

## 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	1'45''07 Pierre- Ambroise Bosse 24-08-19	2'05''65 David Dambry 27-05-12
1500m	3'59''27 Morgan Flinois 17-06-09	<b>3'47''52</b> <b>Louis</b> <b>Vandermessen</b> <b>06-09-20</b>	3'39''51 Simon Denissel 20-05-12	3'30''96 Mehdi Baala 28-07-09	<b>4'10''23</b> <b>Karim Souanef</b> <b>22-08-20</b>
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
110m haies	13''93 (-0.7) Loïc Herkenrath 31-05-11	13''87 (-0.4) Nolan Vancauwemberghe 01-05-19	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 Lakhal 31-05-08	09'18''90 Irba Lakhal 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	14m81 (i) Mathieu Tshani	15m41 (+1.9) Mathieu Tshani	<b>16m28 (i)</b> <b>Adil Gandou</b>	11m63 (+0.0) Christian

	Kabwakantanda 18-05-14	Kabwakantanda 30-01-16	Kabwakantanda 07-07-18	<b>01-03-20</b>	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	<b>71m02</b> <b>Lucas Leroy</b> <b>01-02-20</b>
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	65m25 Maxime Peruzzo 06-04-19	65m25 Maxime Peruzzo 06-04-19	<b>56m80</b> <b>Sebastien</b> <b>Wibaut</b> <b>05-09-20</b>
Epreuves Combinées	7311 pts Jorg Vanlierde 17-07-16	7516 pts Mateo Sossah 20-07-07	8044 pts Mateo Sossah 11-06-09	8205 pts Basile Rolnin 30-06-19	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 Vandaele-Nait Abdelaziz- Flamand-Prevost 15-10-17	1'29"38 Vandaele-Nait Abdelaziz- Flamand- Prevost 15-10-17	1'28''61 Pinto- Mombanga- Napoleon- Mbulu Ntoto 02-07-14	1'35"07 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	3'51"64 Bourguignon- Bogaert-Rome- Clauss 16-06-19
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	
Relai Medley Sprint				2'11"39 Laporal-Lach- Opigez- Domergue 22-09-19	
5 000 marche	22'03''26 Florian Masse 19-05-19				
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
10 km route	33'55" Octave Dusart 02-04-17	33'12" Marc Fernandes 13-04-14	30'11" Simon Denissel 14-10-12	28'28" Paul Melly 05-11-17	29'08" Paul Melly 03-11-19
Semi-marathon		1h16'44" Octave Dusart 15-09-19	1h12'28" Jeremy Carrier 16-03-14	1h01'13" Dieudonne Disi 18-10-09	1h05'42" Djamel Bachiri 12-03-17
Marathon		2h53'07" Octave Dusart 28-10-19	2h49'42" Kengo Torigoe 12-04-15	2h07'30'' Patrick Tambwe Ngole 12-01-12	2h28'19'' Vladimir Tontchinski 06-04-14
Ekiden				2h09'53" Mesbah- Bachiri- Baudson- Kalombo- Oukaid-Lakhal 07-10-07	