



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

**KANGOUROUS FILLES (1998 - 1997)**

60 m				RC : 10.28	
1	Van De Sype Chloe	97	11.04	17-07	mac
1000 m				RC : 4.22.20	
1	Van De Sype Chloe	97	4.29.12	04-09	rcas
Hauteur				RC : 0m90	
1	Van De Sype Chloe	97	1m01	25-10	rcb
Longueur				RC : 3m64	
1	Van De Sype Chloe	97	3m01	04-07	rfcl
Poids (1 kg)				RC : 5m63	
1	Van De Sype Chloe	97	5m03	16-10	ws
Balle de hockey				RC : 14m98	
1	Van De Sype Chloe	97	16m33	25-09	kks
Tetrathlon				RC : 586 p	
1	Van De Sype Chloe	97	630 p	16-10	ws

**BENJAMINES FILLES (1996 - 1995)**

60 m				RC : 9.30	
1	Englebert Yolaine	96	10.22	15-08	vs
2	Maidane Yasmine	95	10.32	15-05	csf
3	Pholien Alexandra	95	10.37	05-09	spvi
4	Winderickx Tanne	95	10.54	29-05	resc
5	Carpentier Marine	95	10.78	09-10	resc
6	De Muyter Florence	95	10.84	29-05	resc
7	Paulus Jessie	96	10.94	12-09	rsca
8	Potemans Charlotte	96	10.98	26-06	dacm
9	Castrop Sara	96	11.13	26-06	dacm
1000 m				RC : 3.48.40	
1	Maidane Yasmine	95	4.14.66	31-05	rsca
2	De Muyter Florence	95	4.22.32	29-05	resc
3	Castrop Sara	96	4.22.90	12-09	rsca
4	Pholien Alexandra	95	4.25.61	15-08	vs
5	Winderickx Tanne	95	4.32.42	29-05	resc
6	Englebert Yolaine	96	4.35.09	29-05	resc
7	Potemans Charlotte	96	4.43.00	09-10	resc
8	Paulus Jessie	96	5.02.29	26-06	dacm
Hauteur				RC : 1m17	
1	Pholien Alexandra	95	0m88	27-08	resc
2	Paulus Jessie	96	0m85	16-04	resc
3	Maidane Yasmine	95	0m80	16-04	resc
Longueur				RC : 3m88	
1	Maidane Yasmine	95	3m43	12-09	rsca
2	Moors Nathalie	95	3m25	03-04	resc
3	Englebert Yolaine	96	3m12	15-08	vs
4	Pholien Alexandra	95	3m11	05-09	spvi
5	Carpentier Marine	95	3m04	09-10	resc
6	Castrop Sara	96	2m95	12-09	rsca
7	Potemans Charlotte	96	2m90	03-04	resc
8	Paulus Jessie	96	2m74	29-08	riac
	Winderickx Tanne	95	2m74	03-04	resc
10	Yech Chou Sarah	95	2m18	03-04	resc
Poids (1 kg)				RC : 8m63	
1	Maidane Yasmine	95	7m67	26-09	rcas
2	Pholien Alexandra	95	7m51	04-09	spvi
3	Paulus Jessie	96	5m88	26-06	dacm
4	Englebert Yolaine	96	4m94	16-04	resc
5	Potemans Charlotte	96	4m39	03-10	rsca
6	Castrop Sara	96	4m34	26-06	dacm



## ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2004

7	Moors Nathalie	95	4m20	03-04	resc
8	Winderickx Tanne	95	3m60	03-04	resc
9	Yech Chou Sarah	95	3m01	03-04	resc

### Balle de hockey

RC : 28m96

1	Maidane Yasmine	95	19m78	12-06	ws
2	Paulus Jessie	96	19m67	09-10	resc
3	Englebert Yolaine	96	17m11	15-08	vs
4	Pholien Alexandra	95	16m60	15-08	vs
5	Potemans Charlotte	96	14m93	18-09	mac
6	Winderickx Tanne	95	14m00	29-05	resc
7	Moors Nathalie	95	13m80	03-04	resc
8	De Muyter Florence	95	12m53	29-05	resc
9	Castrop Sara	96	11m62	12-06	ws
10	Yech Chou Sarah	95	9m36	03-04	resc

### Tetrathlon

RC : 1332 p

1	Maidane Yasmine	95	1111 p	26-09	rcas
2	Pholien Alexandra	95	799 p	21-07	vs
3	Englebert Yolaine	96	506 p	17-07	mac
4	Potemans Charlotte	96	459 p	18-09	mac
5	Castrop Sara	96	391 p	31-05	rsca
6	Paulus Jessie	96	323 p	17-07	mac

### 4 x 60 m

RC : 37.58

Potemans, Van De Sype, Pholien, Maidane	45.24	12-06	ws
---	-------	-------	----

## PUPILLES FILLES (1994 - 1993)

### 60 m

RC : 8.74

1	Tong Aline	93	9.51	09-10	resc
2	Halewyck Marie	94	9.55	09-10	resc
3	Robert Laura	93	9.59	29-05	resc
4	Ndiaye Marie Christine	93	9.69	17-10	csf
5	De Groote Estelle	93	9.83	26-06	dacm
6	Van Der Perren Jessica	94	9.95	15-05	csf
7	Waegemans Ariane	93	10.18	29-05	resc

### 1000 m

RC : 3.34.85

1	De Groote Estelle	93	3.29.00	12-09	rsca
2	Van Der Perren Jessica	94	3.53.86	31-05	rsca
3	Halewyck Marie	94	3.55.67	15-08	vs
4	Tong Aline	93	4.03.53	25-10	rcb
5	Robert Laura	93	4.11.10	18-09	mac
6	Waegemans Ariane	93	4.26.53	24-04	ws

### 60 m haies (76 cm)

RC : 11.04

1	Tong Aline	93	13.10	26-09	vs
2	De Groote Estelle	93	13.70	29-05	resc
3	Halewyck Marie	94	14.35	29-05	resc
4	Van Der Perren Jessica	94	14.64	12-09	rsca

### Hauteur

RC : 1m31

1	Tong Aline	93	1m16	24-07	rcas
2	De Groote Estelle	93	1m15	26-06	dacm
3	Halewyck Marie	94	1m10	24-07	rcas
	Van Der Perren Jessica	94	1m10	26-06	dacm
5	Waegemans Ariane	93	1m00	03-04	resc

### Longueur

RC : 4m48

1	Tong Aline	93	3m83	31-10	rsca
2	De Groote Estelle	93	3m59	27-08	resc
	Van Der Perren Jessica	94	3m59	09-10	resc
4	Waegemans Ariane	93	3m52	23-05	rcas
5	Halewyck Marie	94	3m50	15-08	vs
6	Robert Laura	93	3m14	18-09	mac

### Poids (2 kg)

RC : 9m41

1	Tong Aline	93	8m43	31-10	rsca
2	Robert Laura	93	7m50	18-09	mac
3	Waegemans Ariane	93	7m02	23-05	rcas



## ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2004

4	De Grootte Estelle	93	6m06	18-09	mac
5	Van Der Perren Jessica	94	5m60	18-09	mac
6	Halewyck Marie	94	5m35	27-08	resc

### Disque (600 gr) RC : 23m00

1	Tong Aline	93	13m12	03-10	rsca
2	Halewyck Marie	94	12m46	09-10	resc
3	Van Der Perren Jessica	94	10m15	03-10	rsca
4	De Grootte Estelle	93	9m61	27-08	resc

### Balle de hockey RC : 35m15

1	Tong Aline	93	35m47	29-08	vs
2	De Grootte Estelle	93	28m26	29-08	vs
3	Waegemans Ariane	93	27m95	29-05	resc
4	Robert Laura	93	27m47	29-05	resc
5	Halewyck Marie	94	24m82	24-07	rcas
6	Van Der Perren Jessica	94	22m44	04-09	rcas

### Tetrathlon RC : 1935 p

1	Tong Aline	93	1612 p	31-10	rsca
2	De Grootte Estelle	93	1441 p	04-09	rcas
3	Robert Laura	93	1323 p	18-09	mac
4	Halewyck Marie	94	1314 p	24-07	rcas
5	Van Der Perren Jessica	94	1213 p	31-10	rsca
6	Waegemans Ariane	93	1125 p	23-05	rcas

### 4 x 60 m RC : 35.44

Van Der Perren, Tong, De Grootte, Halewyck	38.35	29-08	vs
--	-------	-------	----

### MINIMES FILLES (1992 - 1991)

### 80 m RC : 10.64

1	Carlot Sarah	91	10.73	03-07	rcb
2	Meys Jessica	91	11.04	20-05	rfcl
3	Mouzon Emmanuelle	91	11.05	18-09	damp
4	Pena Loreto Rayen	91	11.74	12-09	rsca
5	Villanueva Lais	91	12.12	18-04	rsca
6	Fomenko Lisa	92	12.21	15-05	csf
7	Verlaine Sarah	91	12.53	29-05	resc
8	De Grootte Coralie	91	12.67	05-09	spvi
	Legasse Alison	92	12.67	24-04	ws
10	Codrea Beatrix	91	12.84	16-10	ws
11	Colson Isabelle	91	12.94	18-09	mac
	Simoncini Natasha	92	12.94	12-09	rsca
13	Camacho Fiona	92	13.20	16-10	ws
14	Kebdani Nora	92	13.27	24-04	ws
15	De Terwangne Charline	92	13.43	24-04	ws
16	Vanden Broeck Nolwen	91	13.46	16-10	ws
17	Cougnet Manon	91	14.31	29-05	resc

### 150 m RC : 20.44

1	Carlot Sarah	91	20.13	03-10	aclo
2	Meys Jessica	91	20.94	24-04	ws
3	Mouzon Emmanuelle	91	21.41	24-04	ws
4	Pena Loreto Rayen	91	22.14	12-09	rsca
5	Fomenko Lisa	92	22.44	12-09	rsca
6	Verlaine Sarah	91	23.92	26-06	dacm
7	Legasse Alison	92	24.24	24-04	ws
8	De Grootte Coralie	91	24.57	26-06	dacm
9	De Terwangne Charline	92	25.68	26-06	dacm
10	Kebdani Nora	92	25.72	26-06	dacm
11	Vanden Broeck Nolwen	91	25.87	24-04	ws

### 300 m RC : 44.97

1	Carlot Sarah	91	44.36	17-10	csf
2	Mouzon Emmanuelle	91	45.92	15-08	vs
3	Fomenko Lisa	92	49.56	10-10	rcas
4	Verlaine Sarah	91	50.81	17-10	csf
5	Pena Loreto Rayen	91	51.20	15-08	vs
6	Villanueva Lais	91	52.57	17-10	csf
7	De Grootte Coralie	91	53.88	09-10	resc



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

8	Vanden Broeck Nolwen	91	54.74	10-10	rcas
9	Camacho Fiona	92	56.30	09-10	resc
10	Kebdani Nora	92	58.88	09-10	resc

1000 m RC : 3.22.48

1	Mouzon Emmanuelle	91	3.19.90	09-10	resc
2	Carlot Sarah	91	3.31.18	29-05	resc
3	Codrea Beatrix	92	3.31.87	31-10	rsca
4	Vanden Broeck Nolwen	91	3.44.77	23-05	rcas
5	De Terwangne Charline	92	3.47.11	23-05	rcas
6	Fomenko Lisa	92	3.52.90	12-06	ws
7	Meys Jessica	91	3.53.30	31-05	rsca
8	Verlaine Sarah	91	3.58.54	08-05	resc
9	Kebdani Nora	92	4.07.95	26-06	dacm
10	Legasse Alison	92	4.08.29	24-04	ws
11	Camacho Fiona	92	4.08.95	09-10	resc
12	Lenaerts Manon	92	4.09.60	12-09	rsca
13	Villanueva Lais	91	4.10.10	17-07	mac
14	Pena Loreto Rayen	91	4.13.62	04-09	rcas
15	De Groote Coralie	91	4.14.02	26-09	rcas
16	Cougnet Manon	91	4.20.37	09-10	resc

60 m haies (76 cm) RC : 10.05

1	Mouzon Emmanuelle	91	10.20	26-06	dacm
2	Meys Jessica	91	10.88	29-05	resc
3	Carlot Sarah	91	11.36	20-05	rfcl
4	Fomenko Lisa	92	12.04	12-09	rsca
5	Villanueva Lais	91	12.34	26-06	dacm
6	Pena Loreto Rayen	91	12.96	05-09	spvi
7	De Terwangne Charline	92	13.39	23-05	rcas
8	Vanden Broeck Nolwen	91	14.44	26-06	dacm
9	De Groote Coralie	91	14.50	26-09	rcas
10	Kebdani Nora	92	15.21	23-05	rcas
11	Cougnet Manon	91	15.36	29-05	resc

Hauteur RC : 1m57

1	Mouzon Emmanuelle	91	1m45	12-09	rsca
2	Carlot Sarah	91	1m35	05-09	spvi
3	Meys Jessica	91	1m30	16-04	resc
4	Pena Loreto Rayen	91	1m25	18-09	mac
5	De Terwangne Charline	92	1m22	23-05	rcas
6	Fomenko Lisa	92	1m19	16-10	ws
	Vanden Broeck Nolwen	91	1m19	16-10	ws
7	Codrea Beatrix	92	1m10	16-10	ws
	Villanueva Lais	91	1m10	17-07	mac
9	Camacho Fiona	92	1m07	16-10	ws
10	Kebdani Nora	92	1m01	23-05	rcas
11	Colson Isabelle	91	1m00	18-09	mac
	De Groote Coralie	91	1m00	26-09	rcas
	Verlaine Sarah	91	1m00	16-04	resc

Longueur RC : 5m00

1	Carlot Sarah	91	4m78	15-05	csf
2	Meys Jessica	91	4m71	03-07	rcb
3	Mouzon Emmanuelle	91	4m54	18-09	damp
4	Pena Loreto Rayen	91	4m14	29-08	riaac
5	Villanueva Lais	91	4m02	09-10	resc
6	Fomenko Lisa	92	3m84	15-05	csf
7	Simoncini Natasha	92	3m69	12-09	rsca
8	Codrea Beatrix	92	3m63	31-10	rsca
9	De Terwangne Charline	92	3m55	23-05	rcas
10	De Groote Coralie	91	3m38	09-10	resc
11	Cougnet Manon	91	3m36	09-10	resc
12	Vanden Broeck Nolwen	91	3m25	16-10	ws
	Verlaine Sarah	91	3m25	03-04	resc
14	Kebdani Nora	92	3m16	26-06	dacm
15	Lenaerts Manon	92	3m13	12-09	rsca
16	Legasse Alison	92	3m10	03-04	resc
17	Camacho Fiona	92	2m94	09-10	resc



## ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2004

Perche			RC : 2m25		
1	Mouzon Emmanuelle	91	2m40	09-10	resc

  

Poids (2 kg)			RC : 13m12		
1	Mouzon Emmanuelle	91	10m80	25-10	rcb
2	Villanueva Lais	91	9m82	15-08	vs
3	Meys Jessica	91	9m29	17-10	csf
4	Pena Loreto Rayen	91	8m48	29-05	resc
5	Carlot Sarah	91	8m34	29-05	resc
6	De Groote Coralie	91	7m73	18-09	mac
7	Codrea Beatrix	92	7m30	31-10	rsca
8	Cougnat Manon	91	6m76	09-10	resc
	Verlaine Sarah	91	6m76	08-05	resc
10	Fomenko Lisa	92	6m62	29-05	resc
11	De Terwangne Charline	92	6m37	23-05	rcas
12	Vanden Broeck Nolwen	91	6m01	29-05	resc
13	Kebdani Nora	92	5m73	23-05	rcas
14	Legasse Alison	92	5m46	03-04	resc
15	Camacho Fiona	92	5m14	16-10	ws
16	Simoncini Natasha	92	4m68	12-09	rsca
17	Colson Isabelle	91	3m64	18-09	mac

  

Disque (600 gr)			RC : 32m53		
1	Villanueva Lais	91	23m82	03-10	rsca
2	Meys Jessica	91	23m60	03-04	resc
3	Mouzon Emmanuelle	91	23m18	16-04	resc
4	Carlot Sarah	91	22m23	28-08	cabw
5	Verlaine Sarah	91	17m03	03-04	resc
6	Pena Loreto Rayen	91	16m74	27-08	resc
7	De Groote Coralie	91	15m21	27-08	resc
8	Codrea Beatrix	92	13m68	31-10	rsca
9	Vanden Broeck Nolwen	91	13m15	15-05	csf
10	Fomenko Lisa	92	12m49	16-04	resc
11	Legasse Alison	92	11m60	03-04	resc
12	Kebdani Nora	92	9m60	27-08	resc

  

Javelot (400 gr)			RC : 29m28		
1	Mouzon Emmanuelle	91	29m98	25-10	rcb
2	Carlot Sarah	91	22m57	18-09	damp
3	Meys Jessica	91	21m96	10-10	rcas
4	Villanueva Lais	91	18m67	03-10	rsca
5	Pena Loreto Rayen	91	17m31	04-09	rcas
6	Fomenko Lisa	92	15m36	10-10	rcas
7	Verlaine Sarah	91	13m90	16-04	resc
8	Vanden Broeck Nolwen	91	11m60	31-05	rsca
9	De Terwangne Charline	92	11m13	08-05	resc
10	Kebdani Nora	92	9m44	16-04	resc
11	De Groote Coralie	91	9m35	26-06	dacm

  

Pentathlon			RC : 2904 p		
1	Mouzon Emmanuelle	91	3021 p	25-10	rcb
2	Carlot Sarah	91	2476 p	15-05	csf
3	Meys Jessica	91	2295 p	08-05	resc
4	Villanueva Lais	91	1870 p	17-07	mac
5	Codrea Beatrix	92	1847 p	16-10	ws
6	Fomenko Lisa	92	1768 p	16-10	ws
7	Pena Loreto Rayen	91	1767 p	18-09	mac
8	De Terwangne Charline	92	1757 p	23-05	rcas
9	Vanden Broeck Nolwen	91	1527 p	16-10	ws
10	Verlaine Sarah	91	1446 p	18-09	mac
11	De Groote Coralie	91	1389 p	18-09	mac
12	Camacho Fiona	92	1170 p	16-10	ws
13	Kebdani Nora	92	1016 p	23-05	rcas

  

4 x 80 m			RC : 42.79		
	Mouzon, Carlot, Meys, Pena Loreto		42.69	10-10	rcas



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

CADETTES FILLES (1990 - 1989)

100 m				RC : 12.64	
1	Hostyn Priscilla	90	13.70	25-04	csf
2	Archambeau Aline	90	13.88	17-10	csf
3	Dikoume Jaelle	89	14.14	29-05	resc
4	Tshupula Bitota Marie	89	14.16	25-04	csf
5	Naji Afaf	89	14.63	25-04	csf
200 m				RC : 26.14	
1	Hostyn Priscilla	90	28.06	23-05	rcas
2	Dikoume Jaelle	89	28.54	29-05	resc
3	Archambeau Aline	90	29.06	21-08	oeh
4	Gori Ludivyne	90	29.84	25-04	csf
5	Hellemans Julie	90	31.28	25-04	csf
300 m				RC : 42.65	
1	Hostyn Priscilla	90	44.74	12-06	ws
400 m				RC : 57.61	
1	Dikoume Jaelle	89	63.89	03-07	rcb
800 m				RC : 2.22.80	
1	Dikoume Jaelle	89	2.33.46	09-05	smac
2	Hostyn Priscilla	90	2.40.25	26-09	rcas
3	Archambeau Aline	90	2.41.13	25-04	csf
4	Verlaine Maureen	90	2.51.81	29-05	resc
5	Scanu Sofia	89	3.10.91	02-05	spa
1500 m				RC : 5.02.54	
1	Verlaine Maureen	90	5.51.55	20-05	cabw
2	Scanu Sofia	89	6.11.64	25-04	csf
80 m haies (76 cm)				RC : 11.95	
1	Hostyn Priscilla	90	13.08	20-05	cabw
2	Archambeau Aline	90	14.82	26-09	rcas
3	Verlaine Maureen	90	18.56	29-05	resc
300 m haies (76 cm)				RC : 45.51	
1	Hellemans Julie	90	55.18	02-05	spa
1500 m steeple (76 cm)				RC : -	
1	Archambeau Aline	90	6.22.37	17-10	csf
2	Hostyn Priscilla	90	6.55.99	24-07	rcas
Hauteur				RC : 1m68	
1	Hostyn Priscilla	90	1m42	26-09	rcas
2	Archambeau Aline	90	1m40	25-04	csf
Longueur				RC : 5m74	
1	Hostyn Priscilla	90	5m05	29-05	resc
2	Archambeau Aline	90	4m40	21-08	oeh
3	Verlaine Maureen	90	4m00	29-05	resc
Triple saut				RC : 11m71	
1	Naji Afaf	89	11m05	02-05	spa
2	Hostyn Priscilla	90	10m85	05-09	looi
Perche				RC : 3m26	
1	Hostyn Priscilla	90	2m30	02-10	rfcl
Poids (3 kg)				RC : 12m10	
1	Waegemans Aurore	90	9m97	25-04	csf
2	Hostyn Priscilla	90	8m80	26-09	rcas
3	Archambeau Aline	90	7m85	18-04	rsca
4	Dikoume Jaelle	89	4m84	02-05	spa



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

Disque (1 kg)		RC : 37m60			
1	Waegemans Aurore	90	18m34	25-04	csf
2	Kebdani Nadia	89	15m38	02-05	spa
3	Verlaine Maureen	90	14m69	25-04	csf

Javelot (500 gr)		RC : 36m86			
1	Hostyn Priscilla	90	22m69	22-08	hf
2	Archambeau Aline	90	21m41	26-09	rcas
3	Kebdani Nadia	89	20m31	02-05	spa
4	Verlaine Maureen	90	10m98	25-04	csf

Hexathlon		RC : 3625 p			
1	Hostyn Priscilla	90	3007 p	26-09	rcas
2	Archambeau Aline	90	2614 p	26-09	rcas

4 x 100 m		RC : 50.59			
Archambeau, Hellemans, Tshupula Bitota, Hostyn		52.54	29-08	riaac	

**SCOLAIRES FEMMES (1988 - 1987)**

100 m		RC : 12.41			
1	Bapu Kabuya Andrea	88	13.58	28-08	cabw
2	De Groote Florence	88	14.35	29-05	resc

200 m		RC : 25.34			
1	Bapu Kabuya Andrea	88	28.10	09-05	smac
2	De Groote Florence	88	29.36	23-05	rcas

300 m		RC : 39.65			
1	Bapu Kabuya Andrea	88	45.19	17-10	csf
2	De Groote Florence	88	47.58	22-06	spvi

400 m		RC : 56.03			
1	De Groote Florence	88	70.47	25-04	csf
2	M'Buji Bokasa Maylor	88	70.77	02-05	spa

800 m		RC : 2.15.60			
1	Boussar Hanan	87	2.32.00	17-10	csf
2	De Groote Florence	88	2.53.72	23-05	rcas

1500 m		RC : 4.50.73			
1	Boussar Hanan	87	5.14.84	20-05	cabw

3000 m		RC : 10.43.20			
1	Boussar Hanan	87	12.08.34	02-05	spa

100 m haies (76 cm)		RC : 13.92			
1	Huybrechts Isabelle	87	15.83	02-05	spa
2	De Groote Florence	88	17.32	26-09	rcas

400 m haies (76 cm)		RC : 68.18			
1	Silberfeld Sophie	87	72.43	20-05	cabw
2	Urbain Fanny	87	82.33	02-05	spa

Hauteur		RC : 1m68			
1	De Groote Florence	88	1m30	23-05	rcas

Longueur		RC : 6m08			
1	De Groote Florence	88	4m35	09-05	smac

Triple saut		RC : 12m15			
1	Urbain Fanny	87	9m00	02-05	spa

Poids (4 kg)		RC : 12m19			
1	De Meyer Laurence	88	9m45	02-05	spa
2	De Groote Florence	88	8m67	25-04	csf

Disque (1 kg)		RC : 47m99			
1	De Meyer Laurence	88	23m15	02-05	spa



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

Javelot (600 gr)			RC : 36m78		
1	Huybrechts Isabelle	87	32m68	15-07	FRA
2	De Grootte Florence	88	22m15	26-09	rcas
Marteau (4 kg)			RC : 50m43		
1	De Meyer Laurence	88	26m03	02-10	rfcl
Heptathlon			RC : 2609 p		
1	De Grootte Florence	88	2847 p	26-09	rcas
4 x 100 m			RC : 48.97		
Bapu Kabuya, Urbain, Huybrechts, De Grootte			52.55	09-05	smac

**JUNIORS FEMMES (1986 - 1985)**

100 m			RC : 12.11		
1	Sende Patricia	85	12.90	02-05	resc
2	Locrel Anne Julie	86	13.80	24-07	vita
3	Brion Sophie	85	13.85	12-06	ws
200 m			RC : 24.65		
1	Sende Patricia	85	27.52	23-05	rcas
2	Brion Sophie	85	28.06	05-06	csf
300 m			RC : 39.65		
1	Sende Patricia	88	44.68	17-10	csf
100 m haies (84 cm)			RC : 13.99		
1	Locrel Anne Julie	86	16.62	04-09	rcas
2	Brion Sophie	85	17.36	05-06	csf
Hauteur			RC : 1m81		
1	Locrel Anne Julie	86	1m61	09-05	smac
Longueur			RC : 6m08		
1	Locrel Anne Julie	86	5m19	17-07	vs
Triple saut			RC : 12m15		
1	Locrel Anne Julie	86	9m92	12-05	cabw
Poids (4 kg)			RC : 13m12		
1	Locrel Anne Julie	86	8m87	13-06	cabw
Javelot (600 gr)			RC : 38m45		
1	Locrel Anne Julie	86	30m59	25-04	csf

**ESPOIRS FEMMES (1984 - 1983 - 1982)**

100 m			RC : 12.11		
1	Lambert Amandine	82	14.26	17-08	vita
200 m			RC : 24.65		
1	Lambert Amandine	82	29.74	17-08	vita
Poids (4 kg)			RC : 13m12		
1	Sustelo Irina	83	12m30	28-08	lebb
Disque (1 kg)			RC : 47m99		
1	Sustelo Irina	83	45m21	28-08	lebb
Javelot (600 gr)			RC : 38m45		
1	Sustelo Irina	83	34m80	28-08	lebb
Marteau (4 kg)			RC : 56m30		
1	Sustelo Irina	83	51m57	15-08	moha





ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

SENIORS FEMMES (1984 - 1970)

100 m				RC : 11.84	
1	Adam Benedicte	78	12.97	02-05	resc
2	Dewitte Valerie	80	13.02	02-05	resc
3	Vanhove Karolien	78	13.07	20-06	wrc
4	Lambert Amandine	82	14.26	17-08	vita
200 m				RC : 24.03	
1	Adam Benedicte	78	26.35	29-05	resc
2	Dewitte Valerie	80	26.39	20-05	acw
3	Vanhove Karolien	78	27.07	10-09	csf
4	Lambert Amandine	82	29.74	17-08	vita
5	Guillet Laurence	80	30.35	26-09	rcas
6	Reynaerts Stephanie	80	34.79	26-09	rcas
300 m				RC : 39.65	
1	Adam Benedicte	78	41.58	12-06	ws
400 m				RC : 56.03	
1	Adam Benedicte	78	58.15	09-05	smac
2	Dewitte Valerie	80	58.80	27-06	rfcl
800 m				RC : 2.05.85	
1	De Buyst Nadia	73	2.42.46	09-05	smac
2	Guillet Laurence	80	2.58.24	26-09	rcas
3	Reynaerts Stephanie	80	3.18.16	26-09	rcas
1500 m				RC : 4.12.85	
1	Cawet Daphne	80	5.25.42	09-05	smac
Marathon				RC : -	
1	De Smet Sarah	73	3h50.32	10-10	bxl
2	De Buyst Nadia	73	4h04.19	10-10	bxl
100 m haies (84 cm)				RC : 13.82	
1	Guillet Laurence	80	17.27	26-09	rcas
2	Reynaerts Stephanie	80	18.91	26-09	rcas
3	Cawet Daphne	80	20.68	09-05	smac
2000 m steeple (76 cm)				RC : -	
1	Reynaerts Stephanie	80	11.00.24	24-07	rcas
Hauteur				RC : 1m95	
1	Reynaerts Stephanie	80	1m36	26-09	rcas
2	Guillet Laurence	80	1m33	26-09	rcas
Longueur				RC : 6m28	
1	Guillet Laurence	80	4m58	26-09	rcas
2	Vanhove Karolien	78	4m55	31-07	spvi
3	Reynaerts Stephanie	80	4m21	24-07	rcas
Poids (4 kg)				RC : 13m12	
1	Sustelo Irina	83	12m30	28-08	lebb
2	Reynaerts Stephanie	80	10m80	31-05	rsca
3	De Buyst Nadia	73	7m83	25-04	csf
4	Guillet Laurence	80	7m22	26-09	rcas
Disque (1 kg)				RC : 47m99	
1	Sustelo Irina	83	45m21	28-08	lebb
2	Reynaerts Stephanie	80	30m32	15-08	moha
3	De Buyst Nadia	73	28m97	15-05	csf
Javelot (600 gr)				RC : 38m45	
1	Sustelo Irina	83	34m80	28-08	lebb
2	Reynaerts Stephanie	80	32m89	02-10	jsmc
3	Adam Benedicte	78	31m61	09-05	smac
4	De Buyst Nadia	73	20m43	25-04	csf
5	Guillet Laurence	80	17m26	26-09	rcas



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

Marteau (4 kg)		RC : 56m30			
1	Sustelo Irina	83	51m57	15-08	moha
2	Reynaerts Stephanie	80	29m05	03-10	rsca
3	De Buyst Nadia	73	21m20	03-10	rsca

Heptathlon		RC : 3974 p			
1	Guillet Laurence	80	2880 p	26-09	rcas
2	Reynaerts Stephanie	80	2561 p	26-09	rcas

4 x 100 m		RC : 46.95			
Vanhove, Adam, Sende, Guillet		52.54		29-08	riaac

4 x 400 m		RC : 3.54.68			
Dikoume, Dewitte, Boussar, Adam		4.07.68		09-05	smac

Ekiden		RC : -			
De Buyst, Collard, Cawet, Lejeune, Boussar, Castellana		3h10.19		18-04	bxl

**MASTERS FEMMES 35**

100 m		RC : 13.37			
1	Castellana Corine	68	17.14	25-04	csf

400 m		RC : 65.52			
1	Castellana Corine	68	78.55	06-06	hf

800 m		RC : 2.14.21			
1	Castellana Corine	68	3.00.62	23-05	rcas
2	Watson Michele	65	3.06.72	06-06	hf

1500 m		RC : 4.36.30			
1	Castellana Corine	68	6.01.81	02-05	resc

3000 m		RC : 9.29.60			
1	Collard Florence	66	11.02.58	09-05	smac
2	Castellana Corine	68	13.17.72	09-05	smac

5000 m		RC : 16.48.60			
1	Castellana Corine	68	21.56.83	31-10	rsca

10 000 m		RC : -			
1	Castellana Corine	68	46.43.03	16-10	ws

1 heure		RC : -			
1	Castellana Corine	68	12 936 m	16-10	ws

Marathon		RC : -			
1	Castellana Corine	68	3h59.54	10-10	bxl
2	Watson Michele	65	4h19.09	10-10	bxl

Hauteur		RC : -			
1	Collard Florence	66	1m25	06-06	hf
2	Castellana Corine	68	1m00	23-05	rcas

Longueur		RC : 5m26			
1	Castellana Corine	68	3m36	25-04	csf

Poids (4 kg)		RC : -			
1	Bosson Karin	66	5m63	06-06	hf

4 x 100 m		RC : -			
Collard, Castellana, Vandendael, Michaux		62.58		06-06	hf

**MASTERS FEMMES 45**

Disque (1 kg)		RC : -			
1	Quicke Evelyne	57	24m37	06-06	hf



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

Javelot (600 gr)			RC : -		
1	Quicke Evelyne	57	22m00	06-06	hf

**MASTERS FEMMES 50**

100 m			RC : -		
1	Vandendael Alice	53	16.87	25-04	csf

Longueur			RC : -		
1	Vandendael Alice	53	3m45	06-06	hf

**BENJAMINS GARÇONS (1996 - 1995)**

60 m			RC : 9.20		
1	Nicodeme Romain	95	9.82	18-04	rsca
2	Valastro Alexandre	95	10.05	26-06	dacm
3	Delatte Lionel	95	10.08	20-06	wrc
4	Lebailly Killian	95	10.14	09-10	resc
	Potemans Anton	96	10.14	18-09	mac
6	Beeckman Amaury	95	10.36	26-06	dacm
	Gonzalez Alexandre	95	10.36	09-10	resc
8	De Coster Alexis	96	10.57	26-06	dacm
9	Kalamba Mukengele Melvin	95	10.88	29-05	resc
10	Sacre Gauthier	95	10.89	09-10	resc
11	Van Haudenard Thomas	96	11.94	29-05	resc
12	Reniere Tim	95	12.13	26-06	dacm
13	S'Heeren Pierrick	95	12.30	26-06	dacm
14	Van Rechem Adrien	96	12.44	29-05	resc
15	Ghamissou Jalel	96	12.71	08-05	resc

1000 m			RC : 3.32.40		
1	Nicodeme Romain	95	3.36.97	29-05	resc
2	Lebailly Killian	95	3.43.14	15-08	vs
3	De Coster Alexis	96	3.45.00	18-09	mac
4	Potemans Anton	96	3.49.62	09-10	resc
5	Gonzalez Alexandre	95	4.01.26	12-06	ws
6	Delatte Lionel	95	4.02.42	12-06	ws
7	Valastro Alexandre	95	4.03.59	09-10	resc
8	Beeckman Amaury	95	4.10.04	15-05	csf
9	Sacre Gauthier	95	4.26.01	05-06	csf
10	Van Haudenard Thomas	96	4.30.40	29-05	resc
11	Ghamissou Jalel	96	4.31.85	08-05	resc
12	S'Heeren Pierrick	95	4.43.39	15-05	csf
13	Van Rechem Adrien	96	5.01.46	29-05	resc
14	Reniere Tim	95	5.11.77	26-06	dacm

Hauteur			RC : 1m23		
1	Nicodeme Romain	95	1m13	04-09	rcas
2	Delatte Lionel	95	1m05	05-09	spvi
3	Beeckman Amaury	95	1m02	15-05	csf
4	Gonzalez Alexandre	95	1m00	05-09	spvi
5	Lebailly Killian	95	0m97	08-05	resc
6	Valastro Alexandre	95	0m96	31-05	rsca
7	Potemans Anton	96	0m94	27-08	resc
8	De Coster Alexis	96	0m91	08-05	resc
9	De Lombaert Simon	95	0m90	16-04	resc
10	Ghamissou Jalel	96	0m85	08-05	resc
11	Kalamba Mukengele Melvin	95	0m80	16-04	resc

Longueur			RC : 3m95		
1	Valastro Alexandre	95	3m66	17-07	mac
2	Nicodeme Romain	95	3m60	12-06	ws
3	De Coster Alexis	96	3m35	26-09	rcas
4	Gonzalez Alexandre	95	3m32	12-09	rsca
5	Sacre Gauthier	95	3m23	09-10	resc
6	Lebailly Killian	95	3m19	09-10	resc
7	Beeckman Amaury	95	3m17	09-10	resc
	Potemans Anton	96	3m17	25-10	rcb
9	Delatte Lionel	95	3m16	09-10	resc
10	De Lombaert Simon	95	2m75	03-04	resc



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

Poids (1 kg)			RC : 11m68		
1	Nicodeme Romain	95	10m03	05-09	spvi
2	Beeckman Amaury	95	9m00	09-10	resc
3	Delatte Lionel	95	8m53	03-10	rsca
4	Potemans Anton	96	7m40	03-10	rsca
5	Valastro Alexandre	95	6m74	03-04	resc
6	Lebailly Killian	95	6m70	31-05	rsca
7	De Lombaert Simon	95	6m19	16-04	resc
8	De Coster Alexis	96	5m48	05-09	spvi
9	Kalamba Mukengele Melvin	95	5m03	16-04	resc
10	S'Heeren Pierrick	95	5m02	15-05	csf
11	Gonzalez Alexandre	95	4m23	08-05	resc
12	Ghamissou Jalel	96	3m32	08-05	resc

Balle de hockey			RC : 38m73		
1	Potemans Anton	96	32m59	18-09	mac
2	Nicodeme Romain	95	32m18	26-09	rcas
3	Delatte Lionel	95	25m28	18-09	mac
4	Valastro Alexandre	95	24m40	16-04	resc
5	Beeckman Amaury	95	23m32	26-06	dacm
6	De Coster Alexis	96	23m31	26-09	rcas
7	Lebailly Killian	95	22m45	15-08	vs
8	De Lombaert Simon	95	21m73	16-04	resc
9	Sacre Gauthier	95	21m58	09-10	resc
10	Reniere Tim	95	20m49	26-06	dacm
11	Van Haudenard Thomas	96	19m87	29-05	resc
12	Gonzalez Alexandre	95	17m57	29-05	resc
13	Van Rechem Adrien	96	15m22	29-05	resc
14	Kalamba Mukengele Melvin	95	14m95	29-05	resc
15	S'Heeren Pierrick	95	14m55	26-06	dacm
16	Ghamissou Jalel	96	14m16	26-06	dacm

Tetrathlon			RC : 1826 p		
1	Nicodeme Romain	95	1553 p	18-09	damp
2	Potemans Anton	96	1256 p	18-09	mac
3	Beeckman Amaury	95	1248 p	15-05	csf
4	Delatte Lionel	95	1242 p	16-10	ws
5	De Coster Alexis	96	1189 p	26-09	rcas
6	Lebailly Killian	95	1148 p	31-05	rsca
7	Valastro Alexandre	95	1102 p	31-05	rsca
8	Gonzalez Alexandre	95	820 p	31-05	rsca
9	Ghamissou Jalel	96	422 p	08-05	resc
10	S'Heeren Pierrick	95	404 p	15-05	csf

4 x 60 m			RC : 37.27		
Nicodeme, Valastro, Potemans, Delatte			41.07	12-06	ws

**PUPILLES GARÇONS (1994 - 1993)**

60 m			RC : 8.42		
1	Lohombo Djongakadje Louis	93	8.88	16-10	ws
2	Elsen Daan	94	9.14	21-08	mac
3	Crouze Ronald	93	9.21	15-05	csf
4	Diallo Oumar	94	9.58	04-09	rcas
5	Denys Gregory	93	9.68	29-08	riac
6	Caluwe Morgan	93	9.83	24-07	rcas
7	Elkhettabi Mehdi	93	10.10	08-05	resc
8	Van De Sype Arnaud	94	10.14	01-05	roba
9	Watson Ian	94	10.21	08-05	resc
10	Vanden Broeck Maxance	93	10.35	03-10	ws
11	Devis Julien	93	10.40	26-06	dacm
12	Van De Sype Vincent	93	10.41	24-07	ob
13	Soto Moral Fabian	93	10.80	08-05	resc
14	Heremans Bruno	94	10.97	26-06	dacm
15	Zaghdoudi Jamil	93	11.01	31-05	rsca
16	Dubois Kevin	94	11.32	29-05	resc
17	Zaghdoudi Jasser	93	11.61	08-05	resc



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

1000 m		RC : 3.17.22			
1	Lohombo Djongakadje Louis	93	3.36.88	09-10	resc
2	Elkhettabi Mehdi	93	3.40.81	08-05	resc
3	Vanden Broeck Maxance	93	3.40.93	24-04	ws
4	Denys Gregory	93	3.42.16	09-10	resc
5	Elsen Daan	94	3.43.65	08-05	resc
6	Crouze Ronald	93	3.43.68	15-05	csf
7	Caluwe Morgan	93	3.49.79	29-05	resc
8	De Lombaert Quentin	93	3.55.01	25-10	rcb
9	Soto Moral Fabian	93	3.56.40	29-05	resc
10	Watson Ian	94	3.57.41	05-09	spvi
11	Van De Sype Vincent	93	4.04.51	31-10	rsca
12	Diallo Oumar	94	4.06.52	26-09	rcas
13	Dubois Kevin	94	4.08.86	29-05	resc
14	Zaghoudi Jasser	93	4.18.77	31-05	rsca
15	Van De Sype Arnaud	94	4.37.74	01-05	roba
16	Zaghoudi Jamil	93	4.41.77	31-05	rsca
17	Heremans Bruno	94	4.48.71	09-10	resc

  

60 m haies (76 cm)		RC : 10.24			
1	Elsen Daan	94	12.04	26-06	dacm
2	Lohombo Djongakadje Louis	93	12.35	25-10	rcb
3	Diallo Oumar	94	13.17	12-06	ws
4	Denys Gregory	93	13.50	29-05	resc
5	Van De Sype Vincent	93	13.60	29-05	resc
6	Watson Ian	94	13.84	26-06	dacm
7	De Lombaert Quentin	93	14.04	25-10	rcb
8	Caluwe Morgan	93	14.44	12-09	rsca
9	Van De Sype Arnaud	94	14.48	25-10	rcb
10	Soto Moral Fabian	93	16.02	20-06	wrc
11	Vanden Broeck Maxance	93	17.80	29-05	resc

  

Hauteur		RC : 1m48			
1	Van De Sype Vincent	93	1m37	26-09	vs
2	Crouze Ronald	93	1m30	21-08	mac
3	Elsen Daan	94	1m28	04-09	rcas
4	Van De Sype Arnaud	94	1m20	25-09	kks
5	Zaghoudi Jamil	93	1m14	31-05	rsca
6	Soto Moral Fabian	93	1m11	08-05	resc
7	Caluwe Morgan	93	1m10	26-06	dacm
	Denys Gregory	93	1m10	03-04	resc
9	Elkhettabi Mehdi	93	1m05	08-05	resc
	Van Den Bossche Glen	93	1m05	03-04	resc
	Watson Ian	94	1m05	08-05	resc
	Zaghoudi Jasser	93	1m05	08-05	resc
13	Diallo Oumar	94	1m01	04-09	rcas
14	De Lombaert Quentin	93	1m00	03-04	resc
	Van Den Bossche Ken	93	1m00	03-04	resc
16	Dubois Kevin	94	0m95	23-05	rcas
	Vanden Broeck Maxance	93	0m95	03-10	ws

  

Longueur		RC : 4m66			
1	Lohombo Djongakadje Louis	93	4m10	25-10	rcb
2	Crouze Ronald	93	3m90	18-07	dac
3	Van De Sype Vincent	93	3m88	25-10	rcb
4	Elsen Daan	94	3m85	12-06	ws
5	Van De Sype Arnaud	94	3m78	26-09	vs
6	Watson Ian	94	3m75	26-06	dacm
7	Denys Gregory	93	3m70	03-07	rcb
8	Caluwe Morgan	93	3m66	24-07	rcas
9	Diallo Oumar	94	3m64	12-09	rsca
10	Elkhettabi Mehdi	93	3m57	05-09	spvi
11	Van Den Bossche Glen	93	3m47	03-04	resc
12	Van Den Bossche Ken	93	3m39	03-04	resc
13	De Lombaert Quentin	93	3m31	25-10	rcb
14	Vanden Broeck Maxance	93	3m28	26-06	dacm
15	Abou Messaoud Faouzi	94	3m10	16-04	resc
16	Papadiz Anthony	93	3m06	16-04	resc
17	Soto Moral Fabian	93	3m00	16-04	resc
18	Dubois Kevin	94	2m67	09-10	resc
19	Heremans Bruno	94	2m43	09-10	resc



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

Poids (2 kg)		RC : 10m58			
1	Elsen Daan	94	9m65	18-09	mac
2	Van De Sype Vincent	93	8m42	09-10	resc
3	Diallo Oumar	94	8m34	17-07	mac
4	Crouze Ronald	93	8m05	05-09	spvi
5	Soto Moral Fabian	93	7m83	31-05	rsca
6	Denys Gregory	93	7m82	15-08	moha
7	Van De Sype Arnaud	94	7m46	03-10	rsca
8	Lohombo Djongakadje Louis	93	6m70	16-10	ws
9	Zaghoudi Jamil	93	6m29	08-05	resc
10	Elkhettabi Mehdi	93	6m25	18-09	mac
11	Van Den Bossche Glen	93	5m94	03-04	resc
12	Watson Ian	94	5m91	27-08	resc
13	Papadiz Anthony	93	5m86	16-04	resc
14	Zaghoudi Jasser	93	5m38	31-05	rsca
15	De Lombaert Quentin	93	5m26	16-04	resc
16	Vanden Broeck Maxance	93	5m21	27-08	resc
17	Caluwe Morgan	93	5m20	17-07	mac
18	Abou Messaoud Faouzi	94	5m16	16-04	resc
19	Van Den Bossche Ken	93	5m15	03-04	resc
20	Dubois Kevin	94	4m95	16-10	ws

Disque (600 gr)		RC : 29m21			
1	Van De Sype Vincent	93	22m68	11-09	oeh
2	Denys Gregory	93	21m08	03-10	rsca
3	Elsen Daan	94	18m30	21-08	mac
4	Crouze Ronald	93	17m81	15-08	vs
5	Diallo Oumar	94	17m80	09-10	resc
6	Soto Moral Fabian	93	16m61	09-10	resc
7	Van De Sype Arnaud	94	13m50	03-10	rsca
8	Elkhettabi Mehdi	93	12m98	27-08	resc
9	Vanden Broeck Maxance	93	12m60	05-09	spvi
10	Watson Ian	94	11m89	27-08	resc
11	Caluwe Morgan	93	10m29	09-10	resc

Balle de hockey		RC : 46m12			
1	Elsen Daan	94	40m05	29-05	resc
2	Denys Gregory	93	35m35	12-06	ws
3	De Lombaert Quentin	93	34m76	25-10	rcb
4	Elkhettabi Mehdi	93	34m49	12-09	rsca
5	Van De Sype Vincent	93	33m86	29-05	resc
6	Crouze Ronald	93	31m32	12-06	ws
7	Van De Sype Arnaud	94	29m63	04-09	rcas
8	Papadiz Anthony	93	27m96	16-04	resc
9	Soto Moral Fabian	93	25m85	16-04	resc
10	Lohombo Djongakadje Louis	93	25m78	26-09	rcas
11	Vanden Broeck Maxance	93	25m69	29-05	resc
12	Dubois Kevin	94	25m21	16-04	resc
13	Diallo Oumar	94	24m41	26-09	rcas
14	Abou Messaoud Faouzi	94	23m14	16-04	resc
15	Watson Ian	94	19m59	27-08	resc
16	Caluwe Morgan	93	15m50	29-05	resc

Tetrathlon		RC : 2222 p			
1	Elsen Daan	94	1921 p	04-09	rcas
2	Crouze Ronald	93	1891 p	15-05	csf
3	Lohombo Djongakadje Louis	93	1737 p	16-10	ws
4	Denys Gregory	93	1596 p	15-05	csf
5	Van De Sype Vincent	93	1518 p	31-10	rsca
6	Elkhettabi Mehdi	93	1449 p	08-05	resc
7	Diallo Oumar	94	1296 p	24-07	rcas
8	Soto Moral Fabian	93	1288 p	08-05	resc
9	Caluwe Morgan	93	1245 p	24-07	rcas
10	De Lombaert Quentin	93	1219 p	25-10	rcb
11	Van De Sype Arnaud	94	1170 p	07-08	volh
12	Watson Ian	94	1167 p	15-05	resc
13	Vanden Broeck Maxance	93	1034 p	31-05	rsca
14	Zaghoudi Jamil	93	945 p	31-05	rsca
15	Zaghoudi Jasser	93	812 p	08-05	resc
16	Dubois Kevin	94	730 p	23-05	rcas



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

4 x 60 m	RC : 33.25
Crouze, Elsen, Vanden Broeck, Denys	37.08 24-04 ws

**MINIMES GARÇONS (1992 - 1991)**

80 m	RC : 9.96				
1	Winderickx Ingmar	91	10.66	18-09	damp
2	Bouhammout Samir	91	10.78	31-05	rsca
3	Paulus Gary	92	10.82	26-06	dacm
4	Lebailly Kevin	92	10.95	26-06	dacm
5	Caluwe Arnaud	91	11.34	12-09	rsca
6	Hinck Matthieu	91	11.40	15-05	csf
	Wavreil Cedric	91	11.40	31-05	rsca
8	Fransen Laurent	91	11.52	29-05	resc
9	Bouzian Yassine	91	11.54	12-09	rsca
10	Lins Sebastien	92	11.64	26-06	dacm
11	Pholien Lionel	91	11.66	24-04	ws
12	Massaad Michael	91	11.74	18-04	rsca
13	Bennetch Philip	92	11.97	26-06	dacm
14	Goes Tim	91	12.02	29-05	resc
15	Coutereel Thomas	92	12.04	29-05	resc
16	Emmerechts Damien	91	12.33	15-05	csf
	Schils Martin	92	12.33	24-04	ws
18	Nicodeme Thibault	92	12.34	17-07	mac
19	Castellana Bryan	92	12.37	02-10	rcsc
20	Da Rocha Ferreira Adrien	91	12.46	20-06	wrc
21	Devis Bastien	91	12.48	26-06	dacm
22	Engelen Mel	91	12.92	08-05	resc
23	Duchatel Florian	91	13.26	08-05	resc
24	Clouwaert Maxime	92	13.28	29-05	resc
25	Rochez Arthur	91	13.71	29-08	riac

150 m	RC : 18.54				
1	Winderickx Ingmar	91	19.91	09-10	resc
2	Lebailly Kevin	92	20.78	09-10	resc
3	Lins Sebastien	92	21.14	12-09	rsca
4	Wavreil Cedric	91	21.49	20-05	dcla
5	Massaad Michael	91	21.54	12-09	rsca
6	Pholien Lionel	91	21.67	20-05	dcla
7	Caluwe Arnaud	91	21.83	09-10	resc
8	Nicodeme Thibault	92	23.34	12-09	rsca
9	Schils Martin	92	23.74	24-04	ws
10	Clouwaert Maxime	92	25.25	20-05	dcla

300 m	RC : 41.91				
1	Lebailly Kevin	92	43.66	10-10	rcas
2	Wavreil Cedric	91	45.70	10-10	rcas
3	Pholien Lionel	91	47.41	15-08	vs
4	Lins Sebastien	92	48.46	05-09	spvi
5	Caluwe Arnaud	91	49.28	05-09	spvi
6	Nicodeme Thibault	92	51.01	05-09	spvi
7	Massaad Michael	91	51.14	18-04	rsca
8	Emmerechts Damien	91	51.70	05-09	spvi

1000 m	RC : 3.02.85				
1	Bouhammout Samir	91	3.03.20	31-05	rsca
2	Winderickx Ingmar	91	3.07.89	18-09	damp
3	Hinck Matthieu	91	3.15.27	26-09	rcas
4	Emmerechts Damien	91	3.16.61	15-05	csf
5	Wavreil Cedric	91	3.16.80	31-05	rsca
6	Lebailly Kevin	92	3.19.24	03-07	grim
7	Nicodeme Thibault	92	3.21.36	23-05	rcas
8	Pholien Lionel	91	3.24.05	26-09	rcas
9	Lins Sebastien	92	3.25.32	05-09	spvi
10	Massaad Michael	91	3.26.48	26-09	rcas
11	Goes Tim	91	3.26.69	08-05	resc
12	Caluwe Arnaud	91	3.29.99	24-07	rcas
13	Duchatel Florian	91	3.32.40	09-10	resc
14	Bouzian Yassine	91	3.39.20	18-09	mac
15	Da Rocha Ferreira Adrien	91	3.40.78	20-06	wrc
16	Paulus Gary	92	3.44.38	08-05	resc



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

17	Castellana Bryan	92	3.45.24	16-10	ws
18	Fransen Laurent	91	3.46.50	08-05	resc
19	Clouwaert Maxime	92	4.07.69	08-05	resc
20	Coutereel Thomas	92	4.21.10	08-05	resc
21	Bennetch Philip	92	4.21.28	08-05	resc

80 m haies (84 cm)

RC : 12.00

1	Hinck Matthieu	91	14.53	26-09	rcas
2	Wavreil Cedric	91	14.82	29-05	resc
3	Winderickx Ingmar	91	14.90	26-06	dacm
4	Lebailly Kevin	92	15.32	05-09	spvi
5	Emmerechts Damien	91	15.78	26-09	rcas
6	Nicodeme Thibault	92	15.80	04-09	rcas
7	Lins Sebastien	92	15.95	20-06	wrc
8	Pholien Lionel	91	16.11	26-09	rcas
9	Caluwe Arnaud	91	16.15	29-05	resc
10	Paulus Gary	92	16.21	12-06	ws
11	Bennetch Philip	92	16.24	26-06	dacm
12	Massaad Michael	91	17.06	26-09	rcas
13	Da Rocha Ferreira Adrien	91	17.28	20-06	wrc
14	Coutereel Thomas	92	17.76	29-05	resc
	Duchatel Florian	91	17.76	25-10	rcb
16	Castellana Bryan	92	18.28	04-09	rcas
17	Clouwaert Maxime	92	20.01	23-05	rcas

Hauteur

RC : 1m65

1	Hinck Matthieu	91	1m42	16-10	ws
2	Winderickx Ingmar	91	1m41	18-09	damp
3	Lebailly Kevin	92	1m40	05-09	spvi
4	Wavreil Cedric	91	1m37	23-05	rcas
5	Nicodeme Thibault	92	1m36	08-05	resc
6	Caluwe Arnaud	91	1m35	17-07	mac
	Castellana Bryan	92	1m35	18-09	mac
8	Pholien Lionel	91	1m34	21-07	vs
9	Fransen Laurent	91	1m33	08-05	resc
10	Emmerechts Damien	91	1m32	15-05	csf
	Massaad Michael	91	1m32	20-06	wrc
12	Goes Tim	91	1m30	05-09	spvi
	Paulus Gary	92	1m30	08-05	resc
14	Lins Sebastien	92	1m27	16-10	ws
15	Chelafa Reda	91	1m25	16-04	resc
	Mattelaer Pierre	92	1m25	16-04	resc
17	Bouhammout Samir	91	1m23	15-05	csf
18	Bennetch Philip	92	1m15	16-10	ws
	Da Rocha Ferreira Adrien	91	1m15	16-04	resc
20	Duchatel Florian	91	1m12	08-05	resc
21	Rochez Arthur	91	1m10	29-08	riaac
22	Bouzian Yassine	91	1m09	08-05	resc
23	Clouwaert Maxime	92	1m07	23-05	rcas
24	Kebdani Nabil	92	1m05	16-04	resc
25	Engelen Mel	91	1m03	08-05	resc
26	Coutereel Thomas	92	1m00	08-05	resc
	Kebdani Bilal	92	1m00	16-04	resc

Longueur

RC : 5m73

1	Bouhammout Samir	91	4m92	27-08	resc
2	Winderickx Ingmar	91	4m89	26-06	dacm
3	Hinck Matthieu	91	4m49	26-09	rcas
	Wavreil Cedric	91	4m49	26-06	dacm
5	Lebailly Kevin	92	4m41	09-10	resc
6	Caluwe Arnaud	91	4m38	26-09	rcas
7	Yogo Om'Okoko Jeffrey	92	4m36	27-08	resc
8	Pholien Lionel	91	4m32	26-06	dacm
9	Goes Tim	91	4m26	05-09	spvi
10	Massaad Michael	91	4m25	27-08	resc
11	Paulus Gary	92	4m13	26-06	dacm
12	Emmerechts Damien	91	4m11	26-09	rcas
13	Lins Sebastien	92	4m07	09-10	resc
14	Bennetch Philip	92	4m03	26-06	dacm
	Da Rocha Ferreira Adrien	91	4m03	09-10	resc
16	Devis Bastien	91	3m96	26-06	dacm
17	Nicodeme Thibault	92	3m91	26-09	rcas





ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

18	Castellana Bryan	92	3m72	23-05	rcas
19	Clouwaert Maxime	92	3m50	23-05	rcas
20	Duchatel Florian	91	3m35	25-10	rcb
21	Coutereel Thomas	92	3m29	26-06	dacm
22	Gorczyński Adrian	92	2m96	03-04	resc
23	Rochez Arthur	91	2m88	03-04	resc

Perche

RC : 2m90

---

1	Wavreil Cedric	91	2m42	05-09	spvi
2	Winderickx Ingmar	91	2m32	09-10	resc
3	Pholien Lionel	91	2m22	05-09	spvi
4	Emmerechts Damien	91	2m12	09-10	resc
	Nicodeme Thibault	92	2m12	09-10	resc
6	Caluwe Arnaud	91	2m10	12-06	ws
7	Mattelaer Pierre	92	1m92	09-10	resc

Poids (3 kg)

RC : 13m97

---

1	Duchatel Florian	91	10m40	10-10	rcas
2	Fransen Laurent	91	10m05	10-10	rcas
3	Bouhammout Samir	91	9m87	18-09	damp
4	Winderickx Ingmar	91	9m15	18-09	damp
5	Massaad Michael	91	8m71	31-10	rsca
6	Wavreil Cedric	91	8m44	29-05	resc
7	Clouwaert Maxime	92	8m09	09-10	resc
8	Lebailly Kevin	92	7m85	16-04	resc
9	Hinck Matthieu	91	7m76	18-09	rcas
10	Lins Sebastien	92	7m72	16-10	ws
11	Emmerechts Damien	91	7m43	16-04	resc
12	Paulus Gary	92	7m32	17-07	mac
13	Goes Tim	91	7m31	05-09	spvi
14	Engelen Mel	91	7m15	08-05	resc
15	Caluwe Arnaud	91	7m09	18-09	mac
16	Nicodeme Thibault	92	7m07	26-09	rcas
17	Mattelaer Pierre	92	6m99	09-10	resc
18	Castellana Bryan	92	6m78	16-10	ws
19	Da Rocha Ferreira Adrien	91	6m70	03-10	rsca
20	Pholien Lionel	91	6m53	26-09	rcas
21	Bennetch Philip	92	6m37	16-10	ws
22	Coutereel Thomas	92	6m32	29-05	resc
23	Bouzian Yassine	91	6m28	18-09	mac
24	Gorczyński Adrian	92	5m77	16-04	resc
25	Chelafa Reda	91	5m07	16-04	resc
26	Kebdani Bilal	92	4m96	16-04	resc
27	Kebdani Nabil	92	4m85	16-04	resc

Disque (1 kg)

RC : 31m60

---

1	Winderickx Ingmar	91	26m25	10-10	rcas
2	Duchatel Florian	91	24m43	08-05	resc
3	Bouhammout Samir	91	22m53	31-05	rsca
4	Paulus Gary	92	21m75	26-06	dacm
5	Massaad Michael	91	20m56	31-10	rsca
6	Hinck Matthieu	91	19m52	18-09	mac
7	Clouwaert Maxime	92	18m76	05-09	spvi
8	Nicodeme Thibault	92	18m15	31-10	rsca
9	Lozet Nathan	92	18m06	03-04	resc
10	Wavreil Cedric	91	17m33	15-05	csf
11	Fransen Laurent	91	16m33	08-05	resc
12	Emmerechts Damien	91	16m25	15-05	csf
13	Lebailly Kevin	92	16m20	08-05	resc
14	Mattelaer Pierre	92	16m18	03-10	rsca
15	Bouzian Yassine	91	15m84	18-09	mac
16	Da Rocha Ferreira Adrien	91	15m65	03-10	rsca
17	Castellana Bryan	92	15m35	02-10	rcsc
18	Lins Sebastien	92	14m92	16-04	resc
19	Caluwe Arnaud	91	14m72	18-09	mac
20	Devis Bastien	91	13m93	03-04	resc
21	Goes Tim	91	13m80	08-05	resc
22	Bennetch Philip	92	12m81	08-05	resc
23	Coutereel Thomas	92	12m27	08-05	resc
24	Pholien Lionel	91	11m38	31-05	rsca
25	Rochez Arthur	91	10m92	03-04	resc
26	Gorczyński Adrian	92	10m71	03-04	resc



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

27 Engelen Mel 91 9m38 08-05 resc

Javelot (400 gr)

RC : 36m80

1	Duchatel Florian	91	39m81	09-10	resc
2	Winderickx Ingmar	91	31m19	03-04	resc
3	Mattelaer Pierre	92	27m40	09-10	resc
4	Clouwaert Maxime	92	26m71	03-04	resc
5	Nicodeme Thibault	92	26m22	04-09	rcas
6	Massaad Michael	91	26m16	03-07	grim
7	Bennetch Philip	92	24m39	03-10	rsca
8	Lebailly Kevin	92	24m05	03-07	grim
9	Bouhamout Samir	91	23m24	09-10	resc
10	Pholien Lionel	91	22m94	05-09	spvi
11	Caluwe Arnaud	91	22m70	03-07	grim
12	Lozet Nathan	92	22m60	03-04	resc
13	Hinck Matthieu	91	22m52	26-09	rcas
14	Emmerechts Damien	91	21m50	05-09	spvi
15	Wavreil Cedric	91	21m39	05-09	spvi
16	Devis Bastien	91	20m51	03-04	resc
17	Castellana Bryan	92	17m63	04-09	rcas
18	Yogo Om'Okoko Jeffrey	92	17m15	09-10	resc
19	Da Rocha Ferreira Adrien	91	16m62	09-10	resc
20	Lins Sebastien	92	15m60	25-10	rcb
21	Rochez Arthur	91	13m68	03-04	resc
22	Gorczynski Adrian	92	11m54	03-04	resc

Pentathlon

RC : 3262 p

1	Winderickx Ingmar	91	3093 p	18-09	damp
2	Bouhamout Samir	91	2793 p	15-05	csf
3	Hinck Matthieu	91	2702 p	16-10	ws
4	Wavreil Cedric	91	2501 p	31-05	rsca
5	Pholien Lionel	91	2477 p	21-07	vs
6	Caluwe Arnaud	91	2414 p	16-10	ws
7	Nicodeme Thibault	92	2401 p	04-09	rcas
8	Lebailly Kevin	92	2365 p	08-05	resc
9	Fransen Laurent	91	2346 p	08-05	resc
10	Duchatel Florian	91	2304 p	25-10	rcb
	Emmerechts Damien	91	2304 p	15-05	csf
12	Massaad Michael	91	2299 p	16-10	ws
13	Lins Sebastien	92	2287 p	16-10	ws
14	Paulus Gary	92	2245 p	08-05	resc
15	Goes Tim	91	1983 p	08-05	resc
16	Castellana Bryan	92	1902 p	16-10	ws
17	Bouzian Yassine	91	1867 p	18-09	mac
18	Clouwaert Maxime	92	1402 p	17-07	mac
19	Coutereel Thomas	92	1315 p	08-05	resc
20	Bennetch Philip	92	1292 p	08-05	resc

4 x 80 m

RC : 41.24

Bouhamout, Lebailly, Paulus, Winderickx 41.82 10-10 rcas

CADETS GARÇONS (1990 - 1989)

100 m

RC : 11.39

1	Dogan Mervan	90	12.12	21-08	dein
2	Lenglet Kevin	89	12.27	05-09	looi
3	Sekelsky Maros	90	12.95	26-09	rcas
4	Karrouch Mohamed	89	13.06	25-04	csf
5	Temsamani M'Rabet Ismail	89	13.17	02-05	spa
6	Monnens Jonathan	89	13.31	25-04	csf
7	Najjari Faouzi	89	14.03	02-05	spa
8	Habib Bilal	90	14.60	25-04	csf
9	Denys Jonathan	90	15.05	26-09	rcas

200 m

RC : 23.14

1	Dogan Mervan	90	25.02	21-08	dein
2	Lenglet Kevin	89	25.28	21-08	dein
3	Sekelsky Maros	90	27.62	19-09	ram
4	Temsamani M'Rabet Ismail	89	27.83	02-05	spa



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

300 m		RC : 36.86				
1	Lenglet Kevin	89	40.62	11-09	ea	
2	Debraekeleer Gerre	90	44.49	17-10	csf	
3	Temsamani M'Rabet Ismail	89	46.92	18-04	rsca	
400 m		RC : 52.24				
1	Daif Merouane	89	52.45	05-09	looi	
800 m		RC : 1.59.30				
1	Azaoum Najib	89	2.02.05	02-05	spa	
2	Daif Merouane	89	2.02.07	17-07	vs	
3	Demeester Thijs	89	2.08.71	11-08	roba	
4	Maingain François	89	2.10.91	10-10	rcas	
5	Guerbouz Fahd	89	2.25.75	02-05	spa	
6	Denys Jonathan	90	2.46.10	17-10	csf	
1000 m		RC : 2.43.18				
1	Sekelsky Maros	90	3.12.64	26-09	rcas	
2	Denys Jonathan	90	3.34.81	31-05	rsca	
1500 m		RC : 4.10.90				
1	Azaoum Najib	89	4.18.83	20-05	cabw	
2	Demeester Thijs	89	4.26.29	05-09	looi	
3	Barberoux Valentin	90	4.40.11	20-05	cabw	
4	Van Waasdijk Guillain	90	4.56.15	25-04	csf	
5	Sekelsky Maros	90	5.21.98	19-09	ram	
6	Denys Jonathan	90	5.34.83	31-10	rsca	
100 m haies (91 cm)		RC : 14.04				
1	Sekelsky Maros	90	17.53	26-09	rcas	
2	Karrouch Mohamed	89	19.45	02-05	spa	
3	Denys Jonathan	90	22.34	26-09	rcas	
300 m haies (76 cm)		RC : 40.07				
1	Sekelsky Maros	90	48.69	02-05	spa	
2	Boigelot Vincent	90	57.48	25-04	csf	
Hauteur		RC : 1m91				
1	Karrouch Mohamed	89	1m50	25-04	csf	
2	Sekelsky Maros	90	1m27	26-09	rcas	
3	Denys Jonathan	90	1m18	26-09	rcas	
Longueur		RC : 6m70				
1	Sekelsky Maros	90	4m96	19-09	ram	
2	Denys Jonathan	90	3m52	26-09	rcas	
Triple saut		RC : 13m52				
1	Lenglet Kevin	89	10m27	25-04	csf	
2	Monnens Jonathan	89	10m08	02-05	spa	
Perche		RC : 3m71				
1	Guerbouz Fahd	89	2m05	29-05	resc	
2	Denys Jonathan	90	1m77	17-10	csf	
3	Sekelsky Maros	90	1m65	26-09	rcas	
Poids (4 kg)		RC : 13m84				
1	Denys Jonathan	90	8m75	26-09	rcas	
2	Dogan Mervan	90	8m67	18-04	rsca	
3	Sekelsky Maros	90	7m55	26-09	rcas	
4	Desadeleer Jeremy	89	7m42	25-04	csf	
Disque (1 kg)		RC : 44m92				
1	Denys Jonathan	90	29m76	03-10	rsca	
2	Sekelsky Maros	90	15m50	19-09	ram	
Javelot (600 gr)		RC : 43m12				
1	Willockx Mats	90	31m41	02-05	spa	
2	Sekelsky Maros	90	27m03	26-09	rcas	
3	Denys Jonathan	90	24m75	03-10	rsca	



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

Marteau (4 kg)		RC : 46m37			
1	Denys Jonathan	90	23m53	15-08	moha
2	Desadeleer Jeremy	89	18m23	02-05	spa
Octathlon		RC : 4312 p			
1	Sekelsky Maros	90	2766 p	26-09	rcas
2	Denys Jonathan	90	1697 p	26-09	rcas
4 x 100 m		RC : 45.63			
Daif, Sekelsky, Lenglet, Karrouch		50.26		02-05	spa
4 x 800 m		RC : 8.43.82			
Barberoux, Maingain, Lecomte, Demeester		8.53.87		18-09	smac

**SCOLAIRES HOMMES (1988 - 1987)**

100 m		RC : 11.08			
1	Chehima Adnan	87	11.71	29-05	resc
2	Hermann Gilles	88	11.74	25-04	csf
3	Diallo Mamadou	88	11.89	29-05	resc
4	Preumont Maurice	88	12.16	29-05	resc
5	Theunissen Nicolas	87	12.17	25-04	csf
6	Hostyn Laurent David	87	12.29	26-09	rcas
7	Naga Djihed	88	12.30	20-06	wrc
8	Sustelo Antonio	88	12.37	11-09	avmo
200 m		RC : 22.02			
1	Chehima Adnan	87	23.84	29-05	resc
2	Diallo Mamadou	88	24.07	29-05	resc
3	Hermann Gilles	88	24.43	02-05	spa
4	Naga Djihed	88	24.84	28-08	vac
5	Hostyn Laurent David	87	24.96	10-09	csf
6	Preumont Maurice	88	25.27	17-04	spvi
	Theunissen Nicolas	87	25.27	17-04	resc
8	Sustelo Antonio	88	26.06	29-07	rfcl
300 m		RC : 36.24			
1	Chehima Adnan	87	37.57	11-09	ea
2	Diallo Mamadou	88	38.11	11-09	ea
3	Naga Djihed	88	38.77	12-06	ws
4	Hostyn Laurent David	87	40.36	24-07	rcas
400 m		RC : 49.92			
3	Hermann Gilles	88	54.10	30-06	vita
1	Diallo Mamadou	88	54.57	14-08	ea
2	Naga Djihed	88	57.64	05-06	csf
3	Preumont Maurice	88	58.94	02-05	spa
4	Najim Adil	88	61.25	25-04	csf
800 m		RC : 1.55.41			
1	Miller Benoit	87	1.58.41	20-05	cabw
2	Vaillant Thibaud	87	2.02.73	20-05	cabw
3	Kebdani Samir	88	2.03.01	29-05	resc
4	Leyman Jeremy	87	2.05.62	29-05	resc
5	Aallali Hassan	87	2.12.35	29-05	resc
6	Hostyn Laurent David	87	2.14.56	02-05	spa
7	Cherkaoui Otman	88	2.14.75	17-10	csf
8	Aallali Hassan	87	2.23.16	17-10	csf
1500 m		RC : 4.00.79			
1	Kebdani Samir	88	4.17.40	02-05	spa
2	Leyman Jeremy	87	4.26.40	20-05	cabw
3	Hostyn Laurent David	87	4.57.19	26-09	rcas
3000 m		RC : 8.33.14			
1	Miller Benoit	87	9.09.94	02-05	spa
110 m haies (91 cm)		RC : 13.65			
1	Diallo Mamadou	88	15.86	02-05	spa
2	Hostyn Laurent David	87	16.11	05-06	csf



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

400 m haies (84 cm)		RC : 56.69			
1	Diallo Mamadou	88	57.13	30-06	vita
2	Naga Djihed	88	65.44	02-05	spa
2000 m steeple (91 cm)		RC : 6.10.20			
1	Leyman Jeremy	87	7.07.22	02-10	rfcl
Hauteur		RC : 2m05			
1	Hostyn Laurent David	87	1m80	24-07	rcas
2	Sustelo Antonio	88	1m50	07-08	kaag
Longueur		RC : 7m59			
1	Hostyn Laurent David	87	5m95	10-09	csf
2	Preumont Maurice	88	5m75	29-05	resc
3	Diallo Mamadou	88	5m38	26-09	rcas
	Naga Djihed	88	5m38	23-05	rcas
5	Sustelo Antonio	88	5m08	29-07	rfcl
Triple saut		RC : 15m64			
1	Hostyn Laurent David	87	12m50	20-05	cabw
2	Naga Djihed	88	12m09	28-08	vac
3	Sustelo Antonio	88	11m30	27-07	achl
Perche		RC : 4m36			
1	Naga Djihed	88	3m90	05-09	looi
2	Hostyn Laurent David	87	3m20	22-08	hf
3	Diallo Mamadou	88	1m95	26-09	rcas
Poids (5 kg)		RC : 14m19			
1	Sustelo Antonio	88	12m72	08-08	hale
2	Diallo Mamadou	88	12m70	26-09	rcas
3	Hostyn Laurent David	87	12m17	22-08	hf
Disque (1,5 kg)		RC : 40m11			
1	Sustelo Antonio	88	44m44	03-10	rsca
2	Hostyn Laurent David	87	36m24	31-10	rsca
3	Fransen Alexandre	88	30m76	03-10	rsca
Javelot (700 gr)		RC : 52m73			
1	Sustelo Antonio	88	43m09	28-08	lebb
2	Hostyn Laurent David	87	36m26	26-9	rcas
3	Fransen Alexandre	88	33m85	25-04	csf
4	Naga Djihed	88	22m19	18-07	dac
Marteau (5 kg)		RC : 51m72			
1	Sustelo Antonio	88	53m41	18-09	acme
2	Sedki Zakaria	88	38m90	03-10	rsca
Enneathlon		RC : 5828 p			
1	Hostyn Laurent David	87	4803 p	22-08	hf
4 x 100 m		RC : 43.01			
Chehima, Diallo, Hermann, Naga			45.76	02-05	spa
4 x 800 m		RC : 8.09.11			
Leyman, Vaillant, Kebdani, Miller			8.21.18	18-09	smac

**JUNIORS HOMMES (1986 - 1985)**

100 m		RC : 10.71			
1	Diallo Saliou	85	11.51	02-05	resc
2	Ettetuani Adil	86	11.62	02-05	resc
	Weemaels Matthias	86	11.62	17-04	spvi
4	Leyman David	85	11.92	29-05	resc
200 m		RC : 21.24			
1	Diallo Saliou	85	22.98	25-04	csf
2	Weemaels Matthias	86	23.29	29-05	resc
3	Coomans Werner	86	23.60	23-05	rcas



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

300 m				RC : 34.67	
1	Ettetuani Adil	86	37.63	17-10	csf
400 m				RC : 47.92	
1	Diallo Saliou	85	50.06	10-07	resc
2	Azaoum Rachid	86	52.36	25-04	csf
3	El Yattouti Younes	86	52.39	03-07	rcb
4	Mjoti Mahmoud	86	58.39	02-05	resc
800 m				RC : 1.52.66	
1	Dewitte Sebastien	85	1.54.10	11-08	roba
2	El Yattouti Younes	86	1.57.87	17-07	vs
3	Azaoum Rachid	86	1.58.32	29-05	resc
4	Tiaz Younes	86	1.58.53	17-07	vs
5	Jamli Tarek	86	2.05.07	29-05	resc
6	Mjoti Mahmoud	86	2.15.58	12-06	ws
1000 m				RC : 2.26.76	
1	Dewitte Sebastien	85	2.31.87	07-08	dalo
1500 m				RC : 3.48.90	
1	Dewitte Sebastien	85	3.53.64	12-06	ws
2	Tiaz Younes	86	4.13.04	25-04	csf
3	Jamli Tarek	86	4.29.99	03-07	rcb
2000 m				RC : 5.56.40	
1	Dewitte Sebastien	85	5.17.72	04-09	olse
3000 m				RC : 8.14.64	
1	Dewitte Sebastien	85	8.20.65	28-08	vac
Perche				RC : 5m00	
1	Leyman David	85	4m20	12-06	ws
Disque (1,75 kg)				RC : 43m08	
1	Droesbeke Sebastien	85	37m22	19-09	acg
Javelot (800 gr)				RC : 50m88	
1	Droesbeke Sebastien	85	53m14	11-09	ea
2	Browaeyts David	86	43m52	25-04	csf
4 x 800 m				RC : 8.11.01	
Daif, Azaoum, El Yattouti, Tiaz			8.16.20	29-08	riac
4 x 1500 m				RC : 16.33.10	
El Yattouti, Azaoum, Tiaz, Dewitte			16.44.50	05-09	looi

**ESPOIRS HOMMES (1984 - 1983 - 1982)**

100 m				RC : 10.53	
1	Broothaerts Damien	83	10.70	27-06	rfcl
2	Vervloet Gregory	83	11.02	20-06	wrc
3	Xhonneux Frederic	83	11.77	20-06	wrc
200 m				RC : 21.14	
1	Broothaerts Damien	83	21.37	10-07	resc
2	Vervloet Gregory	83	21.92	29-05	resc
3	Xhonneux Frederic	83	23.34	20-06	wrc
300 m				RC : 34.00	
1	Vervloet Gregory	83	34.28	12-06	ws
2	Broothaerts Damien	83	35.63	03-07	kks
400 m				RC : 47.64	
1	Vervloet Gregory	83	48.25	02-05	resc
2	Xhonneux Frederic	83	50.40	31-07	FRA
3	Gomez Y Montes Mateo	84	53.01	02-05	resc



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

1500 m		RC : 3.46.01				
1	Xhonneux Frederic	83	4.19.86	22-08	hf	
2	Vervloet Gregory	83	4.41.07	26-09	rcas	
110 m haies (106 cm)		RC : 14.13				
1	Broothaerts Damien	83	13.93	23-07	FRA	
2	Xhonneux Frederic	83	15.21	30-05	achl	
3	Vervloet Gregory	83	16.17	26-09	rcas	
400 m haies (91 cm)		RC : 50.29				
1	Vervloet Gregory	83	53.33	29-05	resc	
Hauteur		RC : 2m21				
1	Xhonneux Frederic	83	1m99	29-05	achl	
2	Vervloet Gregory	83	1m39	26-09	rcas	
Longueur		RC : 7m86				
1	Xhonneux Frederic	83	6m73	02-05	resc	
2	Broothaerts Damien	83	6m72	23-05	FRA	
3	Vervloet Gregory	83	6m24	26-09	rcas	
Triple saut		RC : 16m01				
1	Xhonneux Frederic	83	14m94	16-05	flac	
Perche		RC : 5m11				
1	Xhonneux Frederic	83	4m55	26-09	rcas	
2	Vervloet Gregory	83	2m85	26-09	rcas	
Poids (7,26 kg)		RC : 13m67				
1	Xhonneux Frederic	83	12m06	29-05	achl	
2	Vervloet Gregory	83	8m86	26-09	rcas	
Disque (2 kg)		RC : 44m06				
1	Xhonneux Frederic	83	38m47	11-09	herv	
2	Vervloet Gregory	83	24m33	26-09	rcas	
Javelot (800 gr)		RC : 53m14				
1	Xhonneux Frederic	83	53m99	22-08	hf	
2	Vervloet Gregory	83	41m86	26-09	rcas	
3	Malherbe Didier	82	40m33	25-04	csf	
Decathlon		RC : 6992 p				
1	Xhonneux Frederic	83	7040 p	29-05	achl	
2	Vervloet Gregory	83	5507 p	26-09	rcas	

**SENIORS HOMMES (1984 - 1970)**

100 m		RC : 10.02				
1	Broothaerts Damien	83	10.70	27-06	rfcl	
2	Vervloet Gregory	83	11.02	20-06	wrc	
3	Sekanyambo Ilunga Olivier	71	11.13	02-05	resc	
4	Lissassi Arnaud	76	11.55	02-05	resc	
5	Xhonneux Frederic	83	11.77	20-06	wrc	
6	Merzoug Brahim	77	11.80	02-05	ea	
7	Xhonneux Marc	80	11.81	20-06	wrc	
200 m		RC : 20.66				
1	Broothaerts Damien	83	21.37	10-07	resc	
2	Vervloet Gregory	83	21.92	29-05	resc	
3	Moral Miguel	81	21.98	16-05	flac	
4	Lissassi Arnaud	76	23.28	31-07	spvi	
5	Xhonneux Frederic	83	23.34	20-06	wrc	
6	Xhonneux Marc	80	23.57	20-06	wrc	
300 m		RC : 34.00				
1	Vervloet Gregory	83	34.28	12-06	ws	
2	Broothaerts Damien	83	35.63	03-07	kks	
3	Xhonneux Marc	80	37.51	12-06	ws	



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

400 m		RC : 46.47			
1	Vervloet Gregory	83	48.25	02-05	resc
2	Xhonneux Frederic	83	50.40	31-07	FRA
3	Naif Nicolas	80	50.59	31-05	rfcl
4	Xhonneux Marc	80	51.16	10-07	resc
5	Gomez Y Montes Mateo	84	53.01	02-05	resc
800 m		RC : 1.48.30			
1	Levacq Corentin	81	1.55.70	11-08	roba
1000 m		RC : 2.23.10			
1	Levacq Corentin	81	2.32.40	07-08	dalo
1500 m		RC : 3.40.30			
1	Levacq Corentin	81	3.59.92	04-07	vac
2	Vanneste Benny	75	4.10.12	11-08	roba
3	Xhonneux Frederic	83	4.19.86	22-08	hf
4	Vervloet Gregory	83	4.41.07	26-09	rcas
3000 m		RC : 7.51.46			
1	Vanderstraeten Marc	69	8.41.94	02-05	resc
2	Mezouari Oussama	79	9.27.28	02-05	resc
3	Rozen Steven	81	9.49.04	02-05	resc
5000 m		RC : 13.22.81			
1	Vanderstraeten Marc	69	15.16.65	16-05	flac
2	Rozen Steven	81	17.06.89	25-04	csf
Marathon		RC : 2h13.15			
1	Lebeau Frederic	76	2h45.24	10-10	bxl
110 m haies (106 cm)		RC : 13.48			
1	Broothaerts Damien	83	13.93	23-07	FRA
2	Xhonneux Frederic	83	15.21	30-05	achl
3	Vervloet Gregory	83	16.17	26-09	rcas
400 m haies (91 cm)		RC : 48.91			
1	Naif Nicolas	80	53.32	29-05	resc
2	Vervloet Gregory	83	53.33	29-05	resc
Hauteur		RC : 2m21			
1	Xhonneux Frederic	83	1m99	29-05	achl
2	Van de Velde Frank	79	1m95	16-05	flac
3	Vervloet Gregory	83	1m39	26-09	rcas
Longueur		RC : 7m94			
1	Vanlancker Rudi	71	6m91	29-05	resc
2	Xhonneux Frederic	83	6m73	02-05	resc
3	Broothaerts Damien	83	6m72	23-05	FRA
4	Vervloet Gregory	83	6m24	26-09	rcas
5	Moral Miguel	81	5m99	16-05	flac
Triple saut		RC : 16m86			
1	Xhonneux Frederic	83	14m94	16-05	flac
Perche		RC : 5m25			
1	Xhonneux Frederic	83	4m55	26-09	rcas
2	Vervloet Gregory	83	2m85	26-09	rcas
Poids (7,26 kg)		RC : 15m08			
1	Xhonneux Frederic	83	12m06	29-05	achl
2	Vervloet Gregory	83	8m86	26-09	rcas
Disque (2 kg)		RC : 51m56			
1	Xhonneux Frederic	83	38m47	11-09	herv
2	Vervloet Gregory	83	24m33	26-09	rcas





## ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2004

Javelot (800 gr)		RC : 70m78			
1	Xhonneux Frederic	83	53m99	22-08	hf
2	Vervloet Gregory	83	41m86	26-09	rcas
3	Malherbe Didier	82	40m33	25-04	csf
Decathlon		RC : 6992 p			
1	Xhonneux Frederic	83	7040 p	29-05	achl
2	Vervloet Gregory	83	5507 p	26-09	rcas
4 x 100 m		RC : 40.69			
Moral, Sekanyambo I, Weemaels, Broothaerts		42.22		16-05	flac
4 x 200 m		RC : 1.25.09			
Moral, Sekanyambo I, Vervloet, Kabuya		1.29.33		18-09	smac
4 x 400 m		RC : 3.10.20			
Naif, Lissassi, Xhonneux, Vervloet		3.23.21		16-05	flac
4 x 1500 m		RC : 15.34.88			
Xhonneux, Van den Brouck, Xhonneux, Levacq		17.57.54		18-09	smac
Ekiden		RC : -			
Levacq, Dewitte, Hasselmans, Demol, Mezouari, Vanneste		2h26.28		18-04	bxl

### MASTERS HOMMES 35

1500 m		RC : 4.29.90			
1	Cowlishaw David	67	3.54.39	16-05	flac
3000 m		RC : 9.14.30			
1	Van Der Perren Marc	65	10.42.04	31-10	rsca
2	Van Der Hoeven Yves	65	11.04.45	31-10	rsca
Marathon		RC : 2h21.10			
1	Van Der Perren Marc	65	3h01.54	10-10	bxl
2	Van Der Hoeven Yves	65	3h50.32	10-10	bxl
Poids (7,26 kg)		RC : 12m86			
1	Metens Armand	67	11m61	16-05	flac
Disque (2 kg)		RC : 45m72			
1	Van Der Perren Marc	65	14m98	31-10	rsca
Marteau (7,26 kg)		RC : 37m66			
1	Metens Armand	67	50m10	16-05	flac

### MASTERS HOMMES 40

100 m		RC : 11.43			
1	Verheirstraeten Johnny	63	15.05	28-07	volh
200 m		RC : 23.24			
1	Verheirstraeten Johnny	63	29.85	21-08	oeh
400 m		RC : 56.72			
1	Cornet Jean	61	58.87	28-08	dcla
800 m		RC : 2.01.50			
1	Verheirstraeten Johnny	63	2.25.05	17-08	vita
1000 m		RC : 2.33.70			
1	Verheirstraeten Johnny	63	3.12.61	18-07	dac
1500 m		RC : 4.04.51			
1	Verheirstraeten Jonhny	63	5.04.55	14-08	ea
2000 m		RC : 6.13.44			
1	Verheirstraeten Johnny	63	7.07.50	21-08	oeh



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

3000 m		RC : 9.02.48			
1	Verheirstraeten Johnny	63	11.11.71	17-08	vita
2	Valastro Gianni	59	11.30.28	06-06	hf
10 000 m		RC : 32.29.80			
1	Verheirstraeten Johnny	63	41.35.41	16-10	ws
1 heure		RC : 16 343 m			
1	Verheirstraeten Johnny	63	14 238 m	16-10	ws
2	Van Der Putten Rudi	64	14 083 m	28-08	dacm
Marathon		RC : -			
1	Van Der Putten Rudi	64	3h06.03	10-10	bxl
Hauteur		RC : 1m75			
1	Cincinatis Yves	59	1m70	06-06	hf
Javelot (800 gr)		RC : 50m58			
1	Van Der Putten Rudi	64	20m94	06-06	hf
4 x 100 m		RC : 55.36			
Verheirstraeten, Valastro, Mage, Huygens		60.45	29-08	riaac	
4 x 200 m		RC : 1.56.02			
Verheirstraeten, Valastro, Mage, Bechet		2.01.07	29-08	riaac	
4 x 400 m		RC : 3.51.10			
Vervloet, Hasselmans, Van Der Putten, Demol		4.26.41	06-06	hf	
4 x 1500 m		RC : 19.21.87			
Valastro, Huygens, Mage, Bechet		21.55.59	29-08	riaac	

**MASTERS HOMMES 45**

100 m		RC : 11.64			
1	Vervloet Marc	56	14.25	06-06	hf
200 m		RC : 23.84			
1	Vervloet Marc	56	30.01	06-06	hf
400 m		RC : 59.12			
1	Louf Jean Jacques	58	69.62	06-06	hf
800 m		RC : 2.17.68			
1	Mage Alain	57	2.35.34	17-08	vita
1000 m		RC : 3.23.66			
1	Mage Alain	57	3.17.57	24-07	rcas
1500 m		RC : 4.36.60			
1	Hasselmans Jean Luc	59	4.39.80	06-06	hf
2	Mage Alain	57	5.10.23	03-07	rcb
Mile		RC : -			
1	Mage Alain	57	5.53.15	20-04	riaac
2000 m		RC : -			
1	Mage Alain	57	7.06.35	23-05	rcas
3000 m		RC : 8.46.40			
1	Hasselmans Jean Luc	59	10.10.45	02-05	resc
2	Bechet Jean Pierre	56	10.15.90	02-05	resc
3	Mage Alain	57	11.26.96	02-05	resc
5000 m		RC : 16.02.69			
1	Hasselmans Jean Luc	59	17.18.96	25-04	csf
2	Bechet Jean Pierre	56	18.10.53	31-10	rsca



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2004

10 000 m		RC : 34.24.98			
1	Hasselmanns Jean Luc	59	37.07.83	16-10	ws
2	Bechet Jean Pierre	56	37.09.34	16-10	ws
3	Mage Alain	57	40.53.60	15-05	csf
1 heure		RC : 17 309 m			
1	Bechet Jean Pierre	56	15 784 m	16-10	ws
2	Hasselmanns Jean Luc	59	15 707 m	16-10	ws
3000 m steeple (91 cm)		RC : -			
1	Mage Alain	57	15.12.92	24-07	rcas
Hauteur		RC : 1m60			
1	Hasselmanns Jean Luc	59	1m35	06-06	hf

**MASTERS HOMMES 50**

2000 m		RC : 6.24.24			
1	Demol Guy	53	6.17.19	23-05	rcas
3000 m		RC : 10.44.19			
1	Demol Guy	53	9.41.58	02-05	resc
5000 m		RC : 16.40.88			
1	Demol Guy	53	16.35.07	06-06	hf
10 000 m		RC : 34.43.54			
1	Demol Guy	53	33.46.10	07-07	ws
1 heure		RC : 17 211 m			
1	Demol Guy	53	16 905 m	28-08	dacm
Marathon		RC : -			
1	Demol Guy	53	2h35.54	10-10	bxl
Longueur		RC : 5m11			
1	Demol Guy	53	3m62	06-06	hf
Disque (2 kg)		RC : 47m69			
1	De Buyst Francis	52	14m07	06-06	hf

**MASTERS HOMMES 55**

Disque (2 kg)		RC : 45m49			
1	Van Schoor Robert	46	40m86	16-05	flac

**MASTERS HOMMES 65**

Poids (7,26 kg)		RC : 7m39			
1	Sustelo Antonio P.	38	8m19	06-06	hf
Disque (1 kg)		RC : -			
1	Sustelo Antonio P.	38	29m31	15-08	moha
Disque (2 kg)		RC : 21m44			
1	Sustelo Antonio P.	38	23m88	24-04	cabw
Javelot (800 gr)		RC : 24m22			
1	Sustelo Antonio P.	38	22m82	03-10	rsca
Marteau (5 kg)		RC : -			
1	Sustelo Antonio P.	38	31m14	19-06	cabw
Marteau (7,26 kg)		RC : 24m94			
1	Sustelo Antonio P.	38	24m42	03-10	rsca