



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Béatrice DE LONGUEVILLE

ASUB

Circuit : D:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:33:28 (10'08"/km)

5/11

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	00:01:09		44m	26'08"/km
2.	167	00:00:54	00:02:03	86m	10'28"/km
3.	168	00:00:51	00:02:54	39m	21'48"/km
4.	169	00:00:50	00:03:44	51m	16'20"/km
5.	170	00:00:31	00:04:15	131m	3'57"/km
6.	171	00:00:53	00:05:08	76m	11'37"/km
7.	172	00:01:38	00:06:46	136m	12'01"/km
8.	173	00:01:17	00:08:03	154m	8'20"/km
9.	174	00:00:30	00:08:33	56m	8'56"/km
10.	175	00:00:44	00:09:17	105m	6'59"/km
11.	176	00:02:59	00:12:16	89m	33'31"/km
12.	177	00:01:28	00:13:44	64m	22'55"/km
13.	178	00:00:49	00:14:33	52m	15'42"/km
14.	179	00:01:24	00:15:57	165m	8'29"/km
15.	180	00:00:38	00:16:35	88m	7'12"/km
16.	181	00:00:34	00:17:09	90m	6'18"/km
17.	182	00:01:23	00:18:32	89m	15'33"/km
18.	183	00:00:37	00:19:09	40m	15'25"/km
19.	184	00:00:46	00:19:55	55m	13'56"/km
20.	185	00:00:45	00:20:40	113m	6'38"/km
21.	186	00:00:16	00:20:56	94m	2'50"/km
22.	187	00:01:19	00:22:15	122m	10'48"/km
23.	188	00:00:32	00:22:47	88m	6'04"/km
24.	189	00:01:01	00:23:48	163m	6'14"/km
25.	190	00:02:15	00:26:03	245m	9'11"/km
26.	191	00:00:29	00:26:32	114m	4'14"/km
27.	192	00:01:45	00:28:17	233m	7'31"/km
28.	193	00:01:08	00:29:25	92m	12'19"/km
29.	194	00:01:02	00:30:27	107m	9'39"/km
30.	195	00:00:40	00:31:07	33m	20'12"/km
31.	196	00:01:40	00:32:47	166m	10'02"/km
32.	999	00:00:41	00:33:28	78m	8'46"/km