



Helpshopcup 10 KM - Gesamtwertung

Startzeit : 25-05-2024 19:16:52

Die Ergebnisse sind vollständig

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0339	Boden	Niki	M1	M35+	SQM running tea	00:32:56	03:17
2	6084	Scholts	Kylian	M2	M35-	SQM running tea	00:33:01	03:18
3	6029	Theys	Kevin	M3	M35+	SQM runningtea	00:35:28	03:32
4	6145	Van Asselbergh	Jorden	M4	M35-	ADD diepenbeek	00:35:30	03:33
5	6046	Vanden Bempt	Hans	M5	M45+	SQMrunningtaer	00:35:47	03:34
6	6045	Saenen	Diëgo	M6	M35+		00:35:55	03:35
7	6081	Wouters	Chriske	M7	M45+	SQM RUNNINGC	00:36:27	03:38
8	6027	De Rooy	Andy	M8	M45+	Coyote sports tea	00:36:36	03:39
9	0355	Scholts	Bert	M9	M35+		00:36:41	03:40
10	6173	Stevens	Christophe	M10	M35+	ADD	00:37:35	03:45
11	0344	Vanmechelen	Simon	M11	M45+		00:38:58	03:53
12	6068	Vanrusselt	Nico	M12	M45+	Add	00:38:59	03:53
13	0357	Motten	James	M13	M35+	BOLT	00:39:30	03:57
14	0375	Lauwereins	Bart	M14	M35+	Dplusdinsdag Li	00:39:36	03:57
15	0382	Schots	Tom	M15	M35+	TACT	00:39:38	03:57
16	0372	Willems	Dirk	M16	M55+	Tact st-truiden	00:39:43	03:58
17	0385	Loots	Jenthe	M17	M35-		00:40:12	04:01
18	6156	De Meyer	Pieter	M18	M35+	Dcla Halen	00:40:34	04:03
19	0378	Neven	John	M19	M45+		00:41:04	04:06
20	6028	Baerts	Chris	M20	M45+	Geen	00:41:17	04:07
21	0386	Royen	Sanny	M21	M35-		00:41:25	04:08
22	6071	Steenput	Joris	M22	M55+	DCLA Halen	00:41:28	04:08
23	6114	Hiemeleers	Marc	M23	M65+	Ac Alken	00:41:33	04:09
24	6107	Vanschoonwinkel	Gwen	M24	M35+	Bokkerijderstear	00:42:19	04:13
25	6006	Zlocki	Nadja	F1	F35+		00:42:22	04:14
26	0406	Bosmans	Marc	M25	M55+	Brandweerpost B	00:43:11	04:19
27	0358	Hendricx	Jeroen	M26	M35+	Burchtlopers	00:43:12	04:19
28	6144	Requilé	Philippe	M27	M55+	Bokkerijderstear	00:43:47	04:22
29	6137	Wouters	Bart	M28	M45+	BFC	00:43:51	04:23
30	0389	Vanmeer	Robert-Jan	M29	M35-		00:44:04	04:24
31	6090	Vanherck	Bruno	M30	M45+	Bokkerijderstear	00:44:06	04:24
32	6036	Stijnen	David	M31	M45+	Aca Alken	00:44:07	04:24
33	0371	Ambroise	Gary	M32	M35+		00:44:09	04:24
34	6094	Mechelmans	Tamara	F2	F35+		00:44:11	04:25
35	0381	Steegmans	Stefan	M33	M45+	bokkerijderstear	00:44:19	04:25
36	0405	Leroy	Fabienne	F3	F45+		00:44:22	04:26
37	6148	Stas	Katrien	F4	F45+	DCLA Halen	00:44:37	04:27
38	6135	Baus	Carlo	M34	M45+	Bokkerijderstear	00:44:58	04:29

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	6051	Permentier	Gilbert	M35	M55+		00:45:20	04:32
40	0313	Haesen	Axel	M36	M35-		00:46:10	04:37
41	0308	acar	fatih	M37	M35+		00:46:23	04:38
42	0350	Thijssen	Bram	M38	M35+		00:46:24	04:38
43	0332	Vandormael	Kevin	M39	M35+	De Appelrunners	00:46:47	04:40
44	6113	Schyvens	Griet	F5	F35-		00:46:49	04:40
45	6066	Tomsin	Ronny	M40	M45+	BFC - Hoeselt R	00:46:51	04:41
46	6069	Verschueren	Frank	M41	M55+	Sacn	00:46:56	04:41
47	0322	Bessemans	Milan	M42	M35-		00:47:03	04:42
48	0343	Peyls	Rik	M43	M35-		00:47:12	04:43
49	0377	Mees	Maxim	M44	M35+		00:47:18	04:43
50	6122	Broos	Bruno	M45	M65+		00:47:19	04:43
51	0359	Vandecaetsbeek	Peter	M46	M55+		00:47:22	04:44
52	6096	Pauwels	Jill	F6	F35+	GS Running Tea	00:47:24	04:44
53	0395	Vranckx	Benoit	M47	M65+	Tess Chemie	00:47:29	04:44
54	6033	Moons	Lydia	F7	F55+	Geen	00:47:35	04:45
55	0401	janssens	dimitri	M48	M35-		00:47:51	04:47
56	0407	Claes	Michiel	M49	M35-	CLAVABO	00:48:21	04:50
57	0327	Lenaerts	Peter	M50	M35+	De Appelrunners	00:48:33	04:51
58	0324	Geert	Rems	M51	M55+		00:48:49	04:52
59	0370	Dodion	Pieter	M52	M35+		00:48:53	04:53
60	0307	Lybeer	Jonathan	M53	M35-		00:48:56	04:53
61	6092	Croughs	An	F8	F35+	Run TMC	00:48:59	04:53
62	0340	Lenaerts	Linda	F9	F35+	ATLA	00:48:59	04:53
63	0337	BORTELS	JOACHIM	M54	M35-		00:49:04	04:54
64	0383	Vandermeeren	Erwin	M55	M55+		00:49:10	04:55
65	6106	Stroobants	Herman	M56	M55+		00:49:20	04:56
66	0333	Vandermeeren	Jurgen	M57	M35+	De Appelrunners	00:49:22	04:56
67	6151	Slegers	Ayrton	M58	M35-		00:49:54	04:59
68	0366	Aerts	Jos	M59	M45+		00:50:06	05:00
69	0360	Houben	Daan	M60	M35-	De mannen	00:50:14	05:01
70	0402	Rosmeulen	Wendy	F10	F45+		00:50:17	05:01
71	0369	Coenen	Wouter	M61	M35+		00:50:31	05:03
72	0312	Swinnen	Evelien	F11	F35+		00:50:43	05:04
73	0309	Holsteyns	Herman	M62	M45+		00:50:48	05:04
74	0326	Gentens	Dries	M63	M35-		00:50:51	05:05
75	0373	Meulemans	Jonas	M64	M35-		00:50:59	05:05
76	0408	Vandenborne	Ilse	F12	F55+		00:51:04	05:06
77	0351	Peeters	Lies	F13	F35-		00:51:19	05:07
78	6059	Coenen	Kris	M65	M35+	bokkerijderstear	00:51:30	05:09
79	6060	slegers	werner	M66	M55+		00:51:33	05:09
80	6111	Frankenne	Linda	F14	F45+	GS-Running Tea	00:51:45	05:10
81	0342	Schlimpert	Stephan	M67	M35+		00:51:54	05:11
82	0403	knapen	andy	M68	M35-		00:51:58	05:11
83	0305	Coenen	Christoph	M69	M35-		00:52:06	05:12
84	0348	Maeckelberghe	David	M70	M35+		00:52:24	05:14
85	0404	Vanvuchelen	David	M71	M35+		00:52:25	05:14

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
86	6008	Polders	Jos	M72	M65+	ACA	00:52:36	05:15
87	6022	Coenen	David	M73	M45+		00:52:38	05:15
88	0396	Tits	Berten	M74	M35-		00:52:41	05:16
89	6014	Vanheusden	Wim	M75	M45+		00:52:41	05:16
90	0376	Mignolet	Glenn	M76	M35-		00:52:42	05:16
91	0399	mousseau	steven	M77	M45+	jp	00:52:52	05:17
92	0388	Requil	Katrien	F15	F45+	Trenara	00:52:59	05:17
93	6056	Bauduin	Ianthe	F16	F35-	Trenara	00:53:01	05:18
94	0328	Valley	Jo	M78	M35+	De Appelrunners	00:53:19	05:19
95	0387	Erna	Dimitri	M79	M35+		00:53:32	05:21
96	0391	For	Marlies	F17	F35-		00:53:39	05:21
97	0400	Tits	Robrecht	M80	M35-		00:54:04	05:24
98	6168	Cabuy	Paula	F18	F55+		00:54:26	05:26
99	0334	Vandevoordt	Natascha	F19	F35+		00:55:14	05:31
100	0335	Dirickx	Nico	M81	M35+	Burchtlopers	00:55:15	05:31
101	0346	Vanmechelen	Hanna	F20	F35-	TACT	00:55:37	05:33
102	0398	Strauven	Rudi	M82	M55+	Bolt	00:56:07	05:36
103	0363	Maessen	Sebbie	M83	M45+	BOLT	00:56:09	05:36
104	0379	Florizoone	Wouter	M84	M45+		00:56:15	05:37
105	0374	GROMMEM	MARIE NELLA	F21	F45+		00:56:21	05:38
106	6005	Vandenbergh	Eddy	M85	M45+		00:56:39	05:39
107	6160	loix	johnny	M86	M55+		00:57:07	05:42
108	0319	Dechesne	Christy	F22	F45+		00:57:12	05:43
109	6038	Van Zand	Maja	F23	F65+	AC Alken	00:57:41	05:46
110	0361	Strauven	Louis	M87	M35-	De mannen	00:57:53	05:47
111	0362	Strauven	Frank	M88	M55+	De mannen	00:57:54	05:47
112	0306	Dethier	Yves	M89	M35+		00:58:21	05:50
113	0315	Feucht	Georges	M90	M65+		00:58:21	05:50
114	6154	Beirinckx	Peter	M91	M55+		00:58:22	05:50
115	0368	vaes	paulien	F24	F35-		00:59:24	05:56
116	0397	Goossens	Laura	F25	F35-		00:59:24	05:56
117	0365	Das	Femke	F26	F35-		00:59:25	05:56
118	0314	Hertegonne	Jessica	F27	F35-		00:59:51	05:59
119	0316	Vaes	Emily	F28	F35-	AC Meylandt	01:00:45	06:04
120	0325	Goos	Arnout	M92	M35-		01:00:46	06:04
121	0347	Vandensavel	Albert	M93	M65+		01:01:16	06:07
122	0336	Verschuere	Chloë	F29	F35-		01:01:36	06:09
123	0354	Moors	Nick	M94	M35-		01:01:37	06:09
124	6044	Weyermans	Niels	M95	M35-		01:01:37	06:09
125	0353	Hendrickx	Julie	F30	F35-		01:01:38	06:09
126	0393	Cambron	Gerald	M96	M45+		01:01:39	06:09
127	0384	Hendricx	Margit	F31	F45+		01:02:49	06:16
128	0356	Kerckhofs	Jaak	M97	M65+		01:04:02	06:24
129	6009	Briers	Gerry	M98	M35+	Bokkerijdersteern	01:04:41	06:28
130	0367	Hiemeleers	Queeny	F32	F35-		01:04:55	06:29
131	6115	Hiemeleers	Sharon	F33	F35-	Ac Alken	01:04:56	06:29
132	0392	Adriaens	Nuwan	M99	M35-		01:05:01	06:30

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
133	0349	Janssen	Benny	M100	M45+		01:06:21	06:38
134	0318	Croughs	Michael	M101	M35+		01:06:22	06:38
135	0380	Smekens	Tünde	F34	F35-		01:08:56	06:53
136	0317	Muls	Patrick	M102	M65+		01:10:20	07:02
137	0394	Knaepen	Stephanie	F35	F35+		01:19:59	07:59
138	0390	Erkens	Kristof	M103	M35+	Reshape Studio	01:20:00	08:00

Helpshopcup 10 KM - Männer 35-

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	6084	Scholts	Kylian	M1	M35-	SQM running tea	00:33:01	03:18
2	6145	Van Asselbergh	Jorden	M2	M35-	ADD diepenbeek	00:35:30	03:33
3	0355	Scholts	Bert	M3	M35+		00:36:41	03:40
4	0385	Loots	Jenthe	M4	M35-		00:40:12	04:01
5	0386	Royen	Sanny	M5	M35-		00:41:25	04:08
6	0389	Vanmeer	Robert-Jan	M6	M35-		00:44:04	04:24
7	0313	Haesen	Axel	M7	M35-		00:46:10	04:37
8	0322	Bessemans	Milan	M8	M35-		00:47:03	04:42
9	0343	Peys	Rik	M9	M35-		00:47:12	04:43
10	0401	janssens	dimitri	M10	M35-		00:47:51	04:47
11	0407	Claes	Michiel	M11	M35-	CLAVABO	00:48:21	04:50
12	0370	Dodion	Pieter	M12	M35+		00:48:53	04:53
13	0307	Lybeer	Jonathan	M13	M35-		00:48:56	04:53
14	0337	BORTELS	JOACHIM	M14	M35-		00:49:04	04:54
15	6151	Slegers	Ayrton	M15	M35-		00:49:54	04:59
16	0360	Houben	Daan	M16	M35-	De mannen	00:50:14	05:01
17	0326	Gentens	Dries	M17	M35-		00:50:51	05:05
18	0373	Meulemans	Jonas	M18	M35-		00:50:59	05:05
19	0403	knapen	andy	M19	M35-		00:51:58	05:11
20	0305	Coenen	Christoph	M20	M35-		00:52:06	05:12
21	0396	Tits	Berten	M21	M35-		00:52:41	05:16
22	0376	Mignolet	Glenn	M22	M35-		00:52:42	05:16
23	0328	Valley	Jo	M23	M35+	De Appelrunners	00:53:19	05:19
24	0400	Tits	Robrecht	M24	M35-		00:54:04	05:24
25	0361	Strauven	Louis	M25	M35-	De mannen	00:57:53	05:47
26	0325	Goos	Arnout	M26	M35-		01:00:46	06:04
27	0354	Moors	Nick	M27	M35-		01:01:37	06:09
28	6044	Weyermans	Niels	M28	M35-		01:01:37	06:09
29	0392	Adriaens	Nuwan	M29	M35-		01:05:01	06:30

Helpshopcup 10 KM - Männer 35+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0339	Boden	Niki	M1	M35+	SQM running tea	00:32:56	03:17
2	6029	Theys	Kevin	M2	M35+	SQM runningtea	00:35:28	03:32
3	6045	Saenen	Diëgo	M3	M35+		00:35:55	03:35
4	0355	Scholts	Bert	M4	M35+		00:36:41	03:40
5	6173	Stevens	Christophe	M5	M35+	ADD	00:37:35	03:45
6	0357	Motten	James	M6	M35+	BOLT	00:39:30	03:57
7	0375	Lauwereins	Bart	M7	M35+	Dplusdinsdag Li	00:39:36	03:57
8	0382	Schots	Tom	M8	M35+	TACT	00:39:38	03:57
9	6156	De Meyer	Pieter	M9	M35+	Dcla Halen	00:40:34	04:03
10	6107	Vanschoonwinkel	Gwen	M10	M35+	Bokkerijderstear	00:42:19	04:13
11	0358	Hendricx	Jeroen	M11	M35+	Burchtlopers	00:43:12	04:19
12	0371	Ambroise	Gary	M12	M35+		00:44:09	04:24
13	0308	acar	fatih	M13	M35+		00:46:23	04:38
14	0350	Thijssen	Bram	M14	M35+		00:46:24	04:38
15	0332	Vandormael	Kevin	M15	M35+	De Appelrunners	00:46:47	04:40
16	0377	Mees	Maxim	M16	M35+		00:47:18	04:43
17	0327	Lenaerts	Peter	M17	M35+	De Appelrunners	00:48:33	04:51
18	0370	Dodion	Pieter	M18	M35+		00:48:53	04:53
19	0333	Vandermeeren	Jurgen	M19	M35+	De Appelrunners	00:49:22	04:56
20	0369	Coenen	Wouter	M20	M35+		00:50:31	05:03
21	6059	Coenen	Kris	M21	M35+	bokkerijderstear	00:51:30	05:09
22	0342	Schlimpert	Stephan	M22	M35+		00:51:54	05:11
23	0348	Maeckelberghe	David	M23	M35+		00:52:24	05:14
24	0404	Vanvuchelen	David	M24	M35+		00:52:25	05:14
25	0328	Valley	Jo	M25	M35+	De Appelrunners	00:53:19	05:19
26	0387	Erna	Dimitri	M26	M35+		00:53:32	05:21
27	0335	Dirickx	Nico	M27	M35+	Burchtlopers	00:55:15	05:31
28	0306	Dethier	Yves	M28	M35+		00:58:21	05:50
29	6009	Briers	Gerry	M29	M35+	Bokkerijderstear	01:04:41	06:28
30	0318	Croughs	Michael	M30	M35+		01:06:22	06:38
31	0390	Erkens	Kristof	M31	M35+	Reshape Studio	01:20:00	08:00

Helpshopcup 10 KM - Männer 45+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	6046	Vanden Bempt	Hans	M1	M45+	SQMrunningtaer	00:35:47	03:34
2	6081	Wouters	Chriske	M2	M45+	SQM RUNNINGC	00:36:27	03:38
3	6027	De Rooy	Andy	M3	M45+	Coyote sports tea	00:36:36	03:39
4	0344	Vanmechelen	Simon	M4	M45+		00:38:58	03:53
5	6068	Vanrusselt	Nico	M5	M45+	Add	00:38:59	03:53
6	0378	Neven	John	M6	M45+		00:41:04	04:06
7	6028	Baerts	Chris	M7	M45+	Geen	00:41:17	04:07
8	6137	Wouters	Bart	M8	M45+	BFC	00:43:51	04:23
9	6090	Vanherck	Bruno	M9	M45+	Bokkerijderstear	00:44:06	04:24
10	6036	Stijnen	David	M10	M45+	Aca Alken	00:44:07	04:24
11	0381	Steegmans	Stefan	M11	M45+	bokkerijderstear	00:44:19	04:25
12	6135	Baus	Carlo	M12	M45+	Bokkerijderstear	00:44:58	04:29
13	6066	Tomsin	Ronny	M13	M45+	BFC - Hoeselt R	00:46:51	04:41
14	0366	Aerts	Jos	M14	M45+		00:50:06	05:00
15	0309	Holsteyns	Herman	M15	M45+		00:50:48	05:04
16	6022	Coenen	David	M16	M45+		00:52:38	05:15
17	6014	Vanheusden	Wim	M17	M45+		00:52:41	05:16
18	0399	mousseau	steven	M18	M45+	jp	00:52:52	05:17
19	0363	Maessen	Sebbie	M19	M45+	BOLT	00:56:09	05:36
20	0379	Florizoone	Wouter	M20	M45+		00:56:15	05:37
21	6005	Vandenbergh	Eddy	M21	M45+		00:56:39	05:39
22	0393	Cambron	Gerald	M22	M45+		01:01:39	06:09
23	0349	Janssen	Benny	M23	M45+		01:06:21	06:38

Helpshopcup 10 KM - Männer 55+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0372	Willems	Dirk	M1	M55+	Tact st-truiden	00:39:43	03:58
2	6071	Steenput	Joris	M2	M55+	DCLA Halen	00:41:28	04:08
3	0406	Bosmans	Marc	M3	M55+	Brandweerpost B	00:43:11	04:19
4	6144	Requilé	Philippe	M4	M55+	Bokkerijderstear	00:43:47	04:22
5	6051	Permentier	Gilbert	M5	M55+		00:45:20	04:32
6	6069	Verschueren	Frank	M6	M55+	Sacn	00:46:56	04:41
7	0359	Vandecaetsbeek	Peter	M7	M55+		00:47:22	04:44
8	0324	Geert	Rems	M8	M55+		00:48:49	04:52
9	0383	Vandermeeren	Erwin	M9	M55+		00:49:10	04:55
10	6106	Stroobants	Herman	M10	M55+		00:49:20	04:56
11	6060	slegers	werner	M11	M55+		00:51:33	05:09
12	0398	Strauven	Rudi	M12	M55+	Bolt	00:56:07	05:36
13	6160	loix	johnny	M13	M55+		00:57:07	05:42
14	0362	Strauven	Frank	M14	M55+	De mannen	00:57:54	05:47
15	6154	Beirinckx	Peter	M15	M55+		00:58:22	05:50

Helpshopcup 10 KM - Männer 65+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	6114	Hiemeleers	Marc	M1	M65+	Ac Alken	00:41:33	04:09
2	6122	Broos	Bruno	M2	M65+		00:47:19	04:43
3	0395	Vranckx	Benoit	M3	M65+	Tess Chemie	00:47:29	04:44
4	6008	Polders	Jos	M4	M65+	ACA	00:52:36	05:15
5	0315	Feucht	Georges	M5	M65+		00:58:21	05:50
6	0347	Vandensavel	Albert	M6	M65+		01:01:16	06:07
7	0356	Kerckhofs	Jaak	M7	M65+		01:04:02	06:24
8	0317	Muls	Patrick	M8	M65+		01:10:20	07:02

Helpshopcup 10 KM - Frauen 35-

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	6113	Schyvens	Griet	V1	V35-		00:46:49	04:40
2	0351	Peeters	Lies	V2	V35-		00:51:19	05:07
3	6056	Bauduin	Ianthe	V3	V35-	Trenara	00:53:01	05:18
4	0391	For	Marlies	V4	V35-		00:53:39	05:21
5	0346	Vanmechelen	Hanna	V5	V35-	TACT	00:55:37	05:33
6	0368	vaes	paulien	V6	V35-		00:59:24	05:56
7	0397	Goossens	Laura	V7	V35-		00:59:24	05:56
8	0365	Das	Femke	V8	V35-		00:59:25	05:56
9	0314	Hertegonne	Jessica	V9	V35-		00:59:51	05:59
10	0316	Vaes	Emily	V10	V35-	AC Meylandt	01:00:45	06:04
11	0336	Verschueren	Chloë	V11	V35-		01:01:36	06:09
12	0353	Hendrickx	Julie	V12	V35-		01:01:38	06:09
13	0367	Hiemeleers	Queeny	V13	V35-		01:04:55	06:29
14	6115	Hiemeleers	Sharon	V14	V35-	Ac Alken	01:04:56	06:29
15	0380	Smekens	Tünde	V15	V35-		01:08:56	06:53
16	0394	Knaepen	Stephanie	V16	V35+		01:19:59	07:59

Helpshopcup 10 KM - Frauen 35+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	6006	Zlocki	Nadja	V1	V35+		00:42:22	04:14
2	6094	Mechelmans	Tamara	V2	V35+		00:44:11	04:25
3	6096	Pauwels	Jill	V3	V35+	GS Running Tea	00:47:24	04:44
4	6092	Croughs	An	V4	V35+	Run TMC	00:48:59	04:53
5	0340	Lenaerts	Linda	V5	V35+	ATLA	00:48:59	04:53
6	0312	Swinnen	Evelien	V6	V35+		00:50:43	05:04
7	0334	Vandevoordt	Natascha	V7	V35+		00:55:14	05:31
8	0394	Knaepen	Stephanie	V8	V35+		01:19:59	07:59

Helpshopcup 10 KM - Frauen 45+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0405	Leroy	Fabienne	V1	V45+		00:44:22	04:26
2	6148	Stas	Katrien	V2	V45+	DCLA Halen	00:44:37	04:27
3	0402	Rosmeulen	Wendy	V3	V45+		00:50:17	05:01
4	6111	Frankenne	Linda	V4	V45+	GS-Running Tea	00:51:45	05:10
5	0388	Requil	Katrien	V5	V45+	Trenara	00:52:59	05:17
6	0374	GROMMEM	MARIE NELLA	V6	V45+		00:56:21	05:38
7	0319	Dechesne	Christy	V7	V45+		00:57:12	05:43
8	0384	Hendricx	Margit	V8	V45+		01:02:49	06:16

Helpshopcup 10 KM - Frauen 55+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	6033	Moons	Lydia	V1	V55+	Geen	00:47:35	04:45
2	0408	Vandenborne	Ilse	V2	V55+		00:51:04	05:06
3	6168	Cabuy	Paula	V3	V55+		00:54:26	05:26

Helpshopcup 10 KM - Frauen 65+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	6038	Van Zand	Maja	V1	V65+	AC Alken	00:57:41	05:46