

Ce bilan athlétique appelé "Top-10 romand en salle 2013" représente les 10 meilleures performances réalisées par les athlètes masculins des clubs romands lors de la saison en salle 2013.



## 50 METRES

|     |      |                 |      |                  |            |       |
|-----|------|-----------------|------|------------------|------------|-------|
| 1.  | 6"03 | Sylvain Chuard  | 1996 | Lausanne-Sports  | 20.01.2013 | Aigle |
| 2.  | 6"04 | Jérôme Bellon   | 1993 | Lausanne-Sports  | 12.01.2013 | Aigle |
| 3.  | 6"06 | Hamid Hoxha     | 1994 | CA Vouvry        | 13.01.2013 | Aigle |
| 4.  | 6"07 | Ebrima Mane     | 1997 | CA Fribourg      | 20.01.2013 | Aigle |
| 5.  | 6"07 | Kevin Di Nocera | 1994 | SFG Collombey-M. | 20.01.2013 | Aigle |
| 6.  | 6"09 | Steve Zurkinden | 1992 | CARE Vevey       | 12.01.2013 | Aigle |
| 7.  | 6"11 | Jason Ola       | 1994 | CA Sion          | 13.01.2013 | Aigle |
| 8.  | 6"11 | Florian Clivaz  | 1994 | CA Sion          | 13.01.2013 | Aigle |
| 9.  | 6"17 | Loann Gabioud   | 1992 | CABV Martigny    | 13.01.2013 | Aigle |
| 10. | 6"17 | Julien Matthys  | 1996 | CARE Vevey       | 20.01.2013 | Aigle |

## 60 METRES

|     |      |                     |      |                 |            |         |
|-----|------|---------------------|------|-----------------|------------|---------|
| 1.  | 6"93 | Sylvain Chuard      | 1996 | Lausanne-Sports | 16.02.2013 | Macolin |
| 2.  | 6"93 | Hamid Hoxha         | 1994 | CA Vouvry       | 24.02.2013 | Macolin |
| 3.  | 6"98 | Jérôme Bellon       | 1993 | Lausanne-Sports | 26.01.2013 | Macolin |
| 4.  | 6"99 | Bastien Mouthon     | 1994 | CARE Vevey      | 02.02.2013 | Macolin |
| 5.  | 6"99 | Yanier Bello        | 1995 | Stade Genève    | 24.02.2013 | Macolin |
| 6.  | 7"07 | Florian Clivaz      | 1994 | CA Sion         | 02.02.2013 | Macolin |
| 7.  | 7"08 | Steve Zurkinden     | 1992 | CARE Vevey      | 03.02.2013 | Macolin |
| 8.  | 7"09 | Antoine Nourazar    | 1992 | Lausanne-Sports | 16.02.2013 | Macolin |
| 9.  | 7"09 | Jason Ola           | 1994 | CA Sion         | 24.02.2013 | Macolin |
| 10. | 7"10 | Kilian Imwinkelried | 1994 | LV Visp         | 02.02.2013 | Macolin |

## 200 METRES

|     |       |                       |      |                 |            |         |
|-----|-------|-----------------------|------|-----------------|------------|---------|
| 1.  | 21"96 | Bastien Mouthon       | 1994 | CARE Vevey      | 02.02.2013 | Macolin |
| 2.  | 22"13 | Timo Roth             | 1994 | US Yverdon      | 24.02.2013 | Macolin |
| 3.  | 22"23 | Jérôme Bellon         | 1993 | Lausanne-Sports | 02.02.2013 | Macolin |
| 4.  | 22"44 | Steve Zurkinden       | 1992 | CARE Vevey      | 02.02.2013 | Macolin |
| 5.  | 22"46 | Sylvain Chuard        | 1996 | Lausanne-Sports | 24.02.2013 | Macolin |
| 6.  | 22"60 | Pascal Emmanuel Emile | 1983 | CEP Cortaillod  | 26.01.2013 | Macolin |
| 7.  | 22"70 | Antoine Nourazar      | 1992 | Lausanne-Sports | 26.01.2013 | Macolin |
| 8.  | 22"70 | Nathan Gyger          | 1992 | FSG Alle        | 26.01.2013 | Macolin |
| 9.  | 22"90 | Kim Beytrison         | 1992 | Lausanne-Sports | 02.02.2013 | Macolin |
| 10. | 23"11 | Marc Cattin           | 1992 | CEP Cortaillod  | 02.02.2013 | Macolin |

## 400 METRES

|     |       |                       |      |                 |            |         |
|-----|-------|-----------------------|------|-----------------|------------|---------|
| 1.  | 48"93 | Pascal Emmanuel Emile | 1983 | CEP Cortaillod  | 17.02.2013 | Macolin |
| 2.  | 49"47 | Jonathan Puemi        | 1991 | CEP Cortaillod  | 17.02.2013 | Macolin |
| 3.  | 50"63 | Jérémy Kähr           | 1993 | CEP Cortaillod  | 03.02.2013 | Macolin |
| 4.  | 50"70 | Grégoire Touron       | 1992 | CARE Vevey      | 02.02.2013 | Macolin |
| 5.  | 50"94 | Davy Desgalier        | 1990 | Lausanne-Sports | 02.02.2013 | Macolin |
| 6.  | 51"23 | Marc Cattin           | 1992 | CEP Cortaillod  | 03.02.2013 | Macolin |
| 7.  | 51"38 | Thomas Huwiler        | 1989 | Satus Genève    | 26.01.2013 | Macolin |
| 8.  | 51"43 | Simon Itim            | 1991 | US Yverdon      | 03.02.2013 | Macolin |
| 9.  | 51"79 | Damien Wuarchoz       | 1993 | Lausanne-Sports | 03.02.2013 | Macolin |
| 10. | 51"88 | Arnaud Schwab         | 1995 | SEP Olympic     | 02.02.2013 | Macolin |

## 800 METRES

|     |         |                   |      |                 |            |         |
|-----|---------|-------------------|------|-----------------|------------|---------|
| 1.  | 1'54"80 | Simon Itim        | 1991 | US Yverdon      | 03.02.2013 | Macolin |
| 2.  | 1'55"33 | Guillaume Laurent | 1990 | Lausanne-Sports | 03.02.2013 | Macolin |
| 3.  | 1'55"45 | Miguel Allueva    | 1983 | Lausanne-Sports | 03.02.2013 | Macolin |
| 4.  | 1'57"16 | Damien Wuarchoz   | 1993 | Lausanne-Sports | 03.02.2013 | Macolin |
| 5.  | 1'58"25 | Alain Balleret    | 1986 | Lausanne-Sports | 16.02.2013 | Macolin |
| 6.  | 1'59"45 | Romain Fardel     | 1993 | Lausanne-Sports | 03.02.2013 | Macolin |
| 7.  | 1'59"55 | Wondimu Bussy     | 1995 | Satus Genève    | 03.02.2013 | Macolin |
| 8.  | 2'02"79 | Sébastien Witschi | 1995 | FSG Alle        | 26.01.2013 | Macolin |
| 9.  | 2'05"04 | Nicolas Salvadé   | 1995 | Stade Lausanne  | 26.01.2013 | Macolin |
| 10. | 2'05"16 | Luca Barras       | 1994 | CA Broyard      | 26.01.2013 | Macolin |

## 1000 METRES

|     |         |                   |      |                 |            |         |
|-----|---------|-------------------|------|-----------------|------------|---------|
| 1.  | 2'27"54 | Thomas Gmür       | 1994 | CA Sion         | 24.02.2013 | Macolin |
| 2.  | 2'33"63 | Thomas Huwiler    | 1989 | Satus Genève    | 27.01.2013 | Macolin |
| 3.  | 2'36"65 | Josua Robert      | 1994 | SEP Olympic     | 24.02.2013 | Macolin |
| 4.  | 2'36"88 | Arnaud Schwab     | 1995 | SEP Olympic     | 24.02.2013 | Macolin |
| 5.  | 2'36"94 | Dimitri Zanella   | 1995 | Stade Genève    | 02.02.2013 | Macolin |
| 6.  | 2'38"23 | Wehliye Keynan    | 1996 | CA Vétroz       | 27.01.2013 | Macolin |
| 7.  | 2'38"57 | Antoine Grandjean | 1995 | Lausanne-Sports | 24.02.2013 | Macolin |
| 8.  | 2'39"02 | Wondimu Bussy     | 1995 | Satus Genève    | 02.02.2013 | Macolin |
| 9.  | 2'39"53 | Romain Luescher   | 1996 | Lausanne-Sports | 24.02.2013 | Macolin |
| 10. | 2'43"65 | Sébastien Witschi | 1995 | FSG Alle        | 02.02.2013 | Macolin |

## 1500 METRES

|     |         |                |      |                 |            |            |
|-----|---------|----------------|------|-----------------|------------|------------|
| 1.  | 3'59"98 | Thomas Huwiler | 1989 | Satus Genève    | 17.02.2013 | Macolin    |
| 2.  | 4'00"92 | Thomas Gmür    | 1994 | CA Sion         | 17.02.2013 | Macolin    |
| 3.  | 4'01"03 | Miguel Allueva | 1983 | Lausanne-Sports | 17.02.2013 | Macolin    |
| 4.  | 5'00"04 | Harry Huber    | 1955 | SEP Olympic     | 20.01.2013 | Saint-Gall |
| 5.  |         |                |      |                 |            |            |
| 6.  |         |                |      |                 |            |            |
| 7.  |         |                |      |                 |            |            |
| 8.  |         |                |      |                 |            |            |
| 9.  |         |                |      |                 |            |            |
| 10. |         |                |      |                 |            |            |

## 3000 METRES

|     |         |                   |      |                 |            |         |
|-----|---------|-------------------|------|-----------------|------------|---------|
| 1.  | 8'33"70 | Pierre Fournier   | 1985 | Lausanne-Sports | 17.02.2013 | Macolin |
| 2.  | 8'40"07 | Yannick Jäger     | 1993 | Stade Genève    | 17.02.2013 | Macolin |
| 3.  | 8'40"63 | Pascal Ungersböck | 1994 | SA Bulle        | 17.02.2013 | Macolin |
| 4.  | 9'17"47 | Thomas Gmür       | 1994 | CA Sion         | 26.01.2013 | Macolin |
| 5.  | 9'22"88 | Fedi Jemli        | 1990 | Lausanne-Sports | 26.01.2013 | Macolin |
| 6.  |         |                   |      |                 |            |         |
| 7.  |         |                   |      |                 |            |         |
| 8.  |         |                   |      |                 |            |         |
| 9.  |         |                   |      |                 |            |         |
| 10. |         |                   |      |                 |            |         |

## 50 METRES HAIES

|     |      |                 |      |               |            |       |
|-----|------|-----------------|------|---------------|------------|-------|
| 1.  | 7"21 | Flavien Antille | 1990 | CABV Martigny | 20.01.2013 | Aigle |
| 2.  | 7"23 | Gabriel Surdez  | 1989 | FSG Le Locle  | 20.01.2013 | Aigle |
| 3.  |      |                 |      |               |            |       |
| 4.  |      |                 |      |               |            |       |
| 5.  |      |                 |      |               |            |       |
| 6.  |      |                 |      |               |            |       |
| 7.  |      |                 |      |               |            |       |
| 8.  |      |                 |      |               |            |       |
| 9.  |      |                 |      |               |            |       |
| 10. |      |                 |      |               |            |       |

## 60 METRES HAIES

|     |      |                 |      |               |            |         |
|-----|------|-----------------|------|---------------|------------|---------|
| 1.  | 8"41 | Gabriel Surdez  | 1989 | FSG Le Locle  | 17.02.2013 | Macolin |
| 2.  | 8"47 | Flavien Antille | 1990 | CABV Martigny | 02.02.2013 | Macolin |
| 3.  |      |                 |      |               |            |         |
| 4.  |      |                 |      |               |            |         |
| 5.  |      |                 |      |               |            |         |
| 6.  |      |                 |      |               |            |         |
| 7.  |      |                 |      |               |            |         |
| 8.  |      |                 |      |               |            |         |
| 9.  |      |                 |      |               |            |         |
| 10. |      |                 |      |               |            |         |

## HAUTEUR

|     |         |                     |      |                 |            |              |
|-----|---------|---------------------|------|-----------------|------------|--------------|
| 1.  | 2,12 m. | Loic Gasch          | 1994 | US Yverdon      | 02.02.2013 | Sainte-Croix |
| 2.  | 2,06 m. | Vivien Streit       | 1992 | COVA Nyon       | 17.02.2013 | Macolin      |
| 3.  | 2,04 m. | Alain-Hervé Mfomkpa | 1996 | Lausanne-Sports | 24.02.2013 | Macolin      |
| 4.  | 2,01 m. | Gabriel Surdez      | 1989 | FSG Le Locle    | 26.01.2013 | Macolin      |
| 5.  | 2,01 m. | Flavien Antille     | 1990 | CABV Martigny   | 10.02.2013 | Saint-Gall   |
| 6.  | 2,00 m. | Michael Ravedoni    | 1994 | CA Sion         | 17.02.2013 | Macolin      |
| 7.  | 1,97 m. | Antoine Angehrn     | 1993 | FSG Bevaix      | 03.02.2013 | Macolin      |
| 8.  | 1,96 m. | Laurent Carron      | 1994 | CA Vétroz       | 24.02.2013 | Macolin      |
| 9.  | 1,90 m. | Loann Gabioud       | 1992 | CABV Martigny   | 20.01.2013 | Aigle        |
| 10. | 1,87 m. | Julien Cergneux     | 1996 | Stade Genève    | 24.02.2013 | Macolin      |

## PERCHE

|     |         |                  |      |                 |            |         |
|-----|---------|------------------|------|-----------------|------------|---------|
| 1.  | 4,60 m. | Vladimir Ferber  | 1983 | Lausanne-Sports | 20.01.2013 | Aigle   |
| 2.  | 4,50 m. | Flavien Antille  | 1990 | CABV Martigny   | 27.01.2013 | Macolin |
| 3.  | 3,80 m. | Mathias Cattilaz | 1978 | TSV Düdingen    | 20.01.2013 | Aigle   |
| 4.  | 3,60 m. | Robin Hasler     | 1994 | CA Vouvry       | 13.01.2013 | Aigle   |
| 5.  | 3,60 m. | Donat Guillet    | 1982 | TSV Düdingen    | 20.01.2013 | Aigle   |
| 6.  | 3,60 m. | Johan Gygax      | 1991 | FSG Delémont    | 27.01.2013 | Macolin |
| 7.  | 3,40 m. | Matteo Zecca     | 1996 | Stade Genève    | 02.02.2013 | Macolin |
| 8.  | 3,20 m. | Julien Matthys   | 1996 | CARE Vevey      | 02.02.2013 | Macolin |
| 9.  | 2,90 m. | Frédéric Matthys | 1998 | CARE Vevey      | 24.02.2013 | Macolin |
| 10. | 2,80 m. | Simon Prevignano | 1994 | CA Sierre       | 13.01.2013 | Aigle   |

## LONGUEUR

|     |         |                     |      |                 |            |         |
|-----|---------|---------------------|------|-----------------|------------|---------|
| 1.  | 7,48 m. | Julien Fivaz        | 1979 | CA Genève       | 02.02.2013 | Macolin |
| 2.  | 7,20 m. | Flavien Antille     | 1990 | CABV Martigny   | 16.02.2013 | Macolin |
| 3.  | 7,09 m. | Alain-Hervé Mfomkpa | 1996 | Lausanne-Sports | 16.02.2013 | Macolin |
| 4.  | 6,92 m. | Hamid Hoxha         | 1994 | CA Vouvry       | 24.02.2013 | Macolin |
| 5.  | 6,45 m. | Jordan Ngom         | 1997 | Lausanne-Sports | 24.02.2013 | Macolin |
| 6.  | 6,45 m. | Julien Matthys      | 1996 | CARE Vevey      | 24.02.2013 | Macolin |
| 7.  | 6,37 m. | Timo Roth           | 1994 | US Yverdon      | 12.01.2013 | Aigle   |
| 8.  | 6,32 m. | Jason Ola           | 1994 | CA Sion         | 13.01.2013 | Aigle   |
| 9.  | 6,29 m. | Loann Gabioud       | 1992 | CABV Martigny   | 13.01.2013 | Aigle   |
| 10. | 6,18 m. | Hugo Simon          | 1996 | US Yverdon      | 12.01.2013 | Aigle   |

## TRIPLE

|     |          |                     |      |                  |            |         |
|-----|----------|---------------------|------|------------------|------------|---------|
| 1.  | 14,17 m. | Alain-Hervé Mfomkpa | 1996 | Lausanne-Sports  | 17.02.2013 | Macolin |
| 2.  | 12,03 m. | Henoc Sese          | 1997 | Lausanne-Sports  | 23.02.2013 | Macolin |
| 3.  | 10,99 m. | Steve Meystre       | 1998 | Stade Lausanne   | 30.01.2013 | Genève  |
| 4.  | 10,58 m. | Etienne Zuccone     | 1995 | FSG Bernex-Conf. | 30.01.2013 | Genève  |
| 5.  | 9,96 m.  | Mahdi Soukli        | 1997 | CA Genève        | 30.01.2013 | Genève  |
| 6.  | 9,82 m.  | Dennys Cirederf     | 1998 | CA Genève        | 30.01.2013 | Genève  |
| 7.  | 9,77 m.  | David Lamas         | 1997 | CA Genève        | 30.01.2013 | Genève  |
| 8.  | 9,24 m.  | Roger Catastini     | 1947 | CEP Cortaillod   | 26.01.2013 | Macolin |
| 9.  |          |                     |      |                  |            |         |
| 10. |          |                     |      |                  |            |         |

## POIDS

|     |          |                 |      |                   |            |         |
|-----|----------|-----------------|------|-------------------|------------|---------|
| 1.  | 15,77 m. | Yannis Croci    | 1984 | CEP Cortaillod    | 16.02.2013 | Macolin |
| 2.  | 13,78 m. | Anouck Racordon | 1976 | CA Fontenais      | 02.03.2013 | Macolin |
| 3.  | 13,35 m. | Albin Overney   | 1993 | CARE Vevey        | 12.01.2013 | Aigle   |
| 4.  | 13,16 m. | Daniel Bittel   | 1992 | TV Naters         | 13.01.2013 | Aigle   |
| 5.  | 12,98 m. | Alain Bigler    | 1972 | FSG Bassecourt    | 02.03.2013 | Macolin |
| 6.  | 12,95 m. | Flavien Antille | 1990 | CABV Martigny     | 02.02.2013 | Macolin |
| 7.  | 11,87 m. | Maximilien Job  | 1992 | FSG Gen. & Coffr. | 20.01.2013 | Aigle   |
| 8.  | 11,86 m. | David Erard     | 1976 | CA Vétroz         | 20.01.2013 | Aigle   |
| 9.  | 11,69 m. | Otwin Jossen    | 1993 | TV Naters         | 20.01.2013 | Aigle   |
| 10. | 10,98 m. | Michaël Duc     | 1986 | CA Vétroz         | 13.01.2013 | Aigle   |

# HEPTATHLON

|     |          |                 |      |               |            |            |
|-----|----------|-----------------|------|---------------|------------|------------|
| 1.  | 5'215 p. | Flavien Antille | 1990 | CABV Martigny | 10.02.2013 | Saint-Gall |
| 2.  |          |                 |      |               |            |            |
| 3.  |          |                 |      |               |            |            |
| 4.  |          |                 |      |               |            |            |
| 5.  |          |                 |      |               |            |            |
| 6.  |          |                 |      |               |            |            |
| 7.  |          |                 |      |               |            |            |
| 8.  |          |                 |      |               |            |            |
| 9.  |          |                 |      |               |            |            |
| 10. |          |                 |      |               |            |            |