



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Frank SCHEPERS

10 Gp CIS

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 0:48:55 (8'17"/km)

25/71

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	00:01:38	00:03:09	217m	7'32"/km
3.	103	00:01:31	00:04:40	207m	7'20"/km
4.	104	00:03:08	00:07:48	489m	6'24"/km
5.	126	00:01:31	00:09:19	175m	8'40"/km
6.	127	00:01:28	00:10:47	98m	14'58"/km
7.	105	00:01:03	00:11:50	117m	8'58"/km
8.	107	00:01:54	00:13:44	268m	7'05"/km
9.	108	00:01:36	00:15:20	97m	16'30"/km
10.	109	00:02:17	00:17:37	252m	9'04"/km
11.	110	00:01:55	00:19:32	170m	11'16"/km
12.	111	00:01:24	00:20:56	154m	9'05"/km
13.	112	00:02:23	00:23:19	341m	6'59"/km
14.	113	00:01:38	00:24:57	142m	11'30"/km
15.	114	00:01:44	00:26:41	239m	7'15"/km
16.	115	00:01:08	00:27:49	127m	8'55"/km
17.	137	00:03:11	00:31:00	230m	13'50"/km
18.	117	00:02:27	00:33:27	187m	13'06"/km
19.	118	00:01:45	00:35:12	251m	6'58"/km
20.	146	00:01:26	00:36:38	200m	7'10"/km
21.	134	00:01:33	00:38:11	242m	6'24"/km
22.	140	00:02:30	00:40:41	341m	7'20"/km
23.	147	00:01:52	00:42:33	154m	12'07"/km
24.	143	00:00:49	00:43:22	74m	11'02"/km
25.	125	00:01:14	00:44:36	176m	7'00"/km
26.	123	00:01:26	00:46:02	151m	9'30"/km
27.	124	00:00:57	00:46:59	215m	4'25"/km
28.	120	00:01:15	00:48:14	246m	5'05"/km
29.	121	00:00:29	00:48:43	85m	5'41"/km
30.	180	00:00:12	00:48:55	52m	3'51"/km