



Militair regelmatigheidscriterium Provincie Commando Limburg

Leopoldsburg 11.12.2024

Mil Prov Comdo Limburg

Frank SCHEPERS

10 Gp CIS

Omloop : H:02

Afstand : 8000m

Tijd : 1:03:18 (7'55"/km)

3/20

O.K.

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- | | |
|-----------------|---------|
| 1. Wim HERMANS | 1:01:01 |
| 2. Sven HERMANS | 1:02:04 |

1.	127	00:01:59		214m	9'16"/km
2.	139	00:03:34	00:05:33	376m	9'29"/km
3.	144	00:01:55	00:07:28	182m	10'32"/km
4.	159	00:02:01	00:09:29	235m	8'35"/km
5.	123	00:01:33	00:11:02	163m	9'31"/km
6.	146	00:02:18	00:13:20	312m	7'22"/km
7.	110	00:01:06	00:14:26	111m	9'55"/km
8.	151	00:01:28	00:15:54	262m	5'36"/km
9.	154	00:01:19	00:17:13	192m	6'51"/km
10.	174	00:01:59	00:19:12	361m	5'30"/km
11.	163	00:01:54	00:21:06	316m	6'01"/km
12.	136	00:02:37	00:23:43	305m	8'35"/km
13.	171	00:01:52	00:25:35	273m	6'50"/km
14.	106	00:06:16	00:31:51	727m	8'37"/km
15.	107	00:00:36	00:32:27		
16.	134	00:02:32	00:34:59		
17.	108	00:00:30	00:35:29	55m	9'05"/km
18.	113	00:02:33	00:38:02	269m	9'29"/km
19.	118	00:02:13	00:40:15	306m	7'15"/km
20.	126	00:03:20	00:43:35	479m	6'58"/km
21.	128	00:00:49	00:44:24		
22.	175	00:01:08	00:45:32		
23.	114	00:02:05	00:47:37	328m	6'21"/km
24.	171	00:01:18	00:48:55	205m	6'20"/km
25.	144	00:02:33	00:51:28	408m	6'15"/km
26.	132	00:02:24	00:53:52	324m	7'24"/km
27.	164	00:01:25	00:55:17	143m	9'54"/km
28.	167	00:01:46	00:57:03	194m	9'06"/km
29.	147	00:04:06	01:01:09	600m	6'50"/km
30.	135	00:01:46	01:02:55	188m	9'24"/km
31.	180	00:00:23	01:03:18	64m	5'59"/km