



BOC #2 - Double Sprint - Sprint 1

Les Trois Tilleuls 12.11.2023

ASUB

Patrick MAYERES

Hermathenae

Circuit : H:Noir Long

Distance : 4000m

Temps : 0:30:49 (7'42"/km)

16/44

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	00:00:47		116m	6'45"/km
2.	132	00:01:01	00:01:48	41m	24'48"/km
3.	133	00:00:38	00:02:26	70m	9'03"/km
4.	134	00:00:33	00:02:59	67m	8'13"/km
5.	135	00:01:10	00:04:09	223m	5'14"/km
6.	136	00:01:30	00:05:39	196m	7'39"/km
7.	137	00:00:49	00:06:28	93m	8'47"/km
8.	138	00:00:46	00:07:14	123m	6'14"/km
9.	139	00:00:54	00:08:08	110m	8'11"/km
10.	140	00:00:34	00:08:42	63m	9'00"/km
11.	141	00:00:57	00:09:39	99m	9'36"/km
12.	142	00:01:18	00:10:57	227m	5'44"/km
13.	143	00:01:09	00:12:06	160m	7'11"/km
14.	144	00:00:47	00:12:53	130m	6'02"/km
15.	145	00:00:36	00:13:29	114m	5'16"/km
16.	146	00:00:59	00:14:28	154m	6'23"/km
17.	147	00:01:02	00:15:30	155m	6'40"/km
18.	148	00:01:53	00:17:23	97m	19'25"/km
19.	149	00:01:53	00:19:16	251m	7'30"/km
20.	150	00:01:21	00:20:37	150m	9'00"/km
21.	151	00:01:17	00:21:54	155m	8'17"/km
22.	152	00:00:56	00:22:50	139m	6'43"/km
23.	153	00:01:07	00:23:57	155m	7'12"/km
24.	154	00:00:26	00:24:23	76m	5'42"/km
25.	155	00:00:42	00:25:05	81m	8'39"/km
26.	156	00:00:53	00:25:58	84m	10'31"/km
27.	157	00:00:54	00:26:52	124m	7'15"/km
28.	158	00:00:44	00:27:36	84m	8'44"/km
29.	159	00:02:00	00:29:36	250m	8'00"/km
30.	160	00:00:49	00:30:25	134m	6'06"/km
31.	999	00:00:24	00:30:49	75m	5'20"/km