



Régionale Urbaine Moyenne Distance Citadelle de Montmédy 17.9.2022 ASUB

Clément DEMEUSE

CO Liège

Circuit : H:Noir Long

Distance : 5400m

Temps : 0:33:22 (6'11"/km)

1/46

O.K.

[Résultats complets sur Webres](#)

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|----------------------------|---------|
| 2. Marc SERRALLONGA ARQUES | 0:36:05 |
| 3. Rune DE CLERCQ | 0:39:02 |

1.	87	00:01:26	168m	8'32"/km
2.	112	00:00:25 00:01:51	48m	8'41"/km
3.	94	00:00:17 00:02:08	57m	4'58"/km
4.	95	00:01:30 00:03:38	76m	19'44"/km
5.	97	00:01:36 00:05:14	112m	14'17"/km
6.	100	00:02:07 00:07:21	187m	11'19"/km
7.	75	00:01:26 00:08:47	120m	11'57"/km
8.	101	00:01:26 00:10:13	127m	11'17"/km
9.	102	00:01:20 00:11:33	108m	12'21"/km
10.	103	00:01:23 00:12:56	135m	10'15"/km
11.	56	00:00:38 00:13:34	42m	15'05"/km
12.	58	00:01:05 00:14:39	76m	14'15"/km
13.	104	00:03:48 00:18:27	89m	42'42"/km
14.	84	00:00:41 00:19:08	90m	7'36"/km
15.	59	00:00:46 00:19:54	138m	5'33"/km
16.	105	00:00:42 00:20:36	38m	18'25"/km
17.	106	00:00:51 00:21:27	58m	14'39"/km
18.	107	00:00:38 00:22:05	53m	11'57"/km
19.	54	00:00:50 00:22:55	41m	20'20"/km
20.	55	00:02:01 00:24:56	128m	15'45"/km
21.	109	00:00:19 00:25:15	29m	10'55"/km
22.	81	00:00:52 00:26:07	138m	6'17"/km
23.	111	00:00:15 00:26:22	39m	6'25"/km
24.	82	00:00:42 00:27:04	139m	5'02"/km
25.	110	00:02:30 00:29:34	97m	25'46"/km
26.	92	00:00:49 00:30:23	65m	12'34"/km
27.	113	00:00:43 00:31:06	33m	21'43"/km
28.	79	00:01:01 00:32:07	133m	7'39"/km
29.	88	00:00:53 00:33:00	148m	5'58"/km
30.	77	00:00:21 00:33:21	96m	3'39"/km
31.	999	00:00:01 00:33:22	29m	0'34"/km