



Régionale Urbaine Moyenne Distance Citadelle de Montmédy 17.9.2022 ASUB

Florian DEMBLON

CO Liège

Circuit : H:Noir Long

Distance : 5400m

Temps : 1:14:11 (13'44"/km)

22/46

O.K.

[Résultats complets sur Webres](#)

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|----------------------------|---------|
| 1. Clément DEMEUSE | 0:33:22 |
| 2. Marc SERRALLONGA ARQUES | 0:36:05 |
| 3. Rune DE CLERCQ | 0:39:02 |

1.	87	00:02:12	168m	13'06"/km
2.	112	00:01:12 00:03:24	48m	25'00"/km
3.	94	00:00:26 00:03:50	57m	7'36"/km
4.	95	00:02:23 00:06:13	76m	31'22"/km
5.	97	00:09:05 00:15:18	112m	81'06"/km
6.	100	00:04:08 00:19:26	187m	22'06"/km
7.	75	00:01:55 00:21:21	120m	15'58"/km
8.	101	00:02:14 00:23:35	127m	17'35"/km
9.	102	00:02:28 00:26:03	108m	22'50"/km
10.	103	00:09:53 00:35:56	135m	73'13"/km
11.	56	00:00:46 00:36:42	42m	18'15"/km
12.	58	00:02:01 00:38:43	76m	26'32"/km
13.	104	00:06:36 00:45:19	89m	74'09"/km
14.	84	00:01:01 00:46:20	90m	11'18"/km
15.	59	00:01:01 00:47:21	138m	7'22"/km
16.	105	00:00:56 00:48:17	38m	24'34"/km
17.	106	00:02:58 00:51:15	58m	51'09"/km
18.	107	00:01:09 00:52:24	53m	21'42"/km
19.	54	00:01:35 00:53:59	41m	38'37"/km
20.	55	00:05:13 00:59:12	128m	40'45"/km
21.	109	00:00:29 00:59:41	29m	16'40"/km
22.	81	00:01:44 01:01:25	138m	12'34"/km
23.	111	00:00:26 01:01:51	39m	11'07"/km
24.	82	00:01:34 01:03:25	139m	11'16"/km
25.	110	00:05:16 01:08:41	97m	54'18"/km
26.	92	00:01:27 01:10:08	65m	22'18"/km
27.	113	00:01:11 01:11:19	33m	35'52"/km
28.	79	00:01:15 01:12:34	133m	9'24"/km
29.	88	00:01:09 01:13:43	148m	7'46"/km
30.	77	00:00:26 01:14:09	96m	4'31"/km
31.	999	00:00:02 01:14:11	29m	1'09"/km