



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Christophe LADRIE

Plateau Beauvechain

Omloop : H:01

Afstand : 5900m (Hoogteverschil 195m)

Tijd : 1:06:59 (11'21"/km)

57/71

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	00:02:57		189m	15'37"/km
2.	102	00:01:57	00:04:54	217m	8'59"/km
3.	103	00:02:00	00:06:54	207m	9'40"/km
4.	104	00:04:03	00:10:57	489m	8'17"/km
5.	126	00:02:09	00:13:06	175m	12'17"/km
6.	127	00:02:03	00:15:09	98m	20'55"/km
7.	105	00:01:18	00:16:27	117m	11'07"/km
8.	107	00:03:15	00:19:42	268m	12'08"/km
9.	108	00:01:50	00:21:32	97m	18'54"/km
10.	109	00:02:13	00:23:45	252m	8'48"/km
11.	110	00:02:41	00:26:26	170m	15'47"/km
12.	111	00:01:31	00:27:57	154m	9'51"/km
13.	112	00:07:01	00:34:58	341m	20'35"/km
14.	113	00:02:06	00:37:04	142m	14'47"/km
15.	114	00:01:46	00:38:50	239m	7'24"/km
16.	115	00:01:24	00:40:14	127m	11'01"/km
17.	137	00:02:44	00:42:58	230m	11'53"/km
18.	117	00:03:16	00:46:14	187m	17'28"/km
19.	118	00:02:17	00:48:31	251m	9'06"/km
20.	146	00:01:49	00:50:20	200m	9'05"/km
21.	134	00:01:55	00:52:15	242m	7'55"/km
22.	140	00:02:59	00:55:14	341m	8'45"/km
23.	147	00:02:37	00:57:51	154m	16'59"/km
24.	143	00:00:58	00:58:49	74m	13'04"/km
25.	125	00:01:43	01:00:32	176m	9'45"/km
26.	123	00:01:57	01:02:29	151m	12'55"/km
27.	124	00:01:14	01:03:43	215m	5'44"/km
28.	120	00:02:15	01:05:58	246m	9'09"/km
29.	121	00:00:43	01:06:41	85m	8'26"/km
30.	180	00:00:18	01:06:59	52m	5'46"/km