



9.8KM Helpshopcup - Overall ranking

Start time : 17-05-2026 10:29:34

Results are complete

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-------------------|------------|-----|------|------------------|----------|--------|
| 1 | 0231 | Boden | Niki | M1 | M35+ | SQM Running te | 00:33:24 | 03:24 |
| 2 | 0243 | Scholts | Bert | M2 | M35+ | ACA SQM | 00:33:35 | 03:25 |
| 3 | 0241 | Aerts | Andries | M3 | M35+ | Gs Running team | 00:33:48 | 03:26 |
| 4 | 7133 | Van Asselbergh | Jorden | M4 | M35- | GS Running team | 00:33:55 | 03:27 |
| 5 | 7069 | Warnant | Leander | M5 | M35+ | | 00:34:02 | 03:28 |
| 6 | 7086 | Theys | Kevin | M6 | M45+ | SQM runningtea | 00:34:41 | 03:32 |
| 7 | 7155 | Vroonen | Brecht | M7 | M35- | Atletiekclub Alk | 00:35:14 | 03:35 |
| 8 | 7090 | Philippe | Patrick | M8 | M55+ | JiA | 00:35:21 | 03:36 |
| 9 | 0206 | Steegmans | Michel | M9 | M35+ | | 00:35:43 | 03:38 |
| 10 | 7118 | Vossius | Peter | M10 | M45+ | Sqm runningteam | 00:35:57 | 03:40 |
| 11 | 7147 | De Schutter | Tom | M11 | M35+ | | 00:37:11 | 03:47 |
| 12 | 0247 | Dethier | Siemen | M12 | M35- | | 00:37:18 | 03:48 |
| 13 | 0235 | Verlinden | Herwig | M13 | M55+ | rsca | 00:37:26 | 03:49 |
| 14 | 0216 | Segers | Stijn | M14 | M35- | | 00:37:44 | 03:51 |
| 15 | 7047 | Leunen | Jo | M15 | M35+ | Bokkerijderstear | 00:38:11 | 03:53 |
| 16 | 0262 | Martens | Jonas | M16 | M35- | | 00:38:16 | 03:54 |
| 17 | 7061 | Vandevelde | Katrien | F1 | F35+ | SQM Running T | 00:38:32 | 03:55 |
| 18 | 0259 | Van den Bussche | Ruben | M17 | M35- | | 00:38:41 | 03:56 |
| 19 | 0214 | Windelinckx | Charis | F2 | F35- | | 00:38:55 | 03:58 |
| 20 | 0238 | Waterschoot | Eric | M18 | M55+ | DCLA Halen | 00:39:06 | 03:59 |
| 21 | 0232 | Bruno | De Prins | M19 | M45+ | | 00:39:33 | 04:02 |
| 22 | 7002 | Slegers | Ayrton | M20 | M35- | | 00:40:02 | 04:05 |
| 23 | 0215 | Ngaikpu | Reimond | M21 | M35- | | 00:40:10 | 04:05 |
| 24 | 0246 | Steukers | Rutger | M22 | M35- | | 00:40:13 | 04:06 |
| 25 | 0250 | Redant | Tom | M23 | M35+ | AC Alken | 00:40:15 | 04:06 |
| 26 | 7027 | Stijnen | David | M24 | M45+ | Ac Alken | 00:40:17 | 04:06 |
| 27 | 7083 | Van Schelvergem | Gertjan | M25 | M35- | Triathlon Vlaand | 00:40:27 | 04:07 |
| 28 | 7030 | Werckx | Ludo | M26 | M65+ | ACA | 00:41:13 | 04:12 |
| 29 | 0221 | Saive | Yannick | M27 | M35- | | 00:41:15 | 04:12 |
| 30 | 0261 | Jans | Bert | M28 | M35+ | ACA | 00:41:22 | 04:13 |
| 31 | 7125 | Hiemeleers | Marc | M29 | M65+ | AC Alken | 00:41:48 | 04:15 |
| 32 | 0251 | Dekens | Danny | M30 | M65+ | Dcla Halen | 00:41:53 | 04:16 |
| 33 | 0282 | Vangeel | Piet | M31 | M55+ | Hoeselt Run | 00:41:56 | 04:16 |
| 34 | 7120 | Schevenels | Jarno | M32 | M35- | TACT | 00:41:57 | 04:16 |
| 35 | 0258 | Bart | Sampermans | M33 | M35+ | Dcla halen | 00:42:02 | 04:17 |
| 36 | 0278 | Detrez | Martine | F3 | F55+ | ATC | 00:42:07 | 04:17 |
| 37 | 7089 | Philippe-Stoumont | Laure | F4 | F35+ | JiA | 00:42:09 | 04:18 |
| 38 | 0276 | Loof | Antoine | M34 | M45+ | | 00:42:19 | 04:19 |

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|----------------|------------|-----|------|-------------------|----------|--------|
| 39 | 0220 | Vervloesem | Michael | M35 | M35- | | 00:42:39 | 04:21 |
| 40 | 7039 | Requilé | Philippe | M36 | M55+ | Bokkerijderstear | 00:42:49 | 04:22 |
| 41 | 7079 | Wouters | Bart | M37 | M45+ | BFC | 00:42:55 | 04:22 |
| 42 | 0253 | Vankrunkelsven | leen | F5 | F55+ | VACH | 00:42:59 | 04:23 |
| 43 | 0275 | Lismont | Geert | M38 | M45+ | | 00:43:02 | 04:23 |
| 44 | 7078 | screurs | sander | M39 | M35- | AC Alken | 00:43:13 | 04:24 |
| 45 | 0265 | Bodocka | Zuzana | F6 | F35+ | | 00:43:22 | 04:25 |
| 46 | 0277 | Jacobs | Wouter | M40 | M35+ | Heers | 00:43:37 | 04:27 |
| 47 | 7004 | Pauwels | Jill | F7 | F35+ | GS Running Tea | 00:43:38 | 04:27 |
| 48 | 0228 | Santermans | Jeroen | M41 | M45+ | | 00:43:39 | 04:27 |
| 49 | 0237 | Collas | Jonas | M42 | M35- | ZLTC | 00:43:45 | 04:27 |
| 50 | 0217 | Creemers | Mieke | F8 | F35+ | AC Lanaken | 00:43:46 | 04:27 |
| 51 | 7106 | morhaye | adger | M43 | M35- | adger.morhayegr | 00:43:47 | 04:28 |
| 52 | 7057 | Schroven | Hilde | F9 | F45+ | GS Running tear | 00:43:56 | 04:28 |
| 53 | 7154 | Slegers | Werner | M44 | M55+ | GeTC | 00:44:15 | 04:30 |
| 54 | 0225 | Dierick | Karel | M45 | M35- | | 00:44:26 | 04:32 |
| 55 | 0279 | Macors | Alexandre | M46 | M35+ | HUY | 00:44:32 | 04:32 |
| 56 | 7065 | Knapen | Griet | F10 | F45+ | VACH | 00:44:36 | 04:33 |
| 57 | 0242 | Vossen | Nathan | M47 | M45+ | | 00:44:54 | 04:34 |
| 58 | 0252 | Nolmans | Davy | M48 | M45+ | Hoeselt Run | 00:45:00 | 04:35 |
| 59 | 7127 | Baus | Carlo | M49 | M45+ | Bokkerijderstear | 00:45:21 | 04:37 |
| 60 | 7020 | Heeren | Egon | M50 | M35+ | | 00:45:37 | 04:39 |
| 61 | 7016 | Polders | Kevin | M51 | M45+ | Road Runners H | 00:45:42 | 04:39 |
| 62 | 0254 | Vankrunkelsven | Christel | F11 | F55+ | Vach | 00:45:57 | 04:41 |
| 63 | 0244 | Alua | Christine | F12 | F35- | AC Alken | 00:47:33 | 04:51 |
| 64 | 0227 | Berden | Jesse | M52 | M35- | Kortessem VV | 00:47:58 | 04:53 |
| 65 | 0226 | Bellante | Stef | M53 | M35- | | 00:47:59 | 04:53 |
| 66 | 0208 | Vanderstraeten | Sammy | M54 | M35+ | | 00:48:06 | 04:54 |
| 67 | 0202 | Lambrechts | Milan | M55 | M35- | | 00:48:07 | 04:54 |
| 68 | 0280 | Calders | Rudy | M56 | M55+ | | 00:48:18 | 04:55 |
| 69 | 7081 | Moons | Lydia | F13 | F55+ | | 00:48:55 | 04:59 |
| 70 | 0209 | Vandenborn | Arne | M57 | M35- | Volley team Initi | 00:49:29 | 05:02 |
| 71 | 7145 | Jacobs | Stephen | M58 | M35- | Hoeselt Run | 00:50:01 | 05:06 |
| 72 | 0213 | Brulmans | Michael | M59 | M35+ | | 00:50:09 | 05:07 |
| 73 | 0240 | Herbots | Kaat | F14 | F35- | | 00:50:15 | 05:07 |
| 74 | 0270 | Froidmont | Louise | F15 | F35- | TACT - Atletiek | 00:50:48 | 05:11 |
| 75 | 0236 | Reynders | Stef | M60 | M35- | Sponsor | 00:51:59 | 05:18 |
| 76 | 0257 | Lemmens | Jurgen | M61 | M45+ | | 00:52:09 | 05:19 |
| 77 | 0284 | Vaesen | Renaat | M62 | M45+ | - | 00:52:10 | 05:19 |
| 78 | 7099 | Govaerts | Kris | M63 | M65+ | AC Alken | 00:52:41 | 05:22 |
| 79 | 7017 | Schunselaar | Maaike | F16 | F45+ | Aca Alken | 00:52:51 | 05:23 |
| 80 | 0230 | Hiemeleers | Mark | M64 | M55+ | | 00:52:58 | 05:24 |
| 81 | 0256 | Ponet | Frederik | M65 | M35+ | De bilter 28 | 00:53:03 | 05:24 |
| 82 | 0266 | Miguet | Sam | M66 | M35- | | 00:53:03 | 05:24 |
| 83 | 0234 | Swerten | Robby | M67 | M35+ | | 00:53:10 | 05:25 |
| 84 | 0233 | Loozen | Heidi | F17 | F45+ | JRunners | 00:53:11 | 05:25 |
| 85 | 7038 | Cammaerts | Bart | M68 | M45+ | Jogger Jo Schoor | 00:53:21 | 05:26 |

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|--------------|------------|-----|------|-------------------|----------|--------|
| 86 | 7085 | Logtman | Astrid | F18 | F35- | | 00:53:26 | 05:27 |
| 87 | 7098 | Van Zand | Maja | F19 | F65+ | AC Alken | 00:53:40 | 05:28 |
| 88 | 0201 | Lambrechts | Brenda | F20 | F35- | | 00:54:18 | 05:32 |
| 89 | 0207 | Janssen | Robby | M69 | M35+ | | 00:54:30 | 05:33 |
| 90 | 0281 | Benaets | Johan | M70 | M35+ | | 00:54:46 | 05:35 |
| 91 | 0245 | Thomas | Stefan | M71 | M55+ | | 00:55:14 | 05:38 |
| 92 | 7112 | Vandenberghe | Eddy | M72 | M55+ | Alleen luk t ouch | 00:56:12 | 05:44 |
| 93 | 0249 | Pollers | Wouter | M73 | M45+ | | 00:56:14 | 05:44 |
| 94 | 7050 | Coenen | David | M74 | M45+ | | 00:56:20 | 05:44 |
| 95 | 0285 | Wuyts | Sofie | F21 | F35- | | 00:56:25 | 05:45 |
| 96 | 0286 | Bourguignon | Sofie | F22 | F35+ | | 00:56:26 | 05:45 |
| 97 | 0268 | Libotte | Aaron | M75 | M35- | | 00:57:15 | 05:50 |
| 98 | 0263 | Boiten | Margaux | F23 | F35- | | 00:57:46 | 05:53 |
| 99 | 0248 | Schuermans | Robin | M76 | M35- | | 00:57:59 | 05:55 |
| 100 | 7092 | Hiemeleers | Sharon | F24 | F35+ | AC Alken | 00:58:06 | 05:55 |
| 101 | 0204 | Fernandrz | Sara | F25 | F35- | Wijnclub | 00:58:29 | 05:58 |
| 102 | 0260 | Liesens | Erinn | F26 | F35- | | 00:59:21 | 06:03 |
| 103 | 0255 | Vangeel | Koen | M77 | M35+ | | 01:00:40 | 06:11 |
| 104 | 0283 | Coenen | Robby | M78 | M45+ | | 01:02:37 | 06:23 |
| 105 | 0271 | Hamers | Harrie | M79 | M65+ | | 01:04:53 | 06:37 |
| 106 | 0273 | Detr | Koen | M80 | M35+ | | 01:10:36 | 07:12 |
| 107 | 0272 | Leunen | Carmen | F27 | F35+ | | 01:10:39 | 07:12 |
| 108 | 0222 | De Conninck | Annie | F28 | F65+ | pimpelmees | 01:11:55 | 07:20 |
| 109 | 0224 | Winnock | Laurent | M81 | M45+ | pimpelmees | 01:11:56 | 07:20 |
| 110 | 0223 | Hermans | Christophe | M82 | M45+ | pimpelmees | 01:11:57 | 07:20 |

9.8KM Helpshopcup - Men 35-

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-----------------|------------|-----|------|-------------------|----------|--------|
| 1 | 7133 | Van Asselbergh | Jorden | M1 | M35- | GS Running tear | 00:33:55 | 03:27 |
| 2 | 7155 | Vroonen | Brecht | M2 | M35- | Atletiekclub Alk | 00:35:14 | 03:35 |
| 3 | 0247 | Dethier | Siemen | M3 | M35- | | 00:37:18 | 03:48 |
| 4 | 0216 | Segers | Stijn | M4 | M35- | | 00:37:44 | 03:51 |
| 5 | 0262 | Martens | Jonas | M5 | M35- | | 00:38:16 | 03:54 |
| 6 | 0259 | Van den Bussche | Ruben | M6 | M35- | | 00:38:41 | 03:56 |
| 7 | 7002 | Slegers | Ayrton | M7 | M35- | | 00:40:02 | 04:05 |
| 8 | 0215 | Ngaikpu | Reimond | M8 | M35- | | 00:40:10 | 04:05 |
| 9 | 0246 | Steukers | Rutger | M9 | M35- | | 00:40:13 | 04:06 |
| 10 | 7083 | Van Schelvergem | Gertjan | M10 | M35- | Triathlon Vlaand | 00:40:27 | 04:07 |
| 11 | 0221 | Saive | Yannick | M11 | M35- | | 00:41:15 | 04:12 |
| 12 | 7120 | Schevenels | Jarno | M12 | M35- | TACT | 00:41:57 | 04:16 |
| 13 | 0220 | Vervloesem | Michael | M13 | M35- | | 00:42:39 | 04:21 |
| 14 | 7078 | screurs | sander | M14 | M35- | AC Alken | 00:43:13 | 04:24 |
| 15 | 0237 | Collas | Jonas | M15 | M35- | ZLTC | 00:43:45 | 04:27 |
| 16 | 7106 | morhaye | adger | M16 | M35- | adger.morhayegr | 00:43:47 | 04:28 |
| 17 | 0225 | Dierick | Karel | M17 | M35- | | 00:44:26 | 04:32 |
| 18 | 0227 | Berden | Jesse | M18 | M35- | Kortessem VV | 00:47:58 | 04:53 |
| 19 | 0226 | Bellante | Stef | M19 | M35- | | 00:47:59 | 04:53 |
| 20 | 0202 | Lambrechts | Milan | M20 | M35- | | 00:48:07 | 04:54 |
| 21 | 0209 | Vandenborn | Arne | M21 | M35- | Volley team Initi | 00:49:29 | 05:02 |
| 22 | 7145 | Jacobs | Stephen | M22 | M35- | Hoeselt Run | 00:50:01 | 05:06 |
| 23 | 0236 | Reynders | Stef | M23 | M35- | Sponsor | 00:51:59 | 05:18 |
| 24 | 0266 | Miguet | Sam | M24 | M35- | | 00:53:03 | 05:24 |
| 25 | 0268 | Libotte | Aaron | M25 | M35- | | 00:57:15 | 05:50 |
| 26 | 0248 | Schuermans | Robin | M26 | M35- | | 00:57:59 | 05:55 |

9.8KM Helpshopcup - Men 35+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|----------------|------------|-----|------|------------------|----------|--------|
| 1 | 0231 | Boden | Niki | M1 | M35+ | SQM Running te | 00:33:24 | 03:24 |
| 2 | 0243 | Scholts | Bert | M2 | M35+ | ACA SQM | 00:33:35 | 03:25 |
| 3 | 0241 | Aerts | Andries | M3 | M35+ | Gs Running team | 00:33:48 | 03:26 |
| 4 | 7069 | Warnant | Leander | M4 | M35+ | | 00:34:02 | 03:28 |
| 5 | 0206 | Steegmans | Michel | M5 | M35+ | | 00:35:43 | 03:38 |
| 6 | 7147 | De Schutter | Tom | M6 | M35+ | | 00:37:11 | 03:47 |
| 7 | 7047 | Leunen | Jo | M7 | M35+ | Bokkerijderstear | 00:38:11 | 03:53 |
| 8 | 0250 | Redant | Tom | M8 | M35+ | AC Alken | 00:40:15 | 04:06 |
| 9 | 0261 | Jans | Bert | M9 | M35+ | ACA | 00:41:22 | 04:13 |
| 10 | 0258 | Bart | Sampermans | M10 | M35+ | Dcla halen | 00:42:02 | 04:17 |
| 11 | 0277 | Jacobs | Wouter | M11 | M35+ | Heers | 00:43:37 | 04:27 |
| 12 | 0279 | Macors | Alexandre | M12 | M35+ | HUY | 00:44:32 | 04:32 |
| 13 | 7020 | Heeren | Egon | M13 | M35+ | | 00:45:37 | 04:39 |
| 14 | 0208 | Vanderstraeten | Sammy | M14 | M35+ | | 00:48:06 | 04:54 |
| 15 | 0213 | Brulmans | Michael | M15 | M35+ | | 00:50:09 | 05:07 |
| 16 | 0256 | Ponet | Frederik | M16 | M35+ | De bilter 28 | 00:53:03 | 05:24 |
| 17 | 0234 | Swerten | Robby | M17 | M35+ | | 00:53:10 | 05:25 |
| 18 | 0207 | Janssen | Robby | M18 | M35+ | | 00:54:30 | 05:33 |
| 19 | 0281 | Benaets | Johan | M19 | M35+ | | 00:54:46 | 05:35 |
| 20 | 0255 | Vangeel | Koen | M20 | M35+ | | 01:00:40 | 06:11 |
| 21 | 0273 | Detr | Koen | M21 | M35+ | | 01:10:36 | 07:12 |

9.8KM Helpshopcup - Men 45+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|------------|------------|-----|------|------------------|----------|--------|
| 1 | 7086 | Theys | Kevin | M1 | M45+ | SQM runningtea | 00:34:41 | 03:32 |
| 2 | 7118 | Vossius | Peter | M2 | M45+ | Sqm runningtear | 00:35:57 | 03:40 |
| 3 | 0232 | Bruno | De Prins | M3 | M45+ | | 00:39:33 | 04:02 |
| 4 | 7027 | Stijnen | David | M4 | M45+ | Ac Alken | 00:40:17 | 04:06 |
| 5 | 0276 | Loof | Antoine | M5 | M45+ | | 00:42:19 | 04:19 |
| 6 | 7079 | Wouters | Bart | M6 | M45+ | BFC | 00:42:55 | 04:22 |
| 7 | 0275 | Lismont | Geert | M7 | M45+ | | 00:43:02 | 04:23 |
| 8 | 0228 | Santermans | Jeroen | M8 | M45+ | | 00:43:39 | 04:27 |
| 9 | 0242 | Vossen | Nathan | M9 | M45+ | | 00:44:54 | 04:34 |
| 10 | 0252 | Nolmans | Davy | M10 | M45+ | Hoeselt Run | 00:45:00 | 04:35 |
| 11 | 7127 | Baus | Carlo | M11 | M45+ | Bokkerijderstear | 00:45:21 | 04:37 |
| 12 | 7016 | Polders | Kevin | M12 | M45+ | Road Runners H | 00:45:42 | 04:39 |
| 13 | 0257 | Lemmens | Jurgen | M13 | M45+ | | 00:52:09 | 05:19 |
| 14 | 0284 | Vaesen | Renaat | M14 | M45+ | - | 00:52:10 | 05:19 |
| 15 | 7038 | Cammaerts | Bart | M15 | M45+ | Jogger Jo Schoor | 00:53:21 | 05:26 |
| 16 | 0249 | Pollers | Wouter | M16 | M45+ | | 00:56:14 | 05:44 |
| 17 | 7050 | Coenen | David | M17 | M45+ | | 00:56:20 | 05:44 |
| 18 | 0283 | Coenen | Robby | M18 | M45+ | | 01:02:37 | 06:23 |
| 19 | 0224 | Winnock | Laurent | M19 | M45+ | pimpelmees | 01:11:56 | 07:20 |
| 20 | 0223 | Hermans | Christophe | M20 | M45+ | pimpelmees | 01:11:57 | 07:20 |

9.8KM Helpshopcup - Men 55+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|--------------|------------|-----|------|-------------------|----------|--------|
| 1 | 7090 | Philippe | Patrick | M1 | M55+ | JiA | 00:35:21 | 03:36 |
| 2 | 0235 | Verlinden | Herwig | M2 | M55+ | rsca | 00:37:26 | 03:49 |
| 3 | 0238 | Waterschoot | Eric | M3 | M55+ | DCLA Halen | 00:39:06 | 03:59 |
| 4 | 0282 | Vangeel | Piet | M4 | M55+ | Hoeselt Run | 00:41:56 | 04:16 |
| 5 | 7039 | Requilé | Philippe | M5 | M55+ | Bokkerijderstear | 00:42:49 | 04:22 |
| 6 | 7154 | Slegers | Werner | M6 | M55+ | GeTC | 00:44:15 | 04:30 |
| 7 | 0280 | Calders | Rudy | M7 | M55+ | | 00:48:18 | 04:55 |
| 8 | 0230 | Hiemeleers | Mark | M8 | M55+ | | 00:52:58 | 05:24 |
| 9 | 0245 | Thomas | Stefan | M9 | M55+ | | 00:55:14 | 05:38 |
| 10 | 7112 | Vandenberghe | Eddy | M10 | M55+ | Alleen luk t ouch | 00:56:12 | 05:44 |

9.8KM Helpshopcup - Men 65+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|------------|------------|-----|------|------------|----------|--------|
| 1 | 7030 | Werckx | Ludo | M1 | M65+ | ACA | 00:41:13 | 04:12 |
| 2 | 7125 | Hiemeleers | Marc | M2 | M65+ | AC Alken | 00:41:48 | 04:15 |
| 3 | 0251 | Dekens | Danny | M3 | M65+ | Dcla Halen | 00:41:53 | 04:16 |
| 4 | 7099 | Govaerts | Kris | M4 | M65+ | AC Alken | 00:52:41 | 05:22 |
| 5 | 0271 | Hamers | Harrie | M5 | M65+ | | 01:04:53 | 06:37 |

9.8KM Helpshopcup - Women 35-

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-------------|------------|-----|------|-----------------|----------|--------|
| 1 | 0214 | Windelinckx | Charis | V1 | V35- | | 00:38:55 | 03:58 |
| 2 | 0244 | Alua | Christine | V2 | V35- | AC Alken | 00:47:33 | 04:51 |
| 3 | 0240 | Herbots | Kaat | V3 | V35- | | 00:50:15 | 05:07 |
| 4 | 0270 | Froidmont | Louise | V4 | V35- | TACT - Atletiek | 00:50:48 | 05:11 |
| 5 | 7085 | Logtman | Astrid | V5 | V35- | | 00:53:26 | 05:27 |
| 6 | 0201 | Lambrechts | Brenda | V6 | V35- | | 00:54:18 | 05:32 |
| 7 | 0285 | Wuyts | Sofie | V7 | V35- | | 00:56:25 | 05:45 |
| 8 | 0263 | Boiten | Margaux | V8 | V35- | | 00:57:46 | 05:53 |
| 9 | 0204 | Fernandrz | Sara | V9 | V35- | Wijnclub | 00:58:29 | 05:58 |
| 10 | 0260 | Liesens | Erinn | V10 | V35- | | 00:59:21 | 06:03 |

9.8KM Helpshopcup - Women 35+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-------------------|------------|-----|------|----------------|----------|--------|
| 1 | 7061 | Vandavelde | Katrien | V1 | V35+ | SQM Running T | 00:38:32 | 03:55 |
| 2 | 7089 | Philippe-Stoumont | Laure | V2 | V35+ | JiA | 00:42:09 | 04:18 |
| 3 | 0265 | Bodocka | Zuzana | V3 | V35+ | | 00:43:22 | 04:25 |
| 4 | 7004 | Pauwels | Jill | V4 | V35+ | GS Running Tea | 00:43:38 | 04:27 |
| 5 | 0217 | Creemers | Mieke | V5 | V35+ | AC Lanaken | 00:43:46 | 04:27 |
| 6 | 0286 | Bourguignon | Sofie | V6 | V35+ | | 00:56:26 | 05:45 |
| 7 | 7092 | Hiemeleers | Sharon | V7 | V35+ | AC Alken | 00:58:06 | 05:55 |
| 8 | 0272 | Leunen | Carmen | V8 | V35+ | | 01:10:39 | 07:12 |

9.8KM Helpshopcup - Women 45+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-------------|------------|-----|------|-----------------|----------|--------|
| 1 | 7057 | Schroven | Hilde | V1 | V45+ | GS Running team | 00:43:56 | 04:28 |
| 2 | 7065 | Knapen | Griet | V2 | V45+ | VACH | 00:44:36 | 04:33 |
| 3 | 7017 | Schunselaar | Maaïke | V3 | V45+ | Aca Alken | 00:52:51 | 05:23 |
| 4 | 0233 | Loozen | Heidi | V4 | V45+ | JRunners | 00:53:11 | 05:25 |

9.8KM Helpshopcup - Women 55+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|----------------|------------|-----|------|------|----------|--------|
| 1 | 0278 | Detrez | Martine | V1 | V55+ | ATC | 00:42:07 | 04:17 |
| 2 | 0253 | Vankrunkelsven | leen | V2 | V55+ | VACH | 00:42:59 | 04:23 |
| 3 | 0254 | Vankrunkelsven | Christel | V3 | V55+ | Vach | 00:45:57 | 04:41 |
| 4 | 7081 | Moons | Lydia | V4 | V55+ | | 00:48:55 | 04:59 |

9.8KM Helpshopcup - Women 65+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-------------|------------|-----|------|------------|----------|--------|
| 1 | 7098 | Van Zand | Maja | V1 | V65+ | AC Alken | 00:53:40 | 05:28 |
| 2 | 0222 | De Conninck | Annie | V2 | V65+ | pimpelmees | 01:11:55 | 07:20 |