



# Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

**Tomas MORREN**

ERSO-KSOO

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 1:12:59 (12'22"/km)

**60/71**

O.K.

[Volledige uitslagen op Webres](#)

- |                   |         |
|-------------------|---------|
| 1. Pierre QUINIET | 0:39:15 |
| 2. Tomy JANSSENS  | 0:39:48 |
| 3. Jo LINTEN      | 0:41:13 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 101 | 00:04:52 |          | 189m | 25'45"/km |
| 2.  | 102 | 00:02:06 | 00:06:58 | 217m | 9'41"/km  |
| 3.  | 103 | 00:01:39 | 00:08:37 | 207m | 7'58"/km  |
| 4.  | 104 | 00:03:34 | 00:12:11 | 489m | 7'18"/km  |
| 5.  | 126 | 00:01:46 | 00:13:57 | 175m | 10'06"/km |
| 6.  | 127 | 00:05:17 | 00:19:14 | 98m  | 53'55"/km |
| 7.  | 105 | 00:10:51 | 00:30:05 | 117m | 92'44"/km |
| 8.  | 107 | 00:02:15 | 00:32:20 | 268m | 8'24"/km  |
| 9.  | 108 | 00:01:57 | 00:34:17 | 97m  | 20'06"/km |
| 10. | 109 | 00:03:36 | 00:37:53 | 252m | 14'17"/km |
| 11. | 110 | 00:02:29 | 00:40:22 | 170m | 14'36"/km |
| 12. | 111 | 00:01:37 | 00:41:59 | 154m | 10'30"/km |
| 13. | 112 | 00:02:45 | 00:44:44 | 341m | 8'04"/km  |
| 14. | 113 | 00:02:02 | 00:46:46 | 142m | 14'19"/km |
| 15. | 114 | 00:01:44 | 00:48:30 | 239m | 7'15"/km  |
| 16. | 115 | 00:01:57 | 00:50:27 | 127m | 15'21"/km |
| 17. | 137 | 00:01:34 | 00:52:01 | 230m | 6'49"/km  |
| 18. | 117 | 00:02:46 | 00:54:47 | 187m | 14'48"/km |
| 19. | 118 | 00:01:59 | 00:56:46 | 251m | 7'54"/km  |
| 20. | 146 | 00:02:13 | 00:58:59 | 200m | 11'05"/km |
| 21. | 134 | 00:01:41 | 01:00:40 | 242m | 6'57"/km  |
| 22. | 140 | 00:02:57 | 01:03:37 | 341m | 8'39"/km  |
| 23. | 147 | 00:01:54 | 01:05:31 | 154m | 12'20"/km |
| 24. | 143 | 00:00:57 | 01:06:28 | 74m  | 12'50"/km |
| 25. | 125 | 00:01:16 | 01:07:44 | 176m | 7'12"/km  |
| 26. | 123 | 00:01:40 | 01:09:24 | 151m | 11'02"/km |
| 27. | 124 | 00:01:00 | 01:10:24 | 215m | 4'39"/km  |
| 28. | 120 | 00:01:30 | 01:11:54 | 246m | 6'06"/km  |
| 29. | 121 | 00:00:48 | 01:12:42 | 85m  | 9'25"/km  |
| 30. | 180 | 00:00:17 | 01:12:59 | 52m  | 5'27"/km  |