

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running				Age Group							
							Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name			
1.	997	-	E INFINITRI GIFT	---			18	30:10	2	1:23	13	1	1:07:26	1:11:05	2:18:31	1	2	1:27	1	1	38:05	43:32	1:21:38	4:13:10			1	EQ
2.	240	03210M89	METS Tom	BEL	30	LTTD	4	27:10	5	1:32	2	7	1:10:48	1:13:19	2:24:08	2	27	1:50	2	3	40:51	43:56	1:24:47	4:19:30	+6:20		1	M30
3.	238	56432M99	VANHALST Thomas	BEL	20	RST TEAM	7	28:29	24	1:53	5	4	1:10:19	1:12:37	2:22:57	3	7	1:35	3	5	41:41	43:59	1:25:40	4:20:37	+7:26		1	M20
4.	236	56579M84	REDING François	BEL	35	CCCTRI	37	31:40	58	2:24	32	2	1:10:15	1:11:23	2:21:38	4	5	1:33	4	6	42:38	44:16	1:26:55	4:24:11	+11:01		2	M30
5.	231	09793M86	DE MOOIJ Jaryd	BEL	33	DTTA	30	31:29	19	1:48	23	3	1:11:04	1:11:26	2:22:31	5	37	1:57	8	9	42:34	45:29	1:28:03	4:25:50	+12:40		3	M30
6.	233	57220H75	DEPRET Rudy	BEL	44	SHARKS TRIATHLON CHIMAY C	16	30:04	12	1:39	15	6	1:12:32	1:11:33	2:24:05	6	3	1:31	6	13	42:56	47:32	1:30:28	4:27:50	+14:39		1	M40
7.	234	60845M92	DIDIER Antoine	BEL	27	TRIGT	55	33:07	-	-	-	-	-	-	-	-	-	-	5	14	42:51	47:41	1:30:32	4:27:50	+14:40		2	M20
8.	226	62059M97	ALEXANDRE Victor	BEL	22	RISE SHINE TRI	20	30:13	38	2:09	18	5	1:10:40	1:12:51	2:23:31	7	23	1:48	7	20	44:22	47:54	1:32:17	4:30:00	+16:49		3	M20
9.	789	57773M88	HASTIR Julien	BEL	31	CCCTRI	34	31:39	39	2:09	29	15	1:14:38	1:17:51	2:32:29	11	42	1:59	12	10	42:31	45:45	1:28:16	4:36:35	+23:24		4	M30
10.	227	56647M73	ANTOINE Yannick	BEL	46	CCCTRI	96	35:19	29	1:55	78	11	1:13:04	1:16:06	2:29:10	12	35	1:55	13	12	42:28	46:05	1:28:34	4:36:55	+23:44		2	M40
11.	965	A61747	RICHART Remi	FRA	29	VERSAILLES	62	33:24	20	1:49	50	25	1:15:58	1:19:00	2:34:58	22	26	1:50	21	4	41:10	43:59	1:25:09	4:37:12	+24:01		4	M20
12.	230	15051M86	COLPAERT Kim	BEL	33	RTTO	24	31:13	28	1:55	21	10	1:12:16	1:15:56	2:28:12	8	58	2:05	9	24	45:43	48:28	1:34:11	4:37:38	+24:28		5	M30
13.	232	58245M83	DENIS Sylvain	BEL	36	TRIGT	104	35:42	15	1:46	83	42	1:28:20	1:10:32	2:38:52	42	20	1:46	41	2	40:19	42:35	1:22:55	4:41:03	+27:52		6	M30
14.	221	58698F87	F TONDEUR Alex	BEL	32	TRIGT	29	31:27	14	1:45	22	26	1:15:22	1:19:47	2:35:10	15	24	1:49	14	17	44:05	47:21	1:31:26	4:41:39	+28:29		1	F30
15.	685	09602M84	HAEGHEBAERT Lode	BEL	35	TRIATLON TEAM ROESELARE	87	34:45	32	2:02	71	28	1:16:55	1:19:02	2:35:58	28	43	2:00	28	7	42:48	44:31	1:27:20	4:42:06	+28:55		7	M30
16.	585	-	DE MAN Christoph	BEL	40	VTDL	90	34:51	88	2:35	82	14	1:14:27	1:17:53	2:32:20	17	16	1:45	18	16	44:02	46:41	1:30:44	4:42:18	+29:07		3	M40
17.	612	03051M80	CORNELIS Olivier	BEL	39	TRIATHLON TEAM EDEGEM	75	34:02	47	2:17	64	22	1:15:40	1:18:41	2:34:22	23	123	2:28	23	15	44:02	46:39	1:30:42	4:43:52	+30:42		8	M30
18.	923	-	WILLEMART Francois	BEL	22	JAMBON FROMAGE	10	28:52	49	2:18	11	36	1:18:14	1:18:59	2:37:14	16	33	1:53	16	26	45:42	49:09	1:34:51	4:45:11	+32:00		5	M20
19.	687	57070M84	DENIS Romain	BEL	35	TRIGT	57	33:15	61	2:27	55	12	1:14:45	1:17:29	2:32:14	13	96	2:20	15	27	45:42	49:23	1:35:06	4:45:23	+32:13		9	M30
20.	996	-	E JETT	---			119	36:11	13	1:40	88	30	1:15:45	1:20:22	2:36:08	35	1	1:17	32	18	43:37	47:51	1:31:28	4:46:46	+33:36		2	EQ
21.	858	12457M91	VAN BERGEN Jorn	BEL	28	MEETRIA	48	32:14	40	2:10	36	18	1:16:05	1:17:36	2:33:42	14	181	2:46	17	36	45:35	51:02	1:36:38	4:47:32	+34:22		6	M20
22.	237	11032M88	VAN ESPEN Fabrice	BEL	31	BIN	173	38:06	42	2:11	135	13	1:14:27	1:17:47	2:32:14	27	17	1:45	26	22	45:34	47:58	1:33:33	4:47:52	+34:41		10	M30
23.	229	60298M84	CALIN Thomas	BEL	35	CCDM	33	31:38	123	2:52	38	27	1:15:54	1:19:32	2:35:27	19	52	2:04	20	30	47:18	48:43	1:36:01	4:48:04	+34:54		11	M30
24.	894	56699M93	BOUILLET Louis	BEL	26	RCBT	19	30:10	16	1:46	17	39	1:17:16	1:20:54	2:38:11	20	13	1:44	19	32	46:02	50:19	1:36:22	4:48:15	+35:05		7	M20
25.	738	17166M86	VERGALLE Francis	BEL	33	RTTO	78	34:20	116	2:50	75	29	1:17:27	1:18:32	2:35:59	31	45	2:00	30	23	44:37	49:08	1:33:46	4:48:56	+35:46		12	M30
26.	793	60429M88	HAENECOUR Pierre	BEL	31	TRIGT	83	34:31	46	2:15	70	20	1:15:53	1:18:12	2:34:06	24	97	2:20	24	35	45:30	51:06	1:36:36	4:49:50	+36:40		13	M30
27.	223	-	F MATHIEUX Justine	FRA	23	TRI GT	8	28:40	27	1:54	7	46	1:19:20	1:20:14	2:39:35	21	38	1:57	22	48	49:13	50:04	1:39:18	4:51:26	+38:15		1	F20
28.	242	57091H98	VERSTRAETE Edouard	BEL	21	TRIGT	3	27:07	11	1:39	3	23	1:10:56	1:23:27	2:34:23	9	136	2:33	10	95	49:57	56:23	1:46:20	4:52:04	+38:53		8	M20
29.	970	60132M88	STROLLO Sergio	BEL	31	UTT	219	38:59	112	2:50	180	50	1:16:47	1:24:01	2:40:49	62	21	1:47	62	11	41:56	46:26	1:28:22	4:52:49	+39:38		14	M30
30.	677	09230M83	DE WULF Thomas	BEL	36	RTTO	170	37:53	48	2:18	133	45	1:16:54	1:22:36	2:39:31	51	9	1:36	49	21	45:42	46:55	1:32:37	4:53:57	+40:47		15	M30
31.	740	58360M86	CASTIAUX Rémy	BEL	33	CHIMAY COUVIN SHARKS TRIA	35	31:39	78	2:31	34	44	1:17:08	1:22:06	2:39:14	34	137	2:34	34	39	46:54	51:10	1:38:05	4:54:06	+40:55		16	M30
32.	903	61596M94	BERTRET Alexandre	FRA	25	TRILGE	51	32:49	30	1:57	44	82	1:20:10	1:25:45	2:45:56	54	44	2:00	54	19	43:32	48:31	1:32:04	4:54:48	+41:38		9	M20
33.	241	02069M76	WOESTENBORGHES Rob	BEL	43	RTTO	149	37:12	17	1:47	104	21	1:18:05	1:16:11	2:34:17	33	29	1:51	29	49	47:07	52:41	1:39:49	4:54:58	+41:47		4	M40
34.	491	25567M74	DICK Steven	BEL	45	RTTO	287	40:44	352	4:16	287	9	1:12:03	1:16:01	2:28:04	30	226	3:00	35	46	48:48	50:17	1:39:06	4:55:11	+42:01		5	M40
35.	130	-	DELWICHE Luc	BEL	37	TRI4US	15	29:40	21	1:50	12	48	1:19:21	1:20:58	2:40:20	26	131	2:32	27	57	48:14	52:46	1:41:01	4:55:24	+42:14		17	M30
36.	809	2100356169	PARENT Quentin	BEL	30	TC POULETS BOUCANÉS	67	33:31	69	2:30	59	53	1:18:30	1:23:04	2:41:34	45	55	2:05	44	38	44:14	53:05	1:37:20	4:57:02	+43:52		18	M30
37.	752	-	DESTOOP Brecht	BEL	33	WTDT	310	42:00	224	3:34	300	8	1:11:27	1:16:11	2:27:38	32	98	2:20	33	64	49:38	52:42	1:42:20	4:57:55	+44:45		19	M30

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running			Age Group							
							Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
38.	235	59948M78	MARRION Geoffrey	BEL	41	PFA TEAM	73	34:01	44	2:13	63	40	1:16:27	1:22:24	2:38:51	37	40	1:58	38	61	44:36	56:54	1:41:30	4:58:35	+45:24	6	M40
39.	762	-	DE GENDT Ruben	BEL	32		66	33:30	175	3:18	72	31	1:16:39	1:19:32	2:36:12	29	75	2:13	31	78	48:24	55:26	1:43:50	4:59:06	+45:55	20	M30
40.	863	60472M92	LEFÈVRE Aurélien	BEL	27	TRIGT	156	37:25	67	2:29	124	41	1:18:02	1:20:49	2:38:52	48	4	1:32	48	44	46:10	52:46	1:38:57	4:59:17	+46:07	10	M20
41.	734	A92271C	CAMBAZAR Arnaud	FRA	34	LILLE TRIATHLON	1	26:26	97	2:41	4	153	1:25:31	1:28:00	2:53:32	63	95	2:20	63	29	46:43	48:52	1:35:36	5:00:36	+47:26	21	M30
42.	680	A93126C	ROSZAK Christopher	FRA	36	TRIATHLON LITTORAL 59	137	36:33	149	3:05	118	68	1:18:24	1:24:59	2:43:23	65	105	2:22	65	28	45:45	49:38	1:35:24	5:00:50	+47:39	22	M30
43.	844	A76386C	BEAUVOIS Guillaume	FRA	29	ROUEN TRIATHLON	9	28:45	25	1:53	8	17	1:14:53	1:18:32	2:33:26	10	83	2:16	11	179	54:35	1:00:30	1:55:06	5:01:27	+48:17	11	M20
44.	772	14813M87	VERGALLE Lieven	BEL	32	RTTO	116	36:07	119	2:51	103	66	1:19:13	1:23:59	2:43:13	61	50	2:04	60	42	47:47	50:36	1:38:24	5:02:41	+49:30	23	M30
45.	629	60388M81	LOUIS Sebastien	BEL	38	TRIKV	150	37:16	146	3:03	136	43	1:17:08	1:21:51	2:38:59	49	100	2:21	51	63	48:03	53:49	1:41:52	5:03:34	+50:24	24	M30
46.	510	57147M75	ROART Vincent	BEL	44	TRIGT	58	33:17	113	2:50	61	79	1:19:59	1:25:33	2:45:33	58	18	1:45	56	54	48:24	52:12	1:40:36	5:04:03	+50:52	7	M40
47.	622	59726M80	OTJACQUES Geoffroy	BEL	39	TNTB	71	33:37	162	3:13	73	35	1:17:22	1:19:50	2:37:13	36	80	2:14	36	109	51:41	56:21	1:48:02	5:04:22	+51:12	25	M30
48.	527	10957M76	VAAST Arnaud	FRA	43	BIN	22	30:30	103	2:47	24	61	1:19:23	1:23:29	2:42:52	40	281	3:14	43	88	53:24	51:44	1:45:09	5:04:34	+51:23	8	M40
49.	812	61405M89	MAILLARD Guillaume	FRA	30	NVS	110	35:58	267	3:48	122	67	1:19:49	1:23:26	2:43:16	66	265	3:09	67	43	47:52	50:47	1:38:39	5:04:53	+51:43	26	M30
50.	775	TRLUX12810198719	JIMENEZ SANCHEZ Antonio	ESP	32	SNOOZE	93	35:06	131	2:58	92	112	1:24:46	1:24:54	2:49:40	88	128	2:30	88	25	46:02	48:47	1:34:50	5:05:06	+51:56	27	M30
51.	910	95A40484M630	SCHOTS Thibaut	BEL	24	FERRO MOSAE	52	32:50	91	2:37	54	69	1:20:19	1:23:37	2:43:56	50	76	2:14	50	74	48:27	55:07	1:43:34	5:05:14	+52:04	12	M20
52.	783	B40306C	BARRAS Romain	FRA	31	ATHLETIC CLUB MARCQUOIS	177	38:12	212	3:31	177	75	1:21:22	1:23:52	2:45:14	83	231	3:00	85	33	45:14	51:13	1:36:28	5:06:27	+53:17	28	M30
53.	617	-	GLORIEUX Steven	BEL	39		153	37:22	217	3:32	153	32	1:17:02	1:19:20	2:36:22	44	203	2:53	46	101	54:15	52:40	1:46:55	5:07:05	+53:55	29	M30
54.	554	-	PAIRON Bertrand	BEL	42		320	42:22	105	2:48	291	65	1:20:30	1:22:40	2:43:10	92	126	2:29	91	34	46:48	49:46	1:36:35	5:07:25	+54:15	9	M40
55.	747	60408M86	ADAM Jean-François	BEL	33	COM'IN TRI	147	37:06	144	3:03	132	52	1:17:41	1:23:29	2:41:10	57	151	2:39	59	75	49:57	53:39	1:43:37	5:07:37	+54:27	30	M30
56.	992	-	E EFC-ITC	---			264	40:02	22	1:51	183	16	1:13:32	1:19:41	2:33:13	38	11	1:39	37	136	52:51	58:06	1:50:58	5:07:46	+54:35	3	EQ
57.	701	-	DA SILVA Matthieu	FRA	35		88	34:50	282	3:52	100	100	1:24:18	1:23:59	2:48:18	84	125	2:28	81	45	47:39	51:19	1:38:58	5:08:28	+55:18	31	M30
58.	964	62410M79	PIRET Steve	BEL	40	TRIFLY	253	39:52	231	3:37	243	62	1:19:47	1:23:07	2:42:54	77	89	2:18	76	52	49:23	50:46	1:40:09	5:08:52	+55:42	10	M40
59.	891	59161M93	GHOMRAOUI Bilal	BEL	26	RCBT	40	31:50	155	3:10	47	95	1:22:17	1:25:30	2:47:48	64	8	1:35	61	90	50:33	54:41	1:45:15	5:09:40	+56:30	13	M20
60.	721	-	CUSSE Kevin	BEL	34	QUÉVY'RUN	321	42:23	166	3:15	303	54	1:17:57	1:23:41	2:41:38	86	122	2:28	83	50	47:58	51:59	1:39:58	5:09:45	+56:34	32	M30
61.	861	-	HEYRMAN Jonathan	BEL	28	RCBT	12	29:31	34	2:05	14	47	1:17:02	1:22:52	2:39:55	25	112	2:24	25	190	50:32	1:05:28	1:56:01	5:09:57	+56:47	14	M20
62.	530	60655M76	RIVART Christophe	BEL	43	TCDM	140	36:38	246	3:43	137	74	1:21:22	1:23:41	2:45:04	73	271	3:11	74	60	49:22	51:58	1:41:21	5:09:59	+56:49	11	M40
63.	852	-	CHOUCARD Mathieu	BEL	28	ESPACE CYCLES	97	35:20	203	3:28	101	64	1:19:56	1:23:07	2:43:04	59	357	3:40	66	89	50:44	54:29	1:45:13	5:10:47	+57:36	15	M20
64.	948	TRLUX20512197219	F ANDRES Gaby	BEL	47	TRISPEED MAMER	155	37:23	52	2:19	120	146	1:24:37	1:28:42	2:53:19	127	107	2:23	120	31	45:57	50:19	1:36:17	5:11:42	+58:32	1	F40
65.	824	-	VANDERVOORT Niels	BEL	29		14	29:37	356	4:16	31	109	1:23:32	1:25:42	2:49:14	67	261	3:08	68	92	49:59	55:26	1:45:25	5:11:43	+58:33	16	M20
66.	419	57306M69	RENARD Guy	BEL	50	SHARKS TRIATHLON CLUC	251	39:50	198	3:27	231	96	1:23:47	1:24:06	2:47:53	114	220	2:58	113	40	47:06	51:01	1:38:08	5:12:19	+59:08	1	M50
67.	909	-	PYCK Grégory	BEL	24	TURBO LLN TRIATHLON	245	39:37	89	2:36	195	19	1:14:12	1:19:48	2:34:00	41	31	1:52	40	178	56:57	58:05	1:55:03	5:13:11	+1:00:00	17	M20
68.	995	-	E JETT	---			336	42:43	6	1:35	264	33	1:15:21	1:21:02	2:36:24	53	10	1:38	52	155	53:37	58:39	1:52:17	5:14:39	+1:01:28	4	EQ
69.	962	61337F92	F MONFILS Charlotte	BEL	27	TURBO	107	35:48	100	2:44	98	182	1:25:46	1:30:07	2:55:53	137	108	2:23	131	41	46:05	52:04	1:38:10	5:15:00	+1:01:50	2	F20
70.	699	-	DEBIE Jan	BEL	35		567	55:19	210	3:30	552	88	1:22:45	1:24:11	2:46:56	230	94	2:20	221	8	42:39	45:11	1:27:50	5:15:58	+1:02:48	33	M30
71.	639	59831M81	SCHAEFER Eric	BEL	38	TURBO	166	37:44	99	2:43	139	106	1:22:25	1:26:44	2:49:10	98	183	2:46	99	76	50:03	53:34	1:43:37	5:16:03	+1:02:52	34	M30
72.	521	2100083472	ZARRO Lionel	BEL	43	TEAM SAIITA TREK	195	38:30	280	3:51	201	73	1:19:47	1:24:59	2:44:46	85	69	2:11	80	99	52:35	54:07	1:46:42	5:16:04	+1:02:53	12	M40
73.	915	59166	LÉONARD Sindbad	BEL	23	TRI-B	100	35:25	54	2:22	86	49	1:16:17	1:24:15	2:40:33	47	25	1:50	47	188	53:00	1:02:57	1:55:58	5:16:09	+1:02:58	18	M20
74.	499	37201M74	DENEK Koen	BEL	45	MATT	-	-	-	-	141	92	1:22:39	1:24:26	2:47:06	87	522	5:20	103	71	49:47	53:33	1:43:20	5:16:18	+1:03:08	13	M40

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running			Age Group						
							Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name	
75.	986	-	E LTTD	---			59	33:18	8	1:35	45	171	1:25:32	1:29:40	2:55:12	101	19	1:45	96	86	50:27	54:24	1:44:52	5:16:45	+1:03:34	5	EQ
76.	295	06818F83	F VANDEN DAELEN Leen	BEL	36	MATT	163	37:36	76	2:31	131	116	1:24:46	1:25:38	2:50:24	106	103	2:22	101	84	48:55	55:48	1:44:44	5:17:39	+1:04:29	2	F30
77.	693	-	MELEN Arnaud	BEL	35		436	46:14	257	3:45	416	57	1:20:39	1:21:56	2:42:35	122	119	2:27	118	66	48:17	54:21	1:42:38	5:17:42	+1:04:32	35	M30
78.	921	-	DEL RUE Valentin	FRA	22		72	33:56	200	3:28	81	107	1:22:41	1:26:28	2:49:10	80	67	2:11	77	122	50:31	58:36	1:49:08	5:17:55	+1:04:45	19	M20
79.	426	A74393	DOCQUOIS Vincent	FRA	50	CA ORSAY TRIATHLON	154	37:22	354	4:16	175	144	1:24:53	1:28:13	2:53:06	138	252	3:06	141	53	48:09	52:04	1:40:13	5:18:05	+1:04:55	2	M50
80.	878	62598M92	BARIGAND Cyril	BEL	27	TCDM	151	37:18	252	3:44	157	24	1:16:43	1:18:03	2:34:47	39	74	2:13	39	247	58:28	1:01:46	2:00:15	5:18:19	+1:05:09	20	M20
81.	428	07527M69	HUYGHE Stefaan	BEL	50	TTR	261	40:01	286	3:53	252	80	1:21:03	1:24:38	2:45:42	97	191	2:49	100	96	51:13	55:10	1:46:23	5:18:50	+1:05:39	3	M50
82.	744	-	JANSSEN Kristof	BEL	33	JESSEVNSPORTSCOACHING	440	46:22	72	2:30	388	63	1:19:20	1:23:35	2:42:56	119	55	2:05	111	91	50:45	54:37	1:45:22	5:19:17	+1:06:07	36	M30
83.	705	59886M84	VAST Bruno	BEL	35	TRI4US	127	36:22	188	3:24	121	87	1:21:15	1:25:24	2:46:39	78	266	3:10	82	130	53:08	56:38	1:49:47	5:19:22	+1:06:12	37	M30
84.	317	00427F88	F LIES Vermont	BEL	31	3VL	27	31:23	54	2:22	27	191	1:26:25	1:30:48	2:57:14	111	60	2:06	104	98	51:52	54:40	1:46:32	5:19:38	+1:06:28	3	F30
85.	412	01356M68	DE WISPELAERE Luc	BEL	51	3MD	161	37:34	250	3:44	166	56	1:18:36	1:23:58	2:42:35	69	168	2:43	69	162	54:56	58:34	1:53:31	5:20:08	+1:06:58	4	M50
86.	794	57695M88	DENIS Kevin	BEL	31	TURBO	80	34:30	180	3:20	87	195	1:26:36	1:30:41	2:57:17	146	92	2:19	136	68	48:04	55:02	1:43:07	5:20:36	+1:07:26	38	M30
87.	654	-	BAERT Jimmy	BEL	37		323	42:25	83	2:33	285	101	1:20:42	1:27:47	2:48:30	129	139	2:35	126	85	49:07	55:40	1:44:47	5:20:52	+1:07:42	39	M30
88.	885	B20959C	GUEUDRE Thomas	FRA	26	VALENCIENNES TRIATHLON	32	31:35	98	2:42	35	159	1:23:09	1:31:06	2:54:15	93	129	2:31	93	132	52:53	56:55	1:49:48	5:20:54	+1:07:44	21	M20
89.	590	02084M79	DHONT Frederik	BEL	40	TRI UNIC	117	36:07	153	3:08	108	89	1:21:45	1:25:14	2:47:00	76	209	2:54	78	145	55:18	56:25	1:51:44	5:20:55	+1:07:45	14	M40
90.	377	A01832C	CHALVIGNAC Jean Pierre	FRA	55	VALENCIENNES TRIATHLON	412	45:17	464	4:58	422	76	1:20:40	1:24:36	2:45:16	153	286	3:15	153	65	49:58	52:32	1:42:30	5:21:18	+1:08:08	5	M50
91.	922	-	DELATTE Hadrien	BEL	22		342	42:56	363	4:19	345	78	1:20:48	1:24:41	2:45:29	123	352	3:39	128	87	50:53	54:04	1:44:58	5:21:24	+1:08:13	22	M20
92.	314	58555F88	F VANDER MASSEN Héliène	BEL	31	RISE SHINE TRI	79	34:29	117	2:50	80	71	1:19:57	1:24:38	2:44:35	60	34	1:54	58	208	57:48	59:59	1:57:47	5:21:37	+1:08:27	4	F30
93.	902	62815M94	MA RENNE Nicolas	BEL	25	RCBT	132	36:26	150	3:07	114	249	1:30:23	1:32:28	3:02:52	198	138	2:34	192	37	46:51	50:00	1:36:51	5:21:53	+1:08:43	23	M20
94.	957	59355M68	GRANDJEAN Benoit	BEL	51	TRIBIKESTATION	477	47:40	120	2:51	432	83	1:20:08	1:25:54	2:46:02	158	155	2:40	156	67	50:03	52:36	1:42:40	5:21:55	+1:08:45	6	M50
95.	797	B03598C	GUILIER Quentin	FRA	31	ROUEN TRIATHLON	74	34:01	60	2:26	66	150	1:24:50	1:28:34	2:53:25	100	79	2:14	98	131	52:32	57:16	1:49:48	5:21:56	+1:08:46	40	M30
96.	911	-	APPLINCOURT Julien	BEL	24		123	36:18	133	2:59	109	193	1:25:53	1:31:21	2:57:14	157	49	2:02	151	80	46:00	58:04	1:44:05	5:22:41	+1:09:30	24	M20
97.	931	62383	MASSET Titouan	BEL	21	TRI-B	126	36:20	110	2:49	106	212	1:29:09	1:30:38	2:59:48	174	150	2:39	170	59	47:27	53:41	1:41:08	5:22:46	+1:09:36	25	M20
98.	369	02703M63	DECKMYN Ignace	BEL	56	SOLID ENDURANCE	125	36:19	368	4:21	147	118	1:23:38	1:26:58	2:50:36	115	305	3:22	116	110	52:09	56:02	1:48:11	5:22:50	+1:09:40	7	M50
99.	460	-	LAUNAY Francis Vincent	FRA	47	TRIATHLON ENNEVELIN CLUB	188	38:23	253	3:44	192	122	1:22:43	1:28:09	2:50:52	126	244	3:03	125	103	51:21	55:40	1:47:02	5:23:06	+1:09:56	15	M40
100.	988	-	E ATCC	---			2	26:40	7	1:35	1	141	1:20:50	1:32:06	2:52:57	56	102	2:22	57	239	53:08	1:06:29	1:59:37	5:23:13	+1:10:03	6	EQ
101.	320	58696F90	F CHRÉTIEN Sophie	BEL	29	BTC	17	30:05	86	2:34	19	237	1:33:20	1:28:48	3:02:09	139	51	2:04	132	97	49:57	56:34	1:46:32	5:23:25	+1:10:14	3	F20
102.	578	A08486	BLIN Laurent	FRA	41	CRAZY AND TRI	176	38:10	405	4:32	209	99	1:22:31	1:25:38	2:48:10	110	142	2:37	109	133	51:05	59:16	1:50:21	5:23:51	+1:10:41	16	M40
103.	339	11532F96	F IMBO Kristel	BEL	23	BIN	38	31:41	26	1:53	26	163	1:22:44	1:31:45	2:54:30	91	46	2:00	87	167	53:36	1:00:24	1:54:00	5:24:06	+1:10:56	4	F20
104.	928	-	DE WISPELAERE Jelle	BEL	22		50	32:21	193	3:25	56	51	1:16:45	1:24:06	2:40:52	43	81	2:15	42	308	51:51	1:13:38	2:05:29	5:24:25	+1:11:14	26	M20
105.	332	03164F93	F DE GROOTE Estelle	BEL	26	BIN	21	30:22	56	2:22	20	186	1:26:01	1:30:37	2:56:39	96	65	2:10	94	159	54:11	58:52	1:53:03	5:24:39	+1:11:28	5	F20
106.	401	60277M67	DUBOIS Rudy	BEL	52	ATCC	309	41:55	62	2:28	267	121	1:22:17	1:28:34	2:50:51	148	47	2:00	133	105	50:47	56:51	1:47:38	5:24:54	+1:11:44	8	M50
107.	525	27077M76	ANTONIS Tom	BEL	43	TK	165	37:42	327	4:11	181	103	1:23:12	1:25:46	2:48:59	109	120	2:27	108	144	53:37	58:01	1:51:39	5:24:59	+1:11:48	17	M40
108.	493	-	CATHARY Christophe	FRA	45		95	35:10	147	3:04	95	172	1:25:20	1:29:52	2:55:12	128	115	2:25	122	125	51:34	57:51	1:49:26	5:25:18	+1:12:08	18	M40
109.	627	59837M81	GRÉGOIRE Thibaut	BEL	38	JETT	324	42:26	208	3:30	310	98	1:21:37	1:26:24	2:48:02	132	152	2:39	130	116	49:41	59:01	1:48:42	5:25:21	+1:12:11	41	M30
110.	448	-	COULON Grégory	BEL	48		189	38:25	209	3:30	185	142	1:23:56	1:29:00	2:52:57	142	334	3:33	150	102	51:14	55:47	1:47:01	5:25:28	+1:12:18	19	M40
111.	108	-	BEAUJEAN Gautier	BEL	40		139	36:37	134	3:00	117	123	1:22:36	1:28:17	2:50:53	105	240	3:02	110	152	50:52	1:01:15	1:52:07	5:25:41	+1:12:31	20	M40

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running			Age Group							
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
112. 940	-	DELAUNOIS Gustave	BEL	19		179	38:16	444	4:50	220	217	1:27:11	1:33:04	3:00:15	209	118	2:27	199	51	48:07	51:52	1:39:59	5:25:49	+1:12:38	1	M18
113. 477	-	COONCE Scott	USA	46		81	34:31	233	3:34	94	102	1:21:55	1:26:45	2:48:41	81	267	3:10	86	186	55:15	1:00:34	1:55:50	5:25:52	+1:12:41	21	M40
114. 647	-	WENES Wouter	BEL	37	TTR	122	36:18	362	4:19	144	126	1:24:15	1:26:54	2:51:09	118	109	2:24	114	148	52:56	58:51	1:51:48	5:25:59	+1:12:49	42	M30
115. 652	62377M82	DUPUIS Damien	BEL	37	CCSTC	162	37:35	312	4:04	176	169	1:25:51	1:29:14	2:55:05	163	140	2:36	158	100	51:35	55:08	1:46:43	5:26:05	+1:12:54	43	M30
116. 952	61452M79	DEOM David	BEL	40	TRIGT	286	40:44	207	3:30	260	58	1:19:12	1:23:29	2:42:42	82	218	2:58	84	192	57:29	58:41	1:56:11	5:26:06	+1:12:56	22	M40
117. 835	-	LECLUSE Alain-Claire	BEL	29		273	40:28	197	3:27	253	207	1:25:09	1:33:56	2:59:06	205	66	2:11	197	58	46:59	54:03	1:41:03	5:26:16	+1:13:05	27	M20
118. 893	-	HAQUENNE Romain	BEL	26		263	40:02	455	4:54	283	108	1:23:24	1:25:46	2:49:11	134	338	3:33	137	113	51:22	57:14	1:48:37	5:26:19	+1:13:09	28	M20
119. 700	61528M84	TOURNAY Martin	BEL	35	ATCC	99	35:23	319	4:07	113	174	1:24:44	1:30:39	2:55:24	144	229	3:00	143	112	51:32	57:05	1:48:37	5:26:33	+1:13:22	44	M30
120. 269	-	F THOMAS Claire	GBR	47	RTTO	281	40:38	82	2:32	224	93	1:19:45	1:27:33	2:47:18	104	149	2:39	105	161	54:26	59:03	1:53:29	5:26:39	+1:13:28	2	F40
121. 990	-	E JETT	---			43	31:54	3	1:24	25	343	1:33:27	1:37:44	3:11:11	219	6	1:34	203	55	49:04	51:39	1:40:44	5:26:48	+1:13:38	7	EQ
122. 876	-	PERMENTIER Fabian	BEL	27		224	39:05	375	4:24	242	132	1:22:22	1:29:22	2:51:45	147	260	3:08	148	114	50:56	57:42	1:48:39	5:27:02	+1:13:52	29	M20
123. 974	-	WEISS Daniel	HUN	46		136	36:33	221	3:34	129	110	1:22:39	1:26:38	2:49:17	95	82	2:15	95	184	56:04	59:20	1:55:25	5:27:05	+1:13:55	23	M40
124. 989	-	E COMPIEGNE TRIATHLON	---			13	29:32	1	1:21	10	262	1:23:42	1:40:15	3:03:58	140	12	1:43	129	134	52:29	58:01	1:50:31	5:27:07	+1:13:57	8	EQ
125. 673	61014M83	ANDRE Gregory	BEL	36	TNT	227	39:09	128	2:56	190	137	1:24:12	1:27:47	2:52:00	133	275	3:12	135	135	52:20	58:29	1:50:50	5:28:08	+1:14:58	45	M30
126. 663	-	FAUCONNIER Jean-Pierre	BEL	36		441	46:23	373	4:23	440	34	1:16:09	1:21:02	2:37:11	89	99	2:21	89	216	55:25	1:02:45	1:58:11	5:28:31	+1:15:20	46	M30
127. 814	62806M89	CHASTANET Yoann	FRA	30	NSTT RIXENSART	36	31:39	190	3:24	49	104	1:22:16	1:26:46	2:49:02	70	377	3:48	73	251	56:22	1:04:23	2:00:45	5:28:42	+1:15:31	47	M30
128. 798	-	FESLER Mathieu	BEL	31		306	41:45	338	4:13	311	85	1:19:45	1:26:41	2:46:26	121	332	3:32	124	158	53:51	58:53	1:52:45	5:28:43	+1:15:33	48	M30
129. 516	B15278C	PAUMIER Fabrice	FRA	44	LILLE TRIATHLON	232	39:11	317	4:05	230	37	1:17:32	1:19:58	2:37:31	55	127	2:29	55	310	59:31	1:06:03	2:05:35	5:28:54	+1:15:44	24	M40
130. 871	-	FOSSEUR Tom	BEL	27	OTC	89	34:51	53	2:20	76	59	1:18:04	1:24:41	2:42:46	52	165	2:42	53	322	1:00:30	1:05:56	2:06:27	5:29:08	+1:15:57	30	M20
131. 549	19580M77	VERMOESEN Peter	BEL	42	TRISPORTMKN	490	48:33	151	3:07	459	125	1:25:07	1:25:48	2:50:56	199	333	3:32	204	70	50:43	52:29	1:43:12	5:29:22	+1:16:12	25	M40
132. 676	17436M83	DE KEERSMAECKER Filip	BEL	36	SWIMKAP TRIATHLON CLUB	302	41:30	129	2:57	269	81	1:22:04	1:23:39	2:45:43	103	163	2:42	102	199	1:00:51	55:36	1:56:28	5:29:23	+1:16:13	49	M30
133. 579	-	ANDRE Olivier	BEL	41		148	37:11	371	4:22	172	148	1:23:25	1:29:57	2:53:23	145	180	2:46	138	146	51:46	59:58	1:51:44	5:29:27	+1:16:16	26	M40
134. 839	PASENCOREREÇU	EL ADEK Solaiman	BEL	29	RCBT	112	36:00	313	4:04	128	167	1:24:10	1:30:39	2:54:49	143	294	3:18	145	139	50:52	1:00:23	1:51:15	5:29:28	+1:16:18	31	M20
135. 950	-	BERNARD Damien	BEL	36		340	42:53	214	3:31	321	194	1:26:16	1:30:58	2:57:15	211	478	4:37	222	62	49:09	52:37	1:41:47	5:30:05	+1:16:54	50	M30
136. 743	60826M86	SIRIMARCO Jimmy	BEL	33	TRIGT	105	35:42	301	3:58	119	72	1:19:38	1:24:57	2:44:36	71	256	3:07	70	275	53:06	1:09:35	2:02:42	5:30:07	+1:16:56	51	M30
137. 811	B12737C	FASQUEL Damien	FRA	30	PASTEL TRIATHLON SAINT QU	470	47:26	96	2:41	418	119	1:22:07	1:28:34	2:50:41	190	59	2:06	179	107	52:29	55:18	1:47:47	5:30:43	+1:17:33	52	M30
138. 774	-	DYKENS Pierre	BEL	32		113	36:01	173	3:17	110	205	1:25:56	1:32:47	2:58:44	170	369	3:45	172	119	54:15	54:41	1:48:57	5:30:46	+1:17:36	53	M30
139. 455	-	DEFLANDRE Michael	BEL	47	TEAM KOMADDICT	422	45:35	87	2:35	373	134	1:23:22	1:28:33	2:51:55	180	106	2:22	176	121	52:55	56:12	1:49:07	5:31:37	+1:18:26	27	M40
140. 503	-	TRICARICO Laurent	BEL	45		47	32:11	384	4:26	67	158	1:25:13	1:28:55	2:54:08	108	272	3:11	112	215	58:00	1:00:10	1:58:10	5:32:08	+1:18:58	28	M40
141. 713	-	DEVOS Frédéric	BEL	34	TCD	180	38:17	77	2:31	150	97	1:21:44	1:26:12	2:47:56	94	36	1:56	90	268	56:51	1:05:22	2:02:13	5:32:56	+1:19:45	54	M30
142. 883	60668M93	DEFREYNE Thomas	BEL	26	TTR	44	31:54	104	2:47	42	184	1:24:17	1:32:11	2:56:28	113	311	3:24	115	222	58:00	1:00:35	1:58:35	5:33:11	+1:20:00	32	M20
143. 635	22358M81	VANDERBEKE Thomas	BEL	38	RTTO	86	34:41	191	3:25	93	86	1:20:25	1:26:09	2:46:34	72	472	4:32	79	291	56:50	1:07:21	2:04:12	5:33:27	+1:20:16	55	M30
144. 919	59027M97	PETERS-DICKIE Jean-Louis	BEL	22	TTB	77	34:09	73	2:30	68	160	1:25:47	1:28:33	2:54:21	112	72	2:12	106	248	55:44	1:04:33	2:00:18	5:33:32	+1:20:22	33	M20
145. 993	-	E NON	---			243	39:26	183	3:21	214	60	1:18:50	1:24:01	2:42:51	75	22	1:48	71	317	58:22	1:07:45	2:06:07	5:33:36	+1:20:26	9	EQ
146. 484	58971M73	SCHOONJANS Michel	BEL	46	RCBT	85	34:33	393	4:29	105	243	1:29:02	1:33:24	3:02:27	193	248	3:04	189	127	51:49	57:47	1:49:36	5:34:11	+1:21:00	29	M40
147. 777	61871M87	ZIMMER Arnaud	BEL	32	OTC	221	39:01	308	4:02	218	227	1:29:55	1:30:55	3:00:51	213	176	2:45	209	108	51:54	55:54	1:47:48	5:34:28	+1:21:18	56	M30
148. 877	-	TRINEZ Jean-Julien	FRA	27		101	35:29	81	2:32	91	77	1:20:53	1:24:26	2:45:19	68	15	1:45	64	355	56:08	1:13:41	2:09:50	5:34:57	+1:21:47	34	M20

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running			Age Group							
							Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
149.	785	-	UYTTENDA ELE Mathieu	BEL	31	RCBT CLUB	348	43:02	141	3:02	314	111	1:22:52	1:26:46	2:49:38	154	309	3:23	154	187	52:37	1:03:12	1:55:50	5:34:58	+1:21:47	57	M30
150.	920	-	DEMONTY Florent	BEL	22		254	39:55	581	7:36	350	131	1:26:20	1:25:24	2:51:44	175	436	4:12	182	149	53:51	58:02	1:51:53	5:35:22	+1:22:12	35	M20
151.	998	-	E JETT	---			63	33:25	4	1:29	46	381	1:31:53	1:43:14	3:15:07	259	30	1:52	248	79	47:31	56:29	1:44:01	5:35:56	+1:22:46	10	EQ
152.	280	62025F76	F WAGELMANS Clarisse	BEL	43	TRIATHLIÈGE	157	37:30	278	3:51	167	345	1:33:09	1:38:05	3:11:15	291	208	2:54	283	56	47:37	53:19	1:40:56	5:36:28	+1:23:18	3	F40
153.	846	-	ALLA EYS Toon	BEL	29		228	39:09	522	5:33	276	201	1:27:18	1:31:01	2:58:20	207	483	4:39	215	117	52:05	56:41	1:48:46	5:36:30	+1:23:19	36	M20
154.	667	12332M83	GERNAEY Jeroen	BEL	36	TBT	26	31:22	75	2:31	30	199	1:27:44	1:29:58	2:57:43	116	279	3:13	117	265	55:15	1:06:38	2:01:53	5:36:44	+1:23:33	58	M30
155.	718	-	MAREZ Stephane	BEL	34		300	41:24	111	2:50	261	145	1:24:49	1:28:22	2:53:12	168	216	2:58	163	198	56:54	59:33	1:56:27	5:36:52	+1:23:42	59	M30
156.	619	PROBENCODAGE	DELSIPÉE Nicolas	BEL	39	TRIBIKESTATION	339	42:52	124	2:53	306	240	1:27:20	1:34:58	3:02:18	247	143	2:37	243	94	49:43	56:31	1:46:14	5:36:56	+1:23:46	60	M30
157.	348	09227M58	VAN DEN BROEKE Patrick	BEL	61	RTTO	142	36:46	397	4:30	164	129	1:25:35	1:26:03	2:51:39	125	211	2:55	121	259	57:56	1:03:37	2:01:33	5:37:25	+1:24:14	1	M60
158.	424	60882M69	MARION Yves	BEL	50	CCSTC - SHARKS	361	43:21	260	3:46	341	180	1:23:34	1:32:13	2:55:48	203	84	2:17	196	153	52:35	59:37	1:52:13	5:37:26	+1:24:16	9	M50
159.	574	-	ROY Simon	FRA	41	9@THETREE	275	40:30	130	2:58	240	70	1:18:43	1:25:47	2:44:31	90	210	2:55	92	324	58:47	1:07:46	2:06:33	5:37:28	+1:24:17	30	M40
160.	330	B44175C0270787FS2BEL	F MEEÛS Marie	BEL	26	LCT	5	28:07	57	2:23	6	235	1:28:50	1:33:03	3:01:54	120	164	2:42	119	271	57:59	1:04:24	2:02:24	5:37:31	+1:24:21	6	F20
161.	958	-	KAISER Jean-Yves	BEL	41	TNTB	292	40:56	176	3:19	262	157	1:23:42	1:30:17	2:54:00	171	185	2:47	165	200	56:41	59:47	1:56:29	5:37:32	+1:24:22	31	M40
162.	567	-	TONNEAUX Jerome	BEL	41	TRIFLY	356	43:11	310	4:03	344	140	1:22:38	1:29:56	2:52:34	179	166	2:42	177	180	56:31	58:34	1:55:06	5:37:39	+1:24:29	32	M40
163.	867	485LE409646JE	LEVI Jeremy	FRA	27	URBAN TRI TEAM	262	40:01	414	4:36	272	234	1:26:56	1:34:41	3:01:38	236	273	3:11	232	111	52:08	56:04	1:48:13	5:37:41	+1:24:31	37	M20
164.	720	57599M85	DANNEMARK Maxime	BEL	34	TA	134	36:31	108	2:49	111	91	1:19:32	1:27:33	2:47:05	79	70	2:12	75	348	58:19	1:10:43	2:09:03	5:37:42	+1:24:32	61	M30
165.	434	27245M70	BORMS Erik	BEL	49	SP&O	294	41:18	70	2:30	249	130	1:25:02	1:26:38	2:51:40	152	93	2:19	139	245	57:53	1:02:07	2:00:00	5:37:49	+1:24:39	33	M40
166.	872	-	PORNEL Arnaud	BEL	27	RCBT	65	33:29	248	3:43	77	253	1:27:45	1:35:13	3:02:59	182	144	2:37	178	177	57:10	57:49	1:55:00	5:37:50	+1:24:40	38	M20
167.	278	62711F75	F LECAT Nathalie	BEL	44	HTT	505	49:25	309	4:02	291	203	1:27:56	1:30:38	2:58:35	282	173	2:44	276	73	48:21	55:07	1:43:28	5:38:17	+1:25:07	4	F40
168.	927	-	DUVINAGE Robin	FRA	22		365	43:28	347	4:14	360	244	1:30:42	1:31:45	3:02:28	263	376	3:48	265	81	52:03	52:14	1:44:18	5:38:18	+1:25:07	39	M20
169.	333	-	F MONTOISY Louise	BEL	26	NSTT	64	33:27	135	3:00	65	391	1:36:12	1:39:44	3:15:57	287	54	2:05	272	77	50:04	53:45	1:43:50	5:38:20	+1:25:10	7	F20
170.	319	60153F89	F SELLESLAGH Pauline	BEL	30	UTT	115	36:04	79	2:32	99	310	1:32:38	1:35:22	3:08:00	239	113	2:25	227	126	52:35	56:56	1:49:31	5:38:34	+1:25:23	5	F30
171.	383	A07561C	COLIN Bruno	FRA	54	VALENCIENNES TRIATHLON	299	41:23	227	3:36	286	114	1:23:46	1:26:06	2:49:53	141	111	2:24	134	262	59:02	1:02:38	2:01:41	5:38:58	+1:25:48	10	M50
172.	728	15373M85	GABRIEL Pieter	BEL	34	RATRACE TRIATHLON TEAM OU	449	46:32	532	5:46	474	120	1:23:26	1:27:24	2:50:50	208	355	3:39	211	157	55:04	57:28	1:52:33	5:39:21	+1:26:11	62	M30
173.	658	-	GILLAIN Thierry	BEL	37		401	44:53	258	3:46	386	187	1:26:03	1:30:36	2:56:40	224	175	2:45	219	141	53:19	58:01	1:51:21	5:39:26	+1:26:15	63	M30
174.	729	57694M85	COLON Jonathan	BEL	34	TRIATHLON TEAM RACING	11	29:29	59	2:26	16	154	1:19:47	1:33:52	2:53:39	74	86	2:17	72	377	59:31	1:12:21	2:11:53	5:39:45	+1:26:35	64	M30
175.	799	61095M89	RENQUET Jerome	BEL	30	JETT	316	42:14	66	2:28	275	208	1:26:37	1:32:35	2:59:13	214	53	2:05	202	164	54:49	58:58	1:53:47	5:39:49	+1:26:38	65	M30
176.	917	41071M96	THIELS Jari	BEL	23	GO LIKE HELL	135	36:31	114	2:50	112	115	1:21:32	1:28:50	2:50:23	99	87	2:18	97	338	1:01:35	1:06:14	2:07:50	5:39:54	+1:26:44	40	M20
177.	447	56938M71	ROSSI Didier	BEL	48	SPORT VILLAGE	98	35:21	211	3:31	102	220	1:28:56	1:31:41	3:00:38	177	178	2:45	175	209	57:24	1:00:25	1:57:50	5:40:06	+1:26:56	34	M40
178.	587	60988M79	BALLARD Jean-Christophe	BEL	40	Q3T	277	40:33	264	3:47	265	138	1:24:10	1:28:07	2:52:18	160	434	4:12	164	236	56:31	1:02:44	1:59:16	5:40:08	+1:26:57	35	M40
179.	392	BC21655	COFFIER Christophe	FRA	53	CLUB ATHLETIQUE FOURMISIE	203	38:40	199	3:28	191	214	1:27:16	1:32:45	3:00:02	197	222	2:58	194	183	56:26	58:50	1:55:17	5:40:27	+1:27:16	11	M50
180.	684	60969M3	MONSTERLET Maxime	FRA	36	ENDURANCE TEAM MOUSCRON	248	39:46	465	4:58	278	192	1:26:48	1:30:25	2:57:14	196	372	3:46	198	175	56:04	58:47	1:54:52	5:40:38	+1:27:27	66	M30
181.	889	62799M93	BAUDOIN Matthieu	BEL	26	TURBO	196	38:32	364	4:20	216	188	1:27:27	1:29:12	2:56:40	178	114	2:25	173	224	55:47	1:02:54	1:58:41	5:40:39	+1:27:29	41	M20
182.	476	-	BUCHET Sebastien	BEL	46		341	42:56	348	4:15	342	175	1:23:38	1:31:48	2:55:26	200	283	3:14	200	181	53:20	1:01:53	1:55:13	5:41:06	+1:27:55	36	M40
183.	926	-	GOLARD Louis	BEL	22		390	44:17	138	3:01	348	84	1:22:02	1:24:22	2:46:25	131	428	4:09	142	289	54:44	1:09:14	2:03:58	5:41:52	+1:28:42	42	M20
184.	895	ENCOURS	BACQ Pierre-Loic	BEL	25	RCBT	260	40:00	273	3:49	250	151	1:24:58	1:28:29	2:53:28	165	374	3:47	166	252	55:00	1:05:46	2:00:47	5:41:52	+1:28:42	43	M20
185.	767	60083M87	BOBENRIETH Alexis	BEL	32	TCDM	373	43:43	291	3:55	357	245	1:32:16	1:30:25	3:02:41	264	167	2:43	254	118	55:26	53:24	1:48:51	5:41:54	+1:28:43	67	M30

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running			Age Group							
							Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
186.	538	B18408C0190072MV1FRA	POULLIER Vincent	FRA	42	CCWAVRIN	443	46:27	165	3:14	411	105	1:21:05	1:28:01	2:49:06	173	159	2:41	168	250	57:58	1:02:30	2:00:29	5:41:59	+1:28:48	37	M40
187.	955	-	GILLES Steve	BEL	43	ATCC	527	51:05	355	4:16	516	135	1:21:26	1:30:30	2:51:56	242	284	3:14	242	143	53:19	58:13	1:51:32	5:42:06	+1:28:55	38	M40
188.	978	-	E TTE	---	---	---	257	39:57	68	2:29	204	334	1:30:56	1:39:08	3:10:04	288	41	1:58	270	106	51:33	56:13	1:47:47	5:42:17	+1:29:07	11	EQ
189.	615	-	DEPOORTER Stijn	BEL	39	SMART ATLETEE TEAM	205	38:42	228	3:36	198	168	1:26:21	1:28:38	2:54:59	166	158	2:40	160	269	56:55	1:05:25	2:02:20	5:42:20	+1:29:09	68	M30
190.	833	60857M90	LARONDELLE Gaetan	BEL	29	BTC	187	38:23	63	2:28	152	255	1:28:00	1:35:11	3:03:12	215	117	2:25	207	189	57:10	58:49	1:55:59	5:42:29	+1:29:19	44	M20
191.	723	B30004C	VALLEJO Sébastien	FRA	34	TRIATHLON TOUL TEAM	25	31:14	178	3:20	40	223	1:26:18	1:34:26	3:00:45	150	228	3:00	147	290	59:34	1:04:35	2:04:10	5:42:31	+1:29:21	69	M30
192.	862	-	SORCE Lorenzo	BEL	27	SPORTIVAMENTE	413	45:21	132	2:59	378	286	1:29:43	1:36:13	3:05:56	308	71	2:12	293	93	49:24	56:41	1:46:05	5:42:34	+1:29:24	45	M20
193.	474	03526M73	BLONDEEL Wouter	BEL	46	ITC	146	37:06	281	3:52	156	209	1:26:49	1:32:42	2:59:32	187	232	3:01	183	237	58:27	1:00:50	1:59:18	5:42:50	+1:29:39	39	M40
194.	898	-	COPPÉ László	BEL	25	RCBT	525	51:02	268	3:48	512	139	1:22:40	1:29:51	2:52:31	243	235	3:01	241	156	54:17	58:14	1:52:32	5:42:57	+1:29:46	46	M20
195.	887	56727M93	PÉTRÉ Robin	BEL	26	RCBT	355	43:11	43	2:11	295	206	1:23:16	1:35:35	2:58:52	216	202	2:51	214	194	57:22	58:58	1:56:20	5:43:27	+1:30:17	47	M20
196.	605	60566M80	PANICHI Christophe	BEL	39	PFA	42	31:52	186	3:23	51	361	1:34:58	1:37:44	3:12:43	246	61	2:07	239	163	54:46	58:48	1:53:35	5:43:42	+1:30:31	70	M30
197.	504	-	MULLER Pascal	FRA	45		468	47:18	511	5:26	482	273	1:31:34	1:33:17	3:04:52	338	224	2:59	328	69	50:33	52:38	1:43:12	5:43:48	+1:30:38	40	M40
198.	387	57424M65	SIMOENS Gaetan	BEL	54	ATCC	238	39:20	126	2:55	197	225	1:26:26	1:34:20	3:00:46	206	285	3:14	205	205	55:58	1:01:35	1:57:34	5:43:51	+1:30:41	12	M50
199.	544	09625M77	D'HERT Tom	BEL	42	TRIATLON TEAM ROESELARE	293	41:17	328	4:11	298	166	1:26:00	1:28:41	2:54:42	181	390	3:53	185	249	54:56	1:05:29	2:00:25	5:44:30	+1:31:20	41	M40
200.	994	-	E BIN OTAN	---	---	---	118	36:10	294	3:57	130	366	1:34:13	1:39:13	3:13:26	300	48	2:02	284	123	51:40	57:30	1:49:15	5:44:47	+1:31:37	12	EQ
201.	930	62369M98	HENNIAUX Quentin	FRA	21	CCSTC	169	37:51	94	2:41	142	241	1:26:50	1:35:28	3:02:19	202	90	2:18	195	241	55:38	1:04:03	1:59:41	5:44:52	+1:31:41	48	M20
202.	949	-	BERGER Charlie	FRA	40		68	33:33	225	3:35	74	297	1:33:18	1:33:26	3:06:45	212	174	2:44	208	218	59:33	58:48	1:58:22	5:45:01	+1:31:51	42	M40
203.	626	000000	CATY Timothee	BEL	38	TCDM	124	36:19	402	4:32	151	270	1:29:16	1:35:24	3:04:40	227	441	4:15	235	182	54:57	1:00:19	1:55:16	5:45:04	+1:31:54	71	M30
204.	960	BB11624C	LICOUR Laurent	FRA	50	CCWAVRIN	458	46:44	582	3:27	507	190	1:26:49	1:30:18	2:57:08	276	410	4:00	282	128	52:56	56:48	1:49:44	5:45:14	+1:32:03	13	M50
205.	905	-	VAN ERP Jérôme	BEL	25		409	45:10	529	5:40	442	55	1:18:35	1:23:25	2:42:00	124	237	3:02	123	352	1:02:33	1:06:49	2:09:22	5:45:16	+1:32:06	49	M20
206.	820	-	NOLLET Baudouin	BEL	30		192	38:29	254	3:45	196	162	1:24:29	1:29:59	2:54:29	162	280	3:14	159	307	1:00:42	1:04:42	2:05:24	5:45:22	+1:32:12	72	M30
207.	977	-	E TTE SINT HUBERTUS TEAM	---	---	---	106	35:47	71	2:30	97	385	1:34:36	1:40:52	3:15:29	303	28	1:51	286	129	50:13	59:31	1:49:45	5:45:24	+1:32:14	13	EQ
208.	671	-	GILLET Raphael	BEL	36		411	45:17	426	4:39	415	226	1:27:51	1:32:58	3:00:50	271	254	3:06	261	151	50:43	1:01:23	1:52:07	5:46:01	+1:32:51	73	M30
209.	830	-	COLLETTE Alexandre	BEL	29		298	41:22	408	4:32	307	178	1:24:24	1:31:14	2:55:38	194	336	3:33	193	254	57:07	1:03:49	2:00:56	5:46:03	+1:32:53	50	M20
210.	324	-	F JACQUET Julia	FRA	28		199	38:34	237	3:39	194	354	1:33:28	1:38:31	3:12:00	307	234	3:01	301	120	52:58	56:05	1:49:03	5:46:19	+1:33:09	8	F20
211.	651	62305M82	DANLOY Michael	BEL	37	Q3T	255	39:56	275	3:49	248	239	1:30:16	1:31:59	3:02:15	233	223	2:58	226	211	57:57	1:00:00	1:57:58	5:46:58	+1:33:48	74	M30
212.	442	-	HORLIN Gaëtan	BEL	48	GROUPE GOBERT RUNNING TEA	511	49:55	429	4:41	509	265	1:28:26	1:35:52	3:04:19	351	513	5:01	351	72	50:35	52:51	1:43:27	5:47:26	+1:34:15	43	M40
213.	461	-	MOREAU Fabrice	FRA	47		389	44:11	515	5:28	409	170	1:25:16	1:29:49	2:55:06	220	426	4:08	224	223	56:06	1:02:34	1:58:41	5:47:35	+1:34:25	44	M40
214.	421	59902M69	BECKERS Patrick	BEL	50	TDCH	204	38:40	148	3:04	178	257	1:29:41	1:33:33	3:03:15	222	214	2:57	218	242	57:27	1:02:14	1:59:42	5:47:39	+1:34:29	14	M50
215.	569	56728M78	VANDERHEYDEN Samuel	BEL	41	SHARKS TRIATHLON	69	33:34	92	2:38	62	264	1:29:27	1:34:46	3:04:13	183	130	2:31	180	296	57:40	1:07:01	2:04:42	5:47:40	+1:34:30	45	M40
216.	618	62492M80	SARTELET Arnaud	BEL	39	P8	178	38:13	95	2:41	154	285	1:30:36	1:35:09	3:05:45	240	227	3:00	234	213	55:58	1:02:04	1:58:02	5:47:43	+1:34:33	75	M30
217.	562	-	TURCAN Cédric	FRA	41		215	38:56	459	4:55	251	311	1:32:36	1:35:41	3:08:17	283	104	2:22	273	160	54:25	58:51	1:53:17	5:47:49	+1:34:39	46	M40
218.	975	-	XHONNEUX Renaud	BEL	43	ROYAL JULÉMONT TRIATHLON	319	42:21	240	3:41	313	216	1:28:34	1:31:35	3:00:09	235	354	3:39	236	212	55:20	1:02:40	1:58:00	5:47:53	+1:34:43	47	M40
219.	582	78A38723M504	PHILIPS Vincent	NLD	41	RTC DEN HAAG	451	46:35	107	2:48	403	147	1:25:04	1:28:18	2:53:22	201	253	3:06	201	276	54:39	1:08:10	2:02:50	5:48:44	+1:35:33	48	M40
220.	682	-	SAN GREGORIO SUCENA Rafael	BEL	36		226	39:08	599	12:39	465	215	1:28:35	1:31:29	3:00:04	280	132	2:32	268	170	54:01	1:00:21	1:54:23	5:48:48	+1:35:38	76	M30
221.	502	61613M74	BAILLY Karl	BEL	45	CCSTC	374	43:43	279	3:51	354	316	1:32:04	1:36:29	3:08:34	324	312	3:24	315	124	53:38	55:37	1:49:15	5:48:49	+1:35:39	49	M40
222.	725	59551M85	MASSON Christophe	BEL	34	TNT	473	47:32	320	4:08	460	248	1:27:11	1:35:39	3:02:50	312	330	3:32	306	138	52:58	58:15	1:51:14	5:49:18	+1:36:08	77	M30

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group						
							Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
223.	404	61810M67	THESSIEU Christophe	FRA	52	COMINTRI	256	39:56	115	2:50	213	290	1:30:02	1:36:27	3:06:29	256	116	2:25	247	206	56:57	1:00:38	1:57:36	5:49:18	+1:36:08	15	M50	
224.	967	-	SAINT-MARS Alexandre	FRA	39		174	38:07	292	3:55	188	333	1:31:46	1:38:10	3:09:57	281	213	2:57	278	171	54:36	59:55	1:54:32	5:49:29	+1:36:19	78	M30	
225.	565	-	MICHOTTE Alexandre	BEL	41		152	37:21	322	4:08	171	323	1:31:36	1:37:27	3:09:03	266	134	2:33	256	197	56:24	59:59	1:56:24	5:49:31	+1:36:20	50	M40	
226.	761	-	DEVILLE Andy	FRA	32	MADRES	208	38:47	158	3:13	187	155	1:21:58	1:31:47	2:53:46	155	203	2:53	152	365	1:02:11	1:08:45	2:10:56	5:49:36	+1:36:26	79	M30	
227.	456	B19163	MARMUSE Bertrand	FRA	47	TEAM GOFAST	250	39:50	118	2:51	208	165	1:25:11	1:29:26	2:54:37	167	431	4:11	169	344	1:02:07	1:06:37	2:08:45	5:50:15	+1:37:05	51	M40	
228.	275	-	F BOUTMANS Gita	BEL	45		405	44:58	220	3:34	384	368	1:35:32	1:38:01	3:13:33	367	379	3:48	365	83	50:32	53:54	1:44:27	5:50:22	+1:37:11	5	F40	
229.	483	-	AERNOUITS Raf	BEL	46	MEETRIA	471	47:31	324	4:08	458	211	1:27:23	1:32:13	2:59:37	274	242	3:02	267	195	58:28	57:54	1:56:22	5:50:42	+1:37:32	52	M40	
230.	953	62512M81	EMOND Vincent	BEL	38	TNTB	522	50:54	350	4:15	515	229	1:27:37	1:33:40	3:01:17	327	313	3:24	316	137	55:39	55:29	1:51:09	5:51:02	+1:37:52	80	M30	
231.	408	56721M68	DUFRANE Gil	BEL	51	URBAN TRI TEAM	231	39:11	302	3:59	223	202	1:25:34	1:32:54	2:58:28	195	238	3:02	190	326	57:55	1:08:43	2:06:38	5:51:20	+1:38:10	16	M50	
232.	825	-	DE BOOM Tom	BEL	29		285	40:41	420	4:37	294	376	1:35:02	1:39:16	3:14:19	357	259	3:08	347	115	51:00	57:42	1:48:42	5:51:29	+1:38:19	51	M20	
233.	675	59543M83	HUBERT Charles	BEL	36	TCDM	160	37:33	378	4:25	186	185	1:24:27	1:32:08	2:56:35	172	342	3:35	174	354	1:00:21	1:09:11	2:09:32	5:51:42	+1:38:32	81	M30	
234.	478	B43381C	DOIT Olivier	FRA	46	VALENCIENNES TRIATHLON	496	48:51	497	5:17	501	300	1:29:06	1:38:02	3:07:09	365	225	2:59	355	104	51:57	55:28	1:47:25	5:51:43	+1:38:33	53	M40	
235.	665	-	DEWAELE Sebastien	BEL	36		464	47:05	401	4:31	456	254	1:29:49	1:33:16	3:03:06	314	269	3:11	304	165	55:33	58:16	1:53:50	5:51:44	+1:38:34	82	M30	
236.	457	60663M72	DEMOULIN Nicolas	BEL	47	TURBO	23	30:35	156	3:11	28	339	1:33:38	1:36:51	3:10:29	217	187	2:48	213	297	57:52	1:06:54	2:04:46	5:51:51	+1:38:41	54	M40	
237.	695	56719M84	ZIANT Sébastien	BEL	35		469	47:21	65	2:28	413	277	1:28:10	1:36:55	3:05:06	316	250	3:05	305	166	57:28	56:26	1:53:54	5:51:57	+1:38:46	83	M30	
238.	698	60096M84	LORIERIS Nicolas	BEL	35	JETT	240	39:22	306	4:00	236	338	1:38:15	1:32:12	3:10:27	304	289	3:15	299	176	54:32	1:00:21	1:54:53	5:52:00	+1:38:50	84	M30	
239.	336	58827F95	F MORIMONT Maelle	BEL	24	NSTT	53	32:56	64	2:28	53	276	1:29:34	1:35:27	3:05:02	184	186	2:47	181	347	1:02:11	1:06:49	2:09:01	5:52:16	+1:39:06	9	F20	
240.	770	-	JUNGST David	BEL	32		295	41:19	121	2:51	258	288	1:30:36	1:35:46	3:06:23	267	206	2:53	258	229	1:04:39	54:12	1:58:52	5:52:20	+1:39:10	85	M30	
241.	733	-	HANNESSE Florian	BEL	34		434	46:03	493	5:15	450	185	1:26:53	1:30:48	2:57:42	255	425	4:08	257	235	55:43	1:03:32	1:59:15	5:52:26	+1:39:15	86	M30	
242.	403	07782M67	HIMBRECHT Gunther	BEL	52	TRIATLONTEAM ROESELARE	76	34:04	236	3:39	85	246	1:28:54	1:33:50	3:02:44	185	464	4:28	191	336	1:01:22	1:06:09	2:07:32	5:52:30	+1:39:19	17	M50	
243.	697	60944M84	MATHIEU Dylan	BEL	35	TTF	354	43:08	218	3:32	330	224	1:28:04	1:32:41	3:00:45	244	133	2:32	237	280	57:39	1:05:14	2:02:53	5:52:53	+1:39:43	87	M30	
244.	779	-	LHÔTE Nicolas	BEL	31		181	38:19	226	3:35	184	293	1:29:28	1:37:08	3:06:37	250	468	4:32	255	243	56:40	1:03:09	1:59:49	5:52:54	+1:39:44	88	M30	
245.	399	A85791C	VANCAUWENBERGHE Laurent	FRA	52	WASQUEHAL TRIATHLON	70	33:35	243	3:42	79	305	1:38:39	1:28:54	3:07:33	221	-	-	-	-	-	-	-	-	5:53:03	+1:39:53	18	M50
246.	571	62608M78	DUQUESNE Emmanuel	BEL	41	TCDM	350	43:07	229	3:37	332	113	1:22:41	1:27:10	2:49:51	159	162	2:42	157	392	1:01:32	1:12:23	2:13:55	5:53:13	+1:40:03	55	M40	
247.	368	-	LHOEST Thierry	BEL	56		427	45:49	451	4:53	437	213	1:27:08	1:32:52	3:00:01	269	246	3:04	260	240	57:34	1:02:05	1:59:40	5:53:28	+1:40:17	19	M50	
248.	596	-	MARION Olivier	BEL	40		114	36:04	251	3:44	123	164	1:25:02	1:29:33	2:54:36	136	413	4:00	149	409	1:04:22	1:11:06	2:15:28	5:53:53	+1:40:43	56	M40	
249.	670	61392M83	LECOMTE Damien	BEL	36	LDLV	225	39:07	342	4:13	232	267	1:29:46	1:34:34	3:04:21	245	322	3:29	244	282	59:27	1:03:31	2:02:59	5:54:10	+1:41:00	89	M30	
250.	690	DEMANDEENCOURS	LEPRINCE Julian	BEL	35		406	45:01	359	4:17	399	283	1:29:33	1:35:59	3:05:32	315	316	3:27	310	191	55:33	1:00:27	1:56:01	5:54:19	+1:41:09	90	M30	
251.	459	A91026C	PONCELET Jean-David	FRA	47	TEAM NOYON TRIATHLON	455	46:41	461	4:57	457	232	1:28:18	1:33:16	3:01:35	297	365	3:43	297	214	56:09	1:01:56	1:58:05	5:55:03	+1:41:53	57	M40	
252.	873	-	SCHOLSEN Olivier	BEL	27		328	42:33	295	3:57	324	210	1:27:30	1:32:03	2:59:33	234	301	3:21	231	314	59:11	1:06:36	2:05:47	5:55:13	+1:42:02	52	M20	
253.	577	39723M78	VAN BEVER Stijn	BEL	41	TTE	563	55:02	383	4:26	560	161	1:25:07	1:29:17	2:54:24	305	192	2:49	294	225	55:43	1:03:00	1:58:44	5:55:27	+1:42:17	58	M40	
254.	837	-	VERCRUYSE Amaury	BEL	29		419	45:28	457	4:54	426	318	1:33:22	1:35:20	3:08:42	354	476	4:37	350	154	54:51	57:23	1:52:15	5:55:59	+1:42:48	53	M20	
255.	803	-	PELLISIER Vincent	BEL	30		520	50:46	428	4:41	518	149	1:26:14	1:27:10	2:53:24	253	391	3:54	250	286	56:14	1:07:08	2:03:23	5:56:09	+1:42:58	91	M30	
256.	290	06671F80	F VANDECAVEYE Katia	BEL	39	TRIATLONTEAM ROESELARE	308	41:51	139	3:01	282	219	1:27:33	1:32:53	3:00:27	225	179	2:45	220	341	1:01:58	1:06:06	2:08:05	5:56:12	+1:43:01	6	F30	
257.	359	-	DE BLANDERE Alain	FRA	57		358	43:18	565	6:49	419	228	1:26:41	1:34:36	3:01:17	275	416	4:01	281	253	57:24	1:03:31	2:00:55	5:56:23	+1:43:13	20	M50	
258.	961	59413M83	MARIEN Francois	BEL	36	TTF	211	38:51	143	3:02	182	256	1:28:37	1:34:36	3:03:14	223	170	2:43	216	346	1:00:24	1:08:28	2:08:52	5:56:44	+1:43:34	92	M30	
259.	600	-	SMOOS Augustin	BEL	40	JOASSIN TRAIL TEAM	82	34:31	152	3:08	84	321	1:28:10	1:40:42	3:08:53	238	177	2:45	229	335	1:03:14	1:04:17	2:07:32	5:56:50	+1:43:39	59	M40	

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group					
							Pos	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name
260.	293	-	F VAN HOVE Janne	BEL	36		56	33:12	213	3:31	69	428	1:38:56	1:41:36	3:20:33	336	172	2:44	319	204	58:06	58:47	1:56:54	5:56:56	+1:43:45	7	F30
261.	892	-	F FONTENIER Guillaume	FRA	26		31	31:29	140	3:02	39	242	1:24:37	1:37:47	3:02:24	164	298	3:20	162	421	1:02:48	1:13:51	2:16:40	5:56:57	+1:43:46	54	M20
262.	954	56856M69	GAUDIN Frederic	BEL	50	TURBO	133	36:30	326	4:10	146	250	1:30:50	1:32:05	3:02:55	210	307	3:22	212	358	1:01:32	1:08:44	2:10:17	5:57:16	+1:44:05	21	M50
263.	380	56585M65	DELMELLE Patrick	BEL	54	RCBT	347	43:01	196	3:27	323	387	1:36:36	1:39:15	3:15:52	370	335	3:33	364	142	55:19	56:07	1:51:27	5:57:21	+1:44:10	22	M50
264.	593	-	HUET Joanie	FRA	40		404	44:58	297	3:57	389	326	1:30:20	1:39:02	3:09:22	343	196	2:50	332	196	56:03	1:00:20	1:56:23	5:57:32	+1:44:22	60	M40
265.	393	B06147C	DUCARME Dominique	FRA	53	TEAM TRIATHLON MAUBEUGE	421	45:33	256	3:45	400	260	1:29:12	1:34:28	3:03:40	294	207	2:54	288	267	1:01:02	1:01:02	2:02:04	5:57:59	+1:44:48	23	M50
266.	279	59851F75	F DEROUAUX Virginie	BEL	44	TCBM	382	44:00	216	3:32	351	348	1:32:36	1:38:56	3:11:33	353	200	2:51	339	193	56:55	59:22	1:56:17	5:58:14	+1:45:04	6	F40
267.	495	74A29485M522	POCAS Filipe	PRT	45	TVR RIJNMOND	311	42:02	201	3:28	299	181	1:25:25	1:30:25	2:55:50	191	511	5:00	206	378	1:05:46	1:06:12	2:11:58	5:58:20	+1:45:09	61	M40
268.	853	56870M91	WILLAME Thomas	BEL	28	TURBO	46	31:58	102	2:47	43	439	1:33:46	1:48:34	3:22:20	334	290	3:15	326	217	55:27	1:02:44	1:58:12	5:58:34	+1:45:24	55	M20
269.	496	60947M47	COENE Frédéric	BEL	45	CCSTC	297	41:20	194	3:26	279	236	1:27:30	1:34:33	3:02:40	241	73	2:13	228	356	1:01:08	1:08:44	2:09:52	5:58:57	+1:45:46	62	M40
270.	869	-	BABEL Arnaud	FRA	27		573	56:01	366	4:21	567	218	1:27:10	1:33:11	3:00:21	363	407	3:59	359	169	56:59	57:21	1:54:20	5:59:05	+1:45:54	56	M20
271.	1000	-	E N/A	---			145	36:59	249	3:44	148	278	1:29:04	1:36:08	3:05:12	231	39	1:57	217	370	1:02:31	1:08:49	2:11:20	5:59:15	+1:46:04	14	EQ
272.	751	-	GAUTIER Xavier	FRA	33		197	38:32	452	4:53	239	301	1:30:38	1:36:39	3:07:17	270	368	3:44	269	299	58:27	1:06:24	2:04:52	5:59:21	+1:46:11	93	M30
273.	523	B07893C	BREDEL Thierry	FRA	43	ASCP SENAT	415	45:25	331	4:11	407	238	1:28:41	1:33:30	3:02:11	279	161	2:41	271	302	1:04:27	1:00:30	2:04:57	5:59:27	+1:46:17	63	M40
274.	666	62843M83	FLORIAN Miroslav	CZE	36	UTT	108	35:49	332	4:11	127	320	1:29:45	1:39:04	3:08:49	252	517	5:09	264	311	1:01:09	1:04:26	2:05:36	5:59:35	+1:46:25	94	M30
275.	422	07378M69	WALLEGHEM Dieter	BEL	50	TTR	318	42:18	394	4:29	333	298	1:30:22	1:36:26	3:06:48	301	371	3:46	302	270	1:00:46	1:01:36	2:02:23	5:59:46	+1:46:36	24	M50
276.	787	-	DROUILLON Thibaut	FRA	31		403	44:58	400	4:31	405	221	1:27:55	1:32:44	3:00:40	262	401	3:57	266	312	1:00:29	1:05:10	2:05:39	5:59:47	+1:46:36	95	M30
277.	724	-	GOFFIN Pierre	BEL	34		183	38:21	454	4:54	227	196	1:25:51	1:31:28	2:57:19	189	378	3:48	187	410	1:04:47	1:10:45	2:15:32	5:59:56	+1:46:46	96	M30
278.	625	-	GILSON Jérémy	BEL	38	ZÉVILU	303	41:39	265	3:47	297	359	1:34:44	1:37:45	3:12:30	341	291	3:16	333	230	59:33	59:25	1:58:58	6:00:11	+1:47:01	97	M30
279.	633	B23731	DUPONT Sébastien	FRA	38	CAF	516	50:12	390	4:28	510	349	1:33:40	1:37:55	3:11:36	399	199	2:51	389	140	55:02	56:18	1:51:20	6:00:28	+1:47:18	98	M30
280.	338	62060F95	F LEQUEUE Camille	BEL	24	TURBO	222	39:02	80	2:32	173	412	1:36:51	1:41:37	3:18:28	358	68	2:11	342	220	56:31	1:02:02	1:58:33	6:00:48	+1:47:38	10	F20
281.	984	-	E JETT	---			395	44:27	9	1:38	315	296	1:28:23	1:38:19	3:06:42	292	14	1:45	274	323	1:00:09	1:06:22	2:06:31	6:01:05	+1:47:54	15	EQ
282.	683	-	PALLADE Aurelien	FRA	36	JETT	301	41:24	201	3:28	281	357	1:32:09	1:40:10	3:12:20	335	216	2:58	323	257	58:55	1:02:30	2:01:25	6:01:37	+1:48:26	99	M30
283.	284	62525F77	F BADON Marie-Hélène	BEL	42	P8	456	46:41	311	4:03	439	197	1:25:44	1:31:37	2:57:21	248	263	3:09	245	361	1:03:17	1:07:14	2:10:32	6:01:48	+1:48:38	7	F40
284.	548	62866M77	HANSEZ Benoît	BEL	42	CCSTC	379	43:55	510	5:25	401	287	1:31:21	1:34:42	3:06:04	319	501	4:50	324	260	58:52	1:02:40	2:01:33	6:01:49	+1:48:39	64	M40
285.	691	-	KOEN Spapens	BEL	35		266	40:08	314	4:04	259	306	1:31:57	1:35:36	3:07:33	278	308	3:23	279	328	1:00:18	1:06:25	2:06:43	6:01:53	+1:48:43	100	M30
286.	980	-	E RUNNING TRAIL THIÉRA CHE	---			343	42:56	37	2:07	288	350	1:31:48	1:39:51	3:11:39	331	63	2:07	313	283	56:44	1:06:17	2:03:01	6:01:53	+1:48:43	16	EQ
287.	443	-	DE BIE Werner	BEL	48		186	38:23	106	2:48	160	176	1:23:55	1:31:33	2:55:29	161	301	3:21	161	454	1:06:42	1:15:18	2:22:01	6:02:04	+1:48:53	65	M40
288.	886	-	SPEECKA ERT Nicolas	BEL	26		325	42:28	392	4:29	337	299	1:28:28	1:38:31	3:07:00	306	189	2:49	295	306	58:51	1:06:31	2:05:22	6:02:10	+1:48:59	57	M20
289.	937	-	SANDRONE Lucas	FRA	20		375	43:45	261	3:47	352	501	1:26:53	2:05:58	3:32:51	480	171	2:44	471	47	47:17	51:49	1:39:06	6:02:15	+1:49:05	58	M20
290.	641	-	BARTIER Grégory	FRA	38		206	38:42	235	3:39	200	263	1:27:57	1:36:08	3:04:05	237	262	3:09	233	382	1:01:39	1:11:14	2:12:54	6:02:31	+1:49:20	101	M30
291.	681	-	BONOMI Nicolas	BEL	36	TNT	45	31:57	182	3:20	52	475	1:40:46	1:46:20	3:27:07	371	315	3:26	363	202	57:44	59:00	1:56:45	6:02:37	+1:49:27	102	M30
292.	536	-	CABANETOS Gregory	FRA	43	BTSH	402	44:54	174	3:17	374	230	1:26:36	1:34:46	3:01:22	257	287	3:15	251	357	58:50	1:11:03	2:09:53	6:02:43	+1:49:33	66	M40
293.	702	-	BOULANGER Thibaut	FRA	35		380	43:56	232	3:37	353	317	1:28:57	1:39:40	3:08:37	325	485	4:40	330	266	56:08	1:05:52	2:02:00	6:02:53	+1:49:43	103	M30
294.	515	-	ROLAND Benoit	BEL	44		571	55:54	325	4:08	564	179	1:24:37	1:31:09	2:55:47	321	435	4:12	320	281	57:57	1:04:56	2:02:53	6:02:57	+1:49:46	67	M40
295.	901	-	BOURGEOIS Bastien	FRA	25		462	46:55	314	4:04	446	136	1:22:35	1:29:21	2:51:57	204	386	3:50	210	417	1:03:30	1:12:42	2:16:12	6:03:00	+1:49:50	59	M20
296.	742	-	DENIZOT Vincent	FRA	33		486	48:17	215	3:32	466	233	1:27:52	1:33:46	3:01:38	298	195	2:49	291	331	1:01:51	1:05:11	2:07:03	6:03:20	+1:50:10	104	M30

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running				Age Group						
							Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
297.	934	-	BAUDELET Romain	BEL	20		-	-	96	173	1:25:37	1:29:41	2:55:19	130	188	2:48	127	494	1:13:18	1:14:17	2:27:35	6:04:00	+1:50:50	60	M20		
298.	551	A80817C	VILLEMINGOT Fabien	FRA	42	WASQUEHAL TRIATHLON	546	52:26	425	4:39	538	292	1:30:56	1:35:33	3:06:30	382	282	3:14	376	210	56:14	1:01:39	1:57:53	6:04:44	+1:51:34	68	M40
299.	385	A08837C	GIBON Frederic	FRA	54	TEAM TRIATHLON MAUBEUGE	216	38:56	303	3:59	217	458	1:33:56	1:49:52	3:23:48	404	295	3:18	396	173	54:07	1:00:39	1:54:46	6:04:49	+1:51:39	25	M50
300.	840	-	TOUSSAINT Antpine	BEL	29		372	43:39	557	6:23	417	177	1:23:59	1:31:37	2:55:37	228	458	4:25	238	403	58:37	1:16:09	2:14:46	6:04:52	+1:51:42	61	M20
301.	264	-	F HUYGHE Lies	BEL	48	TRIATLON TEAM ROESELARE	416	45:26	269	3:48	397	303	1:32:09	1:35:18	3:07:27	330	192	2:49	314	305	58:35	1:06:46	2:05:21	6:04:54	+1:51:44	8	F40
302.	255	60617F66	F MALGRANGE Brigitte	BEL	53	TDCH	335	42:42	496	5:16	369	424	1:39:07	1:40:46	3:19:53	421	215	2:58	406	168	55:16	59:01	1:54:18	6:05:09	+1:51:58	1	F50
303.	859	-	CHARLIER Arthur	BEL	28		322	42:25	423	4:38	340	322	1:28:43	1:40:13	3:08:57	323	394	3:55	317	304	59:49	1:05:25	2:05:15	6:05:11	+1:52:01	62	M20
304.	489	-	LETUFFE Samuel	FRA	45	CCWAVRIN	566	55:12	136	3:00	546	38	1:15:50	1:22:08	2:37:59	156	57	2:05	146	490	1:05:41	1:21:32	2:27:14	6:05:33	+1:52:22	69	M40
305.	481	58642M73	VANDOORSLAERT Michael	BEL	46	BTC	551	53:00	558	6:23	557	344	1:33:08	1:38:04	3:11:13	440	303	3:21	431	147	55:04	56:43	1:51:48	6:05:47	+1:52:37	70	M40
306.	865	-	PIRLOT Gilles	BEL	27		60	33:21	85	2:33	57	269	1:26:00	1:38:33	3:04:33	186	408	3:59	188	449	1:08:38	1:12:40	2:21:19	6:05:48	+1:52:38	63	M20
307.	645	ENCOURS'DOBTENTION	LANCELLE Julien	BEL	37	ATCC	168	37:50	407	4:32	202	392	1:35:37	1:40:20	3:15:57	344	245	3:04	337	294	1:00:33	1:04:01	2:04:34	6:05:59	+1:52:49	105	M30
308.	768	-	RENAUX Alexandre	BEL	32		394	44:25	283	3:52	375	271	1:29:00	1:35:43	3:04:43	296	519	5:15	309	340	1:02:41	1:05:17	2:07:59	6:06:16	+1:53:05	106	M30
309.	795	-	BEGHIN Olivier	BEL	31		351	43:07	450	4:53	370	419	1:37:13	1:41:51	3:19:05	406	141	2:36	394	201	56:31	1:00:04	1:56:36	6:06:18	+1:53:08	107	M30
310.	999	-	E JETT	---			54	32:57	10	1:38	41	480	1:34:59	1:52:34	3:27:34	368	32	1:53	353	274	57:12	1:05:22	2:02:35	6:06:39	+1:53:28	17	EQ
311.	594	-	UYTTEBROECK Ken	BEL	40		315	42:13	154	3:09	296	342	1:34:44	1:36:24	3:11:09	328	429	4:10	329	318	59:03	1:07:06	2:06:09	6:06:53	+1:53:42	71	M40
312.	614	-	HENRARD Christophe	BEL	39	NINGLINSPOTES	461	46:51	534	5:47	479	259	1:27:33	1:36:05	3:03:39	326	404	3:58	325	327	1:00:42	1:05:58	2:06:40	6:06:58	+1:53:48	108	M30
313.	646	-	HAJDU Peter	FRA	37		357	43:12	540	5:59	395	330	1:32:31	1:37:10	3:09:42	350	530	5:37	358	272	56:59	1:05:29	2:02:28	6:06:59	+1:53:49	109	M30
314.	806	-	RENARD Gil	BEL	30		515	50:09	566	6:50	535	289	1:32:28	1:33:59	3:06:28	381	514	5:02	384	221	57:15	1:01:19	1:58:34	6:07:05	+1:53:54	110	M30
315.	979	-	E TTE	---			202	38:39	35	2:06	149	369	1:32:39	1:41:09	3:13:48	313	156	2:40	300	359	1:04:02	1:06:15	2:10:18	6:07:32	+1:54:22	18	EQ
316.	765	-	DEWEZ Bastien	BEL	32		158	37:31	441	4:48	199	384	1:34:03	1:41:24	3:15:28	339	445	4:19	341	313	59:53	1:05:49	2:05:43	6:07:51	+1:54:41	111	M30
317.	592	-	POJMAN Tomas	CZE	40	KLADIVA PARDUBICE	387	44:06	379	4:25	383	231	1:29:15	1:32:19	3:01:35	261	198	2:50	252	407	1:02:09	1:13:08	2:15:18	6:08:15	+1:55:05	72	M40
318.	791	62767M88	VAN PARIJS Pierre-Emmanuel	BEL	31	NSTT	360	43:20	185	3:23	331	281	1:30:09	1:35:18	3:05:28	284	230	3:00	280	384	1:03:22	1:09:41	2:13:04	6:08:17	+1:55:07	112	M30
319.	766	-	BASTIN Valery	BEL	32		333	42:40	491	5:13	365	325	1:29:44	1:39:25	3:09:09	333	528	5:31	346	319	1:01:35	1:04:49	2:06:24	6:08:59	+1:55:49	113	M30
320.	558	62743M77	GAETE DEL RIO Nicolas	BEL	42	RCBT	291	40:53	507	5:22	318	377	1:33:09	1:41:14	3:14:24	362	536	5:52	372	273	1:00:15	1:02:18	2:02:33	6:09:06	+1:55:55	73	M40
321.	823	-	LAVEAUX Guillaume	BEL	29		550	52:46	490	5:13	544	444	1:39:44	1:43:00	3:22:45	484	419	4:03	480	82	49:20	54:58	1:44:19	6:09:07	+1:55:57	64	M20
322.	946	62213M01	MAURISSET Thibaut	BEL	18	TTB	304	41:42	122	2:52	271	445	1:37:44	1:45:02	3:22:47	412	169	2:43	397	234	57:02	1:02:04	1:59:07	6:09:12	+1:56:02	2	M18
323.	906	-	PIRSON Félix	BEL	25		317	42:14	546	6:09	379	183	1:25:33	1:30:25	2:55:58	218	469	4:32	225	443	1:05:04	1:15:16	2:20:21	6:09:16	+1:56:06	65	M20
324.	576	-	HOENIG Thomas	BEL	41		94	35:07	519	5:29	143	356	1:32:54	1:39:18	3:12:12	293	327	3:31	292	383	1:04:37	1:08:21	2:12:58	6:09:20	+1:56:09	74	M40
325.	983	-	E RATRACE TEAM OUDENAARDE (RTTO)	---			529	51:09	31	2:00	484	375	1:35:07	1:39:05	3:14:13	413	62	2:07	391	244	57:52	1:02:03	1:59:56	6:09:26	+1:56:16	19	EQ
326.	881	-	LEONARD Steve	BEL	26		236	39:15	508	5:24	273	370	1:30:46	1:43:03	3:13:49	347	397	3:55	344	332	1:04:24	1:02:40	2:07:04	6:09:29	+1:56:18	66	M20
327.	376	A07515C	DEBONNAIRE Xavier	FRA	55	ATHLETIC CLUB MARCQUOI	184	38:21	504	5:21	247	156	1:25:06	1:28:46	2:53:52	169	361	3:42	167	500	1:11:32	1:16:56	2:28:29	6:09:46	+1:56:36	26	M50
328.	929	-	BOURGEOIS Mathieu	FRA	21		504	49:23	389	4:28	496	314	1:29:45	1:38:38	3:08:24	369	362	3:42	366	288	58:12	1:05:41	2:03:54	6:09:53	+1:56:42	67	M20
329.	668	-	HUGÉ Thibaut	BEL	36	BELGIUM RUNNING	459	46:44	492	5:14	467	340	1:32:23	1:38:06	3:10:30	373	487	4:41	380	277	58:28	1:04:22	2:02:50	6:10:01	+1:56:51	114	M30
330.	644	-	VAN DEN BOSCH Erwin	NLD	37		362	43:24	385	4:27	363	294	1:29:22	1:37:15	3:06:37	311	556	6:45	334	351	1:03:26	1:05:47	2:09:13	6:10:28	+1:57:18	115	M30
331.	365	16974M63	DESMET Olivier	BEL	56	RATRACE TRIATLON TEAM	326	42:30	395	4:29	338	279	1:32:17	1:32:56	3:05:13	285	392	3:55	289	401	1:05:34	1:09:04	2:14:39	6:10:48	+1:57:37	27	M50
332.	335	22401F94	F DESMET Laurence	BEL	25	RTTO	289	40:44	340	4:13	284	399	1:34:49	1:41:53	3:16:42	366	160	2:41	356	320	1:00:14	1:06:10	2:06:25	6:10:48	+1:57:37	11	F20
333.	454	41816M72	VANDEVENNE Peter	BEL	47	TTE	201	38:36	296	3:57	206	352	1:31:42	1:40:08	3:11:51	310	402	3:58	311	389	1:02:43	1:10:45	2:13:28	6:11:51	+1:58:40	75	M40

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running			Age Group							
							Pos	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name
334.	395	-	DELPIERRE Frédéric	BEL	53		423	45:39	462	4:57	435	372	1:35:28	1:38:38	3:14:06	389	473	4:34	390	278	1:00:27	1:02:23	2:02:50	6:12:09	+1:58:59	28	M50
335.	963	-	NOËL Kevin	BEL	33		586	59:02	241	3:41	580	329	1:30:40	1:38:58	3:09:39	446	64	2:09	435	207	55:23	1:02:12	1:57:36	6:12:09	+1:58:59	116	M30
336.	465	61687M62	HENNECART David	BEL	47	TNTB	288	40:44	537	5:51	326	313	1:29:10	1:39:13	3:08:24	317	515	5:05	321	379	59:35	1:12:42	2:12:17	6:12:22	+1:59:12	76	M40
337.	688	-	AKKARI Achref	FRA	35		501	49:11	300	3:58	485	353	1:31:15	1:40:44	3:11:59	391	456	4:24	392	285	57:41	1:05:27	2:03:09	6:12:43	+1:59:33	117	M30
338.	636	60354M81	BONFANTI Thierry	BEL	38	ATCC	247	39:41	468	5:01	277	437	1:33:41	1:48:05	3:21:46	401	479	4:37	408	263	59:19	1:02:27	2:01:46	6:12:53	+1:59:43	118	M30
339.	624	62577M81	LEFEVRE-DELCOURT Fabian	BEL	38	ATCC	193	38:29	245	3:42	193	315	1:33:40	1:34:45	3:08:25	268	296	3:19	262	436	1:06:27	1:12:28	2:18:56	6:12:54	+1:59:43	119	M30
340.	604	62548M80	GUENFOUD Tahar	BEL	39	TCDM	533	51:17	471	5:02	527	364	1:33:10	1:39:51	3:13:02	430	466	4:30	429	238	57:23	1:02:00	1:59:23	6:13:15	+2:00:05	120	M30
341.	826	-	CABOCHE Etienne	FRA	29	DÉCATHLON GENNEVILLIERS	332	42:39	169	3:16	309	295	1:27:17	1:39:21	3:06:38	290	91	2:18	277	431	56:10	1:22:11	2:18:22	6:13:16	+2:00:06	68	M20
342.	328	-	F MISPELAERE Marieke	BEL	27		463	47:03	239	3:40	438	397	1:34:31	1:41:58	3:16:30	409	278	3:13	400	279	59:15	1:03:37	2:02:53	6:13:20	+2:00:10	12	F20
343.	778	-	VAN DER LINDEN Loïc	BEL	31	JETT	279	40:37	101	2:46	235	386	1:33:35	1:42:02	3:15:38	352	314	3:25	345	367	1:02:49	1:08:19	2:11:08	6:13:35	+2:00:25	121	M30
344.	276	61501F74	F SPILLIAERT Anne	BEL	45	TCDM	447	46:29	192	3:25	414	440	1:38:24	1:44:01	3:22:26	445	135	2:33	438	228	56:42	1:02:05	1:58:47	6:13:42	+2:00:32	9	F40
345.	800	-	HENKENS Arnaud	BEL	30		349	43:07	453	4:53	371	379	1:31:52	1:42:37	3:14:30	375	420	4:05	373	333	1:01:27	1:05:43	2:07:10	6:13:47	+2:00:36	122	M30
346.	817	-	JORIS François	BEL	30		482	47:57	374	4:23	475	266	1:28:40	1:35:39	3:04:19	329	395	3:55	327	388	58:56	1:14:27	2:13:24	6:14:00	+2:00:49	123	M30
347.	781	61171M88	DE VROEY Pierre	BEL	31	TNT	457	46:43	206	3:29	421	307	1:30:14	1:37:26	3:07:40	340	310	3:23	335	387	1:05:52	1:07:31	2:13:24	6:14:41	+2:01:31	124	M30
348.	829	-	SANCTORUM Stevie	FRA	29	ENDURANCE TEAM MOUSCRON	290	40:46	164	3:14	254	493	1:39:32	1:51:54	3:31:27	459	249	3:05	445	203	57:10	59:41	1:56:52	6:15:25	+2:02:14	69	M20
349.	736	60013M86	MARCEL Mathieu	BEL	33	UTT	200	38:34	345	4:14	215	408	1:36:17	1:41:45	3:18:02	364	270	3:11	352	372	58:01	1:13:27	2:11:28	6:15:31	+2:02:21	125	M30
350.	257	B04636	VAN DER VRECKEN Olivier	FRA	51	TEAM TRIATHLON MAUBEUGE	397	44:33	422	4:38	394	261	1:29:18	1:34:30	3:03:48	295	405	3:59	298	433	1:07:27	1:11:08	2:18:35	6:15:35	+2:02:25	29	M50
351.	623	B26669	CARLIER Romain	FRA	39	VALENCIENNES TRIATHLON	430	45:53	396	4:30	427	291	1:32:25	1:34:04	3:06:29	332	461	4:26	336	399	1:04:12	1:10:08	2:14:21	6:15:42	+2:02:31	126	M30
352.	431	62023M70	PEROO David	BEL	49	TKV	536	51:31	498	5:17	533	189	1:27:04	1:29:49	2:56:54	302	489	4:41	312	426	1:11:30	1:05:50	2:17:21	6:15:47	+2:02:36	77	M40
353.	468	57050M72	MEURANT Jean-Christophe	BEL	47	CCSTC	194	38:30	289	3:54	203	258	1:24:59	1:38:37	3:03:36	232	438	4:15	240	482	1:08:42	1:16:52	2:25:35	6:15:51	+2:02:40	78	M40
354.	331	B04125C0190105FS2FRA	F PERILLAUD Laura	FRA	26	LILLE TRIATHLON	548	52:34	161	3:13	522	332	1:32:12	1:37:39	3:09:51	396	300	3:21	387	334	1:00:32	1:06:47	2:07:20	6:16:20	+2:03:10	13	F20
355.	707	-	SIERAKOWSKI Damien	BEL	35	TCDM	223	39:02	346	4:14	229	309	1:27:32	1:40:16	3:07:49	273	491	4:41	287	447	1:09:08	1:11:58	2:21:07	6:16:55	+2:03:44	127	M30
356.	272	-	F DE MEULEMEESTER Inge	BEL	46		218	38:58	431	4:42	246	455	1:37:50	1:45:53	3:23:43	414	492	4:42	414	298	1:00:06	1:04:43	2:04:49	6:16:56	+2:03:46	10	F40
357.	966	-	ROUSSEL Eric	FRA	32		212	38:54	247	3:43	207	504	1:42:30	1:50:29	3:32:59	460	233	3:01	446	233	57:06	1:01:57	1:59:03	6:17:43	+2:04:32	128	M30
358.	710	-	MOINIÉ Gil	BEL	34		376	43:45	274	3:49	355	143	1:22:49	1:30:09	2:52:58	188	221	2:58	184	523	1:16:20	1:18:45	2:35:06	6:18:39	+2:05:28	129	M30
359.	828	-	KINDT Nicolas	FRA	29		244	39:29	163	3:14	210	365	1:36:48	1:36:24	3:13:12	322	418	4:02	318	435	59:51	1:18:56	2:18:48	6:18:47	+2:05:37	70	M20
360.	879	-	CAUET Thibault	FRA	27		209	38:48	298	3:57	212	204	1:24:36	1:34:06	2:58:43	192	145	2:37	186	521	1:12:42	1:22:06	2:34:48	6:18:55	+2:05:45	71	M20
361.	750	-	THIRIFAYS Julien	BEL	33	ATCC	435	46:12	382	4:26	436	450	1:38:40	1:44:41	3:23:21	453	544	6:13	458	231	58:12	1:00:49	1:59:01	6:19:15	+2:06:05	130	M30
362.	810	-	LUUK Jeremy	BEL	30		452	46:36	284	3:52	431	467	1:39:06	1:46:50	3:25:56	463	432	4:11	459	227	58:08	1:00:37	1:58:46	6:19:24	+2:06:14	131	M30
363.	788	61025M88	BERTRAND Stephane	BEL	31	CCSTC	191	38:28	41	2:11	145	441	1:34:45	1:47:52	3:22:38	380	88	2:18	361	394	1:05:51	1:08:13	2:14:05	6:19:41	+2:06:31	132	M30
364.	708	B29549C	GUILLOUX Samuel	FRA	35	TEAM TRIATHLON MAUBEUGE	503	49:19	142	3:02	476	347	1:30:48	1:40:37	3:11:25	384	219	2:58	374	385	59:42	1:13:26	2:13:08	6:19:54	+2:06:43	133	M30
365.	843	26303M90	LAMMENS Thomas	BEL	29	TDW	190	38:26	109	2:49	162	319	1:29:59	1:38:43	3:08:42	258	153	2:39	249	495	1:05:31	1:22:14	2:27:46	6:20:25	+2:07:14	72	M20
366.	436	61826M70	MA TERNE Jean-Philippe	BEL	49	Q3TEAM	217	38:57	358	4:16	226	312	1:29:48	1:38:35	3:08:23	277	409	3:59	285	479	1:12:54	1:11:58	2:24:52	6:20:30	+2:07:20	79	M40
367.	327	61931F92	F VANDERSTRAETEN Sarah	BEL	27	RCBT	296	41:19	523	5:33	336	452	1:38:34	1:45:01	3:23:35	439	545	6:14	441	287	1:03:32	1:00:18	2:03:51	6:20:34	+2:07:24	14	F20
368.	737	61954M87	MONNOYER Damien	BEL	33	ATCC	488	48:23	365	4:20	481	394	1:32:50	1:43:10	3:16:00	428	319	3:27	416	343	1:01:08	1:07:15	2:08:23	6:20:37	+2:07:26	134	M30
369.	913	-	HEYLBROECK Kevin	BEL	24	RCBT	282	40:39	406	4:32	292	414	1:36:40	1:41:53	3:18:34	383	157	2:40	370	397	1:01:54	1:12:16	2:14:11	6:20:38	+2:07:27	73	M20
370.	413	A90975C	UZAN David	FRA	51	A.A.S. FRESNES TRIATHLON	185	38:22	137	3:01	168	324	1:29:23	1:39:41	3:09:05	265	443	4:17	275	485	1:10:51	1:15:11	2:26:03	6:20:50	+2:07:40	30	M50

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group					
							Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name	
371.	754	2100304729	ANDRÉ Cedric	BEL	33	MPSTUDIO	446	46:28	277	3:50	424	355	1:30:55	1:41:15	3:12:10	374	358	3:41	367	406	1:04:55	1:10:19	2:15:14	6:21:26	+2:08:16	135	M30
372.	517	59740M75	STEENHOUT Robrecht	BEL	44	SCBTRI	483	48:12	170	3:16	452	363	1:32:38	1:40:21	3:12:59	388	400	3:56	383	386	1:04:35	1:08:46	2:13:21	6:21:46	+2:08:36	80	M40
373.	763	-	DUFOUR Maxime	FRA	32		207	38:44	421	4:38	234	282	1:27:15	1:38:15	3:05:31	254	564	7:16	290	484	1:09:19	1:16:19	2:25:38	6:21:48	+2:08:38	136	M30
374.	534	76A30275M500	MARTIN Van Den Bosch	NLD	43	NTB	384	44:03	160	3:13	346	247	1:30:48	1:31:58	3:02:46	260	328	3:31	259	499	1:08:57	1:19:29	2:28:26	6:22:01	+2:08:51	81	M40
375.	550	-	KUCERA Jan	CZE	42	KLADIVA PARDUBICE	535	51:29	588	8:25	563	398	1:34:49	1:41:41	3:16:30	462	449	4:21	460	256	59:03	1:02:13	2:01:17	6:22:04	+2:08:54	82	M40
376.	848	-	DRESSE Benoit	BEL	28	RCBT	130	36:25	219	3:32	125	463	1:37:54	1:47:05	3:25:00	390	484	4:40	393	380	1:03:56	1:08:31	2:12:27	6:22:06	+2:08:56	74	M20
377.	769	62665M87	LEBRUN Ivan	FRA	32	RCBT	143	36:52	230	3:37	140	401	1:36:08	1:40:58	3:17:06	337	317	3:27	331	446	1:08:09	1:12:52	2:11:02	6:22:06	+2:08:56	137	M30
378.	679	A33909C	RICKAERT Ludovic	FRA	36	ATHLETIC CLUB MARCQUOIS	121	36:17	500	5:18	174	404	1:34:19	1:43:28	3:17:48	356	558	6:53	369	415	1:05:51	1:10:11	2:16:03	6:22:20	+2:09:10	138	M30
379.	813	61005M89	VANDENBUSSCHE Timothée	BEL	30	ENDURANCE TEAM MOUSCRON	28	31:25	145	3:03	37	461	1:37:17	1:47:06	3:24:23	349	453	4:24	348	438	1:08:05	1:10:59	2:19:05	6:22:22	+2:09:12	139	M30
380.	914	-	ROUARD Evan	BEL	23		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6:22:23	+2:09:12	75	M20
381.	361	B01434	OGEZ Thierry	FRA	57	TEAM'S BIKE AMIENS TRIATH	480	47:52	499	5:18	486	462	1:38:52	1:45:30	3:24:23	468	325	3:30	461	258	59:28	1:02:00	2:01:28	6:22:34	+2:09:24	31	M50
382.	573	-	KESTEMAN Nicolas	BEL	41		507	49:38	409	4:32	502	346	1:31:01	1:40:18	3:11:19	392	243	3:03	385	395	1:05:11	1:08:55	2:14:06	6:22:41	+2:09:31	83	M40
383.	616	-	GOSSELIN Blaise	BEL	39	THE PASSENGER	432	45:59	488	5:11	448	484	1:42:44	1:45:41	3:28:26	475	427	4:08	475	232	57:08	1:01:54	1:59:02	6:22:49	+2:09:38	140	M30
384.	411	-	JANSENS Freddy	BEL	51	ATCC	398	44:43	518	5:29	420	280	1:28:37	1:36:46	3:05:24	320	465	4:29	322	459	1:08:21	1:14:27	2:22:48	6:22:55	+2:09:44	32	M50
385.	609	-	CARION Thibault	BEL	39		498	49:00	443	4:50	495	373	1:34:51	1:39:15	3:14:06	422	288	3:15	410	375	1:03:40	1:08:04	2:11:45	6:22:58	+2:09:48	141	M30
386.	982	-	E JETT : 60456F7	--			475	47:34	36	2:07	410	537	1:42:08	1:56:59	3:39:07	517	110	2:24	506	150	54:04	57:50	1:51:55	6:23:09	+2:09:58	20	EQ
387.	265	61738F71	F DELREZ Karin	BEL	48	TNTB	327	42:30	361	4:19	334	416	1:33:41	1:45:05	3:18:47	394	182	2:46	382	404	1:06:14	1:08:51	2:15:06	6:23:30	+2:10:20	11	F40
388.	303	TRLUX20712198519	F SCHMITZ Stéphanie	BEL	34	CSL	549	52:42	367	4:21	537	418	1:37:12	1:41:39	3:18:51	461	184	2:47	447	303	1:02:13	1:03:00	2:05:14	6:23:57	+2:10:46	8	F30
389.	731	-	BOUILLOT Romain	FRA	34		534	51:22	360	4:18	520	360	1:33:32	1:39:06	3:12:38	425	100	2:21	404	393	1:04:10	1:09:46	2:13:56	6:24:38	+2:11:27	142	M30
390.	552	-	PIRKL Tomas	CZE	42	KLADIVA PARDUBICE	485	48:13	427	4:40	483	403	1:36:18	1:41:12	3:17:30	438	293	3:18	427	368	58:24	1:12:47	2:11:12	6:24:54	+2:11:44	84	M40
391.	727	-	BAUDHUIN Arnor	BEL	34		578	56:38	412	4:34	572	127	1:22:39	1:28:40	2:51:19	289	452	4:22	296	498	1:08:16	1:19:46	2:28:03	6:24:58	+2:11:48	143	M30
392.	973	60602M91	VANSTRAELEN Laurent	BEL	28	PMX	274	40:29	222	3:34	256	128	1:21:00	1:30:22	2:51:22	151	147	2:38	144	549	1:07:05	1:39:50	2:46:55	6:25:01	+2:11:50	76	M20
393.	277	2100349631	F LEHERISSE Stephanie	FRA	44	USA TRIATHLON	268	40:15	376	4:25	274	371	1:32:50	1:40:58	3:13:49	348	297	3:20	338	461	1:09:57	1:13:14	2:23:11	6:25:01	+2:11:51	12	F40
394.	598	61705M79	HENROTIN Pierre	BEL	40	RCBT	383	44:02	587	8:23	477	383	1:34:05	1:41:21	3:15:26	420	538	5:55	428	373	1:00:16	1:11:12	2:11:28	6:25:16	+2:12:05	85	M40
395.	347	57049M58	GOREZ Serge	BEL	61	TCDM	230	39:11	542	6:02	293	382	1:34:10	1:41:04	3:15:14	360	552	6:26	377	434	1:08:34	1:10:10	2:18:45	6:25:40	+2:12:30	2	M60
396.	296	84L40995V504	F SOEPENBERG Rylana	NLD	35	UNLTD	580	57:09	51	2:19	559	272	1:29:59	1:34:52	3:04:51	386	124	2:28	375	437	1:07:51	1:11:07	2:18:58	6:25:48	+2:12:37	9	F30
397.	446	71A36129M504	KRASENBRINK Berthold	DEU	48	RTC DEN HAAG	518	50:31	369	4:21	513	358	1:32:37	1:39:44	3:12:22	410	399	3:56	409	400	1:05:44	1:08:51	2:14:35	6:25:48	+2:12:37	86	M40
398.	944	-	DE LOOZ CORSWAREM Nathan	BEL	18		41	31:52	339	4:13	60	533	1:40:03	1:57:40	3:37:44	451	415	4:01	442	342	1:01:40	1:06:33	2:08:13	6:26:04	+2:12:54	3	M18
399.	918	-	DE LIEDEKERKE Antoine	BEL	22		307	41:46	541	6:01	362	415	1:33:09	1:45:36	3:18:46	403	274	3:11	395	420	1:10:42	1:05:56	2:16:38	6:26:24	+2:13:14	77	M20
400.	281	B08855C	F BAILLY Fanny	FRA	43	TEAM TRIATHLON	407	45:02	344	4:14	398	477	1:38:22	1:49:03	3:27:26	465	236	3:02	452	329	1:00:22	1:06:29	2:06:52	6:26:37	+2:13:27	13	F40
401.	498	60883M74	GHEERAERT Vincent	BEL	45	CIT	312	42:03	416	4:37	329	393	1:34:18	1:41:40	3:15:59	379	442	4:16	378	441	1:06:23	1:13:25	2:19:49	6:26:45	+2:13:35	87	M40
402.	563	62590M78	CLAUS Cédric	BEL	41	TCDM	414	45:24	485	5:09	433	509	1:42:50	1:50:42	3:33:32	497	430	4:10	495	226	57:54	1:00:50	1:58:45	6:27:01	+2:13:51	88	M40
403.	526	-	ALEXIS Vincent	BEL	43	OTC	439	46:21	509	5:25	463	388	1:32:09	1:43:45	3:15:54	417	331	3:32	411	414	1:01:55	1:14:00	2:15:56	6:27:10	+2:14:00	89	M40
404.	313	61002F88	F RUBAN Sophie	BEL	31	PFA	313	42:07	391	4:29	328	534	1:45:20	1:52:32	3:37:53	501	488	4:41	499	219	59:16	59:07	1:58:24	6:27:35	+2:14:25	10	F30
405.	951	-	COLINET Benjamin	BEL	39		241	39:23	418	4:37	255	536	1:44:44	1:54:22	3:39:07	496	439	4:15	490	246	57:03	1:03:09	2:00:12	6:27:36	+2:14:26	144	M30
406.	866	41927M92	COUDOU Nicolas	BEL	27	UTO	242	39:26	447	4:51	263	409	1:34:36	1:43:39	3:18:16	376	277	3:13	362	453	1:02:46	1:19:04	2:21:50	6:27:37	+2:14:27	78	M20
407.	991	-	E Q3T	--			249	39:48	263	3:47	245	302	1:31:08	1:36:17	3:07:26	272	212	2:56	263	516	1:13:47	1:19:53	2:33:41	6:27:40	+2:14:29	21	EQ

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running			Age Group							
							Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
408.	350	-	BERTHE Andre	FRA	60		500	49:10	449	4:52	499	429	1:34:38	1:45:55	3:20:34	457	527	5:27	457	337	1:01:09	1:06:41	2:07:50	6:27:54	+2:14:44	3	M60
409.	528	-	RAYMOND Alexander	GBR	43	RACING CLUB BRUXELLES TRI	429	45:52	416	4:37	430	525	1:41:27	1:54:57	3:36:24	512	524	5:23	510	185	57:06	58:36	1:55:42	6:28:00	+2:14:50	90	M40
410.	613	-	FLA MANT William	FRA	39		129	36:25	404	4:32	155	411	1:35:16	1:43:02	3:18:19	355	455	4:24	349	474	1:03:10	1:21:09	2:24:19	6:28:01	+2:14:50	145	M30
411.	344	-	SAMYN Gilles	BEL	69		368	43:36	574	7:10	441	459	1:35:31	1:48:22	3:23:54	458	450	4:21	449	349	1:03:50	1:05:15	2:09:06	6:28:09	+2:14:58	4	M60
412.	363	57191M62	CHARLES Marc	BEL	57	ATCC	369	43:36	567	6:50	428	451	1:35:52	1:47:38	3:23:31	452	516	5:05	450	350	1:04:39	1:04:29	2:09:08	6:28:13	+2:15:02	33	M50
413.	312	B01773C	F LE POULENNEC Sophie	FRA	31	COMPIEGNE TRIATHLON	334	42:42	125	2:54	302	472	1:39:48	1:46:55	3:26:44	444	85	2:17	436	391	1:03:45	1:09:54	2:13:40	6:28:19	+2:15:08	11	F30
414.	660	07392M82	VAN DE GAER William	BEL	37	GO LIKE HELL	426	45:45	445	4:51	434	331	1:32:14	1:37:32	3:09:47	359	411	4:00	357	470	1:13:26	1:10:40	2:24:07	6:28:31	+2:15:20	146	M30
415.	838	-	DE FAUONVAL Arthur	BEL	29		555	53:20	430	4:42	545	434	1:38:16	1:43:07	3:21:24	473	341	3:35	469	309	57:44	1:07:49	2:05:34	6:28:36	+2:15:26	79	M20
416.	378	59310M65	WARNIER Marc	BEL	54	RCBT	575	56:13	387	4:27	568	422	1:37:06	1:42:38	3:19:45	481	350	3:39	476	295	1:01:22	1:03:13	2:04:35	6:28:40	+2:15:30	34	M50
416.	259	59335F69	F DEMAY Isabel	BEL	50	RCBT	512	49:55	234	3:38	493	474	1:42:03	1:45:01	3:27:04	483	317	3:27	477	293	1:02:02	1:02:31	2:04:33	6:28:40	+2:15:30	2	F50
418.	822	57675M89	DELABY Benjamin	BEL	30	CCSTC SHARKS TRIATHLON	425	45:41	415	4:36	423	337	1:29:52	1:40:28	3:10:21	361	433	4:12	360	473	1:11:34	1:12:45	2:24:19	6:29:11	+2:16:01	147	M30
419.	932	61635M98	LECOHIER Corentin	BEL	21	CCSTC	269	40:17	329	4:11	270	460	1:37:44	1:46:21	3:24:06	426	194	2:49	413	430	1:10:39	1:07:37	2:18:17	6:29:42	+2:16:31	80	M20
420.	533	A07904	GRUMIAUX François	FRA	43	WASQUEHAL TRIATHLON	431	45:56	377	4:25	425	420	1:38:47	1:40:28	3:19:16	432	360	3:41	426	419	1:07:52	1:08:41	2:16:34	6:29:54	+2:16:43	91	M40
421.	760	-	GOFFART Nicolas	BEL	32		314	42:09	333	4:11	319	395	1:33:22	1:42:44	3:16:07	372	364	3:43	368	466	1:08:29	1:15:17	2:23:47	6:29:59	+2:16:49	148	M30
422.	719	-	FOURNIER David	FRA	34		344	42:57	521	5:32	382	496	1:41:21	1:50:40	3:32:01	482	482	4:38	481	301	56:44	1:08:08	2:04:52	6:30:03	+2:16:53	149	M30
423.	297	61637F84	F TENEY Laurence	BEL	35	TCBM	265	40:04	184	3:21	238	438	1:38:48	1:43:24	3:22:13	397	154	2:39	381	455	1:08:46	1:13:21	2:22:08	6:30:28	+2:17:18	12	F30
424.	753	-	DE SMEDT Remi	FRA	33		491	48:36	514	5:27	500	413	1:32:56	1:45:37	3:18:33	449	532	5:38	444	390	1:05:22	1:08:07	2:13:30	6:31:46	+2:18:36	150	M30
425.	696	59692M84	BEAREZ Jean	BEL	35	ETM	479	47:40	388	4:27	471	482	1:39:13	1:48:32	3:27:46	478	255	3:06	468	345	1:00:22	1:08:28	2:08:50	6:31:52	+2:18:41	151	M30
426.	509	-	DETOURNAY Damien	BEL	44		272	40:25	550	6:10	327	405	1:35:50	1:41:59	3:17:49	387	533	5:45	398	452	1:07:17	1:14:23	2:21:41	6:31:53	+2:18:42	92	M40
427.	480	59193M73	SERVAIS Gerald	BEL	46	CHIMAY SHARKS TRIATHLON	418	45:28	171	3:16	387	423	1:36:15	1:43:35	3:19:50	427	382	3:49	418	440	1:09:42	1:09:56	2:19:38	6:32:04	+2:18:54	93	M40
428.	802	61375M89	MARIEN Jean-Philippe	BEL	30	UTT	388	44:06	270	3:49	366	284	1:27:47	1:37:46	3:05:34	299	414	4:01	303	522	1:13:39	1:21:24	2:35:03	6:32:34	+2:19:24	152	M30
429.	831	-	GHENNE Gauthier	BEL	29		367	43:33	456	4:54	381	515	1:42:46	1:51:48	3:34:34	493	373	3:47	488	316	1:02:04	1:03:52	2:05:56	6:32:46	+2:19:36	81	M20
430.	529	-	DHAENENS Gilles	FRA	43	US MARQUETTE	450	46:34	573	7:08	494	492	1:41:48	1:49:22	3:31:11	505	497	4:45	500	284	58:53	1:04:14	2:03:07	6:32:47	+2:19:36	94	M40
431.	959	-	LAMPE Aurelien	FRA	33		596	1:04:10	579	7:35	598	456	1:39:07	1:44:38	3:23:46	543	348	3:38	531	172	54:23	1:00:15	1:54:38	6:33:49	+2:20:38	153	M30
432.	289	-	F KUIJPERS Ann	BEL	39		198	38:33	458	4:55	241	545	1:47:32	1:53:37	3:41:09	503	329	3:32	493	315	1:01:07	1:04:42	2:05:49	6:34:00	+2:20:50	13	F30
433.	440	-	CRNJAK Raphael	BEL	49		239	39:21	438	4:47	257	522	1:41:32	1:53:43	3:35:16	472	247	3:04	466	374	1:02:29	1:09:04	2:11:33	6:34:03	+2:20:52	95	M40
434.	634	-	SINTE Julien	BEL	38		530	51:10	575	7:13	548	328	1:31:54	1:37:43	3:09:37	423	559	6:56	439	439	1:07:58	1:11:37	2:19:36	6:34:35	+2:21:24	154	M30
435.	482	A03893C	MARSILLE Christophe	FRA	46	CHAMPAGNE TRIATHLON	229	39:10	177	3:19	205	476	1:40:37	1:46:40	3:27:18	434	421	4:06	430	450	1:05:50	1:15:30	2:21:21	6:35:16	+2:22:05	96	M40
436.	611	A50592C	PHILIPPE Yannick	FRA	39	VALENCIENNES TRIATHLON	424	45:41	323	4:08	412	402	1:34:44	1:42:39	3:17:23	408	292	3:18	402	478	1:06:17	1:18:27	2:24:44	6:35:16	+2:22:05	155	M30
437.	776	ENATTENTE	CLAES Aurelien	BEL	32	TNT	267	40:08	167	3:15	237	457	1:34:09	1:49:38	3:23:47	407	380	3:49	407	472	1:14:37	1:09:38	2:24:16	6:35:17	+2:22:07	156	M30
438.	302	85A40775V504	F LINDA Van Rij	NLD	34	RTC DEN HAAG	494	48:50	516	5:28	504	481	1:39:46	1:47:55	3:27:41	489	148	2:39	479	364	1:02:14	1:08:41	2:10:55	6:35:35	+2:22:24	14	F30
439.	972	-	VAN PETEGHEM Stephane	BEL	42		399	44:44	335	4:12	390	417	1:35:30	1:43:20	3:18:51	419	454	4:24	415	464	1:10:58	1:12:26	2:23:24	6:35:36	+2:22:25	97	M40
440.	808	-	JEAN-PIERRE Thomas	BEL	30		524	50:59	502	5:19	528	521	1:48:11	1:46:57	3:35:08	527	321	3:28	517	255	57:12	1:03:45	2:00:57	6:35:54	+2:22:44	157	M30
441.	464	A43357C	PILLE Christophe	FRA	47	VILLENEUVE D'ASCO TRIATHL	214	38:55	380	4:26	233	454	1:37:48	1:45:48	3:23:36	405	320	3:28	399	483	1:03:53	1:21:42	2:25:35	6:36:02	+2:22:52	98	M40
442.	358	-	VAES Marc	BEL	57		600	1:11:38	593	8:50	600	367	1:34:33	1:38:58	3:13:31	536	565	7:30	538	174	54:46	1:00:00	1:54:46	6:36:17	+2:23:07	35	M50
443.	637	-	CHEVALIER Alexandre	FRA	38		506	49:37	266	3:48	490	478	1:38:33	1:48:53	3:27:27	486	467	4:30	482	366	1:06:18	1:04:47	2:11:06	6:36:29	+2:23:19	158	M30
444.	316	56706F88	F MAHIEU Marie	BEL	31	RCBT	305	41:45	357	4:16	312	453	1:37:26	1:46:10	3:23:36	433	268	3:11	420	481	1:09:58	1:14:59	2:24:57	6:37:48	+2:24:37	15	F30

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group					
							Pos	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name
445.	730	-	CECI Luca	BEL	34		532	51:15	530	5:40	534	487	1:40:51	1:49:01	3:29:52	511	448	4:20	505	330	57:01	1:10:01	2:07:02	6:38:12	+2:25:02	159	M30
446.	463	-	LEFEVRE Franck	FRA	47		554	53:15	473	5:02	547	449	1:41:00	1:42:16	3:23:17	488	403	3:58	483	381	1:05:21	1:07:23	2:12:45	6:38:19	+2:25:08	99	M40
447.	256	05812F67	F COOMANS Natalie	BEL	52	WTDT	131	36:25	276	3:50	134	539	1:47:38	1:52:27	3:40:05	479	299	3:20	474	412	1:06:01	1:09:44	2:15:46	6:39:29	+2:26:19	3	F50
448.	694	-	HALLET Xavier	BEL	35		577	56:18	307	4:02	565	327	1:34:07	1:35:24	3:09:31	435	505	4:55	437	477	1:05:30	1:19:14	2:24:44	6:39:31	+2:26:21	160	M30
449.	807	-	GREANT Tom	BEL	30		338	42:51	524	5:34	380	488	1:41:29	1:48:33	3:30:03	471	510	5:00	472	416	1:03:06	1:12:59	2:16:05	6:39:34	+2:26:24	161	M30
450.	429	A56947	TACK Olivier	FRA	49	RACING CLUB ARRAS TRIATHL	517	50:24	555	6:21	531	526	1:45:40	1:50:51	3:36:31	533	459	4:25	526	264	59:18	1:02:33	2:01:52	6:39:36	+2:26:25	100	M40
451.	648	-	XHARDEZ Thierry	BEL	37		497	48:58	411	4:34	492	378	1:33:10	1:41:19	3:14:29	424	498	4:48	421	489	1:07:19	1:19:35	2:26:55	6:39:46	+2:26:36	162	M30
452.	601	-	VAN DEN DRIESSCHE Gilles	BEL	40		474	47:33	272	3:49	451	252	1:28:02	1:34:55	3:02:57	309	387	3:52	308	543	1:21:51	1:19:52	2:41:43	6:39:56	+2:26:45	101	M40
453.	942	62131M00	DUBUISSON Joachim	BEL	19	QUALI3TEAM	329	42:36	74	2:31	290	430	1:26:34	1:54:04	3:20:38	398	201	2:51	386	512	1:14:42	1:17:12	2:31:54	6:40:31	+2:27:21	4	M18
454.	628	-	MONFORT Alain	BEL	38		481	47:53	517	5:28	488	427	1:36:55	1:43:29	3:20:25	450	543	6:11	456	445	1:03:17	1:17:28	2:20:46	6:40:45	+2:27:34	163	M30
455.	935	-	DHAENENS Joachim	BEL	20		370	43:45	353	4:16	364	432	1:36:16	1:44:49	3:21:05	429	437	4:14	425	497	1:06:17	1:21:35	2:27:52	6:41:06	+2:27:56	82	M20
456.	584	-	WATHELET Damien	BEL	40		352	43:08	410	4:33	359	543	1:41:35	1:59:10	3:40:46	515	304	3:22	507	353	58:10	1:11:13	2:09:23	6:41:12	+2:28:02	102	M40
457.	451	61373M71	FLAMENT Eric	BEL	48	RMT	537	51:36	439	4:47	530	380	1:34:08	1:40:24	3:14:33	441	241	3:02	432	491	1:07:18	1:19:59	2:27:17	6:41:17	+2:28:07	103	M40
458.	847	B30373C	LEVILLAIN Baptiste	FRA	29	LILLE TRIATHLON	270	40:18	527	5:37	308	433	1:36:24	1:44:58	3:21:23	411	523	5:22	419	504	1:07:14	1:21:57	2:29:12	6:41:53	+2:28:43	83	M20
459.	381	-	DURIEZ Laurent	FRA	54	CC WAVRIN	585	58:54	262	3:47	579	251	1:27:12	1:35:44	3:02:56	395	306	3:22	388	514	1:16:48	1:16:04	2:32:53	6:41:53	+2:28:43	36	M50
460.	715	-	NEMRY Gregory	BEL	34		408	45:04	538	5:54	445	436	1:33:53	1:47:42	3:21:36	447	562	7:11	454	456	1:13:11	1:08:59	2:22:10	6:41:57	+2:28:47	164	M30
461.	739	-	VILLERS Fabian	BEL	33		386	44:04	569	6:52	444	425	1:33:59	1:46:01	3:20:00	442	572	8:48	453	457	1:13:11	1:09:00	2:22:11	6:41:58	+2:28:48	165	M30
462.	608	B16175C	LOOR Nicolas	FRA	39	VAL AA THLON SWIM,BIKE,RU	220	39:00	316	4:05	219	491	1:39:07	1:51:58	3:31:06	455	412	4:00	443	469	1:09:07	1:14:49	2:23:56	6:42:09	+2:28:58	166	M30
463.	486	-	GILLE Philippe	BEL	46	LA FLY EMINESRATE	508	49:45	553	6:16	524	410	1:35:14	1:43:03	3:18:18	456	462	4:28	448	465	1:08:56	1:14:39	2:23:55	6:42:22	+2:29:12	104	M40
464.	855	-	SOURNAC Bruno	BEL	28		276	40:30	290	3:54	288	447	1:36:26	1:46:46	3:23:12	416	370	3:46	412	509	1:08:12	1:23:09	2:31:21	6:42:45	+2:29:34	84	M20
465.	933	-	TACK Vassily	FRA	20	RACING CLUB ARRAS TRIATHL	128	36:24	442	4:49	161	544	1:41:46	1:59:18	3:41:05	490	549	6:21	497	396	1:06:05	1:08:01	2:14:07	6:42:47	+2:29:37	85	M20
466.	897	-	GODEFROID Olivier	BEL	25		331	42:39	255	3:45	320	351	1:28:43	1:43:07	3:11:50	342	539	5:57	354	533	1:08:08	1:30:35	2:38:44	6:42:57	+2:29:47	86	M20
467.	572	-	DE HAAN Arjan	NLD	41		371	43:37	586	7:53	453	431	1:35:52	1:45:11	3:21:04	448	561	7:07	451	467	1:07:32	1:16:16	2:23:48	6:43:32	+2:30:21	105	M40
468.	445	60204M71	BRASSART Marcus	BEL	48	TRIKV	558	53:57	570	6:54	569	426	1:36:15	1:43:57	3:20:12	487	529	5:33	485	425	1:03:22	1:13:58	2:17:21	6:43:59	+2:30:49	106	M40
469.	271	-	F VERHELST Nesle	BEL	46	RCBT	400	44:52	399	4:30	402	510	1:40:39	1:53:01	3:33:41	494	471	4:32	491	418	1:07:51	1:08:41	2:16:32	6:44:09	+2:30:59	14	F40
470.	746	62108M86	FLOYMONT Julien	BEL	33	TRIBIKESTATION	499	49:03	489	5:11	503	471	1:37:02	1:49:29	3:26:32	485	540	5:58	487	427	1:04:56	1:12:36	2:17:33	6:44:19	+2:31:09	167	M30
471.	545	-	FOSSÉ Thomas	FRA	42		233	39:13	556	6:22	301	494	1:39:01	1:52:47	3:31:48	467	398	3:55	463	460	1:04:39	1:18:29	2:23:09	6:44:29	+2:31:18	107	M40
472.	717	-	HULIN Chris	BEL	34	JAMBON FROMAGE	385	44:03	318	4:06	372	336	1:30:02	1:40:12	3:10:14	345	346	3:36	340	545	1:15:07	1:27:29	2:42:37	6:44:38	+2:31:27	168	M30
473.	270	73A40793V504	F TAP Martine	NLD	46	RTC	561	54:44	547	6:09	570	495	1:45:07	1:46:53	3:32:01	531	567	7:38	535	300	1:00:55	1:03:56	2:04:52	6:45:26	+2:32:16	15	F40
474.	541	61661M77	BOURLARD Marc	BEL	42	SHARKS	492	48:42	293	3:56	478	512	1:40:22	1:53:25	3:33:47	509	324	3:30	501	413	1:06:51	1:08:55	2:15:47	6:45:43	+2:32:32	108	M40
475.	512	-	BARA MOV Christofor	BGR	44		574	56:05	528	5:39	574	483	1:39:45	1:48:40	3:28:25	525	568	7:41	527	339	1:02:58	1:04:58	2:07:57	6:45:48	+2:32:38	109	M40
476.	372	62519M64	VERSTICHEL Thierry	BEL	55	TTB	590	1:00:04	549	6:10	589	518	1:46:49	1:47:52	3:34:42	555	366	3:44	544	261	1:00:14	1:01:23	2:01:38	6:46:19	+2:33:08	37	M50
477.	845	59713M90	MULPAS Cédric	BEL	29	URBAN TRI SPORTS	583	58:25	477	5:05	583	470	1:37:21	1:49:08	3:26:29	523	503	4:53	516	371	1:04:18	1:07:09	2:11:27	6:46:20	+2:33:10	87	M20
478.	599	-	LEJEUNE Ludovic	BEL	40		589	59:45	271	3:49	584	500	1:41:07	1:51:32	3:32:40	546	345	3:36	532	325	59:25	1:07:09	2:06:34	6:46:26	+2:33:16	110	M40
479.	430	-	KRIER Michel	BEL	49	ATCC	120	36:15	181	3:20	116	473	1:38:55	1:48:01	3:26:56	402	551	6:23	422	517	1:09:12	1:24:30	2:33:43	6:46:38	+2:33:28	111	M40
480.	374	58495H64	ALEXIUS Jurgen	DEU	55	ATCC	175	38:07	480	5:06	225	468	1:38:59	1:47:10	3:26:09	431	337	3:33	423	515	1:10:47	1:22:53	2:33:40	6:46:38	+2:33:28	38	M50
481.	531	A58287C	MON Vichettra	FRA	43		519	50:36	337	4:13	511	448	1:38:57	1:44:16	3:23:13	469	356	3:39	464	487	1:07:15	1:19:01	2:26:17	6:48:00	+2:34:50	112	M40

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group					
							Pos	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name
482.	251	56255F60	F GARITTE Fabienne	BEL	59	TURBO	366	43:28	448	4:51	377	435	1:37:46	1:43:47	3:21:34	436	423	4:08	433	518	1:12:46	1:21:21	2:34:07	6:48:09	+2:34:59	4	F50
483.	860	-	COWEZ Jeremie	BEL	28		438	46:17	330	4:11	429	486	1:40:09	1:49:06	3:29:15	476	457	4:25	478	471	1:06:02	1:18:12	2:24:14	6:48:24	+2:35:13	88	M20
484.	360	-	BURRION Paul-Henri	BEL	57	TNT	363	43:24	526	5:36	391	479	1:41:03	1:46:26	3:27:30	464	495	4:44	462	492	1:09:44	1:17:38	2:27:22	6:48:39	+2:35:29	39	M50
485.	282	00000F77	F NOEL Sophie	BEL	42	URBANTRISPORT	556	53:37	341	4:13	541	529	1:49:06	1:47:43	3:36:50	538	375	3:47	528	360	1:03:10	1:07:08	2:10:18	6:48:47	+2:35:37	16	F40
486.	513	-	VANDENBRUL Frédéric	BEL	44		531	51:11	432	4:44	523	551	1:48:33	1:53:13	3:41:47	549	481	4:38	542	321	1:00:34	1:05:52	2:06:26	6:48:48	+2:35:37	113	M40
487.	827	-	HOLLAERT Thibaut	BEL	29		547	52:29	481	5:06	540	335	1:31:44	1:38:22	3:10:07	418	547	6:19	434	520	1:15:49	1:18:56	2:34:45	6:48:48	+2:35:38	89	M20
488.	285	B16450	F DE WINNE Laure	FRA	42	GRAVELINES	545	52:20	561	6:34	554	465	1:40:22	1:45:10	3:25:33	500	548	6:20	503	432	1:04:49	1:13:35	2:18:24	6:49:13	+2:36:02	17	F40
489.	864	-	HANTHAZI Kevin	BEL	27		181	38:19	440	4:48	221	567	1:47:06	2:03:43	3:50:50	535	351	3:39	525	376	1:07:57	1:03:55	2:11:52	6:49:30	+2:36:20	90	M20
490.	655	-	CERVERA DE LA ROSA Daniel	ESP	37		235	39:14	483	5:08	266	523	1:41:34	1:53:50	3:35:25	477	363	3:43	473	486	1:11:22	1:14:44	2:26:07	6:49:38	+2:36:28	169	M30
491.	850	-	DISPA Hippolyte	BEL	28		521	50:47	495	5:15	526	407	1:33:30	1:44:29	3:17:59	454	534	5:48	455	506	1:09:59	1:20:09	2:30:08	6:49:59	+2:36:49	91	M20
492.	936	-	CLERBOIS Denis	BEL	20		467	47:18	351	4:15	454	547	1:44:00	1:57:29	3:41:30	532	560	6:58	533	362	1:02:11	1:08:32	2:10:43	6:50:46	+2:37:36	92	M20
493.	452	33448M71	DESCORNET Michel	BEL	48	ETZA	391	44:19	501	5:19	408	362	1:27:53	1:45:06	3:12:59	378	381	3:49	371	548	1:12:10	1:32:36	2:44:47	6:51:15	+2:38:05	114	M40
494.	874	58344M92	GUCKEL Arnaud	BEL	27	TCBM	337	42:48	349	4:15	339	549	1:42:24	1:59:21	3:41:46	516	525	5:25	512	424	1:08:13	1:09:00	2:17:14	6:51:28	+2:38:18	93	M20
495.	322	AVENIR	F CIELEN Klara	BEL	29	RCBT	476	47:34	381	4:26	468	565	1:50:51	1:59:32	3:50:23	560	502	4:52	552	292	1:00:18	1:04:06	2:04:24	6:51:41	+2:38:31	15	F20
496.	664	A42219C	CABANEL Aurelien	FRA	36	LIGUE HDF	410	45:14	372	4:22	406	406	1:34:58	1:42:53	3:17:52	415	238	3:02	401	544	1:23:30	1:18:19	2:41:49	6:52:21	+2:39:10	170	M30
497.	976	-	E Q3T	---			246	39:39	18	1:47	169	555	1:44:10	1:59:38	3:43:49	507	190	2:49	492	476	1:08:30	1:16:09	2:24:40	6:52:45	+2:39:35	22	EQ
498.	759	-	MOREAU Vincent	FRA	32		565	55:10	487	5:11	566	443	1:36:48	1:45:55	3:22:44	495	340	3:35	486	488	1:02:11	1:24:38	2:26:50	6:53:32	+2:40:21	171	M30
499.	261	61190F70	F SCOUPE Nanou	BEL	49	TKV	540	51:44	564	6:49	549	490	1:41:06	1:49:13	3:30:19	518	555	6:44	519	429	1:08:37	1:09:19	2:17:57	6:53:36	+2:40:25	18	F40
500.	968	-	SCHATS Bert	BEL	37		234	39:13	583	7:39	339	545	1:36:56	1:42:31	3:19:27	400	537	5:53	417	542	1:15:46	1:25:49	2:41:35	6:53:49	+2:40:39	172	M30
501.	501	62836M74	BONHIVER Olivier	BEL	45	BSE - Q3 TEAM	544	52:17	204	3:28	521	374	1:33:01	1:41:07	3:14:09	437	264	3:09	424	539	1:15:46	1:25:23	2:41:10	6:54:15	+2:41:05	115	M40
502.	692	-	CLAUSSE Nicolas	BEL	35		489	48:29	536	5:50	505	442	1:34:04	1:48:36	3:22:40	466	526	5:25	465	513	1:09:16	1:23:22	2:32:38	6:55:04	+2:41:54	173	M30
503.	792	-	MARROCCO Michaël	ITA	31	GANT	569	55:51	571	6:56	581	508	1:43:35	1:49:43	3:33:19	545	490	4:41	536	411	1:05:00	1:10:33	2:15:34	6:56:23	+2:43:12	174	M30
504.	432	-	LAMMENS François	FRA	49		553	53:13	505	5:21	550	541	1:49:17	1:51:17	3:40:34	552	550	6:22	547	369	1:03:09	1:08:10	2:11:19	6:56:51	+2:43:40	116	M40
505.	367	-	LE BUSSY Roger	BEL	56	JETT	213	38:55	592	8:42	356	527	1:44:46	1:51:45	3:36:32	499	570	7:50	508	480	1:13:00	1:11:52	2:24:53	6:56:53	+2:43:43	40	M50
506.	610	59370M80	HENRARD Bruno	BEL	39	PMX	345	43:00	159	3:13	317	571	1:54:23	1:58:25	3:52:49	551	258	3:07	541	402	1:05:34	1:09:12	2:14:46	6:56:56	+2:43:46	175	M30
507.	294	60691F83	F VANKONINGSLOO Aurore	BEL	36	PMX	453	46:39	476	5:03	462	503	1:44:14	1:48:42	3:32:57	504	353	3:39	496	501	1:13:15	1:15:22	2:28:37	6:56:56	+2:43:46	16	F30
508.	254	65A34627V352	F HOOGEVEEN HOMMES Marion	NLD	54	SIOSPORT	417	45:27	238	3:39	392	506	1:44:47	1:48:24	3:33:12	491	508	4:58	489	507	1:13:21	1:16:49	2:30:11	6:57:28	+2:44:18	5	F50
509.	535	-	CANON Jean-François	BEL	43		584	58:39	559	6:30	587	524	1:44:53	1:51:12	3:36:05	557	535	5:49	551	363	1:03:44	1:07:01	2:10:46	6:57:52	+2:44:41	117	M40
510.	505	-	MOL Robin	NLD	45		513	49:58	305	4:00	497	498	1:37:39	1:54:31	3:32:11	508	496	4:45	504	496	1:11:55	1:15:52	2:27:47	6:58:43	+2:45:32	118	M40
511.	819	-	LEROY Julien	BEL	30		346	43:00	463	4:58	368	389	1:28:33	1:47:22	3:15:55	385	554	6:42	403	551	1:24:21	1:23:57	2:48:18	6:58:56	+2:45:45	176	M30
512.	570	-	JUGNON Timothée	BEL	41		570	55:52	595	9:36	588	502	1:44:17	1:48:36	3:32:54	550	518	5:14	543	408	1:03:49	1:11:33	2:15:23	6:59:02	+2:45:52	119	M40
513.	398	00901M66	PARENT Jean-François	BEL	53	RTTO	359	43:20	285	3:53	343	308	1:30:02	1:37:45	3:07:48	318	257	3:07	307	560	1:32:29	1:28:32	3:01:02	6:59:11	+2:46:00	41	M50
514.	854	-	ZIDDA Sandro	BEL	28		510	49:50	403	4:32	508	464	1:35:31	1:49:33	3:25:05	474	339	3:35	470	526	1:19:35	1:16:42	2:36:17	6:59:20	+2:46:10	94	M20
515.	924	-	BEGHUIN Jeff	BEL	22		252	39:51	562	6:34	321	562	1:45:45	2:03:00	3:48:46	541	557	6:49	540	428	1:05:31	1:12:03	2:17:35	6:59:36	+2:46:26	95	M20
516.	620	-	VANBELLE Frédéric	BEL	39		587	59:06	343	4:13	582	485	1:41:12	1:47:50	3:29:02	529	396	3:55	523	462	1:07:46	1:15:33	2:23:20	6:59:39	+2:46:29	177	M30
517.	836	-	DE BRUYN Ignace	BEL	29		460	46:45	512	5:26	472	466	1:36:45	1:49:08	3:25:54	470	504	4:55	467	535	1:10:55	1:28:23	2:39:18	7:02:20	+2:49:10	96	M20
518.	956	-	GILOTEAU Corenthin	BEL	22		138	36:36	446	4:51	170	559	1:44:59	2:03:04	3:48:04	521	553	6:40	521	493	1:04:33	1:22:52	2:27:26	7:03:38	+2:50:28	97	M20

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running				Age Group						
							Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
519.	453	56147M72	LANTHIER Philippe	BEL	47	CCSTC	541	51:48	466	4:59	532	514	1:42:08	1:52:10	3:34:19	526	367	3:44	515	503	1:10:37	1:18:18	2:28:56	7:03:47	+2:50:36	120	M40
520.	371	-	VANBENEDEN Frederic	BEL	55		445	46:28	585	7:51	506	519	1:44:19	1:50:23	3:34:42	519	542	6:02	518	502	1:06:41	1:22:10	2:28:51	7:03:56	+2:50:46	42	M50
521.	581	41817M78	MAJOROVIC Michael	BEL	41	TTE	91	34:58	472	5:02	126	497	1:42:06	1:49:57	3:32:03	443	417	4:02	440	554	1:19:30	1:30:00	2:49:30	7:05:37	+2:52:26	121	M40
522.	175	-	AMEYE Jean-François	BEL	30		564	55:07	598	11:27	590	499	1:45:21	1:47:16	3:32:37	553	575	9:18	559	423	1:03:39	1:13:28	2:17:08	7:05:39	+2:52:29	178	M30
523.	253	A07586C	F BERTHE Anita	FRA	55	CONCORDE CLUB TRIATHLON S	258	39:58	590	8:39	385	580	1:56:08	2:00:56	3:57:04	570	326	3:31	561	422	1:04:24	1:12:28	2:16:53	7:06:06	+2:52:56	6	F50
524.	816	-	VERBRAKEN Laurent	BEL	30		538	51:38	506	5:22	536	505	1:40:34	1:52:28	3:33:03	524	494	4:43	514	511	1:17:59	1:13:53	2:31:53	7:06:40	+2:53:30	179	M30
525.	309	-	F BAUDRY Noemie	FRA	32		528	51:06	584	7:46	553	546	1:45:42	1:55:39	3:41:22	554	541	6:00	549	444	1:04:20	1:16:07	2:20:27	7:06:43	+2:53:33	17	F30
526.	409	60673M68	DEVROYE Frederic	BEL	51	COACHING ZONE	428	45:49	467	5:01	443	507	1:42:44	1:50:32	3:33:16	498	475	4:35	498	528	1:15:28	1:22:45	2:38:13	7:06:57	+2:53:47	43	M50
527.	407	-	DE CASTELNAU Stéphane	BEL	51	TCBT	502	49:15	572	7:08	529	561	1:50:27	1:57:42	3:48:09	567	573	9:03	569	398	1:04:02	1:10:12	2:14:15	7:07:52	+2:54:42	44	M50
528.	583	-	MARNEF Marc	BEL	40		283	40:39	513	5:27	316	548	1:43:52	1:57:38	3:41:31	513	470	4:32	509	525	1:14:50	1:21:10	2:36:00	7:08:11	+2:55:01	122	M40
529.	674	62148M83	MOUREAU Jean-Christophe	BEL	36	JETT	465	47:08	424	4:39	464	516	1:45:20	1:49:17	3:34:38	510	422	4:06	502	531	1:14:42	1:23:51	2:38:33	7:09:06	+2:55:56	180	M30
530.	472	-	ROZA SANCHEZ Alexandre	ESP	46		542	51:51	580	7:35	558	532	1:42:40	1:54:57	3:37:38	548	569	7:42	545	475	1:09:42	1:14:47	2:24:29	7:09:18	+2:56:07	123	M40
531.	712	-	GOFFIN Antoine	BEL	34		582	57:45	433	4:44	578	540	1:47:49	1:52:44	3:40:33	562	440	4:15	553	468	1:09:58	1:13:56	2:23:54	7:11:14	+2:58:04	181	M30
532.	268	72A40996V504	F NOORDAM Miranda	NLD	47	RTC	396	44:30	419	4:37	393	542	1:47:57	1:52:44	3:40:41	522	500	4:49	513	527	1:14:03	1:22:42	2:36:45	7:11:24	+2:58:14	19	F40
533.	985	-	E RMT	---			592	1:01:14	84	2:33	585	546	1:47:54	1:54:43	3:42:37	571	146	2:38	560	458	1:09:17	1:13:13	2:22:30	7:11:34	+2:58:24	23	EQ
534.	900	-	MIEVIS Corentin	BEL	25		444	46:27	531	5:44	473	554	1:43:37	1:59:26	3:43:04	542	507	4:56	534	519	1:18:05	1:16:36	2:34:41	7:14:54	+3:01:44	98	M20
535.	311	-	F VAN ZIJL Nikki	NLD	32		579	56:48	469	5:01	575	560	1:51:41	1:56:22	3:48:04	577	383	3:50	570	451	1:07:51	1:13:47	2:21:39	7:15:24	+3:02:13	18	F30
536.	580	-	PEREIRA Manuel	FRA	41		568	55:31	321	4:08	562	564	1:54:03	1:56:09	3:50:13	576	451	4:22	571	448	1:06:13	1:14:57	2:21:10	7:15:26	+3:02:16	124	M40
537.	755	0000	DOGUI Amine	TUN	33	TURBO	560	54:40	568	6:52	573	552	1:45:35	1:56:31	3:42:07	563	576	9:19	568	463	1:12:41	1:10:39	2:23:20	7:16:20	+3:03:09	182	M30
538.	458	-	GODEFROID Christophe	BEL	47		543	52:02	577	7:18	556	575	1:51:55	2:02:45	3:54:40	579	563	7:16	573	405	1:04:34	1:10:31	2:15:06	7:16:24	+3:03:14	125	M40
539.	298	NUMÉROINTROUVABLE	F BOSQUION Laurence	BEL	35	TRIBIKESTATION	557	53:53	470	5:02	555	530	1:43:41	1:53:09	3:36:50	544	531	5:38	537	524	1:10:41	1:24:27	2:35:09	7:16:33	+3:03:23	19	F30
540.	346	56453M53	VANDEVENNE Christian	BEL	66	TDCH	559	54:29	484	5:09	561	520	1:44:17	1:50:36	3:34:53	537	424	4:08	530	529	1:13:51	1:24:29	2:38:20	7:17:01	+3:03:51	5	M60
541.	362	-	COLYNS Yves	BEL	57	TOUHARS TRIATHLON	598	1:06:11	544	6:06	599	390	1:35:10	1:40:45	3:15:55	514	566	7:38	520	541	1:21:16	1:20:18	2:41:35	7:17:27	+3:04:16	45	M50
542.	497	-	HAGUE Anthony	FRA	45		576	56:15	547	6:09	577	538	1:46:16	1:53:07	3:39:23	558	546	6:16	557	508	1:10:27	1:20:32	2:30:59	7:19:04	+3:05:54	126	M40
543.	263	61809F70	F KONINGS Nathalie	BEL	49	TDCH	392	44:20	299	3:58	376	574	1:48:16	2:06:13	3:54:30	561	480	4:38	554	510	1:09:58	1:21:44	2:31:43	7:19:10	+3:05:59	20	F40
544.	450	61909M71	MARDULYN Jean	BEL	48	TRIKV	509	49:46	533	5:47	519	513	1:41:38	1:52:14	3:33:52	520	460	4:25	511	550	1:22:28	1:25:44	2:48:13	7:22:06	+3:08:55	127	M40
545.	364	58524M62	SCOUPPE Gery	BEL	57	TTB	437	46:15	435	4:46	447	556	1:46:43	1:58:45	3:45:29	547	521	5:20	539	540	1:14:49	1:26:27	2:41:17	7:23:09	+3:09:58	46	M50
546.	267	-	F LEFEBVRE Marilyne	BEL	47	TRIGT	597	1:04:19	479	5:05	595	566	1:52:07	1:58:22	3:50:30	581	384	3:50	574	442	1:07:02	1:13:05	2:20:08	7:23:54	+3:10:43	21	F40
547.	273	73A40791V504	F DE WREEDE Ulla	NLD	46	RTC NEDERLAND	562	54:45	552	6:13	571	511	1:43:55	1:49:48	3:33:44	539	577	10:25	546	534	1:16:44	1:22:15	2:39:00	7:24:08	+3:10:58	22	F40
548.	266	58121F72	F TORREKENS Isabelle	BEL	47	CCSTC	420	45:31	244	3:42	396	576	1:53:24	2:01:31	3:54:55	566	388	3:52	556	530	1:12:05	1:26:22	2:38:27	7:26:30	+3:13:20	23	F40
549.	981	-	E VERZELE/SOUMOY/BUYCK	---			599	1:06:39	33	2:05	593	528	1:46:03	1:50:36	3:36:40	569	78	2:14	555	537	1:09:52	1:29:46	2:39:38	7:27:18	+3:14:08	24	EQ
550.	568	61153M78	NONCLERCQ Olivier	BEL	41	Q3T	572	55:56	539	5:56	576	550	1:43:52	1:57:54	3:41:46	564	493	4:42	558	536	1:13:27	1:25:53	2:39:20	7:27:43	+3:14:33	128	M40
551.	880	B03194C	COUPLEUX Gaetan	FRA	26	TEAM TRIATHLON MAUBEUGE	484	48:12	535	5:49	498	557	1:46:54	2:01:06	3:48:01	559	506	4:56	550	546	1:16:13	1:26:45	2:42:59	7:29:58	+3:16:47	99	M20
552.	470	-	DUCHAZEAUBENEIX Jerome	FRA	47		167	37:48	503	5:20	222	563	1:43:03	2:05:44	3:48:47	528	447	4:20	522	557	1:24:42	1:31:02	2:55:44	7:32:02	+3:18:52	129	M40
553.	557	-	KERGEN Raphaël	BEL	42		601	1:12:08	591	8:40	601	469	1:40:16	1:46:08	3:26:24	574	509	4:59	566	538	1:11:36	1:28:41	2:40:18	7:32:30	+3:19:20	130	M40
554.	288	80A39218V504	F SCHIJF Ivon	NLD	39	RTC DEN HAAG	472	47:32	413	4:35	470	581	1:55:02	2:03:47	3:58:49	578	477	4:37	572	532	1:17:34	1:21:00	2:38:35	7:34:10	+3:20:59	20	F30
555.	732	-	LE DORÉ Julien	FRA	34		526	51:03	545	6:07	539	558	1:48:08	1:59:55	3:48:03	568	512	5:01	562	547	1:21:58	1:22:14	2:44:13	7:34:29	+3:21:19	183	M30

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

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos	Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running				Age Group									
							Pos	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name			
556.	638	A99581C	BRUNNER Olivier	FRA	38	ASC BNP PARIBAS	466	47:12	520	5:30	480	585	2:00:15	2:08:18	4:08:34	583	389	3:53	575	505	1:07:48	1:21:36	2:29:24	7:34:36	+3:21:25	184	M30			
557.	340	-	F DALOZE Chloé	BEL	22		523	50:55	482	5:06	525	569	1:56:30	1:54:36	3:51:07	573	474	4:35	564	553	1:16:28	1:32:50	2:49:19	7:41:04	+3:27:53	16	F20			
558.	305	-	F ESSERS Aurélie	BEL	33		284	40:39	474	5:02	305	577	1:52:12	2:03:06	3:55:19	556	486	4:41	548	556	1:20:46	1:34:43	2:55:30	7:41:13	+3:28:03	21	F30			
559.	349	-	EUDARIC Franck	FRA	60		454	46:39	563	6:45	489	573	1:51:49	2:02:06	3:53:55	575	499	4:49	565	559	1:20:33	1:37:15	2:57:48	7:49:58	+3:36:48	6	M60			
560.	586	61040M79	PETIGNOT Sébastien	BEL	40	GTC	593	1:02:10	543	6:04	592	572	1:53:02	2:00:21	3:53:23	584	349	3:38	576	555	1:18:40	1:31:36	2:50:16	7:55:34	+3:42:24	131	M40			
561.	790	-	BAKRIM Anass	MAR	31		581	57:16	576	7:18	586	579	1:54:36	2:01:16	3:55:52	582	574	9:18	578	552	1:19:44	1:29:00	2:48:44	7:58:30	+3:45:20	185	M30			
562.	631	-	LLADERES Thomas	FRA	38		514	50:09	494	5:15	517	568	1:45:26	2:05:36	3:51:03	572	446	4:20	563	561	1:20:33	1:49:47	3:10:20	8:01:08	+3:47:58	186	M30			
563.	632	-	HOCHART Antoine	BEL	38		539	51:41	554	6:16	542	584	1:58:20	2:05:45	4:04:06	585	344	3:35	577	558	1:23:41	1:33:09	2:56:50	8:02:31	+3:49:20	187	M30			
564.	890	-	VANDENBUSSCHE Amaury	BEL	26		84	34:32	205	3:28	90	578	1:47:07	2:08:31	3:55:38	534	323	3:30	524	562	1:31:21	2:00:34	3:31:56	8:09:05	+3:55:55	100	M20			
DSQ	735	58685H85	LEBLANC Renaud	BEL	34	CCSTC	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	M30		
DNF	925	62161M97	COUPÉ Thomas	BEL	22	TURBO	6	28:08	93	2:38	9	90	1:18:33	1:28:30	2:47:03	46	77	2:14	45	-	-	-	-	-	-	-	-	-	M20	
DNF	841	20936M90	MESKENS Benjamin	BEL	29	3MD	111	35:58	172	3:16	107	124	1:23:11	1:27:43	2:50:55	102	251	3:05	107	-	-	-	-	-	-	-	-	-	M20	
DNF	908	60925M95	VANKERCKHOVEN Nicolas	BEL	24	P8	61	33:22	90	2:36	58	200	1:25:19	1:32:54	2:58:14	135	343	3:35	140	-	-	-	-	-	-	-	-	-	M20	
DNF	547	-	PAESHUYSE Davy	BEL	42		381	43:59	195	3:27	349	133	1:24:32	1:27:20	2:51:53	176	121	2:27	171	-	-	-	-	-	-	-	-	-	M40	
DNF	373	-	DENEYER Philippe	BEL	55		172	38:05	242	3:42	179	152	1:23:25	1:30:06	2:53:31	149	385	3:50	155	-	-	-	-	-	-	-	-	-	M50	
DNF	414	A86277C	ROEBBEN Jean-Dominique	FRA	50	MY TRIBE	103	35:41	434	4:44	138	275	1:28:11	1:36:44	3:04:56	226	406	3:59	230	-	-	-	-	-	-	-	-	-	M50	
DNF	756	61644M86	OLIVIE Emmanuel	BEL	33	RMT	159	37:31	259	3:46	165	268	1:29:45	1:34:37	3:04:23	229	197	2:50	223	-	-	-	-	-	-	-	-	-	M30	
DNF	804	17076M89	AFSCHRIFT Jorre	BEL	30	3MD	271	40:19	157	3:11	244	274	1:28:18	1:36:36	3:04:55	249	205	2:53	246	-	-	-	-	-	-	-	-	-	M30	
DNF	343	A07046C0190105MV1FR	SHELLAERT Johan	FRA		LILLE TRIATHLON	144	36:56	336	4:12	159	304	1:28:48	1:38:43	3:07:32	251	444	4:18	253	-	-	-	-	-	-	-	-	-	XXX	
DNF	543	59926H77	GREUSE Dimitri	BEL	42	TTR	393	44:22	223	3:34	367	341	1:29:13	1:41:16	3:10:30	346	393	3:55	343	-	-	-	-	-	-	-	-	-	M40	
DNF	786	-	LELEU Guillaume	FRA	31	CYCLO CLUB WAVRIN	377	43:48	525	5:36	404	396	1:31:46	1:44:21	3:16:07	393	520	5:17	405	-	-	-	-	-	-	-	-	-	M30	
DNF	370	0160202MV4FRA	MATHIEU Jean-Yves	FRA	55	TRITYC	353	43:08	189	3:24	325	535	1:41:56	1:56:02	3:37:59	502	359	3:41	494	-	-	-	-	-	-	-	-	-	M50	
DNF	518	A07835C	SONNEVILLE Mickaël	FRA	44	LOMME TRIATHLON	378	43:50	287	3:53	361	517	1:36:01	1:58:37	3:34:38	492	276	3:12	484	-	-	-	-	-	-	-	-	-	M40	
DNF	390	-	KEIL Alain	BEL	53		552	53:11	437	4:47	543	531	1:48:34	1:48:17	3:36:52	540	347	3:38	529	-	-	-	-	-	-	-	-	-	M50	
DNF	357	57994M61	E TITAN	---			493	48:45	127	2:55	461	570	1:50:48	2:01:36	3:52:25	565	571	8:25	567	-	-	-	-	-	-	-	-	-	EQ	
DNF	542	-	STEELAND Gregory	FRA	42		278	40:37	475	5:03	304	400	1:36:19	1:40:35	3:16:55	377	463	4:28	379	-	-	-	-	-	-	-	-	-	M40	
DNF	971	58703M68	VANHALST Jean	BEL	51	COACHING ZONE TEAM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	M50	
DNF	444	-	VERTOMMEN Jurgen	BEL	48		237	39:16	304	3:59	228	94	1:21:30	1:25:56	2:47:27	107	-	-	-	-	-	-	-	-	-	-	-	-	M40	
DNF	437	57662M70	GUIOT Pascal	BEL	49	CHIMAY COUVIN SHARKS TRIA	171	37:56	179	3:20	163	117	1:24:37	1:25:50	2:50:27	117	-	-	-	-	-	-	-	-	-	-	-	-	-	M40
DNF	396	20961M66	SINET Etienne	BEL	53	BIN	442	46:24	486	5:10	455	222	1:26:53	1:33:52	3:00:45	286	-	-	-	-	-	-	-	-	-	-	-	-	M50	
DNF	351	58186M59	SCHARMIN Alain	BEL	60	ATCC	433	46:01	594	8:56	514	489	1:41:33	1:48:42	3:30:16	506	-	-	-	-	-	-	-	-	-	-	-	-	M60	
DNF	416	-	BACK Claude	LUX	50		588	59:24	597	10:21	596	446	2:08:39	1:14:14	3:22:53	530	-	-	-	-	-	-	-	-	-	-	-	-	M50	
DNF	402	60473M67	CORNELIS Eric	BEL	52	Q3T	487	48:20	460	4:56	487	583	1:51:03	2:12:17	4:03:21	580	-	-	-	-	-	-	-	-	-	-	-	-	M50	
DNF	564	-	POLET Yannick	BEL	41		595	1:03:53	478	5:05	594	582	1:51:19	2:09:20	4:00:40	586	-	-	-	-	-	-	-	-	-	-	-	-	M40	
DNF	433	-	STÜBENER Marc	BEL	49		594	1:02:17	589	8:34	597	586	1:58:50	2:10:02	4:08:53	587	-	-	-	-	-	-	-	-	-	-	-	-	M40	
DNF	704	-	NOIRET Jimmy	BEL	35	ETM	164	37:40	187	3:23	158	-	1:21:44	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	M30	
DNF	659	-	BUELENS Matthieu	BEL	37		39	31:45	168	3:15	48	-	1:23:21	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	M30	

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

