



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2023

EQUIPES MIXTES SENIORS

SEN 4 x 400 m	RC : 3.30.10
Badji A, Schoemaker L, Mabilie F, Badji J	3.29.60 07-05 rfcl

EQUIPES MIXTES MASTERS

MAS 4 x 400 m	RC : 4.05.04
Ruell K, Chylinski M, Schroeven B, Boonaert C	4.24.83 18-06 usta

BENJAMINES FILLES (2015 - 2014)

BEN 60 m	RC : 9.30
1 Camara Elena	14 10.94 11-06 csf
2 Housiaux Lucie	14 10.97 11-06 csf
3 Ghesquiere Sophie	14 11.11 07-10 resc
4 D'Hallewin Victoria	15 11.20 11-06 csf
5 Hache Camille	15 11.23 17-06 rcb
6 Di Prima Nizet Colette	14 11.69 17-06 rcb
7 Squiflet Eleanna	15 12.18 01-04 ws

BEN 600 m	RC : 1.57.65
1 Ghesquiere Sophie	14 2.19.73 15-10 ws
2 Housiaux Lucie	14 2.20.28 30-09 rcas
3 Camara Elena	14 2.31.98 11-06 csf
4 Di Prima Nizet Colette	14 2.38.78 17-06 rcb
5 Hache Camille	15 2.40.89 11-06 csf
6 D'Hallewin Victoria	15 2.54.37 11-06 csf

BEN Hauteur	RC : 1m21
1 Housiaux Lucie	14 0m98 30-04 usbw
2 Ghesquiere Sophie	14 0m89 30-04 usbw
3 Di Prima Nizet Colette	14 0m88 30-06 resc
4 Hache Camille	15 0m83 30-06 resc

BEN Longueur	RC : 3m88
1 Housiaux Lucie	14 2m97 11-06 csf
2 Di Prima Nizet Colette	14 2m76 17-06 rcb
3 Camara Elena	14 2m52 11-06 csf
4 Hache Camille	15 2m50 11-06 csf
5 Ghesquiere Sophie	14 2m39 11-06 csf
6 D'Hallewin Victoria	15 2m38 11-06 csf
7 Squiflet Eleanna	15 2m19 19-08 resc

BEN Poids (1 kg)	RC : 8m63
1 Ghesquiere Sophie	14 6m17 15-10 ws
2 Housiaux Lucie	14 5m80 11-06 csf
3 D'Hallewin Victoria	15 5m37 07-10 resc
4 Hache Camille	15 5m06 11-06 csf
5 De Meyer Camila	15 4m85 07-10 resc
6 Di Prima Nizet Colette	14 4m24 16-04 rcas
7 Camara Elena	14 4m10 11-06 csf

BEN Balle de hockey	RC : 29m60
1 Housiaux Lucie	14 21m48 30-09 rcas
2 Ghesquiere Sophie	14 14m93 30-06 resc
3 Hache Camille	15 12m45 30-09 rcas
4 Di Prima Nizet Colette	14 11m85 30-09 rcas

BEN Tetrathlon	RC : 1652 p
1 Housiaux Lucie	14 876 p 11-06 csf
2 Ghesquiere Sophie	14 846 p 15-10 ws
3 Camara Elena	14 643 p 11-06 csf
4 Hache Camille	15 534 p 11-06 csf
5 Di Prima Nizet Colette	14 509 p 17-06 rcb
6 D'Hallewin Victoria	15 418 p 11-06 csf



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PUPILLES FILLES (2013 - 2012)

PUP 60 m		RC : 8.55			
1	Medan Ivana	12	8.87	30-09	cabw
2	Irinkova Lora	12	8.89	30-09	cabw
3	Gerard Zoe	12	9.40	14-10	rcb
4	Strypstein Solena	13	9.52	15-10	ws
5	Dzou Steffy Ann	13	9.57	30-04	usbw
6	Chair Arwa	12	9.72	30-04	usbw
7	Camara Bintou	12	9.73	21-05	csf
8	D'Hallewin Olivia	12	9.93	17-06	rcb
9	Kanyarwanda Thalia Marthe	12	10.32	30-04	usbw
10	Arys Josephine	13	10.35	30-04	usbw
	Paques Rose	12	10.35	11-06	csf
12	Vermeir Jade	13	10.37	27-08	resc
13	Delneufcourt Marion	13	10.38	30-09	rcas
14	Pereira Da Silva Sara	13	10.41	30-04	usbw
15	Pereira Da Silva Isabelle	13	10.80	19-08	resc

PUP 1000 m		RC : 3.25.71			
1	Strypstein Solena	13	3.34.34	07-10	resc
2	Irinkova Lora	12	3.37.88	07-10	resc
3	Gerard Zoe	12	3.52.17	30-09	rcas
4	Medan Ivana	12	3.56.33	15-10	ws
5	Paques Rose	12	4.01.29	11-06	csf
6	Pereira Da Silva Isabelle	13	4.02.37	07-10	resc
7	Pereira Da Silva Sara	13	4.04.18	30-09	rcas
8	Dzou Steffy Ann	13	4.05.12	30-09	rcas
9	D'Hallewin Olivia	12	4.19.51	17-06	rcb
10	Vermeir Jade	13	4.20.50	21-10	csf
11	Delneufcourt Marion	13	4.29.63	30-04	rcas
12	Arys Josephine	13	4.38.20	11-06	csf

PUP 60 m haies (68 cm)		RC : 10.35			
1	Irinkova Lora	12	12.29	18-05	avmo
2	Gerard Zoe	12	13.62	18-05	avmo
3	Arys Josephine	13	13.73	18-05	avmo

PUP Hauteur		RC : 1m37			
1	Strypstein Solena	13	1m40	07-10	resc
2	Gerard Zoe	12	1m20	01-04	ws
	Irinkova Lora	12	1m20	30-04	usbw
4	Chair Arwa	12	1m15	30-04	usbw
	El Youssefi Asmae	12	1m15	07-10	resc
6	Dzou Steffy Ann	13	1m10	19-08	resc
7	Arys Josephine	13	1m08	16-04	rcas
8	D'Hallewin Olivia	12	1m05	11-06	csf
	Kanyarwanda Thalia Marthe	12	1m05	30-04	usbw
	Pereira Da Silva Isabelle	13	1m05	19-08	resc
	Pereira Da Silva Sara	13	1m05	19-08	resc
	Vermeir Jade	13	1m05	17-06	rcb
13	Delneufcourt Marion	13	0m90	11-06	csf
	Paques Rose	12	0m90	11-06	csf

PUP Longueur		RC : 4m57			
1	Medan Ivana	12	4m34	27-05	mac
2	Irinkova Lora	12	4m02	30-06	resc
3	Strypstein Solena	13	3m67	30-06	resc
4	Dzou Steffy Ann	13	3m63	30-06	resc
	Gerard Zoe	12	3m63	14-10	rcb
6	D'Hallewin Olivia	12	3m34	30-06	resc
7	Arys Josephine	13	3m28	30-06	resc
	Pereira Da Silva Sara	13	3m28	30-09	rcas
9	El Youssefi Asmae	12	3m18	30-06	resc
10	Paques Rose	12	3m17	30-06	resc
11	Pereira Da Silva Isabelle	13	3m05	30-06	resc
12	Vermeir Jade	13	2m92	30-06	resc
13	Delneufcourt Marion	13	2m84	30-06	resc
	Kanyarwanda Thalia Marthe	12	2m84	16-04	rcas
15	Camara Bintou	12	2m75	21-05	csf
16	Saddiqe Aya	12	2m53	30-06	resc



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17 Ntibushimitse Marie-S. 13 2m27 30-06 resc

PUP Poids (2 kg)

RC : 9m75

1	Gerard Zoe	12	6m79	14-10	rcb
2	Strypstein Solena	13	6m64	18-05	avmo
3	D'Hallewin Olivia	12	6m36	11-06	csf
4	Arys Josephine	13	6m30	30-06	resc
5	Irinkova Lora	12	6m18	30-06	resc
6	Dzou Steffy Ann	13	6m08	22-10	rcas
7	Paques Rose	12	6m05	30-06	resc
8	Pereira Da Silva Sara	13	5m91	18-05	avmo
9	Pereira Da Silva Isabelle	13	5m03	16-04	rcas
10	Vermeir Jade	13	4m93	16-06	rcb
11	El Youssoufi Asmae	12	4m64	30-06	resc
12	Saddiqe Aya	12	3m73	30-06	resc
13	Delneufcourt Marion	13	3m14	11-06	csf
14	Ntibushimitse Marie-S.	13	2m61	30-06	resc

PUP Disque (600 gr)

RC : 26m15

1	Strypstein Solena	13	17m89	22-10	rcas
2	Gerard Zoe	12	14m28	30-09	rcas
3	Pereira Da Silva Sara	13	12m33	30-09	rcas
4	Dzou Steffy Ann	13	11m49	30-09	rcas
5	Arys Josephine	13	11m28	18-05	avmo
6	Delneufcourt Marion	13	9m48	30-09	rcas
7	Pereira Da Silva Isabelle	13	9m40	30-09	rcas
8	Vermeir Jade	13	9m37	22-10	rcas

PUP Balle de hockey

RC : 41m50

1	Strypstein Solena	13	32m16	22-10	rcas
2	Arys Josephine	13	25m94	30-04	usbw
3	Irinkova Lora	12	24m69	30-04	usbw
4	Vermeir Jade	13	23m34	15-10	ws
5	Medan Ivana	12	22m62	07-10	resc
6	Dzou Steffy Ann	13	13m95	22-10	rcas

PUP Vortex

RC : -

1	Medan Ivana	12	27m16	15-08	vs
2	Arys Josephine	13	21m17	14-10	rcb

PUP Tetrathlon

RC : 2127 p

1	Irinkova Lora	12	1807 p	17-06	rcb
2	Medan Ivana	12	1650 p	27-05	mac
3	Strypstein Solena	13	1492 p	30-09	rcas
4	Gerard Zoe	12	1454 p	11-06	csf
5	Dzou Steffy Ann	13	1264 p	11-06	csf
6	D'Hallewin Olivia	12	1174 p	11-06	csf
7	Paques Rose	12	1108 p	11-06	csf
8	Pereira Da Silva Sara	13	1028 p	30-09	rcas
9	Vermeir Jade	13	985 p	16-06	rcb
10	Pereira Da Silva Isabelle	13	907 p	30-09	rcas
11	Arys Josephine	13	795 p	11-06	csf
12	Delneufcourt Marion	13	735 p	30-09	rcas

PUP 4 x 60 m

RC : 33.97

Gerard, Strypstein, Dzou, Medan	36.88	19-08	resc
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MINIMES FILLES (2011 - 2010)

MIN 80 m

RC : 10.64

1	Squiflet Emelynn	10	10.47	16-09	damp
2	Dzou Lesly Kayla	10	11.16	07-10	resc
3	Irinkova Yoanna	10	11.37	17-06	rcb
4	Schroeven Camille	11	11.38	15-10	ws
5	De Cooman Lea	11	11.45	27-05	mac
6	Popescu Raisa Gabriela	11	11.54	21-10	csf
7	Strypstein Maeva	11	11.78	15-10	ws
8	Vanhemelen Joy	10	11.89	30-09	rcas
9	Mayuma Maeva	10	12.05	30-09	rcas
10	Zouaoui Inaya	10	12.50	30-09	rcas
11	Janssen Jade	11	12.55	06-05	sgola



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12	Bouhaddouz Sana	11	13.18	30-09	rcas
MIN 100 m			RC : -		
1	Squiflet Emelynn	10	13.02	08-09	resc
MIN 150 m			RC : 20.08		
1	Squiflet Emelynn	10	19.94	17-06	avlo
2	Schroeven Camille	11	20.83	28-05	ws
3	De Cooman Lea	11	21.62	02-09	lebb
4	Strypstein Maeva	11	21.88	08-04	vita
5	Irinkova Yoanna	10	22.13	01-04	ws
6	Popescu Raisa Gabriela	11	22.40	24-09	csdy
7	Dzou Lesly Kayla	10	22.56	01-04	ws
8	Fydanakis Christina	11	24.19	01-04	ws
MIN 300 m			RC : 43.85		
1	Schroeven Camille	11	45.05	30-09	cabw
2	De Cooman Lea	11	47.65	30-04	ea
3	Popescu Raisa Gabriela	11	47.70	19-08	resc
4	Irinkova Yoanna	10	48.16	30-04	usbw
5	Strypstein Maeva	11	48.44	30-04	usbw
6	Van Stichel Keyla	10	50.42	30-04	usbw
MIN 1000 m			RC : 3.14.33		
1	Schroeven Camille	11	3.19.83	15-10	ws
2	Popescu Raisa Gabriela	11	3.36.58	15-10	ws
3	Squiflet Emelynn	10	3.37.50	05-08	riem
4	De Cooman Lea	11	3.41.02	17-06	rcb
5	Strypstein Maeva	11	3.43.10	30-09	rcas
6	Mayuma Maeva	10	3.43.37	30-09	rcas
7	Bouhaddouz Sana	11	4.02.24	30-09	rcas
8	Irinkova Yoanna	10	4.03.20	17-06	rcb
9	Zouaoui Inaya	10	4.10.91	30-09	rcas
10	Dzou Lesly Kayla	10	4.12.75	16-09	damp
11	Vanhemelen Joy	10	4.23.73	30-09	rcas
MIN 60 m haies (68 cm)			RC : 10.22		
1	Squiflet Emelynn	10	9.80	09-07	vita
2	Strypstein Maeva	11	10.44	08-04	vita
3	Dzou Lesly Kayla	10	10.55	01-07	spa
4	Schroeven Camille	11	10.87	26-05	ws
5	De Cooman Lea	11	11.42	07-05	sgola
6	Janssen Jade	11	12.51	07-05	sgola
MIN 150 m haies (68 cm)			RC : 21.91		
1	Squiflet Emelynn	10	21.33	07-10	resc
2	Schroeven Camille	11	22.71	07-10	resc
3	De Cooman Lea	11	23.35	19-08	resc
4	Dzou Lesly Kayla	10	23.39	07-10	resc
5	Strypstein Maeva	11	23.62	19-08	resc
6	Irinkova Yoanna	10	24.02	18-05	avmo
7	Popescu Raisa Gabriela	11	24.80	04-06	riwa
MIN Hauteur			RC : 1m57		
1	De Cooman Lea	11	1m45	07-10	resc
	Strypstein Maeva	11	1m45	07-10	resc
3	Squiflet Emelynn	10	1m42	15-10	ws
4	Popescu Raisa Gabriela	11	1m40	27-08	resc
5	Schroeven Camille	11	1m30	17-06	rcb
6	Dzou Lesly Kayla	10	1m25	16-09	damp
	Irinkova Yoanna	10	1m25	17-06	rcb
MIN Longueur			RC : 5m00		
1	Squiflet Emelynn	10	5m07	30-06	resc
2	De Cooman Lea	11	4m37	30-06	resc
	Popescu Raisa Gabriela	11	4m37	24-09	csdy
4	Irinkova Yoanna	10	4m32	30-06	resc
5	Dzou Lesly Kayla	10	4m30	01-07	spa
6	Strypstein Maeva	11	4m16	30-04	usbw
7	Vanhemelen Joy	10	4m11	02-09	vac
8	Schroeven Camille	11	3m97	30-06	resc



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9	Mayuma Maeva	10	3m86	30-06	resc
10	Van Stichel Keyla	10	3m32	30-04	usbw
11	Bouhaddouz Sana	11	3m01	30-09	rcas
12	Zouaoui Inaya	10	2m93	30-09	rcas

MIN Perche

RC : 2m43

1	Squiflet Emelynn	10	2m25	19-08	resc
2	Strypstein Maeva	11	2m13	16-04	rcas
3	Schroeven Camille	11	1m71	15-07	dacm

MIN Poids (2 kg)

RC : 13m12

1	Squiflet Emelynn	10	13m46	15-10	ws
2	Dzou Lesly Kayla	10	12m01	16-09	damp
3	Popescu Raisa Gabriela	11	11m25	22-10	rcas
4	Mayuma Maeva	10	9m83	22-10	rcas
5	De Cooman Lea	11	9m56	30-07	hamm
6	Strypstein Maeva	11	9m20	30-06	resc
7	Schroeven Camille	11	7m46	22-10	rcas
8	Vanhemelen Joy	10	7m27	16-04	rcas
9	Irinkova Yoanna	10	6m36	30-06	resc
10	Janssen Jade	11	5m36	07-05	sgola
11	Fydanakis Christina	11	3m18	30-06	resc

MIN Disque (750 gr)

RC : 27m29

1	Popescu Raisa Gabriela	11	28m54	28-05	ws
2	De Cooman Lea	11	28m48	10-06	acbr
3	Mayuma Maeva	10	24m48	18-05	avmo
4	Squiflet Emelynn	10	24m14	30-07	hamm
5	Strypstein Maeva	11	19m42	18-05	avmo
6	Dzou Lesly Kayla	10	18m95	18-05	avmo
7	Vanhemelen Joy	10	15m16	30-09	rcas
8	Schroeven Camille	11	13m89	18-05	avmo
9	Bouhaddouz Sana	11	12m63	30-09	rcas
10	Zouaoui Inaya	10	12m33	30-09	rcas

MIN Javelot (400 gr)

RC : 34m63

1	Squiflet Emelynn	10	37m36	30-09	cabw
2	De Cooman Lea	11	27m39	24-06	avzk
3	Dzou Lesly Kayla	10	24m40	16-09	damp
4	Popescu Raisa Gabriela	11	24m09	22-10	rcas
5	Strypstein Maeva	11	20m76	30-09	rcas
6	Mayuma Maeva	10	19m04	30-09	rcas
7	Schroeven Camille	11	17m01	24-06	avzkk
8	Irinkova Yoanna	10	14m31	17-06	rcb
9	Vanhemelen Joy	10	12m84	30-09	rcas
10	Zouaoui Inaya	10	11m60	30-09	rcas
11	Bouhaddouz Sana	11	10m49	30-09	rcas
12	Van Stichel Keyla	10	8m90	30-04	usbw

MIN Pentathlon

RC : 3021 p

1	Squiflet Emelynn	10	3287 p	15-10	ws
2	Popescu Raisa Gabriela	11	2676 p	15-10	ws
3	De Cooman Lea	11	2675 p	27-05	mac
4	Schroeven Camille	11	2503 p	15-10	ws
5	Dzou Lesly Kayla	10	2485 p	16-09	damp
6	Strypstein Maeva	11	2313 p	15-10	ws
7	Mayuma Maeva	10	1940 p	30-09	rcas
8	Irinkova Yoanna	10	1876 p	17-06	rcb
9	Vanhemelen Joy	10	1503 p	30-09	rcas
10	Zouaoui Inaya	10	1179 p	30-09	rcas
11	Bouhaddouz Sana	11	1118 p	30-09	rcas

MIN 3 x 600 m

RC : 6.21.61

Strypstein, Schroeven, Squiflet	5.46.08	24-06	avzk
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MIN 4 x 80 m

RC : 41.33

Squiflet, Dzou, Schroeven, De Cooman	43.99	19-08	resc
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CADETTES FILLES (2009 - 2008)

CAD 100 m		RC : 12.64			
1	Radermacher Sarah	09	13.13	16-06	vac
2	Cornali Nora	08	13.33	16-06	vac
3	Palalic Lena	08	13.54	09-09	spvi
4	Gerard Emma	08	14.02	21-05	csf
5	Sebbah Leila	08	15.61	01-04	ws
6	Ndoudy Nganga Liliana	09	15.79	01-04	ws
7	El Kaabouni Chayma	09	16.56	01-04	ws
CAD 200 m		RC : 26.14			
1	Radermacher Sarah	09	26.93	03-06	smac
2	Cornali Nora	08	28.58	22-04	csf
3	Palalic Lena	08	28.95	25-06	csf
CAD 300 m		RC : 42.36			
1	Palalic Lena	08	45.62	09-09	spvi
CAD 400 m		RC : 57.61			
1	Lopez Gonzalez Chrystal	08	63.31	03-06	smac
CAD 800 m		RC : 2.21.88			
1	Groffier Malak	09	2.30.90	03-06	smac
2	Radermacher Sarah	09	2.44.99	01-10	rcas
3	Agacseven Lina	08	3.04.90	21-10	csf
4	Mubarik Inaya	08	3.49.53	28-05	usbw
CAD 1500 m		RC : 4.53.37			
1	Groffier Malak	09	5.50.97	21-05	csf
CAD 80 m haies (76 cm)		RC : 11.88			
1	Radermacher Sarah	09	13.17	30-09	rcas
CAD 300 m haies (76 cm)		RC : 45.51			
1	Gerard Emma	08	52.93	16-04	tuac
2	Agacseven Lina	08	59.73	03-06	smac
CAD Hauteur		RC : 1m68			
1	Radermacher Sarah	09	1m40	30-09	rcas
2	Cornali Nora	08	1m38	22-04	csf
3	Cavada Barros Bernadita	09	1m23	22-04	csf
CAD Longueur		RC : 5m74			
1	Radermacher Sarah	09	5m00	17-05	vita
2	Gerard Emma	08	4m69	01-04	ws
CAD Triple saut		RC : 11m71			
1	Gerard Emma	08	9m47	14-10	rcb
CAD Poids (3 kg)		RC : 13m85			
1	Mayuma Marie	08	11m84	28-05	ws
2	Cavada Barros Bernadita	09	10m09	23-04	rcas
3	Radermacher Sarah	09	8m35	28-05	ws
4	Mubarik Inaya	08	7m00	19-03	ram
5	Frifra Louisa	09	5m57	19-03	ram
CAD Disque (1 kg)		RC : 37m60			
1	Mayuma Marie	08	31m62	28-05	ws
2	Mubarik Inaya	08	28m13	03-06	smac
CAD Javelot (500 gr)		RC : 41m46			
1	Mayuma Marie	08	33m74	22-04	csf
2	Radermacher Sarah	09	29m72	26-08	rfcl
3	Cavada Barros Bernadita	09	27m24	21-10	csf
4	Frifra Louisa	09	17m18	19-03	ram
CAD Marteau (3 kg)		RC : 34m60			
1	Mubarik Inaya	08	16m90	15-07	dacm



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CAD Hexathlon			RC : 3901 p		
1	Radermacher Sarah	09	3061 p	01-10	rcas

CAD 4 x 100 m			RC : 50.59		
Palalic, Cornali, Gerard, Radermacher			52.39	03-06	smac

CAD Relais suedois			RC : 2.32.85		
Lopez Gonzalez, Gerard, Radermacher, Cornali			2.34.30	09-09	spvi

SCOLAIRES FEMMES (2007 - 2006)

SCO 100 m			RC : 12.33		
1	Sanchez Elisa	07	13.27	05-05	grim
2	Epanya Tiki Raphaelle Lucie	06	13.55	30-06	vac
3	Halgand Lucie	07	13.96	24-06	acw
4	Aguza Viera Olivia	06	14.21	22-04	csf
5	Cole Almond Hadasha	06	14.14	09-09	spvi
6	Kubiak Joanna	06	14.31	21-05	csf
7	Taybi Salima	07	15.28	01-04	ws
8	Mjahed Maya	07	15.54	01-04	ws
9	Israel Thalya	06	15.97	22-04	csf
10	El Hasnaoui Amel	06	16.01	01-04	ws

SCO 200 m			RC : 25.34		
1	Sanchez Elisa	07	27.72	03-06	smac
2	Epanya Tiki Raphaelle Lucie	06	27.83	25-06	csf
3	Halgand Lucie	07	29.23	22-04	csf
4	Mjahed Maya	07	30.04	30-09	rcas

SCO 300 m			RC : 39.65		
1	Epanya Tiki Raphaelle Lucie	06	45.82	09-09	spvi

SCO 400 m			RC : 56.03		
1	Halgand Lucie	07	63.53	24-06	acw
2	Sivis Mulongo Juliana	07	70.96	01-04	ws
3	Epanya Tiki Raphaelle Lucie	06	71.38	01-04	ws
4	El Hasnaoui Amel	06	79.80	01-04	ws

SCO 800 m			RC : 2.14.88		
1	Taybi Salima	07	2.56.27	03-06	smac
2	Mjahed Maya	07	2.57.67	09-07	osga

SCO 1500 m			RC : 4.41.18		
1	Kubiak Joanna	06	7.02.83	03-06	smac

SCO 3000 m			RC : 10.41.31		
1	Halgand Lucie	07	13.04.78	03-06	smac

SCO 100 m haies (76 cm)			RC : 13.92		
1	Mjahed Maya	07	17.52	30-09	rcas

SCO 400 m haies (76 cm)			RC : 62.36		
1	Sivis Mulongo Juliana	07	79.66	22-04	csf
2	Epanya Tiki Raphaelle Lucie	06	84.02	16-04	tuac
3	Verleyen Marthe	06	89.38	03-06	smac

SCO Hauteur			RC : 1m68		
1	Mjahed Maya	07	1m36	30-09	rcas
2	Sivis Mulongo Juliana	07	1m08	22-04	csf

SCO Longueur			RC : 6m08		
1	Aguza Viera Olivia	06	4m87	21-05	csf
2	Mjahed Maya	07	4m37	17-05	vita

SCO Poids (3 kg)			RC : 14m76		
1	Mjahed Maya	07	11m55	08-07	osga
2	Cole Almond Hadasha	06	7m35	19-03	ram



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
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SCO Disque (1 kg)			RC : 47m99		
1	Mjahed Maya	07	29m38	19-03	ram
SCO Javelot (500 gr)			RC : 41m95		
1	Cavada Barros Trinidad	06	35m80	27-10	csf
2	Mjahed Maya	07	28m39	14-07	dacm
3	Cole Almond Hadasha	06	16m91	19-03	ram
SCO Heptathlon			RC : 4701 p		
1	Mjahed Maya	07	3080 p	09-07	osga
SCO 4 x 100 m			RC : 48.97		
Aguza Viera, Epanya Tiki, Cole, Sanchez			52.71	03-06	smac

JUNIORS FEMMES (2005 - 2004)

JUN 100 m			RC : 12.03		
1	Leonard Elise	05	12.46	01-07	caf
2	Mendy Marie Claudine	04	13.02	25-06	csf
3	Tshanga Diomi Roline	04	13.18	19-08	resc
4	Bahaid Salma	05	13.24	25-06	csf
5	Cole Anne Ramon	04	13.35	16-06	vac
6	Kenmoe Maeva	04	14.83	01-04	ws
7	Bemba Masanga Elsa	04	16.83	01-04	ws
JUN 200 m			RC : 24.65		
1	Tshanga Diomi Roline	04	25.51	18-05	ws
2	Leonard Elise	05	25.63	27-05	vs
3	Mendy Marie Claudine	04	26.74	28-05	usbw
4	Cole Anne Ramon	04	27.11	22-07	vita
5	Bahaid Salma	05	27.97	27-08	resc
JUN 400 m			RC : 56.03		
1	Tshanga Diomi Roline	04	58.82	10-09	smac
JUN 800 m			RC : 2.05.49		
1	Kagu Gerta	05	2.24.75	22-04	csf
2	Dennison Chrystal	05	2.50.33	01-04	ws
JUN 100 m haies (84 cm)			RC : 13.99		
1	Dennison Chrystal	05	17.30	22-04	csf
JUN Hauteur			RC : 1m81		
1	Clippe Lana	04	1m66	07-05	rfcl
JUN Longueur			RC : 6m08		
1	Lucas Clara	04	5m38	18-05	ws
2	Suroçaj Loreta	04	4m48	25-06	csf
JUN Triple saut			RC : 12m28		
1	Lucas Clara	04	10m97	01-07	caf
JUN Poids (4 kg)			RC : 13m12		
1	Mathieu Julia	05	13m10	26-02	FRA
2	Dennison Chrystal	05	9m26	01-04	ws
JUN Javelot (600 gr)			RC : 42m80		
1	Dennison Chrystal	05	22m06	22-04	csf

ESPOIRS FEMMES (2003 - 2002 - 2001)

ESP 100 m			RC : 11.26		
1	Nkansa Delphine	01	11.22	13-07	FIN
2	Oulare Mariam	02	11.51	12-08	oeh
3	Ndijp Nyemeck Yanla	02	11.71	25-06	csf
4	Malungu Mangani Quiency	03	14.27	25-06	csf
5	Tshivuadi Nyembo Anne Z	03	14.28	02-07	ws



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2023

ESP 200 m		RC : 23.03			
1	Nkansa Delphine	01	23.14	27-05	vs
2	Oulare Mariam	02	23.51	24-06	FRA
3	Thery Demarque Lea	03	24.27	03-06	olsa
4	Schoemaker Liefde	02	24.99	11-08	oeh
5	Sielinou Lisa	03	28.01	22-04	csf
6	Malungu Mangani Quiency	03	30.87	25-06	csf
ESP 400 m		RC : 53.51			
1	Thery Demarque Lea	03	53.19	10-06	vs
2	Schoemaker Liefde	02	54.94	19-08	resc
ESP 800 m		RC : 2.03.72			
1	Joblin Marine	02	2.10.48	29-07	ob
ESP 3000 m		RC : 9.36.90			
1	Van Lent Jana	01	9.54.69	07-05	rfcl
ESP 5000 m		RC : 16.38.87			
1	Van Lent Jana	01	16.21.71	20-05	DEU
ESP 10 000 m		RC : 34.54.07			
1	Van Lent Jana	01	34.14.95	29-04	oeh
ESP Semi marathon		RC : 1h20.34			
1	Van Lent Jana	01	1h17.33	12-03	rcg
ESP 100 m haies (84 cm)		RC : 12.79			
1	Ndijp Nyemeck Yanla	02	12.99	25-05	USA
2	Thiebot Oceane	01	17.36	22-04	csf
ESP Hauteur		RC : 1m88			
1	Thiebot Oceane	01	1m68	18-05	ws
ESP Longueur		RC : 6m08			
1	Kizito Prisca	01	5m33	17-06	arch
ESP Poids (4 kg)		RC : 13m12			
1	Iven Kayla	02	10m54	07-05	rfcl
ESP Javelot (600 gr)		RC : 45m14			
1	Iven Kayla	02	41m36	01-07	caf

SENIORS FEMMES (2003 - 1989)

SEN 100 m		RC : 11.26			
1	Nkansa Delphine	01	11.22	13-07	FIN
2	Oulare Mariam	02	11.51	12-08	oeh
3	Morency Poilvache Alizee	98	11.66	18-05	ws
4	Ndijp Nyemeck Yanla	02	11.71	25-06	csf
5	Zagre Anne	90	11.80	29-04	BOT
6	Badji Jalika	96	12.30	10-06	vs
7	Vereecke Hanna	00	12.98	22-08	vs
8	Malungu Mangani Quiency	03	14.27	25-06	csf
9	Tshivuadi Nyembo Anne Z	03	14.28	02-07	ws
10	Bah Yaye Binta	97	14.59	19-08	resc
SEN 200 m		RC : 23.03			
1	Nkansa Delphine	01	23.14	27-05	vs
2	Oulare Mariam	02	23.51	24-06	FRA
3	Morency Poilvache Alizee	98	24.12	25-06	csf
4	Thery Demarque Lea	03	24.27	03-06	olsa
5	Badji Jalika	96	24.74	10-06	vs
6	Schoemaker Liefde	02	24.99	11-08	oeh
7	Vereecke Hanna	00	25.59	02-07	ws
8	Sielinou Lisa	03	28.01	22-04	csf
9	Bah Yaye Binta	97	30.25	25-06	csf
10	Malungu Mangani Quiency	03	30.87	25-06	csf



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2023

SEN 300 m		RC : 38.04			
1	Badji Jalika	96	40.12	09-09	spvi
2	Vereecke Hanna	00	40.55	05-08	dcla
SEN 400 m		RC : 53.51			
1	Thery Demarque Lea	03	53.19	10-06	vs
2	Schoemaker Liefde	02	54.94	19-08	resc
3	Badji Jalika	96	56.83	27-05	vs
4	Vereecke Hanna	00	57.48	18-05	ws
SEN 800 m		RC : 2.03.72			
1	Joblin Marine	02	2.10.48	29-07	ob
2	Pinter Eline	96	2.11.27	12-05	USA
SEN 1500 m		RC : 4.12.35			
1	Pinter Eline	96	4.24.28	12-05	USA
2	Muls Camille	99	4.25.61	07-05	rfcl
SEN 3000 m		RC : 8.49.85			
1	Van Lent Jana	01	9.54.69	07-05	rfcl
SEN 5000 m		RC : 15.41.24			
1	Van Lent Jana	01	16.21.71	20-05	DEU
SEN 10 000 m		RC : 32.23.39			
1	Van Lent Jana	01	34.14.95	29-04	oeh
SEN Semi marathon		RC : 1h20.34			
1	Van Lent Jana	01	1h17.33	12-03	rcg
SEN 100 m haies (84 cm)		RC : 12.71			
1	Ndijp Nyemeck Yanla	02	12.99	25-05	USA
	Zagre Anne	90	12.99	27-05	vs
3	Thiebot Oceane	01	17.36	22-04	csf
SEN 400 m haies (76 cm)		RC : 55.20			
1	Badji Jalika	96	60.35	30-07	ob
SEN Hauteur		RC : 1m95			
1	Thiebot Oceane	01	1m68	18-05	ws
SEN Longueur		RC : 6m28			
1	Guisse Saliyya	96	5m78	18-05	ws
2	Kizito Prisca	01	5m33	17-06	arch
SEN Triple saut		RC : 13m38			
1	Guisse Saliyya	96	13m16	04-06	FRA
SEN Perche		RC : 4m30			
1	Van De Sype Chloe	97	3m42	28-06	cabw
SEN Poids (4 kg)		RC : 14m84			
1	Iven Kayla	02	10m54	07-05	rfcl
SEN Disque (1 kg)		RC : 48m52			
1	Pheulpin Anne	99	47m24	07-05	rfcl
2	Smal Pauline	98	34m52	28-05	usbw
3	Van De Sype Chloe	97	26m81	20-08	csdy
SEN Javelot (600 gr)		RC : 49m58			
1	Smal Pauline	98	52m10	03-06	FRA
2	Iven Kayla	02	41m36	01-07	caf
SEN Marteau (4 kg)		RC : 56m30			
1	Pheulpin Anne	99	42m78	07-05	rfcl
SEN 4 x 100 m		RC : 46.60			
Morency Poilvache, Oulare, Badji, Zagre			45.98	07-05	rfcl



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MASTERS FEMMES 35

W35 400 m		RC : 60.68			
1	Chylinski Marta Alexandra	86	61.90	01-07	lier
W35 800 m		RC : 2.12.37			
1	Chylinski Marta Alexandra	86	2.14.81	19-08	resc
W35 1500 m		RC : 4.36.30			
1	Chylinski Marta Alexandra	86	5.06.65	18-06	usta
W35 3000 m		RC : 9.29.60			
1	Chylinski Marta Alexandra	86	10.35.12	22-04	csf
2	Nizet Adrienne	84	13.12.42	18-06	usta
W35 5000 m		RC : 16.48.60			
1	Chylinski Marta Alexandra	86	18.09.46	25-09	ITA
W35 Perche		RC : 3m80			
1	Henry Chloe	87	3m90	21-05	FRA

MASTERS FEMMES 40

W40 3000 m		RC : 10.34.47			
1	Coukard Deborah	80	13.28.44	22-04	csf
W40 Hauteur		RC : 1m36			
1	Reynaerts Stephanie	80	1m25	18-06	usta
W40 Longueur		RC : 4m96			
1	Bonvin Draps Nathalie	80	3m97	18-06	usta
W40 Poids (4 gk)		RC : 11m20			
1	Adam Benedicte	78	10m10	18-06	usta
2	Reynaerts Stephanie	80	8m67	10-06	acw
W40 Disque (1 kg)		RC : 32m12			
1	Reynaerts Stephanie	80	29m00	10-06	acw
W40 Javelot (600 gr)		RC : 26m68			
1	Reynaerts Stephanie	80	25m58	18-06	usta
W40 Marteau (4 kg)		RC : 26m43			
1	Reynaerts Stephanie	80	27m31	15-08	acw
W40 Grand poids (9,08 kg)		RC : 8m64			
1	Reynaerts Stephanie	80	7m88	15-08	acw
W40 Pentathlon de lancers		RC : 2249 p			
1	Reynaerts Stephanie	80	2028 p	01-07	acw

MASTERS FEMMES 45

W45 Poids (4 kg)		RC : 8m36			
1	Bee Delphine	78	10m09	10-06	acw
2	De Buyst Nadia	73	6m13	01-07	acw
W45 Disque (1 kg)		RC : 27m03			
1	Bee Delphine	78	26m12	10-06	acw
2	De Buyst Nadia	73	23m50	18-06	usta
W45 Javelot (600 gr)		RC : 23m46			
1	De Buyst Nadia	73	14m79	14-07	dacm
W45 Marteau (4 kg)		RC : -			
1	De Buyst Nadia	73	20m63	01-07	acw



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W45 Grand poids (9,08 kg)			RC : -		
1	De Buyst Nadia	73	5m70	01-07	acw

W45 Pentathlon de lancers			RC : -		
1	De Buyst Nadia	73	1503 p	01-07	acw

MASTERS FEMMES 55

W55 100 m			RC : 14.53		
1	Boonaert Caroline	64	14.49	18-06	usta

W55 200 m			RC : 31.76		
1	Boonaert Caroline	64	30.58	18-06	usta

BENJAMINS GARCONS (2015 – 2014)

BEN 60 m			RC : 9.17		
1	Luyten Samuel	15	10.03	07-10	resc
2	De Boeck Romain	15	10.24	01-10	rcas
3	Vanderschelden Teo	14	10.27	19-08	resc
4	Draoui Amine	14	10.45	07-10	resc
5	Theyskens Clement	15	10.62	01-10	rcas
6	Naif Chevalier Hugo	14	10.94	19-08	resc
7	Ntibushimitse Jean Samuel	15	10.98	07-10	resc
8	Fumier Thomas	14	11.37	19-08	resc
9	Sulon Mathieu	14	12.08	11-06	csf
10	Piro Consolo Tiziano	15	12.83	01-10	rcas

BEN 600 m			RC : 1.57.80		
1	Vanderschelden Teo	14	2.03.72	01-10	rcas
2	Naif Chevalier Hugo	14	2.13.16	10-10	rcas
3	Theyskens Clement	15	2.17.93	30-04	usbw
4	Luyten Samuel	15	2.19.29	30-04	usbw
5	De Boeck Romain	15	2.19.49	30-04	usbw
6	Sulon Mathieu	14	2.52.94	11-06	csf
7	Piro Consolo Tiziano	15	2.58.04	01-10	rcas

BEN Hauteur			RC : 1m25		
1	De Boeck Romain	15	1m06	30-06	resc
2	Ntibushimitse Jean Samuel	15	1m03	30-06	resc
3	Luyten Samuel	15	0m98	30-06	resc
	Theyskens Clement	15	0m98	30-06	resc
5	Skakov Robert	14	0m98	30-06	resc
	Vanderschelden Teo	14	0m93	30-06	resc
7	Naif Chevalier Hugo	14	0m88	30-06	resc
8	Sulon Mathieu	14	0m83	30-06	resc
9	Fumier Thomas	14	0m68	30-06	resc
	Piro Consolo Tiziano	15	0m68	30-06	resc

BEN Longueur			RC : 4m19		
1	Luyten Samuel	15	3m10	07-10	resc
2	Theyskens Clement	15	3m07	30-04	usbw
3	Vanderschelden Teo	14	3m04	01-10	rcas
4	De Boeck Romain	15	2m89	01-10	rcas
5	Naif Chevalier Hugo	14	2m85	19-08	resc
6	Sulon Mathieu	14	2m51	11-06	csf
7	Fumier Thomas	14	2m44	19-08	resc
8	Piro Consolo Tiziano	15	1m89	01-10	rcas

BEN Poids (1 kg)			RC : 11m68		
1	Theyskens Clement	15	6m67	01-10	rcas
2	De Boeck Romain	15	6m02	01-10	rcas
3	Vanderschelden Teo	14	6m00	01-10	rcas
4	Piro Consolo Tiziano	15	5m33	01-10	rcas
5	Naif Chevalier Hugo	14	4m95	01-10	rcas
6	Luyten Samuel	15	4m57	30-04	usbw
7	Sulon Mathieu	14	4m55	01-10	rcas



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BEN Balle de hockey		RC : 40m13			
1	Theyskens Clement	15	20m99	30-06	resc
2	Ntibushimitse Jean Samuel	15	20m00	30-06	resc
3	Fumier Thomas	14	17m84	30-06	resc
4	De Boeck Romain	15	17m34	11-06	csf
5	Luyten Samuel	15	15m63	11-06	csf
6	Vanderschelden Teo	14	15m58	30-06	resc
7	Sulon Mathieu	14	15m38	11-06	csf
8	Naif Chevalier Hugo	14	14m91	30-06	resc
9	Piro Consolo Tiziano	15	14m83	30-06	resc

BEN Tetrathlon		RC : 2099 p			
1	Vanderschelden Teo	14	1301 p	01-10	rcas
2	De Boeck Romain	15	1015 p	01-10	rcas
3	Naif Chevalier Hugo	14	904 p	01-10	rcas
4	Luyten Samuel	15	876 p	11-06	csf
5	Sulon Mathieu	14	294 p	01-10	rcas
6	Piro Consolo Tiziano	15	282 p	01-10	rcas

BEN 4 x 60 m		RC : 37.27			
Fumier, Theyskens, Naif, Vanderschelden		42.15	19-08	resc	

PUPILLES GARCONS (2013 - 2012)

PUP 60 m		RC : 8.42			
1	Dogru Ilian	12	9.46	17-06	rcb
2	Obrijanu Vadim	13	9.60	30-04	usbw
3	Ruhangira Nathan	12	9.75	19-08	resc
4	Neerscholten Amos	12	9.82	19-08	resc
5	Bouzekraoui Walid	12	9.86	19-08	resc
6	Housiaux Julien	12	10.08	30-04	usbw
7	Van Waasdijk Raphael	13	10.15	11-06	csf
8	Marchal Noam	13	10.82	17-06	rcb
9	De Heug Elliot	13	10.88	11-06	csf
10	Mievis Axel	13	11.53	01-10	rcas
11	Hendrichs Arthur	13	11.67	01-10	rcas

PUP 1000 m		RC : 3.14.18			
1	Housiaux Julien	12	3.25.45	07-10	resc
2	Dogru Ilian	12	3.35.04	11-06	csf
3	Ruhangira Nathan	12	3.48.92	07-10	resc
4	Obrijanu Vadim	13	3.52.46	01-10	rcas
5	Mievis Axel	13	3.57.12	01-10	rcas
6	Hendrichs Arthur	13	3.57.18	01-10	rcas
7	Van Waasdijk Raphael	13	3.58.77	18-05	avmo
8	De Heug Elliot	13	4.20.26	11-06	csf
9	Marchal Noam	13	4.22.62	17-06	rcb

PUP 60 m haies (68 cm)		RC : 13.29			
1	Housiaux Julien	12	12.43	18-05	avmo
2	Ruhangira Nathan	12	12.74	18-05	avmo
3	Obrijanu Vadim	13	13.01	18-05	avmo
4	Mievis Axel	13	16.98	18-05	avmo

PUP Hauteur		RC : 1m49			
1	Housiaux Julien	12	1m26	18-05	avmo
2	Obrijanu Vadim	13	1m18	01-10	rcas
3	Dogru Ilian	12	1m15	19-08	resc
	Neerscholten Amos	12	1m15	19-08	resc
5	Marchal Noam	13	1m00	19-08	resc
6	Mievis Axel	13	0m93	01-10	rcas
7	Hendrichs Arthur	13	0m88	16-04	rcas

PUP Longueur		RC : 4m75			
1	Housiaux Julien	12	3m73	30-06	resc
2	Neerscholten Amos	12	3m70	30-06	resc
3	Dogru Ilian	12	3m65	11-06	csf
4	Obrijanu Vadim	13	3m61	18-05	avmo
5	Bouzekraoui Walid	12	3m52	30-06	resc
6	Ruhangira Nathan	12	3m25	30-06	resc
7	Hendrichs Arthur	13	3m15	30-06	resc



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8	Marchal Noam	13	3m14	11-06	csf
9	De Heug Elliot	13	2m99	17-06	rcb
10	Van Waasdijk Raphael	13	2m87	18-05	avmo
11	Mievis Axel	13	2m29	11-06	csf

PUP Poids (2 kg)

RC : 11m71

1	Housiaux Julien	12	7m28	30-06	resc
2	Dogru Ilian	12	7m17	16-04	rcas
3	Bouzekraoui Walid	12	6m70	30-06	resc
4	Hendrichs Arthur	13	6m14	01-10	rcas
5	Obrijanu Vadim	13	5m70	18-05	avmo
6	Ruhangira Nathan	12	5m54	30-06	resc
7	De Heug Elliot	13	5m23	30-06	resc
8	Marchal Noam	13	5m14	30-06	resc
9	Neerscholten Amos	12	5m04	30-06	resc
10	Van Waasdijk Raphael	13	4m45	18-05	avmo
11	Mievis Axel	13	3m34	18-05	avmo

PUP Disque (600 gr)

RC : 31m14

1	Housiaux Julien	12	19m83	18-05	avmo
2	Dogru Ilian	12	17m10	16-04	rcas
3	Hendrichs Arthur	13	16m63	18-05	avmo
4	Neerscholten Amos	12	13m22	16-04	rcas
5	Obrijanu Vadim	13	13m16	18-05	avmo
6	Ruhangira Nathan	12	11m72	18-05	avmo
7	Van Waasdijk Raphael	13	9m87	18-05	avmo
8	Mievis Axel	13	8m40	22-10	rcas

PUP Balle de hockey

RC : 46m50

1	Dogru Ilian	12	36m86	27-08	resc
2	Housiaux Julien	12	35m55	07-10	resc
3	Hendrichs Arthur	13	29m30	17-06	rcb
4	Neerscholten Amos	12	22m14	07-10	resc
5	De Heug Elliot	13	21m24	17-06	rcb
6	Obrijanu Vadim	13	20m21	17-06	rcg
7	Mievis Axel	13	19m97	27-08	resc
8	Marchal Noam	13	18m92	17-06	rcb
9	Van Waasdijk Raphael	13	14m70	30-04	usbw

PUP Tetrathlon

RC : 2516 p

1	Dogru Ilian	12	1706 p	17-06	rcb
2	Housiaux Julien	12	1666 p	01-10	rcas
3	Obrijanu Vadim	13	1469 p	01-10	rcas
4	Van Waasdijk Raphael	13	902 p	11-06	csf
5	Hendrichs Arthur	13	847 p	17-06	rcb
6	Mievis Axel	13	813 p	01-10	rcas
7	De Heug Elliot	13	784 p	11-06	csf
8	Marchal Noam	13	725 p	11-06	csf

PUP 4 x 60 m

RC : 33,25

Housiaux, Ruhangira, Neerscholten, Dogru	38.11	19-08	resc
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MINIMES GARCONS (2011 - 2010)

MIN 80 m

RC : 9.66

1	El Azhari Abdelaziz	10	11.05	28-05	ws
2	Lacroix Arthur	10	11.79	11-06	csf
3	Boubala Eden Guy	11	11.87	07-10	resc
4	Juvyns Benjamin	11	12.06	11-06	csf
5	Chekem Amon Re	11	12.09	07-10	resc
6	Theyskens Alexis	10	12.22	11-06	csf
7	Migalati Catalin	10	12.25	07-10	resc
8	Ghesquiere Alexandre	11	12.53	11-06	csf
9	Mievis Lionel	11	12.60	27-08	resc
10	Xhonneux Raphael	10	12.77	24-06	riwa
11	Smidts Carl	11	12.91	11-06	csf
12	Hendrichs Hadrien	10	12.95	17-06	rcb
13	Arys Luca	10	13.04	02-07	ws
	Marchal Mathys	11	13.04	17-06	rcb
14	Philips Raphael	11	13.49	17-06	rcb
15	Bellaari Nawfel	11	13.78	18-05	avmo



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2023

16 Hendrichs Victor 10 14.81 17-06 rcb

MIN 150 m RC : 18.43

1	El Azhari Abdelaziz	10	21.32	01-04	ws
2	Boubala Eden Guy	11	22.87	01-04	ws
3	Juvyns Benjamin	11	24.30	01-04	ws
4	Theyskens Alexis	10	24.74	01-04	ws
5	Smidts Carl	11	25.27	01-04	ws
6	Mievis Lionel	11	25.31	01-04	ws
7	Arys Luca	10	25.38	01-04	ws
8	Phillips Raphael	11	25.56	01-04	ws
9	Marchal Mathys	11	25.57	01-04	ws
10	Xhonneux Raphael	10	26.67	01-04	ws

MIN 300 m RC : 40.86

1	Chekem Amon Re	11	47.16	30-04	usbw
2	Lacroix Arthur	10	48.19	30-04	usbw
3	Ghesquiere Alexandre	11	49.88	19-08	resc
4	Theyskens Alexis	10	50.36	30-04	usbw
5	Boubala Eden Guy	11	50.53	30-04	usbw
6	Juvyns Benjamin	11	50.71	19-08	resc
7	Smidts Carl	11	51.70	30-04	usbw
8	Arys Luca	10	52.52	30-04	usbw
9	Mievis Lionel	11	54.38	19-08	resc
10	Bellaari Nawfel	11	55.96	30-04	usbw
11	Michels Antoine	10	57.05	19-08	resc

MIN 1000 m RC : 3.01.77

1	Theyskens Alexis	10	3.26.95	30-09	rcas
2	Arys Luca	10	3.29.04	01-10	rcas
3	Ghesquiere Alexandre	11	3.39.78	11-06	csf
4	Juvyns Benjamin	11	3.41.47	28-05	usbw
5	Mievis Lionel	11	3.41.97	27-08	resc
6	Hendrichs Hadrien	10	3.43.44	17-06	rcb
7	Chekem Amon Re	11	3.48.11	27-08	resc
8	Neili Fares	10	3.52.28	01-10	rcas
9	Lacroix Arthur	10	3.52.76	11-06	csf
10	Phillips Raphael	11	3.54.69	17-06	rcb
11	Marchal Mathys	11	3.55.51	17-06	rcb
12	Smidts Carl	11	3.56.65	18-05	avmo
13	Bellaari Nawfel	11	4.00.18	18-05	avmo
14	Xhonneux Raphael	10	4.04.78	01-10	rcas
15	Hendrichs Victor	10	4.13.95	28-05	usbw

MIN 80 m haies (76 cm) RC : 13.81

1	Theyskens Alexis	10	15.49	01-10	rcas
2	Neili Fares	10	15.76	01-10	rcas
3	Juvyns Benjamin	11	16.51	01-10	rcas
4	Chekem Amon Re	11	16.53	01-10	rcas
5	Hendrichs Hadrien	10	16.94	18-05	avmo
6	Arys Luca	10	17.20	01-10	rcas
7	Mievis Lionel	11	17.23	01-10	rcas
8	Marchal Mathys	11	17.94	01-10	rcas
9	Xhonneux Raphael	10	19.19	01-10	rcas
10	Hendrichs Victor	10	19.95	01-10	rcas
11	Bellaari Nawfel	11	20.60	01-10	rcas

MIN 150 m haies (76 cm) RC : 20.54

1	Migalati Catalin	10	23.98	07-10	resc
2	Theyskens Alexis	10	24.28	07-10	resc
3	El Azhari Abdelaziz	10	24.50	18-05	avmo
4	Arys Luca	10	25.51	07-10	resc
5	Hendrichs Hadrien	10	26.63	18-05	avmo
6	Marchal Mathys	11	27.26	19-08	resc
7	Mievis Lionel	11	27.91	18-05	avmo
8	Xhonneux Raphael	10	28.32	18-05	avmo
9	Barry Amadou	10	28.51	19-08	resc
10	Hendrichs Victor	10	33.29	18-05	avmo



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2023

MIN Hauteur		RC : 1m73			
1	Lacroix Arthur	10	1m40	30-06	resc
2	Neili Fares	10	1m38	01-10	rcas
3	Arys Luca	10	1m26	14-10	rcb
4	Ghesquiere Alexandre	11	1m25	15-10	ws
	Juvyns Benjamin	11	1m25	28-05	usbw
5	Hendrichs Hadrien	10	1m23	30-06	resc
	Marchal Mathys	11	1m23	30-06	resc
	Xhonneux Raphael	10	1m23	01-10	rcas
8	Boubala Eden Guy	11	1m20	30-04	usbw
9	Chekem Amon Re	11	1m18	01-10	rcas
	Hendrichs Victor	10	1m18	01-10	rcas
	Michels Antoine	10	1m18	30-06	resc
	Silva Valdebenito Matheo	11	1m18	16-04	rcas
14	Mievis Lionel	11	1m13	01-10	rcas
	Theyskens Alexis	10	1m13	30-06	resc
16	Smidts Carl	11	1m08	16-04	rcas

MIN Longueur		RC : 5m73			
1	El Azhari Abdelaziz	10	4m50	18-05	avmo
2	Lacroix Arthur	10	4m28	11-06	csf
3	Migalati Catalin	10	4m05	07-10	resc
4	Theyskens Alexis	10	4m04	11-06	csf
5	Philips Raphael	11	3m85	01-04	ws
6	Juvyns Benjamin	11	3m82	11-06	csf
7	Marchal Mathys	11	3m77	11-06	csf
8	Arys Luca	10	3m73	11-06	csf
9	Xhonneux Raphael	10	3m70	14-10	rcb
10	Mievis Lionel	11	3m66	17-06	rcb
11	Ghesquiere Alexandre	11	3m62	16-04	rcas
12	Smidts Carl	11	3m51	16-04	rcas
13	Hendrichs Hadrien	10	3m38	18-05	avmo
14	Bellaari Nawfel	11	3m13	18-05	avmo
15	Boubala Eden Guy	11	3m10	01-04	ws
16	Hendrichs Victor	10	2m73	17-06	rcb

MIN Perche		RC : 3m21			
1	Lacroix Arthur	10	2m19	28-05	usbw
2	Arys Luca	10	1m72	16-04	rcas

MIN Poids (3 kg)		RC : 14m71			
1	Neili Fares	10	9m63	01-10	rcas
2	Chekem Amon Re	11	7m79	01-10	rcas
3	Lacroix Arthur	10	6m96	11-06	csf
4	Arys Luca	10	6m81	22-10	rcas
5	Ghesquiere Alexandre	11	6m72	15-10	ws
6	Theyskens Alexis	10	6m30	15-10	ws
7	Philips Raphael	11	6m24	11-06	csf
8	Marchal Mathys	11	6m05	17-06	rcb
9	Smidts Carl	11	5m68	18-05	avmo
10	Hendrichs Victor	10	5m67	01-10	rcas
11	Mievis Lionel	11	5m57	18-05	avmo
12	Hendrichs Hadrien	10	5m55	01-10	rcas
13	Juvyns Benjamin	11	5m51	01-10	rcas
14	Xhonneux Raphael	10	5m32	18-05	avmo
15	Boubala Eden Guy	11	5m26	01-04	ws
16	Bellaari Nawfel	11	4m26	01-10	rcas

MIN Disque (750 gr)		RC : 45m01			
1	Neili Fares	10	31m86	07-10	resc
2	Arys Luca	10	23m54	07-10	resc
3	Chekem Amon Re	11	20m97	01-10	rcas
4	El Azhari Abdelaziz	10	20m81	18-05	avmo
5	Lacroix Arthur	10	17m39	18-05	avmo
6	Mievis Lionel	11	16m93	22-10	rcas
7	Theyskens Alexis	10	16m54	01-10	rcas
8	Philips Raphael	11	14m61	18-05	avmo
9	Marchal Mathys	11	14m58	01-10	rcas
10	Juvyns Benjamin	11	13m83	01-10	rcas
11	Bellaari Nawfel	11	13m67	01-10	rcas
12	Xhonneux Raphael	10	11m53	01-10	rcas



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
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13 Hendrichs Victor 10 11m00 01-10 rcas

MIN Javelot (400 gr)

RC : 45m91

1	Arys Luca	10	26m90	19-08	resc
2	Artunoff Souren	10	22m87	30-04	usbw
3	Hendrichs Hadrien	10	22m53	16-04	rcas
4	Philips Raphael	11	21m48	19-08	resc
5	Marchal Mathys	11	21m12	19-08	resc
6	Theyskens Alexis	10	19m89	30-06	resc
7	Michels Antoine	10	19m83	30-06	resc
8	Hendrichs Victor	10	18m90	30-06	resc
9	Lacroix Arthur	10	17m77	11-06	csf
10	Juvyns Benjamin	11	17m65	19-08	resc
11	Chekem Amon Re	11	17m15	30-04	usbw
12	Neili Fares	10	16m28	30-06	resc
13	Ghesquiere Alexandre	11	16m15	19-08	resc
14	Mievis Lionel	11	14m64	17-06	rcb
15	Bellaari Nawfel	11	12m04	19-04	resc
16	Xhonneux Raphael	10	11m82	30-06	resc
17	Boubala Eden Guy	11	11m39	30-04	usbw

MIN Pentathlon

RC : 4135 p

1	Neili Fares	10	2336 p	01-10	rcas
2	Lacroix Arthur	10	2055 p	11-06	csf
3	Theyskens Alexis	10	2047 p	11-06	csf
4	Chekem Amon Re	11	1985 p	01-10	rcas
5	Arys Luca	10	1944 p	01-10	rcas
6	Ghesquiere Alexandre	11	1911 p	15-10	ws
7	Juvyns Benjamin	11	1699 p	11-06	csf
8	Hendrichs Hadrien	10	1598 p	17-06	rcb
9	Mievis Lionel	11	1566 p	17-06	rcb
10	Marchal Mathys	11	1509 p	17-06	rcb
11	Philips Raphael	11	1461 p	17-06	rcb
12	Xhonneux Raphael	10	1285 p	01-10	rcas
13	Smidts Carl	11	1268 p	11-06	csf
14	Hendrichs Victor	10	1161 p	01-10	rcas
15	Bellaari Nawfel	11	763 p	01-10	rcas

MIN 4 x 80 m

RC : 41.08

Juvyns, Ghesquiere, Theyskens, Lacroix 48.00 19-08 resc

CADETS GARCONS (2009 - 2008)

CAD 100 m

RC : 11.31

1	De Wolf Thomas	08	12.14	28-05	ws
2	Verleyen Jakob	08	12.16	08-09	resc
3	Soudon Jules	08	12.75	17-05	vita
4	Coppy Kenneth	08	12.84	30-09	rcas
5	Van Gulck Birkett Julian	08	12.93	30-09	rcas
6	Soeiro Moreno Alexandre	09	12.94	30-09	rcas
7	Kubiak Joachim	09	13.00	21-05	csf
8	Delneufcourt Noah	09	13.81	19-08	resc
9	Ntambwe Tshilumbay Oren	09	13.84	21-05	csf
10	Philips Bastien	09	14.06	19-08	resc
11	Delneufcourt Hugo	09	14.16	19-08	resc
12	Vandenbussche Elias	08	14.40	01-04	ws

CAD 200 m

RC : 23.14

1	Verleyen Jakob	08	24.44	19-08	resc
2	De Wolf Thomas	08	24.60	26-04	csf
3	Van Gulck Birkett Julian	08	26.09	19-08	resc
4	Kubiak Joachim	09	27.27	05-05	grim
5	Delneufcourt Noah	09	28.34	19-08	resc
6	Delneufcourt Hugo	09	28.72	22-04	csf
7	Philips Bastien	09	29.04	19-08	resc
8	Ntambwe Tshilumbay Oren	09	29.85	22-04	csf

CAD 300 m

RC : 36.86

1 Verleyen Jakob 08 37.73 10-09 avmo



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2023

CAD 400 m		RC : 52.24			
1	Verleyen Jakob	08	51.90	02-09	rcg
2	Vandenbussche Elias	08	63.30	01-04	ws
3	Charles Timon	09	71.53	01-04	ws

CAD 800 m		RC : 1.59.30			
1	Verleyen Jakob	08	2.05.71	09-09	dein
2	Longo Murit Mateo	09	2.09.67	22-07	vita
3	Delneufcourt Hugo	09	2.35.08	01-04	ws
4	Delneufcourt Noah	09	2.36.16	01-04	ws
5	Soeiro Moreno Alexandre	09	2.39.62	03-06	smac
6	Charles Timon	09	2.46.07	03-06	smac
7	Vanhamme Vincent	09	2.55.38	01-04	ws

CAD 1000 m		RC : 2.43.18			
1	Verleyen Jakob	08	2.48.11	15-10	caf
2	Coppy Kenneth	08	3.09.79	01-10	rcas
3	Van Gulck Birkett Julian	08	3.14.99	01-10	rcas
4	Soeiro Moreno Alexandre	09	3.16.23	01-10	rcas
5	Kubiak Joachim	09	3.30.32	01-10	rcas

CAD 1500 m		RC : 4.10.90			
1	Longo Murit Mateo	09	4.29.65	16-06	vac

CAD 100 m haies (84 cm)		RC : 15.97			
1	Coppy Kenneth	08	16.15	01-10	rcas
2	Soeiro Moreno Alexandre	09	17.27	01-10	rcas
3	Kubiak Joachim	09	17.33	28-05	ws
4	Van Gulck Birkett Julian	08	17.60	22-04	csf

CAD 300 m haies (76 cm)		RC : 40.07			
1	Verleyen Jakob	08	42.18	25-06	csf
2	Soudon Jules	08	43.81	03-06	smac

CAD Hauteur		RC : 1m91			
1	Gomree Aaron	08	1m80	28-05	ws
2	Coppy Kenneth	08	1m60	17-05	vita
3	Kubiak Joachim	09	1m45	01-10	rcas
	Soeiro Moreno Alexandre	09	1m45	09-07	osga
5	Van Gulck Birkett Julian	08	1m42	01-10	rcas

CAD Longueur		RC : 6m70			
1	Vanbelle Thomas	08	5m19	28-05	ws
2	Coppy Kenneth	08	5m07	08-07	osga
3	Van Gulck Birkett Julian	08	4m94	30-09	rcas
4	Soeiro Moreno Alexandre	09	4m78	30-06	csdy
5	Kubiak Joachim	09	4m44	23-04	rcas

CAD Perche		RC : 3m76			
1	Van Gulck Birkett Julian	08	3m35	26-08	rfcl
2	Soudon Jules	08	2m81	15-04	smac
3	Soeiro Moreno Alexandre	09	2m79	28-05	usbw
4	Delneufcourt Noah	09	2m55	30-06	csdy
5	Kubiak Joachim	09	2m43	30-09	rcas
6	Delneufcourt Hugo	09	2m41	15-07	dacm
7	Coppy Kenneth	08	2m33	30-09	rcas
8	Philips Bastien	09	1m95	30-06	csdy

CAD Poids (4 kg)		RC : 14m42			
1	Coppy Kenneth	08	10m75	08-07	osga
2	Soudon Jules	08	9m22	03-06	smac
3	Soeiro Moreno Alexandre	09	9m21	30-09	rcas
4	Van Gulck Birkett Julian	08	8m22	30-09	rcas
5	Kubiak Joachim	09	7m43	30-09	rcas

CAD Disque (1 kg)		RC : 48m77			
1	Coppy Kenneth	08	31m68	03-06	smac
2	Philips Bastien	09	22m69	15-07	dacm



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2023

CAD Javelot (600 gr)		RC : 44m54			
1	Coppy Kenneth	08	40m11	17-05	vita
2	Soeiro Moreno Alexandre	09	27m48	09-07	osga
3	Kubiak Joachim	09	21m31	01-10	rcas
4	Van Gulck Birkett Julian	08	15m23	01-10	rcas

CAD Octathlon		RC : 5037 p			
1	Coppy Kenneth	08	3638 p	01-10	rcas
2	Soeiro Moreno Alexandre	09	3150 p	01-10	rcas
3	Van Gulck Birkett Julian	08	2995 p	01-10	rcas
4	Kubiak Joachim	09	2646 p	01-10	rcas

CAD 4 x 100 m		RC : 44.36			
Van Gulck-Birkett, Soudon, Kubiak, Verleyen		48.60	17-09	usbw	

SCOLAIRES HOMMES (2007 - 2006)

SCO 100 m		RC : 10.83			
1	Hanrion Gaspar	07	11.68	03-06	smac
	Labruyere Maxime	06	11.68	25-06	csf
3	Boutaba Achraf	06	11.86	19-08	resc
4	Tshanga Diumba John Ross	07	11.99	21-05	csf
5	Nzimbi Mathys	06	12.16	21-05	csf
6	Taieb Hilel	06	12.30	21-05	csf
7	Soeiro Moreno Joaquim	06	12.72	21-05	csf
8	Verheeke Amory	06	12.74	05-05	grim
9	Thys Rafael	07	13.04	28-05	usbw
10	Van Den Brempt Mathis	07	13.10	01-04	ws
11	Van Mossevelde Sami	07	13.27	17-05	vita
12	Desmecht Isaiah	06	13.63	01-04	ws
13	Aliji Alban	07	13.85	01-04	ws

SCO 200 m		RC : 21.97			
1	Labruyere Maxime	06	23.11	02-09	rcg
2	Hanrion Gaspar	07	23.82	25-06	csf
3	Tshanga Diumba John Ross	07	24.00	25-06	csf
4	Taieb Hilel	06	25.13	22-04	csf
5	Thys Rafael	07	27.11	28-05	usbw
6	Boutaba Achraf	06	29.85	22-04	csf

SCO 300 m		RC : 35.70			
1	Labruyere Maxime	06	37.42	09-09	spvi

SCO 400 m		RC : 49.48			
1	Tshanga Diumba John Ross	07	53.05	26-08	rfcl
2	Labruyere Maxime	06	55.02	28-05	usbw
3	Van Mossevelde Sami	07	58.14	30-06	csdy

SCO 800 m		RC : 1.55.41			
1	Aouragh Reda	06	1.56.04	01-05	achl
2	Charlier Luca	07	2.24.09	22-04	csf
3	Thys Rafael	07	2.48.44	03-06	smac

SCO 1000 m		RC : 2.32.80			
1	Aouragh Reda	06	2.28.10	08-09	resc

SCO 1500 m		RC : 3.53.17			
1	Aouragh Reda	06	3.50.56	12-08	oeh
2	Fitterer Chase	06	4.19.23	16-06	vac
3	Van Mossevelde Sami	07	5.06.84	01-10	rcas

SCO 3000 m		RC : 8.33.14			
1	Aouragh Reda	06	8.25.47	13-05	NDL

SCO 110 m haies (91 cm)		RC : 13.65			
1	Van Mossevelde Sami	07	17.93	01-10	rcas
2	Thys Rafael	07	19.25	28-05	usbw

SCO 400 m haies (84 cm)		RC : 56.13			
1	Labruyere Maxime	06	64.26	03-06	smac



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2023

SCO Hauteur			RC : 2m05		
1	Van Den Brempt Mathis	07	1m74	03-06	smac
2	Van Mossevelde Sami	07	1m45	30-06	csdy
SCO Longueur			RC : 7m59		
1	Nzimbi Mathys	06	4m79	14-07	dacm
2	Soeiro Moreno Joaquim	06	4m71	16-06	vac
3	Van Mossevelde Sami	07	4m60	30-06	csdy
SCO Triple saut			RC : 15m64		
1	Van Den Brempt Mathis	07	12m17	26-09	rfcl
SCO Perche			RC : 4m36		
1	Van Mossevelde Sami	07	2m63	01-10	rcas
2	Vilain Nicolas	07	2m43	23-04	rcas
3	Aliji Alban	07	2m31	15-04	smac
SCO Poids (5 kg)			RC : 14m35		
1	Nzimbi Mathys	06	10m19	17-05	vita
2	Van Mossevelde Sami	07	8m50	22-10	rcas
SCO Disque (1,5 kg)			RC : 44m44		
1	Van Mossevelde Sami	07	27m94	20-08	csdy
SCO Javelot (700 gr)			RC : 52m73		
1	Van Mossevelde Sami	07	43m46	26-08	rfcl
2	Soeiro Moreno Joaquim	06	26m08	21-05	csf
SCO Decathlon			RC : 5847 p		
1	Van Mossevelde Sami	07	3896 p	01-10	rcas
SCO 4 x 100 m			RC : 42.91		
Boutaba, Labruyere, Tshanga Diumba, Hanrion			44.48	17-09	usbw
SCO Relais suédois			RC : 2.04.54		
Tshanga Diumba, Boutaba, Hanrion, Labruyere			2.05.60	09-09	spvi

JUNIORS HOMMES (2005 - 2004)

JUN 100 m			RC : 10.71		
1	Domine Guillaume	04	11.31	27-08	resc
2	Arifi Ilias	04	11.53	08-07	osga
3	Biala Kenny Felder	05	11.61	19-08	resc
4	Plume Andrew	05	11.95	25-06	csf
5	Grondel Alexandre	05	12.10	25-06	csf
6	Lelion Achille	05	12.17	08-09	resc
7	Alae Eddine Mejdoubi	05	12.23	25-06	csf
JUN 200 m			RC : 21.24		
1	Domine Guillaume	04	22.82	22-07	vita
2	Biala Kenny Felder	05	23.11	19-08	resc
3	Plume Andrew	05	23.81	25-06	csf
4	Grondel Alexandre	05	24.31	27-05	vs
5	Alae Eddine Mejdoubi	05	25.14	25-06	csf
JUN 400 m			RC : 47.92		
1	Biala Kenny Felder	05	50.10	23-04	rcas
2	Arifi Ilias	04	50.82	19-08	herv
JUN 800 m			RC : 1.52.66		
1	Lelion Achille	05	1.54.90	22-07	vita
JUN 1500 m			RC : 3.48.90		
1	Lelion Achille	05	3.57.80	17-06	arch
2	Arifi Ilias	04	4.39.72	20-08	herv
JUN 3000 m			RC : 8.14.64		
1	Mensah Brice	05	10.08.70	22-04	csf



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2023

JUN 5000 m		RC : 14.35.11			
1	Mensah Brice	05	19.50.51	28-05	usbw
JUN 110 m haies (99 cm)		RC : 13.63			
1	Arifi Ilias	04	14.76	20-08	herv
JUN Hauteur		RC : 2m14			
1	Arifi Ilias	04	1m93	08-07	osga
JUN Longueur		RC : 7m89			
1	Arifi Ilias	04	6m60	27-05	achl
JUN Triple saut		RC : 15m79			
1	Domine Guillaume	04	11m72	22-04	csf
2	Geerts Thibaut	05	10m90	01-04	ws
JUN Perche		RC : 5m00			
1	Arifi Ilias	04	4m50	20-08	herv
2	Grondel Alexandre	05	3m80	27-08	resc
JUN Poids (6 kg)		RC : 15m79			
1	Arifi Ilias	04	11m41	09-07	osga
JUN Disque (1,75 kg)		RC : 43m08			
1	Arifi Ilias	04	31m84	09-07	osga
JUN Javelot (800 gr)		RC : 53m14			
1	Arifi Ilias	04	38m67	09-07	osga
JUN Decathlon		RC : 7196 p			
1	Arifi Ilias	04	6665 p	20-08	herv
JUN 4 x 400 m		RC : 3.17.65			
Arifi, Lelion, Domine, Biala			3.25.12	02-09	rcg

ESPOIRS HOMMES (2003 - 2002 - 2001)

ESP 100 m		RC : 10.53			
1	Segers Daniel	01	10.81	19-08	resc
2	Medan Marko	03	11.13	27-05	vs
3	Tourtois Charles	01	11.57	27-05	achl
4	Azemenkie Dylan	02	12.01	22-04	csf
5	Beyaert Corentin	02	12.16	08-09	resc
6	Mulamba Yoba Jakob	03	12.80	19-08	resc
ESP 200 m		RC : 21.11			
1	Segers Daniel	01	21.19	19-08	resc
2	Medan Marko	03	22.32	27-05	vs
3	Azemenkie Dylan	02	24.75	22-04	csf
4	Mulamba Yoba Jakob	03	26.13	25-06	csf
ESP 300 m		RC : 33.30			
1	Segers Daniel	01	33.13	06-09	vita
ESP 400 m		RC : 46.28			
1	Segers Daniel	01	45.93	27-08	resc
2	Tourtois Charles	01	50.01	27-05	achl
3	Beyaert Corentin	02	52.98	11-08	vita
ESP 800 m		RC : 1.46.60			
1	Beyaert Corentin	02	2.01.41	06-09	vita
ESP 1500 m		RC : 3.42.78			
1	Tourtois Charles	01	4.31.10	28-05	achl
ESP 110 m haies (106 cm)		RC : 13.66			
1	Tourtois Charles	01	15.10	21-05	FRA



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2023

ESP 400 m haies (91 cm)		RC : 50.29			
1	Segers Daniel	01	52.65	10-09	smac
ESP Hauteur		RC : 2m21			
1	Tourtois Charles	01	1m80	19-08	resc
ESP Longueur		RC : 7m89			
1	Tourtois Charles	01	6m12	27-05	achl
ESP Perche		RC : 5m11			
1	Tourtois Charles	01	3m90	06-08	ea
Poids (7,26 kg)		RC : 14m58			
1	Tourtois Charles	01	12m09	18-05	ws
ESP Disque (2 kg)		RC : 44m06			
1	Tourtois Charles	01	33m41	28-05	achl
2	Montilla Alexis	02	30m89	01-07	caf
ESP Javelot (800 gr)		RC : 58m05			
1	Montilla Alexis	02	52m25	28-05	usbw
2	Tourtois Charles	01	41m87	22-04	csf
ESP Decathlon		RC : 7902 p			
1	Tourtois Charles	01	6362 p	28-05	achl

SENIORS HOMMES (2003 - 1989)

SEN 100 m		RC : 10.02			
1	Kasmi Amine	00	10.59	10-06	vs
2	Segers Daniel	01	10.81	19-08	resc
3	Cural Andy	94	11.04	22-07	FRA
	Tshitwenu Florian	97	11.04	07-05	rfcl
5	Lins Sebastien	92	11.06	30-08	riwa
6	Badji Asamti	95	11.10	16-06	vac
7	Medan Marko	03	11.13	27-05	vs
	Kola Biasu Guelord	93	11.13	01-05	vs
	Okeowo Peredjo	99	11.13	06-09	vita
10	Ilunga Carl	93	11.50	08-07	kks
11	Caty Dylan	97	11.53	29-04	FRA
12	Tourtois Charles	01	11.57	27-05	achl
13	Montilla Dimitri	98	11.65	11-08	vita
14	Fassil Aboubaker	91	11.83	27-08	resc
15	Agyemang Melchizedek	99	11.91	25-06	csf
16	Azemenkie Dylan	02	12.01	22-04	csf
17	Beyaert Corentin	02	12.16	08-09	resc
18	Amoikon Ponchelet Alex	96	12.34	25-06	csf
19	Poncet Leo	97	12.51	25-06	csf
20	Mulamba Yoba Jakob	03	12.80	19-08	resc
SEN 200 m		RC : 20.66			
1	Kasmi Amine	00	20.97	29-07	ob
2	Segers Daniel	01	21.16	19-08	resc
3	Badji Asamti	95	21.80	08-07	kks
4	Cural Andy	94	21.84	24-06	FRA
5	Lins Sebastien	92	22.11	11-08	vita
6	Medan Marko	03	22.25	18-05	ws
7	Ilunga Carl	93	23.05	08-07	kks
8	Kabuya Hugues	97	23.47	02-07	ws
9	Agyemang Melchizedek	99	23.78	25-06	csf
10	Fassil Aboubaker	91	24.32	22-08	vs
11	Amoikon Ponchelet Alex	96	25.01	25-06	csf
12	Azemenkie Dylan	02	25.63	22-04	csf
13	Poncet Leo	97	25.69	02-07	ws
14	Mulamba Yoba Jakob	03	26.13	25-06	csf



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2023

SEN 300 m		RC : 33.10			
1	Segers Daniel	01	33.13	06-09	vita
2	Badji Asamti	95	33.90	06-09	vita
3	Lins Sebastien	92	35.05	05-08	dcla
4	Ilunga Carl	93	36.52	09-09	spvi
SEN 400 m		RC : 45.98			
1	Mabille Florent	96	45.71	15-07	avt
2	Segers Daniel	01	45.93	27-08	resc
3	Badji Asamti	95	46.89	16-06	vac
4	Lins Sebastien	92	48.83	21-05	FRA
5	Tourtois Charles	01	50.01	27-05	achl
6	Kabuya Hugues	97	50.13	18-05	ws
7	Ilunga Carl	93	51.14	25-06	csf
8	Beyaert Corentin	02	52.98	11-08	vita
SEN 800 m		RC : 1.46.60			
1	Celis Julien	98	1.53.39	10-06	vs
2	Petitjean Simon	96	1.55.02	01-05	achl
3	Beyaert Corentin	02	2.01.41	06-09	vita
4	Lins Sebastien	92	2.01.51	06-09	vita
5	Badji Asamti	95	2.09.25	06-09	vita
SEN 1500 m		RC : 3.37.11			
1	Larpin Thibault	96	3.47.54	10-06	vs
2	Celis Julien	98	3.49.83	17-06	arch
3	Petitjean Simon	96	3.55.38	17-06	arch
4	Tourtois Charles	01	4.31.10	28-05	achl
SEN 3000 m		RC : 7.51.46			
1	Celis Julien	98	8.22.89	01-05	achl
2	Bouchkhi Lahsene	93	8.25.25	13-05	NLD
SEN 5000 m		RC : 13.22.81			
1	Petitjean Simon	96	14.57.39	01-07	lier
SEN Marathon		RC : 2h07.39			
1	Naert Koen	89	2h06.56	16-04	NLD
2	Bouchkhi Lahsene	93	2h12.01	16-04	NLD
SEN 110 m haies (106 cm)		RC : 13.48			
1	Caty Dylan	97	14.16	28-05	usbw
2	Tourtois Charles	01	15.10	21-05	FRA
SEN 400 m haies (91 cm)		RC : 48.91			
1	Segers Daniel	01	52.65	10-09	smac
2	Badji Asamti	95	53.18	07-05	rfcl
SEN 3000 m steeple (91 cm)		RC : 8.24.90			
1	Petitjean Simon	96	9.26.89	07-05	rfcl
SEN Hauteur		RC : 2m21			
1	Gamuela Ngamunguela Jos	98	2m11	01-05	vs
2	Tourtois Charles	01	1m80	19-08	resc
SEN Longueur		RC : 7m98			
1	Geerts Gregory	99	6m79	07-05	rfcl
2	Tourtois Charles	01	6m12	27-05	achl
3	Poncet Leo	97	5m32	23-04	rcas
SEN Triple saut		RC : 16m86			
1	Geerts Gregory	99	14m69	18-06	DEU
SEN Perche		RC : 5m25			
1	Montilla Dimitri	98	4m20	07-05	rfcl
2	Tourtois Charles	01	3m90	06-08	ea
3	Montilla Alexis	02	3m20	21-05	FRA



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES OUTDOOR 2023

SEN Poids (7,26 kg)		RC : 15m64			
1	Guillaume Jonathan	92	15m42	14-06	FRA
2	Hadj Faraji Ridwan	98	12m96	18-05	ws
3	Montilla Dimitri	98	12m82	14-06	FRA
4	Tourtois Charles	01	12m09	18-05	ws

SEN Disque (2 kg)		RC : 56m67			
1	Salvaggio Claudio	92	42m64	18-05	ws
2	Guillaume Jonathan	92	42m12	18-05	ws
3	Montilla Dimitri	98	39m97	24-06	acw
4	Gets Florent	91	35m56	18-05	ws
5	Montilla Alexis	02	35m04	21-05	FRA
6	Tourtois Charles	01	33m41	28-05	achl
7	Hadj Faraji Ridwan	98	30m05	28-05	usbw

Javelot (800 gr)		RC : 70m78			
1	Gets Florent	91	56m80	07-05	rfcl
2	Montilla Alexis	02	52m25	28-05	usbw
3	Montilla Dimitri	98	46m93	24-06	acw
4	Tourtois Charles	01	41m87	22-04	csf
5	Poncet Leo	97	41m29	28-05	usbw
6	Hadj Faraji Ridwan	98	33m39	14-07	dacm

SEN Marteau (7,26 kg)		RC : 61m98			
1	Salvaggio Claudio	92	61m78	19-03	damp
2	Guillaume Jonathan	92	31m37	22-04	dacm

SEN Decathlon		RC : 8142 p			
1	Tourtois Charles	01	6362 p	28-05	achl

SEN 4 x 100 m		RC : 40.60			
Medan, Lins, Kola Biasu, Tshitwenu			41.72	07-05	rfcl

SEN 4 x 200 m		RC : 1.24.15			
Medan, Biala, Ilunga, Domine			1.29.57	17-09	usbw

SEN 4 x 400 m		RC : 3.10.20			
Lins, Badji, Segers, Mabelle			3.09.47	17-09	usbw

MASTERS HOMMES 35

M35 800 m		RC : 1.59.63			
1	Ruell Kim	87	2.07.52	18-06	usta

M35 1500 m		RC : 3.54.39			
1	Ruell Kim	87	3.59.76	20-05	avlo

M35 2000 m		RC : 5.33.14			
1	Ruell Kim	87	5.31.31	19-08	abes

M35 5000 m		RC : 14.48.24			
1	Ruell Kim	87	15.19.10	07-05	rfcl

M35 Poids (7,26 kg)		RC : 12m86			
1	Dekker Stephan	87	12m35	18-06	usta

M35 Disque (2 kg)		RC : 53m18			
1	Dekker Stephan	87	54m28	16-07	avlo

MASTERS HOMMES 40

M40 100 m		RC : 11.43			
1	Schroeven Bruno	80	14.11	18-06	usta

M40 3000 m		RC : 9.02.48			
1	Minne Corentin	81	10.23.08	18-06	usta

M40 3000 m steeple (91 cm)		RC : 12.26.76			
1	Xhonneux Frederic	83	10.38.85	28-05	usbw



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
OUTDOOR 2023

M40 Hauteur				RC : 1m75	
1	Xhonneux Frederic	83	1m75	18-06	usta

M40 Javelot (800 gr)				RC : 53m90	
1	Xhonneux Frederic	83	45m70	18-06	usta

MASTERS HOMMES 45

M45 200 m				RC : 23.84	
1	Kabuya Serge	77	25.23	18-06	usta

M45 Marathon				RC : 2h41.07	
1	Bolland Patrick	78	2h39.05	16-04	USA

M45 Longueur				RC : 5m40	
1	Vanderhaeghen Olivier	77	4m55	18-06	usta

PARA MASTERS HOMMES 60

M60 100 m				RC : 29.37	
1	Denys Jacques	59	29.74	01-04	ws

M60 Poids (6 kg)				RC : 5m56	
1	Denys Jacques	59	5m05	18-05	ws

Disque (1,5 kg)				RC : 15m90	
1	Denys Jacques	59	15m06	30-07	ob

Javelot (800 gr)				RC : 13m05	
1	Denys Jacques	59	11m31	01-04	ws

MASTERS HOMMES 60

M60 400 m				RC : 65.04	
1	Maniquet Rudi	61	62.99	20-05	avlo