



Soufiane BOUCHIKHI

LONG – SENIOR

NE LE 22/03/1990

CLUB ACTUEL RFCL

ENTRAINEUR LUK VERLAENEN

STATUT HAUT NIVEAU

RECORDS PERSONNELS

3000m	7.55.55	Birmingham (GBR)	20/08/2017
5000m	13.19.55	Heusden-Zolder	21/07/2018
10.000m	27.41.20	Palo Alto (USA)	03/05/2018
Semi-marathon	1h02.59	New York (USA)	17/03/2019

PALMARES INTERNATIONAL

2008	CE Junior Cross	Cross		39 ^e	Bruxelles
2009	CE Junior Cross	Cross		11 ^e	Dublin (IRL)
	CE Junior	10 000m	31.46.38	7 ^e	Novi Sad (SRB)
2010	CE Junior Cross	Cross		56 ^e	Albufeira (POR)
2011	CE Espoir	5000m	14.32.71	16 ^e	Ostrava (CZE)
2012	CE Espoir Cross	Cross		2 ^e	Budapest (HON)
2013	CE Cross	Cross indiv.		28 ^e	Belgrade (SRB)
	CE Cross	Cross équipe		2 ^e	Belgrade (SRB)
2014	CE	5000m	14.17.43	15 ^e , fin.Dir	Zurich (SUI)
2015	Universiades	10.000m	29.24.21	5 ^e	Gwangju (KOR)
	Universiades	Semi-marathon	1h06.04	4 ^e	Gwangju (KOR)
2016	CE	10 000m	29.03.74	7 ^e	Amsterdam (NED)
	CE	semi-marathon	1h05.31	28 ^e	Amsterdam (NED)
2017	CM	5000m	13.28.64	11 ^e (séries)	Londres (GBR)
	CE Cross	Cross	30:04	5 ^e	Samorin (SVK)
2018	CE	10.000m	28.19.04	6 ^e	Berlin (GER)
	CE	5000m	13.25.22	10 ^e	Berlin (GER)

PALMARES NATIONAL

2008 CB jun 5000m 15.04.27 1er Herve

TITRES FRANCOPHONES TOUTES CATEGORIES

Outdoor -
Indoor -

EVOLUTION

		Club	3000m	5000m	10 000m	Semi-marathon	1500m
2007	Scolaire	OLSE	8.33.96	-			3.57.67
2008	Junior	OLSE	8.23.26	14.59.01			3.55.60
2009	Junior	OLSE	8.25.15	14.18.17	29.58.33		3.55.70
2010	Espoir	OLSE	-	14.01.71	-	-	
2011	Espoir	OLSE	8.05.68	13.54.37	-	-	
2012	Espoir	OLSE		13.33.09	28.35.91		
2013	Senior	OLSE		13.40.02			
2014	Senior	OLSE		13.37.16			
2015	Senior	CABW	-	13.38.78	28.48.66	1h03.45	
2016	Senior	CABW	-	13.40.41	29.03.74	-	
2017	Senior	CABW	7.55.55	13.22.18	28.07.15		
2018	Senior	RFCL	8.18.97	13.19.55	27.41.20	-	-

