



# Militair Regelmaticheids criterium

Tilff 6.2.2024

CC R&A

**Sylvain STERCKX**

Md Bn 1/3 L

Omloop : H:01

Afstand : 8200m

Tijd : 1:33:54 (11'27"/km)

22/54

O.K.

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 163 | 00:02:30 |          | 281m | 8'54"/km  |
| 2.  | 101 | 00:01:44 | 00:04:14 | 206m | 8'25"/km  |
| 3.  | 112 | 00:01:15 | 00:05:29 | 158m | 7'55"/km  |
| 4.  | 113 | 00:01:45 | 00:07:14 | 140m | 12'30"/km |
| 5.  | 178 | 00:01:02 | 00:08:16 | 148m | 6'59"/km  |
| 6.  | 179 | 00:00:00 | 00:08:16 | 129m | 0'00"/km  |
| 7.  | 143 | 00:03:02 | 00:11:18 | 405m | 7'29"/km  |
| 8.  | 154 | 00:03:52 | 00:15:10 | 279m | 13'52"/km |
| 9.  | 173 | 00:03:19 | 00:18:29 | 341m | 9'44"/km  |
| 10. | 114 | 00:11:02 | 00:29:31 | 210m | 52'32"/km |
| 11. | 115 | 00:02:58 | 00:32:29 | 164m | 18'05"/km |
| 12. | 129 | 00:04:23 | 00:36:52 | 358m | 12'15"/km |
| 13. | 146 | 00:03:01 | 00:39:53 | 140m | 21'33"/km |
| 14. | 131 | 00:03:45 | 00:43:38 | 431m | 8'42"/km  |
| 15. | 116 | 00:04:16 | 00:47:54 | 506m | 8'26"/km  |
| 16. | 117 | 00:02:09 | 00:50:03 | 213m | 10'06"/km |
| 17. | 171 | 00:02:24 | 00:52:27 | 223m | 10'46"/km |
| 18. | 118 | 00:02:01 | 00:54:28 | 276m | 7'18"/km  |
| 19. | 149 | 00:01:42 | 00:56:10 | 136m | 12'30"/km |
| 20. | 147 | 00:04:17 | 01:00:27 | 475m | 9'01"/km  |
| 21. | 148 | 00:04:39 | 01:05:06 | 165m | 28'11"/km |
| 22. | 134 | 00:02:13 | 01:07:19 | 202m | 10'58"/km |
| 23. | 120 | 00:02:14 | 01:09:33 | 261m | 8'33"/km  |
| 24. | 150 | 00:02:21 | 01:11:54 | 226m | 10'24"/km |
| 25. | 121 | 00:02:43 | 01:14:37 | 229m | 11'52"/km |
| 26. | 137 | 00:03:25 | 01:18:02 | 388m | 8'48"/km  |
| 27. | 152 | 00:03:25 | 01:21:27 | 297m | 11'30"/km |
| 28. | 139 | 00:03:25 | 01:24:52 | 287m | 11'54"/km |
| 29. | 144 | 00:05:55 | 01:30:47 | 463m | 12'47"/km |
| 30. | 110 | 00:01:28 | 01:32:15 | 127m | 11'33"/km |
| 31. | 180 | 00:01:39 | 01:33:54 | 313m | 5'16"/km  |