

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	268	Verherstraeten	Rick	Herselt	M1	SEN	De Dorpspomp	00:17:03	17.24	03:28
2	241	Van De Gaer	Wesley	Averbode	M2	MAS+40	Boothyvision	00:17:22	16.93	03:32
3	2006	Wouters	Chriske	Diest	M3	MAS+50	MAES SQM Runnin...	00:18:05	16.26	03:41
4	248	De Rooy	Andy	Grobbendonk	M4	MAS+45	Coyote Sports Team	00:18:17	16.08	03:43
5	283	Huygens	Glen	Averbode	M5	MAS+35	Sportoase Triathlon...	00:18:29	15.91	03:46
6	260	Wynants	Joost	Westerlo	M6	MAS+40	ACHL	00:18:41	15.74	03:48
7	2008	Peetermans	Matthias	Zoutleeuw	M7	MAS+35		00:19:05	15.41	03:53
8	270	Govaerts	Bart	Herselt	M8	SEN		00:19:56	14.75	04:04
9	279	Ceusters	Nico	Messelbroek	M9	SEN	ROBA	00:20:02	14.68	04:05
10	246	Vermeersch	Jasper	Perk	M10	SEN		00:20:10	14.58	04:06
11	2009	Luyten	Björn	Zoutleeuw	M11	MAS+35	Lions Against Cancer	00:20:14	14.53	04:07
12	212	Janssens	Jurgen	Loksbergen	M12	MAS+40		00:20:17	14.49	04:08
13	277	Korthout	Tim	Geel	M13	MAS+35		00:20:20	14.46	04:08
14	256	Van Gelder	Glen	Averbode	M14	SEN		00:20:28	14.36	04:10
15	292	Van de Velde	Jarno	Averbode	M15	SEN	ATB-X	00:20:39	14.24	04:12
16	284	Verbeeck	Stefanie	Herentals	V1	MAS+35	ACHL	00:20:48	14.13	04:14
17	287	Cools	Stijn	Averbode	M16	MAS+40		00:20:56	14.04	04:16
18	222	Cuyvers	Jonas	Tessengerlo	M17	SCH		00:20:58	14.02	04:16
19	249	Finotto	Lise	Massenhoven	V2	SEN	DCLA	00:21:07	13.92	04:18
20	240	Van Cauwenberghe	Peter	Averbode	M18	MAS+35	Runergy	00:21:11	13.88	04:19
21	253	Saenen	Laure	Testelt	V3	SCH	Looise AV	00:21:12	13.87	04:19
22	282	Rouffa	Peter	Kortesseem	M19	MAS+45		00:21:19	13.79	04:21
23	231	Rouffa	Jurgen	Glabbeek	M20	MAS+50		00:21:20	13.78	04:21
24	236	Sonck	Ruth	Tienen	V4	MAS+35	Maes SQM Running...	00:21:29	13.69	04:23
25	226	De Meyer	Pieter	Kersbeek-Miskom	M21	MAS+40	DCLA halen	00:21:32	13.65	04:23
26	273	Verherstraeten	Nick	Averbode	M22	MAS+35	De Dorpspomp	00:21:59	13.37	04:29
27	247	Mans	Dylan	Testelt	M23	MIN	Westerlo	00:22:02	13.34	04:29
28	271	Peeters	Stig	Testelt	M24	CAD		00:22:04	13.32	04:30
29	281	Ceusters	Kevin	Bekkevoort	M25	SEN		00:22:12	13.24	04:31
30	276	Lambert	Seppe	Holsbeek	M26	SCH		00:22:20	13.16	04:33
31	228	Janssens	Jarne	Loksbergen	M27	CAD	De Windbrekers	00:22:28	13.09	04:35
32	235	Simons	Dylan	Molenstede	M28	CAD		00:22:29	13.08	04:35
33	2011	Van Os	Danièle	Holsbeek	V5	MAS+35	Sportiva Gelorde	00:22:42	12.95	04:37
34	255	Vermaelen	Johan	Holsbeek	M29	MAS+45	Sportiva Gelrode	00:22:43	12.94	04:38
35	275	Inghelbrecht	Finn	Wilsle	M30	SCH		00:23:31	12.5	04:47
36	289	Wollants	Wies	Testelt	M31	MAS+55	Inform	00:24:36	11.95	05:01
37	267	Van Delsen	Leander	Veltem-Beisem	M32	SCH		00:24:47	11.86	05:03
38	254	Saenen	Lene	Testelt	V6	CAD	Looise AV	00:25:01	11.75	05:06
39	261	Bak	Kristof	Aarschot	M33	MAS+40		00:25:04	11.73	05:06
40	251	Willems	Reinart	Tremelo	M34	SEN		00:25:14	11.65	05:08
41	262	Van Gompel	Helmut	Molenstede	M35	MAS+50		00:25:16	11.64	05:09
42	223	Dasque	Roos	Kersbeek-Miskom	V7	MAS+35	DCLA-Halen	00:25:19	11.61	05:10
43	211	Boeren	Lisa	Averbode	V8	SEN		00:25:23	11.58	05:10
44	2010	Vermaelen	Wendy	Holsbeek	V9	MAS+40	Kapsalon Luc	00:25:44	11.42	05:15
45	229	Peetermans	Lothar	Zoutleeuw	M36	SEN		00:25:53	11.36	05:16
46	2002	Cambré	Sandra	Herentals	V10	MAS+50	Coyote Sports Team	00:26:17	11.19	05:21
47	274	Verheyden	Gunther	Bekkevoort	M37	MAS+45		00:26:22	11.15	05:22
48	250	Peeters	Gustaaf	Testelt	M38	MAS+55	Oeverlopers	00:26:42	11.01	05:26
49	278	Boone	Frederik	Diest	M39	MAS+50	ROBA	00:27:08	10.84	05:32
50	265	Werbrouck	Tom	Scherpenheuvel	M40	MAS+45		00:28:22	10.36	05:47

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51	266	De Heitogh	Maike	Averbode	V11	SEN		00:28:23	10.36	05:47
52	293	Van Gompel	Nathalie	Averbode	V12	SEN		00:28:26	10.34	05:48
53	210	Beckers	Sien	Diest	V13	SEN	Start met Lopen 2023	00:29:00	10.14	05:55
54	234	Sijmens	Staf	Tielt-Winge	M41	MIN		00:29:10	10.08	05:57
55	233	Sijmens	Davy	Tielt-Winge	M42	MAS+40	BBB cycling	00:29:13	10.06	05:57
56	263	Bloemmen	Ulrike	Grathem (NL)	V14	MAS+40		00:29:34	9.94	06:02
57	286	Peeters	Nico	Testelt	M43	MAS+40		00:29:39	9.92	06:03
58	285	Peeters	Eveline	Testelt	V15	PUP	Looise AC	00:29:40	9.91	06:03
59	269	Langsberg	Johan	Zichem	M44	MAS+45	Blijven lopen	00:29:42	9.9	06:03
60	225	De Meyer	Lena	Kersbeek-Miskom	V16	MIN	DCLA Halen	00:29:48	9.87	06:04
61	238	Theys	Amber	Averbode	V17	MIN		00:30:03	9.78	06:07
62	288	Hoflijk	Steve	Averbode	M45	MAS+45		00:30:08	9.76	06:08
63	258	Vandijck	Yves	Rillaar	M46	MAS+50	Sportiva Gelrode	00:30:21	9.69	06:11
64	257	Verbist	Jonathan	Aarschot	M47	MAS+35	Sportiva Gelrode	00:30:22	9.68	06:11
65	290	Van Gompel	Maxime	Averbode	V18	SEN		00:30:27	9.66	06:12
66	291	Van Gompel	Dirk	Okselaar	M48	MAS+50		00:30:28	9.65	06:13
67	272	Verherstraeten	Raf	Herselt	M49	MAS+60	De Dorpspomp	00:30:44	9.57	06:16
68	259	Claes	Marlies	Diest	V19	SEN		00:31:40	9.28	06:27
69	216	Claeskens	Els	Testelt	V20	MAS+35		00:31:42	9.27	06:28
70	217	Claeskens	Sam	Diest	M50	MAS+40		00:31:43	9.27	06:28
71	220	Corten	Kathleen	Tessenderlo	V21	MAS+40	start-to-run 0-5km	00:32:04	9.17	06:32
72	218	Cleemput	Lex	Testelt	M51	BEN		00:32:07	9.15	06:33
73	245	Vandenschrieck	Kevin	Testelt	M52	MAS+40	Blijf lopen 2022	00:32:09	9.14	06:33
74	230	Pieters	Karen	Averbode	V22	MAS+35	Blijf lopen 2022	00:32:25	9.07	06:36
75	280	Luyten	Karen	Langdorp	V23	SEN		00:32:39	9	06:39
76	239	Thoelen	Laura	Westerlo	V24	SEN		00:32:45	8.98	06:41
77	243	Van Gossum	Ronny	Testelt	M53	MAS+50	Blijf lopen 2022	00:32:50	8.95	06:42
78	213	Lenaerts	Ann	Averbode	V25	SCH	Start met lopen	00:32:52	8.95	06:42
79	219	Coomans	Laurien	Testelt	V26	MAS+35		00:32:54	8.94	06:42
80	2012	Van Wesembeek	Katrien		V27	MAS+40		00:33:24	8.8	06:48
81	237	Sterckx	Marjan	Testelt	V28	MAS+35		00:34:13	8.59	06:58
82	244	Vanden Bussche	Valérie	Zichem	V29	MAS+35	Start met Lopen 2023	00:35:05	8.38	07:09
83	264	Celis	Hilde	Molenstede	V30	MAS+50		00:35:07	8.37	07:10
84	224	De Batselier	Elke	Averbode	V31	MAS+35		00:37:51	7.77	07:43
85	252	Haesaerts	Sabine	Scherpenheuvel	V32	MAS+55		00:38:17	7.68	07:48