Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	71	Coremans	Tibo	Langdorp	M1	SEN	AVZK	00:15:32	19.31	03:06
2	259	Rochtus	Jordi	Hulshout	M2	SEN	Lyra Lierse	00:15:53	18.89	03:10
3	256	Verherstraeten	Rick	Herselt	M3	SEN	De Dorpspomp	00:16:00	18.75	03:12
4	295	De Moerlooze	Tibo	Heist o/d Berg	M4	SEN	AV Lyra Lierse	00:16:20	18.37	03:16
5	346	Naets	Obry	Itegem	M5	SEN	AVZK	00:16:23	18.31	03:16
6	268	Gysemans	Dave	Wiekevorst	M6	MAS+40	Team Wikkeveust	00:16:25	18.27	03:17
7	130	Robben	Simon	Leuven	M7	SEN	TACT	00:16:29	18.2	03:17
8	338	Thys	Joren	Itegem	M8	SEN		00:16:45	17.91	03:21
9	151	Valckx	Stefan	Keerbergen	M9	MAS+40	AVZK	00:16:59	17.66	03:23
10	217	Helsen	Michel	Rillaar	M10	MAS+40		00:17:18	17.34	03:27
11	261	Laporte	Sten	Heist o/d Berg	M11	MAS+35	AVZK	00:17:22	17.27	03:28
12	168	Van Ouytsel	Jan	Westerlo	M12	MAS+35		00:17:35	17.06	03:31
13	300	De Kerpel	Kevin	Heist-Goor	M13	MAS+35	ROBA	00:17:38	17.01	03:31
14	343	Van Ouytsel	Jef	Hulsthout	M14	MAS+40		00:17:43	16.93	03:32
15	229	Van de Put	Sem	Hallaar	M15	PUP	AVZK	00:17:46	16.89	03:33
16	358	Paglialunga	Mattias	Aarschot	M16	MAS+40	ROBA	00:17:48	16.85	03:33
17	186	Verlinden	Timo	Westmeerbeek	M17	JUN	AVZK	00:17:50	16.82	03:34
18	161	Van Eepoel	Jasper	Hulshout	M18	JUN	Süd Kempische Vee...	00:17:52	16.79	03:34
19	264	Van Eepoel	Jenne	Hulshout	M19	SEN	AC Hulshout	00:17:55	16.74	03:35
20	369	Smets	Jeroen	Itegem	M20	SEN	Amateurs	00:17:57	16.71	03:35
21	87	Dewil	Arne	Bonheiden	M21	JUN	BONH AC	00:17:59	16.68	03:35
22	367	Pauwels	Maxime	Itegem	M22	SEN		00:18:01	16.65	03:36
23	181	Verelst	Ignace	Olen	M23	JUN		00:18:02	16.64	03:36
24	213	Van Santvoort	Thibo	Westerlo	M24	CAD	De Dorpspomp	00:18:04	16.61	03:36
25	35	Van Looy	Brent	Heist o/d Berg	M25	SEN	WZC Heilige Familie	00:18:09	16.53	03:37
26	64	Blomme	Timothy	Tremelo	M26	SEN	AVZK	00:18:11	16.5	03:38
27	81	De Roy	Jelle	Itegem	M27	SEN	AC Hulshout	00:18:13	16.47	03:38
28	372	Dreesen	Liam	Tremelo	M28	SEN		00:18:22	16.33	03:40
29	352	Van Den Bergh	Jorne	Hulshout	M29	MAS+35		00:18:25	16.29	03:41
30	308	Verschueren	Wesley	Putte	M30	MAS+35	Waver loopt	00:18:30	16.22	03:42
31	306	Van Putten	Thijs	Hallaar	M31	MAS+35		00:18:32	16.19	03:42
32	231	Sterckx	Mateja	Nijlen	M32	SCH		00:18:37	16.11	03:43
33	113	Liekens	Vicky	Heist o/d Berg	V1	MAS+35	Race & Raise	00:18:39	16.09	03:43
34	252	Geens	Arne	Morkhoven	M33	CAD	HULS	00:18:48	15.96	03:45
35	362	Rijnders	Jeroen	Ramsel	M34	MAS+45	ROBA	00:18:49	15.94	03:45
36	253	Buts	Henok	Putte	M35	CAD	AVZK	00:18:51	15.92	03:46
37	310	Delen	Geert	Putte	M36	MAS+50	Dijlesleffers	00:18:52	15.9	03:46
38	263	Van De Sande	Luc	Muizen	M37	MAS+55	Dijlesleffers	00:18:56	15.85	03:47
39	23	Witters	Jesse	Heist o/d Berg	M38	SEN	Berglopers	00:19:00	15.79	03:48
40	329	Hutchings	Tom	London	M39	MAS+45		00:19:06	15.71	03:49
41	129	Rits	Jonas	Hulshout	M40	JUN	AVZK	00:19:11	15.64	03:50
42	290	Verborgt	Michel	Beerzel	M41	MAS+50		00:19:16	15.57	03:51
43	279	Buts	Eddy	Hulshout	M42	MAS+50	AC Huls	00:19:19	15.53	03:51
44	251	Verhaegen	Raf	Betekom	M43	MAS+50	ROBA	00:19:21	15.5	03:52
45	74	Croux	Stijn	Hulshout	M44	SCH		00:19:23	15.48	03:52
46	92	Geens	Niel	Morkhoven	M45	MIN	HULS	00:19:29	15.4	03:53
47	340	Cobbaut	Xander	Heist o/d Berg	M46	CAD		00:19:37	15.29	03:55
48	313	Lieckens	Mattis	Berlaar	M47	CAD	KFCM Hallaar	00:19:41	15.24	03:56
49	69	Claes	Roel	Westmeerbeek	M48	MAS+40		00:19:42	15.23	03:56
50	139	Scheers	Tom	Heist o/d Berg	M49	SEN		00:19:44	15.2	03:56

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
51	226	Lemmens	Steve	Langdorp	M50	MAS+50	AVZK	00:19:46	15.18	03:57
52	254	Geudens	Bernard	Westerlo	M51	SEN		00:19:50	15.13	03:58
53	222	Mertens	Wim	Laakdal	M52	MAS+35		00:19:54	15.08	03:58
54	303	Wouters	Tim	Itegem	M53	MAS+40		00:19:56	15.05	03:59
55	368	Maes	Astor	Langdorp	M54	MIN	Oakley Boys	00:19:59	15.01	03:59
56	111	Lieckens	Jarne	Westerlo	M55	CAD	AVLL	00:20:00	15	04:00
57	227	Hermans	Niels	Heist o/d Berg	M56	SEN	Bende van de bosh...	00:20:01	14.99	04:00
58	110	Lieckens	Bart	Westerlo	M57	MAS+45	AVLL	00:20:01	14.99	04:00
59	302	Vloebergs	Jonas	Booischot	M58	SEN		00:20:03	14.96	04:00
60	244	Van Campenhout	Dave	Schriek	M59	MAS+45	RAM	00:20:04	14.95	04:00
61	328	Jacquemyn	Tom	Itegem	M60	MAS+40		00:20:06	14.93	04:01
62	320	Verbeeck	Daan	Heist o/d Berg	M61	SEN		00:20:08	14.9	04:01
63	278	Vleugels	Floor	Itegem	V2	JUN		00:20:09	14.89	04:01
64	270	Serneels	Nie	Hulshout	V3	MIN	AC Hulshout	00:20:12	14.85	04:02
65	193	Wandoloh	Zakayo	Heist o/d Berg	M62	MAS+50		00:20:16	14.8	04:03
66	164	Van Looy	Cédric	Heist o/d Berg	M63	SCH		00:20:19	14.77	04:03
67	236	Joos	Gerd	Langdorp	M64	MAS+45	Site A	00:20:25	14.69	04:05
68	224	Tielens	Gino	Koningshooikt	M65	MAS+45		00:20:26	14.68	04:05
69	248	Van Roosbroeck	Matthias	Berlaar	M66	SEN		00:20:35	14.57	04:07
70	48	Mertens	Lowie	Heist o/d Berg	M67	CAD	Heistse TC	00:20:39	14.53	04:07
71	321	Teniers	Iris	Betekom	V4	MAS+45	AVZK	00:20:43	14.48	04:08
72	55	Van Loock	Kobe	Heist o/d Berg	M68	SCH	Heistse TC	00:20:44	14.47	04:08
73	46	Kelber	Flor	Itegem	M69	MIN	Heistse TC	00:20:48	14.42	04:09
74	262	Laporte	Finn	Heist o/d Berg	M70	CAD	AVZK	00:20:49	14.41	04:09
75	334	Geudens	Thomas	Berlaar	M71	MAS+35		00:20:52	14.38	04:10
76	282	Van Caneghem	Tom	Berlaar	M72	MAS+45	Roadrunners	00:20:55	14.34	04:11
77	255	Verherstraeten	Nick	Testelt	M73	MAS+35	De Dorpspomp	00:20:58	14.31	04:11
78	200	D'Helft	Noah	Heist o/d Berg	M74	MAS+80		00:21:00	14.29	04:12
79	276	Raeymaekers	Ronald	Hulshout	M75	MAS+55	AC Hulshout	00:21:05	14.23	04:13
80	265	Peeters	Xander	Hallaar	M76	SEN		00:21:07	14.21	04:13
81	228	Daniels	Uschi	Hallaar	V5	MAS+35	Running Store	00:21:09	14.18	04:13
82	57	Wouters	Arthur	Itegem	M77	CAD	Heistse TC	00:21:19	14.07	04:15
83	219	Ruelens	Peter	Geel	M78	MAS+60	JMT	00:21:22	14.04	04:16
84	291	Verborgt	Fjodor	Beerzel	M79	SEN		00:21:25	14.01	04:17
85	158	Van den Dries	Thibaut	Herenthout	M80	SEN		00:21:27	13.99	04:17
86	333	De Cock	Warre	Heist o/d Berg	M81	SCH		00:21:30	13.95	04:18
87	19	Van Noten	Dirk	Booischot	M82	MAS+55	Berglopers	00:21:32	13.93	04:18
88	204	Geerts	David	Heist o/d Berg	M83	MAS+50		00:21:42	13.82	04:20
89	146	Stroobants	Lieve	Bonheiden	V6	MAS+60	BONH	00:21:56	13.68	04:23
90	148	Stynen	Bart	Putte	M84	MAS+40	BONH	00:22:08	13.55	04:25
91	212	Van der Sanden	Emma	Wiekevorst	V7	CAD	AVZK	00:22:18	13.45	04:27
92	379	Van Campenhout	Luc	Hombeek	M85	MAS+65	RAM	00:22:21	13.42	04:28
93	336	Peetermans	Oliver	Aarschot	M86	PUP	RWL	00:22:24	13.39	04:28
94	241	Bernaerts	Joris	Heist o/d Berg	M87	MAS+50		00:22:26	13.37	04:29
95	233	Verhard	Nio	Morkhoven	M88	MIN	De Dorpspomp	00:22:31	13.32	04:30
96	296	Beynaerts	Kim	Begijnendijk	M89	MAS+40		00:22:32	13.31	04:30
97	283	Heylen	Guy	Bouwel	M90	MAS+60		00:22:33	13.3	04:30
98	318	Martens	Wannes	Itegem	M91	SEN	Go Running Team	00:22:35	13.28	04:31
99	269	Dockx	Liesje	Hulshout	V8	MAS+40	AC HULS	00:22:37	13.26	04:31
100	16	Van den Broeck	Dorien	Begijnendijk	V9	MAS+35	Berglopers	00:22:38	13.25	04:31

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
101	335	Peetermans	Nicky	Langdorp	M92	MAS+45	RTT	00:22:45	13.19	04:33
102	155	Van den Acker	Paul	Heist o/d Berg	M93	MAS+60	AVZK	00:22:51	13.13	04:34
103	172	Van Tendeloo	Tanel	Heist o/d Berg	M94	CAD		00:22:53	13.11	04:34
104	349	Van Moll	Toots	Heist o/d Berg	M95	PUP		00:22:55	13.09	04:35
105	324	Jacquemyn	Daan	Itegem	M96	CAD	ACHL	00:22:56	13.08	04:35
106	242	Avonds	Emil	Heist o/d Berg	M97	PUP		00:22:58	13.06	04:35
107	239	Smits	Kevin	Berlaar	M98	MAS+35		00:23:04	13.01	04:36
108	216	Echelpoels	Stef	Heist o/d Berg	M99	SEN		00:23:08	12.97	04:37
109	47	Kelber	Rune	Itegem	M100	CAD	Heistse TC	00:23:12	12.93	04:38
110	82	De Vries	Marten	Booischot	M101	SEN		00:23:17	12.88	04:39
111	189	Vertommen	Britt	Lier	V10	MAS+35	AVLL	00:23:20	12.86	04:40
112	207	Mohebi	Elias		M102	SEN		00:23:22	12.84	04:40
113	365	D'Hulst	Matthias	Herentals	M103	MIN		00:23:24	12.82	04:40
114	297	Vermaelen	Wendy	Holsbeek	V11	MAS+45	Kapsalon Luc	00:23:25	12.81	04:41
115	273	Vanden Bosch	Rudy	Holsbeek	M104	MAS+60	Kapsalon Luc	00:23:25	12.81	04:41
116	240	Beyers	Erik	Morkhoven	M105	MAS+60		00:23:27	12.79	04:41
117	275	De Ryckere	Anton	Heist o/d Berg	M106	SEN		00:23:28	12.78	04:41
118	215	Janssens	Bart	Herselt	M107	MAS+45		00:23:33	12.74	04:42
119	209	Heremans	Warre	Hallaar	M108	SEN		00:23:35	12.72	04:43
120	150	Troonbeeckx	Dieter	Heist o/d Berg	M109	SEN		00:23:38	12.69	04:43
121	247	Smekens	Linde	Langdorp	V12	MIN		00:23:39	12.68	04:43
122	301	Hoefkens	Chris	Booischot	M110	MAS+55		00:23:42	12.66	04:44
123	305	Weyns	Leo	Heist o/d Berg	M111	MAS+70		00:23:45	12.63	04:45
124	370	Maes	Wolf	Langdorp	M112	SCH	Oakley Squad	00:23:48	12.61	04:45
125	286	Huybrechts	Sara	Putte	V13	CAD	AVZK	00:23:49	12.6	04:45
126	289	Born	Thomas	Booischot	M113	MAS+80		00:23:50	12.59	04:46
127	353	Laeremans	Tom	Herselt	M114	MAS+50		00:23:51	12.58	04:46
128	330	Goyvaerts	Nico	Ramsel	M115	MAS+55		00:23:52	12.57	04:46
129	115	Mans	Sofie	Hallaar	V14	MAS+40		00:23:54	12.55	04:46
130	285	Wouters	Wout	Tremelo	M116	JUN	Bowlingcenter Trem...	00:23:54	12.55	04:46
131	108	Lambert	Kelly	Nieuwrode	V15	MAS+35	Sportiva Gelrode	00:23:56	12.53	04:47
132	121	Miseur	Manfred	Aarschot	M117	MAS+60	Sportiva Gelrode	00:23:56	12.53	04:47
133	271	Verlinden	Walter	Hulshout	M118	MAS+60	AC Hulshout	00:23:58	12.52	04:47
134	114	Mannaert	Michiel	Booischot	M119	SEN		00:24:01	12.49	04:48
135	210	Laeremans	Lander	Hulshout	M120	SCH		00:24:02	12.48	04:48
136	179	Veltmans	Roel	Schriek	M121	MAS+35	KSV Schriek	00:24:04	12.47	04:48
137	221	Mertens	Lowie	Laakdal	M122	PUP	Looise AV	00:24:09	12.42	04:49
138	341	Rijnders	Nathan	Berlaar	M123	MAS+35		00:24:10	12.41	04:50
139	342	Rijnders	Birgit	Berlaar	V16	SEN		00:24:11	12.41	04:50
140	309	Verheyden	Gunther	Bekkevoort	M124	MAS+45		00:24:14	12.38	04:50
141	375	Laevers	Gilbert	Putte	M125	MAS+55	BONH	00:24:18	12.35	04:51
142	288	Van Woensel	Kurt	Koningshooikt	M126	MAS+40		00:24:19	12.34	04:51
143	147	Stroobants	Tim	Hallaar	M127	SEN		00:24:20	12.33	04:52
144	195	Weckhuysen	Stef	Herselt	M128	SCH		00:24:28	12.26	04:53
145	12	Schepers	Geert	Booischot	M129	MAS+50	Berglopers	00:24:31	12.24	04:54
146	347	Wijns	Robbe	Hallaar	M130	SEN		00:24:35	12.2	04:55
147	337	Peetermans	Lilli	Langdorp	V17	MIN	RTT	00:24:38	12.18	04:55
148	44	Ivanov	Martin	Heist o/d Berg	M131	SEN	Heistse TC	00:24:39	12.17	04:55
149	211	Van de Moer	Marjan	Hulshout	V18	MAS+45		00:24:41	12.15	04:56
150	79	De Preter	Jesse	Heist o/d Berg	M132	PUP	AVZK	00:24:47	12.1	04:57

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
151	160	Van Dyck	Line		V19	SEN	Heist Swimming Team	00:24:56	12.03	04:59
152	80	De Preter	Niels	Heist o/d Berg	M133	SEN	AVZK	00:24:59	12.01	04:59
153	18	Van Dyck	Michel	Heist o/d Berg	M134	MAS+60	Berglopers	00:25:03	11.98	05:00
154	339	Scharre	Femke	Herentals	V20	SCH		00:25:05	11.96	05:01
155	135	Schallenbergh	Djani	Itegem	M135	SEN	AC Hulshout	00:25:12	11.9	05:02
156	68	Ceulemans	Senne	Booischot	M136	MAS+35		00:25:18	11.86	05:03
157	327	Jacquemyn	Sofie	Itegem	V21	PUP	ACHL	00:25:24	11.81	05:04
158	206	Van Woensel	Pieter	Booischot	M137	SEN	Wegwijven	00:25:28	11.78	05:05
159	312	Helsen	Jan	Baal	M138	MAS+35		00:25:36	11.72	05:07
160	284	Van den Schoor	Sara	Tremelo	V22	SEN		00:25:39	11.7	05:07
161	220	Van Rompaey	Andre	Betekom	M139	MAS+65	Kapsalon Luc	00:25:41	11.68	05:08
162	266	Van Looy	Jochen	Itegem	M140	SEN		00:25:42	11.67	05:08
163	194	Warzée	Gwen	Heist o/d Berg	V23	CAD		00:25:46	11.64	05:09
164	156	Van den Berge	Matthias	Heist o/d Berg	M141	SEN		00:25:47	11.64	05:09
165	344	Vancampenhout	Guy	Vorselaar	M142	MAS+55		00:25:48	11.63	05:09
166	298	Van hoogten	Wannes		M143	SEN	KFCM Hallaar	00:25:51	11.61	05:10
167	169	Van Rompaey	Sam	Wiekevorst	M144	MAS+40		00:25:53	11.59	05:10
168	3	Cleynhens	Karine	Baal	V24	MAS+55	Berglopers	00:25:56	11.57	05:11
169	363	Sijmus	Willy	Keerbergen	M145	MAS+70		00:26:02	11.52	05:12
170	234	Van Hout	Lou	Itegem	M146	BEN	KFC Heikant	00:26:05	11.5	05:13
171	378	Guldolf	Dries	Aarschot	M147	MAS+35	Sportiva Gelrode	00:26:06	11.49	05:13
172	25	Meerbergen	Seth	Heist o/d Berg	M148	SEN	Dvoted	00:26:08	11.48	05:13
173	374	Vanoppen	Dieter	Tielt-Winge	M149	SEN		00:26:12	11.45	05:14
174	103	Heremans	Jordi	Booischot	M150	MAS+35		00:26:13	11.44	05:14
175	294	Vermaelen	Sandra	Heist o/d Berg	V25	MAS+50		00:26:15	11.43	05:15
176	292	Feyaerts	Mathieu	Heist o/d Berg	M151	MAS+35		00:26:17	11.41	05:15
177	174	Van Woensel	Gerd	Heist o/d Berg	M152	MAS+35		00:26:21	11.39	05:16
178	51	Reypens	Elias	Berlaar	M153	CAD	Heistse TC	00:26:24	11.36	05:16
179	272	Nackaerts	Kurt	Itegem	M154	MAS+40		00:26:26	11.35	05:17
180	249	Pelme	Noor	Ramsel	V26	MIN		00:26:29	11.33	05:17
181	237	Cumps	Sofie	Langdorp	V27	MAS+40	Site A	00:26:32	11.31	05:18
182	83	De Vries	Tim	Itegem	M155	MAS+35		00:26:37	11.27	05:19
183	258	Wouters	Elise	Wiekevorst	V28	SEN		00:26:40	11.25	05:20
184	159	Van Deun	Sarah	Muizen	V29	MAS+35	Bonhac	00:26:42	11.24	05:20
185	141	Schoovaerts	Karin	Putte	V30	MAS+60	Geshaalopers	00:26:46	11.21	05:21
186	101	Hendrickx	Peter	Putte	M156	MAS+60		00:26:51	11.17	05:22
187	125	Pauwels	Lien	Geel	V31	SEN		00:26:57	11.13	05:23
188	59	Beirinckx	Jens	Berlaar	M157	SEN		00:27:01	11.1	05:24
189	98	Grossen	Lisa	Heist o/d Berg	V32	SEN	Team Gorris	00:27:03	11.09	05:24
190	230	Van Gestel	Dave	Begijnendijk	M158	MAS+40		00:27:04	11.08	05:24
191	354	De Wever	Marcel	Heist o/d Berg	M159	BEN	RTT	00:27:06	11.07	05:25
192	137	Scheerens	Frauke	Schriek	V33	CAD		00:27:08	11.06	05:25
193	86	De Winter	Britt	Heist o/d Berg	V34	SEN		00:27:09	11.05	05:25
194	128	Provoost	Arne	Itegem	M160	PUP		00:27:10	11.04	05:26
195	612	Provoost	Bert	Itegem	M161	MAS+40		00:27:11	11.04	05:26
196	109	Lambrechts	Elena	Heist o/d Berg	V35	PUP		00:27:14	11.02	05:26
197	267	Gysemans	Louise	Wiekevorst	V36	PUP	AVZK	00:27:15	11.01	05:27
198	14	Straetmans	Gilbert	Booischot	M162	MAS+70	Berglopers	00:27:20	10.98	05:28
199	350	Heremans	Joran	Booischot	M163	SEN		00:27:28	10.92	05:29
200	6	Gielis	Ellen	Westerlo	V37	MAS+45	Berglopers	00:27:35	10.88	05:31

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
201	315	Scheers	Silke	Heist o/d Berg	V38	SEN		00:27:40	10.84	05:32
202	361	Helsen	Jordy	Aarschot	M164	MAS+40		00:27:41	10.84	05:32
203	43	De Bie	Manon	Heist o/d Berg	V39	MIN	Heistse TC	00:27:54	10.75	05:34
204	89	Douchy	Emeric	Hallaar	M165	PUP		00:27:56	10.74	05:35
205	90	Douchy	Matisse	Hallaar	M166	CAD		00:27:56	10.74	05:35
206	165	Van Moll	Guusje	Heist o/d Berg	V40	MIN		00:27:57	10.73	05:35
207	133	Roziers	Jef	Heist o/d Berg	M167	MAS+60	Heistse Tennis Club	00:28:07	10.67	05:37
208	4	De Cock	Luc	Booischot	M168	MAS+60	Berglopers	00:28:07	10.67	05:37
209	42	Buts	Annelie	Itegem	V41	CAD	Heistse TC	00:28:08	10.66	05:37
210	96	Gielen	Seppe	Hallaar	M169	KAN		00:28:10	10.65	05:38
211	307	Duchateau	Annick	Putte	V42	MAS+55	Waver loopt	00:28:16	10.61	05:39
212	132	Roobaert	Emilie	Leuven	V43	SEN		00:28:24	10.56	05:40
213	131	Robrechts	Thomas	Leuven	M170	SEN		00:28:24	10.56	05:40
214	351	De Wever	Pol	Heist o/d Berg	M171	PUP	AVZK	00:28:25	10.56	05:41
215	355	De Wever	Stef	Heist o/d Berg	M172	MAS+40	RTT	00:28:27	10.54	05:41
216	235	Verdickt	Inge	Itegem	V44	MAS+35		00:28:29	10.53	05:41
217	243	van Eynde	Marieke	Heist o/d Berg	V45	MAS+35		00:28:31	10.52	05:42
218	117	Meeus	Joost	Heist o/d Berg	M173	SEN		00:28:34	10.5	05:42
219	348	Meeus	Simon	Heist o/d Berg	M174	SEN		00:28:36	10.49	05:43
220	177	Vanhove	Bert	Keerbergen	M175	MAS+60	Geshaalopers	00:28:36	10.49	05:43
221	84	De Wachter	Carine	Keerbergen	V46	MAS+60	Geshaalopers	00:28:37	10.48	05:43
222	364	Wouters	Stijn	Sint-Job-in-'t-Goor	M176	MAS+50		00:28:38	10.48	05:43
223	250	Delme	Tom	Ramsel	M177	MAS+40		00:28:40	10.47	05:44
224	99	Gyselings	Louise	Berlaar	V47	JUN		00:28:45	10.43	05:45
225	138	Scheers	Guido	Tremelo	M178	MAS+65	ROBA Runners	00:28:48	10.42	05:45
226	17	Van Dessel	Daniel	Hallaar	M179	MAS+60	Berglopers	00:28:50	10.4	05:46
227	126	Peeters	Gino	Heist o/d Berg	M180	MAS+40		00:28:50	10.4	05:46
228	238	Cumps	Chris	Aarschot	M181	MAS+65	Kapsalon Luc	00:28:58	10.36	05:47
229	192	Volkaerts	Lotte	Itegem	V48	SEN		00:29:07	10.3	05:49
230	311	Lemmens	Mariette	Grobbendonk	V49	PUP		00:29:13	10.27	05:50
231	56	Vermeylen	Thijs	Heist o/d Berg	M182	PUP	Heistse TC	00:29:16	10.25	05:51
232	53	Spruyt	Lien	Heist o/d Berg	V50	SEN	Heistse TC	00:29:18	10.24	05:51
233	246	Roziers	Carl	Olen	M183	MAS+60		00:29:19	10.23	05:51
234	357	Janssens	Mieke	Ramsel	V51	MAS+35		00:29:23	10.21	05:52
235	325	Jacquemyn	Julie	Itegem	V52	SCH		00:29:26	10.19	05:53
236	188	Verstraeten	Merel	Heist o/d Berg	V53	CAD		00:29:27	10.19	05:53
237	197	Winckelmans	Ellen	Heist o/d Berg	V54	MAS+35		00:29:31	10.16	05:54
238	52	Reypens	Lima	Berlaar	V55	MIN	Heistse TC	00:29:33	10.15	05:54
239	345	Van Otten	Peggy	Ramsel	V56	MAS+50		00:29:36	10.14	05:55
240	175	Vanderhaegen	Iris	Heist o/d Berg	V57	MAS+35		00:29:37	10.13	05:55
241	257	Verherstraeten	Raf	Herselt	M184	MAS+60	De Dorpspomp	00:29:37	10.13	05:55
242	91	Fleurackers	Cato	Schriek	V58	SEN	DCPP	00:29:40	10.11	05:56
243	293	Torfs	Kevin	Lier	M185	SEN		00:29:40	10.11	05:56
244	304	Verhaegen	Kris	Hallaar	M186	MAS+45		00:29:45	10.08	05:57
245	170	Van Santfoort	Dennis	Lier	M187	SEN		00:29:49	10.06	05:57
246	331	Meir	Els	Noorderwijk	V59	MAS+55		00:29:50	10.06	05:58
247	73	Crauwels	Yves	Hallaar	M188	MAS+40		00:29:54	10.03	05:58
248	118	Meeus	Lars		M189	SEN		00:29:58	10.01	05:59
249	322	Nijs	Marc	Herentals	M190	MAS+65		00:30:00	10	06:00
250	319	Verbinnen	Maxime		M191	SEN		00:30:02	9.99	06:00

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
251	316	Jacobs	Wendy	Lint	V60	MAS+35		00:30:05	9.97	06:01
252	260	Scheers	Caroline	Heist o/d Berg	V61	SEN		00:30:07	9.96	06:01
253	7	Huybrechts	Kris	Itegem	M192	MAS+45	Berglopers	00:30:09	9.95	06:01
254	20	Van Opstal	Karel	Ramsel	M193	MAS+75	Berglopers	00:30:12	9.93	06:02
255	373	Verboven	Tinne	Houwaart	V62	MAS+45	Sportiva Gelrode	00:30:14	9.92	06:02
256	153	Van Casteren	Zanée	Booischot	V63	CAD		00:30:16	9.91	06:03
257	15	Uytterhoeven	Peter	Tremelo	M194	MAS+55	Berglopers	00:30:17	9.91	06:03
258	274	Van Noten	Eva	Heist o/d Berg	V64	SEN		00:30:19	9.9	06:03
259	223	Van Lier	Stefan	Tremelo	M195	MAS+65		00:30:21	9.88	06:04
260	214	Eijckmans	Eric	Laakdal	M196	MAS+60		00:30:27	9.85	06:05
261	317	Ingram	Jessye	Itegem	V65	SEN		00:30:30	9.84	06:06
262	93	Geeraerts	Sophie	Keerbergen	V66	MAS+35	Team Gorris	00:30:34	9.81	06:06
263	54	Van Camp	Thibo	Beerzel	M197	BEN	Heistse TC	00:30:35	9.81	06:07
264	50	Peeters	Margaux	Heist o/d Berg	V67	SEN	Heistse TC	00:30:37	9.8	06:07
265	66	Bruynseels	Evi	Hallaar	V68	MAS+40		00:30:38	9.79	06:07
266	332	Provinciael	Becky	Putte	V69	MAS+40		00:30:42	9.77	06:08
267	198	Geudens	Kaat	Hallaar	V70	PUP		00:31:02	9.67	06:12
268	136	Scheerens	Aline	Schriek	V71	PUP		00:31:04	9.66	06:12
269	199	Van den Bosch	Bjoke	Hallaar	V72	MAS+40		00:31:05	9.65	06:13
270	191	Vetters	Roos	Hallaar	V73	MIN		00:31:09	9.63	06:13
271	107	Laeveren	Astrid	Heist o/d Berg	V74	MIN	AVZK	00:31:16	9.59	06:15
272	32	Moyson	Stien	Boechout	V75	SEN	WZC Heilige Familie	00:31:20	9.57	06:16
273	34	Thys	Ingrid	Boechout	V76	MAS+50	WZC Heilige Familie	00:31:20	9.57	06:16
274	360	Roelants	Myriam	Wezemaal	V77	MAS+65		00:31:22	9.56	06:16
275	30	De Roye	Nathalie	Itegem	V78	MAS+40	WZC Heilige Familie	00:31:23	9.56	06:16
276	134	Samyn	Wendy	Putte	V79	MAS+45	BONH	00:31:27	9.54	06:17
277	359	Molenberghs	Erik	Mol	M198	MAS+60	Happense joggers	00:31:28	9.53	06:17
278	323	Eskens	Lobke	Hallaar	V80	MAS+40		00:31:36	9.49	06:19
279	178	Veltmans	Florian	Schriek	M199	MIN	KSV Schriek	00:31:44	9.45	06:20
280	21	Van Orshaegen	Nicole	Olen	V81	MAS+65	Berglopers	00:31:50	9.42	06:22
281	218	De Roovere	Kathleen	Baal	V82	SEN		00:31:51	9.42	06:22
282	162	Van Houdt	Stephanie	Heist o/d Berg	V83	SEN		00:31:56	9.39	06:23
283	140	Schollaert	Ellen	Hallaar	V84	MAS+40		00:32:25	9.25	06:29
284	72	Crauwels	Anja	Schriek	V85	MAS+50		00:32:26	9.25	06:29
285	167	Van Nueten	Pieter	Hallaar	M200	MAS+40		00:32:45	9.16	06:33
286	171	Van Tendeloo	Rui	Heist o/d Berg	M201	MIN		00:32:50	9.14	06:34
287	190	Vets	Cedric	Hallaar	M202	JUN		00:32:53	9.12	06:34
288	36	Van Looy	Jurgen	Heist o/d Berg	M203	MAS+45	WZC Heilige Familie	00:32:55	9.11	06:35
289	176	Vanderhoven	Nick	Hemiksem	M204	MAS+40		00:32:56	9.11	06:35
290	116	Mees	Emma	Olen	V86	SEN		00:33:00	9.09	06:36
291	376	Gelin	Greet	Kessel Lo	V87	MAS+55	Roba runners	00:33:04	9.07	06:36
292	58	Becuwe	Tine	Westerlo	V88	MAS+40		00:33:05	9.07	06:37
293	202	Abeia	Nauwers		M205	SEN		00:33:06	9.06	06:37
294	205	Vaes	Eva	Hallaar	V89	SEN		00:33:08	9.05	06:37
295	299	Faes	Vic	Edegem	M206	MAS+75		00:33:13	9.03	06:38
296	41	Wijns	Michelle	Heist o/d Berg	V90	SEN	WZC Heilige Familie	00:33:18	9.01	06:39
297	122	Moors	Isis	Berlaar	V91	SEN	Av Lyra Lierse	00:33:31	8.95	06:42
298	180	Verbinnen	Britt		V92	SEN		00:33:34	8.94	06:42
299	62	Bellens	Benthe	Booischot	V93	SEN		00:33:34	8.94	06:42
300	185	Verlinden	Stephanie	Hallaar	V94	MAS+35		00:33:38	8.92	06:43

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
301	11	Ringoot	Danny	Hallaar	M207	MAS+65	Berglopers	00:33:44	8.89	06:44
302	149	Teunkens	Tine	Putte	V95	SEN		00:33:49	8.87	06:45
303	183	Verhaegen	Kim	Heist o/d Berg	V96	MAS+40		00:33:50	8.87	06:46
304	326	Willaert	Inge	Itegem	V97	MAS+45		00:34:06	8.8	06:49
305	38	Vandenbussche	Gracina	Westmeerbeek	V98	MAS+40	WZC Heilige Familie	00:34:08	8.79	06:49
306	366	Nailin	Elise	Herenthout	V99	MAS+35		00:34:11	8.78	06:50
307	277	De Cuyper	Sabrina	Heist o/d Berg	V100	MAS+40	AVZK	00:34:21	8.73	06:52
308	287	Van de Water	Geert	Putte	V101	MAS+45	AVZK	00:34:23	8.73	06:52
309	10	Op de Beeck	Suzy	Tremelo	V102	MAS+55	Berglopers	00:34:24	8.72	06:52
310	232	Yskout	Léonore	Heist o/d Berg	V103	PUP	AVZK	00:34:27	8.71	06:53
311	97	Grauls	Laurence	Hallaar	M208	MAS+35		00:34:34	8.68	06:54
312	31	Janssens	Dorien	Begijnendijk	V104	SEN	WZC Heilige Familie	00:34:36	8.67	06:55
313	28	Claes	Hilde	Heist o/d Berg	V105	MAS+45	WZC Heilige Familie	00:34:38	8.66	06:55
314	33	Serneels	Lotte	Lubbeek	V106	SEN	WZC Heilige Familie	00:34:41	8.65	06:56
315	152	Van Asten	Alexander	Vremde	M209	PUP		00:34:45	8.63	06:57
316	187	Verryken	Yana	Begijnendijk	V107	SCH		00:34:48	8.62	06:57
317	371	Dreesen	Eric	Tremelo	M210	MAS+60		00:34:54	8.6	06:58
318	76	De Coninck	Charlotte		V108	SEN		00:34:57	8.58	06:59
319	77	De Cuyper	Maja	Hallaar	V109	SEN		00:35:01	8.57	07:00
320	182	Verhaegen	Kiana	Booischot	V110	SEN		00:35:04	8.56	07:00
321	60	Bellekens	Floor	Heist o/d Berg	V111	PUP		00:35:06	8.55	07:01
322	61	Bellekens	Wouter	Heist o/d Berg	M211	SEN	De bende van de ge...	00:35:07	8.54	07:01
323	166	Van Nueten	Jitse	Hallaar	V112	SEN		00:35:11	8.53	07:02
324	106	Kampers	Natascha	Itegem	V113	MAS+35		00:35:14	8.51	07:02
325	85	De Weerdt	Els	Tremelo	V114	MAS+40		00:35:14	8.51	07:02
326	102	Heremans	Ann	Heist o/d Berg	V115	SEN		00:35:17	8.5	07:03
327	105	Heylen	Christine	Herselt	V116	MAS+60		00:35:30	8.45	07:06
328	173	Van Weert	Johan	Heist o/d Berg	M212	MAS+50		00:35:32	8.44	07:06
329	143	Spits	Eef	Heist o/d Berg	V117	MAS+50		00:35:33	8.44	07:06
330	377	Jaspers	Drina	Aarschot	V118	MAS+60	Sportiva Gelrode	00:35:34	8.43	07:06
331	8	Huybrechts	Sien	Itegem	V119	JUN	Berglopers	00:35:35	8.43	07:07
332	78	De Geest	Tine	Booischot	V120	SEN	physiospirit kinesith...	00:35:37	8.42	07:07
333	203	Van Herk	Stien	Heist o/d Berg	V121	SEN		00:35:46	8.39	07:09
334	94	Geerts	David	Heist o/d Berg	M213	MAS+50		00:35:48	8.38	07:09
335	281	Storms	Sissi	Tremelo	V122	MAS+45		00:35:55	8.35	07:11
336	356	Scheers	Katleen	Putte	V123	MAS+45		00:35:56	8.35	07:11
337	63	Blommaert	Yani	Schriek	V124	SEN		00:36:12	8.29	07:14
338	119	Mestach	Britt	Hallaar	V125	SEN		00:36:13	8.28	07:14
339	65	Bosmans	Jos	Heist o/d Berg	M214	MAS+70		00:36:14	8.28	07:14
340	24	Meerbergen	Robin	Heist o/d Berg	M215	MAS+40	Dvoted	00:36:15	8.28	07:15
341	127	Peeters	Sarah	Itegem	V126	MAS+40		00:36:27	8.23	07:17
342	154	Van den Acker	Kara	Itegem	V127	MAS+35		00:36:40	8.18	07:20
343	100	Helsen	Annelies	Itegem	V128	MAS+40		00:36:56	8.12	07:23
344	1	Bellekens	Ivonne	Heist o/d Berg	V129	MAS+75	Berglopers	00:37:01	8.1	07:24
345	2	Cerstiaens	Marleen		V130	MAS+65	Berglopers	00:37:02	8.1	07:24
346	88	Dewit	Melissa	Booischot	V131	SEN		00:37:55	7.91	07:35
347	157	Van den Broeck	Jana	Heist o/d Berg	V132	SEN		00:37:56	7.91	07:35
348	184	Verhaegen	Kurt	Beerzel	M216	MAS+50		00:38:05	7.88	07:37
349	314	Kwanten	Lies	OLV-Waver	V133	MAS+35	Bonheiden AC	00:38:15	7.84	07:39
350	40	Warzee	Kimberly	Ham	V134	SEN	WZC Heilige Familie	00:38:20	7.83	07:40

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
351	39	Vranken	Laura	Aarschot	V135	SEN	WZC Heilige Familie	00:38:21	7.82	07:40
352	29	De Pauw	Els	Lier	V136	MAS+50	WZC Heilige Familie	00:38:23	7.82	07:40
353	37	Van Tilburgh	Petra	Lier	V137	MAS+55	WZC Heilige Familie	00:38:24	7.81	07:40
354	225	Discart	Nele	Aarschot	V138	MAS+40		00:38:32	7.79	07:42