



Militair Regelmatigheidscriterium

Tilff 6.2.2024

CC R&A

Quentin PREUD'HOMME

Bn ChA

Course : H:01

Distance : 8200m

Time : 1:29:24 (10'54"/km)

20/54

O.K.

[Full result on Webres](#)

1. Geert SIMKENS	0:55:24
2. Tomy JANSSENS	1:01:26
3. Jasper MOREELS	1:05:31

1.	163	00:03:14		281m	11'30"/km
2.	101	00:02:48	00:06:02	206m	13'36"/km
3.	112	00:01:49	00:07:51	158m	11'30"/km
4.	113	00:02:19	00:10:10	140m	16'33"/km
5.	178	00:01:06	00:11:16	148m	7'26"/km
6.	179	00:00:00	00:11:16	129m	0'00"/km
7.	143	00:03:25	00:14:41	405m	8'26"/km
8.	154	00:09:09	00:23:50	279m	32'48"/km
9.	173	00:03:06	00:26:56	341m	9'05"/km
10.	114	00:01:53	00:28:49	210m	8'58"/km
11.	115	00:02:27	00:31:16	164m	14'56"/km
12.	129	00:04:28	00:35:44	358m	12'29"/km
13.	146	00:02:47	00:38:31	140m	19'53"/km
14.	131	00:05:34	00:44:05	431m	12'55"/km
15.	116	00:05:10	00:49:15	506m	10'13"/km
16.	117	00:01:57	00:51:12	213m	9'09"/km
17.	171	00:02:27	00:53:39	223m	10'59"/km
18.	118	00:02:26	00:56:05	276m	8'49"/km
19.	149	00:01:32	00:57:37	136m	11'16"/km
20.	147	00:05:29	01:03:06	475m	11'33"/km
21.	148	00:01:40	01:04:46	165m	10'06"/km
22.	134	00:01:49	01:06:35	202m	9'00"/km
23.	120	00:02:57	01:09:32	261m	11'18"/km
24.	150	00:01:55	01:11:27	226m	8'29"/km
25.	121	00:01:40	01:13:07	229m	7'17"/km
26.	137	00:03:11	01:16:18	388m	8'12"/km
27.	152	00:03:31	01:19:49	297m	11'50"/km
28.	139	00:03:14	01:23:03	287m	11'16"/km
29.	144	00:03:59	01:27:02	463m	8'36"/km
30.	110	00:01:07	01:28:09	127m	8'48"/km
31.	180	00:01:15	01:29:24	313m	4'00"/km