



Helpshopcup - 10,0 km - Gesamtwertung

Startzeit : 14-04-2024 15:49:03

Die Ergebnisse sind vollständig

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|------------|-----|------|-------------------|----------|--------|
| 1 | 6165 | Blijkers | Tibo | M1 | M35- | Team Fischer | 00:33:02 | 03:17 |
| 2 | 0632 | Boden | Niki | M2 | M35+ | SQM running tea | 00:33:11 | 03:18 |
| 3 | 0571 | Dejonghe | Maarten | M3 | M35+ | Atlemo | 00:33:46 | 03:21 |
| 4 | 0691 | Verluyten | Frankie | M4 | M35+ | JMT Mol | 00:33:52 | 03:22 |
| 5 | 6084 | Scholts | Kylian | M5 | M35- | SQM running tea | 00:35:05 | 03:29 |
| 6 | 6029 | Theys | Kevin | M6 | M35+ | SQM runningtea | 00:35:28 | 03:31 |
| 7 | 0620 | Vanstraelen | Dries | M7 | M35- | | 00:35:56 | 03:34 |
| 8 | 0655 | Schreurs | Anne | F1 | F35- | GENK | 00:36:06 | 03:35 |
| 9 | 6046 | Vanden Bempt | Hans | M8 | M45+ | SQMrunningtaer | 00:36:14 | 03:36 |
| 10 | 6145 | Van Asselbergh | Jorden | M9 | M35- | ADD diepenbeek | 00:36:20 | 03:37 |
| 11 | 6027 | De Rooy | Andy | M10 | M45+ | Coyote sports tea | 00:36:23 | 03:37 |
| 12 | 6091 | Vossius | Peter | M11 | M45+ | SQM RUNNINC | 00:36:31 | 03:38 |
| 13 | 6167 | Droumpouras | Dimitri | M12 | M35+ | SQMRunningTea | 00:37:36 | 03:44 |
| 14 | 6081 | Wouters | Chriske | M13 | M45+ | SQM RUNNINC | 00:37:44 | 03:45 |
| 15 | 0712 | Diels | Olivier | M14 | M35+ | Atletiekclub De I | 00:38:02 | 03:47 |
| 16 | 0744 | Moens | Niels | M15 | M35- | | 00:38:05 | 03:47 |
| 17 | 6173 | Stevens | Christophe | M16 | M35+ | ADD | 00:38:16 | 03:48 |
| 18 | 0541 | Pauly | Steven | M17 | M35+ | | 00:38:25 | 03:49 |
| 19 | 6068 | Vanrusselt | Nico | M18 | M45+ | Add | 00:38:29 | 03:49 |
| 20 | 0720 | Van Tichelen | Denis | M19 | M45+ | | 00:38:42 | 03:51 |
| 21 | 0701 | Pesser | Aline | F2 | F45+ | challenge la meu | 00:38:45 | 03:51 |
| 22 | 0635 | Vanmechelen | Simon | M20 | M45+ | | 00:39:05 | 03:53 |
| 23 | 0719 | Waterschoot | Eric | M21 | M55+ | DCLA HALEN | 00:39:34 | 03:56 |
| 24 | 0673 | Fabrij | Andy | M22 | M35- | | 00:39:40 | 03:57 |
| 25 | 0512 | De Clerck | Arne | M23 | M35- | | 00:39:42 | 03:57 |
| 26 | 6099 | Motten | James | M24 | M35+ | BOLT | 00:39:47 | 03:57 |
| 27 | 0525 | Vandevelde | Sebastian | M25 | M35- | Mooze Sint-Trui | 00:39:51 | 03:58 |
| 28 | 6100 | Santermans | Peter | M26 | M45+ | | 00:40:12 | 04:00 |
| 29 | 0748 | Bogaerts | Sem | M27 | M35+ | BFC | 00:40:15 | 04:00 |
| 30 | 0676 | Wouters | Noor | F3 | F35- | ADD Diepenbee | 00:40:18 | 04:00 |
| 31 | 0649 | Schots | Tom | M28 | M35+ | TACT | 00:40:21 | 04:01 |
| 32 | 0616 | Schepers | Stijn | M29 | M45+ | | 00:40:33 | 04:02 |
| 33 | 6024 | Mesotten | Dirk | M30 | M45+ | | 00:40:41 | 04:03 |
| 34 | 0652 | De Cupere | Katleen | F4 | F35+ | RCT | 00:40:45 | 04:03 |
| 35 | 0747 | Boonen | Joris | M31 | M35+ | | 00:40:51 | 04:04 |
| 36 | 0582 | Verbruggen | Kasper | M32 | M35+ | CC Toogvedetter | 00:40:57 | 04:04 |
| 37 | 0606 | Van de Voorde | Tom | M33 | M45+ | Tact | 00:40:59 | 04:04 |
| 38 | 6036 | Stijnen | David | M34 | M45+ | Aca Alken | 00:41:09 | 04:05 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|-----------------|------------|-----|------|------------------|----------|--------|
| 39 | 0705 | Vangeel | Julie | F5 | F35- | | 00:41:13 | 04:06 |
| 40 | 6114 | Hiemeleers | Marc | M35 | M65+ | Ac Alken | 00:41:17 | 04:06 |
| 41 | 6028 | Baerts | Chris | M36 | M45+ | Geen | 00:41:26 | 04:07 |
| 42 | 0704 | Sampermans | Bart | M37 | M35+ | dcla halen | 00:41:37 | 04:08 |
| 43 | 6129 | Schevenels | Jarno | M38 | M35- | TACT | 00:41:39 | 04:08 |
| 44 | 0544 | Blomme | Raf | M39 | M35+ | The Extra Mile | 00:41:46 | 04:09 |
| 45 | 0682 | Fonteyn | Jurn | M40 | M35+ | | 00:41:47 | 04:09 |
| 46 | 0625 | Chapelle | Lennerd | M41 | M35- | | 00:42:05 | 04:11 |
| 47 | 6047 | Buntinx | Johan | M42 | M45+ | | 00:42:32 | 04:14 |
| 48 | 0646 | Bosmans | Marc | M43 | M55+ | | 00:42:42 | 04:15 |
| 49 | 0516 | Dekens | Arjen | M44 | M35- | KEWS Schoonbe | 00:42:55 | 04:16 |
| 50 | 6006 | Zlocki | Nadja | F6 | F35+ | | 00:43:14 | 04:18 |
| 51 | 0664 | Billen | Gert | M45 | M45+ | | 00:43:17 | 04:18 |
| 52 | 6048 | Boelen | Peter | M46 | M45+ | | 00:43:19 | 04:18 |
| 53 | 0681 | Boogaerts | Jens | M47 | M35- | | 00:43:22 | 04:19 |
| 54 | 0733 | Redant | Tom | M48 | M35+ | AC Alken | 00:43:24 | 04:19 |
| 55 | 0656 | Vaes | Eva | F7 | F35- | BFC | 00:43:26 | 04:19 |
| 56 | 6137 | Wouters | Bart | M49 | M45+ | BFC | 00:43:26 | 04:19 |
| 57 | 6101 | Gelade | Roeland | M50 | M35+ | | 00:43:43 | 04:21 |
| 58 | 6107 | Vanschoonwinkel | Gwen | M51 | M35+ | Bokkerijderstear | 00:43:49 | 04:21 |
| 59 | 0650 | Debruyn | Koen | M52 | M45+ | | 00:43:53 | 04:22 |
| 60 | 0645 | Nelissen | Christophe | M53 | M35- | | 00:43:58 | 04:22 |
| 61 | 0639 | Van Oosterwijck | nathalie | F8 | F45+ | Atla | 00:44:07 | 04:23 |
| 62 | 6144 | Requilé | Philippe | M54 | M55+ | Bokkerijderstear | 00:44:09 | 04:23 |
| 63 | 0753 | el amrani | Idriss | M55 | M35- | | 00:44:16 | 04:24 |
| 64 | 0529 | De Klerck | Thomas | M56 | M35- | | 00:44:18 | 04:24 |
| 65 | 0735 | VAES | Peter | M57 | M45+ | Landense Joggin | 00:44:19 | 04:24 |
| 66 | 0660 | Seifert | Jochen | M58 | M35- | | 00:44:26 | 04:25 |
| 67 | 6051 | Permentier | Gilbert | M59 | M55+ | | 00:44:28 | 04:25 |
| 68 | 6159 | Van Dingenen | Steven | M60 | M45+ | Gs running team | 00:44:34 | 04:26 |
| 69 | 0663 | Strauven | Sofie | F9 | F35+ | DCLA Halen | 00:44:35 | 04:26 |
| 70 | 0706 | Vanrusselt | Anton | M61 | M35- | nee | 00:44:46 | 04:27 |
| 71 | 0754 | porreye | hendrik | M62 | M35- | neen | 00:44:55 | 04:28 |
| 72 | 6094 | Mechelmans | Tamara | F10 | F35+ | | 00:44:59 | 04:28 |
| 73 | 6170 | Oger | Sylvain | M63 | M45+ | | 00:45:04 | 04:29 |
| 74 | 0726 | Leroy | Fabienne | F11 | F45+ | | 00:45:27 | 04:31 |
| 75 | 6060 | slegers | werner | M64 | M55+ | | 00:45:29 | 04:31 |
| 76 | 6090 | Vanherck | Bruno | M65 | M45+ | Bokkerijderstear | 00:45:39 | 04:32 |
| 77 | 6148 | Stas | Katrien | F12 | F45+ | DCLA Halen | 00:45:52 | 04:34 |
| 78 | 6135 | Baus | Carlo | M66 | M45+ | Bokkerijderstear | 00:46:13 | 04:36 |
| 79 | 0604 | Arckens | Geert | M67 | M35+ | | 00:46:14 | 04:36 |
| 80 | 0555 | Noben | Annelies | F13 | F35+ | | 00:46:30 | 04:37 |
| 81 | 0577 | Vanderstraeten | Yves | M68 | M45+ | | 00:46:49 | 04:39 |
| 82 | 6064 | Schroven | Hilde | F14 | F45+ | GS Runningteam | 00:46:49 | 04:39 |
| 83 | 6113 | Schyvens | Griet | F15 | F35- | | 00:46:59 | 04:40 |
| 84 | 0628 | Trouwers | Johan | M69 | M35+ | | 00:47:02 | 04:41 |
| 85 | 6033 | Moons | Lydia | F16 | F55+ | Geen | 00:47:09 | 04:41 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|----------|------|------|------------------|----------|--------|
| 86 | 0659 | Vankrunkelsven | Christel | F17 | F55+ | VACH | 00:47:12 | 04:42 |
| 87 | 0651 | Janssens | Jan | M70 | M35+ | | 00:47:20 | 04:42 |
| 88 | 0602 | Ceusters | Patrick | M71 | M55+ | TDL | 00:47:22 | 04:43 |
| 89 | 0583 | Kossig | Martin | M72 | M55+ | | 00:47:26 | 04:43 |
| 90 | 0742 | Poelmans | Johan | M73 | M35+ | | 00:47:40 | 04:44 |
| 91 | 0713 | Rapp | Linde | F18 | F35+ | Atlentiekclub De | 00:47:56 | 04:46 |
| 92 | 0545 | Van Ormelingen | Simon | M74 | M35+ | | 00:47:57 | 04:46 |
| 93 | 0725 | Woters | Nick | M75 | M35+ | | 00:48:00 | 04:46 |
| 94 | 6069 | Verschueren | Frank | M76 | M55+ | Sacn | 00:48:02 | 04:47 |
| 95 | 6143 | Vankrunkelsven | Leen | F19 | F55+ | DCLA-Halen | 00:48:12 | 04:48 |
| 96 | 0727 | Ghys | Marijn | M77 | M35- | | 00:48:15 | 04:48 |
| 97 | 0511 | Pirs | Erwin | M78 | M45+ | | 00:48:18 | 04:48 |
| 98 | 6122 | Broos | Bruno | M79 | M65+ | | 00:48:19 | 04:48 |
| 99 | 0680 | Vandervelpen | Koen | M80 | M35+ | | 00:48:26 | 04:49 |
| 100 | 0708 | Beelen | Tillo | M81 | M35+ | | 00:48:26 | 04:49 |
| 101 | 6056 | Bauduin | Ianthe | F20 | F35- | Trenara | 00:48:29 | 04:49 |
| 102 | 0724 | Bolkaerts | Lode | M82 | M35+ | | 00:48:30 | 04:49 |
| 103 | 0711 | de prins | willem | M83 | M35- | ja | 00:48:32 | 04:50 |
| 104 | 6092 | Croughs | An | F21 | F35+ | Run TMC | 00:48:36 | 04:50 |
| 105 | 0684 | stassart | Koen | M84 | M45+ | | 00:48:38 | 04:50 |
| 106 | 0693 | Colemonts | Erik | M85 | M45+ | | 00:48:40 | 04:50 |
| 107 | 0607 | Ieven | Judith | F22 | F35- | | 00:48:41 | 04:50 |
| 108 | 0608 | Debats | Joris | M86 | M35- | | 00:48:41 | 04:50 |
| 109 | 0709 | Vranckx | Benoit | M87 | M65+ | Tess Chemie | 00:48:42 | 04:51 |
| 110 | 0710 | De Prins | Bruno | M88 | M45+ | | 00:48:42 | 04:51 |
| 111 | 0601 | Voets | Dylan | M89 | M35- | | 00:48:50 | 04:51 |
| 112 | 6166 | geyskens | Mark | M90 | M65+ | | 00:49:03 | 04:53 |
| 113 | 6066 | Tomsin | Ronny | M91 | M45+ | BFC - Hoeselt R | 00:49:05 | 04:53 |
| 114 | 0510 | Appeltans | Gunter | M92 | M45+ | | 00:49:11 | 04:53 |
| 115 | 6096 | Pauwels | Jill | F23 | F35+ | GS Running Tea | 00:49:18 | 04:54 |
| 116 | 0667 | Luyten | Nicky | M93 | M35+ | | 00:49:20 | 04:54 |
| 117 | 0524 | Verthé | Tom | M94 | M35+ | | 00:49:28 | 04:55 |
| 118 | 0683 | Tack | Jeroen | M95 | M35+ | Bolt | 00:49:31 | 04:55 |
| 119 | 6106 | Stroobants | Herman | M96 | M55+ | | 00:49:46 | 04:57 |
| 120 | 0647 | Vandenborne | Ilse | F24 | F55+ | | 00:49:59 | 04:58 |
| 121 | 0617 | Benaets | Johan | M97 | M35+ | | 00:50:03 | 04:59 |
| 122 | 0703 | Demarsin | Bert | M98 | M35+ | | 00:50:26 | 05:01 |
| 123 | 0600 | Swinnen | Evelien | F25 | F35+ | | 00:50:26 | 05:01 |
| 124 | 0518 | Acar | fatih | M99 | M35+ | | 00:50:32 | 05:01 |
| 125 | 0695 | Janssens | Joachim | M100 | M35- | | 00:50:58 | 05:04 |
| 126 | 0507 | Lindekens | Kevin | M101 | M35- | | 00:51:05 | 05:05 |
| 127 | 6151 | Slegers | Ayrton | M102 | M35- | | 00:51:06 | 05:05 |
| 128 | 6111 | Frankenne | Linda | F26 | F45+ | GS-Running Tea | 00:51:14 | 05:06 |
| 129 | 0643 | Pictoel | Mathias | M103 | M35- | Tact | 00:51:28 | 05:07 |
| 130 | 0537 | Claes | Fien | F27 | F35- | | 00:51:43 | 05:09 |
| 131 | 0530 | demot | diederik | M104 | M35+ | | 00:51:48 | 05:09 |
| 132 | 0749 | Daerden | Kim | F28 | F35+ | nee | 00:52:03 | 05:11 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|--------------|-----------|------|------|------------------|----------|--------|
| 133 | 0528 | De Klerck | David | M105 | M45+ | Bierbeek Loopt | 00:52:05 | 05:11 |
| 134 | 0578 | Van Haecken | Frank | M106 | M55+ | | 00:52:22 | 05:12 |
| 135 | 0587 | Houttekier | Egon | M107 | M35- | | 00:52:32 | 05:13 |
| 136 | 6172 | Luykx | Laurens | M108 | M55+ | Cold Play Sharks | 00:53:06 | 05:17 |
| 137 | 0569 | Claes | Wim | M109 | M55+ | Bierbeek Loopt | 00:53:17 | 05:18 |
| 138 | 0721 | Buttiens | Marc | M110 | M65+ | ACA Alken | 00:53:27 | 05:19 |
| 139 | 6176 | Philippaerts | Greta | F29 | F55+ | ACA | 00:53:28 | 05:19 |
| 140 | 0588 | Coenen | Christoph | M111 | M35- | | 00:53:52 | 05:21 |
| 141 | 0629 | Mulkers | Julie | F30 | F35- | | 00:54:08 | 05:23 |
| 142 | 0539 | Rigotti | Quirino | M112 | M65+ | | 00:54:23 | 05:25 |
| 143 | 6121 | Theys | Hermine | F31 | F35+ | DCLA Halen | 00:54:27 | 05:25 |
| 144 | 0669 | STULENS | MELVIN | M113 | M35+ | SnailRunningSqu | 00:54:30 | 05:25 |
| 145 | 0597 | Giacomini | Philippe | M114 | M35+ | | 00:54:30 | 05:25 |
| 146 | 0707 | Permentier | Emma | F32 | F35- | nee | 00:54:32 | 05:25 |
| 147 | 0579 | Cannas | Sara | F33 | F35+ | | 00:54:35 | 05:26 |
| 148 | 0543 | Swerten | Robby | M115 | M35+ | | 00:54:36 | 05:26 |
| 149 | 0692 | Langenaeken | Kevin | M116 | M35+ | J-Runners | 00:54:36 | 05:26 |
| 150 | 0729 | Martens | Roel | M117 | M35+ | | 00:54:37 | 05:26 |
| 151 | 0688 | Cochici | Edith | F34 | F35+ | - | 00:54:38 | 05:26 |
| 152 | 6136 | Arnauts | Els | F35 | F35+ | | 00:54:44 | 05:27 |
| 153 | 6014 | Vanheusden | Wim | M118 | M45+ | | 00:54:48 | 05:27 |
| 154 | 6008 | Polders | Jos | M119 | M65+ | ACA | 00:54:55 | 05:28 |
| 155 | 0736 | Robert | Peter | M120 | M45+ | Hoegaarden | 00:55:09 | 05:29 |
| 156 | 0738 | Robert | Kim | F36 | F35- | Hoegaarden | 00:55:09 | 05:29 |
| 157 | 0679 | Gijbels | Frieda | F37 | F45+ | Avt oudsbergen | 00:55:10 | 05:29 |
| 158 | 0563 | Droogmans | Hanne | F38 | F35- | Zltc | 00:55:14 | 05:30 |
| 159 | 6168 | Cabuy | Paula | F39 | F55+ | | 00:55:17 | 05:30 |
| 160 | 0553 | Paku | Gilles | M121 | M35- | | 00:55:18 | 05:30 |
| 161 | 6022 | Coenen | David | M122 | M45+ | | 00:55:20 | 05:30 |
| 162 | 0633 | Lemiere | Elise | F40 | F35- | | 00:55:41 | 05:32 |
| 163 | 6140 | Van laer | Wim | M123 | M55+ | DCLA Halen | 00:55:43 | 05:32 |
| 164 | 0675 | Lybeer | Jonathan | M124 | M35- | | 00:55:53 | 05:33 |
| 165 | 0534 | Verdeyen | Lien | F41 | F35- | | 00:55:53 | 05:33 |
| 166 | 0533 | Pollaris | Kurt | M125 | M45+ | | 00:55:55 | 05:34 |
| 167 | 0614 | Van Bael | Jori | M126 | M35- | | 00:55:58 | 05:34 |
| 168 | 0581 | Clerens | Ilse | F42 | F35+ | | 00:56:03 | 05:34 |
| 169 | 0718 | For | Marlies | F43 | F35- | | 00:56:05 | 05:35 |
| 170 | 0621 | Billen | Carsten | M127 | M35- | | 00:56:06 | 05:35 |
| 171 | 0610 | Francois | Peter | M128 | M55+ | | 00:56:24 | 05:37 |
| 172 | 0622 | Schonkeren | Laura | F44 | F35- | | 00:56:29 | 05:37 |
| 173 | 0559 | Screurs | Sander | M129 | M35- | aca alken | 00:56:31 | 05:37 |
| 174 | 0560 | van kessel | joeri | M130 | M35- | | 00:56:31 | 05:37 |
| 175 | 0546 | Peeters | Jolien | F45 | F35- | | 00:56:32 | 05:37 |
| 176 | 0694 | Bergé | Lennie | F46 | F35+ | J-Runners | 00:56:34 | 05:38 |
| 177 | 0554 | Willems | Ewout | M131 | M35- | | 00:56:34 | 05:38 |
| 178 | 0686 | Claesen | Evelien | F47 | F35+ | | 00:56:37 | 05:38 |
| 179 | 0671 | Cappellen | Laura | F48 | F35- | | 00:56:40 | 05:38 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|---------------|-----------|------|------|----------------|----------|--------|
| 180 | 0566 | proesmans | sidney | M132 | M35- | | 00:56:41 | 05:38 |
| 181 | 0567 | vleugels | michiel | M133 | M35- | | 00:56:41 | 05:38 |
| 182 | 0723 | Meulemans | Karen | F49 | F35+ | | 00:56:43 | 05:38 |
| 183 | 0677 | Guypen | Marcus | M134 | M35- | | 00:56:51 | 05:39 |
| 184 | 0609 | Stakenborg | Anke | F50 | F35+ | | 00:56:56 | 05:40 |
| 185 | 0585 | Geron | Anneleen | F51 | F35+ | | 00:57:04 | 05:41 |
| 186 | 0702 | Raepers | Niels | M135 | M35- | | 00:57:17 | 05:42 |
| 187 | 0506 | Meersman | Joran | M136 | M35- | | 00:57:18 | 05:42 |
| 188 | 0665 | Swartenbroekx | Maarten | M137 | M35- | | 00:57:19 | 05:42 |
| 189 | 6005 | Vandenbergh | Eddy | M138 | M45+ | | 00:57:21 | 05:42 |
| 190 | 0556 | Giudice | Lavina | F52 | F35+ | | 00:57:28 | 05:43 |
| 191 | 0557 | Ciura | Nathalie | F53 | F35+ | | 00:57:28 | 05:43 |
| 192 | 0687 | Malcorps | Jeff | M139 | M35- | | 00:57:31 | 05:43 |
| 193 | 0740 | Malcorps | Eva | F54 | F35- | | 00:57:32 | 05:43 |
| 194 | 0547 | Daenen | Maick | M140 | M35- | | 00:57:33 | 05:43 |
| 195 | 6038 | Van Zand | Maja | F55 | F65+ | AC Alken | 00:57:37 | 05:44 |
| 196 | 0658 | Briers | Vanessa | F56 | F35+ | Na | 00:57:40 | 05:44 |
| 197 | 0730 | Vanmuysen | Koen | M141 | M55+ | | 00:57:47 | 05:45 |
| 198 | 0619 | Debusscher | Julie | F57 | F35- | | 00:57:48 | 05:45 |
| 199 | 0570 | Goessens | Eva | F58 | F35- | | 00:57:49 | 05:45 |
| 200 | 0520 | Hermans | Evi | F59 | F45+ | | 00:57:50 | 05:45 |
| 201 | 0527 | De Coster | Iris | F60 | F45+ | Bierbeek Loopt | 00:57:52 | 05:45 |
| 202 | 0605 | Vanhooren | Charlotte | F61 | F35+ | | 00:57:57 | 05:46 |
| 203 | 0636 | Vanmechelen | Jutta | F62 | F35- | TACT | 00:58:04 | 05:47 |
| 204 | 0653 | Schreurs | Hanne | F63 | F35- | | 00:58:08 | 05:47 |
| 205 | 0637 | Vanmechelen | Hanna | F64 | F35- | TACT | 00:58:18 | 05:48 |
| 206 | 0538 | Rigotti | Davide | M142 | M35+ | | 00:58:20 | 05:48 |
| 207 | 0648 | Schepers | Lora | F65 | F35- | | 00:58:29 | 05:49 |
| 208 | 0603 | Ceusters | Dorien | F66 | F35- | | 00:58:30 | 05:49 |
| 209 | 0613 | Martens | Elke | F67 | F45+ | | 00:58:38 | 05:50 |
| 210 | 0535 | Stegmans | Eline | F68 | F35- | | 00:58:48 | 05:51 |
| 211 | 0536 | Jonckheere | Michiel | M143 | M35- | | 00:58:48 | 05:51 |
| 212 | 6154 | Beirinckx | Peter | M144 | M55+ | | 00:58:54 | 05:51 |
| 213 | 0552 | VANDENSAVEL | Albert | M145 | M65+ | | 00:58:57 | 05:52 |
| 214 | 0574 | Peeters | Kelly | F69 | F35- | | 00:59:00 | 05:52 |
| 215 | 0584 | Fripont | Debbie | F70 | F35+ | | 00:59:03 | 05:52 |
| 216 | 0526 | Pothoven | Sylvie | F71 | F45+ | Bovenlopers | 00:59:18 | 05:54 |
| 217 | 0657 | Strauven | Rudi | M146 | M55+ | Bolt Tongeren | 00:59:32 | 05:55 |
| 218 | 0668 | Viaene | Karen | F72 | F35+ | AC Sodibrug | 00:59:39 | 05:56 |
| 219 | 0716 | Leijnen | Ilse | F73 | F35- | | 00:59:44 | 05:56 |
| 220 | 0717 | Leijnen | Ludovicus | M147 | M55+ | | 00:59:44 | 05:56 |
| 221 | 0734 | Van Looy | Victor | M148 | M35- | | 00:59:46 | 05:57 |
| 222 | 0561 | appeltans | maxiem | M149 | M35- | | 00:59:49 | 05:57 |
| 223 | 0502 | Maes | Chlara | F74 | F35- | | 00:59:49 | 05:57 |
| 224 | 0598 | Giacomini | Olivier | M150 | M35+ | | 00:59:50 | 05:57 |
| 225 | 0612 | Leenders | Liesbet | F75 | F45+ | | 01:00:20 | 06:00 |
| 226 | 0521 | Smeets | sanne | F76 | F35- | | 01:00:22 | 06:00 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|----------|------|------|------------------|----------|--------|
| 227 | 0699 | Martens | Zo | F77 | F35- | TACT | 01:00:26 | 06:01 |
| 228 | 0662 | Winters | Evy | F78 | F45+ | | 01:00:37 | 06:02 |
| 229 | 0661 | Maes | Kurt | M151 | M45+ | | 01:00:38 | 06:02 |
| 230 | 0728 | Hombroux | Rita | F79 | F65+ | TACT | 01:00:50 | 06:03 |
| 231 | 0700 | Doucet | Danielle | F80 | F55+ | | 01:00:51 | 06:03 |
| 232 | 0595 | Chanson | Yves | M152 | M35- | | 01:00:54 | 06:03 |
| 233 | 0596 | Loverix | Tessa | F81 | F35+ | | 01:00:54 | 06:03 |
| 234 | 0550 | Milde | Camille | F82 | F35- | | 01:01:18 | 06:06 |
| 235 | 0551 | Knaepen | Merel | F83 | F35- | | 01:01:18 | 06:06 |
| 236 | 0714 | Vanlangenaker | Marc | M153 | M35+ | | 01:01:29 | 06:07 |
| 237 | 0752 | SELS | Frederic | M154 | M35+ | | 01:01:31 | 06:07 |
| 238 | 0542 | Joris | Katrijn | F84 | F35- | | 01:01:34 | 06:07 |
| 239 | 0540 | Wawrzyniewicz | Natalia | F85 | F35+ | | 01:01:37 | 06:08 |
| 240 | 0522 | Croes | Wendy | F86 | F35+ | Lago | 01:01:40 | 06:08 |
| 241 | 0666 | Reyskens | Geert | M155 | M55+ | HSLC | 01:01:40 | 06:08 |
| 242 | 0615 | Keyen | Pieter | M156 | M35- | | 01:01:43 | 06:08 |
| 243 | 0654 | Kelchtermans | Sofie | F87 | F35- | | 01:01:44 | 06:08 |
| 244 | 0514 | Boelanders | Lize | F88 | F35- | | 01:01:52 | 06:09 |
| 245 | 0515 | Nulens | Tom | M157 | M35- | | 01:01:52 | 06:09 |
| 246 | 0568 | de ridder | tessa | F89 | F35- | | 01:02:00 | 06:10 |
| 247 | 0611 | Demir | Zuhal | F90 | F35+ | | 01:02:00 | 06:10 |
| 248 | 0745 | tedeschi | enzo | M158 | M55+ | | 01:02:01 | 06:10 |
| 249 | 6009 | Briers | Gerry | M159 | M35+ | Bokkerijderstean | 01:02:26 | 06:13 |
| 250 | 0623 | Swennen | Lucca | F91 | F35- | | 01:02:31 | 06:13 |
| 251 | 0624 | Verwimp | Niel | M160 | M35- | hades | 01:02:31 | 06:13 |
| 252 | 0575 | Vandevijvere | Monique | F92 | F55+ | | 01:02:50 | 06:15 |
| 253 | 0630 | Mingelinckx | Svenja | F93 | F35- | | 01:03:01 | 06:16 |
| 254 | 0631 | Vanhoudt | Steffie | F94 | F35- | | 01:03:01 | 06:16 |
| 255 | 6115 | Hiemeleers | Sharon | F95 | F35- | Ac Alken | 01:03:03 | 06:16 |
| 256 | 0573 | Caelen | Amber | F96 | F35- | | 01:03:07 | 06:17 |
| 257 | 0501 | Van Werde | Thea | F97 | F35- | | 01:03:10 | 06:17 |
| 258 | 0508 | Reynaert | Annelies | F98 | F35- | | 01:03:24 | 06:18 |
| 259 | 0697 | Louis | Strauven | M161 | M35- | | 01:03:27 | 06:19 |
| 260 | 0696 | Viviane | Strauven | F99 | F55+ | | 01:03:28 | 06:19 |
| 261 | 0698 | Strauven | Frank | M162 | M55+ | | 01:03:28 | 06:19 |
| 262 | 0674 | Francis | Katleen | F100 | F35+ | Landense Joggin | 01:03:29 | 06:19 |
| 263 | 0672 | Breesch | Kelly | F101 | F45+ | | 01:03:41 | 06:20 |
| 264 | 0558 | Schepmans | Elien | F102 | F35- | | 01:04:52 | 06:27 |
| 265 | 0743 | Pollenus | Cedric | M163 | M35+ | J-Runners | 01:04:52 | 06:27 |
| 266 | 0737 | brans | kelly | F103 | F35- | nee | 01:04:53 | 06:27 |
| 267 | 0641 | vanderwegen | sara | F104 | F35- | | 01:04:57 | 06:28 |
| 268 | 0640 | gordts | sylvie | F105 | F45+ | | 01:05:04 | 06:28 |
| 269 | 0690 | Karen Baeskens | Karen | F106 | F35+ | | 01:05:27 | 06:31 |
| 270 | 0689 | Plevoets | Elvie | F107 | F35+ | | 01:05:29 | 06:31 |
| 271 | 0644 | Kempeneers | Krista | F108 | F45+ | | 01:05:45 | 06:32 |
| 272 | 0517 | Rubens | Phyllis | F109 | F35+ | | 01:06:31 | 06:37 |
| 273 | 0513 | Asnong | Krista | F110 | F55+ | | 01:06:32 | 06:37 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|--------------|-----------------|------|------|----------------|----------|--------|
| 274 | 0634 | Appeltans | Catherine | F111 | F35- | | 01:07:00 | 06:40 |
| 275 | 0731 | Van Looy | Louisa | F112 | F35- | | 01:07:18 | 06:42 |
| 276 | 0732 | Van Looy | Jan | M164 | M55+ | | 01:07:19 | 06:42 |
| 277 | 0503 | Biesemans | Joris | M165 | M35+ | | 01:07:25 | 06:42 |
| 278 | 0670 | Missotten | Kristel | F113 | F45+ | ACA | 01:07:31 | 06:43 |
| 279 | 0576 | Gilissen | Sandra | F114 | F35+ | | 01:08:24 | 06:48 |
| 280 | 0751 | Porreye | Marie | F115 | F35- | | 01:08:31 | 06:49 |
| 281 | 0741 | Erkens | Kristof | M166 | M35+ | Reshape Studio | 01:08:48 | 06:51 |
| 282 | 0750 | Verboven | Magali | F116 | F35- | | 01:08:54 | 06:51 |
| 283 | 0572 | Geraerts | Liesbeth | F117 | F35+ | | 01:09:13 | 06:53 |
| 284 | 0523 | Clause | Freddy | M167 | M65+ | Lago | 01:09:39 | 06:56 |
| 285 | 0627 | Vanstipelen | Dagmar | F118 | F35- | | 01:09:52 | 06:57 |
| 286 | 0626 | Vanstipelen | Ine | F119 | F35- | | 01:09:53 | 06:57 |
| 287 | 0594 | Vastmans | Margot | F120 | F35- | | 01:10:13 | 06:59 |
| 288 | 0638 | Theunissen | Lynn | F121 | F35- | | 01:10:14 | 06:59 |
| 289 | 6141 | Hulsmans | Pierre | M168 | M65+ | ZAC Zonhoven e | 01:10:44 | 07:02 |
| 290 | 0599 | Massignani | Annick | F122 | F45+ | | 01:10:59 | 07:04 |
| 291 | 0509 | Van de Weerd | Marijke | F123 | F45+ | | 01:11:00 | 07:04 |
| 292 | 0685 | Muls | Patrick | M169 | M65+ | | 01:11:19 | 07:06 |
| 293 | 0580 | Corstjens | Inge | F124 | F35+ | | 01:11:45 | 07:08 |
| 294 | 0548 | Audoor | Tamara | F125 | F35+ | LJC | 01:11:48 | 07:09 |
| 295 | 0562 | Viaene | Anne | F126 | F35+ | | 01:11:50 | 07:09 |
| 296 | 0590 | Grégoir | Frank | M170 | M45+ | | 01:12:25 | 07:12 |
| 297 | 0591 | Heeren | Wendy | F127 | F45+ | | 01:12:26 | 07:12 |
| 298 | 0589 | Grégoir | Amber | F128 | F35- | | 01:12:27 | 07:12 |
| 299 | 0593 | Nuyts | Elvira | F129 | F35- | Kine Elvira | 01:13:22 | 07:18 |
| 300 | 0586 | Timmermans | Maud | F130 | F35- | | 01:13:23 | 07:18 |
| 301 | 0564 | Broeders | Evi | F131 | F35+ | | 01:13:38 | 07:20 |
| 302 | 0565 | Collas | Hannelore | F132 | F35+ | | 01:13:39 | 07:20 |
| 303 | 0715 | Bontea | Costinel-Bogdan | M171 | M35+ | - | 01:14:41 | 07:26 |
| 304 | 0504 | Vanhaverbeke | Astrid | F133 | F35- | TC Iris | 01:21:36 | 08:07 |



Helpshopcup - 10,0 km - Männer 35-

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|------------|-----|------|-----------------|----------|--------|
| 1 | 6165 | Blijkers | Tibo | M1 | M35- | Team Fischer | 00:33:02 | 03:17 |
| 2 | 6084 | Scholts | Kylian | M2 | M35- | SQM running tea | 00:35:05 | 03:29 |
| 3 | 0620 | Vanstraelen | Dries | M3 | M35- | | 00:35:56 | 03:34 |
| 4 | 6145 | Van Asselbergh | Jorden | M4 | M35- | ADD diepenbeek | 00:36:20 | 03:37 |
| 5 | 0744 | Moens | Niels | M5 | M35- | | 00:38:05 | 03:47 |
| 6 | 0673 | Fabrij | Andy | M6 | M35- | | 00:39:40 | 03:57 |
| 7 | 0512 | De Clerck | Arne | M7 | M35- | | 00:39:42 | 03:57 |
| 8 | 0525 | Vandevelde | Sebastian | M8 | M35- | Mooze Sint-Trui | 00:39:51 | 03:58 |
| 9 | 6129 | Schevenels | Jarno | M9 | M35- | TACT | 00:41:39 | 04:08 |
| 10 | 0625 | Chapelle | Lennerd | M10 | M35- | | 00:42:05 | 04:11 |
| 11 | 0516 | Dekens | Arjen | M11 | M35- | KEWS Schoonbe | 00:42:55 | 04:16 |
| 12 | 0681 | Boogaerts | Jens | M12 | M35- | | 00:43:22 | 04:19 |
| 13 | 0645 | Nelissen | Christophe | M13 | M35- | | 00:43:58 | 04:22 |
| 14 | 0753 | el amrani | Idriss | M14 | M35- | | 00:44:16 | 04:24 |
| 15 | 0529 | De Klerck | Thomas | M15 | M35- | | 00:44:18 | 04:24 |
| 16 | 0660 | Seifert | Jochen | M16 | M35- | | 00:44:26 | 04:25 |
| 17 | 0706 | Vanrusselt | Anton | M17 | M35- | nee | 00:44:46 | 04:27 |
| 18 | 0754 | porreye | hendrik | M18 | M35- | neen | 00:44:55 | 04:28 |
| 19 | 0727 | Ghys | Marijn | M19 | M35- | | 00:48:15 | 04:48 |
| 20 | 0711 | de prins | willem | M20 | M35- | ja | 00:48:32 | 04:50 |
| 21 | 0608 | Debats | Joris | M21 | M35- | | 00:48:41 | 04:50 |
| 22 | 0601 | Voets | Dylan | M22 | M35- | | 00:48:50 | 04:51 |
| 23 | 0695 | Janssens | Joachim | M23 | M35- | | 00:50:58 | 05:04 |
| 24 | 0507 | Lindekens | Kevin | M24 | M35- | | 00:51:05 | 05:05 |
| 25 | 6151 | Slegers | Ayrton | M25 | M35- | | 00:51:06 | 05:05 |
| 26 | 0643 | Pictoel | Mathias | M26 | M35- | Tact | 00:51:28 | 05:07 |
| 27 | 0587 | Houttekier | Egon | M27 | M35- | | 00:52:32 | 05:13 |
| 28 | 0588 | Coenen | Christoph | M28 | M35- | | 00:53:52 | 05:21 |
| 29 | 0553 | Paku | Gilles | M29 | M35- | | 00:55:18 | 05:30 |
| 30 | 0675 | Lybeer | Jonathan | M30 | M35- | | 00:55:53 | 05:33 |
| 31 | 0614 | Van Bael | Jori | M31 | M35- | | 00:55:58 | 05:34 |
| 32 | 0621 | Billen | Carsten | M32 | M35- | | 00:56:06 | 05:35 |
| 33 | 0559 | Screurs | Sander | M33 | M35- | aca alken | 00:56:31 | 05:37 |
| 34 | 0560 | van kessel | joeri | M34 | M35- | | 00:56:31 | 05:37 |
| 35 | 0554 | Willems | Ewout | M35 | M35- | | 00:56:34 | 05:38 |
| 36 | 0566 | proesmans | sidney | M36 | M35- | | 00:56:41 | 05:38 |
| 37 | 0567 | vleugels | michiel | M37 | M35- | | 00:56:41 | 05:38 |
| 38 | 0677 | Guypen | Marcus | M38 | M35- | | 00:56:51 | 05:39 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|---------------|----------|-----|------|-------|----------|--------|
| 39 | 0702 | Raepers | Niels | M39 | M35- | | 00:57:17 | 05:42 |
| 40 | 0506 | Meersman | Joran | M40 | M35- | | 00:57:18 | 05:42 |
| 41 | 0665 | Swartenbroekx | Maarten | M41 | M35- | | 00:57:19 | 05:42 |
| 42 | 0687 | Malcorps | Jeff | M42 | M35- | | 00:57:31 | 05:43 |
| 43 | 0547 | Daenen | Maick | M43 | M35- | | 00:57:33 | 05:43 |
| 44 | 0536 | Jonckheere | Michiel | M44 | M35- | | 00:58:48 | 05:51 |
| 45 | 0734 | Van Looy | Victor | M45 | M35- | | 00:59:46 | 05:57 |
| 46 | 0561 | appeltans | maxiem | M46 | M35- | | 00:59:49 | 05:57 |
| 47 | 0595 | Chanson | Yves | M47 | M35- | | 01:00:54 | 06:03 |
| 48 | 0615 | Keyen | Pieter | M48 | M35- | | 01:01:43 | 06:08 |
| 49 | 0515 | Nulens | Tom | M49 | M35- | | 01:01:52 | 06:09 |
| 50 | 0624 | Verwimp | Niel | M50 | M35- | hades | 01:02:31 | 06:13 |
| 51 | 0697 | Louis | Strauven | M51 | M35- | | 01:03:27 | 06:19 |

Helpshopcup - 10,0 km - Männer 35+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|-----------------|------------|-----|------|-----------------|----------|--------|
| 1 | 0632 | Boden | Niki | M1 | M35+ | SQM running tea | 00:33:11 | 03:18 |
| 2 | 0571 | Dejonghe | Maarten | M2 | M35+ | Atlemo | 00:33:46 | 03:21 |
| 3 | 0691 | Verluyten | Frankie | M3 | M35+ | JMT Mol | 00:33:52 | 03:22 |
| 4 | 6029 | Theys | Kevin | M4 | M35+ | SQM runningtea | 00:35:28 | 03:31 |
| 5 | 6167 | Droumpouras | Dimitri | M5 | M35+ | SQMRunningTe | 00:37:36 | 03:44 |
| 6 | 0712 | Diels | Olivier | M6 | M35+ | Atletiekclub De | 00:38:02 | 03:47 |
| 7 | 6173 | Stevens | Christophe | M7 | M35+ | ADD | 00:38:16 | 03:48 |
| 8 | 0541 | Pauly | Steven | M8 | M35+ | | 00:38:25 | 03:49 |
| 9 | 6099 | Motten | James | M9 | M35+ | BOLT | 00:39:47 | 03:57 |
| 10 | 0748 | Bogaerts | Sem | M10 | M35+ | BFC | 00:40:15 | 04:00 |
| 11 | 0649 | Schots | Tom | M11 | M35+ | TACT | 00:40:21 | 04:01 |
| 12 | 0747 | Boonen | Joris | M12 | M35+ | | 00:40:51 | 04:04 |
| 13 | 0582 | Verbruggen | Kasper | M13 | M35+ | CC Toogvedette | 00:40:57 | 04:04 |
| 14 | 0704 | Sampermans | Bart | M14 | M35+ | dcla halen | 00:41:37 | 04:08 |
| 15 | 0544 | Blomme | Raf | M15 | M35+ | The Extra Mile | 00:41:46 | 04:09 |
| 16 | 0682 | Fonteyn | Jurn | M16 | M35+ | | 00:41:47 | 04:09 |
| 17 | 0733 | Redant | Tom | M17 | M35+ | AC Alken | 00:43:24 | 04:19 |
| 18 | 6101 | Gelade | Roeland | M18 | M35+ | | 00:43:43 | 04:21 |
| 19 | 6107 | Vanschoonwinkel | Gwen | M19 | M35+ | Bokkerijderstea | 00:43:49 | 04:21 |
| 20 | 0604 | Arckens | Geert | M20 | M35+ | | 00:46:14 | 04:36 |
| 21 | 0628 | Trouwers | Johan | M21 | M35+ | | 00:47:02 | 04:41 |
| 22 | 0651 | Janssens | Jan | M22 | M35+ | | 00:47:20 | 04:42 |
| 23 | 0742 | Poelmans | Johan | M23 | M35+ | | 00:47:40 | 04:44 |
| 24 | 0545 | Van Ormelingen | Simon | M24 | M35+ | | 00:47:57 | 04:46 |
| 25 | 0725 | Woters | Nick | M25 | M35+ | | 00:48:00 | 04:46 |
| 26 | 0680 | Vandervelpen | Koen | M26 | M35+ | | 00:48:26 | 04:49 |
| 27 | 0708 | Beelen | Tillo | M27 | M35+ | | 00:48:26 | 04:49 |
| 28 | 0724 | Bolkaerts | Lode | M28 | M35+ | | 00:48:30 | 04:49 |
| 29 | 0667 | Luyten | Nicky | M29 | M35+ | | 00:49:20 | 04:54 |
| 30 | 0524 | Verthé | Tom | M30 | M35+ | | 00:49:28 | 04:55 |
| 31 | 0683 | Tack | Jeroen | M31 | M35+ | Bolt | 00:49:31 | 04:55 |
| 32 | 0617 | Benaets | Johan | M32 | M35+ | | 00:50:03 | 04:59 |
| 33 | 0703 | Demarsin | Bert | M33 | M35+ | | 00:50:26 | 05:01 |
| 34 | 0518 | Acar | fatih | M34 | M35+ | | 00:50:32 | 05:01 |
| 35 | 0530 | demot | diederik | M35 | M35+ | | 00:51:48 | 05:09 |
| 36 | 0669 | STULENS | MELVIN | M36 | M35+ | SnailRunningSq | 00:54:30 | 05:25 |
| 37 | 0597 | Giacomini | Philippe | M37 | M35+ | | 00:54:30 | 05:25 |
| 38 | 0543 | Swerten | Robby | M38 | M35+ | | 00:54:36 | 05:26 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|---------------|-----------------|-----|------|-----------------|----------|--------|
| 39 | 0692 | Langenaeken | Kevin | M39 | M35+ | J-Runners | 00:54:36 | 05:26 |
| 40 | 0729 | Martens | Roel | M40 | M35+ | | 00:54:37 | 05:26 |
| 41 | 0538 | Rigotti | Davide | M41 | M35+ | | 00:58:20 | 05:48 |
| 42 | 0598 | Giacomini | Olivier | M42 | M35+ | | 00:59:50 | 05:57 |
| 43 | 0714 | Vanlangenaker | Marc | M43 | M35+ | | 01:01:29 | 06:07 |
| 44 | 0752 | SELS | Frederic | M44 | M35+ | | 01:01:31 | 06:07 |
| 45 | 6009 | Briers | Gerry | M45 | M35+ | Bokkerijderstea | 01:02:26 | 06:13 |
| 46 | 0743 | Pollenus | Cedric | M46 | M35+ | J-Runners | 01:04:52 | 06:27 |
| 47 | 0503 | Biesemans | Joris | M47 | M35+ | | 01:07:25 | 06:42 |
| 48 | 0741 | Erkens | Kristof | M48 | M35+ | Reshape Studio | 01:08:48 | 06:51 |
| 49 | 0715 | Bontea | Costinel-Bogdan | M49 | M35+ | - | 01:14:41 | 07:26 |

Helpshopcup - 10,0 km - Männer 45+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|---------|-----|------|-------------------|----------|--------|
| 1 | 6046 | Vanden Bempt | Hans | M1 | M45+ | SQMrunningtaer | 00:36:14 | 03:36 |
| 2 | 6027 | De Rooy | Andy | M2 | M45+ | Coyote sports tea | 00:36:23 | 03:37 |
| 3 | 6091 | Vossius | Peter | M3 | M45+ | SQM RUNNINGC | 00:36:31 | 03:38 |
| 4 | 6081 | Wouters | Chriske | M4 | M45+ | SQM RUNNINGC | 00:37:44 | 03:45 |
| 5 | 6068 | Vanrusselt | Nico | M5 | M45+ | Add | 00:38:29 | 03:49 |
| 6 | 0720 | Van Tichelen | Denis | M6 | M45+ | | 00:38:42 | 03:51 |
| 7 | 0635 | Vanmechelen | Simon | M7 | M45+ | | 00:39:05 | 03:53 |
| 8 | 6100 | Santermans | Peter | M8 | M45+ | | 00:40:12 | 04:00 |
| 9 | 0616 | Schepers | Stijn | M9 | M45+ | | 00:40:33 | 04:02 |
| 10 | 6024 | Mesotten | Dirk | M10 | M45+ | | 00:40:41 | 04:03 |
| 11 | 0606 | Van de Voorde | Tom | M11 | M45+ | Tact | 00:40:59 | 04:04 |
| 12 | 6036 | Stijnen | David | M12 | M45+ | Aca Alken | 00:41:09 | 04:05 |
| 13 | 6028 | Baerts | Chris | M13 | M45+ | Geen | 00:41:26 | 04:07 |
| 14 | 6047 | Buntinx | Johan | M14 | M45+ | | 00:42:32 | 04:14 |
| 15 | 0664 | Billen | Gert | M15 | M45+ | | 00:43:17 | 04:18 |
| 16 | 6048 | Boelen | Peter | M16 | M45+ | | 00:43:19 | 04:18 |
| 17 | 6137 | Wouters | Bart | M17 | M45+ | BFC | 00:43:26 | 04:19 |
| 18 | 0650 | Debruyjn | Koen | M18 | M45+ | | 00:43:53 | 04:22 |
| 19 | 0735 | VAES | Peter | M19 | M45+ | Landense Joggin | 00:44:19 | 04:24 |
| 20 | 6159 | Van Dingenen | Steven | M20 | M45+ | Gs running team | 00:44:34 | 04:26 |
| 21 | 6170 | Oger | Sylvain | M21 | M45+ | | 00:45:04 | 04:29 |
| 22 | 6090 | Vanherck | Bruno | M22 | M45+ | Bokkerijderstea | 00:45:39 | 04:32 |
| 23 | 6135 | Baus | Carlo | M23 | M45+ | Bokkerijderstea | 00:46:13 | 04:36 |
| 24 | 0577 | Vanderstraeten | Yves | M24 | M45+ | | 00:46:49 | 04:39 |
| 25 | 0511 | Pirs | Erwin | M25 | M45+ | | 00:48:18 | 04:48 |
| 26 | 0684 | stassart | Koen | M26 | M45+ | | 00:48:38 | 04:50 |
| 27 | 0693 | Colemonts | Erik | M27 | M45+ | | 00:48:40 | 04:50 |
| 28 | 0710 | De Prins | Bruno | M28 | M45+ | | 00:48:42 | 04:51 |
| 29 | 6066 | Tomsin | Ronny | M29 | M45+ | BFC - Hoeselt R | 00:49:05 | 04:53 |
| 30 | 0510 | Appeltans | Gunter | M30 | M45+ | | 00:49:11 | 04:53 |
| 31 | 0528 | De Klerck | David | M31 | M45+ | Bierbeek Loopt | 00:52:05 | 05:11 |
| 32 | 6014 | Vanheusden | Wim | M32 | M45+ | | 00:54:48 | 05:27 |
| 33 | 0736 | Robert | Peter | M33 | M45+ | Hoegaarden | 00:55:09 | 05:29 |
| 34 | 6022 | Coenen | David | M34 | M45+ | | 00:55:20 | 05:30 |
| 35 | 0533 | Pollaris | Kurt | M35 | M45+ | | 00:55:55 | 05:34 |
| 36 | 6005 | Vandenbergh | Eddy | M36 | M45+ | | 00:57:21 | 05:42 |
| 37 | 0661 | Maes | Kurt | M37 | M45+ | | 01:00:38 | 06:02 |
| 38 | 0590 | Grégoir | Frank | M38 | M45+ | | 01:12:25 | 07:12 |

Helpshopcup - 10,0 km - Männer 55+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|-------------|-----------|-----|------|------------------|----------|--------|
| 1 | 0719 | Waterschoot | Eric | M1 | M55+ | DCLA HALEN | 00:39:34 | 03:56 |
| 2 | 0646 | Bosmans | Marc | M2 | M55+ | | 00:42:42 | 04:15 |
| 3 | 6144 | Requilé | Philippe | M3 | M55+ | Bokkerijderstear | 00:44:09 | 04:23 |
| 4 | 6051 | Permentier | Gilbert | M4 | M55+ | | 00:44:28 | 04:25 |
| 5 | 6060 | slegers | werner | M5 | M55+ | | 00:45:29 | 04:31 |
| 6 | 0602 | Ceusters | Patrick | M6 | M55+ | TDL | 00:47:22 | 04:43 |
| 7 | 0583 | Kossig | Martin | M7 | M55+ | | 00:47:26 | 04:43 |
| 8 | 6069 | Verschueren | Frank | M8 | M55+ | Sacn | 00:48:02 | 04:47 |
| 9 | 6106 | Stroobants | Herman | M9 | M55+ | | 00:49:46 | 04:57 |
| 10 | 0578 | Van Haecken | Frank | M10 | M55+ | | 00:52:22 | 05:12 |
| 11 | 6172 | Luykx | Laurens | M11 | M55+ | Cold Play Sharks | 00:53:06 | 05:17 |
| 12 | 0569 | Claes | Wim | M12 | M55+ | Bierbeek Loopt | 00:53:17 | 05:18 |
| 13 | 6140 | Van laer | Wim | M13 | M55+ | DCLA Halen | 00:55:43 | 05:32 |
| 14 | 0610 | Francois | Peter | M14 | M55+ | | 00:56:24 | 05:37 |
| 15 | 0730 | Vanmuysen | Koen | M15 | M55+ | | 00:57:47 | 05:45 |
| 16 | 6154 | Beirinckx | Peter | M16 | M55+ | | 00:58:54 | 05:51 |
| 17 | 0657 | Strauven | Rudi | M17 | M55+ | Bolt Tongeren | 00:59:32 | 05:55 |
| 18 | 0717 | Leijnen | Ludovicus | M18 | M55+ | | 00:59:44 | 05:56 |
| 19 | 0666 | Reyskens | Geert | M19 | M55+ | HSLC | 01:01:40 | 06:08 |
| 20 | 0745 | tedeschi | enzo | M20 | M55+ | | 01:02:01 | 06:10 |
| 21 | 0698 | Strauven | Frank | M21 | M55+ | | 01:03:28 | 06:19 |
| 22 | 0732 | Van Looy | Jan | M22 | M55+ | | 01:07:19 | 06:42 |

Helpshopcup - 10,0 km - Männer 65+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|-------------|---------|-----|------|----------------|----------|--------|
| 1 | 6114 | Hiemeleers | Marc | M1 | M65+ | Ac Alken | 00:41:17 | 04:06 |
| 2 | 6122 | Broos | Bruno | M2 | M65+ | | 00:48:19 | 04:48 |
| 3 | 0709 | Vranckx | Benoit | M3 | M65+ | Tess Chemie | 00:48:42 | 04:51 |
| 4 | 6166 | geyskens | Mark | M4 | M65+ | | 00:49:03 | 04:53 |
| 5 | 0721 | Buttiens | Marc | M5 | M65+ | ACA Alken | 00:53:27 | 05:19 |
| 6 | 0539 | Rigotti | Quirino | M6 | M65+ | | 00:54:23 | 05:25 |
| 7 | 6008 | Polders | Jos | M7 | M65+ | ACA | 00:54:55 | 05:28 |
| 8 | 0552 | VANDENSAVEL | Albert | M8 | M65+ | | 00:58:57 | 05:52 |
| 9 | 0523 | Clause | Freddy | M9 | M65+ | Lago | 01:09:39 | 06:56 |
| 10 | 6141 | Hulsmans | Pierre | M10 | M65+ | ZAC Zonhoven € | 01:10:44 | 07:02 |
| 11 | 0685 | Muls | Patrick | M11 | M65+ | | 01:11:19 | 07:06 |

Helpshopcup - 10,0 km - Frauen 35-

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|--------------|---------|-----|------|---------------|----------|--------|
| 1 | 0655 | Schreurs | Anne | V1 | V35- | GENK | 00:36:06 | 03:35 |
| 2 | 0676 | Wouters | Noor | V2 | V35- | ADD Diepenbee | 00:40:18 | 04:00 |
| 3 | 0705 | Vangeel | Julie | V3 | V35- | | 00:41:13 | 04:06 |
| 4 | 0656 | Vaes | Eva | V4 | V35- | BFC | 00:43:26 | 04:19 |
| 5 | 6113 | Schyvens | Griet | V5 | V35- | | 00:46:59 | 04:40 |
| 6 | 6056 | Bauduin | Ianthe | V6 | V35- | Trenara | 00:48:29 | 04:49 |
| 7 | 0607 | Ieven | Judith | V7 | V35- | | 00:48:41 | 04:50 |
| 8 | 0537 | Claes | Fien | V8 | V35- | | 00:51:43 | 05:09 |
| 9 | 0629 | Mulkers | Julie | V9 | V35- | | 00:54:08 | 05:23 |
| 10 | 0707 | Permentier | Emma | V10 | V35- | nee | 00:54:32 | 05:25 |
| 11 | 0738 | Robert | Kim | V11 | V35- | Hoegaarden | 00:55:09 | 05:29 |
| 12 | 0563 | Droogmans | Hanne | V12 | V35- | Zltc | 00:55:14 | 05:30 |
| 13 | 0633 | Lemiere | Elise | V13 | V35- | | 00:55:41 | 05:32 |
| 14 | 0534 | Verdeyen | Lien | V14 | V35- | | 00:55:53 | 05:33 |
| 15 | 0718 | For | Marlies | V15 | V35- | | 00:56:05 | 05:35 |
| 16 | 0622 | Schonkeren | Laura | V16 | V35- | | 00:56:29 | 05:37 |
| 17 | 0546 | Peeters | Jolien | V17 | V35- | | 00:56:32 | 05:37 |
| 18 | 0671 | Cappellen | Laura | V18 | V35- | | 00:56:40 | 05:38 |
| 19 | 0740 | Malcorps | Eva | V19 | V35- | | 00:57:32 | 05:43 |
| 20 | 0619 | Debusscher | Julie | V20 | V35- | | 00:57:48 | 05:45 |
| 21 | 0570 | Goessens | Eva | V21 | V35- | | 00:57:49 | 05:45 |
| 22 | 0636 | Vanmechelen | Jutta | V22 | V35- | TACT | 00:58:04 | 05:47 |
| 23 | 0653 | Schreurs | Hanne | V23 | V35- | | 00:58:08 | 05:47 |
| 24 | 0637 | Vanmechelen | Hanna | V24 | V35- | TACT | 00:58:18 | 05:48 |
| 25 | 0648 | Schepers | Lora | V25 | V35- | | 00:58:29 | 05:49 |
| 26 | 0603 | Ceusters | Dorien | V26 | V35- | | 00:58:30 | 05:49 |
| 27 | 0535 | Steegmans | Eline | V27 | V35- | | 00:58:48 | 05:51 |
| 28 | 0574 | Peeters | Kelly | V28 | V35- | | 00:59:00 | 05:52 |
| 29 | 0716 | Leijnen | Ilse | V29 | V35- | | 00:59:44 | 05:56 |
| 30 | 0502 | Maes | Chlara | V30 | V35- | | 00:59:49 | 05:57 |
| 31 | 0521 | Smeets | sanne | V31 | V35- | | 01:00:22 | 06:00 |
| 32 | 0699 | Martens | Zo | V32 | V35- | TACT | 01:00:26 | 06:01 |
| 33 | 0550 | Milde | Camille | V33 | V35- | | 01:01:18 | 06:06 |
| 34 | 0551 | Knaepen | Merel | V34 | V35- | | 01:01:18 | 06:06 |
| 35 | 0542 | Joris | Katrijn | V35 | V35- | | 01:01:34 | 06:07 |
| 36 | 0654 | Kelchtermans | Sofie | V36 | V35- | | 01:01:44 | 06:08 |
| 37 | 0514 | Boelanders | Lize | V37 | V35- | | 01:01:52 | 06:09 |
| 38 | 0568 | de ridder | tessa | V38 | V35- | | 01:02:00 | 06:10 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|--------------|-----------|-----|------|-------------|----------|--------|
| 39 | 0623 | Swennen | Lucca | V39 | V35- | | 01:02:31 | 06:13 |
| 40 | 0630 | Mingelinckx | Svenja | V40 | V35- | | 01:03:01 | 06:16 |
| 41 | 0631 | Vanhoudt | Steffie | V41 | V35- | | 01:03:01 | 06:16 |
| 42 | 6115 | Hiemeleers | Sharon | V42 | V35- | Ac Alken | 01:03:03 | 06:16 |
| 43 | 0573 | Caelen | Amber | V43 | V35- | | 01:03:07 | 06:17 |
| 44 | 0501 | Van Werde | Thea | V44 | V35- | | 01:03:10 | 06:17 |
| 45 | 0508 | Reynaert | Annelies | V45 | V35- | | 01:03:24 | 06:18 |
| 46 | 0558 | Schepmans | Elien | V46 | V35- | | 01:04:52 | 06:27 |
| 47 | 0737 | brans | kelly | V47 | V35- | nee | 01:04:53 | 06:27 |
| 48 | 0641 | vanderwegen | sara | V48 | V35- | | 01:04:57 | 06:28 |
| 49 | 0634 | Appeltans | Catherine | V49 | V35- | | 01:07:00 | 06:40 |
| 50 | 0731 | Van Looy | Louisa | V50 | V35- | | 01:07:18 | 06:42 |
| 51 | 0751 | Porreye | Marie | V51 | V35- | | 01:08:31 | 06:49 |
| 52 | 0750 | Verboven | Magali | V52 | V35- | | 01:08:54 | 06:51 |
| 53 | 0627 | Vanstipelen | Dagmar | V53 | V35- | | 01:09:52 | 06:57 |
| 54 | 0626 | Vanstipelen | Ine | V54 | V35- | | 01:09:53 | 06:57 |
| 55 | 0594 | Vastmans | Margot | V55 | V35- | | 01:10:13 | 06:59 |
| 56 | 0638 | Theunissen | Lynn | V56 | V35- | | 01:10:14 | 06:59 |
| 57 | 0589 | Grégoir | Amber | V57 | V35- | | 01:12:27 | 07:12 |
| 58 | 0593 | Nuyts | Elvira | V58 | V35- | Kine Elvira | 01:13:22 | 07:18 |
| 59 | 0586 | Timmermans | Maud | V59 | V35- | | 01:13:23 | 07:18 |
| 60 | 0504 | Vanhaberbeke | Astrid | V60 | V35- | TC Iris | 01:21:36 | 08:07 |

Helpshopcup - 10,0 km - Frauen 35+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|-----------|-----|------|------------------|----------|--------|
| 1 | 0652 | De Cupere | Katleen | V1 | V35+ | RCT | 00:40:45 | 04:03 |
| 2 | 6006 | Zlocki | Nadja | V2 | V35+ | | 00:43:14 | 04:18 |
| 3 | 0663 | Strauven | Sofie | V3 | V35+ | DCLA Halen | 00:44:35 | 04:26 |
| 4 | 6094 | Mechelmans | Tamara | V4 | V35+ | | 00:44:59 | 04:28 |
| 5 | 0555 | Noben | Annelies | V5 | V35+ | | 00:46:30 | 04:37 |
| 6 | 0713 | Rapp | Linde | V6 | V35+ | Atlentiekclub De | 00:47:56 | 04:46 |
| 7 | 6092 | Croughs | An | V7 | V35+ | Run TMC | 00:48:36 | 04:50 |
| 8 | 6096 | Pauwels | Jill | V8 | V35+ | GS Running Tea | 00:49:18 | 04:54 |
| 9 | 0600 | Swinnen | Evelien | V9 | V35+ | | 00:50:26 | 05:01 |
| 10 | 0749 | Daerden | Kim | V10 | V35+ | nee | 00:52:03 | 05:11 |
| 11 | 6121 | Theys | Hermine | V11 | V35+ | DCLA Halen | 00:54:27 | 05:25 |
| 12 | 0579 | Cannas | Sara | V12 | V35+ | | 00:54:35 | 05:26 |
| 13 | 0688 | Cochici | Edith | V13 | V35+ | - | 00:54:38 | 05:26 |
| 14 | 6136 | Arnauts | Els | V14 | V35+ | | 00:54:44 | 05:27 |
| 15 | 0581 | Clerens | Ilse | V15 | V35+ | | 00:56:03 | 05:34 |
| 16 | 0694 | Bergé | Lennie | V16 | V35+ | J-Runners | 00:56:34 | 05:38 |
| 17 | 0686 | Claesen | Evelien | V17 | V35+ | | 00:56:37 | 05:38 |
| 18 | 0723 | Meulemans | Karen | V18 | V35+ | | 00:56:43 | 05:38 |
| 19 | 0609 | Stakenborg | Anke | V19 | V35+ | | 00:56:56 | 05:40 |
| 20 | 0585 | Geron | Anneleen | V20 | V35+ | | 00:57:04 | 05:41 |
| 21 | 0556 | Giudice | Lavina | V21 | V35+ | | 00:57:28 | 05:43 |
| 22 | 0557 | Ciura | Nathalie | V22 | V35+ | | 00:57:28 | 05:43 |
| 23 | 0658 | Briers | Vanessa | V23 | V35+ | Na | 00:57:40 | 05:44 |
| 24 | 0605 | Vanhooren | Charlotte | V24 | V35+ | | 00:57:57 | 05:46 |
| 25 | 0584 | Fripont | Debbie | V25 | V35+ | | 00:59:03 | 05:52 |
| 26 | 0668 | Viaene | Karen | V26 | V35+ | AC Sodibrug | 00:59:39 | 05:56 |
| 27 | 0596 | Loverix | Tessa | V27 | V35+ | | 01:00:54 | 06:03 |
| 28 | 0540 | Wawrzyniewicz | Natalia | V28 | V35+ | | 01:01:37 | 06:08 |
| 29 | 0522 | Croes | Wendy | V29 | V35+ | Lago | 01:01:40 | 06:08 |
| 30 | 0611 | Demir | Zuhal | V30 | V35+ | | 01:02:00 | 06:10 |
| 31 | 0674 | Francis | Katleen | V31 | V35+ | Landense Joggin | 01:03:29 | 06:19 |
| 32 | 0690 | Karen Baeskens | Karen | V32 | V35+ | | 01:05:27 | 06:31 |
| 33 | 0689 | Plevoets | Elvie | V33 | V35+ | | 01:05:29 | 06:31 |
| 34 | 0517 | Rubens | Phyllis | V34 | V35+ | | 01:06:31 | 06:37 |
| 35 | 0576 | Gilissen | Sandra | V35 | V35+ | | 01:08:24 | 06:48 |
| 36 | 0572 | Geraerts | Liesbeth | V36 | V35+ | | 01:09:13 | 06:53 |
| 37 | 0580 | Corstjens | Inge | V37 | V35+ | | 01:11:45 | 07:08 |
| 38 | 0548 | Audoor | Tamara | V38 | V35+ | LJC | 01:11:48 | 07:09 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------|-----------|-----|------|------|----------|--------|
| 39 | 0562 | Viaene | Anne | V39 | V35+ | | 01:11:50 | 07:09 |
| 40 | 0564 | Broeders | Evi | V40 | V35+ | | 01:13:38 | 07:20 |
| 41 | 0565 | Collas | Hannelore | V41 | V35+ | | 01:13:39 | 07:20 |

Helpshopcup - 10,0 km - Frauen 45+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|-----------------|----------|-----|------|------------------|----------|--------|
| 1 | 0701 | Pesser | Aline | V1 | V45+ | challenge la meu | 00:38:45 | 03:51 |
| 2 | 0639 | Van Oosterwijck | nathalie | V2 | V45+ | Atla | 00:44:07 | 04:23 |
| 3 | 0726 | Leroy | Fabienne | V3 | V45+ | | 00:45:27 | 04:31 |
| 4 | 6148 | Stas | Katrien | V4 | V45+ | DCLA Halen | 00:45:52 | 04:34 |
| 5 | 6064 | Schroven | Hilde | V5 | V45+ | GS Runningteam | 00:46:49 | 04:39 |
| 6 | 6111 | Frankenne | Linda | V6 | V45+ | GS-Running Tea | 00:51:14 | 05:06 |
| 7 | 0679 | Gijbels | Frieda | V7 | V45+ | Avt oudsbergen | 00:55:10 | 05:29 |
| 8 | 0520 | Hermans | Evi | V8 | V45+ | | 00:57:50 | 05:45 |
| 9 | 0527 | De Coster | Iris | V9 | V45+ | Bierbeek Loopt | 00:57:52 | 05:45 |
| 10 | 0613 | Martens | Elke | V10 | V45+ | | 00:58:38 | 05:50 |
| 11 | 0526 | Pothoven | Sylvie | V11 | V45+ | Bovenlopers | 00:59:18 | 05:54 |
| 12 | 0612 | Leenders | Liesbet | V12 | V45+ | | 01:00:20 | 06:00 |
| 13 | 0662 | Winters | Evy | V13 | V45+ | | 01:00:37 | 06:02 |
| 14 | 0672 | Breesch | Kelly | V14 | V45+ | | 01:03:41 | 06:20 |
| 15 | 0640 | gordts | sylvie | V15 | V45+ | | 01:05:04 | 06:28 |
| 16 | 0644 | Kempeneers | Krista | V16 | V45+ | | 01:05:45 | 06:32 |
| 17 | 0670 | Missotten | Kristel | V17 | V45+ | ACA | 01:07:31 | 06:43 |
| 18 | 0599 | Massignani | Annick | V18 | V45+ | | 01:10:59 | 07:04 |
| 19 | 0509 | Van de Weerd | Marijke | V19 | V45+ | | 01:11:00 | 07:04 |
| 20 | 0591 | Heeren | Wendy | V20 | V45+ | | 01:12:26 | 07:12 |

Helpshopcup - 10,0 km - Frauen 55+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|----------|-----|------|------------|----------|--------|
| 1 | 6033 | Moons | Lydia | V1 | V55+ | Geen | 00:47:09 | 04:41 |
| 2 | 0659 | Vankrunkelsven | Christel | V2 | V55+ | VACH | 00:47:12 | 04:42 |
| 3 | 6143 | Vankrunkelsven | Leen | V3 | V55+ | DCLA-Halen | 00:48:12 | 04:48 |
| 4 | 0647 | Vandenborne | Ilse | V4 | V55+ | | 00:49:59 | 04:58 |
| 5 | 6176 | Philippaerts | Greta | V5 | V55+ | ACA | 00:53:28 | 05:19 |
| 6 | 6168 | Cabuy | Paula | V6 | V55+ | | 00:55:17 | 05:30 |
| 7 | 0700 | Doucet | Danielle | V7 | V55+ | | 01:00:51 | 06:03 |
| 8 | 0575 | Vandevijvere | Monique | V8 | V55+ | | 01:02:50 | 06:15 |
| 9 | 0696 | Viviane | Strauven | V9 | V55+ | | 01:03:28 | 06:19 |
| 10 | 0513 | Asnong | Krista | V10 | V55+ | | 01:06:32 | 06:37 |

Helpshopcup - 10,0 km - Frauen 65+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------|---------|-----|------|----------|----------|--------|
| 1 | 6038 | Van Zand | Maja | V1 | V65+ | AC Alken | 00:57:37 | 05:44 |
| 2 | 0728 | Hombroux | Rita | V2 | V65+ | TACT | 01:00:50 | 06:03 |