







## Categorie: Under 24 Heren (MU23)

PL	L	PL	Name	Gemeente	Club	Nation	Nr	R 1	R 2	R 3	Run 1	P1	AVG	T/Km	TR	Bi 1	Bi 2	Bi 3	Bike	P1	AVG	T/Km	TR	R 1	R 2	Run 2	P1	AVG	T/Km	Finish	Gap
2	*	66	Lanin Rob	Meise	VTDL	BEL	72	0:14:48	0:15:07	0:14:11	0:44:06	87	12,24	4:54	0:01:25	0:44:09	0:45:43	0:46:08	2:16:00	60	19,85	3:01	0:01:31	0:16:26	0:16:24	0:32:50	76	10,96	5:28	3:35:52	0:34:10
3	*	77	De Wilde Thomas	Wachtebeke	VTDL	BEL	40	0:13:20	0:12:46	0:12:06	0:38:12	25	14,14	4:15	0:01:34	0:45:09	0:47:20	0:53:38	2:26:07	85	18,48	3:15	0:02:26	0:16:38	0:19:10	0:35:48	90	10,06	5:58	3:44:07	0:42:25
4		93	Verhoeven Glenn	Londerzeel	VTDL	BEL	125	0:16:10	0:15:15	0:14:56	0:46:21	107	11,65	5:09	0:01:41	0:48:46	0:48:43	0:51:33	2:29:02	88	18,12	3:19	0:01:34	0:21:38	0:19:20	0:40:58	98	8,79	6:50	3:59:36	0:57:54
		DNF	Vermeire Thomas	Sint-martens-leerne	VTDL	BEL	127	0:14:33	0:14:25	0:14:17	0:43:15	80	12,49	4:48	0:01:31	0:53:51															

## Categorie: Seniors Dames (F24)

PL	L	PL	Name	Gemeente	Club	Nation	Nr	R 1	R 2	R 3	Run 1	P1	AVG	T/Km	TR	Bi 1	Bi 2	Bi 3	Bike	P1	AVG	T/Km	TR	R 1	R 2	Run 2	P1	AVG	T/Km	Finish	Gap
1	*	1	Persoon Greet	Mariakerke (gent)	VTDL	BEL	86	0:15:11	0:13:43	0:13:12	0:42:06	3	12,83	4:41	0:01:20	0:47:43	0:47:34	0:49:28	2:24:45	1	18,65	3:13	0:00:58	0:15:45	0:15:32	0:31:17	3	11,51	5:13	3:40:26	0:00:00
2	*	4	Tosi Catherine	Ekeren (antwerpen)	VTDL	FRA	104	0:15:30	0:14:19	0:14:27	0:44:16	4	12,20	4:55	0:01:52	0:53:31	0:54:02	0:54:40	2:42:13	5	16,64	3:36	0:01:44	0:16:44	0:16:22	0:33:06	4	10,88	5:31	4:03:11	0:22:45
		DNF	Ghyselen Deborah	Rekkem	ETZ	BEL	57	0:13:54	0:13:08	0:12:44	0:39:46	1	13,58	4:25	0:00:53																

## Categorie: Veteranen 40 Dames (F40)

PL	L	PL	Name	Gemeente	Club	Nation	Nr	R 1	R 2	R 3	Run 1	P1	AVG	T/Km	TR	Bi 1	Bi 2	Bi 3	Bike	P1	AVG	T/Km	TR	R 1	R 2	Run 2	P1	AVG	T/Km	Finish	Gap
1	*	2	Platteeuw Veronique	La Glanerie	TRIGT	BEL	88	0:15:47	0:14:40	0:13:59	0:44:26	5	12,15	4:56	0:01:09	0:48:53	0:48:39	0:48:44	2:26:16	2	18,46	3:15	0:00:56	0:15:35	0:15:40	0:31:15	2	11,52	5:13	3:44:02	0:00:00
2	*	3	De Walsche Petra	Sleidinge	VTDL	BEL	39	0:14:23	0:13:25	0:13:04	0:40:52	2	13,21	4:32	0:02:08	0:54:04	0:52:28	0:52:24	2:38:56	4	16,99	3:32	0:01:40	0:14:39	0:14:44	0:29:23	1	12,25	4:54	3:52:59	0:08:57
3	*	5	Verdonck Joyce	Kluizen	MTV	BEL	124	0:18:33	0:17:27	0:16:53	0:52:53	6	10,21	5:53	0:02:19	0:51:13	0:51:03	0:51:09	2:33:25	3	17,60	3:25	0:01:28	0:18:17	0:18:22	0:36:39	5	9,82	6:07	4:06:44	0:22:42

Tot Starters: 128

M40: 122

F40: 6

Rks3: 0

Rks4: 0

Rks5: 0

Rks6: 0

DNS= Did not Start DNF = Did not Finish DQF = Disqualified