

## RESULTS :

'T HOL OP  
WAMBEEK  
3/06/2023

## 800 m

rank	bib	gender	name [ catg / year ]			time	time / km	km/h
1	12	F 1	El Hachimi Nora [ ] 2013	Dilbeek	Acp	03:07	03:53	15.40
2	10	M 1	Braeckmans Warre [ ] 2012	Affligem	Ea	03:14	04:02	14.80
3	70	M 2	Van De Gucht Lennert [ ] 2011		----	03:21	04:11	14.30
4	20	F 2	Wauters Lisa [ ] 2013	Ternat	Dac	03:25	04:16	14.00
5	64	M 3	Van Laere Lars [ ] 2011	Ternat	Kfc	03:26	04:17	14.00
6	78	M 4	Cornelis Joos [ ] 2013	Ternat	----	03:27	04:18	13.90
7	77	M 5	Heymans Finn [ ] 2016	Lennik	A C P	03:27	04:18	13.90
8	68	F 3	Cardijn Hebe [ ] 2012	Gooik	A C P	03:28	04:20	13.80
9	76	M 6	Evelaert Kobe [ ] 2011	Liedekerke	Acp	03:31	04:23	13.60
10	75	M 7	Dekens Vic [ ] 2012		----	03:37	04:31	13.30
11	66	M 8	Vandekerckhove Roben [ ] 2014	Gooik	Acp	03:38	04:32	13.20
12	69	M 9	Bulte Dieter [ ] 2013	Ternat	----	03:49	04:46	12.60
13	71	M 10	Van De Gucht Jelle [ ] 2013		----	03:51	04:48	12.50
14	13	F 4	Remaut Annelien [ ] 2013	Dilbeek	Dilbeek	03:54	04:52	12.30
15	73	M 11	Sergooris Cis [ ] 2013	Ternat	Kwb	04:00	05:00	12.00
16	65	M 12	Appelmans Pepijn [ ] 2014	Gooik	----	04:01	05:01	12.00
17	14	M 13	Remaut Toon [ ] 2011	Dilbeek	De Kiem	04:06	05:07	11.70
18	137	F 5	De Coster Romy [ ] 2011		----	04:07	05:08	11.70
19	74	M 14	Sergooris Warre [ ] 2011	Ternat	Kwb	04:09	05:11	11.60
20	72	F 6	Van Reusel Lobke [ ] 2013	Ternat	----	04:16	05:20	11.30
21	11	F 7	D'hoer Nona [ ] 2013	Ternat	-	04:18	05:22	11.20
22	15	F 8	Roels Lio [ ] 2013	Asse	/	04:29	05:36	10.70

**RESULTS :**  
**5500 m**

**'T HOL OP**  
**WAMBEEK**  
**3/06/2023**

rank	bib	gender	name [ catg / year ]			time	time / km	km/h
1	163	M 1	Van Lierde Philip [ Mas 40 ] 1977	Denderleeuw	Spiridon	18:40	03:23	17.70
2	191	M 2	Reygaert Davy [ ] 1992	Geraardsbergen	Acg	19:16	03:30	17.10
3	171	M 3	Braem Glen [ ] 1990	Buggenhout	Lebb Ac	19:19	03:30	17.10
4	172	F 1	Tjeerdsma Mariska [ ] 1992	Buggenhout	Lebb Ac	19:50	03:36	16.60
5	24	M 4	Bruier Desmeth Randy [ Mas 40 ] 1978		Leeuwerik	19:53	03:36	16.60
6	187	F 2	De Nul Marlies [ ] 1995	Grimbergen	A C P	19:54	03:37	16.60
7	256	M 5	Cromphout Patrik [ Mas 40 ] 1981	Gooik	Acp	20:10	03:40	16.40
8	226	M 6	Breescm Kristof [ Mas 40 ] 1974	Dilbeek	Brasserrunn	20:30	03:43	16.10
9	60	M 7	Vandendriessche Bert [ Mas 40 ] 1981	Aalst	Kwb	20:37	03:44	16.00
10	192	M 8	Letouche Sven [ ] 1992	Bever	Ac	20:46	03:46	15.90
11	232	M 9	Heageman Davy [ ] 1996	Liedekerke	Acp	21:17	03:52	15.50
12	257	M 10	Lemaire Wouter [ ] 1989	Roosdaal	----	21:18	03:52	15.50
13	29	M 11	De Backer Christophe [ Mas 40 ] 1978	Sint-pieters-	Leeuwerik	21:45	03:57	15.20
14	155	M 12	Bruylandt Kris [ Mas 40 ] 1979	Ternat	----	21:51	03:58	15.10
15	41	M 13	El Hachimi Nordin [ ] 2009	Dilbeek	Acp	21:58	03:59	15.00
16	43	F 3	Geeroms Kristel [ Mas 40 ] 1983	Dilbeek	Acp	22:00	04:00	15.00
17	175	M 14	Vandavelde Jorik [ ] 2005		Leeuwerik	22:27	04:04	14.70
18	255	M 15	Smet Lukas [ ] 2009		Acp	22:29	04:05	14.70
19	156	M 16	Bruylandt Arne [ ] 2011	Ternat	Acp	22:32	04:05	14.60
20	31	M 17	De Backer Siebe [ ] 2011		Leeuwerik	22:36	04:06	14.60
21	248	M 18	De Mey Kenneth [ ] 1989	Ninove	A C P Gooik	22:48	04:08	14.50
22	217	M 19	Koyken Jimmy [ ] 1996	Ternat	----	22:58	04:10	14.40
23	205	M 20	Buisseret Laurent [ Mas 40 ] 1975	Lennik	Brasserrunn	23:00	04:10	14.30
24	236	M 21	Vandercruys Ebert [ ] 1990	Asse	----	23:11	04:12	14.20
25	145	M 22	Borremans Jelle [ ] 1989	Ternat	----	23:13	04:13	14.20
26	157	M 23	Amijs Tom [ Mas 50 ] 1970	Gooik	Oetingen	23:15	04:13	14.20
27	184	F 4	Marien Laura [ ] 1997	Grimbergen	Grim	23:18	04:14	14.20
28	183	F 5	De Mars Lieve [ ] 1988	Meise	A C Grim	23:22	04:14	14.10
29	138	M 24	Coppitters Jannik [ ] 2000	Ternat	----	23:32	04:16	14.00
30	254	M 25	Knops Seppe [ ] 1998	Halle	Leeuwerik	23:35	04:17	14.00
31	34	M 26	De Man Baldwin [ ] 1995	Ternat	Geen	23:37	04:17	14.00
32	233	M 27	Schraepen Quinten [ ] 1997	Schaarbeek	Ac	23:43	04:18	13.90
33	206	M 28	Maes Gerben [ ] 1994	Ternat	Strongbox	23:58	04:21	13.80
34	152	M 29	Broothaerts Josse [ Mas 50 ] 1955	Kapelle-op-den-	----	24:17	04:24	13.60
35	150	M 30	Van Der Gucht Raf [ ] 2011	Ternat	----	24:19	04:25	13.60
36	204	M 31	Siccama Dries [ ] 1998		----	24:21	04:25	13.60
37	148	F 6	Leroy Wendy [ Mas 50 ] 1968		H T B	24:26	04:26	13.50
38	177	F 7	De Coster Nina [ ] 2003	Galmaarden	A C P	24:32	04:27	13.50
39	179	M 32	De Coster Rudy [ Mas 50 ] 1973	Galmaarden	A C P	24:34	04:28	13.40

40	30	M 33	De Backer Lucas [ ] 2009		Leeuwerik	24:35	04:28	13.40
41	244	F 8	Van Rossem Ine [ ] 1994	Ternat	K W B	24:37	04:28	13.40
42	168	M 34	Coussens Ruben [ ] 1993		----	24:45	04:30	13.30
43	207	M 35	Verhoye Filip [ Mas 40 ] 1980	Gooik	Acp	24:48	04:30	13.30
44	242	M 36	Brecht De Valck [ ] 1995		----	24:51	04:31	13.30
45	149	M 37	Van Damme Kim [ ] 1986	Ternat	K W B	24:54	04:31	13.30
46	161	M 38	Denex Dirk [ Mas 40 ] 1973	Ninove	Leeuwerik	24:57	04:32	13.20
47	36	F 9	Decock Debby [ ] 1995	Halle	/	25:02	04:33	13.20
48	151	M 39	Dikens Stijn [ ] 1984	Ternat	----	25:04	04:33	13.20
49	231	M 40	Van Den Broeck Herman [ Mas 50 ] 1971	Hoeilaart	Fvra Lopers	25:05	04:33	13.20
50	238	F 10	Schollaert Kika [ ] 2009	Meise	Grim	25:06	04:33	13.10
51	261	M 41	Michiels Matis [ ] 2009	Halle	Halle Run	25:07	04:34	13.10
52	52	F 11	Ruttens Bente [ ] 2013	Ternat	Geen -	25:08	04:34	13.10
53	54	M 42	Ruttens Torsten [ ] 1997	Aalst	Geen	25:09	04:34	13.10
54	190	M 43	Decoster Tuur [ ] 2014	Ternat	----	25:10	04:34	13.10
55	185	M 44	Marien Geert [ Mas 50 ] 1966	Grimbergen	A C Grim	25:11	04:34	13.10
56	260	M 45	Gesquiere Charles [ ] 1989	Halle	Halle Run	25:11	04:34	13.10
57	164	F 12	Persoons Katrien [ ] 1986	Denderleeuw	Spiridon	25:13	04:35	13.10
58	225	F 13	De Saeger An [ Mas 40 ] 1976	Roosdaal	Brasserrunn	25:17	04:35	13.10
59	173	F 14	Huybrechts Cynthia [ Mas 40 ] 1977	Hulshout	----	25:20	04:36	13.00
60	133	M 46	Roelandts Jos [ Mas 40 ] 1982	Ternat	----	25:43	04:40	12.80
61	201	M 47	Basteleus Gunter [ Mas 40 ] 1973	Ittre	Oeh	25:45	04:40	12.80
62	230	M 48	Neukenmans Niels [ ] 2010	Dilbeek	Rennich	25:51	04:42	12.80
63	229	M 49	Neukermans David [ Mas 40 ] 1980	Dilbeek	Brasserrunn	25:53	04:42	12.70
64	220	M 50	Pandelaere Johnny [ ] 2052	Lennik	----	25:58	04:43	12.70
65	239	M 51	Scholaert Titus [ ] 2012	Meise	----	26:08	04:45	12.60
66	160	F 15	De Schuytener Els [ Mas 40 ] 1980	Ninove	Leeuwerik	26:10	04:45	12.60
67	35	M 52	De Vos Davy [ Mas 40 ] 1982	Affligem	Sparta Den	26:13	04:46	12.60
68	221	M 53	Verbruggen Willy [ Mas 50 ] 1954	Dilbeek	Leeuwerik	26:16	04:46	12.60
69	40	F 16	El Hachimi Nora [ ] 2013	Dilbeek	Acp	26:24	04:48	12.50
70	32	M 54	De Coster Lex [ ] 2009	Ternat	/	26:30	04:49	12.50
71	181	F 17	Boulangier Femke [ ] 2007	Geraardsbergen	Vita	26:34	04:49	12.40
72	42	M 55	Geeroms Albert [ Mas 50 ] 1959	Dilbeek	Brasserrunn	26:45	04:51	12.30
73	186	M 56	Vanhootebeek Tiebe [ ] 2005	Ternat	----	26:51	04:52	12.30
74	23	M 57	Bogemans Nico [ Mas 50 ] 1970	Merchtem	Ac Opwijk	26:53	04:53	12.30
75	48	M 58	Mannaert Steven [ Mas 50 ] 1972	Aalst	Atletiekclub	27:23	04:58	12.10
76	144	F 18	Claes Jill [ ] 1989	Ternat	----	27:27	04:59	12.00
77	188	M 59	Wauters Gerdy [ Mas 50 ] 1969	Dilbeek	Brusserrunn	27:41	05:02	11.90
78	240	F 19	Van Der Wera Sigrid [ Mas 40 ] 1977	Meise	----	27:42	05:02	11.90
79	243	M 60	Van Laethem Siem [ ] 2009	Ternat	----	27:44	05:02	11.90
80	46	M 61	Jaspers Kim [ Mas 40 ] 1975	Bever	Fear	27:47	05:03	11.90
81	167	M 62	Swalens Kurt [ Mas 50 ] 1970		--bvl---	27:57	05:04	11.80
82	141	F 20	Van Keymeulen Saartje [ ] 1986	Gooik	----	27:59	05:05	11.80

83	139	M 63	Matthijs Patrick [ Mas 50 ] 1965	Ternat	K W B	28:06	05:06	11.70
84	162	M 64	Hatthys Jordy [ ] 1999	Ternat	----	28:06	05:06	11.70
85	208	F 21	Wellemans Liesbeth [ Mas 50 ] 1972	Lennik	Acp	28:27	05:10	11.60
86	241	M 65	Lombaert Johan [ Mas 50 ] 1964	Halle	Dac	28:31	05:11	11.60
87	51	M 66	Pierreux Tristan [ ] 2009	Sint-pieters-	Leeuweriken	28:35	05:11	11.50
88	253	M 67	De Klerck Hubert [ Mas 50 ] 1952	Lennik	K W B	28:44	05:13	11.50
89	235	M 68	Massaer Jo [ Mas 40 ] 1978	Lennik	Brasserrunn	28:48	05:14	11.50
90	39	M 69	Dierickx Nico [ Mas 40 ] 1976	Ternat	Kingfizzers	29:04	05:17	11.40
91	21	M 70	Beerens Bart [ Mas 50 ] 1970	Roosdaal	Kwb	29:12	05:18	11.30
92	180	F 22	Leuckx Kato [ ] 2003	Pepingen	A C P	29:22	05:20	11.20
93	178	F 23	Van Den Bossche Cindy [ Mas 40 ] 1977	Galmaarden	A C P	29:23	05:20	11.20
94	165	M 71	Janssens Dirk [ Mas 50 ] 1963	Dilbeek	Dac	30:01	05:27	11.00
95	142	M 72	Van Der Kelen Jeroen [ ] 1984	Ternat	Basketclub	30:02	05:27	11.00
96	237	F 24	De Kegel Griet [ Mas 50 ] 1964	Roosdaal	Acp	30:15	05:30	10.90
97	57	M 73	Van Malder Dries [ ] 1990	Beersel	/	30:38	05:34	10.80
98	252	M 74	Raes Francis [ Mas 50 ] 1964	Affligem	A R S	30:49	05:36	10.70
99	198	F 25	Annendyck Nele [ ] 1997	Gooik	Leeuwerik	31:15	05:40	10.60
100	158	M 75	Pirrhyn Kevin [ ] 1985	Machelen	Kwb	31:28	05:43	10.50
101	56	F 26	Van Gossum Kelly [ Mas 40 ] 1979	Gooik	Jcoetingen	31:31	05:43	10.50
102	25	M 76	Buelens Eric [ Mas 50 ] 1960	Sint-pieters-	Leeuwerik	31:34	05:44	10.50
103	146	F 27	Gillis Caroline [ ] 1985	Dilbeek	Brasserrunn	31:37	05:44	10.40
104	189	M 77	Tiels Rudy [ Mas 50 ] 1972	Ternat	----	31:41	05:45	10.40
105	193	F 28	De Boevé Carlive [ Mas 50 ] 1960	Gooik	Oetingen	32:06	05:50	10.30
106	194	F 29	Mertens Inge [ Mas 40 ] 1981	Galmaarden	Oetingen	32:12	05:51	10.20
107	176	F 30	Vandevelde Inne [ ] 2003		Leeuwerik	32:40	05:56	10.10
108	224	M 78	Evenpoel David [ Mas 40 ] 1978	Ternat	----	32:44	05:57	10.10
109	211	F 31	Carion Lien [ ] 1987	Affligem	Aff Recr	33:04	06:00	10.00
110	210	F 32	Vanden Eede Catherine [ Mas 50 ] 1966	Beersel	Bvl	33:32	06:05	9.80
111	213	F 33	Michiels Greta [ Mas 50 ] 1960	Beersel	Bvl	33:33	06:06	9.80
112	234	M 79	Benedictus Bruce [ ] 1993	Blankenberge	----	33:34	06:06	9.80
113	33	F 34	De Dobbeleer Kristien [ ] 1987	Ternat	Kwb	33:35	06:06	9.80
114	195	F 35	Gillis Heide [ Mas 40 ] 1981	Gooik	Oetingen	33:36	06:06	9.80
115	259	F 36	De Gieter Sylvia [ Mas 40 ] 1978	Liedekerke	----	33:39	06:07	9.80
116	143	F 37	Hellings Dirien [ ] 1987	Ternat	----	34:03	06:11	9.70
117	140	F 38	Aerts Evi [ ] 1985	Ternat	----	34:04	06:11	9.70
118	170	F 39	Timmermans Sarah [ Mas 40 ] 1977	Liedekerke	----	34:06	06:12	9.70
119	223	F 40	Van Langendock Mieke [ Mas 40 ] 1979	Ternat	----	34:08	06:12	9.70
120	196	M 80	Pessemie Johan [ Mas 50 ] 1973	Aalst	Ars Afligem	34:22	06:14	9.60
121	215	M 81	Van Breusegem Paul [ Mas 50 ] 1957	Herzele	Joggingsclub	34:26	06:15	9.60
122	258	F 41	De Cock Caroline [ ] 1992	Ternat	----	34:31	06:16	9.60
123	245		Zonder Naam [ ]		----	34:34	06:17	9.50
124	247	F 42	Molemans Lien [ ] 1987	Roosdaal	----	34:35	06:17	9.50
125	61	F 43	Vanmorselbeen Johanna [ Mas 40 ] 1982	Dilbeek	Dac	34:40	06:18	9.50

126	27	F 44	Clobert Stephanie [ Mas 40 ] 1978	Dilbeek	Brasserrunn	34:43	06:18	9.50
127	199	M 82	Podoor Erik [ Mas 50 ] 1967	Dilbeek	Brasserrunn	34:44	06:18	9.50
128	212	F 45	Timmermans Jade [ ] 1997	Deinze	----	34:56	06:21	9.40
129	200	F 46	Van Der Voorde An [ Mas 50 ] 1971	Dilbeek	Brasserrunn	34:59	06:21	9.40
130	246	F 47	Roozeleer Connie [ Mas 50 ] 1972	Dilbeek	Brasserrunn	35:00	06:21	9.40
131	203	F 48	Leunens Ann [ Mas 40 ] 1978	Halle	O E H	35:03	06:22	9.40
132	45	F 49	Janssens Vera [ Mas 50 ] 1971	Beersel	Kwb	35:04	06:22	9.40
133	169	F 50	Timmermans Sandra [ Mas 50 ] 1966	Liedekerke	----	35:50	06:30	9.20
134	222	F 51	De Dobbelaar Tamara [ Mas 50 ] 1972	Lennik	Acp	36:07	06:34	9.10
135	209	F 52	Huybens Marleen [ Mas 50 ] 1964	Affligem	Ars Afligem	36:17	06:35	9.10
136	58	F 53	Van Rossem Joni [ ] 1999	Ternat	Geen	36:20	06:36	9.10
137	251	F 54	Dang Thutrang [ Mas 40 ] 1981	Dilbeek	Dac	36:29	06:38	9.00
138	131	F 55	Berendes Liselotte [ ] 2006	Ternat	----	37:05	06:44	8.90
139	147	M 83	De Leeuw Lucien [ ] 1998	Gent	H T B	37:19	06:47	8.80
140	132	M 84	Berendes Berend Jan [ Mas 50 ] 1972	Ternat	----	38:03	06:55	8.70
141	135	F 56	De Conynck Chelsey [ ] 2003	Ternat	K W B	38:25	06:59	8.60
142	166	M 85	Vanhoorebeek Siemen [ ] 2001	Ternat	----	38:37	07:01	8.50
143	197	F 57	De Pauw Leen [ Mas 40 ] 1977	Ternat	----	38:45	07:02	8.50
144	136	F 58	Govaerts Patricia [ Mas 40 ] 1974	Ternat	K W B	38:58	07:05	8.50
145	134	F 59	Cardoen Sonja [ Mas 40 ] 1978	Ternat	----	39:09	07:07	8.40
146	159	M 86	Mertens Marc [ Mas 50 ] 1963	Dilbeek	Dac	39:49	07:14	8.30
147	228	F 60	Vannimmen Nele [ ] 1984	Dilbeek	Strongbox	39:55	07:15	8.30
148	227	F 61	Troost Lina [ ] 1987	Dilbeek	----	39:57	07:15	8.30
149	22	F 62	Berlanger Paulien [ ] 2008	Asse	Geen	39:58	07:16	8.30
150	250	F 63	De Vos Rita [ Mas 50 ] 1969	Dilbeek	Dac	40:01	07:16	8.20
151	249	M 87	Noel Eddy [ Mas 50 ] 1967	Dilbeek	----	40:03	07:16	8.20
152	1120	M 88	Valentijn Michel [ Mas 50 ] 1971		----	40:30	07:21	8.10
153	44	F 64	Heremans Gwen [ ] 1994	Dilbeek	Brasserrunn	41:53	07:36	7.90
154	216	F 65	Crokaert Agnes [ Mas 50 ] 1955	Dilbeek	Leeuwerik	42:21	07:42	7.80
155	38	F 66	Delperdange Sophie [ Mas 40 ] 1977	Ternat	Brasserrunn	43:02	07:49	7.70
156	59	F 67	Vandenbroucke Katrien [ Mas 40 ] 1978	Asse	Geen	43:05	07:50	7.70
157	153	M 89	Vander Motten Edwin [ Mas 50 ] 1948	Sint-pieters-	Leeuwerk	43:45	07:57	7.50
158	218	F 68	Lallemand Marcella [ Mas 50 ] 1955	Dilbeek	Leeuwerik	43:46	07:57	7.50
159	174	M 90	Van De Velde Nik [ ] 2007		Leeuwerik	44:12	08:02	7.50
160	26	F 69	Buyst Martine [ Mas 50 ] 1963	Dilbeek	Brasserrunn	44:37	08:06	7.40
161	55	F 70	Van De Putte Diane [ Mas 50 ] 1965	Dilbeek	Ga Lopers	44:39	08:07	7.40
162	214	M 91	Loonen Willem [ Mas 50 ] 1947	Beersel	Bvl	46:53	08:31	7.00
163	49	F 71	Meeuws Sonja [ Mas 50 ] 1967	Dilbeek	Brasserrunn	47:03	08:33	7.00
164	202	F 72	Vandermaelen Sonja [ Mas 50 ] 1961	Dilbeek	Brasserrunn	47:07	08:34	7.00
165	50	M 92	Meys Geert [ Mas 40 ] 1976		Brasserrunn	47:13	08:35	7.00

## RESULTS :

'T HOL OP  
WAMBEEK  
3/06/2023

11 km

rank	bib	gender	name [ catg / year ]			time	time / km	km/h
1	1178	M 1	Van Droogenbroeck Lander [ ] 1983	Opwijk	Dac	34:48	03:09	19.00
2	1083	M 2	Jans Joren [ ] 1992	Ternat	K W B	35:22	03:12	18.70
3	1034	M 3	Deroo Mats [ ] 1993	Anderlecht	Dac	35:46	03:15	18.50
4	1145	M 4	Gauthier Mine [ ] 1995	Ternat	3pt D A C	36:02	03:16	18.30
5	1071	M 5	Van Der Hauwaert Nico [ Mas 40 ] 1978	Zottegem	Geen	37:38	03:25	17.50
6	1131	M 6	Smismans Jef [ ] 1991	Gooik	----	38:47	03:31	17.00
7	1020	M 7	De Coster Matthias [ ] 1992	Ternat	Kwb	40:01	03:38	16.50
8	1056	M 8	Platteau Ides [ ] 1999	Ternat	R.c. De	40:40	03:41	16.20
9	1118	M 9	De Mesmaeker Gil [ ] 1996	Dilbeek	Zomaar Run	41:15	03:45	16.00
10	1154	M 10	Maton Cedric [ ] 1986		----	41:17	03:45	16.00
11	1147		Zonder Naam [ ]		----	41:25	03:45	15.90
12	1117	M 11	De Clercq Wout [ ] 1995		Zomaar Run	41:42	03:47	15.80
13	1091	M 12	Stevens Xiam [ ] 2010	Roosdaal	----	42:30	03:51	15.50
14	1090	M 13	Stevens David [ ] 1983	Roosdaal	----	42:31	03:51	15.50
15	1182	M 14	Coetsiers Karel [ Mas 40 ] 1977	Ternat	----	42:38	03:52	15.50
16	1102	M 15	Van Der Voorde Wim [ ] 1983	Ternat	Dtta	44:25	04:02	14.90
17	1200	M 16	Van De Maele Jasper [ ] 1991	Lennik	----	44:37	04:03	14.80
18	1199	M 17	De Weerd Jente [ ] 1988	Dilbeek	Strongbox	44:47	04:04	14.70
19	1211	M 18	Van Der Putten Dennis [ ] 1990	Ternat	----	44:53	04:04	14.70
20	1126	M 19	Basteleus Erik [ Mas 50 ] 1965	Galmaarden	Oeh	45:12	04:06	14.60
21	1021	M 20	De Koninck Nico [ ] 1994	Dilbeek	Brasserrunn	45:20	04:07	14.60
22	1176	F 1	Grymonprez Lisa [ ] 1994	Wevelgem	----	45:23	04:07	14.50
23	1197	F 2	De Nul Ruth [ ] 1993	Brussel	Paptienland	45:33	04:08	14.50
24	1072	M 21	Vanbellingen Hans [ Mas 50 ] 1972	Edingen	Oeh	45:35	04:08	14.50
25	1012	M 22	De Bolle Christophe [ Mas 40 ] 1977	Roosdaal	Hoperunners	45:47	04:09	14.40
26	1127	M 23	Van Den Houte Jeroen [ ] 1990	Ternat	----	46:22	04:12	14.20
27	1096	M 24	Barbe Jan [ Mas 50 ] 1971	Halle	Leeuwerik	46:32	04:13	14.20
28	1151	M 25	Puttaert Kobe [ ] 1999	Dilbeek	----	46:37	04:14	14.20
29	1173	M 26	Ghijsselings Xavier [ Mas 50 ] 1956	Dilbeek	Dac Dilbeek	46:48	04:15	14.10
30	1148	M 27	Van Den Hoof Domien [ ] 1991	Denderleeuw	Leeuwerik	46:51	04:15	14.10
31	1081	M 28	Walschot Seppe [ ] 2008	Ternat	/	47:02	04:16	14.00
32	1136	M 29	Verckens Bart [ Mas 40 ] 1973	Gooik	Acp	47:18	04:18	14.00
33	1190	M 30	Feyen Tom [ Mas 50 ] 1971		Leeuwerik	47:32	04:19	13.90
34	1093	M 31	Jans Piet [ ] 1992	Ternat	----	47:37	04:19	13.90
35	1100	M 32	Bruylandt Kobe [ ] 2008	Ternat	A C P	47:43	04:20	13.80
36	1074	M 33	Vander Linden Klaas [ ] 1995	Ternat	Geen	48:40	04:25	13.60
37	1201	M 34	Lemaire Lucas [ ] 1996	Roosdaal	----	48:41	04:25	13.60
38	1023	M 35	De Schrijver Reindert [ Mas 40 ] 1976	Dilbeek	Geen	48:58	04:27	13.50
39	1000	M 36	Berlanger Niels [ ] 2010	Asse	Lebb Ac	49:09	04:28	13.40

40	1114	M 37	De Beys Jordy [ ] 1997	Ternat	Sporting	49:25	04:29	13.40
41	1099	M 38	Pappaert Marc [ Mas 50 ] 1960	Gooik	----	49:32	04:30	13.30
42	1202	M 39	Vincent Hendrik [ ] 1991	Gent	Bvg Running	49:42	04:31	13.30
43	1163	M 40	Tournee Tom [ Mas 40 ] 1975	Dilbeek	Dilbeek Ac	50:03	04:33	13.20
44	1053	M 41	Massage Glenn [ ] 1993	Ternat	Kwb	50:05	04:33	13.20
45	1088	M 42	Maenhout Thomas [ ] 1990		----	50:06	04:33	13.20
46	1075	M 43	Vander Linden Wouter [ ] 1991	Ternat	Geen	50:13	04:33	13.10
47	1133	F 3	Descornez Christine [ Mas 50 ] 1972	Beersel	Leeuwerik	50:16	04:34	13.10
48	1062	F 4	Suenens Mieke [ ] 1995	Dilbeek	Dac	50:17	04:34	13.10
49	1219	M 44	De Ridder Joren [ ] 1992	Dilbeek	Dac	50:18	04:34	13.10
50	1108	M 45	Kerckhoven Danny [ Mas 40 ] 1975	Gooik	Acp	50:30	04:35	13.10
51	1217	M 46	Sercooris Kris [ Mas 40 ] 1980	Halle	----	50:36	04:36	13.00
52	1180	M 47	Van Opdenbosch Wout [ ] 2008	Ternat	----	51:03	04:38	12.90
53	1212	M 48	De Cuyper Steven [ ] 1984	Halle	Oeh	51:05	04:38	12.90
54	1064	F 5	Taelemans Antoinette [ ] 1994	Ternat	/	51:08	04:38	12.90
55	1087	M 49	Vaerheugen_lucky Bert [ ] 1998	Lochristi	Htb	51:14	04:39	12.90
56	1185	M 50	Van Opdenbosch Bruno [ Mas 40 ] 1977	Ternat	----	51:17	04:39	12.90
57	1086	M 51	Leroy Aaron [ ] 1996	Machelen	Htb	51:48	04:42	12.70
58	1066	M 52	Tamri Hassan [ Mas 50 ] 1966	Ternat	Joggans	51:59	04:43	12.70
59	1085	F 6	Agneessens Benedicte [ ] 1985	Ternat	----	52:01	04:43	12.70
60	1106	M 53	Jacobs Kurt [ Mas 40 ] 1975	Ternat	----	52:03	04:43	12.70
61	1038	M 54	Dierickx Peter [ Mas 40 ] 1978	Ternat	Droge Weide	53:16	04:50	12.40
62	1015	F 7	De Bruyn Veerle [ Mas 40 ] 1976	Dilbeek	De	53:22	04:51	12.40
63	1130	F 8	Geudens Hanne [ ] 1985	Gooik	Acp	53:22	04:51	12.40
64	1183	F 9	Borremans Charlotte [ ] 1987	Halle	B V L	53:34	04:52	12.30
65	1205	M 55	Meyvis Peter [ Mas 40 ] 1977	Grimbergen	----	53:58	04:54	12.20
66	1204	M 56	Deproost Sid [ ] 1992	Beersel	Bvl	54:25	04:56	12.10
67	1103	M 57	Mollaert Dirk [ Mas 40 ] 1976		Leeuwerik	54:26	04:56	12.10
68	1150	M 58	De Mesmaeker Rauke [ ] 1999	Dilbeek	----	54:29	04:57	12.10
69	1214	F 10	Billens Daisy [ Mas 40 ] 1982	Pepingen	K W B	55:00	05:00	12.00
70	1162	M 59	De Wever Jean [ ] 2013	Liedekerke	Yellow	55:01	05:00	12.00
71	1111	M 60	Wauters Jolan [ ] 1994	Ternat	Sporting	55:04	05:00	12.00
72	1179	F 11	Bouquiaux Evie [ Mas 40 ] 1974		Dac	55:16	05:01	11.90
73	1216	M 61	Pocket Dirk [ Mas 50 ] 1967	Halle	Dac	55:19	05:01	11.90
74	1188	M 62	Feys Lukas [ ] 1998	Ternat	----	55:23	05:02	11.90
75	1184	M 63	Bronckers Stephane [ Mas 40 ] 1982	Halle	B V L	55:25	05:02	11.90
76	1206	F 12	Nerinckx Heika [ ] 1995	Halle	Oeh	55:57	05:05	11.80
77	1135	M 64	Eloi Pierre-paul [ Mas 50 ] 1964	Dilbeek	Dal	55:58	05:05	11.80
78	1155	M 65	Ringoet Nico [ Mas 40 ] 1978	Halle	O E H	56:03	05:05	11.80
79	1168	M 66	Marien Maxime [ ] 2006	Lennik	----	56:05	05:05	11.80
80	1105	M 67	De Ridder Danny [ Mas 50 ] 1962	Sint-agatha-	Dac Dilbeek	56:15	05:06	11.70
81	1128	M 68	Clottemans Andre [ Mas 50 ] 1958	Ternat	Kwb	56:19	05:07	11.70
82	1213	M 69	Somers Tommy [ Mas 40 ] 1979	Pepingen	----	56:22	05:07	11.70

83	1043	M 70	Laurent Steven [ ] 1985	Dilbeek	Geen	56:44	05:09	11.60
84	1208	M 71	Herinck Serge [ Mas 50 ] 1965		----	57:09	05:11	11.50
85	1089	F 13	Verschueren Sophie [ ] 1983	Liedekerke	A C P	57:14	05:12	11.50
86	1169	M 72	Bellemans Stefaan [ Mas 50 ] 1961	Dilbeek	Leeuwerik	57:33	05:13	11.50
87	1172	M 73	Niemegeers Bart [ Mas 40 ] 1973	Roosdaal	1/8/1973	57:51	05:15	11.40
88	1051	M 74	Margot Jan [ Mas 50 ] 1955	Dilbeek	Brasserrunn	58:08	05:17	11.40
89	1073	M 75	Vandenberghe Tom [ ] 1992	Tielt-winge	Geen	58:15	05:17	11.30
90	1191	F 14	Beikers Mieke [ Mas 40 ] 1983	Roosdaal	----	58:50	05:20	11.20
91	1177	M 76	Neysens Jurgen [ Mas 50 ] 1971	Zoutleeuw	Brasserrunn	59:19	05:23	11.10
92	1152	M 77	Masure Gerald [ Mas 50 ] 1965		----	60:04	05:27	11.00
93	1039	F 15	Gillis Gertrude [ Mas 50 ] 1964	Gooik	Acp Gooik	60:08	05:28	11.00
94	1194	F 16	Heylens Elle [ Mas 40 ] 1982	Dilbeek	----	60:10	05:28	11.00
95	1122	F 17	De Cuyper Ellen [ Mas 40 ] 1979	Lennik	----	60:15	05:28	11.00
96	1203	M 78	Scheppers Hedwi [ Mas 50 ] 1958		----	60:46	05:31	10.90
97	1157	M 79	Chenot Pascal [ Mas 50 ] 1969	Ternat	----	61:11	05:33	10.80
98	1156	M 80	Van Den Meersschaut Vincent [ Mas 40 ] 1979	Ternat	----	61:12	05:33	10.80
99	1007	F 18	De Backer Femke [ ] 2000	Pepingen	Nvt	61:17	05:34	10.80
100	1011	F 19	De Backer Silke [ ] 2000	Pepingen	Geen	61:19	05:34	10.80
101	1193	F 20	De Mooter Cindy [ Mas 40 ] 1981	Ternat	----	61:29	05:35	10.70
102	1192	F 21	Blukens Kathlijn [ Mas 40 ] 1981	Ternat	----	61:30	05:35	10.70
103	1068	M 81	Van Bondt Filip [ Mas 50 ] 1963	Lennik	Acp Gooik	61:36	05:36	10.70
104	1195	F 22	Memsmaker Sara [ Mas 40 ] 1974	Ternat	----	61:46	05:36	10.70
105	1104	M 82	Mostincky Wim [ Mas 50 ] 1969	Dilbeek	K W B	61:56	05:37	10.70
106	1209	F 23	De Keyser Lies [ Mas 40 ] 1981	Halle	Deh	62:08	05:38	10.60
107	1207	F 24	Naam Jenquin Christel [ Mas 50 ] 1965		----	62:09	05:39	10.60
108	1137	F 25	Huybens Kristel [ Mas 50 ] 1973	Dilbeek	Brasserrunn	62:13	05:39	10.60
109	1138	M 83	Ginis Ivo [ Mas 50 ] 1963		Brasserrunn	62:17	05:39	10.60
110	1170	F 26	Van Den Bossche Sofie [ ] 1984	Herzele	Joggingsclub	62:26	05:40	10.60
111	1215	F 27	Van Der Motien Ann [ Mas 50 ] 1971		Gaiks	62:48	05:42	10.50
112	1158	F 28	Eeckhout Carmen [ Mas 40 ] 1977	Haaltert	----	62:50	05:42	10.50
113	1189	F 29	De Keulenaer Fien [ Mas 40 ] 1975	Roosdaal	----	63:00	05:43	10.50
114	1029	M 84	De Smedt Geert [ Mas 50 ] 1971	Dilbeek	De	63:10	05:44	10.40
115	1132	M 85	Naam Truyers Chris [ Mas 50 ] 1964	Roosdaal	Acp	63:38	05:47	10.40
116	1057	M 86	Pollet Victor [ ] 2008	Liedekerke	Geen	63:43	05:47	10.40
117	1124	F 30	Boes Odette [ Mas 50 ] 1953	Asse	Joggans	63:53	05:48	10.30
118	1171	F 31	De Plancke Vanessa [ Mas 50 ] 1969		Joggingsclub	64:08	05:49	10.30
119	1134	M 87	Deryck Wim [ Mas 50 ] 1969	Beersel	----	64:12	05:50	10.30
120	1174	M 88	Grandjean Marc [ Mas 50 ] 1972	Ternat	Kwb	65:06	05:55	10.10
121	1016	M 89	De Busscher Jens [ ] 1999	Denderleeuw	Nvt	69:27	06:18	9.50
122	1119	F 32	Dekens Rowen [ ] 1984	Ternat	----	74:08	06:44	8.90
123	1084	F 33	Denens Ewennan [ ] 1983	Ternat	----	74:12	06:44	8.90