



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Vanessa VAN BREEDAM

TROL

Circuit : D:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:31:29 (9'32"/km)

3/11

O.K.

[Résultats complets sur Webres](#)

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|-----------------------|---------|
| 1. Ems DE SMUL | 0:29:24 |
| 2. Danielle DEWICKERE | 0:31:22 |

1.	166	00:01:12		44m	27'16"/km
2.	167	00:00:47	00:01:59	86m	9'07"/km
3.	168	00:00:39	00:02:38	39m	16'40"/km
4.	169	00:00:39	00:03:17	51m	12'45"/km
5.	170	00:00:55	00:04:12	131m	7'00"/km
6.	171	00:00:46	00:04:58	76m	10'05"/km
7.	172	00:01:36	00:06:34	136m	11'46"/km
8.	173	00:01:28	00:08:02	154m	9'31"/km
9.	174	00:00:37	00:08:39	56m	11'01"/km
10.	175	00:00:51	00:09:30	105m	8'06"/km
11.	176	00:01:14	00:10:44	89m	13'51"/km
12.	177	00:01:14	00:11:58	64m	19'16"/km
13.	178	00:00:46	00:12:44	52m	14'45"/km
14.	179	00:01:19	00:14:03	165m	7'59"/km
15.	180	00:00:35	00:14:38	88m	6'38"/km
16.	181	00:00:43	00:15:21	90m	7'58"/km
17.	182	00:01:19	00:16:40	89m	14'48"/km
18.	183	00:00:37	00:17:17	40m	15'25"/km
19.	184	00:01:00	00:18:17	55m	18'11"/km
20.	185	00:00:47	00:19:04	113m	6'56"/km
21.	186	00:00:21	00:19:25	94m	3'43"/km
22.	187	00:01:31	00:20:56	122m	12'26"/km
23.	188	00:00:39	00:21:35	88m	7'23"/km
24.	189	00:01:11	00:22:46	163m	7'16"/km
25.	190	00:02:18	00:25:04	245m	9'23"/km
26.	191	00:00:27	00:25:31	114m	3'57"/km
27.	192	00:01:35	00:27:06	233m	6'48"/km
28.	193	00:00:55	00:28:01	92m	9'58"/km
29.	194	00:01:16	00:29:17	107m	11'50"/km
30.	195	00:00:36	00:29:53	33m	18'11"/km
31.	196	00:01:31	00:31:24	166m	9'08"/km
32.	999	00:00:05	00:31:29	78m	1'04"/km