



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES  
OUTDOOR 2016

**BENJAMINES FILLES (2008 - 2007)**

BEN - 60 m		RC : 9.30			
1	Ngandeu Tshambia Brenda	07	9.71	17-09	usbw
2	Khrauph Aya	08	10.59	01-10	resc
3	Hannani Salma	07	10.65	01-05	resc
4	Wanyu Diane	08	10.90	08-05	resc
5	Agacseven Lina	08	11.11	01-10	resc
6	Bakkali Yakhlef Dina	07	11.27	29-05	dacm
	Van Den Bossche Nina	07	11.27	08-05	resc
8	Mjahed Maya	07	11.40	01-10	resc
9	Khader Samia	07	11.55	08-05	resc
10	Halioui Hind	07	11.92	08-05	resc

  

BEN - 600 m		RC : 2.00.94			
1	Ngandeu Tshambia Brenda	07	2.10.62	18-06	csf
2	Khader Samia	07	2.19.38	08-05	resc
3	Agacseven Lina	08	2.32.65	20-08	resc
4	Khrauph Aya	08	2.38.50	08-05	resc
5	Wanyu Diane	08	2.53.89	20-08	resc

  

BEN - Hauteur		RC : 1m18			
1	Ngandeu Tshambia Brenda	07	0m95	29-07	resc

  

BEN - Longueur		RC : 3m88			
1	Ngandeu Tshambia Brenda	07	2m86	07-10	csf
2	Khrauph Aya	08	2m78	15-10	ws
3	Mjahed Maya	07	2m39	29-07	resc
4	Agacseven Lina	08	2m23	01-05	resc
5	Bakkali Yakhlef Dina	07	1m57	29-05	dacm
6	Wanyu Diane	08	1m20	10-04	csf

  

BEN - Poids (1 kg)		RC : 8m63			
1	Ngandeu Tshambia Brenda	07	7m59	20-08	resc
2	Wanyu Diane	08	5m21	20-08	resc
3	Hannani Salma	07	5m15	30-04	resc
4	Mjahed Maya	07	5m14	20-08	resc
5	Khader Samia	07	5m00	08-05	resc
6	Khrauph Aya	08	3m75	15-10	ws
7	Agacseven Lina	08	3m68	15-10	ws

  

Balle de hockey		RC : 28m96			
1	Ngandeu Tshambia Brenda	07	17m51	29-05	dacm
2	Khrauph Aya	08	13m02	01-10	resc
3	Wanyu Diane	08	12m63	10-04	csf
4	Mjahed Maya	07	12m34	01-10	resc
5	Agacseven Lina	08	11m46	01-10	resc
6	Bakkali Yakhlef Dina	07	9m06	29-05	dacm

  

BEN - Tetrathlon		RC : 1601 p			
1	Ngandeu Tshambia Brenda	07	989 p	17-09	usbw
2	Khrauph Aya	08	614 p	15-10	ws
3	Agacseven Lina	08	275 p	15-10	ws
4	Bakkali Yakhlef Dina	07	189 p	29-05	dacm

**PUPILLES FILLES (2006 - 2005)**

PUP - 60 m		RC : 8.55			
1	Tramoni Svenia	05	9.10	20-08	resc
2	Dewaele Laura	05	9.24	17-09	usbw
3	Dennison Chrystal	05	9.84	08-10	rcb
4	Mayot Coiffard Hermine	05	9.84	15-10	ws
5	Kubiak Joanna	06	9.93	01-10	resc
6	Chraibi Sara	06	10.22	01-10	resc
7	Van Ex Elvira	06	10.41	29-05	dacm
8	Sinani Agnesa	05	10.48	01-05	resc
9	Demagnet Solea	06	10.62	08-05	resc
10	Chraibi Sofia	05	10.74	08-05	resc
11	Lenders Ghislaine	06	10.96	01-10	resc
12	Lafnachi Nora	05	11.58	08-05	resc



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13	Verleyen Marthe	06	12.14	10-04	csf
14	Khader Houda	05	12.37	08-05	resc

PUP - 1000 m

RC : 3.26.31

1	Dewaele Laura	05	3.40.86	29-05	dacm
2	Tramoni Svenia	05	3.42.54	29-05	dacm
3	Mayot Coiffard Hermine	05	3.48.40	15-10	ws
4	Dennison Chrystal	05	4.06.58	18-06	csf
5	Sinani Agnesa	05	4.08.70	08-05	resc
6	Demanet Solea	06	4.15.59	08-05	resc
7	Van Ex Elvira	06	4.21.68	29-05	dacm
8	Lafnachi Nora	05	4.24.97	10-04	csf
9	Kubiak Joanna	06	4.36.01	10-04	csf
10	Chraibi Sara	06	4.36.75	08-05	resc
11	Verleyen Marthe	06	4.58.13	10-04	csf
12	Chraibi Sofia	05	5.12.88	08-05	resc

PUP - Hauteur

RC : 1m31

1	Dewaele Laura	05	1m15	01-05	resc
2	Sinani Agnesa	05	1m05	01-05	resc
3	Kubiak Joanna	06	0m95	01-05	resc

PUP - Longueur

RC : 4m48

1	Tramoni Svenia	05	4m13	29-05	dacm
2	Dewaele Laura	05	3m63	29-05	dacm
3	Dennison Chrystal	05	3m43	08-10	rcb
4	Mayot Coiffard Hermine	05	3m36	15-10	ws
5	Chraibi Sara	06	3m17	08-05	resc
6	Sinani Agnesa	05	3m16	08-05	resc
7	Kubiak Joanna	06	2m94	20-08	resc
8	Van Ex Elvira	06	2m92	29-05	dacm
9	Chraibi Sofia	05	2m78	08-05	resc
10	Verleyen Marthe	06	2m53	10-04	csf
11	Lafnachi Nora	05	2m49	08-05	resc
12	Khader Houda	05	2m31	08-05	resc

PUP - Poids (2 kg)

RC : 9m75

1	Dennison Chrystal	05	5m73	18-06	csf
2	Van Ex Elvira	06	5m23	29-07	resc

PUP - Disque (600 gr)

RC : 23m00

1	Van Ex Elvira	06	11m88	23-10	rcas
2	Lafnachi Nora	05	10m68	01-05	resc

PUP - Balle de hockey

RC : 41m50

1	Dennison Chrystal	05	28m46	01-10	resc
2	Dewaele Laura	05	26m32	17-09	usbw
3	Mayot Coiffard Hermine	05	23m18	15-10	ws
4	Lenders Ghislaine	06	20m37	01-10	resc
5	Sinani Agnesa	05	17m27	10-04	csf
6	Van Ex Elvira	06	16m78	01-10	resc
7	Lafnachi Nora	05	16m72	10-04	csf
8	Kubiak Joanna	06	14m12	01-10	resc
9	Verleyen Marthe	06	11m12	10-04	csf

PUP - Tetrathlon

RC : 2077 p

1	Dewaele Laura	05	1605 p	17-09	usbw
2	Tramoni Svenia	05	1490 p	29-05	dacm
3	Mayot Coiffard Hermine	05	1338 p	15-10	ws
4	Dennison Chrystal	05	1095 p	29-05	dacm
5	Van Ex Elvira	06	807 p	29-05	dacm

PUP - 4 x 60 m

RC : 33.97

Dennison, Dewaele, Chraibi, Demanet			37.51	24-09	cabw
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MINIMES FILLES (2004 - 2003)

MIN - 50 m			RC : -		
1	Lambert Kylie	04	7.30	07-05	FRA

  

MIN - 80 m			RC : 10.64		
1	Lambert Kylie	04	10.91	10-09	lebb
2	Pontara Lisa	03	11.00	29-05	dacm
3	Mpinga Mulowayi Alexia	04	11.07	10-04	csf
4	Nijs Juliette	03	11.52	31-07	dac
5	Sielinou Lisa	03	11.54	01-10	resc
6	Merino Nohemi	04	11.76	29-05	dacm
7	Huygens Cloe	03	11.98	19-06	smac
8	Lucas Clara	04	12.14	01-10	resc
9	Van Ex Alexia	04	12.43	01-10	resc
10	Louis Emilie	04	13.11	17-04	ws
11	Kebdani Samia	03	13.57	01-10	resc

  

MIN - 150 m			RC : 20.13		
1	Pontara Lisa	03	20.75	08-05	resc
2	Lambert Kylie	04	20.80	08-05	resc
3	Mpinga Mulowayi Alexia	04	20.91	08-05	resc
4	Tshanga Diomi Roline	04	21.22	08-05	resc
5	Merino Nohemi	04	21.81	08-05	resc
6	Huygens Cloe	03	22.47	23-04	lebb
7	Van Ex Alexia	04	24.01	08-05	resc
8	Lufuando Sakaneno Plamedi	04	24.39	08-05	resc

  

MIN - 300 m			RC : 44.36		
1	Lambert Kylie	04	44.48	20-08	resc
2	Huygens Cloe	03	48.92	22-10	csf
3	Lucas Clara	04	50.29	08-10	rcb

  

MIN - 1000 m			RC : 3.14.33		
1	Lambert Kylie	04	3.23.71	21-07	vs
2	Huygens Cloe	03	3.33.70	25-09	usbw
3	Merino Nohemi	04	3.43.41	29-05	dacm
4	Nijs Juliette	03	3.48.47	31-07	dac
5	Pontara Lisa	03	3.50.09	28-05	rcb
6	Lucas Clara	04	3.50.49	25-09	rcas
7	Louis Emilie	04	4.04.45	08-05	resc
8	Mpinga Mulowayi Alexia	04	4.04.72	10-04	csf
9	Sielinou Lisa	03	4.12.00	15-10	ws
10	Van Ex Alexia	04	4.16.26	29-05	dacm
11	Khader Firdaous	03	4.33.69	08-05	resc

  

MIN - 50 m haies (65 cm)			RC : -		
1	Lambert Kylie	04	8.47	02-07	FRA

  

MIN - 60 m haies (76 cm)			RC : 10.05		
1	Lambert Kylie	04	10.14	17-07	vita
2	Huygens Cloe	03	11.84	16-04	smac
3	Lucas Clara	04	13.27	25-09	rcas

  

MIN - 150 m haies (76 cm)			RC : 22.49		
1	Lambert Kylie	04	22.57	22-07	aca
2	Mpinga Mulowayi Alexia	04	23.84	01-05	resc
3	Huygens Cloe	03	25.29	01-05	resc
4	Lucas Clara	04	25.69	01-10	resc

  

MIN - Hauteur			RC : 1m57		
1	Lambert Kylie	04	1m38	04-06	FRA
2	Pontara Lisa	03	1m37	31-07	dac
3	Lucas Clara	04	1m24	25-09	rcas
4	Huygens Cloe	03	1m20	03-09	vita
5	Sielinou Lisa	03	1m18	15-10	ws
6	Nijs Juliette	03	1m16	31-07	dac



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MIN - Longueur			RC : 5m00		
1	Pontara Lisa	03	4m48	29-07	resc
2	Lambert Kylie	04	4m43	21-07	vs
3	Merino Nohemi	04	4m38	29-05	dacm
	Sielinou Lisa	03	4m38	01-10	resc
5	Huygens Cloe	03	4m20	02-10	rcas
6	Mpinga Mulowayi Alexia	04	4m14	29-07	resc
7	Tshanga Diomi Roline	04	4m13	29-07	resc
8	Lufuando Sakaneno Plamedi	04	4m07	29-07	resc
9	Lucas Clara	04	3m83	08-05	resc
10	Van Ex Alexia	04	3m49	08-05	resc
11	Louis Emilie	04	3m22	08-05	resc
12	Khader Firdaous	03	2m99	08-05	resc
13	Kebdani Samia	03	2m90	01-10	resc

MIN - Perche			RC : 2m43		
1	Lambert Kylie	04	2m00	20-08	resc

MIN - Poids (2 kg)			RC : 13m12		
1	Huygens Cloe	03	9m46	16-10	rsca
2	Nijs Juliette	03	8m68	31-07	dac
3	Lambert Kylie	04	8m53	02-07	FRA
4	Sielinou Lisa	03	8m46	15-10	ws
5	Merino Nohemi	04	8m35	10-04	csf
6	Pontara Lisa	03	8m15	31-07	dac
7	Mpinga Mulowayi Alexia	04	7m68	10-04	csf
8	Lucas Clara	04	6m09	16-10	rsca
9	Louis Emilie	04	5m94	17-04	ws
10	Van Ex Alexia	04	5m92	23-10	rcas

MIN - Disque (750 gr)			RC : 27m29		
1	Huygens Cloe	03	25m56	23-10	rcas
2	Pontara Lisa	03	16m12	10-04	csf
3	Lambert Kylie	04	15m55	10-09	lebb
4	Merino Nohemi	04	14m49	10-04	csf
5	Lucas Clara	04	12m72	16-10	rsca
6	Mpinga Mulowayi Alexia	04	12m66	10-04	csf
7	Van Ex Alexia	04	12m01	23-10	rcas

MIN - Javelot (400 gr)			RC : 34m63		
1	Huygens Cloe	03	25m88	23-10	rcas
2	Lambert Kylie	04	18m70	12-06	FRA
3	Pontara Lisa	03	17m81	31-07	dac
4	Nijs Juliette	03	17m69	02-10	rcas
5	Merino Nohemi	04	17m65	01-05	resc
6	Van Ex Alexia	04	13m60	23-10	rcas
7	Lucas Clara	04	13m09	27-08	spvi

MIN - Pentathlon			RC : 3021 p		
1	Lambert Kylie	04	2612 p	21-07	vs
2	Pontara Lisa	03	2304 p	31-07	dac
3	Huygens Cloe	03	2184 p	19-06	smac
4	Nijs Juliette	03	2158 p	31-07	dac
5	Sielinou Lisa	03	2124 p	15-10	ws
6	Merino Nohemi	04	2049 p	29-05	dacm
7	Lucas Clara	04	1790 p	25-09	rcas
8	Van Ex Alexia	04	1189 p	29-05	dacm

MIN - 4 x 80 m			RC : 42.69		
Pontara, Lambert, Mpinga Mulowayi, Nijs			42.22	24-09	cabw

### CADETTES FILLES (2002 - 2001)

CAD - 100 m			RC : 12.64		
1	Yech Chou Safia	01	12.95	07-05	herv
2	Iven Kayla	02	13.75	27-08	ws
3	Tshanga Diumba Robiane	01	13.86	17-04	ws
4	Sandon Lisa	02	13.99	08-05	resc
5	Mugerin Elisabeth	02	15.10	21-04	rcb
6	Siepedji Adrianne	01	15.55	24-04	csf
7	Van Den Bossche Mira	02	15.61	24-04	csf



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8	Cuvelier Maela	02	17.16	17-04	ws
CAD - 200 m			RC : 26.14		
1	Tshanga Diumba Robiane	01	28.41	24-04	csf
2	Sandon Lisa	02	29.97	24-04	csf
3	Mugerin Elisabeth	02	31.13	19-06	resc
4	Saadi Marwa	01	32.51	08-05	resc
CAD - 300 m			RC : 42.36		
1	Derdari Yasmine	01	48.26	20-08	resc
2	Iven Kayla	02	49.22	10-04	vs
3	Mugerin Elisabeth	02	51.89	21-04	rcb
CAD - 400 m			RC : 57.61		
1	Iven Kayla	02	65.66	07-08	ea
2	Derdari Yasmine	01	68.31	27-08	ws
3	Golfa Sambay Clara	02	70.59	30-04	smac
CAD - 800 m			RC : 2.21.88		
1	Iven Kayla	02	2.32.28	31-07	dac
2	Verriez Laura	01	2.33.21	04-06	cabw
3	Derdari Yasmine	01	2.36.32	28-05	ea
4	Khattou Lina	01	2.37.72	08-05	resc
5	Van Den Bossche Mira	02	2.51.24	28-05	rcb
CAD - 1500 m			RC : 4.53.37		
1	Verriez Laura	01	5.34.61	30-04	smac
CAD - 80 m haies (76 cm)			RC : 11.88		
1	Iven Kayla	02	15.84	02-07	bbs
2	Miftah Lina	02	16.65	30-04	smac
CAD - 300 m haies (76 cm)			RC : 45.51		
1	Sandon Lisa	02	52.50	30-04	smac
2	Mugerin Elisabeth	02	57.89	24-04	csf
3	Miftah Lina	02	62.45	24-04	csf
CAD - Hauteur			RC : 1m68		
1	Golfa Sambay Clara	02	1m50	07-05	herv
2	Iven Kayla	02	1m30	30-07	dac
CAD - Longueur			RC : 5m74		
1	Iven Kayla	02	4m66	20-08	resc
2	Yech Chou Safia	01	4m50	30-04	smac
CAD - Triple saut			RC : 11m71		
1	Sandon Lisa	02	10m01	07-05	herv
CAD - Perche			RC : 3m26		
1	Derdari Yasmine	01	1m80	30-04	smac
CAD - Poids (3 kg)			RC : 12m10		
1	Iven Kayla	02	11m03	15-08	dacm
2	Mugerin Elisabeth	02	7m44	14-08	csdy
3	Van Den Bosche Mira	02	4m96	30-04	smac
CAD - Disque (1 kg)			RC : 37m60		
1	Iven Kayla	02	28m30	06-08	kape
CAD - Javelot (500 gr)			RC : 36m86		
1	Iven Kayla	02	34m91	07-05	herv
CAD - Pentathlon			RC : 2500 p		
1	Iven Kayla	02	2546 p	29-05	vac
CAD - Hexathlon			RC : 3901 p		
1	Iven Kayla	02	2924 p	03-07	bbs
CAD - 3000 m marche			RC : 21.58.95		
1	Cuvelier Maela	02	21.19.14	30-04	smac



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CAD - 4 x 100 m	RC : 50.59
Iven, Sandon, Tshanga, Yech Chou	53.52 30-04 smac

CAD - 4 x 800 m	RC : 10.17.08
Iven, Verriez, Khattou, Derdari	10.46.71 18-09 jsmc

**SCOLAIRES FEMMES (2000 - 1999)**

SCO - 100 m	RC : 12.33
1 Schauwers Manon	99 12.77 29-05 usbw
2 Camara Fiona	00 13.65 30-04 smac
3 Henry Morgane	99 14.06 17-04 ws
4 Beyaert Amelie	00 14.58 28-05 rcb
5 Cuvelier Noemie	00 16.40 24-04 csf
6 El Ouahmi Sirine	00 16.43 24-04 csf

SCO - 200 m	RC : 25.34
1 Schauwers Manon	99 25.65 28-05 ea
2 Camara Fiona	00 28.10 30-04 smac
3 Beyaert Amelie	00 30.83 28-05 rcb
4 El Holouany Hiba	99 34.46 29-05 usbw

SCO - 300 m	RC : 39.65
1 Schauwers Manon	99 41.68 20-08 resc

SCO - 400 m	RC : 56.03
1 Schauwers Manon	99 58.90 04-06 vs
2 Mabsoute Lazim Iman	00 65.83 07-05 herv
3 Hadj Faraji Soraya	99 68.03 17-04 ws

SCO - 800 m	RC : 2.15.60
1 Muls Camille	99 2.14.88 25-06 resc
2 Van Den Bossche Inga	00 2.19.06 28-05 rcb
3 Hadj Faraji Soraya	99 2.38.33 24-04 csf
4 Janssens Marie	99 2.49.71 08-05 resc
5 Aragones Elena	00 2.50.97 08-05 resc
6 Beyaert Amelie	00 3.34.85 26-09 rcas

SCO - 1000 m	RC : 3.01.95
1 Muls Camille	99 3.05.34 21-04 rcb

SCO - 1500 m	RC : 4.50.73
1 Van Den Bossche Inga	00 4.47.63 10-09 ws
2 Muls Camille	99 4.55.13 14-05 cabw

SCO - 2000 m	RC : 7.02.18
1 Muls Camille	99 6.38.49 01-10 resc
2 Van Den Bossche Inga	00 6.38.60 01-10 resc

SCO - 3000 m	RC : 10.43.20
1 Van Den Bossche Inga	00 10.53.61 14-05 cabw

SCO - 100 m haies (76 cm)	RC : 13.92
1 Schauwers Manon	99 14.38 07-05 herv
2 Micheli Dimitra	00 18.48 24-04 csf
3 Beyaert Amelie	00 21.87 25-09 rcas
4 El Holouany Hiba	99 25.31 25-09 rcas

SCO - 400 m haies (76 cm)	RC : 68.18
1 Schauwers Manon	99 62.36 01-10 resc
2 Henry Morgane	99 76.50 30-04 smac

SCO - Hauteur	RC : 1m68
1 Schauwers Manon	99 1m60 14-05 cabw
2 Beyaert Amelie	00 1m22 25-09 rcas
3 El Holouany Hiba	99 1m21 28-05 rcb



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SCO - Longueur		RC : 6m08			
1	Schauwers Manon	99	5m30	05-06	rcg
2	Sudi Sauda Daniella	99	4m34	30-04	smac
3	Vanden Bergh Joy	00	3m96	24-04	csf
4	Beyaert Amelie	00	3m70	03-06	csf
SCO - Triple saut		RC : 12m15			
1	Sudi Sauda Daniella	99	9m81	07-05	herv
2	Vanden Bergh Joy	00	9m05	24-04	csf
SCO - Perche		RC : 3m36			
1	Lacasse Camille	99	2m21	17-04	ws
SCO - Poids (3 kg)		RC : 12m64			
1	Beyaert Amelie	00	9m13	24-04	csf
2	El Holouany Hiba	99	5m55	25-09	rcas
SCO - Disque (1 kg)		RC : 47m99			
1	Sudi Sauda Daniella	99	21m60	30-04	smac
2	Beyaert Amelie	00	11m00	24-04	csf
SCO - Javelot (500 gr)		RC : 37m30			
1	Beyaert Amelie	00	15m76	26-09	rcas
SCO - Heptathlon		RC : 4701 p			
1	Beyaert Amelie	99	1843 p	26-09	rcas
SCO - 3000 m marche		RC : 21.19.14			
1	El Ouahmi Sirine	00	20.08.91	30-04	smac
SCO - 4 x 100 m		RC : 48.97			
Henry, Micheli, Camara, Schauwers			52.25	30-04	smac

**JUNIORS FEMMES (1998 - 1997)**

JUN - 100 m		RC : 12.08			
1	Van Der Veken Cindy	97	12.03	25-09	usbw
2	Noel Nehemie Keysha Keysha	98	12.92	28-05	rcb
3	Caty Emeline	98	13.55	22-05	FRA
4	Assina Madeleine	97	13.62	22-05	rsca
5	De Bruecker Lisaline	98	14.45	29-05	usbw
JUN - 200 m		RC : 24.65			
1	Van Der Veken Cindy	97	24.82	01-10	resc
2	Noel Nehemie Keysha Keysha	98	26.70	08-05	resc
3	Assina Madeleine	97	29.65	28-05	ea
4	Montilla Morgane	98	31.17	08-05	resc
JUN - 300 m		RC : 39.65			
1	Barhdadi Lina	97	45.79	20-08	resc
JUN - 400 m		RC : 56.03			
1	Assina Madeleine	97	69.55	22-05	rsca
JUN - 800 m		RC : 2.11.36			
1	Barhdadi Lina	96	2.24.41	28-05	rsca
JUN - 1500 m		RC : 4.30.09			
1	El Zoljami Imane	98	6.33.42	24-04	csf
JUN - Hauteur		RC : 1m81			
1	De Bruecker Lisaline	98	1m30	24-04	csf
JUN - Longueur		RC : 6m08			
1	Van Der Veken Cindy	97	5m53	20-08	resc
2	Caty Emeline	98	4m95	29-05	FRA
3	Noel Nehemie Keysha Keysha	98	4m69	28-05	rcb
4	De Bruecker Lisaline	98	4m40	29-05	usbw
5	Montilla Morgane	98	2m58	29-05	usbw



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JUN - Triple saut		RC : 12m15			
1	Caty Emeline	98	10m82	21-05	cabw
2	De Bruecker Lisaline	98	9m86	21-05	cabw
JUN - Perche		RC : 3m90			
1	Van De Sype Cloe	97	3m10	21-05	cabw
JUN - Poids (4 kg)		RC : 13m12			
1	Montilla Morgane	98	7m92	17-04	ws
JUN - Disque (1 kg)		RC : 47m99			
1	Montilla Morgane	98	23m86	29-05	usbw
2	Van Der Veken Cindy	97	19m95	08-10	rcb
JUN - Javelot (600 gr)		RC : 38m45			
1	Montilla Morgane	98	34m09	08-05	resc
2	Van De Sype Cloe	97	22m97	08-05	resc

**ESPOIRS FEMMES (1996 - 1995 - 1994)**

ESP - 100 m		RC : 11.42			
1	Nagels Rani	95	12.11	09-07	zwat
2	Badji Jalika	96	12.71	19-06	resc
3	Mwamine Robine	96	12.91	23-07	vita
4	Guisse Saliyya	96	13.09	24-04	csf
5	Tahirwa Tracy	96	15.21	17-04	ws
ESP - 200 m		RC : 24.59			
1	Nagels Rani	95	24.64	09-07	zwat
2	Badji Jalika	96	25.69	19-06	resc
3	Guisse Saliyya	96	27.14	25-09	rcas
4	Lins Noemie	94	28.23	08-05	resc
ESP - 300 m		RC : 38.04			
1	Badji Jalika	96	40.71	20-08	resc
2	Tshiasuma Jessie	96	45.23	20-08	resc
3	Lins Noemie	94	46.07	20-08	resc
4	D'Hondt Charlotte	94	54.89	20-08	resc
ESP - 400 m		RC : 53.51			
1	Nagels Rani	95	53.57	22-05	FRA
2	Badji Jalika	96	57.92	11-07	vs
3	Klai Anissa	96	60.62	14-05	cabw
4	Lins Noemie	94	65.32	19-06	resc
ESP - 800 m		RC : 2.11.36			
1	Nagels Rani	95	2.09.69	14-05	cabw
2	Tshiasuma Jessie	96	2.20.97	28-05	rcb
3	D'Hondt Charlotte	94	2.55.79	11-09	cabw
ESP - 1500 m		RC : 4.29.00			
1	Tshiasuma Jessie	96	4.52.78	11-09	cabw
2	D'Hondt Charlotte	94	6.09.00	27-08	ws
ESP - 2000 m		RC : 7.02.18			
1	Stalins Philippine	94	8.35.15	01-10	resc
ESP - 100 m haies (84 cm)		RC : 12.79			
1	Guisse Saliyya	96	16.05	25-09	rcas
ESP - 400 m haies (76 cm)		RC : 64.12			
1	Badji Jalika	96	63.08	24-06	resc
ESP - Hauteur		RC : 1m88			
1	Guisse Saliyya	96	1m37	25-09	rcas
ESP - Longueur		RC : 6m08			
1	Guisse Saliyya	96	5m52	14-05	cabw
2	Mwamine Robine	96	5m11	20-08	resc





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ESP - Triple saut			RC : 12m52		
1	Guisse Saliyya	96	11m93	08-10	rcb
ESP - Perche			RC : 4m05		
1	Quirin Margaux	95	3m40	01-05	smac
ESP - Poids (4 kg)			RC : 13m12		
1	Guisse Shaena	94	8m47	08-05	resc
2	Guisse Saliyya	96	8m35	25-09	rcas
ESP - Disque (1 kg)			RC : 47m99		
1	Guisse Shaena	94	27m98	20-03	cabw
ESP - Javelot (600 gr)			RC : 38m45		
1	Guisse Shaena	94	17m81	08-05	resc
ESP - 4 x 200 m			RC : 1.41.96		
Nagels, Schauwers, Badji, Van Der Veken			1.39.68	18-09	jsmc

**SENIORS FEMMES (1996 - 1982)**

SEN - 100 m			RC : 11.42		
1	Zagre Anne	90	11.68	24-06	resc
2	Gharafi Yasmine	85	12.02	08-05	FRA
3	Nagels Rani	95	12.11	09-07	zwat
4	Badji Jalika	96	12.71	19-06	resc
5	Mwamine Robine	96	12.91	23-07	vita
6	Guisse Saliyya	96	13.09	24-04	csf
7	Cok Evelyn	91	13.55	22-05	rsca
8	Meert Cynthia	89	13.73	04-06	vs
9	Archambeau Aline	90	14.27	24-04	csf
10	Tahirwa Tracy	96	15.21	17-04	ws
SEN - 200 m			RC : 23.80		
1	Zagre Anne	90	23.57	04-05	USA
2	Nagels Rani	95	24.64	09-07	zwat
3	Gharafi Yasmine	85	24.92	04-06	vs
4	Badji Jalika	96	25.69	19-06	resc
5	Guisse Saliyya	96	27.14	25-09	rcas
6	Cok Evelyn	91	27.63	11-07	vs
7	Meert Cynthia	89	27.93	04-06	vs
8	Lins Noemie	94	28.23	08-05	resc
SEN - 200 m en ligne droite			RC : -		
1	Gharafi Yasmine	85	26.88	04-09	bxl
SEN - 300 m			RC : 38.04		
1	Badji Jalika	96	40.71	20-08	resc
2	Cok Evelyn	91	44.20	20-08	resc
3	Tshiasuma Jessie	96	45.23	20-08	resc
4	Lins Noemie	94	46.07	20-08	resc
5	D'Hondt Charlotte	94	54.89	20-08	resc
SEN - 400 m			RC : 53.51		
1	Nagels Rani	95	53.57	22-05	FRA
2	Badji Jalika	96	57.92	11-07	vs
3	Gillet Delphine	86	59.13	23-07	vita
4	Klai Anissa	96	60.62	14-05	cabw
5	Lins Noemie	94	65.32	19-06	resc
6	Cok Evelyn	91	65.48	11-06	lyra
SEN - 800 m			RC : 2.05.85		
1	Nagels Rani	95	2.09.69	14-05	cabw
2	Tshiasuma Jessie	96	2.20.97	28-05	rcb
3	Cok Evelyn	91	2.45.82	26-09	rcas
4	D'Hondt Charlotte	94	2.55.79	11-09	cabw
SEN - 1500 m			RC : 4.12.85		
1	Tshiasuma Jessie	96	4.52.78	11-09	cabw
2	D'Hondt Charlotte	94	6.09.00	27-08	ws



## ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2016

SEN - 2000 m		RC : 5.55.66			
1	Stalins Philippine	94	8.35.15	01-10	resc
SEN - 100 m haies (84 cm)		RC : 12.71			
1	Zagre Anne	90	12.78	22-07	GBR
2	Guisse Saliyya	96	16.05	25-09	rcas
3	Cok Evelyn	91	20.05	25-09	rcas
SEN - 200 m haies (76 cm) en ligne droite		RC : -			
1	Zagre Anne	90	28.28	04-09	bxl
SEN - 400 m haies (76 cm)		RC : 60.08			
1	Badji Jalika	96	63.08	24-06	resc
SEN - Hauteur		RC : 1m95			
1	Archambeau Aline	90	1m50	24-04	csf
2	Guisse Saliyya	96	1m37	25-09	rcas
3	Cok Evelyn	91	1m31	25-09	rcas
SEN - Longueur		RC : 6m28			
1	Guisse Saliyya	96	5m52	14-05	cabw
2	Mwamine Robine	96	5m11	20-08	resc
3	Cok Evelyn	91	3m94	26-09	rcas
SEN - Triple saut		RC : 12m66			
1	Guisse Saliyya	96	11m93	08-10	rcb
SEN - Perche		RC : 4m05			
1	Quirin Margaux	95	3m40	01-05	smac
SEN - Poids (4 kg)		RC : 13m12			
1	Archambeau Aline	90	9m77	24-04	csf
2	Mouzon Emmanuelle	91	9m53	21-05	cabw
3	Meert Cynthia	89	8m64	20-08	resc
4	Guisse Shaena	94	8m47	08-05	resc
5	Guisse Saliyya	96	8m35	25-09	rcas
6	Cok Evelyn	91	7m21	25-09	rcas
SEN - Disque (1 kg)		RC : 47m99			
1	Guisse Shaena	94	27m98	20-03	cabw
SEN - Javelot (600 gr)		RC : 38m45			
1	Mouzon Emmanuelle	91	30m99	21-05	cabw
2	Guisse Shaena	94	17m81	08-05	resc
3	Cok Evelyn	91	16m31	26-09	rcas
SEN - Heptathlon		RC : 4804 p			
1	Cok Evelyn	91	2692 p	26-09	rcas
SEN - 4 x 100 m		RC : 46.95			
Nagels, Van Der Veken, Badji, Gharafi			46.86	18-09	jsmc
SEN - 4 x 400 m		RC : 3.54.68			
Schauwers, Gillet, Badji, Nagels			3.54.00	14-05	cabw
<b>MASTERS FEMMES 35</b>					
W35 - 100 m		RC : 13.06			
1	Guillet Laurence	80	13.10	26-10	AUS
2	Bonvin Draps Nathalie	80	13.91	19-06	resc
W35 - 200 m		RC : 27.44			
1	Guillet Laurence	80	26.58	12-06	dein
2	Nkumu Bakuba Nancy	77	28.60	31-10	AUS
3	Dewitte Valerie	80	29.02	12-06	dein



## ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2016

W35 - 400 m		RC : 62.44			
1	Nkumu Bakuba Nancy	77	60.68	05-11	AUS
2	Guillet Laurence	80	63.95	05-06	herv
3	Dewitte Valerie	80	65.95	11-06	dein
W35 - 100 m haies (84 cm)		RC : 14.94			
1	Guillet Laurence	80	14.72	24-06	resc
W35 - 400 m haies (76 cm)		RC : 68.71			
1	Guillet Laurence	80	66.16	11-06	dein
W35 - Hauteur		RC : 1m42			
1	Reynaerts Stephanie	80	1m25	05-06	herv
W35 - Longueur		RC : 5m26			
1	Guillet Laurence	80	5m14	11-06	dein
2	Bonvin Draps Nathalie	80	4m76	11-06	dein
W35 - Poids (4 kg)		RC : 10m76			
1	Adam Benedicte	78	11m07	10-04	moha
2	Reynaerts Stephanie	80	9m56	12-06	dein
W35 - Disque (1 kg)		RC : 31m62			
1	Reynaerts Stephanie	80	34m32	12-06	dein
2	Adam Benedicte	78	28m27	20-03	cabw
W35 - Javelot (600 gr)		RC : 28m66			
1	Adam Benedicte	78	28m01	05-06	herv
2	Reynaerts Stephanie	80	26m73	29-05	usbw
W35 - Marteau (4 kg)		RC : 28m58			
1	Reynaerts Stephanie	80	31m49	21-05	cabw
2	Adam Benedicte	78	27m95	20-03	cabw
W35 - Grand poids (9,08 kg)		RC : 9m10			
1	Adam Benedicte	78	9m43	27-02	acw
W35 - 4 x 100 m		RC : 53.26			
Boonaert, Dewitte, Bonvin Draps, Guillet		53.59	27-08	smac	
W35 - 4 x 200 m		RC : 1.53.15			
Boonaert, Dewitte, Bonvin Draps, Guillet		1.55.31	27-08	smac	

### MASTERS FEMMES 40

W40 - 800 m		RC : 2.24.29			
1	Lange Trameni Claudia	72	2.50.69	05-06	herv
2	Debaillie Isabelle	74	3.14.07	05-06	herv
W40 - 1500 m		RC : 4.48.11			
1	Lange Trameni Claudia	72	6.17.27	20-08	resc
2	Debaillie Isabelle	74	6.20.28	24-04	csf
W40 - 3000 m		RC : 10.34.47			
1	Debaillie Isabelle	74	14.11.76	05-06	herv
W40 - Poids (4 kg)		RC : 7m53			
1	Debaillie Isabelle	74	7m37	20-08	resc
2	De Buyst Nadia	73	7m16	26-05	ws
W40 - Disque (1 kg)		RC : 26m81			
1	De Buyst Nadia	73	25m51	05-06	herv
2	Debaillie Isabelle	74	16m41	24-04	csf
W40 - Javelot (600 gr)		RC : 22m33			
1	De Buyst Nadia	73	17m76	26-05	ws
2	Debaillie Isabelle	74	16m05	08-05	resc



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**MASTERS FEMMES 45**

W45 - Marathon		RC : 3h20.03			
1	Covens Benedicte	67	3h25.32	17-04	?

**MASTERS FEMMES 50**

W50 - 100 m		RC : 14.16			
1	Boonaert Caroline	64	14.01	12-06	dein

W50 - 200 m		RC : 29.97			
1	Boonaert Caroline	64	29.60	12-06	dein

W50 - 3000 m		RC : 14.08.13			
1	Cardoso Da Rocha Maria Joao	64	14.49.91	05-06	herv

W50 - Marathon		RC : 4h30.05			
1	Cardoso Da Rocha Maria Joao	64	4h36.12	02-10	bxl

**BENJAMINS GARÇONS (2008 - 2007)**

BEN - 60 m		RC : 9.17			
1	Maaroufi Elias	07	9.66	08-05	resc
2	Ouattara Reda	08	9.88	01-10	resc
	Poortman Matheo	07	9.88	28-05	rcb
4	Arifi Rayane	08	9.89	08-05	resc
5	Matassi Lucas	08	9.95	29-05	dacm
6	Huyghe Gauthier	07	10.01	01-10	resc
7	Tshanga Diumba John Ross	07	10.23	17-04	ws
8	Ezzeddine Adam	07	10.37	08-05	resc
9	Hadrazi Yanis	07	10.39	08-05	resc
10	Maaroufi Zakaria	08	10.54	08-05	resc
11	Mpongo Mpiana Maweja	08	10.57	08-05	resc
12	Meguellati Younes	07	10.64	26-09	rcas
13	Arifi Sohaib	08	10.74	08-05	resc
14	Kenaiti Yanis	08	10.75	08-05	resc
15	Piton Matthias	08	11.06	29-05	dacm
16	Verleyen Jakob	08	11.52	10-04	csf
17	Henry Maxance	08	11.66	10-04	csf
18	El Fassi Jabir	07	12.40	20-08	resc

BEN - 600 m		RC : 1.58.56			
1	Poortman Matheo	07	2.01.77	28-05	rcb
2	Maaroufi Elias	07	2.01.80	08-05	resc
3	Arifi Rayane	08	2.07.33	03-06	csf
4	Meguellati Younes	07	2.07.42	29-05	dacm
5	Tshanga Diumba John Ross	07	2.07.56	17-04	ws
6	Huyghe Gauthier	07	2.08.80	29-05	dacm
7	Hadrazi Yanis	07	2.08.82	08-05	resc
8	Kenaiti Yanis	08	2.11.29	08-05	resc
9	Arifi Sohaib	08	2.13.90	15-10	ws
10	Maaroufi Zakaria	08	2.14.89	08-05	resc
11	Matassi Lucas	08	2.21.36	29-05	dacm
12	Piton Matthias	08	2.22.40	29-05	dacm
13	Mpongo Mpiana Maweja	08	2.24.94	29-05	dacm
14	El Fassi Jabir	08	2.39.66	20-08	resc
15	Henry Maxance	08	2.41.88	10-04	csf
16	Ezzeddine Adam	07	2.43.53	08-05	resc
17	Verleyen Jakob	08	2.48.02	10-04	csf

BEN - Hauteur		RC : 1m25			
1	Meguellati Younes	07	1m04	29-07	resc
2	Huyghe Gauthier	07	0m99	29-07	resc
	Tshanga Diumba John Ross	07	0m99	29-04	resc
4	Piton Matthias	08	0m94	29-07	resc
5	Mpongo Mpiana Maweja	08	0m90	03-06	csf
6	Maaroufi Elias	07	0m89	29-07	resc



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BEN - Longueur			RC : 4m19		
1	Matassi Lucas	08	3m48	29-05	dacm
2	Huyghe Gauthier	07	3m28	29-05	dacm
3	Meguellati Younes	07	3m19	27-08	spvi
4	Arifi Rayane	08	3m15	01-05	resc
	Poortman Matheo	07	3m15	29-05	dacm
6	Maaroufi Elias	07	3m08	29-05	dacm
7	Arifi Sohaib	08	2m98	15-10	ws
8	Mpongo Mpiana Maweja	08	2m93	18-06	csf
9	Piton Matthias	08	2m74	29-07	resc
10	Maaroufi Zakaria	08	2m65	29-07	resc
11	Henry Maxance	08	2m30	29-07	resc
12	El Fassi Jabir	08	2m20	20-08	resc
13	Aouragh Kais	08	1m66	29-07	resc

BEN - Poids (1 kg)			RC : 11m68		
1	Meguellati Younes	07	8m80	27-08	spvi
2	Huyghe Gauthier	07	8m52	16-10	rsca
3	Poortman Matheo	07	7m81	01-10	resc
4	Arifi Rayane	08	7m73	15-10	ws
5	Matassi Lucas	08	6m61	29-05	dacm
6	Maaroufi Elias	07	6m51	01-05	resc
7	Ouattara Reda	08	5m85	01-10	resc
8	Arifi Sohaib	08	5m79	15-10	ws
9	Hadrazi Yanis	07	5m70	10-04	csf
10	Mpongo Mpiana Maweja	08	4m80	29-05	dacm
11	Maaroufi Zakaria	08	4m13	29-05	dacm
12	Piton Matthias	08	4m03	29-05	dacm
13	Kenaiti Yanis	08	3m63	10-04	csf
14	Henry Maxance	08	3m05	10-04	csf
15	Verleyen Jakob	08	2m92	10-04	csf

BEN - Balle de hockey			RC : 40m13		
1	Huyghe Gauthier	07	33m35	22-10	csf
2	Meguellati Younes	07	25m09	22-10	csf
3	Poortman Matheo	07	25m05	08-10	rcb
4	Arifi Rayane	08	23m38	08-05	resc
5	Kenaiti Yanis	08	17m46	08-05	resc
6	Arifi Sohaib	08	16m84	08-05	resc
7	Mpongo Mpiana Maweja	08	14m72	08-05	resc

BEN - Tetrathlon			RC : 2099 p		
1	Poortman Matheo	07	1323 p	29-05	dacm
2	Meguellati Younes	07	1301 p	15-10	ws
3	Matassi Lucas	08	1279 p	29-05	dacm
4	Huyghe Gauthier	07	1267 p	29-05	dacm
5	Maaroufi Elias	07	1215 p	29-05	dacm
6	Arifi Rayane	08	1183 p	15-10	ws
7	Arifi Sohaib	08	787 p	15-10	ws
8	Mpongo Mpiana Maweja	08	752 p	29-05	dacm
9	Maaroufi Zakaria	08	732 p	29-05	dacm
10	Piton Matthias	08	672 p	29-05	dacm

BEN - 4 x 60 m			RC : 37.27		
Arifi, Maaroufi, Poortman, Maaroufi			39.55	24-09	cabw

**PUPILLES GARÇONS (2006 - 2005)**

PUP - 60 m			RC : 8.42		
1	Belghiti Alaoui Ayman	05	9.12	08-05	resc
2	Boukria Jawad	05	9.44	20-08	resc
3	Gonzalez Antoine	06	9.45	22-05	resc
4	Camps Sebastien	06	9.47	01-10	resc
5	Theys Norick	06	9.48	01-10	resc
6	Verriez Ludovic	06	9.52	24-06	wrc
7	Arifi Reda	05	9.65	10-04	csf
8	Harroud Ayman	05	9.74	08-05	resc
9	Maaroufi Ayoub	05	9.85	08-05	resc
10	Cornelis Darwin	06	10.26	29-05	dacm
11	Poortman Lucas	05	10.38	08-05	resc
12	Halioui Jalil	06	10.51	08-05	resc



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13	Saadi Mohamed	05	10.52	10-04	csf
14	El Fassi Imrane	05	10.79	20-08	resc
15	Beuthe De Jaegher Adrei	06	11.18	29-05	dacm

PUP - 1000 m

RC : 3.14.18

1	Arifi Reda	05	3.21.34	01-05	resc
2	Maaroufi Ayoub	05	3.29.75	01-05	resc
3	Camps Sebastien	06	3.40.20	15-10	ws
4	Halioui Jalil	06	3.40.47	29-05	dacm
5	Boukria Jawad	05	3.41.17	01-05	resc
6	Gonzalez Antoine	06	3.42.70	15-10	ws
7	Poortman Lucas	05	3.46.92	22-10	csf
8	Belghiti Alaoui Ayman	05	3.53.95	08-05	resc
9	Theys Norick	06	3.57.98	10-04	csf
10	Verriez Ludovic	06	3.59.12	29-05	dacm
11	Cornelis Darwin	06	4.02.80	29-05	dacm
12	El Fassi Imrane	05	4.06.76	20-08	resc
13	Saadi Mohamed	05	4.16.43	08-05	resc
14	Beuthe De Jaegher Andrei	06	4.17.47	29-05	dacm
15	Harroud Ayman	05	4.21.35	08-05	resc

PUP - 60 m haies (76 cm)

RC : 10.24

1	Gonzalez Antoine	06	12.94	18-06	csf
2	Arifi Reda	05	13.26	08-05	resc
3	Maaroufi Ayoub	05	13.62	08-05	resc
4	Harroud Ayman	05	13.91	08-05	resc
5	Saadi Mohamed	05	15.33	08-05	resc
6	Poortman Lucas	05	18.15	08-05	resc

PUP - Hauteur

RC : 1m49

1	Boukria Jawad	05	1m15	29-05	dacm
	Poortman Lucas	05	1m15	29-05	dacm
3	Arifi Reda	05	1m10	10-04	csf
	Cornelis Darwin	06	1m10	29-05	dacm
	Theys Norick	06	1m10	10-04	csf
6	Gonzalez Antoine	06	1m06	08-10	rcb
7	Halioui Jalil	06	1m05	29-05	dacm
8	Maaroufi Ayoub	05	1m00	10-04	csf
	Saadi Mohamed	05	1m00	10-04	csf
10	Beuthe De Jaeghen Andrei	06	0m95	29-05	dacm
	Verriez Ludovic	06	0m95	29-05	dacm
12	El Fassi Imrane	05	0m90	20-08	resc

PUP - Longueur

RC : 4m75

1	Gonzalez Antoine	06	3m64	18-06	csf
2	Camps Sebastien	06	3m32	15-10	ws
3	Poortman Lucas	05	3m26	01-10	resc
4	Theys Norick	06	3m25	01-10	resc
5	Verriez Ludovic	06	3m19	24-06	wrc
6	Arifi Reda	05	2m85	15-10	ws

PUP - Poids (2 kg)

RC : 11m71

1	Theys Norick	06	6m25	29-07	resc
2	Arifi Reda	05	6m02	10-04	csf
3	Boukria Jawad	05	5m98	29-05	dacm
4	Poortman Lucas	05	5m72	23-10	rcas
5	Maaroufi Ayoub	05	5m61	10-04	csf
6	Cornelis Darwin	06	5m57	29-05	dacm
7	Gonzalez Antoine	06	4m95	29-05	dacm
8	Halioui Jalil	06	4m86	29-05	dacm
9	Verriez Ludovic	06	3m93	29-05	dacm
10	Beuthe De Jaegher Andrei	06	3m88	29-05	dacm

PUP - Disque (600 gr)

RC : 31m14

1	Poortman Lucas	05	12m10	23-10	rcas
2	Theys Norick	06	10m78	01-05	resc
3	Verriez Ludovic	06	7m47	01-05	resc



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PUP - Balle de hockey RC : 46m50

1	Theys Norick	06	39m17	17-04	ws
2	Belghiti Alaoui Ayman	05	35m80	08-05	resc
3	Arifi Reda	05	31m21	08-05	resc
4	Poortman Lucas	05	29m89	22-10	csf
5	Camps Sebastien	06	29m47	15-10	ws
6	Harroud Ayman	05	26m92	08-05	resc
7	Verriez Ludovic	06	22m19	07-10	csf
8	Gonzalez Antoine	06	20m18	15-10	ws

PUP - Tetrathlon RC : 2516 p

1	Boukria Jawad	05	1574 p	29-05	dacm
2	Camps Sebastien	06	1370 p	15-10	ws
3	Gonzalez Antoine	06	1358 p	29-05	dacm
4	Maaroufi Ayoub	05	1323 p	29-05	dacm
5	Poortman Lucas	05	1318 p	29-05	dacm
6	Cornelis Darwin	06	1271 p	29-05	dacm
7	Halioui Jalil	06	1222 p	29-05	dacm
8	Verriez Ludovic	06	1017 p	29-05	dacm
9	Arifi Reda	05	781 p	15-10	ws
10	Beuthe De Jaegher Andrei	06	780 p	29-05	dacm

PUP - 4 x 60 m RC : 33.25

Cornelis, Gonzalez, Maaroufi, Verriez	37.41	27-08	smac
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**MINIMES GARÇONS (2004 - 2003)**

MIN - 80 m RC : 9.66

1	Medan Marko	03	10.54	15-10	ws
2	Demanet Lounis	03	10.87	14-05	lebb
3	Chekem Ramses	03	10.99	17-09	usbw
4	Dewaele Victor	03	11.34	15-10	ws
5	Vanbellinghen Sebastien	03	11.42	08-10	rcb
6	Gruson Augustin	04	11.50	01-10	resc
7	Ivens Filip	04	11.54	15-10	ws
8	De Tollenaere Tom	03	11.74	01-10	resc
9	Arifi Ilias	04	12.00	01-10	resc
10	Englebert Timothee	04	12.01	10-04	csf
11	Sibourg Valentin	04	12.14	01-10	resc
12	Derome Julien	04	12.48	10-04	csf
13	Kamara Sanael	04	12.51	10-04	csf
14	Van Elsuwe Alexis	04	12.64	15-10	ws
15	Poortman Romain	03	13.16	29-05	dacm
16	Verkoyen Jean Baptiste	03	13.18	01-10	resc

MIN - 150 m RC : 18.43

1	Medan Marko	03	19.50	02-10	rcas
2	Demanet Lounis	03	20.14	05-06	vita
3	Chekem Ramses	03	21.24	08-05	resc
4	Arifi Ilias	04	21.25	24-06	wrc
5	Vanbellinghen Sebastien	03	21.53	07-10	csf
6	Englebert Timothee	04	21.54	08-05	resc
7	Dewaele Victor	03	21.98	08-05	resc
8	Gruson Augustin	04	22.28	07-10	csf
9	Ivens Filip	04	22.45	08-05	resc
10	De Tollenaere Tom	03	22.46	05-06	vita
11	Kamara Sanael	04	23.84	07-10	csf
12	Sibourg Valentin	04	24.20	08-05	resc
13	Van Elsuwe Alexis	04	24.31	08-05	resc
14	Poortman Romain	03	25.12	07-10	csf
15	Verkoyen Jean Baptiste	03	25.68	07-10	csf

MIN - 300 m RC : 40.86

1	Demanet Lounis	03	43.46	14-05	lebb
2	Chekem Ramses	03	45.88	20-08	resc
3	Vanbellinghen Sebastien	03	48.39	22-10	csf
4	Gruson Augustin	04	48.88	22-10	csf
5	De Tollenaere Tom	03	49.15	17-04	ws
6	Arifi Ilias	04	50.66	17-04	ws
7	Van Elsuwe Alexis	04	51.83	20-08	resc
8	Sibourg Valentin	04	52.30	22-10	csf



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9	Ivens Filip	04	53.18	22-10	csf
10	Kamara Sanael	04	53.60	22-10	csf
11	Poortman Romain	03	55.19	22-10	csf
12	Verkoyen Jean Baptiste	03	56.00	08-10	rcb

MIN - 1000 m

RC : 3.01.77

1	Demagnet Lounis	03	3.08.16	10-04	csf
2	De Tollenaere Tom	03	3.22.78	29-05	dacm
3	Chekem Ramses	03	3.24.50	15-10	ws
4	Medan Marko	03	3.25.20	15-10	ws
5	Kamara Sanael	04	3.29.52	17-04	ws
6	Gruson Augustin	04	3.30.24	07-10	csf
7	Van Elsuwe Alexis	04	3.31.46	10-04	csf
8	Arifi Ilias	04	3.33.00	15-10	ws
9	Dewaele Victor	03	3.35.24	08-05	resc
10	Sibourg Valentin	04	3.39.51	29-05	dacm
11	Poortman Romain	03	3.40.70	18-06	csf
12	Ivens Filip	04	3.44.75	22-05	rsca
13	Englebert Timothee	04	3.46.66	10-04	csf
14	Derome Julien	04	3.46.87	10-04	csf
15	Verkoyen Jean Baptiste	03	3.53.60	07-10	csf

MIN - 50 m haies (65 cm)

RC : -

1	Demagnet Lounis	03	9.24	02-04	FRA
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MIN - 80 m haies (84 cm)

RC : 12.00

1	Demagnet Lounis	03	13.64	05-06	vita
2	De Tollenaere Tom	03	16.50	26-09	rcas
3	Sibourg Valentin	04	16.79	26-09	rcas
4	Ivens Filip	04	17.16	08-05	resc
5	Englebert Timothee	04	17.47	08-05	resc
6	Gruson Augustin	04	17.85	08-05	resc
7	Derome Julien	04	17.93	26-09	rcas
8	Arifi Ilias	04	18.95	08-05	resc
9	Poortman Romain	03	20.31	08-05	resc

MIN - 150 m haies (76 cm)

RC : 20.54

1	Demagnet Lounis	03	21.89	01-10	resc
2	Chekem Ramses	03	22.07	01-10	resc
3	De Tollenaere Tom	03	23.73	01-10	resc
4	Arifi Ilias	04	24.40	01-10	resc
5	Ivens Filip	04	24.44	22-10	csf
6	Gruson Augustin	04	24.58	22-10	csf
7	Sibourg Valentin	04	24.80	01-10	resc
8	Derome Julien	04	26.23	01-05	resc
9	Van Elsuwe Alexis	04	26.33	01-10	resc
10	Verkoyen Jean Baptiste	03	28.28	22-10	csf
11	Poortman Romain	03	31.11	22-10	csf

MIN - Hauteur

RC : 1m68

1	Englebert Timothee	04	1m50	10-04	csf
2	Demagnet Lounis	03	1m48	10-07	oeh
3	Chekem Ramses	03	1m36	21-08	cabw
	Medan Marko	03	1m36	15-10	ws
5	De Tollenaere Tom	03	1m31	08-10	rcb
6	Poortman Romain	03	1m26	08-10	rcb
7	Gruson Augustin	04	1m24	15-10	ws
	Sibourg Valentin	04	1m24	15-10	ws
9	Ivens Filip	04	1m20	26-09	rcas
10	Arifi Ilias	04	1m18	15-10	ws
11	Derome Julien	04	1m15	10-04	csf
	Van Elsuwe Alexis	04	1m15	26-09	rcas
13	Verkoyen Jean Baptiste	03	1m11	08-10	rcb
14	Dewaele Victor	03	1m09	15-10	ws
15	Kamara Sanael	04	1m05	10-04	csf





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MIN - Longueur			RC : 5m73		
1	Medan Marko	03	4m91	05-06	vita
2	Chekem Ramses	03	4m51	03-09	vac
3	Demanet Lounis	03	4m50	28-05	rcb
4	De Tollenaere Tom	03	4m24	05-06	vita
5	Ivens Filip	04	4m11	01-10	resc
6	Dewaele Victor	03	4m02	01-10	resc
7	Arifi Ilias	04	3m95	01-10	resc
8	Gruson Augustin	04	3m89	01-10	resc
9	Sibourg Valentin	04	3m86	01-10	resc
10	Van Elsuwe Alexis	04	3m53	01-10	resc
11	Kamara Sanael	04	3m39	01-10	resc
12	Poortman Romain	03	3m32	01-10	resc
13	Derome Julien	04	3m31	01-10	resc
14	Verkoyen Jean Baptiste	03	2m93	01-10	resc

  

MIN - Triple saut			RC : -		
1	Demanet Lounis	03	9m59	02-04	FRA

  

MIN - Perche			RC : 3m21		
1	De Tollenaere Tom	03	1m93	20-08	resc

  

MIN - Poids (3 kg)			RC : 14m71		
1	Chekem Ramses	03	10m82	17-09	usbw
2	Englebert Timothee	04	9m93	16-10	rcas
3	De Tollenaere Tom	03	9m86	15-10	ws
4	Medan Marko	03	9m60	15-10	ws
5	Demanet Lounis	03	7m73	29-05	dacm
6	Vanbellinghen Sebastien	03	7m26	22-10	csf
7	Kamara Sanael	04	6m73	22-10	csf
8	Sibourg Valentin	04	6m66	26-09	rcas
9	Gruson Augustin	04	6m47	22-10	csf
10	Arifi Ilias	04	6m36	10-04	csf
11	Poortman Romain	03	6m31	16-10	rcas
12	Van Elsuwe Alexis	04	6m12	15-10	ws
13	Derome Julien	04	5m94	26-09	rcas
14	Ivens Filip	04	5m26	15-10	ws
15	Dewaele Victor	03	5m09	15-10	ws

  

MIN - Disque (750 gr)			RC : 45m01		
1	Chekem Ramses	03	23m38	17-09	usbw
2	De Tollenaere Tom	03	21m66	23-10	rcas
3	Demanet Lounis	03	20m34	29-05	dacm
4	Englebert Timothee	04	17m38	10-04	csf
5	Sibourg Valentin	04	17m29	28-08	csf
6	Ivens Filip	04	17m00	23-10	rcas
7	Poortman Romain	03	15m79	08-10	rcb
8	Van Elsuwe Alexis	04	15m64	08-10	rcb
9	Kamara Sanael	04	13m95	10-04	csf
10	Arifi Ilias	04	11m96	10-04	csf
11	Derome Julien	04	11m60	10-04	csf

  

MIN - Javelot (400 gr)			RC : 45m91		
1	Medan Marko	03	31m15	29-07	resc
2	De Tollenaere Tom	03	30m34	23-10	rcas
3	Chekem Ramses	03	27m87	28-08	csf
4	Demanet Lounis	03	24m16	10-07	oeh
5	Ivens Filip	04	23m79	23-10	rcas
6	Sibourg Valentin	04	22m81	03-09	vita
7	Poortman Romain	03	21m07	10-07	oeh
8	Englebert Timothee	04	20m45	23-10	rcas
9	Arifi Ilias	04	19m13	01-05	resc
10	Kamara Sanael	04	18m70	07-10	csf
11	Van Elsuwe Alexis	04	16m51	01-05	resc
12	Gruson Augustin	04	13m37	07-10	csf



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MIN - Pentathlon		RC : 4135 p			
1	Medan Marko	03	3348 p	15-10	ws
2	Chekem Ramses	03	2892 p	15-10	ws
3	Demanet Lounis	03	2739 p	29-05	dacm
4	De Tollenaere Tom	03	2557 p	15-10	ws
5	Gruson Augustin	04	2228 p	15-10	ws
6	Arifi Ilias	04	2058 p	15-10	ws
7	Dewaele Victor	03	2056 p	15-10	ws
8	Ivens Filip	04	2016 p	15-10	ws
9	Sibourg Valentin	04	1817 p	15-10	ws
10	Poortman Romain	03	1575 p	29-05	dacm
11	Derome Julien	04	1505 p	26-09	rcas
12	Van Elsuwe Alexis	04	1436 p	26-09	rcas

MIN - 4 x 80 m		RC : 41.08		
Chekem, De Tollenaere, Medan, Demanet		42.05	24-09	cabw

**CADETS GARÇONS (2002 - 2001)**

CAD - 100 m		RC : 11.31			
1	Mbala Nkenge Abel Thaddee	02	12.08	20-08	resc
2	Emmerechts Robin	02	12.53	07-05	herv
	Roefmans Lucas	01	12.53	25-09	rcas
4	Doudouhi Reda	02	12.60	24-04	csf
5	Gharroudi Soulaymane	01	13.11	30-04	smac
6	Sleewaegen Jerome	01	13.20	25-09	rcas
7	Maisonny Theo	02	13.26	17-04	ws
8	Triantafillidis Mateo	01	13.40	30-04	smac
9	Beyaert Corentin	02	13.45	25-09	rcas
10	Wilhelmsson Malte	02	13.48	28-05	rcb
11	Badji Toumane	01	13.64	25-09	rcas
12	Lafnachi Reda	02	14.28	08-05	resc
13	Montilla Alexis	02	14.30	25-09	rcas
14	Theys Nicolas	02	15.20	08-05	resc
15	Fehli Hamza	02	16.26	08-05	resc

CAD - 200 m		RC : 23.14			
1	Emmerechts Robin	02	25.52	19-06	resc
2	Doudouhi Reda	02	25.82	24-04	csf
3	Gharroudi Soulaymane	01	26.76	28-05	rcb
4	Wilhelmsson Malte	02	28.05	01-10	resc
5	Fehli Hamza	02	36.45	08-05	resc

CAD - 300 m		RC : 36.86			
1	Gharroudi Soulaymane	01	42.93	20-85	resc

CAD - 400 m		RC : 52.24			
1	Madoughri Sabri	01	54.29	30-04	smac
2	Gharroudi Soulaymane	01	58.50	17-04	ws
3	Beyaert Corentin	02	59.68	17-04	ws
4	Emmerechts Robin	02	60.51	17-04	ws
5	Wilhelmsson Malte	02	62.55	01-10	resc
6	Theys Nicolas	02	70.53	08-05	resc
7	Maisonny Theo	02	71.22	17-04	ws

CAD - 800 m		RC : 1.59.30			
1	Gharroudi Soulaymane	01	2.13.62	07-05	herv
2	Beyaert Corentin	02	2.19.86	08-05	resc
3	Lafnachi Reda	02	2.21.18	08-05	resc
4	Huyghe Xavier	01	2.22.75	16-04	smac
5	Iazzag Nathan	02	2.23.11	01-10	resc
6	Wilhelmsson Malte	02	2.25.93	28-05	rcb
7	Theys Nicolas	02	2.45.04	16-04	smac

CAD - 1000 m		RC : 2.43.18			
1	Beyaert Corentin	02	3.00.16	26-09	rcas
2	Gharroudi Soulaymane	01	3.11.84	26-09	rcas
3	Montilla Alexis	02	3.17.60	26-09	rcas
4	Roefmans Lucas	01	3.27.02	26-09	rcas
5	Sleewaegen Jerome	01	4.05.65	31-07	dac



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CAD - 1500 m		RC : 4.10.90			
1	Lafnachi Reda	02	4.49.38	30-04	smac
2	Beyaert Corentin	02	5.17.27	20-08	resc

  

CAD - Mile		RC : 5.22.67			
1	Wilhelmsson Malte	02	6.16.03	25-09	usbw

  

CAD - 100 m haies (91 cm)		RC : 14.02			
1	Roefmans Lucas	01	16.36	25-09	rcas
2	Sleewaegen Jerome	01	17.17	02-10	rcas
3	Beyaert Corentin	02	17.64	31-07	dac
4	Badji Toumane	01	18.70	26-09	rcas
5	Gharroudi Soulaymane	01	20.19	26-09	rcas
6	Montilla Alexis	02	20.94	26-09	rcas

  

CAD - 300 m haies (76 cm)		RC : 40.07			
1	Beyaert Corentin	02	44.91	30-04	smac

  

CAD - Hauteur		RC : 1m91			
1	Roefmans Lucas	01	1m73	26-09	rcas
2	Mbala Nkenge Abel Thaddee	02	1m58	30-04	smac
3	Madoughri Sabri	01	1m50	24-04	csf
4	Badji Toumane	01	1m46	26-09	rcas
5	Beyaert Corentin	02	1m40	30-07	dac
	Gharroudi Soulaymane	01	1m40	01-10	resc
	Montilla Alexis	02	1m40	30-07	dac
8	Sleewaegen Jerome	01	1m37	26-09	rcas
9	Huyghe Xavier	01	1m30	01-10	resc
10	Theys Nicolas	02	1m25	01-10	resc

  

CAD - Longueur		RC : 6m70			
1	Roefmans Lucas	01	5m83	18-08	vita
2	Sleewaegen Jerome	01	4m95	25-09	rcas
3	Badji Toumane	01	4m93	25-09	rcas
4	Mbala Nkenge Abel Thaddee	02	4m67	20-08	resc
5	Emmerechts Robin	02	4m47	24-04	csf
6	Montilla Alexis	02	4m39	25-09	rcas
7	Beyaert Corentin	02	4m16	28-05	rcb
8	Theys Nicolas	02	3m83	20-08	resc
9	Gharroudi Soulaymane	01	3m79	25-09	resc
10	Maisonny Theo	02	3m64	20-08	resc
11	Boukria Ayoub	02	3m49	17-04	ws

  

CAD - Triple saut		RC : 13m52			
1	Badji Toumane	01	10m79	24-04	csf
2	Sleewaegen Jerome	01	10m66	08-10	rcb
3	Beyaert Corentin	02	9m65	24-04	csf

  

CAD - Perche		RC : 3m76			
1	Badji Toumane	02	2m81	25-09	rcas
	Montilla Alexis	02	2m81	25-09	rcas
3	Beyaert Corentin	02	2m51	25-09	rcas
4	Sleewaegen Jerome	01	2m34	17-04	ws
5	Roefmans Lucas	01	2m21	25-09	rcas
6	Gharroudi Soulaymane	01	2m11	25-09	rcas

  

CAD - Poids (4 kg)		RC : 14m42			
1	Montilla Alexis	02	10m48	25-09	rcas
2	Emmerechts Robin	02	9m95	30-04	smac
3	Roefmans Lucas	01	9m74	25-09	rcas
4	Mbala Nkenge Abel Thaddee	02	8m90	24-04	csf
5	Theys Nicolas	02	8m74	01-10	resc
6	Beyaert Corentin	02	8m49	02-10	rcas
7	Huyghe Xavier	01	8m33	16-10	rsca
8	Badji Toumane	02	8m22	25-09	rcas
9	Gharroudi Soulaymane	01	7m91	01-10	resc
10	Wilhelmsson Malte	02	7m67	03-06	csf
11	Sleewaegen Jerome	01	6m84	25-09	rcas
12	Boukria Ayoub	02	6m32	24-04	csf



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CAD - Disque (1 kg)		RC : 48m77			
1	Montilla Alexis	02	29m35	02-10	rcas
2	Huyghe Xavier	01	24m31	16-10	rsca
3	Theys Nicolas	02	23m08	23-04	riwa
4	Gharroudi Soulaymane	01	21m78	24-04	csf
5	Mbala Nkenge Abel Thaddee	02	18m96	24-04	csf
6	Beyaert Corentin	02	16m64	10-09	ws

CAD - Javelot (600 gr)		RC : 44m54			
1	Montilla Alexis	02	31m58	26-09	rcas
2	Huyghe Xavier	01	31m04	23-10	rcas
3	Beyaert Corentin	02	26m54	26-09	rcas
4	Roefmans Lucas	01	26m48	26-09	rcas
5	Badji Toumane	02	25m23	26-09	rcas
6	Theys Nicolas	02	24m14	20-08	resc
7	Sleewaegen Jerome	01	22m10	31-07	dac
8	Gharroudi Soulaymane	01	21m79	26-09	rcas
9	Maisonny Theo	02	20m88	20-08	resc
10	Boukria Ayoub	02	20m62	24-04	csf

CAD - Marteau (4 kg)		RC : 46m37			
1	Gharroudi Soulaymane	01	18m89	30-04	smac

CAD - Octathlon		RC : 5037 p			
1	Roefmans Lucas	01	3086 p	26-09	rcas
2	Beyaert Corentin	02	2859 p	26-09	rcas
3	Montilla Alexis	02	2745 p	26-09	rcas
4	Gharroudi Soulaymane	01	2377 p	26-09	rcas
5	Sleewaegen Jerome	01	1971 p	31-07	dac

CAD - 3000 m marche		RC : 20.33.20			
1	Theys Nicolas	02	20.11.17	30-04	smac

CAD - 4 x 100 m		RC : 44.36			
Emmerechts, Roefmans, Mbala Nkenge, Madoughri			46.84	18-09	jsmc

CAD - 4 x 800 m		RC : 8.43.82			
Beyaert, Huyghe, Lafnachi, Gharroudi		9.37.33	18-09		jsmc

### SCOLAIRES HOMMES (2000 - 1999)

SCO - 100 m		RC : 10.83			
1	Kasmi Amine	00	11.06	03-09	achl
2	Taiwo Eniola	00	11.47	27-08	ws
3	Okeowo Peredjo	99	11.58	29-05	usbw
4	Borlee Rayane	99	11.67	11-07	vs
5	Nkiere Danfuname Rene	99	11.69	25-08	vs
6	Barghout Azze Eddine	99	12.01	25-09	usbw
7	Salverius Mehdi	00	12.04	27-08	ws
8	Demolder Sebastian	99	12.17	17-04	ws
9	Moens Cyprien	00	12.34	19-06	resc
10	Tambwe Mangala Emmanuel	99	12.93	30-04	smac

SCO - 200 m		RC : 22.02			
1	Kasmi Amine	00	22.53	04-09	achl
2	Borlee Rayane	99	23.42	11-07	vs
3	Nkiere Danfuname Rene	99	23.69	09-08	vs
4	Barghout Azze Eddine	99	24.28	07-10	csf
5	Okeowo Peredjo	99	24.84	29-05	usbw
6	Demolder Sebastian	99	25.09	07-10	csf
	Salverius Mehdi	00	25.09	07-05	herv
8	De Ro Nicolas	99	25.65	07-10	csf
9	Cornelis Morgan	00	28.88	07-10	csf
10	Guner Oktay	99	27.22	08-05	resc

SCO - 300 m		RC : 36.24			
1	Borlee Rayane	99	35.70	20-08	resc
2	Nkiere Danfuname Rene	99	36.25	20-08	resc
3	Barghout Azze Eddine	99	38.01	20-08	resc



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SCO - 400 m		RC : 49.48			
1	Nkiere Danfuname Rene	99	51.08	07-05	herv
2	Borlee Rayane	99	52.06	10-09	ws
3	Barghout Azze Eddine	99	52.46	01-10	resc
4	Petitjean Nicolas	99	56.50	07-05	herv
5	De Ro Nicolas	99	56.89	01-10	resc
6	Cornelis Morgan	00	58.13	01-10	resc
7	Madoughri Hatim	99	59.78	24-04	ws
8	Moens Cyprien	00	65.76	25-09	rcas
SCO - 800 m		RC : 1.55.41			
1	Tabbakh Yassine	01	2.05.47	07-05	herv
2	Hannard Eliot	01	2.06.22	07-05	herv
3	Chergui Mouhsine	99	2.13.60	28-05	rcb
SCO - 1500 m		RC : 4.00.79			
1	Madoughri Hatim	99	4.54.76	30-04	smac
2	Moens Cyprien	00	6.42.58	26-09	rcas
SCO - 3000 m		RC : 8.33.14			
1	Hannard Eliot	00	10.38.82	30-04	smac
SCO - 110 m haies (91 cm)		RC : 13.65			
1	Okeowo Peredjo	99	14.14	07-05	herv
2	Moens Cyprien	00	20.93	26-09	rcas
SCO - 400 m haies (84 cm)		RC : 56.13			
1	Petitjean Nicolas	99	66.36	30-04	smac
SCO - 2000 m steeple (91 cm)		RC : 6.10.20			
1	Temsamani Ilias	00	9.40.74	30-04	smac
SCO - Hauteur		RC : 2m05			
1	Englebert Hadrien	99	1m71	30-04	smac
2	Moens Cyprien	00	1m58	25-09	rcas
3	Cornelis Morgan	00	1m55	01-10	resc
SCO - Longueur		RC : 7m59			
1	Okeowo Peredjo	99	6m28	30-04	smac
2	Geerts Gregory	99	5m69	20-08	resc
3	Moens Cyprien	00	4m93	25-09	rcas
SCO - Triple saut		RC : 15m64			
1	Geerts Gregory	99	13m58	08-10	rcb
SCO - Perche		RC : 4m36			
1	Moens Cyprien	00	3m23	22-10	csf
SCO - Poids (5 kg)		RC : 14m35			
1	Englebert Hadrien	99	10m62	30-04	smac
2	Tambwe Mangala Emmanuel	99	9m73	24-04	csf
3	Moens Cyprien	00	7m98	25-09	rcas
SCO - Disque (1,5 kg)		RC : 44m44			
1	Nkiere Danfuname Rene	99	28m02	30-04	smac
2	Moens Cyprien	00	15m59	26-09	rcas
SCO - Javelot (700 gr)		RC : 52m73			
1	Geerts Gregory	99	32m56	30-04	smac
2	Moens Cyprien	00	26m40	26-09	rcas
3	Tambwe Mangala Emmanuel	99	17m87	24-04	csf
SCO - Marteau (5 kg)		RC : 53m41			
1	Petitjean Nicolas	99	26m39	30-04	smac
SCO - Decathlon		RC : 5708 p			
1	Moens Cyprien	00	3190 p	26-09	rcas
SCO - 3000 m marche		RC : 20.33.20			
1	Tambwe Mangala Emmanuel	99	20.24.02	30-04	smac



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SCO - 4 x 100 m	RC : 42.91
Taiwo, Okeowo, Nkiere, Kasmi	43.31 09-09 bxl

**JUNIORS HOMMES (1998 - 1997)**

JUN - 100 m	RC : 10.71
1 Kalmen Adam	98 10.74 18-06 cabw
2 Tshitwenu Florian	97 10.84 28-05 POR
3 Caty Dylan	97 11.05 11-06 FRA
4 Vanhamme Arno	97 11.24 11-09 cabw
5 Szerman Melvin	97 11.37 03-07 avlo
6 Hoorens Christopher	97 11.73 24-04 csf
7 Bouffioux Guylian	98 11.82 08-05 resc
8 Akim Alle	97 11.95 08-05 resc
9 Massamba Kazadi Floribert	97 12.02 17-04 ws
10 Zaanani Soufian	98 12.10 29-05 usbw
11 Mopide Kissoca Alexandre	97 12.36 19-06 resc
12 Gamuela Ngamunguela Jos	98 12.44 24-04 csf
13 Loens Sam	97 12.59 20-08 bbs
14 Mafwanikisa Yannick	98 13.33 24-04 csf

JUN - 200 m	RC : 21.24
1 Kalmen Adam	98 21.77 19-06 resc
2 Tshitwenu Florian	97 22.31 22-05 FRA
3 Caty Dylan	97 22.39 05-06 FRA
4 Szerman Melvin	97 22.76 19-06 resc
5 Kanfouh Mohamed	98 24.02 08-05 resc
6 Zaanani Soufian	98 24.16 29-05 usbw
7 Akim Alle	97 25.12 08-05 resc
8 Mopide Kissoca Alexandre	97 26.00 29-05 usbw

JUN - 300 m	RC : 34.67
1 Zaanani Soufian	98 36.39 20-08 resc
2 Kalmen Adam	98 36.64 16-04 cabw
3 Szerman Melvin	97 37.43 20-08 resc

JUN - 400 m	RC : 47.92
1 Zaanani Soufian	98 51.98 21-05 cabw
2 Bouffioux Guylian	98 53.27 08-05 resc
3 Loens Sam	97 54.47 02-07 bbs

JUN - 800 m	RC : 1.52.66
1 Kanfouh Mohamed	98 2.01.91 28-05 rcb
2 Hadj Faraji Ridwan	98 2.09.91 17-04 ws
3 Allouchi Najim	97 2.10.17 24-04 csf

JUN - 1500 m	RC : 3.48.90
1 Loens Sam	97 5.04.38 03-07 bbs

JUN - 110 m haies (99 cm)	RC : 13.63
1 Caty Dylan	97 13.67 23-07 avka
2 Loens Sam	97 15.82 30-04 vs

JUN - 110 m haies (106 cm)	RC : 14.03
1 Caty Dylan	97 14.11 29-05 usbw

JUN - 400 m haies (91 cm)	RC : 52.70
1 Caty Dylan	97 55.22 11-09 cabw

JUN - Hauteur	RC : 2m14
1 Gamuela Ngamunguela Jos	98 1m85 20-08 olse
2 Loens Sam	97 1m81 20-08 bbs

JUN - Longueur	RC : 7m86
1 Mopide Kissoca Alexandre	97 6m06 11-09 cabw
3 Loens Sam	97 5m82 20-08 bbs
2 Gamuela Ngamunguela Jos	98 5m78 28-05 rcb



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JUN - Triple saut		RC : 15m79			
1	Hoorens Christopher	97	13m93	11-09	cabw
2	Mopide Kissoca Alexandre	97	12m57	11-09	cabw
JUN - Perche		RC : 5m00			
1	Loens Sam	97	4m00	03-07	bbs
JUN - Poids (6 kg)		RC : 15m79			
1	Loens Sam	97	11m08	20-08	bbs
2	Hadj Faraji Ridwan	98	9m09	24-04	csf
3	Bouffieux Guylian	98	7m02	24-04	csf
4	Kanfouh Mohamed	98	5m91	24-04	csf
JUN - Disque (1,75 kg)		RC : 43m08			
1	Loens Sam	97	35m65	08-05	resc
JUN - Javelot (800 gr)		RC : 53m14			
1	Loens Sam	97	43m65	03-07	bbs
JUN - Decathlon		RC : 7001 p			
1	Loens Sam	97	5737 p	03-07	bbs
JUN - 4 x 100 m		RC : 42.37			
Vanhamme, Szerman, Kalmen, Caty			42.80	04-09	achl
JUN - 4 x 400 m		RC : 3.17.65			
Zaanani, Vanhamme, Caty, Kalmen			3.27.92	04-09	achl

**ESPOIRS HOMMES (1996 - 1995 - 1994)**

ESP - 100 m		RC : 10.53			
1	Elsen Daan	94	11.15	23-07	vita
2	Badji Asamti	95	11.24	23-07	vita
3	Shutsha Kasongo Emmanuel	95	11.29	28-05	rcb
4	Boa Michael	95	11.86	30-07	dac
5	Heremans Bruno	94	13.22	22-05	rsca
ESP - 200 m		RC : 21.14			
1	Badji Asamti	95	22.35	23-07	vita
2	Shutsha Kasongo Emmanuel	95	22.95	25-08	vs
3	Vandenhoeke Arthur	96	23.40	03-09	vita
4	Kalandula Fabiano	96	23.88	13-05	rct
5	Boa Michael	95	24.00	13-05	rct
6	Heremans Bruno	94	28.47	19-06	resc
ESP - 300 m		RC : 33.30			
1	Badji Asamti	95	34.00	20-08	resc
2	Elsen Daan	94	36.46	20-07	dac
ESP - 400 m		RC : 46.28			
1	Badji Asamti	95	48.27	24-06	resc
2	Nicodeme Romain	95	48.53	15-05	dcla
3	Vandenhoeke Arthur	96	51.03	11-09	cabw
4	Elsen Daan	94	51.84	30-07	dac
5	Boa Michael	95	55.36	08-05	resc
ESP - 800 m		RC : 1.46.60			
1	Petitjean Simon	96	1.55.01	24-06	resc
2	Vandenhoeke Arthur	96	1.58.86	08-05	resc
ESP - 1500 m		RC : 3.42.78			
1	Petitjean Simon	96	3.50.47	16-07	avt
2	Elsen Daan	94	4.53.12	31-07	dac
3	Boa Michael	95	5.09.74	31-07	dac
ESP - 3000 m		RC : 8.07.66			
1	Petitjean Simon	96	8.24.83	01-05	achl



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ESP - 110 m haies (106 cm)		RC : 13.93			
1	Elsen Daan	94	14.85	25-06	resc
ESP - 400 m haies (91 cm)		RC : 50.29			
1	Nicodeme Romain	95	51.65	21-05	cabw
ESP - 3000 m steeple (91 cm)		RC : 8.57.98			
1	Petitjean Simon	96	9.22.21	15-05	dcla
ESP - Hauteur		RC : 2m21			
1	Kalandula Fabiano	96	2m05	08-05	resc
2	Elsen Daan	94	1m90	30-07	dac
3	Boa Michael	95	1m75	07-05	resc
ESP - Longueur		RC : 7m86			
1	Elsen Daan	94	7m12	19-06	resc
2	Boa Michael	95	6m80	21-05	cabw
ESP - Triple saut		RC : 16m01			
1	Kalandula Fabiano	96	13m24	08-10	rcb
ESP - Perche		RC : 5m11			
1	Elsen Daan	94	4m81	25-06	resc
2	Boa Michael	95	3m40	31-07	dac
ESP - Poids (7,26 kg)		RC : 14m58			
1	Elsen Daan	94	13m03	11-07	vs
2	Boa Michael	95	10m86	07-05	resc
ESP - Disque (2 kg)		RC : 44m06			
1	Elsen Daan	94	43m31	08-05	resc
2	Boa Michael	95	34m95	31-07	dac
ESP - Javelot (800 gr)		RC : 58m05			
1	Elsen Daan	94	55m66	31-07	dac
2	Boa Michael	95	49m72	28-08	csf
ESP - Decathlon		RC : 7902 p			
1	Elsen Daan	94	7339 p	31-07	dac
2	Boa Michael	95	4408 p	31-07	dac

**SENIORS HOMMES (1996 - 1982)**

SEN - 100 m		RC : 10.02			
1	Broothaerts Damien	83	10.58	30-04	USA
2	Lins Sebastien	92	11.08	19-06	resc
3	Elsen Daan	94	11.15	23-07	vita
4	Badji Asamti	95	11.24	23-07	vita
5	Shutsha Kasongo Emmanuel	95	11.29	28-05	rcb
6	Ruffacq Quentin	89	11.30	28-05	POR
7	Ouchen Anass	00	11.41	24-04	csf
8	Vandecapelle Mattijs	89	11.51	30-07	dac
9	Mabusi Hugues	93	11.59	24-04	csf
10	Ilunga Carl	93	11.66	11-07	vs
11	Gets Florent	91	11.81	19-06	resc
12	De Ridder Frederic	90	11.85	08-05	resc
13	Boa Michael	95	11.86	30-07	dac
14	Balsen Julien	86	12.12	03-09	volh
15	Heremans Bruno	94	13.22	22-05	rsca
SEN - 200 m		RC : 20.66			
1	Broothaerts Damien	83	21.38	30-04	USA
2	Gillet Antoine	88	21.62	28-05	POR
3	Lins Sebastien	92	22.07	19-06	resc
4	Badji Asamti	95	22.35	23-07	vita
5	Shutsha Kasongo Emmanuel	95	22.95	25-08	vs
6	Mabusi Hugues	93	23.27	08-05	resc
7	Vandenhoeke Arthur	96	23.40	03-09	vita
8	Ouchen Anass	00	23.75	08-05	resc
9	Balsen Julien	86	23.85	11-06	lyra





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10	Kalandula Fabiano	96	23.88	13-05	rct
11	Gets Florent	91	23.89	19-06	resc
12	De Ridder Frederic	90	23.99	23-07	vita
13	Boa Michael	95	24.00	13-05	rct
14	Ilunga Carl	93	24.11	27-08	ws
15	Heremans Bruno	94	28.47	19-06	resc

SEN - 200 m en ligne droite RC : -

1	Lins Sebastien	92	22.49	04-09	bxl
2	De Ridder Frederic	90	25.37	04-09	bxl

SEN - 300 m RC : 33.10

1	Badji Asamti	95	34.00	20-08	resc
2	Lins Sebastien	92	34.47	20-08	resc
3	Elsen Daan	94	36.46	20-07	dac
4	Balsen Julien	86	38.09	20-08	resc
5	Ilunga Carl	93	38.58	20-08	resc

SEN - 400 m RC : 45.98

1	Gillet Antoine	88	46.18	25-06	resc
2	Badji Asamti	95	48.27	24-06	resc
3	Lins Sebastien	92	48.47	24-06	resc
4	Nicodeme Romain	95	48.53	15-05	dcla
5	Vandenhoeke Arthur	96	51.03	11-09	cabw
6	Gets Florent	91	51.60	25-09	rcas
7	Elsen Daan	94	51.84	30-07	dac
8	Balsen Julien	86	53.22	23-07	vita
9	Ilunga Carl	93	53.26	11-09	rfcl
10	Boa Michael	95	55.36	08-05	resc
11	Caufriez Olivier	83	70.97	24-06	wrc

SEN - 800 m RC : 1.46.60

1	Callahan Wirtz Peter	91	1.48.73	25-06	USA
2	Froidmont Arnaud	89	1.49.53	15-04	USA
3	Petitjean Simon	96	1.55.01	24-06	resc
4	Vandenhoeke Arthur	96	1.58.86	08-05	resc
5	Vereertbrugghen Nicolas	92	2.16.90	08-05	resc
6	Caufriez Olivier	83	2.41.81	22-05	rsca

SEN - 1000 m RC : 2.22.26

1	Caufriez Olivier	83	3.28.65	21-04	rcb
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SEN - 1500 m RC : 3.37.62

1	Callahan Wirtz Peter	91	3.37.87	16-05	USA
2	Balhan Pierre Antoine	92	3.50.01	28-05	POR
3	Petitjean Simon	96	3.50.47	16-07	avt
4	Ruell Kim	87	3.58.29	27-08	ws
5	Nicodeme Thibault	92	4.25.28	24-04	csf
6	Huberland François	93	4.44.67	19-06	csf
7	Vereertbrugghen Nicolas	92	4.46.03	19-06	resc
8	Gets Florent	91	4.46.16	26-09	rcas
9	Elsen Daan	94	4.53.12	31-07	dac
10	Boa Michael	95	5.09.74	31-07	dac
11	Caufriez Olivier	83	5.35.88	24-06	wrc

SEN - 2000 m RC : 5.13.09

1	Ruell Kim	87	5.29.04	01-10	resc
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SEN - 3000 m RC : 7.51.46

1	Ruell Kim	87	8.02.69	30-07	dcla
2	Petitjean Simon	96	8.24.83	01-05	achl
3	Hernould Franky	86	8.51.67	15-05	dcla
4	Huberland François	93	9.36.01	31-08	vita
5	Vereertbrugghen Nicolas	92	10.24.37	28-05	rcb

SEN - 5000 m RC : 13.22.81

1	Naert Koen	89	14.00.72	11-06	lyra
2	Ruell Kim	87	14.25.04	20-08	olse
3	Lejeune Emmanuel	92	14.32.96	28-05	POR
4	Huberland François	93	16.35.75	20-08	olse
5	Caufriez Olivier	83	20.38.09	18-06	csf



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SEN - 10 000 m		RC : 28.24.95			
1	Caufriez Olivier	83	41.13.66	22-10	csf
SEN - Marathon		RC : 2h10.31			
1	Naert Koen	89	2h12.27	30-10	GER
SEN - 1 heure		RC : 19 500 m			
1	Huberland François	93	17 392 m	23-09	tact
SEN - 110 m haies (106 cm)		RC : 13.48			
1	Broothaerts Damien	83	13.80	13-07	rfcl
2	Ruffacq Quentin	89	14.15	04-06	vs
3	Elsen Daan	94	14.85	25-06	resc
4	Gets Florent	91	15.44	29-06	csdy
SEN - 200 m haies (91 cm) en ligne droite		RC : -			
1	Broothaerts Damien	83	23.62	04-09	bxl
SEN - 400 m haies (91 cm)		RC : 48.91			
1	Ghislain Arnaud	88	50.28	28-05	POR
2	Nicodeme Romain	95	51.65	21-05	cabw
SEN - 3000 m steeple (91 cm)		RC : 8.24.90			
1	Ruell Kim	87	8.59.96	11-06	FRA
2	Petitjean Simon	96	9.22.21	15-05	dcla
3	Huberland François	93	9.50.90	29-06	csdy
SEN - Hauteur		RC : 2m21			
1	Kalandula Fabiano	96	2m05	08-05	resc
2	Xhonneux Frederic	83	2m03	21-05	cabw
3	Elsen Daan	94	1m90	30-07	dac
4	Gets Florent	91	1m80	07-05	resc
5	Boa Michael	95	1m75	07-05	resc
SEN - Longueur		RC : 7m94			
1	Campener Corentin	90	7m94	21-05	cabw
2	Elsen Daan	94	7m12	19-06	resc
3	Boa Michael	95	6m80	21-05	cabw
4	Gets Florent	91	6m63	07-05	resc
5	Ruffacq Quentin	89	6m59	20-08	resc
6	Ghislain Arnaud	88	6m57	20-08	resc
SEN - Triple saut		RC : 16m86			
1	Xhonneux Frederic	83	15m11	08-05	resc
2	Kalandula Fabiano	96	13m24	08-10	rcb
SEN - Perche		RC : 5m25			
1	Elsen Daan	94	4m81	25-06	resc
2	Xhonneux Frederic	83	4m09	03-09	usbw
3	Gets Florent	91	3m81	26-09	rcas
4	Van Den Bedem Miguel	84	3m80	24-04	csf
5	Boa Michael	95	3m40	31-07	dac
SEN - Poids (7,26 kg)		RC : 15m08			
1	Guillaume Jonathan	92	14m16	28-05	POR
2	Gets Florent	91	13m47	30-07	dac
3	Elsen Daan	94	13m03	11-07	vs
4	Xhonneux Frederic	83	12m79	08-09	bxl
5	Bernard Tom	93	12m00	10-04	moha
6	Ghislain Arnaud	88	11m35	15-08	dacm
7	Boa Michael	95	10m86	07-05	resc
8	Campener Corentin	90	9m12	19-06	resc
SEN - Disque (2 kg)		RC : 51m56			
1	Gets Florent	91	45m01	07-08	moha
2	Salvaggio Claudio	92	43m35	16-10	rsca
3	Elsen Daan	94	43m31	08-05	resc
4	Guillaume Jonathan	92	37m66	04-06	ula
5	Xhonneux Frederic	83	37m01	16-10	rsca
6	Boa Michael	95	34m95	31-07	dac



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7	Bernard Tom	93	31m46	01-10	moha
8	Campener Corentin	90	25m84	16-10	rsca
9	Gillet Antoine	88	23m86	16-10	rsca
10	Lins Sebastien	92	22m89	22-10	csf

SEN - Javelot (800 gr)

RC : 70m78

1	Gets Florent	91	59m12	08-05	resc
2	Elsen Daan	94	55m66	31-07	dac
3	Boa Michael	95	49m72	28-08	csf
4	Bernard Tom	93	47m28	01-10	moha
5	Ghislain Arnaud	88	33m55	02-07	jsmc

SEN - Marteau (7,26 kg)

RC : 61m66

1	Salvaggio Claudio	92	57m49	21-05	cabw
2	Bernard Tom	93	52m91	21-05	cabw
3	Xhonneux Frederic	83	35m21	16-10	rsca
4	Gets Florent	91	26m32	01-10	moha

SEN - Grand poids (15,88 kg)

RC : 13m85

1	Bernard Tom	93	13m42	01-10	moha
2	Gets Florent	91	10m39	01-10	moha

SEN - Decathlon

RC : 8142 p

1	Elsen Daan	94	7339 p	31-07	dac
2	Gets Florent	91	6648 p	26-09	rcas
3	Boa Michael	95	4408 p	31-07	dac

SEN - 4 x 100 m

RC : 40.60

Ammar Khodja, Tshitwenu, Lins, Broothaerts	41.80	28-05	POR
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SEN - 4 x 200 m

RC : 1.24.15

Kalmen, Lins, Szerman, Vanhamme	1.27.80	18-09	jsmc
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SEN - 4 x 400 m

RC : 3.10.20

Gillet, Badji, Lins, Ghislain	3.11.61	28-05	POR
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SEN - 4 x 1500 m

RC : 15.34.88

Humblet, Ruell, Boisco, Petitjean	16.33.21	18-09	jsmc
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Ekiden RC : 2h12.59

Petitjean, Ruell, Humblet, Lejeune, Lahbib, Boisco	2h10.48	15-10	bxl
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**MASTERS HOMMES 35**

M35 - 100 m

RC : 11.74

1	Sakow Nicolas	77	11.98	05-06	csf
2	Lambert John	80	12.10	17-06	FRA

M35 - 200 m

RC : 24.35

1	Sakow Nicolas	77	24.64	19-06	resc
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M35 - 300 m

RC : 37.95

1	Sakow Nicolas	77	40.04	21-04	rcb
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M35 - 400 m

RC : 52.31

1	Sakow Nicolas	77	55.60	22-05	rsca
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M35 - 2000 m

RC : 6.06.54

1	Xhonneux Marc	80	6.43.50	01-10	resc
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M35 - 3000 m

RC : 9.14.30

1	Xhonneux Marc	80	10.16.50	24-04	csf
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M35 - Hauteur

RC : 1m86

1	Van de Velde Frank	79	1m81	05-06	herv
2	Sakow Nicolas	77	1m55	25-09	rcas

M35 - Longueur

RC : 6m65

1	Sakow Nicolas	77	5m25	25-09	rcas
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M35 - Poids (7,26 kg)			RC : 12m86		
1	Lambert John	80	11m60	22-05	FRA
2	Van de Velde Frank	79	8m84	05-06	herv
3	Sakow Nicolas	77	8m11	25-09	rcas

M35 - Disque (2 kg)			RC : 45m72		
1	Lambert John	80	33m53	05-06	herv
2	Sakow Nicolas	77	23m46	08-10	rcb

M35 - Javelot (800 gr)			RC : 62m75		
1	Sakow Nicolas	77	33m49	08-10	rcb

M35 - 4 x 100 m			RC : 49.11		
Lambert, Sakow, Fellemans, Van de Velde			47.39	18-09	jsmc

M35 - 4 x 200 m			RC : 1.48.90		
Lambert, Verriez, Fellemans, Van de Velde			1.44.54	27-08	smac

**MASTERS HOMMES 40**

M40 - 800 m			RC : 2.01.50		
1	Njema Imed	75	2.15.66	05-06	herv

M40 - 1500 m			RC : 4.04.51		
1	Njema Imed	75	4.37.23	05-06	herv

M40 - 2000 m			RC : 6.13.44		
1	Njema Imed	75	6.40.35	01-10	resc

M40 - 3000 m			RC : 9.02.48		
1	Njema Imed	75	10.42.06	08-05	resc

**MASTERS HOMMES 45**

M45 - 100 m			RC : 11.64		
1	Fellemans Emmanuel	70	12.25	19-06	resc
2	Verriez Stephane	70	13.87	17-04	ws

M45 - 200 m			RC : 23.84		
1	Fellemans Emmanuel	70	24.84	11-06	dein
2	Verriez Stephane	70	27.45	19-06	resc

M45 - 300 m			RC : 41.09		
1	Fellemans Emmanuel	70	40.37	20-08	resc

M45 - 400 m			RC : 56.82		
1	Fellemans Emmanuel	70	57.95	22-05	rsca

M45 - 2000 m			RC : 7.06.35		
1	Meganck Richard	67	7.09.10	01-10	resc

M45 - 5000 m			RC : 16.02.69		
1	Meganck Richard	67	18.59.42	08-10	rcb

M45 - 10 000 m			RC : 34.24.98		
1	Meganck Richard	67	39.29.33	22-10	csf

M45 - Longueur			RC : 5m40		
1	Fellemans Emmanuel	70	4m98	21-04	rcb

M45 - Javelot (800 gr)			RC : 30m73		
1	Fellemans Emmanuel	70	24m78	21-04	rcb



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MASTERS HOMMES 50

M50 - 100 m		RC : 12.84				
1	Schoonen Laurent	65	13.69	28-05	achl	
2	Louis Philippe	65	13.91	24-08	riwa	
M50 - 200 m		RC : 25.79				
1	Schoonen Laurent	65	28.29	02-07	macw	
2	Louis Philippe	65	29.05	01-10	resc	
M50 - 400 m		RC : 58.63				
1	Schoonen Laurent	65	64.84	28-05	achl	
M50 - 800 m		RC : 2.27.26				
1	Schoonen Laurent	65	2.54.31	07-10	csf	
M50 - 1500 m		RC : 4.58.80				
1	Schoonen Laurent	65	5.54.20	02-07	macw	
M50 - 3000 m		RC : 9.41.58				
1	Schoonen Laurent	65	13.46.98	22-10	csf	
M50 - 5000 m		RC : 16.30.87				
1	Schoonen Laurent	65	24.34.60	08-10	rcb	
M50 - 10 000 m		RC : 33.46.10				
1	Schoonen Laurent	65	54.05.41	22-10	csf	
M50 - 100 m haies (91 cm)		RC : 20.06				
1	Schoonen Laurent	65	20.23	12-06	dein	
M50 - 400 m haies (84 cm)		RC : 74.42				
1	Schoonen Laurent	65	73.50	11-06	dein	
M50 - Hauteur		RC : 1m60				
1	Schoonen Laurent	65	1m42	28-05	achl	
M50 - Longueur		RC : 5m11				
1	Schoonen Laurent	65	4m47	28-05	achl	
M50 - Triple saut		RC : 10m99				
1	Schoonen Laurent	65	8m57	07-10	csf	
M50 - Perche		RC : 2m42				
1	Schoonen Laurent	65	2m31	26-09	rcas	
M50 - Poids (6 kg)		RC : 9m40				
1	Mac Donald Craig	64	12m01	16-10	rsca	
2	Schoonen Laurent	65	7m97	16-10	rsca	
M50 - Poids (7,26 kg)		RC : 13m44				
1	Segers Philippe	65	8m22	05-06	herv	
M50 - Disque (1,5 kg)		RC : 50m86				
1	Mac Donald Craig	64	35m64	16-10	rsca	
2	Schoonen Laurent	65	25m30	16-10	rsca	
M50 - Disque (2 kg)		RC : 47m69				
1	Segers Philippe	65	18m11	05-06	herv	
M50 - Javelot (700 gr)		RC : 29m33				
1	Mac Donald Craig	64	37m29	28-08	csf	
2	Schoonen Laurent	65	27m35	10-04	moha	
M50 - Marteau (6 kg)		RC : 22m97				
1	Mac Donald Craig	64	23m65	16-10	rsca	
2	Schoonen Laurent	65	20m09	10-04	moha	



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M50 - Grand poids (11,34 kg)			RC : 8m61		
1	Schoonen Laurent	65	9m45	10-04	moha

M50 - Pentathlon de lancers			RC : -		
1	Schoonen Laurent	65	1715 p	19-06	acw

M50 - Pentathlon			RC : 2252 p		
1	Schoonen Laurent	65	2245 p	03-07	macw

M50 - Decathlon			RC : 4332 p		
1	Schoonen Laurent	65	4168 p	29-05	achl

**MASTERS HOMMES 55**

M55 - 100 m			RC : -		
1	Maniquet Rudi	61	13.19	11-07	vs

M55 - 200 m			RC : -		
2	Maniquet Rudi	61	27.70	08-05	resc

**MASTERS HOMMES 60**

M60 - Poids (5 kg)			RC : 9m22		
1	Hastrais Marc	53	7m42	27-08	ws

M60 - Javelot (800 gr)			RC : 26m15		
1	Hastrais Marc	53	20m16	20-08	resc