



# Régionale Urbaine Moyenne Distance Citadelle de Montmédy 17.9.2022 ASUB

**Emilie SEGUINOT**

5116GE ASO Sillery (France)

Circuit : D:Noir Long

Distance : 5400m

Temps : 1:23:27 (15'27"/km)

**8/12**

O.K.

[Résultats complets sur Webres](#)

- |                       |         |
|-----------------------|---------|
| 1. Anna SERRALLONGA   | 0:46:35 |
| 2. Laurine HERMAN     | 0:53:03 |
| 3. Sandrine DEFRAIGNE | 0:56:40 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 87  | 00:02:49 |          | 168m | 16'46"/km |
| 2.  | 112 | 00:00:33 | 00:03:22 | 48m  | 11'28"/km |
| 3.  | 94  | 00:00:29 | 00:03:51 | 57m  | 8'29"/km  |
| 4.  | 95  | 00:04:54 | 00:08:45 | 76m  | 64'28"/km |
| 5.  | 97  | 00:05:37 | 00:14:22 | 112m | 50'09"/km |
| 6.  | 100 | 00:10:36 | 00:24:58 | 187m | 56'41"/km |
| 7.  | 75  | 00:02:39 | 00:27:37 | 120m | 22'05"/km |
| 8.  | 101 | 00:02:46 | 00:30:23 | 127m | 21'47"/km |
| 9.  | 102 | 00:02:42 | 00:33:05 | 108m | 25'00"/km |
| 10. | 103 | 00:03:15 | 00:36:20 | 135m | 24'04"/km |
| 11. | 56  | 00:01:13 | 00:37:33 | 42m  | 28'58"/km |
| 12. | 58  | 00:02:09 | 00:39:42 | 76m  | 28'17"/km |
| 13. | 104 | 00:07:02 | 00:46:44 | 89m  | 79'02"/km |
| 14. | 84  | 00:01:16 | 00:48:00 | 90m  | 14'04"/km |
| 15. | 59  | 00:01:21 | 00:49:21 | 138m | 9'47"/km  |
| 16. | 105 | 00:01:54 | 00:51:15 | 38m  | 50'00"/km |
| 17. | 106 | 00:03:31 | 00:54:46 | 58m  | 60'38"/km |
| 18. | 107 | 00:01:08 | 00:55:54 | 53m  | 21'23"/km |
| 19. | 54  | 00:01:29 | 00:57:23 | 41m  | 36'11"/km |
| 20. | 55  | 00:04:28 | 01:01:51 | 128m | 34'54"/km |
| 21. | 109 | 00:00:55 | 01:02:46 | 29m  | 31'37"/km |
| 22. | 81  | 00:02:14 | 01:05:00 | 138m | 16'11"/km |
| 23. | 111 | 00:00:31 | 01:05:31 | 39m  | 13'15"/km |
| 24. | 82  | 00:01:19 | 01:06:50 | 139m | 9'28"/km  |
| 25. | 110 | 00:09:31 | 01:16:21 | 97m  | 98'07"/km |
| 26. | 92  | 00:01:28 | 01:17:49 | 65m  | 22'34"/km |
| 27. | 113 | 00:02:10 | 01:19:59 | 33m  | 65'39"/km |
| 28. | 79  | 00:01:46 | 01:21:45 | 133m | 13'17"/km |
| 29. | 88  | 00:01:11 | 01:22:56 | 148m | 8'00"/km  |
| 30. | 77  | 00:00:29 | 01:23:25 | 96m  | 5'02"/km  |
| 31. | 999 | 00:00:02 | 01:23:27 | 29m  | 1'09"/km  |