

# CLASSEMENT Cadet Homme

Place	Nom	Prénom	Club	Temps	500		1000		1500	
					Moyenne	Cadence	Moyenne	Cadence	Moyenne	Cadence
1	DECRIEM	ADRIEN	GRAVELINES USA 1	04:53.0	1.34.5	32	1.38.4	30	1.40.1	32
2	GOETGHEBEUR	PAUL	DUNKERQUE SP 12	04:58.6	1.37.4	31	1.39.7	30	1.41.5	33
3	DESEE	JULIEN	DUNKERQUE SP 6	05:00.0	1.37.5	31	1.39.8	30	1.42.7	31
4	DEBEVER	ETIENNE	ARMENTIERES CLL 1	05:01.4	1.38.7	34	1.41.3	31	1.41.4	33
5	GROS	DENIS	VALENCIENNES UC 1	05:04.5	1.39.1	32	1.41.5	30	1.43.9	30
6	PAMART	ALEXANDRE JEAN-CLAUDE	BOULONNAIS AV	05:06.4	1.39.1	32	1.42.7	30	1.44.6	33
7	DESPREZ	ALEXANDRE	CAMBRAI UN 1	05:12.8	1.40.5	32	1.45.8	30	1.46.5	32
8	DEROI	QUENTIN	DUNKERQUE SP 9	05:13.1	1.40.3	32	1.48.4	28	1.44.4	32
9	FIEVET	NATHAN	BOULONNAIS AV 1	05:15.0	1.38.5	35	1.49.7	27	1.46.8	29
10	HENARD	COLIN	LILLE AUN 2	05:15.2	1.44.6	29	1.44.6	30	1.46.0	33
11	LESTIDEAU	LOUIS	COUDEKERQUE EN 1	05:15.3	1.40.1	32	1.48.2	29	1.47.0	30
12	TINTILLIER	VINCENT	BOULONNAIS AV 3	05:16.0	1.42.4	30	1.47.3	27	1.46.3	30
13	GUILBERT	MAXIME	BOULONNAIS AV 6	05:17.3	1.42.6	34	1.47.5	32	1.47.1	34
14	TIRMARCHE	DENIS	DUNKERQUE SP 10	05:17.6	1.43.4	30	1.46.7	28	1.47.4	30
15	HANQUEZ	VICTOR	CALAIS CA 1	05:19.2	1.39.2	35	1.51.4	29	1.48.6	31
16	VERVLIET	CLEMENT	COUDEKERQUE EN 2	05:19.7	1.42.8	33	1.48.0	31	1.49.0	33
17	INGELARERE	FLORIAN	DUNKERQUE SP 3	05:19.8	1.42.2	37	1.50.3	30	1.47.3	34
18	DUQUESNE	MATHIEU	BOULONNAIS AV 2	05:20.0	1.42.4	32	1.47.5	28	1.50.0	28
19	FREVILLE	ALEXIS	SAINT-OMER AV 1	05:20.3	1.41.7	32	1.50.3	29	1.48.3	32
20	CLETON	GAETAN	BOULONNAIS AV 7	05:21.1	1.43.8	29	1.49.5	25	1.47.7	28
21	PLOUVIN	THEO	BOULONNAIS AV 4	05:22.5	1.42.1	32	1.50.3	26	1.50.1	26
22	HENARD	BENOIT	LILLE AUN 1	05:23.6	1.47.2	29	1.46.8	29	1.49.6	30
23	MOUNIER	QUENTIN	CAMBRAI UN 2	05:23.8	1.43.0	28	1.49.8	28	1.50.9	32
24	DEBEIRE	ANTOINE	VALENCIENNES UC 3	05:25.7	1.45.2	33	1.48.6	31	1.51.9	32
25	LEROUX	LOUIS	DOUAI ASE	05:26.6	1.42.7	34	1.53.1	31	1.50.8	34
26	PROFICO	BENJAMIN	VALENCIENNES UC 2	05:26.7	1.46.2	29	1.50.6	26	1.49.9	27
27	HINGREZ	JEAN LOUP	BOULONNAIS AV 8	05:30.1	1.46.0	30	1.52.5	28	1.51.6	28
28	BOONAERT	PAUL	DOUAI ASE 01	05:31.7	1.44.4	35	1.54.2	30	1.53.1	31
29	WARNAULT	LUCAS	GRAVELINES USA 2	05:32.9	1.44.3	32	1.54.3	27	1.54.2	28

30	DENYS	SULLIVAN	DUNKERQUE SP 8	05:34.4	1.46.3	33	1.54.2	29	1.53.8	33
31	HINGRAND	CORENTIN	ARMENTIERES CLL 2	05:35.3	1.48.9	32	1.51.6	31	1.54.8	31
32	BAHEUX	HUGO	BOULONNAIS AV 9	05:35.8	1.46.7	30	1.54.3	27	1.54.7	28
33	JOUE	JEAN	ARMENTIERES CLL 3	05:36.7	1.47.0	31	1.55.4	28	1.54.3	28
34	LEBAS	CLEMENT	BOULONNAIS AV 11	05:37.2	1.47.5	31	1.53.1	28	1.56.5	30
35	WIART	HUGO	VALENCIENNES UC 4	05:37.5	1.50.1	31	1.53.4	30	1.54.1	28
36	FOURCROY	BENJAMIN	GRAVELINES USA 5	05:39.9	1.46.8	34	1.56.2	30	1.56.9	31
37	CAZOTTES	ALEX	SAINT-OMER AV 2	05:41.4	1.53.8	31	1.58.2	28	1.49.4	35
38	DURANTON	THIBAUT	LILLE AUN 4	05:42.6	1.52.7	34	1.54.5	33	1.55.4	33
39	LANTOINE	GABIN	LILLE AUN 3	05:42.8	1.54.0	34	1.54.5	31	1.54.4	34
40	MOURAY	MAXIME	ARMENTIERES CLL 6	05:46.5	1.50.4	33	1.59.7	30	1.56.5	31
41	DELBECQ	PIERRE	DUNKERQUE SP 11	05:48.1	1.47.9	35	1.57.8	33	2.02.4	35
42	DUQUENNE	LEO	LILLE AUN 7	05:48.6	1.49.6	35	1.57.8	33	2.01.2	34
43	KERMOAL	NICOLAS	GRAVELINES USA 4	05:49.6	1.53.1	34	1.59.0	31	1.57.4	33
44	DESTRAS	YOANN	LILLE AUN 5	05:50.5	1.53.8	34	1.59.0	31	1.57.8	42
45	ALEXANDRZAK	THOMAS	DOUAI ASE 05	05:53.3	1.52.2	32	2.00.6	32	2.00.5	33
46	ACHIN	GUILLAUME	DOUAI ASE 04	05:54.8	1.54.2	36	2.02.0	31	1.58.7	35
47	VANHILLE	MATHYS	DUNKERQUE SP 5	05:57.3	1.51.5	33	2.02.4	32	2.03.4	34
48	AGEZ	LOUIS	GRAVELINES USA 7	05:59.0	1.56.1	24	2.00.8	23	2.02.2	26
49	DEWAELE	VALENTIN	DUNKERQUE SP 1	05:59.2	1.52.0	34	2.01.2	32	2.06.0	31
50	MAGNIER	FAUSTIN	BOULONNAIS AV 12	06:05.8	1.56.9	27	2.04.4	26	2.04.5	27
51	OVIGNEUR	LUDOVIC	ARMENTIERES CLL 5	06:06.6	1.57.8	34	2.05.6	31	2.03.2	33
52	JACQ	MAXIME	DUNKERQUE SP 4	06:08.9	1.55.7	31	2.06.6	27	2.06.6	26
53	GUEBEL	LEO	GRAVELINES USA 6	06:15.5	2.05.2	32	2.07.0	32	2.03.2	34
54	BOUZRAYGA	YASSINE	CAMBRAI UN 3	06:18.4	2.02.9	30	2.07.9	29	2.07.5	32
55	NEHAD	KAMIL	DOUAI ASE 02	06:23.8	1.56.5	38	2.11.4	33	2.15.9	32
56	TRUPIN	MAXENCE	BOULONNAIS AV 15	06:27.1	2.02.9	31	2.10.9	28	2.13.3	31
57	DELAVAL	NICOLAS	ARMENTIERES CLL 4	06:34.4	2.06.3	32	2.14.9	29	2.13.2	30
58	TACCOEN	LEO	GRAVELINES USA 8	06:37.2	2.07.6	33	2.15.4	31	2.14.2	31
59	GRISLAIN	CESAR	LILLE AUN 6	06:41.3	2.09.1	29	2.14.2	28	2.17.9	28
60	VANRYSSEL	ROBIN	DUNKERQUE SP 2	06:55.3	2.09.6	39	2.23.4	33	2.22.3	34
61	SYMOENS	FLORIAN	LILLE AUN 8	07:11.3	2.19.1	31	2.24.3	31	2.27.8	30

## CLASSEMENT Cadet Femme

Place	Nom	Prénom	Club	Temps	Moyenn e	500		1000		1500	
						Moyenne	Cadence	Moyenn e	Cadence	Moyenn e	Cadence
1	SERRE	JULIE	GRAVELINES USA 1	05:32.3	1:50.8	1.47.4	31	1.52.8	29	1.52.0	31
2	D'ALMEIDA	HELOISE	LILLE AUN 1	05:34.3	1:51.4	1.49.3	31	1.52.8	31	1.52.3	34
3	SIMON	FRANCE	BOULONNAIS AV 1	05:41.9	1:54.0	1.51.5	32	1.55.5	29	1.54.9	31
4	BELZ	APPOLINE	DUNKERQUE SP 1	05:51.4	1:57.1	1.53.4	35	1.58.8	33	1.59.2	33
5	DUPETIT	AUORE	COUDEKERQUE EN 1	05:56.9	1:59.0	1.55.8	32	1.59.5	31	2.01.6	31
6	DANNEELS	COLINE	ARMENTIERES CLL 1	06:01.0	2:00.3	1.57.2	27	2.01.7	26	2.02.1	29
7	DEMARET	MARGAUX	DOUAI ASE 01	06:04.5	2:01.5	1.56.3	31	2.04.2	28	2.03.9	31
8	BUTIN	MAUDE	DOUAI ASE	06:04.6	2:01.5	1.59.2	33	2.04.2	31	2.01.1	35
9	TACCOEN	LISE	GRAVELINES USA 3	06:04.6	2:01.5	1.57.5	29	2.02.7	30	2.04.4	32
10	TALVA	SARA	DUNKERQUE SP 2	06:04.9	2:01.6	1.58.3	33	2.03.0	30	2.03.6	31
11	RICCI	ELSA	GRAVELINES USA 4	06:05.3	2:01.8	1.58.1	33	2.02.6	31	2.04.7	32
12	JOLY	MARGAUX	DOUAI ASE 03	06:09.5	2:03.2	2.00.5	31	2.05.9	29	2.03.2	31
13	DEJONCKHEER E	EUGENIE	CAMBRAI UN 2	06:17.0	2:05.7	2.01.2	32	2.08.1	27	2.07.6	29
14	FIRMIN	MELISSA	DOUAI ASE 02	06:18.5	2:06.2	2.01.1	32	2.09.4	32	2.08.0	36
15	COTTIGNY	CLEMENCE	ARMENTIERES CLL 2	06:24.3	2:08.1	2.02.7	29	2.10.0	26	2.11.7	29
16	KOLCZYNSKI	LEA	DOUAI ASE 04	06:26.7	2:08.9	2.03.6	32	2.08.6	31	2.14.5	32
17	DESCAMPS	LAURA	SAINT-OMER AV 1	06:32.5	2:10.8	2.06.0	30	2.12.9	28	2.13.6	28
18	MAHIEU	CHARLENE	DUNKERQUE SP 4	06:33.5	2:11.1	2.06.6	29	2.12.7	29	2.14.2	30
19	PINET	LAURA	CAMBRAI UN 1	06:38.0	2:12.7	2.04.3	28	2.15.9	28	2.17.8	30
20	VERVLIET	PERRINE	DUNKERQUE SP 6	06:38.1	2:12.7	2.02.8	29	2.16.2	28	2.19.1	30
21	BYACHE	ALISON	DUNKERQUE SP 5	06:49.8	2:16.6	2.09.9	30	2.16.8	29	2.23.2	30
22	PRUVOST	SOPHIE	SAINT-OMER AV 3	07:01.9	2:20.6	2.18.0	31	2.23.4	31	2.20.5	35
23	GARRET	KIMBERLEY	BOULONNAIS AV 4	07:02.1	2:20.7	2.16.8	29	2.23.5	27	2.21.8	30
24	KAIVERS	MARIANNE	BOULONNAIS AV 3	07:25.6	2:28.5	2.13.9	35	2.30.2	32	2.41.5	34

## CLASSEMENT Minime Femme

Place	Nom	Prénom	Club	Temps	Distance	Moyenn e
1	PARIS	LOUISE	BOULONNAIS AV	03:59.5	1018	1:57.5
	TAKIEDDINE	DIANE			983	2:01.8
2	AERNOULTS	VIOLAINE	ARMENTIERES CLL	04:14.5	1014	2:05.4
	JOUVE	MARION			989	2:08.6
3	FAVRY	LOU	ARMENTIERES CLL	04:16.0	1044	2:02.5
	FOSSAERT	MAUD			957	2:13.7
4	MAES	MANON	GRAVELINES USA 2	04:16.5	928	2:18.1
	LARIVIERE	GLADYS			1072	1:59.5
5	PASQUALINI	SARAH	DOUAI ASE	04:23.0	893	2:27.2
	CAUBERT	AMELIE			1110	1:58.4
6	<b>TORQ</b>	<b>AXEL</b>	<b>GUSA - CLLA</b>	04:26.2	1007	2:12.0
	<b>DELECROIX</b>	<b>LOUIS</b>			992	2:14.2
7	DELCROIX	ALICE	GRAVELINES USA 1	04:27.5	1063	2:05.8
	MARIETTE	SARAH			940	2:22.3
8	SENECHAL	EVA	LILLE AUN	04:28.0	998	2:14.2
	LEBLEU	FELICIE			1005	2:13.3
9	BALAIR	FLAVIE	<b>AB - GUSA</b>	04:33.0	925	2:27.4
	VEROVE	OCEANE			1076	2:06.8
10	CICERI	LEA	ARMENTIERES CLL 3	04:38.0	1012	2:17.2
	FEUTRIE	AUDREY			987	2:20.8
11	BILLARD	ZOE	SAINT-OMER AV	04:38.5	1050	2:12.5
	LIGNIE	CAMILLE			949	2:26.7
12	HAMMOUDI	CHAYMA	VALENCIENNES UC 1	04:46.0	1005	2:22.2
	AZZAOUI	KENZA			995	2:23.7
12	MACAREZ	MAXELLANDE	VALENCIENNES UC 1	04:47.5	985	2:25.9
	BAYART	JUSTINE			1017	2:21.3

## CLASSEMENT Minime Homme

Place	Nom	Prénom	Club	Temps	Distance	Moyenn e
1	CATOUL	ESTEBAN	DUNKERQUE SP	03:27.0	955	1:48.3
	MAES	ALEXANDRE			1047	1:38.8
2	DECOOL	ROMAN	GRAVELINES USA 1	03:34.0	993	1:47.7
	MOURONVAL	NICOLAS			1007	1:46.2
3	THIRIEZ	TANGUY	LILLE AUN	03:44.5	955	1:57.5
	SIMBOISELLE	MARC			1047	1:47.1
4	LORIDAN	CLEMENT	ARMENTIERES CLL	03:46.0	1025	1:50.2
	CABY	HUGO			977	1:55.6
5	SAMMIER	FLORIAN	DUNKERQUE SP	04:04.0	1013	2:00.3
	FRONTEAU	REMI			988	2:03.4
6	DEPOTTE	HUGO	BOULONNAIS AV	04:04.2	1035	1:57.8
	FLAHAUT	HUGO			965	2:06.6
7	DEFAUX	CLEMENT	GUSA - VUC	04:07.0	1031	1:59.8
	LEDROLE	THOMAS			970	2:07.3
8	GUISE	MAXENCE	ARMENTIERES CLL	04:11.0	1004	2:04.9
	HERBE	SEBASTIEN			998	2:05.7
9	GEERAERT	PIERRE	<b>ENC - SD</b>	04:11.5	983	2:07.8
	MAVEUX	LOIC			1020	2:03.3
10	OUAKKA	SAMY	DOUAI ASE	04:11.5	919	2:16.8
	VUCKO	YANNIS			1083	1:56.0
11	DELMAS	PIERRE ALEXANDRE	ARMENTIERES CLL	04:11.5	1053	1:59.4
	CORNIL	YOHAN			948	2:12.6
12	BEURAIN	GAUTHIER	SAINT-OMER AV	04:14.0	1078	1:57.7
	LAURENT	MATTHIEU			923	2:17.6
13	ROSSI	LEO-PAUL	<b>LILLE AUN</b>	04:16.0	1068	1:59.8
	JUTARD	QUENTIN			932	2:17.2

14	SIMON	LOIC	VALENCIENNE S UC	04:29.0	988	2:16.0
	PLOUCHARD	SOFIANE			1012	2:12.8
15	PLATEAU	ANTOINE	DOUAI ASE	04:32.5	1000	2:16.1
	CHEVALIER	GASPARD			1002	2:16.0
16	MARIE-JEANNE	QUENTIN	DOUAI ASE	04:32.5	1000	2:20.5
	KHALIFA	NAIL			1002	2:30.8
17	KRIL	EDOUARD	GRAVELINES USA	04:36.0	1030	2:13.9
	HANNEQUIN	GAUTIER			971	2:22.1
18	DECOOL	GAUTHIER	DUNKERQUE SP	04:37.0	956	2:24.7
	RIQUIER	KILLIAN			1044	2:12.6
19	FOURMENTIN	NOEL	BOULONNAIS AV	04:42.4	1020	2:18.4
	CREPIN	THEO			980	2:24.1
20	ROGEZ	LOUIS	LILLE AUN	04:42.5	964	2:26.5
	CORTIER	ARNAUD			1037	2:16.1
21	DUCROCQ	ADRIEN	BOULONNAIS AV	05:00.5	997	2:30.6
	BAHUET	QUENTIN			1004	2:29.7
22	BLOND	JORDAN	SAINT-OMER AV	05:04.9	1088	2:20.0
	PERRET	JUDITH			914	2:46.7
23	RICHARD	MARC	LILLE AUN	05:17.5	985	2:41.1
	PAYEN	ROMAIN			1017	2:36.1

## CLASSEMENT Junior Femme

Place	Nom	Prénom	Club	Temps	500		1000		1500		2000	
					Moyenne	Cadence	Moyenne	Cadence	Moyenne	Cadence	Moyenne	Cadence
1	SANCHE	OPHELIE	GRAVELINES USA 1	07:28.5	1.45.0	34	1.51.8	30	1.55.9	28	1.55.9	29
2	MALFOY	ANNA	GRAVELINES USA 2	07:47.5	1.55.4	33	1.57.7	30	1.57.5	30	1.56.9	30
3	BENOIT	ALINE	ARMENTIERES CLL 1	08:00.0	1.54.8	34	1.59.7	29	2.04.7	28	2.00.8	30
4	AGEZ	CAMILLE	GRAVELINES USA 3	08:00.3	1.51.4	32	2.00.5	28	2.05.3	30	2.03.1	34
5	BADTS	PAULINE	DUNKERQUE SP 7	08:11.1	1.56.7	30	2.03.1	29	2.06.5	28	2.04.7	29
6	MOREEWS	PRISCILLIA	DUNKERQUE SP 2	08:12.7	2.00.9	28	2.04.9	26	2.06.8	26	2.00.0	31
7	SPANDORF	VALERIE	VALENCIENNES UC 3	09:22.9	2.12.2	25	2.15.3	24	2.28.7	23	2.26.8	24
8	DEWAELE	AMANDINE	DUNKERQUE SP 5	09:26.7	2.18.6	33	2.22.4	32	2.23.5	32	2.22.1	33

## CLASSEMENT Sénior Femme & Sénior Femme PL

Place	Nom	Prénom	Club	Temps	500		1000		1500		2000	
					Moyenne	Cadence	Moyenne	Cadence	Moyenne	Cadence	Moyenne	Cadence
1	DESMETTRE	GRATIENNE	LILLE AUN 1	07:33.5	1.52.4	35	1.53.9	33	1.55.3	33	1.52.0	35
2	PAVAGEAU	LAURIE	BOULONNAIS AV	07:45.3	1.50.2	32	1.55.7	30	1.59.0	29	2.00.4	29
3	COUSIN	VIOLETTE	COUDEKERQUE EN 1	07:51.8	1.55.2	30	1.58.2	29	1.59.4	28	1.59.0	28
4	CARPENTIER	CAMILLE	GRAVELINES USA 1	08:00.9	1.55.1	33	2.01.2	30	2.05.3	28	1.59.4	30
5	GUITARD	SANDRA	VALENCIENNES UC 2	08:13.5	1.59.6	27	2.02.3	25	2.06.3	25	2.05.2	27
6	<b>(PL)</b> METSU	MATHILDE	DUNKERQUE SP	08:16.1	2.02.1	29	2.03.9	27	2.08.1	27	2.02.0	30
7	BELLET	JULIE	LILLE AUN 4	08:22.2	2.06.7	27	2.06.2	27	2.06.0	28	2.03.3	29
8	BOSQUELLE	MARINE	VALENCIENNES UC 1	08:23.6	2.02.6	29	2.06.4	27	2.07.9	25	2.06.7	28
9	TOLEDO	MARIE	LILLE AUN 3	08:24.5	2.09.0	30	2.06.8	30	2.05.8	31	2.03.0	35
10	DELEMOTTE	FANNY	LILLE AUN 2	08:37.6	2.07.5	28	2.07.1	28	2.10.5	29	2.12.5	29

## CLASSEMENT Handi Femme

Place	Nom	Prénom	Club	Temps	500		1000	
					Moyenne	Cadence	Moyenne	Cadence
1	DUPETIT	NATHALIE	COUDEKERQUE EN 1	04:28.2	2.06.9	36	2.21.3	32
2	BOUCHERY	DELPHINE	LILLE AUN 3	04:50.6	2.23.2	34	2.27.4	36
3	OUAZNE	INES	LILLE AUN 1	04:52.4	2.19.2	28	2.33.2	29
4	GILME	VALERIE	LILLE AUN 2	05:01.1	2.23.9	36	2.37.2	36
5	MONNIEZ	LAURA	LILLE AUN 4	06:15.3	3.04.7	33	3.10.6	36
6	SURY	?	LILLE AUN 5	06:38.3	3.05.6	32	3.32.7	28

## CLASSEMENT Handi Homme

Place	Nom	Prénom	Club	Temps	500		1000	
					Moyenne	Cadence	Moyenne	Cadence
1	DHAYER	CEDRIC	LILLE AUN 2	04:04.6	1.56.4	35	2.08.2	33
2	GROUX	PIERRE	BOULONNAIS AV	04:13.8	1.59.0	23	2.14.8	23
3	DJEGHDALI	ALI	LILLE AUN 3	04:36.6	2.15.4	37	2.21.2	37
4	LENCLUD	PATRICK	LILLE AUN 1	04:49.4	2.17.0	39	2.32.4	36
5	RICHIARDI	?	LILLE AUN 4	05:05.9	2.27.3	31	2.38.6	29
6	DUMONT	CEDRIC	ARMENTIERES CLL 1	05:06.8	2.33.9	32	2.32.9	31



## CLASSEMENT Junior Homme

Place	Nom	Prénom	Club	Temps	500		1000		1500		2000	
					Moyenne	Cadence	Moyenne	Cadence	Moyenne	Cadence	Moyenne	Cadence
1	LIEBART	ANTHONY	VALENCIENNES UC 1	<b>06:39.1</b>	1.36.2	32	1.40.3	31	1.42.2	31	1.40.4	33
2	ZLATANOV	YVES	DUNKERQUE SP 1	<b>06:39.5</b>	1.34.8	30	1.40.4	29	1.42.9	30	1.41.4	34
3	BROEDERS	LOUIS	GRAVELINES USA 1	<b>06:41.2</b>	1.36.7	32	1.39.7	31	1.41.6	30	1.43.3	30
4	PRESTINI	ANTOINE	ARMENTIERES CLL 2	<b>06:45.7</b>	1.38.0	36	1.40.5	35	1.42.5	36	1.44.8	35
5	LEGROS	CYRILLE	LILLE AUN 1	<b>06:47.1</b>	1.40.3	34	1.42.1	31	1.42.1	31	1.42.5	32
6	FLAHAUT	QUENTIN	BOULONNAIS AV 2	<b>06:54.9</b>	1.41.1	33	1.43.7	30	1.45.7	29	1.44.4	30
7	HERBEZ	VALENTIN	BOULONNAIS AV 1	<b>06:58.6</b>	1.39.4	33	1.45.2	30	1.47.7	27	1.46.4	30
8	CHEVALIER	CONSTANT	DOUAI ASE	<b>06:59.6</b>	1.41.7	32	1.46.7	30	1.46.4	32	1.44.8	36
9	CAUDRON	GABRIEL	GRAVELINES USA 2	<b>07:14.2</b>	1.40.8	35	1.49.8	30	1.52.4	29	1.51.1	31
10	NEUS	ALEXANDRE	VALENCIENNES UC 2	<b>07:14.3</b>	1.45.3	30	1.49.6	30	1.49.8	30	1.49.6	31
11	DONAZZAN	ADRIEN	LILLE AUN 2	<b>07:15.0</b>	1.41.9	37	1.50.9	33	1.52.0	31	1.50.2	33
12	SZYMANOWSKI	LOUIS	LILLE AUN 3	<b>07:15.6</b>	1.44.6	30	1.47.9	28	1.52.1	28	1.51.0	31
13	BEURAIN	FLORENT	SAINT-OMER AV	<b>07:19.6</b>	1.47.1	30	1.50.6	29	1.52.5	28	1.49.4	30
14	CUVILLON	VINCENT	COUDEKERQUE EN 1	<b>07:32.4</b>	1.48.7	29	1.54.3	28	1.55.0	27	1.54.4	28
15	BAHEUX	TRISTAN	BOULONNAIS AV 3	<b>07:33.5</b>	1.45.7	33	1.53.1	29	1.59.1	26	1.55.6	29
16	DELACROIX	ANTOINE	CAMBRAI UN 1	<b>07:35.1</b>	1.45.4	31	1.54.1	30	1.57.6	30	1.58.0	33
17	SIMON	GEORGES	VALENCIENNES UC 3	<b>07:42.5</b>	1.53.2	30	1.56.1	30	1.57.9	31	1.55.4	32
18	DUVAL	JEAN REMI	GRAVELINES USA 3	<b>07:44.4</b>	1.42.8	33	1.56.9	29	2.03.7	29	2.01.0	31
19	ROGEZ	ALEXANDRE	LILLE AUN 6	<b>07:55.1</b>	1.52.4	29	1.59.3	28	2.02.8	28	2.00.7	29
20	KASHANIAN	DARIOUCHE -DAMIEN	LILLE AUN 4	<b>07:58.2</b>	1.55.3	28	1.59.3	28	1.59.5	29	2.04.1	29
21	DUFERMONT	SEBASTIEN	LILLE AUN 5	<b>08:21.2</b>	2.03.6	34	2.06.3	33	2.06.4	32	2.04.9	37

# CLASSEMENT Sénior Homme & Sénior Homme PL & Vétéran Homme

Place	Nom	Prénom	Club	Temps	500		1000		1500		2000	
					Moyenne	Cadence	Moyenn e	Cadence	Moyenn e	Cadence	Moyenn e	Cadenc e
1	LOORIUS	FREDERIC	GRAVELINES USA 1	06:08.5	1.29.5	36	1.33.7	32	1.33.9	31	1.31.3	34
2	GRAUWIN	OLIVIER	LILLE AUN 1	06:10.6	1.31.1	34	1.33.4	31	1.33.5	32	1.32.5	37
3	BLANQUART	STEPHANE	SAINT QUENTIN AV 1	06:17.4	1.33.8	35	1.34.3	33	1.34.8	32	1.34.5	34
4	<b>(VA)</b> D'HEM	CHRISTOPHE	DUNKERQUE SP	06:35.2	1.38.8	31	1.38.6	30	1.38.5	31	1.39.2	33
5	<b>(VA)</b> GOESSENS	THIERRY	DOUAI ASE	06:36.9	1.37.6	38	1.41.1	32	1.41.0	31	1.37.4	39
6	DURAND	MATTHIAS	VALENCIENNES UC 1	06:38.3	1.35.0	35	1.39.9	32	1.41.5	31	1.42.0	31
7	<b>(PL)</b> LEGRAND	MAXIMILIEN	SAINT QUENTIN AV	06:38.4	1.39.2	30	1.39.5	30	1.40.3	29	1.39.3	31
8	WATTEZ	MICKAEL	DUNKERQUE SP 2	06:40.6	1.33.2	35	1.40.2	31	1.44.1	28	1.43.0	29
9	<b>(PL)</b> SY	ANTOINE	DOUAI ASE	06:45.9	1.38.1	39	1.42.6	34	1.43.5	33	1.41.6	37
10	MACAREZ	KEVIN	SAINT QUENTIN AV 2	06:51.5	1.37.3	33	1.43.9	29	1.45.7	30	1.44.6	33
11	<b>(PL)</b> EVRARD	FABIEN	SAINT-OMER AV	06:52.0	1.39.8	34	1.41.2	30	1.44.2	30	1.46.8	32
12	DEBAENST	ALEXIS	DUNKERQUE SP 1	06:54.3	1.41.1	30	1.43.5	30	1.45.8	29	1.43.9	31
13	<b>(VA)</b> COUSIN	GERARD	COUDEKERQUE EN 1	06:55.5	1.38.5	33	1.45.1	29	1.46.0	28	1.45.8	29
14	ROUANET	?	LILLE AUN 4	06:58.0	1.41.2	31	1.45.8	28	1.47.0	27	1.44.0	30
15	HORNEZ	J.CHRISTOPHE	VALENCIENNES UC 3	07:09.3	1.44.5	28	1.46.8	27	1.49.2	27	1.48.7	29
16	<b>(VA)</b> GIRAULT	BENJAMIN	VALENCIENNES UC 2	07:20.8	1.48.0	32	1.50.0	29	1.51.8	30	1.51.0	30
17	COSSON	THIERRY	LILLE AUN 2	07:38.2	1.53.4	30	1.53.2	29	1.54.8	28	1.56.8	28
18	GUICHET	STEPHANE	LILLE AUN 3	07:45.5	1.48.9	36	1.57.3	32	1.59.2	31	2.00.1	32