



Heren

Pl.	Naam	Club	Gemeente	Nr	Cat	Pl Cat	Fiets Tijd	F. Pl	Zwem Tijd	Z. Pl	F+Z Tijd	FZ Pl	Loop Tijd	L. Pl	Eind Tijd
1	Huyberechts Dirk	3CT	Zemst	81	H24	1 *	0:20:04	13	0:56:31	7	1:16:35	2	0:34:41	1	1:51:16
2	Van De Wielle Wim	WTT	Zelee	130	H24	2 *	0:19:59	12	0:57:01	13	1:17:00	10	0:35:51	3	1:52:51
3	Vanhaverbeke Kurt	TRI G	Zelzate-eksaar	155	H24	3 *	0:21:11	26	0:57:06	14	1:18:17	16	0:34:55	2	1:53:12
4	Coulon Johan	DTDT	Damme-Sijsele	19	H40	1 *	0:18:23	1	0:56:23	5	1:14:46	1	0:38:33	7	1:53:19
5	Vanhee Pieter	DOK	Meulebeke	156	H20	1 *	0:19:26	6	0:57:11	16	1:16:37	4	0:36:50	5	1:53:27
6	Smet Luc	WTT	Belsele	121	H40	2 *	0:21:24	27	0:57:41	22	1:19:05	31	0:36:43	4	1:55:48
7	Mannaert Tomas	WET	Dendermonde	101	H24	4	0:20:15	16	0:57:59	29	1:18:14	15	0:38:34	8	1:56:48
8	Huys Pascal	DTTL	Wondelgem	83	H24	5	0:20:37	23	0:57:56	28	1:18:33	29	0:38:38	9	1:57:11
9	Latine Rudy	UTO	Overijse	43	H24	6	0:20:19	17	0:58:10	32	1:18:29	27	0:38:46	10	1:57:15
10	De Weerd Koen	3CT	Sint-Katelijne-	44	H24	7	0:18:45	3	0:57:51	26	1:16:36	3	0:40:48	23	1:57:24
11	Colpaert Bart	ITC	Izegem	165	H24	8	0:19:02	4	0:58:35	36	1:17:37	14	0:39:49	14	1:57:26
12	Casteleyn Amaury	MTC	Oostende	12	H40	3 *	0:19:43	10	0:58:48	38	1:18:31	28	0:38:58	11	1:57:29
13	Dhaenens Tom	TTA	Gent	60	H24	9	0:21:43	33	0:56:36	9	1:18:19	19	0:39:33	13	1:57:52
14	De Wispelaere Luc	MTV	Hamme-Moerz	45	H24	10	0:21:51	34	0:56:27	6	1:18:18	17	0:39:54	15	1:58:12
15	Deruyck Bram	ITC	Izegem	54	H24	11	0:19:55	11	0:56:47	10	1:16:42	8	0:41:37	31	1:58:19
16	Grijp Tom	GETC	Balen	77	H24	12	0:19:39	9	0:57:35	21	1:17:14	12	0:41:23	29	1:58:37
17	Van Hamme Hugo	TTG	Vilvoorde	137	H40	4	0:21:26	29	0:57:00	12	1:18:26	24	0:40:15	18	1:58:41
18	Dupon Frederik	LTTL	Beernem	64	H24	13	0:21:08	25	0:57:11	15	1:18:19	18	0:40:37	21	1:58:56
19	Staelens Stephane	DTTL	Moerbrugge	122	H24	14	0:20:32	21	0:58:26	34	1:18:58	30	0:40:05	17	1:59:03
20	Tinti Rémi	/	Gouvieux/fran	124	H24	15	0:21:29	30	0:56:56	11	1:18:25	23	0:40:45	22	1:59:10
21	De Maesschalck Jan	TTK	Knokke-Heist	34	H24	16	0:18:25	2	0:58:42	37	1:17:07	11	0:42:07	35	1:59:14
22	Deweirdt Peter	TTA	Heusden	58	H24	17	0:22:10	38	0:57:41	23	1:19:51	34	0:39:27	12	1:59:18
23	Hermans David	3CT	Kapelle-op-den	79	H24	18	0:21:01	24	0:57:23	19	1:18:24	22	0:41:26	30	1:59:50
24	Pinket Philip	ITC	Rumbeke	111	H24	19	0:19:29	7	0:57:52	27	1:17:21	13	0:42:52	42	2:00:13
25	Meireleire Bart	ATRI	Sint-Niklaas	103	H24	20	0:20:23	18	0:58:00	30	1:18:23	21	0:41:52	33	2:00:15
26	Tops Dimitri	ITM	Mechelen	125	H24	21	0:22:28	41	0:57:25	20	1:19:53	35	0:40:35	20	2:00:28
27	Van Biesen Patrick	TTL	Moorsel	126	H40	5	0:22:04	37	0:57:45	24	1:19:49	33	0:40:49	24	2:00:38
28	Mul Rudy	WTT	Lokeren	106	H24	22	0:20:25	19	0:58:02	31	1:18:27	25	0:42:38	38	2:01:05
29	De Breucker Filip	TTG	Grimbergen	27	H24	23	0:19:22	5	0:57:21	18	1:16:43	9	0:44:23	55	2:01:06
30	Devos Edward	WTDT	Waregem	57	H20	2 *	0:20:06	14	0:58:22	33	1:18:28	26	0:43:10	45	2:01:38
31	Geirnaert Tom	TTA	Zevergem	73	H24	24	0:22:35	45	0:58:26	35	1:21:01	36	0:40:53	25	2:01:54
32	Rigole Filip	KTDC	Zwevegem	113	H24	25	0:24:58	80	0:59:09	41	1:24:07	53	0:38:30	6	2:02:37
33	Duquet Joris	WTT	Berlare	67	H24	26	0:24:31	76	0:56:35	8	1:21:06	38	0:42:00	34	2:03:06
34	Lamiroy Lander	DTTL	Oudenaarde	88	H18	1 *	0:22:00	36	0:57:15	17	1:19:15	32	0:44:38	56	2:03:53
35	Vanoverbergh Patrick	PTT	Dendermonde	158	H40	6	0:22:46	47	1:00:53	68	1:23:39	41	0:40:31	19	2:04:10
36	Dekeyzer Steven	DTTL	Lochristi	167	H40	7	0:22:32	44	0:54:09	3	1:16:41	6	0:48:02	82	2:04:43
37	Verstraeten Arne	LTC	Lokeren	167	H24	27	0:22:32	43	0:54:09	2	1:16:41	7	0:48:02	81	2:04:43
38	Peeters Werner	ZT	Schriek	110	H40	8	0:23:34	58	1:00:12	55	1:23:46	45	0:41:02	27	2:04:48
39	Vandekendelaere Janique	/	Roeselare	152	H40	9	0:25:14	84	0:59:15	42	1:24:29	60	0:40:53	26	2:05:22
40	Leaucour Bart	KTDC	Wevelgem	94	H24	28	0:24:23	73	0:59:54	52	1:24:17	54	0:41:14	28	2:05:31
41	Fauvart Hans	/	Roeselare	69	H40	10	0:21:58	35	0:59:07	40	1:21:05	37	0:44:41	57	2:05:46
42	De Tender Johan	WTT	Belsele	172	H40	11	0:24:40	78	1:01:06	75	1:25:46	75	0:40:04	16	2:05:50
43	Duquet Bart	WET	Uitbergen	66	H24	29	0:23:21	56	1:00:17	58	1:23:38	40	0:42:27	37	2:06:05
44	Ossieur Romano	KTDC	Marke	108	H50	1 *	0:23:42	60	1:00:14	56	1:23:56	51	0:42:42	40	2:06:38
45	Decoster Miguel	KTDC	Torhout	48	H24	30	0:22:58	49	1:00:51	66	1:23:49	49	0:42:51	41	2:06:40
46	De Gucht Kristoff	DTTL	Overmere	31	H24	31	0:22:42	46	1:00:53	67	1:23:35	39	0:43:38	50	2:07:13
47	De Jonge Corneel	DTTL	Heusden	32	H24	32	0:24:04	67	1:00:55	70	1:24:59	65	0:42:18	36	2:07:17
48	Ver Eecke Franky	TDL	Leuven	159	H40	12	0:23:37	59	1:00:15	57	1:23:52	50	0:43:39	51	2:07:31
49	Huysegoms Bart	TTG	Beigem	84	H40	13	0:24:00	65	1:00:22	59	1:24:22	57	0:43:29	48	2:07:51
50	De Graef Kevin	WET	Waasmunster	30	H24	33	0:23:25	57	0:53:13	1	1:16:38	5	0:51:15	97	2:07:53
51	De Wispelaere Philippe	MTV	Eeklo	46	H24	34	0:24:11	69	0:59:31	45	1:23:42	43	0:44:20	54	2:08:02
52	Wauters Rik	WTT	Hamme	170	H40	14	0:25:06	83	0:59:45	50	1:24:51	63	0:43:26	46	2:08:17
53	Bouduin Stefaan	LTC	Gent	7	H24	35	0:23:14	54	1:03:30	95	1:26:44	83	0:41:41	32	2:08:25



54	Deckmyn Ignace	WTT	Steendorp	47	H40	15	0:25:24	87	0:59:39	47	1:25:03	68	0:43:27	47	2:08:30
55	Cuepers Rony	BST	Dendermonde	173	H50	2 *	0:24:27	75	1:00:33	63	1:25:00	66	0:43:33	49	2:08:33
56	Schelpel Johan	/	Roeselare	118	H24	36	0:24:13	70	1:00:54	69	1:25:07	69	0:43:39	52	2:08:46
57	Fiers Wouter	/	Gent	71	H24	37	0:25:44	95	0:59:33	46	1:25:17	73	0:43:42	53	2:08:59
58	Van Den Bossche Bram	/	Brugge	133	H24	38	0:25:20	85	1:01:31	79	1:26:51	85	0:43:03	44	2:09:54
59	Limpens Alain	BST	Wetteren	97	H24	39	0:23:01	50	1:00:45	65	1:23:46	46	0:46:11	66	2:09:57
60	Duquet Tom	/	Zelee	68	H24	40	0:19:37	8	1:05:25	107	1:25:02	67	0:44:57	58	2:09:59
61	Van de Wielle Jan	WTT	Zelee	129	H24	41	0:21:33	31	1:02:55	89	1:24:28	59	0:46:07	65	2:10:35
62	Verbanck Guy	DTTL	Gentbrugge	160	H24	42	0:21:26	28	1:02:15	83	1:23:41	42	0:47:07	78	2:10:48
63	Detemmerman Vincent	UTO	Sint-Pieters-W	56	H24	43	0:23:12	53	1:01:06	74	1:24:18	55	0:46:45	73	2:11:03
64	Chiau Philippe	BST	Ninove	13	H24	44	0:29:09	127	0:55:25	4	1:24:34	61	0:46:36	71	2:11:10
65	Geets Ronny	SP&O	Terhagen - Ru	72	H24	45	0:24:16	71	1:00:23	60	1:24:39	62	0:47:15	79	2:11:54
66	Laurent Rolf	SP&O	Hofstade	93	H40	16	0:23:17	55	1:02:03	82	1:25:20	74	0:46:55	76	2:12:15
67	De Rouck Peter	NLT	Oudenaarde	37	H24	46	0:25:40	93	1:03:40	98	1:29:20	95	0:43:01	43	2:12:21
68	Bontinck Stefan	/	Zelee	6	H24	47	0:25:42	94	0:59:27	44	1:25:09	70	0:47:25	80	2:12:34
69	Langerock Dirk	/	Melle	90	H24	48	0:22:56	48	1:03:10	93	1:26:06	81	0:46:38	72	2:12:44
70	Van Laere Joris	TTL	Mariakerke	141	H24	49	0:23:43	61	1:02:31	85	1:26:14	82	0:46:32	70	2:12:46
71	De Smet Wim	WTT	Sinaai-waas	39	H24	50	0:23:56	63	1:00:10	54	1:24:06	52	0:48:53	87	2:12:59
72	De Vos Louis	BRTC	Brasschaat	42	H40	17	0:23:58	64	1:00:57	71	1:24:55	64	0:48:23	85	2:13:18
73	Dupon Kristof	/	St.-michiels	65	H24	51	0:25:32	91	0:59:39	48	1:25:11	71	0:48:08	83	2:13:19
74	Wieme Ulrik	/	Deinze	5	H24	52	0:24:06	68	1:03:37	97	1:27:43	87	0:46:12	67	2:13:55
75	Decubber Chris	TTG	Vilvoorde	49	H24	53	0:28:27	119	1:03:02	90	1:31:29	107	0:42:41	39	2:14:10
76	De Bel Allen	/	Kruishoutem	24	H24	54	0:26:18	106	1:03:06	92	1:29:24	99	0:45:03	60	2:14:27
77	Werdefroy Erik	TTG	Asse	1	H24	55	0:25:25	88	1:00:30	62	1:25:55	77	0:48:42	86	2:14:37
78	Salembier Joost	/	Roeselare	117	H24	56	0:25:28	89	1:04:28	101	1:29:56	101	0:45:01	59	2:14:57
79	Blairon Patrice	/	Ghlin	4	H40	18	0:24:53	79	1:00:57	72	1:25:50	76	0:49:14	88	2:15:04
80	Ghysels Koen	TTL	Opwijk	74	H24	57	0:26:11	103	0:59:53	51	1:26:04	80	0:49:22	89	2:15:26
81	Moerenhout Robin	TTL	Opwijk	105	H24	58	0:28:23	117	1:01:03	73	1:29:26	100	0:46:06	64	2:15:32
82	Walravens Jan	TTG	Vilvoorde	168	H24	59	0:26:12	104	1:03:04	91	1:29:16	90	0:46:23	68	2:15:39
83	bruylandt kris	TTL	Ternat	9	H24	60	0:22:24	40	1:02:02	81	1:24:26	58	0:51:19	98	2:15:45
84	Beukelaers Stijn	ITM	Kapelle-op-den	3	H20	3 *	0:28:53	123	1:00:27	61	1:29:20	94	0:46:31	69	2:15:51
85	Seghers Koen	WTT	Sinaai	104	H24	61	0:25:01	81	1:02:41	87	1:27:42	86	0:48:21	84	2:16:03
86	D'Hoore Daniel	TTA	Oostakker	61	H50	3 *	0:23:46	62	1:00:34	64	1:24:20	56	0:52:00	102	2:16:20
87	Maertens Yves	KTDC	Beveren-Leie	99	H40	19	0:26:05	101	1:04:51	103	1:30:56	103	0:45:30	62	2:16:26
88	Claeys Jack	MTV	Aalter	15	H40	20	0:20:13	15	1:03:35	96	1:23:48	48	0:52:45	105	2:16:33
89	De Peuter Lorenzo	MTV	Zelzate	36	H40	21	0:22:22	39	1:01:21	77	1:23:43	44	0:53:07	107	2:16:50
90	Van den Abbeele Nico	BST	Zelee	131	H24	62	0:25:55	98	1:00:04	53	1:25:59	78	0:51:45	101	2:17:44
91	Clavie Yves	/	Dendermonde	16	H40	22	0:24:03	66	1:03:56	99	1:27:59	89	0:50:30	95	2:18:29
92	Vercauteren Kris	LTTL	Londerzeel-Ste	163	H24	63	0:24:20	72	1:01:40	80	1:26:00	79	0:53:17	109	2:19:17
93	Feryn Hans	WET	Oostduinkerke	70	H40	23	0:26:41	109	1:02:42	88	1:29:23	98	0:50:04	91	2:19:27
94	Lanhove Erik	TTG	Londerzeel	92	H24	64	0:27:08	111	1:08:07	120	1:35:15	115	0:45:24	61	2:20:39
95	Van Peteghem Geert	WTT	Overmere	148	H24	65	0:24:33	77	1:04:44	102	1:29:17	91	0:52:15	103	2:21:32
96	Beernaert Rigo	/	Moorslede	2	H24	66	0:25:29	90	0:59:44	49	1:25:13	72	0:56:51	120	2:22:04
97	Langeroot Luc	LTTL	Kruishoutem	89	H40	24	0:28:21	116	1:02:31	84	1:30:52	102	0:51:23	99	2:22:15
98	Van Osselaer Jan	LTC	Lokeren	147	H50	4	0:25:52	97	1:05:08	106	1:31:00	104	0:51:29	100	2:22:29
99	Van Der Borgh Koen	TTL	Opwijk	136	H24	67	0:25:03	82	1:04:19	100	1:29:22	96	0:53:13	108	2:22:35
100	Crepeel Jonas	/	Gent	21	H24	68	0:24:26	74	1:03:20	94	1:27:46	88	0:54:56	113	2:22:42
101	Van Den Broeck Willem	TDCD	Sint-Pieters-Le	134	H40	25	0:37:06	144	0:58:59	39	1:36:05	118	0:46:53	74	2:22:58
102	Hanselaer Geert	BST	Berlare	78	H24	69	0:23:09	51	1:06:13	111	1:29:22	97	0:54:40	112	2:24:02
103	Vandeputte Philippe	TDCD	Zwijndrecht	153	H24	70	0:33:43	141	1:04:53	104	1:38:36	123	0:45:41	63	2:24:17
104	Dhaen Guy	/	Hamme	59	H40	26	0:26:43	110	1:02:35	86	1:29:18	92	0:55:10	115	2:24:28
105	Vercruyssen Francky	TAS	Roeselare	164	H40	27	0:29:52	132	1:07:46	119	1:37:38	122	0:46:53	75	2:24:31
106	Herzeel Ronny	/	Asse	80	H40	28	0:31:10	134	1:07:29	117	1:38:39	125	0:47:01	77	2:25:40
107	Demeulemeester Martin	/	Moregem	53	H50	5	0:29:14	128	1:06:02	108	1:35:16	116	0:50:29	94	2:25:45
108	Van Hove Johan	WET	Sint-Niklaas	138	H24	71	0:26:14	105	1:06:14	113	1:32:28	108	0:53:43	110	2:26:11
109	Van Riel Hans	BRTC	Wuustwezel	149	H24	72	0:29:00	125	1:06:57	115	1:35:57	117	0:50:15	92	2:26:12
110	De Loose Francky	MTV	Zelzate	33	H40	29	0:27:08	112	1:06:10	110	1:33:18	109	0:53:06	106	2:26:24
111	De Bolle Thierry	/	Grimbergen	26	H24	73	0:26:37	108	1:09:53	125	1:36:30	119	0:50:45	96	2:27:15



112	Kerremans Jan	GETC	Hasselt - Stevo	87	H40	30	0:26:03	100	1:04:58	105	1:31:01	105	0:56:25	119	2:27:26
113	Couton Geert	/	Waasmunster	20	H24	74	0:28:12	115	1:07:01	116	1:35:13	114	0:52:19	104	2:27:32
114	Mahieu Niek	/	Oudenaarde	100	H24	75	0:21:39	32	1:07:40	118	1:29:19	93	0:59:55	128	2:29:14
115	Huylenbroeck Danny	/	Hamme	82	H24	76	0:28:11	114	1:06:36	114	1:34:47	110	0:55:58	116	2:30:45
116	De Strooper Marc	/	Mechelen	40	H40	31	0:29:26	131	1:11:52	129	1:41:18	132	0:49:29	90	2:30:47
117	Machiels Seppe	/	Mariakerke	98	H24	77	0:25:39	92	1:09:31	123	1:35:10	112	0:56:07	117	2:31:17
118	Smet Kurt	WTT	Sint-niklaas	120	H24	78	0:29:08	126	1:13:26	135	1:42:34	133	0:50:16	93	2:32:50
119	Bert Jeroen	/	0	171	H24	79	0:28:58	124	1:06:13	112	1:35:11	113	0:58:44	122	2:33:55
120	Delaet Bart	/	Buggenhout	51	H24	80	0:25:57	99	1:08:55	122	1:34:52	111	0:59:43	126	2:34:35
121	Goossens Sven	/	Kruikebeke	76	H24	81	0:31:40	138	0:59:23	43	1:31:03	106	1:04:25	131	2:35:28
122	Colman Dirk	/	Hamme	17	H40	32	0:26:36	107	1:09:55	126	1:36:31	120	0:59:07	125	2:35:38
123	Cosyn Frank	TTA	Oostakker	18	H40	33	0:28:37	120	1:12:25	132	1:41:02	129	0:54:58	114	2:36:00
124	Nachtergaele Peter	/	Moeskroen	35	H40	34	0:31:28	136	1:08:44	121	1:40:12	127	0:56:18	118	2:36:30
125	Van Oost Wim	/	Wommel	146	H40	35	0:32:29	140	1:06:09	109	1:38:38	124	0:58:22	121	2:37:00
126	Ruts Dennis	/	Boechout	116	H24	82	0:28:25	118	1:12:42	133	1:41:07	130	0:58:45	123	2:39:52
127	De Voeght Wim	/	Itegem	41	H24	83	0:31:38	137	1:11:16	128	1:42:54	135	0:59:55	127	2:42:49
128	Peeters Tim	TDL	Leuven	109	H24	84	0:26:09	102	1:10:28	127	1:36:37	121	1:06:46	133	2:43:23
129	Van Steerteghem Davy	WET	Vrasene	150	H20	4	0:29:19	129	1:11:58	130	1:41:17	131	1:04:11	130	2:45:28
130	Op de Beeck Filip	/	Deurne	107	H24	85	0:35:02	142	1:16:11	138	1:51:13	140	0:54:30	111	2:45:43
131	Van Lemmens Jan	/	Temse	143	H40	36	0:30:22	133	1:12:19	131	1:42:41	134	1:07:15	134	2:49:56
132	Buysse Hans	/	Belsele	10	H24	86	0:31:19	135	1:17:20	139	1:48:39	138	1:02:58	129	2:51:37
133	Verhulst Jan	/	Londerzeel	166	H40	37	0:37:04	143	1:16:07	137	1:53:11	141	0:58:47	124	2:51:58
134	Demeestere Stefan	/	Gent	52	H40	38	0:32:10	139	1:15:25	136	1:47:35	137	1:04:31	132	2:52:06
	Callebaut Wim	/	Meerdonk	11	H24		0:27:11	113	1:13:02	134	1:40:13	128			
	Matheussen Geert	BTC	Brasschaat	102	H40		0:28:49	122	1:09:53	124	1:38:42	126			
	Vangeel Kurt	/	Stekene	154	H24		0:20:29	20							
	Ruiz Stefan	BST	Berlare	115	H24		0:29:22	130							
	Clabaut Didier	TTG	Vilvoorde	14	H24		0:23:10	52	1:23:02	141	1:46:12	136			
	Van De Kerkhove Jeroen	TDL	Wezemaal	140	H24		0:25:21	86	1:01:29	78	1:26:50	84			
	Riemens Marc	/	Middelburg (nl)	112	H24		0:20:34	22	0:57:49	25	1:18:23	20			
	Brillens Marc	TTG	Wommel	8	H40		0:25:45	96							
	Juliens Edwin	SP&O	Mechelen	86	H40		0:22:29	42	1:01:18	76	1:23:47	47			
	Rille Euduard	/	Auderghem	114	H50		0:28:45	121	1:22:06	140	1:50:51	139			

Dames

Pl.	Naam	Club	Gemeente	Nr	Cat	Pl	Fiets	F.	Zwem	Z.	F+Z	FZ	Loop	L.	Eind
						Cat	Tijd	Pl	Tijd	Pl	Tijd	Pl	Tijd	Pl	Tijd
1	Van Den Kieboom Bianca	UTTC	Schoten	135	D24	1 *	0:21:50	2	1:01:59	1	1:23:49	1	0:47:28	1	2:11:17
2	Wauters Elke	WTT	Hamme	169	D18	1 *	0:20:50	1	1:04:55	2	1:25:45	2	0:55:46	3	2:21:31
3	Verbeiren Katrien	WTT	Dendermonde	161	D24	2 *	0:24:01	3	1:07:15	5	1:31:16	3	0:56:12	5	2:27:28
4	Stroomer Marleen	/	Cb Nibbixwou	123	D24	3 *	0:30:06	8	1:09:32	6	1:39:38	8	0:49:22	2	2:29:00
5	Leroy Martine	/	Waregem	95	D40	1 *	0:27:04	6	1:06:10	4	1:33:14	4	0:55:53	4	2:29:07
6	De Cort Nathasia	WET	Nieuwkerken-	29	D24	4	0:29:41	7	1:05:45	3	1:35:26	5	0:58:55	7	2:34:21
7	Derweduwen An	LTC	Lokeren	55	D40	2 *	0:26:33	5	1:11:49	7	1:38:22	6	0:56:55	6	2:35:17
8	Vankeirsbilck Sonja	/	St-martens-late	157	D24	5	0:31:39	9	1:17:31	9	1:49:10	9	0:59:16	8	2:48:26
9	Dierkx Els	/	Boechout	63	D24	6	0:24:21	4	1:14:04	8	1:38:25	7	1:24:34	9	3:02:59

Uitslagenverwerking: Johan Tack 056/775040 <http://www.duathlon.tk> <http://www.triathlon.be>