



Régionale Urbaine Moyenne Distance

Citadelle de Montmédry 17.9.2022

ASUB

Kristof WOLLES

hamok

Circuit : H:Noir Long

Distance : 5400m

Temps : 2:22:54 (26'28"/km)

39/46

O.K.

[Résultats complets sur Webres](#)

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

1.	87	00:03:37		168m	21'32"/km
2.	112	00:00:52	00:04:29	48m	18'03"/km
3.	94	00:00:54	00:05:23	57m	15'47"/km
4.	95	00:07:44	00:13:07	76m	101'45"/km
5.	97	00:04:28	00:17:35	112m	39'53"/km
6.	100	00:11:41	00:29:16	187m	62'29"/km
7.	75	00:06:49	00:36:05	120m	56'48"/km
8.	101	00:04:56	00:41:01	127m	38'51"/km
9.	102	00:04:38	00:45:39	108m	42'54"/km
10.	103	00:07:57	00:53:36	135m	58'53"/km
11.	56	00:02:25	00:56:01	42m	57'32"/km
12.	58	00:04:00	01:00:01	76m	52'38"/km
13.	104	00:12:16	01:12:17	89m	137'50"/km
14.	84	00:02:59	01:15:16	90m	33'09"/km
15.	59	00:02:11	01:17:27	138m	15'49"/km
16.	105	00:02:53	01:20:20	38m	75'53"/km
17.	106	00:03:28	01:23:48	58m	59'46"/km
18.	107	00:02:07	01:25:55	53m	39'56"/km
19.	90	00:03:33	01:29:28		
20.	54	00:02:17	01:31:45	72m	31'43"/km
21.	55	00:22:12	01:53:57	128m	173'26"/km
22.	109	00:01:15	01:55:12	29m	43'06"/km
23.	81	00:02:21	01:57:33	138m	17'02"/km
24.	111	00:00:35	01:58:08	39m	14'57"/km
25.	82	00:02:26	02:00:34	139m	17'30"/km
26.	110	00:09:44	02:10:18	97m	100'21"/km
27.	92	00:01:32	02:11:50	65m	23'35"/km
28.	113	00:04:26	02:16:16	33m	134'21"/km
29.	79	00:02:47	02:19:03	133m	20'56"/km
30.	88	00:02:31	02:21:34	148m	17'00"/km
31.	77	00:01:09	02:22:43	96m	11'59"/km
32.	999	00:00:11	02:22:54	29m	6'19"/km