

# records seniors féminin

<b>100 metres</b>	Rossi Sandrine	12,16	2019
<b>200 metres</b>	Rossi Sandrine	25,08	2019
<b>400 metres</b>	Krumlovsky Tamara	57,60	2014
<b>100 metres haies seniors</b>	Raach Lena	15,94	2017
<b>100 metres haies seniors</b>	Blond Hanten Elsa	15,94	2019
<b>400 metres haies seniors</b>	Blond Hanten Elsa	67,66	2019
<b>600 metres</b>	Hoeser Jil	01:45,77	2008
<b>800 metres</b>	Havé Yana	2:16,96	2023
<b>1000 metres</b>	Lieners Sandra	03:06,03	2022
<b>1500 metres</b>	Lieners Sandra	04:53,52	2022
<b>2000 metres</b>	Lieners Sandra	6:54,89	2023
<b>3000 metres</b>	Lieners Sandra	10:27,34	2023
<b>5000 metres</b>	Lieners Sandra	19:12,36	2015
<b>3000 metres steeple</b>	Houot Jenny	13:14,96	2018
<b>5 km course sur route</b>	Lieners Sandra	0:17:57	2023
<b>10 km course sur route</b>	Lieners Sandra	0:37:33	2023
<b>semi-marathon</b>	Rodesch Sophie	1:31:04	2014
<b>marathon</b>	Rodesch Sophie	3:22:37	2017
<b>longueur</b>	Bonadiman Isabelle	5,29	1987
<b>hauteur</b>	Blond Hanten Elsa	1,60	2019
<b>triple - saut</b>	Blond Hanten Elsa	11,26	2019
<b>perche</b>	Putz Fabienne	3,20	2013
<b>poids 4kg</b>	Krumlovsky Stéphanie	14,87	2021
<b>disque 1kg</b>	Krumlovsky Stéphanie	45,45	2022
<b>javelot 600gr</b>	Bertemes Ann	32,83	2019
<b>marteau 4kg</b>	Ewerling Anouck	33,09	2017
<b>50 metres Indoor</b>	Rossi Sandrine	6,69	2020
<b>60 metres Indoor</b>	Rossi Sandrine	7,76	2020
<b>200 metres indoor</b>	Rossi Sandrine	25,41	2018
<b>400 metres indoor</b>	Krumlovsky Tamara	57,52	2016

<b>60 metres haies Indoor fém ju</b>	Steffen Rachel	9,47	2023
<b>600 metres indoor</b>	Krumlovsky Tamara	01:37,91	2016
<b>800 metres Indoor</b>	Smit Jana	02:25,88	2014
<b>1000 metres indoor</b>	Smit Jana	03:14,35	2014
<b>1500 metres indoor</b>	Lieners Sandra	05:08,94	2005
<b>3000 metres indoor</b>	Lieners Sandra	10:37,32	2007
<b>longueur indoor</b>	Raach Lena	5,15	2018
<b>hauteur indoor</b>	Blond Hanten Elsa	1,64	2018
<b>triple - saut indoor</b>	Blond Hanten Elsa	11,13	2019
<b>perche indoor</b>	Putz Fabienne	3,00	2013
<b>poids 4kg indoor</b>	Krumlovsky Stéphanie	15,01	2023