



CMCM
ÄR GESONDHEETSMUTUELLE
ZANTER 1956



LUXEMBOURG
LET'S MAKE IT HAPPEN



E-MAGAZINE

JANUARY 19TH, 2025

<https://www.cmcm-luxembourg-indoor-meeting.lu/>



Finally, after a 2021 and 2022 edition severely impacted by the Covid-19 pandemic. Getting back strongly in 2023 and an amazing 2024. Now in 2025, we're proud to announce that the CMCM Luxembourg Indoor Meeting has achieved Silver status, marking a new milestone in our journey

Ideally placed in the calendar at the start of the indoor season, we are proud to have been able to attract a number of top-level athletes and to be able to present you with a top-quality line-up. This will benefit not only our spectators, but also our national athletes, who are just waiting for the opportunity to shine in a top-level competition in front of a national audience. Some of them can take advantage of this opportunity to qualify for the international championships.

We would like to thank our long-standing partners for their support, without which this kind of event would not be possible: our sponsors, first and foremost CMCM and Baloise, the national authorities and La Coque. And let's not forget the many volunteers who help make this sporting event possible. On behalf of the athletes : Thank you for your commitment.

Thank you also to you, our spectators, who came to support our athletes. I wish you all an afternoon rich in emotion. After all, that's what athletics is all about: the pleasure of letting yourself get carried away by the atmosphere and the performances.

Stéphanie EMPAIN President

PROGRAMME

15:00	PRE-PROGRAM	
16:00	MAIN PROGRAM	
16:05	Women	Long Jump
16:08	Women	60m Heat 1
16:17	Women	60m Heat 2
16:18	Men	Shot Put
16:25	Men	400m Final 1
16:33	Men	400m Final 2
16:40	Women	60mH Heat 1
16:47	Women	60mH Heat 2
16:55	Women	60mH Heat 3
17:05	Women	Pole Vault
17:07	Women	60m Final
17:20	Men	60mH Heat 1
17:28	Men	60mH Heat 2
17:37	Men	800m
17:45	Women	60mH Final A
17:53	Women	60mH Final B
18:08	Men	3000m
18:18	Men	60mH Final
18:23	Women	1500m Final
18:30	Men	1500m Final
18:40	Women	200m Final 1
18:48	Women	200m Final 2
18:50	POST-PROGRAM	
18:54	Women	60m National
18:57	Men	60m National
19:02	Men	Relais Australien
	Women	Relais Australien

LONG JUMP

WOMAN

Record Meeting: 6,40m (2024)

Last name	First Name	Nat.	Personal Best	Season Best 24
Mitkova	Plamena	BUL	6,97m	6,97m
Gardasevic	Milica	SRB	6,91m	6,76m
Askag	Maja	SWE	6,75m	6,60m
Gkogka	Andriana	GRE	6,55m	6,55m
Bissemo	Rogilia	FRA	6,62m	6,62m
Pereira	Tatiana	POR	6,33m	6,33m
Lesti	Diana	HUN	6,75m	6,52m
Berriot	Angelica	FRA	6,65m	6,65m



PATRIZIA VAN DER WEKEN

60 Metres
PB 7.09 (NR)
SB24 7.09
200 Metres
PB 23.29
SB24 23.29

GOM WOMAN

Record Meeting: 7"09 (2024)

Last Name	First Name	Nat.	Personal Best	Season Best 24
Van der Weken	Patrizia	LUX	7.09s	7.09s
Rosius	Rani	BEL	7.12s	7.12s
Oliere	Orlann	FRA	7.15s	7.17s
Nkansa	Delphine	BEL	7.18s	7.18s
Emmanouilidou	Polyniki	GRE	7.24s	7.24s
Bazolo	Lorene	POR	7.23s	7.17s
Siragusa	Irene	ITA	7.30s	7.36s
Montt	Maria Ignacia	CHL	7.48s	-
Jehaes	Marine	BEL	7.23s	7.23s
Gutschmidt	Melissa	SUI	7.20s	7.20s
Rimlinger	Marie-Ange	FRA	7.33s	7.33s
Abrams	Jasmine	GUY	7.26s	-
Scott	Molly	IRL	7.19s	7.33s
Ott	Miia	EST	7.45s	7.45s
Gaeng	Camille	LUX	7.70s	-
Jones	Rayniah	USA	7.21s	7.24s



Partager est à la portée de tous -
pour la protection et l'éducation
des enfants au Burkina Faso

Sharing is possible for everyone -
for the protection and education
of children in Burkina Faso



Scan to
donate



Des Publicitéist gëtt zur Verfügung gestallt vun
Cette publicité vous est présentée par
This advertisement is brought to you by



Hëllef eis hëllefen...
Aidez-nous à aider...
Help us to help...



Scan to
donate

Dës Publicitéist gëtt zur Verfügung gestallt vun
Cette publicité vous est présentée par
This advertisement is brought to you by



SHOT PUT MAN

Record Meeting: 21.71m (2024)

Last Name	First Name	Nat.	Personal Best	Season Best 24
Arnaudov	Tsanko	POR	21.56m	20.81m
Bukowiecki	Konrad	POL	22.25m	20.44m
Favors	Eric	IRE	20.93m	20.93m
Ristl	Silas	GER	20.25m	20.25m
Kolesnikoff	Alexander	AUS	20.45m	20,45m
Maihöfer	Eric	GER	19.78m	19,78m
Lauria	Tizian	GER	19.89m	19,89m
Elemba	Franck	FRA	21.20m	20,10m



**PARTAGEZ
VOS MOMENTS
CMCM INDOOR MEETING
AVEC NOUS**

**@coqueluxembourg
#coqueluxembourg**



400M

MEN

Last Name	First Name	Nat.	Personal Best	Season Best 24
Biron	Gilles	FRA	46.11s	-
Elkhatib	Omar	POR	46.99s	46.99s
Szwed	Maksymilian	POL	46.84s	46.84s
Devantay	Charles	SUI	46.66s	46.72s
Enying	Patrik	HUN	46.89s	-
Haydock-Wilson	Alex	GBR	46.29	-
Canal	Inaki	ESP	45.89s	46.36s
Dammermann	Fabian	GER	47.34s	47.34s
Bujna	Simon	SVK	47.01s	47.01s
Lengauer	Samuel	AUT	48.71s	48.71s
Breitkopf	Jonas	GER	47.52s	47.52s

ONS STAD

Retrouvez la revue semestrielle (2x/an) de la Ville dans votre boîte aux lettres retraçant le développement de la Ville avec des articles et dossiers historiques et culturels.



RÉSEAUX SOCIAUX

Abonnez-vous à nos profils sur les réseaux sociaux et suivez les événements, nouveautés et reportages sur la vie dans la capitale.



VDL.LU

Retrouvez toute l'actualité de la Ville, mise à jour plusieurs fois par jour. Le site est disponible en version fr/en/de.



HOPLR

Échangez-vous avec vos voisins par le biais de cette application gratuite (App Store & Google Play).



NEWSLETTER

Abonnez-vous à la newsletter de la Ville et recevez l'actualité (FR, DE ou ENG) une fois par semaine, directement par courriel.



CULTURE

Abonnez-vous aux newsletters de nos institutions culturelles et/ou suivez-les dans les réseaux sociaux : les théâtres, les 2 musées, la cinémathèque, la Cité-Bibliothèque, le conservatoire de musique et la photothèque.



CITYAPP-VDL

Téléchargez l'application gratuite de la Ville pour des informations en temps réel (bus, parking, etc.) personnalisables selon vos besoins.



CITY

Retrouvez le mensuel de la capitale dans votre boîte aux lettres avec l'actualité de la Ville et l'agenda culturel le plus complet de la Grande Région.



RESTEZ INFORMÉS À VOTRE RYTHME

Applis, magazines, newsletters, site web, réseaux sociaux –
votre ville s'adapte à vous pour vous informer.



GOM HURDLES

WOMEN

Record Meeting: 7"92 (2023)

Last Name	First Name	Nat.	Personal Best	Season Best 24
Fourie	Marione	RSA	-	-
Carmassi	Giada	ITA	8.03s	8.03s
Tjin a Lim	Maayke	NED	7.98s	7.98s
Andresen	Lovise	NOR	8.10s	8.10s
Meier	Marlene	GER	8.09s	8.09s
Wojtunik	Klaudia	POL	8.07s	8.14s
Guignard	Valerie	SUI	8.17s	8.17s
Jones	Rayniah	USA	7.90s	7.95s
Alessandrini	Sacha	FRA	8.02s	8.04s
Neziri	Nooralotta	FIN	7.91s	8.05s
Lett	Pauline	FRA	8.12s	8.23s
Schneider	Rosina	GER	8.08s	8.08s
Bessana	Veronica	ITA	8.05s	8.05s
Keskitalo	Saara	FIN	8.12s	8.22s
von Jackowksi	Selina	SUI	8.18s	-
Siciarz	Klaudia	POL	7.95s	8.23s
Verlin	Kreete	EST	8.14s	8.18s
Wegierska	Angelika	ITA	8.16s	8.33s
Iosifidou	Sofia	GRE	8.35s	8.39s
Zapalska	Monika	GER	8.09s	8.09s
Schuster	Franziska	GER	8.09s	8.09s



MIR SINN DO. FIR JIDDEREEN.



D'CMCM ass do fir jiddereen. Ouni Ausnam an onofhängeg vum Alter a Gesondheitszoustand vum Member.
Et gëtt kee Krankheitsdossier gefrot a keng Zousazkäschte bei all neiem Familljemember.

Loscht Member ze gin? Méi Info op www.cmcm.lu



POLE VAULT WOMAN

Record Meeting: 4,61m (2015)

Last Name	First Name	Nat.	Personal Best	Season Best 24
Moser	Angelica	SUI	4,88m	4,56m
Ayris	Imogen	NZL	4,60m	4,60m
Klekner	Hanga	HUN	4,57m	4,57m
Knäsche	Anjuli	GER	4,55m	4,55m
Dehaynain	Alix	FRA	4,53m	4,53m
Vekemans	Eilen	BEL	4,54m	4,54m
Otchere	Jacqueline	GER	4,60m	4,50m
Morota	Misaki	JAP	4,48m	4,42m
Faye	Kitty	NOR	4,45m	4,45m
Wijnmaalen	Marijke	NED	4,30m	4,30m

GOM HURDLES MAN

Record Meeting: 7"57 (2021)

Last Name	First Name	Nat.	Personal Best	Season Best 24
Szymanski	Jakub	POL	7.46s	7.46s
Czykier	Damian	POL	7.48s	7.60s
Bacari	Elie	BEL	7.58s	7.58s
Yefremov	David	KAZ	7.59s	7.59s
Kiljan	Krzysztof	POL	7.59s	7.59s
Lakka	Elmo	FIN	7.63s	7.63s
Mordi	Manuel	GER	7.65s	7.65s
Cinna	Erwann	FRA	7.69s	7.69s
Eikermann	Tim	GER	7.63s	7.69s
Shirse	Tejas	IND	7.75s	7.75s
Geerds	Job	NED	7.57s	7.57s
Kuuisiniemi	Santeri	FIN	7.74s	7.76s
Vancauwemberghe	Nolan	BEL	7.83s	7.83s
Abakar	Oumar	QAT	-	-



*Façonner activement
le marché du sport :*

ÉTUDIEZ LE MANAGEMENT DU SPORT À LUNEX

DÉCOUVREZ
NOTRE

MAS
TER

DÉCOUVREZ
NOTRE

BA
CHE
LOR

Les étudiants de LUNEX participent à l'organisation du CMCM meeting. Rejoignez LUNEX et profitez de l'expertise de nos professeurs, d'un environnement d'apprentissage personnalisé et de la pertinence pratique de notre programme de Bachelor en management du sport international et de notre programme de Master en management du sport et digitalisation. Tous nos cours sont en anglais !

Construisez votre carrière en tant que manager sportif dans l'industrie mondiale du sport.

WWW.LUNEX.LU

800M

MEN

Record Meeting: 1'45"04 (2023)

Last Name	First Name	Nat.	Personal Best	Season Best 24
Kitlinski	Bartosz	POL	1:48.02min	1:48.02min
De Smet	Tibo	BEL	1:45.04min	1:46.34min
Canales	Elvin Josue	ESP	1:45.83min	1:48.08min
Kipruto	Collins	KEN	1:45.39min	1:46.89min
Kronbergs	Uku Renek	EST	-	-
Kotyza	Daniel	CZE	1:46.57min	1:46.75min
Espagnet	Mathis	LUX	1:50.03min	1:52.49min
Benmahdi(pace)	Khaled	ALG	1:47.89min	-

Building a Sustainable Future: Highlights from the CMCM 2025 Meeting

The CMCM 2025 Meeting is setting a new standard for sustainable events, combining environmental responsibility with community engagement.

Eco-Friendly Innovations

The event eliminated single-use plastics, implemented a waste management system with recycling bins, and sourced over 50% of supplies locally. Public transport was promoted, and bike parking made cycling more accessible.

Community and Inclusion

Volunteers played a key role in promoting sustainability, while inclusive infrastructure ensured accessibility for participants with reduced mobility. Local businesses benefited from the event's focus on regional suppliers.

A Greener Future

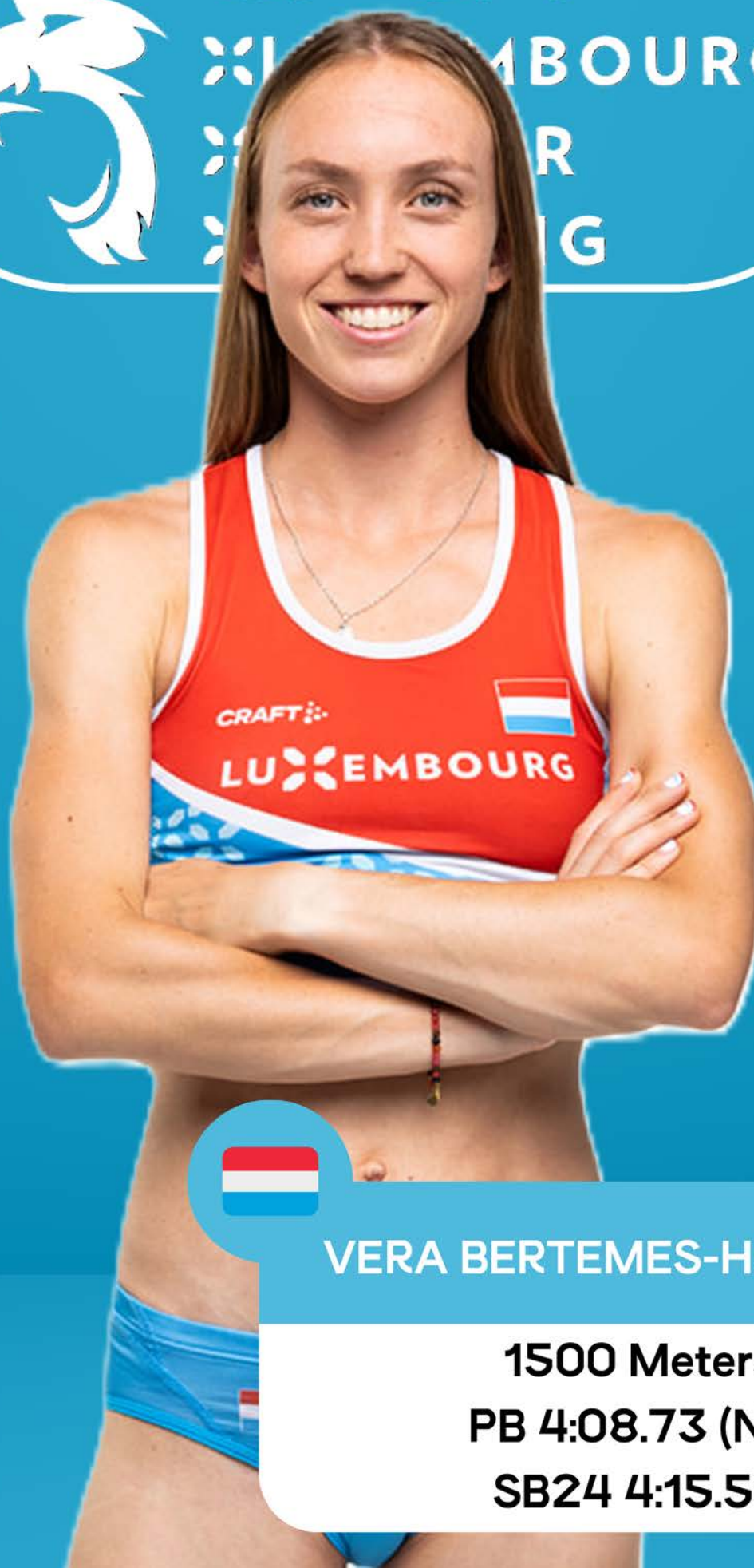
Post-event audits will help refine these initiatives, but the CMCM 2025 Meeting already proves that sports can inspire environmental change and social inclusion.



3000M MAN

Record Meeting: 7'47"32 (2024)

Last Name	First Name	Nat.	Personal Best	Season Best 24
Szogi	Istvan	HUN	7:57.26min	8:07.97min
Mornet	Romain	FRA	7:47.80min	7:47.80min
Abdi Ali	Mahadi	NED	7:44.21min	7:44.21min
Abdikadar	Mohad	ITA	8:16.47min	-
Bremm	Florian	GER	7:53.25min	7:53.25min
Verheyden	Ruben	BEL	-	-
Schneider	Velten	GER	8:03.56	-
Kipsang	Mathew Kipchumba	KEN	-	-
Kiprugut	Boaz (pace)	KEN	-	-
Moreira	Miguel	POR	8:09.12min	8:09.12min
Jocteur-Monrozier	Pierrik	FRA	-	-
Helander	Eemil	FIN	8:01.17min	8:04.29min



VERA BERTEMES-HOFFMANN

1500 Meters
PB 4:08.73 (NR)
SB24 4:15.52

1500M WOMAN

Record Meeting: 4'07"03 (2024)

Last Name	First Name	Nat.	Personal Best	Season Best 24
Walcott-Nolan	Revee	GBR	4:03.93min	4:03.93min
Zenoni	Marta	ITA	4:08.92min	4:08.92min
Blomqvist	Nathalie	FIN	4:09.10min	4:09.10min
Bello	Elena	ITA	4:09.98min	-
Bertemes-Hoffman	Vera	LUX	4:08.73min	4:15.52min
Coutellier	Vera	GER	4:13.83min	4:15.09min
Garcia	Marta	ESP	4:14.82min	4:14.82min
Axford	Kate	GBR	-	-
Scaunet	Vanessa	BEL	4:29.66min	4:29.66min
Parewyck	Mariska	BEL	4:17.72min	4:17.72min
Hoffman	Lore	SUI	4:09.02min	-
Hughes	Cari	GBR	4:15.46min	4:17.86min



CMCM

EMBOURG

DOOR

TING



VIVIEN HENZ

1500 meters
PB 3:42.24
SB24 3:42.72

1500M MAN

Record Meeting: 3:37"80 (2024)

Last Name	First Name	Nat.	Personal Best	Season Best 24
Miron	Javier	ESP	3:39.04min	3:39.04min
Rinne	Joonas	FIN	3:41.10min	3:44.58min
Grethen	Charles	LUX	3:35.99min	3:35.99min
Thorwirth	Maximilian	GER	3:38.72min	-
Gomes	Duarte	POR	3:56.17min	-
Copeland	Piers	GBR	3:36.12min	3:43.13min
Henz	Vivien	LUX	3:42.24min	3:42.72min
Sisk	Pieter	BEL	3:38.90min	3:38.90min
Abdilahti	Mohamed	GER	3:38.73min	-
Gervais	Arthur	FRA	3:41.68min	-
Akbache(pace)	Mounir	FRA	3:46.60min	-



CMCM
X LUXEMBOURG
X LUXEMBOURG
X LUXEMBOURG



CHARLES GRETHEN

1500 meters
PR 3:35:99 (NR)
SB24 3:35.99

200M WOMEN

Record Meeting: 23"57 (2007)

Last Name	First Name	Nat.	Personal Best	Season Best 24
Bukowiecka	Natalia	POL	23.30s	-
Lindhal	Nora	SWE	23.46s	23.46s
Wessolly	Jessica-Bianca	GER	23.07s	23.37s
Pointet	Leonie	SUI	23.32s	23.32s
Vervaet	Imke	BEL	23.26s	23.54s
Sulyan	Alexa	HUN	23.70s	23.70s
Van der Weken	Patrizia	LUX	23.29s	23.29s
Abrams	Jasmine	GUY	-	-
Nkansa	Delphine	BEL	24.60s	-
Daniels	Teahna	USA	23.62s	-

Want to discover athletics?



Join one of our
competitive athletics
clubs!



Scan me!

Clubs	Email Address	Website	Telephone
CA Belvaux	info@cab.lu	www.cab.lu	+352 661556897
CA Dudelange	comite@cadudelange.lu	www.cadudelange.lu	+352 321255833
CAE Grevenmacher	info@caeg.lu	www.caeg.lu	+352 26729347
CAFOLA	comite@cafola.lu	www.cafola.lu	+352 331579200
CAPA	info@capa.lu	www.capa.lu	+352 621271527
C.A. SCHIFFLANGE	cas@pt.lu	www.cas.lu	+352 570695
Celtic Diekirch	celtic@celtic.lu	www.celtic.lu	+352 621328838
CS Luxembourg	cslath@pt.lu	www.cslath.lu	+352 444241
CSN Clervaux	info@csn.lu	www.csn.lu	+352 621510966
KARIBU	info@karibu.lu	www.karibu.lu	+352 621374930
LIAL	lial.club@gmail.com	www.lial.lu	+352 661140779
RBUAP	info@rbuap.com	www.rbuap.com	+352 691963644
Trilux	triathlon.luxembourg@gmail.com	www.trilux.lu	+352 481112
Trispeed Mamer	info@trispeed.lu	www.trispeed.lu	+352 621140306
TEAM X3M	info@x3m.lu	www.x3m.lu	+352 661391279
SNOOZE			

THANK YOU

To all the people and institutions without whom this magnificent event could not have taken place:



CMCM

Ville de Luxembourg

Luxembourg Let's Make It Happen

The Ministry of Sports

Institutional partners

(Coque, European Athletics, LUNEX)

The Judges

The Volunteers

LUNEX Students

FLA Staff

Our Meeting Director



Without the 250 people who have worked on this project over the last 6 months, the event would not have been possible. THANK YOU all for your commitment, and ... see you next year for the 2026 edition!



Meeting Director
Marc Osenberg

Event Manager
Steffi Brachmann

The Belou Company - Wave light
Remy Charpentier

Seltec - Event Data Management
Philip Salathe

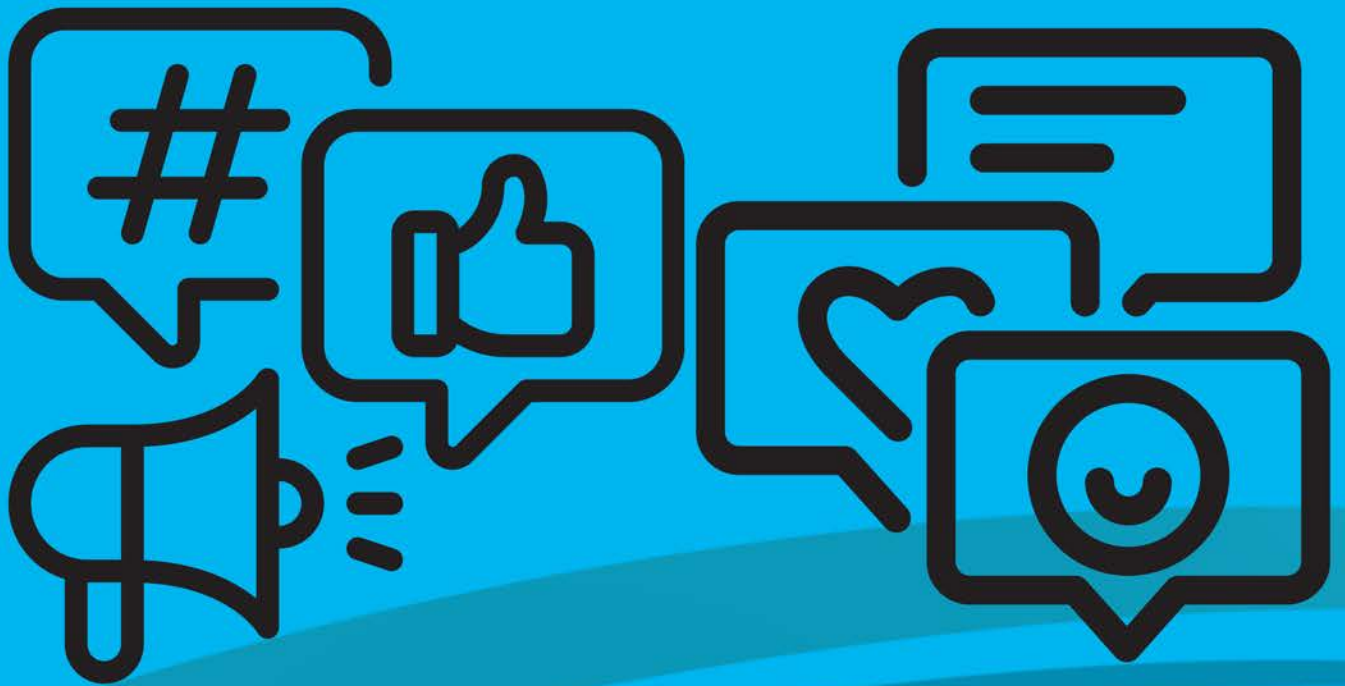
Megatek (Omega France) - Official timer
Eric Deblois

Athle.ch - Animation
Michel Herren (Commentator)
Guillaume Laurent
Aurèle Bonvin
Kevin Gabrielli

Apart TV - Television
Steve Nilles



**Follow us on
Social Media!**



<https://www.cmcm-luxembourg-indoor-indoormeeting.lu>