



Jogging 5 km



zondermeer
zonhoven

Afstand 5,1100 km

Aankomst	Borstnr	Naam	Gesl	Tijd	min/km	m/u
1	28	Tim Stessens	M	00:16:29	0:03:14	18.601
2	73	Laurens Lenaerts	M	00:18:44	0:03:40	16.367
3	15	Nick Gijbels	M	00:18:58	0:03:43	16.165
4	29	Joris Govaerts	M	00:19:18	0:03:47	15.886
5	16	Koens Hulsmans	M	00:20:09	0:03:57	15.216
6	46	Geert Reyskens	M	00:20:17	0:03:58	15.116
7	2	johann bolinius	M	00:20:21	0:03:59	15.066
8	25	Geert Nuyts	M	00:20:25	0:04:00	15.017
9	77	Peter Van Cauwenberghe	M	00:20:46	0:04:04	14.764
10	11	Alex Nöllgen	M	00:20:54	0:04:05	14.670
11	9	Davy Hendrix	M	00:20:59	0:04:06	14.612
12	23	Dorien Peeters	V	00:21:10	0:04:09	14.485
13	5	Daniël Derwael	M	00:21:22	0:04:11	14.350
14	1	peter segers	M	00:22:19	0:04:22	13.739
15	4	mario Vermyns	M	00:22:21	0:04:22	13.718
16	71	Davinya Monissen	V	00:22:42	0:04:27	13.507
17	72	Karel Herben	M	00:23:00	0:04:30	13.331
18	10	Lize Gerits	V	00:23:14	0:04:33	13.197
19	17	Peter Van der Have	M	00:23:14	0:04:33	13.197
20	22	Arne Bemong	M	00:23:32	0:04:36	13.028
21	66	Eline Luyck	V	00:23:35	0:04:37	13.001
22	65	Ludo Luyck	M	00:23:52	0:04:40	12.846
23	47	Andy Bynens	M	00:24:22	0:04:46	12.583
24	7	Bo Paps	V	00:24:34	0:04:48	12.480
25	3	kurt luys	M	00:24:38	0:04:49	12.447
26	14	Dorien Ceyskens	V	00:25:00	0:04:54	12.264
27	8	Geert Dries	M	00:25:00	0:04:54	12.264
28	70	Joy Middelbos	V	00:25:13	0:04:56	12.159
29	21	Nathan de Sitter	M	00:25:15	0:04:56	12.143
30	13	Hilde Leurs	V	00:25:21	0:04:58	12.095
31	44	Rony Maes	M	00:25:26	0:04:59	12.055
32	69	Rob Ulburghs	M	00:25:29	0:04:59	12.031
33	30	Steven Vanschoonbeek	M	00:25:34	0:05:00	11.992
34	75	Erwin Smolders	M	00:25:36	0:05:01	11.977
35	31	Benny Damich	M	00:25:45	0:05:02	11.907
36	67	Johan Nys	M	00:25:45	0:05:02	11.907
37	68	Jordy Machiels	M	00:25:54	0:05:04	11.838
38	76	Marc Goessens	M	00:26:42	0:05:14	11.483
39	20	Ivo Lauwers	M	00:26:45	0:05:14	11.462
40	51	Ludo Lemmens	M	00:27:14	0:05:20	11.258
41	26	Louis Wouters	M	00:27:20	0:05:21	11.217
42	56	Anja Van Gestel	V	00:27:34	0:05:24	11.122
43	60	Benny Gerrits	M	00:28:12	0:05:31	10.872
44	64	Monique Valkeneers	V	00:28:18	0:05:32	10.834
45	61	Xenia Roggen	V	00:28:27	0:05:34	10.777
46	59	Sharon Reimas	V	00:28:38	0:05:36	10.708
47	27	Annita Reekmans	V	00:28:49	0:05:38	10.640
48	24	Kelly Bielen	V	00:29:53	0:05:51	10.260
49	12	Dagmar Ceyskens	V	00:30:28	0:05:58	10.064
50	33	Frans Verstraeten	M	00:30:31	0:05:58	10.047
51	50	Lennart Lemmens	M	00:30:31	0:05:58	10.047
52	45	Robert Aniol	M	00:30:32	0:05:59	10.042
53	74	Ronny Nys	M	00:30:59	0:06:04	9.896
54	32	Sara Plesse	V	00:31:03	0:06:05	9.874
55	63	Karmen Appeltans	V	00:31:04	0:06:05	9.869
56	62	Mia Lodewyckx	V	00:31:05	0:06:05	9.864
57	53	Iris Vrancken	V	00:31:19	0:06:08	9.790
58	55	Veerle Pauvy	V	00:31:29	0:06:10	9.739
59	34	Inge Maes	V	00:31:39	0:06:12	9.687
60	54	Nicole Hulsmans	V	00:32:07	0:06:17	9.547
61	52	Leo Daemen	M	00:32:29	0:06:21	9.439
62	6	Dirk Vuerstaek	M	00:32:45	0:06:25	9.362
63	49	Heidi Bellemans	V	00:32:55	0:06:26	9.315
64	58	Annick Geurs	V	00:32:55	0:06:26	9.315
65	43	An Nys	V	00:34:08	0:06:41	8.982
66	42	Miet Lijnen	V	00:34:13	0:06:42	8.961
67	36	Ingrid Gijsbers	V	00:34:15	0:06:42	8.952
68	35	Els Vreven	V	00:34:16	0:06:42	8.948



Maria Paps



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69	37	Lily Nys	V	00:34:18	0:06:43	8.939
70	48	Erwin Dehasque	M	00:34:19	0:06:43	8.935
71	19	Florian Lauwers	M	00:37:04	0:07:15	8.272
72	18	Mieke Custermans	V	00:37:53	0:07:25	8.093
73	57	Kristof De Waele	M	00:37:54	0:07:25	8.090

The addressbook in Belgium
+32 11 21 25 50



Jogging 10



zondermeer
zonhoven

Afstand 10,2200 km

Aankomst	Borstnr	Naam	Gesl	Tijd	min/km	m/u
1	221	Jeroen Hendrickx	M	00:32:32	0:03:11	18.849
2	202	ruben kenis	M	00:33:57	0:03:19	18.062
3	230	Jelle Bertels	M	00:34:31	0:03:23	17.765
4	219	Dave Maes	M	00:35:01	0:03:26	17.512
5	205	niels debruecker	M	00:37:33	0:03:40	16.330
6	207	Jochen Valkeneers	M	00:37:35	0:03:41	16.316
7	252	Tom Geens	M	00:38:08	0:03:44	16.081
8	231	Ronald Rodiers	M	00:40:56	0:04:00	14.981
9	212	Jorg Denissen	M	00:41:08	0:04:01	14.908
10	209	Danny De Schrijver	M	00:41:33	0:04:04	14.758
11	247	Dirk Vlekken	M	00:42:59	0:04:12	14.266
12	225	Geoff Klingeleers	M	00:44:30	0:04:21	13.780
13	220	Raf Houbrechts	M	00:44:48	0:04:23	13.688
14	201	dries vandelloo	M	00:45:03	0:04:24	13.612
15	245	Nico Paps	M	00:45:48	0:04:29	13.389
16	204	willy debruecker	M	00:46:05	0:04:31	13.306
17	218	Els Gerits	V	00:46:42	0:04:34	13.131
18	226	Leo Stessens	M	00:46:44	0:04:34	13.121
19	232	Frank Reners	M	00:47:08	0:04:37	13.010
20	235	Erik Deckers	M	00:47:21	0:04:38	12.950
21	229	Maja Van Zand	V	00:47:34	0:04:39	12.891
22	223	Leon Coninx	M	00:47:53	0:04:41	12.806
23	227	Freya Brys	V	00:47:54	0:04:41	12.802
24	238	Valere Vrijssen	M	00:48:04	0:04:42	12.757
25	249	Marc Buekers	M	00:48:11	0:04:43	12.726
26	240	Mark Troosters	M	00:48:30	0:04:45	12.643
27	250	Guido Delbroek	M	00:48:59	0:04:48	12.519
28	208	Kristof Beckx	M	00:49:26	0:04:50	12.405
29	244	Eric Nys	M	00:49:48	0:04:52	12.313
30	248	René Janssen	M	00:49:53	0:04:53	12.293
31	233	Peter Jeuris	M	00:50:22	0:04:56	12.175
32	228	Kris Govaerts	M	00:50:58	0:04:59	12.031
33	203	tom vliegen	M	00:51:51	0:05:04	11.827
34	213	Pierre Hulsmans	M	00:52:48	0:05:10	11.614
35	243	Luc Knapen	M	00:52:58	0:05:11	11.577
36	234	Dirk Van Ouytsel	M	00:53:18	0:05:13	11.505
37	254	Steven Voorpyl	M	00:54:15	0:05:18	11.303
38	253	Inge Heeren	V	00:54:16	0:05:19	11.300
39	214	Ludo Swijssen	M	00:54:41	0:05:21	11.214
40	237	Marc Reners	M	00:55:28	0:05:26	11.055
41	206	evy winters	V	00:55:28	0:05:26	11.055
42	241	Jan Tigrans	M	00:55:30	0:05:26	11.049
43	224	Astrid Hendrix	V	00:55:57	0:05:28	10.960
44	210	Monique Schots	V	00:57:10	0:05:36	10.727
45	211	Sara Darcis	V	00:57:10	0:05:36	10.727
46	215	Brigitte Swijssen	V	00:58:04	0:05:41	10.560
47	216	Jessica segers	V	00:59:18	0:05:48	10.341
48	217	Joachim Willems	M	00:59:20	0:05:48	10.335
49	239	Roger Feyen	M	00:59:50	0:05:51	10.249
50	222	Guy Herben	M	DQ		
51	236	Stefan Deckers	M	DQ		
52	242	Jeroen Cornelissen	M	DQ		
53	251	Hendrix Vanhout	M	DQ		



Carpe Diem
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