



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Raphael TAIS

ACOS IS

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 0:51:45 (8'46"/km)

38/71

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	00:01:31		189m	8'01"/km
2.	102	00:01:48	00:03:19	217m	8'18"/km
3.	103	00:01:43	00:05:02	207m	8'18"/km
4.	104	00:03:20	00:08:22	489m	6'49"/km
5.	126	00:01:56	00:10:18	175m	11'03"/km
6.	127	00:01:56	00:12:14	98m	19'44"/km
7.	105	00:01:12	00:13:26	117m	10'15"/km
8.	107	00:02:01	00:15:27	268m	7'31"/km
9.	108	00:01:49	00:17:16	97m	18'44"/km
10.	109	00:02:02	00:19:18	252m	8'04"/km
11.	110	00:02:07	00:21:25	170m	12'27"/km
12.	111	00:01:21	00:22:46	154m	8'46"/km
13.	112	00:02:48	00:25:34	341m	8'13"/km
14.	113	00:01:45	00:27:19	142m	12'19"/km
15.	114	00:01:39	00:28:58	239m	6'54"/km
16.	115	00:01:22	00:30:20	127m	10'46"/km
17.	137	00:01:51	00:32:11	230m	8'03"/km
18.	117	00:02:14	00:34:25	187m	11'57"/km
19.	118	00:01:56	00:36:21	251m	7'42"/km
20.	146	00:01:50	00:38:11	200m	9'10"/km
21.	134	00:01:33	00:39:44	242m	6'24"/km
22.	140	00:02:30	00:42:14	341m	7'20"/km
23.	147	00:02:17	00:44:31	154m	14'50"/km
24.	143	00:00:52	00:45:23	74m	11'43"/km
25.	125	00:01:32	00:46:55	176m	8'43"/km
26.	123	00:01:37	00:48:32	151m	10'42"/km
27.	124	00:01:07	00:49:39	215m	5'12"/km
28.	120	00:01:24	00:51:03	246m	5'41"/km
29.	121	00:00:29	00:51:32	85m	5'41"/km
30.	180	00:00:13	00:51:45	52m	4'10"/km