



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

Jean-Baptiste COLOMB

ASUB

Circuit : H:Noir très long

Distance : 9100m (Dénivelé 225m)

Temps : 1:17:41 (8'32"/km)

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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	00:02:33		205m	12'26"/km
2.	102	00:03:22	00:05:55	262m	12'51"/km
3.	103	00:01:27	00:07:22	185m	7'50"/km
4.	104	00:01:18	00:08:40	193m	6'44"/km
5.	105	00:01:21	00:10:01	169m	7'59"/km
6.	106	00:00:53	00:10:54	122m	7'14"/km
7.	107	00:01:30	00:12:24	172m	8'43"/km
8.	92	00:04:52	00:17:16	664m	7'20"/km
9.	93	00:01:12	00:18:28	192m	6'15"/km
10.	88	00:02:40	00:21:08		
11.	89	00:00:55	00:22:03	149m	6'09"/km
12.	129	00:03:04	00:25:07	379m	8'05"/km
13.	95	00:02:50	00:27:57	224m	12'39"/km
14.	112	00:02:37	00:30:34	401m	6'32"/km
15.	108	00:01:34	00:32:08	96m	16'19"/km
16.	109	00:02:25	00:34:33	250m	9'40"/km
17.	110	00:00:58	00:35:31	140m	6'54"/km
18.	111	00:01:25	00:36:56	252m	5'37"/km
19.	139	00:07:15	00:44:11	906m	8'00"/km
20.	98	00:03:07	00:47:18	240m	12'59"/km
21.	113	00:02:20	00:49:38	315m	7'24"/km
22.	115	00:03:07	00:52:45	353m	8'50"/km
23.	140	00:04:05	00:56:50	429m	9'31"/km
24.	118	00:04:05	01:00:55	594m	6'52"/km
25.	120	00:04:47	01:05:42	580m	8'15"/km
26.	131	00:01:45	01:07:27	291m	6'01"/km
27.	122	00:02:22	01:09:49	312m	7'35"/km
28.	135	00:03:01	01:12:50	355m	8'30"/km
29.	132	00:03:24	01:16:14	422m	8'03"/km
30.	84	00:00:48	01:17:02	145m	5'31"/km
31.	999	00:00:39	01:17:41	114m	5'42"/km