

Sirene Jogging

Lotto Mens 5 km

Middelkerke, August 22th. 2010, BEL

Per categorie

CAH Manen - Cadet

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
W	1.	5546	DEKEYSER Thomas	13		19:56		3:59	15.040	8
W	2.	5542	VERDONCK Simon	14	MACW	20:07	+0:11	4:01	14.902	9
W	3.	5560	VERSTRAETE Thijs	11		21:51	+1:54	4:22	13.727	19
	4.	5519	VANPEVENAEYGE Anthony	11	-	22:17	+2:20	4:27	13.461	20
W	5.	5561	VERSTRAETE Pieter	13		22:43	+2:46	4:32	13.204	22
	6.	5564	SCHQUEWE Romain	14		23:35	+3:38	4:43	12.719	31
W	7.	5544	ZWAENEPOEL Thomas	14		25:31	+5:34	5:06	11.753	39
	8.	5547	MICHIELS Wendel	12	ROBA	27:05	+7:08	5:25	11.072	46
W	9.	5553	LEFEVRE Niels	11		27:16	+7:19	5:27	11.002	48
W	10.	5524	GOES Jietse	11		28:09	+8:12	5:37	10.652	51

JUH Manen - Junior

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
W	1.	5515	VERSTRAETE Sander	16		17:59		3:35	16.670	4
W	2.	5503	CAEN Laurens	15		20:16	+2:16	4:03	14.802	10
	3.	5545	VONCK Klaas	15	EA	20:26	+2:27	4:05	14.672	12
	4.	5563	VANDERSANDEN Mathieu	17		21:25	+3:25	4:17	14.005	14
W	5.	5534	GHYSELIEN Jonas	17		22:48	+4:48	4:33	13.158	23
	6.	5541	VAN THIELEN Jasper	15	ACHL	23:17	+5:17	4:39	12.878	26
	7.	5535	SANTENS Maarten	16	KASTO	27:00	+9:00	5:24	11.106	45
	8.	5526	MEERBERGEN Wout	15		29:41	+11:41	5:56	10.104	61

SEH Manen - Senior

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
	1.	5556	VAN HECKE Koen	29	KKS	17:06		3:25	17.536	1
W	2.	5559	DESPEGHEL Frederic	19	NO LIMIT TEAM	17:25	+0:18	3:29	17.220	2
	3.	5554	DE WEVER Stef	30		17:41	+0:34	3:32	16.964	3
	4.	5529	DE GROOTE Mathias	20	ASVO	18:12	+1:05	3:38	16.479	5
	5.	5569	GOOSESENS Andy	29	ACHL	18:42	+1:36	3:44	16.031	6
W	6.	5533	VAN LANCKER Dieter	21	AZW	19:42	+2:35	3:56	15.226	7
W	7.	5577	DERAMOUDT Tom	27	PASAR	21:50	+4:44	4:22	13.732	18
	8.	5532	BELLIS Bjorn	30		23:06	+6:00	4:37	12.981	25
	9.	5531	DE KNOP Laurent	32	LEEUWERIK	25:34	+8:28	5:06	11.728	40
	10.	5530	VAN SPEYBROUCK Thomas	21		29:50	+12:44	5:58	10.053	64

VEH Manen - Veteran

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
	1.	5510	VOUT Tony	51	ASKERN DRC	20:17		4:03	14.782	11
	2.	5574	SWALUS Jozef	53		20:39	+0:22	4:07	14.518	13
	3.	5567	BRUYLANDT Jean Jacques	54		21:28	+1:11	4:17	13.965	15
	4.	5573	BEEK Dennis	37		21:35	+1:18	4:19	13.892	16
W	5.	5555	PARMENTIER Luc	59		21:48	+1:31	4:21	13.752	17
	6.	5557	HOUTMAN Danny	48	E AALST	22:29	+2:12	4:29	13.335	21
	7.	5576	VERBIEST Louis	65	ACKO	22:57	+2:39	4:35	13.069	24
	8.	5520	VANPEVENAEYGE Danny	44	-	23:19	+3:01	4:39	12.863	27
	9.	5536	BOELAERT Guido	54		23:27	+3:09	4:41	12.789	28
	10.	5579	BINON Mark	42		23:30	+3:12	4:42	12.761	29

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