



BOC04 - Ultra-longues Distances

Rouge-Cloître / 3 Fontaines 10.12.2023

ASUB

Ellen DESCHEPPER

TROL

Circuit : Rouge

Distance : 5300m

Temps : 11:23:27 (128'57"/km)

44/46

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------------|---------|
| 1. Siegfried BAKELANTS | 0:38:43 |
| 2. Margot VANDEMEULEBROEK | 0:41:29 |
| 3. Nicolas ERNIE | 0:44:35 |

1.	186	09:46:03		
2.	202	00:01:43	09:47:46	
3.	213	00:01:13	09:48:59	
4.	216	00:00:54	09:49:53	
5.	219	00:01:58	09:51:51	
6.	223	00:00:56	09:52:47	
7.	203	00:01:36	09:54:23	
8.	204	00:00:33	09:54:56	
9.	224	00:01:13	09:56:09	
10.	228	00:03:44	09:59:53	
11.	229	00:00:48	10:00:41	
12.	211	00:02:42	10:03:23	
13.	210	00:01:35	10:04:58	
14.	200	00:01:19	10:06:17	
15.	226	00:02:05	10:08:22	
16.	199	00:01:23	10:09:45	
17.	196	00:01:43	10:11:28	
18.	208	00:00:50	10:12:18	
19.	201	00:00:49	10:13:07	
20.	149	00:00:00	10:13:07	
21.	165	00:05:39	10:18:46	389m 14'31"/km
22.	79	00:16:34	10:35:20	807m 20'32"/km
23.	103	00:06:52	10:42:12	474m 14'29"/km
24.	80	00:05:23	10:47:35	369m 14'35"/km
25.	137	00:03:18	10:50:53	345m 9'34"/km
26.	83	00:09:06	10:59:59	535m 17'01"/km
27.	153	00:10:12	11:10:11	665m 15'20"/km
28.	154	00:00:45	11:10:56	68m 11'02"/km
29.	145	00:05:04	11:16:00	337m 15'02"/km
30.	158	00:03:51	11:19:51	317m 12'09"/km
31.	159	00:01:20	11:21:11	63m 21'10"/km
32.	160	00:01:34	11:22:45	107m 14'39"/km
33.	78	00:00:27	11:23:12	57m 7'54"/km
34.	999	00:00:15	11:23:27	71m 3'31"/km