



## 10KM - Helpshopcup - Algemene rangschikking

Startuur : 23-03-2024 15:00:02

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	6165	Blijkers	Tibo	M1	M35-	Team Fischer	00:34:17	03:25
2	0325	Boden	Niki	M2	M35+		00:34:46	03:28
3	0361	Vervecken	Jo	M3	M35-	De Jogclub TF	00:35:18	03:31
4	6084	Scholts	Kylian	M4	M35-	SQM running tea	00:35:23	03:32
5	0303	Vanstraelen	Dries	M5	M35-		00:37:13	03:43
6	0368	philippe	patrick	M6	M55+		00:37:21	03:44
7	0362	Schouppe	Wouter	M7	M45+	neen	00:37:26	03:44
8	6046	Vanden Bempt	Hans	M8	M45+	SQMrunningtaer	00:37:51	03:47
9	0352	de rooy	andy	M9	M45+	coyotesportstea	00:38:10	03:49
10	6167	Droumpouras	Dimitri	M10	M35+	SqmRunningTea	00:38:41	03:52
11	6145	Van Asselbergh	Jorden	M11	M35-	ADD diepenbeek	00:38:51	03:53
12	6173	Stevens	Christophe	M12	M35+	ADD	00:39:10	03:55
13	6068	Vanrusselt	Nico	M13	M45+	Add	00:39:17	03:55
14	0351	Moens	Niels	M14	M35-		00:39:46	03:58
15	0369	Bogaerts	Sem	M15	M35+	BFC	00:39:49	03:58
16	0354	Diels	Olivier	M16	M35+	Atletiekclub De	00:40:33	04:03
17	0345	Scholts	Bert	M17	M35+		00:40:47	04:04
18	6081	Wouters	Chriske	M18	M45+	SQM RUNNINGC	00:41:06	04:06
19	6100	Santermans	Peter	M19	M45+		00:41:32	04:09
20	0370	willems	dirk	M20	M55+		00:41:37	04:09
21	6134	Vrancken	Koen	M21	M35+		00:41:55	04:11
22	0338	Schots	Tom	M22	M35+	TACT	00:42:29	04:14
23	0363	vangeel	julie	V1	V35-		00:42:34	04:15
24	0359	Pinckers	Koen	M23	M35+	Animo	00:42:54	04:17
25	0332	Meertens	Jeroen	M24	M35-		00:43:05	04:18
26	6036	Stijnen	David	M25	M45+	Aca Alken	00:43:19	04:19
27	6028	Baerts	Chris	M26	M45+	Geen	00:43:36	04:21
28	0342	Hendrickx	Peter	M27	M55+	RCT	00:43:43	04:22
29	6114	Hiemeleers	Marc	M28	M65+	Ac Alken	00:43:46	04:22
30	6129	Schevenels	Jarno	M29	M35-	TACT	00:43:49	04:22
31	0360	Saenen	Bart	M30	M45+		00:44:07	04:24
32	6091	Vossius	Peter	M31	M45+	SQM RUNNINGC	00:44:15	04:25
33	0336	Ruymen	Jo	M32	M35+		00:44:27	04:26
34	0375	Wolters	Fre	M33	M65+	neen	00:44:37	04:27
35	6107	Vanschoonwinkel	Gwen	M34	M35+	Bokkerijderstea	00:44:46	04:28
36	6075	Arnauts	Elle	V2	V35-	Elle.arnautsgmai	00:44:53	04:29
37	0341	Billen	Gert	M35	M45+		00:44:59	04:29
38	6144	Requilé	Philippe	M36	M55+	Bokkerijderstea	00:45:01	04:30

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	0306	Moermans	Rutger	M37	M35-		00:45:04	04:30
40	6137	Wouters	Bart	M38	M45+	BFC	00:45:06	04:30
41	6047	Buntinx	Johan	M39	M45+		00:45:12	04:31
42	0327	Budo	Ellis	M40	M35-		00:45:34	04:33
43	0316	Arckens	Geert	M41	M35+		00:45:38	04:33
44	0337	Strauven	Sofie	V3	V35+	DCLA Halen	00:45:40	04:34
45	0358	Herbots	Tim	M42	M35-		00:46:00	04:36
46	6051	Permentier	Gilbert	M43	M55+		00:46:14	04:37
47	6159	Van Dingenen	Steven	M44	M45+	Gs running team	00:46:21	04:38
48	0372	Ieroy	fabienne	V4	V45+		00:46:25	04:38
49	6094	Mechelmans	Tamara	V5	V35+		00:46:26	04:38
50	6024	Mesotten	Dirk	M45	M45+		00:46:28	04:38
51	0376	Nelissen	Christophe	M46	M35-		00:46:29	04:38
52	0373	Van Keer	Stijn	M47	M35+		00:46:47	04:40
53	0365	Broux	Tom	M48	M35+		00:46:51	04:41
54	6148	Stas	Katrien	V6	V45+	DCLA Halen	00:46:57	04:41
55	0331	de Bock	Mattias	M49	M35-		00:47:51	04:47
56	0377	verboven	gilles	M50	M35-		00:47:52	04:47
57	0329	Wouters	Sofie	V7	V35+		00:48:06	04:48
58	0344	Pelgrims	Edouard	M51	M65+	Aca alken	00:48:27	04:50
59	6135	Baus	Carlo	M52	M45+	Bokkerijderstea	00:48:35	04:51
60	0350	Gitsels	Els Gitsels	V8	V45+		00:49:02	04:54
61	0349	Smets	Frank	M53	M35+		00:49:14	04:55
62	6033	Moons	Lydia	V9	V55+	Geen	00:49:34	04:57
63	0333	Vankrunkelsven	Christel	V10	V55+	VACH	00:49:39	04:57
64	0335	Reyskens	Geert	M54	M55+	HSLC	00:49:47	04:58
65	6092	Croughs	An	V11	V35+	Run TMC	00:49:51	04:59
66	6122	Broos	Bruno	M55	M65+		00:50:00	05:00
67	6064	Schroven	Hilde	V12	V45+	GS Runningteam	00:50:14	05:01
68	6113	Schyvens	Griet	V13	V35-		00:50:26	05:02
69	0339	Thoonen	Erik	M56	M65+	Gemsjoggers	00:50:54	05:05
70	6066	Tomsin	Ronny	M57	M45+	BFC - Hoeselt R	00:51:01	05:06
71	0312	Pirs	Erwin	M58	M45+		00:51:10	05:07
72	0346	Luyten	Nicky	M59	M35+		00:51:32	05:09
73	6056	Bauduin	Ianthe	V14	V35-	Trenara	00:51:39	05:09
74	0324	Niesen	Stan	M60	M45+		00:52:16	05:13
75	6111	Frankenne	Linda	V15	V45+	GS-Running Tea	00:52:21	05:14
76	0371	Kempeneers	Peter	M61	M55+		00:52:22	05:14
77	6037	Govaerts	Kris	M62	M65+	AC Alken	00:52:36	05:15
78	6096	Pauwels	Jill	V16	V35+	GS Running Tea	00:52:56	05:17
79	6166	geyskens	Mark	M63	M65+		00:52:57	05:17
80	6121	Theys	Hermine	V17	V35+	DCLA Halen	00:53:05	05:18
81	0321	Holsteyns	Herman	M64	M45+		00:53:30	05:21
82	6106	Stroobants	Herman	M65	M55+		00:53:47	05:22
83	0355	Rapp	Linde	V18	V35+	atletiek club de d	00:54:04	05:24
84	0317	Swinnen	Evelien	V19	V35+		00:54:13	05:25
85	0311	Raepers	Stefaan	M66	M35-		00:54:50	05:29

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
86	0334	Coenen	Wouter	M67	M35+		00:55:11	05:31
87	6143	Vankrunkelsven	Leen	V20	V55+	DCLA-Halen	00:55:18	05:31
88	0309	Munsters	Sander	M68	M35+		00:55:22	05:32
89	0347	Ngendakuriyo	Charité	M69	M35-		00:55:26	05:32
90	0301	Vanstraelen	Marie	V21	V35-		00:55:32	05:33
91	6038	Van Zand	Maja	V22	V65+	AC Alken	00:55:43	05:34
92	0364	Philippaerts	Greta	V23	V55+	ACAAlken	00:55:52	05:35
93	0308	Peeters	Hannelore	V24	V35+		00:55:53	05:35
94	6059	Coenen	Kris	M70	M35+	bokkerijdersteam	00:56:40	05:40
95	0340	STULENS	MELVIN	M71	M35+	SnailRunningSqu	00:56:57	05:41
96	0357	Willemen	Kristof	M72	M35-	Snail Running Sc	00:56:58	05:41
97	0343	Duchateau	Jan	M73	M35+	Presidentile Run	00:56:59	05:41
98	6168	Cabuy	Paula	V25	V55+		00:57:13	05:43
99	0330	Cortleven	Willy	M74	M65+	Mergellopers Ric	00:57:16	05:43
100	0326	Degreef	Dana	V26	V35-		00:57:24	05:44
101	6008	Polders	Jos	M75	M65+	ACA	00:57:30	05:45
102	0314	Claes	Cedric	M76	M35-		00:57:54	05:47
103	0310	Raepers	Niels	M77	M35-		00:57:58	05:47
104	0302	Beukeleirs	Kaat	V27	V35-		00:58:23	05:50
105	0367	Calders	Rudy	M78	M55+		00:58:35	05:51
106	6136	Arnauts	Els	V28	V35+		00:59:08	05:54
107	0374	Vanmuysen	Koen	M79	M55+		01:00:25	06:02
108	0319	Vanherf	Vicky	V29	V35-		01:00:54	06:05
109	6022	Coenen	David	M80	M45+		01:01:10	06:07
110	6005	Vandenbergh	Eddy	M81	M45+		01:03:14	06:19
111	0313	Lima	Marcus	M82	M35+		01:04:13	06:25
112	0307	Pittevils	Patricia	V30	V45+		01:04:15	06:25
113	0323	Cappellen	Laura	V31	V35-		01:05:41	06:34
114	0318	Rombaut	Liam	M83	M35-		01:05:42	06:34
115	0320	Vanherf	Steffi	V32	V35-		01:11:05	07:06
116	6141	Hulsmans	Pierre	M84	M65+	ZAC Zonhoven e	01:15:43	07:34
117	0304	Picard	Lotte	V33	V35-		01:17:54	07:47

## 10KM - Helpshopcup - Mannen 35-

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	6165	Blijkers	Tibo	M1	M35-	Team Fischer	00:34:17	03:25
2	0361	Vervecken	Jo	M2	M35-	De Jogclub TF	00:35:18	03:31
3	6084	Scholts	Kylian	M3	M35-	SQM running tea	00:35:23	03:32
4	0303	Vanstraelen	Dries	M4	M35-		00:37:13	03:43
5	6145	Van Asselbergh	Jorden	M5	M35-	ADD diepenbeek	00:38:51	03:53
6	0351	Moens	Niels	M6	M35-		00:39:46	03:58
7	0332	Meertens	Jeroen	M7	M35-		00:43:05	04:18
8	6129	Schevenels	Jarno	M8	M35-	TACT	00:43:49	04:22
9	0306	Moermans	Rutger	M9	M35-		00:45:04	04:30
10	0327	Budo	Ellis	M10	M35-		00:45:34	04:33
11	0358	Herbots	Tim	M11	M35-		00:46:00	04:36
12	0376	Nelissen	Christophe	M12	M35-		00:46:29	04:38
13	0331	de Bock	Mattias	M13	M35-		00:47:51	04:47
14	0377	verboven	gilles	M14	M35-		00:47:52	04:47
15	0311	Raepers	Stefaan	M15	M35-		00:54:50	05:29
16	0347	Ngendakuriyo	Charité	M16	M35-		00:55:26	05:32
17	0357	Willemen	Kristof	M17	M35-	Snail Running Sc	00:56:58	05:41
18	0314	Claes	Cedric	M18	M35-		00:57:54	05:47
19	0310	Raepers	Niels	M19	M35-		00:57:58	05:47
20	0318	Rombaut	Liam	M20	M35-		01:05:42	06:34

## 10KM - Helpshopcup - Mannen 35+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0325	Boden	Niki	M1	M35+		00:34:46	03:28
2	6167	Droumpouras	Dimitri	M2	M35+	SqmRunningTea	00:38:41	03:52
3	6173	Stevens	Christophe	M3	M35+	ADD	00:39:10	03:55
4	0369	Bogaerts	Sem	M4	M35+	BFC	00:39:49	03:58
5	0354	Diels	Olivier	M5	M35+	Atletiekclub De I	00:40:33	04:03
6	0345	Scholts	Bert	M6	M35+		00:40:47	04:04
7	6134	Vrancken	Koen	M7	M35+		00:41:55	04:11
8	0338	Schots	Tom	M8	M35+	TACT	00:42:29	04:14
9	0359	Pinckers	Koen	M9	M35+	Animo	00:42:54	04:17
10	0336	Ruymen	Jo	M10	M35+		00:44:27	04:26
11	6107	Vanschoonwinkel	Gwen	M11	M35+	Bokkerijderstear	00:44:46	04:28
12	0316	Arckens	Geert	M12	M35+		00:45:38	04:33
13	0373	Van Keer	Stijn	M13	M35+		00:46:47	04:40
14	0365	Broux	Tom	M14	M35+		00:46:51	04:41
15	0349	Smets	Frank	M15	M35+		00:49:14	04:55
16	0346	Luyten	Nicky	M16	M35+		00:51:32	05:09
17	0334	Coenen	Wouter	M17	M35+		00:55:11	05:31
18	0309	Munsters	Sander	M18	M35+		00:55:22	05:32
19	6059	Coenen	Kris	M19	M35+	bokkerijderstear	00:56:40	05:40
20	0340	STULENS	MELVIN	M20	M35+	SnailRunningSqu	00:56:57	05:41
21	0343	Duchateau	Jan	M21	M35+	Presidentile Run	00:56:59	05:41
22	0313	Lima	Marcus	M22	M35+		01:04:13	06:25

## 10KM - Helpshopcup - Mannen 45+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0362	Schouppe	Wouter	M1	M45+	neen	00:37:26	03:44
2	6046	Vanden Bempt	Hans	M2	M45+	SQMrunningtaer	00:37:51	03:47
3	0352	de rooy	andy	M3	M45+	coyotesportstea	00:38:10	03:49
4	6068	Vanrusselt	Nico	M4	M45+	Add	00:39:17	03:55
5	6081	Wouters	Chriske	M5	M45+	SQM RUNNINC	00:41:06	04:06
6	6100	Santermans	Peter	M6	M45+		00:41:32	04:09
7	6036	Stijnen	David	M7	M45+	Aca Alken	00:43:19	04:19
8	6028	Baerts	Chris	M8	M45+	Geen	00:43:36	04:21
9	0360	Saenen	Bart	M9	M45+		00:44:07	04:24
10	6091	Vossius	Peter	M10	M45+	SQM RUNNINC	00:44:15	04:25
11	0341	Billen	Gert	M11	M45+		00:44:59	04:29
12	6137	Wouters	Bart	M12	M45+	BFC	00:45:06	04:30
13	6047	Buntinx	Johan	M13	M45+		00:45:12	04:31
14	6159	Van Dingenen	Steven	M14	M45+	Gs running team	00:46:21	04:38
15	6024	Mesotten	Dirk	M15	M45+		00:46:28	04:38
16	6135	Baus	Carlo	M16	M45+	Bokkerijderstea	00:48:35	04:51
17	6066	Tomsin	Ronny	M17	M45+	BFC - Hoeselt R	00:51:01	05:06
18	0312	Pirs	Erwin	M18	M45+		00:51:10	05:07
19	0324	Niesen	Stan	M19	M45+		00:52:16	05:13
20	0321	Holsteyns	Herman	M20	M45+		00:53:30	05:21
21	6022	Coenen	David	M21	M45+		01:01:10	06:07
22	6005	Vandenberghe	Eddy	M22	M45+		01:03:14	06:19

## 10KM - Helpshopcup - Mannen 55+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0368	philippe	patrick	M1	M55+		00:37:21	03:44
2	0370	willems	dirk	M2	M55+		00:41:37	04:09
3	0342	Hendrickx	Peter	M3	M55+	RCT	00:43:43	04:22
4	6144	Requilé	Philippe	M4	M55+	Bokkerijderstear	00:45:01	04:30
5	6051	Permentier	Gilbert	M5	M55+		00:46:14	04:37
6	0335	Reyskens	Geert	M6	M55+	HSLC	00:49:47	04:58
7	0371	Kempeneers	Peter	M7	M55+		00:52:22	05:14
8	6106	Stroobants	Herman	M8	M55+		00:53:47	05:22
9	0367	Calders	Rudy	M9	M55+		00:58:35	05:51
10	0374	Vanmuysen	Koen	M10	M55+		01:00:25	06:02

## 10KM - Helpshopcup - Mannen 65+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	6114	Hiemeleers	Marc	M1	M65+	Ac Alken	00:43:46	04:22
2	0375	Wolters	Fre	M2	M65+	neen	00:44:37	04:27
3	0344	Pelgrims	Edouard	M3	M65+	Aca alken	00:48:27	04:50
4	6122	Broos	Bruno	M4	M65+		00:50:00	05:00
5	0339	Thoonen	Erik	M5	M65+	Gemsjoggers	00:50:54	05:05
6	6037	Govaerts	Kris	M6	M65+	AC Alken	00:52:36	05:15
7	6166	geyskens	Mark	M7	M65+		00:52:57	05:17
8	0330	Cortleven	Willy	M8	M65+	Mergellopers Rie	00:57:16	05:43
9	6008	Polders	Jos	M9	M65+	ACA	00:57:30	05:45
10	6141	Hulsmans	Pierre	M10	M65+	ZAC Zonhoven €	01:15:43	07:34



## 10KM - Helpshopcup - Vrouwen 35-

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0363	vangeel	julie	V1	V35-		00:42:34	04:15
2	6075	Arnauts	Elle	V2	V35-	Elle.arnautsgmai	00:44:53	04:29
3	6113	Schyvens	Griet	V3	V35-		00:50:26	05:02
4	6056	Bauduin	Ianthe	V4	V35-	Trenara	00:51:39	05:09
5	0301	Vanstraelen	Marie	V5	V35-		00:55:32	05:33
6	0326	Degreef	Dana	V6	V35-		00:57:24	05:44
7	0302	Beukeleirs	Kaat	V7	V35-		00:58:23	05:50
8	0319	Vanherf	Vicky	V8	V35-		01:00:54	06:05
9	0323	Cappellen	Laura	V9	V35-		01:05:41	06:34
10	0320	Vanherf	Steffi	V10	V35-		01:11:05	07:06
11	0304	Picard	Lotte	V11	V35-		01:17:54	07:47

## 10KM - Helpshopcup - Vrouwen 35+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0337	Strauven	Sofie	V1	V35+	DCLA Halen	00:45:40	04:34
2	6094	Mechelmans	Tamara	V2	V35+		00:46:26	04:38
3	0329	Wouters	Sofie	V3	V35+		00:48:06	04:48
4	6092	Croughs	An	V4	V35+	Run TMC	00:49:51	04:59
5	6096	Pauwels	Jill	V5	V35+	GS Running Tea	00:52:56	05:17
6	6121	Theys	Hermine	V6	V35+	DCLA Halen	00:53:05	05:18
7	0355	Rapp	Linde	V7	V35+	atletiek club de d	00:54:04	05:24
8	0317	Swinnen	Evelien	V8	V35+		00:54:13	05:25
9	0308	Peeters	Hannelore	V9	V35+		00:55:53	05:35
10	6136	Arnauts	Els	V10	V35+		00:59:08	05:54

## 10KM - Helpshopcup - Vrouwen 45+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0372	Ieroy	fabienne	V1	V45+		00:46:25	04:38
2	6148	Stas	Katrien	V2	V45+	DCLA Halen	00:46:57	04:41
3	0350	Gitsels	Els Gitsels	V3	V45+		00:49:02	04:54
4	6064	Schroven	Hilde	V4	V45+	GS Runningteam	00:50:14	05:01
5	6111	Frankenne	Linda	V5	V45+	GS-Running Tea	00:52:21	05:14
6	0307	Pittevils	Patricia	V6	V45+		01:04:15	06:25

## 10KM - Helpshopcup - Vrouwen 55+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	6033	Moons	Lydia	V1	V55+	Geen	00:49:34	04:57
2	0333	Vankrunkelsven	Christel	V2	V55+	VACH	00:49:39	04:57
3	6143	Vankrunkelsven	Leen	V3	V55+	DCLA-Halen	00:55:18	05:31
4	0364	Philippaerts	Greta	V4	V55+	ACAiken	00:55:52	05:35
5	6168	Cabuy	Paula	V5	V55+		00:57:13	05:43

## 10KM - Helpshopcup - Vrouwen 65+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	6038	Van Zand	Maja	V1	V65+	AC Alken	00:55:43	05:34