



## RECORDS LBFA ESPOIRS INDOOR

### HOMMES:

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60	6.68	FERRO Anthony	CSF	2002
	6.68	VANDEBEMDEN Robin	SER	2014
200	21.09	FERRO Anthony	CSF	2001
300	34.74	FROIDMONT Arnaud	UAC	2011
400	47.92	GHISLAIN Arnaud	RESC	2009
800	1.48.92	BALHAN Pierre-Antoine	RESC	2013
1000	2.28.04	VAN DEN ABEELE Thibaut	CABW	2009
1500	3.42.43	MOUKRIME Tarik	RFCL	2014
Mile	4.08.25	VAN DEN ABEELE Thibaut	CABW	2009
3000	7.56.31	MOURHIT Hassan	OCAN	2004
60 Haies	7.67	NSENGA Jonathan	CSF	1995
<b>Hauteur</b>	<b>2.23</b>	<b>CARMOY Thomas</b>	<b>CRAC</b>	<b>2020</b>
Longueur	7.69	STEMPNICK Nicolas	DS	2011
Triple saut	16.21	MAMBO Kedjeloba	CABW	1996
Perche	5.65	MESTRE Domitien	RFCL	1995
Poids	15.27	BORREY Roland	RCAS	1966
Heptathlon	5555 pts	NUTTE Jean-Baptiste	DS	2019
		60m: 7.20, Longueur: 7m14, Poids: 14m57, Hauteur: 1m99, 60m haies: 8.32, Perche 4m40, 1000m 2.56.02		

## DAMES :

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60	7.41	BOLINGO MBONGO Cynthia	CABW	2015
<b>200</b>	<b>23.42</b>	<b>FERAUGE Lucie</b>	<b>CABW</b>	<b>2020</b>
300	37.69	BOLINGO MBONGO Cynthia	CABW	2014
400	54.90	BOLINGO MBONGO Cynthia	CABW	2015
<b>800</b>	<b>2.05.42</b>	<b>MULS Camille</b>	<b>RESC</b>	<b>2020</b>
1000	2.59.20	DEMEYER Virginie	RCB	2017
<b>1500</b>	<b>4.10.33</b>	<b>VANDERELST Elise</b>	<b>MOHA</b>	<b>2020</b>
Mile	5.26.00	TSHIASUMA Jessica	RESC	2016
3000	10.19.86	SIMON Gwennaëlle	MOHA	2012
5000	-			
60 Haies	8.11	ZAGRE Anne	RESC	2012
Hauteur	1.94	DE LEEUW Sabrina	CSF	1994
	1.94	THIAM Nafissatou	RFCL	2014
Longueur	6.43	THIAM Nafissatou	RFCL	2016
Triple saut	12.58	GUISSE Saliyya	RESC	2018
Perche	4.26	VISSERS Mélanie	ATC	2019
Poids	14.81	DE LEEUW Brigitte	RSCA	1978
Pentathlon	4696 pts	THIAM Nafissatou	RFCL	2015