



BOC #2 - Double Sprint - Sprint 1

Les Trois Tilleuls 12.11.2023

ASUB

Lok Hin MA

Antwerp Orienteers

Circuit : H:Noir Long

Distance : 4000m

Temps : 0:30:06 (7'32"/km)

13/44

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Yannick MICHIELS | 0:21:28 |
| 2. Warre DE CUYPER | 0:23:24 |
| 3. Jorn KENNIS | 0:24:14 |

1.	131	00:00:50		116m	7'11"/km
2.	132	00:00:38	00:01:28	41m	15'27"/km
3.	133	00:00:28	00:01:56	70m	6'40"/km
4.	134	00:00:24	00:02:20	67m	5'58"/km
5.	135	00:01:06	00:03:26	223m	4'56"/km
6.	136	00:01:36	00:05:02	196m	8'10"/km
7.	137	00:00:53	00:05:55	93m	9'30"/km
8.	138	00:00:44	00:06:39	123m	5'58"/km
9.	139	00:00:50	00:07:29	110m	7'35"/km
10.	140	00:00:35	00:08:04	63m	9'16"/km
11.	141	00:00:48	00:08:52	99m	8'05"/km
12.	142	00:01:21	00:10:13	227m	5'57"/km
13.	143	00:01:06	00:11:19	160m	6'53"/km
14.	144	00:00:39	00:11:58	130m	5'00"/km
15.	145	00:00:34	00:12:32	114m	4'58"/km
16.	146	00:00:57	00:13:29	154m	6'10"/km
17.	147	00:00:58	00:14:27	155m	6'14"/km
18.	148	00:01:28	00:15:55	97m	15'07"/km
19.	149	00:02:13	00:18:08	251m	8'50"/km
20.	150	00:01:51	00:19:59	150m	12'20"/km
21.	151	00:01:09	00:21:08	155m	7'25"/km
22.	152	00:00:50	00:21:58	139m	6'00"/km
23.	153	00:01:04	00:23:02	155m	6'53"/km
24.	154	00:00:25	00:23:27	76m	5'29"/km
25.	155	00:00:39	00:24:06	81m	8'01"/km
26.	156	00:00:53	00:24:59	84m	10'31"/km
27.	157	00:00:58	00:25:57	124m	7'48"/km
28.	158	00:00:43	00:26:40	84m	8'32"/km
29.	159	00:02:03	00:28:43	250m	8'12"/km
30.	160	00:01:02	00:29:45	134m	7'43"/km
31.	999	00:00:21	00:30:06	75m	4'40"/km