

10 km Helpshopcup - Overall ranking

Start time : 01-02-2026 11:19:20

Results are complete

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0292	Verluyten	Kevin	M1	M35+	JMT	00:31:10	03:07
2	0526	Dumoulin	Antoine	M2	M35+	DD Team - Seraing	00:31:18	03:07
3	0605	Claessens	Mick	M3	M35-		00:31:29	03:08
4	7144	Brouwers	Arno	M4	M35-		00:31:41	03:10
5	0560	Smeets	Alex	M5	M35-	AV Caesar	00:32:23	03:14
6	0723	Smeets	Bodi	M6	M35-	AV Caesar	00:32:48	03:16
7	0489	Janssen	Bono	M7	M35-	MACD	00:32:52	03:17
8	0457	Roussel	Rens	M8	M35+		00:32:57	03:17
9	0418	Verluyten	Frankie	M9	M35+	JMT Mol	00:32:59	03:17
10	0375	Nicolaes	Julian	M10	M35-	Triatlon Team Liège	00:33:12	03:19
11	0531	Poysat	Gilles	M11	M35+		00:33:17	03:19
12	0236	Lambrechts	Joris	M12	M35+	Roba	00:33:21	03:20
13	0299	Baptist	Niels	M13	M35-		00:33:28	03:20
14	0282	Rocks	Stephane	M14	M45+	Absolute Run	00:33:29	03:20
15	0480	Sourbron	Mathias	M15	M35+	ATK	00:33:33	03:21
16	0425	Schmetz	Gilles	M16	M35+	RFCL	00:33:34	03:21
17	0422	KILESSE	Mathieu	M17	M35+	AC Herve	00:33:36	03:21
18	0513	Robben	Simon	M18	M35-		00:33:40	03:22
19	0421	LEGROS	Olivier	M19	M45+	ATC ABSOLUTE	00:33:45	03:22
20	7133	Van Asselbergh	Jorden	M20	M35-	GS Running team	00:33:48	03:22
21	0518	Boden	Niki	M21	M35+	SQM Running team	00:34:15	03:25
22	0285	borger	maarten	M22	M35-		00:34:24	03:26
23	0630	Tips	Gunther	M23	M45+	Looise AV	00:34:25	03:26
24	0562	Kennes	Pieter-Jan	M24	M35-	Animo Falcons	00:34:27	03:26
25	0478	Van de Gaer	Wesley	M25	M45+	SQM running team	00:34:40	03:28
26	0724	Smeets	Roger	M26	M45+		00:34:46	03:28
27	0303	Dusar	Andreas	M27	M35-	Ironteam Hasselt	00:34:50	03:29
28	0501	Michielsens	Carlo	M28	M55+	VACH	00:34:54	03:29
29	0340	Marrazza	Louie	M29	M35-		00:34:55	03:29
30	0289	Van Eetvelde	Timo	M30	M35-	Animo	00:34:57	03:29
31	0308	Bongers	Dimitri	M31	M35+	ADD	00:35:02	03:30
32	0280	Primus	Rob	M32	M35-	t Groot Verzet	00:35:08	03:30
33	0484	Vranken	Joris	M33	M35+		00:35:13	03:31
34	0479	Drijkoningen	Rune	M34	M35-	AC Genk	00:35:20	03:32
35	7069	Warnant	Leander	M35	M35+		00:35:28	03:32
36	0440	Doraene	Elroy	M36	M35-		00:35:29	03:32
37	0720	Paulissen	Maarten	M37	M35+	Looise AV	00:35:35	03:33
38	0671	Schoofs	Jan	M38	M35+	Animo Falcons	00:35:43	03:34

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	0646	Wiams	Ruben	M39	M35+		00:35:50	03:35
40	0304	Lievens	Robin	M40	M35-	AC Wilan	00:35:51	03:35
41	0355	Vanderleen	An-Katrien	F1	F35-	ADD	00:35:55	03:35
42	7090	Philippe	Patrick	M41	M55+	JiA	00:35:56	03:35
43	0488	Swennen	Pieter	M42	M35-	BPM Runningtea	00:35:56	03:35
44	0265	Serroyen	Pieter	M43	M35+		00:35:58	03:35
45	7070	Jeuris	Jef	M44	M35+	JJ Happy Run Cd	00:35:59	03:35
46	7155	Vroonen	Brecht	M45	M35-	Atletiekclub Alk	00:36:00	03:36
47	0306	Delchambre	Frédéric	M46	M45+	Absolute Run	00:36:03	03:36
48	7086	Theys	Kevin	M47	M45+	SQM runningtea	00:36:12	03:37
49	0557	Hermans	Max	M48	M35-	AV Caesar	00:36:18	03:37
50	7118	Vossius	Peter	M49	M45+	Sqm runningtear	00:36:33	03:39
51	0668	Wim	Rijken	M50	M45+		00:36:35	03:39
52	0238	Renwa	Tim	M51	M35-	Ironteam Hasselt	00:36:37	03:39
53	0307	Sourbron	Marijn	M52	M35-	Triathlon 4P	00:36:50	03:41
54	0319	Thijs	Thomas	M53	M35+	1dingiszeker	00:36:53	03:41
55	0428	Vanwersch	Bert	M54	M55+	Achilles Top Ke	00:36:54	03:41
56	0290	Trappeniers	Philip	M55	M45+	Triatlon Lummen	00:36:58	03:41
57	0733	Menschaert	Karel	M56	M35+		00:37:01	03:42
58	0649	Meesters	Nils	M57	M35+	Achilles-Top Ke	00:37:02	03:42
59	0430	Noel	Dominique	M58	M55+	Absoluterun Jog	00:37:04	03:42
60	0469	Theys	Daan	M59	M35-	THRXC RCT	00:37:12	03:43
61	7026	Denekens	Yassine	M60	M35-		00:37:14	03:43
62	0744	Schouppe	Kenny	M61	M45+	De Musculatuur	00:37:22	03:44
63	0547	Kerkhofs	Bram	M62	M35+		00:37:25	03:44
64	0613	Haesen	Jasper	M63	M35-		00:37:31	03:45
65	0624	Timmermans	Niky	M64	M35+		00:37:34	03:45
66	0612	Noelmans	Bram	M65	M35+		00:37:35	03:45
67	0711	Thijs	Erik	M66	M55+	Iron Team Hasse	00:37:38	03:45
68	0254	Grignard	Gäel	M67	M35+	Seraing Athletisr	00:37:39	03:45
69	0325	Helven	Sander	M68	M35+		00:37:40	03:46
70	0503	Oeyen	Jan	M69	M45+	VACH	00:37:44	03:46
71	7023	Verheyen	Geert	M70	M45+		00:37:47	03:46
72	0575	Deflem	Kenny	M71	M35-	Rct	00:37:49	03:46
73	0673	Croes	Jo	M72	M35+	Tact	00:37:55	03:47
74	0459	ETIENNE	César	M73	M35-	RFCL	00:38:07	03:48
75	0672	de Moor	Joost	M74	M35+		00:38:12	03:49
76	0731	Kitsinis	Stamatis	M75	M35-	Ironteam Hasselt	00:38:13	03:49
77	0324	Pieters	Ronald	M76	M45+	Achillistop	00:38:14	03:49
78	0631	Franssen	Joeri	M77	M35-		00:38:16	03:49
79	0360	Hendriks	Rob	M78	M35+	AV Caesar	00:38:18	03:49
80	7087	Nguyen	Tien-Thanh	M79	M35+	AmsRunners	00:38:21	03:50
81	0286	verlinden	Herwig	M80	M55+	rsca	00:38:25	03:50
82	0684	minnart	glenn	M81	M35-		00:38:35	03:51
83	0541	Cutillo	Lena	F2	F35-	RFCL	00:38:40	03:52
84	0472	Hallet	Romain	M82	M35-	Ratus Family	00:38:47	03:52
85	0614	Drohm	Reinaldo	M83	M35-		00:38:49	03:52

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
86	0528	Santino	Nicolas	M84	M35+		00:38:53	03:53
87	0266	Nulens	Tom	M85	M45+	ROBA	00:38:58	03:53
88	7000	De Rooy	Andy	M86	M45+	Coyote sports tea	00:39:08	03:54
89	0434	Jordens	Jarno	M87	M35-		00:39:11	03:55
90	7061	Vandevelde	Katrien	F3	F35+	SQM Running T	00:39:18	03:55
91	7047	Leunen	Jo	M88	M35+	Bokkerijderstea	00:39:28	03:56
92	0473	Dieteren	Jean Pierre	M89	M55+	AV Caesar	00:39:30	03:57
93	0435	Claessens	Niky	M90	M45+	Atla	00:39:31	03:57
94	0240	Croux	Kris	M91	M35+		00:39:32	03:57
95	0260	Nearno	Antonio	M92	M35+	Seraing athltisme	00:39:43	03:58
96	0743	Jorissen	Frdric	M93	M35+		00:39:44	03:58
97	0596	Boonen	Joris	M94	M35+		00:39:46	03:58
98	0658	Mark	Vangrieken	M95	M45+	Avt Houthalen	00:39:53	03:59
99	0309	Van poucke	Christophe	M96	M45+		00:39:54	03:59
100	7147	De Schutter	Tom	M97	M35+		00:40:01	04:00
101	0234	Vandersanden	Steph	M98	M35+		00:40:02	04:00
102	0555	Van Coppenolle	Wannes	M99	M35-		00:40:06	04:00
103	7106	morhaye	adger	M100	M35-	adger.morhayegr	00:40:09	04:00
104	0534	Waterschoot	Eric	M101	M55+	DCLA HALEN	00:40:12	04:01
105	0504	Paques	Dimitri	M102	M35+	VACH	00:40:48	04:04
106	0470	Gielkens	Kwinten	M103	M35+		00:40:51	04:05
107	0566	Detrez	Martine	F4	F55+	ATC	00:40:55	04:05
108	0551	Gerits	Jannes	M104	M35-	Avt Oudsbergen	00:40:56	04:05
109	7153	Wouters	Chriske	M105	M55+	wouters.chrissky	00:40:58	04:05
110	7101	Bruninx	Ruben	M106	M35+	ADD	00:41:01	04:06
111	0253	pedata	fabrizio	M107	M45+	seraing athletism	00:41:03	04:06
112	7027	Stijnen	David	M108	M45+	Ac Alken	00:41:09	04:06
113	0621	Eyckmans	Filip	M109	M35+	Looise AV	00:41:10	04:07
114	0283	antoine	solange	F5	F45+	seraing athltisme	00:41:43	04:10
115	0462	Neven	John	M110	M45+		00:41:47	04:10
116	0231	Deferm	Mauritz	M111	M35-		00:41:49	04:10
117	0426	Corstjens	Erika	F6	F35+	AVT Oudsberge	00:41:49	04:10
118	7030	Werckx	Ludo	M112	M65+	ACA	00:41:54	04:11
119	0748	Ardui	Thijs	M113	M35-	KHO heide hasse	00:41:56	04:11
120	0694	Deprez	Marco	M114	M45+		00:41:59	04:11
121	0715	van der Have	Toon	M115	M35-	ZAC	00:42:06	04:12
122	0431	Jorissen	Tom	M116	M45+		00:42:10	04:13
123	0523	Jans	Bert	M117	M35+	ACA	00:42:23	04:14
124	0592	Gerits	Dave	M118	M35-		00:42:23	04:14
125	0293	Monten	Jan	M119	M35+		00:42:30	04:15
126	0458	Bart	Sampermans	M120	M35+	Dcla halen	00:42:32	04:15
127	0256	Martelange	Stéphanie	F7	F45+	Seraing athltisme	00:42:39	04:15
128	0726	tempels	jean	M121	M55+	add	00:42:53	04:17
129	0318	Aerts	Hans	M122	M35+		00:42:54	04:17
130	0454	Swinters	Benjamin	M123	M45+		00:42:56	04:17
131	7002	Slegers	Ayrton	M124	M35-		00:42:57	04:17
132	0330	Neven	Robin	M125	M35-		00:42:58	04:17

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
133	0749	Schevenels	Jarno	M126	M35-	TACT	00:43:00	04:18
134	0423	Van Oosterwijck	Nathalie	F8	F45+	Atla	00:43:01	04:18
135	0618	Dekens	Danny	M127	M65+	Dcla Halen	00:43:02	04:18
136	0539	Olefs	Kris	M128	M45+		00:43:03	04:18
137	0507	Thys	Ronny	M129	M55+	VACH	00:43:16	04:19
138	0515	Swalens	Dirk	M130	M55+	AVT	00:43:22	04:20
139	0696	Vangeel	Piet	M131	M55+	Hoeselt Run	00:43:27	04:20
140	0498	Hengst	Marco	M132	M45+	VACH	00:43:30	04:21
141	0420	Saive	Yannick	M133	M35-		00:43:32	04:21
142	0359	Geijs	Niels	M134	M35+		00:43:34	04:21
143	0278	Hindrikx	Bram	M135	M35-	Phoenix Athletic	00:43:35	04:21
144	0438	Fastré	Peter	M136	M45+	ZLTC	00:43:37	04:21
145	0232	Deferm	Gert	M137	M55+		00:43:41	04:22
146	0492	Bernaers	Ingmar	M138	M45+	VACH	00:43:49	04:22
147	0569	Bleeser	Raf	M139	M35+		00:43:56	04:23
148	0427	Coremans	Kris	M140	M45+	Trisportmnk	00:43:58	04:23
149	0485	Vandersmissen	Jolien	F9	F35-	SQM running tea	00:43:59	04:23
150	0336	Deleersnijder	Stéphane	M141	M45+	RFCL Road Run	00:44:04	04:24
151	0395	Valkeneers	Prisca	F10	F45+		00:44:04	04:24
152	7065	Knapen	Griet	F11	F45+	VACH	00:44:08	04:24
153	0640	Pipeleers	Kevin	M142	M35+		00:44:08	04:24
154	0510	Vankrunkelsven	Leen	F12	F55+	VACH	00:44:13	04:25
155	0326	Van Briel	Mathias	M143	M35-		00:44:17	04:25
156	0327	Gregoire	Silke	F13	F35-		00:44:21	04:26
157	7154	Slegers	Werner	M144	M55+	GeTC	00:44:23	04:26
158	0502	Mombaerts	Iris	F14	F35+	VACH	00:44:26	04:26
159	0262	Sidhoumi	Yasmine	F15	F35+		00:44:27	04:26
160	0661	Leuris	Tim	M145	M45+		00:44:27	04:26
161	0648	Grevendonck	Jef	M146	M55+		00:44:32	04:27
162	0491	Barbier	Wim	M147	M45+		00:44:37	04:27
163	0725	Thysen	Dennis	M148	M35+	Hoeselt Run	00:44:41	04:28
164	0627	Garain	Sofie	F16	F35+		00:44:45	04:28
165	7095	Shaham	Sarah	F17	F45+		00:44:47	04:28
166	7004	Pauwels	Jill	F18	F35+	GS Running Tea	00:44:48	04:28
167	0727	philis	lambriny	F19	F45+	rfcl roadrunners	00:44:58	04:29
168	0546	Simons	Debbie	F20	F35-	SACN	00:45:02	04:30
169	0358	Delwaide	Vincent	M149	M35+		00:45:08	04:30
170	0499	Hollants	JP	M150	M45+	VACH	00:45:08	04:30
171	0728	neuray	Isabelle	F21	F45+	RFCL	00:45:20	04:32
172	7083	Van Schelvergem	Gertjan	M151	M35-	Triathlon Vlaand	00:45:23	04:32
173	0441	Nolmans	Davy	M152	M45+	Hoeselt run	00:45:32	04:33
174	0361	Bodocka	Zuzana	F22	F35+		00:45:34	04:33
175	0408	Heijkers	Kelsey	F23	F35+		00:45:40	04:34
176	7057	Schroven	Hilde	F24	F45+	GS Running tear	00:45:41	04:34
177	0351	Custers	Pieter-Jan	M153	M35+	Road Runners H	00:45:42	04:34
178	7089	Philippe-Stoumont	Laure	F25	F35+	JiA	00:45:43	04:34
179	0719	Grandjean	Bram	M154	M35+		00:45:48	04:34

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
180	0242	Peeters	Jana	F26	F35+	Haspengouwse R	00:45:49	04:34
181	0436	Mebis	Lina	F27	F35-	ATLA	00:45:51	04:35
182	0424	segers	Heleen	F28	F35-	Atla	00:45:52	04:35
183	7021	De Rouck	Dave	M155	M45+	LC De Rouckies	00:45:53	04:35
184	0348	vansimpsen	yamina	F29	F35-	ROBA diest	00:45:58	04:35
185	0323	Baerts	Chris	M156	M55+		00:46:00	04:36
186	0583	vanloffelt	nico	M157	M45+		00:46:06	04:36
187	7012	Verschueren	Frank	M158	M65+		00:46:07	04:36
188	0704	Ramaker	Kim	M159	M35+		00:46:08	04:36
189	0305	Carolan	Phil	M160	M35+	VACH	00:46:09	04:36
190	7039	Requilé	Philippe	M161	M55+	Bokkerijderstean	00:46:11	04:37
191	0496	Derison	Bart	M162	M45+	VACH	00:46:13	04:37
192	0381	Vanstraelen	Koen	M163	M45+		00:46:25	04:38
193	0732	Palumbo	Guiseppe	M164	M55+	RFCL road runne	00:46:26	04:38
194	0552	Zimmermann	Uschi	F30	F35+	Koninklijke Atle	00:46:44	04:40
195	0300	Denon	Kaïn	M165	M35-		00:46:46	04:40
196	0475	Bailly	Luc	M166	M55+	RFCL	00:46:48	04:40
197	0578	Gijbels	Sarah	F31	F35+	Hoeselt Run	00:46:51	04:41
198	0354	UvA	Antonio	M167	M45+		00:46:53	04:41
199	0439	Gorissen	Marijke	F32	F35+		00:47:01	04:42
200	0476	Willems	Olivier	M168	M35-		00:47:02	04:42
201	0387	Creemers	Mieke	F33	F35+	Atla	00:47:03	04:42
202	0532	Destreel	Dag	M169	M45+		00:47:07	04:42
203	0342	Grootaers	Jan	M170	M35-		00:47:10	04:43
204	0272	Willems	Arend	M171	M35+	Larna	00:47:12	04:43
205	0603	van Opzeeland	Theo	M172	M45+	Survivalrun Vere	00:47:12	04:43
206	0564	Cleeren	Dominique	M173	M55+	3VL	00:47:14	04:43
207	7003	Bauduin	Ianthe	F34	F35-	Jls Leup	00:47:16	04:43
208	7145	Jacobs	Stephen	M174	M35-	Hoeselt Run	00:47:20	04:44
209	0574	Driesen	Femke	F35	F35-		00:47:21	04:44
210	0406	Houben	Willem	M175	M35+		00:47:23	04:44
211	0463	Sternisa	Peter	M176	M55+		00:47:23	04:44
212	0565	Macors	Alexandre	M177	M35+	HUY	00:47:32	04:45
213	7137	Deneuker	Tony	M178	M55+	Hoeselt run	00:47:35	04:45
214	7125	Hiemeleers	Marc	M179	M65+	AC Alken	00:47:36	04:45
215	0735	Huybrechts	Stefaan	M180	M55+	aca	00:47:37	04:45
216	0313	Boghe	Guido	M181	M55+	BTACT	00:47:42	04:46
217	7084	Wiertz	David	M182	M45+	Run TMC	00:47:48	04:46
218	0314	Acar	fatih	M183	M35+		00:47:50	04:47
219	0521	Medved	Mégane	F36	F35-	Atletiekclub Gen	00:47:53	04:47
220	0576	Burdzy	Sven	M184	M55+	DCLA Halen	00:47:55	04:47
221	0465	Welkenhuysen	Sven	M185	M35+		00:48:09	04:48
222	0563	Verstraete	Kirsten	F37	F35-	Hoeselt run	00:48:17	04:49
223	0365	Houben	Stan	M186	M35-		00:48:19	04:49
224	0746	sluijsmans	judith	F38	F45+		00:48:25	04:50
225	0276	Houthuys	Niels	M187	M35-		00:48:26	04:50
226	0568	Renders	Liesbeth	F39	F45+	Roba Diest	00:48:29	04:50

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227	0511	Vankrunkelsven	Christel	F40	F55+	VACH	00:48:39	04:51
228	0446	Wiame	Niels	M188	M35-		00:48:52	04:53
229	0585	Biesmans	Bart	M189	M35+		00:48:58	04:53
230	0334	paps	Cecile	F41	F45+	Rfcl	00:49:04	04:54
231	0407	Croes	Alain	M190	M55+		00:49:08	04:54
232	7082	Croughs	An	F42	F45+		00:49:13	04:55
233	0742	Thoonen	Erik	M191	M65+	Gemsjoggers	00:49:21	04:56
234	0545	Bossens	Jimmy	M192	M45+		00:49:22	04:56
235	0593	Cupelli	Salvatore	M193	M65+	Road runners lig	00:49:25	04:56
236	0412	Koreman	Sandra	F43	F35+		00:49:30	04:57
237	0376	Mertens	Pieter	M194	M35+	Ironteam Hasselt	00:49:31	04:57
238	0246	Van Mulken	Jan	M195	M35+		00:49:35	04:57
239	0522	Kebron	Emilie	F44	F35-	Oupeye athltisme	00:49:36	04:57
240	7073	van der Laak	Evalyn	F45	F45+	Road Runners H	00:49:37	04:57
241	7081	Moons	Lydia	F46	F55+		00:49:40	04:58
242	0530	Snellings	Virginie	F47	F45+		00:49:44	04:58
243	7020	Heeren	Egon	M196	M35+		00:49:45	04:58
244	0481	Heeren	Elias	M197	M35-	Tact	00:49:45	04:58
245	0394	Vangeffelen	Carlo	M198	M55+	Hoeseltrun	00:49:46	04:58
246	0573	Vanaken	Patrick	M199	M65+	Gemsjoggers	00:49:46	04:58
247	0721	Henneco	Kato	F48	F35+		00:49:56	04:59
248	0525	Bonomi	Doriane	F49	F35+		00:50:02	05:00
249	0263	Laforge	Frederic	M200	M45+	Waco	00:50:04	05:00
250	0483	Machiels	Karolien	F50	F35+	Road Runners H	00:50:08	05:00
251	0520	Rijskens	Sven	M201	M45+		00:50:12	05:01
252	0490	Ardui	Johan	M202	M45+	VACH	00:50:15	05:01
253	0494	Cosemans	Kirsten	F51	F45+	VACH	00:50:20	05:02
254	0505	Schols	Carmen	F52	F45+	VACH	00:50:20	05:02
255	0414	Joway	Eric	M203	M65+	MPW-HJM	00:50:23	05:02
256	0517	Daems	Dennis	M204	M35+		00:50:26	05:02
257	7016	Polders	Kevin	M205	M45+	Road Runners H	00:50:28	05:02
258	0739	Blavier	Ilse	F53	F35+	TACT	00:50:30	05:03
259	0740	Demeure	Justine	F54	F35+	TACT	00:50:31	05:03
260	0750	Ruytinx	Isabelle	F55	F35+		00:50:31	05:03
261	0584	Ghekier	Filip	M206	M55+		00:50:32	05:03
262	0399	Schuppen	Matthias	M207	M35-		00:50:40	05:04
263	0690	Deckers	Werner	M208	M35+	Tri4more	00:50:45	05:04
264	0352	Lamalle	Caroline	F56	F35+	RFCL road runne	00:50:52	05:05
265	7074	Luts	Daniël	M209	M65+	DCLA Halen	00:50:54	05:05
266	0747	veskens	fabrice	M210	M45+	waco	00:50:56	05:05
267	0656	Monard	Ben	M211	M45+		00:51:06	05:06
268	0497	Gielkens	Marc	M212	M55+	VACH	00:51:18	05:07
269	0316	Aerts	Matts	M213	M35-	Avt	00:51:23	05:08
270	0617	Van der kinderen	Louis	M214	M35-		00:51:25	05:08
271	0447	Schouteden	Stef	M215	M35-		00:51:26	05:08
272	0509	Van der Wel	Kurt	M216	M55+	VACH	00:51:28	05:08
273	0317	Hebbrecht	Maaike	F57	F35+		00:51:31	05:09

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
274	0570	Noten	Kenny	M217	M35+		00:51:33	05:09
275	0398	Humblet	Christelle	F58	F35+	WACO	00:51:36	05:09
276	0506	Thijssen	Xavier	M218	M55+	VACH	00:51:38	05:09
277	0364	Vandeweyer	Elke	F59	F35-		00:51:40	05:10
278	0533	Vanherck	An	F60	F45+		00:51:40	05:10
279	0474	Heymans	Erwin	M219	M65+	road runners has	00:51:42	05:10
280	0615	Claes	Tom	M220	M45+		00:51:46	05:10
281	0629	Van Briel	Gijs	M221	M45+		00:51:46	05:10
282	0540	Elmekki	Mustapha	M222	M55+	Rfcl athletisme	00:51:49	05:10
283	0401	Reculé	Ellis	F61	F35-	AV Toekomst	00:51:50	05:11
284	0400	Reculé	Rob	M223	M35+		00:51:51	05:11
285	0616	Wijnants	Els	F62	F45+	SPO	00:51:53	05:11
286	0321	Ulenaers	Jolien	F63	F35+		00:51:54	05:11
287	0322	Keppens	Lidewij	F64	F35+		00:51:55	05:11
288	0655	Michiels	Domien	M224	M35+		00:51:56	05:11
289	0586	STULENS	MELVIN	M225	M35+	Jekkermeesters	00:52:04	05:12
290	0558	Danckaert	Mieke	F65	F55+		00:52:06	05:12
291	0609	Duchateau	Jan	M226	M35+		00:52:06	05:12
292	7099	Govaerts	Kris	M227	M65+	AC Alken	00:52:07	05:12
293	0482	Bleus	Yarno	M228	M35-		00:52:12	05:13
294	0556	Miévis	Kevin	M229	M35+		00:52:19	05:13
295	0554	Geelkens	Laura	F66	F35+	Run in Lige	00:52:21	05:14
296	0380	Swinnen	Evelien	F67	F35+		00:52:24	05:14
297	0279	Strackx	Didier	M230	M35+		00:52:27	05:14
298	0577	Balette	Willem	M231	M35-		00:52:28	05:14
299	0264	Draps	Tony	M232	M35+		00:52:29	05:14
300	0471	Van Marcke	Jessy	F68	F35-		00:52:30	05:15
301	0579	Cosemans	Christian	M233	M55+		00:52:32	05:15
302	0411	Broux	Nico	M234	M45+		00:52:37	05:15
303	0738	Goossens	Stefanie	F69	F35+	al betaald	00:52:38	05:15
304	0248	Nahon	Sylvie	F70	F55+	Waco	00:52:40	05:16
305	0390	Mombaerts	Els	F71	F55+		00:52:42	05:16
306	0346	Gillis	Viktor	M235	M35-	Road Runners H	00:52:46	05:16
307	0600	Frederix	Jos	M236	M55+	Road runners has	00:52:47	05:16
308	0745	Jamar	Steven	M237	M35+		00:52:50	05:17
309	0277	Bertacco	Rose Marie	F72	F45+	waco	00:52:59	05:17
310	0674	Baute	Nele	F73	F35+		00:53:02	05:18
311	0417	Herczeg	Jeroen	M238	M35+	The Cat Burglars	00:53:10	05:19
312	0553	Vansteenkiste	Leen	F74	F35-	Avt Oudsbergen	00:53:12	05:19
313	0298	Stokis	Priscilla	F75	F45+	HST Haccourt	00:53:15	05:19
314	0288	Doumen	Mary	F76	F35+		00:53:16	05:19
315	7056	Philippaerts	Greta	F77	F55+	ACAAlken	00:53:18	05:19
316	0416	GROOTAERS	Carlo	M239	M35-		00:53:18	05:19
317	0645	Briers	Vanessa	F78	F35+		00:53:21	05:20
318	0665	Lormans	Christof	M240	M35+		00:53:21	05:20
319	0386	Heymans	Haline	F79	F35-		00:53:22	05:20
320	0455	Driesen	Jeroen	M241	M45+		00:53:23	05:20

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
321	7121	Hiemeleers	Queeny	F80	F35-		00:53:25	05:20
322	0524	Ilkaya	Ozgur	M242	M35+		00:53:27	05:20
323	0437	Hiemeleers	Judy	F81	F35+		00:53:29	05:20
324	0662	Kalders	Igor	M243	M45+		00:53:31	05:21
325	0315	Holsteyns	Herman	M244	M45+		00:53:35	05:21
326	0383	Gijbels	Bjorn	M245	M45+		00:53:41	05:22
327	0519	De Coster	Bart	M246	M45+	Avt	00:53:42	05:22
328	0382	Mattheussens	Valerie	F82	F45+		00:53:44	05:22
329	0250	Roelandt	Michel	M247	M55+		00:53:46	05:22
330	0255	Willekens	Mauro	M248	M35-		00:53:50	05:23
331	0343	KESTENS	Sylvia	F83	F55+		00:54:02	05:24
332	0374	Azzouz	Lydia	F84	F35-		00:54:04	05:24
333	7017	Schunselaar	Maaike	F85	F45+	Aca Alken	00:54:05	05:24
334	0373	Aouimeur	Mohamed Ramzi	M249	M35-		00:54:07	05:24
335	0363	De Raedt	Katrien	F86	F55+		00:54:11	05:25
336	0275	Froyen	Peter	M250	M45+		00:54:19	05:25
337	7098	Van Zand	Maja	F87	F65+	AC Alken	00:54:20	05:26
338	0396	Raemaekers	Annick	F88	F45+		00:54:21	05:26
339	0734	Vranckx	Benoit	M251	M65+	Tess chemie	00:54:27	05:26
340	0456	Steegmans	Brendan	M252	M35+		00:54:28	05:26
341	0512	Willemse	Agnes	F89	F65+	VACH	00:54:39	05:27
342	0567	Fransen	Jochem	M253	M45+		00:54:54	05:29
343	0356	Hermans	Lore	F90	F35+		00:55:03	05:30
344	0357	Devrindt	Sander	M254	M35+		00:55:04	05:30
345	0535	Aerts	Lucinda	F91	F35+		00:55:07	05:30
346	0730	Stevens	Michael	M255	M35-		00:55:10	05:31
347	0729	Thoelen	Kris	M256	M45+		00:55:16	05:31
348	0258	Mignolet	Kevin	M257	M35-		00:55:17	05:31
349	0595	Gielen	Nina	F92	F35-	Zonhovense Atle	00:55:19	05:31
350	0389	Thomas	Stefan	M258	M55+		00:55:22	05:32
351	0233	magillissen	melodie	F93	F35+	Hoesel run	00:55:23	05:32
352	7038	Cammaerts	Bart	M259	M45+	Jogger Jo Schoor	00:55:46	05:34
353	0637	Saitta	Alfio	M260	M55+	AC Genk	00:55:46	05:34
354	0362	De Wit	Daphne	F94	F45+	LC De Rouckies	00:55:47	05:34
355	0681	Meyvisch	Tom	M261	M45+		00:55:48	05:34
356	0486	Biesmans	Filip	M262	M45+	geen	00:55:49	05:34
357	0466	Laurzyssen	Filip	M263	M55+		00:55:52	05:35
358	0405	Hulsbosch	Michael	M264	M35-		00:55:54	05:35
359	0638	Saitta	Laura	F95	F35-		00:55:58	05:35
360	0527	Goemans	Annelies	F96	F35+		00:56:02	05:36
361	7085	Logtman	Astrid	F97	F35-		00:56:03	05:36
362	0542	Hardy	Laura	F98	F35-		00:56:04	05:36
363	0543	Maes	Stijn	M265	M35-		00:56:06	05:36
364	0453	Mertens	Dylan	M266	M35-		00:56:07	05:36
365	0449	Peetermans	Matthias	M267	M35+		00:56:08	05:36
366	0487	tombolato	kevin	M268	M45+		00:56:14	05:37
367	0561	Vandikkelen	Jan	M269	M65+		00:56:20	05:38

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
368	0391	Snellinx	Kevin	M270	M35+		00:56:31	05:39
369	0415	Engels	Aicha	F99	F45+	MPW-HJM	00:56:33	05:39
370	0549	Meerbergen	Veerle	F100	F55+	Road runners Ha	00:56:45	05:40
371	0311	Sienicka	Anna	F101	F45+	Hoeselt Run	00:56:48	05:40
372	0379	Heussen	Gerda	F102	F55+	AVT Oudsbergen	00:56:54	05:41
373	0737	van Welt	Theodora	F103	F55+		00:56:54	05:41
374	0451	Wirix	Anouk	F104	F35+		00:57:00	05:42
375	0372	Langendries	Nora	F105	F45+	Run4Fun Maastr	00:57:03	05:42
376	0371	Janssen	Jack	M271	M55+	Run4Fun Maastr	00:57:04	05:42
377	0529	Salamone	Calogero	M272	M55+		00:57:10	05:43
378	0477	Nysen	Marleen	F106	F65+	Avt oudsbergen	00:57:13	05:43
379	0397	Billen	Isabelle	F107	F45+		00:57:31	05:45
380	0345	Beckers	Monique	F108	F55+	Arletiek Maastric	00:57:37	05:45
381	0580	de Leeuw	Marijse	F109	F35+		00:57:45	05:46
382	0587	Daems	Daniel	M273	M55+		00:57:45	05:46
383	0581	Moors	Ward	M274	M35+		00:57:47	05:46
384	0514	Roobaert	Emilie	F110	F35-		00:57:53	05:47
385	0464	Grauwels	Jona	F111	F35+		00:57:54	05:47
386	7112	Vandenberghe	Eddy	M275	M55+	Allein luk t ouch	00:57:59	05:47
387	0378	Croes	Yana	F112	F35-		00:58:06	05:48
388	0559	Wouters	Patrick	M276	M55+		00:58:16	05:49
389	0295	Muls	Magali	F113	F35+	Road Runners H	00:58:24	05:50
390	0692	Binon	Hannelore	F114	F35+		00:58:24	05:50
391	0468	Krawinckel	Rony	M277	M45+		00:58:26	05:50
392	0588	Smolders	Mario	M278	M45+	Beerrunners Sint	00:58:33	05:51
393	0273	Juwé	Anna	F115	F35-	Larna	00:58:35	05:51
394	0341	Steegen	Lisa	F116	F35-		00:58:39	05:51
395	0353	Peeters	Sophie	F117	F35-		00:58:40	05:52
396	0548	Foets	Mieke	F118	F45+		00:58:47	05:52
397	0736	Roumans	Nol	M279	M65+		00:58:55	05:53
398	0392	Alders	Ariane	F119	F35-		00:58:59	05:53
399	0572	Francois	Peter	M280	M45+		00:58:59	05:53
400	0393	Houben	Falke	F120	F35-		00:59:00	05:54
401	0429	VANVINCKENROYE	Eva	F121	F35+		00:59:01	05:54
402	0338	CORNET	CARINE	F122	F55+	RFCL ROADRU	00:59:05	05:54
403	0337	PARENT	PASCAL	M281	M55+	RFCL ROADRU	00:59:07	05:54
404	7092	Hiemeleers	Sharon	F123	F35+	AC Alken	00:59:12	05:55
405	0679	Van Duffel	Ward	M282	M55+		00:59:15	05:55
406	0287	Gielissen	Natalie	F124	F35+		00:59:19	05:55
407	0544	Gielissen	Frederic	M283	M35+		00:59:20	05:56
408	0249	Donckers	Gidi	F125	F35-		00:59:21	05:56
409	0296	Smeets	Marlies	F126	F35-		00:59:33	05:57
410	0335	Claes	Iris	F127	F45+		00:59:34	05:57
411	0370	Van Uum	Nicole	F128	F55+	Run4Fun Maastr	00:59:39	05:57
412	0508	Timmerman	Leentje	F129	F55+	VACH	00:59:41	05:58
413	0604	Kuylen	Sabine	F130	F45+		00:59:42	05:58
414	0294	Timmermans	Maud	F131	F35-		00:59:47	05:58

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
415	7044	Swennen Groffils	Magali	F132	F45+		00:59:58	05:59
416	0703	De Bie	Aloysius	M284	M65+		01:00:11	06:01
417	0443	Marquet	Yves	M285	M45+		01:00:15	06:01
418	0302	Jans	Marjan	F133	F45+		01:00:16	06:01
419	7157	Beirinckx	Peter	M286	M55+	Beerrunners	01:00:25	06:02
420	0402	Vandooren	Drea	F134	F35-		01:00:30	06:03
421	0403	Nulens	Heleen	F135	F35-		01:00:30	06:03
422	7050	Coenen	David	M287	M45+		01:00:31	06:03
423	0718	Rommens	Caroline	F136	F45+		01:00:33	06:03
424	7135	Gillis	Viktor	M288	M35-	Road Runners H	01:00:38	06:03
425	0433	Heymans	Dagmar	F137	F45+	Uitslovers Zuten	01:00:41	06:04
426	0432	Bobbaers	Leen	F138	F45+		01:00:43	06:04
427	0274	Arrazola de Onate	Laura	F139	F35-	Larna	01:00:49	06:04
428	0404	Nulens	Anne	F140	F35-		01:00:54	06:05
429	0388	Vanleeuw	Danny	M289	M55+		01:01:02	06:06
430	7051	Fosse	Ann	F141	F45+	Roadrunners Has	01:01:09	06:06
431	0571	Stakenborg	Anke	F142	F45+		01:02:16	06:13
432	0741	Kuylen	Carine	F143	F55+		01:02:27	06:14
433	0369	Daenen	Esther	F144	F55+	Run4Fun Maastr	01:02:41	06:16
434	0368	Beckers	Marlon	M290	M55+	Run4Fun Maastr	01:02:42	06:16
435	0366	Bex	Didi	M291	M45+	Run4Fun Maastr	01:02:44	06:16
436	0597	Somers	Hilde	F145	F55+	Road runners Ha	01:03:16	06:19
437	0442	Creemers	Jos	M292	M65+	Geen	01:03:19	06:19
438	0493	Bijloos	Erik	M293	M55+	VACH	01:03:21	06:20
439	0467	Wienen	Krystle	F146	F35+		01:03:58	06:23
440	0297	Fauville	Xavier	M294	M45+	HST Haccourt	01:04:15	06:25
441	0448	Fornaro	Deborah	F147	F45+		01:04:25	06:26
442	0419	Kubben	Fabian	M295	M45+		01:05:09	06:30
443	0516	Snoeks	Loran	F148	F35-		01:05:11	06:31
444	0582	Sofie Schurmans	Sofie	F149	F35-		01:06:43	06:40
445	0452	Gielissen	Anneleen	F150	F35+		01:06:47	06:40
446	0347	Bosmans	Elke	F151	F45+		01:06:48	06:40
447	0244	Geukens	Ellen	F152	F35+		01:07:05	06:42
448	0271	Jansen	Heidi	F153	F55+		01:07:27	06:44
449	0284	jobé	marion	F154	F35-	seraing athltisme	01:08:05	06:48
450	0332	Verheyen	Lore	F155	F35-		01:08:45	06:52
451	0331	Evens	Lize	F156	F35-		01:08:46	06:52
452	0349	Sacre	Marie	F157	F35-		01:09:35	06:57
453	0239	Pauwels	Emma	F158	F35-		01:09:36	06:57
454	0350	Henry	Femke	F159	F35-		01:09:36	06:57
455	0377	Gelders	Greet	F160	F45+	Road Runners H	01:09:58	06:59
456	0270	Mazzei	Chiara	F161	F35-		01:10:08	07:00
457	0536	Ghysens	Kaat	F162	F35-		01:10:27	07:02
458	0537	Jenaer	Ellen	F163	F35-		01:10:28	07:02
459	0241	marcoen	petra	F164	F35+		01:11:25	07:08
460	0247	Van den Bergh	Anne	F165	F35-		01:11:29	07:08
461	0245	Bartels	Kimsey	F166	F45+		01:14:23	07:26

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
462	0257	Roelandt	Isabeau	F167	F35-		01:15:22	07:32
463	0243	Thijs	Jolien	F168	F35-		01:23:17	08:19
464	0701	Diels	Hermanus	M296	M65+		01:26:38	08:39
465	0705	Bertram	Maria	F169	F65+		01:32:05	09:12
466	0706	Bertram	Petra	F170	F45+		01:32:06	09:12

10 km Helpshopcup - Men 35-

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0605	Claessens	Mick	M1	M35-		00:31:29	03:08
2	7144	Brouwers	Arno	M2	M35-		00:31:41	03:10
3	0560	Smeets	Alex	M3	M35-	AV Caesar	00:32:23	03:14
4	0723	Smeets	Bodi	M4	M35-	AV Caesar	00:32:48	03:16
5	0489	Janssen	Bono	M5	M35-	MACD	00:32:52	03:17
6	0375	Nicolaes	Julian	M6	M35-	Triatlon Team Li	00:33:12	03:19
7	0299	Baptist	Niels	M7	M35-		00:33:28	03:20
8	0513	Robben	Simon	M8	M35-		00:33:40	03:22
9	7133	Van Asselbergh	Jorden	M9	M35-	GS Running team	00:33:48	03:22
10	0285	borger	maarten	M10	M35-		00:34:24	03:26
11	0562	Kennes	Pieter-Jan	M11	M35-	Animo Falcons	00:34:27	03:26
12	0303	Dusar	Andreas	M12	M35-	Ironteam Hasselt	00:34:50	03:29
13	0340	Marrazza	Louie	M13	M35-		00:34:55	03:29
14	0289	Van Eetvelde	Timo	M14	M35-	Animo	00:34:57	03:29
15	0280	Primus	Rob	M15	M35-	t Groot Verzet	00:35:08	03:30
16	0479	Drijkoningen	Rune	M16	M35-	AC Genk	00:35:20	03:32
17	0440	Doraene	Elroy	M17	M35-		00:35:29	03:32
18	0304	Lievens	Robin	M18	M35-	AC Wilan	00:35:51	03:35
19	0488	Swennen	Pieter	M19	M35-	BPM Runningtee	00:35:56	03:35
20	7155	Vroonen	Brecht	M20	M35-	Atletiekclub Alk	00:36:00	03:36
21	0557	Hermans	Max	M21	M35-	AV Caesar	00:36:18	03:37
22	0238	Renwa	Tim	M22	M35-	Ironteam Hasselt	00:36:37	03:39
23	0307	Sourbron	Marijn	M23	M35-	Triathlon 4P	00:36:50	03:41
24	0469	Theys	Daan	M24	M35-	THRXC RCT	00:37:12	03:43
25	7026	Denekens	Yassine	M25	M35-		00:37:14	03:43
26	0613	Haesen	Jasper	M26	M35-		00:37:31	03:45
27	0575	Deflem	Kenny	M27	M35-	Rct	00:37:49	03:46
28	0459	ETIENNE	César	M28	M35-	RFCL	00:38:07	03:48
29	0731	Kitsinis	Stamatis	M29	M35-	Ironteam Hasselt	00:38:13	03:49
30	0631	Franssen	Joeri	M30	M35-		00:38:16	03:49
31	0684	minnart	glenn	M31	M35-		00:38:35	03:51
32	0472	Hallet	Romain	M32	M35-	Ratus Family	00:38:47	03:52
33	0614	Drohm	Reinaldo	M33	M35-		00:38:49	03:52
34	0434	Jordens	Jarno	M34	M35-		00:39:11	03:55
35	0555	Van Coppenolle	Wannes	M35	M35-		00:40:06	04:00
36	7106	morhaye	adger	M36	M35-	adger.morhayegr	00:40:09	04:00
37	0551	Gerits	Jannes	M37	M35-	Avt Oudsbergen	00:40:56	04:05
38	0231	Deferm	Mauritz	M38	M35-		00:41:49	04:10

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	0748	Ardui	Thijs	M39	M35-	KHO heide hasse	00:41:56	04:11
40	0715	van der Have	Toon	M40	M35-	ZAC	00:42:06	04:12
41	0592	Gerits	Dave	M41	M35-		00:42:23	04:14
42	7002	Slegers	Ayrton	M42	M35-		00:42:57	04:17
43	0330	Neven	Robin	M43	M35-		00:42:58	04:17
44	0749	Schevenels	Jarno	M44	M35-	TACT	00:43:00	04:18
45	0420	Saive	Yannick	M45	M35-		00:43:32	04:21
46	0278	Hindrikx	Bram	M46	M35-	Phoenix Athletic	00:43:35	04:21
47	0326	Van Briel	Mathias	M47	M35-		00:44:17	04:25
48	7083	Van Schelvergem	Gertjan	M48	M35-	Triathlon Vlaand	00:45:23	04:32
49	0300	Denon	Kaïn	M49	M35-		00:46:46	04:40
50	0476	Willems	Olivier	M50	M35-		00:47:02	04:42
51	0342	Grootaers	Jan	M51	M35-		00:47:10	04:43
52	7145	Jacobs	Stephen	M52	M35-	Hoeselt Run	00:47:20	04:44
53	0365	Houben	Stan	M53	M35-		00:48:19	04:49
54	0276	Houthuys	Niels	M54	M35-		00:48:26	04:50
55	0446	Wiame	Niels	M55	M35-		00:48:52	04:53
56	0481	Heeren	Elias	M56	M35-	Tact	00:49:45	04:58
57	0399	Schuppen	Matthias	M57	M35-		00:50:40	05:04
58	0316	Aerts	Matts	M58	M35-	Avt	00:51:23	05:08
59	0617	Van der kinderen	Louis	M59	M35-		00:51:25	05:08
60	0447	Schouteden	Stef	M60	M35-		00:51:26	05:08
61	0482	Bleus	Yarno	M61	M35-		00:52:12	05:13
62	0577	Balette	Willem	M62	M35-		00:52:28	05:14
63	0346	Gillis	Viktor	M63	M35-	Road Runners H	00:52:46	05:16
64	0416	GROOTAERS	Carlo	M64	M35-		00:53:18	05:19
65	0255	Willekens	Mauro	M65	M35-		00:53:50	05:23
66	0373	Aouimeur	Mohamed Ramzi	M66	M35-		00:54:07	05:24
67	0730	Stevens	Michael	M67	M35-		00:55:10	05:31
68	0258	Mignolet	Kevin	M68	M35-		00:55:17	05:31
69	0405	Hulsbosch	Michael	M69	M35-		00:55:54	05:35
70	0543	Maes	Stijn	M70	M35-		00:56:06	05:36
71	0453	Mertens	Dylan	M71	M35-		00:56:07	05:36
72	7135	Gillis	Viktor	M72	M35-	Road Runners H	01:00:38	06:03

10 km Helpshopcup - Men 35+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0292	Verluyten	Kevin	M1	M35+	JMT	00:31:10	03:07
2	0526	Dumoulin	Antoine	M2	M35+	DD Team - Seraing	00:31:18	03:07
3	0457	Roussel	Rens	M3	M35+		00:32:57	03:17
4	0418	Verluyten	Frankie	M4	M35+	JMT Mol	00:32:59	03:17
5	0531	Poysat	Gilles	M5	M35+		00:33:17	03:19
6	0236	Lambrechts	Joris	M6	M35+	Roba	00:33:21	03:20
7	0480	Sourbron	Mathias	M7	M35+	ATK	00:33:33	03:21
8	0425	Schmetz	Gilles	M8	M35+	RFCL	00:33:34	03:21
9	0422	KILESSE	Mathieu	M9	M35+	AC Herve	00:33:36	03:21
10	0518	Boden	Niki	M10	M35+	SQM Running team	00:34:15	03:25
11	0308	Bongers	Dimitri	M11	M35+	ADD	00:35:02	03:30
12	0484	Vranken	Joris	M12	M35+		00:35:13	03:31
13	7069	Warnant	Leander	M13	M35+		00:35:28	03:32
14	0720	Paulissen	Maarten	M14	M35+	Looise AV	00:35:35	03:33
15	0671	Schoofs	Jan	M15	M35+	Animo Falcons	00:35:43	03:34
16	0646	Wiams	Ruben	M16	M35+		00:35:50	03:35
17	0265	Serroyen	Pieter	M17	M35+		00:35:58	03:35
18	7070	Jeuris	Jef	M18	M35+	JJ Happy Run Club	00:35:59	03:35
19	0319	Thijs	Thomas	M19	M35+	1dingiszeker	00:36:53	03:41
20	0733	Menschaert	Karel	M20	M35+		00:37:01	03:42
21	0649	Meesters	Nils	M21	M35+	Achilles-Top Keerbergen	00:37:02	03:42
22	0547	Kerkhofs	Bram	M22	M35+		00:37:25	03:44
23	0624	Timmermans	Niky	M23	M35+		00:37:34	03:45
24	0612	Noelmans	Bram	M24	M35+		00:37:35	03:45
25	0254	Grignard	G��l	M25	M35+	Seraing Athletisme	00:37:39	03:45
26	0325	Helven	Sander	M26	M35+		00:37:40	03:46
27	0673	Croes	Jo	M27	M35+	Tact	00:37:55	03:47
28	0672	de Moor	Joost	M28	M35+		00:38:12	03:49
29	0360	Hendriks	Rob	M29	M35+	AV Caesar	00:38:18	03:49
30	7087	Nguyen	Tien-Thanh	M30	M35+	AmsRunners	00:38:21	03:50
31	0528	Santino	Nicolas	M31	M35+		00:38:53	03:53
32	7047	Leunen	Jo	M32	M35+	Bokkerijdersteat	00:39:28	03:56
33	0240	Croux	Kris	M33	M35+		00:39:32	03:57
34	0260	Nearno	Antonio	M34	M35+	Seraing athltisme	00:39:43	03:58
35	0743	Jorissen	Frdric	M35	M35+		00:39:44	03:58
36	0596	Boonen	Joris	M36	M35+		00:39:46	03:58
37	7147	De Schutter	Tom	M37	M35+		00:40:01	04:00
38	0234	Vandersanden	Steph	M38	M35+		00:40:02	04:00

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	0504	Paques	Dimitri	M39	M35+	VACH	00:40:48	04:04
40	0470	Gielkens	Kwinten	M40	M35+		00:40:51	04:05
41	7101	Bruninx	Ruben	M41	M35+	ADD	00:41:01	04:06
42	0621	Eyckmans	Filip	M42	M35+	Looise AV	00:41:10	04:07
43	0523	Jans	Bert	M43	M35+	ACA	00:42:23	04:14
44	0293	Monten	Jan	M44	M35+		00:42:30	04:15
45	0458	Bart	Sampermans	M45	M35+	Dcla halen	00:42:32	04:15
46	0318	Aerts	Hans	M46	M35+		00:42:54	04:17
47	0359	Geijs	Niels	M47	M35+		00:43:34	04:21
48	0569	Bleeser	Raf	M48	M35+		00:43:56	04:23
49	0640	Pipeleers	Kevin	M49	M35+		00:44:08	04:24
50	0725	Thysen	Dennis	M50	M35+	Hoeselt Run	00:44:41	04:28
51	0358	Delwaide	Vincent	M51	M35+		00:45:08	04:30
52	0351	Custers	Pieter-Jan	M52	M35+	Road Runners H	00:45:42	04:34
53	0719	Grandjean	Bram	M53	M35+		00:45:48	04:34
54	0704	Ramaker	Kim	M54	M35+		00:46:08	04:36
55	0305	Carolan	Phil	M55	M35+	VACH	00:46:09	04:36
56	0272	Willems	Arend	M56	M35+	Larna	00:47:12	04:43
57	0406	Houben	Willem	M57	M35+		00:47:23	04:44
58	0565	Macors	Alexandre	M58	M35+	HUY	00:47:32	04:45
59	0314	Acar	fatih	M59	M35+		00:47:50	04:47
60	0465	Welkenhuysen	Sven	M60	M35+		00:48:09	04:48
61	0585	Biesmans	Bart	M61	M35+		00:48:58	04:53
62	0376	Mertens	Pieter	M62	M35+	Ironteam Hasselt	00:49:31	04:57
63	0246	Van Mulken	Jan	M63	M35+		00:49:35	04:57
64	7020	Heeren	Egon	M64	M35+		00:49:45	04:58
65	0517	Daems	Dennis	M65	M35+		00:50:26	05:02
66	0690	Deckers	Werner	M66	M35+	Tri4more	00:50:45	05:04
67	0570	Noten	Kenny	M67	M35+		00:51:33	05:09
68	0400	Reculé	Rob	M68	M35+		00:51:51	05:11
69	0655	Michiels	Domien	M69	M35+		00:51:56	05:11
70	0586	STULENS	MELVIN	M70	M35+	Jekkermeisters	00:52:04	05:12
71	0609	Duchateau	Jan	M71	M35+		00:52:06	05:12
72	0556	Miévis	Kevin	M72	M35+		00:52:19	05:13
73	0279	Strackx	Didier	M73	M35+		00:52:27	05:14
74	0264	Draps	Tony	M74	M35+		00:52:29	05:14
75	0745	Jamar	Steven	M75	M35+		00:52:50	05:17
76	0417	Herczeg	Jeroen	M76	M35+	The Cat Burglars	00:53:10	05:19
77	0665	Lormans	Christof	M77	M35+		00:53:21	05:20
78	0524	Ilkaya	Ozgur	M78	M35+		00:53:27	05:20
79	0456	Steegmans	Brendan	M79	M35+		00:54:28	05:26
80	0357	Devrindt	Sander	M80	M35+		00:55:04	05:30
81	0449	Peetermans	Matthias	M81	M35+		00:56:08	05:36
82	0391	Snellinx	Kevin	M82	M35+		00:56:31	05:39
83	0581	Moors	Ward	M83	M35+		00:57:47	05:46
84	0544	Gielissen	Frederic	M84	M35+		00:59:20	05:56

10 km Helpshopcup - Men 45+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0282	Rocks	Stephane	M1	M45+	Absolute Run	00:33:29	03:20
2	0421	LEGROS	Olivier	M2	M45+	ATC ABSOLUT	00:33:45	03:22
3	0630	Tips	Gunther	M3	M45+	Looise AV	00:34:25	03:26
4	0478	Van de Gaer	Wesley	M4	M45+	SQM running tea	00:34:40	03:28
5	0724	Smeets	Roger	M5	M45+		00:34:46	03:28
6	0306	Delchambre	Frédéric	M6	M45+	Absolute Run	00:36:03	03:36
7	7086	Theys	Kevin	M7	M45+	SQM runningtea	00:36:12	03:37
8	7118	Vossius	Peter	M8	M45+	Sqm runningtear	00:36:33	03:39
9	0668	Wim	Rijken	M9	M45+		00:36:35	03:39
10	0290	Trappeniers	Philip	M10	M45+	Triatlon Lumme	00:36:58	03:41
11	0744	Schouppe	Kenny	M11	M45+	De Musculatuur	00:37:22	03:44
12	0503	Oeyen	Jan	M12	M45+	VACH	00:37:44	03:46
13	7023	Verheyen	Geert	M13	M45+		00:37:47	03:46
14	0324	Pieters	Ronald	M14	M45+	Achillistop	00:38:14	03:49
15	0266	Nulens	Tom	M15	M45+	ROBA	00:38:58	03:53
16	7000	De Rooy	Andy	M16	M45+	Coyote sports tea	00:39:08	03:54
17	0435	Claessens	Niky	M17	M45+	Atla	00:39:31	03:57
18	0658	Mark	Vangrieken	M18	M45+	Avt Houthalen	00:39:53	03:59
19	0309	Van poucke	Christophe	M19	M45+		00:39:54	03:59
20	0253	pedata	fabrizio	M20	M45+	seraing athletism	00:41:03	04:06
21	7027	Stijnen	David	M21	M45+	Ac Alken	00:41:09	04:06
22	0462	Neven	John	M22	M45+		00:41:47	04:10
23	0694	Deprez	Marco	M23	M45+		00:41:59	04:11
24	0431	Jorissen	Tom	M24	M45+		00:42:10	04:13
25	0454	Swinters	Benjamin	M25	M45+		00:42:56	04:17
26	0539	Olefs	Kris	M26	M45+		00:43:03	04:18
27	0498	Hengst	Marco	M27	M45+	VACH	00:43:30	04:21
28	0438	Fastré	Peter	M28	M45+	ZLTC	00:43:37	04:21
29	0492	Bernaers	Ingmar	M29	M45+	VACH	00:43:49	04:22
30	0427	Coremans	Kris	M30	M45+	Trisportmnk	00:43:58	04:23
31	0336	Deleersnijder	Stéphane	M31	M45+	RFCL Road Run	00:44:04	04:24
32	0661	Leuris	Tim	M32	M45+		00:44:27	04:26
33	0491	Barbier	Wim	M33	M45+		00:44:37	04:27
34	0499	Hollants	JP	M34	M45+	VACH	00:45:08	04:30
35	0441	Nolmans	Davy	M35	M45+	Hoeselt run	00:45:32	04:33
36	7021	De Rouck	Dave	M36	M45+	LC De Rouckies	00:45:53	04:35
37	0583	vanloffelt	nico	M37	M45+		00:46:06	04:36
38	0496	Derison	Bart	M38	M45+	VACH	00:46:13	04:37

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	0381	Vanstraelen	Koen	M39	M45+		00:46:25	04:38
40	0354	UvA	Antonio	M40	M45+		00:46:53	04:41
41	0532	Destreel	Dag	M41	M45+		00:47:07	04:42
42	0603	van Opzeeland	Theo	M42	M45+	Survivalrun Vere	00:47:12	04:43
43	7084	Wiertz	David	M43	M45+	Run TMC	00:47:48	04:46
44	0545	Bossens	Jimmy	M44	M45+		00:49:22	04:56
45	0263	Laforge	Frederic	M45	M45+	Waco	00:50:04	05:00
46	0520	Rijskens	Sven	M46	M45+		00:50:12	05:01
47	0490	Ardui	Johan	M47	M45+	VACH	00:50:15	05:01
48	7016	Polders	Kevin	M48	M45+	Road Runners H	00:50:28	05:02
49	0747	veskens	fabrice	M49	M45+	waco	00:50:56	05:05
50	0656	Monard	Ben	M50	M45+		00:51:06	05:06
51	0615	Claes	Tom	M51	M45+		00:51:46	05:10
52	0629	Van Briel	Gijs	M52	M45+		00:51:46	05:10
53	0411	Broux	Nico	M53	M45+		00:52:37	05:15
54	0455	Driesen	Jeroen	M54	M45+		00:53:23	05:20
55	0662	Kalders	Igor	M55	M45+		00:53:31	05:21
56	0315	Holsteyns	Herman	M56	M45+		00:53:35	05:21
57	0383	Gijbels	Bjorn	M57	M45+		00:53:41	05:22
58	0519	De Coster	Bart	M58	M45+	Avt	00:53:42	05:22
59	0275	Froyen	Peter	M59	M45+		00:54:19	05:25
60	0567	Fransen	Jochem	M60	M45+		00:54:54	05:29
61	0729	Thoelen	Kris	M61	M45+		00:55:16	05:31
62	7038	Cammaerts	Bart	M62	M45+	Jogger Jo Schoor	00:55:46	05:34
63	0681	Meyvisch	Tom	M63	M45+		00:55:48	05:34
64	0486	Biesmans	Filip	M64	M45+	geen	00:55:49	05:34
65	0487	tombolato	kevin	M65	M45+		00:56:14	05:37
66	0468	Krawinckel	Rony	M66	M45+		00:58:26	05:50
67	0588	Smolders	Mario	M67	M45+	Beerrunners Sint	00:58:33	05:51
68	0572	Francois	Peter	M68	M45+		00:58:59	05:53
69	0443	Marquet	Yves	M69	M45+		01:00:15	06:01
70	7050	Coenen	David	M70	M45+		01:00:31	06:03
71	0366	Bex	Didi	M71	M45+	Run4Fun Maastr	01:02:44	06:16
72	0297	Fauville	Xavier	M72	M45+	HST Haccourt	01:04:15	06:25
73	0419	Kubben	Fabian	M73	M45+		01:05:09	06:30

10 km Helpshopcup - Men 55+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0501	Michielsens	Carlo	M1	M55+	VACH	00:34:54	03:29
2	7090	Philippe	Patrick	M2	M55+	JiA	00:35:56	03:35
3	0428	Vanwersch	Bert	M3	M55+	Achilles Top Ke	00:36:54	03:41
4	0430	Noel	Dominique	M4	M55+	Absoluterun Jog	00:37:04	03:42
5	0711	Thijs	Erik	M5	M55+	Iron Team Hasse	00:37:38	03:45
6	0286	verlinden	Herwig	M6	M55+	rsca	00:38:25	03:50
7	0473	Dieteren	Jean Pierre	M7	M55+	AV Caesar	00:39:30	03:57
8	0534	Waterschoot	Eric	M8	M55+	DCLA HALEN	00:40:12	04:01
9	7153	Wouters	Chriske	M9	M55+	wouters.chrissky	00:40:58	04:05
10	0726	tempels	jean	M10	M55+	add	00:42:53	04:17
11	0507	Thys	Ronny	M11	M55+	VACH	00:43:16	04:19
12	0515	Swalens	Dirk	M12	M55+	AVT	00:43:22	04:20
13	0696	Vangeel	Piet	M13	M55+	Hoeselt Run	00:43:27	04:20
14	0232	Deferm	Gert	M14	M55+		00:43:41	04:22
15	7154	Slegers	Werner	M15	M55+	GeTC	00:44:23	04:26
16	0648	Grevendonck	Jef	M16	M55+		00:44:32	04:27
17	0323	Baerts	Chris	M17	M55+		00:46:00	04:36
18	7039	Requilé	Philippe	M18	M55+	Bokkerijderstear	00:46:11	04:37
19	0732	Palumbo	Guisepppe	M19	M55+	RFCL road runne	00:46:26	04:38
20	0475	Bailly	Luc	M20	M55+	RFCL	00:46:48	04:40
21	0564	Cleeren	Dominique	M21	M55+	3VL	00:47:14	04:43
22	0463	Sternisa	Peter	M22	M55+		00:47:23	04:44
23	7137	Deneuker	Tony	M23	M55+	Hoeselt run	00:47:35	04:45
24	0735	Huybrechts	Stefaan	M24	M55+	aca	00:47:37	04:45
25	0313	Boghe	Guido	M25	M55+	BTACT	00:47:42	04:46
26	0576	Burdzy	Sven	M26	M55+	DCLA Halen	00:47:55	04:47
27	0407	Croes	Alain	M27	M55+		00:49:08	04:54
28	0394	Vangeffelen	Carlo	M28	M55+	Hoeseltrun	00:49:46	04:58
29	0584	Ghekiere	Filip	M29	M55+		00:50:32	05:03
30	0497	Gielkens	Marc	M30	M55+	VACH	00:51:18	05:07
31	0509	Van der Wel	Kurt	M31	M55+	VACH	00:51:28	05:08
32	0506	Thijssen	Xavier	M32	M55+	VACH	00:51:38	05:09
33	0540	Elmekki	Mustapha	M33	M55+	Rfcl atletisme	00:51:49	05:10
34	0579	Cosemans	Christian	M34	M55+		00:52:32	05:15
35	0600	Frederix	Jos	M35	M55+	Road runners has	00:52:47	05:16
36	0250	Roelandt	Michel	M36	M55+		00:53:46	05:22
37	0389	Thomas	Stefan	M37	M55+		00:55:22	05:32
38	0637	Saitta	Alfio	M38	M55+	AC Genk	00:55:46	05:34

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	0466	Laurzyssen	Filip	M39	M55+		00:55:52	05:35
40	0371	Janssen	Jack	M40	M55+	Run4Fun Maastr	00:57:04	05:42
41	0529	Salamone	Calogero	M41	M55+		00:57:10	05:43
42	0587	Daems	Daniel	M42	M55+		00:57:45	05:46
43	7112	Vandenberghe	Eddy	M43	M55+	Alleen luk t ouch	00:57:59	05:47
44	0559	Wouters	Patrick	M44	M55+		00:58:16	05:49
45	0337	PARENT	PASCAL	M45	M55+	RFCL ROADRU	00:59:07	05:54
46	0679	Van Duffel	Ward	M46	M55+		00:59:15	05:55
47	7157	Beirinckx	Peter	M47	M55+	Beerrunners	01:00:25	06:02
48	0388	Vanleeuw	Danny	M48	M55+		01:01:02	06:06
49	0368	Beckers	Marlon	M49	M55+	Run4Fun Maastr	01:02:42	06:16
50	0493	Bijloos	Erik	M50	M55+	VACH	01:03:21	06:20

10 km Helpshopcup - Men 65+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	7030	Werckx	Ludo	M1	M65+	ACA	00:41:54	04:11
2	0618	Dekens	Danny	M2	M65+	Dcla Halen	00:43:02	04:18
3	7012	Verschueren	Frank	M3	M65+		00:46:07	04:36
4	7125	Hiemeleers	Marc	M4	M65+	AC Alken	00:47:36	04:45
5	0742	Thoonen	Erik	M5	M65+	Gemsjoggers	00:49:21	04:56
6	0593	Cupelli	Salvatore	M6	M65+	Road runners lig	00:49:25	04:56
7	0573	Vanaken	Patrick	M7	M65+	Gemsjoggers	00:49:46	04:58
8	0414	Joway	Eric	M8	M65+	MPW-HJM	00:50:23	05:02
9	7074	Luts	Daniël	M9	M65+	DCLA Halen	00:50:54	05:05
10	0474	Heymans	Erwin	M10	M65+	road runners hasj	00:51:42	05:10
11	7099	Govaerts	Kris	M11	M65+	AC Alken	00:52:07	05:12
12	0734	Vranckx	Benoit	M12	M65+	Tess chemie	00:54:27	05:26
13	0561	Vandikkelen	Jan	M13	M65+		00:56:20	05:38
14	0736	Roumans	Nol	M14	M65+		00:58:55	05:53
15	0703	De Bie	Aloysius	M15	M65+		01:00:11	06:01
16	0442	Creemers	Jos	M16	M65+	Geen	01:03:19	06:19
17	0701	Diels	Hermanus	M17	M65+		01:26:38	08:39

10 km Helpshopcup - Women 35-

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0355	Vanderleen	An-Katrien	V1	V35-	ADD	00:35:55	03:35
2	0541	Cutillo	Lena	V2	V35-	RFCL	00:38:40	03:52
3	0485	Vandersmissen	Jolien	V3	V35-	SQM running tea	00:43:59	04:23
4	0327	Gregoire	Silke	V4	V35-		00:44:21	04:26
5	0546	Simons	Debbie	V5	V35-	SACN	00:45:02	04:30
6	0436	Mebis	Lina	V6	V35-	ATLA	00:45:51	04:35
7	0424	segers	Heleen	V7	V35-	Atla	00:45:52	04:35
8	0348	vansimpsen	yamina	V8	V35-	ROBA diest	00:45:58	04:35
9	7003	Bauduin	Ianthe	V9	V35-	Jls Leup	00:47:16	04:43
10	0574	Driesen	Femke	V10	V35-		00:47:21	04:44
11	0521	Medved	Mégane	V11	V35-	Atletiekclub Gen	00:47:53	04:47
12	0563	Verstraete	Kirsten	V12	V35-	Hoeselt run	00:48:17	04:49
13	0522	Kebron	Emilie	V13	V35-	Oupeye athltisme	00:49:36	04:57
14	0364	Vandeweyer	Elke	V14	V35-		00:51:40	05:10
15	0401	Reculé	Ellis	V15	V35-	AV Toekomst	00:51:50	05:11
16	0471	Van Marcke	Jessy	V16	V35-		00:52:30	05:15
17	0553	Vansteenkiste	Leen	V17	V35-	Avt Oudsbergen	00:53:12	05:19
18	0386	Heymans	Haline	V18	V35-		00:53:22	05:20
19	7121	Hiemeleers	Queeny	V19	V35-		00:53:25	05:20
20	0374	Azzouz	Lydia	V20	V35-		00:54:04	05:24
21	0595	Gielen	Nina	V21	V35-	Zonhovense Atle	00:55:19	05:31
22	0638	Saitta	Laura	V22	V35-		00:55:58	05:35
23	7085	Logtman	Astrid	V23	V35-		00:56:03	05:36
24	0542	Hardy	Laura	V24	V35-		00:56:04	05:36
25	0514	Roobaert	Emilie	V25	V35-		00:57:53	05:47
26	0378	Croes	Yana	V26	V35-		00:58:06	05:48
27	0273	Juwé	Anna	V27	V35-	Larna	00:58:35	05:51
28	0341	Steegen	Lisa	V28	V35-		00:58:39	05:51
29	0353	Peeters	Sophie	V29	V35-		00:58:40	05:52
30	0392	Alders	Ariane	V30	V35-		00:58:59	05:53
31	0393	Houben	Falke	V31	V35-		00:59:00	05:54
32	0249	Donckers	Gidi	V32	V35-		00:59:21	05:56
33	0296	Smeets	Marlies	V33	V35-		00:59:33	05:57
34	0294	Timmermans	Maud	V34	V35-		00:59:47	05:58
35	0402	Vandooren	Drea	V35	V35-		01:00:30	06:03
36	0403	Nulens	Heleen	V36	V35-		01:00:30	06:03
37	0274	Arrazola de Onate	Laura	V37	V35-	Larna	01:00:49	06:04
38	0404	Nulens	Anne	V38	V35-		01:00:54	06:05

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	0516	Snoeks	Loran	V39	V35-		01:05:11	06:31
40	0582	Sofie Schurmans	Sofie	V40	V35-		01:06:43	06:40
41	0284	jobé	marion	V41	V35-	seraing athltisme	01:08:05	06:48
42	0332	Verheyen	Lore	V42	V35-		01:08:45	06:52
43	0331	Evens	Lize	V43	V35-		01:08:46	06:52
44	0349	Sacre	Marie	V44	V35-		01:09:35	06:57
45	0239	Pauwels	Emma	V45	V35-		01:09:36	06:57
46	0350	Henry	Femke	V46	V35-		01:09:36	06:57
47	0270	Mazzei	Chiara	V47	V35-		01:10:08	07:00
48	0536	Ghysens	Kaat	V48	V35-		01:10:27	07:02
49	0537	Jenaer	Ellen	V49	V35-		01:10:28	07:02
50	0247	Van den Bergh	Anne	V50	V35-		01:11:29	07:08
51	0257	Roelandt	Isabeau	V51	V35-		01:15:22	07:32
52	0243	Thijs	Jolien	V52	V35-		01:23:17	08:19

10 km Helpshopcup - Women 35+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	7061	Vandevelde	Katrien	V1	V35+	SQM Running T	00:39:18	03:55
2	0426	Corstjens	Erika	V2	V35+	AVT Oudsbergen	00:41:49	04:10
3	0502	Mombaerts	Iris	V3	V35+	VACH	00:44:26	04:26
4	0262	Sidhoumi	Yasmine	V4	V35+		00:44:27	04:26
5	0627	Garain	Sofie	V5	V35+		00:44:45	04:28
6	7004	Pauwels	Jill	V6	V35+	GS Running Tea	00:44:48	04:28
7	0361	Bodocka	Zuzana	V7	V35+		00:45:34	04:33
8	0408	Heijkers	Kelsey	V8	V35+		00:45:40	04:34
9	7089	Philippe-Stoumont	Laure	V9	V35+	JiA	00:45:43	04:34
10	0242	Peeters	Jana	V10	V35+	Haspengouwse R	00:45:49	04:34
11	0552	Zimmermann	Uschi	V11	V35+	Koninklijke Atle	00:46:44	04:40
12	0578	Gijbels	Sarah	V12	V35+	Hoeselt Run	00:46:51	04:41
13	0439	Gorissen	Marijke	V13	V35+		00:47:01	04:42
14	0387	Creemers	Mieke	V14	V35+	Atla	00:47:03	04:42
15	0412	Koreman	Sandra	V15	V35+		00:49:30	04:57
16	0721	Henneco	Kato	V16	V35+		00:49:56	04:59
17	0525	Bonomi	Doriane	V17	V35+		00:50:02	05:00
18	0483	Machiels	Karolien	V18	V35+	Road Runners H	00:50:08	05:00
19	0739	Blavier	Ilse	V19	V35+	TACT	00:50:30	05:03
20	0740	Demeure	Justine	V20	V35+	TACT	00:50:31	05:03
21	0750	Ruytinx	Isabelle	V21	V35+		00:50:31	05:03
22	0352	Lamalle	Caroline	V22	V35+	RFCL road runne	00:50:52	05:05
23	0317	Hebbrecht	Maaïke	V23	V35+		00:51:31	05:09
24	0398	Humblet	Christelle	V24	V35+	WACO	00:51:36	05:09
25	0321	Ulenaers	Jolien	V25	V35+		00:51:54	05:11
26	0322	Keppens	Lidewij	V26	V35+		00:51:55	05:11
27	0554	Geelkens	Laura	V27	V35+	Run in Lige	00:52:21	05:14
28	0380	Swinen	Evelien	V28	V35+		00:52:24	05:14
29	0738	Goossens	Stefanie	V29	V35+	al betaald	00:52:38	05:15
30	0674	Baute	Nele	V30	V35+		00:53:02	05:18
31	0288	Doumen	Mary	V31	V35+		00:53:16	05:19
32	0645	Briers	Vanessa	V32	V35+		00:53:21	05:20
33	0437	Hiemeleers	Judy	V33	V35+		00:53:29	05:20
34	0356	Hermans	Lore	V34	V35+		00:55:03	05:30
35	0535	Aerts	Lucinda	V35	V35+		00:55:07	05:30
36	0233	magillissen	melodie	V36	V35+	Hoesel run	00:55:23	05:32
37	0527	Goemans	Annelies	V37	V35+		00:56:02	05:36
38	0451	Wirix	Anouk	V38	V35+		00:57:00	05:42

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	0580	de Leeuw	Marijse	V39	V35+		00:57:45	05:46
40	0464	Grauwels	Jona	V40	V35+		00:57:54	05:47
41	0295	Muls	Magali	V41	V35+	Road Runners H	00:58:24	05:50
42	0692	Binon	Hannelore	V42	V35+		00:58:24	05:50
43	0429	VANVINCKENROYE	Eva	V43	V35+		00:59:01	05:54
44	7092	Hiemeleers	Sharon	V44	V35+	AC Alken	00:59:12	05:55
45	0287	Gielissen	Natalie	V45	V35+		00:59:19	05:55
46	0467	Wienen	Krystle	V46	V35+		01:03:58	06:23
47	0452	Gielissen	Anneleen	V47	V35+		01:06:47	06:40
48	0244	Geukens	Ellen	V48	V35+		01:07:05	06:42
49	0241	marcoen	petra	V49	V35+		01:11:25	07:08

10 km Helpshopcup - Women 45+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0283	antoine	solange	V1	V45+	seraing athltisme	00:41:43	04:10
2	0256	Martelange	Stéphanie	V2	V45+	Seraing athltisme	00:42:39	04:15
3	0423	Van Oosterwijck	Nathalie	V3	V45+	Atla	00:43:01	04:18
4	0395	Valkeneers	Prisca	V4	V45+		00:44:04	04:24
5	7065	Knapen	Griet	V5	V45+	VACH	00:44:08	04:24
6	7095	Shaham	Sarah	V6	V45+		00:44:47	04:28
7	0727	philis	lambriny	V7	V45+	rfcl roadrunners	00:44:58	04:29
8	0728	neuray	Isabelle	V8	V45+	RFCL	00:45:20	04:32
9	7057	Schroven	Hilde	V9	V45+	GS Running team	00:45:41	04:34
10	0746	sluijsmans	judith	V10	V45+		00:48:25	04:50
11	0568	Renders	Liesbeth	V11	V45+	Roba Diest	00:48:29	04:50
12	0334	paps	Cecile	V12	V45+	Rfcl	00:49:04	04:54
13	7082	Croughs	An	V13	V45+		00:49:13	04:55
14	7073	van der Laak	Evalyn	V14	V45+	Road Runners H	00:49:37	04:57
15	0530	Snellings	Virginie	V15	V45+		00:49:44	04:58
16	0505	Schols	Carmen	V16	V45+	VACH	00:50:20	05:02
17	0494	Cosemans	Kirsten	V17	V45+	VACH	00:50:20	05:02
18	0533	Vanherck	An	V18	V45+		00:51:40	05:10
19	0616	Wijnants	Els	V19	V45+	SPO	00:51:53	05:11
20	0277	Bertacco	Rose Marie	V20	V45+	waco	00:52:59	05:17
21	0298	Stokis	Priscilla	V21	V45+	HST Haccourt	00:53:15	05:19
22	0382	Mattheussens	Valerie	V22	V45+		00:53:44	05:22
23	7017	Schunselaar	Maaïke	V23	V45+	Aca Alken	00:54:05	05:24
24	0396	Raemaekers	Annick	V24	V45+		00:54:21	05:26
25	0362	De Wit	Daphne	V25	V45+	LC De Rouckies	00:55:47	05:34
26	0415	Engels	Aicha	V26	V45+	MPW-HJM	00:56:33	05:39
27	0311	Sienicka	Anna	V27	V45+	Hoeselt Run	00:56:48	05:40
28	0372	Langendries	Nora	V28	V45+	Run4Fun Maastr	00:57:03	05:42
29	0397	Billen	Isabelle	V29	V45+		00:57:31	05:45
30	0548	Foets	Mieke	V30	V45+		00:58:47	05:52
31	0335	Claes	Iris	V31	V45+		00:59:34	05:57
32	0604	Kuylen	Sabine	V32	V45+		00:59:42	05:58
33	7044	Swennen Groffils	Magali	V33	V45+		00:59:58	05:59
34	0302	Jans	Marjan	V34	V45+		01:00:16	06:01
35	0718	Rommens	Caroline	V35	V45+		01:00:33	06:03
36	0433	Heymans	Dagmar	V36	V45+	Uitslovers Zuten	01:00:41	06:04
37	0432	Bobbaers	Leen	V37	V45+		01:00:43	06:04
38	7051	Fosse	Ann	V38	V45+	Roadrunners Has	01:01:09	06:06

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
39	0571	Stakenborg	Anke	V39	V45+		01:02:16	06:13
40	0448	Fornaro	Deborah	V40	V45+		01:04:25	06:26
41	0347	Bosmans	Elke	V41	V45+		01:06:48	06:40
42	0377	Gelders	Greet	V42	V45+	Road Runners H.	01:09:58	06:59
43	0245	Bartels	Kimsy	V43	V45+		01:14:23	07:26
44	0706	Bertram	Petra	V44	V45+		01:32:06	09:12

10 km Helpshopcup - Women 55+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	0566	Detrez	Martine	V1	V55+	ATC	00:40:55	04:05
2	0510	Vankrunkelsven	Leen	V2	V55+	VACH	00:44:13	04:25
3	0511	Vankrunkelsven	Christel	V3	V55+	VACH	00:48:39	04:51
4	7081	Moons	Lydia	V4	V55+		00:49:40	04:58
5	0558	Danckaert	Mieke	V5	V55+		00:52:06	05:12
6	0248	Nahon	Sylvie	V6	V55+	Waco	00:52:40	05:16
7	0390	Mombaerts	Els	V7	V55+		00:52:42	05:16
8	7056	Philippaerts	Greta	V8	V55+	ACAlken	00:53:18	05:19
9	0343	KESTENS	Sylvia	V9	V55+		00:54:02	05:24
10	0363	De Raedt	Katrien	V10	V55+		00:54:11	05:25
11	0549	Meerbergen	Veerle	V11	V55+	Road runners Ha	00:56:45	05:40
12	0379	Heussen	Gerda	V12	V55+	AVT Oudsberger	00:56:54	05:41
13	0737	van Welt	Theodora	V13	V55+		00:56:54	05:41
14	0345	Beckers	Monique	V14	V55+	Atletiek Maastric	00:57:37	05:45
15	0338	CORNET	CARINE	V15	V55+	RFCL ROADRU	00:59:05	05:54
16	0370	Van Uum	Nicole	V16	V55+	Run4Fun Maastr	00:59:39	05:57
17	0508	Timmerman	Leentje	V17	V55+	VACH	00:59:41	05:58
18	0741	Kuylen	Carine	V18	V55+		01:02:27	06:14
19	0369	Daenen	Esther	V19	V55+	Run4Fun Maastr	01:02:41	06:16
20	0597	Somers	Hilde	V20	V55+	Road runners Ha	01:03:16	06:19
21	0271	Jansen	Heidi	V21	V55+		01:07:27	06:44

10 km Helpshopcup - Women 65+

Place	Bibnr	Last name	First name	M/F	Cat	Club	Time	min/km
1	7098	Van Zand	Maja	V1	V65+	AC Alken	00:54:20	05:26
2	0512	Willemse	Agnes	V2	V65+	VACH	00:54:39	05:27
3	0477	Nysen	Marleen	V3	V65+	Avt oudsbergen	00:57:13	05:43
4	0705	Bertram	Maria	V4	V65+		01:32:05	09:12