



Militair regelmatigheidscriterium Provincie Commando Limburg

Leopoldsburg 11.12.2024

Mil Prov Comdo Limburg

Rob VRANKEN

hamok

Course : H:01

Distance : 9300m

Time : 1:12:41 (7'49"/km)

15/57

O.K.

[Full result on Webres](#)

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

1.	163	00:04:39		418m	11'07"/km
2.	164	00:02:07	00:06:46	278m	7'37"/km
3.	174	00:01:25	00:08:11	179m	7'55"/km
4.	155	00:02:13	00:10:24	244m	9'05"/km
5.	169	00:01:08	00:11:32	147m	7'43"/km
6.	162	00:01:40	00:13:12	185m	9'01"/km
7.	110	00:01:58	00:15:10	239m	8'14"/km
8.	155	00:02:19	00:17:29	326m	7'06"/km
9.	127	00:01:31	00:19:00	214m	7'05"/km
10.	104	00:01:35	00:20:35	272m	5'49"/km
11.	161	00:00:47	00:21:22	96m	8'10"/km
12.	155	00:01:17	00:22:39	209m	6'08"/km
13.	173	00:02:04	00:24:43	324m	6'23"/km
14.	147	00:01:05	00:25:48	148m	7'19"/km
15.	137	00:01:16	00:27:04	183m	6'55"/km
16.	167	00:03:49	00:30:53	444m	8'36"/km
17.	106	00:05:34	00:36:27	914m	6'05"/km
18.	134	00:01:21	00:37:48	171m	7'54"/km
19.	112	00:01:10	00:38:58	172m	6'47"/km
20.	115	00:01:46	00:40:44	231m	7'39"/km
21.	112	00:04:52	00:45:36	399m	12'12"/km
22.	118	00:00:58	00:46:34	131m	7'23"/km
23.	107	00:01:06	00:47:40		
24.	178	00:03:13	00:50:53		
25.	175	00:01:58	00:52:51	194m	10'08"/km
26.	168	00:01:12	00:54:03	96m	12'30"/km
27.	101	00:02:56	00:56:59	357m	8'13"/km
28.	121	00:02:19	00:59:18	343m	6'45"/km
29.	130	00:02:30	01:01:48	445m	5'37"/km
30.	132	00:03:53	01:05:41	502m	7'44"/km
31.	116	00:01:57	01:07:38	300m	6'30"/km
32.	133	00:02:24	01:10:02	286m	8'23"/km
33.	135	00:02:15	01:12:17	292m	7'42"/km
34.	180	00:00:24	01:12:41	64m	6'15"/km