



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Tomy JANSSENS

TrgC Para

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 0:39:48 (6'45"/km)

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O.K.

[Volledige uitslagen op Webres](#)

1. Pierre QUINIET 0:39:15
3. Jo LINTEN 0:41:13

1.	101	00:01:45		189m	9'16"/km
2.	102	00:01:36	00:03:21	217m	7'22"/km
3.	103	00:01:16	00:04:37	207m	6'07"/km
4.	104	00:02:39	00:07:16	489m	5'25"/km
5.	126	00:01:15	00:08:31	175m	7'09"/km
6.	127	00:01:23	00:09:54	98m	14'07"/km
7.	105	00:00:52	00:10:46	117m	7'24"/km
8.	107	00:01:30	00:12:16	268m	5'36"/km
9.	108	00:01:24	00:13:40	97m	14'26"/km
10.	109	00:01:28	00:15:08	252m	5'49"/km
11.	110	00:01:40	00:16:48	170m	9'48"/km
12.	111	00:00:59	00:17:47	154m	6'23"/km
13.	112	00:01:53	00:19:40	341m	5'31"/km
14.	113	00:01:25	00:21:05	142m	9'59"/km
15.	114	00:01:14	00:22:19	239m	5'10"/km
16.	115	00:00:51	00:23:10	127m	6'42"/km
17.	137	00:01:26	00:24:36	230m	6'14"/km
18.	117	00:01:50	00:26:26	187m	9'48"/km
19.	118	00:01:24	00:27:50	251m	5'35"/km
20.	146	00:01:18	00:29:08	200m	6'30"/km
21.	134	00:01:21	00:30:29	242m	5'35"/km
22.	140	00:02:02	00:32:31	341m	5'58"/km
23.	147	00:01:41	00:34:12	154m	10'56"/km
24.	143	00:00:36	00:34:48	74m	8'06"/km
25.	125	00:01:04	00:35:52	176m	6'04"/km
26.	123	00:01:17	00:37:09	151m	8'30"/km
27.	124	00:00:49	00:37:58	215m	3'48"/km
28.	120	00:01:08	00:39:06	246m	4'36"/km
29.	121	00:00:28	00:39:34	85m	5'29"/km
30.	180	00:00:14	00:39:48	52m	4'29"/km