

Trail des Roches - Poncin

Raid féminin'Ain · dimanche 10 novembre 2019



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Résultats - Express Poncinoise - 10 km · 3 pages

| Pl. | Dos | Nom-prénom | Club | Sx | Temps | Moy km/h | Par cat. |
|-----|-----|--------------------------|--|----|-------|-------------|----------|
| 1 | 158 | ROCHET Thibaud | US OYONNAX | M | 40:17 | 14,89 | 1° SEH |
| 2 | 45 | SOUPE Geoffrey | | M | 41:45 | 14,37 | 2° SEH |
| 3 | 122 | ARNOLD Stephane | 01pulsion | M | 42:00 | 14,29 | 1° M1H |
| 4 | 128 | TISSERAND Jérôme | BOURG EN BRESSE TRIATHLON | M | 42:17 | 14,19 | 2° M1H |
| 5 | 138 | RIBOT Christophe | AMBERIEU MARATHON | M | 42:29 | 14,12 | 3° SEH |
| 6 | 38 | LESY Pierre | | M | 42:48 | 14,02 | 4° SEH |
| 7 | 171 | BUCHET Gaetan | BBT | M | 43:06 | 13,92 | 1° JUH |
| 8 | 7 | VANNET Paul | La foulée colignoise | M | 45:05 | 13,31 | 1° CAH |
| 9 | 124 | JACQUIN Anthony | | M | 45:11 | 13,28 | 3° M1H |
| 10 | 74 | MANAR Mahdi | | M | 45:14 | 13,26 | 5° SEH |
| 11 | 102 | RIVOIRE Maxime | SPORTNAT 01 | M | 45:49 | 13,10 | 1° ESH |
| 12 | 39 | MANSIAT Teddy | | M | 46:26 | 12,92 | 4° M1H |
| 13 | 139 | CAZALS Frédéric | ACO triathlon | M | 47:23 | 12,66 | 5° M1H |
| 14 | 153 | FILLOD Herve | US OYONNAX | M | 47:29 | 12,64 | 1° M2H |
| 15 | 110 | SCHULTZ Paul | Ski Club Le Poizat | M | 47:54 | 12,53 | 2° CAH |
| 16 | 79 | BALLET Diana | ♀ MAC SPORT | F | 47:57 | 12,51 | 1° SEF |
| 17 | 89 | SECRET Michael | AMBERIEU MARATHON | M | 48:07 | 12,47 | 6° M1H |
| 18 | 98 | FOULACHIER Regis | AMBERIEU MARATHON | M | 48:14 | 12,44 | 2° M2H |
| 19 | 65 | DELORD Caroline | ♀ | F | 48:20 | 12,41 | 2° SEF |
| 20 | 60 | CLUZEL Cédric | DA 278 AMBERIEU | M | 48:26 | 12,39 | 7° M1H |
| 21 | 70 | DURIF Emilien | Lyon running crew | M | 49:09 | 12,21 | 6° SEH |
| 22 | 137 | OMEIRA Xavier | les foulées des carrons | M | 49:16 | 12,18 | 8° M1H |
| 23 | 73 | HELARY Michel | GRAND FOND BRESSAN | M | 49:31 | 12,12 | 3° M2H |
| 24 | 123 | GENOUX Sébastien | SPORTNAT 01 | M | 49:50 | 12,04 | 9° M1H |
| 25 | 162 | ARRIGONI Sebastien | TRI SPIRIDON OYONNAX | M | 49:53 | 12,03 | 4° M2H |
| 26 | 87 | HUMBERT Laurent | | M | 50:15 | 11,94 | 5° M2H |
| 27 | 33 | BUQUET Charlyne | ♀ | F | 50:15 | 11,94 | 3° SEF |
| 28 | 31 | RAMBORGHI Jean-Paul | MAC SPORT | M | 50:57 | 11,78 | 1° M3H |
| 29 | 175 | RIOUAL YANN | SDC | M | 51:06 | 11,74 | 10° M1H |
| 30 | 170 | ROCHET Olivier | | M | 51:18 | 11,70 | 6° M2H |
| 31 | 152 | PREMRL Darko | | M | 51:19 | 11,69 | 11° M1H |
| 32 | 37 | PAILHES Gilles | | M | 51:23 | 11,68 | 12° M1H |
| 33 | 116 | DUCOS Sylvain | CAP SEILLON | M | 51:31 | 11,65 | 13° M1H |
| 34 | 169 | SIMONET Gabin | | M | 51:39 | 11,62 | 2° JUH |
| 35 | 57 | PONT Gaël | Escalade Poncin | M | 51:51 | 11,57 | 14° M1H |
| 36 | 5 | BLATRIX Alexis | Handball amberieu | M | 51:58 | 11,55 | 3° JUH |
| 37 | 50 | PEUTOT Benoit | BIG FOOT | M | 52:22 | 11,46 | 7° SEH |
| 38 | 51 | SAINT-SULPICE Paul-Henri | BIG FOOT | M | 52:40 | 11,39 | 8° SEH |
| 39 | 177 | FRANCIN Olivier | | M | 53:02 | 11,31 | 15° M1H |
| 40 | 172 | AUROUSSEAU Tommy | | M | 53:15 | 11,27 | 9° SEH |
| 41 | 69 | ROUDOT Patrick | | M | 53:15 | 11,27 | 2° M3H |
| 42 | 96 | BADY Richard | | M | 53:28 | 11,22 | 16° M1H |
| 43 | 127 | GARREL Fabrice | Les traileurs qui déchirent ... ou pas | M | 54:00 | 11,11 | 17° M1H |
| 44 | 121 | ADOBATI Valerie | ♀ Trail et macadam | F | 54:19 | 11,05 | 1° M2F |
| 45 | 9 | VUILLOT Christophe | | M | 54:35 | 10,99 | 18° M1H |
| 46 | 151 | ENGUEHARD Mathieu | Trail et macadam | M | 54:39 | 10,98 | 10° SEH |
| 47 | 173 | DUPRAS Dominique | AC SAINT JEAN LE VIEUX | M | 54:44 | 10,96 | 3° M3H |
| 48 | 72 | MONIER Eva | ♀ EAB | F | 54:46 | 10,96 | 1° ESF |
| 49 | 131 | LAZZARINI Pierre | | M | 54:57 | 10,92 | 4° M3H |
| 50 | 88 | MARVIE Philippe | | M | 55:28 | 10,82 | 7° M2H |
| 51 | 163 | BOZON Sebastien | | M | 55:30 | 10,81 | 11° SEH |
| 52 | 114 | LOUREAUX Rémy | | M | 55:36 | 10,79 | 12° SEH |
| 53 | 92 | CURT Guillaume | | M | 55:42 | 10,77 | 13° SEH |
| 54 | 84 | BANAND Sebastien | SPORTNAT 01 | M | 55:56 | 10,73 | 19° M1H |
| 55 | 133 | STUZ Stéphane | GRAND FOND BRESSAN | M | 56:03 | 10,70 | 8° M2H |
| 56 | 46 | GAVAND Benjamin | FOISSIAT BRESSE RUNNING | M | 57:30 | 10,43 | 14° SEH |
| 57 | 130 | SASSI Franck | | M | 57:41 | 10,40 | 15° SEH |
| 58 | 113 | BOZON Thierry | | M | 57:55 | 10,36 | 9° M2H |
| 59 | 24 | RONGER Marjorie | ♀ | F | 58:16 | 10,30 | 4° SEF |
| 60 | 44 | GIORGETTI Hélène | ♀ | F | 58:25 | 10,27 | 2° M2F |
| 61 | 86 | DAUSSIN Jean Christophe | VIRIAT MARATHON | M | 58:48 | 10,20 | 10° M2H |
| 62 | 134 | MICHONDARD Julie | ♀ WGTN THE CREW | F | 58:58 | 10,18 | 5° SEF |

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|-----|-----|---------------------|---------------------------|----|---------|-------------|----------|
| 63 | 20 | DUCLOS Sarah | ♀ | F | 58:59 | 10,17 | 1° M1F |
| 64 | 85 | TISSOT Fabien | | M | 59:19 | 10,12 | 16° SEH |
| 65 | 59 | REBOUL Nadine | ♀ | F | 59:39 | 10,06 | 1° M3F |
| 66 | 55 | PIROD Annick | ♀ | F | 59:40 | 10,06 | 3° M2F |
| 67 | 161 | BERNARD Willy | | M | 1:00:03 | 9,99 | 20° M1H |
| 68 | 166 | DONIN Christian | | M | 1:00:32 | 9,91 | 11° M2H |
| 69 | 28 | MAILLARD Daniel | VCA | M | 1:00:53 | 9,85 | 12° M2H |
| 70 | 119 | PICARD Estelle | ♀ GRAND FOND BRESSAN | F | 1:00:57 | 9,84 | 2° M1F |
| 71 | 54 | LAFFAY Éric | | M | 1:00:57 | 9,84 | 5° M3H |
| 72 | 56 | SANCHEZ Francisco | | M | 1:00:59 | 9,84 | 1° M4H |
| 73 | 71 | CHOPARD Joel | | M | 1:01:16 | 9,79 | 6° M3H |
| 74 | 64 | BOSSU Benoit | | M | 1:01:19 | 9,79 | 21° M1H |
| 75 | 21 | LOCHE Jean Charles | | M | 1:02:33 | 9,59 | 22° M1H |
| 76 | 108 | PETIT Hubert | SPORTNAT 01 | M | 1:02:55 | 9,54 | 23° M1H |
| 77 | 117 | DUCOS Alice | ♀ CAP SEILLON | F | 1:03:13 | 9,49 | 1° JUF |
| 78 | 82 | LAMBERT Philippe0 | | M | 1:03:19 | 9,48 | 13° M2H |
| 79 | 34 | BERNELIN Lorie | ♀ AMBERIEU MARATHON | F | 1:03:26 | 9,46 | 2° JUF |
| 80 | 83 | DENIS Justine | ♀ AMBERIEU MARATHON | F | 1:03:32 | 9,44 | 6° SEF |
| 81 | 68 | GÂTEAU Baptiste | | M | 1:03:32 | 9,44 | 17° SEH |
| 82 | 58 | MONTEIRO Luis | | M | 1:03:33 | 9,44 | 14° M2H |
| 83 | 23 | STAELENS Jean-Louis | GRAND FOND BRESSAN | M | 1:03:33 | 9,44 | 7° M3H |
| 84 | 157 | MONOD Clemence | ♀ | F | 1:03:36 | 9,43 | 2° ESF |
| 85 | 112 | BOURDEAU Zoé | ♀ | F | 1:04:09 | 9,35 | 3° ESF |
| 86 | 167 | FIEVET Jennifer | ♀ | F | 1:04:17 | 9,33 | 7° SEF |
| 87 | 78 | PERRIN Benjamin | | M | 1:04:19 | 9,33 | 18° SEH |
| 88 | 53 | SPERDUTI Emilie | ♀ | F | 1:04:27 | 9,31 | 3° M1F |
| 89 | 99 | GENOUD Elodie | ♀ les foulées des carrons | F | 1:04:57 | 9,24 | 8° SEF |
| 90 | 66 | MERLE Steffy | ♀ VIRIAT MARATHON | F | 1:04:58 | 9,24 | 9° SEF |
| 91 | 4 | BOIS Franck | UAC Morestel | M | 1:05:14 | 9,20 | 15° M2H |
| 92 | 93 | TONDEUR Violaine | ♀ | F | 1:05:19 | 9,19 | 10° SEF |
| 93 | 168 | COUILLOUD Bernard | | M | 1:05:42 | 9,13 | 8° M3H |
| 94 | 22 | FANGET Alexandra | ♀ | F | 1:06:00 | 9,09 | 11° SEF |
| 95 | 8 | JACOTY Joelle | ♀ | F | 1:06:01 | 9,09 | 12° SEF |
| 96 | 160 | RUMIANO Jean-Louis | AMBERIEU MARATHON | M | 1:06:13 | 9,06 | 9° M3H |
| 97 | 125 | CHAMERLIN Carline | ♀ GRAND FOND BRESSAN | F | 1:07:59 | 8,83 | 13° SEF |
| 98 | 76 | SANCHEZ Eva | ♀ | F | 1:08:08 | 8,81 | 4° M1F |
| 99 | 52 | CAMPESI Tiffany | ♀ | F | 1:08:21 | 8,78 | 14° SEF |
| 100 | 155 | BONNIER Vincent | | M | 1:08:38 | 8,74 | 24° M1H |
| 101 | 90 | LHUILIER Sabrina | ♀ | F | 1:09:05 | 8,69 | 15° SEF |
| 102 | 49 | BOURGEOIS Jean Paul | | M | 1:09:07 | 8,68 | 10° M3H |
| 103 | 107 | DEVAUX Nathalie | ♀ | F | 1:09:30 | 8,63 | 5° M1F |
| 104 | 14 | PATURAL Patrice | | M | 1:09:37 | 8,62 | 16° M2H |
| 105 | 6 | REYBARD Laurane | ♀ AS CPA | F | 1:09:56 | 8,58 | 16° SEF |
| 106 | 132 | RANDU Mathilde | ♀ GRAND FOND BRESSAN | F | 1:10:01 | 8,57 | 17° SEF |
| 107 | 43 | BENOIT Céline | ♀ | F | 1:10:02 | 8,57 | 18° SEF |
| 108 | 25 | VIALARD Anne | ♀ | F | 1:10:29 | 8,51 | 6° M1F |
| 109 | 27 | BERNELIN Emilie | ♀ | F | 1:10:30 | 8,51 | 7° M1F |
| 110 | 17 | PONTON Catherine | ♀ | F | 1:10:30 | 8,51 | 8° M1F |
| 111 | 35 | NOTTON Julie | ♀ | F | 1:10:35 | 8,50 | 19° SEF |
| 112 | 36 | CORCELLUT Sylvain | | M | 1:10:39 | 8,49 | 19° SEH |
| 113 | 42 | MOREL Rachel | ♀ | F | 1:10:39 | 8,49 | 9° M1F |
| 114 | 15 | PERRET Dorian | | M | 1:10:53 | 8,46 | 20° SEH |
| 115 | 11 | DUBOST Elodie | ♀ | F | 1:10:54 | 8,46 | 20° SEF |
| 116 | 75 | ZANOL Mallorie | ♀ club alpin français | F | 1:11:37 | 8,38 | 21° SEF |
| 117 | 103 | FOURNEL Noëlla | ♀ | F | 1:12:09 | 8,32 | 22° SEF |
| 118 | 135 | FOURNEL Mathieu | | M | 1:12:10 | 8,31 | 21° SEH |
| 119 | 91 | DAMAS David | | M | 1:12:30 | 8,28 | 22° SEH |
| 120 | 111 | CHATARD Kevin | VIRIAT MARATHON | M | 1:13:00 | 8,22 | 23° SEH |
| 121 | 1 | ROS Thierry | | M | 1:13:36 | 8,15 | 17° M2H |
| 122 | 95 | RUBAT Nathalie | ♀ | F | 1:14:10 | 8,09 | 10° M1F |
| 123 | 18 | BRONNER David | | M | 1:14:16 | 8,08 | 25° M1H |
| 124 | 19 | MERCIER Fanny | ♀ | F | 1:14:16 | 8,08 | 23° SEF |

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|-----|-----|----------------------|----------------------|----|---------|-------------|----------|
| 125 | 77 | HEIMBURGER Alexandre | | M | 1:14:34 | 8,05 | 26° M1H |
| 126 | 48 | THIEBAUT Melody | ♀ | F | 1:14:35 | 8,04 | 24° SEF |
| 127 | 100 | HUMBERT Jacqueline | ♀ | F | 1:15:23 | 7,96 | 4° M2F |
| 128 | 176 | TAFFANEL Audrey | ♀ | F | 1:15:36 | 7,94 | 11° M1F |
| 129 | 62 | DUPERRET Alexandra | ♀ | F | 1:15:52 | 7,91 | 25° SEF |
| 130 | 156 | BONNIER Amelie | ♀ | F | 1:16:02 | 7,89 | 1° CAF |
| 131 | 109 | STOUFF Murielle | ♀ | F | 1:16:04 | 7,89 | 12° M1F |
| 132 | 142 | BERT Marjorie | ♀ | F | 1:16:06 | 7,88 | 13° M1F |
| 133 | 94 | GOESSENS Gilbert | AMBERIEU MARATHON | M | 1:16:06 | 7,88 | 18° M2H |
| 134 | 29 | GORIUS Arnaud | | M | 1:16:14 | 7,87 | 27° M1H |
| 135 | 101 | JOSSERAND Carole | ♀ SPORTNAT 01 | F | 1:16:16 | 7,87 | 26° SEF |
| 136 | 16 | GIRARDI Delphine | ♀ | F | 1:16:44 | 7,82 | 14° M1F |
| 137 | 12 | LEFEUVRE Elisa | ♀ | F | 1:16:44 | 7,82 | 2° CAF |
| 138 | 118 | GUYOT Cécile | ♀ CAP BUGEY | F | 1:17:05 | 7,78 | 15° M1F |
| 139 | 115 | MAMMOLITI Emilie | ♀ | F | 1:18:09 | 7,68 | 27° SEF |
| 140 | 41 | MEUNIER Perrine | ♀ | F | 1:18:17 | 7,66 | 28° SEF |
| 141 | 67 | MARILLER Julie | ♀ | F | 1:18:43 | 7,62 | 3° JUF |
| 142 | 61 | BUSIRIS Juliette | ♀ AMBERIEU MARATHON | F | 1:18:44 | 7,62 | 4° JUF |
| 143 | 120 | RIVOIRE Xavier | SPORTNAT 01 | M | 1:19:19 | 7,56 | 19° M2H |
| 144 | 126 | GALLY Cecile | ♀ | F | 1:20:08 | 7,49 | 16° M1F |
| 145 | 159 | PELLEGRINI Thomas | | M | 1:20:40 | 7,44 | 24° SEH |
| 146 | 40 | BERNARD François | SPORTNAT 01 | M | 1:22:48 | 7,25 | 11° M3H |
| 147 | 97 | DUBUIS Agnès | ♀ | F | 1:23:08 | 7,22 | 17° M1F |
| 148 | 47 | SOURD Pauline | ♀ Les bazuts | F | 1:23:42 | 7,17 | 29° SEF |
| 149 | 140 | MORTIER Dominique | ♀ GRAND FOND BRESSAN | F | 1:23:48 | 7,16 | 5° M2F |
| 150 | 141 | VALENÇON Richard | GRAND FOND BRESSAN | M | 1:23:48 | 7,16 | 20° M2H |
| 151 | 80 | BOURDEAU Lison | ♀ | F | 1:24:00 | 7,14 | 5° JUF |
| 152 | 63 | TINTORI Patricia | ♀ AMBERIEU MARATHON | F | 1:24:44 | 7,08 | 2° M3F |
| 153 | 32 | LESY Céline | ♀ | F | 1:26:30 | 6,94 | 30° SEF |
| 154 | 10 | TESSARO Mylene | ♀ | F | 1:27:01 | 6,90 | 18° M1F |
| 155 | 13 | TESSARO Xavier | | M | 1:27:02 | 6,89 | 28° M1H |
| 156 | 30 | GORIUS Virginie | ♀ | F | 1:27:52 | 6,83 | 19° M1F |
| 157 | 165 | DAUJAT Isabelle | ♀ | F | 1:28:26 | 6,78 | 6° M2F |
| 158 | 136 | COSTE Laurence | ♀ st denis | F | 1:29:07 | 6,73 | 7° M2F |
| 159 | 129 | VAUGEOIS Sophie | ♀ st denis | F | 1:29:08 | 6,73 | 8° M2F |
| 160 | 104 | MARMET Ludivine | ♀ | F | 1:32:26 | 6,49 | 4° ESF |
| 161 | 106 | MARMET Coralie | ♀ | F | 1:32:27 | 6,49 | 31° SEF |
| 162 | 105 | MARMET Valerie | ♀ | F | 1:32:27 | 6,49 | 9° M2F |