



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Lok Hin MA

Antwerp Orienteers

Circuit : H:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:30:25 (9'13"/km)

11/38

O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Warre DE CUYPER | 0:21:37 |
| 2. Clément DEMEUSE | 0:22:23 |
| 3. Thomas GILLET | 0:23:21 |

1.	166	00:01:09		44m	26'08"/km
2.	167	00:01:01	00:02:10	86m	11'49"/km
3.	168	00:00:40	00:02:50	39m	17'06"/km
4.	169	00:00:33	00:03:23	51m	10'47"/km
5.	170	00:03:12	00:06:35	131m	24'26"/km
6.	171	00:02:46	00:09:21	76m	36'24"/km
7.	172	00:01:22	00:10:43	136m	10'03"/km
8.	173	00:01:06	00:11:49	154m	7'09"/km
9.	174	00:00:22	00:12:11	56m	6'33"/km
10.	175	00:00:38	00:12:49	105m	6'02"/km
11.	176	00:01:31	00:14:20	89m	17'02"/km
12.	177	00:00:58	00:15:18	64m	15'06"/km
13.	178	00:00:42	00:16:00	52m	13'28"/km
14.	192	00:00:26	00:16:26	90m	4'49"/km
15.	179	00:00:57	00:17:23	77m	12'20"/km
16.	180	00:00:26	00:17:49	88m	4'55"/km
17.	181	00:00:25	00:18:14	90m	4'38"/km
18.	182	00:01:06	00:19:20	89m	12'22"/km
19.	183	00:00:25	00:19:45	40m	10'25"/km
20.	184	00:00:41	00:20:26	55m	12'25"/km
21.	185	00:00:39	00:21:05	113m	5'45"/km
22.	186	00:00:08	00:21:13	94m	1'25"/km
23.	187	00:01:13	00:22:26	122m	9'58"/km
24.	188	00:00:26	00:22:52	88m	4'55"/km
25.	189	00:00:55	00:23:47	163m	5'37"/km
26.	190	00:01:52	00:25:39	245m	7'37"/km
27.	191	00:00:13	00:25:52	114m	1'54"/km
28.	192	00:01:21	00:27:13	233m	5'48"/km
29.	193	00:00:53	00:28:06	92m	9'36"/km
30.	194	00:00:46	00:28:52	107m	7'10"/km
31.	195	00:00:29	00:29:21	33m	14'39"/km
32.	196	00:01:10	00:30:31	166m	7'02"/km
33.	999	00:00:00	00:30:31	78m	0'00"/km