

**RESC RECORDS OUTDOOR AU 31-10-2023.**

Vous trouverez l'ensemble des records dans le Top 15 outdoor all time.

**BENJAMINES FILLES**

|              |  |         |      |
|--------------|--|---------|------|
| 60           | Emelynn SQUIFLET                                 | 9.35    | 2019 |
| 600          | Solena STRYPSTEIN                                | 1.57.65 | 2022 |
| Hauteur      | Solena STRYPSTEIN                                | 1m21    | 2006 |
| Longueur     | Lucie CINCINATIS                                 | 3m88    | 1999 |
| Poids (1 kg) | Alexandra GOUTTE                                 | 8m63    | 2000 |
| Hockeybal    | Solena STRYPSTEIN                                | 29m60   | 2022 |
| Tetrathlon   | Emelynn SQUIFLET                                 | 1652 p  | 2019 |
| 4 x 60 m     | S. MURRAY - D. DOLIANITIS<br>E. MOUZON - J. MEYS | 37.58   | 2000 |

**BENJAMINS GARCONS**

|              |  |         |      |
|--------------|--|---------|------|
| 60           | Dimitri MONTILLA                             | 9.17    | 2007 |
| 600          | Yanis KENAITI                                | 1.57.80 | 2017 |
| Hauteur      | Nicolas PETITJEAN                            | 1m25    | 2008 |
| Longueur     | Dimitri MONTILLA                             | 4m19    | 2007 |
| Poids (1 kg) | Daan ELSEN                                   | 11m68   | 2003 |
| Hockeybal    | Anton POTEMANS                               | 40m13   | 2005 |
| Tetrathlon   | Dimitri MONTILLA                             | 2099 p  | 2007 |
| 4 x 60 m     | A. KOKO - M. MORAL<br>S. THIRY - C. SCHEPENS | 37.73   | 1990 |

**PUPILLES FILLES**

|                  |  |         |      |
|------------------|--|---------|------|
| 60               | Kylie LAMBERT                                    | 8.55    | 2015 |
| 1000             | Raisa Gabriela POPESCU                           | 3.25.71 | 2022 |
| 60 haies (68 cm) | Emelynn SQUIFLET                                 | 10.35   | 2021 |
| Hauteur          | Solena STRYPSTEIN                                | 1m40    | 2023 |
| Longueur         | Raisa Gabriela POPESCU                           | 4m57    | 2022 |
| Poids (2 kg)     | Geraldina HASANI                                 | 9m75    | 2006 |
| Disque (600 gr)  | Raisa Gabriela POPESCU                           | 26m15   | 2022 |
| Hockeybal        | Kayla IVEN                                       | 41m50   | 2013 |
| Tetrathlon       | Raisa Gabriela POPESCU                           | 2127 P  | 2022 |
| 1 km marche      | Kayla IVEN                                       | 6.20.58 | 2013 |
| 4 x 60 m         | A. MPINGA - N. MERINO<br>R. TSHANGA - K. LAMBERT | 33.97   | 2015 |

**PUPILLES GARCONS**

|                  |  |          |      |
|------------------|--|----------|------|
| 60               | Lionel SONON                                       | 8.09     | 1998 |
| 1000             | Dimitri MONTILLA                                   | 3.14.18  | 2009 |
| 60 haies (68 cm) | Julien HOUSIAUX                                    | 12.43    | 2023 |
| Hauteur          | Dimitri MONTILLA                                   | 1m49     | 2009 |
| Longueur         | Dimitri MONTILLA                                   | 4m75     | 2008 |
| Poids (2 kg)     | Oumar DIALLO                                       | 11m71    | 2005 |
| Disque (600 gr)  | Daan ELSEN   | 31m14    | 2005 |
| Hockeybal        | Daan ELSEN   | 46m50    | 2005 |
| Tetrathlon       | Dimitri MONTILLA                                   | 2516 p   | 2009 |
| 2 km marche      | Bruno SCHROEVEN                                    | 13.55.70 | 1991 |
| 4 x 60 m         | P. SQUIFLET - L. MOKASSA<br>B. DELAY - S. THIELENS | 33.25    | 1990 |

**MINIMES FILLES**

|                   |  |          |      |
|-------------------|--|----------|------|
| 80                | Emelynn SQUIFLET                                 | 10.47    | 2023 |
| 150               | Emelynn SQUIFLET                                 | 19.94    | 2023 |
| 300               | Kylie LAMBERT                                    | 43.85    | 2017 |
| 1000              | Estelle DEGROOTE                                 | 3.14.33  | 2006 |
| 60 haies (68 cm)  | Emelynn SQUIFLET                                 | 9.80     | 2023 |
| 150 haies (68 cm) | Emelynn SQUIFLET                                 | 21.33    | 2023 |
| Hauteur           | Heidi VAN COLLIE                                 | 1m57     | 1982 |
| Longueur          | Emelynn SQUIFLET                                 | 5m07     | 2023 |
| Perche            | Chloe VAN DE SYPE                                | 2m43     | 2010 |
| Poids (2 kg)      | Emelynn SQUIFLET                                 | 13m46    | 2023 |
| Disque (750 gr)   | Raisa Gabirela POPESCU                           | 28m54    | 2023 |
| Javelot (400 gr)  | Emelynn SQUIFLET                                 | 37m36    | 2023 |
| Pentathlon        | Emelynn SQUIFLET                                 | 3287 p   | 2023 |
| 2 km marche       | Noemie VAN DER VEKEN                             | 13.51.98 | 2009 |
| 4 x 80 m          | E. LEONARD - N. MERINO<br>A. MPINGA - K. LAMBERT | 41.33    | 2017 |
| 3 x 600 m         | M. STRYPSTEIN - C. SCHROEVEN<br>E. SQUIFLET      | 5.46.08  | 2023 |

**MINIMES GARCONS**

|                   |   |         |      |
|-------------------|---|---------|------|
| 80                | Oumar DIALLO  | 9.66    | 2007 |
| 150               | Oumar DIALLO  | 18.43   | 2007 |
| 300               | Dimitri MONTILLA  | 40.86   | 2011 |
| 1000              | Dimitri MONTILLA  | 3.01.77 | 2011 |
| 80 haies (76 cm)  | Raphael MERTENS DE WILMARS                              | 13.81   | 2020 |
| 150 haies (76 cm) | Dimitri MONTILLA  | 20.54   | 2011 |
| Hauteur           | Timothee ENGLEBERT                                      | 1m73    | 2017 |
| Longueur          | Pierre SQUIFLET   | 5m73    | 1992 |
| Perche            | Dimitri MONTILLA  | 3m21    | 2011 |
| Poids (3 kg)      | Dimitri MONTILLA  | 14m71   | 2011 |
| Disque (750 gr)   | Dimitri MONTILLA  | 45m01   | 2011 |
| Javelot (400 gr)  | Dimitri MONTILLA  | 45m91   | 2011 |
| Pentathlon        | Dimitri MONTILLA  | 4135 p  | 2011 |
| 3 km marche       | Benoit GUILMAIN   | 20.33.2 | 1992 |
| 4 x 80 m          | G. GEERTS - R. NKIERE DANFUNAME<br>E. TAIWO - P. OKEOWO | 41.08   | 2012 |
| 3 x 600 m         | M. SERGEEF - P. OKEOWO<br>D. MONTILLA                   | 5.45.67 | 2011 |

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| CADETTES FILLES   |   |          |      | CADETS GARCONS    |   |          |      |
|-------------------|---|----------|------|-------------------|---|----------|------|
| 100               | Olivia KOHL   | 12.64    | 1988 | 100               | Oumar DIALLO  | 11.31    | 2009 |
| 200               | Anabelle LEPLAT   | 26.14    | 1996 | 200               | Djeke MAMBO   | 23.14    | 1992 |
| 300               | Manon SCHAUWERS   | 42.36    | 2014 | 300               | Oumar DIALLO  | 35.89    | 2009 |
| 400               | Severine LEPLAT   | 57.61    | 1996 | 400               | Jakob VERLEYEN  | 51.90    | 2023 |
| 800               | Jessie THSIASUMA  | 2.21.88  | 2011 | 800               | Corentin LEVACQ   | 1.59.30  | 1996 |
| 1000              | Jessie THSIASUMA  | 3.01.95  | 2011 | 1000              | Corentin LEVACQ   | 2.43.18  | 1996 |
| 1500              | Jessie THSIASUMA  | 4.53.37  | 2011 | 1500              | Rudi VAN MEETEREN   | 4.10.90  | 1972 |
| Mile              | Jessie THSIASUMA  | 5.37.33  | 2011 | Mile              | Corentin BEYAERT  | 5.06.63  | 2017 |
| 2000              | Jessie THSIASUMA  | 7.02.18  | 2011 | 2000              | Simon PETITJEAN   | 6.24.58  | 2011 |
| 80 haies (76 cm)  | Manon SCHAUWERS   | 11.88    | 2014 | 100 haies (91 cm) | Peredjo OKEOWO  | 14.02    | 2014 |
| 300 haies (76 cm) | Jennifer LA ROU   | 45.51    | 1993 | 300 haies (76 cm) | Djeke MAMBO   | 40.07    | 1992 |
| 1500 m steeple    | Jessica VAN DER PERREN                                      | 6.17.24  | 2009 | 1500 m steeple    | Damien EMMERECHE  | 4.51.63  | 2006 |
| Hauteur           | Heidi VAN COLLIE  | 1m68     | 1984 | Hauteur           | Rudi VAN LANCKER  | 1m91     | 1986 |
| Longueur          | Heidi VAN COLLIE  | 5m74     | 1984 | Longueur          | Yassin GUELLET  | 6m70     | 1989 |
| Triple saut       | Christel KOMPANY  | 11m71    | 1999 | Triple saut       | Yassin GUELLET  | 13m52    | 1989 |
| Perche            | Griet VAN ZEEBROECK   | 3m26     | 1995 | Perche            | Dimitri MONTILLA  | 3m76     | 2013 |
| Poids (3 kg)      | Julia MATHIEU   | 13m85    | 2019 | Poids (4 kg)      | Oumar DIALLO  | 14m42    | 2009 |
| Disque (1 kg)     | Nadine MARLOYE  | 37m60    | 1973 | Disque (1 kg)     | Daan ELSEN  | 48m77    | 2009 |
| Javelot (500 gr)  | Kayla IVEN  | 41m46    | 2017 | Javelot (600 gr)  | Daan ELSEN  | 44m54    | 2009 |
| Marteau (3 kg)    | Cloe HUYGENS  | 34m60    | 2018 | Marteau (4 kg)    | Antonio SUSTELO   | 46m37    | 2003 |
| Hexathlon         | Manon SCHAUWERS   | 3901 p   | 2014 | Octathlon         | Dimitri MONTILLA  | 5037 p   | 2013 |
| 3 km marche       | Maela Cuvelier  | 21.19.14 | 2016 | 3 km marche       | Romain POORTMAN   | 19.16.13 | 2018 |
| 4 x 100 m         | A. KEITA - L. SACRE<br>N. BONVIN-DRAPS - L. GUILLET         | 50.59    | 1995 | 4 x 100 m         | E. TAIWO - P. OKEOWO<br>R. NKIERE DANFUNAME - A. KASMI    | 44.36    | 2014 |
| 4 x 200 m         | K. IMBO - J. BADJI<br>E. LEGEIN - A. KLAI                   | 1.54.89  | 2010 | 4 x 200 m         | A. BADJI - A. BEECKMAN<br>A. VANDENHOEKE - V. VANDENHOEKE | 1.41.46  | 2010 |
| 4 x 800 m         | A. FRENAY - S. VANDENMUYSENBERG<br>C. SMITH - A. POTVLIEGHE | 10.24.44 | 1992 | 4 x 800 m         | L. SONON - B. MILLER<br>J. LEYMAN - T. VAILLANT           | 8.43.82  | 2002 |
| Relais suédois    | J. BADJI - A. KLAI<br>S. GUISSIE - E. LEGEIN                | 2.32.85  | 2010 | Relais suédois    | A. VANDENHOEKE - A. POTEMANS<br>A. BADJI - A. VALASTRO    | 2.16.24  | 2010 |

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| SCOLAIRES FEMMES  |                                 |          |      | SCOLAIRES HOMMES  |                                |          |      |
|-------------------|---------------------------------|----------|------|-------------------|--------------------------------|----------|------|
| 100               | Cindy VAN DER VEKEN             | 12.33    | 2014 | 100               | Oumar DIALLO                   | 10.83    | 2011 |
| 200               | Nadine VANDENDRIESSCHE          | 25.34    | 1981 | 200               | Amine KASMI                    | 21.97    | 2017 |
| 300               | Severine LEPLAT                 | 39.65    | 1998 | 300               | Oumar DIALLO                   | 35.89    | 2009 |
| 400               | Severine LEPLAT                 | 56.03    | 1998 | 400               | Sebastien LINS                 | 49.48    | 2009 |
| 800               | Camille MULS                    | 2.14.88  | 2016 | 800               | Corentin LEVACQ                | 1.55.41  | 1997 |
| 1000              | Marine JOBLIN                   | 3.01.01  | 2019 | 1000              | Reda AOURAGH                   | 2.28.10  | 2023 |
| 1500              | Inga VAN DEN BOSSCHE            | 4.41.18  | 2017 | 1500              | Reda AOURAGH                   | 3.50.56  | 2023 |
| Mile              | Jessie TSHIASUMA                | 5.22.27  | 2006 | Mile              | Simon PETITJEAN                | 4.39.15  | 2012 |
| 2000              | Camille MULS                    | 6.38.49  | 2016 | 2000              | Abdelkarim BEN MOHAMED         | 5.59.10  | 1992 |
| 3000              | Inga VAN DEN BOSSCHE            | 10.41.31 | 2017 | 3000              | Rachid BEN MOHAMED             | 8.33.14  | 1988 |
| 100 haies (76 cm) | Olivia KOHL                     | 13.92    | 1990 | 110 haies (91 cm) | Damien BROOThAERTS             | 13.65    | 2000 |
| 400 haies (76 cm) | Manon Schauwers                 | 62.36    | 2016 | 400 haies (84 cm) | Asamti BADJI                   | 56.13    | 2012 |
| 2000 m steeple    | Farrah HAOUARI                  | 8.05.35  | 2019 | 2000 m steeple    | Olivier KERSTEN                | 6.10.20  | 1982 |
| Hauteur           | Heidi VAN COLLIE                | 1m68     | 1984 | Hauteur           | Dirk LAMBERTS                  | 2m05     | 1982 |
| Longueur          | Nadine MARLOYE                  | 6m08     | 1975 | Longueur          | Yassin GUELLET                 | 2m05     | 1991 |
| Triple saut       | Christel KOMPANY                | 12m15    | 2000 | Longueur          | Rudi VAN LANCKER               | 7m59     | 1988 |
| Perche            | Griet VAN ZEEBROECK             | 3m36     | 1996 | Triple saut       | Djeke MAMBO                    | 15m64    | 1994 |
| Poids (3 kg)      | Julia MATHIEU                   | 14m76    | 2022 | Perche            | Patrick VANDENHOEKE            | 4m36     | 1979 |
| Disque (1 kg)     | Irina SUSTELO                   | 47m99    | 2000 | Poids (5 kg)      | Oumar DIALLO                   | 14m35    | 2011 |
| Javelot (500 gr)  | Kayla IVEN                      | 41m95    | 2019 | Disque (1,5 kg)   | Antonio SUSTELO                | 44m44    | 2004 |
| Marteau (3 kg)    | Daphne RAMOS                    | 43m80    | 1992 | Javelot (700 gr)  | Sebastien DROESBEKE            | 52m73    | 2002 |
| Heptathlon        | Emmanuelle MOUZON               | 4701 p   | 2008 | Marteau (5 kg)    | Antonio SUSTELO                | 53m41    | 2004 |
| 3 km marche       | Sirine El Ouahmi                | 20.08.91 | 2016 | Decathlon         | Ilias ARIFI                    | 5847 p   | 2021 |
| 4 x 100 m         | N. BONVIN-DRAPS - L. GUILLET    |          |      | 3 km marche       | Romain POORTMAN                | 19.16.13 | 2018 |
|                   | S. LEPLAT - A. LEPLAT           | 48.97    |      | 4 x 100 m         | C. HOORENS - F. TSHITWENU      |          |      |
| 4 x 200 m         | A. DIWANI - N. LINS             |          | 1997 |                   | A. VANHAMME - M. YECH CHOU     | 42.91    | 2014 |
|                   | O. VLERICK - A. BRUTUS          | 1.49.97  |      | 4 x 200 m         | A. FRENAY - H. KABUYA          |          |      |
| 4 x 400 m         | J. VAN DAMME - C. OZGUL         |          | 2010 |                   | G. PAULUS - S. LINS            | 1.39.14  | 2008 |
|                   | L. VEREERTBRUGGHEN - L. PUTMANS | 4.51.32  |      | 4 x 400 m         | A. VANDENHOEKE - G. NIJS       |          |      |
| 4 x 800 m         | S. LEPLAT - L. DELBECQUE        |          | 2008 |                   | C. PUKU TOKU - F. TSHITWENU    | 3.31.68  | 2013 |
|                   | V. DEWITTE - D. CAWET           | 10.17.08 |      | 4 x 800 m         | R. AZAOUM - B. MILLER          |          |      |
| Relais suédois    | J. BADJI - A. KLAI              |          | 1995 |                   | Y. TIAZ - Y. EL YATTOUTI       | 8.09.11  | 2003 |
|                   | S. GUISSSE - E. LEGEIN          | 2.32.85  |      | Relais suédois    | J. TSHANGA DIUMBA - A. BOUTABA |          |      |
|                   |                                 |          | 2010 |                   | G. HANRION - M. LABRUYERE      | 2.05.60  | 2023 |

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| JUNIORS FEMMES    |                               |          |      | JUNIORS HOMMES    |                                   |          |      |
|-------------------|-------------------------------|----------|------|-------------------|-----------------------------------|----------|------|
| 100               | Cindy VAN DER VEKEN           | 12.03    | 2016 | 100               | Ronald AMERY                      | 10.71    | 1988 |
| 200               | Nadine VANDENDRIESSCHE        | 24.65    | 1984 | 200               | Stefan VANHAMME                   | 21.24    | 1980 |
| 300               | Severine LEPLAT               | 39.65    | 1998 | 300               | Cedric SCHEPENS                   | 34.67    | 2001 |
| 400               | Severine LEPLAT               | 56.03    | 1998 | 400               | Stefan VANHAMME                   | 47.8     | 1980 |
| 800               | Camille MULS                  | 2.05.49  | 2018 | 800               | Frederic DE SMEDT                 | 1.52.66  | 1990 |
| 1000              | Veronique COLLARD             | 2.52.74  | 1982 | 1000              | Rachid BEN MOHAMED                | 2.26.76  | 1990 |
| 1500              | Camille MULS                  | 4.29.50  | 2018 | 1500              | Mehdi JAOUHAR                     | 3.48.90  | 1966 |
| Mile              | Camille MULS                  | 5.07.58  | 2017 | Mile              | Sebastien DEWITTE                 | 4.22.82  | 2003 |
| 2000              | Camille MULS                  | 6.38.49  | 2016 | 2000              | Sebastien DEWITTE                 | 5.17.72  | 2004 |
| 3000              | Veronique COLLARD             | 9.36.90  | 1982 | 3000              | Nick HEREMAN                      | 8.14.64  | 1991 |
| 5000              | Ingrid VALCK                  | 18.09.70 | 1982 | 5000              | Rachid BEN MOHAMED                | 14.35.11 | 1990 |
| 100 haies (84 cm) | Olivia KOHL                   | 13.99    | 1992 | 10.000            | Nick HEREMAN                      | 30.58.90 | 1991 |
| 400 haies (76 cm) | Manon SCHAUWERS               | 62.13    | 2018 | 110 haies (99 cm) | Dylan CATY                        | 13.67    | 2016 |
| 2000 m steeple    | Farrah HAOUARI                | 8.05.35  | 2019 | 400 haies (91 cm) | Michel ZIMMERMANN                 | 51.36    | 1979 |
| Hauteur           | Nadine MARLOYE                | 1m81     | 1977 | 3000 m steeple    | Youssef BOUISSANE                 | 9.08.42  | 2012 |
| Longueur          | Nadine MARLOYE                | 6m08     | 1975 | Hauteur           | Guy MOREAU                        | 2m14     | 1973 |
| Triple saut       | Christel KOMPANY              | 12m15    | 2000 | Longueur          | Daniel SEGERS                     | 7m89     | 2020 |
| Perche            | Margaux QUIRIN                | 3m90     | 2014 | Triple saut       | Kedjeloba MAMBO                   | 15m79    | 1993 |
| Poids (4 kg)      | An DEVOS                      | 13m12    | 1987 | Perche            | Wesley ROMBAUT                    | 5m00     | 1996 |
| Disque (1 kg)     | Irina SUSTELO                 | 47m99    | 2000 | Poids (6 kg)      | Jonathan GUILLAUME                | 15m79    | 2011 |
| Javelot (600 gr)  | Kayla IVEN                    | 42m80    | 2021 | Disque (1,75 kg)  | Roland MARLOYE                    | 43m08    | 1979 |
| Marteau (4 kg)    | Irina SUSTELO                 | 56m30    | 2001 | Javelot (800 gr)  | Sebastien DROESBEKE               | 53m14    | 2004 |
| Heptathlon        | Saliyya GUISSSE               | 3743 p   | 2015 | Marteau (6 kg)    | Tom BERNARD                       | 56m04    | 2012 |
| Decathlon         | Emmanuelle MOUZON             | 4863 p   | 2009 | Decathlon         | Dimitri MONTILLA                  | 7196 p   | 2017 |
| 5 km marche       | Laure DELBECQUE               | 36.30.10 | 1996 | 5 km marche       | Olivier KERSTEN                   | 30.16.30 | 1979 |
| 4 x 100 m         | S.GUISSSE - J. BADJI          |          |      | 4 x 100 m         | P. MEGANCK - E. YUMA M'BAYO       |          |      |
|                   | R. MWAMINE - C. VAN DER VEKEN | 47.82    | 2015 |                   | R. AMERY - J. BAYENS              | 42.37    | 1988 |
| 4 x 200 m         | A. DIWANI - N. LINS           |          |      | 4 x 200 m         | L. PONCE - A. FRENAY              |          |      |
|                   | O. VLERICK - A. BRUTUS        | 1.49.97  | 2010 |                   | T. FASANYA MOSHUDI - A. CALUWE    | 1.40.14  | 2007 |
| 4 x 800 m         | S. LEPLAT - L. DELBECQUE      |          |      | 4 x 400 m         | D. GOBERT - R. VAN LANCKER        |          |      |
|                   | V. DEWITTE - D. CAWET         | 10.17.08 | 1995 |                   | J. BAYENS - A. DOTRANGE           | 3.17.65  | 1989 |
|                   |                               |          |      | 4 x 800 m         | M. DAIF - R. AZAOUM               |          |      |
|                   |                               |          |      |                   | Y. EL YATTOUTI - Y. TIAZ          | 8.16.20  | 2004 |
|                   |                               |          |      | 4 x 1500 m        | S. NOTTEBOOM - F. DE SMEDT        |          |      |
|                   |                               |          |      |                   | T. VAN DOSSELAER - R. BEN MOHAMED | 16.33.1  | 1990 |

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| SENIORS FEMMES    |                                  |          |      | SENIORS HOMMES     |                               |          |      |
|-------------------|----------------------------------|----------|------|--------------------|-------------------------------|----------|------|
| 100               | Delphine NKANSA                  | 11.22    | 2023 | 100                | Ronald DESRUELLES             | 10.02    | 1985 |
| 200               | Delphine NKANSA                  | 23.03    | 2022 | 200                | Ronald DESRUELLES             | 20.66    | 1984 |
| 300               | Rani NAGELS                      | 38.04    | 2015 | 300                | Antoine GILLET                | 33.10    | 2013 |
| 400               | Lea THERY DEMARQUE               | 53.19    | 2023 | 400                | Florent MABILLE               | 45.71    | 2023 |
| 800               | Camille MULS                     | 2.03.72  | 2019 | 800                | Pierre Antoine BALHAN         | 1.46.60  | 2012 |
| 1000              | Veronique COLLARD                | 2.43.67  | 1986 | 1000               | Kim RUELL                     | 2.22.26  | 2013 |
| 1500              | Camille MULS                     | 4.12.35  | 2021 | 1500               | Bob VERBEECK                  | 3.36.96  | 1984 |
| Mile              | Veronique COLLARD                | 4.44.36  | 1985 | Mile               | Julien VAN ECH                | 4.02.10  | 1985 |
| 2000              | Veronique COLLARD                | 5.55.66  | 1988 | 2000               | Aabid OUAMARI                 | 5.13.09  | 1999 |
| 3000              | Veronique COLLARD                | 8.49.85  | 1989 | 3000               | Bob VERBEECK                  | 7.47.22  | 1984 |
| 5000              | Veronique COLLARD                | 15.41.24 | 1989 | 5000               | Peter DAENENS                 | 13.22.81 | 1985 |
| 10.000            | Veronique COLLARD                | 32.23.39 | 1989 | 10.000             | Roger DEVOGEL                 | 28.24.95 | 1982 |
| Semi marathon     | Jana VAN LENT                    | 1h17.33  | 2023 | Marathon           | Koen NAERT                    | 2h06.56  | 2023 |
| Marathon          | Benedicte COVENS                 | 3h17.15  | 2012 | 110 haies (106 cm) | Frank ASSELMAN                | 13.48    | 1996 |
| 100 haies (84 cm) | Anne ZAGRE                       | 12.71    | 2015 | 400 haies (91 cm)  | Marc DOLLENDORF               | 48.91    | 1996 |
| 400 haies (76 cm) | Hanne CLAES                      | 55.20    | 2018 | 3000 m steeple     | Peter DAENENS                 | 8.24.90  | 1985 |
| 3000 m steeple    | Laurent AGNES                    | 10.36.98 | 2014 | Hauteur            | Guy MOREAU                    | 2m21     | 1975 |
| Hauteur           | Natalja JONCKHEERE               | 1m95     | 1995 | Longueur           | Corentin CAMPENER             | 7m98     | 2018 |
| Longueur          | Corinne DEVRYE                   | 6m28     | 1985 | Triple saut        | Didier FALISE                 | 16m86    | 1986 |
| Triple saut       | Saliyya GUISSSE                  | 13m38    | 2019 | Perche             | Jean Marc JACQUES             | 5m25     | 1982 |
| Perche            | Chloe HENRY                      | 4m30     | 2021 | Poids (7,26 kg)    | Jonathan GUILLAUME            | 15m64    | 2019 |
| Poids (4 kg)      | Jolien BOUMKWO                   | 14m84    | 2018 | Disque (2 kg)      | Stephan Dekker                | 56m67    | 2020 |
| Disque (1 kg)     | Anne PHEULPIN                    | 48m52    | 2022 | Javelot (800 gr)   | Frederic XHONNEUX             | 63m56    | 2008 |
| Javelot (600 gr)  | Pauline SMAL                     | 52m10    | 2023 | Marteau (7,26 kg)  | Claudio SALVAGGIO             | 61m98    | 2022 |
| Marteau (4 kg)    | Irina SUSTELO                    | 56m30    | 2001 | Decathlon          | Frederic XHONNEUX             | 8142 p   | 2008 |
| Heptathlon        | Priscilla HOSTYN                 | 4804 p   | 2012 | 5 km marche        | Benjamin LEROY                | 20.08.24 | 1996 |
| Decathlon         | Laurence GUILLET                 | 5847 p   | 2009 | 4 x 100 m          | M. MORAL - G. VERVLOET        |          |      |
| 4 x 100 m         | A. MORENCY POILVACHE - M. OULARE |          |      | 4 x 200 m          | D. BROOHAERTS - A. FERRO      | 40.60    | 2006 |
|                   | J. BADJI - A. ZAGRE              | 45.98    | 2023 | 4 x 400 m          | M. MORAL - A. GHISLAIN        |          |      |
| 4 x 200 m         | J. MUYLS - N. VANDENDRIESSCHE    |          |      | 4 x 800 m          | A. GILLET - D. BROOHAERTS     | 1.24.15  | 2011 |
|                   | M. NAPLES - C. DEVRYE            | 1.38.53  | 1983 | 4 x 1500 m         | S. LINS - A. BADJI            |          |      |
| 4 x 400 m         | M. SCHAUWER - D. GILLET          |          |      |                    | D. SEGERS - F. MABILLE        | 3.09.47  | 2023 |
|                   | H. CLAES - J. BADJI              | 3.48.08  | 2018 |                    | P. SMEYERS - K. MATTHE        |          |      |
| 4 x 800 m         | D. DEWACHTER - M. STEELS         |          |      |                    | P. VANDEVIJVER - J. LABRUYERE | 7.38.0   | 1975 |
|                   | P. MORTIER - V. COLLARD          | 9.14.89  | 1982 |                    | A. VERSCHELDE - J. VAN ESCH   |          |      |
| Ekiden            | N. LINS - J. VAN LENT            |          |      |                    | A. DEBOECK - B. VERBEECK      | 15.34.88 | 1984 |
|                   | M. JOBLIN - L. GOETHAELS         |          |      | Ekiden             | T. MOUKRIME - K. RUELL        |          |      |
|                   | M. CHYLINSKI - C. MULS           | 2h41.43  | 2022 |                    | P.A. BALHAN - K. NAERT        |          |      |
|                   |                                  |          |      |                    | M. LAHBIB - E. LEJEUNE        | 2h08.59  | 2017 |

EQUIPES MIXTES SENIORS

4 x 400 m J. BADJI - L. SCHOEMAKER - F. MABILLE - A. BAJI 3.29.60 2023

RESC RECORDS OUTDOOR AU 31-10-2023.

Vous trouverez l'ensemble des records dans le Top 15 outdoor all time.

| MASTERS FEMMES                   |                                  |          |      | MASTERS HOMMES       |                               |          |      |
|----------------------------------|----------------------------------|----------|------|----------------------|-------------------------------|----------|------|
| 100                              | Laurence GUILLET                 | 12.73    | 2017 | 100                  | Damien BROOHTHAERTS           | 11.07    | 2019 |
| 200                              | Laurence GUILLET                 | 26.58    | 2016 | 200                  | Damien BROOHTHAERTS           | 22.55    | 2019 |
| 300                              | Nancy NKUMU BAKUBA               | 43.89    | 2018 | 300                  | Julien BALSEN                 | 37.38    | 2021 |
| 400                              | Nancy NKUMU BAKUBA               | 60.23    | 2018 | 400                  | Abdelhakim BOUZIANE           | 52.31    | 2006 |
| 800                              | Marta CHYLINSKY                  | 2.12.37  | 2022 | 800                  | Frederic XHONNEUX             | 1.59.63  | 2018 |
| 1000                             | Marta CHYLINSKY                  | 2.51.21  | 2022 | 1000                 | Bram VANDAMME                 | 2.40.20  | 2017 |
| 1500                             | Mimi STEELS                      | 4.36.30  | 1981 | 1500                 | David COWLISHAW               | 3.54.39  | 2004 |
| Mile                             | Marta CHYLINSKY                  | 4.57.75  | 2022 | Mile                 | Abderrahim GUENNOUN           | 4.46.03  | 2013 |
| 2000                             | Marta CHYLINSKY                  | 9.44.78  | 2022 | 2000                 | Kim RUELL                     | 5.33.14  | 2022 |
| 3000                             | Marta CHYLINSKY                  | 9.44.78  | 2022 | 3000                 | Abderrahim GUENNOUN           | 9.28.22  | 2013 |
| 5000                             | Corine CASTELLANA                | 21.15.49 | 2005 | 5000                 | Kim RUELL                     | 14.52.55 | 2022 |
| 10.000                           | Benedicte COVENS                 | 42.05.27 | 2012 | 10.000               | Christian DULIEU              | 31.25.40 | 1992 |
| Marathon                         | Benedicte COVENS                 | 3H17.15  | 2012 | Marathon             | Guy DEMOL                     | 2.32.05  | 2005 |
| 100 haies (84 cm)                | Laurence GUILLET                 | 14.50    | 2017 | 110 haies (106 cm)   | Broothaerts Damien            | 14.12    | 2018 |
| 400 haies (76 cm)                | Laurence GUILLET                 | 65.33    | 2017 | 400 haies (91 cm)    | Laurent SCHOONEN              | 72.77    | 2014 |
| Hauteur                          | Janet CARDENAS OJITO             | 1m42     | 2012 | 3000 m steeple       | Jean Luc HASSELMANS           | 11.27.98 | 2005 |
| Longueur                         | Corinne DEVRYE                   | 5m26     | 1998 | Hauteur              | Frederic XHONNEUX             | 1m90     | 2018 |
| Triple saut                      | Benedicte ADAM                   | 10m49    | 2017 | Longueur             | Rudi VAN LACNKER              | 6m65     | 2006 |
| Perche                           | Chloe HENRY                      | 3m80     | 2022 | Triple saut          | Yves CINCINATIS               | 14m09    | 1999 |
| Poids (4 kg)                     | Benedicte ADAM                   | 11m20    | 2022 | Perche               | Jef DEWIL                     | 4m71     | 1991 |
| Disque (1 kg)                    | Stephanie REYNAERTS              | 34m32    | 2016 | Poids (7,26 kg)      | Claude CHEVALIER              | 15m08    | 1986 |
| Javelot (600 gr)                 | Stephanie REYNAERTS              | 29m63    | 2017 | Disque (2 kg)        | Stephan DEKKER                | 53m18    | 2022 |
| Marteau (4 kg)                   | Stephanie REYNAERTS              | 33m35    | 2018 | Javelot (800 gr)     | Vladimir PARFENOV             | 62m75    | 2008 |
| Grd poids (9,08 kg)              | Stephanie REYNAERTS              | 9m51     | 2018 | Marteau (7,26 kg)    | Armand METENS                 | 51m46    | 2003 |
| Pentathlon W35                   | Janet CARDENAS OJITO             | 2515 p   | 2013 | Grd poids (11,34 kg) | Laurent SCHOONEN              | 9m66     | 2018 |
| Heptathlon W35                   | Janet CARDENAS OJITO             | 3441 p   | 2013 | Pentathlon M35       | Nicolas SAKOW                 | 2084 p   | 2015 |
| 4 x 100 m                        | C. BOONAERT - V. DEWITTE         |          |      | Decathlon M35        | Frederic XHONNEUX             | 5205 p   | 2022 |
|                                  | N. BONVIN DRAPS - L. GUILLET     | 52.98    | 2017 | 5 km marche          | Didier FOULON                 | 29.39.88 | 2013 |
| 4 x 200 m                        | C. BOONAERT - J. CARDENAS OJITO  |          |      | 4 x 100 m            | J. LAMBERT - N. SAKOW         |          |      |
|                                  | N. NKUMU BAKUBA - L. GUILLET     | 1.53.15  | 2015 |                      | E. FELLEMAN - F. VAN DE VELDE | 47.39    | 2016 |
| 4 X 400 m                        | L. GUILLET - J. CARDENAS OJITO   |          |      | 4 x 200 m            | J. LAMBERT - S. VERRIEZ       |          |      |
|                                  | I. DEBAILLIE - N. NKUMU BAKUBA   | 4.42.09  | 2015 |                      | E. FELLEMAN - F. VAN DE VELDE | 1.44.54  | 2016 |
| 4 X 800 m                        | B. ADAM - S. DUJARDIN            |          |      | 4 x 400 m            | S. KABUYA - F. XHONNEUX       |          |      |
|                                  | N. NKUMU BAKUBA - J. CARDENAS O. | 10.51.30 | 2014 |                      | G. VERVLOET - D. BROOHTHAERTS | 3.45.40  | 2019 |
| Relais suédois                   | J. CARDENAS OJITO - I. DEBAILLIE |          |      | 4 x 800 m            | J. HASSELMANS - J. BECHET     |          |      |
|                                  | C. BOONAERT - M. CARDOSO D.R.    | 2.44.55  | 2012 |                      | G. HUYGENS - G. DEMOL         | 9.28.46  | 2002 |
| Ekiden                           | N. NKUMU BAKUBA - B. COVENS      |          |      | 4 x 1500 m           | J. HASSELMANS - T. HASSELMANS |          |      |
|                                  | J. CARDENAS OJITO - C. BOONAERT  |          |      |                      | G. DEMOL - A. MAGE            | 19.21.87 | 2002 |
|                                  | M. CARDOSO D.R. - S. DUJARDIN    | 3h37.59  | 2015 | Relais suédois       | J. HSAINE - A. GUENNOUN       |          |      |
|                                  |                                  |          |      |                      | F. CAVELIER - R. MANIQUET     | 2.18.79  | 2011 |
|                                  |                                  |          |      | Ekiden               | M. CODUTTI - M. JULY DENIS    |          |      |
|                                  |                                  |          |      |                      | G. TILLIEUX - A. DEBRABANDERE |          |      |
|                                  |                                  |          |      |                      | B. CEUX - J. VANDENBUSSCHE    | 2h42.55  | 2015 |
| <b>MASTERS HOMMES HANDISPORT</b> |                                  |          |      |                      |                               |          |      |
| 100                              | Jacques DENYS                    | 29.37    | 2022 |                      |                               |          |      |
| Poids (6 kg)                     | Jacques DENYS                    | 6m53     | 2019 |                      |                               |          |      |
| Disque (2 kg)                    | Jacques DENYS                    | 15m81    | 2019 |                      |                               |          |      |
| Javelot (800 gr)                 | Jacques DENYS                    | 13m05    | 2020 |                      |                               |          |      |
| Marteau (5 kg)                   | Jacques DENYS                    | 15m69    | 2019 |                      |                               |          |      |

EQUIPES MIXTES MASTERS

4 x 400 m M. CHYLINSKI - K. RUELL - N. NKUMU BAKUBA - D. BROOHTHAERTS 4.05.04 2022