

Palmaers 10,4km - Gesamtwertung

Startzeit : 15-06-2024 14:45:23

Die Ergebnisse sind vollständig

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|------------|-----|------|-------------------|----------|--------|
| 1 | 0419 | Nulens | Sam | M1 | M35+ | Atla | 00:33:47 | 03:14 |
| 2 | 0423 | Slegers | Jonas | M2 | M35+ | GS Running Tea | 00:36:01 | 03:27 |
| 3 | 0364 | De Rooy | Andy | M3 | M45+ | Coyote sports tea | 00:37:06 | 03:34 |
| 4 | 0403 | Rouffa | Bram | M4 | M35- | ADD | 00:37:35 | 03:36 |
| 5 | 0457 | Rouvrois | Sil | M5 | M35+ | | 00:37:46 | 03:37 |
| 6 | 0417 | Haesen | Sander | M6 | M35- | | 00:38:28 | 03:41 |
| 7 | 0442 | Vranken | Joris | M7 | M35+ | Tour van Spaen | 00:38:42 | 03:43 |
| 8 | 0401 | Geraerts | Brecht | M8 | M35+ | AC Alken | 00:38:43 | 03:43 |
| 9 | 0465 | Bex | Peter | M9 | M35+ | GS Running tear | 00:38:53 | 03:44 |
| 10 | 0407 | Diels | Olivier | M10 | M35+ | | 00:38:59 | 03:44 |
| 11 | 0416 | Rouffa | Kristof | M11 | M35+ | | 00:39:05 | 03:45 |
| 12 | 0455 | Disalvo | NICO | M12 | M35+ | | 00:39:08 | 03:45 |
| 13 | 0397 | Geraerts | Maarten | M13 | M35+ | | 00:39:13 | 03:46 |
| 14 | 0469 | Hermans | Tijs | M14 | M35- | | 00:39:23 | 03:47 |
| 15 | 0392 | Hellemans | Leentje | F1 | F35+ | Hoeselt run | 00:39:39 | 03:48 |
| 16 | 0461 | Provo | Sander | M15 | M35- | BFC | 00:40:58 | 03:56 |
| 17 | 0353 | Nassen | Brecht | M16 | M35- | ADD | 00:40:59 | 03:56 |
| 18 | 0387 | Moermans | Gert | M17 | M45+ | Trenara | 00:41:08 | 03:57 |
| 19 | 0472 | Motten | James | M18 | M35+ | BOLT | 00:41:15 | 03:57 |
| 20 | 0440 | Lemmens | Maarten | M19 | M35+ | ADD Tongeren | 00:41:16 | 03:58 |
| 21 | 0352 | Van Briel | Christophe | M20 | M45+ | | 00:41:23 | 03:58 |
| 22 | 0475 | Jorissen | Frdric | M21 | M35+ | Hoeselt Run | 00:41:46 | 04:00 |
| 23 | 0370 | Slegers | Robin | M22 | M35+ | Hoeselt Run | 00:41:59 | 04:02 |
| 24 | 0394 | Meesters | Sven | M23 | M35- | | 00:42:31 | 04:05 |
| 25 | 0374 | Vanderbeuken | Stijn | M24 | M35+ | MJ-SPORT | 00:42:40 | 04:06 |
| 26 | 0452 | Royen | Sanny | M25 | M35- | | 00:42:45 | 04:06 |
| 27 | 0429 | Raskin | Lode | M26 | M55+ | GS Running Tea | 00:42:48 | 04:06 |
| 28 | 0398 | Etneo | Mario | M27 | M35+ | Hoeselt run | 00:43:03 | 04:08 |
| 29 | 0413 | Briers | Maarten | M28 | M45+ | | 00:43:12 | 04:09 |
| 30 | 0400 | Neven | Ronny | M29 | M55+ | Trenara | 00:43:15 | 04:09 |
| 31 | 0456 | Laruelle | Christophe | M30 | M35+ | | 00:43:16 | 04:09 |
| 32 | 0391 | Pipers | Kevin | M31 | M35+ | | 00:43:43 | 04:12 |
| 33 | 0424 | Hiemeleers | Marc | M32 | M55+ | Ac Alken | 00:43:50 | 04:12 |
| 34 | 0361 | Baerts | Chris | M33 | M45+ | Geen | 00:43:52 | 04:13 |
| 35 | 0447 | Saltalamacchia | Yves | M34 | M35+ | | 00:43:54 | 04:13 |
| 36 | 0426 | Vangeel | Julie | F2 | F35- | GS Running Tea | 00:44:10 | 04:14 |
| 37 | 0382 | Geelen | Walter | M35 | M35+ | | 00:44:24 | 04:16 |
| 38 | 0399 | Hertogen | Ronny | M36 | M45+ | | 00:44:48 | 04:18 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|-----------------|-----------|-----|------|-----------------|----------|--------|
| 39 | 0359 | Biesmans | Veerle | F3 | F35+ | | 00:44:49 | 04:18 |
| 40 | 0438 | Meynen | Wim | M37 | M35+ | Hoeselt Run | 00:45:31 | 04:22 |
| 41 | 0479 | Zlocki | Nadja | F4 | F35+ | | 00:45:52 | 04:24 |
| 42 | 0458 | Luys | Maarten | M38 | M35+ | | 00:46:28 | 04:28 |
| 43 | 0409 | Dewallef | Jeffrey | M39 | M35- | Het Wijnmagazij | 00:46:30 | 04:28 |
| 44 | 0385 | Gregoire | Silke | F5 | F35- | | 00:46:33 | 04:28 |
| 45 | 0372 | Vandenzavel | Ruben | M40 | M35+ | | 00:46:39 | 04:29 |
| 46 | 0425 | Claesen | Pieter | M41 | M35+ | Tour van Spaen | 00:46:52 | 04:30 |
| 47 | 0460 | Thomas | Pieter | M42 | M35- | MACD Dilsen | 00:46:58 | 04:30 |
| 48 | 0432 | bruninx | erwin | M43 | M55+ | TTL | 00:47:21 | 04:33 |
| 49 | 0453 | Voncken | Steve | M44 | M45+ | | 00:47:22 | 04:33 |
| 50 | 0450 | Vandeweyer | Kris | M45 | M45+ | Add | 00:47:26 | 04:33 |
| 51 | 0377 | Hellemans | Joke | F6 | F35+ | Hoeselt run | 00:47:26 | 04:33 |
| 52 | 0437 | Darconso | Sabrina | F7 | F35+ | | 00:47:27 | 04:33 |
| 53 | 0464 | Stakenborg | Frank | M46 | M35+ | | 00:47:34 | 04:34 |
| 54 | 0471 | Royen | Bart | M47 | M35+ | Hoeselt Run | 00:47:34 | 04:34 |
| 55 | 0421 | Mertens | Yves | M48 | M45+ | TVS | 00:47:35 | 04:34 |
| 56 | 0371 | Goffin | Marc | M49 | M45+ | Hoeselt run | 00:47:38 | 04:34 |
| 57 | 0478 | Markopoulos | Josephine | F8 | F35- | Hoeselt Run | 00:48:17 | 04:38 |
| 58 | 0435 | Vankrunkelsven | Christel | F9 | F55+ | VACH | 00:48:49 | 04:41 |
| 59 | 0480 | schils | michiel | M50 | M35- | | 00:48:50 | 04:41 |
| 60 | 0443 | Vanswijgenhoven | Johnny | M51 | M55+ | ZLTC | 00:48:58 | 04:42 |
| 61 | 0420 | Verschueren | Frank | M52 | M55+ | Sacn | 00:49:09 | 04:43 |
| 62 | 0414 | Vrancken | Linsey | F10 | F35+ | | 00:49:24 | 04:45 |
| 63 | 0408 | Rappé | Linde | F11 | F35+ | | 00:49:25 | 04:45 |
| 64 | 0351 | Pirs | Erwin | M53 | M45+ | | 00:49:45 | 04:47 |
| 65 | 0367 | Peumans | Jan | M54 | M35- | | 00:49:46 | 04:47 |
| 66 | 0369 | Ruelens | Peter | M55 | M55+ | JMT | 00:50:01 | 04:48 |
| 67 | 0430 | Vankrunkelsven | Leen | F12 | F55+ | DCLA-Halen | 00:50:03 | 04:48 |
| 68 | 0444 | Benaets | Johan | M56 | M35+ | | 00:50:04 | 04:48 |
| 69 | 0467 | Koopmans | Stijn | M57 | M35- | | 00:50:15 | 04:49 |
| 70 | 0445 | De Bruyn | Wouter | M58 | M35+ | | 00:50:20 | 04:50 |
| 71 | 0477 | Coun | Anneleen | F13 | F35- | BFC | 00:50:22 | 04:50 |
| 72 | 0358 | Saive | Yannick | M59 | M35- | | 00:50:24 | 04:50 |
| 73 | 0428 | Bauduin | Ianthe | F14 | F35- | Trenara | 00:50:28 | 04:51 |
| 74 | 0462 | neven | neven | M60 | M55+ | ADD | 00:50:35 | 04:51 |
| 75 | 0363 | Briers | Christian | M61 | M55+ | Hoeselt run | 00:50:36 | 04:51 |
| 76 | 0446 | Hoogeboom | Ronald | M62 | M45+ | | 00:50:42 | 04:52 |
| 77 | 0355 | Blokken | Sven | M63 | M45+ | Hoeselt run | 00:50:43 | 04:52 |
| 78 | 0448 | Lernout | Bart | M64 | M45+ | | 00:50:44 | 04:52 |
| 79 | 0427 | Jacobs | Stephen | M65 | M35- | Hoeselt Run | 00:50:58 | 04:54 |
| 80 | 0466 | Hendrikx | Philippe | M66 | M45+ | | 00:51:34 | 04:57 |
| 81 | 0449 | Vandersmissen | Jo | M67 | M45+ | | 00:51:51 | 04:59 |
| 82 | 0463 | mellemans | robrecht | M68 | M35- | | 00:51:54 | 04:59 |
| 83 | 0474 | Simons | Geert | M69 | M45+ | | 00:51:56 | 04:59 |
| 84 | 0433 | Coenen | Wouter | M70 | M35+ | | 00:51:58 | 04:59 |
| 85 | 0451 | Muermans | Mieke | F15 | F45+ | Hoeselt Run | 00:52:13 | 05:01 |

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|-----------|-----|------|------------------|----------|--------|
| 86 | 0360 | Castelli | Alessia | F16 | F35- | Hoeselt run | 00:52:35 | 05:03 |
| 87 | 0415 | Scibetta | Marc | M71 | M55+ | | 00:53:23 | 05:07 |
| 88 | 0431 | Goddet | Stef | M72 | M35- | | 00:53:35 | 05:09 |
| 89 | 0384 | Stroobants | Herman | M73 | M55+ | | 00:53:43 | 05:09 |
| 90 | 0434 | Moors | Katleen | F17 | F45+ | Hoeselt Run | 00:54:12 | 05:12 |
| 91 | 0473 | SNELLINX | DAVE | M74 | M35- | TRENARA | 00:54:24 | 05:13 |
| 92 | 0383 | Coenen | Kris | M75 | M35+ | bokkerijdersteam | 00:54:36 | 05:15 |
| 93 | 0366 | Raison | Yves | M76 | M45+ | Geen | 00:55:04 | 05:17 |
| 94 | 0386 | Coenen | David | M77 | M45+ | | 00:55:20 | 05:19 |
| 95 | 0354 | Menu | Michael | M78 | M35+ | | 00:55:23 | 05:19 |
| 96 | 0365 | Cambré | Sandra | F18 | F45+ | Coyote Sports Te | 00:55:28 | 05:20 |
| 97 | 0470 | smeets | ronald | M79 | M55+ | | 00:55:35 | 05:20 |
| 98 | 0418 | Notelaers | Wendy | F19 | F35+ | | 00:55:37 | 05:20 |
| 99 | 0380 | Claesen | Matthew | M80 | M35- | | 00:55:40 | 05:21 |
| 100 | 0406 | Dessers | Joelle | F20 | F35+ | | 00:56:00 | 05:23 |
| 101 | 0436 | Vandenbergh | Ankatrien | F21 | F35+ | | 00:56:31 | 05:26 |
| 102 | 0396 | Moermans | FRANK | M81 | M55+ | Hoeseltrun | 00:56:41 | 05:27 |
| 103 | 0441 | Philippaerts | Greta | F22 | F55+ | ACA | 00:56:49 | 05:27 |
| 104 | 0422 | Dendas | Natascha | F23 | F35- | Hoeselt Run | 00:56:54 | 05:28 |
| 105 | 0388 | Requilé | Katrien | F24 | F45+ | Trenara | 00:56:56 | 05:28 |
| 106 | 0393 | Cabuy | Paula | F25 | F55+ | | 00:57:06 | 05:29 |
| 107 | 0378 | Claesen | Matthis | M82 | M35- | | 00:57:35 | 05:32 |
| 108 | 0379 | Ngouadiabantou | Prysa | F26 | F35+ | | 00:57:39 | 05:32 |
| 109 | 0468 | Nuyts | Lotte | F27 | F35- | | 00:58:33 | 05:37 |
| 110 | 0476 | Willems | Chris | M83 | M35+ | Neen | 00:59:48 | 05:45 |
| 111 | 0459 | De Bus | Martien | F28 | F45+ | Herkenrodeloper | 01:00:39 | 05:49 |
| 112 | 0410 | Menten | Jill | F29 | F35- | | 01:01:41 | 05:55 |
| 113 | 0412 | Bos | Nathalie | F30 | F35+ | | 01:02:17 | 05:59 |
| 114 | 0411 | Driesen | Timmy | M84 | M45+ | | 01:02:18 | 05:59 |
| 115 | 0373 | Noelmans | Godfried | M85 | M55+ | | 01:03:03 | 06:03 |
| 116 | 0402 | DAENEN | GODELIEVE | F31 | F55+ | | 01:06:11 | 06:21 |
| 117 | 0362 | Dewit | Magalie | F32 | F35- | | 01:08:21 | 06:34 |
| 118 | 0389 | Bertram | Maria | F33 | F55+ | SV Germania Dr | 01:22:41 | 07:57 |
| 119 | 0390 | Bertram | Petra | F34 | F45+ | SV Germania Dr | 01:22:41 | 07:57 |

Palmaers 10,4km - Männer 35-

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|-----------|----------|-----|------|------------------|----------|--------|
| 1 | 0403 | Rouffa | Bram | M1 | M35- | ADD | 00:37:35 | 03:36 |
| 2 | 0417 | Haesen | Sander | M2 | M35- | | 00:38:28 | 03:41 |
| 3 | 0469 | Hermans | Tijs | M3 | M35- | | 00:39:23 | 03:47 |
| 4 | 0461 | Provo | Sander | M4 | M35- | BFC | 00:40:58 | 03:56 |
| 5 | 0353 | Nassen | Brecht | M5 | M35- | ADD | 00:40:59 | 03:56 |
| 6 | 0394 | Meesters | Sven | M6 | M35- | | 00:42:31 | 04:05 |
| 7 | 0452 | Royen | Sanny | M7 | M35- | | 00:42:45 | 04:06 |
| 8 | 0409 | Dewallef | Jeffrey | M8 | M35- | Het Wijnmagazijn | 00:46:30 | 04:28 |
| 9 | 0460 | Thomas | Pieter | M9 | M35- | MACD Dilsen | 00:46:58 | 04:30 |
| 10 | 0480 | schils | michiel | M10 | M35- | | 00:48:50 | 04:41 |
| 11 | 0367 | Peumans | Jan | M11 | M35- | | 00:49:46 | 04:47 |
| 12 | 0467 | Koopmans | Stijn | M12 | M35- | | 00:50:15 | 04:49 |
| 13 | 0358 | Saive | Yannick | M13 | M35- | | 00:50:24 | 04:50 |
| 14 | 0427 | Jacobs | Stephen | M14 | M35- | Hoeselt Run | 00:50:58 | 04:54 |
| 15 | 0463 | mellemans | robrecht | M15 | M35- | | 00:51:54 | 04:59 |
| 16 | 0431 | Goddet | Stef | M16 | M35- | | 00:53:35 | 05:09 |
| 17 | 0473 | SNELLINX | DAVE | M17 | M35- | TRENARA | 00:54:24 | 05:13 |
| 18 | 0380 | Claesen | Matthew | M18 | M35- | | 00:55:40 | 05:21 |
| 19 | 0378 | Claesen | Matthis | M19 | M35- | | 00:57:35 | 05:32 |

Palmaers 10,4km - Männer 35+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|------------|-----|------|------------------|----------|--------|
| 1 | 0419 | Nulens | Sam | M1 | M35+ | Atla | 00:33:47 | 03:14 |
| 2 | 0423 | Slegers | Jonas | M2 | M35+ | GS Running Tea | 00:36:01 | 03:27 |
| 3 | 0457 | Rouvrois | Sil | M3 | M35+ | | 00:37:46 | 03:37 |
| 4 | 0442 | Vranken | Joris | M4 | M35+ | Tour van Spaen | 00:38:42 | 03:43 |
| 5 | 0401 | Geraerts | Brecht | M5 | M35+ | AC Alken | 00:38:43 | 03:43 |
| 6 | 0465 | Bex | Peter | M6 | M35+ | GS Running tear | 00:38:53 | 03:44 |
| 7 | 0407 | Diels | Olivier | M7 | M35+ | | 00:38:59 | 03:44 |
| 8 | 0416 | Rouffa | Kristof | M8 | M35+ | | 00:39:05 | 03:45 |
| 9 | 0455 | Disalvo | NICO | M9 | M35+ | | 00:39:08 | 03:45 |
| 10 | 0397 | Geraerts | Maarten | M10 | M35+ | | 00:39:13 | 03:46 |
| 11 | 0472 | Motten | James | M11 | M35+ | BOLT | 00:41:15 | 03:57 |
| 12 | 0440 | Lemmens | Maarten | M12 | M35+ | ADD Tongeren | 00:41:16 | 03:58 |
| 13 | 0475 | Jorissen | Frdric | M13 | M35+ | Hoeselt Run | 00:41:46 | 04:00 |
| 14 | 0370 | Slegers | Robin | M14 | M35+ | Hoeselt Run | 00:41:59 | 04:02 |
| 15 | 0374 | Vanderbeuken | Stijn | M15 | M35+ | MJ-SPORT | 00:42:40 | 04:06 |
| 16 | 0398 | Etneo | Mario | M16 | M35+ | Hoeselt run | 00:43:03 | 04:08 |
| 17 | 0456 | Laruelle | Christophe | M17 | M35+ | | 00:43:16 | 04:09 |
| 18 | 0391 | Pipers | Kevin | M18 | M35+ | | 00:43:43 | 04:12 |
| 19 | 0447 | Saltalamacchia | Yves | M19 | M35+ | | 00:43:54 | 04:13 |
| 20 | 0382 | Geelen | Walter | M20 | M35+ | | 00:44:24 | 04:16 |
| 21 | 0438 | Meynen | Wim | M21 | M35+ | Hoeselt Run | 00:45:31 | 04:22 |
| 22 | 0458 | Luys | Maarten | M22 | M35+ | | 00:46:28 | 04:28 |
| 23 | 0372 | Vandenzavel | Ruben | M23 | M35+ | | 00:46:39 | 04:29 |
| 24 | 0425 | Claesen | Pieter | M24 | M35+ | Tour van Spaen | 00:46:52 | 04:30 |
| 25 | 0464 | Stakenborg | Frank | M25 | M35+ | | 00:47:34 | 04:34 |
| 26 | 0471 | Royen | Bart | M26 | M35+ | Hoeselt Run | 00:47:34 | 04:34 |
| 27 | 0444 | Benaets | Johan | M27 | M35+ | | 00:50:04 | 04:48 |
| 28 | 0445 | De Bruyn | Wouter | M28 | M35+ | | 00:50:20 | 04:50 |
| 29 | 0433 | Coenen | Wouter | M29 | M35+ | | 00:51:58 | 04:59 |
| 30 | 0383 | Coenen | Kris | M30 | M35+ | bokkerijderstear | 00:54:36 | 05:15 |
| 31 | 0354 | Menu | Michael | M31 | M35+ | | 00:55:23 | 05:19 |
| 32 | 0476 | Willems | Chris | M32 | M35+ | Neen | 00:59:48 | 05:45 |

Palmaers 10,4km - Männer 45+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|---------------|------------|-----|------|-------------------|----------|--------|
| 1 | 0364 | De Rooy | Andy | M1 | M45+ | Coyote sports tea | 00:37:06 | 03:34 |
| 2 | 0387 | Moermans | Gert | M2 | M45+ | Trenara | 00:41:08 | 03:57 |
| 3 | 0352 | Van Briel | Christophe | M3 | M45+ | | 00:41:23 | 03:58 |
| 4 | 0413 | Briers | Maarten | M4 | M45+ | | 00:43:12 | 04:09 |
| 5 | 0361 | Baerts | Chris | M5 | M45+ | Geen | 00:43:52 | 04:13 |
| 6 | 0399 | Hertogen | Ronny | M6 | M45+ | | 00:44:48 | 04:18 |
| 7 | 0453 | Voncken | Steve | M7 | M45+ | | 00:47:22 | 04:33 |
| 8 | 0450 | Vandeweyer | Kris | M8 | M45+ | Add | 00:47:26 | 04:33 |
| 9 | 0421 | Mertens | Yves | M9 | M45+ | TVS | 00:47:35 | 04:34 |
| 10 | 0371 | Goffin | Marc | M10 | M45+ | Hoeselt run | 00:47:38 | 04:34 |
| 11 | 0351 | Pirs | Erwin | M11 | M45+ | | 00:49:45 | 04:47 |
| 12 | 0446 | Hoogeboom | Ronald | M12 | M45+ | | 00:50:42 | 04:52 |
| 13 | 0355 | Blokken | Sven | M13 | M45+ | Hoeselt run | 00:50:43 | 04:52 |
| 14 | 0448 | Lernout | Bart | M14 | M45+ | | 00:50:44 | 04:52 |
| 15 | 0466 | Hendrikx | Philippe | M15 | M45+ | | 00:51:34 | 04:57 |
| 16 | 0449 | Vandersmissen | Jo | M16 | M45+ | | 00:51:51 | 04:59 |
| 17 | 0474 | Simons | Geert | M17 | M45+ | | 00:51:56 | 04:59 |
| 18 | 0366 | Raison | Yves | M18 | M45+ | Geen | 00:55:04 | 05:17 |
| 19 | 0386 | Coenen | David | M19 | M45+ | | 00:55:20 | 05:19 |
| 20 | 0411 | Driesen | Timmy | M20 | M45+ | | 01:02:18 | 05:59 |

Palmaers 10,4km - Männer 55+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|-----------------|-----------|-----|------|----------------|----------|--------|
| 1 | 0429 | Raskin | Lode | M1 | M55+ | GS Running Tea | 00:42:48 | 04:06 |
| 2 | 0400 | Neven | Ronny | M2 | M55+ | Trenara | 00:43:15 | 04:09 |
| 3 | 0424 | Hiemeleers | Marc | M3 | M55+ | Ac Alken | 00:43:50 | 04:12 |
| 4 | 0432 | bruninx | erwin | M4 | M55+ | TTL | 00:47:21 | 04:33 |
| 5 | 0443 | Vanswijgenhoven | Johnny | M5 | M55+ | ZLTC | 00:48:58 | 04:42 |
| 6 | 0420 | Verschueren | Frank | M6 | M55+ | Sacn | 00:49:09 | 04:43 |
| 7 | 0369 | Ruelens | Peter | M7 | M55+ | JMT | 00:50:01 | 04:48 |
| 8 | 0462 | neven | neven | M8 | M55+ | ADD | 00:50:35 | 04:51 |
| 9 | 0363 | Briers | Christian | M9 | M55+ | Hoeselt run | 00:50:36 | 04:51 |
| 10 | 0415 | Scibetta | Marc | M10 | M55+ | | 00:53:23 | 05:07 |
| 11 | 0384 | Stroobants | Herman | M11 | M55+ | | 00:53:43 | 05:09 |
| 12 | 0470 | smeets | ronald | M12 | M55+ | | 00:55:35 | 05:20 |
| 13 | 0396 | Moermans | FRANK | M13 | M55+ | Hoeseltrun | 00:56:41 | 05:27 |
| 14 | 0373 | Noelmans | Godfried | M14 | M55+ | | 01:03:03 | 06:03 |

Palmaers 10,4km - Frauen 35-

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|-------------|-----------|-----|------|----------------|----------|--------|
| 1 | 0426 | Vangeel | Julie | V1 | V35- | GS Running Tea | 00:44:10 | 04:14 |
| 2 | 0385 | Gregoire | Silke | V2 | V35- | | 00:46:33 | 04:28 |
| 3 | 0478 | Markopoulos | Josephine | V3 | V35- | Hoeselt Run | 00:48:17 | 04:38 |
| 4 | 0477 | Coun | Anneleen | V4 | V35- | BFC | 00:50:22 | 04:50 |
| 5 | 0428 | Bauduin | Ianthe | V5 | V35- | Trenara | 00:50:28 | 04:51 |
| 6 | 0360 | Castelli | Alessia | V6 | V35- | Hoeselt run | 00:52:35 | 05:03 |
| 7 | 0422 | Dendas | Natascha | V7 | V35- | Hoeselt Run | 00:56:54 | 05:28 |
| 8 | 0468 | Nuyts | Lotte | V8 | V35- | | 00:58:33 | 05:37 |
| 9 | 0410 | Menten | Jill | V9 | V35- | | 01:01:41 | 05:55 |
| 10 | 0362 | Dewit | Magalie | V10 | V35- | | 01:08:21 | 06:34 |

Palmaers 10,4km - Frauen 35+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|-----------|-----|------|-------------|----------|--------|
| 1 | 0392 | Hellemans | Leentje | V1 | V35+ | Hoeselt run | 00:39:39 | 03:48 |
| 2 | 0359 | Biesmans | Veerle | V2 | V35+ | | 00:44:49 | 04:18 |
| 3 | 0479 | Zlocki | Nadja | V3 | V35+ | | 00:45:52 | 04:24 |
| 4 | 0377 | Hellemans | Joke | V4 | V35+ | Hoeselt run | 00:47:26 | 04:33 |
| 5 | 0437 | Darconso | Sabrina | V5 | V35+ | | 00:47:27 | 04:33 |
| 6 | 0414 | Vrancken | Linsey | V6 | V35+ | | 00:49:24 | 04:45 |
| 7 | 0408 | Rappé | Linde | V7 | V35+ | | 00:49:25 | 04:45 |
| 8 | 0418 | Notelaers | Wendy | V8 | V35+ | | 00:55:37 | 05:20 |
| 9 | 0406 | Dessers | Joelle | V9 | V35+ | | 00:56:00 | 05:23 |
| 10 | 0436 | Vandenbergh | Ankatrien | V10 | V35+ | | 00:56:31 | 05:26 |
| 11 | 0379 | Ngouadiabantou | Pryzca | V11 | V35+ | | 00:57:39 | 05:32 |
| 12 | 0412 | Bos | Nathalie | V12 | V35+ | | 01:02:17 | 05:59 |

Palmaers 10,4km - Frauen 45+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------|---------|-----|------|------------------|----------|--------|
| 1 | 0451 | Muermans | Mieke | V1 | V45+ | Hoeselt Run | 00:52:13 | 05:01 |
| 2 | 0434 | Moors | Katleen | V2 | V45+ | Hoeselt Run | 00:54:12 | 05:12 |
| 3 | 0365 | Cambré | Sandra | V3 | V45+ | Coyote Sports Te | 00:55:28 | 05:20 |
| 4 | 0388 | Requilé | Katrien | V4 | V45+ | Trenara | 00:56:56 | 05:28 |
| 5 | 0459 | De Bus | Martien | V5 | V45+ | Herkenrodeloper | 01:00:39 | 05:49 |
| 6 | 0390 | Bertram | Petra | V6 | V45+ | SV Germania Dr | 01:22:41 | 07:57 |

Palmaers 10,4km - Frauen 55+

| Plats | Startnr | Nachname | Vorname | M/F | Kat | Club | Zeit | min/km |
|-------|---------|----------------|-----------|-----|------|----------------|----------|--------|
| 1 | 0435 | Vankrunkelsven | Christel | V1 | V55+ | VACH | 00:48:49 | 04:41 |
| 2 | 0430 | Vankrunkelsven | Leen | V2 | V55+ | DCLA-Halen | 00:50:03 | 04:48 |
| 3 | 0441 | Philippaerts | Greta | V3 | V55+ | ACA | 00:56:49 | 05:27 |
| 4 | 0393 | Cabuy | Paula | V4 | V55+ | | 00:57:06 | 05:29 |
| 5 | 0402 | DAENEN | GODELIEVE | V5 | V55+ | | 01:06:11 | 06:21 |
| 6 | 0389 | Bertram | Maria | V6 | V55+ | SV Germania Dr | 01:22:41 | 07:57 |