



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Sander RENCKENS

CC Land Dept Man

Course : H:01

Distance : 5900m (Climbing 195m)

Time : 1:02:00 (10'31"/km)

50/71

O.K.

[Full result on Webres](#)

1. Pierre QUINIET	0:39:15
2. Tomy JANSSENS	0:39:48
3. Jo LINTEN	0:41:13

1.	101	00:07:15		189m	38'22"/km
2.	102	00:02:03	00:09:18	217m	9'27"/km
3.	103	00:01:55	00:11:13	207m	9'16"/km
4.	104	00:03:47	00:15:00	489m	7'44"/km
5.	126	00:01:47	00:16:47	175m	10'11"/km
6.	127	00:02:01	00:18:48	98m	20'35"/km
7.	105	00:01:10	00:19:58	117m	9'58"/km
8.	107	00:02:21	00:22:19	268m	8'46"/km
9.	108	00:01:52	00:24:11	97m	19'15"/km
10.	109	00:02:06	00:26:17	252m	8'20"/km
11.	110	00:02:19	00:28:36	170m	13'38"/km
12.	111	00:01:29	00:30:05	154m	9'38"/km
13.	112	00:02:43	00:32:48	341m	7'58"/km
14.	113	00:02:02	00:34:50	142m	14'19"/km
15.	114	00:01:38	00:36:28	239m	6'50"/km
16.	115	00:01:45	00:38:13	127m	13'47"/km
17.	137	00:02:15	00:40:28	230m	9'47"/km
18.	117	00:02:30	00:42:58	187m	13'22"/km
19.	118	00:02:10	00:45:08	251m	8'38"/km
20.	146	00:01:42	00:46:50	200m	8'30"/km
21.	134	00:01:55	00:48:45	242m	7'55"/km
22.	140	00:02:50	00:51:35	341m	8'19"/km
23.	147	00:02:39	00:54:14	154m	17'12"/km
24.	143	00:00:59	00:55:13	74m	13'17"/km
25.	125	00:01:23	00:56:36	176m	7'52"/km
26.	123	00:01:49	00:58:25	151m	12'02"/km
27.	124	00:01:10	00:59:35	215m	5'26"/km
28.	120	00:01:30	01:01:05	246m	6'06"/km
29.	121	00:00:40	01:01:45	85m	7'51"/km
30.	180	00:00:15	01:02:00	52m	4'48"/km