



BOC2
Jette 24.11.2024
ASUB

Jan VAN DER ELST

Omega

Percurso : H:Rouge Long

Distancia : 3900m

Tempo : 0:43:53 (11'15"/km)

2/10

O.K.

[Resultados completos em Webres](#)

1. Xavier DIEUDONNE 0:43:05
3. Nicolas FRANCOIS 0:46:29

1.	173	00:02:06		280m	7'30"/km
2.	203	00:02:09	00:04:15	208m	10'20"/km
3.	243	00:01:26	00:05:41	160m	8'58"/km
4.	197	00:01:23	00:07:04	190m	7'17"/km
5.	248	00:00:58	00:08:02	99m	9'46"/km
6.	211	00:01:26	00:09:28	101m	14'11"/km
7.	244	00:02:04	00:11:32	247m	8'22"/km
8.	199	00:01:50	00:13:22	206m	8'54"/km
9.	175	00:01:14	00:14:36	130m	9'29"/km
10.	216	00:01:04	00:15:40	64m	16'40"/km
11.	177	00:01:41	00:17:21	124m	13'35"/km
12.	178	00:01:07	00:18:28	129m	8'39"/km
13.	219	00:02:06	00:20:34	109m	19'16"/km
14.	245	00:02:14	00:22:48	190m	11'45"/km
15.	224	00:00:59	00:23:47	54m	18'13"/km
16.	225	00:01:13	00:25:00	95m	12'48"/km
17.	190	00:02:44	00:27:44	106m	25'47"/km
18.	228	00:00:59	00:28:43	41m	23'59"/km
19.	195	00:02:17	00:31:00	119m	19'11"/km
20.	184	00:01:32	00:32:32	188m	8'09"/km
21.	229	00:02:14	00:34:46	116m	19'15"/km
22.	234	00:01:31	00:36:17	158m	9'36"/km
23.	187	00:00:46	00:37:03	128m	5'59"/km
24.	196	00:00:46	00:37:49	57m	13'27"/km
25.	193	00:02:05	00:39:54	195m	10'41"/km
26.	194	00:00:55	00:40:49	79m	11'36"/km
27.	233	00:00:59	00:41:48	54m	18'13"/km
28.	236	00:01:13	00:43:01	108m	11'16"/km
29.	255	00:00:37	00:43:38	93m	6'38"/km
30.	999	00:00:15	00:43:53	38m	6'35"/km