

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''62 (+1.1) Maryam Oulare 19-06-21	11''56 (+1.1) Maryam Oulare 31-07-22	11''28 (+1.4) Carima Louami 29-07-11	12''06 (+1.7) Emilie Jouberton 14-08-21
200m	24''48 (+0.8) Maryam Oulare 21-07-18	23''85 (+1.2) Maryam Oulare 19-06-21	23''35 (+1.9) Maryam Oulare 10-07-22	23''48 (+1.4) Carima Louami 18-05-08	25''06 (-0.3) Emilie Jouberton 21-08-21
400m	59''07 Caroline Vanhamme 15-08-20	57''77 Marie Gallais 29-05-14	51''96 Floria Guei 05-07-12	51''30 Floria Guei 07-09-14	54''22 Phara Anacharsis 05-06-21
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	18'37''89 Judith Gaston 23-06-21
10000m			à établir	36'05''36 Ludivine Lacroix 27-04-16	42'01''46 Corinne Dorny 04-08-15
100m haies	13''46 (+1.6) Yanla Ndjip-Nyemeck 06-07-19	13''71 (+1.2) Siliane Vancauwemberghe 05-07-15	12''73 (+1.5) Cyrena Samba-Mayela 12-09-20	12''73 (+1.5) Cyrena Samba-Mayela 12-09-20	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	59''94 Mathilde Coquillaud-Salomon 04-07-21	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	6m18 (i) Ilionis Guillaume 19-12-21	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	13m64 (+1.6) Ilionis Guillaume 08-05-21	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 28-07-19	1m85 Nawal Meniker 11-06-22	1m55 Djamila Louza 17-03-08
Perche	4m13 Alix Dehaynain 11-10-14	4m20 Alix Dehaynain 24-05-15	4m30 Alix Dehaynain 30-06-19	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	14m45 Jessica Cerival 22-05-22
Javelot	45m50 Luna Pedemonte 11-11-22	47m31 Camille Bouffart 25-02-18	51m28 Camille Bouffart 26-07-19	51m28 Camille Bouffart 26-07-19	25m84 Djamila Louza 05-09-07
Disque	36m75 Margot Veron 04-10-20	48m87 Anne Pheulpin 12-05-18	54m91 Maelle Philippe 16-06-19	54m91 Maelle Philippe 16-06-19	42m41 Christelle Bornil 12-10-2019
Marteau	59m21 (3 kg) Suzie Hosaert 29-06-14	61m57 Vanessa Sterckendries 11-10-14	65m46 Vanessa Sterckendries 11-06-16	69m91 Vanessa Sterckendries 23-08-20	49m93 Jenny Meyer Klein 04-07-15
Heptathlon	4651 pts Caroline Vanhamme 29-08-20	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"43 Lejeune-Penet- Vanhamme- Dewames 03-10-21	1'46"61 Marie Lejeune-Sarah Dewames- Caroline Vanhamme-	

				Laura Firinga 03-10-22	
4 x 400m		4'23"11 Duterte-Melin- Bertaux- Lemarechal 20-05-18	4'22"56 Line Raoul- Pauline Bertaux- Marion Lambert- Najoua Mandour 08-05-22	3'42"67 Chantraine- Anacharsis- Carbonnelle- Mathias 21-05-17	à établir
4 x 800m				9'36"89 Belval-Vidal- Vantighem- Puel 17-06-07	
4 x 1000m	12'14"87 Taoufik- Dreumont- D'Haze- Duponcheel 13-10-12				
4 x 1500m					
Relai Medley Sprint			2'35"29 Exposito- Lejeune-Sevrin- Lemaréchal 22-09-19	2'35"29 Exposito- Lejeune-Sevrin- Lemaréchal 22-09-19	
5000m marche	24'31"38 Olga Niedzialek 07-06-14		28'17"98 Mathilde Adler 30-05-21		
10 000 marche		57'04"8 Mathilde Adler 04-10-20	55'50"55 Mathilde Adler 12-06-22		
20 km marche			1h49'52"'' Heidi Bouchery 08-04-07	1h30'40" Paulina Buziak 20-04-13	1h51"44 Mylene Ortiz 07-11-21
10 km route	45'42" Pauline Delfolie 24-08-08	36'37" Mikaela Zerdouk 14-07-22	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	1h20'09" Myriam Noel 18-09-22
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	
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