



ROYAL EXCELSIOR SPORTS CLUB BRUXELLES
RECORDS OUTDOOR FEMMES EPREUVES PRINCIPALES

KANGOUROUS FILLES - U8

| | | | |
|-----------------|---------------------|---------|------|
| 60 m | Cincinatis Lucie | 10.28 | 1997 |
| 600 m | Lambert Kylie | 2.16.12 | 2011 |
| Hauteur | Van De Sype Chloe | 1m01 | 2004 |
| Longueur | Meys Jessica | 3m64 | 1998 |
| Poids (1 kg) | Huybrechts Isabelle | 5m63 | 1994 |
| Balle de hockey | Van De Sype Chloe | 16m33 | 2004 |
| Tetrathlon | Lambert Kylie | 965 p | 2011 |

BENJAMINES FILLES - U10

| | | | |
|-----------------|----------------------------------|---------|------|
| 60 m | Dolianitis Dina | 9.30 | 2000 |
| 600 m | Strypstein Solena | 1.57.65 | 2022 |
| 800 m | Godefroid Maud | 3.01.30 | 1988 |
| Hauteur | Strypstein Solena | 1m21 | 2022 |
| Longueur | Cincinatis Lucie | 3m88 | 1999 |
| Poids (1 kg) | Goutte Alexandra | 8m63 | 2000 |
| Balle de hockey | Strypstein Solena | 29m60 | 2022 |
| Tetrathlon | Squiflet Emelynn | 1652 p | 2019 |
| 4 x 60 m | Murray, Dolianitis, Mouzon, Meys | 37.58 | 2000 |

PUPILLES FILLES - U12

| | | | |
|--------------------|--|---------|------|
| 60 m | Lambert Kylie | 8.55 | 2015 |
| 1000 m | Popescu Raisa Gabriela | 3.25.71 | 2022 |
| 60 m haies (68 cm) | Squiflet Emelynn | 10.35 | 2021 |
| Hauteur | Strypstein Solena | 1m40 | 2023 |
| Longueur | Popescu Raisa Gabriela | 4m57 | 2022 |
| Poids (2 kg) | Hasani Geraldina | 9m75 | 2006 |
| Disque (600 gr) | Popescu Raisa Gabriela | 26m15 | 2022 |
| Balle de hockey | Iven Kayla | 41m50 | 2013 |
| Javelot (600 gr) | Padilla Louise | 12m22 | 1977 |
| Tetrathlon | Popescu Raisa Gabriela | 2127 p | 2022 |
| 1000 m marche | Iven Kayla | 6.20.58 | 2013 |
| 4 x 60 m | Mpinga, Merino, Tshanga Diomi, Lambert | 33.97 | 2015 |

MINIMES FILLES - U14

| | | | |
|---------------------------------------|---|----------|------|
| 80 m | Squiflet Emelynn | 10.47 | 2023 |
| 150 m | Squiflet Emelynn | 19.94 | 2023 |
| 300 m | Lambert Kylie | 43.85 | 2017 |
| 1000 m | De Groote Estelle | 3.14.33 | 2006 |
| 60 m haies (68 cm) | Squiflet Emelynn | 9.80 | 2023 |
| 150 m haies (68 cm) | Squiflet Emelynn | 21.33 | 2023 |
| Hauteur | Van Collie Heidi | 1m57 | 1982 |
| Longueur | Squiflet Emelynn | 5m07 | 2023 |
| Perche | Van De Sype Chloe | 2m43 | 2010 |
| Poids (2 kg) | Squiflet Emelynn | 13m46 | 2023 |
| Disque (750 gr) | Popescu Raisa Gabriela | 28m54 | 2023 |
| Javelot (400 gr) ^{à pd 1999} | Squiflet Emelynn | 37m36 | 2023 |
| Pentathlon | Squiflet Emelynn | 3287 p | 2023 |
| 2000 m marche | Van Der Veken Noemie | 13.51.98 | 2009 |
| 4 x 80 m | Leonard, Merino, Mpinga Mulowayi, Lambert | 41.33 | 2017 |



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CADETTES FILLES - U16

| | | | |
|---------------------------------------|-------------------------------------|----------|------|
| 100 m | Kohl Olivia | 12.64 | 1988 |
| 200 m | Leplat Anabelle | 26.14 | 1996 |
| 300 m | Schauwers Manon | 42.36 | 2014 |
| 400 m | Leplat Severine | 57.61 | 1996 |
| 800 m | Tshiasuma Jessie | 2.21.88 | 2011 |
| 1500 m | Tshiasuma Jessie | 4.53.37 | 2011 |
| Mile | Tshiasuma Jessie | 5.37.33 | 2011 |
| 80 m haies (76 cm) | Schauwers Manon | 11.88 | 2014 |
| 300 m haies (76 cm) | La Rou Jennifer | 45.51 | 1993 |
| 1500 m steeple (76 cm) | Van Der Perren Jessica | 6.17.24 | 2009 |
| Hauteur | Van Collie Heidi | 1m68 | 1984 |
| Longueur | Van Collie Heidi | 5m74 | 1984 |
| Triple saut | Kompany Christel | 11m71 | 1999 |
| Perche | Van Zeebroeck Griet | 3m26 | 1995 |
| Poids (3 kg) | Mathieu Julia | 13m85 | 2019 |
| Disque (1 kg) | Marloye Nadine | 37m60 | 1973 |
| Javelot (500 gr) ^{à pd 1999} | Iven Kayla | 41m46 | 2017 |
| Marteau (3 kg) | Huygens Cloe | 34m60 | 2018 |
| Hexathlon | Schauwers Manon | 3901 p | 2014 |
| 3000 m marche | Cuvelier Maela | 21.19.14 | 2015 |
| 4 x 100 m | Keita, Sacre, Bonvin Draps, Guillet | 50.59 | 1995 |
| 4 x 800 m | Sacre, Delbecque, Dewitte, Cawet | 10.17.08 | 1995 |
| Relais suédois | Badji, Klai, Guisse, Legein | 2.32.85 | 2010 |

SCOLAIRES DAMES - U18

| | | | |
|---------------------------------------|--|----------|------|
| 100 m | Van Der Veken Cindy | 12.33 | 2014 |
| 200 m | Vandendriessche Nadine | 25.34 | 1981 |
| 300 m | Leplat Severine | 39.65 | 1998 |
| 400 m | Leplat Severine | 56.03 | 1998 |
| 800 m | Muls Camille | 2.14.88 | 2016 |
| 1000 m | Joblin Marine | 3.01.01 | 2019 |
| 1500 m | Van Den Bossche Inga | 4.41.18 | 2017 |
| Mile | Tshiasuma Jessie | 5.22.27 | 2012 |
| 3000 m | Van Den Bossche Inga | 10.41.31 | 2017 |
| 100 m haies (76 cm) | Kohl Olivia | 13.92 | 1990 |
| 400 m haies (76 cm) | Schauwers Manon | 62.36 | 2016 |
| 2000 m steeple (76 cm) | Haouari Farrah | 8.05.35 | 2019 |
| Hauteur | Van Collie Heidi | 1m68 | 1984 |
| Longueur | Marloye Nadine | 6m08 | 1975 |
| Triple saut | Kompany Christel | 12m15 | 2000 |
| Perche | Van Zeebroeck Griet | 3m36 | 1996 |
| Poids (3 kg) | Mathieu Julia | 14m76 | 2022 |
| Disque (1 kg) | Sustelo Irina | 47m99 | 2000 |
| Javelot (500 gr) ^{à pd 1999} | Iven Kayla | 41m95 | 2019 |
| Marteau (3 kg) | Ramos Daphne | 43m80 | 1992 |
| Heptathlon ^{à pd 1999} | Mouzon Emmanuelle | 4701 p | 2008 |
| 3000 m marche | El Ouahmi Sirine | 20.08.91 | 2016 |
| 4 x 100 m | Bonvin Draps, Guillet, Leplat, Leplat | 48.97 | 1997 |
| 4 x 200 m | Diwani, Lins, Vlerick, Brutus | 1.49.97 | 2010 |
| 4 x 400 m | Van Damme, Ozgul, Vereertbrugghen, Putmans | 4.51.32 | 2008 |
| 4 x 800 m | Dewitte, Dewitte, Delbecque, Cawet | 10.14.59 | 1997 |
| Relais suédois | Badji, Klai, Guisse, Legein | 2.32.85 | 2010 |



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JUNIORS DAMES - U20

| | | | |
|--------------------------------------|---|----------|------|
| 100 m | Van Der Veken Cindy | 12.03 | 2016 |
| 200 m | Vandendriessche Nadine | 24.65 | 1984 |
| 300 m | Leplat Severine | 39.65 | 1998 |
| 400 m | Leplat Severine | 56.03 | 1998 |
| 800 m | Muls Camille | 2.05.49 | 2018 |
| 1000 m | Collard Veronique | 2.52.74 | 1982 |
| 1500 m | Muls Camille | 4.29.50 | 2018 |
| Mile | Muls Camille | 5.07.58 | 2017 |
| 3000 m | Collard Veronique | 9.36.90 | 1982 |
| 5000 m | De Valck Ingrid | 18.09.70 | 1982 |
| 100 m haies (84 cm) | Kohl Olivia | 13.99 | 1992 |
| 400 m haies (76 cm) | Schauwers Manon | 62.13 | 2018 |
| Hauteur | Marloye Nadine | 1m81 | 1977 |
| Longueur | Marloye Nadine | 6m08 | 1975 |
| Triple saut | Ombeni Rachel | 12m28 | 2020 |
| Perche | Quirin Margaux | 3m90 | 2014 |
| Poids (4 kg) | Devos An | 13m12 | 1987 |
| Disque (1 kg) | Sustelo Irina | 47m99 | 2000 |
| Javelot (600 gr) ^{àpd 1999} | Iven Kayla | 42m80 | 2021 |
| Marteau (4 kg) | Sustelo Irina | 56m30 | 2001 |
| Heptathlon ^{àpd 1999} | Guisse Saliyya | 3743 p | 2015 |
| Decathlon ^{àpd 1999} | Mouzon Emmanuelle | 4863 p | 2009 |
| 3000 m marche | El Ouahmi Sirine | 20.08.91 | 2016 |
| 5000 m marche | Delbecque Maud | 36.30.10 | 1996 |
| 4 x 100 m | Guisse, Badji, Mawmine, Van Der Veken | 47.82 | 2015 |
| 4 x 200 m | Vandendael, Meersseman, Vidts, Rochette | 1.48.00 | 1971 |
| 4 x 400 m | Van Zeebroeck, Cawet, Kisir, Adam | 4.11.60 | 1997 |
| 4 x 800 m | Dewitte, Dewitte, Delbecque, Cawet | 10.14.59 | 1997 |
| Relais suédois | Badji, Klai, Guisse, Legein | 2.32.85 | 2010 |

ESPOIRS DAMES - U23

| | | | |
|--------------------------------------|---|----------|------|
| 100 m | Nkansa Delphine | 11.22 | 2023 |
| 200 m | Nkansa Delphine | 23.03 | 2022 |
| 300 m | Nagels Rani | 38.04 | 2015 |
| 400 m | Thery Demarque Lea | 53.19 | 2023 |
| 800 m | Muls Camille | 2.03.72 | 2019 |
| 1000 m | Collard Veronique | 2.52.74 | 1982 |
| 1500 m | Muls Camille | 4.12.35 | 2021 |
| Mile | Collard Veronique | 5.00.80 | 1983 |
| 3000 m | Collard Veronique | 9.36.90 | 1982 |
| 5000 m | Van Lent Jana | 16.21.71 | 2023 |
| 10 000 m | Van Lent Jana | 34.14.95 | 2023 |
| Semi marathon | Van Lent Jana | 1h17.33 | 2023 |
| 100 m haies (84 cm) | Zagre Anne | 12.79 | 2012 |
| 400 m haies (76 cm) | Badji Jalika | 59.80 | 2018 |
| | Schauwers Manon | 59.80 | 2019 |
| Hauteur | Jonckheere Natalja | 1m88 | 1992 |
| Longueur | Marloye Nadine | 6m08 | 1975 |
| Triple saut | Ombeni Rachel | 13m00 | 2022 |
| Perche | Quirin Margaux | 4m05 | 2015 |
| Poids (4 kg) | Devos An | 13m12 | 1987 |
| Disque (1 kg) | Sustelo Irina | 47m99 | 2000 |
| Javelot (600 gr) ^{àpd 1999} | Iven Kayla | 45m14 | 2022 |
| Marteau (4 kg) | Sutelo Irina | 56m30 | 2001 |
| Heptathlon ^{àpd 1999} | Hostyn Priscilla | 4804 p | 2012 |
| Decathlon ^{àpd 1999} | Brion Sophie | 3296 p | 2007 |
| 3000 m marche | El Ouahmi Sirine | 20.08.91 | 2016 |
| 5000 m marche | Delbecque Maud | 36.30.10 | 1996 |
| 4 x 100 m | Guisse, Badji, Mawmine, Van Der Veken | 47.82 | 2015 |
| 4 x 200 m | Nagels, Schauwers, Badji, Van Der Veken | 1.39.68 | 2016 |
| 4 x 400 m | Cherpion, Leplat, Kisir, Adam | 4.07.64 | 1998 |
| 4 x 800 m | Dewitte, Dewitte, Delbecque, Cawet | 10.14.59 | 1997 |
| Relais suédois | Badji, Klai, Guisse, Legein | 2.32.85 | 2010 |



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TOUTES CATEGORIES DAMES

| | | | |
|---------------------------------------|---|----------|------|
| 100 m | Nkansa Delphine | 11.22 | 2023 |
| 200 m | Nkansa Delphine | 23.03 | 2022 |
| 300 m | Nagels Rani | 38.04 | 2015 |
| 400 m | Thery Demarque Lea | 53.19 | 2023 |
| 800 m | Muls Camille | 2.03.72 | 2019 |
| 1000 m | Collard Veronique | 2.43.67 | 1986 |
| 1500 m | Muls Camille | 4.12.35 | 2021 |
| Mile | Collard Veronique | 4.44.36 | 1985 |
| 2000 m | Collard Veronique | 5.55.66 | 1988 |
| 3000 m | Collard Veronique | 8.49.85 | 1989 |
| 5000 m | Collard Veronique | 15.41.24 | 1989 |
| 10 000 m | Collard Veronique | 32.23.39 | 1989 |
| Semi marathon | Van Lent Jana | 1h17.33 | 2023 |
| Marathon | Carion Nathalie | 3h11.44 | 2018 |
| 1 heure | Castellana Corine | 12 936 m | 2004 |
| 100 m haies (84 cm) | Zagre Anne | 12.71 | 2015 |
| 400 m haies (76 cm) | Claes Hanne | 55.20 | 2018 |
| 3000 m steeple (76 cm) | Laurent Agnes | 10.36.98 | 2014 |
| Hauteur | Jonckheere Natalja | 1m95 | 1995 |
| Longueur | De Vrye Corine | 6m28 | 1985 |
| Triple saut | Guisse Saliyya | 13m38 | 2019 |
| Perche | Henry Chloe | 4m30 | 2021 |
| Poids (4 kg) | Boumkwo Jolien | 14m84 | 2018 |
| Disque (1 kg) | Pheulpin Anne | 48m52 | 2022 |
| Javelot (600 gr) ^{à pd 1999} | Smal Pauline | 52m10 | 2023 |
| Marteau (4 kg) | Sustelo Irina | 56m30 | 2001 |
| Grand poids (9,08 kg) | Reynaerts Stephanie | 9m51 | 2018 |
| Pentathlon de lancers | Reynaerts Stephanie | 2249 p | 2015 |
| Heptathlon ^{à pd 1999} | Hostyn Priscilla | 4804 p | 2012 |
| Decathlon ^{à pd 1999} | Guillet Laurence | 5847 p | 2009 |
| 3000 m marche | El Ouahmi Sirine | 20.08.91 | 2016 |
| 5000 m marche | Delbecque Maud | 36.30.10 | 1996 |
| 4 x 100 m | Morency Poilvache, Oulare, Badji, Zagre | 45.98 | 2023 |
| 4 x 200 m | Nagels, Schauwers, Badji, Van Der Veken | 1.39.68 | 2016 |
| 4 x 400 m | Schauwers, Gillet, Claes, Badji | 3.48.08 | 2018 |
| 4 x 800 m | Dewachter, Steels, Mortier, Collard | 9.14.89 | 1982 |
| Relais suédois | Badji, Klai, Guisse, Legein | 2.32.85 | 2010 |
| Ekiden | Lins, Van Lent, Joblin, Goethals, Chylinski, Muls | 2h41.15 | 2022 |



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MASTERS DAMES 35

| | | | |
|-----------------------|--|----------|------|
| 100 m | Guillet Laurence | 12.73 | 2017 |
| 200 m | Guillet Laurence | 26.58 | 2016 |
| 300 m | Guillet Laurence | 44.04 | 2015 |
| 400 m | Nkumu Bakuba Nancy | 60.68 | 2016 |
| 800 m | Chylinski Marta Alexandra | 2.12.37 | 2022 |
| 1000 m | Chylinski Marta Alexandra | 2.51.21 | 2022 |
| 1500 m | Steels Mimi | 4.36.30 | 1981 |
| Mile | Chylinski Marta Alexandra | 4.57.75 | 2022 |
| 2000 m | Chylinski Marta Alexandra | 6.22.26 | 2022 |
| 3000 m | Steels Mimi | 9.29.60 | 1982 |
| 5000 m | Steels Mimi | 16.48.60 | 1981 |
| 10 000 m | Castellana Corine | 46.43.03 | 2004 |
| Semi marathon | Norris Josephine | 1h44.23 | 2019 |
| Marathon | Norris Josephine | 3h42.16 | 2022 |
| 1 heure | Castellana Corine | 12 936 m | 2004 |
| 100 m haies (84 cm) | Guillet Laurence | 14.50 | 2017 |
| 400 m haies (76 cm) | Guillet Laurence | 65.33 | 2017 |
| Hauteur | Cardenas Ojito Janet | 1m42 | 2012 |
| Longueur | De Vrye Corinne | 5m26 | 1998 |
| Triple saut | Adam Benedicte | 10m49 | 2017 |
| Perche | Henry Chloe | 3m90 | 2023 |
| Poids (4 kg) | Adam Benedicte | 11m09 | 2017 |
| Disque (1 kg) | Reynaerts Stephanie | 34m32 | 2016 |
| Javelot (600 gr) | Reynaerts Stephanie | 29m63 | 2017 |
| Marteau (4 kg) | Reynaerts Stephanie | 33m35 | 2018 |
| Grand poids (9,08 kg) | Reynaerts Stephanie | 9m51 | 2018 |
| Pentathlon de lancers | Reynaerts Stephanie | 2304 p | 2018 |
| Pentathlon | Cardenas Ojito Janet | 1958 p | 2013 |
| 4 x 100 m | Boonaert, Dewitte, Bonvin Draps, Guillet | 52.98 | 2017 |
| 4 x 200 m | Boonaert, Cardenas Ojito, Nkumu Bakuba, Guillet | 1.53.15 | 2015 |
| 4 x 400 m | Guillet, Cardenas, Debaille, Nkumu Bakuba | 4.42.09 | 2015 |
| 4 x 800 m | Adam, Dujardin, Nkumu Bakuba, Cardenas Ojito | 10.51.30 | 2014 |
| Relais suedois | Cardenas Ojito, Debaille, Boonaert, Cardoso Da Rocha | 2.44.55 | 2012 |
| Ekiden | Nkumu Bakuba, Covens, Cardenas Ojito, Cardoso Da Rocha, Boonaert, Dujardin | 3h37.59 | 2015 |

MASTERS DAMES 40

| | | | |
|-----------------------|----------------------|----------|------|
| 100 m | Nkumu Bakuba Nancy | 13.54 | 2018 |
| 150 m | Dewitte Valerie | 20.85 | 2021 |
| 200 m | Nkumu Bakuba Nancy | 27.41 | 2018 |
| 300 m | Nkumu Bakuba Nancy | 43.89 | 2018 |
| 400 m | Nkumu Bakuba Nancy | 60.23 | 2018 |
| 800 m | Collard Florence | 2.24.29 | 2006 |
| 1500 m | Collard Florence | 4.48.11 | 2006 |
| 2000 m | Cardenas Ojito Janet | 8.08.00 | 2017 |
| 3000 m | Collard Florence | 10.34.47 | 2006 |
| 10 000 m | Debaille Isabelle | 50.16.31 | 2017 |
| Semi marathon | Lion Annick | 1h54.40 | 2018 |
| Marathon | Carion Nathalie | 3h11.44 | 2018 |
| 80 m haies (76 cm) | Cardenas Ojito Janet | 16.00 | 2013 |
| 100 m haies (84 cm) | Cardenas Ojito Janet | 20.00 | 2013 |
| Hauteur | Cardenas Ojito Janet | 1m36 | 2015 |
| Longueur | De Vrye Corinne | 4m96 | 2000 |
| Poids (4 kg) | Adam Benedicte | 11m20 | 2022 |
| Disque (1 kg) | Adam Benedicte | 32m12 | 2020 |
| Javelot (600 gr) | Adam Benedicte | 26m68 | 2019 |
| Marteau (4 kg) | Reynaerts Stephanie | 27m31 | 2023 |
| Grand poids (9,08 kg) | Reynaerts Stephanie | 8m64 | 2022 |
| Pentathlon de lancers | Reynaerts Stephanie | 2249 p | 2022 |
| Pentathlon | Cardenas Ojito Janet | 2397 p | 2015 |
| Heptathlon | Cardenas Ojito Janet | 3572 p | 2014 |



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MASTERS DAMES 45

| | | | |
|-----------------------|-----------------------------|----------|------|
| 100 m | Boonaert Caroline | 14.01 | 2011 |
| 200 m | Boonaert Caroline | 29.93 | 2014 |
| 400 m | Boonaert Caroline | 69.93 | 2011 |
| 800 m | Covens Benedicte | 2.46.99 | 2012 |
| 1000 m | Cardoso Da Rocha Maria Joao | 4.26.68 | 2012 |
| Mile | Covens Benedicte | 6.05.79 | 2015 |
| 2000 m | Cardoso Da Rocha Maria Joao | 9.38.54 | 2012 |
| 3000 m | Covens Benedicte | 11.54.98 | 2012 |
| 10 000 m | Covens Benedicte | 42.05.27 | 2012 |
| Semi marathon | Lion Annick | 1h53.56 | 2019 |
| Marathon | Covens Benedicte | 3h20.03 | 2015 |
| Longueur | Lange Tramonni Claudia | 3m54 | 2017 |
| Poids (4 kg) | Bee Delphine | 10m09 | 2023 |
| Disque (1 lg) | Quicke Evelyne | 27m03 | 2006 |
| Javelot (600 gr) | Quicke Evelyne | 23m46 | 2007 |
| Marteau (4 kg) | De Buyst Nadia | 20m63 | 2023 |
| Grand poids (9,08 kg) | De Buyst Nadia | 5m70 | 2023 |
| Pentathlon de lancers | De Buyst Nadia | 1503 p | 2023 |

MASTERS DAMES 50

| | | | |
|------------------|-------------------|----------|------|
| 100 m | Boonaert Caroline | 14.01 | 2016 |
| 200 m | Boonaert Caroline | 29.60 | 2016 |
| 400 m | Boonaert Caroline | 77.88 | 2018 |
| 800 m | Covens Benedicte | 3.28.73 | 2018 |
| 3000 m | Covens Benedicte | 13.12.38 | 2017 |
| Semi marathon | Covens Benedicte | 1h43.29 | 2018 |
| Marathon | Covens Benedicte | 3h37.16 | 2018 |
| Longueur | Vandendael Alice | 3m45 | 2004 |
| Poids (4 kg) | Quicke Evelyne | 8m08 | 2008 |
| Disque (1 kg) | Quicke Evelyne | 24m49 | 2008 |
| Javelot (600 gr) | Quicke Evelyne | 21m92 | 2009 |

MASTERS DAMES 55

| | | | |
|----------|-----------------------------|----------|------|
| 100 m | Boonaert Caroline | 14.49 | 2023 |
| 200 m | Boonaert Caroline | 30.58 | 2023 |
| 3000 m | Cardoso Da Rocha Maria Joao | 16.26.05 | 2019 |
| Marathon | Cardoso Da Rocha Maria Joao | 5h06.45 | 2019 |
| Longueur | Vandendael Alice | 2m93 | 2008 |