

## 10 km stratenloop - Helpshopcup - Gesamtwertung

Startzeit : 22-03-2025 14:59:59

Die Ergebnisse sind vollständig

| Plats | Startnr | Nachname       | Vorname      | M/F | Kat  | Club              | Zeit     | min/km |
|-------|---------|----------------|--------------|-----|------|-------------------|----------|--------|
| 1     | 0243    | Bart           | Vanden Bosch | M1  | M35- | Kapsalon Luc      | 00:36:30 | 03:39  |
| 2     | 5009    | De Rooy        | Andy         | M2  | M45+ | Coyote sports tea | 00:36:47 | 03:40  |
| 3     | 0176    | Scholts        | Bert         | M3  | M35+ | Aca               | 00:36:52 | 03:41  |
| 4     | 5075    | Philippe       | Patrick      | M4  | M55+ | JiA               | 00:36:57 | 03:41  |
| 5     | 0177    | Warnant        | Leander      | M5  | M35+ |                   | 00:37:04 | 03:42  |
| 6     | 5103    | Vossius        | Peter        | M6  | M45+ | SQM RUNNING       | 00:37:11 | 03:43  |
| 7     | 5172    | Wouters        | Chriske      | M7  | M45+ | SQM RUNNING       | 00:37:50 | 03:47  |
| 8     | 0168    | Potters        | Lennert      | M8  | M35- | Edo Sports        | 00:38:21 | 03:50  |
| 9     | 0180    | Michielsen     | Dries        | M9  | M35- |                   | 00:38:40 | 03:52  |
| 10    | 0175    | Haesen         | Jasper       | M10 | M35- |                   | 00:38:54 | 03:53  |
| 11    | 5102    | Vanden Bempt   | Hans         | M11 | M45+ | SQMrunningtear    | 00:39:38 | 03:57  |
| 12    | 0181    | Janssen        | Bono         | M12 | M35- |                   | 00:39:53 | 03:59  |
| 13    | 5150    | Arnauts        | Bert         | M13 | M45+ | Animo             | 00:40:20 | 04:02  |
| 14    | 5041    | Nguyen         | Tien-Thanh   | M14 | M35+ | Amsrunners        | 00:40:34 | 04:03  |
| 15    | 0192    | Schots         | Tom          | M15 | M35+ | TACT              | 00:40:38 | 04:03  |
| 16    | 5126    | De Meyer       | Pieter       | M16 | M35+ | Dcla Halen        | 00:41:20 | 04:08  |
| 17    | 0259    | Beelen         | Tillo        | M17 | M35+ | dcla halen        | 00:41:46 | 04:10  |
| 18    | 0194    | Finoulst       | Marc         | M18 | M55+ |                   | 00:43:03 | 04:18  |
| 19    | 5074    | Stoumont       | Laure        | F1  | F35+ | JiA               | 00:43:23 | 04:20  |
| 20    | 0178    | D'AVELINO      | MICHAEL      | M19 | M45+ | SER ATHL          | 00:43:30 | 04:21  |
| 21    | 0193    | Dekens         | Danny        | M20 | M65+ | Dcla Halen        | 00:43:37 | 04:21  |
| 22    | 5123    | Santermans     | Peter        | M21 | M45+ |                   | 00:43:40 | 04:22  |
| 23    | 0261    | Mellemans      | Robrecht     | M22 | M35+ |                   | 00:43:43 | 04:22  |
| 24    | 0275    | Leesen         | Erwin        | M23 | M55+ |                   | 00:44:04 | 04:24  |
| 25    | 5028    | Werckx         | Ludo         | M24 | M65+ | ACA               | 00:44:08 | 04:24  |
| 26    | 0171    | Hollants       | JP           | M25 | M45+ | VACH              | 00:44:14 | 04:25  |
| 27    | 0154    | Bronckaers     | Aaron        | M26 | M35- | Meat Run          | 00:44:26 | 04:26  |
| 28    | 0211    | Vangeel        | Julie        | F2  | F35- | GS Running Tea    | 00:44:53 | 04:29  |
| 29    | 0266    | Ruymen         | Jo           | M27 | M35+ |                   | 00:45:25 | 04:32  |
| 30    | 5093    | Zlocki         | Nadja        | F3  | F35+ |                   | 00:45:35 | 04:33  |
| 31    | 0265    | Pauwels        | Jill         | F4  | F35+ | GS Running Tea    | 00:45:46 | 04:34  |
| 32    | 5124    | Hiemeleers     | Marc         | M28 | M65+ | AC Alken          | 00:46:04 | 04:36  |
| 33    | 0233    | Bodocka        | Zuzana       | F5  | F35+ |                   | 00:46:06 | 04:36  |
| 34    | 0224    | Burdzy         | Sven         | M29 | M45+ | DCLA Halen        | 00:46:26 | 04:38  |
| 35    | 0142    | Verthé         | Tom          | M30 | M35+ |                   | 00:46:34 | 04:39  |
| 36    | 5112    | Lormans        | Ward         | M31 | M35- |                   | 00:46:38 | 04:39  |
| 37    | 0228    | Strauven       | Sofie        | F6  | F35+ | Dcla Halen        | 00:46:43 | 04:40  |
| 38    | 5107    | Vankrunkelsven | Leen         | F7  | F55+ | VACH              | 00:46:52 | 04:41  |

| Plats | Startnr | Nachname        | Vorname  | M/F | Kat  | Club             | Zeit     | min/km |
|-------|---------|-----------------|----------|-----|------|------------------|----------|--------|
| 39    | 5014    | Slegers         | Werner   | M32 | M55+ | Club speciaal    | 00:46:55 | 04:41  |
| 40    | 5057    | Laforge         | Frederic | M33 | M45+ | Waco             | 00:47:03 | 04:42  |
| 41    | 5128    | Stas            | Katrien  | F8  | F45+ | DCLA Halen       | 00:47:15 | 04:43  |
| 42    | 0144    | Van Schelvergem | Gertjan  | M34 | M35- | Triatlon Vlaande | 00:47:30 | 04:45  |
| 43    | 0236    | Pinckers        | Koen     | M35 | M35+ | Animo            | 00:47:44 | 04:46  |
| 44    | 5166    | Diels           | Lenny    | M36 | M35- |                  | 00:47:48 | 04:46  |
| 45    | 0161    | Vervloesem      | Michael  | M37 | M35- |                  | 00:47:59 | 04:47  |
| 46    | 5108    | Niesen          | Stan     | M38 | M45+ |                  | 00:48:27 | 04:50  |
| 47    | 0225    | Pipeleers       | Kevin    | M39 | M35+ | Geen             | 00:48:31 | 04:51  |
| 48    | 0191    | Trouwers        | Johan    | M40 | M35+ |                  | 00:48:47 | 04:52  |
| 49    | 0152    | Remels          | Dimitry  | M41 | M35+ |                  | 00:48:58 | 04:53  |
| 50    | 5056    | Verschueren     | Frank    | M42 | M65+ | SACN             | 00:49:04 | 04:54  |
| 51    | 0166    | Heeren          | Egon     | M43 | M35+ |                  | 00:49:14 | 04:55  |
| 52    | 0169    | Doms            | Stijn    | M44 | M35+ | Hogense loop     | 00:49:35 | 04:57  |
| 53    | 0145    | Erkens          | Kristof  | M45 | M35+ | Reshape Studio   | 00:49:39 | 04:57  |
| 54    | 0270    | Sluijsmans      | Judith   | F9  | F35+ |                  | 00:49:40 | 04:58  |
| 55    | 0160    | Mignolet        | Manu     | M46 | M35- |                  | 00:49:43 | 04:58  |
| 56    | 0137    | Pirs            | Erwin    | M47 | M45+ |                  | 00:50:10 | 05:01  |
| 57    | 0274    | Kempeneers      | Peter    | M48 | M55+ |                  | 00:50:15 | 05:01  |
| 58    | 0272    | Deneuker        | Tony     | M49 | M55+ |                  | 00:50:21 | 05:02  |
| 59    | 0184    | Depre&          | Jan      | M50 | M55+ | TACT             | 00:50:40 | 05:04  |
| 60    | 0164    | De Rouck        | Dave     | M51 | M45+ | LC De Rouckies   | 00:50:46 | 05:04  |
| 61    | 5007    | Bauduin         | Ianthe   | F10 | F35- | Trenara          | 00:50:54 | 05:05  |
| 62    | 5010    | Slegers         | Ayrton   | M52 | M35- |                  | 00:51:08 | 05:06  |
| 63    | 5125    | Dasque          | Roos     | F11 | F35+ | Dcla Halen       | 00:51:27 | 05:08  |
| 64    | 0190    | Vanaken         | Patrick  | M53 | M55+ | Gemsjoggers Die  | 00:51:38 | 05:09  |
| 65    | 0281    | claes           | mathieu  | M54 | M35+ |                  | 00:51:56 | 05:11  |
| 66    | 0230    | Reyskens        | Geert    | M55 | M55+ | HSLC             | 00:52:12 | 05:13  |
| 67    | 0267    | Vranckx         | Benoit   | M56 | M65+ |                  | 00:52:20 | 05:14  |
| 68    | 5052    | Moons           | Lydia    | F12 | F55+ |                  | 00:52:34 | 05:15  |
| 69    | 5051    | Coenen          | Wouter   | M57 | M35+ |                  | 00:52:46 | 05:16  |
| 70    | 0182    | Indekeu         | Kobe     | M58 | M35- |                  | 00:53:46 | 05:22  |
| 71    | 0277    | Coenegrachts    | Loes     | F13 | F35- |                  | 00:53:54 | 05:23  |
| 72    | 5013    | Coenen          | Kris     | M59 | M35+ | bokkerijdersteam | 00:54:19 | 05:25  |
| 73    | 0140    | Jamaer          | Thijs    | M60 | M35+ |                  | 00:54:47 | 05:28  |
| 74    | 0146    | Massoels        | Kristof  | M61 | M35+ |                  | 00:54:47 | 05:28  |
| 75    | 0159    | Mulkers         | Julie    | F14 | F35- |                  | 00:54:47 | 05:28  |
| 76    | 5043    | Govaerts        | Kris     | M62 | M65+ | AC Alken         | 00:55:01 | 05:30  |
| 77    | 0156    | Leruitte        | Jolien   | F15 | F35- |                  | 00:55:24 | 05:32  |
| 78    | 0162    | Stulens         | Bea      | F16 | F35- |                  | 00:55:48 | 05:34  |
| 79    | 0273    | Jansen          | Anton    | M63 | M35- |                  | 00:55:57 | 05:35  |
| 80    | 0163    | Verjans         | Sofie    | F17 | F35+ |                  | 00:56:09 | 05:36  |
| 81    | 0249    | De Bus          | Martien  | F18 | F45+ | VACH             | 00:56:49 | 05:40  |
| 82    | 0155    | Willems         | Jarne    | M64 | M35- |                  | 00:57:09 | 05:42  |
| 83    | 5044    | Van Zand        | Maja     | F19 | F65+ | krisgovaertsskyn | 00:57:46 | 05:46  |
| 84    | 0138    | Menten          | Steffi   | F20 | F35- |                  | 00:58:04 | 05:48  |
| 85    | 0139    | Claes           | Michaël  | M65 | M35+ |                  | 00:58:04 | 05:48  |

| Plats | Startnr | Nachname          | Vorname   | M/F | Kat  | Club             | Zeit     | min/km |
|-------|---------|-------------------|-----------|-----|------|------------------|----------|--------|
| 86    | 0276    | Luts              | Daniel    | M66 | M65+ | DCLA Halen       | 00:58:06 | 05:48  |
| 87    | 0268    | Jeuris            | Jeroen    | M67 | M35+ | Runners Kortess  | 00:58:49 | 05:52  |
| 88    | 0227    | Jansen            | Felien    | F21 | F35- |                  | 00:59:04 | 05:54  |
| 89    | 0185    | Raepers           | Stefaan   | M68 | M35- |                  | 00:59:09 | 05:54  |
| 90    | 0263    | Goubert           | Luc       | M69 | M55+ |                  | 01:00:04 | 06:00  |
| 91    | 5022    | Coenen            | David     | M70 | M45+ |                  | 01:00:39 | 06:03  |
| 92    | 5106    | Loix              | Johnny    | M71 | M55+ |                  | 01:00:42 | 06:04  |
| 93    | 0131    | Thys              | Dries     | M72 | M35+ |                  | 01:00:50 | 06:05  |
| 94    | 0262    | Vandersmissen     | Arno      | M73 | M35- | Arno Vandersmi   | 01:01:09 | 06:06  |
| 95    | 0226    | Baldewijns        | Justine   | F22 | F35- |                  | 01:01:36 | 06:09  |
| 96    | 5164    | Beirinckx         | Peter     | M74 | M55+ |                  | 01:01:55 | 06:11  |
| 97    | 5037    | Cammaerts         | Bart      | M75 | M45+ | Loopcoach Bart   | 01:02:12 | 06:13  |
| 98    | 0133    | Krieken           | Damien    | M76 | M35+ |                  | 01:03:26 | 06:20  |
| 99    | 0134    | Van Marcke        | Lien      | F23 | F35+ | De Hete Spurters | 01:03:26 | 06:20  |
| 100   | 0170    | Dupont            | Jan       | M77 | M65+ |                  | 01:03:49 | 06:22  |
| 101   | 0186    | Raepers           | Niels     | M78 | M35- |                  | 01:04:10 | 06:25  |
| 102   | 0147    | Ramaekers         | Axel      | M79 | M35- |                  | 01:04:20 | 06:26  |
| 103   | 0204    | Tosun             | Bahar     | F24 | F35+ |                  | 01:04:55 | 06:29  |
| 104   | 0148    | Biesemans         | Joris     | M80 | M45+ |                  | 01:04:56 | 06:29  |
| 105   | 0271    | Tosun             | Ceylan    | F25 | F35+ |                  | 01:04:56 | 06:29  |
| 106   | 0279    | Hechtermans       | Katrien   | F26 | F45+ |                  | 01:05:42 | 06:34  |
| 107   | 0173    | Heeren            | Sieglinde | F27 | F35- |                  | 01:07:44 | 06:46  |
| 108   | 0264    | KRYSHMARU         | VIKTOR    | M81 | M55+ |                  | 01:07:47 | 06:46  |
| 109   | 0188    | Carrique Pelegrin | Juan      | M82 | M55+ |                  | 01:07:57 | 06:47  |
| 110   | 0174    | Gielen            | Sofie     | F28 | F35- |                  | 01:09:19 | 06:55  |
| 111   | 0157    | Peters            | Manon     | F29 | F35- |                  | 01:09:43 | 06:58  |
| 112   | 0158    | Sisani            | Remi      | M83 | M35- |                  | 01:09:44 | 06:58  |
| 113   | 0280    | Vanheusden        | Peter     | M84 | M45+ |                  | 01:10:20 | 07:02  |
| 114   | 0269    | Pirlot            | Lena      | M85 | M35- |                  | 01:10:28 | 07:02  |
| 115   | 0143    | Vandevorst        | Greet     | F30 | F35- |                  | 01:12:28 | 07:14  |
| 116   | 0278    | Henckaerts        | Stephen   | M86 | M35- |                  | 01:12:41 | 07:16  |
| 117   | 0141    | Koninx            | Matthias  | M87 | M35- | Reshape          | 01:21:34 | 08:09  |

## 10 km stratenloop - Helpshopcup - Männer 35-

| Plats | Startnr | Nachname        | Vorname      | M/F | Kat  | Club             | Zeit     | min/km |
|-------|---------|-----------------|--------------|-----|------|------------------|----------|--------|
| 1     | 0243    | Bart            | Vanden Bosch | M1  | M35- | Kapsalon Luc     | 00:36:30 | 03:39  |
| 2     | 0168    | Potters         | Lennert      | M2  | M35- | Edo Sports       | 00:38:21 | 03:50  |
| 3     | 0180    | Michielsen      | Dries        | M3  | M35- |                  | 00:38:40 | 03:52  |
| 4     | 0175    | Haesen          | Jasper       | M4  | M35- |                  | 00:38:54 | 03:53  |
| 5     | 0181    | Janssen         | Bono         | M5  | M35- |                  | 00:39:53 | 03:59  |
| 6     | 0154    | Bronckaers      | Aaron        | M6  | M35- | Meat Run         | 00:44:26 | 04:26  |
| 7     | 5112    | Lormans         | Ward         | M7  | M35- |                  | 00:46:38 | 04:39  |
| 8     | 0144    | Van Schelvergem | Gertjan      | M8  | M35- | Triatlon Vlaande | 00:47:30 | 04:45  |
| 9     | 5166    | Diels           | Lenny        | M9  | M35- |                  | 00:47:48 | 04:46  |
| 10    | 0161    | Vervloesem      | Michael      | M10 | M35- |                  | 00:47:59 | 04:47  |
| 11    | 0160    | Mignolet        | Manu         | M11 | M35- |                  | 00:49:43 | 04:58  |
| 12    | 5010    | Slegers         | Ayrton       | M12 | M35- |                  | 00:51:08 | 05:06  |
| 13    | 0182    | Indekeu         | Kobe         | M13 | M35- |                  | 00:53:46 | 05:22  |
| 14    | 0273    | Jansen          | Anton        | M14 | M35- |                  | 00:55:57 | 05:35  |
| 15    | 0155    | Willems         | Jarne        | M15 | M35- |                  | 00:57:09 | 05:42  |
| 16    | 0185    | Raepers         | Stefaan      | M16 | M35- |                  | 00:59:09 | 05:54  |
| 17    | 0262    | Vandersmissen   | Arno         | M17 | M35- | Arno Vandersmi   | 01:01:09 | 06:06  |
| 18    | 0186    | Raepers         | Niels        | M18 | M35- |                  | 01:04:10 | 06:25  |
| 19    | 0147    | Ramaekers       | Axel         | M19 | M35- |                  | 01:04:20 | 06:26  |
| 20    | 0158    | Sisani          | Remi         | M20 | M35- |                  | 01:09:44 | 06:58  |
| 21    | 0269    | Pirlot          | Lena         | M21 | M35- |                  | 01:10:28 | 07:02  |
| 22    | 0278    | Henckaerts      | Stephen      | M22 | M35- |                  | 01:12:41 | 07:16  |
| 23    | 0141    | Koninx          | Matthias     | M23 | M35- | Reshape          | 01:21:34 | 08:09  |

## 10 km stratenloop - Helpshopcup - Männer 35+

| Plats | Startnr | Nachname  | Vorname    | M/F | Kat  | Club              | Zeit     | min/km |
|-------|---------|-----------|------------|-----|------|-------------------|----------|--------|
| 1     | 0176    | Scholts   | Bert       | M1  | M35+ | Aca               | 00:36:52 | 03:41  |
| 2     | 0177    | Warnant   | Leander    | M2  | M35+ |                   | 00:37:04 | 03:42  |
| 3     | 5041    | Nguyen    | Tien-Thanh | M3  | M35+ | Amsrunners        | 00:40:34 | 04:03  |
| 4     | 0192    | Schots    | Tom        | M4  | M35+ | TACT              | 00:40:38 | 04:03  |
| 5     | 5126    | De Meyer  | Pieter     | M5  | M35+ | Dcla Halen        | 00:41:20 | 04:08  |
| 6     | 0259    | Beelen    | Tillo      | M6  | M35+ | dcla halen        | 00:41:46 | 04:10  |
| 7     | 0261    | Mellemans | Robrecht   | M7  | M35+ |                   | 00:43:43 | 04:22  |
| 8     | 0266    | Ruymen    | Jo         | M8  | M35+ |                   | 00:45:25 | 04:32  |
| 9     | 0142    | Verthé    | Tom        | M9  | M35+ |                   | 00:46:34 | 04:39  |
| 10    | 0236    | Pinckers  | Koen       | M10 | M35+ | Animo             | 00:47:44 | 04:46  |
| 11    | 0225    | Pipeleers | Kevin      | M11 | M35+ | Geen              | 00:48:31 | 04:51  |
| 12    | 0191    | Trouwers  | Johan      | M12 | M35+ |                   | 00:48:47 | 04:52  |
| 13    | 0152    | Remels    | Dimitry    | M13 | M35+ |                   | 00:48:58 | 04:53  |
| 14    | 0166    | Heeren    | Egon       | M14 | M35+ |                   | 00:49:14 | 04:55  |
| 15    | 0169    | Doms      | Stijn      | M15 | M35+ | Hogense loop      | 00:49:35 | 04:57  |
| 16    | 0145    | Erkens    | Kristof    | M16 | M35+ | Reshape Studio    | 00:49:39 | 04:57  |
| 17    | 0281    | claes     | mathieu    | M17 | M35+ |                   | 00:51:56 | 05:11  |
| 18    | 5051    | Coenen    | Wouter     | M18 | M35+ |                   | 00:52:46 | 05:16  |
| 19    | 5013    | Coenen    | Kris       | M19 | M35+ | bokkerijdersteant | 00:54:19 | 05:25  |
| 20    | 0140    | Jamaer    | Thijs      | M20 | M35+ |                   | 00:54:47 | 05:28  |
| 21    | 0146    | Massoels  | Kristof    | M21 | M35+ |                   | 00:54:47 | 05:28  |
| 22    | 0139    | Claes     | Michaël    | M22 | M35+ |                   | 00:58:04 | 05:48  |
| 23    | 0268    | Jeuris    | Jeroen     | M23 | M35+ | Runners Kortess   | 00:58:49 | 05:52  |
| 24    | 0131    | Thys      | Dries      | M24 | M35+ |                   | 01:00:50 | 06:05  |
| 25    | 0133    | Krieken   | Damien     | M25 | M35+ |                   | 01:03:26 | 06:20  |

## 10 km stratenloop - Helpshopcup - Männer 45+

| Plats | Startnr | Nachname     | Vorname  | M/F | Kat  | Club              | Zeit     | min/km |
|-------|---------|--------------|----------|-----|------|-------------------|----------|--------|
| 1     | 5009    | De Rooy      | Andy     | M1  | M45+ | Coyote sports tea | 00:36:47 | 03:40  |
| 2     | 5103    | Vossius      | Peter    | M2  | M45+ | SQM RUNNING       | 00:37:11 | 03:43  |
| 3     | 5172    | Wouters      | Chriske  | M3  | M45+ | SQM RUNNING       | 00:37:50 | 03:47  |
| 4     | 5102    | Vanden Bempt | Hans     | M4  | M45+ | SQMrunningtear    | 00:39:38 | 03:57  |
| 5     | 5150    | Arnauts      | Bert     | M5  | M45+ | Animo             | 00:40:20 | 04:02  |
| 6     | 0178    | D'AVELINO    | MICHAEL  | M6  | M45+ | SER ATHL          | 00:43:30 | 04:21  |
| 7     | 5123    | Santermans   | Peter    | M7  | M45+ |                   | 00:43:40 | 04:22  |
| 8     | 0171    | Hollants     | JP       | M8  | M45+ | VACH              | 00:44:14 | 04:25  |
| 9     | 0224    | Burdzy       | Sven     | M9  | M45+ | DCLA Halen        | 00:46:26 | 04:38  |
| 10    | 5057    | Laforge      | Frederic | M10 | M45+ | Waco              | 00:47:03 | 04:42  |
| 11    | 5108    | Niesen       | Stan     | M11 | M45+ |                   | 00:48:27 | 04:50  |
| 12    | 0137    | Pirs         | Erwin    | M12 | M45+ |                   | 00:50:10 | 05:01  |
| 13    | 0164    | De Rouck     | Dave     | M13 | M45+ | LC De Rouckies    | 00:50:46 | 05:04  |
| 14    | 5022    | Coenen       | David    | M14 | M45+ |                   | 01:00:39 | 06:03  |
| 15    | 5037    | Cammaerts    | Bart     | M15 | M45+ | Loopcoach Bart    | 01:02:12 | 06:13  |
| 16    | 0148    | Biesemans    | Joris    | M16 | M45+ |                   | 01:04:56 | 06:29  |
| 17    | 0280    | Vanheusden   | Peter    | M17 | M45+ |                   | 01:10:20 | 07:02  |

## 10 km stratenloop - Helpshopcup - Männer 55+

| Plats | Startnr | Nachname          | Vorname | M/F | Kat  | Club            | Zeit     | min/km |
|-------|---------|-------------------|---------|-----|------|-----------------|----------|--------|
| 1     | 5075    | Philippe          | Patrick | M1  | M55+ | JiA             | 00:36:57 | 03:41  |
| 2     | 0194    | Finoulst          | Marc    | M2  | M55+ |                 | 00:43:03 | 04:18  |
| 3     | 0275    | Leesen            | Erwin   | M3  | M55+ |                 | 00:44:04 | 04:24  |
| 4     | 5014    | Slegers           | Werner  | M4  | M55+ | Club speciaal   | 00:46:55 | 04:41  |
| 5     | 0274    | Kempeneers        | Peter   | M5  | M55+ |                 | 00:50:15 | 05:01  |
| 6     | 0272    | Deneuker          | Tony    | M6  | M55+ |                 | 00:50:21 | 05:02  |
| 7     | 0184    | Depre&            | Jan     | M7  | M55+ | TACT            | 00:50:40 | 05:04  |
| 8     | 0190    | Vanaken           | Patrick | M8  | M55+ | Gemsjoggers Die | 00:51:38 | 05:09  |
| 9     | 0230    | Reyskens          | Geert   | M9  | M55+ | HSLC            | 00:52:12 | 05:13  |
| 10    | 0263    | Goubert           | Luc     | M10 | M55+ |                 | 01:00:04 | 06:00  |
| 11    | 5106    | Loix              | Johnny  | M11 | M55+ |                 | 01:00:42 | 06:04  |
| 12    | 5164    | Beirinckx         | Peter   | M12 | M55+ |                 | 01:01:55 | 06:11  |
| 13    | 0264    | KRYSHMARU         | VIKTOR  | M13 | M55+ |                 | 01:07:47 | 06:46  |
| 14    | 0188    | Carrique Pelegrin | Juan    | M14 | M55+ |                 | 01:07:57 | 06:47  |

## 10 km stratenloop - Helpshopcup - Männer 65+

| Plats | Startnr | Nachname    | Vorname | M/F | Kat  | Club       | Zeit     | min/km |
|-------|---------|-------------|---------|-----|------|------------|----------|--------|
| 1     | 0193    | Dekens      | Danny   | M1  | M65+ | Dcla Halen | 00:43:37 | 04:21  |
| 2     | 5028    | Werckx      | Ludo    | M2  | M65+ | ACA        | 00:44:08 | 04:24  |
| 3     | 5124    | Hiemeleers  | Marc    | M3  | M65+ | AC Alken   | 00:46:04 | 04:36  |
| 4     | 5056    | Verschueren | Frank   | M4  | M65+ | SACN       | 00:49:04 | 04:54  |
| 5     | 0267    | Vranckx     | Benoît  | M5  | M65+ |            | 00:52:20 | 05:14  |
| 6     | 5043    | Govaerts    | Kris    | M6  | M65+ | AC Alken   | 00:55:01 | 05:30  |
| 7     | 0276    | Luts        | Daniel  | M7  | M65+ | DCLA Halen | 00:58:06 | 05:48  |
| 8     | 0170    | Dupont      | Jan     | M8  | M65+ |            | 01:03:49 | 06:22  |

## 10 km stratenloop - Helpshopcup - Frauen 35-

| Plats | Startnr | Nachname     | Vorname   | M/F | Kat  | Club           | Zeit     | min/km |
|-------|---------|--------------|-----------|-----|------|----------------|----------|--------|
| 1     | 0211    | Vangeel      | Julie     | V1  | V35- | GS Running Tea | 00:44:53 | 04:29  |
| 2     | 5007    | Bauduin      | Ianthe    | V2  | V35- | Trenara        | 00:50:54 | 05:05  |
| 3     | 0277    | Coenegrachts | Loes      | V3  | V35- |                | 00:53:54 | 05:23  |
| 4     | 0159    | Mulkers      | Julie     | V4  | V35- |                | 00:54:47 | 05:28  |
| 5     | 0156    | Leruitte     | Jolien    | V5  | V35- |                | 00:55:24 | 05:32  |
| 6     | 0162    | Stulens      | Bea       | V6  | V35- |                | 00:55:48 | 05:34  |
| 7     | 0138    | Menten       | Steffi    | V7  | V35- |                | 00:58:04 | 05:48  |
| 8     | 0227    | Jansen       | Felien    | V8  | V35- |                | 00:59:04 | 05:54  |
| 9     | 0226    | Baldewijns   | Justine   | V9  | V35- |                | 01:01:36 | 06:09  |
| 10    | 0173    | Heeren       | Sieglinde | V10 | V35- |                | 01:07:44 | 06:46  |
| 11    | 0174    | Gielen       | Sofie     | V11 | V35- |                | 01:09:19 | 06:55  |
| 12    | 0157    | Peters       | Manon     | V12 | V35- |                | 01:09:43 | 06:58  |
| 13    | 0143    | Vandevorst   | Greet     | V13 | V35- |                | 01:12:28 | 07:14  |

## 10 km stratenloop - Helpshopcup - Frauen 35+

| Plats | Startnr | Nachname   | Vorname | M/F | Kat  | Club             | Zeit     | min/km |
|-------|---------|------------|---------|-----|------|------------------|----------|--------|
| 1     | 5074    | Stoumont   | Laure   | V1  | V35+ | JiA              | 00:43:23 | 04:20  |
| 2     | 5093    | Zlocki     | Nadja   | V2  | V35+ |                  | 00:45:35 | 04:33  |
| 3     | 0265    | Pauwels    | Jill    | V3  | V35+ | GS Running Tea   | 00:45:46 | 04:34  |
| 4     | 0233    | Bodocka    | Zuzana  | V4  | V35+ |                  | 00:46:06 | 04:36  |
| 5     | 0228    | Strauven   | Sofie   | V5  | V35+ | Dcla Halen       | 00:46:43 | 04:40  |
| 6     | 0270    | Sluijsmans | Judith  | V6  | V35+ |                  | 00:49:40 | 04:58  |
| 7     | 5125    | Dasque     | Roos    | V7  | V35+ | Dcla Halen       | 00:51:27 | 05:08  |
| 8     | 0163    | Verjans    | Sofie   | V8  | V35+ |                  | 00:56:09 | 05:36  |
| 9     | 0134    | Van Marcke | Lien    | V9  | V35+ | De Hete Spurters | 01:03:26 | 06:20  |
| 10    | 0204    | Tosun      | Bahar   | V10 | V35+ |                  | 01:04:55 | 06:29  |
| 11    | 0271    | Tosun      | Ceylan  | V11 | V35+ |                  | 01:04:56 | 06:29  |

## 10 km stratenloop - Helpshopcup - Frauen 45+

| Plats | Startnr | Nachname    | Vorname | M/F | Kat  | Club       | Zeit     | min/km |
|-------|---------|-------------|---------|-----|------|------------|----------|--------|
| 1     | 5128    | Stas        | Katrien | V1  | V45+ | DCLA Halen | 00:47:15 | 04:43  |
| 2     | 0249    | De Bus      | Martien | V2  | V45+ | VACH       | 00:56:49 | 05:40  |
| 3     | 0279    | Hechtermans | Katrien | V3  | V45+ |            | 01:05:42 | 06:34  |

## 10 km stratenloop - Helpshopcup - Frauen 55+

| Plats | Startnr | Nachname       | Vorname | M/F | Kat  | Club | Zeit     | min/km |
|-------|---------|----------------|---------|-----|------|------|----------|--------|
| 1     | 5107    | Vankrunkelsven | Leen    | V1  | V55+ | VACH | 00:46:52 | 04:41  |
| 2     | 5052    | Moons          | Lydia   | V2  | V55+ |      | 00:52:34 | 05:15  |

## 10 km stratenloop - Helpshopcup - Frauen 65+

| Plats | Startnr | Nachname | Vorname | M/F | Kat  | Club             | Zeit     | min/km |
|-------|---------|----------|---------|-----|------|------------------|----------|--------|
| 1     | 5044    | Van Zand | Maja    | V1  | V65+ | krisgovaertsskyn | 00:57:46 | 05:46  |