

10 km Helpshopcup - Overall ranking

Start time : 31-08-2025 11:00:01

Results are complete

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	5111	Blijkers	Tibo	M1	M35-	SQM Running T	00:32:42	03:16
2	0436	Maes	Jasper	M2	M35-		00:34:42	03:28
3	0396	Lemmelijn	Ward	M3	M35-		00:35:09	03:30
4	0376	Van de Gaer	Wesley	M4	M45+	SQM running tea	00:35:30	03:33
5	0387	Boden	Niki	M5	M35+	SQM Running te	00:35:40	03:34
6	0397	Mans	Steve	M6	M35+		00:36:02	03:36
7	0422	Theys	Kevin	M7	M35+	SQM running tea	00:36:09	03:36
8	5009	De Rooy	Andy	M8	M45+	Coyote sports tea	00:36:20	03:38
9	5075	Philippe	Patrick	M9	M55+	JiA	00:36:27	03:38
10	5089	Jacobs	Joris	M10	M35+	TTL	00:36:46	03:40
11	5103	Vossius	Peter	M11	M45+	SQM RUNNING	00:36:58	03:41
12	0373	Driesen	Jet	F1	F35-	ACASQM runni	00:37:06	03:42
13	0389	Eeckhout	Simon	M12	M35-	SQM Runningtea	00:37:16	03:43
14	5177	Ruymen	Wouter	M13	M35+	Ac Alken	00:37:50	03:47
15	5041	Nguyen	Tien-Thanh	M14	M35+	Amsrunners	00:38:00	03:48
16	5172	Wouters	Chriske	M15	M45+	SQM RUNNING	00:38:08	03:48
17	0420	Minnart	Glenn	M16	M35-		00:38:33	03:51
18	0371	Lenaers	Olivier	M17	M35-		00:38:52	03:53
19	5102	Vanden Bempt	Hans	M18	M45+	SQMrunningtea	00:39:02	03:54
20	0377	Leunen	Jo	M19	M35+	Bokkenrijderstea	00:39:09	03:54
21	0382	Aerts	Sam	M20	M45+	AC Alken	00:39:11	03:55
22	0432	Liefsoens	Jeroen	M21	M35+	Jazeker ACA o	00:39:13	03:55
23	0383	Dethier	Siemen	M22	M35-		00:39:42	03:58
24	0430	Sneyers	Jimmy	M23	M45+		00:40:20	04:02
25	0394	Waterschoot	Eric	M24	M55+	DCLA Halen	00:40:24	04:02
26	0404	Jonet	Tijl	M25	M35-	ACA	00:40:29	04:02
27	0391	Etneo	Mario	M26	M45+	BFC Hoeselt run	00:40:54	04:05
28	0424	Surkijn	Erik	M27	M55+	DCLA Halen	00:41:00	04:06
29	0435	Winnen	Jonas	M28	M35+		00:41:10	04:07
30	0419	Verbist	Hans	M29	M45+	Antwerp Athletic	00:41:47	04:10
31	0437	Plevoets	Hendrik	M30	M35-	Team Bahrein V	00:41:57	04:11
32	0385	Dekens	Danny	M31	M65+	Dcla Halen	00:42:00	04:12
33	5028	Werckx	Ludo	M32	M65+	ACA	00:42:04	04:12
34	5124	Hiemeleers	Marc	M33	M65+	AC Alken	00:42:18	04:13
35	0380	Bart	Sampermans	M34	M35+	Dcla halen	00:42:33	04:15
36	5104	Rubens	Glenn	M35	M35-		00:42:43	04:16
37	0375	Vandebroek	Michael	M36	M35+		00:43:04	04:18
38	5014	Slegers	Werner	M37	M55+	GeTC	00:43:12	04:19

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	5074	Philippe - Stoumont	Laure	F2	F35+	JiA	00:43:27	04:20
40	0381	Van Laer	Wim	M38	M55+	DCLA Halen	00:43:31	04:21
41	5160	Schevenels	Jarno	M39	M35-	TACT	00:43:48	04:22
42	0368	Cauberghe	Lander	M40	M35-		00:44:09	04:24
43	5053	Stijnen	David	M41	M45+	AC Alken	00:44:12	04:25
44	5153	Raskin	Lode	M42	M55+	GS Running Tea	00:44:26	04:26
45	5157	Thys	Ronny	M43	M55+	Vach	00:44:28	04:26
46	0395	Proost	Kris	M44	M55+	JMT Mol	00:44:46	04:28
47	5185	Pauwels	Jill	F3	F35+	GS Running Tea	00:44:53	04:29
48	0388	Ruymen	Jo	M45	M35+	Beerrunners	00:44:55	04:29
49	5035	Wouters	Bart	M46	M45+	BFC	00:44:58	04:29
50	0386	Saenen	Bart	M47	M45+		00:45:10	04:31
51	5155	Baus	Carlo	M48	M45+	Bokkerijderstear	00:45:17	04:31
52	5107	Vankrunkelsven	Leen	F4	F55+	VACH	00:45:37	04:33
53	5010	Slegers	Ayrton	M49	M35-		00:46:08	04:36
54	0367	Maris	Evert	M50	M35+	Road Runners H	00:46:26	04:38
55	5056	Verschueren	Frank	M51	M65+	SACN	00:46:27	04:38
56	0363	Aouimeur	Mohamed Ramzi	M52	M35-		00:47:13	04:43
57	0411	Odeurs	Jef	M53	M35+	Beerrunners	00:47:49	04:46
58	0405	Kuipers	Leander	M54	M35-		00:48:35	04:51
59	0384	Moreels	Jerry	M55	M55+		00:48:52	04:53
60	0366	Pirs	Erwin	M56	M45+	erwin.pirskelive.	00:49:18	04:55
61	0421	geyskens	mark	M57	M65+		00:49:50	04:59
62	5077	Vankrunkelsven	Christel	F5	F55+	VACH	00:50:27	05:02
63	0374	Carlens	Senne	M58	M35-		00:50:39	05:03
64	5125	Dasque	Roos	F6	F35+	Dcla Halen	00:50:49	05:04
65	5047	Luts	Daniël	M59	M65+	DCLA Halen	00:50:50	05:05
66	5126	De Meyer	Pieter	M60	M35+	Dcla Halen	00:50:51	05:05
67	0434	Huybrechts	Stefaan	M61	M55+	aca	00:52:22	05:14
68	5088	Philippaerts	Greta	F7	F55+	ACAAlken	00:53:45	05:22
69	5051	Coenen	Wouter	M62	M35+		00:54:09	05:24
70	0393	Verwulgen	An	F8	F35+		00:54:47	05:28
71	0372	Croes	Alain	M63	M55+		00:56:23	05:38
72	5044	Van Zand	Maja	F9	F65+	AC Alken	00:56:57	05:41
73	0392	Hiemeleers	Queeny	F10	F35-		00:56:58	05:41
74	5079	Hiemeleers	Sharon	F11	F35+	AC Alken	00:57:29	05:44
75	0399	maaike schunselaar	maaike	F12	F45+	Aca alken	00:58:00	05:48
76	5179	Strouwen	Bea	F13	F55+	ACA	00:58:13	05:49
77	5037	Cammaerts	Bart	M64	M45+		00:58:57	05:53
78	5022	Coenen	David	M65	M45+		01:01:01	06:06
79	0433	Convents	Jan	M66	M35-	ACA	01:02:36	06:15
80	5096	Swennen Groffils	Magali	F14	F45+		01:02:59	06:17
81	0406	Permentier	Gilbert	M67	M55+		01:03:01	06:18
82	5043	Govaerts	Kris	M68	M65+	AC Alken	01:06:06	06:36
83	0379	Swolfs	Lom	M69	M35-	UCLL	01:14:58	07:29
84	0378	Segers	Manu	M70	M35-	UCLL	01:15:00	07:30

10 km Helpshopcup - Men 35-

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	5111	Blijkers	Tibo	M1	M35-	SQM Running T	00:32:42	03:16
2	0436	Maes	Jasper	M2	M35-		00:34:42	03:28
3	0396	Lemmelijn	Ward	M3	M35-		00:35:09	03:30
4	0389	Eeckhout	Simon	M4	M35-	SQM Runningtea	00:37:16	03:43
5	0420	Minnart	Glenn	M5	M35-		00:38:33	03:51
6	0371	Lenaers	Olivier	M6	M35-		00:38:52	03:53
7	0383	Dethier	Siemen	M7	M35-		00:39:42	03:58
8	0404	Jonet	Tijl	M8	M35-	ACA	00:40:29	04:02
9	0437	Plevoets	Hendrik	M9	M35-	Team Bahrein V	00:41:57	04:11
10	5104	Rubens	Glenn	M10	M35-		00:42:43	04:16
11	5160	Schevenels	Jarno	M11	M35-	TACT	00:43:48	04:22
12	0368	Cauberghe	Lander	M12	M35-		00:44:09	04:24
13	5010	Slegers	Ayrton	M13	M35-		00:46:08	04:36
14	0363	Aouimeur	Mohamed Ramzi	M14	M35-		00:47:13	04:43
15	0405	Kuipers	Leander	M15	M35-		00:48:35	04:51
16	0374	Carlens	Senne	M16	M35-		00:50:39	05:03
17	0433	Convents	Jan	M17	M35-	ACA	01:02:36	06:15
18	0379	Swolfs	Lom	M18	M35-	UCLL	01:14:58	07:29
19	0378	Segers	Manu	M19	M35-	UCLL	01:15:00	07:30

10 km Helpshopcup - Men 35+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0387	Boden	Niki	M1	M35+	SQM Running te	00:35:40	03:34
2	0397	Mans	Steve	M2	M35+		00:36:02	03:36
3	0422	Theys	Kevin	M3	M35+	SQM running tea	00:36:09	03:36
4	5089	Jacobs	Joris	M4	M35+	TTL	00:36:46	03:40
5	5177	Ruymen	Wouter	M5	M35+	Ac Alken	00:37:50	03:47
6	5041	Nguyen	Tien-Thanh	M6	M35+	Amsrunners	00:38:00	03:48
7	0377	Leunen	Jo	M7	M35+	Bokkenrijderstea	00:39:09	03:54
8	0432	Liefsoens	Jeroen	M8	M35+	Jazeker ACA o	00:39:13	03:55
9	0435	Winnen	Jonas	M9	M35+		00:41:10	04:07
10	0380	Bart	Sampermans	M10	M35+	Dcla halen	00:42:33	04:15
11	0375	Vandebroek	Michael	M11	M35+		00:43:04	04:18
12	0388	Ruymen	Jo	M12	M35+	Beerrunners	00:44:55	04:29
13	0367	Maris	Evert	M13	M35+	Road Runners H	00:46:26	04:38
14	0411	Odeurs	Jef	M14	M35+	Beerrunners	00:47:49	04:46
15	5126	De Meyer	Pieter	M15	M35+	Dcla Halen	00:50:51	05:05
16	5051	Coenen	Wouter	M16	M35+		00:54:09	05:24

10 km Helpshopcup - Men 45+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0376	Van de Gaer	Wesley	M1	M45+	SQM running tea	00:35:30	03:33
2	5009	De Rooy	Andy	M2	M45+	Coyote sports tea	00:36:20	03:38
3	5103	Vossius	Peter	M3	M45+	SQM RUNNING	00:36:58	03:41
4	5172	Wouters	Chriske	M4	M45+	SQM RUNNING	00:38:08	03:48
5	5102	Vanden Bempt	Hans	M5	M45+	SQMrunningtear	00:39:02	03:54
6	0382	Aerts	Sam	M6	M45+	AC Alken	00:39:11	03:55
7	0430	Sneyers	Jimmy	M7	M45+		00:40:20	04:02
8	0391	Etneo	Mario	M8	M45+	BFC Hoeselt run	00:40:54	04:05
9	0419	Verbist	Hans	M9	M45+	Antwerp Athletic	00:41:47	04:10
10	5053	Stijnen	David	M10	M45+	AC Alken	00:44:12	04:25
11	5035	Wouters	Bart	M11	M45+	BFC	00:44:58	04:29
12	0386	Saenen	Bart	M12	M45+		00:45:10	04:31
13	5155	Baus	Carlo	M13	M45+	Bokkerijderstear	00:45:17	04:31
14	0366	Pirs	Erwin	M14	M45+	erwin.pirskelive.	00:49:18	04:55
15	5037	Cammaerts	Bart	M15	M45+		00:58:57	05:53
16	5022	Coenen	David	M16	M45+		01:01:01	06:06

10 km Helpshopcup - Men 55+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	5075	Philippe	Patrick	M1	M55+	JiA	00:36:27	03:38
2	0394	Waterschoot	Eric	M2	M55+	DCLA Halen	00:40:24	04:02
3	0424	Surkijn	Erik	M3	M55+	DCLA Halen	00:41:00	04:06
4	5014	Slegers	Werner	M4	M55+	GeTC	00:43:12	04:19
5	0381	Van Laer	Wim	M5	M55+	DCLA Halen	00:43:31	04:21
6	5153	Raskin	Lode	M6	M55+	GS Running Tea	00:44:26	04:26
7	5157	Thys	Ronny	M7	M55+	Vach	00:44:28	04:26
8	0395	Proost	Kris	M8	M55+	JMT Mol	00:44:46	04:28
9	0384	Moreels	Jerry	M9	M55+		00:48:52	04:53
10	0434	Huybrechts	Stefaan	M10	M55+	aca	00:52:22	05:14
11	0372	Croes	Alain	M11	M55+		00:56:23	05:38
12	0406	Permentier	Gilbert	M12	M55+		01:03:01	06:18

10 km Helpshopcup - Men 65+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0385	Dekens	Danny	M1	M65+	Dcla Halen	00:42:00	04:12
2	5028	Werckx	Ludo	M2	M65+	ACA	00:42:04	04:12
3	5124	Hiemeleers	Marc	M3	M65+	AC Alken	00:42:18	04:13
4	5056	Verschueren	Frank	M4	M65+	SACN	00:46:27	04:38
5	0421	geyskens	mark	M5	M65+		00:49:50	04:59
6	5047	Luts	Daniël	M6	M65+	DCLA Halen	00:50:50	05:05
7	5043	Govaerts	Kris	M7	M65+	AC Alken	01:06:06	06:36

10 km Helpshopcup - Women 35-

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0373	Driesen	Jet	V1	V35-	ACASQM runni	00:37:06	03:42
2	0392	Hiemeleers	Queeny	V2	V35-		00:56:58	05:41

10 km Helpshopcup - Women 35+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	5074	Philippe - Stoumont	Laure	V1	V35+	JiA	00:43:27	04:20
2	5185	Pauwels	Jill	V2	V35+	GS Running Tea	00:44:53	04:29
3	5125	Dasque	Roos	V3	V35+	Dcla Halen	00:50:49	05:04
4	0393	Verwulgen	An	V4	V35+		00:54:47	05:28
5	5079	Hiemeleers	Sharon	V5	V35+	AC Alken	00:57:29	05:44

10 km Helpshopcup - Women 45+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0399	maaike schunselaar	maaike	V1	V45+	Aca alken	00:58:00	05:48
2	5096	Swennen Groffils	Magali	V2	V45+		01:02:59	06:17

10 km Helpshopcup - Women 55+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	5107	Vankrunkelsven	Leen	V1	V55+	VACH	00:45:37	04:33
2	5077	Vankrunkelsven	Christel	V2	V55+	VACH	00:50:27	05:02
3	5088	Philippaerts	Greta	V3	V55+	ACAAlken	00:53:45	05:22
4	5179	Strouwen	Bea	V4	V55+	ACA	00:58:13	05:49

10 km Helpshopcup - Women 65+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	5044	Van Zand	Maja	V1	V65+	AC Alken	00:56:57	05:41