



Militair regelmatigheidscriterium Provincie Commando Limburg

Leopoldsburg 11.12.2024

Mil Prov Comdo Limburg

Stijn IGNOUL

CBOS Noord

Course : H:02

Distance : 8000m

Time : 1:19:12 (9'54"/km)

12/20

O.K.

[Full result on Webres](#)

1. Wim HERMANS	1:01:01
2. Sven HERMANS	1:02:04
3. Frank SCHEPERS	1:03:18

1.	127	00:04:02		214m	18'51"/km
2.	139	00:03:30	00:07:32	376m	9'19"/km
3.	144	00:02:06	00:09:38	182m	11'32"/km
4.	159	00:02:24	00:12:02	235m	10'13"/km
5.	123	00:02:25	00:14:27	163m	14'50"/km
6.	146	00:02:49	00:17:16	312m	9'02"/km
7.	110	00:01:26	00:18:42	111m	12'55"/km
8.	151	00:01:52	00:20:34	262m	7'07"/km
9.	154	00:01:32	00:22:06	192m	7'59"/km
10.	174	00:02:47	00:24:53	361m	7'43"/km
11.	163	00:02:36	00:27:29	316m	8'14"/km
12.	136	00:03:10	00:30:39	305m	10'23"/km
13.	171	00:02:14	00:32:53	273m	8'11"/km
14.	106	00:05:37	00:38:30	727m	7'44"/km
15.	107	00:00:50	00:39:20		
16.	134	00:00:46	00:40:06		
17.	108	00:00:48	00:40:54	55m	14'33"/km
18.	113	00:07:23	00:48:17	269m	27'27"/km
19.	118	00:02:30	00:50:47	306m	8'10"/km
20.	126	00:04:12	00:54:59	479m	8'46"/km
21.	175	00:02:13	00:57:12	281m	7'53"/km
22.	114	00:02:25	00:59:37	328m	7'22"/km
23.	171	00:01:40	01:01:17	205m	8'08"/km
24.	144	00:02:50	01:04:07	408m	6'57"/km
25.	132	00:02:52	01:06:59	324m	8'51"/km
26.	164	00:02:23	01:09:22	143m	16'40"/km
27.	167	00:03:00	01:12:22	194m	15'28"/km
28.	147	00:04:46	01:17:08	600m	7'57"/km
29.	135	00:01:31	01:18:39	188m	8'04"/km
30.	180	00:00:33	01:19:12	64m	8'36"/km