

RESC TOP 20 OUTDOOR DAMES

BENJAMINES FILLES – U10

60 m

1	Squiflet Emelynn	9.35	2019
2	Dzou Steffy Ann	9.38	2022
3	Godefroid Maud	9.44	1988
	Meys Jessica	9.44	2000
5	Lambert Kylie	9.48	2013
6	Dolianitis Dina	9.50	2000
7	Medan Ivana	9.54	2021
8	Englebert Yolaine	9.56	2005
	Dzou Lesly Kayla	9.56	2019
10	Soenen Stephanie	9.64	1994
	Murray Shirley	9.64	2000
12	Ngandeu Tchambia Brenda	9.71	2016
	Schroeven Camille	9.71	2020
15	Cincinatis Lucie	9.74	1999
	Mouzon Emmanuelle	9.74	2000

600 m

1	Strypstein Solena	1.57.65	2022
2	Lambert Kylie	2.00.94	2013
3	Strypstein Solena	2.03.24	2021
4	Squiflet Emelynn	2.07.24	2019
5	Beghin Joyce	2.09.21	2019
6	Popescu Raisa Gabriela	2.10.56	2020
7	Ngandeu Tchambia Brenda	2.10.62	2016
8	Schroeven Camille	2.10.70	2020
9	Huygens Cloe	2.11.73	2012
10	Radermacher Sarah	2.11.96	2018
11	Merino Noemie	2.12.95	2013
12	Dzou Steffy Ann	2.13.95	2022
13	Dennison Chrystal	2.16.08	2014
14	Sibourg Celya	2.16.68	2018
15	Boone Tya	2.17.39	2015

800 m

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

1000 m

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

60 m haies (76 cm)

1	Urbain Julie	14.50	1988
2	Ghayati Anissa	14.55	1988

Hauteur

1	Strypstein Solena	1m21	2022
2	Van De Sype Chloe	1m18	2006
3	Hallems Julie	1m17	1994
4	Hostyn Priscilla	1m12	1999

5	Soto Moral Helene	1m10	1991
	Huybrechts Isabelle	1m10	1996
	Beghin Joyce	1m10	2019
	Squiflet Emelynn	1m10	2019
9	Schroeven Camille	1m07	2020
10	Merino Noemie	1m06	2013
	Dzou Steffy Ann	1m06	2022
12	Vanderhaeghen Jessica	1m05	1992
	Graftiaux Chloe	1m05	1996
	De Buyl Salima	1m05	1997
	Dolianitis Dina	1m05	1999
	Yazghi Sabine	1m05	2005
	Dzou Lesly Kayla	1m05	2018
	Radermacher Sarah	1m05	2018

Longueur

1	Cincinatis Lucie	3m88	1999
2	Meys Jessica	3m85	2000
3	Van De Sype Chloe	3m80	2006
4	Englebert Yolaine	3m72	2005
5	Dolianitis Dina	3m70	2000
6	Squiflet Emelynn	3m67	2019
7	Lecomte Christina	3m65	2007
	Lambert Kylie	3m65	2013
9	Mouzon Emmanuelle	3m61	2000
10	Huybrechts Isabelle	3m57	1996
11	Godefroid Maud	3m56	1988
	Yazghi Sabine	3m56	2005
13	Dzou Steffy Ann	3m53	2022
14	Strypstein Solena	3m46	2022
15	Maidane Yasmine	3m43	2004

Poids (1 kg)

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

Poids (2 kg)

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

Balle de hockey

1	Strypstein Solena	29m60	2022
2	Hallems Julie	28m96	1994
3	Van De Sype Chloe	27m79	2006
4	Dzou Lesly Kayla	25m76	2019
5	Huybrechts Isabelle	24m72	1996
6	Mouzon Emmanuelle	24m50	2000
7	Squiflet Emelynn	24m05	2019
8	Meys Jessica	23m87	2000
9	De Meyer Laurence	22m78	1997
10	Sibourg Celya	22m35	2018
11	Arys Josephine	22m25	2022

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12	Goutte Alexandra	21m83	2000
13	Huygens Cloe	21m71	2012
14	Vermeir Jade	21m12	2022
15	Paulus Jessie	21m09	2005
	Beghin Joyce	21m09	2019

Triathlon

1	Cincinatis Lucie	1113 p	1999
2	Halleman Julie	1058 p	1994
3	Vanderhaeghen Jessica	983 p	1992
4	Huybrechts Isabelle	817 p	1995
5	Gilson Adeline	800 p	1993
6	Soto Moral Helene	776 p	1991
7	Meys Jessica	738 p	1999
8	Meeus Valerie	716 p	1993
9	Mostmans Lien	714 p	1994
10	François Isabelle	702 p	1992
11	Kompany Christel	645 p	1993
12	Gilson Aurore	644 p	1990
13	Godefroid Maud	628 p	1988
14	Dolianitis Dina	593 p	1999
15	Emmery Gaele	565 p	1999

Tetrathlon

1	Squiflet Emelynn	1652 p	2019
2	Strypstein Solena	1602 p	2022
3	Lambert Kylie	1601 p	2013
4	Lecomte Christina	1505 p	2007
5	Radermacher Sarah	1337 p	2018
6	Van De Sype Chloe	1335 p	2006
	Schroeven Camille	1335 p	2020
8	Halewyck Marie	1332 p	2003
9	Popescu Raisa Gabriela	1287 p	2020
10	Merino Noemie	1275 p	2013
11	Robert Laura	1245 p	2002
12	Englebert Yolaine	1221 p	2005
13	Dzou Steffy Ann	1220 p	2022
14	Dolianitis Dina	1184 p	2000
15	Van Der Perren Jessica	1175 p	2003

PUPILLES FILLES – U12

60 m

1	Lambert Kylie	8.55	2015
2	Squiflet Eemlynn	8.61	2021
3	Popescu Raisa Gabriela	8.66	2022
4	Kohl Olivia	8.74	1984
5	Schroeven Camille	8.85	2022
6	Dzou Lesly Kayla	8.90	2021
7	Carlot Sarah	8.97	2002
8	Godefroid Maud	9.05	1990
	Van Der Veken Cindy	9.05	2008
	Lecomte Christina	9.05	2009
11	Itoe Elisabeth	9.08	2014
12	Strypstein Maeva	9.09	2022
13	Tramoni Svenia	9.10	2016
14	Mouzon Emmanuelle	9.11	2002
15	Smith Cindi	9.13	1986
16	Dzou Steffy Ann	9.38	2022
17	Meys Jessica	9.44	2000
18	Medan Ivana	9.54	2021
19	Englebert Yolaine	9.56	2005
20	Soenen Stephanie	9.64	1994
	Murray Shirley	9.64	2000

200 m

1	Ibanez Nadia	33.74	1987
2	Frenay Anne	33.94	1986
3	De Buyst Nadia	34.04	1983
4	Godefroid Maud	34.84	1988
5	La Rou Jennifer	35.24	1988
6	Ghayati Anissa	35.74	1988
	Lecompte Ellen	35.74	1988

8	Ghayati Nadia	36.44	1988
9	Cacciatore Nathalie	36.64	1986
10	Holden Cindi	37.04	1988
11	De Buyst Nadia	37.14	1982
12	Potvlieghe Ann	37.44	1986
	Urbain Julie	37.44	1988
14	Vaccaro Nadia	37.94	1986
15	Schroeven Valerie	38.74	1988

600 m

1	Strypstein Solena	1.57.65	2022
2	Lambert Kylie	2.00.94	2013
3	Strypstein Solena	2.03.24	2021
4	Squiflet Emelynn	2.07.24	2019
5	Beghin Joyce	2.09.21	2019
6	Popescu Raisa Gabriela	2.10.56	2020
7	Ngandeu Tchambia Brenda	2.10.62	2016
8	Schroeven Camille	2.10.70	2020
9	Huygens Cloe	2.11.73	2012
10	Radermacher Sarah	2.11.96	2018
11	Merino Noemie	2.12.95	2013
12	Dzou Steffy Ann	2.13.95	2022
13	Dennison Chrystal	2.16.08	2014
14	Sibourg Celya	2.16.68	2018
15	Boone Tya	2.17.39	2015

800 m

1	Frenay Anne	2.43.17	1986
2	Smith Cindi	2.45.00	1986
3	Potvlieghe Ann	2.46.50	1986
4	La Rou Jennifer	2.48.55	1989
5	Troisfontaines Valerie	2.50.98	1987
6	Fayt Laurence	2.56.50	1988
7	Schoos Nathalie	3.00.05	1989
8	Godefroid Maud	3.01.30	1988
9	Dewit Fabienne	3.03.70	1989
10	Urbain Julie	3.06.24	1989
11	Ghayati Nadia	3.06.30	1989
12	Lecompte Ellen	3.07.10	1988
13	De Buyst Nadia	3.07.60	1983
14	Holden Cindy	3.08.86	1989
15	Schoos Nathalie	3.09.50	1988
16	Delbecque Laure	3.14.90	1988
17	Ghayati Anissa	3.17.48	1988
18	La Rou Emilie	3.35.00	1988

1000 m

1	Popescu Raisa Gabriela	3.25.71	2022
2	Lambert Kylie	3.26.31	2015
3	Tshiasuma Jessie	3.27.87	2007
4	De Groote Estelle	3.29.00	2004
5	Inconstant Elisa	3.34.76	2017
6	Mouzon Emmanuelle	3.34.90	2002
7	Iven Kayla	3.35.05	2013
8	Gingreau Virginie	3.35.93	1999
9	Pauly Benedicte	3.36.89	1994
10	Schroeven Camille	3.37.42	2022
11	De Groote Florence	3.38.97	1999
	Van Der Perren Jessica	3.38.97	2005
13	Barry Diariou	3.39.18	2019
14	Lecomte Christina	3.40.68	2009
15	Dewaele Laura	3.40.86	2016
16	Huybrechts Isabelle	3.54.29	1996
17	Vanderhaeghen Caroline	3.54.41	2007
18	Murray Shirley	3.54.66	2000
19	Van De Sype Chloe	3.54.72	2006
20	Sonon Aurore	3.58.54	1997

60 m haies (68 cm)

1	Squiflet Emelynn	10.35	2021
2	Schroeven Camille	10.98	2022
3	Strypstein Maeva	10.99	2022
4	Dzou Lesly Kayla	11.13	2021

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5	Popescu Raisa Gabriela	11.24	2022
6	De Cooman Lea	11.46	2022
60 m haies (76 cm)			
1	Lambert Kylie	10.74	2015
2	Kohl Olivia	11.04	1984
3	M'Rabet Salima	11.14	1983
4	Frenay Anne	11.44	1986
	Huybrechts Isabelle	11.44	1998
6	Smith Cindi	11.74	1986
	De Cock Aline	11.74	1993
8	Van De Sype Chloe	11.81	2008
9	Kompany Christel	11.84	1995
10	Van Der Veken Noemie	11.88	2008
11	Sweetlove Celine	11.94	2019
12	De Groote Florence	11.96	1999
13	Carpentier Nathalie	12.04	1982
14	Brouwers Cindy	12.24	1990
15	Hostyn Priscilla	12.26	2001
16	Urbain Julie	14.50	1988
17	Ghayati Anissa	14.55	1988
Hauteur			
1	Popescu Raisa Gabriela	1m37	2022
2	Strypstein Maeva	1m34	2022
3	M'Rabet Salima	1m33	1983
4	Huybrechts Isabelle	1m31	1998
	Van Der Veken Noemie	1m31	2008
6	Marnef Aline	1m30	1996
	Lecomte Christina	1m30	2009
	Montilla Morgane	1m30	2009
	Lambert Kylie	1m30	2015
	Radermacher Sarah	1m30	2020
11	Carpentier Nathalie	1m29	1982
	Smith Cindi	1m29	1986
	Mouzon Emmanuelle	1m29	2002
14	Kohl Olivia	1m28	1984
	Hostyn Priscilla	1m28	2001
	Schroeven Camille	1m28	2022
17	Strypstein Solena	1m21	2022
18	Van De Sype Chloe	1m18	2006
19	Hallemans Julie	1m17	1994
20	Soto Moral Helene	1m10	1991
	Beghin Joyce	1m10	2019
	Squiflet Emelynn	1m10	2019
Longueur			
1	Popescu Raisa Gabriela	4m57	2022
2	Smith Cindi	4m48	1986
3	Frenay Anne	4m36	1986
4	Kohl Olivia	4m32	1984
5	Hostyn Priscilla	4m24	2001
6	Van De Sype Chloe	4m18	2008
	Squiflet Emelynn	4m18	2021
8	M'Rabet Salima	4m15	1983
	Kompany Christel	4m15	1995
10	Tramoni Svenia	4m13	2016
11	Carpentier Nathalie	4m12	1982
12	Lambert Kylie	4m11	2015
13	Cincinatis Lucie	4m07	2000
14	Hasani Geraldina	4m05	2006
15	Huybrechts Isabelle	4m03	1998
16	Meys Jessica	3m85	2000
17	Englebert Yolaine	3m72	2005
18	Dolianitis Dina	3m70	2000
19	Lecomte Christina	3m65	2007
20	Mouzon Emmanuelle	3m61	2000
Poids (1 kg)			
1	Goutte Alexandra	8m63	2000
2	Montilla Morgane	8m53	2007
3	Huybrechts Isabelle	8m46	1996
4	Van De Sype Chloe	8m39	2006

5	Paulus Jessie	8m30	2005
6	Squiflet Emelynn	8m23	2019
7	Englebert Yolaine	8m15	2005
8	Hallemans Julie	8m10	1994
9	Meys Jessica	7m98	2000
10	Lambert Kylie	7m81	2013
11	Dolianitis Dina	7m78	2000
12	Beghin Joyce	8m23	2019
13	Kompany Christel	7m74	1993
14	Maidane Yasmine	7m67	2004
15	Ngandeu Tchambia Brenda	7m59	2016
Poids (2 kg)			
1	Hasani Geraldina	9m75	2006
2	Popescu Raisa Gabriela	9m67	2022
3	Goutte Alexandra	9m41	2002
4	Mouzon Emmanuelle	8m57	2002
5	Van De Sype Chloe	8m54	2008
6	Tong Aline	8m43	2004
7	Iven Kayla	8m37	2013
8	De Cooman Lea	8m35	2022
9	Dzou Lesly Kayla	8m28	2021
10	Kompany Christel	8m27	1995
11	Squiflet Emelynn	8m18	2021
12	Hallemans Julie	7m92	1996
13	Wanyu Naomie Belle	7m87	2021
14	Portzenheim Virginie	7m67	1989
15	Maidane Yasmine	7m67	2004
16	Ghayati Anissa	5m04	1988
17	Godefroid Maud	4m67	1988
18	De Buyst Nadia	4m55	1982
19	Urbain Julie	4m32	1988
20	La Rou Emilie	4m10	1988
Disque (600 gr)			
1	Popescu Raisa Gabriela	26m15	2022
2	Squiflet Emelynn	24m96	2021
3	De Cooman Lea	23m71	2022
4	Huybrechts Isabelle	23m00	1998
5	Van De Sype Chloe	21m41	2008
6	Montilla Morgane	20m41	2009
7	Iven Kayla	19m47	2013
8	Radermacher Sarah	19m07	2020
9	De Meyer Laurence	18m45	1999
10	Van Der Veken Noemie	18m26	2008
	Strypstein Maeva	18m26	2022
12	Dzou Lesly Kayla	18m15	2021
13	Mouzon Emmanuelle	17m31	2002
14	Huygens Cloe	17m04	2014
15	Van Der Veken Cindy	16m98	2008
Balle de hockey			
1	Iven Kayla	41m50	2013
2	Van De Sype Chloe	40m58	2008
3	Tong Aline	35m47	2004
4	Squiflet Emelynn	35m24	2021
5	Huybrechts Isabelle	35m15	1998
6	Dzou Lesly Kayla	34m75	2021
7	Hallemans Julie	33m74	1996
8	Hasani Geraldina	33m73	2006
9	Meys Jessica	32m36	2002
10	Popescu Raisa Gabriela	32m06	2022
11	De Cooman Lea	32m04	2022
12	De Meyer Laurence	31m94	1999
13	Pauly Benedicte	31m22	1994
14	Goutte Alexandra	30m81	2002
15	Strypstein Solena	29m60	2022
16	Mouzon Emmanuelle	24m50	2000
17	Sibourg Celya	22m35	2018
18	Arys Josephine	22m25	2022
19	Huygens Cloe	21m71	2012
20	Vermeir Jade	21m12	2022

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Triathlon

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

Tetrathlon

1	Popescu Raisa Gabriela	2127 p	2022
2	Lambert Kylie	2077 p	2015
3	Squiflet Emelynn	1941 p	2021
4	Mouzon Emmanuelle	1935 p	2002
5	Lecomte Christina	1837 p	2009
6	Schroeven Camille	1813 p	2022
7	Meys Jessica	1811 p	2002
8	Carlot Sarah	1801 p	2002
9	Iven Kayla	1728 p	2013
10	Van De Sype Chloe	1702 p	2008
11	Montilla Morgane	1699 p	2009
12	Nijs Juliette	1626 p	2014
13	Huybrechts Isabelle	1621 p	1998
14	Tong Aline	1612 p	2004
15	Strypstein Maeva	1609 p	2022

1000 m marche

1	Iven Kayla	6.20.58	2013
2	Gerard Zoe	6.50.97	2022
3	Delbecque Laure	6.53.70	1991
4	Schroeven Camille	6.55.37	2022
5	Strypstein Maeva	7.02.31	2022
6	Gilson Aurore	7.44.30	1991

MINIMES FILLES – U14

50 m

1	Squiflet Emelynn	7.20	2022
2	Lambert Kylie	7.30	2016

60 m

1	Lambert Kylie	8.55	2015
2	Squiflet Emelynn	8.61	2021
3	Popescu Raisa Gabriela	8.66	2022
4	Vandendael Alice	8.74	1966
	Kohl Olivia	8.74	1984
6	Schroeven Camille	8.85	2022
7	Dzou Lesly Kayla	8.90	2021
8	Carlot Sarah	8.97	2002
9	Godefroid Maud	9.05	1990
	Van Der Veken Cindy	9.05	2008
	Lecomte Christina	9.05	2009
12	Itoe Elisabeth	9.08	2014
13	Strypstein Maeva	9.09	2022
14	Tramoni Svenia	9.10	2016
15	Mouzon Emmanuelle	9.11	2002
16	Smith Cindi	9.13	1986
17	Dzou Steffy Ann	9.38	2022
18	Meys Jessica	9.44	2000
19	Medan Ivana	9.54	2021
20	Englebert Yolaine	9.56	2005

80 m

1	Mpinga Mulowayi Alexia	10.64	2017
2	Kohl Olivia	10.64	1986

	Clermont Nathalie	10.64	1989
4	Squiflet Emelynn	10.68	2022
5	Carlot Sarah	10.73	2004
6	Carpentier Nathalie	10.74	1983
	Giuliani Alexandra	10.74	1995
8	Yech Chou Safia	10.85	2014
9	Lambert Kylie	10.86	2017
	Leonard Elise	10.86	2018
11	Van Der Veken Cindy	10.90	2010
12	Callebaut Muriel	10.91	1985
13	Van Collie Heidi	10.94	1982
	Smith Cindi	10.94	1988
	Bonvin Draps Nathalie	10.94	1993

150 m

1	Squiflet Emelynn	20.08	2022
2	Carlot Sarah	20.13	2004
3	Mpinga Mulowayi Alexia	20.15	2017
4	Lambert Kylie	20.31	2017
5	Briand Celine	20.42	2010
6	Guillet Laurence	20.44	1993
7	Mouzon Emmanuelle	20.54	2004
8	Bonvin Draps Nathalie	20.64	1993
9	Hostyn Priscilla	20.72	2003
10	Pontara Lisa	20.75	2016
11	Van Der Veken Cindy	20.81	2010
12	Merino Nohemi	20.84	2017
13	Kompany Christel	20.92	1997
14	Sacre Laetitia	20.94	1993
	Meys Jessica	20.94	2004

200 m

1	Callebaut Muriel	27.54	1985
2	Clermont Nathalie	28.32	1989
3	Smith Cindi	28.44	1988
4	Ramos Daphne	28.60	1988
5	Frenay Anne	28.64	1988
6	Brouwers Sandrine	29.66	1987
7	De Buyst Nadia	29.70	1986
8	Dewavre Laurence	30.04	1989
9	Kohl Olivia	30.54	1986
10	Vandendael Alice	30.64	1966
11	Duysens Tania	30.78	1986
12	Ibanez Nadia	30.94	1989
13	Massart Alexandra	31.27	1988
14	Mac Lafferty Cathy	31.44	1987
15	Debaillie Isabelle	31.54	1986
16	Godefroid Maud	34.84	1988
17	La Rou Jennifer	35.24	1988
18	Ghayati Anissa	35.74	1988
	Lecompte Ellen	35.74	1988
20	Ghayati Nadia	36.44	1988

300 m

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

600 m

1	Strypstein Solena	1.57.65	2022
2	Lambert Kylie	2.00.94	2013

RESC TOP 20 OUTDOOR DAMES

3	Strypstein Solena	2.03.24	2021
4	Squiflet Emelynn	2.07.24	2019
5	Beghin Joyce	2.09.21	2019
6	Popescu Raisa Gabriela	2.10.56	2020
7	Ngandeu Tchambia Brenda	2.10.62	2016
8	Schroeven Camille	2.10.70	2020
9	Huygens Cloe	2.11.73	2012
10	Radermacher Sarah	2.11.96	2018
11	Merino Noemie	2.12.95	2013
12	Dzou Steffy Ann	2.13.95	2022
13	Dennison Chrystal	2.16.08	2014
14	Sibourg Celya	2.16.68	2018
15	Boone Tya	2.17.39	2015

800 m

1	Frenay Anne	2.34.68	1988
2	Schraff Celine	2.35.10	1986
	Vandermeulen Nathalie	2.35.10	1987
4	Brouwers Sandrine	2.40.20	1987
5	Ibanez Nadia	2.44.09	1988
6	Potvlieghe Ann	2.44.50	1987
7	Smith Cindi	2.45.00	1986
8	Fayt Laurence	2.46.98	1989
9	Dewavre Laurence	2.48.00	1989
10	La Rou Jennifer	2.48.55	1989
11	Troisfontaines Valerie	2.50.98	1987
12	Van Den Eede Isabelle	2.51.40	1987
13	Kohl Olivia	2.51.70	1986
14	De Buyst Nadia	2.51.80	1986
15	Schoos Nathalie	3.00.05	1989
16	Godefroid Maud	3.01.30	1988
17	Dewit Fabienne	3.03.70	1989
18	Urbain Julie	3.06.24	1989
19	Ghayati Nadia	3.06.30	1989
20	Lecompte Ellen	3.07.10	1988

1000 m

1	De Groote Estelle	3.14.33	2006
2	Lambert Kylie	3.17.03	2017
3	Tshiasuma Jessie	3.17.91	2009
4	Mouzon Emmanuelle	3.19.90	2004
5	Klai Anissa	3.20.76	2009
6	Boussar Hanan	3.22.48	2000
7	Codrea Beatrix	3.23.42	2005
8	Iven Kayla	3.23.95	2014
9	Merino Nohemi	3.24.29	2017
10	Pauly Benedicte	3.25.05	1996
11	Muls Camille	3.25.54	2012
12	Popescu Raisa Gabriela	3.25.71	2022
13	Meeus Valerie	3.28.13	1996
14	Lecomte Christina	3.30.68	2011
15	Montilla Morgane	3.30.90	2010
16	Inconstant Elisa	3.34.76	2017
17	Gingreau Virginie	3.35.93	1999
18	Schroeven Camille	3.37.42	2022
19	De Groote Florence	3.38.97	1999
	Van Der Perren Jessica	3.38.97	2005

50 m haies (65 cm)

1	Lambert Kylie	8.04	2017
2	Squiflet Emelynn	8.33	2022
3	Dzou Lesly Kayla	8.92	2022

50 m haies (76 cm)

1	Ouali Sirine	9.97	2013
2	Lecomte Christina	9.99	2011

60 m haies (68 cm)

1	Squiflet Emelynn	10.22	2022
2	Dzou Lesly Kayla	10.60	2022
3	Schroeven Camille	10.98	2022
4	Strypstein Maeva	10.99	2022
5	Radermacher Sarah	11.05	2022

6	Sibourg Celya	11.23	2022
7	Popescu Raisa Gabriela	11.24	2022
8	De Cooman Lea	11.46	2022
9	Wanyu Diane Kylie	13.87	2021

60 m haies (76 cm)

1	Lambert Kylie	9.96	2017
2	Smith Cindi	10.05	1988
3	Huybrechts Isabelle	10.07	2000
4	Van Collie Heidi	10.14	1982
5	M'Rabet Salima	10.22	1985
6	Cincinatis Lucie	10.24	2003
7	Kohl Olivia	10.25	1986
8	Mouzon Emmanuelle	10.34	2004
9	Guillet Laurence	10.36	1993
10	Van Der Veken Cindy	10.37	2010
11	Lecomte Christina	10.41	2011
12	Van Der Veken Noemie	10.42	2010
13	Uytterhaeghen Isabelle	10.44	1983
14	Kompany Christel	10.51	1997
15	Yech Chou Safia	10.62	2014
16	Frenay Anne	11.44	1986
17	De Cock Aline	11.74	1993
18	Van De Sype Chloe	11.81	2008
19	Sweetlove Celine	11.94	2019
20	De Groote Florence	11.96	1999

150 m haies (68 cm)

1	Squiflet Emelynn	21.91	2022
2	Radermacher Sarah	22.51	2022
3	Sibourg Celya	23.92	2022

150 m haies (76 cm)

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

Hauteur

1	Van Collie Heidi	1m57	1982
2	Hintjens Rita	1m55	1973
3	De Rijcke Dominique	1m50	1974
4	Smith Cindi	1m47	1988
5	Clermont Nathalie	1m45	1989
	Kompany Christel	1m45	1997
	Huybrechts Isabelle	1m45	2000
	Hostyn Priscilla	1m45	2003
	Mouzon Emmanuelle	1m45	2004
10	Lecomte Christina	1m43	2011
	Montilla Morgane	1m43	2011
	Lambert Kylie	1m43	2017
	Merino Nohemi	1m43	2017
14	Guillet Laurence	1m42	1993
	Archambeau Aline	1m42	2003
	Van Der Veken Cindy	1m42	2010
17	Popescu Raisa Gabriela	1m37	2022
18	Strypstein Maeva	1m34	2022
19	M'Rabet Salima	1m33	1983
20	Van Der Veken Noemie	1m31	2008

Longueur

1	Kompany Christel	5m00	1997
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RESC TOP 20 OUTDOOR DAMES

2	Van Collie Heidi	4m90	1982
3	Cincinatis Lucie	4m87	2003
	Hostyn Priscilla	4m87	2003
5	Carpentier Nathalie	4m86	1984
6	Carlot Sarah	4m78	2004
7	Squiflet Emelynn	4m76	2022
8	Uytterhaeghen Isabelle	4m74	1983
9	Guillet Laurence	4m73	1993
	Huybrechts Isabelle	4m73	2000
11	Meys Jessica	4m71	2004
12	Smith Cindi	4m70	1988
13	Yech Chou Safia	4m69	2014
14	Lecomte Christina	4m68	2011
15	Frenay Anne	4m66	1988
16	Popescu Raisa Gabriela	4m57	2022
17	Van De Sype Chloe	4m18	2008
18	M'Rabet Salima	4m15	1983
19	Tramoni Svenia	4m13	2016
20	Lambert Kylie	4m11	2015

Perche

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

Poids (1 kg)

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

Poids (2 kg)

1	Waegemans Aurore	13m12	2003
2	Iven Kayla	12m89	2015
3	Kompany Christel	11m79	1997
	Van De Sype Chloe	11m79	2010
5	Mouzon Emmanuelle	10m80	2004
6	Hallemans Julie	10m78	1998
7	Huybrechts Isabelle	10m69	2000
8	Mayuma Marie	10m62	2021
9	Montilla Morgane	10m40	2011
10	Vandenbrande Nathalie	10m38	1994
	Goutte Alexandra	10m38	2003
	Dzou Lesly Kayla	10m38	2022
13	Squiflet Emelynn	10m06	2022
14	Mjahed Maya	9m94	2020
15	Pauly Benedicte	9m92	1996
16	Hasani Geraldina	9m75	2006
17	Popescu Raisa Gabriela	9m67	2022
18	Tong Aline	8m43	2004
19	De Cooman Lea	8m35	2022

20	Wanyu Naomie Belle	7m87	2021
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Poids (3 kg)

1	Vandendael Alice	6m15	1966
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Disque (600 gr)

1	Waegemans Aurore	32m53	2003
2	Kill Françoise	31m80	1996
3	Kompany Christel	31m36	1997
4	Van Der Veken Noemie	30m28	2010
5	De Buyst Nadia	29m24	1986
6	Huybrechts Isabelle	27m96	2000
7	Montilla Morgane	27m01	2010
8	Popescu Raisa Gabriela	26m15	2022
9	Gilson Aurore	25m74	1994
10	Van De Sype Chloe	25m24	2009
11	Squiflet Emelynn	24m96	2021
12	Hostyn Priscilla	24m76	2003
13	De Groote Florence	24m41	2001
14	Vandenberghen Sylvie	24m40	1984
15	Gilbert Fernanda	23m92	1991
16	De Cooman Lea	23m71	2022
17	Iven Kayla	19m47	2013
18	Radermacher Sarah	19m07	2020
19	De Meyer Laurence	18m45	1999
20	Strypstein Maeva	18m26	2022

Disque (750 gr)

1	Iven Kayla	27m29	2015
2	Mayuma Marie	26m13	2021
3	Montilla Morgane	25m78	2011
4	Huygens Cloe	25m56	2016
5	Radermacher Sarah	24m93	2022
6	Merino Nohemi	24m54	2017
7	Mjahed Maya	24m00	2020
8	Van Der Veken Noemie	23m66	2010
9	Van De Sype Chloe	23m51	2010
10	Squiflet Emelynn	22m91	2022
11	Imbo Kristel	21m65	2009
12	Tshiasuma Jessie	20m04	2009
13	Van Der Veken Cindy	19m76	2010
14	Badji Jalika	19m45	2009
15	Mpinga Mulowayi Alexia	19m40	2017

Balle de hockey

1	Iven Kayla	41m50	2013
2	Van De Sype Chloe	40m58	2008
3	Tong Aline	35m47	2004
4	Squiflet Emelynn	35m24	2021
5	Huybrechts Isabelle	35m15	1998
6	Dzou Lesly Kayla	34m75	2021
7	Hallemans Julie	33m74	1996
8	Hasani Geraldina	33m73	2006
9	Meys Jessica	32m36	2002
10	Popescu Raisa Gabriela	32m06	2022
11	De Cooman Lea	32m04	2022
12	De Meyer Laurence	31m94	1999
13	Pauly Benedicte	31m22	1994
14	Goutte Alexandra	30m81	2002
15	Strypstein Solena	29m60	2022
16	Mouzon Emmanuelle	24m50	2000
17	Sibourg Celya	22m35	2018
18	Arys Josephine	22m25	2022
19	Huygens Cloe	21m71	2012
20	Vermeir Jade	21m12	2022

Javelot (400 gr) - modele avant 1999

1	Hallemans Julie	31m01	1998
2	Uytterhaeghen Isabelle	28m02	1983
3	Adam Benedicte	24m88	1991
4	De Buyst Nadia	22m42	1986
5	De Cock Aline	22m24	1995
6	La Rou Cecile	21m54	1995

RESC TOP 20 OUTDOOR DAMES

7	Binon Christelle	20m94	1992
8	Troisfontaine Valerie	18m72	1989
9	Carpentier Nathalie	18m60	1984
10	El Hammouti Soraya	18m20	1994
11	Dewavre Laurence	18m02	1989
12	Van Zeebroek Griet	17m96	1993
13	Delbecque Laure	17m92	1993
14	Debaillie Isabelle	17m80	1987
15	Duysens Tania	17m04	1986

Javelot (400 gr) - modele depuis 1999

1	Iven Kayla	34m63	2015
2	Radermacher Sarah	30m78	2022
3	Montilla Morgane	30m13	2011
4	Mouzon Emmanuelle	29m98	2004
5	Huybrechts Isabelle	29m28	2000
6	Mjahed Maya	28m12	2020
7	Van De Sype Chloe	26m45	2010
8	Huygens Cloe	25m88	2016
9	Montilla Morgane	25m38	2010
10	Mayuma Marie	24m77	2021
11	Codrea Beatrix	24m59	2005
12	Imbo Kristel	24m35	2009
13	Lecomte Christina	24m11	2010
14	De Meyer Laurence	23m48	2001
15	Badji Jalika	23m47	2009

Triathlon

1	Vandendael Alice	1430 p	1966
2	Smith Cindi	880 p	1988
3	Kohl Olivia	855 p	1986
4	Debaillie Isabelle	797 p	1987
5	De Buyst Nadia	795 p	1986
6	Frenay Anne	792 p	1988
7	Duysens Tania	767 p	1986
8	Van Den Eede Isabelle	745 p	1988
9	Dewavre Laurence	712 p	1988
10	Vandermeulen Nathalie	683 p	1986
11	Schraff Celine	682 p	1986
12	Antoine Cecile	677 p	1986
13	Potvlieghe An	575 p	1988
14	El Bakkali Yasmina	559 p	1987
15	Potvlieghe An	538 p	1987

Tetrathlon

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

Pentathlon

1	Kompany Christel	2898 p	1997
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Pentathlon

1	Mouzon Emmanuelle	3021 p	2004
2	Lecomte Christina	2966 p	2011
3	Hostyn Priscilla	2904 p	2003
4	Iven Kayla	2839 p	2015
5	Montilla Morgane	2804 p	2011
6	Huybrechts Isabelle	2770 p	2000
7	Squiflet Emelynn	2693 p	2022
8	Merino Nohemi	2673 p	2017
9	Lambert Kylie	2662 p	2017

10	Yech Chou Safia	2620 p	2014
11	Van De Sype Chloe	2576 p	2010
12	Van Der Veken Cindy	2556 p	2010
13	Radermacher Sarah	2506 p	2021
14	Carlot Sarah	2476 p	2004

1000 m marche

1	Iven Kayla	6.20.58	2013
2	Gerard Zoe	6.50.97	2022
3	Delbecque Laure	6.53.70	1991
4	Schroeven Camille	6.55.37	2022
5	Strypstein Maeva	7.02.31	2022
6	Gilson Aureore	7.44.30	1991

2000 m marche

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

CADETTES FILLES – U16

50 m

1	Squiflet Emelynn	7.20	2022
2	Lambert Kylie	7.30	2016

60 m

1	Lambert Kylie	8.55	2015
2	Squiflet Eemlynn	8.61	2021
3	Popescu Raisa Gabriela	8.66	2022
4	Vandendael Alice	8.74	1966
	Kohl Olivia	8.74	1984
6	Schroeven Camille	8.85	2022
7	Dzou Lesly Kayla	8.90	2021
8	Carlot Sarah	8.97	2002
9	Godefroid Maud	9.05	1990
	Van Der Veken Cindy	9.05	2008
	Lecomte Christina	9.05	2009
12	Itoe Elisabeth	9.08	2014
13	Strypstein Maeva	9.09	2022
14	Tramoni Svenia	9.10	2016
15	Mouzon Emmanuelle	9.11	2002
16	Smith Cindi	9.13	1986
17	Dzou Steffy Ann	9.38	2022
18	Meys Jessica	9.44	2000
19	Medan Ivana	9.54	2021
20	Englebert Yolaine	9.56	2005

80 m

1	Mpinga Mulowayi Alexia	10.64	2017
2	Kohl Olivia	10.64	1986
	Clermont Nathalie	10.64	1989
4	Squiflet Emelynn	10.68	2022
5	Carlot Sarah	10.73	2004
6	Carpentier Nathalie	10.74	1983
	Giuliani Alexandra	10.74	1995
8	Yech Chou Safia	10.85	2014
9	Lambert Kylie	10.86	2017
	Leonard Elise	10.86	2018
11	Van Der Veken Cindy	10.90	2010
12	Callebaut Muriel	10.91	1985
13	Housiaux Colette	10.94	1964
	Van Collie Heidi	10.94	1982
	Smith Cindi	10.94	1988
	Bonvin Draps Nathalie	10.94	1993
17	Sanchez Elisa	11.02	2022
18	Bortels Anne Marie	14.34	1966
19	Moreau Martine	15.24	1966

100 m

1	Kohl Olivia	12.64	1988
2	Clermont Nathalie	12.67	1991
3	Van Der Veken Cindy	12.72	2012
4	Sielinou Lisa	12.78	2018

RESC TOP 20 OUTDOOR DAMES

5	Keita Aïssa	12.83	1996
6	Minga Mulowayi Alexia	12.78	2018
7	Leplat Severine	12.86	1996
8	Van Collie Heidi	12.87	1984
9	Schauwers Manon	12.89	2014
10	Mouzon Emmanuelle	12.93	2006
11	Malfait Maritza	12.94	1984
12	Yech Chou Safia	12.95	2016
13	Klai Anissa	13.01	2011
14	Carlot Sarah	13.05	2006
15	Bonvin Draps Nathalie	13.10	1995
	Leonard Elise	13.10	2019
17	Housiaux Norine	14.54	1966

120 m

1	Sanchez Elisa	16.41	2022
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150 m

1	Squiflet Emelynn	20.08	2022
2	Carlot Sarah	20.13	2004
3	Mpinga Mulowayi Alexia	20.15	2017
4	Lambert Kylie	20.31	2017
5	Briand Celine	20.42	2010
6	Guillet Laurence	20.44	1993
7	Mouzon Emmanuelle	20.54	2004
8	Dierick Nadine	20.64	1966
	Bonvin Draps Nathalie	20.64	1993
10	Hostyn Priscilla	20.72	2003
11	Housiaux Colette	20.74	1964
12	Pontara Lisa	20.75	2016
13	Van Der Veken Cindy	20.81	2010
14	Merino Nohemi	20.84	2017
15	Kompany Christel	20.92	1997
16	Sacre Laetitia	20.94	1993
	Meys Jessica	20.94	2004
18	Stevens Rita	21.84	1966

200 m

1	Leplat Anabelle	26.14	1996
2	Clermont Nathalie	26.40	1991
3	Muyls Tania	26.44	1986
4	Van Collie Heidi	26.50	1984
5	Kohl Olivia	26.56	1988
6	La Rou Jennifer	26.58	1993
7	Leplat Severine	26.63	1996
	Klai Anissa	26.63	2011
9	Wauters Marijke	26.74	1974
	Smith Cindi	26.74	1990
11	Van Der Veken Cindy	26.77	2012
12	Giuliani Alexandra	26.86	1997
13	Henderickx Fabienne	26.94	1974
14	Schauwers Manon	27.00	2014
15	Sielinou Lisa	27.08	2018
16	Callebaut Muriel	27.54	1985
17	Ramos Daphne	28.60	1988
18	Frenay Anne	28.64	1988
19	Brouwers Sandrine	29.66	1987
20	De Buyst Nadia	29.70	1986

300 m

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

14	Vlerick Ophelia	45.44	2008
15	Merino Nohemi	45.50	2017
16	Mouzon Emmanuelle	45.92	2004
17	Cincinatis Lucie	46.21	2003
18	Housiaux Colette	46.32	1965
19	Lecomte Christina	46.34	2011
20	Montilla Morgane	46.38	2011

400 m

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

600 m

1	Gyselinck Ingrid	1.47.70	1966
2	Strypstein Solena	1.57.65	2022
3	Lambert Kylie	2.00.94	2013
4	Strypstein Solena	2.03.24	2021
5	Squiflet Emelynn	2.07.24	2019
6	Beghin Joyce	2.09.21	2019
7	Popescu Raisa Gabriela	2.10.56	2020
8	Ngandeu Tchambia Brenda	2.10.62	2016
9	Schroeven Camille	2.10.70	2020
10	Huygens Cloe	2.11.73	2012
11	Radermacher Sarah	2.11.96	2018
12	Merino Noemie	2.12.95	2013
13	Dzou Steffy Ann	2.13.95	2022
14	Dennison Chrystal	2.16.08	2014
15	Sibourg Celya	2.16.68	2018
16	Boone Tya	2.17.39	2015

800 m

1	Tshiasuma Jessie	2.21.88	2011
2	Wauters Marijke	2.22.80	1973
3	Inconstant Elisa	2.23.09	2022
4	Arnauts Els	2.24.30	1975
5	Schauwers Manon	2.24.47	2014
6	Cawet Daphne	2.25.42	1995
7	Boussar Hanan	2.25.57	2002
8	Mouzon Emmanuelle	2.26.19	2005
9	Winckelmans Reinhilde	2.26.30	1972
10	Maron Nicole	2.27.50	1971
11	Adam Benedicte	2.27.70	1993
12	Muls Camille	2.27.86	2014
13	Delbecque Laure	2.27.98	1995
14	Henderickx Fabienne	2.28.40	1973
15	Iven Kayla	2.30.05	2017
16	Frenay Anne	2.34.68	1988
17	Schraff Celine	2.35.10	1986
	Vandermeulen Nathalie	2.35.10	1987
19	Brouwers Sandrine	2.40.20	1987
20	Ibanez Nadia	2.44.09	1988

1000 m

1	Tshiasuma Jessie	3.01.95	2011
2	Inconstant Elisa	3.09.04	2022
3	Dewitte Caroline	3.12.93	1997
4	Cawet Daphne	3.12.94	1995
5	De Groote Estelle	3.14.33	2006
6	Vandermeulen Nathalie	3.16.70	1989
7	Adam Benedicte	3.17.00	1992

RESC TOP 20 OUTDOOR DAMES

8	Lambert Kylie	3.17.03	2017
9	Potvlieghe An	3.17.90	1990
10	Boussar Hanan	3.18.85	2001
11	Schraff Celine	3.19.50	1987
12	Mouzon Emmanuelle	3.19.90	2004
13	Klai Anissa	3.20.76	2009
14	Codrea Beatrix	3.23.42	2005
15	Iven Kayla	3.23.95	2014
16	Merino Nohemi	3.24.29	2017
17	Pauly Benedicte	3.25.05	1996
18	Muls Camille	3.25.54	2012
19	Popescu Raisa Gabriela	3.25.71	2022
20	Meeus Valerie	3.28.13	1996

1500 m

1	Tshiasuma Jessie	4.53.37	2011
2	Cawet Daphne	5.02.54	1995
3	Potvlieghe An	5.06.80	1990
4	Boussar Hanan	5.07.19	2002
5	Schraff Celine	5.12.80	1987
6	De Rijcke Dominique	5.12.90	1974
7	Inconstant Elisa	5.17.63	2022
8	Codrea Beatrix	5.17.66	2006
9	Vandermeulen Nathalie	5.18.87	1988
10	Vanden Broeck Nolwen	5.19.89	2006
11	Dewitte Caroline	5.21.13	1997
12	Adam Benedicte	5.23.19	1992
13	Mattelaer Laurence	5.24.30	1987
14	Delbecque Laure	5.25.28	1994
15	Henderickx Fabienne	5.27.00	1974

Mile

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

2000 m

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

50 m haies (65 cm)

1	Lambert Kylie	8.04	2017
2	Squiflet Emelynn	8.33	2022
3	Dzou Lesly Kayla	8.92	2022

50 m haies (76 cm)

1	Ouali Sirine	9.97	2013
2	Lecomte Christina	9.99	2011

60 m haies (68 cm)

1	Squiflet Emelynn	10.22	2022
2	Dzou Lesly Kayla	10.60	2022
3	Schroeven Camille	10.98	2022
4	Strypstein Maeva	10.99	2022
5	Radermacher Sarah	11.05	2022
6	Sibourg Celya	11.23	2022
7	Popescu Raisa Gabriela	11.24	2022
8	De Cooman Lea	11.46	2022
9	Wanyu Diane Kylie	13.87	2021

60 m haies (76 cm)

1	Lambert Kylie	9.96	2017
2	Smith Cindi	10.05	1988
3	Huybrechts Isabelle	10.07	2000
4	Van Collie Heidi	10.14	1982
5	M'Rabet Salima	10.22	1985
6	Cincinatis Lucie	10.24	2003
7	Kohl Olivia	10.25	1986
8	Mouzon Emmanuelle	10.34	2004

9	Guillet Laurence	10.36	1993
10	Van Der Veken Cindy	10.37	2010
11	Lecomte Christina	10.41	2011
12	Van Der Veken Noemie	10.42	2010
13	Vandendael Alice	10.44	1967
	Uytterhaeghen Isabelle	10.44	1983
15	Kompany Christel	10.51	1997
16	Drieghe Maureen	10.54	1968
17	Yech Chou Safia	10.62	2014
18	Housiaux Colette	11.04	1964
19	Frenay Anne	11.44	1986
20	De Cock Aline	11.74	1993

80 m haies (76 cm)

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

150 m haies (68 cm)

1	Squiflet Emelynn	21.91	2022
2	Radermacher Sarah	22.51	2022
3	Sibourg Celya	23.92	2022

150 m haies (76 cm)

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

200 m haies (76 cm)

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

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

1500 m steeple (76 cm)

RESC TOP 20 OUTDOOR DAMES

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

Hauteur

1	Van Collie Heidi	1m68	1984
2	Schauwers Manon	1m66	2014
3	De Rijcke Dominique	1m63	1976
	Golfa Sambay Clara	1m63	2017
5	Van Der Veken Cindy	1m61	2012
6	Smith Cindi	1m59	1990
7	Marloye Nadine	1m58	1973
8	Hintjens Rita	1m55	1973
	Hoste Corinne	1m55	1975
	Kohl Olivia	1m55	1988
11	Kompany Christel	1m53	1999
	Viaene Luna	1m53	2018
13	Vlerick Ophelia	1m52	2009
14	Vandenbrande Nathalie	1m50	1996
	Hostyn Priscilla	1m50	2005
	Van Rossem Nicky	1m50	2007
	Golfa Sambay Clara	1m50	2016
	Merino Nohemi	1m50	2018
19	Clermont Nathalie	1m45	1989
	Huybrechts Isabelle	1m45	2000
	Mouzon Emmanuelle	1m45	2004

Longueur

1	Van Collie Heidi	5m74	1984
2	Marloye Nadine	5m72	1973
3	Dossey Jennifer Stefania	5m45	2019
4	Kompany Christel	5m40	1999
5	Henderickx Dominique	5m39	1971
6	Schauwers Manon	5m37	2014
7	Malfait Maritza	5m34	1984
8	Hostyn Priscilla	5m27	2005
9	Carpentier Nathalie	5m21	1986
10	Smith Cindi	5m10	1989
11	Housiaux Colette	5m06	1964
	Muyls Jacqueline	5m06	1980
13	Clermont Nathalie	5m03	1990
14	Yech Chou Safia	5m00	2015
15	Mouzon Emmanuelle	4m98	2006
16	Cincinatis Lucie	4m87	2003
17	Carlot Sarah	4m78	2004
18	Squiflet Emelynn	4m76	2022
19	Uytterhaeghen Isabelle	4m74	1983
20	Guillet Laurence	4m73	1993
	Huybrechts Isabelle	4m73	2000

Triple saut

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

Perche

1	Van Zeebroeck Griet	3m26	1995
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2	Van De Sype Chloe	3m20	2012
3	Imbo Kristel	2m86	2011
4	Van Remoortel Anouchka	2m80	1995
5	Mouzon Emmanuelle	2m75	2006
6	Huybrechts Isabelle	2m60	2002
7	Hostyn Priscilla	2m30	2004
	Fomenko Lisa	2m30	2007
9	Archambeau Aline	2m20	2003
	Kaluza Isabelle	2m20	2013
11	Tong Aline	2m10	2005
12	Klai Anissa	2m02	2009
13	De Gunsch Marie	2m00	2008
	Van Der Veken Noemie	2m00	2010
	Nachtergal Marine	2m00	2017
	Lambert Kylie	2m00	2016
17	Montilla Morgane	1m84	2011
18	Van Der Perren Jessica	1m75	2007
19	Tshiasuma Jessie	1m72	2009

Poids (1 kg)

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

Poids (2 kg)

1	Waegemans Aurore	13m12	2003
2	Iven Kayla	12m89	2015
3	Kompany Christel	11m79	1997
	Van De Sype Chloe	11m79	2010
5	Mouzon Emmanuelle	10m80	2004
6	Hallemans Julie	10m78	1998
7	Huybrechts Isabelle	10m69	2000
8	Mayuma Marie	10m62	2021
9	Montilla Morgane	10m40	2011
10	Vandenbrande Nathalie	10m38	1994
	Goutte Alexandra	10m38	2003
	Dzou Lesly Kayla	10m38	2022
13	Squiflet Emelynn	10m06	2022
14	Mjahed Maya	9m94	2020
15	Pauly Benedicte	9m92	1996
16	Hasani Geraldina	9m75	2006
17	Popescu Raisa Gabriela	9m67	2022
18	Tong Aline	8m43	2004
19	De Cooman Lea	8m35	2022
20	Wanyu Naomie Belle	7m87	2021

Poids (3 kg)

1	Mathieu Julia	13m85	2019
2	Kompany Christel	12m10	1999
3	Marloye Nadine	11m74	1973
4	Declerck Anne	11m18	1978
5	Mouzon Emmanuelle	11m42	2006
6	Iven Kayla	11m41	2017
7	Archambeau Aline	11m05	2005
8	Van De Sype Chloe	11m02	2012
9	Vandenbrande Nathalie	10m98	1996
10	Mjahed Maya	10m86	2022
11	De Meyer Laurence	10m82	2003
12	Hoste Corinne	10m79	1975
13	Reynaerts Stephanie	10m69	1995
14	Huybrechts Isabelle	10m62	2002
15	Uytterhaeghen Isabelle	10m49	1985

RESC TOP 20 OUTDOOR DAMES

16	Bortels Anne Marie	7m80	1966
17	Moreau Martine	7m44	1966
18	Vandendael Alice	6m15	1966

Poids (4 kg)

1	Housiaux Norine	6m64	1966
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Disque (600 gr)

1	Waegemans Aurore	32m53	2003
2	Kill Françoise	31m80	1996
3	Kompany Christel	31m36	1997
4	Van Der Veken Noemie	30m28	2010
5	De Buyst Nadia	29m24	1986
6	Huybrechts Isabelle	27m96	2000
7	Montilla Morgane	27m01	2010
8	Popescu Raisa Gabriela	26m15	2022
9	Gilson Aurore	25m74	1994
10	Van De Sype Chloe	25m24	2009
11	Squiflet Emelynn	24m96	2021
12	Hostyn Priscilla	24m76	2003
13	De Groote Florence	24m41	2001
14	Vandenberghen Sylvie	24m40	1984
15	Gilbert Fernanda	23m92	1991
16	De Cooman Lea	23m71	2022
17	Iven Kayla	19m47	2013
18	Radermacher Sarah	19m07	2020
19	De Meyer Laurence	18m45	1999
20	Strypstein Maeva	18m26	2022

Disque (750 gr)

1	Iven Kayla	27m29	2015
2	Mayuma Marie	26m13	2021
3	Montilla Morgane	25m78	2011
4	Huygens Cloe	25m56	2016
5	Radermacher Sarah	24m93	2022
6	Merino Nohemi	24m54	2017
7	Mjahed Maya	24m00	2020
8	Van Der Veken Noemie	23m66	2010
9	Van De Sype Chloe	23m51	2010
10	Squiflet Emelynn	22m91	2022
11	Imbo Kristel	21m65	2009
12	Tshiasuma Jessie	20m04	2009
13	Van Der Veken Cindy	19m76	2010
14	Badji Jalika	19m45	2009
15	Mpinga Mulowayi Alexia	19m40	2017

Disque (800 gr)

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

1	Marloye Nadine	37m60	1973
2	Vandenbrande Nathalie	36m48	1996
3	Mathieu Julia	31m59	2019
4	Hallemans Julie	31m15	2000
5	Iven Kayla	30m81	2017
6	Kill Françoise	30m33	1998
7	Van Der Veken Noemie	30m03	2012
8	Vandenberghen Sylvie	29m92	1985
9	Kompany Christel	29m33	1999
10	De Buyst Nadia	28m90	1988
11	Van De Sype Chloe	28m58	2012
12	Declerck Anne	28m08	1978
13	Mjahed Maya	27m72	2022
14	Mayuma Marie	27m25	2022
15	Hoste Corinne	26m34	1975
16	Housiaux Norine	25m38	1966
17	Bastin Beatrice	24m62	1966
18	Bortels Anne Marie	21m36	1966

Balle de hockey

1	Iven Kayla	41m50	2013
2	Van De Sype Chloe	40m58	2008
3	Tong Aline	35m47	2004

4	Squiflet Emelynn	35m24	2021
5	Huybrechts Isabelle	35m15	1998
6	Dzou Lesly Kayla	34m75	2021
7	Hallemans Julie	33m74	1996
8	Hasani Geraldina	33m73	2006
9	Meys Jessica	32m36	2002
10	Popescu Raisa Gabriela	32m06	2022
11	De Cooman Lea	32m04	2022
12	De Meyer Laurence	31m94	1999
13	Pauly Benedicte	31m22	1994
14	Goutte Alexandra	30m81	2002
15	Strypstein Solena	29m60	2022
16	Mouzon Emmanuelle	24m50	2000
17	Sibourg Celya	22m35	2018
18	Arys Josephine	22m25	2022
19	Huygens Cloe	21m71	2012
20	Vermeir Jade	21m12	2022

Javelot (400 gr) - modele avant 1999

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

Javelot (400 gr) - modele depuis 1999

1	Iven Kayla	34m63	2015
2	Radermacher Sarah	30m78	2022
3	Montilla Morgane	30m13	2011
4	Mouzon Emmanuelle	29m98	2004
5	Huybrechts Isabelle	29m28	2000
6	Mjahed Maya	28m12	2020
7	Van De Sype Chloe	26m45	2010
8	Huygens Cloe	25m88	2016
9	Montilla Morgane	25m38	2010
10	Mayuma Marie	24m77	2021
11	Codrea Beatrix	24m59	2005
12	Imbo Kristel	24m35	2009
13	Lecomte Christina	24m11	2010
14	De Meyer Laurence	23m48	2001
15	Badji Jalika	23m47	2009

Javelot (500 gr) - modele avant 1999

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

Javelot (500 gr) - modele depuis 1999

1	Iven Kayla	41m46	2017
2	Hallemans Julie	36m86	2000
3	Huybrechts Isabelle	36m67	2002

RESC TOP 20 OUTDOOR DAMES

4	Montilla Morgane	34m38	2013
5	Mayuma Marie	32m39	2022
6	Mouzon Emmanuelle	32m37	2006
7	Huygens Cloe	28m50	2018
8	Kompany Christel	27m62	1999
9	Mjahed Maya	27m55	2022
10	Van De Sype Chloe	27m02	2011
11	Imbo Kristel	25m97	2011
12	De Meyer Laurence	25m93	2003
13	Hostyn Priscilla	25m27	2005
14	Codrea Beatrix	24m65	2006
15	Merino Nohemi	23m92	2018

Marteau (3 kg)

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

Pentathlon

1	Carpentier Nathalie	2720 p	1986
2	Kohl Olivia	2357 p	1988
3	De Buyst Nadia	2352 p	1988
4	M'Rabet Salima	2064 p	1986
5	Gilbert Fernanda	2021 p	1992
6	Vandenbroeck Elke	1646 p	1992

Pentathlon

1	Iven Kayla	2855 p	2017
2	Huybrechts Isabelle	2502 p	2001
3	Montilla Morgane	2285 p	2012

Hexathlon

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

3000 m marche

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

4 x 80 m

?	43.5	1966
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SCOLAIRES DAMES – U18

50 m

1	Squiflet Emelynn	7.20	2022
2	Lambert Kylie	7.30	2016

60 m

1	Lambert Kylie	8.55	2015
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2	Squiflet Emelynn	8.61	2021
3	Popescu Raisa Gabriela	8.66	2022
4	Vandendael Alice	8.74	1966
	Kohl Olivia	8.74	1984
6	Schroeven Camille	8.85	2022
7	Dzou Lesly Kayla	8.90	2021
8	Carlot Sarah	8.97	2002
9	Godefroid Maud	9.05	1990
	Van Der Veken Cindy	9.05	2008
	Lecomte Christina	9.05	2009
12	Itoe Elisabeth	9.08	2014
13	Strypstein Maeve	9.09	2022
14	Tramoni Svenia	9.10	2016
15	Mouzon Emmanuelle	9.11	2002
16	Smith Cindi	9.13	1986
17	Dzou Steffy Ann	9.38	2022
18	Meys Jessica	9.44	2000
19	Medan Ivana	9.54	2021
20	Englebert Yolaine	9.56	2005

80 m

1	Mpinga Mulowayi Alexia	10.64	2017
2	Kohl Olivia	10.64	1986
	Clermont Nathalie	10.64	1989
4	Squiflet Emelynn	10.68	2022
5	Carlot Sarah	10.73	2004
6	Carpentier Nathalie	10.74	1983
	Giuliani Alexandra	10.74	1995
8	Yech Chou Safia	10.85	2014
9	Lambert Kylie	10.86	2017
	Leonard Elise	10.86	2018
11	Van Der Veken Cindy	10.90	2010
12	Callebaut Muriel	10.91	1985
13	Housiaux Colette	10.94	1964
	Van Collie Heidi	10.94	1982
	Smith Cindi	10.94	1988
	Bonvin Draps Nathalie	10.94	1993
17	Sanchez Elisa	11.02	2022
18	Bortels Anne Marie	14.34	1966
19	Moreau Martine	15.24	1966

100 m

1	Van Der Veken Cindy	12.33	2014
2	Vandendriessche Nadine	12.41	1982
3	Leplat Severine	12.43	1998
4	Malfait Maritza	12.48	1986
5	Kohl Olivia	12.57	1989
6	Leonard Elise	12.61	2022
7	Mouzon Emmanuelle	12.65	2008
8	Clermont Nathalie	12.67	1991
9	Noel Nehemie Keysha	12.70	2015
10	Nollet Viviane	12.74	1971
	Henderickx Dominique	12.74	1972
	Naples Michele	12.74	1981
13	La Rou Jennifer	12.77	1995
	Schauwers Manon	12.77	2016
15	Sielinou Lisa	12.78	2018
	Minga Mulowayi Alexia	12.78	2018
17	Keita Aïssa	12.83	1996
18	Van Collie Heidi	12.87	1984
19	Yech Chou Safia	12.95	2016
20	Klai Anissa	13.01	2011

120 m

1	Sanchez Elisa	16.41	2022
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150 m

1	Squiflet Emelynn	20.08	2022
2	Carlot Sarah	20.13	2004
3	Mpinga Mulowayi Alexia	20.15	2017
4	Lambert Kylie	20.31	2017
5	Briand Celine	20.42	2010
6	Guillet Laurence	20.44	1993

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7	Mouzon Emmanuelle	20.54	2004
8	Dierick Nadine	20.64	1966
	Bonvin Draps Nathalie	20.64	1993
10	Hostyn Priscilla	20.72	2003
11	Housiaux Colette	20.74	1964
12	Pontara Lisa	20.75	2016
13	Van Der Veken Cindy	20.81	2010
14	Merino Nohemi	20.84	2017
15	Kompany Christel	20.92	1997
16	Sacre Laetitia	20.94	1993
	Meys Jessica	20.94	2004
18	Stevens Rita	21.84	1966

200 m

1	Vandendriessche Nadine	25.34	1981
2	Leplat Severine	25.38	1998
3	Van Der Veken Cindy	25.42	2014
4	Kohl Olivia	25.53	1990
5	Schauwers Manon	25.65	2016
6	Mouzon Emmanuelle	25.73	2008
7	Naples Michele	25.78	1982
8	La Rou Jennifer	25.82	1995
9	Leplat Anabelle	25.84	1997
10	De Coster Alexandra	25.94	1982
	Van Collie Heidi	25.94	1986
12	Malfait Maritza	25.98	1986
13	Henderickx Dominique	26.04	1973
14	Giuliani Alexandra	26.24	1998
15	Van Laethem Sandra	26.25	1989
16	Clermont Nathalie	26.40	1991
17	Muyls Tania	26.44	1986
18	Klai Anissa	26.63	2011
19	Wauters Marijke	26.74	1974
	Smith Cindi	26.74	1990

300 m

1	Leplat Severine	39.65	1998
2	La Rou Jennifer	41.29	1995
3	Schauwers Manon	41.68	2016
4	Klai Anissa	42.20	2013
5	Leplat Anabelle	42.37	1998
6	Kompany Christel	42.48	2000
7	Van Der Veken Cindy	42.74	2014
8	Nollet Viviane	43.12	1970
9	Gilbert Fernanda	43.15	1992
10	Housiaux Colette	43.32	1964
11	Van Den Eede Isabelle	43.61	1992
12	Giuliani Alexandra	43.84	1998
13	Lambert Kylie	43.85	2017
14	Carlot Sarah	44.28	2005
15	Bonvin Draps Nathalie	44.32	1995
16	La Rou Cecile	44.68	1996
17	Hostyn Priscilla	44.74	2004
18	Vandendael Alice	45.22	1968
19	Vlerick Ophelia	45.44	2008
20	Merino Nohemi	45.50	2017

400 m

1	Leplat Severine	56.03	1998
2	Klai Anissa	57.07	2013
3	Van Collie Heidi	57.34	1986
4	La Rou Jennifer	58.29	1995
5	Malfait Maritza	58.58	1986
6	Schauwers Manon	58.90	2016
7	Wauters Marijke	59.02	1973
8	Adam Benedicte	59.31	1995
9	Miri Yasmina	59.76	2011
10	Henderickx Fabienne	59.82	1973
11	Vandendriessche Nadine	60.02	1981
12	Collard Florence	60.71	1983
13	Meersseman Geertje	60.82	1970
14	Mortier Pascale	61.52	1972
	Van Den Eede Isabelle	61.52	1992
16	Maron Nicole	63.42	1971

	Gilbert Fernanda	63.42	1992
18	De Buyst Nadia	63.52	1988
19	Badji Jalika	63.75	2010
20	Dikoume Jaelle	63.89	2004
	Iven Kayla	63.89	2017

600 m

1	Gyselinck Ingrid	1.47.70	1966
2	Strypstein Solena	1.57.65	2022
3	Lambert Kylie	2.00.94	2013
4	Strypstein Solena	2.03.24	2021
5	Squiflet Emelynn	2.07.24	2019
6	Beghin Joyce	2.09.21	2019
7	Popescu Raisa Gabriela	2.10.56	2020
8	Ngandeu Tchambia Brenda	2.10.62	2016
9	Schroeven Camille	2.10.70	2020
10	Huygens Cloe	2.11.73	2012
11	Radermacher Sarah	2.11.96	2018
12	Merino Noemie	2.12.95	2013
13	Dzou Steffy Ann	2.13.95	2022
14	Dennison Chrystal	2.16.08	2014
15	Sibourg Celya	2.16.68	2018
16	Boone Tya	2.17.39	2015

800 m

1	Muls Camille	2.14.88	2016
2	Meersseman Geertje	2.15.60	1970
3	Collard Florence	2.16.12	1983
4	Joblin Marine	2.16.41	2019
5	Van Den Bossche Inga	2.18.99	2017
6	Cawet Daphne	2.20.30	1997
7	Wauters Marijke	2.20.60	1974
8	Mortier Pascale	2.21.20	1973
9	Tshiasuma Jessie	2.21.88	2011
10	Boeren Michele	2.22.80	1974
11	Winckelmans Reinhilde	2.22.90	1974
	Van Collie Heidi	2.22.90	1986
13	Inconstant Elisa	2.23.09	2022
14	Schauwers Manon	2.24.07	2015
15	Arnauts Els	2.24.30	1975
16	Boussar Hanan	2.25.57	2002
17	Mouzon Emmanuelle	2.26.19	2005
18	Maron Nicole	2.27.50	1971
19	Adam Benedicte	2.27.70	1993
20	Delbecque Laure	2.27.98	1995

1000 m

1	Joblin Marine	3.01.01	2019
2	Tshiasuma Jessie	3.01.95	2011
3	Muls Camille	3.05.34	2016
4	Cawet Daphne	3.05.42	1997
5	Haouari Farrah	3.08.82	2020
6	Inconstant Elisa	3.09.04	2022
7	Delbecque Laure	3.10.60	1996
8	Van Den Bossche Inga	3.12.17	2017
9	Dewitte Caroline	3.12.93	1997
10	Potvlieghe An	3.13.00	1992
11	De Groote Estelle	3.14.33	2006
12	Mattelaer Laurence	3.15.50	1989
13	Vandermeulen Nathalie	3.16.70	1989
14	Adam Benedicte	3.17.00	1992
15	Lambert Kylie	3.17.03	2017
16	Boussar Hanan	3.18.85	2001
17	Schraff Celine	3.19.50	1987
18	Mouzon Emmanuelle	3.19.90	2004
19	Klai Anissa	3.20.76	2009
20	Codrea Beatrix	3.23.42	2005

1500 m

1	Van Den Boscche Inga	4.41.18	2017
2	Muls Camille	4.47.63	2016
3	Cawet Daphne	4.50.73	1997
4	Tshiasuma Jessie	4.53.37	2011

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5	Winckelmans Reinhilde	4.54.30	1974
6	Collard Florence	4.55.00	1983
7	Mortier Pascale	4.57.00	1973
8	Wauters Marijke	4.59.90	1974
9	Boeren Michele	5.00.80	1973
10	Haouari Farrah	5.02.17	2020
11	Potvlieghe An	5.04.03	1991
12	Boussar Hanan	5.07.19	2002
13	Schraff Celine	5.12.80	1987
14	De Rijcke Dominique	5.12.90	1974
15	Gyselinck Ingrid	5.13.00	1968
16	Inconstant Elisa	5.17.63	2022
17	Codrea Beatrix	5.17.66	2006
18	Vandermeulen Nathalie	5.18.87	1988
19	Vanden Broeck Nolwen	5.19.89	2006
20	Dewitte Caroline	5.21.13	1997

Mile

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

2000 m

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

3000 m

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

50 m haies (65 cm)

1	Lambert Kylie	8.04	2017
2	Squiflet Emelynn	8.33	2022
3	Dzou Lesly Kayla	8.92	2022

50 m haies (76 cm)

1	Ouali Sirine	9.97	2013
2	Lecomte Christina	9.99	2011

60 m haies (68 cm)

1	Squiflet Emelynn	10.22	2022
2	Dzou Lesly Kayla	10.60	2022
3	Schroeven Camille	10.98	2022
4	Strypstein Maeva	10.99	2022
5	Radermacher Sarah	11.05	2022
6	Sibourg Celya	11.23	2022
7	Popescu Raisa Gabriela	11.24	2022
8	De Cooman Lea	11.46	2022
9	Wanyu Diane Kylie	13.87	2021

60 m haies (76 cm)

1	Lambert Kylie	9.96	2017
2	Smith Cindi	10.05	1988

3	Huybrechts Isabelle	10.07	2000
4	Van Collie Heidi	10.14	1982
5	M'Rabet Salima	10.22	1985
6	Cincinatis Lucie	10.24	2003
7	Kohl Olivia	10.25	1986
8	Mouzon Emmanuelle	10.34	2004
9	Guillet Laurence	10.36	1993
10	Van Der Veken Cindy	10.37	2010
11	Lecomte Christina	10.41	2011
12	Van Der Veken Noemie	10.42	2010
13	Vandendael Alice	10.44	1967
	Uytterhaeghen Isabelle	10.44	1983
15	Kompany Christel	10.51	1997
16	Drieghe Maureen	10.54	1968
17	Yech Chou Safia	10.62	2014
18	Housiaux Colette	11.04	1964
19	Frenay Anne	11.44	1986
20	De Cock Aline	11.74	1993

80 m haies (76 cm)

1	Schauwers Manon	11.88	2014
2	Kohl Olivia	11.95	1988
3	Clermont Nathalie	11.96	1991
4	Van Collie Heidi	12.18	1984
5	Smith Cindi	12.19	1990
	Guillet Laurence	12.19	1995
7	Gaeremynck Evelyne	12.26	1985
	Huybrechts Isabelle	12.26	2002
9	Van Der Veken Noemie	12.39	2012
10	Leplat Anabelle	12.44	1996
11	Giuliani Alexandra	12.54	1997
12	Mouzon Emmanuelle	12.56	2006
13	Marloye Nadine	12.64	1972
14	Badji Jalika	12.82	2011
15	La Rou Jennifer	12.83	1993
16	Michel Martine	13.14	1965
17	Housiaux Colette	13.24	1966
	Michel Martine	13.24	1966

100 m haies (76 cm)

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

150 m haies (68 cm)

1	Squiflet Emelynn	21.91	2022
2	Radermacher Sarah	22.51	2022
3	Sibourg Celya	23.92	2022

150 m haies (76 cm)

1	Lambert Kylie	21.56	2017
2	Yech Chou Safia	22.49	2014
3	Van Der Veken Cindy	22.78	2010
4	Yech Chou Safia	23.10	2013
5	Badji Jalika	23.25	2009
6	Merino Nohemi	23.45	2017
7	Sandon Lisa	23.60	2014
8	Montilla Morgane	23.74	2011
9	Ngandeu Tchambia Brenda	23.79	2019
10	Mpinga Mulowayi Alexia	23.84	2016
11	Mayot Coiffard Hermine	23.91	2018

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12	Henry Morgane	24.00	2012
13	Lecomte Christina	24.23	2011
14	Pontara Lisa	24.31	2015
15	Itoe Elisabeth	24.53	2015

200 m haies (76 cm)

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

1	La Rou Jennifer	43.97	1995
2	Goessens Carine	45.43	1980
3	Kohl Olivia	45.42	1990
4	Schauwers Manon	45.77	2014
5	Van Den Eede Isabelle	46.02	1992
6	De Decker Annelies	46.42	1993
7	Van Collie Heidi	46.50	1984
8	Mouzon Emmanuelle	46.52	2006
9	Smith Cindi	46.90	1990
10	Gilbert Fernanda	47.04	1992
11	Leplat Severine	47.26	1998
12	Badji Jalika	48.02	2011
13	Frenay Anne	48.26	1989
14	Van Zeebroeck Griet	48.53	1995
15	Antipina Anastasia	48.60	1993
16	Martins Junior Magaly	48.67	2019
17	M'Rabet Salima	48.89	1986

400 m haies (76 cm)

1	Schauwers Manon	62.36	2016
2	Badji Jalika	68.52	2012
3	Kasianoff Sylvie	70.70	2012
4	Brion Sophie	70.78	2002
5	Silberfeld Sophie	72.43	2004
6	De Groote Florence	75.73	2005
7	Urbain Fanny	76.18	2003
8	Murerwa Larissa	76.38	2011
9	Henry Morgane	76.50	2016
10	Bah Yaye Binta	76.73	2014
11	Van Rossem Nicky	76.80	2008
12	Caty Emeline	77.86	2015
13	Jebari Ouassila	78.78	2000
14	Suroçaj Loreta	81.21	2021
15	Koci Franceska	83.43	2017

1500 m steeple (76 cm)

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

2000 m steeple (76 cm)

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

Hauteur

1	Van Collie Heidi	1m68	1984
2	Schauwers Manon	1m67	2015
3	Marloye Nadine	1m66	1975
4	Ruell Natacha	1m65	1988
	Golfa Sambay Clara	1m65	2018
6	De Rijcke Dominique	1m63	1976
7	Van Der Veken Cindy	1m61	2012
8	Smith Cindi	1m59	1990
	Viaene Luna	1m59	2019
10	Kizito Prisca	1m58	2017
11	Hoste Corinne	1m57	1976
	Archambeau Aline	1m57	2006
13	Kompany Christel	1m56	2000

14	Vidts Linda	1m55	1970
	Hintjens Rita	1m55	1973
	Winckelmans Reinhilde	1m55	1974
	Naples Michele	1m55	1981
	Kohl Olivia	1m55	1988
19	Vlerick Ophelia	1m52	2009
20	Michel Martine	1m51	1966

Longueur

1	Marloye Nadine	6m06	1975
2	Van Collie Heidi	5m90	1986
3	Henderickx Dominique	5m68	1973
4	Housiaux Colette	5m61	1967
5	Malfait Maritza	5m60	1986
6	Devrye Corinne	5m49	1977
	Kompany Christel	5m49	2000
8	Dossey Jennifer Stefania	5m45	2019
9	Vandendael Alice	5m44	1969
10	Muyls Jacqueline	5m42	1982
	Mouzon Emmanuelle	5m42	2008
	Schauwers Manon	5m42	2015
13	Kizito Prisca	5m39	2018
14	Guisse Saliyya	5m34	2012
15	Ruell Natacha	5m33	1988
16	Hostyn Priscilla	5m27	2005
17	Carpentier Nathalie	5m21	1986
18	Smith Cindi	5m10	1989
19	Housiaux Colette	5m06	1964
20	Clermont Nathalie	5m03	1990

Triple saut

1	Kompany Christel	12m15	2000
2	De Cock Aline	11m85	1999
3	Dossey Jennifer Stefania	11m50	2020
4	Guisse Saliyya	11m14	2012
5	Naji Afaf	11m05	2004
6	Hostyn Priscilla	10m98	2005
7	Fomenko Lisa	10m92	2007
8	Caty Emeline	10m91	2015
9	Vandenbrande Nathalie	10m88	1996
10	Madani Sarah	10m73	2015
	Yech Chou Safia	10m73	2015
12	Golfa Sambay Clara	10m71	2018
13	Van De Sype Chloe	10m62	2014
14	Archambeau Aline	10m53	2006
15	Vandenbroeck Elke	10m28	1994
16	Vanden Bergh Joy	10m14	2015
17	Van Zeebroeck Griet	10m07	1995
18	Boswell Audrey	10m03	2003
19	Sandon Lisa	10m01	2016
20	Lecomte Christina	9m98	2013

Perche

1	Van Zeebroeck Griet	3m36	1996
2	Van De Sype Chloe	3m21	2014
3	Fonteyn Astrid	2m90	1996
	Mouzon Emmanuelle	2m90	2007
5	Imbo Kristel	2m86	2011
6	Van Remoortel Anouchka	2m80	1995
7	Huybrechts Isabelle	2m60	2002
8	Vlerick Ophelia	2m40	2011
9	Lacasse Camille	2m31	2015
10	Hostyn Priscilla	2m30	2004
	Fomenko Lisa	2m30	2007
12	Archambeau Aline	2m20	2003
	Kaluza Isabelle	2m20	2013
14	Cole Anne Ramon	2m20	2021
15	Luypaert Naomy	2m12	2012
16	Tong Aline	2m10	2005
17	Klai Anissa	2m02	2009
18	De Gunsch Marie	2m00	2008
	Van Der Veken Noemie	2m00	2010
	Nachtergal Marine	2m00	2017
	Lambert Kylie	2m00	2016

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Poids (1 kg)

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

Poids (2 kg)

1	Waegemans Aurore	13m12	2003
2	Iven Kayla	12m89	2015
3	Kompany Christel	11m79	1997
	Van De Sype Chloe	11m79	2010
5	Mouzon Emmanuelle	10m80	2004
6	Hallemans Julie	10m78	1998
7	Huybrechts Isabelle	10m69	2000
8	Mayuma Marie	10m62	2021
9	Montilla Morgane	10m40	2011
10	Vandenbrande Nathalie	10m38	1994
	Goutte Alexandra	10m38	2003
	Dzou Lesly Kayla	10m38	2022
13	Squiflet Emelynn	10m06	2022
14	Mjahed Maya	9m94	2020
15	Pauly Benedicte	9m92	1996
16	Hasani Geraldina	9m75	2006
17	Popescu Raisa Gabriela	9m67	2022
18	Tong Aline	8m43	2004
19	De Cooman Lea	8m35	2022
20	Wanyu Naomie Belle	7m87	2021

Poids (3 kg)

1	Mathieu Julia	14m76	2022
2	Kompany Christel	12m10	1999
3	Vandenbrande Nathalie	11m96	1998
4	Adam Benedicte	11m95	1994
5	Marloye Nadine	11m74	1973
6	Iven Kayla	11m49	2018
7	Mouzon Emmanuelle	11m42	2006
8	Van De Sype Chloe	11m34	2014
9	Madani Sarah	10m30	2015
10	Declerck Anne	11m18	1978
11	Archambeau Aline	11m05	2005
12	Schauwers Manon	10m95	2015
13	Mjahed Maya	10m86	2022
14	De Meyer Laurence	10m82	2003
15	Hoste Corinne	10m79	1975
16	Reynaerts Stephanie	10m69	1995
17	Huybrechts Isabelle	10m62	2002
18	Uytterhaeghen Isabelle	10m49	1985
19	Bortels Anne Marie	7m80	1966
20	Moreau Martine	7m44	1966

Poids (4 kg)

1	Mathieu Julia	12m84	2022
2	Sustelo Irina	12m19	2000
3	Mouzon Emmanuelle	10m43	2008
4	Hallemans Julie	10m40	2001
5	Van Camp Nicole	10m30	1981
6	Archambeau Aline	10m36	2007
7	De Meyer Laurence	9m45	2004
8	Rochette Christine	9m18	1969
9	Waegemans Aurore	9m06	2006
10	Michel Martine	8m82	1966

11	De Groote Florence	8m67	2004
12	De Buyst Nadia	8m35	1989
13	Kompany Christel	8m21	2000
14	Guisse Shaena	7m83	2011
15	Olivier Amandine	7m56	2002
16	Lins Noemie	7m55	2010
17	Housiaux Norine	6m64	1966
18	Deckers Anne	5m98	1966

Disque (600 gr)

1	Waegemans Aurore	32m53	2003
2	Kill Françoise	31m80	1996
3	Kompany Christel	31m36	1997
4	Van Der Veken Noemie	30m28	2010
5	De Buyst Nadia	29m24	1986
6	Huybrechts Isabelle	27m96	2000
7	Montilla Morgane	27m01	2010
8	Popescu Raisa Gabriela	26m15	2022
9	Gilson Aurore	25m74	1994
10	Van De Sype Chloe	25m24	2009
11	Squiflet Emelynn	24m96	2021
12	Hostyn Priscilla	24m76	2003
13	De Groote Florence	24m41	2001
14	Vandenberghen Sylvie	24m40	1984
15	Gilbert Fernanda	23m92	1991
16	De Cooman Lea	23m71	2022
17	Iven Kayla	19m47	2013
18	Radermacher Sarah	19m07	2020
19	De Meyer Laurence	18m45	1999
20	Strypstein Maeva	18m26	2022

Disque (750 gr)

1	Iven Kayla	27m29	2015
2	Mayuma Marie	26m13	2021
3	Montilla Morgane	25m78	2011
4	Huygens Cloe	25m56	2016
5	Radermacher Sarah	24m93	2022
6	Merino Nohemi	24m54	2017
7	Mjahed Maya	24m00	2020
8	Van Der Veken Noemie	23m66	2010
9	Van De Sype Chloe	23m51	2010
10	Squiflet Emelynn	22m91	2022
11	Imbo Kristel	21m65	2009
12	Tshiasuma Jessie	20m04	2009
13	Van Der Veken Cindy	19m76	2010
14	Badji Jalika	19m45	2009
15	Mpinga Mulowayi Alexia	19m40	2017

Disque (800 gr)

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

1	Sustelo Irina	47m99	2000
2	Vandenbrande Nathalie	40m45	1998
3	Marloye Nadine	38m44	1975
4	Hallemans Julie	35m26	2001
5	De Buyst Nadia	32m38	1990
6	Van Camp Nicole	32m40	1981
7	Mathieu Julia	31m59	2019
8	Vandenberghen Sylvie	31m04	1987
9	Iven Kayla	30m81	2017
10	Van Der Veken Noemie	30m39	2013
11	Kill Françoise	30m33	1998
12	Kompany Christel	29m33	1999
13	Van De Sype Chloe	29m05	2014
14	Bastin Beatrice	28m44	1968
15	Declerck Anne	28m08	1978
16	Mjahed Maya	27m72	2022
17	Mayuma Marie	27m25	2022
18	Hoste Corinne	26m34	1975
19	Housiaux Norine	25m38	1966
20	Michel Martine	24m20	1966

RESC TOP 20 OUTDOOR DAMES

Balle de hockey

1	Iven Kayla	41m50	2013
2	Van De Sype Chloe	40m58	2008
3	Tong Aline	35m47	2004
4	Squiflet Emelynn	35m24	2021
5	Huybrechts Isabelle	35m15	1998
6	Dzou Lesly Kayla	34m75	2021
7	Hallems Julie	33m74	1996
8	Hasani Geraldina	33m73	2006
9	Meys Jessica	32m36	2002
10	Popescu Raisa Gabriela	32m06	2022
11	De Cooman Lea	32m04	2022
12	De Meyer Laurence	31m94	1999
13	Pauly Benedicte	31m22	1994
14	Goutte Alexandra	30m81	2002
15	Strypstein Solena	29m60	2022
16	Mouzon Emmanuelle	24m50	2000
17	Sibourg Celya	22m35	2018
18	Arys Josephine	22m25	2022
19	Huygens Cloe	21m71	2012
20	Vermeir Jade	21m12	2022

Javelot (400 gr) - modele avant 1999

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

Javelot (400 gr) - modele depuis 1999

1	Iven Kayla	34m63	2015
2	Radermacher Sarah	30m78	2022
3	Montilla Morgane	30m13	2011
4	Mouzon Emmanuelle	29m98	2004
5	Huybrechts Isabelle	29m28	2000
6	Mjahed Maya	28m12	2020
7	Van De Sype Chloe	26m45	2010
8	Huygens Cloe	25m88	2016
9	Montilla Morgane	25m38	2010
10	Mayuma Marie	24m77	2021
11	Codrea Beatrix	24m59	2005
12	Imbo Kristel	24m35	2009
13	Lecomte Christina	24m11	2010
14	De Meyer Laurence	23m48	2001
15	Badji Jalika	23m47	2009

Javelot (500 gr) - modele avant 1999

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

Javelot (500 gr) - modele depuis 1999

1	Iven Kayla	41m95	2019
2	Montilla Morgane	37m30	2014
3	Hallems Julie	36m86	2000
4	Huybrechts Isabelle	36m67	2002
5	Mayuma Marie	32m39	2022
6	Mouzon Emmanuelle	32m37	2006
7	Dennison Chrystal	31m22	2021
8	Van De Sype Chloe	31m14	2013
9	Huygens Cloe	28m50	2018
10	Kompany Christel	27m62	1999
11	Mjahed Maya	27m55	2022
12	Imbo Kristel	25m97	2011
13	De Meyer Laurence	25m93	2003
14	Hostyn Priscilla	25m27	2005
15	Majhed Maya	24m91	2021
16	Codrea Beatrix	24m65	2006
17	Merino Nohemi	23m92	2018

Javelot (600 gr) - modele avant 1999

1	Declerck Anne	37m36	1979
2	Hoste Corinne	36m96	1977
3	Ruell Natacha	34m72	1989
4	Adam Benedicte	33m28	1994
5	Gilbert Lucy	33m08	1992
6	Bastin Chantal	31m78	1971
7	Meskens Muriel	28m58	1978
8	Uytterhaeghen Isabelle	28m40	1986
9	Muyls Jacqueline	27m72	1982
10	Michel Martine	27m36	1966
11	Schoeters Karine	26m78	1975
12	Mayenez Katrien	26m22	1980
13	Werck Maggy	26m16	1968
14	Vandendael Alice	25m80	1969
15	Vandendael Marie Jeanne	25m26	1967
16	Van Millis Paula	23m12	1966
17	Delers Chantal	22m64	1966

Javelot (600 gr) - modele depuis 1999

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

Marteau (3 kg)

1	Ramos Daphne	43m80	1992
2	Huygens Cloe	34m60	2018
3	Vandenbrande Nathalie	32m60	1996
4	Van Remoortel Anouchka	26m14	1995
5	Hallems Julie	24m28	1999
6	Guisse Shaena	22m79	2011
7	Fomenko Lisa	22m05	2007
8	Van De Sype Chloe	21m57	2014
9	Adam Benedicte	20m70	1993
10	Imbo Kristel	20m31	2011
11	Khader Firdaous	20m09	2019
12	Van Zeebroeck Griet	18m66	1994
13	Montilla Morgane	18m38	2012
14	Guisse Saliyya	16m90	2011

Marteau (4 kg)

1	Sustelo Irina	50m43	2000
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RESC TOP 20 OUTDOOR DAMES

2	De Meyer Laurence	26m03	2004
3	Adank Olivia	23m77	2002
4	Guisse Shaena	22m79	2011

Heptathlon

1	Van Collie Heidi	4695 p	1986
2	Ruell Natacha	4052 p	1988
3	Carpentier Nathalie	3195 p	1987

Heptathlon

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

3000 m marche

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

4 x 100 m

?		48.97	1997
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JUNIORS DAMES – U20

50 m

1	Squiflet Emelynn	7.20	2022
2	Lambert Kylie	7.30	2016

60 m

1	Lambert Kylie	8.55	2015
2	Squiflet Emelynn	8.61	2021
3	Popescu Raisa Gabriela	8.66	2022
4	Vandendael Alice	8.74	1966
	Kohl Olivia	8.74	1984
6	Schroeven Camille	8.85	2022
7	Dzou Lesly Kayla	8.90	2021
8	Carlot Sarah	8.97	2002
9	Godefroid Maud	9.05	1990
	Van Der Veken Cindy	9.05	2008
	Lecomte Christina	9.05	2009
12	Itoe Elisabeth	9.08	2014
13	Strypstein Maeva	9.09	2022
14	Tramoni Svenia	9.10	2016
15	Mouzon Emmanuelle	9.11	2002
16	Smith Cindi	9.13	1986
17	Dzou Steffy Ann	9.38	2022
18	Meys Jessica	9.44	2000
19	Medan Ivana	9.54	2021
20	Englebert Yolaine	9.56	2005

80 m

1	Mpinga Mulowayi Alexia	10.64	2017
2	Kohl Olivia	10.64	1986
	Clermont Nathalie	10.64	1989
4	Squiflet Emelynn	10.68	2022
5	Carlot Sarah	10.73	2004
6	Carpentier Nathalie	10.74	1983
	Giuliani Alexandra	10.74	1995
8	Yech Chou Safia	10.85	2014
9	Lambert Kylie	10.86	2017
	Leonard Elise	10.86	2018

11	Van Der Veken Cindy	10.90	2010
12	Callebaut Muriel	10.91	1985
13	Housiaux Colette	10.94	1964
	Van Collie Heidi	10.94	1982
	Smith Cindi	10.94	1988
	Bonvin Draps Nathalie	10.94	1993
17	Sanchez Elisa	11.02	2022
18	Bortels Anne Marie	14.34	1966
19	Moreau Martine	15.24	1966

100 m

1	Van Der Veken Cindy	12.03	2016
2	Vandendriessche Nadine	12.11	1984
3	Devrye Corinne	12.42	1979
4	Leplat Severine	12.43	1998
5	Muyls Jacqueline	12.48	1984
	Malfait Maritza	12.48	1986
7	Kohl Olivia	12.56	1992
8	Leonard Elise	12.61	2022
9	Diwani Alison	12.64	2012
10	Mouzon Emmanuelle	12.65	2008
11	Clermont Nathalie	12.67	1991
12	Mwamine Robine	12.69	2015
13	Noel Nehemie Keysha	12.70	2015
14	Guillet Laurence	12.71	1999
15	Nollet Viviane	12.74	1971
	Henderickx Dominique	12.74	1972
	Naples Michele	12.74	1981
	Klai Anissa	12.74	2015
19	La Rou Jennifer	12.77	1995
	Schauwers Manon	12.77	2016

120 m

1	Sanchez Elisa	16.41	2022
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150 m

1	Squiflet Emelynn	20.08	2022
2	Carlot Sarah	20.13	2004
3	Mpinga Mulowayi Alexia	20.15	2017
4	Lambert Kylie	20.31	2017
5	Briand Celine	20.42	2010
6	Guillet Laurence	20.44	1993
7	Mouzon Emmanuelle	20.54	2004
8	Dierick Nadine	20.64	1966
	Bonvin Draps Nathalie	20.64	1993
10	Hostyn Priscilla	20.72	2003
11	Housiaux Colette	20.74	1964
12	Pontara Lisa	20.75	2016
13	Van Der Veken Cindy	20.81	2010
14	Merino Nohemi	20.84	2017
15	Kompany Christel	20.92	1997
16	Sacre Laetitia	20.94	1993
	Meys Jessica	20.94	2004
18	Stevens Rita	21.84	1966

200 m

1	Vandendriessche Nadine	24.65	1984
2	Van Der Veken Cindy	24.82	2016
3	Leplat Severine	25.38	1998
4	Klai Anissa	25.52	2015
5	Kohl Olivia	25.53	1990
6	Naples Michele	25.54	1983
7	Schauwers Manon	25.65	2016
8	Mouzon Emmanuelle	25.73	2008
9	Le Rou Jennifer	25.82	1995
10	Leplat Anabelle	25.84	1997
11	Adam Benedicte	25.89	1996
12	De Coster Alexandra	25.94	1982
	Van Collie Heidi	25.94	1986
14	Malfait Maritza	25.98	1986
15	Badji Jalika	26.00	2015
16	Henderickx Dominique	26.04	1973
17	Giuliani Alexandra	26.24	1998

RESC TOP 20 OUTDOOR DAMES

18	Van Laethem Sandra	26.25	1989
19	Clermont Nathalie	26.40	1991
20	Muyls Tania	26.44	1986

300 m

1	Leplat Severine	39.65	1998
2	Klai Anissa	40.49	2015
3	La Rou Jennifer	41.29	1995
4	Adam Benedicte	41.54	1996
	Schauwers Manon	41.54	2018
6	Van Der Veken Cindy	41.82	2015
7	Leplat Anabelle	42.37	1998
8	Kompany Christel	42.48	2000
9	Badji Jalika	42.55	2014
10	Guillet Laurence	42.66	1999
11	Nollet Viviane	43.12	1970
12	Gilbert Fernanda	43.15	1992
13	Housiaux Colette	43.32	1964
14	Kassianoff Sylvie	43.55	2014
15	Van Den Eede Isabelle	43.61	1992
16	Giuliani Alexandra	43.84	1998
17	Lambert Kylie	43.85	2017
18	Carlot Sarah	44.28	2005
19	Bonvin Draps Nathalie	44.32	1995
20	La Rou Cecile	44.68	1996

400 m

1	Leplat Severine	56.03	1998
2	Klai Anissa	56.64	2015
3	Van Collie Heidi	57.32	1986
4	Muls Camille	57.81	2018
5	Adam Benedicte	57.94	1997
6	Tshanga Diomi Roline	58.07	2022
7	La Rou Jennifer	58.29	1995
8	Schauwers Manon	58.30	2018
9	Malfait Maritza	58.42	1988
10	Wauters Marijke	59.02	1973
11	Meersseman Geertje	59.12	1972
12	Joblin Marine	59.70	2020
13	Miri Yasmina	59.76	2011
14	Henderickx Fabienne	59.82	1973
15	Badji Jalika	59.85	2015
16	Vandendriessche Nadine	60.02	1981
17	Collard Florence	60.71	1983
18	Mortier Pascale	61.52	1972
	Van Den Eede Isabelle	61.52	1992
19	Maron Nicole	63.42	1971
	Gilbert Fernanda	63.42	1992

600 m

1	Gyselinck Ingrid	1.47.70	1966
2	Strypstein Solena	1.57.65	2022
3	Lambert Kylie	2.00.94	2013
4	Strypstein Solena	2.03.24	2021
5	Squiflet Emelynn	2.07.24	2019
6	Beghin Joyce	2.09.21	2019
7	Popescu Raisa Gabriela	2.10.56	2020
8	Ngandeu Tchambia Brenda	2.10.62	2016
9	Schroeven Camille	2.10.70	2020
10	Huygens Cloe	2.11.73	2012
11	Radermacher Sarah	2.11.96	2018
12	Merino Noemie	2.12.95	2013
13	Dzou Steffy Ann	2.13.95	2022
14	Dennison Chrystal	2.16.08	2014
15	Sibourg Celya	2.16.68	2018
16	Boone Tya	2.17.39	2015

800 m

1	Muls Camille	2.05.49	2018
2	Collard Veronique	2.11.36	1982
3	Schauwers Manon	2.13.16	2018
4	Meersseman Geertje	2.13.40	1972
5	Joblin Marine	2.13.80	2021

6	De Wachter Didi	2.14.79	1982
7	Collard Florence	2.16.12	1983
8	Cawet Daphne	2.16.21	1999
9	Van Den Bossche Inga	2.18.99	2017
10	Wauters Marijke	2.20.60	1974
11	Mortier Pascale	2.21.20	1973
12	Tshiasuma Jessie	2.21.88	2011
13	Bex Maria	2.22.60	1970
14	Boeren Michele	2.22.80	1974
15	Winckelmans Reinhilde	2.22.90	1974
	Van Collie Heidi	2.22.90	1986
17	Inconstant Elisa	2.23.09	2022
18	Arnauts Els	2.24.30	1975
19	Boussar Hanan	2.25.57	2002
20	Mouzon Emmanuelle	2.26.19	2005

1000 m

1	Collard Veronique	2.52.74	1982
2	De Wachter Didi	2.53.10	1982
3	Muls Camille	2.55.79	2017
4	Joblin Marine	3.01.01	2019
5	Cawet Daphne	3.01.18	1998
6	Tshiasuma Jessie	3.01.95	2011
7	Haouari Farrah	3.08.82	2020
8	Inconstant Elisa	3.09.04	2022
9	Delbecque Laure	3.10.60	1996
10	Mattelaere Laurence	3.10.70	1991
11	Vanden Muysenberg Sabine	3.11.60	1993
12	Van Den Bossche Inga	3.12.17	2017
13	Dewitte Caroline	3.12.93	1997
14	Potvlieghe An	3.13.00	1992
15	De Groote Estelle	3.14.33	2006
16	Vandermeulen Nathalie	3.16.70	1989
17	Adam Benedicte	3.17.00	1992
18	Lambert Kylie	3.17.03	2017
19	Boussar Hanan	3.18.85	2001
20	Schraff Celine	3.19.50	1987

1500 m

1	Muls Camille	4.29.50	2018
2	Collard Veronique	4.30.09	1982
3	Meersseman Geertje	4.33.50	1972
4	De Wachter Didi	4.33.80	1982
5	Van Den Bossche Inga	4.41.18	2017
6	Cawet Daphne	4.50.73	1997
7	Bex Maria	4.52.20	1970
8	Tshiasuma Jessie	4.53.37	2011
9	De Valck Ingrid	4.53.90	1982
10	Winckelmans Reinhilde	4.54.30	1974
11	Collard Florence	4.55.00	1983
12	Mortier Pascale	4.57.00	1973
13	Wauters Marijke	4.59.90	1974
14	Boeren Michele	5.00.80	1973
15	Haouari Farrah	5.02.17	2020
16	Potvlieghe An	5.04.03	1991
17	Boussar Hanan	5.07.19	2002
18	Schraff Celine	5.12.80	1987
19	De Rijcke Dominique	5.12.90	1974
20	Gyselinck Ingrid	5.13.00	1968

Mile

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

2000 m

1	Muls Camille	6.38.49	2016
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RESC TOP 20 OUTDOOR DAMES

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

3000 m

1	Collard Veronique	9.36.9	1982
2	De Wachter Didi	10.01.10	1982
3	De Valck Ingrid	10.15.05	1982
4	Van Den Bossche Inga	10.41.31	2017
5	Meersseman Geertje	10.42.80	1972
6	Cawet Daphne	10.43.20	1997
7	Potvlieghe An	10.48.10	1992
8	Imbo Kristel	11.14.33	2015
9	Massot Marianne	11.22.17	1987
10	Tshiasuma Jessie	11.28.04	2013
11	Haouari Farrah	11.30.81	2019
12	Van Damme Joelle	11.38.45	2011
13	Dewitte Valerie	11.42.07	1997
14	Vlaminck Karin	11.42.60	1982
15	Coutteau Katia	11.46.00	1979
16	Byl Laetitia	11.47.00	1984
17	Schraff Celine	11.53.07	1990
18	Boussar Hanan	11.55.64	2003
19	Delbecque Laure	12.19.62	1996
20	Goethals Lutgard	12.22.54	2018

5000 m

1	De Valck Ingrid	18.09.70	1982
2	Coutteau Katia	20.08.30	1979
3	Potvlieghe An	20.14.00	1994
4	Impatient Chantal	23.15.30	1980

50 m haies (65 cm)

1	Lambert Kylie	8.04	2017
2	Squiflet Emelynn	8.33	2022
3	Dzou Lesly Kayla	8.92	2022

50 m haies (76 cm)

1	Ouali Sirine	9.97	2013
2	Lecomte Christina	9.99	2011

60 m haies (68 cm)

1	Squiflet Emelynn	10.22	2022
2	Dzou Lesly Kayla	10.60	2022
3	Schroeven Camille	10.98	2022
4	Strypstein Maeva	10.99	2022
5	Radermacher Sarah	11.05	2022
6	Sibourg Celya	11.23	2022
7	Popescu Raisa Gabriela	11.24	2022
8	De Cooman Lea	11.46	2022
9	Wanyu Diane Kylie	13.87	2021

60 m haies (76 cm)

1	Lambert Kylie	9.96	2017
2	Smith Cindi	10.05	1988
3	Huybrechts Isabelle	10.07	2000
4	Van Collie Heidi	10.14	1982
5	M'Rabet Salima	10.22	1985
6	Cincinatis Lucie	10.24	2003
7	Kohl Olivia	10.25	1986
8	Mouzon Emmanuelle	10.34	2004
9	Guillet Laurence	10.36	1993
10	Van Der Veken Cindy	10.37	2010
11	Lecomte Christina	10.41	2011
12	Van Der Veken Noemie	10.42	2010
13	Vandendael Alice	10.44	1967
	Uytterhaeghen Isabelle	10.44	1983
15	Kompany Christel	10.51	1997
16	Drieghe Maureen	10.54	1968
17	Yech Chou Safia	10.62	2014
18	Housiaux Colette	11.04	1964
19	Frenay Anne	11.44	1986

20	De Cock Aline	11.74	1993
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80 m haies (76 cm)

1	Schauwers Manon	11.88	2014
2	Kohl Olivia	11.95	1988
3	Clermont Nathalie	11.96	1991
4	Van Collie Heidi	12.18	1984
5	Smith Cindi	12.19	1990
	Guillet Laurence	12.19	1995
7	Gaeremynck Evelyne	12.26	1985
	Huybrechts Isabelle	12.26	2002
9	Van Der Veken Noemie	12.39	2012
10	Leplat Anabelle	12.44	1996
11	Giuliani Alexandra	12.54	1997
12	Mouzon Emmanuelle	12.56	2006
13	Marloye Nadine	12.64	1972
14	Badji Jalika	12.82	2011
15	La Rou Jennifer	12.83	1993
16	Michel Martine	13.14	1965
17	Housiaux Colette	13.24	1966
	Michel Martine	13.24	1966

100 m haies (76 cm)

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

100 m haies (84 cm)

1	Kohl Olivia	13.99	1992
2	Clermont Nathalie	14.58	1993
3	Van Eerdewegh Nicole	14.69	1978
4	Guillet Laurence	15.02	1999
5	Van Collie Heidi	15.08	1986
6	Gaeremynck Evelyne	15.22	1987
7	Mouzon Emmanuelle	15.23	2009
8	Marloye Nadine	15.24	1977
9	Van Den Eede Isabelle	15.49	1991
10	Guisse Saliyya	15.65	2015
11	Devrye Corinne	15.94	1979
12	Vandendael Alice	16.04	1970
13	Binart Nathalie	16.07	1985
14	Brion Sophie	16.16	2003
15	Muysl Jacqueline	16.28	1983

150 m haies (68 cm)

1	Squiflet Emelynn	21.91	2022
2	Radermacher Sarah	22.51	2022
3	Sibourg Celya	23.92	2022

150 m haies (76 cm)

1	Lambert Kylie	21.56	2017
2	Yech Chou Safia	22.49	2014
3	Van Der Veken Cindy	22.78	2010
4	Yech Chou Safia	23.10	2013
5	Badji Jalika	23.25	2009
6	Merino Nohemi	23.45	2017
7	Sandon Lisa	23.60	2014
8	Montilla Morgane	23.74	2011
9	Ngandeu Tchambia Brenda	23.79	2019
10	Mpinga Mulowayi Alexia	23.84	2016
11	Mayot Coiffard Hermine	23.91	2018

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12	Henry Morgane	24.00	2012
13	Lecomte Christina	24.23	2011
14	Pontara Lisa	24.31	2015
15	Itoe Elisabeth	24.53	2015

200 m haies (76 cm)

1	Van Eerdewegh Nicole	30.04	1972
2	Vandendaele Alice	30.74	1971
3	Rochette Christine	31.04	1971
4	Nollet Viviane	31.74	1973
5	Meersseman Geertje	31.94	1972
6	De Wandeleer Danielle	34.64	1974
7	Vandendael Marie Jeanne	35.74	1969
8	Ouali Sirine	37.39	2015

300 m haies (76 cm)

1	La Rou Jennifer	43.97	1995
2	Goessens Carine	45.43	1980
3	Kohl Olivia	45.42	1990
4	Schauwers Manon	45.77	2014
5	Van Den Eede Isabelle	46.02	1992
6	De Decker Annelies	46.42	1993
7	Van Collie Heidi	46.50	1984
8	Mouzon Emmanuelle	46.52	2006
9	Smith Cindi	46.90	1990
10	Gilbert Fernanda	47.04	1992
11	Leplat Severine	47.26	1998
12	Badji Jalika	48.02	2011
13	Frenay Anne	48.26	1989
14	Van Zeebroeck Griet	48.53	1995
15	Antipina Anastasia	48.60	1993
16	Martins Junior Magaly	48.67	2019
17	M'Rabet Salima	48.89	1986

400 m haies (76 cm)

1	Schauwers Manon	62.13	2018
2	Badji Jalika	64.85	2015
3	Van Collie Heidi	65.29	1987
4	Goessens Carine	66.72	1981
5	Daems Denise	66.82	1978
6	Kasianoff Sylvie	67.07	2014
7	La Rou Jennifer	67.58	1996
8	Smith Cindi	69.87	1993
9	Debaillie Isabelle	69.98	1993
10	Van Den Eede Isabelle	70.04	1993
11	De Pauw Margot	70.40	1993
12	Kisir Ikbal	70.45	1999
13	Brion Sophie	70.78	2002
14	Abid Fatima	71.31	1987
15	Tilmans Mireille	71.77	1986
16	Silberfeld Sophie	72.43	2004
17	De Groote Florence	75.73	2005
18	Urbain Fanny	76.18	2003
19	Murerwa Larissa	76.38	2011
20	Henry Morgane	76.50	2016

1500 m steeple (76 cm)

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

2000 m steeple (76 cm)

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

Hauteur

1	Marloye Nadine	1m81	1977
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2	Van Collie Heidi	1m68	1984
3	Schauwers Manon	1m67	2015
4	Ruell Natacha	1m65	1988
	Golfa Sambay Clara	1m65	2018
6	De Rijcke Dominique	1m63	1976
7	Locrel Anne Julie	1m61	2004
	Van Der Veken Cindy	1m61	2012
9	Smith Cindi	1m59	1990
	Viaene Luna	1m59	2019
11	Kizito Prisca	1m58	2017
12	Hoste Corinne	1m57	1976
	Archambeau Aline	1m57	2006
14	Kompany Christel	1m56	2000
15	Vidts Linda	1m55	1970
	Hintjens Rita	1m55	1973
	Winckelmans Reinhilde	1m55	1974
	Naples Michele	1m55	1981
	Kohl Olivia	1m55	1988
20	Vlerick Ophelia	1m52	2009

Longueur

1	Marloye Nadine	6m06	1975
2	Van Collie Heidi	5m90	1986
3	Muyls Jacqueline	5m72	1983
4	Devrye Corinne	5m70	1979
5	Henderickx Dominique	5m68	1973
	Malfait Maritza	5m68	1988
7	Housiaux Colette	5m61	1967
8	Van Der Veken Cindy	5m53	2016
9	Kompany Christel	5m49	2000
10	Guisse Saliyya	5m48	2015
	Caty Emeline	5m48	2017
12	Dossey Jenifer Stefania	5m45	2019
13	Vandendael Alice	5m44	1969
	Vidts Linda	5m44	1971
15	Mouzon Emmanuelle	5m42	2007
	Schauwers Manon	5m42	2015
17	Kizito Prisca	5m39	2018
18	Ruell Natacha	5m33	1988
19	Hostyn Priscilla	5m27	2005
20	Carpentier Nathalie	5m21	1986

Triple saut

1	Kompany Christel	12m15	2000
2	Guisse Saliyya	12m11	2014
3	De Cock Aline	11m85	1999
4	Ombeni Rachel	11m81	2019
5	Dossey Jennifer Stefania	11m50	2020
6	Lucas Clara	11m23	2022
7	Naji Afaf	11m05	2004
8	Hostyn Priscilla	10m98	2005
9	Fomenko Lisa	10m92	2007
10	Caty Emeline	10m91	2015
11	Vandenbrande Nathalie	10m88	1996
12	Madani Sarah	10m73	2015
	Yech Chou Safia	10m73	2015
14	Golfa Sambey Clara	10m71	2018
15	Van De Sype Chloe	10m62	2014
16	Archambeau Aline	10m53	2006
17	Vandenbroeck Elke	10m28	1994
18	Vanden Bergh Joy	10m14	2015
19	Van Zeebroeck Griet	10m07	1995
20	Boswell Audrey	10m03	2003

Perche

1	Quirin Margaux	3m90	2014
2	Van Zeebroeck Griet	3m54	1998
3	Van De Sype Chloe	3m21	2014
4	Fonteyn Astrid	2m90	1996
	Mouzon Emmanuelle	2m90	2007
6	Van Remoortel Anouchka	2m80	1995
7	Imbo Kristel	2m86	2011
8	Huybrechts Isabelle	2m60	2002
9	Vlerick Ophelia	2m40	2011

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10	Lacasse Camille	2m31	2015
11	Hostyn Priscilla	2m30	2004
	Fomenko Lisa	2m30	2007
13	Archambeau Aline	2m20	2003
	Kaluza Isabelle	2m20	2013
	Luypaert Naomy	2m20	2014
	Cole Anne Ramon	2m20	2021
17	Tong Aline	2m10	2005
18	Klai Anissa	2m02	2009
19	De Gunsch Marie	2m00	2008
	Van Der Veken Noemie	2m00	2010
	Nachtergal Marine	2m00	2017
	Lambert Kylie	2m00	2016

Poids (1 kg)

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

Poids (2 kg)

1	Waegemans Aurore	13m12	2003
2	Iven Kayla	12m89	2015
3	Kompany Christel	11m79	1997
	Van De Sype Chloe	11m79	2010
5	Mouzon Emmanuelle	10m80	2004
6	Hallemans Julie	10m78	1998
7	Huybrechts Isabelle	10m69	2000
8	Mayuma Marie	10m62	2021
9	Montilla Morgane	10m40	2011
10	Vandenbrande Nathalie	10m38	1994
	Goutte Alexandra	10m38	2003
	Dzou Lesly Kayla	10m38	2022
13	Squiflet Emelynn	10m06	2022
14	Mjahed Maya	9m94	2020
15	Pauly Benedicte	9m92	1996
16	Hasani Geraldina	9m75	2006
17	Popescu Raisa Gabriela	9m67	2022
18	Tong Aline	8m43	2004
19	De Cooman Lea	8m35	2022
20	Wanyu Naomie Belle	7m87	2021

Poids (3 kg)

1	Mathieu Julia	14m76	2022
2	Kompany Christel	12m10	1999
3	Vandenbrande Nathalie	11m96	1998
4	Adam Benedicte	11m95	1994
5	Marloye Nadine	11m74	1973
6	Iven Kayla	11m49	2018
7	Mouzon Emmanuelle	11m42	2006
8	Van De Sype Chloe	11m34	2014
9	Madani Sarah	10m30	2015
10	Declerck Anne	11m18	1978
11	Archambeau Aline	11m05	2005
12	Schauwers Manon	10m95	2015
13	Mjahed Maya	10m86	2022
14	De Meyer Laurence	10m82	2003
15	Hoste Corinne	10m79	1975
16	Reynaerts Stephanie	10m69	1995
17	Huybrechts Isabelle	10m62	2002
18	Uytterhaegen Isabelle	10m49	1985
19	Bortels Anne Marie	7m80	1966
20	Moreau Martine	7m44	1966

Poids (4 kg)

1	Devos An	13m12	1987
2	Sustelo Irina	12m98	2001
3	Mathieu Julia	12m84	2022
4	Reynaerts Stephanie	11m36	1999
5	Marloye Nadine	11m25	1974
6	Van Camp Nicole	11m24	1983
7	Declerck Anne	11m00	1981
8	Hoste Corinne	10m54	1977
9	Mouzon Emmanuelle	10m43	2008
10	Hallemans Julie	10m40	2001
11	Archambeau Aline	10m36	2007
12	Van De Sype Chloe	9m74	2015
13	De Meyer Laurence	9m45	2004
14	Rochette Christine	9m18	1969
15	Waegemans Aurore	9m06	2006
16	Adam Benedicte	9m03	1994
17	Michel Martine	8m82	1966
18	De Groote Florence	8m67	2004
19	De Buyst Nadia	8m35	1989
20	Kompany Christel	8m21	2000

Disque (600 gr)

1	Waegemans Aurore	32m53	2003
2	Kill Françoise	31m80	1996
3	Kompany Christel	31m36	1997
4	Van Der Veken Noemie	30m28	2010
5	De Buyst Nadia	29m24	1986
6	Huybrechts Isabelle	27m96	2000
7	Montilla Morgane	27m01	2010
8	Popescu Raisa Gabriela	26m15	2022
9	Gilson Aurore	25m74	1994
10	Van De Sype Chloe	25m24	2009
11	Squiflet Emelynn	24m96	2021
12	Hostyn Priscilla	24m76	2003
13	De Groote Florence	24m41	2001
14	Vandenberghen Sylvie	24m40	1984
15	Gilbert Fernanda	23m92	1991
16	De Cooman Lea	23m71	2022
17	Iven Kayla	19m47	2013
18	Radermacher Sarah	19m07	2020
19	De Meyer Laurence	18m45	1999
20	Strypstein Maeva	18m26	2022

Disque (750 gr)

1	Iven Kayla	27m29	2015
2	Mayuma Marie	26m13	2021
3	Montilla Morgane	25m78	2011
4	Huygens Cloe	25m56	2016
5	Radermacher Sarah	24m93	2022
6	Merino Nohemi	24m54	2017
7	Mjahed Maya	24m00	2020
8	Van Der Veken Noemie	23m66	2010
9	Van De Sype Chloe	23m51	2010
10	Squiflet Emelynn	22m91	2022
11	Imbo Kristel	21m65	2009
12	Tshiasuma Jessie	20m04	2009
13	Van Der Veken Cindy	19m76	2010
14	Badji Jalika	19m45	2009
15	Mpinga Mulowayi Alexia	19m40	2017

Disque (800 gr)

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

1	Sustelo Irina	47m99	2000
2	Devos An	45m60	1987
3	Vandenbrande Nathalie	42m84	1999
4	Marloye Nadine	39m96	1977
5	Hallemans Julie	35m26	2001
6	Van Camp Nicole	34m04	1983
7	De Buyst Nadia	34m02	1991

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8	Vandenberghen Sylvie	32m80	1989
9	Kertsen Michele	32m14	1985
10	Mathieu Julia	31m59	2019
11	Mouzon Emmanuelle	31m58	2009
12	Iven Kayla	30m81	2017
13	Bastin Beatrice	30m42	1970
14	Van Der Veken Noemie	30m39	2013
15	Kill Françoise	30m33	1998
16	Kompany Christel	29m33	1999
17	Van De Sype Chloe	29m05	2014
18	Declerck Anne	28m08	1978
19	Mjahed Maya	27m72	2022
20	Mayuma Marie	27m25	2022

Balle de hockey

1	Iven Kayla	41m50	2013
2	Van De Sype Chloe	40m58	2008
3	Tong Aline	35m47	2004
4	Squiflet Emelynn	35m24	2021
5	Huybrechts Isabelle	35m15	1998
6	Dzou Lesly Kayla	34m75	2021
7	Hallemans Julie	33m74	1996
8	Hasani Geraldina	33m73	2006
9	Meys Jessica	32m36	2002
10	Popescu Raisa Gabriela	32m06	2022
11	De Cooman Lea	32m04	2022
12	De Meyer Laurence	31m94	1999
13	Pauly Benedicte	31m22	1994
14	Goutte Alexandra	30m81	2002
15	Strypstein Solena	29m60	2022
16	Mouzon Emmanuelle	24m50	2000
17	Sibourg Celya	22m35	2018
18	Arys Josephine	22m25	2022
19	Huygens Cloe	21m71	2012
20	Vermeir Jade	21m12	2022

Javelot (400 gr) - modele avant 1999

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

Javelot (400 gr) - modele depuis 1999

1	Iven Kayla	34m63	2015
2	Radermacher Sarah	30m78	2022
3	Montilla Morgane	30m13	2011
4	Mouzon Emmanuelle	29m98	2004
5	Huybrechts Isabelle	29m28	2000
6	Mjahed Maya	28m12	2020
7	Van De Sype Chloe	26m45	2010
8	Huygens Cloe	25m88	2016
9	Montilla Morgane	25m38	2010
10	Mayuma Marie	24m77	2021
11	Codrea Beatrix	24m59	2005
12	Imbo Kristel	24m35	2009
13	Lecomte Christina	24m11	2010
14	De Meyer Laurence	23m48	2001
15	Badji Jalika	23m47	2009

Javelot (500 gr) - modele avant 1999

1	Declerck Anne	37m36	1979
2	Reynaerts Stephanie	32m82	1995

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

Javelot (500 gr) - modele depuis 1999

1	Iven Kayla	41m95	2019
2	Montilla Morgane	37m30	2014
3	Hallemans Julie	36m86	2000
4	Huybrechts Isabelle	36m67	2002
5	Mayuma Marie	32m39	2022
6	Mouzon Emmanuelle	32m37	2006
7	Dennison Chrystal	31m22	2021
8	Van De Sype Chloe	31m14	2013
9	Huygens Cloe	28m50	2018
10	Kompany Christel	27m62	1999
11	Mjahed Maya	27m55	2022
12	Imbo Kristel	25m97	2011
13	De Meyer Laurence	25m93	2003
14	Hostyn Priscilla	25m27	2005
15	Majhed Maya	24m91	2021
16	Codrea Beatrix	24m65	2006
17	Merino Nohemi	23m92	2018

Javelot (600 gr) – modele avant 1999

1	Declerck Anne	41m94	1981
2	Reynaerts Stephanie	37m83	1998
3	Hoste Corinne	36m96	1977
4	Ruell Natacha	34m72	1989
5	Adam Benedicte	33m28	1994
6	Gilbert Lucy	33m08	1992
7	Vandendael Marie Jeanne	31m92	1970
8	Bastin Chantal	31m78	1971
9	Michele Martine	31m20	1967
10	Mertens Martine	29m94	1973
11	Mayenez Katrien	29m76	1981
12	Meskens Muriel	28m58	1978
13	Uytterhaeghen Isabelle	28m40	1986
14	Muyls Jacqueline	27m72	1982
15	Schoeters Karine	26m78	1975
16	Schoeters Karine	26m78	1975
17	Mayenez Katrien	26m22	1980
18	Werck Maggy	26m16	1968
19	Vandendael Alice	25m80	1969
20	Vandendael Marie Jeanne	25m26	1967

Javelot (600 gr) – modele depuis 1999

1	Iven Kayla	42m80	2021
2	Sustelo Irina	38m45	2001
3	Hallemans Julie	36m78	2001
4	Reynaerts Stephanie	36m59	1999
5	Montilla Morgane	34m35	2017
6	Huybrechts Isabelle	32m54	2004
7	Mouzon Emmanuelle	32m23	2008
8	Locrel Anne Julie	30m59	2004
9	Pauly Benedicte	28m60	1999
10	Archambeau Aline	25m18	2006
11	Vlerick Ophelia	24m00	2011
12	Van De Sype Cloe	23m70	2015
13	De Groote Florence	22m15	2004
14	Kebdani Nadia	21m31	2005
15	Guisse Shaena	21m21	2011
16	Van Rossem Nicky	20m50	2009
17	Lins Noemie	18m23	2010
18	Martinez Belen	14m73	2002

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19	Tikent Hajar	14m12	2003
Marteau (3 kg)			
1	Ramos Daphne	43m80	1992
2	Huygens Cloe	34m60	2018
3	Vandenbrande Nathalie	32m60	1996
4	Van Remoortel Anouchka	26m14	1995
5	Hallemans Julie	24m28	1999
6	Guisse Shaena	22m79	2011
7	Fomenko Lisa	22m05	2007
8	Van De Sype Chloe	21m57	2014
9	Adam Benedicte	20m70	1993
10	Imbo Kristel	20m31	2011
11	Khader Firdaous	20m09	2019
12	Van Zeebroeck Griet	18m66	1994
13	Montilla Morgane	18m38	2012
14	Guisse Saliyya	16m90	2011
Marteau (4 kg)			
1	Sustelo Irina	56m30	2001
2	Ramos Daphne	40m46	1993
3	Guisse Shaena	27m55	2013
4	Reynaerts Stephanie	26m57	1999
5	De Meyer Laurence	26m03	2004
6	Adank Olivia	23m77	2002
7	De Buyst Nadia	16m82	1991
8	Guisse Saliyya	12m29	2014
Heptathlon			
1	Guisse Saliyya	3743 p	2015
2	Van Rossem Nicky	3405 p	2011
3	Archambeau Aline	3155 p	2008
4	Van De Sype Chloe	2995 p	2015
5	Reynaerts Stephanie	2684 p	1999
6	Archambeau Aline	2597 p	2009
7	Guisse Shaena	2462 p	2012
8	Luypaert Naomy	1835 p	2013
9	El Holouany Hiba	923 p	2017
Decathlon			
1	Mouzon Emmanuelle	4863 p	2009
2	Van De Sype Chloe	3920 p	2015
3	Lins Noemie	3587 p	2012
4	Guisse Shaena	2737 p	2012
3000 m marche			
1	El Ouahmi Sirine	20.08.91	2016
2	Cuvelier Maela	21.19.14	2016
3	Kersten Michele	22.06.90	1980
4	Merino Noelia	22.14.38	2015
5	Biese Helena	24.09.94	2018
6	Boulaich Kawtar	24.32.64	2018
5000 m marche			
1	Delbecque Maud	36.30.10	1996
4 x 100 m			
1	?	48.00	1984

ESPOIRS DAMES – U23

50 m			
1	Squiflet Emelynn	7.20	2022
2	Lambert Kylie	7.30	2016
60 m			
1	Lambert Kylie	8.55	2015
2	Squiflet Eemlynn	8.61	2021
3	Popescu Raisa Gabriela	8.66	2022
4	Vandendael Alice	8.74	1966
	Kohl Olivia	8.74	1984
6	Schroeven Camille	8.85	2022

7	Dzou Lesly Kayla	8.90	2021
8	Carlot Sarah	8.97	2002
9	Godefroid Maud	9.05	1990
	Van Der Veken Cindy	9.05	2008
	Lecomte Christina	9.05	2009
12	Itoe Elisabeth	9.08	2014
13	Strypstein Maeva	9.09	2022
14	Tramoni Svenia	9.10	2016
15	Mouzon Emmanuelle	9.11	2002
16	Smith Cindi	9.13	1986
17	Dzou Steffy Ann	9.38	2022
18	Meys Jessica	9.44	2000
19	Medan Ivana	9.54	2021
20	Englebert Volaine	9.56	2005

80 m			
1	Mpinga Mulowayi Alexia	10.64	2017
2	Kohl Olivia	10.64	1986
	Clermont Nathalie	10.64	1989
4	Squiflet Emelynn	10.68	2022
5	Carlot Sarah	10.73	2004
6	Carpentier Nathalie	10.74	1983
	Giuliani Alexandra	10.74	1995
8	Yech Chou Safia	10.85	2014
9	Lambert Kylie	10.86	2017
	Leonard Elise	10.86	2018
11	Van Der Veken Cindy	10.90	2010
12	Callebaut Muriel	10.91	1985
13	Housiaux Colette	10.94	1964
	Van Collie Heidi	10.94	1982
	Smith Cindi	10.94	1988
	Bonvin Draps Nathalie	10.94	1993
17	Sanchez Elisa	11.02	2022
18	Bortels Anne Marie	14.34	1966
19	Moreau Martine	15.24	1966

100 m			
1	Zagre Anne	11.42	2012
2	Oulare Maryam	11.56	2022
3	Rani Nagels	11.88	2015
4	Van Der Veken Cindy	12.03	2016
5	Vandendriessche Nadine	12.11	1984
6	Devrye Corinne	12.42	1979
7	Leplat Severine	12.43	1998
8	Muyls Jacqueline	12.48	1984
	Malfait Maritza	12.48	1986
10	Kohl Olivia	12.56	1992
11	Leonard Elise	12.61	2022
12	Diwani Alison	12.64	2012
13	Mouzon Emmanuelle	12.65	2008
14	Clermont Nathalie	12.67	1991
15	Mwamine Robine	12.69	2015
16	Noel Nehemie Keysha	12.70	2015
17	Guillet Laurence	12.71	1999
18	Nollet Viviane	12.74	1971
	Henderickx Dominique	12.74	1972
	Naples Michele	12.74	1981
	Klai Anissa	12.74	2015

120 m			
1	Sanchez Elisa	16.41	2022

150 m			
1	Squiflet Emelynn	20.08	2022
2	Carlot Sarah	20.13	2004
3	Mpinga Mulowayi Alexia	20.15	2017
4	Lambert Kylie	20.31	2017
5	Briand Celine	20.42	2010
6	Guillet Laurence	20.44	1993
7	Mouzon Emmanuelle	20.54	2004
8	Dierick Nadine	20.64	1966
	Bonvin Draps Nathalie	20.64	1993
10	Hostyn Priscilla	20.72	2003

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11	Housiaux Colette	20.74	1964
12	Pontara Lisa	20.75	2016
13	Van Der Veken Cindy	20.81	2010
14	Merino Nohemi	20.84	2017
15	Kompany Christel	20.92	1997
16	Sacre Laetitia	20.94	1993
	Meys Jessica	20.94	2004
18	Stevens Rita	21.84	1966

200 m

1	Vandendriessche Nadine	24.65	1984
2	Van Der Veken Cindy	24.82	2016
3	Leplat Severine	25.38	1998
4	Klai Anissa	25.52	2015
5	Kohl Olivia	25.53	1990
6	Naples Michele	25.54	1983
7	Schauwers Manon	25.65	2016
8	Mouzon Emmanuelle	25.73	2008
9	Le Rou Jennifer	25.82	1995
10	Leplat Anabelle	25.84	1997
11	Adam Benedicte	25.89	1996
12	De Coster Alexandra	25.94	1982
	Van Collie Heidi	25.94	1986
14	Malfait Maritza	25.98	1986
15	Badji Jalika	26.00	2015
16	Henderickx Dominique	26.04	1973
17	Giuliani Alexandra	26.24	1998
18	Van Laethem Sandra	26.25	1989
19	Clermont Nathalie	26.40	1991
20	Muyls Tania	26.44	1986

300 m

1	Nagels Rani	38.04	2015
2	Leplat Severine	39.65	1998
3	Klai Anissa	40.49	2015
4	La Rou Jennifer	41.29	1995
5	Adam Benedicte	41.54	1996
	Schauwers Manon	41.54	2018
7	Van Der Veken Cindy	41.82	2015
8	Leplat Anabelle	42.37	1998
9	Kompany Christel	42.48	2000
10	Badji Jalika	42.55	2014
11	Guillet Laurence	42.66	1999
12	Nollet Viviane	43.12	1970
13	Gilbert Fernanda	43.15	1992
14	Housiaux Colette	43.32	1964
15	Kassianoff Sylvie	43.55	2014
16	Van Den Eede Isabelle	43.61	1992
17	Giuliani Alexandra	43.84	1998
18	Lambert Kylie	43.85	2017
19	Carlot Sarah	44.28	2005
20	Bonvin Draps Nathalie	44.32	1995

400 m

1	Rani Nagels	53.51	2015
2	Leplat Severine	56.03	1998
3	Klai Anissa	56.64	2015
4	Van Collie Heidi	57.32	1986
5	Muls Camille	57.81	2018
6	Adam Benedicte	57.94	1997
7	Tshanga Diomi Roline	58.07	2022
8	La Rou Jennifer	58.29	1995
9	Schauwers Manon	58.30	2018
10	Malfait Maritza	58.42	1988
11	Wauters Marijke	59.02	1973
12	Meersseman Geertje	59.12	1972
13	Joblin Marine	59.70	2020
14	Miri Yasmina	59.76	2011
15	Henderickx Fabienne	59.82	1973
16	Badji Jalika	59.85	2015
17	Vandendriessche Nadine	60.02	1981
18	Collard Florence	60.71	1983
19	Mortier Pascale	61.52	1972
	Van Den Eede Isabelle	61.52	1992

600 m

1	Gyselinck Ingrid	1.47.70	1966
2	Strypstein Solena	1.57.65	2022
3	Lambert Kylie	2.00.94	2013
4	Strypstein Solena	2.03.24	2021
5	Squiflet Emelynn	2.07.24	2019
6	Beghin Joyce	2.09.21	2019
7	Popescu Raisa Gabriela	2.10.56	2020
8	Ngandeu Tchambia Brenda	2.10.62	2016
9	Schroeven Camille	2.10.70	2020
10	Huygens Cloe	2.11.73	2012
11	Radermacher Sarah	2.11.96	2018
12	Merino Noemie	2.12.95	2013
13	Dzou Steffy Ann	2.13.95	2022
14	Dennison Chrystal	2.16.08	2014
15	Sibourg Celya	2.16.68	2018
16	Boone Tya	2.17.39	2015

800 m

1	Muls Camille	2.03.72	2019
2	Collard Veronique	2.11.36	1982
3	Schauwers Manon	2.13.16	2018
4	Meersseman Geertje	2.13.40	1972
5	Joblin Marine	2.13.80	2021
6	De Wachter Didi	2.14.79	1982
7	Collard Florence	2.16.12	1983
8	Cawet Daphne	2.16.21	1999
9	Van Den Bossche Inga	2.18.99	2017
10	Wauters Marijke	2.20.60	1974
11	Mortier Pascale	2.21.20	1973
12	Tshiasuma Jessie	2.21.88	2011
13	Bex Maria	2.22.60	1970
14	Boeren Michele	2.22.80	1974
15	Winckelmans Reinhilde	2.22.90	1974
	Van Collie Heidi	2.22.90	1986
17	Inconstant Elisa	2.23.09	2022
18	Arnauts Els	2.24.30	1975
19	Boussar Hanan	2.25.57	2002
20	Mouzon Emmanuelle	2.26.19	2005

1000 m

1	Collard Veronique	2.52.74	1982
2	De Wachter Didi	2.53.10	1982
3	Muls Camille	2.55.79	2017
4	Joblin Marine	3.01.01	2019
5	Cawet Daphne	3.01.18	1998
6	Tshiasuma Jessie	3.01.95	2011
7	Haouari Farrah	3.08.82	2020
8	Inconstant Elisa	3.09.04	2022
9	Delbecque Laure	3.10.60	1996
10	Mattelaere Laurence	3.10.70	1991
11	Vanden Muyseberg Sabine	3.11.60	1993
12	Van Den Bossche Inga	3.12.17	2017
13	Dewitte Caroline	3.12.93	1997
14	Potvlieghe An	3.13.00	1992
15	De Groote Estelle	3.14.33	2006
16	Vandermeulen Nathalie	3.16.70	1989
17	Adam Benedicte	3.17.00	1992
18	Lambert Kylie	3.17.03	2017
19	Boussar Hanan	3.18.85	2001
20	Schraff Celine	3.19.50	1987

1500 m

1	Muls Camille	4.12.35	2021
2	Collard Veronique	4.30.09	1982
3	Meersseman Geertje	4.33.50	1972
4	De Wachter Didi	4.33.80	1982
5	Van Den Bossche Inga	4.41.18	2017
6	Cawet Daphne	4.50.73	1997
7	Bex Maria	4.52.20	1970
8	Tshiasuma Jessie	4.53.37	2011
9	De Valck Ingrid	4.53.90	1982

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10	Winckelmans Reinhilde	4.54.30	1974
11	Collard Florence	4.55.00	1983
12	Mortier Pascale	4.57.00	1973
13	Wauters Marijke	4.59.90	1974
14	Boeren Michele	5.00.80	1973
15	Haouari Farrah	5.02.17	2020
16	Potvlieghe An	5.04.03	1991
17	Boussar Hanan	5.07.19	2002
18	Schraff Celine	5.12.80	1987
19	De Rijcke Dominique	5.12.90	1974
20	Gyselinck Ingrid	5.13.00	1968

Mile

1	Collard Veronique	4.44.36	1985
2	Muls Camille	5.07.58	2017
3	Cawet Daphne	5.21.54	1999
4	Tshiasuma Jessie	5.22.27	2012
5	Barhdadi Lina	5.48.48	2014
6	Vanden Broeck Nolwen	5.56.70	2006
7	Verriez Laura	6.13.72	2015
8	El Kamlichi Widad	6.27.41	2012
9	Imbo Kristel	6.28.31	2011

2000 m

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

3000 m

1	Collard Veronique	9.36.9	1982
2	De Wachter Didi	10.01.10	1982
3	De Valck Ingrid	10.15.05	1982
4	Van Den Bossche Inga	10.41.31	2017
5	Meersseman Geertje	10.42.80	1972
6	Cawet Daphne	10.43.20	1997
7	Potvlieghe An	10.48.10	1992
8	Imbo Kristel	11.14.33	2015
9	Massot Marianne	11.22.17	1987
10	Tshiasuma Jessie	11.28.04	2013
11	Haouari Farrah	11.30.81	2019
12	Van Damme Joelle	11.38.45	2011
13	Dewitte Valerie	11.42.07	1997
14	Vlaminck Karin	11.42.60	1982
15	Coutteau Katia	11.46.00	1979
16	Byl Laetitia	11.47.00	1984
17	Schraff Celine	11.53.07	1990
18	Boussar Hanan	11.55.64	2003
19	Delbecque Laure	12.19.62	1996
20	Goethals Lutgard	12.22.54	2018

5000 m

1	Van Lent Jana	16.38.87	2022
2	De Valck Ingrid	18.09.70	1982
3	Coutteau Katia	20.08.30	1979
4	Potvlieghe An	20.14.00	1994
5	Impatient Chantal	23.15.30	1980

10 000 m

1	Van Lent Jana	34.54.07	2022
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50 m haies (65 cm)

1	Lambert Kylie	8.04	2017
2	Squiflet Emelynn	8.33	2022
3	Dzou Lesly Kayla	8.92	2022

50 m haies (76 cm)

1	Ouali Sirine	9.97	2013
2	Lecomte Christina	9.99	2011

60 m haies (68 cm)

1	Squiflet Emelynn	10.22	2022
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2	Dzou Lesly Kayla	10.60	2022
3	Schroeven Camille	10.98	2022
4	Strypstein Maeva	10.99	2022
5	Radermacher Sarah	11.05	2022
6	Sibourg Celya	11.23	2022
7	Popescu Raisa Gabriela	11.24	2022
8	De Cooman Lea	11.46	2022
9	Wanyu Diane Kylie	13.87	2021

60 m haies (76 cm)

1	Lambert Kylie	9.96	2017
2	Smith Cindi	10.05	1988
3	Huybrechts Isabelle	10.07	2000
4	Van Collie Heidi	10.14	1982
5	M'Rabet Salima	10.22	1985
6	Cincinatis Lucie	10.24	2003
7	Kohl Olivia	10.25	1986
8	Mouzon Emmanuelle	10.34	2004
9	Guillet Laurence	10.36	1993
10	Van Der Veken Cindy	10.37	2010
11	Lecomte Christina	10.41	2011
12	Van Der Veken Noemie	10.42	2010
13	Vandendael Alice	10.44	1967
	Uytterhaeghen Isabelle	10.44	1983
15	Kompany Christel	10.51	1997
16	Drieghe Maureen	10.54	1968
17	Yech Chou Safia	10.62	2014
18	Housiaux Colette	11.04	1964
19	Frenay Anne	11.44	1986
20	De Cock Aline	11.74	1993

80 m haies (76 cm)

1	Schauwers Manon	11.88	2014
2	Kohl Olivia	11.95	1988
3	Clermont Nathalie	11.96	1991
4	Van Collie Heidi	12.18	1984
5	Smith Cindi	12.19	1990
	Guillet Laurence	12.19	1995
7	Gaeremynck Evelyne	12.26	1985
	Huybrechts Isabelle	12.26	2002
9	Van Der Veken Noemie	12.39	2012
10	Leplat Anabelle	12.44	1996
11	Giuliani Alexandra	12.54	1997
12	Mouzon Emmanuelle	12.56	2006
13	Marloye Nadine	12.64	1972
14	Badji Jalika	12.82	2011
15	La Rou Jennifer	12.83	1993
16	Michel Martine	13.14	1965
17	Housiaux Colette	13.24	1966
	Michel Martine	13.24	1966

100 m haies (76 cm)

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

100 m haies (84 cm)

1	Zagre Anne	12.79	2012
2	Kohl Olivia	13.99	1992
3	Clermont Nathalie	14.58	1993
4	Van Eerdewegh Nicole	14.69	1978

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5	Guillet Laurence	15.02	1999
6	Van Collie Heidi	15.08	1986
7	Gaeremynck Evelyne	15.22	1987
8	Mouzon Emmanuelle	15.23	2009
9	Marloye Nadine	15.24	1977
10	Van Den Eede Isabelle	15.49	1991
11	Guisse Saliyya	15.65	2015
12	Devrye Corinne	15.94	1979
13	Vandendael Alice	16.04	1970
14	Binart Nathalie	16.07	1985
15	Brion Sophie	16.16	2003
16	Muysl Jacqueline	16.28	1983

150 m haies (68 cm)

1	Squiflet Emelynn	21.91	2022
2	Radermacher Sarah	22.51	2022
3	Sibourg Celya	23.92	2022

150 m haies (76 cm)

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

200 m haies (76 cm)

1	Van Eerdewegh Nicole	30.04	1972
2	Vandendaele Alice	30.74	1971
3	Rochette Christine	31.04	1971
4	Nollet Viviane	31.74	1973
5	Meersseman Geertje	31.94	1972
6	De Wandeleer Danielle	34.64	1974
7	Vandendael Marie Jeanne	35.74	1969
8	Ouali Sirine	37.39	2015

300 m haies (76 cm)

1	La Rou Jennifer	43.97	1995
2	Goessens Carine	45.43	1980
3	Kohl Olivia	45.42	1990
4	Schauwers Manon	45.77	2014
5	Van Den Eede Isabelle	46.02	1992
6	De Decker Annelies	46.42	1993
7	Van Collie Heidi	46.50	1984
8	Mouzon Emmanuelle	46.52	2006
9	Smith Cindi	46.90	1990
10	Gilbert Fernanda	47.04	1992
11	Leplat Severine	47.26	1998
12	Badji Jalika	48.02	2011
13	Frenay Anne	48.26	1989
14	Van Zeebroeck Griet	48.53	1995
15	Antipina Anastasia	48.60	1993
16	Martins Junior Magaly	48.67	2019
17	M'Rabet Salima	48.89	1986

400 m haies (76 cm)

1	Badji Jalika	59.80	2018
	Schauwers Manon	59.80	2019
3	Van Collie Heidi	65.29	1987
4	Goessens Carine	66.72	1981
5	Daems Denise	66.82	1978
6	Kasianoff Sylvie	67.07	2014
7	La Rou Jennifer	67.58	1996
8	Smith Cindi	69.87	1993

9	Debaille Isabelle	69.98	1993
10	Van Den Eede Isabelle	70.04	1993
11	De Pauw Margot	70.40	1993
12	Kisir Ikbal	70.45	1999
13	Brion Sophie	70.78	2002
14	Abid Fatima	71.31	1987
15	Tilmans Mireille	71.77	1986
16	Silberfeld Sophie	72.43	2004
17	De Groote Florence	75.73	2005
18	Urbain Fanny	76.18	2003
19	Murerwa Larissa	76.38	2011
20	Henry Morgane	76.50	2016

1500 m steeple (76 cm)

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

2000 m steeple (76 cm)

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

Hauteur

1	Jonckheere Natalja	1m90	1993
2	Marloye Nadine	1m81	1977
3	Van Collie Heidi	1m68	1984
4	Schauwers Manon	1m67	2015
5	Ruell Natacha	1m65	1988
	Golfa Sambay Clara	1m65	2018
7	De Rijcke Dominique	1m63	1976
8	Locrel Anne Julie	1m61	2004
	Van Der Veken Cindy	1m61	2012
10	Smith Cindi	1m59	1990
	Viaene Luna	1m59	2019
12	Kizito Prisca	1m58	2017
13	Hoste Corinne	1m57	1976
	Archambeau Aline	1m57	2006
15	Kompany Christel	1m56	2000
16	Vidts Linda	1m55	1970
	Hintjens Rita	1m55	1973
	Winckelmans Reinhilde	1m55	1974
	Naples Michele	1m55	1981
	Kohl Olivia	1m55	1988

Longueur

1	Marloye Nadine	6m06	1975
2	Van Collie Heidi	5m98	1991
3	Muyls Jacqueline	5m72	1983
4	Devrye Corinne	5m70	1979
5	Henderickx Dominique	5m68	1973
	Malfait Maritza	5m68	1988
7	Housiaux Colette	5m61	1967
8	Van Der Veken Cindy	5m53	2016
9	Kompany Christel	5m49	2000
10	Guisse Saliyya	5m48	2015
	Caty Emeline	5m48	2017
12	Dossey Jenifer Stefania	5m45	2019
13	Vandendael Alice	5m44	1969
	Vidts Linda	5m44	1971
15	Mouzon Emmanuelle	5m42	2007
	Schauwers Manon	5m42	2015
17	Kizito Prisca	5m39	2018
18	Ruell Natacha	5m33	1988
19	Hostyn Priscilla	5m27	2005
20	Carpentier Nathalie	5m21	1986

Triple saut

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1	Guisse Saliyya	12m92	2018
2	Van Collie Heidi	12m52	1991
3	Kompany Christel	12m15	2000
4	De Cock Aline	11m85	1999
5	Ombeni Rachel	11m81	2019
6	Dossey Jennifer Stefania	11m50	2020
7	Lucas Clara	11m23	2022
8	Naji Afaf	11m05	2004
9	Hostyn Priscilla	10m98	2005
10	Fomenko Lisa	10m92	2007
11	Caty Emeline	10m91	2015
12	Vandenbrande Nathalie	10m88	1996
13	Madani Sarah	10m73	2015
	Yech Chou Safia	10m73	2015
15	Golfa Sambey Clara	10m71	2018
16	Van De Sype Chloe	10m62	2014
17	Archambeau Aline	10m53	2006
18	Vandenbroeck Elke	10m28	1994
19	Vanden Bergh Joy	10m14	2015
20	Van Zeebroeck Griet	10m07	1995

Perche

1	Quirin Margaux	4m05	2015
2	Van Zeebroeck Griet	3m54	1998
3	Van De Sype Chloe	3m21	2014
4	Fonteyn Astrid	2m90	1996
	Mouzon Emmanuelle	2m90	2007
6	Van Remoortel Anouchka	2m80	1995
7	Imbo Kristel	2m86	2011
8	Huybrechts Isabelle	2m60	2002
9	Vlerick Ophelia	2m40	2011
10	Lacasse Camille	2m31	2015
11	Hostyn Priscilla	2m30	2004
	Fomenko Lisa	2m30	2007
13	Archambeau Aline	2m20	2003
	Kaluza Isabelle	2m20	2013
	Luypaert Naomy	2m20	2014
	Cole Anne Ramon	2m20	2021
17	Tong Aline	2m10	2005
18	Klai Anissa	2m02	2009
19	De Gunsch Marie	2m00	2008
	Van Der Veken Noemie	2m00	2010
	Nachtergal Marine	2m00	2017
	Lambert Kylie	2m00	2016

Poids (1 kg)

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

Poids (2 kg)

1	Waegemans Aurore	13m12	2003
2	Iven Kayla	12m89	2015
3	Kompany Christel	11m79	1997
	Van De Sype Chloe	11m79	2010
5	Mouzon Emmanuelle	10m80	2004
6	Hallems Julie	10m78	1998
7	Huybrechts Isabelle	10m69	2000
8	Mayuma Marie	10m62	2021
9	Montilla Morgane	10m40	2011
10	Vandenbrande Nathalie	10m38	1994
	Goutte Alexandra	10m38	2003

	Dzou Lesly Kayla	10m38	2022
13	Squiflet Emelynn	10m06	2022
14	Mjahed Maya	9m94	2020
15	Pauly Benedicte	9m92	1996
16	Hasani Geraldina	9m75	2006
17	Popescu Raisa Gabriela	9m67	2022
18	Tong Aline	8m43	2004
19	De Cooman Lea	8m35	2022
20	Wanyu Naomie Belle	7m87	2021

Poids (3 kg)

1	Mathieu Julia	14m76	2022
2	Kompany Christel	12m10	1999
3	Vandenbrande Nathalie	11m96	1998
4	Adam Benedicte	11m95	1994
5	Marloye Nadine	11m74	1973
6	Iven Kayla	11m49	2018
7	Mouzon Emmanuelle	11m42	2006
8	Van De Sype Chloe	11m34	2014
9	Madani Sarah	10m30	2015
10	Declerck Anne	11m18	1978
11	Archambeau Aline	11m05	2005
12	Schauwers Manon	10m95	2015
13	Mjahed Maya	10m86	2022
14	De Meyer Laurence	10m82	2003
15	Hoste Corinne	10m79	1975
16	Reynaerts Stephanie	10m69	1995
17	Huybrechts Isabelle	10m62	2002
18	Uytterhaeghen Isabelle	10m49	1985
19	Bortels Anne Marie	7m80	1966
20	Moreau Martine	7m44	1966

Poids (4 kg)

1	Devos An	13m12	1987
2	Sustelo Irina	12m98	2001
3	Mathieu Julia	12m84	2022
4	Reynaerts Stephanie	11m36	1999
5	Marloye Nadine	11m25	1974
6	Van Camp Nicole	11m24	1983
7	Declerck Anne	11m00	1981
8	Hoste Corinne	10m54	1977
9	Mouzon Emmanuelle	10m43	2008
10	Hallems Julie	10m40	2001
11	Archambeau Aline	10m36	2007
12	Van De Sype Chloe	9m74	2015
13	De Meyer Laurence	9m45	2004
14	Rochette Christine	9m18	1969
15	Waegemans Aurore	9m06	2006
16	Adam Benedicte	9m03	1994
17	Michel Martine	8m82	1966
18	De Groote Florence	8m67	2004
19	De Buyst Nadia	8m35	1989
20	Kompany Christel	8m21	2000

Disque (600 gr)

1	Waegemans Aurore	32m53	2003
2	Kill Françoise	31m80	1996
3	Kompany Christel	31m36	1997
4	Van Der Veken Noemie	30m28	2010
5	De Buyst Nadia	29m24	1986
6	Huybrechts Isabelle	27m96	2000
7	Montilla Morgane	27m01	2010
8	Popescu Raisa Gabriela	26m15	2022
9	Gilson Aurore	25m74	1994
10	Van De Sype Chloe	25m24	2009
11	Squiflet Emelynn	24m96	2021
12	Hostyn Priscilla	24m76	2003
13	De Groote Florence	24m41	2001
14	Vandenberghen Sylvie	24m40	1984
15	Gilbert Fernanda	23m92	1991
16	De Cooman Lea	23m71	2022
17	Iven Kayla	19m47	2013
18	Radermacher Sarah	19m07	2020
19	De Meyer Laurence	18m45	1999

RESC TOP 20 OUTDOOR DAMES

20 Strypstein Maeva 18m26 2022

Disque (750 gr)

1	Iven Kayla	27m29	2015
2	Mayuma Marie	26m13	2021
3	Montilla Morgane	25m78	2011
4	Huygens Cloe	25m56	2016
5	Radermacher Sarah	24m93	2022
6	Merino Nohemi	24m54	2017
7	Mjahed Maya	24m00	2020
8	Van Der Veken Noemie	23m66	2010
9	Van De Sype Chloe	23m51	2010
10	Squiflet Emelynn	22m91	2022
11	Imbo Kristel	21m65	2009
12	Tshiasuma Jessie	20m04	2009
13	Van Der Veken Cindy	19m76	2010
14	Badji Jalika	19m45	2009
15	Mpinga Mulowayi Alexia	19m40	2017

Disque (800 gr)

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

1	Sustelo Irina	47m99	2000
2	Glowacki Anne	46m94	1986
3	Devos An	45m60	1987
4	Vandenbrande Nathalie	42m84	1999
5	Marloye Nadine	39m96	1977
6	Hallemans Julie	35m26	2001
7	Van Camp Nicole	34m04	1983
8	De Buyst Nadia	34m02	1991
9	Vandenberghen Sylvie	32m80	1989
10	Kertsen Michele	32m14	1985
11	Mathieu Julia	31m59	2019
12	Mouzon Emmanuelle	31m58	2009
13	Iven Kayla	30m81	2017
14	Bastin Beatrice	30m42	1970
15	Van Der Veken Noemie	30m39	2013
16	Kill Françoise	30m33	1998
17	Kompany Christel	29m33	1999
18	Van De Sype Chloe	29m05	2014
19	Declerck Anne	28m08	1978
20	Mjahed Maya	27m72	2022

Balle de hockey

1	Iven Kayla	41m50	2013
2	Van De Sype Chloe	40m58	2008
3	Tong Aline	35m47	2004
4	Squiflet Emelynn	35m24	2021
5	Huybrechts Isabelle	35m15	1998
6	Dzou Lesly Kayla	34m75	2021
7	Hallemans Julie	33m74	1996
8	Hasani Geraldina	33m73	2006
9	Meys Jessica	32m36	2002
10	Popescu Raisa Gabriela	32m06	2022
11	De Cooman Lea	32m04	2022
12	De Meyer Laurence	31m94	1999
13	Pauly Benedicte	31m22	1994
14	Goutte Alexandra	30m81	2002
15	Strypstein Solena	29m60	2022
16	Mouzon Emmanuelle	24m50	2000
17	Sibourg Celya	22m35	2018
18	Arys Josephine	22m25	2022
19	Huygens Cloe	21m71	2012
20	Vermeir Jade	21m12	2022

Javelot (400 gr) - modele avant 1999

1	Hallemans Julie	31m01	1998
2	Uytterhaeghen Isabelle	28m02	1983
3	Adam Benedicte	24m88	1991
4	De Buyst Nadia	22m42	1986
5	De Cock Aline	22m24	1995
6	La Rou Cecile	21m54	1995

7	Binon Christelle	20m94	1992
8	Troisfontaine Valerie	18m72	1989
9	Carpentier Nathalie	18m60	1984
10	El Hammouti Soraya	18m20	1994
11	Dewavre Laurence	18m02	1989
12	Van Zeebroek Griet	17m96	1993
13	Delbecque Laure	17m92	1993
14	Debaillie Isabelle	17m80	1987
15	Duysens Tania	17m04	1986

Javelot (400 gr) - modele depuis 1999

1	Iven Kayla	34m63	2015
2	Radermacher Sarah	30m78	2022
3	Montilla Morgane	30m13	2011
4	Mouzon Emmanuelle	29m98	2004
5	Huybrechts Isabelle	29m28	2000
6	Mjahed Maya	28m12	2020
7	Van De Sype Chloe	26m45	2010
8	Huygens Cloe	25m88	2016
9	Montilla Morgane	25m38	2010
10	Mayuma Marie	24m77	2021
11	Codrea Beatrix	24m59	2005
12	Imbo Kristel	24m35	2009
13	Lecomte Christina	24m11	2010
14	De Meyer Laurence	23m48	2001
15	Badji Jalika	23m47	2009

Javelot (500 gr) - modele avant 1999

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

Javelot (500 gr) - modele depuis 1999

1	Iven Kayla	41m95	2019
2	Montilla Morgane	37m30	2014
3	Hallemans Julie	36m86	2000
4	Huybrechts Isabelle	36m67	2002
5	Mayuma Marie	32m39	2022
6	Mouzon Emmanuelle	32m37	2006
7	Dennison Chrystal	31m22	2021
8	Van De Sype Chloe	31m14	2013
9	Huygens Cloe	28m50	2018
10	Kompany Christel	27m62	1999
11	Mjahed Maya	27m55	2022
12	Imbo Kristel	25m97	2011
13	De Meyer Laurence	25m93	2003
14	Hostyn Priscilla	25m27	2005
15	Majhed Maya	24m91	2021
16	Codrea Beatrix	24m65	2006
17	Merino Nohemi	23m92	2018

Javelot (600 gr) – modele avant 1999

1	Declerck Anne	41m94	1981
2	Reynaerts Stephanie	37m83	1998
3	Hoste Corinne	36m96	1977
4	Ruell Natacha	34m72	1989
5	Adam Benedicte	33m28	1994
6	Gilbert Lucy	33m08	1992
7	Vandendael Marie Jeanne	31m92	1970
8	Bastin Chantal	31m78	1971
9	Michele Martine	31m20	1967

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10	Mertens Martine	29m94	1973
11	Mayenez Katrien	29m76	1981
12	Meskens Muriel	28m58	1978
13	Uytterhaeghen Isabelle	28m40	1986
14	Muyls Jacqueline	27m72	1982
15	Schoeters Karine	26m78	1975
16	Mayenez Katrien	26m22	1980
17	Werck Maggy	26m16	1968
18	Vandendael Alice	25m80	1969
19	Vandendael Marie Jeanne	25m26	1967

Javelot (600 gr) – modele depuis 1999

1	Iven Kayla	45m14	2022
2	Sustelo Irina	38m45	2001
3	Hallemans Julie	36m78	2001
4	Reynaerts Stephanie	36m59	1999
5	Montilla Morgane	34m35	2017
6	Huybrechts Isabelle	32m54	2004
7	Mouzon Emmanuelle	32m23	2008
8	Locrel Anne Julie	30m59	2004
9	Pauly Benedicte	28m60	1999
10	Archambeau Aline	25m18	2006
11	Vlerick Ophelia	24m00	2011
12	Van De Sype Cloe	23m70	2015
13	De Groote Florence	22m15	2004
14	Kebdani Nadia	21m31	2005
15	Guisse Shaena	21m21	2011
16	Van Rossem Nicky	20m50	2009
17	Lins Noemie	18m23	2010
18	Martinez Belen	14m73	2002
19	Tikent Hajar	14m12	2003

Marteau (3 kg)

1	Ramos Daphne	43m80	1992
2	Huygens Cloe	34m60	2018
3	Vandenbrande Nathalie	32m60	1996
4	Van Remoortel Anouchka	26m14	1995
5	Hallemans Julie	24m28	1999
6	Guisse Shaena	22m79	2011
7	Fomenko Lisa	22m05	2007
8	Van De Sype Chloe	21m57	2014
9	Adam Benedicte	20m70	1993
10	Imbo Kristel	20m31	2011
11	Khader Firdaous	20m09	2019
12	Van Zeebroeck Griet	18m66	1994
13	Montilla Morgane	18m38	2012
14	Guisse Saliyya	16m90	2011

Marteau (4 kg)

1	Sutelo Irina	51m72	2005
2	Ramos Daphne	40m46	1993
3	Guisse Shaena	27m55	2013
4	Reynaerts Stephanie	26m57	1999
5	De Meyer Laurence	26m03	2004
6	Adank Olivia	23m77	2002
7	De Buyst Nadia	16m82	1991
8	Guisse Saliyya	12m29	2014

3000 m marche

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

5000 m marche

1	Delbecque Maud	36.30.10	1996
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TOUTES CATEGORIES DAMES

50 m

1	Squiflet Emelynn	7.20	2022
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2	Lambert Kylie	7.30	2016
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60 m

1	Lambert Kylie	8.55	2015
2	Squiflet Emlynn	8.61	2021
3	Popescu Raisa Gabriela	8.66	2022
4	Vandendael Alice	8.74	1966
	Kohl Olivia	8.74	1984
6	Schroeven Camille	8.85	2022
7	Dzou Lesly Kayla	8.90	2021
8	Carlot Sarah	8.97	2002
9	Godefroid Maud	9.05	1990
	Van Der Veken Cindy	9.05	2008
	Lecomte Christina	9.05	2009
12	Itoe Elisabeth	9.08	2014
13	Strypstein Maeve	9.09	2022
14	Tramoni Svenia	9.10	2016
15	Mouzon Emmanuelle	9.11	2002
16	Smith Cindi	9.13	1986
17	Dzou Steffy Ann	9.38	2022
18	Meys Jessica	9.44	2000
19	Medan Ivana	9.54	2021
20	Englebert Yolaine	9.56	2005

80 m

1	Mpinga Mulowayi Alexia	10.64	2017
2	Kohl Olivia	10.64	1986
	Clermont Nathalie	10.64	1989
4	Squiflet Emelynn	10.68	2022
5	Carlot Sarah	10.73	2004
6	Carpentier Nathalie	10.74	1983
	Giuliani Alexandra	10.74	1995
8	Yech Chou Safia	10.85	2014
9	Lambert Kylie	10.86	2017
	Leonard Elise	10.86	2018
11	Van Der Veken Cindy	10.90	2010
12	Callebaut Muriel	10.91	1985
13	Housiaux Colette	10.94	1964
	Van Collie Heidi	10.94	1982
	Smith Cindi	10.94	1988
	Bonvin Draps Nathalie	10.94	1993
17	Sanchez Elisa	11.02	2022
18	Bortels Anne Marie	14.34	1966
19	Moreau Martine	15.24	1966

100 m

1	Nkansa Delphine	11.26	2022
2	Zagre Anne	11.42	2012
3	Oulare Mariam	11.56	2022
4	Morency Poilvache Alizee	11.71	2021
5	Carette Anne	11.84	1993
6	Devrye Corinne	11.85	1985
7	Nagels Rani	11.88	2015
8	Gharafi Yasmine	11.95	2015
9	Van Der Veken Cindy	12.03	2016
10	Vandendriessche Nadine	12.11	1984
11	Guillet Laurence	12.20	2006
12	Badji Jalika	12.25	2022
13	Guisse Saliyya	12.32	2017
14	Diwani Alison	12.37	2013
15	Leplat Severine	12.43	1998
16	Muyls Jacqueline	12.48	1984
	Malfait Maritza	12.48	1986
18	Kohl Olivia	12.56	1992
19	Leonard Elise	12.61	2022
20	Diwani Alison	12.64	2012

120 m

1	Sanchez Elisa	16.41	2022
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150 m

1	Squiflet Emelynn	20.08	2022
2	Carlot Sarah	20.13	2004

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3	Mpinga Mulowayi Alexia	20.15	2017
4	Lambert Kylie	20.31	2017
5	Briand Celine	20.42	2010
6	Guillet Laurence	20.44	1993
7	Mouzon Emmanuelle	20.54	2004
8	Dierick Nadine	20.64	1966
	Bonvin Draps Nathalie	20.64	1993
10	Hostyn Priscilla	20.72	2003
11	Housiaux Colette	20.74	1964
12	Pontara Lisa	20.75	2016
13	Van Der Veken Cindy	20.81	2010
14	Merino Nohemi	20.84	2017
15	Dewitte Valerie	20.85	2021
16	Kompany Christel	20.92	1997
17	Sacre Laetitia	20.94	1993
	Meys Jessica	20.94	2004
19	Stevens Rita	21.84	1966

200 m

1	Nkansa Delphine	23.03	2022
2	Oulare Mariam	23.35	2022
3	Claes Hanne	23.46	2018
4	Zagre Anne	23.56	2017
5	Carette Anne	24.03	1993
6	Morency Poilvache Alizee	24.13	2021
7	Gharafi Yasmine	24.34	2015
8	Badji Jalika	24.59	2022
9	Vandendriessche Nadine	24.65	1984
10	Nagels Rani	24.59	2015
11	Van Der Veken Cindy	24.82	2016
12	Devrye Corinne	25.04	1988
13	Leplat Severine	25.38	1998
14	Klai Anissa	25.52	2015
15	Kohl Olivia	25.53	1990
16	Naples Michele	25.54	1983
17	Schauwers Manon	25.65	2016
18	Mouzon Emmanuelle	25.73	2008
19	Le Rou Jennifer	25.82	1995
20	Leplat Anabelle	25.84	1997

200 m en ligne droite

1	Gharafi Yasmine	26.88	2016
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300 m

1	Nagels Rani	38.04	2015
2	Claes Hanne	38.34	2017
3	Morency Poilvache Alizee	39.10	2021
4	Badji Jalika	39.62	2019
5	Leplat Severine	39.65	1998
6	Verheecke Hanna	40.41	2021
7	Klai Anissa	40.49	2015
8	Dewitte Valerie	40.71	2006
9	Gillet Delphine	41.00	2017
10	Van Collie Heidi	41.09	1991
11	Elsought Sylvie	41.17	2000
12	La Rou Jennifer	41.29	1995
13	Adam Benedicte	41.36	1998
14	Schauwers Manon	41.54	2018
15	Casimir Amida	41.71	1997
16	Van Der Veken Cindy	41.82	2015
17	Leplat Anabelle	42.37	1998
18	Kompany Christel	42.48	2000
19	Guillet Laurence	42.66	1999
20	Nollet Viviane	43.12	1970

400 m

1	Nagels Rani	53.51	2015
2	Badji Jalika	55.52	2019
3	Leplat Severine	56.03	1998
4	Muls Camille	56.31	2019
5	Gillet Delphine	56.49	2018
6	Klai Anissa	56.64	2015
7	Vereecke Hanna	56.85	2021

8	Adam Benedicte	56.95	1997
9	Devrye Corinne	57.02	1985
10	Daems Denise	57.32	1985
	Van Collie Heidi	57.32	1986
12	Dewitte Valerie	57.51	2005
13	Elsought Sylvie	57.84	2000
	Schauwers Manon	57.84	2019
15	Guillet Laurence	58.02	2010
16	Tshanga Diomi Roline	58.07	2022
17	La Rou Jennifer	58.29	1995
18	Malfait Maritza	58.42	1988
19	Wauters Marijke	59.02	1973
20	Meersseman Geertje	59.12	1972

600 m

1	Gyselincx Ingrid	1.47.70	1966
2	Strypstein Solena	1.57.65	2022
3	Lambert Kylie	2.00.94	2013
4	Strypstein Solena	2.03.24	2021
5	Squiflet Emelynn	2.07.24	2019
6	Beghin Joyce	2.09.21	2019
7	Popescu Raisa Gabriela	2.10.56	2020
8	Ngandeu Tchambia Brenda	2.10.62	2016
9	Schroeven Camille	2.10.70	2020
10	Huygens Cloe	2.11.73	2012
11	Radermacher Sarah	2.11.96	2018
12	Merino Noemie	2.12.95	2013
13	Dzou Steffy Ann	2.13.95	2022
14	Dennison Chrystal	2.16.08	2014
15	Sibourg Celya	2.16.68	2018
16	Boone Tya	2.17.39	2015

800 m

1	Muls Camille	2.03.72	2019
2	Meersseman Geertje	2.05.85	1977
3	Steels Mimi	2.08.30	1980
4	Collard Veronique	2.09.50	1986
5	Nagels Rani	2.09.69	2016
6	Gillet Delphine	2.09.98	2019
7	Laurent Agnes	2.10.17	2017
8	Joblin Marine	2.11.71	2022
9	Pinter Eline	2.12.09	2022
10	Chylinski Marta	2.12.37	2022
11	Schauwers Manon	2.13.16	2018
12	Delauw Patricia	2.13.42	1986
13	De Wachter Didi	2.14.79	1982
14	Mortier Pascale	2.15.70	1982
15	Collard Florence	2.16.12	1983
16	Cawet Daphne	2.16.21	1999
17	Van Den Bossche Inga	2.18.99	2017
18	Wauters Marijke	2.20.60	1974
19	Tshiasuma Jessie	2.21.88	2011
20	Bex Maria	2.22.60	1970

1000 m

1	Collard Veronique	2.43.67	1986
2	Chylinski Marta	2.51.21	2022
3	Delauw Patricia	2.52.40	1985
4	De Wachter Didi	2.53.10	1982
5	Steels Mimi	2.55.49	1981
6	Muls Camille	2.55.79	2017
7	Mortier Pascale	2.59.04	1982
8	Joblin Marine	3.01.01	2019
9	Cawet Daphne	3.01.18	1998
10	Tshiasuma Jessie	3.01.95	2011
11	Haouari Farrah	3.08.82	2020
12	Inconstant Elisa	3.09.04	2022
13	Van Haver Karin	3.09.84	1981
14	Delbecque Laure	3.10.60	1996
15	Mattelaere Laurence	3.10.70	1991
16	Vanden Muysenberg Sabine	3.11.60	1993
17	Van Den Bossche Inga	3.12.17	2017
18	Dewitte Caroline	3.12.93	1997
19	Potvlieghe An	3.13.00	1992

RESC TOP 20 OUTDOOR DAMES

20 De Groote Estelle 3.14.33 2006

1500 m

1	Muls Camille	4.12.35	2021
2	Collard Veronique	4.12.85	1987
3	Meersseman Geertje	4.16.20	1977
4	Collard Florence	4.19.43	1988
5	Laurent Agnes	4.19.68	2014
6	Steels Mimi	4.23.90	1980
7	Delauw Patricia	4.27.66	1986
8	Chylinski Marta	4.29.37	2021
9	Pinter Eline	4.30.18	2022
10	De Wachter Didi	4.33.80	1982
11	Boes Odette	4.34.10	1979
12	Van Lent Jana	4.34.73	2022
13	Van Den Bossche Inga	4.41.18	2017
14	Mortier Pascale	4.46.70	1982
15	Vienne Dorothee	4.50.22	1998
16	Cawet Daphne	4.50.73	1997
17	Bex Maria	4.52.20	1970
18	Tshiasuma Jessie	4.53.37	2011
19	De Valck Ingrid	4.53.90	1982
20	Winckelmans Reinhilde	4.54.30	1974

Mile

1	Collard Veronique	4.44.36	1985
2	Chylinski Marta	4.57.75	2022
3	Pinter Eline	4.58.17	2022
4	Muls Camille	5.07.58	2017
5	Cawet Daphne	5.21.54	1999
6	Tshiasuma Jessie	5.22.27	2012
7	Barhdadi Lina	5.48.48	2014
8	Vanden Broeck Nolwen	5.56.70	2006
9	Covens Benedicte	6.05.79	2015
10	Verriez Laura	6.13.72	2015
11	El Kamlichi Widad	6.27.41	2012
12	Imbo Kristel	6.28.31	2011
13	Debaillie Isabelle	6.56.75	2014
14	Cardoso Da Rocha Maria Joao	7.11.40	2012

2000 m

1	Collard Veronique	5.55.66	1988
2	Chylinski Marta	6.22.26	2022
3	Muls Camille	6.38.49	2016
4	Van Den Bossche Inga	6.38.60	2016
5	Tshiasuma Jessie	7.02.18	2011
6	Vanden Broeck Nolwen	7.24.32	2007
7	Codrea Beatrix	7.28.37	2006
8	Cardenas Ojito Janet	7.32.72	2012
9	Castellana Corinne	7.58.97	2005
10	Stalins Philippine	8.35.15	2016
11	Cardoso Da Rocha Maria Joao	9.38.54	2012

3000 m

1	Collard Veronique	8.49.85	1989
2	Meersseman Geertje	9.11.30	1977
3	Steels Mimi	9.15.80	1980
4	Laurent Agnes	9.38.06	2014
5	Chylinski Marta	9.44.78	2022
6	Delauw Patricia	9.45.00	1985
7	Van Lent Jana	9.59.86	2022
8	De Wachter Didi	10.01.10	1982
9	Aboulahcen Mounia	10.12.14	2010
10	De Valck Ingrid	10.15.05	1982
11	Goethals Lutgard	10.33.50	2022
12	Collard Florence	10.34.47	2006
13	Van Den Bossche Inga	10.41.31	2017
14	Cawet Daphne	10.43.20	1997
15	Boes Odette	10.45.00	1977
16	Potvlieghe An	10.48.10	1992
17	Imbo Kristel	11.14.33	2015
18	Massot Marianne	11.22.17	1987
19	Tshiasuma Jessie	11.28.04	2013

20 Haouari Farrah 11.30.81 2019

5000 m

1	Collard Veronique	15.41.24	1989
1	Van Lent Jana	16.38.87	2022
3	Steels Mimi	16.48.60	1981
4	Chylinski Marta	17.12.99	2020
5	De Valck Ingrid	18.09.70	1982
6	Imbo Kristel	19.19.21	2019
7	Tshiasuma Jessie	19.55.25	2017
8	Coutteau Katia	20.08.30	1979
9	Potvlieghe An	20.11.30	1995
10	Ertveldt Jacqueline	20.35.20	1982
11	Castellana Corinne	21.15.49	2005
12	Impatient Chantal	22.17.80	1982
13	Coukard Deborah	23.59.09	2008

10 000 m

1	Collard Veronique	32.23.39	1989
1	Van Lent Jana	34.54.07	2022
3	Chylinski Marta	36.35.14	2020
4	Covens Benedicte	42.05.27	2012
5	Castellana Corine	46.43.03	2004
6	De Buyst Nadia	48.02.88	2005
7	Debaillie Isabelle	50.16.31	2017

1 heure

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

Semi marathon

1	Goethals Lutgard	1h20.34	2022
2	Covens Benedicte	1h43.29	2018
3	Norris Josephine	1h44.23	2019
4	De Buyst Nadia	1h45.40	2005
5	Lion Annick	1h53.56	2019
6	Gillis Caroline	2h06.24	2022
7	Nkandali Nkazabwa Marie	2h13.52	2018
8	Cardoso Da Rocha Maria Joao	2h30.16	2018
9	Becquevort Joelle	2h39.49	2017

Marathon

1	Covens Benedicte	3h17.15	2012
2	Castellana Corine	3h39.25	2009
3	Norris Josephine	3h42.16	2022
4	De Buyst Nadia	3h45.39	2006
5	De Smet Sara	3h50.32	2004
6	Nizet Adrienne	3h55.46	2022
7	Gillis Caroline	3h59.39	2018
8	Atkins Lisa	4h02.51	2006
9	Aaron Sabine	4h07.22	2009
10	Debaillie Isabelle	4h17.13	2018
11	Watson Michele	4h19.09	2004
12	Cardoso Da Rocha Maria Joao	4h30.05	2014
	Lion Annick	4h30.05	2022

50 m haies (65 cm)

1	Lambert Kylie	8.04	2017
2	Squiflet Emelynn	8.33	2022
3	Dzou Lesly Kayla	8.92	2022

50 m haies (76 cm)

1	Ouali Sirine	9.97	2013
2	Lecomte Christina	9.99	2011

60 m haies (68 cm)

1	Squiflet Emelynn	10.22	2022
2	Dzou Lesly Kayla	10.60	2022
3	Schroeven Camille	10.98	2022
4	Strypstein Maeve	10.99	2022
5	Radermacher Sarah	11.05	2022
6	Sibourg Celya	11.23	2022

RESC TOP 20 OUTDOOR DAMES

7	Popescu Raisa Gabriela	11.24	2022
8	De Cooman Lea	11.46	2022
9	Wanyu Diane Kylie	13.87	2021

60 m haies (76 cm)

1	Lambert Kylie	9.96	2017
2	Smith Cindi	10.05	1988
3	Huybrechts Isabelle	10.07	2000
4	Van Collie Heidi	10.14	1982
5	M'Rabet Salima	10.22	1985
6	Cincinatis Lucie	10.24	2003
7	Kohl Olivia	10.25	1986
8	Mouzon Emmanuelle	10.34	2004
9	Guillet Laurence	10.36	1993
10	Van Der Veken Cindy	10.37	2010
11	Lecomte Christina	10.41	2011
12	Van Der Veken Noemie	10.42	2010
13	Vandendael Alice	10.44	1967
	Uytterhaeghen Isabelle	10.44	1983
15	Kompany Christel	10.51	1997
16	Drieghe Maureen	10.54	1968
17	Yech Chou Safia	10.62	2014
18	Housiaux Colette	11.04	1964
19	Frenay Anne	11.44	1986
20	De Cock Aline	11.74	1993

80 m haies (76 cm)

1	Schauwers Manon	11.88	2014
2	Kohl Olivia	11.95	1988
3	Clermont Nathalie	11.96	1991
4	Van Collie Heidi	12.18	1984
5	Smith Cindi	12.19	1990
	Guillet Laurence	12.19	1995
7	Gaeremynck Evelyne	12.26	1985
	Huybrechts Isabelle	12.26	2002
9	Van Der Veken Noemie	12.39	2012
10	Leplat Anabelle	12.44	1996
11	Giuliani Alexandra	12.54	1997
12	Mouzon Emmanuelle	12.56	2006
13	Marloye Nadine	12.64	1972
14	Badji Jalika	12.82	2011
15	La Rou Jennifer	12.83	1993
16	Michel Martine	13.14	1965
17	Housiaux Colette	13.24	1966
	Michel Martine	13.24	1966

100 m haies (76 cm)

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

100 m haies (84 cm)

1	Zagre Anne	12.71	2015
2	Kohl Olivia	13.82	1993
3	Devrye Corinne	13.83	1993
4	Guillet Laurence	14.02	2005
5	Van Eerdewegh Nicole	14.34	1976
6	Clermont Nathalie	14.58	1993
7	Van Collie Heidi	14.78	1991
8	Hautenhauve Jacqueline	14.94	1985
9	Hostyn Priscilla	14.99	2012

10	Mouzon Emmanuelle	15.23	2009
11	Gaeremynck Evelyne	15.22	1987
12	Marloye Nadine	15.24	1977
13	Jaime Suzanne	15.29	1988
14	Van Den Eede Isabelle	15.49	1991
15	Glowacki Anne	15.57	1986
16	Guisse Saliyya	15.65	2015
17	Vandendael Alice	16.04	1970
18	Binart Nathalie	16.07	1985
19	Brion Sophie	16.16	2003
20	Cardenas Ojito Janet	16.27	2013

150 m haies (68 cm)

1	Squiflet Emelynn	21.91	2022
2	Radermacher Sarah	22.51	2022
3	Sibourg Celya	23.92	2022

150 m haies (76 cm)

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

200 m haies (76 cm)

1	Van Eerdewegh Nicole	30.04	1972
2	Guillet Laurence	30.11	2011
3	Vandendaele Alice	30.74	1971
4	Rochette Christine	31.04	1971
5	Meersseman Geertje	31.54	1974
6	Nollet Viviane	31.74	1973
7	Vandendael Marie Jeanne	33.64	1972
8	De Wandeleer Danielle	34.64	1974
9	Ouali Sirine	37.39	2015

200 m haies (76 cm) en ligne droite

1	Zagre Anne	28.28	2016
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300 m haies (76 cm)

1	La Rou Jennifer	43.97	1995
2	Goessens Carine	45.43	1980
3	Kohl Olivia	45.42	1990
4	Schauwers Manon	45.77	2014
5	Van Den Eede Isabelle	46.02	1992
6	De Decker Annelies	46.42	1993
7	Van Collie Heidi	46.50	1984
8	Mouzon Emmanuelle	46.52	2006
9	Smith Cindi	46.90	1990
10	Gilbert Fernanda	47.04	1992
11	Leplat Severine	47.26	1998
12	Badji Jalika	48.02	2011
13	Frenay Anne	48.26	1989
14	Van Zeebroeck Griet	48.53	1995
15	Antipina Anastasia	48.60	1993
16	Martins Junior Magaly	48.67	2019
17	M'Rabet Salima	48.89	1986

400 m haies (76 cm)

1	Claes Hanne	55.20	2018
2	Badji Jalika	59.53	2022
3	Schauwers Manon	59.80	2019
4	Devrye Corinne	60.08	1989
5	Guillet Laurence	61.44	2010

RESC TOP 20 OUTDOOR DAMES

6	Daems Denise	62.44	1985
7	Meert Cynthia	63.56	2015
8	Meersseman Geertje	64.24	1974
9	Van Collie Heidi	64.39	1990
10	Dewitte Valerie	64.45	2008
11	Goessens Carine	66.84	1981
12	Kassianoff Sylvie	67.07	2014
13	La Rou Jennifer	67.58	1996
14	Abid Fatima	67.84	1988
15	Smith Cindi	69.87	1993
16	Debaillie Isabelle	69.98	1993
17	Van Den Eede Isabelle	70.04	1993
18	De Pauw Margot	70.40	1993
19	Kisir Ikkal	70.45	1999
20	Brion Sophie	70.78	2002

1500 m steeple (76 cm)

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

2000 m steeple (76 cm)

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

3000 m steeple (76 cm)

1	Laurent Agnes	10.36.98	2014
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Hauteur

1	Jonckheere Natalja	1m95	1995
2	Soetewey Chris	1m92	1982
3	Marloye Nadine	1m81	1977
4	Glowacki Anne	1m69	1986
5	Van Collie Heidi	1m68	1984
6	Schauwers Manon	1m67	2015
7	Archambeau Aline	1m66	2013
8	Cloetens Sabine	1m65	1986
	Ruell Natacha	1m65	1988
	Jaime Suzanne	1m65	1989
	Hostyn Priscilla	1m65	2012
	Golfa Sambay Clara	1m65	2018
	Thiebot Oceane	1m65	2022
14	Winckelmans Reinhilde	1m64	1982
15	De Rijcke Dominique	1m63	1976
	Thiebot Oceane	1m63	2020
17	Locrel Anne Julie	1m61	2004
	Van Der Veken Cindy	1m61	2012
19	Smith Cindi	1m59	1990
	Viaene Luna	1m59	2019

Longueur

1	Devrye Corinne	6m28	1985
2	Guisse Saliyya	6m09	2022
3	Marloye Nadine	6m06	1975
4	Van Collie Heidi	5m98	1991
5	Muys Jacqueline	5m89	1986
6	Hostyn Priscilla	5m77	2012
7	Malfait Maritza	5m76	1989
8	Glowacki Anne	5m73	1986
9	Ombeni Rachel	5m70	2022
10	Henderickx Dominique	5m68	1973
11	Housiaux Colette	5m61	1967
12	Kizito Prisca	5m58	2021
13	Van Der Veken Cindy	5m53	2016
14	Kompany Christel	5m49	2000
15	Caty Emeline	5m48	2017
16	Dossey Jenifer Stefania	5m45	2019

17	Vandendael Alice	5m44	1969
	Vidts Linda	5m44	1971
19	Mouzon Emmanuelle	5m42	2007
	Schauwers Manon	5m42	2015

Triple saut

1	Guisse Saliyya	13m38	2019
2	Ombeni Rachel	13m00	2022
3	Van Collie Heidi	12m66	1995
4	Kompany Christel	12m15	2000
5	Devrye Corinne	12m13	1990
6	De Cock Aline	11m85	1999
7	Muys Jacqueline	11m84	1992
8	Dossey Jennifer Stefania	11m50	2020
9	Kalonji Angele	11m32	1992
10	Lucas Clara	11m23	2022
11	Hostyn Priscilla	11m19	2012
12	Archambeau Aline	11m06	2013
13	Naji Afaf	11m05	2004
14	Fomenko Lisa	10m92	2007
15	Caty Emeline	10m91	2015
16	Vandenbrande Nathalie	10m88	1996
17	Madani Sarah	10m73	2015
	Yech Chou Safia	10m73	2015
19	Golfa Sambay Clara	10m71	2018
20	Van De Sype Chloe	10m62	2014

Perche

1	Henry Chloe	4m30	2021
2	Quirin Margaux	4m05	2015
3	Van Zeebroeck Griet	3m54	1998
4	Marx Inge	3m50	1991
5	Van De Sype Chloe	3m40	2020
6	Lilien Anouk	3m00	2009
7	Fonteyn Astrid	2m90	1996
	Mouzon Emmanuelle	2m90	2007
9	Imbo Kristel	2m86	2011
10	Van Remoortel Anouchka	2m80	1995
11	Huybrechts Isabelle	2m60	2002
12	Vlerick Ophelia	2m40	2011
13	Guillet Laurence	2m39	2009
14	Lacasse Camille	2m31	2015
15	Hostyn Priscilla	2m30	2004
	Fomenko Lisa	2m30	2007
17	Archambeau Aline	2m20	2003
	Kaluza Isabelle	2m20	2013
	Luybaert Naomy	2m20	2014
	Cole Anne Ramon	2m20	2021

Poids (1 kg)

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

Poids (2 kg)

1	Waegemans Aurore	13m12	2003
2	Iven Kayla	12m89	2015
3	Kompany Christel	11m79	1997
	Van De Sype Chloe	11m79	2010
5	Mouzon Emmanuelle	10m80	2004
6	Hallemans Julie	10m78	1998

RESC TOP 20 OUTDOOR DAMES

7	Huybrechts Isabelle	10m69	2000
8	Mayuma Marie	10m62	2021
9	Montilla Morgane	10m40	2011
10	Vandenbrande Nathalie	10m38	1994
	Goutte Alexandra	10m38	2003
	Dzou Lesly Kayla	10m38	2022
13	Squiflet Emelynn	10m06	2022
14	Mjahed Maya	9m94	2020
15	Pauly Benedicte	9m92	1996
16	Hasani Geraldina	9m75	2006
17	Popescu Raisa Gabriela	9m67	2022
18	Tong Aline	8m43	2004
19	De Cooman Lea	8m35	2022
20	Wanyu Naomie Belle	7m87	2021

Poids (3 kg)

1	Mathieu Julia	14m76	2022
2	Kompany Christel	12m10	1999
3	Vandenbrande Nathalie	11m96	1998
4	Adam Benedicte	11m95	1994
5	Marloye Nadine	11m74	1973
6	Iven Kayla	11m49	2018
7	Mouzon Emmanuelle	11m42	2006
8	Van De Sype Chloe	11m34	2014
9	Madani Sarah	10m30	2015
10	Declerck Anne	11m18	1978
11	Archambeau Aline	11m05	2005
12	Schauwers Manon	10m95	2015
13	Mjahed Maya	10m86	2022
14	De Meyer Laurence	10m82	2003
15	Hoste Corinne	10m79	1975
16	Reynaerts Stephanie	10m69	1995
17	Huybrechts Isabelle	10m62	2002
18	Uytterhaeghen Isabelle	10m49	1985
19	Bortels Anne Marie	7m80	1966
20	Moreau Martine	7m44	1966

Poids (4 kg)

1	Boumkwo Jolien	14m84	2018
2	Devos An	13m12	1987
3	Sustelo Irina	12m98	2001
4	Mathieu Julia	12m84	2022
5	Glowacki Anne	12m60	1985
6	Kandi Masakadi Amandine	12m52	2017
7	Van Camp Nicole	11m98	1984
8	Reynaerts Stephanie	11m36	1999
9	Marloye Nadine	11m25	1974
10	Adam Benedicte	11m20	2022
11	Hautenauve Jacqueline	11m11	1985
12	Declerck Anne	11m00	1981
13	Iven Kayla	10m78	2022
14	Jaime Suzanne	10m55	1988
15	Hoste Corinne	10m54	1977
16	Archambeau Aline	10m45	2013
17	Mouzon Emmanuelle	10m43	2008
18	Hallemans Julie	10m40	2001
19	Bee Delphine	9m79	2021
20	Van De Sype Chloe	9m74	2015

Disque (600 gr)

1	Waegemans Aurore	32m53	2003
2	Kill Françoise	31m80	1996
3	Kompany Christel	31m36	1997
4	Van Der Veken Noemie	30m28	2010
5	De Buyst Nadia	29m24	1986
6	Huybrechts Isabelle	27m96	2000
7	Montilla Morgane	27m01	2010
8	Popescu Raisa Gabriela	26m15	2022
9	Gilson Aurore	25m74	1994
10	Van De Sype Chloe	25m24	2009
11	Squiflet Emelynn	24m96	2021
12	Hostyn Priscilla	24m76	2003
13	De Groote Florence	24m41	2001
14	Vandenberghen Sylvie	24m40	1984

15	Gilbert Fernanda	23m92	1991
16	De Cooman Lea	23m71	2022
17	Iven Kayla	19m47	2013
18	Radermacher Sarah	19m07	2020
19	De Meyer Laurence	18m45	1999
20	Strypstein Maeva	18m26	2022

Disque (750 gr)

1	Iven Kayla	27m29	2015
2	Mayuma Marie	26m13	2021
3	Montilla Morgane	25m78	2011
4	Huygens Cloe	25m56	2016
5	Radermacher Sarah	24m93	2022
6	Merino Nohemi	24m54	2017
7	Mjahed Maya	24m00	2020
8	Van Der Veken Noemie	23m66	2010
9	Van De Sype Chloe	23m51	2010
10	Squiflet Emelynn	22m91	2022
11	Imbo Kristel	21m65	2009
12	Tshiasuma Jessie	20m04	2009
13	Van Der Veken Cindy	19m76	2010
14	Badji Jalika	19m45	2009
15	Mpinga Mulowayi Alexia	19m40	2017

Disque (800 gr)

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

1	Pheulpin Anne	48m52	2022
2	Sustelo Irina	47m99	2000
3	Glowacki Anne	46m94	1986
4	Devos An	46m24	1988
5	Vandenbrande Nathalie	42m84	1999
6	Boumkwo Jolien	42m25	2019
7	Marloye Nadine	39m96	1977
8	Van Camp Nicole	39m46	1984
9	Hallemans Julie	35m26	1999
10	Reynaerts Stephanie	34m41	2014
11	De Buyst Nadia	34m02	1991
12	Vandenberghen Sylvie	32m80	1989
13	Quicke Evelyne	32m62	1980
14	Werck Liliane	32m18	1968
15	Kersten Michele	32m14	1985
16	Adam Benedicte	32m12	2020
17	Mathieu Julia	31m59	2019
18	Mouzon Emmanuelle	31m58	2009
19	Iven Kayla	30m81	2017
20	Bastin Beatrice	30m42	1970

Balle de hockey

1	Iven Kayla	41m50	2013
2	Van De Sype Chloe	40m58	2008
3	Tong Aline	35m47	2004
4	Squiflet Emelynn	35m24	2021
5	Huybrechts Isabelle	35m15	1998
6	Dzou Lesly Kayla	34m75	2021
7	Hallemans Julie	33m74	1996
8	Hasani Geraldina	33m73	2006
9	Meys Jessica	32m36	2002
10	Popescu Raisa Gabriela	32m06	2022
11	De Cooman Lea	32m04	2022
12	De Meyer Laurence	31m94	1999
13	Pauly Benedicte	31m22	1994
14	Goutte Alexandra	30m81	2002
15	Strypstein Solena	29m60	2022
16	Mouzon Emmanuelle	24m50	2000
17	Sibourg Celya	22m35	2018
18	Arys Josephine	22m25	2022
19	Huygens Cloe	21m71	2012
20	Vermeir Jade	21m12	2022

Javelot (400 gr) - modele avant 1999

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

Javelot (400 gr) - modele depuis 1999

1	Iven Kayla	34m63	2015
2	Radermacher Sarah	30m78	2022
3	Montilla Morgane	30m13	2011
4	Mouzon Emmanuelle	29m98	2004
5	Huybrechts Isabelle	29m28	2000
6	Mjahed Maya	28m12	2020
7	Van De Sype Chloe	26m45	2010
8	Huygens Cloe	25m88	2016
9	Montilla Morgane	25m38	2010
10	Mayuma Marie	24m77	2021
11	Codrea Beatrix	24m59	2005
12	Imbo Kristel	24m35	2009
13	Lecomte Christina	24m11	2010
14	De Meyer Laurence	23m48	2001
15	Badji Jalika	23m47	2009

Javelot (500 gr) - modele avant 1999

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

Javelot (500 gr) - modele depuis 1999

1	Iven Kayla	41m95	2019
2	Montilla Morgane	37m30	2014
3	Hallemans Julie	36m86	2000
4	Huybrechts Isabelle	36m67	2002
5	Mayuma Marie	32m39	2022
6	Mouzon Emmanuelle	32m37	2006
7	Dennison Chrystal	31m22	2021
8	Van De Sype Chloe	31m14	2013
9	Huygens Cloe	28m50	2018
10	Kompany Christel	27m62	1999
11	Mjahed Maya	27m55	2022
12	Imbo Kristel	25m97	2011
13	De Meyer Laurence	25m93	2003
14	Hostyn Priscilla	25m27	2005
15	Majhed Maya	24m91	2021
16	Codrea Beatrix	24m65	2006
17	Merino Nohemi	23m92	2018

Javelot (600 gr) - modele avant 1999

1	Glowacki Anne	49m48	1985
2	Declerck Anne	41m94	1981
3	Reynaerts Stephanie	37m83	1998
4	Vandendael Marie Jeanne	37m22	1972

5	Adam Benedicte	37m28	1998
6	Hoste Corinne	36m96	1977
7	Hautenaue Jacqueline	36m16	1985
8	Ruell Natacha	34m72	1989
9	Mertens Martine	34m42	1978
10	Marx Inge	34m20	1992
11	Gilbert Lucy	33m08	1992
12	Bastin Chantal	31m78	1971
13	Quicke Evelyne	31m40	1981
14	Michel Martine	31m20	1967
15	Schoeters Karine	29m86	1978
16	Mayenez Katrien	29m76	1981
17	Meskens Muriel	28m58	1978
18	Uytterhaeghen Isabelle	28m40	1986
19	Muyls Jacqueline	27m72	1982
20	Mayenez Katrien	26m22	1980

Javelot (600 gr) – modele depuis 1999

1	Smal Pauline	49m58	2022
2	Iven Kayla	45m14	2022
3	Sustelo Irina	38m45	2001
4	Adam Benedicte	38m01	2000
5	Montilla Morgane	37m01	2018
6	Hallemans Julie	36m78	2001
7	Reynaerts Stephanie	36m59	1999
8	Hostyn Priscilla	33m44	2012
9	Huybrechts Isabelle	32m54	2004
10	Mouzon Emmanuelle	32m23	2008
11	Locrel Anne Julie	30m59	2004
12	Pauly Benedicte	28m60	1999
13	Guillet Laurence	28m46	2009
14	Archambeau Aline	26m61	2013
15	De Buyst Nadia	25m13	2000
16	Vlerick Ophelia	24m00	2011
17	Van De Sype Cloe	23m70	2015
18	Quicke Evelyne	23m46	2007
19	Cardenas Ojito Janet	22m33	2014
20	De Groote Florence	22m15	2004

Marteau (3 kg)

1	Ramos Daphne	43m80	1992
2	Huygens Cloe	34m60	2018
3	Vandenbrande Nathalie	32m60	1996
4	Van Remoortel Anouchka	26m14	1995
5	Hallemans Julie	24m28	1999
6	Guisse Shaena	22m79	2011
7	Fomenko Lisa	22m05	2007
8	Van De Sype Chloe	21m57	2014
9	Adam Benedicte	20m70	1993
10	Imbo Kristel	20m31	2011
11	Khader Firdaous	20m09	2019
12	Van Zeebroeck Griet	18m66	1994
13	Montilla Morgane	18m38	2012
14	Guisse Saliyya	16m90	2011

Marteau (4 kg)

1	Sustelo Irina	56m30	2001
2	Boumkwo Jolien	55m39	2018
3	Pheulpin Anne	41m67	2022
4	Ramos Daphne	40m46	1993
5	Reynaerts Stephanie	34m28	2012
6	De Buyst Nadia	29m90	1996
7	Adam Benedicte	27m95	2016
8	Colle Magali	27m69	2011
9	Guisse Shaena	27m55	2013
10	De Meyer Laurence	26m03	2004
11	Adank Olivia	23m77	2002
12	Mouzon Emmanuelle	22m71	2014
13	Milant Marilyn	12m85	2014
14	Guisse Saliyya	12m29	2014

Grand poids (9,08 kg)

1	Reynaerts Stephanie	9m51	2018
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RESC TOP 20 OUTDOOR DAMES

2 Adam Benedicte 8m80 2015

Pentathlon de lancers

1 Reynaerts Stephanie 2498 p 2022

Heptathlon

1 Van Collie Heidi 4769 p 1991
2 Glowacki Anne 4722 p 1986
3 Jaime Suzanne 3828 p 1988
4 Cloetens Sabine 2980 p 1986

Heptathlon

1 Hostyn Priscilla 4804 p 2012
2 Guillet Laurence 4418 p 2005
3 Archambeau Aline 4194 p 2012
4 Guissa Saliyya 3511 p 2017
5 Van Rossem Nicky 3405 p 2011
6 Cardenas Ojito Janet 3291 p 2012
7 Reynaerts Stephanie 2937 p 2003
Brion Sophie 2937 p 2008
9 Luypaert Naomy 2750 p 2015
10 Cok Evelyn 2692 p 2016
11 Cawet Daphne 2666 p 2003

Decathlon

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

3000 m marche

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

5000 m marche

1 Delbecque Maud 36.30.10 1996

4 x 100 m

1 ? 46.60 2017

4 x 200 m

1 ? 1.39.68 2016

4 x 400 m

1 ? 3.48.08 2018

4 x 800 m

1 ? 9.14.89 1982

MASTERS DAMES

100 m

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

14 Gillis Caroline 18.69 2017

15 Aron Sabine 19.25 2008

150 m

1 Dewitte Valerie 20.85 2021

200 m

1 Guillet Laurence 26.58 2016
2 Nkumu Bakuba Nancy 27.41 2018
3 Devrye Corinne 27.44 1995
4 Dewitte Valerie 28.04 2022
5 Cardenas Ojito Janet 28.17 2012
6 Bonvin Draps Nathalie 29.14 2017
7 Boonaert Caroline 29.60 2016
8 Reynaerts Stephanie 35.62 2017

300 m

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

400 m

1 Nkumu Bakuba Nancy 60.23 2018
2 Guillet Laurence 61.95 2017
3 Cardenas Ojito Janet 62.09 2013
4 Dewitte Valerie 63.28 2022
5 Boonaert Caroline 69.93 2011
6 Debaille Isabelle 70.76 2012
7 Bonvin Draps Nathalie 72.39 2019
8 Fomenko Elena 73.15 2006
9 Castellana Corine 78.55 2004
10 Covens Benedicte 79.69 2011
11 Gillis Caroline 83.30 2018
12 Dujardin Sylvie 84.69 2015

800 m

1 Chylinsky Marta 2.12.37 2022
2 Collard Florence 2.23.91 2005
3 Cardenas Ojito Janet 2.24.50 2013
4 Nkumu Bakuba Nancy 2.29.34 2015
5 Covens Benedicte 2.46.99 2012
6 Lange Tramoni Claudia 2.50.69 2016
7 Debaille Isabelle 2.52.44 2012
8 Castellana Corine 2.57.44 2003
9 De Buyst Nadia 3.05.97 2011
10 Watson Michele 3.06.72 2004
11 Cardoso Da Rocha Maria Joao 3.13.82 2012
12 Aron Sabine 3.15.46 2008
13 Lion Annick 3.23.92 2018
14 Reynaerts Stephanie 3.34.24 2017

1000 m

1 Chylinsky Marta 2.51.21 2022
2 Steels Mimi 2.55.49 1981
3 Debaille Isabelle 3.53.40 2014
4 Castellana Corine 3.59.50 2006
5 Cardoso Da Rocha Maria Joao 4.26.68 2012

1500 m

1 Steels Mimi 4.36.30 1981
2 Collard Florence 4.48.11 2006
3 Chylinsky Marta 4.50.08 2022
4 Aboulahcen Mounia 5.14.33 2011
5 Cardenas Ojito Janet 5.15.02 2013
6 Covens Benedicte 5.36.92 2011
7 Castellana Corine 5.59.53 2006
8 Debaille Isabelle 6.12.53 2014
9 Lange Tramoni Claudia 6.17.27 2016
10 Fomenko Elena 6.23.12 2007

Mile

RESC TOP 20 OUTDOOR DAMES

1	Chylinsky Marta	4.57.75	2022
2	Covens Benedicte	6.05.79	2015
3	Debaillie Isabelle	6.56.75	2014
4	Cardoso Da Rocha Maria Joao	7.11.40	2012

2000 m

1	Chylinsky Marta	6.22.26	2022
2	Cardenas Ojito Janet	7.32.72	2012
3	Castellana Corine	7.58.97	2005
4	Cardoso Da Rocha Maria Joao	9.38.54	2012

3000 m

1	Chylinsky Marta	9.44.78	2022
2	Aboulahcen Mounia	10.12.14	2010
3	Collard Florence	10.34.47	2006
4	Covens Benedicte	11.54.98	2012
5	Cardenas Ojito Janet	11.55.61	2013
6	Carion Nathalie	12.04.24	2018
7	Castellana Corine	12.22.37	2005
8	Cornelis Brigitte	12.47.10	2007
9	Fomenko Elena	13.50.42	2007
10	Debaillie Isabelle	13.57.41	2018
11	Cardoso Da Rocha Maria Joao	14.08.13	2014
12	Nkandali Nkazabwa Marie	16.09.74	2015

5000 m

1	Castellana Corine	21.15.49	2005
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10000 m

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

1 heure

1	Castellana Corine	12.936 m	2004
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Semi marathon

1	Covens Benedicte	1h43.29	2018
2	Norris Josephine	1h44.23	2019
3	Lion Annick	1h53.56	2019
4	Gillis Caroline	2h06.24	2022
5	Nkandali Nkazabwa marie	2h13.52	2018
6	Cardoso Da Rocha Maria Joao	2h30.16	2018
7	Becquevort Joelle	2h39.49	2017

Marathon

1	Covens Benedicte	3h17.15	2012
2	Castellana Corine	3h39.25	2009
3	Norris Josephine	3h42.16	2022
4	Nizet Adrienne	3h55.46	2022
5	Gillis Caroline	3h59.39	2018
6	Aaron Sabine	4h07.22	2009
7	De Buyst Nadia	4h13.34	2010
8	Debaillie Isabelle	4h17.13	2018
9	Watson Michele	4h19.09	2004
10	Cardoso Da Rocha Maria Joao	4h30.05	2014
	Lion Annick	4h30.05	2022

80 m haies (76 cm)

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

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

400 m haies (76 cm)

1	Guillet Laurence	65.33	2017
2	Debaillie Isabelle	84.41	2012

Hauteur

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

Longueur

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

Triple saut

1	Adam Benedicte	10m49	2017
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Perche

1	Henry Chloe	3m80	2022
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Poids (4 kg)

1	Adam Benedicte	11m20	2022
2	Reynaerts Stephanie	9m93	2018
3	Bee Delphine	9m79	2021
4	Quicke Evelyne	8m36	2007
5	Debaillie Isabelle	8m22	2012
6	Guillet Laurence	8m16	2015
7	Cardenas Ojito Janet	7m53	2015
8	De Buyst Nadia	7m52	2014
9	Bonvin Draps Nathalie	7m35	2015
10	Bosson Karin	5m80	2008
11	Cardoso Da Rocha Maria Joao	4m88	2017
12	Milants Marilyn	4m82	2015
13	Castellana Corine	4m68	2006
14	Chevalier Colette	4m53	2011

Disque (1 kg)

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

Javelot (600 gr)

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

Marteau (4 kg)

1	Reynaerts Stephanie	33m35	2018
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RESC TOP 20 OUTDOOR DAMES

2	Adam Benedicte	27m95	2016
3	De Buyst Nadia	22m25	2011
4	Milants Marilyn	12m85	2014

Grand poids (9,08 kg)

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

MASTERS DAMES 35**Pentathlon**

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

Heptathlon

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

MASTERS DAMES 40**Pentathlon de lancers**

1	Reynaerts Stephanie	2498 p	2022
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Pentathlon

1	Cardenas Ojito Janet	2242 p	2015
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Heptathlon

1	Cardenas Ojito Janet	3572 p	2014
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MASTERS DAMES 45**MASTERS DAMES 50****MASTERS DAMES 55****MASTERS DAMES 60****MASTERS DAMES 65**