



BOC2
Jette 24.11.2024
ASUB

Nicolas FRANCOIS

ASUB

Course : H:Rouge Long

Distance : 3900m

Time : 0:46:29 (11'55"/km)

3/10

O.K.

[Full result on Webres](#)

1. Xavier DIEUDONNE

0:43:05

2. Jan VAN DER ELST

0:43:53

1.	173	00:03:28		280m	12'23"/km
2.	203	00:01:58	00:05:26	208m	9'27"/km
3.	243	00:01:19	00:06:45	160m	8'14"/km
4.	197	00:02:25	00:09:10	190m	12'43"/km
5.	248	00:01:14	00:10:24	99m	12'27"/km
6.	211	00:01:29	00:11:53	101m	14'41"/km
7.	244	00:01:57	00:13:50	247m	7'54"/km
8.	199	00:02:09	00:15:59	206m	10'26"/km
9.	175	00:01:55	00:17:54	130m	14'45"/km
10.	216	00:01:45	00:19:39	64m	27'21"/km
11.	177	00:01:33	00:21:12	124m	12'30"/km
12.	178	00:01:10	00:22:22	129m	9'03"/km
13.	219	00:01:31	00:23:53	109m	13'55"/km
14.	245	00:02:17	00:26:10	190m	12'01"/km
15.	224	00:00:40	00:26:50	54m	12'21"/km
16.	225	00:00:58	00:27:48	95m	10'11"/km
17.	190	00:02:25	00:30:13	106m	22'48"/km
18.	228	00:00:53	00:31:06	41m	21'33"/km
19.	195	00:02:51	00:33:57	119m	23'57"/km
20.	184	00:02:17	00:36:14	188m	12'09"/km
21.	229	00:00:57	00:37:11	116m	8'11"/km
22.	234	00:01:57	00:39:08	158m	12'21"/km
23.	187	00:01:09	00:40:17	128m	8'59"/km
24.	196	00:00:47	00:41:04	57m	13'45"/km
25.	193	00:01:40	00:42:44	195m	8'33"/km
26.	194	00:00:57	00:43:41	79m	12'02"/km
27.	233	00:00:46	00:44:27	54m	14'12"/km
28.	236	00:01:13	00:45:40	108m	11'16"/km
29.	255	00:00:38	00:46:18	93m	6'49"/km
30.	999	00:00:11	00:46:29	38m	4'49"/km