

Palmares 2018 outdoor.

BENJAMINES FILLES

60 m		RC : 9.2			
1	Dzou Lesly Kayla	10	9.78	13/10	ws
2	Squiflet Emelynn	10	9.87	13/10	ws
3	Boone Maya	09	9.88	29/07	dac
4	Radermacher Sarah	09	10.13	20/10	csf
5	Sibourg Celya	09	10.58	11/08	vs
6	Ngandeu Tchambia Alexandra	10	10.68	20/10	csf
7	Wanyu Naomie	10	11.03	20/05	csf
8	Beghin Joyce	10	11.38	29/04	resc
9	Kabamba Ebondo Julia	10	11.56	01/04	ws
10	Varela Gonzalez Carla	10	11.91	01/04	ws

600 m		RC : 2.00.94			
1	Radermacher Sarah	09	2.11.96	29/09	rcas
2	Sibourg Celya	09	2.16.68	24/06	csf
3	Boone Maya	09	2.21.15	29/07	dac
4	Squiflet Emelynn	10	2.24.33	13/10	ws
5	Beghin Joyce	10	2.24.65	29/04	resc
6	Wanyu Naomie	10	2.35.19	29/07	dac
7	Dzou Lesly Kayla	10	2.38.69	20/05	csf
8	Varela Gonzalez Carla	10	2.50.65	29/04	resc
9	Kabamba Ebondo Julia	10	3.44.55	29/04	resc

Hauteur		RC : 1m18			
1	Dzou Lesly Kayla	10	1m05	08/06	resc
	Radermacher Sarah	09	1m05	02/06	wrc
3	Beghin Joyce	10	1m00	08/06	resc
4	Sibourg Celya	09	0m95	13/04	csf
5	Kabamba Ebondo Joyce	10	0m90	08/06	resc
6	Wanyu Naomie	10	0m85	08/06	resc
7	Ngandeu Tchambia Alexandra	10	0m80	13/04	csf

Longueur		RC : 3m88			
1	Radermacher Sarah	09	3m42	13/10	ws
2	Dzou Lesly Kayla	10	3m16	13/10	ws
3	Squiflet Emelynn	10	3m12	13/10	ws
4	Sibourg Celya	09	3m08	18/08	cabw
5	Ngandeu Tchambia Alexandra	10	3m07	15/07	vita
6	Boone Maya	09	3m01	29/07	dac
7	Wanyu Naomie	10	2m55	15/07	vita
8	Beghin Joyce	10	2m20	29/04	resc
9	Olemans Maia	10	2m15	20/10	csf
10	Kabamba Ebondo Julia	10	2m12	01/04	ws
11	Varela Gonzalez Carla	10	1m70	29/04	resc

Poids (1 kg)		RC : 8m63			
1	Squiflet Emelynn	10	7m22	29/09	rcas
2	Radermacher Sarah	09	7m20	13/10	ws
3	Sibourg Celya	09	6m63	15/07	vita
4	Dzou Lesly Kayla	10	6m45	13/10	ws
5	Wanyu Naomie	10	5m45	15/07	vita
6	Boone Maya	09	5m28	29/07	dac
7	Ngandeu Tchambia Alexandra	10	5m21	15/07	vita

Balle de hockey		RC : 28m96			
1	Sibourg Celya	09	22m35	11/08	vs
2	Squiflet Emelynn	10	20m97	28/10	rcas
3	Radermacher Sarah	09	19m47	08/06	resc
4	Beghin Joyce	10	17m40	08/06	resc
5	Kabamba Ebondo Joyce	10	17m22	08/06	resc
6	Dzou Lesly Kayla	10	13m17	08/06	resc
7	Ngandeu Tchambia Alexandra	10	11m19	15/07	vita
8	Wanyu Naomie	10	10m09	15/07	vita
9	Varela Gonzalez Carla	10	8m32	08/06	resc

Tetrathlon		RC : 1601 p			
1	Radermacher Sarah	09	1337 p	13/10	ws
2	Squiflet Emelynn	10	1171 p	13/10	ws
3	Boone Maya	09	1116 p	29/07	dac
4	Dzou Lesly Kayla	10	1057 p	13/10	ws
5	Sibourg Celya	09	915 p	24/06	csf
6	Wanyu Naomie	10	548 p	29/07	dac

PUPILLES FILLES

60 m		RC : 8.55			
1	Ngandeu Tchambia Brenda	07	9.17	01/05	rsca
2	Inconstant Elisa	07	9.48	29/04	resc
3	Sanchez Elisa	07	9.53	01/05	rsca
4	Khrauph Aya	08	10.03	29/04	resc
5	Wanyu Diane	08	10.05	20/05	csf

6	Gerard Emma	08	10.06	13/10	ws
7	Lucas Rachel	08	10.27	02/06	wrc
8	Mjahed Maya	08	10.46	25/08	spvi
9	Dessaer Noa	08	10.52	29/04	resc
10	Tollenaire Tia	08	10.58	13/10	ws
11	Sandron Elise	08	10.85	10/05	csf
12	Agacseven Lina	08	10.95	29/04	resc
13	Bersis Maissa	08	11.74	20/05	csf
14	Dessaer Loane	08	12.39	29/04	resc

1000 m		RC : 3.26.31			
1	Inconstant Elisa	07	3.42.63	01/05	rsca
2	Lucas Rachel	08	3.47.69	01/05	rsca
3	Ngandeu Tchambia Brenda	07	3.55.80	29/09	rcas
4	Agacseven Lina	08	4.02.94	29/04	resc
5	Wanyu Diane	08	4.05.21	13/10	ws
6	Gerard Emma	08	4.10.13	20/10	csf
7	Tollenaire Tia	08	4.11.66	29/04	resc
8	Khrauph Aya	08	4.38.17	29/04	resc
9	Sandron Elise	08	4.52.19	29/04	resc

60 m haies (76 cm)		RC : 10.74			
1	Ngandeu Tchambia Brenda	07	12.90	20/05	csf
2	Lucas Rachel	08	13.61	20/05	csf

Hauteur		RC : 1m33			
1	Lucas Rachel	08	1m11	23/06	rcb
2	Ngandeu Tchambia Brenda	07	1m10	20/05	csf
	Sanchez Elisa	07	1m10	20/05	csf
4	Agacseven Lina	08	1m06	29/04	resc
	Dessaer Noa	08	1m06	29/04	resc
6	Sandron Elise	08	1m00	25/08	spvi
7	Wanyu Diane	08	0m99	29/07	dac
8	Khrauph Aya	08	0m85	01/04	ws

Longueur		RC : 4m48			
1	Inconstant Elisa	07	3m44	25/08	spvi
2	Ngandeu Tchambia Brenda	07	3m28	20/10	csf
3	Gerard Emma	08	3m05	24/06	csf
4	Wanyu Diane	08	3m01	13/10	ws
5	Lucas Rachel	08	2m96	14/10	rsca
6	Mjahed Maya	07	2m76	25/08	spvi
7	Tollenaire Tia	08	2m59	25/08	spvi

Poids (2 kg)		RC : 9m75			
1	Inconstant Elisa	07	7m65	08/09	vac
	Mjahed Maya	07	7m65	23/09	csf
3	Ngandeu Tchambia Brenda	07	6m91	29/09	rcas
4	Wanyu Diane	08	5m91	20/05	csf
5	Lucas Rachel	08	5m16	02/06	wrc
6	Purusi Emma	07	5m07	08/06	resc
7	Sandron Elise	08	4m51	08/06	resc
8	Tollenaire Tia	08	4m48	08/06	resc
9	Gerard Emma	08	4m17	20/05	csf
10	Vanderhaeghen Lily	07	3m81	08/06	resc
11	Bersis Maissa	08	3m15	20/05	csf

Disque (600 gr)		RC : 23m00			
1	Mjahed Maya	07	15m55	23/09	csf
2	Wanyu Diane	08	12m96	01/05	rsca
3	Scuccimarri Celine	07	12m94	01/05	rsca
4	Lucas Rachel	08	11m17	01/05	rsca

Balle de hockey		RC : 41m50			
1	Wanyu Diane	08	18m88	06/10	rcb
2	Ngandeu Tchambia Brenda	07	18m38	08/06	resc
3	Mjahed Maya	07	16m89	08/06	resc
4	Purusi Emma	07	16m21	08/06	resc
5	Lucas Rachel	08	14m43	08/06	resc
6	Tollenaire Tia	08	14m09	13/10	ws
7	Gerard Emma	08	13m96	08/06	resc
8	Sandron Elise	08	10m95	08/06	resc
9	Vanderhaeghen Lily	07	10m12	08/06	resc

Tetrathlon		RC : 2077 p			
1	Ngandeu Tchambia Brenda	07	1442 p	29/09	rcas
2	Lucas Rachel	08	1141 p	29/07	dac
3	Wanyu Diane	08	1083 p	29/07	dac
4	Gerard Emma	08	857 p	24/06	csf
5	Tollenaire Tia	08	744 p	13/10	ws

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MINIMES FILLES

80 m		RC : 10.64			
1	Leonard Elise	05	10.86	29/09	vita
2	Kubiak Joanna	06	12.07	20/10	csf
3	Dennison Chrystal	05	12.20	20/05	csf
4	Sandron Charline	05	12.79	20/05	csf
5	Chraibi Sara	06	12.84	20/05	csf
	De Gendt Oriane	05	12.84	01/04	ws
7	Van Ex Elvira	06	12.89	08/09	vac
8	Baud'huin Gaia	06	13.56	29/04	resc
9	Verleyen Marthe	06	14.32	13/10	ws

150 m		RC : 20.13			
1	Leonard Elise	05	21.39	11/08	vs
2	Dennison Chrystal	05	21.89	02/06	wrc

300 m		RC : 43.85			
1	Dennison Chrystal	05	50.02	15/08	resc
2	Kubiak Joanna	06	51.74	15/08	resc

1000 m		RC : 3.14.33			
1	Chraibi Sara	06	3.49.47	20/05	csf
2	Dennison Chrystal	05	3.50.27	29/04	resc
3	Chraibi Sofia	06	4.05.01	20/05	csf
4	Lafnachi Nora	05	4.08.66	29/04	resc
5	Verleyen Marthe	06	4.28.94	13/10	ws

60 m haies (76 cm)		RC : 9.96			
1	Kubiak Joanna	06	13.57	29/04	resc

150 m haies (76 cm)		RC : 21.56			
1	Mayot Coiffard Hermine	05	23.91	01/05	rsca
2	Chraibi Sara	06	27.34	01/05	rsca
3	Kubiak Joanna	06	29.37	01/05	rsca

Hauteur		RC : 1m57			
1	Dennison Chrystal	05	1m30	15/08	resc
	Leonard Elise	05	1m30	27/06	fcha
3	Sandron Charline	05	1m15	20/05	csf
4	Kubiak Joanna	06	1m10	15/08	resc
5	Verleyen Marthe	06	1m06	13/10	ws

Longueur		RC : 5m00			
1	Leonard Elise	05	4m36	08/06	resc
2	Mayot Coiffard Hermine	05	4m20	08/06	resc
3	Dennison Chrystal	05	4m02	02/06	wrc
4	Kubiak Joanna	06	3m96	08/06	resc
5	Demagnet Solea	06	3m58	08/06	resc
6	Van Ex Elvira	06	3m39	08/06	resc
7	Sandron Charline	05	3m32	25/08	spvi
8	Verleyen Marthe	06	2m99	13/10	ws

Poids (2 kg)		RC : 13m12			
1	Dennison Chrystal	05	8m90	20/05	csf
2	Mayot Coiffard Hermine	05	7m90	23/09	csf
3	Leonard Elise	05	6m27	01/04	ws
4	Kubiak Joanna	06	6m15	23/09	csf
5	Sandron Charline	05	6m12	08/06	resc
6	Van Ex Elvira	06	6m03	08/06	resc
7	Demagnet Solea	06	5m06	08/06	resc
8	Verleyen Marthe	06	3m38	13/10	ws

Disque (750 gr)		RC : 27m29			
1	Van Ex Elvira	06	11m79	08/09	vac
2	Kubiak Joanna	06	11m05	23/06	csf

Javelot (400 gr)		RC : 34m63			
1	Dennison Chrystal	05	16m99	01/05	rsca
2	Mayot Coiffard Hermine	05	14m66	23/09	csf
3	Kubiak Joanna	06	9m51	29/04	resc
4	Sandron Charline	05	8m79	29/04	resc
5	Van Ex Elvira	06	8m16	29/04	resc

Pentathlon		RC : 3021 p			
1	Verleyen Marthe	06	879 p	13/10	ws

CADETTES FILLES

100 m		RC : 12.64			
1	Sielinou Lisa	03	12.78	26/05	cabw
2	Mpinga Mulowayi Alexia	04	12.84	21/04	csf
3	Camps Naomie	03	13.29	21/04	csf
4	Pontara Lisa	03	13.48	29/04	resc
5	Tshanga Diomi Roline	04	13.55	21/04	csf
6	Lucas Clara	04	13.81	20/05	csf
7	Kela Fay Van Angela	04	14.01	29/04	resc
8	Biese Helena	04	14.21	15/08	resc
9	Van Ex Alexia	04	14.26	20/05	csf
10	Viaene Luna	03	14.30	29/04	resc
11	Vanden Avont Camille	04	14.34	15/08	resc
12	Martins Junior Magaly	04	14.42	26/05	cabw
13	Huygens Cloe	03	14.64	30/06	resc
14	Cherkaoui Zineb	04	14.68	21/04	csf
15	Hasnaoui Saloua	04	14.73	29/04	resc
16	Sleewaegen Eline	04	15.67	29/08	vita
17	De Backer Alexandra	03	15.92	21/04	csf

200 m		RC : 26.14			
1	Sielinou Lisa	03	27.08	26/05	cabw
2	Camps Naomie	03	28.30	21/04	csf
	Mpinga Mulowayi Alexia	04	28.30	21/04	csf
4	Tshanga Diomi Roline	04	28.45	21/04	csf
5	Lucas Clara	04	28.53	14/10	rsca
6	Merino Nohemi	04	29.32	18/08	lebb
7	Pontara Lisa	03	29.38	29/04	resc
8	Biese Helena	04	29.82	02/09	rfcl
9	Huygens Cloe	03	29.85	16/06	usbw
10	Cherkaoui Zineb	04	30.83	21/04	csf
11	De Backer Alexandra	03	92.93	29/04	resc

400 m		RC : 57.61			
1	Merino Nohemi	04	64.30	26/05	cabw
2	Haouari Farrah	03	67.96	23/09	riwa
3	Lucas Clara	04	70.33	02/06	wrc
4	Huygens Cloe	03	72.06	13/10	ws
5	Van Ex Alexia	04	73.33	21/04	csf

800 m		RC : 2.21.88			
1	Haouari Farrah	03	2.35.77	15/08	resc
2	Merino Nohemi	04	2.36.22	29/04	resc
3	Lucas Clara	04	2.44.87	05/05	rcas
4	Huygens Cloe	03	2.47.26	28/04	arch
5	Kebdani Nadia	03	2.57.80	29/04	resc

1000 m		RC : 3.01.95			
1	Sleewaegen Eline	04	3.54.83	29/08	vita

1500 m		RC : 4.53.37			
1	Huygens Cloe	03	6.17.51	06/10	olse
2	Lucas Clara	04	6.25.81	26/05	cabw

80 m haies (76 cm)		RC : 11.88			
1	Lucas Clara	04	13.77	26/05	cabw
2	Huygens Cloe	03	15.07	03/06	hf
3	Martins Junior Magaly	04	15.70	15/08	resc
4	Merino Nohemi	04	16.49	28/07	dac

300 m haies (76 cm)		RC : 45.51			
1	Martins Junior Magaly	04	54.33	26/05	cabw
2	Huygens Cloe	03	57.33	03/06	hf

Hauteur		RC : 1m68			
1	Viaene Luna	03	1m53	26/05	cabw
2	Merino Nohemi	04	1m50	02/09	rfcl
3	Lucas Clara	04	1m41	28/07	dac
4	Huygens Cloe	03	1m20	28/04	arch

Longueur		RC : 5m74			
1	Lucas Clara	04	4m88	30/09	rcas
2	Pontara Lisa	03	4m85	02/09	rfcl
3	Kela Fay Van Angela	04	4m61	23/08	vs
4	Huygens Cloe	03	4m41	03/06	hf
5	Merino Nohemi	04	4m33	30/09	rcas
6	De Backer Alexandra	03	3m91	29/04	resc
7	Van Ex Alexia	04	3m90	21/04	csf
8	Khader Firdaous	03	3m63	29/04	resc

Triple saut		RC : 11m71			
1	Pontara Lisa	03	9m96	02/09	rfcl

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Perche					RC : 3m26
1	Vanden Avont Camille	04	1m80	26/05	cabw
Poids (3 kg)					RC : 12m10
1	Merino Nohemi	04	9m13	29/09	rcas
2	Huygens Cloe	03	8m69	14/10	moha
3	Lucas Clara	04	7m16	29/09	rcas
4	Vanden Avont Camille	04	7m06	15/08	resc
5	Van Ex Alexia	04	6m07	20/05	csf
6	Sleewaegen Eline	04	5m10	29/08	vita
Disque (1 kg)					RC : 37m60
1	Huygens Cloe	03	25m19	02/09	rfcl
2	Merino Nohemi	04	23m91	26/05	cabw
Javelot (500 gr)					RC : 41m46
1	Huygens Cloe	03	28m50	14/10	moha
2	Merino Nohemi	04	23m92	30/09	rcas
3	Lucas Clara	04	17m59	29/07	dac
4	Van Ex Alexia	04	13m95	21/04	csf
5	Biese Helena	04	8m66	26/05	cabw
Marteau (3 kg)					RC : 32m60
1	Huygens Cloe	03	34m60	10/05	acw
Hexathlon					RC : 3901 p
1	Merino Nohemi	04	2643 p	30/09	rcas
2	Lucas Clara	04	2626 p	30/09	rcas
3	Huygens Cloe	03	2430 p	29/07	dac
3000 m marche					RC : 21.19.14
1	Biese Helena	04	24.09.94	26/05	cabw
4 x 100 m					RC : 50.59
Camps, Sielinou, Tshanga, Mpinga			51.46	21/04	csf
SCOLAIRES FEMMES					
100 m					RC : 12.33
1	Yech Chou Safia	01	13.42	26/05	cabw
2	Tshanga Diumba Robiane	01	13.77	29/04	resc
3	Martinez Fernandez Cloe	02	13.98	21/04	csf
4	Derdari Yasmine	01	14.48	29/04	resc
5	Van Noppen Madeleine	01	14.60	20/05	csf
6	Serghini Yousra	02	15.23	15/08	resc
7	Benacha Sana	02	19.77	15/08	resc
200 m					RC : 25.1
1	Tshanga Diumba Robiane	01	28.65	26/05	cabw
2	Derdari Yasmine	01	29.76	21/04	csf
400 m					RC : 56.03
1	Derdari Yasmine	01	65.87	15/08	resc
800 m					RC : 2.14.88
1	Kizito Prisca	01	2.31.93	06/05	rcas
2	Nachtergal Marine	02	2.33.23	02/06	wrc
3	Verriez Laura	01	2.35.60	26/05	cabw
1500 m					RC : 4.41.18
1	Nachtergal Marine	02	5.32.72	26/05	cabw
3000 m					RC : 10.41.31
1	Goethals Lutgard	02	12.22.54	21/04	csf
2	Derdari Yasmine	01	13.26.34	26/05	cabw
100 m haies (76 cm)					RC : 13.92
1	Kizito Prisca	01	15.89	05/05	rcas
2	Martinez Fernandez Cloe	02	18.67	21/04	csf
400 m haies (76 cm)					RC : 62.36
1	Skenderi Jessica	02	83.60	20/05	cabw
Hauteur					RC : 1m68
1	Golfa Sambay Clara	02	1m65	26/05	cabw
2	Kizito Prisca	01	1m55	05/05	rcas
Longueur					RC : 6m08
1	Kizito Prisca	01	5m39	02/09	rfcl
2	Yech Chou Safia	01	4m96	02/09	rfcl
3	Cuvelier Maela	02	3m49	21/04	csf

Triple saut					RC : 12m15
1	Golfa Sambay Clara	02	10m71	21/04	csf
2	Boulaich Kawtar	01	8m25	21/04	csf
Perche					RC : 3m36
1	Boulaich Kawtar	01	2m00	26/05	cabw
Poids (3 kg)					RC : 12m64
1	Iven Kayla	02	11m49	22/09	cabw
2	Kizito Prisca	01	10m88	13/07	asvo
Disque (1 kg)					RC : 47m99
1	Iven Kayla	02	30m50	02/09	rfcl
Javelot (500 gr)					RC : 41m46
1	Iven Kayla	02	40m25	08/09	dcla
2	Kizito Prisca	01	21m09	06/05	rcas
Heptathlon					RC : 4701 p
1	Kizito Prisca	01	4069 p	06/05	rcas
3000 m marche					RC : 20.08.91
1	Boulaich Kawtar	01	24.32.64	26/05	cabw
4 x 100 m					RC : 48.97
Kizito, Martinez, Tshanga, Golfa Sambay			52.29	21/04	csf
JUNIORS FEMMES					
200 m					RC : 24.65
1	Schauwers Manon	99	26.52	07/10	rfcl
2	Beyaert Amelie	00	31.22	22/04	csf
300 m					RC : 39.65
1	Schauwers Manon	99	41.54	30/09	huy
400 m					RC : 56.03
1	Muls Camille	99	57.81	07/04	uac
2	Schauwers Manon	99	58.30	18/07	resc
800 m					RC : 2.09.22
1	Muls Camille	99	2.05.49	26/05	vs
2	Schauwers Manon	99	2.13.16	07/07	resc
1500 m					RC : 4.30.09
1	Muls Camille	99	4.29.50	12/05	damp
100 m haies (84 cm)					RC : 13.99
1	Schauwers Manon	99	16.54	12/05	damp
400 m haies (76 cm)					RC : 62.36
1	Schauwers Manon	99	62.13	01/07	olse
Longueur					RC : 6m08
1	Schauwers Manon	99	5m30	15/09	hf
2	Beyaert Amelie	00	3m59	29/04	resc
Triple saut					RC : 12m15
1	Vanden Bergh Joy	00	10m17	01/08	looi
Poids (4 kg)					RC : 13m12
1	Beyaert Amelie	00	7m87	22/04	csf
Javelot (600 gr)					RC : 38m45
1	Beyaert Amelie	00	14m48	22/04	csf
SENIORS FEMMES					
100 m					RC : 11.42
1	Zagre Anne	90	12.18	12/05	damp
2	Guisse Saliyya	96	12.44	06/05	FRA
3	Badji Jalika	96	12.52	26/05	vs
4	Morency Poilvache Alizee	98	12.63	23/06	cabw
	Van Der Veken Cindy	97	12.63	19/05	rfcl
6	Klai Anissa	96	12.70	09/06	oeh
7	Cok Evelyn	91	13.07	27/06	csdy
8	Simons Lina	96	13.78	24/06	avlo
9	Joblin Odile	97	13.79	01/05	rfcl
10	De Bruecker Lisaline	98	14.50	16/06	usbw

Palmares 2018 outdoor.

200 m		RC : 23.56			
1	Claes Hanne	91	23.46	23/08	vs
2	Badji Jalika	96	24.99	26/05	vs
3	Klai Anissa	96	25.71	07/07	resc
4	Morency Poilvache Alizee	98	26.23	18/08	lyra
5	Gillet Delphine	86	26.91	14/10	rsc
6	Cok Evelyn	91	27.15	30/06	resc
7	Simons Lina	96	28.12	24/06	avlo

300 m		RC : 38.04			
1	Cok Evelyn	91	43.78	05/08	abes

400 m		RC : 53.51			
1	Badji Jalika	96	55.77	14/07	kks
2	Gillet Delphine	86	56.49	26/05	vs
3	Simons Lina	96	63.12	30/06	resc

800 m		RC : 2.05.85			
1	Gillet Delphine	86	2.15.12	12/05	damp

3000 m		RC : 8.49.85			
1	Imbro Kristel	96	11.30.13	12/05	damp

100 m haies (84 cm)		RC : 12.71			
1	Zagre Anne	90	13.15	08/07	resc

400 m haies (76 cm)		RC : 57.86			
1	Claes Hanne	91	55.20	08/07	resc
2	Badji Jalika	96	59.80	08/07	resc

Longueur		RC : 6m28			
1	Guisse Saliyya	96	5m74	18/07	rfcl
2	Van Der Veken Cindy	97	5m32	30/06	resc
3	Joblin Odile	97	5m04	01/05	rfcl
4	De Bruecker Lisaline	98	4m40	22/04	csf

Triple saut		RC : 12m66			
1	Guisse Saliyya	96	12m92	06/05	FRA
2	De Bruecker Lisaline	98	10m00	22/04	csf

Perche		RC : 4m07			
1	Henry Chloe	87	4m20	08/07	resc
2	Van De Sype Chloe	97	3m30	18/08	damp

Poids (4 kg)		RC : 13m12			
1	Boumkwo Jolien	93	14m84	12/05	damp

Disque (1 kg)		RC : 47m99			
1	Montilla Morgane	98	22m68	23/09	csf

Javelot (600 gr)		RC : 38m45			
1	Montilla Morgane	98	37m01	16/06	usbw
2	Guisse Saliyya	96	18m79	30/09	usbw

Marteau		RC : 56m30			
1	Boumkwo Jolien	93	55m39	12/05	damp

4 x 100 m		RC : 46.60			
Badji, Guisse, Van Der Veken, Zagre		47.54		12/05	damp

4 x 400 m		RC : 3.52.74			
Schauwers, Gillet, Claes, Badji		3.48.08		12/05	damp

MASTERS FEMMES

100 m		RC : 12.73			
1	Nkumu Bakuba Nancy	77	13.54	15/07	fcha
2	Boonaert Caroline	64	14.59	16/06	vita
2	Gillis Caroline	78	18.84	10/06	hf

200 m		RC : 26.58			
1	Nkumu Bakuba Nancy	77	27.41	22/07	rcg
2	Cardenas Ojito Janet	73	30.91	16/06	vita

300 m		RC : 44.04			
1	Nkumu Bakuba Nancy	77	43.89	05/08	abes

400 m		RC : 60.68			
1	Nkumu Bakuba Nancy	77	60.23	04/08	dcla
2	Gillis Caroline	78	83.30	10/06	hf

800 m		RC : 2.23.91			
1	Lion Annick	74	3.23.92	10/06	hf
2	Covens Benedicte	67	3.28.73	10/06	hf

3000 m		RC : 10.12.14			
1	Carion Nathalie	76	12.04.24	10/06	hf
2	Debaillie Isabelle	74	13.57.41	22/04	csf
3	Cardoso Da Rocha Maria Joao	64	15.37.07	10/06	hf

Semi marathon		RC : -			
1	Covens Benedicte	67	1h43:29	28/10	bxl
2	Lion Annick	74	1h54:40	28/10	bxl
3	Nkandali Nkazabwa Marie	72	2h13:52	28/10	bxl
4	Cardoso Da Rocha Maria Joao	64	2h30:16	28/10	bxl

Marathon		RC : 3h17:15			
1	Carion Nathalie	76	3h11:44	29/04	GER
2	Covens Benedicte	67	3h37:16	21/10	ob
3	Gillis Caroline	78	3h59:39	21/10	ob
4	Debaillie Isabelle	74	4h17:13	21/10	ob

Hauteur		RC : 1m42			
1	Reynaerts Stephanie	80	1m30	10/06	hf
2	Cardenas Ojito Janet	73	1m15	22/04	csf

Longueur		RC : 5m26			
1	Nkumu Bakuba Nancy	77	4.31	10/06	hf

Poids (4 kg)		RC : 11m09			
1	Adam Benedicte	78	10m92	16/06	vita
2	Reynaerts Stephanie	80	9m93	16/06	vita
3	Cardenas Ojito Janet	73	7m13	22/04	csf
	Debaillie Isabelle	74	7m13	22/04	csf
5	De Buyst Nadia	73	6m93	22/04	csf
6	Cardoso Da Rocha Maria Joao	64	4m52	10/06	hf

Disque (1 kg)		RC : 34m32			
1	Reynaerts Stephanie	80	32m92	19/05	rfcl
2	Adam Benedicte	78	30m14	18/08	cabw
3	De Buyst Nadia	73	24m50	22/04	csf

Javelot (600 gr)		RC : 29m63			
1	Reynaerts Stephanie	80	29m39	30/06	acw
2	Adam Benedicte	78	23m75	22/04	csf
3	Cardenas Ojito Janet	73	17m68	22/04	csf
4	De Buyst Nadia	73	16m40	10/06	hf
5	Debaillie Isabelle	74	16m18	22/04	csf

Marteau (4 kg)		RC : 32m34			
1	Reynaerts Stephanie	80	33m35	19/05	rfcl

Poids lourd (9 kg)		RC : 9m10			
1	Reynaerts Stephanie	80	9m51	30/06	acw

4 x 100 m		RC : 52.28			
Boonaert, Reynaerts, Debaillie, Nkumu		58.68		10/06	hf

BENJAMINS GARCONS

60 m		RC : 9.17			
1	Guerron Sebastian	09	9.73	13/10	ws
2	Kubiak Joachim	09	9.89	20/10	csf
3	Mbuyi Kalonda Benjamin	10	10.11	01/05	rsca
4	Philips Bastien	09	10.19	13/04	csf
5	Delneufcourt Noah	09	10.49	20/10	csf
	Haub Tobias	09	10.49	30/09	rcas
7	Delneufcourt Hugo	09	10.55	20/10	csf
8	Ouattara Noham	10	10.58	20/10	csf
9	Olisa Alexander	10	10.65	29/04	resc
10	Theyskens Alexis	10	10.84	13/10	ws
11	Sanchez Diego	10	10.89	20/05	csf
12	Xhonneux Raphael	10	11.34	13/10	ws
13	Arys Luca	10	11.43	13/10	ws
14	Hendrichs Hadrien	10	12.65	14/04	dcla
15	Kamara Noa	10	12.81	20/05	csf
16	Hendrichs Victor	10	15.06	14/04	dcla

600 m		RC : 1.57.80			
1	Delneufcourt Hugo	09	2.06.80	20/10	csf
2	Haub Tobias	09	2.11.26	30/09	rcas
3	Delneufcourt Noah	09	2.14.25	20/10	csf
4	Theyskens Alexis	10	2.16.03	13/10	ws

Palmares 2018 outdoor.

5	Kubiak Joachim	09	2.20.66	29/04	resc
6	Philips Bastien	09	2.23.40	13/04	csf
7	Guerron Sebastian	09	2.23.79	13/10	ws
8	Ouattara Noham	10	2.25.62	13/04	csf
9	Arys Luca	10	2.31.11	02/06	wrc
10	Xhonneux Raphael	10	2.37.54	20/05	csf

Hauteur		RC : 1m25			
1	Kubiak Joachim	09	1m05	08/06	resc
2	Haub Tobias	09	1m00	08/06	resc
	Philips Bastien	09	1m00	25/08	spvi
4	Delneufcourt Hugo	09	0m95	23/09	csf
5	Delneufcourt Noah	09	0m90	08/06	resc
6	Ouattara Noham	10	0m85	08/06	resc
7	Elgotni Ilyas	09	0m80	08/06	resc
	Hendrichs Hadrien	10	0m80	08/06	resc
	Hendrichs Victor	10	0m80	08/06	resc

Longueur		RC : 4m19			
1	Haub Tobias	09	3m13	30/09	rcas
2	Kubiak Joachim	09	3m08	29/04	resc
3	Philips Bastien	09	2m97	01/05	rsca
4	Guerron Sebastian	09	2m93	13/10	ws
5	Xhonneux Raphael	10	2m79	13/10	ws
6	Theyskens Alexis	10	2m77	13/10	ws
7	Arys Luca	10	2m62	11/08	vs
8	Ouattara Noham	10	2m49	01/05	rsca
9	Delneufcourt Hugo	09	2m48	29/04	resc
10	Sanchez Diego	10	2m34	20/05	csf
11	Hendrichs Hadrien	10	2m30	14/04	dcla
12	Hendrichs Victor	10	2m02	14/04	dcla
13	Kamara Noa	10	2m01	20/05	csf

Poids (1 kg)		RC : 11m68			
1	Delneufcourt Noah	09	6m60	25/08	spvi
2	Kubiak Joachim	09	6m46	01/05	rsca
3	Philips Bastien	09	6m38	25/08	spvi
4	Arys Luca	10	5m92	13/10	ws
5	Hendrichs Hadrien	10	5m27	14/04	dcla
6	Guerron Sebastian	09	5m17	13/10	ws
7	Hendrichs Victor	10	4m97	23/09	csf
8	Theyskens Alexis	10	4m95	13/10	ws
9	Xhonneux Raphael	10	4m18	23/09	csf
10	Delneufcourt Hugo	09	3m88	01/05	rsca

Hockeybal		RC : 40m13			
1	Guerron Sebastian	09	25m33	08/06	resc
2	Arys Luca	10	21m04	23/09	csf
3	Kubiak Joachim	09	20m88	23/09	csf
4	Haub Tobias	09	19m70	30/09	rcas
5	Delneufcourt Noah	09	17m92	08/06	resc
6	Ouattara Noham	10	17m38	08/06	resc
7	Delneufcourt Hugo	09	16m98	08/06	resc
8	Philips Bastien	09	15m70	13/04	csf
9	Hendrichs Hadrien	10	15m46	23/09	csf
10	Xhonneux Raphael	10	15m04	20/05	csf
11	Hendrichs Victor	10	14m84	23/09	csf
12	Sanchez Diego	10	14m75	20/05	csf
13	Kamara Noa	10	11m89	20/05	csf
14	Elgotni Ilyas	09	8m57	08/06	resc

Tétrathlon		RC : 2099 p			
1	Guerron Sebastian	09	1101 p	13/10	ws
2	Haub Tobias	09	1045 p	30/09	rcas
3	Theyskens Alexis	10	920 p	13/10	ws
4	Arys Lucas	10	671 p	13/10	ws
5	Xhonneux Raphael	10	548 p	13/10	ws

4 x 60 m		RC : 37.73			
Delneufcourt H, Delneufcourt N, Ouattara N, Kubiak J					
			41.22	20/10	csf

PUPILLES GARCONS

60 m		RC : 8.09			
1	Ouattara Reda	08	8.82	20/10	csf
2	Tshanga Diumba John Ross	07	9.35	14/04	dcla
3	Monsieur Julien	07	9.40	01/05	rsca
4	Poortman Mattheo	07	9.41	13/10	ws
5	Van Den Brempt Mathis	07	9.42	29/04	resc
6	Arifi Rayane	08	9.65	13/10	ws
7	Huyghe Gauthier	07	9.66	02/06	wrc
8	Oulhaj Hugo	08	9.91	20/10	csf
9	De Greef Guillaume	07	9.98	29/04	resc

10	De Gendt Lucien	08	10.01	13/10	ws
11	Ezzeddine Adam	07	10.07	25/08	spvi
12	Arifi Sohaib	08	10.08	29/04	resc
13	Coppy Kenneth	08	10.23	02/04	avka
	Maaroufi Zakaria	08	10.23	01/05	rsca
15	Verleyen Jacob	08	10.79	13/10	ws
16	Pottier Maxime	08	12.17	29/04	resc

1000 m		RC : 3.14.18			
1	Poortman Mattheo	07	3.22.34	13/10	ws
2	Kenaiti Yanis	08	3.26.91	30/06	resc
3	Van Den Brempt Mathis	07	3.39.34	29/04	resc
4	Arifi Rayane	08	3.43.72	30/09	rcas
5	Maaroufi Zakaria	08	3.47.00	29/04	resc
6	Huyghe Gauthier	07	3.47.81	02/06	wrc
7	Arifi Sohaib	08	3.56.58	29/04	resc
8	Oulhaj Hugo	08	3.58.70	20/05	csf
9	Verleyen Jacob	08	4.06.22	13/10	ws
10	De Greef Guillaume	07	4.13.60	29/04	resc
11	Bouchfira Camille	08	4.14.59	20/10	csf
12	De Gendt Lucien	08	4.26.28	20/05	csf
13	Coppy Kenneth	08	4.38.33	01/05	rsca

60 m haies (76 cm)		RC : 10.0			
1	Ouattara Reda	08	12.41	13/04	csf
2	Monsieur Julien	07	12.82	29/04	resc
3	Arifi Rayane	08	13.60	23/06	rcb
4	Poortman Mattheo	07	13.62	29/04	resc

Hauteur		RC : 1m49			
1	Poortman Mattheo	07	1m28	25/08	spvi
2	Huyghe Gauthier	07	1m17	29/07	dac
3	Ouattara Reda	08	1m15	01/05	rsca
4	Arifi Rayane	08	1m00	01/05	rsca

Longueur		RC : 4m75			
1	Ouattara Reda	08	4m21	08/06	resc
2	Poortman Mattheo	07	3m87	08/06	resc
3	Ezzeddine Adam	07	3m65	08/06	resc
4	Van Den Brempt Mathis	07	3m64	13/10	ws
5	De Gendt Lucien	08	3m63	20/05	csf
6	De Greef Guillaume	07	3m60	08/06	resc
7	Monsieur Julien	07	3m52	14/04	dcla
8	Arifi Rayane	08	3m51	08/06	resc
9	Arifi Sohaib	08	3m50	08/06	resc
10	Huyghe Gauthier	07	3m50	08/06	resc
11	Kenaiti Yanis	08	3m48	30/06	resc
12	Tshanga Diumba John Ross	07	3m46	14/04	dcla
13	Vilain Nicolas	07	3m45	08/06	resc
14	Coppy Kenneth	08	3m14	08/06	resc
15	Verleyen Jacob	08	2m70	13/10	ws
16	Pottier Maxime	08	2m32	25/08	spvi

Poids (2 kg)		RC : 11m71			
1	Monsieur Julien	07	8m32	14/04	dcla
2	Huyghe Gauthier	07	7m84	08/06	resc
3	Poortman Mattheo	07	7m32	10/05	csdy
4	Arifi Rayane	08	7m09	29/04	resc
5	Tshanga Diumba John Ross	07	6m31	14/04	dcla
6	Ouattara Reda	08	5m64	08/06	resc
7	Arifi Sohaib	08	5m08	08/06	resc
8	De Greef Guillaume	07	4m56	08/06	resc
9	Vilain Nicolas	07	4m52	08/06	resc
10	Pottier Maxime	08	3m94	29/04	resc
11	Coppy Kenneth	08	3m90	08/06	resc
12	Ezzeddine Adam	07	2m83	08/06	resc

Disque (600 gr)		RC : 31m14			
1	Monsieur Julien	07	22m77	01/04	ws
2	Huyghe Gauthier	07	19m80	23/09	csf
3	Coppy Kenneth	08	12m97	01/04	ws
4	Arifi Rayane	08	11m80	01/04	ws
5	De Greef Guillaume	07	9m98	01/04	ws

Hockeybal		RC : 46m50			
1	Ouattara Reda	08	37m72	13/04	csf
2	Huyghe Gauthier	07	36m60	01/04	ws
3	Poortman Mattheo	07	32m12	20/05	csf
4	Arifi Rayane	08	29m42	30/09	rcas
5	Kenaiti Yanis	08	24m94	30/06	resc
6	De Gendt Lucien	08	24m62	13/10	ws
7	De Greef Guillaume	07	24m28	30/06	resc
8	Verleyen Jacob	08	23m97	13/10	ws
9	Van Den Brempt Mathis	07	22m81	13/10	ws

Palmares 2018 outdoor.

Tétrathlon		RC : 2516 p			
1	Poortman Matheo	07	1868 p	10/05	csdy
2	Huyghe Gauthier	07	1540 p	29/07	dac
3	Van Den Brempt Mathis	07	1514 p	13/10	ws
4	Arifi Rayane	08	1506 p	30/09	rcas
5	De Gendt Lucien	08	1077 p	13/10	ws
6	Verleyen Jacob	08	908 p	13/10	ws
7	Kenaiti Yanis	08	819 p	13/10	ws

MINIMES GARCONS

80 m		RC : 9.66			
1	Taieb Hilel	06	11.61	01/05	rsca
2	Maaroufi Ayoub	05	11.92	29/04	resc
3	Camps Sebastien	06	12.06	29/04	resc
4	Arifi Reda	05	12.10	29/04	resc
5	Lair Adrien	06	12.19	20/05	csf
6	Gonzalez Antoine	06	12.31	29/04	resc
7	Verriez Ludovic	06	12.63	01/05	rsca
8	Poortman Lucas	05	12.76	25/08	spvi
9	Benaissa Nabil	06	12.95	20/05	csf
10	Aslyah Zakaria	05	13.14	10/05	csdy
11	Nollet Felicien	05	13.29	29/04	resc
12	Puletto Alessio	05	13.39	10/05	csdy

1000 m		RC : 3.01.77			
1	Arifi Reda	05	3.16.04	29/04	resc
2	Maaroufi Ayoub	05	3.24.21	29/04	resc
3	Mohsine Anass	05	3.29.82	29/04	resc
4	Verriez Ludovic	06	3.31.48	13/10	ws
5	Camps Sebastien	06	3.32.19	29/04	resc
6	Poortman Lucas	05	3.43.24	29/04	resc
7	Gonzalez Antoine	06	3.46.12	30/06	resc
8	Aslyah Zakaria	05	4.04.47	13/10	ws
9	Puletto Alessio	05	4.06.17	13/10	ws

80 m haies (83 cm)		RC : 12.00			
1	Maaroufi Ayoub	05	16.21	29/04	resc
2	Camps Sebastien	06	17.03	29/04	resc

150 m haies (76 cm)		RC : 20.54			
1	Maaroufi Ayoub	05	24.05	01/05	rsca
2	Camps Sebastien	06	24.68	01/05	rsca
3	Gonzalez Antoine	06	27.02	01/05	rsca

Hauteur		RC : 1m73			
1	Poortman Lucas	05	1m27	13/10	ws
2	Gonzalez Antoine	06	1m16	30/06	resc
3	Aslyah Zakaria	05	1m15	13/10	ws
4	Verriez Ludovic	06	1m12	13/10	ws
5	Puletto Alessio	05	1m00	10/05	csdy

Longueur		RC : 5m73			
1	Maaroufi Ayoub	05	4m10	01/05	rsca
2	Arifi Reda	05	4m04	08/06	resc
3	Gonzalez Antoine	06	3m98	08/06	resc
4	Poortman Lucas	05	3m92	08/06	resc
5	Lair Adrien	06	3m87	01/05	rsca
6	Camps Sebastien	06	3m81	08/06	resc
7	Theys Norick	06	3m77	08/06	resc
8	Lair Adrien	06	3m71	08/06	resc
8	Mohsine Anass	05	3m51	08/06	resc
10	Aslyah Zakaria	05	3m26	13/10	ws
11	Verriez Ludovic	06	3m24	13/10	ws
12	Puletto Alessio	05	2m98	13/10	ws

Poids (3 kg)		RC : 14m71			
1	Arifi Reda	05	6m90	08/06	resc
2	Poortman Lucas	05	6m74	25/08	spvi
3	Theys Norick	06	6m35	08/06	resc
4	Aslyah Zakaria	05	6m04	25/08	spvi
5	Gonzalez Antoine	06	5m68	30/06	resc
6	Camps Sebastien	06	5m59	08/06	resc
7	Mohsine Anass	05	5m37	08/06	resc
8	Puletto Alessio	05	5m10	13/10	ws
9	Lair Adrien	06	5m05	28/10	rcas
10	Verriez Ludovic	06	4m00	08/06	resc

Disque (750 gr)		RC : 45m01			
1	Poortman Lucas	05	16m74	25/08	spvi
2	Aslyah Zakaria	05	15m13	25/08	spvi
3	Verriez Ludovic	06	11m49	24/06	csf

4	Puletto Alessio	05	10m17	10/05	csdy
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Javelot (400 gr)		RC : 45m91			
1	Maaroufi Ayoub	05	26m30	01/05	rsca
2	Poortman Lucas	05	21m03	23/09	csf
3	Mohsine Anass	05	18m05	20/05	csf
4	Gonzalez Antoine	06	16m83	29/04	resc
5	Puletto Alessio	05	15m30	23/09	csf
6	Aslyah Zakaria	05	15m10	23/09	csf
7	Verriez Ludovic	06	14m62	01/05	rsca
8	Lair Adrien	06	14m58	01/05	rsca
9	Camps Sebastien	06	9m85	20/05	csf

Pentathlon		RC : 4135 p			
1	Poortman Lucas	05	1826 p	13/10	ws
2	Verriez Ludovic	06	1620 p	13/10	ws
3	Gonzalez Antoine	06	1582 p	20/05	csf
4	Aslyah Zakaria	05	1332 p	13/10	ws
5	Puletto Alessio	05	1027 p	10/05	csdy

CADETS GARCONS

100 m		RC : 11.31			
1	Medan Marko	03	11.82	15/08	resc
2	Mbuyi Bodika William	04	12.30	26/05	cabw
3	Englebert Timothee	04	12.36	28/07	dac
4	Sibourg Valentin	04	12.59	20/10	csf
5	Gruson Augustin	04	12.63	29/09	rcas
6	Chekem Ramses	03	12.70	05/05	rcas
7	Ivens Filip	04	13.10	29/09	rcas
8	Arifi Ilias	04	13.22	29/09	rcas
9	De Tollenaere Tom	03	13.27	05/05	rcas
10	Derome Julien	04	14.11	20/05	csf
11	Van Elsuwe Alexis	04	14.12	29/09	rcas
12	Desmecht Mattia	03	14.85	20/05	csf
13	Kamara Sanael	04	15.03	20/05	csf
14	Poortman Romain	03	15.20	20/05	csf

200 m		RC : 23.14			
1	Medan Marko	03	24.03	24/06	lier
2	Mbuyi Bodika William	04	25.23	29/04	resc
3	Englebert Timothee	04	25.27	30/06	resc
4	Van Elsuwe Alexis	04	29.83	29/04	resc

400 m		RC : 52.24			
1	Arifi Ilias	04	57.36	13/10	ws
2	Englebert Timothee	04	57.73	29/04	resc
3	Kamara Sanael	04	68.76	29/04	resc

800 m		RC : 1.59.30			
1	Arifi Ilias	04	2.25.49	21/04	csf
2	Van Elsuwe Alexis	04	2.30.49	21/04	csf
3	Sibourg Valentin	04	2.34.59	26/05	cabw
4	Medard Romain	03	2.40.31	29/04	resc

1000 m		RC : 2.43.18			
1	Arifi Ilias	04	3.00.70	30/09	rcas
2	Gruson Augustin	04	3.01.40	30/09	rcas
3	Chekem Ramses	03	3.02.90	29/07	dac
4	Englebert Timothee	04	3.03.40	29/07	dac
5	Van Elsuwe Alexis	04	3.13.44	30/09	rcas
6	Sibourg Valentin	04	3.27.40	30/09	rcas
7	Ivens Filip	04	3.27.66	30/09	rcas

1500 m		RC : 4.10.9			
1	Poortman Romain	03	5.21.96	20/05	csf
2	Van Elsuwe Alexis	04	5.25.98	26/05	cabw
3	Sebbah Zayd	04	6.51.00	30/06	resc

100 m haies (91 cm)		RC : 14.02			
1	Demanet Lounis	03	15.64	26/05	cabw
2	Sibourg Valentin	04	17.19	30/09	rcas
3	Chekem Ramses	03	18.30	30/09	rcas
4	Englebert Timothee	03	18.34	30/09	rcas
5	Gruson Augustin	04	18.78	30/09	rcas
6	Ivens Filip	04	19.19	30/09	rcas
7	Arifi Ilias	04	20.07	30/09	rcas
8	Van Elsuwe Alexis	04	20.88	30/09	rcas

300 m haies (76 cm)		RC : 40.07			
1	Demanet Lounis	03	44.42	26/05	cabw
2	Arifi Ilias	04	46.91	02/09	rfcl
3	Sibourg Valentin	04	47.63	23/09	csf

Palmares 2018 outdoor.

Hauteur		RC : 1m91			
1	Englebert Timothee	04	1m80	30/06	resc
2	Chekem Ramses	03	1m53	28/07	dac
3	De Tollenaere Tom	03	1m50	15/08	resc
4	Gruson Augustin	04	1m46	30/09	rcas
5	Arifi Ilias	04	1m45	15/08	resc
	Sibourg Valentin	04	1m45	15/08	resc
7	Ivens Filip	04	1m40	06/05	rcas
8	Van Elsuwe Alexis	04	1m30	15/08	resc

Longueur		RC : 6m70			
1	Chekem Ramses	03	6m04	02/09	rfcl
2	Medan Marko	03	5m66	26/05	cabw
3	Englebert Timothee	04	5m62	29/09	rcas
4	Gruson Augustin	04	5m26	29/09	rcas
5	De Tollenaere Tom	03	5m16	29/04	resc
6	Ivens Filip	04	5m06	21/04	csf
7	Sibourg Valentin	04	4m99	22/09	cabw
8	Arifi Ilias	04	4m65	20/05	csf
9	Van Elsuwe Alexis	04	4m48	29/09	rcas
10	Derome Julien	04	4m32	20/05	csf
11	Poortman Romain	03	4m30	20/05	csf
12	Desmecht Mattia	03	4m05	20/05	csf
13	Kamara Sanael	04	3m96	20/05	csf

Triple saut		RC : 13m52			
1	Englebert Timothee	04	11m32	21/04	csf
2	Chekem Ramses	03	11m29	26/05	cabw
3	Van Elsuwe Alexis	04	8m91	21/04	csf

Perche		RC : 3m76			
1	Englebert Timothee	04	3m10	29/09	rcas
2	Chekem Ramses	03	2m70	29/09	rcas
3	Arifi Ilias	04	2m50	29/09	rcas
	Van Elsuwe Alexis	04	2m50	29/09	rcas
5	Ivens Filip	04	2m20	05/05	rcas
6	Gruson Augustin	04	2m00	29/09	rcas

Poids (4 kg)		RC : 14m42			
1	Englebert Timothee	04	12m39	29/09	rcas
2	Chekem Ramses	03	11m15	28/07	dac
3	Gruson Augustin	04	9m32	29/09	rcas
4	Arifi Ilias	04	8m46	05/05	rcas
5	Van Elsuwe Alexis	04	7m19	29/09	rcas
6	Sibourg Valentin	04	7m72	01/07	jsmc
7	Ivens Filip	04	7m68	29/09	rcas

Disque (1 kg)		RC : 48m77			
1	Ivens Filip	04	27m96	02/09	rfcl
2	Arifi Ilias	04	25m10	05/08	moha
3	Sibourg Valentin	04	20m54	15/04	rfcl

Javelot (600 gr)		RC : 44m54			
1	De Tollenaere Tom	03	38m00	02/09	rfcl
2	Englebert Timothee	04	33m95	30/09	rcas
3	Chekem Ramses	03	29m72	21/04	csf
4	Ivens Filip	04	28m15	20/05	csf
5	Demagnet Lounis	03	24m45	21/04	csf
6	Sibourg Valentin	04	24m32	15/08	resc
7	Arifi Ilias	04	22m07	30/09	rcas
8	Gruson Augustin	04	21m88	30/09	rcas
9	Van Elsuwe Alexis	04	20m76	30/09	rcas

Marteau (4 kg)		RC : 46m37			
1	Chekem Ramses	03	27m44	26/05	cabw

Octathlon		RC : 5037 p			
1	Englebert Timothee	04	4007 p	30/09	rcas
2	Chekem Ramses	03	3512 p	29/07	dac
3	Gruson Augustin	04	3129 p	30/09	rcas
4	Arifi Ilias	04	2885 p	30/09	rcas
5	Ivens Filip	04	2635 p	30/09	rcas
6	Sibourg Valentin	04	2628 p	30/09	rcas
7	Van Elsuwe Alexis	04	2365 p	30/09	rcas

3000 m marche		RC : 20.11.17			
1	Poortman Romain	03	19.16.13	26/05	cabw

4 x 100 m		RC : 44.36			
	Medan, Mbuyi Bodika, Chekem, Englebert		46.97	26/05	cabw

SCOLAIRES HOMMES

100 m		RC : 10.83			
1	Doudouhi Reda	02	11.70	21/04	csf
2	Yoma Gedeon	01	11.87	21/04	csf
3	Roefmans Lucas	01	11.90	05/05	rcas
4	Yahni Sayat	02	12.00	02/09	rfcl
5	Beyaert Corentin	02	12.30	05/05	rcas
6	Couturier Timothe	02	12.59	29/04	resc
7	Gharroui Soulaymane	01	12.72	26/05	cabw
8	Montilla Alexis	02	12.94	05/05	rcas
9	Huyghe Xavier	01	13.04	20/05	csf
10	Balcaen Max	02	13.69	20/05	csf

200 m		RC : 21.97			
1	Yoma Gedeon	01	23.96	21/04	csf
2	Doudouhi Reda	02	24.00	21/04	csf
3	Yahni Sayat	02	24.31	02/09	rfcl
4	Beyaert Corentin	02	24.87	22/09	cabw

400 m		RC : 49.48			
1	Madoughri Sabri	01	52.23	26/05	cabw
2	Beyaert Corentin	02	53.90	18/08	herv
3	Huyghe Xavier	01	57.29	15/08	resc
4	Roefmans Lucas	01	57.70	28/07	dac
5	Gharroui Soulaymane	01	59.20	15/08	resc
6	Montilla Alexis	02	61.21	05/05	rcas

800 m		RC : 1.55.41			
1	Karraz Loqmane	01	2.05.20	01/05	achl
2	Huyghe Xavier	01	2.09.60	21/04	csf
3	Beyaert Corentin	02	2.10.59	30/06	resc
4	Gharroui Soulaymane	01	2.11.20	21/04	csf
5	Willems Dorian	02	2.13.64	21/04	csf
6	Mullender Sebastien	02	2.21.33	26/05	cabw

1500 m		RC : 4.00.79			
1	Karraz Loqmane	01	4.16.43	29/04	resc
2	Lafnachi Reda	02	4.34.78	29/04	resc
3	Beyaert Corentin	02	4.41.59	30/09	rcas
4	Montilla Alexis	02	5.03.20	06/05	rcas
5	Roefmans Lucas	01	5.28.58	06/05	rcas

3000 m		RC : 8.33.14			
1	Lafnachi Reda	02	10.37.64	26/05	cabw

110 m haies (91 cm)		RC : 13.65			
1	Beyaert Corentin	02	16.45	21/04	csf
2	Roefmans Lucas	01	16.58	26/05	cabw
3	Montilla Alexis	02	20.01	30/09	rcas

400 m haies (84 cm)		RC : 13.65			
1	Beyaert Corentin	02	58.22	02/09	rfcl

2000 m steeple		RC : 6.10.2			
1	Beyaert Corentin	02	7.07.53	26/05	cabw

Hauteur		RC : 2m05			
1	Badji Toumane	01	1m80	26/05	cabw
2	Roefmans Lucas	01	1m73	05/05	rcas
3	Beyaert Corentin	02	1m55	05/05	rcas
4	Montilla Alexis	02	1m54	29/09	rcas

Longueur		RC : 7m59			
1	Roefmans Lucas	01	6m24	02/09	rfcl
2	Beyaert Corentin	02	5m25	29/09	rcas
3	Montilla Alexis	02	5m23	05/05	rcas
4	Yoma Gedeon	01	5m18	21/04	csf
5	Balcaen Max	02	4m53	20/05	csf
6	Huyghe Xavier	01	4m32	20/05	csf

Triple saut		RC : 15m64			
1	Badji Toumane	01	12m86	26/05	cabw

Perche		RC : 4m36			
1	Montilla Alexis	02	3m45	30/06	resc
2	Beyaert Corentin	02	3m20	06/05	rcas
3	Roefmans Lucas	01	3m10	30/09	rcas
4	Sleewaegen Jerome	01	2m80	26/05	cabw

Poids (5 kg)		RC : 14m35			
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Palmares 2018 outdoor.

1	Montilla Alexis	02	12m08	12/08	ea
2	Roefmans Lucas	01	10m47	28/07	dac
3	Beyaert Corentin	02	10m18	29/09	rcas

Disque (1,5 kg)		RC : 44m44			
1	Montilla Alexis	02	31m17	22/09	cabw
2	Beyaert Corentin	02	25m17	19/08	herv
3	Roefmans Lucas	01	25m47	30/09	rcas
4	Huyghe Xavier	01	21m40	26/05	cabw

Javelot (700 gr)		RC : 52m73			
1	Montilla Alexis	02	47m91	15/08	resc
2	Roefmans Lucas	01	40m25	30/09	rcas
3	Huyghe Xavier	01	29m25	20/05	csf
4	Beyaert Corentin	02	29m01	30/09	rcas

Marteau (5 kg)		RC : 53m41			
1	Gharroudi Soulaymane	01	25m00	26/05	cabw

Decathlon		RC : 5708 p			
1	Beyaert Corentin	02	4779 p	30/09	rcas
2	Roefmans Lucas	01	4730 p	29/07	dac
3	Montilla Alexis	02	4467 p	30/09	rcas

3000 m marche		RC : 19.16.13			
1	Mullender Sebastien	02	20.57.23	26/05	cabw

4 x 100 m		RC : 42.91			
Yahni, Roefmans, Yoma, Madoughri					
			45.90	26/05	cabw

JUNIORS HOMMES

100 m		RC : 10.71			
1	Kasmi Amine	00	10.81	29/04	resc
2	Okeowo Peredjo	99	10.95	07/07	resc
3	Geerts Gregory	99	11.52	16/06	usbw
4	Nkiere Danfuname Rene	99	11.67	21/04	cabw
5	Salverius Mehdi	00	11.78	29/04	resc
6	Barghout Azze-Eddine	99	11.79	14/10	rsca
7	Hannard Eliot	00	12.02	22/04	csf
8	Salverius Mehdi	00	12.04	22/04	csf
9	Moens Cyprien	00	12.33	05/05	rcas
10	Vijjitu Horia	00	12.29	22/04	csf
11	Temsamani Ilias	99	12.75	29/04	resc

200 m		RC : 21.0			
1	Kasmi Amine	00	21.43	29/04	resc
2	Borlee Rayane	99	22.58	19/05	rfcl
3	Nkiere Danfuname Rene	99	23.46	21/07	avka
4	Salverius Mehdi	00	24.11	29/04	resc
5	Hannard Eliot	00	24.20	22/04	csf
6	Cornelis Morgan	00	24.37	22/04	csf
7	Vijjitu Horia	00	24.59	22/04	csf
8	Ramiandrisoa Raphael	99	24.91	02/06	wrc

300 m		RC : 34.67			
1	Nkiere Danfuname Rene	99	36.76	18/07	dac

400 m		RC : 47.8			
1	Borlee Rayane	99	48.86	07/07	resc
2	Barghout Azze-Eddine	99	50.28	26/05	vs
3	Moens Cyprien	00	61.38	05/05	rcas

110 m haies (100 cm)		RC : 13.67			
1	Okeowo Peredjo	99	14.41	10/05	acw

Hauteur		RC : 2m14			
1	Moens Cyprien	00	1m55	05/05	rcas

Longueur		RC : 7m86			
1	Geerts Gregory	99	6m10	16/06	usbw
2	Moens Cyprien	00	5m46	05/05	rcas

Triple saut		RC : 15m79			
1	Geerts Gregory	99	14m68	08/07	resc

Perche		RC : 5m00			
1	Moens Cyprien	00	3m42	29/04	resc

Poids (6 kg)		RC : 15m79			
1	Martinez Fernandez Axel	99	10m51	19/05	rfcl
2	Moens Cyprien	00	8m30	05/05	rcas

Disque (1,75 kg)		RC : 43m08			
1	Martinez Fernandez Axel	99	30m81	10/05	acw
2	Moens Cyprien	00	16m01	05/05	rcas

Javelot (800 gr)		RC : 53m14			
1	Moens Cyprien	00	28m58	05/05	rcas

Decathlon		RC : 7196 p			
1	Moens Cyprien	00	3121 p	06/05	rcas

4 x 100 m		RC : 42.37			
Salverius, Okeowo, Nkiere, Kasmi			42.66	09/09	dcla

SENIORS HOMMES

100 m		RC : 10.02			
1	Tshitwenu Florian	97	10.71	09/06	oeh
2	Niesen Charles	94	10.85	10/05	acw
3	Badji Asamti	95	11.00	03/08	vita
4	Kalmen Adam	98	11.11	20/05	FRA
5	Szerman Melvin	97	11.23	23/06	cabw
6	Atitso Dalvin	97	11.26	22/04	csf
7	Caty Dylan	97	11.50	22/04	csf
	Nijs Gaston	96	11.50	29/04	resc
	Montilla Dimitri	98	11.50	22/07	rcg
10	Kalandula Fabiano	96	11.59	22/04	csf
11	Ouchen Anass	92	11.64	29/04	resc
12	Balsen Julien	86	11.96	13/07	asvo
13	Bernard Tom	93	12.91	30/06	resc
14	Guillaume Jonathan	92	13.03	30/06	resc
15	Heremans Bruno	94	13.64	22/04	csf

200 m		RC : 20.66			
1	Badji Asamti	95	21.71	03/08	vita
2	Lins Sebastien	92	21.93	23/08	vs
3	Tshitwenu Florian	97	21.98	29/04	resc
4	Campener Corentin	90	22.40	20/05	FRA
5	Kalmen Adam	98	22.63	06/05	FRA
6	Szerman Melvin	97	22.68	20/05	FRA
7	Nijs Gaston	96	22.77	29/04	resc
8	Atitso Dalvin	97	22.86	22/04	csf
9	Kabuya Hugues	97	22.90	22/04	csf
10	Balsen Julien	86	24.26	13/07	asvo
11	Heremans Bruno	94	28.27	30/06	resc

300 m		RC : 33.10			
1	Badji Asamti	95	34.02	18/07	dac
2	Lins Sebastien	92	34.36	29/08	vita

400 m		RC : 45.98			
1	Badji Asamti	95	46.94	08/07	resc
2	Lins Sebastien	92	48.12	07/07	resc
3	Nijs Gaston	96	49.13	19/05	rfcl
4	Kabuya Hugues	97	49.60	09/06	oeh
5	Montilla Dimitri	98	52.04	28/07	dac
6	Balsen Julien	86	54.81	30/06	resc

800 m		RC : 1.46.60			
1	Moukrime Tarik	92	1.48.38	20/05	FRA
2	Callahan Peter	91	1.48.76	29/07	LUXc
3	Balhan Pierre Antoine	92	1.49.06	18/07	rfcl
4	Petitjean Simon	96	1.54.30	28/07	vita
5	Vandenhoeke Arthur	96	1.58.62	29/04	resc
6	Dede Newan Guy	98	2.02.84	22/04	csf
7	Kanfouh Mohamed	98	2.03.37	22/04	csf
8	Chergui Mousine	99	2.14.07	22/04	csf
9	Campener Corentin	90	2.21.04	14/10	rsca

1500 m		RC : 3.36.96			
1	Callahan Peter	91	3.37.11	20/04	USA
2	Moukrime Tarik	92	3.38.29	26/05	vs
3	Balhan Pierre Antoine	92	3.47.30	21/07	avt
4	Petitjean Simon	96	3.54.39	04/08	dcla
5	Ruell Kim	87	3.58.07	12/08	kape
6	Kortleven Xavier	98	4.13.21	04/08	dcla
7	Vereertbrugghen Nicolas	92	4.29.20	30/06	resc
8	Huberland François	93	4.31.09	20/05	csf

3000 m		RC : 7.47.22			
1	Petitjean Simon	96	8.10.63	01/05	achl
2	Ruell Kim	87	8.12.03	27/06	fcha
3	Kortleven Xavier	98	8.51.78	21/05	FRA

Palmares 2018 outdoor.

5000 m					RC : 13.22.81
1	Ruell Kim	87	14.23.11	08/07	resc
2	Hendrixx Jeroen	86	14.27.97	13/05	rcg
3	Naert Koen	89	14.30.21	27/05	UK
Semi-marathon					RC : 1h06:09
1	Naert Koen	89	1h01:42	24/03	SPA
2	Hendrixx Jeroen	86	1h06:40	25/03	NED
Marathon					RC : 2h10:31
1	Naert Koen	89	2h09:51	12/08	GER
2	Hendrixx Jeroen	86	2h20:45	29/04	GER
110 m haies (106 cm)					RC : 13.48
1	Caty Dylan	97	13.81	15/07	FRA
2	Ruffacq Quentin	89	14.28	07/07	resc
3	Montilla Dimitri	98	14.98	07/07	resc
400 m haies (91 cm)					RC : 48.91
1	Nicodeme Romain	95	51.39	20/05	FRA
2	Kabuya Hugues	97	56.59	29/04	resc
3	Lins Sebastien	92	62.55	26/05	UK
3000 m steeple					RC : 8.24.90
1	Petitjean Simon	96	9.12.63	13/05	rcg
Hauteur					RC : 2m21
1	Gamuella Ngamungela Jos	98	2m01	08/07	resc
2	Kalandula Fabiano	96	1m98	13/05	rcg
3	Montilla Dimitri	98	1m94	28/07	dac
Longueur					RC : 7m94
1	Campener Corentin	90	7m98	25/07	FRA
2	Caluwe Arnaud	91	7m37	23/08	vs
3	Montilla Dimitri	98	6m84	28/07	dac
4	Hoorens Christopher	97	6m53	19/05	rfcl
Triple saut					RC : 16m86
1	Mopide Kissoca Alexandre	97	12m46	22/04	csf
Perche					RC : 5m25
1	Montilla Dimitri	98	4m40	27/05	UK
Poids (7,26kg)					RC : 15m08
1	Guillaume Jonathan	92	15m28	19/05	rfcl
2	Gets Florent	91	13m41	22/04	csf
3	Montilla Dimitri	98	11m66	28/07	dac
Disque (2 kg)					RC : 51m56
1	Gets Florent	91	45m27	26/05	UK
2	Salvaggio Claudio	92	43m85	30/06	resc
3	Guillaume Jonathan	92	39m11	07/10	bbs
4	Montilla Dimitri	98	38m76	13/07	asvo
5	Lins Sebastien	92	22m45	28/10	rcas
Javelot (800 gr)					RC : 63m56
1	Gets Florent	91	60m09	29/04	resc
2	Bernard Tom	93	50m80	28/04	damp
3	Montilla Dimitri	98	40m20	10/05	csdy
Marteau (7,26 kg)					RC : 61m66
1	Salvaggio Claudio	92	61m07	13/05	rcg
2	Bernard Tom	93	54m81	19/05	rfcl
4 x 100 m					RC : 40.60
Kasmi, Okeowo, Tshitwenu, Kalmen			41.71	13/05	rcg
4 x 200 m					RC : 1.24.15
Kalmen, Lins, Tshitwenu, Szerman			1.29.16	16/09	ocan
4 x 400 m					RC : 3.10.2
Badji, Nijs, Montilla, Balhan			3.15.85	27/05	UK
4 x 1500 m					RC : 15.34.88
Kortleven, Ruell, Petitjean, Balhan			16.29.52	16/09	ocan
MASTERS HOMMES					
100 m					RC : 11.74
1	Fellemans Emmanuel	70	12.41	30/06	resc

2	Verriez Stephane	70	13.60	20/10	csf
3	Schoonen Laurent	65	13.98	27/05	rsca
200 m					RC : 24.61
1	Fellemans Emmanuel	70	25.42	02/06	vs
2	Maniquet Rudi	61	27.13	10/06	hf
3	Verriez Stephane	70	27.79	17/06	vita
4	Schoonen Laurent	65	28.40	14/10	rsca
400 m					RC : 52.31
1	Fellemans Emmanuel	70	61.95	10/06	hf
2	Schoonen Laurent	65	66.21	29/09	rcas
800 m					RC : 1.59.64
1	Xhonneux Frederic	83	1.59.63	02/06	wrc
2	Muls Xavier	67	2.29.62	10/06	hf
3	Schoonen Laurent	65	2.58.01	25/08	NL
1500 m					RC : 3.54.39
1	Vandamme Bram	80	4.07.47	16/06	vita
2	Schoonen Laurent	65	6.36.15	26/08	NL
Mile					RC : 4.46.03
1	Xhonneux Frederic	83	4.59.41	01/08	looi
3000 m					RC : 9.28.22
1	Poortman Yvan	73	9.49.43	10/06	hf
2	Muls Xavier	67	11.35.75	22/04	csf
3	Schoonen Laurent	65	14.33.09	26/08	NL
5000 m					RC : 15.22.50
1	Xhonneux Frederic	83	17.10.14	20/05	csf
2	Schoonen Laurent	65	23.35.41	25/08	NL
10000m					RC : 31.25.40
1	Schoonen Laurent	65	56.24.12	26/08	NL
Semi-marathon					RC : -
1	Lemaire Ivan	73	1h26:11	28/10	bxl
2	Bodart Serge	58	1h28:33	28/10	bxl
3	Muls Xavier	67	1h41:34	28/10	bxl
4	Kamara Arafan	69	1h45 :12	28/10	bxl
Marathon					RC : 2h32:05
1	Minne Corentin	81	2h48:58	?	?
2	Xhonneux Marc	80	3h12:53	28/10	GER
3	Caufriez Olivier	83	3h16:20	28/10	bxl
4	Debrabandere Amaury	69	3h18:48	21/10	ob
5	Englebert Patrick	66	3h27:46	28/10	bxl
6	Iazzag Tahar	65	4h17:14	21/10	ob
100 m haies (91 cm)					RC : 20.06
1	Schoonen Laurent	65	20.83	30/09	rcas
110 m haies (99 cm)					RC : 21.13
1	Broothaerts Damien	83	13.89	14/09	SPA
110 m haies (106 cm)					RC : 20.0
1	Broothaerts Damien	83	14.12	a6/05	FRA
2	Schoonen Laurent	65	23.84	22/04	csf
200 m haies (76 cm)					RC : 37.75
1	Schoonen Laurent	65	37.81	25/08	NL
400 m haies (91 cm)					RC : 72.77
1	Schoonen Laurent	65	80.19	22/04	csf
3000 m steeple (91 cm)					RC : 11.27.98
1	Schoonen Laurent	65	14.43.25	17/06	vita
Hauteur					RC : 1m86
1	Xhonneux Frederic	83	1m90	16/06	hf
2	Van de Velde Frank	79	1m63	10/06	hf
3	Schoonen Laurent	65	1m47	29/09	rcas
Longueur					RC : 6m65
1	Schoonen Laurent	65	4m59	27/05	rsca
Triple saut					RC : 14m09
1	Xhonneux Frederic	83	14m00	01/08	looi
2	Schoonen Laurent	65	7m75	26/08	NL

Palmares 2018 outdoor.

Perche		RC : 4m71			
1	Schoonen Laurent	65	2m55	22/04	csf
Poids (6 kg)		RC : 12m01			
1	Schoonen Laurent	65	7m75	20/10	acw
Poids (7,25 kg)		RC : 15m08			
1	Van de Velde Frank	79	8m91	10/06	hf
2	Schoonen Laurent	65	7m52	27/05	rsca
Disque (1,5 kg)		RC : 35m64			
1	Schoonen Laurent	65	25m01	30/09	rcas
Disque (2 kg)		RC : 51m56			
1	Segers Philippe	65	14m70	10/06	hf
Disque (2 kg)*		RC : -			
1	Denys Jacques	59	14m60	22/04	csf
Javelot (700 gr)		RC : 37m29			
1	Schoonen Laurent	65	28m32	20/10	acw
Javelot (800 gr)		RC : 62m75			
1	Segers Philippe	65	22m04	10/06	hf
Javelot (800 gr)*		RC : -			
1	Denys Jacques	59	11m41	22/04	csf
Marteau (6 kg)		RC : 23m65			
1	Schoonen Laurent	65	22m61	20/10	acw
Marteau lourd (11,34 kg)		RC : 9m45			
1	Schoonen Laurent	65	9m66	20/10	acw
Decathlon M50		RC : 4436 p			
1	Schoonen Laurent	65	4054 p	30/09	rcas
Penta lancers M50		RC : 1761 p			
1	Schoonen Laurent	65	1896 P	20/10	acw
Icosathlon M50		RC : 7701 p			
1	Schoonen Laurent	65	6592 p	26/08	NL
4 x 400 m		RC : 4.01.44			
Maniquet, Vandamme, Poortman, Fellemans			3.59.32	10/06	hf
* Handisport					
<u>EQUIPES MIXTES</u>					
4 x 400 m		RC : 3.40.19			
Lins S, Muls C, Schauwers M, Vandenhoeke A			3.36.74	05/05	rcas