



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Laurine HERMAN

ASUB

Circuit : D:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:26:48 (8'07"/km)

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