



BOC#03 - Double-Sprint - Sprint 01 Alma
Woluwe Saint-Lambert 4.12.2022
ASUB

An DUYCK

ASUB

Circuit : D:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 1:26:56 (26'21"/km)

9/11

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------------|---------|
| 1. Ems DE SMUL | 0:29:24 |
| 2. Danielle DEWICKERE | 0:31:22 |
| 3. Vanessa VAN BREEDAM | 0:31:29 |

1.	166	00:03:42		44m	84'05"/km
2.	167	00:02:42	00:06:24	86m	31'24"/km
3.	168	00:02:58	00:09:22	39m	76'04"/km
4.	169	00:04:06	00:13:28	51m	80'24"/km
5.	170	00:03:24	00:16:52	131m	25'57"/km
6.	171	00:03:04	00:19:56	76m	40'21"/km
7.	172	00:03:27	00:23:23	136m	25'22"/km
8.	173	00:02:22	00:25:45	154m	15'22"/km
9.	174	00:01:56	00:27:41	56m	34'31"/km
10.	175	00:01:51	00:29:32	105m	17'37"/km
11.	176	00:04:08	00:33:40	89m	46'27"/km
12.	177	00:04:35	00:38:15	64m	71'37"/km
13.	178	00:01:04	00:39:19	52m	20'31"/km
14.	179	00:03:12	00:42:31	165m	19'24"/km
15.	180	00:01:21	00:43:52	88m	15'20"/km
16.	181	00:01:14	00:45:06	90m	13'42"/km
17.	182	00:04:42	00:49:48	89m	52'49"/km
18.	183	00:02:04	00:51:52	40m	51'40"/km
19.	184	00:01:57	00:53:49	55m	35'27"/km
20.	185	00:01:50	00:55:39	113m	16'13"/km
21.	186	00:02:17	00:57:56	94m	24'17"/km
22.	187	00:02:42	01:00:38	122m	22'08"/km
23.	188	00:01:05	01:01:43	88m	12'19"/km
24.	189	00:01:56	01:03:39	163m	11'52"/km
25.	190	00:05:34	01:09:13	245m	22'43"/km
26.	191	00:00:59	01:10:12	114m	8'38"/km
27.	192	00:03:22	01:13:34	233m	14'27"/km
28.	193	00:04:19	01:17:53	92m	46'55"/km
29.	194	00:02:25	01:20:18	107m	22'35"/km
30.	195	00:02:34	01:22:52	33m	77'47"/km
31.	196	00:03:03	01:25:55	166m	18'22"/km
32.	999	00:01:01	01:26:56	78m	13'02"/km