



Régionale Urbaine Moyenne Distance

Citadelle de Montmédy 17.9.2022

ASUB

Martijn HUS

K.O.L.

Circuit : H:Noir Long

Distance : 5400m

Temps : 0:51:46 (9'35"/km)

11/46

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	00:02:45	168m	16'22"/km
2.	112	00:00:29 00:03:14	48m	10'04"/km
3.	94	00:00:29 00:03:43	57m	8'29"/km
4.	95	00:02:03 00:05:46	76m	26'58"/km
5.	97	00:03:30 00:09:16	112m	31'15"/km
6.	100	00:03:03 00:12:19	187m	16'19"/km
7.	75	00:01:16 00:13:35	120m	10'33"/km
8.	101	00:02:06 00:15:41	127m	16'32"/km
9.	102	00:05:18 00:20:59	108m	49'04"/km
10.	103	00:02:51 00:23:50	135m	21'07"/km
11.	56	00:00:47 00:24:37	42m	18'39"/km
12.	58	00:01:30 00:26:07	76m	19'44"/km
13.	104	00:04:21 00:30:28	89m	48'53"/km
14.	84	00:00:52 00:31:20	90m	9'38"/km
15.	59	00:00:54 00:32:14	138m	6'31"/km
16.	105	00:01:05 00:33:19	38m	28'31"/km
17.	106	00:01:09 00:34:28	58m	19'50"/km
18.	107	00:01:01 00:35:29	53m	19'11"/km
19.	54	00:01:00 00:36:29	41m	24'23"/km
20.	55	00:02:40 00:39:09	128m	20'50"/km
21.	109	00:00:26 00:39:35	29m	14'57"/km
22.	81	00:01:00 00:40:35	138m	7'15"/km
23.	111	00:00:21 00:40:56	39m	8'58"/km
24.	82	00:00:46 00:41:42	139m	5'31"/km
25.	110	00:05:36 00:47:18	97m	57'44"/km
26.	92	00:01:01 00:48:19	65m	15'38"/km
27.	113	00:01:10 00:49:29	33m	35'21"/km
28.	79	00:01:07 00:50:36	133m	8'24"/km
29.	88	00:00:46 00:51:22	148m	5'11"/km
30.	77	00:00:23 00:51:45	96m	4'00"/km
31.	999	00:00:01 00:51:46	29m	0'34"/km