

Uitslag 10 mijl wedstrijdloop

Rng	Naam	Gj	Club	Cat	G	Nr	Klassement per categorie					Tijd	km/h	min/km
							Masters Dames	Seniores	Masters Heren	Masters +50	Seniors			
1	Op De Beeck Frederik	84	AVZK	SEN	M	1271					1	0:54:42	17,764	03:23
2	Van Bael Danny	69	ROBA	MAS	M	4332			1			0:56:32	17,188	03:29
3	Jacobs Stijn	77	ACHL	MAS	M	6053			2			0:57:22	16,938	03:33
4	Rens Els	83	AVZK	SEN	V	10762		1				0:57:24	16,929	03:33
5	STEENMANS GEERT	70	AC LYRA	MAS	M	740			3			0:57:25	16,924	03:33
6	DAEMS JAN	70	NA	MAS	M	746			4			0:58:03	16,739	03:35
7	LUYTEN KRISTOF	86	NA	SEN	M	750					2	0:58:34	16,591	03:37
8	THIJS FILIP	75	NA	MAS	M	751			5			0:58:38	16,572	03:37
9	Verschoren Pieter	87	ROBA	SEN	M	1392					3	0:58:46	16,535	03:38
10	Huybrechts Jurgen	78	AVZK	SEN	M	1971					4	0:59:55	16,218	03:42
11	THIJS KOEN	63	NA	MAS	M	759			6			1:01:08	15,895	03:46
12	Nevelsteen Kristof	84	AVZK	SEN	M	1185					5	1:01:13	15,873	03:47
13	COOPMANS ERWIN	79	KASTEELLOPERS	SEN	M	730					6	1:01:22	15,834	03:47
14	De Vocht Peter	60	AVZK	M50-M		3368				1		1:01:33	15,787	03:48
15	VAN HIEL NICO	67	NA	MAS	M	777			7			1:02:00	15,673	03:50
16	PAGLIALUNGA MATTIAS	83	ROBA	SEN	M	761					7	1:02:39	15,510	03:52
17	Van Den Brande Filip	69	HULS	MAS	M	4925			8			1:02:43	15,493	03:52
18	VERBIEST MAURICE	51	NA	M50-M		717				2		1:02:50	15,465	03:53
19	HOREMANS RIGO	69	NA	MAS	M	762			9			1:02:54	15,448	03:53
20	Engelen Gert	68	ACHL	MAS	M	5091			10			1:02:58	15,432	03:53
21	Heylen Bart	66	AVZK	MAS	M	4503			11			1:03:22	15,335	03:55
22	VLOEBERGHES WALTER	56	NA	M50-M		757				3		1:03:38	15,270	03:56
23	VERMAELEN JOHAN	76	DEMARSIN	MAS	M	713			12			1:04:05	15,163	03:57
24	VAN BIJLEN MARCEL	55	NA	M50-M		723				4		1:04:15	15,124	03:58
25	PELGRIMS KRIS	70	NA	MAS	M	724			13			1:04:24	15,089	03:59
26	Van Den Schoor Bart	70	AVZK	MAS	M	3371			14			1:04:36	15,042	03:59
27	Bogaerts Ruddi	58	AVZK	M50-M		3369				5		1:04:38	15,034	03:59
28	VAN DE LEEST HARRY	57	KNOET	M50-M		775				6		1:05:54	14,745	04:04
29	Nevelsteen Gustaaf	55	AVZK	M50-M		3927				7		1:05:57	14,734	04:04
30	EXELMANS PETER	70	NA	MAS	M	722			15			1:06:01	14,719	04:05
31	SCHEERS KURT	61	AVZK	M50-M		760				8		1:06:04	14,708	04:05
32	Van Opstal Rudy	50	AVZK	M50-M		5248				9		1:06:17	14,660	04:06
33	DE CUYPER IVAN	62	NA	MAS	M	774			16			1:06:18	14,656	04:06
34	VAN DEN BROEK ROB	59	NA	M50-M		726				10		1:06:53	14,528	04:08
35	Vermeylen Paul	63	ROBA	MAS	M	4804			17			1:06:55	14,521	04:08
36	HEYLEN GEERT	70	NA	MAS	M	720			18			1:06:59	14,507	04:08
37	WAGEMANS STEFAN	71	NA	MAS	M	767			19			1:07:06	14,481	04:09
38	SAENEN JOERI	76	DEMARSIN	MAS	M	743			20			1:08:25	14,203	04:13
39	Van Den Acker Paul	61	AVZK	M50-M		3364				11		1:08:58	14,089	04:16
40	VAN TULDER KOEN	72	KNOET	MAS	M	776			21			1:09:16	14,028	04:17
41	AERTS PETER	78	NA	SEN	M	771					8	1:09:27	13,991	04:17
42	CAMPS LUDO	53	LOOISE AV	M50-M		744				12		1:09:32	13,975	04:18
43	VAN GENECHTEN KRISTOF	87	NA	SEN	M	778					9	1:09:42	13,941	04:18
44	SPIESSENS LUC	62	NA	M50-M		754				13		1:09:48	13,921	04:19
45	VERMIERDT STEVEN	73	NA	MAS	M	748			22			1:09:56	13,895	04:19
46	HUYBRECHTS CYNTHIA	77	HEISTE BERLOPERS	MAS	V	718	1					1:10:19	13,819	04:21
47	WEYNS LEO	51	NA	M50-M		741				14		1:10:20	13,816	04:21
48	HUYSMANS JEF	59	NA	M50-M		755				15		1:10:42	13,744	04:22

Uitslag 10 mijl wedstrijdloop

Rng	Naam	Gj	Club	Cat	G	Nr	Masters	Seniores	Masters	Masters +50	Seniors	Klassement per categorie	Tijd	km/h	min/km
							Dames		Heren						
49	Versteven Rene	45	BONH	M50-	M	4116			16				1:10:56	13,699	04:23
50	VERBRAEKEN ROEL	72	NA	MAS	M	773			23				1:11:13	13,644	04:24
51	PEETERS KAREN	68	DEMARSIN	MAS	V	768	2						1:11:46	13,540	04:26
52	Vervoort Wim	69	ACHL	MAS	M	4137			24				1:12:10	13,465	04:27
53	LAEREMANS BART	78	KNOET AATT	SEN	M	766				10			1:13:21	13,247	04:32
54	DE COCQ ROGER	52	HEISTE BERLOPERS	M50-	M	763			17				1:13:23	13,241	04:32
55	CRETS PAUL	65	NA	MAS	M	732			25				1:13:49	13,164	04:33
56	HEERMANS KEVIN	82	NA	SEN	M	719				11			1:14:31	13,040	04:36
57	SAELEN LUC	69	NA	MAS	M	725			26				1:14:33	13,034	04:36
58	BLOCKX LEEN	61	NA	MAS	V	738	3						1:14:41	13,011	04:37
59	Buts Greta	58	ACHL	MAS	V	12292	4						1:14:47	12,994	04:37
60	DE VRIES RITA	57	NA	MAS	V	735	5						1:15:07	12,936	04:38
61	LENS JAN	80	HEISTE BERLOPERS	SEN	M	714				12			1:15:14	12,916	04:39
62	KUSSENEERS LUC	57	RUMST	M50-	M	702			18				1:15:42	12,836	04:40
63	BERINGS ANITA	56	DEMARSIN	MAS	V	705	6						1:16:12	12,752	04:42
64	BAMS KAMIEL	58	DEMARSIN	M50-	M	704			19				1:16:12	12,752	04:42
65	Van Herck Jozef	61	ACHL	M50-	M	6006			20				1:16:17	12,738	04:43
66	DE WIT LUC	57	NA	M50-	M	734			21				1:16:23	12,721	04:43
67	VAN DER HEYDEN NIELS	88	NA	SEN	M	716				13			1:16:26	12,713	04:43
68	LENS KRISTOF	78	NA	SEN	M	770				14			1:16:33	12,694	04:44
69	JACOBS PIM	89	NA	SEN	M	764				15			1:16:38	12,680	04:44
70	LIEKENS VICKY	87	NA	SEN	V	749		2					1:17:01	12,617	04:45
71	DIERCKX MARC	60	NA	M50-	M	736			22				1:17:03	12,611	04:45
72	Glassee Benny	75	ACHL	MAS	M	3729			27				1:17:22	12,560	04:47
73	WILLEMSE STAF	58	NA	M50-	M	772			23				1:17:40	12,511	04:48
74	Habets Mario*	72	AVZK	MAS	M	4105			28				1:17:41	12,508	04:48
75	VANDEN VONDER GREET	63	NA	MAS	V	739	7						1:17:55	12,471	04:49
76	BAETEN DIRK	60	NA	M50-	M	727			24				1:17:56	12,468	04:49
77	VANCAUWENBERGHS GU	63	NA	MAS	M	747			29				1:18:03	12,450	04:49
78	VERBIST JELLE	89	NA	SEN	M	728				16			1:18:33	12,370	04:51
79	Heylen Annelies	87	AVZK	SEN	V	11109		3					1:18:53	12,318	04:52
80	VLOEBLERGHS SAM	88	NA	SEN	M	721				17			1:19:49	12,174	04:56
81	DE TANT BRAAM	76	NA	MAS	M	715			30				1:19:59	12,149	04:56
82	VETTERS DIANA	52	AC HULS	MAS	V	733	8						1:21:39	11,901	05:03
83	Vekemans Alfons	51	AVZK	M50-	M	5766			25				1:24:17	11,529	05:12
84	COECK WALTER	53	NA	M50-	M	731			26				1:24:42	11,472	05:14
85	HAINÉ MARIE-JOSE	68	DEMARSIN	MAS	V	707	9						1:26:36	11,221	05:21
86	SERNEELS LUT	66	NA	MAS	V	752	10						1:27:06	11,156	05:23
87	THIELEMANS BART	71	NA	MAS	M	753			31				1:28:15	11,011	05:27
88	NICASY RUDDY	54	NWRC	M50-	M	742			27				1:29:08	10,902	05:30
89	DEKIMPE SVEN	74	NA	MAS	M	758			32				1:29:38	10,841	05:32

Uitslag jogging 7 km						Juiste afstand : 7,4			
Rng	Naam	Gj	Club	Cat	G	Nr	Tijd	km/h	min/km
1	DE ROOVER BENNY	66	ROBA	MAS	M	848	0:25:04	17,713	03:23
2	VANDEBOSCH RUDY	63	DEMARSIN	MAS	M	895	0:27:29	16,155	03:43
3	MAES PETER	78		0 SEN	M	856	0:27:44	16,010	03:45
4	VAN BAEL TIM	90		0 SEN	M	877	0:28:00	15,857	03:47
5	BEYNAERTS KIM	85	ROBA	SEN	M	833	0:28:51	15,390	03:54
6	DERDIN JOS	71	AVZK	MAS	M	834	0:28:57	15,337	03:55
7	MILLOEN GUNTHER	69		0 MAS	M	854	0:29:03	15,284	03:56
8	VAN WOENSEL JOERI	76		0 MAS	M	826	0:29:06	15,258	03:56
9	LEEMANS FILIP	68		0 MAS	M	861	0:30:13	14,694	04:05
10	VAN DEN BROECK ANDRE	59	AVZK	M50+	M	825	0:30:21	14,629	04:06
11	VANDEVELDE BJORN	94		0 JUN	M	837	0:30:45	14,439	04:09
12	DRIEZEN TIM	79		0 SEN	M	884	0:30:52	14,384	04:10
13	VAN DEN DAELE ANTOON	61	AVZK	M50+	M	817	0:30:56	14,353	04:11
14	GYBELS EDDY	66		0 MAS	M	823	0:30:58	14,338	04:11
15	DE COCK MARC	67	AVZK	MAS	M	843	0:31:01	14,315	04:11
16	VAN RIET MARC	71		0 MAS	M	869	0:31:16	14,200	04:14
17	VANDEBROECK DORIEN	86		0 SEN	V	845	0:31:20	14,170	04:14
18	VANSTEN SANDRA	68		0 MAS	V	858	0:31:27	14,118	04:15
19	NAETS IVO	62	AVZK	M50+	M	898	0:31:43	13,999	04:17
20	CROONEN EDDY	66		0 MAS	M	855	0:32:18	13,746	04:22
21	CAMPS JAN	86		0 SEN	M	896	0:32:47	13,543	04:26
22	VAN LOOCK ROBIN	76		0 MAS	M	934	0:32:48	13,537	04:26
23	VERLINDEN WALTER	64	HULS	MAS	M	872	0:32:51	13,516	04:26
24	VANDEVELDE DIETER	96	HEISTSE BERGLOPERS	SCH	M	836	0:32:54	13,495	04:27
25	CANNAERTS RAYMOND	57	DEMARSIN	M50+	M	878	0:33:04	13,427	04:28
26	LAUWERS JULIEN	51	RAM	M50+	M	844	0:33:14	13,360	04:29
27	VAN WOENSEL KURT	84		0 SEN	M	888	0:33:17	13,340	04:30
28	LAURENS PIETER	69		0 MAS	M	892	0:33:24	13,293	04:31
29	VANGANSEN BJORN	79	HEISTSE BERGLOPERS	SEN	M	857	0:33:31	13,247	04:32
30	TORFS KURT	78		0 SEN	M	906	0:34:01	13,052	04:36
31	VAN DESSEL KOEN	83		0 SEN	M	932	0:34:14	12,970	04:38
32	TORFS BENNY	70	HEISTSE BERGLOPERS	MAS	M	846	0:34:16	12,957	04:38
33	NIJS WALTER	60	DEMARSIN	M50+	M	860	0:34:21	12,926	04:39
34	VERMAELEN WILLY	52	DEMARSIN	M50+	M	813	0:34:21	12,926	04:39
35	VAN DER VELDE DANIEL	62	DEMARSIN	MAS	M	810	0:34:21	12,926	04:39
36	MELLAERTS EDDY	66	AVZK	MAS	M	863	0:34:21	12,926	04:39
37	HERMANS LUDO	52		0 M50+	M	891	0:34:25	12,901	04:39
38	ELAES BERT	70		0 MAS	M	842	0:34:39	12,814	04:41
39	MERGAERTS DIRK	58		0 M50+	M	901	0:34:44	12,783	04:42
40	SERNEELS GLENN	90		0 SEN	M	890	0:35:00	12,686	04:44
41	VAN OUYTSEL JEF	85		0 SEN	M	889	0:35:05	12,656	04:44
42	VAN PRAET PIERRE	48		0 M50+	M	829	0:35:11	12,620	04:45
43	VAN DE VELDE ROGR	53	LOOISE	M50+	M	880	0:35:30	12,507	04:48
44	DEBOEL HERMAN	55	DEMARSIN	M50+	M	802	0:35:33	12,489	04:48
45	MATTHYS JAN	64		0 MAS	M	936	0:36:15	12,248	04:54
46	CORNELIS DANNY	63		0 MAS	M	841	0:36:20	12,220	04:55
47	SWERTS PAUL	63		0 MAS	M	885	0:36:28	12,176	04:56

Uitslag jogging 7 km						Juiste afstand : 7,4			
Rng	Naam	Gj	Club	Cat	G	Nr	Tijd	km/h	min/km
48	VERSHAEREN ROOS	0		0	#N/B	V 887	0:36:31	12,159	04:56
49	DE HONDT STEVEN	74	HEISTSE BERGLOPERS	MAS	M	822	0:36:31	12,159	04:56
50	MATTHYS TOM	97		0	KAD	M 937	0:37:36	11,809	05:05
51	WILLEMS JOS	52	DEMARSIN	M50+	M	814	0:37:39	11,793	05:05
52	SCHOUTERS ROBERT	50	DEMARSIN	M50+	M	808	0:37:44	11,767	05:06
53	NIJS MARC	57		0	M50+	M 903	0:37:47	11,751	05:06
54	VAN ROELEN GASTON	49	DEMARSIN	M50+	M	811	0:37:53	11,720	05:07
55	MAUS JAN	58	DEMARSIN	M50+	M	919	0:38:04	11,664	05:09
56	VAN DYCK MICHEL	64	AVZK	MAS	M	815	0:38:05	11,659	05:09
57	VERVLOET THERESIA	63	AVZK	MAS	M	866	0:38:09	11,638	05:09
58	LIEKENS LOUIS	47	HEISTSE BERGLOPERS	M50+	M	839	0:38:09	11,638	05:09
59	TEURLINCKX JEAN-LUC	59	DEMARSIN	M50+	M	809	0:38:12	11,623	05:10
60	DE KOCK FRANCOIS	47	DEMARSIN	M50+	M	801	0:38:14	11,613	05:10
61	JANSSENS RIK	33	DEMARSIN	M50+	M	805	0:39:00	11,385	05:16
62	VAN DE GAER JAN	51		0	M50+	M 824	0:39:00	11,385	05:16
63	VNA VELTHOVEN GUNTHER	72	BONH	MAS	M	879	0:39:03	11,370	05:17
64	FEREMANS MARINA	65	AVZK	MAS	V	926	0:39:04	11,365	05:17
65	VERMAELEN WENDY	78	DEMARSIN	SEN	V	812	0:39:09	11,341	05:17
66	HOLEMANS PAUL	46	DEMARSIN	M50+	M	803	0:39:10	11,336	05:18
67	VAN LOO BRUNO	47		0	M50+	M 886	0:39:10	11,336	05:18
68	VANHALLE RUDY	62	JC VELTEM	!+50!	M	827	0:39:25	11,264	05:20
69	HAVET LUC	61	JC VELTEM	M50+	M	828	0:39:28	11,250	05:20
70	CORNELIS BART	71		0	MAS	M 907	0:39:52	11,137	05:23
71	BUSSCHODTS RENE	57	AVZK	M50+	M	900	0:40:28	10,972	05:28
72	ROL ROB	75	JCK	MAS	M	849	0:40:38	10,927	05:29
73	SMET MARC	48	ROBA	M50+	M	831	0:40:42	10,909	05:30
74	PEETERS KATHY	71		0	MAS	V 899	0:41:02	10,820	05:33
75	VERBERT LUC	69		0	MAS	M 875	0:41:26	10,716	05:36
76	GIJSEMANS MICHEL	58		0	M50+	M 883	0:41:27	10,712	05:36
77	LEBRUN MARIANNE	59	DEMARSIN	MAS	V	807	0:41:37	10,669	05:37
78	ROELANTS MYRIAM	59		0	MAS	V 873	0:42:18	10,496	05:43
79	BORGWALD LUDWIG	57	DEMARSIN	M50+	M	800	0:42:19	10,492	05:43
80	VAN PASSEL JAN	68		0	MAS	M 910	0:42:22	10,480	05:44
81	VAN GEMERT ALFONS	62		0	!+50!	M 821	0:43:17	10,258	05:51
82	JACOBS NELE	82	KASTEELLOPERS	SEN	V	922	0:43:18	10,254	05:51
83	LEYSEN ROBIN	82	KASTEELLOPERS	SEN	M	925	0:44:56	9,881	06:04
84	CLAES RENE	57		0	M50+	M 819	0:47:05	9,430	06:22
85	VAN RAEMDONCK ANNETTE	62	AVZK	M50+	V	818	0:47:05	9,430	06:22

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	DEMARSIN	SEN	M	118	0:14:09	19,081	03:09
2	NIJS MICHEL	92	DEMARSIN	SEN	M	211	0:14:25	18,728	03:12
3	RENDERS YELTE	94	ACHL	JUN	M	232	0:14:44	18,326	03:16
4	VAN LENT JURGEN	68	AVZK	MAS	M	166	0:16:02	16,840	03:34
5	JENNES NICO	86	LYRA	SEN	M	170	0:16:12	16,667	03:36
6	VAN ROOSBROECK MATTHIAS	93	NA	JUN	M	637	0:16:34	16,298	03:41
7	VERSTRAETEN IVAN	76	NA	MAS	M	634	0:16:40	16,200	03:42
8	DE MEUTTER THOMAS	90	AVZK	SEN	M	193	0:16:43	16,152	03:43
9	PEETERS BJORN	89	PEGASUS TIELT	SEN	M	180	0:16:45	16,119	03:43
10	HOEFKENS CHRIS	66	HEISTSE BERGLOPERS	MAS	M	158	0:16:58	15,914	03:46
11	DE MEUTTER JEROEN	88	NA	SEN	M	218	0:17:12	15,698	03:49
12	HERMANS NIELS	93	NA	JUN	M	197	0:17:13	15,682	03:50
13	NAETS OBRY	98	AVZK	KAD	M	633	0:17:24	15,517	03:52
14	PAEPEN KURT	72	NA	MAS	M	669	0:17:38	15,312	03:55
15	HAEMELS ARNOUT	97	AVZK	KAD	M	220	0:17:40	15,283	03:56
16	LAPORTE VINCENT	97	AVZK	KAD	M	662	0:17:42	15,254	03:56
17	VAN CRAEN ADRI	64	ACHL	MAS	M	238	0:17:47	15,183	03:57
18	VAN OOSTERWYCK DIRK	69	AVZK	MAS	M	229	0:17:52	15,112	03:58
19	JACOBS TOM	99	NA	MIN	M	639	0:18:08	14,890	04:02
20	VAN NOTEN DIRK	67	NA	MAS	M	223	0:18:12	14,835	04:03
21	PEETERS BLOEME	99	AVZK	MIN	V	146	0:18:26	14,647	04:06
22	DERBOVEN TONY	64	NA	MAS	M	237	0:18:30	14,595	04:07
23	BOSMANS HERMAN	61	NA	M50+	M	241	0:18:35	14,529	04:08
24	FEYAERTS MATTI	87	NA	SEN	M	697	0:19:06	14,136	04:15
25	VAN AKEN TIM	83	NA	SEN	M	208	0:19:12	14,063	04:16
26	CUPONT JOHAN	69	HEISTSE BERGLOPERS	MAS	M	689	0:19:27	13,882	04:19
27	CANNAERTS ROEL	66	NA	MAS	M	137	0:19:28	13,870	04:20
28	GEERTS RINI	74	HEISTSE BERGLOPERS	MAS	V	129	0:19:42	13,706	04:23
29	VERELST WIM	68	NA	MAS	M	699	0:19:43	13,694	04:23
30	VERMEULEN CHRIS	63	DEMARSIN	MAS	M	233	0:19:50	13,613	04:24
31	PEETERS JANNES	2	AVZK	PUP	M	159	0:19:51	13,602	04:25
32	VAN ROIE STEVEN	78	NA	SEN	M	204	0:19:52	13,591	04:25
33	PAESSENS DANIEL	67	BOOISCHOT	MAS	M	127	0:19:57	13,534	04:26
34	JANSSEN JOHAN	77	NA	SEN	M	215	0:20:18	13,300	04:31
35	KERKHOF PETRA	82	ROBA	SEN	V	658	0:20:22	13,257	04:32
36	GOORMANS JOLIEN	0	AVZK	MIN	V	212	0:20:24	13,235	04:32
37	LAURENS JITSE	99	NA	MIN	M	251	0:20:24	13,235	04:32
38	LAPORTE MORGAN	0	AVZK	MIN	V	653	0:20:25	13,224	04:32
39	BOON LIEVE	81	NA	SEN	V	169	0:20:34	13,128	04:34
40	VERSTREPEN LEO	47	HEISTSE BERGLOPERS	M50+	M	195	0:20:35	13,117	04:34
41	BAEYENS LARS	96	NA	SCH	M	148	0:20:37	13,096	04:35
42	VERSCHOREN SARAH	88	LYRA	SEN	V	179	0:20:38	13,086	04:35
43	BRUYNSEELS BART	69	NA	MAS	M	239	0:20:43	13,033	04:36
44	VERMEYLEN PIETER	81	NA	SEN	M	656	0:20:45	13,012	04:37
45	VLEMINX JAN	61	DEMARSIN	M50+	M	240	0:20:48	12,981	04:37
46	VAN DE MOORTELE HEIDI	67	ROBA	MAS	V	670	0:20:49	12,970	04:38
47	VANDEBOSSCHE JARNO	98	NA	KAD	M	673	0:20:52	12,939	04:38

Uitslag jogging 4 km						Juiste afstand : 4,5			
Rng	Naam	Gj	Club	Cat	G	Nr	Tijd	km/h	min/km
48	VAN DEN DRIES JEF	2	AVZK	PUP	M	151	0:20:56	12,898	04:39
49	VAN HOOGTEN KOEN	74	NA	MAS	M	663	0:20:57	12,888	04:39
50	HEYLEN VIC	54	HEISTSE BERGLOPERS	M50+	M	643	0:21:00	12,857	04:40
51	GOOVAERTS JOSEPH	51	AVZK	M50+	M	162	0:21:00	12,857	04:40
52	VERHAEGEN ILSE	65	HEISTSE BERGLOPERS	MAS	V	250	0:21:11	12,746	04:42
53	PEETERS XANDER	99	NA	MIN	M	667	0:21:48	12,385	04:51
54	VAN BAEL LUC	63	HEISTSE BERGLOPERS	MAS	M	230	0:21:50	12,366	04:51
55	CLAES SVEN	85	NA	SEN	M	191	0:21:54	12,329	04:52
56	OOMS KENNY	85	NA	SEN	M	192	0:21:54	12,329	04:52
57	VAN DE MOORTELE KRISTIEN	69	PUTTE	MAS	V	109	0:21:58	12,291	04:53
58	VAN HOOREBEECK BERNADET	52	RAM	MAS	V	189	0:21:59	12,282	04:53
59	VAN DER AERSCHOT STACY	80	HEISTSE BERGLOPERS	SEN	V	249	0:22:00	12,273	04:53
60	VAN DEN PUTTE ERIC	57	HEISTSE BERGLOPERS	M50+	M	161	0:22:02	12,254	04:54
61	CLAES KAREN	87	NA	SEN	V	225	0:22:03	12,245	04:54
62	MERGAERTS KEVIN	79	NA	SEN	M	635	0:22:17	12,117	04:57
63	SAELEN JORRICH	90	NA	SEN	M	188	0:22:23	12,063	04:58
64	WOUTERS MARC	64	NA	MAS	M	646	0:22:24	12,054	04:59
65	VAN DEN DRIES JAN	2	AVZK	PUP	M	156	0:22:26	12,036	04:59
66	GEENS NIKKI	77	NA	SEN	V	678	0:22:27	12,027	04:59
67	VERVOORT CEDRIC	99	ACHL	MIN	M	682	0:22:29	12,009	05:00
68	VERVOORT SENNE	0	ACHL	MIN	V	677	0:22:31	11,991	05:00
69	VAN DEN DAELE VIOLEIN	94	AVZK	JUN	V	123	0:22:33	11,973	05:01
70	SCHEKENS LAUREN	3	AVZK	BEN	V	184	0:22:38	11,929	05:02
71	TENIERS IRIS	75	AVZK	MAS	V	185	0:22:38	11,929	05:02
72	GENDARME XANA	4	AVZK	BEN	V	234	0:22:43	11,886	05:03
73	BRUGMANS HELGA	70	NA	MAS	V	236	0:22:50	11,825	05:04
74	LIVENS ANTOON	55	NA	M50+	M	638	0:22:55	11,782	05:06
75	VAN DEN BERGH ALEX	60	HEISTSE BERGLOPERS	M50+	M	190	0:22:56	11,773	05:06
76	VAN HOOL RUDY	70	BOOISCHOT	MAS	M	125	0:22:57	11,765	05:06
77	MEULENBERGS NICO	77	NA	!VM!	M	136	0:23:00	11,739	05:07
78	FAES FRANS	49	NA	M50+	M	666	0:23:05	11,697	05:08
79	DERDIN SIMON	3	AVZK	BEN	M	167	0:23:09	11,663	05:09
80	DERDIN DRIES	93	NA	JUN	M	168	0:23:09	11,663	05:09
81	RYMENANTS EDDY	54	NA	M50+	M	205	0:23:15	11,613	05:10
82	VAN DEN BERGH LUT	58	HEISTSE BERGLOPERS	MAS	V	219	0:23:15	11,613	05:10
83	BRANT PETRA	77	NA	MAS	V	686	0:23:21	11,563	05:11
84	DE VEUSTER ILSE	70	AVZK	MAS	V	632	0:23:25	11,530	05:12
85	DEMARSIN FRIEDA	62	NA	MAS	V	647	0:23:28	11,506	05:13
86	PAUWELS GUY	63	HEISTSE BERGLOPERS	MAS	M	203	0:23:31	11,481	05:14
87	VAN WOENSEL LUDO	56	DEMARSIN	M50+	M	100	0:23:32	11,473	05:14
88	BECKERS INGRID	67	HEISTSE BERGLOPERS	MAS	V	202	0:23:33	11,465	05:14
89	GEENS FRANS	48	NA	M50+	M	683	0:23:33	11,465	05:14
90	BAESTAES NATHALIE	88	AVZK	SEN	V	672	0:23:39	11,416	05:15
91	WOUTERS TINE	84	NA	SEN	V	245	0:23:45	11,368	05:17
92	WOUTERS MAURITS	57	NA	M50+	M	655	0:23:46	11,360	05:17
93	SALAERT JULE	46	NA	M50+	M	164	0:23:50	11,329	05:18
94	VAN ORSHAEGEN NICOLE	59	NA	MAS	V	149	0:23:53	11,305	05:18

Uitslag jogging 4 km						Juiste afstand : 4,5			
Rng	Naam	Gj	Club	Cat	G	Nr	Tijd	km/h	min/km
95	EYCKMANS ANNE	1	NA	PUP	V	41	0:23:54	11,297	05:19
96	EYCKMANS RONNY	72	NA	MAS	M	657	0:23:55	11,289	05:19
97	VANDEVELDE STEFANIE	97	HEISTSE BERGLOPERS	KAD	V	182	0:24:14	11,142	05:23
98	VAN TURNHOUT BRENT	0	ACHL	MIN	M	696	0:24:27	11,043	05:26
99	VERSCHUEREN NANCY	71	ACHL	MAS	V	235	0:24:28	11,035	05:26
100	BUTS ANN	78	NA	MAS	V	242	0:24:30	11,020	05:27
101	WUYTS FILIP	82	NA	SEN	M	985	0:24:32	11,005	05:27
102	HELLEMANS ILKE	90	NA	SEN	V	668	0:24:49	10,880	05:31
103	LENS GIANNI	98	NA	KAD	M	165	0:25:01	10,793	05:34
104	MELLAERTS DRIES	6	NA	BEN	M	222	0:25:02	10,786	05:34
105	EGGERS PEGGY	67	NA	MAS	V	684	0:25:06	10,757	05:35
106	WITVROUWEN GERRY	79	NA	SEN	M	135	0:25:33	10,568	05:41
107	GOOSSENS NATASCHA	0	AVZK	MIN	V	103	0:25:40	10,519	05:42
108	SCHOUTER DANY	42	DEMARSIN	M50+	M	112	0:25:52	10,438	05:45
109	VAN LIER STEPHANE	58	NA	M50+	M	138	0:25:52	10,438	05:45
110	JANSSENS JOS	50	HEIST O/D BERG	M50+	M	108	0:25:53	10,431	05:45
111	VAN LOOCK MONIK	61	KASTEELLOPERS	MAS	V	244	0:26:20	10,253	05:51
112	DE SOBRIE HERMAN	52	KASTEELLOPERS	M50+	M	243	0:26:21	10,247	05:51
113	VAN DER VELDE NICKY	92	DEMARSIN	SEN	V	116	0:26:25	10,221	05:52
114	VERHAEGEN CARLA	65	DEMARSIN	MAS	V	120	0:26:25	10,221	05:52
115	VAN DEN DAELE AMATA	99	AVZK	MIN	V	124	0:26:27	10,208	05:53
116	VAN DER AUWERMEULEN NICOLE	59	NA	MAS	V	186	0:26:39	10,131	05:55
117	VERMAELEN FABIOLA	66	DEMARSIN	MAS	V	122	0:26:42	10,112	05:56
118	VAN ROOSBROECK MARC	64	NA	MAS	M	654	0:26:52	10,050	05:58
119	VERVLOET STEVEN	75	NA	MAS	M	153	0:26:53	10,043	05:58
120	HOFMANS INGE	69	NA	MAS	V	147	0:27:07	9,957	06:02
121	BELLEKENS YVONNE	47	HEIST O/D BERG	MAS	V	102	0:27:07	9,957	06:02
122	DE PRETER JORIS	61	NA	M50+	M	227	0:27:08	9,951	06:02
123	VERCAUTEREN ELS	72	NA	MAS	V	228	0:27:08	9,951	06:02
124	LIEKENS JOS	45	NA	M50+	M	183	0:27:08	9,951	06:02
125	JACOBS NANCY	66	ACHL	MAS	V	160	0:27:17	9,896	06:04
126	GINORIS KATRIN	69	AVZK	MAS	V	163	0:27:23	9,860	06:05
127	VAN LOOCK MARC	65	ALV	MAS	M	201	0:27:35	9,789	06:08
128	VAN WOINSEL CHRIS	61	NA	M50+	M	671	0:28:18	9,541	06:17
129	STAQUET ANNA	69	BOOISCHOT	MAS	V	126	0:28:40	9,419	06:22
130	DE PRETER JULES	36	HEISTSE BERGLOPERS	M50+	M	679	0:28:45	9,391	06:23
131	DE CAT EMMANUELLA	64	NA	MAS	V	680	0:28:46	9,386	06:24
132	GENDARME NAOMI	97	AVZK	KAD	V	131	0:28:52	9,353	06:25
133	FREDERICKX BAUKE	4	LYRA	BEN	V	174	0:29:11	9,252	06:29
134	VERVOORT SILKE	98	ACHL	KAD	V	674	0:29:22	9,194	06:32
135	BUDS ANNICK	89	NA	SEN	V	139	0:29:45	9,076	06:37
136	VERSCHOREN LIESBETH	85	HEISTSE BERGLOPERS	SEN	V	96	0:29:45	9,076	06:37
137	COOTMANS JOSEPHINE	60	HEISTSE BERGLOPERS	MAS	V	172	0:29:46	9,071	06:37
138	BUDS RANI	97	NA	KAD	V	142	0:29:46	9,071	06:37
139	STOOPS MARIA	65	NA	MAS	V	636	0:30:10	8,950	06:42
140	VERDONCK ANITA	52	NA	MAS	V	213	0:30:15	8,926	06:43
141	VAN DEN BERGH CHRISTEL	73	NA	MAS	V	248	0:30:17	8,916	06:44

Uitslag jogging 4 km						Juiste afstand : 4,5			
Rng	Naam	Gj	Club	Cat	G	Nr	Tijd	km/h	min/km
142	JENNIS SUZY	54	DEMARSIN	MAS	V	110	0:31:06	8,682	06:55
143	PAESSENS ANKE	99	BOOISCHOT	MIN	V	128	0:31:14	8,645	06:56
144	VERCALSTEREN MONIQUE	59	DEMARSIN	MAS	V	119	0:31:32	8,562	07:00
145	GOOSSENS LIESBETH	99	AVZK	MIN	V	217	0:31:37	8,540	07:02
146	VERSTREPEN MIRIAM	72	NA	MAS	V	649	0:31:55	8,460	07:06
147	VANBUTSELE SANDRA	72	AVZK	MAS	V	130	0:32:17	8,363	07:10
148	MOLS RENATE	70	AVZK	MAS	V	198	0:32:19	8,355	07:11
149	DE RON LIESJE	85	NA	SEN	V	231	0:33:01	8,178	07:20
150	VERVOORT JOLIEN	92	NA	SEN	V	214	0:33:29	8,064	07:26
151	SCHEPERS HUGUETTE	55	HEIST O/D BERG	MAS	V	107	0:33:38	8,028	07:28