



Cynthia BOLINGO

MBONGO

200m – SENIOR

NEE LE **12/01/1993**

CLUB ACTUEL **CABW**

ENTRAINEUR **CAROLE BAM**

PROFESSION **ETUDE EN SCIENCES**

POLITIQUES - SPORTIVE SOUS CONTRAT

STATUT HAUT NIVEAU

RECORDS PERSONNELS

| | | | |
|-------------|--------------|---------------|------------|
| 60m | 7.41 | Gand | 07/03/2015 |
| 100m | 11.57 | Abidjan (CIV) | 26/04/2014 |
| 200m | 23.11 | Oordegem-Lede | 04/08/2015 |
| 400m | 52.60 | Jambes | 27/05/2015 |
| 400m indoor | 54.90 | Gand | 24/01/2015 |

PALMARES INTERNATIONAL

| | | | | | |
|------|-----------------|--------|------------|-------------------------|----------------------|
| 2011 | CE Junior | 4x100m | 45.15 NR | 5 ^e | Tallinn (EST) |
| 2013 | CE équipe | 4x100m | 45.73 | 3 ^e | Dublin (IRL) |
| | CE Espoir | 200m | 23.96 -0.9 | Séries, 4 ^e | Tampere (FIN) |
| | CE Espoir | 4x100m | DQ | | Tampere (FIN) |
| | Jeux Francoph. | 4x100m | 44.70 | 2 ^e | Nice (FRA) |
| | Jeux Francoph. | 200m | 24.08 | 3 ^e | Nice (FRA) |
| 2014 | CE équipe | 200m | 24.26 -0.7 | 8 ^e | Tallinn (EST) |
| | CE équipe | 4x100m | 44.74 | 2 ^e | Tallinn (EST) |
| | CE équipe | 4x400m | 3.36.52 | 5 ^e | Tallinn (EST) |
| 2015 | CE équipe | 100m | 11.91 | 8 ^e | Héraklion (GRE) |
| | CE équipe | 4x400m | 3.33.69 | 3 ^e | Héraklion (GRE) |
| | CE Espoir | 400m | 52.82 | 8 ^e | Tallinn (EST) |
| | CM | 200m | 23.45 | Séries, 45 ^e | Pékin (CHN) |
| 2016 | Jeux Olympiques | 200m | 23.98 +0.8 | Séries, 63 ^e | Rio De Janeiro (BRA) |

PALMARES NATIONAL

| | | | | | |
|------|----------------|-----------|---------|------------------|-----------|
| 2008 | CB cad indoor | triple | 10m94 | 2 ^e | Gand |
| | CB cad | 60m | 7.73 | 2 ^e | Gand |
| 2009 | CB scol indoor | 60m haies | 8.67 | 2 ^e | Gand |
| | CB scol | 100m | 12.21 | 2 ^e | Nivelles |
| 2010 | CB scol indoor | 60m | 7.74 | 1 ^{ère} | Gand |
| | CB scol indoor | 60m haies | 8.52 | 1 ^{ère} | Gand |
| 2013 | CB indoor | 60m | 7.42 | 2 ^e | Gand |
| | CB relais | 4x400m | 3.50.12 | 2 ^e | Merksem |
| 2014 | CB relais | 4x200m | 1.41.61 | 2 ^e | Jambes |
| | CB relais | 4x400m | 3.54.30 | 1 ^{ère} | Jambes |
| 2015 | CB indoor | 400m | 54.99 | 1 ^{ère} | Gand |
| | CB esp indoor | 60m | 7.41 | 1 ^{ère} | Gand |
| | CB | 200m | 23.49 | 2 ^e | Bruxelles |
| 2016 | CB | 200m | 23.46 | 2 ^e | Bruxelles |

TITRES FRANCOPHONES

| | | |
|---------|---------------|----------------|
| Outdoor | 100m | 2008-2010 |
| | 200m | 2010-2014-2015 |
| | 80-100m haies | 2008-2009-2010 |
| Indoor | 60m | 2008-2009-2010 |
| | 60m haies | 2009-2010 |
| | 400m | 2015 |

EVOLUTION

| | | Club | 60m | 100m | 200m | 400m | 4x400m |
|------|----------|------|------|-------|-------|-------|---------|
| 2008 | Cadette | RCB | 7.92 | 12.40 | | | |
| 2009 | Scolaire | RCB | 7.73 | 12.17 | 24.71 | | |
| 2010 | Scolaire | RCB | 7.62 | 11.98 | 24.30 | | |
| 2011 | Junior | RCB | 7.57 | 11.80 | 24.26 | | |
| 2012 | Junior | RCB | 7.57 | 12.84 | - | - | |
| 2013 | Espoir | CABW | 7.42 | 11.77 | 23.61 | 55.23 | |
| 2014 | Espoir | CABW | - | 11.57 | 23.52 | 53.70 | |
| 2015 | Espoir | CABW | 7.41 | 11.75 | 23.11 | 52.60 | 3.33.69 |

