



BOC #2 - Double Sprint - Sprint 1

Les Trois Tilleuls 12.11.2023

ASUB

Yannick MICHIELS

Antwerp Orienteers

Circuit : H:Noir Long

Distance : 4000m

Temps : 0:21:28 (5'22"/km)

1/44

O.K.

[Résultats complets sur Webres](#)

2. Warre DE CUYPER 0:23:24
3. Jorn KENNIS 0:24:14

1.	131	00:00:35		116m	5'02"/km
2.	132	00:00:29	00:01:04	41m	11'47"/km
3.	133	00:00:23	00:01:27	70m	5'29"/km
4.	134	00:00:20	00:01:47	67m	4'59"/km
5.	135	00:00:49	00:02:36	223m	3'40"/km
6.	136	00:01:05	00:03:41	196m	5'32"/km
7.	137	00:00:32	00:04:13	93m	5'44"/km
8.	138	00:00:34	00:04:47	123m	4'36"/km
9.	139	00:00:41	00:05:28	110m	6'13"/km
10.	140	00:00:26	00:05:54	63m	6'53"/km
11.	141	00:00:40	00:06:34	99m	6'44"/km
12.	142	00:01:02	00:07:36	227m	4'33"/km
13.	143	00:00:53	00:08:29	160m	5'31"/km
14.	144	00:00:33	00:09:02	130m	4'14"/km
15.	145	00:00:26	00:09:28	114m	3'48"/km
16.	146	00:00:43	00:10:11	154m	4'39"/km
17.	147	00:00:45	00:10:56	155m	4'50"/km
18.	148	00:00:45	00:11:41	97m	7'44"/km
19.	149	00:01:23	00:13:04	251m	5'31"/km
20.	150	00:01:03	00:14:07	150m	7'00"/km
21.	151	00:00:55	00:15:02	155m	5'55"/km
22.	152	00:00:42	00:15:44	139m	5'02"/km
23.	153	00:00:42	00:16:26	155m	4'31"/km
24.	154	00:00:17	00:16:43	76m	3'44"/km
25.	155	00:00:29	00:17:12	81m	5'58"/km
26.	156	00:00:42	00:17:54	84m	8'20"/km
27.	157	00:00:42	00:18:36	124m	5'39"/km
28.	158	00:00:28	00:19:04	84m	5'33"/km
29.	159	00:01:16	00:20:20	250m	5'04"/km
30.	160	00:00:50	00:21:10	134m	6'13"/km
31.	999	00:00:18	00:21:28	75m	4'00"/km