

| Courses | Records du FNCS Dames Post Covid (depuis 2022)      |                                                          |
|---------|-----------------------------------------------------|----------------------------------------------------------|
|         | 25m                                                 | 50m                                                      |
| 50 nl   | 31.26<br>Maelle Sibret<br>2025 – Embourg            | 31.70<br>Maelle Sibret<br>2025 – Seraing                 |
| 100 nl  | 1.08.71<br>Maelle Sibret<br>2024 - Liège            | 1.10.01<br>Valentine Cape<br>2025 – La Louvière          |
| 200 nl  | 2.25.90<br>Elise Dormal<br>2025 – Embourg (NEW)     | 2.29.26<br>Elise Dormal<br>2025 – La Louvière            |
| 400 nl  | 5.02.71<br>Elise Dormal<br>2025 – Embourg           | 5.08.93<br>Elise Dormal<br>2025 – Anvers CB 11-14 (NEW)  |
| 800 nl  | 10.24.06<br>Elise Dormal<br>2025 – Embourg          | 10.36.83<br>Elise Dormal<br>2025 – Anvers CB 11-14 (NEW) |
| 1500 nl | 22.03.75<br>Ecoline Graindorge<br>2025 – Embourg    | ...                                                      |
| 50 dos  | 36.01<br>Camille De Jesus<br>2024 – Saint-Georges   | 36.48<br>Camille De Jesus<br>2025 – Seraing              |
| 100 dos | 1.15.55<br>Camille De Jesus<br>2025 – Saint-Georges | 1.19.09<br>Camille De Jesus<br>2025 – La Louvière        |
| 200 dos | 2.44.67<br>Elise Dormal<br>2025 – Embourg (NEW)     | 2.49.85<br>Camille De Jesus<br>2025 – La Louvière        |
| 50 pap  | 35.49<br>Aliya Ceuleers<br>2025 – Verviers          | 35.90<br>Aliya Ceuleers<br>2025 – Louvain-La-Neuve       |
| 100 pap | 1.21.16<br>Valentine Cape<br>2025 – Embourg (NEW)   | 1.26.49<br>Aliya Ceuleers<br>2025 – Seraing              |
| 200 pap | 3.26.90<br>Margaux Deveux<br>2025 – Embourg         | 3.32.14<br>Aliya Ceuleers<br>2025 – La Louvière          |
| 50 br   | 38.40<br>Elise Dormal<br>2025 – Embourg             | 40.70<br>Elise Dormal<br>2025 – Seraing                  |
| 100 br  | 1.24.60<br>Elise Dormal<br>2025 – Embourg (NEW)     | 1.25.09<br>Elise Dormal<br>2025 – Anvers CB 11-14 (NEW)  |
| 200 br  | 3.01.13<br>Elise Dormal<br>2025 – Embourg           | 3.02.31<br>Elise Dormal<br>2025 – La Louvière            |
| 100 4n  | 1.18.49<br>Elise Dormal<br>2025 – Saint-Georges     | /                                                        |
| 200 4n  | 2.47.31<br>Elise Dormal<br>2025 – Bastogne          | 2.47.19<br>Elise Dormal<br>2025 – Anvers CB 11-14 (NEW)  |
| 400 4n  | 6.10.96<br>Aliya Ceuleers<br>2025 – Embourg         | ....                                                     |