



Jeroen D'HOEDT

3000m STEEPLE – SENIOR

NE LE **10/01/1990**

CLUB ACTUEL **CABW**

ENTRAINEUR **TIM MORIAU**

PROFESSION **SPORTIF SOUS CONTRAT**

STATUT **HAUT NIVEAU**

RECORDS PERSONNELS

3000m st.	8.30.03	Heusden-Zolder	18/07/2015
1500m	3.36.07	Oordegem	02/08/2011
5000m	13.33.09	Heusden	07/07/2012
10 000m	28.35.91	Palo Alto (USA)	29/04/2012

PALMARES INTERNATIONAL

2007	EYOF	1500m	3.58.12	8 ^e	Belgrade (SRB)
	CE Junior Cross	Cross		33 ^e	Toro (ESP)
2008	CE Junior Cross	Cross		17 ^e	Bruxelles
2009	CE Junior	3000m St	8.51.76	3 ^e	Novi Sad (SRB)
2011	CE Junior Cross	Cross		1 ^{er}	Dublin (IRL)
2010	CE Espoir Cross	Cross		4 ^e	Albufeira (POR)
2011	CE Espoir	1500m	3.51.56	5 ^e	Ostrava (CZE)
	CM	1500m	3.45.54	Série: 10 ^e	Daegu (KOR)
2013	CE Cross	Cross Indiv.		4 ^e	Belgrade (SRB)
	CE Cross	Cross équipe		2 ^e	Belgrade (SRB)
2014	CE équipes	1500m	3.51.78	4 ^e	Tallinn (EST)
2015	CE équipes	3000m St	8.48.82	4 ^e	Héraklion (GRE)
	CM	3000m St	-	DNS	Pékin (CHN)
2016	CE	3000m St	8.42.75	17 ^e	Amsterdam (NED)
	JO	3000m St	8.48.39	37 ^e	Rio de Janeiro (BRA)

PALMARES NATIONAL

2007	Cross Cup cad					
2008	Cross Cup scol					
	CB scol	3000mSt	9.06.51	1 ^{er}		Herve
2009	Cross Cup scol					
	CB scol Cross	Cross		1 ^{er}		Ostende
	CB	3000mst	8.52.93	1 ^{er}		Bruxelles
2011	Cross Cup	Cross senior		1 ^{er}		
2014	CB Cross	cross long				
2014	Cross Cup	Cross senior		1 ^{er}		

TITRES FRANCOPHONES TOUTES CATEGORIES

Outdoor	-
Indoor	-

EVOLUTION

	Club	800m	1000m	1500m	Mijl	
2004	Cadet	OEH				
2005	Cadet	OEH	2.07.07	4.18.91		
2006	Scolaire	OEH	2.02.11	2.39.33	4.07.40	
2007	Scolaire	OEH	1.56.00	2.29.40	3.55.98	
2008	Junior	OEH	1.53.99		3.50.82	
2009	Junior	OEH	-		3.44.66	
2010	Espoir	OEH	1.50.88		3.41.44	
2011	Espoir	OEH	1.47.21	2.22.76	3.36.07	
2012	Espoir	OEH	1.50.57	2.23.70	3.40.97	
2013	Senior	OEH	1.52.23	2.23.40	3.37.25	
2014	Senior	OEH	-	-	3.38.61	
2015	Senior	CABW	1.51.22	-	3.38.20	
2016	Senior	CABW	-	-	-	
2017	Senior	CABW	-	-	-	
2018	Senior	CABW	-	-	3.43.05	
		2000m	3000m	3000m St	5000m	10000m
2006		5.43.14	9.03.39			
2007						
2008			8.21.69	9.06.51	14.28.13	
2009			8.05.16	8.51.76		30.13.41
2010		5.09.24	7.57.88	8.57.04		
2011				8.46.96		
2012					13.42.72	
2013		5.05.53	8.04.46		-	
2014		-	8.16.66	-	13.34.90	-
2015		-	8.05.27	8.30.03	-	-
2016		-	7.53.36	8.31.54	13.52.11	
2017		-	-	-	14.15.98	
2018		-	8.05.27	8.48.49		

