



Oussama LONNEUX

800m – 1500m – SENIOR

NE LE 12/05/1997

CLUB ACTUEL RFCL

ENTRAINEUR HENRY SALAVARDA

PROFESSION ETUDIANT

STATUT ESPOIR SPORTIF

RECORDS PERSONNELS

1500m	3.43.44	Kessel-Lo	04/08/2018
1500m indoor	3.47.38	Louvain-la-Neuve	25/01/2020
800m	1.50.67	Liège	18/07/2018
800m indoor	1.53.98	Gand	26/01/2019

PALMARES INTERNATIONAL

2016	CE cross	cross U20		32 ^e	Chia (ITA)
2019	CE Cross	cross U23	24:57	9 ^e	Lisbonne (POR)

PALMARES NATIONAL

2014	CB U16 Cross	cross		6 ^e	Wachtebeke
	CB U16	1500m	4.11.00	4 ^e	Oordgem
2015	CB U20 Cross	cross		14 ^e	Wachtebeke
	CB indoor U20	1500m	4.05.97	1 ^{er}	Gand
	CB U20	1500m	4.02.51	3 ^e	Bruges
2016	CB U20 Cross	cross		2 ^e	Wachtebeke
	CB U20 indoor	1500m	4.03.02	1 ^{er}	Gand
	CB U20	1500m	4.14.00	4 ^e	Nivelles
2017	CB Cross	cross		42 ^e	Wachtebeke
	CB U23 indoor	1500m	4.08.18	1 ^{er}	Gand
	CB	800m	1.54.14	séries	Bruxelles
2018	CB U23	1500m	4.11.68	1 ^{er}	Huizingen
	CB Cross	cross court		2 ^e	Bruxelles

	CB indoor	1500m	3.50.28	2 ^e	Gand
	CB U23 indoor	1500m	4.16.91	2 ^e	Gand
	CB	1500m	3.57.66	9 ^e	Bruxelles
	CB U23	1500m	4.29.78	2 ^e	Mouscron
2019	CB Cross	cross court		7 ^e	Bruxelles
	CB indoor	1500m	3.53.71	3 ^e	Gand
	CB U23 indoor	1500m	3.53.33	1 ^{er}	Gand
2020	CB indoor	3000m	8.07.26	2 ^e	Gand
	CB Cross	cross court		3 ^e	Bruxelles

TITRES FRANCOPHONES TOUTES CATEGORIES

Indoor	800m	2019
	3000m	2017-2018

TITRES FRANCOPHONES JEUNES

Outdoor	1500m	2014
Indoor	1500m	2014

EVOLUTION

	Club	800m indoor	800m	1500m indoor	1500m
2013	Scolaire	RFCL -	2.02.76	-	4.23.51
2014	Scolaire	RFCL 2.04.39	1.57.84	4.30.10	4.07.27
2015	Junior	RFCL 2.05.92	1.54.53	4.05.97	3.58.89
2016	Junior	RFCL -	1.52.74	4.03.02	3.50.92
2017	Espoir	RFCL -	1.51.09	4.08.18	3.47.04
2018	Espoir	RFCL -	1.50.67	3.50.28	3.43.44
2019	Espoir	RFCL 1.53.98	1.51.47	3.53.33	3.43.55
2020	Senior	RFCL -		3.47.38	

