

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''34 <b>Cyrena Samba-Mayela</b> 12-02-22	7''28 Carima Louami 29-02-12	7''74 <b>Emilie Jouberton</b> 29-01-22
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	25''27 <b>Emilie Jouberton</b> 26-02-22
400m	59"11 Caroline Vanhamme 18-01-20	59"11 Caroline Vanhamme 18-01-20	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	2'09''97 <b>Lisa Pelletier</b> 17-02-22	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	11'00"44 <b>Zoe Vermessen</b> 23-01-22	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	7''78 <b>Cyrena Samba-Mayela</b> 19-03-22	7''78 <b>Cyrena Samba-Mayela</b> 19-03-22	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	6m18 Guillaume Ilionis 19-12-21	4m61 Djamila Louza 20-03-08
Triple saut	11m40 Wilhelmina Lobe Bejedi 02-02-20	12m94 Christophele Ouattara 17-03-13	12m94 Christophele Ouattara 17-03-13	13m44 <b>Guillaume Ilionis</b> 12-12-22	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 <b>Guillaume Ilionis</b> 23-01-22	1m55 Djamila Louza 17-03-08
Perche	3m74 <b>Violette Moulin</b> 05-02-2022	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	12m85	13m31	13m31	11m32

	Julia Mathieu 09-03-19	Vanessa Sterckendries 09-02-14	Feryma Sangare 17-02-07	Feryma Sangare 17-02-07	<b>Jenny Meyer Klein</b> <b>13-01-2022</b>
Epreuves Combinées	3387 pts Caroline Vanhamme 02-02-20	3685 pts Yezza Zkirim 02-03-08	3860 pts Marine Sacco 27-02-09	4095 pts Thelia Ruster 16-01-21	3405 pts Djamila Louza 01-03-08
3 000m marche	19'29''4 Pauline Delbarre 07-01-07	15'53"20 Mathilde Adler 01-02-20	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				