

FWC - Sirene Jogging

Carin Ladies 5 km

Middelkerke, August 16th. 2009, BEL

Per categorie

CAF Vrouwen - Cadet

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
	1.	5098	F COMMERS Lauren	14	ROBA	22:37		4:31	13.256	8
W	2.	5027	F DEVRIENDT Silke	13	AV JABBEKE	22:54	+0:16	4:34	13.094	10
	3.	5085	F SANTENS Laura	14		24:27	+1:49	4:53	12.267	16
W	4.	5103	F LEFEVER Valerie	14	MACW	25:55	+3:17	5:11	11.571	25
W	5.	5033	F IACONO Lia	12		26:23	+3:45	5:16	11.369	27
	6.	5001	F HERMANS Evelien	14		26:25	+3:47	5:17	11.354	29
W	7.	5083	F DE BLAUWE Lisa	13	MOLENLOPERS BEK	26:51	+4:13	5:22	11.168	31
W	8.	5096	F DEFUYTER Ine	14	DAPALO	27:12	+4:34	5:26	11.029	33
	9.	5073	F DECOCK Emmie	14	JC BRAKEL	28:04	+5:27	5:36	10.683	41
	10.	5069	F BAUM Vil	12		28:48	+6:10	5:45	10.415	44

JUF Vrouwen - Junior

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
	1.	5008	F SEGERS Silke	16	VITA	20:16		4:03	14.794	2
W	2.	5065	F DE KAESTECKER Sara	17	FLAC	21:40	+1:23	4:20	13.839	6
	3.	5108	F POLFLIET Sofie	17	SPBO	22:31	+2:14	4:30	13.319	7
	4.	5042	F DE GROOTE Sarah	17	ASVO	22:51	+2:34	4:34	13.124	9
W	5.	5006	F BRUCRUyce Kim	17	MACW	24:16	+3:59	4:51	12.362	15
W	6.	5099	F VRANCKEN Kelly	15	MCO	25:10	+4:53	5:02	11.917	20
	7.	5088	F VANDE VELDE Kathleen	15	KAAGENT	27:17	+7:01	5:27	10.991	35
W	8.	5102	F DELLOBEL Jasmien	15	MACW	29:47	+9:30	5:57	10.070	50
	9.	5044	F BRASPENNING Eike	15		31:43	+11:26	6:20	9.457	71
	10.	5010	F ADRIAENSENS Sarah	16	OLYMPIA LONDERZ	34:53	+14:36	6:58	8.599	95

SEF Vrouwen - Senior

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
W	1.	5013	F DEKETELAERE Annelies	23	HAC	19:13		3:50	15.609	1
	2.	5037	F ROELANDTS Sophie	21	RCB	21:30	+2:17	4:18	13.950	4
	3.	5004	F VAN DE VELDE Haike	22	RRT	23:11	+3:57	4:38	12.939	11
	4.	5097	F SCHOORENS Nele	27		24:33	+5:20	4:54	12.214	17
	5.	5090	F DEJONGHE Aurelie	25		25:08	+5:55	5:01	11.929	19
W	6.	5055	F WARNEZ Wendy	31		25:49	+6:36	5:09	11.616	24
	7.	5095	F VANTOMME Elodie	30		26:19	+7:06	5:15	11.398	26
W	8.	5012	F RYCKEWAERT Valerie	26		27:30	+8:17	5:30	10.907	36
W	9.	5101	F CLOET Jessy	20	MACW	27:48	+8:35	5:33	10.787	39
	10.	5064	F WUYTS Valerie	20		30:01	+10:48	6:00	9.993	55

VEF Vrouwen - Veteran

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
W	1.	5047	F FRERE Mia	53	VACBL	21:08		4:13	14.192	3
	2.	5056	F BEYENS Ann	38	ARAC	21:33	+0:25	4:18	13.913	5
	3.	5007	F ROGHE Chris	45	WORLD RUNNER	23:19	+2:11	4:39	12.861	12
W	4.	5057	F TIMMERMAN Sandra	40		23:23	+2:15	4:40	12.826	13
	5.	5063	F DEBERSAQUES Nathalie	39	DE GAVERTTRIMMER	23:51	+2:43	4:46	12.572	14
	6.	5041	F CLINCKE Hilde	45	KASUO	25:00	+3:52	5:00	11.996	18
	7.	5078	F REYNAERT Lieve	42		25:22	+4:14	5:04	11.821	21
	8.	5091	F HUYGEN Anja	36	BJC BILZEN	25:23	+4:15	5:04	11.816	22
W	9.	5084	F VAN DE MAELE Marianne	49		25:42	+4:34	5:08	11.667	23
	10.	5039	F STOCKMAN Natacha	39		26:23	+5:15	5:16	11.365	28

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