

TOP PERFORMANCES CABW PAR CATEGORIE

OUTDOOR COURSES

TOP 50

ANNEE : *

MASTERS HOMMES 35

10 KM MARCHE ROUTE

1	HUME FABIAN	00h57'35"00	DRONTEN (NED)	16/12/2006	00h57'35"00
---	-------------	-------------	---------------	------------	-------------

100 METRES

1	NSENGA JONATHAN	11"19	NAIMETTE	5/07/2008	11"19
2	MOCCI RAOUMBE PATRICK	11"39	NAMUR	29/06/2006	11"39

1000 METRES

1	DESMEDT FREDERIC	02'29"40	NAIMETTE	25/07/2007	02'29"40
2	RENUART DENIS	02'40"56	DILBEEK	21/07/2007	02'40"56

110 METRES HAIES

1	NSENGA JONATHAN	14"52	NIVELLES	25/05/2008	14"52
---	-----------------	-------	----------	------------	-------

1500 METRES

1	DESMEDT FREDERIC	03'48"72	COURTRAI	13/07/2007	03'48"72
2	RENUART DENIS	04'04"99	HEYSEL	4/05/2008	04'04"99
3	HASSAN ALI	04'36"70	KESSEL LO	13/08/2006	04'36"70 M
4	VAN CASTER PIERRE	04'42"36	VERVIERS	14/06/2009	04'42"36

20 KM MARCHE ROUTE

1	LEROY BENJAMIN	01h47'52"00	CHIASSO (I)	5/10/2008	01h47'52"00
---	----------------	-------------	-------------	-----------	-------------

200 METRES

1	MELCHIOR OLIVIER	23"18	NAIMETTE	25/07/2008	23"18
---	------------------	-------	----------	------------	-------

2000 METRES

1	DURANT PATRICK	05'58"08	NIVELLES	18/04/2007	05'58"08
2	LAPORTE OLIVIER	07'12"41	NIVELLES	18/04/2007	07'12"41

300 METRES

1	RIGOT DIDIER	00'39"64	CHARLEROI	29/09/2006	00'39"40 M
2	HASSAN ALI	00'53"90	FOREST	22/10/2006	00'53"90

3000 METRES

1	RENUART DENIS	09'01"29	LOUVAIN LA NEUVE	26/04/2009	09'01"29
2	DESMEDT FREDERIC	09'32"88	TESSENDERLOO	18/08/2007	09'32"88
3	HASSAN ALI	09'58"18	OORDEGEM	1/07/2006	09'58"18
4	VAN CASTER PIERRE	10'04"17	OORDEGEM	4/07/2009	10'04"17
5	BOUVENCOURT PIERRE	12'51"95	NAIMETTE	10/06/2006	12'51"95

400 METRES

1	MELCHIOR OLIVIER	00'50"31	KESSEL LO	16/08/2007	00'50"31
---	------------------	----------	-----------	------------	----------

RELAIS 4 X 100 METRES

1	NSENGA JONATHAN	41"81	KESSEL LO	11/05/2008	41"81
2	BRANLE HUGUES	46"30	NINOVE	16/09/2007	46"30
	MELCHIOR OLIVIER	46"30	NINOVE	16/09/2007	46"30

RELAIS 4 X 1500 METRES

1	DESMEDT FREDERIC	16'07"73	NINOVE	16/09/2007	16'07"73
---	------------------	----------	--------	------------	----------

RELAIS 4 X 400 METRES

1	MELCHIOR OLIVIER	03'42"83	VERVIERS	9/06/2007	03'42"83
2	DESMEDT FREDERIC	03'47"59	FOREST	8/06/2008	03'47"59
	RENUART DENIS	03'47"59	FOREST	8/06/2008	03'47"59
3	CHANTRY FRANCOIS	04'02"36	VERVIERS	14/06/2009	04'02"36
4	LAPORTE OLIVIER	04'33"29	VERVIERS	9/06/2007	04'33"29

RELAIS 4 X 800 METRES

1	RENUART DENIS	08'41"13	NINOVE	16/09/2007	08'41"13
---	---------------	----------	--------	------------	----------

5000 METRES

OUTDOOR COURSES

TOP 50

ANNEE : ***MASTERS HOMMES 35****5000 METRES**

1	DESMEDT FREDERIC	15'28"29	DAMPICOURT	13/05/2007	15'28"29
2	DURANT PATRICK	16'08"36	VERVIERS	9/06/2007	16'08"36

800 METRES

1	DESMEDT FREDERIC	01'53"80	NIVELLES	29/08/2007	01'53"80
2	RENUART DENIS	02'02"90	NINOVE	11/07/2007	02'02"90

EKIDEN

1	NEMETH CHRISTIAN	02h07'04"00	CHIBA (JAPON)	23/11/2006	02h07'04"00
2	BEEDLE PASCAL	02h29'31"00	BRUXELLES	30/09/2007	02h29'31"00
	DURANT PATRICK	02h29'31"00	BRUXELLES	30/09/2007	02h29'31"00
	PLATBROOD PAUL	02h29'31"00	BRUXELLES	30/09/2007	02h29'31"00

MILE

1	HASSAN ALI	04'55"74	BRAINE L'ALLEUD	24/09/2006	04'55"74
---	------------	----------	-----------------	------------	----------