



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Jan DE CLERCK

TROL

Circuit : H:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:36:03 (10'55"/km)

20/38

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Warre DE CUYPER | 0:21:37 |
| 2. Clément DEMEUSE | 0:22:23 |
| 3. Thomas GILLET | 0:23:21 |

1.	166	00:02:00		44m	45'27"/km
2.	167	00:01:10	00:03:10	86m	13'34"/km
3.	168	00:00:36	00:03:46	39m	15'23"/km
4.	169	00:00:56	00:04:42	51m	18'18"/km
5.	170	00:03:13	00:07:55	131m	24'33"/km
6.	171	00:01:02	00:08:57	76m	13'36"/km
7.	172	00:01:33	00:10:30	136m	11'24"/km
8.	173	00:01:08	00:11:38	154m	7'22"/km
9.	174	00:00:40	00:12:18	56m	11'54"/km
10.	175	00:01:25	00:13:43	105m	13'30"/km
11.	176	00:02:47	00:16:30	89m	31'16"/km
12.	177	00:01:27	00:17:57	64m	22'39"/km
13.	178	00:00:46	00:18:43	52m	14'45"/km
14.	179	00:01:14	00:19:57	165m	7'28"/km
15.	180	00:00:29	00:20:26	88m	5'30"/km
16.	181	00:00:34	00:21:00	90m	6'18"/km
17.	182	00:01:03	00:22:03	89m	11'48"/km
18.	183	00:00:27	00:22:30	40m	11'15"/km
19.	184	00:00:47	00:23:17	55m	14'15"/km
20.	185	00:00:44	00:24:01	113m	6'29"/km
21.	186	00:00:31	00:24:32	94m	5'30"/km
22.	187	00:01:22	00:25:54	122m	11'12"/km
23.	188	00:00:26	00:26:20	88m	4'55"/km
24.	189	00:00:54	00:27:14	163m	5'31"/km
25.	190	00:02:24	00:29:38	245m	9'48"/km
26.	191	00:00:11	00:29:49	114m	1'36"/km
27.	192	00:01:49	00:31:38	233m	7'48"/km
28.	193	00:00:53	00:32:31	92m	9'36"/km
29.	194	00:00:59	00:33:30	107m	9'11"/km
30.	195	00:00:40	00:34:10	33m	20'12"/km
31.	196	00:01:35	00:35:45	166m	9'32"/km
32.	999	00:00:18	00:36:03	78m	3'51"/km