

# PALMARES

## 10 km

HOMMES			FEMMES		
<b>Stéphane CHARNET</b>	33:25 VAFA	2017	<b>Ferahtia HAYAT</b>	37:43 NL	2019
<b>Benjamin DELECROIX</b>	33:37 VAFA	2019	<b>Carole FLORANGE</b>	41:08 RUN'IN CLUB	2019
<b>Sébastien ALLOY</b>	34:04 LMA	2017	<b>Mathilde VENE</b>	41:19 LILLE TRIATHLON	2019

## 5 km

<b>Sébastien ALLOY</b>	16:19 LMA	2016	<b>Myriam NOEL</b>	18:45 US TOURCOING	2018
<b>Florian IDZIAK</b>	16:23 US MARQUETTE	2017	<b>Elise CORNEVAUX</b>	19:41 NSAEC	2016
<b>Adrien GISLAIN</b>	16:27 LMA	2018	<b>Lisa HAUSSAIRE</b>	20:12 VAFA	2019