



# Militair Regelmatigheidscriterium

Arendonk 17.10.2023

Bvr/5Li

**Ronald SOMERS**

Kamp BEVERLO

Omloop : H:02

Afstand : 7700m

Tijd : 1:08:33 (8'54"/km)

**5/14**

O.K.

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- |                       |         |
|-----------------------|---------|
| 1. Sven HERMANS       | 1:04:15 |
| 2. Christophe RESTIVO | 1:04:32 |
| 3. Roel VAN DE MOORTE | 1:05:43 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 153 | 00:04:35 |          | 707m  | 6'29"/km  |
| 2.  | 141 | 00:00:39 | 00:05:14 | 77m   | 8'26"/km  |
| 3.  | 142 | 00:01:50 | 00:07:04 | 211m  | 8'41"/km  |
| 4.  | 101 | 00:01:48 | 00:08:52 | 141m  | 12'46"/km |
| 5.  | 143 | 00:01:50 | 00:10:42 | 180m  | 10'11"/km |
| 6.  | 160 | 00:01:47 | 00:12:29 | 246m  | 7'15"/km  |
| 7.  | 107 | 00:02:36 | 00:15:05 | 283m  | 9'11"/km  |
| 8.  | 109 | 00:03:11 | 00:18:16 | 355m  | 8'58"/km  |
| 9.  | 161 | 00:10:47 | 00:29:03 | 1364m | 7'54"/km  |
| 10. | 116 | 00:04:02 | 00:33:05 | 493m  | 8'11"/km  |
| 11. | 117 | 00:02:14 | 00:35:19 | 242m  | 9'14"/km  |
| 12. | 118 | 00:01:07 | 00:36:26 | 114m  | 9'48"/km  |
| 13. | 125 | 00:08:45 | 00:45:11 | 917m  | 9'33"/km  |
| 14. | 165 | 00:03:44 | 00:48:55 | 428m  | 8'43"/km  |
| 15. | 113 | 00:02:18 | 00:51:13 | 215m  | 10'42"/km |
| 16. | 134 | 00:03:05 | 00:54:18 | 392m  | 7'52"/km  |
| 17. | 166 | 00:03:13 | 00:57:31 | 285m  | 11'17"/km |
| 18. | 130 | 00:01:59 | 00:59:30 | 151m  | 13'08"/km |
| 19. | 129 | 00:01:54 | 01:01:24 | 248m  | 7'40"/km  |
| 20. | 146 | 00:02:17 | 01:03:41 | 180m  | 12'41"/km |
| 21. | 135 | 00:02:44 | 01:06:25 | 235m  | 11'38"/km |
| 22. | 164 | 00:01:04 | 01:07:29 | 95m   | 11'14"/km |
| 23. | 133 | 00:00:44 | 01:08:13 | 89m   | 8'14"/km  |
| 24. | 180 | 00:00:20 | 01:08:33 | 61m   | 5'28"/km  |

Orienteering Software