

14km Helpshop - Overall ranking

Start time : 20-10-2024 14:18:58

Results are complete

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|------------------|------------|-----|------|-------------------|----------|--------|
| 1 | 0187 | Jarno | Cuypers | M1 | M35- | Kempisch triatlo | 00:46:37 | 03:21 |
| 2 | 0250 | Hammes | Jules | M2 | M35- | DCLA Halen | 00:49:31 | 03:33 |
| 3 | 6084 | Scholts | Kylian | M3 | M35- | SQM running tea | 00:49:49 | 03:35 |
| 4 | 0326 | Saenen | Digo | M4 | M35+ | | 00:51:11 | 03:40 |
| 5 | 6027 | De Rooy | Andy | M5 | M45+ | Coyote sports tea | 00:51:27 | 03:42 |
| 6 | 0223 | Andries | Aerts | M6 | M35+ | GS Running tear | 00:51:34 | 03:42 |
| 7 | 0256 | Scholts | Bert | M7 | M35+ | | 00:53:02 | 03:48 |
| 8 | 6091 | Vossius | Peter | M8 | M45+ | SQM RUNNINGC | 00:54:09 | 03:53 |
| 9 | 0324 | Diels | Olivier | M9 | M35+ | ADD Tongeren | 00:54:23 | 03:54 |
| 10 | 0215 | Eyckmans | Wim | M10 | M35+ | Triatlon Team Li | 00:55:39 | 04:00 |
| 11 | 0228 | Ennekens | Sybren | M11 | M35- | | 00:56:09 | 04:02 |
| 12 | 6169 | Clerinx | Raf | M12 | M45+ | ATLA | 00:56:13 | 04:02 |
| 13 | 6068 | Vanrusselt | Nico | M13 | M45+ | Add | 00:56:19 | 04:03 |
| 14 | 0318 | Hellemans | Leentje | F1 | F35+ | Hoeselt run | 00:57:04 | 04:06 |
| 15 | 0260 | Jans | Rick | M14 | M35- | | 00:57:09 | 04:06 |
| 16 | 0331 | Royen | Sanny | M15 | M35- | | 00:57:37 | 04:08 |
| 17 | 0241 | Jorissen | Frederic | M16 | M35+ | Hoeselt run | 00:57:53 | 04:09 |
| 18 | 0272 | Vroonen | Brecht | M17 | M35- | | 00:58:22 | 04:11 |
| 19 | 6173 | Stevens | Christophe | M18 | M35+ | ADD | 00:58:52 | 04:14 |
| 20 | 0247 | De Vis | Michiel | M19 | M35- | WTC Kaggevie | 00:59:38 | 04:17 |
| 21 | 0252 | De Vis | Jeroen | M20 | M35- | DCLA Halen | 00:59:38 | 04:17 |
| 22 | 0249 | Ackermans | Kim | M21 | M35+ | | 00:59:48 | 04:18 |
| 23 | 0238 | Van Cauwenberghe | Peter | M22 | M35+ | | 00:59:52 | 04:18 |
| 24 | 6046 | Vanden Bempt | Hans | M23 | M45+ | SQMrunningtaer | 01:00:20 | 04:20 |
| 25 | 0245 | Dekens | Danny | M24 | M55+ | Dcla Halen | 01:00:29 | 04:21 |
| 26 | 0317 | Sampermans | Bart | M25 | M35+ | Dcla halen | 01:00:35 | 04:21 |
| 27 | 0251 | Wittevrongel | Ine | F2 | F35- | DCLA Halen | 01:00:55 | 04:22 |
| 28 | 6028 | Baerts | Chris | M26 | M45+ | Geen | 01:01:12 | 04:24 |
| 29 | 0339 | Pauly | Steven | M27 | M35+ | | 01:01:27 | 04:25 |
| 30 | 0213 | Timmers | Thomas | M28 | M35- | | 01:01:39 | 04:26 |
| 31 | 0336 | Pauwels | Karel | M29 | M35- | | 01:01:55 | 04:27 |
| 32 | 0335 | Vande Craen | Niek | M30 | M35- | | 01:01:56 | 04:27 |
| 33 | 6101 | Gelade | Roeland | M31 | M35+ | | 01:02:04 | 04:27 |
| 34 | 6126 | Puelings | Gilles | M32 | M35- | GS Running Tea | 01:02:06 | 04:28 |
| 35 | 0195 | Maes | Johan | M33 | M45+ | KVTD | 01:02:15 | 04:28 |
| 36 | 6114 | Hiemeleers | Marc | M34 | M65+ | Ac Alken | 01:02:24 | 04:29 |
| 37 | 0334 | Leroy | Fabienne | F3 | F45+ | | 01:03:13 | 04:32 |
| 38 | 0328 | Vangeel | Piet | M35 | M55+ | Hoeselt run | 01:03:38 | 04:34 |

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|----------------|------------|-----|------|------------------|----------|--------|
| 39 | 0254 | Van Laer | Ruben | M36 | M35- | | 01:03:50 | 04:35 |
| 40 | 6060 | slegers | werner | M37 | M55+ | | 01:04:03 | 04:36 |
| 41 | 0248 | Putzeys | John | M38 | M35+ | | 01:04:21 | 04:37 |
| 42 | 0265 | Knapen | Tom | M39 | M35+ | | 01:04:23 | 04:37 |
| 43 | 0206 | Weustenraed | Julie | F4 | F35- | Animo | 01:04:24 | 04:37 |
| 44 | 6137 | Wouters | Bart | M40 | M45+ | BFC | 01:04:28 | 04:38 |
| 45 | 0199 | Voncken | Christophe | M41 | M45+ | AVC Alt-Hoesel | 01:05:06 | 04:41 |
| 46 | 0194 | Byloos | Noah | M42 | M35- | | 01:05:07 | 04:41 |
| 47 | 6143 | Vankrunkelsven | Leen | F5 | F55+ | DCLA-Halen | 01:05:14 | 04:41 |
| 48 | 0189 | Beunckens | Johan | M43 | M45+ | | 01:05:45 | 04:43 |
| 49 | 6094 | Mechelmans | Tamara | F6 | F35+ | | 01:06:02 | 04:45 |
| 50 | 0243 | RAYEN | BERT | M44 | M45+ | | 01:06:20 | 04:46 |
| 51 | 6144 | Requilé | Philippe | M45 | M55+ | Bokkerijderstear | 01:06:53 | 04:48 |
| 52 | 6096 | Pauwels | Jill | F7 | F35+ | GS Running Tea | 01:06:54 | 04:48 |
| 53 | 0242 | Santermans | Jeroen | M46 | M35- | | 01:06:55 | 04:48 |
| 54 | 0276 | Smets | Frank | M47 | M35+ | | 01:07:09 | 04:49 |
| 55 | 6069 | Verschueren | Frank | M48 | M55+ | Sacn | 01:07:09 | 04:49 |
| 56 | 0225 | Vervloesem | Michael | M49 | M35- | | 01:07:11 | 04:50 |
| 57 | 0239 | Moonen | Stefan | M50 | M45+ | | 01:07:14 | 04:50 |
| 58 | 6151 | Slegers | Ayrton | M51 | M35- | | 01:07:51 | 04:52 |
| 59 | 6047 | Buntinx | Johan | M52 | M45+ | | 01:07:54 | 04:53 |
| 60 | 0329 | Geurts | Joris | M53 | M35+ | | 01:07:58 | 04:53 |
| 61 | 0240 | Vankrunkelsven | Christel | F8 | F55+ | VACH | 01:08:00 | 04:53 |
| 62 | 0337 | berghoef | martin | M54 | M45+ | | 01:08:04 | 04:53 |
| 63 | 0197 | huybrechts | stef | M55 | M55+ | ACA | 01:08:18 | 04:54 |
| 64 | 0190 | putzeys | bart | M56 | M45+ | Tri For More | 01:08:21 | 04:55 |
| 65 | 6129 | Schevenels | Jarno | M57 | M35- | TACT | 01:08:54 | 04:57 |
| 66 | 0188 | De Bus | Wim | M58 | M45+ | Tri4more | 01:09:06 | 04:58 |
| 67 | 0278 | Raskin | Robin | M59 | M35+ | | 01:09:31 | 05:00 |
| 68 | 0275 | Froyen | Harm | M60 | M35- | | 01:09:43 | 05:00 |
| 69 | 0237 | Camps | Jente | M61 | M35- | | 01:10:11 | 05:02 |
| 70 | 0220 | Lenaerts | Linda | F9 | F35+ | | 01:10:35 | 05:04 |
| 71 | 0320 | Vranckx | Benoit | M62 | M65+ | Tess Chemie | 01:10:40 | 05:05 |
| 72 | 6122 | Broos | Bruno | M63 | M65+ | | 01:10:53 | 05:05 |
| 73 | 0186 | Pirs | Erwin | M64 | M45+ | | 01:11:12 | 05:07 |
| 74 | 6033 | Moons | Lydia | F10 | F55+ | Geen | 01:12:05 | 05:11 |
| 75 | 0285 | Vandersmissen | Jo | M65 | M45+ | | 01:12:22 | 05:12 |
| 76 | 0236 | Jans | Stefan | M66 | M55+ | | 01:13:54 | 05:18 |
| 77 | 0207 | Machiels | Joeri | M67 | M35+ | | 01:14:53 | 05:23 |
| 78 | 0222 | Coenen | Wouter | M68 | M35+ | | 01:15:06 | 05:24 |
| 79 | 6066 | Tomsin | Ronny | M69 | M45+ | BFC - Hoeselt R | 01:15:21 | 05:25 |
| 80 | 0327 | De Vis | Eva | F11 | F35- | | 01:15:36 | 05:26 |
| 81 | 0343 | Maris | Evert | M70 | M35+ | Haspengouw Ro | 01:16:00 | 05:28 |
| 82 | 0342 | Brulmans | Lise | F12 | F35- | | 01:16:04 | 05:28 |
| 83 | 6059 | Coenen | Kris | M71 | M35+ | bokkerijderstear | 01:16:06 | 05:28 |
| 84 | 0208 | Lissens | Daniël | M72 | M65+ | Kapsalon Luc | 01:16:14 | 05:29 |
| 85 | 6037 | Govaerts | Kris | M73 | M65+ | AC Alken | 01:16:35 | 05:30 |

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|------------------|------------|-----|------|-----------------|----------|--------|
| 86 | 0325 | Marth | Jans | F13 | F35- | neen | 01:16:42 | 05:31 |
| 87 | 0218 | Schouterden | Tom | M74 | M35+ | | 01:16:43 | 05:31 |
| 88 | 0255 | Vancampenhout | Guy | M75 | M55+ | | 01:17:00 | 05:32 |
| 89 | 6176 | Philippaerts | Greta | F14 | F55+ | ACAAlken | 01:18:15 | 05:37 |
| 90 | 6160 | loix | johnny | M76 | M55+ | | 01:18:55 | 05:40 |
| 91 | 0332 | Troosters | Mark | M77 | M45+ | Hoeselt Run | 01:19:42 | 05:44 |
| 92 | 0338 | Jacobs | Erik | M78 | M35+ | | 01:21:00 | 05:49 |
| 93 | 0341 | Nele | Kranzen | F15 | F35- | | 01:21:01 | 05:49 |
| 94 | 6014 | Vanheusden | Wim | M79 | M45+ | | 01:21:29 | 05:51 |
| 95 | 6168 | Cabuy | Paula | F16 | F55+ | | 01:21:54 | 05:53 |
| 96 | 6106 | Stroobants | Herman | M80 | M55+ | | 01:22:07 | 05:54 |
| 97 | 0211 | Coenegrachts | Anne | F17 | F35- | | 01:22:21 | 05:55 |
| 98 | 0244 | Martens | Wout | M81 | M35- | | 01:22:46 | 05:57 |
| 99 | 0196 | Martens | Ans | F18 | F35- | Pentagoon Korte | 01:22:52 | 05:57 |
| 100 | 6038 | Van Zand | Maja | F19 | F65+ | AC Alken | 01:22:53 | 05:57 |
| 101 | 0191 | Strouwen | Bea | F20 | F55+ | ACA | 01:23:00 | 05:58 |
| 102 | 6022 | Coenen | David | M82 | M45+ | | 01:23:17 | 05:59 |
| 103 | 6056 | Bauduin | Ianthe | F21 | F35- | Trenara | 01:25:52 | 06:10 |
| 104 | 0323 | requile | katrien | F22 | F45+ | TRENARA | 01:25:53 | 06:10 |
| 105 | 6005 | Vandenberghe | Eddy | M83 | M45+ | | 01:29:50 | 06:27 |
| 106 | 6008 | Polders | Jos | M84 | M65+ | ACA | 01:30:21 | 06:30 |
| 107 | 6015 | Swennen Groffils | Magali | F23 | F35+ | | 01:30:42 | 06:31 |
| 108 | 0293 | Bertram | Petra | F24 | F45+ | Drwiss Germania | 01:58:48 | 08:32 |
| 109 | 0291 | Bertram | Maria | F25 | F65+ | Drwiss Germania | 01:58:49 | 08:32 |

14km Helpshop - Men 35-

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-------------|------------|-----|------|------------------|----------|--------|
| 1 | 0187 | Jarno | Cuypers | M1 | M35- | Kempisch triatlo | 00:46:37 | 03:21 |
| 2 | 0250 | Hammes | Jules | M2 | M35- | DCLA Halen | 00:49:31 | 03:33 |
| 3 | 6084 | Scholts | Kylian | M3 | M35- | SQM running tea | 00:49:49 | 03:35 |
| 4 | 0228 | Ennekens | Sybren | M4 | M35- | | 00:56:09 | 04:02 |
| 5 | 0260 | Jans | Rick | M5 | M35- | | 00:57:09 | 04:06 |
| 6 | 0331 | Royen | Sanny | M6 | M35- | | 00:57:37 | 04:08 |
| 7 | 0272 | Vroonen | Brecht | M7 | M35- | | 00:58:22 | 04:11 |
| 8 | 0247 | De Vis | Michiel | M8 | M35- | WTC Kaggevriet | 00:59:38 | 04:17 |
| 9 | 0252 | De Vis | Jeroen | M9 | M35- | DCLA Halen | 00:59:38 | 04:17 |
| 10 | 0213 | Timmers | Thomas | M10 | M35- | | 01:01:39 | 04:26 |
| 11 | 0336 | Pauwels | Karel | M11 | M35- | | 01:01:55 | 04:27 |
| 12 | 0335 | Vande Craen | Niek | M12 | M35- | | 01:01:56 | 04:27 |
| 13 | 6126 | Puelings | Gilles | M13 | M35- | GS Running Tea | 01:02:06 | 04:28 |
| 14 | 0254 | Van Laer | Ruben | M14 | M35- | | 01:03:50 | 04:35 |
| 15 | 0194 | Byloos | Noah | M15 | M35- | | 01:05:07 | 04:41 |
| 16 | 0242 | Santermans | Jeroen | M16 | M35- | | 01:06:55 | 04:48 |
| 17 | 0225 | Vervloesem | Michael | M17 | M35- | | 01:07:11 | 04:50 |
| 18 | 6151 | Slegers | Ayrton | M18 | M35- | | 01:07:51 | 04:52 |
| 19 | 6129 | Schevenels | Jarno | M19 | M35- | TACT | 01:08:54 | 04:57 |
| 20 | 0275 | Froyen | Harm | M20 | M35- | | 01:09:43 | 05:00 |
| 21 | 0237 | Camps | Jente | M21 | M35- | | 01:10:11 | 05:02 |
| 22 | 0244 | Martens | Wout | M22 | M35- | | 01:22:46 | 05:57 |

14km Helpshop - Men 35+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|------------------|------------|-----|------|------------------|----------|--------|
| 1 | 0326 | Saenen | Digo | M1 | M35+ | | 00:51:11 | 03:40 |
| 2 | 0223 | Andries | Aerts | M2 | M35+ | GS Running team | 00:51:34 | 03:42 |
| 3 | 0256 | Scholts | Bert | M3 | M35+ | | 00:53:02 | 03:48 |
| 4 | 0324 | Diels | Olivier | M4 | M35+ | ADD Tongeren | 00:54:23 | 03:54 |
| 5 | 0215 | Eyckmans | Wim | M5 | M35+ | Triatlon Team Li | 00:55:39 | 04:00 |
| 6 | 0241 | Jorissen | Frederic | M6 | M35+ | Hoeselt run | 00:57:53 | 04:09 |
| 7 | 6173 | Stevens | Christophe | M7 | M35+ | ADD | 00:58:52 | 04:14 |
| 8 | 0249 | Ackermans | Kim | M8 | M35+ | | 00:59:48 | 04:18 |
| 9 | 0238 | Van Cauwenberghe | Peter | M9 | M35+ | | 00:59:52 | 04:18 |
| 10 | 0317 | Sampermans | Bart | M10 | M35+ | Dcla halen | 01:00:35 | 04:21 |
| 11 | 0339 | Pauly | Steven | M11 | M35+ | | 01:01:27 | 04:25 |
| 12 | 6101 | Gelade | Roeland | M12 | M35+ | | 01:02:04 | 04:27 |
| 13 | 0248 | Putzeys | John | M13 | M35+ | | 01:04:21 | 04:37 |
| 14 | 0265 | Knapen | Tom | M14 | M35+ | | 01:04:23 | 04:37 |
| 15 | 0276 | Smets | Frank | M15 | M35+ | | 01:07:09 | 04:49 |
| 16 | 0329 | Geurts | Joris | M16 | M35+ | | 01:07:58 | 04:53 |
| 17 | 0278 | Raskin | Robin | M17 | M35+ | | 01:09:31 | 05:00 |
| 18 | 0207 | Machiels | Joeri | M18 | M35+ | | 01:14:53 | 05:23 |
| 19 | 0222 | Coenen | Wouter | M19 | M35+ | | 01:15:06 | 05:24 |
| 20 | 0343 | Maris | Evert | M20 | M35+ | Haspengouw Ro | 01:16:00 | 05:28 |
| 21 | 6059 | Coenen | Kris | M21 | M35+ | bokkerijderstear | 01:16:06 | 05:28 |
| 22 | 0218 | Schouterden | Tom | M22 | M35+ | | 01:16:43 | 05:31 |
| 23 | 0338 | Jacobs | Erik | M23 | M35+ | | 01:21:00 | 05:49 |

14km Helpshop - Men 45+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|---------------|------------|-----|------|-------------------|----------|--------|
| 1 | 6027 | De Rooy | Andy | M1 | M45+ | Coyote sports tea | 00:51:27 | 03:42 |
| 2 | 6091 | Vossius | Peter | M2 | M45+ | SQM RUNNINGC | 00:54:09 | 03:53 |
| 3 | 6169 | Clerinx | Raf | M3 | M45+ | ATLA | 00:56:13 | 04:02 |
| 4 | 6068 | Vanrusselt | Nico | M4 | M45+ | Add | 00:56:19 | 04:03 |
| 5 | 6046 | Vanden Bempt | Hans | M5 | M45+ | SQMrunningtaer | 01:00:20 | 04:20 |
| 6 | 6028 | Baerts | Chris | M6 | M45+ | Geen | 01:01:12 | 04:24 |
| 7 | 0195 | Maes | Johan | M7 | M45+ | KVTD | 01:02:15 | 04:28 |
| 8 | 6137 | Wouters | Bart | M8 | M45+ | BFC | 01:04:28 | 04:38 |
| 9 | 0199 | Voncken | Christophe | M9 | M45+ | AVC Alt-Hoesel | 01:05:06 | 04:41 |
| 10 | 0189 | Beunckens | Johan | M10 | M45+ | | 01:05:45 | 04:43 |
| 11 | 0243 | RAYEN | BERT | M11 | M45+ | | 01:06:20 | 04:46 |
| 12 | 0239 | Moonen | Stefan | M12 | M45+ | | 01:07:14 | 04:50 |
| 13 | 6047 | Buntinx | Johan | M13 | M45+ | | 01:07:54 | 04:53 |
| 14 | 0337 | berghoef | martin | M14 | M45+ | | 01:08:04 | 04:53 |
| 15 | 0190 | putzeys | bart | M15 | M45+ | Tri For More | 01:08:21 | 04:55 |
| 16 | 0188 | De Bus | Wim | M16 | M45+ | Tri4more | 01:09:06 | 04:58 |
| 17 | 0186 | Pirs | Erwin | M17 | M45+ | | 01:11:12 | 05:07 |
| 18 | 0285 | Vandersmissen | Jo | M18 | M45+ | | 01:12:22 | 05:12 |
| 19 | 6066 | Tomsin | Ronny | M19 | M45+ | BFC - Hoeselt R | 01:15:21 | 05:25 |
| 20 | 0332 | Troosters | Mark | M20 | M45+ | Hoeselt Run | 01:19:42 | 05:44 |
| 21 | 6014 | Vanheusden | Wim | M21 | M45+ | | 01:21:29 | 05:51 |
| 22 | 6022 | Coenen | David | M22 | M45+ | | 01:23:17 | 05:59 |
| 23 | 6005 | Vandenbergh | Eddy | M23 | M45+ | | 01:29:50 | 06:27 |

14km Helpshop - Men 55+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|---------------|------------|-----|------|------------------|----------|--------|
| 1 | 0245 | Dekens | Danny | M1 | M55+ | Dcla Halen | 01:00:29 | 04:21 |
| 2 | 0328 | Vangeel | Piet | M2 | M55+ | Hoeselt run | 01:03:38 | 04:34 |
| 3 | 6060 | slegers | werner | M3 | M55+ | | 01:04:03 | 04:36 |
| 4 | 6144 | Requilé | Philippe | M4 | M55+ | Bokkerijderstear | 01:06:53 | 04:48 |
| 5 | 6069 | Verschueren | Frank | M5 | M55+ | Sacn | 01:07:09 | 04:49 |
| 6 | 0197 | huybrechts | stef | M6 | M55+ | ACA | 01:08:18 | 04:54 |
| 7 | 0236 | Jans | Stefan | M7 | M55+ | | 01:13:54 | 05:18 |
| 8 | 0255 | Vancampenhout | Guy | M8 | M55+ | | 01:17:00 | 05:32 |
| 9 | 6160 | loix | johnny | M9 | M55+ | | 01:18:55 | 05:40 |
| 10 | 6106 | Stroobants | Herman | M10 | M55+ | | 01:22:07 | 05:54 |

14km Helpshop - Men 65+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|------------|------------|-----|------|--------------|----------|--------|
| 1 | 6114 | Hiemeleers | Marc | M1 | M65+ | Ac Alken | 01:02:24 | 04:29 |
| 2 | 0320 | Vranckx | Benoît | M2 | M65+ | Tess Chemie | 01:10:40 | 05:05 |
| 3 | 6122 | Broos | Bruno | M3 | M65+ | | 01:10:53 | 05:05 |
| 4 | 0208 | Lissens | Daniël | M4 | M65+ | Kapsalon Luc | 01:16:14 | 05:29 |
| 5 | 6037 | Govaerts | Kris | M5 | M65+ | AC Alken | 01:16:35 | 05:30 |
| 6 | 6008 | Polders | Jos | M6 | M65+ | ACA | 01:30:21 | 06:30 |

14km Helpshop - Women 35-

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|--------------|------------|-----|------|-----------------|----------|--------|
| 1 | 0251 | Wittevrongel | Ine | V1 | V35- | DCLA Halen | 01:00:55 | 04:22 |
| 2 | 0206 | Weustenraed | Julie | V2 | V35- | Animo | 01:04:24 | 04:37 |
| 3 | 0327 | De Vis | Eva | V3 | V35- | | 01:15:36 | 05:26 |
| 4 | 0342 | Brulmans | Lise | V4 | V35- | | 01:16:04 | 05:28 |
| 5 | 0325 | Marth | Jans | V5 | V35- | neen | 01:16:42 | 05:31 |
| 6 | 0341 | Nele | Kranzen | V6 | V35- | | 01:21:01 | 05:49 |
| 7 | 0211 | Coenegrachts | Anne | V7 | V35- | | 01:22:21 | 05:55 |
| 8 | 0196 | Martens | Ans | V8 | V35- | Pentagoon Korte | 01:22:52 | 05:57 |
| 9 | 6056 | Bauduin | Ianthe | V9 | V35- | Trenara | 01:25:52 | 06:10 |



14km Helpshop - Women 35+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|------------------|------------|-----|------|----------------|----------|--------|
| 1 | 0318 | Hellemans | Leentje | V1 | V35+ | Hoeselt run | 00:57:04 | 04:06 |
| 2 | 6094 | Mechelmans | Tamara | V2 | V35+ | | 01:06:02 | 04:45 |
| 3 | 6096 | Pauwels | Jill | V3 | V35+ | GS Running Tea | 01:06:54 | 04:48 |
| 4 | 0220 | Lenaerts | Linda | V4 | V35+ | | 01:10:35 | 05:04 |
| 5 | 6015 | Swennen Groffils | Magali | V5 | V35+ | | 01:30:42 | 06:31 |

14km Helpshop - Women 45+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-----------|------------|-----|------|-----------------|----------|--------|
| 1 | 0334 | Leroy | Fabienne | V1 | V45+ | | 01:03:13 | 04:32 |
| 2 | 0323 | requile | katrien | V2 | V45+ | TRENARA | 01:25:53 | 06:10 |
| 3 | 0293 | Bertram | Petra | V3 | V45+ | Drwiss Germania | 01:58:48 | 08:32 |

14km Helpshop - Women 55+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|----------------|------------|-----|------|------------|----------|--------|
| 1 | 6143 | Vankrunkelsven | Leen | V1 | V55+ | DCLA-Halen | 01:05:14 | 04:41 |
| 2 | 0240 | Vankrunkelsven | Christel | V2 | V55+ | VACH | 01:08:00 | 04:53 |
| 3 | 6033 | Moons | Lydia | V3 | V55+ | Geen | 01:12:05 | 05:11 |
| 4 | 6176 | Philippaerts | Greta | V4 | V55+ | ACAAlken | 01:18:15 | 05:37 |
| 5 | 6168 | Cabuy | Paula | V5 | V55+ | | 01:21:54 | 05:53 |
| 6 | 0191 | Strouwen | Bea | V6 | V55+ | ACA | 01:23:00 | 05:58 |

14km Helpshop - Women 65+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-----------|------------|-----|------|----------------|----------|--------|
| 1 | 6038 | Van Zand | Maja | V1 | V65+ | AC Alken | 01:22:53 | 05:57 |
| 2 | 0291 | Bertram | Maria | V2 | V65+ | Drwiss Germani | 01:58:49 | 08:32 |