



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Philip VAN HEMELLEN

Plateau Beauvechain

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 0:42:22 (7'11"/km)

6/71

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.	139	00:01:06		193m	5'42"/km
2.	101	00:00:15	00:01:21		
3.	102	00:01:36	00:02:57	217m	7'22"/km
4.	103	00:01:15	00:04:12	207m	6'02"/km
5.	104	00:02:43	00:06:55	489m	5'33"/km
6.	126	00:01:16	00:08:11	175m	7'14"/km
7.	127	00:02:46	00:10:57	98m	28'14"/km
8.	105	00:00:59	00:11:56	117m	8'24"/km
9.	107	00:02:52	00:14:48	268m	10'42"/km
10.	108	00:01:12	00:16:00	97m	12'22"/km
11.	109	00:01:24	00:17:24	252m	5'33"/km
12.	110	00:01:36	00:19:00	170m	9'25"/km
13.	111	00:00:54	00:19:54	154m	5'51"/km
14.	112	00:01:53	00:21:47	341m	5'31"/km
15.	113	00:01:23	00:23:10	142m	9'45"/km
16.	114	00:01:28	00:24:38	239m	6'08"/km
17.	115	00:00:51	00:25:29	127m	6'42"/km
18.	137	00:01:31	00:27:00	230m	6'36"/km
19.	117	00:01:50	00:28:50	187m	9'48"/km
20.	118	00:01:35	00:30:25	251m	6'18"/km
21.	146	00:01:13	00:31:38	200m	6'05"/km
22.	134	00:01:25	00:33:03	242m	5'51"/km
23.	140	00:02:17	00:35:20	341m	6'42"/km
24.	147	00:01:29	00:36:49	154m	9'38"/km
25.	143	00:00:33	00:37:22	74m	7'26"/km
26.	125	00:01:01	00:38:23	176m	5'47"/km
27.	123	00:01:14	00:39:37	151m	8'10"/km
28.	124	00:00:49	00:40:26	215m	3'48"/km
29.	120	00:01:05	00:41:31	246m	4'24"/km
30.	121	00:00:39	00:42:10	85m	7'39"/km
31.	180	00:00:12	00:42:22	52m	3'51"/km