



Militair regelmatigheidscriterium Provincie Commando Limburg

Leopoldsburg 11.12.2024

Mil Prov Comdo Limburg

Maarten VANCOETSEM

IRMEP - KMILO

Percorso : H:01

Distancia : 9300m

Tempo : 0:55:39 (5'59"/km)

1/57

O.K.

[Resultados completos em Webres](#)

2. Tomy JANSSENS 0:58:09
3. Jasper MOREELS 0:58:42

1.	163	00:02:00		418m	4'47"/km
2.	164	00:01:44	00:03:44	278m	6'14"/km
3.	174	00:01:08	00:04:52	179m	6'20"/km
4.	155	00:01:40	00:06:32	244m	6'50"/km
5.	169	00:00:46	00:07:18	147m	5'13"/km
6.	162	00:01:27	00:08:45	185m	7'50"/km
7.	110	00:01:36	00:10:21	239m	6'42"/km
8.	155	00:01:40	00:12:01	326m	5'07"/km
9.	127	00:01:12	00:13:13	214m	5'36"/km
10.	104	00:01:14	00:14:27	272m	4'32"/km
11.	161	00:00:42	00:15:09	96m	7'17"/km
12.	155	00:01:05	00:16:14	209m	5'11"/km
13.	173	00:01:56	00:18:10	324m	5'58"/km
14.	147	00:00:54	00:19:04	148m	6'05"/km
15.	137	00:00:51	00:19:55	183m	4'39"/km
16.	167	00:03:07	00:23:02	444m	7'01"/km
17.	106	00:04:23	00:27:25	914m	4'48"/km
18.	134	00:00:53	00:28:18	171m	5'10"/km
19.	112	00:01:01	00:29:19	172m	5'55"/km
20.	115	00:01:19	00:30:38	231m	5'42"/km
21.	112	00:03:15	00:33:53	399m	8'09"/km
22.	118	00:00:45	00:34:38	131m	5'44"/km
23.	107	00:01:47	00:36:25		
24.	178	00:03:04	00:39:29		
25.	175	00:01:32	00:41:01	194m	7'54"/km
26.	168	00:00:53	00:41:54	96m	9'12"/km
27.	101	00:01:57	00:43:51	357m	5'28"/km
28.	121	00:01:48	00:45:39	343m	5'15"/km
29.	130	00:01:56	00:47:35	445m	4'21"/km
30.	132	00:03:01	00:50:36	502m	6'01"/km
31.	116	00:01:42	00:52:18	300m	5'40"/km
32.	133	00:01:41	00:53:59	286m	5'53"/km
33.	135	00:01:21	00:55:20	292m	4'37"/km
34.	180	00:00:19	00:55:39	64m	4'57"/km