Perfs Out Dames 14

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| **Benjamines** | | | |
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| **60m** | RC: 9''48 |  |  |
| Van Wymeersch Victoire | 10.23 | Ninove | 16/08/2015 |
| Lepoutre Gwenoline | 11"23 | Le Bizet | 3/05/2015 |
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| **600m** | RC: 2'01''88 |  |  |
| Van Wymeersch Victoire | 2'09"05 | Ninove | 16/08/2015 |
| Lepoutre Gwenoline | 2'44"70 | Le Bizet | 3/05/2015 |
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| **1.000 m** | RC: 3'45''98 |  |  |
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| **Hauteur** | RC: 1m18 |  |  |
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| **Longueur** | RC: 3m73 |  |  |
| Van Wymeersch Victoire | 3.38 | Ninove | 16/08/2015 |
| Lepoutre Gwenoline | 2.23 | Obourg | 28/06/2015 |
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| **Poids ( 1 kg )** | RC: 10m57 |  |  |
| Lepoutre Gwenoline | 3.60 | Le Bizet | 3/05/2015 |
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| **Hockey** | RC: 24m81 |  |  |
| Van Wymeersch Victoire | 18.46 | Ninove | 16/08/2015 |
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| **Triathlon** | RC: 1249 pts |  |  |
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| **Tétrathlon** | RC: 1323 pts |  |  |
| Lepoutre Gwenoline | 415 | Le Bizet | 3/05/2015 |
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| Relais 4'x60m |  |  |  |
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| **Pupilles D** | | | |
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| **60m H** | RC: 12''69 |  |  |
| Fontaine Laura | 13.58 | Mouscron | 26/04/2015 |
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| **60m** | RC: 8''84 |  |  |
| Vandewouwer Louise | 9"69 | Obourg | 28/06/2015 |
| Fontaine Laura | 9"85 | Gaurain | 30/05/2015 |
| Minéo Louise | 10''35 | La Louvière | 6/06/2015 |
| Longle Célia | 10"74 | Forest | 13/06/2015 |
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| **1000m** | RC: 3'30''46 |  |  |
| **Fontaine Laura** | **3'30"46** | Obourg | 28/06/2015 |
| Minéo Louise | 4'09"86 | La Louvière | 6/06/2015 |
| Longle Célia | 4'11"09 | Gaurain | 30/05/2015 |
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| **Hauteur** | RC: 1m46 |  |  |
| Fontaine Laura | 1.15 | Le Bizet | 3/05/2015 |
| Longle Célia | 1.00 | Ninove | 5/07/2015 |
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| **Longueur** | RC: 4m06 |  |  |
| Fontaine Laura | 3.48 | Obourg | 28/06/2015 |
| Vandewouwer Louise | 3.27 | St Ghislain | 16/05/2015 |
| Minéo Louise | 3.17 | Mouscron | 26/04/2015 |
| Longle Célia | 2.97 | Forest | 13/06/2015 |
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| **Poids ( 2 kg )** | RC: 9m10 |  |  |
| Fontaine Laura | 5.85 | Gaurain | 30/05/2015 |
| Longle Célia | 4.62 | Anderlecht | 21/06/2015 |
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| **Disque 600gr** | RC: 25m14 |  |  |
| Longle Célia | 9.12 | La Louvière | 6/06/2015 |
| Minéo Louise | 7.79 | La Louvière | 6/06/2015 |
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| **Hockey** | RC: 32m89 |  |  |
| Minéo Louise | 14.19 | Mouscron | 26/04/2015 |
| Longle Célia | 16.97 | Ninove | 16/08/2015 |
| Vandewouwer Louise | 13.85 | Obourg | 28/06/2015 |
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| **Tétrathlon** | RC: 2240pts |  |  |
| Fontaine Laura | 1588 | Gaurain | 30/05/2015 |
| Longle Célia | 855 | Gaurain | 30/05/2015 |
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| **4X60m** | RC : 38''11 |  |  |
|  | 40.16 | Mouscron | 26/04/2015 |
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| **Minimes D** | | | |
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| **60m H** | RC: 10''69 |  |  |
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| **150m H** | RC: 21''97 |  |  |
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| **80 m** | RC : 10''56 |  |  |
| Vandewouwer Marie | 12"01 | Obourg | 28/06/2015 |
| Pozza Rachelle | 12.92 | Gaurain | 30/05/2015 |
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| **150m** | RC: 19''89 |  |  |
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| **300m** | RC: 43"25 |  |  |
| Vandewouwer Marie | 51''70 | St Ghislain | 16/05/2015 |
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| **1000m** | RC: 3'25"58 |  |  |
| Vandewouwer Marie | 3'46"11 | Mouscron | 26/04/2015 |
| Pozza Rachelle | 4'35"07 | Gaurain | 30/05/2015 |
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| **Hauteur** | RC: 1m67 |  |  |
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| **Perche** | RC: 2m00 |  |  |
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| **Longueur** | RC: 4m86 |  |  |
| Vandewouwer Marie | 3.69 | St Ghislain | 16/05/2015 |
| Pozza Rachelle | 3.04 | Mouscron | 26/04/2015 |
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| **Poids ( 2 kg )** | RC: 11m82 |  |  |
| Pozza Rachelle | 8.55 | Obourg | 28/06/2015 |
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| **Disque 600 gr** | RC: 36m56 |  |  |
| **RozasSoumaya** | 15.02 | Obourg | 8/08/2015 |
| Pozza Rachelle | 12.16 | Mouscron | 26/04/2015 |
| Vandewouwer Marie | 12.09 | St Ghislain | 16/05/2015 |
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| **Disque 750 gr** | RC: 24m00 |  |  |
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| **Javelot 400** | RC : 34m81 |  |  |
| Pozza Rachelle | 17.9 | Gaurain | 30/05/2015 |
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| **Pentathlon** | RC: 3071 pts |  |  |
| Pozza Rachelle | 1185 | Gaurain | 30/05/2015 |
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| **4x80m** | RC: 46''02 |  |  |
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| **Cadettes** | | | |
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| **80m H** | RC: 13''21 |  |  |
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| **300mH** | RC : 48"06 |  |  |
| Pozza Zelia | 51"91 | Gaurain | 25/04/2015 |
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| **1500m st** | RC: 6'00''24 |  |  |
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| **100m** | RC: 12''6 |  |  |
| Pozza Zelia | 13"87 | Ninove | 23/06/2015 |
| Boutry Anaelle | 14"60 | Gaurain | 25/04/2015 |
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| **200m** | RC: 26''92 |  |  |
| Pozza Zelia | 29"05 | Audenaarde | 28/07/2015 |
| Boutry Anaelle | 29"39 | Ath | 2/05/2015 |
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| **300m** | RC: 43''26 |  |  |
| Pozza Zelia | 45"72 | Audenaarde | 28/07/2015 |
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| **400m** | RC: 1'01''6 |  |  |
| Pozza Zelia | 69"00 | Gaurain | 25/04/2015 |
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| **800m** | RC: 2'27''89 |  |  |
| Pozza Zelia | 2'50"79 | Gaurain | 30/05/2015 |
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| **1000m** |  |  |  |
| Pozza Zelia | 3'24''12 | Ninove | 23/06/2015 |
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| **1500m** | RC: 5'06''89 |  |  |
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| **1500m Steeple** | RC: 6'00"24 |  |  |
| Pozza Zelia | 6'27"42 | Ninove | 26/08/2015 |
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| **Mile** | RC: 7'59''66 |  |  |
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| **4X100m** | RC : 56''09 |  |  |
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| **4x200m TC** | RC: 1'53''80 |  |  |
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| **4x400m TC** | RC: 4'20''13 |  |  |
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| **Hauteur** | RC: 1m69 |  |  |
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| **Longueur** | RC: 4m88 |  |  |
| Boutry Anaelle | 4.40 | Ninove | 26/08/2015 |
| Pozza Zelia | 3.88 | Audenaarde | 28/07/2015 |
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| **Triple saut** | RC : 9m71 |  |  |
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| **Poids ( 3 kg )** | RC: 11m37 |  |  |
| Boutry Anaelle | 8.12 | Ninove | 26/08/2015 |
| Pozza Zelia | 7.52 | Ninove | 26/08/2015 |
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| **Disque 1 kg** | RC: 31m62 |  |  |
| Boutry Anaelle | 20.83 | Gaurain | 25/04/2015 |
| Pozza Zelia | 17.52 | Ath | 2/05/2015 |
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| **Javelot 500** | RC: 40m36 |  |  |
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| **Marteau 3kg** | RC: 31m20 |  |  |
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| **Pentathlon** | RC: 2550pts |  |  |
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| **Hexathlon** | RC: 3299pts |  |  |
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| **Relais suédois** | RC: 2'37''47 |  |  |
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| **Scolaires D** | | | |
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| **400m H** | RC: 1'15''48 |  |  |
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| **2000m st** | RC: 8'48''19 |  |  |
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| **100m Haie** | RC: 15"92 |  |  |
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| **100m** | RC: 12''97 |  |  |
| Fastenaekens Charlotte | 15"28 | Ninove | 26/08/2015 |
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| **200m** | RC: 27''18 |  |  |
| Fastenaekens Charlotte | 31"64 | Gaurain | 25/04/2015 |
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| 300m |  |  |  |
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| **400m** | RC: 60''43 |  |  |
| Fastenaekens Charlotte | 69.59 | Ath | 2/05/2015 |
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| **800m** | RC: 2'28''48 |  |  |
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| **1000m** | RC: |  |  |
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| **1500m** | RC: 5'37''7 |  |  |
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| **Mile** | 8'19"48 |  |  |
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| **3000m** | RC: 12'47''53 |  |  |
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| **5000 m marche** | RC: 35'17''86 |  |  |
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| **5km/route** | RC:34'57 |  |  |
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| **4x100m TC** | RC: 52''60 |  |  |
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| **4x200m TC** | RC: 1'53''80 |  |  |
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| **4x400m TC** |  |  |  |
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| **4x400m** | RC: 4'44''69 |  |  |
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| **Hauteur** | RC: 1m59 |  |  |
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| Fastenaekens Charlotte | 1m40 | Ninove | 12/06/2015 |
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| **Longueur** | RC: 5m11 |  |  |
| Fastenaekens Charlotte | 4.25 | Ninove | 12/06/2015 |
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| **Triple saut** | RC : 11m25 |  |  |
| Fastenaekens Charlotte | 8.96 | Gaurain | 25/04/2015 |
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| **Poids ( 3 kg )** | RC: 10m56 |  |  |
| Fastenaekens Charlotte | 6.27 | Ninove | 23/06/2015 |
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| **Disque (1kg )** | RC: 33m82 |  |  |
| Fastenaekens Charlotte | 14m53 | Obourg | 8/08/2015 |
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| **Javelot 500** | RC: 43m92 |  |  |
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| **Javelot 600** | RC: 41m76 |  |  |
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| **Marteau (4 kg )** | RC : 29m43 |  |  |
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| **Heptathlon** |  |  |  |
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| **Relais suédois** | RC: 2'41''1 |  |  |
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| **Juniors D** | | | |
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| **200m** | RC: 27''19 |  |  |
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| **300m** | RC: 43''69 |  |  |
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| **400m** | RC: 60''68 |  |  |
| **Rozas Maryam** | 89''22 | Ninove | 12/06/2015 |
|  |  |  |  |
| **800m** | RC: 2'27''11 |  |  |
|  |  |  |  |
| **1000m** | RC: 3'16''20 |  |  |
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| **1500m** | RC: 5'08''68 |  |  |
|  |  |  |  |
| **2000m** | RC : 7'46''20 |  |  |
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| **5000m marche** | RC : 36'25''73 |  |  |
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| **4x100m TC** | RC: 52''60 |  |  |
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| **4x400m TC** | RC: 4'20''13 |  |  |
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| **Hauteur** | RC: 1m56 |  |  |
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| **Longueur** | RC: 5m08 |  |  |
| **Rozas Maryam** | 3.29 | Ninove | 12/06/2015 |
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|  |  |  |  |
| **Poids ( 4 kg )** | RC: 9m74 |  |  |
| **Rozas Maryam** | 5.98 | Gaurain | 25/04/2015 |
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| **Disque 1 kg )** | RC: 31m36 |  |  |
| **Rozas Maryam** | 18.43 | Gaurain | 25/04/2015 |
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| **Javelot 600 gr** | RC : 28m79 |  |  |
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| **Seniors D** | | | |
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| **400m** | RC: 61''08 |  |  |
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| **800m** | RC: 2'28''38 |  |  |
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| **1500m** | RC: 5'07''30 |  |  |
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| **4x100m TC** | RC: 52''60 |  |  |
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| **4X400m TC** | RC: 4'20''13 |  |  |
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| **Hauteur** | RC: 1m55 |  |  |
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| **Longueur** | RC: 5m55 |  |  |
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| **Triple saut** | RC: 11m52 |  |  |
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| **Poids ( 4 kg )** | RC: 9m31 |  |  |
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| **Disque ( 1 kg )** | RC: 36m45 |  |  |
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| **Javelot ( 600 gr )** | RC: 29m44 |  |  |
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| **Masters D** | | | |
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| **80mH** | RC : 21"04 |  |  |
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| **100m** |  |  |  |
|  |  |  |  |
| **400m** | RC: 81"62 |  |  |
| **Vandenabeele Isabelle** | **81"62** | **Ninove** | **26/08/2015** |
|  |  |  |  |
| **800m** | RC : 2'48''3 |  |  |
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|  |  |  |  |
| **1000m** |  |  |  |
| Vandenabeele Isabelle | 4'00''98 | Ninove | 23/06/2015 |
|  |  |  |  |
| **1500m** | RC: 5'57"61 |  |  |
| Vandenabeele Isabelle | 6'40''70 | Ninove | 12/06/2015 |
|  |  |  |  |
| **Hauteur** | RC : 1m29 |  |  |
| Misonne Marie-Christine | 1.20 | Gaurain | 25/04/2015 |
|  |  |  |  |
| **Longueur** | RC: 4m93 |  |  |
| Misonne Marie-Christine | 3.28 | Gaurain | 25/04/2015 |
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| **Poids 3 kg** | RC: 9m49 |  |  |
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| **Poids 4kg** | RC: 8m61 |  |  |
|  |  |  |  |
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| **Disque 1 kg** | RC : 25m59 |  |  |
| Misonne Marie-Christine | 11.41 | Gaurain | 25/04/2015 |
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| **Javelot 500** | RC: 14m50 |  |  |
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| **Javelot 600** | RC : 15m25 |  |  |
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| **Marteau 3kg** | RC: 31m85 |  |  |
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| **Marteau (4kg )** | RC : 24m48 |  |  |
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| **Marteau ( 7,260 )** | RC : 10m60 |  |  |
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| **Pentathlon W45** | RC : 1725 pts |  |  |
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| **Penta lancers** | RC : 2495pts |  |  |
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| **Dames TC** | | | |
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| **100m H** |  |  |  |
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| **400m H** |  |  |  |
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| **2000m Steeple** |  |  |  |
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| **100m** |  |  |  |
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| **200m** |  |  |  |
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| **300m** |  |  |  |
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| **400m** |  |  |  |
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| **800m** |  |  |  |
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| **1500m** |  |  |  |
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| **Miles** |  |  |  |
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| **3000m** |  |  |  |
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| **5000m marche** |  |  |  |
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| **4X100m** |  |  |  |
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| **4X400m** |  |  |  |
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| **Hauteur** |  |  |  |
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| **Longueur** |  |  |  |
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| **Poids 3 kg** | RC : 9m49 |  |  |
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| **Poids 4 kg** |  |  |  |
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| **Disque 1 kg** |  |  |  |
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| **Javelot 600gr** |  |  |  |
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| **Marteau 4 kg** |  |  |  |
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