



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Laurence DEFRAIGNE

ASUB

Circuit : D:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:32:44 (9'55"/km)

4/11

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	00:01:01		44m	23'06"/km
2.	167	00:00:51	00:01:52	86m	9'53"/km
3.	168	00:00:54	00:02:46	39m	23'05"/km
4.	169	00:00:41	00:03:27	51m	13'24"/km
5.	170	00:00:39	00:04:06	131m	4'58"/km
6.	171	00:00:58	00:05:04	76m	12'43"/km
7.	172	00:01:57	00:07:01	136m	14'20"/km
8.	173	00:01:17	00:08:18	154m	8'20"/km
9.	174	00:00:33	00:08:51	56m	9'49"/km
10.	175	00:00:58	00:09:49	105m	9'12"/km
11.	176	00:01:56	00:11:45	89m	21'43"/km
12.	177	00:01:39	00:13:24	64m	25'47"/km
13.	178	00:00:47	00:14:11	52m	15'04"/km
14.	179	00:01:27	00:15:38	165m	8'47"/km
15.	180	00:00:33	00:16:11	88m	6'15"/km
16.	181	00:00:41	00:16:52	90m	7'36"/km
17.	182	00:01:20	00:18:12	89m	14'59"/km
18.	183	00:00:50	00:19:02	40m	20'50"/km
19.	184	00:01:00	00:20:02	55m	18'11"/km
20.	185	00:00:43	00:20:45	113m	6'21"/km
21.	186	00:00:17	00:21:02	94m	3'01"/km
22.	187	00:01:23	00:22:25	122m	11'20"/km
23.	188	00:00:33	00:22:58	88m	6'15"/km
24.	189	00:01:21	00:24:19	163m	8'17"/km
25.	190	00:02:42	00:27:01	245m	11'01"/km
26.	191	00:00:22	00:27:23	114m	3'13"/km
27.	192	00:01:37	00:29:00	233m	6'56"/km
28.	193	00:00:56	00:29:56	92m	10'09"/km
29.	194	00:00:58	00:30:54	107m	9'02"/km
30.	195	00:00:35	00:31:29	33m	17'41"/km
31.	196	00:01:13	00:32:42	166m	7'20"/km
32.	999	00:00:02	00:32:44	78m	0'26"/km