



Régionale Urbaine Moyenne Distance

Citadelle de Montmédry 17.9.2022

ASUB

Pierre-Emmanuel DEMEUSE

CO Liège

Circuit : H:Noir Long

Distance : 5400m

Temps : 0:51:21 (9'31"/km)

10/46

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	00:02:20	168m	13'53"/km
2.	112	00:00:31 00:02:51	48m	10'46"/km
3.	94	00:00:36 00:03:27	57m	10'32"/km
4.	95	00:01:46 00:05:13	76m	23'15"/km
5.	97	00:02:04 00:07:17	112m	18'27"/km
6.	100	00:03:21 00:10:38	187m	17'55"/km
7.	75	00:01:40 00:12:18	120m	13'53"/km
8.	101	00:02:43 00:15:01	127m	21'23"/km
9.	102	00:02:33 00:17:34	108m	23'37"/km
10.	103	00:02:04 00:19:38	135m	15'19"/km
11.	56	00:00:47 00:20:25	42m	18'39"/km
12.	58	00:01:36 00:22:01	76m	21'03"/km
13.	104	00:06:40 00:28:41	89m	74'54"/km
14.	84	00:00:47 00:29:28	90m	8'42"/km
15.	59	00:00:59 00:30:27	138m	7'08"/km
16.	105	00:00:43 00:31:10	38m	18'52"/km
17.	106	00:02:00 00:33:10	58m	34'29"/km
18.	107	00:00:53 00:34:03	53m	16'40"/km
19.	54	00:01:05 00:35:08	41m	26'25"/km
20.	55	00:02:37 00:37:45	128m	20'27"/km
21.	109	00:00:24 00:38:09	29m	13'48"/km
22.	81	00:01:17 00:39:26	138m	9'18"/km
23.	111	00:00:19 00:39:45	39m	8'07"/km
24.	82	00:01:04 00:40:49	139m	7'40"/km
25.	110	00:05:04 00:45:53	97m	52'14"/km
26.	92	00:01:12 00:47:05	65m	18'28"/km
27.	113	00:01:36 00:48:41	33m	48'29"/km
28.	79	00:01:15 00:49:56	133m	9'24"/km
29.	88	00:01:00 00:50:56	148m	6'45"/km
30.	77	00:00:24 00:51:20	96m	4'10"/km
31.	999	00:00:01 00:51:21	29m	0'34"/km