



Militair Regelmatigheidscriterium

Tilff 6.2.2024

CC R&A

Lucas DEFOSSE

Bn ChA

Omloop : H:01

Afstand : 8200m

Tijd : 1:19:12 (9'40"/km)

11/54

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------|---------|
| 1. Geert SIMKENS | 0:55:24 |
| 2. Tomy JANSSENS | 1:01:26 |
| 3. Jasper MOREELS | 1:05:31 |

1.	163	00:04:32		281m	16'08"/km
2.	101	00:03:06	00:07:38	206m	15'03"/km
3.	112	00:01:31	00:09:09	158m	9'36"/km
4.	113	00:01:49	00:10:58	140m	12'59"/km
5.	178	00:00:59	00:11:57	148m	6'39"/km
6.	179	00:00:00	00:11:57	129m	0'00"/km
7.	143	00:04:37	00:16:34	405m	11'24"/km
8.	154	00:05:06	00:21:40	279m	18'17"/km
9.	173	00:03:01	00:24:41	341m	8'51"/km
10.	114	00:01:32	00:26:13	210m	7'18"/km
11.	115	00:01:36	00:27:49	164m	9'45"/km
12.	129	00:03:21	00:31:10	358m	9'21"/km
13.	146	00:02:15	00:33:25	140m	16'04"/km
14.	131	00:03:58	00:37:23	431m	9'12"/km
15.	116	00:03:55	00:41:18	506m	7'44"/km
16.	117	00:01:44	00:43:02	213m	8'08"/km
17.	171	00:01:46	00:44:48	223m	7'55"/km
18.	118	00:03:56	00:48:44	276m	14'15"/km
19.	149	00:01:06	00:49:50	136m	8'05"/km
20.	147	00:07:36	00:57:26	475m	16'00"/km
21.	148	00:01:14	00:58:40	165m	7'28"/km
22.	134	00:01:49	01:00:29	202m	9'00"/km
23.	120	00:02:38	01:03:07	261m	10'05"/km
24.	150	00:01:34	01:04:41	226m	6'56"/km
25.	121	00:02:00	01:06:41	229m	8'44"/km
26.	137	00:02:38	01:09:19	388m	6'47"/km
27.	152	00:02:28	01:11:47	297m	8'18"/km
28.	139	00:02:15	01:14:02	287m	7'50"/km
29.	144	00:03:11	01:17:13	463m	6'53"/km
30.	110	00:00:54	01:18:07	127m	7'05"/km
31.	180	00:01:05	01:19:12	313m	3'28"/km