



Régionale Urbaine Moyenne Distance

Citadelle de Montmédy 17.9.2022

ASUB

Laurine HERMAN

ASUB

Circuit : D:Noir Long

Distance : 5400m

Temps : 0:53:03 (9'49"/km)

2/12

O.K.

[Résultats complets sur Webres](#)

- | | |
|-----------------------|---------|
| 1. Anna SERRALLONGA | 0:46:35 |
| 3. Sandrine DEFRAIGNE | 0:56:40 |

1.	87	00:01:47	168m	10'37"/km
2.	112	00:01:10 00:02:57	48m	24'18"/km
3.	94	00:00:23 00:03:20	57m	6'44"/km
4.	95	00:02:04 00:05:24	76m	27'12"/km
5.	97	00:02:25 00:07:49	112m	21'35"/km
6.	100	00:03:07 00:10:56	187m	16'40"/km
7.	75	00:01:19 00:12:15	120m	10'58"/km
8.	101	00:01:57 00:14:12	127m	15'21"/km
9.	102	00:01:41 00:15:53	108m	15'35"/km
10.	103	00:04:04 00:19:57	135m	30'07"/km
11.	56	00:01:34 00:21:31	42m	37'18"/km
12.	58	00:01:47 00:23:18	76m	23'28"/km
13.	104	00:07:45 00:31:03	89m	87'05"/km
14.	84	00:00:51 00:31:54	90m	9'27"/km
15.	59	00:01:19 00:33:13	138m	9'32"/km
16.	105	00:01:08 00:34:21	38m	29'49"/km
17.	106	00:01:15 00:35:36	58m	21'33"/km
18.	107	00:01:07 00:36:43	53m	21'04"/km
19.	54	00:01:00 00:37:43	41m	24'23"/km
20.	55	00:02:34 00:40:17	128m	20'03"/km
21.	109	00:00:27 00:40:44	29m	15'31"/km
22.	81	00:01:06 00:41:50	138m	7'58"/km
23.	111	00:00:32 00:42:22	39m	13'41"/km
24.	82	00:00:59 00:43:21	139m	7'04"/km
25.	110	00:05:06 00:48:27	97m	52'35"/km
26.	92	00:00:55 00:49:22	65m	14'06"/km
27.	113	00:00:59 00:50:21	33m	29'48"/km
28.	79	00:01:13 00:51:34	133m	9'09"/km
29.	88	00:01:02 00:52:36	148m	6'59"/km
30.	77	00:00:25 00:53:01	96m	4'20"/km
31.	999	00:00:02 00:53:03	29m	1'09"/km