	8m52	16/10	rsca
3 Poortman Matheo	07	7m81	01/10	resc
4 Arifi Rayane	08	7m73	15/10	ws
5 Matassi Lucas	08	6m61	29/05	dacm
6 Maaroufi Elias	07	6m51	01/05	resc
7 Ouattara Reda	08	5m85	01/10	resc
8 Arifi Sohaib	08	5m79	15/10	ws
9 Hadrazi Yanis	07	5m70	10/04	csf
10 Mpongo Mpiana Maweja	08	4m80	29/05	dacm
11 Maaroufi Zakaria	08	4m13	29/05	dacm
12 Piton Matthias	08	4m03	29/05	dacm
13 Kenaiti Yanis	08	3m63	10/04	csf
14 Henry Maxance	08	3m05	10/04	csf
15 Verleyen Jakob	08	2m92	10/04	csf

Balle de Hockey		RC : 40m13		
1 Huyghe Gauthier	07	33m35	22/10	csf
2 Meguellati Younes	07	25m09	22/10	csf
3 Poortman Matheo	07	25m05	08/10	rcb
4 Arifi Rayane	08	23m38	08/05	resc
5 Kenaiti Yanis	08	17m46	08/05	resc
6 Arifi Sohaib	08	16m84	08/05	resc
7 Mpongo Mpiana Maweja	08	14m72	08/05	resc

Tetrathlon		RC : 2099 p		
1 Poortman Matheo	07	1323 p	29/05	dacm
2 Meguellati Younes	07	1301 p	15/10	ws
3 Matassi Lucas	08	1279 p	29/05	dacm
4 Huyghe Gauthier	07	1267 p	29/05	dacm
5 Maaroufi Elias	07	1215 p	29/05	dacm
6 Arifi Rayane	08	1183 p	15/10	ws
7 Arifi Sohaib	08	787 p	15/10	ws
8 Mpongo Mpiana Maweja	08	752 p	29/05	dacm
9 Maaroufi Zakaria	08	732 p	29/05	dacm
10 Piton Matthias	08	672 p	29/05	dacm

4 x 60 m		RC : 37.73		
Arifi, Maaroufi E, Poortman, Maaroufi Z		39.55	24/09	cabw

**PUPILLES GARCONS**

60 m		RC : 8.09		
1 Belghiti Alaoui Ayman	05	9.12	08/05	resc
2 Boukria Jawad	05	9.44	20/08	resc
3 Gonzalez Antoine	06	9.45	22/05	resc
4 Camps Sebastien	06	9.47	01/10	resc
5 Theys Norick	06	9.48	01/10	resc
6 Verriez Ludovic	06	9.52	24/06	wrc
7 Arifi Reda	05	9.65	10/04	csf
8 Harroud Ayman	05	9.74	08/05	resc
9 Maaroufi Ayoub	05	9.85	08/05	resc
10 Cornelis Darwin	06	10.26	29/05	dacm
11 Poortman Lucas	05	10.38	08/05	resc
12 Halioui Jalil	06	10.51	08/05	resc
13 Saadi Mohamed	05	10.52	10/04	csf
14 El Fassi Imrane	05	10.79	20/08	resc
15 Beuthe De Jaegher Adrei	06	11.18	29/05	dacm

1000 m		RC : 3.14.18		
1 Arifi Reda	05	3.21.34	01/05	resc
2 Maaroufi Ayoub	05	3.29.75	01/05	resc
3 Camps Sebastien	06	3.40.20	15/10	ws
4 Halioui Jalil	06	3.40.47	29/05	dacm
5 Boukria Jawad	05	3.41.17	01/05	resc
6 Gonzalez Antoine	06	3.42.70	15/10	ws
7 Poortman Lucas	05	3.46.92	22/10	csf
8 Belghiti Alaoui Ayman	05	3.53.95	08/05	resc
9 Theys Norick	06	3.57.98	10/04	csf
10 Verriez Ludovic	06	3.59.12	29/05	dacm
11 Cornelis Darwin	06	4.02.80	29/05	dacm
12 El Fassi Imrane	05	4.06.76	20/08	resc
13 Saadi Mohamed	05	4.16.43	08/05	resc
14 Beuthe De Jaegher Andrei	06	4.17.47	29/05	dacm
15 Harroud Ayman	05	4.21.35	08/05	resc

**Palmares 2015/2016 outdoor.**

60 m haies (76 cm)					RC : 10.0
1	Gonzalez Antoine	06	12.94	18/06	csf
2	Arifi Reda	05	13.26	08/05	resc
3	Maaroufi Ayoub	05	13.62	08/05	resc
4	Harroud Ayman	05	13.91	08/05	resc
5	Saadi Mohamed	05	15.33	08/05	resc
6	Poortman Lucas	05	18.15	08/05	resc

Hauteur					RC : 1m49
1	Boukria Jawad	05	1m15	29/05	dacm
	Poortman Lucas	05	1m15	29/05	dacm
3	Arifi Reda	05	1m10	10/04	csf
	Cornelis Darwin	06	1m10	29/05	dacm
	Theys Norick	06	1m10	10/04	csf
6	Gonzalez Antoine	06	1m06	08/10	rcb
7	Halioui Jalil	06	1m05	29/05	dacm
8	Maaroufi Ayoub	05	1m00	10/04	csf
	Saadi Mohamed	05	1m00	10/04	csf
10	Beuthe De Jaegher Andrei	06	0m95	29/05	dacm
	Verriez Ludovic	06	0m95	29/05	dacm
12	El Fassi Imrane	05	0m90	20/08	resc

Longueur					RC : 4m75
1	Gonzalez Antoine	06	3m64	18/06	csf
2	Camps Sebastien	06	3m32	15/10	ws
3	Poortman Lucas	05	3m26	01/10	resc
4	Theys Norick	06	3m25	01/10	resc
5	Verriez Ludovic	06	3m19	24/06	wrc
6	Arifi Reda	05	2m85	15/10	ws

Poids (2 kg)					RC : 11m71
1	Theys Norick	06	6m25	29/07	resc
2	Arifi Reda	05	6m02	10/04	csf
3	Boukria Jawad	05	5m98	29/05	dacm
4	Poortman Lucas	05	5m72	23/10	rcas
5	Maaroufi Ayoub	05	5m61	10/04	csf
6	Cornelis Darwin	06	5m57	29/05	dacm
7	Gonzalez Antoine	06	4m95	29/05	dacm
8	Halioui Jalil	06	4m86	29/05	dacm
9	Verriez Ludovic	06	3m93	29/05	dacm
10	Beuthe De Jaegher Andrei	06	3m88	29/05	dacm

Disque (600 gr)					RC : 31m14
1	Poortman Lucas	05	12m10	23/10	rcas
2	Theys Norick	06	10m78	01/05	resc
3	Verriez Ludovic	06	7m47	01/05	resc

Balle de hockey					RC : 46m50
1	Theys Norick	06	39m17	17/04	ws
2	Belghiti Alaoui Ayman	05	35m80	08/05	resc
3	Arifi Reda	05	31m21	08/05	resc
4	Poortman Lucas	05	29m89	22/10	csf
5	Camps Sebastien	06	29m47	15/10	ws
6	Harroud Ayman	05	26m92	08/05	resc
7	Verriez Ludovic	06	22m19	07/10	csf
8	Gonzalez Antoine	06	20m18	15/10	ws

Tetrathlon					RC : 2516 p
1	Boukria Jawad	05	1574 p	29/05	dacm
2	Camps Sebastien	06	1370 p	15/10	ws
3	Gonzalez Antoine	06	1358 p	29/05	dacm
4	Maaroufi Ayoub	05	1323 p	29/05	dacm
5	Poortman Lucas	05	1318 p	29/05	dacm
6	Cornelis Darwin	06	1271 p	29/05	dacm
7	Halioui Jalil	06	1222 p	29/05	dacm
8	Verriez Ludovic	06	1017 p	29/05	dacm
9	Arifi Reda	05	781 p	15/10	ws
10	Beuthe De Jaegher Andrei	06	780 p	29/05	dacm

4 x 60 m					RC : 33.25
Cornelis, Gonzalez, Maaroufi, Verriez					
			37.41	27/08	smac

**MINIMES GARCONS**

80 m					RC : 9.66
1	Medan Marko	03	10.54	15/10	ws
2	Demanet Lounis	03	10.87	14/05	lebb
3	Chekem Ramses	03	10.99	17/09	usbw
4	Dewaele Victor	03	11.34	15/10	ws
5	Vanbellinghen Sebastien	03	11.42	08/10	rcb
6	Gruson Augustin	04	11.50	01/10	resc
7	Ivens Filip	04	11.54	15/10	ws

8	De Tollenaere Tom	03	11.74	01/10	resc
9	Arifi Ilias	04	12.00	01/10	resc
10	Englebert Timothee	04	12.01	10/04	csf
11	Sibourg Valentin	04	12.14	01/10	resc
12	Derome Julien	04	12.48	10/04	csf
13	Kamara Sanael	04	12.51	10/04	csf
14	Van Elsuwe Alexis	04	12.64	15/10	ws
15	Poortman Romain	03	13.16	29/05	dacm
16	Verkoyen Jean Baptiste	03	13.18	01/10	resc

150 m					RC : 18.43
1	Medan Marko	03	19.50	02/10	rcas
2	Demanet Lounis	03	20.14	05/06	vita
3	Chekem Ramses	03	21.24	08/05	resc
4	Arifi Ilias	04	21.25	24/06	wrc
5	Vanbellinghen Sebastien	03	21.53	07/10	csf
6	Englebert Timothee	04	21.54	08/05	resc
7	Dewaele Victor	03	21.98	08/05	resc
8	Gruson Augustin	04	22.28	07/10	csf
9	Ivens Filip	04	22.45	08/05	resc
10	De Tollenaere Tom	03	22.46	05/06	vita
11	Kamara Sanael	04	23.84	07/10	csf
12	Sibourg Valentin	04	24.20	08/05	resc
13	Van Elsuwe Alexis	04	24.31	08/05	resc
14	Poortman Romain	03	25.12	07/10	csf
15	Verkoyen Jean Baptiste	03	25.68	07/10	csf

300 m					RC : 40.86
1	Demanet Lounis	03	43.46	14/05	lebb
2	Chekem Ramses	03	45.88	20/08	resc
3	Vanbellinghen Sebastien	03	48.39	22/10	csf
4	Gruson Augustin	04	48.88	22/10	csf
5	De Tollenaere Tom	03	49.15	17/04	ws
6	Arifi Ilias	04	50.66	17/04	ws
7	Van Elsuwe Alexis	04	51.83	20/08	resc
8	Sibourg Valentin	04	52.30	22/10	csf
9	Ivens Filip	04	53.18	22/10	csf
10	Kamara Sanael	04	53.60	22/10	csf
11	Poortman Romain	03	55.19	22/10	csf
12	Verkoyen Jean Baptiste	03	56.00	08/10	rcb

1000 m					RC : 3.01.77
1	Demanet Lounis	03	3.08.16	10/04	csf
2	De Tollenaere Tom	03	3.22.78	29/05	dacm
3	Chekem Ramses	03	3.24.50	15/10	ws
4	Medan Marko	03	3.25.20	15/10	ws
5	Kamara Sanael	04	3.29.52	17/04	ws
6	Gruson Augustin	04	3.30.24	07/10	csf
7	Van Elsuwe Alexis	04	3.31.46	10/04	csf
8	Arifi Ilias	04	3.33.00	15/10	ws
9	Dewaele Victor	03	3.35.24	08/05	resc
10	Sibourg Valentin	04	3.39.51	29/05	dacm
11	Poortman Romain	03	3.40.70	18/06	csf
12	Ivens Filip	04	3.44.75	22/05	rscsa
13	Englebert Timothee	04	3.46.66	10/04	csf
14	Derome Julien	04	3.46.87	10/04	csf
15	Verkoyen Jean Baptiste	03	3.53.60	07/10	csf

50 m haies (65 cm)					RC : -
1	Demanet Lounis	03	9.24	02/04	FRA

80 m haies (84 cm)					RC : 12.00
1	Demanet Lounis	03	13.64	05/06	vita
2	De Tollenaere Tom	03	16.50	26/09	rcas
3	Sibourg Valentin	04	16.79	26/09	rcas
4	Ivens Filip	04	17.16	08/05	resc
5	Englebert Timothee	04	17.47	08/05	resc
6	Gruson Augustin	04	17.85	08/05	resc
7	Derome Julien	04	17.93	26/09	rcas
8	Arifi Ilias	04	18.95	08/05	resc
9	Poortman Romain	03	20.31	08/05	resc

150 m haies (76 cm)					RC : 20.54
1	Demanet Lounis	03	21.89	01/10	resc
2	Chekem Ramses	03	22.07	01/10	resc
3	De Tollenaere Tom	03	23.73	01/10	resc
4	Arifi Ilias	04	24.40	01/10	resc
5	Ivens Filip	04	24.44	22/10	csf
6	Gruson Augustin	04	24.58	22/10	csf
7	Sibourg Valentin	04	24.80	01/10	resc
8	Derome Julien	04	26.23	01/05	resc
9	Van Elsuwe Alexis	04	26.33	01/10	resc
10	Verkoyen Jean Baptiste	03	28.28	22/10	csf
11	Poortman Romain	03	31.11	22/10	csf

**Palmares 2015/2016 outdoor.**

Hauteur		RC : 1m70			
1	Englebert Timothee	04	1m50	10/04	csf
2	Demanet Lounis	03	1m48	10/07	oeh
3	Chekem Ramses	03	1m36	21/08	cabw
	Medan Marko	03	1m36	15/10	ws
5	De Tollenaere Tom	03	1m31	08/10	rcb
6	Poortman Romain	03	1m26	08/10	rcb
7	Gruson Augustin	04	1m24	15/10	ws
	Sibourg Valentin	04	1m24	15/10	ws
9	Ivens Filip	04	1m20	26/09	rcas
10	Arifi Ilias	04	1m18	15/10	ws
11	Derome Julien	04	1m15	10/04	csf
	Van Elsuwe Alexis	04	1m15	26/09	rcas
13	Verkoyen Jean Baptiste	03	1m11	08/10	rcb
14	Dewaele Victor	03	1m09	15/10	ws
15	Kamara Sanael	04	1m05	10/04	csf

Longueur		RC : 5m73			
1	Medan Marko	03	4m91	05/06	vita
2	Chekem Ramses	03	4m51	03/09	vac
3	Demanet Lounis	03	4m50	28/05	rcb
4	De Tollenaere Tom	03	4m24	05/06	vita
5	Ivens Filip	04	4m11	01/10	resc
6	Dewaele Victor	03	4m02	01/10	resc
7	Arifi Ilias	04	3m95	01/10	resc
8	Gruson Augustin	04	3m89	01/10	resc
9	Sibourg Valentin	04	3m86	01/10	resc
10	Van Elsuwe Alexis	04	3m53	01/10	resc
11	Kamara Sanael	04	3m39	01/10	resc
12	Poortman Romain	03	3m32	01/10	resc
13	Derome Julien	04	3m31	01/10	resc
14	Verkoyen Jean Baptiste	03	2m93	01/10	resc

Triple saut		RC : -			
1	Demanet Lounis	03	9m59	02/04	FRA

Perche		RC : 3m21			
1	De Tollenaere Tom	03	1m93	20/08	resc

Poids (3 kg)		RC : 14m71			
1	Chekem Ramses	03	10m82	17/09	usbw
2	Englebert Timothee	04	9m93	16/10	rcas
3	De Tollenaere Tom	03	9m86	15/10	ws
4	Medan Marko	03	9m60	15/10	ws
5	Demanet Lounis	03	7m73	29/05	dacm
6	Vanbellinghen Sebastien	03	7m26	22/10	csf
7	Kamara Sanael	04	6m73	22/10	csf
8	Sibourg Valentin	04	6m66	26/09	rcas
9	Gruson Augustin	04	6m47	22/10	csf
10	Arifi Ilias	04	6m36	10/04	csf
11	Poortman Romain	03	6m31	16/10	rcas
12	Van Elsuwe Alexis	04	6m12	15/10	ws
13	Derome Julien	04	5m94	26/09	rcas
14	Ivens Filip	04	5m26	15/10	ws
15	Dewaele Victor	03	5m09	15/10	ws

Disque (750 gr)		RC : 45m01			
1	Chekem Ramses	03	23m38	17/09	usbw
2	De Tollenaere Tom	03	21m66	23/10	rcas
3	Demanet Lounis	03	20m34	29/05	dacm
4	Englebert Timothee	04	17m38	10/04	csf
5	Sibourg Valentin	04	17m29	28/08	csf
6	Ivens Filip	04	17m00	23/10	rcas
7	Poortman Romain	03	15m79	08/10	rcb
8	Van Elsuwe Alexis	04	15m64	08/10	rcb
9	Kamara Sanael	04	13m95	10/04	csf
10	Arifi Ilias	04	11m96	10/04	csf
11	Derome Julien	04	11m60	10/04	csf

Javelot (400 gr)		RC : 45m91			
1	Medan Marko	03	31m15	29/07	resc
2	De Tollenaere Tom	03	30m34	23/10	rcas
3	Chekem Ramses	03	27m87	28/08	csf
4	Demanet Lounis	03	24m16	10/07	oeh
5	Ivens Filip	04	23m79	23/10	rcas
6	Sibourg Valentin	04	22m81	03/09	vita
7	Poortman Romain	03	21m07	10/07	oeh
8	Englebert Timothee	04	20m45	23/10	rcas
9	Arifi Ilias	04	19m13	01/05	resc
10	Kamara Sanael	04	18m70	07/10	csf
11	Van Elsuwe Alexis	04	16m51	01/05	resc
12	Gruson Augustin	04	13m37	07/10	csf

Pentathlon		RC : 4135 p			
1	Medan Marko	03	3348 p	15/10	ws
2	Chekem Ramses	03	2892 p	15/10	ws
3	Demanet Lounis	03	2739 p	29/05	dacm
4	De Tollenaere Tom	03	2557 p	15/10	ws
5	Gruson Augustin	04	2228 p	15/10	ws
6	Arifi Ilias	04	2058 p	15/10	ws
7	Dewaele Victor	03	2056 p	15/10	ws
8	Ivens Filip	04	2016 p	15/10	ws
9	Sibourg Valentin	04	1817 p	15/10	ws
10	Poortman Romain	03	1575 p	29/05	dacm
11	Derome Julien	04	1505 p	26/09	rcas
12	Van Elsuwe Alexis	04	1436 p	26/09	rcas

4 x 80 m		RC : 10.08			
	Chekem, De Tollenaere, Medan, Demanet	42.05	24/09	cabw	

**CADETS GARCONS**

100 m		RC : 11.31			
1	Mbala Nkenge Abel Thaddee	02	12.08	20/08	resc
2	Emmerechts Robin	02	12.53	07/05	herv
	Roefmans Lucas	01	12.53	25/09	rcas
4	Doudouhi Reda	02	12.60	24/04	csf
5	Gharroudi Soulaymane	01	13.11	30/04	smac
6	Sleewaegen Jerome	01	13.20	25/09	rcas
7	Maisonny Theo	02	13.26	17/04	ws
8	Triantafillidis Mateo	01	13.40	30/04	smac
9	Beyaert Corentin	02	13.45	25/09	rcas
10	Wilhelmsson Malte	02	13.48	28/05	rcb
11	Badji Toumane	01	13.64	25/09	rcas
12	Lafnachi Reda	02	14.28	08/05	resc
13	Montilla Alexis	02	14.30	25/09	rcas
14	Theys Nicolas	02	15.20	08/05	resc
15	Fehli Hamza	02	16.26	08/05	resc

200 m		RC : 23.14			
1	Emmerechts Robin	02	25.52	19/06	resc
2	Doudouhi Reda	02	25.82	24/04	csf
3	Gharroudi Soulaymane	01	26.76	28/05	rcb
4	Wilhelmsson Malte	02	28.05	01/10	resc
5	Fehli Hamza	02	36.45	08/05	resc

400 m		RC : 52.24			
1	Madoughri Sabri	01	54.29	30/04	smac
2	Gharroudi Soulaymane	01	58.50	17/04	ws
3	Beyaert Corentin	02	59.68	17/04	ws
4	Emmerechts Robin	02	60.51	17/04	ws
5	Wilhelmsson Malte	02	62.55	01/10	resc
6	Theys Nicolas	02	70.53	08/05	resc
7	Maisonny Theo	02	71.22	17/04	ws

800 m		RC : 1.59.30			
1	Gharroudi Soulaymane	01	2.13.62	07/05	herv
2	Beyaert Corentin	02	2.19.86	08/05	resc
3	Lafnachi Reda	02	2.21.18	08/05	resc
4	Huyghe Xavier	01	2.22.75	16/04	smac
5	Iazzag Nathan	02	2.23.11	01/10	resc
6	Wilhelmsson Malte	02	2.25.93	28/05	rcb
7	Theys Nicolas	02	2.45.04	16/04	smac

1000 m		RC : 2.43.18			
1	Beyaert Corentin	02	3.00.16	26/09	rcas
2	Gharroudi Soulaymane	01	3.11.84	26/09	rcas
3	Montilla Alexis	02	3.17.60	26/09	rcas
4	Roefmans Lucas	01	3.27.02	26/09	rcas
5	Sleewaegen Jerome	01	4.05.65	31/07	dac

1500 m		RC : 4.10.9			
1	Lafnachi Reda	02	4.49.38	30/04	smac
2	Beyaert Corentin	02	5.17.27	20/08	resc

Mile		RC : 5.22.67			
1	Wilhelmsson Malte	02	6.16.03	25/09	usbw

100 m haies (91 cm)		RC : 14.02			
1	Roefmans Lucas	01	16.36	25/09	rcas
2	Sleewaegen Jerome	01	17.17	02/10	rcas
3	Beyaert Corentin	02	17.64	31/07	dac
4	Badji Toumane	01	18.70	26/09	rcas
5	Gharroudi Soulaymane	01	20.19	26/09	rcas
6	Montilla Alexis	02	20.94	26/09	rcas

## Palmares 2015/2016 outdoor.

<b>300 m haies (76 cm)</b>					RC : 40.07
1	Gharroudi Soulaymane	01	42.93	20/08	resc
2	Beyaert Corentin	02	44.91	30/04	smac
<b>Hauteur</b>					RC : 1m91
1	Roefmans Lucas	01	1m73	26/09	rcas
2	Mbala Nkenge Abel Thaddee	02	1m58	30/04	smac
3	Madoughri Sabri	01	1m50	24/04	csf
4	Badji Toumane	01	1m46	26/09	rcas
5	Beyaert Corentin	02	1m40	30/07	dac
	Gharroudi Soulaymane	01	1m40	01/10	resc
	Montilla Alexis	02	1m40	30/07	dac
8	Sleewaegen Jerome	01	1m37	26/09	rcas
9	Huyghe Xavier	01	1m30	01/10	resc
10	Theys Nicolas	02	1m25	01/10	resc
<b>Longueur</b>					RC : 6m70
1	Roefmans Lucas	01	5m83	18/08	vita
2	Sleewaegen Jerome	01	4m95	25/09	rcas
3	Badji Toumane	01	4m93	25/09	rcas
4	Mbala Nkenge Abel Thaddee	02	4m67	20/08	resc
5	Emmerechts Robin	02	4m47	24/04	csf
6	Montilla Alexis	02	4m39	25/09	rcas
7	Beyaert Corentin	02	4m16	28/05	rcb
8	Theys Nicolas	02	3m83	20/08	resc
9	Gharroudi Soulaymane	01	3m79	25/09	resc
10	Maisonny Theo	02	3m64	20/08	resc
11	Boukria Ayoub	02	3m49	17/04	ws
<b>Triple saut</b>					RC : 13m52
1	Badji Toumane	01	10m79	24/04	csf
	Sleewaegen Jerome	01	10m79	08/10	rcb
3	Beyaert Corentin	02	9m65	24/04	csf
<b>Perche</b>					RC : 3m76
1	Badji Toumane	02	2m81	25/09	rcas
	Montilla Alexis	02	2m81	25/09	rcas
3	Beyaert Corentin	02	2m51	25/09	rcas
4	Sleewaegen Jerome	01	2m34	17/04	ws
5	Roefmans Lucas	01	2m21	25/09	rcas
6	Gharroudi Soulaymane	01	2m11	25/09	rcas
<b>Poids (4 kg)</b>					RC : 14m42
1	Montilla Alexis	02	10m48	25/09	rcas
2	Emmerechts Robin	02	9m95	30/04	smac
3	Roefmans Lucas	01	9m74	25/09	rcas
4	Mbala Nkenge Abel Thaddee	02	8m90	24/04	csf
5	Theys Nicolas	02	8m74	01/10	resc
6	Beyaert Corentin	02	8m49	02/10	rcas
7	Huyghe Xavier	01	8m33	16/10	rsca
8	Badji Toumane	02	8m22	25/09	rcas
9	Gharroudi Soulaymane	01	7m91	01/10	resc
10	Wilhelmsson Malte	02	7m67	03/06	csf
11	Sleewaegen Jerome	01	6m84	25/09	rcas
12	Boukria Ayoub	02	6m32	24/04	csf
<b>Disque (1 kg)</b>					RC : 48m77
1	Montilla Alexis	02	29m35	02/10	rcas
2	Huyghe Xavier	01	24m31	16/10	rsca
3	Theys Nicolas	02	23m08	23/04	riwa
4	Gharroudi Soulaymane	01	21m78	24/04	csf
5	Mbala Nkenge Abel Thaddee	02	18m96	24/04	csf
6	Beyaert Corentin	02	16m64	10/09	ws
<b>Javelot (600 gr)</b>					RC : 44m54
1	Montilla Alexis	02	31m58	26/09	rcas
2	Huyghe Xavier	01	31m04	23/10	rcas
3	Beyaert Corentin	02	26m54	26/09	rcas
4	Roefmans Lucas	01	26m48	26/09	rcas
5	Badji Toumane	02	25m23	26/09	rcas
6	Theys Nicolas	02	24m14	20/08	resc
7	Sleewaegen Jerome	01	22m10	31/07	dac
8	Gharroudi Soulaymane	01	21m79	26/09	rcas
9	Maisonny Theo	02	20m88	20/08	resc
10	Boukria Ayoub	02	20m62	24/04	csf
<b>Marteau (4 kg)</b>					RC : 46m37
1	Gharroudi Soulaymane	01	18m89	30/04	smac
<b>Octathlon</b>					RC : 5037 p
1	Roefmans Lucas	01	3086 p	26/09	rcas
2	Beyaert Corentin	02	2859 p	26/09	rcas
3	Montilla Alexis	02	2745 p	26/09	rcas

4	Gharroudi Soulaymane	01	2377 p	26/09	rcas
5	Sleewaegen Jerome	01	1971 p	31/07	dac
<b>3000 m marche</b>					RC : 22.18.39
1	Theys Nicolas	02	<b>20.11.17</b>	30/04	smac
<b>4 x 100 m</b>					RC : 44.36
Emmerechts, Roefmans, Mbala Nkenge, Madoughri					46.84 18/09 jsmc
<b>4 x 800 m</b>					RC : 8.43.82
Beyaert, Huyghe, Lafnachi, Gharroudi					9.37.33 18/09 jsmc
<b>SCOLAIRES HOMMES</b>					
<b>100 m</b>					RC : 10.83
1	Kasmi Amine	00	11.06	03/09	achl
2	Taiwo Eniola	00	11.47	27/08	ws
3	Okeowo Peredjo	99	11.58	29/05	usbw
4	Borlee Rayane	99	11.67	11/07	vs
5	Nkiere Danfuname Rene	99	11.69	25/08	vs
6	Barghout Azze Eddine	99	12.01	25/09	usbw
7	Salverius Mehdi	00	12.04	27/08	ws
8	Demolder Sebastian	99	12.17	17/04	ws
9	Moens Cyprien	00	12.34	19/06	resc
10	Tambwe Mangala Emmanuel	99	12.93	30/04	smac
<b>200 m</b>					RC : 22.02
1	Kasmi Amine	00	22.53	04/09	achl
2	Borlee Rayane	99	23.42	11/07	vs
3	Nkiere Danfuname Rene	99	23.69	09/08	vs
4	Barghout Azze Eddine	99	24.28	07/10	csf
5	Okeowo Peredjo	99	24.84	29/05	usbw
6	Demolder Sebastian	99	25.09	07/10	csf
	Salverius Mehdi	00	25.09	07/05	herv
8	De Ro Nicolas	99	25.65	07/10	csf
9	Cornelis Morgan	00	28.88	07/10	csf
10	Guner Oktay	99	27.22	08/05	resc
<b>300 m</b>					RC : 35.89
1	Borlee Rayane	99	35.97	20/08	resc
2	Nkiere Danfuname Rene	99	36.25	20/08	resc
3	Barghout Azze Eddine	99	38.01	20/08	resc
<b>400 m</b>					RC : 49.48
1	Nkiere Danfuname Rene	99	51.08	07/05	herv
2	Borlee Rayane	99	52.06	10/09	ws
3	Barghout Azze Eddine	99	52.46	01/10	resc
4	Petitjean Nicolas	99	56.50	07/05	herv
5	De Ro Nicolas	99	56.89	01/10	resc
6	Cornelis Morgan	00	58.13	01/10	resc
7	Madoughri Hatim	99	59.78	24/04	ws
8	Moens Cyprien	00	65.76	25/09	rcas
<b>800 m</b>					RC : 1.55.41
1	Tabbakh Yassine	01	2.05.47	07/05	herv
2	Hannard Eliot	01	2.06.22	07/05	herv
3	Chergui Mouhsine	99	2.13.60	28/05	rcb
<b>1500 m</b>					RC : 4.00.79
1	Madoughri Hatim	99	4.54.76	30/04	smac
2	Moens Cyprien	00	6.42.58	26/09	rcas
<b>3000 m</b>					RC : 8.33.14
1	Hannard Eliot	00	10.38.82	30/04	smac
<b>110 m haies (91 cm)</b>					RC : 13.65
1	Okeowo Peredjo	99	14.14	07/05	herv
2	Moens Cyprien	00	20.93	26/09	rcas
<b>400 m haies (76 cm)</b>					RC : 56.13
1	Petitjean Nicolas	99	66.36	30/04	smac
<b>2000 m steeple</b>					RC : 6.10.2
1	Temsamani Ilias	00	9.40.74	30/04	smac
<b>Hauteur</b>					RC : 2m05
1	Englebert Hadrien	99	1m71	30/04	smac
2	Moens Cyprien	00	1m58	25/09	rcas
3	Cornelis Morgan	00	1m55	01/10	resc
<b>Longueur</b>					RC : 7m59



## Palmares 2015/2016 outdoor.

1	Okeowo Peredjo	99	6m28	30/04	smac
2	Geerts Gregory	99	5m69	20/08	resc
3	Moens Cyprien	00	4m93	25/09	rcas

Triple saut						RC : 15m64
1	Geerts Gregory	99	13m58	08/10	rcb	

Perche						RC : 4m36
1	Moens Cyprien	00	3m23	22/10	csf	

Poids (5 kg)						RC : 14m35
1	Englebert Hadrien	99	10m62	30/04	smac	
2	Tambwe Mangala Emmanuel	99	9m73	24/04	csf	
3	Moens Cyprien	00	7m98	25/09	rcas	

Disque (1,5 kg)						RC : 44m44
1	Nkiere Danfuname Rene	99	28m02	30/04	smac	
2	Moens Cyprien	00	15m59	26/09	rcas	

Javelot (700 gr)						RC : 52m73
1	Geerts Gregory	99	32m56	30/04	smac	
2	Moens Cyprien	00	26m40	26/09	rcas	
3	Tambwe Mangala Emmanuel	99	17m87	24/04	csf	

Marteau (5 kg)						RC : 53m41
1	Petitjean Nicolas	99	26m39	30/04	smac	

Decathlon						RC : 5708 p
1	Moens Cyprien	00	3190 p	26/09	rcas	

3000 m marche						RC : 22.10.98
1	Tambwe Mangala Emmanuel	99	20.24.02	30/04	smac	

4 x 100 m						RC : 42.91
Taiwo, Okeowo, Nkiere, Kasmi						43.13 09/09 bxl

### JUNIORS HOMMES

100 m						RC : 10.71
1	Kalmen Adam	98	10.74	18/06	cabw	
2	Tshitwenu Florian	97	10.84	28/05	POR	
3	Caty Dylan	97	11.05	11/06	FRA	
4	Vanhamme Arno	97	11.24	11/09	cabw	
5	Szerman Melvin	97	11.37	03/07	avlo	
6	Hoorens Christopher	97	11.73	24/04	csf	
7	Bouffieux Guylian	98	11.82	08/05	resc	
8	Akim Alle	97	11.95	08/05	resc	
9	Massamba Kazadi Floribert	97	12.02	17/04	ws	
10	Zaanani Soufian	98	12.10	29/05	usbw	
11	Mopide Kissoca Alexandre	97	12.36	19/06	resc	
12	Gamuella Ngamunguela Jos	98	12.44	24/04	csf	
13	Loens Sam	97	12.59	20/08	bbs	
14	Mafwanikisa Yannick	98	13.33	24/04	csf	

200 m						RC : 21.0
1	Kalmen Adam	98	21.77	19/06	resc	
2	Tshitwenu Florian	97	22.31	22/05	FRA	
3	Caty Dylan	97	22.39	05/06	FRA	
4	Szerman Melvin	97	22.76	19/06	resc	
5	Kanfouh Mohamed	98	24.02	08/05	resc	
6	Zaanani Soufian	98	24.16	29/05	usbw	
7	Akim Alle	97	25.12	08/05	resc	
8	Mopide Kissoca Alexandre	97	26.00	29/05	usbw	

300 m						RC : 34.67
1	Zaanani Soufian	98	36.39	20/08	resc	
2	Kalmen Adam	98	36.64	16/04	cabw	
3	Szerman Melvin	97	37.43	20/08	resc	

400 m						RC : 47.8
1	Zaanani Soufian	98	51.98	21/05	cabw	
2	Bouffieux Guylian	98	53.27	08/05	resc	
3	Loens Sam	97	54.47	02/07	bbs	

800 m						RC : 1.52.66
1	Kanfouh Mohamed	98	2.01.91	28/05	rcb	
2	Hadj Faraji Ridwan	98	2.09.91	17/04	ws	
3	Allouchi Najim	97	2.10.17	24/04	csf	

1500 m						RC : 3.48.9
1	Loens Sam	97	5.04.38	03/07	bbs	

110 m haies (99 cm)						RC : 13.74
1	Caty Dylan	97	13.71	31/07	avt	
2	Loens Sam	97	15.82	30/04	vs	

110 m haies (106 cm)						RC : 14.03
1	Caty Dylan	97	14.11	29/05	usbw	

400 m haies (91 cm)						RC : 51.36
1	Caty Dylan	97	55.22	11/09	cabw	

Hauteur						RC : 2m14
1	Gamuella Ngamunguela Jos	98	1m85	20/08	olse	
2	Loens Sam	97	1m81	20/08	bbs	

Longueur						RC : 7m86
1	Mopide Kissoca Alexandre	97	6m06	11/09	cabw	
2	Gamuella Ngamunguela Jos	98	5m78	28/05	rcb	
3	Loens Sam	97	5m76	07/05	resc	

Triple saut						RC : 15m79
1	Hoorens Christopher	97	13m93	11/09	cabw	
2	Mopide Kissoca Alexandre	97	12m57	11/09	cabw	

Perche						RC : 5m00
1	Loens Sam	97	4m00	03/07	bbs	

Poids (6 kg)						RC : 15m79
1	Loens Sam	97	11m08	20/08	bbs	
2	Hadj Faraji Ridwan	98	9m09	24/04	csf	
3	Bouffieux Guylian	98	7m02	24/04	csf	
4	Kanfouh Mohamed	98	5m91	24/04	csf	

Disque (1,75 kg)						RC : 43m08
1	Loens Sam	97	35m65	08/05	resc	

Javelot (800 gr)						RC : 53m14
1	Loens Sam	97	43m65	03/07	bbs	

Decathlon						RC : 7001 p
1	Loens Sam	97	5737 p	03/07	bbs	

4 x 100 m						RC : 42.37
Vanhamme, Szerman, Kalmen, Caty						42.80 04/09 achl

4 x 400 m						RC : 3.17.65
Zaanani, Vanhamme, Caty, Kalmen						3.27.92 04/09 achl

### SENIORS HOMMES

100 m						RC : 10.02
1	Broothaerts Damien	83	10.58	30/04	USA	
2	Lins Sebastien	92	11.08	19/06	resc	
3	Elsen Daan	94	11.15	23/07	vita	
4	Badji Asanti	95	11.24	23/07	vita	
5	Shutsha Kasongo Emmanuel	95	11.29	28/05	rcb	
6	Ruffacq Quentin	89	11.30	28/05	POR	
7	Ouchen Anass	00	11.41	24/04	csf	
8	Vandecapelle Mattijs	89	11.51	30/07	dac	
9	Mabusi Hugues	93	11.59	24/04	csf	
10	Ilunga Carl	93	11.66	11/07	vs	
11	Gets Florent	91	11.81	19/06	resc	
12	De Ridder Frederic	90	11.85	08/05	resc	
13	Boa Michael	95	11.86	30/07	dac	
14	Balsen Julien	86	12.12	03/09	volh	
15	Heremans Bruno	94	13.22	22/05	rsca	

200 m						RC : 20.66
1	Broothaerts Damien	83	21.38	30/04	USA	
2	Gillet Antoine	88	21.62	28/05	POR	
3	Lins Sebastien	92	22.07	19/06	resc	
4	Badji Asanti	95	22.35	23/07	vita	
5	Shutsha Kasongo Emmanuel	95	22.95	25/08	vs	
6	Mabusi Hugues	93	23.27	08/05	resc	
7	Vandenhoeke Arthur	96	23.40	03/09	vita	
8	Ouchen Anass	00	23.75	08/05	resc	
9	Balsen Julien	86	23.85	11/06	lyra	
10	Kalandula Fabiano	96	23.88	13/05	rct	
11	Gets Florent	91	23.89	19/06	resc	
12	De Ridder Frederic	90	23.99	23/07	vita	
13	Boa Michael	95	24.00	13/05	rct	
14	Ilunga Carl	93	24.11	27/08	ws	
15	Heremans Bruno	94	28.47	19/06	resc	

**Palmares 2015/2016 outdoor.**

200 m en ligne droite		RC : -			
1	Lins Sebastien	92	22.49	04/09	bxl
2	De Ridder Frederic	90	25.37	04/09	bxl

300 m		RC : 33.10			
1	Badji Asamti	95	34.00	20/08	resc
2	Lins Sebastien	92	34.47	20/08	resc
3	Elsen Daan	94	36.46	20/07	dac
4	Balsen Julien	86	38.09	20/08	resc
5	Ilunga Carl	93	38.58	20/08	resc

400 m		RC : 45.98			
1	Gillet Antoine	88	46.18	25/06	resc
2	Badji Asamti	95	48.27	24/06	resc
3	Lins Sebastien	92	48.47	24/06	resc
4	Nicodeme Romain	95	48.53	15/05	dcla
5	Vandenhoeke Arthur	96	51.03	11/09	cabw
6	Gets Florent	91	51.60	25/09	rcas
7	Elsen Daan	94	51.84	30/07	dac
8	Balsen Julien	86	53.22	23/07	vita
9	Ilunga Carl	93	53.26	11/09	rfcl
10	Boa Michael	95	55.36	08/05	resc
11	Caufriez Olivier	83	70.97	24/06	wrc

800 m		RC : 1.46.60			
1	Froidmont Arnaud	89	1.49.53	15/04	USA
2	Petitjean Simon	96	1.55.01	24/06	resc
3	Vandenhoeke Arthur	96	1.58.86	08/05	resc
4	Vereertbrugghen Nicolas	92	2.16.90	08/05	resc
5	Caufriez Olivier	83	2.41.81	22/05	rsca

1000 m		RC : 2.22.26			
1	Caufriez Olivier	83	3.28.65	21/04	rcb

1500 m		RC : 3.36.96			
1	Callahan Peter	91	3.39.44	03/07	avlo
2	Balhan Pierre Antoine	92	3.50.01	28/05	POR
3	Petitjean Simon	96	3.50.47	16/07	avt
4	Ruell Kim	87	3.58.29	27/08	ws
5	Nicodeme Thibault	92	4.25.28	24/04	csf
6	Huberland François	93	4.44.67	19/06	csf
7	Vereertbrugghen Nicolas	92	4.46.03	19/06	resc
8	Gets Florent	91	4.46.16	26/09	rcas
9	Elsen Daan	94	4.53.12	31/07	dac
10	Boa Michael	95	5.09.74	31/07	dac
11	Caufriez Olivier	83	5.35.88	24/06	wrc

2000 m		RC : 5.17.72			
1	Ruell Kim	87	5.29.04	01/10	resc

3000 m		RC : 7.47.22			
1	Ruell Kim	87	8.02.69	30/07	dcla
2	Hernould Franky	86	8.51.67	15/05	dcla
3	Petitjean Simon	96	8.24.83	01/05	achl
4	Huberland François	93	9.36.01	31/08	vita
5	Vereertbrugghen Nicolas	92	10.24.37	28/05	rcb

5000 m		RC : 13.22.81			
1	Naert Koen	89	14.00.72	11/06	lyra
2	Ruell Kim	87	14.25.04	20/08	olse
3	Lejeune Emmanuel	92	14.32.96	28/05	POR
4	Huberland François	93	16.35.75	20/08	olse
5	Caufriez Olivier	83	20.38.09	18/06	csf

10 000 m		RC : 28.24.95			
1	Caufriez Olivier	83	41.13.66	22/10	csf

1 heure		RC : 19.500 m			
1	Huberland François	93	17.392 m	23/09	tact

Marathon		RC : 2h10.31			
1	Naert Koen	89	2h12.27	30/10	GER

110 m haies (106 cm)		RC : 13.48			
1	Broothaerts Damien	83	13.82	04/06	vs
2	Ruffacq Quentin	89	14.15	04/06	vs
3	Elsen Daan	94	14.85	25/06	resc
4	Gets Florent	91	15.44	29/06	csdy

200 m haies en ligne droite		RC : -			
1	Broothaerts Damien	83	23.62	04/09	bxl

400 m haies (91 cm)		RC : 48.91			
1	Ghislain Arnaud	88	50.28	28/05	POR
2	Nicodeme Romain	95	51.65	21/05	cabw

3000 m steeple		RC : 8.24.90			
1	Ruell Kim	87	9.03.13	25/06	resc
2	Petitjean Simon	96	9.22.21	15/05	dcla
3	Huberland François	93	9.50.90	29/06	csdy

Hauteur		RC : 2m21			
1	Kalandula Fabiano	96	2m05	08/05	resc
2	Xhonneux Frederic	83	2m03	21/05	cabw
3	Elsen Daan	94	1m90	30/07	dac
4	Gets Florent	91	1m80	07/05	resc
5	Boa Michael	95	1m75	07/05	resc

Longueur		RC : 7m94			
1	Campener Corentin	90	7m94	21/05	cabw
2	Elsen Daan	94	7m12	19/06	resc
3	Boa Michael	95	6m80	21/05	cabw
4	Gets Florent	91	6m63	07/05	resc
5	Ruffacq Quentin	89	6m59	20/08	resc
6	Ghislain Arnaud	88	6m57	20/08	resc

Triple saut		RC : 16m86			
1	Xhonneux Frederic	83	15m11	08/05	resc
2	Kalandula Fabiano	96	13m24	08/10	rcb

Perche		RC : 5m25			
1	Elsen Daan	94	4m81	25/06	resc
2	Xhonneux Frederic	83	4m09	03/09	usbw
3	Gets Florent	91	3m81	26/09	rcas
4	Van Den Bedem Miguel	84	3m80	24/04	csf
5	Boa Michael	95	3m40	31/07	dac

Poids (7,26 kg)		RC : 15m08			
1	Guillaume Jonathan	92	14m16	28/05	POR
2	Gets Florent	91	13m47	30/07	dac
3	Elsen Daan	94	13m03	11/07	vs
4	Xhonneux Frederic	83	12m79	08/09	bxl
5	Bernard Tom	93	12m00	10/04	moha
6	Ghislain Arnaud	88	11m35	15/08	dacm
7	Boa Michael	95	10m86	07/05	resc
8	Campener Corentin	90	9m12	19/06	resc

Disque (2 kg)		RC : 51m56			
1	Gets Florent	91	44m27	31/07	dac
2	Salvaggio Claudio	92	43m35	16/10	rsca
3	Elsen Daan	94	43m31	08/05	resc
4	Guillaume Jonathan	92	37m66	04/06	ula
5	Xhonneux Frederic	83	37m01	16/10	rsca
6	Boa Michael	95	34m95	31/07	dac
7	Bernard Tom	93	31m46	01/10	moha
8	Campener Corentin	90	25m84	16/10	rsca
9	Gillet Antoine	88	23m86	16/10	rsca
10	Lins Sebastien	92	22m89	22/10	csf

Javelot (800 gr)		RC : 63m56			
1	Gets Florent	91	59m12	08/05	resc
2	Elsen Daan	94	55m66	31/07	dac
3	Boa Michael	95	49m72	28/08	csf
4	Bernard Tom	93	47m28	01/10	moha
5	Ghislain Arnaud	88	33m55	02/07	jsmc

Marteau (7,26 kg)		RC : 61m66			
1	Salvaggio Claudio	92	57m49	21/05	cabw
2	Bernard Tom	93	52m91	21/05	cabw
3	Xhonneux Frederic	83	35m21	16/10	rsca
4	Gets Florent	91	26m32	01/10	moha

Grand poids (15 kg)		RC : -			
1	Bernard Tom	93	13m42	01/10	moha
2	Gets Florent	91	10m39	01/10	moha

Decathlon		RC : 8142 p			
1	Elsen Daan	94	7339 p	31/07	dac
2	Gets Florent	91	6648 p	26/09	rcas
3	Boa Michael	95	4408 p	31/07	dac

4 x 100 m		RC : 40.60			
Ammar Khodja, Tshitwenu, Lins, Broothaerts		83	41.80	28/05	POR

**Palmares 2015/2016 outdoor.**

4 x 200 m RC : 40.60

Kalmen, Szerman, Vanhamme, Lins 1.28.27 18/09 jsmc

4 x 400 m RC : 3.10.2

Gillet, Badji, Lins, Ghislain 3.11.61 28/05 POR

4 x 1500 m RC : 15.34.88

Humblet, Ruell, Boisco, Petitjean ? 18/09 jsmc

Ekiden RC : 2h12.59

Petitjean, Ruell, Humblet, Lejeune, Lahbib, Boisco 2h10.48 15/10 bxl

**MASTERS HOMMES**

100 m RC : 11.74

1	Sakow Nicolas	77	11.98	05/06	csf
2	Lambert John	80	12.10	17/06	FRA
3	Fellemans Emmanuel	70	12.25	19/06	resc
4	Schoonen Laurent	65	13.69	28/05	achl
5	Maniquet Rudi	61	13.76	29/05	usbw
6	Verriez Stephane	70	13.87	17/04	ws
7	Louis Philippe	65	13.91	24/08	riwa

200 m RC : 24.68

1	Sakow Nicolas	77	24.64	19/06	resc
2	Fellemans Emmanuel	70	24.84	11/06	dein
3	Verriez Stephane	70	27.45	19/06	resc
4	Maniquet Rudi	61	27.70	08/05	resc
5	Schoonen Laurent	65	28.29	02/07	macw
6	Louis Philippe	65	29.05	01/10	resc

300 m RC : 37.95

1	Sakow Nicolas	77	40.04	21/04	rcb
2	Fellemans Emmanuel	70	40.37	20/08	resc

400 m RC : 52.31

1	Sakow Nicolas	77	55.60	22/05	rsca
2	Fellemans Emmanuel	70	57.95	22/05	rsca
3	Schoonen Laurent	65	64.84	28/05	achl

800 m RC : 1.59.64

1	Njema Imed	75	2.15.66	05/06	herv
2	Schoonen Laurent	65	2.54.31	07/10	csf

1500 m RC : 3.54.39

1	Njema Imed	75	4.37.23	05/06	herv
2	Schoonen Laurent	65	5.54.20	02/07	macw

2000 m RC : 6.06.54

1	Njema Imed	75	6.40.35	01/10	resc
2	Xhonneux Marc	80	6.43.50	01/10	resc
3	Meganck Richard	67	7.09.10	01/10	resc

3000 m RC : 9.28.22

1	Xhonneux Marc	80	10.16.50	24/04	csf
2	Njema Imed	75	10.42.06	08/05	resc
3	Schoonen Laurent	65	13.46.98	22/10	csf

5000 m RC : 15.22.50

1	Meganck Richard	67	18.59.42	08/10	rcb
2	Schoonen Laurent	65	24.34.60	08/10	rcb

10 000 m RC :

1	Meganck Richard	67	39.29.33	22/10	csf
2	Schoonen Laurent	65	54.05.41	22/10	csf

100 m haies (91 cm) RC : 20.06

1 Schoonen Laurent 65 20.23 12/06 dein

400 m haies (84 cm) RC : 74.42

1 Schoonen Laurent 65 73.50 11/06 dein

Hauteur RC : 1m86

1	Van de Velde Frank	79	1m81	05/06	herv
2	Sakow Nicolas	77	1m55	25/09	rcas
3	Schoonen Laurent	65	1m42	28/05	achl

Longueur RC : 6m65

1	Sakow Nicolas	77	5m25	25/09	rcas
2	Fellemans Emmanuel	70	4m98	21/04	rcb

3 Schoonen Laurent 65 4m47 28/05 achl

Triple saut RC : 14m09

1 Schoonen Laurent 65 8m57 07/10 csf

Perche RC : 4m71

1 Schoonen Laurent 65 2m31 26/09 rcas

Poids (5 kg) RC : 5m97

1 Hastrais Marc 53 7m42 27/08 ws

Poids (6 kg) RC : 9m40

1	Mac Donald Craig	64	12m01	16/10	rsca
2	Schoonen Laurent	65	7m97	16/10	rsca

Poids (7,26 kg) RC : 15m08

1	Lambert John	80	11m60	22/05	FRA
2	Van de Velde Frank	79	8m84	05/06	herv
3	Segers Philippe	65	8m22	05/06	herv
4	Sakow Nicolas	77	8m11	25/09	rcas

Disque (1,5 kg) RC : 28m95

1	Mac Donald Craig	64	35m64	16/10	rsca
2	Schoonen Laurent	65	25m30	16/10	rsca

Disque (2 kg) RC : 51m56

1	Lambert John	80	33m53	05/06	herv
2	Sakow Nicolas	77	23m46	08/10	rcb
3	Segers Philippe	65	18m11	05/06	herv

Javelot (700 gr) RC : 29m33

1	Mac Donald Craig	64	37m29	28/08	csf
2	Schoonen Laurent	65	27m35	10/04	moha

Javelot (800 gr) RC : 62m75

1	Sakow Nicolas	77	33m49	08/10	rcb
2	Fellemans Emmanuel	70	24m78	21/04	rcb
3	Hastrais Marc	53	20m16	20/08	resc

Marteau (6 kg) RC : 22m97

1	Mac Donald Craig	64	23m65	16/10	rsca
2	Schoonen Laurent	65	20m09	10/04	moha

Grand poids (11 kg) RC : 8m61

1 Schoonen Laurent 65 9m45 10/04 moha

Pentathlon M50 RC : 2271 p

1 Schoonen Laurent 65 2268 p 02/07 macw

Decathlon M50 RC : 4436 p

1 Schoonen Laurent 65 4257 p 29/05 achl

Pentathlon de lancers M50 RC : -

1 Schoonen Laurent 65 1761 p 19/06 acw

4 x 100 m RC : 49.37

Lambert, Sakow, Fellemans, Van de Velde 47.39 18/09 jsmc

4 x 200 m RC : 1.48.90

Lambert, Verriez, Fellemans, Van de Velde 1.44.54 27/08 smac