

RECORDS DU LMA MASCULINS
EN SALLE

	Cadet	Junior M	Espoir M	Senior M	Master
60m	6''95 Florent Szezesny 25-01-09	6''82 Florent Szezesny 27-02-11	6''72 Martial MBandjock 24-02-07	6''61 Martial MBandjock 05-03-11	7''18 Kouami Justin Ayassou 12-02-11
200m	22''47 Loïc Herkenrath 06-02-11 Mehdi Nait Abdelaziz 08-01-17	22''27 Mehdi Nait Abdelaziz 28-01-18	21''65 Martial MBandjock 27-01-07	20''82 Stuart Dutamby 17-02-19	23''70 Pierre-Philippe Rome 16-03-19
400m	50''44 Toufik Benouja 28-01-18	48''45 Manu-Georges NGuenyang 18-03-12	48''45 Manu-Georges NGuenyang 18-03-12	47''54 Fode Sissoko 26-01-19	54''26 Hary Bourguignon 06-02-11
800m	1'58''34 Octave Dusart 11-02-17	1'53''53 Alexis Regent 20-01-18	1'49''01 Moad Zahafi 03-02-18	1'49''01 Moad Zahafi 03-02-18	2'07''01 David Dambry 12-02-12
1500m	4'16"41 Thomas Ernst 23-01-16	3'57''33 Massinissa Talbi 10-02-19	3'57''33 Massinissa Talbi 10-02-19	3'34''71 Mehdi Baala 15-02-09	4'37''97 David Dambry 01-02-14
3000m		8'57''23 Thomas Wadoux 03-02-19	7'59''94 Simon Denissel 18-02-12	7'47''16 Simon Denissel 10-02-13	8'49"37 Irba Lakhel 10-02-18
60m haies	8''03 Loïc Herkenrath 13-03-11	7''93 Timmy Ruffacq 08-02-15	7''89 Loïc Herkenrath 24-01-15	7''82 Quentin Ruffacq 15-02-14	10''29 Daniel Clauss 13-01-13
Longueur	7m25 Florent Szezesny 12-11-08	7m75 Florent Szezesny 12-01-11	7m75 Florent Szezesny 12-01-11	8m23 Kafetien Gomis 28-02-16	5m94 Christian Vandaele 08-03-15
Triple saut	14m12 Mathieu Kabwakantanda Tshani 01-02-14	14m81 Mathieu Kabwakantanda Tshani 30-01-16	15m32 Leopold Kapata 07-02-13	15m74 Ali Bouguesba 05-02-17	à établir
Hauteur	2m14 Mohammed-Ali Banlahbib 27-01-18	2m14 Mohammed-Ali Banlahbib 27-01-18	2m14 Mohammed-Ali Banlahbib 27-01-18	2m21 Mathias Cianci 30-12-09	1m81 Christian Vandaele 09-02-13
Perche	4m90 Jorg Vanlierde 06-02-16	5m00 Jorg Vanlierde 29-01-17	5m00 Jorg Vanlierde 29-01-17	5m20 Nicolas Morent 21-02-09 Emile Denecker 09-02-19	4m40 Nicolas Morent 16-03-19
Poids	16m91 (5kg) Alexis Lepeuple 11-02-17	17m40 (6kg) Anthony Lepeuple 11-02-17	15m82 Yanis Tournier 01-02-18	20m39 Gaetan Bucki 04-03-11	15m32 Eric Lepeuple 18-02-12
Epreuves	5502 pts	5421 pts	5886 pts	6115 pts	à établir

Combinées	Jorg Vanlierde 06-02-16	Jean-Baptiste Nutte 04-02-17	Gael Querin 08-03-09 Mateo Sossah 13-03-10	Gael Querin 08-03-15	
5 000m marche	23'30''19 Yanis Souaber 26-01-13	21'31''60 Yanis Souaber 23-02-14	20'50''80 Damien Molmy 21-02-09	20'50''80 Damien Molmy 21-02-09	24'08''54 Pascal Chirat 04-02-07
4 x 200m	1'35''98 Diatta - Nguenyang - Mombanga - Herkenrath 31-01-10				1'38''09 Kouami Justin Ayassou - Hary Bourguignon - Pierre-Philippe Rome - Evariste Sagna 10-02-2018

RECORDS DU LMA MASCULINS – PLEIN AIR

	Cadet	Junior	Espoir	Senior	Vétéran
100m	10''74 (+1.7) Mehdi Nait Abdelaziz 23-05-17	10''43 (+1.7) Stuart Dutamby 07-06-13	10''12 (+1.9) Stuart Dutamby 25-06-16	10''12 (+1.9) Stuart Dutamby 25-06-16	11''13 (+0.0) Kouami Justin Ayassou 05-06-10
200m	21''86 (-0.1) Mehdi Nait Abdelaziz 28-05-17	21''66 (+1.1) Mehdi Nait Abdelaziz 04-07-18	20''52 (+1.8) Fode Sissoko 14-07-18	20''41 (+0.0) Stuart Dutamby 09-06-18	23''22 (+0.8) Kouami Justin Ayassou 06-06-10
400m	49''69 Manu-Georges Nguenyang 15-07-11	48''92 Manu-Georges Nguenyang 27-06-12	46''28 Fode Sissoko 30-06-18	46''28 Fode Sissoko 30-06-18	54''08 Hary Bourguignon 29-06-11
800m	1'53''67 Mehdi Hamlili 25-06-11	1'50''62 Alexis Regent 14-07-18	1'46''38 Moad Zahafi 28-07-18	1'46''38 Moad Zahafi 28-07-18	2'05''65 David Dambry 27-05-12
1500m	3'59''27 Morgan Flinois 17-06-09	3'52''90 Jeremie Thery 08-06-07	3'39''51 Simon Denissel 20-05-12	3'30''96 Mehdi Baala 28-07-09	4'34''30 David Dambry 16-05-15
3000m	8'52''66 Morgan Flinois 02-07-08				
5000m		15'45''14 Toufik Ouaslama 14-06-08	13'43''99 Simon Denissel 09-06-12	13'43''99 Simon Denissel 09-06-12	15'14''17 Abdelghani Mesbah 03-05-09
10000m		à établir	35'22''06 Quentin Delbeke 25-06-11	29'04''30 Djamel Bachiri 25-06-11	34'13''24 Mounir Belmahdi 25-09-11
Marathon			2h49'42" Kengo Torigoe 12-04-15	2h07'30'' Patrick Tambwe Ngole 12-01-12	2h28'19'' Vladimir Tontchinski 06-04-14
110m haies	13''93 (-0.7) Loïc Herkenrath 31-05-11	14''11 (+0.9) Loïc Herkenrath 20-07-13	13''81 (+0.9) Loïc Herkenrath 05-06-16	13''69(+0.9) Loïc Herkenrath 24-06-17	17''68 (-1.3) Christian Vandaele

					10-05-15
400m haies	52''86 Toufik Benouja 22-07-18	53''37 Jérémy Azzolini 22-06-08	52''65 Jérémy Azzolini 05-06-10	49''04 Michael Bultheel 26-07-15	59''32 Daniel Clauss 13-06-09
2000m steeple	6'08''84 Sofiane Achab 15-07-11				
3000m steeple		9'29''95 Jérémy Carrier 23-06-10	9'13''55 Jérémy Carrier 06-05-12	8'26''13 Irba Lakhali 31-05-08	09'18''90 Irba Lakhali 24-05-15
Longueur	7m42 (-0.3) Florent Szezesny 09-12-09	7m75 (+0.8) Florent Szezesny 03-07-11	7m75 (+0.8) Florent Szezesny 03-07-11	8m26 (+0.4) Kafetien Gomis 20-06-15	6m00 (+1.0) Christian Vandaele 08-06-13
Triple saut	14m19 (+0.0) Mathieu Tshani Kabwakantanda 18-05-14	14m81 (i) Mathieu Tshani Kabwakantanda 30-01-16	15m41 (+1.9) Mathieu Tshani Kabwakantanda 07-07-18	15m74 (i) Ali bouguesba 05-02-17	11m63 (+0.0) Christian Vandaele 24-05-15
Hauteur	2m14 Mohammed-Ali Banlahbib 27-01-18	2m14 Mohammed-Ali Banlahbib 27-01-18	2m14 Mohammed-Ali Banlahbib 27-01-18	2m26 Mathias Cianci 03-07-11	1m81 Christian Vandaele 01-06-13
Perche	4m90 Jorg Vanlierde 06-02-16	5m00 Jorg Vanlierde 29-01-17 08-07-18	5m00 Jorg Vanlierde 29-01-17 08-07-18	5m20 Nicolas Morent 21-02-09 Emile Denecker 09-02-19	4m40 Nicolas Morent 16-03-19
Poids	17m57 (5kg) Alexis Lepeuple 07-10-17	17m40 (6kg) Anthony Lepeuple 11-02-17	16m44 Yanis Tournier 27-05-17	20m39 Gaetan Bucki 04-03-11	15m32 Eric Lepeuple 18-02-12
Javelot	74m48 (0.7 kg) Jarne Duchateau 20-07-13	74m21 Jarne Duchateau 11-10-14	75m49 Jarne Duchateau 07-10-17	75m49 Jarne Duchateau 07-10-17	50m84 Stephane Delvaux 08-10-16
Disque	48m49 (1.5 kg) Alexy Lepeuple 19-06-16	49m85 (1.75 kg) Yannis Tournier 24-06-16	61m09 Philip Milanov 09-02-13	67m26 Philip Milanov 06-05-16	40m82 Sebastien Poty 17-06-11
Marteau	73m63 (5 kg) Farid Debab 11-05-08	65m89 (6 kg) Farid Debab 26-10-08	61m50 Farid Debab 09-03-13	65m05 Sebastien Wibaut 17-10-10	49m74 Jean-Bernard Cornil 04-05-08
Epreuves Combinées	7311 pts Jorg Vanlierde 17-07-16	7516 pts Mateo Sossah 20-07-07	8044 pts Mateo Sossah 11-06-09	8194 pts Gael Querin 13-08-14	5143 pts Christian Vandaele 01-06-13
4 x 100m	43''70 Diatta- Herkenrath- Nguenyang- Asselin 27-06-10	41''74 Moussiti Oko- Nguenyang- Herkenrath- Dutamby 16-06-13	41''07 Gusto- Dutamby- Herkenrath- Mombanga 24-05-15	40''90 Nait Abdelaziz- Sery- Herkenrath- Dutamby 21-05-17	45''75 Ayassou- Bourguignon- Rome-Sagna 13-05-17
4 x 200m		1'29"38	1'29"38	1'28''61	1'35"07

		Vandaele-Nait Abdelaziz- Flamand- Prevost 15-10-17	Vandaele-Nait Abdelaziz- Flamand- Prevost 15-10-17	Pinto- Mombanga- Napoleon- Mbulu Ntoto 02-07-14	Bourguignon- Rome-Ayassou- Sagna 29-06-16
4 x 400m		3'44"43 Debruyne- Bourahla- Looten- Plancke 05-10-14	3'20''19 Canitrot- Querin- Zonnenberg- Verbrugghe 26-10-08	3'12''90 Luvumbu- Querin- Verbrugghe- Boudjemaa 19-05-13	4'01"14 Ayassou- Bourguignon- Sagna-Clauss 17-06-18
4 x 800m				7'31''36 Boudjemaa- Larchaud- Verbrugghe- Baala 14-10-12	
4 x 1000m	10'23''60 Dusart-D'Hem- Ernst-Bague 08-10-16				
4 x 1500m				à établir	
5 000 marche	22'35''52 Yanis Souaber 22-06-13				
10 000 m marche	à établir	46'44''93 Amaury Lamiaux 20-07-14			
20 km marche			1h26'05'' Damien Molmy 05-04-09	1h22'01'' Rafal Fadaczynski 14-06-13	1h53'53'' Jose Dusautoir 22-07-07
50 km marche			5h03'29'' Benjamin Leaute 28-10-07	5h03'29'' Benjamin Leaute 28-10-07	5h29'15'' Rene De Souza 25-10-09