

## 23<sup>th</sup> International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2010

TROFEO "CITTA' DI DESENZANO DEL GARDA"(BS) - ITALY

Desenzano del Garda (Italy) "F. Ghizzi" Stadium - May 8<sup>th</sup> - 9<sup>th</sup>, 2010

Name: **Frédéric XHONNEUX**  
 Country: Belgium  
 Date of birth: 11 May 1983  
 Place of birth: Bruxelles  
 Profession: Student  
 Club: Amiens UC  
 Coach: Thibaut Dechamp, Alain Hoffelt  
 Height: 1,84  
 Weight: 79

Personal best:		Best results:	
Decathlon	8.142 Desenzano	11.05.08 Olympic games:	dnf 2008
100 m	11.28 Helsinki 1,2	9.08.05 World championships:	14 2005
Long jump	7.33 Desenzano 1,7	10.05.08 European cup:	2c 2006, 3b 2007
Shot put	14.79 Desenzano	10.05.08 European U23 championships:	4 2005
High jump	2.04 Monza		1.07.06
400 m	48.92 Erfurt	14.07.05 European indoor championships:	9 2007
110 m hurdles	14.76 Erfurt 0,6		14.07.05
	14.57w Arles 4,0		5.06.05
Discus throw	45.36 Desenzano		11.05.08
Pole vault	4.95 Desenzano		11.05.08
Javelin throw	63.56 Desenzano		11.05.08
1.500 m	4.13.05 Arles		4.06.06
1st day	4.030 Desenzano		10.05.08
2nd day	4.112 Desenzano		11.05.08
400 m hurdles	52.37 Erfurt		21.07.05
Triple jump	15.01 Bruxelles -0,4		9.07.06

Personal best decathlon:	11.42 7.33 14.79 1.95 49.60 15.05 45.36 4.95 63.56 4.20.53
	769 893 777 758 833 843 774 895 792 808
	769 1662 2439 3197 4030 4873 5647 6542 7334 8142
Total points with personal best:	11.28 7.33 14.79 2.04 48.92 14.57 45.36 4.95 63.56 4.13.05
	799 893 777 840 865 902 774 895 792 860
	799 1692 2469 3309 4174 5076 5850 6745 7537 8397



