

Uitslag 10 mijl wedstrijdloop

Rng	Naam	Gj	Club	Cat	G	Nr	Masters	Seniores	Masters	Masters +50	Seniors	Tijd	km/h	min/km
							Dames	Heren	Heren	Heren				
							Klassement per categorie							
1	Nackaerts Kristof	92	LYRA	SEN	M	2259					1	0:53:10	17,874	03:21
2	Op De Beeck Frederik	84	AVZK	SEN	M	2696					2	0:54:01	16,782	03:35
3	Wils Johan	74	ACHL	MAS	M	4910				1		0:57:32	16,709	03:35
4	Huybrechts Jurgen	78	AVZK	MAS	M	7160				2		0:57:47	16,628	03:37
5	Hellinx David	68	WIBO	MAS	M	9387				3		0:58:04	16,571	03:37
6	Van Bael Danny	69	ROBA	MAS	M	5681				4		0:58:16	16,481	03:38
7	Rens Els	83	AVZK	SEN	V	11155		1				0:58:35	16,453	03:39
8	Caluwaerts Erik	76	LIER	MAS	M	5521				5		0:58:41	16,402	03:39
9	Thijs Filip	75	NA	MAS	M	9395				6		0:58:52	16,332	03:40
10	Herman Wim	74	NA	MAS	M	9421				7		0:59:07	16,277	03:41
11	Nevelsteen Kristof	84	AVZK	SEN	M	2080					3	0:59:19	16,034	03:45
12	De Cock Marc	67	AVZK	MAS	M	4627				8		1:00:13	16,003	03:45
13	Paglalunga Mattias	83	ROBA	SEN	M	9408					4	1:00:20	15,950	03:46
14	Vleugels Bart	74	ROBA	MAS	M	5680				9		1:00:32	15,358	03:54
15	De Roover Benny	66	ROBA	MAS	M	5677				10		1:02:52	15,305	03:55
16	Robiers Ronald	79	NA	SEN	M	9406					5	1:03:05	15,289	03:55
17	Vloeberghs Walter	56	NA	M50+	M	9410				1		1:03:09	15,261	03:56
18	Goevaerts Dirk	57	NA	M50+	M	9401				2		1:03:16	15,157	03:58
19	Exelmans Peter	70	Looi	MAS	M	9412				11		1:03:42	15,130	03:58
20	Lambrechts Ludwig	60	NA	M50+	M	9396				3		1:03:49	14,797	04:03
21	Willems Peter	70	ROBA	MAS	M	9425				12		1:05:15	14,771	04:04
22	De Maeyer Leo	62	NA	M50+	M	9420				4		1:05:22	14,636	04:06
23	Geens Tom	78	NA	SEN	M	9377					6	1:05:58	14,556	04:07
24	Scheers Kurt	61	NA	M50+	M	9423				5		1:06:20	14,422	04:10
25	De Cuyper Ivan	62	NA	M50+	M	9428				6		1:06:57	14,361	04:11
26	Stremersch Danny	62	NA	M50+	M	9393				7		1:07:14	14,123	04:15
27	Peeters Rudy	64	NA	MAS	M	9360				13		1:08:22	14,041	04:16
28	Vanden Bosch Rudy	63	Demarsin	MAS	M	9362				14		1:08:46	14,037	04:16
29	Vermaelen Johan	76	Demarsin	MAS	M	9363				15		1:08:47	13,949	04:18
30	Van Opstal Rudy	50	AVZK	M50+	M	6333				8		1:09:13	13,946	04:18
31	Derdin Jos	71	NA	MAS	M	9375				16		1:09:14	13,892	04:19
32	Toelen Ann	72	NA	MAS	V	19411		1				1:09:30	13,872	04:20
33	Jacobs Pim	89	NA	SEN	M	9422					7	1:09:36	13,810	04:21
34	Huysmans Jef	59	NA	M50+	M	9402				9		1:09:55	13,796	04:21
35	Naets Ivo	62	AVZK	M50+	M	9378				10		1:09:59	13,741	04:22
36	Saenen Joeri	76	Demarsin	MAS	M	9416				17		1:10:16	13,647	04:24
37	Vermierdt Steven	73	NA	MAS	M	9398				18		1:10:45	13,561	04:25
38	Spießens Luc	62	NA	M50+	M	9381				11		1:11:12	13,472	04:27
39	Peeters Karen	68	Demarsin	MAS	V	19391		2				1:11:40	13,466	04:27
40	Kennis Kevin	91	OLSE	SEN	M	2471					8	1:11:42	13,413	04:28
41	Beyers Erik	64	NA	MAS	M	9376				19		1:11:59	13,202	04:33
42	Lens Jan	80	Bergloper	SEN	M	9371					9	1:13:08	13,172	04:33
43	Camps Jan	86	NA	SEN	M	9364					10	1:13:18	13,124	04:34
44	Dreesen Eric	61	ROBA	M50+	M	9430				12		1:13:34	13,116	04:34
45	Dal Bosco Flor	51	NA	M50+	M	9370				13		1:13:37	13,001	04:37
46	Van de Velde Ronny	58	Bergloper	M50+	M	9374				14		1:14:16	12,977	04:37
47	Franck Peter	70	NA	MAS	M	9405				20		1:14:24	12,957	04:38
48	Tisson René	68	AC Lyra	MAS	M	9372				21		1:14:31	12,891	04:39
49	Drouard Sandy	74	ACHL	MAS	V	13045		3				1:14:54	12,856	04:40
50	Steylaerts Jaro	66	NA	MAS	M	9373				22		1:15:06	12,566	04:46
51	Hendrickx Nico	76	NA	MAS	M	9394				23		1:16:50	12,564	04:47

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Rng	Naam	Gj	Club	Cat	G	Nr	Masters	Seniores	Masters	Masters +50	Seniors	Tijd	km/h	min/km
							Dames		Heren					
							Klassement per categorie							
52	Aerts Dirk	62	NA	M50+	M	9419			15			1:16:51	12,413	04:50
53	Smeulders Wim	79	Demarsin	SEN	M	9404				11		1:17:47	12,394	04:50
54	van Laer Werner	86	NA	SEN	M	9417				12		1:17:54	12,315	04:52
55	Vekemans Alfons	51	AVZK	M50+	M	6578			16			1:18:24	12,199	04:55
56	Van den Vonder Greet	63	NA	MAS	V	19388	4					1:19:09	12,199	04:55
57	Van Asten Benny	60	Bergloper	SEN	M	9418				13		1:19:09	12,178	04:56
58	Aerts Kris	70	NA	MAS	M	9369			24			1:19:17	12,153	04:56
59	Devries Rita	57	NA	MAS	V	19390	5					1:19:27	12,135	04:57
60	Apiecionek Vicenty	88	ABES	SEN	M	9403				14		1:19:34	12,114	04:57
61	Naulaerts Stefan	75	NA	MAS	M	9382			25			1:19:42	12,004	05:00
62	Habets Mario*	72	AVZK	MAS	M	5763			26			1:20:26	11,989	05:00
63	Vervloet Guido	63	NA	M50+	M	9429				17		1:20:32	11,987	05:00
64	Van Beeumen Rudi	68	NA	MAS	M	9389			27			1:20:33	11,864	05:03
65	Willemse Staf	58	NA	M50+	M	9426				18		1:21:23	11,748	05:06
66	Dierckx Marc	60	NA	M50+	M	9414				19		1:22:11	11,413	05:15
67	Van Loock Monik	61	NA	MAS	V	19385	6					1:24:36	11,335	05:18
68	De Sobrie Herman	52	Kasteellop	M50+	M	9386				20		1:25:11	10,855	05:32
69	Van den Heuvel Jef	63	NA	M50+	M	9407				21		1:28:57	10,790	05:34
70	Coeck Walter	53	Routelope	M50+	M	9399				22		1:29:29	10,442	05:45
71	Feyaerts Mathieu	88	NA	SEN	M	9383				15		1:32:28	10,332	05:48
72	Rampelbergs Laurence	84	NA	SEN	V	19380		2				1:33:27	10,328	05:49
73	De Smedt Bruno	82	NA	SEN	M	9379				16		1:33:29	8,413	07:08
74	Van Loock Marc	65	ALV	MAS	M	9384			28			1:54:46	#WAARDE!	00:00

Uitslag jogging 7 km						Juiste afstand : 7,4		
Rng	Naam	Gj	Club	Cat	G Nr	Tijd	km/h	min/km
1	VERSTRAETEN IVAN	76	AATT	MAS	M 1038	0:27:59	15,867	03:47
2	MAES PETER	78	DUBHLINN	SEN	M 1046	0:28:15	15,717	03:49
3	BREUGELMANS DAVID	75		0 MAS	M 1033	0:29:01	15,302	03:55
4	HOEFKENS JAN	68		0 MAS	M 1064	0:29:15	15,179	03:57
5	VAN HOOL JORNE	95		0 JUN	M 1078	0:29:26	15,085	03:59
6	NEVELSTEEN STAF	55	AVZK	M50+	M 1015	0:29:38	14,983	04:00
7	HAEMELS ARNOU	97	AVZK	SCH	M 1039	0:29:58	14,816	04:03
8	EYCKMANS RONNY	72		0 MAS	M 1074	0:30:05	14,759	04:04
9	VAN DEN SCOOR BART	70	AVZK	MAS	M 1065	0:30:17	14,662	04:06
10	BOGAERTS RUDDI	58	AVZK	M50+	M 1020	0:30:18	14,653	04:06
11	COREMANS TIBO	101	AVZK	MIN	M 1069	0:30:21	14,629	04:06
12	DE MEUTTER THOMAS	90	AVZK	SEN	M 1040	0:30:47	14,423	04:10
13	VAN DEN BRANDE TIM	91		0 SEN	M 1088	0:30:49	14,408	04:10
14	VAN DEN BROECK ROB	59	AVZK	M50+	M 1034	0:30:51	14,392	04:10
15	WINNENPENNINCKX PAUL	51	DEMARSIN	M50+	M 1013	0:30:53	14,377	04:10
16	VAN RIET MARC	71	HULSHOUT	MAS	M 1062	0:30:59	14,330	04:11
17	LEEMANS FILIP	68		0 MAS	M 1026	0:31:01	14,315	04:11
18	VAN HOOGTEN KOEN	74		0 MAS	M 1057	0:31:19	14,178	04:14
19	WEYNS LEO	51		0 M50+	M 1054	0:31:21	14,163	04:14
20	VAN HOOF EDDY	61		0 M50+	M 1047	0:31:25	14,133	04:15
21	VANGANSEN BJORN	79	HEISTSE BERGLOP	SEN	M 1030	0:31:49	13,955	04:18
22	VAN BALLAER WIM	59		0 M50+	M 1080	0:32:14	13,775	04:21
23	GYBELS EDDY	66		0 MAS	M 1025	0:32:28	13,676	04:23
24	REYNDERS RUDY	62		0 M50+	M 1059	0:32:35	13,627	04:24
25	VAN DE MOER WILFRIED	76		0 MAS	M 1053	0:32:42	13,578	04:25
26	ABE BRENT	95		0 JUN	M 1084	0:32:48	13,537	04:26
27	VANHOVE BERT	63		0 !+50!	M 1063	0:32:50	13,523	04:26
28	DERBOVEN TONY	64	DUBHLINN	MAS	M 1051	0:33:00	13,455	04:28
29	KUSSENEERS LUC	57		0 M50+	M 1070	0:33:13	13,367	04:29
30	STICKERS TOM	74		0 MAS	M 1086	0:33:23	13,300	04:31
31	VERBIST JELLE	89		0 SEN	M 1044	0:33:36	13,214	04:32
32	LAUWERS JULIEN	51	RAM	M50+	M 1028	0:33:40	13,188	04:33
33	KEMPS YVES	73	ROBA	MAS	M 1082	0:33:49	13,130	04:34
34	CROONEN EDDY	66		0 MAS	M 1032	0:34:10	12,995	04:37
35	VAN WOENSEL KURT	84		0 SEN	M 1049	0:34:16	12,957	04:38
36	CLAES BERT	70		0 MAS	M 1073	0:34:23	12,913	04:39
37	VAN OUYTSEL JEF	85		0 SEN	M 1050	0:34:26	12,894	04:39
38	DE HONDT STEVEN	74	HEISTSE BERGLOP	MAS	M 1027	0:34:41	12,802	04:41
39	TORFS BENNY	70	HEISTSE BERGLOP	MAS	M 1043	0:34:50	12,746	04:42
40	OOMS MAURICE	48		0 M50+	M 1021	0:34:56	12,710	04:43
41	GYSELINCKX JEF	56	AVZK	M50+	M 1041	0:35:01	12,680	04:44
42	GOOREMANS JOLINE	100	AVZK	MIN	V 1031	0:35:06	12,650	04:45
43	VERLINDEN WALTER	64	HULSHOUT	MAS	M 1066	0:35:21	12,560	04:47
44	VAN LOOY GERT	83		0 SEN	M 1052	0:35:34	12,484	04:48
45	BOGEMANS LUDO	56		0 M50+	M 1036	0:36:17	12,237	04:54
46	HERMANS LUDO	52	DEMARSIN	M50+	M 1005	0:36:22	12,209	04:55
47	DE HAES WIM	67		0 MAS	M 1055	0:36:41	12,104	04:57
48	STROOBANTS HERMAN	64		0 MAS	M 1024	0:36:53	12,038	04:59
49	MELLAERTS EDDY	66	AVZK	MAS	M 1042	0:36:55	12,027	04:59
50	VAN DE GAER JAN	51		0 M50+	M 1023	0:36:56	12,022	04:59
51	VEKEMANS ELLEN	81		0 SEN	V 1075	0:36:57	12,016	05:00
52	VAN ROMPAEY ANDRE	55		0 M50+	M 1029	0:36:59	12,005	05:00
53	LAURENS PIETER	69		0 MAS	M 1045	0:37:04	11,978	05:01
54	PAESSENS DANIEL	67	BOOISCHOT	MAS	M 1014	0:37:13	11,930	05:02
55	BINON MARK	68		0 MAS	M 1072	0:37:45	11,762	05:06
56	CORNELIS DANNY	63		0 !+50!	M 1048	0:38:54	11,414	05:15

Uitslag jogging 7 km						Juiste afstand : 7,4		
Rng	Naam	Gj	Club	Cat	G Nr	Tijd	km/h	min/km
57	VERMAELEN WENDY	78	DEMARSIN	SEN	V 1010	0:38:56	11,404	05:16
58	VETTERS DIANA	52	HULSHOUT	MAS	V 1037	0:38:59	11,389	05:16
59	VAN ROELEN GASTON	49	DEMARSIN	M50+	M 1009	0:39:04	11,365	05:17
60	SCHOUTERS ROBERT	50	DEMARSIN	M50+	M 1006	0:39:05	11,360	05:17
61	TUERLINCKX JEAN-LUC	59	DEMARSIN	M50+	M 1007	0:39:06	11,355	05:17
62	VAN DER VELDE DANIEL	62	DEMARSIN	M50+	M 1008	0:39:08	11,346	05:17
63	VAN HOVE PIETER	88		0 SEN	M 1085	0:39:47	11,160	05:23
64	VAN DEN WOUWER JOZEF	60		0 M50+	M 1076	0:39:48	11,156	05:23
65	ABRAMS GUY	58		0 M50+	M 1058	0:40:00	11,100	05:24
66	NYS HANS	68		0 MAS	M 1081	0:40:03	11,086	05:25
67	VAN BREE ANJA	70		0 MAS	V 1079	0:40:12	11,045	05:26
68	DE WACHTER CARINE	61		0 MAS	V 1056	0:42:00	10,571	05:41
69	SMET MARC	48		0 M50+	M 1035	0:42:02	10,563	05:41
70	VERMAELEN WILLY	52	DEMARSIN	M50+	M 1011	0:43:01	10,322	05:49
71	VAN DINGENEN KENNETH	96		0 SCH	M 1087	0:43:33	10,195	05:53
72	CALANT FEMKE	88		0 SEN	V 1083	0:43:36	10,183	05:54
73	TIELEMANS FRANCIS	67		0 MAS	M 1022	0:43:41	10,164	05:54
74	GIJSEMANS MICHEL	58		0 M50+	M 1061	0:44:00	10,091	05:57
75	VERHERSTRAETEN RAF	63		0 !+50!	M 1060	0:44:01	10,087	05:57
76	HAINÉ MARIE-JOSE	68	DEMARSIN	MAS	V 1071	0:46:02	9,645	06:13
77	PEETERS ANNICK	65		0 MAS	V 1067	0:46:10	9,617	06:14
78	SIMONS DOMINIQUE	65		0 MAS	M 1068	0:46:11	9,614	06:14

Uitslag jogging 4 km					Juiste afstand : 4,5				
Rng	Naam	Gj	Club	Cat	G	Nr	Tijd	km/h	min/km
1	VANDEN BOSCH BART	92	DEMARS	SEN	M	703	0:14:32	18,578	03:44
2	DE ROOY LENNARD	0		#NB	M	509	0:15:40	17,234	03:29
3	DE WINTER BRENT	96	AVZK	SCH	M	728	0:15:55	16,963	03:32
4	VAN HOOF DIMITRI	91		0 SEN	M	967	0:16:21	16,514	03:38
5	VAN LENT JURGEN	68	AVZK	MAS	M	738	0:16:23	16,480	03:38
6	DE ROOY ANDY	74	NA	MAS	M	741	0:16:43	16,152	03:43
7	VAN EYNDE DAVY	76		0 MAS	M	996	0:17:05	15,805	03:48
8	HOEFKENS CHRIS	66	HEISTSE	MAS	M	736	0:17:12	15,698	03:49
9	VERDUYCKT KRISTOF	90		0 SEN	M	953	0:17:15	15,652	03:50
10	MILLOEN GUNTHER	69	AVZK	MAS	M	959	0:17:21	15,562	03:51
11	MEULENBERGS MICHAEL	92		0 SEN	M	980	0:17:27	15,473	03:53
12	JANSSENS ANNE	95		0 JUN	M	985	0:17:30	15,429	03:53
13	GEUDENS BERNARD	92		0 SEN	M	999	0:17:35	15,355	03:54
14	HERMANS NIELS	93	NA	SEN	M	734	0:17:53	15,098	03:58
15	DE WINTER MURIELLE	72		0 MAS	V	512	0:17:57	15,042	03:59
16	VAN CRAEN ROBIN	92		0 SEN	M	502	0:18:05	14,931	04:01
17	BRUYNINCKX LODE	93		0 SEN	M	998	0:18:12	14,835	04:03
18	HEREMANS JEROEN	91		0 SEN	M	995	0:18:16	14,781	04:04
19	HOREMANS JEFF	92		0 SEN	M	997	0:18:20	14,727	04:04
20	MEULENBERGS PIETER	88		0 SEN	M	983	0:18:31	14,581	04:07
21	VAN CRAEN ADRI	64		0 MAS	M	946	0:18:38	14,490	04:08
22	PAEPEN KURT	72		0 MAS	M	968	0:18:40	14,464	04:09
23	LAPORTE JENS	88	AVZK	SEN	M	726	0:18:49	14,349	04:11
24	VAN DEN SCHOOR SENNE	101	AVZK	MIN	M	958	0:18:50	14,336	04:11
25	DE SCHEPPER NILS	90		0 SEN	M	990	0:19:10	14,087	04:16
26	BROOthaerts JOSS	55	NA	M50+	M	721	0:19:12	14,063	04:16
27	VAN DEN BERG PAUL	56		0 M50+	M	508	0:19:21	13,953	04:18
28	GEERTS RINI	74	NA	MAS	M	718	0:19:27	13,882	04:19
29	VERBEECK YARNO	102	NA	PUP	M	714	0:19:28	13,870	04:20
30	BAEYENS LARS	96	NA	SCH	M	942	0:19:30	13,846	04:20
31	CRISTAEL TIJNE	94		0 JUN	M	981	0:19:31	13,834	04:20
32	NAETS ILAN	104	AVZK	BEN	M	986	0:19:34	13,799	04:21
33	DEROIN SIMON	103	AVZK	PUP	M	952	0:19:53	13,579	04:25
34	VERSCHOREN SARAH	88	LYRA	SEN	V	992	0:20:11	13,377	04:29
35	DU PONT SONNY	69		0 MAS	M	511	0:20:28	13,192	04:33
36	PAUWELS GUY	63	NA	!+50!	M	739	0:20:37	13,096	04:35
37	SALAERTS ANNA	97		0 SCH	V	973	0:20:38	13,086	04:35
38	VAN DEN SCHOOR SARA	107	AVZK	BEN	V	972	0:20:41	13,054	04:36
39	TIERENS GREET	74	KNOET	MAS	V	503	0:20:51	12,950	04:38
40	GOOVAERTS JEF	51	AVZK	M50+	M	735	0:21:03	12,827	04:41
41	VERHAEGEN ILSE	65	HEISTSE	MAS	V	748	0:21:15	12,706	04:43
42	VAN BAE LUC	63	HEISTSE	!+50!	M	747	0:21:16	12,696	04:44
43	HEYLEN VIC	54	HEISTSE	M50+	M	746	0:21:17	12,686	04:44
44	VERBINNEN PATRICK	69	HEISTSE	MAS	M	723	0:21:38	12,481	04:48
45	GEENS NIKKI	77		0 MAS	V	982	0:21:51	12,357	04:51
46	BEYNAERTS NATHALIE	90	NA	SEN	V	940	0:21:59	12,282	04:53
47	BECKERS INGRID	67	HEISTSE	MAS	V	730	0:22:02	12,254	04:54
48	JANSSENS STEFFEN	90	AVZK	SEN	M	984	0:22:26	12,036	04:59
49	VAN DEN PUTTE ERIC	57	HEISTSE	M50+	M	989	0:22:36	11,947	05:01
50	DE WINTER ROBIN	99	NA	KAD	M	729	0:22:37	11,938	05:02
51	DE WINTER FREDERIK	66	NA	MAS	M	727	0:22:39	11,921	05:02
52	BRUGMANS HELGA	70	NA	MAS	V	938	0:22:42	11,894	05:03
53	LIEKENS LOUIS	47	HEISTSE	M50+	M	725	0:22:57	11,765	05:06
54	HELSEN PAUL	69	NA	MAS	M	936	0:22:58	11,756	05:06
55	SCHOOVAERTS JARI	101		0 MIN	M	964	0:23:01	11,731	05:07
56	VAN SCHAEYBROECK KEN	87		0 SEN	M	507	0:23:02	11,722	05:07

Uitslag jogging 4 km					Juiste afstand : 4,5				
Rng	Naam	Gj	Club	Cat	G	Nr	Tijd	km/h	min/km
57	VAN DEN BROECK GERRIE	77	HEISTSE	MAS	M	965	0:23:02	11,722	05:07
58	SCHALKENS LAUREN	103	AVZK	PUP	V	978	0:23:05	11,697	05:08
59	SCHALKENS TIJL	76	AVZK	MAS	M	976	0:23:06	11,688	05:08
60	VAN HOOREBEECK BERNADE	52	RAM	MAS	V	722	0:23:08	11,671	05:08
61	BRUYNSEELS DANIELLE	65	NA	MAS	M	733	0:23:31	11,481	05:14
62	WOUTERS TINE	84	NA	SEN	V	707	0:23:35	11,449	05:14
63	WIJNS SOFIE	84	NA	SEN	V	709	0:23:35	11,449	05:14
64	GIANNILENE	98	NA	KAD	M	744	0:23:39	11,416	05:15
65	GENDARME XANA	104	AVZK	BEN	V	713	0:23:40	11,408	05:16
66	VAN ORSHAEGEN NICOLE	59	NA	MAS	V	945	0:23:49	11,337	05:18
67	VAN HOOL RUDY	70		0 MAS	M	975	0:23:50	11,329	05:18
68	VAN DEN WIJNGAERT NANCY	66	AVZK	MAS	V	743	0:23:53	11,305	05:18
69	VERCAMMEN GERT	72	HEISTSE	MAS	M	506	0:23:59	11,258	05:20
70	DE COCK LUC	64	AVZK	MAS	M	994	0:24:00	11,250	05:20
71	NAETS YARI	100	AVZK	MIN	M	987	0:24:01	11,242	05:20
72	MILLOEN NELE	102	AVZK	PUP	V	961	0:24:04	11,219	05:21
73	BRUYNDONCKX EVA	70		0 MAS	V	960	0:24:08	11,188	05:22
74	VAN LENT SEPPE	100	AVZK	MIN	M	737	0:24:09	11,180	05:22
75	FAES FRANS	49		0 M50+	M	991	0:24:12	11,157	05:23
76	WILLEMS JOS	52	DEMARS	M50+	M	705	0:24:18	11,111	05:24
77	MILLOEN SANDRA	102	AVZK	PUP	M	963	0:24:41	10,939	05:29
78	EYCKMANS ARNE	101		0 MIN	M	971	0:24:44	10,916	05:30
79	GOOSSENS NATASCHA	100	AC LYRA	MIN	V	947	0:24:49	10,880	05:31
80	VETS FREDERIK	79	AVZK	SEN	M	740	0:24:58	10,814	05:33
81	SCHOUTERS DENIS	42	DEMARS	M50+	M	702	0:25:27	10,609	05:39
82	JANSSENS RIK	33	DEMARS	M50+	M	701	0:25:39	10,526	05:42
83	VERMAELEN FABIOLA	66	DEMARS	MAS	V	704	0:25:40	10,519	05:42
84	HOFMANS INGE	69	NA	MAS	V	943	0:26:27	10,208	05:53
85	DE VEUSTER ILSE	70	AVZK	MAS	V	749	0:26:35	10,157	05:54
86	BORGWALD LUDWIG	57	DEMARS	M50+	M	700	0:26:37	10,144	05:55
87	BAESTAENS NATHALIE	88	AVZK	SEN	V	501	0:26:37	10,144	05:55
88	VAN PASSEL LEEN	81		0 SEN	V	954	0:26:39	10,131	05:55
89	GORIS KATRIN	69	AVZK	MAS	V	937	0:26:48	10,075	05:57
90	BELLEKENS IVONNE	47	NA	MAS	V	712	0:26:50	10,062	05:58
91	JANSSENS JOS	50	NA	M50+	M	944	0:26:51	10,056	05:58
92	GOOSSENS SYLVAIN	92	NA	SEN	M	715	0:26:55	10,031	05:59
93	FEREMANS MARINA	65	AVZK	MAS	V	745	0:26:56	10,025	05:59
94	CALDERS SANDRA	74	ROBA	MAS	V	974	0:27:06	9,963	06:01
95	VAN DEN BROECK MICHIEL	94	NA	JUN	M	731	0:27:25	9,848	06:06
96	VAN DEN BROECK ANDRE	59	AVZK	M50+	M	732	0:27:26	9,842	06:06
97	LENS ELLEN	81		0 SEN	V	955	0:27:32	9,806	06:07
98	SCHOOVAERTS JINSE	98		0 KAD	V	966	0:27:37	9,777	06:08
99	CRAENEN ILKE	87	ROBA	SEN	V	988	0:27:50	9,701	06:11
100	CEULEMANS SOFIE	94		0 JUN	V	957	0:27:54	9,677	06:12
101	DE COCK LAURA	99	AVZK	KAD	V	950	0:28:06	9,609	06:15
102	WOUTERS KAREN	88	NA	SEN	V	708	0:28:12	9,574	06:16
103	DECHAMPS LAURA	91		0 SEN	V	949	0:28:27	9,490	06:19
104	DE COCK BRENT	100	AVZK	MIN	M	951	0:28:30	9,474	06:20
105	BUTS RANI	97	NA	SCH	V	720	0:28:34	9,452	06:21
106	BUTS ANNICK	89	NA	SEN	V	719	0:28:35	9,446	06:21
107	CEULEMANS HANNE	93		0 SEN	V	956	0:28:37	9,435	06:22
108	CELIS ILSE	68	NA	MAS	V	717	0:28:46	9,386	06:24
109	VAN DER AUWERMEULEN NIC	59		0 MAS	V	948	0:28:48	9,375	06:24
110	STUCKENS JIM	71		0 MAS	M	513	0:29:13	9,241	06:30
111	VERSCHOREN LIESBETH	85		0 SEN	V	962	0:29:25	9,178	06:32
112	DE PRETER J	61		0 M50+	M	510	0:29:27	9,168	06:33

Uitslag jogging 4 km						Juiste afstand : 4,5		
Rng	Naam	Gj	Club	Cat	G Nr	Tijd	km/h	min/km
113	SCHELKENS JADA	105	AVZK	BEN	V 977	0:29:50	9,050	06:38
114	TENIERS ILS	75	AVZK	MAS	V 979	0:29:51	9,045	06:38
115	DE BIE ELLEN	86		0 SEN	V 504	0:29:55	9,025	06:39
116	WAUTERS LINSKE	89		0 SEN	M 505	0:29:56	9,020	06:39
117	SIEBENS SANDY	71	AC LYRA	MAS	V 941	0:30:00	9,000	06:40
118	STAQUET ANJA	69	BOOISCH	MAS	V 706	0:30:05	8,975	06:41
119	COOTMANS JOSEPHINE	60		0 MAS	V 969	0:30:17	8,916	06:44
120	SCHOOKAERT FRANS	69		0 MAS	M 970	0:30:23	8,886	06:45
121	VERSCHOREN MARLEEN	83		0 SEN	V 993	0:32:03	8,424	07:07
122	JACOBS NANCY	66	NA	MAS	V 742	0:33:47	7,992	07:30
123	HAEMELS DORIEN	90	AVZK	SEN	V 939	0:35:19	7,645	07:51
124	WINDMOLDERS HILDE	71	DEMARS	MAS	V 724	0:36:09	7,469	08:02