

Sirene Jogging

Lotto Ladies 5 km

Middelkerke, August 22th. 2010, BEL

Per categorie

CAF Vrouwen - Cadet

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
	1.	5013	F AUDENAERT Kendra	14		21:55		4:23	13.680	3
W	2.	5025	F GOES Fien	14	WIK OOSTENDE	25:43	+3:47	5:08	11.666	12
	3.	5052	F IACONO Lia	13		26:03	+4:07	5:12	11.511	14
	4.	5035	F JACQUEMYN Celine	13	RC GENT	27:21	+5:25	5:28	10.965	18
W	5.	5058	F LEFEVRE Lore	14		27:32	+5:36	5:30	10.892	19
	6.	5049	F SEGERS Fien	13		31:47	+9:52	6:21	9.435	43

JUF Vrouwen - Junior

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
W	1.	5048	F ZWAENPOEL Emma	15	MACW	23:58		4:47	12.513	8
	2.	5034	F SANTENS Laura	15	KASBO	25:05	+1:07	5:01	11.953	11
	3.	5003	F HERMANS Evelien	15		26:18	+2:20	5:15	11.403	15
W	4.	5057	F LEFEVRE Sidney	15		30:56	+6:57	6:11	9.698	39
	5.	5018	F ADRIAENSENS Sarah	17	OLYMPIA LONDERZ	31:49	+7:50	6:21	9.428	44
	6.	5004	F BRASPENNING Elke	16	KFC MEER	32:54	+8:56	6:34	9.114	49

SEF Vrouwen - Senior

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
W	1.	5031	F PIETERS Evy	23		18:55		3:47	15.858	1
	2.	5066	F POLFIET Sofie	18		21:47	+2:52	4:21	13.766	2
	3.	5019	F VAN DE VELDE Haike	23		22:04	+3:09	4:24	13.591	4
	4.	5016	F NYS Deborah	20		23:12	+4:17	4:38	12.924	5
	5.	5029	F DE GROOTE Sarah	18	ASVO	23:32	+4:37	4:42	12.743	6
W	6.	5002	F RYCKEWAERT Valerie	27		25:47	+6:52	5:09	11.630	13
W	7.	5055	F DELANNOY Debby	30	DE RODE LOPERS	26:40	+7:45	5:20	11.244	16
	8.	5059	F VAN HOORDE Els	29		28:10	+9:15	5:38	10.648	20
	9.	5074	F VERBIEST Katrien	32	SAV	28:21	+9:26	5:40	10.578	21
	10.	5009	F DE BRUYCKER Nele	23		28:34	+9:39	5:42	10.500	22

VEF Vrouwen - Veteran

	Pos	Nr	Name	Age	Team	Time	Gap	TKm	Avg	Scr
	1.	5015	F STOCKMAN Natacha	40		23:44		4:44	12.633	7
	2.	5072	F GHIJSSELS Inge	37		24:16	+0:31	4:51	12.361	9
W	3.	5060	F BEX Patricia	51		24:43	+0:58	4:56	12.131	10
W	4.	5030	F COUVREUR Els	41		27:17	+3:32	5:27	10.994	17
W	5.	5012	F MELIS Ann	47		28:51	+5:06	5:46	10.396	23
	6.	5073	F DEHAEVER Miriam	60	JOGGINGCLUB OET	28:57	+5:12	5:47	10.358	24
	7.	5039	F DELACROIX Gina	46	LEEUEWERIK	29:04	+5:19	5:48	10.317	25
	8.	5068	F MAERTEN Nancy	41		29:29	+5:44	5:53	10.174	26
W	9.	5032	F GODERIS Christa	45		29:32	+5:47	5:54	10.155	27
W	10.	5037	F DE CRAEMER Katrien	37		29:57	+6:13	5:59	10.012	30

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