

RESULTS :
5400 m

JOGGING
STRIJTEM
8/10/2021



rank	bib	gender	name [catg / year]	time	time / km	km/h
1	392	M 1	Gregoire Valentin [Sen / 2001]	17:57	03:19	18.10
2	481	M 2	Callebaut Cedric [M 35 / 1982]	18:14	03:22	17.80
3	365	M 3	Robin Van Rode [M 35 / 1983]	18:30	03:25	17.50
4	398	M 4	Van Wesemael Bram [Sen / 1993]	19:11	03:33	16.90
5	320	M 5	Maxim Vanvooren [M 40 / 1979]	19:24	03:35	16.70
6	401	M 6	Pardaens Rune [Sch / 2005]	19:37	03:37	16.50
7	399	M 7	Hunninck Ken [M 35 / 1986]	19:50	03:40	16.30
8	369	M 8	Roel Heymans [Sen / 1989]	20:04	03:42	16.10
9	305	M 9	David Gyssens [Sen / 1988]	20:13	03:44	16.00
10	350	M 10	Bruier Desmeth Randy [M 40 / 1978]	20:22	03:46	15.90
11	403	M 11	Pardaens David [M 40 / 1977]	21:17	03:56	15.20
12	483	M 12	Haegeman Davy [Sen / 1996]	21:19	03:56	15.20
13	461	M 13	Michiels Tibe [Sch / 2006]	22:07	04:05	14.60
14	482	M 14	Van Droogenbroeck Kevin [Sen / 1996]	22:13	04:06	14.60
15	488	M 15	Van De Maele Anthony [M 40 / 1981]	22:29	04:09	14.40
16	470	M 16	Dekens Kristof [M 40 / 1979]	22:46	04:12	14.20
17	404	W 1	Pardaens Ramée [Nvt / 2008]	22:48	04:13	14.20
18	475	M 17	Vaeyens Laurens [Sen / 1992]	22:53	04:14	14.20
19	400	M 18	De Mesmaeker Tom [M 35 / 1982]	22:58	04:15	14.10
20	333	M 19	Nils Ottoy [M 35 / 1982]	23:08	04:17	14.00
21	484	W 2	Van Der Sijpt Eva [Sen / 1987]	23:16	04:18	13.90
22	492	M 20	Zomella Sandio [M 50 / 1970]	23:48	04:24	13.60
23	471	M 21	Depluverez Paul [M 60 / 1957]	24:36	04:33	13.20
24	406	W 3	Pardaens Rani [Sch / 2006]	24:49	04:35	13.10
25	314	M 22	Sil Caudron [Cad / 2007]	24:51	04:36	13.00
26	393	M 23	Lahaye Alexandre [Sen / 1989]	24:55	04:36	13.00
27	486	W 4	Agneessens Benedicte [W 35 / 1985]	25:03	04:38	12.90
28	407	W 5	De Buysscher Karine [W 50 / 1967]	25:12	04:40	12.90
29	487	M 24	Van Eycken Kobe [Sen / 1989]	26:09	04:50	12.40
30	351	M 25	Aleksej Van Laethem [Jun / 2003]	26:24	04:53	12.30
31	429	M 26	Deriemaeker Roeland [M 45 / 1976]	26:33	04:55	12.20
32	323	M 27	Rune Fahy [Nvt / 2010]	26:46	04:57	12.10
33	371	W 6	Melissa De Pauw [Nvt / 2021]	27:05	05:00	12.00
34	307	W 7	Kristel Cobbaert [W 50 / 1970]	27:13	05:02	11.90
35	385	M 28	Jeff Nieuwborg [Nvt / 2012]	27:23	05:04	11.80
36	453	M 29	Eylenbosch Gaston [M 70 / 1950]	27:26	05:04	11.80
37	438	M 30	Dumez Martijn [Cad / 2006]	27:44	05:08	11.70
38	315	M 31	Reinout Caudron [M 45 / 1972]	27:56	05:10	11.60
39	359	W 8	Van Vaerenbergh [Nvt / 2010]	28:03	05:11	11.60
40	409	M 32	Christisens Sam [Cad / 2007]	28:04	05:11	11.50

41	389	M 33	Geert Van Buggenhout [M 45 / 1974]	28:20	05:14	11.40
42	474	W 9	De Cuyper Aurelie [Sen / 1992]	28:22	05:15	11.40
43	332	M 34	Joeri De Vreese [M 35 / 1984]	28:30	05:16	11.40
44	386	W 10	Isabelle Damman [W 45 / 1972]	28:39	05:18	11.30
45	308	W 11	Anne Cobbaert [W 60 / 1960]	28:43	05:19	11.30
46	420	W 12	De Vos Zoe [Nvt / 2008]	28:45	05:19	11.30
47	428	M 35	De Vos Davy [M 35 / 1982]	28:47	05:19	11.30
48	364	W 13	Jill Claes [Sen / 1989]	28:49	05:20	11.20
49	366	W 14	Katrien Van Den Borre [W 40 / 1979]	28:51	05:20	11.20
50	362	M 36	Erwin De Groot [M 45 / 1975]	28:56	05:21	11.20
51	367	W 15	Gertie Vandevelde [Sen / 1989]	29:10	05:24	11.10
52	381	W 16	Kelly Van Schepdael [W 35 / 1982]	29:14	05:24	11.10
53	454	W 17	Asselman Katrien [W 45 / 1974]	30:13	05:35	10.70
54	391	M 37	Plompen Erik [Nvt /]	30:22	05:37	10.70
55	490	M 38	De Moock Steven [Sch / 2005]	30:50	05:42	10.50
56	445	M 39	Stoppie Filip [M 65 / 1953]	30:55	05:43	10.50
57	464	W 18	Brahm Emma [Sen / 1997]	31:03	05:45	10.40
58	437	W 19	Dubin Eline [Sen / 1988]	31:04	05:45	10.40
59	363	W 20	Katrien Vercauteren [W 35 / 1984]	31:05	05:45	10.40
60	410	W 21	De Raedemaeker Loes [Sen / 1989]	31:05	05:45	10.40
61	355	M 40	Gertjan Verdickt [Sen / 1990]	31:07	05:45	10.40
62	310	W 22	Evy Ronsijn [W 40 / 1977]	31:20	05:48	10.30
63	396	M 41	Heerman Koen [M 35 / 1986]	31:34	05:50	10.30
64	494	M 42	Heyman David [M 50 / 1970]	31:36	05:51	10.30
65	331	M 43	Naam 331 Davy Van Den Steen [Sen / 1988]	31:37	05:51	10.20
66	443	M 44	Hautekier Mirto [Sch / 2005]	31:39	05:51	10.20
67	372	M 45	Ben Anthoons [Sen / 1996]	31:41	05:52	10.20
68	376	M 46	Peleman Bart [Sen / 1989]	31:42	05:52	10.20
69	322	M 47	Bram Fahy [M 40 / 1981]	31:44	05:52	10.20
70	324	M 48	Willy Fahy [M 65 / 1951]	31:45	05:52	10.20
71	357	M 49	De Becker Kenneth [Sen / 1994]	31:46	05:52	10.20
72	348	W 23	Katelijne Vangassen [W 50 / 1966]	31:52	05:54	10.20
73	491	M 50	Debruyne Dempsey [Sen / 1987]	32:14	05:58	10.10
74	468	W 24	Sans Jasmina [Sen / 1990]	32:39	06:02	9.90
75	473	W 25	Winderickx Aude [Sen / 1995]	32:48	06:04	9.90
76	390	W 26	Alaert Anne [W 55 / 1964]	32:49	06:04	9.90
77	309	W 27	Sandra Timmermans [W 55 / 1966]	33:24	06:11	9.70
78	328	W 28	Roos Seys [W 45 / 1975]	34:27	06:22	9.40
79	434	M 51	Naam 434 Axl [Nvt /]	35:02	06:29	9.20
80	477	W 29	Cools Astrid [W 35 / 1986]	35:22	06:32	9.20
81	493	W 30	De Gelas Kristina [W 45 / 1974]	35:34	06:35	9.10
82	395	W 31	De Gelas Annemie [W 35 / 1986]	35:35	06:35	9.10
83	334	M 52	Lars Munch [M 45 / 1972]	35:36	06:35	9.10

84	459	W 32	Greyhman Carmen [Sen / 1991]	35:41	06:36	9.10
85	319	W 33	Julie Verheyden [Sen / 1999]	35:52	06:38	9.00
86	460	W 34	Van Thielt Lisa [Sen / 1999]	36:57	06:50	8.80
87	489	W 35	Elpers Hilde [W 55 / 1965]	37:09	06:52	8.70
88	354	W 36	Annelies Roeckx [W 45 / 1975]	37:58	07:01	8.50
89	433	W 37	Trifin Sofie [W 40 / 1980]	38:18	07:05	8.50
90	413	M 53	Van Damme Peter [M 55 / 1965]	38:21	07:06	8.40
91	358	W 38	Plompen Melissa [Sen / 1993]	39:42	07:21	8.20
92	327	M 54	Goossens Kris [M 45 / 1972]	40:18	07:27	8.00
93	447	M 55	Stoppie Yoran [Cad / 2008]	41:58	07:46	7.70
94	316	W 39	Ancaer Vicky [W 40 / 1981]	42:04	07:47	7.70
95	344	W 40	Elke Van Schelvergem [W 35 / 1983]	42:05	07:47	7.70
96	325	W 41	Maggy Peetroons [W 40 / 1977]	42:06	07:47	7.70
97	342	M 56	Wim Steppe [M 50 / 1971]	42:30	07:52	7.60
98	338	W 42	Kristien Dhaen [W 45 / 1972]	42:33	07:52	7.60
99	337	W 43	Ellen Steppe [Sen / 1999]	42:34	07:52	7.60
100	472	M 57	De Vleminck Koen [M 35 / 1985]	43:29	08:03	7.50
101	416	M 58	Weber Chris [Nvt /]	43:31	08:03	7.40
102	495	W 44	Vanobberghen Sofie [W 40 / 1981]	49:31	09:10	6.50
103	498	W 45	Danan Milla [Cad / 2007]	49:32	09:10	6.50