



BOC2
Jette 24.11.2024
ASUB

Lef DE GREEF

Indiv.

Circuit : H:Rouge Long

Distance : 3900m

Temps : 1:09:35 (17'51"/km)

8/10

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Xavier DIEUDONNE | 0:43:05 |
| 2. Jan VAN DER ELST | 0:43:53 |
| 3. Nicolas FRANCOIS | 0:46:29 |

1.	173	00:02:06		280m	7'30"/km
2.	203	00:02:29	00:04:35	208m	11'56"/km
3.	243	00:01:49	00:06:24	160m	11'21"/km
4.	197	00:02:12	00:08:36	190m	11'35"/km
5.	248	00:01:49	00:10:25	99m	18'21"/km
6.	211	00:02:11	00:12:36	101m	21'37"/km
7.	244	00:02:49	00:15:25	247m	11'24"/km
8.	199	00:02:13	00:17:38	206m	10'46"/km
9.	175	00:01:47	00:19:25	130m	13'43"/km
10.	216	00:01:08	00:20:33	64m	17'42"/km
11.	177	00:02:23	00:22:56	124m	19'13"/km
12.	178	00:04:02	00:26:58	129m	31'16"/km
13.	219	00:03:21	00:30:19	109m	30'44"/km
14.	245	00:12:34	00:42:53	190m	66'08"/km
15.	224	00:01:17	00:44:10	54m	23'46"/km
16.	225	00:02:01	00:46:11	95m	21'14"/km
17.	190	00:03:59	00:50:10	106m	37'35"/km
18.	228	00:01:19	00:51:29	41m	32'07"/km
19.	195	00:02:34	00:54:03	119m	21'34"/km
20.	184	00:01:45	00:55:48	188m	9'19"/km
21.	229	00:01:25	00:57:13	116m	12'13"/km
22.	234	00:01:30	00:58:43	158m	9'30"/km
23.	187	00:03:20	01:02:03	128m	26'03"/km
24.	196	00:00:58	01:03:01	57m	16'58"/km
25.	193	00:02:07	01:05:08	195m	10'51"/km
26.	194	00:01:02	01:06:10	79m	13'05"/km
27.	233	00:00:44	01:06:54	54m	13'35"/km
28.	236	00:01:49	01:08:43	108m	16'49"/km
29.	255	00:00:38	01:09:21	93m	6'49"/km
30.	999	00:00:14	01:09:35	38m	6'08"/km