Régionale Urbaine Moyenne Distance
Citadelle de Montmédy 17.9.2022
ASUB

Kristof WOLLES
hamok
Circuit : H:Noir Long
Distance : 5400m
Temps : 2:22:54 (26'28"/km)

39/46 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	00:03:37		168m	21'32"/km
2.	112	00:00:52	*00:04:29*	48m	18'03"/km
3.	94	00:00:54	*00:05:23*	57m	15'47"/km
4.	95	00:07:44	*00:13:07*	76m	101'45"/km
5.	97	00:04:28	*00:17:35*	112m	39'53"/km
6.	100	00:11:41	*00:29:16*	187m	62'29"/km
7.	75	00:06:49	*00:36:05*	120m	56'48"/km
8.	101	00:04:56	*00:41:01*	127m	38'51"/km
9.	102	00:04:38	*00:45:39*	108m	42'54"/km
10.	103	00:07:57	*00:53:36*	135m	58'53"/km
11.	56	00:02:25	*00:56:01*	42m	57'32"/km
12.	58	00:04:00	*01:00:01*	76m	52'38"/km
13.	104	00:12:16	*01:12:17*	89m	137'50"/km
14.	84	00:02:59	*01:15:16*	90m	33'09"/km
15.	59	00:02:11	*01:17:27*	138m	15'49"/km
16.	105	00:02:53	*01:20:20*	38m	75'53"/km
17.	106	00:03:28	*01:23:48*	58m	59'46"/km
18.	107	00:02:07	*01:25:55*	53m	39'56"/km
19.	90	00:03:33	*01:29:28*		
20.	54	00:02:17	*01:31:45*	72m	31'43"/km
21.	55	00:22:12	*01:53:57*	128m	173'26"/km
22.	109	00:01:15	*01:55:12*	29m	43'06"/km
23.	81	00:02:21	*01:57:33*	138m	17'02"/km
24.	111	00:00:35	*01:58:08*	39m	14'57"/km
25.	82	00:02:26	*02:00:34*	139m	17'30"/km
26.	110	00:09:44	*02:10:18*	97m	100'21"/km
27.	92	00:01:32	*02:11:50*	65m	23'35"/km
28.	113	00:04:26	*02:16:16*	33m	134'21"/km
29.	79	00:02:47	*02:19:03*	133m	20'56"/km
30.	88	00:02:31	*02:21:34*	148m	17'00"/km
31.	77	00:01:09	*02:22:43*	96m	11'59"/km
32.	999	00:00:11	*02:22:54*	29m	6'19"/km

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