



BOC #2 - Double Sprint - Sprint 1

Les Trois Tilleuls 12.11.2023

ASUB

Jean-Claude JIMENEZ

hamok

Circuit : H:Noir Long

Distance : 4000m

Temps : 0:41:17 (10'19"/km)

39/44

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Yannick MICHIELS | 0:21:28 |
| 2. Warre DE CUYPER | 0:23:24 |
| 3. Jorn KENNIS | 0:24:14 |

1.	131	00:01:08		116m	9'46"/km
2.	132	00:00:50	00:01:58	41m	20'20"/km
3.	133	00:00:36	00:02:34	70m	8'34"/km
4.	134	00:00:30	00:03:04	67m	7'28"/km
5.	135	00:01:41	00:04:45	223m	7'33"/km
6.	136	00:02:11	00:06:56	196m	11'08"/km
7.	137	00:01:29	00:08:25	93m	15'57"/km
8.	138	00:01:45	00:10:10	123m	14'14"/km
9.	139	00:01:29	00:11:39	110m	13'29"/km
10.	140	00:00:42	00:12:21	63m	11'07"/km
11.	141	00:01:17	00:13:38	99m	12'58"/km
12.	142	00:02:39	00:16:17	227m	11'40"/km
13.	143	00:01:48	00:18:05	160m	11'15"/km
14.	144	00:00:52	00:18:57	130m	6'40"/km
15.	145	00:00:49	00:19:46	114m	7'10"/km
16.	146	00:01:14	00:21:00	154m	8'01"/km
17.	147	00:01:11	00:22:11	155m	7'38"/km
18.	148	00:01:41	00:23:52	97m	17'21"/km
19.	149	00:02:37	00:26:29	251m	10'25"/km
20.	150	00:02:02	00:28:31	150m	13'33"/km
21.	151	00:01:35	00:30:06	155m	10'13"/km
22.	152	00:01:11	00:31:17	139m	8'31"/km
23.	153	00:01:15	00:32:32	155m	8'04"/km
24.	154	00:00:31	00:33:03	76m	6'48"/km
25.	155	00:00:50	00:33:53	81m	10'17"/km
26.	156	00:01:22	00:35:15	84m	16'16"/km
27.	157	00:01:04	00:36:19	124m	8'36"/km
28.	158	00:00:51	00:37:10	84m	10'07"/km
29.	159	00:02:10	00:39:20	250m	8'40"/km
30.	160	00:01:28	00:40:48	134m	10'57"/km
31.	999	00:00:29	00:41:17	75m	6'27"/km