

Palmares 2021 outdoor

BENJAMINES FILLES

60 m		RC : 9.35			
1	Medan Ivana	12	9.54	21/08	smac
2	Strypstein Solena	13	9.94	17/10	ws
3	Zitouni Ilhem	12	10.01	09/10	rcb
4	Dzou Steffy Ann	13	10.23	17/10	ws
5	Gerard Zoe	12	10.24	09/10	rcb
6	D'Hallewin Olivia	12	10.86	22/08	ws
7	Delneufcourt Marion	13	11.11	22/08	ws
8	Paques Rose	12	11.21	02/10	rcb
9	El Youssoufi Asmae	12	11.32	16/05	resc
10	Arys Josephine	13	11.38	25/09	rcas
11	Ettetuani Janna	12	11.41	16/05	resc
12	Van Wynendaele Joy	13	11.58	16/05	resc
13	Neili Alya	12	12.64	16/05	resc
14	Segers Lea	13	14.08	16/05	resc

600 m		RC : 2.00.94			
1	Strypstein Solena	13	2.03.24	17/10	ws
2	Dzou Steffy Ann	13	2.19.30	17/10	ws
3	Medan Ivana	12	2.22.57	16/05	resc
4	Paques Rose	12	2.29.71	02/10	rcb
5	Gerard Zoe	12	2.30.20	02/10	rcb
6	Arys Josephine	13	2.32.07	02/10	rcb
7	El Youssoufi Asmae	12	2.34.91	16/05	resc
8	Ettetuani Janna	12	2.44.55	16/05	resc
9	Van Wynendaele Joy	13	2.52.57	16/05	resc
10	Neili Alya	12	3.18.59	16/05	resc
11	Segers Lea	13	3.32.91	16/05	resc

Hauteur		RC : 1m18			
1	Strypstein Solena	13	1m10	16/05	resc
2	Dzou Steffy Ann	13	0m96	18/09	csf
3	Arys Josephine	13	0m90	16/05	resc
4	El Youssoufi Asmae	12	0m90	16/05	resc
5	Neili Alya	12	0m80	16/05	resc
6	Van Wynendaele Joy	13	0m80	16/05	resc
7	Ettetuani Janna	12	0m75	16/05	resc

Longueur		RC : 3m88			
1	Strypstein Solena	13	3m26	18/06	resc
2	Medan Ivana	12	3m08	21/08	smac
3	Dzou Steffy Ann	13	2m92	17/10	ws
4	Gerard Zoe	12	2m90	02/10	rcb
5	El Youssoufi Asmae	12	2m59	18/06	resc
6	Arys Josephine	13	2m53	02/10	rcb
7	Van Wynendaele Joy	13	2m30	18/06	resc
8	Paques Rose	12	2m25	02/10	rcb
9	Segers Lea	13	1m81	18/06	resc
10	Neili Alya	12	1m69	18/06	resc

Poids (1 kg)		RC : 8m63			
1	Strypstein Solena	13	6m87	09/10	rcb
2	Dzou Steffy Ann	13	6m86	17/10	ws
3	Gerard Zoe	12	5m81	24/10	ws
4	Arys Josephine	13	5m62	09/10	rcb
5	D'Hallewin Olivia	12	5m10	24/10	rcas
6	Artunoff Mara	12	4m73	09/10	rcb

Balle de hockey		RC : 28m96			
1	Strypstein Solena	13	24m73	18/09	csf
2	Arys Josephine	13	15m80	25/09	rcas
3	Dzou Steffy Ann	13	15m68	16/10	rcb
4	Gerard Zoe	12	14m55	24/10	rcas
5	D'Hallewin Olivia	12	12m43	24/10	rcas
6	Neili Alya	12	11m68	18/06	resc
7	Delneufcourt Marion	13	11m13	22/08	ws
8	Segers Lea	13	8m39	18/06	resc
9	El Youssoufi Asmae	12	6m00	18/06	resc

Tetrathlon		RC : 1652 p			
1	Strypstein Solena	13	1460 p	17/10	ws
2	Dzou Steffy Ann	13	1150 p	17/10	ws
3	Gerard Zoe	12	662 p	25/09	rcas
4	Arys Josephine	13	452 p	25/09	rcas

4 x 60 m		RC : 37.58			
Dzou, Gerard, Paques, Strypstein			41.10	02/10	rcb

PUPILLES FILLES

60 m		RC : 8.55			
1	Squiflet Emelynn	10	8.61	17/10	ws
2	Dzou Lesly Kayla	10	8.90	17/10	ws
3	Popescu Raisa Gabriela	11	9.25	17/10	ws
4	Schroeven Camille	11	9.33	17/10	ws
5	Strypstein Maeva	11	9.41	16/05	resc
6	De Cooman Lea	11	9.64	16/05	resc
7	Ngandeu Tchambia Alexandra	10	9.85	16/05	resc
8	El Hajouti Yasmine	10	10.06	16/05	resc
9	Varela Gonzalez Carla	10	10.09	17/10	ws
10	Wanyu Naomie Belle	10	10.11	29/08	vita
11	Desager Eleanor	10	10.22	16/05	resc
12	Restrepo Clara	11	10.80	16/05	resc

1000 m		RC : 3.26.31			
1	Popescu Raisa Gabriela	11	3.37.36	09/10	rcb
2	Schroeven Camille	11	3.40.95	25/09	rcas
3	Strypstein Maeva	11	3.45.45	09/10	rcb
4	El Hajouti Yasmine	10	3.53.24	16/05	resc
5	Squiflet Emelynn	10	3.55.35	17/10	ws
6	Wanyu Naomie Belle	10	3.58.28	17/10	ws
7	Varela Gonzalez Carla	10	4.01.76	17/10	ws
8	Ngandeu Tchambia Alexandra	10	4.13.41	16/05	resc
9	Dzou Lesly Kayla	10	4.20.33	17/10	ws
10	De Cooman Lea	11	4.22.58	25/09	rcas
11	Desager Eleanor	10	4.25.62	16/05	resc
12	Restrepo Clara	11	4.31.54	16/05	resc

60 m haies (68 cm)		RC : 11.49			
1	Squiflet Emelynn	10	10.35	29/08	vita
2	Dzou Lesly Kayla	10	11.13	01/08	vita
3	Strypstein Maeva	11	11.91	01/08	vita
4	Schroeven Camille	11	13.01	29/08	vita

Hauteur		RC : 1m33			
1	Popescu Raisa Gabriela	11	1m26	09/10	rcb
2	Squiflet Emelynn	10	1m26	18/09	csf
3	Dzou Lesly Kayla	10	1m22	16/10	rcb
4	Strypstein Maeva	11	1m21	18/09	csf
5	De Cooman Lea	11	1m20	18/06	resc
6	Schroeven Camille	11	1m16	18/09	csf
7	Ngandeu Tchambia Alexandra	10	1m15	18/06	resc
8	Louis Ines	10	1m00	18/06	resc

Longueur		RC : 4m48			
1	Squiflet Emelynn	10	4m18	17/10	ws
2	Popescu Raisa Gabriela	11	3m72	02/10	rcb
3	Dzou Lesly Kayla	10	3m70	17/10	ws
4	Strypstein Maeva	11	3m67	25/09	rcas
5	De Cooman Lea	11	3m56	25/09	rcas
6	Schroeven Camille	11	3m47	25/09	rcas
7	Wanyu Naomie Belle	10	3m20	17/10	ws
8	Varela Gonzalez Carla	10	3m17	17/10	ws
9	Ngandeu Tchambia Alexandra	10	3m02	16/05	resc
10	Restrepo Clara	11	2m79	16/05	resc
11	El Hajouti Yasmine	10	2m57	16/05	resc

Poids (2 kg)		RC : 9m75			
1	Dzou Lesly Kayla	10	8m28	16/10	rcb
2	Squiflet Emelynn	10	8m18	18/06	resc
3	Wanyu Naomie Belle	10	7m87	24/10	rcas
4	De Cooman Lea	11	7m25	24/10	rcas
5	Popescu Raisa Gabriela	11	6m43	18/06	resc
6	Strypstein Maeva	11	6m42	01/08	vita
7	Besri Medyouni Shems-Doha	10	6m40	18/06	resc
8	Ngandeu Tchambia Alexandra	10	6m22	18/06	resc
9	Schroeven Camille	11	5m78	24/10	rcas
10	Louis Ines	10	5m10	18/06	resc

Disque (600 gr)		RC : 23m00			
1	Squiflet Emelynn	10	24m96	02/10	rcb
2	Dzou Lesly Kayla	10	18m15	10/07	aca
3	De Cooman Lea	11	17m02	24/10	rcas
4	Schroeven Camille	11	13m09	24/10	rcas
5	Strypstein Maeva	11	12m54	25/09	rcas
6	Wanyu Naomie Belle	10	11m20	24/10	rcas
7	Popescu Raisa Gabriela	11	7m62	25/09	rcas

Balle de hockey		RC : 41m50			
1	Squiflet Emelynn	10	35m24	17/10	ws
2	Dzou Lesly Kayla	10	34m75	18/09	csf
3	De Cooman Lea	11	30m19	24/10	rcas
4	Strypstein Maeva	11	27m81	17/10	ws

Palmares 2021 outdoor

5	Schroeven Camille	11	23m01	17/10	ws
6	Popescu Raisa Gabriela	11	20m33	17/10	ws
7	Wanyu Naomie Belle	10	20m21	17/10	ws
8	Varela Gonzalez Carla	10	18m95	17/10	ws

Tetraphlon						RC : 2077 p					
1	Squiflet Emelynn	10	1941 p	17/10	ws						
2	Popescu Raisa Gabriela	11	1571 p	17/10	ws						
3	Strypstein Maeva	11	1483 p	17/10	ws						
4	Dzou Lesly Kayla	10	1481 p	17/10	ws						
5	Schroeven Camille	11	1420 p	25/09	rcas						
6	Wanyu Naomie Belle	10	1111 p	17/10	ws						
7	Varela Gonzalez Carla	10	1093 p	17/10	ws						
8	De Cooman Lea	11	1029 p	25/09	rcas						

4 x 60 m						RC : 33.97					
Squiflet, Schroeven, Strypstein, Dzou						35.76	02/10	rcb			

MINIMES FILLES

80 m						RC : 10.64					
1	Radermacher Sarah	09	11.52	17/10	ws						
2	Khrauph Aya	08	11.59	16/05	resc						
3	Barry Diariou	08	11.61	09/10	rcb						
4	Sibourg Celya	09	11.80	17/10	caf						
5	Mayuma Marie	08	12.01	09/10	rcb						
6	Palalic Lena	08	12.14	16/05	resc						
7	Wanyu Diane Kylie	08	12.37	16/05	resc						
8	Agacseven Lina	08	12.44	17/10	ws						
9	Gerard Emma	08	12.46	25/09	rcas						
10	Picula Petra	09	12.91	16/05	resc						
11	Mubarik Inaya	08	13.03	16/05	resc						
12	Sandron Elise	08	13.49	16/05	resc						

150 m						RC : 20.13					
1	Cornali Nora	08	21.18	09/10	rcb						
2	Sibourg Celya	09	22.50	02/10	rcb						
3	Mayuma Marie	08	22.82	09/10	rcb						
4	Agacseven Lina	08	23.50	09/10	rcb						

1000 m						RC : 3.14.33					
1	Agacseven Lina	08	3.35.93	16/05	resc						
2	Gerard Emma	08	3.38.57	12/06	resc						
3	Radermacher Sarah	09	3.45.00	25/09	rcas						
4	Wanyu Diane Kylie	08	3.50.94	12/06	resc						
5	Khrauph Aya	08	4.04.20	25/09	rcas						
6	Mayuma Marie	08	4.07.74	17/10	ws						
7	Hunt Anna Emilie	08	4.13.80	16/05	resc						
8	Sibourg Celya	09	4.16.41	25/09	rcas						
9	Palalic Lena	08	4.27.31	17/10	ws						
10	Sandron Elise	08	4.37.51	16/05	resc						
11	Mubarik Inaya	08	5.11.50	16/05	resc						

60 m haies (68 cm)						RC : 11.49					
1	Sibourg Celya	09	12.58	05/09	ea						
2	Wanyu Diane Kylie	08	13.87	29/08	vita						

Hauteur						RC : 1m57					
1	Radermacher Sarah	09	1m37	17/10	ws						
2	Agacseven Lina	08	1m28	17/10	ws						
3	Sibourg Celya	09	1m26	09/10	rcb						
4	Mayuma Marie	08	1m25	17/10	ws						
5	Wanyu Diane Kylie	08	1m22	17/10	ws						
6	Palalic Lena	08	1m19	17/10	ws						
7	Cornali Nora	08	1m11	09/10	rcb						

Longueur						RC : 5m00					
1	Radermacher Sarah	09	4m14	18/06	resc						
2	Palalic Lena	08	4m13	18/06	resc						
3	Khrauph Aya	08	4m00	25/09	rcas						
4	Gerard Emma	08	3m99	25/09	rcas						
5	Wanyu Diane Kylie	08	3m92	16/05	resc						
6	Sibourg Celya	09	3m86	16/05	resc						
7	Mayuma Marie	08	3m82	17/10	ws						
8	Minne Charline	09	3m67	18/06	resc						
9	Agacseven Lina	08	3m52	16/05	resc						
10	Sandron Elise	08	3m22	16/05	resc						
11	Hunt Anna Emilie	08	2m93	18/06	resc						
12	Picula Petra	09	2m87	16/05	resc						
13	Mubarik Inaya	08	2m59	16/05	resc						

Poids (2 kg)						RC : 13m12					
---------------------	--	--	--	--	--	-------------------	--	--	--	--	--

1	Mayuma Marie	08	10m62	17/10	ws
2	Wanyu Diane Kylie	08	9m81	24/10	rcas
3	Radermacher Sarah	09	9m75	17/10	ws
4	Sibourg Celya	09	6m92	18/06	resc
5	Minne Charline	09	6m91	18/06	resc
6	Gerard Emma	08	6m67	24/10	rcas
7	Agacseven Lina	08	6m65	17/10	ws
8	Palalic Lena	08	6m23	17/10	ws
9	Hunt Anna Emilie	08	5m45	18/06	resc
10	Picula Petra	09	4m91	18/06	resc

Disque (750 gr)						RC : 27m29					
1	Mayuma Marie	08	26m13	24/10	rcas						
2	Radermacher Sarah	09	22m48	24/10	rcas						
3	Gerard Emma	08	18m13	24/10	rcas						
4	Sibourg Celya	09	16m88	02/10	rcb						
5	Wanyu Diane Kylie	08	16m34	25/09	rcas						
6	Agacseven Lina	08	14m32	25/09	rcas						
7	Khrauph Aya	08	14m19	25/09	rcas						

Javelot (400 gr)						RC : 34m63					
1	Radermacher Sarah	09	26m91	24/10	rcas						
2	Mayuma Marie	08	24m77	09/10	rcb						
3	Wanyu Diane Kylie	08	18m89	09/10	rcb						
4	Sibourg Celya	09	16m52	25/09	rcas						
5	Khrauph Aya	08	15m46	25/09	rcas						
6	Gerard Emma	08	14m06	25/09	rcas						
7	Agacseven Lina	08	10m15	25/09	rcas						

Pentathlon						RC : 3021 p					
1	Radermacher Sarah	09	2506 p	17/10	ws						
2	Mayuma Marie	08	2193 p	17/10	ws						
3	Agacseven Lina	08	2022 p	17/10	ws						
4	Wanyu Diane Kylie	08	1984 p	17/10	ws						
5	Palalic Lena	08	1752 p	17/10	ws						

CADETTES FILLES

100 m						RC : 12.64					
1	Kubiak Joanna	06	13.65	16/05	resc						
2	Aguza Viera Olivia	06	13.75	16/05	resc						
3	Sanchez Elisa	07	13.84	19/09	hf						
4	Biala Judikaelle	06	14.19	20/06	csf						
5	Mjahed Maya	07	14.22	18/07	fcha						
6	Ngandeu Tchambia Brenda	07	14.79	16/05	resc						
7	Vanneste Blum	06	15.20	16/05	resc						
8	Bajjadi Lina	06	16.06	16/05	resc						
9	Bilivogui Dina	06	16.42	10/10	csf						
10	Verleyen Marthe	06	16.60	19/09	hf						
11	Rousseau Amina	06	18.78	16/05	resc						

200 m						RC : 26.14					
1	Kubiak Joanna	06	29.32	16/05	resc						
2	Aguza Viera Olivia	06	29.66	19/09	hf						
3	Biala Judikaelle	06	31.28	20/06	csf						
4	Bajjadi Lina	06	34.40	16/05	resc						

300 m						RC : 42.36					
1	Biala Judikaelle	06	52.96	16/05	resc						

400 m						RC : 57.61					
1	Sanchez Elisa	07	67.42	19/09	hf						

800 m						RC : 2.21.88					
1	Mjahed Maya	07	2.58.02	01/08	bbs						
2	Sivis Mulongo Juliana	07	3.11.88	26/09	rcas						
3	Vanneste Blum	06	3.15.52	19/09	hf						

1500 m						RC : 4.53.37					
1	Degrez Lisa	06	7.03.68	19/09	hf						

80 m haies (76 cm)						RC : 11.88					
1	Ngandeu Tchambia Brenda	07	15.75	19/09	hf						
2	Mjahed Maya	07	15.96	31/07	bbs						
3	Sivis Mulongo Juliana	07	18.12	25/09	rcas						

300 m haies (76 cm)						RC : 45.51					
1	Ngandeu Tchambia Brenda	07	54.89	19/09	hf						

Hauteur						RC : 1m68					
1	Mjahed Maya	07	1m25	31/07	bbs						
	Ngandeu Tchambia Brenda	07	1m25	16/05	resc						

Palmares 2021 outdoor

Sivis Mulongo Juliana	07	1m25	25/09	rcas
4 Vanneste Blum	06	1m15	19/09	hf
Longueur		RC : 5m74		
1 Aguza Viera Olivia	06	4m88	16/05	resc
2 Mjahed Maya	07	4m58	16/05	resc
3 Ngandeu Tchambia Brenda	07	3m36	16/05	resc
Sivis Mulongo Juliana	07	3m36	26/09	rcas
5 Delforge Pauline	06	3m24	16/05	resc
Perche		RC : 3m26		
1 Biala Judikaelle	06	1m80	19/09	hf
2 Delforge Pauline	06	1m40	16/05	resc
Poids (3 kg)		RC : 13m85		
1 Mjahed Maya	07	10m58	31/07	bbs
2 Ngandeu Tchambia Brenda	07	8m67	22/08	ws
3 Sivis Mulongo Juliana	07	6m10	25/09	rcas
Disque (1 kg)		RC : 37m60		
1 Mjahed Maya	07	26m11	19/09	hf
Javelot (500 gr)		RC : 41m46		
1 Mjahed Maya	07	24m91	01/08	bbs
2 Ngandeu Tchambia Brenda	07	18m87	22/08	ws
Hexathlon		RC : 3901 p		
1 Mjahed Maya	07	2512 p	01/08	bbs
2 Sivis Mulongo Juliana	07	1319 p	26/09	rcas
4 x 100 m		RC : 50.59		
Aguza Vieira, Biala, Mjahed, Sanchez		54.50	19/09	hf
SCOLAIRES FEMMES				
100 m		RC : 12.33		
1 Leonard Elise	05	12.82	03/07	moha
2 Tshanga Diomi Roline	04	13.06	16/05	resc
3 Van Ex Coelmont Alexia	04	13.49	16/05	resc
4 Martins Junior Magaly	04	13.50	16/05	resc
5 Bahaid Salma	05	13.71	16/05	resc
6 Hasnaoui Saloua	04	13.73	16/05	resc
7 Cole Anne Ramon	04	13.82	10/10	csf
8 De Gendt Oriane	05	14.06	16/05	resc
9 Surocaj Loreta	04	14.94	16/05	resc
10 Kallouch Bouchra	05	15.69	16/05	resc
200 m		RC : 25.1		
1 Tshanga Diomi Roline	04	26.85	16/05	resc
2 Bahaid Salma	05	27.36	12/06	resc
3 Leonard Elise	05	27.65	31/07	bbs
4 Hasnaoui Saloua	04	28.39	16/05	resc
5 Martins Junior Magaly	04	28.51	16/05	resc
6 Dennison Chrystal	05	28.81	31/07	bbs
7 Surocaj Loreta	04	31.40	16/05	resc
300 m		RC : 39.65		
1 Kagu Gerta	05	47.25	16/05	resc
2 Kallouch Bouchra	05	51.75	16/05	resc
400 m		RC : 56.03		
1 Tshanga Diomi Roline	04	62.51	19/09	hf
800 m		RC : 2.14.88		
1 Kagu Gerta	05	2.35.69	16/05	resc
2 Dennison Chrystal	05	2.53.65	01/08	bbs
3 Kallouch Bouchra	05	3.02.07	19/09	hf
4 Leonard Elise	05	3.04.60	01/08	bbs
1500 m		RC : 4.00.79		
1 Kagu Gerta	05	5.45.12	19/09	hf
3000 m		RC : 10.41.31		
1 Andouh Hssane	04	13.59.15	19/09	hf
100 m haies (76 cm)		RC : 13.92		
1 Lucas Clara	04	16.26	16/05	resc
2 Leonard Elise	05	16.92	31/07	bbs
3 Dennison Chrystal	05	18.35	31/07	bbs
400 m haies (76 cm)		RC : 62.36		

1 Surocaj Loreta	04	81.21	19/09	hf
2000 m steeple (76 cm)		RC : 8.05.35		
1 Kagu Gerta	05	8.48.32	19/09	hf
Hauteur		RC : 1m68		
1 Dennison Chrystal	05	1m35	31/07	bbs
Longueur		RC : 6m08		
1 Lucas Clara	04	5m23	16/05	resc
2 Leonard Elise	05	4m69	18/07	fcha
3 De Gendt Oriane	05	4m44	16/05	resc
4 Surocaj Loreta	04	4m37	16/05	resc
5 Van Ex Coelmont Alexia	04	4m34	16/05	resc
Triple saut		RC : 12m15		
1 Lucas Clara	04	10m20	16/10	rcb
2 Surocaj Loreta	04	9m06	19/09	hf
Perche		RC : 3m36		
1 Cole Anne Ramon	04	2m20	19/09	hf
Poids (3 kg)		RC : 13m85		
1 Mathieu Julia	05	14m06	11/07	FRA
2 Dennison Chrystal	05	9m46	31/07	bbs
3 Leonard Elise	05	7m70	31/07	bbs
4 Frifra Kheira	07	7m56	24/10	rcas
5 Martins Junior Magaly	04	7m29	19/09	hf
Disque (1 kg)		RC : 47m99		
1 Mathieu Julia	05	30m63	11/09	lyra
2 Lucas Clara	04	18m11	24/10	rcas
3 Frifra Kheira	07	13m35	24/10	rcas
Martins Junior Magaly	04	13m35	19/09	hf
Javelot (500 gr)		RC : 41m95		
1 Dennison Chrystal	05	31m22	28/08	cabw
2 Leonard Elise	05	19m71	01/08	bbs
3 Frifra Kheira	07	13m83	24/10	rcas
Heptathlon		RC : 4701 p		
1 Dennison Chrystal	05	3135 p	01/08	bbs
2 Leonard Elise	05	2669 p	01/08	bbs
4 x 100 m		RC : 48.97		
Bahaid, Tshanga Diomi, Martins Junior, Leonard		51.22	05/09	smac
JUNIORS FEMMES				
100 m		RC : 12.03		
1 Demets Olivia	03	16.53	16/05	resc
200 m		RC : 24.65		
1 Demets Olivia	03	33.72	16/05	resc
400 m		RC : 56.03		
1 Joblin Marine	02	59.87	14/08	oeh
800 m		RC : 2.05.49		
1 Joblin Marine	02	2.13.80	26/06	resc
2 Nachtergal Marine	02	2.27.15	12/06	resc
3 Kurza Klaudia	02	2.36.09	16/05	resc
Javelot (600 gr)		RC : 41m58		
1 Iven Kayla	02	42m80	06/06	FRA
SENIORS FEMMES				
100 m		RC : 11.42		
1 Morency Poilvache Alizee	98	11.71	27/06	resc
2 Zagre Anne	90	11.73	03/07	avt
3 Badji Jalika	96	12.47	16/05	resc
4 Om beni Rachel	01	12.70	30/05	NOR
5 Cok Evelyn	91	13.81	16/05	resc
6 Simons Lina	96	14.06	20/06	csf
200 m		RC : 23.46		
1 Morency Poilvache Alizee	98	24.13	26/06	resc
2 Badji Jalika	96	25.50	24/07	lyra
3 Verhecke Hanna	00	25.73	07/07	vita
4 Simons Lina	96	28.57	07/08	dcla

Palmares 2021 outdoor

5 Cok Evelyn	91	29.30	16/05	resc
300 m RC : 38.04				
1 Morency Poilvache Alizee	98	39.10	11/07	avlo
2 Badji Jalika	96	40.13	16/05	resc
3 Verheecke Hanna	00	40.41	11/07	avlo
4 Simons Lina	96	45.38	16/05	resc
400 m RC : 53.51				
1 Badji Jalika	96	56.79	12/06	resc
2 Verheecke Hanna	00	56.85	12/06	resc
3 Simons Lina	96	64.10	24/07	lyra
800 m RC : 2.03.72				
1 Muls Camille	99	2.04.70	14/08	olse
2 Chylinski Marta	86	2.13.19	01/08	NED
3 Pinter Eline	96	2.21.70	27/03	USA
4 Archambeau Aline	90	2.28.92	12/06	resc
1500 m RC : 4.12.85				
1 Muls Camille	99	4.12.35	03/07	avt
2 Chylinski Marta	86	4.29.37	01/09	FRA
3 Pinter Eline	96	4.43.70	23/04	USA
3000 m RC : 8.49.85				
1 Chylinski Marta	86	9.50.60	04/09	dein
5.000 m RC : 15.41.24				
1 Van Lent Jana	01	17.08.23	29/05	NED
10.000 m RC : 32.23.39				
1 Van Lent Jana	01	35.29.05	15/05	LUX
2 Chylinski Marta	86	36.38.48	12/06	rcg
100 m haies (84 cm) RC : 12.71				
1 Zagre Anne	90	12.78	01/08	JAP
400 m haies (76 cm) RC : 55.20				
1 Badji Jalika	96	60.63	27/06	resc
Hauteur RC : 1m95				
1 Thiebot Oceane	01	1m60	16/05	resc
Longueur RC : 6m28				
1 Kizito Prisca	01	5m58	26/06	resc
Triple saut RC : 13m38				
1 Ombeni Rachel	01	12m64	12/09	NOR
Perche RC : 4m20				
1 Henry Chloe	87	4m30	12/06	SUI
Poids (4 kg) RC : 14m84				
1 Van De Sype Chloe	97	9m49	22/08	csdy
2 Guisse Saliyya	96	8m48	24/10	rcas
Disque (1 kg) RC : 47m99				
1 Van De Sype Chloe	97	27m24	22/08	csdy
2 Guisse Saliyya	96	19m54	24/10	rcas
Javelot (600 gr) RC : 44m36				
1 Smal Pauline	98	46m23	27/06	resc
2 Guisse Saliyya	96	21m45	24/10	rcas
4 x 400 m RC : 3.48.08				
Badji, Muls, Tshanga Diomi, Vereecke		3.51.26	05/09	smac
Ekiden RC : 3h10:19				
Chylinski, Goethals, Laurent, Imbo, Joblin, Muls		2h46:15	16/10	resc
MASTERS FEMMES				
100 m RC : 12.73				
1 Dewitte Valerie	80	13.62	12/06	SUI
2 Boonaert Caroline	64	14.53	19/09	vita
150 m				
1 Dewitte Valerie	80	20.85	08/05	SUI
200 m RC : 26.58				

1 Dewitte Valerie	80	28.59	22/05	SUI
2 Boonaert Caroline	64	31.76	19/09	vita
300 m RC : 43.89				
1 Dewitte Valerie	80	44.10	08/05	SUI
400 m RC : 60.23				
1 Dewitte Valerie	80	63.81	12/06	SUI
Poids (4 kg) RC : 11m09				
1 Adam Benedicte	78	10m80	19/09	vita
2 Bee Delphine	78	9m79	16/10	rcb
3 Reynaerts Stephanie	80	8m88	16/10	rcb
4 De Buyst Nadia	73	6m28	16/10	rcb
Disque (1 kg) RC : 34m32				
1 Adam Benedicte	78	31m31	19/09	vita
Javelot (600 gr) RC : 29m63				
1 Adam Benedicte	78	25m23	24/10	rcas
BENJAMINS GARCONS				
60 m RC : 9.17				
1 Dogru Ilian	12	10.04	17/10	ws
2 Housiaux Julien	12	10.14	09/10	rcb
3 Neerscholten Amos	12	10.43	26/09	rcas
4 Gysen Romain	12	10.86	09/10	rcb
5 Ruhangira Nathan	12	10.91	16/05	resc
6 Djiemo Tchankoue Florian	12	11.26	16/05	resc
7 Marchal Noam	13	11.36	17/10	ws
8 Touiger Yanis	12	12.22	16/05	resc
9 Mievis Axel	13	12.85	17/10	ws
600 m RC : 1.57.80				
1 Housiaux Julien	12	2.03.57	17/10	ws
2 Dogru Ilian	12	2.10.60	17/10	ws
3 Neerscholten Amos	12	2.12.03	26/09	rcas
4 Gysen Romain	12	2.27.10	16/05	resc
5 Ruhangira Nathan	12	2.31.05	16/05	resc
6 Mievis Axel	13	2.34.63	17/10	ws
7 Marchal Noam	13	2.37.21	17/10	ws
8 Djiemo Tchankoue Florian	12	2.50.92	16/05	resc
9 Touiger Yanis	12	2.54.55	16/05	resc
Hauteur RC : 1m25				
1 Housiaux Julien	12	1m06	02/10	rcb
2 Dogru Ilian	12	1m05	16/05	resc
3 Djiemo Tchankoue Florian	12	1m00	16/05	resc
4 Ruhangira Nathan	12	0m95	16/05	resc
5 Gysen Romain	12	0m90	16/05	resc
6 Marchal Noam	13	0m85	16/05	resc
Touiger Yanis	12	0m85	16/05	resc
8 Mievis Axel	13	0m80	16/05	resc
Longueur RC : 4m19				
1 Neerscholten Amos	12	3m43	18/06	resc
2 Housiaux Julien	12	3m38	18/06	resc
3 Dogru Ilian	12	3m22	09/10	rcb
4 Ruhangira Nathan	12	2m90	18/06	resc
5 Touiger Yanis	12	2m61	18/06	resc
6 Hendrichs Arthur	13	2m55	18/06	resc
7 Marchal Noam	13	2m44	18/06	resc
8 Mievis Axel	13	2m19	17/10	ws
Poids (1 kg) RC : 11m68				
1 Dogru Ilian	12	7m62	17/10	ws
2 Housiaux Julien	12	7m52	17/10	ws
3 Neerscholten Amos	12	6m69	09/10	rcb
4 Hendrichs Arthur	13	5m74	24/10	rcas
5 Marchal Noam	13	5m59	17/10	ws
6 Mievis Axel	13	3m96	17/10	ws
Balle de hockey RC : 40m13				
1 Housiaux Julien	12	29m00	18/06	resc
2 Neerscholten Amos	12	21m97	26/09	rcas
3 Ruhangira Nathan	12	19m72	18/06	resc
4 Hendrichs Arthur	13	18m68	24/10	rcas
5 Marchal Noam	13	12m89	18/06	resc
6 Mievis Axel	13	11m63	24/10	rcas
7 Touiger Yanis	12	10m75	18/06	resc

Palmares 2021 outdoor

Tetrathlon		RC : 2099 p			
1	Housiaux Julien	12	1440 p	17/10	ws
2	Dogru Ilihan	12	1398 p	17/10	ws
3	Neerscholten Amos	12	1040 p	26/09	rcas
4	Marchal Noam	13	639 p	17/10	ws
5	Mievis Axel	13	349 p	17/10	ws

PUPILLES GARCONS

60 m		RC : 8.09			
1	Ben Ahmed Yanis	10	9.35	16/05	resc
2	Guillet Elijah	10	9.77	16/05	resc
3	Theyskens Alexis	10	9.84	17/10	ws
4	Xhonneux Raphael	10	10.16	16/05	resc
5	Marchal Mathys	11	10.19	02/10	rcb
6	Mievis Lionel	11	10.34	16/05	resc
7	Detre Antonin	11	10.39	16/05	resc
8	Neili Fares	10	10.59	16/05	resc
9	Ghesquiere Alexandre	11	10.60	16/05	resc
10	Leyman Logan	11	10.65	16/05	resc
11	Arys Luca	10	10.81	04/09	kape
12	Ven Wynendaele Lenny	11	10.84	16/05	resc
13	Bellaari Nawfel	11	10.89	16/05	resc
14	Coppy Yannic	11	11.25	16/05	resc
15	Rozzi Arthur	11	11.48	02/10	rcb

1000 m		RC : 3.14.18			
1	Ben Ahmed Yanis	10	3.18.53	09/10	rcb
2	Theyskens Alexis	10	3.36.11	09/10	rcb
3	Mievis Lionel	11	3.46.18	17/10	ws
4	Marchal Mathys	11	3.53.46	02/10	rcb
5	Arys Luca	10	3.58.07	26/09	rcas
6	Van Wynendaele Lenny	11	4.05.76	16/05	resc
7	Xhonneux Raphael	10	4.07.86	17/10	ws
8	Ghesquiere Alexandre	11	4.10.11	16/05	resc
9	Bellaari Nawfel	11	4.10.36	16/05	resc
10	Guillet Elijah	10	4.16.29	16/05	resc
11	Detre Antonin	11	4.32.72	16/05	resc
12	Rozzi Arthur	11	4.39.48	17/10	ws
13	Neili Fares	10	4.50.57	16/05	resc

60 m haies (68 cm)		RC : 14.05			
1	Arys Luca	10	13.29	04/09	kape
2	Xhonneux Raphael	10	15.15	04/09	kape

Hauteur		RC : 1m49			
1	Aztout Haron	10	1m25	18/06	resc
2	Hendrichs Hadrien	10	1m20	18/06	resc
3	Xhonneux Raphael	10	1m16	02/10	rcb
4	Demoen Raphael	11	1m15	18/06	resc
	Michels Antoine	10	1m15	18/06	resc
	Ouattara Noham	10	1m15	18/06	resc
7	Arys Luca	10	1m14	26/09	rcas
8	Hendrichs Victor	10	1m10	18/06	resc
9	Theyskens Alexis	10	1m08	26/09	rcas
10	Ghesquiere Alexandre	11	1m05	18/06	resc
	Marchal Mathys	11	1m05	18/06	resc
	Sielinou Fomo Samory	10	1m05	18/06	resc
	Thonon Gaston	10	1m05	18/06	resc
14	Neili Fares	10	1m00	18/06	resc
	Philips Raphael	11	1m00	18/06	resc
	Verbandert Cesar	10	1m00	18/06	resc

Longueur		RC : 4m75			
1	Theyskens Alexis	10	3m65	17/10	ws
2	Guillet Elijah	10	3m52	16/05	resc
3	Ben Ahmed Yanis	10	3m52	16/05	resc
4	Detre Antonin	11	3m33	16/05	resc
5	Marchal Mathys	11	3m27	17/10	ws
6	Mievis Lionel	11	3m26	17/10	ws
7	Chekem Amon Re	11	3m20	16/10	rcb
8	Xhonneux Raphael	10	3m14	17/10	ws
9	Eugeni Giosue	11	3m02	16/05	resc
10	Ghesquiere Alexandre	11	2m91	16/05	resc
11	Coppy Yannic	11	2m84	16/05	resc
12	Rozzi Arthur	11	2m75	17/10	ws
13	Van Wynendaele Lenny	11	2m73	16/05	resc
14	Leyman Logan	11	2m68	16/05	resc
15	Neili Fares	10	2m68	16/05	resc

Poids (2 kg)		RC : 11m71			
1	Neili Fares	10	7m73	18/06	resc
2	Ouattara Noham	10	6m75	18/06	resc

3	Michels Antoine	10	6m72	18/06	resc
4	Arys Luca	10	6m48	26/09	rcas
5	Philips Raphael	11	6m26	18/06	resc
6	Aztout Haron	10	6m11	18/06	resc
7	Theyskens Alexis	10	6m03	26/09	rcas
8	Hendrichs Hadrien	10	5m84	18/06	resc
9	Chekem Amon Re	11	5m66	16/10	rcb
10	Marchal Mathys	11	5m56	18/06	resc
11	Xhonneux Raphael	10	5m42	29/08	riwa
12	Hendrichs Victor	10	5m13	18/06	resc
	Mievis Lionel	11	5m13	24/10	rcas
14	Thonon Gaston	10	5m09	18/06	resc
15	Verbandert Cesar	10	4m66	18/06	resc
16	Demoen Raphael	11	4m56	18/06	resc
17	Bellaari Nawfel	11	4m32	18/06	resc
18	Ghesquiere Alexandre	11	3m90	18/06	resc

Disque (600 gr)		RC : 31m14			
1	Arys Luca	10	15m52	04/09	kape
2	Theyskens Alexis	10	12m11	02/10	rcb
3	Mievis Lionel	11	11m92	24/10	rcas
4	Xhonneux Raphael	10	11m90	02/10	rcb

Balle de hockey		RC : 46m50			
1	Ben Ahmed Yanis	10	39m29	09/10	rcb
2	Arys Luca	10	28m80	09/10	rcb
3	Chekem Amon Re	11	27m69	16/10	rcb
4	Theyskens Alexis	10	26m91	17/10	ws
5	Lacroix Arthur	10	25m52	09/10	rcb
6	Mievis Lionel	11	23m10	17/10	ws
7	Marchal Mathys	11	19m33	17/10	ws
8	Rozzi Arthur	11	18m05	17/10	ws
9	Xhonneux Raphael	10	13m39	17/10	ws

Tetrathlon		RC : 2516 p			
1	Theyskens Alexis	10	1488 p	17/10	ws
2	Arys Luca	10	1264 p	26/09	rcas
3	Mievis Lionel	11	1226 p	17/10	ws
4	Marchal Mathys	11	1123 p	17/10	ws
5	Xhonneux Raphael	10	915 p	17/10	ws
6	Rozzi Arthur	11	527 p	17/10	ws

4 x 60 m		RC : 33.25			
Arys, Xhonneux, Rozzi, Theyskens		40.96	02/10	rcb	

MINIMES GARCONS

80 m		RC : 9.66			
1	Ouattara Reda	08	10.74	09/10	rcb
2	Kubiak Joachim	09	11.06	16/05	resc
3	Verleyen Jakob	08	11.09	09/10	rcb
4	Soudon Jules	08	11.33	17/10	ws
5	Bouchfira Camille	08	11.60	16/05	resc
6	Coppy Kenneth	08	11.64	16/05	resc
7	Elengesa Leopold	08	11.66	16/05	resc
8	Delneufcourt Hugo	09	12.34	22/08	ws
9	Delneufcourt Noah	09	12.43	22/08	ws
10	El Youssofou Sami	09	13.13	16/05	resc

150 m		RC : 18.43			
1	Kubiak Joachim	09	21.48	02/10	rcb

300 m		RC : 40.86			
1	Verleyen Jakob	08	43.37	02/10	rcb

1000 m		RC : 3.01.77			
1	Verleyen Jakob	08	3.03.45	12/09	avlo
2	Soudon Jules	08	3.22.52	17/10	ws
3	Bouchfira Camille	08	3.28.31	16/05	resc
4	El Youssofou Sami	09	3.52.63	16/05	resc
5	Kubiak Joachim	09	3.57.47	16/05	resc

150 m haies (76 cm)		RC : 20.54			
1	Kubiak Joachim	09	22.98	09/10	rcb
2	Delneufcourt Noah	09	24.15	09/10	rcb
3	Soudon Jules	08	25.83	09/10	rcb

Hauteur		RC : 1m73			
1	Verleyen Jakob	08	1m37	17/10	ws
2	Soudon Jules	08	1m34	17/10	ws
3	Kubiak Joachim	09	1m31	02/10	rcb

Palmares 2021 outdoor

Longueur		RC : 5m73			
1	Ouattara Reda	08	4m74	09/10	rcb
2	Soudon Jules	08	4m63	17/10	ws
3	Verleyen Jakob	08	4m49	17/10	ws
4	Coppy Kenneth	08	4m27	16/05	resc
5	Kubiak Joachim	09	4m17	16/05	resc
6	Delneufcourt Noah	09	4m14	18/06	resc
7	Bouchfira Camille	08	4m07	16/05	resc
8	Delneufcourt Hugo	09	3m70	18/06	resc
9	Phillips Bastien	09	3m56	18/06	resc
10	Elangesa Leopold	08	3m26	16/05	resc
11	El Youssef Sami	09	3m11	16/05	resc
12	Sielinou Bamou Neto	09	1m61	18/06	resc

Poids (3 kg)		RC : 14m71			
1	Soudon Jules	08	8m50	17/10	ws
2	Verleyen Jakob	08	8m26	17/10	ws
3	Ouattara Reda	08	7m40	18/06	resc
4	Phillips Bastien	09	7m08	18/06	resc
5	Delneufcourt Noah	09	6m82	18/06	resc
6	Kubiak Joachim	09	6m31	18/06	resc
7	Soeiro Moreno Alexandre	09	5m89	18/06	resc
8	Delneufcourt Hugo	09	5m64	18/06	resc
9	El Youssef Sami	09	4m72	18/06	resc
10	Sielinou Bamou Neto	09	3m45	18/06	resc

Disque (750 gr)		RC : 45m01			
1	Coppy Kenneth	08	21m78	09/10	rcb
2	Phillips Bastien	09	19m49	09/10	rcb
3	Kubiak Joachim	09	16m78	02/10	rcb
4	Delneufcourt Hugo	09	15m04	09/10	rcb

Javelot (400 gr)		RC : 45m91			
1	Delneufcourt Noah	09	21m92	22/08	ws
2	Delneufcourt Hugo	09	19m95	22/08	ws
3	Kubiak Joachim	09	17m46	22/08	ws

Pentathlon		RC : 4135 p			
1	Verleyen Jakob	08	30 17 p	17/10	ws
2	Soudon Jules	08	2841 p	17/10	ws

CADETS GARCONS

100 m		RC : 11.31			
1	Verheeke Amory	06	12.75	19/09	hf
2	Mertens Raphael	07	12.76	16/05	resc
3	Soeiro Moreno Joaquim	06	12.87	16/05	resc
4	Guellet Shadi	07	13.03	16/05	resc
5	Desmecht Isaiah	06	13.47	10/10	csf
6	Labruyere Maxime	06	13.50	16/05	resc
7	Mvulu Kimana Steve	07	13.69	02/10	rcb
8	Kemlo Ziyad	07	13.91	16/05	resc
9	Fadoul Barry	06	14.90	16/05	resc

200 m		RC : 23.14			
1	Verheeke Amory	06	26.36	19/09	hf
2	Guellet Shadi	07	27.12	16/05	resc
3	Labruyere Maxime	06	27.37	16/05	resc
4	Kemlo Ziyad	07	29.03	16/05	resc
	Mvulu Kimana Steve	07	29.03	22/08	ws
6	Fadoul Barry	06	33.42	16/05	resc

400 m		RC : 52.24			
1	Labruyere Maxime	06	59.41	19/09	hf

800 m		RC : 1.59.30			
1	Van Mossevelde Sami	07	2.32.18	22/08	ws
2	Charlier Luca	07	2.54.62	19/09	hf

1500 m		RC : 4.10.9			
1	Chaar Naim	06	5.07.60	19/09	hf
2	El Banoudi Rayane	07	5.28.98	02/10	rcb

100 m haies (91 cm)		RC : 14.02			
1	Fadoul Barry	06	21.07	19/09	hf

300 m haies (76 cm)		RC : 40.07			
1	Fadoul Barry	06	53.69	19/09	hf

Hauteur		RC : 1m91			
1	Van Mossevelde Sami	07	1m20	16/05	resc
2	Labruyere Maxime	06	1m20	19/09	hf

Longueur		RC : 6m70			
1	Guellet Shadi	07	5m18	16/05	resc
2	Mertens Raphael	07	4m92	16/05	resc
3	De Greef Guillaume	07	4m35	19/09	hf
4	Van Mossevelde Sami	07	3m81	16/05	resc

Perche		RC : 3m76			
1	Van Mossevelde Sami	07	2m00	19/09	hf

Poids (4 kg)		RC : 14m42			
1	Mertens de Willmars Raphael	07	9m67	19/09	hf
2	Van Mossevelde Sami	07	7m10	22/08	ws

Disque (1 kg)		RC : 48m77			
1	Mertens de Willmars Raphael	07	22m28	19/09	hf

Javelot (600 gr)		RC : 44m54			
1	Van Mossevelde Sami	07	26m18	28/08	cabw

4 x 100 m		RC : 44.36			
El Banoudi, Labruyere, Tshanga Diumba, Verheecke					
			51.76	19/09	hf

SCOLAIRES HOMMES

100 m		RC : 10.83			
1	Gruson Augustin	04	11.49	16/05	resc
2	Biala Kenny-Felder	05	11.63	07/07	vita
3	Arifi Ilias	04	11.86	21/08	herv
	Domine Guillaume	04	11.86	10/10	csf
5	Guillaume Clement	04	12.08	16/05	resc
6	Ivens Filip	04	12.52	16/05	resc
7	Manzano Enzo	05	12.54	16/05	resc
8	Elangesa Gaspard	04	13.00	16/05	resc
9	Geerts Thibaut	05	13.13	16/05	resc

200 m		RC : 21.97			
1	Biala Kenny-Felder	05	23.43	24/07	lyra
2	Gruson Augustin	04	23.55	19/09	hf
3	Guillaume Clement	04	24.34	16/05	resc
4	Elangesa Gaspard	04	27.01	02/07	ws

300 m		RC : 35.89			
1	Biala Kenny-Felder	05	36.20	11/07	avlo
2	Manzano Enzo	05	41.57	16/05	resc

400 m		RC : 49.48			
1	Biala Kenny-Felder	05	50.85	28/08	cabw
2	Arifi Ilias	04	52.24	21/08	herv
3	Nehme Ziad	05	57.09	22/08	ws

800 m		RC : 1.55.41			
1	Nehme Ziad	05	2.23.87	10/10	csf
2	Manzano Enzo	05	2.32.00	19/09	hf

1500 m		RC : 4.00.79			
1	Arifi Ilias	04	4.34.69	01/08	bbs
2	Nehme Ziad	05	5.14.19	19/09	hf

3000 m		RC : 8.33.14			
1	Guillaume Clement	04	11.51.46	19/09	hf

110 m haies (91 cm)		RC : 13.65			
1	Arifi Ilias	04	14.69	03/07	moha

400 m haies (84 cm)		RC : 56.13			
1	Arifi Ilias	04	58.65	11/09	lyra
2	Manzano Enzo	05	66.04	19/09	hf

2000 m steeple (91 cm)		RC : 6.10.2			
1	Nehme Ziad	05	7.25.79	19/09	hf

Hauteur		RC : 2m05			
1	Arifi Ilias	04	1m87	25/09	rcas
2	Suetens Loic	05	1m68	19/09	hf

Longueur		RC : 7m59			
1	Gruson Augustin	04	7m03	27/06	resc
2	Arifi Ilias	04	6m04	12/06	resc
3	Domine Guillaume	04	5m49	19/09	hf

Palmares 2021 outdoor

4	Manzano Enzo	05	4m81	16/05	resc
Triple saut					
		RC : 15m64			
1	Domine Guillaume	04	10m86	19/09	hf
2	Geerts Thibaut	05	10m20	16/05	resc
Perche					
		RC : 4m36			
1	Arifi Ilias	04	4m10	16/07	rcas
Poids (5 kg)					
		RC : 14m35			
1	Arifi Ilias	04	11m16	25/09	rcas
2	Corneli Keziah	05	8m81	19/09	hf
Disque (1,5 kg)					
		RC : 44m44			
1	Arifi Ilias	04	30m85	22/08	herv
2	Ivens Filip	04	28m41	19/09	hf
Javelot (700 gr)					
		RC : 52m73			
1	Ivens Filip	04	35m09	19/09	hf
2	Arifi Ilias	04	32m57	20/06	csf
Decathlon					
		RC : 5708 p			
1	Arifi Ilias	04	5847 p	21/08	herv
4 x 100 m					
		RC : 42.91			
Clement, Biala, Arifi, Gruson			44.73	19/09	hf

JUNIORS HOMMES

100 m					
		RC : 10.71			
1	Medan Marko	03	11.06	18/09	herv
2	De Tollenaere Tom	03	11.92	16/05	resc
3	Montilla Alexis	02	12.11	21/08	herv
4	Chekem Ramses	03	12.15	16/05	resc
5	Dobrzynski Damian	03	14.49	16/05	resc
200 m					
		RC : 21.0			
1	Medan Marko	03	22.43	18/09	herv
2	Dobrzynski Damian	03	30.53	16/05	resc
400 m					
		RC : 47.8			
1	Latinne Mathys	03	50.26	04/07	damp
2	Montilla Alexis	02	56.28	31/07	bbs
800 m					
		RC : 1.52.66			
1	Latinne Mathys	03	1.54.12	03/07	avt
1500 m					
		RC : 3.48.9			
1	Montilla Alexis	02	5.03.16	22/08	herv
110 m haies (99 cm)					
		RC : 13.67			
1	Montilla Alexis	02	19.02	01/08	bbs
Hauteur					
		RC : 2m14			
1	Montilla Alexis	02	1m70	21/08	herv
Longueur					
		RC : 7m89			
1	Montilla Alexis	02	5m76	16/05	resc
Perche					
		RC : 5m00			
1	Montilla Alexis	02	3m40	01/08	bbs
2	De Tollenaere Tom	03	3m00	16/05	resc
Poids (6 kg)					
		RC : 15m79			
1	Montilla Alexis	02	11m71	31/07	bbs
Disque (1,75 kg)					
		RC : 43m08			
1	Montilla Alexis	02	33m17	22/08	herv
Javelot (800 gr)					
		RC : 53m14			
1	Montilla Alexis	02	46m12	15/05	jsmc
Decathlon					
		RC : 7196 p			
1	Montilla Alexis	02	5193 p	22/08	herv

SENIORS HOMMES

100 m					
		RC : 10.02			
1	Tshitwenu Florian	97	10.69	19/06	cabw
2	Niesen Charles	94	10.81	26/09	usbw

3	Segers Daniel	01	10.90	03/08	asvo
4	Kalmen Adam	98	10.93	26/09	usbw
5	Kasmi Amine	00	10.98	11/08	vita
6	Badji Asamti	95	11.13	11/08	vita
7	Taiwo Eniola	00	11.14	12/06	resc
8	Caluwe Arnaud	91	11.22	31/07	acw
9	Montilla Dimitri	98	11.36	29/05	FRA
10	Tourtois Charles	01	11.40	16/05	resc
11	Caty Dylan	97	11.43	30/05	FRA
12	Geerts Gregory	99	11.49	14/08	oeh
13	Ilunga Carl	93	11.57	03/07	moha
14	Ghislain Arnaud	88	11.62	20/06	csf
15	Fassil Aboubaker	91	12.02	20/06	csf

200 m					
		RC : 20.66			
1	Kasmi Amine	00	21.11	27/06	resc
2	Niesen Charles	94	21.72	18/09	looi
3	Nicodeme Romain	95	21.98	21/07	riem
4	Badji Asamti	95	22.08	07-08	dcla
5	Kalmen Adam	98	22.46	16/05	resc
6	Mazebo Simon	00	22.32	29/08	vs
7	Caty Dylan	97	22.89	06/06	FRA
8	Ghislain Arnaud	88	22.94	20/06	csf
9	Caluwe Arnaud	91	23.09	04/08	achl
10	Ilunga Carl	93	23.59	07/08	dcla
11	Fassil Aboubaker	91	24.70	12/06	resc

300 m					
		RC : 33.10			
1	Segers Daniel	01	33.84	03/08	asvo
2	Badji Asamti	95	34.06	11/07	avlo
3	Niesen Charles	94	34.60	08/09	vita
4	Mazebo Simon	00	35.17	08/09	vita
5	Ilunga Carl	93	37.55	11/07	avlo

400 m					
		RC : 45.98			
1	Badji Asamti	95	47.26	24/07	lyra
2	Segers Daniel	01	47.76	29/08	lebb
3	Mabille Florent	96	47.83	14/08	olse
4	Nicodeme Romain	95	48.29	12/06	resc
5	Lins Sebastien	92	48.95	12/06	resc
6	Mazebo Simon	00	49.66	29/08	lebb
7	Ghislain Arnaud	88	51.08	21/08	FRA
8	Montilla Dimitri	98	51.21	29/05	FRA
9	Tourtois Charles	01	51.34	21/08	herv
10	Ilunga Carl	93	51.52	14/08	oeh
11	Marin Sanchez Sergio	98	54.92	22/08	ws
12	Ringoet Romain	01	56.18	02/07	ws

800 m					
		RC : 1.46.60			
1	Callahan Peter	91	1.47.92	17/07	vita
2	Balhan Robin	94	1.51.02	19/06	cabw
3	Ghislain Arnaud	88	2.02.49	21/08	FRA
4	Petitjean Simon	96	2.03.64	16/05	resc
5	Marin Sanchez Sergio	98	2.07.97	02/07	ws

1500 m					
		RC : 3.36.96			
1	Callahan Peter	91	3.38.41	15/05	USA
2	Balhan Pierre Antoine	92	3.42.58	12/06	resc
3	Petitjean Simon	96	3.54.56	12/06	resc
4	Bouissane Youssef	94	3.56.62	19/06	cabw
5	Balhan Robin	94	4.01.31	16/05	resc
6	Tourtois Charles	01	4.24.29	22/08	herv
7	Petitjean Simon	96	4.35.96	15/05	jsmc
8	Ghislain Arnaud	88	4.53.32	22/08	FRA
9	Montilla Dimitri	98	4.55.06	30/05	FRA
10	Vereertbrugghen Nicolas	92	4.56.20	16/05	resc

3000 m					
		RC : 7.47.22			
1	Ghislain Arnaud	88	10.50.14	22/08	FRA

5000 m					
		RC : 13.22.81			
1	Bouckikhi Lahsene	93	13.49.08	03/07	avt
2	Ruell Kim	87	15.03.37	12/06	resc
3	Bouissane Youssef	94	15.09.23	12/06	resc
4	Jazaeri Amir	99	17.00.74	02/10	rcb
5	Ghislain Arnaud	88	18.40.43	21/08	FRA

10.000 m					
		RC : 28.24.95			
1	Bouchikhi Lahsene	93	28.45.30	05/06	GBR
2	Ghislain Arnaud	88	40.57.16	22/08	FRA

Semi-marathon					
		RC : 1h01.42			

Palmares 2021 outdoor

1 Naert Koen	89	1h01.38	21/03	GER
Marathon RC : 2h07:39				
1 Naert Koen	89	2h12:13	08/08	JAP
2 Bouissane Youssef	94	2h22:23	19/09	rfcl
110 m haies (106 cm) RC : 13.48				
1 Caty Dylan	97	14.35	20/06	FRA
2 Montilla Dimitri	98	14.70	30/05	FRA
3 Tourtois Charles	01	16.21	22/08	herv
4 Ghislain Arnaud	88	16.28	11/07	flac
200 m haies (91 cm) RC : 27.04				
1 Ghislain Arnaud	88	25.01	21/08	FRA
400 m haies (91 cm) RC : 48.91				
1 Mazebo Simon	00	53.06	18/09	herv
2 Ghislain Arnaud	88	57.42	22/08	FRA
3000 steeple (91 cm) RC : 8.24.90				
1 Bouissane Youssef	94	9.21.20	27/06	resc
2 Ghislain Arnaud	88	11.30.70	21/08	FRA
Hauteur RC : 2m21				
1 Gamuala Ngamunguela Jos	98	2m00	16/05	resc
2 Montilla Dimitri	98	1m98	29/05	FRA
3 Tourtois Charles	01	1m78	21/08	herv
4 Ghislain Arnaud	88	1m62	21/08	FRA
Longueur RC : 7m98				
1 Caluwe Arnaud	91	7m28	22/08	csdy
2 Segers Daniel	01	7m15	31/7	acw
3 Campener Coarentin	90	7m04	27/06	resc
4 Montilla Dimitri	98	6m94	16/05	resc
5 Geerts Gregroy	99	6m71	14/08	olse
6 Ghislain Arnaud	88	6m21	11/07	flac
7 Tourtois Charles	01	6m06	21/08	herv
Triple saut RC : 16m86				
1 Geerts Gregroy	99	14m72	24/05	NED
2 Ghislain Arnaud	88	11m88	20/06	csf
Perche RC : 5m25				
1 Montilla Dimitri	98	4m75	30/05	FRA
2 Tourtois Charles	01	3m70	16/05	resc
3 Ghislain Arnaud	88	2m50	22/08	FRA
Poids (7,26 kg) RC : 15m64				
1 Guillaume Jonathan	92	15m57	30/05	FRA
2 Hadj Faraji Ridwan	98	12m86	21/08	csf
3 Montilla Dimitri	98	12m61	31/07	bbs
4 Dekker Stephan	87	12m79	10/07	zwat
5 Tourtois Charles	01	11m50	21/08	herv
6 Ghislain Arnaud	88	10m37	21/08	FRA
Disque (2 kg) RC : 56m67				
1 Dekker Stephan	87	55m48	12/06	NED
2 Salvaggo Claudio	92	44m36	12/06	resc
3 Montilla Dimitri	98	43m41	30/05	FRA
4 Guillaume Jonathan	92	41m37	27/06	resc
5 Gets Florent	91	40m18	15/05	jsmc
6 Hadj Faraji Ridwan	98	32m34	02/10	rcb
7 Tourtois Charles	01	31m42	22/08	herv
8 Ghislain Arnaud	88	27m70	11/07	flac
Javelot (800 gr) RC : 63m56				
1 Gets Florent	91	55m28	27/06	resc
2 Montilla Dimitri	98	44m63	30/05	FRA
3 Tourtois Charles	01	38m41	22/08	herv
4 Ghislain Arnaud	88	32m82	22/08	FRA
Marteau (7,26 kg) RC : 61m66				
1 Salvaggo Claudio	92	61m82	27/06	ITA
2 Ghislain Arnaud	88	28m33	21/08	FRA
Decathlon RC : 8142 p				
1 Montilla Dimitri	98	7287 p	30/05	FRA
2 Tourtois Charles	01	6196 p	22/08	herv
Icosathlon RC : 13.099 p				
1 Ghislain Arnaud	88	11.342 p	22/08	FRA

4 x 100 m		RC : 40.60		
Kalmen, Niesen, Kasmi, Tshitwenu	40.79	05/09	smac	
4 x 200 m		RC : 1.24.15		
Segers, Tshitwenu, Badji, Medan	1.26.10	05/09	smac	
4 x 400 m		RC : 3.10.2		
Mazebo, Lins, Nicodeme, Badji	3.14.58	05/09	smac	
Ekiden		RC : 2h10:48		
Boland, Minne, Lemaire, Delneufcourt, Ruell, Jazaeri				
	2h30:33	16/10	resc	

MASTERS HOMMES

100 m		RC : 11.07		
1 Maniquet Rudi	61	13.61	20/06	csf
2 Schoonen Laurent	65	14.78	25/09	rcas
200 m		RC : 22.55		
1 Balsen Julien	86	24.02	11/08	vita
2 Maniquet Rudi	61	28.26	16/05	resc
300 m		RC : 37.95		
1 Balsen Julien	86	37.38	11/07	avlo
400 m		RC : 52.31		
1 Balsen Julien	86	52.91	07/08	dcla
2 Schoonen Laurent	65	73.88	22/08	ws
1500 m		RC : 3.36.96		
1 Schoonen Laurent	65	7.08.11	21/08	csf
Marathon		RC : 2h32:05		
1 Boland Patrick	78	2h37:29	26/09	GER
2 Delneufcourt Olivier	76	3h18:15	26/09	GER
100 m haies (91 cm)		RC : 20.06		
1 Schoonen Laurent	65	23.06	26/09	rcas
Hauteur		RC : 1m90		
1 Schoonen Laurent	65	1m35	25/09	rcas
Longueur		RC : 6m65		
1 Schoonen Laurent	65	3m87	25/09	rcas
Triple saut		RC : 14m09		
1 Maniquet Rudi	61	9m09	19/09	vita
Perche		RC : 4m71		
1 Schoonen Laurent	65	2m32	26/09	rcas
Poids (6 kg)		RC : 12m01		
1 Schoonen Laurent	65	6m98	21/08	csf
Poids (7,26 kg)		RC : 15m08		
1 Schoonen Laurent	65	7m45	25/09	rcas
Disque (1,5 kg)		RC : 35m64		
1 Schoonen Laurent	65	22m85	26/09	rcas
Disque (2 kg)		RC : 51m56		
1 Schoonen Laurent	65	17m19	24/10	rcas
Javelot (700 gr)		RC : 37m29		
1 Schoonen Laurent	65	22m09	02/10	volh
Javelot (800 gr)		RC : 62m75		
1 Schoonen Laurent	65	24m41	21/08	csf
Marteau (6 kg)		RC : 23m65		
1 Schoonen Laurent	65	19m88	02-10	volh
Grand poids (11,34 kg)		RC : 9m66		
1 Schoonen Laurent	65	8m21	02/10	volh
Pentathlon de lancers M55		RC : -		
1 Schoonen Laurent	65	1752 p	02/10	volh

Palmares 2021 outdoor

Decathlon M55		RC : 2735 p		
1	Schoonen Laurent	65	3699 p	26/09 rcas

MASTERS HOMMES HANDISPORT

Disque (1,5 kg)		RC : 17m80		
1	Denys Jacques	59	15m05	27/06 resc

Disque (2 kg)		RC : 15m81		
1	Denys Jacques	59	11m72	24/10 rcas

Javelot (800 gr)		RC : 13m05		
1	Denys Jacques	59	11m61	27/06 resc