



Tête de Rivière de Zone Nord-Ouest -- Dimanche 4 mars 2012 -- Caen



| Cl | N° | Course | Club | R1 | R2 | Tps 3000m | Tps 6000m | Ecart | Tps. Réf. |
|----|----|--------|-----------|------------------|------------------------|-----------|----------------|---------|-----------|
| 1 | 8 | HSPL2- | FRANCE CN | DIONIS Alexandre | POZZO DI BORGIO Thomas | 11:50,4 | 24:26,1 | | 76,94% |
| 2 | 9 | HSPL2- | FRANCE CN | HEITZ François | LAYME Romain | 12:24,9 | 25:44,2 | 01:18,0 | 73,05% |
| 3 | 7 | HSPL2- | ROUEN CNA | ELOUART Maxime | BRUNA Franklin | 12:29,3 | 26:25,2 | 01:59,0 | 71,16% |



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|-----|----|--------|---------------------------|------------------------|----|-----------|----------------|---------|-----------|
| 1 | 12 | HS1X | NANTES CA | MARTEAU Mickaël | | 12:18,6 | 25:30,5 | | 76,05% |
| 2 | 13 | HS1X | AVIRON CHATEAU THIERRY 02 | VERSTRAETE Sigmund | | 12:24,3 | 25:52,5 | 00:22,0 | 74,97% |
| 3 | 16 | HS1X | ANGERS NA | THALGOTT Jérémy | | 12:55,4 | 26:40,1 | 01:09,5 | 72,75% |
| 4 | 18 | HS1X | MELUN CN | RACHEZ Damien | | 12:52,0 | 26:44,4 | 01:13,9 | 72,55% |
| 5 | 15 | HS1X | PORT-MARLY RC | FOUCAULT Laurent | | 12:48,5 | 26:48,9 | 01:18,3 | 72,35% |
| 6 | 20 | HS1X | BASSE SEINE SN | MEYER Mickaël | | 13:04,5 | 27:01,5 | 01:31,0 | 71,78% |
| 7 | 22 | HS1X | BOULOGNE BILLANCOURT ACBB | GARNERO Sébastien | | 12:48,4 | 27:06,3 | 01:35,8 | 71,57% |
| 8 | 24 | HS1X | SAINT NAZAIRE OS | BRIAND Antoine | | 13:03,1 | 27:06,6 | 01:36,1 | 71,56% |
| 9 | 17 | HS1X | ROUEN CNA | MILLOT Matthieu | | 13:10,3 | 27:18,5 | 01:47,9 | 71,04% |
| 10 | 21 | HS1X | ANGERS NA | BUCHER François Xavier | | 13:05,7 | 27:26,2 | 01:55,6 | 70,71% |
| 11 | 23 | HS1X | ANGERS NA | WADDINGTON Matthieu | | 13:14,7 | 27:27,9 | 01:57,4 | 70,64% |
| 12 | 26 | HS1X | ROUEN CNA | ETIA NDOUMBE Paul | | 13:24,6 | 28:01,4 | 02:30,8 | 69,23% |
| 13 | 38 | HS1X | MANTES AS | BARBOTIN Mickaël | | 13:27,6 | 28:09,1 | 02:38,6 | 68,91% |
| 14 | 28 | HS1X | BASSE SEINE SN | SORIN Benjamin | | 13:21,8 | 28:18,9 | 02:48,3 | 68,52% |
| 15 | 31 | HS1X | PERREUX SN | HOCDE Yves | | 13:45,4 | 28:23,6 | 02:53,1 | 68,32% |
| 16 | 43 | HS1X | MANTES AS | GENY Bruno | | 13:55,7 | 28:51,8 | 03:21,3 | 67,21% |
| 17 | 36 | HS1X | CAEN CALVADOS SN | BRUNET Jérémy | | 14:04,1 | 28:57,7 | 03:27,1 | 66,99% |
| 18 | 33 | HS1X | CAEN CALVADOS SN | LEGRIGEOIS Renaud | | 14:01,8 | 29:04,0 | 03:33,4 | 66,74% |
| 19 | 37 | HS1X | DIEPPE CN | MOKA Simon | | 13:53,7 | 29:13,7 | 03:43,1 | 66,38% |
| 20 | 45 | HS1X | FRANCE CN | ClémENT Félix | | 14:03,5 | 29:15,0 | 03:44,5 | 66,32% |
| 21 | 29 | HS1X | ANGERS NA | MOREAU Yohan | | 13:51,6 | 29:17,2 | 03:46,7 | 66,24% |
| 22 | 25 | HS1X | HENNEBONT AV | MARAIS Paul | | 13:58,9 | 29:28,1 | 03:57,5 | 65,83% |
| 23 | 49 | HS1X | PERREUX SN | GERARD Christophe | | 14:14,6 | 29:30,8 | 04:00,2 | 65,73% |
| 24 | 39 | HS1X | PORT-MARLY RC | HICKS Henri | | 14:07,2 | 29:32,4 | 04:01,9 | 65,67% |
| 25 | 32 | HS1X | DIEPPE CN | ROUILLE Maxime | | 14:27,8 | 29:41,5 | 04:10,9 | 65,34% |
| 26 | 40 | HS1X | SAINT NAZAIRE OS | BREANT Fabien | | 14:14,2 | 29:46,2 | 04:15,6 | 65,17% |
| 27 | 47 | HS1X | VERNON EN | GUILLOU Martial | | 14:29,4 | 30:29,5 | 04:59,0 | 63,62% |
| 28 | 34 | HS1X | LE MANS SA | LE GALL Benoît | | 14:41,7 | 30:33,1 | 05:02,5 | 63,50% |
| 29 | 27 | HS1X | MEULAN LES MUREAUX AV | RENARD Cyril | | 14:12,8 | 30:58,9 | 05:28,4 | 62,62% |
| 30 | 42 | HS1X | MEULAN LES MUREAUX AV | TENTILLIER Romain | | 15:04,7 | 31:32,0 | 06:01,5 | 61,52% |
| 31 | 48 | HS1X | MEULAN LES MUREAUX AV | JACONO François | | 15:03,8 | 31:35,6 | 06:05,1 | 61,40% |
| 32 | 46 | HS1X | MEULAN LES MUREAUX AV | WASTIAUX Guylain | | 15:00,0 | 31:37,7 | 06:07,1 | 61,34% |
| 33 | 44 | HS1X | ANGERS NA | BICHET Charles Antoine | | 16:50,8 | 34:33,7 | 09:03,2 | 56,13% |



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|-----|----|--------|---------------------------|----------------------|----|-----------|----------------|---------|-----------|
| 1 | 53 | HSPL1X | SAINT NAZAIRE OS | JAUNET Alexandre | | 12:56,0 | 26:53,6 | | 73,44% |
| 2 | 52 | HSPL1X | BOULOGNE BILLANCOURT ACBB | GABORIEAU Samuel | | 13:00,5 | 27:01,0 | 00:07,5 | 73,10% |
| 3 | 55 | HSPL1X | VERSAILLES CN | OLIVIER Vincent | | 13:06,9 | 27:22,8 | 00:29,3 | 72,13% |
| 4 | 71 | HSPL1X | RENNES SR | RENARD Guillaume | | 13:39,4 | 27:37,0 | 00:43,4 | 71,52% |
| 5 | 66 | HSPL1X | NANTES CLL AV | LESIEUR Thomas | | 13:42,8 | 27:55,6 | 01:02,0 | 70,72% |
| 6 | 59 | HSPL1X | ROUEN CNA | NOVICZKY Thomas | | 13:49,9 | 28:21,1 | 01:27,5 | 69,66% |
| 7 | 56 | HSPL1X | ROUEN CNA | MANGOT Philippe | | 13:30,2 | 28:22,9 | 01:29,3 | 69,59% |
| 8 | 58 | HSPL1X | LAGNY SN | VALLET Nicolas | | 13:58,1 | 28:24,4 | 01:30,8 | 69,53% |
| 9 | 51 | HSPL1X | ANGERS NA | RICHARD Thomas | | 13:41,7 | 28:42,7 | 01:49,1 | 68,79% |
| 10 | 57 | HSPL1X | BOULOGNE BILLANCOURT ACBB | MOUCHET Sébastien | | 14:01,9 | 28:53,6 | 02:00,0 | 68,35% |
| 11 | 68 | HSPL1X | FRANCE CN | CASCARRE Thomas | | 14:29,7 | 29:16,2 | 02:22,6 | 67,47% |
| 12 | 69 | HSPL1X | TOURNEMINE AA | RAFFRAY Kevin | | 14:30,3 | 29:20,4 | 02:26,8 | 67,31% |
| 13 | 61 | HSPL1X | TOURS AC | SAUMET Charles Henri | | 14:27,7 | 29:23,3 | 02:29,7 | 67,20% |
| 14 | 65 | HSPL1X | HENNEBONT AV | LE ROUX Briac | | 14:12,5 | 29:26,6 | 02:33,0 | 67,08% |
| 15 | 73 | HSPL1X | TOURNEMINE AA | HOURLIN Vincent | | 14:44,4 | 29:47,8 | 02:54,2 | 66,28% |
| 16 | 62 | HSPL1X | PORT-MARLY RC | CLAUDE Arthur | | 14:48,8 | 30:01,7 | 03:08,1 | 65,77% |
| 17 | 63 | HSPL1X | MANTES AS | LE MERCIER Jérémy | | 15:03,9 | 30:37,9 | 03:44,3 | 64,48% |
| 18 | 60 | HSPL1X | PERREUX SN | BONARDET Mickaël | | 15:10,7 | 30:47,6 | 03:54,0 | 64,14% |
| 19 | 64 | HSPL1X | MEULAN LES MUREAUX AV | PRABONNAUD Thomas | | 15:03,7 | 30:49,3 | 03:55,7 | 64,08% |
| 20 | 70 | HSPL1X | CANTELEU CROISSET CN | JUMEL Sébastien | | 16:28,9 | 33:10,2 | 06:16,6 | 59,54% |



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|----|----|--------|--|--------------------|-----------------|-----------|----------------|---------|-----------|
| 1 | 77 | FS2- | NANTES CA / SAINT QUENTIN AV | MALABOEUF Charlène | ORTIZ Fleur | 13:44,4 | 27:43,8 | | 73,75% |
| 2 | 78 | FS2- | NANTES CA / BORDEAUX EN | TAVERNIER Marie | BUREAU Svana | 13:43,8 | 28:01,3 | 00:17,5 | 72,98% |
| 3 | 79 | FS2- | MEULAN LES MUREAUX AV | ALAOUCHICHE Marine | BILLET Justine | 14:09,7 | 28:51,8 | 01:08,0 | 70,85% |
| 4 | 82 | FS2- | MEULAN LES MUREAUX AV / BASSE SEINE SN | LAMADON Delphine | PIERRE Nathalie | 15:10,1 | 30:39,8 | 02:55,9 | 66,69% |
| 5 | 80 | FS2- | ANGERS NA | GAIGNARD Catherine | GAIGNARD Céline | 15:16,7 | 31:03,7 | 03:19,9 | 65,84% |
| 6 | 81 | FS2- | CAEN CALVADOS SN | PAGNON Clémence | LECLERC Carole | 15:26,1 | 31:04,4 | 03:20,6 | 65,81% |



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|----|----|--------|---------------------------|-------------------------|----|-----------|----------------|---------|-----------|
| 1 | 86 | FS1X | ENCOURAGEMENT - SESN | LEFEBVRE Hélène | | 13:52,3 | 28:22,5 | | 74,71% |
| 2 | 87 | FS1X | GRENOBLE AV | KOBER Noémie | | 13:56,8 | 28:34,2 | 00:11,7 | 74,20% |
| 3 | 84 | FS1X | NANTES CA | LE NEPVOU Marie | | 14:08,2 | 28:47,2 | 00:24,7 | 73,64% |
| 4 | 85 | FS1X | AIGUEBELETTE ACL | MARECHAL Julie | | 14:04,5 | 28:48,5 | 00:26,0 | 73,59% |
| 5 | 88 | FS1X | NANTES CA | CORNILLE Mélanie | | 14:18,8 | 29:35,4 | 01:12,9 | 71,65% |
| 6 | 90 | FS1X | AMIENS SN | LANGLET Valentine | | 14:41,4 | 29:54,8 | 01:32,3 | 70,87% |
| 7 | 89 | FS1X | ROUEN CNA | MULOT Carmen | | 14:39,2 | 29:57,6 | 01:35,2 | 70,76% |
| 8 | 93 | FS1X | BOULOGNE BILLANCOURT ACBB | GABALI Oriane | | 14:58,6 | 30:51,2 | 02:28,7 | 68,71% |
| 9 | 95 | FS1X | FRANCE CN | BERNARD Laura | | 15:23,0 | 31:12,4 | 02:50,0 | 67,93% |
| 10 | 91 | FS1X | FRANCE CN | PETERSON Alexis Ann | | 15:26,0 | 32:06,5 | 03:44,0 | 66,03% |
| 11 | 96 | FS1X | CAEN CALVADOS SN | GERBRON Chloé | | 15:52,7 | 32:19,3 | 03:56,8 | 65,59% |
| 12 | 94 | FS1X | ROUEN CNA | NOVELLO - ZLATIC Alizée | | 15:49,1 | 32:21,4 | 03:59,0 | 65,52% |
| 13 | 98 | FS1X | ANGERS NA | NOGUES Aude | | 16:23,6 | 33:25,0 | 05:02,5 | 63,44% |
| 14 | 97 | FS1X | PORT-MARLY RC | JONCOUR Violette | | 16:57,1 | 34:26,0 | 06:03,5 | 61,57% |



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|----|-----|--------|--------------------------|--------------------------|----|-----------|----------------|---------|-----------|
| 1 | 100 | FSPL1X | MELUN CN | MAURIN Elise | | 13:52,6 | 28:18,5 | | 76,13% |
| 2 | 102 | FSPL1X | EQUIPE NATIONALE ALGERIE | ROUBA Amina | | 14:17,7 | 28:52,9 | 00:34,4 | 74,62% |
| 3 | 101 | FSPL1X | CAEN CALVADOS SN | LECLERC Camille | | 14:24,5 | 29:26,8 | 01:08,3 | 73,18% |
| 4 | 104 | FSPL1X | CAEN CALVADOS SN | CAVOIT Delphine | | 14:39,4 | 29:50,0 | 01:31,5 | 72,24% |
| 5 | 107 | FSPL1X | MELUN CN | CAILLEBOTTE Charlotte | | 14:48,4 | 30:03,7 | 01:45,2 | 71,69% |
| 6 | 106 | FSPL1X | ANGERS NA | EUDELIN Laura | | 15:15,5 | 30:32,7 | 02:14,2 | 70,55% |
| 7 | 103 | FSPL1X | EQUIPE NATIONALE ALGERIE | CHIALI Nawel | | 15:12,2 | 30:36,1 | 02:17,6 | 70,42% |
| 8 | 105 | FSPL1X | MELUN CN | ODUL-BOUDEILLE Emmelieke | | 15:22,9 | 30:55,7 | 02:37,2 | 69,68% |
| 9 | 109 | FSPL1X | DIEPPE CN | OUVRY Nolwenn | | 15:35,6 | 31:21,1 | 03:02,5 | 68,74% |
| 10 | 108 | FSPL1X | ROUEN CNA | MARCINKOWSKI Caroline | | 15:52,0 | 0:32:01 | 0:03:42 | 67,31% |
| 11 | 110 | FSPL1X | NANTES CLL AV | CHATELAIN Amelie | | 16:12,4 | 0:33:08 | 0:04:49 | 65,06% |



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|----|-----|--------|---------------------------------------|--------------------|------------------|-----------|----------------|---------|-----------|
| 1 | 114 | HJ2- | VERSAILLES CN / MEULAN LES MUREAUX AV | NOURY Jean | LABORDE Hugo | 12:42,1 | 25:44,3 | | 74,99% |
| 2 | 113 | HJ2- | NANTES CA / BAYONNE AV | KAMA Luc-Maël | CABANTOUS Louis | 12:33,8 | 25:46,4 | 00:02,1 | 74,89% |
| 3 | 123 | HJ2- | ROUEN CNA | MALLARD Antoine | JEGOUSSE Antoine | 12:47,7 | 26:01,3 | 00:17,0 | 74,17% |
| 4 | 118 | HJ2- | MEAUX CN | RAGONNEAU Kevin | MASCALCHI Xavier | 12:54,1 | 26:02,9 | 00:18,6 | 74,09% |
| 5 | 116 | HJ2- | ENCOURAGEMENT - SESN / FRANCE CN | GOUDIER Quentin | SCHMIT Benjamin | 12:55,8 | 26:08,3 | 00:24,0 | 73,84% |
| 6 | 117 | HJ2- | ROUEN CNA | ROBIN Benoît | EGRET Thomas | 12:51,9 | 26:09,3 | 00:25,0 | 73,79% |
| 7 | 121 | HJ2- | MELUN CN | GARREAU Mathieu | YVON Johan | 13:13,0 | 26:34,9 | 00:50,6 | 72,61% |
| 8 | 119 | HJ2- | ENCOURAGEMENT - SESN | FONTAINE Julien | MARQUAIRE Loïc | 13:23,5 | 26:55,3 | 01:11,0 | 71,69% |
| 9 | 125 | HJ2- | RENNES SR | BERTHELOT Aurelien | LE GALL Antoine | 13:30,1 | 27:22,3 | 01:38,0 | 70,51% |
| 10 | 115 | HJ2- | MANTES AS / MEULAN LES MUREAUX AV | FAURE Valentin | DUPLAY Benjamin | 13:35,9 | 27:24,4 | 01:40,1 | 70,42% |
| 11 | 124 | HJ2- | DIEPPE CN | OUVRY Maxence | PINEL Logan | 13:54,5 | 27:48,3 | 02:04,0 | 69,41% |
| 12 | 122 | HJ2- | PERREUX SN | GROS Vincent | AUBERT Jean | 13:44,7 | 27:55,8 | 02:11,6 | 69,10% |
| 13 | 120 | HJ2- | PERREUX SN | GENERAT Titouan | FAURE Pierre | 13:50,3 | 28:09,9 | 02:25,6 | 68,52% |



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|----|-----|--------|---------------------------|--------------------------|----|-----------|----------------|---------|-----------|
| 1 | 130 | HJ1X | CA VANNES | LE GALL Briec | | 12:57,2 | 26:14,6 | | 77,74% |
| 2 | 131 | HJ1X | ENCOURAGEMENT - SESN | FADIÉ Thomas | | 13:00,9 | 26:42,4 | 00:27,8 | 76,39% |
| 3 | 127 | HJ1X | BASSE SEINE SN | PILLOU Sébastien | | 13:14,1 | 26:51,2 | 00:36,7 | 75,97% |
| 4 | 128 | HJ1X | ENGHIEN SN | MAGNIER Valentin | | 13:13,2 | 27:01,7 | 00:47,1 | 75,48% |
| 5 | 133 | HJ1X | ANDRESY CA CONFLUENT | DE CAGNY Vincent | | 13:18,9 | 27:04,8 | 00:50,3 | 75,33% |
| 6 | 129 | HJ1X | ANDRESY CA CONFLUENT | OLLIVIER-LAMARQUE Pierre | | 13:25,2 | 27:08,5 | 00:53,9 | 75,16% |
| 7 | 135 | HJ1X | CAEN CALVADOS SN | THOMAS Romuald | | 13:13,4 | 27:10,7 | 00:56,1 | 75,06% |
| 8 | 134 | HJ1X | ANGERS NA | ROUILLER Anaël | | 13:30,3 | 27:24,0 | 01:09,5 | 74,45% |
| 9 | 138 | HJ1X | ANGERS NA | SIZUN Martin | | 13:27,3 | 27:24,7 | 01:10,1 | 74,42% |
| 10 | 140 | HJ1X | LE MANS SA | DAVID Benjamin | | 13:32,5 | 27:34,8 | 01:20,2 | 73,97% |
| 11 | 144 | HJ1X | BASSE SEINE SN | GAMBLIN Thomas | | 13:20,9 | 27:41,1 | 01:26,5 | 73,69% |
| 12 | 154 | HJ1X | DIEPPE CN | AINAGA Florentin | | 13:27,2 | 27:46,8 | 01:32,3 | 73,43% |
| 13 | 132 | HJ1X | LE HAVRE SHA | MAILLARD Maxime | | 13:35,4 | 27:58,8 | 01:44,3 | 72,91% |
| 14 | 161 | HJ1X | PERREUX SN | HADDAD Mathieu | | 13:25,7 | 28:02,9 | 01:48,3 | 72,73% |
| 15 | 146 | HJ1X | BOULOGNE BILLANCOURT ACBB | SCHOEN Hugo | | 13:33,6 | 28:07,8 | 01:53,3 | 72,52% |
| 16 | 137 | HJ1X | CAEN CALVADOS SN | JUIN Hans | | 13:29,5 | 28:08,0 | 01:53,5 | 72,51% |
| 17 | 139 | HJ1X | CA VANNES | BOULANGER Alan | | 13:54,3 | 28:08,8 | 01:54,2 | 72,48% |
| 18 | 136 | HJ1X | ANDRESY CA CONFLUENT | GROPALLO Matthieu | | 13:54,3 | 28:10,6 | 01:56,1 | 72,40% |
| 19 | 158 | HJ1X | CAEN CALVADOS SN | THUROTTE Valerian | | 13:21,9 | 28:21,6 | 02:07,0 | 71,93% |
| 20 | 141 | HJ1X | LE HAVRE SHA | LEVERT Alexis | | 13:30,5 | 28:28,0 | 02:13,4 | 71,66% |
| 21 | 147 | HJ1X | CAEN CALVADOS SN | TATARI Naël | | 13:42,0 | 28:31,2 | 02:16,7 | 71,53% |
| 22 | 155 | HJ1X | CAEN CALVADOS SN | GARNIER-AMOUREUX Léo | | 13:41,6 | 28:34,5 | 02:19,9 | 71,39% |
| 23 | 160 | HJ1X | LORIENT AREA | SIGURET Alexandre | | 13:46,0 | 28:44,3 | 02:29,7 | 70,99% |
| 24 | 142 | HJ1X | CAEN CALVADOS SN | MORVAN Donatien | | 13:52,4 | 28:54,3 | 02:39,8 | 70,58% |
| 25 | 159 | HJ1X | REDON SA | BOUCHET Matthis | | 13:55,8 | 28:59,3 | 02:44,8 | 70,37% |
| 26 | 150 | HJ1X | ANGERS NA | GERBOUIN Vincent | | 13:57,8 | 29:04,2 | 02:49,7 | 70,18% |
| 27 | 149 | HJ1X | CAEN CALVADOS SN | DELPIERRE Matthieu | | 13:57,0 | 29:05,2 | 02:50,7 | 70,13% |
| 28 | 169 | HJ1X | CAEN CALVADOS SN | FERAY Matthias | | 14:02,7 | 29:06,8 | 02:52,3 | 70,07% |
| 29 | 156 | HJ1X | LE HAVRE SHA | SELLAMI Nabil | | 13:45,6 | 29:12,6 | 02:58,1 | 69,84% |
| 30 | 152 | HJ1X | ANDRESY CA CONFLUENT | LAFORT Pierre | | 14:12,7 | 29:12,7 | 02:58,2 | 69,83% |
| 31 | 164 | HJ1X | SAUMUR SN | MANENT Emilien | | 14:04,8 | 29:16,4 | 03:01,8 | 69,69% |
| 32 | 145 | HJ1X | JOINVILLE AMJ | LIMOUSIN Dimitri | | 13:55,0 | 29:22,3 | 03:07,7 | 69,46% |
| 33 | 163 | HJ1X | LORIENT AREA | COEFFIC Karadeg | | 14:01,8 | 29:30,2 | 03:15,6 | 69,15% |
| 34 | 162 | HJ1X | CAEN CALVADOS SN | FOUCHARD Anthony | | 14:04,6 | 29:40,5 | 03:26,0 | 68,74% |
| 35 | 167 | HJ1X | SAUMUR SN | JAMIN Corentin | | 14:14,0 | 29:40,7 | 03:26,2 | 68,74% |
| 36 | 143 | HJ1X | ANGERS NA | SCHUON Luis | | 14:05,5 | 29:42,1 | 03:27,5 | 68,68% |
| 37 | 153 | HJ1X | FONTAINEBLEAU-AVON AN | POUZET Bastien | | 14:12,0 | 29:44,3 | 03:29,7 | 68,60% |



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| | | | | | | | | |
|----|-----|------|----------------------|------------------|---------|----------------|---------|--------|
| 38 | 151 | HJ1X | SAUMUR SN | MOREAU Maxime | 14:17,7 | 29:49,2 | 03:34,6 | 68,41% |
| 39 | 166 | HJ1X | CAEN CALVADOS SN | DUCHENE Benjamin | 14:29,3 | 29:50,4 | 03:35,9 | 68,36% |
| 40 | 170 | HJ1X | TOURNEMINE AA | LAINÉ Kevin | 14:21,8 | 30:06,6 | 03:52,1 | 67,75% |
| 41 | 168 | HJ1X | LE HAVRE SHA | LE ROUX Benjamin | 14:26,1 | 30:28,0 | 04:13,5 | 66,96% |
| 42 | 148 | HJ1X | LE MANS SA | TUDURY Clément | 14:38,2 | 30:36,8 | 04:22,2 | 66,64% |
| 43 | 157 | HJ1X | PORT-MARLY RC | RAILLE Guillaume | 14:37,1 | 30:57,4 | 04:42,9 | 65,90% |
| 44 | 165 | HJ1X | CANTELEU CROISSET CN | DELARUE Simon | 14:46,1 | 31:22,5 | 05:08,0 | 65,02% |



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|----|-----|--------|------------------------------|---------------------|----------------------|-----------|----------------|---------|-----------|
| 1 | 171 | FJ2- | LE HAVRE SHA | LAUWICK Adèle | SCHEPERS Maylis | 13:42,2 | 28:24,6 | | 74,80% |
| 2 | 178 | FJ2- | NANTES CA | DION Auriane | PIVETEAU-HURTIN Anna | 14:20,4 | 29:47,4 | 01:22,8 | 71,33% |
| 3 | 173 | FJ2- | NANTES CA | ADAM Céline | ROUSSEAU Lola | 14:27,0 | 30:26,6 | 02:02,1 | 69,80% |
| 4 | 174 | FJ2- | ROUEN CNA | DOSSIER Amelie | PELOIS Axelle | 14:39,7 | 30:35,4 | 02:10,8 | 69,47% |
| 5 | 180 | FJ2- | ANGERS NA | BRANDICOURT Alice | GAIGNARD Flora | 14:45,6 | 30:39,4 | 02:14,8 | 69,32% |
| 6 | 172 | FJ2- | MELUN CN / ORLEANS-OLIVET AC | BLIN Victoria | BOUBAULT Flavie | 14:45,5 | 30:54,4 | 02:29,8 | 68,76% |
| 7 | 175 | FJ2- | LAVAL CN AVIRON | TROUILLARD Victoire | SOULA Marie | 15:11,6 | 31:14,9 | 02:50,4 | 68,00% |
| 8 | 177 | FJ2- | ROUEN CNA | HAMON Chloé | KABIRI Hilel | 15:23,6 | 32:18,1 | 03:53,5 | 65,79% |
| 9 | 179 | FJ2- | LORIENT A SCORFF | JOULOU Marie | LE DEM Alienor | 15:34,8 | 32:28,9 | 04:04,3 | 65,42% |
| 10 | 176 | FJ2- | TOURNEMINE AA / RENNES SR | LEMEE Capucine | VALETTE Rose | 15:28,7 | 32:32,3 | 04:07,8 | 65,31% |



Tête de Rivière de Zone Nord-Ouest -- Dimanche 4 mars 2012 -- Caen



| Cl | N° | Course | Club | R1 | R2 | Tps 3000m | Tps 6000m | Ecart | Tps. Réf. |
|------------|-----|--------|----------------------|-----------------------|----|-----------|----------------|---------|-----------|
| 1 | 185 | FJ1X | MELUN CN | SZYMANEK Marine | | 14:56,0 | 30:50,9 | | 72,45% |
| 2 | 183 | FJ1X | ANDRESY CA CONFLUENT | PARODI Léa | | 14:54,1 | 30:53,0 | 00:02,2 | 72,37% |
| 3 | 182 | FJ1X | CAEN CALVADOS SN | PICHON Agathe | | 14:57,2 | 31:00,1 | 00:09,3 | 72,09% |
| 4 | 184 | FJ1X | ANDRESY CA CONFLUENT | VOIRIN Julie | | 15:06,8 | 31:25,1 | 00:34,2 | 71,14% |
| 5 | 192 | FJ1X | ENCOURAGEMENT - SESN | VERGNE Marine | | 15:42,0 | 32:23,7 | 01:32,9 | 68,99% |
| 6 | 187 | FJ1X | VERNON EN | GALETTE Tiffany | | 15:43,5 | 32:31,3 | 01:40,5 | 68,72% |
| 7 | 191 | FJ1X | CAEN CALVADOS SN | BASTARD-COROUGE Marie | | 15:57,1 | 32:59,0 | 02:08,1 | 67,76% |
| 8 | 188 | FJ1X | GOUET AC | MAHE Morgane | | 16:00,2 | 33:15,1 | 02:24,2 | 67,22% |
| 9 | 193 | FJ1X | LE MANS SA | JULIENNE Chloé | | 17:04,6 | 35:40,4 | 04:49,6 | 62,65% |
| Abandons : | | | | | | | | | #DIV/0! |
| | 186 | FJ1X | CAEN CALVADOS SN | LORY Marie | | | | | #DIV/0! |
| | 189 | FJ1X | NANTES CA | LESTANG Meije | | 16:11,6 | | | #DIV/0! |



Tête de Rivière de Zone Nord-Ouest -- Dimanche 4 mars 2012 -- Caen



| Cl | N° | Course | Club | R1 | R2 | Tps 3000m | Ecart |
|-------|-----|--------|---------------------------|------------------|----|-----------|-------|
| 1 | 196 | HTA1X | BOULOGNE BILLANCOURT ACBB | TARDIEU Stéphane | | 17:21,3 | |
| <hr/> | | | | | | | |
| 1 | 198 | HAS1X | BOULOGNE BILLANCOURT ACBB | RENDU Patrice | | 22:23,1 | |



Tête de Rivière de Zone Nord-Ouest -- Dimanche 4 mars 2012 -- Caen



| Cl | N° | Course | Club | R1 | R2 | Tps 2000m | Tps 4000m | Ecart | Tps. Réf. |
|----|-----|--------|------------------|----------------------|----|-----------|----------------|---------|-----------|
| 1 | 199 | HC1X | CAEN CALVADOS SN | JUGE Raphaël | | 09:37,1 | 19:46,9 | | 71,28% |
| 2 | 200 | HC1X | ROUEN CNA | BONAMY Nicolas | | 09:52,0 | 20:16,2 | 00:29,3 | 69,56% |
| 3 | 204 | HC1X | ROUEN CNA | PETIT Simon | | 10:26,8 | 21:14,2 | 01:27,4 | 66,39% |
| 4 | 203 | HC1X | CAEN CALVADOS SN | VARIN Hugo | | 10:29,8 | 21:31,6 | 01:44,7 | 65,50% |
| 5 | 207 | HC1X | ROUEN CNA | COMTE Odalric | | 10:44,4 | 21:40,9 | 01:54,0 | 65,03% |
| 6 | 201 | HC1X | DIEPPE CN | AINAGA Sandro | | 10:41,8 | 21:50,4 | 02:03,5 | 64,56% |
| 7 | 208 | HC1X | ROUEN CNA | PETIT Etienne | | 11:01,6 | 21:57,9 | 02:11,0 | 64,19% |
| 8 | 212 | HC1X | CAEN CALVADOS SN | GOJOU Nils | | 10:57,4 | 22:24,7 | 02:37,8 | 62,92% |
| 9 | 210 | HC1X | ROUEN CNA | MOUGENEL Romain | | 11:03,0 | 22:33,4 | 02:46,5 | 62,51% |
| 10 | 209 | HC1X | CAEN CALVADOS SN | DUCOULOMBIER Florian | | 11:20,7 | 22:47,4 | 03:00,5 | 61,87% |
| 11 | 211 | HC1X | CAEN CALVADOS SN | LEMONNIER Pierre | | 11:31,5 | 23:06,5 | 03:19,6 | 61,02% |



Tête de Rivière de Zone Nord-Ouest -- Dimanche 4 mars 2012 -- Caen



| Cl | N° | Course | Club | R1 | R2 | Tps 2000m | Tps 4000m | Ecart | Tps. Réf. |
|----|-----|--------|------------------|------------------|----|-----------|----------------|---------|-----------|
| 1 | 215 | FC1X | VERNON EN | DHAOUADI Selma | | 10:29,5 | 21:41,7 | | 70,98% |
| 2 | 217 | FC1X | DIEPPE CN | SANCHEZ Salomé | | 10:53,3 | 22:34,4 | 00:52,7 | 68,22% |
| 3 | 218 | FC1X | CAEN CALVADOS SN | ROUSSAUD Alice | | 11:12,1 | 23:18,8 | 01:37,1 | 66,05% |
| 4 | 216 | FC1X | ROUEN CNA | BELHACHEMI Isa | | 11:16,7 | 23:20,8 | 01:39,1 | 65,96% |
| 5 | 219 | FC1X | ROUEN CNA | CLAVERIE Louise | | 12:01,6 | 24:32,4 | 02:50,7 | 62,76% |
| 6 | 222 | FC1X | ROUEN CNA | TANEZIE Romane | | 12:04,5 | 25:11,5 | 03:29,8 | 61,13% |
| 7 | 221 | FC1X | CAEN CALVADOS SN | LEBALLAIS Vaiana | | 12:09,2 | 25:12,8 | 03:31,1 | 61,08% |
| 8 | 220 | FC1X | DIEPPE CN | SANCHEZ Manilla | | 12:25,6 | 26:05,1 | 04:23,4 | 59,04% |
| 9 | 226 | FC1X | CAEN CALVADOS SN | M'BONDI Lisa | | 12:28,1 | 26:08,2 | 04:26,5 | 58,92% |
| 10 | 223 | FC1X | VERNON EN | HUBY Lise-Amelie | | 11:59,2 | 30:31,6 | 08:49,9 | 50,45% |