



Helpshopcup - 10,0 km - Algemene rangschikking

Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0495	Vanholst	Michiel	M1	M35-	DCLA Halen	00:34:06	03:23
2	0375	Roussel	Rens	M2	M35+		00:34:32	03:25
3	0368	Robben	Tom	M3	M35-	TACT	00:34:35	03:26
4	5041	Van Marcke	Pascal	M4	M55+	MAES SQM Ru	00:34:57	03:28
5	0453	Boden	Niki	M5	M35+		00:35:02	03:28
6	5048	De Man	Robbe	M6	M35-		00:35:14	03:30
7	5049	Wouters	Chriske	M7	M45+	MAES SQM RU	00:35:22	03:30
8	5096	Michael	Happaerts	M8	M35+	MAES SQM Ru	00:35:34	03:32
9	0439	Schreurs	Anne	V1	V35-	Atletiekclub Gen	00:35:47	03:33
10	0396	Theys	Kevin	M9	M35+	Maes-SQM	00:35:52	03:33
11	0420	Jans	Robin	M10	M35-	JMT Mol	00:36:00	03:34
12	0435	Cools	Stefaan	M11	M55+	SACN	00:36:11	03:35
13	0438	De Roover	Willem	M12	M35+	GS Running Tea	00:36:15	03:36
14	5009	De Rooy	Andy	M13	M45+	Coyote sports tea	00:36:22	03:36
15	5086	Van Asselbergh	Jorden	M14	M35-	ADD VACH	00:36:27	03:37
16	0394	Aerts	Sam	M15	M45+	ACA Alken	00:36:56	03:40
17	0318	Bokken	Mathijs	M16	M35+		00:37:11	03:41
18	0418	De Rycke	Robby	M17	M35+	3MD Triatlon De	00:37:14	03:42
19	0480	Trappeniers	Philip	M18	M35+	Triathlonclub Lu	00:37:33	03:43
20	5021	Claes	Jasper	M19	M35-	ADD Diepenbee	00:37:48	03:45
21	0484	Van Houtem	Joeri	M20	M45+	MTT	00:38:02	03:46
22	0329	Drijkoningen	Rune	M21	M35-		00:38:24	03:49
23	0387	Noelmans	Bram	M22	M35+		00:38:48	03:51
24	0363	Verjans	Sarah	V2	V35+	Tact	00:39:00	03:52
25	0447	Scharre	Stef	M23	M35-		00:39:04	03:53
26	0511	Vandamme	Stphane Joseph	M24	M45+	MTT	00:39:08	03:53
27	0472	Willems	Dirk	M25	M55+	Tact st.-Truiden	00:39:13	03:53
28	0445	Scholts	Bert	M26	M35-	Animo	00:39:14	03:53
29	0454	Menjoie	Daan	M27	M35-	TACT	00:39:54	03:57
30	0419	Swinnen	Steve	M28	M35+		00:39:57	03:58
31	0485	Konings	Kristof	M29	M35+		00:40:00	03:58
32	0517	Wouters	Jens Theo	M30	M35-	4P	00:40:00	03:58
33	0308	Vanmechelen	Simon	M31	M35+		00:40:03	03:58
34	0441	Hollants	Jean-Paul	M32	M45+	VACH	00:40:07	03:59
35	0323	Leemans	Robbe	M33	M35-	geen	00:40:12	03:59
36	5005	Mesotten	Dirk	M34	M45+		00:40:14	03:59
37	0412	Verhoeven	Thomas	M35	M35-	Tact	00:40:15	04:00
38	0481	Pirard	Jan	M36	M35-	Trudo Running	00:40:17	04:00

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	0525	Vanluyten	Vicky Paula	V3	V35-		00:40:57	04:04
40	5076	Santermans	Peter	M37	M45+		00:41:06	04:05
41	0381	Van de Voorde	Tom	M38	M45+	Tact	00:41:08	04:05
42	0500	Van Relegem	Tony Marie	M39	M55+	VAC	00:41:31	04:07
43	0507	Neven	John	M40	M45+		00:41:34	04:07
44	0471	Robben	Jens	M41	M35-	TACT	00:41:36	04:08
45	5043	Baerts	Chris	M42	M45+		00:41:57	04:10
46	0483	Van Houtte	Brecht	M43	M35-		00:41:58	04:10
47	0437	Vuurstaek	Geert	M44	M35+	ATLA Lanaken	00:42:04	04:10
48	5015	Arnauts	Elle	V4	V35-	Tact	00:42:07	04:11
49	0389	Vinck	Samuel	M45	M35-	Velm	00:42:25	04:12
50	0379	Niels	Brans	M46	M35-		00:42:34	04:13
51	5067	Hiemeleers	Marc	M47	M65+	AC Alken	00:42:39	04:14
52	5040	Drion	Daniel	M48	M45+	ADD Kortessem	00:42:40	04:14
53	5002	Permentier	Gilbert	M49	M55+		00:42:54	04:15
54	0339	deboutte	Robrecht	M50	M45+	JTT	00:43:01	04:16
55	5007	Vanherck	Bruno	M51	M45+	Bokkerijderstea	00:43:04	04:16
56	0476	Gelade	Roeland	M52	M35+		00:43:12	04:17
57	5054	Vangeel	Julie	V5	V35-	GS running team	00:43:22	04:18
58	0456	Wuyts	Gaétan	M53	M35-		00:43:28	04:19
59	0496	Sampermans	Bart Maurice	M54	M35+	DCLA HALEN	00:43:31	04:19
60	0392	Verrijdt	Frank	M55	M55+	geen	00:43:32	04:19
61	0431	Billen	Gert	M56	M45+		00:43:33	04:19
62	0477	Thijssen	Bram	M57	M35+		00:43:34	04:19
63	0416	Van den Bussche	Ruben	M58	M35-	ACA	00:43:46	04:21
64	0519	Leroy	Fabienne	V6	V45+		00:43:54	04:21
65	0526	Vanluyten	Dirk Dominique	M59	M55+		00:43:54	04:21
66	0478	Duchateau	Lieven	M60	M35-		00:44:07	04:23
67	0499	Vanleeuw	Bart	M61	M35-		00:44:08	04:23
68	0400	Testelmans	Luc	M62	M55+	DAF Trucks	00:44:11	04:23
69	0425	Cosemans	Ferre	M63	M35-		00:44:12	04:23
70	0310	De Maesschalck	Eva	V7	V35-	DCLA	00:44:14	04:23
71	0502	Kimpen	Stefan Louis	M64	M35+		00:44:38	04:26
72	0372	Gielen	Brecht	M65	M35-		00:44:40	04:26
73	0479	Achten	Jeroen	M66	M35-		00:44:53	04:27
74	0341	Dehaes	Tim	M67	M35+		00:44:56	04:27
75	0482	Stas	Katrien	V8	V45+	Dcla	00:45:01	04:28
76	0346	Van Keer	Stijn	M68	M35+		00:45:14	04:29
77	0442	Laenen	Annouschka	V9	V45+	VACH	00:45:28	04:31
78	0316	Satory	Wikke	M69	M35-		00:45:33	04:31
79	0342	Dehaes	Joris	M70	M35+		00:45:34	04:31
80	0390	Vankrunkelsven	Leen	V10	V55+		00:45:47	04:33
81	5062	Slegers	Werner	M71	M55+		00:45:48	04:33
82	0449	Bormans	Sebastiaan	M72	M35-	4P Triatlon	00:45:49	04:33
83	0521	fernandez	angel	M73	M55+		00:45:59	04:34
84	0410	Jonkheere	Peggy	V11	V45+	Medpoint	00:46:13	04:35
85	5001	Moons	Lydia	V12	V55+	Geen	00:46:20	04:36

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
86	0486	Franssens	Koen	M74	M45+		00:46:27	04:37
87	0518	pelgrims	edouard	M75	M65+	aca	00:46:27	04:37
88	0319	Vansingel	Rudy	M76	M55+		00:46:29	04:37
89	0367	Tomsin	Ronny	M77	M45+	Hoeselt Run	00:46:49	04:39
90	0355	Claes	Ruben	M78	M35-		00:47:12	04:41
91	0527	Calders	Rudy	M79	M55+		00:47:18	04:42
92	0358	VANDENSAVEL	Albert	X1	X65+	Albert Vandensa	00:47:20	04:42
93	0417	Niesen	Stan	M80	M45+		00:47:23	04:42
94	0467	Dirkx	Jannik	M81	M35+		00:47:39	04:44
95	5093	Verschueren	Frank	M82	M55+	SACN	00:47:43	04:44
96	5023	Baus	Carlo	M83	M45+	Bokkerijderstea	00:47:45	04:44
97	0524	Troosters	Mark Jules	M84	M45+	Hoeselt Run	00:47:47	04:44
98	0523	Appeltans	Peter Benny	M85	M45+		00:47:51	04:45
99	0436	Theys	Hermine	V13	V35+	DCLA Halen	00:47:58	04:46
100	0515	Wouters	Jens Theo	M86	M35-	4P	00:48:00	04:46
101	0455	Knapen	Andy	M87	M35-		00:48:06	04:46
102	0399	Vankrunkelsven	Christel	V14	V55+		00:48:17	04:47
103	0501	Shafarenko	Dzmitry	M88	M45+		00:48:30	04:49
104	0430	Verjans	Dirk	M89	M55+		00:48:38	04:50
105	0403	Ryckmans	Gunther	M90	M35-	Medpoint	00:48:45	04:50
106	0320	Van Ormelingen	Simon	M91	M35+		00:48:55	04:51
107	5020	Hermans	Martine	V15	V55+		00:49:04	04:52
108	0377	Maes	Stijn	M92	M35-		00:49:25	04:54
109	0514	Broos	Bruno Maurice	M93	M65+		00:49:27	04:54
110	0391	Mondelaers	Sam	M94	M35+		00:49:41	04:56
111	0458	Vandermeeren	Jurgen	M95	M35+		00:49:45	04:56
112	5027	Vanneste	Liesbeth	V16	V35+	GS Running Tea	00:49:49	04:57
113	0444	Frankenne	Linda	V17	V45+	GS running team	00:49:50	04:57
114	0332	Tits	Berten	M96	M35-		00:49:51	04:57
115	0338	Tits	Robrecht	M97	M35-		00:50:09	04:59
116	0324	Ruytinx	Tom	M98	M35-		00:50:13	04:59
117	0369	Robben	Danny	M99	M55+	TACT	00:50:27	05:00
118	5014	Koopmans	Kim	V18	V35+		00:50:30	05:01
119	0488	Vandeweyer	Brecht	M100	M35-		00:50:38	05:01
120	0490	Vandeweyer	Jan	M101	M55+		00:50:39	05:02
121	0489	Vandeweyer	Wouter	M102	M35-		00:50:40	05:02
122	0395	Theunis	Lucas	M103	M35-		00:50:48	05:02
123	0345	Henderix	Wouter	M104	M35+		00:50:49	05:03
124	0459	Stroobants	Herman	M105	M55+		00:50:52	05:03
125	5071	Cortleven	Willy	M106	M65+	Mergellopers Rie	00:50:55	05:03
126	0462	Vandecaetsbeek	Valerie	V19	V35-		00:50:56	05:03
127	0475	Moors	Katleen	V20	V45+	Hoeselt Run	00:51:08	05:04
128	0448	Scharre	Femke	V21	V35-		00:51:20	05:06
129	0397	Bergen	Maud	V22	V35-	Tact	00:51:28	05:06
130	0398	Bergen	Marc	M107	M35+		00:51:34	05:07
131	0317	Gobert	Stefan	M108	M35-		00:51:40	05:08
132	0364	Maessen	Sebbie	M109	M45+	BOLT Tongeren	00:51:45	05:08

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
133	0470	Peeters	Gustaaf	M110	M55+		00:51:57	05:09
134	0492	Martens	Roel Paul	M111	M35+		00:51:59	05:10
135	0522	Palmaers	Steven Jo	M112	M35+		00:52:00	05:10
136	0460	De Muyer	Nik	M113	M35+		00:52:04	05:10
137	5068	coenen	Kris	M114	M35+	Bokkerijderstear	00:52:08	05:10
138	0301	Franssens	Kris	M115	M45+		00:52:09	05:11
139	5088	Arnauts	Els	V23	V35+		00:52:10	05:11
140	5050	Vanheusden	Wim	M116	M45+		00:52:26	05:12
141	5060	Smolders	Mario	M117	M45+	Speelhofrunners	00:52:31	05:13
142	0401	screurs	sander	M118	M35-	aca alken	00:52:37	05:13
143	0334	loix	johnny	M119	M55+		00:52:40	05:14
144	5038	Van Zand	Maja	V24	V65+	AC Alken	00:52:55	05:15
145	0405	Piette	Gerrie	M120	M45+	Medpoint	00:53:03	05:16
146	0406	Piette	Katya	V25	V45+	Medpoint	00:53:05	05:16
147	5037	Govaerts	Kris	M121	M65+	AC Alken	00:53:14	05:17
148	0373	De Vis	Eva	V26	V35-		00:53:14	05:17
149	0350	Swerten	Robby	M122	M35+		00:53:23	05:18
150	0351	Dirix	Dora	V27	V55+		00:53:28	05:18
151	0424	Philippaerts	Greta	V28	V55+	ACA	00:53:36	05:19
152	0352	Mandervelt	Nico	M123			00:53:39	05:19
153	0421	Martens	Elke	V29	V35+		00:53:49	05:20
154	0388	Vandenheede	Michael	M124	M35+		00:54:06	05:22
155	0508	Neysens	Jurgen	M125	M45+	Brasserrunners	00:54:09	05:22
156	0503	Langenaeken	Kevin	M126	M35+	landense jogging	00:54:17	05:23
157	0402	Vranken	Iris	V30	V35-	Medpoint	00:54:25	05:24
158	0510	Frison	Koen	M127	M35-		00:54:30	05:25
159	0426	Coenen	Wouter	M128	M35+		00:54:37	05:25
160	0457	Cabuy	Paula	V31	V55+		00:54:49	05:26
161	0357	Verachttert	Cliff	M129	M35+		00:55:00	05:28
162	0321	Moerman	Carl	M130	M35+		00:55:03	05:28
163	0359	Wuyts	Morgane	V32	V35-		00:55:13	05:29
164	0382	Strouwen	Bea	V33	V55+	ACA	00:55:21	05:30
165	0427	Devroye	Olivia	V34	V35+		00:55:23	05:30
166	5032	Hiemeleers	Sharon	V35	V35-	AC Alken	00:55:28	05:30
167	0450	Ceuleeers	Sabine	V36	V45+		00:55:30	05:31
168	0452	Vandenrijt	Peter	M131	M45+	Burchtloopers	00:55:33	05:31
169	0465	Vanoppen	Eline	V37	V35-		00:55:34	05:31
170	0464	Verbeeck	Helena	V38	V35-		00:55:35	05:31
171	0343	Ingelaere	Barbara	V39	V35+		00:55:36	05:31
172	0376	Goossens	Luc	M132	M45+	RunForAir Mucc	00:55:49	05:32
173	0509	Vandercappellen	Leen Annelies	V40	V35-		00:55:51	05:33
174	0506	Berg	Lennie Kirsten	V41	V35+	landense jogging	00:56:03	05:34
175	0408	Wuyts	Sofie	V42	V35-	Medpoint	00:56:04	05:34
176	0409	Bortels	Joachim	M133	M35-	Medpoint	00:56:05	05:34
177	0463	Francis	Katleen	V43	V35+	Landense Joggin	00:56:11	05:35
178	0337	Beckers	Cédric	M134	M35+		00:56:38	05:37
179	0347	Gielen	Ilse	V44	V45+		00:56:45	05:38

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
180	0380	Robbens	Rudy	M135	M45+	Hoeselt Run	00:56:52	05:39
181	0487	Van de Mierop	Davy	M136	M35+		00:56:58	05:39
182	0340	Ilona	Lukaszewska	V45	V35+		00:57:11	05:41
183	5047	Coenen	David	M137	M45+		00:57:28	05:42
184	0327	Claes	Seppe	M138	M35-		00:57:30	05:42
185	0386	Claes	Fien	V46	V35-		00:57:31	05:43
186	0423	van Doorn	Freija	V47	V35+		00:57:34	05:43
187	0428	Devroye	Andre	M139	M65+		00:57:52	05:45
188	0326	Verschraegen	Bern	M140	M35-		00:58:05	05:46
189	0532	Ruebens	Hanne Marleen	V48	V35+		00:58:14	05:47
190	0474	wouters	kristien	V49	V35+		00:58:15	05:47
191	0443	Vanmuysen	Koen	M141	M55+		00:58:23	05:48
192	0497	Vercouter	Dominiek Victor	M142	M55+		00:58:27	05:48
193	0385	Houttekier	Egon	M143	M35-		00:58:31	05:49
194	0468	Peeters	Kenji	M144	M35-		00:58:35	05:49
195	5082	Saro	Tanya	V50	V35+		00:58:39	05:49
196	0498	Vandaele	Claudine Andrea	V51	V55+		00:58:47	05:50
197	5046	Jossa	Shauni	V52	V35-	TACT	00:58:49	05:50
198	0446	Meir	Els	V53	V45+		00:58:58	05:51
199	0349	Luykx	Laurens	M145	M55+	Cold Play Sharks	00:59:22	05:54
200	0429	Philtjens	Lise	V54	V35-		00:59:43	05:56
201	0434	vannitsem	lieselot	V55	V35-		00:59:45	05:56
202	0461	Peeters	Annik	V56	V45+	-	00:59:52	05:57
203	0469	Schils	Isabelle	V57	V45+		00:59:54	05:57
204	5089	Jeuris	Jeroen	M146	M35+		00:59:58	05:57
205	5080	Vandenbergh	Eddy	M147	M45+		00:59:59	05:57
206	0407	Coun	Laura	V58	V35-	Medpoint	01:00:14	05:59
207	0529	Beirinckx	Peter	M148	M55+		01:00:14	05:59
208	0384	Degros	Reinhilde	V59	V35+		01:00:45	06:02
209	0411	Hulsmans	Pierre	M149	M65+	ZAC Zonhoven e	01:01:22	06:06
210	0383	Vanaeken	Dorien	V60	V35-		01:01:29	06:06
211	0493	Strauven	Viviane	V61	V55+		01:01:33	06:07
212	0494	Vandenborne	Vincent	M150	M35-		01:01:35	06:07
213	0513	Noelmans	Godfried	M151	M55+		01:02:06	06:10
214	0325	Genin	Eva	V62	V35-		01:02:20	06:11
215	0473	Machiels	Carmen	V63	V45+	Hoeselt run	01:03:09	06:16
216	0516	Benaets	Patricia Maria	V64	V55+		01:03:42	06:19
217	0432	Philtjens	Joline	V65	V35-		01:03:45	06:20
218	0315	Verhellen	Anouk	V66	V35+		01:03:59	06:21
219	0360	Schepmans	Elien	V67	V35-		01:04:05	06:22
220	0335	Brans	Kelly	V68	V35-		01:04:07	06:22
221	0393	Pollenus	Cedric	M152	M35+		01:04:08	06:22
222	0305	Vanmechelen	Jutta	V69	V35-	Tact	01:04:58	06:27
223	0491	Van Hove	Karliën	V70	V35-		01:04:59	06:27
224	0336	Laffut	Eline	V71	V35+		01:05:00	06:27
225	0302	Bosmans	Alexandra	V72	V35-		01:05:33	06:30
226	0309	Vanhoutteghem	Eveline	V73	V35-		01:05:33	06:30

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227	0330	Vandermaesen	Elise	V74	V35+		01:05:45	06:32
228	0313	Champagne	Lisa	V75	V35-		01:06:46	06:38
229	0312	Kempeneers	Lotte	V76	V35-		01:06:47	06:38
230	0520	De Corte	Ylias	M153	M35-		01:09:18	06:53
231	0433	Francois	Gorik	M154	M45+		01:09:29	06:54
232	0378	De Vuyst	Vanessa	V77	V35+	Hoeselt Run	01:09:39	06:55
233	0374	Gillard	Koen	M155	M35+	Hoeselt Run	01:09:40	06:55
234	0353	Vanschoenwinkel	Julie	V78	V35-		01:09:50	06:56
235	0356	Neven	Evi	V79	V35-		01:09:50	06:56
236	0466	Nelissen	Gwendolyn	M156	M35+		01:10:23	06:59
237	0414	mievis	wendy	V80	V45+		01:12:28	07:12
238	0413	vanhamel	gery	M157	M45+		01:12:30	07:12
239	0530	Vaes	Wendy Marie	V81	V35+		01:13:51	07:20
240	0307	Vanmechelen	Jutta	V82	V35-	Tact	01:15:18	07:29
241	0304	Vanmechelen	Hanna	V83	V35-	Tact	01:15:22	07:29
242	0531	Erkens	Kristof	M158	M35+		01:15:47	07:31
243	0440	Vandermaesen	Sarah	V84	V35+		01:16:16	07:34
244	0415	De Winter	An	V85	V45+		01:17:35	07:42



Helpshopcup - 10,0 km - Mannen 35-

Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0495	Vanholst	Michiel	M1	M35-	DCLA Halen	00:34:06	03:23
2	0368	Robben	Tom	M2	M35-	TACT	00:34:35	03:26
3	5048	De Man	Robbe	M3	M35-		00:35:14	03:30
4	0420	Jans	Robin	M4	M35-	JMT Mol	00:36:00	03:34
5	5086	Van Asselbergh	Jorden	M5	M35-	ADD VACH	00:36:27	03:37
6	5021	Claes	Jasper	M6	M35-	ADD Diepenbee	00:37:48	03:45
7	0329	Drijkoningen	Rune	M7	M35-		00:38:24	03:49
8	0447	Scharre	Stef	M8	M35-		00:39:04	03:53
9	0445	Scholts	Bert	M9	M35-	Animo	00:39:14	03:53
10	0454	Menjoie	Daan	M10	M35-	TACT	00:39:54	03:57
11	0517	Wouters	Jens Theo	M11	M35-	4P	00:40:00	03:58
12	0323	Leemans	Robbe	M12	M35-	geen	00:40:12	03:59
13	0412	Verhoeven	Thomas	M13	M35-	Tact	00:40:15	04:00
14	0481	Pirard	Jan	M14	M35-	Trudo Running	00:40:17	04:00
15	0471	Robben	Jens	M15	M35-	TACT	00:41:36	04:08
16	0483	Van Houtte	Brecht	M16	M35-		00:41:58	04:10
17	0389	Vinck	Samuel	M17	M35-	Velm	00:42:25	04:12
18	0379	Niels	Brans	M18	M35-		00:42:34	04:13
19	0456	Wuyts	Gaétan	M19	M35-		00:43:28	04:19
20	0416	Van den Bussche	Ruben	M20	M35-	ACA	00:43:46	04:21
21	0478	Duchateau	Lieven	M21	M35-		00:44:07	04:23
22	0499	Vanleeuw	Bart	M22	M35-		00:44:08	04:23
23	0425	Cosemans	Ferre	M23	M35-		00:44:12	04:23
24	0372	Gielen	Brecht	M24	M35-		00:44:40	04:26
25	0479	Achten	Jeroen	M25	M35-		00:44:53	04:27
26	0316	Satory	Wikke	M26	M35-		00:45:33	04:31
27	0449	Bormans	Sebastiaan	M27	M35-	4P Triatlon	00:45:49	04:33
28	0355	Claes	Ruben	M28	M35-		00:47:12	04:41
29	0515	Wouters	Jens Theo	M29	M35-	4P	00:48:00	04:46
30	0455	Knapen	Andy	M30	M35-		00:48:06	04:46
31	0403	Ryckmans	Gunther	M31	M35-	Medpoint	00:48:45	04:50
32	0377	Maes	Stijn	M32	M35-		00:49:25	04:54
33	0332	Tits	Berten	M33	M35-		00:49:51	04:57
34	0338	Tits	Robrecht	M34	M35-		00:50:09	04:59
35	0324	Ruytinx	Tom	M35	M35-		00:50:13	04:59
36	0488	Vandeweyer	Brecht	M36	M35-		00:50:38	05:01
37	0489	Vandeweyer	Wouter	M37	M35-		00:50:40	05:02
38	0395	Theunis	Lucas	M38	M35-		00:50:48	05:02

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	0317	Gobert	Stefan	M39	M35-		00:51:40	05:08
40	0401	screurs	sander	M40	M35-	aca alken	00:52:37	05:13
41	0510	Frison	Koen	M41	M35-		00:54:30	05:25
42	0409	Bortels	Joachim	M42	M35-	Medpoint	00:56:05	05:34
43	0327	Claes	Seppe	M43	M35-		00:57:30	05:42
44	0326	Verschraegen	Bern	M44	M35-		00:58:05	05:46
45	0385	Houttekier	Egon	M45	M35-		00:58:31	05:49
46	0468	Peeters	Kenji	M46	M35-		00:58:35	05:49
47	0494	Vandenborne	Vincent	M47	M35-		01:01:35	06:07
48	0520	De Corte	Ylias	M48	M35-		01:09:18	06:53



Helpshopcup - 10,0 km - Mannen 35+

Startuur : Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0375	Roussel	Rens	M1	M35+		00:34:32	03:25
2	0453	Boden	Niki	M2	M35+		00:35:02	03:28
3	5096	Michael	Happaerts	M3	M35+	MAES SQM Run	00:35:34	03:32
4	0396	Theys	Kevin	M4	M35+	Maes-SQM	00:35:52	03:33
5	0438	De Roover	Willem	M5	M35+	GS Running Tea	00:36:15	03:36
6	0318	Bokken	Mathijs	M6	M35+		00:37:11	03:41
7	0418	De Rycke	Robby	M7	M35+	3MD Triatlon De	00:37:14	03:42
8	0480	Trappeniers	Philip	M8	M35+	Triathlonclub Lu	00:37:33	03:43
9	0387	Noelmans	Bram	M9	M35+		00:38:48	03:51
10	0419	Swinnen	Steve	M10	M35+		00:39:57	03:58
11	0485	Konings	Kristof	M11	M35+		00:40:00	03:58
12	0308	Vanmechelen	Simon	M12	M35+		00:40:03	03:58
13	0437	Vuurstaek	Geert	M13	M35+	ATLA Lanaken	00:42:04	04:10
14	0476	Gelade	Roeland	M14	M35+		00:43:12	04:17
15	0496	Sampermans	Bart Maurice	M15	M35+	DCLA HALEN	00:43:31	04:19
16	0477	Thijssen	Bram	M16	M35+		00:43:34	04:19
17	0502	Kimpen	Stefan Louis	M17	M35+		00:44:38	04:26
18	0341	Dehaes	Tim	M18	M35+		00:44:56	04:27
19	0346	Van Keer	Stijn	M19	M35+		00:45:14	04:29
20	0342	Dehaes	Joris	M20	M35+		00:45:34	04:31
21	0467	Dirkx	Jannik	M21	M35+		00:47:39	04:44
22	0320	Van Ormelingen	Simon	M22	M35+		00:48:55	04:51
23	0391	Mondelaers	Sam	M23	M35+		00:49:41	04:56
24	0458	Vandermeeren	Jurgen	M24	M35+		00:49:45	04:56
25	0345	Henderix	Wouter	M25	M35+		00:50:49	05:03
26	0398	Bergen	Marc	M26	M35+		00:51:34	05:07
27	0492	Martens	Roel Paul	M27	M35+		00:51:59	05:10
28	0522	Palmaers	Steven Jo	M28	M35+		00:52:00	05:10
29	0460	De Muyer	Nik	M29	M35+		00:52:04	05:10
30	5068	coenen	Kris	M30	M35+	Bokkerijderstean	00:52:08	05:10
31	0350	Swerten	Robby	M31	M35+		00:53:23	05:18
32	0388	Vandenheede	Michael	M32	M35+		00:54:06	05:22
33	0503	Langenaeken	Kevin	M33	M35+	landense jogging	00:54:17	05:23
34	0426	Coenen	Wouter	M34	M35+		00:54:37	05:25
35	0357	Verachttert	Cliff	M35	M35+		00:55:00	05:28
36	0321	Moerman	Carl	M36	M35+		00:55:03	05:28
37	0337	Beckers	Cédric	M37	M35+		00:56:38	05:37
38	0487	Van de Mierop	Davy	M38	M35+		00:56:58	05:39

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	5089	Jeuris	Jeroen	M39	M35+		00:59:58	05:57
40	0393	Pollenus	Cedric	M40	M35+		01:04:08	06:22
41	0374	Gillard	Koen	M41	M35+	Hoeselt Run	01:09:40	06:55
42	0466	Nelissen	Gwendolyn	M42	M35+		01:10:23	06:59
43	0531	Erkens	Kristof	M43	M35+		01:15:47	07:31



Helpshopcup - 10,0 km - Mannen 45+

Startuur : Startuur : Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	5049	Wouters	Chriske	M1	M35+	MAES SQM RU	00:35:22	03:30
2	5009	De Rooy	Andy	M2	M35+	Coyote sports tea	00:36:22	03:36
3	0394	Aerts	Sam	M3	M35+	ACA Alken	00:36:56	03:40
4	0484	Van Houtem	Joeri	M4	M35+	MTT	00:38:02	03:46
5	0511	Vandamme	Stphane Joseph	M5	M35+	MTT	00:39:08	03:53
6	0441	Hollants	Jean-Paul	M6	M35+	VACH	00:40:07	03:59
7	5005	Mesotten	Dirk	M7	M35+		00:40:14	03:59
8	5076	Santermans	Peter	M8	M35+		00:41:06	04:05
9	0381	Van de Voorde	Tom	M9	M35+	Tact	00:41:08	04:05
10	0507	Neven	John	M10	M35+		00:41:34	04:07
11	5043	Baerts	Chris	M11	M35+		00:41:57	04:10
12	5040	Drion	Daniel	M12	M35+	ADD Kortessem	00:42:40	04:14
13	0339	deboutte	Robrecht	M13	M35+	JTT	00:43:01	04:16
14	5007	Vanherck	Bruno	M14	M35+	Bokkerijderstean	00:43:04	04:16
15	0431	Billen	Gert	M15	M35+		00:43:33	04:19
16	0486	Franssens	Koen	M16	M35+		00:46:27	04:37
17	0367	Tomsin	Ronny	M17	M35+	Hoeselt Run	00:46:49	04:39
18	0417	Niesen	Stan	M18	M35+		00:47:23	04:42
19	5023	Baus	Carlo	M19	M35+	Bokkerijderstean	00:47:45	04:44
20	0524	Troosters	Mark Jules	M20	M35+	Hoeselt Run	00:47:47	04:44
21	0523	Appeltans	Peter Benny	M21	M35+		00:47:51	04:45
22	0501	Shafarenko	Dzmitry	M22	M35+		00:48:30	04:49
23	0364	Maessen	Sebbie	M23	M35+	BOLT Tongeren	00:51:45	05:08
24	0301	Franssens	Kris	M24	M35+		00:52:09	05:11
25	5050	Vanheusden	Wim	M25	M35+		00:52:26	05:12
26	5060	Smolders	Mario	M26	M35+	Speelhofrunners	00:52:31	05:13
27	0405	Piette	Gerrie	M27	M35+	Medpoint	00:53:03	05:16
28	0508	Neysens	Jurgen	M28	M35+	Brasserrunners	00:54:09	05:22
29	0452	Vandenrijt	Peter	M29	M35+	Burchtloopers	00:55:33	05:31
30	0376	Goossens	Luc	M30	M35+	RunForAir Mucc	00:55:49	05:32
31	0380	Robbens	Rudy	M31	M35+	Hoeselt Run	00:56:52	05:39
32	5047	Coenen	David	M32	M35+		00:57:28	05:42
33	5080	Vandenbergh	Eddy	M33	M35+		00:59:59	05:57
34	0433	Francois	Gorik	M34	M35+		01:09:29	06:54
35	0413	vanhamel	gery	M35	M35+		01:12:30	07:12

Helpshopcup - 10,0 km - Mannen 55+

Startuur : Startuur : Startuur : Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	5041	Van Marcke	Pascal	M1	M55+	MAES SQM Ru	00:34:57	03:28
2	0435	Cools	Stefaan	M2	M55+	SACN	00:36:11	03:35
3	0472	Willems	Dirk	M3	M55+	Tact st.-Truiden	00:39:13	03:53
4	0500	Van Relegem	Tony Marie	M4	M55+	VAC	00:41:31	04:07
5	5002	Permentier	Gilbert	M5	M55+		00:42:54	04:15
6	0392	Verrijdt	Frank	M6	M55+	geen	00:43:32	04:19
7	0526	Vanluyten	Dirk Dominique	M7	M55+		00:43:54	04:21
8	0400	Testelmans	Luc	M8	M55+	DAF Trucks	00:44:11	04:23
9	5062	Slegers	Werner	M9	M55+		00:45:48	04:33
10	0521	fernandez	angel	M10	M55+		00:45:59	04:34
11	0319	Vansingel	Rudy	M11	M55+		00:46:29	04:37
12	0527	Calders	Rudy	M12	M55+		00:47:18	04:42
13	5093	Verschueren	Frank	M13	M55+	SACN	00:47:43	04:44
14	0430	Verjans	Dirk	M14	M55+		00:48:38	04:50
15	0369	Robben	Danny	M15	M55+	TACT	00:50:27	05:00
16	0490	Vandeweyer	Jan	M16	M55+		00:50:39	05:02
17	0459	Stroobants	Herman	M17	M55+		00:50:52	05:03
18	0470	Peeters	Gustaaf	M18	M55+		00:51:57	05:09
19	0334	loix	johnny	M19	M55+		00:52:40	05:14
20	0443	Vanmuysen	Koen	M20	M55+		00:58:23	05:48
21	0497	Vercouter	Dominiek Victor	M21	M55+		00:58:27	05:48
22	0349	Luykx	Laurens	M22	M55+	Cold Play Sharks	00:59:22	05:54
23	0529	Beirinckx	Peter	M23	M55+		01:00:14	05:59
24	0513	Noelmans	Godfried	M24	M55+		01:02:06	06:10

Helpshopcup - 10,0 km - Mannen 65+

Startuur : Startuur : Startuur : Startuur : Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	5067	Hiemeleers	Marc	M1	M55+	AC Alken	00:42:39	04:14
2	0518	pelgrims	edouard	M2	M55+	aca	00:46:27	04:37
3	0514	Broos	Bruno Maurice	M3	M55+		00:49:27	04:54
4	5071	Cortleven	Willy	M4	M55+	Mergellopers Rie	00:50:55	05:03
5	5037	Govaerts	Kris	M5	M55+	AC Alken	00:53:14	05:17
6	0428	Devroye	Andre	M6	M55+		00:57:52	05:45
7	0411	Hulsmans	Pierre	M7	M55+	ZAC Zonhoven €	01:01:22	06:06

Helpshopcup - 10,0 km - Vrouwen 35-

Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0439	Schreurs	Anne	V1	V35-	Atletiekclub Gen	00:35:47	03:33
2	0525	Vanluyten	Vicky Paula	V2	V35-		00:40:57	04:04
3	5015	Arnauts	Elle	V3	V35-	Tact	00:42:07	04:11
4	5054	Vangeel	Julie	V4	V35-	GS running team	00:43:22	04:18
5	0310	De Maesschalck	Eva	V5	V35-	DCLA	00:44:14	04:23
6	0462	Vandecaetsbeek	Valerie	V6	V35-		00:50:56	05:03
7	0448	Scharre	Femke	V7	V35-		00:51:20	05:06
8	0397	Bergen	Maud	V8	V35-	Tact	00:51:28	05:06
9	0373	De Vis	Eva	V9	V35-		00:53:14	05:17
10	0402	Vranken	Iris	V10	V35-	Medpoint	00:54:25	05:24
11	0359	Wuyts	Morgane	V11	V35-		00:55:13	05:29
12	5032	Hiemeleers	Sharon	V12	V35-	AC Alken	00:55:28	05:30
13	0465	Vanoppen	Eline	V13	V35-		00:55:34	05:31
14	0464	Verbeeck	Helena	V14	V35-		00:55:35	05:31
15	0509	Vandercappellen	Leen Annelies	V15	V35-		00:55:51	05:33
16	0408	Wuyts	Sofie	V16	V35-	Medpoint	00:56:04	05:34
17	0386	Claes	Fien	V17	V35-		00:57:31	05:43
18	5046	Jossa	Shauni	V18	V35-	TACT	00:58:49	05:50
19	0429	Philtjens	Lise	V19	V35-		00:59:43	05:56
20	0434	vannitsem	lieselot	V20	V35-		00:59:45	05:56
21	0407	Coun	Laura	V21	V35-	Medpoint	01:00:14	05:59
22	0383	Vanaeken	Dorien	V22	V35-		01:01:29	06:06
23	0325	Genin	Eva	V23	V35-		01:02:20	06:11
24	0432	Philtjens	Joline	V24	V35-		01:03:45	06:20
25	0360	Schepmans	Elien	V25	V35-		01:04:05	06:22
26	0335	Brans	Kelly	V26	V35-		01:04:07	06:22
27	0305	Vanmechelen	Jutta	V27	V35-	Tact	01:04:58	06:27
28	0491	Van Hove	Karliën	V28	V35-		01:04:59	06:27
29	0302	Bosmans	Alexandra	V29	V35-		01:05:33	06:30
30	0309	Vanhoutteghem	Eveline	V30	V35-		01:05:33	06:30
31	0313	Champagne	Lisa	V31	V35-		01:06:46	06:38
32	0312	Kempeneers	Lotte	V32	V35-		01:06:47	06:38
33	0353	Vanschoenwinkel	Julie	V33	V35-		01:09:50	06:56
34	0356	Neven	Evi	V34	V35-		01:09:50	06:56
35	0307	Vanmechelen	Jutta	V35	V35-	Tact	01:15:18	07:29
36	0304	Vanmechelen	Hanna	V36	V35-	Tact	01:15:22	07:29

Helpshopcup - 10,0 km - Vrouwen 35+

Startuur : Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0363	Verjans	Sarah	V1	V35+	Tact	00:39:00	03:52
2	0436	Theys	Hermine	V2	V35+	DCLA Halen	00:47:58	04:46
3	5027	Vanneste	Liesbeth	V3	V35+	GS Running Tea	00:49:49	04:57
4	5014	Koopmans	Kim	V4	V35+		00:50:30	05:01
5	5088	Arnauts	Els	V5	V35+		00:52:10	05:11
6	0421	Martens	Elke	V6	V35+		00:53:49	05:20
7	0427	Devroye	Olivia	V7	V35+		00:55:23	05:30
8	0343	Ingelaere	Barbara	V8	V35+		00:55:36	05:31
9	0506	Berg	Lennie Kirsten	V9	V35+	landense jogging	00:56:03	05:34
10	0463	Francis	Katleen	V10	V35+	Landense Joggin	00:56:11	05:35
11	0340	Ilona	Lukaszewska	V11	V35+		00:57:11	05:41
12	0423	van Doorn	Freija	V12	V35+		00:57:34	05:43
13	0532	Ruebens	Hanne Marleen	V13	V35+		00:58:14	05:47
14	0474	wouters	kristien	V14	V35+		00:58:15	05:47
15	5082	Saro	Tanya	V15	V35+		00:58:39	05:49
16	0384	Degros	Reinhilde	V16	V35+		01:00:45	06:02
17	0315	Verhellen	Anouk	V17	V35+		01:03:59	06:21
18	0336	Laffut	Eline	V18	V35+		01:05:00	06:27
19	0330	Vandermaesen	Elise	V19	V35+		01:05:45	06:32
20	0378	De Vuyst	Vanessa	V20	V35+	Hoeselt Run	01:09:39	06:55
21	0530	Vaes	Wendy Marie	V21	V35+		01:13:51	07:20
22	0440	Vandermaesen	Sarah	V22	V35+		01:16:16	07:34

Helpshopcup - 10,0 km - Vrouwen 45+

Startuur : Startuur : Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0519	Leroy	Fabienne	V1	V35+		00:43:54	04:21
2	0482	Stas	Katrien	V2	V35+	Dcla	00:45:01	04:28
3	0442	Laenen	Annouschka	V3	V35+	VACH	00:45:28	04:31
4	0410	Jonkheere	Peggy	V4	V35+	Medpoint	00:46:13	04:35
5	0444	Frankenne	Linda	V5	V35+	GS running team	00:49:50	04:57
6	0475	Moors	Katleen	V6	V35+	Hoeselt Run	00:51:08	05:04
7	0406	Piette	Katya	V7	V35+	Medpoint	00:53:05	05:16
8	0450	Ceuleeers	Sabine	V8	V35+		00:55:30	05:31
9	0347	Gielen	Ilse	V9	V35+		00:56:45	05:38
10	0446	Meir	Els	V10	V35+		00:58:58	05:51
11	0461	Peeters	Annik	V11	V35+	-	00:59:52	05:57
12	0469	Schils	Isabelle	V12	V35+		00:59:54	05:57
13	0473	Machiels	Carmen	V13	V35+	Hoeselt run	01:03:09	06:16
14	0414	mievis	wendy	V14	V35+		01:12:28	07:12
15	0415	De Winter	An	V15	V35+		01:17:35	07:42

Helpshopcup - 10,0 km - Vrouwen 55+

Startuur : Startuur : Startuur : Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0390	Vankrunkelsven	Leen	V1	V55+		00:45:47	04:33
2	5001	Moons	Lydia	V2	V55+	Geen	00:46:20	04:36
3	0399	Vankrunkelsven	Christel	V3	V55+		00:48:17	04:47
4	5020	Hermans	Martine	V4	V55+		00:49:04	04:52
5	0351	Dirix	Dora	V5	V55+		00:53:28	05:18
6	0424	Philippaerts	Greta	V6	V55+	ACA	00:53:36	05:19
7	0457	Cabuy	Paula	V7	V55+		00:54:49	05:26
8	0382	Strouwen	Bea	V8	V55+	ACA	00:55:21	05:30
9	0498	Vandaele	Claudine Andrea	V9	V55+		00:58:47	05:50
10	0493	Strauven	Viviane	V10	V55+		01:01:33	06:07
11	0516	Benaets	Patricia Maria	V11	V55+		01:03:42	06:19

Helpshopcup - 10,0 km - Vrouwen 65+

Startuur : Startuur : Startuur : Startuur : Startuur : 16-04-2023 15:30:01

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	5038	Van Zand	Maja	V1	V55+	AC Alken	00:52:55	05:15



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