

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	440	Wouters	Chriske	Diest	M1	MAS+50	MAES SQM Running t...	00:13:04	17.45	03:26
2	417	Helsen	Michel	Rillaar	M2	MAS+35		00:13:09	17.34	03:27
3	429	Haile Andemicael	Isack	Heist o/d B...	M3	MAS+35	AVZK	00:13:23	17.04	03:31
4	436	Van Bael	Tim	Hallaar	M4	SEN		00:13:38	16.72	03:35
5	407	Blomme	Timothy		M5	SEN		00:13:43	16.62	03:36
6	434	De Proost	Steven	Betekom	M6	MAS+45	Sportiva Gelrode	00:13:50	16.48	03:38
7	897	Van Aelst	Kobe	Heist o/d B...	M7	JUN	DCPP/Berglopers	00:14:18	15.94	03:45
8	431	Grietens	Robin	Tremelo	M8	SEN	SK Diamant	00:14:20	15.91	03:46
9	423	Laporte	Sten	Heist o/d B...	M9	MAS+35	AVZK	00:14:27	15.78	03:48
10	896	Van Aelst	Dirk	Heist o/d B...	M10	MAS+55	DCPP/Berglopers	00:15:08	15.07	03:58
11	415	De Wyngaert	Dorien	Baal	V1	MAS+35		00:15:21	14.85	04:02
12	409	De Cock	Nico	Baal	M11	MAS+45		00:15:23	14.82	04:02
13	426	Huybrechts	Anna	Putte	V2	CAD	AVZK	00:16:19	13.97	04:17
14	428	Vermeulen	Lauren	Booischot	V3	SEN	AVZK	00:16:41	13.67	04:23
15	421	Torfs	Benny	Itegem	M12	MAS+50	Berglopers	00:16:48	13.57	04:25
16	435	Wijns	Pascal	Schriek	M13	JUN	DAMI	00:17:23	13.12	04:34
17	386	Bastiaens	Nancy	Hulshout	V4	MAS+40	DCPP/Berglopers	00:17:24	13.1	04:34
18	445	Van Vlasselaer	Bart	Tremelo	M14	SEN		00:17:36	12.95	04:37
19	404	Wyns	Jos	Hallaar	M15	MAS+65	DCPP/Berglopers	00:17:37	12.94	04:38
20	443	Goyvaerts	Nico	Ramsel	M16	MAS+50		00:17:53	12.75	04:42
21	418	Rens	Lenn	Hulshout	M17	PUP		00:18:08	12.57	04:46
22	419	Rens	Luk	Hulshout	M18	MAS+40		00:18:10	12.55	04:46
23	433	De Proost	Milan	Betekom	M19	SCH		00:18:22	12.41	04:50
24	402	Van Loo	Alfons	Hallaar	M20	MAS+60	DCPP/Berglopers	00:18:39	12.23	04:54
25	400	Uytterhoeven	Peter	Tremelo	M21	MAS+50	DCPP/Berglopers	00:18:46	12.15	04:56
26	425	Huybrechts	Sara	Putte	V5	MIN	AVZK	00:19:09	11.91	05:02
27	442	Van Vaerenbergh	Johan	Schriek	M22	MAS+55		00:19:10	11.9	05:02
28	438	Van den Bulck	Jurgen	Beerzel	M23	MAS+35		00:19:45	11.54	05:11
29	439	Van den Bulck	Brend	Beerzel	M24	BEN		00:20:06	11.34	05:17
30	420	Vloeberghen	Frans	Hever	M25	MAS+75	Icarus	00:20:24	11.18	05:22
31	444	Van Den Dries	Katrien	Berlaar	V6	MAS+40		00:20:26	11.16	05:22
32	437	Van Damme	Lothar	Schriek	M26	SCH		00:20:45	10.99	05:27
33	389	Cumps	Els	Hallaar	V7	MAS+55	DCPP/Berglopers	00:20:59	10.87	05:31
34	391	Heremans	Miet	Heist o/d B...	V8	MAS+45	DCPP/Berglopers	00:21:28	10.62	05:38
35	413	Claes	Onah	Keerbergen	V9	PUP	AVZK	00:22:22	10.19	05:53
36	422	Laporte	Finn	Heist o/d B...	M27	PUP	AVZK	00:22:24	10.18	05:53
37	388	Cleynhens	Karine	Baal	V10	MAS+50	DCPP/Berglopers	00:22:25	10.17	05:53
38	414	Claes	Vic	Keerbergen	M28	PUP	AVZK	00:22:33	10.11	05:56
39	403	Van Opstal	Karel	Ramsel	M29	MAS+75	DCPP/Berglopers	00:22:40	10.06	05:57
40	432	Smets	Rene	Heist o/d B...	M30	MAS+65	AVZK	00:23:00	9.91	06:03
41	424	Eijckmans	Eric	Laakdal	M31	MAS+55		00:23:14	9.81	06:06
42	396	Luytens	Annick	Heist o/d B...	V11	MAS+45	DCPP/Berglopers	00:23:16	9.8	06:07
43	416	Van Lier	Stefan	Tremelo	M32	MAS+60		00:23:20	9.77	06:08
44	430	Vermeulen	Myriam	Hever	V12	MAS+65	Icarus	00:23:50	9.57	06:16
45	427	Laurens	Ellen	Hulshout	V13	MAS+45		00:24:30	9.31	06:26
46	401	Van der Auwermeu...	Nicole	Putte	V14	MAS+60	DCPP/Berglopers	00:24:34	9.28	06:27
47	397	Op de Beeck	Suzy	Tremelo	V15	MAS+50	DCPP/Berglopers	00:24:44	9.22	06:30
48	441	Horemans	Elien	Heist o/d B...	V16	SEN		00:27:15	8.37	07:10
49	390	Gielis	Ellen	Westerlo	V17	MAS+40	DCPP/Berglopers	00:27:24	8.32	07:12
50	411	Van der Roost	Nathalie		V18	SEN		00:27:28	8.3	07:13

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51	412	Van Otterdijk	Godelieve	Hechtel	V19	MAS+60		00:27:53	8.18	07:20
52	394	Jans	Lisette	Westerlo	V20	MAS+70	DCPP/Berglopers	00:27:55	8.17	07:20
53	924	Saey	Elly	Lokeren	V21	MAS+40		00:28:16	8.07	07:26
54	405	Arts-Stempher	Lenie	Eindhoven,...	V22	MAS+70		00:33:50	6.74	08:54
55	385	Aerts	Willy	Heist o/d B...	M33	MAS+70	DCPP/Berglopers	00:33:57	6.72	08:56
56	395	Janssens	Jos	Heist o/d B...	M34	MAS+70	DCPP/Berglopers	00:33:58	6.71	08:56
57	398	Schepers	Huguette	Heist o/d B...	V23	MAS+65	DCPP/Berglopers	00:34:00	6.71	08:56
58	399	Staquet	Anja	Booischoot	V24	MAS+50	DCPP/Berglopers	00:34:02	6.7	08:57
59	387	Bellekens	Ivonne	Heist o/d B...	V25	MAS+75	DCPP/Berglopers	00:34:09	6.68	08:59
60	393	Heymans	Monique	Heist o/d B...	V26	MAS+65	DCPP/Berglopers	00:34:11	6.67	08:59
61	909	Stempher	Harrie	Eindhoven,...	M35	MAS+70		00:34:35	6.59	09:06
62	392	Heylen	Jos	Westerlo	M36	MAS+75	DCPP/Berglopers	00:36:04	6.32	09:29