

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	26	Fieren	Seppe	Erps-Kwerps	M1	SEN	A-team	00:15:25	19.46	03:05
2	486	Raus	Milo	Zichem	M2	SEN	A-Team	00:15:47	19.01	03:09
3	30	Oliviers	Sanne	Tienen	M3	MAS+35	SQM Running...	00:16:11	18.54	03:14
4	25	Jorissen	Roel	Assent	M4	MAS+35	ROBA	00:16:14	18.48	03:14
5	455	De Vos	Tobias	Wezemaal	M5	SCH	ROBA	00:16:59	17.66	03:23
6	10	Verstraete	Liano	Kagevinne	M6	SCH	ROBA	00:17:08	17.51	03:25
7	2016	De Rooy	Andy	Grobendonk	M7	MAS+50	Coyote sports...	00:17:16	17.37	03:27
8	460	Everaerts	Daan	Rillaar	M8	SCH	ROBA	00:17:19	17.32	03:27
9	471	Mans	Steve	Testelt	M9	MAS+40	SQM Running...	00:17:24	17.24	03:28
10	53	Cumps	Stan	Ramsel	M10	SEN		00:17:26	17.21	03:29
11	464	Koopmans	Michael	Rummen	M11	SEN	ODB CYCLIN...	00:17:35	17.06	03:31
12	2011	Van Santvoort	Thibo	Westerlo	M12	CAD	De Dorpspomp	00:17:41	16.97	03:32
13	2017	Deflem	Kenny	Tienen	M13	SEN	RCT	00:17:56	16.73	03:35
14	2022	Sonck	Ruth	Tienen	V1	MAS+35	SQM Running...	00:18:22	16.33	03:40
15	448	Cools	Benno	Averbode	M14	CAD	ROBA Diest	00:18:41	16.06	03:44
16	445	Celis	Lowie	Diest	M15	CAD	ROBA	00:18:46	15.99	03:45
17	12	Weckx	Ferre	Kortenaken	M16	CAD	ROBA Diest	00:18:53	15.89	03:46
18	2020	Wouters	Chriske	Diest	M17	MAS+50	SQM Running...	00:19:14	15.6	03:50
19	50	Van Elsen	Lanzlo	Diest	M18	SCH		00:19:20	15.52	03:52
20	466	Laureys	Daan	Scherpenheuvel-Zichem	M19	SCH	ROBA	00:19:39	15.27	03:55
21	48	Neen	Vincent	Diest	M20	SCH		00:19:49	15.14	03:57
22	32	Verlye	Davy	Hulshout	M21	SEN		00:19:50	15.13	03:58
23	39	De Pauw	Roméo	Rotselaar	M22	CAD	ROBA	00:19:51	15.11	03:58
24	40	De Pauw	Wim	Rotselaar	M23	MAS+50	ROBA	00:19:54	15.08	03:58
25	461	Everaerts	Ward	Rillaar	M24	CAD	ROBA	00:20:02	14.98	04:00
26	52	Rouffa	Peter	Hasselt	M25	MAS+50		00:20:24	14.71	04:04
27	47	Korthout	Nils	Tessengerlo	M26	MAS+35		00:20:30	14.63	04:06
28	491	Reubens	Noah	Averbode	M27	MIN	ROBA Diest	00:20:35	14.57	04:07
29	24	Artoos	Bent	Molenstede	M28	SCH	ROBA	00:20:36	14.56	04:07
30	482	Op de Beeck	Werner	Ramsel	M29	MAS+45		00:20:39	14.53	04:07
31	49	Bruijneel	Ghunter	Diest	M30	MAS+50		00:21:06	14.22	04:13
32	470	Maes	Nette	Rotselaar	V2	SCH	ROBA	00:21:14	14.13	04:14
33	2015	Wilmaers	Kelly	Tielt-Winge	V3	MAS+40	DCLA Halen	00:21:26	14	04:17
34	492	Rouffa	Jurgen	Glabbeek	M31	MAS+50		00:21:32	13.93	04:18
35	67	Bonroy	Max	Diest	M32	PUP	ROBA	00:21:35	13.9	04:19
36	1	Van der Wildt	Bent	Diest	M33	MIN	ROBA Diest	00:21:38	13.87	04:19
37	41	De Pauw	Aïnoa	Rotselaar	V4	MIN	ROBA	00:22:10	13.53	04:26
38	2012	Van Slycke	Sarah	Zoutleeuw	V5	MAS+45	ROBA	00:22:13	13.5	04:26
39	457	Dendas	Jo	Diest	M34	MAS+45	ROBA	00:22:17	13.46	04:27
40	2	Van Lancker	Nell	Waanrode	V6	CAD	ROBA	00:22:22	13.41	04:28
41	496	Speelmans	Jack	Diest	M35	MIN		00:22:25	13.38	04:29
42	497	Speelmans	Wannes	Diest	M36	MAS+40		00:22:27	13.36	04:29
43	9	Verschueren	Frank	Pelt	M37	MAS+65		00:22:28	13.35	04:29
44	2019	Luts	Daniël	Engsbergen	M38	MAS+70	DCLA Halen	00:22:32	13.31	04:30
45	484	Pauwels	Dries	Diest	M39	SEN		00:22:35	13.28	04:31
46	5	Vandeput	Eric	Glabbeek	M40	MAS+55	Katweif	00:22:43	13.21	04:32
47	2010	Van Santvoort	Theo	Westerlo	M41	MAS+50	De Dorpspomp	00:22:53	13.11	04:34
48	459	Depré	Jan	Hasselt	M42	MAS+55		00:22:53	13.11	04:34
49	42	Kolenberg	Senn	Diest	M43	MIN		00:23:06	12.99	04:37
50	38	Van Rillaer	Katrien	Betekom	V7	MAS+50	ROBA	00:23:26	12.8	04:41

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51	2004	Geleyn	Thieu	Bekkevoort	M44	MAS+45		00:23:33	12.74	04:42
52	493	Sallaerts	Saartje	Houthalen	V8	MAS+35	AVT	00:23:38	12.69	04:43
53	36	Weckhuysen	Serge	Betekom	M45	MAS+50	ROBA	00:23:42	12.66	04:44
54	2007	Coeckelberghs	Rob	Drieslinter	M46	MAS+40	RCT atletiek	00:23:51	12.58	04:46
55	54	Verherstraeten	Nick	Testelt	M47	MAS+35	De Dorpspomp	00:23:52	12.57	04:46
56	37	Heiremans	Katleen	Betekom	V9	MAS+50	ROBA	00:24:08	12.43	04:49
57	451	Dasque	Roos	Kersbeek-Miskom	V10	MAS+35	DCLA Halen	00:24:18	12.35	04:51
58	2014	Arnauts	Kirsten	Neerlinter	V11	MAS+50	KARWEIf	00:24:24	12.3	04:52
59	488	Renders	Elijah	Scherpenheuvel	M48	MIN		00:24:42	12.15	04:56
60	2026	Middel	Ine	Ramsel	V12	MAS+65		00:24:49	12.09	04:57
61	453	De Meyer	Lena	Kersbeek-Miskom	V13	CAD	DCLA Halen	00:24:51	12.07	04:58
62	462	Janssens	Fille	Glabbeek	M49	PUP		00:24:52	12.06	04:58
63	498	Swinnen	Dylan	Bekkevoort	M50	SEN		00:24:55	12.04	04:59
64	475	Mombaerts	Els	Linter	V14	MAS+50		00:24:59	12.01	04:59
65	443	Camps	Stephen	Koersel	M51	CAD		00:25:04	11.97	05:00
66	46	Huyskens	Jana	Diest	V15	MAS+35		00:25:12	11.9	05:02
67	499	Uytterhoeven	Peter	Tremelo	M52	MAS+55	Berglopers	00:25:14	11.89	05:02
68	446	Cespedes	Ann	Diest	V16	MAS+40		00:25:25	11.8	05:05
69	472	Mertens	Cruz	Zichem	M53	MIN	ROBA	00:25:28	11.78	05:05
70	56	Vandereyken	Tuur	Schaffen	M54	MIN	ROBA Diest	00:25:33	11.74	05:06
71	2009	Fastenaekels	Leslee	Westerlo	V17	MAS+40	De Dorpspomp	00:25:34	11.73	05:06
72	494	Sevenants	Patrick	Diest	M55	MAS+60	Kapsalon Luc	00:25:53	11.59	05:10
73	490	Renders	Mateo	Scherpenheuvel	M56	CAD		00:25:56	11.57	05:11
74	2025	Maus	Jan	Ramsel	M57	MAS+65		00:26:15	11.43	05:15
75	489	Renders	Luka	Scherpenheuvel	M58	SCH		00:26:16	11.42	05:15
76	65	Mertens	Lore	Binkom	V18	SEN		00:26:17	11.41	05:15
77	456	Dekeyser	Lana	Kaggevinne	V19	MIN	ROBA	00:26:21	11.39	05:16
78	476	Mutert	Anna	Diest	V20	PUP	ROBA	00:26:21	11.39	05:16
79	63	Moors	Mathias	Diest	M59	MAS+40		00:26:39	11.26	05:19
80	7	Vanheer	Petra	Diest	V21	MAS+45		00:26:42	11.24	05:20
81	2023	Fleurackers	Cato	Schriek	V22	SEN	BONH	00:26:44	11.22	05:20
82	4	Vandebosch	Wim	Diest	M60	MAS+35		00:26:45	11.21	05:21
83	444	Celis	Koen	Diest	M61	MAS+40		00:26:47	11.2	05:21
84	2024	Cambré	Sandra	Herentals	V23	MAS+50	Coyote Sports...	00:26:59	11.12	05:23
85	68	Werbrouck	Tom	Scherpenheuvel	M62	MAS+45	ROBA	00:27:01	11.1	05:24
86	34	Vanhove	Bert	Keerbergen	M63	MAS+60	Geshaalopers	00:27:03	11.09	05:24
87	447	Claes	Linus	Diest	M64	MIN	ROBA	00:27:10	11.04	05:26
88	473	Minnart	Elise	Assent	V24	SCH	ROBA	00:27:14	11.02	05:26
89	23	Vermeulen	Cilina	Scherpenheuvel	V25	MIN	ROBA	00:27:16	11	05:27
90	21	Vermeulen	Kris	Scherpenheuvel	M65	MAS+40		00:27:18	10.99	05:27
91	70	Collier	Eva	Diest	V26	SCH		00:27:20	10.98	05:28
92	71	Collier	Roger	Diest	M66	MAS+45		00:27:21	10.97	05:28
93	17	Bloemmen	Ulrike	Grathem (NL)	V27	MAS+45		00:27:30	10.91	05:30
94	11	Vertommen	Elke	Kortenaken	V28	MAS+45	Coyote sports...	00:27:32	10.9	05:30
95	51	Janssens	Sven	Testelt	M67	MAS+35	ROBA	00:27:40	10.84	05:32
96	454	De Meyer	Lotte	Kortenaken	V29	MIN	DCLA-Halen	00:27:43	10.82	05:32
97	452	De keersmaecker	Basiel	Diest	M68	MIN	ROBA Diest	00:27:51	10.77	05:34
98	27	Potemans	Roger	Gelrode	M69	MAS+70	Sportiva Gelro...	00:27:56	10.74	05:35
99	35	De Wachter	Carine	Keerbergen	V30	MAS+60		00:28:04	10.69	05:36
100	58	Bergen	Nicole	Messelbroek	V31	MAS+55		00:28:05	10.68	05:37

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101	2021	Guldolf	Dries	Aarschot	M70	MAS+35	Sportiva Gelro...	00:28:07	10.67	05:37
102	477	Mutert	Kristof	Diest	M71	MAS+45		00:28:24	10.56	05:40
103	465	Laeveren	Tove		V32	SEN		00:28:53	10.39	05:46
104	8	Verhelst	Stephanie	Molenstede	V33	SEN		00:29:00	10.34	05:48
105	33	Diden	Evelyn	Averbode	V34	MAS+35		00:29:05	10.32	05:49
106	2006	Geuvens	Katrien	Drieslinter	V35	MAS+40		00:29:07	10.3	05:49
107	64	Moors	Mien	Diest	V36	MIN	ROBA	00:29:18	10.24	05:51
108	2008	Celis	Hilde	Molenstede	V37	MAS+55		00:29:24	10.2	05:52
109	3	Vancraybex	Louise	Diest	V38	SEN		00:29:46	10.08	05:57
110	31	Eijckmans	Eric	Laakdal	M72	MAS+60		00:30:00	10	06:00
111	16	Zwyzen	Seppe	Assent	M73	PUP	ROBA Diest	00:30:11	9.94	06:02
112	6	Vandereyken	Noor	Schaffen	V39	PUP	ROBA	00:30:12	9.93	06:02
113	483	Pauwels	Briek	Zichem	M74	PUP	ROBA	00:30:14	9.92	06:02
114	60	Lorreyne	Sofie	Scherpenheuvel	V40	MAS+35		00:30:22	9.88	06:04
115	59	Jacobs	Maarten	Scherpenheuvel	M75	MAS+35		00:30:23	9.87	06:04
116	15	Wittevrouw	Nora	Diest	V41	MIN	ROBA	00:30:25	9.86	06:05
117	61	Moors	Annette	Diest	V42	PUP	ROBA	00:30:26	9.86	06:05
118	62	Laurys	Ine	Diest	V43	MAS+40		00:30:30	9.84	06:06
119	28	Cultiaux	Iris	Veerle	V44	MAS+45	De Bosvrienden	00:30:43	9.77	06:08
120	29	Janssens	Emilia	Veerle	V45	SCH		00:30:44	9.76	06:08
121	13	Wildiers	Bart	Walem	M76	MAS+35		00:30:46	9.75	06:09
122	55	Verherstraeten	Raf	Herselt	M77	MAS+60	De Dorpspomp	00:30:48	9.74	06:09
123	69	Gysemans	Michel	Heist o/d Berg	M78	MAS+80	Dorpspomp	00:30:49	9.73	06:09
124	440	Bekaert	Nova	Tienen	V46	BEN	Family of seven	00:30:52	9.72	06:10
125	478	Nijs	Wannes	Averbode	M79	PUP	ROBA	00:30:53	9.71	06:10
126	450	Cuypers	Rik	Zichem	M80	PUP	ROBA Diest	00:30:54	9.71	06:10
127	463	Janssens	Jules	Zichem	M81	PUP	ROBA	00:30:56	9.7	06:11
128	57	Schepens	Margot	Tielt-Winge	V47	MAS+40		00:30:57	9.69	06:11
129	441	Bergmans	Fran	Diest	V48	PUP	ROBA	00:31:01	9.67	06:12
130	500	Van Bragt	Sara	Zichem	V49	MAS+40	ROBA	00:31:02	9.67	06:12
131	14	Wittevrouw	Maya	Diest	V50	JUN	ROBA	00:31:09	9.63	06:13
132	45	Anthonis	Rudi	Tremelo	M82	MAS+65	Bowling Club...	00:31:21	9.57	06:16
133	2001	Van Lier	Stefan	Tremelo	M83	MAS+65		00:31:34	9.5	06:18
134	487	Renders	Arlo	Scherpenheuvel	M84	BEN		00:31:43	9.46	06:20
135	474	Missotten	Dieter	Glabbeek	M85	MAS+40		00:31:46	9.44	06:21
136	44	Willems	Marc	Baal	M86	MAS+55	Bowling Cent...	00:32:11	9.32	06:26
137	480	Noels	Marie	Beringen	V51	JUN		00:32:14	9.31	06:26
138	479	Noels	Emma	Paal	V52	SEN		00:32:15	9.3	06:27
139	2018	Wouters	Lies	Diest	V53	JUN	Running Crew...	00:32:17	9.29	06:27
140	22	Maris	Jona	Scherpenheuvel	V54	MAS+40		00:32:19	9.28	06:27
141	2013	Robberechts	Eva	Neerlinter	V55	MAS+40	KARWEIf	00:32:21	9.27	06:28
142	43	Van den Wyngaert	Nancy	Keerbergen	V56	MAS+55		00:32:25	9.25	06:29
143	449	Couvreur	Lies	Glabbeek	V57	MAS+55	Karweif	00:32:29	9.24	06:29
144	19	Piron	Anouk		V58	MAS+40		00:32:31	9.23	06:30
145	485	Peiten	Elise	Kortenaken	V59	MIN		00:32:41	9.18	06:32
146	495	Sijmens	Staf	Tielt-Winge	M87	CAD		00:33:04	9.07	06:36
147	468	Maddens	Eline	Schaffen	V60	BEN	Team ELFS	00:33:37	8.92	06:43
148	469	Maddens	Frederik	Schaffen	M88	MAS+40	Team ELFS	00:33:39	8.92	06:43
149	442	Bijnens	Femke	Diest	V61	MAS+35		00:33:41	8.91	06:44
150	481	Op de Beeck	Suzy	Tremelo	V62	MAS+55	Berglopers	00:33:50	8.87	06:46

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151	66	De Winter	An	Langdorp	V63	MAS+45		00:34:40	8.65	06:56
152	18	Volders	Elise		V64	MAS+35		00:34:57	8.58	06:59
153	20	Deltour	Nele		V65	MAS+40		00:34:59	8.58	06:59