

Uitslag jogging 5 km				Juiste afstand : 5.21		
Rng	Naam	Gj Club	Cat G Nr	Tijd	km/h	min/km
1	Bax Luc	71	MAS M 12	0:17:02	18.352	03:16
2	Heylen Bart	66 AVZK	MAS M 96	0:17:43	17.644	03:24
3	Van Loo Alfons	60 AVZK	MAS M 72	0:17:52	17.496	03:26
4	Wijns Jelle	80	SEN M 53	0:18:13	17.160	03:30
5	Van Rooy Kristof	84	SEN M 110	0:18:33	16.852	03:34
6	De Roover Andy	77	SEN M 123	0:19:25	16.100	03:44
7	Lauwers Valentijn	89	JUN M 171	0:19:29	16.044	03:44
8	Sanders Mario	71 AVZK	MAS M 85	0:19:32	16.003	03:45
9	De Crom Tom	75 ACL	SEN M 14	0:19:37	15.935	03:46
10	Franck Ivo	70 ABES	MAS M 67	0:19:41	15.881	03:47
11	Van Woensel Ludo	56	MAS M 7	0:19:44	15.841	03:47
12	Suetens Tom	94 KTT	KAD M 1	0:19:46	15.815	03:48
13	Muyldermans Kenny	75	SEN M 111	0:20:06	15.552	03:51
14	Lauwers Michael	87	SEN M 172	0:20:13	15.462	03:53
15	Hoefkens Jan	58 HULS	MAS M 163	0:20:21	15.361	03:54
16	Vinckevleugel Jan	76	SEN M 44	0:20:27	15.286	03:56
17	Glasse Sven	96 ACHL	MIN M 27	0:20:43	15.089	03:59
18	De Roover Benny	66	MAS M 125	0:20:47	15.041	03:59
19	Bierinckx Vincent	90 KTT	JUN M 106	0:20:51	14.993	04:00
20	Bierinckx Laurent	95	MIN M 41	0:20:52	14.981	04:00
21	Verbert Kris	77	SEN M 124	0:21:11	14.757	04:04
22	Bruyninckx Yannick	84	SEN M 160	0:21:17	14.688	04:05
23	De Sutter Patrick	61	MAS M 48	0:21:30	14.540	04:08
24	Wijns Bruno	49	MAS M 52	0:21:35	14.483	04:09
25	Muyldermans	97	PUP M 131	0:21:44	14.383	04:10
26	Embrechts Marc	63	MAS M 99	0:21:48	14.339	04:11
27	Goyvaerts Katrien	78 HULS	SEN V 126	0:21:51	14.307	04:12
28	Van Hove Arno	84	SEN M 164	0:21:54	14.274	04:12
29	Tessens Sam	93 LYRA	KAD M 118	0:21:59	14.220	04:13
30	Huybrechts Cynthia	77	SEN V 97	0:22:00	14.209	04:13
31	Dodemans Karl	79	SEN M 139	0:22:02	14.188	04:14
32	Naets Elke	81 ACHL	SEN V 77	0:22:05	14.155	04:14
33	Lambrechts Adam	92	SCH M 46	0:22:08	14.123	04:15
34	Bouwen marc	57	MAS M 170	0:22:31	13.883	04:19
35	De Winter Stef	73	SEN M 168	0:22:32	13.873	04:20
36	Wuyts	66	MAS V 169	0:22:34	13.852	04:20
37	De Vocht Nancy	66 AVZK	MAS V 93	0:22:47	13.721	04:22
38	Schouters Georges	46	MAS M 8	0:22:52	13.671	04:23
39	Heulen Annelies	87	SEN V 94	0:22:58	13.611	04:24
40	Van Cant Anne	93	KAD M 136	0:23:08	13.513	04:26
41	Gilles Rijnders	97	PUP M 150	0:23:16	13.436	04:28
42	Van Der Weehe Joppe	93	KAD M 147	0:23:33	13.274	04:31
43	Danneels Robin	90	JUN M 47	0:23:36	13.246	04:32
44	De Waele Serge	68	MAS M 51	0:23:38	13.227	04:32
45	Fiews Sander	97	PUP M 60	0:23:40	13.208	04:33
46	Olyslaegers Jurgen	77	SEN M 62	0:23:41	13.199	04:33
47	Tielemans Dries	93	KAD M 143	0:23:44	13.171	04:33
48	Van Rompuy Jurgen	83	SEN M 73	0:23:53	13.089	04:35
49	Van Den Bergh Alex	60	MAS M 152	0:23:57	13.052	04:36
50	Van Thielen Stefan	70	MAS M 146	0:23:58	13.043	04:36
51	Tubex Brent	93	KAD M 142	0:24:04	12.989	04:37
52	De Win Nick	90 ACHL	JUN M 115	0:24:06	12.971	04:38
53	Leurs Jorgi	95 ACHL	MIN M 80	0:24:06	12.971	04:38
54	De Keulenaer Joris	95	MIN M 180	0:24:07	12.962	04:38
55	Lieckens Jan	60	MAS M 21	0:24:09	12.944	04:38
56	Janssen Johan	77	SEN M 98	0:24:11	12.926	04:39

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57	Suetens Bart	91	KTT	SCH M 3	0:24:17	12.873	04:40
58	Marien Kenny	89		JUN M 107	0:24:28	12.777	04:42
59	Gils Maarten	96	ACL	MIN M 68	0:24:29	12.768	04:42
60	Lauwers Joachim	92		SCH M 174	0:24:33	12.733	04:43
61	Cumps Els	67	ACL	MAS V 71	0:24:49	12.596	04:46
62	De Groof Victor	94		KAD M 58	0:24:54	12.554	04:47
63	Glasse Kevin	95		MIN M 81	0:24:58	12.521	04:48
64	Geerraerts Caroline	83	DUFF	SEN V 82	0:25:00	12.504	04:48
65	Holmstock Mieke	73		SEN V 86	0:25:02	12.487	04:48
66	Palmans Ludo	66		MAS M 112	0:25:03	12.479	04:48
67	Van Campenhout Sanne	93		KAD V 63	0:25:03	12.479	04:48
68	Lens Kenney	97	ACHL	PUP M 79	0:25:04	12.471	04:49
69	Borgwald Ludwig	57		MAS M 9	0:25:08	12.438	04:49
70	De Crom Paul	46		MAS M 49	0:25:09	12.429	04:50
71	Olyslaegers	87	KTT	SEN M 74	0:25:23	12.315	04:52
72	Sallaerts Jules	46		MAS M 83	0:25:24	12.307	04:53
73	Van Parijs Willy	37	AVZK	MAS M 78	0:25:28	12.275	04:53
74	Dutoit Michael	89		JUN M 116	0:25:30	12.259	04:54
75	Kuse Johan	71		MAS M 16	0:25:30	12.259	04:54
76	Verlinden Dirk	56		MAS M 166	0:25:41	12.171	04:56
77	Segers Piet	67		MAS M 57	0:25:45	12.140	04:57
78	Van Doren Ivo	63	ACL	MAS M 127	0:26:00	12.023	04:59
79	Glasse Dorien	94	ACHL	KAD V 28	0:26:03	12.000	05:00
80	Sel Sara	92		SCH V 31	0:26:03	12.000	05:00
81	Meeus Lucas	62		MAS M 157	0:26:19	11.878	05:03
82	Goormans Inge	69		MAS V 45	0:26:44	11.693	05:08
83	Faes Luc	55		MAS M 130	0:26:56	11.606	05:10
84	Ringoot Danny	59		MAS M 162	0:26:56	11.606	05:10
85	Coesemans Roel	84		SEN M 140	0:27:00	11.578	05:11
86	Colman Jos	33		MAS M 40	0:27:04	11.549	05:12
87	Van Den Putte Eric	57		MAS M 167	0:27:25	11.402	05:16
88	Verbeeck Linda	64		MAS V 39	0:27:42	11.285	05:19
89	Van Dessel Silke	94		KAD V 70	0:27:45	11.265	05:20
90	Pluys Maria	45		MAS V 87	0:27:47	11.251	05:20
91	Suetens Nathalie	93	KTT	KAD V 2	0:27:48	11.245	05:20
92	Van Cant Laurens	95		MIN M 177	0:27:56	11.191	05:22
93	Van Den Bosch Dillen	96		MIN M 101	0:27:59	11.171	05:22
94	Vos Arno	96		MIN M 102	0:28:00	11.164	05:22
95	Glasse Gust	43	ACHL	MAS M 121	0:28:07	11.118	05:24
96	Bogaerts	67		MAS M 158	0:28:15	11.065	05:25
97	Van Stevens Gert	95		MIN M 13	0:28:21	11.026	05:26
98	Demarsin Diane	56		MAS V 149	0:28:22	11.020	05:27
99	Borgs Loes	80		SEN V 56	0:28:23	11.014	05:27
100	Schoeters Niels	95		MIN M 137	0:28:24	11.007	05:27
101	Laenen Stefanie	84		SEN V 64	0:28:34	10.943	05:29
102	Eggers Peggy	67		MAS V 165	0:28:37	10.924	05:30
103	Verbist May	63		MAS V 54	0:28:47	10.860	05:31
104	Salens Freek	87		SEN M 42	0:28:54	10.817	05:33
105	Torfs Daniel	60		MAS M 32	0:28:54	10.817	05:33
106	Van Den Bosch Kurt	67		MAS M 105	0:28:57	10.798	05:33
107	Glasse Louis	43		MAS M 43	0:28:59	10.786	05:34
108	Borghs Jaak	52		MAS M 138	0:29:00	10.779	05:34
109	Ceulaers An	77		SEN V 100	0:29:02	10.767	05:34
110	Verelst Marc	68		MAS M 75	0:29:06	10.742	05:35
111	Van Laer Hilde	60		MAS V 55	0:29:13	10.699	05:36
112	Glasse Anke	98	ACHL	PUP V 29	0:29:16	10.681	05:37

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Rng	Naam	Gj Club	Cat G Nr	Tijd	km/h	min/km
113	De Bruyn Jonas	92	SCH M 24	0:29:18	10.669	05:37
114	Auwers Martine	70	ACHL MAS V 30	0:29:18	10.669	05:37
115	Van Dijck Lauke	97	ACL PUP V 92	0:29:20	10.657	05:38
116	Robin Verheyden	94	KAD M 90	0:29:22	10.645	05:38
117	Verheyden Sara	97	PUP V 91	0:29:22	10.645	05:38
118	De Win Jos	56	ACHL MAS M 117	0:29:23	10.639	05:38
119	Sare Faes	99	BEN V 176	0:29:25	10.627	05:39
120	Van Den Bosch Stephen	94	KAD M 104	0:29:26	10.621	05:39
121	Bertels Greet	59	MAS V 181	0:29:29	10.603	05:40
122	Mellaerts Ilse	72	MAS V 103	0:29:38	10.549	05:41
123	Peeters Annemie	60	MAS V 76	0:29:42	10.525	05:42
124	Verboven Maxim	96	MIN M 17	0:29:46	10.502	05:43
125	Claes Christel	66	MAS V 113	0:29:59	10.426	05:45
126	Dieltjens Kim	88	SEN V 134	0:30:00	10.420	05:45
127	Van Den Broeck Bea	64	MAS V 159	0:30:06	10.385	05:47
128	Vaminckx Ingrid	57	MAS V 129	0:30:07	10.380	05:47
129	Van Bouwel Liesbeth	82	SEN V 135	0:30:11	10.357	05:48
130	Maes Dirk	72	MAS M 15	0:30:15	10.334	05:48
131	Van Den Bergh	78	SEN V 119	0:30:18	10.317	05:49
132	Buyens Griet	92	SCH V 179	0:30:22	10.294	05:50
133	Dom Annik	63	MAS V 173	0:30:24	10.283	05:50
134	Tielemans Veerle	83	SEN V 95	0:30:26	10.272	05:50
135	Kenis Silvie	91	SCH V 109	0:30:44	10.171	05:54
136	Geerts Paul	59	MAS M 66	0:30:45	10.166	05:54
137	Van Den Heuvel Jef	53	MAS M 145	0:30:46	10.160	05:54
138	Michotte Ernest	57	MAS M 178	0:30:47	10.155	05:55
139	Nunb Miguel Mendes Lu	81	SEN M 132	0:30:49	10.144	05:55
140	Vanderelst Dieter	82	SEN M 11	0:30:56	10.106	05:56
141	Van Gils Jelle	67	MAS V 34	0:31:19	9.982	06:01
142	Heylen Jozef	42	MAS M 161	0:31:42	9.861	06:05
143	Bogaerts Liesbeth	80	SEN V 69	0:32:11	9.713	06:11
144	Van Beylen Willy	57	MAS M 133	0:32:12	9.708	06:11
145	Diels Vicky	76	SEN V 61	0:32:15	9.693	06:11
146	Van Der Jonck Nicole	64	MAS V 35	0:32:20	9.668	06:12
147	Van Rooy Maria	49	MAS V 18	0:32:21	9.663	06:13
148	Vandoninck Nicole	62	MAS V 4	0:32:34	9.599	06:15
149	Engelen Luc	51	MAS M 50	0:32:34	9.599	06:15
150	Indeherberg Nancy	64	BREAK MAS V 20	0:32:39	9.574	06:16
151	Kismann Inge	70	MAS V 19	0:33:02	9.463	06:20
152	Lauwers Tom	77	SEN M 128	0:33:10	9.425	06:22
153	Motte Michel	45	MAS M 6	0:33:21	9.373	06:24
154	Hendrinckx Ann	71	MAS V 144	0:33:25	9.355	06:25
155	Vermeulen Christine	64	MAS V 154	0:33:55	9.217	06:31
156	Van Hoof Ann	49	MAS V 114	0:33:56	9.212	06:31
157	Van Baelen Jens	94	KAD M 155	0:33:57	9.208	06:31
158	Budts Carine	64	MAS V 156	0:33:58	9.203	06:31
159	Verreet Karin	65	MAS V 175	0:34:08	9.158	06:33
160	Benoot Dieter	84	SEN M 26	0:34:17	9.118	06:35
161	Kenis Herman	60	MAS M 108	0:34:23	9.092	06:36
162	Borremans Sabine	62	MAS V 148	0:34:30	9.061	06:37
163	Van Uffelen Chantal	69	MAS V 59	0:34:31	9.056	06:38
164	Danneels Nadia	77	SEN V 84	0:35:26	8.822	06:48
165	Jennis Gonda	47	MAS V 5	0:36:16	8.619	06:58
166	Simunovic Sabrina	96	MIN V 141	0:36:27	8.576	07:00
167	Glasse Ann	77	SEN V 122	0:37:15	8.392	07:09
168	Cole Nele	84	SEN V 25	0:39:07	7.991	07:30

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Rng	Naam	Gj	Club	Cat G Nr	Tijd	km/h	min/km
169	Van Baelen Jens	94		KAD M 155	0:39:27	7.924	07:34
170	Wuyts Christel	65		MAS V 22	0:40:00	7.815	07:41
171	Wuyts Lief	56		MAS V 23	0:40:02	7.808	07:41
172	Nys Irene	53		MAS V 89	0:40:03	7.805	07:41
173	Van Oosterwijck An	66		MAS V 36	0:40:14	7.770	07:43
174	Vivet Nele	84		SEN V 65	0:40:23	7.741	07:45
175	Beirinckx Kathleen	78		SEN V 88	0:41:13	7.584	07:55
176	Gheuens Leslie	83		SEN V 120	0:42:20	7.384	08:08