



Régionale Urbaine Moyenne Distance

Citadelle de Montmédry 17.9.2022

ASUB

Claire LABROCHE

0207HF VO (France)

Circuit : D:Noir Long

Distance : 5400m

Temps : 1:27:08 (16'08"/km)

10/12

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	00:02:32	168m	15'05"/km
2.	112	00:01:07 00:03:39	48m	23'16"/km
3.	94	00:00:26 00:04:05	57m	7'36"/km
4.	95	00:03:21 00:07:26	76m	44'05"/km
5.	97	00:08:28 00:15:54	112m	75'36"/km
6.	100	00:08:25 00:24:19	187m	45'01"/km
7.	75	00:01:59 00:26:18	120m	16'32"/km
8.	101	00:03:34 00:29:52	127m	28'05"/km
9.	102	00:05:34 00:35:26	108m	51'33"/km
10.	103	00:03:13 00:38:39	135m	23'50"/km
11.	56	00:00:55 00:39:34	42m	21'50"/km
12.	58	00:01:41 00:41:15	76m	22'09"/km
13.	104	00:13:07 00:54:22	89m	147'23"/km
14.	84	00:00:53 00:55:15	90m	9'49"/km
15.	59	00:00:57 00:56:12	138m	6'53"/km
16.	105	00:01:13 00:57:25	38m	32'01"/km
17.	106	00:03:02 01:00:27	58m	52'18"/km
18.	107	00:01:33 01:02:00	53m	29'15"/km
19.	54	00:01:26 01:03:26	41m	34'58"/km
20.	55	00:05:28 01:08:54	128m	42'43"/km
21.	109	00:00:38 01:09:32	29m	21'50"/km
22.	81	00:01:25 01:10:57	138m	10'16"/km
23.	111	00:00:22 01:11:19	39m	9'24"/km
24.	82	00:01:00 01:12:19	139m	7'12"/km
25.	92	00:05:40 01:17:59		
26.	113	00:01:12 01:19:11	33m	36'22"/km
27.	110	00:02:58 01:22:09		
28.	92	00:00:53 01:23:02	65m	13'35"/km
29.	113	00:00:45 01:23:47	33m	22'44"/km
30.	79	00:01:38 01:25:25	133m	12'17"/km
31.	88	00:01:13 01:26:38	148m	8'13"/km
32.	77	00:00:28 01:27:06	96m	4'52"/km
33.	999	00:00:02 01:27:08	29m	1'09"/km