



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Lucas DEFOSSE

Bn ChA

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 0:49:17 (8'21"/km)

27/71

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	00:03:03		189m	16'08"/km
2.	102	00:02:37	00:05:40	217m	12'04"/km
3.	103	00:01:33	00:07:13	207m	7'29"/km
4.	104	00:03:39	00:10:52	489m	7'28"/km
5.	126	00:01:45	00:12:37	175m	10'00"/km
6.	127	00:01:26	00:14:03	98m	14'38"/km
7.	105	00:00:58	00:15:01	117m	8'16"/km
8.	107	00:01:51	00:16:52	268m	6'54"/km
9.	108	00:01:33	00:18:25	97m	15'59"/km
10.	109	00:02:08	00:20:33	252m	8'28"/km
11.	110	00:01:55	00:22:28	170m	11'16"/km
12.	111	00:01:24	00:23:52	154m	9'05"/km
13.	112	00:02:08	00:26:00	341m	6'15"/km
14.	113	00:01:50	00:27:50	142m	12'55"/km
15.	114	00:01:29	00:29:19	239m	6'12"/km
16.	115	00:01:01	00:30:20	127m	8'00"/km
17.	137	00:01:48	00:32:08	230m	7'50"/km
18.	117	00:02:20	00:34:28	187m	12'29"/km
19.	118	00:01:31	00:35:59	251m	6'03"/km
20.	146	00:01:35	00:37:34	200m	7'55"/km
21.	134	00:01:27	00:39:01	242m	6'00"/km
22.	140	00:02:28	00:41:29	341m	7'14"/km
23.	147	00:01:51	00:43:20	154m	12'01"/km
24.	143	00:00:45	00:44:05	74m	10'08"/km
25.	125	00:01:09	00:45:14	176m	6'32"/km
26.	123	00:01:17	00:46:31	151m	8'30"/km
27.	124	00:00:50	00:47:21	215m	3'53"/km
28.	120	00:01:09	00:48:30	246m	4'40"/km
29.	121	00:00:35	00:49:05	85m	6'52"/km
30.	180	00:00:12	00:49:17	52m	3'51"/km