



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Warre DE CUYPER

K.O.L.

Circuit : H:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:21:37 (6'33"/km)

1/38

O.K.

[Résultats complets sur Webres](#)

2. Clément DEMEUSE 0:22:23
3. Thomas GILLET 0:23:21

1.	166	00:00:59		44m	22'21"/km
2.	167	00:00:41	00:01:40	86m	7'57"/km
3.	168	00:00:24	00:02:04	39m	10'15"/km
4.	169	00:00:29	00:02:33	51m	9'29"/km
5.	170	00:00:27	00:03:00	131m	3'26"/km
6.	171	00:00:34	00:03:34	76m	7'27"/km
7.	172	00:01:15	00:04:49	136m	9'11"/km
8.	173	00:00:59	00:05:48	154m	6'23"/km
9.	174	00:00:20	00:06:08	56m	5'57"/km
10.	175	00:00:31	00:06:39	105m	4'55"/km
11.	176	00:00:48	00:07:27	89m	8'59"/km
12.	177	00:00:56	00:08:23	64m	14'35"/km
13.	178	00:00:21	00:08:44	52m	6'44"/km
14.	179	00:00:58	00:09:42	165m	5'52"/km
15.	180	00:00:22	00:10:04	88m	4'10"/km
16.	181	00:00:24	00:10:28	90m	4'27"/km
17.	182	00:00:53	00:11:21	89m	9'56"/km
18.	183	00:00:23	00:11:44	40m	9'35"/km
19.	184	00:00:36	00:12:20	55m	10'55"/km
20.	185	00:00:58	00:13:18	113m	8'33"/km
21.	186	00:00:10	00:13:28	94m	1'46"/km
22.	187	00:01:05	00:14:33	122m	8'53"/km
23.	188	00:00:24	00:14:57	88m	4'33"/km
24.	189	00:00:42	00:15:39	163m	4'18"/km
25.	190	00:01:46	00:17:25	245m	7'13"/km
26.	191	00:00:08	00:17:33	114m	1'10"/km
27.	192	00:01:10	00:18:43	233m	5'00"/km
28.	193	00:00:48	00:19:31	92m	8'42"/km
29.	194	00:00:37	00:20:08	107m	5'46"/km
30.	195	00:00:26	00:20:34	33m	13'08"/km
31.	196	00:01:15	00:21:49	166m	7'32"/km
32.	999	00:00:00	00:21:49	78m	0'00"/km