



Régionale Urbaine Moyenne Distance Citadelle de Montmédy 17.9.2022 ASUB

Ellen DESCHEPPER

TROL

Circuit : D:Noir Long

Distance : 5400m

Temps : 1:33:45 (17'22"/km)

11/12

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	00:02:45	168m	16'22"/km
2.	112	00:00:42 00:03:27	48m	14'35"/km
3.	94	00:00:44 00:04:11	57m	12'52"/km
4.	95	00:08:31 00:12:42	76m	112'04"/km
5.	97	00:05:00 00:17:42	112m	44'39"/km
6.	100	00:05:54 00:23:36	187m	31'33"/km
7.	75	00:03:16 00:26:52	120m	27'13"/km
8.	101	00:05:21 00:32:13	127m	42'08"/km
9.	102	00:03:56 00:36:09	108m	36'25"/km
10.	103	00:04:32 00:40:41	135m	33'35"/km
11.	56	00:01:38 00:42:19	42m	38'53"/km
12.	58	00:04:48 00:47:07	76m	63'09"/km
13.	104	00:09:31 00:56:38	89m	106'56"/km
14.	84	00:01:19 00:57:57	90m	14'38"/km
15.	59	00:01:47 00:59:44	138m	12'55"/km
16.	105	00:01:35 01:01:19	38m	41'40"/km
17.	106	00:03:17 01:04:36	58m	56'37"/km
18.	107	00:01:45 01:06:21	53m	33'01"/km
19.	54	00:02:07 01:08:28	41m	51'38"/km
20.	55	00:05:41 01:14:09	128m	44'24"/km
21.	109	00:01:00 01:15:09	29m	34'29"/km
22.	81	00:01:53 01:17:02	138m	13'39"/km
23.	111	00:00:28 01:17:30	39m	11'58"/km
24.	82	00:01:54 01:19:24	139m	13'40"/km
25.	110	00:06:39 01:26:03	97m	68'33"/km
26.	92	00:01:42 01:27:45	65m	26'09"/km
27.	113	00:01:26 01:29:11	33m	43'26"/km
28.	79	00:02:09 01:31:20	133m	16'10"/km
29.	88	00:01:38 01:32:58	148m	11'02"/km
30.	77	00:00:41 01:33:39	96m	7'07"/km
31.	999	00:00:06 01:33:45	29m	3'27"/km