

RECORDS DU LMA FEMININS
EN SALLE

	Cadette	Junior F	Espoir F	Senior F	Master F
60m	7''37 Mariam Oulare 09-02-19	7''37 Mariam Oulare 09-02-19	7''37 Mariam Oulare 09-02-19	7''28 Carima Louami 29-02-12	8''59 Fanny Griffon 08-02-14
200m	24''25 Mariam Oulare 12-01-19	24''25 Mariam Oulare 12-01-19	24''14 Floria Guei 16-12-12	23''39 Floria Guei 13-02-14	27''80 Djamila Louza 18-03-08
400m	60''88 Maelle Pottier 26-02-12	60''38 Oriane Charlot 28-01-17	53''49 Floria Guei 20-02-11	53''49 Floria Guei 20-02-11	1'02''99 Djamila Louza 18-03-11
800m	2'20''64 Sarah Achab 17-01-15	2'11''66 Amandine D'Haze 09-03-14	2'11''66 Amandine D'Haze 09-03-14	2'04''32 Charline Mathias 12-02-17	2'24''26 Carole Vidal 18-03-11
1500m	à établir	4'42"28 Margaux Sieracki 28-01-17	4'42"28 Margaux Sieracki 28-01-17	4'16''94 Maria Martins 20-02-09	5'03''48 Carole Vidal 20-03-11
3000m		à établir	à établir	9'10''39 Maria Martins 10-02-09	à établir
60m haies	8"35 Yanla Ndjip-Nyemeck 29-01-19	8''53 Siliane Vancauwenberghe 15-02-14	8''39 Camille Orlik 09-03-13	8''39 Camille Orlik 09-03-13	10''07 Djamila Louza 17-03-08
Longueur	5m77 Alexia Martin 15-02-09	5m78 Camille Orlik 21-01-12	5m90 Margot Helsens 14-01-16	5m96 Marie Guerdin 14-01-07	4m61 Djamila Louza 20-03-08
Triple saut	11m37 Emilie Ellong Kotto 25-01-09	12m94 Christophele Ouattara 17-03-13	12m94 Christophele Ouattara 17-03-13	13m20 Mathilde Boateng 11-02-18	à établir
Hauteur	1m73 Rhizlane Siba 02-02-13	1m73 Rhizlane Siba 02-02-13	1m80 Nawal Meniker 21-01-17	1m80 Nawal Meniker 21-01-17	1m55 Djamila Louza 17-03-08
Perche	3m70 Alix Dehaynin 25-01-14 Marine Breton-Duynslaeger 24-02-19	4m13 Alix Dehaynin 31-01-15 23-01-16	4m13 Alix Dehaynin 31-01-15 23-01-16	4m70 Vanessa Boslak 11-03-12	à établir
Poids	14m19 Julia Mathieu 09-03-19	12m85 Vanessa Sterckendries 09-02-14	13m31 Feryma Sangare 17-02-07	13m31 Feryma Sangare 17-02-07	10m46 Jenny Meyer Klein 22-11-2015

Epreuves Combinées	3235 pts Maëlle Pottier 04-02-12	3685 pts Yezza Zkirim 02-03-08	3860 pts Marine Sacco 27-02-09	3908 pts Julie Delevallée 15-02-08	3405 pts Djamila Louza 01-03-08
3 000m marche	19'29''4 Pauline Delbarre 07-01-07	16'12''14 Mathilde Adler 20-01-19	14'36''13 Heidi Bouchery 17-02-07	12'24''06 Sylvia Korzeniowska 16-02-08	15'46''78 Michele Loubry 13-01-08
4 x 200m	1'44''16 Marie Pacala - Marie Lejeune - Juliette Spanhove - Vicky Warocquier 25-02-18				

RECORDS DU LMA FEMININS – PLEIN AIR

	Cadette	Junior F	Espoir F	Senior F	Master F
100m	11''73 (-0.7) Maryam Oulare 27-06-18	11''73 (-0.7) Maryam Oulare 27-06-18	11''73 (-0.7) Maryam Oulare 27-06-18	11''28 (+1.4) Carima Louami 29-07-11	13''44 (+1.4) Fanny Griffon 11-06-16
200m	24''48 (+0.8) Maryam Oulare 21-07-18	24''48 (+0.8) Maryam Oulare 21-07-18	23''60 (-0.6) Floria Guei 02-06-12	23''48 (+1.4) Carima Louami 18-05-08	27''32 (+1.5) Fanny Griffon 05-07-17
400m	59''78 Esther Dreumont 05-07-13	57''77 Marie Gallais 29-05-14	51''96 Floria Guei 05-07-12	51''30 Floria Guei 07-09-14	1'03''96 Carole Vidal 30-06-10
800m	2'08''55 Prescilia Duponcheel 02-06-12	2'08''55 Prescilia Duponcheel 02-06-12	2'07''38 Elodie Guegan 30-06-12	2'01''30 Charline Mathias 21-07-15	2'21''77 Carole Vidal 10-06-11
1500m	4'26''26 Prescilia Duponcheel 06-07-11	4'26''26 Prescilia Duponcheel 06-07-11	4'26''26 Prescilia Duponcheel 06-07-11	4'06''19 Maria Martins 25-07-07	4'56''04 Carole Vidal 06-06-10
3000m	10'15''53 Yasmine Taoufik 21-07-12	9'52''65 Margaux Sieracki 20-05-18			
5000m		à établir	16'45''83 Latifa Amghough 24-06-07	16'09''04 Maryline Pellen 11-06-10	19'52''03 Corinne Dorny 13-06-15
10000m			à établir	36'05''36 Ludivine Lacroix 27-04-16	42'01''46 Corinne Dorny 04-08-15
Marathon			à établir	2h19'47'' Sarah Chepchirchir 26-02-17	2h50'55'' Tatiana Bultot 21-10-07
100m haies	14''03 (+0.2) Camille Wallet 05-07-15	13''71 (+1.2) Siliane Vancauwemberghe 05-07-15	13''81 (-1.6) Camille Orlik 07-07-13	13''81 (-1.6) Camille Orlik 07-07-13	17''56 (-0.7) Djamila Louza 04-09-07
400m haies	64''81	61''81	61''81	55''84	1'08''26

	Isahora Bissingou 25-05-16	Stéphanie Carbonnelle 09-07-17	Stéphanie Carbonnelle 09-07-17	Phara Anacharsis 07-06-16	Djamila Louza 18-05-08
2000m steeple	6'56"69 Margaux Sieracki 11-06-16				
3000m steeple		11'18''47 Myrial Debab 23-06-10	10'14''74 Louise Ghesquière 31-05-08	10'02''50 Gwendoline Despres 03-08-07	à établir
Longueur	5m77 (i) Alexia Martin 15-02-09	5m87 (+0.0) Maelle Pottier 28-07-13	5m90 (i) Margaut Helsens 14-01-16	5m96 (i) Marie Guerdin 14-01-07	4m61(i) Djamila Louza 20-03-08
Triple saut	12m18 (+2.0) Margot Helsens 20-07-13	13m03 (+1.7) Christophele Ouatarra 20-07-13	13m03 (+1.7) Christophele Ouatarra 20-07-13	13m23 (+1.3) Mathilde Boateng 26-06-16	à établir
Hauteur	1m80 Rhizlane Siba 30-03-13	1m80 Rhizlane Siba 30-03-13 12-08-14	1m80 Rhizlane Siba 30-03-13 12-08-14 Nawal Meniker 21-01-17 06-06-17	1m81 Nelly Sebastien 13-06-08	1m55 Djamila Louza 17-03-08
Perche	4m13 Alix Dehaynain 11-10-14	4m20 Alix Dehaynain 24-05-15	4m20 Alix Dehaynain 24-05-15	4m70 Vanessa Boslak 28-08-07	à établir
Poids	14m19 Julia Mathieu 09-03-19	12m92 Vanessa Sterckendries 31-05-14	13m31 Feryma Sangare 17-02-07	13m73 Marine Sacco 04-05-14	11m12 Jenny Meyer Klein 27-05-12
Javelot	43m07 (500 g) Kathleen Neiryck 22-07-18	47m31 Camille Bouffart 25-02-18	51m00 Sandrine Mezen 30-05-15	51m00 Sandrine Mezen 30-05-15	25m84 Djamila Louza 05-09-07
Disque	30m00 Cindy Querin 06-05-07	48m87 Anne Pheulpin 12-05-18	51m70 Maelle Philippe 02-03-19	51m64 Maelle Philippe 27-05-18	29m60 Marie-Jo Leroy 20-03-08 Carine Joye 02-09-2017
Marteau	59m21 (3 kg) Suzie Hosaert 29-06-14	61m57 Vanessa Sterckendries 11-10-14	65m46 Vanessa Sterckendries 11-06-16	67m49 Vanessa Sterckendries 09-03-19	49m93 Jenny Meyer Klein 04-07-15
Heptathlon	4491 pts Maelle Pottier 02-07-12	4979 pts Marine Sacco 07-07-07	5408 pts Julie Delevallée 07-07-07	5408 pts Julie Delevallée 07-07-07	3717 pts Djamila Louza 05-09-07
4 x 100m	48''77 Dehaynain-Montagne-Helsens-Dreumont 16-06-13	47''41 Ifoeyenga-Charlot-Wallet-Debels 18-06-17	47''41 Ifoeyenga-Charlot-Wallet-Debels 18-06-17	45''61 Jouberton-Louami-Banti-Saint-Marc 31-05-14	à établir

4 x 200m	1'51"41 Lejeune-Sevrin- Spanhove- Warocquier 07-10-18	1'47"92 Lejeune- Spanhove-Charlot- Debels 24-09-17	1'47"80 Delecluse- Delrue- Rousseaux- Mazure 10-06-15	1'47"80 Delecluse- Delrue- Rousseaux- Mazure 10-06-15	
4 x 400m		4'23"11 Duterte-Melin- Bertaux- Lemarechal 20-05-18	4'23"11 Duterte-Melin- Bertaux- Lemarechal 20-05-18	3'42"67 Chantraine- Anacharsis- Carbonnelle- Mathias 21-05-17	à établir
4 x 800m				9'36"89 Belval-Vidal- Vantghem- Puel 17-06-07	
4 x 1000m	12'14"87 Taoufik- Dreumont- D'Haze- Duponcheel 13-10-12				
4 x 1500m					
5000m marche	24'31"38 Olga Niedzialek 07-06-14				
10 000 marche		à établir			
20 km marche			1h49'52"'' Heidi Bouchery 08-04-07	1h30'40" Paulina Buziak 20-04-13	1h58"39 Michèle Loubry 13-07-08