

Helpshopcup - 10 km - Overall ranking

Start time : 06-04-2026 15:30:21

Results are complete

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0311	Simons	Wouter	M1	M35-	4P	00:32:46	03:18
2	0151	Robben	Simon	M2	M35-	TACT	00:33:03	03:20
3	0137	Robben	Tom	M3	M35-		00:33:56	03:25
4	7133	Van Asselbergh	Jorden	M4	M35-	GS Running team	00:34:12	03:27
5	0268	Baccus	Sven	M5	M35+	ADD Diepenbee	00:34:22	03:28
6	0158	Scholts	Bert	M6	M35+	ACA SQM	00:34:37	03:29
7	7069	Warnant	Leander	M7	M35+		00:34:45	03:30
8	0154	De Clerck	Arne	M8	M35-		00:34:50	03:30
9	0121	Snel	Jordy	M9	M35-		00:35:04	03:32
10	7155	Vroonen	Brecht	M10	M35-	Atletiekclub Alk	00:35:26	03:34
11	0249	Permentier	Koenraad	M11	M35-		00:35:30	03:34
12	7086	Theys	Kevin	M12	M45+	SQM runningtea	00:35:32	03:35
13	0251	Cooreman	Johan	M13	M45+	-	00:35:35	03:35
14	7118	Vossius	Peter	M14	M45+	Sqm runningteam	00:35:48	03:36
15	0215	Haesen	Jasper	M15	M35-		00:35:57	03:37
16	7000	De Rooy	Andy	M16	M45+	Coyote sports tea	00:36:29	03:40
17	0164	Goijens	Stijn	M17	M35-	Trisportmnk	00:36:41	03:42
18	7090	Philippe	Patrick	M18	M55+	JiA	00:36:44	03:42
19	0233	Vanstraelen	Dries	M19	M35-		00:36:48	03:42
20	0155	Houben	Stijn	M20	M35-		00:36:53	03:43
21	7023	Verheyen	Geert	M21	M45+		00:36:59	03:43
22	0169	Driesen	Jet	F1	F35-	ACA SQM runn	00:37:12	03:45
23	0182	Bex	Peter	M22	M35+	GS Running Tea	00:37:27	03:46
24	0313	VANMECHELEN	SIMON	M23	M45+		00:37:34	03:47
25	0174	verlinden	Herwig	M24	M55+	RSCA	00:37:53	03:49
26	7047	Leunen	Jo	M25	M35+	Bokkerijderstean	00:38:01	03:50
27	0314	Hendrickx	Jens	M26	M35-		00:38:18	03:51
28	0250	Sneyers	Jimmy	M27	M45+		00:38:43	03:54
29	7147	De Schutter	Tom	M28	M35+		00:38:50	03:55
30	0125	De Prins	Bruno	M29	M45+		00:38:56	03:55
31	0133	Windelinckx	Charis	F2	F35-	ROBA	00:38:58	03:55
32	0190	Menjoie	Daan	M30	M35-	TACT	00:39:03	03:56
33	0108	Motten	James	M31	M35+	BOLT	00:39:18	03:57
34	0138	Vanmechelen	Hans	M32	M35+	Dplusdinsdag	00:39:20	03:58
35	0253	Bellis	Jarne	M33	M35-		00:39:36	03:59
36	0307	Santermans	Cisse	M34	M35-		00:39:39	04:00
37	0310	Kennes	Hendrik	M35	M35-		00:39:43	04:00
38	0146	Waterschoot	Eric	M36	M55+	DCLA HALEN	00:39:49	04:01

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	7153	Wouters	Chriske	M37	M55+	wouters.chrissky	00:40:06	04:02
40	0227	Simsek	Kenan	M38	M35-		00:40:16	04:03
41	7027	Stijnen	David	M39	M45+	Ac Alken	00:40:22	04:04
42	0126	D'AVELINO	MICHAEL	M40	M55+	SER ATHL	00:40:37	04:05
43	0160	Martens	Robin	M41	M35-		00:40:45	04:06
44	0171	Neven	John	M42	M45+		00:40:50	04:07
45	0295	Vanden berk	hendrik	M43	M35-		00:40:54	04:07
46	0183	Jans	Bert	M44	M35+	ACA	00:41:05	04:08
47	0195	Redant	Tom	M45	M35+	AC Alken	00:41:07	04:08
48	0134	Carlens	Jeppe	M46	M35-		00:41:08	04:09
49	0236	Mertens	Ansofie	F3	F35-	ReyFit	00:41:13	04:09
50	7030	Werckx	Ludo	M47	M65+	ACA	00:41:20	04:10
51	0248	Dehaes	Tim	M48	M45+		00:41:24	04:10
52	7106	morhaye	adger	M49	M35-	adger.morhayegr	00:41:27	04:10
53	0303	Detrez	Martine	F4	F55+		00:42:03	04:14
54	7083	Van Schelvergem	Gertjan	M50	M35-	Triathlon Vlaand	00:42:05	04:14
55	7002	Slegers	Ayrton	M51	M35-		00:42:08	04:15
56	0166	Depinois	Vic	M52	M35-		00:42:14	04:15
57	0316	Vangeel	Piet	M53	M55+	Hoeselt Run	00:42:21	04:16
58	0107	Billen	Maxim	M54	M35+	ADD Tongeren	00:42:25	04:16
59	0297	Neven	Koen	M55	M45+	ADD	00:42:26	04:16
60	0272	Oversteegen	Linda	F5	F35-	sacn	00:42:45	04:18
61	0181	Dekens	Danny	M56	M65+	Dcla Halen	00:42:56	04:19
62	0178	Vankrunkelsven	leen	F6	F55+	VACH	00:43:04	04:20
63	0232	Pauly	Ruben	M57	M35-		00:43:10	04:21
64	0139	millen	jurgen	M58	M45+	fighters against c	00:43:15	04:21
65	0312	zuzana	bodocka	F7	F35+		00:43:19	04:22
66	7117	Santermans	Peter	M59	M45+		00:43:23	04:22
67	0150	Vervloesem	Michael	M60	M35-		00:43:33	04:23
68	7125	Hiemeleers	Marc	M61	M65+	AC Alken	00:43:40	04:24
69	0106	Baerts	Chris	M62	M55+		00:43:46	04:24
70	7095	Shaham	Sarah	F8	F45+		00:43:47	04:25
71	0147	Vanderlocht	Bart	M63	M35-	Dplusdinsdag	00:43:47	04:25
72	0135	Windelinckx	Charon	F9	F35-	Roba	00:43:49	04:25
73	0189	Finoulst	Emilie	F10	F35-	RCT TeamJoeri	00:44:13	04:27
74	7089	Philippe-Stoumont	Laure	F11	F35+	JiA	00:44:20	04:28
75	7078	screurs	sander	M64	M35-	AC Alken	00:44:22	04:28
76	7120	Schevenels	Jarno	M65	M35-	TACT	00:44:29	04:29
77	0257	Remels	Dimitry	M66	M35+		00:44:38	04:30
78	0163	Goijens	Nancy	F12	F35-	Trisport MNK	00:44:45	04:30
79	0293	Martens	Roel	M67	M45+		00:44:48	04:31
80	0243	Malcorps	Hervé	M68	M45+		00:44:54	04:31
81	0262	Van Stappen	Nick	M69	M35-		00:44:57	04:32
82	7154	Slegers	Werner	M70	M55+	GeTC	00:45:14	04:33
83	0170	Driesen	Femke	F13	F35-		00:45:30	04:35
84	0142	Meesters	Sven	M71	M35+		00:45:34	04:35
85	0196	Raets	Tijl	M72	M35+		00:45:38	04:36

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
86	0304	Macors	Alexandre	M73	M35+		00:46:00	04:38
87	0144	Mulleners	Rein	M74	M35-		00:46:10	04:39
88	0173	Proost	Kris	M75	M55+	JMT Mol	00:46:14	04:39
89	0110	Acar	fatih	M76	M35+		00:46:23	04:40
90	7145	Jacobs	Stephen	M77	M35-	Hoeselt Run	00:46:40	04:42
91	0204	demot	diederik	M78	M35+		00:46:44	04:42
92	0317	Vanmeer	Robert-Jan	M79	M35-		00:46:58	04:44
93	7057	Schroven	Hilde	F14	F45+	GS Running team	00:47:03	04:44
94	0149	Bossens	Jimmy	M80	M45+		00:47:05	04:45
95	0168	Vandenrijn	Ruben	M81	M35-		00:47:11	04:45
96	0132	Dierick	Karel	M82	M35-		00:47:21	04:46
97	0127	Michiels	Domien	M83	M35+		00:47:30	04:47
98	0176	Cruysberghe	Lander	M84	M35-		00:47:31	04:47
99	7012	Verschuere	Frank	M85	M65+		00:47:53	04:49
100	7016	Polders	Kevin	M86	M45+	Road Runners H	00:48:10	04:51
101	0284	Dendooven	Gunther	M87	M35-		00:48:18	04:52
102	0308	Hermans	Robby	M88	M35+		00:48:33	04:53
103	0159	Alua	Christine	F15	F35-	ACA	00:48:46	04:55
104	7081	Moons	Lydia	F16	F55+		00:49:04	04:57
105	7094	Morhaye	Peter	M89	M55+		00:49:23	04:58
106	0309	Tack	Jeroen	M90	M35+	bolt	00:49:26	04:59
107	0119	Kerckhofs	Celien	F17	F35-		00:49:30	04:59
108	7111	Rouffa	Hanne	F18	F35-		00:49:33	05:00
109	0302	Vranckx	Benoit	M91	M65+	Tess chemie	00:49:48	05:01
110	0131	Carlens	Senne	M92	M35-		00:50:06	05:03
111	7163	Lelièvre	Pieter	M93	M35-		00:50:41	05:06
112	0162	Benaets	Johan	M94	M35+		00:50:43	05:07
113	0145	Mathei	Caro	F19	F35-		00:51:31	05:11
114	7099	Govaerts	Kris	M95	M65+	AC Alken	00:51:38	05:12
115	0175	Coenen	Christoph	M96	M35+		00:51:47	05:13
116	0161	Loix	Wouter	M97	M35+	Hoeselt Runtour	00:52:19	05:16
117	0157	Swinnen	Evelien	F20	F35+		00:52:27	05:17
118	0111	Holsteyns	Herman	M98	M45+		00:52:43	05:19
119	0235	Trouwers	Johan	M99	M35+		00:52:46	05:19
120	0112	Michiels	Jimmy	M100	M55+		00:53:02	05:21
121	0283	Dendooven	Jurgen	M101	M35-		00:53:04	05:21
122	7017	Schunselaar	Maaïke	F21	F45+	Aca Alken	00:53:06	05:21
123	7056	Philippaerts	Greta	F22	F55+	ACA Alken	00:53:36	05:24
124	0198	Swerten	Robby	M102	M35+		00:53:37	05:24
125	0153	Robben	Danny	M103	M55+	TACT	00:54:03	05:27
126	0156	Houttekier	Egon	M104	M35+		00:54:11	05:28
127	0299	claudia	Van De Wouw	F23	F45+		00:54:13	05:28
128	7038	Cammaerts	Bart	M105	M45+	Jogger Jo Schoor	00:54:21	05:29
129	0167	Depinois	Tom	M106	M45+		00:54:24	05:29
130	0165	Cortier	Ine	F24	F45+		00:54:25	05:29
131	0291	Cortier	Hannelore	F25	F35+		00:54:26	05:29
132	0115	Schelfhout	wout	M107	M35+		00:54:31	05:30

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
133	0113	Swartenbroekx	Maarten	M108	M35-		00:54:32	05:30
134	7098	Van Zand	Maja	F26	F65+	AC Alken	00:55:18	05:34
135	0315	Smets	Dodi	M109	M35-	nee	00:55:55	05:38
136	0140	Dethier	Yves	M110	M45+		00:56:23	05:41
137	0120	Fonteyn	Kenny	M111	M35+		00:56:29	05:41
138	7092	Hiemeleers	Sharon	F27	F35+	AC Alken	00:56:34	05:42
139	0224	Notermans	Sandrine	F28	F35-		00:56:51	05:44
140	0276	Erkens	Kristof	M112	M35+	Reshape	00:57:29	05:48
141	0290	Lux	Gert	M113	M45+	Neen	00:57:40	05:49
142	0118	Hendrickx	Femke	F29	F35-		00:57:43	05:49
143	0152	Roobaert	Emilie	F30	F35-		00:57:49	05:50
144	0141	Philtjens	Joline	F31	F35-		00:57:53	05:50
145	0114	Luykx	Laurens	M114	M55+		00:58:06	05:51
146	7050	Coenen	David	M115	M45+		00:58:10	05:52
147	0128	Casters	Steven	M116	M45+		00:58:38	05:54
148	7112	Vandenbergh	Eddy	M117	M55+	Alleen luk t ouch	00:58:55	05:56
149	0124	Reusens	Charlotte	F32	F35-		00:59:18	05:59
150	0122	Borgers	Steffi	F33	F35-		00:59:19	05:59
151	0123	Vrancken	Bart	M118	M35-		00:59:20	05:59
152	7113	Payne	Dimitri	M119	M35+		00:59:54	06:02
153	0305	Celis	Ella	F34	F35-		01:01:16	06:10
154	0306	Celis	Peter	M120	M45+		01:01:17	06:11
155	0245	Bosmans	Bart	M121	M35+	LOOISE AV	01:01:22	06:11
156	0129	Casters	Manon	F35	F35-		01:05:08	06:34
157	0210	Bellis	Jody	F36	F35-		01:06:24	06:42
158	0199	Gaet	Anna	F37	F35-		01:08:04	06:52

Helpshopcup - 10 km - Men 35-

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0311	Simons	Wouter	M1	M35-	4P	00:32:46	03:18
2	0151	Robben	Simon	M2	M35-	TACT	00:33:03	03:20
3	0137	Robben	Tom	M3	M35-		00:33:56	03:25
4	7133	Van Asselbergh	Jorden	M4	M35-	GS Running team	00:34:12	03:27
5	0154	De Clerck	Arne	M5	M35-		00:34:50	03:30
6	0121	Snel	Jordy	M6	M35-		00:35:04	03:32
7	7155	Vroonen	Brecht	M7	M35-	Atletiekclub Alk	00:35:26	03:34
8	0249	Permentier	Koenraad	M8	M35-		00:35:30	03:34
9	0215	Haesen	Jasper	M9	M35-		00:35:57	03:37
10	0164	Goijens	Stijn	M10	M35-	Trisportmnk	00:36:41	03:42
11	0233	Vanstraelen	Dries	M11	M35-		00:36:48	03:42
12	0155	Houben	Stijn	M12	M35-		00:36:53	03:43
13	0314	Hendrickx	Jens	M13	M35-		00:38:18	03:51
14	0190	Menjoie	Daan	M14	M35-	TACT	00:39:03	03:56
15	0253	Bellis	Jarne	M15	M35-		00:39:36	03:59
16	0307	Santermans	Cisse	M16	M35-		00:39:39	04:00
17	0310	Kennes	Hendrik	M17	M35-		00:39:43	04:00
18	0227	Simsek	Kenan	M18	M35-		00:40:16	04:03
19	0160	Martens	Robin	M19	M35-		00:40:45	04:06
20	0295	Vanden berk	hendrik	M20	M35-		00:40:54	04:07
21	0134	Carlens	Jeppe	M21	M35-		00:41:08	04:09
22	7106	morhaye	adger	M22	M35-	adger.morhayegr	00:41:27	04:10
23	7083	Van Schelvergem	Gertjan	M23	M35-	Triathlon Vlaand	00:42:05	04:14
24	7002	Slegers	Ayrton	M24	M35-		00:42:08	04:15
25	0166	Depinois	Vic	M25	M35-		00:42:14	04:15
26	0232	Pauly	Ruben	M26	M35-		00:43:10	04:21
27	0150	Vervloesem	Michael	M27	M35-		00:43:33	04:23
28	0147	Vanderlocht	Bart	M28	M35-	Dplusdinsdag	00:43:47	04:25
29	7078	screurs	sander	M29	M35-	AC Alken	00:44:22	04:28
30	7120	Schevenels	Jarno	M30	M35-	TACT	00:44:29	04:29
31	0262	Van Stappen	Nick	M31	M35-		00:44:57	04:32
32	0144	Mulleners	Rein	M32	M35-		00:46:10	04:39
33	7145	Jacobs	Stephen	M33	M35-	Hoeselt Run	00:46:40	04:42
34	0317	Vanmeer	Robert-Jan	M34	M35-		00:46:58	04:44
35	0168	Vandenrijn	Ruben	M35	M35-		00:47:11	04:45
36	0132	Dierick	Karel	M36	M35-		00:47:21	04:46
37	0176	Cruysberghs	Lander	M37	M35-		00:47:31	04:47
38	0284	Dendooven	Gunther	M38	M35-		00:48:18	04:52

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	0131	Carlens	Senne	M39	M35-		00:50:06	05:03
40	7163	Lelièvre	Pieter	M40	M35-		00:50:41	05:06
41	0283	Dendooven	Jurgen	M41	M35-		00:53:04	05:21
42	0113	Swartenbroekx	Maarten	M42	M35-		00:54:32	05:30
43	0315	Smets	Dodi	M43	M35-	nee	00:55:55	05:38
44	0123	Vrancken	Bart	M44	M35-		00:59:20	05:59

Helpshopcup - 10 km - Men 35+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0268	Baccus	Sven	M1	M35+	ADD Diepenbee	00:34:22	03:28
2	0158	Scholts	Bert	M2	M35+	ACA SQM	00:34:37	03:29
3	7069	Warnant	Leander	M3	M35+		00:34:45	03:30
4	0182	Bex	Peter	M4	M35+	GS Running Tea	00:37:27	03:46
5	7047	Leunen	Jo	M5	M35+	Bokkerijderstear	00:38:01	03:50
6	7147	De Schutter	Tom	M6	M35+		00:38:50	03:55
7	0108	Motten	James	M7	M35+	BOLT	00:39:18	03:57
8	0138	Vanmechelen	Hans	M8	M35+	Dplusdinsdag	00:39:20	03:58
9	0183	Jans	Bert	M9	M35+	ACA	00:41:05	04:08
10	0195	Redant	Tom	M10	M35+	AC Alken	00:41:07	04:08
11	0107	Billen	Maxim	M11	M35+	ADD Tongeren	00:42:25	04:16
12	0257	Remels	Dimitry	M12	M35+		00:44:38	04:30
13	0142	Meesters	Sven	M13	M35+		00:45:34	04:35
14	0196	Raets	Tijl	M14	M35+		00:45:38	04:36
15	0304	Macors	Alexandre	M15	M35+		00:46:00	04:38
16	0110	Acar	fatih	M16	M35+		00:46:23	04:40
17	0204	demot	diederik	M17	M35+		00:46:44	04:42
18	0127	Michiels	Domien	M18	M35+		00:47:30	04:47
19	0308	Hermans	Robby	M19	M35+		00:48:33	04:53
20	0309	Tack	Jeroen	M20	M35+	bolt	00:49:26	04:59
21	0162	Benaets	Johan	M21	M35+		00:50:43	05:07
22	0175	Coenen	Christoph	M22	M35+		00:51:47	05:13
23	0161	Loix	Wouter	M23	M35+	Hoeselt Runtour	00:52:19	05:16
24	0235	Trouwers	Johan	M24	M35+		00:52:46	05:19
25	0198	Swerten	Robby	M25	M35+		00:53:37	05:24
26	0156	Houttekier	Egon	M26	M35+		00:54:11	05:28
27	0115	Schelfhout	wout	M27	M35+		00:54:31	05:30
28	0120	Fonteyn	Kenny	M28	M35+		00:56:29	05:41
29	0276	Erkens	Kristof	M29	M35+	Reshape	00:57:29	05:48
30	7113	Payne	Dimitri	M30	M35+		00:59:54	06:02
31	0245	Bosmans	Bart	M31	M35+	LOOISE AV	01:01:22	06:11

Helpshopcup - 10 km - Men 45+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	7086	Theys	Kevin	M1	M45+	SQM runningtea	00:35:32	03:35
2	0251	Cooreman	Johan	M2	M45+	-	00:35:35	03:35
3	7118	Vossius	Peter	M3	M45+	Sqm runningtea	00:35:48	03:36
4	7000	De Rooy	Andy	M4	M45+	Coyote sports tea	00:36:29	03:40
5	7023	Verheyen	Geert	M5	M45+		00:36:59	03:43
6	0313	VANMECHELEN	SIMON	M6	M45+		00:37:34	03:47
7	0250	Sneyers	Jimmy	M7	M45+		00:38:43	03:54
8	0125	De Prins	Bruno	M8	M45+		00:38:56	03:55
9	7027	Stijnen	David	M9	M45+	Ac Alken	00:40:22	04:04
10	0171	Neven	John	M10	M45+		00:40:50	04:07
11	0248	Dehaes	Tim	M11	M45+		00:41:24	04:10
12	0297	Neven	Koen	M12	M45+	ADD	00:42:26	04:16
13	0139	millen	jurgen	M13	M45+	fighters against c	00:43:15	04:21
14	7117	Santermans	Peter	M14	M45+		00:43:23	04:22
15	0293	Martens	Roel	M15	M45+		00:44:48	04:31
16	0243	Malcorps	Hervé	M16	M45+		00:44:54	04:31
17	0149	Bossens	Jimmy	M17	M45+		00:47:05	04:45
18	7016	Polders	Kevin	M18	M45+	Road Runners H	00:48:10	04:51
19	0111	Holsteyns	Herman	M19	M45+		00:52:43	05:19
20	7038	Cammaerts	Bart	M20	M45+	Jogger Jo Schoor	00:54:21	05:29
21	0167	Depinois	Tom	M21	M45+		00:54:24	05:29
22	0140	Dethier	Yves	M22	M45+		00:56:23	05:41
23	0290	Lux	Gert	M23	M45+	Neen	00:57:40	05:49
24	7050	Coenen	David	M24	M45+		00:58:10	05:52
25	0128	Casters	Steven	M25	M45+		00:58:38	05:54
26	0306	Celis	Peter	M26	M45+		01:01:17	06:11

Helpshopcup - 10 km - Men 55+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	7090	Philippe	Patrick	M1	M55+	JiA	00:36:44	03:42
2	0174	verlinden	Herwig	M2	M55+	RSCA	00:37:53	03:49
3	0146	Waterschoot	Eric	M3	M55+	DCLA HALEN	00:39:49	04:01
4	7153	Wouters	Chriske	M4	M55+	wouters.chrissky	00:40:06	04:02
5	0126	D'AVELINO	MICHAEL	M5	M55+	SER ATHL	00:40:37	04:05
6	0316	Vangeel	Piet	M6	M55+	Hoeselt Run	00:42:21	04:16
7	0106	Baerts	Chris	M7	M55+		00:43:46	04:24
8	7154	Slegers	Werner	M8	M55+	GeTC	00:45:14	04:33
9	0173	Proost	Kris	M9	M55+	JMT Mol	00:46:14	04:39
10	7094	Morhaye	Peter	M10	M55+		00:49:23	04:58
11	0112	Michiels	Jimmy	M11	M55+		00:53:02	05:21
12	0153	Robben	Danny	M12	M55+	TACT	00:54:03	05:27
13	0114	Luykx	Laurens	M13	M55+		00:58:06	05:51
14	7112	Vandenberghe	Eddy	M14	M55+	Allein luk t ouch	00:58:55	05:56

Helpshopcup - 10 km - Men 65+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	7030	Werckx	Ludo	M1	M65+	ACA	00:41:20	04:10
2	0181	Dekens	Danny	M2	M65+	Dcla Halen	00:42:56	04:19
3	7125	Hiemeleers	Marc	M3	M65+	AC Alken	00:43:40	04:24
4	7012	Verschuere	Frank	M4	M65+		00:47:53	04:49
5	0302	Vranckx	Benoit	M5	M65+	Tess chemie	00:49:48	05:01
6	7099	Govaerts	Kris	M6	M65+	AC Alken	00:51:38	05:12

Helpshopcup - 10 km - Women 35-

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0169	Driesen	Jet	V1	V35-	ACA SQM runn	00:37:12	03:45
2	0133	Windelinckx	Charis	V2	V35-	ROBA	00:38:58	03:55
3	0236	Mertens	Ansofie	V3	V35-	ReyFit	00:41:13	04:09
4	0272	Oversteegen	Linda	V4	V35-	sacn	00:42:45	04:18
5	0135	Windelinckx	Charon	V5	V35-	Roba	00:43:49	04:25
6	0189	Finoulst	Emilie	V6	V35-	RCT TeamJoeri	00:44:13	04:27
7	0163	Goijens	Nancy	V7	V35-	Trisport MNK	00:44:45	04:30
8	0170	Driesen	Femke	V8	V35-		00:45:30	04:35
9	0159	Alua	Christine	V9	V35-	ACA	00:48:46	04:55
10	0119	Kerckhofs	Celien	V10	V35-		00:49:30	04:59
11	7111	Rouffa	Hanne	V11	V35-		00:49:33	05:00
12	0145	Mathei	Caro	V12	V35-		00:51:31	05:11
13	0224	Notermans	Sandrine	V13	V35-		00:56:51	05:44
14	0118	Hendrickx	Femke	V14	V35-		00:57:43	05:49
15	0152	Roobaert	Emilie	V15	V35-		00:57:49	05:50
16	0141	Philtjens	Joline	V16	V35-		00:57:53	05:50
17	0124	Reusens	Charlotte	V17	V35-		00:59:18	05:59
18	0122	Borgers	Steffi	V18	V35-		00:59:19	05:59
19	0305	Celis	Ella	V19	V35-		01:01:16	06:10
20	0129	Casters	Manon	V20	V35-		01:05:08	06:34
21	0210	Bellis	Jody	V21	V35-		01:06:24	06:42
22	0199	Gaet	Anna	V22	V35-		01:08:04	06:52

Helpshopcup - 10 km - Women 35+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0312	zuzana	bodocka	V1	V35+		00:43:19	04:22
2	7089	Philippe-Stoumont	Laure	V2	V35+	JiA	00:44:20	04:28
3	0157	Swinnen	Evelien	V3	V35+		00:52:27	05:17
4	0291	Cortier	Hannelore	V4	V35+		00:54:26	05:29
5	7092	Hiemeleers	Sharon	V5	V35+	AC Alken	00:56:34	05:42

Helpshopcup - 10 km - Women 45+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	7095	Shaham	Sarah	V1	V45+		00:43:47	04:25
2	7057	Schroven	Hilde	V2	V45+	GS Running team	00:47:03	04:44
3	7017	Schunselaar	Maaïke	V3	V45+	Aca Alken	00:53:06	05:21
4	0299	claudia	Van De Wouw	V4	V45+		00:54:13	05:28
5	0165	Cortier	Ine	V5	V45+		00:54:25	05:29

Helpshopcup - 10 km - Women 55+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0303	Detrez	Martine	V1	V55+		00:42:03	04:14
2	0178	Vankrunkelsven	leen	V2	V55+	VACH	00:43:04	04:20
3	7081	Moons	Lydia	V3	V55+		00:49:04	04:57
4	7056	Philippaerts	Greta	V4	V55+	ACAiken	00:53:36	05:24

Helpshopcup - 10 km - Women 65+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	7098	Van Zand	Maja	V1	V65+	AC Alken	00:55:18	05:34