

# Ironlakes

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

Ironlakes - Full distance

Détails

Pos Nr	Name	NOC	Age	Club	Swimming		T1			Cycling					T2			Running					Total		Age Group					
					Pos	Ctrl1	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Lap3	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Lap 3	Lap 4	Time	Rank	Name			
1. 5	<b>VAN DEN BUVERIE Hans</b>	BEL	38	12BO4	12	26:13	<b>1:02:33</b>	10	1:26	11	1	1:30:05	1:30:33	1:33:02	<b>4:33:41</b>	1	7	1:56	1	2	47:04	47:39	48:48	52:36	<b>3:16:09</b>	<b>8:55:47</b>			1	M30
2. 204	<b>PEX Nelis</b>	BEL	31	GO LIKE HELL	2	22:10	<b>53:02</b>	13	1:41	1	6	1:36:03	1:38:26	1:45:01	<b>4:59:31</b>	2	16	2:14	2	1	44:27	46:23	49:07	51:19	<b>3:11:19</b>	<b>9:07:48</b>	+12:00	2	M30	
3. 2	<b>FOUSS François</b>	BEL	41	TCDM	8	25:16	<b>1:00:01</b>	17	2:04	8	4	1:37:42	1:37:12	1:41:50	<b>4:56:45</b>	3	9	1:57	3	3	46:01	46:55	49:27	55:16	<b>3:17:41</b>	<b>9:18:30</b>	+22:43	1	M40	
4. 3	<b>GILLAIN Michael</b>	BEL	26	ATCC	5	23:44	<b>56:25</b>	27	2:25	4	15	1:40:58	1:37:29	1:54:01	<b>5:12:29</b>	7	2	1:34	6	5	45:08	46:30	50:54	56:36	<b>3:19:10</b>	<b>9:32:06</b>	+36:18	1	M20	
5. 206	<b>WAER Frederik</b>	BEL	37	INNERME TRIATHLON TEAM	19	27:25	<b>1:03:20</b>	39	2:38	18	3	1:34:55	1:36:09	1:42:29	<b>4:53:35</b>	4	79	3:47	4	14	51:35	53:26	52:10	54:12	<b>3:31:24</b>	<b>9:34:46</b>	+38:59	3	M30	
6. 197	<b>VERBIST Hans</b>	BEL	25	TRINITY	4	23:44	<b>56:24</b>	7	1:14	3	8	1:38:06	1:40:38	1:45:10	<b>5:03:55</b>	5	13	2:12	5	15	48:19	51:53	55:33	57:00	<b>3:32:47</b>	<b>9:36:35</b>	+40:47	2	M20	
7. 1	<b>CHEVALIER Benoît</b>	BEL	33	TCDM	7	24:24	<b>58:58</b>	34	2:34	7	14	1:42:45	1:41:57	1:47:21	<b>5:12:04</b>	10	10	2:03	9	8	43:48	51:58	52:41	53:00	<b>3:21:29</b>	<b>9:37:10</b>	+41:22	4	M30	
8. 171	<b>DUPUIS Romain</b>	FRA	32	TEAM GO FAST TRIATHLON	14	26:18	<b>1:02:40</b>	21	2:11	13	10	1:38:34	1:41:43	1:46:29	<b>5:06:47</b>	8	3	1:42	8	11	48:41	51:47	53:07	54:32	<b>3:28:08</b>	<b>9:41:31</b>	+45:43	5	M30	
9. 88	<b>MEEUS Nik</b>	BEL	42	GETC	66	28:56	<b>1:09:47</b>	36	2:36	54	13	1:40:56	1:42:51	1:47:22	<b>5:11:10</b>	13	29	2:39	12	6	47:56	48:53	49:57	54:04	<b>3:20:52</b>	<b>9:47:06</b>	+51:18	2	M40	
10. 4	<b>HOLVOET Rinus</b>	BEL	29	SPORTICS TRI TEAM	10	25:22	<b>1:00:55</b>	44	2:49	10	19	1:43:15	1:44:45	1:48:51	<b>5:16:53</b>	12	38	2:51	11	10	49:02	51:04	52:51	54:22	<b>3:27:20</b>	<b>9:50:50</b>	+55:02	3	M20	
11. 107	<b>MAES Diede</b>	BEL	40	12BO4	33	27:39	<b>1:04:47</b>	102	4:43	39	21	1:42:45	1:45:30	1:49:02	<b>5:17:18</b>	19	55	3:20	17	13	48:12	51:41	54:00	56:38	<b>3:30:33</b>	<b>10:00:42</b>	+1:04:55	3	M40	
12. 121	<b>MERTENS Tijl</b>	BEL	39	AATT	24	27:17	<b>1:04:03</b>	25	2:22	22	9	1:40:15	1:39:39	1:45:57	<b>5:05:52</b>	9	103	4:38	10	24	52:42	54:22	58:44	59:27	<b>3:45:17</b>	<b>10:02:14</b>	+1:06:26	6	M30	
13. 95	<b>SIJMENS Nico</b>	BEL	41	BBBCYCLING SERVÉLO	116	30:30	<b>1:16:49</b>	74	3:48	108	2	1:35:18	1:33:56	1:39:11	<b>4:48:26</b>	6	92	4:10	7	33	55:12	57:18	57:17	1:01:16	<b>3:51:04</b>	<b>10:04:19</b>	+1:08:32	4	M40	
14. 38	<b>PAREIN Filiep</b>	BEL	51	D-CYCLES TRI TEAM	133	32:53	<b>1:19:34</b>	54	3:13	120	20	1:42:01	1:44:58	1:50:08	<b>5:17:08</b>	29	17	2:22	28	12	49:14	50:47	53:29	55:07	<b>3:28:39</b>	<b>10:10:57</b>	+1:15:10	1	M50	
15. 154	<b>VERRIER Benoît</b>	FRA	34	INDIVIDUEL	62	28:57	<b>1:09:26</b>	37	2:36	51	26	1:43:06	1:46:31	1:52:16	<b>5:21:54</b>	25	54	3:20	24	18	50:43	52:28	54:43	58:20	<b>3:36:15</b>	<b>10:13:32</b>	+1:17:45	7	M30	
16. 214 E	<b>ATCC</b>	--			26	27:42	<b>1:04:12</b>	6	1:12	15	63	1:47:56	1:51:31	2:08:31	<b>5:47:59</b>	46	43	2:57	46	4	47:20	48:13	48:41	54:04	<b>3:18:20</b>	<b>10:14:42</b>	+1:18:55	1	EQ	
17. 185	<b>LOGGHE Steven</b>	BEL	29	MTT	15	26:25	<b>1:02:45</b>	111	4:58	24	43	1:50:49	1:51:40	1:55:18	<b>5:37:48</b>	36	95	4:18	37	9	49:08	50:13	52:25	54:37	<b>3:26:25</b>	<b>10:16:16</b>	+1:20:28	4	M20	
18. 49	<b>VERELST Roel</b>	BEL	49	HETRIC	32	27:25	<b>1:04:24</b>	73	3:46	29	22	1:42:35	1:45:37	1:49:30	<b>5:17:42</b>	18	45	2:58	14	38	55:46	55:48	57:48	1:03:47	<b>3:53:10</b>	<b>10:22:01</b>	+1:26:14	5	M40	
19. 117	<b>DROP Frederic</b>	FRA	39	LILLE TRATHLON	153	32:22	<b>1:22:28</b>	150	6:29	154	12	1:37:47	1:42:36	1:50:40	<b>5:11:04</b>	30	71	3:37	32	20	44:50	49:08	1:01:57	1:03:04	<b>3:39:01</b>	<b>10:22:40</b>	+1:26:53	8	M30	
20. 166	<b>HANSELAER Willem</b>	BEL	32		78	29:43	<b>1:11:13</b>	32	2:30	63	25	1:41:05	1:45:23	1:52:59	<b>5:19:28</b>	23	37	2:50	22	26	48:16	54:32	59:36	1:04:47	<b>3:47:13</b>	<b>10:23:17</b>	+1:27:30	9	M30	
21. 180	<b>PÉTRÉ Maxime</b>	BEL	30	RCBT	20	27:24	<b>1:03:39</b>	16	1:55	17	37	1:46:37	1:50:35	1:58:46	<b>5:35:59</b>	32	4	1:47	31	21	50:50	53:45	55:52	59:56	<b>3:40:24</b>	<b>10:23:46</b>	+1:27:59	10	M30	
22. 102	<b>GOOSSENS Julien</b>	BEL	41	OTC	167	34:00	<b>1:26:29</b>	114	5:04	166	7	1:37:03	1:40:41	1:46:00	<b>5:03:45</b>	27	72	3:37	27	23	50:05	54:00	1:01:09	59:35	<b>3:44:51</b>	<b>10:23:48</b>	+1:28:00	6	M40	
23. 216 E	<b>DEPREZ/PITREBOIS/NIELENS</b>	--			76	29:49	<b>1:10:49</b>	2	0:47	49	35	1:45:20	1:49:37	1:59:19	<b>5:34:16</b>	37	8	1:56	35	16	48:59	52:26	54:33	1:00:01	<b>3:36:00</b>	<b>10:23:51</b>	+1:28:03	2	EQ	
24. 205	<b>SEGAERT Frank</b>	BEL	48	IZEGEMSE TRIATLON CLUB	60	29:46	<b>1:09:25</b>	96	4:38	66	16	1:43:29	1:44:31	1:46:09	<b>5:14:10</b>	20	94	4:12	19	39	52:40	54:38	1:00:28	1:05:52	<b>3:53:40</b>	<b>10:26:06</b>	+1:30:18	7	M40	
25. 52	<b>LECRY Frans</b>	BEL	48	TRIGT	18	26:49	<b>1:03:19</b>	49	3:02	20	24	1:44:36	1:45:28	1:48:49	<b>5:18:54</b>	16	81	3:53	15	50	56:16	57:53	1:01:20	1:06:03	<b>4:01:33</b>	<b>10:30:45</b>	+1:34:57	8	M40	
26. 178	<b>MELIN Thibault</b>	BEL	30		103	30:49	<b>1:14:18</b>	110	4:55	102	17	1:41:02	1:44:47	1:48:25	<b>5:14:15</b>	24	86	4:00	25	41	55:08	56:52	59:41	1:04:39	<b>3:56:22</b>	<b>10:33:52</b>	+1:38:04	11	M30	
27. 68	<b>HUBERT Pierre</b>	BEL	45	ATCC	11	26:04	<b>1:02:31</b>	45	2:51	14	36	1:41:35	1:53:59	1:59:51	<b>5:35:26</b>	31	18	2:22	30	40	56:48	57:18	59:10	1:00:24	<b>3:53:41</b>	<b>10:36:53</b>	+1:41:05	9	M40	
28. 106	<b>GUÉDON Mathieu</b>	FRA	40	LE MANS TRIATHLON	23	27:09	<b>1:03:59</b>	19	2:08	19	29	1:45:11	1:50:32	1:52:55	<b>5:28:39</b>	26	32	2:45	26	46	51:59	56:39	1:03:25	1:08:07	<b>4:00:11</b>	<b>10:37:43</b>	+1:41:55	10	M40	
29. 118	<b>DUMORTIER Jérôme</b>	FRA	39	CC WAVRIN	36	27:43	<b>1:05:28</b>	40	2:39	28	23	1:42:33	1:45:32	1:49:37	<b>5:17:43</b>	17	146	6:30	18	57	52:31	1:02:03	1:08:33	1:05:29	<b>4:08:37</b>	<b>10:41:00</b>	+1:45:12	12	M30	
30. 92	<b>DAUTUN Grégory</b>	BEL	42	CCCTRI	99	30:17	<b>1:13:40</b>	56	3:21	89	32	1:47:57	1:49:37	1:54:51	<b>5:32:25</b>	41	24	2:35	40	37	52:48	56:33	1:00:11	1:03:24	<b>3:52:58</b>	<b>10:45:01</b>	+1:49:14	11	M40	
31. 172	<b>GAIN Adrien</b>	BEL	31	ATCC	71	29:31	<b>1:10:12</b>	59	3:26	60	50	1:48:04	1:52:56	2:00:48	<b>5:41:50</b>	47	56	3:20	47	25	52:47	57:04	58:29	57:51	<b>3:46:12</b>	<b>10:45:02</b>	+1:49:14	13	M30	
32. 98	<b>STICKENS Jan</b>	BEL	41	HETRIC	37	27:51	<b>1:05:30</b>	61	3:27	34	27	1:46:03	1:46:20	1:51:07	<b>5:23:31</b>	21	85	4:00	23	58	55:07	59:24	1:04:04	1:10:26	<b>4:09:03</b>	<b>10:45:34</b>	+1:49:46	12	M40	
33. 50	<b>SPOELDERS Kurt</b>	BEL	49	TTR (TRIATLON TEAM ROESE	34	27:46	<b>1:05:23</b>	69	3:42	35	33	1:48:21	1:51:21	1:54:13	<b>5:33:56</b>	33	82	3:56	34	45	52:56	57:54	1:00:58	1:07:52	<b>3:59:42</b>	<b>10:46:40</b>	+1:50:53	13	M40	
34. 161	<b>LEGILLON Sylvain</b>	FRA	33		123	33:27	<b>1:18:15</b>	47	2:54	111	39	1:50:56	1:50:40	1:55:04	<b>5:36:41</b>	52	46	3:01	50	31	54:40	56:25	58:43	1:00:23	<b>3:50:14</b>	<b>10:51:07</b>	+1:55:19	14	M30	
35. 176	<b>CHAMPENOIS Aurelien</b>	BEL	30	OTC	135	32:17	<b>1:19:50</b>	65	3:35	122	11	1:39:26	1:43:44	1:45:54	<b>5:09:05</b>	22	26	2:37	20	76	51:01	1:13:38	1:08:31	1:07:32	<b>4:20:45</b>	<b>10:55:53</b>	+2:00:06	15	M30	
36. 40	<b>ROOSEN Christophe</b>	FRA	51	BEAUMONT TRIATHLON	21	27:29	<b>1:03:55</b>	93	4:23	31	48	1:49:23	1:51:34	1:59:47	<b>5:40:44</b>	40	48	3:01												

# Ironlakes

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

Ironlakes - Full distance

Détails

Pos	Nr	Name	NOC	Age	Club	Swimming		T1			Cycling					T2			Running					Age Group						
						Pos	Ctrl1	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Lap3	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Lap 3	Lap 4	Time	Total	Gap	Rank	Name
38.	145	PINGAUT Benoît	BEL	36	GTC	41	27:28	<b>1:05:51</b>	121	5:19	48	34	1:47:29	1:51:21	1:55:21	<b>5:34:12</b>	35	120	5:19	38	61	59:07	1:03:23	1:04:47	1:02:23	<b>4:09:41</b>	<b>11:00:24</b>	+2:04:37	17	M30
39.	156	ISKLI Ilhan	FRA	34		161	35:04	<b>1:24:22</b>	140	6:02	161	38	1:50:34	1:49:34	1:56:10	<b>5:36:18</b>	65	147	6:31	67	27	55:47	54:53	58:41	58:09	<b>3:47:32</b>	<b>11:00:47</b>	+2:04:59	18	M30
40.	215	E Q3T	--			180	38:46	<b>1:32:29</b>	8	1:24	170	105	1:53:58	2:02:31	2:08:21	<b>6:04:51</b>	124	11	2:07	119	7	47:17	49:09	51:12	53:44	<b>3:21:24</b>	<b>11:02:17</b>	+2:06:29	3	EQ
41.	220	E DELINCE/VERHAEGHE/RISSELIN	--			94	31:12	<b>1:12:33</b>	5	1:03	59	101	1:57:33	2:00:37	2:05:12	<b>6:03:23</b>	88	6	1:53	79	22	52:20	53:30	57:16	1:01:34	<b>3:44:41</b>	<b>11:03:36</b>	+2:07:48	4	EQ
42.	119	KERKHOF Flor	BEL	39		55	29:31	<b>1:08:54</b>	22	2:12	46	31	1:49:15	1:49:29	1:53:38	<b>5:32:23</b>	34	58	3:22	33	70	58:17	1:00:33	1:07:11	1:11:04	<b>4:17:07</b>	<b>11:03:59</b>	+2:08:12	19	M30
43.	140	VANDERHEYDEN Lionel	BEL	36		35	27:44	<b>1:05:26</b>	30	2:29	26	56	1:49:40	1:52:31	2:02:41	<b>5:44:53</b>	45	22	2:31	44	63	55:38	1:04:02	1:05:35	1:05:59	<b>4:11:15</b>	<b>11:06:36</b>	+2:10:48	20	M30
44.	183	SEYNAEVE Jannes	BEL	29	3VL	42	27:36	<b>1:05:55</b>	58	3:25	37	18	1:37:25	1:41:02	1:56:05	<b>5:14:33</b>	14	74	3:42	13	109	1:04:30	1:11:37	1:11:46	1:12:32	<b>4:40:26</b>	<b>11:08:04</b>	+2:12:16	5	M20
45.	218	E Q3T	--			155	35:06	<b>1:22:55</b>	4	0:59	126	73	1:54:42	1:55:28	2:02:17	<b>5:52:28</b>	85	21	2:28	78	30	53:25	53:07	57:48	1:05:38	<b>3:50:00</b>	<b>11:08:51</b>	+2:13:04	5	EQ
46.	28	DUBOIS Philippe	BEL	55	TRI ARDENNE	54	29:04	<b>1:08:38</b>	97	4:39	58	94	1:56:52	2:00:58	2:03:00	<b>6:00:50</b>	77	60	3:24	76	36	51:33	57:01	59:53	1:03:52	<b>3:52:21</b>	<b>11:09:53</b>	+2:14:06	3	M50
47.	75	VAN GENECHTEN Stefan	BEL	45	GETC VZW	81	29:49	<b>1:11:16</b>	100	4:42	80	91	1:59:02	1:57:03	2:03:49	<b>5:59:54</b>	82	53	3:19	81	35	53:01	56:23	59:42	1:03:12	<b>3:52:19</b>	<b>11:11:31</b>	+2:15:44	14	M40
48.	219	E TRITECH	--			46	27:41	<b>1:07:43</b>	1	0:43	33	47	1:48:03	1:50:18	2:01:31	<b>5:39:53</b>	38	1	1:26	36	80	45:29	52:38	1:16:34	1:28:48	<b>4:23:31</b>	<b>11:13:17</b>	+2:17:30	6	EQ
49.	53	PALPIED Jean-Michel	FRA	48		102	30:58	<b>1:14:16</b>	147	6:27	109	5	1:42:15	1:43:55	1:32:23	<b>4:58:35</b>	11	179	16:11	21	105	1:00:00	1:05:33	1:18:49	1:13:56	<b>4:38:19</b>	<b>11:13:50</b>	+2:18:03	15	M40
50.	152	DEFRETIN Benoît	FRA	35		83	29:40	<b>1:11:36</b>	46	2:51	68	58	1:49:23	1:52:54	2:03:25	<b>5:45:43</b>	56	107	4:44	57	60	57:58	59:45	1:04:40	1:07:03	<b>4:09:26</b>	<b>11:14:23</b>	+2:18:35	21	M30
51.	177	CONSTANT Etienne	BEL	30		147	33:20	<b>1:21:05</b>	42	2:43	124	87	1:53:48	2:00:03	2:05:13	<b>5:59:40</b>	102	30	2:42	99	28	52:50	56:36	57:51	1:01:42	<b>3:49:00</b>	<b>11:14:36</b>	+2:18:48	22	M30
52.	128	LEGAGE Benoît	FRA	37	VILLENEUVE D'ASCQ TRIATHL	105	31:20	<b>1:14:50</b>	174	8:36	123	49	1:51:15	1:53:19	1:56:55	<b>5:41:30</b>	61	41	2:55	60	56	53:20	58:37	1:04:40	1:11:30	<b>4:08:09</b>	<b>11:16:02</b>	+2:20:14	23	M30
53.	69	DERCQ Frederic	BEL	45	ATCC	92	29:36	<b>1:12:29</b>	-	-	-	-	-	-	-	-	-	-	-	66	54	56:54	1:01:29	1:03:55	1:04:18	<b>4:06:37</b>	<b>11:17:50</b>	+2:22:03	16	M40
54.	135	DECOUX Arnaud	BEL	37	PFA	80	30:18	<b>1:11:15</b>	101	4:42	81	46	1:45:16	1:52:23	2:02:11	<b>5:39:50</b>	49	49	3:07	48	73	56:17	1:03:18	1:06:16	1:13:13	<b>4:19:05</b>	<b>11:18:02</b>	+2:22:15	24	M30
55.	34	VAN DE VELDE Guido	BEL	52	WTT	171	36:41	<b>1:27:53</b>	82	3:54	167	103	1:57:52	2:00:27	2:05:38	<b>6:03:58</b>	119	141	6:16	121	19	47:45	51:23	57:47	59:32	<b>3:36:29</b>	<b>11:18:32</b>	+2:22:45	4	M50
56.	169	MERCHIER Maxime	FRA	32	TCDM	9	25:18	<b>1:00:18</b>	52	3:09	9	99	1:55:30	1:59:30	2:06:59	<b>6:02:00</b>	62	20	2:27	61	64	57:57	1:02:06	1:05:17	1:07:34	<b>4:12:55</b>	<b>11:20:52</b>	+2:25:05	25	M30
57.	113	JAYMAERT Laurent	BEL	40	TNT	6	24:37	<b>58:41</b>	20	2:10	6	67	1:51:43	1:54:11	2:04:20	<b>5:50:15</b>	42	27	2:37	42	90	1:07:45	1:08:09	1:06:23	1:05:07	<b>4:27:25</b>	<b>11:21:11</b>	+2:25:24	17	M40
58.	93	VLIBERGH Hans	BEL	42	3MD	67	29:49	<b>1:09:49</b>	80	3:53	62	44	1:50:59	1:51:00	1:57:02	<b>5:39:01</b>	44	63	3:28	45	85	57:15	1:08:14	1:07:53	1:11:36	<b>4:25:00</b>	<b>11:21:13</b>	+2:25:26	18	M40
59.	190	BUIRON Thomas	FRA	27		100	30:08	<b>1:13:51</b>	122	5:22	103	60	1:45:42	2:05:43	1:55:01	<b>5:46:28</b>	63	112	5:04	65	62	56:44	1:00:14	1:07:09	1:06:43	<b>4:10:52</b>	<b>11:21:38</b>	+2:25:51	6	M20
60.	212	E SAUSSUS/SAUSSUS/COMMISSARIS	--			108	30:59	<b>1:15:02</b>	15	1:53	88	135	2:10:52	2:10:05	2:05:41	<b>6:26:39</b>	129	12	2:12	127	17	46:14	48:22	59:52	1:01:40	<b>3:36:10</b>	<b>11:21:59</b>	+2:26:12	7	EQ
61.	35	HOCQUET Patrice	BEL	52	CCSTC	154	33:46	<b>1:22:48</b>	57	3:22	136	52	1:45:17	1:56:11	2:02:38	<b>5:44:07</b>	70	93	4:10	70	55	56:17	1:01:49	1:06:25	1:03:06	<b>4:07:38</b>	<b>11:22:08</b>	+2:26:20	5	M50
62.	10	F OCTAVE Maryanne	BEL	45	PMX	114	31:29	<b>1:16:38</b>	88	4:09	110	97	2:00:36	2:00:24	2:00:41	<b>6:01:42</b>	101	39	2:54	97	43	57:19	58:19	59:39	1:02:45	<b>3:58:02</b>	<b>11:23:28</b>	+2:27:40	1	F40
63.	196	DIERICKX Simon	BEL	26		25	27:05	<b>1:04:03</b>	31	2:30	23	78	1:52:34	1:59:40	2:03:14	<b>5:55:29</b>	59	23	2:33	56	77	1:01:17	1:04:16	1:07:09	1:08:10	<b>4:20:54</b>	<b>11:25:31</b>	+2:29:43	7	M20
64.	167	GRATTEPAIN Thibault	FRA	32		70	28:11	<b>1:09:58</b>	165	7:16	91	123	2:05:00	2:02:23	2:08:21	<b>6:15:45</b>	116	64	3:29	116	32	52:57	56:07	59:01	1:02:40	<b>3:50:47</b>	<b>11:27:16</b>	+2:31:29	26	M30
65.	85	VERDEYEN Wim	BEL	43	ITM	45	28:45	<b>1:07:39</b>	50	3:03	42	28	1:45:33	1:46:50	1:55:29	<b>5:27:53</b>	28	84	3:59	29	124	1:04:38	1:08:12	1:14:31	1:21:20	<b>4:48:42</b>	<b>11:31:18</b>	+2:35:31	19	M40
66.	165	BECO Christofer	BEL	32	TNT	79	29:51	<b>1:11:15</b>	89	4:10	74	84	1:56:53	1:57:30	2:02:56	<b>5:57:20</b>	73	57	3:21	72	69	57:28	1:01:04	1:10:10	1:07:00	<b>4:15:44</b>	<b>11:31:52</b>	+2:36:04	27	M30
67.	9	F ESCHETTE Sonny	LUX	48	X3M TRIATHLON MERSCH	121	32:25	<b>1:17:21</b>	92	4:17	114	85	1:58:23	1:59:04	2:00:38	<b>5:58:06</b>	93	44	2:58	91	59	56:43	1:00:40	1:05:44	1:06:08	<b>4:09:16</b>	<b>11:32:00</b>	+2:36:13	2	F40
68.	181	LUKOWIAK Jérôme	BEL	29	TEAM FLEXOS TRIATHLON ARD	82	29:35	<b>1:11:18</b>	85	3:58	72	51	1:50:33	1:53:37	1:59:44	<b>5:43:55</b>	55	66	3:31	52	97	1:04:10	1:08:49	1:12:55	1:03:31	<b>4:29:26</b>	<b>11:32:09</b>	+2:36:21	8	M20
69.	133	DERNIER Alexandre	BEL	37	BBTT	3	23:43	<b>56:21</b>	51	3:04	5	88	1:52:48	1:55:01	2:11:15	<b>5:59:06</b>	53	110	4:59	55	96	1:06:02	1:08:08	1:08:08	1:06:43	<b>4:29:02</b>	<b>11:32:33</b>	+2:36:45	28	M30
70.	41	FAVRESSE Philippe	BEL	51	FLOT	85	29:18	<b>1:11:40</b>	129	5:32	90	89	1:59:03	1:57:48	2:02:17	<b>5:59:09</b>	84	67	3:32	83	67	58:09	1:01:22	1:04:53	1:09:16	<b>4:13:41</b>	<b>11:33:36</b>	+2:37:48	6	M50
71.	33	GUSBIN Michel	BEL	52	PMX	110	31:40	<b>1:15:04</b>	77	3:50	99	42	1:49:46	1:52:15	1:55:08	<b>5:37:10</b>	50	96	4:19	49	100	1:04:04	1:06:53	1:09:03	1:13:26	<b>4:33:27</b>	<b>11:33:53</b>	+2:38:06	7	M50
72.	32	FICKERS Daniel	BEL	53	SCBTRI	138	33:26	<b>1:20:28</b>	125	5:26	134	69	1:52:55	1:56:18	2:01:34	<b>5:50:48</b>	87	100	4:31	88	66	57:44	1:02:09	1:05:51	1:07:47	<b>4:13:32</b>	<b>11:34:47</b>	+2:38:59	8	M50
73.	91	ROSITANO Yohan	BEL	42																										

# Ironlakes

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

Ironlakes - Full distance

Détails

Pos Nr	Name	NOC	Age	Club	Swimming			T1					Cycling					T2			Running					Age Group			
					Pos	Ctrl1	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Lap3	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Lap 3	Lap 4	Time	Total	Gap	Rank	Name
75. 54	SIMON Philippe	FRA	48	METZ TRIATHLON	178	37:37	<b>1:30:36</b>	99	4:40	174	79	1:54:35	2:00:57	1:59:58	<b>5:55:31</b>	112	125	5:34	115	47	55:58	59:51	1:01:04	1:03:24	<b>4:00:18</b>	<b>11:36:41</b>	+2:40:53	21	M40
76. 150	BROUTIN Maxime	FRA	35		59	29:01	<b>1:09:24</b>	128	5:28	70	77	1:56:01	1:57:48	2:01:33	<b>5:55:23</b>	69	150	6:36	73	74	1:01:02	1:05:37	1:04:43	1:08:38	<b>4:20:02</b>	<b>11:36:55</b>	+2:41:08	29	M30
77. 66	FLAMARY-HELLIOT Alexandre	FRA	46	CHAMPAGNE TRIATHLON VITRY	141	33:27	<b>1:20:51</b>	117	5:08	135	124	2:02:17	2:05:24	2:08:22	<b>6:16:05</b>	126	47	3:01	126	34	54:35	56:44	1:00:49	1:00:07	<b>3:52:16</b>	<b>11:37:22</b>	+2:41:34	22	M40
78. 62	DALLONS Arnaud	BEL	47	ATCC	30	27:34	<b>1:04:18</b>	18	2:05	21	119	2:08:33	2:01:35	2:05:09	<b>6:15:18</b>	97	80	3:53	98	65	57:18	1:01:58	1:07:14	1:06:37	<b>4:13:09</b>	<b>11:38:44</b>	+2:42:57	23	M40
79. 192	GROSDENT Thomas	BEL	27		27	26:04	<b>1:04:14</b>	151	6:31	44	100	1:59:56	2:00:26	2:02:22	<b>6:02:45</b>	74	59	3:22	74	79	1:01:25	1:03:21	1:10:30	1:07:57	<b>4:23:14</b>	<b>11:40:08</b>	+2:44:21	9	M20
80. 120	NAUDTS Gaetan	BEL	39	TTB CYCLONE BBC	151	33:34	<b>1:22:08</b>	106	4:47	141	74	1:47:35	1:59:17	2:05:56	<b>5:52:50</b>	94	65	3:30	94	71	1:02:46	1:06:24	1:03:49	1:04:08	<b>4:17:09</b>	<b>11:40:27</b>	+2:44:39	30	M30
81. 79	FRÉDÉRIC Borlée	BEL	44		146	33:09	<b>1:21:04</b>	138	5:57	144	66	1:53:17	1:53:49	2:02:17	<b>5:49:23</b>	86	143	6:20	92	72	56:44	1:05:18	1:10:37	1:05:17	<b>4:17:57</b>	<b>11:40:44</b>	+2:44:56	24	M40
82. 17	F JADOT Adélie	BEL	26	TRIGT	58	29:16	<b>1:09:22</b>	41	2:42	52	132	2:03:07	2:07:14	2:13:11	<b>6:23:34</b>	117	14	2:13	117	51	57:56	57:25	1:01:04	1:06:40	<b>4:03:06</b>	<b>11:40:58</b>	+2:45:11	1	F20
83. 26	VAN DE VEIRE Éric	FRA	56	BEAUMONT TRIATHLON	16	27:12	<b>1:03:01</b>	29	2:26	16	92	1:54:16	1:58:39	2:07:39	<b>6:00:36</b>	64	75	3:43	64	99	1:05:28	1:06:33	1:09:29	1:11:07	<b>4:32:38</b>	<b>11:42:26</b>	+2:46:38	10	M50
84. 131	DEWANDRE Aurelien	BEL	37	SHARKS TRIATHLON	157	35:08	<b>1:23:16</b>	105	4:46	151	61	1:52:33	1:55:20	1:59:00	<b>5:46:53</b>	81	104	4:40	82	84	1:00:29	1:01:23	1:07:11	1:15:40	<b>4:24:44</b>	<b>11:44:21</b>	+2:48:34	31	M30
85. 71	FRANCE Mathieu	BEL	45		130	31:47	<b>1:18:50</b>	148	6:28	131	81	1:51:54	1:55:32	2:05:44	<b>5:56:04</b>	95	40	2:55	95	75	55:27	1:01:33	1:06:03	1:17:08	<b>4:20:13</b>	<b>11:44:31</b>	+2:48:44	25	M40
86. 87	GILLARD Michaël	BEL	42	GTC	148	33:53	<b>1:21:35</b>	124	5:26	143	57	1:49:24	1:54:24	2:01:18	<b>5:45:07</b>	72	33	2:45	71	98	1:01:17	1:05:29	1:12:15	1:11:03	<b>4:30:06</b>	<b>11:45:00</b>	+2:49:13	26	M40
87. 16	F MELCKMANS Daphne	BEL	27	GANT	17	27:27	<b>1:03:07</b>	146	6:24	40	122	2:01:59	2:05:28	2:08:14	<b>6:15:43</b>	108	135	6:09	109	68	57:07	1:01:27	1:05:06	1:10:24	<b>4:14:06</b>	<b>11:45:30</b>	+2:49:42	2	F20
88. 136	MEYS Frédéric	BEL	37	BTC	96	30:59	<b>1:12:42</b>	137	5:55	97	131	2:04:02	2:08:29	2:09:29	<b>6:22:01</b>	125	149	6:35	129	44	59:33	57:55	59:59	1:01:07	<b>3:58:36</b>	<b>11:45:51</b>	+2:50:04	32	M30
89. 114	CAVEZ Benjamin	BEL	40	ETM	56	29:03	<b>1:09:11</b>	79	3:52	56	55	1:49:34	1:55:32	1:59:22	<b>5:44:29</b>	51	119	5:19	53	113	57:04	1:06:30	1:32:06	1:07:27	<b>4:43:09</b>	<b>11:45:01</b>	+2:50:13	27	M40
90. 217	E JETT	--			101	31:12	<b>1:14:00</b>	3	0:53	71	102	2:00:35	2:04:07	1:59:01	<b>6:03:43</b>	90	5	1:51	84	88	1:01:01	1:01:58	1:08:52	1:15:17	<b>4:27:09</b>	<b>11:47:38</b>	+2:51:50	8	EQ
91. 39	DALIMIER Paul	BEL	51	RFCL ATHLÉTISME	68	29:00	<b>1:09:55</b>	134	5:43	75	90	2:00:02	1:57:32	2:01:40	<b>5:59:15</b>	80	130	5:55	86	89	57:49	1:04:00	1:12:52	1:12:28	<b>4:27:10</b>	<b>11:47:59</b>	+2:52:11	11	M50
92. 143	WANTE Emerik	BEL	36	PFA TEAM	97	30:14	<b>1:12:50</b>	141	6:05	100	80	1:53:09	1:57:11	2:05:17	<b>5:55:38</b>	79	137	6:11	85	93	1:03:49	1:08:56	1:07:36	1:07:52	<b>4:28:15</b>	<b>11:49:02</b>	+2:53:15	33	M30
93. 48	WILLEMS Simon	BEL	49	BORN TO RUN	156	35:13	<b>1:23:09</b>	91	4:16	148	128	2:04:25	2:08:08	2:07:55	<b>6:20:29</b>	135	69	3:34	134	48	56:22	1:00:04	1:01:57	1:02:23	<b>4:00:47</b>	<b>11:52:16</b>	+2:56:29	28	M40
94. 86	PLISSON Roland	FRA	43	LIEVIN	163	33:17	<b>1:25:52</b>	103	4:43	163	71	1:51:55	1:59:03	2:00:24	<b>5:51:22</b>	99	83	3:58	100	92	1:00:06	1:02:46	1:11:20	1:13:41	<b>4:27:54</b>	<b>11:53:51</b>	+2:58:04	29	M40
95. 13	F ORTMANS Stéphanie	BEL	42	TCBM	69	29:27	<b>1:09:56</b>	71	3:44	61	141	2:03:18	2:09:30	2:19:18	<b>6:32:06</b>	134	73	3:41	131	52	59:35	59:29	1:02:14	1:04:02	<b>4:05:22</b>	<b>11:54:51</b>	+2:59:03	3	F40
96. 211	E OTC	--			107	31:17	<b>1:14:53</b>	12	1:38	86	146	2:04:50	2:12:31	2:20:43	<b>6:38:05</b>	144	25	2:36	141	42	56:52	57:58	59:29	1:03:23	<b>3:57:44</b>	<b>11:54:59</b>	+2:59:11	9	EQ
97. 193	WEYNANT François	BEL	26		115	31:25	<b>1:16:43</b>	132	5:38	117	96	1:53:53	2:00:44	2:06:57	<b>6:01:35</b>	104	155	7:31	110	82	57:34	1:02:17	1:12:25	1:12:05	<b>4:24:22</b>	<b>11:55:51</b>	+3:00:03	10	M20
98. 137	MICHEL Michaël	BEL	36		77	29:58	<b>1:11:03</b>	115	5:04	83	75	1:51:13	1:55:42	2:06:13	<b>5:53:08</b>	68	115	5:11	69	112	58:59	1:07:30	1:15:02	1:21:35	<b>4:43:07</b>	<b>11:57:35</b>	+3:01:48	34	M30
99. 84	DHENRY Maxime	BEL	43	ETM	98	30:46	<b>1:13:10</b>	60	3:27	87	117	1:57:37	2:05:07	2:11:52	<b>6:14:38</b>	114	51	3:11	113	81	1:00:19	1:06:02	1:09:17	1:08:06	<b>4:23:46</b>	<b>11:58:15</b>	+3:02:27	30	M40
100. 158	GOUDÉ Thomas	FRA	33	COURIR À DOL	75	29:20	<b>1:10:46</b>	116	5:07	78	106	1:52:37	2:00:51	2:12:22	<b>6:05:52</b>	98	116	5:13	102	102	1:04:38	1:09:14	1:16:01	1:03:58	<b>4:33:54</b>	<b>12:00:54</b>	+3:05:06	35	M30
101. 70	SCHOLTENS Niels	NLD	45		22	27:12	<b>1:03:56</b>	84	3:57	25	104	1:56:24	2:00:10	2:07:33	<b>6:04:08</b>	71	145	6:27	77	119	1:04:59	1:10:41	1:12:58	1:16:57	<b>4:45:36</b>	<b>12:04:07</b>	+3:08:19	31	M40
102. 207	WAROT Côme	FRA	49	COTE D'OPALE TRIATHLON	134	35:27	<b>1:19:42</b>	131	5:37	132	76	1:53:23	1:58:11	2:01:53	<b>5:53:29</b>	92	131	5:58	96	107	1:06:51	1:12:39	1:10:51	1:09:18	<b>4:39:41</b>	<b>12:04:29</b>	+3:08:41	32	M40
103. 179	DUBUC Cédric	BEL	30		48	27:50	<b>1:08:08</b>	157	6:42	69	95	1:55:24	1:59:53	2:05:58	<b>6:01:16</b>	83	105	4:40	87	115	1:02:57	1:08:46	1:16:48	1:15:06	<b>4:43:39</b>	<b>12:04:29</b>	+3:08:41	36	M30
104. 195	TRICOT Julien	BEL	26		86	29:45	<b>1:11:43</b>	136	5:53	93	110	1:59:11	1:59:36	2:08:58	<b>6:07:47</b>	109	62	3:27	106	104	57:53	1:03:27	1:14:19	1:20:43	<b>4:36:23</b>	<b>12:05:16</b>	+3:09:29	11	M20
105. 111	VERMEESCH Sébastien	BEL	40	TRIATHLON ARDENNES	91	30:29	<b>1:12:26</b>	78	3:51	84	83	1:56:13	1:58:48	2:02:13	<b>5:57:15</b>	75	123	5:32	80	121	1:03:54	1:06:27	1:15:38	1:20:56	<b>4:46:55</b>	<b>12:06:01</b>	+3:10:14	33	M40
106. 20	MONFORTI Yves	BEL	60	Q3T	158	34:14	<b>1:24:06</b>	130	5:36	157	72	1:56:03	1:55:18	2:00:35	<b>5:51:56</b>	96	98	4:26	101	111	1:02:24	1:08:45	1:12:24	1:17:47	<b>4:41:22</b>	<b>12:07:29</b>	+3:11:41	1	M60
107. 144	WILLEM Yves	BEL	36	TURBO	93	30:12	<b>1:12:31</b>	107	4:52	92	93	1:56:36	1:58:57	2:05:04	<b>6:00:38</b>	89	106	4:44	93	118	1:03:43	1:08:40	1:17:39	1:15:25	<b>4:45:28</b>	<b>12:08:15</b>	+3:12:28	37	M30
108. 189	VERHENNE Tim	BEL	28		89	30:01	<b>1:12:18</b>	152	6:32	98	40	1:47:26	1:52:04	1:57:19	<b>5:36:50</b>	48	140	6:14	51	145	1:10:29	1:14:08	1:19:39	1:22:29	<b>5:06:46</b>	<b>12:08:41</b>	+3:12:54	12	M20
109. 182	SOUTMANS Thibaut	BEL	29	TRIATHLON NAMUR TEAM	95	30:23	<b>1:12:34</b>	63	3:31	82	130	2:04:18	2:08:06	2:09:18	<b>6:21:43</b>	121	68	3:32	120	95	59:07	1:12:39	1:11:00	1:05:47	<b>4:28:34</b>	<b>12:09:57&lt;/</b>			

# Ironlakes

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

Ironlakes - Full distance

Détails

Pos Nr	Name	NOC	Age	Club	Swimming		T1		Cycling					T2			Running					Age Group							
					Pos	Ctrl1	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Lap3	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Lap 3	Lap 4	Time	Total	Gap	Rank	Name
112. 141	<b>RASSCHAERT Sam</b>	BEL	36		87	30:25	<b>1:12:06</b>	76	3:49	79	143	2:07:47	2:13:18	2:13:05	<b>6:34:10</b>	138	77	3:45	137	78	1:03:14	1:05:26	1:05:19	1:08:24	<b>4:22:26</b>	<b>12:16:18</b>	+3:20:31	39	M30
113. 186	<b>DUPAS Antoine</b>	FRA	29	DOUAI	61	28:44	<b>1:09:25</b>	159	6:55	85	109	1:58:39	1:58:48	2:09:55	<b>6:07:23</b>	103	117	5:14	107	123	1:00:20	1:06:44	1:18:22	1:22:49	<b>4:48:17</b>	<b>12:17:16</b>	+3:21:29	14	M20
114. 58	<b>CHORGNON Ludovic</b>	FRA	48	LE CLUB TRIATHLON	119	31:15	<b>1:17:04</b>	113	5:04	115	98	1:50:20	1:59:28	2:12:04	<b>6:01:52</b>	105	138	6:13	108	125	1:01:18	1:08:50	1:23:21	1:15:43	<b>4:49:13</b>	<b>12:19:27</b>	+3:23:40	35	M40
115. 124	<b>DELHAES Damien</b>	BEL	38	TA	139	32:29	<b>1:20:35</b>	160	6:56	149	113	1:55:08	2:03:16	2:11:54	<b>6:10:19</b>	123	148	6:32	125	103	58:15	1:04:36	1:14:17	1:18:12	<b>4:35:22</b>	<b>12:19:46</b>	+3:23:59	40	M30
116. 59	<b>DE CRAEYE Michaël</b>	BEL	48	TRI GT	124	33:01	<b>1:18:24</b>	53	3:12	113	108	1:57:27	2:00:17	2:09:29	<b>6:07:14</b>	111	121	5:21	112	120	59:17	1:12:39	1:21:41	1:13:01	<b>4:46:39</b>	<b>12:20:51</b>	+3:25:04	36	M40
117. 139	<b>BOYAUD Mathieu</b>	FRA	36	US PALAISEAU TRIATHLON	57	28:31	<b>1:09:12</b>	55	3:17	55	59	1:52:09	1:56:09	1:58:09	<b>5:46:28</b>	54	162	8:21	58	154	1:09:29	1:23:43	1:18:13	1:23:02	<b>5:14:29</b>	<b>12:21:49</b>	+3:26:01	41	M30
118. 60	<b>DE BREYNE Frédéric</b>	FRA	47		179	39:02	<b>1:32:18</b>	177	8:48	181	82	1:49:37	2:01:07	2:05:59	<b>5:56:44</b>	122	108	4:49	123	106	1:03:23	1:11:41	1:20:09	1:04:19	<b>4:39:34</b>	<b>12:22:14</b>	+3:26:27	37	M40
119. 151	<b>LEMAIRE Cédric</b>	BEL	35		165	35:50	<b>1:26:25</b>	86	4:01	162	107	1:55:45	2:03:07	2:07:47	<b>6:06:40</b>	120	134	6:08	124	108	59:56	1:13:20	1:11:39	1:15:21	<b>4:40:18</b>	<b>12:23:35</b>	+3:27:47	42	M30
120. 138	<b>COUPIN Franck</b>	FRA	36		182	39:35	<b>1:33:19</b>	95	4:35	179	125	2:00:03	2:02:36	2:13:58	<b>6:16:37</b>	143	42	2:55	143	91	59:10	1:03:35	1:04:50	1:20:05	<b>4:27:42</b>	<b>12:25:10</b>	+3:29:22	43	M30
121. 104	<b>BREL Richard</b>	FRA	41		129	32:57	<b>1:18:42</b>	119	5:16	127	53	1:49:00	1:53:07	2:02:03	<b>5:44:11</b>	67	126	5:45	68	153	1:12:48	1:14:09	1:18:57	1:26:54	<b>5:12:49</b>	<b>12:26:44</b>	+3:30:57	38	M40
122. 187	<b>LOOTENS Kevin</b>	BEL	28		159	35:24	<b>1:24:07</b>	43	2:49	142	62	1:47:36	1:53:41	2:05:58	<b>5:47:15</b>	78	36	2:50	75	149	1:09:35	1:17:28	1:23:37	1:19:50	<b>5:10:31</b>	<b>12:27:35</b>	+3:31:48	15	M20
123. 105	<b>DACQUIN Remy</b>	FRA	40	COTE D OPALE TRIATHLON	49	28:39	<b>1:08:10</b>	48	2:57	47	114	1:55:52	2:02:47	2:12:18	<b>6:10:58</b>	100	142	6:19	105	135	1:05:31	1:26:32	1:23:38	1:05:46	<b>5:01:28</b>	<b>12:29:54</b>	+3:34:07	39	M40
124. 11	F <b>FAIVRE Anne</b>	FRA	45		90	30:21	<b>1:12:20</b>	120	5:18	94	147	2:07:10	2:14:33	2:19:23	<b>6:41:07</b>	147	111	5:03	146	87	1:08:22	1:05:03	1:05:10	1:08:03	<b>4:26:39</b>	<b>12:30:30</b>	+3:34:42	4	F40
125. 90	<b>DHAUSSY Fabian</b>	BEL	42	NSTT	28	27:24	<b>1:04:14</b>	167	7:37	50	127	2:05:42	2:06:56	2:07:14	<b>6:19:54</b>	115	174	10:19	122	133	1:08:21	1:12:36	1:16:15	1:22:32	<b>4:59:46</b>	<b>12:41:52</b>	+3:46:04	40	M40
126. 213	E <b>NIHIL</b>	--			168	36:26	<b>1:26:42</b>	9	1:24	152	173	2:05:33	2:21:40	2:44:10	<b>7:11:25</b>	171	19	2:24	170	49	56:06	56:03	1:01:33	1:04:31	<b>4:01:15</b>	<b>12:43:12</b>	+3:47:24	10	EQ
127. 27	<b>SEGUY Denis</b>	BEL	55	BTC	50	27:57	<b>1:08:19</b>	126	5:26	64	151	2:03:19	2:10:33	2:29:16	<b>6:43:09</b>	146	128	5:48	145	110	1:02:23	1:09:46	1:16:33	1:12:11	<b>4:40:54</b>	<b>12:43:39</b>	+3:47:51	12	M50
128. 109	<b>GENDARME Danny</b>	BEL	40	GEMBLOUX TRIATHLON CLUB	177	37:51	<b>1:30:28</b>	118	5:08	176	116	1:54:35	2:03:10	2:15:50	<b>6:13:36</b>	136	31	2:45	136	129	1:09:30	1:13:32	1:13:16	1:17:13	<b>4:53:34</b>	<b>12:45:33</b>	+3:49:45	41	M40
129. 83	<b>MACQUET Nicolas</b>	FRA	43	BEAUMONT TRIATHLON	120	32:42	<b>1:17:17</b>	127	5:27	119	129	1:55:39	2:03:57	2:21:00	<b>6:20:37</b>	128	78	3:47	128	141	1:00:58	1:30:00	1:12:51	1:21:07	<b>5:04:57</b>	<b>12:52:06</b>	+3:56:19	42	M40
130. 80	<b>ERNIS Christophe</b>	FRA	44	TRIATHLON PAYS DU NEUBOUR	131	33:28	<b>1:19:15</b>	70	3:42	121	115	1:53:25	2:04:17	2:14:58	<b>6:12:41</b>	118	102	4:32	118	152	1:16:51	1:19:09	1:20:24	1:16:01	<b>5:12:26</b>	<b>12:52:39</b>	+3:56:51	43	M40
131. 6	<b>DECOBECQ Ghislain</b>	FRA	37	CONCORDE CLUB TRIATHLON S	84	30:13	<b>1:11:37</b>	142	6:16	95	133	1:54:53	2:04:00	2:25:36	<b>6:24:30</b>	127	166	9:07	135	136	1:04:43	1:12:53	1:19:02	1:25:06	<b>5:01:46</b>	<b>12:53:17</b>	+3:57:30	44	M30
132. 164	<b>ABOU TAHA Mohamad</b>	BEL	32	RCBT	125	32:00	<b>1:18:25</b>	176	8:45	145	152	2:08:47	2:16:26	2:19:16	<b>6:44:31</b>	155	169	9:27	155	101	1:08:14	1:03:20	1:08:21	1:13:38	<b>4:33:34</b>	<b>12:54:43</b>	+3:58:55	45	M30
133. 43	<b>GENOU Christophe</b>	FRA	50	TEAM NOYON TRIATHLON	172	37:20	<b>1:28:03</b>	154	6:34	172	136	2:03:15	2:07:22	2:17:52	<b>6:28:30</b>	150	99	4:31	149	122	1:04:32	1:10:32	1:16:59	1:15:42	<b>4:47:47</b>	<b>12:55:27</b>	+3:59:39	13	M50
134. 103	<b>PERRIER Jerome</b>	FRA	41	SCA 2000 EVRY	150	32:56	<b>1:21:54</b>	108	4:53	140	126	2:00:09	2:06:43	2:10:21	<b>6:17:13</b>	131	91	4:08	130	151	1:07:45	1:33:08	1:18:02	1:12:09	<b>5:11:06</b>	<b>12:59:16</b>	+4:03:28	44	M40
135. 202	<b>FANNES Dirk</b>	BEL	57		160	35:48	<b>1:24:19</b>	162	7:09	165	163	2:14:33	2:16:13	2:24:23	<b>6:55:10</b>	164	165	9:07	165	83	1:00:15	1:04:20	1:11:16	1:08:50	<b>4:24:42</b>	<b>13:00:28</b>	+4:04:41	14	M50
136. 89	<b>DEWALLE Christophe</b>	FRA	42	TEAM TRIATHLON MAUBEUGE	117	31:58	<b>1:16:51</b>	62	3:30	107	134	1:59:29	2:08:37	2:17:17	<b>6:25:24</b>	133	122	5:25	133	148	1:11:50	1:17:47	1:24:15	1:16:16	<b>5:10:10</b>	<b>13:01:22</b>	+4:05:35	45	M40
137. 61	<b>LEROY Daniel</b>	BEL	47		72	29:59	<b>1:10:22</b>	112	4:59	73	121	2:04:26	2:04:51	2:06:11	<b>6:15:30</b>	113	87	4:01	114	159	1:13:16	1:17:41	1:27:12	1:29:06	<b>5:27:17</b>	<b>13:02:09</b>	+4:06:21	46	M40
138. 194	<b>LAMANDÉ Julien</b>	FRA	26	ATCC	106	31:01	<b>1:14:50</b>	155	6:37	112	164	2:08:29	2:20:55	2:26:02	<b>6:55:26</b>	157	88	4:01	154	114	1:02:27	1:08:43	1:16:41	1:15:23	<b>4:43:16</b>	<b>13:04:13</b>	+4:08:26	16	M20
139. 126	<b>MICHA Eric</b>	BEL	38		132	32:55	<b>1:19:22</b>	163	7:09	138	149	2:06:06	2:14:47	2:21:15	<b>6:42:09</b>	152	139	6:13	152	127	1:02:10	1:10:38	1:14:51	1:21:54	<b>4:49:35</b>	<b>13:04:29</b>	+4:08:42	46	M30
140. 82	<b>ROBERT Christophe</b>	BEL	44		112	30:53	<b>1:16:12</b>	149	6:28	118	137	2:04:06	2:10:20	2:14:04	<b>6:28:31</b>	139	129	5:49	140	147	1:06:15	1:13:32	1:21:06	1:27:37	<b>5:08:32</b>	<b>13:05:33</b>	+4:09:45	47	M40
141. 36	<b>MASSET Micky</b>	BEL	51	TRIB	142	33:38	<b>1:20:53</b>	104	4:44	133	144	1:58:11	2:09:33	2:27:01	<b>6:34:46</b>	148	136	6:10	148	144	1:15:03	1:12:55	1:16:17	1:21:48	<b>5:06:05</b>	<b>13:12:40</b>	+4:16:53	15	M50
142. 15	F <b>POELAERT Hilda</b>	BEL	37	PFA	140	33:39	<b>1:20:41</b>	181	9:12	159	170	2:14:59	2:28:14	2:26:58	<b>7:10:12</b>	172	157	7:40	174	86	1:04:31	1:07:25	1:07:40	1:05:55	<b>4:25:32</b>	<b>13:13:19</b>	+4:17:32	1	F30
143. 74	<b>TOURNA Y Jean-Philippe</b>	BEL	45	FLOT	63	29:06	<b>1:09:26</b>	144	6:21	77	155	2:06:39	2:14:42	2:27:46	<b>6:49:08</b>	151	132	5:59	151	140	1:08:47	1:17:45	1:24:06	1:13:38	<b>5:04:18</b>	<b>13:15:14</b>	+4:19:26	48	M40
144. 65	<b>FAIVRE Sebastien</b>	FRA	46		149	33:29	<b>1:21:49</b>	164	7:14	156	156	2:07:26	2:18:49	2:22:59	<b>6:49:14</b>	158	101	4:32	157	130	1:03:35	1:11:49	1:16:03	1:23:12	<b>4:54:41</b>	<b>13:17:32</b>	+4:21:44	49	M40
145. 188	<b>VARLOTEAUX Côme</b>	FRA	28	SCAP18	104	30:28	<b>1:14:39</b>	133	5:38	106	142	1:57:00	2:11:14	2:23:54	<b>6:32:09</b>	141	97	4:23	139	156	1:11:12	1:18:20	1:24:47	1:28:55	<b>5:23:15</b>	<b>13:20:04</b>	+4:24:17	17	M20

# Ironlakes

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

Ironlakes - Full distance

Détails

Pos Nr	Name	NOC	Age	Club	Swimming		T1		Cycling					T2			Running					Age Group								
					Pos	Ctrl1	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Lap3	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Lap 3	Lap 4	Time	Total	Gap	Rank	Name	
149. 157	JONATHAN Vandersmissen	BEL	33	TEAM TRIATHLON MAUBEUGE	162	36:04	<b>1:24:32</b>	172	8:28	168	153	2:09:07	2:14:58	2:22:36	<b>6:46:42</b>	160	168	9:18	160	131	1:05:36	1:10:54	1:20:24	1:18:19	<b>4:55:14</b>	<b>13:24:15</b>	+4:28:28	47	M30	
150. 149	ZAJONZ Anthony	FRA	35	TEAM TRIATHLON MAUBEUGE	126	33:15	<b>1:18:31</b>	169	7:58	137	160	2:09:30	2:19:14	2:23:33	<b>6:52:18</b>	159	172	10:07	159	132	1:05:40	1:17:10	1:21:44	1:14:55	<b>4:59:30</b>	<b>13:28:26</b>	+4:32:38	48	M30	
151. 142	BAUDUIN Julien	BEL	36	SHARKS TRIATHLON (CCSTC)	166	35:30	<b>1:26:26</b>	33	2:33	155	166	2:05:14	2:16:38	2:35:02	<b>6:56:55</b>	163	50	3:11	161	134	57:00	1:08:52	1:25:39	1:28:54	<b>5:00:27</b>	<b>13:29:34</b>	+4:33:46	49	M30	
152. 42	PETITFRERE Guillaume	FRA	50	ATHLETIC CLUB MARQUOIS	47	28:39	<b>1:08:03</b>	183	10:30	96	157	2:14:19	2:18:38	2:18:06	<b>6:51:04</b>	153	158	7:48	153	157	1:12:47	1:17:18	1:22:19	1:32:51	<b>5:25:16</b>	<b>13:42:43</b>	+4:46:56	16	M50	
153. 110	LECUTIER Julien	FRA	40	VALENCIENNES TRIATHLON	176	35:25	<b>1:28:48</b>	168	7:42	178	159	2:07:13	2:14:38	2:29:45	<b>6:51:38</b>	166	177	10:47	167	142	1:01:39	1:11:10	1:23:32	1:28:56	<b>5:05:18</b>	<b>13:44:15</b>	+4:48:28	53	M40	
154. 73	LECOMTE Nicolas	BEL	45		183	37:38	<b>1:34:23</b>	66	3:35	180	158	2:07:37	2:17:13	2:26:22	<b>6:51:12</b>	167	90	4:04	163	150	1:09:49	1:15:21	1:20:03	1:25:44	<b>5:10:59</b>	<b>13:44:16</b>	+4:48:28	54	M40	
155. 31	LECOMTE Jean Paul	BEL	53		127	32:49	<b>1:18:32</b>	185	15:31	171	167	2:16:00	2:18:17	2:23:06	<b>6:57:25</b>	168	175	10:25	169	138	1:04:11	1:15:07	1:21:34	1:21:43	<b>5:02:37</b>	<b>13:44:32</b>	+4:48:44	17	M50	
156. 115	BASTIN Simon	BEL	39		173	36:17	<b>1:28:13</b>	170	8:11	177	165	2:13:44	2:18:15	2:23:27	<b>6:55:26</b>	169	171	10:01	168	139	1:04:13	1:15:07	1:21:35	1:21:41	<b>5:02:38</b>	<b>13:44:32</b>	+4:48:44	50	M30	
157. 29	CASTEL Martial	FRA	54	LILLE TRIATHLON	184	40:48	<b>1:38:05</b>	-	-	-	-	-	-	-	-	-	-	-	172	137	1:06:03	1:10:34	1:23:08	1:22:01	<b>5:01:47</b>	<b>13:46:19</b>	+4:50:32	18	M50	
158. 44	MERCHIE Frédéric	BEL	50	TRIGT	29	27:18	<b>1:04:16</b>	156	6:40	45	118	1:56:06	2:02:34	2:16:04	<b>6:14:44</b>	110	152	6:49	111	166	1:16:33	1:42:17	1:35:40	1:41:00	<b>6:15:32</b>	<b>13:48:03</b>	+4:52:16	19	M50	
159. 125	WILLEMS Maarten	BEL	38	TRI UNIC	136	33:17	<b>1:19:59</b>	166	7:25	147	174	2:11:43	2:23:48	2:37:49	<b>7:13:21</b>	173	114	5:09	173	155	1:11:58	1:25:04	1:24:19	1:15:53	<b>5:17:16</b>	<b>14:03:12</b>	+5:07:24	51	M30	
160. 77	VENTURI Xavier	FRA	44		-	50:58	-	-	-	139	139	2:02:20	2:10:51	2:16:40	<b>6:29:53</b>	145	164	8:41	147	165	1:20:26	1:31:12	1:31:55	1:41:10	<b>6:04:44</b>	<b>14:10:05</b>	+5:14:18	55	M40	
161. 12	F LOYEN Magali	BEL	42	PFA	164	35:52	<b>1:26:09</b>	180	9:05	173	179	2:21:07	2:33:08	2:41:46	<b>7:36:03</b>	178	167	9:14	179	128	1:04:36	1:07:37	1:11:53	1:25:42	<b>4:49:50</b>	<b>14:10:22</b>	+5:14:34	5	F40	
162. 81	MILLARD Damien	FRA	44		128	32:52	<b>1:18:37</b>	135	5:51	128	171	2:11:11	2:26:34	2:33:03	<b>7:10:49</b>	170	156	7:38	171	161	1:11:10	1:26:56	1:30:16	1:34:38	<b>5:43:01</b>	<b>14:25:59</b>	+5:30:11	56	M40	
163. 200	DE GIETER Antoine	BEL	21		118	30:54	<b>1:16:52</b>	171	8:19	130	177	2:17:58	2:28:55	2:36:34	<b>7:23:28</b>	175	176	10:37	176	160	1:07:45	1:14:20	1:34:05	1:40:05	<b>5:36:16</b>	<b>14:35:34</b>	+5:39:46	18	M20	
164. 14	F VAN DER SNEPPEN Lineke	NLD	38		188	48:09	<b>1:55:56</b>	123	5:23	185	178	2:25:10	2:31:20	2:28:56	<b>7:25:27</b>	180	124	5:34	181	146	1:12:22	1:09:58	1:16:06	1:29:58	<b>5:08:26</b>	<b>14:40:47</b>	+5:45:00	2	F30	
165. 122	BELLA Jeremy	FRA	38	ESVL TRIATHLON	152	33:37	<b>1:22:23</b>	145	6:22	153	175	2:17:45	2:25:47	2:33:02	<b>7:16:34</b>	174	133	6:00	175	163	1:12:53	1:25:00	1:34:05	1:41:03	<b>5:53:02</b>	<b>14:44:23</b>	+5:48:35	52	M30	
166. 101	ANTOINE Jean-Philippe	BEL	41	RUNNING CONCEPT TRIATHLON	181	38:22	<b>1:32:59</b>	184	12:27	182	172	2:14:18	2:26:59	2:29:38	<b>7:10:56</b>	176	153	6:58	177	162	1:22:45	1:22:32	1:23:07	1:34:56	<b>5:43:22</b>	<b>14:46:43</b>	+5:50:55	57	M40	
DNF 163	BONAMIE Davey	BEL	33	TCPO	44	28:55	<b>1:07:33</b>	14	1:42	36	45	1:51:57	1:50:04	1:57:08	<b>5:39:09</b>	39	61	3:25	39	-	53:35	1:04:44								
DNF 160	DUQUENNE Samuel	BEL	33	TTF	40	27:37	<b>1:05:47</b>	28	2:26	30	54	1:49:36	1:55:44	1:58:59	<b>5:44:20</b>	43	28	2:38	43	-	49:56									
DNF 191	RALET Benoit	BEL	27	ATCC	43	27:34	<b>1:07:20</b>	23	2:15	41	70	1:51:12	1:55:31	2:04:11	<b>5:50:54</b>	57	34	2:46	54	-	59:05									
DNF 94	CASTERMANS Christophe	BEL	41	ZLTC	51	29:32	<b>1:08:22</b>	75	3:49	53	64	1:49:51	1:56:11	2:03:06	<b>5:49:10</b>	58	144	6:21	59	-										
DNF 72	DOMINGUES Daniel	FRA	45	TEAM TRIATHLON MAUBEUGE	73	29:48	<b>1:10:29</b>	81	3:54	67	111	1:53:54	2:00:18	2:15:48	<b>6:10:01</b>	106	70	3:36	104	-	1:25:28									
DNF 129	BONNARD Loic	FRA	37	COMPIEGNE	39	27:46	<b>1:05:44</b>	38	2:37	32	145	2:01:08	2:08:35	2:27:18	<b>6:37:01</b>	132	113	5:08	132	-										
DNF 173	COLON Stéphane	BEL	31	TRIATHLON TEAM RACING	52	27:38	<b>1:08:22</b>	24	2:22	43	150	1:59:09	2:18:44	2:24:58	<b>6:42:51</b>	142	76	3:44	142	-	1:41:27									
DNF 147	VAN DER VEGT Harrie	NLD	36	TV RDG	122	32:56	<b>1:17:23</b>	109	4:54	116	138	1:58:27	2:07:36	2:23:30	<b>6:29:34</b>	140	154	7:13	144	-										
DNF 37	VALET Olivier Jean	BEL	51	URBAN TRI TEAM	65	29:29	<b>1:09:43</b>	90	4:11	65	154	1:55:16	2:11:04	2:42:16	<b>6:48:37</b>	149	160	8:02	150	-	1:47:05	2:03:19	2:05:07							
DNF 19	NERRINCK Philippe	BEL	61	ATCC	144	33:41	<b>1:20:53</b>	179	8:55	158	148	2:07:48	2:14:33	2:19:29	<b>6:41:51</b>	154	170	9:57	156	-	1:21:35	1:34:24								
DNF 112	BEN-SLAMA Samy	FRA	40		88	30:15	<b>1:12:14</b>	158	6:46	101	161	2:05:11	2:20:15	2:28:46	<b>6:54:13</b>	156	178	14:03	158	-	1:27:48									
DNF 123	DE SAEDELEER David	BEL	38		169	36:39	<b>1:27:16</b>	68	3:38	164	162	2:09:14	2:17:19	2:28:21	<b>6:54:54</b>	162	118	5:18	162	-	1:13:41	1:21:46								
DNF 30	FORET Frederic	BEL	53	FLOT (FLORENNES TRIATHLON	109	30:43	<b>1:15:03</b>	178	8:49	125	169	2:11:58	2:20:29	2:29:25	<b>7:01:52</b>	161	161	8:12	164	-	1:07:15	1:23:45								
DNF 22	JACQUET Laurent	FRA	58		185	42:36	<b>1:41:17</b>	182	9:38	183	176	2:12:04	2:18:59	2:48:59	<b>7:20:03</b>	177	159	7:50	178	-										
DNF 63	CONNEROTTE Thierry	BEL	46	BTC TRIATHLON	143	33:34	<b>1:20:53</b>	161	7:00	150	180	2:33:07	2:35:56	2:37:41	<b>7:46:45</b>	179	151	6:41	180	-	1:23:26	1:30:28	1:29:09							
DNF 132	LOCUTY Johann	FRA	37	FOURMIES	174	36:32	<b>1:28:47</b>	98	4:39	169	112	2:02:15	2:18:33	1:49:24	<b>6:10:13</b>	130	-	-	-	-	-	-	-	-	-	-	-	-	-	
DNF 24	BRANDTS Alain	BEL	57	CCSTC	187	47:37	<b>1:54:30</b>	175	8:38	186	181	2:33:23	2:54:49	2:34:50	<b>8:03:03</b>	181	-	-	-	-	-	-	-	-	-	-	-	-	-	
DNF 67	BOUSMANNE Marc	BEL	46	TCDM	13	26:16	<b>1:02:40</b>	11	1:37	12	-	1:47:24	3:54:47		-	-	-	-	-	-	-	-	-	-	-	-	-	-		
DNF 146	STRAATHOF Kaspar	NLD	36	RTC DEN HAAG	31	27:29	<b>1:04:20</b>	72	3:45	27	-	1:47:48	1:54:40		-	-	-	-	-	-	-	-	-	-	-	-	-	-		

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

