



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Joris KINT

Antwerp Orienteers

Circuit : H:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:40:07 (12'09"/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	00:03:01		44m	68'34"/km
2.	167	00:01:10	00:04:11	86m	13'34"/km
3.	168	00:00:46	00:04:57	39m	19'39"/km
4.	169	00:00:48	00:05:45	51m	15'41"/km
5.	170	00:01:32	00:07:17	131m	11'42"/km
6.	171	00:01:00	00:08:17	76m	13'09"/km
7.	172	00:01:47	00:10:04	136m	13'07"/km
8.	173	00:01:18	00:11:22	154m	8'26"/km
9.	174	00:00:32	00:11:54	56m	9'31"/km
10.	175	00:00:49	00:12:43	105m	7'47"/km
11.	176	00:02:56	00:15:39	89m	32'58"/km
12.	177	00:01:59	00:17:38	64m	30'59"/km
13.	178	00:00:51	00:18:29	52m	16'21"/km
14.	179	00:01:46	00:20:15	165m	10'42"/km
15.	180	00:00:32	00:20:47	88m	6'04"/km
16.	181	00:00:39	00:21:26	90m	7'13"/km
17.	182	00:01:13	00:22:39	89m	13'40"/km
18.	183	00:00:37	00:23:16	40m	15'25"/km
19.	184	00:00:52	00:24:08	55m	15'45"/km
20.	185	00:00:53	00:25:01	113m	7'49"/km
21.	186	00:00:30	00:25:31	94m	5'19"/km
22.	187	00:01:26	00:26:57	122m	11'45"/km
23.	188	00:00:46	00:27:43	88m	8'43"/km
24.	189	00:01:00	00:28:43	163m	6'08"/km
25.	190	00:02:44	00:31:27	245m	11'09"/km
26.	191	00:00:31	00:31:58	114m	4'32"/km
27.	192	00:01:58	00:33:56	233m	8'26"/km
28.	193	00:01:10	00:35:06	92m	12'41"/km
29.	194	00:01:19	00:36:25	107m	12'18"/km
30.	195	00:00:53	00:37:18	33m	26'46"/km
31.	196	00:02:51	00:40:09	166m	17'10"/km
32.	999	00:00:00	00:40:09	78m	0'00"/km