



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

BENJAMINES FILLES (2011 - 2010)

60 m		RC : 9.30			
1	Squiflet Emelynn	10	9.35	19-10	csf
2	Dzou Lesly Kayla	10	9.56	02-06	vita
3	Schroeven Camille	11	10.01	10-08	resc
4	Ngandeu Tchambia Alexandra	10	10.28	28-07	dac
5	Varela Gonzalez Carla	10	10.44	12-10	ws
6	Wanyu Naomie	10	10.60	12-10	ws
7	Bourgeois Jacquet Lily	11	10.61	06-04	ws
8	Beghin Joyce	10	10.97	28-09	rcas
9	Kabamba Ebondo Julia	10	10.99	28-09	rcas
10	Dekeyser Juliette	10	11.45	23-08	resc
11	Demeyere Taissi	11	11.71	05-05	resc
12	Delarge Anais	11	11.74	27-04	caf
13	Huyghe Jeanne	11	12.22	07-04	resc
14	Demagnet Zadie	11	13.19	05-05	resc

600 m		RC : 2.00.94			
1	Squiflet Emelynn	10	2.07.24	12-10	ws
2	Beghin Joyce	10	2.09.21	05-05	resc
3	Schroeven Camille	11	2.11.63	01-05	rcas
4	Ngandeu Tchambia Alexandra	10	2.18.73	28-09	rcas
5	Wanyu Naomie	10	2.20.11	02-06	vita
6	Bourgeois Jacquet Lily	11	2.21.58	06-04	ws
7	Dzou Lesly Kayla	10	2.26.64	05-05	resc
8	Varela Gonzalez Carla	10	2.30.72	14-07	vita
9	Demeyere Taissi	11	2.45.26	05-05	resc
10	Kabamba Ebondo Julia	10	2.53.27	05-05	resc
11	Delarge Anais	11	2.56.84	27-04	caf

Hauteur		RC : 1m18			
1	Beghin Joyce	10	1m10	28-06	resc
	Squiflet Emelynn	10	1m10	26-05	rsca
3	Dzou Lesly Kayla	10	1m05	01-05	rcas
4	Schroeven Camille	11	1m01	31-08	dac
5	Ngandeu Tchambia Alexandra	10	1m00	28-06	resc
6	Kabamba Ebondo Julia	10	0m90	28-06	resc
	Wanyu Naomie	10	0m90	28-06	resc
8	Olemans Maia	10	0m85	28-06	resc
	Saadi Malak	11	0m85	28-06	resc

Longueur		RC : 3m88			
1	Squiflet Emelynn	10	3m67	26-10	csf
2	Dzou Lesly Kayla	10	3m31	26-10	csf
3	Schroeven Camille	11	3m21	26-10	csf
4	Ngandeu Tchambia Alexandra	10	3m03	26-10	csf
5	Varela Gonzalez Carla	10	2m84	12-10	ws
6	Wanyu Naomie	10	2m83	20-10	rsca
7	Beghin Joyce	10	2m70	28-09	rcas
8	Kabamba Ebondo Julia	10	2m53	28-09	rcas
9	Dekeyser Juliette	10	2m17	31-08	dac
10	Demeyere Taissi	11	1m69	05-05	resc
11	Demagnet Zadie	11	1m66	05-05	resc

Poids (1 kg)		RC : 8m63			
1	Squiflet Emelynn	10	8m23	12-10	ws
2	Beghin Joyce	10	7m77	28-06	resc
3	Dzou Lesly Kayla	10	7m43	23-08	resc
4	Ngandeu Tchambia Alexandra	10	6m55	20-04	csf
5	Wanyu Naomie	10	6m28	19-10	rcas
6	Dekeyser Juliette	10	5m17	23-08	resc
7	Varela Gonzalez Carla	10	5m06	20-04	csf
8	Schroeven Camille	11	4m89	12-10	ws
9	Kabamba Ebondo Julia	10	4m84	28-06	resc
10	Saadi Malak	11	4m50	28-06	resc
11	Olemans Maia	10	3m40	28-06	resc
12	Demagnet Zadie	11	3m32	28-06	resc



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Balle de hockey		RC : 28m96			
1	Dzou Lesly Kayla	10	25m76	02-06	vita
2	Squiflet Emelynn	10	24m05	02-06	vita
3	Beghin Joyce	10	21m09	07-04	resc
4	Ngandeu Tchambia Alexandra	10	18m33	28-09	rcas
5	Kabamba Ebondo Julia	10	16m10	28-09	rcas
6	Varela Gonzalez Carla	10	16m02	14-07	vita
7	Wanyu Naomie	10	14m56	19-10	rcas
8	Schroeven Camille	11	10m24	10-08	resc
9	Demagnet Zadié	11	9m49	07-04	resc
10	Delarge Anais	11	8m33	27-04	caf
11	Huyghe Jeanne	11	8m28	07-04	resc

Tetrathlon		RC : 1601 p			
1	Squiflet Emelynn	10	1652 p	12-10	ws
2	Dzou Lesly Kayla	10	1163 p	12-10	ws
3	Schroeven Camille	11	1081 p	12-10	ws
4	Ngandeu Tchambia Alexandra	10	1021 p	20-04	csf
5	Wanyu Naomie	10	903 p	12-10	ws
6	Varela Gonzalez Carla	10	731 p	12-10	ws
7	Beghin Joyce	10	726 p	29-09	rcas
8	Kabamba Ebondo Julia	10	400 p	29-09	rcas

4 x 60 m		RC : 41.14		
Dzou, Schroeven, Ngandeu Tchambia, Squiflet		38.95	26-10	csf

PUPILLES FILLES (2009 - 2008)

60 m		RC : 8.55			
1	Sweetlove Celine	08	9.24	01-05	rcas
2	Barry Diariou	08	9.27	23-08	resc
3	Khrauph Aya	08	9.32	28-09	rcas
4	Wanyu Diane	08	9.60	12-10	ws
5	Vanhemelen Jade	08	9.63	28-09	rcas
6	Gerard Emma	08	9.75	26-10	csf
7	Nshimiyimana Iris Sabria	08	9.77	14-07	vita
8	Radermacher Sarah	08	9.79	12-10	ws
9	Sibourg Celya	09	9.88	05-10	rcb
10	Agacseven Lina	08	10.08	07-04	resc
11	Mubarik Inaya	08	10.21	26-10	csf
12	Tollenaire Tia	08	10.33	14-07	vita
13	Krautli Charlotte	09	10.38	05-05	resc
14	Asakerh Maissa	09	10.44	02-06	vita
15	Minne Charline	09	10.62	07-04	resc
16	Sandron Elise	08	10.93	14-07	vita
17	Bersis Maissa	08	11.56	05-05	resc
18	Makhoukh Lilya	09	12.03	05-05	resc

1000 m		RC : 3.26.31			
1	Barry Diariou	08	3.39.18	23-08	resc
2	Wanyu Diane	08	3.41.59	20-10	rsca
3	Bakrim Amelle	08	3.43.36	02-06	vita
4	Agacseven Lina	08	3.47.76	07-04	resc
5	Gerard Emma	08	3.53.16	05-10	rcb
6	Radermacher Sarah	09	3.56.46	12-10	ws
7	Khrauph Aya	08	3.58.00	12-10	ws
8	Krautli Charlotte	09	4.03.62	05-10	rcb
9	Minne Charline	09	4.07.54	07-04	resc
10	Tollenaire Tia	08	4.09.92	14-07	vita
11	Sibourg Celya	09	4.14.64	07-04	resc
12	Vanhemelen Jade	08	4.15.26	28-09	rcas
13	Nshimiyimana Iris Sabria	08	4.16.53	14-07	vita
14	Mayuma Marie	08	4.23.34	05-05	resc
15	Mubarik Inaya	08	5.07.63	28-09	rcas
16	Makhoukh Lilya	09	5.31.86	05-05	resc

60 m haies (76 cm)		RC : 10.74			
1	Sweetlove Celine	08	11.94	05-05	resc
2	Radermacher Sarah	09	13.52	02-06	vita
3	Sibourg Celya	09	13.64	22-06	rcb
4	Barry Diariou	08	14.09	05-05	resc



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5	Gerard Emma	08	14.12	22-06	rcb
6	Wanyu Diane	08	14.61	07-09	ea

Hauteur RC : 1m31

1	Wanyu Diane	08	1m16	05-05	resc
2	Barry Diariou	08	1m15	07-09	ea
3	Sweetlove Celine	08	1m11	05-05	resc
4	Radermacher Sarah	09	1m10	20-04	csf
5	Sibourg Celya	09	1m06	22-06	rcb
6	Gerard Emma	08	1m05	28-07	dac
7	Sandron Elise	08	1m01	05-05	resc
8	Mubarik Inaya	08	0m90	20-04	csf

Longueur RC : 4m48

1	Radermacher Sarah	09	3m76	26-10	csf
2	Wanyu Diane	08	3m70	28-06	resc
3	Khrauph Aya	08	3m61	12-10	ws
4	Barry Diariou	08	3m54	10-08	resc
5	Gerard Emma	08	3m48	25-05	csf
6	Sibourg Celya	09	3m45	26-10	csf
7	Sweetlove Celine	08	3m42	28-06	resc
8	Mayuma Marie	08	3m31	26-10	csf
9	Vanhemelen Jade	08	3m12	28-09	rcas
10	Mubarik Inaya	08	3m09	26-10	csf
11	Agacseven Lina	08	3m06	12-10	ws
12	Tollenaire Tia	08	2m97	14-07	vita
13	Krautli Charlotte	09	2m77	05-10	rcb
	Nshimiyimana Iris Sabria	08	2m77	28-09	rcas
15	Sandron Elise	08	2m68	14-07	vita
16	Minne Charline	09	2m65	31-08	dac

Poids (2 kg) RC : 9m75

1	Wanyu Diane	08	7m02	28-07	dac
2	Barry Diariou	08	6m08	28-07	dac
	Tollenaire Tia	08	6m08	01-05	rcas
3	Sibourg Celya	09	6m02	13-10	caf
4	Khrauph Aya	08	6m00	01-05	rcas
5	Nshimiyimana Iris Sabria	08	5m31	14-07	vita
6	Gerard Emma	08	5m22	28-07	dac
7	Radermacher Sarah	09	4m81	07-04	resc
8	Mubarik Inaya	08	4m52	20-04	csf
9	Agacseven Lina	08	4m44	07-04	resc
10	Minne Charline	09	3m62	07-04	resc

Disque (600 gr) RC : 23m00

1	Wanyu Diane	08	15m58	28-09	rcas
2	Radermacher Sarah	09	15m45	28-09	rcas
3	Khrauph Aya	08	13m96	28-09	rcas
4	Vanhemelen Jade	08	13m09	28-09	rcas
5	Mubarik Inaya	08	12m73	28-09	rcas
6	Barry Diariou	08	12m55	23-08	resc
7	Gerard Emma	08	12m33	28-09	rcas
8	Sibourg Celya	09	12m15	19-10	rcas
9	Agacseven Lina	08	9m27	28-09	rcas
10	Nshimiyimana Iris Sabria	08	7m58	28-09	rcas

Balle de hockey RC : 41m50

1	Barry Diariou	08	25m41	31-08	dac
2	Radermacher Sarah	09	24m66	05-10	rcb
3	Sibourg Celya	09	24m38	05-10	rcb
4	Wanyu Diane	08	24m37	28-06	resc
5	Sweetlove Celine	08	19m68	28-06	resc
6	Gerard Emma	08	19m37	05-10	rcb
7	Khrauph Aya	08	19m22	12-10	ws
8	Nshimiyimana Iris Sabria	08	18m39	28-06	resc
9	Krautli Charlotte	09	16m39	05-10	rcb
10	Agacseven Lina	08	16m07	12-10	ws



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Tetrathlon		RC : 2077 p			
1	Wanyu Diane	08	1541 p	28-07	dac
2	Barry Diariou	08	1449 p	28-07	dac
3	Khrauph Aya	08	1365 p	29-09	rcas
4	Radermacher Sarah	09	1308 p	12-10	ws
5	Gerard Emma	08	1274 p	28-07	dac
6	Vanhemelen Jade	08	1120 p	29-09	rcas
7	Agacseven Lina	08	1040 p	29-09	rcas
8	Sibourg Celya	09	1003 p	20-04	csf
9	Nshimiyimana Iris Sabria	08	911 p	29-09	rcas
10	Krautli Charlotte	09	906 p	05-10	rcb
11	Mubarik Inaya	08	675 p	29-09	rcas

4 x 60 m		RC : 33.97			
Wanyu, Khrauph, Sweetlove, Radermacher		36.74	07-04	resc	

MINIMES FILLES (2007 - 2006)

80 m		RC : 10.64			
1	Kubiak Joanna	06	11.41	31-08	dac
2	Mjahed Maya	07	11.95	28-07	dac
3	Ngandeu Tchambia Brenda	07	12.04	26-10	csf
4	Aguzu Vieira Olivia	06	12.18	23-08	resc
5	Sanchez Elisa	07	12.41	01-05	rcas
6	Sivis Mulongo Juliana	07	12.57	12-10	ws
7	Hellebaut Nour	06	12.78	05-05	resc
8	El Gorfty Wassila	07	12.96	12-10	ws
9	Van Ex Elvira	06	13.11	05-05	resc
10	El Hassani Sarah	06	13.15	23-08	resc
11	Vanneste Blum	06	13.32	23-08	resc
12	Verleyen Marthe	06	13.38	12-10	ws
13	Degrez Lisa	06	14.46	23-08	resc

150 m		RC : 20.13			
1	Kubiak Joanna	06	21.61	01-05	rcas
2	Aguzu Viera Olivia	07	21.85	01-05	rcas
3	Ngandeu Tchambia Brenda	07	22.11	07-04	resc
4	Mjahed Maya	07	22.72	20-10	rsca
5	Sanchez Elisa	07	23.45	07-04	resc
6	El Gorfty Wassila	07	23.69	07-04	resc
7	Van Ex Elvira	06	23.74	07-04	resc
8	Hellebaut Nour	06	23.88	07-04	resc
9	El Hassani Sarah	06	24.28	07-04	resc
10	Noblesse Pauline	07	25.38	07-04	resc
11	Verleyen Marthe	06	25.91	07-04	resc

300 m		RC : 43.85			
1	Kubiak Joanna	06	46.97	10-08	resc

1000 m		RC : 3.14.33			
1	Mjahed Maya	07	3.41.20	28-07	dac
2	Aguzu Vieira Olivia	06	3.47.64	07-04	resc
3	Sivis Mulongo Juliana	07	3.50.74	07-04	resc
4	El Gorfty Wassila	07	3.51.10	12-10	ws
5	Khader Samia	07	3.51.29	07-04	resc
6	El Hassani Sarah	06	3.51.72	07-04	resc
7	Ngandeu Tchambia Brenda	07	3.55.48	20-04	csf
8	Kubiak Joanna	06	3.55.81	23-08	resc
9	Vanneste Blum	06	4.09.83	28-09	rcas
10	Sanchez Elisa	07	4.16.15	28-09	rcas
11	Verleyen Marthe	06	4.26.20	12-10	ws
12	Redouane Tasnim	06	4.26.49	05-05	resc

60 m haies (76 cm)		RC : 9.96			
1	Ngandeu Tchambia Brenda	07	12.19	28-09	rcas
2	Mjahed Maya	07	12.41	28-09	rcas
3	Kubiak Joanna	06	12.53	28-09	rcas
4	Aguzu Vieira Olivia	06	12.97	28-09	rcas
5	Sanchez Elisa	07	13.31	28-09	rcas
6	Sivis Mulongo Juliana	07	14.01	28-09	rcas
7	Noblesse Pauline	07	14.89	05-05	resc



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8 Vanneste Blum 06 19.28 28-09 rcas

150 m haies (76 cm) RC : 21.56

1	Ngandeu Tchambia Brenda	07	23.79	26-10	csf
2	Mjahed Maya	07	24.91	26-10	csf
3	Sanchez Elisa	07	25.85	26-10	csf
4	Sivis Mulongo Juliana	07	26.93	26-10	csf
5	El Gorfty Wassila	07	27.10	26-10	csf

Hauteur RC : 1m57

1	Mjahed Maya	07	1m33	12-10	ws
2	Ngandeu Tchambia Brenda	07	1m27	12-10	ws
3	Vanneste Blum	06	1m25	23-08	resc
4	Sivis Mulongo Juliana	07	1m21	12-10	ws
5	Aguza Vieira Olivia	06	1m20	23-08	resc
6	El Gorfty Wassila	07	1m18	12-10	ws
	Verleyen Marthe	06	1m18	12-10	ws
8	Kubiak Joanna	06	1m15	07-04	resc
9	Sanchez Elisa	07	1m10	07-04	resc

Longueur RC : 5m00

1	Kubiak Joanna	06	4m25	28-06	resc
2	Aguza Vieira Olivia	06	4m01	28-06	resc
3	Mjahed Maya	07	3m96	28-06	resc
4	Verleyen Marthe	06	3m60	28-06	resc
5	Ngandeu Tchambia Brenda	07	3m51	28-09	rcas
6	Vanneste Blum	06	3m45	28-09	rcas
7	Sanchez Elisa	07	3m36	28-09	rcas
8	Sivis Mulongo Juliana	07	3m24	12-10	ws
9	El Gorfty Wassila	07	3m05	12-10	ws

Poids (2 kg) RC : 13m12

1	Mjahed Maya	07	9m23	12-10	ws
2	Ngandeu Tchambia Brenda	07	8m33	28-07	dac
3	Van Ex Elvira	06	7m28	10-08	resc
4	Kubiak Joanna	06	7m10	10-08	resc
5	Sivis Mulongo Juliana	07	6m72	12-10	ws
6	Aguza Vieira Olivia	06	6m45	28-06	resc
7	Verleyen Marthe	06	6m22	28-06	resc
8	Vanneste Blum	06	5m92	20-04	csf
9	El Gorfty Wassila	07	5m66	12-10	ws

Disque (750 gr) RC : 27m29

1	Mjahed Maya	07	22m68	14-09	vs
2	Ngandeu Tchambia Brenda	07	17m22	10-08	vita
3	Aguza Vieira Olivia	06	16m13	28-09	rcas
4	Kubiak Joanna	06	14m47	01-05	rcas
5	Sivis Mulongo Juliana	07	13m40	01-05	rcas
6	Vanneste Blum	06	12m29	28-09	rcas
7	Sanchez Elisa	07	9m93	28-09	rcas

Javelot (400 gr) RC : 34m63

1	Mjahed Maya	07	20m63	19-10	rcas
2	Kubiak Joanna	06	15m19	28-09	rcas
3	Ngandeu Tchambia Brenda	07	14m12	28-07	dac
4	Sivis Mulongo Juliana	07	12m18	28-09	rcas
5	Vanneste Blum	06	12m10	28-09	rcas
6	Aguza Vieira Olivia	06	11m25	28-09	rcas
7	Van Ex Elvira	06	10m65	05-05	resc
8	Sanchez Elisa	07	10m57	28-09	rcas

Pentathlon RC : 3021 p

1	Mjahed Maya	07	2319 p	12-10	ws
2	Ngandeu Tchambia Brenda	07	2010 p	12-10	ws
3	El Gorfty Wassila	07	1884 p	12-10	ws
4	Kubiak Joanna	06	1574 p	29-09	rcas
5	Sivis Mulongo Juliana	07	1558 p	12-10	ws
6	Aguza Vieira Olivia	06	1456 p	29-09	rcas
7	Verleyen Marthe	06	1362 p	12-10	ws
8	Sanchez Elisa	07	1055 p	29-09	rcas
9	Vanneste Blum	06	851 p	29-09	rcas



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4 x 80 m	RC : 41.33
Ngandeu Tchambia, Aguza Oliveira, Mjahed, Kubiak	45.08 07-04 resc

CADETTES FILLES (2005 - 2004)

100 m	RC : 12.64				
1	Mpinga Mulowayi Alexia	04	13.04	31-05	cabw
2	Leonard Elise	05	13.10	04-05	cabw
3	Tshanga Diomi Roline	04	13.33	10-08	resc
4	Dossey Jennifer Stefania	04	13.38	01-06	rcb
5	Martins Junior Magaly	04	13.79	07-04	resc
6	Dennison Chrystal	05	14.21	07-04	resc
7	Molamba Aloti Medine	05	14.23	07-04	resc
8	Van Ex Alexia	04	14.39	07-04	resc
9	Hasnaoui Saloua	04	14.46	07-04	resc
10	Franssen Melissa	04	15.89	07-04	resc
11	Shutsha Atakete Clara	04	17.09	07-04	resc
12	Aghbal Doha	04	17.27	07-04	resc

200 m	RC : 26.14				
1	Leonard Elise	05	27.37	05-05	resc
2	Tshanga Diomi Roline	04	27.59	22-06	rcb
3	Lucas Clara	04	28.30	22-06	rcb
4	Mpinga Mulowayi Alexia	04	28.64	28-04	csf
5	Dennison Chrystal	05	30.10	28-04	csf

400 m	RC : 57.61				
1	Merino Nohemi	04	65.49	27-04	csf
2	Aghbal Doha	04	82.16	05-05	resc

800 m	RC : 2.21.88				
1	Lucas Clara	04	2.47.02	12-05	rcas
2	Martins Magaly Junior	04	2.51.70	07-04	resc
3	Sleewaegen Eline	04	2.53.93	07-04	resc

1500 m	RC : 4.53.37				
1	Dennison Chrystal	05	6.27.15	04-05	cabw

80 m haies (76 cm)	RC : 11.88				
1	Lucas Clara	04	13.18	11-05	rcas

300 m haies (76 cm)	RC : 45.51				
1	Martins Junior Magaly	04	48.67	04-05	cabw
2	Mayot Coiffard Hermine	05	56.60	28-04	csf

Hauteur	RC : 1m68				
1	Leonard Elise	05	1m40	04-05	cabw
2	Dennison Chrystal	05	1m36	05-05	resc
3	Lucas Clara	04	1m35	11-05	rcas
4	Martins Junior Magaly	04	1m31	05-05	resc

Longueur	RC : 5m74				
1	Dossey Jennifer Stefania	04	5m45	31-05	cabw
2	Lucas Clara	04	4m95	28-04	csf
3	Leonard Elise	05	4m44	07-04	resc
4	Van Ex Alexia	04	4m33	28-04	csf
5	Mayot Coiffard Hermine	05	4m10	28-04	csf
6	De Gendt Oriane	05	3m93	26-05	rsca
7	Dennison Chrystal	05	3m82	28-04	csf
8	Khader Houda	05	2m68	05-05	resc

Triple saut	RC : 11m71				
1	Dossey Jennifer Stefania	04	11m49	27-04	csf

Perche	RC : 3m26				
1	Vanden Avont Camille	04	1m60	04-05	cabw



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

Poids (3 kg)		RC : 12m10			
1	Mathieu Julia	05	13m85	15-09	jsmc
2	Dennison Chrystal	05	8m17	04-05	cabw
3	Lucas Clara	04	8m04	11-05	rcas
Disque (1 kg)		RC : 37m60			
1	Mathieu Julia	05	31m59	25-08	damp
2	Lucas Clara	04	19m20	01-06	rcb
3	Molamba Aloti Medine	05	9m60	04-05	cabw
Javelot (500 gr)		RC : 41m46			
1	Merino Nohemi	04	20m55	04-05	cabw
2	Lucas Clara	04	17m44	12-05	rcas
Hexathlon		RC : 3901 p			
1	Lucas Clara	04	2832 p	12-05	rcas
4 x 100 m		RC : 50.59			
Mpinga Mulowayi, Tshanga Diomi, Leonard, Dossey		51.72	28-04	csf	

SCOLAIRES FEMMES (2003 - 2002)

100 m		RC : 12.33			
1	Sielinou Lisa	03	13.00	16-06	usbw
2	Pontara Lisa	03	13.49	07-04	resc
3	Kodomalo Nadia	03	14.89	07-04	resc
4	Perez Montero Ariadna	03	17.00	07-04	resc
200 m		RC : 25.34			
1	Sielinou Lisa	03	26.85	22-06	rcb
2	Kodomalo Nadia	03	31.68	05-05	resc
300 m		RC : 39.65			
1	Kodomalo Nadia	03	59.21	17-07	dac
400 m		RC : 56.03			
1	Haouari Farrah	03	67.92	05-10	rcb
2	Viaene Luna	03	71.23	04-05	cabw
800 m		RC : 2.14.88			
1	Joblin Marine	02	2.16.41	25-08	damp
2	Haouari Farrah	03	2.31.51	26-10	csf
3	Nachtergal Marine	02	2.33.16	07-04	resc
4	Kurza Klaudia	02	2.44.16	07-04	resc
1000 m		RC : 3.01.95			
1	Joblin Marine	02	3.01.01	06-09	resc
2	Haouari Farrah	03	3.11.79	17-07	dac
1500 m		RC : 4.41.18			
1	Haouari Farrah	03	5.08.90	25-06	cabw
2	Nachtergal Marine	02	5.21.28	25-06	cabw
3	Kurza Klaudia	02	5.40.91	25-06	cabw
3000 m		RC : 10.41.31			
1	Haouari Farrah	03	11.30.81	06-04	ws
2	Kurza Klaudia	02	12.51.07	04-05	cabw
400 m haies (76 cm)		RC : 62.36			
1	Cuvelier Maela	02	113.51	04-05	cabw
2000 m steeple (76 cm)		RC : 8.45.82			
1	Haouari Farrah	03	8.05.35	04-05	cabw
Hauteur		RC : 1m68			
1	Golfa Sambay Clara	02	1m60	18-05	rcg
2	Viaene Luna	03	1m59	27-04	csf



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

Longueur		RC : 6m08			
1	Pontara Lisa	03	4m79	04-05	cabw
2	Kazadi Muanangabu Prescillia	03	3m67	05-05	resc
Triple saut		RC : 12m15			
1	Golfa Sambay Clara	02	10m14	04-05	cabw
Perche		RC : 3m36			
1	Nachtergal Marine	02	2m00	04-05	cabw
Poids (3 kg)		RC : 13m85			
1	Iven Kayla	02	11m20	28-04	csf
Disque (1 kg)		RC : 47m99			
1	Iven Kayla	02	29m04	28-04	csf
Javelot (500 gr)		RC : 41m46			
1	Iven Kayla	02	41m95	13-10	NLD
2	Perez Montero Ariadna	03	11m14	19-10	rcas
Javelot (600 gr)		RC : 36m78			
1	Iven Kayla	02	39m06	25-06	cabw
Marteau (3 kg)		RC : 43m80			
1	Khader Firdaous	03	20m09	04-05	cabw
4 x 100 m		RC : 48.97			
Pontara, Sielinou, Sidibe, Viaene		52.34	07-04	resc	

JUNIORS FEMMES (2001 - 2000)

100 m		RC : 12.03			
1	Ombeni Rachel	01	13.25	01-06	vs
2	Derdari Yasmine	01	15.10	10-08	resc
200 m		RC : 24.65			
1	Ikolopemda Ekila	01	29.83	05-05	resc
2	Van Noppen Madeleine	01	31.47	05-05	resc
800 m		RC : 2.05.49			
1	Tcacenco Dumitrita	01	2.37.93	05-05	resc
1500 m		RC : 4.29.50			
1	Tcacenco Dumitrita	01	5.24.27	27-04	csf
Triple saut		RC : 12m15			
1	Ombeni Rachel	01	11m81	04-08	NOR
2	Vanden Bergh Joy	00	10m22	27-04	csf

ESPOIRS FEMMES (1999 - 1998 - 1997)

100 m		RC : 11.42			
1	Morency Poilvache Alizee	98	12.02	31-05	cabw
2	Joblin Odile	97	13.13	22-06	rcb
3	Van De Sype Chloe	97	14.60	05-05	resc
4	Bouvy Naomi	99	14.83	25-06	cabw
200 m		RC : 24.59			
1	Morency Poilvache Alizee	98	25.06	01-06	vs
2	Schauwers Manon	99	25.89	30-06	rfcl
3	Joblin Odile	97	26.77	22-06	rcb
300 m		RC : 38.04			
1	Morency Poilvache Alizee	98	40.78	22-06	olse
400 m		RC : 53.51			
1	Muls Camille	99	56.31	10-08	resc
2	Schauwers Manon	99	57.84	25-06	cabw



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

800 m	RC : 2.05.49				
1	Muls Camille	99	2.03.72	01-06	vs
1500 m	RC : 4.29.00				
1	Muls Camille	99	4.16.33	24-08	oeh
100 m haies (84 cm)	RC : 12.79				
1	Schauwers Manon	99	14.98	06-10	rfcl
400 m haies (76 cm)	RC : 59.80				
1	Schauwers Manon	99	59.80	29-06	lebb
Hauteur	RC : 1m88				
1	De Bruecker Lisaline	98	1m25	27-04	csf
Longueur	RC : 6m08				
1	Caty Emeline	98	5m48	16-06	FRA
2	Kana Sephora	98	4m68	28-04	csf
3	De Bruecker Lisaline	98	4m32	05-05	resc
4	Bouvy Naomi	99	3m76	10-08	resc
Triple saut	RC : 12m92				
1	Kana Sephora	98	9m96	05-05	resc
2	De Bruecker Lisaline	98	9m79	05-05	resc
Perche	RC : 4m05				
1	Van De Sype Chloe	97	3m20	01-05	vs
Poids (4 kg)	RC : 13m12				
1	Montilla Morgane	98	8m27	19-10	rcas
Disque (1 kg)	RC : 47m99				
1	Montilla Morgane	98	26m92	19-10	rcas
2	Van De Sype Chloe	97	25m84	01-05	vs
Javelot (600 gr)	RC : 39m06				
1	Montilla Morgane	98	33m46	23-08	resc

SENIORS FEMMES (1999 - 1985)

100 m	RC : 11.42				
1	Zagre Anne	90	11.91	25-05	FIN
2	Badji Jalika	96	12.88	10-08	resc
3	Cok Evelyn	91	13.15	01-06	vs
4	Simons Lina	96	13.45	01-06	vs
200 m	RC : 23.46				
1	Claes Hanne	91	23.88	20-07	avt
2	Badji Jalika	96	25.41	13-07	kks
3	Simons Lina	96	27.20	01-06	vs
4	Cok Evelyn	91	27.43	17-07	rfcl
300 m	RC : 38.04				
1	Badji Jalika	96	39.62	22-06	olse
2	Simons Lina	96	43.74	22-06	olse
400 m	RC : 53.51				
1	Badji Jalika	96	55.52	01-05	vs
2	Gillet Delphine	86	57.94	01-05	vs
3	Simons Lina	96	62.24	14-07	fcha
800 m	RC : 2.03.72				
1	Gillet Delphine	86	2.09.98	25-05	vs
2	Cok Evelyn	91	2.39.36	24-08	oeh
3000 m	RC : 8.49.85				
1	Laurent Agnes	88	10.15.71	18-05	rcg



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

5000 m		RC : 15.41.24			
1	Imbo Kristel	96	19.19.21	25-05	FIN
100 m haies (84 cm)		RC : 12.71			
1	Zagre Anne	90	12.91	05-10	QAT
400 m haies (76 cm)		RC : 55.20			
1	Claes Hanne	91	55.25	02-10	QAT
2	Badji Jalika	96	59.64	01-09	resc
3000 m steeple (76 cm)		RC : 10.36.98			
1	Laurent Agnes	88	11.24.51	25-05	FIN
Longueur		RC : 6m28			
1	Guisse Saliyya	96	6m04	16-06	usbw
Triple saut		RC : 12m92			
1	Guisse Saliyya	96	13m38	31-05	cabw
Perche		RC : 4m20			
1	Henry Chloe	87	4m20	01-08	CHE
Poids (4 kg)		RC : 14m84			
1	Boumkwo Jolien	93	14m53	01-05	achl
Disque (1 kg)		RC : 47m99			
1	Boumkwo Jolien	93	42m25	01-05	achl
4 x 100 m		RC : 46.60			
Morency Poilvache, Guisse, Badji, Zagre		46.95	18-05	rcg	
4 x 400 m		RC : 3.48.08			
Schauwers, Gillet, Muls, Badji		3.50.28	18-05	rcg	

MASTERS FEMMES 35

100 m		RC : 12.73			
1	Dewitte Valerie	80	13.93	16-06	acw
2	Bonvin Draps Nathalie	80	14.50	16-06	acw
200 m		RC : 26.58			
1	Dewitte Valerie	80	28.35	16-06	acw
2	Bonvin Draps Nathalie	80	30.12	16-06	acw
300 m		RC : 44.04			
1	Dewitte Valerie	80	45.13	11-05	SUI
400 m		RC : 60.68			
1	Dewitte Valerie	80	63.75	15-06	acw
2	Bonvin Draps Nathalie	80	72.39	02-06	csf
Semi marathon		RC : -			
1	Norris Josephine	83	1h44.23	23-02	GBR
Marathon		RC : 3h57.19			
1	Norris Josephine	83	3h43.02	20-10	NLD
Hauteur		RC : 1m42			
1	Reynaerts Stephanie	80	1m30	02-06	csf
Poids (4 kg)		RC : 11m09			
1	Reynaerts Stephanie	80	9m27	16-06	acw
Disque (1 kg)		RC : 34m32			
1	Reynaerts Stephanie	80	31m80	16-06	acw
Javelot (600 gr)		RC : 29m63			
1	Reynaerts Stephanie	80	27m27	30-06	acw



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

Marteau (4 kg)		RC : 33m35			
1	Reynaerts Stephanie	80	29m42	18-05	rcg
Grand poids (9,08 kg)		RC : 9m51			
1	Reynaerts Stephanie	80	8m79	30-06	acw
Pentathlon de lancers		RC : 2304 p			
1	Reynaerts Stephanie	80	2142 p	30-06	acw
4 x 100 m		RC : 52.98			
Bonvin Draps, Reynaerts, Debaillie, Boonaert		58.95	02-06	csf	

MASTERS FEMMES 40

800 m		RC : 2.24.29			
1	Debaillie Isabelle	74	2.52.94	02-06	csf
Marathon		RC : 3h11.44			
1	Debaillie Isabelle	74	4h20.20	19-05	LET
Longueur		RC : 4m96			
1	Adam Benedicte	78	2m36	02-06	csf
Poids (4 kg)		RC : 10m39			
1	Adam Benedicte	78	11m07	16-06	acw
2	Bee Delphine	78	9m14	10-08	resc
Disque (1 kg)		RC : 26m81			
1	Bee Delphine	78	27m92	19-10	rcas
2	Adam Benedicte	78	27m64	16-06	acw
Javelot (600 gr)		RC : 22m33			
1	Adam Benedicte	78	26m68	16-03	crac

MASTERS FEMMES 45

Semi marathon		RC : 2h13.52			
1	Lion Annick	74	1h53.56	06-10	bxl
Marathon		RC : 3h37.16			
1	Covens Benedicte	97	3h29.28	20-10	NED
Poids (4 kg)		RC : 8m36			
1	De Buyst Nadia	73	6m89	16-06	acw
Disque (1 kg)		RC : 27m03			
1	De Buyst Nadia	73	24m49	02-06	csf

MASTERS FEMMES 50

100 m		RC : 14.01			
1	Boonaert Caroline	64	14.49	16-06	acw
200 m		RC : 29.60			
1	Boonaert Caroline	64	30.63	16-06	acw

MASTERS FEMMES 55

3000 m		RC : -			
1	Cardoso Da Rocha Maria Joao	64	16.26.05	02-06	csf
Marathon		RC : -			
1	Cardoso Da Rocha Maria Joao	64	5h06.45	13-10	NLD



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

BENJAMINS GARÇONS (2011 - 2010)

60 m		RC : 9.17			
1	Ben Ahmed Yanis	10	9.42	14-07	vita
2	Mbuyi Kalonda Benjamin	10	10.04	07-04	resc
3	Sanchez Diego	10	10.26	12-10	ws
4	Ouattara Noham	10	10.31	29-09	rcas
5	Mievis Lionel	11	10.37	12-10	ws
6	Guellet Elijah	10	10.39	05-05	resc
7	Chekem Amon Re	11	10.40	14-07	vita
8	Theyskens Alexis	10	10.48	12-10	ws
9	Xhonneux Rafael	10	10.90	12-10	ws
10	Kehl Nicolas	10	10.99	23-08	resc
11	Arys Luca	10	11.11	12-10	ws
12	Michels Antoine	10	11.16	07-04	resc
13	Ghesquiere Alexandre	11	11.26	23-08	resc
14	Philips Raphael	11	11.40	12-10	ws
15	Rozzi Arthur	11	11.43	20-10	rsca
16	Hendrichs Hadrien	10	11.46	07-04	resc
17	Segers Lucas	11	11.59	05-05	resc
18	Oulhaj Milan	11	11.60	10-08	resc
19	Coppy Yannic	11	11.81	05-05	resc
20	Kamara Noa	10	12.21	07-04	resc
21	Hendrichs Victor	10	12.78	01-05	rcas

600 m		RC : 1.57.80			
1	Ben Ahmed Yanis	10	1.58.91	31-08	dac
2	Chekem Amon-Re	11	2.09.46	01-05	rcas
3	Theyskens Alexis	10	2.11.18	31-08	dac
4	Ouattara Noham	10	2.13.78	02-06	vita
5	Sanchez Diego	10	2.15.60	12-10	ws
6	Mievis Lionel	11	2.15.72	20-04	csf
7	Arys Luca	10	2.18.12	12-10	ws
	Xhonneux Rafael	10	2.18.12	12-10	ws
9	Michels Antoine	10	2.22.14	07-04	resc
10	Hendrichs Hadrien	10	2.22.55	14-07	vita
11	Oulhaj Milan	11	2.26.76	10-08	resc
12	Guellet Elijah	10	2.31.12	05-05	resc
13	Philips Raphael	11	2.32.72	12-10	ws
14	Rozzi Arthur	11	2.35.20	05-05	resc
15	Hendrichs Victor	10	2.35.76	07-04	resc
16	Coppy Yannic	11	2.35.89	07-04	resc
17	Segers Lucas	11	2.37.60	05-05	resc
18	Ghesquiere Alexandre	11	2.40.71	07-04	resc

Hauteur		RC : 1m25			
1	Kehl Nicolas	10	1m03	31-08	dac
2	Arys Luca	10	1m00	28-06	resc
3	Michels Antoine	10	1m00	28-06	resc
	Xhonneux Rafael	10	1m00	28-06	resc
5	Hendrichs Hadrien	10	0m90	01-05	rcas
6	Mievis Lionel	11	0m85	28-06	resc
	Oulhaj Milan	11	0m85	28-06	resc
	Verbaandert Cesar	10	0m85	28-06	resc
9	Guellet Elijah	10	0m80	26-05	rsca
10	Ghesquiere Alexandre	11	0m75	28-06	resc

Longueur		RC : 4m19			
1	Ben Ahmed Yanis	10	3m29	31-08	dac
2	Theyskens Alexis	10	3m24	12-10	ws
3	Sanchez Diego	10	3m13	12-10	ws
4	Ouattara Noham	10	3m05	02-06	vita
5	Arys Luca	10	3m00	23-08	resc
6	Xhonneux Rafael	10	2m99	20-10	rsca
7	Chekem Amon-Re	11	2m89	14-07	vita
8	Mievis Lionel	11	2m81	12-10	ws
9	Michels Antoine	10	2m76	31-08	dac
10	Guellet Elijah	10	2m73	05-05	resc
11	Rozzi Arthur	11	2m68	20-10	rsca
12	Kehl Nicolas	10	2m57	23-08	resc
13	Philips Raphael	11	2m50	12-10	ws



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
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14	Coppy Yannic	11	2m49	02-06	vita
15	Ghesquiere Alexandre	11	2m39	23-08	resc
16	Hendrichs Hadrien	10	2m38	05-05	resc
17	Segers Lucas	11	2m17	23-08	resc
18	Kamara Noa	10	2m08	05-05	resc
19	Hendrichs Victor	10	2m01	05-05	resc

Poids (1 kg)

RC : 11m68

1	Ouattara Noham	10	7m54	28-06	resc
2	Arys Luca	10	7m06	12-10	ws
3	Michels Antoine	10	6m90	28-06	resc
4	Theyskens Alexis	10	6m14	12-10	ws
5	Philips Raphael	11	5m88	12-10	ws
6	Coppy Yannic	11	5m87	02-06	vita
7	Sanchez Diego	10	5m80	12-10	ws
8	Mievis Lionel	11	5m71	12-10	ws
9	Xhonneux Rafael	10	5m25	12-10	ws
10	Verbaandert Cesar	10	5m22	28-06	resc
11	Kamara Noa	10	4m84	28-06	resc
12	Rozzi Arthur	11	4m50	28-06	resc
13	Ghesquiere Alexandre	11	4m38	28-06	resc
14	Oulhaj Milan	11	4m00	28-06	resc

Balle de hockey

RC : 40m13

1	Arys Luca	10	26m98	07-09	csf
2	Hendrichs Hadrien	10	20m79	07-04	resc
3	Hendrichs Victor	10	19m05	07-04	resc
4	Ouattara Noham	10	18m25	29-09	rcas
5	Michels Antoine	10	17m53	07-04	resc
6	Theyskens Alexis	10	17m44	10-08	resc
7	Chekem Amon-Re	11	16m84	07-04	resc
8	Mievis Lionel	11	16m47	10-08	resc
9	Kamara Noa	10	15m83	07-04	resc
10	Philips Raphael	11	15m37	10-08	resc
11	Xhonneux Rafael	10	13m49	10-08	resc
12	Oulhaj Milan	11	10m31	10-08	resc

Tetrathlon

RC : 2099 p

1	Sanchez Diego	10	1156 p	12-10	ws
2	Theyskens Alexis	10	1144 p	12-10	ws
3	Mievis Lionel	11	1048 p	12-10	ws
4	Arys Luca	10	986 p	12-10	ws
5	Ouattara Noham	10	959 p	29-09	rcas
6	Chekem Amon-Re	11	863 p	20-04	csf
7	Xhonneux Rafael	10	856 p	12-10	ws
8	Philips Raphael	11	677 p	12-10	ws

4 x 60 m

RC : 37.27

Ouattara, Mbuyi Kalonda, Coppy, Ben Ahmed	41.01	07-04	resc
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PUPILLES GARÇONS (2009 - 2008)

60 m

RC : 8.42

1	Ouattara Reda	08	8.62	02-06	vita
2	Kubiak Joachim	09	9.20	01-05	rcas
	Soudon Jules	08	9.20	07-04	resc
4	Kenaiti Yanis	08	9.29	23-08	resc
5	Oulhaj Hugo	08	9.34	28-07	dac
6	Arifi Rayane	08	9.46	20-04	csf
7	Dekeyser Arthur	08	9.68	10-08	resc
8	Balcaen Oscar	08	9.74	29-09	rcas
9	Verleyen Jakob	08	9.80	12-10	ws
10	De Gendt Lucien	08	9.84	02-06	vita
11	Uzcategui Rodrigez Leon	09	9.92	23-08	resc
12	Coppy Kenneth	08	9.94	05-05	resc
13	Philips Bastien	09	9.99	14-07	vita
14	Guerron Sebastian	09	10.01	07-04	resc
15	Delneufcourt Noah	09	10.06	26-05	rsca
16	Delneufcourt Hugo	09	10.08	14-07	vita
17	Arifi Sohaib	08	10.10	02-06	vita
18	Haub Tobias	09	10.53	05-05	resc



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

19 Abdellaoui Ismael 09 10.64 02-06 vita

1000 m RC : 3.14.18

1	Kenaiti Yanis	08	3.17.19	10-06	rct
2	Ouattara Reda	08	3.41.49	29-09	rcas
3	Soudon Jules	08	3.41.79	29-09	rcas
4	Verleyen Jakob	08	3.44.03	12-10	ws
5	Delneufcourt Hugo	09	3.44.48	14-07	vita
6	Oulhaj Hugo	08	3.45.56	05-05	resc
7	Arifi Rayane	08	3.47.87	12-10	ws
8	Dekeyser Arthur	08	3.47.94	02-06	vita
9	Delneufcourt Noah	09	3.51.69	05-10	rcb
10	Kubiak Joachim	09	3.57.89	10-08	resc
11	Haub Tobias	09	4.02.39	05-05	resc
12	Balcaen Oscar	08	4.02.79	29-09	rcas
13	Abdellaoui Ismael	09	4.08.07	02-06	vita
14	Coppy Kenneth	08	4.11.54	05-05	resc
15	Bouchfira Camille	08	4.14.87	07-04	resc
16	Philips Bastien	09	4.18.41	18-12	ws
17	Uzcategui Rodriguez Leon	09	4.31.83	07-04	resc

60 m haies (76 cm) RC : 10.24

1	Ouattara Reda	08	11.53	02-06	vita
2	Haub Tobias	09	14.19	05-05	resc

Hauteur RC : 1m49

1	Dekeyser Arthur	08	1m23	31-08	dac
2	De Gendt Lucien	08	1m20	26-05	rsca
	Kubiak Joachim	09	1m20	28-06	resc
	Ouattara Reda	08	1m20	28-06	resc
5	Soudon Jules	08	1m15	26-05	rsca
6	Haub Tobias	09	1m10	28-06	resc
	Oulhaj Hugo	08	1m10	28-06	resc
8	Delneufcourt Hugo	09	1m05	26-05	rsca
9	Delneufcourt Noah	09	1m00	28-06	resc
	Verleyen Jakob	08	1m00	28-06	resc

Longueur RC : 4m75

1	Ouattara Reda	08	4m17	29-09	rcas
2	De Gendt Lucien	08	3m96	02-06	vita
3	Arifi Rayane	08	3m89	12-10	ws
4	Kubiak Joachim	09	3m75	20-10	rsca
5	Dekeyser Arthur	08	3m69	02-06	vita
6	Soudon Jules	08	3m68	29-09	rcas
7	Verleyen Jacob	08	3m59	12-10	ws
8	Oulhaj Hugo	08	3m56	20-04	csf
9	Philips Bastien	09	3m32	20-04	csf
10	Coppy Kenneth	08	3m27	02-06	vita
11	Arifi Sohaib	08	3m26	02-06	vita
12	Delneufcourt Hugo	09	3m25	20-04	csf
	Balcaen Oscar	08	3m25	29-09	rcas
14	Abdellaoui Ismael	09	3m17	02-06	vita
15	Guerron Sebastian	09	3m12	07-04	resc
	Uzcategui Rodriguez Leon	09	3m12	31-08	dac
17	Delneufcourt Noah	09	3m02	20-04	csf

Poids (2 kg) RC : 11m71

1	Arifi Rayane	08	8m25	22-06	rcb
2	Ouattara Reda	08	7m34	28-06	resc
3	Soudon Jules	08	6m61	01-05	rcas
4	Oulhaj Hugo	08	6m37	28-07	dac
5	Kubiak Joachim	09	6m13	28-06	resc
6	Delneufcourt Noah	09	5m24	28-06	resc
7	Haub Tobias	09	5m05	28-06	resc
8	Verleyen Jakob	08	5m02	28-06	resc
9	Delneufcourt Hugo	09	4m19	28-06	resc

Balle de hockey RC : 46m50

1	Ouattara Reda	08	43m89	02-06	vita
2	Coppy Kenneth	08	35m31	02-06	vita
3	Dekeyser Arthur	08	32m07	20-04	csf



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4	Arifi Sohaib	08	30m09	02-06	vita
5	Arifi Rayane	08	29m60	20-04	csf
6	Delneufcourt Hugo	09	28m02	05-10	rcb
7	Balcaen Oscar	08	27m26	29-09	rcas
8	Delneufcourt Noah	09	26m39	20-04	csf
9	Philips Bastien	09	26m38	20-04	csf
10	Verleyen Jakob	08	25m32	12-10	ws
11	Kubiak Joachim	09	24m55	23-08	resc
12	Soudon Jules	08	23m65	23-08	resc
13	Guerron Sebastian	09	23m38	05-05	resc
14	Oulhaj Hugo	08	23m21	29-09	rcas
15	Haub Tobias	09	22m03	05-05	resc
16	Uzategui Rodriguez Leon	09	20m91	23-08	resc

Tetrathlon		RC : 2516 p			
1	Ouattara Reda	08	2030 p	29-09	rcas
2	Oulhaj Hugo	08	1576 p	28-07	dac
3	Arifi Rayane	08	1571 p	12-10	ws
4	Soudon Jules	08	1569 p	29-09	rcas
5	Verleyen Jakob	08	1457 p	12-10	ws
6	Kubiak Joachim	09	1393 p	29-09	rcas
7	Delneufcourt Hugo	09	1360 p	05-10	rcb
8	Balcaen Oscar	08	1285 p	29-09	rcas
9	Delneufcourt Noah	09	1272 p	05-10	rcb
10	Philips Bastien	09	1029 p	20-04	csf
11	Dekeyser Arthur	08	1018 p	20-04	csf

4 x 60 m		RC : 33.25			
Soudon, Kubiak, Balcaen, Ouattara		35.13	07-04	resc	

MINIMES GARÇONS (2007- 2006)

80 m		RC : 9.66			
1	Mbuyi Tshinyongolo Tresor	06	10.65	28-07	dac
2	Guellet Shadi	07	11.55	26-05	rsca
3	Taieb Hilel	06	11.61	14-07	vita
4	Labruyere Maxime	06	11.71	26-10	csf
5	Mvulu Kimana Steve	07	11.80	12-10	ws
6	Mertens de Wilmars Raphael	07	11.91	12-10	ws
7	Ezzeddine Adam	07	11.92	01-05	rcas
8	Tshanga Diumba John Ross	07	11.95	20-04	csf
9	Poortman Matheo	07	12.09	26-10	csf
10	Dakir Anis	06	12.14	20-10	rsca
11	Van Den Brempt Mathis	07	12.20	12-10	ws
12	Lair Adrien	06	12.21	12-10	ws
13	Verriez Ludovic	06	12.39	12-10	ws
14	Vilain Nicolas	07	12.43	20-04	csf
15	De Greef Guillaume	07	12.69	12-10	ws
16	Van Mossevelde Sami	07	14.02	12-10	ws
17	Vanden Avont Gauthier	06	14.43	05-05	resc

150 m		RC : 18.43			
1	Mbuyi Tshinyongolo Tresor	06	19.49	02-06	vita
2	Labruyere Maxime	06	21.75	01-05	rcas
3	Dakir Anis	06	22.23	07-04	resc
4	Tshanga Diumba John Ross	07	22.34	07-04	resc
5	Poortman Matheo	07	22.57	07-04	resc
6	Van Den Brempt Mathis	07	23.37	07-04	resc
7	Mvulu Kimana Steve	07	23.57	07-04	resc
8	Huyghe Gauthier	07	23.59	07-04	resc
9	Verriez Ludovic	06	23.67	07-04	resc
10	Vilain Nicolas	07	24.25	02-06	vita
11	Lair Adrien	06	24.32	07-04	resc
12	Ezzeddine Adam	07	24.80	07-04	resc
13	Van Mossevelde Sami	07	25.23	07-04	resc

300 m		RC : 40.86			
1	Poortman Matheo	07	47.79	10-08	resc
2	Taieb Hilel	06	51.39	14-07	vita
3	Lair Adrien	06	52.46	10-08	resc
4	Vilain Nicolas	07	53.82	14-07	vita



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1000 m		RC : 3.01.77			
1	Mbuyi Tshinyongolo Tresor	06	3.18.27	28-07	dac
2	Poortman Matheo	07	3.26.30	20-10	rsca
3	Van Den Brempt Mathis	07	3.26.56	12-10	ws
4	Guellet Shadi	07	3.26.67	05-05	resc
5	Taieb Hilel	06	3.40.52	23-08	resc
6	Van Mossevelde Sami	07	3.42.19	07-04	resc
7	Verriez Ludovic	06	3.42.78	14-07	vita
8	Tshanga Diumba John Ross	07	3.45.74	20-04	csf
9	Labruyere Maxime	06	3.55.05	05-05	resc
10	Mvulu Kimana Steve	07	3.56.42	12-10	ws
11	Lair Adrien	06	3.57.90	12-10	ws
12	De Greef Guillaume	07	3.59.18	12-10	ws
13	Vilain Nicolas	07	4.05.64	12-10	ws
14	Ezzeddine Adam	07	4.08.69	12-10	ws

80 m haies (84 cm)		RC : 12.00			
1	Lair Adrien	06	16.78	29-09	rcas
2	Mvulu Kimana Steve	07	17.63	29-09	rcas

150 m haies (76 cm)		RC : 20.54			
1	Poortman Matheo	07	24.79	26-10	csf
2	Mvulu Kimana Steve	07	24.88	26-10	csf

Hauteur		RC : 1m73			
1	Mbuyi Tshinyongolo Tresor	06	1m44	10-08	vita
2	Guellet Shadi	07	1m30	26-05	rsca
3	Poortman Matheo	07	1m28	05-10	rcb
4	Van Den Brempt Mathis	07	1m27	18-10	ws
5	Verriez Ludovic	06	1m21	12-10	ws
6	Lair Adrien	06	1m18	12-10	ws
7	Vilain Nicolas	07	1m15	02-06	vita
8	De Greef Guillaume	07	1m09	12-10	ws
	Ezzeddine Adam	07	1m09	12-10	ws
	Mvulu Kimana Steve	07	1m09	12-10	ws
11	Van Mossevelde Sami	07	1m00	12-10	ws

Longueur		RC : 5m73			
1	Mbuyi Tshinyongolo Tresor	06	4m88	02-06	vita
2	Poortman Matheo	07	4m05	07-04	resc
3	Tshanga Diumba John Ross	07	4m03	20-04	csf
4	Lair Adrien	06	4m02	12-10	ws
5	Mertens de Wilmars Raphael	07	3m94	12-10	ws
6	Van Den Brempt Mathis	07	3m84	01-05	rcas
7	De Greef Guillaume	07	3m75	12-10	ws
8	Labruyere Maxime	06	3m73	07-04	resc
9	Huyghe Gauthier	07	3m64	07-04	resc
10	Mvulu Kimana Steve	07	3m52	12-10	ws
11	Dakir Anis	06	3m45	07-04	resc
12	Van Mossevelde Sami	07	3m39	07-04	resc
13	Verriez Ludovic	06	3m38	12-10	ws
14	Ezzeddine Adam	07	3m28	20-04	csf
15	Vilain Nicolas	07	3m23	12-10	ws

Poids (3 kg)		RC : 14m71			
1	Mbuyi Tshinyongolo Tresor	06	9m10	31-08	dac
2	Mertens de Wilmars Raphael	07	7m83	12-10	ws
3	Huyghe Gauthier	07	6m78	25-05	csf
4	Poortman Matheo	07	6m45	12-10	ws
5	Lair Adrien	06	6m23	10-08	resc
6	Tshanga Diumba John Ross	07	6m13	20-04	csf
7	Van Den Brempt Mathis	07	5m98	12-10	ws
8	Mvulu Kimana Steve	07	5m83	29-09	rcas
9	Taieb Hilel	06	5m81	23-08	resc
10	Van Mossevelde Sami	07	5m75	12-10	ws
11	De Greef Guillaume	07	5m22	12-10	ws
12	Ezzeddine Adam	07	5m17	12-10	ws
13	Panneels Mathieu	07	5m16	28-06	resc
14	Vilain Nicolas	07	4m93	12-10	ws
15	Labruyere Maxime	07	4m74	28-06	resc
16	Verriez Ludovic	06	4m45	28-06	resc



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Disque (750 gr)		RC : 45m01			
1	Tshanga Diumba John Ross	07	19m29	01-05	rcas
2	Huyghe Gauthier	07	17m26	01-05	rcas
3	Lair Adrien	06	14m57	29-09	rcas
4	Cornelis Darwin	06	14m23	01-05	rcas
5	Mvulu Kimana Steve	07	13m36	29-09	rcas

Javelot (400 gr)		RC : 45m91			
1	Mbuyi Tshinyongolo Tresor	06	28m48	28-06	resc
2	Huyghe Gauthier	07	25m38	28-06	resc
3	Poortman Matheo	07	20m04	05-10	rcb
4	Van Mossevelde Sami	07	19m21	28-06	resc
5	Labruyere Maxime	07	18m75	28-06	resc
6	Tshanga Diumba John Ross	07	18m20	20-04	csf
7	Vilain Nicolas	07	18m03	28-06	resc
8	Ezzeddine Adam	07	16m97	20-04	csf
9	Van Den Brempt Mathis	07	14m21	20-04	csf
10	Verriez Ludovic	06	14m06	20-04	csf
11	Lair Adrien	06	12m75	28-06	resc
12	Panneels Mathieu	07	10m88	28-06	resc

Pentathlon		RC : 4135 p			
1	Mbuyi Tshinyongolo Tresor	06	2985 p	28-07	dac
2	Van Den Brempt Mathis	07	2188 p	12-10	ws
3	Poortman Matheo	07	2128 p	12-10	ws
4	Tshanga Diumba John Ross	07	1969 p	20-04	csf
5	Lair Adrien	06	1901 p	12-10	ws
6	Mvulu Kimana Steve	07	1726 p	12-10	ws
7	Verriez Ludovic	06	1700 p	12-10	ws
8	De Greef Guillaume	07	1602 p	12-10	ws
9	Ezzeddine Adam	07	1458 p	12-10	ws
10	Vilain Nicolas	07	1421 p	12-10	ws
11	Van Mossevelde Sami	07	1364 p	12-10	ws

4 x 80 m		RC : 41.08		
Mvulu Kimana, Dakir, Labruyere, Mbuyi Tshinyongolo		44.16	26-10	csf

CADETS GARÇONS (2005 - 2004)

100 m		RC : 11.31			
1	Gruson Augustin	04	11.78	22-06	rcb
2	Mbuyi Bodika William	04	11.90	07-04	resc
3	Sibourg Valentin	04	12.10	26-10	csf
4	Biala Kenny Felder	05	12.22	23-08	resc
5	Englebert Timothee	04	12.32	28-09	rcas
6	Guillaume Clement	04	12.43	23-08	resc
7	Arifi Ilias	04	12.63	11-05	rcas
8	Derome Julien	04	12.86	06-04	ws
9	Ivens Filip	04	12.97	29-09	rcas
9	Harroud Ayman	05	13.08	28-04	csf
10	Ruelle Arthur	04	13.22	28-04	csf
11	Van Elsuwe Alexis	04	14.14	29-09	rcas
11	Ben Ali Salim	04	14.37	07-04	resc
12	Kamara Sanael	04	15.33	05-05	resc

200 m		RC : 23.14			
1	Mbuyi Bodika William	04	24.69	28-04	csf
2	Biala Kenny Felder	05	24.91	25-08	damp
3	Guillaume Clement	04	25.00	23-08	resc
4	Derome Julien	04	26.59	05-05	resc
5	Ruelle Arthur	04	26.66	05-05	resc

400 m		RC : 52.24			
1	Sibourg Valentin	04	59.98	04-05	cabw

800 m		RC : 1.59.30			
1	Derome Julien	04	2.28.64	07-04	resc
2	Arifi Reda	05	2.29.73	04-05	cabw
3	Mohsine Anass	05	2.29.99	07-04	resc
4	Ben Ali Salim	04	2.34.10	28-04	csf



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1000 m		RC : 2.43.18			
1	Gruson Augustin	04	2.59.14	12-05	rcas
2	Derome Julien	04	3.04.25	01-06	rcb
3	Arifi Ilias	04	3.04.81	12-05	rcas
4	Englebert Timothee	04	3.06.54	12-05	rcas
5	Ivens Filip	04	3.18.60	29-09	rcas
6	Sibourg Valentin	04	3.30.06	18-08	ob
7	Van Elsuwe Alexis	04	3.36.82	29-09	rcas

1500 m		RC : 4.10.90			
1	Biala Kenny Felder	02	4.56.53	04-05	cabw
2	Mohsine Anass	05	5.12.71	27-04	csf
3	Derome Julien	04	5.12.84	27-04	csf

100 m haies (91 cm)		RC : 14.02			
1	Arifi Ilias	04	15.58	25-08	damp
2	Sibourg Valentin	04	16.13	01-06	rcb
3	Gruson Augustin	04	16.25	12-05	rcas
4	Englebert Timothee	04	17.52	29-09	rcas
5	Ivens Filip	04	18.60	28-09	rcas
6	Van Elsuwe Alexis	04	22.09	29-09	rcas

300 m haies (76 cm)		RC : 40.07			
1	Arifi Ilias	04	41.67	15-09	jsmc
2	Sibourg Valentin	04	43.36	26-10	csf

Hauteur		RC : 1m91			
1	Englebert Timothee	04	1m75	01-06	rcb
2	Arifi Ilias	04	1m65	01-06	rcb
3	Sibourg Valentin	04	1m55	17-08	ob
4	Gruson Augustin	04	1m45	12-05	rcas
5	Van Elsuwe Alexis	04	1m25	29-09	rcas
6	Poortman Lucas	05	1m00	06-04	ws

Longueur		RC : 6m70			
1	Gruson Augustin	04	6m59	15-09	jsmc
2	Englebert Timothee	04	6m53	22-06	rcb
3	Arifi Ilias	04	5m41	11-05	rcas
4	Ivens Filip	04	5m21	29-09	rcas
5	Sibourg Valentin	04	5m10	22-06	rcb
6	Derome Julien	04	4m67	05-05	resc
7	Van Elsuwe Alexis	04	4m41	29-09	rcas

Triple saut		RC : 13m52			
1	Ivens Filip	04	10m49	26-10	csf

Perche		RC : 3m76			
1	Englebert Timothee	04	3m30	29-09	rcas
2	Gruson Augustin	04	2m70	29-09	rcas
3	Van Elsuwe Alexis	04	2m60	27-04	csf
4	Arifi Ilias	04	2m40	29-09	rcas

Poids (4 kg)		RC : 14m42			
1	Englebert Timothee	04	13m09	11-05	rcas
2	Gruson Augustin	04	11m29	11-05	rcas
3	Sibourg Valentin	04	10m13	22-06	rcb
4	Arifi Ilias	04	10m05	19-10	rcas
5	Van Elsuwe Alexis	04	9m58	29-09	rcas
6	Ivens Filip	04	9m07	19-10	rcas
7	Derome Julien	04	6m95	07-04	resc

Disque (1 kg)		RC : 48m77			
1	Arifi Ilias	04	35m13	19-10	rcas
2	Englebert Timothee	04	33m35	28-04	csf
3	Sibourg Valentin	04	32m30	13-10	caf
4	Ivens Filip	04	30m72	19-10	rcas

Javelot (600 gr)		RC : 44m54			
1	Ivens Filip	04	34m86	07-09	csf
2	Englebert Timothee	04	32m36	12-05	rcas
3	Gruson Augustin	04	30m07	29-09	rcas



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4	Sibourg Valentin	04	27m83	18-08	ob
5	Arifi Ilias	04	24m18	27-04	csf
6	Van Elsuwe Alexis	04	22m70	29-09	rcas

Octathlon RC : 5037 p

1	Gruson Augustin	04	4079 p	12-05	rcas
2	Englebert Timothee	04	4002 p	29-09	rcas
3	Arifi Ilias	04	3377 p	12-05	rcas
4	Sibourg Valentin	04	3138 p	18-08	ob
5	Ivens Filip	04	2530 p	29-09	rcas
6	Van Elsuwe Alexis	04	2229 p	29-09	rcas

4 x 100 m RC : 44.36

Gruson, Englebert, Sibourg, Mbuyi Bodika	46.23	08-09	olse
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SCOLAIRES HOMMES (2003 - 2002)

100 m RC : 10.83

1	Medan Marko	03	11.50	22-06	rcb
2	Manuel Duarte Ivan	02	11.75	28-04	csf
3	Doudouhi Reda	02	11.79	28-04	csf
4	Yahni Sayat	02	11.83	22-06	rcb
5	Beyaert Corentin	02	12.21	06-04	ws
6	Liley Kevin	02	12.31	04-05	cabw
7	Montilla Alexis	02	12.39	28-09	rcas
8	Chekem Ramses	03	12.60	28-09	rcas
9	De Tollenaere Tom	03	12.61	11-05	rcas
10	M'Rabet Tamsamani Soufiane	03	13.49	07-04	resc

200 m RC : 21.97

1	Medan Marko	03	23.06	22-06	rcb
2	Yahni Sayat	02	24.10	23-08	resc
3	Doudouhi Reda	02	24.15	28-04	csf
4	Beyaert Corentin	02	25.20	28-04	csf

400 m RC : 49.48

1	Beyaert Corentin	02	54.05	11-05	rcas
2	Montilla Alexis	02	56.50	28-09	rcas
3	De Tollenaere Tom	03	58.64	28-09	rcas
4	Chekem Ramses	03	58.41	11-05	rcas
5	Vanden Avont Olivier	02	66.28	04-05	cabw

800 m RC : 1.55.41

1	Dakir Adnan	02	2.11.48	07-04	resc
2	Willems Dorian	02	2.15.23	07-04	resc
3	Gouda Farag	03	2.15.86	05-05	resc
	Mullender Sebastien	02	2.15.86	05-05	resc
5	M'Rabet Tamsamani Soufiane	02	2.21.92	07-04	resc
6	Poortman Romain	03	2.30.87	10-08	resc

1500 m RC : 4.00.79

1	Beyaert Corentin	02	4.36.77	12-05	rcas
2	Willems Dorian	02	4.41.82	04-05	cabw
3	Montilla Alexis	02	5.05.82	29-09	rcas
5	De Tollenaere Tom	03	5.12.68	29-09	rcas
4	Chekem Ramses	03	5.14.31	29-09	rcas

3000 m RC : 8.33.14

1	Lafnachi Reda	02	9.52.59	04-05	cabw
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110 m haies (91 cm) RC : 13.65

1	Beyaert Corentin	02	15.72	27-04	csf
2	Chekem Ramses	03	17.89	29-09	rcas
3	Montilla Alexis	02	18.28	29-09	rcas
4	De Tollenaere Tom	03	19.93	29-09	rcas

400 m haies (84 cm) RC : 56.13

1	Beyaert Corentin	02	57.74	14-09	jsmc
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2000 m steeple (91 cm)		RC : 6.10.20			
1	Mullender Sebastien	02	7.13.14	04-05	cabw
Hauteur		RC : 2m05			
1	Beyaert Corentin	02	1m65	11-05	rcas
	Montilla Alexis	02	1m65	29-05	csf
3	Chekem Ramses	03	1m55	11-05	rcas
4	De Tollenaere Tom	03	1m54	28-09	rcas
Longueur		RC : 7m59			
1	Chekem Ramses	03	5m92	22-06	rcb
2	De Tollenaere Tom	03	5m62	11-05	rcas
3	Montilla Alexis	02	5m46	28-04	csf
4	Beyaert Corentin	02	5m34	22-06	rcb
Triple saut		RC : 15m64			
1	Liley Kevin	02	11m76	04-05	cabw
Perche		RC : 4m36			
1	Montilla Alexis	02	3m60	29-09	rcas
2	De Tollenaere Tom	03	3m44	07-09	usbw
3	Beyaert Corentin	02	3m07	26-06	damp
4	Chekem Ramses	03	2m80	12-05	rcas
Poids (5 kg)		RC : 14m35			
1	Montilla Alexis	02	12m40	27-07	dac
2	De Tollenaere Tom	03	11m47	28-09	rcas
3	Chekem Ramses	03	10m87	22-06	rcb
4	Beyaert Corentin	02	10m07	22-06	rcb
Disque (1,5 kg)		RC : 44m44			
1	Montilla Alexis	02	31m48	28-04	csf
2	De Tollenaere Tom	03	25m47	28-07	dac
3	Beyaert Corentin	02	24m75	12-05	rcas
4	Chekem Ramses	03	24m33	29-09	rcas
Javelot (700 gr)		RC : 52m73			
1	Montilla Alexis	02	52m31	15-09	jsmc
2	De Tollenaere Tom	03	42m76	25-08	damp
3	Beyaert Corentin	02	32m36	06-04	ws
4	Chekem Ramses	03	27m26	29-09	rcas
Javelot (800 gr)		RC : -			
1	Montilla Alexis	02	49m79	10-08	resc
Marteau (5 kg)		RC : 53m41			
1	Chekem Ramses	03	23m61	04-05	cabw
Decathlon		RC : 5708 p			
1	Montilla Alexis	02	5144 p	29-09	rcas
2	Beyaert Corentin	02	4872 p	12-05	rcas
3	Chekem Ramses	03	4401 p	29-09	rcas
4	De Tollenaere Tom	03	4371 p	29-09	rcas
4 x 100 m		RC : 42.91			
Yahni, Medan, Manuel Duarte, Doudouhi		44.86	06-09	resc	

JUNIORS HOMMES (2001 - 2000)

100 m		RC : 10.71			
1	Kasmi Amine	00	10.74	01-06	vs
200 m		RC : 21.24			
1	Kasmi Amine	00	21.41	05-05	resc
1500 m		RC : 3.48.90			
1	Tabbakh Yassine	00	4.53.31	27-04	csf



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

ESPOIRS HOMMES (1999 - 1998 - 1997)

100 m			RC : 10.53		
1	Tshitwenu Florian	97	10.71	05-05	resc
2	Okeowo Peredjo	99	11.03	25-05	FIN
3	Kalmen Adam	98	11.06	05-05	resc
4	Szerman Melvin	97	11.31	31-05	cabw
5	Montilla Dimitri	98	11.32	26-07	FRA
6	Geerts Gregory	99	11.61	28-04	csf
7	Barghout Azze Eddine	99	12.08	20-10	rsca
8	Ramiandrisoa Raphael	99	12.31	05-05	resc
9	Temsamani Ilias	99	12.35	01-05	vs
10	Hadj Faraji Ridwan	98	12.43	28-09	rcas
200 m			RC : 21.14		
1	Kalmen Adam	98	21.84	01-06	vs
2	Borlee Rayane	99	22.46	13-04	USA
3	Caty Dylan	97	22.50	03-07	FRA
4	Szerman Melvin	97	23.12	19-05	FRA
5	Barghout Azze Eddine	99	23.65	10-08	resc
6	Ramiandrisoa Raphael	99	24.95	05-05	resc
7	Temsamani Ilias	99	25.58	10-08	resc
400 m			RC : 46.28		
1	Kabuya Hugues	97	50.88	23-08	resc
2	Montilla Dimitri	98	50.95	27-04	ITA
3	Hadj Faraji Ridwan	98	55.11	28-09	rcas
800 m			RC : 1.46.60		
1	Chergui Mouhsine	99	2.06.83	05-05	resc
1500 m			RC : 3.42.78		
1	Montilla Dimitri	98	4.38.67	28-04	ITA
2	Hadj Faraji Ridwan	98	5.00.32	29-09	rcas
110 m haies (106 cm)			RC : 13.66		
1	Caty Dylan	97	13.90	17-07	rfcl
2	Montilla Dimitri	98	14.76	05-05	FRA
3	Okeowo Perdejo	99	15.12	05-05	resc
4	Hadj Faraji Ridwan	98	21.53	29-09	rcas
400 m haies (91 cm)			RC : 50.29		
1	Montilla Dimitri	98	57.09	23-08	resc
Hauteur			RC : 2m21		
1	Gamuala Ngamunguela Jos	98	2m09	01-09	resc
2	Montilla Dimitri	98	1m96	08-06	ESP
3	Hadj Faraji Ridwan	98	1m69	28-09	rcas
Longueur			RC : 7m86		
1	Montilla Dimitri	98	7m07	10-08	resc
2	Caty Dylan	97	6m49	05-05	FRA
3	Gamuala Ngamunguela Jos	98	6m02	10-08	resc
4	Mopide Kissoca Alexandre	97	5m68	10-08	resc
5	Hadj Faraji Ridwan	98	5m39	28-09	rcas
Triple saut			RC : 16m01		
1	Geerts Gregory	99	14m23	31-05	cabw
Perche			RC : 5m11		
1	Montilla Dimitri	98	4m80	29-06	lebb
2	Hadj Faraji Ridwan	98	3m00	29-09	rcas
Poids (7,26 kg)			RC : 14m58		
1	Montilla Dimitri	98	13m43	14-07	fcha
2	Hadj Faraji Ridwan	98	10m67	28-09	rcas
Disque (2 kg)			RC : 44m06		
1	Montilla Dimitri	98	40m11	31-05	cabw
2	Hadj Faraji Ridwan	98	26m90	29-09	rcas



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

Javelot (800 gr)		RC : 58m05			
1	Montilla Dimitri	98	46m45	28-04	ITA
2	Hadj Faraji Ridwan	98	32m66	29-09	rcas

Decathlon		RC : 7902 p			
1	Montilla Dimitri	98	7213 p	28-04	ITA
2	Hadj Faraji Ridwan	98	4578 p	29-09	rcas

SENIORS HOMMES (1999 - 1985)

100 m		RC : 10.02			
1	Niesen Charles	94	10.56	10-06	NLD
2	Badji Asamti	95	11.02	23-06	avlo
3	Lins Sebastien	92	11.09	21-07	rcg
4	Uwamungu Ngira Olivier	96	11.75	22-09	hf
5	Gets Florent	91	11.83	17-08	ob
6	Fassil Aboubaker	91	11.96	10-08	resc
7	Balsen Julien	86	12.04	10-08	resc

200 m		RC : 20.66			
1	Niesen Charles	94	21.36	01-06	vs
2	Badji Asamti	95	21.49	23-06	avlo
3	Lins Sebastien	92	21.70	03-07	vita
4	Vandenhoeke Arthur	96	23.24	03-08	vita
5	Uwamungu Ngira Olivier	96	23.71	07-09	dein
6	Balsen Julien	86	24.29	10-08	resc
7	Fassil Aboubaker	91	24.47	13-07	kks

300 m		RC : 33.10			
1	Badji Asamti	95	34.24	17-07	rfcl
2	Lins Sebastien	92	34.66	28-07	avt
3	Vandenhoeke Arthur	96	36.77	28-07	avt
4	Uwamungu Ngira Olivier	96	37.94	28-08	vita

400 m		RC : 45.98			
1	Badji Asamti	95	46.89	01-09	resc
2	Lins Sebastien	92	47.21	31-08	resc
3	Hanne Mamadou Elimane	88	47.50	10-06	FRA
4	Vandenhoeke Arthur	96	51.17	31-08	resc
5	Gets Florent	91	51.49	17-08	ob

800 m		RC : 1.46.60			
1	Balhan Pierre Antoine	92	1.48.46	17-07	rfcl
2	Moukrime Tarik	92	1.49.21	03-08	vita
3	Petitjean Simon	96	1.52.84	05-05	resc

1500 m		RC : 3.37.11			
1	Petitjean Simon	96	3.47.02	23-06	avlo
2	Ruell Kim	87	3.54.00	08-06	lyra
3	Gets Florent	91	4.33.44	18-08	ob

Mile		RC : 4.01.10			
1	Hendrikk Jeroen	86	4.27.54	13-07	aca

3000 m		RC : 7.51.46			
1	Balhan Pierre Antoine	92	8.28.26	19-05	cabw

2 miles		RC : 11.46.78			
1	Ruell Kim	87	9.16.08	30-06	abes

5000 m		RC : 13.22.81			
1	Naert Koen	89	14.07.20	25-05	FIN
2	Ruell Kim	87	14.45.75	19-05	cabw
3	Petitjean Simon	96	14.45.85	26-06	FRA

Semi marathon		RC : 1h01.42			
1	Naert Koen	89	1h07.17	06-10	bxl
2	Hendrikk Jeroen	86	1h07.56	21-09	CZE



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2019

Marathon		RC : 2h09.51			
1	Naert Koen	89	2h07.39	07-04	NLD
2	Hendrikk Jeroen	86	2h20.39	20-10	NLD
3	Engels Robbe	92	3h21.49	13-10	NLD
110 m haies (106 cm)		RC : 13.48			
1	Ruffacq Quentin	89	14.45	19-05	cabw
2	Gets Florent	91	15.70	28-07	dac
400 m haies (91 cm)		RC : 48.91			
1	Nicodeme Romain	95	51.22	23-07	resc
3000 m steeple (91 cm)		RC : 8.24.90			
1	Bouissane Youssef	94	8.54.22	25-05	vs
2	Petitjean Simon	96	9.28.16	25-05	FIN
Hauteur		RC : 2m21			
1	Gets Florent	91	1m85	10-08	resc
Longueur		RC : 7m98			
1	Campener Corentin	90	7m72	19-05	cabw
2	Caluwe Arnaud	91	7m13	09-06	FRA
3	Gets Florent	91	6m52	17-08	ob
4	Fassil Aboubaker	91	5m85	28-04	csf
5	Uwamungu Ngira Olivier	96	5m67	07-09	dein
Perche		RC : 5m25			
1	De Water Timo	91	5m10	26-07	NLD
2	Gets Florent	91	3m60	28-07	dac
Poids (7,26 kg)		RC : 15m28			
1	Guillaume Jonathan	92	15m64	07-09	csf
2	Gets Florent	91	12m99	13-07	kks
3	Bernard Tom	93	11m42	30-06	acw
Disque (2 kg)		RC : 51m56			
1	Salvaggio Claudio	92	43m49	31-05	cabw
	Gets Florent	91	43m49	12-07	asvo
3	Guillaume Jonathan	92	38m34	22-04	bbs
4	Brocart Florent	87	34m88	16-06	usbw
5	Bernard Tom	93	25m26	30-06	acw
Javelot (800 gr)		RC : 70m78			
1	Gets Florent	91	59m09	28-07	dac
2	Bernard Tom	93	53m19	30-06	acw
Marteau (7,26 kg)		RC : 61m66			
1	Salvaggio Claudio	92	61m53	28-07	ITA
2	Bernard Tom	93	57m89	27-04	damp
Grand poids (15,88 kg)		RC : 13m85			
1	Bernard Tom	93	14m44	30-06	acw
Pentathlon de lancers		RC : -			
1	Bernard Tom	93	3042 p	30-06	acw
Decathlon		RC : 8142 p			
1	Gets Florent	91	6749 p	28-07	dac
4 x 100 m		RC : 40.60			
Kalmen, Niesen, Kasmi, Brothaerts		41.12		25-05	FIN
4 x 200 m		RC : 1.24.15			
Niesen, Kasmi, Lins, Kalmen		1.25.67		08-09	olse
4 x 400 m		RC : 3.10.20			
Lins, Froidmont, Nicodeme, Badji		3.15.62		25-05	FIN



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

MASTERS HOMMES 35

100 m				RC : 11.74	
1	Broothaerts Damien	83	11.07	15-06	acw
200 m				RC : 24.35	
1	Broothaerts Damien	83	22.55	19-05	FRA
400 m				RC : 52.31	
1	Vervloet Gregory	83	55.64	02-06	csf
1500 m				RC : 3.54.39	
1	Xhonneux Marc	80	5.05.99	02-06	csf
3000 m				RC : 9.14.30	
1	Minne Corentin	81	10.03.19	02-06	csf
110 m haies (106 cm)				RC : 14.12	
1	Broothaerts Damien	83	14.48	25-05	FIN
Hauteur				RC : 1m90	
1	Xhonneux Frederic	83	1m81	02-06	csf
Triple saut				RC : 14m26	
1	Xhonneux Frederic	83	13m33	05-05	resc
Poids (7,26 kg)				RC : 12m86	
1	Schroeven Bruno	80	8m46	02-06	csf
Disque (2 kg)				RC : 45m72	
1	Xhonneux Frederic	83	34m12	02-06	csf
Javelot (800 gr)				RC : 62m75	
1	Vervloet Gregory	83	38m78	02-06	csf
4 x 400 m				RC : 3.59.32	
Kabuya, Xhonneux F, Vervloet, Broothaerts			3.45.40	02-06	csf

MASTERS HOMMES 40

100 m				RC : 11.43	
1	Kabuya Serge	77	12.28	02-06	csf
200 m				RC : 23.24	
1	Kabuya Serge	77	25.17	02-06	csf
Marathon				RC : 2h47.19	
1	Vandenbussche Jeremie	78	3h23.38	13-10	DEU
Longueur				RC : 5m65	
1	Vanderhaeghen Olivier	77	4m21	02-06	csf

MASTERS HOMMES 45

100 m				RC : 11.64	
1	Fellemans Emmanuel	70	13.02	05-05	resc
800 m				RC : 2.15.36	
1	Poortman Yvan	73	2.14.88	02-06	csf
Marathon				RC : 2h41.07	
1	Delarge Jean Yves	71	2h46.51	13-10	NLD
2	Lemaire Ivan	73	3h12.37	06-10	bxl

MASTERS HOMMES 50

100 m				RC : 12.84	
1	Schoonen Laurent	65	13.98	11-05	achl



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

200 m				RC : 25.79		
1	Schoonen Laurent	65	29.17	27-07	dac	
400 m				RC : 58.63		
1	Schoonen Laurent	65	66.25	11-05	achl	
2	Louis Philippe	65	67.16	06-04	ws	
800 m				RC : 2.27.26		
1	Schoonen Laurent	65	3.12.14	14-09	NLD	
2	Louis Philippe	65	3.08.34	10-08	resc	
1500 m				RC : 4.58.80		
1	Schoonen Laurent	65	6.06.99	12-05	achl	
3000 m				RC : 9.41.58		
1	Schoonen Laurent	65	16.06.95	15-09	NLD	
5000 m				RC : 16.30.87		
1	Schoonen Laurent	65	25.09.75	14-09	NLD	
10 000 m				RC : 33.46.10		
1	Schoonen Laurent	65	58.47.38	15-09	NLD	
100 m haies (91 cm)				RC : 20.06		
1	Schoonen Laurent	65	20.65	12-05	achl	
200 m haies (76 cm)				RC : 37.75		
1	Schoonen Laurent	65	39.04	14-09	NLD	
400 m haies (84 cm)				RC : 73.50		
1	Schoonen Laurent	65	89.81	15-09	NLD	
3000 m steeple (91 cm)				RC : 14.38.67		
1	Schoonen Laurent	65	15.04.00	15-06	acw	
Hauteur				RC : 1m60		
1	Schoonen Laurent	65	1m41	11-05	achl	
Longueur				RC : 5m11		
1	Schoonen Laurent	65	4m22	11-05	achl	
Triple saut				RC : 10m99		
1	Schoonen Laurent	65	7m86	15-09	NLD	
Perche				RC : 2m55		
1	Schoonen Laurent	65	2m40	29-09	rcas	
Poids (6 kg)				RC : 12m01		
1	Schoonen Laurent	65	7m69	30-06	acw	
Disque (1,5 kg)				RC : 50m86		
1	Schoonen Laurent	65	24m12	12-05	achl	
Javelot (700 gr)				RC : 37m29		
1	Schoonen Laurent	65	26m75	12-05	achl	
Marteau (6 kg)				RC : 23m65		
1	Schoonen Laurent	65	21m91	14-09	NLD	
Grand poids (11,34 kg)				RC : 9m72		
1	Schoonen Laurent	65	9m49	30-06	acw	
Pentathlon de lancers				RC : 1841 p		
1	Schoonen Laurent	65	1742 p	30-06	acw	
Pentathlon				RC : 2252 p		
1	Schoonen Laurent	65	1893 p	27-07	dac	



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2019

Decathlon			RC : 4332 p		
1	Schoonen Laurent	65	4052 p	12-05	achl

Icosathlon			RC : 7701 p		
1	Schoonen Laurent	65	5918 p	15-09	NLD

PARA MASTERS HOMMES 55

100 m			RC : -		
1	Denys Jacques	59	35.53	06-04	ws

Poids (6 kg)			RC : -		
1	Denys Jacques	59	6m53	25-05	csf

Javelot (700 gr)			RC : 11m41		
1	Denys Jacques	59	11m62	27-04	csf

PARA MASTERS HOMMES 60

100 m			RC : -		
1	Denys Jacques	59	34.76	10-08	resc

Poids (5 kg)			RC : -		
1	Denys Jacques	59	6m65	07-09	csf

Disque (1 kg)			RC : -		
1	Denys Jacques	59	20m61	07-09	csf

Disque (2 kg)			RC : -		
1	Denys Jacques	59	15m81	19-10	rcas

Javelot (600 gr)			RC : -		
1	Denys Jacques	59	11m22	19-10	rcas

Javelot (800 gr)			RC : -		
1	Denys Jacques	59	12m76	05-10	rcb

Marteau (5 kg)			RC : -		
1	Denys Jacques	59	15m69	20-10	rsca