



Militair Regelmatigheidscriterium

Tilff 6.2.2024

CC R&A

Sander RENCKENS

CC Land Dept Man

Course : H:01

Distance : 8200m

Time : 1:54:22 (13'57"/km)

34/54

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	00:03:48		281m	13'31"/km
2.	101	00:02:58	00:06:46	206m	14'24"/km
3.	112	00:03:41	00:10:27	158m	23'19"/km
4.	113	00:06:14	00:16:41	140m	44'31"/km
5.	178	00:01:01	00:17:42	148m	6'52"/km
6.	178	00:00:00	00:17:42		
7.	179	00:00:00	00:17:42	129m	0'00"/km
8.	179	00:00:05	00:17:47		
9.	143	00:05:54	00:23:41	405m	14'34"/km
10.	154	00:06:09	00:29:50	279m	22'03"/km
11.	173	00:03:59	00:33:49	341m	11'41"/km
12.	114	00:02:19	00:36:08	210m	11'02"/km
13.	115	00:03:26	00:39:34	164m	20'56"/km
14.	129	00:05:58	00:45:32	358m	16'40"/km
15.	146	00:03:10	00:48:42	140m	22'37"/km
16.	131	00:05:30	00:54:12	431m	12'46"/km
17.	116	00:05:46	00:59:58	506m	11'24"/km
18.	117	00:02:29	01:02:27	213m	11'40"/km
19.	171	00:02:43	01:05:10	223m	12'11"/km
20.	118	00:03:57	01:09:07	276m	14'19"/km
21.	149	00:02:52	01:11:59	136m	21'05"/km
22.	147	00:06:45	01:18:44	475m	14'13"/km
23.	148	00:01:44	01:20:28	165m	10'30"/km
24.	134	00:01:56	01:22:24	202m	9'34"/km
25.	120	00:03:54	01:26:18	261m	14'57"/km
26.	150	00:06:03	01:32:21	226m	26'46"/km
27.	121	00:01:57	01:34:18	229m	8'31"/km
28.	137	00:03:51	01:38:09	388m	9'55"/km
29.	152	00:03:29	01:41:38	297m	11'44"/km
30.	139	00:04:14	01:45:52	287m	14'45"/km
31.	144	00:05:49	01:51:41	463m	12'34"/km
32.	110	00:01:10	01:52:51	127m	9'11"/km
33.	180	00:01:31	01:54:22	313m	4'51"/km