



## 10 km Helpshopcup - Algemene rangschikking

Startuur : 16-02-2025 11:17:03

Uitslag is volledig

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0594	noel	enzo	M1	M35-	Excelsior	00:29:58	02:59
2	0474	Velraeds	Per	M2	M35-	Av caesar	00:31:04	03:06
3	0549	Janssen	Luuk	M3	M35-		00:32:08	03:12
4	0526	Hubrechts	Gijs	M4	M35-	DCLA	00:32:46	03:16
5	0397	Bossuyt	Rik	M5	M35-		00:33:05	03:18
6	0261	Boden	Niki	M6	M35+	Sqm Running tea	00:33:08	03:18
7	0396	Catteau	Simon	M7	M35-		00:33:24	03:20
8	0713	Thibault	Debusschere	M8	M35+	ADD	00:33:27	03:20
9	0308	Baccus	Sven	M9	M35+		00:33:28	03:20
10	0576	Snijders	Tim	M10	M35+	Maasrunners	00:33:31	03:21
11	0836	Mouling	Stan	M11	M35-	ADD TONGERE	00:33:41	03:22
12	0565	Nassen	Brecht	M12	M35+	ADD	00:33:42	03:22
13	0618	Valkeners	Boris	M13	M35-	VACH	00:34:06	03:24
14	0482	Bertels	Kenny	M14	M35-	Add	00:34:08	03:24
15	0432	Kennes	Pieter-Jan	M15	M35-	VDR-Bikes	00:34:23	03:26
16	0247	Timmermans	Niky	M16	M35+		00:34:37	03:27
17	0559	Aerts	Andries	M17	M35+	Gs Running team	00:34:43	03:28
18	0533	Schreurs	Anne	V1	V35-	Atletiekclub Ger	00:35:01	03:30
19	5075	Philippe	Patrick	M18	M55+	JiA	00:35:03	03:30
20	0263	Brandts	Fabrice	M19	M35-	AV Caesar	00:35:13	03:31
21	0590	Smeets	Ferdy	M20	M35+	AV Caesar	00:35:15	03:31
22	0631	Wouters	Bert	M21	M35+		00:35:24	03:32
23	0453	Scholts	Bert	M22	M35+	Kingly	00:35:25	03:32
24	0588	Vanwersch	Bert	M23	M55+	Scott Running Te	00:35:28	03:32
25	0262	Bokken	Mathijs	M24	M35+		00:35:34	03:33
26	0427	Van Eetvelde	Timo	M25	M35-	Animo	00:35:38	03:33
27	5103	Vossius	Peter	M26	M45+	SQM RUNNING	00:35:45	03:34
28	0514	Vliegen	Joris	M27	M35+	Team Siktivity	00:35:45	03:34
29	5055	Slegers	Jonas	M28	M35+	GS Running Tea	00:35:49	03:34
30	0420	Jacobs	Ellis	V2	V35+	STB Landgraaf	00:35:59	03:35
31	0517	Lodewijckx	Siebe	M29	M35-	Ironteam Hasselt	00:36:00	03:36
32	0376	Cruysberghs	Siebe	M30	M35-	AVT	00:36:01	03:36
33	0627	Noelmans	Bram	M31	M35+		00:36:07	03:36
34	0720	Meesters	Nils	M32	M35+	Achilles-Top Ke	00:36:30	03:39
35	0511	Uitdebroeks	Lennert	M33	M35-		00:36:31	03:39
36	0392	Goessens	Tess	V3	V35-	AV Caesar	00:36:39	03:39
37	0744	Claus	Jonas	M34	M35-	Animo	00:36:46	03:40
38	5009	De Rooy	Andy	M35	M45+	Coyote sports tea	00:36:49	03:40

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	5089	Jacobs	Joris	M36	M35+	TTL	00:36:51	03:41
40	0816	wijnen	ron	M37	M55+	AVC cesar beek	00:36:53	03:41
41	0608	Michielsen	Carlo	M38	M45+	VACH	00:36:59	03:41
42	0696	Moens	Niels	M39	M35+		00:37:00	03:42
43	0606	Maris	Peter	M40	M55+	VACH	00:37:02	03:42
44	0685	Nizet	Ilya	M41	M35-	Avtoekomst	00:37:02	03:42
45	0689	Wiams	Ruben	M42	M35+		00:37:04	03:42
46	0494	Van de Weyer	Bo	M43	M35-		00:37:06	03:42
47	0719	Mathijs	David	M44	M45+		00:37:08	03:42
48	5102	Vanden Bempt	Hans	M45	M45+	SQMrunningteam	00:37:10	03:43
49	0669	Dusar	Andreas	M46	M35-	Ironteam Hasselt	00:37:13	03:43
50	0471	Michiels	Mathieu	M47	M35-	ADD Kortesseme	00:37:21	03:44
51	5172	Wouters	Chriske	M48	M45+	SQM RUNNING	00:37:30	03:45
52	0567	Piette	Julien	M49	M35-	TRC	00:37:32	03:45
53	0566	Spelmans	Ingrid	V4	V35-	Absolut Run - TR	00:37:33	03:45
54	0289	Metten	Davy	M50	M35+	Ironteam Hasselt	00:37:39	03:45
55	0653	Peeters	Martine	V5	V35-	LT Lommel	00:37:42	03:46
56	0530	Vandenhout	Bert	M51	M35+	Tri4More	00:37:46	03:46
57	0572	Kerkhofs	Bram	M52	M35-		00:37:49	03:46
58	5150	Arnauts	Bert	M53	M45+	Animo	00:37:53	03:47
59	0550	Martens	Roel	M54	M45+	ACHL	00:37:55	03:47
60	0521	Stevens	Linus	M55	M35-	AC Meylandt	00:37:58	03:47
61	0828	Jeqn-Pierre	Dieteren	M56	M55+	av cesar beek	00:37:59	03:47
62	0843	Hermans	Stephane	M57	M35+		00:38:03	03:48
63	0709	D'Haen	Lesly	M58	M45+	Bokrijklopers	00:38:08	03:48
64	0490	Slegers	Robin	M59	M35+		00:38:12	03:49
65	0722	Schouppe	Kenny	M60	M35+	De Musculatuur	00:38:13	03:49
66	0496	Franssen	Joeri	M61	M35-		00:38:14	03:49
67	0814	Boonen	Joris	M62	M35+		00:38:18	03:49
68	0356	Vanderleen	An-Katrien	V6	V35-		00:38:20	03:50
69	0267	verlinden	Herwig	M63	M55+	rsca	00:38:26	03:50
70	0595	Bartok	Jules	M64	M35-	VACH	00:38:27	03:50
71	0506	Thijs	Erwin	M65	M55+	Atla	00:38:28	03:50
72	0458	Raeymakers	Sven	M66	M45+		00:38:29	03:50
73	0492	Verhoeven	Roel	M67	M35+	Hoeseltrun	00:38:29	03:50
74	0435	Roofthoofd	Yanni	M68	M35-	Animo Triatlon T	00:38:30	03:51
75	0554	Claessens	Niky	M69	M35+	Atla	00:38:36	03:51
76	0628	Renwa	Tim	M70	M35-	Ironteam Hasselt	00:38:37	03:51
77	5177	Ruymen	Wouter	M71	M35+	Ac Alken	00:38:41	03:52
78	0717	Van Der Perren	Ritte	M72	M35-	Ac Kortenberg	00:38:41	03:52
79	0727	Mellemans	Robrecht	M73	M35+		00:38:46	03:52
80	0461	Verjans	Sarah	V7	V35+	Animo	00:38:47	03:52
81	0649	Willems	Jeroen	M74	M35+		00:38:49	03:52
82	0525	Oberjé	Edwin	M75	M35+	Hendrik van Vel	00:38:50	03:53
83	0702	Moons	Youri	M76	M35-		00:39:00	03:54
84	0418	Etneo	Mario	M77	M45+	Hoeselt Run	00:39:05	03:54
85	0644	Huygen	Jeroen	M78	M35-	Ironteam Hasselt	00:39:12	03:55

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
86	0553	Roggen	Steven	M79	M45+		00:39:14	03:55
87	0413	Dirkx	Michel	M80	M35+	Genk Running C	00:39:16	03:55
88	0391	Croux	Kris	M81	M35+		00:39:17	03:55
89	0596	Bernaers	Ingmar	M82	M45+	VACH	00:39:20	03:56
90	0651	Vandijck	Tim	M83	M35+		00:39:22	03:56
91	0841	Vanhove	Chris	M84	M45+		00:39:22	03:56
92	0738	Royen	Sanny	M85	M35+		00:39:28	03:56
93	0634	Willems	Dirk	M86	M55+	Tact st-truiden	00:39:29	03:56
94	0504	Girouard	Katherine	V8	V35-		00:39:32	03:57
95	0282	Claes	Bart	M87	M35+	Animo	00:39:33	03:57
96	0633	Jorissen	Frederic	M88	M35+	Hoeselt Eun	00:39:33	03:57
97	0288	Donne	Maxim	M89	M35-		00:39:34	03:57
98	0274	Dupé	Bertrand	M90	M35+	RFCL	00:39:52	03:59
99	0609	Nizet	Luc	M91	M45+	VACH	00:39:55	03:59
100	0515	Van Poucke	Christophe	M92	M45+		00:39:58	03:59
101	0510	Vrielynck	Wout	M93	M35-		00:40:01	04:00
102	0714	Bogaerts	Sem	M94	M35+	BFC	00:40:06	04:00
103	0820	Moyersoan	Bernard	M95	M55+	RFCL Road Run	00:40:08	04:00
104	0538	Boonen	Jan	M96	M35+		00:40:14	04:01
105	0244	Morren	Hans	M97	M35-	Fc Pellenberg	00:40:17	04:01
106	0546	Neven	John	M98	M45+		00:40:18	04:01
107	0294	Tupuschies	Zaki	M99	M45+		00:40:23	04:02
108	0670	Saenen	Bart	M100	M45+		00:40:49	04:04
109	0328	Spees	F.W.M.	M101	M55+	AV Caesar Beek	00:40:56	04:05
110	5074	Stoumont	Laure	V9	V35+	JiA	00:40:59	04:05
111	0604	Hollants	JP	M102	M45+	VACH	00:41:00	04:06
112	0381	Cardinaels	Frank	M103	M45+	Canitrail Bocholt	00:41:09	04:06
113	0729	Van Cauwenberghe	Peter	M104	M35+	Averbode Runni	00:41:11	04:07
114	0279	Schouwenaars	Filip	M105	M35+		00:41:12	04:07
115	0776	Tempels	Jean	M106	M55+	ADD	00:41:22	04:08
116	0746	Herbots	Tim	M107	M35-		00:41:36	04:09
117	5053	Stijnen	David	M108	M45+	AC Alken	00:41:37	04:09
118	0768	Deprez	Marco	M109	M45+		00:41:38	04:09
119	0348	Achaaray	Imad	M110	M35-		00:41:39	04:09
120	0753	Hermans	Steven	M111	M35+	Hoeselt run	00:41:42	04:10
121	0335	Jansen	Bastiaan	M112	M35-	Ironteam Hasselt	00:41:48	04:10
122	5169	Redant	Tom	M113	M35+	AC Alken	00:41:49	04:10
123	0677	Dekens	Danny	M114	M65+	Dcla Halen	00:41:50	04:11
124	0739	Kennes	Hendrik	M115	M35-	VDR-Bikes	00:41:51	04:11
125	0434	philis	Iambriny	V10	V45+	RFCL Roadrunn	00:41:53	04:11
126	0646	Vangrieken	Mark	M116	M45+	Avt houthalen	00:41:53	04:11
127	0679	Staelens	Kirsten	V11	V35+	running opoetere	00:41:53	04:11
128	0350	Vanhellemont	Silke	V12	V35-	Animo	00:41:54	04:11
129	0681	Gerits	Lize	V13	V35+	Running opoeter	00:41:54	04:11
130	0406	Jammaer	Anne-Sophie	V14	V35-	Lommelse triatle	00:42:00	04:12
131	0528	Holtappels	Sofie	V15	V35-	Triathlon 4P	00:42:03	04:12
132	0351	Hautekeete	Koen	M117	M45+	Triatlon Duatlon	00:42:05	04:12

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
133	0305	Bart	Sampermans	M118	M35+	Dcla halen	00:42:06	04:12
134	5028	Werckx	Ludo	M119	M65+	ACA	00:42:07	04:12
135	0839	Boons	Pieter	M120	M45+		00:42:07	04:12
136	0715	Bleeser	Raf	M121	M35+		00:42:09	04:12
137	0641	Neven	Ronny	M122	M55+	Trenara	00:42:16	04:13
138	0745	Saels	Koen	M123	M45+		00:42:18	04:13
139	0692	Macours	dominique	M124	M35+		00:42:21	04:14
140	0586	Vermeulen	Koen	M125	M35-		00:42:25	04:14
141	0284	Sidhoumi	Yasmine	V16	V35-		00:42:30	04:15
142	0237	Thijs	Peter	M126	M35+	Animo	00:42:37	04:15
143	0243	Wellens	Jonas	M127	M35-	Animo	00:42:44	04:16
144	0610	Oud	Carlo	M128	M45+	VACH	00:42:44	04:16
145	0611	Paques	Dimitri	M129	M35+	VACH	00:42:45	04:16
146	0497	Claes	Catherine	V17	V45+	Absoluterun Jog	00:42:52	04:17
147	0499	Dominique	Noel	M130	M55+	Absoluterun Jog	00:42:52	04:17
148	0616	Thys	Ronny	M131	M55+	VACH	00:42:54	04:17
149	0332	Vandeweyer	Niels	M132	M35-		00:43:00	04:18
150	0270	Vandevenne	Pieter	M133	M35-	AVT Heusden	00:43:02	04:18
151	0362	Monten	Jan	M134	M35+		00:43:04	04:18
152	0240	Lemmens	Ilona	V18	V35+	The Extra Mile	00:43:15	04:19
153	0529	Dujourie	Eva	V19	V35-	ADD DIEPENB	00:43:16	04:19
154	0493	Proost	Kris	M135	M55+	JMT Mol	00:43:19	04:19
155	0827	Straetemans	Stefan	M136	M45+	breborun	00:43:24	04:20
156	5175	Pauwels	Jill	V20	V35+	GS Running Tea	00:43:33	04:21
157	0489	Coremans	Kris	M137	M45+		00:43:39	04:21
158	0605	Knapen	Griet	V21	V45+	VACH	00:43:39	04:21
159	0780	Timmermans	Sammy	M138	M55+	vach	00:43:40	04:22
160	5113	Buntinx	Johan	M139	M45+		00:43:42	04:22
161	0580	Van laer	Wim	M140	M55+	Dcla halen	00:43:44	04:22
162	0314	Stoffels	Nicky	M141	M35+		00:43:48	04:22
163	0668	Wauters	Gert	M142	M45+		00:43:51	04:23
164	0545	Forier	Sara	V22	V35-		00:43:59	04:23
165	0548	Tschoschia	Alicko	M143	M35+		00:43:59	04:23
166	5035	Wouters	Bart	M144	M45+	BFC	00:44:03	04:24
167	0516	Reynders	Robin	M145	M45+	Swim4More	00:44:05	04:24
168	0706	Bijkerk	Wim	M146	M35+		00:44:10	04:25
169	0380	Baum	Joke	V23	V35+		00:44:32	04:27
170	0547	Geijs	Niels	M147	M35+		00:44:32	04:27
171	0687	Goossens	Jurgen	M148	M45+		00:44:35	04:27
172	5104	Rubens	Glenn	M149	M35-		00:44:36	04:27
173	0422	Jaspers	Ina	V24	V45+		00:44:37	04:27
174	0623	Gijbels	Sarah	V25	V35+	Hoeselt Run	00:44:39	04:27
175	0672	Burdzy	Sven	M150	M45+	DCLA Halen	00:44:39	04:27
176	0298	Fastré	Peter	M151	M45+	ZLTC	00:44:41	04:28
177	0671	Cleeren	Dominique	M152	M55+	Triathlon Vlaand	00:44:43	04:28
178	0682	Neuray	Isabelle	V26	V45+	RFCL Road runn	00:44:47	04:28
179	0612	Ria	David	M153	M45+	VACH	00:44:56	04:29

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
180	0688	Barbier	Wim	M154	M35+		00:44:56	04:29
181	0318	Beunckens	Johan	M155	M45+		00:45:04	04:30
182	0697	Vanderzande	Kobe	M156	M35+		00:45:14	04:31
183	0690	Van Praet	Willem	M157	M35+		00:45:15	04:31
184	0431	Tiren	Erkan	M158	M45+		00:45:17	04:31
185	0280	Jans	Harmen	M159	M35+		00:45:19	04:31
186	0834	Huybrechts	Stefaan	M160	M55+	aca	00:45:19	04:31
187	0621	Vankrunkelsven	Leen	V27	V55+	VACH	00:45:24	04:32
188	0625	Simons	Debbie	V28	V35-	SACN	00:45:27	04:32
189	0353	Geuns	Sander	M161	M35-	Avt Heusden	00:45:33	04:33
190	5045	Schroven	Hilde	V29	V45+	GS Running team	00:45:36	04:33
191	0695	Goffin	Marc	M162	M45+	Hoeselt Run	00:45:40	04:34
192	0484	De Cock	Ethyl	V30	V35-	AC GENK	00:45:42	04:34
193	0761	Vaes	Karel	M163	M45+	Hoeselt run	00:45:42	04:34
194	0844	Verhaert	Ivan	M164	M45+		00:45:42	04:34
195	0321	Cypers	Giel	M165	M35-		00:45:43	04:34
196	0295	Baerts	Robin	M166	M35+	Iron Team Hasselt	00:45:48	04:34
197	5128	Stas	Katrien	V31	V45+	DCLA Halen	00:45:54	04:35
198	5160	Schevenels	Jarno	M167	M35-	TACT	00:45:58	04:35
199	5014	Slegers	Werner	M168	M55+	Club speciaal	00:46:00	04:36
200	5180	Screurs	Sander	M169	M35-	ACA	00:46:03	04:36
201	0460	Medved	Megane	V32	V35-	Atletiekclub Genk	00:46:11	04:37
202	0667	Zimmermann	Uschi	V33	V35+	Atletiekclub Genk	00:46:11	04:37
203	0519	Swalens	Dirk	M170	M55+	AVT	00:46:13	04:37
204	0582	heeren	valerie	V34	V45+	Iron Team Hasselt	00:46:15	04:37
205	0643	Goijens	Stijn	M171	M35-	Trisportmknk	00:46:17	04:37
206	0271	Dusar	Lieven	M172	M35+	TACT	00:46:18	04:37
207	0619	Vanderspikken	Marietje	V35	V35+	VACH	00:46:18	04:37
208	0764	Thijs	Erik	M173	M55+	Ironteam Hasselt	00:46:18	04:37
209	0691	Croes	Jo	M174	M35+	TACT	00:46:19	04:37
210	5124	Hiemeleers	Marc	M175	M65+	AC Alken	00:46:22	04:38
211	0636	Vandeweyer	Kris	M176	M45+	ADD Tongeren	00:46:26	04:38
212	0703	Bervoets	Timo	M177	M35-		00:46:36	04:39
213	0705	Bervoets	Bart	M178	M45+		00:46:36	04:39
214	0707	Kris	Snyers	M179	M45+		00:46:36	04:39
215	0426	Saive	Yannick	M180	M35-		00:46:37	04:39
216	5112	Lormans	Ward	M181	M35-		00:46:39	04:39
217	0637	Croes	Dayo	M182	M35-		00:46:40	04:40
218	5056	Verschueren	Frank	M183	M65+	SACN	00:46:42	04:40
219	0334	Houben	Stan	M184	M35-		00:46:42	04:40
220	0535	Heylen	Lucas	M185	M35-		00:46:45	04:40
221	0476	Deblois	Greg	M186	M35+		00:46:46	04:40
222	0602	Derison	Bart	M187	M45+	VACH	00:46:47	04:40
223	0821	Celus	Paul	M188	M65+		00:46:49	04:40
224	0544	dedroog	maarten	M189	M35+		00:46:57	04:41
225	0385	Ory	Raf	M190	M35+		00:46:58	04:41
226	0570	Jorissen	Bart	M191	M35+		00:47:03	04:42

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
227	0436	tesfay	Mengstab	M192	M35-		00:47:06	04:42
228	0423	Keunen	Tamara	V36	V45+	AV Toekomst	00:47:07	04:42
229	0700	Loyens	Steven	M193	M35+		00:47:07	04:42
230	0447	Vandersmissen	Jo	M194	M45+		00:47:09	04:42
231	0383	Dillen	Annelies	V37	V45+		00:47:10	04:43
232	0487	Mondelaers	Sam	M195	M35+		00:47:10	04:43
233	5108	Niesen	Stan	M196	M45+		00:47:11	04:43
234	0721	Goijens	Nancy	V38	V35-	Trisport MNK	00:47:15	04:43
235	0373	Sterckx	Jan	M197	M45+		00:47:16	04:43
236	0452	Bongers	Ton	M198	M55+	AVT Maaseik	00:47:19	04:43
237	0624	Nolmans	Davy	M199	M45+	Hoeselt Run	00:47:19	04:43
238	0558	Ieroianni	Alberto	M200	M35-		00:47:20	04:44
239	0455	Dom	Stijn	M201	M35+	Hogense loop	00:47:22	04:44
240	0666	Muermans	Mieke	V39	V45+	Hoeselt run	00:47:22	04:44
241	0266	Blokken	Sven	M202	M45+	Hoeselt run	00:47:23	04:44
242	0382	Smets	Tom	M203	M45+		00:47:23	04:44
243	5010	Slegers	Ayrton	M204	M35-		00:47:27	04:44
244	0712	Trouwers	Johan	M205	M35+		00:47:27	04:44
245	0537	Gentens	Dries	M206	M35-		00:47:30	04:45
246	0620	Vankrunkelsven	Christel	V40	V55+	VACH	00:47:35	04:45
247	0536	Franssens	Samuel	M207	M35+		00:47:36	04:45
248	0699	Deneuker	Tony	M208	M55+		00:47:43	04:46
249	0833	Thoelen	Klaas	M209	M45+		00:48:04	04:48
250	0393	Hebbrecht	Maaike	V41	V35+		00:48:07	04:48
251	0394	Aerts	Hans	M210	M35+		00:48:08	04:48
252	0724	Breukink	Christien	V42	V55+	Caesar	00:48:16	04:49
253	0660	Broux	Tom	M211	M35+		00:48:18	04:49
254	0387	Jacobs	Stephen	M212	M35-	Hoeselt Run	00:48:20	04:50
255	0579	De Bus	Wim	M213	M45+	Tri4more	00:48:22	04:50
256	0269	Pirs	Erwin	M214	M45+		00:48:23	04:50
257	0786	Wils	Dirk	M215	M55+		00:48:25	04:50
258	5012	Requilé	Philippe	M216	M55+	Bokkerijderstea	00:48:29	04:50
259	0371	Cremers	Yannick	M217	M35+		00:48:33	04:51
260	0756	Reyskens	Geert	M218	M55+		00:48:33	04:51
261	5098	Palombo	Verdiana	V43	V35-	Fclub MTA4	00:48:36	04:51
262	0683	VAN DE POL	TOM	M219	M35+		00:48:41	04:52
263	0378	Gielen	Brecht	M220	M35+		00:48:42	04:52
264	0592	Bouts	Jan	M221	M35-		00:48:47	04:52
265	0838	Carovillano	Alkia	V44	V35+	nee	00:48:50	04:53
266	0675	Smids	Jens	M222	M35-		00:48:52	04:53
267	0296	Maris	Evert	M223	M35+	Haspengouw Ro	00:48:57	04:53
268	0419	Gijbels	Bjorn	M224	M35+		00:48:58	04:53
269	0597	Bijloos	Erik	M225	M55+	VACH	00:49:00	04:54
270	0402	Erlingen	Daisy	V45	V35+	Canitrail	00:49:01	04:54
271	0242	Ceuppens	Gérard	M226	M45+	BFC	00:49:04	04:54
272	0663	Meijers	Marc	M227	M55+	Atletiek Maastric	00:49:13	04:55
273	0361	Vanhoegaerden	Kasper	M228	M35-	Iron team Hassel	00:49:15	04:55

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
274	0563	Vanbrabant	Brecht	M229	M35-		00:49:17	04:55
275	0600	De Bus	Evert	M230	M45+	VACH	00:49:18	04:55
276	0571	Schroyen	Jessica	V46	V35-		00:49:19	04:55
277	5125	Dasque	Roos	V47	V35+	Dcla Halen	00:49:22	04:56
278	5126	De Meyer	Pieter	M231	M35+	Dcla Halen	00:49:23	04:56
279	0638	Rijskens	Sven	M232	M45+		00:49:24	04:56
280	0275	Ulenaers	Jolien	V48	V35+		00:49:26	04:56
281	0276	Keppens	Lidewij	V49	V35+		00:49:27	04:56
282	0850	Van Looy	Jan	M233	M55+		00:49:27	04:56
283	0365	Vanherle	Robyn	V50	V35-		00:49:32	04:57
284	0701	Leysen	Koen	M234	M35+		00:49:42	04:58
285	0661	Deckers	Werner	M235	M35+	Tri4more	00:49:44	04:58
286	0509	Stouten	Wendy	V51	V35+	Hoeselt run	00:49:45	04:58
287	0647	Bosmans	Bart	M236	M45+	Road Runners H	00:49:49	04:58
288	0848	Poelmans	Bart	M237	M55+	Looise recreante	00:49:49	04:58
289	0465	Valkeneers	Prisca	V52	V45+	Ik ren dus ik ben	00:49:52	04:59
290	0469	Melotte	Morgan	V53	V35-		00:49:52	04:59
291	0265	Kemerlinckx	Bert	M238	M35-		00:49:58	04:59
292	0301	Van Sweevelt	Wouter	M239	M35+	ITH	00:50:06	05:00
293	0480	loenders	rik	M240	M35+		00:50:06	05:00
294	0264	Vanlommel	Martine	V54	V35+	Animo	00:50:12	05:01
295	0754	Swinnen	Yannick	M241	M35+	Animo Triathlon	00:50:12	05:01
296	0748	Baerts	Chris	M242	M45+		00:50:17	05:01
297	0349	Achaaray	Anas	M243	M35-		00:50:18	05:01
298	0297	Vermeulen	Ludo	M244	M65+	Looise av	00:50:20	05:02
299	0389	Van Bilsen	Britt	V55	V35+	Canitrail Bochol	00:50:21	05:02
300	0789	Luykx	Johny	M245	M55+		00:50:21	05:02
301	0642	Vanaken	Patrick	M246	M55+	Gemsjoggers Die	00:50:23	05:02
302	5013	Coenen	Kris	M247	M35+	bokkerijdersteam	00:50:27	05:02
303	0763	Van Marcke	Jessy	V56	V35-		00:50:27	05:02
304	5118	van der Laak	Evalyn	V57	V35+	Road Runners H	00:50:30	05:03
305	0299	Vervoort	Alex	M248	M55+	De Bosvrienden	00:50:34	05:03
306	5052	Moons	Lydia	V58	V55+		00:50:38	05:03
307	0451	Buckinx	Emma	V59	V55+	RFCL	00:50:39	05:03
308	0601	De Bus	Martien	V60	V45+	VACH	00:50:43	05:04
309	0659	STULENS	MELVIN	M249	M35+	Jkkmeisters	00:50:44	05:04
310	0552	Baccus	Johnny	M250	M55+		00:50:45	05:04
311	0837	VRYS	Rudi	M251	M65+		00:50:57	05:05
312	0477	Dewachtere	Caro	V61	V35-		00:50:58	05:05
313	0287	lemkens	jan	M252	M65+		00:51:06	05:06
314	0443	Kestens	Sylvia	V62	V55+		00:51:10	05:07
315	0785	Hermans	Jean	M253	M65+	atla	00:51:16	05:07
316	0342	Hindrikkx	Anne-Leen	V63	V35-		00:51:21	05:08
317	0603	Gielkens	Marc	M254	M55+	VACH	00:51:26	05:08
318	5088	Philippaerts	Greta	V64	V55+	ACAAlken	00:51:28	05:08
319	0513	Swinnen	Evelien	V65	V35+		00:51:28	05:08
320	5051	Coenen	Wouter	M255	M35+		00:51:35	05:09

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
321	0599	Cosemans	Kirsten	V66	V45+	VACH	00:51:47	05:10
322	0366	Jacobs	Sonja	V67	V45+		00:51:52	05:11
323	5083	Grosemans	Michelle	V68	V45+		00:51:57	05:11
324	0448	Thiry	Jeanne	V69	V35-	AVT	00:52:03	05:12
325	0249	Van Mulken	Jan	M256	M35+		00:52:09	05:12
326	0281	Honings	Jana	V70	V35-		00:52:12	05:13
327	0693	Bancken	Mark	M257	M45+		00:52:13	05:13
328	0341	Lamalle	Caroline	V71	V35+	RFCL roadrunne	00:52:16	05:13
329	0635	Mellemans	Johan	M258	M65+		00:52:19	05:13
330	0716	Holans	Dirk	M259	M55+	Vitamove	00:52:22	05:14
331	0327	Holsteyns	Herman	M260	M45+		00:52:23	05:14
332	0741	Salmon	Peter	M261	M55+		00:52:29	05:14
333	0750	Van der kinderen	Louis	M262	M35-		00:52:32	05:15
334	0749	Wijnants	Els	V72	V35+		00:52:36	05:15
335	0652	Van Baelen	Dominique	M263	M35+		00:52:38	05:15
336	0363	Billiau	Kiara	V73	V35-		00:52:44	05:16
337	0829	Vanhouche	Carl	M264	M55+		00:52:48	05:16
338	0268	Vallé	Liesse	V74	V35-		00:52:52	05:17
339	0765	Jeuris	Jeroen	M265	M35+	Runners Kortess	00:52:58	05:17
340	0503	Struyf	Pieter	M266	M45+		00:52:59	05:17
341	0502	Struyf	Merel	V75	V35-	AVT	00:53:00	05:18
342	0331	Vandeweyer	Patrick	M267	M55+		00:53:04	05:18
343	5007	Bauduin	Ianthe	V76	V35-	Trenara	00:53:06	05:18
344	0654	Beerten	Melanie	V77	V35-		00:53:14	05:19
345	0293	Vandendriessche	Bruno	M268	M65+	Tun4Fun	00:53:17	05:19
346	0475	BUTS	Jacques	M269	M65+	RFCL Roadrunn	00:53:19	05:19
347	0607	Meijssen	Esther	V78	V45+	VACH	00:53:19	05:19
348	5043	Govaerts	Kris	M270	M65+	AC Alken	00:53:21	05:20
349	0306	Istas	Enrique	M271	M35-		00:53:22	05:20
350	0534	Jos Nijst	Jos	M272	M65+	ATLA	00:53:23	05:20
351	0568	Raemaekers	Annick	V79	V45+		00:53:24	05:20
352	0562	Meuwis	Jo	M273	M35+		00:53:27	05:20
353	0711	D'Haen	Lotte	V80	V35-		00:53:30	05:21
354	0309	Nelissen	Cas	M274	M35-		00:53:38	05:21
355	5106	Loix	Johnny	M275	M55+		00:53:43	05:22
356	0395	Aerts	Matts	M276	M35-	AVT Hasselt	00:53:43	05:22
357	0488	Peeters	Hannelore	V81	V35+		00:53:49	05:22
358	0404	Frederix	Jos	M277	M55+		00:53:51	05:23
359	5044	Van Zand	Maja	V82	V65+	krisgovaertsskyn	00:53:54	05:23
360	0479	Leroi	Cedric	M278	M45+		00:53:57	05:23
361	0842	De Backker	Herman	M279	M45+		00:53:57	05:23
362	0478	Leroi	Arvid	M280	M35+		00:53:58	05:23
363	0680	Magdeleyns	Christel	V83	V35+		00:53:59	05:23
364	0439	Tiren	Hülya	V84	V45+		00:54:01	05:24
365	0657	Langendries	Nora	V85	V45+	Run4Fun	00:54:06	05:24
366	0658	Janssen	Jack	M281	M55+	Run4fun	00:54:06	05:24
367	0415	Bex	Dietrich	M282	M45+	Run4Fun Maastr	00:54:07	05:24



Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
368	0464	Peters	Jet	V86	V35-		00:54:07	05:24
369	0433	Bailly	Luc	M283	M55+	RFCL	00:54:09	05:24
370	0589	Wain	Géraldine	V87	V35-	Road Runners	00:54:09	05:24
371	0805	Jamar	Olivier	M284	M35+		00:54:11	05:25
372	5091	Luykx	Laurens	M285	M55+		00:54:16	05:25
373	0352	Machiels	Karolien	V88	V35+	Road Runners H	00:54:18	05:25
374	0847	Vandoninck	David	M286	M45+		00:54:18	05:25
375	0399	Willems	Jarne	M287	M35-		00:54:20	05:26
376	0840	Van Rompaey	Frederik	M288	M35+		00:54:20	05:26
377	0598	Bongaers	Luc	M289	M55+	VACH	00:54:21	05:26
378	0614	Stevens	William	M290	M55+	VACH	00:54:22	05:26
379	0512	Mattheussens	Valerie	V89	V45+	Hoeselt Run	00:54:24	05:26
380	0386	Leruitte	Jolien	V90	V35-		00:54:25	05:26
381	0388	Mulkers	Julie	V91	V35-		00:54:25	05:26
382	0354	Eygemans	Joeri	M291	M35-		00:54:26	05:26
383	0664	Nowak	Viviane	V92	V55+	Atletiek Maastric	00:54:26	05:26
384	0313	Lemmens	Kim	M292	M35+	Iron Team Hasse	00:54:34	05:27
385	0459	OOMS	Bart	M293	M45+		00:54:35	05:27
386	0656	Lopez	Luis	M294	M45+	VACH	00:54:36	05:27
387	0698	Dirix	Dora	V93	V55+	Roba Betekom	00:54:37	05:27
388	0710	Monival	Matti	M295	M35+		00:54:39	05:27
389	0622	Willemse	Agnes	V94	V65+	VACH	00:54:44	05:28
390	0655	Martens	Martijn	M296	M35-		00:54:50	05:29
391	0367	Delli Santi	Isalie	V95	V35-	AVT meeuwen	00:54:52	05:29
392	0485	Wertelaers	Jarne	M297	M35-	TrisportMnK	00:54:52	05:29
393	0319	Colemonts	Uschi	V96	V35-		00:54:55	05:29
394	0454	Gorissen	Marleen	V97	V55+		00:54:57	05:29
395	0303	Peeters	Sigrid	V98	V35+		00:55:00	05:30
396	0822	Thoelen	Joseph	M298	M65+	bokrijklopers	00:55:01	05:30
397	0259	Vankrunkelsven	Ina	V99	V35+		00:55:04	05:30
398	0557	De Coster	Bart	M299	M45+	Avt	00:55:06	05:30
399	0407	Nahon	Sylvie	V100	V55+	Waco	00:55:08	05:30
400	0463	Bertacco	Rose Marie	V101	V45+	waco 3.0	00:55:10	05:31
401	0527	Peeters	Gustaaf	M300	M55+	Oeverlopers	00:55:10	05:31
402	0398	Humblet	Christelle	V102	V35+	WACO	00:55:11	05:31
403	5057	Laforge	Frederic	M301	M45+	Waco	00:55:12	05:31
404	0845	Jans	Johan	M302	M45+	Bokkerijdersclub	00:55:14	05:31
405	0569	Noten	Kenny	M303	M35+		00:55:21	05:32
406	0456	Geert	Rems	M304	M55+		00:55:26	05:32
407	0449	Heymans	Erwin	M305	M65+	road runners has	00:55:29	05:32
408	0472	Crommen	Valerie	V103	V35-		00:55:33	05:33
409	0473	Croes	Renaud	M306	M35-		00:55:34	05:33
410	0483	Custers	Pieter-Jan	M307	M35+	Road Runners H	00:55:35	05:33
411	5092	Meekers	Stefan	M308	M55+		00:55:41	05:34
412	0329	Vandecasteele	Mieke	V104	V35+		00:55:41	05:34
413	0648	Linten	Marc	M309	M55+	Road Runners H	00:55:43	05:34
414	0770	Smout	Céline	V105	V35-		00:55:56	05:35

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
415	0246	Mignolet	Kevin	M310	M35-		00:55:59	05:35
416	0577	Vanheusden	Jense	M311	M35-		00:56:01	05:36
417	0444	Reynaerts	Marleen	V106	V65+		00:56:08	05:36
418	0522	Boskamp	Camille	V107	V35-		00:56:12	05:37
419	0564	Fransen	Jochem	M312	M45+		00:56:14	05:37
420	0429	Peeters	Domien	M313	M35-	AVT Hasselt	00:56:16	05:37
421	0369	schunselaar	maaike	V108	V45+	Aca Alken	00:56:19	05:37
422	0430	Peeters	Wim	M314	M45+		00:56:20	05:38
423	5182	Cabuy	Paula	V109	V55+		00:56:23	05:38
424	0421	Aouimeur	Ramzi	M315	M35-		00:56:25	05:38
425	0316	Poorters	Elke	V110	V35+	Iron team Hasselt	00:56:27	05:38
426	0324	Hanegreefs	Guy	M316	M35-	Lommelse triatle	00:56:28	05:38
427	0375	Cornet	Carine	V111	V55+	Rfcl Road Runne	00:56:42	05:40
428	0678	Coremans	An	V112	V45+	Acko	00:56:42	05:40
429	0593	Janssen	Juul	M317	M35-		00:56:44	05:40
430	0364	Peene	Michael	M318	M35-		00:56:45	05:40
431	0539	Pollers	Jade	V113	V35-		00:56:46	05:40
432	0632	Simons	Marjolein	V114	V35+		00:56:49	05:40
433	0507	Vandeput	Femke	V115	V35-		00:56:51	05:41
434	0338	Michielsen	Janne	V116	V35-		00:56:52	05:41
435	0645	Hiemeleers	Judy	V117	V35+		00:57:02	05:42
436	0481	Hiemeleers	Queeny	V118	V35-		00:57:03	05:42
437	0523	Boskamp	Sarah	V119	V35-		00:57:08	05:42
438	0650	Fancello	Kelly	V120	V35+		00:57:20	05:44
439	0587	Thomas	Stefan	M319	M55+		00:57:24	05:44
440	5079	Hiemeleers	Sharon	V121	V35+	AC Alken	00:57:42	05:46
441	0409	Lustermans	Rowie	V122	V35-	Run4fun	00:57:46	05:46
442	0410	Schulpen	Jos	M320	M55+	Run4fun	00:57:46	05:46
443	0304	Frederix	Patrick	M321	M55+		00:57:49	05:46
444	0556	Vandeput	Elsy	V123	V35-		00:57:53	05:47
445	0555	Haenen	Robin	M322	M35-	TwoMove	00:57:54	05:47
446	0337	Zoons	Jesse	M323	M35-		00:57:56	05:47
447	0450	Vanbrabant	Barbara	V124	V45+		00:57:56	05:47
448	0428	Segers	Liane	V125	V35-		00:58:09	05:48
449	0445	Goris	Steven	M324	M35-		00:58:10	05:49
450	5096	Swennen Groffils	Magali	V126	V45+		00:58:16	05:49
451	0440	Van Opstal	Greet	V127	V45+		00:58:16	05:49
452	0851	Poortmans	Laura-Lien	V128	V35-		00:58:21	05:50
453	0852	Beirinckx	Sofie	V129	V35-		00:58:21	05:50
454	0343	Janssen	Jimmy	M325	M35+		00:58:22	05:50
455	0286	Evens	Lize	V130	V35-		00:58:23	05:50
456	0357	Kelchtermans	Hanne	V131	V35-		00:58:24	05:50
457	0518	Boskamp	Guyonne	V132	V55+	Atletiek Maastric	00:58:30	05:51
458	0615	Thijssen	Xavier	M326	M55+	VACH	00:58:36	05:51
459	0260	Neven	Saartje	V133	V35-		00:58:43	05:52
460	0684	Kuppens	Gert	M327	M35-		00:58:47	05:52
461	0411	PRENGA	VALTER	M328	M35-		00:58:55	05:53

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
462	0617	Timmerman	Leentje	V134	V55+	VACH	00:58:55	05:53
463	0758	Vanherf	Elise	V135	V45+		00:59:03	05:54
464	0759	Moonen	Stefan	M329	M45+		00:59:04	05:54
465	0662	Boskamp	Erik	M330	M55+	Atletiek Maastricht	00:59:07	05:54
466	0708	Quisquater	Nouch	V136	V35+		00:59:12	05:55
467	0665	Pauwels	Greet	V137	V55+		00:59:23	05:56
468	0676	Hermans	Lore	V138	V35-		00:59:27	05:56
469	0416	Vanspauwen	Philippe	M331	M45+		00:59:35	05:57
470	0584	Kerckhoven	Sara	V139	V45+		00:59:35	05:57
471	0285	Claes	Iris	V140	V35+		00:59:37	05:57
472	0359	Tielens	Rune	V141	V35-		00:59:46	05:58
473	0345	Gilot	Tomas	M332	M35+		01:00:11	06:01
474	0346	Vandereyken	Ruben	M333	M35+		01:00:12	06:01
475	0379	Ranieri	Esther	V142	V55+	Run for fun	01:00:15	06:01
476	0457	Rems	Lise	V143	V35-		01:00:22	06:02
477	0248	Fosse	Ann	V144	V45+		01:00:26	06:02
478	0560	Vanleeuw	Danny	M334	M55+		01:00:38	06:03
479	0311	Bosmans	Sandra	V145	V35+		01:00:40	06:04
480	0336	Berghs	Jo	M335	M65+	geen	01:00:43	06:04
481	0520	Fabry	Josefien	V146	V35-		01:00:45	06:04
482	0524	Wirix	Heleen	V147	V35+		01:00:46	06:04
483	0302	Muls	Magali	V148	V35+		01:00:55	06:05
484	5037	Cammaerts	Bart	M336	M45+	Loopcoach Bart	01:01:00	06:06
485	0446	Beckers	Marlon	M337	M55+	Run4Fun	01:01:02	06:06
486	0358	Snoeks	Mathijs	M338	M35-		01:01:09	06:06
487	0254	Van Havermaet	Frauke	V149	V35-		01:01:28	06:08
488	0257	Van Havermaet	Jente	M339	M35-		01:01:28	06:08
489	5133	Tempelaars	Stephanie	V150	V45+	Recreatief	01:01:36	06:09
490	0574	Derwael	william	M340	M35-		01:01:39	06:09
491	0256	Pauwels	Niels	M341	M35-		01:01:43	06:10
492	0486	Meerbergen	Veerle	V151	V55+	Road runners Ha	01:01:50	06:11
493	0743	Verhaegen	Carola	V152	V55+	JMT	01:02:13	06:13
494	0403	Somers	Hilde	V153	V55+		01:02:14	06:13
495	0718	Van Endert	Carine	V154	V55+	Jmt	01:02:15	06:13
496	0467	Willekens	Luc	M342	M55+	Jmt mol	01:02:16	06:13
497	0704	Dupont	Jan	M343	M65+		01:02:16	06:13
498	0575	Curinckx	NICOLE	V155	V55+	Jmt mol	01:02:17	06:13
499	0630	Dirckx	Marleen	V156	V55+	JMTMol	01:02:17	06:13
500	0470	Creemers	Joke	V157	V35+		01:02:21	06:14
501	0849	Machiels	Carmen	V158	V45+	Hoeselt Run	01:02:28	06:14
502	0417	Eijckmans	Eric	M344	M55+		01:02:40	06:16
503	0581	Haex	Glenn	M345	M35-		01:02:45	06:16
504	0578	Koopmans	Lore	V159	V35-		01:02:48	06:16
505	0585	Goyens	Peter	M346	M65+	Peter Goyens	01:02:49	06:16
506	0674	Rottier	Bas	M347	M45+		01:02:53	06:17
507	0583	Goyens	Valérie	V160	V35-		01:02:54	06:17
508	0425	Creemers	Jos	M348	M65+	Geen	01:02:57	06:17

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
509	0437	Leeman	Liesbeth	V161	V35+		01:03:09	06:18
510	0438	Zaman	Annelies	V162	V35+		01:03:09	06:18
511	0541	Bussels	Ine	V163	V35+		01:03:11	06:19
512	0540	Bussels	Luc	M349	M55+		01:03:12	06:19
513	0255	Van Havermaet	Silke	V164	V35-		01:03:13	06:19
514	0673	Rottier	Emma	V165	V35-		01:03:21	06:20
515	5141	Cappellen	Laura	V166	V35-		01:03:24	06:20
516	0368	Cauwenberghs	Lies	V167	V35-		01:03:25	06:20
517	0372	Janssens	Ilka	V168	V35-		01:03:26	06:20
518	5090	Rombaut	Liam	M350	M35-		01:03:36	06:21
519	0252	Van Havermaet	Dirk	M351	M55+		01:03:42	06:22
520	5015	Vandenbergh	Eddy	M352	M45+	Alleen luk t ouch	01:04:44	06:28
521	0405	Geurts	Luka	V169	V35-		01:05:05	06:30
522	0542	Verheyen	Lore	V170	V35-		01:05:16	06:31
523	0543	Verheyen	Liesbeth	V171	V35-		01:05:16	06:31
524	0626	Rochus	Kenny	M353	M35-		01:05:49	06:34
525	0339	Belmans	Yoni	V172	V35-		01:05:53	06:35
526	0241	Marcoen	Petra	V173	V35+		01:06:16	06:37
527	0495	Vanhoutvin	Tine	V174	V35+		01:06:17	06:37
528	0323	Claesen	Annelies	V175	V35+		01:06:19	06:37
529	0723	Schuermans	Nadia	V176	V35-		01:06:19	06:37
530	0591	Viaene	Anne	V177	V35+		01:06:25	06:38
531	0640	Theunis	Karen	V178	V45+		01:06:45	06:40
532	0312	Sturing	Patrick	M354	M45+	Hasselt Stix	01:07:06	06:42
533	0272	Spanbroek	Nick	M355	M35-		01:07:24	06:44
534	0273	Dewit	Magalie	V179	V35-		01:07:24	06:44
535	0629	Maes	Lieve	V180	V35+	Road runners has	01:08:08	06:48
536	0290	Verbeek	Lise	V181	V35-		01:08:10	06:49
537	0291	Goossens	Jeroen	M356	M35+		01:08:10	06:49
538	0344	Mazzei	Chiara	V182	V35-		01:08:49	06:52
539	0501	Massignani	Annick	V183	V45+		01:08:59	06:53
540	0508	Van de Weerdt	Marijke	V184	V45+		01:09:00	06:54
541	0414	PRENGA	AMABEL	V185	V35-		01:09:12	06:55
542	0412	PRENGA	AMELIA	V186	V35-		01:09:13	06:55
543	0784	Hulsmans	Eva	V187	V45+		01:09:28	06:56
544	0258	Vangelooven	Eveline	V188	V35+		01:10:31	07:03
545	5022	Coenen	David	M357	M45+		01:10:36	07:03
546	0846	Helsen	Liesbeth	V189	V45+		01:11:27	07:08
547	0245	Roelandt	Isabeau	V190	V35-		01:11:50	07:11
548	0824	Diels	Hermanus	M358	M65+	ARAC	01:12:00	07:12
549	0468	Reniers	Anita	V191	V55+	Jmt mol	01:12:13	07:13
550	0561	Festjens	Tanya	V192	V35+	Road runners	01:12:18	07:13
551	0831	Vandenweghe	Greet	V193	V35+		01:12:58	07:17
552	0832	Buntinx	Lien	V194	V35+		01:12:58	07:17
553	0532	Kwanten	Luc	M359	M65+		01:16:12	07:37
554	0466	Bertram	Petra	V195	V45+		01:23:44	08:22
555	0462	Bertram	Maria	V196	V65+		01:23:45	08:22

## 10 km Helpshopcup - Mannen 35-

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0594	noel	enzo	M1	M35-	Excelsior	00:29:58	02:59
2	0474	Velraeds	Per	M2	M35-	Av caesar	00:31:04	03:06
3	0549	Janssen	Luuk	M3	M35-		00:32:08	03:12
4	0526	Hubrechts	Gijs	M4	M35-	DCLA	00:32:46	03:16
5	0397	Bossuyt	Rik	M5	M35-		00:33:05	03:18
6	0396	Catteau	Simon	M6	M35-		00:33:24	03:20
7	0836	Mouling	Stan	M7	M35-	ADD TONGEREN	00:33:41	03:22
8	0618	Valkeners	Boris	M8	M35-	VACH	00:34:06	03:24
9	0482	Bertels	Kenny	M9	M35-	Add	00:34:08	03:24
10	0432	Kennes	Pieter-Jan	M10	M35-	VDR-Bikes	00:34:23	03:26
11	0263	Brandts	Fabrice	M11	M35-	AV Caesar	00:35:13	03:31
12	0427	Van Eetvelde	Timo	M12	M35-	Animo	00:35:38	03:33
13	0517	Lodewijckx	Siebe	M13	M35-	Ironteam Hasselt	00:36:00	03:36
14	0376	Cruysberghs	Siebe	M14	M35-	AVT	00:36:01	03:36
15	0511	Uitdebroeks	Lennert	M15	M35-		00:36:31	03:39
16	0744	Claus	Jonas	M16	M35-	Animo	00:36:46	03:40
17	0685	Nizet	Ilya	M17	M35-	Avtoekomst	00:37:02	03:42
18	0494	Van de Weyer	Bo	M18	M35-		00:37:06	03:42
19	0669	Dusar	Andreas	M19	M35-	Ironteam Hasselt	00:37:13	03:43
20	0471	Michiels	Mathieu	M20	M35-	ADD Kortesseme	00:37:21	03:44
21	0567	Piette	Julien	M21	M35-	TRC	00:37:32	03:45
22	0572	Kerkhofs	Bram	M22	M35-		00:37:49	03:46
23	0521	Stevens	Linus	M23	M35-	AC Meylandt	00:37:58	03:47
24	0496	Franssen	Joeri	M24	M35-		00:38:14	03:49
25	0595	Bartok	Jules	M25	M35-	VACH	00:38:27	03:50
26	0435	Roofthoofd	Yanni	M26	M35-	Animo Triatlon T	00:38:30	03:51
27	0628	Renwa	Tim	M27	M35-	Ironteam Hasselt	00:38:37	03:51
28	0717	Van Der Perren	Ritte	M28	M35-	Ac Kortenberg	00:38:41	03:52
29	0702	Moons	Youri	M29	M35-		00:39:00	03:54
30	0644	Huygen	Jeroen	M30	M35-	Ironteam Hasselt	00:39:12	03:55
31	0288	Donne	Maxim	M31	M35-		00:39:34	03:57
32	0510	Vrielynck	Wout	M32	M35-		00:40:01	04:00
33	0244	Morren	Hans	M33	M35-	Fc Pellenberg	00:40:17	04:01
34	0746	Herbots	Tim	M34	M35-		00:41:36	04:09
35	0348	Achaaray	Imad	M35	M35-		00:41:39	04:09
36	0335	Jansen	Bastiaan	M36	M35-	Ironteam Hasselt	00:41:48	04:10
37	0739	Kennes	Hendrik	M37	M35-	VDR-Bikes	00:41:51	04:11
38	0586	Vermeulen	Koen	M38	M35-		00:42:25	04:14

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	0243	Wellens	Jonas	M39	M35-	Animo	00:42:44	04:16
40	0332	Vandeweyer	Niels	M40	M35-		00:43:00	04:18
41	0270	Vandevenne	Pieter	M41	M35-	AVT Heusden	00:43:02	04:18
42	5104	Rubens	Glenn	M42	M35-		00:44:36	04:27
43	0353	Geuns	Sander	M43	M35-	Avt Heusden	00:45:33	04:33
44	0321	Cypers	Giel	M44	M35-		00:45:43	04:34
45	5160	Schevenels	Jarno	M45	M35-	TACT	00:45:58	04:35
46	5180	Screurs	Sander	M46	M35-	ACA	00:46:03	04:36
47	0643	Goijens	Stijn	M47	M35-	Trisportmnk	00:46:17	04:37
48	0703	Bervoets	Timo	M48	M35-		00:46:36	04:39
49	0426	Saive	Yannick	M49	M35-		00:46:37	04:39
50	5112	Lormans	Ward	M50	M35-		00:46:39	04:39
51	0637	Croes	Dayo	M51	M35-		00:46:40	04:40
52	0334	Houben	Stan	M52	M35-		00:46:42	04:40
53	0535	Heylen	Lucas	M53	M35-		00:46:45	04:40
54	0436	tesfay	Mengstab	M54	M35-		00:47:06	04:42
55	0558	Ieroianni	Alberto	M55	M35-		00:47:20	04:44
56	5010	Slegers	Ayrton	M56	M35-		00:47:27	04:44
57	0537	Gentens	Dries	M57	M35-		00:47:30	04:45
58	0387	Jacobs	Stephen	M58	M35-	Hoeselt Run	00:48:20	04:50
59	0592	Bouts	Jan	M59	M35-		00:48:47	04:52
60	0675	Smids	Jens	M60	M35-		00:48:52	04:53
61	0361	Vanhoegaerden	Kasper	M61	M35-	Iron team Hassel	00:49:15	04:55
62	0563	Vanbrabant	Brecht	M62	M35-		00:49:17	04:55
63	0265	Kemerlinckx	Bert	M63	M35-		00:49:58	04:59
64	0349	Achaaray	Anas	M64	M35-		00:50:18	05:01
65	0750	Van der kinderen	Louis	M65	M35-		00:52:32	05:15
66	0306	Istas	Enrique	M66	M35-		00:53:22	05:20
67	0309	Nelissen	Cas	M67	M35-		00:53:38	05:21
68	0395	Aerts	Matts	M68	M35-	AVT Hasselt	00:53:43	05:22
69	0399	Willems	Jarne	M69	M35-		00:54:20	05:26
70	0354	Eygemans	Joeri	M70	M35-		00:54:26	05:26
71	0655	Martens	Martijn	M71	M35-		00:54:50	05:29
72	0485	Wertelaers	Jarne	M72	M35-	TrisportMnK	00:54:52	05:29
73	0473	Croes	Renaud	M73	M35-		00:55:34	05:33
74	0246	Mignolet	Kevin	M74	M35-		00:55:59	05:35
75	0577	Vanheusden	Jense	M75	M35-		00:56:01	05:36
76	0429	Peeters	Domien	M76	M35-	AVT Hasselt	00:56:16	05:37
77	0421	Aouimeur	Ramzi	M77	M35-		00:56:25	05:38
78	0324	Hanegreefs	Guy	M78	M35-	Lommelse triatle	00:56:28	05:38
79	0593	Janssen	Juul	M79	M35-		00:56:44	05:40
80	0364	Peene	Michael	M80	M35-		00:56:45	05:40
81	0555	Haenen	Robin	M81	M35-	TwoMove	00:57:54	05:47
82	0337	Zoons	Jesse	M82	M35-		00:57:56	05:47
83	0445	Goris	Steven	M83	M35-		00:58:10	05:49
84	0684	Kuppens	Gert	M84	M35-		00:58:47	05:52
85	0411	PRENGA	VALTER	M85	M35-		00:58:55	05:53

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
86	0358	Snoeks	Mathijs	M86	M35-		01:01:09	06:06
87	0257	Van Havermaet	Jente	M87	M35-		01:01:28	06:08
88	0574	Derwael	william	M88	M35-		01:01:39	06:09
89	0256	Pauwels	Niels	M89	M35-		01:01:43	06:10
90	0581	Haex	Glenn	M90	M35-		01:02:45	06:16
91	5090	Rombaut	Liam	M91	M35-		01:03:36	06:21
92	0626	Rochus	Kenny	M92	M35-		01:05:49	06:34
93	0272	Spanbroek	Nick	M93	M35-		01:07:24	06:44

## 10 km Helpshopcup - Mannen 35+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0261	Boden	Niki	M1	M35+	Sqm Running tea	00:33:08	03:18
2	0713	Thibault	Debusschere	M2	M35+	ADD	00:33:27	03:20
3	0308	Baccus	Sven	M3	M35+		00:33:28	03:20
4	0576	Snijders	Tim	M4	M35+	Maasrunners	00:33:31	03:21
5	0565	Nassen	Brecht	M5	M35+	ADD	00:33:42	03:22
6	0247	Timmermans	Niky	M6	M35+		00:34:37	03:27
7	0559	Aerts	Andries	M7	M35+	Gs Running team	00:34:43	03:28
8	0590	Smeets	Ferdy	M8	M35+	AV Caesar	00:35:15	03:31
9	0631	Wouters	Bert	M9	M35+		00:35:24	03:32
10	0453	Scholts	Bert	M10	M35+	Kingly	00:35:25	03:32
11	0262	Bokken	Mathijs	M11	M35+		00:35:34	03:33
12	0514	Vliegen	Joris	M12	M35+	Team Siktivity	00:35:45	03:34
13	5055	Slegers	Jonas	M13	M35+	GS Running Tea	00:35:49	03:34
14	0627	Noelmans	Bram	M14	M35+		00:36:07	03:36
15	0720	Meesters	Nils	M15	M35+	Achilles-Top Ke	00:36:30	03:39
16	5089	Jacobs	Joris	M16	M35+	TTL	00:36:51	03:41
17	0696	Moens	Niels	M17	M35+		00:37:00	03:42
18	0689	Wiams	Ruben	M18	M35+		00:37:04	03:42
19	0289	Metten	Davy	M19	M35+	Ironteam Hasselt	00:37:39	03:45
20	0530	Vandenhout	Bert	M20	M35+	Tri4More	00:37:46	03:46
21	0843	Hermans	Stephane	M21	M35+		00:38:03	03:48
22	0490	Slegers	Robin	M22	M35+		00:38:12	03:49
23	0722	Schoupe	Kenny	M23	M35+	De Musculatuur	00:38:13	03:49
24	0814	Boonen	Joris	M24	M35+		00:38:18	03:49
25	0492	Verhoeven	Roel	M25	M35+	Hoeseltrun	00:38:29	03:50
26	0554	Claessens	Niky	M26	M35+	Atla	00:38:36	03:51
27	5177	Ruymen	Wouter	M27	M35+	Ac Alken	00:38:41	03:52
28	0727	Mellemans	Robrecht	M28	M35+		00:38:46	03:52
29	0649	Willems	Jeroen	M29	M35+		00:38:49	03:52
30	0525	Oberjé	Edwin	M30	M35+	Hendrik van Vel	00:38:50	03:53
31	0413	Dirkx	Michel	M31	M35+	Genk Running C	00:39:16	03:55
32	0391	Croux	Kris	M32	M35+		00:39:17	03:55
33	0651	Vandijck	Tim	M33	M35+		00:39:22	03:56
34	0738	Royen	Sanny	M34	M35+		00:39:28	03:56
35	0282	Claes	Bart	M35	M35+	Animo	00:39:33	03:57
36	0633	Jorissen	Frederic	M36	M35+	Hoeselt Eun	00:39:33	03:57
37	0274	Dupé	Bertrand	M37	M35+	RFCL	00:39:52	03:59
38	0714	Bogaerts	Sem	M38	M35+	BFC	00:40:06	04:00



Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	0538	Boonen	Jan	M39	M35+		00:40:14	04:01
40	0729	Van Cauwenberghe	Peter	M40	M35+	Averbode Runni	00:41:11	04:07
41	0279	Schouwenaars	Filip	M41	M35+		00:41:12	04:07
42	0753	Hermans	Steven	M42	M35+	Hoeselt run	00:41:42	04:10
43	5169	Redant	Tom	M43	M35+	AC Alken	00:41:49	04:10
44	0305	Bart	Sampermans	M44	M35+	Dcla halen	00:42:06	04:12
45	0715	Bleeser	Raf	M45	M35+		00:42:09	04:12
46	0692	Macours	dominique	M46	M35+		00:42:21	04:14
47	0237	Thijs	Peter	M47	M35+	Animo	00:42:37	04:15
48	0611	Paques	Dimitri	M48	M35+	VACH	00:42:45	04:16
49	0362	Monten	Jan	M49	M35+		00:43:04	04:18
50	0314	Stoffels	Nicky	M50	M35+		00:43:48	04:22
51	0548	Tschoschia	Alicko	M51	M35+		00:43:59	04:23
52	0706	Bijkerk	Wim	M52	M35+		00:44:10	04:25
53	0547	Geijs	Niels	M53	M35+		00:44:32	04:27
54	0688	Barbier	Wim	M54	M35+		00:44:56	04:29
55	0697	Vanderzande	Kobe	M55	M35+		00:45:14	04:31
56	0690	Van Praet	Willem	M56	M35+		00:45:15	04:31
57	0280	Jans	Harmen	M57	M35+		00:45:19	04:31
58	0295	Baerts	Robin	M58	M35+	Iron Team Hasse	00:45:48	04:34
59	0271	Dusar	Lieven	M59	M35+	TACT	00:46:18	04:37
60	0691	Croes	Jo	M60	M35+	TACT	00:46:19	04:37
61	0476	Deblois	Greg	M61	M35+		00:46:46	04:40
62	0544	dedroog	maarten	M62	M35+		00:46:57	04:41
63	0385	Ory	Raf	M63	M35+		00:46:58	04:41
64	0570	Jorissen	Bart	M64	M35+		00:47:03	04:42
65	0700	Loyens	Steven	M65	M35+		00:47:07	04:42
66	0487	Mondelaers	Sam	M66	M35+		00:47:10	04:43
67	0455	Dom	Stijn	M67	M35+	Hogense loop	00:47:22	04:44
68	0712	Trouwers	Johan	M68	M35+		00:47:27	04:44
69	0536	Franssens	Samuel	M69	M35+		00:47:36	04:45
70	0394	Aerts	Hans	M70	M35+		00:48:08	04:48
71	0660	Broux	Tom	M71	M35+		00:48:18	04:49
72	0371	Cremers	Yannick	M72	M35+		00:48:33	04:51
73	0683	VAN DE POL	TOM	M73	M35+		00:48:41	04:52
74	0378	Gielen	Brecht	M74	M35+		00:48:42	04:52
75	0296	Maris	Evert	M75	M35+	Haspengouw Ro	00:48:57	04:53
76	0419	Gijbels	Bjorn	M76	M35+		00:48:58	04:53
77	5126	De Meyer	Pieter	M77	M35+	Dcla Halen	00:49:23	04:56
78	0701	Leysen	Koen	M78	M35+		00:49:42	04:58
79	0661	Deckers	Werner	M79	M35+	Tri4more	00:49:44	04:58
80	0301	Van Sweevelt	Wouter	M80	M35+	ITH	00:50:06	05:00
81	0480	loenders	rik	M81	M35+		00:50:06	05:00
82	0754	Swinnen	Yannick	M82	M35+	Animo Triathlon	00:50:12	05:01
83	5013	Coenen	Kris	M83	M35+	bokkerijderstea	00:50:27	05:02
84	0659	STULENS	MELVIN	M84	M35+	Jkkmeisters	00:50:44	05:04
85	5051	Coenen	Wouter	M85	M35+		00:51:35	05:09

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
86	0249	Van Mulken	Jan	M86	M35+		00:52:09	05:12
87	0652	Van Baelen	Dominique	M87	M35+		00:52:38	05:15
88	0765	Jeuris	Jeroen	M88	M35+	Runners Kortess	00:52:58	05:17
89	0562	Meuwis	Jo	M89	M35+		00:53:27	05:20
90	0478	Leroi	Arvid	M90	M35+		00:53:58	05:23
91	0805	Jamar	Olivier	M91	M35+		00:54:11	05:25
92	0840	Van Rompaey	Frederik	M92	M35+		00:54:20	05:26
93	0313	Lemmens	Kim	M93	M35+	Iron Team Hasse	00:54:34	05:27
94	0710	Monival	Matti	M94	M35+		00:54:39	05:27
95	0569	Noten	Kenny	M95	M35+		00:55:21	05:32
96	0483	Custers	Pieter-Jan	M96	M35+	Road Runners H	00:55:35	05:33
97	0343	Janssen	Jimmy	M97	M35+		00:58:22	05:50
98	0345	Gilot	Tomas	M98	M35+		01:00:11	06:01
99	0346	Vandereyken	Ruben	M99	M35+		01:00:12	06:01
100	0291	Goossens	Jeroen	M100	M35+		01:08:10	06:49

## 10 km Helpshopcup - Mannen 45+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	5103	Vossius	Peter	M1	M45+	SQM RUNNING	00:35:45	03:34
2	5009	De Rooy	Andy	M2	M45+	Coyote sports tea	00:36:49	03:40
3	0608	Michielsens	Carlo	M3	M45+	VACH	00:36:59	03:41
4	0719	Mathijs	David	M4	M45+		00:37:08	03:42
5	5102	Vanden Bempt	Hans	M5	M45+	SQMrunningtear	00:37:10	03:43
6	5172	Wouters	Chriske	M6	M45+	SQM RUNNING	00:37:30	03:45
7	5150	Arnauts	Bert	M7	M45+	Animo	00:37:53	03:47
8	0550	Martens	Roel	M8	M45+	ACHL	00:37:55	03:47
9	0709	D'Haen	Lesly	M9	M45+	Bokrijklopers	00:38:08	03:48
10	0458	Raeymakers	Sven	M10	M45+		00:38:29	03:50
11	0418	Etneo	Mario	M11	M45+	Hoeselt Run	00:39:05	03:54
12	0553	Roggen	Steven	M12	M45+		00:39:14	03:55
13	0596	Bernaers	Ingmar	M13	M45+	VACH	00:39:20	03:56
14	0841	Vanhove	Chris	M14	M45+		00:39:22	03:56
15	0609	Nizet	Luc	M15	M45+	VACH	00:39:55	03:59
16	0515	Van Poucke	Christophe	M16	M45+		00:39:58	03:59
17	0546	Neven	John	M17	M45+		00:40:18	04:01
18	0294	Tupuschies	Zaki	M18	M45+		00:40:23	04:02
19	0670	Saenen	Bart	M19	M45+		00:40:49	04:04
20	0604	Hollants	JP	M20	M45+	VACH	00:41:00	04:06
21	0381	Cardinaels	Frank	M21	M45+	Canitrail Bocholt	00:41:09	04:06
22	5053	Stijnen	David	M22	M45+	AC Alken	00:41:37	04:09
23	0768	Deprez	Marco	M23	M45+		00:41:38	04:09
24	0646	Vangrieken	Mark	M24	M45+	Avt houthalen	00:41:53	04:11
25	0351	Hautekeete	Koen	M25	M45+	Triatlon Duatlon	00:42:05	04:12
26	0839	Boons	Pieter	M26	M45+		00:42:07	04:12
27	0745	Saels	Koen	M27	M45+		00:42:18	04:13
28	0610	Oud	Carlo	M28	M45+	VACH	00:42:44	04:16
29	0827	Straetemans	Stefan	M29	M45+	breborun	00:43:24	04:20
30	0489	Coremans	Kris	M30	M45+		00:43:39	04:21
31	5113	Buntinx	Johan	M31	M45+		00:43:42	04:22
32	0668	Wauters	Gert	M32	M45+		00:43:51	04:23
33	5035	Wouters	Bart	M33	M45+	BFC	00:44:03	04:24
34	0516	Reynders	Robin	M34	M45+	Swim4More	00:44:05	04:24
35	0687	Goossens	Jurgen	M35	M45+		00:44:35	04:27
36	0672	Burdzy	Sven	M36	M45+	DCLA Halen	00:44:39	04:27
37	0298	Fastré	Peter	M37	M45+	ZLTC	00:44:41	04:28
38	0612	Ria	David	M38	M45+	VACH	00:44:56	04:29

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	0318	Beunckens	Johan	M39	M45+		00:45:04	04:30
40	0431	Tiren	Erkan	M40	M45+		00:45:17	04:31
41	0695	Goffin	Marc	M41	M45+	Hoeselt Run	00:45:40	04:34
42	0761	Vaes	Karel	M42	M45+	Hoeselt run	00:45:42	04:34
43	0844	Verhaert	Ivan	M43	M45+		00:45:42	04:34
44	0636	Vandeweyer	Kris	M44	M45+	ADD Tongeren	00:46:26	04:38
45	0705	Bervoets	Bart	M45	M45+		00:46:36	04:39
46	0707	Kris	Snyers	M46	M45+		00:46:36	04:39
47	0602	Derison	Bart	M47	M45+	VACH	00:46:47	04:40
48	0447	Vandersmissen	Jo	M48	M45+		00:47:09	04:42
49	5108	Niesen	Stan	M49	M45+		00:47:11	04:43
50	0373	Sterckx	Jan	M50	M45+		00:47:16	04:43
51	0624	Nolmans	Davy	M51	M45+	Hoeselt Run	00:47:19	04:43
52	0266	Blokken	Sven	M52	M45+	Hoeselt run	00:47:23	04:44
53	0382	Smets	Tom	M53	M45+		00:47:23	04:44
54	0833	Thoelen	Klaas	M54	M45+		00:48:04	04:48
55	0579	De Bus	Wim	M55	M45+	Tri4more	00:48:22	04:50
56	0269	Pirs	Erwin	M56	M45+		00:48:23	04:50
57	0242	Ceuppens	G�rard	M57	M45+	BFC	00:49:04	04:54
58	0600	De Bus	Evert	M58	M45+	VACH	00:49:18	04:55
59	0638	Rijskens	Sven	M59	M45+		00:49:24	04:56
60	0647	Bosmans	Bart	M60	M45+	Road Runners H	00:49:49	04:58
61	0748	Baerts	Chris	M61	M45+		00:50:17	05:01
62	0693	Bancken	Mark	M62	M45+		00:52:13	05:13
63	0327	Holsteyns	Herman	M63	M45+		00:52:23	05:14
64	0503	Struyf	Pieter	M64	M45+		00:52:59	05:17
65	0479	Leroi	Cedric	M65	M45+		00:53:57	05:23
66	0842	De Backker	Herman	M66	M45+		00:53:57	05:23
67	0415	Bex	Dietrich	M67	M45+	Run4Fun Maastr	00:54:07	05:24
68	0847	Vandoninck	David	M68	M45+		00:54:18	05:25
69	0459	OOMS	Bart	M69	M45+		00:54:35	05:27
70	0656	Lopez	Luis	M70	M45+	VACH	00:54:36	05:27
71	0557	De Coster	Bart	M71	M45+	Avt	00:55:06	05:30
72	5057	Laforge	Frederic	M72	M45+	Waco	00:55:12	05:31
73	0845	Jans	Johan	M73	M45+	Bokkerijdersclub	00:55:14	05:31
74	0564	Fransen	Jochem	M74	M45+		00:56:14	05:37
75	0430	Peeters	Wim	M75	M45+		00:56:20	05:38
76	0759	Moonen	Stefan	M76	M45+		00:59:04	05:54
77	0416	Vanspauwen	Philippe	M77	M45+		00:59:35	05:57
78	5037	Cammaerts	Bart	M78	M45+	Loopcoach Bart	01:01:00	06:06
79	0674	Rottier	Bas	M79	M45+		01:02:53	06:17
80	5015	Vandenbergh	Eddy	M80	M45+	Alleen luk t ouch	01:04:44	06:28
81	0312	Sturing	Patrick	M81	M45+	Hasselt Stix	01:07:06	06:42
82	5022	Coenen	David	M82	M45+		01:10:36	07:03

## 10 km Helpshopcup - Mannen 55+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	5075	Philippe	Patrick	M1	M55+	JiA	00:35:03	03:30
2	0588	Vanwersch	Bert	M2	M55+	Scott Running T	00:35:28	03:32
3	0816	wijnen	ron	M3	M55+	AVC cesar beek	00:36:53	03:41
4	0606	Maris	Peter	M4	M55+	VACH	00:37:02	03:42
5	0828	Jeqn-Pierre	Dieteren	M5	M55+	av casar beek	00:37:59	03:47
6	0267	verlinden	Herwig	M6	M55+	rsca	00:38:26	03:50
7	0506	Thijs	Erwin	M7	M55+	Atla	00:38:28	03:50
8	0634	Willems	Dirk	M8	M55+	Tact st-truiden	00:39:29	03:56
9	0820	Moyersoer	Bernard	M9	M55+	RFCL Road Run	00:40:08	04:00
10	0328	Spees	F.W.M.	M10	M55+	AV Caesar Beek	00:40:56	04:05
11	0776	Tempels	Jean	M11	M55+	ADD	00:41:22	04:08
12	0641	Neven	Ronny	M12	M55+	Trenara	00:42:16	04:13
13	0499	Dominique	Noel	M13	M55+	Absoluterun Jog	00:42:52	04:17
14	0616	Thys	Ronny	M14	M55+	VACH	00:42:54	04:17
15	0493	Proost	Kris	M15	M55+	JMT Mol	00:43:19	04:19
16	0780	Timmermans	Sammy	M16	M55+	vach	00:43:40	04:22
17	0580	Van laer	Wim	M17	M55+	Dcla halen	00:43:44	04:22
18	0671	Cleeren	Dominique	M18	M55+	Triathlon Vlaand	00:44:43	04:28
19	0834	Huybrechts	Stefaan	M19	M55+	aca	00:45:19	04:31
20	5014	Slegers	Werner	M20	M55+	Club speciaal	00:46:00	04:36
21	0519	Swalens	Dirk	M21	M55+	AVT	00:46:13	04:37
22	0764	Thijs	Erik	M22	M55+	Ironteam Hasselt	00:46:18	04:37
23	0452	Bongers	Ton	M23	M55+	AVT Maaseik	00:47:19	04:43
24	0699	Deneuker	Tony	M24	M55+		00:47:43	04:46
25	0786	Wils	Dirk	M25	M55+		00:48:25	04:50
26	5012	Requilé	Philippe	M26	M55+	Bokkerijderstea	00:48:29	04:50
27	0756	Reyskens	Geert	M27	M55+		00:48:33	04:51
28	0597	Bijloos	Erik	M28	M55+	VACH	00:49:00	04:54
29	0663	Meijers	Marc	M29	M55+	Atletiek Maastric	00:49:13	04:55
30	0850	Van Looy	Jan	M30	M55+		00:49:27	04:56
31	0848	Poelmans	Bart	M31	M55+	Looise recreante	00:49:49	04:58
32	0789	Luykx	Johny	M32	M55+		00:50:21	05:02
33	0642	Vanaken	Patrick	M33	M55+	Gemsjoggers Die	00:50:23	05:02
34	0299	Vervoort	Alex	M34	M55+	De Bosvrienden	00:50:34	05:03
35	0552	Baccus	Johnny	M35	M55+		00:50:45	05:04
36	0603	Gielkens	Marc	M36	M55+	VACH	00:51:26	05:08
37	0716	Holans	Dirk	M37	M55+	Vitamove	00:52:22	05:14
38	0741	Salmon	Peter	M38	M55+		00:52:29	05:14

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	0829	Vanhouche	Carl	M39	M55+		00:52:48	05:16
40	0331	Vandeweyer	Patrick	M40	M55+		00:53:04	05:18
41	5106	Loix	Johnny	M41	M55+		00:53:43	05:22
42	0404	Frederix	Jos	M42	M55+		00:53:51	05:23
43	0658	Janssen	Jack	M43	M55+	Run4fun	00:54:06	05:24
44	0433	Bailly	Luc	M44	M55+	RFCL	00:54:09	05:24
45	5091	Luykx	Laurens	M45	M55+		00:54:16	05:25
46	0598	Bongaers	Luc	M46	M55+	VACH	00:54:21	05:26
47	0614	Stevens	William	M47	M55+	VACH	00:54:22	05:26
48	0527	Peeters	Gustaaf	M48	M55+	Oeverlopers	00:55:10	05:31
49	0456	Geert	Rems	M49	M55+		00:55:26	05:32
50	5092	Meekers	Stefan	M50	M55+		00:55:41	05:34
51	0648	Linten	Marc	M51	M55+	Road Runners H	00:55:43	05:34
52	0587	Thomas	Stefan	M52	M55+		00:57:24	05:44
53	0410	Schulpen	Jos	M53	M55+	Run4fun	00:57:46	05:46
54	0304	Frederix	Patrick	M54	M55+		00:57:49	05:46
55	0615	Thijssen	Xavier	M55	M55+	VACH	00:58:36	05:51
56	0662	Boskamp	Erik	M56	M55+	Atletiek Maastric	00:59:07	05:54
57	0560	Vanleeuw	Danny	M57	M55+		01:00:38	06:03
58	0446	Beckers	Marlon	M58	M55+	Run4Fun	01:01:02	06:06
59	0467	Willekens	Luc	M59	M55+	Jmt mol	01:02:16	06:13
60	0417	Eijckmans	Eric	M60	M55+		01:02:40	06:16
61	0540	Bussels	Luc	M61	M55+		01:03:12	06:19
62	0252	Van Havermaet	Dirk	M62	M55+		01:03:42	06:22

## 10 km Helpshopcup - Mannen 65+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0677	Dekens	Danny	M1	M65+	Dcla Halen	00:41:50	04:11
2	5028	Werckx	Ludo	M2	M65+	ACA	00:42:07	04:12
3	5124	Hiemeleers	Marc	M3	M65+	AC Alken	00:46:22	04:38
4	5056	Verschueren	Frank	M4	M65+	SACN	00:46:42	04:40
5	0821	Celus	Paul	M5	M65+		00:46:49	04:40
6	0297	Vermeulen	Ludo	M6	M65+	Looise av	00:50:20	05:02
7	0837	VRYS	Rudi	M7	M65+		00:50:57	05:05
8	0287	lemkens	jan	M8	M65+		00:51:06	05:06
9	0785	Hermans	Jean	M9	M65+	atla	00:51:16	05:07
10	0635	Mellemans	Johan	M10	M65+		00:52:19	05:13
11	0293	Vandendriessche	Bruno	M11	M65+	Tun4Fun	00:53:17	05:19
12	0475	BUTS	Jacques	M12	M65+	RFCL Roadrunn	00:53:19	05:19
13	5043	Govaerts	Kris	M13	M65+	AC Alken	00:53:21	05:20
14	0534	Jos Nijst	Jos	M14	M65+	ATLA	00:53:23	05:20
15	0822	Thoelen	Joseph	M15	M65+	bokrijklopers	00:55:01	05:30
16	0449	Heymans	Erwin	M16	M65+	road runners has	00:55:29	05:32
17	0336	Berghs	Jo	M17	M65+	geen	01:00:43	06:04
18	0704	Dupont	Jan	M18	M65+		01:02:16	06:13
19	0585	Goyens	Peter	M19	M65+	Peter Goyens	01:02:49	06:16
20	0425	Creemers	Jos	M20	M65+	Geen	01:02:57	06:17
21	0824	Diels	Hermanus	M21	M65+	ARAC	01:12:00	07:12
22	0532	Kwanten	Luc	M22	M65+		01:16:12	07:37

## 10 km Helpshopcup - Vrouwen 35-

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0533	Schreurs	Anne	V1	V35-	Atletiekclub Gen	00:35:01	03:30
2	0392	Goessens	Tess	V2	V35-	AV Caesar	00:36:39	03:39
3	0566	Spelmans	Ingrid	V3	V35-	Absolut Run - TF	00:37:33	03:45
4	0653	Peeters	Martine	V4	V35-	LT Lommel	00:37:42	03:46
5	0356	Vanderleen	An-Katrien	V5	V35-		00:38:20	03:50
6	0504	Girouard	Katherine	V6	V35-		00:39:32	03:57
7	0350	Vanhellemont	Silke	V7	V35-	Animo	00:41:54	04:11
8	0406	Jammaer	Anne-Sophie	V8	V35-	Lommelse triatle	00:42:00	04:12
9	0528	Holtappels	Sofie	V9	V35-	Triathlon 4P	00:42:03	04:12
10	0284	Sidhoumi	Yasmine	V10	V35-		00:42:30	04:15
11	0529	Dujourie	Eva	V11	V35-	ADD DIEPENB	00:43:16	04:19
12	0545	Forier	Sara	V12	V35-		00:43:59	04:23
13	0625	Simons	Debbie	V13	V35-	SACN	00:45:27	04:32
14	0484	De Cock	Ethyl	V14	V35-	AC GENK	00:45:42	04:34
15	0460	Medved	Megane	V15	V35-	Atletiekclub Gen	00:46:11	04:37
16	0721	Goijens	Nancy	V16	V35-	Trisport MNK	00:47:15	04:43
17	5098	Palombo	Verdiana	V17	V35-	Fclub MTA4	00:48:36	04:51
18	0571	Schroyen	Jessica	V18	V35-		00:49:19	04:55
19	0365	Vanherle	Robyn	V19	V35-		00:49:32	04:57
20	0469	Melotte	Morgan	V20	V35-		00:49:52	04:59
21	0763	Van Marcke	Jessy	V21	V35-		00:50:27	05:02
22	0477	Dewachtere	Caro	V22	V35-		00:50:58	05:05
23	0342	Hindrixx	Anne-Leen	V23	V35-		00:51:21	05:08
24	0448	Thiry	Jeanne	V24	V35-	AVT	00:52:03	05:12
25	0281	Honings	Jana	V25	V35-		00:52:12	05:13
26	0363	Billiau	Kiara	V26	V35-		00:52:44	05:16
27	0268	Vallé	Liesse	V27	V35-		00:52:52	05:17
28	0502	Struyf	Merel	V28	V35-	AVT	00:53:00	05:18
29	5007	Bauduin	Ianthe	V29	V35-	Trenara	00:53:06	05:18
30	0654	Beerten	Melanie	V30	V35-		00:53:14	05:19
31	0711	D'Haen	Lotte	V31	V35-		00:53:30	05:21
32	0464	Peters	Jet	V32	V35-		00:54:07	05:24
33	0589	Wain	Géraldine	V33	V35-	Road Runners	00:54:09	05:24
34	0386	Leruitte	Jolien	V34	V35-		00:54:25	05:26
35	0388	Mulkers	Julie	V35	V35-		00:54:25	05:26
36	0367	Delli Santi	Isalie	V36	V35-	AVT meeuwen	00:54:52	05:29
37	0319	Colemonts	Uschi	V37	V35-		00:54:55	05:29
38	0472	Crommen	Valerie	V38	V35-		00:55:33	05:33



Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	0770	Smout	Céline	V39	V35-		00:55:56	05:35
40	0522	Boskamp	Camille	V40	V35-		00:56:12	05:37
41	0539	Pollers	Jade	V41	V35-		00:56:46	05:40
42	0507	Vandeput	Femke	V42	V35-		00:56:51	05:41
43	0338	Michielsen	Janne	V43	V35-		00:56:52	05:41
44	0481	Hiemeleers	Queeny	V44	V35-		00:57:03	05:42
45	0523	Boskamp	Sarah	V45	V35-		00:57:08	05:42
46	0409	Lustermans	Rowie	V46	V35-	Run4fun	00:57:46	05:46
47	0556	Vandeput	Elsy	V47	V35-		00:57:53	05:47
48	0428	Segers	Liane	V48	V35-		00:58:09	05:48
49	0851	Poortmans	Laura-Lien	V49	V35-		00:58:21	05:50
50	0852	Beirinckx	Sofie	V50	V35-		00:58:21	05:50
51	0286	Evens	Lize	V51	V35-		00:58:23	05:50
52	0357	Kelchtermans	Hanne	V52	V35-		00:58:24	05:50
53	0260	Neven	Saartje	V53	V35-		00:58:43	05:52
54	0676	Hermans	Lore	V54	V35-		00:59:27	05:56
55	0359	Tielens	Rune	V55	V35-		00:59:46	05:58
56	0457	Rems	Lise	V56	V35-		01:00:22	06:02
57	0520	Fabry	Josefien	V57	V35-		01:00:45	06:04
58	0254	Van Havermaet	Frauke	V58	V35-		01:01:28	06:08
59	0578	Koopmans	Lore	V59	V35-		01:02:48	06:16
60	0583	Goyens	Valérie	V60	V35-		01:02:54	06:17
61	0255	Van Havermaet	Silke	V61	V35-		01:03:13	06:19
62	0673	Rottier	Emma	V62	V35-		01:03:21	06:20
63	5141	Cappellen	Laura	V63	V35-		01:03:24	06:20
64	0368	Cauwenberghs	Lies	V64	V35-		01:03:25	06:20
65	0372	Janssens	Ilka	V65	V35-		01:03:26	06:20
66	0405	Geurts	Luka	V66	V35-		01:05:05	06:30
67	0542	Verheyen	Lore	V67	V35-		01:05:16	06:31
68	0543	Verheyen	Liesbeth	V68	V35-		01:05:16	06:31
69	0339	Belmans	Yoni	V69	V35-		01:05:53	06:35
70	0723	Schuurmans	Nadia	V70	V35-		01:06:19	06:37
71	0273	Dewit	Magalie	V71	V35-		01:07:24	06:44
72	0290	Verbeek	Lise	V72	V35-		01:08:10	06:49
73	0344	Mazzei	Chiara	V73	V35-		01:08:49	06:52
74	0414	PRENGA	AMABEL	V74	V35-		01:09:12	06:55
75	0412	PRENGA	AMELIA	V75	V35-		01:09:13	06:55
76	0245	Roelandt	Isabeau	V76	V35-		01:11:50	07:11

## 10 km Helpshopcup - Vrouwen 35+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0420	Jacobs	Ellis	V1	V35+	STB Landgraaf	00:35:59	03:35
2	0461	Verjans	Sarah	V2	V35+	Animo	00:38:47	03:52
3	5074	Stoumont	Laure	V3	V35+	JiA	00:40:59	04:05
4	0679	Staelens	Kirsten	V4	V35+	running opoetere	00:41:53	04:11
5	0681	Gerits	Lize	V5	V35+	Running opoeter	00:41:54	04:11
6	0240	Lemmens	Ilona	V6	V35+	The Extra Mile	00:43:15	04:19
7	5175	Pauwels	Jill	V7	V35+	GS Running Tea	00:43:33	04:21
8	0380	Baum	Joke	V8	V35+		00:44:32	04:27
9	0623	Gijbels	Sarah	V9	V35+	Hoeselt Run	00:44:39	04:27
10	0667	Zimmermann	Uschi	V10	V35+	Atletiekclub Ger	00:46:11	04:37
11	0619	Vanderspikken	Marietje	V11	V35+	VACH	00:46:18	04:37
12	0393	Hebbrecht	Maaike	V12	V35+		00:48:07	04:48
13	0838	Carovillano	Alkia	V13	V35+	nee	00:48:50	04:53
14	0402	Erlingen	Daisy	V14	V35+	Canitrail	00:49:01	04:54
15	5125	Dasque	Roos	V15	V35+	Dcla Halen	00:49:22	04:56
16	0275	Ulenaers	Jolien	V16	V35+		00:49:26	04:56
17	0276	Keppens	Lidewij	V17	V35+		00:49:27	04:56
18	0509	Stouten	Wendy	V18	V35+	Hoeselt run	00:49:45	04:58
19	0264	Vanlommel	Martine	V19	V35+	Animo	00:50:12	05:01
20	0389	Van Bilsen	Britt	V20	V35+	Canitrail Bochol	00:50:21	05:02
21	5118	van der Laak	Evalyn	V21	V35+	Road Runners H	00:50:30	05:03
22	0513	Swinnen	Evelien	V22	V35+		00:51:28	05:08
23	0341	Lamalle	Caroline	V23	V35+	RFCL roadrunne	00:52:16	05:13
24	0749	Wijnants	Els	V24	V35+		00:52:36	05:15
25	0488	Peeters	Hannelore	V25	V35+		00:53:49	05:22
26	0680	Magdeleyns	Christel	V26	V35+		00:53:59	05:23
27	0352	Machiels	Karolien	V27	V35+	Road Runners H	00:54:18	05:25
28	0303	Peeters	Sigrid	V28	V35+		00:55:00	05:30
29	0259	Vankrunkelsven	Ina	V29	V35+		00:55:04	05:30
30	0398	Humblet	Christelle	V30	V35+	WACO	00:55:11	05:31
31	0329	Vandecasteele	Mieke	V31	V35+		00:55:41	05:34
32	0316	Poorters	Elke	V32	V35+	Iron team Hassel	00:56:27	05:38
33	0632	Simons	Marjolein	V33	V35+		00:56:49	05:40
34	0645	Hiemeleers	Judy	V34	V35+		00:57:02	05:42
35	0650	Fancello	Kelly	V35	V35+		00:57:20	05:44
36	5079	Hiemeleers	Sharon	V36	V35+	AC Alken	00:57:42	05:46
37	0708	Quisquater	Nouch	V37	V35+		00:59:12	05:55
38	0285	Claes	Iris	V38	V35+		00:59:37	05:57

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
39	0311	Bosmans	Sandra	V39	V35+		01:00:40	06:04
40	0524	Wirix	Heleen	V40	V35+		01:00:46	06:04
41	0302	Muls	Magali	V41	V35+		01:00:55	06:05
42	0470	Creemers	Joke	V42	V35+		01:02:21	06:14
43	0437	Leeman	Liesbeth	V43	V35+		01:03:09	06:18
44	0438	Zaman	Annelies	V44	V35+		01:03:09	06:18
45	0541	Bussels	Ine	V45	V35+		01:03:11	06:19
46	0241	Marcoen	Petra	V46	V35+		01:06:16	06:37
47	0495	Vanhoutvin	Tine	V47	V35+		01:06:17	06:37
48	0323	Claesen	Annelies	V48	V35+		01:06:19	06:37
49	0591	Viaene	Anne	V49	V35+		01:06:25	06:38
50	0629	Maes	Lieve	V50	V35+	Road runners has	01:08:08	06:48
51	0258	Vangelooven	Eveline	V51	V35+		01:10:31	07:03
52	0561	Festjens	Tanya	V52	V35+	Road runners	01:12:18	07:13
53	0831	Vandenweghe	Greet	V53	V35+		01:12:58	07:17
54	0832	Buntinx	Lien	V54	V35+		01:12:58	07:17

## 10 km Helpshopcup - Vrouwen 45+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0434	philis	lambriny	V1	V45+	RFCL Roadrunn	00:41:53	04:11
2	0497	Claes	Catherine	V2	V45+	Absoluterun Jog	00:42:52	04:17
3	0605	Knapen	Griet	V3	V45+	VACH	00:43:39	04:21
4	0422	Jaspers	Ina	V4	V45+		00:44:37	04:27
5	0682	Neuray	Isabelle	V5	V45+	RFCL Road runn	00:44:47	04:28
6	5045	Schroven	Hilde	V6	V45+	GS Running tear	00:45:36	04:33
7	5128	Stas	Katrien	V7	V45+	DCLA Halen	00:45:54	04:35
8	0582	heeren	valerie	V8	V45+	Iron Team Hasse	00:46:15	04:37
9	0423	Keunen	Tamara	V9	V45+	AV Toekomst	00:47:07	04:42
10	0383	Dillen	Annelies	V10	V45+		00:47:10	04:43
11	0666	Muermans	Mieke	V11	V45+	Hoeselt run	00:47:22	04:44
12	0465	Valkeneers	Prisca	V12	V45+	Ik ren dus ik ben	00:49:52	04:59
13	0601	De Bus	Martien	V13	V45+	VACH	00:50:43	05:04
14	0599	Cosemans	Kirsten	V14	V45+	VACH	00:51:47	05:10
15	0366	Jacobs	Sonja	V15	V45+		00:51:52	05:11
16	5083	Grosemans	Michelle	V16	V45+		00:51:57	05:11
17	0607	Meijssen	Esther	V17	V45+	VACH	00:53:19	05:19
18	0568	Raemaekers	Annick	V18	V45+		00:53:24	05:20
19	0439	Tiren	Hülya	V19	V45+		00:54:01	05:24
20	0657	Langendries	Nora	V20	V45+	Run4Fun	00:54:06	05:24
21	0512	Mattheussens	Valerie	V21	V45+	Hoeselt Run	00:54:24	05:26
22	0463	Bertacco	Rose Marie	V22	V45+	waco 3.0	00:55:10	05:31
23	0369	schunselaar	maaike	V23	V45+	Aca Alken	00:56:19	05:37
24	0678	Coremans	An	V24	V45+	Acko	00:56:42	05:40
25	0450	Vanbrabant	Barbara	V25	V45+		00:57:56	05:47
26	5096	Swennen Groffils	Magali	V26	V45+		00:58:16	05:49
27	0440	Van Opstal	Greet	V27	V45+		00:58:16	05:49
28	0758	Vanherf	Elise	V28	V45+		00:59:03	05:54
29	0584	Kerckhoven	Sara	V29	V45+		00:59:35	05:57
30	0248	Fosse	Ann	V30	V45+		01:00:26	06:02
31	5133	Tempelaars	Stephanie	V31	V45+	Recreatief	01:01:36	06:09
32	0849	Machiels	Carmen	V32	V45+	Hoeselt Run	01:02:28	06:14
33	0640	Theunis	Karen	V33	V45+		01:06:45	06:40
34	0501	Massignani	Annick	V34	V45+		01:08:59	06:53
35	0508	Van de Weerd	Marijke	V35	V45+		01:09:00	06:54
36	0784	Hulsmans	Eva	V36	V45+		01:09:28	06:56
37	0846	Helsen	Liesbeth	V37	V45+		01:11:27	07:08
38	0466	Bertram	Petra	V38	V45+		01:23:44	08:22

## 10 km Helpshopcup - Vrouwen 55+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	0621	Vankrunkelsven	Leen	V1	V55+	VACH	00:45:24	04:32
2	0620	Vankrunkelsven	Christel	V2	V55+	VACH	00:47:35	04:45
3	0724	Breukink	Christien	V3	V55+	Caesar	00:48:16	04:49
4	5052	Moons	Lydia	V4	V55+		00:50:38	05:03
5	0451	Buckinx	Emma	V5	V55+	RFCL	00:50:39	05:03
6	0443	Kestens	Sylvia	V6	V55+		00:51:10	05:07
7	5088	Philippaerts	Greta	V7	V55+	ACAAlken	00:51:28	05:08
8	0664	Nowak	Viviane	V8	V55+	Atletiek Maastric	00:54:26	05:26
9	0698	Dirix	Dora	V9	V55+	Roba Betekom	00:54:37	05:27
10	0454	Gorissen	Marleen	V10	V55+		00:54:57	05:29
11	0407	Nahon	Sylvie	V11	V55+	Waco	00:55:08	05:30
12	5182	Cabuy	Paula	V12	V55+		00:56:23	05:38
13	0375	Cornet	Carine	V13	V55+	Rfcl Road Runne	00:56:42	05:40
14	0518	Boskamp	Guyonne	V14	V55+	Atletiek Maastric	00:58:30	05:51
15	0617	Timmerman	Leentje	V15	V55+	VACH	00:58:55	05:53
16	0665	Pauwels	Greet	V16	V55+		00:59:23	05:56
17	0379	Ranieri	Esther	V17	V55+	Run for fun	01:00:15	06:01
18	0486	Meerbergen	Veerle	V18	V55+	Road runners Ha	01:01:50	06:11
19	0743	Verhaegen	Carola	V19	V55+	JMT	01:02:13	06:13
20	0403	Somers	Hilde	V20	V55+		01:02:14	06:13
21	0718	Van Endert	Carine	V21	V55+	Jmt	01:02:15	06:13
22	0575	Curinckx	NICOLE	V22	V55+	Jmt mol	01:02:17	06:13
23	0630	Dirckx	Marleen	V23	V55+	JMTMol	01:02:17	06:13
24	0468	Reniers	Anita	V24	V55+	Jmt mol	01:12:13	07:13

## 10 km Helpshopcup - Vrouwen 65+

Rang	Borstnr	Achternaam	Voornaam	M/V	Cat	Club	Tijd	min/km
1	5044	Van Zand	Maja	V1	V65+	krisgovaertsskyn	00:53:54	05:23
2	0622	Willemse	Agnes	V2	V65+	VACH	00:54:44	05:28
3	0444	Reynaerts	Marleen	V3	V65+		00:56:08	05:36
4	0462	Bertram	Maria	V4	V65+		01:23:45	08:22