



BOC #2 - Double Sprint - Sprint 1

Les Trois Tilleuls 12.11.2023

ASUB

Warre DE CUYPER

K.O.L.

Circuit : H:Noir Long

Distance : 4000m

Temps : 0:23:24 (5'51"/km)

2/44

O.K.

[Résultats complets sur Webres](#)

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|---------------------|---------|
| 1. Yannick MICHIELS | 0:21:28 |
| 3. Jorn KENNIS | 0:24:14 |

1.	131	00:00:43		116m	6'11"/km
2.	132	00:00:31	00:01:14	41m	12'36"/km
3.	133	00:00:25	00:01:39	70m	5'57"/km
4.	134	00:00:19	00:01:58	67m	4'44"/km
5.	135	00:00:50	00:02:48	223m	3'44"/km
6.	136	00:01:12	00:04:00	196m	6'07"/km
7.	137	00:00:45	00:04:45	93m	8'04"/km
8.	138	00:00:37	00:05:22	123m	5'01"/km
9.	139	00:00:42	00:06:04	110m	6'22"/km
10.	140	00:00:26	00:06:30	63m	6'53"/km
11.	141	00:00:42	00:07:12	99m	7'04"/km
12.	142	00:01:03	00:08:15	227m	4'38"/km
13.	143	00:00:59	00:09:14	160m	6'09"/km
14.	144	00:00:40	00:09:54	130m	5'08"/km
15.	145	00:00:28	00:10:22	114m	4'06"/km
16.	146	00:00:46	00:11:08	154m	4'59"/km
17.	147	00:00:59	00:12:07	155m	6'21"/km
18.	148	00:00:53	00:13:00	97m	9'06"/km
19.	149	00:01:33	00:14:33	251m	6'11"/km
20.	150	00:01:07	00:15:40	150m	7'27"/km
21.	151	00:00:58	00:16:38	155m	6'14"/km
22.	152	00:00:45	00:17:23	139m	5'24"/km
23.	153	00:00:44	00:18:07	155m	4'44"/km
24.	154	00:00:19	00:18:26	76m	4'10"/km
25.	155	00:00:30	00:18:56	81m	6'10"/km
26.	156	00:00:46	00:19:42	84m	9'08"/km
27.	157	00:00:45	00:20:27	124m	6'03"/km
28.	158	00:00:31	00:20:58	84m	6'09"/km
29.	159	00:01:19	00:22:17	250m	5'16"/km
30.	160	00:00:49	00:23:06	134m	6'06"/km
31.	999	00:00:18	00:23:24	75m	4'00"/km