

## Helpshopcup - 10,0 km - Algemene rangschikking

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

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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	V1	V35-	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	V2	V45+	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	V3	V35-	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	V4	V35+	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

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	0705	Vangeel	Julie	V5	V35-		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	V6	V35+		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	V7	V35-	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	V8	V45+	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	V9	V35+	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	V10	V35+		00:44:59	04:28
73	6170	Oger	Sylvain	M63	M45+		00:45:04	04:29
74	0726	Leroy	Fabienne	V11	V45+		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	V12	V45+	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	V13	V35+		00:46:30	04:37
81	0577	Vanderstraeten	Yves	M68	M45+		00:46:49	04:39
82	6064	Schroven	Hilde	V14	V45+	GS Runningteam	00:46:49	04:39
83	6113	Schyvens	Griet	V15	V35-		00:46:59	04:40
84	0628	Trouwers	Johan	M69	M35+		00:47:02	04:41
85	6033	Moons	Lydia	V16	V55+	Geen	00:47:09	04:41

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
86	0659	Vankrunkelsven	Christel	V17	V55+	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	V18	V35+	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	V19	V55+	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	V20	V35-	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	V21	V35+	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	V22	V35-		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	V23	V35+	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	V24	V55+		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	V25	V35+		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	V26	V45+	GS-Running Tea	00:51:14	05:06
129	0643	Pictoel	Mathias	M103	M35-	Tact	00:51:28	05:07
130	0537	Claes	Fien	V27	V35-		00:51:43	05:09
131	0530	demot	diederik	M104	M35+		00:51:48	05:09
132	0749	Daerden	Kim	V28	V35+	nee	00:52:03	05:11

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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	V29	V55+	ACA	00:53:28	05:19
140	0588	Coenen	Christoph	M111	M35-		00:53:52	05:21
141	0629	Mulkers	Julie	V30	V35-		00:54:08	05:23
142	0539	Rigotti	Quirino	M112	M65+		00:54:23	05:25
143	6121	Theys	Hermine	V31	V35+	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	V32	V35-	nee	00:54:32	05:25
147	0579	Cannas	Sara	V33	V35+		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	V34	V35+	-	00:54:38	05:26
152	6136	Arnauts	Els	V35	V35+		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	V36	V35-	Hoegaarden	00:55:09	05:29
157	0679	Gijbels	Frieda	V37	V45+	Avt oudsbergen	00:55:10	05:29
158	0563	Droogmans	Hanne	V38	V35-	Zltc	00:55:14	05:30
159	6168	Cabuy	Paula	V39	V55+		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	V40	V35-		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	V41	V35-		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	V42	V35+		00:56:03	05:34
169	0718	For	Marlies	V43	V35-		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	V44	V35-		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	V45	V35-		00:56:32	05:37
176	0694	Bergé	Lennie	V46	V35+	J-Runners	00:56:34	05:38
177	0554	Willems	Ewout	M131	M35-		00:56:34	05:38
178	0686	Claesen	Evelien	V47	V35+		00:56:37	05:38
179	0671	Cappellen	Laura	V48	V35-		00:56:40	05:38

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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	V49	V35+		00:56:43	05:38
183	0677	Guypen	Marcus	M134	M35-		00:56:51	05:39
184	0609	Stakenborg	Anke	V50	V35+		00:56:56	05:40
185	0585	Geron	Anneleen	V51	V35+		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	V52	V35+		00:57:28	05:43
191	0557	Ciura	Nathalie	V53	V35+		00:57:28	05:43
192	0687	Malcorps	Jeff	M139	M35-		00:57:31	05:43
193	0740	Malcorps	Eva	V54	V35-		00:57:32	05:43
194	0547	Daenen	Maick	M140	M35-		00:57:33	05:43
195	6038	Van Zand	Maja	V55	V65+	AC Alken	00:57:37	05:44
196	0658	Briers	Vanessa	V56	V35+	Na	00:57:40	05:44
197	0730	Vanmuysen	Koen	M141	M55+		00:57:47	05:45
198	0619	Debusscher	Julie	V57	V35-		00:57:48	05:45
199	0570	Goessens	Eva	V58	V35-		00:57:49	05:45
200	0520	Hermans	Evi	V59	V45+		00:57:50	05:45
201	0527	De Coster	Iris	V60	V45+	Bierbeek Loopt	00:57:52	05:45
202	0605	Vanhooren	Charlotte	V61	V35+		00:57:57	05:46
203	0636	Vanmechelen	Jutta	V62	V35-	TACT	00:58:04	05:47
204	0653	Schreurs	Hanne	V63	V35-		00:58:08	05:47
205	0637	Vanmechelen	Hanna	V64	V35-	TACT	00:58:18	05:48
206	0538	Rigotti	Davide	M142	M35+		00:58:20	05:48
207	0648	Schepers	Lora	V65	V35-		00:58:29	05:49
208	0603	Ceusters	Dorien	V66	V35-		00:58:30	05:49
209	0613	Martens	Elke	V67	V45+		00:58:38	05:50
210	0535	Stegmans	Eline	V68	V35-		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	V69	V35-		00:59:00	05:52
215	0584	Fripont	Debbie	V70	V35+		00:59:03	05:52
216	0526	Pothoven	Sylvie	V71	V45+	Bovenlopers	00:59:18	05:54
217	0657	Strauven	Rudi	M146	M55+	Bolt Tongeren	00:59:32	05:55
218	0668	Viaene	Karen	V72	V35+	AC Sodibrug	00:59:39	05:56
219	0716	Leijnen	Ilse	V73	V35-		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	V74	V35-		00:59:49	05:57
224	0598	Giacomini	Olivier	M150	M35+		00:59:50	05:57
225	0612	Leenders	Liesbet	V75	V45+		01:00:20	06:00
226	0521	Smeets	sanne	V76	V35-		01:00:22	06:00

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227	0699	Martens	Zo	V77	V35-	TACT	01:00:26	06:01
228	0662	Winters	Evy	V78	V45+		01:00:37	06:02
229	0661	Maes	Kurt	M151	M45+		01:00:38	06:02
230	0728	Hombroux	Rita	V79	V65+	TACT	01:00:50	06:03
231	0700	Doucet	Danielle	V80	V55+		01:00:51	06:03
232	0595	Chanson	Yves	M152	M35-		01:00:54	06:03
233	0596	Loverix	Tessa	V81	V35+		01:00:54	06:03
234	0550	Milde	Camille	V82	V35-		01:01:18	06:06
235	0551	Knaepen	Merel	V83	V35-		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	V84	V35-		01:01:34	06:07
239	0540	Wawrzyniewicz	Natalia	V85	V35+		01:01:37	06:08
240	0522	Croes	Wendy	V86	V35+	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	V87	V35-		01:01:44	06:08
244	0514	Boelanders	Lize	V88	V35-		01:01:52	06:09
245	0515	Nulens	Tom	M157	M35-		01:01:52	06:09
246	0568	de ridder	tessa	V89	V35-		01:02:00	06:10
247	0611	Demir	Zuhal	V90	V35+		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	V91	V35-		01:02:31	06:13
251	0624	Verwimp	Niel	M160	M35-	hades	01:02:31	06:13
252	0575	Vandevijvere	Monique	V92	V55+		01:02:50	06:15
253	0630	Mingelinckx	Svenja	V93	V35-		01:03:01	06:16
254	0631	Vanhoudt	Steffie	V94	V35-		01:03:01	06:16
255	6115	Hiemeleers	Sharon	V95	V35-	Ac Alken	01:03:03	06:16
256	0573	Caelen	Amber	V96	V35-		01:03:07	06:17
257	0501	Van Werde	Thea	V97	V35-		01:03:10	06:17
258	0508	Reynaert	Annelies	V98	V35-		01:03:24	06:18
259	0697	Louis	Strauven	M161	M35-		01:03:27	06:19
260	0696	Viviane	Strauven	V99	V55+		01:03:28	06:19
261	0698	Strauven	Frank	M162	M55+		01:03:28	06:19
262	0674	Francis	Katleen	V100	V35+	Landense Joggin	01:03:29	06:19
263	0672	Breesch	Kelly	V101	V45+		01:03:41	06:20
264	0558	Schepmans	Elien	V102	V35-		01:04:52	06:27
265	0743	Pollenus	Cedric	M163	M35+	J-Runners	01:04:52	06:27
266	0737	brans	kelly	V103	V35-	nee	01:04:53	06:27
267	0641	vanderwegen	sara	V104	V35-		01:04:57	06:28
268	0640	gordts	sylvie	V105	V45+		01:05:04	06:28
269	0690	Karen Baeskens	Karen	V106	V35+		01:05:27	06:31
270	0689	Plevoets	Elvie	V107	V35+		01:05:29	06:31
271	0644	Kempeneers	Krista	V108	V45+		01:05:45	06:32
272	0517	Rubens	Phyllis	V109	V35+		01:06:31	06:37
273	0513	Asnong	Krista	V110	V55+		01:06:32	06:37

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
274	0634	Appeltans	Catherine	V111	V35-		01:07:00	06:40
275	0731	Van Looy	Louisa	V112	V35-		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	V113	V45+	ACA	01:07:31	06:43
279	0576	Gilissen	Sandra	V114	V35+		01:08:24	06:48
280	0751	Porreye	Marie	V115	V35-		01:08:31	06:49
281	0741	Erkens	Kristof	M166	M35+	Reshape Studio	01:08:48	06:51
282	0750	Verboven	Magali	V116	V35-		01:08:54	06:51
283	0572	Geraerts	Liesbeth	V117	V35+		01:09:13	06:53
284	0523	Clause	Freddy	M167	M65+	Lago	01:09:39	06:56
285	0627	Vanstipelen	Dagmar	V118	V35-		01:09:52	06:57
286	0626	Vanstipelen	Ine	V119	V35-		01:09:53	06:57
287	0594	Vastmans	Margot	V120	V35-		01:10:13	06:59
288	0638	Theunissen	Lynn	V121	V35-		01:10:14	06:59
289	6141	Hulsmans	Pierre	M168	M65+	ZAC Zonhoven e	01:10:44	07:02
290	0599	Massignani	Annick	V122	V45+		01:10:59	07:04
291	0509	Van de Weerd	Marijke	V123	V45+		01:11:00	07:04
292	0685	Muls	Patrick	M169	M65+		01:11:19	07:06
293	0580	Corstjens	Inge	V124	V35+		01:11:45	07:08
294	0548	Audoor	Tamara	V125	V35+	LJC	01:11:48	07:09
295	0562	Viaene	Anne	V126	V35+		01:11:50	07:09
296	0590	Grégoir	Frank	M170	M45+		01:12:25	07:12
297	0591	Heeren	Wendy	V127	V45+		01:12:26	07:12
298	0589	Grégoir	Amber	V128	V35-		01:12:27	07:12
299	0593	Nuyts	Elvira	V129	V35-	Kine Elvira	01:13:22	07:18
300	0586	Timmermans	Maud	V130	V35-		01:13:23	07:18
301	0564	Broeders	Evi	V131	V35+		01:13:38	07:20
302	0565	Collas	Hannelore	V132	V35+		01:13:39	07:20
303	0715	Bontea	Costinel-Bogdan	M171	M35+	-	01:14:41	07:26
304	0504	Vanhaverbeke	Astrid	V133	V35-	TC Iris	01:21:36	08:07



## Helpshopcup - 10,0 km - Mannen 35-

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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



Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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 - Mannen 35+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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+	Bokkerijderstear	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

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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 - Mannen 45+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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 - Mannen 55+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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+	Bokkerijderstean	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 - Mannen 65+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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 - Vrouwen 35-

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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	Vanhaverbeke	Astrid	V60	V35-	TC Iris	01:21:36	08:07



## Helpshopcup - 10,0 km - Vrouwen 35+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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 - Vrouwen 45+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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 - Vrouwen 55+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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 - Vrouwen 65+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	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