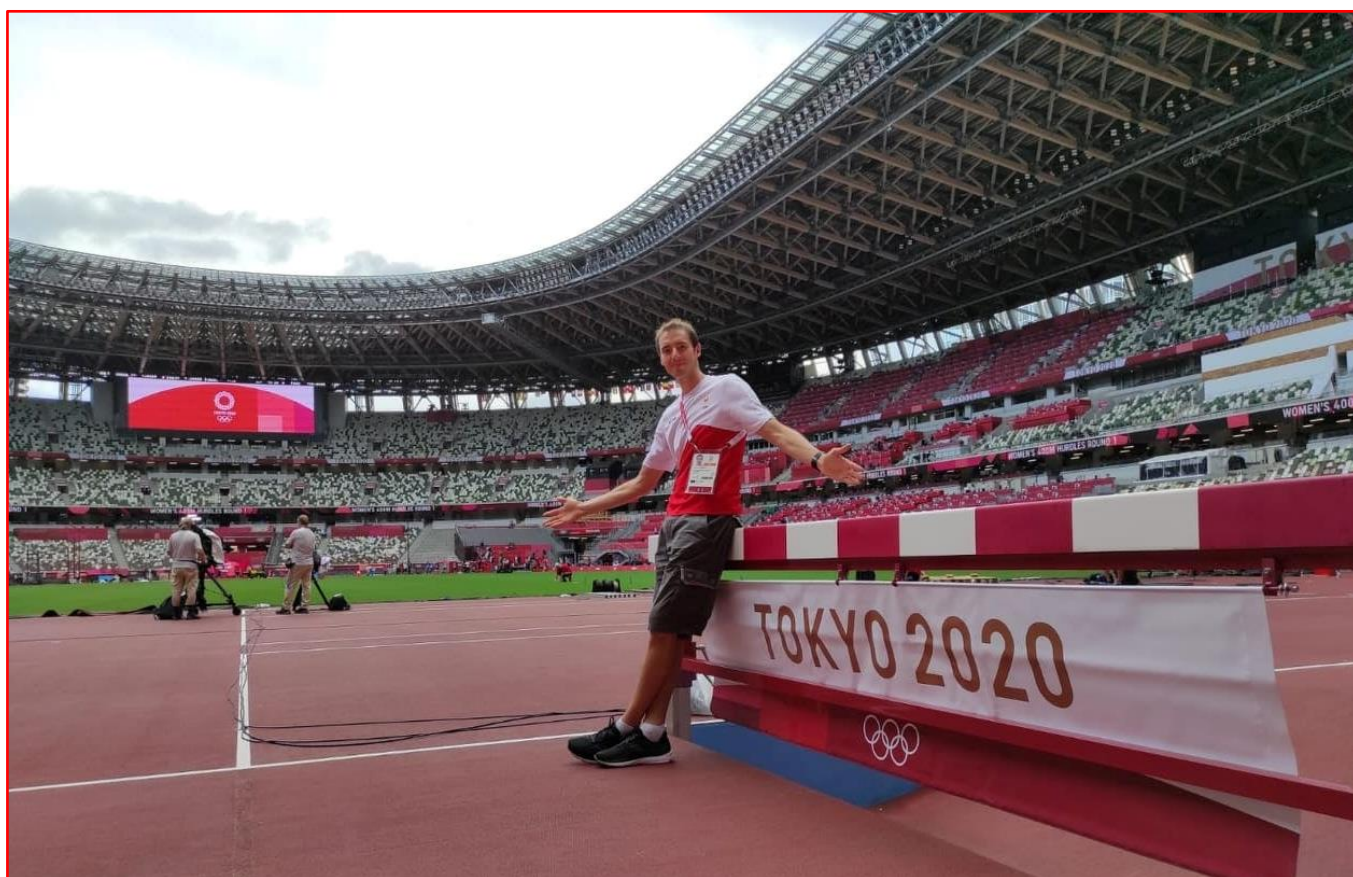




Palmarès RESC 2020 – 2021



Challenge des Officiels.

BENJAMINES FILLES

1	Strypstein Solena	13	2337 p
2	Dzou Steffy Ann	13	1697 p
3	Gerard Zoe	12	1211 p
4	Arys Josephine	13	1004 p
5	Medan Ivana	12	958 p
6	D'Hallewin Olivia	12	535 p
7	El Youssoufi Asmae	12	534 p
8	Paques Rose	12	427 p
9	Zitouni Ilhem	12	421 p
10	Ettetuani Janna	12	282 p
11	Van Wynendaele Joy	13	276 p
12	Delneufcourt Marion	13	256 p

PUPILLES FILLES

1	Squiflet Emelynn	10	4471 p
2	Dzou Lesly Kayla	10	3684 p
3	Strypstein Maeva	11	3324 p
4	Schroeven Camille	11	3022 p
5	Popescu Raisa Gabriela	11	2793 p
6	De Cooman Lea	11	2513 p
7	Wanyu Naomie Belle	10	1940 p
8	Ngandeu Tchambia Alexandra	10	1521 p
9	Varela Gonzalez Carla	10	1366 p
10	El Hajouti Yasmine	10	918 p

MINIMES FILLES

1	Radermacher Sarah	09	3889 p
2	Mayuma Marie	08	3881 p
3	Wanyu Diane Kylie	08	3355 p
4	Sibourg Celya	09	3313 p
5	Agacseven Lina	08	3108 p
6	Gerard Emma	08	2131 p
7	Palalic Lena	08	2125 p
8	Khrauph Aya	08	1737 p
9	Cornali Nora	08	888 p
10	Picula Petra	09	701 p

BENJAMINS GARCONS

1	Housiaux Julien	12	2374 p
2	Dogru Ilian	12	1986 p
3	Neerscholtens Amos	12	1722 p
4	Marchal Noam	13	927 p
5	Ruhangira Nathan	12	864 p
6	Gysen Romain	12	602 p
7	Mievis Axel	13	540 p
8	Hendrichs Arthur	13	465 p
9	Djiemo Tchankoue Florian	12	436 p
10	Touiger Yanis	12	303 p

PUPILLES GARCONS

1	Theyskens Alexis	10	2602 p
2	Arys Luca	10	2417 p
3	Xhonneux Raphael	10	2043 p
4	Marchal Mathys	11	1924 p
5	Ben Ahmed Yanis	10	1951 p
6	Mievis Lionel	11	1894 p
7	Ghesquiere Alexandre	11	1130 p
8	Neili Fares	10	1092 p
9	Guellet Elijah	10	1003 p
10	Bellaari Nawfel	11	743 p
11	Detre Antonin	11	741 p
12	Aztout Haron	10	705 p
13	Ven Wynendaele Lenny	11	704 p
14	Chekem Amon Re	11	688 p
15	Rozzi Arthur	11	676 p
16	Ouattara Noham	10	653 p
17	Michels Antoine	10	651 p
18	Hendrichs Hadrien	10	639 p
19	Demoen Raphael	11	510 p
20	Hendrichs Victor	10	502 p
21	Philips Raphael	11	492 p

MINIMES GARCONS

1	Verleyen Jakob	08	4326 p
2	Kubiak Joachim	09	3992 p
3	Soudon Jules	08	3756 p
4	Delneufcourt Noah	09	2024 p
5	Ouattara Reda	08	1732 p
6	Bouchfira Camille	08	1635 p
7	Delneufcourt Hugo	09	1519 p
8	Coppy Kenneth	08	1365 p
9	El Youssoufi Sami	09	1141 p
10	Philips Bastien	09	891 p
11	Elengesa Leopold	08	800 p



Trophée Saphir.

DAMES

1. Zagre Anne
2. Muls Camille
3. Henry Chloe
4. Iven Kayla
5. Smal Pauline
6. Chylinski Marta
7. Morency Poilvache Alizee
8. Badji Jalika
9. Joblin Marine
10. Ombeni Rachel
11. Adam Benedicte
12. Van Lent Jana
13. Goethaels Lutgard
14. Imbo Kristel
15. Laurent Agnes
16. Kizito Prisca
17. Verheecke Hanna
18. Tshanga Diomi Roline
19. Boonaert Caroline
20. Simons Lina



HOMMES

1. Naert Koen
2. Kasmi Amine
3. Callahan Peter
4. Geerts Gregory
5. Guillaume Jonathan
6. Caluwe Arnaud
7. Badji Asanti
8. Dekker Stephan
9. Mazebo Simon
10. Salvaggio Claudio
11. Tshitwenu Florian
12. Lins Sebastien
13. Montilla Dimitri
14. Bouchikhi Lahsene
15. Campener Corentin
16. Gets Florent
17. Bouissane Youssef
18. Nicodeme Romain
19. Segers Daniel
20. Caty Dylan
21. Medan Marko
22. Ghislain Arnaud
23. Tourtois Charles
24. Gruson Augustin
25. Niesen Charles
26. Petitjean Simon
27. Maniquet Rudi
28. Balhan Robin
29. Gamuela Jos
30. Montila Alexis
31. Balsen Julien
32. Denys Jacques
33. Balhan Pierre Antoine
34. Taiwo Eniola



Champions d'hiver.

La plupart des championnats ont été annulés en raison de la pandémie de covid.

CHAMPIONNE DE BELGIQUE

Zagre Anne TC 60 m haies

Performances indoor 2020 – 2021.

BENJAMINES FILLES

-

PUPILLES FILLES

-

MINIMES FILLES

-

CADETTES FILLES

-

SCOLAIRES FEMMES

Poids (3 kg)		RC : 14m62			
1	Mathieu Julia	05	14m19	16/12	FRA

JUNIORS FEMMES

-

SENIORS FEMMES

60 m		RC : 7.49			
1	Ombeni Rachel	01	8.13	30/01	NOR

60 m haies (84 cm)		RC : 7.98			
1	Zagre Anne	90	8.05	05/02	GER

Triple saut		RC : 13m17			
1	Guisse Saliyya	96	12m63	16/01	FRA
2	Ombeni Rachel	01	12m41	07/02	NOR

Perche		RC : 4m30			
1	Henry Chloe	87	4m33	06/02	FRA

MASTERS FEMMES

-

BENJAMINS GARCONS

-

PUPILLES GARCONS

-

MINIMES GARCONS

-

CADETS GARCONS

-

SCOLAIRES HOMMES

-

JUNIORS HOMMES

-

SENIORS HOMMES

60 m		RC : 6.56			
1	Niesen Charles	94	7.12	13/02	rcg
2	Taiwo Eniola	00	7.13	14/02	FRA
3	Tshitwenu Florian	97	7.33	13/02	rcg

Longueur		RC : 7m79			
1	Segers Daniel	01	7m05	09/02	FRA

MASTERS HOMMES

-

**PLUS DE PERFS, DE RECORDS, DE TOPS
SUR LE SITE WWW.RESC.BE**



Champions d'été.

CHAMPIONS LBFA

Joblin Marine	JUN	800	2.15.61
Iven Kayla	JUN	javelot	41m47
Chylinski Marta	TC	3000	10.22.08
Badji Jalika	TC	400 haies	1.02.58
Iven Kayla	TC	javelot	39m85
Kasmi Amine	TC	200	21.31
Petitjean Simon	TC	1500	4.35.96
Geerts Gregory	TC	triple saut	14m48
Guillaume Jonathan	TC	poids	15m33
Dekker Stephan	TC	disque	52m19
Gets Florent	TC	javelot	51m34

CHAMPIONS DE BELGIQUE

Denys Jacques	Handisport	disque	15m05
Denys Jacques	Handisport	javelot	11m61
Iven Kayla	JUN	javelot	41m04
Zagre Anne	TC	100 m haies	12.94
Small Pauline	TC	javelot	46m23
Adam Benedicte	W40	poids	10m80
Adam Benedicte	W40	disque	31m31
Muls Camille	TC	800	2.05.85
Mazebo Simon	ESP	400 m haies	53.06
Maniquet Rudi	M60	triple saut	9m09
Callahan Peter	TC	1500	3.40.51
Badji Asamti	TC	4 x 400 m	3.14.58
Lins Sebastien	TC	4 x 400 m	3.14.58
Mazebo Simon	TC	4 x 400 m	3.14.58
Nicodeme Romain	TC	4 x 400 m	3.14.58

**PLUS DE PERFS, DE RECORDS, DE TOPS
SUR LE SITE WWW.RESC.BE**



Palmarès outdoor 2019 – 2020.

BENJAMINES FILLES



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

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

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

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

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

Balle de hockey		RC : 28m96			
1	Strypstein Solena	13	24m73	18/09	csf
2	Arys Josephine	13	15m80	25/09	rcas

3	Dzou Steffy Ann	13	15m68	16/10	rcb
4	Gerard Zoe	12	14m55	24/10	rcas
5	D'Hallewin Olivia	12	12m43	24/10	rcas
6	Neili Alya	12	11m68	18/06	resc
7	Delneufcourt Marion	13	11m13	22/08	ws
8	Segers Lea	13	8m39	18/06	resc
9	El Yousseoufi Asmae	12	6m00	18/06	resc

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

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

PUPILLES FILLES



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

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

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

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

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

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

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

Balle de hockey		RC : 41m50			
1	Squifflet Emelynn	10	35m24	17/10	ws
2	Dzou Lesly Kayla	10	34m75	18/09	csf
3	De Cooman Lea	11	30m19	24/10	rcas
4	Strypstein Maeva	11	27m81	17/10	ws
5	Schroeven Camille	11	23m01	17/10	ws
6	Popescu Raisa Gabriela	11	20m33	17/10	ws
7	Wanyu Naomie Belle	10	20m21	17/10	ws
8	Varela Gonzalez Carla	10	18m95	17/10	ws

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

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

MINIMES FILLES



80 m		RC : 10.64			
1	Radermacher Sarah	09	11.52	17/10	ws
2	Khrauph Aya	08	11.59	16/05	resc
3	Barry Dariou	08	11.61	09/10	rcb
4	Sibourg Celya	09	11.80	17/10	caf
5	Mayuma Marie	08	12.01	09/10	rcb

6	Palalic Lena	08	12.14	16/05	resc
7	Wanyu Diane Kylie	08	12.37	16/05	resc
8	Agacseven Lina	08	12.44	17/10	ws
9	Gerard Emma	08	12.46	25/09	rcas
10	Picula Petra	09	12.91	16/05	resc
11	Mubarik Inaya	08	13.03	16/05	resc
12	Sandron Elise	08	13.49	16/05	resc

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

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

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

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

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

Poids (2 kg)		RC : 13m12			
1	Mayuma Marie	08	10m62	17/10	ws
2	Wanyu Diane Kylie	08	9m81	24/10	rcas
3	Radermacher Sarah	09	9m75	17/10	ws
4	Sibourg Celya	09	6m92	18/06	resc
5	Minne Charline	09	6m91	18/06	resc
6	Gerard Emma	08	6m67	24/10	rcas
7	Agacseven Lina	08	6m65	17/10	ws
8	Palalic Lena	08	6m23	17/10	ws
9	Hunt Anna Emilie	08	5m45	18/06	resc
10	Picula Petra	09	4m91	18/06	resc

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

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

Pentathlon		RC : 3021 p			
1	Radermacher Sarah	09	2506 p	17/10	ws
2	Mayuma Marie	08	2193 p	17/10	ws

3	Agacseven Lina	08	2022 p	17/10	ws
4	Wanyu Diane Kylie	08	1984 p	17/10	ws
5	Palalic Lena	08	1752 p	17/10	ws

CADETTES FILLES



100 m		RC : 12.64			
1	Kubiak Joanna	06	13.65	16/05	resc
2	Aguz Viera Olivia	06	13.75	16/05	resc
3	Sanchez Elisa	07	13.84	19/09	hf
4	Biala Judikaelle	06	14.19	20/06	csf
5	Mjahed Maya	07	14.22	18/07	fcha
6	Ngandeu Tchambia Brenda	07	14.79	16/05	resc
7	Vanneste Blum	06	15.20	16/05	resc
8	Bajjadi Lina	06	16.06	16/05	resc
9	Bilivogui Dina	06	16.42	10/10	csf
10	Verleyen Marthe	06	16.60	19/09	hf
11	Rousseau Amina	06	18.78	16/05	resc
200 m		RC : 26.14			
1	Kubiak Joanna	06	29.32	16/05	resc
2	Aguz Viera Olivia	06	29.66	19/09	hf
3	Biala Judikaelle	06	31.28	20/06	csf
4	Bajjadi Lina	06	34.40	16/05	resc
300 m		RC : 42.36			
1	Biala Judikaelle	06	52.96	16/05	resc
400 m		RC : 57.61			
1	Sanchez Elisa	07	67.42	19/09	hf
800 m		RC : 2.21.88			
1	Mjahed Maya	07	2.58.02	01/08	bbs
2	Sivis Mulongo Juliana	07	3.11.88	26/09	rcas
3	Vanneste Blum	06	3.15.52	19/09	hf
1500 m		RC : 4.53.37			
1	Degrez Lisa	06	7.03.68	19/09	hf
80 m haies (76 cm)		RC : 11.88			
1	Ngandeu Tchambia Brenda	07	15.75	19/09	hf
2	Mjahed Maya	07	15.96	31/07	bbs
3	Sivis Mulongo Juliana	07	18.12	25/09	rcas
300 m haies (76 cm)		RC : 45.51			
1	Ngandeu Tchambia Brenda	07	54.89	19/09	hf
Hauteur		RC : 1m68			
1	Mjahed Maya	07	1m25	31/07	bbs
	Ngandeu Tchambia Brenda	07	1m25	16/05	resc
	Sivis Mulongo Juliana	07	1m25	25/09	rcas
4	Vanneste Blum	06	1m15	19/09	hf
Longueur		RC : 5m74			
1	Aguz Viera Olivia	06	4m88	16/05	resc
2	Mjahed Maya	07	4m58	16/05	resc
3	Ngandeu Tchambia Brenda	07	3m36	16/05	resc
	Sivis Mulongo Juliana	07	3m36	26/09	rcas
5	Delforge Pauline	06	3m24	16/05	resc
Perche		RC : 3m26			
1	Biala Judikaelle	06	1m80	19/09	hf
2	Delforge Pauline	06	1m40	16/05	resc

Poids (3 kg)		RC : 13m85			
1	Mjahed Maya	07	10m58	31/07	bbs
2	Ngandeu Tchambia Brenda	07	8m67	22/08	ws
3	Sivis Mulongo Juliana	07	6m10	25/09	rcas
Disque (1 kg)		RC : 37m60			
1	Mjahed Maya	07	26m11	19/09	hf
Javelot (500 gr)		RC : 41m46			
1	Mjahed Maya	07	24m91	01/08	bbs
2	Ngandeu Tchambia Brenda	07	18m87	22/08	ws
Hexathlon		RC : 3901 p			
1	Mjahed Maya	07	2512 p	01/08	bbs
2	Sivis Mulongo Juliana	07	1319 p	26/09	rcas
4 x 100 m		RC : 50.59			
Aguz Viera, Biala, Mjahed, Sanchez		54.50	19/09	hf	

SCOLAIRES FEMMES



100 m		RC : 12.33			
1	Leonard Elise	05	12.82	03/07	moha
2	Tshanga Diomi Roline	04	13.06	16/05	resc
3	Van Ex Coelmont Alexia	04	13.49	16/05	resc
4	Martins Junior Magaly	04	13.50	16/05	resc
5	Bahaid Salma	05	13.71	16/05	resc
6	Hasnaoui Saloua	04	13.73	16/05	resc
7	Cole Anne Ramon	04	13.82	10/10	csf
8	De Gendt Oriane	05	14.06	16/05	resc
9	Surocaj Loreta	04	14.94	16/05	resc
10	Kallouch Bouchra	05	15.69	16/05	resc
200 m		RC : 25.1			
1	Tshanga Diomi Roline	04	26.85	16/05	resc
2	Bahaid Salma	05	27.36	12/06	resc
3	Leonard Elise	05	27.65	31/07	bbs
4	Hasnaoui Saloua	04	28.39	16/05	resc
5	Martins Junior Magaly	04	28.51	16/05	resc
6	Dennison Chrystal	05	28.81	31/07	bbs
7	Surocaj Loreta	04	31.40	16/05	resc
300 m		RC : 39.65			
1	Kagu Gerta	05	47.25	16/05	resc
2	Kallouch Bouchra	05	51.75	16/05	resc
400 m		RC : 56.03			
1	Tshanga Diomi Roline	04	62.51	19/09	hf
800 m		RC : 2.14.88			
1	Kagu Gerta	05	2.35.69	16/05	resc
2	Dennison Chrystal	05	2.53.65	01/08	bbs
3	Kallouch Bouchra	05	3.02.07	19/09	hf
4	Leonard Elise	05	3.04.60	01/08	bbs
1500 m		RC : 4.00.79			
1	Kagu Gerta	05	5.45.12	19/09	hf
3000 m		RC : 10.41.31			
1	Andouh Ihssane	04	13.59.15	19/09	hf
100 m haies (76 cm)		RC : 13.92			
1	Lucas Clara	04	16.26	16/05	resc
2	Leonard Elise	05	16.92	31/07	bbs
3	Dennison Chrystal	05	18.35	31/07	bbs

400 m haies (76 cm)		RC : 62.36			
1	Surocaj Loreta	04	81.21	19/09	hf
2000 m steeple (76 cm)		RC : 8.05.35			
1	Kagu Gerta	05	8.48.32	19/09	hf
Hauteur		RC : 1m68			
1	Dennison Chrystal	05	1m35	31/07	bbs
Longueur		RC : 6m08			
1	Lucas Clara	04	5m23	16/05	resc
2	Leonard Elise	05	4m69	18/07	fcha
3	De Gendt Oriane	05	4m44	16/05	resc
4	Surocaj Loreta	04	4m37	16/05	resc
5	Van Ex Coelmont Alexia	04	4m34	16/05	resc
Triple saut		RC : 12m15			
1	Lucas Clara	04	10m20	16/10	rcb
2	Surocaj Loreta	04	9m06	19/09	hf
Perche		RC : 3m36			
1	Cole Anne Ramon	04	2m20	19/09	hf
Poids (3 kg)		RC : 13m85			
1	Mathieu Julia	05	14m06	11/07	FRA
2	Dennison Chrystal	05	9m46	31/07	bbs
3	Leonard Elise	05	7m70	31/07	bbs
4	Frifra Kheira	07	7m56	24/10	rcas
5	Martins Junior Magaly	04	7m29	19/09	hf
Disque (1 kg)		RC : 47m99			
1	Mathieu Julia	05	30m63	11/09	lyra
2	Lucas Clara	04	18m11	24/10	rcas
3	Frifra Kheira	07	13m35	24/10	rcas
	Martins Junior Magaly	04	13m35	19/09	hf
Javelot (500 gr)		RC : 41m95			
1	Dennison Chrystal	05	31m22	28/08	cabw
2	Leonard Elise	05	19m71	01/08	bbs
3	Frifra Kheira	07	13m83	24/10	rcas
Heptathlon		RC : 4701 p			
1	Dennison Chrystal	05	3135 p	01/08	bbs
2	Leonard Elise	05	2669 p	01/08	bbs
4 x 100 m		RC : 48.97			
Bahaid, Tshanga Diomi, Martins Junior, Leonard		51.22	05/09	smac	

JUNIORS FEMMES



100 m		RC : 12.03			
1	Demets Olivia	03	16.53	16/05	resc
200 m		RC : 24.65			
1	Demets Olivia	03	33.72	16/05	resc
400 m		RC : 56.03			
1	Joblin Marine	02	59.87	14/08	oeh
800 m		RC : 2.05.49			
1	Joblin Marine	02	2.13.80	26/06	resc
2	Nachtergal Marine	02	2.27.15	12/06	resc
3	Kurza Klaudia	02	2.36.09	16/05	resc

Javelot (600 gr)		RC : 41m58			
1	Iven Kayla	02	42m80	06/06	FRA



SENIORS FEMMES

100 m		RC : 11.42			
1	Morency Poilvache Alizee	98	11.71	27/06	resc
2	Zagre Anne	90	11.73	03/07	avt
3	Badji Jalika	96	12.47	16/05	resc
4	Ombeni Rachel	01	12.70	30/05	NOR
5	Cok Evelyn	91	13.81	16/05	resc
6	Simons Lina	96	14.06	20/06	csf



200 m		RC : 23.46			
1	Morency Poilvache Alizee	98	24.13	26/06	resc
2	Badji Jalika	96	25.50	24/07	lyra
3	Verheecke Hanna	00	25.73	07/07	vita
4	Simons Lina	96	28.57	07/08	dcla
5	Cok Evelyn	91	29.30	16/05	resc

300 m		RC : 38.04			
1	Morency Poilvache Alizee	98	39.10	11/07	avlo
2	Badji Jalika	96	40.13	16/05	resc
3	Verheecke Hanna	00	40.41	11/07	avlo
4	Simons Lina	96	45.38	16/05	resc

400 m		RC : 53.51			
1	Badji Jalika	96	56.79	12/06	resc
2	Verheecke Hanna	00	56.85	12/06	resc
3	Simons Lina	96	64.10	24/07	lyra

800 m		RC : 2.03.72			
1	Muls Camille	99	2.04.70	14/08	olse
2	Chylinski Marta	86	2.13.19	01/08	NED
3	Pinter Eline	96	2.21.70	27/03	USA
4	Archambeau Aline	90	2.28.92	12/06	resc

1500 m		RC : 4.12.85			
1	Muls Camille	99	4.12.35	03/07	avt
2	Chylinski Marta	86	4.29.37	01/09	FRA
3	Pinter Eline	96	4.43.70	23/04	USA

3000 m		RC : 8.49.85			
1	Chylinski Marta	86	9.50.60	04/09	dein

5.000 m		RC : 15.41.24			
1	Van Lent Jana	01	17.08.23	29/05	NED

10.000 m		RC : 32.23.39			
1	Van Lent Jana	01	35.29.05	15/05	LUX
2	Chylinski Marta	86	36.38.48	12/06	rcg
100 m haies (84 cm)		RC : 12.71			
1	Zagre Anne	90	12.78	01/08	JAP
400 m haies (76 cm)		RC : 55.20			
1	Badji Jalika	96	60.63	27/06	resc
Hauteur		RC : 1m95			
1	Thiebot Oceane	01	1m60	16/05	resc
Longueur		RC : 6m28			
1	Kizito Prisca	01	5m58	26/06	resc
Triple saut		RC : 13m38			
1	Ombeni Rachel	01	12m64	12/09	NOR
Perche		RC : 4m20			
1	Henry Chloe	87	4m30	12/06	SUI
Poids (4 kg)		RC : 14m84			
1	Van De Sype Chloe	97	9m49	22/08	csdy
2	Guisse Saliyya	96	8m48	24/10	rcas
Disque (1 kg)		RC : 47m99			
1	Van De Sype Chloe	97	27m24	22/08	csdy
2	Guisse Saliyya	96	19m54	24/10	rcas
Javelot (600 gr)		RC : 44m36			
1	Smal Pauline	98	46m23	27/06	resc
2	Guisse Saliyya	96	21m45	24/10	rcas
4 x 400 m		RC : 3.48.08			
Badji, Muls, Tshanga Diomi, Vereecke		3.51.26	05/09	smac	
Ekiden		RC : 3h10:19			
Chylinski, Goethals, Laurent, Imbo, Joblin, Muls		2h46:15	16/10	resc	

MASTERS FEMMES



100 m		RC : 12.73			
1	Dewitte Valerie	80	13.62	12/06	SUI
2	Boonaert Caroline	64	14.53	19/09	vita
150 m		-			
1	Dewitte Valerie	80	20.85	08/05	SUI
200 m		RC : 26.58			
1	Dewitte Valerie	80	28.59	22/05	SUI
2	Boonaert Caroline	64	31.76	19/09	vita
300 m		RC : 43.89			
1	Dewitte Valerie	80	44.10	08/05	SUI
400 m		RC : 60.23			
1	Dewitte Valerie	80	63.81	12/06	SUI
Poids (4 kg)		RC : 11m09			
1	Adam Benedicte	78	10m80	19/09	vita
2	Bee Delphine	78	9m79	16/10	rcb
3	Reynaerts Stephanie	80	8m88	16/10	rcb
4	De Buyst Nadia	73	6m28	16/10	rcb

Disque (1 kg)		RC : 34m32			
1	Adam Benedicte	78	31m31	19/09	vita
Javelot (600 gr)		RC : 29m63			
1	Adam Benedicte	78	25m23	24/10	rcas

BENJAMINS GARCONS



60 m		RC : 9.17			
1	Dogru Ilian	12	10.04	17/10	ws
2	Housiaux Julien	12	10.14	09/10	rcb
3	Neerscholten Amos	12	10.43	26/09	rcas
4	Gysen Romain	12	10.86	09/10	rcb
5	Ruhangira Nathan	12	10.91	16/05	resc
6	Djiemo Tchankoue Florian	12	11.26	16/05	resc
7	Marchal Noam	13	11.36	17/10	ws
8	Touiger Yanis	12	12.22	16/05	resc
9	Mievis Axel	13	12.85	17/10	ws

600 m		RC : 1.57.80			
1	Housiaux Julien	12	2.03.57	17/10	ws
2	Dogru Ilian	12	2.10.60	17/10	ws
3	Neerscholten Amos	12	2.12.03	26/09	rcas
4	Gysen Romain	12	2.27.10	16/05	resc
5	Ruhangira Nathan	12	2.31.05	16/05	resc
6	Mievis Axel	13	2.34.63	17/10	ws
7	Marchal Noam	13	2.37.21	17/10	ws
8	Djiemo Tchankoue Florian	12	2.50.92	16/05	resc
9	Touiger Yanis	12	2.54.55	16/05	resc

Hauteur		RC : 1m25			
1	Housiaux Julien	12	1m06	02/10	rcb
2	Dogru Ilian	12	1m05	16/05	resc
3	Djiemo Tchankoue Florian	12	1m00	16/05	resc
4	Ruhangira Nathan	12	0m95	16/05	resc
5	Gysen Romain	12	0m90	16/05	resc
6	Marchal Noam	13	0m85	16/05	resc
	Touiger Yanis	12	0m85	16/05	resc
8	Mievis Axel	13	0m80	16/05	resc

Longueur		RC : 4m19			
1	Neerscholten Amos	12	3m43	18/06	resc
2	Housiaux Julien	12	3m38	18/06	resc
3	Dogru Ilian	12	3m22	09/10	rcb
4	Ruhangira Nathan	12	2m90	18/06	resc
5	Touiger Yanis	12	2m61	18/06	resc
6	Hendrichs Arthur	13	2m55	18/06	resc
7	Marchal Noam	13	2m44	18/06	resc
8	Mievis Axel	13	2m19	17/10	ws

Poids (1 kg)		RC : 11m68			
1	Dogru Ilian	12	7m62	17/10	ws
2	Housiaux Julien	12	7m52	17/10	ws
3	Neerscholten Amos	12	6m69	09/10	rcb
4	Hendrichs Arthur	13	5m74	24/10	rcas
5	Marchal Noam	13	5m59	17/10	ws
6	Mievis Axel	13	3m96	17/10	ws

Balle de hockey		RC : 40m13			
1	Housiaux Julien	12	29m00	18/06	resc
2	Neerscholten Amos	12	21m97	26/09	rcas
3	Ruhangira Nathan	12	19m72	18/06	resc
4	Hendrichs Arthur	13	18m68	24/10	rcas
5	Marchal Noam	13	12m89	18/06	resc
6	Mievis Axel	13	11m63	24/10	rcas

7 Touiger Yanis 12 10m75 18/06 resc

Tetrathlon

RC : 2099 p

1	Housiaux Julien	12	1440 p	17/10	ws
2	Dogru Ilian	12	1398 p	17/10	ws
3	Neerschoten Amos	12	1040 p	26/09	rcas
4	Marchal Noam	13	639 p	17/10	ws
5	Mievis Axel	13	349 p	17/10	ws

PUPILLES GARCONS



60 m RC : 8.09

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

1000 m RC : 3.14.18

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

60 m haies (68 cm) RC : -

1	Arys Luca	10	13.29	04/09	kape
2	Xhonneux Raphael	10	15.15	04/09	kape

Hauteur RC : 1m49

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

Longueur RC : 4m75

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

Poids (2 kg) RC : 11m71

1	Neili Fares	10	7m73	18/06	resc
2	Ouattara Noham	10	6m75	18/06	resc
3	Michels Antoine	10	6m72	18/06	resc
4	Arys Luca	10	6m48	26/09	rcas
5	Philips Raphael	11	6m26	18/06	resc
6	Aztout Haron	10	6m11	18/06	resc
7	Theyskens Alexis	10	6m03	26/09	rcas
8	Hendrichs Hadrien	10	5m84	18/06	resc
9	Chekem Amon Re	11	5m66	16/10	rcb
10	Marchal Mathys	11	5m56	18/06	resc
11	Xhonneux Raphael	10	5m42	29/08	riwa
12	Hendrichs Victor	10	5m13	18/06	resc
	Mievis Lionel	11	5m13	24/10	rcas
14	Thonon Gaston	10	5m09	18/06	resc
15	Verbandert Cesar	10	4m66	18/06	resc
16	Demoen Raphael	11	4m56	18/06	resc
17	Bellaari Nawfel	11	4m32	18/06	resc
18	Ghesquiere Alexandre	11	3m90	18/06	resc

Disque (600 gr) RC : 31m14

1	Arys Luca	10	15m52	04/09	kape
2	Theyskens Alexis	10	12m11	02/10	rcb
4	Mievis Lionel	11	11m92	24/10	rcas
5	Xhonneux Raphael	10	11m90	02/10	rcb

Balle de hockey RC : 46m50

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

Tetrathlon RC : 2516 p

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

4 x 60 m RC : 33.25

Arys, Xhonneux, Rozzi, Theyskens 40.96 02/10 rcb

MINIMES GARCONS



80 m					RC : 9.66				
1	Ouattara Reda	08	10.74	09/10	rcb				
2	Kubiak Joachim	09	11.06	16/05	resc				
3	Verleyen Jakob	08	11.09	09/10	rcb				
4	Soudon Jules	08	11.33	17/10	ws				
5	Bouchfira Camille	08	11.60	16/05	resc				
6	Coppy Kenneth	08	11.64	16/05	resc				
7	Elengesa Leopold	08	11.66	16/05	resc				
8	Delneufcourt Hugo	09	12.34	22/08	ws				
9	Delneufcourt Noah	09	12.43	22/08	ws				
10	El Yousseoufi Sami	09	13.13	16/05	resc				
150 m					RC : 18.43				
1	Kubiak Joachim	09	21.48	02/10	rcb				
300 m					RC : 40.86				
1	Verleyen Jakob	08	43.37	02/10	rcb				
1000 m					RC : 3.01.77				
1	Verleyen Jakob	08	3.03.45	12/09	avlo				
2	Soudon Jules	08	3.22.52	17/10	ws				
3	Bouchfira Camille	08	3.28.31	16/05	resc				
4	El Yousseoufi Sami	09	3.52.63	16/05	resc				
5	Kubiak Joachim	09	3.57.47	16/05	resc				
150 m haies (76 cm)					RC : 20.54				
1	Kubiak Joachim	09	22.98	09/10	rcb				
2	Delneufcourt Noah	09	24.15	09/10	rcb				
3	Soudon Jules	08	25.83	09/10	rcb				
Hauteur					RC : 1m73				
1	Verleyen Jakob	08	1m37	17/10	ws				
2	Soudon Jules	08	1m34	17/10	ws				
3	Kubiak Joachim	09	1m31	02/10	rcb				
Longueur					RC : 5m73				
1	Ouattara Reda	08	4m74	09/10	rcb				
2	Soudon Jules	08	4m63	17/10	ws				
3	Verleyen Jakob	08	4m49	17/10	ws				
4	Coppy Kenneth	08	4m27	16/05	resc				
5	Kubiak Joachim	09	4m17	16/05	resc				
6	Delneufcourt Noah	09	4m14	18/06	resc				
7	Bouchfira Camille	08	4m07	16/05	resc				
8	Delneufcourt Hugo	09	3m70	18/06	resc				
9	Philips Bastien	09	3m56	18/06	resc				
10	Elengesa Leopold	08	3m26	16/05	resc				
11	El Yousseoufi Sami	09	3m11	16/05	resc				
12	Sielinou Bamou Neto	09	1m61	18/06	resc				
Poids (3 kg)					RC : 14m71				
1	Soudon Jules	08	8m50	17/10	ws				
2	Verleyen Jakob	08	8m26	17/10	ws				
3	Ouattara Reda	08	7m40	18/06	resc				
4	Philips Bastien	09	7m08	18/06	resc				
5	Delneufcourt Noah	09	6m82	18/06	resc				
6	Kubiak Joachim	09	6m31	18/06	resc				
7	Soeiro Moreno Alexandre	09	5m89	18/06	resc				
8	Delneufcourt Hugo	09	5m64	18/06	resc				
9	El Yousseoufi Sami	09	4m72	18/06	resc				
10	Sielinou Bamou Neto	09	3m45	18/06	resc				
Disque (750 gr)					RC : 45m01				
1	Coppy Kenneth	08	21m78	09/10	rcb				
2	Philips Bastien	09	19m49	09/10	rcb				
3	Kubiak Joachim	09	16m78	02/10	rcb				
4	Delneufcourt Hugo	09	15m04	09/10	rcb				
Javelot (400 gr)					RC : 45m91				
1	Delneufcourt Noah	09	21m92	22/08	ws				
2	Delneufcourt Hugo	09	19m95	22/08	ws				
3	Kubiak Joachim	09	17m46	22/08	ws				
Pentathlon					RC : 4135 p				
1	Verleyen Jakob	08	30 17 p	17/10	ws				
2	Soudon Jules	08	2841 p	17/10	ws				

**PLUS DE PERFS, DE RECORDS, DE TOPS
SUR LE SITE WWW.RESC.BE**

CADETS GARCONS



100 m					RC : 11.31				
1	Verheeke Amory	06	12.75	19/09	hf				
2	Mertens Raphael	07	12.76	16/05	resc				
3	Soeiro Moreno Joaquim	06	12.87	16/05	resc				
4	Guellet Shadi	07	13.03	16/05	resc				
5	Desmecht Isaiah	06	13.47	10/10	csf				
6	Labruyere Maxime	06	13.50	16/05	resc				
7	Mvulu Kimana Steve	07	13.69	02/10	rcb				
8	Kemlo Ziad	07	13.91	16/05	resc				
9	Fadoul Barry	06	14.90	16/05	resc				
200 m					RC : 23.14				
1	Verheeke Amory	06	26.36	19/09	hf				
2	Guellet Shadi	07	27.12	16/05	resc				
3	Labruyere Maxime	06	27.37	16/05	resc				
4	Kemlo Ziad	07	29.03	16/05	resc				
	Mvulu Kimana Steve	07	29.03	22/08	ws				
6	Fadoul Barry	06	33.42	16/05	resc				
400 m					RC : 52.24				
1	Labruyere Maxime	06	59.41	19/09	hf				
800 m					RC : 1.59.30				
1	Van Mossevelde Sami	07	2.32.18	22/08	ws				
2	Charlier Luca	07	2.54.62	19/09	hf				
1500 m					RC : 4.10.9				
1	Chaara Naim	06	5.07.60	19/09	hf				
2	El Banoudi Rayane	07	5.28.98	02/10	rcb				
100 m haies (91 cm)					RC : 14.02				
1	Fadoul Barry	06	21.07	19/09	hf				
300 m haies (76 cm)					RC : 40.07				
1	Fadoul Barry	06	53.69	19/09	hf				
Hauteur					RC : 1m91				
1	Van Mossevelde Sami	07	1m20	16/05	resc				
2	Labruyere Maxime	06	1m20	19/09	hf				
Longueur					RC : 6m70				
1	Guellet Shadi	07	5m18	16/05	resc				
2	Mertens Raphael	07	4m92	16/05	resc				
3	De Greef Guillaume	07	4m35	19/09	hf				
4	Van Mossevelde Sami	07	3m81	16/05	resc				
Perche					RC : 3m76				
1	Van Mossevelde Sami	07	2m00	19/09	hf				
Poids (4 kg)					RC : 14m42				
1	Mertens de Willmars Raphael	07	9m67	19/09	hf				
2	Van Mossevelde Sami	07	7m10	22/08	ws				
Disque (1 kg)					RC : 48m77				
1	Mertens de Willmars Raphael	07	22m28	19/09	hf				
Javelot (600 gr)					RC : 44m54				
1	Van Mossevelde Sami	07	26m18	28/08	cabw				
4 x 100 m					RC : 44.36				
El Banoudi, Labruyere, Tshanga Diumba, Verheecke					51.76	19/09	hf		

SCOLAIRES HOMMES



100 m					RC : 10.83				
1	Gruson Augustin	04	11.49	16/05	resc				
2	Biala Kenny-Felder	05	11.63	07/07	vita				
3	Arifi Ilias	04	11.86	21/08	herv				
	Domine Guillaume	04	11.86	10/10	csf				
5	Guillaume Clement	04	12.08	16/05	resc				
6	Ivens Filip	04	12.52	16/05	resc				
7	Manzano Enzo	05	12.54	16/05	resc				
	Elengesa Gaspard	04	13.00	16/05	resc				
9	Geerts Thibaut	05	13.13	16/05	resc				
200 m					RC : 21.97				
1	Biala Kenny-Felder	05	23.43	24/07	lyra				
2	Gruson Augustin	04	23.55	19/09	hf				
3	Guillaume Clement	04	24.34	16/05	resc				
4	Elengesa Gaspard	04	27.01	02/07	ws				
300 m					RC : 35.89				
1	Biala Kenny-Felder	05	36.20	11/07	avlo				
2	Manzano Enzo	05	41.57	16/05	resc				
400 m					RC : 49.48				
1	Biala Kenny-Felder	05	50.85	28/08	cabw				
2	Arifi Ilias	04	52.24	21/08	herv				
3	Nehme Ziad	05	57.09	22/08	ws				
800 m					RC : 1.55.41				
1	Nehme Ziad	05	2.23.87	10/10	csf				
2	Manzano Enzo	05	2.32.00	19/09	hf				
1500 m					RC : 4.00.79				
1	Arifi Ilias	04	4.34.69	01/08	bbs				
2	Nehme Ziad	05	5.14.19	19/09	hf				
3000 m					RC : 8.33.14				
1	Guillaume Clement	04	11.51.46	19/09	hf				
110 m haies (91 cm)					RC : 13.65				
1	Arifi Ilias	04	14.69	03/07	moha				
400 m haies (84 cm)					RC : 56.13				
1	Arifi Ilias	04	58.65	11/09	lyra				
2	Manzano Enzo	05	66.04	19/09	hf				
2000 m steeple (91 cm)					RC : 6.10.2				
1	Nehme Ziad	05	7.25.79	19/09	hf				
Hauteur					RC : 2m05				
1	Arifi Ilias	04	1m87	25/09	rcas				
2	Suetens Loic	05	1m68	19/09	hf				
Longueur					RC : 7m59				
1	Gruson Augustin	04	7m03	27/06	resc				
2	Arifi Ilias	04	6m04	12/06	resc				
3	Domine Guillaume	04	5m49	19/09	hf				
4	Manzano Enzo	05	4m81	16/05	resc				
Triple saut					RC : 15m64				
1	Domine Guillaume	04	10m86	19/09	hf				
2	Geerts Thibaut	05	10m20	16/05	resc				
Perche					RC : 4m36				
1	Arifi Ilias	04	4m10	16/07	rcas				

Poids (5 kg)					RC : 14m35				
1	Arifi Ilias	04	11m16	25/09	rcas				
2	Corneli Keziah	05	8m81	19/09	hf				
Disque (1,5 kg)					RC : 44m44				
1	Arifi Ilias	04	30m85	22/08	herv				
2	Ivens Filip	04	28m41	19/09	hf				
Javelot (700 gr)					RC : 52m73				
1	Ivens Filip	04	35m09	19/09	hf				
2	Arifi Ilias	04	32m57	20/06	csf				
Decathlon					RC : 5708 p				
1	Arifi Ilias	04	5847 p	21/08	herv				
4 x 100 m					RC : 42.91				
Clement, Biala, Arifi, Gruson			44.73	19/09	hf				

JUNIORS HOMMES

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

**PLUS DE PERFS, DE RECORDS, DE TOPS
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SENIORS HOMMES



100 m					RC : 10.02				
1	Tshitwenu Florian	97	10.69	19/06	cabw				
2	Niesen Charles	94	10.81	26/09	usbw				
3	Segers Daniel	01	10.90	03/08	asvo				
4	Kalmen Adam	98	10.93	26/09	usbw				
5	Kasmi Amine	00	10.98	11/08	vita				
6	Badji Asamti	95	11.13	11/08	vita				
7	Taiwo Eniola	00	11.14	12/06	resc				
8	Caluwe Arnaud	91	11.22	31/07	acw				
9	Montilla Dimitri	98	11.36	29/05	FRA				
10	Tourtois Charles	01	11.40	16/05	resc				
11	Caty Dylan	97	11.43	30/05	FRA				
12	Geerts Gregory	99	11.49	14/08	oeh				
13	Ilunga Carl	93	11.57	03/07	moha				
14	Ghislain Arnaud	88	11.62	20/06	csf				
15	Fassil Aoubaker	91	12.02	20/06	csf				

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

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

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

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

1500 m					RC : 3.36.96				
1	Callahan Peter	91	3.38.41	15/05	USA				
2	Balhan Pierre Antoine	92	3.42.58	12/06	resc				
3	Petitjean Simon	96	3.54.56	12/06	resc				
4	Bouissane Youssef	94	3.56.62	19/06	cabw				
5	Balhan Robin	94	4.01.31	16/05	resc				
6	Tourtois Charles	01	4.24.29	22/08	herv				

7	Petitjean Simon	96	4.35.96	15/05	jsmc
8	Ghislain Arnaud	88	4.53.32	22/08	FRA
9	Montilla Dimitri	98	4.55.06	30/05	FRA
10	Vereertbrugghen Nicolas	92	4.56.20	16/05	resc



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

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

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

Semi-marathon					RC : 1h01.42				
1	Naert Koen	89	1h01.38	21/03	GER				

Marathon					RC : 2h07:39				
1	Naert Koen	89	2h12:13	08/08	JAP				
2	Bouissane Youssef	94	2h22:23	19/09	rfcl				

110 m haies (106 cm)					RC : 13.48				
1	Caty Dylan	97	14.35	20/06	FRA				
2	Montilla Dimitri	98	14.70	30/05	FRA				
3	Tourtois Charles	01	16.21	22/08	herv				
4	Ghislain Arnaud	88	16.28	11/07	flac				

200 m haies (91 cm)					RC : 27.04				
1	Ghislain Arnaud	88	25.01	21/08	FRA				

400 m haies (91 cm)					RC : 48.91				
1	Mazebo Simon	00	53.06	18/09	herv				
2	Ghislain Arnaud	88	57.42	22/08	FRA				

3000 steeple (91 cm)					RC : 8.24.90				
1	Bouissane Youssef	94	9.21.20	27/06	resc				
2	Ghislain Arnaud	88	11.30.70	21/08	FRA				

Hauteur					RC : 2m21				
1	Gamuala Ngamunguela Jos	98	2m00	16/05	resc				
2	Montilla Dimitri	98	1m98	29/05	FRA				
3	Tourtois Charles	01	1m78	21/08	herv				
4	Ghislain Arnaud	88	1m62	21/08	FRA				

Longueur					RC : 7m98				
1	Caluwe Arnaud	91	7m28	22/08	csdy				
2	Segers Daniel	01	7m15	31/7	acw				
3	Campener Corentin	90	7m04	27/06	resc				
4	Montilla Dimitri	98	6m94	16/05	resc				
5	Geerts Gregroy	99	6m71	14/08	olse				
6	Ghislain Arnaud	88	6m21	11/07	flac				
7	Tourtois Charles	01	6m06	21/08	herv				

Triple saut					RC : 16m86				
1	Geerts Gregroy	99	14m72	24/05	NED				
2	Ghislain Arnaud	88	11m88	20/06	csf				

Perche					RC : 5m25				
1	Montilla Dimitri	98	4m75	30/05	FRA				
2	Tourtois Charles	01	3m70	16/05	resc				
3	Ghislain Arnaud	88	2m50	22/08	FRA				

Poids (7,26 kg)					RC : 15m64				
1	Guillaume Jonathan	92	15m57	30/05	FRA				
2	Hadj Faraji Ridwan	98	12m86	21/08	csf				

3	Montilla Dimitri	98	12m61	31/07	bbs
4	Dekker Stephan	87	12m79	10/07	zwat
5	Tourtois Charles	01	11m50	21/08	herv
6	Ghislain Arnaud	88	10m37	21/08	FRA

Disque (2 kg)		RC : 56m67			
1	Dekker Stephan	87	55m48	12/06	NED
2	Salvaggio Claudio	92	44m36	12/06	resc
3	Montilla Dimitri	98	43m41	30/05	FRA
4	Guillaume Jonathan	92	41m37	27/06	resc
5	Gets Florent	91	40m18	15/05	jsmc
6	Hadj Faraji Ridwan	98	32m34	02/10	rcb
7	Tourtois Charles	01	31m42	22/08	herv
8	Ghislain Arnaud	88	27m70	11/07	flac

Javelot (800 gr)		RC : 63m56			
1	Gets Florent	91	55m28	27/06	resc
2	Montilla Dimitri	98	44m63	30/05	FRA
3	Tourtois Charles	01	38m41	22/08	herv
4	Ghislain Arnaud	88	32m82	22/08	FRA

Marteau (7,26 kg)		RC : 61m66			
1	Salvaggio Claudio	92	61m82	27/06	ITA
2	Ghislain Arnaud	88	28m33	21/08	FRA

Decathlon		RC : 8142 p			
1	Montilla Dimitri	98	7287 p	30/05	FRA
2	Tourtois Charles	01	6196 p	22/08	herv

Icosathlon		RC : 13.099 p			
1	Ghislain Arnaud	88	11.342 p	22/08	FRA

4 x 100 m		RC : 40.60			
Kalmen, Niesen, Kasmi, Tshitwenu		40.79	05/09	smac	

4 x 200 m		RC : 1.24.15			
Segers, Tshitwenu, Badji, Medan		1.26.10	05/09	smac	

4 x 400 m		RC : 3.10.2			
Mazebo, Lins, Nicodeme, Badji		3.14.58	05/09	smac	

Ekiden		RC : 2h10:48			
Boland, Minne, Lemaire, Delneufcourt, Ruell, Jazaeri		2h30:33	16/10	resc	



MASTERS HOMMES

100 m		RC : 11.07			
1	Maniquet Rudi	61	13.61	20/06	csf
2	Schoonen Laurent	65	14.78	25/09	rcas

200 m		RC : 22.55			
1	Balsen Julien	86	24.02	11/08	vita

2	Maniquet Rudi	61	28.26	16/05	resc
300 m		RC : 37.95			
1	Balsen Julien	86	37.38	11/07	avlo
400 m		RC : 52.31			
1	Balsen Julien	86	52.91	07/08	dcla
2	Schoonen Laurent	65	73.88	22/08	ws
1500 m		RC : 3.36.96			
1	Schoonen Laurent	65	7.08.11	21/08	csf
Marathon		RC : 2h32:05			
1	Boland Patrick	78	2h37:29	26/09	GER
2	Delneufcourt Olivier	76	3h18:15	26/09	GER
100 m haies (91 cm)		RC : 20.06			
1	Schoonen Laurent	65	23.06	26/09	rcas
Hauteur		RC : 1m90			
1	Schoonen Laurent	65	1m35	25/09	rcas
Longueur		RC : 6m65			
1	Schoonen Laurent	65	3m87	25/09	rcas
Triple saut		RC : 14m09			
1	Maniquet Rudi	61	9m09	19/09	vita
Perche		RC : 4m71			
1	Schoonen Laurent	65	2m32	26/09	rcas
Poids (6 kg)		RC : 12m01			
1	Schoonen Laurent	65	6m98	21/08	csf
Poids (7,26 kg)		RC : 15m08			
1	Schoonen Laurent	65	7m45	25/09	rcas
Disque (1,5 kg)		RC : 35m64			
1	Schoonen Laurent	65	22m85	26/09	rcas
Disque (2 kg)		RC : 51m56			
1	Schoonen Laurent	65	17m19	24/10	rcas
Javelot (700 gr)		RC : 37m29			
1	Schoonen Laurent	65	22m09	02/10	volh
Javelot (800 gr)		RC : 62m75			
1	Schoonen Laurent	65	24m41	21/08	csf
Marteau (6 kg)		RC : 23m65			
1	Schoonen Laurent	65	19m88	02-10	volh
Grand poids (11,34 kg)		RC : 9m66			
1	Schoonen Laurent	65	8m21	02/10	volh
Pentathlon de lancers M55		RC : -			
1	Schoonen Laurent	65	1752 p	02/10	volh
Decathlon M55		RC : 2735 p			
1	Schoonen Laurent	65	3699 p	26/09	rcas

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

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

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









Vivement 2022 !