

SENIORS FSALLE

| Epreuve       | Performance | Nom                            | Prénom   | Date       | Lieu   |
|---------------|-------------|--------------------------------|----------|------------|--------|
| 60m           | 8"60        | Dugas                          | Clémence | 24/11/2024 | Nantes |
| 200m          | 29"73       | Dugas                          | Clémence | 23/11/2025 | Nantes |
| 400m          | 74"74       | Chiron-Nowbahari               | Céleste  | 14/12/2025 | Nantes |
| 800m          | 2'35"55     | Suzineau                       | Lola     | 28/11/2024 | Rennes |
| 1500m         | 5'51"75     | Préaud                         | Anais    | 23/11/2025 | Nantes |
| 60m H (0,84m) |             |                                |          |            |        |
| Hauteur       | 1m25        | Haikou                         | Jade     | 23/11/2025 | Nantes |
| Perche        |             |                                |          |            |        |
| Longueur      | 10m62       | Semi                           | Lou      | 13/12/2025 | Saumur |
| Triple Saut   | 10m62       | Semi                           | Lou      | 13/12/2025 | Saumur |
| Poids (4Kg)   | 6m64        | Gueguen                        | Yuna     | 23/11/2025 | Nantes |
| Heptathlon    |             |                                |          |            |        |
| 4X1 tour      | 2'08"13     | cine Houeto SaloméMaiga Maryam | Dug      | 23/11/2025 | Nantes |

PISTE/ROUTE

| Epreuve           | Performance | Nom                             | Prénom   | Date       | Lieu                    |
|-------------------|-------------|---------------------------------|----------|------------|-------------------------|
| 100m              | 14"88       | Gaboreau                        | Dorine   | 27/4/2025  | Angers                  |
| 200m              | 29"23       | Dugas                           | Clémence | 27/4/2025  | Angers                  |
| 400m              | 66"40       | Dugas                           | Clémence | 27/4/2025  | Angers                  |
| 800m              | 2'44"88     | Suzineau                        | Lola     | 4/5/2025   | La Roche S/ Yon         |
| 1000m             | 3'42"43     | Suzineau                        | Louise   | 5/4/2025   | Beaupréau en mauges     |
| 1500m             | 4'44"02     | Bremaud                         | Flavie   | 4/5/2025   | La Roche S/ Yon         |
| 3000m             | 10'53"27    | Dony                            | Marion   | 4/5/2025   | La Roche-sur-Yon        |
| 5000m             | 18'16"00    | Dony                            | Marion   | 2/7/2025   | Saint-Laurent-sur-Sevre |
| 5000m Marche      |             |                                 |          |            |                         |
| 5km Route         | 18'24       | Dony                            | Marion   | 5/10/2025  | St Laurent sur Sèvre    |
| 10Km Route        | 36'47"      | Romain                          | Manon    | 27/10/2024 | Cholet                  |
| 1/2 Marathon      | 1h21'29"    | Romain                          | Manon    | 30/3/2025  | Nuaillé                 |
| Marathon          | 2h55'39"    | Bremaud                         | Flavie   | 30/11/2025 | La Rochelle             |
| 110m H (0,84m)    |             |                                 |          |            |                         |
| 400m H (0,76m)    |             |                                 |          |            |                         |
| 3000m Steeple     |             |                                 |          |            |                         |
| Hauteur           |             |                                 |          |            |                         |
| Perche            |             |                                 |          |            |                         |
| Longueur          | 4m82        | Semi                            | Lou      | 15/6/2025  | Mayenne                 |
| Triple Saut       | 11m15       | Semi                            | Lou      | 14/7/2025  | Lens                    |
| Poids (4Kg)       |             |                                 |          |            |                         |
| Disque (1Kg)      | 14m27       | Doumenjou                       | Solène   | 4/5/2025   | La Roche S/ Yon         |
| Javelot (0,600Kg) |             |                                 |          |            |                         |
| Marteau (4Kg)     | 28m28       | Gueguen                         | Yuna     | 04/01/2026 | Segré                   |
| Heptathlon        |             |                                 |          |            |                         |
| 4X100m            | 57"90       | Gaboreau DorineDoumenjou Solène |          | 04/05/2025 | La Roche S/ Yon         |
| 4X400m            | 4'29"97     | Bremaud FlavieDony Marion       | Bo       | 04/05/2025 | La Roche S/ Yon         |