



BOC #2 - Double Sprint - Sprint 2

Les Trois Tilleuls 12.11.2023

ASUB

Laura HEYMANS

LOST

Circuit : D:Noir Long

Distance : 4000m

Temps : 0:42:33 (10'38"/km)

5/11

O.K.

[Résultats complets sur Webres](#)

- | | |
|----------------------------|---------|
| 1. Marine SILLIEN | 0:32:50 |
| 2. Béatrice DE LONGUEVILLE | 0:38:36 |
| 3. Lucie ARNO | 0:40:58 |

1.	101	00:01:45		240m	7'18"/km
2.	102	00:01:46	00:03:31	43m	41'05"/km
3.	103	00:00:54	00:04:25	78m	11'32"/km
4.	104	00:01:43	00:06:08	188m	9'08"/km
5.	105	00:01:57	00:08:05	94m	20'45"/km
6.	106	00:01:37	00:09:42	172m	9'24"/km
7.	107	00:01:31	00:11:13	206m	7'22"/km
8.	108	00:00:46	00:11:59	76m	10'05"/km
9.	109	00:01:31	00:13:30	143m	10'36"/km
10.	110	00:00:54	00:14:24	91m	9'53"/km
11.	111	00:01:23	00:15:47	175m	7'54"/km
12.	112	00:01:02	00:16:49	86m	12'01"/km
13.	113	00:01:16	00:18:05	80m	15'50"/km
14.	114	00:00:50	00:18:55	88m	9'28"/km
15.	115	00:00:42	00:19:37	75m	9'20"/km
16.	116	00:01:22	00:20:59	169m	8'05"/km
17.	117	00:00:42	00:21:41	95m	7'22"/km
18.	118	00:01:51	00:23:32	125m	14'48"/km
19.	119	00:01:37	00:25:09	146m	11'04"/km
20.	120	00:01:13	00:26:22	163m	7'28"/km
21.	121	00:01:21	00:27:43	135m	10'00"/km
22.	122	00:00:32	00:28:15	65m	8'12"/km
23.	123	00:01:35	00:29:50	163m	9'43"/km
24.	124	00:02:05	00:31:55	73m	28'32"/km
25.	125	00:01:43	00:33:38	205m	8'22"/km
26.	126	00:03:17	00:36:55	339m	9'41"/km
27.	127	00:01:13	00:38:08	88m	13'50"/km
28.	128	00:02:27	00:40:35	144m	17'01"/km
29.	129	00:00:54	00:41:29	142m	6'20"/km
30.	130	00:00:30	00:41:59	62m	8'04"/km
31.	999	00:00:34	00:42:33	71m	7'59"/km