



10 Km d'Avranches

23/03/2025 - AVRANCHES (294699)



10 Km Route / 10 Km d'Avranches / TCX

Course 1

10km000m

10:30

Place	Nom prénom (Nat)	Perf.	Licence	Cat/né(e)	Ligue/Dép	Equipe	Pl/Cat	Niv.	Pts.	Km/h	Doss
1	TENCE Briac	31'26"	1849071	SEM/02	I-F/075	Racing multi athlon	1	IR1	837	19.1	1165
2	KERRAND Louis-marie	31'41"	2324935	M0M/90	BRE/035	Ea pays de broceliande	1	IR1	817	18.9	3679
3	BONNARD Guillaume	31'56"		SEM/98	/	Dacia avranches	2	IR1	797	18.8	3647
4	LELIEVRE Etienne	32'26"	1955346	M0M/90	NOR/050	Aco sourdeval	2	IR2	759	18.5	1081
5	PAVIGNE Kevin	32'32"	2147759	SEM/93	BRE/035	Bruz athletisme	3	IR2	752	18.4	1028
6	POLIGNE Maxime	32'49"	1418104	M0M/88	BRE/022	Team breizline	3	IR3	730	18.3	3712
7	BAUDET Mathieu	32'52"	qi 2053372	ESM/04	BRE/035	Bruz athletisme	1	IR3	727	18.3	3687
8	COLOMBANI Stephane	32'59"	qi 1752088	M1M/84	BRE/035	Athle pays de fougeres *	1	IR3	718	18.2	1068
9	THEBAULT Edouard	33'08"	1277988	SEM/00	BRE/035	Athle pays de fougeres *	4	IR3	707	18.1	3743
10	LORANDEL Andy	33'09"	qi 2060705	JUM/06	BRE/035	Athle pays de fougeres *	1	IR3	706	18.1	3649
11	DUCLOUET Anthony	33'09"	2317511	M0M/88	BRE/035	Saint malo sports loisirs	4	IR3	706	18.1	1054
12	VAUGON Cedric	33'33"	1301829	M0M/87	BRE/035	Ja melesse	5	IR4	677	17.9	3791
13	DESCLOS Maxime	33'54"	145986	SEM/96	P-L/044	Nantes ec	5	IR4	652	17.7	1090
14	CHAUVIN Tom	34'08"	1566479	SEM/99	NOR/050	Granville ac	6	IR4	636	17.6	3639
15	CHARTIER Karl	34'15"		SEM/93	/		7	IR4	628	17.5	3659
16	CHAPEL Timothe	34'18"	qi 2638540	ESM/05	NOR/050	Gdm saint-james	2	R1	624	17.5	3703
17	BRETAGNE Aurelien	34'19"	569309	M0M/89	BRE/035	Stade rennais athletisme*	6	R1	623	17.5	1137
18	LAUMONIER Arthur	34'19"		SEM/00	/		8	R1	623	17.5	1145
19	PELE Alexandre	34'20"	qi	M1M/84	/		2	R1	622	17.5	1092
20	PIERRE Amaury	34'20"		SEM/93	/		9	R1	622	17.5	3664
21	PINSON Mathieu	34'26"	1141730	SEM/93	BRE/035	Stade rennais athletisme*	10	R1	615	17.4	3759
22	HELLEUX Sebastien	34'27"	qi 673535	M2M/79	NOR/050	Ac avranches	1	R1	614	17.4	1051
23	TIREL Dorian	34'37"	1769294	SEM/02	NOR/050	Courir en baie pontorson	11	R1	603	17.3	3788
24	BOUTELOUP Paul	34'42"	2609021	SEM/96	NOR/050	Ac avranches	12	R1	597	17.3	1089
25	JEANCOLAS Lionel	34'43"	qi 1636962	M1M/83	NOR/050	Gdm saint-james	3	R1	596	17.3	3678
26	JEANNE Anthony	34'45"	2566040	SEM/95	NOR/050	Ac avranches	13	R1	594	17.3	1050
27	LECOQ Guillaume	34'55"	qi 428554	M3M/73	NOR/050	Granville ac	1	R1	583	17.2	3637
28	EMILE Pierre	35'00"	1768593	SEM/98	NOR/050	Nord cotentin athletisme*	14	R1	577	17.1	1019
29	EMILE Thomas	35'00"	qi 2371114	CAM/08	NOR/050	Nord cotentin athletisme*	1	R1	577	17.1	1020
30	HARDY David	35'03"	qi 676840	M3M/74	NOR/050	Gdm saint-james	2	R2	574	17.1	3625
31	MASSIAS Antoine	35'12"		SEM/01	/		15	R2	564	17.0	3699
32	GAZENGEL Florian	35'12"	1901519	ESM/03	NOR/050	Ac avranches	3	R2	564	17.0	3790
33	EMOND Axel	35'14"	2540332	SEM/01	NOR/050	Granville ac	16	R2	562	17.0	3636
34	SAVARY Benjamin	35'25"	1743509	SEM/98	N-A/033	Us talence*	17	R2	550	16.9	3617
35	LEFORT Adrien	35'28"		SEM/91	/		18	R2	547	16.9	1110
36	LECHARPENTIER Quentin	35'31"	1065201	SEM/95	NOR/050	Gdm saint-james	19	R2	544	16.9	1041
37	BREUT Fred	35'37"	2246310	M0M/88	BRE/035	E.a.c.*	7	R2	537	16.8	1175
38	CORBIN Ilan	35'38"	qi 2158123	JUM/06	BRE/035	Athle pays de fougeres *	2	R2	536	16.8	3737
39	MURIEL Philippe	35'40"	qi	M2M/78	/		2	R2	534	16.8	3794
40	BOULIER Thomas	35'40"	2722201	SEM/98	BRE/035	Bruz athletisme	20	R2	534	16.8	3657
41	BOULIER Nicolas	35'43"	1653205	M0M/90	BRE/035	Bruz athletisme	8	R2	531	16.8	1029
42	LECLERC Dominique	35'48"	qi 2614759	M2M/76	NOR/050	Gdm saint-james	3	R3	526	16.8	3745
43	DURAND Anthony	35'54"	qi 2248649	M1M/82	BRE/035	Stade rennais athletisme*	4	R3	519	16.7	1049
44	DESMOTTES Alexandre	35'55"	2623729	SEM/99	P-L/053	Entente athle nord mayenne *	21	R3	518	16.7	3654
45	NARDIN Erwann	35'56"	2505532	ESM/03	BRE/035	Bruz athletisme	4	R3	517	16.7	3658
46	MAZIER Gaspard	35'56"		SEM/97	/		22	R3	517	16.7	3665
47	HARDEL Hippolyte	35'59"		ESM/05	/		5	R3	514	16.7	3768
48	LEMEE Matheo	36'02"	2614613	ESM/03	NOR/050	Avenir mortain	6	R3	511	16.7	1187
49	LEMOINE Jerome	36'02"	qi 917407	M2M/78	BRE/035	Athle pays de fougeres *	4	R3	511	16.7	1198
50	BREMAUD Cedric	36'05"	2403550	SEM/94	BRE/035	Saint malo sports loisirs	23	R3	508	16.6	1062
51	TOUBLANC Bastien	36'07"	2708109	SEM/94	BRE/035	Saint malo sports loisirs	24	R3	506	16.6	1144
52	POMMERET Jean francois	36'08"	qi 914698	M4M/66	/		1	R3	505	16.6	1100
53	BESNARD Enzo	36'10"	2653100	SEM/02	NOR/050	Gdm saint-james	25	R3	503	16.6	3762
54	RIVIERE Leopold	36'11"		ESM/03	/		7	R3	502	16.6	1034



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Place	Nom prénom (Nat)	Perf.	Licence	Cat/né(e)	Ligue/Dép	Equipe	Pl/Cat	Niv.	Pts.	Km/h	Doss
55	CARNET Thibaud	36'12"		SEM/91	/		26	R3	501	16.6	1007
56	DESCLOS Simon	36'14"		SEM/98	/		27	R3	499	16.6	1123
57	GOYER Sebastien	36'23"		M0M/87	/		9	R3	489	16.5	1063
58	LEBOISSETIER Anthony	36'25"	qi	M2M/80	/		5	R3	487	16.5	3627
59	KERROUAULT David	36'35"	188360	M0M/87	BRE/056	Ca region questembertoise	10	R4	477	16.4	3616
60	VAUTIER Evan	36'36"	qi	JUM/06	/		3	R4	476	16.4	3733
61	BARBOT Tristan	36'43"		SEM/93	/		28	R4	469	16.3	3723
62	LEMOINE Olivier	36'46"	qi 1027297	M2M/80	BRE/035	Athle pays de fougeres *	6	R4	466	16.3	6232
63	ANDRE Erwann	36'47"	qi 2248893	M3M/74	NOR/050	Granville ac	3	R4	465	16.3	1046
64	UGUET Hadrien	36'48"	2542699	SEM/93	BRE/035	Saint malo sports loisirs	29	R4	464	16.3	3624
65	GUIBERT Sebastien	36'48"		M0M/86	/		11	R4	464	16.3	3696
66	MALENFANT Alexandre	36'49"		SEM/02	/		30	R4	463	16.3	1086
67	MULLER Jeremie	36'54"		M1M/82	/	Granville triathlon	5	R4	459	16.3	1038
68	JOURDAN Louis	36'58"		SEM/00	/		31	R4	455	16.2	3683
69	DETAILLE Maxime	36'58"		SEM/00	/		32	R4	455	16.2	1107
70	CREFF Manon	37'01"	1464333	SEF/94	BRE/035	Bruz athletisme	1	IR1	889	16.2	523
71	FAGNEN Davy	37'03"	2496113	SEM/93	NOR/050	Pays saint-lois athletisme*	33	R4	450	16.2	3704
72	GAUTIER Thomas	37'04"		SEM/93	/		34	R4	449	16.2	1142
73	BONNEFOY Cyrille	37'04"	qi	M4M/70	/		2	R4	449	16.2	3613
74	BONDIS Cedric	37'05"	1607379	M1M/85	NOR/050	Ac avranches	6	R4	448	16.2	1093
75	VAUTIER Matis	37'06"	qi	CAM/08	/		2	R4	447	16.2	3735
76	VAUTIER Sebastien	37'10"	qi	M3M/74	/		4	R4	443	16.1	3731
77	ANGER Gaetan	37'11"		SEM/93	/		35	R4	442	16.1	3741
78	JOURDAN Jules	37'14"		ESM/03	/		8	R4	439	16.1	3686
79	CORBIN Sebastien	37'18"	1052722	M2M/78	BRE/035	Athle pays de fougeres *	7	R5	435	16.1	3742
80	DESGUE Pierre	37'28"		SEM/99	/		36	R5	426	16.0	1030
81	SOKOLOFF Alexis	37'28"	2640560	JUM/07	NOR/050	Granville ac	4	R5	426	16.0	3730
82	PAIN Ugo	37'30"		ESM/04	/		9	R5	424	16.0	1153
83	BESNIER Tony	37'31"	2158625	M1M/84	P-L/053	Entente athle nord mayenne *	7	R5	423	16.0	1025
84	RONCERAY Mathieu	37'32"	1847819	M1M/85	NOR/050	Aco sourdeval	8	R5	422	16.0	3689
85	RAVIX Calliste	37'34"		SEM/02	/		37	R5	420	16.0	3607
86	MANGEOL Emile	37'35"		SEM/01	/		38	R5	419	16.0	3622
87	NORGEOT Julien	37'38"		M0M/87	/		12	R5	416	15.9	1158
88	LAGE Mathis	37'45"	2597312	SEM/01	BRE/035	Athle pays de fougeres *	39	R5	410	15.9	3740
89	MASSIN Sylvain	37'47"	1549385	M1M/81	NOR/050	Gdm saint-james	9	R5	408	15.9	6207
90	MARTIN Olivier	37'48"		M1M/85	/		10	R5	407	15.9	1078
91	MENARD Stephane	37'49"	qi 1163731	M3M/71	BRE/035	Athle pays de fougeres *	5	R5	406	15.9	1045
92	VETOIS Alexandra	37'50"	qi 1204333	MOF/86	NOR/050	Avenir mortain	1	IR1	851	15.9	593
93	KUNSTMANN Enzo	37'50"	2660057	SEM/02	NOR/050	Granville ac	40	R5	405	15.9	1169
94	VIVIER Lucas	37'57"		ESM/05	/		10	R5	399	15.8	1015
95	FAISANT Yann	37'58"		SEM/96	/		41	R5	398	15.8	3609
96	KHEBBAB Clement	37'59"		SEM/96	/		42	R5	397	15.8	3640
97	MONTIGNY Renaud	38'03"	1726925	ESM/04	NOR/050	Athletisme marais carentan	11	R6	393	15.8	1003
98	SAJAN Lucas	38'04"		SEM/00	/		43	R6	392	15.8	1094
99	BAUDRY Pierre	38'06"		SEM/99	/		44	R6	391	15.7	3638
100	PIGEON Florian	38'13"		SEM/96	/		45	R6	384	15.7	1143
101	GUILLOUET Charly	38'13"		SEM/99	/		46	R6	384	15.7	6217
102	GARNIER Frederic	38'15"	2515627	M1M/84	NOR/050	Ac avranches	11	R6	383	15.7	3656
103	OUITRE Robin	38'18"	2703663	SEM/93	BRE/035	Stade rennais athletisme*	47	R6	380	15.7	3660
104	LANGLOIS Anthony	38'19"		M2M/76	/		8	R6	379	15.7	3693
105	MONTIGNY Benoit	38'22"	2228376	M1M/85	P-L/053	Entente athle nord mayenne *	12	R6	376	15.6	3652
106	BERTHELOT Melvyn	38'27"		ESM/04	/		12	R6	372	15.6	3612
107	JOUNIAUT David	38'43"		M1M/85	/		13	R6	358	15.5	1009
108	MOUNIER Aurelie	38'45"	qi 775996	M2F/78	BRE/035	Bruz athletisme	1	IR2	809	15.5	589
109	DENIS Frederic	38'51"		M2M/77	/		9	D1	351	15.4	1071
110	AVENEL Vincent	38'51"	1429334	M1M/81	NOR/050	Aco sourdeval	14	D1	351	15.4	3666
111	COURTOIS Guillaume	38'52"	1563608	M0M/86	NOR/050	Ac avranches	13	D1	350	15.4	3606
112	HEBERT Alexandre	38'53"		M0M/89	/		14	D1	349	15.4	1185
113	DUPONT Alexis	38'55"		SEM/99	/		48	D1	348	15.4	1066
114	LAGREVE Paulin	38'55"		SEM/94	/		49	D1	348	15.4	1104
115	DURAND Pierre	39'00"		SEM/95	/		50	D1	343	15.4	1148
116	PIGUARD Alexandre	39'02"	2660704	SEM/02	NOR/050	Ac avranches	51	D1	342	15.4	3632



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Place	Nom prénom (Nat)	Perf.	Licence	Cat/né(e)	Ligue/Dép	Equipe	Pl/Cat	Niv.	Pts.	Km/h	Doss
117	DAURIOS Basile	39'03"		SEM/98	/		52	D1	341	15.4	1079
118	BARRABE Yannis	39'06"		SEM/02	/		53	D1	338	15.3	1067
119	FLAMMER Goulven	39'07"	2140173	JUM/06	NOR/050	Gdm saint-james	5	D1	337	15.3	1118
120	MOREAU Nicolas	39'08"		M0M/87	/		15	D1	337	15.3	3792
121	LAIZE Anthony	39'18"	1009393	M1M/84	NOR/050	Aco sourceval	15	D1	328	15.3	1082
122	NIVOL Jean -francois	39'22"	qi	M3M/71	/		6	D1	325	15.2	1053
123	GUILLOU Gabriel	39'25"		JUM/06	/		6	D1	322	15.2	3732
124	LAGREE Herve	39'26"	2492007	M0M/90	NOR/050	Gdm saint-james	16	D1	322	15.2	3796
125	MASSU Bastian	39'27"		SEM/02	/		54	D1	321	15.2	3761
126	MARCHAND Vincent	39'31"		SEM/95	/		55	D2	317	15.2	3661
127	CORDIER Cedric	39'32"		M0M/88	/		17	D2	317	15.2	1157
128	JOSSEAUME Alexandre	39'33"		M0M/87	/		18	D2	316	15.2	1095
129	LANGLOIS Luna	39'34"		SEF/00	/		2	IR3	773	15.2	490
130	GOBE Nicolas	39'34"		SEM/96	/		56	D2	315	15.2	6235
131	RENOUF Gildas	39'37"		M1M/85	/		16	D2	313	15.1	1178
132	DUPONT Florian	39'42"		ESM/04	/		13	D2	309	15.1	3681
133	RENAULT Loic	39'42"		M2M/80	/		10	D2	309	15.1	3653
134	ARTHUR Isaac	39'47"		SEM/01	/		57	D2	305	15.1	1189
135	JAMMES Antoine	39'49"		SEM/95	/		58	D2	303	15.1	3771
136	MINERBE-LEVAVASSEUR Alicia	39'50"	2263487	SEF/99	NOR/050	Avenir mortain	3	IR3	762	15.1	562
137	GASNIER Anthony	39'54"	2536986	SEM/97	NOR/050	Gdm saint-james	59	D2	299	15.0	1108
138	LECONTE Alban	39'58"		M2M/80	/		11	D2	296	15.0	3698
139	ROUVRAIS Tom	40'04"		SEM/00	/		60	D2	291	15.0	1018
140	MAHEU Anthony	40'10"		SEM/92	/		61	D2	286	14.9	3800
141	MAUCON Nicolas	40'17"		M0M/86	/		19	D2	281	14.9	3784
142	DALISSON Paulin	40'23"		ESM/04	/		14	D2	276	14.9	3719
143	LEPELTIER Gaetan	40'32"		SEM/01	/		62	D3	270	14.8	3764
144	LOISNARD Antoine	40'32"		SEM/97	/		63	D3	270	14.8	3670
145	KRISHNAN Paul	40'33"		SEM/93	/		64	D3	269	14.8	3608
146	BROUILLARD Jeremy	40'35"	2694022	M0M/86	NOR/050	Gdm saint-james	20	D3	267	14.8	3766
147	EVARD Florian	40'41"		SEM/00	/		65	D3	263	14.7	1017
148	FERRERE Jean-marc	40'49"	qi	M6M/60	/		1	D3	257	14.7	1047
149	LEJAMTEL Francois	40'56"		M0M/87	/		21	D3	252	14.7	3736
150	LOUISE Olivier	40'58"	1665526	JUM/06	NOR/050	Pays saint-lois athletisme*	7	D3	250	14.6	1043
151	HOAREAU Philippe	40'59"	130688	M3M/74	BRE/035	Bruz athletisme	7	D3	250	14.6	1011
152	DUBOIS Mathieu	40'59"		ESM/04	/		15	D3	250	14.6	3655
153	JAUME Nathalie	41'00"	1763040	M3F/71	BRE/035	Athletic pont-rean	1	IR4	712	14.6	541
154	GROMIL Nolwenn	41'01"	2339521	SEF/96	BRE/035	Bruz athletisme	4	R1	711	14.6	480
155	NEVEU Romain	41'01"	2720457	M0M/90	NOR/050	Nord cotentin athletisme*	22	D3	248	14.6	1021
156	ANTOINE Prins	41'01"		SEM/92	/		66	D3	248	14.6	6218
157	CHRETIEN Baptiste	41'07"		M0M/87	/		23	D3	244	14.6	3748
158	VAINTAN Laurent	41'09"	568487	M4M/70	NOR/050	Pays saint-lois athletisme*	3	D3	243	14.6	1040
159	DEGIVE Simon	41'18"		SEM/01	/		67	D3	236	14.5	3785
160	BARON Lucas	41'21"		SEM/00	/		68	D3	234	14.5	3795
161	BADIER Tristan	41'23"		SEM/98	/		69	D3	233	14.5	1167
162	LAMACHE Jeremy	41'29"		SEM/92	/		70	D3	228	14.5	6211
163	BRETON Camille	41'31"		SEF/94	/		5	R1	690	14.5	501
164	QUENTIN Jeremy	41'33"	2571322	SEM/92	P-L/053	Entente athle nord mayenne *	71	D4	226	14.4	1026
165	HAMEL Dolores	41'35"	qi 771189	M2F/79	NOR/050	Aco sourceval	2	R1	688	14.4	626
166	MAISSIN Loic	41'42"		M1M/85	/		17	D4	220	14.4	1005
167	PAUTRET Lucas	41'47"		SEM/99	/		72	D4	216	14.4	1125
168	JAUME Didier	41'53"	1652123	M4M/70	BRE/035	Athletic pont-rean	4	D4	212	14.3	3756
169	ARABEYRE Alienor	41'55"		SEF/01	/		6	R1	674	14.3	524
170	BOITTIN Freddy	41'59"		SEM/91	/		73	D4	208	14.3	1057
171	FAISANT Pierre	42'07"		SEM/93	/		74	D4	203	14.2	1006
172	ALEXANDRE Michael	42'09"		M3M/74	/		8	D4	202	14.2	3643
173	ALEXANDRE Mathieu	42'10"		SEM/99	/		75	D4	201	14.2	3772
174	BLANDIN Simon	42'15"		SEM/00	/		76	D4	198	14.2	6225
175	VELE Arnaud	42'15"	1475563	M1M/81	NOR/050	Gdm saint-james	18	D4	198	14.2	1105
176	JAUNET Maryon	42'21"		SEM/96	/		77	D4	194	14.2	3782
177	BRAULT Quentin	42'23"		SEM/01	/		78	D4	193	14.2	1190
178	LAIGLE Clém	42'23"	1496700	SEF/07	BRE/035	Stade nannais athletisme*	7	D3	255	14.2	555



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179	DECHANCE Benoit	42'27"	1651046	M0M/86	/		24	D4	190	14.1	6241
180	AMICE Bertrand	42'28"		M1M/81	/		19	D4	189	14.1	1072
181	ESNAULT Anne-sophie	42'29"	657403	SEF/94	I-F/075	Xve athletic club	8	R2	651	14.1	646
182	VORON Sebastien	42'29"	2169214	M3M/73	NOR/050	Granville ac	9	D4	189	14.1	3633
183	LEGRAND Arnaud	42'32"		M2M/80	/		12	D4	187	14.1	6222
184	ROUSSEAU Victor	42'36"		SEM/92	/		79	D4	184	14.1	3777
185	LEMONNIER Paul	42'37"		SEM/96	/		80	D4	184	14.1	3682
186	FRALEUX Adrien	42'40"		ESM/05	/		16	D4	182	14.1	3799
187	BANSE Kevin	42'41"		SEM/93	/		81	D4	181	14.1	3725
188	MAINGOT Jerome	42'45"		M3M/74	/		10	D4	179	14.0	3642
189	GOUZAUT David	42'47"	2443870	M0M/89	BRE/035	Us liffre	25	D4	178	14.0	1102
190	ALEXANDRE Lucie	42'55"	qi	ESF/04	/		1	R2	634	14.0	464
191	NICHOLLS DIXON Kirstien	42'55"		SEF/92	/		9	R2	634	14.0	463
192	RIVIERE Marius	43'02"		ESM/04	/		17	D5	169	13.9	3630
193	LEON Benjamin	43'03"		ESM/04	/		18	D5	168	13.9	6240
194	GERARD Julien	43'04"		M1M/81	/		20	D5	167	13.9	3767
195	FRANCOIS Alan	43'06"		M3M/74	/		11	D5	166	13.9	3780
196	LE BRUN Nicolas	43'08"		M1M/81	/		21	D5	165	13.9	1060
197	GAUTIER Frederic	43'11"	2694197	M2M/79	NOR/050	Gdm saint-james	13	D5	163	13.9	3750
198	MACE Raphael	43'11"		M0M/87	/		26	D5	163	13.9	1120
199	HIRBEC Chloe	43'14"	qi 2695699	ESF/05	NOR/050	Aco sourceval	2	R3	621	13.9	481
200	RENAULT Aurore	43'18"	qi 2176574	M2F/79	NOR/050	Manche athle centre sud*	3	R3	619	13.9	469
201	GAGNON Jerome	43'19"		M1M/85	/		22	D5	159	13.9	3753
202	LESELLIER David	43'24"	1826227	M2M/77	NOR/050	Avenir mortain	14	D5	156	13.8	1139
203	ATTALI Antoine	43'25"		SEM/93	/		82	D5	155	13.8	6239
204	ROCHELLE Segolene	43'29"	142066	SEF/92	BRE/035	Athle pays de fougeres *	10	R3	612	13.8	460
205	CAHU Antoine	43'31"		ESM/05	/		19	D5	152	13.8	3628
206	LAMBERT Ewen	43'31"	qi	ESF/05	/		3	R3	610	13.8	1016
207	JAMMES David	43'36"		M3M/72	/		12	D5	149	13.8	3663
208	ROBERT Herve	43'37"		M4M/70	/		5	D5	148	13.8	3697
209	VADAIN Nicolas	43'40"		SEM/99	/		83	D5	147	13.7	1170
210	FROMEAUX Titouan	43'42"		ESM/04	/		20	D5	146	13.7	3708
211	CASTEL Julien	43'42"		M0M/88	/		27	D5	146	13.7	3754
212	FAGNEN Gilles	43'45"	qi 2433825	M5M/65	NOR/050	Coliservice sport	1	D5	144	13.7	3702
213	ROBLIN Stephane	43'51"		M1M/81	/		23	D5	141	13.7	1112
214	GADBOIS Ludovic	43'53"		M2M/79	/		15	D5	140	13.7	1138
215	LAMOUCHE Duncan	43'57"		ESM/04	/		21	D5	137	13.7	1052
216	GAZENGEL Melanie	43'59"		SEF/97	/		11	R3	592	13.6	586
217	LERICOLAIS Vincent	44'00"		SEM/96	/		84	D5	136	13.6	6228
218	MONTCOURT Jules	44'00"		ESM/04	/		22	D5	136	13.6	3684
219	BESNARD Michel	44'02"	qi 2140202	M6M/56	NOR/050	Gdm saint-james	2	D5	135	13.6	3770
220	LEBEURRIER Maxime	44'06"		SEM/00	/		85	D5	133	13.6	1083
221	CHEMINANT Patrice	44'07"		M3M/72	/		13	D5	132	13.6	1085
222	DENOEL Romain	44'14"	2059957	SEM/92	BRE/035	Saint malo sports loisirs	86	D5	128	13.6	1056
223	CORRE Clemence	44'14"	2363869	SEF/93	BRE/035	Saint malo sports loisirs	12	R4	583	13.6	495
224	TOUCHAIS Noah	44'15"		JUM/06	/		8	D5	128	13.6	1199
225	GAZENGEL Florent	44'17"		M1M/84	/		24	D5	127	13.5	1155
226	PRIME Lucas	44'19"		ESM/04	/		23	D5	126	13.5	6206
227	AMI Esteban	44'21"		ESM/04	/		24	D5	125	13.5	1069
228	PETIN Emma	44'22"	qi 2568271	CAF/09	NOR/050	Ac avranches	1	R4	578	13.5	487
229	COQUIERE Leo	44'29"		SEM/02	/		87	D5	121	13.5	3798
230	GONDOUIN Pascal	44'30"		M3M/74	/		14	D5	120	13.5	3778
231	MARTINET Paul	44'30"		ESM/05	/		25	D5	120	13.5	3797
232	GOBE Matthieu	44'30"		SEM/01	/		88	D5	120	13.5	6236
233	LEFAUDEUX Alexandre	44'36"		SEM/95	/		89	D5	117	13.5	1179
234	LEPINE Jeremy	44'41"		M0M/88	/		28	D5	115	13.4	3765
235	JORET Maxime	44'41"		SEM/95	/		90	D5	115	13.4	1131
236	PAILLETTE Guillaume	44'43"		M1M/85	/	Granville triathlon	25	D5	114	13.4	3710
237	LEPILLET Kevin	44'49"		SEM/96	/		91	D5	111	13.4	1192
238	CUPIAL Didier	44'50"		M3M/71	/		15	D5	110	13.4	3618
239	COPPIN LEGRAND Mael	44'50"		JUM/06	/		9	D5	110	13.4	1130
240	THANINIER Quentin	44'50"		SEM/02	/		92	D5	109	13.4	1032



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Place	Nom prénom (Nat)	Perf.	Licence	Cat/né(e)	Ligue/Dép	Equipe	Pl/Cat	Niv.	Pts.	Km/h	Doss
241	PAUTREL Thomas	44'52"		SEM/99	/		93	D5	109	13.4	1087
242	LEPAINTEUR Francois	44'53"		M1M/81	/		26	D5	109	13.4	6226
243	LEPAINTEUR Tom	44'53"		CAM/09	/		3	D5	109	13.4	6227
244	BAUDE Cedric	44'53"		M1M/82	/		27	D5	109	13.4	1177
245	LANEE Zelie	45'01"		SEF/01	/		13	R5	554	13.3	617
246	MENARD Michel	45'02"	2576052	M2M/78	NOR/050	Gdm saint-james	16	D6	105	13.3	3752
247	COIRE Jean-francois	45'05"		M0M/88	/		29	D6	103	13.3	1147
248	HONORE Wilfried	45'05"		M0M/87	/		30	D6	103	13.3	3744
249	AUSSANT Clement	45'05"		ESM/04	/		26	D6	103	13.3	3721
250	ENCOIGNARD Guillaume	45'06"		SEM/01	/		94	D6	103	13.3	3715
251	MILLET Olivier	45'08"	1664846	M5M/64	NOR/050	Gdm saint-james	2	D6	102	13.3	3729
252	TROCHON Xavier	45'08"		M1M/81	/		28	D6	102	13.3	3746
253	REVERT Alex	45'14"		SEM/95	/		95	D6	99	13.3	6203
254	PICHARD Louis	45'18"		SEM/02	/		96	D6	97	13.2	3619
255	BRIERE Valentin	45'19"		SEM/94	/		97	D6	97	13.2	1188
256	BARREAU Vincent	45'20"		M1M/83	/		29	D6	96	13.2	3610
257	MONNIER Aurelie	45'22"	qi 2535054	M1F/83	NOR/050	Granville ac	1	R5	541	13.2	571
258	FRAMERY Mickael	45'22"		M1M/84	/		30	D6	95	13.2	1172
259	GLEMOT Emilien	45'23"		M0M/89	/		31	D6	95	13.2	6201
260	LANDRY Baptiste	45'23"		M0M/87	/		32	D6	95	13.2	1146
262	CHRETIEN Benjamin	45'25"		M0M/89	/		33	D6	94	13.2	3747
263	HANTRAIS Simon	45'35"		ESM/04	/		27	D6	90	13.2	3705
264	MORAZIN Pierre-alexis	45'38"		SEM/96	/		98	D6	88	13.1	1133
265	GADBOIS Sebastien	45'40"		M2M/76	/		17	D6	88	13.1	1048
266	LOUET Anita	45'41"	qi	M1F/85	/		2	R5	529	13.1	494
267	GUERIN Jean-baptiste	45'41"		M1M/83	/		31	D6	87	13.1	1140
268	CUPIAL Eva	45'44"		SEF/02	/		14	R5	527	13.1	456
269	MULLER Emeric	45'46"		SEM/96	/		99	D6	85	13.1	1151
270	HEZEAU Carole	45'47"	1000550	M0F/89	NOR/050	Gdm saint-james	2	R5	526	13.1	558
271	RUNGETTE Cyrille	45'55"		M1M/83	/		32	D6	81	13.1	1161
272	AUVRAY Thomas	45'59"		M0M/86	/		34	D6	80	13.0	1121
273	JEANNE Pauline	46'03"		SEF/01	/		15	R6	516	13.0	565
274	CHESNEL Franck	46'04"		M2M/76	/		18	D6	78	13.0	1103
275	VAUGEOIS Aurelie	46'05"		M0F/88	/		3	R6	515	13.0	648
276	GAUTIER Denis	46'06"		M4M/66	/		6	D6	77	13.0	3650
277	LEVERD Willy	46'07"		M1M/82	/		33	D6	76	13.0	1184
278	FRANCOIS Diego	46'10"		JUM/06	/		10	D6	75	13.0	3781
279	MILLET Pierre	46'12"		SEM/92	/		100	D6	74	13.0	1168
280	GUESNET Julien	46'12"		M2M/79	/		19	D6	74	13.0	1135
281	CORRE Florence	46'12"	qi 2071494	M4F/67	BRE/035	Saint malo sports loisirs	1	R6	511	13.0	567
282	GUENO Stephane	46'17"		M4M/69	/		7	D6	72	13.0	1001
283	CAUSSEROUGE Thibault	46'18"		SEM/01	/		101	D6	72	13.0	3717
284	LAIZE Calvin	46'22"		ESM/03	/		28	D6	70	12.9	3677
285	LAIZE Dorian	46'22"		SEM/00	/		102	D6	70	12.9	1176
286	LIZEE Boris	46'24"		M3M/73	/		16	D6	70	12.9	1037
287	BARBET Nicolas	46'30"		M2M/79	/		20	D6	67	12.9	3631
288	LEROUX Thomas	46'38"		SEM/93	/		103	D6	64	12.9	1114
289	BEDEL Elias	46'47"		JUM/07	/		11	D6	61	12.8	6214
290	LIENARD Jerome	46'48"		M4M/70	/		8	D6	61	12.8	1064
291	LAISNE Stan	46'51"		ESM/03	/		29	D6	60	12.8	3688
292	DAIROU1032 David	46'52"		M1M/83	/		34	D6	59	12.8	1032
293	LELANDAIS Lucie	46'54"		SEF/01	/		16	R6	486	12.8	645
294	MASSU Johanna	46'54"		SEF/99	/		17	R6	486	12.8	545
295	JOANNIN Nicolas	46'57"		SEM/95	/		104	D6	58	12.8	3775
296	BOUGOURD Mickael	47'05"		M2M/79	/		21	D7	55	12.7	1174
297	FOUQUE Olivier	47'05"	2217817	M0M/88	NOR/050	Gdm saint-james	35	D7	55	12.7	6237
298	TROCHU Arthur	47'06"		SEM/02	/		105	D7	55	12.7	3634
299	GALODE Laurent	47'07"		M2M/80	/		22	D7	54	12.7	1023
300	TRAVERS Emeric	47'08"		SEM/97	/		106	D7	54	12.7	1013
301	MARTIN Elise	47'09"	2549804	M0F/88	NOR/050	Granville ac	4	D1	478	12.7	462
302	DELALLEE Paul	47'10"		SEM/99	/		107	D7	53	12.7	3635
303	DOMME Stephanie	47'10"	qi	M0F/99	/		4	D1	477	12.7	610



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Place	Nom prénom (Nat)	Perf.	Licence	Cat/né(e)	Ligue/Dép	Equipe	Pl/Cat	Niv.	Pts.	Km/h	Doss
304	PINEL Jonathan	47'11"		M1M/85	/		35	D7	53	12.7	1195
305	RAULT Samuel	47'12"		SEM/93	/		108	D7	52	12.7	1113
306	BARBET Hugo	47'14"		SEM/01	/		109	D7	52	12.7	1027
307	DENIS Timeo	47'16"		JUM/06	/		12	D7	51	12.7	1073
308	POULAIN Gaylord	47'19"		M0M/90	/		36	D7	50	12.7	3709
309	GALODE Kylian	47'21"		CAM/09	/		4	D7	50	12.7	1024
310	NOLLEAU Guillem	47'28"		ESM/04	/		30	D7	47	12.6	1099
311	LIENART Alix	47'30"		CAF/09	/		2	D1	466	12.6	578
312	LIENART Jean-christophe	47'31"		M1M/83	/		36	D7	46	12.6	1132
313	PERRONNO Camille	47'31"	175777	SEF/93	BRE/035	Bruz athletisme	18	D1	465	12.6	455
314	VAUGEOIS Arnaud	47'33"		M1M/85	/		37	D7	46	12.6	6223
315	CONAN Stephane	47'33"		M1M/84	/		38	D7	46	12.6	1128
316	BERNARD Axel	47'37"		M0F/90	/		5	D1	462	12.6	6238
317	COUBRAY Jeremy	47'45"		JUM/06	/		13	D7	42	12.6	1160
318	LE ROYER Sebastien	47'51"		M3M/74	/		17	D7	40	12.5	3673
319	COQUET Pierre-yves	47'53"	1053165	M0M/88	BRE/035	Us liffre	37	D7	40	12.5	1156
320	VERNIER Elodie	47'53"		M0F/88	/		6	D1	453	12.5	543
321	LETOURNEUR Didier	47'55"		M5M/65	/		3	D7	39	12.5	3671
322	BELHOMME Francois	47'55"		SEM/94	/		110	D7	39	12.5	3783
323	FRANCOIS Elsa	47'56"		SEF/00	/		19	D1	451	12.5	570
324	LEMONNIER Kevan	47'57"		SEM/92	/		111	D7	39	12.5	1076
325	BENIS Simon	48'03"		SEM/93	/		112	D7	37	12.5	3718
326	RAULT Jean-francois	48'06"		M3M/73	/		18	D7	36	12.5	3691
327	PROVOST Eric	48'08"		M5M/65	/		4	D7	35	12.5	3669
328	LEROUX Christophe	48'09"		M2M/77	/		23	D7	35	12.5	1197
329	HERAUVILLE Julien	48'10"		SEM/94	/		113	D7	35	12.5	6209
330	DESGRANGES Philippe	48'20"	499222	M5M/65	NOR/050	Courir en baie pontorson	5	D7	32	12.4	3793
331	GOUSSIN Guillaume	48'20"		M0M/88	/		38	D7	32	12.4	1096
332	HESLOUIN Cedric	48'21"	1650734	M3M/74	NOR/050	Gdm saint-james	19	D7	32	12.4	3763
333	CHAPEL Alain	48'24"		M3M/72	/		20	D7	31	12.4	3701
334	BOUVET Berenger	48'25"		M0F/90	/		7	D2	435	12.4	3706
335	GILBERT Nicolas	48'27"		M4M/68	/		9	D7	30	12.4	6202
336	GADBOIS Enzo	48'27"		SEM/00	/		114	D7	30	12.4	1186
337	FRITIAU Yanis	48'29"		JUM/07	/		14	D7	30	12.4	1136
338	FELIX Fabien	48'31"	2646741	M1M/82	NOR/050	Granville ac	39	D7	29	12.4	1183
339	POISSON Ines	48'38"		ESF/05	/		4	D2	428	12.3	507
340	RONDEAU Maxence	48'38"	1488579	ESM/05	P-L/053	Upac chateau-gontier *	31	D7	28	12.3	1059
341	RAOUL Lisa	48'40"		ESF/04	/		5	D2	427	12.3	563
342	ANFRAY Helene	48'40"		M0F/90	/		8	D2	427	12.3	559
343	LEFEVRE Clement	48'46"		SEM/00	/		115	D7	26	12.3	1008
344	MAZIER Fabien	48'52"		SEM/91	/		116	D7	24	12.3	3672
345	LOUVIGNY Thomas	48'54"		M2M/80	/		24	D7	24	12.3	1042
346	CARNET Mickael	48'58"		M2M/77	/		25	D7	23	12.3	6215
347	DELALANDE Germain	49'01"		M0M/89	/		39	D7	22	12.2	1109
348	MIGNON Aurelien	49'02"		SEM/96	/		117	D7	22	12.2	3722
349	MAUGER Baptiste	49'03"		SEM/94	/		118	D7	22	12.2	1194
350	BOYER Nicolas	49'13"		M3M/74	/		21	D7	20	12.2	1039
351	BURIN Caroline	49'16"	qi 1827136	M6F/60	NOR/050	Granville ac	1	D3	408	12.2	459
352	LEFEBVRE Basile	49'19"	715528	SEM/93	NOR/050	Gdm saint-james	119	D7	19	12.2	6208
353	LOQUE Simon	49'37"		ESM/05	/		32	D7	15	12.1	1196
354	LEVEILLE Damien	49'44"		M1M/84	/		40	D7	14	12.1	1129
355	HEUZE Quentin	49'55"		SEM/00	/		120	D7	12	12.0	1097
356	FEAT Lucas	49'57"		SEM/93	/		121	D7	12	12.0	1152
357	BOUVIER Bastien	49'59"		SEM/99	/		122	D7	11	12.0	3714
358	MOREAU David	50'00"		M1M/85	/		41	D7	11	12.0	3603
359	LEMOINE Steeven	50'00"		SEF/98	/		20	D3	385	12.0	3615
360	SOHIEZ Mathilde	50'01"		CAF/08	/		3	D4	384	12.0	575
361	MOUTON Ambre	50'01"		ESF/03	/		6	D4	384	12.0	506
362	MOUTON Emmanuel	50'01"		M3M/71	/		22	D8	11	12.0	3695
363	HUET Lilou	50'06"		CAF/08	/		4	D4	382	12.0	505
364	PAYEN Hervé	50'12"		M5M/64	/		6	D8	9	12.0	1065
365	FARQUHART Nadège	50'12"		M0F/70	/		5	D4	379	12.0	512



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Place	Nom prénom (Nat)	Perf.	Licence	Cat/né(e)	Ligue/Dép	Equipe	Pl/Cat	Niv.	Pts.	Km/h	Doss
366	CALBA Alexandre	50'15"		M3M/75	/		23	D8	9	11.9	3757
367	NOURRY Helicia	50'16"		SEF/97	/		21	D4	377	11.9	479
368	BLOND Stephane	50'16"		M4M/69	/		10	D8	9	11.9	3716
369	MARIE Emmanuel	50'17"		M0M/89	/		40	D8	9	11.9	1061
370	GUELE Clement	50'18"		ESM/04	/		33	D8	9	11.9	1101
371	THEOT Philippe	50'21"		M4M/70	/		11	D8	8	11.9	1200
372	THEBAULT Maelys	50'33"		JUF/06	/		1	D4	368	11.9	633
373	PINSON Jeremy	50'39"		SEM/91	/		123	D8	6	11.8	1193
374	VAN LAEYS BOUQUEREL Noe	50'41"		CAM/09	/		5	D8	6	11.8	1164
375	SCHORER Guillaume	50'43"		M0M/87	/		41	D8	5	11.8	1134
376	RABEC Nicolas	50'45"		SEM/97	/		124	D8	5	11.8	1012
377	LE BUZULLIER Jean noel	50'54"		M4M/70	/		12	D8	4	11.8	1091
378	DURAND Sylvain	50'55"		M0M/87	/		42	D8	4	11.8	3776
379	KAGAN Arthur	50'57"		ESM/04	/		34	D8	4	11.8	3620
380	GLORIA Jeremy	50'57"		M0M/87	/		43	D8	4	11.8	1162
381	MENARD Lea	51'00"	2452313	JUF/07	NOR/050	Ac avranches	2	D4	355	11.8	535
382	LEGUILLOCHET Francois	51'04"		M1M/83	/		42	D8	3	11.7	1127
383	DANIOU Christophe	51'12"		M0M/87	/		44	D8	3	11.7	3623
384	MOREAU Valentin	51'15"		SEM/92	/		125	D8	2	11.7	3605
385	GAUTIER Bernard	51'16"		M6M/60	/		3	D8	2	11.7	3651
386	FRAIGNAC Valerie	51'20"	2376023	M3F/75	CEN/028	Passion running du perche	2	D4	345	11.7	461
387	RAIMBAUD Alex	51'28"		SEM/94	/		126	D8	2	11.7	3690
388	CHAMBRON Nathalie	51'32"	qi	M5F/65	/		1	D4	339	11.6	496
389	GOUGEON Celine	51'44"		M2F/80	/		6	D4	333	11.6	484
390	DIEUDONNE Yohann	51'50"		M1M/83	/		43	D8		11.6	6230
391	BOUGET Sandra	51'51"	2536655	SEF/91	BRE/035	Bruz athletisme	22	D4	330	11.6	475
392	LEMOUSSU Anthony	51'57"		M2M/79	/		26	D8		11.5	1002
393	GUYETANT Valerie	52'25"		M3F/71	/		3	D5	314	11.4	595
394	PEHE Jerome	52'25"		SEM/96	/		127	D8		11.4	3614
395	RENOU Lea	52'32"		SEF/98	/		23	D5	311	11.4	553
396	CUPIF Pierre	52'38"		ESM/05	/		35	D8		11.4	1115
397	LETOUZE Johann	52'44"		SEM/99	/		128	D8		11.4	3751
398	ILLIEN Sandra	52'46"		M2F/76	/		7	D5	304	11.4	512
399	NOEL Marina	52'48"	2585704	M2F/80	NOR/050	Gdm saint-james	8	D5	303	11.4	596
400	BLOQUET ROCHER Matheo	52'54"		JUM/07	/		15	D8		11.3	3676
401	THELOT Isabelle	52'56"		M2F/77	/		9	D5	300	11.3	581
402	GADBOIS Laurent	52'59"		M4M/69	/		13	D8		11.3	6204
403	LEPELLEY Emilie	53'00"		M1F/84	/		3	D5	298	11.3	590
404	RUAULT Valentin	53'08"		SEM/01	/		129	D8		11.3	3749
405	LAURENT Joel	53'12"	581306	M7M/51	I-F/094	Alliance sportive brevannaise	1	D8		11.3	3675
406	FALGUIERES Anne laure	53'15"		M2F/80	/		10	D5	291	11.3	498
407	LAMOUCHE Yves	53'17"		M6M/60	/		4	D8		11.3	1055
408	PERONNE Anna	53'19"		SEF/01	/		24	D5	289	11.3	579
409	RIVIERE Marie-cecile	53'21"	1759077	M5F/65	NOR/050	Courir en baie pontorson	2	D5	288	11.2	527
410	POREE Aureore	53'22"		SEF/01	/		25	D5	288	11.2	574
411	ROUSSEL Ludivine	53'24"	163867	SEF/95	NOR/050	Granville ac	26	D5	287	11.2	465
412	RENAUDIN Lucile	53'26"		SEF/95	/		27	D5	286	11.2	602
413	HAAS Axelle	53'29"		SEF/02	/		28	D5	285	11.2	651
414	BEDEL Marceau	53'33"		ESM/04	/		36	D8		11.2	3726
415	GOSSET Camille	53'35"		SEF/96	/		29	D5	282	11.2	536
416	PINOT Leonore	53'38"		SEF/02	/		30	D5	281	11.2	652
417	LOISON Alice	53'44"		JUF/06	/		3	D5	278	11.2	561
418	CATHERINE Amelie	53'45"	2632710	SEF/92	NOR/050	Granville ac	31	D5	278	11.2	657
419	LETOREY Sylvie	53'46"		M1F/82	/		4	D5	277	11.2	618
420	FERARD Amand	53'48"		M7M/53	/		2	D8		11.2	1036
421	ENAUULT Pierre	53'51"		SEM/99	/		130	D8		11.1	3711
422	ANFRAY Matteo	53'53"		ESM/03	/		37	D8		11.1	3727
423	CHESNEL Simon	53'55"		CAM/09	/	Isigny running	6	D8		11.1	1080
424	BOURSIN Enzo	54'00"		ESM/05	/		38	D8		11.1	1149
425	BOULEY Aurelie	54'01"		M1F/84	/		5	D6	271	11.1	532
426	BOULEY Nicolas	54'03"	1114629	M2M/79	NOR/050	Ac avranches	27	D8		11.1	3724
427	PIZZET Frederique	54'04"	2644225	M4F/69	NOR/050	Gdm saint-james	2	D5	270	11.1	532



10 Km Route / 10 Km d'Avranches / TCX

Course 1

10km000m

10:30

Place	Nom prénom (Nat)	Perf.	Licence	Cat/né(e)	Ligue/Dép	Equipe	Pl/Cat	Niv.	Pts.	Km/h	Doss
428	BOUQUEREL Anthony	54'12"		M2M/80	/		28	D8		11.1	1126
429	JANNIERE Pauline	54'13"		SEF/94	/		32	D6	266	11.1	656
430	GUERIN Jean-paul	54'17"	2668256	M7M/53	NOR/050	Courir en baie pontorson	3	D8		11.1	1141
431	DESCLOS Laura	54'18"		SEF/93	/		33	D6	264	11.0	587
432	MEZOUJ Arslan	54'18"		M0M/90	/		45	D8		11.0	1150
433	NYERGES Francois	54'20"		M4M/70	/		14	D8		11.0	1122
434	MAHERAULT Sara	54'22"		SEF/92	/		34	D6	262	11.0	486
435	LECHARPENTIER Bruno	54'23"		M6M/58	/		5	D8		11.0	1070
436	LHERMITTE Roxane	54'26"		SEF/94	/		35	D6	260	11.0	639
437	GOHIN Lou-ann	54'28"		ESF/03	/		7	D6	259	11.0	594
438	AMELIE Jacqueline	54'39"		M2F/78	/		11	D6	255	11.0	642
439	GUILLET Elie	54'40"		SEM/00	/		131	D8		11.0	1022
440	GALOPIN Michel	54'42"		M7M/54	/		4	D8		11.0	3621
441	LOUET Kevin	54'43"		SEM/93	/		132	D8		11.0	1098
442	MAKNI Meriem	54'44"		M0F/87	/		9	D6	253	11.0	588
443	GREGOIRE Enoline	54'45"		ESF/04	/		8	D6	252	11.0	599
444	FLEURY Pauline	54'57"		M0F/90	/		10	D6	247	10.9	554
445	FRANCOIS Sally	54'58"		M1F/82	/		6	D6	247	10.9	568
446	MESSE Mathilde	55'00"		M0F/87	/		11	D6	246	10.9	616
447	LAINÉ Maelys	55'06"		SEF/00	/		36	D6	244	10.9	530
448	ABIVEN Josselin	55'09"		M1M/84	/		44	D8		10.9	3674
449	AUGER Jade	55'13"		SEF/00	/		37	D6	241	10.9	597
450	MONDIN Bruno	55'14"		M4M/67	/		15	D8		10.9	1163
451	AMI Jerome	55'24"		M2M/76	/		29	D8		10.8	3713
452	AYMER Guillemette	55'27"		SEF/98	/		38	D6	235	10.8	556
453	FRANCOIS Laura	55'37"		SEF/96	/		39	D6	231	10.8	569
454	CHESNEL Ninon	55'37"		ESM/05	/		39	D8		10.8	549
455	VINOUSE Louwen	55'40"		ESF/05	/		9	D6	230	10.8	664
456	ONFROY Lucie	55'52"		SEF/01	/		40	D6	225	10.7	622
457	LAIZE Sonia	55'57"		M3F/73	/		4	D6	223	10.7	612
458	CHAMPRENAUT Gregory	55'59"		M2M/79	/		30	D8		10.7	1058
459	SABINE Mylene	56'03"		SEF/96	/		41	D7	221	10.7	650
460	LESOUF Julie	56'07"		ESF/04	/		10	D7	219	10.7	598
461	BLANCHAIS Romain	56'13"		M0M/86	/		46	D8		10.7	1077
462	BLANCHAIS Alexia	56'13"		M0F/89	/		12	D7	217	10.7	534
463	PACARY Servane	56'30"		SEF/95	/		42	D7	210	10.6	508
464	DESLANDES Florence	56'30"		M3F/75	/		5	D7	210	10.6	654
465	LEMOINE Malo	56'34"		JUM/06	/		16	D8		10.6	1119
466	LELIEVRE Louison	56'35"		ESM/05	/		40	D8		10.6	1117
467	NORGEOT Jean marie	56'45"		M6M/57	/		6	D8		10.6	1074
468	VICTOR Melina	56'52"		SEF/02	/		43	D7	202	10.6	564
469	LEBRANCHU Axelle	56'53"		SEF/99	/		44	D7	202	10.5	497
470	RAVALET Matisse	56'58"		SEM/96	/		133	D8		10.5	3611
471	NEE Victoire	57'05"		SEF/01	/		45	D7	197	10.5	610
472	BURON Thomas	57'11"		SEM/91	/		134	D8		10.5	6224
473	PEUDEVIN Ludivine	57'13"		M2F/77	/		12	D7	194	10.5	603
474	PERRIN Armelle	57'14"	2652549	M5F/63	BRE/035	Saint malo sports loisirs	3	D7	194	10.5	449
475	FOUQUES Lea	57'17"		SEF/98	/		46	D7	193	10.5	614
476	LEFILLATRE Francois	57'23"		M0M/90	/		47	D8		10.5	3667
477	DAVENET Jade	57'34"		ESF/04	/		11	D7	187	10.4	466
478	PAIGNON Irene	57'41"		M3F/71	/		6	D7	184	10.4	551
479	PAIGNON Ludivine	57'42"		SEF/99	/		47	D7	184	10.4	552
480	PREVEL Clement	57'44"		SEM/95	/		135	D8		10.4	6216
481	TARDIF Manon	57'46"		SEF/02	/		48	D7	183	10.4	600
482	ROSSIGNOL Aurore	57'47"		M0F/90	/		13	D7	182	10.4	591
483	ROSSIGNOL Arnaud	57'47"		M2M/79	/		31	D8		10.4	1154
484	LEGRAVEY Anne	58'00"		M2F/78	/		13	D7	178	10.3	510
485	BOUGOURD Aurelie	58'01"		M1F/81	/		7	D7	177	10.3	544
486	HEUDES Veronique	58'10"		M4F/70	/		3	D7	174	10.3	623
487	LEMOUSSU Lydie	58'13"		M1F/83	/		8	D7	173	10.3	450
488	GIROULT Romane	58'22"		JUF/07	/		4	D7	170	10.3	635
489	PRIARD Sarah	58'22"		JUF/07	/		5	D7	170	10.3	635



10 Km Route / 10 Km d'Avranches / TCX

Course 1

10km000m

10:30

Place	Nom prénom (Nat)	Perf.	Licence	Cat/né(e)	Ligue/Dép	Equipe	Pl/Cat	Niv.	Pts.	Km/h	Doss
490	CARREE Clea	58'25"		SEF/99	/		49	D7	169	10.3	628
491	JAMES Marie	58'27"		SEF/97	/		50	D7	168	10.3	503
492	BAZIN Celine	58'30"		M2F/76	/		14	D7	167	10.3	634
493	JOSSEAUME Lisa	58'34"		SEF/99	/		51	D7	166	10.2	550
494	JOSSEAUME Bruno	58'34"		M4M/70	/		16	D8		10.2	3769
495	FERREIRA Louane	58'47"		ESF/05	/		12	D7	162	10.2	476
496	LAFFITTE Maxime	58'48"		M0M/90	/		48	D8		10.2	1124
497	BEDEL Richard	58'53"		M2M/76	/		32	D8		10.2	6213
498	PEPIN Marie	58'59"		M1F/82	/		9	D7	158	10.2	514
499	LESENECHAL Ronan	59'16"		SEM/91	/		136	D8		10.1	1116
500	BONDIS Nathalie	59'18"		M3F/75	/		7	D7	151	10.1	533
501	BOURDILLOUD Stephanie	59'21"		M0F/89	/		14	D7	150	10.1	592
502	DELESTRE Marianne	59'22"	2681884	M1F/82	NOR/050	Ac avranches	10	D7	150	10.1	627
503	MARGUERITTE Carole	59'38"		M0F/88	/		15	D7	145	10.1	659
504	KELLER Amelie	59'53"		SEF/01	/		52	D7	140	10.0	577
505	NOBLET Laetitia	59'53"		SEF/93	/		53	D7	140	10.0	636
506	MORIANO Fabrice	59'54"		M2M/76	/		33	D8		10.0	1182
507	MARTY Pierre	1h00'02"		SEM/96	/		137	D8		10.0	3668
508	PETIT Severine	1h00'04"		M0F/90	/		16	D8	137	10.0	643
509	COUEDEL Cynthia	1h00'10"		SEF/99	/		54	D8	135	10.0	538
510	BRUNET Julie	1h00'13"		SEF/92	/		55	D8	134	10.0	453
511	LEMONNIER Honorine	1h00'18"		SEF/02	/		56	D8	133	10.0	604
512	GALODE Fanny	1h00'18"		SEF/02	/		57	D8	133	10.0	605
513	MARTY Sophie	1h00'22"		M4F/70	/		4	D8	131	9.9	452
514	LEFEBVRE Martial	1h00'23"		M2M/76	/		34	D8		9.9	1084
515	BELLANGER Lucie	1h00'23"		SEF/99	/		58	D8	131	9.9	546
516	BELLANGER Louis	1h00'23"		SEM/96	/		138	D8		9.9	6231
517	OSMOND Pearl	1h00'25"		M1F/81	/		11	D8	131	9.9	566
518	ORVAIN Lea	1h00'35"		SEF/01	/		59	D8	128	9.9	615
519	LEMASLE Melanie	1h00'40"		M2F/79	/		15	D8	126	9.9	516
520	JACQUETTE Ophelie	1h00'42"		SEF/95	/		60	D8	126	9.9	448
521	MURIEL Anais	1h00'45"	1828433	SEF/92	NOR/050	Gdm saint-james	61	D8	125	9.9	582
522	MAUGER Jean-jacques	1h00'45"		M4M/68	/		17	D8		9.9	1191
523	POULAIN Elodie	1h00'51"		SEF/93	/		62	D8	123	9.9	511
524	BRULARD Romain	1h00'51"		M0M/88	/		49	D8		9.9	3707
525	EVRAUD Laura	1h00'55"		ESF/04	/		13	D8	122	9.8	576
526	FARCY Florian	1h00'55"		ESM/04	/		41	D8		9.8	1111
527	GUINEBAULT Raissa	1h00'59"		M2F/76	/		16	D8	121	9.8	454
528	DATIN Marie	1h01'03"		SEF/97	/		63	D8	119	9.8	502
529	LEBRETON LECHEVALIER Louise	1h01'05"		SEM/01	/		139	D8		9.8	525
530	FOURNIGAULT Geraldine	1h01'16"		M2F/79	/		17	D8	116	9.8	522
531	SALOT Lauriane	1h01'23"		SEF/02	/		64	D8	114	9.8	640
532	CALVEZ Marion	1h01'31"		M0F/86	/		17	D8	112	9.8	521
533	VADAIN Vincent	1h01'35"		SEM/00	/		140	D8		9.7	1171
534	THOMAIN Guylaine	1h01'40"		M3F/73	/		8	D8	109	9.7	624
535	OROPEZA Silvano	1h01'47"		SEM/01	/		141	D8		9.7	3789
536	FORGET Estelle	1h02'00"	2681036	M0F/89	NOR/050	Courir en baie pontorson	18	D8	104	9.7	531
537	CHAIGNON Pauline	1h02'01"		M1F/85	/		12	D8	103	9.7	474
538	TOUAHRI Nadia	1h02'12"	2162160	M1F/81	NOR/050	Granville ac	13	D8	100	9.6	637
539	BOSSHARDT Laure	1h02'25"		M1F/84	/		14	D8	97	9.6	653
540	BEGUE Cecile	1h02'29"		SEF/00	/		65	D8	96	9.6	517
541	SENECHAL Aurelie	1h02'37"		M0F/89	/		19	D8	94	9.6	451
542	SAMPAIO Luca	1h02'52"		JUM/06	/		17	D8		9.5	1173
543	DEMAY Louison	1h02'52"		JUF/06	/		6	D8	90	9.5	613
544	DUPARD Anais	1h02'55"	2108063	ESF/04	NOR/050	Gdm saint-james	14	D8	89	9.5	488
545	LEVALLOIS Cedric	1h02'57"		M2M/76	/		35	D8		9.5	3685
546	DUPARD Karine	1h02'58"		M3F/73	/		9	D8	89	9.5	489
547	DOMMANGET Claire	1h03'02"		M2F/79	/		18	D8	88	9.5	471
548	COUEDEL Estelle	1h03'04"		SEF/99	/		66	D8	87	9.5	537
549	BEAUFILS Claire	1h03'06"		M1F/82	/		15	D8	87	9.5	485
550	BARBEY DORMOIS Aurore	1h03'08"		SEF/99	/		67	D8	86	9.5	601
551	QUIN Mickael	1h03'10"		M0M/70	/		26	D8		9.5	2641



10 Km Route / 10 Km d'Avranches / TCX

Course 1

10km000m

10:30

Place	Nom prénom (Nat)	Perf.	Licence	Cat/né(e)	Ligue/Dép	Equipe	Pl/Cat	Niv.	Pts.	Km/h	Doss
552	JOUIN Lila	1h03'12"		ESF/05	/		15	D8	85	9.5	468
553	DUMAINE Manon	1h03'22"		SEF/02	/		68	D8	83	9.5	520
554	VALLEJO Maulde	1h03'25"		SEF/96	/		69	D8	82	9.5	529
555	FRETAY Lyne	1h03'33"		M6F/56	/		2	D8	80	9.4	482
556	DANJOU Elisa	1h04'26"		SEF/00	/		70	D8	68	9.3	660
557	LESAIN Flore	1h04'26"		SEF/00	/		71	D8	68	9.3	658
558	LAPLANCHE Luc	1h04'37"		SEM/01	/		142	D8		9.3	3786
559	LECOINDRE Kenzo	1h04'41"		SEM/01	/		143	D8		9.3	3787
560	GOILLOT Emma	1h05'07"		SEF/98	/		72	D8	60	9.2	467
561	MAUGER Morgane	1h05'10"		M2F/77	/		19	D8	59	9.2	478
562	POSTAIRE Nolwenn	1h05'10"		M2F/76	/		20	D8	59	9.2	477
563	HEUDES Bertrand	1h05'10"		M4M/68	/		18	D8		9.2	1180
564	GASNIER Aude	1h05'15"		ESF/03	/		16	D8	58	9.2	473
565	HATTE Stephanie	1h05'19"		M2F/77	/		21	D8	57	9.2	540
566	VIVIER Sarah	1h05'20"		SEF/92	/		73	D8	57	9.2	539
567	DUMONT Carole	1h05'36"		SEF/92	/		74	D8	54	9.1	644
568	DANIOU Laura	1h05'55"		SEF/91	/		75	D8	50	9.1	458
569	CAVRET Soizick	1h05'55"		M3F/74	/		10	D8	50	9.1	515
570	BOURDOIS Vincent	1h05'57"		M3M/75	/		24	D8		9.1	1044
571	HUET Maeva	1h06'23"		ESF/03	/		17	D8	45	9.0	472
572	ROUILLARD Yohann	1h06'48"		ESM/03	/		42	D8		9.0	3646
573	MARIE Eliane	1h06'50"	751485	M7F/53	NOR/050	Aco sourceval	1	D8	41	9.0	560
574	ADAM Humbeline	1h07'27"		SEF/94	/		76	D8	35	8.9	584
575	PIERRE Amandine	1h07'32"		M2F/79	/		22	D8	34	8.9	641
576	DEMAY Flore	1h07'32"		M3F/74	/		11	D8	34	8.9	611
577	DEBOS Noemie	1h07'33"		SEF/93	/		77	D8	34	8.9	548
578	AMOURETTE Valentin	1h07'57"		SEM/93	/		144	D8		8.8	1159
579	TESSIER Denis	1h08'07"		M3M/72	/		25	D8		8.8	3773
580	AMOURETTE Antoine	1h08'23"		SEM/96	/		145	D8		8.8	6210
581	JAMES Sabrina	1h08'25"		M2F/78	/		23	D8	26	8.8	470
582	L'HUISSIER Albane	1h08'35"		SEF/00	/		78	D8	25	8.7	580
583	MACH Natacha	1h08'39"		SEF/00	/		79	D8	24	8.7	609
584	COUEDEL Isabelle	1h08'41"		M4F/69	/		5	D8	24	8.7	528
585	PRODHOMME Dominique	1h08'44"		M5M/65	/		7	D8		8.7	3694
586	LEBIGOT LOTTON Melina	1h10'10"		M0F/88	/		20	D8	14	8.6	542
587	LAVALLEY Antoine	1h10'13"		SEM/99	/		146	D8		8.5	1014
588	GUILLIN Pauline	1h10'22"		SEF/92	/		80	D8	13	8.5	647
589	DEBROISE Severine	1h10'58"		M1F/82	/		16	D8	10	8.5	493
590	FRANCOIS Laetitia	1h12'30"		M2F/79	/		24	D8	3	8.3	572
591	BALOCHE Laurelenn	1h12'58"		SEF/94	/		81	D8	2	8.2	620
592	FUENTES Pernelle	1h13'46"		SEM/91	/		147	D8		8.1	585
593	TESSIER Latifa	1h14'08"		M3F/75	/		12	D8		8.1	557
594	GABE Christian	1h14'08"		M5M/64	/		8	D8		8.1	1075
595	LEHERICEY Christele	1h14'52"		M3F/71	/		13	D8		8.0	526
596	BELGHAZI Zoe	1h15'16"		ESF/04	/		18	D8		8.0	500
597	CATHERINE Matteo			SEM/01	/		148				3779
598	BABONNEAU Cedric			M0M/88	/		50				1031
599	ALLOUARD Chloe			SEF/95	/		82				649
600	LEFEBVRE Kevin			SEM/94	/		149				6205
600	PRODHOMME Andre			M10M/39	/			HC			1035
601	BESNARD Quentin			SEM/93	/		150				6219
602	POUSSET Kevin			SEM/00	/		151				1166
603	REMONT Yasmine			M3F/73	/		14				606

Nb de résultats : 603 (408 hommes, 195 femmes)