



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Stijn IGNOUL

CBOS Noord

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 0:50:56 (8'38"/km)

37/71

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	00:02:05		189m	11'01"/km
2.	102	00:04:17	00:06:22	217m	19'44"/km
3.	103	00:01:47	00:08:09	207m	8'37"/km
4.	104	00:03:02	00:11:11	489m	6'12"/km
5.	126	00:01:25	00:12:36	175m	8'06"/km
6.	127	00:01:35	00:14:11	98m	16'09"/km
7.	105	00:01:32	00:15:43	117m	13'06"/km
8.	107	00:02:02	00:17:45	268m	7'35"/km
9.	108	00:01:35	00:19:20	97m	16'19"/km
10.	109	00:02:26	00:21:46	252m	9'39"/km
11.	110	00:02:05	00:23:51	170m	12'15"/km
12.	111	00:01:09	00:25:00	154m	7'28"/km
13.	112	00:02:20	00:27:20	341m	6'51"/km
14.	113	00:01:48	00:29:08	142m	12'41"/km
15.	114	00:01:28	00:30:36	239m	6'08"/km
16.	115	00:01:06	00:31:42	127m	8'40"/km
17.	137	00:01:30	00:33:12	230m	6'31"/km
18.	117	00:01:54	00:35:06	187m	10'10"/km
19.	118	00:01:47	00:36:53	251m	7'06"/km
20.	146	00:01:38	00:38:31	200m	8'10"/km
21.	134	00:01:31	00:40:02	242m	6'16"/km
22.	140	00:02:22	00:42:24	341m	6'56"/km
23.	147	00:01:57	00:44:21	154m	12'40"/km
24.	143	00:00:41	00:45:02	74m	9'14"/km
25.	125	00:01:22	00:46:24	176m	7'46"/km
26.	123	00:01:23	00:47:47	151m	9'10"/km
27.	124	00:00:59	00:48:46	215m	4'34"/km
28.	120	00:01:18	00:50:04	246m	5'17"/km
29.	121	00:00:39	00:50:43	85m	7'39"/km
30.	180	00:00:13	00:50:56	52m	4'10"/km