

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	327	Mans	Steve	Testelt	M1	MAS+40	SQM Running...	00:15:00	17.2	03:29
2	406	Helsen	Michel	Rillaar	M2	MAS+40		00:15:03	17.14	03:30
3	414	Cumps	Stan	Ramsel	M3	SEN		00:15:16	16.9	03:33
4	310	Geets	Seppe	Rotselaar	M4	SEN		00:15:48	16.33	03:40
5	305	Demarsin	Toon	Wezemaal	M5	SEN		00:16:35	15.56	03:51
6	333	Mertens	Tomas	Holsbeek	M6	SEN		00:16:52	15.3	03:55
7	419	Vander Sande	Thomas	Hulshout	M7	SEN	ROBA	00:17:24	14.83	04:02
8	292	Caers	Senne	Nieuwrode	M8	SCH	ROBA	00:17:35	14.67	04:05
9	300	Coenen	Emily	Nieuwrode	V1	MAS+40	ROBA	00:18:03	14.29	04:11
10	420	Laureys	Daan	Scherpenheuvel-Zichem	M9	CAD	ROBA	00:18:19	14.09	04:15
11	318	Ivens	Steven	Nieuwrode	M10	MAS+45		00:18:26	14	04:17
12	302	Decoutere	Mike	Heule	M11	MAS+40	ABMarke	00:18:29	13.96	04:17
13	410	Janssens	Arnt	Kortenaken	M12	PUP		00:18:41	13.81	04:20
14	405	Helsen	Liene	Rillaar	V2	MIN		00:18:55	13.64	04:23
15	379	Vanden Bosch	Rudy	Holsbeek	M13	MAS+60	Kapsalon Luc	00:18:59	13.59	04:24
16	312	Gordts	Stephanie	Tielt-Winge	V3	MAS+40	Dutselse Draf...	00:19:15	13.4	04:28
17	337	Morren	Selle	Pellenberg	M14	BEN	Ho Bierbeek	00:20:02	12.88	04:39
18	336	Morren	Hans	Pellenberg	M15	SEN	FC Pellenberg	00:20:03	12.87	04:39
19	284	Bovyn	Milo	Bissegem	M16	PUP	AB Marke	00:20:13	12.76	04:42
20	416	Verheyden	Gunther	Bekkevoort	M17	MAS+45		00:20:54	12.34	04:51
21	294	Caluwaerts	Mats	Holsbeek	M18	PUP	KDN United	00:20:57	12.32	04:52
22	344	Pandelaers	Warre	Kortrijk-Dutsel	M19	PUP		00:21:16	12.13	04:56
23	316	Holemans	Frodo	Lubbeek	M20	SEN		00:21:23	12.07	04:58
24	304	Demarsin	Lisse	Lubbeek	V4	SEN		00:21:24	12.06	04:58
25	285	Bovyn	Shana	Bissegem	V5	CAD	AB Marke	00:21:46	11.85	05:03
26	375	Van Eylen	Matti	Nieuwrode	M21	MAS+35	FS Dakan	00:22:07	11.67	05:08
27	314	Govaerts	Nicolas	Nieuwrode	M22	PUP		00:22:23	11.53	05:12
28	276	Aerts	Daan	Kortrijk-Dutsel	M23	BEN		00:22:34	11.43	05:14
29	331	Mertens	Lewis	Nieuwrode	M24	PUP	KDN United	00:22:36	11.42	05:15
30	424	Aerts	Frederik	Holsbeek	M25	MAS+35		00:22:37	11.41	05:15
31	358	Swings	Nel	Nieuwrode	V6	PUP		00:22:39	11.39	05:16
32	433	De Vries	Bas	Houwaart	M26	PUP		00:22:41	11.37	05:16
33	342	Pandelaers	Bent	Kortrijk-Dutsel	M27	BEN		00:22:49	11.31	05:18
34	343	Pandelaers	Lieven	Kortrijk-Dutsel	M28	MAS+40		00:22:51	11.29	05:18
35	330	Mertens	Lenn	Nieuwrode	M29	MIN		00:22:56	11.25	05:20
36	389	Verryt	Simon	Wezemaal	M30	PUP		00:23:05	11.18	05:22
37	332	Mertens	Neill	Nieuwrode	M31	CAD	KDN United	00:23:07	11.16	05:22
38	393	Vuerinckx	Ruud	Nieuwrode	M32	MAS+35		00:23:08	11.15	05:22
39	311	Gordts	Leslie	Wezemaal	V7	MAS+35		00:23:09	11.14	05:23
40	407	Dormael	Tobe	Rillaar	M33	PUP		00:23:11	11.13	05:23
41	384	Verbakel	Jonas	Heverlee	M34	MIN		00:23:13	11.11	05:23
42	434	Van Der Motte	Annelies	Houwaart	V8	MAS+40		00:23:26	11.01	05:26
43	372	Van den Panhuys...	Lars	Aarschot	M35	MIN	KDN	00:23:45	10.86	05:31
44	373	Van den Panhuys...	Stan	Aarschot	M36	KAN	KDN	00:23:47	10.85	05:31
45	281	Boon	Thomas	Kortrijk-Dutsel	M37	CAD		00:23:52	10.81	05:33
46	291	Caers	Milo	Nieuwrode	M38	CAD	KDN United	00:23:54	10.79	05:33
47	338	Neutjens	Anna	Nieuwrode	V9	PUP		00:23:56	10.78	05:33
48	377	Van Tendeloo	Cisse	Holsbeek	M39	CAD		00:24:02	10.74	05:35
49	288	Buedts	Ella-Louise	Wilsele	V10	PUP		00:24:08	10.69	05:36
50	324	Lemmens	Sibrim	Nieuwrode	M40	SEN		00:24:12	10.66	05:37

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51	388	Vermaelen	Louise	Wezemaal	V11	PUP		00:24:31	10.52	05:42
52	329	Merckx	Mason	Wijgmaal	M41	BEN		00:24:34	10.5	05:42
53	328	Merckx	Dries	Wijgmaal	M42	MAS+35		00:24:35	10.49	05:43
54	387	Vermaelen	Kristof	Wezemaal	M43	MAS+40		00:24:36	10.49	05:43
55	422	Gysemans	Marie	Leuven	V12	MIN		00:24:37	10.48	05:43
56	423	Gysemans	Jill	Leuven	V13	PUP		00:24:41	10.45	05:44
57	390	Verschueren	Joyce	Wilsele	V14	MAS+35		00:24:43	10.44	05:44
58	404	T'Hooft	Katleen	Nieuwrode	V15	MAS+35		00:24:46	10.42	05:45
59	286	Bovyn	Sofia	Bissegem	V16	PUP	AB Marke	00:25:02	10.31	05:49
60	378	Van Tongelen	Ellen	Langdorp	V17	MAS+35		00:25:18	10.2	05:53
61	397	Willems	Kizzy	Nieuwrode	V18	MAS+35		00:25:21	10.18	05:53
62	296	Claes	Katrien		V19	SEN		00:25:39	10.06	05:57
63	363	Van Aerschot	Lena		V20	SEN		00:25:41	10.05	05:58
64	567	Melotte	Sten	Kortrijk-Dutssel	M44	PUP		00:25:51	9.98	06:00
65	374	Van Eylen	Finn	Gelrode	M45	MIN	KDN U13	00:25:59	9.93	06:02
66	396	Wartena	Sybren	Zichem	M46	BEN		00:26:03	9.9	06:03
67	370	Van den Heule	Jade	Nieuwrode	V21	CAD		00:26:34	9.71	06:10
68	398	Janssens	Dries	Nieuwrode	M47	PUP	ROBA	00:26:44	9.65	06:13
69	278	Bommers	Florian	Nieuwrode	M48	SEN		00:26:45	9.64	06:13
70	353	Smets	Nele	Holsbeek	V22	PUP	KDN United	00:26:47	9.63	06:13
71	293	Caluwaerts	Martha	Holsbeek	V23	MIN	KDN United	00:26:48	9.63	06:13
72	365	Van Boxstael	Fleur	Nieuwrode	V24	PUP		00:26:51	9.61	06:14
73	385	Verbakel	Lisa	Heverlee	V25	PUP		00:26:52	9.6	06:14
74	334	Mingneau	Klara	Kessel Lo	V26	PUP		00:26:53	9.6	06:15
75	360	Theys	Jozefien	Kortrijk-Dutssel	V27	MAS+40		00:27:04	9.53	06:17
76	335	Moons	Owen	Holsbeek	M49	PUP		00:27:10	9.5	06:19
77	421	Buelens	Wim	Rotselaar	M50	MAS+55		00:27:17	9.46	06:20
78	277	Aerts	Fien	Kortrijk-Dutssel	V28	PUP		00:27:19	9.44	06:21
79	369	Van den Broeck	Uschi	Holsbeek	V29	MAS+40		00:27:23	9.42	06:22
80	356	Steffens	Ester	Begijnendijk	V30	MAS+35		00:27:26	9.4	06:22
81	429	Van der Motte	Veerle	Wilsele	V31	MAS+35	The extra mile	00:27:27	9.4	06:23
82	428	Peeters	Lise	Bertem	V32	SEN		00:27:27	9.4	06:23
83	399	Janssens	Steven	Nieuwrode	M51	MAS+40		00:27:28	9.39	06:23
84	350	Salaets	Vince	Nieuwrode	M52	PUP		00:27:30	9.38	06:23
85	349	Salaets	Steven	Nieuwrode	M53	MAS+40		00:27:31	9.38	06:23
86	605	Van Dessel	Alexia	Nieuwrode	V33	CAD		00:27:34	9.36	06:24
87	392	Vuerinckx	Ellie	Nieuwrode	V34	PUP		00:27:37	9.34	06:25
88	545	Geens	Ele	Nieuwrode	V35	MAS+45		00:27:40	9.33	06:26
89	376	Van Lier	Stefan	Tremelo	M54	MAS+65		00:27:42	9.31	06:26
90	435	Decoster	Lowie	Erps-Kwerps	M55	PUP		00:27:42	9.31	06:26
91	317	Hostyn	Pirre	Tielt-Winge	M56	PUP		00:27:43	9.31	06:26
92	411	Portauwe	Fleur	Bekkevoort	V36	PUP		00:27:46	9.29	06:27
93	413	Neefs	Sigrid	Bekkevoort	V37	MAS+35		00:27:47	9.29	06:27
94	412	Portauwe	Louise	Bekkevoort	V38	BEN		00:27:48	9.28	06:27
95	283	Bosmans	Tom	Nieuwrode	M57	MAS+50		00:27:50	9.27	06:28
96	282	Bosmans	Gitte		V39	MIN		00:27:55	9.24	06:29
97	432	Melotte	Jutta	Holsbeek	V40	CAD		00:27:58	9.23	06:30
98	431	Weynants	Line	Nieuwrode	V41	MIN		00:28:00	9.21	06:30
99	339	Ons	Jorre	Holsbeek	M58	PUP	KDN United	00:28:14	9.14	06:33
100	355	Speltincx	Stan	Bekkevoort	M59	PUP		00:28:16	9.13	06:34

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101	367	Van de Sande	Katleen	Tielt-Winge	V42	MAS+45		00:28:22	9.1	06:35
102	418	Tuerlinckx	Jean-Luc	Schoonderbuken	M60	MAS+65	Kapsalon Luc	00:28:24	9.08	06:36
103	417	Sol	Rudy	Betekom	M61	MAS+55	FENIX	00:28:24	9.08	06:36
104	401	Ausseloos	Karine	Wilsele	V43	MAS+60	Kapsalon Luc	00:28:26	9.07	06:36
105	348	Salaets	Nilla	Nieuwrode	V44	BEN		00:28:27	9.07	06:36
106	307	Doucet	Frederik	Wezemaal	M62	MAS+40	Team Doucet...	00:28:29	9.06	06:37
107	430	Van den Panhuyz...	Jasper	Aarschot	M63	PUP		00:28:29	9.06	06:37
108	380	Vandenbrande	Sara	Nieuwrode	V45	MAS+35		00:28:30	9.05	06:37
109	391	Vos	Fiye	Wilsele	V46	MIN	Team Doucet...	00:28:31	9.05	06:37
110	323	Lamens	Liesbet	Kortrijk-Dutssel	V47	MAS+35		00:28:35	9.03	06:38
111	345	Pierlet	Lien	Sint-Pieters-Rode	V48	MAS+40		00:28:36	9.02	06:39
112	402	Mertens	Gust	Holsbeek	M64	BEN		00:28:38	9.01	06:39
113	403	Mertens	Joris	Holsbeek	M65	MAS+40		00:28:39	9.01	06:39
114	315	Gybels	Maggy	Aarschot	V49	MAS+55	Sportiva Gelro...	00:28:44	8.98	06:40
115	437	Cresens	Chris	Betekom	M66	MAS+60		00:28:46	8.97	06:41
116	381	Vanderhasselt	Koen	Langdorp	M67	MAS+50	Sportiva Gelro...	00:29:28	8.76	06:51
117	436	Luyten	Vera	Betekom	V50	MAS+55		00:29:31	8.74	06:51
118	395	Wartena	Jente	Zichem	V51	BEN		00:29:32	8.74	06:52
119	371	Van den Panhuyz...	Jan	Aarschot	M68	MAS+40	KDN	00:29:34	8.73	06:52
120	352	Schrijvers	Dominique	Heverlee	V52	MAS+40		00:29:41	8.69	06:54
121	383	Verbakel	Aron	Heverlee	M69	KAN		00:29:42	8.69	06:54
122	297	Coeckelberghs	Elise	Holsbeek	V53	PUP	KDN United	00:30:48	8.38	07:09
123	354	Smeyers	Feline	Nieuwrode	V54	SEN		00:30:50	8.37	07:10
124	308	Etienne	Evert	Nieuwrode	M70	SEN		00:30:52	8.36	07:10
125	400	Smeyers	Cedric	Olmen	M71	SEN		00:30:52	8.36	07:10
126	341	Ons	Sven	Kortrijk-Dutssel	M72	MAS+35	KDN United	00:30:55	8.35	07:11
127	298	Coeckelberghs	Kenneth	Holsbeek	M73	MAS+40		00:30:56	8.34	07:11
128	280	Bommers	Tibaut	Hofstade	M74	SEN		00:31:29	8.19	07:19
129	279	Bommers	Joanne	Landen	V55	MAS+35		00:32:04	8.05	07:27
130	319	Jaspers	Drina	Aarschot	V56	MAS+60	Sportiva Gelro...	00:32:41	7.89	07:36
131	325	Mampuys	Lotte	Nieuwrode	V57	BEN		00:32:47	7.87	07:37
132	301	Costermans	Veerle	Kortrijk-Dutssel	V58	MAS+40		00:32:48	7.87	07:37
133	309	Eyckmans	Marlies	Gelrode	V59	SEN		00:32:53	7.85	07:38
134	359	Terryn	Joke	Huldenberg	V60	MAS+35		00:32:54	7.84	07:39
135	425	Horebeek-De Buys	Jappe	Tielt-Winge	M75	PUP		00:34:21	7.51	07:59
136	394	Wartena	Gerben	Zichem	M76	MAS+35		00:34:22	7.51	07:59
137	346	Pireyn	Tine	Westerlo	V61	MAS+35		00:35:06	7.35	08:09
138	382	Vandervorst	Tahnee		V62	SEN		00:35:08	7.34	08:10
139	386	Verdeyen	Gitty		V63	SEN		00:35:09	7.34	08:10
140	438	Van Hal	Sofie	Aarschot	V64	MAS+45		00:35:39	7.24	08:17
141	439	Wins	Noor	Aarschot	V65	MIN		00:35:40	7.23	08:17
142	289	Bungener	Andrea	Herent	V66	MAS+50		00:36:06	7.15	08:23
143	290	Bungener	Ralf	Herent	M77	MAS+50		00:36:07	7.14	08:23
144	415	Michiels	Chris	Rotselaar	M78	MAS+70		00:36:58	6.98	08:35
145	320	Laenen	Dirk	Keerbergen	M79	MAS+55		00:37:29	6.88	08:43
146	295	Ceuppens	Ilse	Dendermonde	V67	MAS+55		00:37:31	6.88	08:43
147	303	Demarsin	Ine	Wezemaal	V68	SCH		00:38:00	6.79	08:50
148	366	Van Cauwenberghe	Ellen	Wezemaal	V69	MAS+45		00:38:03	6.78	08:50
149	313	Govaerts	Marnix	Lubbeek	M80	MAS+55	Butsel	00:38:04	6.78	08:51
150	408	Vanachter	Jasmien	Sint-Niklaas	V70	MAS+40		01:14:23	3.47	17:17

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151	409	Duyck	Flore	Sint-Niklaas	V71	MIN	Walo	01:14:27	3.47	17:18