

## Les records USSE Athlétisme pour les Seniors H (au 15 février 2020)

100m	12''06	(+1.1)	SEUZARET Julien	11/05/2016	Saint egreve	R3
200m	23''80	(+1.9)	SEUZARET Julien	26/06/2016	La chaux de fonds	R2
300m	38''36	-	SEUZARET Julien	11/05/2016	Saint egreve	
400m	51''58	-	SEUZARET Julien	25/06/2016	Saint egreve	IR3
800m	1'59''77	-	GHIBAUDO Jeremie	06/07/2016	Annecy	IR3
1 000m	2'39''18	-	GHIBAUDO Jeremie	15/07/2016	Monaco	R1
1 500m - Salle	4'18''47	-	ADMIRAT Aurelien	17/01/2016	Lyon	R1
1500m	<b>4'26''53</b>	-	<b>PARA-MEYERIE Paul</b>	<b>05/06/2019</b>	<b>Grenoble</b>	<b>R3</b>
Mile (1609m)	<b>4'54''65</b>	-	<b>PARA-MEYERIE Paul</b>	<b>22/06/2019</b>	<b>Gap</b>	
3 000m	<b>9'29''65</b>	-	<b>PARA-MEYERIE Paul</b>	<b>15/05/2019</b>	<b>Saint-Egrève</b>	<b>R2</b>
3 000m - Salle	9'27''45	-	ADMIRAT Aurelien	19/12/2015	Lyon	R2
5 000m	18'26''71	-	ANDRE Eric	09/05/2015	Grenoble	D2
3000m Steeple	13'14''87	-	DOUCET Jerome	05/06/2018	Moirans	D8
10 Km Route	<b>33'33''</b>	-	<b>PARA-MEYERIE Paul</b>	<b>13/10/2019</b>	<b>Romans</b>	<b>IR4</b>
20 Km Route	<b>1h44'01''</b>	-	<b>CUSANNO Damien</b>	<b>27/10/2019</b>	<b>Marseille-Cassis</b>	<b>D6</b>
1/2 Marathon	<b>1h20'15''</b>	-	<b>DERRIEN Franck</b>	<b>05/05/2019</b>	<b>Nice</b>	<b>R3</b>
Marathon	2h56'45''	-	DERRIEN Franck	09/10/2016	Reims	R3
Ekiden	3h17'31''	-		23/10/2016	Grenoble	
1-CORGIER Alain/VEM/26'56'', 2-PAULUS Vincent/VEM/43'43'', 3-RUEF Pierre/VEM/29'23'', 4-ENDICOTT James/SEM/37'48'', 5-GULLY Philippe/VEM/25'58'', 6-LOEUILLET Thierry/VEM/33'45''						
100 Km Route	9h59'41''	-	DERRIEN Franck	27/09/2014	Millau	D1
400m Haies (91)	54''75	-	GHIBAUDO Jeremie	22/06/2016	Bourgoin jallieu	N4
Poids (7.26 kg)	7m87	-	CHOMETON Paul	09/05/2015	Grenoble	D3
Marteau (7.26 kg)	27m25	-	DOUCET Jerome	05/06/2018	Moirans	D8
Javelot (800 g)	51m45	-	MOTOS Ghislain	07/05/2016	Grenoble	IR3
4 X 100m	51''91	-		11/05/2016	Saint egreve	
1-HACHIN Hugo/CAM, 2-JACOB Sullivan/CAM, 3-TESSERAUD Victor/JUM, 4-SEUZARET Julien/SEM						
5 000m Marche	31'40''24	-	CHOMETON Paul	07/05/2016	Grenoble	D3