



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Jan FRYDENLUND

hamok

Circuit : H:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:52:19 (15'51"/km)

27/38

O.K.

[Résultats complets sur Webres](#)

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

1.	166	00:01:14		44m	28'02"/km
2.	167	00:01:16	00:02:30	86m	14'44"/km
3.	168	00:00:52	00:03:22	39m	22'13"/km
4.	169	00:02:54	00:06:16	51m	56'52"/km
5.	170	00:00:43	00:06:59	131m	5'28"/km
6.	171	00:01:05	00:08:04	76m	14'15"/km
7.	172	00:01:55	00:09:59	136m	14'06"/km
8.	173	00:01:17	00:11:16	154m	8'20"/km
9.	174	00:00:28	00:11:44	56m	8'20"/km
10.	175	00:01:02	00:12:46	105m	9'50"/km
11.	176	00:04:38	00:17:24	89m	52'04"/km
12.	177	00:06:42	00:24:06	64m	104'41"/km
13.	178	00:00:52	00:24:58	52m	16'40"/km
14.	179	00:02:58	00:27:56	165m	17'59"/km
15.	180	00:00:38	00:28:34	88m	7'12"/km
16.	181	00:00:38	00:29:12	90m	7'02"/km
17.	182	00:03:16	00:32:28	89m	36'42"/km
18.	183	00:00:41	00:33:09	40m	17'05"/km
19.	184	00:00:51	00:34:00	55m	15'27"/km
20.	185	00:00:50	00:34:50	113m	7'22"/km
21.	186	00:00:30	00:35:20	94m	5'19"/km
22.	187	00:01:31	00:36:51	122m	12'26"/km
23.	188	00:00:38	00:37:29	88m	7'12"/km
24.	189	00:01:01	00:38:30	163m	6'14"/km
25.	190	00:02:23	00:40:53	245m	9'44"/km
26.	191	00:00:28	00:41:21	114m	4'06"/km
27.	192	00:01:35	00:42:56	233m	6'48"/km
28.	193	00:05:11	00:48:07	92m	56'20"/km
29.	194	00:01:06	00:49:13	107m	10'17"/km
30.	195	00:00:44	00:49:57	33m	22'13"/km
31.	196	00:02:01	00:51:58	166m	12'09"/km
32.	999	00:00:21	00:52:19	78m	4'29"/km