



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Nicolas SILLIEN

C.O. Pégase

Circuit : H:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:31:47 (9'38"/km)

15/38

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	00:01:06		44m	25'00"/km
2.	167	00:00:47	00:01:53	86m	9'07"/km
3.	168	00:00:40	00:02:33	39m	17'06"/km
4.	169	00:02:16	00:04:49	51m	44'27"/km
5.	170	00:00:44	00:05:33	131m	5'36"/km
6.	171	00:00:42	00:06:15	76m	9'13"/km
7.	172	00:01:34	00:07:49	136m	11'31"/km
8.	173	00:01:05	00:08:54	154m	7'02"/km
9.	174	00:00:25	00:09:19	56m	7'26"/km
10.	175	00:00:36	00:09:55	105m	5'43"/km
11.	176	00:01:47	00:11:42	89m	20'02"/km
12.	177	00:01:24	00:13:06	64m	21'52"/km
13.	178	00:00:40	00:13:46	52m	12'49"/km
14.	179	00:01:26	00:15:12	165m	8'41"/km
15.	180	00:00:29	00:15:41	88m	5'30"/km
16.	181	00:00:35	00:16:16	90m	6'29"/km
17.	182	00:01:12	00:17:28	89m	13'29"/km
18.	183	00:00:37	00:18:05	40m	15'25"/km
19.	184	00:00:43	00:18:48	55m	13'02"/km
20.	185	00:00:40	00:19:28	113m	5'54"/km
21.	188	00:00:18	00:19:46	60m	5'00"/km
22.	186	00:00:44	00:20:30	127m	5'46"/km
23.	187	00:01:12	00:21:42	122m	9'50"/km
24.	188	00:00:29	00:22:11	88m	5'30"/km
25.	189	00:00:55	00:23:06	163m	5'37"/km
26.	190	00:01:48	00:24:54	245m	7'21"/km
27.	191	00:00:22	00:25:16	114m	3'13"/km
28.	192	00:01:25	00:26:41	233m	6'05"/km
29.	193	00:01:12	00:27:53	92m	13'03"/km
30.	194	00:00:54	00:28:47	107m	8'25"/km
31.	195	00:00:55	00:29:42	33m	27'47"/km
32.	196	00:02:08	00:31:50	166m	12'51"/km
33.	999	00:00:00	00:31:50	78m	0'00"/km