



RECORDS LBFA ESPOIRS INDOOR

HOMMES:

60	6.68	FERRO Anthony	CSF	2002
	6.68	VANDEBEMDEN Robin	SER	2014
200	21.09	FERRO Anthony	CSF	2001
300	34.74	FROIDMONT Arnaud	UAC	2011
400	47.92	GHISLAIN Arnaud	RESC	2009
800	1.46.40	CRESTAN Elliott	SMAC	2021
1000	2.28.04	VAN DEN ABEELE Thibaut	CABW	2009
1500	3.42.43	MOUKRIME Tarik	RFCL	2014
Mile	4.08.25	VAN DEN ABEELE Thibaut	CABW	2009
3000	7.56.31	MOURHIT Hassan	OCAN	2004
60 Haies	7.67	NSENGA Jonathan	CSF	1995
Hauteur	2.28	CARMOY Thomas	CRAC	2021
Longueur	7.71	SAMPSON Yann	RFCL	2025
Triple saut	16.21	MAMBO Kedjeloba	CABW	1996
Perche	5.65	MESTRE Domitien	RFCL	1995
Poids	15.27	BORREY Roland	RCAS	1966
Heptathlon	5555 pts	NUTTE Jean-Baptiste	DS	2019
		60m: 7.20, Longueur: 7m14, Poids: 14m57, Hauteur: 1m99, 60m haies: 8.32, Perche 4m40, 1000m 2.56.02		

DAMES :

60	7.21	NKANSA Delphine	RESC	2023
200	23.42	FERAUGE Lucie	CABW	2020
300	37.69	BOLINGO MBONGO Cynthia	CABW	2014
400	54.90	BOLINGO MBONGO Cynthia	CABW	2015
800	2.05.42	MULS Camille	RESC	2020
1000	2.59.20	DEMEYER Virginie	RCB	2017
1500	4.10.33	VANDERELST Elise	MOHA	2020
Mile	5.26.00	TSHIASUMA Jessica	RESC	2016
3000	10.19.86	SIMON Gwennaëlle	MOHA	2012
5000	-			
60 Haies	8.01	NDJIP-NYEMECK Yanla	RESC	2023
Hauteur	1.94	DE LEEUW Sabrina	CSF	1994
	1.94	THIAM Nafissatou	RFCL	2014
Longueur	6.43	THIAM Nafissatou	RFCL	2016
Triple saut	13.28	OMBENI Rachel	CABW	2023
Perche	4.26	VISSERS Mélanie	ATC	2019
Poids	14.81	DE LEEUW Brigitte	RSCA	1978
Pentathlon	4696 pts	THIAM Nafissatou	RFCL	2015