



BOC #2 - Double Sprint - Sprint 2

Les Trois Tilleuls 12.11.2023

ASUB

Filip KENNIS

hamok

Circuit : H:Noir Long

Distance : 4000m

Temps : 0:40:31 (10'08"/km)

29/46

O.K.

[Résultats complets sur Webres](#)

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|---------------------|---------|
| 1. Yannick MICHIELS | 0:25:48 |
| 2. Warre DE CUYPER | 0:27:17 |
| 3. Jorn KENNIS | 0:29:08 |

1.	101	00:01:36		240m	6'40"/km
2.	102	00:02:09	00:03:45	43m	50'00"/km
3.	103	00:01:01	00:04:46	78m	13'02"/km
4.	104	00:01:48	00:06:34	188m	9'34"/km
5.	105	00:01:10	00:07:44	94m	12'25"/km
6.	106	00:01:52	00:09:36	172m	10'51"/km
7.	107	00:01:30	00:11:06	206m	7'17"/km
8.	108	00:00:45	00:11:51	76m	9'52"/km
9.	109	00:01:36	00:13:27	143m	11'11"/km
10.	110	00:00:49	00:14:16	91m	8'58"/km
11.	111	00:01:32	00:15:48	175m	8'46"/km
12.	112	00:01:10	00:16:58	86m	13'34"/km
13.	113	00:00:48	00:17:46	80m	10'00"/km
14.	114	00:00:51	00:18:37	88m	9'40"/km
15.	115	00:00:40	00:19:17	75m	8'53"/km
16.	116	00:01:41	00:20:58	169m	9'58"/km
17.	117	00:00:41	00:21:39	95m	7'12"/km
18.	118	00:01:27	00:23:06	125m	11'36"/km
19.	119	00:01:18	00:24:24	146m	8'54"/km
20.	120	00:01:24	00:25:48	163m	8'35"/km
21.	121	00:01:13	00:27:01	135m	9'01"/km
22.	122	00:00:31	00:27:32	65m	7'57"/km
23.	123	00:01:13	00:28:45	163m	7'28"/km
24.	124	00:00:48	00:29:33	73m	10'58"/km
25.	125	00:02:04	00:31:37	205m	10'05"/km
26.	126	00:03:42	00:35:19	339m	10'55"/km
27.	127	00:01:16	00:36:35	88m	14'24"/km
28.	128	00:01:59	00:38:34	144m	13'46"/km
29.	129	00:01:00	00:39:34	142m	7'03"/km
30.	130	00:00:30	00:40:04	62m	8'04"/km
31.	999	00:00:27	00:40:31	71m	6'20"/km