

## Top 15 RESC outdoor

### Mascotte

#### 100 m

1	Excellito	14.66	2017
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### Benjamines filles

#### 60 m

1	Squiflet Emelyne	9.35	2019
2	Godefroid Maud	9.44	1988
	Meys Jessica	9.44	2000
4	Lambert Kylie	9.48	2013
5	Dolianitis Dina	9.50	2000
6	Medan Ivana	9.54	2021
7	Englebert Yolaine	9.56	2005
	Dzou Lesly Kayla	9.56	2019
9	Soenen Stephanie	9.64	1994
	Murray Shirley	9.64	2000
11	Ngandeu Tchambia Brenda	9.71	2016
	Schroeven Camille	9.71	2020
13	Cincinatis Lucie	9.74	1999
	Mouzon Emmanuelle	9.74	2000
15	Lecomte Christina	9.81	2007

#### 200 m

1	Godefroid Maud	34.84	1988
2	Ghayati Anissa	35.74	1988
3	Ghayati Nadia	36.44	1988
4	De Buyst Nadia	37.14	1982

#### 600 m

1	Lambert Kylie	2.00.94	2013
2	Strypstein Solena	2.03.24	2021
3	Squiflet Emelynn	2.07.24	2019
4	Beghin Joyce	2.09.21	2019
5	Popescu Raissa	2.10.56	2020
6	Ngandeu Tchambia Brenda	2.10.62	2016
7	Schroeven Camille	2.10.70	2020
8	Huygens Cloe	2.11.73	2012
9	Radermacher Sarah	2.11.96	2018
10	Merino Noemie	2.12.95	2013
11	Dennison Chrystal	2.16.08	2014
12	Sibourg Celya	2.16.68	2018
13	Boone Tya	2.17.39	2015
14	Wanyu Diane	2.18.01	2017
15	Ngandeu Tchambia Alexandra	2.18.73	2019

#### 800 m

1	Godefroid Maud	3.01.30	1988
2	Lecomte Ellen	3.07.10	1988
3	La Rou Jennifer	3.08.70	1987
4	Ghayati Nadia	3.10.28	1988
5	Urbain Julie	3.11.11	1988
6	Delbecque Laure	3.14.90	1988
7	Ghayati Anissa	3.17.48	1988
8	De Buyst Nadia	3.21.00	1982
9	La Rou Emilie	3.35.00	1988

#### 1000 m

1	De Grootte Estelle	3.48.40	2002
2	Lecomte Christina	3.53.95	2007
3	Mouzon Emmanuelle	3.54.06	2000
4	Huybrechts Isabelle	3.54.29	1996
5	Vanderhaeghen Caroline	3.54.41	2007
6	Murray Shirley	3.54.66	2000
7	Van De Sype Chloe	3.54.72	2006
8	Sonon Aurore	3.58.54	1997
9	Graftiaux Chloe	3.58.97	1996
10	De Buyl Salima	3.59.40	1997
11	Castrop Sara	4.00.97	2005
12	Van Der Perren Jessica	4.01.93	2003
13	Meys Jessica	4.02.00	2000
14	Robert Laura	4.02.58	2002
15	Halewyck Marie	4.03.33	2003

#### 60 m haies (76 cm)

1	Urbain Julie	14.50	1988
2	Ghayati Anissa	14.55	1988

#### Hauteur

1	Van De Sype Chloe	1m18	2006
2	Halleman Julie	1m17	1994
3	Hostyn Priscilla	1m12	1999

4	Soto Moral Helene	1m10	1991
	Huybrechts Isabelle	1m10	1996
	Beghin Joyce	1m10	2019
	Squiflet Emelynn	1m10	2019
	Strypstein Solena	1m10	2021
9	Schroeven Camille	1m07	2020
10	Merino Noemie	1m06	2013
11	Vanderhaeghen Jessica	1m05	1992
	Graftiaux Chloe	1m05	1996
	De Buyl Salima	1m05	1997
	Dolianitis Dina	1m05	1999
	Yazghi Sabine	1m05	2005
	Dzou Lesly Kayla	1m05	2018
	Radermacher Sarah	1m05	2018

#### Longueur

1	Cincinatis Lucie	3m88	1999
2	Meys Jessica	3m85	2000
3	Van De Sype Chloe	3m80	2006
4	Englebert Yolaine	3m72	2005
5	Dolianitis Dina	3m70	2000
6	Squiflet Emelynn	3m67	2019
7	Lecomte Christina	3m65	2007
	Lambert Kylie	3m65	2013
9	Mouzon Emmanuelle	3m61	2000
10	Huybrechts Isabelle	3m57	1996
11	Godefroid Maud	3m56	1988
	Yazghi Sabine	3m56	2005
13	Maidane Yasmine	3m43	2004
14	Radermacher Sarah	3m42	2018
15	Borremans Nancy	3m41	2000

#### Poids (1 kg)

1	Goutte Alexandra	8m63	2000
2	Montilla Morgane	8m53	2007
3	Huybrechts Isabelle	8m46	1996
4	Van De Sype Chloe	8m39	2006
5	Paulus Jessie	8m30	2005
6	Squiflet Emelynn	8m23	2019
7	Englebert Yolaine	8m15	2005
8	Halleman Julie	8m10	1994
9	Meys Jessica	7m98	2000
10	Lambert Kylie	7m81	2013
11	Dolianitis Dina	7m78	2000
12	Beghin Joyce	8m23	2019
13	Kompany Christel	7m74	1993
14	Maidane Yasmine	7m67	2004
15	Ngandeu Tchambia Brenda	7m59	2016

#### Poids (2 kg)

1	Ghayati Anissa	5m04	1988
2	Godefroid Maud	4m67	1988
3	De Buyst Nadia	4m55	1982
4	Urbain Julie	4m32	1988
5	La Rou Emilie	4m10	1988
6	Delbecque Laure	4m06	1988
7	Ghayati Nadia	3m81	1988
8	La Rou Jennifer	3m74	1987
9	Lecomte Ellen	3m48	1987
10	De Crom Evelyne	2m95	1987

#### Balle de hockey

1	Halleman Julie	28m96	1994
2	Van De Sype Chloe	27m79	2006
3	Dzou Lesly Kayla	25m76	2019
4	Strypstein Solena	24m73	2021
5	Huybrechts Isabelle	24m72	1996
6	Mouzon Emmanuelle	24m50	2000
7	Squiflet Emelyne	24m05	2019
8	Meys Jessica	23m87	2000
9	De Meyer Laurence	22m78	1997
10	Sibourg Celya	22m35	2018
11	Goutte Alexandra	21m83	2000
12	Huygens Cloe	21m71	2012
13	Paulus Jessie	21m09	2005
14	Beghin Joyce	21m09	2019
15	Lambert Kylie	20m75	2013

#### Triathlon

1	Cincinatis Lucie	1113 p	1999
2	Halleman Julie	1058 p	1994
3	Vanderhaeghen Jessica	983 p	1992
4	Huybrechts Isabelle	817 p	1995
5	Gilson Adeline	800 p	1993

## Top 15 RESC outdoor

6	Soto Moral Helene	776 p	1991
7	Meys Jessica	738 p	1999
8	Meeus Valerie	716 p	1993
9	Mostmans Lien	714 p	1994
10	François Isabelle	702 p	1992
11	Kompany Christel	645 p	1993
12	Gilson Aurore	644 p	1990
13	Godefroid Maud	628 p	1988
14	Dolianitis Dina	593 p	1999
15	Emmery Gaele	565 p	1999

### Tetrathlon

1	Squiflet Emelyne	1652 p	2019
2	Lambert Kylie	1601 p	2013
3	Lecomte Christina	1505 p	2007
4	Strypstein Solena	1460 p	2021
5	Radermacher Sarah	1337 p	2018
6	Van De Sype Chloe	1335 p	2006
	Schroeven Camille	1335 p	2020
8	Halewyck Marie	1332 p	2003
9	Popescu Raissa	1287 p	2020
10	Merino Noemie	1275 p	2013
11	Robert Laura	1245 p	2002
12	Englebert Yolaine	1221 p	2005
13	Dolianitis Dina	1184 p	2000
14	Van Der Perren Jessica	1175 p	2003
15	Dzou Lesly Kayla	1163 p	2019

### Pupilles filles

#### 60 m

1	Lambert Kylie	8.55	2015
2	Squiflet Emelynn	8.61	2021
3	Kohl Olivia	8.74	1984
4	Dzou Lesly Kayla	8.90	2021
5	Carlot Sarah	8.97	2002
6	Godefroid Maud	9.05	1990
	Van Der Veken Cindy	9.05	2008
	Lecomte Christina	9.05	2009
9	Itoe Elisabeth	9.08	2014
10	Tramoni Svenia	9.10	2016
11	Mouzon Emmanuelle	9.11	2002
12	Smith Cindi	9.13	1986
13	Henderickx Fabienne	9.14	1970
	Carpentier Nathalie	9.14	1982
	M'Rabet Salima	9.14	1983
	Frenay Anne	9.14	1986

#### 200 m

1	?	30.8	?
2	Ibanez Nadia	33.74	1987
3	Frenay Anne	33.94	1986
4	De Buyst Nadia	34.04	1983
5	Godefroid Maud	34.84	1988
6	La Rou Jennifer	35.24	1988
7	Ghayati Anissa	35.74	1988
	Lecomte Ellen	35.74	1988
9	Ghayati Nadia	36.44	1988
10	Cacciatore Nathalie	36.64	1986
11	Holden Cindi	37.04	1988
12	Potvlieghe Ann	37.44	1986
	Urbain Julie	37.44	1988
14	Vaccaro Nadia	37.94	1986
15	Schroeven Valerie	38.74	1988

#### 800 m

1	Frenay Anne	2.43.17	1986
2	Smith Cindi	2.45.00	1986
3	Potvlieghe Ann	2.46.50	1986
4	La Rou Jennifer	2.48.55	1989
5	Troisfontaines Valerie	2.50.98	1987
6	Fayt Laurence	2.56.50	1988
7	Schoos Nathalie	3.00.05	1989
8	Godefroid Maud	3.01.30	1988
9	Dewit Fabienne	3.03.70	1989
10	Urbain Julie	3.06.24	1989
11	Ghayati Nadia	3.06.30	1989
12	Lecomte Ellen	3.07.10	1988
13	De Buyst Nadia	3.07.60	1983
14	Holden Cindy	3.08.86	1989
15	Schoos Nathalie	3.09.50	1988

#### 1000 m

1	Lambert Kylie	3.26.31	2015
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2	Tshiasuma Jessie	3.27.87	2007
3	De Groote Estelle	3.29.00	2004
4	Inconstant Elisa	3.34.76	2017
5	Mouzon Emmanuelle	3.34.90	2002
6	Iven Kayla	3.35.05	2013
7	Gingreau Virginie	3.35.93	1999
8	Pauly Benedicte	3.36.89	1994
9	Popescu Raisa Gabriela	3.37.36	2021
10	De Groote Florence	3.38.97	1999
	Van Der Perren Jessica	3.38.97	2005
12	Barry Diariou	3.39.18	2019
13	Lecomte Christina	3.40.68	2009
14	Dewaele Laura	3.40.86	2016
15	Schroeven Camille	3.40.95	2021

#### 60 m haies (68 cm)

1	Squiflet Emelynn	10.35	2021
2	Dzou Lesly Kayla	11.13	2021
3	Strypstein Maeva	11.91	2021
4	Schroeven Camille	13.01	2021

#### 60 m haies (76 cm)

1	Lambert Kylie	10.74	2015
2	Kohl Olivia	11.04	1984
3	M'Rabet Salima	11.14	1983
4	Frenay Anne	11.44	1986
	Huybrechts Isabelle	11.44	1998
6	Smith Cindi	11.74	1986
	De Cock Aline	11.74	1993
8	Van De Sype Chloe	11.81	2008
9	Kompany Christel	11.84	1995
10	Van Der Veken Noemie	11.88	2008
11	Sweetlove Celine	11.94	2019
12	De Groote Florence	11.96	1999
13	Carpentier Nathalie	12.04	1982
14	Brouwers Cindy	12.24	1990
15	Hostyn Priscilla	12.26	2001

#### Hauteur

1	M'Rabet Salima	1m33	1983
2	Huybrechts Isabelle	1m31	1998
	Van Der Veken Noemie	1m31	2008
4	Marnef Aline	1m30	1996
	Lecomte Christina	1m30	2009
	Montilla Morgane	1m30	2009
	Lambert Kylie	1m30	2015
	Radermacher Sarah	1m30	2020
9	Carpentier Nathalie	1m29	1982
	Smith Cindi	1m29	1986
	Mouzon Emmanuelle	1m29	2002
12	Kohl Olivia	1m28	1984
	Hostyn Priscilla	1m28	2001
14	Frenay Anne	1m26	1986
	Popescu Raisa Gabriela	1m26	2021
	Squiflet Emelynn	1m26	2021

#### Longueur

1	Smith Cindi	4m48	1986
2	Frenay Anne	4m36	1986
3	Kohl Olivia	4m32	1984
4	Hostyn Priscilla	4m24	2001
5	Van De Sype Chloe	4m18	2008
	Squiflet Emelynn	4m18	2021
7	M'Rabet Salima	4m15	1983
	Kompany Christel	4m15	1995
9	Tramoni Svenia	4m13	2016
10	Carpentier Nathalie	4m12	1982
11	Lambert Kylie	4m11	2015
12	Cincinatis Lucie	4m07	2000
13	Hasani Geraldina	4m05	2006
14	Huybrechts Isabelle	4m03	1998
15	Lecomte Christina	4m02	2008

#### Poids (2 kg)

1	Hasani Geraldina	9m75	2006
2	Goutte Alexandra	9m41	2002
3	Mouzon Emmanuelle	8m57	2002
4	Van De Sype Chloe	8m54	2008
5	Tong Aline	8m43	2004
6	Iven Kayla	8m37	2013
7	Dzou Lesly Kayla	8m28	2021
8	Kompany Christel	8m27	1995
9	Squiflet Emelynn	8m18	2021
10	Hallemaans Julie	7m92	1996

## Top 15 RESC outdoor

11	Wanyu Naomie Belle	7m87	2021
12	Portzenheim Virginie	7m67	1989
13	Maidane Yasmine	7m67	2004
14	Doliantis Dina	7m65	2002
15	Inconstant Elisa Mjahed Maya	7m65 7m65	2018 2018

### Disque (600 gr)

1	Squiflet Emelynn	24m96	2021
2	Huybrechts Isabelle	23m00	1998
3	Van De Sype Chloe	21m41	2008
4	Montilla Morgane	20m41	2009
5	Iven Kayla	19m47	2013
6	Radermacher Sarah	19m07	2020
7	De Meyer Laurence	18m45	1999
8	Van Der Veken Noemie	18m26	2008
9	Dzou Lesly Kayla	18m15	2021
10	Mouzon Emmanuelle	17m31	2002
11	Huygens Cloe	17m04	2014
12	De Cooman Lea	17m02	2021
13	Van Der Veken Cindy	16m98	2008
14	Meys Jessica	16m07	2002
15	Lecomte Christina	15m82	2009

### Balle de hockey

1	Iven Kayla	41m50	2013
2	Van De Sype Chloe	40m58	2008
3	Tong Aline	35m47	2004
4	Squiflet Emelynn	35m24	2021
5	Huybrechts Isabelle	35m15	1998
6	Dzou Lesly Kayla	34m75	2021
7	Hallems Julie	33m74	1996
8	Hasani Geraldina	33m73	2006
9	Meys Jessica	32m36	2002
10	De Meyer Laurence	31m94	1999
11	Pauly Benedicte	31m22	1994
12	Goutte Alexandra	30m81	2002
13	De Cooman Lea	30m19	2021
14	El Boubsi Maryam	29m46	1995
15	Mouzon Emmanuelle	29m15	2002

### Triathlon

1	Smith Cindi	1492 p	1986
2	Kompany Christel	1321 p	1995
3	La Rou Jennifer	1197 p	1989
4	Vanderhaeghen Jessica	1080 p	1993
5	Hallems Julie	1056 p	1995
6	Gilson Adeline	1053 p	1995
7	Kill Françoise	981 p	1994
8	Maridor Julie	960 p	1995
9	Marnef Aline	956 p	1995
10	El Boubsi Maryam	941 p	1995
11	Ruysinck Kelly	874 p	1993
12	Mokassa Madeleine	866 p	1990
13	Brion Sophie	853 p	1995
14	Godefroid Maud	847 p	1989
15	Meeus Valerie	841 p	1994

### Tetrathlon

1	Lambert Kylie	2077 p	2015
2	Squiflet Emelynn	1941 p	2021
3	Mouzon Emmanuelle	1935 p	2002
4	Lecomte Christina	1837 p	2009
5	Meys Jessica	1811 p	2002
6	Carlot Sarah	1801 p	2002
7	Iven Kayla	1728 p	2013
8	Van De Sype Chloe	1702 p	2008
9	Montilla Morgane	1699 p	2009
10	Nijs Juliette	1626 p	2014
11	Huybrechts Isabelle	1621 p	1998
12	Tong Aline	1612 p	2004
13	Dewaale Laura	1605 p	2016
14	Radermacher Sarah	1590 p	2020
15	Inconstant Elisa	1585 p	2017

### 1 km marche

1	Iven Kayla	6.20.58	2013
2	Delbecque Laure	6.53.70	1991
3	Gilson Aurore	7.44.30	1991

### Minimes filles

#### 50 m

1	Lambert Kylie	7.30	2016
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#### 80 m

1	Mpinga Mulowayi Alexia	10.64	2017
2	Kohl Olivia	10.4	1986
	Clermont Nathalie	10.4	1989
4	Carlot Sarah	10.73	2004
5	Carpentier Nathalie	10.74	1983
	Giuliani Alexandra	10.74	1995
7	Yech Chou Safia	10.85	2014
8	Lambert Kylie	10.86	2017
	Leonard Elise	10.86	2018
9	Van Der Veken Cindy	10.90	2010
10	Callebaut Muriel	10.91	1985
11	Van Collie Heidi	10.94	1982
	Smith Cindi	10.94	1988
	Bonvin Draps Nathalie	10.94	1993
14	Merino Nohemi	10.98	2017
15	Pontara Lisa	11.00	2016

#### 150 m

1	Carlot Sarah	20.13	2004
2	Mpinga Mulowayi Alexia	20.15	2017
3	Lambert Kylie	20.31	2017
4	Briand Celine	20.42	2010
5	Guillet Laurence	20.44	1993
6	Mouzon Emmanuelle	20.54	2004
7	Bonvin Draps Nathalie	20.64	1993
8	Hostyn Priscilla	20.72	2003
9	Pontara Lisa	20.75	2016
10	Van Der Veken Cindy	20.81	2010
11	Merino Nohemi	20.84	2017
12	Kompany Christel	20.92	1997
13	Sacre Laetitia	20.94	1993
	Meys Jessica	20.94	2004
15	Ciulla Debora	21.01	2001

#### 200 m

1	?	27.3	?
2	Clermont Nathalie	28.32	1989
3	Smith Cindi	28.44	1988
4	Ramos Daphne	28.60	1988
5	Frenay Anne	28.64	1988
6	Brouwers Sandrine	29.66	1987
7	De Buyst Nadia	29.70	1986
8	Dewavre Laurence	30.04	1989
9	Kohl Olivia	30.54	1986
10	Duysens Tania	30.78	1986
11	Frenay Anne	30.84	1987
12	Ibanez Nadia	30.94	1989
13	Massart Alexandra	31.27	1988
14	Mac Lafferty Cathy	31.44	1987
15	Debaillie Isabelle	31.54	1986

#### 300 m

1	Lambert Kylie	43.85	2017
2	Carlot Sarah	44.36	2004
3	Hostyn Priscilla	44.97	2003
4	Merino Nohemi	45.50	2017
5	Mouzon Emmanuelle	45.92	2004
6	Cincinatis Lucie	46.21	2003
7	Lecomte Christina	46.34	2011
8	Montilla Morgane	46.38	2011
9	Huybrechts Isabelle	46.44	2000
10	Van Der Veken Cindy	46.52	2010
11	Van Der Veken Noemie	46.92	2010
12	Kubiak Joanna	46.97	2019
13	Klai Anissa	47.00	2009
14	Perrini Stephanie	47.07	2005
15	Urbain Fanny	47.14	2000

#### 800 m

1	Frenay Anne	2.34.68	1988
2	Schraff Celine	2.35.10	1986
	Vandermeulen Nathalie	2.35.10	1987
4	Brouwers Sandrine	2.40.20	1987
5	Ibanez Nadia	2.44.09	1988
6	Potvlieghe Ann	2.44.50	1987
7	Smith Cindi	2.45.00	1986
8	Fayt Laurence	2.46.98	1989
9	Dewavre Laurence	2.48.00	1989
10	La Rou Jennifer	2.48.55	1989
11	Troisfontaines Valerie	2.50.98	1987
12	Van Den Eede Isabelle	2.51.40	1987
13	Kohl Olivia	2.51.70	1986

## Top 15 RESC outdoor

14	De Buyst Nadia	2.51.80	1986
15	Ibanez Nadia	2.52.10	1988

### 1000 m

1	De Grootte Estelle	3.14.33	2006
2	Lambert Kylie	3.17.03	2017
3	Tshiasuma Jessie	3.17.91	2009
4	Mouzon Emmanuelle	3.19.90	2004
5	Klai Anissa	3.20.76	2009
6	Boussar Hanan	3.22.48	2000
7	Codrea Beatrix	3.23.42	2005
8	Iven Kayla	3.23.95	2014
9	Merino Nohemi	3.24.29	2017
10	Pauly Benedicte	3.25.05	1996
11	Muls Camille	3.25.54	2012
12	Meeus Valerie	3.28.13	1996
13	Lecomte Christina	3.30.68	2011
14	Montilla Morgane	3.30.90	2010
15	Carlot Sarah	3.31.18	2004

### 50 m haies (65 cm)

1	Lambert Kylie	8.04	2017
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### 50 m haies (76 cm)

1	Ouali Sirine	9.97	2013
2	Lecomte Christina	9.99	2011

### 60 m haies (68 cm)

1	Squiffet Emelynn	10.35	2021
2	Dzou Lesly Kayla	11.13	2021
3	Strypstein Maeva	11.91	2021
4	Sibourg Celya	12.58	2021
5	Schroeven Camille	13.01	2021
6	Wanyu Diane Kylie	13.87	2021

### 60 m haies (76 cm)

1	Lambert Kylie	9.96	2017
2	Smith Cindi	10.05	1988
3	Huybrechts Isabelle	10.07	2000
4	Van Collie Heidi	10.14	1982
5	M'Rabet Salima	10.22	1985
6	Cincinatis Lucie	10.24	2003
7	Kohl Olivia	10.25	1986
8	Mouzon Emmanuelle	10.34	2004
9	Guillet Laurence	10.36	1993
10	Van Der Veken Cindy	10.37	2010
11	Lecomte Christina	10.41	2011
12	Van Der Veken Noemie	10.42	2010
13	Uytterhaeghen Isabelle	10.44	1983
14	Kompany Christel	10.51	1997
15	Yech Chou Safia	10.62	2014

### 150 m haies (76 cm)

1	Lambert Kylie	21.56	2017
2	Yech Chou Safia	22.49	2014
3	Van Der Veken Cindy	22.78	2010
4	Yech Chou Safia	23.10	2013
5	Badji Jalika	23.25	2009
6	Merino Nohemi	23.45	2017
7	Sandon Lisa	23.60	2014
8	Montilla Morgane	23.74	2011
9	Ngandeu Tchambia Brenda	23.79	2019
10	Mpinga Mulowayi Alexia	23.84	2016
11	Mayot Coiffard Hermine	23.91	2018
12	Henry Morgane	24.00	2012
13	Lecomte Christina	24.23	2011
14	Pontara Lisa	24.31	2015
15	Itoe Elisabeth	24.53	2015

### Hauteur

1	Van Collie Heidi	1m57	1982
2	Hintjens Rita	1m55	1973
3	De Rijcke Dominique	1m50	1974
4	Smith Cindi	1m47	1988
5	Clermont Nathalie	1m45	1989
	Kompany Christel	1m45	1997
	Huybrechts Isabelle	1m45	2000
	Hostyn Priscilla	1m45	2003
	Mouzon Emmanuelle	1m45	2004
10	Lecomte Christina	1m43	2011
	Montilla Morgane	1m43	2011
	Lambert Kylie	1m43	2017
	Merino Nohemi	1m43	2017
14	Guillet Laurence	1m42	1993

Archambeau Aline	1m42	2003
Van Der Veken Cindy	1m42	2010

### Longueur

1	Kompany Christel	5m00	1997
2	Van Collie Heidi	4m90	1982
3	Cincinatis Lucie	4m87	2003
	Hostyn Priscilla	4m87	2003
5	Carpentier Nathalie	4m86	1984
6	Carlot Sarah	4m78	2004
7	Uytterhaeghen Isabelle	4m74	1983
8	Guillet Laurence	4m73	1993
	Huybrechts Isabelle	4m73	2000
10	Meys Jessica	4m71	2004
11	Smith Cindi	4m70	1988
12	Yech Chou Safia	4m69	2014
13	Lecomte Christina	4m68	2011
14	Frenay Anne	4m66	1988
15	Merino Nohemi	4m57	2017

### Perche

1	Van De Sype Chloe	2m43	2010
2	Mouzon Emmanuelle	2m40	2004
3	Hostyn Priscilla	2m25	2003
4	Archambeau Aline	2m20	2003
	Imbo Kristel	2m20	2009
6	Huybrechts Isabelle	2m10	2000
	Tong Aline	2m10	2005
8	Fomenko Lisa	2m03	2005
9	Klai Anissa	2m02	2009
10	Van Der Veken Noemie	2m00	2010
	Lambert Kylie	2m00	2016
12	Van Zeebroeck Griet	1m90	1993
13	Montilla Morgane	1m84	2011
14	Van Der Perren Jessica	1m75	2007
15	Tshiasuma Jessie	1m72	2009

### Poids (2 kg)

1	Waegemans Aurore	13m12	2003
2	Iven Kayla	12m89	2015
3	Kompany Christel	11m79	1997
	Van De Sype Chloe	11m79	2010
5	Mouzon Emmanuelle	10m80	2004
6	Halleman Julie	10m78	1998
7	Huybrechts Isabelle	10m69	2000
8	Mayuma Marie	10m62	2021
9	Montilla Morgane	10m40	2011
10	Vandenbrande Nathalie	10m38	1994
	Goutte Alexandra	10m38	2003
12	Mjahed Maya	9m94	2020
13	Pauly Benedicte	9m92	1996
14	Villanueva Lais	9m82	2004
15	Wanyu Diane Kylie	9m81	2021

### Disque (600 gr)

1	Waegemans Aurore	32m53	2003
2	Kill Françoise	31m80	1996
3	Kompany Christel	31m36	1997
4	Van Der Veken Noemie	30m28	2010
5	De Buyst Nadia	29m24	1986
6	Huybrechts Isabelle	27m96	2000
7	Montilla Morgane	27m01	2010
8	Gilson Aurore	25m74	1994
9	Van De Sype Chloe	25m24	2009
10	Squiffet Emelynn	24m96	2021
11	Hostyn Priscilla	24m76	2003
12	De Grootte Florence	24m41	2001
13	Vandenberghen Sylvie	24m40	1984
14	Gilbert Fernanda	23m92	1991
15	Halleman Julie	23m87	1998

### Disque (750 gr)

1	Iven Kayla	27m29	2015
2	Mayuma Marie	26m13	2021
3	Montilla Morgane	25m78	2011
4	Huygens Cloe	25m56	2016
5	Merino Nohemi	24m54	2017
6	Mjahed Maya	24m00	2020
7	Van Der Veken Noemie	23m66	2010
8	Van De Sype Chloe	23m51	2010
9	Radermacher Sarah	22m48	2021
10	Imbo Kristel	21m65	2009
11	Tshiasuma Jessie	20m04	2009
12	Van Der Veken Cindy	19m76	2010

**Top 15 RESC outdoor**

13	Badji Jalika	19m45	2009
14	Mpinga Mulowayi Alexia	19m40	2017
15	Gerard Emma	18m13	2021

**Javelot (400 gr) – ancien modele**

1	Hallemans Julie	31m01	1998
2	Uytterhaeghen Isabelle	28m02	1983
3	Adam Benedicte	24m88	1991
4	De Buyst Nadia	22m42	1986
5	De Cock Aline	22m24	1995
6	La Rou Cecile	21m54	1995
7	Binon Christelle	20m94	1992
8	Troisfontaine Valerie	18m72	1989
9	Carpentier Nathalie	18m60	1984
10	El Hammouti Soraya	18m20	1994
11	Dewavre Laurence	18m02	1989
12	Van Zeebroek Griet	17m96	1993
13	Delbecque Laure	17m92	1993
14	Debaillie Isabelle	17m80	1987
15	Duysens Tania	17m04	1986

**Javelot (400 gr)**

1	Iven Kayla	34m63	2015
2	Montilla Morgane	30m13	2011
3	Mouzon Emmanuelle	29m98	2004
4	Huybrechts Isabelle	29m28	2000
5	Mjahed Maya	28m12	2020
6	Radermacher Sarah	26m91	2021
7	Van De Sype Chloe	26m45	2010
8	Huygens Cloe	25m88	2016
9	Montilla Morgane	25m38	2010
10	Mayuma Marie	24m77	2021
11	Codrea Beatrix	24m59	2005
12	Imbo Kristel	24m35	2009
13	Lecomte Christina	24m11	2010
14	De Meyer Laurence	23m48	2001
15	Badji Jalika	23m47	2009

**Triathlon**

1	?	889 p	?
2	Smith Cindi	880 p	1988
3	Kohl Olivia	855 p	1986
4	Debaillie Isabelle	797 p	1987
5	De Buyst Nadia	795 p	1986
6	Frenay Anne	792 p	1988
7	Duysens Tania	767 p	1986
8	Van Den Eede Isabelle	745 p	1988
9	Dewavre Laurence	712 p	1988
10	Vandermeulen Nathalie	683 p	1986
11	Schraff Celine	682 p	1986
12	Antoine Cecile	677 p	1986
13	Potvlieghe An	575 p	1988
14	El Bakkali Yasmina	559 p	1987
15	Potvlieghe An	538 p	1987

**Tetrathlon**

1	?	2898 p	?
2	Bonvin Draps Nathalie	2167 p	1993
3	Brion Sophie	2053 p	1998
4	Giuliani Alexandra	2013 p	1995
5	Guillet Laurence	2008 p	1993
6	Gilbert Fernanda	1824 p	1991
7	De Cock Aline	1798 p	1995
8	Leplat Anabelle	1792 p	1994
9	Sacre Laetitia	1786 p	1993
10	Martinez Belen	1759 p	1998
11	Vandenbrande Nathalie	1746 p	1993
12	Van Remoortel Anouchka	1720 p	1993
13	Van Zeebroek Griet	1715 p	1993
14	Mokassa Madeleine	1701 p	1992
15	Clermont Nathalie	1684 p	1989

**Pentathlon**

1	Mouzon Emmanuelle	3021 p	2004
2	Lecomte Christina	2966 p	2011
3	Hostyn Priscilla	2904 p	2003
4	Kompany Christel	2898 p	1997
5	Iven Kayla	2839 p	2015
6	Montilla Morgane	2804 p	2011
7	Huybrechts Isabelle	2770 p	2000
8	Merino Nohemi	2673 p	2017
9	Lambert Kylie	2662 p	2017
10	Yech Chou Safia	2620 p	2014
11	Van De Sype Chloe	2576 p	2010

12	Van Der Veken Cindy	2556 p	2010
13	Radermacher Sarah	2506 p	2021
14	Carlot Sarah	2476 p	2004
15	De Grootte Florence	2429 p	2001

**2 km marche**

1	Van Der Veken Noemie	13.51.98	2009
2	Kersten Michele	14.07.50	1979
3	Gilson Aurore	14.23.20	1992

**Cadettes filles**

**100 m**

1	Kohl Olivia	12.64	1988
2	Clermont Nathalie	12.67	1991
3	Van Der Veken Cindy	12.72	2012
4	Sielinou Lisa	12.78	2018
5	Keita Aïssa	12.83	1996
6	Minga Mulowayi Alexia	12.78	2018
7	Leplat Severine	12.86	1996
8	Van Collie Heidi	12.87	1984
9	Schauwers Manon	12.89	2014
10	Mouzon Emmanuelle	12.93	2006
11	Malfait Maritza	12.94	1984
12	Yech Chou Safia	12.95	2016
13	Klai Anissa	13.01	2011
14	Carlot Sarah	13.05	2006
15	Bonvin Draps Nathalie Leonard Elise	13.10 13.10	1995 2019

**200 m**

1	Leplat Anabelle	26.14	1996
2	Clermont Nathalie	26.40	1991
3	Muyls Tania	26.44	1986
4	Van Collie Heidi	26.50	1984
5	Kohl Olivia	26.56	1988
6	La Rou Jennifer	26.58	1993
7	Leplat Severine	26.63	1996
8	Klai Anissa	26.63	2011
9	Wauters Marijke Smith Cindi	26.74 26.74	1974 1990
11	Van Der Veken Cindy	26.77	2012
12	Giuliani Alexandra	26.86	1997
13	Henderickx Fabienne	26.94	1974
14	Schauwers Manon	27.00	2014
15	Sielinou Lisa	27.08	2018

**300 m**

1	Schauwers Manon	42.36	2014
2	Leplat Severine	42.65	1996
3	La Rou Jennifer	42.84	1992
4	Nollet Viviane	43.12	1970
5	Gilbert Fernanda	43.15	1992
6	Housiaux Colette	43.32	1964
7	Lambert Kylie	43.85	2017
8	Leplat Anabelle	44.16	1996
9	Carlot Sarah	44.28	2005
10	Bonvin Draps Nathalie	44.32	1996
11	Giuliani Alexandra	44.34	1997
12	La Rou Cecile	44.68	1996
13	Hostyn Priscilla	44.74	2004
14	Vandendaal Alice	45.22	1968
15	Vlerick Ophelia	45.44	2008

**400 m**

1	Leplat Severine	57.61	1996
2	Klai Anissa	58.92	2011
3	Wauters Marijke	59.02	1973
4	Henderickx Fabienne	59.82	1973
5	La Rou Jennifer	59.84	1993
6	Malfait Maritza	61.22	1984
7	Maron Nicole	63.42	1971
8	Gilbert Fernanda	63.42	1992
9	De Buyst Nadia	63.52	1988
10	Badji Jalika	63.75	2010
11	Dikoume Jaelle	63.89	2004
12	Iven Kayla	63.89	2017
13	Adam Benedicte	64.05	1993
14	Kohl Olivia	64.08	1988
15	Boussar Hanan	64.10	2002

**800 m**

1	Tshiasuma Jessie	2.21.88	2011
2	Wauters Marijke	2.22.80	1973

## Top 15 RESC outdoor

3	Arnauts Els	2.24.30	1975
4	Schauwers Manon	2.24.47	2014
5	Cawet Daphne	2.25.42	1995
6	Boussar Hanan	2.25.57	2002
7	Mouzon Emmanuelle	2.26.19	2005
8	Winckelmans Reinhilde	2.26.30	1972
9	Maron Nicole	2.27.50	1971
10	Adam Benedicte	2.27.70	1993
11	Muls Camille	2.27.86	2014
12	Delbecque Laure	2.27.98	1995
13	Henderickx Fabienne	2.28.40	1973
14	Iven Kayla	2.30.05	2017
15	Dhondt Helene	2.30.09	1999

### 1000 m

1	Tshiasuma Jessie	3.01.95	2011
2	Dewitte Caroline	3.12.93	1997
3	Cawet Daphne	3.12.94	1995
4	De Grootte Estelle	3.14.33	2006
5	Vandermeulen Nathalie	3.16.70	1989
6	Adam Benedicte	3.17.00	1992
7	Lambert Kylie	3.17.03	2017
8	Potvlieghe An	3.17.90	1990
9	Boussar Hanan	3.18.85	2001
10	Schraff Celine	3.19.50	1987
11	Mouzon Emmanuelle	3.19.90	2004
12	Klai Anissa	3.20.76	2009
13	Codrea Beatrix	3.23.42	2005
14	Iven Kayla	3.23.95	2014
15	Merino Nohemi	3.24.29	2017

### 1500 m

1	Tshiasuma Jessie	4.53.37	2011
2	Cawet Daphne	5.02.54	1995
3	Potvlieghe An	5.06.80	1990
4	Boussar Hanan	5.07.19	2002
5	Schraff Celine	5.12.80	1987
6	De Rijcke Dominique	5.12.90	1974
7	Codrea Beatrix	5.17.66	2006
8	Vandermeulen Nathalie	5.18.87	1988
9	Vanden Broeck Nolwen	5.19.89	2006
10	Dewitte Caroline	5.21.13	1997
11	Adam Benedicte	5.23.19	1992
12	Mattelaer Laurence	5.24.30	1987
13	Delbecque Laure	5.25.28	1994
14	Henderickx Fabienne	5.27.00	1974
15	El Bousy Maryam	5.32.09	1999

### Mile

1	Tshiasuma Jessie	5.37.33	2011
2	Muls Camille	5.48.60	2014
3	Vanden Broeck Nolwen	5.56.70	2006
4	Verriez Laura	6.13.72	2015
5	El Kamlichi Widad	6.27.41	2012
6	Imbo Kristel	6.53.87	2010

### 2000 m

1	Tshiasuma Jessie	7.02.18	2011
2	Codrea Beatrix	7.28.37	2006
3	Vanden Broeck Nolwen	7.30.59	2006

### 60 m haies (76 cm)

1	Vandendael Alice	10.44	1967
2	Drieghe Maureen	10.54	1968

### 80 m haies (76 cm)

1	Schauwers Manon	11.88	2014
2	Kohl Olivia	11.95	1988
3	Clermont Nathalie	11.96	1991
4	Van Collie Heidi	12.18	1984
5	Smith Cindi	12.19	1990
	Guillet Laurence	12.19	1995
7	Gaeremynck Evelyne	12.26	1985
	Huybrechts Isabelle	12.26	2002
9	Van Der Veken Noemie	12.39	2012
10	Leplat Anabelle	12.44	1996
11	Giuliani Alexandra	12.54	1997
12	Mouzon Emmanuelle	12.56	2006
13	Marloye Nadine	12.64	1972
14	Badji Jalika	12.82	2011
15	La Rou Jennifer	12.83	1993

### 200 m haies (76 cm)

1	Ouali Sirine	37.39	2015
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### 300 m haies (76 cm)

1	La Rou Jennifer	45.51	1993
2	Schauwers Manon	45.77	2014
3	De Decker Annelies	46.42	1993
4	Van Collie Heidi	46.50	1984
5	Mouzon Emmanuelle	46.52	2006
6	Kohl Olivia	46.66	1988
7	Smith Cindi	46.90	1990
8	Gilbert Fernanda	47.04	1992
9	Badji Jalika	48.02	2011
10	Leplat Severine	48.21	1996
11	Frenay Anne	48.26	1989
12	Van Zeebroeck Griet	48.53	1995
13	Martins Junior Magaly	48.67	2019
14	M'Rabet Salima	48.89	1986
15	Van Den Eede Isabelle	49.22	1990

### 1500 m steeple (76 cm)

1	Van Der Perren Jessica	6.17.24	2009
2	Archambeau Aline	6.22.37	2004
3	Huygens Cloe	6.31.12	2017
4	Badji Jalika	6.31.72	2010
5	Van Der Perren Jessica	6.36.40	2008
6	Imbo Kristel	6.37.08	2011
7	Hostyn Priscilla	6.55.99	2004

### Hauteur

1	Van Collie Heidi	1m68	1984
2	Schauwers Manon	1m66	2014
3	De Rijcke Dominique	1m63	1976
	Golfa Sambay Clara	1m63	2017
5	Van Der Veken Cindy	1m61	2012
6	Smith Cindi	1m59	1990
7	Marloye Nadine	1m58	1973
8	Hintjens Rita	1m55	1973
	Hoste Corinne	1m55	1975
	Kohl Olivia	1m55	1988
11	Kompany Christel	1m53	1999
	Viaene Luna	1m53	2018
13	Vlerick Ophelia	1m52	2009
14	Vandenbrande Nathalie	1m50	1996
	Hostyn Priscilla	1m50	2005
	Van Rossem Nicky	1m50	2007
	Golfa Sambay Clara	1m50	2016
	Merino Nohemi	1m50	2018

### Longueur

1	Van Collie Heidi	5m74	1984
2	Marloye Nadine	5m72	1973
3	Dossey Jennifer Stefania	5m45	2019
4	Kompany Christel	5m40	1999
5	Henderickx Dominique	5m39	1971
6	Schauwers Manon	5m37	2014
7	Malfait Maritza	5m34	1984
8	Hostyn Priscilla	5m27	2005
9	Carpentier Nathalie	5m21	1986
10	Smith Cindi	5m10	1989
11	Housiaux Colette	5m06	1964
	Muyls Jacqueline	5m06	1980
13	Clermont Nathalie	5m03	1990
14	Yech Chou Safia	5m00	2015
15	Mouzon Emmanuelle	4m98	2006

### Triple saut

1	Kompany Christel	11m71	1999
2	Dossey Jennifer Stefania	11m49	2019
3	Naji Afaf	11m05	2004
4	Hostyn Priscilla	10m98	2005
5	Fomenko Lisa	10m92	2007
6	Vandenbrande Nathalie	10m88	1996
7	Yech Chou Safia	10m73	2015
8	Guisse Saliyya	10m55	2011
9	Archambeau Aline	10m50	2005
10	Van De Sype Chloe	10m20	2012
11	Vanden Bergh Joy	10m14	2015
12	Van Zeebroeck Griet	10m07	1995
13	Boswell Audrey	10m03	2003
14	Sandon Lisa	10m01	2016
15	Lecomte Christina	9m98	2013

### Perche

1	Van Zeebroeck Griet	3m26	1995
2	Van De Sype Chloe	3m20	2012

## Top 15 RESC outdoor

3	Imbo Kristel	2m86	2011
4	Van Remoortel Anouchka	2m80	1995
5	Mouzon Emmanuelle	2m75	2006
6	Huybrechts Isabelle	2m60	2002
7	Hostyn Priscilla	2m30	2004
	Fomenko Lisa	2m30	2007
9	Archameau Aline	2m20	2003
	Kaluza Isabelle	2m20	2013
11	Tong Aline	2m10	2005
12	Klai Anissa	2m02	2009
13	De Gunsch Marie	2m00	2008
	Van Der Veken Noemie	2m00	2010
	Nachtergal Marine	2m00	2017

### Poids (3 kg)

1	Mathieu Julia	13m85	2019
2	Kompany Christel	12m10	1999
3	Marloye Nadine	11m74	1973
4	Declerck Anne	11m18	1978
5	Mouzon Emmanuelle	11m42	2006
6	Iven Kayla	11m41	2017
7	Archambeau Aline	11m05	2005
8	Van De Sype Chloe	11m02	2012
9	Vandenbrande Nathalie	10m98	1996
10	De Meyer Laurence	10m82	2003
11	Hoste Corinne	10m79	1975
12	Reynaerts Stephanie	10m69	1995
13	Huybrechts Isabelle	10m62	2002
14	Mjahed Maya	10m58	2021
15	Yytterhaeghen Isabelle	10m49	1985

### Disque (800 gr)

1	Van Der Veken Noemie	22m26	2011
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### Disque (1 kg)

1	Marloye Nadine	37m60	1973
2	Vandenbrande Nathalie	36m48	1996
3	Mathieu Julia	31m59	2019
4	Halleman Julie	31m15	2000
5	Iven Kayla	30m81	2017
6	Kill Françoise	30m33	1998
7	Van Der Veken Noemie	30m03	2012
8	Vandenberghen Sylvie	29m92	1985
9	Kompany Christel	29m33	1999
10	De Buyst Nadia	28m90	1988
11	Van De Sype Chloe	28m58	2012
12	Declerck Anne	28m08	1978
13	Hoste Corinne	26m34	1975
14	Mjahed Maya	26m11	2021
15	Van Israel Joelle	25m86	1972

### Javelot (500 gr) – ancien modele

1	Declerck Anne	35m00	1978
2	Reynaerts Stephanie	32m82	1995
3	Hoste Corinne	31m18	1974
4	Adam Benedicte	30m66	1993
5	Yytterhaeghen Isabelle	30m48	1984
6	Bastin Chantal	30m00	1969
7	Meskens Muriel	27m72	1976
8	Pauly Benedicte	27m29	1998
9	Gilbert Lucy	26m78	1991
10	Carpentier Nathalie	26m26	1986
11	De Buyst Nadia	26m06	1988
12	Vandendael Alice	25m80	1969
13	Padilla Louise	24m60	1980
14	Vandenbroeck Elke	24m58	1993
15	Smith Cindi	23m72	1989

### Javelot (500 gr)

1	Iven Kayla	41m46	2017
2	Halleman Julie	36m86	2000
3	Huybrechts Isabelle	36m67	2002
4	Montilla Morgane	34m38	2013
5	Mouzon Emmanuelle	32m37	2006
6	Huygens Cloe	28m50	2018
7	Kompany Christel	27m62	1999
8	Van De Sype Chloe	27m02	2011
9	Imbo Kristel	25m97	2011
10	De Meyer Laurence	25m93	2003
11	Hostyn Priscilla	25m27	2005
12	Mjahed Maya	24m91	2021
13	Codrea Beatrix	24m65	2006
14	Merino Nohemi	23m92	2018
15	Archambeau Aline	23m46	2005

### Marteau (3 kg)

1	Huygens Cloe	34m60	2018
2	Vandenbrande Nathalie	32m60	1996
3	Van Remoortel Anouchka	26m14	1995
4	Halleman Julie	24m28	1999
5	Adam Benedicte	20m70	1993
6	Fomenko Lisa	22m05	2007
7	Imbo Kristel	20m31	2011
8	Van De Sype Chloe	19m22	2011
9	Van Zeebroeck Griet	18m66	1994
10	Montilla Morgane	18m38	2012
11	Guisse Saliyya	16m90	2011

### Pentathlon

1	Iven Kayla	2855 p	2017
2	Carpentier Nathalie	2720 p	1986
3	Iven Kayla	2546 p	2016
4	Huybrechts Isabelle	2502 p	2001
5	Kohl Olivia	2357 p	1988
6	De Buyst Nadia	2352 p	1988
7	Montilla Morgane	2285 p	2012
8	M'Rabet Salima	2064 p	1986
9	Gilbert Fernanda	2021 p	1992
10	Vandenbroeck Elke	1646 p	1992

### Hexathlon

1	Schauwers Manon	3901 p	2014
2	Kompany Christel	3625 p	1999
3	Mouzon Emmanuelle	3482 p	2006
4	Huybrechts Isabelle	3426 p	2002
5	Hostyn Priscilla	3188 p	2005
6	Van De Sype Chloe	3077 p	2012
7	Archambeau Aline	3030 p	2005
8	Vlerick Ophelia	2967 p	2009
9	Iven Kayla	2924 p	2016
10	Van Der Veken Noemie	2913 p	2012
11	Montilla Morgane	2896 p	2013
12	Lucas Clara	2832 p	2019
13	Lins Noemie	2768 p	2009
14	Badji Jalika	2739 p	2011
15	Merino Nohemi	2643 p	2018

### 3 km marche

1	Cuvelier Maela	21.19.14	2015
2	El Ouahmi Sirine	21.58.95	2015
3	Kersten Michele	22.06.90	1980
4	Biese Helena	24.09.94	2018

### Scolaires femmes

#### 100 m

1	Van Der Veken Cindy	12.33	2014
2	Vandendriessche Nadine	12.41	1982
3	Leplat Severine	12.43	1998
4	Malfait Maritza	12.48	1986
5	Kohl Olivia	12.57	1989
6	Mouzon Emmanuelle	12.65	2008
7	Clermont Nathalie	12.67	1991
8	Noel Nehemie Keysha	12.70	2015
9	Nollet Viviane	12.74	1971
	Henderickx Dominique	12.74	1972
	Naples Michele	12.74	1981
12	La Rou Jennifer	12.77	1995
	Schauwers Manon	12.77	2016
14	Sielinou Lisa	12.78	2018
15	De Coster Alexandra	12.80	1982

#### 200 m

1	Vandendriessche Nadine	25.1	1981
2	Leplat Severine	25.38	1998
3	Van Der Veken Cindy	25.42	2014
4	Kohl Olivia	25.53	1990
5	Schauwers Manon	25.65	2016
6	Mouzon Emmanuelle	25.73	2008
7	Naples Michele	25.78	1982
8	La Rou Jennifer	25.82	1995
9	Leplat Anabelle	25.84	1997
10	De Coster Alexandra	25.94	1982
	Van Collie Heidi	25.94	1986
12	Malfait Maritza	25.98	1986
13	Henderickx Dominique	26.04	1973
14	Giuliani Alexandra	26.24	1998
15	Van Laethem Sandra	26.25	1989

## Top 15 RESC outdoor

### 300 m

1	Leplat Severine	39.65	1998
2	La Rou Jennifer	41.29	1995
3	Schauwers Manon	41.68	2016
4	Klai Anissa	42.20	2013
5	Leplat Anabelle	42.37	1998
6	Kompany Christel	42.48	2000
7	Van Der Veken Cindy	42.74	2014
8	Nollet Viviane	43.12	1970
9	Gilbert Fernanda	43.15	1992
10	Housiaux Colette	43.32	1964
11	Van Den Eede Isabelle	43.61	1992
12	Giuliani Alexandra	43.84	1998
13	Lambert Kylie	43.85	2017
14	Carlot Sarah	44.28	2005
15	Bonvin Draps Nathalie	44.32	1995

### 400 m

1	Leplat Severine	56.03	1998
2	Klai Anissa	57.07	2013
3	Van Collie Heidi	57.32	1986
4	La Rou Jennifer	58.29	1995
5	Malfait Maritza	58.58	1986
6	Schauwers Manon	58.90	2016
7	Wauters Marijke	59.02	1973
8	Adam Benedicte	59.31	1995
9	Miri Yasmina	59.76	2011
10	Henderickx Fabienne	59.82	1973
11	Vandendriessche Nadine	60.02	1981
12	Collard Florence	60.71	1983
13	Meersseman Geertje	60.82	1970
14	Klai Anissa	60.90	2010
15	Mortier Pascale	61.52	1972
	Van Den Eede Isabelle	61.52	1992

### 800 m

1	Muls Camille	2.14.88	2016
2	Meersseman Geertje	2.15.60	1970
3	Collard Florence	2.16.12	1983
4	Joblin Marine	2.16.41	2019
5	Van Den Bossche Inga	2.18.99	2017
6	Cawet Daphne	2.20.30	1997
7	Wauters Marijke	2.20.60	1974
8	Mortier Pascale	2.21.20	1973
9	Tshiasuma Jessie	2.21.88	2011
10	Boeren Michele	2.22.80	1974
11	Winckelmans Reinhilde	2.22.90	1974
	Van Collie Heidi	2.22.90	1986
13	Schauwers Manon	2.24.07	2015
14	Arnauts Els	2.24.30	1975
15	Dewitte Caroline	2.25.46	1998

### 1000 m

1	Joblin Marine	3.01.01	2019
2	Tshiasuma Jessie	3.01.95	2011
3	Muls Camille	3.05.34	2016
4	Cawet Daphne	3.05.42	1997
5	Haouari Farrah	3.08.82	2020
6	Delbecque Laure	3.10.60	1996
7	Van Den Bossche Inga	3.12.17	2017
8	Dewitte Caroline	3.12.93	1997
9	Potvlieghe An	3.13.00	1992
10	De Grootte Estelle	3.14.33	2006
11	Mattelaer Laurence	3.15.50	1989
12	Vandermeulen Nathalie	3.16.70	1989
13	Adam Benedicte	3.17.00	1992
14	Lambert Kylie	3.17.03	2017
15	Boussar Hanan	3.18.85	2001

### 1500 m

1	Van Den Bossche Inga	4.41.18	2017
2	Muls Camille	4.47.63	2016
3	Cawet Daphne	4.50.73	1997
4	Tshiasuma Jessie	4.53.37	2011
5	Winckelmans Reinhilde	4.54.30	1974
6	Collard Florence	4.55.00	1983
7	Mortier Pascale	4.57.00	1973
8	Wauters Marijke	4.59.90	1974
9	Boeren Michele	5.00.80	1973
10	Haouari Farrah	5.02.17	2020
11	Potvlieghe An	5.04.03	1991
12	Boussar Hanan	5.07.19	2002
13	Schraff Celine	5.12.80	1987

14	De Rijcke Dominique	5.12.90	1974
15	Gyselincx Ingrid	5.13.00	1968

### Mile

1	Tshiasuma Jessie	5.22.27	2012
2	Muls Camille	5.30.02	2015
3	Barhdadi Lina	5.48.48	2014
4	Vanden Broeck Nolwen	5.56.70	2006
5	Verriez Laura	6.13.72	2015
6	El Kamlichi Widad	6.27.41	2012
7	Imbo Kristel	6.28.31	2011

### 2000 m

1	Muls Camille	6.38.49	2016
2	Van Den Bossche Inga	6.38.60	2016
3	Tshiasuma Jessie	7.02.18	2011
4	Vanden Broeck Nolwen	7.24.32	2007
5	Codrea Beatrix	7.28.37	2006

### 3000 m

1	Van Den Bossche Inga	10.41.31	2017
2	Cawet Daphne	10.43.20	1997
3	Potvlieghe An	10.48.10	1992
4	Massot Marianne	11.22.17	1987
5	Tshiasuma Jessie	11.28.04	2013
6	Haouari Farrah	11.30.81	2019
7	Dewitte Valerie	11.42.07	1997
8	Vlaminck Karin	11.42.60	1982
9	Byl Laetitia	11.47.00	1984
10	Schraff Celine	11.53.07	1990
11	Boussar Hanan	11.55.64	2003
12	Delbecque Laure	12.19.62	1996
13	Goethals Lutgard	12.22.54	2018
14	Vanden Muysenberg Sabine	12.31.15	1992
15	Dewitte Caroline	12.31.52	1999

### 100 m haies (76 cm)

1	Kohl Olivia	13.92	1990
2	Clermont Nathalie	14.14	1993
3	Mouzon Emmanuelle	14.30	2008
4	Schauwers Manon	14.38	2016
5	Van Collie Heidi	14.47	1986
6	Van Den Eede Isabelle	14.84	1991
7	Guillet Laurence	14.90	1997
8	Gaeremynck Evelyne	15.19	1987
9	Van Eerdewegh Nicole	15.44	1971
10	Ruell Natacha	15.45	1988
11	Leplat Anabelle	15.46	1997
12	Marloye Nadine	15.54	1974
13	De Decker Annelies	15.70	1994
14	Huybrechts Isabelle	15.73	2004
15	Caty Emeline	15.78	2015

### 200 m haies (76 cm)

1	Ouali Sirine	37.39	2015
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### 300 m haies (76 cm)

1	La Rou Jennifer	43.97	1995
2	Goessens Carine	45.43	1980
3	Kohl Olivia	45.42	1990
4	Van Den Eede Isabelle	46.02	1992
5	De Decker Annelies	46.42	1993
6	Van Collie Heidi	46.50	1984
7	Mouzon Emmanuelle	46.52	2006
8	Smith Cindi	46.90	1990
9	Gilbert Fernanda	47.04	1992
10	Leplat Severine	47.26	1998
11	Badji Jalika	48.02	2011
12	Frenay Anne	48.26	1989
13	Van Zeebroeck Griet	48.53	1995
14	Antipina Anastasia	48.60	1993
15	Martins Junior Magaly	48.67	2019

### 400 m haies (76 cm)

1	Schauwers Manon	62.36	2016
2	Badji Jalika	68.52	2012
3	Kasianoff Sylvie	70.70	2012
4	Brion Sophie	70.78	2002
5	Silberfeld Sophie	72.43	2004
6	De Grootte Florence	75.73	2005
7	Urbain Fanny	76.18	2003
8	Murerwa Larissa	76.38	2011
9	Henry Morgane	76.50	2016
10	Bah Yaye Binta	76.73	2014



## Top 15 RESC outdoor

11	Van Rossem Nicky	76.80	2008
12	Caty Emeline	77.86	2015
13	Jebari Ouassila	78.78	2000
14	Suročaj Loreta	81.21	2021
15	Koci Franceska	83.43	2017

### 2000 m steeple (76 cm)

1	Haouari Farrah	8.05.35	2019
2	Vanden Broeck Nolwen	8.45.82	2008
3	Kagu Gerta	8.48.32	2021
4	Van Der Perren Jessica	9.04.76	2010

### Hauteur

1	Van Collie Heidi	1m68	1984
2	Schauwers Manon	1m67	2015
3	Marloye Nadine	1m66	1975
4	Ruell Natacha	1m65	1988
	Golfa Sambay Clara	1m65	2018
6	De Rijcke Dominique	1m63	1976
7	Van Der Veken Cindy	1m61	2012
8	Smith Cindi	1m59	1990
	Viaene Luna	1m59	2019
10	Kizito Prisca	1m58	2017
11	Hoste Corinne	1m57	1976
	Archambeau Aline	1m57	2006
13	Kompany Christel	1m56	2000
14	Vidts Linda	1m55	1970
	Hintjens Rita	1m55	1973
	Winckelmans Reinhilde	1m55	1974
	Naples Michele	1m55	1981
	Kohl Olivia	1m55	1988

### Longueur

1	Marloye Nadine	6m08	1975
2	Van Collie Heidi	5m90	1986
3	Henderickx Dominique	5m68	1973
4	Housiaux Colette	5m61	1967
5	Malfait Maritza	5m60	1986
6	Devrye Corinne	5m49	1977
	Kompany Christel	5m49	2000
8	Dossey Jennifer Stefania	5m45	2019
9	Vandendael Alice	5m44	1969
10	Muyls Jacqueline	5m42	1982
	Mouzon Emmanuelle	5m42	2008
	Schauwers Manon	5m42	2015
13	Kizito Prisca	5m39	2018
14	Guisse Saliyya	5m34	2012
15	Ruell Natacha	5m33	1988

### Triple saut

1	Kompany Christel	12m15	2000
2	De Cock Aline	11m85	1999
3	Dossey Jennifer Stefania	11m50	2020
4	Guisse Saliyya	11m14	2012
5	Naji Afaf	11m05	2004
6	Hostyn Priscilla	10m98	2005
7	Fomenko Lisa	10m92	2007
8	Caty Emeline	10m91	2015
9	Vandenbrande Nathalie	10m88	1996
10	Madani Sarah	10m73	2015
	Yech Chou Safia	10m73	2015
12	Golfa Sambay Clara	10m71	2018
13	Van De Sype Chloe	10m62	2014
14	Archambeau Aline	10m53	2006
15	Vandenbroeck Elke	10m28	1994

### Perche

1	Van Zeebroeck Griet	3m36	1996
2	Van De Sype Chloe	3m21	2014
3	Fonteyn Astrid	2m90	1996
	Mouzon Emmanuelle	2m90	2007
5	Imbo Kristel	2m86	2011
6	Van Remoortel Anouchka	2m80	1995
7	Huybrechts Isabelle	2m60	2002
8	Vlerick Ophelia	2m40	2011
9	Lacasse Camille	2m31	2015
10	Hostyn Priscilla	2m30	2004
	Fomenko Lisa	2m30	2007
12	Archambeau Aline	2m20	2003
	Kaluza Isabelle	2m20	2013
14	Cole Anne Ramon	2m20	2021
15	Luypaert Naomy	2m12	2012

### Poids (3 kg)

1	Mathieu Julia	14m06	2021
2	?	12m64	?
3	Kompany Christel	12m10	1999
4	Vandenbrande Nathalie	11m96	1998
5	Adam Benedicte	11m95	1994
6	Marloye Nadine	11m74	1973
7	Iven Kayla	11m49	2018
8	Mouzon Emmanuelle	11m42	2006
9	Van De Sype Chloe	11m34	2014
10	Madani Sarah	10m30	2015
11	Declerck Anne	11m18	1978
12	Archambeau Aline	11m05	2005
13	Schauwers Manon	10m95	2015
14	De Meyer Laurence	10m82	2003
15	Hoste Corinne	10m79	1975

### Poids (4 kg)

1	Sustelo Irina	12m19	2000
2	Mouzon Emmanuelle	10m43	2008
3	Hallems Julie	10m40	2001
4	Van Camp Nicole	10m30	1981
5	Archambeau Aline	10m36	2007
6	De Meyer Laurence	9m45	2004
7	Rochette Christine	9m18	1969
8	Waegemans Aurore	9m06	2006
9	Michel Martine	8m82	1966
10	De Groot Florence	8m67	2004
11	De Buyst Nadia	8m35	1989
12	Kompany Christel	8m21	2000
13	Guisse Shaena	7m83	2011
14	Olivier Amandine	7m56	2002
15	Lins Noemie	7m55	2010

### Disque (1 kg)

1	Sustelo Irina	47m99	2000
2	Vandenbrande Nathalie	40m45	1998
3	Marloye Nadine	38m44	1975
4	Hallems Julie	35m26	2001
5	De Buyst Nadia	32m38	1990
6	Van Camp Nicole	32m40	1981
7	Mathieu Julia	31m59	2019
8	Vandenberghen Sylvie	31m04	1987
9	Iven Kayla	30m81	2017
10	Van Der Veken Noemie	30m39	2013
11	Kill Françoise	30m33	1998
12	Kompany Christel	29m33	1999
13	Van De Sype Chloe	29m05	2014
14	Bastin Beatrice	28m44	1968
15	Declerck Anne	28m08	1978

### Javelot (500 gr) – ancien modele

1	Declerck Anne	37m36	1979
2	Reynaerts Stephanie	32m82	1995
3	Hoste Corinne	31m18	1974
4	Adam Benedicte	30m66	1993
5	Uytterhaeghen Isabelle	30m48	1984
6	Bastin Chantal	30m00	1969
7	Meskens Muriel	27m72	1976
8	Pauly Benedicte	27m29	1998
9	Gilbert Lucy	26m78	1991
10	Carpentier Nathalie	26m26	1986
11	De Buyst Nadia	26m06	1988
12	Vandendael Alice	25m80	1969
13	Padilla Louise	24m60	1980
14	Vandenbroeck Elke	24m58	1993
15	Smith Cindi	23m72	1989

### Javelot (500 gr)

1	Iven Kayla	41m95	2019
2	Montilla Morgane	37m30	2014
3	Hallems Julie	36m86	2000
4	Huybrechts Isabelle	36m67	2002
5	Mouzon Emmanuelle	32m37	2006
6	Dennison Chrystal	31m22	2021
7	Van De Sype Chloe	31m14	2013
8	Huygens Cloe	28m50	2018
9	Kompany Christel	27m62	1999
10	Imbo Kristel	25m97	2011
11	De Meyer Laurence	25m93	2003
12	Hostyn Priscilla	25m27	2005
13	Majhed Maya	24m91	2021
14	Codrea Beatrix	24m65	2006
15	Schauwers Manon	24m39	2015

## Top 15 RESC outdoor

### Javelot (600 gr) – ancien modele

1	Declerck Anne	37m36	1979
2	Hoste Corinne	36m96	1977
3	Ruell Natacha	34m72	1989
4	Adam Benedicte	33m28	1994
5	Gilbert Lucy	33m08	1992
6	Bastin Chantal	31m78	1971
7	Meskens Muriel	28m58	1978
8	Uytterhaegen Isabelle	28m40	1986
9	Muyls Jacqueline	27m72	1982
10	Michel Martine	27m36	1966
11	Schoeters Karine	26m78	1975
12	Mayenez C	26m22	1980
13	Werck Maggy	26m16	1968
14	Vandendael Alice	25m80	1969
15	Vandendael Marie Jeanne	25m26	1967

### Javelot (600 gr)

1	Iven Kayla	39m06	2019
2	Hallems Julie	36m78	2001
3	Sustelo Irina	34m26	2000
4	Huybrechts Isabelle	32m54	2004
5	Mouzon Emmanuelle	32m23	2008
6	Pauly Benedicte	28m60	1999
7	Archambeau Aline	25m18	2006
8	Vlerick Ophelia	24m00	2011
9	De Grootte Florence	22m15	2004
10	Kebdani Nadia	21m31	2005
11	Guisse Shaena	21m21	2011
12	Van Rossem Nicky	20m50	2009
13	Lins Noemie	18m23	2010
14	Martinez Belen	14m73	2002
15	Tikent Hajar	14m12	2003

### Marteau (3 kg)

1	Ramos Daphne	43m80	1992
2	Huygens Cloe	34m60	2018
3	Van Remoortel Anouchka	26m14	1995
4	Hallems Julie	24m28	1999
5	Guisse Shaena	22m79	2011
6	Fomenko Lisa	22m05	2007
7	Van De Sype Chloe	21m57	2014
8	Adam Benedicte	20m70	1993
9	Imbo Kristel	20m31	2011
10	Khader Firdaous	20m09	2019
11	Van Zeebroeck Griet	18m66	1994
12	Montilla Morgane	18m38	2012
13	Guisse Saliyya	16m90	2011

### Marteau (4 kg)

1	Sustelo Irina	50m43	2000
2	De Meyer Laurence	26m03	2004
3	Adank Olivia	23m77	2002
4	Guisse Shaena	22m79	2011

### Heptathlon

1	Mouzon Emmanuelle	4701 p	2008
2	Van Collie Heidi	4695 p	1986
3	Schauwers Manon	4591 p	2015
4	Kizito Prisca	4069 p	2018
5	Ruell Natacha	4052 p	1988
6	Archambeau Aline	3528 p	2006
7	Guisse Saliyya	3496 p	2012
8	Kassianoff Sylvie	3482 p	2013
9	Van De Sype Chloe	3437 p	2013
10	Van Rossem Nicky	3341 p	2009
11	Vlerick Ophelia	3259 p	2011
12	Montilla Morgane	3217 p	2014
13	Carpentier Nathalie	3195 p	1987
14	Dennison Chrystal	3135 p	2021
15	Ralembert Fleurine	3117 p	2013

### 3 km marche

1	El Ouahmi Sirine	20.08.91	2016
2	Cuvelier Maela	21.19.14	2016
3	Kersten Michele	22.06.90	1980
4	Merino Noelia	22.14.38	2015
5	Biese Helena	24.09.94	2018
6	Boulaich Kawtar	24.32.64	2018

### Juniors femmes

#### 100 m

1	Van Der Veken Cindy	12.03	2016
2	Vandendriessche Nadine	12.11	1984
3	Devrye Corinne	12.42	1979
4	Leplat Severine	12.43	1998
5	Muyls Jacqueline	12.48	1984
	Malfait Maritza	12.48	1986
7	Kohl Olivia	12.56	1992
8	Diwani Alison	12.64	2012
9	Mouzon Emmanuelle	12.65	2008
10	Clermont Nathalie	12.67	1991
11	Mwamine Robine	12.69	2015
12	Noel Nehemie Keysha	12.70	2015
13	Guillet Laurence	12.71	1999
14	Nollet Viviane	12.74	1971
	Henderickx Dominique	12.74	1972
	Naples Michele	12.74	1981
	Klai Anissa	12.74	2015

#### 200 m

1	Vandendriessche Nadine	24.65	1984
2	Van Der Veken Cindy	24.82	2016
3	Leplat Severine	25.38	1998
4	Klai Anissa	25.52	2015
5	Kohl Olivia	25.53	1990
6	Naples Michele	25.54	1983
7	Schauwers Manon	25.65	2016
8	Mouzon Emmanuelle	25.73	2008
9	Le Rou Jennifer	25.82	1995
10	Leplat Anabelle	25.84	1997
11	Adam Benedicte	25.89	1996
12	De Coster Alexandra	25.94	1982
	Van Collie Heidi	25.94	1986
14	Malfait Maritza	25.98	1986
15	Badji Jalika	26.00	2015

#### 300 m

1	Leplat Severine	39.65	1998
2	Klai Anissa	40.49	2015
3	La Rou Jennifer	41.29	1995
4	Adam Benedicte	41.54	1996
	Schauwers Manon	41.54	2018
6	Van Der Veken Cindy	41.82	2015
7	Leplat Anabelle	42.37	1998
8	Kompany Christel	42.48	2000
9	Badji Jalika	42.55	2014
10	Guillet Laurence	42.66	1999
11	Nollet Viviane	43.12	1970
12	Gilbert Fernanda	43.15	1992
13	Housiaux Colette	43.32	1964
14	Kassianoff Sylvie	43.55	2014
15	Van Den Eede Isabelle	43.61	1992

#### 400 m

1	Leplat Anabelle	56.03	1998
2	Klai Anissa	56.64	2015
3	Van Collie Heidi	57.32	1986
4	Muls Camille	57.81	2018
5	Adam Benedicte	57.94	1997
6	La Rou Jennifer	58.29	1995
7	Schauwers Manon	58.30	2018
8	Malfait Maritza	58.42	1988
9	Wauters Marijke	59.02	1973
10	Meersseman Geertje	59.12	1972
11	Joblin Marine	59.70	2020
12	Miri Yasmina	59.76	2011
13	Henderickx Fabienne	59.82	1973
14	Badji Jalika	59.85	2015
15	Joblin Marine	59.87	2021

#### 800 m

1	Muls Camille	2.05.49	2018
2	Collard Veronique	2.11.36	1982
3	Schauwers Manon	2.13.16	2018
4	Meersseman Geertje	2.13.40	1972
5	Joblin Marine	2.13.80	2021
6	De Wachter Didi	2.14.79	1982
7	Collard Florence	2.16.12	1983
8	Cawet Daphne	2.16.21	1999
9	Van Den Bossche Inga	2.18.99	2017
10	Wauters Marijke	2.20.60	1974
11	Mortier Pascale	2.21.20	1973
12	Tshiasuma Jessie	2.21.88	2011
13	Bex Maria	2.22.60	1970
14	Boeren Michele	2.22.80	1974

## Top 15 RESC outdoor

15	Winckelmans Reinhilde	2.22.90	1974
	Van Collie Heidi	2.22.90	1986

### 1000 m

1	Collard Veronique	2.52.74	1982
2	De Wachter Didi	2.53.10	1982
3	Muls Camille	2.55.79	2017
4	Joblin Marine	3.01.01	2019
5	Cawet Daphne	3.01.18	1998
6	Tshiasuma Jessie	3.01.95	2011
7	Haouari Farrah	3.08.82	2020
8	Delbecque Laure	3.10.60	1996
9	Mattelaere Laurence	3.10.70	1991
10	Vanden Muysenberg Sabine	3.11.60	1993
11	Van Den Bossche Inga	3.12.17	2017
12	Dewitte Caroline	3.12.93	1997
13	Potvlieghe An	3.13.00	1992
14	De Grootte Estelle	3.14.33	2006
15	Vandermeulen Nathalie	3.16.70	1989

### 1500 m

1	Muls Camille	4.29.50	2018
2	Collard Veronique	4.30.09	1982
3	Meersseman Geertje	4.33.50	1972
4	De Wachter Didi	4.33.80	1982
5	Van Den Bossche Inga	4.41.18	2017
6	Cawet Daphne	4.50.73	1997
7	Bex Maria	4.52.20	1970
8	Tshiasuma Jessie	4.53.37	2011
9	De Valck Ingrid	4.53.90	1982
10	Winckelmans Reinhilde	4.54.30	1974
11	Collard Florence	4.55.00	1983
12	Mortier Pascale	4.57.00	1973
13	Wauters Marijke	4.59.90	1974
14	Boeren Michele	5.00.80	1973
15	Haouari Farrah	5.02.17	2020

### Mile

1	Muls Camille	5.07.58	2017
2	Cawet Daphne	5.21.54	1999
3	Tshiasuma Jessie	5.22.27	2012
4	Barhdadi Lina	5.48.48	2014
5	Vanden Broeck Nolwen	5.56.70	2006
6	Verriez Laura	6.13.72	2015
7	El Kamlichi Widad	6.27.41	2012
8	Imbo Kristel	6.28.31	2011

### 2000 m

1	Muls Camille	6.38.49	2016
2	Van Den Bossche Inga	6.38.60	2016
3	Tshiasuma Jessie	7.02.18	2011
4	Vanden Broeck Nolwen	7.24.32	2007
5	Codrea Beatrix	7.28.37	2006

### 3000 m

1	Collard Veronique	9.36.9	1982
2	De Wachter Didi	10.01.10	1982
3	De Valck Ingrid	10.15.05	1982
4	Van Den Bossche Inga	10.41.31	2017
5	Meersseman Geertje	10.42.80	1972
6	Cawet Daphne	10.43.20	1997
7	Potvlieghe An	10.48.10	1992
8	Imbo Kristel	11.14.33	2015
9	Massot Marianne	11.22.17	1987
10	Tshiasuma Jessie	11.28.04	2013
11	Van Damme Joelle	11.38.45	2011
12	Dewitte Valerie	11.42.07	1997
13	Vlaminck Karin	11.42.60	1982
14	Coutteau Katia	11.46.00	1979
15	Byl Laetitia	11.47.00	1984

### 5000 m

1	De Valck Ingrid	18.09.7	1982
2	Coutteau Katia	20.08.30	1979
3	Potvlieghe An	20.14.00	1994
4	Impatient Chantal	23.15.30	1980

### 100 m haies (84 cm)

1	Kohl Olivia	13.99	1992
2	Clermont Nathalie	14.58	1993
3	Van Eerdewegh Nicole	14.69	1978
4	Guillet Laurence	15.02	1999
5	Van Collie Heidi	15.08	1986

6	Gaeremynck Evelyne	15.22	1987
7	Mouzon Emmanuelle	15.23	2009
8	Marloye Nadine	15.24	1977
9	Van Den Eede Isabelle	15.49	1991
10	Guisse Saliyya	15.65	2015
11	Devrye Corinne	15.94	1979
12	Vandendael Alice	16.04	1970
13	Binart Nathalie	16.07	1985
14	Brion Sophie	16.16	2003
15	Muyls Jacqueline	16.28	1983

### 200 m haies (76 cm)

1	Van Eerdewegh Nicole	29.8	1972
2	Vandendaele Alice	30.74	1971
3	Rochette Christine	31.04	1971
4	Nollet Viviane	31.74	1973
5	Meersseman Geertje	31.94	1972
6	De Wandeleer Danielle	34.64	1974
7	Vandendael Marie Jeanne	35.74	1969
8	Ouali Sirine	37.39	2015

### 400 m haies (76 cm)

1	Schauwers Manon	62.13	2018
2	Badji Jalika	64.85	2015
3	Van Collie Heidi	65.29	1987
4	Goessens Carine	66.72	1981
5	Daems Denise	66.82	1978
6	Kasianoff Sylvie	67.07	2014
7	La Rou Jennifer	67.58	1996
8	Smith Cindi	69.87	1993
9	Debaillie Isabelle	69.98	1993
10	Van Den Eede Isabelle	70.04	1993
11	De Pauw Margot	70.40	1993
12	Kisir Ikkal	70.45	1999
13	Brion Sophie	70.78	2002
14	Abid Fatima	71.31	1987
15	Tilmans Mireille	71.77	1986

### 2000 m steeple (76 cm)

1	Haouari Farrah	8.05.35	2019
2	Vanden Broeck Nolwen	8.45.82	2008
3	Kagu Gerta	8.48.32	2021
4	Van Der Perren Jessica	9.04.76	2010

### Hauteur

1	Marloye Nadine	1m81	1977
2	Van Collie Heidi	1m68	1984
3	Schauwers Manon	1m67	2015
4	Ruell Natacha	1m65	1988
	Golfa Sambah Clara	1m65	2018
6	De Rijcke Dominique	1m63	1976
7	Locrel Anne Julie	1m61	2004
	Van Der Veken Cindy	1m61	2012
9	Smith Cindi	1m59	1990
	Viaene Luna	1m59	2019
11	Kizito Prisca	1m58	2017
12	Hoste Corinne	1m57	1976
	Archangeau Aline	1m57	2006
14	Kompany Christel	1m56	2000
15	Vidts Linda	1m55	1970
	Hintjens Rita	1m55	1973
	Winckelmans Reinhilde	1m55	1974
	Naples Michele	1m55	1981
	Kohl Olivia	1m55	1988

### Longueur

1	Marloye Nadine	6m08	1975
2	Van Collie Heidi	5m90	1986
3	Muyls Jacqueline	5m72	1983
4	Devrye Corinne	5m70	1979
5	Henderickx Dominique	5m68	1973
	Malfait Maritza	5m68	1988
7	Housiaux Colette	5m61	1967
8	Van Der Veken Cindy	5m53	2016
9	Kompany Christel	5m49	2000
10	Guisse Saliyya	5m48	2015
	Caty Emeline	5m48	2017
12	Dossey Jenifer Stefania	5m45	2019
13	Vandendael Alice	5m44	1969
	Vidts Linda	5m44	1971
15	Mouzon Emmanuelle	5m42	2007
	Schauwers Manon	5m42	2015

### Triple saut

## Top 15 RESC outdoor

1	Kompany Christel	12m15	2000
2	Guisse Saliyya	12m11	2014
3	De Cock Aline	11m85	1999
4	Ombeni Rachel	11m81	2019
5	Dossey Jenifer Stefania	11m49	2019
6	Naji Afaf	11m05	2004
7	Hostyn Priscilla	10m98	2005
8	Fomenko Lisa	10m92	2007
9	Caty Emeline	10m91	2015
10	Vandenbrande Nathalie	10m88	1996
11	Madani Sarah	10m73	2015
	Yech Chou Safia	10m73	2015
13	Golfa Sambey Clara	10m71	2018
14	Van De Sype Chloe	10m62	2014
15	Archambeau Aline	10m53	2006

### Perche

1	Quirin Margaux	3m90	2014
2	Van Zeebroeck Griet	3m54	1998
3	Van De Sype Chloe	3m21	2014
4	Fonteyn Astrid	2m90	1996
	Mouzon Emmanuelle	2m90	2007
6	Van Remoortel Anouchka	2m80	1995
7	Imbo Kristel	2m86	2011
8	Huybrechts Isabelle	2m60	2002
9	Vlerick Ophelia	2m40	2011
10	Lacasse Camille	2m31	2015
11	Hostyn Priscilla	2m30	2004
	Fomenko Lisa	2m30	2007
13	Archambeau Aline	2m20	2003
	Kaluza Isabelle	2m20	2013
	Luypaert Naomy	2m20	2014
	<b>Cole Anne Ramon</b>	<b>2m20</b>	<b>2021</b>

### Poids (4 kg)

1	Devos An	13m12	1987
2	Sustelo Irina	12m98	2001
3	Reynaerts Stephanie	11m36	1999
4	Marloye Nadine	11m25	1974
5	Van Camp Nicole	11m24	1983
6	Declerck Anne	11m00	1981
7	Hoste Corinne	10m54	1977
8	Mouzon Emmanuelle	10m43	2008
9	Hallems Julie	10m40	2001
10	Archambeau Aline	10m36	2007
11	Van De Sype Chloe	9m74	2015
12	De Meyer Laurence	9m45	2004
13	Rochette Christine	9m18	1969
14	Waegemans Aurore	9m06	2006
15	Adam Benedicte	9m03	1994

### Disque (1 kg)

1	Sustelo Irina	47m99	2000
2	Devos An	45m60	1987
3	Vandenbrande Nathalie	42m84	1999
4	Marloye Nadine	39m96	1977
5	Hallems Julie	35m26	2001
6	Van Camp Nicole	34m04	1983
7	De Buyst Nadia	34m02	1991
8	Vandenberghen Sylvie	32m80	1989
9	Kertsen Michele	32m14	1985
10	Mathieu Julia	31m59	2019
11	Mouzon Emmanuelle	31m58	2009
12	Iven Kayla	30m81	2017
13	Bastin Beatrice	30m42	1970
14	Van Der Veken Noemie	30m39	2013
15	Kill Françoise	30m33	1998

### Javelot (600 gr) – ancien modele

1	Declerck Anne	41m94	1981
2	Reynaerts Stephanie	37m83	1998
3	Hoste Corinne	36m96	1977
4	Ruell Natacha	34m72	1989
5	Adam Benedicte	33m28	1994
6	Gilbert Lucy	33m08	1992
7	Vandendael Marie Jeanne	31m92	1970
8	Bastin Chantal	31m78	1971
9	Michele Martine	31m20	1967
10	Mertens Martine	29m94	1973
11	Mayenez Katrien	29m76	1981
12	Meskens Muriel	28m58	1978
13	Uytterhaeghen Isabelle	28m40	1986
14	Muys Jacqueline	27m72	1982
15	Schoeters Karine	26m78	1975

### Javelot (600 gr)

1	Iven Kayla	42m80	2021
2	Sustelo Irina	38m45	2001
3	Hallems Julie	36m78	2001
4	Reynaerts Stephanie	36m59	1999
5	Montilla Morgane	34m35	2017
6	Huybrechts Isabelle	32m54	2004
7	Mouzon Emmanuelle	32m23	2008
8	Locrel Anne Julie	30m59	2004
9	Pauly Benedicte	28m60	1999
10	Archambeau Aline	25m18	2006
11	Vlerick Ophelia	24m00	2011
12	Van De Sype Cloe	23m70	2015
13	De Groote Florence	22m15	2004
14	Kebdani Nadia	21m31	2005
15	Guisse Shaena	21m21	2011

### Marteau (4 kg)

1	Sustelo Irina	56m30	2001
2	Ramos Daphne	40m46	1993
3	Guisse Shaena	27m55	2013
4	Reynaerts Stephanie	26m57	1999
5	De Meyer Laurence	26m03	2004
6	Adank Olivia	23m77	2002
7	De Buyst Nadia	16m82	1991
8	Guisse Saliyya	12m29	2014

### Heptathlon

1	Guisse Saliyya	3743 p	2015
2	Van Rossem Nicky	3405 p	2011
3	Archambeau Aline	3155 p	2008
4	Van De Sype Chloe	2995 p	2015
5	Reynaerts Stephanie	2684 p	1999
6	Archambeau Aline	2597 p	2009
7	Guisse Shaena	2462 p	2012
8	Luypaert Naomy	1835 p	2013
9	El Holouany Hiba	923 p	2017

### Decathlon

1	Mouzon Emmanuelle	4863 p	2009
2	Van De Sype Chloe	3920 p	2015
3	Lins Noemie	3587 p	2012
4	Guisse Shaena	2737 p	2012

### 5 km marche

1	Delbecque Maud	36.30.1	1996
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### Seniors femmes

#### 100 m

1	Zagre Anne	11.42	2012
2	Morency Poilvache Alizee	11.71	2021
3	Carette Anne	11.84	1993
4	Devrye Corinne	11.85	1985
5	Nagels Rani	11.88	2015
6	Gharafi Yasmine	11.95	2015
7	Van Der Veken Cindy	12.03	2016
8	Vandendriessche Nadine	12.11	1984
9	Guillet Laurence	12.20	2006
10	Guisse Saliyya	12.32	2017
11	Diwani Alison	12.37	2013
12	Leplat Severine	12.43	1998
13	Muyls Jacqueline	12.48	1984
	Malfait Maritza	12.48	1986
15	Badji Jaliika	12.47	2021

#### 200 m

1	Claes Hanne	23.46	2018
2	Zagre Anne	23.56	2017
3	Carette Anne	24.03	1993
4	Morency Poilvache Alizee	24.13	2021
5	Gharafi Yasmine	24.34	2015
6	Vandendriessche Nadine	24.65	1984
7	Nagels Rani	24.59	2015
8	Van Der Veken Cindy	24.82	2016
9	Badji Jaliika	24.99	2018
10	Devrye Corinne	25.04	1988
11	Leplat Severine	25.38	1998
12	Klai Anissa	25.52	2015
13	Kohl Olivia	25.53	1990
14	Naples Michele	25.54	1983
	Guillet Laurence	25.54	2005

## Top 15 RESC outdoor

### 200 m en ligne droite

1	Gharafi Yasmine	26.88	2016
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### 300 m

1	Nagels Rani	38.04	2015
2	Claes Hanne	38.34	2017
3	Morency Poilvache Alizee	39.10	2021
4	Badji Jalika	39.62	2019
5	Leplat Severine	39.65	1998
6	Verheecke Hanna	40.41	2021
7	Klai Anissa	40.49	2015
8	Dewitte Valerie	40.71	2006
9	Gillet Delphine	41.00	2017
10	Van Collie Heidi	41.09	1991
11	Elsought Sylvie	41.17	2000
12	La Rou Jennifer	41.29	1995
13	Adam Benedicte	41.36	1998
14	Schauwers Manon	41.54	2018
15	Casimir Amida	41.71	1997

### 400 m

1	Nagels Rani	53.51	2015
2	Badji Jalika	55.52	2019
3	Leplat Severine	56.03	1998
4	Muls Camille	56.31	2019
5	Gillet Delphine	56.49	2018
6	Klai Anissa	56.64	2015
7	Vereecke Hanna	56.85	2021
8	Adam Benedicte	56.95	1997
9	Devrye Corinne	57.02	1985
10	Daems Denise	57.32	1985
	Van Collie Heidi	57.32	1986
12	Dewitte Valerie	57.51	2005
13	Elsought Sylvie	57.84	2000
	Schauwers Manon	57.84	2019
15	Guillet Laurence	58.02	2010

### 800 m

1	Muls Camille	2.03.72	2019
2	Meersseman Geertje	2.05.85	1977
3	Steels Mimi	2.08.30	1980
4	Collard Veronique	2.09.50	1986
5	Nagels Rani	2.09.69	2016
6	Gillet Delphine	2.09.98	2019
7	Laurent Agnes	2.10.17	2017
8	Schauwers Manon	2.13.16	2018
9	Chylinski Marta	2.13.19	2021
10	Delauw Patricia	2.13.42	1986
11	Joblin Marine	2.13.80	2021
12	De Wachter Didi	2.14.79	1982
13	Mortier Pascale	2.15.70	1982
14	Collard Florence	2.16.12	1983
15	Cawet Daphne	2.16.21	1999

### 1000 m

1	Collard Veronique	2.43.67	1986
2	Delauw Patricia	2.52.40	1985
3	De Wachter Didi	2.53.10	1982
4	Steels Mimi	2.55.49	1981
5	Muls Camille	2.55.79	2017
6	Mortier Pascale	2.59.04	1982
7	Joblin Marine	3.01.01	2019
8	Cawet Daphne	3.01.18	1998
9	Tshiasuma Jessie	3.01.95	2011
10	Haouari Farrah	3.08.82	2020
11	Van Haver Karin	3.09.84	1981
12	Delbecque Laure	3.10.60	1996
13	Mattelaere Laurence	3.10.70	1991
14	Vanden Muysenberg Sabine	3.11.60	1993
15	Van Den Bossche Inga	3.12.17	2017

### 1500 m

1	Muls Camille	4.12.35	2021
2	Collard Veronique	4.12.85	1987
3	Meersseman Geertje	4.16.20	1977
4	Collard Florence	4.19.43	1988
5	Laurent Agnes	4.19.68	2014
6	Steels Mimi	4.23.90	1980
7	Delauw Patricia	4.27.66	1986
8	Chylinski Marta	4.29.37	2021
9	De Wachter Didi	4.33.80	1982
10	Boes Odette	4.34.10	1979
11	Van Den Bossche Inga	4.41.18	2017

12	Pinter Eline	4.43.70	2021
13	Mortier Pascale	4.46.70	1982
14	Vienne Dorothee	4.50.22	1998
15	Cawet Daphne	4.50.73	1997

### Mile

1	Collard Veronique	4.44.36	1985
2	Muls Camille	5.07.58	2017
3	Cawet Daphne	5.21.54	1999
4	Tshiasuma Jessie	5.22.27	2012
5	Barhdadi Lina	5.48.48	2014
6	Vanden Broeck Nolwen	5.56.70	2006
7	Covens Benedicte	6.05.79	2015
8	Verriez Laura	6.13.72	2015
9	El Kamlichi Widad	6.27.41	2012
10	Imbo Kristel	6.28.31	2011
11	Debaillie Isabelle	6.56.75	2014
12	Cardoso Da Rocha Maria Joao	7.11.40	2012

### 2000 m

1	Collard Veronique	5.55.66	1988
2	Muls Camille	6.38.49	2016
3	Van Den Bossche Inga	6.38.60	2016
4	Tshiasuma Jessie	7.02.18	2011
5	Vanden Broeck Nolwen	7.24.32	2007
6	Codrea Beatrix	7.28.37	2006
7	Cardenas Ojito Janet	7.32.72	2012
8	Castellana Corinne	7.58.97	2005
9	Stalins Philippine	8.35.15	2016
10	Cardoso Da Rocha Maria Joao	9.38.54	2012

### 3000 m

1	Collard Veronique	8.49.85	1989
2	Meersseman Geertje	9.11.30	1977
3	Steels Mimi	9.15.80	1980
4	Laurent Agnes	9.38.06	2014
5	Delauw Patricia	9.45.00	1985
6	Chylinski Marta	9.50.60	2021
7	De Wachter Didi	10.01.10	1982
8	Aboulahcen Mounia	10.12.14	2010
9	De Valck Ingrid	10.15.05	1982
10	Collard Florence	10.34.47	2006
11	Van Den Bossche Inga	10.41.31	2017
12	Cawet Daphne	10.43.20	1997
13	Boes Odette	10.45.00	1977
14	Potvlieghe An	10.48.10	1992
15	Mortier Pascale	10.48.70	1981

### 5000 m

1	Collard Veronique	15.41.24	1989
2	Steels Mimi	16.48.60	1981
3	Van Lent Jana	17.08.23	2021
4	Chylinski Marta	17.12.99	2020
5	De Valck Ingrid	18.09.70	1982
6	Imbo Kristel	19.19.21	2019
7	Tshiasuma Jessie	19.55.25	2017
8	Coutteau Katia	20.08.30	1979
9	Potvlieghe An	20.11.30	1995
10	Ertveldt Jacqueline	20.35.20	1982
11	Castellana Corinne	21.15.49	2005
12	Impatient Chantal	22.17.80	1982
13	Coukard Deborah	23.59.09	2008

### 10.000 m

1	Collard Veronique	32.23.39	1989
2	Van Lent Jana	35.29.05	2021
3	Chylinski Marta	36.35.14	2020
4	Covens Benedicte	42.05.27	2012
5	Castellana Corine	46.43.03	2004
6	De Buyst Nadia	48.02.88	2005
7	Debaillie Isabelle	50.16.31	2017

### 1 heure

1	Castellana Corine	12.936 m	2004
2	De Buyst Nadia	12.418 m	2005
3	Coukard Deborah	11.218 m	2009

### Semi-marathon

1	Covens Benedicte	1h43:29	2018
2	Norris Josephine	1h44:23	2019
3	De Buyst Nadia	1h45:40	2005
4	Lion Annick	1h53:56	2019
5	Nkandali Nkazabwa Marie	2h13:52	2018
6	Cardoso Da Rocha Maria Joao	2h30:16	2018

## Top 15 RESC outdoor

7 Becquevort Joelle 2h39:49 2017

### Marathon

1	Covens Benedicte	3h17:15	2012
2	Castellana Corine	3h39:25	2009
3	Norris Josephine	3h43:02	2019
4	De Buyst Nadia	3h45:39	2006
5	De Smet Sara	3h50:32	2004
6	Gillis Caroline	3h59:39	2018
7	Atkins Lisa	4h02:51	2006
8	Aaron Sabine	4h07:22	2009
9	Debaillie Isabelle	4h17:13	2018
10	Watson Michele	4h19:09	2004
11	Cardoso Da Rocha Maria Joao	4h30:05	2014

### 100 m haies (84 cm)

1	Zagre Anne	12.71	2015
2	Kohl Olivia	13.82	1993
3	Devrye Corinne	13.83	1993
4	Guillet Laurence	14.02	2005
5	Van Eerdewegh Nicole	14.34	1976
6	Clermont Nathalie	14.58	1993
7	Van Collie Heidi	14.78	1991
8	Hautenauve Jacqueline	14.94	1985
9	Hostyn Priscilla	14.99	2012
10	Mouzon Emmanuelle	15.23	2009
11	Gaeremynck Evelyne	15.22	1987
12	Marloye Nadine	15.24	1977
13	Jaime Suzanne	15.29	1988
14	Van Den Eede Isabelle	15.49	1991
15	Glowacki Anne	15.57	1986

### 200 m haies (76 cm)

1	Van Eerdewegh Nicole	29.8	1972
2	Guillet Laurence	30.11	2011
3	Vandendaele Alice	30.74	1971
4	Rochette Christine	31.04	1971
5	Meersseman Geertje	31.54	1974
6	Nollet Viviane	31.74	1973
7	Vandendael Marie Jeanne	33.64	1972
8	De Wandeleer Danielle	34.64	1974
9	Ouali Sirine	37.39	2015

### 200 m haies (76 cm) en ligne droite

1	Zagre Anne	28.28	2016
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### 400 m haies (76 cm)

1	Claes Hanne	55.20	2018
2	Badji Jalika	59.64	2019
3	Schauwers Manon	59.80	2019
4	Devrye Corinne	60.08	1989
5	Guillet Laurence	61.44	2010
6	Daems Denise	62.44	1985
7	Meert Cynthia	63.56	2015
8	Meersseman Geertje	64.24	1974
9	Van Collie Heidi	64.39	1990
10	Dewitte Valerie	64.45	2008
11	Goessens Carine	66.84	1981
12	Kassianoff Sylvie	67.07	2014
13	La Rou Jennifer	67.58	1996
14	Abid Fatima	67.84	1988
15	Smith Cindi	69.87	1993

### 3000 m steeple (76 cm)

1	Laurent Agnes	10.36.98	2014
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### Hauteur

1	Jonckheere Natalja	1m95	1995
2	Soetewey Chris	1m92	1982
3	Marloye Nadine	1m81	1977
4	Glowacki Anne	1m69	1986
5	Van Collie Heidi	1m68	1984
6	Schauwers Manon	1m67	2013
7	Archambeau Aline	1m66	2015
8	Cloetens Sabine	1m65	1986
	Ruell Natacha	1m65	1988
	Jaime Suzanne	1m65	1989
	Hostyn Priscilla	1m65	2012
	Golfa Sambay Clara	1m65	2018
13	Winckelmans Reinhilde	1m64	1982
14	De Rijcke Dominique	1m63	1976
	Thiebot Oceane	1m63	2020

### Longueur

1	Devrye Corinne	6m28	1985
2	Guisse Saliyya	6m04	2019
3	Marloye Nadine	6m08	1975
4	Van Collie Heidi	5m98	1991
5	Muyls Jacqueline	5m89	1986
6	Hostyn Priscilla	5m77	2012
7	Malfait Maritza	5m76	1989
8	Glowacki Anne	5m73	1986
9	Henderickx Dominique	5m68	1973
10	Housiaux Colette	5m61	1967
11	Kizito Prisca	5m58	2021
12	Van Der Veken Cindy	5m53	2016
13	Kompany Christel	5m49	2000
14	Caty Emeline	5m48	2017
15	Hautenauve Jacqueline	5m47	1985
	Bonvin Draps Nathalie	5m47	2003

### Triple saut

1	Guisse Saliyya	13m38	2019
2	Van Collie Heidi	12m66	1995
3	Ombeni Rachel	12m64	2021
4	Kompany Christel	12m15	2000
5	Devrye Corinne	12m13	1990
6	De Cock Aline	11m85	1999
7	Muyls Jacqueline	11m84	1992
8	Dossey Jennifer Stefania	11m49	2019
9	Kalonji Angele	11m32	1992
10	Hostyn Priscilla	11m19	2012
11	Archambeau Aline	11m06	2013
12	Naji Afaf	11m05	2004
13	Fomenko Lisa	10m92	2007
14	Caty Emeline	10m91	2015
15	Vandenbrande Nathalie	10m88	1996

### Perche

1	Henry Chloe	4m30	2021
2	Quirin Margaux	4m05	2015
3	Van Zeebroeck Griet	3m54	1998
4	Marx Inge	3m50	1991
5	Van De Sype Chloe	3m40	2020
6	Lilien Anouk	3m00	2009
7	Fonteyn Astrid	2m90	1996
	Mouzon Emmanuelle	2m90	2007
9	Imbo Kristel	2m86	2011
10	Van Remoortel Anouchka	2m80	1995
11	Huybrechts Isabelle	2m60	2002
12	Vlerick Ophelia	2m40	2011
13	Guillet Laurence	2m39	2009
14	Lacasse Camille	2m31	2015
15	Hostyn Priscilla	2m30	2004
	Fomenko Lisa	2m30	2007

### Poids (4 kg)

1	Boumkwo Jolien	14m84	2018
2	Devos An	13m12	1987
3	Sustelo Irina	12m98	2001
4	Glowacki Anne	12m60	1985
5	Kandi Masakadi Amandine	12m52	2017
6	Van Camp Nicole	11m98	1984
7	Reynaerts Stephanie	11m36	1999
8	Marloye Nadine	11m25	1974
9	Hautenauve Jacqueline	11m11	1985
10	Adam Benedicte	11m09	2017
11	Declerck Anne	11m00	1981
12	Jaime Suzanne	10m55	1988
13	Hoste Corinne	10m54	1977
14	Archambeau Aline	10m45	2013
15	Mouzon Emmanuelle	10m43	2007

### Disque (1 kg)

1	Sustelo Irina	47m99	2000
2	Glowacki Anne	46m94	1986
3	Devos An	46m24	1988
4	Vandenbrande Nathalie	42m84	1999
5	Boumkwo Jolien	42m25	2019
6	Marloye Nadine	39m96	1977
7	Van Camp Nicole	39m46	1984
8	Hallemaans Julie	35m26	1999
9	Reynaerts Stephanie	34m41	2014
10	De Buyst Nadia	34m02	1991
11	Vandenberghen Sylvie	32m80	1989
12	Quicke Evelyne	32m62	1980
13	Werck Liliane	32m18	1968

## Top 15 RESC outdoor

14	Kersten Michele	32m14	1985
15	Guisse Shaena	32m03	2014

### Javelot (600 gr) – ancien modele

1	Glowacki Anne	43m52	1986
2	Declercq Anne	41m94	1981
3	Reynaerts Stephanie	37m83	1998
4	Vandendael Marie Jeanne	37m22	1972
5	Adam Benedicte	37m28	1998
6	Hoste Corinne	36m96	1977
7	Hautenauve Jacqueline	36m16	1985
8	Ruell Natacha	34m72	1989
9	Mertens Martine	34m42	1978
10	Marx Inge	34m20	1992
11	Gilbert Lucy	33m08	1992
12	Bastin Chantal	31m78	1971
13	Quicke Evelyne	31m40	1981
14	Michel Martine	31m20	1967
15	Schoeters Karine	29m86	1978

### Javelot (600 gr)

1	Smal Pauline	46m23	2021
2	Iven Kayla	42m80	2021
3	Sustelo Irina	38m45	2001
4	Adam Benedicte	38m01	2000
5	Montilla Morgane	37m01	2018
6	Halleman Julie	36m78	2001
7	Reynaerts Stephanie	36m59	1999
8	Hostyn Priscilla	33m44	2012
9	Huybrechts Isabelle	32m54	2004
10	Mouzon Emmanuelle	32m23	2008
11	Locrel Anne Julie	30m59	2004
12	Pauly Benedicte	28m60	1999
13	Guillet Laurence	28m46	2009
14	Archambeau Aline	26m61	2013
15	De Buyst Nadia	25m13	2000

### Marteau (4 kg)

1	Sustelo Irina	56m30	2001
2	Boumkwo Jolien	55m39	2018
3	Ramos Daphne	40m46	1993
4	Reynaerts Stephanie	34m28	2012
5	De Buyst Nadia	29m90	1996
6	Colle Magali	27m69	2011
7	Guisse Shaena	27m55	2013
8	De Meyer Laurence	26m03	2004
9	Adam Benedicte	24m19	2015
10	Adank Olivia	23m77	2002
11	Mouzon Emmanuelle	22m71	2014
12	Milant Marilyn	12m85	2014
13	Guisse Saliyya	12m29	2014

### Grand poids (9,08 kg)

1	Reynaerts Stephanie	9m51	2018
2	Adam Benedicte	8m80	2015

### Heptathlon

1	Hostyn Priscilla	4804 p	2012
2	Glowacki Anne	4722 p	1986
3	Van Collie Heidi	4699 p	1991
4	Guillet Laurence	4418 p	2005
5	Archambeau Aline	4194 p	2012
6	Jaime Suzanne	3828 p	1988
7	Guisa Saliyya	3511 p	2017
8	Van Rossem Nicky	3405 p	2011
9	Cardenas Ojito Janet	3291 p	2012
10	Cloetens Sabine	2980 p	1986
11	Reynaerts Stephanie	2937 p	2003
	Brion Sophie	2937 p	2008
13	Luypaert Naomy	2750 p	2015
14	Cok Evelyn	2692 p	2016
15	Cawet Daphne	2666 p	2003

### Decathlon

1	Guillet Laurence	5847 p	2009
2	Mouzon Emmanuelle	4863 p	2009
3	Brion Sophie	3563 p	2008
4	Reynaerts Stephanie	3218 p	2011
5	Guisse Shaena	2887 p	2015
6	Lilien Anouk	2849 p	2006
7	Silberfeld Sophie	2433 p	2011

### 5 km marche

1	Delbecque Maud	36.30.1	1996
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### Masters femmes

#### 100 m

1	Guillet Laurence	12.73	2017
2	Devrye Corinne	13.37	1995
3	Nkumu Bakuba Nancy	13.54	2018
5	Dewitte Valerie	13.62	2021
4	Bonvin Draps Nathalie	13.91	2016
6	Cardenas Ojito Janet	13.92	2012
7	Boonaert Caroline	14.01	2011
8	Debaillie Isabelle	15.15	2012
9	De Buyst Nadia	15.64	2011
10	Michaux Dominique	15.84	2005
11	Vandendael Alice	16.87	2004
12	Antoine Cecile	16.92	2012
13	Castellana Corine	17.14	2004
14	Gillis Caroline	18.69	2017
15	Aron Sabine	19.25	2008

#### 150 m

1	Dewitte Valerie	20.85	2021
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#### 200 m

1	Guillet Laurence	26.58	2016
2	Nkumu Bakuba Nancy	27.41	2018
3	Devrye Corinne	27.44	1995
4	Cardenas Ojito Janet	28.17	2012
5	Dewitte Valerie	28.35	2019
6	Bonvin Draps Nathalie	29.14	2017
7	Boonaert Caroline	29.60	2016
8	Reynaerts Stephanie	35.62	2017

#### 300 m

1	Nkumu Bakuba Nancy	43.89	2018
2	Guillet Laurence	44.04	2015
3	Dewitte Valerie	44.10	2021
4	Cardenas Ojito Janet	45.36	2012
5	Boonaert Caroline	50.11	2009

#### 400 m

1	Nkumu Bakuba Nancy	60.23	2018
2	Guillet Laurence	61.95	2017
3	Cardenas Ojito Janet	62.09	2013
4	Dewitte Valerie	63.75	2019
5	Boonaert Caroline	69.93	2011
6	Debaillie Isabelle	70.76	2012
7	Bonvin Draps Nathalie	72.39	2019
8	Fomenko Elena	73.15	2006
9	Castellana Corine	78.55	2004
10	Covens Benedicte	79.69	2011
11	Gillis Caroline	83.30	2018
12	Dujardin Sylvie	84.69	2015

#### 800 m

1	Collard Florence	2.23.91	2005
2	Cardenas Ojito Janet	2.24.50	2013
3	Nkumu Bakuba Nancy	2.29.34	2015
4	Covens Benedicte	2.46.99	2012
5	Lange Tramon Claudia	2.50.69	2016
6	Debaillie Isabelle	2.52.44	2012
7	Castellana Corine	2.57.44	2003
8	De Buyst Nadia	3.05.97	2011
9	Watson Michele	3.06.72	2004
10	Cardoso Da Rocha Maria Joao	3.13.82	2012
11	Aron Sabine	3.15.46	2008
12	Lion Annick	3.23.92	2018
13	Reynaerts Stephanie	3.34.24	2017

#### 1000 m

1	Steels Mimi	2.55.49	1981
2	Debaillie Isabelle	3.53.40	2014
3	Castellana Corine	3.59.50	2006
4	Cardoso Da Rocha Maria Joao	4.26.68	2012

#### 1500 m

1	Steels Mimi	4.36.3	1981
2	Collard Florence	4.48.11	2006
3	Aboulhacen Mounia	5.14.33	2011
4	Cardenas Ojito Janet	5.15.02	2013
5	Covens Benedicte	5.36.92	2011
6	Castellana Corine	5.59.53	2006

## Top 15 RESC outdoor

7	Debaillie Isabelle	6.12.53	2014
8	Lange Trameni Claudia	6.17.27	2016
9	Fomenko Elena	6.23.12	2007

### Mile

1	Covens Benedicte	6.05.79	2015
2	Debaillie Isabelle	6.56.75	2014
3	Cardoso Da Rocha Maria Joao	7.11.40	2012

### 2000 m

1	Cardenas Ojito Janet	7.32.72	2012
2	Castellana Corine	7.58.97	2005
3	Cardoso Da Rocha Maria Joao	9.38.54	2012

### 3000 m

1	Aboulhcn Mounia	10.12.14	2010
2	Collard Florence	10.34.47	2006
3	Covens Benedicte	11.54.98	2012
4	Cardenas Ojito Janet	11.55.61	2013
5	Carion Nathalie	12.04.24	2018
6	Castellana Corine	12.22.37	2005
7	Cornelis Brigitte	12.47.10	2007
8	Fomenko Elena	13.50.42	2007
9	Debaillie Isabelle	13.57.41	2018
10	Cardoso Da Rocha Maria Joao	14.08.13	2014
11	Nkandali Nkazabwa Marie	16.09.74	2015

### 5000 m

1	Castellana Corine	21.15.49	2005
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### 10000 m

1	Covens Benedicte	42.05.27	2012
2	Castellana Corine	46.43.03	2004
3	Debaillie Isabelle	50.16.34	2017

### 1 heure

1	Castellana Corine	12.936 m	2004
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### Semi-marathon

1	Covens Benedicte	1h43:29	2018
2	Norris Josephine	1h44:23	2019
3	Lion Annick	1h53:56	2019
4	Nkandali Nkazabwa marie	2h13:52	2018
5	Cardoso Da Rocha Maria Joao	2h30:16	2018
6	Beckevort Joelle	2h39:49	2017

### Marathon

1	Covens Benedicte	3h17:15	2012
2	Castellana Corine	3h39:25	2009
3	Norris Josephine	3h43:02	2019
4	Gillis Caroline	3h59:39	2018
5	Aaron Sabine	4h07:22	2009
6	De Buyst Nadia	4h13:34	2010
7	Debaillie Isabelle	4h17:13	2018
8	Watson Michele	4h19:09	2004
9	Cardoso Da Rocha Maria Joao	4h30:05	2014

### 80 m haies (76 cm)

1	Cardenas Ojito Janet	16.62	2014
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### 100 m haies (84 cm)

1	Guillet Laurence	14.50	2017
2	Cardenas Ojito Janet	16.27	2013
3	Debaillie Isabelle	20.55	2012
4	Reynaerts Stephanie	22.21	2017

### 400 m haies (76 cm)

1	Guillet Laurence	65.33	2017
2	Debaillie Isabelle	84.41	2012

### Hauteur

1	Cardenas Ojito Janet	1m42	2012
2	Guillet Laurence	1m35	2017
3	Debaillie Isabelle	1m30	2011
	Reynaerts Stephanie	1m30	2018
5	Collard Florence	1m25	2004
	De Buyst Nadia	1m25	2009
7	Bonvin Draps Nathalie	1m20	2015
	Lange Trameni Claudia	1m20	2015
9	Boonaert Caroline	1m10	2007
10	Castellana Corinne	1m00	2004

### Longueur

1	Devrye Corinne	5m26	1998
2	Guillet Laurence	5m14	2016
3	Adam Benedicte	4m91	2015
4	Bonvin Draps Nathalie	4m76	2016
5	Nkumu Bakuba Nancy	4m55	2014
6	Cardenas Ojito Janet	4m06	2012
7	Debaillie Isabelle	3m98	2012
8	De Buyst Nadia	3m69	2009
	Reynaerts Stephanie	3m69	2017
10	Fomenko Elena	3m62	2006
11	Lange Trameni Claudia	3m54	2017
12	Vandendael Alice	3m45	2004
13	Castellana Corine	3m36	2004
14	Antoine Cecile	3m08	2012
15	Nkandali Nkazabwa Marie	2m11	2015

### Triple saut

1	Adam Benedicte	10m49	2017
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### Poids (4 kg)

1	Adam Benedicte	11m09	2017
2	Reynaerts Stephanie	9m93	2018
3	Bee Delphine	9m79	2021
4	Quicke Evelyne	8m36	2007
5	Debaillie Isabelle	8m22	2012
6	Guillet Laurence	8m16	2015
7	Cardenas Ojito Janet	7m53	2015
8	De Buyst Nadia	7m52	2014
9	Bonvin Draps Nathalie	7m35	2015
10	Bosson Karin	5m80	2008
11	Cardoso Da Rocha Maria Joao	4m88	2017
12	Milants Marilyn	4m82	2015
13	Castellana Corine	4m68	2006
14	Chevalier Colette	4m53	2011

### Disque (1 kg)

1	Reynaerts Stephanie	34m32	2016
2	Adam Benedicte	32m12	2020
3	Bee Delphine	27m92	2019
4	De Buyst Nadia	27m77	2010
5	Quicke Evelyne	27m03	2006
6	Debaillie Isabelle	18m24	2015
7	Cardenas Ojito Janet	18m23	2014
8	Cardoso Da Rocha Maria Joao	13m31	2013
9	Castellana Corine	11m60	2007

### Javelot (600 gr)

1	Reynaerts Stephanie	29m63	2017
2	Adam Benedicte	29m60	2017
3	Quicke Evelyne	23m46	2007
4	Cardenas Ojito Janet	22m33	2014
5	De Buyst Nadia	22m18	2010
6	Debaillie Isabelle	18m13	2014
7	Vandendael Alice	12m84	2007
8	Milants Marilyn	9m38	2015

### Marteau (4 kg)

1	Reynaerts Stephanie	33m35	2018
2	Adam Benedicte	27m95	2016
3	De Buyst Nadia	22m25	2011
4	Milants Marilyn	12m85	2014

### Grand poids (9,08 kg)

1	Reynaerts Stephanie	9m51	2018
2	Adam Benedicte	8m80	2015

### Pentathlon W35

1	Cardenas Ojito Janet	2515 p	2013
2	Reynaerts Stephanie	2402 p	2019
3	Debaillie Isabelle	1601 p	2012

### Pentathlon W40

1	Cardenas Ojito Janet	2242 p	2015
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### Heptathlon W35

1	Cardenas Ojito Janet	3441 p	2013
2	Reynaerts Stephanie	2208 p	2017

### Heptathlon W40

1	Cardenas Ojito Janet	3572 p	2014
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### Benjamins garçons



## Top 15 RESC outdoor

### 60 m

1	Montilla Dimitri	9.17	2007
2	Moral Miguel	9.20	1990
3	Ouattara Reda	9.26	2017
4	Stodolski Michael	9.28	2009
5	Luis Vieira Igor	9.31	2010
6	Serfiotis Nicolas	9.34	1999
7	Medan Marko	9.36	2012
8	Ben Ahmed Yanis	9.42	2019
9	Schepens Cedric	9.43	1991
	Baiwir Julien	9.43	1998
	Elsen Daan	9.43	2003
12	Perquy Thierry	9.44	1987
	Mokassa Lucien	9.44	1988
14	Hoorens Christopher	9.48	2006
15	Winderickx Ingmar	9.57	2000

### 200 m

1	Perquy Thierry	33.4	1987
2	Materne Jan	34.44	1988
3	Pelemans Ivo	35.94	1988
4	Ben Messoud Nebil	36.84	1986
5	Gibson Benoit	36.94	1988
6	Campion Laurent	38.24	1986
7	Schroeven Laurent	41.84	1988
8	De Boeck Pierre	42.84	1988

### 600 m

1	Kenaiti Yanis	1.57.80	2017
2	Beyaert Corentin	1.58.56	2011
3	Arifi Reda	1.58.80	2014
4	Ben Ahmed Yanis	1.58.91	2019
5	Arifi Rayane	2.01.46	2017
6	Poortman Mattheo	2.01.77	2016
7	Maaroufi Elias	2.01.80	2016
8	Montilla Alexis	2.02.46	2011
9	Kamara Sanael	2.03.21	2013
10	Housiaux Julien	2.03.57	2021
11	Cuyppers Florian	2.03.87	2012
12	Chekem Amon Re	2.04.25	2020
13	Teklal Liam	2.05.07	2010
14	Medan Marko	2.05.85	2012
15	Delneufcourt Hugo	2.06.80	2018

### 800 m

1	Perquy Thierry	2.50.6	1987
2	Materne Jan	2.54.02	1987
3	Gibson Benoit	2.56.10	1988
4	Pelemans Ivo	2.59.98	1988
5	Ben Messaoud Nebil	3.00.90	1986
6	Debaillie François Xavier	3.31.30	1988
7	Hennes Koen	4.06.90	1988

### 1000 m

1	Montilla Dimitri	3.25.22	2007
2	Bontemps Richard	3.32.40	1995
3	Elsen Daan	3.34.14	2003
4	Potemans Anton	3.34.51	2005
5	Crappe Martin	3.35.87	2005
6	Nicodeme Romain	3.36.97	2004
7	Kompany Vincent	3.38.40	1995
8	Winderickx Ingmar	3.40.43	2000
9	Louf Valentin	3.40.58	2000
10	De Coster Alexis	3.41.04	2005
11	Lebailly Killian	3.43.14	2004
12	Nijs Gaston	3.44.78	2005
13	De Coster Alexis	3.45.00	2004
14	Jbiloul Oussama	3.46.92	2000
15	Wavreil Cedric	3.47.23	2000

### 60 m haies (76 cm)

1	Perquy Thierry	12.24	1987
2	Ben Messaoud Nebil	14.84	1986
3	Koeckx David	17.62	1988

### Hauteur

1	Petitjean Nicolas	1m25	2008
2	Xhonneux Frederic	1m23	1992
3	Montilla Dimitri	1m21	2007
4	Stodolski Michael	1m18	2009
5	Elsen Daan	1m15	2003
6	Wavreil Cedric	1m14	2000
7	Koko Anthony	1m13	1990

	Van De Sype Vincent	1m13	2002
	Nicodeme Romain	1m13	2004
10	Delay Benoit	1m12	1988
	Castellana Bryan	1m12	2001
12	Luytens Scotty	1m11	2007
13	Vandermeulen Yves	1m10	1987
	Schepens Cedric	1m10	1991
	Hautot Quentin	1m10	1998
	Gorski Anthony	1m10	2003
	Van De Sype Arnaud	1m10	2003
	Hoorens Anthony	1m10	2006

### Longueur

1	Montilla Dimitri	4m19	2007
2	Ouattara Reda	4m00	2017
3	Stodolski Michael	3m97	2009
4	Elsen Daan	3m95	2003
5	Hautot Quentin	3m94	1998
6	Wavreil Cedric	3m88	2000
7	Medan Marko	3m84	2012
8	Schepens Cedric	3m80	1991
9	Baiwir Julien	3m78	1998
10	Xhonneux Frederic	3m73	1992
11	Moral Miguel	3m72	1990
	Renauld Quentin	3m72	2005
13	Potemans Anton	3m70	2005
	Hoorens Christopher	3m70	2006
15	Vrebos Stephane	3m68	1992

### Poids (1 kg)

1	Elsen Daan	11m68	2003
2	Montilla Dimitri	11m22	2007
3	Guarneri Renato	10m42	1996
4	Montilla Alexis	10m12	2011
5	Nicodeme Romain	10m03	2004
6	Lozet Nathan	9m91	2001
7	Xhonneux Frederic	9m90	1992
	Beyaert Corentin	9m90	2011
9	Wavreil Cedric	9m82	2000
10	Crappe Martin	9m78	2005
11	Stodolski Michael	9m66	2009
12	Gerard Jeremy	9m62	1996
	Soto Moral Fabian	9m62	2002
14	Van De Sype Vincent	9m61	2002
15	Petitjean Nicolas	9m46	2008

### Poids (2 kg)

1	Delay Benoit	4m26	1988
2	Pelemans Ivo	3m93	1988
3	Hennes Koen	3m47	1988
4	Koeckx David	3m44	1988
5	Gibson Benoit	3m42	1988
6	Schroeven Laurent	3m39	1988
7	Presa Fernandez Gregory	3m36	1988
8	Bayet Davdi	2m72	1988
9	De Bouck Pierre	2m29	1988

### Balle de hockey

1	Potemans Anton	40m13	2005
2	Elsen Daan	38m73	2004
3	Montilla Dimitri	36m82	2007
4	Xhonneux Frederic	36m22	1992
5	Lozet Nathan	35m80	2001
6	Beyaert Corentin	34m21	2011
7	Gerard Benjamin	34m04	1997
8	Huyghe Gauthier	33m35	2016
9	Guarneri Renato	33m18	1996
10	Kompany Vincent	32m56	1995
11	Montilla Alexis	32m33	2011
12	Vrebos Stephane	32m24	1992
13	Baiwir Julien	32m21	1998
14	Stodolski Michael	32m20	2009
15	Nicodeme Romain	32m18	2004

### Triathlon

1	Baiwir Julien	1320 p	1998
2	Stodolski Michael	1263 p	2009
3	Xhonneux Frederic	1247 p	1992
4	Luis Vieira Igor	1174 p	2010
5	Vrebos Stephane	1124 p	1992
6	Kompany Vincent	1060 p	1994
7	Moral Miguel	1053 p	1990
8	Bontemps Richard	1048 p	1995
9	Segers Benjamin	1023 p	1991

## Top 15 RESC outdoor

10	Schepens Cedric	967 p	1991
11	Wellemans Stephane	962 p	1992
12	Van Keerberghen Michael	937 p	1992
13	Hautot Quentin	905 p	1998
14	Vardaro Laurent	884 p	1992
15	Koko Anthony	874 p	1990

### Tetrathlon

1	Montilla Dimitri	2099 p	2007
2	Elsen Daan	1826 p	2003
3	Potemans Anton	1716 p	2005
4	Beyaert Corentin	1686 p	2011
5	Montilla Alexis	1623 p	2011
6	Cuyppers Florian	1603 p	2012
7	Arifi Rayane	1586 p	2017
8	Nicodeme Romain	1585 p	2004
9	Hoorens Anthony	1565 p	2006
10	Medan Marko	1560 p	2011
11	Arifi Reda	1489 p	2014
12	Chekem Amon Re	1479 p	2020
13	Hoorens Christopher	1472 p	2006
14	Housiaux Julien	1440 p	2021
14	Renauld Quentin	1437 p	2005
15	Stodolski Michael	1390 p	2008

### Pupilles garçons

#### 60 m

1	Sonon Lionel	8.09	1998
2	Squiflet Pierre	8.44	1990
	Mokassa Lucien	8.44	1990
4	Taiwo Eniola	8.48	2011
5	Schoonjans Patrick	8.54	1988
6	Medan Marko	8.55	2014
7	Ouattara Reda	8.62	2019
8	Stodolski Michael	8.63	2011
9	Frenay Kevin	8.65	2006
10	Paulus Gary	8.67	2003
	Diallo Oumar	8.67	2005
12	Schepens Cedric	8.73	1993
13	Van Eeckhoudt Nicolas	8.74	1984
	Lecompte David	8.74	1986
15	Montilla Dimitri	8.79	2009

#### 200 m

1	?	29.5	?
2	Schoonjans Patrick	30.54	1988
3	Perquy Thierry	31.14	1988
4	Capper Patrick	31.64	1988
5	Gentile Raphael	32.24	1987
6	Lecompte David	32.34	1986
	Guellet Saïd	32.34	1987
8	Delannoy Olivier	32.64	1986
	Schoonjans Patrick	32.64	1987
10	Van Den Eede Hugues	32.84	1988
11	Vandermeulen Yves	34.34	1988
12	Materne Jan	34.44	1988
13	De Saedeleer Benoit	34.54	1986
14	Maes Carlos	34.74	1986
	Materne Jan	34.74	1987

#### 800 m

1	?	2.28.9	?
2	De Saedeleer Benoit	2.38.10	1987
3	Van Gussem Laurent	2.38.30	1986
4	Van Zeebroeck Bernard	2.41.50	1986
5	Delannoy Olivier	2.42.10	1986
6	Vanderhaeghen Olivier	2.46.24	1988
7	Olbregts Arnaud	2.46.32	1987
8	Van Cluysen Benny	2.47.00	1986
9	Lemmens Igor	2.48.00	1989
10	Vandermeulen Yves	2.48.60	1989
11	De Saedeleer Benoit	2.49.40	1986
12	Belhadj Hissam	2.50.03	1989
13	Perquy Thierry	2.50.60	1987
14	Gentile Raphael	2.50.70	1986
15	Schoonjans Patrick	2.51.20	1988

#### 1000 m

1	Montilla Dimitri	3.14.18	2009
2	Demagnet Lounis	3.16.29	2014
3	Lebailly Kevin	3.17.22	2003
4	Kenaiti Yanis	3.18.22	2019
5	Kamara Sanael	3.18.23	2015

6	Ben Ahmed Yanis	3.18.53	2021
7	Dewitte Sebastien	3.19.32	1996
8	Thys Alain	3.19.70	1992
9	Demeester Thijs	3.21.00	2000
10	Arifi Reda	3.21.34	2016
11	Foucart François	3.21.60	1993
12	Poortman Matheo	3.22.34	2018
13	Nicodeme Romain	3.22.75	2006
14	Schroeve Bruno	3.23.10	1991
15	Crevecoeur Ambroise	3.23.88	1997

#### 60 m haies (68 cm)

1	Arys Lucas	13.29	2021
2	Xhonneux Raphael	15.15	2021

#### 60 m haies (76 cm)

1	Squiflet Pierre	10.0	1990
2	Montilla Dimitri	10.69	2009
3	Vandenberghen Yves	10.94	1984
4	Gentile Raphael	10.99	1987
5	Baiwir Julien	11.04	2000
6	Diallo Oumar	11.06	2005
7	Aerts Michel	11.24	1985
	Guellet Yassin	11.24	1985
9	Guellet Saïd	11.27	1987
10	Thiry Stephane	11.33	1992
11	Thys Alain	11.34	1992
	Xhonneux Frederic	11.34	1994
13	Naïf Jerome	11.44	1994
14	Frenay Kevin	11.48	2006
15	Ouattara Reda	11.53	2019

#### Hauteur

1	Montilla Dimitri	1m49	2009
2	Guellet Yassin	1m48	1985
3	Van Eeckhoudt Nicolas	1m39	1984
	Nicodeme Romain	1m39	2006
	Petitjean Nicolas	1m39	2010
6	Bogaert Didier	1m38	1977
	Fontaine Arnaud	1m38	1988
	Englebert Timothee	1m38	2015
9	Van De Sype Vincent	1m37	2004
10	Steppe Tom	1m36	1985
	Coomans Werner	1m36	1997
	Mertens Tom	1m36	1997
13	Sandron Dominique	1m35	1980
	Delannoy Olivier	1m35	1986
	Delay Benoit	1m35	1990
	Xhonneux Frederic	1m35	1993
	Mahoungou Gregory	1m35	1995
	Fransen Alexandre	1m35	1999

#### Longueur

1	Montilla Dimitri	4m75	2008
2	Squiflet Pierre	4m66	1990
3	Elsen Daan	4m65	2005
4	Guillet Lionel	4m59	1993
5	Schoonjans Patrick	4m53	1988
6	Vandenberghen Yves	4m51	1984
7	Thys Alain	4m48	1992
8	Gentile Raphael	4m46	1987
9	Frenay Kevin	4m43	2006
10	Schepens Cedric	4m42	1993
	Medan Marko	4m42	2014
12	Baiwir Julien	4m41	2000
13	Delay Benoit	4m40	1990
14	Crappe Martin	4m36	2007
15	Thiry Stephane	4m35	1992
	Vaillant Thibaud	4m35	1998

#### Poids (2 kg)

1	Diallo Oumar	11m71	2005
2	Montilla Dimitri	11m08	2009
3	Baiwir Julien	10m58	2000
4	Guarneri Renato	10m28	1998
5	Squiflet Pierre	10m14	1990
6	Englebert Timothee	9m94	2015
7	Elsen Daan	9m91	2005
8	Mertens Tom	9m90	1997
9	Xhonneux Frederic	9m89	1994
10	Gerard Benjamin	9m76	1999
11	Lozet Nathan	9m72	2003
12	Gerard Jeremy	9m51	1998
13	Omombo Jean David	9m45	2003

## Top 15 RESC outdoor

14	Lebailly Kevin	9m41	2003
15	Beeckman Amaury	9m40	2006

### Disque (600 gr)

1	Elsen Daan	31m14	2005
2	Montilla Dimitri	30m30	2009
3	Kebdani Samir	29m21	1999
4	Diallo Oumar	27m01	2005
5	Englebert Timothee	26m01	2015
6	De Wilde Julien	25m10	1997
7	Boa Michael	23m48	2006
8	Philips Bastien	23m32	2020
9	Monsieur Julien	23m20	2017
10	Mertens Tom	22m92	1997
11	Van De Sype Arnaud	22m72	2005
12	Van De Sype Vincent	22m68	2004
13	Guarneri Renato	22m14	1998
14	Potemans Anton	22m01	2007
15	Baiwir Julien	21m44	2000

### Balle de hockey

1	Elsen Daan	46m50	2005
2	Gerard Benjamin	46m12	1999
3	Montilla Dimitri	46m10	2009
4	Lozet Nathan	45m45	2003
5	Xhonneux Frederic	44m86	1994
6	Guarneri Renato	44m39	1998
7	Smeyers Julien	43m90	1994
8	Ouattara Reda	43m89	2019
9	Baiwir Julien	43m17	2000
10	Vrebos Stephane	43m12	1994
11	Guarneri Salvatore	43m00	1995
12	Squiflet Pierre	42m32	1990
13	Nicodeme Romain	42m03	2006
14	Schils Martin	41m45	2003
15	Potemans Anton	40m13	2005

### Triathlon

1	Squiflet Pierre	1613 p	1990
2	Guillet Lionel	1472 p	1993
3	Xhonneux Frederic	1433 p	1994
4	Thiry Stephane	1345 p	1992
5	Moral Miguel	1329 p	1992
6	Schepens Cedric	1314 p	1993
7	Cawet Cedric	1292 p	1994
8	De Veirman Didier	1292 p	1991
9	Vaessen Fabian	1270 p	1995
10	Kill Michel	1266 p	1995
11	Delay Benoit	1265 p	1990
12	Smeyers Julien	1252 p	1994
13	Naif Jerome	1235 p	1994
14	Thys Alain	1208 p	1992
15	Vanderbiest Joel	1203 p	1989

### Tetrathlon

1	Montilla Dimitri	2516 p	2009
2	Diallo Oumar	2307 p	2005
3	Elsen Daan	2282 p	2005
4	Potemans Anton	2232 p	2007
5	Medan Marko	2225 p	2014
6	Baiwir Julien	2222 p	2000
7	Lebailly Kevin	2134 p	2003
8	Nicodeme Romain	2084 p	2006
9	Ouattara Reda	2030 p	2019
10	Coomans Werner	2027 p	1997
11	Mertens Tom	1999 p	1997
12	Frenay Kevin	1983 p	2006
13	Wavreil Cedric	1969 p	2002
14	Petitjean Nicolas	1966 p	2010
15	Hoorens Christopher	1936 p	2008

### 2 km marche

1	Schroeven Bruno	13.55.7	1991
2	Moral Miguel	13.56.10	1991

### Minimes garçons

#### 50 m

1	Taiwo Eniola	6.66	2013
2	Sergeef Martin	6.88	2011
3	Doudouhi Reda	6.95	2015

#### 80 m

1	Diallo Oumar	9.66	2007
2	Taiwo Eniola	9.93	2013
3	Squiflet Pierre	9.96	1992
4	Sergeef Martin	10.13	2011
5	Gentile Raphael	10.24	1989
6	Mokassa Lucien	10.30	1992
7	Okeowo Peredjo	10.31	2012
8	Smith Duncan	10.34	1985
9	Simon Philippe	10.38	2000
10	Paulus Gary	10.39	2005
11	Doudouhi Reda	10.40	2015
12	Montilla Dimitri	10.42	2011
13	Van Lancker Rudi	10.44	1984
	Mbuyi Bodika William	10.44	2017
15	Leyman David	10.49	1998

#### 150 m

1	Diallo Oumar	18.43	2007
2	Squiflet Pierre	18.54	1992
3	Simon Philippe	18.94	2000
4	Sergeef Martin	19.07	2011
5	Montilla Dimitri	19.13	2011
6	Taiwo Eniola	19.17	2013
7	Mokassa Lucien	19.18	1992
8	Mercier Yves	19.20	1992
9	Paulus Gary	19.32	2005
10	Leyman David	19.44	1998
11	Mbuyi Tshinyongolo Tresor	19.49	2019
12	Medan Marko	19.50	2016
13	Doudouhi Reda	19.59	2015
14	Mbuyi Bodika William	19.62	2017
15	Okeowo Peredjo	19.73	2012

#### 200 m

1	?	25.65	?
2	Gentile Raphael	26.24	1989
3	Vandermeeren Gilles	26.54	1988
4	Hinne Benoit	26.89	1986
5	Guellet Yassin	26.94	1987
6	Probst Gregor	27.27	1988
7	Fueyo Jose	27.34	1989
8	Dassy Daniel	27.45	1987
9	Vanderhaeghen David	27.49	1987
10	Lecompte David	27.54	1988
11	Carboni Frederic	27.81	1987
12	Jarry Numa	27.92	1988
13	Debry Nicolas	27.94	1989
14	De Saedeleer Benoit	28.14	1989
15	Schoojans Patrick	28.20	1989

#### 300 m

1	Montilla Dimitri	40.86	2011
2	Taiwo Eniola	41.25	2013
3	Diallo Oumar	41.31	2007
4	Dogan Mervan	41.91	2003
5	Sergeef Martin	42.02	2011
6	Simon Philippe	42.19	2000
7	Mbuyi Bodika William	42.21	2017
8	Paulus Gary	42.31	2005
9	Lebailly Kevin	43.17	2005
10	Verleyen Jakob	43.37	2021
11	Demanet Lounis	43.46	2016
12	Leyman David	43.64	1998
13	Beyaert Corentin	43.85	2015
14	Leyman Jeremy	44.39	2000
15	Guarneri Renato	44.44	2000

#### 800 m

1	Vandermeeren Gilles	2.15.30	1988
2	De Mars Steven	2.22.00	1986
3	Schepens Xavier	2.22.54	1987
4	Van Gussem Laurent	2.22.83	1988
5	Fueyo Jose	2.22.90	1989
6	Gentile Raphael	2.23.40	1989
7	Carboni Frederic	2.26.80	1987
8	Van Zeebroeck Bernard	2.28.00	1988
9	Ooms Gerrit	2.32.00	1986
10	Scheepens Patrick	2.32.75	1988
11	Aelbrecht Marc	2.32.91	1987
12	Doignies Fabrice	2.35.10	1987
13	Chahide Youssef	2.35.94	1988
14	De Saedeleer Benoit	2.36.20	1989
15	Hinne Benoit	2.36.30	1986

## Top 15 RESC outdoor

### 1000 m

1	Montilla Dimitri	3.01.77	2011
2	Lebailly Kevin	3.02.09	2005
3	Demeester Thijs	3.02.25	2002
4	Bouhammout Samir	3.03.20	2004
5	Kebdani Samir	3.03.26	2001
6	Verleyen Jakob	3.03.45	2021
7	Vaillant Thibaud	3.05.70	2000
8	Crèvecoeur Ambroise	3.05.80	1999
9	Beyaert Corentin	3.06.58	2015
10	Leyman Jeremy	3.07.20	2000
11	Winderickx Ingmar	3.07.89	2004
12	Demanet Lounis	3.08.16	2016
13	Lins Sebastien	3.08.58	2005
14	Simons Gregory	3.08.60	2000
15	Naif Jerome	3.09.30	1995

### 50 m haies (65 cm)

1	Demanet Lounis	9.24	2016
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### 50 m haies (84 cm)

1	Montilla Dimitri	7.98	2011
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### 60 m haies (76 cm)

1	Ausloos Henri	10.5	1967
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### 80 m haies (76 cm)

1	Mertens Raphael	13.81	2020
2	Van Den Brempt Mathis	15.19	2020

### 80 m haies (84 cm)

1	Squiflet Pierre	12.00	1992
2	Diallo Oumar	12.59	2007
3	Okeowo Peredjo	12.70	2012
4	Gentile Raphael	12.79	1989
	Montilla Dimitri	12.79	2011
6	Vandenberghen Yves	12.94	1986
7	Van Lancker Rudi	13.34	1984
8	Frenay Kevin	13.41	2008
9	Guellet Yassin	13.46	1987
10	Mokassa Lucien	13.60	1992
11	Marloye Roland	13.64	1975
	Demanet Lounis	13.64	2016
13	Rudman David	13.74	1989
14	Fuyeo Jose	13.83	1989
15	Lecompte David	13.91	1988

### 150 m haies (76 cm)

1	Montilla Dimitri	20.54	2011
2	Diallo Oumar	20.97	2007
3	Taiwo Eniola	21.18	2013
4	Mbuyi Bodika William	21.42	2017
5	Potemans Anton	21.71	2009
6	Beyaert Corentin	21.76	2015
7	Demanet Lounis	21.89	2016
8	Okeowo Peredjo	21.91	2012
9	Chekem Ramses	22.07	2016
10	Vandenhoeke Arthur	22.43	2009
11	Stodolski Michael	22.46	2012
12	Beeckman Amaury	22.62	2008
13	Vandenhoeke Victor	22.65	2009
14	Englebert Timothee	22.69	2017
15	Sibourg Valentin	22.91	2017

### Hauteur

1	Englebert Timothee	1m73	2017
2	Van Lancker Rudi	1m70	1984
3	Montilla Dimitri	1m68	2011
4	Guellet Yassin	1m65	1987
5	Steppe Tom	1m61	1987
	Gentile Raphaël	1m61	1989
7	Van Eeckhoudt Nicolas	1m60	1986
	Frenay Kevin	1m60	2008
	Okeowo Peredjo	1m60	2012
10	Beeckman Amaury	1m57	2008
11	Adorna Francis	1m56	1982
	Vandenberghen Yves	1m56	1986
13	Salmon Hugues	1m55	1979
	Bogaerts Didier	1m55	1979
	Delay Benoit	1m55	1992
	Squiflet Pierre	1m55	1992
	Diallo Oumar	1m55	2007
	Taiwo Eniola	1m55	2013

### Longueur

1	Squiflet Pierre	5m73	1992
2	Gentile Raphaël	5m58	1989
3	Montilla Dimitri	5m57	2011
4	Diallo Oumar	5m48	2007
5	Van Lancker Rudi	5m35	1984
6	Okeowo Peredjo	5m30	2012
7	Sergeef Martin	5m17	2011
8	Schoonjans Patrick	5m15	1990
9	Preumont Maurice	5m11	2001
10	Potemans Anton	5m10	2009
11	De Saedeleer Benoit	5m06	1989
12	Vandenberghen Yves	5m05	1986
13	Guellet Yassin	5m04	1987
14	Guarneri Renato	5m02	2000
	Lins Sebastien	5m02	2005

### Triple saut

1	Demanet Lounis	9m59	2016
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### Perche

1	Montilla Dimitri	3m21	2011
2	Van Zeebroeck Bert	2m75	1995
3	Nicodeme Thibault	2m65	2005
4	Steppe Tom	2m61	1987
5	Warmoes Jean François	2m60	1984
	Squiflet Marc	2m60	1992
	De Wilde Julien	2m60	1999
8	Marloye Roland	2m50	1975
	Lecompte David	2m50	1988
	Vanderbiest Joel	2m50	1990
11	Wavreil Cedric	2m42	2004
12	Thys Alain	2m40	1994
	Kebdani Samir	2m40	2001
	Verburgt Tom	2m40	2009
15	Winderickx Ingmar	2m32	2004

### Poids (3 kg)

1	Montilla Dimitri	14m71	2011
2	Diallo Oumar	14m62	2007
3	Diallo Mamadou	13m97	2001
4	Beeckman Amaury	13m31	2008
5	Englebert Timothee	13m20	2017
6	Squiflet Pierre	13m18	1992
7	Guarneri Renato	12m30	2000
8	Kebdani Samir	11m90	2001
9	Sarkozi Serge	11m67	1991
10	Gerard Jeremy	11m66	2000
11	Nees Ghislain	11m62	2006
12	Brame Luca	11m52	1998
13	Okeowo Peredjo	11m47	2012
14	Simon Philippe	11m31	2000
15	Steppe Tom	10m97	1987

### Disque (750 gr)

1	Montilla Dimitri	45m01	2011
2	Englebert Timothee	29m40	2017
3	Potemans Anton	27m14	2009
4	Montilla Alexis	26m01	2015
5	Ivens Filip	23m92	2017
6	Van Cauter Guillian	23m63	2009
7	Chekem Ramses	23m38	2016
8	Theys Nicolas	23m36	2015
9	Taghret Badr	23m21	2015
10	Sibourg Valentin	22m50	2017
11	Coppy Kenneth	21m78	2021
12	Petitjean Simon	21m66	2009
	De Tollenaere Tom	21m66	2016
14	Vandenhoeke Arthur	21m56	2009
15	Mertens Raphael	20m51	2020

### Disque (1 kg)

1	Diallo Oumar	41m07	2007
2	Montilla Dimitri	39m84	2011
3	Beeckman Amaury	33m36	2008
4	Marloye Roland	31m60	1975
5	Kebdani Samir	31m17	2001
6	Vormezele Eric	31m06	1981
7	Steppe Tom	30m82	1987
8	Sustelo Antonio	30m45	2001
9	Squiflet Pierre	30m42	1992
10	Gys	30m08	1965
11	Elsen Daan	30m05	2007

## Top 15 RESC outdoor

12	Englebert Timothee	29m61	2017
13	Huylebroeck Pascal	29m20	1982
14	Adorna Francis	28m82	1982
15	De Saedeleer Philippe	28m48	1980

### Javelot (400 gr) – ancien modele

1	Steppe Tom	36m94	1987
2	Squiflet Pierre	36m80	1992
3	Aerts Michel	35m26	1985
4	Halleman Yannick	35m24	1994
5	Phetlansky Phetsulin	34m84	1985
6	Thys Alain	34m62	1994
7	De Saedeleer Philippe	34m12	1980
8	Van Zeebroeck Bert	33m96	1995
9	Debry Nicolas	33m30	1989
10	Leyman David	32m55	1998
11	Van Eeckhoudt Nicolas	31m90	1986
12	Doignies Fabrice	31m14	1987
13	Delay Benoit	30m86	1991
14	Broothaerts Damien	30m16	1995
15	Droesbeke Sebastien	29m99	1998

### Javelot (400 gr)

1	Montilla Dimitri	45m91	2011
2	Potemans Anton	42m68	2009
3	Elsen Daan	41m62	2007
4	Duchatel Florian	39m81	2004
5	Sergeef Martin	38m71	2011
6	Kebdani Samir	36m27	2001
7	Browaey David	36m25	1999
8	Nees Ghislain	36m08	2006
9	Oliveira Da Silva Raphael	35m43	2005
10	Diallo Oumar	35m29	2007
11	Okeowo Peredjo	34m86	2012
12	Beeckman Amaury	34m75	2008
13	Vandenhoeke Arthur	33m79	2009
14	Nicodeme Romain	33m44	2008
15	Gerard Jeremy	33m10	2000

### Triathlon

1	Steppe Tom	985 p	1987
2	Van Eeckhoudt Nicolas	972 p	1986
3	Guellet Yassin	949 o	1987
4	Carboni Frederci	920 p	1987
5	Doignies Fabrice	916 p	1987
6	Hinne Benoit	910 p	1986
7	Vandenberghen Yves	897 p	1986
8	Lecompte David	886 p	1987
9	Probst Gregor	875 p	1988
10	Gentile Fabrice	862 p	1988
11	Schepens Patrick	857 p	1988
12	Moral Miguel	830 p	1989
13	Pinchart Alain	825 p	1986
14	Dassy Daniel	800 p	1987
15	Thielemans Eric	798 p	1986

### Tetrathlon

1	Squiflet Pierre	2900 p	1992
2	Mokassa Lucien	2278 p	1992
3	Schepens Cedric	2217 p	1995
4	Delay Benoit	2164 p	1992
5	Fontenoy Serge	2119 p	1993
6	Guillet Lionel	2078 p	1995
7	Thys Alain	2004 p	1994
8	Moral Miguel	1965 p	1994
9	Xhonneux Frederic	1963 p	1995
10	Cawet Cedric	1929 p	1995
11	Gentile Raphael	1926 p	1989
12	Schoonjans Patrick	1878 p	1990
13	Verschoren Quentin	1854 p	1990
14	Vaillant Jean Baptiste	1834 p	1995
15	Broothaerts Damien	1817 p	1995

### Pentathlon

1	Montilla Dimitri	4135 p	2011
2	Diallo Oumar	3937 p	2007
3	Englebert Timothee	3856 p	2017
4	Okeowo Peredjo	3655 p	2012
5	Beeckman Amaury	3389 p	2008
6	Potemans Anton	3382 p	2009
7	Medan Marko	3348 p	2016
8	Taiwo Eniola	3306 p	2013
9	Sergeef Martin	3291 p	2011
10	Dogan Mervan	3262 p	2003

11	Lebailly Kevin	3248 p	2005
12	Kebdani Samir	3238 p	2001
13	Lins Sebastien	3175 p	2005
14	Leyman David	3107 p	1998
15	Winderickx Ingmar	3093 p	2004

### 3 km marche

1	Guilmain Benoit	20.33.2	1992
2	François Charles	24.17.90	1992

### Cadets garçons

#### 50 m

1	Taiwo Eniola	6.26	2015
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#### 100 m

1	Diallo Oumar	11.31	2009
2	Mambo Djeke	11.39	1992
3	Taiwo Eniola	11.42	2014
4	Tshitwenu Florian	11.50	2012
5	Kasmi Amine	11.52	2015
6	Okeowo Peredjo	11.58	2014
7	Canvat Thibaut	11.62	1991
8	Mambo Kedjeloba	11.65	1989
9	Debeir Olivier	11.67	1986
	Vanhamme Arno	11.67	2012
11	Van Lancker Rudi	11.68	1986
12	Letellier Eric	11.70	1982
13	Gruson Augustin	11.78	2019
14	Leyman David	11.80	2000
15	Dogan Mervan	11.82	2005
	Medan Marko	11.82	2018

#### 200 m

1	Mambo Djeke	23.14	1992
2	Tshitwenu Florian	23.18	2012
3	Mambo Kedjeloba	23.40	1989
4	Smith Duncan	23.69	1987
5	Canvat Thibaut	23.72	1991
6	Kasmi Amine	23.77	2015
7	Van Lancker Rudi	23.78	1986
8	Wouters Luc	23.84	1982
9	Dogan Mervan	23.95	2005
10	Vandenhoeke Arthur	23.96	2011
11	Medan Marko	24.03	2018
12	Debeir Olivier	24.04	1986
13	Vanhamme Arno	24.07	2012
14	Nkiere Danfuname Rene	24.08	2014
15	Vanderhaeghen David	24.11	1989

#### 300 m

1	Diallo Oumar	35.89	2009
2	Levacq Corentin	36.86	1996
3	Mambo Djeke	36.94	1992
4	Lins Sebastien	37.94	2007
5	Tshitwenu Florian	38.07	2012
6	Dogan Mervan	38.19	2005
7	Canvat Thibaut	38.64	1991
8	Smeyers Julien	38.84	1998
9	Van Waasdijk Guillain	38.91	2005
10	Beyaert Corentin	39.35	2017
11	Montilla Dimitri	39.48	2012
12	Broothaerts Damien	39.74	1998
13	Xhonneux Frederic	39.90	1998
14	Denutte David	40.12	1996
15	Simon Philippe	40.25	2002

#### 400 m

1	Smith Duncan	52.24	1987
2	Levacq Corentin	52.34	1996
3	Daif Marwane	52.45	2004
4	Nkiere Danfuname Rene	53.07	2014
5	Vandenhoeke Arthur	53.31	2011
6	Vanderhaeghen David	53.32	1989
7	Van Assche David	53.62	1990
8	Mattheus Philippe	53.92	1974
9	Madoughri Sabri	54.29	2016
10	Hermans Marc	54.42	1981
	Beyaert Corentin	54.42	2017
12	Lins Sebastien	54.67	2007
13	Canvat Thibaut	54.75	1991
14	Marion Willy	54.82	1980
15	Giot Christophe	54.86	1980

## Top 15 RESC outdoor

### 800 m

1	Levacq Corentin	1.59.30	1996
2	Azaoum Najib	2.02.05	2004
3	Daif Marwane	2.02.07	2004
4	Van Meeteren Rudolf	2.02.70	1972
5	Steingueldoir Jean Pierre	2.03.70	1971
6	Van Waasdijk Guillain	2.04.47	2005
7	Vandermeeren Gilles	2.05.56	1990
8	Petitjean Simon	2.05.74	2011
9	Bentheim Ronald	2.05.77	1996
10	Leon François	2.07.50	1973
11	Miller Benoit	2.07.69	2002
12	Schroeven Bruno	2.07.95	1995
13	Mattheus Philippe	2.08.20	1974
14	Vaillant Thibaut	2.08.02	2002
15	Eynikel Eric	2.08.60	1973

### 1000 m

1	Levacq Corentin	2.43.18	1996
2	Petitjean Simon	2.46.13	2011
3	Kebdani Samir	2.47.95	2003
4	Vandermeeren Gilles	2.48.00	1990
5	Tiaz Younes	2.48.30	2001
6	Vaillant Thibaud	2.48.72	2002
7	Azaoum Najib	2.48.73	2003
8	Brolet Bertrand	2.49.36	1996
9	Montilla Dimitri	2.49.43	2013
10	Perdiens Tony	2.49.60	1963
11	Lambert Marc	2.49.90	1984
12	Vandewalle Tom	2.50.10	1988
13	Huylebrouck Pascal	2.51.10	1984
14	Akabi Omar	2.51.80	1987
15	Van Waasdijk Guillain	2.52.44	2005

### 1500 m

1	Van Meeteren Rudolf	4.10.9	1972
2	Levacq Corentin	4.18.31	1996
3	Azaoum Najib	4.18.83	2004
4	Petitjean Simon	4.24.38	2011
5	Massaad Jean	4.25.44	2006
6	Kersten Olivier	4.25.50	1980
7	Kebdani Samir	4.26.08	2003
8	Demeester Thijs	4.26.29	2004
9	Leon François	4.26.90	1973
10	Miller Benoit	4.26.96	2002
11	Lambert Marc	4.29.07	1984
12	De Bleser Laurent	4.29.11	1983
13	Huylebrouck Pascal	4.31.80	1984
14	Permentier Pascal	4.32.90	1984
15	Tiebackx Luc	4.33.90	1981

### Mile

1	Beyaert Corentin	5.06.63	2017
2	Vanden Broeck Maxance	5.22.67	2008
3	Gharroudi Soulaymane	5.25.21	2015
4	Wilhelmsson Malte	6.16.03	2016

### 2000 m

1	Petitjean Simon	6.24.58	2011
2	Adkhi Ramzi	7.08.64	2013
3	Nicodeme Romain	7.17.90	2009
4	Segers Mathieu	7.30.85	2009
5	Riffi Temsamani Ayoub	7.48.22	2013

### 100 m haies (76 cm)

1	Squifflet Pierre	14.9	1967
2	Raspe Claude	16.1	1967

### 100 m haies (84 cm)

1	Lair Adrien	21.13	2020
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### 100 m haies (91 cm)

1	Okeowo Peredjo	14.02	2014
2	Broothaerts Damien	14.04	1998
3	Elsen Daan	14.17	2009
4	Letellier Eric	14.23	1982
5	Marloye Roland	14.44	1977
6	Van Lancker Rudi	14.45	1986
7	Squifflet Pierre	14.49	1993
8	Guelllet Yassin	14.67	1989
9	Diallo Oumar	14.75	2009
10	Lins Sebastien	14.82	2007
11	Mambo Djeke	14.87	1992

12	Potemans Anton	14.89	2011
13	Diallo Oumar	14.91	2003
14	Vanderhaeghen David	14.94	1989
15	Montilla Dimitri	14.99	2013

### 200 m haies (76 cm)

1	Denys Gregory	31.45	2008
2	Van De Sype Vincent	34.42	2007

### 300 m haies (76 cm)

1	Mambo Djeke	40.07	1992
2	Van Lancker Rudi	40.09	1986
3	Vanderhaeghen David	40.24	1989
4	Levacq Corentin	41.50	1996
5	Hinne Benoit	41.53	1988
6	Marion Willy	41.61	1980
7	Arifi Ilias	41.67	2019
8	Lins Sebastien	41.71	2007
9	Gentile Raphaël	41.84	1991
10	Guelllet Yassin	42.02	1989
11	Xhonneux Frederic	42.33	1998
12	Marloye Roland	42.42	1977
	Giot Christophe	42.42	1980
14	Broothaerts Damien	42.78	1998
15	Gharroudi Soulayman	42.93	2016

### 1500 m steeple (76 cm)

1	Emmerechts Damien	4.51.63	2006
2	Beyaert Corentin	4.55.09	2017
3	Hinck Mathieu	5.01.38	2006
4	Petitjean Simon	5.23.43	2010
5	Lafnachi Reda	5.26.72	2017
6	Nicodeme Thibault	5.32.70	2007
7	Caluwe Arnaud	5.41.82	2006
8	Segers Mathieu	5.43.23	2009
9	Denys Gregory	5.46.03	2008
10	Wavreil Cedric	5.52.61	2006
11	Van De Sype Vincent	6.01.36	2007
12	Denys Jonathan	6.05.87	2005
13	Nicodeme Romain	6.08.00	2009

### Hauteur

1	Van Lancker Rudi	1m91	1986
2	Marloye Roland	1m84	1977
3	Adorna Francis	1m83	1984
	Elsen Daan	1m83	2009
5	Lamberts Dirk	1m82	1980
6	Montilla Dimitri	1m81	2013
7	Guelllet Yassin	1m80	1989
	Englebert Timothee	1m80	2018
9	Hostyn Laurent David	1m79	2002
10	Yuma Eric	1m78	1984
	Van Eeckhoudt Nicolas	1m78	1988
	Beerens Gregory	1m78	1993
13	Vanderputten Daniel	1m76	1980
14	Moreau Guy	1m75	1969
	Borsos Daniel	1m75	1977
	Delporte Luc	1m75	1981
	Dotrengé Alexandre	1m75	1985
	Steppe Tom	1m75	1989

### Longueur

1	Guelllet Yassin	6m70	1989
2	Van Lancker Rudi	6m67	1986
3	Gruson Van Lancker	6m59	2019
4	Englebert Timothee	6m53	2019
5	Mambo Kedjeloba	6m52	1989
6	Jacques Flamant	6m40	1971
7	Delporte Luc	6m29	1981
8	Okeowo Peredjo	6m24	2014
9	Vanderhaeghen David	6m16	1989
10	Diallo Oumar	6m12	2009
11	Vanderputten Daniel	6m10	1980
12	Montilla Dimitri	6m09	2013
13	Elsen Daan	6m05	2009
14	Marloye Roland	6m04	1977
	Van Haesendonck Didier	6m04	1986
	Chekem Ramses	6m04	2018

### Triple saut

1	Guelllet Yasin	13m52	1989
2	Mambo Kedjeloba	13m36	1989
3	Vanderhaeghen David	13m19	1989
4	Mambo Djeke	13m17	1992

## Top 15 RESC outdoor

5	Delporte Luc	13m13	1981
6	Yuma Eric	12m99	1984
7	Adorna Francis	12m85	1984
8	Dotrenghe Sacha	12m71	1985
9	Marion Willy	12m36	1980
10	Broothaerts Damien	12m35	1998
11	Xhonneux Frederic	12m34	1998
12	Van Lancker Rudi	12m33	1985
	Diallo Oumar	12m33	2008
14	Lamberts Dirk	12m22	180
15	Van Lancker Rudi	12m21	1986

### Perche

1	Montilla Dimitri	3m76	2013
2	Vandenhoeke Patrick	3m71	1977
3	Marloye Roland	3m65	1977
4	Leyman David	3m62	2000
5	Thys Alain	3m60	1996
6	Steppe Eric	3m50	1987
	Loens Sam	3m50	2012
8	Rochette Marc	3m41	1971
9	Dotrenghe Sacha	3m40	1985
	Biot Pascal	3m40	1994
	Elsen Daan	3m40	2009
12	Peeters Eric	3m30	1979
	Englebert Timothee	3m30	2019
14	Winderickx Ingmar	3m26	2006
15	Lecompte David	3m25	1990

### Poids (4 kg)

1	Diallo Oumar	14m42	2009
2	Elsen Daan	14m24	2009
3	Montilla Dimitri	14m21	2013
4	Diallo Mamadou	13m84	2003
5	Squiffet Pierre	13m52	1994
6	Xhonneux Frederic	13m47	1998
7	Beeckman Amaury	13m15	2010
8	Englebert Timothee	13m09	2019
9	Lambrechts Roland	12m63	1975
10	Sustelo Antonio	12m62	2003
11	Leyman David	12m51	2000
12	Okeowo Peredjo	12m47	2014
13	Montilla Alexis	12m30	2017
14	Steppe Tom	12m26	1989
15	Marloye Roland	12m19	1977

### Disque (1 kg)

1	Elsen Daan	48m77	2009
2	Montilla Dimitri	46m98	2013
3	Sustelo Antonio	44m92	2003
4	Diallo Oumar	41m26	2008
5	Xhonneux Frederic	39m12	1998
6	Halleman Yannick	37m64	1996
7	Fontenoy Serge	37m32	1995
8	Denys Jonathan	37m10	2005
9	Droesbeke Sebastien	36m44	2000
10	Kebdani Samir	36m36	2002
11	Nkiere Danfuname Rene	35m49	2014
12	Arifi Ilias	35m13	2019
13	Snaps Stephane	34m22	1973
14	Rochette Marc	34m20	1971
15	Marloye Roland	34m00	1977

### Javelot (600 gr) – ancien modele

1	De Saedeleer Christian	53m46	1978
2	De Saedeleer Philippe	53m30	1982
3	Steppe Tom	45m94	1989
4	Vanderputten Daniel	44m30	1980
5	Guellet Yassin	44m08	1989
6	Marliere Christophe	43m96	1986
7	Marloye Roland	41m84	1977
8	Lamberts Dirk	41m82	1980
	Xhonneux Frederic	41m82	1998
10	Vanderhaeghen David	41m80	1989
11	Yuma Eric	41m12	1984
12	Metens Luc	40m78	1973
13	Warnotte Xavier	39m24	1983
14	Giot Christophe	39m06	1980
15	Beckers Thierry	38m66	1984

### Javelot (600 gr)

1	Elsen Daan	44m54	2009
2	Montilla Dimitri	44m23	2013
3	Duchatel Florian	43m57	2006

4	Potemans Anton	43m46	2011
5	Droesbeke Sebastien	42m83	2000
6	Vandenhoeke Arthur	42m27	2011
7	Montilla Alexis	41m02	2017
8	Browaey David	40m86	2001
9	Sustelo Antonio	40m41	2003
10	Van De Sype Vincent	39m83	2008
11	De Tollenaere Tom	38m00	2018
12	Beeckman Amaury	37m95	2010
13	Sekelsky Maros	37m64	2005
14	Duchatel Florian	37m38	2005
15	Leyman David	37m26	2000

### Marteau (4 kg)

1	Sustelo Antonio	46m37	2003
2	Marbais Michael	40m44	1993
3	Alexiou Eftratis	39m96	1995
4	Xhonneux Frederic	32m53	1998
5	Browaey David	31m67	2001
6	Vormezele Eric	31m00	1983
7	Van Den Eede Hughes	30m92	1992
8	Halleman Yannick	30m10	1996
9	Petitjean Nicolas	29m60	2014
10	Denys Jonathan	29m24	2005
11	Fontenoy Serge	28m94	1995
12	Huylebroeck Pascal	28m30	1984
13	Chekem Ramses	27m44	2018
14	Rayee Steve	27m18	1986
15	Van De Sype Vincent	26m38	2008

### Pentathlon (javelot ancien modele)

1	Squiffet Marc	1944 p	1967
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### Pentathlon

1	Montilla Dimitri	2904 p	2013
2	Guellet Yassin	2878 p	1989
3	Van Lancker Rudi	2707 p	1986
4	Steppe Tom	2666 p	1989
5	Vanderhaeghen David	2469 p	1989
6	Pinchart Alain	2448 p	1988
	Van Eeckhoudt Nicolas	2448 p	1988
8	Verschoren Quentin	2103 p	1992
9	Debeir Olivier	2017 p	1986
10	Mutoka Benny	1995 p	1986
11	Van Den Eede Hugues	1941 p	1992
12	Vanderhaeghen Olivier	1932 p	1992
13	Guellet Yassin	1972 p	1986
14	Sandron Philippe	1826 p	1986
15	Montilla Dimitri	1596 p	2012

### Octathlon

1	Montilla Dimitri	5037 p	2013
2	Elsen Daan	4868 p	2009
3	Okeowo Peredjo	4374 p	2014
4	Potemans Anton	4329 p	2011
5	Leyman David	4312 p	2000
6	Xhonneux Frederic	4139 p	1998
7	Diallo Oumar	4102 p	2009
8	Gruson Augustin	4079 p	2019
9	Lins Sebastien	4052 p	2007
10	Englebert Timothee	4007 p	2018
11	Diallo Mamadou	3983 p	2003
12	Beeckman Amaury	3943 p	2010
13	Loens Sam	3790 p	2012
14	Van De Sype Vincent	3768 p	2008
15	Hostyn Laurent David	3686 p	2002

### 3 km marche

1	Poortman Romain	19.16.13	2018
2	Theys Nicolas	20.11.17	2016
3	Bonte Louis	22.18.39	2015

### 5 km marche

1	Kersten Olivier	30.16.30	1979
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### Scolaires hommes

#### 100 m

1	Diallo Oumar	10.83	2011
2	Kasmi Amine	10.92	2017
3	Tshitwenu Florian	10.97	2014
4	Guellet Yassin	11.08	1991
5	Amery Ronald	11.09	1986

## Top 15 RESC outdoor

6	Debeir Olivier	11.13	1988
7	Boonkens Yves	11.14	1963
8	Mambo Djeke	11.14	1994
	Broothaerts Damien	11.14	2000
10	Van Lancker Rudi	11.19	1987
	Vanhamme Arno	11.19	2014
12	Vanderhaeghen David	11.24	1991
13	Niesen Charles	11.25	2011
14	Lins Sebastien	11.28	2009
15	Dotrenghe Sacha	11.29	1987

### 200 m

1	Kasmi Amine	21.97	2017
2	Amery Ronald	22.02	1986
	Tshitwenu Florian	22.02	2014
4	Mambo Djeke	22.46	1994
5	Lins Sebastien	22.52	2009
6	Van Lancker Rudi	22.58	1988
7	Canvat Thibaut	22.59	1992
8	Vanderhaeghen David	22.60	1991
9	Niesen Charles	22.61	2011
10	Diallo Oumar	22.64	2011
11	Vanhamme Stefan	22.74	1978
	Debeir Olivier	22.74	1988
13	Broothaerts Damien	22.75	2000
14	Schepens Cedric	22.86	1999
15	Guellet Yassin	22.88	1991

### 300 m

1	Diallo Oumar	35.89	2009
2	Borlee Rayane	35.97	2016
3	Biala Kenny Felder	36.20	2021
4	Mambo Djeke	36.24	1993
5	Nkierre Danfuname Rene	36.25	2016
6	Ettetuani Adil	36.43	2003
7	Mambo Kedjeloba	36.45	1991
8	Schepens Cedric	36.46	1999
9	Niesen Charles	36.67	2011
10	Castermane Julien	36.76	2005
11	Lins Sebastien	36.82	2009
12	Levacq Corentin	36.86	1996
13	Tshitwenu Florian	37.37	2014
14	Chehima Adnan	37.57	2004
15	Barghout Azze-Eddine	38.01	2016

### 400 m

1	Lins Sebastien	49.48	2009
2	Badji Asamti	49.82	2012
3	Vanderhaeghen David	49.92	1991
4	Mambo Djeke	50.30	1994
5	Smith Duncan	50.64	1989
6	Castermane Julien	50.74	2005
7	Biala Kenny Felder	50.85	2021
8	Ettetuani Adil	50.96	2003
9	Nkierre Danfuname Rene	51.08	2016
10	Vanhamme Arno	51.11	2014
11	Vandenhoeke Arthur	51.21	2013
12	Gobert David	51.23	1988
13	Vanhamme Stefan	51.32	1978
14	Amery Ronald	51.33	1986
15	Giot Christophe	51.42	1982

### 800 m

1	Levacq Corentin	1.55.41	1997
2	Haymans Thomas	1.56.65	2002
3	Metian Marc	1.56.95	1996
4	Vandenhoeke Arthur	1.57.73	2013
5	Petitjean Simon	1.58.22	2013
6	Miller Benoit	1.58.41	2004
7	Ouamari Aabid	1.58.47	1994
8	El Yattouti Younes	1.59.21	2003
9	Schroeven Bruno	1.59.25	1996
10	Herreloen Dirk	1.59.40	1979
11	Van Meeteren Rudolf	1.59.60	1974
12	Permentier Pascal	1.59.90	1986
13	Eynikel Eric	2.00.40	1975
	De Mars Steven	2.00.40	1990
15	Bentheim Ronald	2.00.89	1998

### 1000 m

1	Levacq Corentin	2.32.80	1998
2	Ben Mohamed Rachid	2.33.52	1988
3	Haymans Thomas	2.33.66	2002
4	El Yattouti Younes	2.35.60	2003

5	Reigel Hans	2.36.30	1987
6	Petitjean Simon	2.37.97	2013
7	De Mars Steven	2.38.12	1990
8	Zaanen Nordin	2.38.64	1996
9	Tiaz Younes	2.38.66	2003
10	Miller Benoit	2.39.56	2003
11	Bentheim Ronald	2.39.73	1998
12	Ouamari Aabid	2.39.74	1994
13	Kebdani Samir	2.39.88	2005
14	Tiebackx Luc	2.40.60	1983
15	Akabi Omar	2.42.60	1988

### 1500 m

1	Ben Mohamed Rachid	4.00.79	1988
2	Petitjean Simon	4.02.44	2013
3	Levacq Corentin	4.02.46	1998
4	Metian Marc	4.02.62	1996
5	Van Meeteren Rudolf	4.04.80	1974
6	Dulieu Christian	4.07.30	1972
7	Hoornaert Daniel	4.07.40	1967
8	De Bleser Laurent	4.07.78	1985
9	Zaanen Nordin	4.08.82	1996
10	Reigel Hans	4.08.83	1987
11	Ouamari Aabid	4.09.09	1994
12	Demeester Thijs	4.10.12	2005
13	Kersten Olivier	4.11.32	1982
14	Hovelacque Benoit	4.11.90	1994
15	De Mars Steven	4.12.39	1989

### Mile

1	Petitjean Simon	4.39.15	2012
2	Leyman Jeremy	4.52.70	2003
3	Tiaz Younes	4.54.70	2002
4	Jamli Tarek	5.04.53	2003
5	Beyaert Corentin	5.06.63	2017
6	Aallali Hassan	5.06.64	2003
7	Segers Mathieu	5.13.58	2011
8	Gharroudi Soulaymane	5.25.21	2015
9	Denys Gregory	5.29.74	2009
10	Wilhelsson Malte	6.16.03	2016

### 2000 m

1	Ben Mohamed Abdelkarim	5.59.10	1992
2	Petitjean Simon	6.24.58	2011
3	Adkhi Ramzi	7.08.64	2013
4	Nicodeme Romain	7.17.90	2009
5	Segers Mathieu	7.30.85	2009
6	Riffi Tamsamani Ayoub	7.48.22	2013

### 3000 m

1	Ben Mohamed Rachid	8.33.14	1988
2	Ouamari Aabid	8.52.12	1994
3	Kersten Olivier	8.52.60	1982
4	Van Meeteren Rudolf	8.53.00	1974
5	Hoornaert Daniel	8.54.40	1967
6	Dulieu Christian	9.00.40	1972
7	Zaanen Nordin	9.06.53	1996
8	Miller Benoit	9.09.94	2004
9	Reigel Hans	9.10.05	1987
10	Levacq Corentin	9.15.00	1997
11	Kebdani Samir	9.17.79	2005
12	Bentheim Ronald	9.20.67	1998
13	Dewitte Sebastien	9.24.80	2002
14	Chahide Youssef	9.25.00	1992
15	Notteboom Stefan	9.26.10	1989

### 110 m haies (91 cm)

1	Broothaerts Damien	13.65	2000
2	Okeowo Peredjo	14.14	2016
3	Elsen Daan	14.34	2011
4	Arifi Ilias	14.69	2021
5	Lins Sebastien	14.83	2009
6	Marloye Roland	14.94	1979
	Mambo Djeke	14.94	1993
8	Dotrenghe Sacha	15.08	1987
9	Letellier Eric	15.18	1984
10	Xhonneux Frederic	15.20	2000
11	Coomans Werner	15.40	2003
12	Guellet Yassin	15.43	1991
13	Marion Willy	15.44	1982
14	Housiaux Philippe	15.54	1964
	Gyselinck Ronald	15.54	1971
	Huybens Georges	15.54	1974
	Vanderhaeghen David	15.54	1991



## Top 15 RESC outdoor

### 300 m haies (84 cm)

1	Mambo Djeke	38.03	1994
2	Vanderhaeghen David	38.04	1990
3	Asselman Franck	38.10	1989
4	Marion Willy	38.21	1982
5	Giot Christophe	38.50	1982
6	Dotrenghe Sacha	38.69	1987
7	Marloye Roland	38.84	1979
8	Kenaiti Fouad	39.09	1989
9	Amery Ronald	39.82	1986
10	Pinchart Alain	41.01	1990
11	Gyselinck Ronald	41.12	1971
	Wuyckens Yves	41.12	1977
13	Filee Manu	41.22	1974
14	Rudman David	41.37	1993
15	Vissers Eugene	41.41	1982

### 400 m haies (84 cm)

1	Badji Asamti	56.13	2012
2	Vervloet Gregory	56.69	2000
3	Lins Sebastien	56.83	2009
4	Diallo Mamadou	57.03	2005
5	Xhonneux Frederic	57.18	2000
6	Beyaert Corentin	57.74	2019
7	Arifi Ilias	58.65	2021
8	Nijs Gaston	58.77	2013
9	Coomans Werner	58.94	2003
10	Van Waasdijk Guillaume	60.20	2007
11	Sekelsky Maros	60.79	2007
12	Kabuya Hugues	61.16	2014
13	Huybrechts Xavier	62.40	2001
14	Fabre Xavier	62.62	2002
15	Sleewaegen Jerome	64.17	2017

### 2000 m steeple (91 cm)

1	Kersten Olivier	6.10.2	1982
2	Ringoet Thierry	6.19.30	1978
3	Deserrano Erwin	6.20.14	1982
4	Emmerechts Damien	6.27.48	2008
5	Petitjean Simon	6.32.75	2013
6	Van Meeteren Rudolf	6.36.40	1974
7	Benouar Otman	6.40.63	2017
8	Reigel Hans	6.41.90	1986
9	Notteboom Stefan	6.45.40	1989
10	Deserrano Thierry	6.47.70	1978
11	Permentier Pascal	6.50.30	1985
12	El Yattouti Younes	6.51.21	2003
13	Ipekli Bashkin	6.56.21	1988
14	Leyman Jeremy	7.07.22	2004
15	Beyaert Corentin	7.07.53	2018

### Hauteur

1	Lamberts Dirk	2m05	1982
	Guillet Yassin	2m05	1991
3	Sandron Dominique	2m01	1986
4	Halbardier Jean Vincent	2m00	1976
5	Moreau Guy	1m96	1971
	Delporte Luc	1m96	1983
	Dotrenghe Sacha	1m96	1987
	Van Lancker Rudi	1m96	1987
9	Vanderputten Daniel	1m95	1981
10	Jacques Jean Marc	1m93	1975
	Marloye Roland	1m93	1979
12	Verschaffel Luc	1m90	1978
	Adorna Francis	1m90	1985
	Pinchart Alain	1m90	1990
15	Borsos Daniel	1m88	1979
	Mpiana Lucien	1m88	1986

### Longueur

1	Van Lancker Rudi	7m59	1988
2	Guillet Yassin	7m57	1991
3	Marloye Roland	7m13	1979
4	Vanderhaeghen David	7m10	1991
5	Yuma Eric	7m05	1986
6	Gruson Augustin	7m03	2021
7	Mambo Djeke	6m97	1994
8	Dotrenghe Sacha	6m93	1987
9	Marion Willy	6m76	1982
10	Vanderputten Daniel	6m65	1982
11	Pinchart Alain	6m64	1990
12	Ache Patrick	6m61	1981
13	Englebert Timothee	6m53	2019

14	Mambo Kedjeloba	6m52	1989
15	Xhonneux Frederic	6m50	2000

### Triple saut

1	Mambo Djeke	15m64	1994
2	Mambo Kedjeloba	15m28	1991
3	Vanderhaeghen David	14m77	1991
4	Xhonneux Frederic	14m63	2000
5	Marloye Roland	14m58	1979
6	Dotrenghe Sacha	14m45	1987
7	Guillet Yassin	14m36	1990
8	Yuma Eric	14m22	1986
9	Van Lancker Rudi	14m12	1988
10	Delporte Luc	14m05	1983
11	Vanderputten Daniel	13m78	1982
12	Rolland Dominique	13m71	1974
13	Alvarez Guy	13m64	1978
14	Geerts Gregory	13m58	2016
15	Adorna Francis	13m48	1985

### Perche

1	Vandenhoeke Patrick	4m36	1979
2	Jacques Jean Marc	4m35	1975
3	Mattelaer Paul	4m31	1974
4	Rombaut Wesley	4m30	1994
5	Elsen Daan	4m10	2010
	Arifi Ilias	4m10	2021
7	Marloye Roland	4m05	1979
8	Sandron Michel	4m00	1984
	Sintichiakis Nicolaos	4m00	2000
	Leyman David	4m00	2001
	Naga Djihed	4m00	2005
12	Rochette Marc	3m90	1973
13	Sandron Dominique	3m80	1986
14	Montilla Dimitri	3m76	2013
15	Xhonneux Frederic	3m73	2000

### Poids (5 kg)

1	Diallo Oumar	14m35	2011
2	Steppe Tom	14m19	1990
3	Mambo Kedjeloba	13m74	1991
4	Elsen Daan	13m65	2011
5	Beeckman Amaury	13m51	2012
6	Guillet Yassin	13m16	1991
7	Potemans Anton	13m12	2013
8	Xhonneux Frederic	13m02	2000
9	Gomes Bapa Marcel	12m99	1996
10	Lambrechts Roland	12m88	1977
11	De Tollenaere Tom	12m85	2020
12	Sustelo Antonio	12m72	2004
13	Diallo Mamadou	12m70	2004
14	Squiflet Pierre	12m68	1995
15	Chalon Philippe	12m59	1961

### Disque (1,5 kg)

1	Sustelo Antonio	44m44	2004
2	Elsen Daan	43m10	2011
3	Marloye Roland	43m08	1979
4	Hallemaans Yannick	40m11	1998
5	Oliveira Da Silva Raphael	39m07	2009
6	Snaps Stephane	38m20	1975
7	Muers Omer	37m50	1961
8	Xhonneux Frederic	37m20	1999
9	De Bock Walter	37m10	1958
10	Festraets Vincent	36m54	1989
11	Hostyn Laurent David	36m24	2004
12	Van Steenwinkel Jacques	36m12	1961
	Drieghe Alex	36m12	1964
14	Diallo Oumar	36m05	2011
15	Willeput Georges	35m74	1961

### Javelot (700 gr) – ancien modele

1	De Saedeleer Christian	60m46	1980
2	De Saedeleer Philippe	53m22	1984
3	Bruggemans Marc	49m94	1970
4	Willeput Georges	49m14	1961
5	Vanderputten Daniel	48m76	1982
6	Guillet Yassin	47m78	1991
7	Yuma Eric	46m70	1985
8	Steppe Tom	45m96	1990
9	Vanderhaeghen David	45m94	1990
10	Lamberts Dirk	45m50	1982
11	Vissers Eugene	44m44	1982
12	Rombaut Wesley	44m40	1994

## Top 15 RESC outdoor

13	Hallemaans Yannick	44m32	1998
14	Mertens Koen	43m90	1973
15	Beckers Thierry	43m14	1986

### Javelot (700 gr)

1	Droesbeke Sebastien	52m73	2002
2	Montilla Alexis	52m31	2019
3	Potemans Anton	50m87	2013
4	Browaeyts David	49m47	2003
5	Xhonneux Frederic	48m43	2000
6	Elsen Daan	47m88	2011
7	Beeckman Amaury	46m85	2012
8	Van De Sype Vincent	43m87	2010
9	De Tollenaere Tom	43m56	2020
10	Sustelo Antonio	43m09	2004
11	Duchatel Florian	42m21	2008
12	Loens Sam	41m56	2014
13	Roefmans Lucas	40m25	2018
14	Leyman David	39m84	2002
15	Sergeef Martin	39m08	2014

### Javelot (800 gr)

1	Montilla Alexis	49m79	2019
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### Marteau (5 kg)

1	Sustelo Antonio	53m41	2004
2	Marbais Michael	51m72	1995
3	Browaeyts David	44m80	2003
4	Sedki Zakaria	41m93	2005
5	Alexiou Efstratios	41m28	1997
6	Lambrechts Roland	39m50	1977
7	Snaps Stephane	39m36	1975
8	Hallemaans Yannick	38m25	1998
9	Declerck Yves	35m32	1982
10	Van Eeckhoudt Nicolas	31m06	1990
11	Voormzele Eric	31m00	1982
12	Decembry Dimitri	29m67	2007
13	Rogowski Adrian	29m01	2013
14	Van Den Eede Hugues	28m80	1993
15	Huybroeck Pascal	28m30	1984

### Pentathlon (javelot ancien modele)

1	Schroeven Roger	2694 p	1967
2	Flament William	2449 p	1967

### Octathlon (javelot ancien modele)

1	Marloye Roland	5766 p	1979
2	Dotrenghe Sacha	4853 p	1987
3	Pinchart Alain	3713 p	1989
4	Festraets Vincent	3553 p	1988

### Enneathlon

1	Elsen Daan	6235 p	2011
2	Xhonneux Frederic	5828 p	2000
3	Beeckman Amaury	5235 p	2012
4	Lins Sebastien	5071 p	2009
5	Hostyn Laurent David	4803 p	2004
6	Loens Sam	4807 p	2013
7	Leyman David	4588 p	2002
8	Van De Sype Vincent	4508 p	2010
9	Nicodeme Romain	4371 p	2012
10	Naga Djihed	4327 p	2005
11	Vervloet Gregory	4302 p	2000
12	Diallo Oumar	4292 p	2011
13	Dotrenghe Sacha	4183 p	1986
14	Nijs Gaston	3959 p	2013
15	De Wilde Julien	3917 p	2002

### Decathlon

1	Arifi Ilias	5847 p	2021
2	Loens Sam	5708 p	2014
3	Montilla Alexis	5144 p	2019
4	Beyaert Corentin	4872 p	2019
5	Roefmans Lucas	4730 p	2018
6	Chekem Ramses	4401 p	2019
7	De Tollenaere Tom	4371 p	2019
8	Moens Cyprien	3801 p	2017
9	Van Elsuwe Alexis	3258 p	2020

### 3 km marche

1	Poortman Romain	19.16.13	2018
2	Theys Nicolas	20.11.17	2016
3	Bendaimi Idris	20.16.27	2017

4	Tambwe Mangala Emmanuel	20.24.02	2016
5	Mullender Sebastien	20.57.23	2018
6	Englebert Hadrien	22.10.98	2015
7	Bonte Louis	22.18.39	2015

### 5 km marche

1	Kersten Olivier	30.16.30	1979
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### Juniors hommes

#### 100 m

1	Amery Ronald	10.71	1988
2	Vanhamme Stefan	10.74	1980
	Kalmen Adam	10.74	2016
	Kasmi Amine	10.74	2019
5	Thomas Samy	10.79	1990
	Guellet Yassin	10.79	1993
7	Diallo Oumar	10.83	2011
	Tshitwenu Florian	10.83	2015
9	Gueulette Arnaud	10.88	2017
10	Mambo Kedjeloba	10.92	1993
	Vanhamme Arno	10.92	2015
12	Marloye Roland	10.94	1981
13	Okeowo Peredjo	10.95	2018
14	Van Pottelsberghe Guillaume	10.98	1993
15	Meganck Philippe	11.00	1988
	Caty Dylan	11.00	2015

#### 200 m

1	Vanhamme Stefan	21.0	1980
2	Amery Ronald	21.29	1988
3	Kasmi Amine	21.41	2019
4	Kalmen Adam	21.58	2017
5	Tshitwenu Florian	21.71	2015
6	Thomas Samy	21.76	1990
7	Guellet Yassin	21.84	1993
8	Sarens Stefaan	21.92	1984
9	Gueulette Arnaud	22.04	2017
10	Yuma Eric	22.06	1988
11	Vanhamme Arno	22.08	2015
12	Schepens Cedric	22.12	2001
13	Niesens Charles	22.15	2013
14	Lins Sebastien	22.22	2011
15	Vanderhaeghen David	22.23	1993

#### 300 m

1	Schepens Cedric	34.67	2001
2	Niesen Charles	35.17	2013
3	Borlee Rayane	35.34	2017
4	Vervloet Gregory	35.35	2002
5	Gueulette Arnaud	35.42	2017
6	Lins Sebastien	35.51	2010
	Badji Asamti	35.52	2014
8	Beurms Julien	35.74	2008
9	Van de Velde Frank	35.77	1997
10	Vanderhaeghen David	35.89	1992
	Diallo Oumar	35.89	2009
12	Mambo Kedjeloba	35.95	1992
13	Borlee Rayane	35.97	2016
14	Asselman Franck	36.03	1991
15	Biala Kenny Felder	36.20	2021

#### 400 m

1	Vanhamme Stefan	47.8	1980
2	Lins Sebastien	48.21	2011
3	Jarry Charles	48.42	1962
4	Amery Ronald	48.85	1987
5	Borlee Rayane	48.86	2018
6	Badji Asamti	49.14	2014
7	Castermane Julien	49.51	2007
8	Gyselinck Ronald	49.52	1973
	Marloye Roland	49.52	1981
10	Nijs Gaston	49.55	2015
11	Jahouar Medhi	49.62	1966
12	Housiaux Philippe	49.72	1967
13	Smith Duncan	49.92	1990
	Dotrenghe Sacha	49.92	1989
	Vanderhaeghen David	49.92	1991

#### 800 m

1	De Smedt Frederic	1.52.66	1990
2	Jahouar Medhi	1.53.40	1966
3	Metian Marc	1.54.00	1997
4	Dewitte Sebastien	1.54.10	2004

## Top 15 RESC outdoor

5	Latinne Mathys	1.54.12	2021
6	Levacq Corentin	1.55.30	2000
7	Hovelacque Benoit	1.55.45	1995
8	Ouamari Aabid	1.55.82	1996
9	Petitjean Simon	1.56.58	2014
10	Haymans Thomas	1.56.65	2002
11	Herroelen Dirk	1.56.70	1981
12	Vandenhoeke Arthur	1.56.78	2014
13	Loris Gilbert	1.57.05	1981
14	Schroeven Bruno	1.57.15	1998
15	Ben Mohamed Rachid	1.57.40	1989

### 1000 m

1	Ben Mohamed Rachid	2.26.76	1990
2	De Smedt Frederic	2.27.51	1990
3	Dulieu Christian	2.27.90	1974
4	Metian Marc	2.30.49	1997
5	Dewitte Sebastien	2.31.87	2004
6	Levacq Corentin	2.32.80	1998
7	Herreloen Dirk	2.33.17	1981
8	Bentheim Ronald	2.33.53	1999
9	Haymans Thomas	2.33.66	2002
10	Schroeven Bruno	2.33.87	1998
11	Zaanan Nordin	2.33.89	1998
12	Reigel Hans	2.34.90	1988
13	El Yattouti Younes	2.35.60	2003
14	Van Dosselaer Thierry	2.37.40	1990
15	Vandenbussche	2.37.60	1953

### 1500 m

1	Jahouar Medhi	3.48.9	1966
3	Petitjean Simon	3.52.87	2015
3	Dewitte Sebastien	3.53.64	2004
4	De Smedt Frederic	3.54.77	1990
5	Metian Marc	3.56.06	1998
6	Ouamari Aabid	3.56.55	1995
7	Bouissane Youssef	3.56.87	2013
8	Ben Mohamed Rachid	3.59.05	1990
9	De Bleser Laurent	4.01.90	1987
10	Levacq Corentin	4.02.46	1998
11	Zaanan Nordin	4.02.69	1998
12	Deserrano Thierry	4.02.80	1980
13	Reigel Hans	4.03.20	1988
14	Van Meeteren Rudolf	4.04.80	1974
15	De Zuttere Laurent	4.04.90	1986

### Mile

1	Dewitte Sebastien	4.22.82	2003
2	Petitjean Simon	4.39.15	2012
3	Sassi Mohamed	4.47.44	2012
4	Tajaouart Hamza	4.49.53	2014
5	Leyman Jeremy	4.52.70	2003
6	Tiaz Younes	4.54.70	2002
7	Dede Newan Guy	5.01.03	2017
8	Jamli Tarek	5.04.53	2003
9	Beyaert Corentin	5.06.63	2017
10	Aallali Hassan	5.06.64	2003
11	Segers Mathieu	5.13.58	2011
12	Gharroudi Soulaymane	5.25.21	2015
13	Denys Gregory	5.29.74	2009
14	Wilhelmsson Malte	6.16.03	2016

### 2000 m

1	Dewitte Sebastien	5.17.72	2004
2	Ben Mohamed Abdelkarim	5.59.10	1992
3	Sassi Mohamed	6.19.74	2012
4	Petitjean Simon	6.24.58	2011
5	Imbo Gil	6.36.78	2012
6	Segers Mathieu	6.45.65	2012
7	Adkhi Ramzi	7.08.64	2013
8	Nicodeme Romain	7.17.90	2009
9	Riffi Tamsamani Ayoub	7.48.22	2013

### 3000 m

1	Heremans Nick	8.14.64	1991
2	Ben Mohamed Rachid	8.15.34	1990
3	Dewitte Sebastien	8.20.65	2004
4	Gyselincq Eric	8.24.60	1965
5	Bouissane Youssef	8.30.42	2013
6	Ouamari Aabid	8.38.04	1995
7	Petitjean Simon	8.38.86	2015
8	Deserrano Thierry	8.46.40	1980
9	Metian Marc	8.47.82	1998
10	De Smedt Frederic	8.49.73	1990

11	Kersten Olivier	8.52.60	1982
12	Van Meeteren Rudolf	8.53.00	1974
13	Hoornaert Daniel	8.54.40	1967
14	De Bleser Laurent	8.54.70	1987
15	Dulieu Christian	9.00.40	1972

### 5000 m

1	Ben Mohamed Rachid	14.35.11	1990
2	Gyselincq Eric	14.54.40	1965
3	Ouamari Aabid	14.56.21	1995
4	Heremans Nick	14.56.70	1991
5	Bouissane Youssef	15.02.19	2013
6	Van Dorselaer Joseph	15.10.40	1958
7	Deserrano Thierry	15.12.20	1980
8	Kersten Olivier	15.27.18	1983
9	Zaanan Nordin	15.34.69	1998
10	Dobbelaere Luc	16.36.60	1989
11	Harouch Monir	16.51.60	1990
12	Ben Houdja Mohamed	16.54.37	1991
13	Hasselmanns Jerome	18.03.01	2006
14	Loris Gilbert	18.19.70	1980

### 10 000 m

1	Heremans Nick	30.58.90	1991
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### 110 m haies (99 cm)

1	Caty Dylan	13.67	2016
2	Okeowo Peredjo	14.41	2018
3	Elsen Daan	14.43	2012
4	Montilla Dimiri	14.50	2017
5	Nicodeme Romain	15.35	2014
6	Loens Sam	15.82	2016
7	Lins Sebastien	17.01	2010
8	Boa Michael	17.08	2014
9	Denys Jonathan	17.41	2009
11	Caluwe Arnaud	17.48	2009
12	Niesen Charles	17.88	2013
13	Beeckman Amaury	17.97	2013
14	Montilla Alexis	19.02	2021
15	Diallo Oumar	19.86	2012

### 110 m haies (106 cm)

1	Caty Dylan	14.03	2015
2	Broothaerts Damien	14.18	2002
3	Marloye Roland	14.44	1981
4	Asselman Franck	14.45	1991
5	Van de Velde Frank	14.74	1997
6	Sanglier Olivier	14.83	1991
7	Mambo Djeke	14.88	1994
8	Mambo Kedjeloba	14.89	1993
9	Dotrenghe Sacha	15.01	1989
10	Housiaux Philippe	15.24	1967
11	De Landsheere Pierre	15.29	1987
12	Guellet Yassin	15.33	1993
13	Marion Willy	15.44	1982
14	Pinchart Alain	15.53	1992
15	Van Lancker Rudi	15.58	1989

### 200 m haies (76 cm)

1	Housiaux Philippe	26.1	1967
2	Deladrier Robert	27.84	1969
3	Nijs Jaak	27.94	1963
4	Flamant William	28.34	1968
5	Denys Gregory	31.45	2008
6	Van De Sype Vincent	34.42	2007

### 400 m haies (91 cm)

1	Zimmermann Michel	51.36	1979
2	Asselman Franck	52.70	1991
3	Vanderhaeghen David	53.32	1993
4	Giot Christophe	53.92	1984
5	Marion Willy	54.02	1983
6	Gyselincq Ronald	54.42	1973
7	Marloye Roland	54.62	1980
8	Dotrenghe Sacha	54.63	1989
9	Van Lancker Rudi	54.94	1989
10	Vervloet Gregory	55.17	2002
11	Caty Dylan	55.22	2016
12	Nijs Jaak	55.92	1964
13	Xhonneux Frederic	55.98	2001
14	Broothaerts Damien	56.32	2002
15	Housiaux Philippe	56.42	1967

### 1500 m steeple (91 cm)

## Top 15 RESC outdoor

1	Dewachter Jean	4.26.6	1960
<b>3000 m steeple (91 cm)</b>			
1	Bouissane Youssef	9.08.42	2012
2	Petitjean Simon	9.28.30	2015
3	Kertsen Olivier	9.31.70	1983
4	Deserrano Thierry	9.38.30	1980
5	Dewachter Jean	9.44.60	1960
6	Heremans Nick	9.50.26	1991
7	Reigel Hans	9.52.30	1988
8	Deserrano Erwin	10.06.30	1983
9	Kebdani Samir	10.30.11	2006
10	Gyselincq Eric	10.38.60	1964
11	Vaillant Thibaud	10.43.50	2005
12	Schroeven Bruno	10.46.53	1999
13	Dobbelaere Luc	11.03.58	1988
14	Sassi Mohamed	11.10.35	2012
15	Chahide Youssef	11.12.50	1992
<b>Hauteur</b>			
1	Moreau Guy	2m14	1973
2	Kalandula Fabiano	2m13	2015
3	Sandron Dominique	2m12	1987
4	Halbardier Vincent	2m06	1978
5	Lamberts Dirk	2m05	1982
	Guellet Yassin	2m05	1991
	Kalandula Fabiano	2m05	2014
8	Marloye Roland	2m04	1981
9	Schonejans Luc	2m01	1975
10	Van de Velde Frank	1m99	1997
11	Timmermans Charles	1m98	1961
	Montilla Dimitri	1m98	2017
13	Moreau Guy	1m96	1971
	Delporte Luc	1m96	1983
	Dotrenghe Sacha	1m96	1987
	Van Lancker Rudi	1m96	1987
	Elsen Daan	1m96	2013
<b>Longueur</b>			
1	Segers Daniel	7m89	2020
2	Guellet Yassin	7m86	1993
3	Van Lancker Rudi	7m79	1989
4	Marloye Roland	7m73	1981
5	Yuma Eric	7m72	1988
6	Housiaux Philippe	7m19	1967
7	Vanderhaeghen David	7m19	1993
8	Smeyers Eric	7m18	1978
9	Delporte Luc	7m06	1985
10	Gruson Augustin	7m03	2021
11	Mambo Kedjeloba	7m00	1993
12	Mambo Djeke	6m97	1994
13	Marion Willy	6m95	1983
14	Dotrenghe Sacha	6m93	1987
15	Rahmani Khalid	6m80	1984
<b>Triple saut</b>			
1	Mambo Kedjeloba	15m79	1993
2	Mambo Djeke	15m64	1994
3	Vanderhaeghen David	15m55	1993
4	Guellet Yassin	15m22	1992
5	Delporte Luc	15m02	1985
6	Yuma Eric	14m95	1988
7	Geerts Gregory	14m68	2018
8	Xhonneux Frederic	14m63	2000
9	Van Lancker Rudi	14m60	1990
10	Marloye Roland	14m58	1979
11	Rolland Dominique	14m51	1976
12	Dotrenghe Sacha	14m45	1987
13	Alvarez Guy	14m26	1981
14	Hoorens Christopher	14m13	2015
15	Bolsee David	13m86	1984
<b>Perche</b>			
1	Rombaut Wesley	5m00	1996
2	Jacques Jean Marc	4m85	1977
3	Elsen Daan	4m60	2012
4	Montilla Dimitri	4m37	2017
5	Mattelaer Paul	4m36	1975
	Vandenhoeke Patrick	4m36	1979
7	Xhonneux Frederic	4m31	2002
8	Biot Olivier	4m30	1991
9	Nicodeme Romain	4m21	2014
10	Sandron Michel	4m20	1986
11	Rochette Marc	4m10	1974

	Arifi Ilias	4m10	2021
13	Marloye Roland	4m05	1979
	Jacobs David	4m05	1994
15	Sintichakis Nicolaos	4m00	2000
	Leyman David	4m00	2001
	Naga Djihed	4m00	2004
	Loens Sam	4m00	2016
<b>Poids (6 kg)</b>			
1	Guillaume Jonathan	15m79	2011
2	Rogers Vincent	15m27	1994
3	Montilla Dimitri	14m87	2017
4	Elsen Daan	13m79	2013
5	Chalon Philippe	13m62	1962
6	Bolsee David	13m04	1983
7	Lambrechts Roland	12m88	1977
8	Halleman Yannick	12m70	2000
9	Xhonneux Frederic	12m67	2002
10	De Bock Walter	12m62	1959
11	Diallo Oumar	12m60	2012
12	Guellet Yassin	12m35	1992
13	Festraets Vincent	12m31	1988
14	Marloye Roland	12m29	1979
15	Jacobs David	12m28	1994
	Hostyn Laurent David	12m28	2006
<b>Disque (1,75 kg)</b>			
1	Marloye Roland	43m08	1979
2	Montilla Dimitri	41m61	2017
3	Halleman Yannick	41m36	2000
4	Elsen Daan	41m29	2013
5	Guillaume Jonathan	40m00	2011
6	Muers Omer	39m02	1962
7	Snaps Stephane	38m20	1975
8	Droesbeke Sebastien	37m22	2004
9	Rogers Vincent	37m08	1994
10	Festraets Vincent	36m54	1988
11	Xhonneux Frederic	36m52	2002
12	Willeput Georges	36m46	1962
13	Hostyn Laurent David	36m02	2006
14	Lambrechts Roland	35m86	1978
15	Boa Michael	35m72	2014
<b>Javelot (800 gr) – ancien modele</b>			
1	De Bock Walter	58m32	1960
2	Marloye Roland	50m84	1979
3	Rogers Vincent	49m26	1994
4	Willeput Georges	49m14	1961
5	Guellet Yassin	47m70	1992
6	Portier Andre	46m94	1959
7	Mattelaer Paul	46m18	1974
8	Mertens Koen	43m90	1973
9	Sandron Michel	43m84	1986
10	Carpentier Eric	43m56	1987
11	Narmon Marc	42m96	1973
12	Rombauts Wesley	42m80	1995
13	Phetlangsky Pitsulin	41m60	1989
14	Dotrenghe Sacha	38m66	1989
15	Festraets Vincent	35m10	1988
16	Sandron Michel	33m58	1986
<b>Javelot (800 gr)</b>			
1	Droesbeke Sebastien	53m14	2004
2	Montilla Alexis	51m45	2020
3	Boa Michael	50m00	2014
4	Bernard Tom	48m52	2012
5	Xhonneux Frederic	48m41	2002
6	Montilla Dimitri	48m37	2017
7	Elsen Daan	48m27	2013
8	Beeckman Amaury	46m06	2014
9	Niesen Charles	45m71	2013
10	Loens Sam	43m65	2016
11	Browaey David	43m52	2004
12	Denys Jonathan	41m16	2008
13	Nicodeme Romain	39m79	2014
14	Van De Sype Vincent	39m65	2011
15	Guillaume Jonathan	39m30	2011
<b>Marteau (6 kg)</b>			
1	Bernard Tom	56m04	2012
2	Marbais Michael	51m82	1996
3	Lambrechts Roland	38m86	1977
4	Snaps Stephane	39m36	1975
5	Bontemps Rene	39m34	1974

## Top 15 RESC outdoor

6	Guillaume Jonathan	37m36	2011
7	Hallems Yannick	28m74	1999
8	Asselman Franck	27m84	1991
9	Denys Jonathan	27m08	2008
10	Mattelaer Paul	26m72	1974
11	Carpentier Eric	25m80	1987
12	Mordijck Felix	24m64	1974
13	Notteboom Stefan	22m38	1989
14	Van De Sype Vincent	21m82	2011
15	Vandenhoeke Marc	20m92	1979

### Marteau (7,26 kg)

1	Bernard Tom	47m37	2012
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### Pentathlon (javelot ancien modele)

1	Housiaux Philippe	2824 p	1967
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### Pentathlon

1	Denys Jonathan	2412 p	2009
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### Decathlon (javelot ancien modele)

1	Marloye Roland	7655 p	1981
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### Decathlon

1	Montilla Dimitri	7196 p	2017
2	Elsen Daan	7001 p	2013
3	Xhonneux Frederic	6936 p	2002
4	Guellet Yassin	6624 p	1993
5	Nicodeme Romain	6286 p	2014
6	Dotrenghe Sacha	5880 p	1989
7	Loens Sam	5737 p	2016
8	Pinchart Alain	5650 p	1991
9	Van Lancker Rudi	5586 p	1989
10	Boa Michael	5564 p	2014
11	Sandron Michel	5503 p	1986
12	Beeckman Amaury	5349 p	2013
13	Hostyn Laurent David	5317 p	2006
14	Niesen Charles	5273 p	2013
15	Montilla Alexis	5193 p	2021

### 5 km marche

1	Kersten Olivier	30.16.30	1979
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### Seniors hommes

#### 100 m

1	Desruelles Ronald	10.02	1985
2	Reets Andrew	10.26	1999
3	Sekanyambo Ilunga Olivier	10.32	1999
4	Ferro Anthony	10.38	2006
5	Broothaerts Damien	10.46	2011
6	Amery Ronald	10.53	1991
7	Thomas Samy	10.56	1994
	Niesen Charles	10.56	2019
8	Cincinatis Yves	10.61	1985
9	Housiaux Philippe	10.64	1968
10	Eeyenga Lokilo Jean Claude	10.65	1996
11	Kabuya Serge	10.67	1999
12	Vanhamme Stefan	10.68	1983
	Corthouts Patrick	10.68	1987
14	Tshitwenu Florian	10.69	2021
15	Gillet Antoine	10.70	2014

#### 200 m

1	Desruelles Ronald	20.66	1984
2	Ferro Anthony	20.86	2006
3	Gillet Antoine	21.01	2014
4	Broothaerts Damien	21.09	2012
5	Kasmi Amine	21.11	2021
6	Amery Ronald	21.14	1990
7	Vanhamme Stefan	21.24	1980
	Ghislain Arnaud	21.24	2010
9	Sekanyambo Ilunga Olivier	21.25	1998
10	Dollendorf Marc	21.33	1993
11	Housiaux Philippe	21.34	1968
12	Niesen Charles	21.36	2019
13	Cincinatis Yves	21.48	1985
	Destatte Arnaud	21.48	2010
15	Thomas Samy	21.57	1994

#### 200 m en ligne droite

1	Lins Sebastien	22.49	2016
2	De Ridder Frederic	25.37	2016

#### 300 m

1	Gillet Antoine	33.10	2013
2	Destatte Arnaud	33.30	2009
3	Ghislain Arnaud	33.53	2008
4	Vervloet Gregory	33.60	2006
5	Segers Daniel	33.84	2021
6	Moral Miguel	33.88	2006
7	Badji Asanti	34.00	2016
8	Dotrenghe Sacha	34.01	1991
9	Nicodeme Romain	34.09	2017
10	Lins Sebastien	34.11	2017
11	Niesen Charles	34.60	2021
12	Schepens Cedric	34.67	2001
13	Zimmerman Michel	34.82	1991
14	Van Lancker Rudi	34.86	1992
15	Ammar Khodja Brahim	34.87	2014

#### 400 m

1	Gillet Antoine	45.98	2013
2	Destatte Arnaud	46.28	2010
3	Ghislain Arnaud	46.43	2010
4	Dollendorf Marc	46.47	1995
5	Badji Asanti	46.89	2019
6	Lins Sebastien	47.21	2019
7	Zimmerman Michel	47.39	1986
8	Hanne Mamadou Elimane	47.50	2019
9	Vervloet Gregory	47.54	2005
10	Dotrenghe Sacha	47.64	1991
11	Segers Daniel	47.76	2021
12	Vanhamme Stefan	47.81	1986
13	Mabile Florent	47.83	2021
14	Nicodeme Romain	47.86	2017
15	D'Hondt Jacky	47.88	1980

#### 800 m

1	Balhan Pierre Antoine	1.46.60	2012
2	Callahan Peter	1.47.92	2021
3	Labruyere Jacques	1.48.30	1980
4	Moukrime Tarik	1.48.38	2018
5	Froidmont Arnaud	1.49.01	2015
6	Ghislain Arnaud	1.49.58	2013
7	De Smedt Frederic	1.50.32	1998
8	Vandenbroeck Wout	1.50.50	1998
9	Lauwers Ronald	1.50.70	1984
10	Verbeeck Bob	1.51.00	1984
11	Van Esch Julien	1.51.30	1985
12	Petitjean Simon	1.51.33	2020
13	Dewitte Sebastien	1.51.61	2008
14	Tanghe Louis	1.51.90	1957
15	Devrye Yves	1.52.10	1984

#### 1000 m

1	Ruell Kim	2.22.26	2013
2	Labruyere Jacques	2.23.10	1976
3	De Smedt Frederic	2.23.92	1994
4	Vandevijver Philippe	2.24.80	1975
5	Petitjean Simon	2.25.63	2017
6	Ouamari Aabid	2.26.12	1999
7	Vandenbroeck Wout	2.26.39	1997
8	Ben Mohamed Rachid	2.26.76	1990
9	Van Esch Julien	2.26.80	1986
10	Cowlishaw David	2.26.94	2002
11	Gyselinck Eric	2.27.10	1969
12	Verschelde Alain	2.27.50	1984
13	Brassine Charles	2.27.60	1969
	Matthe Christian	2.27.60	1975
15	Gyselinck Marc	2.27.80	1967

#### 1500 m

1	Verbeeck Bob	3.36.96	1984
2	Callahan Peter	3.37.11	2018
3	Ruell Kim	3.37.62	2013
4	Moukrime Tarik	3.38.29	2018
5	Daenens Peter	3.40.30	1985
6	Van Esch Julien	3.42.34	1984
7	Balhan Pierre Antoine	3.42.58	2021
8	Vandenbroeck Wout	3.43.28	1997
9	De Smedt Frederic	3.43.53	1998
10	Ouamari Aabid	3.43.86	2000
11	Dewitte Sebastien	3.45.49	2008
12	Heremans Nick	3.45.64	1995
13	De Boeck Alain	3.46.36	1984
14	Petitjean Simon	3.47.02	2019

## Top 15 RESC outdoor

15	Gyselinck Eric	3.48.00	1969
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### Mile

1	Van Ech Julien	4.02.1	1985
2	Dewitte Sebastien	4.13.94	2006
3	Ruell Kim	4.17.60	2015
4	Levacq Corentin	4.20.19	2003
5	Petitjean Simon	4.39.15	2012
6	Sassi Mohamed	4.47.44	2012
7	Tajaouart Hamza	4.49.53	2014
8	Leyman Jeremy	4.52.70	2003
9	Guennoun Abderrahim	4.52.89	2012
10	Tiaz Younes	4.54.70	2002
11	Hasselmans Jean Luc	4.59.17	2002
12	Dede Newan Guy	5.01.03	2017
13	Jamli Tarek	5.04.53	2003
14	Beyaert Corentin	5.06.63	2017
15	Allali Hassan	5.06.64	2003

### 2000 m

1	Ouamari Aabid	5.13.09	1999
2	Desmedt Frederic	5.14.59	1998
3	Dewitte Sebastien	5.17.72	2004
4	Hernould Franky	5.23.21	2008
5	Cowlishaw David	5.28.42	1998
6	Ruell Kim	5.29.04	2016
7	Lejeune Emmanuel	5.34.30	2012
8	Ben Mohamed Rachid	5.35.45	1995
9	Ben Mohamed Abdelkarim	5.59.10	1992
10	Guennoun Abderrahim	6.06.54	2012
11	Hasselmans Jean Luc	6.13.44	2003
12	Demol Guy	6.17.19	2004
13	Sassi Mohamed	6.19.74	2012
14	Coenraets Vincent	6.20.81	2012
15	Petitjean Simon	6.24.58	2011

### 3000 m

1	Verbeeck Bob	7.47.22	1984
2	Daenens Peter	7.53.04	1985
3	De Vogel Roger	7.58.80	1981
4	Ouamari Aabid	8.01.01	2000
5	De Boeck Alain	8.01.40	1984
6	Ruell Kim	8.02.69	2016
7	Dulieu Christian	8.02.94	1982
8	Heremans Nick	8.03.03	1995
9	Van Esch Julien	8.03.11	1985
10	Sihammane Abdeljebbar	8.07.09	2009
11	Rached Adil	8.08.10	2010
12	Ymeret Adrien	8.08.40	1983
13	Mauws Robert	8.10.00	1976
14	De Smet Franck	8.10.51	1994
15	Petitjean Simon	8.10.63	2018

### 2 miles

1	Ruell kim	9.16.08	2019
2	Demol Guy	11.46.78	2010

### 5000 m

1	Daenens Peter	13.22.81	1985
2	Verbeeck Bob	13.24.73	1984
3	Bouchikhi Lahsene	13.49.08	2021
4	De Vogel Roger	13.52.60	1981
5	De Smedt Franck	13.54.43	1994
6	Heremans Nick	13.56.92	1993
7	Rached Adil	13.57.58	2010
8	Hendrickx Jeroen	13.58.30	2017
9	De Boeck Alain	14.00.50	1983
10	Naert Koen	14.00.72	2016
11	Dulieu Christian	14.03.50	1982
12	Van Esch Julien	14.07.20	1986
13	Mauws Robert	14.07.40	1976
14	Gyselinck Eric	14.08.40	1968
15	Lejeune Emmanuel	14.09.58	2014

### 10.000 m

1	De Vogel Roger	28.24.95	1982
2	Bouchikhi Lahsene	28.45.30	2021
3	Mauws Robert	29.05.30	1977
4	Dulieu Christian	29.17.27	1982
5	Vanderstraeten Marc	29.22.31	1999
6	Rached Adil	29.26.71	2010
7	Heremans Nick	29.33.94	1993
8	Vanderherten Dirk	29.43.10	1989
9	Ymeret Adrien	29.46.89	1983

10	De Boeck Alain	29.51.70	1986
11	Lejeune Emmanuel	29.51.90	2013
12	Gyselinck Eric	30.02.80	1967
13	Duvivier Antoine	30.07.50	2014
14	Rutayisire Jean Baptiste	30.08.10	1985
15	Rousseau Stephane	30.19.28	1995

### 1 heure

1	Mauws Robert	19.500 m	1976
2	Huberland François	17.392 m	2016
3	Demol Guy	17.309 m	2000
4	Hasselmans Jean Luc	16.343 m	2000
5	Bechet Jean Pierre	15.784 m	2004
6	Van Der Perren Marc	15.744 m	2003
7	Verheistraeten Johnny	14.238 m	2004
8	Van Der Putten Rudi	14.083 m	2004
9	Foulon Didier	13.446 m	2007

### Semi-marathon

1	Naert Koen	1h01:38	2021
2	Hendrickx Jeroen	1h06:40	2018
3	Lemaire Ivan	1h26:11	2018
4	Bodart Serge	1h26:15	2017
5	Muls Xavier	1h41:34	2018
6	Kamara Arafn	1h45:12	2018

### Marathon

1	Naert Koen	2h07:39	2019
2	Vanderherten Dirk	2h13:15	1989
3	Mauws Robert	2h15:10	1983
4	De Boeck Alain	2h15:15	1985
5	Van Overbeke Geert	2h19:50	1991
6	Rutayisire Jean Baptiste	2h20:00	1987
7	Hendrickx Jeroen	2h20:45	2018
8	Dulieu Christian	2h21:00	1987
9	Ymeret Adrien	2h22:10	1983
10	Bouissane Youssef	2h22:23	2021
11	De Vogel Roger	2h22:51	1983
12	Jordens Stephane	2h24:50	1995
13	Dewachter Jan	2h28:13	1967
14	Demol Guy	2h32:05	2005
15	Jacquin Gilles	2h34:24	1990

### 110 m haies (106 cm)

1	Asselman Franck	13.48	1996
2	Broothaerts Damien	13.62	2009
3	Caty Dylan	13.66	2017
4	Marloye Roland	14.02	1986
5	Ruffacq Quentin	14.11	2015
6	Van de Velde Frank	14.52	2000
7	Dotrenge Sacha	14.58	1991
8	Elsen Daan	14.59	2017
9	Raspe Claude	14.64	1977
10	Da Silva Juan	14.69	1986
11	Dollendorf Marc	14.70	1993
	Sanglier Olivier	14.70	1993
	Montilla Dimitri	14.70	2021
14	Baete John	14.74	1978
15	Xhonneux Frederic	14.76	2005

### 200 m haies (76 cm)

1	De Buyser Antoine	24.5	1966
2	Xhonneux Frederic	25.52	2014
3	Housiaux Philippe	26.34	1967
4	Vervloet Gregory	27.60	2014
5	Schoonen Laurent	37.75	2017

### 200 m haies (76 cm) en ligne droite

1	Broothaerts Damien	23.62	2016
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### 200 m haies (91 cm)

1	Ghislain Arnaud	25.01	2021
2	Nijs Jaak	27.04	1965
3	Jacobs Jozef	27.34	1962
4	Deladrier Robert	27.84	1969
5	Flamant William	28.34	1968
6	Van Damme Henri	28.94	1966
7	Vanden Eycken Jacques	29.24	1959
8	Denys Jonathan	30.26	2008
9	Denys Gregory	31.45	2008
10	Van De Sype Vincent	34.42	2007

### 400 m haies (91 cm)

## Top 15 RESC outdoor

1	Dollendorf Marc	48.91	1996
2	Zimmerman Michel	49.64	1984
3	Ghislain Arnaud	50.17	2014
4	Asselman Franck	50.48	1998
5	Nicodeme Romain	51.22	2019
6	Vervloet Gregory	52.49	2008
7	Mazebo Simon	52.65	2020
8	Gelise Jacques	52.82	1983
9	Marion Willy	53.28	1985
10	Vanderhaeghen David	53.32	1993
	Naif Nicolas	53.32	2004
12	Giot Christophe	53.58	1985
13	Xhonneux Frederic	53.72	2005
14	Gyselinck Ronald	54.00	1979
15	Nys Jacques	54.12	1967

### 2000 m steeple (91 cm)

1	Kersten Olivier	6.10.2	1982
2	Ringoet Thierry	6.19.30	1978
3	Desserano Erwin	6.20.14	1982
4	Van Meeteren Rudolf	6.36.40	1974
5	Reigel Hans	6.41.90	1986
6	Notteboom Stefan	6.45.40	1989
7	Desserano Thierry	6.47.70	1978
8	Permentier Pascal	6.50.30	1985
9	Iplekli Bashkin	6.56.21	1988
10	Denys Jonathan	7.10.84	2010
11	Collage Stephane	7.11.41	1986
12	Dobbelaere Luc	7.12.42	1987
13	Abou Messaoud Faouzi	7.29.40	2011
14	Van Moer J	7.29.80	1980
15	Robion Franck	7.37.20	1988

### 3000 m steeple (91 cm)

1	Daenens Peter	8.24.90	1984
2	Ruell Kim	8.52.81	2015
3	Bouissane Youssef	8.54.22	2019
4	Dewachter Jean	9.05.00	1964
5	Heremans Nick	9.10.30	1992
6	Petitjean Simon	9.12.63	2018
7	Chahbi Youness	9.13.02	2011
8	Ben Mohamed Rachid	9.16.10	1994
9	Deserrano Erwin	9.19.02	1986
10	Deserrano Thierry	9.19.80	1987
11	Faille Gregory	9.27.00	1998
12	Kersten Olivier	9.31.70	1983
13	Sihammanne Abdeljebbar	9.32.21	2009
14	Muyldermans Stephane	9.46.73	1996
15	Van Doorselaer Jozef	9.48.40	1959

### Hauteur

1	Moreau Guy	2m21	1975
2	Sandron Dominique	2m19	1992
3	Maenhoudt Dimitri	2m17	1992
4	Kalandula Fabiano	2m13	2015
5	De Zaeytijd Jean Paul	2m10	1987
6	Gamuela Ngamungela Jos	2m09	2019
7	Halbardier Vincent	2m06	1978
8	Lamberts Dirk	2m05	1982
	Boels Michel	2m05	1988
	Guellet Yassin	2m05	1991
11	Marloye Roland	2m04	1981
	Xhonneux Frederic	2m04	2006
13	Schonejans Luc	2m01	1975
	Beaumont Christian	2m01	1983
	Vaissiere Cyril	2m01	2006

### Longueur

1	Campener Corentin	7m98	2018
2	Desruelles Ronald	7m94	1986
3	Segers Daniel	7m89	2020
4	Van Lancker Rudi	7m86	1992
	Guellet Yassin	7m86	1993
6	Housiaux Philippe	7m75	1969
7	Marloye Roland	7m73	1981
8	Yuma Eric	7m72	1988
9	Falise Didier	7m69	1986
10	Caluwe Arnaud	7m37	2014
11	Xhonneux Frederic	7m33	2008
12	Smeyers Eric	7m29	1981
13	Bruggemans Marc	7m26	1975
	Vanderhaeghen David	7m26	1994
15	Costelo Denis	7m25	1984

### Triple saut

1	Falise Didier	16m86	1986
2	Mambo Kedjeloba	16m01	1994
3	Herssens Walter	15m81	1956
4	Mambo Djeke	15m64	1994
5	Vanderhaeghen David	15m55	1993
6	Costello Denis	15m36	1984
7	Guellet Yassin	15m22	1992
8	Yuma Eric	15m15	1989
9	Henry Paul	15m11	1974
	Xhonneux Frederic	15m11	2016
11	Campener Corentin	15m04	2013
12	Rolland Dominique	15m03	1977
13	Delporte Luc	15m02	1985
14	Geerts Gregory	14m72	2021
15	Van Lancker Rudi	14m60	1990

### Perche

1	Jacques Jean Marc	5m25	1982
2	de Water Timo	5m10	2019
3	Rombaut Wesley	5m05	1997
4	Biot Olivier	5m02	1996
5	Xhonneux Frederic	4m95	2008
6	Elsen Daan	4m81	2016
7	Montilla Dimitri	4m80	2019
8	Dewil Jef	4m75	1991
9	Stevens Alain	4m70	1984
	Ons Bart	4m70	1993
11	Jacobs David	4m60	1997
12	Flamant Corneille	4m43	1980
13	Mattelaer Paul	4m42	1980
14	Sandron Michel	4m40	1987
	Boels Michel	4m40	1988
	Vandecapelle Mattijs	4m40	2013
	Montilla Dimitri	4m40	2018

### Poids (7,26 kg)

1	Guillaume Jonathan	15m64	2019
2	Chevalier Claude	15m08	1986
3	Xhonneux Frederic	14m79	2008
4	Hocq Fabrice	14m67	1999
5	Van Vaerenbergh Piet	14m57	1984
6	Van Schoor Robert	14m47	1991
7	Marloye Roland	13m87	1985
	Gets Florent	13m87	2017
9	Montilla Dimitri	13m43	2019
10	Elsen Daan	13m39	2017
11	Stockmans Franck	13m31	1992
13	Lontie Robert	13m28	1978
	Rogers Vincent	13m28	1995
14	Metens Armand	13m16	1987
15	Vandervelde Paul	13m11	1980

### Disque (2 kg)

1	Dekker Stephan	56m67	2020
2	Van Schoor Robert	51m56	1991
3	Lontie Robert	49m26	1979
4	De Cock Daniel	48m66	1985
5	Thirion Alain	48m58	1987
6	Van Vaerenbergh Piet	48m20	1984
7	Gets Florent	46m04	2017
8	Xhonneux Frederic	45m36	2008
9	Salvaggio Claudio	44m50	2020
10	Van Halme Henri	44m14	1962
11	Metens Armand	44m06	1988
12	Marloye Roland	44m02	1986
13	Montilla Dimitri	43m41	2021
14	Elsen Daan	43m31	2016
15	Hocq Fabrice	42m50	1999

### Javelot (800 gr) – ancien modele

1	Van Zeune Guy	72m91	1967
2	Stockmans Franck	70m98	1991
3	De Bock Walter	65m20	1967
4	De Saedeleer Christian	62m04	1987
5	Moons Philippe	60m98	1988
6	Willeput Georges	57m20	1967
7	Michel Roland	56m36	1986
8	Van Vaerenbergh Piet	55m42	1987
9	Marloye Roland	51m82	1987
10	Labruyere Jean Paul	50m88	1990
11	Falise Didier	50m36	1987
12	Vissers Eugene	50m04	1991
13	Boels Michel	49m48	1988

## Top 15 RESC outdoor

14	Rogers Vincent	49m26	1994
15	Guellet Yassin	47m76	1994

### Javelot (800 gr)

1	Xhonneux Frederic	63m56	2008
2	Parfenov Vladimir	62m75	2008
3	Boa Michael	61m70	2020
4	Gets Florent	60m09	2018
5	Stockmans Frank	58m15	1999
6	Elsen Daan	55m66	2016
7	Droesbeke Sebastien	53m78	2005
8	Bernard Tom	53m19	2019
9	Montilla Alexis	51m45	2020
10	Campener Corentin	50m02	2013
11	Desadeleer Christian	49m44	2002
12	Niesen Charles	48m80	2015
13	Vandecapelle Mattijs	48m66	2013
14	Montilla Dimitri	48m37	2017
15	Guellet Yassin	47m05	2003

### Marteau (7,26 kg)

1	Salvaggio Claudio	61m82	2021
2	Metens Armand	61m66	1988
3	Bernard Tom	57m89	2019
4	Snaps Stephane	46m18	1978
	Bontemps Rene	46m18	1980
	Metens Paul	46m18	1988
7	Marbais Michael	44m36	1997
8	Kersten Leon	42m48	1976
9	Rebuffat Philippe	41m52	1980
10	De Cock Daniel	40m18	1981
11	Lambrechts Roland	38m80	1978
12	Xhonneux Frederic	38m25	2015
13	Palotas Vince	38m08	1963
14	Marloye Roland	37m86	1985
15	Moons Philippe	37m68	1986

### Grand poids (15,88 kg)

1	Bernard Tom	14m44	2019
2	Gets Florent	10m39	2016

### Triathlon

1	Elsen Daan	2135 p	2014
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### Decathlon (javelot ancien modele)

1	Herssens Walter	6197 p	1955
2	Devuyser Wilfried	5263 p	1967

### Decathlon

1	Xhonneux Frederic	8142 p	2008
2	Elsen Daan	7339 p	2016
3	Montilla Dimitri	7287 p	2021
4	Marloye Roland	7234 p	1987
5	Van Vaerenbergh Piet	7096 p	1987
6	Vandecapelle Mattijs	6993 p	2012
7	Boels Michel	6907 p	1988
8	Gets Florent	6749 p	2019
9	Guellet Yassin	6739 p	1994
10	Dotrenghe Sacha	6676 p	1990
11	Dollendorf Marc	6541 p	1993
12	Falise Didier	6457 p	1987
13	Tourtois Charles	6196 p	2021
14	Da Silva Juan	5920 p	1987
15	Molemans Luc	5875 p	1986

### Pentathlon de lancers

1	Bernard Tom	3042 p	2019
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### Decathlon en 1 heure

1	Xhonneux Frederic	6019 p	2015
2	Gets Florent	4702 p	2015

### Icosathlon en 2 jours

1	Xhonneux Frederic	13.099 p	2014
2	Ghislain Arnaud	11.342 p	2021
3	Vervloet Gregory	7463 p	2014

### Icosathlon en 1 jour

1	Xhonneux Frederic	12.363 p	2015
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### 5 km marche

1	Leroy Benjamin	20.08.24	1996
2	Kersten Olivier	30.16.30	1979

### 10 km marche

1	Leroy Benjamin	41.21.1	1994
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### 20 km marche

1	Leroy Benjamin	1h28.35	1993
2	Van Look Andre	2h14.46	1967
3	Foulon Didier	2h26.51	2007
4	De Paue Michel	2h28.43	1967

### 50 km marche

1	Leroy Benjamin	4h11.46	1996
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### 1 heure marche

1	Leroy Benjamin	13.789 m	1995
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### 2 heures marche

1	Leroy Benjamin	24.999 m	1995
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### Masters hommes

#### 100 m

1	Broothaerts Damien	11.07	2019
2	Lissassi Arnaud	11.74	2012
3	Sakow Nicolas	11.95	2015
4	Lambert John	12.10	2016
5	Vanderbiest Joel	12.12	2015
6	Fellemans Emmanuel	12.18	2017
7	Merzoug Brahim	12.24	2014
8	Kabuya Serge	12.28	2019
9	Bouziane Abdelhakim	12.38	2007
10	Hasselmans Thierry	12.44	2005
11	Hsaine Jawad	12.46	2011
12	Vervloet Gregory	12.54	2020
13	Maniquet Rudi	12.59	2002
14	Xhonneux Frederic	13.07	2020
15	De Ridder Alain	13.12	2011

#### 200 m

1	Broothaerts Damien	22.55	2019
2	Balsen Julien	24.02	2021
3	Fellemans Emmanuel	24.61	2017
4	Sakow Nicolas	24.64	2016
5	Hsaine Jawad	24.68	2011
6	Bouziane Abdelhakim	24.88	2007
7	Kabuya Serge	25.17	2019
8	Maniquet Rudi	25.46	2001
9	Hasselmans Thierry	26.15	2006
	De Ridder Alain	26.15	2012
11	Xhonneux Frederic	26.22	2020
12	Schoonen Laurent	27.35	2015
13	Verriez Stephane	27.45	2016
14	Lins Alain	27.53	2007
15	Iazzag Tahar	27.73	2017

#### 300 m

1	Balsen Julien	37.38	2021
2	Hsaine Jawad	37.95	2011
3	Sakow Nicolas	39.86	2015
4	Fellemans Emmanuel	40.37	2016
5	Merzoug Brahim	40.40	2014
6	Maniquet Rudi	40.78	2012
7	De Ridder Alain	42.86	2008
8	Verriez Stephane	44.57	2017
9	Schoonen Laurent	45.87	2014
10	Lemonnier Thierry	45.97	2010
11	Gilson Benoit	46.57	2014

#### 400 m

1	Bouziane Abdelhakim	52.31	2006
2	Hsaine Jawad	52.50	2011
3	Balsen Julien	52.91	2021
4	Vervloet Gregory	55.64	2019
5	Sakow Nicolas	55.60	2016
6	Hasselmans Thierry	56.72	2003
7	Maniquet Rudi	57.21	2002
8	Fellemans Emmanuel	57.95	2016
9	Xhonneux Frederic	58.17	2020
10	Cornet Jean	58.87	2004
11	Njema Imed	60.49	2014
12	Vanderbiest Joel	60.62	2015
13	Schoonen Laurent	62.22	2014
14	Belhouari Youssef	62.29	2007



## Top 15 RESC outdoor

15	Bux Antonio	62.32	2012
<b>800 m</b>			
1	Xhonneux Frederic	1.59.63	2018
2	Hsaine Jawad	1.59.64	2011
3	Bouziane Abdelhakim	2.00.79	2006
4	Vandamme Bram	2.01.40	2017
5	Hasselmanns Jean Luc	2.09.82	2001
6	De Ridder Alain	2.10.81	2010
7	Selleslagh Jean Louis	2.11.90	1989
8	Hasselmanns Thierry	2.13.46	2002
9	poortman Yvan	2.14.88	2019
10	Bux Antonio	2.15.36	2010
11	Cowlishaw David	2.15.48	2003
12	Njema Imed	2.15.66	2016
13	Huygens Guy	2.20.14	2003
14	July Denis Michael	2.21.12	2015
15	Lemonnier Thierry	2.21.24	2007
<b>1000 m</b>			
1	Vandamme Bram	2.40.20	2017
2	Hsaine Jawad	2.40.38	2011
3	Guennoun Abderrahim	2.46.68	2012
4	De Ridder Alain	2.51.27	2010
5	Bux Antonio	2.59.16	2010
6	Lemonnier Thierry	3.02.68	2007
7	Huygens Guy	3.05.73	2003
8	Demol Guy	3.06.90	2006
9	Verheirstraeten Johnny	3.11.00	2003
10	Lameir Christian	3.12.50	2006
11	Mage Alain	3.17.57	2004
12	Schoonen Laurent	3.31.42	2017
<b>1500 m</b>			
1	Cowlishaw David	3.54.39	2004
2	Vandamme Bram	4.07.47	2018
3	Guennoun Abderrahim	4.24.10	2012
4	Hasselmanns Jean Luc	4.29.91	2003
5	Njema Imed	4.33.14	2015
6	Demol Guy	4.38.40	2002
7	Huygens Guy	4.43.16	2003
8	Hasselmanns Thierry	4.45.93	2002
9	De Ridder Alain	4.47.24	2010
10	Bechet Jean Pierre	4.48.26	2002
11	Ceux Benoit	4.50.52	2014
12	Xhonneux Frederic	4.50.84	2020
13	Bux Antonio	4.53.40	2011
14	Lemonnier Thierry	4.54.16	2007
15	Verheirstraeten Johnny	4.57.46	2003
<b>Mile</b>			
1	Guennoun Abderrahim	4.46.03	2013
2	Hasselmanns Jean Luc	4.59.17	2002
3	Xhonneux Frederic	4.59.41	2018
4	De Ridder Alain	5.06.89	2010
5	Debrabandere Amaury	5.14.09	2015
6	Bux Antonio	5.16.51	2010
7	Lemonnier Thierry	5.25.83	2007
8	Verheirstraeten Johnny	5.37.94	2005
9	Codutti Marco	5.39.14	2015
10	Huygens Guy	5.40.62	2010
11	Mage Alain	5.53.15	2004
12	Segers Philippe	6.11.92	2012
13	Englebert Patrick	6.21.07	2015
14	Schoonen Laurent	6.27.21	2014
<b>2000 m</b>			
1	Guennoun Abderrahim	6.06.54	2012
2	Hasselmanns Jean Luc	6.13.44	2003
3	Demol Guy	6.17.19	2004
4	Huygens Guy	6.28.88	2003
5	Njema Imed	6.40.35	2016
6	Xhonneux Marc	6.43.50	2016
7	Lemonnier Thierry	6.58.44	2006
8	Van Der Perren Marc	7.03.22	2006
9	Mage Alain	7.06.35	2004
10	Verheirstraeten Johnny	7.07.50	2004
11	Meganck Richard	7.09.10	2016
12	Segers Philippe	8.35.57	2012
<b>3000 m</b>			
1	Guennoun Abderrahim	9.28.22	2013
2	Demol Guy	9.41.58	2004
3	Hasselmanns Jean Luc	9.44.74	2002

4	Poortman Yvan	9.49.43	2018
5	Njema Imed	9.56.20	2015
6	Belhouari Youssef	9.58.96	2007
7	Minne Corentin	10.03.19	2019
8	Huygens Guy	10.04.50	2003
9	Bechet Jean Pierre	10.15.90	2004
10	Xhonneux Marc	10.16.50	2016
11	Debrabandere Amaury	10.21.69	2015
12	Xhonneux Frederic	10.29.62	2020
13	Van Der Perren Marc	10.33.27	2003
14	Messeant Raphael	10.37.20	2006
15	Hasselmanns Thierry	10.39.43	2003
<b>2 miles</b>			
1	Demol Guy	11.46.78	2010
<b>5000 m</b>			
1	Nauwelaers Michel	15.22.50	1989
2	Demol Guy	16.02.69	2001
3	Cowlishaw David	16.22.62	2003
4	Bolan Patrick	16.52.72	2020
5	Hasselmanns Jean Luc	16.58.30	2003
6	Xhonneux Frederic	17.10.14	2018
7	Hasselmanns Thierry	17.18.90	2002
8	Tillieux Guy	17.32.09	1995
9	Meganck Richard	17.52.74	2005
10	Huygens Guy	17.55.76	2003
11	Bechet Jean Pierre	18.01.47	2005
12	Verheirstraeten Johnny	18.01.51	2003
13	Heuninck Patrick	18.05.20	2002
14	Ciocan Gabriel	18.22.24	2010
15	Opdebeek Willy	18.34.10	1986
<b>10 000 m</b>			
1	Dulieu Christian	31.25.40	1992
2	Nauwelaers Michel	31.58.63	1989
3	Demol Guy	32.59.10	1998
4	Hasselmanns Jean Luc	36.45.68	2003
5	Bechet Jean Pierre	37.05.63	2003
6	Opdebeek Willy	37.47.60	1987
7	Van Der Perren Marc	38.31.90	2005
8	Meganck Richard	39.29.33	2016
9	Van Der Hoeven Yves	39.55.63	2005
10	Mage Alain	40.53.60	2004
11	Verheirstraeten Johnny	41.08.69	2006
12	Xhonneux Frederic	41.49.00	2020
13	De Buyst Francis	43.22.26	2002
14	Huygens Guy	43.22.82	2002
15	Caluwe Luc	43.55.57	2007
<b>1 heure</b>			
1	Demol Guy	17.309 m	2000
2	Hasselmanns Jean Luc	16.343 m	2000
3	Bechet Jean Pierre	15.784 m	2004
4	Van Der Perren Marc	15.744 m	2003
5	Verheirstraeten Johnny	14.238 m	2004
6	Van Der Putten Rudi	14.083 m	2004
7	Huygens Guy	12.051 m	2013
8	Foulon Didier	11.224 m	2009
<b>Semi-marathon</b>			
1	Lemaire Ivan	1h26 :11	2018
2	Bodart Serge	1h26 :15	2017
3	Muls Xavier	1h41:34	2018
4	Kamara Arafan	1h45:12	2018
<b>Marathon</b>			
1	Demol Guy	2h32:05	2005
2	Boland Patrick	2h37:29	2021
3	Delarge Jean Yves	2h46:51	2019
4	Minne Corentin	2h48:58	2018
5	Ciocan Gabriel	2h58:23	2010
6	Bodart Serge	3h01:45	2017
7	Van Der Perren Marc	3h01:54	2004
8	Debrabandere Amaury	3h04:52	2014
9	Van Der Putten Rudi	3h06:03	2004
10	Verbesselt Tony	3h07:07	2007
11	Meganck Richard	3h09:44	2005
12	Njema Imed	3h09:53	2014
13	De Ridder Urbain	3h12:07	2008
14	Xhonneux Marc	3h12:53	2018
15	Messeant Raphael	3h14:48	2005
<b>100 m haies (91 cm)</b>			

## Top 15 RESC outdoor

1	Schoonen Laurent	20.06	2015
<b>110 m haies (91 cm)</b>			
1	Schoonen Laurent	22.50	2017
<b>110 m haies (99 cm)</b>			
1	Broothaerts Damien	13.89	2018
2	Xhonneux Frederic	17.05	2020
3	Vanderbiest Joel	21.13	2015
4	Schoonen Laurent	21.80	2014
<b>110 m haies (106 cm)</b>			
1	Broothaerts Damien	14.12	2018
2	Van Assche Denis	20.24	1988
3	Schoonen Laurent	23.84	2018
4	Lemonnier Thierry	26.11	2011
<b>200 m haies (76 cm)</b>			
1	Xhonneux Frederic	27.83	2020
2	Vervloet Gregory	31.57	2020
3	Schoonen Laurent	37.75	2017
<b>400 m haies (84 cm)</b>			
1	Xhonneux Frederic	62.29	2020
2	Schoonen Laurent	73.50	2016
<b>400 m haies (91 cm)</b>			
1	Xhonneux Frederic	62.29	2020
2	Schoonen Laurent	72.77	2014
3	Lemonnier Thierry	74.91	2010
<b>3000 m steeple (91 cm)</b>			
1	Hasselmanns Jean Luc	11.27.98	2005
2	Lemonnier Thierry	12.26.76	2008
3	Xhonneux Frederic	12.34.23	2020
4	Schoonen Laurent	14.38.67	2017
5	Mage Alain	15.12.92	2004
<b>Hauteur</b>			
1	Xhonneux Frederic	1m90	2018
2	Van de Velde Frank	1m86	2015
3	Cincinatis Yves	1m75	2002
4	Vanderbiest Joel	1m59	2015
5	Van Assche Denis	1m55	1986
	Sakow Nicolas	1m55	2016
7	Schoonen Laurent	1m47	2018
8	De Groot Jacques	1m45	2005
	Vervloet Gregory	1m45	2020
10	Hasselmanns Jean Luc	1m35	2004
	Van Elsuwe Cedric	1m35	2010
	Huygens Guy	1m35	2014
13	Caluwe Luc	1m30	2006
	Lemonnier Thierry	1m30	2011
15	De Ridder Urbain	1m25	2007
<b>Longueur</b>			
1	Van Lancker Rudi	6m65	2006
2	Xhonneux Frederic	6m04	2020
3	Cincinatis Yves	5m65	2003
4	Vanderbiest Joel	5m61	2015
5	Sakow Nicolas	5m53	2014
6	Vervloet Gregory	5m22	2020
7	Schroeven Bruno	5m15	2015
8	Fellemans Emmanuel	4m98	2016
9	Schoonen Laurent	4m65	2015
10	De Groot Jacques	4m64	2005
	Vanderhaeghen Olivier	4m64	2013
12	Gilson Benoit	4m55	2015
13	Caluwe Luc	4m52	2008
14	Redzepovski Selman	4m48	2012
15	Lemonnier Thierry	4m40	2011
	De Ridder Alain	4m40	2012
<b>Triple saut</b>			
1	Cincinatis Yves	14m09	1999
2	Xhonneux Frederic	14m00	2018
3	Schoonen Laurent	9m17	2014
4	Maniquet Rudi	9m09	2021
5	Huygens Guy	8m45	2013
<b>Perche</b>			
1	Dewil Jef	4m71	1991
2	Xhonneux Frederic	3m80	2020

3	Schoonen Laurent	2m55	2018
4	Vanderbiest Joel	2m50	2015
<b>Poids (5 kg)</b>			
1	Hasrais Marc	7m42	2016
2	Van De Sype Richard	5m97	2010
<b>Poids (6 kg)</b>			
1	Mac Donald Craig	12m01	2016
2	Denys Jacques	9m40	2011
3	Schoonen Laurent	8m24	2015
<b>Poids (7,26 kg)</b>			
1	Chevalier Claude	15m08	1986
2	Van Schoor Robert	13m68	1992
3	Lambert John	12m01	2015
4	Lespagnard Roger	12m00	1986
5	Xhonneux Frederic	11m75	2020
6	Metens Armand	11m61	2004
7	Vervloet Gregory	9m94	2020
8	Desadeleer Christian	9m89	2003
9	Denys Jacques	9m69	2007
10	Van de Velde Frank	9m54	2015
11	Pieters Serge	8m61	2011
12	Segers Philippe	8m55	2012
13	Schroeven Bruno	8m46	2019
14	Vanderbiest Joel	8m25	2015
15	Sustelo Antonio	8m19	2004
<b>Disque (1 kg)</b>			
1	Denys Jacques	20m61	2019
2	Hastrais Marc	17m75	2017
<b>Disque (1,5 kg)</b>			
1	Mac Donald Craig	35m64	2016
2	Denys Jacques	28m95	2009
3	Schoonen Laurent	25m88	2015
4	Huygens Guy	15m24	2014
<b>Disque (2 kg)</b>			
1	Van Schoor Robert	51m56	1991
2	De Cock Daniel	45m72	1988
3	Lambert John	34m15	2015
4	Xhonneux Frederic	34m12	2019
5	Chevalier Claude	31m88	1988
6	Sustelo Antonio	31m47	2001
7	Denys Jacques	25m34	2006
8	Sakow Nicolas	23m46	2016
9	Schoonen Laurent	22m59	2015
10	Pieters Serge	21m57	2011
11	Van De Sype Richard	20m32	2010
12	Van Elsuwe Cedric	19m96	2010
13	Fontenoy Serge	19m12	2015
14	Segers Philippe	18m68	2014
15	Lemonnier Thierry	18m64	2010
<b>Javelot (600 gr)</b>			
1	Hastrais Marc	18m66	2017
2	Van De Sype Richard	13m83	2010
3	Denys Jacques	11m22	2019
<b>Javelot (700 gr)</b>			
1	Mac Donald Craig	37m29	2016
2	Schoonen Laurent	30m46	2017
3	Denys Jacques	22m73	2012
4	Huygens Guy	22m55	2013
<b>Javelot (800 gr) – ancien modele</b>			
1	Stockmans Franck	57m17	1998
<b>Javelot (800 gr)</b>			
1	Parfenov Vladimir	62m75	2008
2	Stockmans Franck	58m15	1999
3	Desadeleer Christian	50m58	2003
4	Xhonneux Frederic	46m53	2020
5	Vervloet Gregory	38m78	2019
6	Sakow Nicolas	36m90	2014
7	Paulus Christian	30m73	2007
8	Schoonen Laurent	29m38	2015
9	Lins Alain	28m67	2011
10	Segers Philippe	27m16	2012
11	Lemonnier Thierry	26m79	2011
12	Vanderbiest Joel	26m66	2015

## Top 15 RESC outdoor

13	Sustelo Antonio	26m15	2001
14	Denys Jacques	26m04	2008
15	Meganck Richard	25m08	2008
<b>Marteau (5 kg)</b>			
1	Van De Sype Richard	21m19	2011
2	Denys Jacques	15m69	2019
<b>Marteau (6 kg)</b>			
1	Mac Donald Craig	23m65	2016
2	Schoonen Laurent	23m30	2017
<b>Marteau (7,26 kg)</b>			
1	Metens Armand	51m46	2003
2	De Cock Daniel	37m66	1988
3	Bontemps Rene	36m16	1995
4	Xhonneux Frederic	32m27	2020
5	Sustelo Antonio	30m80	2001
6	Schoonen Laurent	19m92	2015
7	Van Elsuwe Cedric	14m80	2013
8	Lemonnier Thierry	13m03	2014
<b>Grand poids (11,34 kg)</b>			
1	Schoonen Laurent	9m66	2018
<b>Pentathlon de lancers M50</b>			
1	Schoonen Laurent	1896 p	2018
<b>Pentathlon de lancers M55</b>			
1	Schoonen Laurent	1752 p	2021
<b>Pentathlon M35</b>			
1	Sakow Nicolas	2084 p	2015
2	De Ridder Alain	1729 p	2012
3	Redzepovski Selman	1381 p	2012
<b>Pentathlon M40</b>			
1	Lemonnier Thierry	1719 p	2013
<b>Pentathlon M45</b>			
1	Schoonen Laurent	2280 p	2015
2	Bux Antonio	1406 p	2012
3	Lemonnier Thierry	1397 p	2014
4	Segers Philippe	1203 p	2012
<b>Pentathlon M50</b>			
1	Schoonen Laurent	2271 p	2015
<b>Decathlon M35</b>			
1	Xhonneux Frederic	5205 p	2020
<b>Decathlon M45</b>			
1	Schoonen Laurent	3830 p	2015
<b>Decathlon M50</b>			
1	Schoonen Laurent	4436 p	2015
<b>Decathlon M55</b>			
1	Schoonen Laurent	3699 p	2021
<b>Decathlon M35 en 1 heure</b>			
1	Vanderbiest Joel	3695 p	2015
<b>Icosathlon M35</b>			
1	Xhonneux Frederic	11587 p	2020
<b>Icosathlon M50</b>			
1	Schoonen Laurent	7701 p	2017
<b>Icosathlon M55</b>			
1	Schoonen Laurent	5560 p	2020
<b>5 km marche</b>			
1	Foulon Didier	29.39.88	2013
<b>10 km marche</b>			
1	Foulon Didier	1:06:33	2012

<b>100 m</b>			
1	Denys Jacques	34.76	2019
<b>Poids (5 kg)</b>			
1	Denys Jacques	6m65	2019
<b>Poids (6 kg)</b>			
1	Denys Jacques	6m53	2019
<b>Disque (1 kg)</b>			
1	Denys Jacques	20m1	2019
<b>Disque (1,5 kg)</b>			
1	Denys Jacques	17m80	2017
<b>Disque (2 kg)</b>			
1	Denys Jacques	15m81	2019
<b>Javelot (600 gr)</b>			
1	Denys Jacques	12m34	2020
<b>Javelot (700 gr)</b>			
1	Denys Jacques	11m62	2019
<b>Javelot (800 gr)</b>			
1	Denys Jacques	13m05	2020
<b>Marteau (5 kg)</b>			
1	Denys Jacques	15m69	2019