



BOC#03 - Régionale Tumuli-Sapinière
Foret de Soignes 26.11.2023
ASUB

Severine VANDERMEULEN

CO Liège

Circuit : D:Noir très long

Distance : 9100m (Dénivelé 225m)

Temps : 1:38:12 (10'47"/km)

1/3

O.K.

[Résultats complets sur Webres](#)

2. Lucie ARNO 1:40:50
3. Laura BEAUSSART 3:09:55

1.	143	00:04:02		205m	19'40"/km
2.	102	00:02:38	00:06:40	262m	10'03"/km
3.	103	00:01:38	00:08:18	185m	8'50"/km
4.	104	00:01:18	00:09:36	193m	6'44"/km
5.	105	00:01:43	00:11:19	169m	10'09"/km
6.	106	00:01:34	00:12:53	122m	12'50"/km
7.	107	00:01:36	00:14:29	172m	9'18"/km
8.	92	00:07:37	00:22:06	664m	11'28"/km
9.	88	00:02:11	00:24:17	179m	12'12"/km
10.	89	00:01:12	00:25:29	149m	8'03"/km
11.	129	00:03:11	00:28:40	379m	8'24"/km
12.	95	00:02:45	00:31:25	224m	12'17"/km
13.	112	00:02:53	00:34:18	401m	7'11"/km
14.	108	00:01:12	00:35:30	96m	12'30"/km
15.	109	00:03:10	00:38:40	250m	12'40"/km
16.	110	00:01:24	00:40:04	140m	10'00"/km
17.	111	00:02:04	00:42:08	252m	8'12"/km
18.	139	00:11:11	00:53:19	906m	12'21"/km
19.	98	00:02:55	00:56:14	240m	12'09"/km
20.	113	00:03:10	00:59:24	315m	10'03"/km
21.	115	00:03:38	01:03:02	353m	10'18"/km
22.	140	00:04:30	01:07:32	429m	10'29"/km
23.	118	00:04:31	01:12:03	594m	7'36"/km
24.	120	00:04:28	01:16:31	580m	7'42"/km
25.	131	00:02:00	01:18:31	291m	6'52"/km
26.	122	00:03:20	01:21:51	312m	10'41"/km
27.	135	00:10:12	01:32:03	355m	28'44"/km
28.	132	00:04:35	01:36:38	422m	10'52"/km
29.	84	00:01:04	01:37:42	145m	7'21"/km
30.	999	00:00:30	01:38:12	114m	4'23"/km