



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

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Antwerp Orienteers

Circuit : H:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:24:12 (7'20"/km)

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O.K.

[Résultats complets sur Webres](#)

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|--------------------|---------|
| 1. Warre DE CUYPER | 0:21:37 |
| 2. Clément DEMEUSE | 0:22:23 |
| 3. Thomas GILLET | 0:23:21 |

1.	166	00:00:59		44m	22'21"/km
2.	167	00:00:37	00:01:36	86m	7'10"/km
3.	168	00:00:31	00:02:07	39m	13'15"/km
4.	169	00:00:30	00:02:37	51m	9'48"/km
5.	170	00:01:05	00:03:42	131m	8'16"/km
6.	171	00:00:26	00:04:08	76m	5'42"/km
7.	172	00:01:11	00:05:19	136m	8'42"/km
8.	173	00:00:57	00:06:16	154m	6'10"/km
9.	174	00:00:23	00:06:39	56m	6'51"/km
10.	175	00:00:29	00:07:08	105m	4'36"/km
11.	176	00:01:29	00:08:37	89m	16'40"/km
12.	177	00:01:08	00:09:45	64m	17'42"/km
13.	178	00:00:21	00:10:06	52m	6'44"/km
14.	179	00:02:34	00:12:40	165m	15'33"/km
15.	180	00:00:21	00:13:01	88m	3'59"/km
16.	181	00:00:23	00:13:24	90m	4'16"/km
17.	182	00:01:17	00:14:41	89m	14'25"/km
18.	183	00:00:23	00:15:04	40m	9'35"/km
19.	184	00:00:36	00:15:40	55m	10'55"/km
20.	185	00:00:31	00:16:11	113m	4'34"/km
21.	186	00:00:09	00:16:20	94m	1'36"/km
22.	187	00:01:06	00:17:26	122m	9'01"/km
23.	188	00:00:22	00:17:48	88m	4'10"/km
24.	189	00:00:41	00:18:29	163m	4'12"/km
25.	190	00:01:29	00:19:58	245m	6'03"/km
26.	191	00:00:07	00:20:05	114m	1'01"/km
27.	192	00:01:07	00:21:12	233m	4'48"/km
28.	193	00:00:45	00:21:57	92m	8'09"/km
29.	194	00:00:52	00:22:49	107m	8'06"/km
30.	195	00:00:28	00:23:17	33m	14'08"/km
31.	196	00:01:03	00:24:20	166m	6'20"/km
32.	999	00:00:00	00:24:20	78m	0'00"/km