



BOC #2 - Double Sprint - Sprint 1

Les Trois Tilleuls 12.11.2023

ASUB

Nicolas SPILIERS

Antwerp Orienteers

Circuit : H:Noir Long

Distance : 4000m

Temps : 0:33:40 (8'25"/km)

25/44

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Yannick MICHIELS | 0:21:28 |
| 2. Warre DE CUYPER | 0:23:24 |
| 3. Jorn KENNIS | 0:24:14 |

1.	131	00:00:59		116m	8'29"/km
2.	132	00:00:43	00:01:42	41m	17'29"/km
3.	133	00:00:33	00:02:15	70m	7'51"/km
4.	134	00:00:28	00:02:43	67m	6'58"/km
5.	135	00:01:12	00:03:55	223m	5'23"/km
6.	136	00:01:45	00:05:40	196m	8'56"/km
7.	137	00:00:48	00:06:28	93m	8'36"/km
8.	138	00:01:01	00:07:29	123m	8'16"/km
9.	139	00:01:00	00:08:29	110m	9'05"/km
10.	140	00:00:42	00:09:11	63m	11'07"/km
11.	141	00:01:09	00:10:20	99m	11'37"/km
12.	142	00:01:34	00:11:54	227m	6'54"/km
13.	143	00:01:23	00:13:17	160m	8'39"/km
14.	144	00:00:46	00:14:03	130m	5'54"/km
15.	145	00:00:40	00:14:43	114m	5'51"/km
16.	146	00:01:03	00:15:46	154m	6'49"/km
17.	147	00:01:11	00:16:57	155m	7'38"/km
18.	148	00:01:30	00:18:27	97m	15'28"/km
19.	149	00:02:14	00:20:41	251m	8'54"/km
20.	150	00:01:35	00:22:16	150m	10'33"/km
21.	151	00:01:21	00:23:37	155m	8'43"/km
22.	152	00:01:01	00:24:38	139m	7'19"/km
23.	153	00:01:20	00:25:58	155m	8'36"/km
24.	154	00:00:28	00:26:26	76m	6'08"/km
25.	155	00:00:44	00:27:10	81m	9'03"/km
26.	156	00:01:42	00:28:52	84m	20'14"/km
27.	157	00:01:02	00:29:54	124m	8'20"/km
28.	158	00:00:43	00:30:37	84m	8'32"/km
29.	159	00:01:45	00:32:22	250m	7'00"/km
30.	160	00:00:54	00:33:16	134m	6'43"/km
31.	999	00:00:24	00:33:40	75m	5'20"/km