

400 m (6/7 jaar)

Plaats	Jongens	Meisjes
1	Jarne Van Opstal	Noor Driezen
2	Loic Lievens	Linde Smekens
3	Marcel Dierckx	Yuna Thys
4	Lenn Rens	Tess Rens
5	Vince Van Bouwel	Feline Dierckx
6	Lou Adriaens	Leonie Dauwen
7	Lowie Heylen	Fien Voet
8	Max Van Aerschot	Celeste Dauwen
9	Nio Verhard	
10	Kobe Renard	
11	Fil De Roover	

400 m (8/9 jaar)

Plaats	Jongens	Meisjes
1	Faust Verschueren	Hanne Van Opstal
2	Titus Teulingckx	Nel Van Aerschot
3	Jules Claes	Ella-June Slaets
4	Lars Van Bouwel	Beau Engels
5	Jef Voet	Milla Van der Elst
6	Vic Verstappen	Annelore Thys
7	Cis Van Geel	
8	Staf Philips	
9	Mattijs Dierckx	
10	Jelle Adriaens	
11	Cas Heylen	
12	Brent Vanderhaegen	

800 m (10/11 jaar)

Plaats	Jongens	Meisjes
1	Wannes Van Geel	Babette Verschueren
2	Jasper Thys	Nell De Messemaeker
3	Liam Engels	Norah Vos

800 m (12/13 jaar)

Plaats	Jongens
1	Otto Teulingckx
2	Lars Van Den Broeck
3	Sebastian Teulingckx

Positie	Naam	Tijd	Snelheid (km/u)	Tempo (min/km)	Categorie
1	Sam Valgaeren	00:14:59	20.02	0:03:00	1 M20+
2	Thomas Derboven	00:15:24	19.48	0:03:05	2 M20+
3	Nick Van Hoof	00:16:02	18.71	0:03:12	3 M20+
4	Wim Cams	00:17:22	17.27	0:03:28	1 M50+
5	Jeroen Hus	00:17:29	17.16	0:03:30	4 M20+
6	Jeroen Adriaens	00:17:35	17.06	0:03:31	5 M20+
7	Dries Heylen	00:18:16	16.42	0:03:39	6 M20+
8	Brent 'S Jongers	00:18:17	16.41	0:03:39	1 M20-
9	Tim Verschueren	00:19:12	15.63	0:03:50	1 M40+
10	Malte Franssen	00:19:19	15.53	0:03:52	7 M20+
11	Jaime Guyo	00:19:21	15.50	0:03:52	8 M20+
12	Yannis Henderix	00:19:24	15.46	0:03:53	2 M20-
13	Aaron Van Kerkhoven	00:19:35	15.32	0:03:55	3 M20-
14	Niels Hermans	00:19:38	15.28	0:03:56	9 M20+
15	Stijn Vandesande	00:19:39	15.27	0:03:56	10 M20+
16	Renzo Exelmans	00:19:41	15.24	0:03:56	4 M20-
17	Yves Exelmans	00:19:54	15.08	0:03:59	2 M50+
18	Helene Boels	00:20:04	14.95	0:04:01	1 V20+
19	Zoran Pelic	00:20:27	14.67	0:04:05	5 M20-
20	Laurenz Van Bael	00:20:43	14.48	0:04:09	11 M20+
21	Wim Van Looy	00:20:44	14.47	0:04:09	3 M50+
22	Kamiel Van Looy	00:20:45	14.46	0:04:09	6 M20-
23	Kristof Sterckx	00:20:51	14.39	0:04:10	2 M40+
24	Jef Huysmans	00:21:02	14.26	0:04:12	1 M60+
25	Kris Henderix	00:21:07	14.21	0:04:13	3 M40+
26	Katrien Goyvaerts	00:21:25	14.01	0:04:17	1 V40+
27	Johan Van der Elst	00:21:28	13.98	0:04:18	4 M50+
28	Jarze Van der Auwera	00:21:54	13.70	0:04:23	7 M20-
29	Luk Leyzen	00:22:36	13.27	0:04:31	1 M70+
30	Stijn Meessens	00:22:40	13.24	0:04:32	4 M40+
31	Rene Eggers	00:22:45	13.19	0:04:33	2 M60+
32	Yannick Renard	00:22:48	13.16	0:04:34	12 M20+
33	Wout Laeremans	00:22:58	13.06	0:04:36	8 M20-
34	Tom Van Den Putte	00:23:07	12.98	0:04:37	13 M20+
35	Ludo Van Oosterwyck	00:23:10	12.95	0:04:38	5 M50+
36	Rudy Hus	00:23:17	12.88	0:04:39	6 M50+
37	Anouk Klinkers	00:23:21	12.85	0:04:40	2 V40+
38	Peter Ruelens	00:23:45	12.63	0:04:45	7 M50+
39	Kristoff Rens	00:24:15	12.37	0:04:51	14 M20+
40	Pierre Van Praet	00:24:29	12.25	0:04:54	2 M70+
41	Titus Teulingkx	00:24:30	12.24	0:04:54	9 M20-
42	Sandra Cambré	00:24:41	12.15	0:04:56	3 V40+
43	Kurt 'S Jongers	00:24:42	12.15	0:04:56	5 M40+
44	Frans Cools	00:25:24	11.81	0:05:05	3 M60+
45	Kiano Peeters	00:25:29	11.77	0:05:06	10 M20-
46	Jorben Van Kerkhoven	00:25:33	11.74	0:05:07	11 M20-
47	Bert Vanhove	00:25:35	11.73	0:05:07	8 M50+

Positie	Naam	Tijd	Snelheid (km/u)	Tempo (min/km)	Categorie
48	Coletta Celen	00:25:37	11.71	0:05:07	2 V20+
49	Kristof Horemans	00:25:40	11.69	0:05:08	6 M40+
50	Nand Horemans	00:25:41	11.68	0:05:08	12 M20-
51	Kim Puttenaers	00:25:44	11.66	0:05:09	15 M20+
52	Faust Verschueren	00:25:45	11.65	0:05:09	13 M20-
53	Wannes Van Geel	00:25:47	11.64	0:05:09	14 M20-
54	Dries Cools	00:25:51	11.61	0:05:10	15 M20-
55	Thomas Slegers	00:25:52	11.60	0:05:10	16 M20-
56	Tom Wouters	00:26:22	11.38	0:05:16	16 M20+
57	Carine De wachter	00:26:34	11.29	0:05:19	1 V50+
58	Heidi Putseys	00:26:51	11.17	0:05:22	4 V40+
59	Mateja Sterckx	00:26:57	11.13	0:05:23	17 M20-
60	Kim Sterckx	00:27:00	11.11	0:05:24	7 M40+
61	Leen Nijs	00:27:05	11.08	0:05:25	2 V50+
62	Carine Nijs	00:27:08	11.06	0:05:26	3 V50+
63	Cindy Verstrepen	00:27:17	11.00	0:05:27	3 V20+
64	Ingrid Van Vlasselaer	00:27:21	10.97	0:05:28	4 V50+
65	Marc Prinsen	00:27:32	10.90	0:05:30	9 M50+
66	Nick Printemps	00:27:43	10.82	0:05:33	8 M40+
67	Mo Ustboga	00:28:35	10.50	0:05:43	17 M20+
68	Tine Grielen	00:28:42	10.45	0:05:44	4 V20+
69	Elly Nietvelt	00:28:58	10.36	0:05:48	5 V40+
70	Gijs Nicasy	00:29:04	10.32	0:05:49	9 M40+
71	Tamara Van Den Bulck	00:29:13	10.27	0:05:51	6 V40+
72	Pauline Engelen	00:31:12	9.62	0:06:14	5 V20+
73	Michael Peeters	00:31:46	9.44	0:06:21	18 M20-
74	Wout Vleugels	00:31:47	9.44	0:06:21	19 M20-
75	Marc Smet	00:33:20	9.00	0:06:40	3 M70+
76	Hans Nicasy	00:33:22	8.99	0:06:40	4 M60+
77	Britt Van Roie	00:33:51	8.86	0:06:46	6 V20+
78	Ruddy Nicasy	00:34:16	8.75	0:06:51	5 M60+

10 km

Summer Run - 28/06/2019

Positie	Naam	Tijd	Snelheid (km/u)	Tempo (min/km)	Categorie
1	Kevin Schauwaers	00:32:39	18.38	0:03:16	1 M20+
2	Kenneth Laureys	00:35:04	17.11	0:03:30	2 M20+
3	Kris Lievens	00:35:39	16.83	0:03:34	1 M40+
4	Micha Van den Eynde	00:35:50	16.74	0:03:35	3 M20+
5	Gino Lauwen	00:36:14	16.56	0:03:37	2 M40+
6	Jeroen Rijnders	00:36:34	16.41	0:03:39	3 M40+
7	Rik Vermeulen	00:36:39	16.37	0:03:40	4 M20+
8	Stephane Hermans	00:37:23	16.05	0:03:44	5 M20+
9	Michaël Cloots	00:37:28	16.01	0:03:45	6 M20+
10	Kurt Van den Broeck	00:38:19	15.66	0:03:50	4 M40+
11	Willem Heylen	00:38:35	15.55	0:03:52	7 M20+
12	Dries Van den Bulck	00:39:51	15.06	0:03:59	8 M20+
13	Bart Van de Velde	00:39:59	15.01	0:04:00	9 M20+
14	Ivo Vandermaesen	00:41:07	14.59	0:04:07	1 M50+
15	Tom Teulingkx	00:41:08	14.59	0:04:07	5 M40+
16	Otto Teulingkx	00:41:10	14.57	0:04:07	1 M20-
17	Jelle Laenen	00:41:15	14.55	0:04:07	10 M20+
18	Gert Steenackers	00:41:42	14.39	0:04:10	11 M20+
19	Gerry Ceusters	00:42:12	14.22	0:04:13	6 M40+
20	Bo Dubin	00:42:14	14.21	0:04:13	1 V20-
21	Luc Steenackers	00:42:27	14.13	0:04:15	2 M50+
22	Hannes Verbrugge	00:43:03	13.94	0:04:18	2 M20-
23	Kris Van den Eynde	00:43:04	13.93	0:04:18	12 M20+
24	Yannick Somers	00:43:15	13.87	0:04:20	13 M20+
25	Luc Testelmans	00:44:29	13.49	0:04:27	3 M50+
26	Davy Meerts	00:45:09	13.29	0:04:31	7 M40+
27	Koen Bulckens	00:45:20	13.24	0:04:32	8 M40+
28	Andreas De Witte	00:45:22	13.23	0:04:32	1 M70+
29	Isabelle Depuydt	00:45:24	13.22	0:04:32	1 V20+
30	Ivan Beirsmans	00:45:27	13.20	0:04:33	4 M50+
31	Sam Sprengheers	00:45:41	13.13	0:04:34	3 M20-
32	Erwin Engelen	00:45:44	13.12	0:04:34	5 M50+
33	Hanne Hoskens	00:45:47	13.11	0:04:35	2 V20+
34	Davy Maes	00:45:52	13.08	0:04:35	14 M20+
35	Tom Van Aerschot	00:45:56	13.06	0:04:36	9 M40+
36	Ken Thys	00:45:58	13.05	0:04:36	15 M20+
37	Tom Van Houdt	00:46:13	12.98	0:04:37	10 M40+
38	Joeri Boeckx	00:46:28	12.91	0:04:39	11 M40+
39	Jarno Van Houdt	00:46:38	12.87	0:04:40	4 M20-
40	Eddy Van Hoof	00:46:42	12.85	0:04:40	6 M50+
41	Pieter Verreydt	00:46:49	12.82	0:04:41	16 M20+
42	Rob De Ceulaer	00:47:37	12.60	0:04:46	17 M20+
43	Rudy Calders	00:47:39	12.59	0:04:46	7 M50+
44	Tom Smets	00:47:42	12.58	0:04:46	12 M40+
45	Harry Rutten	00:47:48	12.55	0:04:47	13 M40+
46	Andy Mertens	00:48:01	12.50	0:04:48	18 M20+
47	Ruben Engelen	00:48:13	12.44	0:04:49	19 M20+

Positie	Naam	Tijd	Snelheid (km/u)	Tempo (min/km)	Categorie
48	Ilse Vandenborne	00:48:18	12.42	0:04:50	1 V50+
49	Niels Druyts	00:48:24	12.40	0:04:50	20 M20+
50	Gert De Roover	00:48:32	12.36	0:04:51	21 M20+
51	Luk Rens	00:48:34	12.35	0:04:51	22 M20+
52	Mon Haemhouts	00:48:38	12.34	0:04:52	1 M60+
53	Vera Verluyten	00:48:49	12.29	0:04:53	2 V50+
54	Isabelle Sterckx	00:49:07	12.22	0:04:55	1 V40+
55	Thomas Wouters	00:49:19	12.17	0:04:56	5 M20-
56	Jo Wouters	00:49:47	12.05	0:04:59	2 M70+
57	Thomas Van de Putte	00:51:16	11.70	0:05:08	23 M20+
58	Kelly Hilven	00:52:54	11.34	0:05:17	3 V20+
59	Gust Van Loy	00:53:54	11.13	0:05:23	2 M60+
60	Benny Belmans	00:54:32	11.00	0:05:27	14 M40+
61	Dorien Van de Putte	00:55:02	10.90	0:05:30	24 M20+
62	Peter Luyten	00:55:24	10.83	0:05:32	8 M50+
63	Pieter Van den bosch	00:56:03	10.70	0:05:36	25 M20+
64	Lars Van den Broeck	00:58:01	10.34	0:05:48	6 M20-
65	Jolien Engelen	00:58:11	10.31	0:05:49	4 V20+
66	Nathalie Geboers	00:58:35	10.24	0:05:52	5 V20+
67	An Peeters	00:58:36	10.24	0:05:52	2 V40+
68	Sandra Le Pera	00:58:37	10.24	0:05:52	6 V20+
69	Guy Van Laerhoven	00:58:51	10.20	0:05:53	15 M40+
70	Bart Dilliën	00:59:57	10.01	0:06:00	16 M40+
71	Ellen Rens	01:00:18	9.95	0:06:02	3 V40+
72	Jonas Vercammen	01:01:45	9.72	0:06:10	26 M20+
73	Rob Goossens	01:03:37	9.43	0:06:22	17 M40+
74	Mieke Dierckx	01:06:48	8.98	0:06:41	7 V20+
75	Eef Mathijs	01:06:51	8.98	0:06:41	8 V20+
76	Margot Geertaerts	01:06:53	8.97	0:06:41	
77	Elly Van de Craen	01:06:55	8.97	0:06:42	
78	Ellen Rens	01:06:55	8.97	0:06:42	4 V40+