



Militair Regelmatigheidscriterium

Tilff 6.2.2024

CC R&A

Lionel MELINARD

JFC Brunssum

Omloop : H:01

Afstand : 8200m

Tijd : 1:09:41 (8'30"/km)

6/54

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------|---------|
| 1. Geert SIMKENS | 0:55:24 |
| 2. Tomy JANSSENS | 1:01:26 |
| 3. Jasper MOREELS | 1:05:31 |

1.	163	00:02:07		281m	7'32"/km
2.	101	00:01:43	00:03:50	206m	8'20"/km
3.	112	00:01:23	00:05:13	158m	8'45"/km
4.	113	00:01:40	00:06:53	140m	11'54"/km
5.	178	00:00:59	00:07:52	148m	6'39"/km
6.	179	00:00:00	00:07:52	129m	0'00"/km
7.	143	00:03:19	00:11:11	405m	8'11"/km
8.	154	00:03:55	00:15:06	279m	14'02"/km
9.	173	00:02:31	00:17:37	341m	7'23"/km
10.	114	00:02:03	00:19:40	210m	9'46"/km
11.	115	00:01:47	00:21:27	164m	10'52"/km
12.	129	00:04:00	00:25:27	358m	11'10"/km
13.	146	00:02:20	00:27:47	140m	16'40"/km
14.	131	00:03:20	00:31:07	431m	7'44"/km
15.	116	00:03:47	00:34:54	506m	7'29"/km
16.	117	00:02:01	00:36:55	213m	9'28"/km
17.	171	00:01:48	00:38:43	223m	8'04"/km
18.	118	00:02:07	00:40:50	276m	7'40"/km
19.	149	00:01:04	00:41:54	136m	7'51"/km
20.	147	00:04:06	00:46:00	475m	8'38"/km
21.	148	00:01:32	00:47:32	165m	9'18"/km
22.	134	00:01:44	00:49:16	202m	8'35"/km
23.	120	00:02:12	00:51:28	261m	8'26"/km
24.	150	00:01:43	00:53:11	226m	7'36"/km
25.	121	00:01:25	00:54:36	229m	6'11"/km
26.	137	00:02:56	00:57:32	388m	7'34"/km
27.	152	00:02:27	00:59:59	297m	8'15"/km
28.	139	00:02:46	01:02:45	287m	9'38"/km
29.	144	00:04:46	01:07:31	463m	10'18"/km
30.	110	00:01:08	01:08:39	127m	8'55"/km
31.	180	00:01:02	01:09:41	313m	3'18"/km