



**BOC#03 - Double-Sprint - Sprint 01 Alma**  
**Woluwe Saint-Lambert 4.12.2022**  
**ASUB**

**Erine NEUWELS**

Hainaut O.C.

Circuit : D:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:39:48 (12'04"/km)

**7/11**

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	11:53:00		44m	16'20" / km
2.	167	00:01:07	11:54:07	86m	12'59" / km
3.	168	00:00:48	11:54:55	39m	20'31" / km
4.	169	00:00:55	11:55:50	51m	17'58" / km
5.	170	00:05:43	12:01:33	131m	43'38" / km
6.	171	00:01:12	12:02:45	76m	15'47" / km
7.	172	00:02:03	12:04:48	136m	15'04" / km
8.	173	00:01:29	12:06:17	154m	9'38" / km
9.	174	00:00:31	12:06:48	56m	9'14" / km
10.	175	00:01:36	12:08:24	105m	15'14" / km
11.	176	00:03:13	12:11:37	89m	36'09" / km
12.	177	00:01:42	12:13:19	64m	26'34" / km
13.	178	00:00:35	12:13:54	52m	11'13" / km
14.	179	00:01:27	12:15:21	165m	8'47" / km
15.	180	00:00:56	12:16:17	88m	10'36" / km
16.	181	00:00:37	12:16:54	90m	6'51" / km
17.	182	00:02:48	12:19:42	89m	31'28" / km
18.	183	00:00:38	12:20:20	40m	15'50" / km
19.	184	00:00:59	12:21:19	55m	17'53" / km
20.	185	00:00:53	12:22:12	113m	7'49" / km
21.	186	00:00:30	12:22:42	94m	5'19" / km
22.	187	00:01:28	12:24:10	122m	12'01" / km
23.	188	00:00:34	12:24:44	88m	6'26" / km
24.	189	00:01:00	12:25:44	163m	6'08" / km
25.	190	00:02:56	12:28:40	245m	11'58" / km
26.	191	00:01:03	12:29:43	114m	9'13" / km
27.	192	00:01:52	12:31:35	233m	8'01" / km
28.	193	00:03:21	12:34:56	92m	36'25" / km
29.	194	00:01:21	12:36:17	107m	12'37" / km
30.	195	00:01:06	12:37:23	33m	33'20" / km
31.	196	00:02:23	12:39:46	166m	14'21" / km
32.	999	00:00:02	12:39:48	78m	0'26" / km