



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Franky COOLS

Bn Aie

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 0:50:16 (8'31"/km)

33/71

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.	139	00:01:53		193m	9'45"/km
2.	101	00:00:12	00:02:05		
3.	102	00:01:50	00:03:55	217m	8'27"/km
4.	103	00:01:35	00:05:30	207m	7'39"/km
5.	104	00:03:16	00:08:46	489m	6'41"/km
6.	126	00:01:36	00:10:22	175m	9'09"/km
7.	127	00:01:33	00:11:55	98m	15'49"/km
8.	105	00:01:04	00:12:59	117m	9'07"/km
9.	107	00:01:51	00:14:50	268m	6'54"/km
10.	108	00:01:39	00:16:29	97m	17'01"/km
11.	109	00:01:43	00:18:12	252m	6'49"/km
12.	110	00:02:19	00:20:31	170m	13'38"/km
13.	111	00:01:13	00:21:44	154m	7'54"/km
14.	112	00:02:32	00:24:16	341m	7'26"/km
15.	113	00:01:45	00:26:01	142m	12'19"/km
16.	114	00:01:31	00:27:32	239m	6'21"/km
17.	115	00:01:15	00:28:47	127m	9'51"/km
18.	137	00:03:15	00:32:02	230m	14'08"/km
19.	117	00:02:17	00:34:19	187m	12'13"/km
20.	118	00:01:50	00:36:09	251m	7'18"/km
21.	146	00:01:32	00:37:41	200m	7'40"/km
22.	134	00:01:32	00:39:13	242m	6'20"/km
23.	140	00:02:39	00:41:52	341m	7'46"/km
24.	147	00:01:51	00:43:43	154m	12'01"/km
25.	143	00:00:46	00:44:29	74m	10'22"/km
26.	125	00:01:15	00:45:44	176m	7'06"/km
27.	123	00:01:30	00:47:14	151m	9'56"/km
28.	124	00:00:57	00:48:11	215m	4'25"/km
29.	120	00:01:19	00:49:30	246m	5'21"/km
30.	121	00:00:34	00:50:04	85m	6'40"/km
31.	180	00:00:12	00:50:16	52m	3'51"/km