

Résultats Départementaux Cross de la Manche, Saint James (50), Dimanche 8 janvier 2017

Résultats téléchargés sur <http://www.normandiecouseapied.com>

| Résultats Équipes Course A - BE M - | | | | |
|--|-----------|----------------------------------|--|--------|
| 1 | 22pt | MANCHE ATHLE CENTRE SUD* 1 | 2 (515), 3 (524), 5 (518), 12 (525) | |
| 2 | 38pt | AS TOURLAVILLE 1 | 4 (438), 10 (449), 11 (450), 13 (452) | |
| 3 | 102pt | COURIR EN BAIE PONTORSON 1 | 6 (495), 20 (496), 32 (501), 44 (206) | |
| 4 | 112pt | UNION ET CONCORDE BRICQUEBETAI 1 | 16 (572), 26 (570), 33 (568), 37 (569) | |
| 5 | 114pt | AC AVRANCHES 1 | 19 (454), 22 (463), 31 (459), 42 (466) | |
| 6 | 116pt | NORD COTENTIN ATHLÉTISME 1 | 18 (554), 25 (548), 35 (547), 38 (544) | |
| Résultats Équipes Course A - BE F - | | | | |
| 1 | 41pt | AS TOURLAVILLE 1 | 1 (448), 10 (437), 11 (443), 19 (440) | |
| 2 | 57pt | AC AVRANCHES 1 | 4 (461), 8 (464), 22 (458), 23 (456) | |
| 3 | 84pt | MANCHE ATHLE CENTRE SUD* 1 | 9 (527), 15 (522), 27 (520), 33 (574) | |
| 4 | 99pt | NORD COTENTIN ATHLÉTISME 1 | 6 (535), 30 (532), 31 (550), 32 (533) | |
| Résultats Équipes Course A - MI F - | | | | |
| 1 | 19pt | STADE SAINT-LO 1 | 1 (558), 3 (559), 4 (562), 11 (561) | |
| 2 | 41pt | NORD COTENTIN ATHLÉTISME 1 | 5 (542), 8 (536), 12 (546), 16 (552) | |
| 3 | 52pt | MANCHE ATHLE CENTRE SUD* 1 | 7 (526), 9 (514), 15 (576), 21 (516) | |
| 4 | 87pt | AS TOURLAVILLE 1 | 2 (431), 23 (447), 24 (445), 38 (435) | |
| 5 | 89pt | NORD COTENTIN ATHLÉTISME 2 | 18 (539), 20 (553), 25 (534), 26 (556) | |
| 6 | 92pt | ATHLETISME MARAIS CARENTAN 1 | 13 (477), 17 (479), 27 (476), 35 (474) | |
| Course A M Course A Chr : M 2580 m | | | | |
| HC | 9'57" | WATTEZ Guillaume | Unss | BEM/04 |
| 1 | 10'07" qi | LEBRETON Noe | E.s.haylande Athletisme | BEM/04 |
| 2 | 10'34" qi | POINCHEVAL Raphael | Manche Athle Centre Sud* | BEM/04 |
| 3 | 10'43" qi | FAUVEL Sacha | Manche Athle Centre Sud* | BEM/05 |
| 4 | 10'44" qi | BESUELLE Louka | As Tourlaville | BEM/04 |
| 5 | 10'46" qi | BOSCHET Agathe | Stade Saint-lo | MIF/02 |
| 6 | 10'50" qi | CLEMENT Jeremie | Manche Athle Centre Sud* | BEM/04 |
| 7 | 10'52" qi | LEGENDRE Sam | Courir En Baie Pontorson | BEM/05 |
| 8 | 10'53" qi | BELE Theo | Gdm Saint-james | BEM/04 |
| 9 | 10'54" qi | ARMAND Eliot | Aco Sourdeval | BEM/05 |
| 10 | 10'54" qi | PRUDOR Paul-alexandre | C. D'athletisme Conde-torigni | BEM/04 |
| 11 | 10'58" qi | COUPE Thais | As Tourlaville | MIF/02 |
| 12 | 11'09" qi | FAUCON Loane | Stade Saint-lo | MIF/03 |
| 13 | 11'13" qi | LAIR Erine | As Tourlaville | BEF/04 |
| 14 | 11'13" qi | BIRE-HESLOUIS Maele | Stade Saint-lo | MIF/02 |
| 15 | 11'14" qi | LEDURE Clara | Nord Cotentin Athlétisme | MIF/02 |

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|----|-----------|-----------------------|--------------------------------|--------|
| 16 | 11'16" qi | DUCHEMIN Tom | As Tourlaville | BEM/05 |
| 17 | 11'17" qi | MASSON Anaelle | Courir En Baie Pontorson | MIF/03 |
| 18 | 11'20" qi | DAVOURIE Hugo | As Tourlaville | BEM/05 |
| 19 | 11'23" qi | LARSONNEUR Marion | Manche Athle Centre Sud* | MIF/03 |
| 20 | 11'26" qi | FREMIN Clara | Nord Cotentin Athlétisme | MIF/02 |
| 21 | 11'31" qi | BERTHELOT Marley | Manche Athle Centre Sud* | BEM/04 |
| 22 | 11'37" qi | LESERVOISIER Honorine | Stade Saint-lo | BEF/04 |
| 23 | 11'39" qi | COUCHOT Mathieu | As Tourlaville | BEM/04 |
| 24 | 11'40" qi | DESHAYES Manon | Manche Athle Centre Sud* | MIF/02 |
| 25 | 11'43" qi | LECHEVALLIER Mateo | As Tourlaville | BEM/04 |
| 26 | 11'43" qi | HAMEL Elona | Aco Sourdeval | BEF/05 |
| 27 | 11'48" qi | LEFEVRE Laura | Ac Avranches | MIF/03 |
| 28 | 11'48" qi | TENCE Enola | Ac Avranches | BEF/05 |
| 29 | 11'49" qi | GODEFROY Lucas | Athletisme Marais Carentan | BEM/04 |
| 30 | 11'50" qi | MARIE Agathe | Stade Saint-lo | MIF/03 |
| 31 | 11'51" qi | GROS Mathis | Union Et Concorde Bricquebetai | BEM/05 |
| 32 | 11'53" qi | BEAUFILS Simon | Stade Saint-lo | BEM/05 |
| 33 | 11'53" qi | BOUTEZ Oceane | Nord Cotentin Athlétisme | MIF/03 |
| 34 | 11'54" qi | DUGUEN Elouann | Nord Cotentin Athlétisme | BEM/05 |
| 35 | 11'54" qi | LEPASQUIER Pauline | Athletisme Marais Carentan | MIF/02 |
| 36 | 11'54" qi | CLOLUS Alexis | Ac Avranches | BEM/04 |
| 37 | 11'55" qi | ROBERT Lucie | Stade Saint-lo | MIF/02 |
| 38 | 11'55" qi | FAUCON Thais | Stade Saint-lo | BEF/04 |
| 39 | 11'56" qi | NIASS Fatimata | Manche Athle Centre Sud* | MIF/03 |
| 40 | 11'57" qi | CHOCHON Clementine | Nord Cotentin Athlétisme | BEF/04 |
| 41 | 12'03" qi | GERARD Evan | Courir En Baie Pontorson | BEM/05 |
| 42 | 12'04" qi | ROUXEL Louane | Granville Ac | BEF/05 |
| 43 | 12'09" qi | BORNE Lylia | C. D'athletisme Conde-torigni | BEM/05 |
| 44 | 12'12" qi | DEBREUS Matys | Ac Avranches | BEM/04 |
| 45 | 12'14" qi | PASQUIER Aubane | Nord Cotentin Athlétisme | MIF/03 |
| 46 | 12'15" qi | CAILLARD Enzo | Manche Athle Centre Sud* | BEM/05 |
| 47 | 12'19" qi | ALEXANDRE Lucie | Ac Avranches | BEF/04 |
| 48 | 12'27" qi | MOULIN Solene | Athletisme Marais Carentan | MIF/03 |
| 49 | 12'34" qi | LECARPENTIER Gaetane | Nord Cotentin Athlétisme | MIF/03 |
| 50 | 12'42" qi | EUSTACE Corentin | Manche Athle Centre Sud* | BEM/05 |
| 51 | 12'44" qi | LERECULEY Alberic | Nord Cotentin Athlétisme | BEM/05 |
| 52 | 12'51" qi | FOUCHER Lucile | Manche Athle Centre Sud* | BEF/05 |
| 53 | 12'51" qi | THOME-HIAUMET Lea | As Tourlaville | BEF/05 |
| 54 | 12'53" qi | LANGLOIS Rosalie | As Tourlaville | BEF/04 |
| 55 | 12'55" qi | ROGER Alexane | Aco Sourdeval | BEF/05 |
| 56 | 13'00" qi | DUVAL Leane | C. D'athletisme Conde-torigni | BEF/04 |
| 57 | 13'05" qi | DERVAUX Johann | Union Et Concorde Bricquebetai | BEM/05 |
| 58 | 13'07" qi | GERARD Amelie | Courir En Baie Pontorson | MIF/02 |
| 59 | 13'08" qi | LEFRANC Leonie | Nord Cotentin Athlétisme | MIF/03 |

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|-----|-----------|--------------------------|--------------------------------|--------|
| 60 | 13'12" qi | FENOUILLERE Thais | Manche Athle Centre Sud* | MIF/03 |
| 61 | 13'12" qi | FOSSEY Octave | Athletisme Marais Carentan | BEM/04 |
| 62 | 13'17" qi | DUBOS Lysa | Manche Athle Centre Sud* | MIF/03 |
| 63 | 13'17" qi | DEFORTESCU Charlotte | As Tourlaville | MIF/02 |
| 64 | 13'18" qi | AIMEUR Adele | Granville Ac | BEF/05 |
| 65 | 13'19" qi | CATHERINE Meline | Manche Athle Centre Sud* | BEF/05 |
| 66 | 13'21" qi | ANFRAY Joseph | Avenir Mortain | BEM/05 |
| 67 | 13'22" qi | SAIVES Romain | Avenir Mortain | BEM/04 |
| 68 | 13'30" qi | LEROUXEL Clara | As Tourlaville | MIF/03 |
| 69 | 13'30" qi | BAUDIN Enzo | As Tourlaville | BEM/04 |
| 70 | 13'34" qi | MAURICE Norah | Gdm Saint-james | BEF/05 |
| 71 | 13'35" qi | DESQUESNES Clea | Nord Cotentin Athlétisme | MIF/03 |
| 72 | 13'35" qi | COLAS SCELLES Gwendoline | C. D'athletisme Conde-torigni | BEF/05 |
| 73 | 13'38" qi | JOLYS Jules | Ac Avranches | BEM/04 |
| 74 | 13'39" qi | ROGER Justine | Aco Sourdeval | BEF/05 |
| 75 | 13'41" qi | LEMONNIER Baptiste | Courir En Baie Pontorson | BEM/04 |
| 76 | 13'44" qi | GERVAISE Maxence | Union Et Concorde Bricquebetai | BEM/05 |
| 77 | 13'45" qi | LETABLIER Camille | Nord Cotentin Athlétisme | MIF/02 |
| 78 | 13'48" qi | BERENGER Lucie | As Tourlaville | BEF/05 |
| 79 | 13'48" qi | BOULENGER Elise | As Tourlaville | BEF/04 |
| 80 | 14'00" qi | LAJOYE Clea | Union Et Concorde Bricquebetai | BEF/05 |
| 81 | 14'01" qi | LECANUET Chloe | Athletisme Marais Carentan | MIF/02 |
| 82 | 14'02" qi | OTTAVI Lucile | Ac Avranches | BEF/05 |
| 83 | 14'03" qi | MONTIGNY Theo | Athletisme Marais Carentan | BEM/05 |
| 84 | 14'04" qi | BAYARD Mathilde | Ac Avranches | BEF/05 |
| 85 | 14'05" qi | FERTILLET Wendy | Gdm Saint-james | MIF/03 |
| 86 | 14'06" qi | LECROSNIER Julia | As Tourlaville | BEF/05 |
| 87 | 14'07" qi | BARBEDETTE Elouanne | Ac Avranches | MIF/03 |
| 88 | 14'08" qi | GUILLEMIN Talia | Gdm Saint-james | MIF/03 |
| 89 | 14'09" qi | FRIN Louann | Nord Cotentin Athlétisme | BEM/05 |
| 90 | 14'10" qi | ANTIER Elise | Avenir Mortain | MIF/03 |
| 91 | 14'11" qi | NORMAND Maella | Courir En Baie Pontorson | BEF/05 |
| 92 | 14'12" qi | JOUENNE Mathis | C. D'athletisme Conde-torigni | BEM/04 |
| 93 | 14'13" qi | FROGER Manon | Gdm Saint-james | BEF/04 |
| 94 | 14'14" qi | BARBOT Johanna | Aco Sourdeval | MIF/03 |
| 95 | 14'15" qi | DERVAUX Arthur | Union Et Concorde Bricquebetai | BEM/05 |
| 96 | 14'16" qi | CLOUET-PIESSET Noah | Nord Cotentin Athlétisme | BEM/05 |
| 97 | 14'17" qi | RIEANT Salome | Nord Cotentin Athlétisme | MIF/02 |
| 98 | 14'18" qi | LECAPITAINE Lucas | Nord Cotentin Athlétisme | BEM/04 |
| 99 | 14'19" qi | FRANCOIS Oscar | Nord Cotentin Athlétisme | BEM/05 |
| 100 | 14'20" qi | HAREL Marie | Manche Athle Centre Sud* | BEF/05 |
| 101 | 14'21" qi | TEPHO Elise | Nord Cotentin Athlétisme | MIF/03 |
| 102 | 14'22" qi | LAMBERT Eve-anne | Courir En Baie Pontorson | BEF/04 |
| 103 | 14'23" qi | JOURDAINE Mayliss | As Tourlaville | BEF/05 |

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|-----|-----------|-----------------------|--------------------------------|--------|
| 104 | 14'24" qi | FRANCOISE Ines | Athletisme Marais Carentan | MIF/02 |
| 105 | 14'25" qi | LE FLEM Ema | Granville Ac | MIF/02 |
| 106 | 14'26" qi | LEVEQUE Louise | Nord Cotentin Athlétisme | MIF/03 |
| 107 | 14'27" qi | LILLETTE Paul-antoine | As Tourlaville | BEM/05 |
| 108 | 14'29" qi | ERMISSE Loise | Nord Cotentin Athlétisme | BEF/04 |
| 109 | 14'30" qi | DESQUESNES Brunhilde | Nord Cotentin Athlétisme | BEF/05 |
| 110 | 14'31" qi | CLEMENT Vanille | Nord Cotentin Athlétisme | BEF/04 |
| 111 | 14'32" qi | COULON Camille | Manche Athle Centre Sud* | BEF/05 |
| 112 | 14'33" qi | HERVIEU Clara | C. D'athletisme Conde-torigni | BEF/05 |
| 113 | 14'34" qi | DUPONT Emeline | Avenir Mortain | BEF/05 |
| 114 | 14'35" qi | AUREGAN Mathieu | Ac Avranches | BEM/04 |
| 115 | 14'36" qi | DAUMAS Laurette | As Tourlaville | MIF/02 |
| 116 | 14'36" qi | LESALUNIER Jules | Manche Athle Centre Sud* | BEM/04 |
| 117 | 14'37" qi | MARTINEL Nathan | Courir En Baie Pontorson | BEM/05 |
| 118 | 14'38" qi | LE FLEM Mathilde | E.s.haylande Athletisme | BEF/05 |
| 119 | 14'39" qi | PEPIN Sarah | Union Et Concorde Bricquebetai | BEF/05 |

Résultats Équipes | Course B - MI M -

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|---|------|------------------------------|--|--|
| 1 | 68pt | ATHLETISME MARAIS CARENTAN 1 | 5 (231), 10 (232), 21 (241), 32 (237) | |
| 2 | 79pt | NORD COTENTIN ATHLÉTISME 1 | 4 (278), 8 (271), 31 (279), 36 (272) | |
| 3 | 80pt | COURIR EN BAIE PONTORSON 1 | 13 (248), 14 (247), 24 (246), 29 (249) | |
| 4 | 85pt | AS TOURLAVILLE 1 | 15 (221), 22 (218), 23 (219), 25 (220) | |
| 5 | 86pt | GDM SAINT-JAMES 1 | 3 (257), 26 (258), 27 (254), 30 (252) | |

Course B | M | Course B | Chr : M | 3340 m

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|----|-----------|-------------------|-------------------------------|--------|
| 1 | 11'55" qi | TENCE Briac | Ac Avranches | MIM/02 |
| 2 | 11'59" qi | HAGUET Aubin | Ac Avranches | MIM/03 |
| 3 | 12'01" qi | HAMARD Baptiste | Gdm Saint-james | MIM/02 |
| 4 | 12'20" qi | MARTIN Axel | Nord Cotentin Athlétisme | MIM/02 |
| 5 | 12'31" qi | DETRIGNE Arthur | Athletisme Marais Carentan | MIM/03 |
| 6 | 12'37" qi | FAUVEL Ugo | Manche Athle Centre Sud* | MIM/03 |
| 7 | 13'19" qi | LAVARDE Matteo | Granville Ac | MIM/02 |
| 8 | 13'25" qi | LERECULEY Ulysse | Nord Cotentin Athlétisme | MIM/02 |
| 9 | 13'25" qi | UGUEN Mathieu | C. D'athletisme Conde-torigni | MIM/02 |
| 10 | 13'34" qi | CONFLANT Hugo | Athletisme Marais Carentan | MIM/03 |
| 11 | 13'38" qi | SCHNEIDER Clement | Stade Saint-lo | MIM/03 |
| 12 | 13'44" qi | JEANNE Emmanuel | Ac Avranches | MIM/02 |
| 13 | 13'49" qi | PERENNES Clement | Courir En Baie Pontorson | MIM/03 |
| 14 | 13'54" qi | BRIEN Pauline | As Tourlaville | CAF/00 |
| 15 | 13'55" qi | GAZENGEL Florian | Courir En Baie Pontorson | MIM/03 |
| 16 | 13'56" qi | OSMONT Corentin | As Tourlaville | MIM/02 |
| 17 | 14'00" qi | CARRE Ambre | Athletisme Marais Carentan | CAF/01 |
| 18 | 14'01" qi | KERSANTE Yvan | Stade Saint-lo | MIM/03 |
| 19 | 14'07" qi | BROTELANDE Theo | Athletisme Marais Carentan | MIM/02 |
| 20 | 14'10" qi | GODEFROY Jade | Athletisme Marais Carentan | CAF/01 |
| 21 | 14'13" qi | ISABET Audric | Stade Saint-lo | MIM/02 |

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|----|-----------|----------------------------|--------------------------------|--------|
| 22 | 14'14" qi | LEVILLAIN Bastien | Athletisme Marais Carentan | MIM/02 |
| 23 | 14'15" qi | JOUIS Gustave | Granville Ac | MIM/03 |
| 24 | 14'19" qi | ROSE Adrien | Athletisme Marais Carentan | MIM/03 |
| 25 | 14'19" qi | LANGLOIS Luna | Ac Avranches | CAF/00 |
| 26 | 14'23" qi | LE CHENADEC Ulric | As Tourlaville | MIM/02 |
| 27 | 14'43" qi | ALBANESE Hugo | As Tourlaville | MIM/03 |
| 28 | 14'47" qi | TIREL Dorian | Courir En Baie Pontorson | MIM/02 |
| 29 | 14'53" qi | CALVET Paul | As Tourlaville | MIM/02 |
| 30 | 14'54" qi | GAYET Leo | Gdm Saint-james | MIM/03 |
| 31 | 14'56" qi | ARABEYRE Alienor | Granville Ac | CAF/01 |
| 32 | 14'58" qi | MAHIER Alice | Manche Athle Centre Sud* | CAF/00 |
| 33 | 14'58" qi | HELIE Marion | Granville Ac | CAF/01 |
| 34 | 14'59" qi | MARTIN Lucie | As Tourlaville | CAF/01 |
| 35 | 15'09" qi | SAULNIER Killian | Gdm Saint-james | MIM/02 |
| 36 | 15'09" qi | GOMEZ Josephine | As Tourlaville | CAF/01 |
| 37 | 15'14" qi | CARDINE Louise | Manche Athle Centre Sud* | CAF/00 |
| 38 | 15'23" qi | SAIVES Antoine | Avenir Mortain | MIM/02 |
| 39 | 15'25" qi | LE MIGNANT Marion | As Tourlaville | CAF/01 |
| 40 | 15'29" qi | MOUBECHÉ Julien | Courir En Baie Pontorson | MIM/02 |
| 41 | 15'36" qi | FORT Anthony | Gdm Saint-james | MIM/02 |
| 42 | 15'48" qi | LEFRANC Lucie | Athletisme Marais Carentan | CAF/01 |
| 43 | 15'52" qi | RIOU Ally | Avenir Mortain | CAF/00 |
| 44 | 15'55" qi | LECOUILLARD Emeline | Manche Athle Centre Sud* | CAF/00 |
| 45 | 15'56" qi | MAZIER Eva | Gdm Saint-james | CAF/00 |
| 46 | 16'05" qi | DUGARDIN Antonin | Nord Cotentin Athlétisme | MIM/02 |
| 47 | 16'05" qi | MULOT Sean | Athletisme Marais Carentan | MIM/02 |
| 48 | 16'05" qi | GROS Esteban | Union Et Concorde Bricquebetai | MIM/03 |
| 49 | 16'07" qi | PARIS-PEREZ Elena | Aco Sourdeval | CAF/00 |
| 50 | 16'07" qi | BERTAUX Corentin | As Tourlaville | MIM/03 |
| 51 | 16'08" qi | FOUQUES Louane | Athletisme Marais Carentan | CAF/00 |
| 52 | 16'08" qi | FOLLIOT Theo | Athletisme Marais Carentan | MIM/02 |
| 53 | 16'08" qi | ALLIX Emma | As Tourlaville | CAF/01 |
| 54 | 16'08" qi | LETOUSEY Eva | Granville Ac | CAF/00 |
| 55 | 16'08" qi | DE LACROIX DE LAVALE Clara | Manche Athle Centre Sud* | CAF/00 |
| 56 | 16'08" qi | HAMON Juliette | Stade Saint-lo | CAF/01 |
| 57 | 16'09" qi | BACHELEY Eva | Athletisme Marais Carentan | CAF/01 |
| 58 | 16'09" qi | ROUSSEL Justine | Ac Avranches | CAF/00 |
| 59 | 16'11" qi | TRAVERT Clemence | Nord Cotentin Athlétisme | CAF/00 |
| 60 | 16'11" qi | AUBERT Loriane | Nord Cotentin Athlétisme | CAF/01 |
| 61 | 16'11" qi | DELILLE Clara | Nord Cotentin Athlétisme | CAF/01 |
| 62 | 16'11" qi | LEVILLAIN Marie | Athletisme Marais Carentan | CAF/00 |
| 63 | 16'11" qi | VASSELIN Hugo | Nord Cotentin Athlétisme | MIM/03 |
| 64 | 16'11" qi | VASSELIN Juliette | As Tourlaville | CAF/00 |
| 65 | 16'13" qi | KITOKO Ida | Manche Athle Centre Sud* | CAF/01 |

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|----|-----------|------------------|--------------------------|--------|
| 66 | 16'13" qi | LAMBERT Corentin | Courir En Baie Pontorson | MIM/02 |
| 67 | 16'13" qi | AMELINE Louise | Gdm Saint-james | CAF/01 |
| 68 | 16'13" qi | DUFOUR Tom | Gdm Saint-james | MIM/03 |
| 69 | 16'13" qi | RESPAUT Steve | Nord Cotentin Athlétisme | MIM/03 |

Course C | M | Course C | Chr : M | 4400 m

| | | | | |
|----|--------|--------------------------|--------------------------|--------|
| 1 | 15'58" | BOITEUX-SIMON Yabibal | Granville Ac | CAM/01 |
| 2 | 16'21" | BACHELET Normann | Manche Athle Centre Sud* | CAM/00 |
| 3 | 16'36" | MARIE Enzo | Stade Saint-lo | CAM/01 |
| 4 | 16'52" | LANGLOIS Valentin | Manche Athle Centre Sud* | CAM/00 |
| 5 | 16'55" | KOCHERGIN Nikita (Kaz) | Nord Cotentin Athlétisme | CAM/00 |
| 6 | 16'57" | ALBERT Hugo | Stade Saint-lo | CAM/00 |
| 7 | 17'07" | DESHAYES Aurelien | Nord Cotentin Athlétisme | CAM/00 |
| 8 | 17'29" | FOLLAIN Dimitri | Ac Avranches | CAM/00 |
| 9 | 17'52" | MILLET Francois | As Tourlaville | CAM/00 |
| 10 | 18'17" | LECLERC Hugo | Nord Cotentin Athlétisme | CAM/00 |
| 11 | 18'32" | AUBRIL Simon | As Tourlaville | CAM/01 |
| 12 | 18'32" | GASSION Calvin | Avenir Mortain | CAM/01 |
| 13 | 18'57" | MOURGUES Corentin | Granville Ac | CAM/00 |
| 14 | 19'11" | PELLE Virgile | Stade Saint-lo | CAM/01 |
| 15 | 19'18" | LE FLOCH Romain | Nord Cotentin Athlétisme | CAM/01 |
| 16 | 19'21" | LEVEEL Elise | Nord Cotentin Athlétisme | JUF/99 |
| 17 | 19'22" | HULIN Antoine | Manche Athle Centre Sud* | CAM/01 |
| 18 | 19'37" | GORIN Victor | Nord Cotentin Athlétisme | CAM/00 |
| 19 | 19'43" | LATIRE Mathis | Nord Cotentin Athlétisme | CAM/01 |
| 20 | 20'12" | TAHOT Thibaut | Manche Athle Centre Sud* | CAM/01 |
| 21 | 20'21" | ESNOULT Corentin | Gdm Saint-james | CAM/01 |
| 22 | 20'23" | TOMAS PORTIER Christelle | Granville Ac | JUF/99 |
| 23 | 20'27" | LECUIR Jeanne | Ac Avranches | JUF/99 |
| 24 | 20'33" | PAIGNON Ludivine | Ac Avranches | JUF/99 |
| 25 | 20'45" | LEPOITEVIN Brice | Nord Cotentin Athlétisme | CAM/01 |
| 26 | 21'24" | HANNOT Enzo | As Tourlaville | CAM/01 |
| 27 | 21'34" | NEEL Capucine | Manche Athle Centre Sud* | JUF/98 |
| 28 | 22'10" | LEMIERE Romane | Manche Athle Centre Sud* | JUF/99 |
| 29 | 22'45" | MICHON Victoria | Stade Saint-lo | JUF/99 |
| 30 | 22'48" | FORT Jeremy | Gdm Saint-james | CAM/01 |
| 31 | 22'53" | TRIGUEL Laure | Gdm Saint-james | JUF/98 |
| 32 | 23'43" | LEMESLE Emma | Ac Avranches | JUF/98 |
| 33 | 24'02" | PHILIPPEAUX Anaëlle | Gdm Saint-james | JUF/98 |

Course F | M | Course F | Chr : M | 5200 m

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|---|--------|--------------------|--------------------------|--------|
| 1 | 17'53" | ARABEYRE Guillaume | Granville Ac | JUM/98 |
| 2 | 18'13" | CHARTOIS Maxime | Ac Avranches | JUM/99 |
| 3 | 18'50" | LAUNAY Alexandre | Stade Saint-lo | JUM/99 |
| 4 | 19'18" | SAVARY Benjamin | Granville Ac | JUM/98 |
| 5 | 19'57" | REIGNIER Rodrigue | Nord Cotentin Athlétisme | JUM/99 |

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|----|--------|------------------------|-------------------------------|--------|
| 6 | 20'02" | LE COUTOUR Carole | Nord Cotentin Athlétisme | SEF/78 |
| 7 | 20'08" | SIARD Anais | As Tourlaville | SEF/85 |
| 8 | 20'39" | SIARD Emeline | As Tourlaville | SEF/88 |
| 9 | 21'12" | JEANNE-FAUVEL Louise | Nord Cotentin Athlétisme | SEF/85 |
| 10 | 21'23" | DOUCIN Thibault | Granville Ac | JUM/98 |
| 11 | 21'24" | LECAMUS Rejane | Gdm Saint-james | VEF/77 |
| 12 | 21'26" | LEBAHY Romane | Stade Saint-lo | ESF/96 |
| 13 | 21'38" | ROMERO Margaux | Stade Saint-lo | ESF/97 |
| 14 | 21'44" | MARION Francois | Stade Saint-lo | JUM/99 |
| 15 | 21'46" | GAUTIER Nicolas | Gdm Saint-james | JUM/98 |
| 16 | 21'54" | BREVAULT Manon | Ac Avranches | SEF/94 |
| 17 | 22'03" | HAIZE Bastien | Manche Athle Centre Sud* | JUM/99 |
| 18 | 22'09" | LERENDU Elodie | C. D'athletisme Conde-torigni | SEF/80 |
| 19 | 22'19" | DIESNIS Mathilde | Nord Cotentin Athlétisme | ESF/96 |
| 20 | 22'27" | DUCHEMIN Virginie | As Tourlaville | VEF/77 |
| 21 | 22'29" | MABILLE Claire | As Tourlaville | SEF/83 |
| 22 | 22'33" | SAVARY Felicie | Manche Athle Centre Sud* | ESF/96 |
| 23 | 22'35" | LAY Noemie | Stade Saint-lo | SEF/81 |
| 24 | 22'39" | LEMAGNEN Sabrina | Nord Cotentin Athlétisme | SEF/80 |
| 25 | 22'40" | PAMART Chloe | Ac Avranches | ESF/97 |
| 26 | 22'46" | BREHIER Anne-laure | C. D'athletisme Conde-torigni | SEF/85 |
| 27 | 22'54" | LELIEVRE Paul | Courir En Baie Pontorson | JUM/98 |
| 28 | 23'07" | ROBINE Martine | Nord Cotentin Athlétisme | VEF/53 |
| 29 | 23'13" | JOUAUDIN Nadine | Granville Ac | VEF/73 |
| 30 | 23'18" | LEPETIT Lucas | Ac Avranches | JUM/99 |
| 31 | 23'22" | LEONARD Anne | Nord Cotentin Athlétisme | SEF/80 |
| 32 | 23'36" | LEJEUNE Elise | As Tourlaville | SEF/81 |
| 33 | 24'16" | DUPONT Honorine | Ac Avranches | ESF/97 |
| 34 | 24'18" | POLFLIET Marina | Ac Avranches | VEF/70 |
| 35 | 24'21" | LAMACHE Floriane | As Tourlaville | SEF/89 |
| 36 | 24'23" | ENOT Anne-sophie | Stade Saint-lo | SEF/82 |
| 37 | 24'31" | HELAIN Margot | Manche Athle Centre Sud* | SEF/87 |
| 38 | 24'43" | CAUVIN Elodie | Stade Saint-lo | SEF/81 |
| 39 | 24'51" | DESAINTJORES Catherine | Gdm Saint-james | VEF/60 |
| 40 | 24'58" | BIDOIS Isabelle | Courir En Baie Pontorson | SEF/78 |
| 41 | 25'03" | DESQUESNES Sandrine | Nord Cotentin Athlétisme | VEF/75 |
| 42 | 25'26" | TREHUDIC Melissa | As Tourlaville | SEF/86 |
| 43 | 25'35" | NONNON Zoe | Stade Saint-lo | VEF/58 |
| 44 | 25'54" | LECLERC Nathalie | Nord Cotentin Athlétisme | VEF/71 |
| 45 | 25'58" | CULLERON Elodie | Nord Cotentin Athlétisme | ESF/96 |
| 46 | 26'09" | LESANLNIER Nathalie | Manche Athle Centre Sud* | VEF/68 |
| 47 | 26'18" | CARAES Nolwenn | Gdm Saint-james | SEF/92 |
| 48 | 26'42" | LE PAGE Anne | Gdm Saint-james | SEF/83 |
| 49 | 26'48" | MARTINEAU Anne | Gdm Saint-james | VEF/70 |

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|----|--------|----------------------|--------------------------|--------|
| 50 | 27'38" | RIVIERE Marie-cecile | Courir En Baie Pontorson | VEF/65 |
| 51 | 27'39" | MAUDUIT Dorothee | Nord Cotentin Athlétisme | SEF/82 |
| 52 | 27'56" | LEMETAYER Christine | Avenir Mortain | VEF/64 |
| 53 | 28'00" | MEDERNACH Nais | Nord Cotentin Athlétisme | SEF/93 |
| 54 | 28'16" | COINTE Catherine | Ac Avranches | SEF/91 |
| 55 | 28'17" | HEUZE Melina | Ac Avranches | SEF/88 |
| 56 | 28'24" | MOULIN Solveig | Courir En Baie Pontorson | SEF/88 |
| 57 | 28'27" | BOURGET Murielle | Nord Cotentin Athlétisme | VEF/65 |
| 58 | 28'28" | GAVEAU Laure | Nord Cotentin Athlétisme | VEF/70 |
| 59 | 28'29" | GILLET Marie-josephe | Courir En Baie Pontorson | VEF/66 |
| 60 | 28'39" | LEVEEL Valerie | Manche Athle Centre Sud* | VEF/65 |
| 61 | 31'11" | ROUSSEL Ludivine | Gdm Saint-james | ESF/95 |
| 62 | 32'34" | MARIE Christelle | Aco Sourdeval | VEF/73 |
| 63 | 34'40" | GUILLEMAIN Sabrina | Gdm Saint-james | SEF/83 |

Résultats Équipes | Course G - VE-V1-V2-V3-V4-V5 -

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|----|-------|---------------------------------|--|--|
| 1 | 20pt | AS TOURLAVILLE 1 | 1 (47), 3 (64), 7 (65), 9 (55) | |
| 2 | 29pt | MANCHE ATHLE CENTRE SUD* 1 | 2 (174), 6 (179), 8 (180), 13 (175) | |
| 3 | 56pt | GDM SAINT-JAMES 1 | 4 (13), 11 (10), 19 (16), 22 (9) | |
| 4 | 66pt | AC AVRANCHES 1 | 5 (30), 10 (27), 16 (34), 35 (28) | |
| 5 | 90pt | NORD COTENTIN ATHLÉTISME 1 | 17 (122), 23 (142), 24 (123), 26 (140) | |
| 6 | 114pt | GRANVILLE AC 1 | 12 (112), 18 (105), 38 (113), 46 (114) | |
| 7 | 125pt | AS TOURLAVILLE 2 | 20 (51), 29 (53), 37 (52), 39 (59) | |
| 8 | 125pt | C. D'ATHLETISME CONDE-TORIGNI 1 | 14 (88), 27 (85), 31 (91), 53 (84) | |
| 9 | 128pt | MANCHE ATHLE CENTRE SUD* 2 | 25 (186), 28 (177), 32 (205), 43 (184) | |
| 10 | 147pt | STADE SAINT-LO 1 | 15 (203), 30 (202), 48 (195), 54 (194) | |
| 11 | 182pt | NORD COTENTIN ATHLÉTISME 2 | 33 (126), 34 (144), 52 (161), 63 (165) | |
| 12 | 213pt | AS TOURLAVILLE 3 | 41 (56), 47 (60), 50 (49), 75 (57) | |
| 13 | 217pt | GDM SAINT-JAMES 2 | 40 (6), 51 (20), 57 (23), 69 (8) | |
| 14 | 225pt | COURIR EN BAIE PONTORSON 1 | 44 (95), 49 (92), 60 (101), 72 (102) | |
| 15 | 253pt | MANCHE ATHLE CENTRE SUD* 3 | 45 (187), 61 (167), 67 (188), 80 (190) | |
| 16 | 269pt | NORD COTENTIN ATHLÉTISME 3 | 65 (146), 66 (145), 68 (160), 70 (150) | |
| 17 | 306pt | NORD COTENTIN ATHLÉTISME 4 | 73 (136), 74 (164), 78 (124), 81 (137) | |
| 18 | 331pt | GDM SAINT-JAMES 3 | 71 (5), 77 (4), 91 (7), 92 (14) | |
| 19 | 353pt | NORD COTENTIN ATHLÉTISME 5 | 84 (151), 85 (156), 90 (134), 94 (159) | |

Résultats Équipes | Course G - ES-SE -

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|---|-------|------------------------------|--|--|
| 1 | 34pt | NORD COTENTIN ATHLÉTISME 1 | 5 (152), 6 (132), 9 (139), 14 (119) | |
| 2 | 34pt | MANCHE ATHLE CENTRE SUD* 1 | 1 (166), 4 (170), 13 (169), 16 (185) | |
| 3 | 41pt | ATHLETISME MARAIS CARENTAN 1 | 3 (66), 10 (68), 11 (67), 17 (72) | |
| 4 | 88pt | GRANVILLE AC 1 | 8 (108), 23 (116), 25 (107), 32 (106) | |
| 5 | 95pt | MANCHE ATHLE CENTRE SUD* 2 | 12 (171), 20 (172), 29 (168), 34 (183) | |
| 6 | 101pt | NORD COTENTIN ATHLÉTISME 2 | 19 (120), 22 (130), 27 (128), 33 (129) | |
| 7 | 102pt | GDM SAINT-JAMES 1 | 2 (24), 18 (3), 38 (22), 44 (15) | |
| 8 | 143pt | ACO SOURDEVAL 1 | 31 (43), 36 (36), 37 (39), 39 (40) | |
| 9 | 158pt | AS TOURLAVILLE 1 | 28 (50), 35 (63), 42 (62), 53 (44) | |

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|---|-----------|---------------------------------|--|--------|
| 10 | 166pt | COURIR EN BAIE PONTORSON 1 | 15 (94), 40 (104), 51 (97), 60 (98) | |
| 11 | 190pt | C. D'ATHLETISME CONDE-TORIGNI 1 | 24 (87), 48 (86), 57 (80), 61 (82) | |
| 12 | 207pt | NORD COTENTIN ATHLETISME 3 | 41 (154), 46 (133), 49 (141), 71 (149) | |
| 13 | 218pt | GDM SAINT-JAMES 2 | 47 (21), 54 (12), 58 (19), 59 (11) | |
| Course G M Course G Chr : M 9410 m | | | | |
| 1 | 31'13" qi | BLONDEL Marin | Manche Athle Centre Sud* | ESM/96 |
| 2 | 32'06" qi | ORVAIN Tony | Gdm Saint-james | SEM/85 |
| 3 | 32'12" qi | MARIE Julien | Athletisme Marais Carentan | ESM/95 |
| 4 | 32'40" qi | JEAN Richard | As Tourlaville | VEM/72 |
| 5 | 33'09" qi | SUTEAU Alexandre | Manche Athle Centre Sud* | VEM/77 |
| 6 | 33'16" qi | LEJEUNE Matthieu | As Tourlaville | VEM/77 |
| 7 | 33'40" qi | LESANLIER Jean-baptiste | Manche Athle Centre Sud* | SEM/93 |
| 8 | 33'47" qi | FLAMBART Sylvain | Nord Cotentin Athlétisme | SEM/78 |
| 9 | 33'53" qi | NKOA Gabriel | Nord Cotentin Athlétisme | SEM/93 |
| 10 | 33'54" qi | LEJETTE Cyril | Ac Avranches | SEM/94 |
| 11 | 33'56" qi | HARDY David | Gdm Saint-james | VEM/74 |
| 12 | 33'59" qi | RUEL Pierre-antoine | Granville Ac | ESM/95 |
| 13 | 34'01" qi | LE NEZET Gaetan | Nord Cotentin Athlétisme | SEM/89 |
| 14 | 34'15" qi | BARBOT Pascal | Ac Avranches | VEM/76 |
| 15 | 34'16" qi | ILLAND Clement | Athletisme Marais Carentan | ESM/95 |
| 16 | 34'20" qi | MARCHAND Fabien | Athletisme Marais Carentan | ESM/95 |
| 17 | 34'23" qi | DEULEY Charles | Manche Athle Centre Sud* | SEM/87 |
| 18 | 34'29" qi | HINET Noel | Manche Athle Centre Sud* | VEM/68 |
| 19 | 34'32" qi | GIARD Noel | As Tourlaville | VEM/73 |
| 20 | 34'35" qi | LESANLIER Alexandre | Manche Athle Centre Sud* | ESM/97 |
| 21 | 34'37" qi | DALLET Alexandre | Nord Cotentin Athlétisme | SEM/93 |
| 22 | 34'42" qi | ALVES Jose | Manche Athle Centre Sud* | VEM/72 |
| 23 | 34'45" qi | POULAIN Anthony | Courir En Baie Pontorson | SEM/86 |
| 24 | 34'50" qi | SAVARY Nathan | Manche Athle Centre Sud* | SEM/93 |
| 25 | 34'52" qi | MONTIGNY Arnaud | Athletisme Marais Carentan | SEM/83 |
| 26 | 35'06" qi | MURIEL Philippe | Gdm Saint-james | SEM/78 |
| 27 | 35'08" qi | FLAMBARD Camille | Nord Cotentin Athlétisme | SEM/81 |
| 28 | 35'14" qi | LANGLOIS Leo | Manche Athle Centre Sud* | ESM/97 |
| 29 | 35'14" qi | HELLEUX Sebastien | Ac Avranches | SEM/79 |
| 30 | 35'15" qi | COLARD Arnaud | Nord Cotentin Athlétisme | SEM/80 |
| 31 | 35'19" qi | CAPELLE David | Granville Ac | SEM/81 |
| 32 | 35'20" qi | LACHEVRE Eric | As Tourlaville | VEM/66 |
| 33 | 35'21" qi | DESMONTS Ludovic | C. D'athletisme Conde-torigni | SEM/86 |
| 34 | 35'26" qi | BUNEL Thibault | Granville Ac | SEM/91 |
| 35 | 35'33" qi | FAUCON Cedric | Stade Saint-lo | SEM/78 |
| 36 | 35'41" qi | DEPARIS Yohann | Nord Cotentin Athlétisme | SEM/78 |
| 37 | 35'45" qi | LEMENUEL Arnaud | As Tourlaville | SEM/82 |
| 38 | 35'48" qi | FRERET Alexandre | Manche Athle Centre Sud* | ESM/95 |
| 39 | 35'51" qi | LAUNEY Antonin | Manche Athle Centre Sud* | SEM/88 |

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|----|-----------|--------------------------|-------------------------------|--------|
| 40 | 35'55" qi | HAMEL Yoann | Aco Sourdeval | SEM/78 |
| 41 | 35'56" qi | CHARTRAIN Christophe | Ac Avranches | VEM/73 |
| 42 | 35'59" qi | TISON Hadrien | Granville Ac | SEM/86 |
| 43 | 36'01" qi | AIT NACEUR Abdelhak | Nord Cotentin Athlétisme | SEM/82 |
| 44 | 36'07" qi | MAUGER Antoine | Manche Athle Centre Sud* | SEM/92 |
| 45 | 36'08" qi | JEANNE Mickael | Gdm Saint-james | VEM/69 |
| 46 | 36'09" qi | LEMIERE Mickael | Granville Ac | VEM/76 |
| 47 | 36'15" qi | TREHUDIC Yoann | As Tourlaville | SEM/83 |
| 48 | 36'18" qi | LELIEVRE Etienne | Aco Sourdeval | SEM/90 |
| 49 | 36'31" qi | RONCERAY Maxime | Aco Sourdeval | SEM/81 |
| 50 | 36'32" qi | VELE Arnaud | Gdm Saint-james | SEM/81 |
| 51 | 36'35" qi | LECAPLAIN Bertrand | Manche Athle Centre Sud* | VEM/66 |
| 52 | 36'44" qi | CORDIER Arnaud | C. D'athletisme Conde-torigni | VEM/75 |
| 53 | 36'51" qi | COCHET Jerome | Stade Saint-lo | VEM/69 |
| 54 | 36'57" qi | CLOUARD Valentin | Aco Sourdeval | SEM/88 |
| 55 | 37'03" qi | HEUZE Olivier | Ac Avranches | VEM/66 |
| 56 | 37'13" qi | LAROQUE Jean-yves | Nord Cotentin Athlétisme | VEM/67 |
| 57 | 37'17" qi | CHAPPE Matthieu | Courir En Baie Pontorson | SEM/90 |
| 58 | 37'18" qi | BUNEL Xavier | Granville Ac | VEM/62 |
| 59 | 37'20" qi | SEMERIL Jacques | Gdm Saint-james | VEM/70 |
| 60 | 37'24" qi | BACHELEY Damien | Nord Cotentin Athlétisme | SEM/87 |
| 61 | 37'29" qi | LEFEBVRE Thomas | As Tourlaville | SEM/88 |
| 62 | 37'32" qi | SOARES Christophe | As Tourlaville | VEM/61 |
| 63 | 37'34" qi | GOHARD Frederic | Avenir Mortain | VEM/75 |
| 64 | 37'34" qi | LEROUX Laurent | Gdm Saint-james | VEM/72 |
| 65 | 37'40" qi | DESDEVISES Alexandre | Athletisme Marais Carentan | ESM/95 |
| 66 | 37'42" qi | KERLEAU Mickael | Nord Cotentin Athlétisme | VEM/75 |
| 67 | 37'47" qi | LEVEEL Sylvain | Nord Cotentin Athlétisme | VEM/60 |
| HC | 37'53" | LECAPLAIN Maxime | Ea Mondeville Herouville* | SEM/94 |
| 68 | 37'57" qi | BADIN Fabrice | Manche Athle Centre Sud* | VEM/75 |
| 69 | 37'58" qi | DELAUNAY Jerome | Gdm Saint-james | SEM/78 |
| 70 | 38'01" qi | MARCHIS Damien | Granville Ac | SEM/94 |
| 71 | 38'02" qi | DEGUETTE Herve | Nord Cotentin Athlétisme | VEM/67 |
| 72 | 38'02" qi | LEFEVRE Vincent | C. D'athletisme Conde-torigni | VEM/73 |
| 73 | 38'07" qi | CHEVALLIER Vincent | Nord Cotentin Athlétisme | SEM/85 |
| 74 | 38'13" qi | AVENEL Vincent | Gdm Saint-james | SEM/81 |
| 75 | 38'20" qi | LESANLNIER Didier | Manche Athle Centre Sud* | VEM/66 |
| 76 | 38'24" qi | LEROUXEL Yann | As Tourlaville | VEM/74 |
| 77 | 38'27" qi | DUGUEY Julien | C. D'athletisme Conde-torigni | SEM/88 |
| 78 | 38'28" qi | TISON Antonny | Nord Cotentin Athlétisme | SEM/80 |
| 79 | 38'29" qi | ROSEC Gerard | Stade Saint-lo | VEM/64 |
| 80 | 38'30" qi | LEMENAGER Alexandre | Ac Avranches | SEM/89 |
| 81 | 38'30" qi | CHAPPELLIERE Jean-pierre | C. D'athletisme Conde-torigni | VEM/69 |
| 82 | 38'33" qi | LAHLALI Djamel | Manche Athle Centre Sud* | VEM/63 |

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|-----|-----------|-----------------------|-------------------------------|--------|
| 83 | 38'36" qi | DIEUDONNE Jean claude | Nord Cotentin Athlétisme | VEM/73 |
| 84 | 39'03" qi | MASSIN Sylvain | Courir En Baie Pontorson | SEM/81 |
| 85 | 39'05" qi | GEROUARD Julien | Aco Sourdeval | SEM/83 |
| 86 | 39'08" qi | VOISIN Gregory | As Tourlaville | SEM/81 |
| 87 | 39'14" qi | HUE Benjamin | Gdm Saint-james | SEM/88 |
| 88 | 39'25" qi | GIARD Christophe | Nord Cotentin Athlétisme | VEM/72 |
| 89 | 39'29" qi | CHANCEREL Daniel | Ac Avranches | VEM/74 |
| 90 | 39'38" qi | MORAZIN Mathias | Ac Avranches | VEM/72 |
| 91 | 39'41" qi | MICHEL Remi | As Tourlaville | VEM/69 |
| 92 | 39'43" qi | LE ROYER Franck | Granville Ac | VEM/70 |
| 93 | 39'45" qi | HINAULT Patrick | As Tourlaville | VEM/66 |
| 94 | 39'46" qi | BAZIRE Loic | Manche Athle Centre Sud* | SEM/80 |
| 95 | 39'46" qi | DESAUNETTE Jean-eudes | Athletisme Marais Carentan | SEM/92 |
| 96 | 39'54" qi | LE DIGARCHER David | Gdm Saint-james | VEM/72 |
| 97 | 40'02" qi | MAUNY Laurent | As Tourlaville | VEM/77 |
| 98 | 40'09" qi | LEDOS Fabrice | Aco Sourdeval | VEM/73 |
| 99 | 40'11" qi | GUIFFARD Philippe | Manche Athle Centre Sud* | VEM/69 |
| 100 | 40'15" qi | MASSON Thierry | Courir En Baie Pontorson | VEM/74 |
| 101 | 40'19" qi | VIARD Axel | C. D'athletisme Conde-torigni | SEM/88 |
| 102 | 40'20" | BARBIER Jeremy | C. D'athletisme Conde-torigni | SEM/82 |
| 103 | 40'21" qi | SAVARY Laurent | Manche Athle Centre Sud* | VEM/67 |
| 104 | 40'22" qi | LEBOUTEILLER Xavier | Granville Ac | VEM/75 |
| 105 | 40'24" qi | SOLIER Luc | As Tourlaville | VEM/63 |
| 106 | 40'39" qi | BOURGET Jacky | Stade Saint-lo | VEM/71 |
| 107 | 40'44" qi | BOISMARTEL Nicolas | Gdm Saint-james | SEM/78 |
| 108 | 40'45" qi | DUBOIS Gilles | Gdm Saint-james | SEM/81 |
| 109 | 40'47" qi | BIDOIS Mickael | Courir En Baie Pontorson | VEM/76 |
| 110 | 40'52" qi | COUCHOT Xavier | As Tourlaville | VEM/73 |
| 111 | 40'53" qi | BILLOIS Vincent | Courir En Baie Pontorson | SEM/85 |
| 112 | 40'54" qi | BELE Pascal | Gdm Saint-james | VEM/77 |
| 113 | 40'54" qi | PASCUTTI David | C. D'athletisme Conde-torigni | SEM/79 |
| 114 | 40'58" qi | PAULMIER Daniel | Nord Cotentin Athlétisme | VEM/62 |
| 115 | 41'00" qi | PERCY Fabien | C. D'athletisme Conde-torigni | SEM/87 |
| 116 | 41'01" qi | MENANT Mickael | C. D'athletisme Conde-torigni | VEM/72 |
| 117 | 41'03" qi | LESOUF Nicolas | Courir En Baie Pontorson | SEM/79 |
| 118 | 41'18" qi | BAUDRY Gildas | Stade Saint-lo | VEM/77 |
| 119 | 41'24" qi | GOGO Alain | C. D'athletisme Conde-torigni | VEM/63 |
| 120 | 41'26" qi | NOEL Jean-francois | Stade Saint-lo | VEM/77 |
| 121 | 41'28" | PASQUER Lionel | Gdm Saint-james | VEM/65 |
| 122 | 41'38" | GARNIER Bernard | Avenir Mortain | VEM/63 |
| 123 | 41'40" | ANGELIQUE Alain | Ac Avranches | VEM/58 |
| 124 | 41'42" | GERARD Stephane | Courir En Baie Pontorson | VEM/73 |
| 125 | 41'46" | LE BEC Arnaud | Manche Athle Centre Sud* | VEM/74 |
| 126 | 41'47" | VAINTAN Laurent | Ac Avranches | VEM/70 |

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|-----|-----------|-----------------------|-------------------------------|--------|
| 127 | 41'50" | DAGORNE Pierre | Nord Cotentin Athlétisme | VEM/69 |
| 128 | 42'03" qi | SCELLES Alexandre | Manche Athle Centre Sud* | SEM/91 |
| 129 | 42'06" | BORDE Jerome | Avenir Mortain | VEM/74 |
| 130 | 42'07" | GODILLE Philippe | As Tourlaville | VEM/72 |
| 131 | 42'12" | CHOCHON Stephane | Nord Cotentin Athlétisme | VEM/67 |
| 132 | 42'21" | PIGEON Jean-michel | Gdm Saint-james | VEM/70 |
| 133 | 42'26" | SALETTES Frederic | Avenir Mortain | SEM/83 |
| 134 | 42'26" | BUNEL Dominique | Granville Ac | VEM/68 |
| 135 | 42'26" | CATEL Martin | Athletisme Marais Carentan | ESM/96 |
| 136 | 42'33" | DANIEL Pascal | As Tourlaville | VEM/59 |
| 137 | 42'35" | PETITTEVILLE Jean-luc | Nord Cotentin Athlétisme | VEM/56 |
| 138 | 42'45" | GOSELIN Guillaume | Nord Cotentin Athlétisme | VEM/76 |
| 139 | 43'00" | GUILLEMAIN Baptiste | Stade Saint-lo | SEM/89 |
| 140 | 43'15" | LENOIR Loic | Courir En Baie Pontorson | VEM/65 |
| 141 | 43'20" | DELANOE Jean-francois | Gdm Saint-james | VEM/76 |
| 142 | 43'24" | LERECULEY Ivan | Nord Cotentin Athlétisme | VEM/71 |
| 143 | 43'29" | MAZURAS Jerome | Gdm Saint-james | VEM/71 |
| 144 | 43'37" | LERICHE Marc | Nord Cotentin Athlétisme | VEM/72 |
| 145 | 43'39" | LELANDAIS Frederic | Courir En Baie Pontorson | SEM/84 |
| 146 | 43'44" | GAULE Jean-francois | Manche Athle Centre Sud* | VEM/64 |
| 147 | 43'52" | GODEY Yannick | Nord Cotentin Athlétisme | VEM/74 |
| 148 | 43'54" | LESEIGNEUR Benoit | Nord Cotentin Athlétisme | VEM/75 |
| 149 | 43'57" | LE CORRE Robin | Nord Cotentin Athlétisme | SEM/92 |
| 150 | 44'08" | BODIN Dominique | Nord Cotentin Athlétisme | VEM/70 |
| HC | 44'11" | LETONDEUR Patrick | Granville Ac | VEM/61 |
| 151 | 44'22" | DESPLANQUES Cyrille | C. D'athletisme Conde-torigni | VEM/72 |
| 152 | 44'24" | TRIGUEL Laurent | Gdm Saint-james | VEM/69 |
| 153 | 44'45" | COTTEBRUNE Damien | Nord Cotentin Athlétisme | SEM/91 |
| 154 | 44'50" | MILLET Olivier | Gdm Saint-james | VEM/64 |
| 155 | 44'57" | DREUX Thierry | Nord Cotentin Athlétisme | VEM/68 |
| 156 | 45'03" | MARIE Pierre-aymeric | Stade Saint-lo | SEM/87 |
| 157 | 45'04" | PHILIPPE Michel | As Tourlaville | VEM/64 |
| 158 | 45'26" | CAUCHON Arnaud | Manche Athle Centre Sud* | VEM/73 |
| 159 | 45'43" | DEGROULT Roland | Stade Saint-lo | VEM/49 |
| 160 | 45'44" | MONHUREL Henri | C. D'athletisme Conde-torigni | VEM/56 |
| 161 | 45'44" | BOCQUEL Yannick | Nord Cotentin Athlétisme | VEM/54 |
| 162 | 46'06" | HEULLANT Nicolas | Nord Cotentin Athlétisme | VEM/72 |
| 163 | 46'17" | LEVAUFRE Stephane | As Tourlaville | VEM/66 |
| 164 | 46'41" | CRON Jerome | Courir En Baie Pontorson | VEM/73 |
| 165 | 47'24" | LEDUC Jerome | Gdm Saint-james | SEM/81 |
| 166 | 47'54" | LEROUX Frederic | Nord Cotentin Athlétisme | VEM/73 |
| 167 | 48'51" | MARIE Regis | Manche Athle Centre Sud* | VEM/68 |
| 168 | 48'59" | SERVAIN Michel | Courir En Baie Pontorson | VEM/55 |
| 169 | 49'36" | BOURDIN Yves-marie | Courir En Baie Pontorson | VEM/68 |

Résultats Équipes | Poussins - PO M -

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|---|-------|-----------------------|---------------------------------------|--------|
| 1 | 32pt | GDM SAINT-JAMES 1 | 4 (378), 7 (585), 8 (290), 13 (589) | |
| 2 | 61pt | AS TOURLAVILLE 1 | 1 (296), 17 (590), 21 (300), 22 (207) | |
| Poussins M Poussins Chr : M 1300 m | | | | |
| 1 | 5'02" | COUPE Matisse | As Tourlaville | POM/07 |
| 2 | 5'05" | SCHNEIDER Bastien | Stade Saint-lo | POM/ |
| 3 | 5'24" | LECHARPENTIER Mickael | Manche Athle Centre Sud* | POM/07 |
| 4 | 5'29" | CHUQUET Paul | Stade Saint-lo | POM/07 |
| 5 | 5'31" | GARNIER Alban | Gdm Saint-james | POM/06 |
| 6 | 5'33" | GASSION Eliot | Aco Sourdeval | POM/06 |
| 7 | 5'34" | HAMEL Lilou | Aco Sourdeval | POF/07 |
| 8 | 5'36" | LOUISE Olivier | Stade Saint-lo | POM/06 |
| 9 | 5'41" | MAILLARD Laure-anne | Aco Sourdeval | POF/06 |
| 10 | 5'43" | LETRANCHANT Axel | Gdm Saint-james | POM/07 |
| 11 | 5'43" | HANNOT Juliette | As Tourlaville | POF/06 |
| 12 | 5'54" | DELAUNAY Manon | Gdm Saint-james | POF/07 |
| 13 | 5'58" | BRANTHONNE Milo | Gdm Saint-james | POM/06 |
| 14 | 5'59" | ROBERT Lea | Stade Saint-lo | POF/06 |
| 15 | 6'00" | LEFEVRE Celia | Ac Avranches | POF/07 |
| 16 | 6'01" | BURNOUF Axel | Manche Athle Centre Sud* | POM/07 |
| 17 | 6'08" | SAUVAGE Tibaut | Manche Athle Centre Sud* | POM/06 |
| 18 | 6'10" | LE TULLIER Cloe | As Tourlaville | POF/07 |
| 19 | 6'12" | HOWARD Martin | E.s.haylande Athletisme | POM/07 |
| 20 | 6'13" | LEMENUEL Noe | Ac Avranches | POM/07 |
| 21 | 6'13" | LE BEC Aude | Manche Athle Centre Sud* | POF/06 |
| 22 | 6'14" | MOREL Maxime | Gdm Saint-james | POM/07 |
| 23 | 6'14" | ANTIER Clement | Avenir Mortain | POM/07 |
| 24 | 6'15" | SAIVES Juliette | Avenir Mortain | POF/07 |
| 25 | 6'17" | GUILLEMAIN Alexis | Gdm Saint-james | POM/07 |
| 26 | 6'17" | TOLLERON Mattheo | E.s.haylande Athletisme | POM/07 |
| 27 | 6'18" | ROULLOUAS Elea | Ac Avranches | POF/07 |
| 28 | 6'22" | BAUDRY Mary-sarah | Stade Saint-lo | POF/07 |
| 29 | 6'28" | RENOUF Enzo | As Tourlaville | POM/06 |
| 30 | 6'29" | TROHEL Ines | As Tourlaville | POF/06 |
| 31 | 6'31" | BUNEL Claire | As Tourlaville | POF/07 |
| 32 | 6'32" | SMITH Jade | E.s.haylande Athletisme | POF/07 |
| 33 | 6'33" | LEMONNIER Hugo | Courir En Baie Pontorson | POM/06 |
| 34 | 6'33" | THEBAULT Romain | Gdm Saint-james | POM/06 |
| 35 | 6'34" | BERENGER Lisa | As Tourlaville | POF/07 |
| 36 | 6'36" | VELE Valentin | Gdm Saint-james | POM/07 |
| 37 | 6'36" | MAURICE Carla | Gdm Saint-james | POF/07 |
| 38 | 6'39" | BERTEAU Eloane | Manche Athle Centre Sud* | POF/07 |
| 39 | 6'42" | FOUGERAY Paul | As Tourlaville | POM/06 |
| 40 | 6'43" | ANDRES PLANES Enzo | As Tourlaville | POM/07 |

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|----|-------|-----------------|--------------------------|--------|
| 41 | 6'52" | LESQUEF Julien | Courir En Baie Pontorson | POM/06 |
| 42 | 6'54" | HUET Emilien | E.s.haylande Athletisme | POM/06 |
| 43 | 6'55" | FENOILLERE Clea | Manche Athle Centre Sud* | POF/07 |
| 44 | 6'59" | LECHAT Candice | Gdm Saint-james | POF/07 |
| 45 | 7'17" | CRETOIS Louise | As Tourlaville | POF/07 |
| 46 | 7'33" | BERNARD Servane | Courir En Baie Pontorson | POF/07 |