

## RESC OUTDOOR 2009

### BENJAMINES FILLES

60 m		RC : 9.2			
1	Romain Auriane	00	11.12	03-10	resc

Hauteur		RC : 1m18			
1	Devos Fanny	00	0m85	03-04	resc

Longueur		RC : 3m88			
1	Diallo Hadaya	01	3m06	03-04	resc
2	Devos Fanny	00	2m94	03-04	resc
3	Romain Auriane	00	2m65	10-10	csf
4	Benazzouz Yousra	01	2m40	03-04	resc

Poids (1 kg)		RC : 8m63			
1	Diallo Hadaya	01	5m46	03-04	resc
2	Devos Fanny	00	5m02	03-04	resc
3	Romain Auriane	00	3m03	03-10	resc
4	Benazzouz Yousra	01	2m70	03-04	resc

Balle de hockey		RC : 28m96			
1	Romain Auriane	00	9m69	10-10	csf

### PUPILLES FILLES

60 m		RC : 8.5			
1	Lecomte Christina	98	9.05	06-06	spvi
2	Robert Emma	98	9.39	30-05	csf
3	Montilla Morgane	98	9.51	20-06	dacm
4	Van Hove Lisa	98	9.74	03-10	resc
5	Gelabert Hulya	98	9.81	20-06	dacm
6	Muls Camille	99	9.99	21-07	vs
7	De Backer Tatiana	98	10.47	30-05	csf

1000 m		RC : 3.27.87			
1	Lecomte Christina	98	3.40.68	26-09	rcas
2	Montilla Morgane	98	3.41.80	13-09	vita
3	Muls Camille	99	3.49.63	21-07	vs
4	Gelabert Hulya	98	3.52.02	09-05	lyra
5	Robert Emma	98	3.55.12	30-05	csf
6	De Backer Tatiana	98	4.14.17	26-09	rcas
7	Van Hove Lisa	98	4.26.93	03-10	resc

60 m haies (76 cm)		RC : 10.8			
1	Montilla Morgane	98	13.70	04-10	csdy

Hauteur		RC : 1m33			
1	Lecomte Christina	98	1m30	29-08	spvi
	Montilla Morgane	98	1m30	19-09	rcas
3	De Backer Tatiana	98	1m10	06-06	spvi
4	Gelabert Hulya	98	1m05	01-05	ea
	Robert Emma	98	1m05	30-05	csf

Longueur		RC : 4m48			
1	Lecomte Christina	98	3m90	29-08	spvi
2	Montilla Morgane	98	3m83	17-10	rcb
3	Muls Camille	99	3m57	21-07	vs
4	Gelabert Hulya	98	3m29	03-04	resc
5	De Backer Tatiana	98	3m28	15-08	vs
	Van Hove Lisa	98	3m28	03-04	resc
7	Vanderhaeghen Caroline	98	3m24	03-04	resc
8	Madani Sarah	98	3m14	03-04	resc
9	Kazantzis Sophie	98	2m77	03-04	resc
10	Lakbiach Hajar	98	1m56	03-04	resc

Poids (2 kg)		RC : 9m75			
1	Montilla Morgane	98	7m64	03-10	resc
2	Lecomte Christina	98	7m34	19-09	rcas
3	Gelabert Hulya	98	6m76	14-06	vs
4	De Backer Tatiana	98	6m73	26-09	rcas
5	Madani Sarah	98	5m94	03-04	resc
6	Robert Emma	98	5m60	30-05	csf

7	Muls Camille	99	4m46	21-07	vs
8	Van Hove Lisa	98	4m45	03-04	resc
9	Kazantzis Sophie	98	4m00	03-04	resc
10	Lakbiach Hajar	98	3m47	03-04	resc

Disque (600 gr)		RC : 23m00			
1	Montilla Morgane	98	20m41	11-10	rsca
2	Lecomte Christina	98	15m82	15-08	vs
3	Gelabert Hulya	98	12m72	29-08	spvi
4	De Backer Tatiana	98	11m67	15-08	vs
5	Van Hove Lisa	98	8m81	03-04	resc

Balle de hockey		RC : 40m58			
1	Gelabert Hulya	98	26m94	14-06	vs
2	Montilla Morgane	98	24m01	10-10	csf

Tetrathlon		RC : 1935 p			
1	Lecomte Christina	98	1837 p	26-09	rcas
2	Montilla Morgane	98	1699 p	19-09	rcas
3	Robert Emma	98	1480 p	30-05	csf
4	Gelabert Hulya	98	1403 p	30-05	csf
5	Muls Camille	99	1328 p	21-07	vs
6	De Backer Tatiana	98	1056 p	26-09	rcas
7	Van Hove Lisa	98	701 p	30-05	csf

### MINIMES FILLES

80 m		RC : 10.4			
1	Van Der Veken Cindy	97	11.14	04-07	grim
2	Klai Anissa	96	11.48	31-10	csf
3	Badji Jalika	96	11.56	05-09	lebb
4	Courtroy Sarah	96	12.08	30-05	csf
5	Benachem Majdouline	96	12.17	03-05	rsca
	Tshiasuma Jessie	96	12.17	05-09	vac
	Van Der Veken Noemie	97	12.17	27-05	cabw
8	Imbo Kristel	96	12.23	23-05	lebb
9	Dewolf Barbara	96	12.44	10-04	ws
10	Benachem Nisrine	96	12.54	17-04	csf
11	Van De Sype Chloe	97	12.65	18-06	ws
12	Nicodeme Maelle	97	12.75	28-06	csdy
13	Muls Pauline	96	13.44	21-07	vs

150 m		RC : 20.13			
1	Van Der Veken Cindy	97	21.39	19-09	lyra
2	Badji Jalika	96	21.75	05-09	lebb
3	Tshiasuma Jessie	96	23.40	30-08	ws
4	Klai Anissa	96	23.48	03-05	rsca
5	Imbo Kristel	96	23.50	10-10	csf
6	Benachem Nisrine	96	24.43	03-05	rsca
7	Van De Sype Chloe	97	24.68	05-07	mac
8	Nicodeme Maelle	97	24.82	05-07	mac

300 m		RC : 44.36			
1	Klai Anissa	96	47.00	31-10	csf
2	Badji Jalika	96	47.55	31-10	csf
3	Van Der Veken Cindy	97	48.31	18-06	ws
4	Tshiasuma Jessie	96	50.23	31-10	csf
5	Imbo Kristel	96	51.23	31-10	csf
6	Van De Sype Chloe	97	53.43	31-10	csf
7	Potemans Charlotte	96	58.61	11-07	vita

1000 m		RC : 3.14.33			
1	Tshiasuma Jessie	96	3.17.91	25-10	rsca
2	Klai Anissa	96	3.20.76	19-09	rcas
3	Imbo Kristel	96	3.37.13	25-10	rsca
4	Badji Jalika	96	3.37.83	19-09	rcas
5	Dewolf Barbara	96	3.45.44	10-04	ws
6	Van Der Veken Cindy	97	3.49.16	25-10	rsca
7	Van De Sype Chloe	97	3.58.08	26-09	rcas
8	Benachem Nisrine	96	4.04.08	30-05	csf
9	Potemans Charlotte	96	4.14.34	06-06	rcas
10	Nicodeme Maelle	97	4.24.86	03-05	rsca
11	Courtroy Sarah	96	4.28.30	30-05	csf

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12	Muls Pauline	96	4.33.64	21-07	vs
13	Benachem Majdouline	96	5.16.57	30-05	csf

60 m haies (76 cm)		RC : 10.05			
1	Van Der Veken Cindy	97	11.14	29-08	spvi
2	Badji Jalika	96	11.19	06-06	rcas
3	Van De Sype Chloe	97	12.07	26-09	rcas
4	Tshiasuma Jessie	96	12.51	06-06	rcas
5	Potemans Charlotte	96	13.30	22-08	oeh
6	Nicodeme Maelle	97	13.45	22-08	oeh
7	Imbo Kristel	96	13.51	05-09	vac
8	Klai Anissa	96	13.60	01-05	ea

150 m haies (76 cm)		RC : 25.08			
1	Badji Jalika	96	23.25	11-07	vita
2	Van Der Veken Cindy	97	24.07	22-08	smac
3	Tshiasuma Jessie	96	24.98	10-04	ws
4	Imbo Kristel	96	25.61	04-10	resc
5	Van Der Veken Noemie	97	26.56	10-04	ws
6	Van De Sype Chloe	97	26.68	15-08	vs
7	Potemans Charlotte	96	29.04	11-07	vita

2000 m marche		RC : 14.07.5			
1	Van Der Veken Noemie	97	13.51.98	06-09	acl0

Hauteur		RC : 1m57			
1	Benachem Nisrine	96	1m40	03-04	resc
2	Van Der Veken Cindy	97	1m38	05-07	mac
3	Van Der Veken Noemie	97	1m30	03-04	resc
4	Badji Jalika	96	1m29	30-05	csf
	Benachem Majdouline	96	1m29	30-05	csf
6	Courttoy Sarah	96	1m26	30-05	csf
7	Klai Anissa	96	1m21	01-05	ea
8	Imbo Kristel	96	1m20	11-07	vita
	Tshiasuma Jessie	96	1m20	03-04	resc
	Van De Sype Chloe	97	1m20	18-06	ws
11	Benachem Charlotte	96	1m15	05-07	mac
12	Muls Pauline	96	1m10	21-07	vs
13	Amara Wassila	96	0m95	03-04	resc

Longueur		RC : 5m00			
1	Badji Jalika	96	4m36	17-10	rcb
2	Van Der Veken Cindy	97	4m35	12-09	rcas
3	Van De Sype Chloe	97	3m94	19-09	dac
4	Van Der Veken Noemie	97	3m82	03-04	resc
5	Klai Anissa	96	3m77	29-08	spvi
6	Imbo Kristel	96	3m75	30/08	ws
7	Tshiasuma Jessie	96	3m67	30-08	ws
8	Benachem Majdouline	96	3m64	03-04	resc
9	Dewolf Barbara	96	3m49	03-04	resc
10	Potemans Charlotte	96	3m32	06-06	rcas
11	Nicodeme Maelle	97	3m27	28-06	csdy
12	Echaibi Yousra	97	2m79	03-04	resc
	Muls Pauline	96	2m79	21-07	vs

Perche		RC : 2m40			
1	Imbo Kristel	96	2m20	03-10	resc
2	Klai Anissa	96	2m02	29-08	spvi
3	Van De Sype Chloe	97	1m92	29-08	spvi
4	Tshiasuma Jessie	96	1m72	05-09	vac
5	Badji Jalika	96	1m70	10-04	ws
6	Van Der Veken Cindy	97	1m60	16-08	lebb
	Van Der Veken Noemie	97	1m60	15-08	vs

Poids (2 kg)		RC : 13m12			
1	Van De Sype Chloe	97	9m43	22-08	oeh
2	Imbo Kristel	96	8m80	31-10	csf
3	Van Der Veken Cindy	97	8m20	25-10	rsca
4	Tshiasuma Jessie	96	8m13	11-10	rsca
5	Benachem Majdouline	96	7m84	30-05	csf
6	Badji Jalika	96	7m83	01-05	ea
7	Courttoy Sarah	96	7m68	30-05	csf
8	Klai Anissa	96	7m24	31-10	csf

9	Van Der Veken Noemie	97	6m60	25-07	vita
10	Benachem Nisrine	96	6m42	30-05	csfa
11	Potemans Charlotte	96	6m25	27-06	csf
12	Amara Wassila	96	5m65	03-04	resc
	Dewolf Barbara	96	5m65	03-04	resc
14	Muls Pauline	96	5m43	21-07	vs
15	Nicodeme Maelle	97	5m42	21-06	rcb
16	Echaibi Yousra	97	4m63	03-04	resc

Disque (600 gr)		RC : 32m53			
1	Van De Sype Chloe	97	25m24	18-10	FRA
2	Van Der Veken Cindy	97	22m89	11-10	rsca
3	Van Der Veken Noemie	97	22m87	18-10	FRA
4	Imbo Kristel	96	21m89	11-10	rsca
5	Tshiasuma Jessie	96	19m21	06-06	rcas
6	Potemans Charlotte	96	11m68	06-06	rcas

Disque (750 gr)		RC : -			
1	Van De Sype Chloe	97	23m22	05-09	vac
2	Imbo Kristel	96	21m65	27-09	dalo
3	Tshiasuma Jessie	96	20m04	05-09	vac
4	Badji Jalika	96	19m45	06-09	vita
5	Van Der Veken Noemie	97	19m32	05-07	mac
6	Van Der Veken Cindy	97	18m89	29-08	spvi
7	Potemans Charlotte	96	13m75	29-08	spvi
8	Klai Anissa	96	13m56	01-05	ea

Javelot (400 gr)		RC : 31m01			
1	Imbo Kristel	96	24m35	17-10	rcb
2	Badji Jalika	96	23m47	17-10	rcb
3	Klai Anissa	96	22m80	19-09	rcas
4	Van De Sype Chloe	97	22m52	01-08	asvo
5	Tshiasuma Jessie	96	20m96	11-10	rsca
6	Van Der Veken Noemie	97	17m95	08-08	avka
7	Van Der Veken Cindy	97	17m91	11-07	vita
8	Potemans Charlotte	96	16m30	11-07	vita
9	Benachem Nisrine	96	14m36	30-05	csf
10	Nicodeme Maelle	97	11m85	05-07	mac
11	Benachem Majdouline	96	11m57	30-05	csf
12	Courttoy Sarah	96	10m46	30-05	csf

Pentathlon		RC : 3021 p			
1	Klai Anissa	96	2388 p	19-09	rcas
2	Badji Jalika	96	2335 p	19-09	rcas
3	Van Der Veken Cindy	97	2267 p	21-07	vs
4	Tshiasuma Jessie	96	2174 p	30-05	csf
5	Imbo Kristel	96	2020 p	17-10	rcb
	Van De Sype Chloe	97	2020 p	26-09	rcas
7	Benachem Nisrine	96	1819 p	30-05	csf
8	Courttoy Sarah	96	1680 p	30-05	csf
9	Benachem Majdouline	96	1536 p	30-05	csf
10	Muls Pauline	96	1104 p	21-07	vs
11	Potemans Charlotte	96	1022 p	06-06	rcas

4 x 80 m		RC : 42.79			
Badji, Tshiasuma, Imbo, Van Der Veken C		46.85	04-10	riaac	

3 x 600 m		-			
Van De Sype, Imbo, Tshiasuma		6.27.72	25-07	lyra	

### CADETTES FILLES

100 m		RC : 12.64			
1	Lins Noemie	94	13.37	23-05	rfcl
2	Vlerick Ophelia	94	14.35	28-08	resc
3	Kazadi Gladys	94	14.71	03-10	resc

200 m		RC : 26.14			
1	Vlerick Ophelia	94	28.57	25-04	csf
2	Lins Noemie	94	28.74	25-04	csf
3	Legein Emilie	95	30.32	01-05	spa
4	Kazadi Gladys	94	31.13	25-04	csf
5	Murerwa Larissa	94	32.51	25-04	csf

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<b>300 m</b>					RC : 42.65
1	Lins Noemie	94	47.48	23-06	spvi
2	Van Der Perren Jessica	94	48.68	06-06	rcas
<b>400 m</b>					RC : 57.61
1	Van Der Perren Jessica	94	70.26	10-04	ws
2	Vlerick Ophelia	94	70.35	28-08	resc
3	Murerwa Larissa	94	70.79	01-05	spa
<b>800 m</b>					RC : 2.22.8
1	Van Der Perren Jessica	94	2.38.85	23-05	rfcl
2	Vlerick Ophelia	94	2.50.73	27-09	rcas
3	Lins Noemie	94	2.56.08	21-06	usta
<b>1000 m</b>					RC : 3.12.93
1	Van Der Perren Jessica	94	3.24.66	03-10	resc
<b>1500 m</b>					RC : 5.02.54
1	Van Der Perren Jessica	94	5.48.51	01-05	spa
<b>80 m haies (76 cm)</b>					RC : 11.95
1	Vlerick Ophelia	94	13.04	27-09	rcas
2	Lins Noemie	94	14.07	21-06	usta
3	Van Der Perren Jessica	94	15.42	27-09	rcas
<b>300 m haies (76 cm)</b>					RC : 45.51
1	Lins Noemie	94	53.23	03-10	resc
2	Kazadi Gladys	94	54.68	25-04	csf
<b>1500 m steeple (76 cm)</b>					RC : 6.22.37
1	Van Der Perren Jessica	94	6.17.24	18-10	ws
<b>Hauteur</b>					RC : 1m68
1	Vlerick Ophelia	94	1m52	27-09	rcas
2	Lins Noemie	94	1m36	21-06	usta
3	Van Der Perren Jessica	94	1m31	27-09	rcas
<b>Longueur</b>					RC : 5m74
1	Lins Noemie	94	4m75	23-05	rfcl
2	Vlerick Ophelia	94	4m49	27-09	rcas
3	Van Der Perren Jessica	94	3m99	27-09	rcas
<b>Triple saut</b>					RC : 11m71
1	Banzo Charline	95	8m55	01-05	spa
<b>Poids (3 kg)</b>					RC : 12m10
1	Lins Noemie	94	9m09	27-09	rcas
2	Vlerick Ophelia	94	7m44	27-09	rcas
3	Banzo Charline	95	7m29	01-05	spa
<b>Disque (1 kg)</b>					RC : 37m60
1	Legein Emilie	95	12m26	01-05	spa
<b>Javelot (500 gr)</b>					RC : 36m86
1	Lins Noemie	94	23m25	21-06	usta
2	Vlerick Ophelia	94	22m93	27-09	rcas
3	Van Der Perren Jessica	94	15m87	27-09	rcas
<b>Hexathlon</b>					RC : 3625 p
1	Vlerick Ophelia	94	2967 p	27-09	rcas
2	Lins Noemie	94	2768 p	21-06	usta
3	Van Der Perren Jessica	94	2297 p	27-09	rcas
<b>4 x 100 m</b>					RC : 50.59
Banzo, Kazadi, Vlerick, Lins					54.31 01-05 spa
<b>4 x 200 m</b>					RC : -
Murerwa, Kazadi, Lins, Vlerick					1.59.87 04-10 riaac

## SCOLAIRES FEMMES

<b>100 m</b>					RC : 12.41
1	Van Rossem Nicky	92	13.42	25-04	csf
2	Diwani Alison	93	13.98	01-05	spa
3	Putmans Laurence	92	15.11	25-04	csf
<b>200 m</b>					RC : 25.1
1	Van Rossem Nicky	92	27.94	12-09	vac
2	Van Damme Joelle	92	28.18	01-05	spa
3	Putmans Laurence	92	31.18	25-04	csf
<b>400 m</b>					RC : 56.03
1	Van Damme Joelle	92	61.87	16-05	usbw
<b>800 m</b>					RC : 2.15.6
1	Van Rossem Nicky	92	2.58.31	27-09	rcas
<b>1500 m</b>					RC : 4.50.73
1	Van Damme Joelle	92	5.20.87	16-08	oeh
2	Klai Jehenne	93	5.50.36	16-05	usbw
<b>3000 m</b>					RC : 10.43.20
1	Klai Jehenne	93	13.13.05	11-09	csf
<b>100 m haies (76 cm)</b>					RC : 13.92
1	Van Rossem Nicky	92	16.19	25-04	csf
<b>Hauteur</b>					RC : 1m68
1	Van Rossem Nicky	92	1m52	27-09	rcas
<b>Longueur</b>					RC : 6m06
1	Van Rossem Nicky	92	4m51	27-09	rcas
2	Diwani Alison	93	3m76	01-05	spa
<b>Triple saut</b>					RC : 12m15
1	Fomenko Lisa	92	10m68	01-05	spa
<b>Perche</b>					RC : 3m36
1	Fomenko Lisa	92	2m00	01-05	spa
<b>Poids (3 kg)</b>					RC : 12m19
1	Van Rossem Nicky	92	6m87	27-09	rcas
2	Putmans Laurence	92	5m17	01-05	spa
<b>Disque (1 kg)</b>					RC : 47m99
1	Putmans Laurence	92	14m40	01-05	spa
<b>Javelot (500 gr)</b>					RC : 36m78
1	Van Rossem Nicky	92	20m50	27-09	rcas
2	Klai Jehenne	93	9m40	01-05	spa
<b>Heptathlon</b>					RC : 4701 p
1	Van Rossem Nicky	92	3341 p	27-09	rcas
<b>4 x 100 m</b>					RC : 48.97
Diwani, Van Damme, Van Rossem, Fomenko					54.22 01-05 spa

## JUNIORS FEMMES

<b>100 m</b>					RC : 12.11
1	Mouzon Emmanuelle	91	12.91	27-06	cabw
2	Meys Jessica	91	13.84	13-09	dcla
3	Laermans Gwenaelle	90	14.17	13-09	dcla
<b>200 m</b>					RC : 24.65
1	Mouzon Emmanuelle	91	26.33	04-07	vs
2	Laermans Gwenaelle	90	29.35	28-08	resc
3	Meys Jessica	91	30.20	28-08	resc
4	Archambeau Aline	90	31.65	27-09	rcas

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300 m	RC : 39.65			
1 Laermans Gwenaelle	90	46.86	16-08	oeh

400 m	RC : 56.03			
1 Mouzon Emmanuelle	91	65.23	27-09	rcas
2 Laermans Gwenaelle	90	67.59	03-05	rsca

800 m	RC : 2.11.36			
1 Archambeau Aline	90	3.14.70	27-09	rcas

1500 m	RC : 4.30.09			
1 Vanden Broeck Nolwen	91	5.34.16	25-04	csf

3000 m	RC : 9.36.9			
1 Vanden Broeck Nolwen	91	12.04.66	16-05	usbw

100 m haies (84 cm)	RC : 13.99			
1 Mouzon Emmanuelle	91	15.23	04-07	vs
2 Archambeau Aline	90	20.24	27-09	rcas

Hauteur	RC : 1m81			
1 Archambeau Aline	90	1m50	16-05	usbw
2 Mouzon Emmanuelle	91	1m45	28-06	csdy

Longueur	RC : 6m06			
1 Mouzon Emmanuelle	91	5m31	23-06	spvi
2 Archambeau Aline	90	4m45	27-09	rcas

Perche	RC : 3m54			
1 Mouzon Emmanuelle	91	2m89	27-09	rcas

Poids (4 kg)	RC : 13m12			
1 Mouzon Emmanuelle	91	10m04	25-04	csf
2 Archambeau Aline	90	9m25	16-05	usbw

Disque (1 kg)	RC : 47m99			
1 Mouzon Emmanuelle	91	31m58	05-07	usbw

Javelot (600 gr)	RC : 38m45			
1 Mouzon Emmanuelle	91	31m57	28-06	csdy
2 Archambeau Aline	90	21m14	27-09	rcas

Heptathlon	RC : 3155 p			
1 Archambeau Aline	90	2597 p	27-09	rcas

Decathlon	RC : -			
1 Mouzon Emmanuelle	91	4863 p	27-09	rcas

**SENIORS FEMMES**

100 m	RC : 11.84			
1 Guillet Laurence	80	12.63	27-09	rcas
2 Sende Patricia	85	12.82	16-05	usbw
3 Dewitte Valerie	80	13.02	08-08	vita
4 Brion Sophie	85	13.38	25-04	csf
5 Mandler Manon	89	14.72	25-04	csf
6 Reynaerts Stephanie	80	15.81	30-05	csf

200 m	RC : 24.03			
1 Guillet Laurence	80	26.02	29-08	achl
2 Dewitte Valerie	80	26.65	04-08	vs
3 Brion Sophie	85	27.40	21-06	rcb
4 Sende Patricia	85	27.95	09-05	cabw

300 m	RC : 39.65			
1 Guillet Laurence	80	41.97	16-08	oeh
2 Dewitte Valerie	80	42.04	27-09	usbw
3 Brion Sophie	85	46.32	23-06	spvi

400 m	RC : 56.03			
1 Dewitte Valerie	80	58.55	08-08	vita
2 Guillet Laurence	80	59.59	06-06	dcla
2 Brion Sophie	85	69.05	27-09	rcas
3 Sende Patricia	85	70.99	10-04	ws
4 Reynaerts Stephanie	80	91.69	27-09	rcas

800 m	RC : 2.05.9			
1 Adam Benedicte	78	2.22.97	16-05	usbw
2 Guillet Laurence	80	2.28.48	30-08	achl

1500 m	RC : 4.12.85			
1 Guillet Laurence	80	5.27.13	27-09	rcas
2 Bechet Barbara	83	5.49.90	16-05	usbw
3 Brion Sophie	85	7.07.40	27-09	rcas
4 Reynaerts Stephanie	80	7.49.47	27-09	rcas

5000 m	RC : 15.41.24			
1 Coukard Deborah	80	25.07.59	27-06	csf

1 heure	RC : 12.936 m			
1 Coukard Deborah	80	11.218 m	26-04	iaac

100 m haies (84 cm)	RC : 13.82			
1 Guillet Laurence	80	14.28	16-05	usbw
2 Brion Sophie	85	17.50	27-09	rcas
3 Reynaerts Stephanie	80	22.15	27-09	rcas

400 m haies (76 cm)	RC : 60.08			
1 Guillet Laurence	80	62.53	13-06	smac

Hauteur	RC : 1m95			
1 Guillet Laurence	80	1m52	27-09	rcas
2 Brion Sophie	85	1m34	27-09	rcas
Reynaerts Stephanie	80	1m34	27-09	rcas

Longueur	RC : 6m28			
1 Guillet Laurence	80	5m03	27-09	rcas
2 Brion Sophie	85	4m44	27-09	rcas
3 Reynaerts Stephanie	80	4m00	27-09	rcas

Perche	RC : 3m54			
1 Lilien Anouk	78	3m00	01-05	vs
2 Guillet Laurence	80	2m39	27-09	rcas
3 Brion Sophie	85	1m89	27-09	rcas

Poids (4 kg)	RC : 13m12			
1 Reynaerts Stephanie	80	9m98	25-04	csf
2 Adam Benedicte	78	9m50	25-04	csf
3 Guillet Laurence	80	8m68	11-08	spvi
4 Brion Sophie	85	6m10	27-09	rcas

Disque (1 kg)	RC : 47m99			
1 Reynaerts Stephanie	80	33m91	16-05	usbw
2 Adam Benedicte	78	23m68	25-04	csf
3 Guillet Laurence	80	21m59	27-09	rcas
4 Brion Sophie	85	16m97	27-09	rcas

Javelot (600 gr)	RC : 38m45			
1 Reynaerts Stephanie	80	32m12	11-10	rsca
2 Adam Benedicte	78	31m65	09-05	cabw
3 Guillet Laurence	80	28m46	27-09	rcas
4 Brion Sophie	85	16m62	25-04	csf

Marteau (4 kg)	RC : 56m30			
1 Reynaerts Stephanie	80	28m41	11-10	rsca
2 Adam Benedicte	78	20m63	11-10	rsca

Heptathlon	RC : 4722 p			
1 Guillet Laurence	80	4382 p	30-08	achl

## RESC OUTDOOR 2009

Decathlon		RC : 5257 p			
1	Guillet Laurence	80	5847 p	27-09	rcas
2	Brion Sophie	85	3570 p	27-09	rcas
3	Reynaerts Stephanie	80	2772 p	27-09	rcas
4 x 100 m		RC : 46.95			
Sende, Dewitte, Brion, Mouzon		50.59		16-05	usbw
4 x 200 m		RC : 1.38.53			
Sende, Dewitte, Brion, Guillet		1.46.22		20-09	avt
4 x 400 m		RC : 3.54.68			
Dewitte, Adam, Van Damme, Guillet		4.03.68		16-05	usbw
Ekiden		RC : 3:10:19			
Bechet, Aron, Adam					
De Buyst, Demol, Vanden Broeck		3:36:01		26/09	bxl

### MASTERS FEMMES

100 m		RC : 13.37			
1	Boonaert Caroline	64	14.59	03-10	resc
2	De Buyst Nadia	73	16.01	25-04	csf
300 m		RC : -			
1	Boonaert Caroline	64	50.11	23-06	spvi
400 m		RC : 73.15			
1	Boonaert Caroline	64	74.11	14-06	hf
800 m		RC : 2.23.91			
1	Aron Sabine	71	3.22.67	14-06	hf
3000 m		RC : 10.34.47			
1	Demol Corine	68	12.41.01	25-04	csf
Marathon		RC : 3:59:54			
1	Demol Corine	68	3:39:25	05-04	NED
2	Aaron Sabine	71	4:07:22	05-04	NED
3	De Buyst Nadia	73	4:16:05	01-11	USA
Hauteur		RC : 1m25			
1	De Buyst Nadia	73	1m25	14-06	hf
Longueur		RC : 5m26			
1	De Buyst Nadia	73	3m69	14-06	hf
Poids (4 kg)		RC : 8m36			
1	Quicke Evelyne	57	7m96	25-04	csf
2	De Buyst Nadia	73	7m31	05-07	usbw
3	Bosson Karin	66	5m44	14-06	hf
Disque (1 gk)		RC : 27m03			
1	De Buyst Nadia	73	27m02	05-07	usbw
2	Quicke Evelyne	57	24m38	14-06	hf
Javelot (600 gr)		RC : 23m46			
1	Quicke Evelyne	57	21m92	14-06	hf
2	De Buyst Nadia	73	20m06	25-04	csf
4 x 100 m		RC : 60.28			
De Buyst, Quicke, Castellana, Boonaert		62.53		14-06	hf

### BENJAMINS GARCONS

60 m		RC : 9.17			
1	Stodolski Michael	00	9.28	27-09	rcas
2	Boot Nathan	01	10.79	21-07	vs
3	Montilla Alexis	02	10.95	27-09	rcas
4	Badji Toumane	01	11.11	03-10	resc
5	Wolter Sylvain	00	11.24	29-08	spvi

6	Ould Kerkoub Yonas	00	11.36	26-04	iaac
7	La Rose Dorian	01	11.44	10-04	ws

### 600 m

1	Stodolski Michael	00	2.09.39	01-05	ea
2	Boot Nathan	01	2.18.84	01-05	ea
3	Montilla Alexis	02	2.19.51	09-05	lyra
4	Wolter Sylvain	00	2.28.13	09-05	lyra
5	Badji Toumane	01	2.30.92	11-07	vita
6	Ould Kerkoub Yonas	00	2.33.67	23-05	lebb

### Hauteur

RC : 1m25

1	Stodolski Michael	00	1m18	17-10	rcb
2	Badji Toumane	01	0m91	10-04	ws
3	Ould Kerkoub Yonas	00	0m85	26-04	iaac
4	Wolter Sylvain	00	0m81	10-04	ws
5	Montilla Alexis	02	0m80	04-10	csdy

### Longueur

RC : 4m19

1	Stodolski Michael	00	3m97	19-09	rcas
2	Badji Toumane	01	3m19	05-09	lebb
3	Ould Kerkoub Yonas	00	3m13	03-04	resc
4	Wolter Sylvain	00	2m96	23-05	lebb
5	Boot Nathan	01	2m95	01-05	ea
6	Delarge Mathieu	00	2m92	03-04	resc
7	Montilla Alexis	02	2m79	31-10	csf
8	La Rose Dorian	01	2m71	30-05	csf
9	Lakbiach Ilias	00	2m36	03-04	resc
10	Echaibi Imran	01	2m32	03-04	resc

### Poids (1 kg)

RC : 11m68

1	Stodolski Michael	00	9m66	30-08	ws
2	Wolter Sylvain	00	6m63	14-06	vs
3	Montilla Alexis	02	6m19	18-10	ws
4	Delarge Mathieu	00	5m64	03-04	resc
5	Boot Nathan	01	5m56	21-07	vs
6	Lakbiach Ilias	00	5m52	03-04	resc
7	La Rose Dorian	01	5m47	03-04	resc
8	Ould Kerkoub Yonas	00	5m12	03-04	resc
9	Echaibi Imran	01	4m10	03-04	resc

### Balle de hockey

RC : 40m13

1	Stodolski Michael	00	32m20	27-09	rcas
2	Wolter Sylvain	00	26m99	30-05	csf
3	Montilla Alexis	02	21m71	17-10	rcb
4	Badji Toumane	01	16m43	21-05	vmol
5	Boot Nathan	01	14m62	01-05	ea
6	Ould Kerkoub Yonas	00	13m37	20-06	dacm

### Triathlon

RC : 1320 p

1	Stodolski Michael	00	1263 p	06-06	rcas
2	Montilla Alexis	02	734 p	18-10	ws
3	Boot Nathan	01	533 p	21-07	vs
4	Wolter Sylvain	00	481 p	06-06	rcas
5	Ould Kerkoub Yonas	00	454 p	26-04	iaac
6	Badji Toumane	01	345 p	17-10	rcb

### Tetrathlon (600 m)

RC : -

1	Stodolski Michael	00	1311 p	01-05	ea
2	Boot Nathan	01	755 p	01-05	ea
3	Montilla Alexis	02	745 p	21-07	vs
4	Wolter Sylvain	00	662 p	01-05	ea

### PUPILLES GARCONS

### 60 m

RC : 8.44

1	Montilla Dimitri	98	8.79	13-04	vita
2	Tasiaux Jonathan	98	9.45	30-05	csf
3	Michiels Mathias	98	9.62	29-08	spvi
4	Petitjean Nicolas	99	9.83	26-04	iaac
5	De Ridder Nathan	99	10.80	27-09	rcas

## RESC OUTDOOR 2009

1000 m		RC : 3.17.22			
1	Montilla Dimitri	98	3.14.18	19-09	rcas
2	Tasiaux Jonathan	98	3.57.21	10-04	ws
3	Petitjean Nicolas	99	3.59.28	03-10	resc
4	De Ridder Nathan	99	4.04.92	10-04	ws
5	Michiels Mathias	98	4.12.84	03-10	resc

60 m haies (76 cm)		RC : 10.0			
1	Montilla Dimitri	98	10.69	14-06	vs

Hauteur		RC : 1m48			
1	Montilla Dimitri	98	1m49	17-10	rcb
2	Petitjean Nicolas	99	1m23	26-04	iaac
3	Verlinden Quentin	99	1m05	03-04	resc
4	Tasiaux Jonathan	98	1m02	26-04	iaac
5	Gonzalez Nicolas	98	1m00	03-04	resc

Longueur		RC : 4m75			
1	Montilla Dimitri	98	4m71	03-04	resc
2	Tasiaux Jonathan	98	3m60	03-04	resc
3	Gonzalez Nicolas	98	3m59	03-04	resc
4	Michiels Matthias	98	3m53	29-08	spvi
5	Petitjean Nicolas	99	3m51	31-10	csf
6	Labalue Simon	99	3m12	03-04	resc
7	De Ridder Nathan	99	3m05	27-09	rcas
	Verlinden Quentin	99	3m05	03-04	resc
9	Diallo Zakarya	99	2m89	03-04	resc
10	Desmet Raven	98	2m81	03-04	resc
11	Amara Abdelillah	98	2m69	03-04	resc

Poids (2 kg)		RC : 11m71			
1	Montilla Dimitri	98	11m08	11-10	rsca
2	Petitjean Nicolas	99	7m42	05-09	lebb
3	Tasiaux Jonathan	98	5m45	10-04	ws
4	De Ridder Nathan	99	3m96	06-06	spvi

Disque (600 gr)		RC : 31m14			
1	Montilla Dimitri	98	30m30	11-10	rsca
2	Petitjean Nicolas	99	17m26	05-09	lebb
3	Tasiaux Jonathan	98	10m94	06-06	rcas
4	Gonzalez Nicolas	98	10m78	03-04	resc
5	De Ridder Nathan	99	8m68	03-04	resc
6	Amara Abdelillah	98	8m68	03-04	resc

Balle de hockey		RC : 46m50			
1	Montilla Dimitri	98	46m10	04-10	csdy
2	Tasiaux Jonathan	98	27m12	27-09	rcas
3	Petitjean Nicolas	99	26m79	11-09	csf
4	Michiels Mathias	98	19m01	30-05	csf
5	De Ridder Nathan	99	13m96	27-09	rcas

Tetrathlon		RC : 2307 p			
1	Montilla Dimitri	98	2516 p	17-10	rcb
2	Petitjean Nicolas	99	1574 p	26-04	iaac
3	Tasiaux Jonathan	98	1231 p	27-09	rcas
4	Michiels Mathias	98	1027 p	30-05	csf
5	De Ridder Nathan	99	838 p	27-09	rcas

### MINIMES GARCONS

80 m		RC : 9.66			
1	Vandenhoeke Victor	96	10.79	21-05	vmol
2	Potemans Anton	96	10.91	19-09	rcas
3	Vandenhoeke Arthur	96	10.97	19-09	rcas
4	Van Cauter Guillian	96	11.12	19-09	rcas
5	Hoorens Christopher	97	11.28	03-10	resc
6	Gaban Renaud	96	11.52	03-10	resc
7	Bonkain Gilles	96	11.63	03-10	resc
8	Petitjean Simon	96	11.74	05-09	lebb
9	Jacobs Maxime	96	11.88	21-05	vmol
10	Mouraux Adib	97	12.61	06-06	spvi
11	Verburgt Tom	96	12.74	06-06	spvi

12	Hoorens Anthony	97	13.02	03-05	rsca
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150 m		RC : 18.43			
1	Vandenhoeke Arthur	96	20.58	21-06	rcb
2	Vandenhoeke Victor	96	20.79	21-06	rcb
3	Potemans Anton	96	20.81	10-10	csf
4	Van Cauter Guillian	96	21.10	05-07	mac
5	Hoorens Christopher	97	22.21	30-08	ws
6	Petitjean Simon	96	22.60	05-09	lebb
7	Verburgt Tom	96	23.96	05-07	mac
8	Mouraux Adib	97	24.67	05-07	mac
9	Hoorens Anthony	97	25.35	03-05	rsca

300 m		RC : 41.31			
1	Potemans Anton	96	45.91	31-10	csf
2	Van Cauter Guillian	96	46.90	11-07	vita
3	Petitjean Simon	96	48.11	11-07	vita
4	Mouraux Adib	97	51.08	29-08	spvi
5	Verburgt Tom	96	55.77	11-07	vita
6	Jacobs Maxime	96	57.10	31-10	csf

1000 m		RC : 3.02.09			
1	Van Cauter Guillian	96	3.10.76	19-09	rcas
2	Petitjean Simon	96	3.13.93	03-10	resc
3	Potemans Anton	96	3.18.01	06-09	vita
4	Vandenhoeke Arthur	96	3.19.96	27-06	bbs
5	Mouraux Adib	97	3.38.39	20-06	dacm
6	Verburgt Tom	96	3.40.06	06-06	spvi
7	Ramessur Nathan	96	3.41.87	06-06	rcas
8	Gaban Renaud	96	3.44.87	30-05	csf
9	Hoorens Christopher	97	3.46.27	27-09	rcas
10	Hoorens Anthony	97	3.48.02	06-06	spvi
11	Vandenhoeke Victor	96	3.50.41	26-04	iaac
12	Jacobs Maxime	96	4.12.00	06-06	spvi

80 m haies (84 cm)		RC : 12.00			
1	Potemans Anton	96	14.15	12-09	rcas
2	Verburgt Tom	96	15.79	12-09	rcas
3	Petitjean Simon	96	16.52	14-06	vs
4	Hoorens Christopher	97	16.64	27-09	rcas
5	Vandenhoeke Arthur	96	16.73	21-06	rcb
6	Vandenhoeke Victor	96	16.84	21-06	rcb
7	Ramessur Nathan	96	18.10	06-06	rcas
8	Van Cauter Guillian	96	18.16	01-05	ea

150 m haies (76 cm)		RC : 20.97			
1	Potemans Anton	96	21.71	03-10	resc
2	Vandenhoeke Arthur	96	22.43	03-10	resc
3	Vandenhoeke Victor	96	22.65	03-10	resc
4	Van Cauter Guillian	96	23.25	11-07	vita
5	Petitjean Simon	96	23.48	03-10	resc
6	Bonkain Gilles	96	23.83	03-10	resc
7	Verburgt Tom	96	24.71	11-07	vita
8	Gaban Renaud	96	25.52	03-10	resc
9	Jacobs Maxime	96	26.50	21-05	vmol
10	Mouraux Adib	97	26.99	29-08	spvi

Hauteur		RC : 1m70			
1	Verburgt Tom	96	1m48	06-06	spvi
2	Potemans Anton	96	1m43	11-07	vita
3	Vandenhoeke Victor	96	1m42	26-04	iaac
4	Petitjean Simon	96	1m39	26-04	iaac
5	Vandenhoeke Arthur	96	1m33	06-06	spvi
6	Jacobs Maxime	96	1m30	06-06	spvi
	Van Cauter Guillian	96	1m30	03-04	resc
8	Kazantzis Aris	96	1m25	03-04	resc
9	Ramessur Nathan	96	1m21	06-06	rcas
10	Mouraux Adib	97	1m18	26-04	iaac

Longueur		RC : 5m73			
1	Potemans Anton	96	5m10	10-10	csf
2	Van Cauter Guillian	96	4m56	19-09	rcas
3	Hoorens Christopher	97	4m39	30-08	ws



## RESC OUTDOOR 2009

4	Petitjean Simon	96	4m33	27-06	bbs
5	Vandenhoeke Arthur	96	4m12	30-05	csf
6	Gaban Renaud	96	4m09	10-04	ws
7	Jacobs Maxime	96	3m84	31-10	csf
8	Mouraux Adib	97	3m81	20-06	dacm
9	Verburgt Tom	96	3m79	12-09	rcas
10	Vandenhoeke Victor	96	3m48	30-05	csf

Perche		RC : 2m75			
1	Verburgt Tom	96	2m40	03-10	resc
2	Vandenhoeke Arthur	96	2m30	03-10	resc
3	Potemans Anton	96	2m10	03-10	resc
4	Petitjean Simon	96	1m90	03-10	resc
	Vandenhoeke Victor	96	1m90	03-10	resc
6	Hoorens Christopher	97	1m70	03-10	resc

Poids (3 kg)		RC : 14m62			
1	Potemans Anton	96	10m69	22-08	oeh
2	Petitjean Simon	96	8m43	26-04	iaac
3	Van Cauter Guillian	96	8m41	05-07	mac
4	Verburgt Tom	96	8m04	05-07	mac
5	Hoorens Christopher	97	7m61	27-09	rcas
6	Vandenhoeke Arthur	96	7m57	19-09	rcas
7	Kazantzis Aris	96	7m01	03-04	resc
8	Vandenhoeke Victor	96	6m72	30-05	csf
9	Gaban Renaud	96	6m15	30-05	csf
10	Jacobs Maxime	96	6m10	03-04	resc
11	Hoorens Anthony	97	6m08	03-05	rsca
12	Madani Elias	96	5m90	03-04	resc
13	Ramessur Nathan	96	5m45	06-06	rcas
14	Mouraux Adib	97	4m38	03-04	resc

Disque (600 gr)		RC : 41m07			
1	Potemans Anton	96	27m38	18-10	FRA
2	Petitjean Simon	96	14m63	03-04	resc
3	Mouraux Adib	97	9m14	03-04	resc

Disque (750 gr)		RC : -			
1	Potemans Anton	96	27m14	06-09	vita
2	Van Cauter Guillian	96	23m63	05-07	mac
3	Petitjean Simon	96	21m66	05-09	lebb
4	Vandenhoeke Arthur	96	21m56	06-06	spvi
5	Verburgt Tom	96	19m53	05-07	mac
6	Mouraux Adib	97	15m62	05-07	mac
7	Jacobs Maxime	96	11m52	06-06	spvi

Javelot (400 gr)		RC : 41m62			
1	Potemans Anton	96	42m68	19-09	rcas
2	Vandenhoeke Arthur	96	33m79	19-09	rcas
3	Van Cauter Guillian	96	32m86	19-09	rcas
4	Verburgt Tom	96	22m74	05-07	mac
5	Jacobs Maxime	96	20m75	29-08	spvi
6	Hoorens Christopher	97	19m59	27-09	rcas
7	Vandenhoeke Victor	96	19m52	21-05	vmol
8	Petitjean Simon	96	19m05	05-09	lebb
9	Gaban Renaud	96	16m66	30-05	csf
10	Mouraux Adib	97	16m35	06-06	spvi

Pentathlon		RC : 3937 p			
1	Potemans Anton	96	3382 p	19-09	rcas
2	Van Cauter Guillian	96	2990 p	19-09	rcas
3	Vandenhoeke Arthur	96	2794 p	19-09	rcas
4	Petitjean Simon	96	2498 p	26-04	iaac
5	Vandenhoeke Victor	96	2231 p	26-04	iaac
6	Hoorens Christopher	97	2078 p	30-05	csf
7	Gaban Renaud	96	1936 p	30-05	csf
8	Mouraux Adib	97	1665 p	20-06	dacm
9	Jacobs Maxime	96	1552 p	30-05	csf
10	Ramessur Nathan	96	1422 p	06-06	rcas

4 x 80 m		RC : 41.24			
Jacobs, Vandenhoeke, Petitjean, Vandenhoeke					
		44.38	21-05	vmol	

### CADETS GARCONS

100 m		RC : 11.36			
1	Diallo Oumar	94	11.31	05-09	cabw
2	Elsen Daan	94	12.03	26-09	vs
3	Petitjean Mathieu	94	12.88	09-07	vita
4	Beeckman Amaury	95	13.34	31-05	achl
5	Valastro Alexandre	95	13.51	25-04	csf
6	Badji Asanti	95	13.73	19-09	mac
7	Nicodeme Romain	95	13.78	27-09	rcas
8	Segers Mathieu	94	13.92	03-10	resc
9	Van De Sype Arnaud	94	14.24	19-09	mac
10	Gonzalez Alexandre	95	14.92	25-04	csf
11	Deveen Simon	95	15.08	25-04	csf
12	De Leener Arnaud	95	16.94	25-04	csf

200 m		RC : 23.14			
1	Petitjean Mathieu	94	26.28	09-07	vita
2	Frenay Kevin	95	26.85	01-05	spa
3	Nicodeme Romain	95	28.09	28-06	csdy
4	Badji Asanti	95	29.39	25-04	csf
5	Segers Mathieu	94	29.45	30-08	ws
6	Van De Sype Arnaud	94	29.99	22-08	zele

300 m		RC : 36.86			
1	Diallo Oumar	94	35.89	16-08	oeh
2	Elsen Daan	94	41.22	23-06	spvi
3	Badji Asanti	95	43.89	31-10	csf
4	Nicodeme Romain	95	44.48	06-06	rcas
5	Petitjean Mathieu	94	44.80	06-06	rcas
6	Van De Sype Arnaud	94	47.97	19-09	mac

400 m		RC : 52.24			
1	Petitjean Mathieu	94	63.35	01-05	spa
2	Nicodeme Romain	95	64.54	03-05	rsca
3	Segers Mathieu	94	65.91	03-05	rsca

800 m		RC : 1.59.30			
1	Nicodeme Romain	95	2.29.51	13-06	vita
2	Segers Mathieu	94	2.38.37	10-10	csf
3	Van De Sype Arnaud	94	2.47.87	10-10	csf
4	Gonzalez Alexandre	95	2.48.54	01-05	spa
5	Deveen Simon	95	2.58.33	25-04	csf

1000 m		RC : 2.43.18			
1	Elsen Daan	94	3.05.22	30-08	achl
2	Nicodeme Romain	95	3.16.73	27-09	rcas
3	Segers Mathieu	94	3.18.59	03-10	resc
4	Petitjean Mathieu	94	3.21.84	03-10	resc
5	Diallo Oumar	94	3.22.80	30-08	achl
6	Van De Sype Arnaud	94	3.44.47	27-09	rcas

1500 m		RC : 4.10.9			
1	Segers Mathieu	94	5.16.73	25-04	csf
2	Nicodeme Romain	95	5.24.98	17-04	csf

2000 m		RC : -			
1	Nicodeme Romain	95	7.17.90	17-07	damp
2	Sergers Mathieu	94	7.30.85	03-04	resc

100 m haies (91 cm)		RC : 14.04			
1	Elsen Daan	94	14.17	26-09	vs
2	Diallo Oumar	94	14.75	12-09	vac
3	Beeckman Amaury	95	17.10	31-05	achl
4	Nicodeme Romain	95	17.75	27-09	rcas
5	Badji Asanti	95	18.66	25-04	csf
6	Van De Sype Arnaud	94	19.30	12-09	rcas

300 m haies (76 cm)		RC : 40.07			
1	Beeckman Amaury	95	47.19	22-08	csdy
2	Badji Asanti	95	48.54	03-10	resc
3	Van De Sype Arnaud	94	53.92	03-10	resc

## RESC OUTDOOR 2009

4	Nicodeme Romain	95	54.35	13-06	vita
<b>1500 m steeple (76 cm)</b> RC : 4.51.63					
1	Segers Mathieu	94	5.43.23	18-10	ws
2	Nicodeme Romain	95	6.08.00	19-08	vita
<b>Hauteur</b> RC : 1m91					
1	Elsen Daan	94	1m83	29-08	achl
2	Diallo Oumar	94	1m62	31-05	achl
3	Beeckman Amaury	95	1m60	23-05	rfcl
4	Van De Sype Arnaud	94	1m55	22-08	zele
5	Nicodeme Romain	95	1m46	21-06	usta
6	Dellot Jonathan	94	1m35	01-05	spa
<b>Longueur</b> RC : 6m70					
1	Diallo Oumar	94	6m12	27-06	cabw
2	Elsen Daan	94	6m05	26-09	vs
3	Nicodeme Romain	95	5m27	31-05	vs
4	Frenay Kevin	95	5m24	01-05	spa
5	Beeckman Amaury	95	4m83	31-05	achl
6	Van De Sype Arnaud	94	4m76	21-05	tact
7	Segers Mathieu	94	3m58	17-04	csf
<b>Triple saut</b> RC : 13m52					
1	Diallo Oumar	94	12m16	03-10	resc
2	Beeckman Amaury	95	10m54	03-10	resc
3	Nicodeme Romain	95	10m25	01-05	spa
4	Van De Sype Arnaud	94	10m17	30-08	ws
<b>Perche</b> RC : 3m71					
1	Elsen Daan	94	3m40	04-07	achl
2	Nicodeme Romain	95	2m80	12-09	vac
3	Beeckman Amaury	95	2m60	30-08	ws
	Diallo Oumar	94	2m60	03-10	resc
5	Petitjean Mathieu	94	2m40	03-10	resc
6	Van De Sype Arnaud	94	2m00	01-05	spa
<b>Poids (4 kg)</b> RC : 14m34					
1	Diallo Oumar	94	14m42	18-10	FRA
2	Elsen Daan	94	14m24	26-09	vs
3	Beeckman Amaury	95	12m63	18-10	FRA
4	Petitjean Mathieu	94	10m44	11-10	rsca
5	Van De Sype Arnaud	94	9m58	27-09	rcas
6	Nicodeme Romain	95	7m88	27-09	rcas
7	De Leener Arnaud	95	6m50	25-04	csf
8	Segers Mathieu	94	6m40	11-10	rsca
<b>Disque (1 kg)</b> RC : 44m92					
1	Elsen Daan	94	48m77	06-09	cabw
2	Diallo Oumar	94	35m68	25-04	csf
3	Van De Sype Arnaud	94	30m27	28-06	csdy
4	Nicodeme Romain	95	24m08	24-07	vita
5	Beeckman Amaury	95	24m02	25-04	csf
6	De Leener Arnaud	95	11m18	25-04	csf
<b>Javelot (600 gr)</b> RC : 43m57					
1	Elsen Daan	94	44m54	30-08	achl
2	Diallo Oumar	94	33m03	31-05	achl
3	Beeckman Amaury	95	32m92	10-10	csf
4	Nicodeme Romain	95	31m52	10-10	csf
5	Van De Sype Arnaud	94	31m09	28-06	csdy
6	Segers Mathieu	94	19m41	11-10	rsca
<b>Marteau (4 kg)</b> RC : 46m37					
1	Van De Sype Arnaud	94	16m65	11-10	rsca
<b>Octathlon</b> RC : 4312 p					
1	Elsen Daan	94	4868 p	30-08	achl
2	Diallo Oumar	94	4102 p	31-05	achl
3	Nicodeme Romain	95	2988 p	27-09	rcas
4	Van De Sype Arnaud	94	2287 p	31-05	achl

<b>4 x 100 m</b> RC : 45.42					
Petitjean, Beeckman, Elsen, Diallo		47.09	20-09	avt	
<b>SCOLAIRES HOMMES</b>					
<b>100 m</b> RC : 11.08					
1	Lins Sebastien	92	11.28	03-10	resc
2	Kabuya Harold	92	11.39	23-05	rfcl
3	Paulus Gary	92	11.63	23-05	rfcl
4	Che Jean Louis	92	11.69	23-05	rfcl
5	Oliveira Da Silva Raphael	92	12.24	28-08	resc
6	Castellana Bryan	92	12.38	01-05	spa
7	Ilunga Carl	93	12.67	03-10	resc
8	Denys Gregory	93	12.87	18-06	ws
9	Van De Sype Vincent	93	12.96	19-09	mac
10	Cogge Dylan	92	13.52	03-05	rsca
11	Nicodeme Thibault	92	14.37	26-09	rcas
<b>200 m</b> RC : 22.02					
1	Lins Sebastien	92	22.52	12-09	vac
2	Paulus Gary	92	23.38	23-05	rfcl
3	Kabuya Harold	92	23.68	25-04	csf
4	Che Jean Louis	92	24.50	31-05	vs
5	Castellana Bryan	92	24.90	23-05	rfcl
6	Denys Gregory	93	26.89	28-08	resc
<b>300 m</b> RC : 36.24					
1	Lins Sebastien	92	36.82	23-06	spvi
2	Denys Gregory	93	42.27	06-06	rcas
3	Van De Sype Vincent	93	42.35	06-06	rcas
<b>400 m</b> RC : 49.92					
1	Lins Sebastien	92	49.48	16-09	cabw
2	Castellana Bryan	92	57.44	01-05	spa
3	Denys Gregory	93	60.46	10-04	ws
4	Govaert Thomas	93	64.16	25-04	csf
<b>800 m</b> RC : 1.55.41					
1	Vereertbrugghen Nicolas	92	2.17.18	30-08	ws
2	Van De Sype Vincent	93	2.22.76	10-10	csf
3	Denys Gregory	93	2.37.35	30-08	ws
4	Ilunga Carl	93	2.53.06	01-05	spa
<b>1000 m</b> RC : 2.32.80					
1	Denys Gregory	93	3.16.44	03-10	resc
2	Ilunga Carl	93	3.29.66	03-10	resc
<b>1500 m</b> RC : 4.00.79					
1	Govaert Thomas	93	4.47.37	01-05	spa
2	Lins Sebastien	92	4.56.75	30-08	achl
3	Denys Gregory	93	5.05.38	21-06	rcb
4	Van De Sype Vincent	93	5.27.47	27-09	rcas
<b>Mile</b> RC : 4.52.70					
1	Denys Gregory	93	5.29.74	11-08	vita
<b>3000 m</b> RC : 8.33.14					
1	Nicodeme Thibault	92	10.25.76	28-06	csdy
2	Govaert Thomas	93	10.30.37	04-08	vs
3	Castellana Bryan	92	11.53.56	28-08	resc
<b>110 m haies (91 cm)</b> RC : 13.65					
1	Lins Sebastien	92	14.83	12-09	vac
2	Van De Sype Vincent	93	17.18	23-05	rfcl
3	Nicodeme Thibault	92	19.13	25-04	csf
4	Denys Gregory	93	20.86	27-09	rcas
<b>400 m haies (84 cm)</b> RC : 56.69					
1	Lins Sebastien	92	56.83	03-10	resc
2	Denys Gregory	93	67.83	25-04	csf



## RESC OUTDOOR 2009

2000 m steeple (91 cm) RC : 6.10.2				
1	Vereertbrugghen Nicolas	92	7.30.83	18-10 ws
2	Denys Gregory	93	7.41.39	01-05 spal
Hauteur RC : 2m05				
1	Lins Sebastien	92	1m75	16-08 oeh
2	Nicodeme Thibault	92	1m70	25-04 csf
	Van De Sype Vincent	93	1m70	25-04 csf
4	Denys Gregory	93	1m52	27-09 rcas
Longueur RC : 7m59				
1	Lins Sebastien	92	6m17	21-06 usta
2	Van De Sype Vincent	93	5m87	19-09 mac
3	Denys Gregory	93	5m39	26-06 vac
4	Castellana Bryan	92	5m03	25-04 csf
5	Nicodeme Thibault	92	3m60	26-09 rcas
Triple saut RC : 15m64				
1	Van De Sype Vincent	93	11m44	06-06 rcas
2	Denys Gregory	93	10m57	06-06 rcas
3	Nicodeme Thibault	92	10m44	25-04 csf
4	Cogge Dylan	92	10m30	01-05 spa
Perche RC : 4m36				
1	Lins Sebastien	92	3m40	29-08 achl
2	Van De Sype Vincent	93	3m00	21-05 tact
3	Denys Gregory	93	2m40	01-05 spa
Poids (5 kg) RC : 14m19				
1	Oliveira Da Silva Raphael	92	11m80	25-04 csf
2	Van De Sype Vincent	93	11m10	18-06 ws
3	Lins Sebastien	92	10m21	26-09 vs
4	Denys Gregory	93	10m17	26-06 vac
5	Castellana Bryan	92	8m90	25-04 csf
6	Nicodeme Thibault	92	7m18	26-09 rcas
7	Ilunga Carl	93	6m93	01-05 spa
Disque (1,5 kg) RC : 44m44				
1	Oliveira Da Silva Raphael	92	39m07	23-05 rfcl
2	Van De Sype Vincent	93	29m51	21-05 tact
3	Lins Sebastien	92	29m40	04-07 achl
4	Denys Gregory	93	24m04	27-09 rcas
Javelot (700 gr) RC : 52m73				
1	Van De Sype Vincent	93	43m79	10-10 csf
2	Oliveira Da Silva Raphael	92	37m30	25-04 csf
3	Lins Sebastien	92	36m00	30-08 achl
4	Denys Gregory	93	32m63	27-09 rcas
5	Nicodeme Thibault	92	27m06	28-06 csdy
Marteau (5 kg) RC : 53m41				
1	Oliveira Da Silva Raphael	92	23m66	01-05 spa
2	Van De Sype Vincent	93	21m81	11-10 rsca
3	Denys Gregory	93	18m30	11-10 rsca
Nonathlon RC : 5828 p				
1	Lins Sebastien	92	5071 p	30-08 achl
2	Van De Sype Vincent	93	3975 p	31-05 achl
3	Denys Gregory	93	3416 p	27-09 rcas
4 x 100 m RC : 43.01				
Che, Lins, Kabuya, Paulus			44.61	01-05 spa

### JUNIORS HOMMES

100 m RC : 10.71				
1	Ponce Lionel	90	11.76	13-09 dcla
2	Chioua Soufiane	91	11.89	30-05 csf
3	Caluwe Arnaud	91	11.96	04-07 vs
	De Ridder Frederic	90	11.96	21-06 rcb
5	Goffi Adrien	90	12.13	30-05 csf
6	Obinyan Raphael	91	12.34	16-08 oeh

7	Emmerechts Damien	91	12.52	25-04 csf
8	Denys Jonathan	90	12.56	13-06 vita
200 m RC : 21.0				
1	Ponce Lionel	90	23.86	13-09 dcla
2	Chioua Soufiane	91	23.91	13-06 vita
3	De Ridder Frederic	90	24.09	21-06 rcb
4	Caluwe Arnaud	91	24.50	21-05 tact
5	Obinyan Raphael	91	25.41	05-07 usbw
6	Denys Jonathan	90	25.66	05-07 usbw
300 m RC : 34.67				
1	Chioua Soufiane	91	38.21	06-06 rcas
2	De Ridder Frederic	90	38.84	03-10 resc
3	Denys Jonathan	90	43.00	06-06 rcas
400 m RC : 47.8				
1	Ponce Lionel	90	53.76	28-08 resc
2	Chioua Soufiane	91	54.44	30-05 csf
3	De Ridder Frederic	90	54.90	25-04 csf
4	Caluwe Arnaud	91	55.23	10-04 ws
5	Obinyan Raphael	91	56.01	05-07 usbw
6	Goffi Adrien	90	56.55	30-05 csf
7	Emmerechts Damien	91	57.01	25-04 csf
8	Denys Jonathan	90	58.21	10-04 ws
800 m RC : 1.52.66				
1	Denys Jonathan	90	2.17.05	16-08 oeh
1500 m RC : 3.48.9				
1	Denys Jonathan	90	4.51.31	27-09 rcas
110 m haies (100 cm) RC : 18.84				
1	Denys Jonathan	90	17.41	27-09 rcas
2	Caluwe Arnaud	91	17.48	25-04 csf
400 m haies (91 cm) RC : 51.36				
1	Denys Jonathan	90	62.51	03-10 resc
3000 m steeple (91 cm) RC : 9.31.7				
1	Denys Jonathan	90	11.43.03	18-10 ws
Hauteur RC : 2m14				
1	Caluwe Arnaud	91	1m80	25-04 csf
2	Denys Jonathan	90	1m61	26-09 rcas
Longueur RC : 7m86				
1	Caluwe Arnaud	91	5m92	25-04 csf
2	Emmerechts Damien	91	5m51	25-04 csf
3	Denys Jonathan	90	5m35	27-09 rcas
Triple saut RC : 15m79				
1	Caluwe Arnaud	91	13m24	09-05 cabw
Perche RC : 5m00				
1	Denys Jonathan	90	3m13	09-08 dac
Poids (6 kg) RC : 15m27				
1	Denys Jonathan	90	11m30	12-09 rcas
2	Emmerechts Damien	91	9m44	25-04 csf
Disque (1,75 kg) RC : 43m08				
1	Denys Jonathan	90	31m83	24-10 dacm
2	Caluwe Arnaud	91	19m60	06-06 rcas
Javelot (800 gr) RC : 53m14				
1	Denys Jonathan	90	40m63	09-08 dac
2	Emmerechts Damien	91	34m64	25-04 csf
3	Caluwe Arnaud	91	28m40	25-04 csf
Marteau (6 kg) RC : 51m82				
1	Denys Jonathan	90	26m39	11-10 rsca

## RESC OUTDOOR 2009

<b>Pentathlon</b>				
1	Denys Jonathan	90	2412 p	03-05 vita
<b>Decathlon</b> RC : 6936 p				
1	Denys Jonathan	90	4928 p	27-09 rcas
<b>4 x 100 m</b> RC : 42.37				
Chioua, De Ridder, Obinyan, Poncé		46.35	04-10	riaac
<b>4 x 400 m</b> RC : 3.17.65				
De Ridder, Chioua, Denys, Ponce		3.49.36	04-10	riaac

### SENIORS HOMMES

<b>100 m</b> RC : 10.02				
1	Broothaerts Damien	83	10.56	04-07 vs
2	Ghislain Arnaud	88	10.80	11-08 spvi
3	Destatte Arnaud	88	10.99	11-08 spvi
4	Vervloet Gregory	83	11.02	05-07 usbw
5	Beurms Julien	89	11.07	01-08 vs
6	Bux Anthony	87	11.18	25-04 csf
7	Kabuya Serge	77	11.27	09-05 cabw
8	Moral Miguel	81	11.34	25-04 csf
9	Lissassi Arnaud	76	11.38	19-09 mac
10	Diallo Saliou	85	11.41	05-09 volh
11	Naga Djihed	88	11.42	01-08 vs
12	Castermane Julien	88	11.55	04-08 vs
13	Massaad Jean	89	11.77	13-09 dcla
14	Fontenoy Serge	80	12.34	13-06 vita
15	Niyomugabo Theophile	87	12.90	09-08 ser
<b>200 m</b> RC : 20.66				
1	Ghislain Arnaud	88	21.28	08-08 vita
2	Destatte Arnaud	88	21.80	04-08 vs
3	Vervloet Gregory	83	21.84	08-08 vita
4	Beurms Julien	89	22.13	09-05 cabw
5	Bux Anthony	87	22.52	21-06 rcb
6	Destatte Cédric	84	22.66	04-08 vs
	Diallo Saliou	85	22.66	06-06 dcla
8	Castermane Julien	88	23.15	21-05 acw
9	Massaad Jean	89	24.15	28-08 resc
10	Fontenoy Serge	80	25.06	13-06 vita
11	Niyomugabo Theophile	87	26.30	09-08 ser
<b>300 m</b> RC : 33.53				
1	Destatte Arnaud	88	33.30	16-08 oeh
2	Vervloet Gregory	83	34.68	07-06 ea
3	Destatte Cedric	84	34.96	26-07 acbr
4	Maingain François	89	37.17	06-06 rcas
5	Castermane Julien	88	37.32	23-06 spvi
6	Fontenoy Serge	80	40.60	23-06 spvi
<b>400 m</b> RC : 46.47				
1	Ghislain Arnaud	88	46.59	01-08 vs
2	Destatte Arnaud	88	47.33	01-08 vs
3	Vervloet Gregory	83	48.27	01-08 vs
4	Destatte Cedric	84	49.16	01-08 vs
5	Diallo Saliou	85	49.28	01-08 vs
6	Bux Anthony	87	49.35	09-05 cabw
7	Castermane Julien	88	50.11	09-05 cabw
8	Maingain François	89	52.49	10-04 ws
9	Naga Djihed	88	54.63	27-09 rcas
10	Massaad Jean	89	56.59	30-05 csf
11	Fontenoy Serge	80	58.72	25-07 lebb
12	Niyomugabo Theophile	87	58.74	09-08 ser
<b>800 m</b> RC : 1.48.3				
1	Dewitte Sebastien	85	1.52.88	17-05 rfcl
2	Hernould Franky	86	1.53.89	01-07 FRA
3	Maingain François	89	1.58.98	21-06 rcb
4	Vastemans Vincent	80	2.24.49	25-04 csf

<b>1000 m</b> RC : 2.23.1				
1	Hernould Franky	86	2.30.37	17-04 vs
<b>1500 m</b> RC : 3.36.96				
1	Dewitte Sebastien	85	3.46.32	08-08 vita
2	Sihammane Abdeljebbar	82	3.51.77	08-08 vita
3	Hernould Franky	86	3.52.35	17-05 rfcl
4	Naga Djihed	88	5.11.88	27-09 rcas
<b>2000 m</b> RC : 5.13.09				
1	Hernould Franky	86	5.28.34	13-06 vita
<b>3000 m</b> RC : 7.47.22				
1	Sihammane Abdeljebbar	82	8.07.09	04-07 vs
2	Hernould Franky	86	8.27.43	28-07 asvo
3	Deryck Pierre	88	9.23.96	25-04 csf
4	Cool Jean Paul	88	9.38.45	28-08 resc
5	Coenraets Vincent	78	10.10.92	28-08 resc
6	Roze Steven	81	10.29.25	28-08 resc
7	Vastemans Vincent	80	11.01.87	28-08 resc
<b>5000 m</b> RC : 13.22.81				
1	Sihammane Abdeljebbar	82	14.04.38	18-07 avt
2	Philippe Jerome	73	15.18.13	17-05 rfcl
<b>Marathon</b> RC : 2:13:15				
1	Coenraets Vincent	78	2:46:26	05-04 NED
<b>110 m haies (106 cm)</b> RC : 13.48				
1	Broothaerts Damien	83	13.62	18-07 avt
2	Naga Djihed	88	18.45	27-09 rcas
<b>400 m haies (91 cm)</b> RC : 48.91				
1	Vervloet Gregory	83	53.58	01-05 vs
<b>3000 m steeple (91 cm)</b> RC : 8.24.90				
1	Sihammane Abdeljebbar	82	9.32.21	17-05 rfcl
<b>Longueur</b> RC : 7m94				
1	Naga Djihed	88	6m95	01-05 vs
2	Vervloet Gregory	83	5m77	16-09 cabw
<b>Triple saut</b> RC : 16m86				
1	Naga Djihed	88	13m27	05-07 usbw
<b>Perche</b> RC : 5m25				
1	Xhonneux Frederic	83	4m60	17-05 rfcl
2	Naga Djihed	88	3m49	27-09 rcas
<b>Poids (7,26 kg)</b> RC : 15m08				
1	Xhonneux Frederic	83	14m22	17-05 rfcl
2	Hoffman Nils	86	11m57	25-05 csf
3	Lambert John	80	11m26	09-05 cabw
4	Naga Djihed	88	8m63	27-09 rcas
<b>Disque (2 kg)</b> RC : 51m56				
1	Xhonneux Frederic	83	43m17	26-04 rfcl
2	Hoffman Nils	86	40m75	25-04 csf
3	Lambert John	80	33m53	09-05 cabw
4	Naga Djihed	88	22m05	27-09 rcas
<b>Marteau (7,26 kg)</b> RC : 61m66				
1	Hoffman Nils	86	25m88	11-10 rsca
2	Alexiou Efstratios	80	18m41	17-05 rfcl
<b>Decathlon</b> RC : 8142 p				
1	Naga Djihed	88	4400 p	27-09 rcas
<b>4 x 100 m</b> RC : 40.60				
Moral, Vervloet, Beurms, Ghislain		41.83	20-09	avt

## RESC OUTDOOR 2009

4 x 200 m	RC : 1.25.09			
Lins, Vervloet, Beurms, Ghislain	1.26.97	20-09	avt	
4 x 400 m	RC : 3.10.2			
Bux, Destatte, Destatte, Ghislain	3.13.69	17-05	rfcl	
4 x 1500 m	RC : 15.34.88			
Maingain, Dewitte, Levacq, Hernould	16.08.49	20-09	avt	
Ekiden	RC : 2:26:28			
Coenraets, Cool, Rozen				
Demol, De Ridder, Deryck	2:34:29	29-09	bxl	

### MASTERS HOMMES

100 m	RC : 12.38			
1 Maniquet Rudi	61	12.96	14-06	hf
2 Lemonnier Thierry	68	14.48	15-05	abes
200 m	RC : 24.88			
1 Maniquet Rudi	61	25.96	14-06	hf
2 Lins Alain	63	28.30	25-04	csf
3 Lemonnier Thierry	68	29.26	27-09	rcas
300 m	RC : 42.86			
1 Maniquet Rudi	61	41.09	07-06	ea
2 Lemonnier Thierry	68	47.06	15-05	abes
400 m	RC : 52.31			
1 Maniquet Rudi	61	59.90	25-04	csf
2 Lemonnier Thierry	68	63.80	30-05	cabw
3 Lins Alain	63	65.65	25-04	csf
4 Foulon Didier	73	66.56	14-06	hf
1500 m	RC : 3.56.74			
1 Lemonnier Thierry	68	5.09.93	27-09	rcas
2 Bechet Jean Pierre	56	5.16.68	14-06	csf
3000 m	RC : 9.41.58			
1 Demol Guy	53	10.30.60	28-08	resc
2 Lemonnier Thierry	68	11.15.00	25-04	csf
3 Foulon Didier	73	11.30.21	14-06	hf
4 Caluwe Luc	61	11.59.16	25-04	csf
5000 m	RC : 16.02.69			
1 Demol Guy	53	17.57.30	14-06	hf
1 heure	RC : 17.309 m			
1 Foulon Didier	73	11.224 m	26-04	iaac
Marathon	RC : 2:32:05			
1 Demol Guy	53	2:44:47	05-04	NED
400 m haies (914 cm)	RC : -			
1 Lemonnier Thierry	68	77.44	08-08	vita
Hauteur	RC : 1m75			
1 Caluwe Luc	61	1m20	14-06	hf
Longueur	RC : 6m65			
1 Lemonnier Thierry	68	4m34	27-09	rcas
2 Caluwe Luc	61	3m93	14-06	hf
Poids (7,26 kg)	RC : 15m08			
1 Denys Jacques	59	8m81	21-06	rcb
2 Lemonnier Thierry	68	7m78	16-05	abes
3 De Buyst Francis	52	5m60	14-06	hf
Poids (6 kg)	RC : -			
1 Denys Jacques	59	9m27	24-10	dacm

Disque (2 kg)	RC : 51m56				
1 Denys Jacques	59	24m65	06-06	rcas	
2 Lemonnier Thierry	68	16m76	08-08	vita	
Disque (1,5 kg)	RC : -				
1 Denys Jacques	59	28m95	23-06	spvi	
Javelot (800 gr)	RC : 62m75				
1 Parfenov Vladimir	70	60m21	17-05	rfcl	
2 Paulus Christian	61	28m36	14-06	hf	
3 Lemonnier Thierry	68	26m29	08-08	vita	
4 Denys Jacques	59	21m80	05-07	usbw	
Pentathlon	RC : -				
1 Lemonnier Thierry	68	1452 p	29-08	achl	
4 x 400 m	RC : 4.01.44				
Maniquet, Foulon, Demol, Caluwe	4.39.58	14-06	hf		