

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	394	Vanderbruggen	Arjen	Zoutleeuw	M1	SEN	t3ack	00:16:42	17.96	03:20
2	385	Devadder	Koen	Landen	M2	SEN		00:16:50	17.82	03:22
3	314	Mans	Steve	Testelt	M3	MAS+40	Sqmrunningteam	00:16:51	17.8	03:22
4	311	Lambrechts	Joris	Diest	M4	MAS+35	ROBA	00:16:52	17.79	03:22
5	379	Philips	Glenn	Denderleeuw	M5	SEN	Running Team B...	00:17:14	17.41	03:26
6	327	Van De Gaer	Wesley	Averbode	M6	MAS+40	Boothyvision	00:17:16	17.37	03:27
7	406	Wouters	Alexander	Paal	M7	SEN		00:17:19	17.32	03:27
8	356	De Rooy	Andy	Grobbendonk	M8	MAS+45	Coyote Sports T...	00:17:24	17.24	03:28
9	300	Dillen	Bram	Kaggevinne	M9	JUN		00:17:27	17.19	03:29
10	365	Prenen	Tom	Herent	M10	MAS+40	Acko	00:17:30	17.14	03:30
11	349	Willems	Gandert	Lubbeek	M11	SEN		00:17:46	16.89	03:33
12	373	Perdieus	Joeri	Langdorp	M12	SEN	ROBA	00:17:51	16.81	03:34
13	2012	Cuyvers	Jonas	Tessengerlo	M13	SCH	De Windbrekers	00:17:52	16.79	03:34
14	9999							00:18:20	16.36	03:40
15	318	Smeyers	Kobe	Schaffen	M14	SCH	ROBA	00:18:24	16.3	03:40
16	2007	Artoos	Tom	Molenstede	M15	MAS+45	Roba	00:18:30	16.22	03:42
17	2015	De Proost	Steven	Begijnendijk	M16	MAS+45	ROBA	00:18:33	16.17	03:42
18	2002	Peetermans	Matthias	Zoutleeuw	M17	MAS+35	E-FIT CENTER...	00:18:34	16.16	03:42
19	2016	Vandenbrande	Steven	Bierbeek	M18	MAS+35	TDL	00:18:37	16.11	03:43
20	345	Vissers	Sven	Eindhout	M19	JUN	Looise AV	00:18:42	16.04	03:44
21	334	Vandeput	Ward	Diest	M20	SCH	ROBA	00:18:47	15.97	03:45
22	348	Willems	Elden	Lubbeek	M21	SEN		00:18:53	15.89	03:46
23	2001	Wouters	Chriske	Diest	M22	MAS+50	SQM Running te...	00:19:04	15.73	03:48
24	294	Coenen	Emily	Nieuwrode	V1	MAS+40	ROBA	00:19:16	15.57	03:51
25	391	Swinnen	Steve	Glabbeek	M23	MAS+40		00:19:24	15.46	03:52
26	377	Van Gossum	David	Diest	M24	MAS+35		00:19:28	15.41	03:53
27	414	Nelissen	Robin	Werchter	M25	MAS+40	ROBA	00:19:29	15.4	03:53
28	321	Sonck	Ruth	Tienen	V2	MAS+35	SQM Running T...	00:19:41	15.24	03:56
29	366	Prenen	Yarne	Herent	M26	SCH	ACKO	00:19:47	15.16	03:57
30	340	Vaninbroucx	Tijl	Diest	M27	CAD	ROBA Diest	00:19:55	15.06	03:59
31	284	Artoos	Bent	Molenstede	M28	CAD	ROBA	00:20:00	15	04:00
32	292	Celis	Lowie	Diest	M29	MIN	ROBA	00:20:02	14.98	04:00
33	347	Wens	Greet	Scherpenheuvel	V3	MAS+40		00:20:21	14.74	04:04
34	2008	Janssens	Jarne	Loksbergen	M30	SCH	De Windbrekers	00:20:30	14.63	04:06
35	390	Vandermaesen	Ivo	Schaffen	M31	MAS+60	DCLA-Halen	00:20:35	14.57	04:07
36	316	Nulens	Jana	Diest	V4	CAD	ROBA Diest	00:20:36	14.56	04:07
37	2017	Deflem	Kenny	Tienen	M32	SEN	RCT	00:20:38	14.54	04:07
38	359	Van De Kerkhove	Peter	Tielt-Winge	M33	MAS+55	ROBA	00:20:40	14.52	04:08
39	364	Vlaeyen	Cynthia	Diest	V5	SEN		00:20:46	14.45	04:09
40	395	Aertgeerts	Daan	Testelt	M34	MIN	ROBA	00:20:49	14.41	04:09
41	421	Rijnders	Kasper	Ramsel	M35	CAD	ROBA	00:21:06	14.22	04:13
42	392	Geudens	Bernard	Westerlo	M36	SEN		00:21:12	14.15	04:14
43	376	Verest	Bart	Schaffen	M37	SEN		00:21:13	14.14	04:14
44	407	Waterschoot	Neal	Lummen	M38	SEN	DCLA Halen	00:21:24	14.02	04:16
45	380	Philips	Tara	Denderleeuw	V6	SEN	Running Team B...	00:21:40	13.85	04:20
46	375	Korthout	Nils	Tessengerlo	M39	SEN		00:21:44	13.8	04:20
47	2006	Vermaelen	Roan	Molenbeek-Wersbeek	M40	MIN	RCT	00:21:55	13.69	04:23
48	2011	Gerrits	Thomas	Bekkevoort	M41	SEN		00:21:59	13.65	04:23
49	386	Pittevils	Luc	Testelt	M42	MAS+70	Looise	00:22:11	13.52	04:26
50	355	Weckx	Ferre	Kortenaken	M43	MIN	ROBA Diest	00:22:14	13.49	04:26

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51	288	Bruijneel	Ghunter	Diest	M44	MAS+50		00:22:17	13.46	04:27
52	2004	Luyten	Björn	Zoutleeuw	M45	MAS+35		00:22:25	13.38	04:29
53	337	Vangoidsenhoven	Diziana	Vissenaken	V7	MAS+45		00:22:59	13.05	04:35
54	388	Branders	Filip	Molenbeek-Wersbeek	M46	MAS+35	Muggenberg	00:23:02	13.02	04:36
55	408	Willems	Sara	Halen	V8	MAS+45		00:23:04	13.01	04:36
56	329	Van den Broeck	Ivo	Tildonk	M47	MAS+60	ROBA	00:23:28	12.78	04:41
57	360	Declerck	Katie	Tielt-Winge	V9	MAS+50	ROBA	00:23:34	12.73	04:42
58	368	Hendrickx	Jannis	Diest	M48	SEN	Stad Diest	00:23:42	12.66	04:44
59	290	Cambré	Sandra	Herentals	V10	MAS+50	Coyote Sports T...	00:23:44	12.64	04:44
60	310	Lambert	Kelly	Nieuwrode	V11	MAS+35	Sportiva Gelrode	00:23:55	12.54	04:47
61	295	De Cock	Nico	Baal	M49	MAS+45	Sportiva Gelrode	00:23:57	12.53	04:47
62	315	Miseur	Manfred	Aarschot	M50	MAS+60	Sportiva Gelrode	00:23:58	12.52	04:47
63	352	Wilmaers	Kelly	Tielt-Winge	V12	MAS+40		00:23:59	12.51	04:47
64	415	Doms	Stijn	Geetbets	M51	MAS+35	Hogense Loop	00:24:02	12.48	04:48
65	287	Boone	Frederik	Diest	M52	MAS+50	ROBA	00:24:08	12.43	04:49
66	422	Cools	Benno	Averbode	M53	MIN	ROBA Diest	00:24:10	12.41	04:50
67	297	Dasque	Roos	Kersbeek-Miskom	V13	MAS+35	DCLA-Halen	00:24:24	12.3	04:52
68	357	Cools	Edwin	Tessengerlo	M54	MAS+65	Looi	00:24:33	12.22	04:54
69	319	Smeyers	Mats	Schaffen	M55	MIN	ROBA	00:24:42	12.15	04:56
70	374	Perdieus	Johan	Langdorp	M56	MAS+50	ROBA	00:24:43	12.14	04:56
71	307	Janssen	Finne	Diest	V14	MIN		00:24:47	12.1	04:57
72	308	Janssen	Jef	Diest	M57	MAS+40		00:24:49	12.09	04:57
73	389	Verheyden	Gunther	Bekkevoort	M58	MAS+45		00:24:52	12.06	04:58
74	396	Sools	Flor	Zichem	M59	CAD		00:25:03	11.98	05:00
75	413	Verhard	Nio	Morkhoven	M60	MIN	De Dorpspomp...	00:25:08	11.94	05:01
76	417	Bonroy	Max	Diest	M61	BEN	ROBA Diest	00:25:11	11.91	05:02
77	344	Vissers	Bjorn	Eindhout	M62	SCH	Looise AV	00:25:45	11.65	05:09
78	361	Raats	Ewout	Diest	V15	BEN		00:25:54	11.58	05:10
79	343	Verstraete	Peter	Grathem (NL)	M63	MAS+50		00:26:04	11.51	05:12
80	369	Dens	Laura	Diest	V16	SEN	Stad Diest	00:26:12	11.45	05:14
81	410	Meersman	Lucas	Kagevinne	M64	CAD		00:26:14	11.44	05:14
82	381	Simons	Arno	Webbekom	M65	BEN	ROBA Diest	00:26:38	11.26	05:19
83	412	Bak	Kristof	Aarschot	M66	MAS+45		00:26:51	11.17	05:22
84	291	Celis	Koen	Diest	M67	MAS+35		00:26:58	11.12	05:23
85	387	Prouve	Viktor	Diest	M68	MIN		00:27:11	11.04	05:26
86	402	Croonen	Eddy	Ramsel	M69	MAS+55	Kapsalon Luc	00:27:28	10.92	05:29
87	378	Van Emelen	Lisa	Diest	V17	CAD	ROBA	00:27:33	10.89	05:30
88	301	Dillen	Julie	Kagevinne	V18	CAD		00:27:35	10.88	05:31
89	339	Vanheer	Petra	Diest	V19	MAS+40		00:27:37	10.86	05:31
90	384	Vanbets	Ruben	Scherpenheuvel	M70	MAS+40		00:27:39	10.85	05:31
91	383	Vlaeminck	Seppe	Diest	M71	MAS+35		00:27:40	10.84	05:32
92	370	Waterschoot	Senne	Scherpenheuvel	M72	SEN	Stad Diest	00:27:42	10.83	05:32
93	331	Van Gelder	Inneke	Diest	V20	MAS+35	Bodystyling Diest	00:27:43	10.82	05:32
94	351	Willems	Vicky	Kersbeek-Miskom	V21	MAS+40		00:27:46	10.8	05:33
95	338	Vangrieken	Els	Diest	V22	MAS+40	Bodystyling Diest	00:27:51	10.77	05:34
96	2009	Decoene	Marta	Meensel-Kiezegem	V23	SEN		00:27:55	10.75	05:35
97	322	Strauven	Katrien	Schaffen	V24	MAS+35	Bodystyling Diest	00:27:56	10.74	05:35
98	367	Haekens	Jean-Marie	Bilzen	M73	MAS+55	Mattel en Spattel	00:27:59	10.72	05:35
99	296	De Meyer	Lena	Kersbeek-Miskom	V25	MIN	DCLA Halen	00:28:03	10.7	05:36
100	398	Sools	Maaïke	Zichem	V26	SCH		00:28:10	10.65	05:38

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101	397	Sools	Freddy	Zichem	M74	MAS+55		00:28:12	10.64	05:38
102	328	Van den Baere	Sien		V27	SCH	Bodystyling Diest	00:28:16	10.61	05:39
103	281	Potemans	Roger	Gelrode	M75	MAS+65	Sportiva Gelrode	00:28:24	10.56	05:40
104	313	Lefevre	Inge	Kaggevinne	V28	MAS+50		00:28:34	10.5	05:42
105	958	Mutert	Kristof	Diest	M76	MAS+40		00:28:38	10.48	05:43
106	305	Guldolf	Dries	Aarschot	M77	SEN	Sportiva Gelrode	00:29:03	10.33	05:48
107	372	Simons	Loïc	Paal	M78	PUP	Beringse Atletiek...	00:29:06	10.31	05:49
108	382	Simons	Giel	Webbekom	M79	MAS+35		00:29:07	10.3	05:49
109	333	Vandenreyken	Katatrien		V29	MAS+45	Bodystyling Diest	00:29:08	10.3	05:49
110	405	Schonk	Vanessa	Tessengerlo	V30	MAS+40		00:29:10	10.29	05:50
111	282	Achten	Hannah	Diest	V31	PUP	ROBA Diest	00:29:23	10.21	05:52
112	416	Vaneekhout	Steve	Diest	M80	MAS+40		00:29:26	10.19	05:53
113	286	Bloemmen	Ulrike	Grathem (NL)	V32	MAS+40		00:29:28	10.18	05:53
114	409	Ooms	Frederique	Kaggevinne	V33	MAS+35		00:29:31	10.16	05:54
115	411	Meersman	Bram	Kaggevinne	M81	MAS+35		00:29:33	10.15	05:54
116	399	Moeurs	Elise	Scherpenheuvel	V34	PUP	ROBA Diest	00:29:34	10.15	05:54
117	317	Piskor	Cindy	Diest	V35	MAS+45		00:29:42	10.1	05:56
118	418	Bonroy	Eric	Diest	M82	MAS+40		00:29:56	10.02	05:59
119	362	Raats	Aaron	Diest	M83	PUP		00:30:05	9.97	06:01
120	363	Raats	Jochem	Schaffen	M84	MAS+35		00:30:07	9.96	06:01
121	400	Moeurs	Linde	Zichem	V36	PUP	ROBA Diest	00:30:14	9.92	06:02
122	401	Moeurs	Bart	Scherpenheuvel	M85	MAS+45		00:30:16	9.91	06:03
123	336	Vandyck	Yves	Rillaar	M86	MAS+50	Sportiva Gelrode	00:30:33	9.82	06:06
124	323	ten Napel	Derik	Werchter	M87	MAS+35		00:30:39	9.79	06:07
125	293	Claes	Marlies	Diest	V37	SEN		00:30:47	9.75	06:09
126	335	Vandeweyer	Leen		V38	MAS+45	Bodystyling Diest	00:31:07	9.64	06:13
127	325	Tuerlinckx	Jean-Luc	Scherpenheuvel	M88	MAS+60	Kapsalon Luc	00:31:09	9.63	06:13
128	303	Gervois	Pascal	Diest	M89	MAS+35		00:31:29	9.53	06:17
129	2018	Amulius	Danny	Bekkevoort	M90	MAS+60		00:31:37	9.49	06:19
130	371	Vranken	Sofie	Paal	V39	SEN		00:31:43	9.46	06:20
131	346	Vos	Debby	Kaggevinne	V40	MAS+35		00:31:45	9.45	06:21
132	320	Smolders	Lena	Schaffen	V41	BEN		00:32:03	9.36	06:24
133	289	Brutsaert	Lena	Schaffen	V42	SCH		00:32:04	9.36	06:24
134	330	Van den Broeck	Sacha	Langdorp	V43	MAS+50	Sportiva Gelrode	00:32:08	9.34	06:25
135	353	Wittevrouw	Maya	Diest	V44	SCH	ROBA Diest	00:32:09	9.33	06:25
136	342	Verpoorten	Rika	Deurne	V45	MAS+35		00:32:14	9.31	06:26
137	354	Curvers	Giselda	Diest	V46	MAS+40		00:32:19	9.28	06:27
138	2014	Jacobs	Jessica	Halen	V47	SEN		00:32:33	9.22	06:30
139	283	Achten	Isa	Diest	V48	MIN		00:32:36	9.2	06:31
140	285	Beckers	Charlotte	Schaffen	V49	MIN	ROBA Diest	00:33:03	9.08	06:36
141	324	Timmermans	Christine		V50	MAS+35	Bodystyling Diest	00:33:08	9.05	06:37
142	332	Van Herck	Joeri	Diest	M91	MAS+35		00:33:11	9.04	06:38
143	326	Van Belleghem	Sara	Diest	V51	MAS+40		00:33:13	9.03	06:38
144	419	Van Sweevelt	Lars	Diest	M92	MAS+45		00:33:39	8.92	06:43
145	420	Nuyts	Kristof	Diest	M93	MAS+45		00:33:41	8.91	06:44
146	309	Kennes	Ilse	Scherpenheuvel	V52	MAS+35	Bodystyling Diest	00:34:29	8.7	06:53
147	424	Ameye	Nanou	Diest	V53	SCH		00:35:38	8.42	07:07
148	423	Arnauts	Valentine	Diest	V54	SCH		00:35:40	8.41	07:08
149	2013	Gielis	Ellen	Westerlo	V55	MAS+40	Berglopers	00:37:33	7.99	07:30
150	350	Willems	Isabel	Diest	V56	MAS+45		00:40:03	7.49	08:00

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151	302	Dreessen	Mirèse	Diest	V57	MAS+55	ROBA	00:40:27	7.42	08:05
152	404	Lenaerts	Amélie	Diest	V58	KAN		00:43:24	6.91	08:40
153	403	Lenaerts	Raf	Diest	M94	MAS+45		00:43:25	6.91	08:41