

Palmares 2019 outdoor.

BENJAMINES FILLES

60 m		RC : 9.44			
1	Squiflet Emelynn	10	9.35	19/10	csf
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	Varela Gonzalez Carla	10	10.44	12/10	ws
6	Wanyu Naomie	10	10.60	12/10	ws
7	Bourgeois-Jacquet Lily	11	10.61	06/04	ws
8	Beghin Joyce	10	10.97	28/09	rcas
9	Kabamba Ebondo Julia	10	10.99	28/09	rcas
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	Demanet Zadie	11	13.19	05/05	resc

600 m		RC : 2.00.94			
1	Squiflet Emelynn	10	2.07.24	12/10	ws
2	Beghin Joyce	10	2.09.21	05/05	resc
3	Schroeven Camille	11	2.11.63	01/05	rcas
4	Ngandeu Tchambia Alexandra	10	2.18.73	28/09	rcas
5	Wanyu Naomie	10	2.20.11	02/06	vita
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	Kabamba Ebondo Julia	10	2.53.27	05/05	resc
11	Delarge Anais	11	2.56.84	27/04	caf

Hauteur		RC : 1m18			
1	Beghin Joyce	10	1m10	28/06	resc
	Squiflet Emelynn	10	1m10	26/05	rsca
3	Dzou Lesly Kayla	10	1m05	01/05	rcas
4	Schroeven Camille	11	1m01	31/08	dac
5	Ngandeu Tchambia Alexandra	10	1m00	28/06	resc
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	3m67	26/10	csf
2	Dzou Lesly Kayla	10	3m31	26/10	csf
3	Schroeven Camille	11	3m21	26/10	csf
4	Ngandeu Tchambia Alexandra	10	3m03	26/10	csf
5	Varela Gonzalez Carla	10	2m84	12/10	ws
6	Wanyu Naomie	10	2m83	20/10	rsca
7	Beghin Joyce	10	2m70	28/09	rcas
8	Kabamba Ebondo Julia	10	2m53	28/09	rcas
9	Dekeyser Juliette	10	2m17	31/08	dac
10	Demeyere Taissi	11	1m69	05/05	resc
11	Demanet Zadie	11	1m66	05/05	resc

Poids (1 kg)		RC : 8m63			
1	Squiflet Emelynn	10	8m23	12/10	ws
2	Beghin Joyce	10	7m77	28/06	resc
3	Dzou Lesly Kayla	10	7m43	23/08	resc
4	Ngandeu Tchambia Alexandra	10	6m55	20/04	csf
5	Wanyu Naomie	10	6m28	19/10	rcas
6	Dekeyser Juliette	10	5m17	23/08	resc
7	Varela Gonzalez Carla	10	5m06	20/04	csf
8	Schroeven Camille	11	4m89	12/10	ws
9	Kabamba Ebondo Julia	10	4m84	28/06	resc
10	Saadi Malak	11	4m50	28/06	resc
11	Olemans Maia	10	3m40	28/06	resc
12	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	Ngandeu Tchambia Alexandra	10	18m33	28/09	rcas
5	Kabamba Ebondo Julia	10	16m10	28/09	rcas
6	Varela Gonzalez Carla	10	16m02	14/07	vita
7	Wanyu Naomie	10	14m56	19/10	rcas
8	Schroeven Camille	11	10m24	10/08	resc
9	Demanet Zadie	11	9m49	07/04	resc
10	Delarge Anais	11	8m33	27/04	caf
11	Huyghe Jeanne	11	8m28	07/04	resc

Tetrathlon		RC : 1601 p			
1	Squiflet Emelynn	10	1652 p	12/10	ws

2	Dzou Lesly Kayla	10	1163 p	12/10	ws
3	Schroeven Camille	11	1081 p	12/10	ws
4	Ngandeu Tchambia Alexandra	10	1021 p	20/04	csf
5	Wanyu Naomie	10	903 p	12/10	ws
6	Varela Gonzalez Carla	10	731 p	12/10	ws
7	Beghin Joyce	10	726 p	29/09	rcas
8	Kabamba Ebondo Julia	10	400 p	29/09	rcas

4 x 60 m		RC : 37.58			
Dzou, Schroeven, Ngandeu Tchambia, Squiflet		38.95		26/10	csf

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
3	Khrauph Aya	08	9.32	28/09	rcas
4	Wanyu Diane	08	9.60	12/10	ws
5	Vanhemelen Jade	08	9.63	28/09	rcas
6	Gerard Emma	08	9.75	26/10	csf
7	Nshimiyimana Iris Sabria	08	9.77	14/07	vita
8	Radermacher Sarah	08	9.79	12/10	ws
9	Sibourg Celya	09	9.88	05/10	rcb
10	Agacseven Lina	08	10.08	07/04	resc
11	Mubarik Inaya	08	10.21	26/10	csf
12	Tollenaire Tia	08	10.33	14/07	vita
13	Krautli Charlotte	09	10.38	05/05	resc
14	Asakerh Maissa	09	10.44	02/06	vita
15	Minne Charline	09	10.62	07/04	resc
16	Sandron Elise	08	10.93	14/07	vita
17	Bersis Maissa	08	11.56	05/05	resc
18	Makhouk 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	3.41.59	20/10	rsca
3	Bakrim Amelle	08	3.43.36	02/06	vita
4	Agacseven Lina	08	3.47.76	07/04	resc
5	Gerard Emma	08	3.53.16	05/10	rcb
6	Radermacher Sarah	09	3.56.46	12/10	ws
7	Khrauph Aya	08	3.58.00	12/10	ws
8	Krautli Charlotte	09	4.03.62	05/10	rcb
9	Minne Charline	09	4.07.54	07/04	resc
10	Tollenaire Tia	08	4.09.92	14/07	vita
11	Sibourg Celya	09	4.14.64	07/04	resc
12	Vanhemelen Jade	08	4.15.26	28/09	rcas
13	Nshimiyimana Iris Sabria	08	4.16.53	14/07	vita
14	Mayuma Marie	08	4.23.34	05/05	resc
15	Mubarik Inaya	08	5.07.63	28/09	rcas
16	Makhouk Lilya	09	5.31.86	05/05	resc

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	Radermacher Sarah	09	3m76	26/10	csf
2	Wanyu Diane	08	3m70	28/06	resc
3	Khrauph Aya	08	3m61	12/10	ws
4	Barry Diariou	08	3m54	10/08	resc
5	Gerard Emma	08	3m48	25/05	csf
6	Sibourg Celya	09	3m45	26/10	csf
7	Sweetlove Celine	08	3m42	28/06	resc
8	Mayuma Marie	08	3m31	26/10	csf
9	Vanhemelen Jade	08	3m12	28/09	rcas
10	Mubarik Inaya	08	3m09	26/10	csf
11	Agacseven Lina	08	3m06	12/10	ws
12	Tollenaire Tia	08	2m97	14/07	vita
13	Krautli Charlotte	09	2m77	05/10	rcb
	Nshimiyimana Iris Sabria	08	2m77	28/09	rcas

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15	Sandron Elise	08	2m68	14/07	vita
16	Minne Charline	09	2m65	31/08	dac

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	Sibourg Celya	09	6m02	13/10	caf
4	Khrauph Aya	08	6m00	01/05	rcas
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
10	Minne Charline	09	3m62	07/04	resc

Disque (600 gr)		RC : 23m00			
1	Wanyu Diane	08	15m58	28/09	rcas
2	Radermacher Sarah	09	15m45	28/09	rcas
3	Khrauph Aya	08	13m96	28/09	rcas
4	Vanhemelen Jade	08	13m09	28/09	rcas
5	Mubarik Inaya	08	12m73	28/09	rcas
6	Barry Diariou	08	12m55	23/08	resc
7	Gerard Emma	08	12m33	28/09	rcas
8	Sibourg Celya	09	12m15	19/10	rcas
9	Agacseven Lina	08	9m27	28/09	rcas
10	Nshimiyimana Iris Sabria	08	7m58	28/09	rcas

Balle de hockey		RC : 41m50			
1	Barry Diariou	08	25m41	31/08	dac
2	Radermacher Sarah	09	24m66	05/10	rcb
3	Sibourg Celya	09	24m38	05/10	rcb
4	Wanyu Diane	08	24m37	28/06	resc
5	Sweetlove Celine	08	19m68	28/06	resc
6	Gerard Emma	08	19m37	05/10	rcb
7	Khrauph Aya	08	19m22	12/10	ws
8	Nshimiyimana Iris Sabria	08	18m39	28/06	resc
9	Krautli Charlotte	09	16m39	05/10	rcb
10	Agacseven Lina	08	16m07	12/10	ws

Tetrathlon		RC : 2077 p			
1	Wanyu Diane	08	1541 p	28/07	dac
2	Barry Diariou	08	1449 p	28/07	dac
3	Khrauph Aya	08	1365 p	29/09	rcas
4	Radermacher Sarah	09	1308 p	12/10	ws
5	Gerard Emma	08	1274 p	28/07	dac
6	Vanhemelen Jade	08	1120 p	29/09	rcas
7	Agacseven Lina	08	1040 p	29/09	rcas
8	Sibourg Celya	09	1003 p	20/04	csf
9	Nshimiyimana Iris Sabria	08	911 p	29/09	rcas
10	Krautli Charlotte	09	906 p	05/10	rcb
11	Mubarik Inaya	08	675 p	29/09	rcas

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	12.04	26/10	csf
4	Aguzza Vieira Olivia	06	12.18	23/08	resc
5	Sanchez Elisa	07	12.41	01/05	rcas
6	Sivis Mulongo Juliana	07	12.57	12/10	ws
7	Hellebaut Nour	06	12.78	05/05	resc
8	El Gorfty Wassila	07	12.96	12/10	ws
9	Van Ex Elvira	06	13.11	05/05	resc
10	El Hassani Sarah	06	13.15	23/08	resc
11	Vanneste Blum	06	13.32	23/08	resc
12	Verleyen Marthe	06	13.38	12/10	ws
13	Degrez Lisa	06	14.46	23/08	resc

150 m		RC : 20.13			
1	Kubiak Joanna	06	21.61	01/05	rcas
2	Aguzza Vieira Olivia	07	21.85	01/05	rcas
3	Ngandeu Tchambia Brenda	07	22.11	07/04	resc
4	Mjahed Maya	07	22.72	20/10	rsca
5	Sanchez Elisa	07	23.45	07/04	resc
6	El Gorfty 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
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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	Aguzza Vieira Olivia	06	3.47.64	07/04	resc
3	Sivis Mulongo Juliana	07	3.50.74	07/04	resc
4	El Gorfty Wassila	07	3.51.10	12/10	ws
5	Khader Samia	07	3.51.29	07/04	resc
6	El Hassani Sarah	06	3.51.72	07/04	resc
7	Ngandeu Tchambia Brenda	07	3.55.48	20/04	csf
8	Kubiak Joanna	06	3.55.81	23/08	resc
9	Vanneste Blum	06	4.09.83	28/09	rcas
10	Sanchez Elisa	07	4.16.15	28/09	rcas
11	Verleyen Marthe	06	4.26.20	12/10	ws
12	Redouane Tasnim	06	4.26.49	05/05	resc

60 m haies (76 cm)		RC : 9.96			
1	Ngandeu Tchambia Brenda	07	12.19	28/09	rcas
2	Mjahed Maya	07	12.41	28/09	rcas
3	Kubiak Joanna	06	12.53	28/09	rcas
4	Aguzza Vieira Olivia	06	12.97	28/09	rcas
5	Sanchez Elisa	07	13.31	28/09	rcas
6	Sivis Mulongo Juliana	07	14.01	28/09	rcas
7	Noblesse Pauline	07	14.89	05/05	resc
8	Vanneste Blum	06	19.28	28/09	rcas

150 m haies (76 cm)		RC : 21.56			
1	Ngandeu Tchambia Brenda	07	23.79	26/10	csf
2	Mjahed Maya	07	24.91	26/10	csf
3	Sanchez Elisa	07	25.85	26/10	csf
4	Sivis Mulongo Juliana	07	26.93	26/10	csf
5	El Gorfty Wassila	07	27.10	26/10	csf

Hauteur		RC : 1m57			
1	Mjahed Maya	07	1m33	12/10	ws
2	Ngandeu Tchambia Brenda	07	1m27	12/10	ws
3	Vanneste Blum	06	1m25	23/08	resc
4	Sivis Mulongo Juliana	07	1m21	12/10	ws
5	Aguzza Vieira Olivia	06	1m20	23/08	resc
6	El Gorfty Wassila	07	1m18	12/10	ws
	Verleyen Marthe	06	1m18	12/10	ws
8	Kubiak Joanna	06	1m15	07/04	resc
9	Sanchez Elisa	07	1m10	07/04	resc

Longueur		RC : 5m00			
1	Kubiak Joanna	06	4m25	28/06	resc
2	Aguzza 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	3m51	28/09	rcas
6	Vanneste Blum	06	3m45	28/09	rcas
7	Sanchez Elisa	07	3m36	28/09	rcas
8	Sivis Mulongo Juliana	07	3m24	12/10	ws
9	El Gorfty Wassila	07	3m05	12/10	ws

Poids (2 kg)		RC : 13m12			
1	Mjahed Maya	07	9m23	12/10	ws
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	Sivis Mulongo Juliana	07	6m72	12/10	ws
6	Aguzza Vieira Olivia	06	6m45	28/06	resc
7	Verleyen Marthe	06	6m22	28/06	resc
8	Vanneste Blum	06	5m92	20/04	csf
9	El Gorfty Wassila	07	5m66	12/10	ws

Disque (750 gr)		RC : 27m29			
1	Mjahed Maya	07	22m68	14/09	vs
2	Ngandeu Tchambia Brenda	07	17m22	10/08	vita
3	Aguzza Vieira Olivia	06	16m13	28/09	rcas
4	Kubiak Joanna	06	14m47	01/05	rcas
5	Sivis Mulongo Juliana	07	13m40	01/05	rcas
6	Vanneste Blum	06	12m29	28/09	rcas
7	Sanchez Elisa	07	9m93	28/09	rcas

Javelot (400 gr)		RC : 34m63			
1	Mjahed Maya	07	20m63	19/10	rcas
2	Kubiak Joanna	06	15m19	28/09	rcas
3	Ngandeu Tchambia Brenda	07	14m12	28/07	dac
4	Sivis Mulongo Juliana	07	12m18	28/09	rcas

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5	Vanneste Blum	06	12m10	28/09	rcas
6	Aguzza Vieira Olivia	06	11m25	28/09	rcas
7	Van Ex Elvira	06	10m65	05/05	resc
8	Sanchez Elisa	07	10m57	28/09	rcas

Pentathlon						RC : 3021 p
1	Mjahed Maya	07	2319 p	12/10	ws	
2	Ngandeu Tchambia Brenda	07	2010 p	12/10	ws	
3	El Gorfty Wassila	07	1884 p	12/10	ws	
4	Kubiak Joanna	06	1574 p	29/09	rcas	
5	Sivis Mulongo Juliana	07	1558 p	12/10	ws	
6	Aguzza Vieira Olivia	06	1456 p	29/09	rcas	
7	Verleyen Marthe	06	1362 p	12/10	ws	
8	Sanchez Elisa	07	1055 p	29/09	rcas	
9	Vanneste Blum	06	851 p	29/09	rcas	

4 x 80 m						RC : 41.33
Ngandeu Tchambia, Aguzza Oliveira, Mjahed, Kubiak						
			45.08	07/04	resc	

CADETTES FILLES

100 m						RC : 12.64
1	Mpinga Mulowayi 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 Mulowayi 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 Magaly Junior	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	
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 Gendit 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 Stefania	04	11m49	27/04	csf	

Perche						RC : 3m26
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1	Vanden Avont Camille	04	1m60	04/05	cabw	
Poids (3 kg)						RC : 12m10
1	Mathieu Julia	05	13m85	15/09	jsmc	
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	Haouari Farrah	03	67.92	05/10	rcb	
2	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	Haouari Farrah	03	2.31.51	26/10	csf	
3	Nachtergal Marine	02	2.33.16	07/04	resc	
4	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 (76 cm)						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
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Palmares 2019 outdoor.

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	41m95	13/10	NED
2 Perez Montero Ariadna	03	11m14	19/10	rcas
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 Ombeni Rachel	01	13.25	01/06	vs
2 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 Tcenco Dumitrita	01	2.37.93	05/05	resc
1500 m		RC : 4.29.50		
1 Tcenco 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	12.88	10/08	resc
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
5 Schauwers Manon	99	25.89	30/06	rfcl
6 Joblin Odile	97	26.77	22/06	rcb
7 Simons Lina	96	27.20	01/06	vs
8 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 Schauwers Manon	99	57.84	25/06	cabw
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	12.91	05/10	QAT
400 m haies (76 cm)		RC : 55.20		
1 Claes Hanne	91	55.25	02/10	QAT
2 Badji Jalika	96	59.64	01/09	resc
3 Schauwers Manon	99	59.80	29/06	lebb
3000 m steeple (76 cm)		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	4m20	01/08	SUI
2 Van De Sype Chloe	97	3m20	01/05	vs
Poids (4 kg)		RC : 14m84		
1 Boumkwo Jolien	93	14m53	01/05	achl
2 Montilla Morgane	98	8m27	19/10	rcas
Disque (1 kg)		RC : 47m99		
1 Boumkwo Jolien	93	42m25	01/05	achl
2 Montilla Morgane	98	26m92	19/10	rcas
3 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 Debaille 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
Semi-marathon		RC : 1h43.29		
1 Norris Josephine	83	1h44.23	23/02	UK
2 Lion Annick	74	1h53.56	06/10	bxl
Marathon		RC : 3h17.15		

Palmares 2019 outdoor.

1	Norris Josephine	83	3h43.02	20/10	NED
2	Debaillie Isabelle	74	4h20.20	19/05	LET
3	Cardoso Da Rocha Maria Joao	64	5h06.45	13/10	NED

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	Bee Delphine	78	27m92	19/10	rcas
3	Adam Benedicte	78	27m64	16/06	acw
4	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	Sanchez Diego	10	10.26	12/10	ws
4	Ouattara Noham	10	10.31	29/09	rcas
5	Mievis Lionel	11	10.37	12/10	ws
6	Guellet Elijah	10	10.39	05/05	resc
7	Chekem Amon Re	11	10.40	14/07	vita
8	Theyskens Alexis	10	10.48	12/10	ws
9	Xhonneux Rafael	10	10.90	12/10	ws
10	Kehl Nicolas	10	10.99	23/08	resc
11	Arys Luca	10	11.11	12/10	ws
12	Michels Antoine	10	11.16	07/04	resc
13	Ghesquiere Alexandre	11	11.26	23/08	resc
14	Philips Raphael	11	11.40	12/10	ws
15	Rozzi Arthur	11	11.43	20/10	rsca
16	Hendrichs Hadrien	10	11.46	07/04	resc
17	Segers Lucas	11	11.59	05/05	resc
18	Oulhaj Milan	11	11.60	10/08	resc
19	Coppy Yannic	11	11.81	05/05	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	Sanchez Diego	10	2.15.60	12/10	ws
6	Mievis Lionel	11	2.15.72	20/04	csf
7	Arys Luca	10	2.18.12	12/10	ws
	Xhonneux Rafael	10	2.18.12	12/10	ws
9	Michels Antoine	10	2.22.14	07/04	resc
10	Hendrichs Hadrien	10	2.22.55	14/07	vita
11	Oulhaj Milan	11	2.26.76	10/08	resc
12	Guellet Elijah	10	2.31.12	05/05	resc
13	Philips Raphael	11	2.32.72	12/10	ws
14	Rozzi Arthur	11	2.35.20	05/05	resc
15	Hendrichs Victor	10	2.35.76	07/04	resc
16	Coppy Yannic	11	2.35.89	07/04	resc
17	Segers Lucas	11	2.37.60	05/05	resc
18	Ghesquiere Alexandre	11	2.40.71	07/04	resc

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	Theyskens Alexis	10	3m24	12/10	ws
3	Sanchez Diego	10	3m13	12/10	ws
4	Ouattara Noham	10	3m05	02/06	vita
5	Arys Luca	10	3m00	23/08	resc
6	Xhonneux Rafael	10	2m99	20/10	rsca
7	Chekem Amon-Re	11	2m89	14/07	vita
8	Mievis Lionel	11	2m81	12/10	ws
9	Michels Antoine	10	2m76	31/08	dac
10	Guellet Elijah	10	2m73	05/05	resc
11	Rozzi Arthur	11	2m68	20/10	rsca
12	Kehl Nicolas	10	2m57	23/08	resc
13	Philips Raphael	11	2m50	12/10	ws
14	Coppy Yannic	11	2m49	02/06	vita
15	Ghesquiere Alexandre	11	2m39	23/08	resc
16	Hendrichs Hadrien	10	2m38	05/05	resc
17	Segers Lucas	11	2m17	23/08	resc
18	Kamara Noa	10	2m08	05/05	resc
19	Hendrichs Victor	10	2m01	05/05	resc

Poids (1 kg)		RC : 11m68			
1	Ouattara Noham	10	7m54	28/06	resc
2	Arys Luca	10	7m06	12/10	ws
3	Michels Antoine	10	6m90	28/06	resc
4	Theyskens Alexis	10	6m14	12/10	ws
5	Philips Raphael	11	5m88	12/10	ws
6	Coppy Yannic	11	5m87	02/06	vita
7	Sanchez Diego	10	5m80	12/10	ws
8	Mievis Lionel	11	5m71	12/10	ws
9	Xhonneux Rafael	10	5m25	12/10	ws
10	Verbaandert Cesar	10	5m22	28/06	resc
11	Kamara Noa	10	4m84	28/06	resc
12	Rozzi Arthur	11	4m50	28/06	resc
13	Ghesquiere Alexandre	11	4m38	28/06	resc
14	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	Ouattara Noham	10	18m25	29/09	rcas
5	Michels Antoine	10	17m53	07/04	resc
6	Theyskens Alexis	10	17m44	10/08	resc
7	Chekem Amon-Re	11	16m84	07/04	resc
8	Mievis Lionel	11	16m47	10/08	resc
9	Kamara Noa	10	15m83	07/04	resc
10	Philips Raphael	11	15m37	10/08	resc
11	Xhonneux Rafael	10	13m49	10/08	resc
12	Oulhaj Milan	11	10m31	10/08	resc

Tetralthlon		RC : 2099 p			
1	Sanchez Diego	10	1156 p	12/10	ws
2	Theyskens Alexis	10	1144 p	12/10	ws
3	Mievis Lionel	11	1048 p	12/10	ws
4	Arys Luca	10	986 p	12/10	ws
5	Ouattara Noham	10	959 p	29/09	rcas
6	Chekem Amon-Re	11	863 p	20/04	csf
7	Xhonneux Rafael	10	856 p	12/10	ws
8	Philips Raphael	11	677 p	12/10	ws

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

Palmares 2019 outdoor.

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 Oscar	08	9.74	29/09	rcas
9	Verleyen Jakob	08	9.80	12/10	ws
10	De Gendt Lucien	08	9.84	02/06	vita
11	Uzcategui Rodriguez Leon	09	9.92	23/08	resc
12	Coppy Kenneth	08	9.94	05/05	resc
13	Philips Bastien	09	9.99	14/07	vita
14	Guerron Sebastian	09	10.01	07/04	resc
15	Delneufcourt Noah	09	10.06	26/05	rsca
16	Delneufcourt Hugo	09	10.08	14/07	vita
17	Arifi Sohaib	08	10.10	02/06	vita
18	Haub Tobias	09	10.53	05/05	resc
19	Abdellaoui Ismael	09	10.64	02/06	vita

1000 m		RC : 3.14.18			
1	Kenaiti Yanis	08	3.18.22	10/08	resc
2	Ouattara Reda	08	3.41.49	29/09	rcas
3	Soudon Jules	08	3.41.79	29/09	rcas
4	Verleyen Jakob	08	3.44.03	12/10	ws
5	Delneufcourt Hugo	09	3.44.48	14/07	vita
6	Oulhaj Hugo	08	3.45.56	05/05	resc
7	Arifi Rayane	08	3.47.87	12/10	ws
8	Dekeyser Arthur	08	3.47.94	02/06	vita
9	Delneufcourt Noah	09	3.51.69	05/10	rcb
10	Kubiak Joachim	09	3.57.89	10/08	resc
11	Haub Tobias	09	4.02.39	05/05	resc
12	Balcaen Oscar	08	4.02.79	29/09	rcas
13	Abdellaoui Ismael	09	4.08.07	02/06	vita
14	Coppy Kenneth	08	4.11.54	05/05	resc
15	Bouchfira Camille	08	4.14.87	07/04	resc
16	Philips Bastien	09	4.18.41	18/12	ws
17	Uzcategui Rodriguez Leon	09	4.31.83	07/04	resc

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	4m17	29/09	rcas
2	De Gendt Lucien	08	3m96	02/06	vita
3	Arifi Rayane	08	3m89	12/10	ws
4	Kubiak Joachim	09	3m75	20/10	rsca
5	Dekeyser Arthur	08	3m69	02/06	vita
6	Soudon Jules	08	3m68	29/09	rcas
7	Verleyen Jakob	08	3m59	12/10	ws
8	Oulhaj Hugo	08	3m56	20/04	csf
9	Philips Bastien	09	3m32	20/04	csf
10	Coppy Kenneth	08	3m27	02/06	vita
11	Arifi Sohaib	08	3m26	02/06	vita
12	Delneufcourt Hugo	09	3m25	20/04	csf
	Balcaen Oscar	08	3m25	29/09	rcas
14	Abdellaoui Ismael	09	3m17	02/06	vita
15	Guerron Sebastian	09	3m12	07/04	resc
	Uzcategui Rodriguez Leon	09	3m12	31/08	dac
17	Delneufcourt Noah	09	3m02	20/04	csf

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	Delneufcourt Hugo	09	28m02	05/10	rcb
7	Balcaen Oscar	08	27m26	29/09	rcas
8	Delneufcourt Noah	09	26m39	20/04	csf
9	Philips Bastien	09	26m38	20/04	csf
10	Verleyen Jakob	08	25m32	12/10	ws
11	Kubiak Joachim	09	24m55	23/08	resc
12	Soudon Jules	08	23m65	23/08	resc
13	Guerron Sebastian	09	23m38	05/05	resc
14	Oulhaj Hugo	08	23m21	29/09	rcas
15	Haub Tobias	09	22m03	05/05	resc
16	Uzcategui Rodriguez Leon	09	20m91	23/08	resc

Tetrathlon		RC : 2516 p			
1	Ouattara Reda	08	2030 p	29/09	rcas
2	Oulhaj Hugo	08	1576 p	28/07	dac
3	Arifi Rayane	08	1571 p	12/10	ws
4	Soudon Jules	08	1569 p	29/09	rcas
5	Verleyen Jakob	08	1457 p	12/10	ws
6	Kubiak Joachim	09	1393 p	29/09	rcas
7	Delneufcourt Hugo	09	1360 p	05/10	rcb
8	Balcaen Oscar	08	1285 p	29/09	rcas
9	Delneufcourt Noah	09	1272 p	05/10	rcb
10	Philips Bastien	09	1029 p	20/04	csf
11	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	11.71	26/10	csf
5	Mvulu Kimana Steve	07	11.80	12/10	ws
6	Mertens de Wilmars Raphael	07	11.91	12/10	ws
7	Ezeddine Adam	07	11.92	01/05	rcas
8	Tshanga Diumba John Ross	07	11.95	20/04	csf
9	Poortman Matheo	07	12.09	26/10	csf
10	Dakir Anis	06	12.14	20/10	rsca
11	Van Den Brempt Mathis	07	12.20	12/10	ws
12	Lair Adrien	06	12.21	12/10	ws
13	Verriez Ludovic	06	12.39	12/10	ws
14	Vilain Nicolas	07	12.43	20/04	csf
15	De Greef Guillaume	07	12.69	12/10	ws
16	Van Mossevelde Sami	07	14.02	12/10	ws
17	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	Ezeddine 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	Poortman Matheo	07	3.26.30	20/10	rsca
3	Van Den Brempt Mathis	07	3.26.56	12/10	ws
4	Guellet Shadi	07	3.26.67	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	Mvulu Kimana Steve	07	3.56.42	12/10	ws

Palmares 2019 outdoor.

11	Lair Adrien	06	3.57.90	12/10	ws
12	De Greef Guillaume	07	3.59.18	12/10	ws
13	Vilain Nicolas	07	4.05.64	12/10	ws
14	Ezzeddine Adam	07	4.08.69	12/10	ws

80 m haies (84 cm)		RC : 12.00			
1	Lair Adrien	06	16.78	29/09	rcas
2	Mvulu Kimana Steve	07	17.63	29/09	rcas

150 m haies (76 cm)		RC : 20.54			
1	Poortman Matheo	07	24.79	26/10	csf
2	Mvulu Kimana Steve	07	24.88	26/10	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	1m28	05/10	rcb
4	Van Den Brempt Mathis	07	1m27	18/10	ws
5	Verriez Ludovic	06	1m21	12/10	ws
6	Lair Adrien	06	1m18	12/10	ws
7	Vilain Nicolas	07	1m15	02/06	vita
8	De Greef Guillaume	07	1m09	12/10	ws
	Ezzeddine Adam	07	1m09	12/10	ws
	Mvulu Kimana Steve	07	1m09	12/10	ws
11	Van Mossevelde Sami	07	1m00	12/10	ws

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	Lair Adrien	06	4m02	12/10	ws
5	Mertens de Wilmars Raphael	07	3m94	12/10	ws
6	Van Den Brempt Mathis	07	3m84	01/05	rcas
7	De Greef Guillaume	07	3m75	12/10	ws
8	Labruyere Maxime	06	3m73	07/04	resc
9	Huyghe Gauthier	07	3m64	07/04	resc
10	Mvulu Kimana Steve	07	3m52	12/10	ws
11	Dakir Anis	06	3m45	07/04	resc
12	Van Mossevelde Sami	07	3m39	07/04	resc
13	Verriez Ludovic	06	3m38	12/10	ws
14	Ezzeddine Adam	07	3m28	20/04	csf
15	Vilain Nicolas	07	3m23	12/10	ws

Poids (3 kg)		RC : 14m71			
1	Mbuyi Tshinyongolo Tresor	06	9m10	31/08	dac
2	Mertens de Wilmars Raphael	07	7m83	12/10	ws
3	Huyghe Gauthier	07	6m78	25/05	csf
4	Poortman Matheo	07	6m45	12/10	ws
5	Lair Adrien	06	6m23	10/08	resc
6	Tshanga Diumba John Ross	07	6m13	20/04	csf
7	Van Den Brempt Mathis	07	5m98	12/10	ws
8	Mvulu Kimana Steve	07	5m83	29/09	rcas
9	Taieb Hilel	06	5m81	23/08	resc
10	Van Mossevelde Sami	07	5m75	12/10	ws
11	De Greef Guillaume	07	5m22	12/10	ws
12	Ezzeddine Adam	07	5m17	12/10	ws
13	Panneels Mathieu	07	5m16	28/06	resc
14	Vilain Nicolas	07	4m93	12/10	ws
15	Labruyere Maxime	07	4m74	28/06	resc
16	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	Lair Adrien	06	14m57	29/09	rcas
4	Cornelis Darwin	06	14m23	01/05	rcas
5	Mvulu Kimana Steve	07	13m36	29/09	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	Poortman Matheo	07	20m04	05/10	rcb
4	Van Mossevelde Sami	07	19m21	28/06	resc
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			
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1	Mbuyi Tshinyongolo Tresor	06	2985 p	28/07	dac
2	Van Den Brempt Mathis	07	2188 p	12/10	ws
3	Poortman Matheo	07	2128 p	12/10	ws
4	Tshanga Diumba John Ross	07	1969 p	20/04	csf
5	Lair Adrien	06	1901 p	12/10	ws
6	Mvulu Kimana Steve	07	1726 p	12/10	ws
7	Verriez Ludovic	06	1700 p	12/10	ws
8	De Greef Guillaume	07	1602 p	12/10	ws
9	Ezzeddine Adam	07	1458 p	12/10	ws
10	Vilain Nicolas	07	1421 p	12/10	ws
11	Van Mossevelde Sami	07	1364 p	12/10	ws

4 x 80 m		RC : 41.08			
	Mvulu Kimana, Dakir, Labruyere, Tresor		44.16	26/10	csf

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	12.10	26/10	csf
4	Biala Kenny Felder	05	12.22	23/08	resc
5	Englebert Timothee	04	12.32	28/09	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	Ivens Filip	04	12.97	29/09	rcas
9	Harroud Ayman	05	13.08	28/04	csf
10	Ruelle Arthur	04	13.22	28/04	csf
11	Van Elsuwe Alexis	04	14.14	29/09	rcas
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

800 m		RC : 1.59.30			
1	Derome Julien	04	2.28.64	07/04	resc
2	Arifi Ilias	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	Ivens Filip	04	3.18.60	29/09	rcas
6	Sibourg Valentin	04	3.30.06	18/08	ob
7	Van Elsuwe Alexis	04	3.36.82	29/09	rcas

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	Englebert Timothee	04	17.52	29/09	rcas
5	Ivens Filip	04	19.28	27/04	csf
6	Van Elsuwe Alexis	04	22.09	29/09	rcas

300 m haies (76 cm)		RC : 40.07			
1	Arifi Ilias	04	41.67	15/09	jsmc
2	Sibourg Valentin	04	43.36	26/10	csf

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	Van Elsuwe Alexis	04	1m25	29/09	rcas
6	Poortman Lucas	05	1m00	06/04	ws

Palmares 2019 outdoor.

Longueur		RC : 6m70			
1	Gruson Augustin	04	6m59	15/09	jsmc
2	Englebert Timothee	04	6m53	22/06	rcb
3	Arifi Ilias	04	5m41	11/05	rcas
4	Ivens Filip	04	5m21	29/09	rcas
5	Sibourg Valentin	04	5m10	22/06	rcb
6	Derome Julien	04	4m67	05/05	resc
7	Van Elsuwe Alexis	04	4m41	29/09	rcas

Triple saut		RC : 13m52			
1	Ivens Filip	04	10m49	26/10	csf

Perche		RC : 3m76			
1	Englebert Timothee	04	3m30	29/09	rcas
2	Gruson Augustin	04	2m70	29/09	rcas
3	Van Elsuwe Alexis	04	2m60	27/04	csf
4	Arifi Ilias	04	2m40	29/09	rcas

Poids (4 kg)		RC : 14m42			
1	Englebert Timothee	04	13m09	11/05	rcas
2	Gruson Augustin	04	11m60	29/09	rcas
3	Sibourg Valentin	04	10m13	22/06	rcb
4	Arifi Ilias	04	10m05	19/10	rcas
5	Van Elsuwe Alexis	04	9m58	29/09	rcas
6	Ivens Filip	04	9m07	19/10	rcas
7	Derome Julien	04	6m95	07/04	resc

Disque (1 kg)		RC : 48m77			
1	Arifi Ilias	04	35m13	19/10	rcas
2	Englebert Timothee	04	33m35	28/04	csf
3	Sibourg Valentin	04	32m30	13/10	caf
4	Ivens Filip	04	30m72	19/10	rcas

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	30m07	29/09	rcas
4	Sibourg Valentin	04	27m83	18/08	ob
5	Arifi Ilias	04	24m18	27/04	csf
6	Van Elsuwe Alexis	04	22m70	29/09	rcas

Octathlon		RC : 5037 p			
1	Gruson Augustin	04	4079 p	12/05	rcas
2	Englebert Timothee	04	4002 p	29/09	rcas
3	Arifi Ilias	04	3377 p	12/05	rcas
4	Sibourg Valentin	04	3138 p	18/08	ob
5	Ivens Filip	04	2530 p	29/09	rcas
6	Van Elsuwe Alexis	04	2229 p	29/09	rcas

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

SCOLAIRES HOMMES

100 m		RC : 10.83			
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
7	Montilla Alexis	02	12.39	28/09	rcas
8	Chekem Ramses	03	12.60	28/09	rcas
9	De Tollenaere Tom	03	12.61	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	Montilla Alexis	02	56.50	28/09	rcas
3	De Tollenaere Tom	03	58.64	28/09	rcas
4	Chekem Ramses	03	58.41	11/05	rcas
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	5.05.82	29/09	rcas
5	De Tollenaere Tom	03	5.12.68	29/09	rcas
4	Chekem Ramses	03	5.14.31	29/09	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	17.89	29/09	rcas
3	Montilla Alexis	02	18.28	29/09	rcas
4	De Tollenaere Tom	03	19.93	29/09	rcas

400 m haies (84 cm)		RC : 56.13			
1	Beyaert Corentin	02	57.74	14/09	jsmc

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	1m54	28/09	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	Montilla Alexis	02	3m60	29/09	rcas
2	De Tollenaere Tom	03	3m44	07/09	usbw
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	11m47	28/09	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
2	De Tollenaere Tom	03	25m47	28/07	dac
3	Beyaert Corentin	02	24m75	12/05	rcas
4	Chekem Ramses	03	24m33	29/09	rcas

Javelot (700 gr)		RC : 52m73			
1	Montilla Alexis	02	52m31	15/09	jsmc
2	De Tollenaere Tom	03	42m76	25/08	damp
3	Beyaert Corentin	02	32m36	06/04	ws
4	Chekem Ramses	03	27m26	29/09	rcas

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	5144 p	29/09	rcas
2	Beyaert Corentin	02	4872 p	12/05	rcas
3	Chekem Ramses	03	4401 p	29/09	rcas
4	De Tollenaere Tom	03	4371 p	29/09	rcas

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

JUNIORS HOMMES

Palmares 2019 outdoor.

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 Asamti	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	11.75	22/09	hf
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 Barghout Azze-eddine	99	12.08	20/10	rsca
15 Ramiandrisoa Raphael	99	12.31	05/05	resc
16 Tamsamani Ilias	99	12.35	01/05	vs
17 Hadj Faraji Ridwan	98	12.43	28/09	rcas
200 m		RC : 20.66		
1 Niesen Charles	94	21.36	01/06	vs
2 Badji Asamti	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 Tamsamani Ilias	99	25.58	10/08	resc
300 m		RC : 33.10		
1 Badji Asamti	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 Asamti	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
8 Hadj Faraji Ridwan	98	55.11	28/09	rcas
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
5 Hadj Faraji Ridwan	98	5.00.32	29/09	rcas
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
Semi-marathon		RC : 1h01.42		
1 Naert Koen	89	1h07.17	06/10	bxl
2 Hendrikk Jeroen	86	1h07.56	21/09	CZE
Marathon		RC : 2:09:51		
1 Naert Koen	89	2h07.39	07/04	NED
2 Hendrikk Jeroen	86	2h22.48	12/05	rfcl
3 Engels Robbe	92	3h21.49	13/10	NED
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
6 Hadj Faraji Ridwan	98	21.53	29/09	rcas
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 (91 cm)		RC : 8.24.90		
1 Bouissane Youssef	94	8.54.22	25/05	vs
2 Petitjean Simon	96	9.28.16	25/05	FIN
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
4 Hadj Faraji Ridwan	98	1m69	28/09	rcas
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
9 Hadj Faraji Ridwan	98	5m39	28/09	rcas
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
4 Hadj Faraji Ridwan	98	3m00	29/09	rcas
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
5 Hadj Faraji Ridwan	98	10m67	28/09	rcas
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
6 Hadj Faraji Ridwan	98	26m90	29/09	rcas
7 Bernard Tom	93	25m26	30/06	acw
Javelot (800 gr)		RC : 63m56		
1 Gets Florent	91	59m09	28/07	dac
2 Bernard Tom	93	53m19	30/06	acw
3 Montilla Dimitri	98	46m45	28/04	ITA
4 Hadj Faraji Ridwan	98	32m66	29/09	rcas
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

Palmares 2019 outdoor.

Decathlon					RC : 8142 p
1	Montilla Dimitri	98	7213 p	28/04	ITA
2	Gets Florent	91	6749 p	28/07	dac
3	Had Faraji Ridwan	98	4578 p	29/09	rcas

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

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
3	Schoonen Laurent	65	3.12.14	14/09	NED

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
2	Schoonen Laurent	65	16.06.95	15/09	NED

5000 m					RC : 15.22.50
1	Schoonen Laurent	65	25.09.75	14/09	NED

10000 m					RC : 31.25.40
1	Schoonen Laurent	65	58.47.38	15/09	NED

Marathon					RC : 2h32.05
1	Delarge Jean Yves	71	2h46.51	13/10	NED
2	Vandenbussche Jeremie	78	3h23.38	13/10	DEU

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

200 m haies (76 cm)					RC : 37.75
1	Schoonen Laurent	65	39.04	14/09	NED

400 m haies (84 cm)					RC : 73.50
1	Schoonen Laurent	65	89.81	15/09	NED

3000 m steeple (91 cm)					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
2	Schoonen Laurent	65	7m86	15/09	NED

Perche					RC : 4m71
1	Schoonen Laurent	65	2m40	29/09	rcas

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 (1,5 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 (800 gr)					RC : 62m75
1	Vervloet Gregory	83	38m78	02/06	csf

Marteau (6 kg)					RC : 23m65
1	Schoonen Laurent	65	21m91	14/09	NED

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

Pentathlon de lancers M50					RC : 1896 p
1	Schoonen Laurent	65	1790 p	30/06	acw

Pentathlon M50					RC : 2771 p
1	Schoonen Laurent	65	1912 p	27/07	dac

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

Icosathlon M50					RC : 7701 p
1	Schoonen Laurent	65	5918 p	15/09	NED

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

MASTERS HOMMES (handisport)

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

Poids (5 kg)					RC : -
1	Denys Jacques	59	6m65	07/09	csf

Poids (6 kg)					RC : -
1	Denys Jacques	59	6m53	25/05	csf

Disque (1 kg)					RC : -
1	Denys Jacques	59	20m61	07/09	csf

Disque (2 kg)					RC : 14m60
1	Denys Jacques	59	15m81	19/10	rcas

Javelot (600 gr)					RC : -
1	Denys Jacques	59	11m22	19/10	rcas

Javelot (700 gr)					RC : 11m20
1	Denys Jacques	59	11m62	27/04	csf

Javelot (800 gr)					RC : 11m41
1	Denys Jacques	59	12m76	05/10	rcb

Marteau (5 kg)					RC : -
1	Denys Jacques	59	15m69	20/10	rsca