



Militair regelmatigheidscriterium Provincie Commando Limburg

Leopoldsburg 11.12.2024

Mil Prov Comdo Limburg

Franky COOLS

TROL

Course : H:02

Distance : 8000m

Time : 1:22:06 (10'16"/km)

16/20

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	00:01:47		214m	8'20"/km
2.	139	00:03:15	00:05:02	376m	8'39"/km
3.	144	00:02:09	00:07:11	182m	11'49"/km
4.	159	00:06:35	00:13:46	235m	28'01"/km
5.	123	00:02:54	00:16:40	163m	17'47"/km
6.	146	00:03:18	00:19:58	312m	10'35"/km
7.	110	00:01:19	00:21:17	111m	11'52"/km
8.	151	00:01:50	00:23:07	262m	7'00"/km
9.	154	00:02:05	00:25:12	192m	10'51"/km
10.	174	00:02:44	00:27:56	361m	7'34"/km
11.	163	00:02:19	00:30:15	316m	7'20"/km
12.	136	00:04:57	00:35:12	305m	16'14"/km
13.	171	00:02:32	00:37:44	273m	9'17"/km
14.	106	00:05:51	00:43:35	727m	8'03"/km
15.	107	00:00:48	00:44:23		
16.	134	00:01:01	00:45:24		
17.	108	00:01:01	00:46:25	55m	18'29"/km
18.	113	00:04:03	00:50:28	269m	15'03"/km
19.	118	00:02:42	00:53:10	306m	8'49"/km
20.	126	00:04:27	00:57:37	479m	9'17"/km
21.	128	00:01:07	00:58:44		
22.	175	00:01:38	01:00:22		
23.	114	00:02:48	01:03:10	328m	8'32"/km
24.	171	00:01:29	01:04:39	205m	7'14"/km
25.	144	00:03:32	01:08:11	408m	8'40"/km
26.	132	00:03:00	01:11:11	324m	9'16"/km
27.	164	00:01:38	01:12:49	143m	11'25"/km
28.	167	00:02:23	01:15:12	194m	12'17"/km
29.	147	00:04:55	01:20:07	600m	8'12"/km
30.	135	00:01:32	01:21:39	188m	8'09"/km
31.	180	00:00:27	01:22:06	64m	7'02"/km