

## RUSTA : records club INDOOR - māj 15.03.2020

| Seniors Hommes |                         |          |       | Seniors Dames |                  |          |       |
|----------------|-------------------------|----------|-------|---------------|------------------|----------|-------|
| Epreuve        | Nom Prénom              | Résultat | Année | Epreuve       | Nom Prénom       | Résultat | Année |
| 60m            | DELZENNE David          | 6"94     | 2006  | 60m           | DENIS Valérie    | 7"55     |       |
| 200m           | CALLENS Emmanuel        | 21"80    | 1997  | 200m          | DENIS Valérie    | 24"68    |       |
| 300m           | OUABI Abdelhak          | 36"49    | 2019  | 300m          | QUINTIN Marie    | 43"62    | 2011  |
| 400m           | CALLENS Emmanuel        | 49"43    |       | 400m          | CHAUVIN Camille  | 59"81    | 2018  |
| 800m           | RAMAECKERS Xavier       | 1'56"89  | 1999  | 800m          | CHAUVIN Camille  | 2'19"86  | 2019  |
| 1000m          | GETS Florent            | 2'47"85  | 2011  | 1000m         | NOULLET Annelise | 3'19"46  | 2007  |
| 1500m          | DUBOIS Pascal           | 3'52"30  |       | 1500m         | FIEVEZ Catherine | 5'07"54  | 2008  |
| 3000m          | DENAYS Pierre           | 8'27"95  | 2014  | Mile          | NOULLET Annelise | 5'47"94  | 2008  |
| Miles          | RUSCART Benoît          | 4'32"80  | 2014  | 60H           | CHAUVIN Camille  | 9"20     | 2019  |
| 60H            | D'HEYGERE Jerome        | 8"68     | 2010  | 4x200m        | PIEROUX - BURTON | 1'47"95  | 2008  |
| 4x200m         | CALLENS E - FENAUX L    | 1'32"15  | 2004  |               | LIEBENS - LAUS   |          |       |
|                | DELZENNE D - LEFEBVRE S |          |       |               |                  |          |       |
| Hauteur        | CAMPENER Corentin       | 2m01     | 2010  | Hauteur       | LEPOUTERE Margot | 1m70     | 2018  |
| Longueur       | CAMPENER Corentin       | 7m08     | 2010  | Longueur      | HENNART Sandrine | 6m27     |       |
| Triple saut    | D'HEYGERE Jerome        | 13m18    | 2012  | Triple saut   | QUINTIN Marie    | 10m22    | 2012  |
| Perche         | DEWASME Guy             | 4m70     |       | Perche        | DARINI Léa       | 2m68     | 2020  |
| Poids          | GETS Florent            | 13m18    | 2012  | Poids         | QUINTIN Marie    | 8m97     | 2013  |
| Triathlon      | GETS Florent            | 1880pts  | 2013  | Pentathlon    | QUINTIN Marie    | 3023pts  | 2013  |
| Heptathlon     | GETS Florent            | 4840pts  | 2011  |               |                  |          |       |

## RUSTA : records club OUTDOOR - māj 20.11.2020

| Seniors Hommes          |                           |           |      | Seniors Dames |                          |          |      |
|-------------------------|---------------------------|-----------|------|---------------|--------------------------|----------|------|
| Epreuve                 | Nom Prénom                | Résultat  | Date | Epreuve       | Nom Prénom               | Résultat | Date |
| 100m                    | LEFEBVRE Sylvain          | 10"78     | 2006 | 100m          | DENIS Valérie            | 11"83    | 1990 |
| 200m                    | CALLENS Emmanuel          | 21"6      |      | 200m          | DENIS Valérie            | 24"32    | 1990 |
| 300m                    | CALLENS Emmanuel          | 34"5      |      | 300m          | CHAUVIN Camille          | 42"06    | 2018 |
| 400m                    | SERVAIS Eric              | 49"0      |      | 400m          | DENIS Valérie            | 57"18    | 1990 |
| 800m                    | DUBOIS Pascal             | 1'51"6    |      | 800m          | SIERACKI Margaux         | 2'19"86  | 2019 |
| 1000m                   | DUBOIS Pascal             | 2'25"58   |      | 1000m         | NOULLET Annelise         | 3'22"31  | 2009 |
| 1 mile                  | RAVEZ Jean-Jacques        | 4'16"3    |      | 1 mile        | PARENT Sabine            | 5'03"14  |      |
| 1500m                   | RAVEZ Jean-Jacques        | 3'47"00   |      | 2 miles       | HERNOULD Deborah         | 13'28"72 | 2007 |
| 2000m                   | RAVEZ Jean-Jacques        | 5'27"6    |      | 1500m         | PARENT Sabine            | 4'45"36  |      |
| 3000m                   | DENAYS Pierre             | 8'16"14   | 2014 | 2000m         | HELIN Ophélie            | 6'51"58  | 2008 |
| 5000m                   | DENAYS Pierre             | 14'08"61  | 2016 | 3000m         | PARENT Sabine            | 10'01"16 |      |
| 10000m                  | DENAYS Pierre             | 30'02"11  | 2017 | 5000m         | PARENT Sabine            | 17'06"60 |      |
| 20km                    | DEBAISIEUX Jean-Luc       | 1h07'43   | 1978 | 100H          | BERNIER Carine           | 15"2     |      |
| 30km                    | DAYE Jean-Robert          | 1h58'50"  |      |               | CHAUVIN Camille          | 15"28    | 2019 |
| Heure                   | DEBAISIEUX Jean-Luc       | 18km333   |      | 400H          | QUINTIN Marie            | 1'02"54  | 2013 |
| Semi-marathon           | DENAYS Pierre             | 1h03"51   | 2020 | 4x100m        | DENIS V - TORDOIR B      | 48"41    |      |
| Marathon                | DEBAISIEUX Jean-Luc       | 2h20'28"  |      |               | DUBRUNFAUT M - HENNART S |          |      |
| 110H                    | DEHAENE Patrick           | 15"2      |      | 4x200m        | QUINTIN M - CARBONELLE P | 1'47"01  |      |
|                         | CAMPENER Corentin         | 15"49     | 2010 |               | LAUS C - DE PAOLI F      |          |      |
| 200H                    | FONTAINE Marc             | 24"5 TM   |      | 4x400m        | BERNARD I - DUVIVIER     | 4'11"15  |      |
| 400H                    | TORDOIR Xavier            | 53"5      |      |               | DETOURNAY - RICHEZ       |          |      |
| 3000m St.               | POTVIN Vincent            | 9'03"87   |      | 4x800m        | PARENT S - VANDEMAELE P  | 9'55"03  |      |
| 4x100m                  | CALLENS E - FENAUX L      | 42"16     | 2006 |               | BERNARD I - PARENT N     |          |      |
|                         | DELZENNE D - LEFBVRE S    |           |      | Hauteur       | DELCEUILLERIE Stéphanie  | 1m70     |      |
| 4x200m                  | MONTIGNIE E - COCHEZ J-A  | 1'29"82   |      | Longueur      | HENNART Sandrine         | 6m47     |      |
|                         | BILLOUEZ V - STAELENS O   |           |      | Triple saut   | HENNART Sandrine         | 12m17    |      |
| 4x400m                  | PLATEAU J-C - DUBOIS P    | 3'19"6    |      | Perche        | DESMONS Lily             | 1m80     | 2015 |
|                         | STAELENS O - SERVAIS E    |           |      | Poids         | QUINTIN Marie            | 9m50     | 2013 |
| 4x800m                  | HARNEQUAUX J - LAMANT J-L | 7'48"0 TM | 1975 | Disque        | SCHLIKKER Micheline      | 36m46    |      |
|                         | PLATEAU J-C - RAVEZ J-J   |           |      | Javelot       | SCHLIKKER Micheline      | 37m22    |      |
| 4x1500m                 | DEBAISIEUX J-L - THERY P  | 16'36"2   |      | Marteau       | VANNESTE Virginie        | 16m48    | 2008 |
|                         | MARCHETTI B - RAVEZ J-J   |           |      | Heptathlon    | BERNIER Carine           | 4122pts  |      |
| Hauteur                 | BACHORZ Bernard           | 2m18      | 1983 |               |                          |          |      |
| Longueur                | CAMPENER Corentin         | 7m49      | 2010 |               |                          |          |      |
| Triple saut             | HAUTEM Gery               | 14m58     |      |               |                          |          |      |
| Perche                  | DEWASME Guy               | 5m00      | 1995 |               |                          |          |      |
| Poids                   | GETS Florent              | 13m74     | 2012 |               |                          |          |      |
| Disque                  | FONTAINE Marc             | 46m22     |      |               |                          |          |      |
| Javelot                 | GETS Florent              | 57m80     | 2012 |               |                          |          |      |
| Marteau                 | OPSOMER Francis           | 38m16     |      |               |                          |          |      |
| Marteau lourd (15Kg880) | DUTHOO Antoine            | 7m05      | 2020 |               |                          |          |      |
| Triathlon               | GETS Florent              | 1931pts   | 2013 |               |                          |          |      |
| Pentathlon              | FONTAINE Marc             | 3480pts   |      |               |                          |          |      |
| Pentalancers            | DUTHOO Antoine            | 1618pts   | 2020 |               |                          |          |      |
| Décathlon               | GETS Florent              | 6966pts   | 2012 |               |                          |          |      |