



Régionale urbaine Nivelles

Nivelles 22.5.2022

Altaïr C.O.

Benoît DEFRAIGNE

ASUB

Circuit : H:Long

Distance : 7000m

Temps : 1:23:38 (11'57"/km)

10/12

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------------|---------|
| 1. Bruno PARMENTIER | 0:59:16 |
| 2. Frank LEMY | 0:59:46 |
| 3. Hugues LUYCKFASSEEL | 1:04:12 |

1.	189	00:03:14		398m	8'07"/km
2.	210	00:02:32	00:05:46	290m	8'44"/km
3.	204	00:03:01	00:08:47	317m	9'31"/km
4.	208	00:01:20	00:10:07	182m	7'20"/km
5.	195	00:04:29	00:14:36	360m	12'27"/km
6.	206	00:01:52	00:16:28	144m	12'58"/km
7.	205	00:02:24	00:18:52	258m	9'18"/km
8.	203	00:04:14	00:23:06	204m	20'45"/km
9.	222	00:05:07	00:28:13	334m	15'19"/km
10.	201	00:04:03	00:32:16	325m	12'28"/km
11.	197	00:05:37	00:37:53	354m	15'52"/km
12.	196	00:03:20	00:41:13	197m	16'55"/km
13.	188	00:03:02	00:44:15	251m	12'05"/km
14.	185	00:02:42	00:46:57	230m	11'44"/km
15.	186	00:02:31	00:49:28	148m	17'00"/km
16.	187	00:02:06	00:51:34	120m	17'30"/km
17.	193	00:03:10	00:54:44	388m	8'10"/km
18.	167	00:03:06	00:57:50	211m	14'42"/km
19.	183	00:02:33	01:00:23	150m	17'00"/km
20.	223	00:01:33	01:01:56	178m	8'42"/km
21.	224	00:00:00	01:01:56	35m	0'00"/km
22.	174	00:02:18	01:04:14	213m	10'48"/km
23.	176	00:02:00	01:06:14	190m	10'32"/km
24.	171	00:03:44	01:09:58	155m	24'05"/km
25.	168	00:03:27	01:13:25	270m	12'47"/km
26.	169	00:01:58	01:15:23	182m	10'48"/km
27.	177	00:02:19	01:17:42	223m	10'23"/km
28.	179	00:02:00	01:19:42	238m	8'24"/km
29.	182	00:02:08	01:21:50	222m	9'37"/km
30.	255	00:00:56	01:22:46	109m	8'34"/km
31.	999	00:00:52	01:23:38	138m	6'17"/km