



Régionale Urbaine Moyenne Distance

Citadelle de Montmédry 17.9.2022

ASUB

Arnaud MAZY

CO Liège

Circuit : H:Noir Long

Distance : 5400m

Temps : 0:43:19 (8'01"/km)

6/46

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	00:01:18		168m	7'44"/km
2.	112	00:00:26	00:01:44	48m	9'02"/km
3.	94	00:00:26	00:02:10	57m	7'36"/km
4.	95	00:01:48	00:03:58	76m	23'41"/km
5.	97	00:02:19	00:06:17	112m	20'41"/km
6.	100	00:04:21	00:10:38	187m	23'16"/km
7.	75	00:01:35	00:12:13	120m	13'12"/km
8.	101	00:02:03	00:14:16	127m	16'09"/km
9.	102	00:01:36	00:15:52	108m	14'49"/km
10.	56	00:02:01	00:17:53		
11.	103	00:01:32	00:19:25	42m	36'30"/km
12.	56	00:00:34	00:19:59	42m	13'30"/km
13.	58	00:02:06	00:22:05	76m	27'38"/km
14.	104	00:03:48	00:25:53	89m	42'42"/km
15.	84	00:00:37	00:26:30	90m	6'51"/km
16.	59	00:00:51	00:27:21	138m	6'10"/km
17.	105	00:00:50	00:28:11	38m	21'56"/km
18.	106	00:00:51	00:29:02	58m	14'39"/km
19.	107	00:01:01	00:30:03	53m	19'11"/km
20.	54	00:00:53	00:30:56	41m	21'33"/km
21.	55	00:02:36	00:33:32	128m	20'19"/km
22.	109	00:00:25	00:33:57	29m	14'22"/km
23.	81	00:00:59	00:34:56	138m	7'08"/km
24.	111	00:00:20	00:35:16	39m	8'33"/km
25.	82	00:00:49	00:36:05	139m	5'53"/km
26.	110	00:03:16	00:39:21	97m	33'41"/km
27.	92	00:00:57	00:40:18	65m	14'37"/km
28.	113	00:00:47	00:41:05	33m	23'44"/km
29.	79	00:01:09	00:42:14	133m	8'39"/km
30.	88	00:00:47	00:43:01	148m	5'18"/km
31.	77	00:00:18	00:43:19	96m	3'08"/km
32.	999	00:00:00	00:43:19	29m	0'00"/km