

JEAN-LUC PORTA

Né le

Clubs succésifs

Entraîneur :

Spécialité :

SAISON	CAT	1500m	3000m	steeple	PALMARES
1967/68	Min				
1968/69	Cad				
1969/70	Cad	3.36.5 1200			
1970/71	Jun				
1971/72	Jun				
1972/73	Esp			10.47.6	
1973/74	Esp				
1974/75	Esp				
1975/76	Sen			9.31.8	Ch91 3000st 4 ^{ème} Ch Reg 3000st 4 ^{ème} Ch LIFA 3000st
1976/77	Sen	3.58.1	8.27.4	9.16.2	Ch91 3000st 2 ^{ème} Ch Reg 3000st 8 ^{ème} Ch LIFA 3000st
1977/78	Sen			9.12.4	Ch91 3000st ChReg 5000m , 3000st 7 ^{ème} Ch LIFA 3000st 19 ^{ème} Ch pré-France 3000st
1978/79	Sen			9.15.5	Ch91 5000m 2 ^{ème} Ch Reg 3000st 9 ^{ème} Ch LIFA 3000st
1979/80	Sen				7 ^{ème} Ch Reg 1500m
1980/81	Sen			9.42.3	2 ^{ème} Ch91 3000st
1981/82	Sen			10.22.5	
1982/83	Sen			10.06.2	
1983/84	Sen		9.33.5		
1984/85	Sen			9.48.6	
1985/86	Sen			10.21.3	
1986/87	Sen				
1987/88	Sen			10.42.57	
1988/89	Sen			11.40.36	
1989/90	Sen			11.30.60	
1990/91	Sen	5000 marche			
1991/92	Sen				
1992/93	Vet	29.26.5			
1993/94	Vet	35.11.1			
1994/95	Vet	27.41.58			
1995/96	Vet	28.20.18			
1996/97	Vet	26.13.51			
1997/98	Vet	28.52.16			
1998/99	Vet	28.31.12			Ab. ChF 50km marche
1999/00	Vet	29.56.2			
2000/01	Vet	31.33.43			

Records personnels

600m 1.44.8 (1968) **800m** 2.00.4 (1979) **1000m** 2.33.1 (1976) **2000m** 6.09.1 (1983) **5000m** 15.07.1 (1978) **10000m** 32.13.8 (1977) **Heure Course** 16390 (1976) **20000m** 1h16.30 (1976) **110haies** 20.8 (1971) **400haies** 59.8 (1975) **2000steeple** 6.22.8 (1977) **Heure Marche** 10075 (1996) **20km marche** 2h10.33 (1997) **30km marche** 3h18.11 (1998) **50km marche** 5h39.16 (1997)