



# Militair regelmatigheidscriterium Provincie Commando Limburg

Leopoldsburg 11.12.2024

Mil Prov Comdo Limburg

**Tim COPPENS**

ACOS IS

Omloop : H:01

Afstand : 9300m

Tijd : 1:00:05 (6'28"/km)

4/57

O.K.

[Volledige uitslagen op Webres](#)

1. Maarten VANCOETSEM 0:55:39
2. Tomy JANSSENS 0:58:09
3. Jasper MOREELS 0:58:42

1.	163	00:02:19		418m	5'33"/km
2.	164	00:02:21	00:04:40	278m	8'27"/km
3.	174	00:01:17	00:05:57	179m	7'10"/km
4.	155	00:01:48	00:07:45	244m	7'23"/km
5.	169	00:00:49	00:08:34	147m	5'33"/km
6.	162	00:00:58	00:09:32	185m	5'14"/km
7.	110	00:01:30	00:11:02	239m	6'17"/km
8.	155	00:01:54	00:12:56	326m	5'50"/km
9.	127	00:01:20	00:14:16	214m	6'14"/km
10.	104	00:01:31	00:15:47	272m	5'35"/km
11.	161	00:00:51	00:16:38	96m	8'51"/km
12.	155	00:01:06	00:17:44	209m	5'16"/km
13.	173	00:01:46	00:19:30	324m	5'27"/km
14.	147	00:01:27	00:20:57	148m	9'48"/km
15.	137	00:00:55	00:21:52	183m	5'01"/km
16.	136	00:02:32	00:24:24	375m	6'45"/km
17.	167	00:00:44	00:25:08		
18.	106	00:05:06	00:30:14	914m	5'35"/km
19.	134	00:01:00	00:31:14	171m	5'51"/km
20.	112	00:01:16	00:32:30	172m	7'22"/km
21.	115	00:01:27	00:33:57	231m	6'17"/km
22.	179	00:01:48	00:35:45		
23.	112	00:01:21	00:37:06		
24.	118	00:00:50	00:37:56	131m	6'22"/km
25.	107	00:01:08	00:39:04		
26.	178	00:02:45	00:41:49		
27.	175	00:01:30	00:43:19	194m	7'44"/km
28.	168	00:00:49	00:44:08	96m	8'30"/km
29.	101	00:02:12	00:46:20	357m	6'10"/km
30.	121	00:02:04	00:48:24	343m	6'02"/km
31.	130	00:02:24	00:50:48	445m	5'24"/km
32.	132	00:03:16	00:54:04	502m	6'30"/km
33.	116	00:01:47	00:55:51	300m	5'57"/km
34.	133	00:02:15	00:58:06	286m	7'52"/km
35.	135	00:01:36	00:59:42	292m	5'29"/km
36.	180	00:00:23	01:00:05	64m	5'59"/km