

Helpshopcup - 10 km - Gesamtwertung

Startzeit : 21-04-2025 15:30:14

Die Ergebnisse sind vollständig

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0252	Boden	Niki	M1	M35+	Sqm Running tea	00:33:49	03:21
2	5009	De Rooy	Andy	M2	M45+	Coyote sports tea	00:35:02	03:28
3	0283	Vanden Bosch	Bart	M3	M35-	Kapsalon Luc	00:35:16	03:30
4	0294	Theys	Kevin	M4	M35+	SQM running tea	00:35:29	03:31
5	0228	Scholts	Bert	M5	M35+	Atletiek club Alk	00:35:31	03:31
6	5075	Philippe	Patrick	M6	M55+	JiA	00:35:39	03:32
7	5172	Wouters	Chriske	M7	M45+	SQM RUNNING	00:35:47	03:33
8	0302	Moens	Niels	M8	M35+		00:35:57	03:34
9	0251	De Clerck	Arne	M9	M35-		00:36:11	03:35
10	0356	Aerts	Sam	M10	M45+	AC Alken	00:36:25	03:36
11	5177	Ruymen	Wouter	M11	M35+	Ac Alken	00:37:01	03:40
12	5089	Jacobs	Joris	M12	M35+	TTL	00:37:13	03:41
13	0269	Pauly	Steven	M13	M35+		00:37:14	03:41
14	0443	Beelen	Tillo	M14	M35+	dcla halen	00:37:31	03:43
15	0458	Van Tichelen	Denis	M15	M45+		00:37:37	03:44
16	0455	david	ciliberti	M16	M35+		00:37:46	03:45
17	0326	Vrancken	Koen	M17	M35+		00:37:56	03:46
18	5041	Nguyen	Tien-Thanh	M18	M35+	Amsrunners	00:38:06	03:47
19	0233	Hoorelbeke	Ynse	M19	M35-		00:38:20	03:48
20	5102	Vanden Bempt	Hans	M20	M45+	SQMrunningtear	00:38:27	03:49
21	5126	De Meyer	Pieter	M21	M35+	Dcla Halen	00:38:30	03:49
22	0275	kockaerts	yves	M22	M45+	GS Running Tea	00:39:08	03:53
23	0465	Vanmechelen	Simon	M23	M45+		00:39:38	03:56
24	0179	Boonen	Dries	M24	M35-		00:39:53	03:57
25	0235	D'AVELINO	MICHAEL	M25	M45+	SER ATHL	00:39:58	03:58
26	0325	Menjoie	Daan	M26	M35-	TACT	00:40:17	04:00
27	5150	Arnauts	Bert	M27	M45+	Animo	00:40:19	04:00
28	0135	Zajakala	Jakub	M28	M35+	Polska	00:40:32	04:01
29	5123	Santermans	Peter	M29	M45+		00:40:36	04:01
30	0277	Finoulst	Marc	M30	M55+		00:40:41	04:02
31	5153	Raskin	Lode	M31	M55+	GS Running Tea	00:40:42	04:02
32	0206	Bollingh	Titus	M32	M35-	Hasp-O Zeppere	00:40:50	04:03
33	5074	Stoumont	Laure	F1	F35+	JiA	00:40:53	04:03
34	0453	Herbots	Tim	M33	M35-		00:40:57	04:03
35	0289	Dekens	Danny	M34	M65+	Dcla Halen	00:41:04	04:04
36	0230	Michael Bourguignon	Michael	M35	M35-	FCHA	00:41:25	04:06
37	0185	Herlitska	Bram	M36	M35-		00:41:26	04:06
38	0352	Dehaes	Tim	M37	M35+		00:41:33	04:07

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	5053	Stijnen	David	M38	M45+	AC Alken	00:41:36	04:07
40	0261	Croes	Dayo	M39	M35-		00:41:38	04:08
41	5028	Werckx	Ludo	M40	M65+	ACA	00:41:42	04:08
42	5103	Vossius	Peter	M41	M45+	SQM RUNNING	00:41:50	04:09
43	0155	Leenen	Raf	M42	M45+		00:41:51	04:09
44	0449	Jackers	Joris	M43	M35-		00:41:57	04:09
45	5104	Rubens	Glenn	M44	M35-		00:42:03	04:10
46	0378	Baron	Jan	M45	M45+	TDL	00:42:05	04:10
47	0229	Hock	Allison	F2	F35-	FCHA	00:42:06	04:10
48	0472	Vanhecke	Stijn	M46	M35-		00:42:07	04:10
49	0467	Vanmeer	Robert-Jan	M47	M35-		00:42:10	04:11
50	0232	Hoorelbeke	Febe	F3	F35-		00:42:24	04:12
51	0287	Panhuysen	Mechtild	F4	F45+	-	00:42:33	04:13
52	0478	De Man	Stef	M48	M35-		00:42:40	04:14
53	0400	Boonen	Davy	M49	M35+		00:42:42	04:14
54	5014	Slegers	Werner	M50	M55+	Club speciaal	00:42:48	04:15
55	5124	Hiemeleers	Marc	M51	M65+	AC Alken	00:42:53	04:15
56	0225	Devroey	Michaem	M52	M35+		00:42:56	04:15
57	0471	Torok	Martin	M53	M35-		00:42:58	04:16
58	0256	Van de Voorde	Tom	M54	M45+	Tact	00:43:06	04:16
59	0184	Darding	Lei	M55	M35-		00:43:13	04:17
60	5160	Schevenels	Jarno	M56	M35-	TACT	00:43:23	04:18
61	5107	Vankrunkelsven	Leen	F5	F55+	VACH	00:43:32	04:19
62	5166	Diels	Lenny	M57	M35-		00:44:21	04:24
63	0164	Van Schelvergem	Gertjan	M58	M35-	Triatlon Vlaande	00:44:40	04:26
64	0139	Verthé	Tom	M59	M35+		00:44:44	04:26
65	5010	Slegers	Ayrton	M60	M35-		00:44:47	04:26
66	0284	Pipeleers	Kevin	M61	M35+		00:45:00	04:28
67	0385	Vandeweyer	Kris	M62	M45+	Add	00:45:01	04:28
68	0282	Boghe	Guido	M63	M55+	BTACT	00:45:12	04:29
69	0281	Scheepers	Luk	M64	M45+	Hoeseltrun	00:45:27	04:30
70	0191	Heeren	Egon	M65	M35+		00:45:32	04:31
71	0213	Duchateau-Geerts	Janne	F6	F35-	TACT	00:45:37	04:31
72	0285	Leunen	Jo	M66	M35+		00:45:39	04:31
73	0183	Campione	Johan	M67	M35+		00:45:39	04:31
74	0250	doms	stijn	M68	M35+		00:45:46	04:32
75	0255	Parys	Jurgen	M69	M55+		00:45:47	04:32
76	0280	Saprykin	Andrei	M70	M45+		00:45:58	04:33
77	0463	Van Kerkhoven	Lucas	M71	M65+	roba	00:46:06	04:34
78	0231	Swartenbroekx	Martijn	M72	M35-		00:46:06	04:34
79	0268	Sluijsmans	Judith	F7	F35+		00:46:13	04:35
80	5183	Bontinck	Koen	M73	M55+		00:46:14	04:35
81	0215	Acar	fatih	M74	M35+		00:46:16	04:35
82	0310	Erkens	Kristof	M75	M35+	Reshape	00:46:26	04:36
83	0291	Deneuker	Tony	M76	M55+		00:46:31	04:37
84	0152	Pirs	Erwin	M77	M45+		00:46:37	04:37
85	0227	Gysens	Jimmy	M78	M35+		00:46:38	04:37

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
86	0392	Hermans	Robby	M79	M35+		00:46:41	04:38
87	0276	Motten	James	M80	M35+	BOLT	00:46:41	04:38
88	0278	Tack	Jeroen	M81	M35+	Bolt Tongeren	00:46:43	04:38
89	0369	Van Stappen	Nick	M82	M35-	TPM	00:47:13	04:41
90	0186	demot	diederik	M83	M35+		00:47:15	04:41
91	0240	Gielen	Brecht	M84	M35+		00:47:17	04:41
92	0248	Bart	Sampermans	M85	M35+	Dcla halen	00:47:23	04:42
93	0222	Vanhamel	Thomas	M86	M35-		00:47:29	04:42
94	0271	Geusens	Hendrik	M87	M35-		00:47:38	04:43
95	0360	Boghe	Nick	M88	M35+	Tact	00:47:38	04:43
96	5056	Verschueren	Frank	M89	M65+	SACN	00:47:41	04:44
97	5125	Dasque	Roos	F8	F35+	Dcla Halen	00:47:43	04:44
98	0468	STEEGMANS	ROB	M90	M35+		00:47:44	04:44
99	0363	Knapen	Andy	M91	M35-		00:47:46	04:44
100	5052	Moons	Lydia	F9	F55+		00:48:09	04:46
101	0469	mommen	jeemy	M92	M35+		00:48:15	04:47
102	0370	Reyskens	Geert	M93	M55+	HSLC	00:48:19	04:47
103	0220	Peeters	Jana	F10	F35+		00:48:20	04:47
104	0293	Smets	Dodi	M94	M35-		00:48:21	04:48
105	5073	Vandewijer	Jean-Mi	M95	M35-		00:48:23	04:48
106	0242	Bobinaite	Ramune	F11	F45+		00:48:24	04:48
107	0253	De Rouck	Dave	M96	M45+	LC De Rouckies	00:48:45	04:50
108	0149	Gressens	Rémy	M97	M35-	Hasp-o Zepperen	00:49:06	04:52
109	5007	Bauduin	Ianthe	F12	F35-	Trenara	00:49:09	04:52
110	0364	Daenen	Renaat	M98	M45+		00:49:09	04:52
111	0358	Depré	Jan	M99	M55+	TACT	00:49:18	04:53
112	0357	Vandersmissen	Jo	M100	M45+		00:49:21	04:54
113	0433	Herremans	Benjamin	M101	M35-	Hestia Bilzen	00:49:26	04:54
114	0473	Krasznai	Gita	F13	F35-		00:49:27	04:54
115	0279	Kochenova	Svetlana	F14	F45+		00:49:32	04:55
116	0165	Appeltans	Gunter	M102	M45+		00:49:36	04:55
117	0464	Houttekier	Egon	M103	M35+		00:49:41	04:56
118	0153	Michiels	Domien	M104	M35+		00:49:43	04:56
119	0263	Van Mulken	Jan	M105	M35+		00:49:46	04:56
120	5118	van der Laak	Evalyn	F15	F35+	Road Runners H	00:49:48	04:56
121	5051	Coenen	Wouter	M106	M35+		00:50:25	05:00
122	0154	Lowies	Kyani	M107	M35-	VK Bautershove	00:50:41	05:01
123	0254	Swinnen	Evelien	F16	F35+		00:51:04	05:04
124	0362	Freson	Kevin	M108	M35+		00:51:18	05:05
125	0286	Parent	Frederick	M109	M45+	Geen	00:51:20	05:05
126	0426	Agirman	Ancur	M110	M45+	non	00:51:33	05:07
127	0461	Vandoninck	David	M111	M45+		00:51:43	05:08
128	5013	Coenen	Kris	M112	M35+	bokkerijdersteam	00:51:58	05:09
129	5043	Govaerts	Kris	M113	M65+	AC Alken	00:52:04	05:10
130	0322	Patfoort	Jan	M114	M35+		00:52:10	05:10
131	0311	Deckers	Dimitri	M115	M35-	Massa	00:52:17	05:11
132	0452	Martens	Roel	M116	M35+		00:52:27	05:12

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
133	0466	Palmaers	Steven	M117	M45+		00:52:28	05:12
134	0474	Guerti	Badya	F17	F45+		00:52:29	05:12
135	0296	Dirickx	Danté	M118	M35-		00:52:31	05:12
136	0345	Dirickx	Nico	M119	M35+	Dplusdinsdag Li	00:52:31	05:12
137	0435	Desmeth	Clie	F18	F35-		00:52:33	05:13
138	0436	Mohimont	Jean-Franois	M120	M45+		00:52:33	05:13
139	0209	Holsteyns	Herman	M121	M45+		00:52:34	05:13
140	0194	Devacht	Jan	M122	M65+		00:52:35	05:13
141	5110	Cochici	Edith	F19	F35+	-	00:52:36	05:13
142	0188	Sadi	Zouzou	M123	M45+		00:52:46	05:14
143	0193	Swerten	Robby	M124	M35+		00:52:46	05:14
144	5091	Luykx	Laurens	M125	M55+		00:52:53	05:15
145	0211	Geerts	Joris	M126	M35-		00:52:55	05:15
146	0237	Bitiusca	Claudia	F20	F35+		00:53:14	05:17
147	0379	Kempeneers	Katrien	F21	F45+	Landense jogging	00:53:15	05:17
148	0217	Vanmechelen	Hanna	F22	F35-	TACT	00:53:19	05:17
149	0210	Peeters	Hannelore	F23	F35+		00:53:20	05:17
150	0460	Jans	Johan	M127	M45+	Bokkerijdersclub	00:53:21	05:17
151	0204	Nguyen	Duy-An	M128	M35-		00:53:28	05:18
152	0266	Feucht	Georges	M129	M65+		00:53:31	05:18
153	0236	Vanhauw	Bruno	M130	M55+	ADD Hoeselt	00:53:46	05:20
154	0430	Requile	Katrien	F24	F45+	TRENARA	00:53:57	05:21
155	0450	Custers	An	F25	F45+	ROBA	00:54:12	05:22
156	0147	Janssens	Ruben	M131	M35-	Hasp-O Zeppere	00:54:25	05:24
157	0451	Maessen	Sebastian	M132	M45+	Bolt Tongeren	00:54:28	05:24
158	0476	Janssens	Joachim	M133	M35-		00:54:43	05:26
159	0477	Cosemans	Ferre	M134	M35-		00:54:43	05:26
160	0207	Swartenbroekx	Maarten	M135	M35-		00:54:45	05:26
161	0337	Leruitte	Jolien	F26	F35-		00:54:49	05:26
162	5106	Loix	Johnny	M136	M55+		00:54:54	05:27
163	0295	Vandevoordt	Natascha	F27	F35+		00:54:56	05:27
164	0274	Loozen	Heidi	F28	F45+	JRUNNERS	00:55:07	05:28
165	0180	Peetermans	Matthias	M137	M35-		00:55:08	05:28
166	0288	Loos	Ineke	F29	F35-		00:55:09	05:28
167	5044	Van Zand	Maja	F30	F65+	AC Alken	00:55:09	05:28
168	0459	Nieskens	Gweneth	F31	F35-		00:55:31	05:30
169	0234	WENS	Dirk	M138	M65+		00:55:56	05:33
170	0146	Bollen	Jannes	M139	M35-		00:56:19	05:35
171	0270	Strauven	Rudi	M140	M55+	Bolt	00:56:23	05:35
172	0216	Vanmechelen	Jutta	F32	F35-	TACT	00:56:24	05:36
173	0303	Hiemeleers	Queeny	F33	F35-		00:56:28	05:36
174	0290	Cappellen	Laura	F34	F35-		00:56:43	05:37
175	0267	Steensels	Roel	M141	M45+		00:56:54	05:39
176	0166	Van de Paar	Els	F35	F35+		00:57:08	05:40
177	0205	Janne	Vaes	F36	F35-		00:57:12	05:40
178	5037	Cammaerts	Bart	M142	M45+	Loopcoach Bart	00:57:16	05:41
179	0334	Juwé	Anna	F37	F35-		00:57:20	05:41

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
180	0335	Willems	Arend	M143	M35-		00:57:21	05:41
181	0195	Lambrecht	Jessie	F38	F35-		00:57:26	05:42
182	0196	Champagne	Lisa	F39	F35-		00:57:26	05:42
183	0244	Plaisier	Dimitri	M144	M35+	CROSSFIT Non	00:57:39	05:43
184	0245	Plaisier	Kato	F40	F35-	CROSSFIT NON	00:57:39	05:43
185	5022	Coenen	David	M145	M45+		00:57:49	05:44
186	0323	Somers	Brenda	F41	F35-		00:57:59	05:45
187	0200	Myny	Celine	F42	F35-		00:58:16	05:47
188	0470	Beyers	Laure-Catherine	F43	F35-		00:58:32	05:48
189	0189	Philtjens	Joline	F44	F35-		00:58:39	05:49
190	0423	Sol	Levi	M146	M55+		00:59:30	05:54
191	0181	Hansen	Sven	M147	M35-		00:59:51	05:56
192	0182	van Duppen	Frédérique	F45	F35-		00:59:52	05:56
193	0219	Put	Gust	M148	M45+	Road Runners H	00:59:53	05:56
194	0201	Fosse	Ann	F46	F45+	Road Runners H	00:59:53	05:56
195	5079	Hiemeleers	Sharon	F47	F35+	AC Alken	01:00:05	05:57
196	5096	Swennen Groffils	Magali	F48	F45+		01:00:12	05:58
197	5015	Vandenberghe	Eddy	M149	M45+	Alleen luk t ouch	01:00:15	05:58
198	0301	Beyers	Fleur	F49	F35+		01:00:16	05:59
199	0142	Nackaerts	Sien	F50	F35+		01:00:29	06:00
200	0258	Swartenbroekx	Gert	M150	M45+		01:00:44	06:01
201	0427	Malaj	Aferdita	F51	F45+		01:01:18	06:05
202	0208	Amadou	Sow	M151	M35-		01:01:42	06:07
203	5135	Wils	Jeroen	M152	M35-		01:01:48	06:08
204	0259	Philtjens	Petra	F52	F45+		01:02:10	06:10
205	0260	Swartenbroekx	Merel	F53	F35-		01:02:11	06:10
206	0151	Hertegonne	Jessica	F54	F35-		01:02:14	06:10
207	0169	Goris	Maud	F55	F35-		01:02:18	06:11
208	0168	Van Mulders	Lauren	F56	F35-		01:02:19	06:11
209	0246	Cox	Ilse	F57	F35-		01:02:51	06:14
210	0238	Caluwaerts	Jochen	M153	M45+		01:03:02	06:15
211	0454	Vanmuysen	Koen	M154	M55+		01:03:07	06:16
212	0171	Vandeweyer	Wendy	F58	F35+		01:03:10	06:16
213	0462	Putzeys	Gert	M155	M45+		01:03:34	06:18
214	0202	Lenaerts	Sien	F59	F35-		01:03:37	06:19
215	0203	Crauwels	Ruben	M156	M35-		01:03:38	06:19
216	0243	Aertgeerts	Davy	M157	M35+		01:04:35	06:24
217	0178	Gilis	Charlotte	F60	F35-		01:04:52	06:26
218	0136	Jelle Van Hoorebeeck	Jelle	M158	M35+	Maft	01:05:17	06:28
219	0137	Gielens	Lieze	F61	F35+		01:05:17	06:28
220	0428	Khalid	Salwa	F62	F35+	non	01:05:19	06:29
221	5090	Rombaut	Liam	M159	M35-		01:05:51	06:32
222	0148	Lismont	Hanne	F63	F35-	Hasp-o Zepperen	01:06:01	06:33
223	0198	Liesenborghs	Charlotte	F64	F35-		01:06:44	06:37
224	0197	Derijk	Nona	F65	F35-		01:06:45	06:37
225	0144	Peeters	Elke	F66	F35-		01:07:37	06:42
226	0145	Loddewijkx	Louise	F67	F35-		01:07:38	06:42

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
227	0265	Koninx	Matthias	M160	M35-	Reshape	01:07:56	06:44
228	0456	Kuipers	Bart	M161	M35+	Erse tienen	01:08:02	06:45
229	0187	Hansen	Jurgen	M162	M55+		01:08:32	06:48
230	0374	Kums	Calisse	F68	F35-		01:08:39	06:49
231	0375	Van Eeckhoudt	Nelson	M163	M35-		01:08:39	06:49
232	0226	Nica	Sigrid	F69	F35+		01:08:42	06:49
233	0141	Jacobs	Eveline	F70	F35-		01:08:46	06:49
234	0457	Strauven	Frank	M164	M55+	No	01:08:52	06:50
235	0273	Vanautgaerden	Evelyne	F71	F35-		01:10:09	06:57
236	0340	Bellis	Jody	F72	F35-		01:12:01	07:09
237	0341	Vandromme	Alessandro	M165	M35-		01:12:02	07:09
238	0347	Michiels	Lavina	F73	F35-		01:15:01	07:26
239	0346	Raets	Peter	M166	M35-		01:15:03	07:27
240	0162	Claes	Marie	F74	F35-	Geen	01:15:04	07:27
241	0140	Jacobs	Valérie	F75	F35-		01:15:23	07:29
242	0272	Vloebergs	Sarah	F76	F35-		01:15:34	07:30
243	0157	Raymaekers	Kimberly	F77	F35-		01:24:44	08:24
244	0170	Loterman	Melissa	F78	F35+		01:24:47	08:25
245	0406	Bertram	Maria	F79	F65+		01:26:03	08:32
246	0405	Bertram	Petra	F80	F45+		01:26:04	08:32
247	0212	Vanhamel	Sylvie	F81	F35-		01:26:56	08:37
248	0224	Vanhamel	Thomas	M167	M35-		01:26:57	08:38

Helpshopcup - 10 km - Männer 35-

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0283	Vanden Bosch	Bart	M1	M35-	Kapsalon Luc	00:35:16	03:30
2	0251	De Clerck	Arne	M2	M35-		00:36:11	03:35
3	0233	Hoorelbeke	Ynse	M3	M35-		00:38:20	03:48
4	0179	Boonen	Dries	M4	M35-		00:39:53	03:57
5	0325	Menjoie	Daan	M5	M35-	TACT	00:40:17	04:00
6	0206	Bollingh	Titus	M6	M35-	Hasp-O Zepperen	00:40:50	04:03
7	0453	Herbots	Tim	M7	M35-		00:40:57	04:03
8	0230	Michael Bourguignon	Michael	M8	M35-	FCHA	00:41:25	04:06
9	0185	Herlitska	Bram	M9	M35-		00:41:26	04:06
10	0261	Croes	Dayo	M10	M35-		00:41:38	04:08
11	0449	Jackers	Joris	M11	M35-		00:41:57	04:09
12	5104	Rubens	Glenn	M12	M35-		00:42:03	04:10
13	0472	Vanhecke	Stijn	M13	M35-		00:42:07	04:10
14	0467	Vanmeer	Robert-Jan	M14	M35-		00:42:10	04:11
15	0478	De Man	Stef	M15	M35-		00:42:40	04:14
16	0471	Torok	Martin	M16	M35-		00:42:58	04:16
17	0184	Darding	Lei	M17	M35-		00:43:13	04:17
18	5160	Schevenels	Jarno	M18	M35-	TACT	00:43:23	04:18
19	5166	Diels	Lenny	M19	M35-		00:44:21	04:24
20	0164	Van Schelvergem	Gertjan	M20	M35-	Triatlon Vlaande	00:44:40	04:26
21	5010	Slegers	Ayrton	M21	M35-		00:44:47	04:26
22	0231	Swartenbroekx	Martijn	M22	M35-		00:46:06	04:34
23	0369	Van Stappen	Nick	M23	M35-	TPM	00:47:13	04:41
24	0222	Vanhamel	Thomas	M24	M35-		00:47:29	04:42
25	0271	Geusens	Hendrik	M25	M35-		00:47:38	04:43
26	0363	Knapen	Andy	M26	M35-		00:47:46	04:44
27	0293	Smets	Dodi	M27	M35-		00:48:21	04:48
28	5073	Vandewijer	Jean-Mi	M28	M35-		00:48:23	04:48
29	0149	Gressens	Rémy	M29	M35-	Hasp-o Zepperen	00:49:06	04:52
30	0433	Herremans	Benjamin	M30	M35-	Hestia Bilzen	00:49:26	04:54
31	0154	Lowies	Kyani	M31	M35-	VK Bautershove	00:50:41	05:01
32	0311	Deckers	Dimitri	M32	M35-	Massa	00:52:17	05:11
33	0296	Dirickx	Danté	M33	M35-		00:52:31	05:12
34	0211	Geerts	Joris	M34	M35-		00:52:55	05:15
35	0204	Nguyen	Duy-An	M35	M35-		00:53:28	05:18
36	0147	Janssens	Ruben	M36	M35-	Hasp-O Zepperen	00:54:25	05:24
37	0476	Janssens	Joachim	M37	M35-		00:54:43	05:26
38	0477	Cosemans	Ferre	M38	M35-		00:54:43	05:26

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0207	Swartenbroekx	Maarten	M39	M35-		00:54:45	05:26
40	0180	Peetermans	Matthias	M40	M35-		00:55:08	05:28
41	0146	Bollen	Jannes	M41	M35-		00:56:19	05:35
42	0335	Willems	Arend	M42	M35-		00:57:21	05:41
43	0181	Hansen	Sven	M43	M35-		00:59:51	05:56
44	0208	Amadou	Sow	M44	M35-		01:01:42	06:07
45	5135	Wils	Jeroen	M45	M35-		01:01:48	06:08
46	0203	Crauwels	Ruben	M46	M35-		01:03:38	06:19
47	5090	Rombaut	Liam	M47	M35-		01:05:51	06:32
48	0265	Koninx	Matthias	M48	M35-	Reshape	01:07:56	06:44
49	0375	Van Eeckhoudt	Nelson	M49	M35-		01:08:39	06:49
50	0341	Vandromme	Alessandro	M50	M35-		01:12:02	07:09
51	0346	Raets	Peter	M51	M35-		01:15:03	07:27
52	0224	Vanhamel	Thomas	M52	M35-		01:26:57	08:38

Helpshopcup - 10 km - Männer 35+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0252	Boden	Niki	M1	M35+	Sqm Running tea	00:33:49	03:21
2	0294	Theys	Kevin	M2	M35+	SQM running tea	00:35:29	03:31
3	0228	Scholts	Bert	M3	M35+	Atletiek club Alk	00:35:31	03:31
4	0302	Moens	Niels	M4	M35+		00:35:57	03:34
5	5177	Ruymen	Wouter	M5	M35+	Ac Alken	00:37:01	03:40
6	5089	Jacobs	Joris	M6	M35+	TTL	00:37:13	03:41
7	0269	Pauly	Steven	M7	M35+		00:37:14	03:41
8	0443	Beelen	Tillo	M8	M35+	dcla halen	00:37:31	03:43
9	0455	david	ciliberti	M9	M35+		00:37:46	03:45
10	0326	Vrancken	Koen	M10	M35+		00:37:56	03:46
11	5041	Nguyen	Tien-Thanh	M11	M35+	Amsrunners	00:38:06	03:47
12	5126	De Meyer	Pieter	M12	M35+	Dcla Halen	00:38:30	03:49
13	0135	Zajakala	Jakub	M13	M35+	Polska	00:40:32	04:01
14	0352	Dehaes	Tim	M14	M35+		00:41:33	04:07
15	0400	Boonen	Davy	M15	M35+		00:42:42	04:14
16	0225	Devroey	Michaem	M16	M35+		00:42:56	04:15
17	0139	Verthé	Tom	M17	M35+		00:44:44	04:26
18	0284	Pipeleers	Kevin	M18	M35+		00:45:00	04:28
19	0191	Heeren	Egon	M19	M35+		00:45:32	04:31
20	0183	Campione	Johan	M20	M35+		00:45:39	04:31
21	0285	Leunen	Jo	M21	M35+		00:45:39	04:31
22	0250	doms	stijn	M22	M35+		00:45:46	04:32
23	0215	Acar	fatih	M23	M35+		00:46:16	04:35
24	0310	Erkens	Kristof	M24	M35+	Reshape	00:46:26	04:36
25	0227	Gysens	Jimmy	M25	M35+		00:46:38	04:37
26	0276	Motten	James	M26	M35+	BOLT	00:46:41	04:38
27	0392	Hermans	Robby	M27	M35+		00:46:41	04:38
28	0278	Tack	Jeroen	M28	M35+	Bolt Tongeren	00:46:43	04:38
29	0186	demot	diederik	M29	M35+		00:47:15	04:41
30	0240	Gielen	Brecht	M30	M35+		00:47:17	04:41
31	0248	Bart	Sampermans	M31	M35+	Dcla halen	00:47:23	04:42
32	0360	Boghe	Nick	M32	M35+	Tact	00:47:38	04:43
33	0468	STEEGMANS	ROB	M33	M35+		00:47:44	04:44
34	0469	mommen	jeemy	M34	M35+		00:48:15	04:47
35	0464	Houttekier	Egon	M35	M35+		00:49:41	04:56
36	0153	Michiels	Domien	M36	M35+		00:49:43	04:56
37	0263	Van Mulken	Jan	M37	M35+		00:49:46	04:56
38	5051	Coenen	Wouter	M38	M35+		00:50:25	05:00

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0362	Freson	Kevin	M39	M35+		00:51:18	05:05
40	5013	Coenen	Kris	M40	M35+	bokkerijdersteam	00:51:58	05:09
41	0322	Patfoort	Jan	M41	M35+		00:52:10	05:10
42	0452	Martens	Roel	M42	M35+		00:52:27	05:12
43	0345	Dirickx	Nico	M43	M35+	Dplusdinsdag Li	00:52:31	05:12
44	0193	Swerten	Robby	M44	M35+		00:52:46	05:14
45	0244	Plaisier	Dimitri	M45	M35+	CROSSFIT Non	00:57:39	05:43
46	0243	Aertgeerts	Davy	M46	M35+		01:04:35	06:24
47	0136	Jelle Van Hoorebeeck	Jelle	M47	M35+	Maft	01:05:17	06:28
48	0456	Kuipers	Bart	M48	M35+	Erse tienen	01:08:02	06:45

Helpshopcup - 10 km - Männer 45+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	5009	De Rooy	Andy	M1	M45+	Coyote sports tea	00:35:02	03:28
2	5172	Wouters	Chriske	M2	M45+	SQM RUNNING	00:35:47	03:33
3	0356	Aerts	Sam	M3	M45+	AC Alken	00:36:25	03:36
4	0458	Van Tichelen	Denis	M4	M45+		00:37:37	03:44
5	5102	Vanden Bempt	Hans	M5	M45+	SQMrunningtear	00:38:27	03:49
6	0275	kockaerts	yves	M6	M45+	GS Running Tea	00:39:08	03:53
7	0465	Vanmechelen	Simon	M7	M45+		00:39:38	03:56
8	0235	D'AVELINO	MICHAEL	M8	M45+	SER ATHL	00:39:58	03:58
9	5150	Arnauts	Bert	M9	M45+	Animo	00:40:19	04:00
10	5123	Santermans	Peter	M10	M45+		00:40:36	04:01
11	5053	Stijnen	David	M11	M45+	AC Alken	00:41:36	04:07
12	5103	Vossius	Peter	M12	M45+	SQM RUNNING	00:41:50	04:09
13	0155	Leenen	Raf	M13	M45+		00:41:51	04:09
14	0378	Baron	Jan	M14	M45+	TDL	00:42:05	04:10
15	0256	Van de Voorde	Tom	M15	M45+	Tact	00:43:06	04:16
16	0385	Vandeweyer	Kris	M16	M45+	Add	00:45:01	04:28
17	0281	Scheepers	Luk	M17	M45+	Hoeseltrun	00:45:27	04:30
18	0280	Saprykin	Andrei	M18	M45+		00:45:58	04:33
19	0152	Pirs	Erwin	M19	M45+		00:46:37	04:37
20	0253	De Rouck	Dave	M20	M45+	LC De Rouckies	00:48:45	04:50
21	0364	Daenen	Renaat	M21	M45+		00:49:09	04:52
22	0357	Vandersmissen	Jo	M22	M45+		00:49:21	04:54
23	0165	Appeltans	Gunter	M23	M45+		00:49:36	04:55
24	0286	Parent	Frederick	M24	M45+	Geen	00:51:20	05:05
25	0426	Agirman	Ancur	M25	M45+	non	00:51:33	05:07
26	0461	Vandoninck	David	M26	M45+		00:51:43	05:08
27	0466	Palmaers	Steven	M27	M45+		00:52:28	05:12
28	0436	Mohimont	Jean-Franois	M28	M45+		00:52:33	05:13
29	0209	Holsteyns	Herman	M29	M45+		00:52:34	05:13
30	0188	Sadi	Zouzou	M30	M45+		00:52:46	05:14
31	0460	Jans	Johan	M31	M45+	Bokkerijdersclub	00:53:21	05:17
32	0451	Maessen	Sebastian	M32	M45+	Bolt Tongeren	00:54:28	05:24
33	0267	Steensels	Roel	M33	M45+		00:56:54	05:39
34	5037	Cammaerts	Bart	M34	M45+	Loopcoach Bart	00:57:16	05:41
35	5022	Coenen	David	M35	M45+		00:57:49	05:44
36	0219	Put	Gust	M36	M45+	Road Runners H	00:59:53	05:56
37	5015	Vandenbergh	Eddy	M37	M45+	Alleen luk t ouch	01:00:15	05:58
38	0258	Swartenbroeckx	Gert	M38	M45+		01:00:44	06:01

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0238	Caluwaerts	Jochen	M39	M45+		01:03:02	06:15
40	0462	Putzeys	Gert	M40	M45+		01:03:34	06:18

Helpshopcup - 10 km - Männer 55+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	5075	Philippe	Patrick	M1	M55+	JiA	00:35:39	03:32
2	0277	Finoulst	Marc	M2	M55+		00:40:41	04:02
3	5153	Raskin	Lode	M3	M55+	GS Running Tea	00:40:42	04:02
4	5014	Slegers	Werner	M4	M55+	Club speciaal	00:42:48	04:15
5	0282	Boghe	Guido	M5	M55+	BTACT	00:45:12	04:29
6	0255	Parys	Jurgen	M6	M55+		00:45:47	04:32
7	5183	Bontinck	Koen	M7	M55+		00:46:14	04:35
8	0291	Deneuker	Tony	M8	M55+		00:46:31	04:37
9	0370	Reyskens	Geert	M9	M55+	HSLC	00:48:19	04:47
10	0358	Depré	Jan	M10	M55+	TACT	00:49:18	04:53
11	5091	Luykx	Laurens	M11	M55+		00:52:53	05:15
12	0236	Vanhauw	Bruno	M12	M55+	ADD Hoeselt	00:53:46	05:20
13	5106	Loix	Johnny	M13	M55+		00:54:54	05:27
14	0270	Strauven	Rudi	M14	M55+	Bolt	00:56:23	05:35
15	0423	Sol	Levi	M15	M55+		00:59:30	05:54
16	0454	Vanmuysen	Koen	M16	M55+		01:03:07	06:16
17	0187	Hansen	Jurgen	M17	M55+		01:08:32	06:48
18	0457	Strauven	Frank	M18	M55+	No	01:08:52	06:50

Helpshopcup - 10 km - Männer 65+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0289	Dekens	Danny	M1	M65+	Dcla Halen	00:41:04	04:04
2	5028	Werckx	Ludo	M2	M65+	ACA	00:41:42	04:08
3	5124	Hiemeleers	Marc	M3	M65+	AC Alken	00:42:53	04:15
4	0463	Van Kerkhoven	Lucas	M4	M65+	roba	00:46:06	04:34
5	5056	Verschueren	Frank	M5	M65+	SACN	00:47:41	04:44
6	5043	Govaerts	Kris	M6	M65+	AC Alken	00:52:04	05:10
7	0194	Devacht	Jan	M7	M65+		00:52:35	05:13
8	0266	Feucht	Georges	M8	M65+		00:53:31	05:18
9	0234	WENS	Dirk	M9	M65+		00:55:56	05:33

Helpshopcup - 10 km - Frauen 35-

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0229	Hock	Allison	V1	V35-	FCHA	00:42:06	04:10
2	0232	Hoorelbeke	Febe	V2	V35-		00:42:24	04:12
3	0213	Duchateau-Geerts	Janne	V3	V35-	TACT	00:45:37	04:31
4	5007	Bauduin	Ianthe	V4	V35-	Trenara	00:49:09	04:52
5	0473	Krasznai	Gita	V5	V35-		00:49:27	04:54
6	0435	Desmeth	Clie	V6	V35-		00:52:33	05:13
7	0217	Vanmechelen	Hanna	V7	V35-	TACT	00:53:19	05:17
8	0337	Leruitte	Jolien	V8	V35-		00:54:49	05:26
9	0288	Loos	Ineke	V9	V35-		00:55:09	05:28
10	0459	Nieskens	Gweneth	V10	V35-		00:55:31	05:30
11	0216	Vanmechelen	Jutta	V11	V35-	TACT	00:56:24	05:36
12	0303	Hiemeleers	Queeny	V12	V35-		00:56:28	05:36
13	0290	Cappellen	Laura	V13	V35-		00:56:43	05:37
14	0205	Janne	Vaes	V14	V35-		00:57:12	05:40
15	0334	Juwé	Anna	V15	V35-		00:57:20	05:41
16	0195	Lambrecht	Jessie	V16	V35-		00:57:26	05:42
17	0196	Champagne	Lisa	V17	V35-		00:57:26	05:42
18	0245	Plaisier	Kato	V18	V35-	CROSSFIT NON	00:57:39	05:43
19	0323	Somers	Brenda	V19	V35-		00:57:59	05:45
20	0200	Myny	Celine	V20	V35-		00:58:16	05:47
21	0470	Beyers	Laure-Catherine	V21	V35-		00:58:32	05:48
22	0189	Philtjens	Joline	V22	V35-		00:58:39	05:49
23	0182	van Duppen	Frédérique	V23	V35-		00:59:52	05:56
24	0260	Swartenbroekx	Merel	V24	V35-		01:02:11	06:10
25	0151	Hertegonne	Jessica	V25	V35-		01:02:14	06:10
26	0169	Goris	Maud	V26	V35-		01:02:18	06:11
27	0168	Van Mulders	Lauren	V27	V35-		01:02:19	06:11
28	0246	Cox	Ilse	V28	V35-		01:02:51	06:14
29	0202	Lenaerts	Sien	V29	V35-		01:03:37	06:19
30	0178	Gilis	Charlotte	V30	V35-		01:04:52	06:26
31	0148	Lismont	Hanne	V31	V35-	Hasp-o Zepperen	01:06:01	06:33
32	0198	Liesenborghs	Charlotte	V32	V35-		01:06:44	06:37
33	0197	Derijk	Nona	V33	V35-		01:06:45	06:37
34	0144	Peeters	Elke	V34	V35-		01:07:37	06:42
35	0145	Loddewijkx	Louise	V35	V35-		01:07:38	06:42
36	0374	Kums	Calisse	V36	V35-		01:08:39	06:49
37	0141	Jacobs	Eveline	V37	V35-		01:08:46	06:49
38	0273	Vanautgaerden	Evelyne	V38	V35-		01:10:09	06:57

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0340	Bellis	Jody	V39	V35-		01:12:01	07:09
40	0347	Michiels	Lavina	V40	V35-		01:15:01	07:26
41	0162	Claes	Marie	V41	V35-	Geen	01:15:04	07:27
42	0140	Jacobs	Valérie	V42	V35-		01:15:23	07:29
43	0272	Vloebergs	Sarah	V43	V35-		01:15:34	07:30
44	0157	Raymaekers	Kimberly	V44	V35-		01:24:44	08:24
45	0212	Vanhamel	Sylvie	V45	V35-		01:26:56	08:37

Helpshopcup - 10 km - Frauen 35+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	5074	Stoumont	Laure	V1	V35+	JiA	00:40:53	04:03
2	0268	Sluijsmans	Judith	V2	V35+		00:46:13	04:35
3	5125	Dasque	Roos	V3	V35+	Dcla Halen	00:47:43	04:44
4	0220	Peeters	Jana	V4	V35+		00:48:20	04:47
5	5118	van der Laak	Evalyn	V5	V35+	Road Runners H	00:49:48	04:56
6	0254	Swinnen	Evelien	V6	V35+		00:51:04	05:04
7	5110	Cochici	Edith	V7	V35+	-	00:52:36	05:13
8	0237	Bitiusca	Claudia	V8	V35+		00:53:14	05:17
9	0210	Peeters	Hannelore	V9	V35+		00:53:20	05:17
10	0295	Vandevoordt	Natascha	V10	V35+		00:54:56	05:27
11	0166	Van de Paar	Els	V11	V35+		00:57:08	05:40
12	5079	Hiemeleers	Sharon	V12	V35+	AC Alken	01:00:05	05:57
13	0301	Beyers	Fleur	V13	V35+		01:00:16	05:59
14	0142	Nackaerts	Sien	V14	V35+		01:00:29	06:00
15	0171	Vandeweyer	Wendy	V15	V35+		01:03:10	06:16
16	0137	Gielens	Lieze	V16	V35+		01:05:17	06:28
17	0428	Khalid	Salwa	V17	V35+	non	01:05:19	06:29
18	0226	Nica	Sigrid	V18	V35+		01:08:42	06:49
19	0170	Loterman	Melissa	V19	V35+		01:24:47	08:25

Helpshopcup - 10 km - Frauen 45+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0287	Panhuysen	Mechtild	V1	V45+	-	00:42:33	04:13
2	0242	Bobinaite	Ramune	V2	V45+		00:48:24	04:48
3	0279	Kochenova	Svetlana	V3	V45+		00:49:32	04:55
4	0474	Guerti	Badya	V4	V45+		00:52:29	05:12
5	0379	Kempeneers	Katrien	V5	V45+	Landense jogging	00:53:15	05:17
6	0430	Requile	Katrien	V6	V45+	TRENARA	00:53:57	05:21
7	0450	Custers	An	V7	V45+	ROBA	00:54:12	05:22
8	0274	Loozen	Heidi	V8	V45+	JRUNNERS	00:55:07	05:28
9	0201	Fosse	Ann	V9	V45+	Road Runners H	00:59:53	05:56
10	5096	Swennen Groffils	Magali	V10	V45+		01:00:12	05:58
11	0427	Malaj	Aferdita	V11	V45+		01:01:18	06:05
12	0259	Philtjens	Petra	V12	V45+		01:02:10	06:10
13	0405	Bertram	Petra	V13	V45+		01:26:04	08:32

Helpshopcup - 10 km - Frauen 55+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	5107	Vankrunkelsven	Leen	V1	V55+	VACH	00:43:32	04:19
2	5052	Moons	Lydia	V2	V55+		00:48:09	04:46

Helpshopcup - 10 km - Frauen 65+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	5044	Van Zand	Maja	V1	V65+	AC Alken	00:55:09	05:28
2	0406	Bertram	Maria	V2	V65+		01:26:03	08:32