



Régionale Urbaine Moyenne Distance Citadelle de Montmédry 17.9.2022 ASUB

Severine VANDERMEULEN

CO Liège

Circuit : D:Noir Long

Distance : 5400m

Temps : 1:14:02 (13'43"/km)

7/12

O.K.

[Résultats complets sur Webres](#)

- | | |
|-----------------------|---------|
| 1. Anna SERRALLONGA | 0:46:35 |
| 2. Laurine HERMAN | 0:53:03 |
| 3. Sandrine DEFRAIGNE | 0:56:40 |

1.	87	00:02:20	168m	13'53"/km
2.	112	00:00:31 00:02:51	48m	10'46"/km
3.	94	00:00:47 00:03:38	57m	13'45"/km
4.	95	00:04:17 00:07:55	76m	56'22"/km
5.	97	00:02:44 00:10:39	112m	24'24"/km
6.	100	00:04:44 00:15:23	187m	25'19"/km
7.	75	00:01:52 00:17:15	120m	15'33"/km
8.	101	00:03:10 00:20:25	127m	24'56"/km
9.	102	00:02:22 00:22:47	108m	21'55"/km
10.	103	00:05:41 00:28:28	135m	42'06"/km
11.	56	00:01:30 00:29:58	42m	35'43"/km
12.	58	00:02:14 00:32:12	76m	29'23"/km
13.	104	00:12:42 00:44:54	89m	142'42"/km
14.	84	00:01:13 00:46:07	90m	13'31"/km
15.	59	00:01:03 00:47:10	138m	7'37"/km
16.	105	00:01:20 00:48:30	38m	35'05"/km
17.	106	00:02:02 00:50:32	58m	35'03"/km
18.	107	00:01:23 00:51:55	53m	26'06"/km
19.	54	00:01:18 00:53:13	41m	31'42"/km
20.	55	00:03:42 00:56:55	128m	28'54"/km
21.	109	00:00:36 00:57:31	29m	20'41"/km
22.	81	00:01:45 00:59:16	138m	12'41"/km
23.	111	00:00:44 01:00:00	39m	18'48"/km
24.	82	00:01:34 01:01:34	139m	11'16"/km
25.	110	00:05:36 01:07:10	97m	57'44"/km
26.	92	00:01:23 01:08:33	65m	21'17"/km
27.	113	00:02:16 01:10:49	33m	68'41"/km
28.	79	00:01:33 01:12:22	133m	11'39"/km
29.	88	00:01:10 01:13:32	148m	7'53"/km
30.	77	00:00:28 01:14:00	96m	4'52"/km
31.	999	00:00:02 01:14:02	29m	1'09"/km