



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Nick WILLEMS

Bvr/5Li

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 0:48:51 (8'17"/km)

23/71

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	00:01:57		189m	10'19"/km
2.	102	00:03:29	00:05:26	217m	16'03"/km
3.	103	00:01:33	00:06:59	207m	7'29"/km
4.	104	00:03:31	00:10:30	489m	7'11"/km
5.	126	00:01:34	00:12:04	175m	8'57"/km
6.	127	00:01:43	00:13:47	98m	17'31"/km
7.	105	00:01:02	00:14:49	117m	8'50"/km
8.	107	00:01:58	00:16:47	268m	7'20"/km
9.	108	00:01:35	00:18:22	97m	16'19"/km
10.	109	00:01:52	00:20:14	252m	7'24"/km
11.	110	00:02:13	00:22:27	170m	13'02"/km
12.	111	00:01:03	00:23:30	154m	6'49"/km
13.	112	00:02:19	00:25:49	341m	6'48"/km
14.	113	00:01:32	00:27:21	142m	10'48"/km
15.	114	00:01:24	00:28:45	239m	5'51"/km
16.	115	00:00:59	00:29:44	127m	7'45"/km
17.	137	00:01:34	00:31:18	230m	6'49"/km
18.	117	00:01:53	00:33:11	187m	10'04"/km
19.	118	00:01:34	00:34:45	251m	6'15"/km
20.	146	00:01:42	00:36:27	200m	8'30"/km
21.	134	00:01:47	00:38:14	242m	7'22"/km
22.	140	00:02:11	00:40:25	341m	6'24"/km
23.	147	00:01:55	00:42:20	154m	12'27"/km
24.	143	00:00:43	00:43:03	74m	9'41"/km
25.	125	00:01:16	00:44:19	176m	7'12"/km
26.	123	00:01:28	00:45:47	151m	9'43"/km
27.	124	00:00:55	00:46:42	215m	4'16"/km
28.	120	00:01:16	00:47:58	246m	5'09"/km
29.	121	00:00:40	00:48:38	85m	7'51"/km
30.	180	00:00:13	00:48:51	52m	4'10"/km