

Palmares 2019 outdoor.

BENJAMINES FILLES

60 m		RC : 9.44			
1	Squiflet Emelynn	10	9.37	31/08	dac
2	Dzou Lesly Kayla	10	9.56	02/06	vita
3	Schroeven Camille	11	10.01	10/08	resc
4	Ngandeu Tchambia Alexandra	10	10.28	28/07	dac
5	Bourgeois-Jacquet Lily	11	10.61	06/04	ws
6	Varela Gonzalez Carla	10	10.70	14/07	vita
7	Wanyu Naomie	10	10.81	07/09	ea
8	Beghin Joyce	10	11.04	01/05	rcas
9	Kabamba Ebondo Julia	10	11.23	05/05	resc
10	Dekeyser Juliette	10	11.45	23/08	resc
11	Demeyere Taissi	11	11.71	05/05	resc
12	Delarge Anais	11	11.74	27/04	caf
13	Huyghe Jeanne	11	12.22	07/04	resc
14	Varela Gonzalez Lea ^{NA}	10	12.51	23/08	resc
15	Demanet Zadie	11	13.19	05/05	resc

600 m		RC : 2.00.94			
1	Beghin Joyce	10	2.09.21	05/05	resc
2	Schroeven Camille	11	2.11.63	01/05	rcas
3	Wanyu Naomie	10	2.20.11	02/06	vita
4	Squiflet Emelynn	10	2.20.16	05/05	resc
5	Ngandeu Tchambia Alexandra	10	2.21.36	20/04	csf
6	Bourgeois-Jacquet Lily	11	2.21.58	06/04	ws
7	Dzou Lesly Kayla	10	2.26.64	05/05	resc
8	Varela Gonzalez Carla	10	2.30.72	14/07	vita
9	Demeyere Taissi	11	2.45.26	05/05	resc
10	Delarge Anais	11	2.56.84	27/04	caf
11	Kabamba Ebondo Julia	10	2.53.27	05/05	resc

Hauteur		RC : 1m18			
1	Beghin Joyce	10	1m10	28/06	resc
	Squiflet Emelynn	10	1m10	26/05	rsca
3	Ngandeu Tchambia Alexandra	10	1m00	28/06	resc
4	Dzou Lesly Kayla	10	1m05	01/05	rcas
5	Schroeven Camille	11	1m01	31/08	dac
6	Kabamba Ebondo Julia	10	0m90	28/06	resc
	Wanyu Naomie	10	0m90	28/06	resc
8	Olemans Maia	10	0m85	28/06	resc
	Saadi Malak	11	0m85	28/06	resc

Longueur		RC : 3m88			
1	Squiflet Emelynn	10	3m36	02/06	vita
2	Dzou Lesly Kayla	10	3m30	02/06	vita
3	Schroeven Camille	11	2m81	31/08	dac
4	Wanyu Naomie	10	2m75	02/06	vita
5	Ngandeu Tchambia Alexandra	10	2m70	28/07	dac
	Varela Gonzalez Carla	10	2m70	14/07	vita
7	Dekeyser Juliette	10	2m17	31/08	dac
8	Demeyere Taissi	11	1m69	05/05	resc
9	Demanet Zadie	11	1m66	05/05	resc

Poids (1 kg)		RC : 8m63			
1	Beghin Joyce	10	7m77	28/06	resc
2	Dzou Lesly Kayla	10	7m43	23/08	resc
3	Squiflet Emelynn	10	7m03	28/06	resc
4	Ngandeu Tchambia Alexandra	10	6m55	20/04	csf
5	Wanyu Naomie	10	5m64	22/06	rcb
6	Dekeyser Juliette	10	5m17	23/08	resc
7	Varela Gonzalez Carla	10	5m06	20/04	csf
8	Kabamba Ebondo Julia	10	4m84	28/06	resc
9	Saadi Malak	11	4m50	28/06	resc
	Schroeven Camille	11	4m50	28/06	resc
11	Varela Gonzalez Lea ^{NA}	10	4m27	23/08	resc
12	Olemans Maia	10	3m40	28/06	resc
13	Demanet Zadie	11	3m32	28/06	resc

Balle de hockey		RC : 28m96			
1	Dzou Lesly Kayla	10	25m76	02/06	vita
2	Squiflet Emelynn	10	24m05	02/06	vita
3	Beghin Joyce	10	21m09	07/04	resc
4	Varela Gonzalez Carla	10	16m02	14/07	vita
5	Ngandeu Tchambia Alexandra	10	15m40	10/08	resc
6	Wanyu Naomie	10	14m17	07/09	ea
7	Schroeven Camille	11	10m24	10/08	resc
8	Demanet Zadie	11	9m49	07/04	resc
9	Huyghe Jeanne	11	8m28	07/04	resc
10	Delarge Anais	11	8m33	27/04	caf

Tetrathlon		RC : 1601 p			
1	Ngandeu Tchambia Alexandra	10	1021 p	20/04	csf

2	Varela Gonzalez Carla	10	704 p	20/04	csf
3	Wanyu Naomie	10	690 p	28/07	dac

4 x 60 m		RC : 37.58		
Dzou, Schroeven, Ngandeu Tchambia, Squiflet		39.97	07/04	resc

PUPILLES FILLES

60 m		RC : 8.55			
1	Sweetlove Celine	08	9.24	01/05	rcas
2	Barry Diariou	08	9.27	23/08	resc
2	Khrauph Aya	08	9.40	07/04	resc
4	Wanyu Diane	08	9.62	28/07	dac
5	Nshimiyimana Iris Sabria	08	9.77	14/07	vita
6	Radermacher Sarah	08	9.80	02/06	vita
7	Gerard Emma	08	9.98	28/07	dac
8	Sibourg Celya	09	10.01	23/08	resc
9	Agacseven Lina	08	10.08	07/04	resc
10	Tollenaire Tia	08	10.33	14/07	vita
11	Krautli Charlotte	09	10.38	05/05	resc
12	Asakerh Maissa	09	10.44	02/06	vita
13	Mubarik Inaya	08	10.49	20/04	csf
14	Minne Charline	09	10.62	07/04	resc
15	Sandron Elise	08	10.93	14/07	vita
16	Bersis Maissa	08	11.56	05/05	resc
17	Makhoukh Lilya	09	12.03	05/05	resc

1000 m		RC : 3.26.31			
1	Barry Diariou	08	3.39.18	23/08	resc
2	Wanyu Diane	08	3.42.22	22/06	rcb
3	Bakrim Amelle	08	3.43.36	02/06	vita
4	Agacseven Lina	08	3.47.76	07/04	resc
5	Gerard Emma	08	3.55.82	22/06	rcb
6	Radermacher Sarah	09	4.04.36	07/04	resc
7	Minne Charline	09	4.07.54	07/04	resc
8	Tollenaire Tia	08	4.09.92	14/07	vita
9	Sibourg Celya	09	4.14.64	07/04	resc
10	Nshimiyimana Iris Sabria	08	4.16.53	14/07	vita
11	Mayuma Marie	08	4.23.34	05/05	resc
12	Vanhemelen Jade	08	4.29.94	05/05	resc
13	Makhoukh Lilya	09	5.31.86	05/05	resc
14	Mubarik Inaya	08	5.17.79	20/04	csf

60 m haies (76 cm)		RC : 10.74			
1	Sweetlove Celine	08	11.94	05/05	resc
2	Radermacher Sarah	09	13.52	02/06	vita
3	Sibourg Celya	09	13.64	22/06	rcb
4	Barry Diariou	08	14.09	05/05	resc
5	Gerard Emma	08	14.12	22/06	rcb
6	Wanyu Diane	08	14.61	07/09	ea

Hauteur		RC : 1m33			
1	Wanyu Diane	08	1m16	05/05	resc
2	Barry Diariou	08	1m15	07/09	ea
3	Sweetlove Celine	08	1m11	05/05	resc
4	Radermacher Sarah	09	1m10	20/04	csf
5	Sibourg Celya	09	1m06	22/06	rcb
6	Gerard Emma	08	1m05	28/07	dac
7	Sandron Elise	08	1m01	05/05	resc
8	Mubarik Inaya	08	0m90	20/04	csf

Longueur		RC : 4m48			
1	Wanyu Diane	08	3m70	28/06	resc
2	Barry Diariou	08	3m54	10/08	resc
	Radermacher Sarah	09	3m54	28/06	resc
4	Gerard Emma	08	3m48	25/05	csf
5	Sweetlove Celine	08	3m42	28/06	resc
6	Sibourg Celya	09	3m27	02/06	vita
7	Tollenaire Tia	08	2m97	14/07	vita
8	Sandron Elise	08	2m68	14/07	vita
9	Minne Charline	09	2m65	31/08	dac
	Nshimiyimana Iris Sabria	08	2m65	28/06	resc

Poids (2 kg)		RC : 9m75			
1	Wanyu Diane	08	7m02	28/07	dac
2	Barry Diariou	08	6m08	28/07	dac
	Tollenaire Tia	08	6m08	01/05	rcas
3	Khrauph Aya	08	6m00	01/05	rcas
4	Sibourg Celya	09	5m53	14/07	vita
5	Nshimiyimana Iris Sabria	08	5m31	14/07	vita
6	Gerard Emma	08	5m22	28/07	dac
7	Radermacher Sarah	09	4m81	07/04	resc
8	Mubarik Inaya	08	4m52	20/04	csf
9	Agacseven Lina	08	4m44	07/04	resc

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10 Minne Charline	09	3m62	07/04	resc
Disque (600 gr)		RC : 23m00		
1 Wanyu Diane	08	12m97	23/08	resc
2 Barry Diariou	08	12m55	23/08	resc
3 Radermacher Sarah	09	11m68	23/08	resc
Balle de hockey		RC : 41m50		
1 Barry Diariou	08	25m41	31/08	dac
2 Wanyu Diane	08	24m37	28/06	resc
3 Sibourg Celya	09	22m86	28/06	resc
4 Radermacher Sarah	09	19m92	28/06	resc
5 Sweetlove Celine	08	19m68	28/06	resc
6 Nshimiyimana Iris Sabria	08	18m39	28/06	resc
Tetrathlon		RC : 2077 p		
1 Wanyu Diane	08	1541 p	28/07	dac
2 Barry Diariou	08	1449 p	28/07	dac
3 Gerard Emma	08	1274 p	28/07	dac
4 Radermacher Sarah	09	1222 p	20/04	csf
5 Sibourg Celya	09	1003 p	20/04	csf
6 Mubarik Inaya	08	657 p	20/04	csf
4 x 60 m		RC : 33.97		
Wanyu, Khrauph, Sweetlove, Radermacher		36.74	07/04	resc
MINIMES FILLES				
80 m		RC : 10.64		
1 Kubiak Joanna	06	11.41	31/08	dac
2 Mjahed Maya	07	11.95	28/07	dac
3 Ngandeu Tchambia Brenda	07	12.07	10/08	vita
4 Aguza Vieira Olivia	06	12.18	23/08	resc
5 Sanchez Elisa	07	12.41	01/05	rcas
6 Hellebaut Nour	06	12.78	05/05	resc
7 Van Ex Elvira	06	13.11	05/05	resc
8 El Hassani Sarah	06	13.15	23/08	resc
9 Vanneste Blum	06	13.32	23/08	resc
10 Degrez Lisa	06	14.46	23/08	resc
150 m		RC : 20.13		
1 Kubiak Joanna	06	21.61	01/05	rcas
2 Aguza Vieira Olivia	07	21.85	01/05	rcas
3 Ngandeu Tchambia Brenda	07	22.11	07/04	resc
4 Mjahed Maya	07	22.86	07/04	resc
5 Sanchez Elisa	07	23.45	07/04	resc
6 El Gorffy Wassila	07	23.69	07/04	resc
7 Van Ex Elvira	06	23.74	07/04	resc
8 Hellebaut Nour	06	23.88	07/04	resc
9 El Hassani Sarah	06	24.28	07/04	resc
10 Noblesse Pauline	07	25.38	07/04	resc
11 Verleyen Marthe	06	25.91	07/04	resc
300 m		RC : 43.85		
1 Kubiak Joanna	06	46.97	10/08	resc
1000 m		RC : 3.14.33		
1 Mjahed Maya	07	3.41.20	28/07	dac
2 Aguza Vieira Olivia	06	3.47.64	07/04	resc
3 Sivils Juliano	07	3.50.74	07/04	resc
4 Khader Samia	07	3.51.29	07/04	resc
5 El Hassani Sarah	06	3.51.72	07/04	resc
6 Ngandeu Tchambia Brenda	07	3.55.48	20/04	csf
7 Kubiak Joanna	06	3.55.81	23/08	resc
8 Redouane Tasnim	06	4.26.49	05/05	resc
9 Verleyen Marthe	06	4.33.65	07/04	resc
60 m haies (76 cm)		RC : 9.96		
1 Ngandeu Tchambia Brenda	07	12.77	05/05	resc
2 Noblesse Pauline	07	14.89	05/05	resc
Hauteur		RC : 1m57		
1 Ngandeu Tchambia Brenda	07	1m25	01/05	rcas
Vanneste Blum	06	1m25	23/08	resc
3 Aguza Vieira Olivia	06	1m20	23/08	resc
Mjahed Maya	07	1m20	28/07	dac
Sivils Juliano	07	1m20	01/05	rcas
6 El Gorffy Wassila	07	1m15	07/04	resc
Kubiak Joanna	06	1m15	07/04	resc
8 Sanchez Elisa	07	1m10	07/04	resc
9 Verleyen Marthe	06	1m05	07/04	resc
Longueur		RC : 5m00		

1 Kubiak Joanna	06	4m25	28/06	resc
2 Aguza Vieira Olivia	06	4m01	28/06	resc
3 Mjahed Maya	07	3m96	28/06	resc
4 Verleyen Marthe	06	3m60	28/06	resc
5 Ngandeu Tchambia Brenda	07	3m47	10/08	vita
Poids (2 kg)		RC : 13m12		
1 Mjahed Maya	07	8m99	31/08	dac
2 Ngandeu Tchambia Brenda	07	8m33	28/07	dac
3 Van Ex Elvira	06	7m28	10/08	resc
4 Kubiak Joanna	06	7m10	10/08	resc
5 Aguza Vieira Olivia	06	6m45	28/06	resc
6 Verleyen Marthe	06	6m22	28/06	resc
7 Vanneste Blum	06	5m92	20/04	csf
Disque (750 gr)		RC : 27m29		
1 Mjahed Maya	07	21m61	20/07	spbo
2 Ngandeu Tchambia Brenda	07	17m22	10/08	vita
3 Kubiak Joanna	06	14m47	01/05	rcas
4 Sivils Juliano	07	13m40	01/05	rcas
Javelot (400 gr)		RC : 34m63		
1 Mjahed Maya	07	18m46	28/07	dac
2 Ngandeu Tchambia Brenda	07	14m12	28/07	dac
3 Kubiak Joanna	06	13m04	05/05	resc
4 Vanneste Blum	06	11m97	20/04	csf
5 Van Ex Elvira	06	10m65	05/05	resc
Pentathlon		RC : 3021 p		
1 Mjahed Maya	07	2203 p	28/07	dac
2 Ngandeu Tchambia Brenda	07	1791 p	20/04	csf
3 Verleyen Marthe	06	993 p	20/04	csf
4 x 80 m		RC : 41.33		
Ngandeu Tchambia, Aguza Oliveira, Mjahed, Kubiak		45.08	07/04	resc
CADETTES FILLES				
100 m		RC : 12.64		
1 Mpinga Muloway Alexia	04	13.04	31/05	cabw
2 Leonard Elise	05	13.10	04/05	cabw
3 Tshanga Diomi Roline	04	13.33	10/08	resc
4 Dossey Jennifer Stefania	04	13.38	01/06	rcb
5 Martins Junior Magaly	04	13.79	07/04	resc
6 Dennison Chrystal	05	14.21	07/04	resc
7 Molamba Aloti Medine	05	14.23	07/04	resc
8 Van Ex Alexia	04	14.39	07/04	resc
9 Hasnaoui Saloua	04	14.46	07/04	resc
10 Franssen Melissa	04	15.89	07/04	resc
11 Shutsha Atakete Clara	04	17.09	07/04	resc
12 Aghbal Doha	04	17.27	07/04	resc
200 m		RC : 26.14		
1 Leonard Elise	05	27.37	05/05	resc
2 Tshanga Diomi Roline	04	27.59	22/06	rcb
3 Lucas Clara	04	28.30	22/06	rcb
4 Mpinga Muloway Alexia	04	28.64	28/04	csf
5 Dennison Chrystal	05	30.10	28/04	csf
400 m		RC : 57.61		
1 Merino Nohemi	04	65.49	27/04	csf
2 Aghbal Doha	04	82.16	05/05	resc
800 m		RC : 2.21.88		
1 Lucas Clara	04	2.47.02	12/05	rcas
2 Martins Junior Magaly	04	2.51.70	07/04	resc
3 Sleewaegen Eline	04	2.53.93	07/04	resc
1500 m		RC : 4.53.37		
1 Dennison Chrystal	05	6.27.15	04/05	cabw
80 m haies (76 cm)		RC : 11.88		
1 Lucas Clara	04	13.18	11/05	rcas
300 m haies (76 cm)		RC : 45.51		
1 Martins Junior Magaly	04	48.67	04/05	cabw
2 Mayot Coiffard Hermine	05	56.60	28/04	csf
Hauteur		RC : 1m68		
1 Leonard Elise	05	1m40	04/05	cabw
2 Dennison Chrystal	05	1m36	05/05	resc

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3	Lucas Clara	04	1m35	11/05	rcas
4	Martins Junior Magaly	04	1m31	05/05	resc
Longueur		RC : 5m74			
1	Dossey Jennifer Stefania	04	5m45	31/05	cabw
2	Lucas Clara	04	4m95	28/04	csf
3	Leonard Elise	05	4m44	07/04	resc
4	Van Ex Alexia	04	4m33	28/04	csf
5	Mayot Coiffard Hermine	05	4m10	28/04	csf
6	De Gendt Oriane	05	3m93	26/05	rsca
7	Dennison Chrystal	05	3m82	28/04	csf
8	Khader Houda	05	2m68	05/05	resc
Triple saut		RC : 11m71			
1	Dossey Jennifer Stefani	04	11m49	27/04	csf
Perche		RC : 3m26			
1	Vanden Avont Camille	04	1m60	04/05	cabw
Poids (3 kg)		RC : 12m10			
1	Mathieu Julia	05	13m74	25/08	damp
2	Dennison Chrystal	05	8m17	04/05	cabw
3	Lucas Clara	04	8m04	11/05	rcas
Disque (1 kg)		RC : 37m60			
1	Mathieu Julia	05	31m59	25/08	damp
2	Lucas Clara	04	19m20	01/06	rcb
3	Molamba Aloti Medine	05	9m60	04/05	cabw
Javelot (500 gr)		RC : 41m46			
1	Merino Nohemi	04	20m55	04/05	cabw
2	Lucas Clara	04	17m44	12/05	rcas
Hexathlon		RC : 3901 p			
1	Lucas Clara	04	2832 p	12/05	rcas
4 x 100 m		RC : 50.59			
Mpinga, Tshanga, Leonard, Dossey		51.72	28/04	csf	
SCOLAIRES FEMMES					
100 m		RC : 12.33			
1	Sielinou Lisa	03	13.00	16/06	usbw
2	Pontara Lisa	03	13.49	07/04	resc
3	Kodomalo Nadia	03	14.89	07/04	resc
4	Perez Montero Ariadna	03	17.00	07/04	resc
200 m		RC : 25.1			
1	Sielinou Lisa	03	26.85	22/06	rcb
2	Kodomalo Nadia	03	31.68	05/05	resc
300 m		RC : 39.65			
1	Kodomalo Nadia	03	59.21	17/07	dac
400 m		RC : 56.03			
1	Viaene Luna	03	71.23	04/05	cabw
800 m		RC : 2.14.88			
1	Joblin Marine	02	2.16.41	25/08	damp
2	Nachtergal Marine	02	2.33.16	07/04	resc
3	Kurza Klaudia	02	2.44.16	07/04	resc
1000 m		RC : 3.01.95			
1	Joblin Marine	02	3.01.01	06/09	resc
2	Haouari Farrah	03	3.11.79	17/07	dac
1500 m		RC : 4.41.18			
1	Haouari Farrah	03	5.08.90	25/06	cabw
2	Nachtergal Marine	02	5.21.28	25/06	cabw
3	Kurza Klaudia	02	5.40.91	25/06	cabw
3000 m		RC : 10.41.31			
1	Haouari Farrah	03	11.30.81	06/04	ws
2	Kurza Klaudia	02	12.51.07	04/05	cabw
400 m haies (76 cm)		RC : 62.36			
1	Cuvelier Maela	02	113.51	04/05	cabw
2000 m steeple		RC : 8.45.82			
1	Haouari Farrah	03	8.05.35	04/05	cabw

Hauteur		RC : 1m68			
1	Golfa Sambay Clara	02	1m60	18/05	rcg
2	Viaene Luna	03	1m59	27/04	csf
Longueur		RC : 6m08			
1	Pontara Lisa	03	4m79	04/05	cabw
2	Kazadi Muanangabu Prescillia	03	3m67	05/05	resc
Triple saut		RC : 12m15			
1	Golfa Sambay Clara	02	10m14	04/05	cabw
Perche		RC : 3m36			
1	Nachtergal Marine	02	2m00	04/05	cabw
Poids (3 kg)		RC : 12m64			
1	Iven Kayla	02	11m20	28/04	csf
Disque (1 kg)		RC : 37m60			
1	Iven Kayla	02	29m04	28/04	csf
Javelot (500 gr)		RC : 41m46			
1	Iven Kayla	02	40m75	27/04	csf
2	Perez Montero Ariadna	03	10m21	07/09	csf
Javelot (600 gr)		RC : 36m78			
1	Iven Kayla	02	39m06	25/06	cabw
Marteau (3 kg)		RC : 43m80			
1	Khader Firdaous	03	20m09	04/05	cabw
4 x 100 m		RC : 48.97			
Pontara, Sielinou, Sidibe, Viaene		52.34	07/04	resc	
JUNIORS FEMMES					
100 m		RC : 12.03			
1	Derdari Yasmine	01	15.10	10/08	resc
200 m		RC : 24.65			
1	Ikolopemda Ekila	01	29.83	05/05	resc
2	Van Noppen Madeleine	01	31.47	05/05	resc
800 m		RC : 2.05.49			
1	Tcacenco Dumitrita	01	2.37.93	05/05	resc
1500 m		RC : 4.29.50			
1	Tcacenco Dumitrita	01	5.24.27	27/04	csf
Triple saut		RC : 12m15			
1	Ombeni Rachel	01	11m81	04/08	NOR
2	Vanden Bergh Joy	00	10m22	27/04	csf
SENIORS FEMMES					
100 m		RC : 11.42			
1	Zagre Anne	90	11.91	25/05	FIN
2	Morency Poilvache Alizee	98	12.02	31/05	cabw
3	Badji Jalika	96	12.60	13/07	kks
4	Joblin Odile	97	13.13	22/06	rcb
5	Cok Evelyn	91	13.15	01/06	vs
6	Simons Lina	96	13.45	01/06	vs
7	Van De Sype Chloe	97	14.60	05/05	resc
8	Bouvy Naomi	99	14.83	25/06	cabw
200 m		RC : 23.46			
1	Claes Hanne	91	23.88	20/07	avt
2	Morency Poilvache Alizee	98	25.06	01/06	vs
3	Badji Jalika	96	25.41	13/07	kks
4	Joblin Odile	97	26.77	22/06	rcb
5	Simons Lina	96	27.20	01/06	vs
6	Cok Evelyn	91	27.43	17/07	rfcl
300 m		RC : 38.04			
1	Badji Jalika	96	39.62	22/06	olse
2	Morency Poilvache Alizee	98	40.78	22/06	olse
3	Simons Lina	96	43.74	22/06	olse
400 m		RC : 53.51			
1	Badji Jalika	96	55.52	01/05	vs
2	Muls Camille	99	56.31	10/08	resc
3	Schawers Manon	99	57.84	25/06	cabw

Palmares 2019 outdoor.

4	Gillet Delphine	86	57.94	01/05	vs
5	Simons Lina	96	62.24	14/07	fcha
800 m		RC : 2.05.47			
1	Muls Camille	99	2.03.72	01/06	vs
2	Gillet Delphine	86	2.09.98	25/05	vs
3	Cok Evelyn	91	2.39.36	24/08	oeh
1500 m		RC : 4.12.85			
1	Muls Camille	99	4.16.33	24/08	oeh
3000 m		RC : 8.49.85			
1	Laurent Agnes	88	10.15.71	18/05	rcg
5000 m		RC : 15.41.24			
1	Imbo Kristel	96	19.19.21	25/05	FIN
100 m haies (84 cm)		RC : 12.71			
1	Zagre Anne	90	12.96	30/06	SUI
400 m haies (76 cm)		RC : 55.20			
1	Claes Hanne	91	55.36	01/09	resc
2	Badji Jalika	96	59.64	01/09	resc
3	Schauwers Manon	99	59.80	29/06	lebb
3000 m steeple		RC : 10.36.98			
1	Laurent Agnes	88	11.24.51	25/05	FIN
Hauteur		RC : 1m95			
1	De Bruecker Lisaline	98	1m25	27/04	csf
Longueur		RC : 6m28			
1	Guisse Saliyya	96	6m04	16/06	usbw
2	Caty Emelin	98	5m48	16/06	FRA
3	Kana Sephora	98	4m68	28/04	csf
4	De Bruecker Lisaline	98	4m32	05/05	resc
5	Bouvy Naomi	99	3m76	10/08	resc
Triple saut		RC : 12m92			
1	Guisse Saliyya	96	13m38	31/05	cabw
2	Kana Sephora	98	9m98	05/05	resc
3	De Bruecker Lisaline	98	9m79	05/05	resc
Perche		RC : 4m20			
1	Henry Chloe	87	4m15	05/01	POR
2	Van De Sype Chloe	97	3m20	01/05	vs
Poids (4 kg)		RC : 14m84			
1	Boumkwo Jolien	93	14m53	01/05	achl
Disque (1 kg)		RC : 47m99			
1	Boumkwo Jolien	93	42m25	01/05	achl
2	Van De Sype Chloe	97	25m84	01/05	vs
Javelot (600 gr)		RC : 39m06			
1	Montilla Morgane	98	33m46	23/08	resc
4 x 100 m		RC : 46.60			
Morency Poilvache, Guisse, Badji, Zagre		46.95		18/05	rcg
4 x 400 m		RC : 3.48.08			
Schauwers, Gillet, Muls, Badji		3.50.28		18/05	rcg
MASTERS FEMMES					
100 m		RC : 12.73			
1	Dewitte Valerie	80	13.93	16/06	acw
2	Boonaert Caroline	64	14.49	16/06	acw
3	Bonvin Draps Nathalie	80	14.50	16/06	acw
200 m		RC : 26.58			
1	Dewitte Valerie	80	28.35	16/06	acw
2	Bonvin Draps Nathalie	80	30.12	16/06	acw
3	Boonaert Caroline	64	30.63	16/06	acw
300 m		RC : 43.89			
1	Dewitte Valérie	80	45.13	11/05	SUI
400 m		RC : 60.23			
1	Dewitte Valerie	80	63.75	15/06	acw
2	Bonvin Draps Nathalie	80	72.39	02/06	csf

800 m		RC : 2.23.91			
1	Debaillie Isabelle	74	2.52.94	02/06	csf
3000 m		RC : 10.12.14			
1	Cardoso Da Rocha Maria Joao	64	16.26.05	02/06	csf
Hauteur		RC : 1m42			
1	Reynaerts Stephanie	80	1m30	02/06	csf
Longueur		RC : 5m26			
1	Adam Benedicte	78	2m36	02/06	csf
Poids (4 kg)		RC : 11m09			
1	Adam Benedicte	78	11m07	16/06	acw
2	Reynaerts Stephanie	80	9m27	16/06	acw
3	Bee Delphine	78	9m14	10/08	resc
4	De Buyst Nadia	73	6m89	16/06	acw
Disque (1 kg)		RC : 34m32			
1	Reynaerts Stephanie	80	31m80	16/06	acw
2	Adam Benedicte	78	27m64	16/06	acw
3	De Buyst Nadia	73	24m49	02/06	csf
Javelot (600 gr)		RC : 29m63			
1	Reynaerts Stephanie	80	27m27	30/06	acw
2	Adam Benedicte	78	26m68	16/03	crac
Marteau (4 kg)		RC : 33m35			
1	Reynaerts Stephanie	80	29m42	18/05	rcg
Grand poids (9,08 kg)		RC : 9m51			
1	Reynaerts Stephanie	80	8m79	30/06	acw
Pentathlon de lancers (W35)		RC : -			
1	Reynaerts Stephanie	80	2402 p	30/06	acw
4 x 100 m		RC : 52.98			
Bonvin-Draps, Reynaerts, Debaillie, Boonaert		58.95		02/06	csf

BENJAMINS GARCONS

60 m		RC : 9.17			
1	Ben Ahmed Yanis	10	9.42	14/07	vita
2	Mbuyi Kalonda Benjamin	10	10.04	07/04	resc
3	Ouattara Noham	10	10.34	01/05	rcas
4	Guellet Elijah	10	10.39	05/05	resc
5	Chekem Amon Re	11	10.40	14/07	vita
	Mievis Lionel	11	10.40	23/08	resc
7	Sanchez Diego	10	10.49	01/05	rcas
8	Theyskens Alexis	10	10.58	10/08	resc
9	Kehl Nicolas	10	10.99	23/08	resc
10	Xhonneux Rafael	10	11.00	06/04	ws
11	Michels Antoine	10	11.16	07/04	resc
12	Arys Luca	10	11.25	23/08	resc
13	Ghesquiere Alexandre	11	11.26	23/08	resc
14	Hendrichs Hadrien	10	11.46	07/04	resc
15	Philips Raphael	11	11.52	20/04	csf
16	Segers Lucas	11	11.59	05/05	resc
17	Oulhaj Milan	11	11.60	10/08	resc
18	Coppy Yannic	11	11.81	05/05	resc
19	Rozzi Arthur	11	11.82	23/08	resc
20	Kamara Noa	10	12.21	07/04	resc
21	Hendrichs Victor	10	12.78	01/05	rcas
600 m		RC : 1.57.80			
1	Ben Ahmed Yanis	10	1.58.91	31/08	dac
2	Chekem Amon-Re	11	2.09.46	01/05	rcas
3	Theyskens Alexis	10	2.11.18	31/08	dac
4	Ouattara Noham	10	2.13.78	02/06	vita
5	Mievis Lionel	11	2.15.72	20/04	csf
6	Arys Luca	10	2.21.61	20/04	csf
7	Michels Antoine	10	2.22.14	07/04	resc
8	Hendrichs Hadrien	10	2.22.55	14/07	vita
9	Oulhaj Milan	11	2.26.76	10/08	resc
10	Xhonneux Rafael	10	2.30.16	06/04	ws
11	Guellet Elijah	10	2.31.12	05/05	resc
12	Hendrichs Victor	10	2.35.76	07/04	resc
13	Rozzi Arthur	11	2.35.20	05/05	resc
14	Coppy Yannic	11	2.35.89	07/04	resc
15	Segers Lucas	11	2.37.60	05/05	resc

Palmares 2019 outdoor.

16	Ghesquiere Alexandre	11	2.40.71	07/04	resc
17	Philips Raphael	11	2.41.42	20/04	csf

Hauteur					
RC : 1m25					
1	Kehl Nicolas	10	1m03	31/08	dac
2	Arys Luca	10	1m00	28/06	resc
3	Michels Antoine	10	1m00	28/06	resc
	Xhonneux Rafael	10	1m00	28/06	resc
5	Hendrichs Hadrien	10	0m90	01/05	rcas
6	Mievis Lionel	11	0m85	28/06	resc
	Oulhaj Milan	11	0m85	28/06	resc
	Verbaandert Cesar	10	0m85	28/06	resc
9	Guellet Elijah	10	0m80	26/05	rsca
10	Ghesquiere Alexandre	11	0m75	28/06	resc

Longueur					
RC : 4m19					
1	Ben Ahmed Yanis	10	3m29	31/08	dac
2	Ouattara Noham	10	3m05	02/06	vita
3	Arys Luca	10	3m00	23/08	resc
4	Chekem Amon-Re	11	2m89	14/07	vita
5	Theyskens Alexis	10	2m88	31/08	dac
6	Michels Antoine	10	2m76	31/08	dac
7	Guellet Elijah	10	2m73	05/05	resc
8	Xhonneux Rafael	10	2m69	05/05	resc
9	Mievis Lionel	11	2m66	23/08	resc
10	Kehl Nicolas	10	2m57	23/08	resc
11	Coppy Yannic	11	2m49	02/06	vita
12	Ghesquiere Alexandre	11	2m39	23/08	resc
13	Hendrichs Hadrien	10	2m38	05/05	resc
14	Rozzi Arthur	11	2m29	23/08	resc
15	Segers Lucas	11	2m17	23/08	resc
16	Philips Raphael	11	2m13	20/04	csf
17	Kamara Noa	10	2m08	05/05	resc
18	Hendrichs Victor	10	2m01	05/05	resc

Poids (1 kg)					
RC : 11m68					
1	Ouattara Noham	10	7m54	28/06	resc
2	Michels Antoine	10	6m90	28/06	resc
3	Arys Luca	10	6m87	06/09	csf
4	Coppy Yannic	11	5m87	02/06	vita
5	Verbaandert Cesar	10	5m22	28/06	resc
6	Xhonneux Rafael	10	4m93	28/06	resc
7	Kamara Noa	10	4m84	28/06	resc
8	Rozzi Arthur	11	4m50	28/06	resc
9	Ghesquiere Alexandre	11	4m38	28/06	resc
10	Mievis Lionel	11	4m08	28/06	resc
11	Oulhaj Milan	11	4m00	28/06	resc

Balle de hockey					
RC : 40m13					
1	Arys Luca	10	26m98	07/09	csf
2	Hendrichs Hadrien	10	20m79	07/04	resc
3	Hendrichs Victor	10	19m05	07/04	resc
4	Michels Antoine	10	17m53	07/04	resc
5	Theyskens Alexis	10	17m44	10/08	resc
6	Chekem Amon-Re	11	16m84	07/04	resc
7	Mievis Lionel	11	16m47	10/08	resc
8	Kamara Noa	10	15m83	07/04	resc
9	Philips Raphael	11	15m37	10/08	resc
10	Xhonneux Rafael	10	13m49	10/08	resc
11	Oulhaj Milan	11	10m31	10/08	resc

Tetathlon					
RC : 2099 p					
1	Chekem Amon-Re	11	863 p	20/04	csf
2	Mievis Lionel	11	791 p	20/04	csf
3	Arys Luca	10	733 p	20/04	csf
4	Xhonneux Rafael	10	503 p	20/04	csf
5	Philips Raphael	11	337 p	20/04	csf

4 x 60 m					
RC : 37.73					
	Ouattaran, Mbuyi Kalonda, Coppy, Ben Ahmed		41.01	07/04	resc

PUPILLES GARCONS

60 m					
RC : 8.09					
1	Ouattara Reda	08	8.62	02/06	vita
2	Kubiak Joachim	09	9.20	01/05	rcas
	Soudon Jules	08	9.20	07/04	resc
4	Kenaiti Yanis	08	9.29	23/08	resc
5	Oulhaj Hugo	08	9.34	28/07	dac
6	Arifi Rayane	08	9.46	20/04	csf
7	Dekeyser Arthur	08	9.68	10/08	resc
8	Balcaen Max	08	9.76	07/04	resc
9	De Gendt Lucien	08	9.84	02/06	vita
10	Uzcatogui Rodriguez Leon	09	9.92	23/08	resc

11	Coppy Kenneth	08	9.94	05/05	resc
12	Philips Bastien	09	9.99	14/07	vita
13	Guerron Sebastian	09	10.01	07/04	resc
14	Delneufcourt Noah	09	10.06	26/05	rsca
15	Delneufcourt Hugo	09	10.08	14/07	vita
16	Arifi Sohaib	08	10.10	02/06	vita
17	Verleyen Jakob	08	10.16	23/08	resc
18	Haub Tobias	09	10.53	05/05	resc
19	Abdellaoui Ismael	01	10.64	02/06	vita

1000 m					
RC : 3.14.18					
1	Kenaiti Yanis	08	3.18.22	10/08	resc
2	Delneufcourt Hugo	09	3.44.48	14/07	vita
3	Oulhaj Hugo	08	3.45.56	05/05	resc
4	Dekeyser Arthur	08	3.47.94	02/06	vita
5	Arifi Rayane	08	3.50.50	20/04	csf
6	Delneufcourt Noah	09	3.52.94	20/04	csf
7	Soudon Jules	08	3.54.84	23/08	resc
8	Kubiak Joachim	09	3.57.89	10/08	resc
9	Haub Tobias	09	4.02.39	05/05	resc
10	Verleyen Jakob	08	4.02.67	07/04	resc
11	Balcaen Max	08	4.04.88	05/05	resc
12	Abdellaoui Ismael	09	4.08.07	02/06	vita
13	Dekeyser Arthur	08	4.08.27	23/08	resc
14	Coppy Kenneth	08	4.11.54	05/05	resc
15	Bouchfira Camille	08	4.14.87	07/04	resc
16	Uzcatogui Rodriguez Leon	09	4.31.83	07/04	resc
17	Philips Bastien	09	4.35.33	20/04	csf

60 m haies (76 cm)					
RC : 10.0					
1	Ouattara Reda	08	11.53	02/06	vita
2	Haub Tobias	09	14.19	05/05	resc

Hauteur					
RC : 1m49					
1	Dekeyser Arthur	08	1m23	31/08	dac
2	De Gendt Lucien	08	1m20	26/05	rsca
	Kubiak Joachim	09	1m20	28/06	resc
	Ouattara Reda	08	1m20	28/06	resc
5	Soudon Jules	08	1m15	26/05	rsca
6	Haub Tobias	09	1m10	28/06	resc
	Oulhaj Hugo	08	1m10	28/06	resc
8	Delneufcourt Hugo	09	1m05	26/05	rsca
9	Delneufcourt Noah	09	1m00	28/06	resc
	Verleyen Jakob	08	1m00	28/06	resc

Longueur					
RC : 4m75					
1	Ouattara Reda	08	4m15	02/06	vita
2	De Gendt Lucien	08	3m96	02/06	vita
3	Dekeyser Arthur	08	3m69	02/06	vita
4	Arifi Rayane	08	3m63	20/04	csf
5	Oulhaj Hugo	08	3m56	20/04	csf
6	Kubiak Joachim	09	3m49	07/04	resc
7	Philips Bastien	09	3m32	20/04	csf
8	Coppy Kenneth	08	3m27	02/06	vita
9	Arifi Sohaib	08	3m26	02/06	vita
10	Delneufcourt Hugo	09	3m25	20/04	csf
11	Abdellaoui Ismael	09	3m17	02/06	vita
12	Guerron Sebastian	09	3m12	07/04	resc
	Uzcatogui Rodriguez Leon	09	3m12	31/08	dac
14	Balcaen Oscar	08	3m02	07/04	resc
	Delneufcourt Noah	09	3m02	20/04	csf
16	Verleyen Jacob	08	3m01	07/04	resc

Poids (2 kg)					
RC : 11m71					
1	Arifi Rayane	08	8m25	22/06	rcb
2	Ouattara Reda	08	7m34	28/06	resc
3	Soudon Jules	08	6m61	01/05	rcas
4	Oulhaj Hugo	08	6m37	28/07	dac
5	Kubiak Joachim	09	6m13	28/06	resc
6	Delneufcourt Noah	09	5m24	28/06	resc
7	Haub Tobias	09	5m05	28/06	resc
8	Verleyen Jakob	08	5m02	28/06	resc
9	Delneufcourt Hugo	09	4m19	28/06	resc

Balle de hockey					
RC : 46m50					
1	Ouattara Reda	08	43m89	02/06	vita
2	Coppy Kenneth	08	35m31	02/06	vita
3	Dekeyser Arthur	08	32m07	20/04	csf
4	Arifi Sohaib	08	30m09	02/06	vita
5	Arifi Rayane	08	29m60	20/04	csf
6	Balcaen Oscar	08	26m80	05/05	resc
7	Delneufcourt Noah	09	26m39	20/04	csf
8	Philips Bastien	09	26m38	20/04	csf
9	Delneufcourt Hugo	09	26m26	14/07	vita

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10	Kubiak Joachim	09	24m55	23/08	resc
11	Soudon Jules	08	23m65	23/08	resc
12	Guerron Sebastian	09	23m38	05/05	resc
13	Haub Tobias	09	22m03	05/05	resc
14	Uzcatogui Rodriguez Leon	09	20m91	23/08	resc
15	Oulhaj Hugo	08	17m67	20/04	csf

Tetrathlon		RC : 2516 p			
1	Oulhaj Hugo	08	1576 p	28/07	dac
2	Arifi Rayane	08	1551 p	20/04	csf
3	Delneufcourt Hugo	09	1277 p	20/04	csf
4	Delneufcourt Noah	09	1219 p	20/04	csf
5	Philips Bastien	09	1029 p	20/04	csf
6	Dekeyser Arthur	08	1018 p	20/04	csf

4 x 60 m		RC : 33.25			
Soudon, Kubiak, Balcaen, Ouattara		35.13	07/04	resc	

MINIMES GARCONS

80 m		RC : 9.66			
1	Mbuyi Tshinyongolo Tresor	06	10.65	28/07	dac
2	Guellet Shadi	07	11.55	26/05	rsca
3	Taieb Hilel	06	11.61	14/07	vita
4	Labruyere Maxime	06	11.84	01/05	rcas
5	Ezzeddine Adam	07	11.92	01/05	rcas
6	Tshanga Diumba John Ross	07	11.95	20/04	csf
7	Mertens de Wilmars Raphael	07	12.07	05/05	resc
8	Poortman Matheo	07	12.12	28/07	dac
9	Van Den Brempt Mathis	07	12.35	20/04	csf
10	Vilain Nicolas	07	12.43	20/04	csf
11	Verriez Ludovic	06	12.53	14/07	vita
12	Lair Adrien	06	12.74	05/05	resc
13	De Greef Guillaume	07	12.92	05/05	resc
14	Vanden Avont Gauthier	06	14.43	05/05	resc

150 m		RC : 18.43			
1	Mbuyi Tshinyongolo Tresor	06	19.49	02/06	vita
2	Labruyere Maxime	06	21.75	01/05	rcas
3	Dakir Anis	06	22.23	07/04	resc
4	Tshanga Diumba John Ross	07	22.34	07/04	resc
5	Poortman Matheo	07	22.57	07/04	resc
6	Van Den Brempt Mathis	07	23.37	07/04	resc
7	Mvulu Kimana Steve	07	23.57	07/04	resc
8	Huyghe Gauthier	07	23.59	07/04	resc
9	Verriez Ludovic	06	23.67	07/04	resc
10	Vilain Nicolas	07	24.25	02/06	vita
11	Lair Adrien	06	24.32	07/04	resc
12	Ezzeddine Adam	07	24.80	07/04	resc
13	Van Mossevelde Sami	07	25.23	07/04	resc

300 m		RC : 40.86			
1	Poortman Matheo	07	47.79	10/08	resc
2	Taieb Hilel	06	51.39	14/07	vita
3	Lair Adrien	06	52.46	10/08	resc
4	Vilain Nicolas	07	53.82	14/07	vita

1000 m		RC : 3.01.77			
1	Mbuyi Tshinyongolo Tresor	06	3.18.27	28/07	dac
2	Guellet Shadi	07	3.26.67	05/05	resc
3	Poortman Matheo	07	3.27.91	05/05	resc
4	Van Den Brempt Mathis	07	3.28.05	05/05	resc
5	Taieb Hilel	06	3.40.52	23/08	resc
6	Van Mossevelde Sami	07	3.42.19	07/04	resc
7	Verriez Ludovic	06	3.42.78	14/07	vita
8	Tshanga Diumba John Ross	07	3.45.74	20/04	csf
9	Labruyere Maxime	06	3.55.05	05/05	resc
10	Vilain Nicolas	07	4.05.79	23/08	resc
11	De Greef Guillaume	07	4.09.29	05/05	resc
12	Ezzeddine Adam	07	4.23.59	20/04	csf

Hauteur		RC : 1m73			
1	Mbuyi Tshinyongolo Tresor	06	1m44	10/08	vita
2	Guellet Shadi	07	1m30	26/05	rsca
3	Poortman Matheo	07	1m21	05/05	resc
4	Van Den Brempt Mathis	07	1m16	05/05	resc
5	Verriez Ludovic	06	1m15	26/05	rsca
	Vilain Nicolas	07	1m15	02/06	vita
7	Lair Adrien	06	1m11	05/05	resc

Longueur		RC : 5m73			
1	Mbuyi Tshinyongolo Tresor	06	4m88	02/06	vita
2	Poortman Matheo	07	4m05	07/04	resc

3	Tshanga Diumba John Ross	07	4m03	20/04	csf
4	Van Den Brempt Mathis	07	3m84	01/05	rcas
5	Labruyere Maxime	06	3m73	07/04	resc
6	Lair Adrien	06	3m68	07/04	resc
7	Huyghe Gauthier	07	3m64	07/04	resc
8	Dakir Anis	06	3m45	07/04	resc
9	Mvulu Kimana Steve	07	3m42	07/04	resc
10	Van Mossevelde Sami	07	3m39	07/04	resc
11	Verriez Ludovic	06	3m30	07/04	resc
12	Ezzeddine Adam	07	3m28	20/04	csf
13	Vilain Nicolas	07	3m08	20/04	csf

Poids (3 kg)		RC : 14m71			
1	Mbuyi Tshinyongolo Tresor	06	9m10	31/08	dac
2	Huyghe Gauthier	07	6m78	25/05	csf
3	Poortman Matheo	07	6m40	28/07	dac
4	Lair Adrien	06	6m23	10/08	resc
5	Tshanga Diumba John Ross	07	6m13	20/04	csf
6	Taieb Hilel	06	5m81	23/08	resc
7	Van Mossevelde Sami	07	5m24	28/06	resc
8	Panneels Mathieu	07	5m16	28/06	resc
9	Van Den Brempt Mathis	07	5m15	20/04	csf
10	Vilain Nicolas	07	4m86	23/08	resc
11	Ezzeddine Adam	07	4m81	20/04	csf
12	Labruyere Maxime	07	4m74	28/06	resc
13	Verriez Ludovic	06	4m45	28/06	resc

Disque (750 gr)		RC : 45m01			
1	Tshanga Diumba John Ross	07	19m29	01/05	rcas
2	Huyghe Gauthier	07	17m26	01/05	rcas
3	Cornelis Darwin	06	14m23	01/05	rcas

Javelot (400 gr)		RC : 45.91			
1	Mbuyi Tshinyongolo Tresor	06	28m48	28/06	resc
2	Huyghe Gauthier	07	25m38	28/06	resc
3	Van Mossevelde Sami	07	19m21	28/06	resc
4	Poortman Matheo	07	18m86	20/04	csf
5	Labruyere Maxime	07	18m75	28/06	resc
6	Tshanga Diumba John Ross	07	18m20	20/04	csf
7	Vilain Nicolas	07	18m03	28/06	resc
8	Ezzeddine Adam	07	16m97	20/04	csf
9	Van Den Brempt Mathis	07	14m21	20/04	csf
10	Verriez Ludovic	06	14m06	20/04	csf
11	Lair Adrien	06	12m75	28/06	resc
12	Panneels Mathieu	07	10m88	28/06	resc

Pentathlon		RC : 4135 p			
1	Mbuyi Tshinyongolo Tresor	06	2985 p	28/07	dac
2	Poortman Matheo	07	2006 p	20/04	csf
3	Tshanga Diumba John Ross	07	1969 p	20/04	csf
4	Van Den Brempt Mathis	07	1697 p	20/04	csf
5	Ezzeddine Adam	07	1311 p	20/04	csf
6	Verriez Ludovic	06	1293 p	20/04	csf
7	Vilain Nicolas	07	1289 p	20/04	csf

4 x 80 m		RC : 41.08			
Ezzeddine, Tshnaga, Labruyere, Mbuyi		45.39	11/05	rcas	

CADETS GARCONS

100 m		RC : 11.31			
1	Gruson Augustin	04	11.78	22/06	rcb
2	Mbuyi Bodika William	04	11.90	07/04	resc
3	Sibourg Valentin	04	12.17	07/04	resc
4	Biala Kenny Felder	05	12.22	23/08	resc
5	Englebert Timothee	04	12.41	11/05	rcas
6	Guillaume Clement	04	12.43	23/08	resc
7	Arifi Ilias	04	12.63	11/05	rcas
8	Derome Julien	04	12.86	06/04	ws
9	Harroud Ayman	05	13.08	28/04	csf
10	Ruelle Arthur	04	13.22	28/04	csf
11	Ben Ali Salim	04	14.37	07/04	resc
12	Kamara Sanael	04	15.33	05/05	resc

200 m		RC : 23.14			
1	Mbuyi Bodika William	04	24.69	28/04	csf
2	Biala Kenny Felder	05	24.91	25/08	damp
3	Guillaume Clement	04	25.00	23/08	resc
4	Derome Julien	04	26.59	05/05	resc
5	Ruelle Arthur	04	26.66	05/05	resc

400 m		RC : 52.24			
1	Sibourg Valentin	04	59.98	04/05	cabw

Palmares 2019 outdoor.

800 m	RC : 1.59.30			
1 Derome Julien	04	2.28.64	07/04	resc
2 Arifi Reda	05	2.29.73	04/05	cabw
3 Mohsine Anass	05	2.29.99	07/04	resc
4 Ben Ali Salim	04	2.34.10	28/04	csf

1000 m	RC : 2.43.18			
1 Gruson Augustin	04	2.59.14	12/05	rcas
2 Derome Julien	04	3.04.25	01/06	rcb
3 Arifi Ilias	04	3.04.81	12/05	rcas
4 Englebert Timothee	04	3.06.54	12/05	rcas
5 Sibourg Valentin	04	3.30.06	18/08	ob

1500 m	RC : 4.10.9			
1 Biala Kenny Felder	02	4.56.53	04/05	cabw
2 Mohsine Anass	05	5.12.71	27/04	csf
3 Derome Julien	04	5.12.84	27/04	csf

100 m haies (91 cm)	RC : 14.02			
1 Arifi Ilias	04	15.58	25/08	damp
2 Sibourg Valentin	04	16.13	01/06	rcb
3 Gruson Augustin	04	16.25	12/05	rcas
4 Ivens Filip	04	19.28	27/04	csf
5 Englebert Timothee	04	21.47	18/08	ob

300 m haies (76 cm)	RC : 40.07			
1 Arifi Ilias	04	43.33	25/08	damp

Hauteur	RC : 1m91			
1 Englebert Timothee	04	1m75	01/06	rcb
2 Arifi Ilias	04	1m65	01/06	rcb
3 Sibourg Valentin	04	1m55	17/08	ob
4 Gruson Augustin	04	1m45	12/05	rcas
5 Poortman Lucas	05	1m00	06/04	ws

Longueur	RC : 6m70			
1 Englebert Timothee	04	6m53	22/06	rcb
2 Gruson Augustin	04	6m52	01/06	rcb
3 Arifi Ilias	04	5m41	11/05	rcas
4 Ivens Filip	04	5m10	07/04	resc
Sibourg Valentin	04	5m10	22/06	rcb
6 Derome Julien	04	4m67	05/05	resc

Perche	RC : 3m76			
1 Englebert Timothee	04	3m20	18/08	ob
2 Gruson Augustin	04	2m60	11/05	rcas
Van Elsuwe Alexis	04	2m60	27/04	csf

Poids (4 kg)	RC : 14m42			
1 Englebert Timothee	04	13m09	11/05	rcas
2 Gruson Augustin	04	11m29	11/05	rcas
3 Sibourg Valentin	04	10m13	22/06	rcb
4 Van Elsuwe Alexis	04	9m46	28/04	csf
5 Arifi Ilias	04	9m44	11/05	rcas
6 Ivens Filip	04	8m82	07/09	csf
7 Derome Julien	04	6m95	07/04	resc

Disque (1 kg)	RC : 48m77			
1 Englebert Timothee	04	33m35	28/04	csf
2 Ivens Filip	04	30m11	07/09	csf
3 Arifi Ilias	04	28m62	28/04	csf

Javelot (600 gr)	RC : 44m54			
1 Ivens Filip	04	34m86	07/09	csf
2 Englebert Timothee	04	32m36	12/05	rcas
3 Gruson Augustin	04	30m02	12/05	rcas
4 Sibourg Valentin	04	27m83	18/08	ob
5 Arifi Ilias	04	24m18	27/04	csf

Octathlon	RC : 5037 p			
1 Gruson Augustin	04	4079 p	12/05	rcas
2 Englebert Timothee	04	3687 p	12/05	rcas
3 Arifi Ilias	04	3377 p	12/05	rcas
4 Sibourg Valentin	04	3138 p	18/08	ob

4 x 100 m	RC : 44.36		
Gruson, Englebert, Sibourg, Mbuyi	46.23	08/09	olse

SCOLAIRES HOMMES

100 m	RC : 10.83		
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1 Medan Marko	03	11.50	22/06	rcb
2 Manuel Duarte Ivan	02	11.75	28/04	csf
3 Doudouhi Reda	02	11.79	28/04	csf
4 Yahni Sayat	02	11.83	22/06	rcb
5 Beyaert Corentin	02	12.21	06/04	ws
6 Liley Kevin	02	12.31	04/05	cabw
8 Montilla Alexis	02	12.51	27/07	dac
7 De Tollenaere Tom	03	12.61	11/05	rcas
9 Chekem Ramses	03	12.64	11/05	rcas
10 M'Rabet Tamsamani Soufiane	03	13.49	07/04	resc

200 m	RC : 21.97			
1 Medan Marko	03	23.06	22/06	rcb
2 Yahni Sayat	02	24.10	23/08	resc
3 Doudouhi Reda	02	24.15	28/04	csf
4 Beyaert Corentin	02	25.20	28/04	csf

400 m	RC : 49.48			
1 Beyaert Corentin	02	54.05	11/05	rcas
2 De Tollenaere Tom	03	59.42	11/05	rcas
3 Chekem Ramses	03	58.41	11/05	rcas
4 Montilla Alexis	02	60.06	27/07	dac
5 Vanden Avont Olivier	02	66.28	04/05	cabw

800 m	RC : 1.55.41			
1 Dakir Adnan	02	2.11.48	07/04	resc
2 Willems Dorian	02	2.15.23	07/04	resc
3 Gouda Farag	03	2.15.86	05/05	resc
Mullender Sebastien	02	2.15.86	05/05	resc
5 M'Rabet Tamsamani Soufiane	02	2.21.92	07/04	resc
6 Poortman Romain	03	2.30.87	10/08	resc

1500 m	RC : 4.00.79			
1 Beyaert Corentin	02	4.36.77	12/05	rcas
2 Willems Dorian	02	4.41.82	04/05	cabw
3 Montilla Alexis	02	5.08.38	28/07	dac
4 Chekem Ramses	03	5.20.41	12/05	rcas
5 De Tollenaere Tom	03	5.22.40	12/05	rcas

3000 m	RC : 8.33.14			
1 Lafnachi Reda	02	9.52.59	04/05	cabw

110 m haies (91 cm)	RC : 13.65			
1 Beyaert Corentin	02	15.72	27/04	csf
2 Chekem Ramses	03	18.41	12/05	rcas
3 De Tollenaere Tom	03	20.93	12/05	rcas

400 m haies (84 cm)	RC : 56.13			
1 Beyaert Corentin	02	58.53	04/05	cabw

2000 m steeple	RC : 6.10.2			
1 Mullender Sebastien	02	7.13.14	04/05	cabw

Hauteur	RC : 2m05			
1 Beyaert Corentin	02	1m65	11/05	rcas
Montilla Alexis	02	1m65	29/05	csf
3 Chekem Ramses	03	1m55	11/05	rcas
4 De Tollenaere Tom	03	1m50	11/05	rcas

Longueur	RC : 7m59			
1 Chekem Ramses	03	5m92	22/06	rcb
2 De Tollenaere Tom	03	5m62	11/05	rcas
3 Montilla Alexis	02	5m46	28/04	csf
4 Beyaert Corentin	02	5m34	22/06	rcb

Triple saut	RC : 15m64			
1 Liley Kevin	02	11m76	04/05	cabw

Perche	RC : 4m36			
1 De Tollenaere Tom	03	3m44	07/09	usbw
2 Montilla Alexis	02	3m20	28/07	dac
3 Beyaert Corentin	02	3m03	05/05	resc
4 Chekem Ramses	03	2m80	12/05	rcas

Poids (5 kg)	RC : 14m35			
1 Montilla Alexis	02	12m40	27/07	dac
2 De Tollenaere Tom	03	11m35	11/05	rcas
3 Chekem Ramses	03	10m87	22/06	rcb
4 Beyaert Corentin	02	10m07	22/06	rcb

Disque (1,5 kg)	RC : 44m44			
1 Montilla Alexis	02	31m48	28/04	csf

Palmares 2019 outdoor.

2	De Tollenaere Tom	03	25m47	28/07	dac
3	Beyaert Corentin	02	24m75	12/05	rcas
4	Chekem Ramses	03	23m52	12/05	rcas

Javelot (700 gr)		RC : 52m73			
1	Montilla Alexis	02	50m71	28/07	dac
2	De Tollenaere Tom	03	42m76	25/08	damp
3	Beyaert Corentin	02	32m36	06/04	ws
4	Chekem Ramses	03	27m17	27/04	csf

Javelot (800 gr)		RC : -			
1	Montilla Alexis	02	49m79	10/08	resc

Marteau (5 kg)		RC : 53m41			
1	Chekem Ramses	03	23m61	04/05	cabw

Decathlon		RC : 5708 p			
1	Montilla Alexis	02	4930 p	28/07	dac
2	Beyaert Corentin	02	4872 p	12/05	rcas
3	De Tollenaere Tom	03	4268 p	12/05	rcas
4	Chekem Ramses	03	4252 p	12/05	rcas

4 x 100 m		RC : 42.91			
Yahni, Medan, Manuel Duarte, Doudouhi					
			44.86	06/09	resc

JUNIORS HOMMES

100 m		RC : 10.71			
1	Kasmi Amine	00	10.74	01/06	vs

200 m		RC : 21.0			
1	Kasmi Amine	00	21.41	05/05	resc

1500 m		RC : 3.48.9			
1	Tabbakh Yassine	00	4.53.31	27/04	csf

SENIORS HOMMES

100 m		RC : 10.02			
1	Niesen Charles	94	10.56	10/06	NED
2	Tshitwenu Florian	97	10.71	05/05	resc
3	Badji Asanti	95	11.02	23/06	avlo
4	Okeowo Perdejo	99	11.03	25/05	FIN
5	Kalmen Adam	98	11.06	05/05	resc
6	Lins Sebastien	92	11.09	21/07	rcg
7	Szerman Melvin	97	11.31	31/05	cabw
8	Montilla Dimitri	98	11.32	26/07	FRA
9	Geerts Gregory	99	11.61	28/04	csf
10	Uwamungu Ngira Olivier	96	11.76	03/07	vita
11	Gets Florent	91	11.83	17/08	ob
12	Fassil Aboubaker	91	11.96	10/08	resc
13	Balsen Julien	86	12.04	10/08	resc
14	Ramiandrisoa Raphael	99	12.31	05/05	resc
15	Temsamani Ilias	99	12.35	01/05	vs

200 m		RC : 20.66			
1	Niesen Charles	94	21.36	01/06	vs
2	Badji Asanti	95	21.49	23/06	avlo
3	Lins Sebastien	92	21.70	03/07	vita
4	Kalmen Adam	98	21.84	01/06	vs
5	Borlee Rayane	99	22.46	13/04	USA
6	Caty Dylan	97	22.50	03/07	FRA
7	Szerman Melvin	97	23.12	19/05	FRA
8	Vandenhoeke Arthur	96	23.24	03/08	vita
9	Barghout Azze-eddine	99	23.65	10/08	resc
10	Uwamungu Ngira Olivier	96	23.71	07/09	dein
11	Balsen Julien	86	24.29	10/08	resc
12	Fassil Aboubaker	91	24.47	13/07	kks
13	Ramiandrisoa Raphael	99	24.95	05/05	resc
14	Temsamani Ilias	99	25.58	10/08	resc

300 m		RC : 33.10			
1	Badji Asanti	95	34.24	17/07	rfcl
2	Lins Sebastien	92	34.66	28/07	avt
3	Vandenhoeke Arthur	96	36.77	28/07	avt
4	Uwamungu Ngira Olivier	96	37.94	28/08	vita

400 m		RC : 45.98			
1	Badji Asanti	95	46.89	01/09	resc
2	Lins Sebastien	92	47.21	31/08	resc
3	Hanne Mamadou Elimane	88	47.50	10/06	FRA
4	Kabuya Hugues	97	50.88	23/08	resc
5	Montilla Dimitri	98	50.95	27/04	ITA

6	Vandenhoeke Arthur	96	51.17	31/08	resc
7	Gets Florent	91	51.49	17/08	ob

800 m		RC : 1.46.60			
1	Balhan Pierre Antoine	92	1.48.46	17/07	rfcl
2	Moukrime Tarik	92	1.49.21	03/08	vita
3	Petitjean Simon	96	1.52.84	05/05	resc
4	Chergui Mouhsine	99	2.06.83	05/05	resc

1500 m		RC : 3.36.96			
1	Petitjean Simon	96	3.47.02	23/06	avlo
2	Ruell Kim	87	3.54.00	08/06	lyra
3	Gets Florent	91	4.33.44	18/08	ob
4	Montilla Dimitri	98	4.38.67	28/04	ITA

3000 m		RC : 7.47.22			
1	Balhan Pierre Antoine	92	8.28.26	19/05	cabw

2 miles		RC : 11.46.78			
1	Ruell Kim	87	9.16.08	30/06	abes

5000 m		RC : 13.22.81			
1	Naert Koen	89	14.07.20	25/05	FIN
2	Ruell Kim	87	14.45.75	19/05	cabw

110 m haies (106 cm)		RC : 13.48			
1	Caty Dylan	97	13.90	17/07	rfcl
2	Ruffacq Quentin	89	14.45	19/05	cabw
3	Montilla Dimitri	98	14.76	05/05	FRA
4	Okeowo Perdejo	99	15.12	05/05	resc
5	Gets Florent	91	15.70	28/07	dac

400 m haies (91 cm)		RC : 48.91			
1	Nicodeme Romain	95	51.22	23/07	resc
2	Montilla Dimitri	98	57.09	23/08	resc

3000 m steeple		RC : 8.24.90			
1	Bouissane Youssef	94	8.54.22	25/05	vs
2	Petitjean Simon	96	9.28.16	25/05	FIN

Marathon		RC : 2h09.51			
1	Naert Koen	89	2h07.39	07/04	NED
2	Hendriks Jeroen	86	2h22.48	12/05	rfcl

Hauteur		RC : 2m21			
1	Gamuala Ngamunguela Jos	98	2m09	01/09	resc
2	Montilla Dimitri	98	1m96	08/06	ESP
3	Gets Florent	91	1m85	10/08	resc

Longueur		RC : 7m98			
1	Campener Corentin	90	7m72	19/05	cabw
2	Caluwe Arnaud	91	7m13	09/06	FRA
3	Montilla Dimitri	98	7m07	10/08	resc
4	Gets Florent	91	6m52	17/08	ob
5	Gamuala Ngamunguela Jos	98	6m02	10/08	resc
6	Fassil Aboubaker	91	5m85	28/04	csf
7	Mopide Kissoca Alexandre	97	5m68	10/08	resc
8	Uwamungu Ngira Olivier	96	5m67	07/09	dein

Triple saut		RC : 16m86			
1	Geerts Gregory	99	14m23	31/05	cabw

Perche		RC : 5m25			
1	De Water Timo	91	5m10	26/07	HOL
2	Montilla Dimitri	98	4m80	29/06	lebb
3	Gets Florent	91	3m60	28/07	dac

Poids (7,26 kg)		RC : 15m28			
1	Guillaume Jonathan	92	15m64	07/09	csf
2	Montilla Dimitri	98	13m43	14/07	fcha
3	Gets Florent	91	12m99	13/07	kks
4	Bernard Tom	93	11m42	30/06	acw

Disque (2 kg)		RC : 51m56			
1	Salvaggio Claudio	92	43m49	31/05	cabw
	Gets Florent	91	43m49	12/07	asvo
3	Montilla Dimitri	98	40m11	31/05	cabw
4	Guillaume Jonathan	92	38m34	22/04	bbs
5	Brocart Florent	87	34m88	16/06	usbw
5	Bernard Tom	93	25m26	30/06	acw

Javelot (800 gr)		RC : 63m56			
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Palmares 2019 outdoor.

1	Gets Florent	91	59m09	28/07	dac
2	Bernard Tom	93	53m19	30/06	acw
3	Montilla Alexis	02	49m79	10/08	resc
4	Montilla Dimitri	98	46m45	28/04	ITA

Marteau (7,26 kg)		RC : 61m66			
1	Salvaggio Claudio	92	61m53	28/07	ITA
2	Bernard Tom	93	57m89	27/04	damp

Grand poids (15,88 kg)		RC : 13m42			
1	Bernard Tom	93	14m44	30/06	acw

Decathlon		RC : 8142 p			
1	Montilla Dimitri	98	7213 p	28/04	ITA
2	Gets Florent	91	6749 p	28/07	dac

Pentathlon de lancers		RC : -			
1	Bernard Tom	93	3042 p	30/06	acw

4 x 100 m		RC : 40.60			
Kalmen, Niesen, Kasmi, Broothaerts		41.12	25/05	FIN	

4 x 200 m		RC : 1.24.15			
Niesen, Kasmi, Lins, Kalmen		1.25.67	08/09	olse	

4 x 400 m		RC : 3.10.2			
Lins, Froidmont, Nicodeme, Badji		3.15.62	25/05	FIN	

MASTERS HOMMES

100 m		RC : 11.74			
1	Broothaerts Damien	83	11.07	15/06	acw
2	Kabuya Serge	77	12.28	02/06	csf
3	Fellemans Emmanuel	70	13.02	05/05	resc
4	Schoonen Laurent	65	13.98	11/05	achl

100 m *		RC : -			
1	Denys Jacques	59	34.76	10/08	resc

200 m		RC : 24.61			
1	Broothaerts Damien	83	22.55	19/05	FRA
2	Kabuya Serge	77	25.17	02/06	csf
3	Schoonen Laurent	65	29.17	27/07	dac

400 m		RC : 52.31			
1	Vervloet Gregory	83	55.64	02/06	csf
2	Schoonen Laurent	65	66.25	11/05	achl
3	Louis Philippe	65	67.16	06/04	ws

800 m		RC : 1.59.63			
1	Poortman Yvan	73	2.14.88	02/06	csf
2	Louis Philippe	65	3.08.34	10/08	resc

1500 m		RC : 3.54.39			
1	Xhonneux Marc	80	5.05.99	02/06	csf
2	Schoonen Laurent	65	6.06.99	12/05	achl

3000 m		RC : 9.28.22			
1	Minne Corentin	81	10.03.19	02/06	csf

100 m haies (91 cm)		RC : 20.06			
1	Schoonen Laurent	65	20.65	12/05	achl

110 m haies (106 cm)		RC : 14.12			
1	Broothaerts Damien	83	14.48	25/05	FIN

3000 m steeple		RC : 11.27.98			
1	Schoonen Laurent	65	15.04.00	15/06	acw

Hauteur		RC : 1m90			
1	Xhonneux Frederic	83	1m81	02/06	csf
2	Schoonen Laurent	65	1m41	11/05	achl

Longueur		RC : 6m65			
1	Schoonen Laurent	65	4m22	11/05	achl
2	Vanderhaeghen Olivier	77	4m21	02/06	csf

Triple saut		RC : 14m09			
1	Xhonneux Frederic	83	13m33	05/05	resc

Perche		RC : 4m71			
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1	Schoonen Laurent	65	2m20	12/05	achl
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Poids (5 kg) *					
1	Denys Jacques	59	6m65	07/09	csf

Poids (6 kg) *					
1	Denys Jacques	59	6m53	25/05	csf

Poids (6 kg)		RC : 12m01			
1	Schoonen Laurent	65	7m69	30/06	acw

Poids (7,26 kg)		RC : 15m08			
1	Schroeven Bruno	80	8m46	02/06	csf

Disque (1 kg) *					
1	Denys Jacques	59	20m61	07/09	csf

Disque (1,5 kg)		RC : 35m64			
1	Schoonen Laurent	65	24m12	12/05	achl

Disque (2 kg)		RC : 51m56			
1	Xhonneux Frederic	83	34m12	02/06	csf

Javelot (700 gr)		RC : 37m29			
1	Schoonen Laurent	65	26m75	12/05	achl

Javelot (700 gr) *		RC : -			
1	Denys Jacques	59	11m62	27/04	csf

Javelot (800 gr)		RC : 62m75			
1	Vervloet Gregory	83	38m78	02/06	csf

Marteau (6 kg)		RC : 23m65			
1	Schoonen Laurent	65	21m70	30/06	acw

Grand Poids (11,34 kg)		RC : 9m66			
1	Schoonen Laurent	65	9m49	30/06	acw

Pentathlon M50		RC :			
1	Schoonen Laurent	65	1912 p	27/07	dac

Décathlon M50		RC : 4436 p			
1	Schoonen Laurent	65	4271 p	12/05	achl

Pentathlon de lancers (M50)		RC : -			
1	Schoonen Laurent	65	1790 p	30/06	acw

4 x 400 m		RC : 3.59.32			
Kabuya, Xhonneux F, Vervloet, Broothaerts		3.45.40	02/06	csf	

*handisport