



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Benjamin HOFMANS

ASUB

Circuit : H:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:25:46 (7'48"/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	00:00:51		44m	19'19"/km
2.	167	00:00:38	00:01:29	86m	7'22"/km
3.	168	00:00:38	00:02:07	39m	16'14"/km
4.	169	00:00:30	00:02:37	51m	9'48"/km
5.	170	00:00:25	00:03:02	131m	3'11"/km
6.	171	00:00:31	00:03:33	76m	6'48"/km
7.	172	00:01:18	00:04:51	136m	9'34"/km
8.	173	00:01:08	00:05:59	154m	7'22"/km
9.	174	00:00:36	00:06:35	56m	10'43"/km
10.	175	00:00:44	00:07:19	105m	6'59"/km
11.	176	00:01:36	00:08:55	89m	17'59"/km
12.	177	00:01:24	00:10:19	64m	21'52"/km
13.	178	00:00:25	00:10:44	52m	8'01"/km
14.	179	00:01:04	00:11:48	165m	6'28"/km
15.	180	00:00:32	00:12:20	88m	6'04"/km
16.	181	00:00:27	00:12:47	90m	5'00"/km
17.	182	00:01:01	00:13:48	89m	11'25"/km
18.	183	00:00:26	00:14:14	40m	10'50"/km
19.	184	00:00:40	00:14:54	55m	12'07"/km
20.	185	00:00:37	00:15:31	113m	5'27"/km
21.	186	00:00:17	00:15:48	94m	3'01"/km
22.	187	00:01:21	00:17:09	122m	11'04"/km
23.	188	00:00:26	00:17:35	88m	4'55"/km
24.	189	00:00:52	00:18:27	163m	5'19"/km
25.	190	00:02:02	00:20:29	245m	8'18"/km
26.	191	00:00:14	00:20:43	114m	2'03"/km
27.	192	00:01:34	00:22:17	233m	6'43"/km
28.	193	00:00:49	00:23:06	92m	8'53"/km
29.	194	00:00:39	00:23:45	107m	6'04"/km
30.	195	00:00:39	00:24:24	33m	19'42"/km
31.	196	00:01:28	00:25:52	166m	8'50"/km
32.	999	00:00:00	00:25:52	78m	0'00"/km