

RECORDS DU LMA MASCULINS – PLEIN AIR

	U18	U20	U23	Toutes Catégories	Master
100m	10''74 (+1.7) Mehdi Nait Abdelaziz 23-05-17	10''29 (+0.2) Jeff Erius 09-06-23	9''98 (+1.8) Jeff Erius 19-07-24	9''98 (+1.8) Jeff Erius 19-07-24	11''13 (+0.0) Kouami Justin Ayassou 05-06-10
200m	21''86 (-0.1) Mehdi Nait Abdelaziz 28-05-17	21''66 (+1.1) Mehdi Nait Abdelaziz 04-07-18	20''52 (+1.8) Fode Sissoko 14-07-18	20''41 (+0.0) Stuart Dutamby 09-06-18	23''22 (+0.8) Kouami Justin Ayassou 06-06-10
400m	49''69 Manu-Georges Nguenyang 15-07-11	48''92 Manu-Georges Nguenyang 27-06-12	46''28 Fode Sissoko 30-06-18	45''32 David Sombe 31-05-23	54''08 Hary Bourguignon 29-06-11
800m	1'53''67 Mehdi Hamli 25-06-11	1'50''49 Pierre-Louis Cadart 02-06-23	1'46''38 Moad Zahafi 28-07-18	1'45''07 Pierre- Ambroise Bosse 24-08-19	1'54''00 Abdelaziz Dahi 16-06-23
1500m	3'55''07 Nadim Mameche 26-06-24	3'47''52 Louis Vandermessen 06-09-20	3'38''72 Louis Vandermessen 29-05-21	3'30''96 Mehdi Baala 28-07-09	3'47''90 Abdelaziz Dahi 08-07-23
3000m	8'52''66 Morgan Flinois 02-07-08				
5000m		15'45''14 Toufik Ouaslama 14-06-08	13'43''99 Simon Denissel 09-06-12	13'32''44 Martin Desmidt 25-05-24	15'14''17 Abdelghani Mesbah 03-05-09
10000m		à établir	35'22''06 Quentin Delbeke 25-06-11	29'04''30 Djamel Bachiri 25-06-11	34'13''24 Mounir Belmahdi 25-09-11
110m haies	13''93 (-0.7) Loïc Herkenrath 31-05-11	13''87 (-0.4) Nolan Vancauwemberghe 01-05-19	13''81 (+0.9) Loïc Herkenrath 05-06-16	13''07(+0.6) Wilhem Belocian 02-07-23	17''68 (-1.3) Christian Vandaele 10-05-15
400m haies	52''86 Toufik Benouja 22-07-18	53''37 Jérémy Azzolini 22-06-08	52''65 Jérémy Azzolini 05-06-10	48''13 Wilfried Happio 15-06-23	59''32 Daniel Clauss 13-06-09
2000m steeple	6'08''84 Sofiane Achab 15-07-11				
3000m steeple		9'29''95 Jérémy Carrier 23-06-10	9'13''55 Jérémy Carrier 06-05-12	8'26''13 Irba Lakhal 31-05-08	09'18''90 Irba Lakhal 24-05-15
Longueur	7m42 (-0.3) Florent Szezesny 09-12-09	7m75 (+0.8) Florent Szezesny 03-07-11	7m75 (+0.8) Florent Szezesny 03-07-11	8m26 (+0.4) Kafetien Gomis 20-06-15	7m77 (+1.8) Kafetien Gomis 05-06-21

Triple saut	14m19 (+0.0) Mathieu Tshani Kabwakantanda 18-05-14	14m81 (i) Mathieu Tshani Kabwakantanda 30-01-16	15m44 (i) Simon Gore 13-11-22	16m28 (i) Adil Gandou 01-03-20	11m63 (+0.0) Christian Vandaele 24-05-15
Hauteur	2m14 Mohammed-Ali Banlahbib 27-01-18	2m14 Mohammed-Ali Banlahbib 27-01-18	2m15 Mohammed-Ali Banlahbib 27-02-22	2m26 Mathias Cianci 03-07-11	1m81 Christian Vandaele 01-06-13
Perche	4m90 Jorg Vanlierde 06-02-16	5m00 Jorg Vanlierde 29-01-17 08-07-18	5m00 Jorg Vanlierde 29-01-17 08-07-18	5m37 Stanley Joseph 29-01-25	4m40 Nicolas Morent 16-03-19
Poids	17m57 (5kg) Alexis Lepeuple 07-10-17	17m40 (6kg) Anthony Lepeuple 11-02-17	16m44 Yanis Tournier 27-05-17	20m39 Gaetan Bucki 04-03-11	15m32 Eric Lepeuple 18-02-12
Javelot	74m48 (0.7 kg) Jarne Duchateau 20-07-13	74m21 Jarne Duchateau 11-10-14	75m49 Jarne Duchateau 07-10-17	77m47 Cedric Sorgeloos 24-05-25	71m02 Lucas Leroy 01-02-20
Disque	48m49 (1.5 kg) Alexy Lepeuple 19-06-16	49m85 (1.75 kg) Yannis Tournier 24-06-16	61m09 Philip Milanov 09-02-13	67m26 Philip Milanov 06-05-16	43m11 Guillaume Dudit 27-06-24
Marteau	73m63 (5 kg) Farid Debab 11-05-08	65m89 (6 kg) Farid Debab 26-10-08	65m25 Maxime Peruzzo 06-04-19	65m25 Maxime Peruzzo 06-04-19	56m80 Sebastien Wibaut 05-09-20
Epreuves Combinées	7311 pts Jorg Vanlierde 17-07-16	7516 pts Mateo Sossah 20-07-07	8044 pts Mateo Sossah 11-06-09	8205 pts Basile Rolnin 30-06-19	5143 pts Christian Vandaele 01-06-13
4 x 100m	43''70 Diatta- Herkenrath- Nguenyang- Asselin 27-06-10	41''74 Moussiti Oko- Nguenyang- Herkenrath- Dutamby 16-06-13	41''07 Gusto- Dutamby- Herkenrath- Mombanga 24-05-15	39''99 Anouman- Erius- Vermander- Vicaut 21-05-23	45''75 Ayassou- Bourguignon- Rome-Sagna 13-05-17
4 x 200m		1'29"38 Vandaele-Nait Abdelaziz- Flamand-Prevost 15-10-17	1'29"38 Vandaele-Nait Abdelaziz- Flamand- Prevost 15-10-17	1'28''61 Pinto- Mombanga- Napoleon- Mbulu Ntoto 02-07-14	1'35"07 Bourguignon- Rome-Ayassou- Sagna 29-06-16
4 x 400m		3'44"43 Debruyne- Bourahla-Looten- Plancke 05-10-14	3'20''19 Canitrot- Querin- Zonnenberg- Verbrugghe 26-10-08	3'08''89 Cadart-Achab- Happio-Sombe 21-05-23	3'51"64 Bourguignon- Bogaert-Rome- Clauss 16-06-19

4 x 800m				7'31''36 Boudjemaa- Larchaud- Verbrugghe- Baala 14-10-12	
4 x 1000m	10'23''60 Dusart-D'Hem- Ernst-Bague 08-10-16				
4 x 1500m				à établir	
Relai Medley Sprint			2'16''77 Lejeune-Vi- Sauvage- Flahaut 06-10-24	2'03''51 Jozwicki- Callens- Pluquet- Demdoun 06-10-24	
5 000 marche	22'03''26 Florian Masse 19-05-19				
10 000 m marche	à établir	46'44''93 Amaury Lamiaux 20-07-14			
20 km marche			1h26'05'' Damien Molmy 05-04-09	1h22'01'' Rafal Fadaczynski 14-06-13	1h53'53'' Jose Dusautoir 22-07-07
50 km marche			5h03'29'' Benjamin Leaute 28-10-07	5h03'29'' Benjamin Leaute 28-10-07	5h29'15'' Rene De Souza 25-10-09
10 km route	33'55" Octave Dusart 02-04-17	30'16" Nadim Mameche 30-03-25	29'01" Martin Desmidt 18-12-22	28'28" Paul Melly 05-11-17	29'08" Paul Melly 03-11-19
Semi-marathon		1h16'44" Octave Dusart 15-09-19	1h12'28" Jeremy Carrier 16-03-14	1h01'13" Dieudonne Disi 18-10-09	1h04'43" Abdekaziz Dahi 09-03-25
Marathon		2h53'07" Octave Dusart 28-10-19	2h46'04" Nicolas Viot 16-03-25	2h06'54'' Felicien Muhitira 01-12-24	2h28'19'' Vladimir Tontchinski 06-04-14
Ekiden				2h09'53" Mesbah- Bachiri- Baudson- Kalombo- Oukaid-Lakhal 07-10-07	