



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Sebastien FRANCO

MRMP

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 0:43:38 (7'24"/km)

9/71

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	00:01:35		189m	8'23"/km
2.	102	00:01:32	00:03:07	217m	7'04"/km
3.	103	00:01:27	00:04:34	207m	7'00"/km
4.	104	00:02:52	00:07:26	489m	5'52"/km
5.	126	00:01:21	00:08:47	175m	7'43"/km
6.	127	00:01:23	00:10:10	98m	14'07"/km
7.	105	00:00:59	00:11:09	117m	8'24"/km
8.	107	00:01:43	00:12:52	268m	6'24"/km
9.	108	00:01:23	00:14:15	97m	14'16"/km
10.	109	00:01:57	00:16:12	252m	7'44"/km
11.	110	00:01:46	00:17:58	170m	10'24"/km
12.	111	00:00:55	00:18:53	154m	5'57"/km
13.	112	00:02:10	00:21:03	341m	6'21"/km
14.	113	00:01:37	00:22:40	142m	11'23"/km
15.	114	00:01:22	00:24:02	239m	5'43"/km
16.	115	00:01:30	00:25:32	127m	11'49"/km
17.	137	00:01:33	00:27:05	230m	6'44"/km
18.	117	00:01:44	00:28:49	187m	9'16"/km
19.	118	00:01:41	00:30:30	251m	6'42"/km
20.	146	00:01:24	00:31:54	200m	7'00"/km
21.	134	00:01:31	00:33:25	242m	6'16"/km
22.	140	00:02:08	00:35:33	341m	6'15"/km
23.	147	00:01:46	00:37:19	154m	11'28"/km
24.	143	00:00:46	00:38:05	74m	10'22"/km
25.	125	00:01:11	00:39:16	176m	6'43"/km
26.	123	00:01:26	00:40:42	151m	9'30"/km
27.	124	00:00:57	00:41:39	215m	4'25"/km
28.	120	00:01:15	00:42:54	246m	5'05"/km
29.	121	00:00:31	00:43:25	85m	6'05"/km
30.	180	00:00:13	00:43:38	52m	4'10"/km