

**RESULTS :**  
**800 m S1**

**CROSSFIT HOLTEM**  
**HAALTERT**  
**08/09/2024**

rank	bib	gender	name [ catg / year ]		time	time / km	km/h
1	241	M 1	De Grez Emile [ Jun ] 2013	----	02:42	03:22	17.80
2	243	M 2	Braeckmans Fred [ Jun ] 2014	Ea	02:46	03:27	17.30
3	242	M 3	Vermeersch Thé [ Jun ] 2014	Vita	02:56	03:40	16.40
4	495	M 4	Leus Simon [ Jun ] 2014	----	02:59	03:43	16.10
5	237	F 1	Kiekens Lize [ Jun ] 2014	Vita	03:04	03:50	15.70
6	423	F 2	De Blick Lysëa [ Jun ] 2013	----	03:14	04:02	14.80
7	424	M 5	Timmermans Flor [ Jun ] 2014	----	03:16	04:05	14.70
8	238	F 3	De Vriendt Myrthe [ Jun ] 2013	Ea	03:17	04:06	14.60
9	490	F 4	Van Mulders Lena [ Jun ] 2014	----	03:26	04:17	14.00
10	240	F 5	Steiner Yuna [ Jun ] 2013	----	03:56	04:55	12.20
11	239	F 6	De Gelas Lisa [ Jun ] 2014	Geen	04:35	05:43	10.50
12	461	F 7	Eylenbosch Kyana [ Jun ] 2014	----	05:25	06:46	8.90

## RESULTS :

## CROSSFIT HOLTEM

## 8 km S1

## HAALTERT

08/09/2024

rank	bib	gender	name [ catg / year ]		time	time / km	km/h
1	319	M 1	Van Isterdael Brecht [ Sen ] 1998	----	27:31	03:26	17.40
2	443	M 2	Davy Reygaert [ Sen ] 1992	Acg	27:51	03:28	17.20
3	331	M 3	Van Herzele Koen [ Sen ] 1991	Kacea-team	28:18	03:32	17.00
4	460	M 4	Bouve Wouter [ Sen ] 1996	----	29:02	03:37	16.50
5	519	M 5	De Blander Guy [ Mast B ] 1967	----	29:34	03:41	16.20
6	322	M 6	De Vriendt Nils [ Mast A ] 1978	Ea	30:08	03:46	15.90
7	314	F 1	Van Weyenberg Catho [ Jun ] 2008	Vita	31:48	03:58	15.10
8	492	F 2	Cools Mien [ Mas A ] 1988	----	32:39	04:04	14.70
9	338	M 7	De Leeuw Jarne [ Sen ] 1998	----	32:53	04:06	14.60
10	543	M 8	Pennewaert Bart [ Mast A ] 1975	----	33:53	04:14	14.20
11	511	F 3	Scherre Nele [ Mas A ] 1981	----	34:05	04:15	14.10
12	315	M 9	De Blander Steven [ Sen ] 1985	----	34:07	04:15	14.10
13	336	M 10	Verstockt Dany [ Mast B ] 1970	Za	34:23	04:17	14.00
14	507	M 11	Muylaert Jarne [ Jun ] 2010	----	35:00	04:22	13.70
15	541	M 12	Van Ongeval Mattias [ Sen ] 1997	----	35:21	04:25	13.60
16	337	M 13	De Wolf Frederik [ Mast A ] 1980	----	35:27	04:25	13.50
17	328	M 14	Roelandt Rune [ Jun ] 2010	----	35:52	04:29	13.40
18	472	M 15	Van Nuffel Diederik [ Sen ] 1985	----	35:57	04:29	13.40
19	321	M 16	Spaenhoven Tom [ Mast B ] 1973	Speedy	36:01	04:30	13.30
20	539	M 17	Mattnes Gunther [ Mast B ] 1970	----	37:00	04:37	13.00
21	531	M 18	Meert Collin [ Jun ] 2009	----	37:28	04:41	12.80
22	277	M 19	Adriaens Koen [ Mast A ] 1980	Vita	37:46	04:43	12.70
23	335	M 20	Thiry Arthur [ Sen ] 1987	----	38:18	04:47	12.50
24	524	M 21	De Braekeleer Tim [ Mast A ] 1984	----	40:13	05:01	11.90
25	312	M 22	Van Den Eeckhout Jan [ Sen ] 1988	Maspoe	40:14	05:01	11.90
26	529	F 4	Denutte Isabel [ Mas A ] 1985	----	40:32	05:04	11.80
27	522	M 23	De Fauw Nico [ Mast B ] 1973	----	40:36	05:04	11.80
28	325	F 5	Van Den Driessche Lien [ Mas A ] 1988	----	41:00	05:07	11.70
29	488	F 6	Gies Caroline [ Mas A ] 1984	----	41:52	05:14	11.50
30	487	M 24	Van Den Steen Willem [ Mast A ] 1982	----	41:54	05:14	11.50
31	324	F 7	D'herde Sara [ Mas A ] 1983	----	41:56	05:14	11.40
32	334	M 25	De Cremer Maico [ Jun ] 2011	----	41:58	05:14	11.40
33	311	M 26	Van Der Borcht Marc [ Mast C ] 1955	Ars Affligem	42:06	05:15	11.40
34	313	M 27	Redant Stijn [ Mast A ] 1982	----	42:07	05:15	11.40
35	542	M 28	Beerens Pieter [ Sen ] 2003	----	43:12	05:24	11.10
36	480	F 8	Van Der Straeten Joke [ Mas A ] 1987	----	43:48	05:28	11.00
37	316	M 29	Bultynck Chris [ Mast B ] 1970	Geen	43:57	05:29	10.90
38	329	M 30	Hernaert Claude [ Mast B ] 1971	----	44:25	05:33	10.80
39	326	M 31	Roelmandt Nico [ Mast A ] 1981	----	44:54	05:36	10.70

40	332	M 32	Grauwels Kevin [ Mast A ] 1982	----	45:35	05:41	10.50
41	330	F 9	Lopez Fernandez Loli [ Mas A ] 1984	----	45:40	05:42	10.50
42	458	M 33	Vercammen Aaron [ Jun ] 2015	----	46:44	05:50	10.30
43	459	F 10	Van Der Sijpt Eva [ Mas A ] 1987	----	46:45	05:50	10.30
44	333	F 11	Jacobs Peggy [ Mas C ] 1968	----	47:00	05:52	10.20
45	444	F 12	De Bisschop Laura [ Sen ] 1995	----	48:04	06:00	10.00
46	530	M 34	Meert Christophe [ Mast A ] 1976	----	48:11	06:01	10.00
47	526	F 13	Van Keymolen Phaedra [ Mas B ] 1976	----	49:21	06:10	9.70
48	342	F 14	Smekens Ellen [ Sen ] 1996	Maspoe	49:45	06:13	9.60
49	327	F 15	De Meulemeester Stefanie [ Mas A ] 1986	----	50:17	06:17	9.50
50	339	F 16	Gabrio Anke [ Sen ] 1990	----	53:21	06:40	9.00
51	323	F 17	Nica Natasja [ Mas A ] 1985	----	57:18	07:09	8.40
52	318	F 18	Saeyls Laure [ Sen ] 2002	----	62:17	07:47	7.70
53	320	M 35	Saeyls-rombaut Tony [ Sen ] 1994	----	62:19	07:47	7.70
54	534	M 36	Penning Aaron [ Jun ] 2006	----	65:36	08:12	7.30

RESULTS :  
400 m S3

CROSSFIT HOLTEM  
HAALTERT  
08/09/2024

rank	bib	gender	name [ catg / year ]		time	time / km	km/h
1	483	M 1	Van Den Steen Thor [ Jun ] 2015	----	01:16	03:10	18.90
2	234	M 2	Goubert Lopez Mateo [ Jun ] 2015	----	01:17	03:12	18.70
3	232	M 3	Beerens Luca [ Jun ] 2016	----	01:20	03:20	18.00
4	491	M 4	Heymans Finn [ Jun ] 2016	----	01:23	03:27	17.30
5	225	F 1	Roelandt Paulien [ Jun ] 2016	Acp	01:24	03:30	17.10
6	455	M 5	Vercammen Aaron [ Jun ] 2015	----	01:25	03:32	16.90
7	231	M 6	Vangrunderbeek Jules [ ] 2016	----	01:26	03:35	16.70
8	227	F 2	Arys Nina [ Jun ] 2015	Vita	01:27	03:37	16.60
9	229	M 7	Van Hulle Emiel [ ] 2016	----	01:28	03:40	16.40
10	233	M 8	Sorgeloos Siem [ Jun ] 2015	Kac	01:29	03:42	16.20
11	494	M 9	Leus Sam [ Jun ] 2015	----	01:30	03:45	16.00
12	235	M 10	De Winne Yorden [ Jun ] 2015	----	01:32	03:50	15.70
13	230	M 11	Redant Naois [ ] 2019	Koninklijke	01:33	03:52	15.50
14	226	F 3	D'heer Febe [ Jun ] 2016	----	01:40	04:10	14.40
15	473	M 12	Van Nuffel Mattis [ Jun ] 2015	----	01:41	04:12	14.30
16	457	F 4	Vercammen Alizé [ Jun ] 2016	----	01:45	04:22	13.70

RESULTS :  
400 m S2

CROSSFIT HOLTEM  
HAALERT  
08/09/2024

rank	bib	gender	name [ catg / year ]		time	time / km	km/h
1	218	M 1	De Gelas Juul [ ] 2017	Geen	01:32	03:50	15.70
2	479	M 2	Adam Sep [ ] 2017	----	01:34	03:55	15.30
3	207	M 3	Meeremans Flor [ ] 2018	----	01:36	04:00	15.00
4	210	M 4	Nguyen Thibaut [ ] 2017	Vita Atom	01:37	04:02	14.80
5	453	M 5	De Blander Emiel [ Jun ] 2014	----	01:41	04:12	14.30
6	214	M 6	De Bruecker Ward [ ] 2017	Vita Atom	01:42	04:15	14.10
7	219	M 7	Goubert Lopez Oscar [ ] 2018	----	01:43	04:17	14.00
8	213	M 8	Monteiro Gomes Mathéo [ ] 2017	----	01:45	04:22	13.70
9	211	M 9	Goessens Odin [ ] 2018	Vlierzele	01:46	04:25	13.60
10	441	M 10	Van Nuffel Seppe [ ] 2018	Atletiekclub	01:47	04:27	13.50
11	208	M 11	Van Hulle Remi [ ] 2018	----	01:48	04:30	13.30
12	482	F 1	Vergels Emile [ Jun ] 2008	----	01:48	04:30	13.30
13	481	F 2	Muylaert Louis [ ] 2017	----	01:50	04:35	13.10
14	478	M 12	Veeckman Wolf [ ] 2017	----	01:58	04:55	12.20
15	463	M 13	Colson Kyan [ ] 2018	----	02:00	05:00	12.00
16	212	M 14	Redant Eoin [ ] 2019	Koninklijke	02:00	05:00	12.00
17	223	M 15	Chiau Liam [ ] 2018	----	02:09	05:22	11.20
18	221	M 16	Roelandt Pablo [ ] 2020	----	02:15	05:37	10.70
19	462	M 17	Colson Kylian [ Mast B ] 2019	----	02:19	05:47	10.40
20	220	M 18	De Bruecker Wies [ ] 2020	----	02:21	05:52	10.20
21	209	M 19	De Landsheer Leon [ ] 2019	----	02:23	05:57	10.10
22	429	M 20	Muylaert Mats [ ] 2019	----	02:33	06:22	9.40
23	430	M 21	Muylaert Miel [ ] 2020	----	02:47	06:57	8.60
24	222	M 22	Maertens Lenne [ ] 2021	----	03:01	07:32	8.00
25	215	M 23	Adam Wout [ ] 2021	----	03:37	09:02	6.60

**RESULTS :**  
**400 m S1**

**CROSSFIT HOLTEM**  
**HAALERT**  
**08/09/2024**

rank	bib	gender	name [ catg / year ]		time	time / km	km/h
1	466	F 1	Boeykens Doutzen [ ] 2017	----	01:36	04:00	15.00
2	464	F 2	Verbeeren Janne [ ] 2017	----	01:37	04:02	14.80
3	202	F 3	Durieux Flore [ ] 2018	Atletiek	01:42	04:15	14.10
4	200	F 4	Vangrunderbeek Laure [ ] 2019	----	01:51	04:37	13.00
5	448	F 5	Van Buggenhout Ellis [ ] 2017	----	02:00	05:00	12.00
6	203	F 6	Carlé Ellie [ ] 2019	----	02:13	05:32	10.80
7	474	F 7	Van Den Berghe Elise [ ] 2018	----	02:19	05:47	10.40
8	201	F 8	Jacobs Lia [ ] 2018	----	02:26	06:05	9.90
9	204	F 9	Van Den Berge Lily-iana [ ] 2019	----	02:29	06:12	9.70
10	206	F 10	Mooleman Fay [ ] 2019	----	02:31	06:17	9.50
11	486	M 1	De Pelsmaeker Aimee [ Jun ] 2015	----	02:33	06:22	9.40
12	467	F 11	Meert Liva [ ] 2019	----	02:35	06:27	9.30
13	468	F 12	Boeykens Reese [ ] 2020	----	02:39	06:37	9.10
14	475	F 13	Adam Julie [ ] 2020	----	02:42	06:45	8.90
15	422	F 14	Van Buggenhout Lia [ ] 2019	----	02:53	07:12	8.30
16	485	F 15	De Pelsmaeker Camille [ Jun ] 2011	----	04:04	10:10	5.90
17	440	F 16	De Blander Imke [ ] 2021	----	04:38	11:35	5.20

## RESULTS :

## CROSSFIT HOLTEM

## 4 km S1

## HAALTERT

08/09/2024

rank	bib	gender	name [ catg / year ]		time	time / km	km/h
1	293	M 1	Van Den Broeck Raf [ Sen ] 2000	Alva	12:06	03:01	19.80
2	273	M 2	Meert Matthias [ Jun ] 2008	Eendracht	12:18	03:04	19.50
3	538	M 3	D Haeyer Arne [ Sen ] 1997	----	12:22	03:05	19.40
4	302	M 4	Verstockt Wouter [ Sen ] 1999	Za	13:22	03:20	18.00
5	310	M 5	Verstockt Tibo [ Sen ] 2003	Za	13:32	03:23	17.70
6	281	M 6	Cantaert Andreas [ Jun ] 2009	Eendracht	13:51	03:27	17.30
7	508	M 7	Deprez Dieter [ Mast A ] 1983	----	14:09	03:32	17.00
8	279	M 8	Van Durme Siemon [ Jun ] 2010	Vita	14:24	03:36	16.70
9	512	M 9	Pissoort Arne [ Jun ] 2010	----	14:30	03:37	16.60
10	257	F 1	Van Weyenberg Chloë [ Jun ] 2011	Vita	15:36	03:54	15.40
11	515	M 10	Penne Mattis [ Jun ] 2009	----	16:00	04:00	15.00
12	540	M 11	Redant Yenthe [ Sen ] 2000	----	16:07	04:01	14.90
13	520	M 12	Ost Matteo [ Sen ] 2003	----	16:18	04:04	14.70
14	263	M 13	Slabbinck Tijl [ Jun ] 2012	Vita	16:26	04:06	14.60
15	484	M 14	Van Den Steen Thibe [ Jun ] 2010	----	16:30	04:07	14.50
16	286	M 15	Bauwens Korneel [ Jun ] 2013	Vita	16:35	04:08	14.50
17	298	M 16	Vijverman Seppe [ Jun ] 2012	Crossfit	16:46	04:11	14.30
18	299	M 17	Vijverman Tim [ Mast A ] 1982	Crossfit	16:47	04:11	14.30
19	284	M 18	Gilis Lander [ Jun ] 2013	Vita	16:55	04:13	14.20
20	544	M 19	De Klerck Steven [ Mast A ] 1980	----	17:01	04:15	14.10
21	265	M 20	Redant Steven [ Sen ] 1987	't Signaal	17:04	04:16	14.10
22	308	M 21	Erauw Tristan [ Jun ] 2012	----	17:08	04:17	14.00
23	285	F 2	Bauwens Nore [ Jun ] 2009	Vita	17:09	04:17	14.00
24	282	M 22	Vermeersch Thé [ Jun ] 2014	Vita	17:18	04:19	13.90
25	253	M 23	Hofman Robbe [ Jun ] 2007	Vita Atom	18:04	04:31	13.30
26	296	F 3	Geerinckx Lotte [ Jun ] 2010	Ea	18:07	04:31	13.20
27	297	F 4	De Loy Nele [ Mas A ] 1981	----	18:08	04:32	13.20
28	300	F 5	Roelandt Paulien [ Jun ] 2016	Acp	18:09	04:32	13.20
29	259	M 24	Lambrechts Emiel [ Jun ] 2009	Vita Atom	18:13	04:33	13.20
30	278	M 25	Adriaens Mats [ Jun ] 2012	Vita	18:18	04:34	13.10
31	518	M 26	Roelandt Bob [ Sen ] 1986	----	18:44	04:41	12.80
32	305	M 27	De Winne Wesley [ Sen ] 1986	----	18:53	04:43	12.70
33	442	M 28	Van Impe Patrick [ Mast B ] 1965	----	19:04	04:46	12.60
34	283	M 29	Gilis Stan [ Jun ] 2015	Vita	19:13	04:48	12.50
35	256	M 30	Van Weyenberg Casper [ Jun ] 2013	Vita	19:19	04:49	12.40
36	301	M 31	Roelandt Luk [ Mast A ] 1979	----	19:19	04:49	12.40
37	294	M 32	Goubert Lopez Mateo [ Jun ] 2015	----	19:27	04:51	12.30
38	260	M 33	Borloo Robbe [ Sen ] 2001	Geen	19:57	04:59	12.00
39	275	F 6	Kiekens Lize [ Jun ] 2014	Vita	20:06	05:01	11.90

40	545	M 34	De Klerck Hubert [ Mas D ] 1952	----	20:16	05:04	11.80
41	280	F 7	Carion Lien [ Mas A ] 1987	Affligemse	20:20	05:05	11.80
42	304	M 35	Chiau Toon [ Sen ] 1999	----	20:23	05:05	11.80
43	533	M 36	Van Den Abeele Tibo [ Sen ] 1991	----	20:40	05:10	11.60
44	261	F 8	Taelman Jessica [ Mas A ] 1987	----	20:53	05:13	11.50
45	432	F 9	Chiau Eefje [ Sen ] 1997	----	20:55	05:13	11.50
46	270	M 37	De Pauw Klaas [ Sen ] 1991	Cd&v	21:31	05:22	11.20
47	425	M 38	Van Buggenhout Glenn [ Sen ] 1991	----	21:45	05:26	11.00
48	295	F 10	Leeman Jenthe [ Jun ] 2012	Kaa Gent	21:55	05:28	11.00
49	291	F 11	Meganck Nathalie [ Mas B ] 1978	----	21:57	05:29	10.90
50	266	M 39	Michiels Robin [ Sen ] 1994	Lokaal	21:59	05:29	10.90
51	309	F 12	Viville Kim [ Mas A ] 1985	----	22:02	05:30	10.90
52	469	F 13	Meert Steffi [ Sen ] 1990	----	22:08	05:32	10.80
53	276	F 14	Thys Eline [ Jun ] 2011	Vita Atom	22:15	05:33	10.80
54	465	M 40	Beerens Bent [ Jun ] 2013	Kfc	22:34	05:38	10.60
55	292	F 15	Van Der Hauwert Lenthe [ Jun ] 2012	Geen	22:36	05:39	10.60
56	290	M 41	De Vriendt Robin [ Sen ] 1988	----	22:37	05:39	10.60
57	255	M 42	Goessens Jurgen [ Mast A ] 1979	----	22:51	05:42	10.50
58	504	F 16	De Bondt Mina [ Mas A ] 1986	----	23:00	05:45	10.40
59	268	M 43	Ryckaert Celle [ Jun ] 2011	----	23:13	05:48	10.30
60	258	F 17	Van Impe Kiara [ Sen ] 2003	----	23:22	05:50	10.30
61	516	F 18	Van Leuven Sarah [ Mas A ] 1987	----	23:47	05:56	10.10
62	523	F 19	Vijverman Silke [ Jun ] 2009	----	23:53	05:58	10.00
63	272	M 44	De Nil André [ Mast B ] 1968	Affligemse	24:01	06:00	10.00
64	536	F 20	Van De Genachte Emma [ Sen ] 1999	----	24:40	06:10	9.70
65	535	M 45	Hertveldt Jonas [ Sen ] 1997	----	24:42	06:10	9.70
66	528	F 21	Lambrechts Asa [ Jun ] 2011	----	24:58	06:14	9.60
67	525	F 22	Redant Noor [ Jun ] 2011	----	24:59	06:14	9.60
68	537	F 23	Eylenbosch Josephine [ Mas C ] 1960	----	25:01	06:15	9.60
69	496	F 24	Roelandt Kara [ Jun ] 2014	----	25:12	06:18	9.50
70	271	F 25	Uytersprot Elin [ Mas B ] 1978	----	25:15	06:18	9.50
71	245	F 26	Ottoy Julie [ Sen ] 1995	----	25:35	06:23	9.40
72	267	F 27	Van Den Steen Alicia [ Mas A ] 1982	----	25:40	06:25	9.40
73	269	F 28	Verleysen Hilke [ Mas A ] 1981	----	25:40	06:25	9.40
74	288	F 29	Dooremont Kim [ Mas A ] 1984	----	25:41	06:25	9.30
75	306	F 30	Arys Nina [ Jun ] 2015	Vita	26:21	06:35	9.10
76	246	M 46	De Visscher Jeffrey [ Sen ] 1987	----	26:27	06:36	9.10
77	303	F 31	Van Sande Barbara [ Sen ] 2000	----	26:36	06:39	9.00
78	287	F 32	Timmermans Leen [ Mas A ] 1980	----	26:51	06:42	8.90
79	254	F 33	Van Damme Marite [ Sen ] 2003	----	27:36	06:54	8.70
80	247	F 34	Kiekens Sofie [ Mas B ] 1972	Alva Aalst	28:53	07:13	8.30
81	251	F 35	Van Melkebeke Saar [ Sen ] 1998	----	28:58	07:14	8.30
82	252	F 36	Lanckman Marie-camille [ Sen ] 1998	----	30:00	07:30	8.00



83	514	M 47	Brackman Senne [ Jun ] 2011	----	30:05	07:31	8.00
84	289	M 48	Sorgeloos Tom [ Mast A ] 1979	Schepen	30:07	07:31	8.00
85	307	F 37	Kestemont Stéphanie [ Mas A ] 1986	----	30:32	07:38	7.90
86	501	F 38	Piret Sarah [ Mas B ] 1978	----	32:04	08:01	7.50
87	502	M 49	De Mossenau David [ Mast A ] 1976	----	32:09	08:02	7.50
88	262	F 39	De Blick Maëlys [ Jun ] 2012	----	51:25	12:51	4.70

**RESULTS :**  
**12 km S1**

**CROSSFIT HOLTEM**  
**HAALTERT**  
**08/09/2024**

rank	bib	gender	name [ catg / year ]		time	time / km	km/h
1	361	M 1	De Troyer Dennis [ Sen ] 1996	3pt	43:43	03:38	16.50
2	505	M 2	Van Bellingen Pieter [ Sen ] 1984	----	44:21	03:41	16.20
3	378	M 3	Bauwens Brecht [ Mast A ] 1977	Vita	44:26	03:42	16.20
4	381	M 4	Goubert Bart [ Mast A ] 1978	----	45:32	03:47	15.80
5	493	M 5	Hunnick Ken [ Sen ] 1986	----	46:41	03:53	15.40
6	510	M 6	De Backer Robby [ Mast A ] 1983	----	47:41	03:58	15.10
7	382	M 7	Steppe Jeroen [ Sen ] 1992	----	47:56	03:59	15.00
8	433	M 8	De Braekeleer Johan [ Mast A ] 1977	----	48:45	04:03	14.80
9	434	M 9	Van Holsbeeck Filip [ Mast A ] 1980	----	48:50	04:04	14.70
10	521	M 10	Verlijzen Michael [ Sen ] 1991	----	49:08	04:05	14.70
11	426	M 11	Rowies Daan [ Mast A ] 1983	Krav.ale	49:33	04:07	14.50
12	506	F 1	Coene Joke [ Mas A ] 1984	----	49:40	04:08	14.50
13	369	F 2	Aerts Kim [ Mas A ] 1989	3pt	49:57	04:09	14.40
14	513	M 12	Brackman Pieter [ Sen ] 1985	----	49:59	04:09	14.40
15	346	M 13	De Bodt Bert [ Mast A ] 1982	----	50:16	04:11	14.30
16	370	M 14	Durieux Jeroen [ Sen ] 1984	3pt	50:47	04:13	14.20
17	449	M 15	Lagrange Simon [ Sen ] 1996	----	50:50	04:14	14.20
18	356	M 16	Vion Dimitri [ Mast A ] 1981	----	50:57	04:14	14.10
19	365	M 17	Pereboom Iwein [ Mast A ] 1982	Maspoe	51:34	04:17	14.00
20	373	M 18	Ooghe Filip [ Mast B ] 1966	Funrunners	52:53	04:24	13.60
21	372	M 19	Van Daele Kim [ Sen ] 1992	----	53:23	04:26	13.50
22	359	M 20	Van Damme Bjarne [ Sen ] 1997	----	53:43	04:28	13.40
23	358	M 21	De Decker Arno [ Sen ] 1998	Ea	53:50	04:29	13.40
24	390	M 22	Baetens Robin [ Sen ] 1991	----	54:03	04:30	13.30
25	354	M 23	De Smet Gert [ Sen ] 1991	----	54:14	04:31	13.30
26	445	M 24	Hugo Matthias [ Sen ] 1991	----	54:22	04:31	13.20
27	360	M 25	Van Weyenberg Nico [ Mast A ] 1977	Vita Atom	54:35	04:32	13.20
28	489	M 26	Van Mulders Stein [ Sen ] 1984	----	55:44	04:38	12.90
29	380	M 27	Prové Tjeef [ Sen ] 1985	----	56:10	04:40	12.80
30	357	M 28	Menda Niembo Quentin [ Jun ] 2006	----	56:12	04:41	12.80
31	343	M 29	Verbeke Tom [ Sen ] 1993	----	56:12	04:41	12.80
32	389	M 30	Deleu Mathias [ Mast A ] 1980	----	56:29	04:42	12.70
33	517	F 3	Van Damme Dalilah [ Jun ] 2012	----	56:36	04:43	12.70
34	367	F 4	Wellekens Eva [ Mas A ] 1986	----	56:45	04:43	12.70
35	376	M 31	Vermeersch Wannes [ Mast A ] 1983	----	57:01	04:45	12.60
36	384	M 32	Zahar Ahcene [ Mast A ] 1982	Geen	57:49	04:49	12.50
37	387	F 5	Haegeman Karen [ Sen ] 1997	3pt	58:18	04:51	12.30
38	388	M 33	Haegeman Wim [ Mast B ] 1966	3pt	58:19	04:51	12.30
39	470	M 34	Meert Robin [ Sen ] 1987	----	58:24	04:52	12.30

40	471	M 35	Meert Dary [ Mast C ] 1962	----	58:25	04:52	12.30
41	391	M 36	De Ryck Tom [ Mast A ] 1983	----	58:43	04:53	12.30
42	355	F 6	De Vlieger Ilkje [ Sen ] 1998	/	58:45	04:53	12.30
43	385	F 7	Van Zon Justien [ Sen ] 1995	3pt	59:29	04:57	12.10
44	344	M 37	Poelman Dirk [ Mast B ] 1971	Joggingclub	59:39	04:58	12.10
45	437	M 38	Blyaert Benny [ Sen ] 1989	----	60:02	05:00	12.00
46	362	M 39	Neckebroeck Steven [ Mast A ] 1978	Maspoe	60:42	05:03	11.90
47	347	M 40	Daelman Sander [ Sen ] 1994	Maspoe	60:43	05:03	11.90
48	438	M 41	Munyakayanza Venuste [ Sen ] 1985	----	61:10	05:05	11.80
49	340	M 42	Soetaert Dominique [ Mast A ] 1981	----	62:12	05:11	11.60
50	348	F 8	Eeckhout Tamara [ Mas B ] 1977	Geen	62:23	05:11	11.50
51	379	M 43	Fahy Christophe [ Mast A ] 1980	----	62:57	05:14	11.40
52	532	M 44	Vinck Joris [ Mast A ] 1984	----	63:30	05:17	11.30
53	364	M 45	De Troch Pascal [ Mast B ] 1966	Acg	63:41	05:18	11.30
54	366	M 46	Van Der Biest Bram [ Mast A ] 1981	J&b Running	63:41	05:18	11.30
55	421	M 47	Van Keer Marc [ Mast C ] 1963	Nee	63:43	05:18	11.30
56	383	M 48	De Vuyst Lieven [ Mast A ] 1977	----	63:53	05:19	11.30
57	371	M 49	De Leu Kevin [ Mast A ] 1981	----	64:03	05:20	11.20
58	377	M 50	De Coster Stefaan [ Mast A ] 1977	----	65:05	05:25	11.10
59	363	M 51	Callebaut Tim [ Mast A ] 1978	----	65:50	05:29	10.90
60	351	M 52	De Landsheer Jurgen [ Mast A ] 1977	----	65:51	05:29	10.90
61	386	F 9	Eeckhout Carmen [ Mas B ] 1977	----	66:53	05:34	10.80
62	368	M 53	Mertens Tom [ Mast A ] 1981	----	66:55	05:34	10.80
63	374	M 54	Rottiers Wouter [ Mast A ] 1982	----	67:31	05:37	10.70
64	392	M 55	Van Sas Jasper [ Sen ] 1988	----	67:42	05:38	10.60
65	499	M 56	De Grave Laurens [ Sen ] 1992	----	68:04	05:40	10.60
66	349	M 57	Moens Steven [ Sen ] 1986	----	69:46	05:48	10.30
67	352	F 10	De Turck Karolien [ Mas B ] 1978	----	70:13	05:51	10.30
68	436	M 58	Roelandt Thabo [ Jun ] 2013	Tdw	73:57	06:09	9.70
69	435	F 11	Cousin Katleen [ Mas A ] 1986	Tdw	73:57	06:09	9.70
70	500	M 59	Jooris Olivier [ Mast B ] 1967	----	74:07	06:10	9.70
71	446	M 60	De Cock Robin [ Sen ] 1992	----	74:35	06:12	9.70
72	447	F 12	De Bisschop Julie [ Sen ] 2000	----	75:02	06:15	9.60
73	427	F 13	Bogemans Kathleen [ Mas C ] 1969	Holthem24	86:23	07:11	8.30
74	345	M 61	Goubert Geert [ Mast C ] 1961	----	86:25	07:12	8.30