

# Tussen 2 Feesten Loop

Knokke, 26 December 2011, BEL

## Sprint - Algemeen

							Categ
Pos	Race	Nr	Name	Age	Time	Rang Nom	City
1	5km	966	STROO Tobin	21	0:10.52	1 HER	KNOKKE-HEIST
2	10km	50003	DEVLOO Kjell	22	0:10.80	2 HER	KNOKKE-HEIST
3	5km	620	DESCHACHT Jan	48	0:11.03	3 HER	ASSEBROEK
4	10km	50020	VAN KRANENBURG Nick	26	0:11.04	4 HER	HEIST-AAN-ZEE
5	10km	708	YSEBAERT Bart	33	0:11.04	5 HER	ASSEBROEK
6	10km	741	LAUREYNS Niels	26	0:11.30	6 HER	MALDEGEM
7	5km	607	RENZO Brackez	30	0:11.31	7 HER	WEVELGEM
8	5km	998	VANDENBROUCKE Arthur	16	0:11.79	8 HER	KNOKKE-HEIST
9	10km	893	BLEYAERT Bart	33	0:12.05	9 HER	KNESSELARE
10	10km	862	DE BAERE Bram	25	0:12.06	10 HER	SINT-ANDRIES
11	10km	823	LOOSVELT Philippe	16	0:12.56	11 HER	WENDUINE
12	10km	750	CALEBOUT Stefan	40	0:13.05	12 HER	KNOKKE-HEIST
13	10km	891	DE MEYDTS Sven	24	0:13.05	13 HER	ZEEBRUGGE
14	10km	977	BEIRNAERT Thomas	34	0:13.05	14 HER	BEERNEM
15	10km	684	MUYLLAERT Michael	31	0:13.07	15 HER	KNOKKE-HEIST
16	5km	952	CORNILLE Michael	16	0:13.30	16 HER	HEIST-AAN-ZEE
17	10km	799	DE RUYTER Johnny	40	0:13.31	17 HER	KNOKKE-HEIST
18	10km	858	BONTE Michiel	29	0:13.55	18 HER	BRUGGE
19	10km	821	DE NOLF Lenard	16	0:13.75	19 HER	ZEEBRUGGE
20	5km	648	DE LANGHE Nicolas	19	0:13.78	20 HER	KNOKKE-HEIST
21	10km	824 F	VANHULLE Rebecca	15	0:13.80	1 JUF	BLANKENBERGE
22	5km	562	VANDERSCHAEGHE Louis	9	0:14.02	1 JUH	KNOKKE-HEIST
23	10km	538	GOETHALS Michael	40	0:14.05	21 HER	ADEGEM
24	5km	655	VERHELST Bernard	42	0:14.05	22 HER	KORTRIJK
25	5km	944	VERSTRAETE William	22	0:14.28	23 HER	KNOKKE-HEIST
26	5km	572	DE BACKER Frederik	36	0:14.28	24 HER	WAREGEM
27	5km	589 F	DEPREITERE Anne-Mie	43	0:14.55	1 VRO	MOERKERKE
28	5km	992	MATTHEEUWS Bert	15	0:15.01	2 JUH	KNOKKE-HEIST

29	5km	606	<b>RUBEN Brackez</b>	9	<b>0:15.03</b>	3 JUH	<i>WEVELGEM</i>
30	5km	646	<b>DE WOLF Zah</b>	15	<b>0:15.04</b>	4 JUH	<i>BLANKENBERGE</i>
31	5km	633	<b>RAES Quirino</b>	10	<b>0:15.35</b>	5 JUH	<i>ZEEBRUGGE</i>
32	10km	814	<b>PETEN Cedric</b>	38	<b>0:15.52</b>	25 HER	<i>KNOKKE-HEIST</i>
33	10km	816	<b>LUISTER Peter</b>	49	<b>0:15.54</b>	26 HER	<i>KNOKKE-HEIST</i>
34	5km	945	<b>VERTSTRAETE Stefan</b>	43	<b>0:15.78</b>	27 HER	<i>KNOKKE-HEIST</i>
35	10km	720	<b>DECEUR Marc</b>	48	<b>0:16.06</b>	28 HER	<i>BRUGGE</i>
36	5km	957 F	<b>MASSIN Els</b>	34	<b>0:16.28</b>	2 VRO	<i>HEIST-AAN-ZEE</i>
37	5km	614	<b>DETAVERNIER Hans</b>	43	<b>0:16.28</b>	29 HER	<i>OOIGEM</i>
38	10km	910 F	<b>FITZGERALD Tess</b>	18	<b>0:16.31</b>	3 VRO	<i>KNOKKE-HEIST</i>
39	5km	665	<b>SEY Louis</b>	9	<b>0:16.54</b>	6 JUH	<i>KNOKKE-HEIST</i>
40	5km	599	<b>STRUBBE Marc</b>	52	<b>0:16.80</b>	30 HER	<i>KNOKKE-HEIST</i>
41	10km	603	<b>DEVILDER Patrick</b>	49	<b>0:16.80</b>	31 HER	<i>SINT-ANDRIES</i>
42	10km	744 F	<b>PIERLOOT Sonja</b>	43	<b>0:16.81</b>	4 VRO	<i>OOSTENDE</i>
43	5km	602 F	<b>TANGHE X</b>	39	<b>0:16.81</b>	5 VRO	<i>BLANKENBERGE</i>
44	5km	531	<b>VAN LANDSCHOOT Hilde</b>	48	<b>0:17.04</b>	32 HER	<i>KNOKKE HEIST</i>
44	5km	951	<b>PAUWELS Joachim</b>	15	<b>0:17.04</b>	7 JUH	<i>KNOKKE-HEIST</i>
46	5km	619 F	<b>DEMEYER Sandra</b>	31	<b>0:17.04</b>	6 VRO	<i>KNOKKE</i>
47	10km	687	<b>VAN ROSSEM Bert</b>	43	<b>0:17.06</b>	33 HER	<i>KNOKKE</i>
48	5km	638	<b>SLABINCK Indiana</b>	18	<b>0:17.28</b>	34 HER	<i>MOERKERKE</i>
49	5km	547	<b>HAEGHEBAERT Robin</b>	19	<b>0:17.29</b>	35 HER	<i>KNOKKE-HEIST</i>
50	5km	613	<b>MERLEVEDE Brecht</b>	11	<b>0:17.53</b>	8 JUH	<i>KNOKKE-HEIST</i>
51	10km	835	<b>DEVOOGDT Manu</b>	41	<b>0:17.55</b>	36 HER	<i>ZEEBRUGGE</i>
52	5km	546	<b>STUL Geert</b>	42	<b>0:17.55</b>	37 HER	<i>DAMME</i>
52	10km	50017	<b>DELODDERE Jean</b>	40	<b>0:17.55</b>	37 HER	<i>KNOKKE-HEIST</i>
54	5km	530 F	<b>VANDEBUSSCHE Nancy</b>	41	<b>0:17.80</b>	7 VRO	<i>KNOKKE-HEIST</i>
55	10km	548	<b>SWANKAERT Benjamin</b>	33	<b>0:17.81</b>	39 HER	<i>EEKLO</i>
56	5km	625	<b>GOETHALS Stijn</b>	21	<b>0:18.03</b>	40 HER	<i>KNOKKE-HEIST</i>
57	5km	618	<b>DUCOULOMBIER Bixenti</b>	8	<b>0:18.04</b>	9 JUH	<i>ZEEBRUGGE</i>
58	5km	528	<b>VANDER CRUYSSSEN Maxim</b>	11	<b>0:18.04</b>	10 JUH	<i>KNOKKE-HEIST</i>
59	10km	870	<b>VERBEKE Dominique</b>	40	<b>0:18.05</b>	41 HER	<i>BREDENE</i>
60	5km	635	<b>TRIO Bjarne</b>	18	<b>0:18.29</b>	42 HER	<i>KNOKKE-HEIST</i>
61	10km	894 F	<b>JANSSENS Conny</b>	47	<b>0:18.30</b>	8 VRO	<i>OOSTENDE</i>
62	5km	644 F	<b>VANDERLINDEN Martin Sarah</b>	15	<b>0:18.53</b>	2 JUF	<i>LOCHRISTI</i>
63	5km	557 F	<b>MAAS Alexander</b>	43	<b>0:18.79</b>	9 VRO	<i>MOERKERKE</i>

64	5km	651	F	<b>BULTYNCK Christa</b>	35	<b>0:18.79</b>	10 VRO	<i>KNOKKE-HEIST</i>
65	5km	969		<b>DIELTIENS Gil</b>	9	<b>0:18.79</b>	11 JUH	<i>HEIST-AAN-ZEE</i>
66	5km	604	F	<b>TUYTENS Stephanie</b>	30	<b>0:18.80</b>	11 VRO	<i>OUDENAARDE</i>
67	5km	645	F	<b>HEIRMAN Myrthe</b>	16	<b>0:19.28</b>	12 VRO	<i>LOCHRISTI</i>
68	5km	584		<b>VERLINDE Sam</b>	9	<b>0:19.54</b>	12 JUH	<i>STEKENE</i>
69	10km	761	F	<b>DANNEELS Annemie</b>	49	<b>0:19.54</b>	13 VRO	<i>KNOKKE-HEIST</i>
69	10km	753		<b>BLONDEEL Thijs</b>	24	<b>0:19.54</b>	43 HER	<i>KNOKKE-HEIST</i>
71	10km	917		<b>DESCHACHT Marc</b>	47	<b>0:19.56</b>	44 HER	<i>ZEEBRUGGE</i>
72	10km	914		<b>VERBIEST Karel</b>	32	<b>0:19.56</b>	45 HER	<i>HEIST-AAN-ZEE</i>
73	10km	796		<b>DEVRIESE Jimmy</b>	42	<b>0:19.79</b>	46 HER	<i>KNOKKE</i>
74	10km	880		<b>DE MEYER Freddy</b>	54	<b>0:19.80</b>	47 HER	<i>DUDZELE</i>
75	10km	695		<b>STOCKMAN Jan</b>	43	<b>0:19.81</b>	48 HER	<i>KNOKKE-HEIST</i>
76	10km	923		<b>VERHELST Andre</b>	52	<b>0:20.00</b>	49 HER	<i>DAMME</i>
77	5km	585		<b>VERLINDE Robbe</b>		<b>0:20.01</b>	13 JUH	<i>STEKENE</i>
78	10km	718		<b>VANDEBUSSCHE Frédéric</b>	40	<b>0:20.05</b>	50 HER	<i>ASSEBROEK</i>
79	10km	795		<b>DEROUS Stefaan</b>	45	<b>0:20.05</b>	51 HER	<i>SINT-ANDRIES BRUGGE</i>
80	5km	972		<b>VAN RAEPENBUSCH Tom</b>	24	<b>0:20.28</b>	52 HER	<i>HEIST-AAN-ZEE</i>
81	10km	736		<b>VANLERBERGHE Nicolas</b>	31	<b>0:20.31</b>	53 HER	<i>KNOKKE HEIST</i>
82	10km	762		<b>VANPARYS Joseph</b>	51	<b>0:20.51</b>	54 HER	<i>RAMSKAPELLE (KNOKKE-HEIST)</i>
83	10km	834		<b>GROENWEGHE Philippe</b>	52	<b>0:20.54</b>	55 HER	<i>KORTRIJK</i>
84	10km	909	F	<b>PIETERS Elke</b>	27	<b>0:20.55</b>	14 VRO	<i>DUDZELE</i>
85	5km	674	F	<b>BOUILLON Marie</b>	10	<b>0:20.55</b>	3 JUF	<i>KNOKKE-HEIST</i>
86	10km	692		<b>DE COSTER Frederic</b>	28	<b>0:20.56</b>	56 HER	<i>KNOKKE HEIST</i>
87	5km	582		<b>SLABINCK Anthony</b>	21	<b>0:20.78</b>	57 HER	<i>MOERKERKE</i>
88	10km	847		<b>DECEUNINCK Johnny</b>	47	<b>0:20.80</b>	58 HER	<i>VELDEGEM</i>
89	10km	890		<b>DESTOOP Hein</b>	49	<b>0:20.81</b>	59 HER	<i>RUDDERVOORDE</i>
90	10km	803		<b>VERMEILLE Sebastiaan</b>	33	<b>0:20.81</b>	60 HER	<i>KNOKKE-HEIST</i>
91	10km	857		<b>VERSLUYS Danny</b>	41	<b>0:20.84</b>	61 HER	<i>WATERVLIET</i>
92	5km	571	F	<b>DOBBELAERE Valerie</b>	31	<b>0:21.02</b>	15 VRO	<i>MOERKERKE</i>
93	5km	672		<b>BAEKELANDT Gilles</b>	12	<b>0:21.04</b>	14 JUH	<i>ZEEBRUGGE</i>
94	10km	819		<b>MARTENS Freddy</b>	34	<b>0:21.04</b>	62 HER	<i>OUDENAARDE</i>
95	10km	915	F	<b>SWOLFS Sanne</b>	24	<b>0:21.05</b>	16 VRO	<i>KNOKKE-HEIST</i>
96	10km	807		<b>THAI-THUC Yann</b>	22	<b>0:21.06</b>	63 HER	<i>KNOKKE-HEIST</i>
97	10km	719		<b>VANDEBUSSCHE Camiel</b>	11	<b>0:21.30</b>	15 JUH	<i>ASSEBROEK</i>
98	5km	995		<b>TRIO Maxim</b>	13	<b>0:21.32</b>	16 JUH	<i>KNOKKE-HEIST</i>

99	5km	975	<b>BOUILLON Filip</b>	43	<b>0:21.53</b>	64 HER	<i>KNOKKE-HEIST</i>
100	5km	574	<b>ROEGIST Jeroen</b>	29	<b>0:21.54</b>	65 HER	<i>LEDEBERG</i>
101	10km	907	<b>PIETERS Anthony</b>	31	<b>0:21.55</b>	66 HER	<i>ZEEBRUGGE</i>
101	10km	778	<b>MICHIELS Alex</b>	47	<b>0:21.55</b>	66 HER	<i>BRUGGE</i>
103	10km	711	<b>DRYEPONDT Peter</b>	42	<b>0:21.56</b>	68 HER	<i>DUDZELE</i>
104	10km	908	<b>STUBBE Peter</b>	44	<b>0:21.79</b>	69 HER	<i>KNOKKE-HEIST</i>
104	10km	872	<b>MESTDAGH Tony</b>	52	<b>0:21.79</b>	69 HER	<i>ASSEBROEK</i>
106	10km	884	<b>VERBURGH Patrick</b>	43	<b>0:21.80</b>	71 HER	<i>ASSEBROEK</i>
107	10km	50021	<b>LANCKRIET Bart</b>	45	<b>0:21.80</b>	72 HER	<i>KNOKKE-HEIST</i>
108	10km	869	<b>VANWALLEGHEM Alexander</b>	31	<b>0:21.80</b>	73 HER	<i>VELDEGEM</i>
109	10km	879	<b>VAN HOOF Eddy</b>	50	<b>0:22.03</b>	74 HER	<i>BEGIJNENDIJK</i>
110	10km	918	<b>WESTERLINCK Stefaan</b>	33	<b>0:22.05</b>	75 HER	<i>KORTRIJK</i>
111	10km	743	<b>DE KEERSMAECKER Marc</b>	56	<b>0:22.05</b>	76 HER	<i>PUTTE</i>
112	10km	751	<b>PISTOLESI Sebastiano</b>	39	<b>0:22.06</b>	77 HER	<i>KNOKKE-HEIST</i>
113	5km	583	<b>DEFAWE Damien</b>	20	<b>0:22.28</b>	78 HER	<i>DAMME</i>
114	10km	809	<b>DE COUSSEMAKER Kurt</b>	30	<b>0:22.28</b>	79 HER	<i>KNOKKE-HEIST</i>
115	10km	749	<b>VIAENE Geert</b>	44	<b>0:22.29</b>	80 HER	<i>HEIST AAN ZEE</i>
115	10km	777	<b>VERFAILLIE Jürgen</b>	38	<b>0:22.29</b>	80 HER	<i>WESTKAPELLE</i>
117	10km	536	<b>DESMIDT Ivan</b>	39	<b>0:22.30</b>	82 HER	<i>SINT-ANDRIES</i>
117	5km	536	<b>VAN DE SOMPELE Jonas</b>	16	<b>0:22.30</b>	82 HER	<i>KNOKKE-HEIST</i>
119	10km	829 F	<b>VERMEERSCH Nicole</b>	46	<b>0:22.30</b>	17 VRO	<i>BLANKENBERGE</i>
120	10km	925	<b>DECLERCK Koen</b>	41	<b>0:22.30</b>	84 HER	<i>OUDENBURG</i>
121	10km	831	<b>VERFAILLIE Glen</b>	20	<b>0:22.30</b>	85 HER	<i>BRUGGE</i>
122	5km	994	<b>DE PAUW X</b>	31	<b>0:22.50</b>	86 HER	<i>KNOKKE-HEIST</i>
123	5km	639	<b>HOFMAN Tom</b>	19	<b>0:22.76</b>	87 HER	<i>HEIST-AAN-ZEE</i>
124	10km	866	<b>VAN LANGENHOVE Nico</b>	34	<b>0:22.77</b>	88 HER	<i>BRUGGE</i>
125	5km	1000	<b>VAN DEN BROUCKE Louis</b>	16	<b>0:22.79</b>	89 HER	<i>KNOKKE-HEIST</i>
126	10km	771	<b>GHEQUIERE Kurt</b>	37	<b>0:22.80</b>	90 HER	<i>ASSEBROEK</i>
127	10km	859	<b>SNAUWAERT Rafael</b>	49	<b>0:22.81</b>	91 HER	<i>KNOKKE-HEIST</i>
128	10km	876	<b>DE SCHUYTER Jeffrey</b>	31	<b>0:22.82</b>	92 HER	<i>HEIST-AAN-ZEE</i>
129	5km	634	<b>VAN WYNSBERGHE Kenzo</b>	14	<b>0:23.03</b>	17 JUH	<i>KNOKKE-HEIST</i>
130	10km	766	<b>BATTEAUW Philippe</b>	57	<b>0:23.04</b>	93 HER	<i>KNOKKE-HEIST</i>
131	5km	640	<b>DEVREESE Ignace</b>	28	<b>0:23.05</b>	94 HER	<i>KNOKKE-HEIST</i>
132	10km	561	<b>SCHOONBAERT Fangio</b>	41	<b>0:23.05</b>	95 HER	<i>SINT-KRUIS</i>
133	10km	694 F	<b>VAN BIERVLIET Dominique</b>	43	<b>0:23.05</b>	18 VRO	<i>KNOKKE-HEIST</i>

134	10km	709	<b>VANDER LINDEN Joris</b>	49	<b>0:23.06</b>	96 HER	<i>EL MÉDANO, TENERIFE, SPANJE</i>
135	10km	810 F	<b>CAR Katie</b>	23	<b>0:23.06</b>	19 VRO	<i>OOSTENDE</i>
136	5km	974	<b>MATTHEEUWS Stan</b>	14	<b>0:23.29</b>	18 JUH	<i>KNOKKE-HEIST</i>
137	10km	830 F	<b>VIANE Ruth</b>	45	<b>0:23.29</b>	20 VRO	<i>BRUGGE</i>
138	10km	690	<b>DENECKER Mike</b>	41	<b>0:23.29</b>	97 HER	<i>RONSE</i>
139	5km	955	<b>CORNILLE Christophe</b>		<b>0:23.30</b>	1	<i>ROTTERDAM</i>
140	10km	537	<b>VANDERYSE Guido</b>	54	<b>0:23.30</b>	98 HER	<i>DAMME</i>
141	10km	939	<b>VERBEKE Ivan</b>	53	<b>0:23.31</b>	99 HER	<i>SINT-LAUREINS</i>
142	10km	50015	<b>DECOSTER Robert</b>	43	<b>0:23.31</b>	100 HER	<i>DE HAAN</i>
143	5km	649	<b>DELANGHE Stefan</b>	17	<b>0:23.53</b>	101 HER	<i>KNOKKE-HEIST</i>
144	10km	611	<b>BELFORTE Georges</b>	44	<b>0:23.54</b>	102 HER	<i>BLANKENBERGE</i>
144	5km	611	<b>DE COCK Dirk</b>	42	<b>0:23.54</b>	102 HER	<i>OPWIJK</i>
146	10km	832	<b>VAN LOOCKE Eddy</b>	55	<b>0:23.54</b>	104 HER	<i>ASSEBROEK</i>
147	10km	863	<b>DE SCHROODER Benny</b>	31	<b>0:23.55</b>	105 HER	<i>HEIST-AAN-ZEE</i>
148	5km	597 F	<b>SUFFYS Lieve</b>	44	<b>0:23.55</b>	21 VRO	<i>BRUGGE</i>
149	10km	899	<b>GOUWELOOSE Bernard</b>	37	<b>0:23.55</b>	106 HER	<i>KNOKKE-HEIST</i>
150	10km	886	<b>DEDECKER Vincent</b>	38	<b>0:23.55</b>	107 HER	<i>BRUGGE</i>
150	10km	927	<b>VAN MULLEM Lode</b>		<b>0:23.55</b>	1 XXX	<i>BRUGGE</i>
152	10km	815	<b>VANRYSSELBERGHE Philippe</b>	51	<b>0:23.55</b>	108 HER	<i>KNOKKE-HEIST</i>
153	10km	844	<b>LONGUEVILLE Stephane</b>	44	<b>0:23.56</b>	109 HER	<i>SINT-ANDRIES</i>
154	10km	836	<b>SEY Barry</b>	37	<b>0:23.58</b>	110 HER	<i>KNOKKE-HEIST</i>
155	10km	900	<b>DEVLIEGHE Danny</b>	48	<b>0:23.79</b>	111 HER	<i>HEIST-AAN-ZEE</i>
156	10km	789	<b>BORSTLAP Arn</b>	40	<b>0:23.80</b>	112 HER	<i>MERKSEM</i>
156	10km	928 F	<b>CALLENS Marie-Eline</b>	16	<b>0:23.80</b>	22 VRO	<i>KNOKKE-HEIST</i>
158	10km	882 F	<b>GRYSPEERT Fabienne</b>	47	<b>0:23.80</b>	23 VRO	<i>DUDZELE</i>
158	10km	545 F	<b>VAN DEN BRAENBUSSCHE Benedikt</b>	40	<b>0:23.80</b>	23 VRO	<i>BRUGGE</i>
160	10km	812	<b>GOETHALS Rudy</b>	45	<b>0:23.80</b>	113 HER	<i>KNOKKE-HEIST</i>
161	10km	901	<b>VERBEKE Bert</b>	29	<b>0:23.81</b>	114 HER	<i>SINT-LAUREINS</i>
161	10km	682	<b>OVERMEIRE Aäron</b>	31	<b>0:23.81</b>	114 HER	<i>EEKLO</i>
163	10km	808	<b>DEBRABANDERE Tim</b>	30	<b>0:23.82</b>	116 HER	<i>HEIST-AAN-ZEE</i>
164	5km	642 F	<b>VAN ZEIR Hilde</b>	45	<b>0:24.03</b>	25 VRO	<i>BRUGGE</i>
165	5km	647	<b>DEMEYER Luc</b>	45	<b>0:24.04</b>	117 HER	<i>MALDEGEM</i>
166	5km	673	<b>GOETHALS Stef</b>	15	<b>0:24.04</b>	19 JUH	<i>KNOKKE-HEIST</i>
167	10km	911 F	<b>BOES Odette</b>	58	<b>0:24.05</b>	26 VRO	<i>ASSE</i>
168	10km	727	<b>CARRETTE Pascal</b>	43	<b>0:24.05</b>	118 HER	<i>SPIERE-HELKIJN</i>

169	10km	877	<b>BOUSSEMAERE Roland</b>	65	<b>0:24.05</b>	119 HER	<i>HEIST-AAN-ZEE</i>
170	10km	873	<b>HINOUL Samuel</b>	19	<b>0:24.05</b>	120 HER	<i>HEIST-AAN-ZEE</i>
171	10km	715	<b>DEKNUDT Mario</b>	34	<b>0:24.06</b>	121 HER	<i>LEFFINGE</i>
172	10km	887	<b>SOUILLAERT Hans</b>	41	<b>0:24.08</b>	122 HER	<i>OOSTKAMP</i>
173	5km	989	<b>DRYEPONDT Bart</b>	13	<b>0:24.28</b>	20 JUH	<i>KNOKKE-HEIST</i>
174	10km	878	<b>VANDEWIELE Germund</b>	22	<b>0:24.29</b>	123 HER	<i>HEIST-AAN-ZEE</i>
175	10km	895	<b>ROELS Bernard</b>	53	<b>0:24.29</b>	124 HER	<i>BLANKENBERGE</i>
176	10km	820	<b>VANDEWIELE Frederiek</b>	27	<b>0:24.29</b>	125 HER	<i>ZEEBRUGGE</i>
177	10km	738	<b>DE NEVE Fabien</b>	42	<b>0:24.30</b>	126 HER	<i>KNOKKE-HEIST</i>
178	10km	874	<b>RAPPE Patrick</b>	43	<b>0:24.32</b>	127 HER	<i>HEIST-AAN-ZEE</i>
179	5km	948	<b>DE BRABANDERE Bert</b>	36	<b>0:24.53</b>	128 HER	<i>KNOKKE-HEIST</i>
180	10km	767	<b>DEMEULEMEESTER Frank</b>	43	<b>0:24.54</b>	129 HER	<i>KOOLKERKE (BRUGGE)</i>
181	10km	784	<b>GOETHALS Frederik</b>	37	<b>0:24.55</b>	130 HER	<i>KNOKKE</i>
182	10km	860	<b>DE BACKER Toon</b>	43	<b>0:24.55</b>	131 HER	<i>KNOKKE-HEIST</i>
183	5km	669	<b>DECORTE Kasper</b>	9	<b>0:24.56</b>	21 JUH	<i>KNOKKE-HEIST</i>
184	10km	926	<b>VANDEPERRE Frederik</b>	35	<b>0:24.57</b>	132 HER	<i>KNOKKE-HEIST</i>
185	5km	993	<b>MATTHEUWS Flor</b>	15	<b>0:24.78</b>	22 JUH	<i>KNOKKE-HEIST</i>
186	10km	776	<b>ROELENS Benny</b>	46	<b>0:24.80</b>	133 HER	<i>ST-ANDRIES</i>
186	10km	756	<b>VANTORRE Koen</b>	28	<b>0:24.80</b>	133 HER	<i>KNOKKE-HEIST</i>
188	10km	848	<b>VAN LANDEGHEM Kris</b>	31	<b>0:24.81</b>	135 HER	<i>KNOKKE-HEIST</i>
189	10km	689	<b>GILDEN Redgy</b>	34	<b>0:24.81</b>	136 HER	<i>KNOKKE-HEIST</i>
190	10km	817	<b>ROOS Joel</b>	43	<b>0:25.03</b>	137 HER	<i>FRASNES-LEZ-BUISSENAL</i>
191	5km	566	<b>COEN Peter</b>	39	<b>0:25.03</b>	138 HER	<i>BRUGGE</i>
192	5km	659	<b>PENSON Victor</b>	12	<b>0:25.04</b>	23 JUH	<i>BRUGGE</i>
193	10km	729	<b>KEUKELEIRE Dicky</b>	50	<b>0:25.05</b>	139 HER	<i>BRUGGE</i>
194	10km	731	<b>JANSSENS Franky</b>	48	<b>0:25.05</b>	140 HER	<i>ZWANKENDAMME</i>
195	10km	937 F	<b>BEHAEGHE Sofie</b>	27	<b>0:25.27</b>	27 VRO	<i>HEIST-AAN-ZEE</i>
196	5km	985	<b>DE MEYER Robin</b>	13	<b>0:25.27</b>	24 JUH	<i>WESTKAPELLE</i>
197	10km	730	<b>DELAHAYE Daniel</b>	43	<b>0:25.30</b>	141 HER	<i>BRUGGE</i>
198	10km	913	<b>BOERMEESTER Frank</b>	41	<b>0:25.32</b>	142 HER	<i>HEIST-AAN-ZEE</i>
199	5km	555 F	<b>VANDEBUSSCHE Juliette</b>	9	<b>0:25.54</b>	4 JUF	<i>ASSEBROEK</i>
200	5km	967	<b>CASTELEIK Kris</b>	40	<b>0:25.54</b>	143 HER	<i>OUD-HEVERLEE</i>
201	10km	779	<b>DE CRAEMER Jean-Piere</b>	59	<b>0:25.54</b>	144 HER	<i>DUDZELE</i>
202	10km	902	<b>VERBEKE Mike</b>	27	<b>0:25.55</b>	145 HER	<i>SINT-LAUREINS</i>
202	5km	637	<b>VERCRUYSSSE Mario</b>	51	<b>0:25.55</b>	145 HER	<i>KNOKKE-HEIST</i>

204	10km	868	F	<b>VAN DEN BERGHE Ann</b>	42	<b>0:25.55</b>	28 VRO	<i>BRUGGE</i>
205	10km	811		<b>GIUSTI Roberto</b>	46	<b>0:25.56</b>	147 HER	<i>KNOKKE-HEIST</i>
206	10km	535		<b>CALLENS Joris</b>	48	<b>0:25.56</b>	148 HER	<i>KNOKKE-HEIST</i>
207	10km	774		<b>DECEUNINCK Gino</b>	44	<b>0:25.56</b>	149 HER	<i>KNOKKE-HEIST</i>
208	10km	843		<b>CONSTANT Raf</b>	64	<b>0:25.57</b>	150 HER	<i>OOSTKAMP</i>
209	10km	922		<b>FAUTRE Louis</b>	21	<b>0:25.57</b>	151 HER	<i>KNOKKE-HEIST</i>
210	5km	950		<b>VANDEWALLE Arno</b>	16	<b>0:25.78</b>	152 HER	<i>KNOKKE-HEIST</i>
211	10km	742		<b>MERMUYS Tom</b>	36	<b>0:25.79</b>	153 HER	<i>BRUGGE ST KRUIS</i>
212	5km	534	F	<b>STUDENA Zuzana</b>	28	<b>0:25.80</b>	29 VRO	<i>KNOKKE-HEIST</i>
213	10km	855		<b>DE SPELAERE Allan</b>	36	<b>0:25.80</b>	154 HER	<i>HEST AAN ZEE</i>
214	10km	805	F	<b>DE GROOTE Vicky</b>	38	<b>0:25.80</b>	30 VRO	<i>KNOKKE-HEIST</i>
215	10km	791	F	<b>DHONT Annick</b>	39	<b>0:25.82</b>	31 VRO	<i>WAARSCHOOT</i>
216	5km	636		<b>TIMPERMAN Jean-Marie</b>	52	<b>0:26.02</b>	155 HER	<i>POPERINGE</i>
217	5km	935		<b>DECLERCK Eli</b>	10	<b>0:26.03</b>	25 JUH	<i>OUDENBURG</i>
218	10km	740		<b>PIETERS Marc</b>	53	<b>0:26.05</b>	156 HER	<i>LISSEWEGE</i>
218	10km	790	F	<b>VERHELST Pascale</b>	34	<b>0:26.05</b>	32 VRO	<i>RAMSKAPELLE</i>
220	10km	852		<b>PIERETS Kristof</b>	42	<b>0:26.05</b>	157 HER	<i>DUDZELE</i>
221	10km	710		<b>ALLAERT Piet</b>	54	<b>0:26.05</b>	158 HER	<i>KNOKKE HEIST</i>
221	10km	698		<b>BAEKELANDT Kris</b>	40	<b>0:26.05</b>	158 HER	<i>KNOKKE-HEIST</i>
223	10km	905		<b>VAN HULLE Johan</b>	54	<b>0:26.06</b>	160 HER	<i>SINT-ANDRIES</i>
224	10km	739		<b>ONGENAE Jan</b>	44	<b>0:26.07</b>	161 HER	<i>LONDERZEEL</i>
225	10km	785		<b>BUCQUOYE Bernard</b>	41	<b>0:26.29</b>	162 HER	<i>MALDEGEM</i>
226	10km	912		<b>CASIER Gino</b>	42	<b>0:26.29</b>	163 HER	<i>LISSEWEGE</i>
227	10km	755	F	<b>JACXSENS An</b>	41	<b>0:26.30</b>	33 VRO	<i>KNOKKE-HEIST</i>
228	10km	732		<b>DE WAELE Jerome</b>	35	<b>0:26.30</b>	164 HER	<i>KNOKKE-HEIST</i>
229	5km	970		<b>VANDENBERGHE Jmc</b>	46	<b>0:26.30</b>	165 HER	<i>KNOKKE-HEIST</i>
230	5km	943		<b>VERSTRAETE Andreas</b>	14	<b>0:26.30</b>	26 JUH	<i>KNOKKE-HEIST</i>
231	5km	629		<b>MARCHAND Sander</b>		<b>0:26.54</b>	2 XXX	
231	5km	612	F	<b>VAN BRUGGHE Sabine</b>	37	<b>0:26.54</b>	34 VRO	<i>SINT - ANDRIES</i>
233	10km	822		<b>CALLIER Nick</b>	15	<b>0:26.54</b>	27 JUH	<i>BLANKENBERGE</i>
234	10km	898		<b>DE BLEEKER Michel</b>	60	<b>0:26.55</b>	166 HER	<i>DAMME</i>
235	10km	813		<b>BRUYNOOGHE Jan</b>	46	<b>0:26.56</b>	167 HER	<i>ZEDELGEM</i>
236	10km	688		<b>DANNEELS Jacques</b>	49	<b>0:26.56</b>	168 HER	<i>KNOKKE-HEIST</i>
237	5km	615	F	<b>DE CROOCK Kirsten</b>	11	<b>0:26.78</b>	5 JUF	<i>SIJSELE-DAMME</i>
238	10km	888		<b>VERMEERSCH Stefaan</b>	44	<b>0:26.80</b>	169 HER	<i>BRUGGE</i>

239	10km	705	F	<b>DEVINCK Martine</b>	54	<b>0:26.80</b>	35	VRO	<i>KNOKKE-HEIST</i>
240	10km	702		<b>BULLYNCK Nick</b>	47	<b>0:26.80</b>	170	HER	<i>KNOKKE-HEIST</i>
241	10km	920		<b>DE GROOTE Jimmy</b>	33	<b>0:26.81</b>	171	HER	<i>ZEEBRUGGE</i>
242	10km	818		<b>DEWEERDT Pascal</b>	45	<b>0:26.81</b>	172	HER	<i>OUDENAARDE</i>
243	5km	953		<b>DE CLERCK Mike</b>	17	<b>0:27.02</b>	173	HER	<i>KNOKKE-HEIST</i>
244	5km	654		<b>VAN HOUTTE Mike</b>	36	<b>0:27.04</b>	174	HER	<i>HEIST-AAN-ZEE</i>
245	10km	704		<b>NR 704</b>		<b>0:27.05</b>	3	XXX	
246	10km	554		<b>PEDE Rony</b>	57	<b>0:27.05</b>	175	HER	<i>WAARSCHOOT</i>
247	10km	540		<b>VAN KERSHAVER Filip</b>	39	<b>0:27.05</b>	176	HER	<i>ADEGEM</i>
248	10km	550	F	<b>WAUTERS Sonj</b>	48	<b>0:27.06</b>	36	VRO	<i>KNOKKE-HEIST</i>
249	10km	551		<b>VAN DAELE Kris</b>	48	<b>0:27.06</b>	177	HER	<i>KNOKKE-HEIST</i>
250	5km	621	F	<b>MEERMAN Nastenka</b>	15	<b>0:27.27</b>	6	JUF	<i>WALCHEREN</i>
251	5km	588		<b>LEMMENS Roel</b>	12	<b>0:27.28</b>	28	JUH	<i>MERKSPLAS</i>
252	5km	991		<b>MATTHEUWS Geert</b>	45	<b>0:27.29</b>	178	HER	<i>KNOKKE-HEIST</i>
253	10km	867	F	<b>CONDE Emily</b>	28	<b>0:27.30</b>	37	VRO	<i>TORHOUT</i>
254	10km	838		<b>BAEKELANDT Wim</b>	43	<b>0:27.31</b>	179	HER	<i>ZEEBRUGGE</i>
255	5km	978		<b>LACHAT Thomas</b>		<b>0:27.52</b>	4	XXX	<i>KNOKKE-HEIST</i>
256	5km	564		<b>HUYS Jeroen</b>	12	<b>0:27.53</b>	29	JUH	<i>KNOKKE-HEIST</i>
257	5km	988	F	<b>DHIEDT Lindsay</b>	8	<b>0:27.54</b>	7	JUF	<i>OOSTENDE</i>
258	5km	579		<b>SEBASTIAAN De Groote</b>	23	<b>0:27.54</b>	180	HER	<i>KNOKKE-HEIST</i>
259	10km	680		<b>ROGGHÉ Daniël</b>	59	<b>0:27.55</b>	181	HER	<i>KNOKKE-HEIST</i>
260	10km	846		<b>MAREYDT Tom</b>	27	<b>0:27.55</b>	182	HER	<i>WESTKAPELLE</i>
261	10km	552	F	<b>VANSTEENKISTE Annick</b>	51	<b>0:27.55</b>	38	VRO	<i>KNOKKE-HEIST</i>
262	10km	797		<b>DESCHACHT Jan</b>	48	<b>0:27.58</b>	183	HER	<i>ASSEBROEK</i>
263	5km	947	F	<b>X Angeline</b>	27	<b>0:27.78</b>	39	VRO	<i>SINT-ANDRIES</i>
264	5km	960		<b>SERGEANT Marnix</b>	65	<b>0:27.78</b>	184	HER	<i>MERENDREE</i>
265	10km	764		<b>VANTYGHEM Edwin</b>	52	<b>0:27.79</b>	185	HER	<i>OUDENBURG</i>
265	10km	765	F	<b>HEYMAN Christel</b>	41	<b>0:27.79</b>	40	VRO	<i>OUDENAARDE</i>
267	5km	652		<b>VYVEY Kevin</b>	29	<b>0:27.80</b>	186	HER	<i>BRUGGE</i>
268	10km	696		<b>PERSYN Christof</b>	41	<b>0:27.80</b>	187	HER	<i>LISSEWEGE</i>
269	10km	592		<b>SCHOONBAERT Galliano</b>	11	<b>0:27.80</b>	30	JUH	
270	10km	700		<b>DEVOS Stephan</b>	42	<b>0:27.81</b>	188	HER	<i>KNOKKE-HEIST</i>
271	10km	798	F	<b>CARETTE Sabine</b>	44	<b>0:27.82</b>	41	VRO	<i>ASSEBROEK</i>
272	10km	837		<b>DE VOS Maurice</b>	63	<b>0:28.05</b>	189	HER	<i>KNOKKE-HEIST</i>
273	10km	806	F	<b>MASON Inge</b>	37	<b>0:28.06</b>	42	VRO	<i>SINT-KRUIS</i>



274	10km	924	<b>MORTIER Dirk</b>	59	<b>0:28.06</b>	190 HER	<i>OEDELEM</i>
275	5km	986	<b>DHIEDT Geert</b>	47	<b>0:28.28</b>	191 HER	
276	5km	587	<b>VIAENE Yarno</b>	13	<b>0:28.28</b>	31 JUH	<i>HEIST AAN ZEE</i>
277	5km	930	<b>MATTHEUWS Tuur</b>	11	<b>0:28.29</b>	32 JUH	<i>HEIST-AAN-ZEE</i>
278	10km	539	<b>HUYSMAN Frans</b>	44	<b>0:28.30</b>	192 HER	<i>KAPRIJKE</i>
278	10km	864 F	<b>BULCKE Stefanie</b>	24	<b>0:28.30</b>	43 VRO	<i>HEIST-AAN-ZEE</i>
280	10km	746 F	<b>ALLEMEERSCH Ann</b>	40	<b>0:28.30</b>	44 VRO	<i>STEKENE</i>
280	10km	875	<b>HAERENS Tom</b>	31	<b>0:28.30</b>	193 HER	<i>ASSEBROEK</i>
282	10km	865	<b>CLAEYS Tony</b>	36	<b>0:28.30</b>	194 HER	<i>HEIST-AAN-ZEE</i>
283	10km	763 F	<b>POPPE Sylvie</b>	40	<b>0:28.31</b>	45 VRO	<i>KNOKKE-HEIST</i>
284	5km	643 F	<b>BEDERT Christel</b>	41	<b>0:28.31</b>	46 VRO	<i>HEIST-AAN-ZEE</i>
285	10km	828 F	<b>SUVEE Leen</b>	33	<b>0:28.32</b>	47 VRO	<i>SINT-ANDRIES</i>
286	5km	593 F	<b>VANPARYS Marijke</b>	26	<b>0:28.54</b>	48 VRO	<i>KNOKKE-HEIST</i>
287	10km	752 F	<b>MEERMAN Priscilla</b>	17	<b>0:28.54</b>	49 VRO	<i>VLISSINGEN</i>
288	10km	676 F	<b>BULTYNCK Karin</b>	35	<b>0:28.55</b>	50 VRO	<i>KNOKKE-HEIST</i>
289	10km	783 F	<b>VANDENDORPE Fauve</b>	24	<b>0:28.56</b>	51 VRO	<i>KNOKKE</i>
290	10km	775	<b>VANDEBUSSCHE Arne</b>	25	<b>0:28.56</b>	195 HER	<i>GENT</i>
291	5km	624	<b>DEZUTTER Pascal</b>	34	<b>0:28.56</b>	196 HER	<i>SINT-MICHIELS</i>
292	10km	699	<b>COLPIN Pierre</b>	42	<b>0:28.56</b>	197 HER	<i>KNOKKE-HEIST</i>
293	5km	627	<b>DETAVERNIER Indy</b>	16	<b>0:28.78</b>	198 HER	<i>OOIGEM</i>
293	10km	892	<b>DE METTER Stijn</b>	29	<b>0:28.78</b>	198 HER	<i>HEIST-AAN-ZEE</i>
295	10km	780 F	<b>VANGAEVER Ann</b>	42	<b>0:28.79</b>	52 VRO	<i>BRUGGE</i>
296	5km	622 F	<b>LOUAGIE Joyce</b>	13	<b>0:28.79</b>	8 JUF	<i>KNOKKE-HEIST</i>
297	10km	691	<b>OLIVIER Van Caeyzeele</b>	39	<b>0:28.81</b>	200 HER	<i>KNOKKE-HEIST</i>
298	5km	990 F	<b>MARIEN Annette</b>	39	<b>0:29.04</b>	53 VRO	<i>ADEGEM</i>
299	10km	734	<b>CARRETTE Thierry</b>	40	<b>0:29.05</b>	201 HER	<i>BELLESEM</i>
300	10km	608	<b>VAN ZELST Bart</b>	45	<b>0:29.05</b>	202 HER	<i>NL-5262JS VUGHT</i>
301	10km	786 F	<b>GOOSSENS Leen</b>	39	<b>0:29.05</b>	54 VRO	<i>KNOKKE-HEIST</i>
301	10km	748 F	<b>RYCKAERT Stephanie</b>	44	<b>0:29.05</b>	54 VRO	<i>KNOKKE-HEIST</i>
303	10km	770 F	<b>HEYNEMAN Nancy</b>	45	<b>0:29.05</b>	56 VRO	<i>HEIST AAN ZEE</i>
304	10km	772 F	<b>BOYDENS Ingrid</b>	43	<b>0:29.05</b>	57 VRO	<i>KNOKKE-HEIST</i>
305	5km	623 F	<b>DE CLERCK Delphine</b>	29	<b>0:29.06</b>	58 VRO	<i>SINT-MICHIELS</i>
305	10km	728	<b>SAMYN Paul</b>	67	<b>0:29.06</b>	203 HER	<i>BRUGGE</i>
307	10km	745	<b>VERLINDE Jurgen</b>	41	<b>0:29.06</b>	204 HER	<i>STEKENE</i>
308	10km	773 F	<b>ALLEMEERSCH Greet</b>	44	<b>0:29.27</b>	59 VRO	<i>KNOKKE-HEIST</i>

309	5km	569	<b>CORNILLY Thomas</b>	11	<b>0:29.29</b>	33 JUH	<i>HOEKE-DAMME</i>
310	5km	949 F	<b>DE GROOTE Stefanie</b>	41	<b>0:29.29</b>	60 VRO	
311	10km	804	<b>CLAEYS Fangio</b>	41	<b>0:29.31</b>	205 HER	<i>KNOKKE-HEIST</i>
312	5km	553 F	<b>DEGRAEVE Eveline</b>	42	<b>0:29.53</b>	61 VRO	<i>KNOKKE-HEIST</i>
313	5km	973 F	<b>ANTHEUNIS Sarah</b>	12	<b>0:29.54</b>	9 JUF	<i>WESTKAPELLE</i>
314	10km	617	<b>ARNO Van Haverbeke</b>	14	<b>0:29.55</b>	34 JUH	<i>WAARSCHOOT</i>
315	5km	586 F	<b>IDE Lowie</b>	11	<b>0:29.79</b>	10 JUF	<i>KNOKKE-HEIST</i>
316	5km	667	<b>DE GROOTE Luc</b>	49	<b>0:29.80</b>	206 HER	<i>KNOKKE-HEIST</i>
317	10km	897 F	<b>MEYERS Nancy</b>	48	<b>0:29.80</b>	62 VRO	<i>BLANKENBERGE</i>
318	10km	845	<b>PHILIPPE Marc</b>	50	<b>0:29.80</b>	207 HER	<i>DUDZELE</i>
319	5km	959	<b>ZONE Maxime</b>	17	<b>0:30.01</b>	208 HER	<i>WALHAIN</i>
320	5km	580 F	<b>EVERS Caroline</b>	35	<b>0:30.04</b>	63 VRO	<i>KNOKKE-HEIST</i>
321	10km	851	<b>VAN THUYNE Marc</b>	44	<b>0:30.05</b>	209 HER	<i>ERTVELDE</i>
322	10km	792	<b>DE GROOTE Piet</b>	45	<b>0:30.05</b>	210 HER	<i>KNOKKE-HEIST</i>
323	10km	929 F	<b>LAMOTE Heidi</b>	40	<b>0:30.06</b>	64 VRO	<i>KNOKKE-HEIST</i>
324	10km	754	<b>GHYS Michel</b>	60	<b>0:30.30</b>	211 HER	<i>KNOKKE</i>
325	10km	549	<b>MUSEEUW Samuel</b>	37	<b>0:30.30</b>	212 HER	<i>JABBEKE</i>
325	5km	549 F	<b>EVERS Caroline</b>	35	<b>0:30.30</b>	65 VRO	<i>KNOKKE-HEIST</i>
327	10km	881	<b>DESMIDT Dries</b>	15	<b>0:30.30</b>	35 JUH	<i>HEIST-AAN-ZEE</i>
328	10km	861 F	<b>LAGROU Ginette</b>	51	<b>0:30.30</b>	66 VRO	<i>HEIST-AAN-ZEE</i>
329	10km	681 F	<b>VERMEIRE Sabine</b>	41	<b>0:30.54</b>	67 VRO	<i>KNOKKE-HEIST</i>
330	10km	737 F	<b>VAN LOOCKE Gerda</b>	55	<b>0:30.55</b>	68 VRO	<i>BRUGGE</i>
331	10km	735	<b>HELLEBAUT Luc</b>	59	<b>0:30.56</b>	213 HER	<i>DUINBERGEN</i>
332	5km	666 F	<b>DE GROOTE Nathalie</b>	38	<b>0:30.57</b>	69 VRO	<i>KNOKKE-HEIST</i>
333	5km	526	<b>YOSHI Monbailliu</b>	25	<b>0:30.79</b>	214 HER	<i>TORHOUT</i>
334	10km	833 F	<b>JANSSENS Dina</b>	54	<b>0:30.79</b>	70 VRO	<i>ASSEBROEK</i>
335	5km	996	<b>LIBOIS Vincent</b>	36	<b>0:30.79</b>	215 HER	<i>DUDZELE</i>
336	10km	938 F	<b>GOBERT Miet</b>	49	<b>0:30.80</b>	71 VRO	<i>KNOKKE-HEIST</i>
337	10km	921	<b>CRUYSMANS Anthony</b>	25	<b>0:30.80</b>	216 HER	<i>KNOKKE-HEIST</i>
338	5km	577 F	<b>LELEU Conny</b>	47	<b>0:30.80</b>	72 VRO	<i>KNOKKE-HEIST</i>
339	5km	999	<b>VAN MEENEN Maxim</b>	17	<b>0:31.04</b>	217 HER	<i>HEIST-AAN-ZEE</i>
340	5km	568 F	<b>BERNAERT Veronique</b>	51	<b>0:31.04</b>	73 VRO	<i>HEIST AAN ZEE</i>
340	5km	931	<b>LOUAGIE Jens</b>	10	<b>0:31.04</b>	36 JUH	<i>KNOKKE-HEIST</i>
342	5km	661 F	<b>RYS Hannelore</b>	25	<b>0:31.04</b>	74 VRO	<i>DAMME</i>
343	10km	801 F	<b>DOBBELAERE Katia</b>	37	<b>0:31.04</b>	75 VRO	<i>GENT</i>

344	10km	850	<b>PROOT John</b>	42	<b>0:31.05</b>	218 HER	<i>KNOKKE-HEIST</i>
345	10km	788 F	<b>VANLERBERGHE Liesbet</b>	35	<b>0:31.28</b>	76 VRO	<i>BRUGGE</i>
346	5km	529 F	<b>AURÉLIE Vander Cruyssen</b>	14	<b>0:31.30</b>	11 JUF	<i>KNOKKE-HEIST</i>
347	10km	677	<b>DESTAERCKE Dirk</b>	41	<b>0:31.33</b>	219 HER	<i>KNOKKE HEIST</i>
348	5km	987 F	<b>DHIEDT Kayleigh</b>	10	<b>0:31.52</b>	12 JUF	
349	5km	660 F	<b>BULCKE Daen</b>	33	<b>0:31.53</b>	77 VRO	<i>MOERKERKE</i>
350	5km	942 F	<b>VANDEPUTTE Lisa</b>	16	<b>0:31.53</b>	78 VRO	<i>KNOKKE-HEIST</i>
351	10km	916 F	<b>BELLEMANS Valerie</b>	36	<b>0:31.56</b>	79 VRO	<i>KNOKKE-HEIST</i>
352	10km	733 F	<b>DIERENS Anita</b>	43	<b>0:31.56</b>	80 VRO	<i>WESTKAPELLE</i>
353	10km	802 F	<b>PECKELBEEN Rita</b>	58	<b>0:31.58</b>	81 VRO	<i>KNOKKE-HEIST</i>
354	10km	896	<b>NEYENS Jules</b>	69	<b>0:31.78</b>	220 HER	<i>BLANKENBERGE</i>
355	5km	941 F	<b>VERHEECKE Manon</b>	13	<b>0:31.78</b>	13 JUF	<i>KNOKKE-HEIST</i>
356	10km	712 F	<b>DE JONGHE Laurence</b>	30	<b>0:31.81</b>	82 VRO	<i>KNOKKE</i>
357	10km	889	<b>RAIS Loic</b>	11	<b>0:31.81</b>	37 JUH	<i>DUDZELE</i>
358	10km	794 F	<b>DE WILDE Liesbet</b>	22	<b>0:32.04</b>	83 VRO	<i>KNOKKE-HEIST</i>
359	10km	768	<b>BOONEFAES Hans</b>	47	<b>0:32.05</b>	221 HER	<i>SIJSELE DAMME</i>
360	10km	904	<b>VERMOTE Dany</b>	58	<b>0:32.05</b>	222 HER	<i>DUDZELE</i>
361	10km	839 F	<b>MERLEVEDE Mieke</b>	46	<b>0:32.06</b>	84 VRO	<i>OOSTKAMP</i>
362	10km	919 F	<b>VAN EEGHEM Pascale</b>	39	<b>0:32.07</b>	85 VRO	<i>KNOKKE-HEIST</i>
363	5km	610	<b>VAN DRIEL Jeroen</b>	40	<b>0:32.28</b>	223 HER	<i>BRESKENS-NEDERLAND</i>
364	5km	541 F	<b>DESNYDER Jolien</b>	11	<b>0:32.29</b>	14 JUF	<i>KNOKKE-HEIST</i>
365	10km	679 F	<b>DE RESE Linda</b>	60	<b>0:32.30</b>	86 VRO	<i>KNOKKE-HEIST</i>
366	5km	563	<b>HUYS Bart</b>	10	<b>0:32.33</b>	38 JUH	<i>KNOKKE-HEIST</i>
367	5km	956 F	<b>NOBUS Estelle</b>	8	<b>0:32.53</b>	15 JUF	<i>HEIST-AAN-ZEE</i>
368	5km	934 F	<b>DECLERCK Ann</b>	44	<b>0:32.54</b>	87 VRO	<i>OUDENBURG</i>
369	10km	701 F	<b>BLOES Fabienne</b>	44	<b>0:32.54</b>	88 VRO	<i>KNOKKE-HEIST</i>
370	5km	609	<b>VAN ZELST Merijn</b>	11	<b>0:32.54</b>	39 JUH	<i>VUGHT</i>
371	5km	958 F	<b>CNOCKAERT Nancy</b>	45	<b>0:32.54</b>	89 VRO	<i>KNOKKE-HEIST</i>
372	5km	662 F	<b>GOOSSENS Lies</b>	12	<b>0:32.55</b>	16 JUF	<i>KNOKKE-HEIST</i>
373	10km	707 F	<b>ROSE Pirelli</b>	37	<b>0:32.55</b>	90 VRO	<i>ANTWERPEN</i>
374	10km	757 F	<b>DE SCHEPPER Eline</b>	21	<b>0:32.56</b>	91 VRO	<i>WESTKAPELLE</i>
375	5km	971	<b>VAN RAEPENBUSCH Jackie</b>	54	<b>0:32.78</b>	224 HER	<i>KNOKKE-HEIST</i>
376	5km	565 F	<b>GEMOETS Vinciane</b>	49	<b>0:32.79</b>	92 VRO	<i>KNOKKE-HEIST</i>
377	5km	657	<b>DELAFONTAINE Roland</b>	55	<b>0:32.79</b>	225 HER	<i>OOSTKAMP</i>
378	10km	678	<b>VAN EEGHEM Philip</b>	32	<b>0:32.79</b>	226 HER	<i>KNOKKE-HEIST</i>

379	10km	906	F	<b>VERWEIJ Karin</b>	28	<b>0:32.80</b>	93	VRO	ZEEUWS VLAANDEREN
380	10km	903		<b>VERBEKE Karel</b>	20	<b>0:32.81</b>	227	HER	SINT-LAUREINS
381	5km	598	F	<b>VERMEESCH Lies</b>	25	<b>0:33.04</b>	94	VRO	GENT
382	10km	840	F	<b>VERCAEMER Catharine</b>	45	<b>0:33.04</b>	95	VRO	KNOKKE-HEIST
383	5km	527	F	<b>RABAAY Ann</b>	37	<b>0:33.05</b>	96	VRO	AARTRIJKE
384	10km	841		<b>VERHEECKE Rudi</b>	47	<b>0:33.30</b>	228	HER	KNOKKE-HEIST
384	10km	758		<b>VALENTIN Michel</b>	54	<b>0:33.30</b>	228	HER	KNOKKE
386	10km	825		<b>DEBOU Petro</b>	35	<b>0:33.31</b>	230	HER	STEENKERKE (W.-VL.)
387	5km	965	F	<b>DE RESE Annick</b>	44	<b>0:33.51</b>	97	VRO	HEIST-AAN-ZEE
388	10km	747	F	<b>NEIRINCKX Marleen</b>	47	<b>0:33.81</b>	98	VRO	KNOKKE
389	5km	567		<b>VANWIJNSBERGHE Dorine</b>	51	<b>0:34.04</b>	231	HER	BRUGGE
390	5km	641		<b>D'AUBIOUL Karel</b>	47	<b>0:34.04</b>	232	HER	KNOKKE-HEIST
391	10km	885	F	<b>DE GRAEVE Sylvie</b>	35	<b>0:34.06</b>	99	VRO	KNOKKE-HEIST
392	5km	968	F	<b>TIMMERMAN Marianne</b>	53	<b>0:34.29</b>	100	VRO	HEIST-AAN-ZEE
393	5km	533	F	<b>NATHALIE Clauwaert</b>	34	<b>0:34.30</b>	101	VRO	RONSE
394	5km	976	F	<b>BOUILLON Juliette</b>	12	<b>0:34.53</b>	17	JUF	KNOKKE-HEIST
395	5km	997	F	<b>MORTIER Saskia</b>	34	<b>0:34.54</b>	102	VRO	HEIST-AAN-ZEE
396	5km	626	F	<b>GHELDOLF Annelies</b>	31	<b>0:34.55</b>	103	VRO	HEIST-AAN-ZEE
397	5km	573	F	<b>BRAEMS Sophie</b>	34	<b>0:34.58</b>	104	VRO	KNOKKE-HEIST
398	5km	605	F	<b>RAPPÉ Greetje</b>	45	<b>0:34.78</b>	105	VRO	KNOKKE-HEIST
399	5km	628	F	<b>DECOSTER Christiane</b>	44	<b>0:34.78</b>	106	VRO	KNOKKE-HEIST
400	5km	616	F	<b>DE CROOCK Zoë</b>	9	<b>0:34.79</b>	18	JUF	SIJSELE-DAMME
401	5km	664	F	<b>ALI-BACHA Laila</b>	28	<b>0:34.79</b>	107	VRO	HEIST-AAN-ZEE
402	5km	532	F	<b>DESCHEPPER Els</b>	37	<b>0:35.02</b>	108	VRO	DUDZELE
403	5km	650	F	<b>STOCKMAN Barbara</b>	35	<b>0:35.04</b>	109	VRO	HEIST-AAN-ZEE
404	5km	663	F	<b>MONBALIU Sylvia</b>	32	<b>0:35.27</b>	110	VRO	HEIST-AAN-ZEE
405	5km	979	F	<b>LACHAT Emily</b>	13	<b>0:35.28</b>	19	JUF	HEIST-AAN-ZEE
406	5km	668	F	<b>DECORTE Anne</b>	8	<b>0:35.29</b>	20	JUF	HEIST-AAN-ZEE
407	5km	980		<b>LACHAT Mike</b>	41	<b>0:35.30</b>	233	HER	HEIST-AAN-ZEE
408	10km	853	F	<b>LAHTI Laura</b>	33	<b>0:35.31</b>	111	VRO	ZEEBRUGGE
409	5km	983		<b>DE LILLE Louis</b>	14	<b>0:35.54</b>	40	JUH	ASSEBROEK
410	5km	581	F	<b>MEYERS Sylvia</b>	43	<b>0:35.76</b>	112	VRO	KNOKKE-HEIST
411	5km	570	F	<b>MUYS Els</b>	33	<b>0:35.79</b>	113	VRO	MOERKERKE
412	5km	578	F	<b>BOGAERT Elke</b>	23	<b>0:35.79</b>	114	VRO	KNOKKE-HEIST
413	10km	713	F	<b>VAN DRIESSCHE Tatjana</b>	27	<b>0:35.80</b>	115	VRO	BRUGGE

414	10km	854	F	<b>SCHOUPE Britt</b>	24	<b>0:35.80</b>	116	VRO	HEIST-AAN-ZEE
415	5km	671	F	<b>DE BAETS Sylvie</b>	44	<b>0:36.03</b>	117	VRO	KNOKKE-HEIST
416	5km	556	F	<b>MONSART Isabelle</b>	35	<b>0:36.04</b>	118	VRO	MOERKERKE
417	5km	964	F	<b>COSTERS Caroline</b>	29	<b>0:36.27</b>	119	VRO	BRUGGE
418	5km	962	F	<b>BURGGRAEVE Marlies</b>	22	<b>0:36.29</b>	120	VRO	HEIST-AAN-ZEE
419	10km	721	F	<b>DESMIDT Sibylle</b>	38	<b>0:36.30</b>	121	VRO	KNOKKE-HEIST
420	5km	961	F	<b>VERNIEUWE Hiloe</b>	55	<b>0:36.30</b>	122	VRO	
421	10km	787	F	<b>SAVELS Carine</b>	50	<b>0:36.30</b>	123	VRO	KNOKKE-HEIST
422	5km	631		<b>VAN MALDEGHEM Staf</b>	10	<b>0:36.53</b>	41	JUH	
423	5km	656		<b>BLIECK Frederik</b>	43	<b>0:36.53</b>	234	HER	SINT-ANDRIES
424	5km	984	F	<b>DE LILLE Emilia</b>	11	<b>0:36.55</b>	21	JUF	ASSEBROEK
425	5km	940	F	<b>CLAEYS Nathalie</b>	42	<b>0:36.78</b>	124	VRO	
426	5km	963	F	<b>VANBESELAERE Els</b>	47	<b>0:36.78</b>	125	VRO	DUDZELE
427	5km	632		<b>VAN MALDEGHEM Chris</b>	44	<b>0:36.79</b>	235	HER	KNOKKE-HEIST
428	5km	653	F	<b>LEROOY Megan</b>	15	<b>0:37.33</b>	22	JUF	MOERKERKE
429	5km	558	F	<b>SPYSSCHAERT Lisa</b>	15	<b>0:37.55</b>	23	JUF	KNOKKE HEIST
430	5km	670	F	<b>BAEKELANDT Florence</b>	14	<b>0:37.59</b>	24	JUF	ZEEBRUGGE
431	5km	933		<b>VUYTS Pierre</b>	61	<b>0:37.78</b>	236	HER	KNOKKE-HEIST
432	10km	827		<b>EHRENFREUND Benjamin</b>	71	<b>0:37.81</b>	237	HER	ANTWERPEN
433	5km	591	F	<b>SAMYN Martine</b>	50	<b>0:38.04</b>	126	VRO	WESTKAPELLE
434	5km	576	F	<b>VANVOOREN Carine</b>	52	<b>0:38.27</b>	127	VRO	KNOKKE
435	5km	954	F	<b>CLAEYS Evy</b>	23	<b>0:38.77</b>	128	VRO	HEIST-AAN-ZEE
436	5km	594	F	<b>GHELEYNS Denise</b>	53	<b>0:38.78</b>	129	VRO	KNOKKE-HEIST
437	5km	559	F	<b>DUR Marie-Anne</b>	28	<b>0:38.78</b>	130	VRO	KNOKKE-HEIST
438	5km	600	F	<b>LAUWERS Trees</b>	45	<b>0:38.79</b>	131	VRO	KNOKKE-HEIST
439	5km	575	F	<b>VERBURGH Greta</b>	56	<b>0:38.80</b>	132	VRO	DUDZELE
440	10km	714		<b>VERKINDEREN Michel</b>	31	<b>0:39.05</b>	238	HER	KNOKKE-HEIST
441	5km	932	F	<b>GOBERT Tine</b>	50	<b>0:39.05</b>	133	VRO	KNOKKE-HEIST
442	5km	601	F	<b>KINA Ushi</b>	37	<b>0:39.29</b>	134	VRO	WESTKAPELLE
443	5km	981	F	<b>DESMIDT Nathalie</b>	37	<b>0:39.29</b>	135	VRO	HEIST-AAN-ZEE
444	5km	543		<b>DE LILLE Alain</b>	41	<b>0:39.53</b>	239	HER	ASSEBROEK
445	5km	544	F	<b>BARBARA De Rijcke</b>	39	<b>0:39.53</b>	136	VRO	ASSEBROEK (BRUGGE)
446	5km	982	F	<b>CASIER Jocelyne</b>	53	<b>0:39.53</b>	137	VRO	DAMME
447	5km	595	F	<b>ALLEMEERSCH Greet</b>	44	<b>0:40.05</b>	138	VRO	KNOKKE-HEIST
448	5km	936	F	<b>DEBACKER Estee</b>	8	<b>0:40.53</b>	25	JUF	KNOKKE-HEIST

449	5km	946	F	<b>VLAEMYNCK Gaelle</b>	10	<b>0:42.54</b>	26 JUF	<i>KNOKKE-HEIST</i>
450	5km	525	F	<b>DE CLERCQ Anne</b>	10	<b>0:43.54</b>	27 JUF	<i>DUINBERGEN</i>

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

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