



BOC#03 - Régionale Tumuli-Sapinière Foret de Soignes 26.11.2023 ASUB

Jan DE CLERCK

TROL

Circuit : H:Noir très long

Distance : 9100m (Dénivelé 225m)

Temps : 1:36:53 (10'39"/km)

6/28

O.K.

[Résultats complets sur Webres](#)

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|---------------------|---------|
| 1. Rune DE CLERCQ | 1:10:37 |
| 2. Thibaut ROBINSON | 1:12:01 |
| 3. Gilles DELMEE | 1:14:28 |

1.	143	00:03:49		205m	18'37"/km
2.	102	00:03:32	00:07:21	262m	13'29"/km
3.	103	00:01:43	00:09:04	185m	9'17"/km
4.	104	00:01:47	00:10:51	193m	9'14"/km
5.	105	00:01:46	00:12:37	169m	10'27"/km
6.	106	00:01:01	00:13:38	122m	8'20"/km
7.	107	00:01:40	00:15:18	172m	9'41"/km
8.	92	00:05:29	00:20:47	664m	8'15"/km
9.	88	00:03:46	00:24:33	179m	21'03"/km
10.	89	00:01:17	00:25:50	149m	8'37"/km
11.	129	00:04:10	00:30:00	379m	11'00"/km
12.	95	00:02:34	00:32:34	224m	11'28"/km
13.	112	00:03:05	00:35:39	401m	7'41"/km
14.	108	00:01:45	00:37:24	96m	18'14"/km
15.	109	00:07:11	00:44:35	250m	28'44"/km
16.	110	00:01:49	00:46:24	140m	12'59"/km
17.	111	00:02:06	00:48:30	252m	8'20"/km
18.	139	00:08:20	00:56:50	906m	9'12"/km
19.	98	00:04:14	01:01:04	240m	17'38"/km
20.	113	00:03:21	01:04:25	315m	10'38"/km
21.	115	00:04:18	01:08:43	353m	12'11"/km
22.	140	00:03:48	01:12:31	429m	8'51"/km
23.	118	00:04:12	01:16:43	594m	7'04"/km
24.	120	00:04:36	01:21:19	580m	7'56"/km
25.	131	00:02:08	01:23:27	291m	7'20"/km
26.	122	00:03:12	01:26:39	312m	10'15"/km
27.	135	00:03:58	01:30:37	355m	11'10"/km
28.	132	00:04:41	01:35:18	422m	11'06"/km
29.	84	00:01:01	01:36:19	145m	7'01"/km
30.	999	00:00:34	01:36:53	114m	4'58"/km