



10 km Helpshopcup - Gesamtwertung

Startzeit : 04-02-2024 11:17:00

Die Ergebnisse sind vollständig

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0585	Hubrechts	Gijs	M1	M35-	ADD Tongeren	00:31:24	03:08
2	0847	Nulens	Sam	M2	M35+	Atla	00:31:47	03:10
3	0846	Velraeds	Per	M3	M35-	Av caesar	00:31:53	03:11
4	0811	Smeets	Bodi	M4	M35-		00:32:07	03:12
5	0603	Blijkers	Tibo	M5	M35-	Team Fischer	00:32:42	03:16
6	0781	Smeets	Alex	M6	M35-	AV Caesar	00:32:45	03:16
7	0617	Boden	Niki	M7	M35+		00:33:08	03:18
8	0894	Vervecken	Jo	M8	M35-	De Jogclub TF	00:33:43	03:22
9	6084	Scholts	Kylian	M9	M35-	SQM running tea	00:33:54	03:23
10	0566	Brisy	Kenny	M10	M35-	EVOK	00:34:03	03:24
11	0809	Smeets	Roger	M11	M45+		00:34:18	03:25
12	0632	Miermans	Toon	M12	M35-		00:35:07	03:30
13	0882	Buelens	Stijn	M13	M35-	ADD Diepenbee	00:35:09	03:30
14	0833	Witters	Stijn	M14	M35-	Go Dare	00:35:16	03:31
15	0596	Schoofs	Jan	M15	M35+	GoDare Animo T	00:35:31	03:33
16	0814	Smeets	Ferdy	M16	M35+	AV Caesar	00:35:32	03:33
17	0593	Verschoren	Senne	M17	M35-	Heistse Berglope	00:35:36	03:33
18	0816	Stiers	Pieter	M18	M35+	ZLTC	00:35:37	03:33
19	0888	Schouppe	Wouter	M19	M45+	neen	00:35:39	03:33
20	0619	Verschaeren	Geert	M20	M45+	AVZK	00:35:40	03:34
21	0855	Thijs	Filip	M21	M45+		00:35:41	03:34
22	0618	Rijken	Wim	M22	M45+		00:35:49	03:34
23	6046	Vanden Bempt	Hans	M23	M45+	SQMrunningtaer	00:35:54	03:35
24	0699	Jacobs	Ellis	F1	F35+	STB Landgraaf	00:35:56	03:35
25	0900	Paulissen	Maarten	M24	M35+	Looise	00:36:01	03:36
26	0660	De Bruecker	Niels	M25	M35+		00:36:02	03:36
27	0750	Hermans	Stephane	M26	M35+		00:36:07	03:36
28	0883	Jansen	Chris	M27	M55+	AV caesar	00:36:14	03:37
29	0818	Noelmans	Bram	M28	M35+		00:36:18	03:37
30	0729	Jonkmans	Giel	M29	M35-	Add	00:36:26	03:38
31	0757	Michielsen	Carlo	M30	M45+	VACH	00:36:42	03:40
32	0731	van der Have	Arthur	M31	M35-		00:36:58	03:41
33	0735	Slegers	Peter	M32	M55+	JMT Mol	00:37:03	03:42
34	0562	Vanden Berk	Hendrik	M33	M35-	Geen	00:37:05	03:42
35	0520	Horma	Yassine	M34	M35-		00:37:08	03:42
36	0878	Jans	Robin	M35	M35-	nee	00:37:14	03:43
37	0774	Maris	Peter	M36	M55+	VACH	00:37:17	03:43
38	0528	Claesen	Tars	M37	M35-	Hoeselt Run	00:37:19	03:43

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0924	Paglialunga	Mattias	M38	M35+	ROBA	00:37:25	03:44
40	0766	Oeyen	Jan	M39	M45+	VACH	00:37:30	03:45
41	0653	Stevens	Christophe	M40	M35+	ADD	00:37:33	03:45
42	0837	Trix	Tovo	M41	M35+		00:37:37	03:45
43	0791	Haesen	Jasper	M42	M35-	ADD	00:37:42	03:46
44	0896	Roggen	Steven	M43	M45+		00:37:46	03:46
45	0812	Debaere	Filiep	M44	M45+	AVT	00:37:55	03:47
46	0517	Lenaert	Wendy	F2	F35+	Atkteam	00:37:58	03:47
47	6068	Vanrusselt	Nico	M45	M45+	Add	00:38:00	03:48
48	0805	Vanhove	Chris	M46	M45+		00:38:01	03:48
49	0762	Paques	Dimitri	M47	M35+	VACH	00:38:03	03:48
50	0518	Bouckaert	Stéphane	M48	M35+		00:38:05	03:48
51	0554	verlinden	herwig	M49	M55+	rsca	00:38:15	03:49
52	0523	slootmaekers	sjoerd	M50	M35-		00:38:17	03:49
53	0867	Moens	Niels	M51	M35-		00:38:19	03:49
54	6027	De Rooy	Andy	M52	M45+	Coyote sports tea	00:38:32	03:51
55	0786	Martens	Roel	M53	M45+		00:38:35	03:51
56	0910	Bogaerts	Sem	M54	M35+	BFC	00:38:47	03:52
57	6117	Van Marcke	Pascal	M55	M55+	SQM Running T	00:38:54	03:53
58	0937	Willems	Jeroen	M56	M35+		00:38:58	03:53
59	0552	Schoupe	Kenny	M57	M35+		00:39:01	03:54
60	0726	Pieters	Ronald	M58	M45+	Achilles Top	00:39:22	03:56
61	0748	Willems	Dirk	M59	M55+	Tact st.-Truiden	00:39:24	03:56
62	0733	Waterschoot	ERIC	M60	M55+	DCLA HALEN	00:39:26	03:56
63	0541	Tupuschies	Zaki	M61	M35+	Musculatuur	00:39:27	03:56
64	0662	Santino	Nicolas	M62	M35+		00:39:27	03:56
65	0598	Henquet	Raymond	M63	M35-		00:39:47	03:58
66	0796	Fabrij	Andy	M64	M35-		00:39:49	03:58
67	6119	Vandersmissen	Jolien	F3	F35-	Dcla halen sqm	00:39:58	03:59
68	0776	Timmermans	Sammy	M65	M55+	VACH	00:40:15	04:01
69	6085	Vangeel	Julie	F4	F35-	GS Running Tea	00:40:17	04:01
70	0737	Mondelaers	Steven	M66	M35+	Looise AV	00:40:19	04:01
71	0820	Dirkx	Michel	M67	M35+		00:40:21	04:02
72	0844	Wouters	Noor	F5	F35-	ADD Diepenbee	00:40:26	04:02
73	6100	Santermans	Peter	M68	M45+		00:40:28	04:02
74	0602	Huygen	Jorn	M69	M35-		00:40:30	04:03
75	0747	Croux	Kris	M70	M35+		00:40:33	04:03
76	0627	Morren	Hans	M71	M35-		00:40:41	04:04
77	0500	Lammers	Linde	F6	F35-	Atletiek Maastric	00:40:53	04:05
78	0823	Dekens	Danny	M72	M55+	Dcla Halen	00:40:56	04:05
79	0574	Leten	Tony	M73	M55+	AVT Oudsberge	00:40:58	04:05
80	0751	Boonen	Joris	M74	M35+		00:41:01	04:06
81	0925	Hoskens	Benny	M75	M55+	de bosvrienden	00:41:04	04:06
82	0741	Saenen	Bart	M76	M45+		00:41:13	04:07
83	0912	Machiels	Bart	M77	M35+		00:41:16	04:07
84	0544	Put	Wim	M78	M35+		00:41:23	04:08
85	0758	Oud	Carlo	M79	M45+	VACH	00:41:28	04:08

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
86	0597	Nulens	Tom	M80	M45+	ROBA	00:41:31	04:09
87	6101	Gelade	Roeland	M81	M35+		00:41:32	04:09
88	0616	dreessen	jill	F7	F35-	ADD tongeren	00:41:34	04:09
89	0534	Macours	Dominique	M82	M35+		00:41:34	04:09
90	6028	Baerts	Chris	M83	M45+	Geen	00:41:37	04:09
91	0643	Scholts	Bert	M84	M35+		00:41:38	04:09
92	0532	Colemont	Kris	M85	M45+	3VL	00:41:41	04:10
93	0902	Saenen	Tom	M86	M45+		00:41:41	04:10
94	6016	Lodders	Glenn	M87	M35+	Hoeselt run	00:41:46	04:10
95	0862	Sampermans	Bart	M88	M35+	dcla halen	00:41:47	04:10
96	0740	De Kock	Tim	M89	M35+		00:41:48	04:10
97	0576	Dupé	Bertrand	M90	M35+	RFCL roadrunne	00:41:49	04:10
98	0927	Pinckers	Koen	M91	M35+	Animo	00:41:55	04:11
99	0513	Brouckaert	Sophie	F8	F35-	KDM Pack CT	00:42:01	04:12
100	6049	Geijsenbergh	Gert	M92	M35+		00:42:08	04:12
101	0728	Stalmans	Ward	M93	M35+		00:42:09	04:12
102	0834	Meuwissen	Wesley	M94	M35+		00:42:14	04:13
103	6114	Hiemeleers	Marc	M95	M65+	Ac Alken	00:42:14	04:13
104	0828	Philis	Lambriny	F9	F45+	RFCL Roadrunn	00:42:16	04:13
105	0663	PARENT	PASCAL	M96	M55+	RFCL ROADRU	00:42:24	04:14
106	6047	Buntinx	Johan	M97	M45+		00:42:26	04:14
107	6024	Mesotten	Dirk	M98	M45+		00:42:28	04:14
108	0785	Gillissen	Stijn	M99	M45+		00:42:31	04:15
109	0873	Jans	Bart	M100	M55+	Livia's fanclub	00:42:52	04:17
110	0708	Moyersoer	Bernard	M101	M55+	RFCL Road Run	00:43:01	04:18
111	6090	Vanherck	Bruno	M102	M45+	Bokkerijderstea	00:43:08	04:18
112	0838	Marco	Deprez	M103	M45+		00:43:10	04:19
113	0676	De Cleene	Bob	M104	M35-	Diabolic Heaven	00:43:10	04:19
114	0605	Neven	John	M105	M45+	CM	00:43:13	04:19
115	6060	slegers	werner	M106	M55+		00:43:22	04:20
116	0674	Boghe	Guido	M107	M55+	Btact	00:43:28	04:20
117	0775	Thys	Ronny	M108	M55+	VACH	00:43:31	04:21
118	0698	Vandeweyer	Niels	M109	M35-		00:43:34	04:21
119	0715	Strauven	Sofie	F10	F35+	DCLA Halen	00:43:34	04:21
120	0688	Ons	Lindert	M110	M35-		00:43:35	04:21
121	0538	Dendas	Jo	M111	M45+	ROBA Diest	00:43:36	04:21
122	0736	Arckens	Geert	M112	M35+		00:43:40	04:22
123	0819	Aerts	Hans	M113	M35+	Iron Team Hasse	00:43:43	04:22
124	0830	De Luna	Daniel	M114	M35+		00:43:43	04:22
125	6006	Zlocki	Nadja	F11	F35+		00:43:44	04:22
126	0739	Beuls	Jeroen	M115	M35+		00:43:58	04:23
127	0720	Bollen	Wouter	M116	M35-		00:44:02	04:24
128	0669	Menten	Gertjan	M117	M35-		00:44:04	04:24
129	0608	Boesmans	Marc	M118	M55+		00:44:06	04:24
130	0754	Hermans	Steven	M119	M35+	Zonhoven loopt c	00:44:07	04:24
131	0626	Lenssen	Roel	M120	M35-	Atla	00:44:16	04:25
132	6148	Stas	Katrien	F12	F45+	DCLA Halen	00:44:18	04:25

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
133	0723	Vandeweyer	Kris	M121	M45+	ADD Tongeren	00:44:19	04:25
134	0620	Lemmens	Ilona	F13	F35+		00:44:21	04:26
135	6094	Mechelmans	Tamara	F14	F35+		00:44:22	04:26
136	0670	Broux	Tom	M122	M35+		00:44:25	04:26
137	6137	Wouters	Bart	M123	M45+	BFC	00:44:26	04:26
138	6129	Schevenels	Jarno	M124	M35-	TACT	00:44:26	04:26
139	0572	Bleux	Björn	M125	M45+	Road Runners	00:44:32	04:27
140	0604	Royen	Bart	M126	M35+	Hoeselt Run	00:44:34	04:27
141	0835	Vanuytrecht	Nico	M127	M35+	Ironteam Hasselt	00:44:35	04:27
142	0767	Hollants	Jean-Paul	M128	M45+	VACH	00:44:40	04:28
143	0580	Keunen	Tamara	F15	F35+	AVT Oudsberg	00:44:56	04:29
144	0784	Pelgrims	Edouard	M129	M65+	Aca alken	00:45:02	04:30
145	6159	Van Dingenen	Steven	M130	M45+	Gs running team	00:45:04	04:30
146	0917	Vancluysen	Sarah	F16	F35-		00:45:06	04:30
147	0687	Van Den Broeck	Raphael	M131	M65+	ACA	00:45:06	04:30
148	0764	Knapen	Griet	F17	F45+	VACH	00:45:07	04:30
149	6157	Vanloffelt	Nico	M132	M45+		00:45:09	04:30
150	6135	Baus	Carlo	M133	M45+	Bokkerijderstean	00:45:10	04:31
151	6140	Van laer	Wim	M134	M55+	DCLA Halen	00:45:18	04:31
152	0802	Graulius	Robby	M135	M35+		00:45:24	04:32
153	0790	Thysen	Dennis	M136	M35+	Hoeselt run	00:45:30	04:33
154	0510	Gielen	Brecht	M137	M35-		00:45:33	04:33
155	0768	Ardui	Johan	M138	M45+	VACH	00:45:33	04:33
156	0631	Vossen	Saskia	F18	F35+		00:45:40	04:34
157	0921	Arnauts	Bert	M139	M45+	BRUUST	00:45:41	04:34
158	0568	Celen	Dimitri	M140	M35+		00:45:42	04:34
159	0713	Reynders	Robin	M141	M45+		00:45:49	04:34
160	0686	Gorissen	Marijke	F19	F35+		00:45:52	04:35
161	0863	Vanstreels	Mario	M142	M45+	Mijn Hond Genk	00:45:54	04:35
162	0843	Gregoire	Silke	F20	F35-		00:46:00	04:36
163	0875	Volders	Astrid	F21	F35-		00:46:02	04:36
164	0769	Van Der Wel	Kurt	M143	M55+	VACH	00:46:03	04:36
165	0680	Dillen	Annelies	F22	F35+	AVT Hasselt	00:46:10	04:37
166	0840	Cleeren	Dominique	M144	M55+	3VL	00:46:18	04:37
167	6051	Permentier	Gilbert	M145	M55+		00:46:20	04:38
168	6144	Requilé	Philippe	M146	M55+	Bokkerijderstean	00:46:24	04:38
169	0792	Deckers	Jimmy	M147	M35+		00:46:29	04:38
170	0756	Laenen	Annouschka	F23	F45+	VACH	00:46:32	04:39
171	0895	Burdzy	Sven	M148	M45+	DCLA Halen	00:46:38	04:39
172	0634	De Vries	Cedric	M149	M35-	DPK	00:46:40	04:40
173	0716	Matty	Schuermans	M150	M35+	Trisport Mnk	00:46:45	04:40
174	0753	dedroog	maarten	M151	M35+		00:46:53	04:41
175	0721	Cordon	Sabine	F24	F35+	Smart-Sport	00:46:54	04:41
176	0706	bailly	Luc	M152	M55+	RFCL	00:46:56	04:41
177	0868	Van de Velde	Anthony	M153	M45+		00:46:56	04:41
178	0611	Barbier	Guido	M154	M65+	FLAC Wervik	00:46:57	04:41
179	6069	Verschueren	Frank	M155	M55+	Sacn	00:46:58	04:41

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
180	0637	Vangeel	Frank	M156	M45+	Roadrunners Has	00:46:59	04:41
181	0565	Acar	fatih	M157	M35+		00:47:00	04:42
182	0759	Vankrunkelsven	Christel	F25	F55+	VACH	00:47:02	04:42
183	0773	Vanderspikken	Marietje	F26	F35+	VACH	00:47:03	04:42
184	0682	Vangeffelen	Carlo	M158	M45+		00:47:07	04:42
185	0789	Gijbels	Sarah	F27	F35+	Hoeselt Run	00:47:13	04:43
186	0628	Trouwers	Johan	M159	M35+		00:47:25	04:44
187	0800	Nolmans	Davy	M160	M35+	Hoeselt Run	00:47:27	04:44
188	0633	Leyssen	Kristof	M161	M35+		00:47:33	04:45
189	0782	Niesten	Carole	F28	F35+	Rfcl	00:47:35	04:45
190	0826	Barbier	Wim	M162	M35+		00:47:45	04:46
191	0850	Ricour	Yves	M163	M35+		00:47:46	04:46
192	0649	Mertens	Pieter	M164	M35+	Iron team Hassel	00:47:49	04:46
193	0897	robeyn	jan	M165	M35+		00:47:52	04:47
194	0822	Fosse	Lucas	M166	M35-	Ironteam Hasselt	00:47:55	04:47
195	0549	Vanhoegaerden	Kasper	M167	M35-	Iron team Hassel	00:47:56	04:47
196	0872	Berden	Davy	M168	M35+		00:47:57	04:47
197	0824	Jansen	Bastiaan	M169	M35-	Ironteam Hasselt	00:48:00	04:48
198	0857	Achten	Guy	M170	M45+	Ironteam Hasselt	00:48:00	04:48
199	0661	PAPS	Cécile	F29	F45+	RFCL	00:48:03	04:48
200	6113	Schyvens	Griet	F30	F35-		00:48:06	04:48
201	0909	Schetske	Jessie	F31	F35-		00:48:07	04:48
202	6122	Broos	Bruno	M171	M65+		00:48:12	04:49
203	0509	Delvaux	Martijn	M172	M35-		00:48:15	04:49
204	0555	Maris	Evert	M173	M35+	Road Runners H	00:48:17	04:49
205	6066	Tomsin	Ronny	M174	M45+	BFC - Hoeselt R	00:48:21	04:50
206	0871	Huybrechts	Stefaan	M175	M55+	aca	00:48:25	04:50
207	0797	Colemonts	Erik	M176	M45+	Lrh	00:48:25	04:50
208	0865	Maka	Ccile	F32	F45+	Jogging Plus	00:48:26	04:50
209	0806	Knuts	Ferre	M177	M35-		00:48:33	04:51
210	0711	Simons	Debbie	F33	F35-	SACN	00:48:40	04:52
211	0592	Vanherck	An	F34	F45+		00:48:41	04:52
212	0749	Gielen	Wim	M178	M35+		00:48:43	04:52
213	0718	Destreel	Dag	M179	M45+	AVT	00:48:49	04:52
214	6121	Theys	Hermine	F35	F35+	DCLA Halen	00:48:51	04:53
215	0614	Verbeeck	Jan	M180	M35+		00:48:52	04:53
216	0881	vrys	rudi	M181	M65+	DCLA	00:48:58	04:53
217	0779	Aerts	Gunter	M182	M35-		00:49:00	04:54
218	0702	Potenza	Davide	M183	M35+		00:49:04	04:54
219	0829	Hens	Toon	M184	M35+		00:49:04	04:54
220	0936	Lens	Joris	M185	M35+	nee	00:49:05	04:54
221	0582	Loyens	Steven	M186	M35+		00:49:07	04:54
222	0681	Snellinx	Kevin	M187	M35+	Hoeselt run	00:49:08	04:54
223	0914	Thoelen	Klaas	M188	M35+		00:49:10	04:55
224	6092	Croughs	An	F36	F35+	Run TMC	00:49:17	04:55
225	0678	Wera	Lynn	F37	F35-	Tri4more	00:49:18	04:55
226	0505	Boboc	Marie	F38	F35+		00:49:21	04:56

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
227	0832	Sterckx	Jaan	M189	M35-		00:49:27	04:56
228	0864	Vanheusden	Michiel	M190	M35+	roadrunners hasp	00:49:29	04:56
229	0854	Bruninx	Erwin	M191	M55+	JTTL	00:49:32	04:57
230	0827	Appeltans	Mario	M192	M45+		00:49:34	04:57
231	0696	Stassen	Stien	F39	F35+		00:49:42	04:58
232	0641	jacobs	paul	M193	M55+	Stb landgraaf	00:49:43	04:58
233	0691	Thijssen	Gert-Jan	M194	M35-		00:49:48	04:58
234	0777	Thijssen	Xavier	M195	M55+	VACH	00:49:49	04:58
235	0851	Reul	Wim	M196	M35+		00:49:53	04:59
236	0866	Lambrechts	Ilse	F40	F45+		00:49:53	04:59
237	0887	Jamar	Olivier	M197	M35+		00:49:58	04:59
238	0717	Goijens	Nancy	F41	F35-	Trisport Mnk	00:50:08	05:00
239	0564	lemkens	jan	M198	M65+		00:50:14	05:01
240	0724	Maes	Stijn	M199	M35-		00:50:15	05:01
241	0613	Mahieu	Kristof	M200	M35+		00:50:20	05:02
242	0787	Rijskens	Sven	M201	M45+		00:50:37	05:03
243	0744	Redant	Tom	M202	M35+	AC Alken	00:50:38	05:03
244	0856	Uva	Antonio	M203	M45+		00:50:47	05:04
245	0567	Verheyen	Kristel	F42	F45+	AVT Oudsberge	00:50:56	05:05
246	0700	Coeymans	Eveline	F43	F35-		00:51:00	05:06
247	0701	Timmers	Pieter	M204	M35+		00:51:01	05:06
248	6111	Frankenne	Linda	F44	F45+	GS-Running Tea	00:51:03	05:06
249	6106	Stroobants	Herman	M205	M55+		00:51:06	05:06
250	0707	Capelle	Perrine	F45	F35-	RFCL Roadrunn	00:51:11	05:07
251	6035	Bergen	Marc	M206	M35+		00:51:13	05:07
252	6059	Coenen	Kris	M207	M35+	bokkerijdersteam	00:51:15	05:07
253	0801	Verstraete	Kirsten	F46	F35-	Hoeselt run	00:51:21	05:08
254	0813	Moors	Katleen	F47	F45+	Hoeselt Run	00:51:27	05:08
255	0673	Meysen	Janny	M208	M65+		00:51:31	05:09
256	0689	Coenen	Wouter	M209	M35+		00:51:33	05:09
257	0671	Thiry	Jeanne	F48	F35-	AVT	00:51:33	05:09
258	0561	Holsteyns	Herman	M210	M45+		00:51:35	05:09
259	0772	Gielkens	Marc	M211	M55+	VACH	00:51:36	05:09
260	0705	Van Rompaey	Frederik	M212	M35+		00:51:39	05:09
261	0763	De Bus	Evert	M213	M45+	VACH	00:51:42	05:10
262	0885	Smeets	Rick	M214	M35-		00:51:43	05:10
263	0780	Theys	Paul	M215	M65+	Bokrijklopers	00:51:48	05:10
264	0732	van der Have	Truus	F49	F35-		00:51:51	05:11
265	0719	Rosius	Sonja	F50	F35+	AVT	00:51:59	05:11
266	0601	Morhaye	Adger	M216	M35-		00:52:21	05:14
267	0697	Bosmans	Bart	M217	M45+	Road Runners H	00:52:31	05:15
268	0874	Nuyts	Karel	M218	M65+		00:52:39	05:15
269	0845	Vanlommel	Martine	F51	F35+	Animo	00:52:40	05:16
270	0849	Sterckx	Sep	M219	M35-		00:52:46	05:16
271	0586	Naessens	Mare	F52	F35-	Avt hechtel	00:52:50	05:17
272	0587	Naessens	Herbert	M220	M45+		00:52:50	05:17
273	0588	Willekens	Luc	M221	M55+	JMT mol	00:52:59	05:17

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
274	0859	Marin	Michal	M222	M35+	Iron Team Hasse	00:53:01	05:18
275	0519	D'AMBROSIO	CHRISTELLE	F53	F35+		00:53:02	05:18
276	0672	Mellemans	Johan	M223	M65+		00:53:03	05:18
277	0860	Vandikkelen	Jan	M224	M55+		00:53:04	05:18
278	0650	Swalens	Dirk	M225	M55+	AVT	00:53:05	05:18
279	0858	Vandendriessche	Bruno	M226	M65+		00:53:09	05:18
280	0933	Jamar	Steven	M227	M35+		00:53:14	05:19
281	6123	Philippaerts	Greta	F54	F55+	ACAAlken	00:53:23	05:20
282	0931	auwers	patrick	M228	M55+		00:53:31	05:21
283	6136	Arnauts	Els	F55	F35+		00:53:48	05:22
284	0893	Vanbrabant	Thomas	M229	M35-		00:53:49	05:22
285	0870	Peumans	Herbert	M230	M55+		00:53:54	05:23
286	0730	Gielis	Anneleen	F56	F35+		00:54:16	05:25
287	6127	Rutten	Nico	M231	M35+		00:54:26	05:26
288	0646	Francois	Peter	M232	M55+		00:54:29	05:26
289	6160	loix	johnny	M233	M55+		00:54:32	05:27
290	0690	Ulenaers	Jolien	F57	F35-		00:54:47	05:28
291	0677	Keppens	Lidewij	F58	F35-		00:54:47	05:28
292	0880	Meijsen	Esther	F59	F45+		00:54:50	05:29
293	6014	Vanheusden	Wim	M234	M45+		00:54:52	05:29
294	0635	Kokai	Peter	M235	M45+		00:54:53	05:29
295	0571	Stouten	Wendy	F60	F35+	Hoeselt Run	00:54:54	05:29
296	0714	Ooms	Karel	M236	M65+	Geen	00:55:02	05:30
297	0539	Vallé	Liesse	F61	F35-		00:55:03	05:30
298	0512	Sienicka	Anna	F62	F35+	Atletiek Maastric	00:55:06	05:30
299	0727	Raemaekers	Annick	F63	F45+		00:55:07	05:30
300	0695	Housen	Hans	M237	M45+		00:55:09	05:30
301	0668	Palumbo	Giuseppe	M238	M45+	RoadRunners	00:55:10	05:31
302	0638	Laamimach	Zakaria	M239	M35+	Antwerp running	00:55:13	05:31
303	0594	Peeters	Gustaaf	M240	M55+	Oeverlopers	00:55:14	05:31
304	0939	Van Wesemael	Sofie	F64	F35-		00:55:24	05:32
305	0913	Vranckx	Benoit	M241	M65+	Tess Chemie	00:55:31	05:33
306	0884	Vandeput	Nico	M242	M35+		00:55:37	05:33
307	0904	Notelaers	Wendy	F65	F35+		00:55:41	05:34
308	0651	Lynen	Davine	F66	F35+		00:55:43	05:34
309	0793	Segers	Roel	M243	M45+		00:55:45	05:34
310	0563	Swinnen	Evelien	F67	F35+		00:55:49	05:34
311	0760	Valkeneers	Claire	F68	F55+	VACH	00:55:54	05:35
312	6034	Lowier	Axel	M244	M35+		00:55:58	05:35
313	0710	Cabuy	Paula	F69	F55+		00:56:00	05:36
314	0889	francesco	lo monaco	M245	M55+		00:56:02	05:36
315	0508	Mignolet	Kevin	M246	M35-		00:56:03	05:36
316	0645	Stakenborg	Anke	F70	F35+		00:56:12	05:37
317	0804	Stakenborg	Frank	M247	M35+		00:56:13	05:37
318	0938	Hulsmans	Laura	F71	F35-		00:56:15	05:37
319	0892	Loix	Wouter	M248	M35+	Hoeselt Run -To	00:56:23	05:38
320	6139	Custers	Bram	M249	M35-		00:56:32	05:39

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
321	0934	Santermans	Katrien	F72	F35-		00:56:40	05:40
322	0783	Furia	Alfeo	M250	M35+		00:56:44	05:40
323	0625	Bynens	Damiaan	M251	M35-		00:56:49	05:40
324	0905	Fiddelaers	Liliane	F73	F55+		00:56:54	05:41
325	0803	coomans	justien	F74	F35-		00:57:00	05:42
326	0644	Alua	Christine	F75	F35-		00:57:04	05:42
327	0647	Bertels	Nina	F76	F35-		00:57:05	05:42
328	0920	Wijnants	Els	F77	F35+		00:57:12	05:43
329	0624	Bynens	Philip	M252	M45+		00:57:13	05:43
330	0664	CORNET	CARINE	F78	F55+	RFCL ROADRU	00:57:14	05:43
331	0529	Colla	Debby	F79	F35-		00:57:25	05:44
332	0683	Vanleeuw	Danny	M253	M45+		00:57:26	05:44
333	0559	Cornelissen	Daisy	F80	F35-		00:57:30	05:45
334	0903	Vanheusden	Sarah	F81	F35-		00:57:33	05:45
335	6008	Polders	Jos	M254	M65+	ACA	00:57:34	05:45
336	0584	Scholz	Karl	M255	M65+		00:57:48	05:46
337	0825	Hiemeleers	Judy	F82	F35+		00:57:50	05:47
338	0770	Timmerman	Leentje	F83	F55+	VACH	00:57:50	05:47
339	0652	Truyen	An-Sofie	F84	F35+		00:57:58	05:47
340	0531	Hansen	Ellen	F85	F35-		00:58:15	05:49
341	6154	Beirinckx	Peter	M256	M55+		00:58:16	05:49
342	0667	Miévis	Kevin	M257	M35+	RFCL ROADRU	00:58:18	05:49
343	0610	Bertrand	Antoine	M258	M35-	RFCL Roadrunn	00:58:19	05:49
344	0684	Reyskens	Geert	M259	M55+	HSLC	00:58:21	05:50
345	0636	d'hondt	corinne	F86	F55+	svh kuringen	00:58:29	05:50
346	0771	Kelchtermans	Lisen	F87	F35-	VACH	00:58:30	05:51
347	0886	Jans	Ellen	F88	F35+		00:58:37	05:51
348	0548	Bormans	Demi	F89	F35-		00:58:52	05:53
349	0521	Champagne	Lisa	F90	F35-		00:58:57	05:53
350	0522	Degeling	Liesa	F91	F35-		00:58:57	05:53
351	0879	coninx	leon	M260	M65+		00:58:59	05:53
352	0659	Knapen	Kevin	M261	M35+		00:58:59	05:53
353	0579	Claes	Peter	M262	M55+		00:59:19	05:55
354	0799	Sau	Fabio	M263	M35+		00:59:20	05:56
355	6022	Coenen	David	M264	M45+		00:59:24	05:56
356	0658	Vanmechelen	Hanna	F92	F35-	TACT	00:59:25	05:56
357	0906	Thijs	Irne	F93	F65+	maaslandjoggers	00:59:35	05:57
358	0745	Kooistra	Martin	M265	M45+	justgoo	00:59:40	05:58
359	0901	Indeherberg	Danny	M266	M55+	kbf	00:59:43	05:58
360	0526	Castelli	Alessia	F94	F35-	Hoeselt Run	00:59:54	05:59
361	0525	Mattheussens	Valerie	F95	F45+	Hoeselt Run	00:59:55	05:59
362	0752	Van den Eynde	Rudi	M267	M65+		01:00:19	06:01
363	6031	Jeuris	Jeroen	M268	M35+		01:00:28	06:02
364	6015	Swennen Groffils	Magali	F96	F35+		01:00:40	06:04
365	0746	kooistra-stelloo	sabrina	F97	F45+		01:00:44	06:04
366	0530	Evens	Lize	F98	F35-		01:00:45	06:04
367	0923	Kelchtermans	Hanne	F99	F35-	nee	01:00:46	06:04

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
368	6005	Vandenbergh	Eddy	M269	M45+		01:00:47	06:04
369	0734	Jans	Ingrid	F100	F45+	Hoeselt Run	01:01:07	06:06
370	0898	Hombroux	Rita	F101	F65+	TACT	01:01:11	06:07
371	0899	Doucet	Danille	F102	F55+		01:01:12	06:07
372	0795	Van Malcot	Geert	F103	F35+	Jeval Alken	01:01:15	06:07
373	0798	Olislagers	Ellen	F104	F35+		01:01:15	06:07
374	0778	Somers	Johan	M270	M65+		01:01:18	06:07
375	0926	Cannizzaro	Demetrio	M271	M45+		01:01:22	06:08
376	0694	Geraerts	Celien	F105	F35-		01:01:23	06:08
377	0591	Tedeschi	Vincenzo	M272	M55+		01:01:23	06:08
378	0922	Van Cakenbergh	Astrid	F106	F35+		01:01:26	06:08
379	0551	Machiels	Dieter	M273	M35-		01:01:31	06:09
380	0550	Feytongs	Inès	F107	F35+		01:01:32	06:09
381	0648	Yentl Box	Yentl	F108	F35-		01:01:34	06:09
382	0861	Eijckmans	Eric	M274	M55+		01:01:37	06:09
383	0537	Vermeulen	Charlotte	F109	F35+		01:01:39	06:09
384	6115	Hiemeleers	Sharon	F110	F35-	Ac Alken	01:01:41	06:10
385	0675	Van Driessche	Sven	M275	M45+		01:01:44	06:10
386	0590	Tedeschi	Ivano	M276	M55+		01:01:44	06:10
387	0630	Bussels	Ine	F111	F35+		01:01:47	06:10
388	0935	Naldemir	Hava	F112	F35+		01:01:47	06:10
389	0595	Reynaerts	Marlene	F113	F55+		01:01:48	06:10
390	6138	Saro	Tanya	F114	F35+		01:01:49	06:10
391	0629	Bussels	Luc	M277	M55+		01:01:50	06:11
392	0545	Preud'Homme	Melissa	F115	F35-		01:02:10	06:13
393	0722	Dewelde	Natacha	F116	F35+		01:02:11	06:13
394	0891	Alexandridis	Johnny	M278	M55+	Hoeselt run	01:02:12	06:13
395	0831	Sterckx	Nell	F117	F35-		01:02:14	06:13
396	0556	Van Havermaet	Jente	M279	M35-		01:02:15	06:13
397	0765	Guedens	Ilse	F118	F45+	VACH	01:02:24	06:14
398	0929	Vanderbruggen	Caroline	F119	F35+		01:02:33	06:15
399	0930	De Smedt	Ellen	F120	F45+	Tenkie	01:02:33	06:15
400	0542	Struys	Johan	M280	M55+		01:02:39	06:15
401	0543	Struys	Josephine	F121	F35-		01:02:39	06:15
402	0821	Van Coppenolle	Anneleen	F122	F35-		01:03:03	06:18
403	0679	Hex	Kristel	F123	F35+	Hoeselt Run	01:03:04	06:18
404	0527	Peeters	Jurgen	M281	M45+	Hoeselt Run	01:03:05	06:18
405	0869	neven	wendy	F124	F45+	hoeselt run	01:03:06	06:18
406	0639	Boesmans	Christel	F125	F45+		01:03:40	06:22
407	0558	Van Havermaet	Frauke	F126	F35-		01:03:51	06:23
408	0911	Diels	Hermanus	M282	M65+		01:04:04	06:24
409	0557	Van Havermaet	Dirk	M283	M55+		01:04:13	06:25
410	0890	Claesen	Cindy	F127	F45+		01:04:30	06:27
411	0502	Marcoen	Petra	F128	F35+		01:04:54	06:29
412	0852	Jans	Freya	F129	F35-		01:04:58	06:29
413	0853	Claes	Robbert	M284	M35-		01:04:58	06:29
414	0738	Vanoppen	Marleen	F130	F65+		01:05:09	06:30

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
415	0742	De Raedt	Inge	F131	F55+		01:05:09	06:30
416	0577	SCAUT	RENILDE	F132	F55+		01:05:46	06:34
417	0578	RAMONDINO	JAN	M285	M35+		01:05:47	06:34
418	0615	Meesters	Miet	F133	F45+		01:05:54	06:35
419	0535	Steegmans	Liesbeth	F134	F35+		01:06:18	06:37
420	0612	Vrijens	Angelique	F135	F35-	Hoeseltrun	01:06:25	06:38
421	0536	Quetin	Anne-Catherine	F136	F35+	Geen	01:06:34	06:39
422	6025	Fosse	Ann	F137	F45+		01:06:46	06:40
423	0703	Peeters	Domien	M286	M35-	AVT Hasselt	01:06:57	06:41
424	0622	Geuns	Dita	F138	F35-		01:06:58	06:41
425	6141	Hulsmans	Pierre	M287	M65+	ZAC Zonhoven e	01:07:00	06:42
426	0704	Peeters	Wim	M288	M45+		01:07:02	06:42
427	0654	Croes	Wendy	F139	F35+	Lago	01:07:04	06:42
428	0504	Roelandt	Michel	M289	M55+		01:07:12	06:43
429	0657	Vanmechelen	Jutta	F140	F35-	TACT	01:07:14	06:43
430	0514	Neven	Margot	F141	F35-		01:07:45	06:46
431	0515	Schoebrechts	Nele	F142	F35-		01:07:47	06:46
432	0656	Vanmechelen	Simon	M290	M45+		01:07:56	06:47
433	0692	Dewachtere	Marite	F143	F35-		01:08:37	06:51
434	0693	Schildermans	Jorg	M291	M35-		01:08:37	06:51
435	6158	Stockmans	Tamara	F144	F35+		01:09:10	06:55
436	0503	Gigliotti	Pascal	M292	M45+	Hoeselt run	01:09:30	06:57
437	0919	van looy	louisa	F145	F35-		01:09:36	06:57
438	0915	Van Looy	Jan	M293	M55+		01:09:40	06:58
439	0817	de Leeuw	Marijse	F146	F35-		01:09:51	06:59
440	0807	Swinnen	Jordy	M294	M35-		01:09:53	06:59
441	0916	Vermeersch	Eline	F147	F35-		01:09:54	06:59
442	0918	Van Looy	Marnix	M295	M35-		01:09:55	06:59
443	0600	Flussie	Lies	F148	F35-		01:10:32	07:03
444	0511	Van de Weerd	Marijke	F149	F45+		01:10:36	07:03
445	0583	De Bus	Martien	F150	F45+		01:11:13	07:07
446	0575	Plessers	Catherine	F151	F45+		01:11:14	07:07
447	0589	Reniers	Anita	F152	F55+		01:11:20	07:08
448	0836	Ghysens	Marleen	F153	F55+		01:12:18	07:13
449	0839	Hermans	Magda	F154	F65+		01:12:18	07:13
450	0655	Clause	Freddy	M296	M65+	Lago	01:12:19	07:13
451	0621	Geuns	Bjorn	M297	M45+		01:12:22	07:14
452	0569	Achten	Miet	F155	F35+	Roadrunners	01:12:30	07:15
453	0570	Maes	Lieve	F156	F35+	Road Runners H	01:12:31	07:15
454	0640	Troosters	Rita	F157	F55+		01:12:49	07:16
455	0507	Roelandt	Isabeau	F158	F35-		01:14:35	07:27
456	0599	Severy	Hanne	F159	F35+		01:18:42	07:52
457	0665	Bertram	Maria	F160	F65+	SV Germania Dr	01:18:56	07:53
458	0666	Bertram	Petra	F161	F45+	SV Germania Dr	01:18:56	07:53
459	0623	Baillien	Ilke	F162	F35+	Hoeselt Run	01:19:15	07:55
460	0907	Wijnants	Laurent	M298	M65+		01:19:17	07:55



10 km Helpshopcup - Männer 35-

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0585	Hubrechts	Gijs	M1	M35-	ADD Tongeren	00:31:24	03:08
2	0846	Velraeds	Per	M2	M35-	Av caesar	00:31:53	03:11
3	0811	Smeets	Bodi	M3	M35-		00:32:07	03:12
4	0603	Blijkers	Tibo	M4	M35-	Team Fischer	00:32:42	03:16
5	0781	Smeets	Alex	M5	M35-	AV Caesar	00:32:45	03:16
6	0894	Vervecken	Jo	M6	M35-	De Jogclub TF	00:33:43	03:22
7	6084	Scholts	Kylian	M7	M35-	SQM running tea	00:33:54	03:23
8	0566	Brisy	Kenny	M8	M35-	EVOK	00:34:03	03:24
9	0632	Miermans	Toon	M9	M35-		00:35:07	03:30
10	0882	Buelens	Stijn	M10	M35-	ADD Diepenbee	00:35:09	03:30
11	0833	Witters	Stijn	M11	M35-	Go Dare	00:35:16	03:31
12	0593	Verschoren	Senne	M12	M35-	Heistse Berglope	00:35:36	03:33
13	0729	Jonkmans	Giel	M13	M35-	Add	00:36:26	03:38
14	0731	van der Have	Arthur	M14	M35-		00:36:58	03:41
15	0562	Vanden Berk	Hendrik	M15	M35-	Geen	00:37:05	03:42
16	0520	Horma	Yassine	M16	M35-		00:37:08	03:42
17	0878	Jans	Robin	M17	M35-	nee	00:37:14	03:43
18	0528	Claesen	Tars	M18	M35-	Hoeselt Run	00:37:19	03:43
19	0791	Haesen	Jasper	M19	M35-	ADD	00:37:42	03:46
20	0523	slootmaekers	sjoerd	M20	M35-		00:38:17	03:49
21	0867	Moens	Niels	M21	M35-		00:38:19	03:49
22	0598	Henquet	Raymond	M22	M35-		00:39:47	03:58
23	0796	Fabrij	Andy	M23	M35-		00:39:49	03:58
24	0602	Huygen	Jorn	M24	M35-		00:40:30	04:03
25	0627	Morren	Hans	M25	M35-		00:40:41	04:04
26	0676	De Cleene	Bob	M26	M35-	Diabolic Heaven	00:43:10	04:19
27	0698	Vandeweyer	Niels	M27	M35-		00:43:34	04:21
28	0688	Ons	Lindert	M28	M35-		00:43:35	04:21
29	0720	Bollen	Wouter	M29	M35-		00:44:02	04:24
30	0669	Menten	Gertjan	M30	M35-		00:44:04	04:24
31	0626	Lenssen	Roel	M31	M35-	Atla	00:44:16	04:25
32	6129	Schevenels	Jarno	M32	M35-	TACT	00:44:26	04:26
33	0510	Gielen	Brecht	M33	M35-		00:45:33	04:33
34	0634	De Vries	Cedric	M34	M35-	DPK	00:46:40	04:40
35	0822	Fosse	Lucas	M35	M35-	Ironteam Hasselt	00:47:55	04:47
36	0549	Vanhoegaerden	Kasper	M36	M35-	Iron team Hasselt	00:47:56	04:47
37	0824	Jansen	Bastiaan	M37	M35-	Ironteam Hasselt	00:48:00	04:48
38	0509	Delvaux	Martijn	M38	M35-		00:48:15	04:49

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0806	Knuts	Ferre	M39	M35-		00:48:33	04:51
40	0779	Aerts	Gunter	M40	M35-		00:49:00	04:54
41	0832	Sterckx	Jaan	M41	M35-		00:49:27	04:56
42	0691	Thijssen	Gert-Jan	M42	M35-		00:49:48	04:58
43	0724	Maes	Stijn	M43	M35-		00:50:15	05:01
44	0885	Smeets	Rick	M44	M35-		00:51:43	05:10
45	0601	Morhaye	Adger	M45	M35-		00:52:21	05:14
46	0849	Sterckx	Sep	M46	M35-		00:52:46	05:16
47	0893	Vanbrabant	Thomas	M47	M35-		00:53:49	05:22
48	0508	Mignolet	Kevin	M48	M35-		00:56:03	05:36
49	6139	Custers	Bram	M49	M35-		00:56:32	05:39
50	0625	Bynens	Damiaan	M50	M35-		00:56:49	05:40
51	0610	Bertrand	Antoine	M51	M35-	RFCL Roadrunn	00:58:19	05:49
52	0551	Machiels	Dieter	M52	M35-		01:01:31	06:09
53	0556	Van Havermaet	Jente	M53	M35-		01:02:15	06:13
54	0853	Claes	Robbert	M54	M35-		01:04:58	06:29
55	0703	Peeters	Domien	M55	M35-	AVT Hasselt	01:06:57	06:41
56	0693	Schildermans	Jorg	M56	M35-		01:08:37	06:51
57	0807	Swinnen	Jordy	M57	M35-		01:09:53	06:59
58	0918	Van Looy	Marnix	M58	M35-		01:09:55	06:59

10 km Helpshopcup - Männer 35+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0847	Nulens	Sam	M1	M35+	Atla	00:31:47	03:10
2	0617	Boden	Niki	M2	M35+		00:33:08	03:18
3	0596	Schoofs	Jan	M3	M35+	GoDare Animo T	00:35:31	03:33
4	0814	Smeets	Ferdy	M4	M35+	AV Caesar	00:35:32	03:33
5	0816	Stiers	Pieter	M5	M35+	ZLTC	00:35:37	03:33
6	0900	Paulissen	Maarten	M6	M35+	Looise	00:36:01	03:36
7	0660	De Bruecker	Niels	M7	M35+		00:36:02	03:36
8	0750	Hermans	Stephane	M8	M35+		00:36:07	03:36
9	0818	Noelmans	Bram	M9	M35+		00:36:18	03:37
10	0924	Paglialunga	Mattias	M10	M35+	ROBA	00:37:25	03:44
11	0653	Stevens	Christophe	M11	M35+	ADD	00:37:33	03:45
12	0837	Trix	Tovo	M12	M35+		00:37:37	03:45
13	0762	Paques	Dimitri	M13	M35+	VACH	00:38:03	03:48
14	0518	Bouckaert	Stéphane	M14	M35+		00:38:05	03:48
15	0910	Bogaerts	Sem	M15	M35+	BFC	00:38:47	03:52
16	0937	Willems	Jeroen	M16	M35+		00:38:58	03:53
17	0552	Schouppe	Kenny	M17	M35+		00:39:01	03:54
18	0541	Tupuschies	Zaki	M18	M35+	Musculatuur	00:39:27	03:56
19	0662	Santino	Nicolas	M19	M35+		00:39:27	03:56
20	0737	Mondelaers	Steven	M20	M35+	Looise AV	00:40:19	04:01
21	0820	Dirkx	Michel	M21	M35+		00:40:21	04:02
22	0747	Croux	Kris	M22	M35+		00:40:33	04:03
23	0751	Boonen	Joris	M23	M35+		00:41:01	04:06
24	0912	Machiels	Bart	M24	M35+		00:41:16	04:07
25	0544	Put	Wim	M25	M35+		00:41:23	04:08
26	6101	Gelade	Roeland	M26	M35+		00:41:32	04:09
27	0534	Macours	Dominique	M27	M35+		00:41:34	04:09
28	0643	Scholts	Bert	M28	M35+		00:41:38	04:09
29	6016	Lodders	Glenn	M29	M35+	Hoeselt run	00:41:46	04:10
30	0862	Sampermans	Bart	M30	M35+	dcla halen	00:41:47	04:10
31	0740	De Kock	Tim	M31	M35+		00:41:48	04:10
32	0576	Dupé	Bertrand	M32	M35+	RFCL roadrunne	00:41:49	04:10
33	0927	Pinckers	Koen	M33	M35+	Animo	00:41:55	04:11
34	6049	Geijsenbergh	Gert	M34	M35+		00:42:08	04:12
35	0728	Stalmans	Ward	M35	M35+		00:42:09	04:12
36	0834	Meuwissen	Wesley	M36	M35+		00:42:14	04:13
37	0736	Arckens	Geert	M37	M35+		00:43:40	04:22
38	0819	Aerts	Hans	M38	M35+	Iron Team Hasse	00:43:43	04:22

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0830	De Luna	Daniel	M39	M35+		00:43:43	04:22
40	0739	Beuls	Jeroen	M40	M35+		00:43:58	04:23
41	0754	Hermans	Steven	M41	M35+	Zonhoven loopt c	00:44:07	04:24
42	0670	Broux	Tom	M42	M35+		00:44:25	04:26
43	0604	Royen	Bart	M43	M35+	Hoeselt Run	00:44:34	04:27
44	0835	Vanuytrecht	Nico	M44	M35+	Ironteam Hasselt	00:44:35	04:27
45	0802	Graulius	Robby	M45	M35+		00:45:24	04:32
46	0790	Thysen	Dennis	M46	M35+	Hoeselt run	00:45:30	04:33
47	0568	Celen	Dimitri	M47	M35+		00:45:42	04:34
48	0792	Deckers	Jimmy	M48	M35+		00:46:29	04:38
49	0716	Matty	Schuermans	M49	M35+	Trisport Mnk	00:46:45	04:40
50	0753	dedroog	maarten	M50	M35+		00:46:53	04:41
51	0565	Acar	fatih	M51	M35+		00:47:00	04:42
52	0628	Trouwers	Johan	M52	M35+		00:47:25	04:44
53	0800	Nolmans	Davy	M53	M35+	Hoeselt Run	00:47:27	04:44
54	0633	Leysen	Kristof	M54	M35+		00:47:33	04:45
55	0826	Barbier	Wim	M55	M35+		00:47:45	04:46
56	0850	Ricour	Yves	M56	M35+		00:47:46	04:46
57	0649	Mertens	Pieter	M57	M35+	Iron team Hasselt	00:47:49	04:46
58	0897	robeyn	jan	M58	M35+		00:47:52	04:47
59	0872	Berden	Davy	M59	M35+		00:47:57	04:47
60	0555	Maris	Evert	M60	M35+	Road Runners H	00:48:17	04:49
61	0749	Gielen	Wim	M61	M35+		00:48:43	04:52
62	0614	Verbeeck	Jan	M62	M35+		00:48:52	04:53
63	0702	Potenza	Davide	M63	M35+		00:49:04	04:54
64	0829	Hens	Toon	M64	M35+		00:49:04	04:54
65	0936	Lens	Joris	M65	M35+	nee	00:49:05	04:54
66	0582	Loyens	Steven	M66	M35+		00:49:07	04:54
67	0681	Snellinx	Kevin	M67	M35+	Hoeselt run	00:49:08	04:54
68	0914	Thoelen	Klaas	M68	M35+		00:49:10	04:55
69	0864	Vanheusden	Michiel	M69	M35+	roadrunners hasp	00:49:29	04:56
70	0851	Reul	Wim	M70	M35+		00:49:53	04:59
71	0887	Jamar	Olivier	M71	M35+		00:49:58	04:59
72	0613	Mahieu	Kristof	M72	M35+		00:50:20	05:02
73	0744	Redant	Tom	M73	M35+	AC Alken	00:50:38	05:03
74	0701	Timmers	Pieter	M74	M35+		00:51:01	05:06
75	6035	Bergen	Marc	M75	M35+		00:51:13	05:07
76	6059	Coenen	Kris	M76	M35+	bokkerijdersteam	00:51:15	05:07
77	0689	Coenen	Wouter	M77	M35+		00:51:33	05:09
78	0705	Van Rompaey	Frederik	M78	M35+		00:51:39	05:09
79	0859	Marin	Michal	M79	M35+	Iron Team Hasse	00:53:01	05:18
80	0933	Jamar	Steven	M80	M35+		00:53:14	05:19
81	6127	Rutten	Nico	M81	M35+		00:54:26	05:26
82	0638	Laamimach	Zakaria	M82	M35+	Antwerp running	00:55:13	05:31
83	0884	Vandeput	Nico	M83	M35+		00:55:37	05:33
84	6034	Lowier	Axel	M84	M35+		00:55:58	05:35
85	0804	Stakenborg	Frank	M85	M35+		00:56:13	05:37

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
86	0892	Loix	Wouter	M86	M35+	Hoeselt Run -To	00:56:23	05:38
87	0783	Furia	Alfeo	M87	M35+		00:56:44	05:40
88	0667	Miévis	Kevin	M88	M35+	RFCL ROADRU	00:58:18	05:49
89	0659	Knapen	Kevin	M89	M35+		00:58:59	05:53
90	0799	Sau	Fabio	M90	M35+		00:59:20	05:56
91	6031	Jeuris	Jeroen	M91	M35+		01:00:28	06:02
92	0578	RAMONDINO	JAN	M92	M35+		01:05:47	06:34

10 km Helpshopcup - Männer 45+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0809	Smeets	Roger	M1	M45+		00:34:18	03:25
2	0888	Schouppe	Wouter	M2	M45+	neen	00:35:39	03:33
3	0619	Verschaeren	Geert	M3	M45+	AVZK	00:35:40	03:34
4	0855	Thijs	Filip	M4	M45+		00:35:41	03:34
5	0618	Rijken	Wim	M5	M45+		00:35:49	03:34
6	6046	Vanden Bempt	Hans	M6	M45+	SQMrunningtaer	00:35:54	03:35
7	0757	Michielsens	Carlo	M7	M45+	VACH	00:36:42	03:40
8	0766	Oeyen	Jan	M8	M45+	VACH	00:37:30	03:45
9	0896	Roggen	Steven	M9	M45+		00:37:46	03:46
10	0812	Debaere	Filiep	M10	M45+	AVT	00:37:55	03:47
11	6068	Vanrusselt	Nico	M11	M45+	Add	00:38:00	03:48
12	0805	Vanhove	Chris	M12	M45+		00:38:01	03:48
13	6027	De Rooy	Andy	M13	M45+	Coyote sports tea	00:38:32	03:51
14	0786	Martens	Roel	M14	M45+		00:38:35	03:51
15	0726	Pieters	Ronald	M15	M45+	Achilles Top	00:39:22	03:56
16	6100	Santermans	Peter	M16	M45+		00:40:28	04:02
17	0741	Saenen	Bart	M17	M45+		00:41:13	04:07
18	0758	Oud	Carlo	M18	M45+	VACH	00:41:28	04:08
19	0597	Nulens	Tom	M19	M45+	ROBA	00:41:31	04:09
20	6028	Baerts	Chris	M20	M45+	Geen	00:41:37	04:09
21	0532	Colemont	Kris	M21	M45+	3VL	00:41:41	04:10
22	0902	Saenen	Tom	M22	M45+		00:41:41	04:10
23	6047	Buntinx	Johan	M23	M45+		00:42:26	04:14
24	6024	Mesotten	Dirk	M24	M45+		00:42:28	04:14
25	0785	Gillissen	Stijn	M25	M45+		00:42:31	04:15
26	6090	Vanherck	Bruno	M26	M45+	Bokkerijderstea	00:43:08	04:18
27	0838	Marco	Deprez	M27	M45+		00:43:10	04:19
28	0605	Neven	John	M28	M45+	CM	00:43:13	04:19
29	0538	Dendas	Jo	M29	M45+	ROBA Diest	00:43:36	04:21
30	0723	Vandeweyer	Kris	M30	M45+	ADD Tongeren	00:44:19	04:25
31	6137	Wouters	Bart	M31	M45+	BFC	00:44:26	04:26
32	0572	Bleux	Björn	M32	M45+	Road Runners	00:44:32	04:27
33	0767	Hollants	Jean-Paul	M33	M45+	VACH	00:44:40	04:28
34	6159	Van Dingenen	Steven	M34	M45+	Gs running team	00:45:04	04:30
35	6157	Vanloffelt	Nico	M35	M45+		00:45:09	04:30
36	6135	Baus	Carlo	M36	M45+	Bokkerijderstea	00:45:10	04:31
37	0768	Ardui	Johan	M37	M45+	VACH	00:45:33	04:33
38	0921	Arnauts	Bert	M38	M45+	BRUUST	00:45:41	04:34

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0713	Reynders	Robin	M39	M45+		00:45:49	04:34
40	0863	Vanstreels	Mario	M40	M45+	Mijn Hond Genk	00:45:54	04:35
41	0895	Burdzy	Sven	M41	M45+	DCLA Halen	00:46:38	04:39
42	0868	Van de Velde	Anthony	M42	M45+		00:46:56	04:41
43	0637	Vangeel	Frank	M43	M45+	Roadrunners Has	00:46:59	04:41
44	0682	Vangeffelen	Carlo	M44	M45+		00:47:07	04:42
45	0857	Achten	Guy	M45	M45+	Ironteam Hasselt	00:48:00	04:48
46	6066	Tomsin	Ronny	M46	M45+	BFC - Hoeselt R	00:48:21	04:50
47	0797	Colemonts	Erik	M47	M45+	Lrh	00:48:25	04:50
48	0718	Destreel	Dag	M48	M45+	AVT	00:48:49	04:52
49	0827	Appeltans	Mario	M49	M45+		00:49:34	04:57
50	0787	Rijskens	Sven	M50	M45+		00:50:37	05:03
51	0856	Uva	Antonio	M51	M45+		00:50:47	05:04
52	0561	Holsteyns	Herman	M52	M45+		00:51:35	05:09
53	0763	De Bus	Evert	M53	M45+	VACH	00:51:42	05:10
54	0697	Bosmans	Bart	M54	M45+	Road Runners H	00:52:31	05:15
55	0587	Naessens	Herbert	M55	M45+		00:52:50	05:17
56	6014	Vanheusden	Wim	M56	M45+		00:54:52	05:29
57	0635	Kokai	Peter	M57	M45+		00:54:53	05:29
58	0695	Housen	Hans	M58	M45+		00:55:09	05:30
59	0668	Palumbo	Giuseppe	M59	M45+	RoadRunners	00:55:10	05:31
60	0793	Segers	Roel	M60	M45+		00:55:45	05:34
61	0624	Bynens	Philip	M61	M45+		00:57:13	05:43
62	0683	Vanleeuw	Danny	M62	M45+		00:57:26	05:44
63	6022	Coenen	David	M63	M45+		00:59:24	05:56
64	0745	Kooistra	Martin	M64	M45+	justgoo	00:59:40	05:58
65	6005	Vandenbergh	Eddy	M65	M45+		01:00:47	06:04
66	0926	Cannizzaro	Demetrio	M66	M45+		01:01:22	06:08
67	0675	Van Driessche	Sven	M67	M45+		01:01:44	06:10
68	0527	Peeters	Jurgen	M68	M45+	Hoeselt Run	01:03:05	06:18
69	0704	Peeters	Wim	M69	M45+		01:07:02	06:42
70	0656	Vanmechelen	Simon	M70	M45+		01:07:56	06:47
71	0503	Gigliotti	Pascal	M71	M45+	Hoeselt run	01:09:30	06:57
72	0621	Geuns	Bjorn	M72	M45+		01:12:22	07:14

10 km Helpshopcup - Männer 55+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0883	Jansen	Chris	M1	M55+	AV ceasar	00:36:14	03:37
2	0735	Slegers	Peter	M2	M55+	JMT Mol	00:37:03	03:42
3	0774	Maris	Peter	M3	M55+	VACH	00:37:17	03:43
4	0554	verlinden	herwig	M4	M55+	rsca	00:38:15	03:49
5	6117	Van Marcke	Pascal	M5	M55+	SQM Running T	00:38:54	03:53
6	0748	Willems	Dirk	M6	M55+	Tact st.-Truiden	00:39:24	03:56
7	0733	Waterschoot	ERIC	M7	M55+	DCLA HALEN	00:39:26	03:56
8	0776	Timmermans	Sammy	M8	M55+	VACH	00:40:15	04:01
9	0823	Dekens	Danny	M9	M55+	Dcla Halen	00:40:56	04:05
10	0574	Leten	Tony	M10	M55+	AVT Oudsberge	00:40:58	04:05
11	0925	Hoskens	Benny	M11	M55+	de bosvrienden	00:41:04	04:06
12	0663	PARENT	PASCAL	M12	M55+	RFCL ROADRU	00:42:24	04:14
13	0873	Jans	Bart	M13	M55+	Livia's fanclub	00:42:52	04:17
14	0708	Moyersoer	Bernard	M14	M55+	RFCL Road Run	00:43:01	04:18
15	6060	slegers	werner	M15	M55+		00:43:22	04:20
16	0674	Boghe	Guido	M16	M55+	Btact	00:43:28	04:20
17	0775	Thys	Ronny	M17	M55+	VACH	00:43:31	04:21
18	0608	Boesmans	Marc	M18	M55+		00:44:06	04:24
19	6140	Van laer	Wim	M19	M55+	DCLA Halen	00:45:18	04:31
20	0769	Van Der Wel	Kurt	M20	M55+	VACH	00:46:03	04:36
21	0840	Cleeren	Dominique	M21	M55+	3VL	00:46:18	04:37
22	6051	Permentier	Gilbert	M22	M55+		00:46:20	04:38
23	6144	Requilé	Philippe	M23	M55+	Bokkerijderstean	00:46:24	04:38
24	0706	bailly	Luc	M24	M55+	RFCL	00:46:56	04:41
25	6069	Verschueren	Frank	M25	M55+	Sacn	00:46:58	04:41
26	0871	Huybrechts	Stefaan	M26	M55+	aca	00:48:25	04:50
27	0854	Bruninx	Erwin	M27	M55+	JTTL	00:49:32	04:57
28	0641	jacobs	paul	M28	M55+	Stb landgraaf	00:49:43	04:58
29	0777	Thijssen	Xavier	M29	M55+	VACH	00:49:49	04:58
30	6106	Stroobants	Herman	M30	M55+		00:51:06	05:06
31	0772	Gielkens	Marc	M31	M55+	VACH	00:51:36	05:09
32	0588	Willekens	Luc	M32	M55+	JMT mol	00:52:59	05:17
33	0860	Vandikkelen	Jan	M33	M55+		00:53:04	05:18
34	0650	Swalens	Dirk	M34	M55+	AVT	00:53:05	05:18
35	0931	auwers	patrick	M35	M55+		00:53:31	05:21
36	0870	Peumans	Herbert	M36	M55+		00:53:54	05:23
37	0646	Francois	Peter	M37	M55+		00:54:29	05:26
38	6160	loix	johnny	M38	M55+		00:54:32	05:27

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0594	Peeters	Gustaaf	M39	M55+	Oeverlopers	00:55:14	05:31
40	0889	francesco	lo monaco	M40	M55+		00:56:02	05:36
41	6154	Beirinckx	Peter	M41	M55+		00:58:16	05:49
42	0684	Reyskens	Geert	M42	M55+	HSLC	00:58:21	05:50
43	0579	Claes	Peter	M43	M55+		00:59:19	05:55
44	0901	Indeherberg	Danny	M44	M55+	kbf	00:59:43	05:58
45	0591	Tedeschi	Vincenzo	M45	M55+		01:01:23	06:08
46	0861	Eijckmans	Eric	M46	M55+		01:01:37	06:09
47	0590	Tedeschi	Ivano	M47	M55+		01:01:44	06:10
48	0629	Bussels	Luc	M48	M55+		01:01:50	06:11
49	0891	Alexandridis	Johnny	M49	M55+	Hoeselt run	01:02:12	06:13
50	0542	Struys	Johan	M50	M55+		01:02:39	06:15
51	0557	Van Havermaet	Dirk	M51	M55+		01:04:13	06:25
52	0504	Roelandt	Michel	M52	M55+		01:07:12	06:43
53	0915	Van Looy	Jan	M53	M55+		01:09:40	06:58

10 km Helpshopcup - Männer 65+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	6114	Hiemeleers	Marc	M1	M65+	Ac Alken	00:42:14	04:13
2	0784	Pelgrims	Edouard	M2	M65+	Aca alken	00:45:02	04:30
3	0687	Van Den Broeck	Raphael	M3	M65+	ACA	00:45:06	04:30
4	0611	Barbier	Guido	M4	M65+	FLAC Wervik	00:46:57	04:41
5	6122	Broos	Bruno	M5	M65+		00:48:12	04:49
6	0881	vrys	rudi	M6	M65+	DCLA	00:48:58	04:53
7	0564	lemkens	jan	M7	M65+		00:50:14	05:01
8	0673	Meysen	Janny	M8	M65+		00:51:31	05:09
9	0780	Theys	Paul	M9	M65+	Bokrijklopers	00:51:48	05:10
10	0874	Nuyts	Karel	M10	M65+		00:52:39	05:15
11	0672	Mellemans	Johan	M11	M65+		00:53:03	05:18
12	0858	Vandendriessche	Bruno	M12	M65+		00:53:09	05:18
13	0714	Ooms	Karel	M13	M65+	Geen	00:55:02	05:30
14	0913	Vranckx	Benoit	M14	M65+	Tess Chemie	00:55:31	05:33
15	6008	Polders	Jos	M15	M65+	ACA	00:57:34	05:45
16	0584	Scholz	Karl	M16	M65+		00:57:48	05:46
17	0879	coninx	leon	M17	M65+		00:58:59	05:53
18	0752	Van den Eynde	Rudi	M18	M65+		01:00:19	06:01
19	0778	Somers	Johan	M19	M65+		01:01:18	06:07
20	0911	Diels	Hermanus	M20	M65+		01:04:04	06:24
21	6141	Hulsmans	Pierre	M21	M65+	ZAC Zonhoven e	01:07:00	06:42
22	0655	Clause	Freddy	M22	M65+	Lago	01:12:19	07:13
23	0907	Wijnants	Laurent	M23	M65+		01:19:17	07:55



10 km Helpshopcup - Frauen 35-

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	6119	Vandersmissen	Jolien	V1	V35-	Dcla halen sqm	00:39:58	03:59
2	6085	Vangeel	Julie	V2	V35-	GS Running Tea	00:40:17	04:01
3	0844	Wouters	Noor	V3	V35-	ADD Diepenbee	00:40:26	04:02
4	0500	Lammers	Linde	V4	V35-	Atletiek Maastric	00:40:53	04:05
5	0616	dreessen	jill	V5	V35-	ADD tongeren	00:41:34	04:09
6	0513	Brouckaert	Sophie	V6	V35-	KDM Pack CT	00:42:01	04:12
7	0917	Vancluysen	Sarah	V7	V35-		00:45:06	04:30
8	0843	Gregoire	Silke	V8	V35-		00:46:00	04:36
9	0875	Volders	Astrid	V9	V35-		00:46:02	04:36
10	6113	Schyvens	Griet	V10	V35-		00:48:06	04:48
11	0909	Schetske	Jessie	V11	V35-		00:48:07	04:48
12	0711	Simons	Debbie	V12	V35-	SACN	00:48:40	04:52
13	0678	Wera	Lynn	V13	V35-	Tri4more	00:49:18	04:55
14	0717	Goijens	Nancy	V14	V35-	Trisport Mnk	00:50:08	05:00
15	0700	Coeymans	Eveline	V15	V35-		00:51:00	05:06
16	0707	Capelle	Perrine	V16	V35-	RFCL Roadrunn	00:51:11	05:07
17	0801	Verstraete	Kirsten	V17	V35-	Hoeselt run	00:51:21	05:08
18	0671	Thiry	Jeanne	V18	V35-	AVT	00:51:33	05:09
19	0732	van der Have	Truus	V19	V35-		00:51:51	05:11
20	0586	Naessens	Mare	V20	V35-	Avt hechtel	00:52:50	05:17
21	0690	Ulenaers	Jolien	V21	V35-		00:54:47	05:28
22	0677	Keppens	Lidewij	V22	V35-		00:54:47	05:28
23	0539	Vallé	Liesse	V23	V35-		00:55:03	05:30
24	0939	Van Wesemael	Sofie	V24	V35-		00:55:24	05:32
25	0938	Hulsmans	Laura	V25	V35-		00:56:15	05:37
26	0934	Santermans	Katrien	V26	V35-		00:56:40	05:40
27	0803	coomans	justien	V27	V35-		00:57:00	05:42
28	0644	Alua	Christine	V28	V35-		00:57:04	05:42
29	0647	Bertels	Nina	V29	V35-		00:57:05	05:42
30	0529	Colla	Debby	V30	V35-		00:57:25	05:44
31	0559	Cornelissen	Daisy	V31	V35-		00:57:30	05:45
32	0903	Vanheusden	Sarah	V32	V35-		00:57:33	05:45
33	0531	Hansen	Ellen	V33	V35-		00:58:15	05:49
34	0771	Kelchtermans	Lisen	V34	V35-	VACH	00:58:30	05:51
35	0548	Bormans	Demi	V35	V35-		00:58:52	05:53
36	0521	Champagne	Lisa	V36	V35-		00:58:57	05:53
37	0522	Degeling	Liesa	V37	V35-		00:58:57	05:53
38	0658	Vanmechelen	Hanna	V38	V35-	TACT	00:59:25	05:56

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0526	Castelli	Alessia	V39	V35-	Hoeselt Run	00:59:54	05:59
40	0530	Evens	Lize	V40	V35-		01:00:45	06:04
41	0923	Kelchtermans	Hanne	V41	V35-	nee	01:00:46	06:04
42	0694	Geraerts	Celien	V42	V35-		01:01:23	06:08
43	0648	Yentl Box	Yentl	V43	V35-		01:01:34	06:09
44	6115	Hiemeleers	Sharon	V44	V35-	Ac Alken	01:01:41	06:10
45	0545	Preud'Homme	Melissa	V45	V35-		01:02:10	06:13
46	0831	Sterckx	Nell	V46	V35-		01:02:14	06:13
47	0543	Struys	Josephine	V47	V35-		01:02:39	06:15
48	0821	Van Coppenolle	Anneleen	V48	V35-		01:03:03	06:18
49	0558	Van Havermaet	Frauke	V49	V35-		01:03:51	06:23
50	0852	Jans	Freya	V50	V35-		01:04:58	06:29
51	0612	Vrijens	Angelique	V51	V35-	Hoeseltrun	01:06:25	06:38
52	0622	Geuns	Dita	V52	V35-		01:06:58	06:41
53	0657	Vanmechelen	Jutta	V53	V35-	TACT	01:07:14	06:43
54	0514	Neven	Margot	V54	V35-		01:07:45	06:46
55	0515	Schoebrechts	Nele	V55	V35-		01:07:47	06:46
56	0692	Dewachtere	Marite	V56	V35-		01:08:37	06:51
57	0919	van looy	louisa	V57	V35-		01:09:36	06:57
58	0817	de Leeuw	Marijse	V58	V35-		01:09:51	06:59
59	0916	Vermeersch	Eline	V59	V35-		01:09:54	06:59
60	0600	Flussie	Lies	V60	V35-		01:10:32	07:03
61	0507	Roelandt	Isabeau	V61	V35-		01:14:35	07:27

10 km Helpshopcup - Frauen 35+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0699	Jacobs	Ellis	V1	V35+	STB Landgraaf	00:35:56	03:35
2	0517	Lenaert	Wendy	V2	V35+	Atkteam	00:37:58	03:47
3	0715	Strauven	Sofie	V3	V35+	DCLA Halen	00:43:34	04:21
4	6006	Zlocki	Nadja	V4	V35+		00:43:44	04:22
5	0620	Lemmens	Ilona	V5	V35+		00:44:21	04:26
6	6094	Mechelmans	Tamara	V6	V35+		00:44:22	04:26
7	0580	Keunen	Tamara	V7	V35+	AVT Oudsberget	00:44:56	04:29
8	0631	Vossen	Saskia	V8	V35+		00:45:40	04:34
9	0686	Gorissen	Marijke	V9	V35+		00:45:52	04:35
10	0680	Dillen	Annelies	V10	V35+	AVT Hasselt	00:46:10	04:37
11	0721	Cordon	Sabine	V11	V35+	Smart-Sport	00:46:54	04:41
12	0773	Vanderspikken	Marietje	V12	V35+	VACH	00:47:03	04:42
13	0789	Gijbels	Sarah	V13	V35+	Hoeselt Run	00:47:13	04:43
14	0782	Niesten	Carole	V14	V35+	Rfcl	00:47:35	04:45
15	6121	Theys	Hermine	V15	V35+	DCLA Halen	00:48:51	04:53
16	6092	Croughs	An	V16	V35+	Run TMC	00:49:17	04:55
17	0505	Boboc	Marie	V17	V35+		00:49:21	04:56
18	0696	Stassen	Stien	V18	V35+		00:49:42	04:58
19	0719	Rosius	Sonja	V19	V35+	AVT	00:51:59	05:11
20	0845	Vanlommel	Martine	V20	V35+	Animo	00:52:40	05:16
21	0519	D'AMBROSIO	CHRISTELLE	V21	V35+		00:53:02	05:18
22	6136	Arnauts	Els	V22	V35+		00:53:48	05:22
23	0730	Gielis	Anneleen	V23	V35+		00:54:16	05:25
24	0571	Stouten	Wendy	V24	V35+	Hoeselt Run	00:54:54	05:29
25	0512	Sienicka	Anna	V25	V35+	Atletiek Maastric	00:55:06	05:30
26	0904	Notelaers	Wendy	V26	V35+		00:55:41	05:34
27	0651	Lynen	Davine	V27	V35+		00:55:43	05:34
28	0563	Swinnen	Evelien	V28	V35+		00:55:49	05:34
29	0645	Stakenborg	Anke	V29	V35+		00:56:12	05:37
30	0920	Wijnants	Els	V30	V35+		00:57:12	05:43
31	0825	Hiemeleers	Judy	V31	V35+		00:57:50	05:47
32	0652	Truyen	An-Sofie	V32	V35+		00:57:58	05:47
33	0886	Jans	Ellen	V33	V35+		00:58:37	05:51
34	6015	Swennen Groffils	Magali	V34	V35+		01:00:40	06:04
35	0795	Van Malcot	Geert	V35	V35+	Jeval Alken	01:01:15	06:07
36	0798	Olislagers	Ellen	V36	V35+		01:01:15	06:07
37	0922	Van Cakenbergh	Astrid	V37	V35+		01:01:26	06:08
38	0550	Feytongs	Inès	V38	V35+		01:01:32	06:09

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0537	Vermeulen	Charlotte	V39	V35+		01:01:39	06:09
40	0630	Bussels	Ine	V40	V35+		01:01:47	06:10
41	0935	Naldemir	Hava	V41	V35+		01:01:47	06:10
42	6138	Saro	Tanya	V42	V35+		01:01:49	06:10
43	0722	Dewelde	Natacha	V43	V35+		01:02:11	06:13
44	0929	Vanderbruggen	Caroline	V44	V35+		01:02:33	06:15
45	0679	Hex	Kristel	V45	V35+	Hoeselt Run	01:03:04	06:18
46	0502	Marcoen	Petra	V46	V35+		01:04:54	06:29
47	0535	Steegmans	Liesbeth	V47	V35+		01:06:18	06:37
48	0536	Quetin	Anne-Catherine	V48	V35+	Geen	01:06:34	06:39
49	0654	Croes	Wendy	V49	V35+	Lago	01:07:04	06:42
50	6158	Stockmans	Tamara	V50	V35+		01:09:10	06:55
51	0569	Achten	Miet	V51	V35+	Roadrunners	01:12:30	07:15
52	0570	Maes	Lieve	V52	V35+	Road Runners H	01:12:31	07:15
53	0599	Severy	Hanne	V53	V35+		01:18:42	07:52
54	0623	Baillien	Ilke	V54	V35+	Hoeselt Run	01:19:15	07:55

10 km Helpshopcup - Frauen 45+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0828	Philis	Lambriny	V1	V45+	RFCL Roadrunn	00:42:16	04:13
2	6148	Stas	Katrien	V2	V45+	DCLA Halen	00:44:18	04:25
3	0764	Knapen	Griet	V3	V45+	VACH	00:45:07	04:30
4	0756	Laenen	Annouschka	V4	V45+	VACH	00:46:32	04:39
5	0661	PAPS	Cécile	V5	V45+	RFCL	00:48:03	04:48
6	0865	Maka	Ccile	V6	V45+	Jogging Plus	00:48:26	04:50
7	0592	Vanherck	An	V7	V45+		00:48:41	04:52
8	0866	Lambrechts	Ilse	V8	V45+		00:49:53	04:59
9	0567	Verheyen	Kristel	V9	V45+	AVT Oudsberge	00:50:56	05:05
10	6111	Frankenne	Linda	V10	V45+	GS-Running Tea	00:51:03	05:06
11	0813	Moors	Katleen	V11	V45+	Hoeselt Run	00:51:27	05:08
12	0880	Meijsen	Esther	V12	V45+		00:54:50	05:29
13	0727	Raemaekers	Annick	V13	V45+		00:55:07	05:30
14	0525	Mattheussens	Valerie	V14	V45+	Hoeselt Run	00:59:55	05:59
15	0746	kooistra-stelloo	sabrina	V15	V45+		01:00:44	06:04
16	0734	Jans	Ingrid	V16	V45+	Hoeselt Run	01:01:07	06:06
17	0765	Guedens	Ilse	V17	V45+	VACH	01:02:24	06:14
18	0930	De Smedt	Ellen	V18	V45+	Tenkie	01:02:33	06:15
19	0869	neven	wendy	V19	V45+	hoeselt run	01:03:06	06:18
20	0639	Boesmans	Christel	V20	V45+		01:03:40	06:22
21	0890	Claesen	Cindy	V21	V45+		01:04:30	06:27
22	0615	Meesters	Miet	V22	V45+		01:05:54	06:35
23	6025	Fosse	Ann	V23	V45+		01:06:46	06:40
24	0511	Van de Weerd	Marijke	V24	V45+		01:10:36	07:03
25	0583	De Bus	Martien	V25	V45+		01:11:13	07:07
26	0575	Plessers	Catherine	V26	V45+		01:11:14	07:07
27	0666	Bertram	Petra	V27	V45+	SV Germania Dr	01:18:56	07:53

10 km Helpshopcup - Frauen 55+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0759	Vankrunkelsven	Christel	V1	V55+	VACH	00:47:02	04:42
2	6123	Philippaerts	Greta	V2	V55+	ACAAlken	00:53:23	05:20
3	0760	Valkeneers	Claire	V3	V55+	VACH	00:55:54	05:35
4	0710	Cabuy	Paula	V4	V55+		00:56:00	05:36
5	0905	Fiddelaers	Liliane	V5	V55+		00:56:54	05:41
6	0664	CORNET	CARINE	V6	V55+	RFCL ROADRU	00:57:14	05:43
7	0770	Timmerman	Leentje	V7	V55+	VACH	00:57:50	05:47
8	0636	d'hondt	corinne	V8	V55+	svh kuringen	00:58:29	05:50
9	0899	Doucet	Danille	V9	V55+		01:01:12	06:07
10	0595	Reynaerts	Marlene	V10	V55+		01:01:48	06:10
11	0742	De Raedt	Inge	V11	V55+		01:05:09	06:30
12	0577	SCAUT	RENILDE	V12	V55+		01:05:46	06:34
13	0589	Reniers	Anita	V13	V55+		01:11:20	07:08
14	0836	Ghysens	Marleen	V14	V55+		01:12:18	07:13
15	0640	Troosters	Rita	V15	V55+		01:12:49	07:16

10 km Helpshopcup - Frauen 65+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0906	Thijs	Irne	V1	V65+	maaslandjoggers	00:59:35	05:57
2	0898	Hombroux	Rita	V2	V65+	TACT	01:01:11	06:07
3	0738	Vanoppen	Marleen	V3	V65+		01:05:09	06:30
4	0839	Hermans	Magda	V4	V65+		01:12:18	07:13
5	0665	Bertram	Maria	V5	V65+	SV Germania Dr	01:18:56	07:53