



BOC #2 - Double Sprint - Sprint 1

Les Trois Tilleuls 12.11.2023

ASUB

Dominique STAS

ASUB

Circuit : H:Noir Long

Distance : 4000m

Temps : 0:40:00 (10'00"/km)

36/44

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	00:00:55		116m	7'54"/km
2.	132	00:00:49	00:01:44	41m	19'55"/km
3.	133	00:00:33	00:02:17	70m	7'51"/km
4.	134	00:00:28	00:02:45	67m	6'58"/km
5.	135	00:01:50	00:04:35	223m	8'13"/km
6.	136	00:01:52	00:06:27	196m	9'31"/km
7.	137	00:00:53	00:07:20	93m	9'30"/km
8.	138	00:01:02	00:08:22	123m	8'24"/km
9.	139	00:01:08	00:09:30	110m	10'18"/km
10.	140	00:01:14	00:10:44	63m	19'35"/km
11.	141	00:01:18	00:12:02	99m	13'08"/km
12.	142	00:01:46	00:13:48	227m	7'47"/km
13.	143	00:01:42	00:15:30	160m	10'38"/km
14.	144	00:01:02	00:16:32	130m	7'57"/km
15.	145	00:00:49	00:17:21	114m	7'10"/km
16.	146	00:01:18	00:18:39	154m	8'26"/km
17.	147	00:01:25	00:20:04	155m	9'08"/km
18.	148	00:01:22	00:21:26	97m	14'05"/km
19.	149	00:02:31	00:23:57	251m	10'02"/km
20.	150	00:01:48	00:25:45	150m	12'00"/km
21.	151	00:01:27	00:27:12	155m	9'21"/km
22.	152	00:01:09	00:28:21	139m	8'16"/km
23.	153	00:01:46	00:30:07	155m	11'24"/km
24.	154	00:01:19	00:31:26	76m	17'19"/km
25.	155	00:00:58	00:32:24	81m	11'56"/km
26.	156	00:01:08	00:33:32	84m	13'30"/km
27.	157	00:01:21	00:34:53	124m	10'53"/km
28.	158	00:00:47	00:35:40	84m	9'20"/km
29.	159	00:02:47	00:38:27	250m	11'08"/km
30.	160	00:01:05	00:39:32	134m	8'05"/km
31.	999	00:00:28	00:40:00	75m	6'13"/km