

RWANDA

100m	11.01	Justin Nsengiyumva	Douala	27 Mar 22
200m	22.17	Emmanuel Rubayiza	Athens, GA	19 Apr 97
400m	47.93	Emmanuel Ntakiyimana	Kampala	7 Jul 16
800m	1:49.35	Alexis Sharangabo	Nassau	26 May 99
	1:49.3	Oreste Hategekimana	Kigali	24 Mar 23
1500m	3:38.16	Alexis Sharangabo	Stanford	29 Jul 00
3000m	7:41.64	Mathias Ntawulikura	Köln	16 Aug 92
5000m	13:11.29	Mathias Ntawulikura	Roma	9 Jun 92
10000m	27:22.28	Dieudonné Disi	Bruxelles	14 Sep 07
Marathon	2:08:18	John Hakizimana	Milano	2 Apr 23
3000mSt	8:39.05	Gervais Hakizimana	Pézenas	28 May 11
110mH	15.5h	Augustin Kabanda	Kigali	22 Aug 87
400mH	54.36	Faustin Butéra	Los Angeles	3 Aug 84
HJ	2.01	Ian Kagame	Williamstown	20 Apr 19
PV	4.10	Jean-Baptiste Biményimana	Bugesera	16 Nov 81
LJ	7.00	Jean Kanyangara	Kigali	1 / 2 Jun 13
TJ	15.02	Albert Sezikeye	Montpellier	14 May 87
SP	14.05	François Rwéma	Valbonne	29 Jul 81
DT	43.00	Augustin Kabanda	Kigali	24 May 76
JT	47.15	Eric Muringa	Kigali	13 Dec 20
4x100m	42.5		Kigali	24 Mar 23
		(Nsengiyumva,J. - Nsanzumuhire,B. - Ndagijimana, - Mushimiyimana)		
4x400m	3:21.01		Nairobi	31 Jul 10
		(Muvunyi,H. - Ntakirutimana,E. - Bagina,T. - Bizimana,M.)		
100m	12.95	Jeannette Uwera	Kampala	4 / 5 May 12
200m	26.76	Sophie Kanakuzé	Nairobi	31 Jul 10
400m	58.26	Épiphanie Uwintije	Alger	18 Jul 07
800m	2:04.61	Claire Uwitonze	Trier	6 Sep 24
1500m	4:08.75	Béatha Nishimwe	Durban	24 Jun 16
3000m	8:59.90	Marcianne Mukamurenzi	Dijon	27 Jul 91
5000m	15:34.91	Salomé Nyirarukundo	Nijmegen	2 Jun 17
10000m	31:45.82	Salomé Nyirarukundo	Durban	25 Jun 16
Marathon	2:25:53	Clémentine Mukandanga	Firenze	26 Nov 23
100mH	18.60	Dativa Mukandinda	Blois	29 Jun 02
HJ	1.60	Joselyne Mushimiyimana	Kigali	1 / 2 Jun 13
LJ	5.40	Marthe Niyonkuru	Nyangata	11 Nov 23
TJ	11.37	Marthe Niyonkuru	Kigali	22 / 26 Mar 23
SP	10.26	Félicité Uwilingiyimana	Namur	28 Apr 07
DT	31.62	Chantal Sezikeye	Orvieto	24 Sep 06
HT	39.58	Félicité Uwilingiyimana	Nivelles	26 Apr 06
JT	38.70	Jeanine Ishimwe	Kigali	23 Mar 23
4x100m	49.9		Kigali	24 Mar 23
		(Uwiringiyimana,N. - Twizerimana,S. - Niyonkuru,M. - Nyiraneza,J.)		
4x400m	3:58.3		Eldoret	3 Sep 16
		(- Akingeneye,C.)		