



Militair regelmatigheidscriterium Provincie Commando Limburg

Leopoldsburg 11.12.2024

Mil Prov Comdo Limburg

Alfonso CORTES PINILLA

JFC Brunssum

Circuit : H:01

Distance : 9300m

Temps : 1:28:27 (9'31"/km)

32/57

O.K.

[Résultats complets sur Webres](#)

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

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