Records Outdoor

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| ***BENJAMINES*** |

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| ***Epreuves*** | ***Nom*** | ***Performance*** | ***Lieu***  | ***Date*** |
| 60m | PARDOMS Emilie | 9''48 | Schaerbeek | 19/09/2009 |
| 600m | PARDOMS Emilie | 2'01''88 | Ninove | 25/07/2009 |
| 1000m | PARDOMS Emilie | 3'45''98 | Obourg | 21/06/2008 |
| Longueur | MOURY Marie-Emma | 3m73 | Mouscron | 29/09/2007 |
| Hauteur | PARDOMS Emilie | 1m18 | Ninove | 06/09/2009 |
| Poids | DUHENT Maité | 10m57 | Gaurain | 13/10/2001 |
| Hockey | FLEURY Alice | 24m81 | Audenarde | 04/07/2004 |
| Triathlon | DELEERSNYDER Alisson | 1249 pts | Schaerbeek | 19/09/2009 |
| Tétra  | PARDOMS Emilie | 1323 pts | Audenarde | 01/08/2009 |
| 4x60m | POZZA- DELEERSNYDERHASTIR - PARDOMS | 38''27 | Nivelles | 26/09/2009 |

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| ***PUPILLES DAMES*** |
| ***Epreuves*** | ***Nom*** | ***Performance*** | ***Lieu***  | ***Date*** |
|  60m | PARDOMS Emilie | 8''84 | Mouscron | 11/06/2011 |
| 60mH | PARDOMS Emilie | 12''69 | Vilvorde | 04/09/2010 |
| 1000m | FONTAINE Laura | 3'30''46 | La Louvière | 06/06/2015 |
| Marche 1km | DUHENT Maité | 8'20 | Sirault | 7/07/2002 |
| Longueur  | PARDOMS Emilie | 4m06 | Ath | 25/09/2011 |
| Hauteur | PARDOMS Emilie | 1m46 | Chatelineau | 21/06/2011 |
| Poids | DUHENT Maité | 9m10 | Forest | 1/06/2002 |
| Disque | SOUDAN Lauralee | 25m14 | Obourg | 07/10/2007 |
| Hockey | HASTIR Odile | 32m89 | Le Bizet | 08/05/2011 |
| Triathlon | GODDERIS Sabrina | 1012pts | Ninove | 1990 |
| Tétrathlon | PARDOMS Emilie | 2240 pts | Mouscron | 11/06/2011 |
|  4x60m | PARDOMS E - BOUTRY AHASTIR O - POZZA Z | 38''11 | Chatelineau | 26/06/2011 |

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| ***MINIMES DAMES*** |
| ***Epreuves*** | ***Nom*** | ***Performance*** | ***Lieu***  | ***Date*** |
| 80m | CAMILOTTO Laura | 10''56 | Nivelles | 27/09/2008 |
| 60mH | PARDOMS Emilie | 10''69 | Heusden | 20/07/2013 |
| 150m | PARDOMS Emilie | 19''89 | Gaurain | 30/06/2013 |
| 150m H | PARDOMS Emilie | 21’97 | Bruxelles | 06/10/2013 |
| 300m | PARDOMS Emilie | 43''25 | Le Bizet | 29/09/2013 |
| 1000m | PARDOMS Emilie | 3'25''58 | Schaerbeek | 15/09/2012 |
| Longueur | PARDOMS Emilie | 4m86 | Le Bizet | 29/09/2013 |
| Hauteur | PARDOMS Emilie | 1m67 | Nivelles | 28/09/2013 |
| Perche |  CAMILOTTO Laura |  2m00 |  St Ghislain |  23/08/2008 |
| Poids | HERBECQ Magali | 11m82 | Mouscron | 29/09/2006 |
| Disque 600gr | HERBECQ Magali | 36m56 | Nivelles | 23/09/2006 |
| Disque 750 gr | Pardoms Emilie | 24m00 | La Louvière | 08/06/2013 |
| Javelot | FLEURY Alice | 34m81 | Nivelles | 27/09/2008 |
| Hockey | VASQUEZ Manuela | 17m07 | Gand | 13/06/1998 |
| Tétrathlon | PRIEM Valérie | 1765pts | Forest | 14/08/1994 |
| Pentathlon | PARDOMS Emilie | 3071pts | Mouscron | 26/05/2013 |
|  4x80m | PACUCCI-CUVELIERDRUEZ-VASQUEZ | 46''02 | Forest | 03/10/1999 |
|  4x800 | DEGAND-DRUEZCUVELIER-COENEN | 12,04,38 | Forest | 03/10/1999 |

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| ***CADETTES DAMES*** |
| ***Epreuves*** | ***Nom*** | ***Performance*** | ***Lieu***  | ***Date*** |
| 100m | GOUSSET Christine | 12''6 | Gaurain | 15/08/1975 |
| 200m | PARDOMS Emilie | 26’’92 | St Ghislain | 03/05/2014 |
| 300m | THIELEMANS Alice | 43"26 | Ninove | 24/06/1997 |
| 400m | GOUSSET Christine | 1'01''6 | La Louvière  | 00/00/1974 |
| 800m | MUSTIN Angie | 2'27''89 | Obourg | 29/04/2006 |
| 1000m | MUSTIN Angie | 3'17''44 | Oordegem | 15/04/2006 |
| 1500m | MUSTIN Angie | 5'06''89 | Nivelles | 2/06/2006 |
| 1 mile |  HUYSMAN Madelyne | 7'59''66  | Audenarde  | 02/08/2009  |
| 2000m |   |   |   |   |
| 80mH | PRIEM Valérie | 13''21 | Anzin (FR) | 6/09/1996 |
|   | DUHENT Maïté | 13''21 | Spa | 26/05/2007 |
| 300mH | Carton-Delcourt Julie | 48''06 | Ninove | 11/07/2006 |
| 1500 steeple | Carton-Delcourt Julie | 6'00''24 | Verviers | 15/08/2006 |
| Longueur | HERBECQ MagaliPARDOMS Emilie | 4m88 | St GhislainMouscron | 20/04/200820/09/2014 |
| Triple saut | GOEFFERS Elodie | 9m71 | Ninove | 12/08/2000 |
| Perche |   |   |   |   |
| Hauteur | PARDOMS Emilie | 1m69 | Schaerbeeek | 27/09/2014 |
| Poids | DUHENT Maité | 11m37 | Mouscron | 06/10/2007 |
| Disque | FLEURY Alice | 31m62 | Herve | 29/05/2010 |
| Javelot | FLEURY Alice | 40m36 | Herve | 29/05/2010 |
| Marteau | CAMILOTTO Laura | 31m20 | Obourg | 04/10/2009 |
| Pentathlon | DUHENT Maïté | 2550pts | Charleroi | 16/09/2006 |
| Hexathlon | PARDOMS Emilie | 3299pts | Schaerbeek | 28/09/2014 |
|  4x100m | CUVELIER-COENENCHEVALIER-VASQUEZ | 56''09 | Saint-Ghislain | 30/09/2000 |
|  4x800m | CUVELIER-COENENCHEVALIER-VASQUEZ | 11'45''19 | Saint-Ghislain | 30/09/2000 |
| Relais suédois  | Carton-Delcourt J-Duhent M Beyrière L-De Leersnyder J | 2'37''47 | Obourg | 6/05/2006 |

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| ***SCOLAIRES DAMES*** |
| ***Epreuves*** | ***Nom*** | ***Performance*** | ***Lieu***  | ***Date*** |
| 100m | GOUSSET Christine | 12''97 | Heysel | 11/09/1975 |
| 200m | PRIEM Valérie | 27''18 | Jambes | 25/07/1998 |
| 300m | PRIEM Valérie | 43''84 | Vlierzele | 01/06/1998 |
| 400m | THIELEMANS Alice | 1'00''43 | Namur | 21/05/1998 |
| 800m | PLETINCKX Sylvie | 2'28''48 | Alost | 18/08/1993 |
| 1000m | PRIEM Valérie | 3'21''33 | Ninove | 24/06/1997 |
| 1500m | WETZEL Marie-Thérèse | 5'37''7 | Gaurain | 05/10/1975 |
| Mile | ROZAS Maryam | 8’19 ‘’48 | Bruxelles | 04/10/2014 |
| 3000m | RISSELIN Sarah | 12'47''53 | Obourg | 28-29/04/07 |
|  4x100m | DUHENT-DUNGELHOEFFCUVELIER-BOMBAERT | 1'03''06 | Saint-Ghislain | 30/09/2000 |
|   | BAUDHUIN-CHEVALIERDECORDIER-VASQUEZ | 56''39 |   |   |
|   | DELEERSNYDER-DUHENTLECRIVAIN-HERBECQ | 55''90 | Gaurain | 22/04/2007 |
|  4X200m | DELEERSNYDER-CARTONDUHENT-HERBECQ | 1'58''76 | Gaurain | 18/08/2007 |
|  4X400m | PARDOMS Ch   - FLEURY ADUJARDIN H - VITA J | 4'44''69 | Ath | 14/05/2011 |
| 100mH | PRIEM Valérie | 15''92 | Ninove | 12/08/1998 |
| 300mH | PRIEM Valérie | 45''41 | Bruges | 07/09/1997 |
| 400mH | BERTE Virginie | 1'15''48 | Vlierzele | 11/09/1999 |
| 2000m steeple | CARTON-DELCOURT Julie | 8'48''19 | Tongres | 08/09/2007 |
| Longueur | FLEURY Alice | 5m11 | Spa | 18/08/2012 |
| Triple saut | FLEURY Alice | 11m25 | Spa | 18/08/2012 |
| Hauteur | PRIEM Valérie | 1m59 | Gaurain | 26/04/1998 |
| Poids 4 Kg | DUHENTMaité | 10m63 | Liège | 23/05/2009 |
| Poids 3 Kg | PARDOMS Charlotte | 10m56 | Molenbeek | 15/08/2014 |
| Disque | FLEURY Alice | 33m82 | Saint-Ghislain | 30/04/2011 |
| Javelot | FLEURY Alice | 43m92 | Oordegem | 01/09/2012 |
| Marteau | DUHENT Maité | 29m43 | Eeklo | 18/10/2008 |
| Pentathlon | PRIEM Valérie | 2524pts | Dampicourt | 11/10/1997 |
| Heptathlon | PRIEM Valérie | 4119pts | Jambes |  25-26/07/98 |
| 5 km/route | GUISLAIN Eugénie | 34'57 | Binche | 20/07/2006 |
| 5000m marche | GUISLAIN Eugénie | 35'17''86 | Nivelles | 20/05/2006 |
| Relais suédois | Moreau Maryeve-Schoofs L Risselin S-Guislain E  | 2'41''1 | Obourg | 06/05/2006 |

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| ***JUNIORS DAMES*** |
| ***Epreuves*** | ***Nom*** | ***Performance*** | ***Lieu***  | ***Date*** |
| 100m | GOUSSET Christine | 12''7 | Charleroi | 14/05/1978 |
| 200m | PRIEM Valérie | 27''19 | Vlierzele | 23/06/2000 |
| 300m | PRIEM Valérie | 43''69 | Ninove | 30/08/2000 |
| 400m | PRIEM Valérie | 1'00''68 | Obourg | 2/07/2000 |
| 800m | MAHEE Céline | 2'27''11 | Sint-Niklaas | 25/06/2006 |
| 1000m | MAHEE Céline | 3'16''20 | Audenarde | 3/07/2007 |
| 1500m | MAHEE Céline | 5'08''68 | Obourg |  28-29/04/07 |
| 2000m | MOREAU Maryève | 7'46"20 | Audenarde |  28/08/2007 |
| 3000m | PELDERS Josy | 11'29''2 | Quaregnon | 4/09/1977 |
| 100mH | PRIEM Valérie | 15''93 | Jambes | 16/07/2000 |
| 400mH | PRIEM Valérie | 1'07''52 | Naimette | 2/09/2000 |
| Longueur | VANDERZWALMEN Murielle | 5m08 | Ninove |  00/00/1993 |
| Hauteur | BERTE Virginie | 1m56 | Obourg | 23/09/2000 |
| Triple saut |   |   |   |   |
| Perche |   |   |   |   |
| Poids | DUHENT Maïté | 9m74 | Oordegem | 02/05/2010 |
| Disque | VANDERZWALMEN Murielle | 31m36 | Saint-Ghislain | 6/06/1992 |
| Javelot | BERTE Virginie | 28m79 | Obourg | 4/06/2000 |
| Marteau | BERTE Virginie | 17m64 | Obourg | 15/10/2000 |
| Pentathlon | VANDERZWALMEN Murielle | 3382pts | Dilbeek | 11-12/7/92 |
| Heptathlon | BERTE Virginie | 3655pts | Obourg | 3/04/06/00 |
|  5 km marche |  GUISLAIN Eugénie |  36'25''73 |  La Louvière |  07/09/2008 |

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| ***SENIORS DAMES*** |
| ***Epreuves*** | ***Nom*** | ***Performance*** | ***Lieu***  | ***Date*** |
| 100m | VANDERZWALMEN Murielle | 12''78 | Charleroi | 15/08/2001 |
| 200m | VANDERZWALMEN Murielle | 26''53 | Charleroi | 15/08/2001 |
| 300m |   |   |   |   |
| 400m | PRIEM Valérie | 1'01''08 | Ninove | 28/07/2001 |
| 800m | MAHEE Céline | 2'28''38 | Forest | 10/05/2008 |
| 1000m | PELDERS Josy | 3'31''6 | Grammont | 28/05/1982 |
| 1500m | MAHEE Céline | 5'07''30 | Nivelles | 09/05/2009 |
| 3000m | ADANT France | 11'29''08 | Forest | 29/06/1999 |
| 5000m | ADANT France | 19'44''32 | Gaurain | 27/04/1997 |
| 100mH | PRIEM Valérie | 16''21 | Saint-Ghislain | 27/05/2001 |
| 400mH | PRIEM Valérie | 1'05''31 | Jambes | 2/06/2001 |
| Mile | PELDERS Josy | 6,37,98 | Gaurain | 24/08/1986 |
| Longueur | VANDERZWALMEN Murielle | 5m55 | Charleroi | 15/08/2001 |
| Triple saut | VANDERZWALMEN Murielle | 11m52 | Obourg | 26/08/2001 |
| Hauteur | BERTE Virginie | 1m55 | Seraing | 28/04/2002 |
|   | PRIEM Valérie | 1m55 | Barvaux | 13/05/2006 |
| Perche |   |   |   |   |
| Poids | VANDERZWALMEN Murielle | 9m31 | Charleroi | 25/09/1999 |
| Disque | VANDERZWALMEN Murielle | 36m45 |   | 00/00/1998 |
| Javelot | VANDERZWALMEN Murielle | 29m44 | Obourg | 21/09/1997 |
| Marteau |   |   |   |   |
| Pentathlon | PELDERS Josy | 1336pts | Gaurain | 25/05/1980 |
| Heptathlon | VANDERZWALMEN Murielle | 4002pts | Obourg | 3/04/06/00 |
|  4x100m | BAUDHUIN-BERTE-PRIEMV ANDERZWALMEN | 52''60 | Saint-Ghislain | 30/09/2000 |
|  4x200m | BAUDHUIN-BERTE-PRIEMVANDERZWALMEN Murielle | 1'53''80 | La Louvière | 10/10/1999 |
|  4x400m | Schoofs L - Priem VCarton J - Mahée C | 4'20''13 | Barvaux | 13/05/2006 |
| 20km | NEVE Annie | 1 H 54 | Paris | 13/10/1981 |

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| ***Masters Dames*** |
| ***Epreuves*** | ***Nom*** | ***Performance*** | ***Lieu***  | ***Date*** |
| 100m | NEVE Annie | 16''0 | Renaix | 13/06/1981 |
| 400m | Vandenabeele Isabelle | 81’’62 | Ninove | 26/08/2015 |
| 800m | NEVE Annie | 2'48''3 | Bernissart | 28/08/1981 |
| 1000m | NEVE Annie | 3'48''7 | Gaurain | 11/10/1981 |
| 1500m | MISONNE Marie-Christine | 5'57''61 | Gaurain | 21/06/2014 |
| 3000m | NEVE Annie | 12'50''4 | Willebroeck | 4/09/1983 |
| 5000m | PELDERS Josy | 22'47''93 | Gaurain | 30/04/2000 |
| 80mH | MISONNE Marie-Christine | 21’’04 | Schaerbeek | 27/09/2014 |
| Hauteur | MISONNE Marie-Christine | 1m29 | Audenarde | 05/07/2011 |
| Longueur | MISONNE Marie-Christine | 3m39 | Gaurain | 08/07/2011 |
| Poids 3 kg | GRIGOLATO Martine | 9m49 | Nivelles | 24/05/2008 |
| Poids 4 kg | GRIGOLATO Martine | 8m61 | Gaurain | 27/07/2008 |
| Disque 1 kg | GRIGOLATO Martine | 25m59 | Gaurain | 12/04/2008 |
| Javelot 500 gr | GRIGOLATO Martine | 14m50 | Obourg | 10/08/2008 |
| Javelot 600 gr | MISONNE Marie-Christine | 15m25 | Chatelineau | 12/10/2013 |
| Marteau 3kg | GRIGOLATO Martine | 31m85 | Obourg | 10/08/2008 |
|  Marteau 4kg | GRIGOLATO Martine | 24m48 | Gaurain | 15/03/2008 |
| Marteau 7kg | GRIGOLATO Martine | 10m60 | Beveren | 20/09/2008 |
| Penta-lancer | GRIGOLATO Martine | 2495 pts | Stekene | 23/08/2008 |
| Pentathlon | MISONNE Marie-Christine | 1725 pts | Schaerbeek | 27/09/2014 |
| 10km | PELDERS Josy | 47'093 | Beloeil | 14/10/2000 |
|  20 km |  MISONNE Marie-Christine |  1h36'02" |  Bruxelles | 31/05/2015 |