

## 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	<b>11''70 (+0.4)</b> <b>Leisly Regulier</b> <b>29-06-19</b>	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
100m haies	<b>13''46 (+1.6)</b> <b>Yanla Ndjip-</b> <b>Nyemeck</b> <b>06-07-19</b>	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 Isahora Bissingou 25-05-16	61''81 Stéphanie Carbonnelle 09-07-17	61''81 Stéphanie Carbonnelle 09-07-17	55''84 Phara Anacharsis 07-06-16	1'08''26 Djamila Louza 18-05-08
2000m steeple	6'56''69 Margaux Sieracki 11-06-16				
3000m steeple		11'18''47 Myriam 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	13m03 (+1.7) Christophele	13m03 (+1.7) Christophele	13m23 (+1.3) Mathilde	à établir

	20-07-13	Ouatara 20-07-13	Ouatara 20-07-13	Boateng 26-06-16	
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 <b>28-07-19</b>	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	<b>4m30</b> <b>Alix</b> <b>Dehaynain</b> <b>30-06-19</b>	4m70 Vanessa Boslak 28-08-07	à établir
Poids	<b>14m19</b> <b>Julia Mathieu</b> <b>09-03-19</b>	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	<b>51m28</b> <b>Camille</b> <b>Bouffart</b> <b>26-07-19</b>	<b>51m28</b> <b>Camille</b> <b>Bouffart</b> <b>26-07-19</b>	25m84 Djamila Louza 05-09-07
Disque	30m00 Cindy Querin 06-05-07	48m87 Anne Pheulpin 12-05-18	<b>54m91</b> <b>Maelle</b> <b>Philippe</b> <b>16-06-19</b>	<b>54m91</b> <b>Maelle</b> <b>Philippe</b> <b>16-06-19</b>	<b>42m41</b> <b>Christelle</b> <b>Bornil</b> <b>12-10-2019</b>
Marteau	59m21 (3 kg) Suzie Hosaert 29-06-14	61m57 Vanessa Sterckendries 11-10-14	65m46 Vanessa Sterckendries 11-06-16	<b>67m49</b> <b>Vanessa</b> <b>Sterckendries</b> <b>09-03-19</b>	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					
Relai Medley Sprint			<b>2'35''29</b> <b>Exposito- Lejeune- Sevrin- Lemaréchal</b> <b>22-09-19</b>	<b>2'35''29</b> <b>Exposito- Lejeune- Sevrin- Lemaréchal</b> <b>22-09-19</b>	
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
10 km route	45'42" Pauline Delfolie 24-08-08	40'29" Sarah Bichri 13-04-09	35'37" Ghesquière Louise 18-10-09	32'44" Sarah Chepchirchir 30-08-15	35'21" Tatiana Bultot 29-10-06
Semi-marathon			1h47'35" Romy Zuliani 21-06-15	1h09'40" Sarah Chepchirchir 02-03-14	1h21'07" Tatiana Bultot 16-09-07
Marathon			à établir	2h19'47'' Sarah Chepchirchir 26-02-17	2h50'55'' Tatiana Bultot 21-10-07
Ekiden				2h31'16" Ghesquière- Dahmani- Abaidia- Martins- Devillers- Amghough 05-10-08	