

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	221	Philips	Glenn	Denderleeuw	M1	SEN	Running Team Boost	00:17:42	16.95	03:32
2	161	De Ceulaer	Daan	Wezemaal	M2	JUN	ROBA	00:17:45	16.9	03:33
3	210	Verbist	Wouter	Westerlo	M3	SEN		00:18:15	16.44	03:39
4	182	Devenyns	Henric	Holsbeek	M4	SEN	Kinecenter Gingelom	00:18:44	16.01	03:44
5	172	Theys	Hasse	Terneuzen	M5	SCH	Inform	00:18:49	15.94	03:45
6	215	Grymonpon	Joost	Nieuwrode	M6	MAS+50	ROBA	00:18:58	15.82	03:47
7	149	De Meyer	Pieter	Kersbeek-Miskom	M7	MAS+40	DCLA Halen	00:19:09	15.67	03:49
8	226	Demarsin	Toon	Rotselaar	M8	SCH		00:19:13	15.61	03:50
9	218	Coenen	Emily	Nieuwrode	V1	MAS+40		00:20:19	14.77	04:03
10	195	Reniers	Kobe	Holsbeek	M9	SEN	ABC Kickboxing	00:20:25	14.69	04:05
11	214	Gelade	Kobe	Stevoort	M10	CAD		00:20:26	14.68	04:05
12	147	Van De Kerkhove	Peter	Tielt-Winge	M11	MAS+55	ROBA	00:20:30	14.63	04:06
13	158	Strouven	Rudi	Rotselaar	M12	MAS+60	ROBA	00:20:54	14.35	04:10
14	163	Nijs	Rutger	Tielt-Winge	M13	MAS+35	Kickboxing abc	00:21:05	14.23	04:13
15	222	Philips	Tara	Denderleeuw	V2	SEN	Running Team Boost	00:21:14	14.13	04:14
16	187	Caers	Milo	Nieuwrode	M14	MIN	ROBA	00:21:33	13.92	04:18
17	190	Coomans	Seb	Baal	M15	MIN		00:21:56	13.68	04:23
18	188	Caers	Senne	Nieuwrode	M16	CAD	ROBA	00:22:21	13.42	04:28
19	261	Cypers	Johan	Aarschot	M17	MAS+40		00:23:36	12.71	04:43
20	148	Declerck	Katie	Tielt-Winge	V3	MAS+50	ROBA	00:23:52	12.57	04:46
21	171	Wollants	Wies	Testelt	M18	MAS+55	Inform	00:23:56	12.53	04:47
22	223	Hostyn	Bram	Tielt-Winge	M19	MAS+40		00:24:09	12.42	04:49
23	150	Dasque	Roos	Kersbeek-Miskom	V4	MAS+35	DCLA-Halen	00:24:14	12.38	04:50
24	260	De Smedt	Joran	Lubbeek	M20	SEN	KDN United	00:24:57	12.02	04:59
25	247	Bollaerts	Klara	Aarschot	V5	JUN		00:24:59	12.01	04:59
26	159	Theys	Ida	Terneuzen	V6	MIN		00:25:03	11.98	05:00
27	139	Lambert	Kelly	Nieuwrode	V7	MAS+35	Sportiva Gelrode	00:25:11	11.91	05:02
28	818	Verbist	Jonathan	Aarschot	M21	MAS+35	Sportiva Gelrode	00:25:13	11.9	05:02
29	168	Levecke	Steven	Kessel Lo	M22	MAS+40	VK Lkniden	00:25:39	11.7	05:07
30	169	Levecke	Sam	Kessel Lo	V8	CAD	VK Linden	00:25:53	11.59	05:10
31	236	Van den Broeck	Lewis	Herent	M23	BEN	HESP	00:25:59	11.55	05:11
32	237	Van den Broeck	Maarten	Herent	M24	MAS+35		00:26:01	11.53	05:12
33	255	Trevers	Michael	Nieuwrode	M25	MAS+35		00:26:13	11.44	05:14
34	198	Berthels	Lowie	Sint-Joris-Winge	M26	PUP		00:26:16	11.42	05:15
35	180	Theys	Ivan	Terneuzen	M27	MAS+45		00:26:18	11.41	05:15
36	181	Theys	Johan	Langdorp	M28	MAS+50	Blue Team Hendrickx	00:26:20	11.39	05:16
37	235	Van Soesi	Sofie	Pellenberg	V9	MAS+50		00:26:28	11.34	05:17
38	270	Carpentier	Wout	Holsbeek	M29	SCH		00:26:44	11.22	05:20
39	160	Serrus	Karen	Leuven	V10	MAS+55		00:26:46	11.21	05:21
40	197	Decoster	Mathis	Tielt-Winge	M30	PUP		00:27:02	11.1	05:24
41	170	Levecke	Roos	Kessel Lo	V11	CAD	Kon Hockeyclub Leu...	00:27:26	10.94	05:29
42	264	Carpentier	Robin	Holsbeek	M31	SEN		00:27:55	10.75	05:35
43	175	Van Eylen	Finn	Gelrode	M32	PUP	KDN United	00:28:00	10.71	05:36
44	176	Van Eylen	Michel	Gelrode	M33	MAS+40	KDN United 4 Life!	00:28:02	10.7	05:36
45	238	Gysemans	Marie	Leuven	V12	PUP	DCLA	00:28:23	10.57	05:40
46	156	Luyten	Claire	Sint-Joris-Winge	V13	MAS+40		00:28:25	10.56	05:41
47	196	Keustermans	Jens	Tielt-Winge	M34	SEN		00:28:26	10.55	05:41
48	239	Gysemans	Roel	Leuven	M35	MAS+35		00:28:27	10.54	05:41
49	177	Vos	Joppe	Wezemaal	M36	BEN	ROBA	00:28:36	10.49	05:43
50	192	D'Arnese	Kris	Hoegaarden	M37	MAS+45		00:28:48	10.42	05:45

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51	189	Decoster	Warre	Erps-Kwerps	M38	MIN		00:29:20	10.23	05:52
52	211	Driessens	Jomme	Aartselaar	M39	MIN		00:30:00	10	06:00
53	243	Verheyden	Stef	Aarschot	M40	SEN		00:30:12	9.93	06:02
54	242	Celis	Kathy	Glabbeek	V14	MAS+35		00:30:42	9.77	06:08
55	265	De Cock	Gery	Holsbeek	M41	MAS+50		00:30:44	9.76	06:08
56	199	Berthels	Geert	Sint-Joris-Winge	M42	MAS+40		00:30:45	9.76	06:09
57	166	Pandelaers	Warre	Kortrijk-Dutsel	M43	BEN		00:30:57	9.69	06:11
58	165	Aerts	Barbara	Kortrijk-Dutsel	V15	MAS+35		00:30:59	9.68	06:11
59	173	Luyten	Juul	Gelrode	M44	PUP		00:31:00	9.68	06:12
60	232	Van Boxstael	Lucas	Nieuwrode	M45	PUP		00:31:02	9.67	06:12
61	276	Wouters	Siebe	Rotselaar	M46	PUP		00:31:03	9.66	06:12
62	212	Gelade	Rune	Hasselt	M47	MIN		00:31:04	9.66	06:12
63	213	Ooms	Nele	Stevoort	V16	MAS+40		00:31:05	9.65	06:13
64	225	Coeckaerts	Gust	Aarschot	M48	PUP		00:31:07	9.64	06:13
65	185	Van Lier	Stefan	Tremelo	M49	MAS+65		00:31:12	9.62	06:14
66	256	Koekoecx	Piet	Holsbeek	M50	MAS+45		00:31:26	9.54	06:17
67	277	Corves	Arthur	Sint-Pieters-Rode	M51	MIN		00:31:27	9.54	06:17
68	257	Koekoecx	Loen	Holsbeek	M52	MIN		00:31:29	9.53	06:17
69	258	Koekoecx	Vince	Holsbeek	M53	PUP		00:31:30	9.52	06:18
70	278	Talboom	Hannes	Holsbeek	M54	PUP		00:31:33	9.51	06:18
71	157	Schotsmans	Louis	Sint-Joris-Winge	M55	PUP		00:32:01	9.37	06:24
72	164	Scheers	Guido	Tremelo	M56	MAS+65	ROBA Recreanten	00:32:20	9.28	06:28
73	220	Celis	Maxime	Holsbeek	M57	SEN		00:32:40	9.18	06:32
74	250	Goossens	Kristof	Nieuwrode	M58	SEN		00:33:03	9.08	06:36
75	249	Divens	Joke	Nieuwrode	V17	SEN		00:33:08	9.05	06:37
76	186	De Weer	Stefanie	Rotselaar	V18	MAS+35		00:33:10	9.05	06:38
77	193	Van Landschoot	Stephanie	Baal	V19	MAS+35	G-force	00:33:11	9.04	06:38
78	227	Pledts	Loena	Aarschot	V20	SEN		00:33:12	9.04	06:38
79	207	Van den Panhuyz...	Jan	Aarschot	M59	MAS+35		00:33:15	9.02	06:39
80	174	Vande Castele	Tine	Gelrode	V21	MAS+40	Sportiva Gelrode	00:33:16	9.02	06:39
81	184	Claes	Heidi	Holsbeek	V22	MAS+35		00:33:23	8.99	06:40
82	183	Billet	Simon	Kortrijk-Dutsel	M60	MAS+35		00:33:23	8.99	06:40
83	146	Verheyen	Katia	Kortrijk-Dutsel	V23	MAS+40		00:33:24	8.98	06:40
84	253	Vanderghote	Mathias	Kortrijk-Dutsel	M61	BEN		00:33:28	8.96	06:41
85	274	Berben,	Bols	Holsbeek	M62	BEN		00:33:30	8.96	06:42
86	233	Van Boxstael	Fleve	Nieuwrode	V24	BEN		00:33:33	8.94	06:42
87	234	Van Boxstael	Pol	Nieuwrode	M63	MAS+35		00:33:34	8.94	06:42
88	252	Melotte	Sten	Kortrijk-Dutsel	M64	BEN		00:33:35	8.93	06:43
89	244	Nackaerts	Lena	Kortrijk-Dutsel	V25	BEN		00:33:37	8.92	06:43
90	245	Nackaerts	Bert	Kortrijk-Dutsel	M65	MAS+40		00:33:38	8.92	06:43
91	275	Berben	Pieter	Holsbeek	M66	MAS+50		00:33:44	8.89	06:44
92	254	Melotte	Yves	Kortrijk-Dutsel	M67	MAS+45		00:33:45	8.89	06:45
93	262	Deceuninck	Tine	Holsbeek	V26	MAS+40		00:33:48	8.88	06:45
94	263	Van den Broeck	Uschi	Holsbeek	V27	MAS+40		00:33:50	8.87	06:46
95	246	Coosemans	Annelies	Kortrijk-Dutsel	V28	MAS+40		00:33:52	8.86	06:46
96	280	Mertens	Len	Nieuwrode	M68	PUP	KDN United	00:33:58	8.83	06:47
97	279	Bruyland	Xander	Nieuwrode	M69	BEN		00:33:59	8.83	06:47
98	241	Salaets	Vince	Nieuwrode	M70	BEN		00:34:01	8.82	06:48
99	209	Dergmans	Sara	Aarschot	V29	MAS+80		00:34:04	8.81	06:48
100	208	Van de Broeck	Sara	Aarschot	V30	MAS+40		00:34:06	8.8	06:49

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101	154	Janssens	Dices	Nieuwrode	M71	BEN		00:34:08	8.79	06:49
102	155	Janssens	Steven	Nieuwrode	M72	MAS+40		00:34:09	8.78	06:49
103	191	Moonen	Ineke	Hoegaarden	V31	MAS+45		00:34:26	8.71	06:53
104	240	Vandenbrande	Sara	Nieuwrode	V32	MAS+35		00:34:27	8.71	06:53
105	178	Mertens	Gust	Holsbeek	M73	KAN	DCLA	00:34:30	8.7	06:54
106	179	Mertens	Joris	Holsbeek	M74	MAS+35		00:34:31	8.69	06:54
107	224	Van de Sande	Katleen	Tielt-Winge	V33	MAS+40		00:35:08	8.54	07:01
108	202	Reniers	Mark	Holsbeek	M75	MAS+55	ABC Kickbox	00:35:11	8.53	07:02
109	204	Van den Heule	Jade	Nieuwrode	V34	MIN		00:35:13	8.52	07:02
110	229	De Proost	Marie	Betekom	V35	SCH		00:35:14	8.51	07:02
111	228	De Proost	Ann	Betekom	V36	MAS+45		00:35:16	8.51	07:03
112	200	Vuerinckx	Ellie	Nieuwrode	V37	BEN		00:35:26	8.47	07:05
113	201	Willems	Kizzy	Nieuwrode	V38	MAS+35		00:35:27	8.46	07:05
114	217	Behets	Manu	Linden	M76	BEN		00:35:35	8.43	07:07
115	230	Van den Bon	Bob	Lubbeek	M77	BEN		00:35:36	8.43	07:07
116	231	Verschueren	An	Lubbeek	V39	MAS+40		00:35:42	8.4	07:08
117	219	Govaerts	Marnix	Lubbeek	M78	MAS+55	Butsel	00:35:51	8.37	07:10
118	259	Coenen	Kim	Nieuwrode	V40	MAS+35		00:35:59	8.34	07:11
119	272	Van Grunderbeek	Goedele	Holsbeek	V41	MAS+40		00:36:04	8.32	07:12
120	273	Berben	Mira	Holsbeek	V42	PUP		00:36:09	8.3	07:13
121	162	Van Duffel	Ries	Lubbeek	M79	BEN		00:36:12	8.29	07:14
122	140	Van Duffel	Eli	Lubbeek	M80	MAS+45		00:36:13	8.28	07:14
123	268	Mampuys	Lotte	Nieuwrode	V43	KAN	DCLA	00:36:23	8.25	07:16
124	151	Van Buijten	Vicky	Houwaart	V44	MAS+40		00:36:25	8.24	07:17
125	269	Mampuys	Niels	Nieuwrode	M81	MAS+45		00:36:33	8.21	07:18
126	216	Nihoul	Stefanie	Linden	V45	MAS+40		00:36:34	8.2	07:18
127	271	Pieters	Dries	Kessel-Lo	M82	MAS+40	3CT	00:36:36	8.2	07:19
128	266	Vaes	Theo	Nieuwrode	M83	BEN		00:36:36	8.2	07:19
129	267	Vaes	Karel	Nieuwrode	M84	MAS+40		00:36:38	8.19	07:19
130	206	Vanderheyden	Fran	Houwaart	V46	SEN		00:38:40	7.76	07:44
131	205	Castro	Marijn	Tielt-Winge	M85	SEN		00:38:43	7.75	07:44
132	152	Van Eepoel	Paulien	Nederokkerzeel	V47	SEN		00:39:36	7.58	07:55
133	153	Alaerts	Evelien	Brussel	V48	SEN		00:39:36	7.58	07:55
134	167	Leveck	Bas	Kessel Lo	M86	MIN	VK Linden	00:39:54	7.52	07:58
135	194	Strobants	Kim	Lubbeek	M87	MAS+45		00:39:56	7.51	07:59
136	248	Maeriën	Elien	Rillaar	V49	SEN		00:43:46	6.85	08:45
137	251	Marnef	Wauter	Rillaar	M88	SEN		00:43:47	6.85	08:45