

**Palmares 2010 outdoor.**

**BENJAMINES FILLES**

60 m		RC : 9.2			
1	Vanden Broeck Anaelle	02	11.98	08-05	resc
2	Pieters Coralie	02	12.60	16-04	ws
3	M'Rini Nihed	02	13.01	08-05	resc
1000 m		RC : 3.48.40			
1	Vanden Broeck Anaelle	02	4.32.73	08-05	resc
Hauteur		RC : 1m18			
1	Diallo Hadaya	01	0m90	02-04	resc
Longueur		RC : 3m88			
1	Vanden Broeck Anaelle	02	2m10	08-05	resc
2	M'Rini Nihed	02	1m91	08-05	resc
Poids (1 kg)		RC : 8m63			
1	Diallo Hadaya	01	4m14	02-04	resc
2	Pieters Coralie	02	3m42	16-04	ws
3	M'Rini Nihed	02	2m64	02-04	resc

**PUPILLES FILLES**

60 m		RC : 8.5			
1	Henry Morgane	99	9.68	23-05	riaac
2	Muls Camille	99	9.79	23-05	riaac
3	Beyaert Amelie	00	10.37	08-05	resc
	Nkandu Mupandi Alice	99	10.37	21-07	vs
5	Visart Tessa	99	10.62	08-05	resc
6	Romain Auriane	00	11.19	08-05	resc
1000 m		RC : 3.27.87			
1	Muls Camille	99	3.43.79	29-05	csf
2	Henry Morgane	99	3.58.56	08-05	resc
3	Beyaert Amelie	00	4.05.76	08-05	resc
4	Aragones Elena	00	4.06.32	08-05	resc
5	Nkandu Mupandi Alice	99	4.15.16	21-07	vs
6	Romain Auriane	00	4.31.61	08-05	resc
60 haies (76 cm)		RC : 10.8			
1	Henry Morgane	99	13.26	18-09	ea
Hauteur		RC : 1m33			
1	Henry Morgane	99	1m12	19-06	rcb
2	Muls Camille	99	1m05	29-05	csf
3	Merino Noelia	99	0m90	16-04	ws
Longueur		RC : 4m48			
1	Muls Camille	99	3m66	23-05	riaac
2	Henry Morgane	99	3m18	23-05	riaac
3	Beyaert Amelie	00	2m87	28-08	spvi
4	Aragones Elena	00	2m76	02-10	csf
5	Romain Auriane	00	2m33	08-05	resc
Poids (2 kg)		RC : 9m75			
1	Nkandu Mupandi Alice	99	5m20	21-07	vs
2	Muls Camille	99	5m09	23-05	riaac
3	Henry Morgane	99	4m68	29-05	csf
4	Beyaert Amelie	00	4m55	23-05	riaac
5	Aragones Elena	00	3m37	02-04	resc
Tétrathlon		RC : 1935 p			
1	Muls Camille	99	1465 p	23-05	riaac
2	Henry Morgane	99	1233 p	23-05	riaac
3	Nkandu Mupandi Alice	99	867 p	21-07	vs
4	Beyaert Amelie	00	769 p	23-05	riaac

**MINIMES FILLES**

80 m		RC : 10.4			
1	Van Der Veken Cindy	97	10.90	03-07	grim
2	Briand Celine	97	11.12	19-06	vita
3	Van Der Veken Noemie	97	11.22	10-10	riaac
4	Lecomte Christina	98	11.36	16-10	ws
5	Van De Sype Chloe	97	11.80	31-10	rsca
6	Montilla Morgane	98	11.88	09-10	rcb
7	Lecocq Elodie	97	12.22	13-06	vs
8	Gelabert Hulya	98	12.73	16-04	ws
9	Van Hove Lisa	98	12.75	16-04	ws
10	De Backer Tatiana	98	13.22	23-05	riaac
150 m		RC : 20.13			
1	Briand Celine	97	20.42	19-06	vita
2	Van Der Veken Cindy	97	20.81	10-10	riaac
3	Van Der Veken Noemie	97	21.10	10-07	lier
4	Robert Emma	98	21.32	10-10	riaac
5	Lecomte Christina	98	21.99	10-10	riaac
6	Montilla Morgane	98	22.53	12-06	vac
7	Van De Sype Chloe	97	22.96	12-09	vita
8	Lecocq Elodie	97	22.98	08-05	resc
9	Gelabert Hulya	98	23.69	08-05	resc
10	Echaibi Yousra	97	25.11	08-05	resc
11	De Backer Tatiana	98	25.39	08-05	resc
300 m		RC : 44.36			
1	Van Der Veken Cindy	97	46.52	31-10	rsca
2	Van Der Veken Noemie	97	46.92	31-10	rsca
3	Montilla Morgane	98	47.95	31-10	rsca
4	Van De Sype Chloe	97	48.14	31-10	rsca
1000 m		RC : 3.14.33			
1	Montilla Morgane	98	3.30.90	09-10	rcb
2	Lecomte Christina	98	3.42.14	16-10	ws
3	Van De Sype Chloe	97	3.45.15	30-10	rcas
4	Van Der Veken Cindy	97	3.53.24	05-06	usta
5	Van Der Veken Noemie	97	3.58.88	26-09	usbw
6	De Backer Tatiana	98	4.08.54	23-05	riaac
60 haies (76 cm)		RC : 10.05			
1	Van Der Veken Cindy	97	10.37	01-08	oeh
2	Van Der Veken Noemie	97	10.42	02-10	csf
3	Lecomte Christina	98	10.68	02-10	csf
4	Van De Sype Chloe	97	10.95	02-10	csf
5	Briand Celine	97	11.18	08-05	resc
6	Montilla Morgane	98	11.65	02-10	csf
7	Robert Emma	98	12.78	08-05	resc
8	Gelabert Hulya	98	13.13	08-05	resc
9	De Backer Tatiana	98	13.79	19-06	rcb
150 m haies (76 cm)		RC : 23.25			
1	Van Der Veken Cindy	97	22.78	22-05	smac
2	Van Der Veken Noemie	97	24.83	06-08	damp
3	Lecomte Christina	98	25.47	18-09	ea
4	Van De Sype Chloe	97	25.64	14-08	vs
5	Montilla Morgane	98	25.94	13-06	vs
6	Gelabert Hulya	98	26.44	16-04	ws
7	De Backer Tatiana	98	29.07	18-09	ea
Hauteur		RC : 1m57			
1	Van Der Veken Cindy	97	1m42	05-06	usta
2	Van Der Veken Noemie	97	1m36	16-10	ws
3	Lecomte Christina	98	1m33	16-10	ws
	Montilla Morgane	98	1m33	30-10	rcas
5	Van De Sype Chloe	97	1m30	03-07	aco
6	De Backer Tatiana	98	1m23	19-06	rcb
7	Gelabert Hulya	98	1m10	02-04	resc

## Palmares 2010 outdoor.

Longueur		RC : 5m00			
1	Van Der Veken Noemie	97	4m54	10-10	riaac
2	Van Der Veken Cindy	97	4m48	21-07	vs
3	Lecomte Christina	98	4m43	02-10	csf
4	Van De Sype Chloe	97	4m37	19-06	rcb
5	Montilla Morgane	98	4m26	25-09	rcas
6	Briand Celine	97	4m16	08-05	resc
7	Robert Emma	98	3m83	08-05	resc
8	De Backer Tatiana	98	3m65	23-05	riaac
9	Lecocq Elodie	97	3m62	08-05	resc
10	Gelabert Hulya	98	3m23	16-04	ws
11	Van Hove Lisa	98	3m21	16-04	ws
12	Bah Yaye Binta	97	3m18	08-05	resc
13	Echaibi Yousra	97	3m10	08-05	resc

Perche		RC : 2m40			
1	Van De Sype Chloe	97	2m43	02-10	csf
2	Van Der Veken Noemie	97	2m00	14-08	vs
3	Montilla Morgane	98	1m40	04-09	vac

Poids (2 kg)		RC : 13m12			
1	Van De Sype Chloe	97	11m79	25-09	cabw
2	Montilla Morgane	98	9m39	12-09	vita
3	Van Der Veken Noemie	97	9m19	29-05	csf
4	Van Der Veken Cindy	97	9m05	20-06	csf
5	Lecomte Christina	98	7m92	25-09	rcas
6	Gelabert Hulya	98	7m77	02-04	resc
7	De Backer Tatiana	98	7m01	23-05	riaac
8	Briand Celine	97	6m43	18-04	rsca

Disque (600 gr)		RC : 32m53			
1	Van Der Veken Noemie	97	30m28	25-09	cabw
2	Montilla Morgane	98	27m01	03-10	moha
3	Van De Sype Chloe	97	24m63	30-10	rcas
4	Van Der Veken Cindy	97	19m85	30-10	rcas

Disque (750 gr)		RC : -			
1	Montilla Morgane	98	24m14	18-09	ea
2	Van Der Veken Noemie	97	23m66	24-04	usbw
3	Van De Sype Chloe	97	23m51	22-05	vita
4	Van Der Veken Cindy	97	19m76	24-04	usbw
5	Lecomte Christina	98	17m94	04-09	vac
6	De Backer Tatiana	98	11m86	04-09	vac

Javelot (400 gr)		RC : 31m01			
1	Van De Sype Chloe	97	26m45	10-10	riaac
2	Montilla Morgane	98	25m38	17-10	rsca
3	Lecomte Christina	98	24m11	19-09	acw
4	Van Der Veken Noemie	97	22m10	17-10	rsca
5	Van Der Veken Cindy	97	18m50	03/10	moha
6	De Backer Tatiana	98	15m63	23-05	riaac

Pentathlon		RC : 3021 p			
1	Van De Sype Chloe	97	2576 p	30-10	rcas
2	Van Der Veken Cindy	97	2556 p	21-07	vs
3	Lecomte Christina	98	2502 p	16-10	ws
4	Montilla Morgane	98	2401 p	25-09	rcas
5	Van Der Veken Noemie	97	2298 p	16-10	ws
6	De Backer Tatiana	98	1500 p	23-05	riaac

4 x 80 m		RC : 42.79			
Van Der Veken, Montilla, Lecomte, Van Der Veken					
			45.52	12-09	vita

3 x 600 m		-			
Lecomte, Montilla, De Backer					
			6.21.61	18-09	ea

### CADETTES FILLES

100 m		RC : 12.64			
1	Klai Anissa	96	13.45	10-10	riaac
2	Badji Jalika	96	13.71	10-10	riaac
3	Guisse Saliyya	96	13.79	08-05	resc
4	Legein Emilie	95	14.49	24-05	vs
5	Imbo Kristel	96	14.88	18-09	mac
6	Lucion Sophie	95	15.62	24-04	csf
7	Nobels Laure	95	15.85	24-04	csf
8	Yousfi Jaidi Yousra	96	15.88	08-05	resc
9	Moulila Maryam	96	16.08	08-05	resc
10	Muls Pauline	96	16.36	08-05	resc

200 m		RC : 26.14			
1	Klai Anissa	96	27.76	11-09	smac
2	Badji Jalika	96	29.04	24-04	csf
3	Legein Emilie	95	29.80	24-05	vs
4	Guisse Saliyya	96	30.10	18-04	rsca
5	Nobels Laure	95	31.92	24-04	csf
6	Imbo Kristel	96	32.24	14-08	vs

300 m		RC : 42.65			
1	Imbo Kristel	96	50.44	30-10	rcas
2	Legein Emilie	95	50.98	30-10	rcas

400 m		RC : 57.61			
1	Klai Anissa	96	60.90	16-10	ws
2	Badji Jalika	96	63.75	08-05	resc
3	Imbo Kristel	96	69.42	21-08	csdy
4	Legein Emilie	95	72.18	01-05	csf

800 m		RC : 2.22.8			
1	Tshiasuma Jessie	96	2.24.77	31-10	rsca
2	Imbo Kristel	96	2.47.07	31-10	rsca
3	Van Ransbeek Celine	96	2.53.26	24-04	csf
4	Muls Pauline	96	3.03.56	08-05	resc
5	Lucion Sophie	95	3.17.67	24-04	csf

1000 m		RC : 3.12.93			
1	Tshiasuma Jessie	96	3.09.50	22-06	spvi
2	Imbo Kristel	96	4.04.0	22-06	spvi

1500 m		RC : 5.02.54			
1	Tshiasuma Jessie	96	4.59.25	04-09	vs
2	Imbo Kristel	96	6.14.76	30-10	rcas

Mile		RC : 5.56.70			
1	Imbo Kristel	96	6.53.87	31-07	aca

80 m haies (76 cm)		RC : 11.95			
1	Badji Jalika	96	14.31	24-04	csf
2	Imbo Kristel	96	16.33	26-09	rcas

300 m haies (76 cm)		RC : 45.51			
1	Badji Jalika	96	49.06	29-05	herv
2	Imbo Kristel	96	53.99	21-08	csdy

1500 m steeple (76 cm)		RC : 6.17.24			
1	Imbo Kristel	96	6.31.72	16-10	ws

Hauteur		RC : 1m68			
1	Benachem Nisrine	96	1m40	24-04	csf
2	Imbo Kristel	96	1m30	02-10	csf
3	Benachem Majdouline	96	1m20	24-04	csf

Longueur		RC : 5m74			
1	Guisse Saliyya	96	4m44	01-05	csf
2	Imbo Kristel	96	4m04	25-08	vita
3	Badji Jalika	96	3m92	08-05	resc
4	Benachem Majdouline	96	3m78	24-04	csf
5	Legein Emilie	95	3m57	24-04	csf

## Palmares 2010 outdoor.

6 Muls Pauline	96	3m37	08-05	resc
<b>Triple saut</b>		RC : 11m71		
1 Imbo Kristel	96	7m88	28-08	ws
<b>Perche</b>		RC : 3m26		
1 Imbo Kristel	96	2m50	05-09	vs
<b>Poids (3 kg)</b>		RC : 12m10		
1 Imbo Kristel	96	8m32	03-10	zwat
2 Legein Emilie	95	6m43	24-04	csf
3 Guisse Saliyya	96	5m86	18-04	rsca
<b>Disque (1kg)</b>		RC : 37m60		
1 Imbo Kristel	96	20m06	18-09	mac
2 Tshiasuma Jessie	96	15m19	24-04	csf
<b>Javelot (500 gr)</b>		RC : 36m86		
1 Imbo Kristel	96	23m66	17-10	rsca
2 Klai Anissa	96	22m77	10-10	riaac
<b>Marteau (3 kg)</b>		RC : 32m60		
1 Imbo Kristel	96	13m59	17-10	rsca
<b>Hexathlon</b>		RC : 3625 p		
1 Imbo Kristel	96	2151 p	26-09	rcas
<b>4 x 200 m</b>		RC : 1.59.87		
<b>Imbo, Badji, Legein, Klai</b>		<b>1.54.89</b>	<b>10-10</b>	<b>riaac</b>
<b>Relais suédois</b>		RC : -		
<b>Badji, Klai, Guisse, Legein</b>		<b>2.32.85</b>	<b>01-05</b>	<b>csf</b>

### SCOLAIRES FEMMES

<b>100 m</b>		RC : 12.41		
1 Diwani Alison	93	13.12	15-05	bbs
2 Lins Noemie	94	13.57	22-05	rfcl
3 Brutus Aurelie	93	14.28	08-05	resc
<b>200 m</b>		RC : 25.1		
1 Lins Noemie	94	27.90	29-05	herv
2 Diwani Alison	93	28.07	01-05	csf
3 Vlerick Ophelia	94	28.82	24-04	csf
4 Brutus Aurelie	93	29.31	29-05	herv
5 Kazadi Gladys	94	29.96	29-05	herv
6 Murerwa Larissa	94	31.12	24-04	csf
7 Guisse Shaena	94	31.99	18-04	rsca
<b>300 m</b>		RC : 39.65		
1 Guisse Shaena	94	52.61	10-04	achl
<b>400 m</b>		RC : 56.03		
1 Lins Noemie	94	66.94	08-05	resc
2 Murerwa Larissa	94	68.54	01-05	csf
3 Van Der Perren Jessica	94	73.57	11-09	smac
4 Guisse Shaena	94	75.18	08-08	resc
<b>800 m</b>		RC : 2.15.6		
1 Murerwa Larissa	94	2.34.74	15-05	bbs
2 Van Der Perren Jessica	94	2.40.25	08-05	resc
3 Lins Noemie	94	2.48.77	26-09	vs
4 Klai Jehenne	93	2.49.75	08-05	resc
5 Vlerick Ophelia	94	2.55.05	26-09	rcas
<b>1000 m</b>		RC : 3.05.42		
1 Van Der Perren Jessica	94	3.39.99	22-06	spvi
<b>1500 m</b>		RC : 4.50.73		
1 Van Der Perren Jessica	94	5.44.37	01-05	csf
2 Klai Jehenne	93	6.10.00	15-05	bbs

<b>100 m haies (76 cm)</b>		RC : 13.92		
1 Vlerick Ophelia	94	18.42	25-09	rcas
2 Lins Noemie	94	18.93	25-09	vs
3 Guisse Shaena	94	19.34	31-07	oeh
<b>400 m haies (76 cm)</b>		RC : 70.78		
1 Lins Noemie	94	73.55	04-05	vs
2 Vlerick Ophelia	94	75.63	01-05	csf
3 Guisse Shaena	94	86.03	24-04	csf
<b>2000 m steeple (76 cm)</b>		RC : 8.45.82		
1 Van Der Perren Jessica	94	9.04.76	16-10	ws
<b>Hauteur</b>		RC : 1m68		
1 Vlerick Ophelia	94	1m49	10-04	achl
2 Philippart De Foy Pauline	94	1m40	10-04	csf
3 Lins Noemie	94	1m30	25-09	vs
<b>Longueur</b>		RC : 6m06		
1 Lins Noemie	94	4m78	24-04	csf
2 Vlerick Ophelia	94	4m47	26-09	rcas
<b>Poids (4 kg)</b>		RC : 12m19		
1 Lins Noemie	94	7m55	01-05	csf
2 Guisse Shaena	94	7m40	10-04	achl
3 Vlerick Ophelia	94	6m81	25-09	rcas
4 Macbahi Sarah	93	5m47	24-04	csf
5 Macbahi Nora	94	5m19	24-04	csf
<b>Disque (1 kg)</b>		RC : 47m99		
1 Guisse Shaena	94	21m93	10-04	achl
<b>Javelot (600 gr)</b>		RC : 36m78		
1 Vlerick Ophelia	94	22m82	24-04	csf
2 Lins Noemie	94	18m23	26-09	vs
3 Guisse Shaena	94	18m22	31-07	oeh
<b>Heptathlon</b>		RC : 4701 p		
1 Vlerick Ophelia	94	2973 p	26-09	rcas
2 Lins Noemie	94	2891 p	26-09	vs
<b>4 x 100 m</b>		RC : 48.97		
<b>Brutus, Lins, Vlerick, Diwani</b>		<b>52.45</b>	<b>19-09</b>	<b>usbw</b>
<b>4 x 200 m</b>		RC : 1.59.87		
<b>Diwani, Lins, Vlerick, Brutus</b>		<b>1.49.97</b>	<b>10-10</b>	<b>riaac</b>
<b>4 x 400 m</b>		RC : 4.51.32		
<b>Lins, Van Der Perren, Vlerick, Brutus</b>		<b>4.55.87</b>	<b>10-10</b>	<b>riaac</b>
<b>Relais suédois</b>		RC : -		
<b>Lins, Vlerick, Brutus, Diwani</b>		<b>2.33.80</b>	<b>01-05</b>	<b>csf</b>

### JUNIORS FEMMES

<b>100 m</b>		RC : 12.11		
1 Mouzon Emmanuelle	91	12.91	12-06	vac
Van Rossem Nicky	92	12.91	24-05	vs
3 Cok Evelyne	91	13.82	08-05	resc
4 Bollen Eline	92	14.37	08-05	resc
5 Meys Jessica	91	14.38	24-04	csf
6 Vereertbrugghen Laura	91	14.73	08-05	resc
7 Brewaeys Annelies	92	16.74	08-05	resc
<b>200 m</b>		RC : 24.65		
1 Van Rossem Nicky	92	27.32	24-04	csf
2 Cok Evelyne	91	28.76	24-04	csf
3 Van Damme Joelle	92	29.21	24-04	csf
<b>300 m</b>		RC : 39.65		
1 Cok Evelyne	91	47.52	02-04	cabw

## Palmares 2010 outdoor.

400 m		RC : 56.03			
1	Van Damm Joelle	92	64.90	15-05	bbs
2	Cok Evelyne	91	68.60	16-04	ws
800 m		RC : 2.11.36			
1	Vanden Broeck Nolwen	91	2.43.12	08-05	resc
2	Van Rossem Nicky	92	2.48.72	26-09	rcas
3000 m		RC : 9.36.9			
1	Vanden Broeck Nolwen	91	12.30.66	15-05	bbs
100 m haies (84 cm)		RC : 13.99			
1	Mouzon Emmanuelle	91	16.06	15-05	bbs
Hauteur		RC : 1m81			
1	Van Rossem Nicky	92	1m51	25-09	rcas
Longueur		RC : 6m06			
1	Mouzon Emmanuelle	91	5m07	15-05	bbs
2	Van Rossem Nicky	92	4m59	26-09	rcas
Triple saut		RC : 12m15			
1	Van Rossem Nicky	92	9m68	24-04	csf
Javelot (600 gr)		RC : 38m45			
1	Van Rossem Nicky	92	19m56	10-04	achl
Heptathlon		RC : 3155 p			
1	Van Rossem Nicky	92	3274 p	26-09	rcas
4 x 200 m		RC : 1.49.97			
Vereertbrugghen, Cok, Laermans, Meys		1.59.96	10-10	riaac	

### SENIORS FEMMES

100 m		RC : 11.84			
1	Guillet Laurence	80	12.47	26-06	cabw
2	Sende Patricia	85	13.01	26-06	cabw
3	Brion Sophie	85	13.37	08-08	resc
4	Archambeau Aline	90	13.84	08-05	resc
200 m		RC : 24.03			
1	Guillet Laurence	80	25.83	06-06	rfcl
2	Sende Patricia	85	27.44	26-06	cabw
3	Brion Sophie	85	27.77	08-08	resc
400 m		RC : 56.03			
1	Guillet Laurence	80	58.02	27-06	usbw
2	Gillet Delphine	86	59.80	14-08	dcla
3	Brion Sophie	85	63.05	14-08	dcla
4	Laermans Gwenaelle	90	69.01	08-05	resc
800 m		RC : 2.05.9			
1	Gillet Delphine	86	2.11.72	10-07	avt
2	Guillet Laurence	80	2.31.14	29-09	rfcl
100 m haies (84 cm)		RC : 13.82			
1	Guillet Laurence	80	14.28	26-06	cabw
2	Brion Sophie	85	17.55	17-07	resc
400 m haies (76 cm)		RC : 60.08			
1	Guillet Laurence	80	61.44	18-07	resc
2	Brion Sophie	85	72.92	17-07	resc
Hauteur		RC : 1m95			
1	Archambeau Aline	90	1m54	19-06	rcb
2	Guillet Laurence	80	1m45	07-08	dac
Longueur		RC : 6m28			
1	Guillet Laurence	80	4m96	29-08	rfcl

Perche		RC : 3m54			
1	Guillet Laurence	80	2m26	25-09	rcas
Poids (4 kg)		RC : 13m12			
1	Adam Benedicte	78	9m90	24-04	csf
2	Reynaerts Stephanie	80	9m75	24-04	csf
3	Archambeau Aline	90	9m04	19-06	rcb
4	Guillet Laurence	80	8m53	28-08	rfcl
Disque (1 kg)		RC : 47m99			
1	Reynaerts Stephanie	80	31m98	11-04	rfcl
2	Gillet Delphine	86	28m30	15-05	bbs
3	Guillet Laurence	80	21m90	25-09	rcas
4	Adam Benedicte	78	20m73	24-04	csf
Javelot (600 gr)		RC : 38m45			
1	Reynaerts Stephanie	80	30m83	22-05	rfcl
2	Adam Benedicte	78	30m31	17-10	rsca
3	Guillet Laurence	80	26m68	29-08	rfcl
Marteau (4 kg)		RC : 56m30			
1	Reynaerts Stephanie	80	27m47	17-10	rsca
2	Adam Benedicte	78	22m60	17-10	rsca
Heptathlon		RC : 4722 p			
1	Guillet Laurence	80	4321 p	29-08	rfcl
4 x 100 m		RC : 46.95			
Sende, Van Rossem, Mouzon, Guillet		48.94	26-06	cabw	
4 x 200 m		RC : 1.38.53			
Diwani, Sende, Van Rossem, Guillet		1.47.32	19-09	usbw	
4 x 400 m		RC : 3.54.68			
Lins, Guillet, Van Damme, Gillet		4.11.18	15-05	bbs	
4 x 800 m		RC : 9.14.89			
Adam, Gillet, Van Damme, Tshiasuma		9.49.32	19-09	usbw	
<b>MASTERS FEMMES</b>					
100 m		RC : 13.37			
1	Boonaert Caroline	64	14.53	12-06	vac
400 m		RC : 73.15			
1	Boonaert Caroline	64	72.10	06-06	hf
800 m		RC : 2.23.91			
1	Cardoso Da Rocha Maria Joao	64	3.30.79	06-06	hf
1500 m		RC : 4.48.11			
1	Castellana Corine	68	6.19.23	12-06	vac
3000 m		RC : 10.34.47			
1	Aboulahcen Mounia	72	10.12.14	15-05	bbs
2	Castellana Corine	68	13.47.44	06-06	hf
Marathon		RC : 3:39:25			
1	De Buyst Nadia	73	4:13:34	21-03	ITA
Longueur		RC : 5m26			
1	De Buyst Nadia	73	3m51	24-04	csf
2	Castellana Corine	68	3m08	06-06	hf
Poids (4 kg)		RC : 8m36			
1	De Buyst Nadia	73	7m48	24-04	csf
2	Bosson Karin	66	5m36	06-06	hf
Disque (1 kg)		RC : 27m03			
1	De Buyst Nadia	73	27m77	22-05	rfcl

## Palmares 2010 outdoor.

Javelot (600 gr)		RC : 23m46			
1	De Buyst Nadia	73	22m18	17-10	rsca
Marteau (4 kg)		RC : -			
1	De Buyst Nadia	73	21m89	17-10	rsca
4 x 100 m		RC : 60.28			
Cardoso, Castellana, De Buyst, Bonnaert		64.61	06-06		

### BENJAMINS GARCONS

60 m		RC : 9.17			
1	Luis Vieira Igor	01	9.31	16-10	ws
2	Beyaert Corentin	02	10.22	23-05	riaac
3	Teklal Liam	01	10.33	12-09	vita
4	Montilla Alexis	02	10.63	29-05	csf
5	Badji Toumane	01	10.73	23-05	riaac
6	Cuypers Florian	03	10.87	18-09	ea
7	Taieb Rayane	03	10.93	09-10	rcb
8	Echaibi Imran	01	11.07	08-05	resc
9	Hendrickx Sasha	03	11.60	19-06	rcb
10	Schietecate Oihan	03	11.64	16-04	ws
11	Maisonny Lucas	03	13.40	08-05	resc
12	Maisonny Theo	02	13.69	08-05	resc

600 m		RC : 2.09.39			
1	Teklal Liam	01	2.05.07	11-07	vita
2	Beyaert Corentin	02	2.09.00	03-07	grim
3	Montilla Alexis	02	2.10.77	12-09	vita

1000 m		RC : 3.25.22			
1	Beyaert Corentin	02	3.54.15	08-05	resc
2	Montilla Alexis	02	3.55.42	08-05	resc
	Teklal Liam	01	3.55.42	08-05	resc
4	Luis Vieira Igor	01	3.59.43	24-06	ws
5	Echaibi Imran	01	4.20.76	08-05	resc
6	Arnould Theo	02	4.45.98	08-05	resc
	Van Den Spiegel Remy	02	4.45.98	08-05	resc

Hauteur		RC : 1m25			
1	Beyaert Corentin	02	1m00	28-08	spvi
	Luis Vieira Igor	01	1m00	23-05	riaac
	Montilla Alexis	02	1m00	28-08	spvi
4	Badji Toumane	01	0m97	23-05	riaac
5	Taieb Rayane	03	0m93	09-10	rcb
6	Teklal Liam	01	0m90	20-06	csf

Longueur		RC : 4m19			
1	Luis Vieira Igor	01	3m31	19-06	rcb
2	Badji Toumane	01	3m13	28-08	ws
3	Montilla Alexis	02	3m10	12-09	vita
	Teklal Liam	01	3m10	11-07	vita
5	Beyaert Corentin	02	2m92	03-07	grim
6	Cuypers Florian	03	2m66	18-09	ea
	Taieb Rayane	03	2m66	08-05	resc
8	Echaibi Imran	01	2m48	08-05	resc
9	Hendrickx Sasha	03	2m33	19-06	rcb
10	Maisonny Theo	02	1m89	08-05	resc
11	Voordecker Julien	01	1m53	02-04	resc
12	Amri Ayoub	02	1m52	02-04	resc
13	Maisonny Lucas	03	1m40	08-05	resc

Poids (1 kg)		RC : 11m68			
1	Luis Vieira Igor	01	7m97	16-10	ws
2	Montilla Alexis	02	7m60	23-10	csf
3	Badji Toumane	01	7m57	28-08	ws
4	Beyaert Corentin	02	6m56	23-05	riaac
5	Taieb Rayane	03	6m02	23-05	riaac
6	Teklal Liam	01	5m92	23-05	riaac
7	Cuypers Florian	03	5m67	18-09	ea
8	Voordecker Julien	01	4m62	02-04	resc
9	Schietecate Oihan	03	4m48	16-04	ws

10	Hendrickx Sasha	03	2m96	16-04	ws
Balle de hockey		RC : 40m13			
1	Montilla Alexis	02	28m07	11-07	vita
2	Taieb Rayane	03	22m08	09-10	rcb
3	Badji Toumane	01	19m70	26-09	rcas
4	Beyaert Corentin	02	16m00	03-07	grim
5	Cuypers Florian	03	15m59	18-09	ea
6	Teklal Liam	01	14m46	26-09	rcas
7	Luis Vieira Igor	01	14m22	29-05	csf

Triathlon		RC : 1320 p			
1	Luis Vieira Igor	01	1174 p	16-10	ws
2	Beyaert Corentin	02	866 p	23-05	riaac
3	Badji Toumane	01	806 p	23-05	riaac
4	Montilla Alexis	02	724 p	21-07	vs
5	Teklal Liam	01	584 p	23-05	riaac
6	Taieb Rayane	03	574 p	23-05	riaac
7	Cuypers Florian	03	272 p	29-05	csf
8	Hendrickx Sasha	03	248 p	19-06	rcb

Tétrathlon		RC : 2099 p			
1	Montilla Alexis	02	985 p	21-07	vs
4 x 60 m		RC : 37.79			
Cuypers, Beyaert, Badji, Montilla		43.64	16-04 ws		

### PUPILLES GARCONS

60 m		RC : 8.44			
1	Stodolski Michael	00	9.01	29-05	csf
2	Petitjean Nicolas	99	9.25	23-05	riaac
3	Van Den Poorten Rayan	00	9.52	23-05	riaac
4	Khelif Lucas	00	10.36	08-05	resc
5	De Ridder Nathan	99	10.60	18-04	rsca
6	Delarge Mathieu	00	10.78	08-05	resc
7	Wolter Sylvain	00	11.07	08-05	resc
8	Van Hove Matheo	00	11.34	16-04	ws

1000 m		RC : 3.14.18			
1	Van Den Poorten Rayan	00	3.24.33	23-05	riaac
2	Petitjean Nicolas	99	3.36.51	30-10	rcas
3	Stodolski Michael	00	3.55.77	23-05	riaac
4	De Ridder Nathan	99	4.04.17	18-04	rsca
5	Khelif Lucas	00	4.15.42	08-05	resc
6	Wolter Sylvain	00	4.33.69	08-05	resc
7	Ould Kerkoub Yonas	00	4.40.29	08-05	resc

60 m haies (76 cm)		RC : 10.0			
1	Stodolski Michael	00	12.86	08-05	resc
2	Petitjean Nicolas	99	13.14	09-05	ws
3	Wolter Sylvain	00	18.68	08-05	resc

Hauteur		RC : 1m49			
1	Petitjean Nicolas	99	1m39	09-10	rcb
2	Stodolski Michael	00	1m25	23-05	riaac
3	Van Den Poorten Rayan	00	1m16	23-05	riaac
4	De Ridder Nathan	99	0m98	23-05	riaac
5	Delarge Mathieu	00	0m95	08-05	resc
	Khelif Lucas	00	0m95	08-05	resc

Longueur		RC : 4m75			
1	Petitjean Nicolas	99	4m16	21-07	vs
2	Stodolski Michael	00	3m95	02-04	resc
3	Van Den Poorten Rayan	00	3m75	04-09	lebb
4	Amri Bilal	00	2m86	02-04	resc
5	Tabbakh Yassine	00	2m85	02-04	resc
6	Wolter Sylvain	00	2m79	16-04	ws
7	Timmermans Cyril	99	2m77	02-04	resc
8	Ould Kerkoub Yonas	00	2m75	02-04	resc
9	Diallo Zakarya	99	2m73	02-04	resc
10	De Ridder Nathan	99	2m70	18-04	rsca

## Palmares 2010 outdoor.

11	Trifu Anthony	00	2m11	02-04	resc
12	Van Hove Matheo	00	2m04	16-04	ws

Poids (2 kg)		RC : 11m71			
1	Petitjean Nicolas	99	8m70	21-07	vs
2	Stodolski Michael	00	7m51	16-10	ws
3	Diallo Zakarya	99	6m81	02-04	resc
4	Van Den Poorten Rayan	00	5m00	23-05	riaac
5	De Ridder Nathan	99	4m85	18-04	rsca
6	Trifu Anthony	00	4m54	02-04	resc
7	Amri Bilal	00	4m46	02-04	resc
8	Wolter Sylvain	00	4m38	16-04	ws
9	Tabbakh Yassine	00	4m08	02-04	resc
10	Van Hove Matheo	00	3m74	16-04	ws
11	Ould Kerkoub Yonas	00	3m30	02-04	resc

Disque (600 gr)		RC : 31m14			
1	Petitjean Nicolas	99	18m41	30-10	rcas
2	De Ridder Nathan	99	8m94	12-06	vac

Balle de hockey		RC : 46m50			
1	Stodolski Michael	00	32m41	29-05	csf
2	Petitjean Nicolas	99	29m75	09-10	rcb
3	De Ridder Nathan	99	21m38	12-06	vac

Tétrathlon		RC : 2516 p			
1	Petitjean Nicolas	99	1966 p	09-10	rcb
2	Stodolski Michael	00	1770 p	23-05	riaac
3	Van Den Poorten Rayan	00	1758 p	23-05	riaac
4	De Ridder Nathan	99	869 p	23-05	riaac

### MINIMES GARCONS

80 m		RC : 9.66			
1	Montilla Dimitri	98	10.76	09-10	rcb
2	Sergeef Martin	98	10.89	18-09	ea
3	Michiels Matthias	98	12.33	18-09	ea
4	El Moussely Nadim	98	12.44	18-09	ea
5	Tasiaux Jonathan	98	12.67	23-05	riaac
6	Taieb Elias	98	13.92	09-10	rcb

150 m		RC : 18.43			
1	Sergeef Martin	98	20.20	10-10	riaac
2	Montilla Dimitri	98	20.52	15-05	abes
3	Hoorens Christopher	97	20.74	10-10	riaac
4	Ben Hadid Ilies	97	22.01	10-10	riaac
5	Kouremetis Lucas	98	23.77	08-05	resc
6	Michiels Matthias	98	23.96	08-05	resc
7	Tasiaux Jonathan	98	24.74	08-05	resc
8	El Boudamoussi Nabil	98	26.36	08-05	resc
9	Taieb Elias	98	27.03	08-05	resc

300 m		RC : 41.31			
1	Montilla Dimitri	98	42.83	31-10	rsca
2	Sergeef Martin	98	48.36	18-09	ea
3	Taieb Elias	98	60.76	23-10	csf

1000 m		RC : 3.02.09			
1	Montilla Dimitri	98	3.04.07	18-09	herv
2	Hoorens Christopher	97	3.51.32	08-05	resc
3	Tasiaux Jonathan	98	3.55.90	23-05	riaac
4	Kouremetis Lucas	98	4.12.30	08-05	resc
5	El Boudamoussi Nabil	98	4.27.30	08-05	resc
6	Taieb Elias	98	4.34.00	26-09	rcas

80 m haies (84 cm)		RC : 12.00			
1	Montilla Dimitri	98	13.09	02-10	csf
2	Hoorens Christopher	97	15.78	19-06	rcb
3	Tasiaux Jonathan	98	19.87	30-10	rcas
4	Taieb Elias	98	21.00	05-06	spa

150 m haies (76 cm)		RC : 20.97			
1	Montilla Dimitri	98	21.74	28-08	spvi

Hauteur		RC : 1m70			
1	Montilla Dimitri	98	1m60	05-06	lyra
2	Hoorens Christopher	97	1m41	10-10	riaac
3	Desmet Raven	98	1m25	18-09	ea
	El Moussely Nadim	98	1m25	18-09	ea
	Sergeef Martin	98	1m25	08-05	resc
6	Kouremetis Lucas	98	1m15	08-05	resc
7	Tasiaux Jonathan	98	1m14	23-05	riaac
8	Taieb Elias	98	1m07	09-10	rcb
9	Ben Hadid Ilies	97	1m05	28-08	ws

Longueur		RC : 5m73			
1	Montilla Dimitri	98	5m01	22-05	vita
2	Hoorens Christopher	97	4m42	19-06	rcb
3	Sergeef Martin	98	4m04	02-04	resc
4	Amri Zakaria	97	3m58	02-04	resc
	Tasiaux Jonathan	98	3m58	29-05	csf
6	Ben Hadid Ilies	97	3m56	02-04	resc
7	Michiels Mathias	98	3m55	02-04	resc
8	Taieb Elias	98	3m17	19-06	rcb
9	M'Rini Ossama	98	2m70	02-04	resc
10	Macbahi Taha	97	2m63	02-04	resc

Perche		RC : 2m75			
1	Montilla Dimitri	98	2m53	02-10	csf

Poids (3 kg)		RC : 14m62			
1	Montilla Dimitri	98	12m09	31-10	rsca
2	Sergeef Martin	98	8m49	10-10	riaac
3	Hoorens Christopher	97	7m96	19-06	rcb
4	Ben Hadid Ilies	97	7m61	10-10	riaac
5	Macbahi Taha	97	7m05	02-04	resc
6	Taieb Elias	98	5m46	24-04	csf
7	Amri Zakariya	97	5m19	02-04	resc
8	Tasiaux Jonathan	98	4m82	30-10	rcas

Disque (750 gr)		RC : -			
1	Montilla Dimitri	98	29m92	29-05	abes

Disque (1 kg)		RC : 41m07			
1	Montilla Dimitri	98	28m32	03-10	moha
2	Tasiaux Jonathan	98	9m04	30-10	rcas

Javelot (400 gr)		RC : 42m68			
1	Montilla Dimitri	98	38m87	03-10	moha
2	Tasiaux Jonathan	98	17m83	29-05	csf
3	Taieb Elias	98	14m22	26-09	rcas

Pentathlon		RC : 3937 p			
1	Montilla Dimitri	98	3679 p	09-10	rcb
2	Tasiaux Jonathan	98	1516 p	29-05	csf
3	Taieb Elias	98	799 p	26-09	rcas

3 x 600 m		-			
El Moussely, Michiels, De Smet			6.21.15	18-09	ea

### CADETS GARCONS

100 m		RC : 11.31			
1	Valastro Alexandre	95	12.39	01-05	csf
2	Vandenhoeke Victor	96	12.53	02-10	csf
3	Beeckman Amaury	95	12.54	02-10	csf
4	Badji Asamti	95	12.57	10-10	riaac
5	Vandenhoeke Arthur	96	12.66	02-10	csf
6	Potemans Anton	96	12.98	24-05	vs
7	Van Cauter Guillian	96	13.29	24-05	vs
8	Nicodeme Romain	95	13.47	29-05	achl
	Petitjean Simon	96	13.47	23-10	csf
10	Jacobs Maxime	96	15.35	18-04	rsca

## Palmares 2010 outdoor.

200 m				
RC : 23.14				
1	Badji Asamti	95	25.32	02-10 csf
2	Vandenhoeke Victor	96	25.51	02-10 csf
3	Beeckman Amaury	95	25.63	02-10 csf
4	Vandenhoeke Arthur	96	25.69	02-10 csf
5	Potemans Anton	96	27.35	24-05 vs
6	Petitjean Simon	96	27.46	02-10 csf

300 m				
RC : 36.86				
1	Vandenhoeke Victor	96	40.86	30-10 rcas
2	Petitjean Simon	96	42.07	23-10 csf
3	Potemans Anton	96	42.37	10-04 achl
4	Badji Asamti	95	42.57	10-04 achl
5	Dillen Maxime	95	43.57	10-04 achl

400 m				
RC : 52.24				
1	Badji Asamti	95	55.92	10-10 riaac
2	Vandenhoeke Arthur	96	56.46	04-09 vs
3	Petitjean Simon	96	58.81	09-10 rcb

800 m				
RC : 1.59.30				
1	Dillen Maxime	95	2.15.88	10-10 riaac
2	Van Cauter Guillian	96	2.19.83	14-07 vita
3	Petitjean Simon	96	2.20.19	14-07 vita
4	Vandenhoeke Arthur	96	2.21.40	03-08 vs
5	Potemans Anton	96	2.27.86	14-07 vita
6	Lozet Joshua	95	2.31.14	01-05 csf

1000 m				
RC : 2.43.18				
1	Petitjean Simon	96	2.57.86	20-06 moha
2	Beeckman Amaury	95	3.08.83	29-08 rfcl
3	Potemans Anton	96	3.09.34	29-08 rfcl
4	Nicodeme Romain	95	3.15.64	30-05 achl

1500 m				
RC : 4.10.9				
1	Petitjean Simon	96	4.37.99	30-10 rcas
2	Van Cauter Guillian	96	4.58.61	08-05 resc
3	Beeckman Amaury	95	5.44.51	24-04 csf

2000 m				
RC : 7.17.90				
1	Petitjean Simon	96	7.14.23	02-04 cabw

100 m haies (91 cm)				
RC : 14.04				
1	Beeckman Amaury	95	15.99	04-09 vs
2	Potemans Anton	96	16.76	04-09 vs
3	Nicodeme Romain	95	17.93	19-06 moha
4	Petitjean Simon	96	19.92	19-06 moha
5	Jacobs Maxime	96	23.12	24-04 csf

300 m haies (76 cm)				
RC : 40.07				
1	Badji Asamti	95	43.37	04-09 vs
2	Vandenhoeke Arthur	96	44.52	01-05 csf
3	Potemans Anton	96	46.90	29-05 herv

1500 m steeple (76 cm)				
RC : 4.51.63				
1	Petitjean Simon	96	5.23.43	03-08 vs

Hauteur				
RC : 1m91				
1	Beeckman Amaury	95	1m70	11-09 smac
2	Potemans Anton	96	1m56	04-07 macw
3	Nicodeme Romain	95	1m55	24-05 vs
4	Verburgt Tom	96	1m45	24-04 csf
5	Petitjean Simon	96	1m43	19-06 moha

Longueur				
RC : 6m70				
1	Beeckman Amaury	95	5m53	28-08 rfcl
2	Potemans Anton	96	5m36	24-06 vita
3	Nicodeme Romain	95	5m22	01-05 csf
4	Badji Asamti	95	4m56	08-05 resc
5	Petitjean Simon	96	4m49	09-05 ws
6	Dillen Maxime	95	4m36	10-04 achl

7	Jacobs Maxime	96	4m14	18-04 rsca
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Triple saut				
RC : 13m52				
1	Badji Asamti	95	11m43	28-08 ws
2	Potemans Anton	96	10m57	24-05 vs

Perche				
RC : 3m71				
1	Nicodeme Romain	95	2m80	19-06 moha
2	Beeckman Amaury	95	2m60	28-08 rfcl
	Verburgt Tom	96	2m60	24-04 csf
4	Potemans Anton	96	2m20	28-08 rfcl
5	Petitjean Simon	96	2m06	26-09 rcas

Poids (4 kg)				
RC : 14m42				
1	Beeckman Amaury	95	13m15	04-09 vs
2	Potemans Anton	96	10m39	27-06 lebb
3	Nicodeme Romain	95	8m84	19-06 moha
4	Petitjean Simon	96	8m59	25-09 rcas

Disque (1kg)				
RC : 48m77				
1	Potemans Anton	96	29m84	24-04 csf
2	Van Cauter Guillian	96	23m87	24-04 csf
3	Nicodeme Romain	95	23m76	24-07 vita
4	Petitjean Simon	96	20m16	30-10 rcas

Javelot (600 gr)				
RC : 44m54				
1	Potemans Anton	96	37m99	04-07 macw
2	Beeckman Amaury	95	37m95	29-08 rfcl
3	Vandenhoeke Arthur	96	35m69	10-10 riaac
4	Nicodeme Romain	95	32m63	24-05 vs
5	Van Cauter Guillian	96	30m03	10-10 riaac
6	Petitjean Simon	96	20m92	19-06 moha

Octathlon				
RC : 4868 p				
1	Beeckman Amaury	95	3943 p	29-08 rfcl
2	Potemans Anton	96	3292 p	04-07 macw
3	Nicodeme Romain	95	3090 p	30-05 achl
4	Petitjean Simon	96	2532 p	20-06 moha

4 x 100 m				
RC : 45.42				
Badji, Beeckman, Vandenhoeke A, Valastro				47.96 19-09 usbw

4 x 200 m				
RC : 1.47.61				
Badji, Beeckman, Vandenhoeke A, Vandenhoeke V				1.41.46 10-10 riaac

4 x 800 m				
RC : 8.43.82				
Petitjean, Vandenhoeke A, Van Cauter, Dillen				9.17.08 19-09 usbw

Relais Suédois				
RC : -				
Vandenhoeke A, Potemans, Badji, Valastro				2.16.24 01-05 csf

### SCOLAIRES HOMMES

100 m				
RC : 11.08				
1	Diallo Oumar	94	11.13	29-05 herv
2	Lohombo Louis	93	11.41	29-05 herv
3	Elsen Daan	94	11.82	25-09 vs
4	Tephany Sacha	93	12.07	24-05 vs
5	Ilunga Carl	93	12.21	13-05 acw
6	Peeters Fabian	93	12.27	01-05 csf
7	Petitjean Mathieu	94	12.36	02-10 csf
8	Denys Gregory	93	12.56	02-10 csf
9	Nasri Samy	93	12.65	08-05 resc
10	Van De Sype Vincent	93	12.66	29-05 achl
11	Zenfour Soufiane	94	13.18	01-05 csf
12	Lebbate Ali	93	13.33	08-05 resc
13	Van De Sype Arnaud	94	13.58	29-05 achl
14	Obinyan Kelvin	94	13.62	08-05 resc
15	Segers Mathieu	94	13.88	24-06 ws

## Palmares 2010 outdoor.

200 m		RC : 22.02			
1	Diallo Oumar	94	23.44	22-05	rfcl
2	Lohombo Louis	93	23.81	13/05	acw
3	Tephany Sacha	93	24.00	24-05	vs
4	Petitjean Mahtieu	94	24.97	02-10	csf
5	Ilunga Carl	93	25.27	13-05	acw
6	Van De Sype Vincent	93	26.32	24-05	vs
7	Zenfour Soufiane	94	27.18	24-05	vs

300 m		RC : 36.24			
1	Lohombo Louis	93	38.63	10-04	achl
2	Zenfour Soufiane	94	43.08	10-04	achl
3	Segers Mathieu	94	44.72	24-06	ws
4	Obinyan Kelvin	94	44.79	10-04	achl
5	Van De Sype Arnaud	94	48.79	23-10	csf

400 m		RC : 49.48			
1	Tephany Sacha	93	53.40	11-09	smac
2	Petitjean Mahtieu	94	58.12	09-10	rcb

800 m		RC : 1.55.41			
1	Segers Mathieu	94	2.22.98	12-06	vac
2	Van De Sype Vincent	93	2.25.19	01-05	csf
3	Nasri Samy	93	2.25.85	24-04	csf
4	Lebbate Ali	93	2.29.84	24-04	csf
5	Peeters Fabian	93	2.34.58	01-05	csf
6	Ilunga Carl	93	2.42.65	24-04	csf

1000 m		RC : 2.32.80			
1	Govaert Thomas	93	2.55.43	24-06	ws
2	Segers Mathieu	94	3.04.99	22-06	spvi

1500 m		RC : 4.00.79			
1	Govaert Thomas	93	4.32.81	30-10	rcas
2	Segers Mathieu	94	4.57.42	29-05	herv
3	Elsen Daan	94	4.59.07	26-09	vs
4	Denys Gregory	93	5.12.65	18-04	rsca
5	Van De Sype Vincent	93	5.20.84	29-08	rfcl
6	Petitjean Mathieu	94	5.47.61	20-06	csf
7	Diallo Oumar	94	6.15.91	26-09	vs
8	Van De Sype Arnaud	94	6.21.13	30-05	achl

Mile		RC : 4.52.70			
1	Segers Mathieu	94	5.30.60	10-08	spvi

3000 m		RC : 8.33.14			
1	Govaert Thomas	93	10.09.17	24-05	vs
2	Segers Mathieu	94	11.04.74	01-05	csf
3	Denys Gregory	93	12.07.93	04-06	rcas

110 m haies (91 cm)		RC : 13.65			
1	Elsen Daan	94	14.83	04-09	vs
2	Diallo Oumar	94	16.13	24-04	csf
3	Van De Sype Vincent	93	16.74	28-08	rfcl
4	Van De Sype Arnaud	94	20.73	30-05	achl

400 m haies (84 cm)		RC : 56.69			
1	Denys Gregory	93	64.23	24-04	csf

Hauteur		RC : 2m05			
1	Elsen Daan	94	1m81	13-07	rfcl
2	Van De Sype Vincent	93	1m74	26-09	rcas
3	Ilunga Carl	93	1m65	24-04	csf
4	Van De Sype Arnaud	94	1m61	10-04	achl
5	Diallo Oumar	94	1m60	24-04	csf
6	Peeters Fabian	93	1m45	08-05	resc

Longueur		RC : 7m59			
1	Elsen Daan	94	6m25	25-09	vs
2	Diallo Oumar	94	6m11	08-05	resc
3	Van De Sype Vincent	93	5m96	24-05	vs
4	Van De Sype Arnaud	94	5m43	02-05	vs

5	Peeters Fabian	93	4m78	08-05	resc
6	Zenfour Soufiane	94	4m54	24-04	csf
7	Obinyan Kelvin	94	4m49	08-05	resc
8	Lebbate Ali	93	3m40	08-05	resc

Triple saut		RC : 15m64			
1	Van De Sype Arnaud	94	9m33	03-08	vs

Perche		RC : 4m36			
1	Elsen Daan	94	4m10	29-08	rfcl
2	Van De Sype Vincent	93	3m20	29-08	rfcl
3	Petitjean Mathieu	94	2m60	24-04	csf
4	Van De Sype Arnaud	94	2m45	29-05	achl
5	Diallo Oumar	94	2m20	26-09	vs

Poids (5 kg)		RC : 14m19			
1	Diallo Oumar	94	13m53	24-04	csf
2	Elsen Daan	94	13m43	13-07	rfcl
3	Van De Sype Vincent	93	11m59	29-05	achl
4	Denys Gregory	93	10m40	04-09	rcas
5	Petitjean Mathieu	94	9m85	24-05	vs
6	Van De Sype Arnaud	94	9m40	19-06	moha

Disque (1,5 kg)		RC : 44m44			
1	Elsen Daan	94	41m02	31-07	oeh
2	Diallo Oumar	94	33m24	26-09	vs
3	Van De Sype Vincent	93	32m83	10-04	achl
4	Denys Gregory	93	24m59	03-10	dacm
5	Van De Sype Arnaud	94	24m33	30-05	achl

Javelot (700 gr)		RC : 52m73			
1	Elsen Daan	94	45m99	24-05	vs
2	Van De Sype Vincent	93	43m87	01-05	csf
3	Diallo Oumar	94	31m97	26/09	resc
4	Denys Gregory	93	31m02	24-04	csf
5	Van De Sype Arnaud	94	30m77	24-04	csf

Marteau (5 kg)		RC : 53m41			
1	Van De Sype Vincent	93	23m84	17-10	rsca

Enneathlon		RC : 5828 p			
1	Elsen Daan	94	5622 p	29-08	rfcl
2	Van De Sype Vincent	93	4508 p	26-09	rcas
3	Diallo Oumar	94	3597 p	26-09	vs
4	Van De Sype Arnaud	94	2883 p	30-05	achl

4 x 100 m		RC : 43.01			
Lohombo, Tephany, Elsen, Diallo			44.46	19-09	usbw

Relais Suédois		RC : -			
Tephany, Lohombo, Diallo, Ilunga			2.06.49	01-05	csf

### JUNIORS HOMMES

100 m		RC : 10.71			
1	Lins Sebastien	92	11.05	22-05	rfcl
2	Hissette François	91	11.59	08-08	resc
3	Caluwe Arnaud	91	11.92	03-07	vs
4	Chioua Soufiane	91	12.18	16-04	ws
5	Obinyan Raphael	91	12.88	02-04	cabw

200 m		RC : 21.0			
1	Lins Sebastien	92	22.35	22-05	rfcl
2	Hissette François	91	23.59	08-08	resc
3	Caluwe Arnaud	91	23.91	24-05	vs
4	Chioua Soufiane	91	24.60	24-04	csf

300 m		RC : 34.67			
1	Lins Sebastien	92	35.51	12-06	vac
2	Obinyan Raphael	91	41.19	02-04	cabw



**Palmares 2010 outdoor.**

<b>400 m</b>					<b>RC : 47.8</b>				
1	Lins Sebastien	92	49.47	08-05	resc				
2	Caluwe Arnaud	91	55.47	25-09	rcas				
3	Obinyan Raphael	91	57.37	08-05	resc				
<b>1000 m</b>					<b>RC : 2.26.76</b>				
1	Vereertbrugghen Nicolas	92	2.55.10	18-09	mac				
<b>1500 m</b>					<b>RC : 3.48.9</b>				
1	Nicodeme Thibault	92	4.33.56	18-04	rsc				
2	Vereertbrugghen Nicolas	92	4.34.90	08-05	resc				
3	Caluwe Arnaud	91	5.00.15	26-09	rcas				
<b>3000 m</b>					<b>RC : 8.14.64</b>				
1	Nicodeme Thibault	92	10.22.74	24-04	csf				
<b>110 m haies (100 cm)</b>					<b>RC : 17.41</b>				
1	Lins Sebastien	92	17.01	26-09	vs				
2	Caluwe Arnaud	91	17.82	24-04	csf				
<b>400 m haies (91 cm)</b>					<b>RC : 51.36</b>				
1	Lins Sebastien	92	58.24	16-05	spvi				
<b>Hauteur</b>					<b>RC : 2m14</b>				
1	Caluwe Arnaud	91	1m85	30-06	smac				
2	Lins Sebastien	92	1m60	25-09	vs				
	Nicodeme Thibault	92	1m60	24-04	csf				
<b>Longueur</b>					<b>RC : 7m86</b>				
1	Caluwe Arnaud	91	6m29	30-06	smac				
2	Lins Sebastien	92	6m11	25-09	vs				
<b>Triple saut</b>					<b>RC : 15m79</b>				
1	Caluwe Arnaud	91	13m25	22-05	rfcl				
<b>Perche</b>					<b>RC : 5m00</b>				
1	Caluwe Arnaud	91	2m66	26-09	rcas				
<b>Poids (6 kg)</b>					<b>RC : 15m27</b>				
1	Caluwe Arnaud	91	9m28	25-09	rcas				
2	Lins Sebastien	92	8m45	25-09	vs				
<b>Disque (1,75 kg)</b>					<b>RC : 43m08</b>				
1	Lins Sebastien	92	26m10	26-09	vs				
2	Caluwe Arnaud	91	21m03	26-09	rcas				
<b>Javelot (800 gr)</b>					<b>RC : 53m14</b>				
1	Caluwe Arnaud	91	32m38	26-09	rcas				
<b>Decathlon</b>					<b>RC : 6936 p</b>				
1	Caluwe Arnaud	91	4801 p	26-09	rcas				

**SENIORS HOMMES**

<b>100 m</b>					<b>RC : 10.02</b>				
1	Broothaerts Damien	83	10.57	16-05	spvi				
2	Ghislain Arnaud	88	10.93	21-08	osga				
3	Moral Miguel	81	10.97	22-05	rfcl				
4	Bux Anthony	87	11.17	10-08	spvi				
5	Fasanya Moshudi Tolu	90	11.29	24-04	csf				
6	Vervloet Gregory	83	11.33	08-08	resc				
7	Lissassi Arnaud	76	11.45	12-06	vac				
8	Diallo Saliou	85	11.48	24-07	vita				
9	Ponce Lionel	90	11.54	08-05	resc				
10	Wuillaume Laurent	89	11.61	10-09	rfcl				
11	Monnens Jonathan	89	11.70	24-04	csf				
12	Xhonneux Frederic	83	11.76	15-06	CZE				
13	De Ridder Frederic	90	12.13	16-04	ws				
14	Denys Jonathan	90	12.44	25-09	rcas				

<b>200 m</b>					<b>RC : 20.66</b>				
1	Ghislain Arnaud	88	21.24	10-07	avt				
2	Destatte Arnaud	88	21.48	10-07	avt				
3	Broothaerts Damien	83	21.52	08-08	resc				
4	Moral Miguel	81	21.75	18-07	resc				
5	Bux Anthony	87	22.45	17-07	resc				
6	Vervloet Gregory	83	22.55	08-08	resc				
7	Diallo Saliou	85	22.95	07-08	vita				
8	Destatte Cedric	84	23.07	24-05	vs				
9	Lissassi Arnaud	76	23.73	27-06	usbw				
10	Xhonneux Frederic	83	23.80	13-07	rfcl				
11	Ponce Lionel	90	24.49	24-04	csf				
12	De Ridder Frederic	90	24.87	24-04	csf				
13	Denys Jonathan	90	24.99	18-04	rsc				
<b>300 m</b>					<b>RC : 33.30</b>				
1	Moral Miguel	81	34.30	12-06	vac				
2	Destatte Arnaud	88	34.55	30-05	avlo				
3	Ghislain Arnaud	88	35.28	28-08	ath				
4	Diallo Saliou	85	36.23	21-07	avt				
5	Xhonneux Frederic	83	36.74	30-05	avlo				
6	Lissassi Arnaud	76	38.83	12-06	vac				
7	De Ridder Frederic	90	38.99	02-04	cabw				
<b>400 m</b>					<b>RC : 46.47</b>				
1	Destatte Arnaud	88	46.28	18-07	resc				
2	Ghislain Arnaud	88	46.43	26-06	cabw				
3	Xhonneux Frederic	83	49.68	08-05	ITA				
4	Diallo Saliou	85	50.02	27-06	usbw				
5	Bux Anthony	87	50.82	03-07	vs				
6	Destatte Cedric	84	51.69	08-05	resc				
7	Vervloet Gregory	83	52.43	10-08	spvi				
8	De Ridder Frederic	90	53.46	08-05	resc				
9	Denys Jonathan	90	56.06	08-05	resc				
<b>800 m</b>					<b>RC : 1.48.3</b>				
1	Maingain François	89	1.56.03	02-05	fcha				
<b>1500 m</b>					<b>RC : 3.36.96</b>				
1	Rached Adil	90	3.48.87	08-05	resc				
2	Hernould Franky	86	3.53.65	08-05	resc				
3	Xhonneux Frederic	83	4.18.06	09-05	ITA				
4	Denys Jonathan	90	4.49.14	26-09	rcas				
<b>3000 m</b>					<b>RC : 7.47.22</b>				
1	Rached Adil	90	8.08.10	08-08	resc				
2	Sihamanne Abdel	82	8.16.50	03-07	vs				
3	Dewitte Sebastien	85	8.26.99	22-06	spvi				
<b>5000 m</b>					<b>RC : 13.22.81</b>				
1	Rached Adil	90	13.57.58	10-07	avt				
2	Hernould Franky	86	15.05.99	22-05	rfcl				
<b>10000 m</b>					<b>RC : 28.24.95</b>				
1	Rached Adil	90	29.26.71	28-08	olse				
<b>110 m haies (106 cm)</b>					<b>RC : 13.48</b>				
1	Broothaerts Damien	83	13.76	16-05	spvi				
2	Xhonneux Frederic	83	15.21	02-05	vs				
3	Wuillaume Laurent	89	15.39	12-09	cabw				
4	Denys Jonathan	90	17.70	08-08	resc				
<b>400 m haies (91 cm)</b>					<b>RC : 48.91</b>				
1	Vervloet Gregory	83	54.25	01-05	smac				
2	Denys Jonathan	90	59.25	22-05	rfcl				
<b>2000 m steeple (91 cm)</b>					<b>RC : -</b>				
1	Denys Jonathan	90	7.10.84	29-05	csf				
<b>3000 m steeple (91 cm)</b>					<b>RC : 8.24.90</b>				
1	Maingain François	89	12.05.80	16-05	spvi				

## Palmares 2010 outdoor.

Hauteur		RC : 2m21			
1	Xhonneux Frederic	83	1m98	08-05	ITA
2	Denys Jonathan	90	1m64	04-06	rcas
Longueur		RC : 7m94			
1	Xhonneux Frederic	83	7m09	15-06	CZE
2	Naga Djhed	88	6m89	08-05	resc
Triple saut		RC : 16m86			
1	Naga Djhed	88	13m13	16-05	spvi
Perche		RC : 5m25			
1	Xhonneux Frederic	83	4m81	30-06	smac
2	Denys Jonathan	90	3m60	24-04	csf
Poids (7,26 kg)		RC : 15m08			
1	Xhonneux Frederic	83	14m31	24-04	csf
2	Hoffman Nils	86	12m09	25-09	sgol
3	Denys Jonathan	90	10m21	25-09	rcas
Disque (2 kg)		RC : 51m56			
1	Xhonneux Frederic	83	42m60	30-06	smac
2	Hoffman Nils	86	40m87	30-06	csdy
3	Denys Jonathan	90	27m54	03-10	dacm
Javelot (800 gr)		RC : 63m56			
1	Xhonneux Frederic	83	59m52	01-05	smac
2	Denys Jonathan	90	40m58	16-05	spvi
3	Lambert John	80	38m76	21-08	osga
Decathlon		RC : 8142 p			
1	Xhonneux Frederic	83	7582 p	09-05	ITA
2	Denys Jonathan	90	4328 p	26-09	rcas
4 x 100 m		RC : 40.60			
Bux, Lins, Moral, Broothaerts		41.47		19-09	usbw
4 x 200 m		RC : 1.25.09			
Desttate, Moral, Ghislain, Broothaerts		1.24.60		19-09	usbw
4 x 400 m		RC : 3.10.2			
Desttate A, Desttate C, Lins, Ghislain		3.17.60		16-05	spvi

### MASTERS HOMMES

100 m		RC : 12.38			
1	De Ridder Alain	68	13.19	06-06	hf
2	Lins Alain	63	13.96	06-06	hf
3	Lemonnier Thierry	68	14.77	04-09	rcas
200 m		RC : 24.88			
1	De Ridder Alain	68	26.83	06-06	hf
2	Lins Alain	63	29.30	06-06	hf
3	Lemonnier Thierry	68	30.38	07-08	dac
300 m		RC : 41.09			
1	Lemonnier Thierry	68	45.97	24-05	avmo
400 m		RC : 52.31			
1	Foulon Didier	73	66.67	06-06	hf
2	Huygens Guy	60	68.83	16-10	ws
800 m		RC : 2.00.79			
1	De Ridder Alain	68	2.10.81	29-05	csf
2	Bux Antonio	64	2.15.36	12-06	vac
1000 m		RC : 2.54.04			
1	De Ridder Alain	68	2.51.27	24-06	ws
2	Bux Antonio	64	2.59.16	24-06	ws
3	Lemonnier Thierry	68	3.12.26	24-06	ws
4	Huygens Guy	60	3.19.01	18-09	mac

5	Verheirstraeten Johnny	63	3.35.17	18-09	mac
1500 m		RC : 3.56.74			
1	De Ridder Alain	68	4.47.24	18-04	rscs
2	Lemonnier Thierry	68	4.59.54	12-06	acbr
3	Hasselmans Jean Luc	59	5.01.71	06-06	hf
4	Tillieux Guy	58	5.20.86	18-04	rscs
Mile		RC : 4.59.17			
1	De Ridder Alain	68	5.06.89	10-08	spvi
2	Bux Antonio	64	5.16.51	10-08	spvi
3	Huygens Guy	60	5.40.62	26-09	usbw
3000 m		RC : 9.41.58			
1	Bux Antonio	64	10.43.40	06-06	hf
2	Maurissen Pierre	55	11.42.58	06-06	hf
3	Caluwe Luc	61	12.51.70	24-04	csf
2 miles		RC : -			
1	Demol Guy	53	11.46.78	30-10	rcas
5000 m		RC : 16.02.69			
1	Ciocan Gabriel	67	18.22.24	06-06	hf
2	Demol Guy	53	18.45.27	06-06	hf
Marathon		RC : 2:32:05			
1	Ciocan Gabriel	67	2:58:23	11-04	NL
400 m haies (91 cm)		RC : 77.44			
1	Lemonnier Thierry	68	74.91	18-04	vita
Hauteur		RC : 1m75			
1	Van Elsuwe Cedric	75	1m35	06-06	hf
2	Caluwe Luc	61	1m25	06-06	hf
Longueur		RC : 6m65			
1	Caluwe Luc	61	4m25	24-04	csf
2	Lemonnier Thierry	68	4m23	12-06	acbr
3	Van Elsuwe Cedric	75	3m95	06-06	hf
Poids (5 kg)		RC : -			
1	Van De Sype Richard	48	5m97	10-04	achl
Poids (6 kg)		RC : -			
1	Denys Jacques	59	9m18	19-06	rcb
Poids (7,26 kg)		RC : 15m08			
1	Paulus Christian	61	7m82	06-06	hf
2	Van Elsuwe Cedric	75	7m04	27-06	usbw
3	Lemonnier Thierry	68	6m49	04-09	rcas
4	Foulon Didier	73	5m54	06-06	hf
Disque (1,5 kg)		RC : -			
1	Denys Jacques	59	26m71	03-10	dacm
Disque (2 kg)		RC : 51m56			
1	Denys Jacques	59	24m52	07-08	vita
2	Van De Sype Richard	48	20m32	24-04	csf
3	Van Elsuwe Cedric	75	19m96	27-06	usbw
4	Lemonnier Thierry	68	18m64	07-08	dac
5	De Buyst Francis	52	14m12	06-06	hf
Javelot (600 gr)		RC : -			
1	Van De Sype Richard	48	13m83	10-04	achl
Javelot (800 gr)		RC : 62m75			
1	Paulus Christian	61	28m74	06-06	hf
2	Lemonnier Thierry	68	25m29	18-04	vita
3	Denys Jacques	59	23m42	09-10	rcb
4	Van De Sype Richard	48	11m34	06-06	hf

## Palmares 2010 outdoor.

Marteau (7,26kg)		RC : 50m76		
1	Metens Armand	67	50m52	16-05 spvi
Pentathlon		RC : 1452 p		
1	Lemonnier Thierry	68	1388 p	07-08 dac
4 x 400 m		RC : 4.01.44		
De Ridder, Hasselmans, Maurissen, Huygens		4.27.42	06-06	hf