



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

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ASUB

Circuit : H:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:31:13 (9'28"/km)

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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	00:01:07		44m	25'23"/km
2.	167	00:00:51	00:01:58	86m	9'53"/km
3.	168	00:01:39	00:03:37	39m	42'18"/km
4.	169	00:00:47	00:04:24	51m	15'22"/km
5.	170	00:00:33	00:04:57	131m	4'12"/km
6.	171	00:00:53	00:05:50	76m	11'37"/km
7.	172	00:01:31	00:07:21	136m	11'09"/km
8.	173	00:01:10	00:08:31	154m	7'35"/km
9.	174	00:00:29	00:09:00	56m	8'38"/km
10.	175	00:00:49	00:09:49	105m	7'47"/km
11.	176	00:01:25	00:11:14	89m	15'55"/km
12.	177	00:01:13	00:12:27	64m	19'01"/km
13.	178	00:00:46	00:13:13	52m	14'45"/km
14.	179	00:01:13	00:14:26	165m	7'22"/km
15.	180	00:00:30	00:14:56	88m	5'41"/km
16.	181	00:00:37	00:15:33	90m	6'51"/km
17.	182	00:01:31	00:17:04	89m	17'02"/km
18.	183	00:00:27	00:17:31	40m	11'15"/km
19.	184	00:00:42	00:18:13	55m	12'44"/km
20.	185	00:00:40	00:18:53	113m	5'54"/km
21.	186	00:00:20	00:19:13	94m	3'33"/km
22.	187	00:01:14	00:20:27	122m	10'07"/km
23.	188	00:00:29	00:20:56	88m	5'30"/km
24.	189	00:00:52	00:21:48	163m	5'19"/km
25.	190	00:01:56	00:23:44	245m	7'53"/km
26.	191	00:00:15	00:23:59	114m	2'12"/km
27.	192	00:01:21	00:25:20	233m	5'48"/km
28.	193	00:02:20	00:27:40	92m	25'22"/km
29.	194	00:00:50	00:28:30	107m	7'47"/km
30.	195	00:00:45	00:29:15	33m	22'44"/km
31.	196	00:01:43	00:30:58	166m	10'20"/km
32.	999	00:00:15	00:31:13	78m	3'12"/km