



Militair regelmatigheidscriterium Provincie Commando Limburg

Leopoldsburg 11.12.2024

Mil Prov Comdo Limburg

Hans VANBAELEN

CBOS Noord

Course : H:01

Distance : 9300m

Time : 1:00:38 (6'31"/km)

5/57

O.K.

[Full result on Webres](#)

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

1.	163	00:02:25		418m	5'47"/km
2.	164	00:02:04	00:04:29	278m	7'26"/km
3.	174	00:01:17	00:05:46	179m	7'10"/km
4.	155	00:01:56	00:07:42	244m	7'55"/km
5.	169	00:00:50	00:08:32	147m	5'40"/km
6.	162	00:01:10	00:09:42	185m	6'18"/km
7.	110	00:01:39	00:11:21	239m	6'54"/km
8.	155	00:02:35	00:13:56	326m	7'55"/km
9.	127	00:01:14	00:15:10	214m	5'46"/km
10.	104	00:01:18	00:16:28	272m	4'47"/km
11.	161	00:00:56	00:17:24	96m	9'43"/km
12.	155	00:01:06	00:18:30	209m	5'16"/km
13.	173	00:01:51	00:20:21	324m	5'43"/km
14.	147	00:02:23	00:22:44	148m	16'06"/km
15.	137	00:01:04	00:23:48	183m	5'50"/km
16.	167	00:03:05	00:26:53	444m	6'57"/km
17.	106	00:05:03	00:31:56	914m	5'32"/km
18.	134	00:00:52	00:32:48	171m	5'04"/km
19.	112	00:01:02	00:33:50	172m	6'00"/km
20.	115	00:01:17	00:35:07	231m	5'33"/km
21.	112	00:03:13	00:38:20	399m	8'04"/km
22.	118	00:00:46	00:39:06	131m	5'51"/km
23.	107	00:00:59	00:40:05		
24.	178	00:02:40	00:42:45		
25.	175	00:01:39	00:44:24	194m	8'30"/km
26.	168	00:00:55	00:45:19	96m	9'33"/km
27.	101	00:02:05	00:47:24	357m	5'50"/km
28.	121	00:01:59	00:49:23	343m	5'47"/km
29.	130	00:02:11	00:51:34	445m	4'54"/km
30.	132	00:03:40	00:55:14	502m	7'18"/km
31.	116	00:01:37	00:56:51	300m	5'23"/km
32.	133	00:02:08	00:58:59	286m	7'28"/km
33.	135	00:01:21	01:00:20	292m	4'37"/km
34.	180	00:00:18	01:00:38	64m	4'41"/km