**Master Hommes M40 outdoor**

|  |  |  |
| --- | --- | --- |
| 110m Haies (1,06) | Descamps Thierry (2015) | 20.43 |
| 400H | Paternotte Philippe (2011) | 66.27 |
| 100 m. | Paternotte Philippe (2011) | 12.28 |
| 200 m. | Paternotte Philippe (2011) | 25.27 |
| 300 m. | Paternotte Philippe (2010) | 40.94 |
| 400 m. | Thomas Serge (1999) | 56.49 |
| 800 m. | Quoitot Guy (1999) | 2.05.69 |
| 1000 m. | Moens Jacques (1983) | 2.47.5 |
| 1500 m. | Moens Jacques (1983) | 4.13.53 |
| Mile | Dekeghel Marc (2006) | 4.50.75 |
| 2 Miles | Lepoutre Guy (2009) | 13.24.74 |
| 2000 m. | Versmissen Philippe (1998) | 6.04.4 |
| 3000 m. | Moens Jacques (1983) | 8.59.2 |
| 3000 st. | Sebille Jan (1995) | 10.30.74 |
| 5000 m | Duprix Daniel (1992) | 15.24.84 |
| 10000 m. | Moens Jacques (1983) | 33.59.8 |
| Heure | Versmissen P (98) | 16421 |
| 20000 m | Sebille Jan (1996) | 1.17.51.3 |
| Longueur | Branle Hugues (2012) | 6.08 |
| Triple saut | Branle Hugues (2012) | 12.73 |
| Hauteur | Mauvisin Gaetan (2017) | 1.66 |
| Perche | Descamps Thierry (2016) | 3.74 |
| Poids (7,26) | Deperne André (1990) | 13.34 |
| Disque (2,0) | Stalas Michel (1992) | 45.04 |
| Javelot (0,8) | Paternotte Philippe (2010) | 52.68 |
| Marteau (IV) | Salaets Pierre (1982) | 30.10 |
| Pentathlon | Descamps Thierry (2014) | 2462 |
| MARCHE ATHLETIQUE | | |
| 20km marche | Pauwels Christian (1983) | 2.17.37 |
| ROUTE | | |
| 10 kms | Quoitot Guy (1997) | 37.18 |
| Semi-marat | Duprix Daniel (1992) | 1.11.18 |
| Marathon | Hanot Serge (2003) | 2.36.11 |
| 100 kms | Bascour Jean (1982) | 9.19.25 |