

## Uitslag 10 mijl wedstrijdloop

| Rng | Naam                  | Gj | Club          | Cat  | G | Nr    | Klassement per categorie |          |                  |             |         | Tijd   | km/h  | min/km |
|-----|-----------------------|----|---------------|------|---|-------|--------------------------|----------|------------------|-------------|---------|--------|-------|--------|
|     |                       |    |               |      |   |       | Masters<br>Dames         | Seniores | Masters<br>Heren | Masters +50 | Seniors |        |       |        |
| 1   | Op De Beeck Frederik  | 84 | AVZK          | SEN  | M | 1884  |                          |          |                  | 1           | 0:54:56 | 17,689 | 03:24 |        |
| 2   | Kebede Tulu Tedros*   | 88 | ATLE          | SEN  | M | 2534  |                          |          |                  | 2           | 0:55:12 | 17,603 | 03:25 |        |
| 3   | Van Bael Danny        | 69 | ROBA          | MAS  | M | 5507  |                          |          | 1                |             | 0:55:56 | 17,372 | 03:27 |        |
| 4   | Daems Jan             | 70 | NA            | MAS  | M | 169   |                          |          | 2                |             | 0:58:39 | 16,568 | 03:37 |        |
| 5   | Peeters Rudy          | 64 | NA            | MAS  | M | 163   |                          |          | 3                |             | 0:58:40 | 16,563 | 03:37 |        |
| 6   | Rens Els              | 83 | AVZK          | SEN  | V | 11229 |                          | 1        |                  |             | 0:58:42 | 16,554 | 03:37 |        |
| 7   | Nevelsteen Kristof    | 84 | AVZK          | SEN  | M | 2373  |                          |          |                  | 3           | 0:58:49 | 16,521 | 03:38 |        |
| 8   | Hollanders Wesley     | 81 | NA            | SEN  | M | 165   |                          |          |                  | 4           | 0:58:55 | 16,493 | 03:38 |        |
| 9   | Goormans Corneel      | 71 | AVZK          | MAS  | M | 6737  |                          |          | 4                |             | 0:59:06 | 16,442 | 03:39 |        |
| 10  | Thijs Koen            | 63 | NA            | MAS  | M | 159   |                          |          | 5                |             | 0:59:37 | 16,299 | 03:41 |        |
| 11  | Mertens Joris         | 70 | AVZK          | MAS  | M | 7251  |                          |          | 6                |             | 0:59:50 | 16,240 | 03:42 |        |
| 12  | Van De Weyer Marc     | 67 | ROBA          | MAS  | M | 5498  |                          |          | 7                |             | 1:00:08 | 16,159 | 03:43 |        |
| 13  | Jacobs Stijn          | 77 | ACHL          | SEN  | M | 2454  |                          |          |                  | 5           | 1:00:54 | 15,956 | 03:46 |        |
| 14  | Van Vlasselaer Benny  | 67 | ROBA          | MAS  | M | 5179  |                          |          | 8                |             | 1:01:03 | 15,916 | 03:46 |        |
| 15  | Vloeberghs Walter     | 56 | NA            | M50+ | M | 129   |                          |          | 1                |             | 1:01:05 | 15,908 | 03:46 |        |
| 16  | Sools Freddy          | 64 | NA            | MAS  | M | 161   |                          |          | 9                |             | 1:01:44 | 15,740 | 03:49 |        |
| 17  | Van De Velde Bart     | 70 | Demarsin      | MAS  | M | 107   |                          |          | 10               |             | 1:02:22 | 15,580 | 03:51 |        |
| 18  | Verbiest Maurice      | 51 | Dublinne      | M50+ | M | 156   |                          |          |                  | 2           | 1:03:10 | 15,383 | 03:54 |        |
| 19  | Vranckx Maria         | 64 | ACHL          | MAS  | V | 13554 | 1                        |          |                  |             | 1:03:12 | 15,375 | 03:54 |        |
| 20  | Bogaerts Ruddi        | 58 | AVZK          | M50+ | M | 4718  |                          |          |                  | 3           | 1:03:24 | 15,326 | 03:55 |        |
| 21  | Van Den Brande Filip  | 69 | HULS          | MAS  | M | 5938  |                          |          | 11               |             | 1:03:31 | 15,298 | 03:55 |        |
| 22  | Nevelsteen Gustaaf    | 55 | AVZK          | M50+ | M | 5885  |                          |          |                  | 4           | 1:03:46 | 15,238 | 03:56 |        |
| 23  | Van Den Schoor Bart   | 70 | AVZK          | MAS  | M | 4765  |                          |          |                  | 12          | 1:04:02 | 15,175 | 03:57 |        |
| 24  | Van Opstal Rudy       | 50 | AVZK          | M50+ | M | 7088  |                          |          |                  | 5           | 1:04:20 | 15,104 | 03:58 |        |
| 25  | Van Den Broeck Robert | 59 | AVZK          | M50+ | M | 4707  |                          |          |                  | 6           | 1:04:21 | 15,100 | 03:58 |        |
| 26  | Goossens Andy         | 81 | ACHL          | SEN  | M | 2426  |                          |          |                  | 6           | 1:04:31 | 15,061 | 03:59 |        |
| 27  | Van Avondt Steven     | 73 | NA            | MAS  | M | 160   |                          |          |                  | 13          | 1:04:39 | 15,030 | 04:00 |        |
| 28  | Vanden Bosch Rudy     | 63 | Demarsin      | MAS  | M | 102   |                          |          |                  | 14          | 1:04:48 | 14,995 | 04:00 |        |
| 29  | Ven Peter             | 69 | NA            | MAS  | M | 109   |                          |          |                  | 15          | 1:05:24 | 14,858 | 04:02 |        |
| 30  | De Cock Marc          | 67 | AVZK          | MAS  | M | 4767  |                          |          |                  | 16          | 1:05:30 | 14,835 | 04:03 |        |
| 31  | Van Woensel Ludo      | 56 | Demarsin      | M50+ | M | 103   |                          |          |                  | 7           | 1:05:32 | 14,828 | 04:03 |        |
| 32  | Vermeylen Paul        | 63 | ROBA          | MAS  | M | 5478  |                          |          |                  | 17          | 1:05:43 | 14,786 | 04:03 |        |
| 33  | Van Riet Marc         | 71 | HULS          | MAS  | M | 6800  |                          |          |                  | 18          | 1:06:10 | 14,686 | 04:05 |        |
| 34  | Van Belle Patrick     | 61 | BONH          | M50+ | M | 5030  |                          |          |                  | 8           | 1:06:12 | 14,678 | 04:05 |        |
| 35  | Heylen Geert          | 90 | NA            | SEN  | M | 184   |                          |          |                  | 7           | 1:06:14 | 14,671 | 04:05 |        |
| 36  | Derdin Jos            | 71 | AVZK          | MAS  | M | 112   |                          |          |                  | 19          | 1:06:26 | 14,627 | 04:06 |        |
| 37  | Van Roey Jef          | 56 | Kasteellopers | M50+ | M | 168   |                          |          |                  | 9           | 1:06:40 | 14,576 | 04:07 |        |
| 38  | Huysmans Jef          | 59 | NA            | M50+ | M | 122   |                          |          |                  | 10          | 1:07:13 | 14,456 | 04:09 |        |
| 39  | Langenus Ronald       | 56 | Grasheide     | M50+ | M | 127   |                          |          |                  | 11          | 1:07:23 | 14,420 | 04:10 |        |
| 40  | Saenen Joeri          | 76 | Demarsin      | !VM! | M | 183   |                          |          |                  | 8           | 1:07:27 | 14,406 | 04:10 |        |
| 41  | Van Dessel Werner     | 66 | NA            | MAS  | M | 137   |                          |          |                  | 20          | 1:07:34 | 14,381 | 04:10 |        |
| 42  | Camps Ludo            | 53 | Looise AV     | M50+ | M | 167   |                          |          |                  | 12          | 1:07:40 | 14,360 | 04:11 |        |
| 43  | Van Den Acker Paul    | 61 | AVZK          | M50+ | M | 4706  |                          |          |                  | 13          | 1:08:08 | 14,262 | 04:12 |        |

|    |                     |    |                   |      |   |       |   |    |         |        |       |
|----|---------------------|----|-------------------|------|---|-------|---|----|---------|--------|-------|
| 44 | Peeters Karen       | 68 | BONH              | MAS  | V | 13045 | 2 |    | 1:08:13 | 14,244 | 04:13 |
| 45 | Versteven Rene      | 45 | BONH              | M50+ | M | 6411  |   | 14 | 1:08:13 | 14,244 | 04:13 |
| 46 | Van Loo Roger       | 50 | BONH              | M50+ | M | 6804  |   | 15 | 1:08:25 | 14,203 | 04:13 |
| 47 | Vermaelen Johan     | 76 | Demarsin          | SEN  | M | 100   |   | 9  | 1:08:32 | 14,179 | 04:14 |
| 48 | Vervoort Kris       | 62 | NA                | MAS  | M | 185   |   | 21 | 1:08:43 | 14,141 | 04:15 |
| 49 | Roels Gerrit        | 70 | Demarsin          | MAS  | M | 108   |   | 22 | 1:08:43 | 14,141 | 04:15 |
| 50 | Van Gansen Bjorn    | 79 | Heistse Berlopers | SEN  | M | 116   |   | 10 | 1:08:52 | 14,110 | 04:15 |
| 51 | Verstappen Greet    | 82 | NA                | SEN  | M | 139   |   | 11 | 1:08:58 | 14,089 | 04:16 |
| 52 | Bleys Anne          | 62 | LIER              | MAS  | V | 12910 | 3 |    | 1:10:16 | 13,829 | 04:20 |
| 53 | Buts Greta          | 58 | ACHL              | MAS  | V | 13529 | 4 |    | 1:10:20 | 13,816 | 04:21 |
| 54 | Vervoort Wim        | 69 | ACHL              | MAS  | M | 6035  |   | 23 | 1:11:05 | 13,670 | 04:23 |
| 55 | Biscop Dirk         | 64 | Roba              | MAS  | M | 182   |   | 24 | 1:11:43 | 13,549 | 04:26 |
| 56 | Luyts Emiel         | 59 | JC Veltem         | M50+ | M | 131   |   | 16 | 1:12:03 | 13,486 | 04:27 |
| 57 | De Pooter Dirk      | 63 | HULS              | MAS  | M | 6651  |   | 25 | 1:12:16 | 13,446 | 04:28 |
| 58 | Vanderstappen Tom   | 71 | Knoet             | MAS  | M | 123   |   | 26 | 1:12:36 | 13,384 | 04:29 |
| 59 | Schepers Joeri      | 70 | NA                | MAS  | M | 124   |   | 27 | 1:12:58 | 13,317 | 04:30 |
| 60 | Kemps Yves          | 73 | ROBA              | MAS  | M | 5489  |   | 28 | 1:13:12 | 13,275 | 04:31 |
| 61 | Vanden Vonder Greet | 63 | NA                | MAS  | V | 125   | 5 |    | 1:13:23 | 13,241 | 04:32 |
| 62 | Peeters Herman      | 58 | Ramselse routelop | M50+ | M | 166   |   | 17 | 1:13:27 | 13,229 | 04:32 |
| 63 | Habets Mario*       | 72 | AVZK              | MAS  | M | 7167  |   | 29 | 1:14:25 | 13,058 | 04:36 |
| 64 | Verbist Marc        | 62 | Heistse Berlopers | MAS  | M | 158   |   | 30 | 1:14:27 | 13,052 | 04:36 |
| 65 | Saelen Luc          | 69 | NA                | MAS  | M | 120   |   | 31 | 1:14:30 | 13,043 | 04:36 |
| 66 | Saelen Kris         | 72 | NA                | MAS  | M | 128   |   | 32 | 1:14:31 | 13,040 | 04:36 |
| 67 | Vancauwenberghs Guy | 63 | NA                | MAS  | M | 174   |   | 33 | 1:14:38 | 13,020 | 04:37 |
| 68 | Bequet Marc         | 63 | LYRA              | MAS  | M | 6199  |   | 34 | 1:14:47 | 12,994 | 04:37 |
| 69 | Mertens Egied       | 69 | AVZK              | MAS  | M | 4766  |   | 35 | 1:15:06 | 12,939 | 04:38 |
| 70 | Huybrechts Cynthia  | 77 | NA                | SEN  | V | 119   | 2 |    | 1:15:39 | 12,845 | 04:40 |
| 71 | Maus Jan            | 58 | NA                | M50+ | M | 130   |   | 18 | 1:15:47 | 12,822 | 04:41 |
| 72 | Kusseneers Luc      | 0  | NA                | MAS  | M | 135   |   | 36 | 1:16:00 | 12,786 | 04:42 |
| 73 | Aerts Kris          | 70 | NA                | MAS  | M | 186   |   | 37 | 1:16:13 | 12,749 | 04:42 |
| 74 | Willemse Staf       | 59 | JT Peulis         | M50+ | M | 180   |   | 19 | 1:17:01 | 12,617 | 04:45 |
| 75 | De Sobrie Herman    | 52 | Kasteellopers     | M50+ | M | 151   |   | 20 | 1:17:13 | 12,584 | 04:46 |
| 76 | Theeuws Bart        | 73 | NA                | MAS  | M | 147   |   | 38 | 1:17:27 | 12,546 | 04:47 |
| 77 | Marien Ignaas       | 83 | NA                | SEN  | M | 118   |   | 12 | 1:17:30 | 12,538 | 04:47 |
| 78 | Mortelmans Thais    | 76 | ACL               | !VM! | M | 146   |   | 13 | 1:17:44 | 12,500 | 04:48 |
| 79 | Dierck Marc         | 60 | NA                | M50+ | M | 142   |   | 21 | 1:17:49 | 12,487 | 04:48 |
| 80 | Apiecionek Vicenty  | 48 | ABES              | M50+ | M | 7311  |   | 22 | 1:18:00 | 12,458 | 04:49 |
| 81 | Aerts Dirk          | 62 | NA                | MAS  | M | 187   |   | 39 | 1:18:09 | 12,434 | 04:50 |
| 82 | Verbeeck Sven       | 77 | NA                | SEN  | M | 153   |   | 14 | 1:18:18 | 12,410 | 04:50 |
| 83 | Ceulemans Kirsten   | 71 | NA                | MAS  | V | 179   | 6 |    | 1:19:14 | 12,264 | 04:54 |
| 84 | Houthuys Guy        | 57 | JT Peulis         | M50+ | M | 175   |   | 23 | 1:19:20 | 12,248 | 04:54 |
| 85 | De Laet Gommaire    | 55 | NA                | M50+ | M | 172   |   | 24 | 1:19:22 | 12,243 | 04:54 |
| 86 | Vetters Diane       | 52 | Huls              | MAS  | V | 170   | 7 |    | 1:19:50 | 12,172 | 04:56 |
| 87 | Van Loock Monik     | 61 | Kasteellopers     | M50+ | M | 149   |   | 25 | 1:19:59 | 12,149 | 04:56 |
| 88 | Spruyt Kristof      | 82 | NA                | SEN  | M | 188   |   | 15 | 1:20:00 | 12,146 | 04:56 |
| 89 | Glasse Benny        | 75 | ACHL              | MAS  | M | 6016  |   | 40 | 1:21:02 | 11,991 | 05:00 |
| 90 | Heylen Annelies     | 87 | AVZK              | SEN  | V | 11231 | 3 |    | 1:21:11 | 11,969 | 05:01 |
| 91 | Verrept Guido       | 61 | NA                | M50+ | M | 110   |   | 26 | 1:21:30 | 11,923 | 05:02 |
| 92 | Aerts Johan         | 65 | NA                | MAS  | M | 162   |   | 41 | 1:23:00 | 11,707 | 05:08 |
| 93 | Coeck Walter        | 53 | NA                | M50+ | M | 138   |   | 27 | 1:23:30 | 11,637 | 05:09 |

|                   |                 |        |     |   |    |         |        |       |
|-------------------|-----------------|--------|-----|---|----|---------|--------|-------|
| 94 Bogemans Ludo  | 56 NA           | M50+ M | 126 |   | 28 | 1:23:49 | 11,593 | 05:11 |
| 95 Stoelen Dave   | 76 NA           | MAS M  | 136 |   | 42 | 1:24:21 | 11,520 | 05:13 |
| 96 Nijs Leen      | 60 Roba         | MAS V  | 164 | 8 |    | 1:26:08 | 11,281 | 05:19 |
| 97 Van Loock Marc | 65 Kasteelopers | MAS M  | 148 |   | 43 | 1:42:55 | 9,442  | 06:21 |

**Uitslag jogging 7 km****Juiste afstand : 7,4**

| Rng | Naam                  | Gj | Club               | Cat  | G | Nr  | Tijd    | km/h   | min/km |
|-----|-----------------------|----|--------------------|------|---|-----|---------|--------|--------|
| 1   | Verschoren Pieter     | 87 | NA                 | SEN  | M | 749 | 0:25:31 | 17,400 | 03:27  |
| 2   | De Peuter Danny       | 66 | Lier               | MAS  | M | 730 | 0:27:11 | 16,334 | 03:40  |
| 3   | Maes Peter            | 78 | Irish Pub Dubhlinn | SEN  | M | 740 | 0:27:27 | 16,175 | 03:43  |
| 4   | Vanden Broeck Gerrie  | 73 | Heitse Berglopers  | MAS  | M | 753 | 0:27:34 | 16,106 | 03:44  |
| 5   | Wouters Bart          | 79 | NA                 | SEN  | M | 791 | 0:27:59 | 15,867 | 03:47  |
| 6   | De Roover Wim         | 60 | Roba               | M50+ | M | 759 | 0:28:37 | 15,515 | 03:52  |
| 7   | Janssens Sven         | 89 | Roba               | SEN  | M | 772 | 0:29:10 | 15,223 | 03:56  |
| 8   | Hoefkens Chris        | 66 | Heitse Berglopers  | MAS  | M | 797 | 0:29:47 | 14,908 | 04:01  |
| 9   | Millioen Gunther      | 69 | NA                 | MAS  | M | 731 | 0:29:51 | 14,874 | 04:02  |
| 10  | De Cocq Roger         | 52 | Heitse Berglopers  | M50+ | M | 789 | 0:30:10 | 14,718 | 04:05  |
| 11  | Heylighen Ludo        | 65 | RWR                | MAS  | M | 799 | 0:30:19 | 14,645 | 04:06  |
| 12  | Van Woensel Joeri     | 76 | NA                 | SEN  | M | 744 | 0:30:39 | 14,486 | 04:09  |
| 13  | Baeten Dirk           | 60 | HBL                | M50+ | M | 778 | 0:30:47 | 14,423 | 04:10  |
| 14  | Weyns Leo             | 51 | NA                 | M50+ | M | 802 | 0:31:11 | 14,238 | 04:13  |
| 15  | Verschuere Raf        | 81 | NA                 | SEN  | M | 770 | 0:31:18 | 14,185 | 04:14  |
| 16  | Van Elst Hendrik      | 60 | NA                 | M50+ | M | 784 | 0:31:42 | 14,006 | 04:17  |
| 17  | Croonen Eddy          | 66 | NA                 | MAS  | M | 739 | 0:31:50 | 13,948 | 04:18  |
| 18  | Coenen Paula          | 57 | Demarsin           | MAS  | V | 792 | 0:31:59 | 13,882 | 04:19  |
| 19  | Stroobants Herman     | 64 | NA                 | MAS  | M | 776 | 0:32:03 | 13,853 | 04:20  |
| 20  | Maes Kim              | 76 | AVZK               | MAS  | V | 723 | 0:32:13 | 13,782 | 04:21  |
| 21  | Lauwers Julien        | 51 | RAM                | M50+ | M | 734 | 0:32:28 | 13,676 | 04:23  |
| 22  | De Vries Rita         | 57 | NA                 | M50+ | M | 760 | 0:32:30 | 13,662 | 04:24  |
| 23  | Laurens Pieter        | 69 | NA                 | MAS  | M | 763 | 0:32:42 | 13,578 | 04:25  |
| 24  | Crets Paul            | 65 | NA                 | MAS  | M | 780 | 0:32:48 | 13,537 | 04:26  |
| 25  | Schrevers Dirk        | 65 | NA                 | MAS  | M | 752 | 0:33:02 | 13,441 | 04:28  |
| 26  | Vandegaer Luc         | 60 | Demarsin           | M50+ | M | 711 | 0:33:14 | 13,360 | 04:29  |
| 27  | Van Rompaey Andre     | 55 | Knoet              | M50+ | M | 745 | 0:33:15 | 13,353 | 04:30  |
| 28  | Nijs Walter           | 60 | Demarsin           | M50+ | M | 754 | 0:33:17 | 13,340 | 04:30  |
| 29  | Ruelens Jan           | 57 | Demarsin           | M50+ | M | 716 | 0:33:18 | 13,333 | 04:30  |
| 30  | Coremans Cyriel       | 47 | Roba               | M50+ | M | 808 | 0:33:23 | 13,300 | 04:31  |
| 31  | Van Der Velde Daniel  | 62 | Demarsin           | MAS  | M | 713 | 0:33:26 | 13,280 | 04:31  |
| 32  | De Keyzer Rene        | 45 | Demarsin           | M50+ | M | 728 | 0:33:27 | 13,274 | 04:31  |
| 33  | Heylen Ben            | 78 | Demarsin           | SEN  | M | 766 | 0:33:28 | 13,267 | 04:31  |
| 34  | Dupont Johan          | 69 | Heitse Berglopers  | MAS  | M | 786 | 0:33:29 | 13,260 | 04:31  |
| 35  | Van De Gaar Jan       | 51 | NA                 | M50+ | M | 727 | 0:33:32 | 13,241 | 04:32  |
| 36  | Vermaelen Willy       | 52 | Demarsin           | M50+ | M | 705 | 0:33:44 | 13,162 | 04:34  |
| 37  | Somers Kristof        | 84 | NA                 | SEN  | M | 790 | 0:34:05 | 13,027 | 04:36  |
| 38  | De Wit Luc            | 57 | NA                 | M50+ | M | 762 | 0:34:25 | 12,901 | 04:39  |
| 39  | Claes Bert            | 70 | NA                 | MAS  | M | 761 | 0:34:42 | 12,795 | 04:41  |
| 40  | Nijs Hans             | 68 | NA                 | MAS  | M | 767 | 0:34:43 | 12,789 | 04:41  |
| 41  | Bries Geert           | 64 | NA                 | MAS  | M | 782 | 0:34:57 | 12,704 | 04:43  |
| 42  | Deboel Herman         | 55 | Demarsin           | M50+ | M | 720 | 0:35:02 | 12,674 | 04:44  |
| 43  | Van Roy Patrick       | 66 | Heitse Berglopers  | MAS  | M | 726 | 0:35:05 | 12,656 | 04:44  |
| 44  | Dons Sandy            | 72 | Roba               | MAS  | V | 803 | 0:35:07 | 12,644 | 04:45  |
| 45  | Weckhuysen Christa    | 60 | ACKO               | MAS  | V | 769 | 0:35:16 | 12,590 | 04:46  |
| 46  | Liekens Vicky         | 87 | NA                 | SEN  | V | 735 | 0:35:23 | 12,548 | 04:47  |
| 47  | Van Den Broeck Dorien | 86 | Roba               | SEN  | V | 764 | 0:35:24 | 12,542 | 04:47  |
| 48  | Aerts Rita            | 58 | NA                 | MAS  | V | 798 | 0:35:37 | 12,466 | 04:49  |

|                             |                       |      |   |     |         |        |       |
|-----------------------------|-----------------------|------|---|-----|---------|--------|-------|
| 49 Beutels Eddy             | 47 Demarsin           | M50+ | M | 722 | 0:35:42 | 12,437 | 04:49 |
| 50 Van Passel Henri         | 60 ACKO               | M50+ | M | 768 | 0:35:47 | 12,408 | 04:50 |
| 51 Van Loo Bruno            | 47 Roba               | M50+ | M | 738 | 0:36:08 | 12,288 | 04:53 |
| 52 Swerts Paul              | 63 NA                 | MAS  | M | 757 | 0:36:12 | 12,265 | 04:54 |
| 53 Schouters Robert         | 50 Demarsin           | M50+ | M | 715 | 0:36:21 | 12,215 | 04:55 |
| 54 Livens Antoon            | 55 NA                 | M50+ | M | 783 | 0:36:42 | 12,098 | 04:58 |
| 55 Van Den Bergh Alex       | 60 Heistse Berglopers | M50+ | M | 750 | 0:36:43 | 12,093 | 04:58 |
| 56 Van Roelen Gaston        | 49 Demarsin           | M50+ | M | 712 | 0:36:46 | 12,076 | 04:58 |
| 57 Goris Wim                | 69 AVZK               | MAS  | M | 796 | 0:37:02 | 11,989 | 05:00 |
| 58 De Kock Francois         | 47 Demarsin           | M50+ | M | 721 | 0:37:09 | 11,952 | 05:01 |
| 59 Wouters Marc             | 64 NA                 | MAS  | M | 774 | 0:37:11 | 11,941 | 05:01 |
| 60 Vanhalle Rudy            | 62 JC Veltem          | MAS  | M | 746 | 0:37:13 | 11,930 | 05:02 |
| 61 Havet Luc                | 61 JC Veltem          | MAS  | M | 747 | 0:37:24 | 11,872 | 05:03 |
| 62 Van Hoorebeek Bernadette | 52 RAM                | MAS  | V | 733 | 0:37:27 | 11,856 | 05:04 |
| 63 Van Passel Jan           | 68 Roba               | MAS  | M | 807 | 0:37:31 | 11,835 | 05:04 |
| 64 Cornelis Danny           | 63 NA                 | MAS  | M | 748 | 0:37:43 | 11,772 | 05:06 |
| 65 Bruelemans Julien        | 41 NA                 | M50+ | M | 794 | 0:37:54 | 11,715 | 05:07 |
| 66 Willems Jos              | 52 Demarsin           | M50+ | M | 704 | 0:38:09 | 11,638 | 05:09 |
| 67 Van Turnhout Geert       | 67 ACHL               | MAS  | M | 787 | 0:38:17 | 11,598 | 05:10 |
| 68 Tuerlinckx Jean-Luc      | 59 Demarsin           | M50+ | M | 714 | 0:38:22 | 11,573 | 05:11 |
| 69 Vermaelen Sandra         | 71 AVZK               | MAS  | V | 785 | 0:38:23 | 11,568 | 05:11 |
| 70 Janssens Rik             | 33 Demarsin           | M50+ | M | 718 | 0:38:27 | 11,547 | 05:12 |
| 71 Liekens Louis            | 47 Heistse Berglopers | M50+ | M | 743 | 0:38:29 | 11,537 | 05:12 |
| 72 Smet Marc                | 48 NA                 | M50+ | M | 771 | 0:38:36 | 11,503 | 05:13 |
| 73 Van Den Broeck Conny     | 62 HBL                | MAS  | V | 777 | 0:38:41 | 11,478 | 05:14 |
| 74 Verstrepen Leo           | 47 HBL                | M50+ | M | 779 | 0:38:42 | 11,473 | 05:14 |
| 75 Brebels Moniek           | 64 NA                 | MAS  | V | 781 | 0:38:59 | 11,389 | 05:16 |
| 76 Goossens Ilse            | 71 NA                 | MAS  | V | 758 | 0:39:11 | 11,331 | 05:18 |
| 77 Vervloet Theresia        | 63 AVZK               | MAS  | V | 732 | 0:39:15 | 11,312 | 05:18 |
| 78 Vermaelen Wendy          | 78 Demarsin           | SEN  | V | 707 | 0:39:23 | 11,274 | 05:19 |
| 79 Cabuy Paula              | 62 NA                 | MAS  | V | 775 | 0:39:25 | 11,264 | 05:20 |
| 80 Holemans Paul            | 46 Demarsin           | M50+ | M | 765 | 0:39:27 | 11,255 | 05:20 |
| 81 Verschueren Luc          | 65 NA                 | MAS  | M | 725 | 0:39:29 | 11,245 | 05:20 |
| 82 Leysen Robin             | 82 Kasteellopers      | SEN  | M | 801 | 0:39:35 | 11,217 | 05:21 |
| 83 Haine Marie-Jose         | 68 Demarsin           | MAS  | V | 719 | 0:39:47 | 11,160 | 05:23 |
| 84 Geukens Lieselotte       | 78 AVZK               | SEN  | V | 795 | 0:39:55 | 11,123 | 05:24 |
| 85 Roelants Myriam          | 59 NA                 | MAS  | V | 751 | 0:40:37 | 10,931 | 05:29 |
| 86 Claes Arne               | 78 NA                 | SEN  | M | 773 | 0:40:48 | 10,882 | 05:31 |
| 87 Jacobs Nele              | 82 ACHL               | SEN  | V | 800 | 0:41:02 | 10,820 | 05:33 |
| 88 Cornelis Bart            | 71 VC Zigo Heist      | MAS  | M | 805 | 0:41:29 | 10,703 | 05:36 |
| 89 Peeters Kathy            | 71 NA                 | MAS  | V | 788 | 0:41:38 | 10,665 | 05:38 |
| 90 Geboors Fina             | 62 Demarsin           | MAS  | V | 756 | 0:42:48 | 10,374 | 05:47 |
| 91 Van Laere André          | 45 NA                 | M50+ | M | 793 | 0:42:49 | 10,370 | 05:47 |
| 92 Lebrum Marianne          | 59 Demarsin           | MAS  | V | 717 | 0:42:52 | 10,358 | 05:48 |
| 93 Van Buel Sonya           | 60 Demarsin           | MAS  | V | 755 | 0:42:54 | 10,350 | 05:48 |
| 94 Schorrewegen Elisabeth   | 55 Heistse Berglopers | MAS  | V | 741 | 0:43:22 | 10,238 | 05:52 |
| 95 Hendrickx Arlette        | 55 Heistse Berglopers | MAS  | V | 742 | 0:43:25 | 10,226 | 05:52 |
| 96 Belleken Ivonne          | 47 NA                 | MAS  | V | 724 | 0:43:33 | 10,195 | 05:53 |
| 97 Windmolders Hilde        | 71 Demarsin           | MAS  | V | 702 | 0:55:55 | 7,940  | 07:33 |

**Uitslag jogging 4 km****Juiste afstand : 4,5**

| Rng | Naam                    | Gj | Club            | Cat  | G     | Tijd    | km/h   | min/km |
|-----|-------------------------|----|-----------------|------|-------|---------|--------|--------|
| 1   | Nijs Michiel            | 92 | ROBA            | JUN  | M 653 | 0:14:41 | 18,388 | 03:16  |
| 2   | Van Den Bosch Bart      | 92 | Demarsin        | JUN  | M 204 | 0:14:50 | 18,202 | 03:18  |
| 3   | Cnops Vincent           | 94 | ROBA            | SCH  | M 224 | 0:15:12 | 17,763 | 03:23  |
| 4   | Van Lent Jurgen         | 68 | AVZK            | MAS  | M 241 | 0:15:41 | 17,216 | 03:29  |
| 5   | De Winter Brent         | 96 | AVZK            | KAD  | M 635 | 0:15:51 | 17,035 | 03:31  |
| 6   | Lambrechts Pieter       | 92 | AVZK            | JUN  | M 217 | 0:15:56 | 16,946 | 03:32  |
| 7   | Van Roosbroeck Matthias | 93 | AC Lierse       | JUN  | M 683 | 0:16:32 | 16,331 | 03:40  |
| 8   | De Meuter Thomas        | 90 | AVZK            | SEN  | M 668 | 0:16:49 | 16,056 | 03:44  |
| 9   | Lemoine Philip          | 66 | NA              | MAS  | M 948 | 0:16:57 | 15,929 | 03:46  |
| 10  | Bruyninckx Lode         | 93 | NA              | JUN  | M 959 | 0:17:02 | 15,851 | 03:47  |
| 11  | Vervloesem Erwin        | 72 | NA              | MAS  | M 250 | 0:17:04 | 15,820 | 03:48  |
| 12  | Meulenbergs Michael     | 92 | NA              | JUN  | M 235 | 0:17:16 | 15,637 | 03:50  |
| 13  | Verschoren Nick         | 92 | KSV Schriek     | JUN  | M 646 | 0:17:19 | 15,592 | 03:51  |
| 14  | Hermans Niels           | 93 | NA              | JUN  | M 925 | 0:18:00 | 15,000 | 04:00  |
| 15  | Laporte Vincent         | 97 | AVZK            | KAD  | V 251 | 0:18:01 | 14,986 | 04:00  |
| 16  | Van den Broeck André    | 54 | AVZK            | M50+ | M 231 | 0:18:08 | 14,890 | 04:02  |
| 17  | Peeters Bloeme          | 99 | AVZK            | MIN  | V 636 | 0:18:10 | 14,862 | 04:02  |
| 18  | Leemans Filip           | 68 | NA              | MAS  | M 666 | 0:18:17 | 14,768 | 04:04  |
| 19  | Naets Oby               | 98 | Hulshout        | MIN  | M 956 | 0:18:20 | 14,727 | 04:04  |
| 20  | Hoefkens Jan            | 68 | Hulshout        | MAS  | M 944 | 0:18:26 | 14,647 | 04:06  |
| 21  | Naets Ivo               | 62 | Hulshout        | MAS  | M 955 | 0:18:35 | 14,529 | 04:08  |
| 22  | De Winter Fred          | 66 | NA              | MAS  | M 638 | 0:18:36 | 14,516 | 04:08  |
| 23  | Van Oosterwyck Dirk     | 69 | NA              | MAS  | M 901 | 0:18:38 | 14,490 | 04:08  |
| 24  | Van Hoogten Koen        | 74 | NA              | MAS  | M 949 | 0:18:44 | 14,413 | 04:10  |
| 25  | Vermeulen Chris         | 63 | Demarsin        | MAS  | M 669 | 0:18:51 | 14,324 | 04:11  |
| 26  | Vleminx Jan             | 61 | NA              | MAS  | V 663 | 0:18:52 | 14,311 | 04:12  |
| 27  | Van Den Berg Paul       | 56 | DUFF            | M50+ | M 958 | 0:19:11 | 14,075 | 04:16  |
| 28  | Van Dyck Michel         | 64 | AVZK            | MAS  | M 637 | 0:19:18 | 13,990 | 04:17  |
| 29  | Paepen Kurt             | 79 | NA              | SEN  | M 957 | 0:19:26 | 13,894 | 04:19  |
| 30  | Daeleman Karl           | 79 | NA              | SEN  | M 670 | 0:19:28 | 13,870 | 04:20  |
| 31  | Van Turnhout Jens       | 98 | ACHL            | MIN  | M 936 | 0:19:32 | 13,823 | 04:20  |
| 32  | Laurens Jitse           | 99 | NA              | MIN  | V 673 | 0:19:36 | 13,776 | 04:21  |
| 33  | Heylen Vic              | 54 | Heistse Berglop | M50+ | M 634 | 0:19:39 | 13,740 | 04:22  |
| 34  | Lens Jan                | 80 | Heistse Berglop | SEN  | M 633 | 0:19:39 | 13,740 | 04:22  |
| 35  | Paessens Daniel         | 67 | NA              | MAS  | M 229 | 0:20:04 | 13,455 | 04:28  |
| 36  | Feyaerts Mathieu        | 88 | NA              | SEN  | M 242 | 0:20:05 | 13,444 | 04:28  |
| 37  | Smolders Swa            | 48 | NA              | M50+ | M 248 | 0:20:06 | 13,433 | 04:28  |
| 38  | Nys Jens                | 98 | NA              | MIN  | M 699 | 0:20:11 | 13,377 | 04:29  |
| 39  | Van Roie Steven         | 78 | NA              | SEN  | M 236 | 0:20:13 | 13,355 | 04:30  |
| 40  | Janssen Johan           | 77 | HBL             | SEN  | M 932 | 0:20:20 | 13,279 | 04:31  |
| 41  | Cannaerts Raymond       | 57 | Demarsin        | M50+ | M 689 | 0:20:22 | 13,257 | 04:32  |
| 42  | Van de Moortel Heidi    | 67 | ROBA            | MAS  | V 947 | 0:20:23 | 13,246 | 04:32  |
| 43  | Auwers Daphne           | 0  | ACHL            | PUP  | V 696 | 0:20:33 | 13,139 | 04:34  |
| 44  | Van Der Aerschot Stacy  | 80 | Heistse Berglop | SEN  | V 910 | 0:20:34 | 13,128 | 04:34  |
| 45  | Pauwels Guy             | 63 | Heistse Berglop | MAS  | M 240 | 0:20:35 | 13,117 | 04:34  |
| 46  | Van Rompuy Florent      | 52 | NA              | M50+ | M 232 | 0:20:54 | 12,919 | 04:39  |
| 47  | Van Dyck Gil            | 94 | AVZK            | SCH  | M 639 | 0:21:00 | 12,857 | 04:40  |
| 48  | Goormans Jolien         | 0  | AVZK            | PUP  | V 641 | 0:21:02 | 12,837 | 04:40  |

|                         |                    |      |   |     |         |        |       |
|-------------------------|--------------------|------|---|-----|---------|--------|-------|
| 49 Verhaegen Ilse       | 65 NA              | MAS  | V | 674 | 0:21:09 | 12,766 | 04:42 |
| 50 Goossens Talle       | 2 AVZK             | pup  | M | 212 | 0:21:14 | 12,716 | 04:43 |
| 51 Goossens Milan       | 2 AVZK             | pup  | M | 213 | 0:21:15 | 12,706 | 04:43 |
| 52 Peeters Jannes       | 2 AVZK             | PUP  | M | 645 | 0:21:18 | 12,676 | 04:44 |
| 53 Claes Karen          | 0 NA               | #N/B | V | 649 | 0:21:22 | 12,637 | 04:45 |
| 54 Van Rompaey Roger    | 44 AVZK            | M50+ | M | 220 | 0:21:29 | 12,568 | 04:46 |
| 55 Pareyns Marc         | 61 NA              | M50+ | M | 934 | 0:21:35 | 12,510 | 04:48 |
| 56 Laporte Morgan       | 0 AVZK             | PUP  | V | 643 | 0:21:41 | 12,452 | 04:49 |
| 57 Goovaerts Joseph     | 51 AVZK            | M50+ | M | 678 | 0:21:56 | 12,310 | 04:52 |
| 58 Salaerts Jules       | 46 NA              | M50+ | M | 228 | 0:22:00 | 12,273 | 04:53 |
| 59 Van Hool Rudy        | 70 Heistse Berglop | MAS  | M | 230 | 0:22:06 | 12,217 | 04:55 |
| 60 Beckers Ingrid       | 67 Heistse Berglop | MAS  | V | 237 | 0:22:17 | 12,117 | 04:57 |
| 61 Optiels Roger        | 45 AVZK            | M50+ | M | 647 | 0:22:20 | 12,090 | 04:58 |
| 62 Ooms Kenny           | 85 Promilleke      | SEN  | M | 656 | 0:22:27 | 12,027 | 04:59 |
| 63 Salaerts Anna        | 97 AVZK            | KAD  | V | 919 | 0:22:28 | 12,018 | 05:00 |
| 64 Claes Sven           | 85 Promilleke      | SEN  | M | 655 | 0:22:42 | 11,894 | 05:03 |
| 65 Vervoort Sylvia      | 74 ACHL            | MAS  | V | 697 | 0:22:58 | 11,756 | 05:06 |
| 66 Vandenberg Lut       | 58 NA              | MAS  | V | 239 | 0:23:01 | 11,731 | 05:07 |
| 67 Rymenants Eddy       | 54 Heistse Berglop | M50+ | M | 238 | 0:23:02 | 11,722 | 05:07 |
| 68 Ringoot Danny        | 59 Heistse Berglop | M50+ | M | 679 | 0:23:04 | 11,705 | 05:08 |
| 69 Van Rompuy Jurgen    | 83 Heistse Berglop | SEN  | M | 233 | 0:23:06 | 11,688 | 05:08 |
| 70 Vershoren Sarah      | 88 Lyra            | SEN  | V | 219 | 0:23:07 | 11,680 | 05:08 |
| 71 Baestaens Stef       | 97 NA              | KAD  | M | 667 | 0:23:10 | 11,655 | 05:09 |
| 72 Goris Emma           | 1 AVZK             | PUP  | V | 946 | 0:23:14 | 11,621 | 05:10 |
| 73 Jennis Sebastiaan    | 98 Demarsin        | MIN  | M | 209 | 0:23:23 | 11,547 | 05:12 |
| 74 Dedoncker Wim        | 74 NA              | MAS  | M | 682 | 0:23:31 | 11,481 | 05:14 |
| 75 Van Orshaegen Nicole | 59 NA              | MAS  | V | 900 | 0:23:32 | 11,473 | 05:14 |
| 76 De Veuster Ilse      | 70 AVZK            | MAS  | V | 672 | 0:23:33 | 11,465 | 05:14 |
| 77 Faes Frans           | 49 NA              | M50+ | M | 942 | 0:23:38 | 11,425 | 05:15 |
| 78 Serneels Sofie       | 84 NA              | SEN  | V | 632 | 0:23:39 | 11,416 | 05:15 |
| 79 Janssens Guido       | 58 NA              | M50+ | M | 903 | 0:23:44 | 11,376 | 05:16 |
| 80 Wouters Maurits      | 57 NA              | M50+ | M | 234 | 0:23:54 | 11,297 | 05:19 |
| 81 Van Kelst Caroline   | 77 NA              | SEN  | V | 938 | 0:24:01 | 11,242 | 05:20 |
| 82 Van Meensel Inge     | 77 NA              | SEN  | V | 940 | 0:24:22 | 11,081 | 05:25 |
| 83 Eggens Peggy         | 76 NA              | SEN  | V | 945 | 0:24:30 | 11,020 | 05:27 |
| 84 Delen Ivan           | 66 NA              | MAS  | M | 671 | 0:24:32 | 11,005 | 05:27 |
| 85 Van Roosbroeck Marc  | 64 NA              | MAS  | M | 686 | 0:24:50 | 10,872 | 05:31 |
| 86 Verberck Martine     | 64 NA              | MAS  | V | 658 | 0:24:54 | 10,843 | 05:32 |
| 87 Buts Ann             | 77 NA              | SEN  | V | 249 | 0:25:04 | 10,771 | 05:34 |
| 88 De Cock Laura        | 99 AVZK            | MIN  | V | 225 | 0:25:16 | 10,686 | 05:37 |
| 89 Habets Maité         | 0 NA               | PUP  | V | 680 | 0:25:18 | 10,672 | 05:37 |
| 90 De Cock Brent        | 0 AVZK             | PUP  | M | 227 | 0:25:19 | 10,665 | 05:38 |
| 91 Helsen Leo           | 55 Tongerlopers    | M50+ | M | 245 | 0:25:30 | 10,588 | 05:40 |
| 92 Borgwald Ludwig      | 57 Demarsin        | M50+ | M | 211 | 0:25:31 | 10,581 | 05:40 |
| 93 Nico Vande Velde     | 72 NA              | MAS  | M | 952 | 0:25:32 | 10,574 | 05:40 |
| 94 Vermeulen Guy        | 67 NA              | MAS  | M | 951 | 0:26:04 | 10,358 | 05:48 |
| 95 Vervoort Katrien     | 95 NA              | SCH  | V | 953 | 0:26:05 | 10,351 | 05:48 |
| 96 Janssens Jos         | 50 NA              | M50+ | M | 214 | 0:26:07 | 10,338 | 05:48 |
| 97 Verhaegen Carla      | 65 Demarsin        | MAS  | V | 202 | 0:26:08 | 10,332 | 05:48 |
| 98 Van Der Velde Nicky  | 92 NA              | JUN  | V | 657 | 0:26:17 | 10,273 | 05:50 |

|                            |                    |      |   |     |         |        |       |
|----------------------------|--------------------|------|---|-----|---------|--------|-------|
| 99 Hermans Peggy           | 70 NA              | MAS  | V | 662 | 0:26:20 | 10,253 | 05:51 |
| 100 Stuckens Jean Marie    | 71 NA              | MAS  | M | 654 | 0:26:21 | 10,247 | 05:51 |
| 101 Liekens Jos            | 45 NA              | M50+ | M | 950 | 0:26:32 | 10,176 | 05:54 |
| 102 Matheus Glenn          | 89 NA              | SEN  | M | 223 | 0:26:55 | 10,031 | 05:59 |
| 103 Vervoort Ine           | 96 NA              | KAD  | V | 954 | 0:27:05 | 9,969  | 06:01 |
| 104 Van Den Heuvel Laurent | 44 Demarsin        | M50+ | M | 205 | 0:27:09 | 9,945  | 06:02 |
| 105 Vermaelen Fabiola      | 66 Demarsin        | MAS  | V | 201 | 0:27:12 | 9,926  | 06:03 |
| 106 Van Woinsel Chris      | 61 NA              | M50+ | V | 906 | 0:27:16 | 9,902  | 06:04 |
| 107 Stoops Maria           | 65 NA              | MAS  | V | 684 | 0:27:19 | 9,884  | 06:04 |
| 108 De Preter Jules        | 36 Heistse Berglop | M50+ | M | 937 | 0:27:44 | 9,736  | 06:10 |
| 109 Jennis Suzy            | 54 Demarsin        | MAS  | V | 208 | 0:27:49 | 9,706  | 06:11 |
| 110 Jacobs Nancy           | 66 ACHL            | MAS  | V | 943 | 0:28:10 | 9,586  | 06:16 |
| 111 Staquet Anja           | 69 NA              | MAS  | V | 222 | 0:29:04 | 9,289  | 06:28 |
| 112 Jennis Gonda           | 47 Demarsin        | MAS  | V | 210 | 0:29:49 | 9,055  | 06:38 |
| 113 Stevens Carine         | 62 NA              | MAS  | V | 926 | 0:30:17 | 8,916  | 06:44 |
| 114 Gooris Katrin          | 69 AVZK            | MAS  | V | 922 | 0:30:38 | 8,814  | 06:48 |
| 115 Schepers Huguette      | 55 NA              | MAS  | V | 215 | 0:31:29 | 8,576  | 07:00 |
| 116 Van Woinsel Els        | 80 NA              | SEN  | V | 677 | 0:31:30 | 8,571  | 07:00 |
| 117 Van Aerschot Sofie     | 80 NA              | SEN  | V | 907 | 0:31:31 | 8,567  | 07:00 |
| 118 Vercalsteren Monique   | 59 Demarsin        | MAS  | V | 203 | 0:31:38 | 8,535  | 07:02 |
| 119 Feyaerts Steffie       | 84 NA              | SEN  | V | 244 | 0:32:06 | 8,411  | 07:08 |
| 120 Lim Teck Hua           | 79 NA              | SEN  | M | 243 | 0:32:11 | 8,389  | 07:09 |
| 121 Vershoren Marleen      | 83 NA              | SEN  | V | 218 | 0:33:43 | 8,008  | 07:30 |
| 122 Salaerts Karl          | 66 NA              | MAS  | M | 915 | 0:34:01 | 7,937  | 07:34 |