



Régionale Urbaine Moyenne Distance

Citadelle de Montmédy 17.9.2022

ASUB

Winand BERNAERS

K.O.L.

Circuit : H:Noir Long

Distance : 5400m

Temps : 1:05:13 (12'05"/km)

18/46

O.K.

[Résultats complets sur Webres](#)

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|----------------------------|---------|
| 1. Clément DEMEUSE | 0:33:22 |
| 2. Marc SERRALLONGA ARQUES | 0:36:05 |
| 3. Rune DE CLERCQ | 0:39:02 |

1.	87	00:04:15	168m	25'18"/km
2.	112	00:00:51 00:05:06	48m	17'42"/km
3.	94	00:00:34 00:05:40	57m	9'56"/km
4.	95	00:04:11 00:09:51	76m	55'03"/km
5.	97	00:05:56 00:15:47	112m	52'59"/km
6.	100	00:05:12 00:20:59	187m	27'48"/km
7.	75	00:02:39 00:23:38	120m	22'05"/km
8.	101	00:02:15 00:25:53	127m	17'43"/km
9.	102	00:02:31 00:28:24	108m	23'18"/km
10.	103	00:03:08 00:31:32	135m	23'13"/km
11.	56	00:01:03 00:32:35	42m	25'00"/km
12.	58	00:01:39 00:34:14	76m	21'43"/km
13.	104	00:05:27 00:39:41	89m	61'14"/km
14.	84	00:01:47 00:41:28	90m	19'49"/km
15.	59	00:01:03 00:42:31	138m	7'37"/km
16.	105	00:01:02 00:43:33	38m	27'12"/km
17.	106	00:01:49 00:45:22	58m	31'19"/km
18.	107	00:01:01 00:46:23	53m	19'11"/km
19.	54	00:01:08 00:47:31	41m	27'39"/km
20.	55	00:04:44 00:52:15	128m	36'59"/km
21.	109	00:00:29 00:52:44	29m	16'40"/km
22.	81	00:01:10 00:53:54	138m	8'27"/km
23.	111	00:00:22 00:54:16	39m	9'24"/km
24.	82	00:01:08 00:55:24	139m	8'09"/km
25.	110	00:02:50 00:58:14	97m	29'13"/km
26.	92	00:01:03 00:59:17	65m	16'09"/km
27.	113	00:03:27 01:02:44	33m	104'33"/km
28.	79	00:01:11 01:03:55	133m	8'54"/km
29.	88	00:00:55 01:04:50	148m	6'12"/km
30.	77	00:00:23 01:05:13	96m	4'00"/km
31.	999	00:00:00 01:05:13	29m	0'00"/km