



Régionale Urbaine Moyenne Distance

Citadelle de Montmédy 17.9.2022

ASUB

Dominique STAS

ASUB

Circuit : H:Noir Long

Distance : 5400m

Temps : 1:21:57 (15'11"/km)

31/46

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	00:03:25		168m	20'20"/km
2.	112	00:00:48	00:04:13	48m	16'40"/km
3.	94	00:00:34	00:04:47	57m	9'56"/km
4.	95	00:03:27	00:08:14	76m	45'24"/km
5.	97	00:03:27	00:11:41	112m	30'48"/km
6.	100	00:05:07	00:16:48	187m	27'22"/km
7.	75	00:03:02	00:19:50	120m	25'17"/km
8.	101	00:02:53	00:22:43	127m	22'42"/km
9.	102	00:02:28	00:25:11	108m	22'50"/km
10.	103	00:11:39	00:36:50	135m	86'18"/km
11.	56	00:00:54	00:37:44	42m	21'26"/km
12.	58	00:02:11	00:39:55	76m	28'44"/km
13.	104	00:10:23	00:50:18	89m	116'40"/km
14.	84	00:01:13	00:51:31	90m	13'31"/km
15.	59	00:01:20	00:52:51	138m	9'40"/km
16.	105	00:01:08	00:53:59	38m	29'49"/km
17.	106	00:02:57	00:56:56	58m	50'52"/km
18.	107	00:00:58	00:57:54	53m	18'14"/km
19.	54	00:01:32	00:59:26	41m	37'24"/km
20.	55	00:03:51	01:03:17	128m	30'05"/km
21.	109	00:00:31	01:03:48	29m	17'49"/km
22.	81	00:02:00	01:05:48	138m	14'30"/km
23.	111	00:00:49	01:06:37	39m	20'56"/km
24.	82	00:01:22	01:07:59	139m	9'50"/km
25.	110	00:06:22	01:14:21	97m	65'38"/km
26.	92	00:01:20	01:15:41	65m	20'31"/km
27.	113	00:02:47	01:18:28	33m	84'21"/km
28.	79	00:01:35	01:20:03	133m	11'54"/km
29.	88	00:01:15	01:21:18	148m	8'27"/km
30.	77	00:00:35	01:21:53	96m	6'05"/km
31.	999	00:00:04	01:21:57	29m	2'18"/km