



BOC#03 - Double-Sprint - Sprint 01 Alma

Woluwe Saint-Lambert 4.12.2022

ASUB

Nicole REVENCU

ASUB

Circuit : D:Noir Long

Distance : 3300m (Dénivelé 15m)

Temps : 0:41:08 (12'28"/km)

8/11

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------------|---------|
| 1. Ems DE SMUL | 0:29:24 |
| 2. Danielle DEWICKERE | 0:31:22 |
| 3. Vanessa VAN BREEDAM | 0:31:29 |

1.	166	00:02:09		44m	48'52"/km
2.	167	00:01:04	00:03:13	86m	12'24"/km
3.	168	00:01:27	00:04:40	39m	37'11"/km
4.	169	00:01:18	00:05:58	51m	25'29"/km
5.	170	00:01:20	00:07:18	131m	10'11"/km
6.	171	00:01:27	00:08:45	76m	19'05"/km
7.	172	00:03:18	00:12:03	136m	24'16"/km
8.	173	00:01:24	00:13:27	154m	9'05"/km
9.	174	00:00:37	00:14:04	56m	11'01"/km
10.	175	00:01:08	00:15:12	105m	10'48"/km
11.	176	00:01:22	00:16:34	89m	15'21"/km
12.	177	00:02:12	00:18:46	64m	34'23"/km
13.	178	00:00:30	00:19:16	52m	9'37"/km
14.	179	00:01:21	00:20:37	165m	8'11"/km
15.	180	00:00:32	00:21:09	88m	6'04"/km
16.	181	00:00:42	00:21:51	90m	7'47"/km
17.	182	00:01:24	00:23:15	89m	15'44"/km
18.	183	00:00:46	00:24:01	40m	19'10"/km
19.	184	00:00:53	00:24:54	55m	16'04"/km
20.	185	00:00:55	00:25:49	113m	8'07"/km
21.	186	00:00:33	00:26:22	94m	5'51"/km
22.	187	00:01:56	00:28:18	122m	15'51"/km
23.	188	00:00:43	00:29:01	88m	8'09"/km
24.	189	00:01:28	00:30:29	163m	9'00"/km
25.	190	00:02:51	00:33:20	245m	11'38"/km
26.	191	00:00:31	00:33:51	114m	4'32"/km
27.	192	00:01:56	00:35:47	233m	8'18"/km
28.	193	00:00:58	00:36:45	92m	10'30"/km
29.	194	00:01:06	00:37:51	107m	10'17"/km
30.	195	00:01:17	00:39:08	33m	38'53"/km
31.	196	00:01:54	00:41:02	166m	11'27"/km
32.	999	00:00:06	00:41:08	78m	1'17"/km