

## 555 Ronde Triathlon - Middelkerke

4/07/2021

## Result Scratch

Distances: 500m Swim, 50km Bike, 5km Run

Starts: Elite:10:00 Age Group: 10:05

CRO: Eigen aan de organisatie

Website: <https://www.sandmanevents.be>

Pl	Naam	Club	Plaats	Nat	Nr	Cat	PL L	Swim	P1	AVG	TR 1	P1	Bike	P1	AVG	TR 2	P1	>S+B	P1	Run	T/Km	P1	AVG	Finish	Gap
1	Dieussaert Dennis		Bredene	BEL	26	H-40	1 *	0:07:22	6	4,07	0:00:41	2	1:16:21	4	39,29	0:00:57	1	1:25:21	1	0:17:25	3:29	2	17,22	1:42:46	0:00:00
2	Vandenbroele Niels		Tielt	BEL	29	H-40	2 *	0:07:21	5	4,08	0:00:36	1	1:16:28	5	39,23	0:01:00	4	1:25:25	2	0:18:05	3:37	4	16,59	1:43:30	0:00:44
3	Vyvey Ben		Meerdonk	BEL	118	H-40	3 *	0:07:01	2	4,28	0:00:50	8	1:17:13	13	38,85	0:01:11	21	1:26:15	3	0:17:44	3:33	3	16,92	1:43:59	0:01:13
4	Van Dorpe Joren		Wortegem	BEL	152	H-40	4	0:07:58	17	3,77	0:01:00	15	1:16:59	11	38,97	0:01:01	5	1:26:58	4	0:17:23	3:29	1	17,26	1:44:21	0:01:35
5	Van Nijlen Ilias		Retie	BEL	159	H-40	5	0:07:35	10	3,96	0:01:09	21	1:17:23	15	38,77	0:01:00	3	1:27:07	6	0:18:29	3:42	6	16,23	1:45:36	0:02:50
6	Mares Thomas		Oostende	BEL	105	H-40	6	0:07:50	14	3,83	0:01:24	28	1:16:53	9	39,02	0:01:03	10	1:27:10	7	0:18:46	3:45	7	15,99	1:45:56	0:03:10
7	Roefs Jasper		Vosselaar	BEL	155	H-40	7	0:08:11	22	3,67	0:01:33	37	1:16:19	3	39,31	0:01:10	18	1:27:13	10	0:19:09	3:50	11	15,67	1:46:22	0:03:36
8	Vanhove Koenraad		Leffinge	BEL	122	H-40	8	0:08:03	18	3,73	0:01:13	23	1:16:56	10	38,99	0:01:16	26	1:27:28	13	0:19:17	3:51	12	15,56	1:46:45	0:03:59
9	Maes Dieter		Sint-eloois-vijve	BEL	43	H-40	9	0:08:16	25	3,63	0:01:04	18	1:16:44	6	39,10	0:01:02	8	1:27:06	5	0:19:40	3:56	16	15,25	1:46:46	0:04:00
10	De Prince Kylian		Bredene	BEL	82	H-40	10	0:07:56	16	3,78	0:01:58	65	1:16:10	2	39,39	0:01:44	70	1:27:48	15	0:19:30	3:54	14	15,38	1:47:18	0:04:32
11	Deweert Arne		Passendale	BEL	136	H-40	11	0:07:51	15	3,82	0:01:33	36	1:16:46	8	39,08	0:01:02	6	1:27:12	9	0:20:08	4:02	19	14,90	1:47:20	0:04:34
12	Bouche Joel		Ronsele	BEL	151	H+40	1 *	0:08:27	30	3,55	0:00:51	9	1:16:44	7	39,10	0:01:23	35	1:27:25	12	0:20:14	4:03	22	14,83	1:47:39	0:04:53
13	Vyvey Knut		Oostende	BEL	134	H-40	12	0:07:36	11	3,95	0:01:11	22	1:17:18	14	38,81	0:01:16	28	1:27:21	11	0:20:34	4:07	26	14,59	1:47:55	0:05:09
14	Pex Nelis		Scherpenheuvel	BEL	175	H-40	13	0:07:20	4	4,09	0:00:45	5	1:20:48	38	37,13	0:01:02	7	1:29:55	19	0:18:27	3:41	5	16,26	1:48:22	0:05:36
15	Vandewiele Frederik		Ruiselede	BEL	117	H-40	14	0:08:25	29	3,56	0:01:31	33	1:15:56	1	39,51	0:01:19	31	1:27:11	8	0:21:29	4:18	38	13,96	1:48:40	0:05:54
16	Depyper Miel		Veurne	BEL	35	H-40	15	0:07:33	9	3,97	0:00:54	11	1:20:21	30	37,34	0:01:00	2	1:29:48	17	0:18:54	3:47	8	15,87	1:48:42	0:05:56
17	Callewaert Simon		Avelgem	BEL	50	H-40	16	0:07:32	8	3,98	0:01:00	14	1:20:02	25	37,48	0:01:16	29	1:29:50	18	0:20:48	4:10	30	14,42	1:50:38	0:07:52
18	Raes Branko		Nieuwerkerken	BEL	31	H-40	17	0:08:12	23	3,66	0:01:02	16	1:20:49	39	37,12	0:01:10	17	1:31:13	21	0:19:40	3:56	15	15,25	1:50:53	0:08:07
19	De Witte Michiel		Bissegem	BEL	15	H-40	18	0:08:13	24	3,65	0:00:52	10	1:20:56	40	37,07	0:01:02	9	1:31:03	20	0:20:07	4:01	18	14,91	1:51:10	0:08:24
20	Deleu Stijn		Waregem	BEL	157	H-40	19	0:08:45	39	3,43	0:02:11	83	1:20:20	29	37,34	0:01:27	37	1:32:43	33	0:19:08	3:50	10	15,68	1:51:51	0:09:05
21	Kindt Servaas		Hollebeke	BEL	7	H-40	20	0:09:22	62	3,20	0:01:37	41	1:20:19	28	37,35	0:01:38	54	1:32:56	38	0:19:02	3:48	9	15,76	1:51:58	0:09:12
22	Caron Bert		Oostende	BEL	165	H-40	21	0:07:23	7	4,06	0:01:38	44	1:17:08	12	38,89	0:02:15	106	1:28:24	16	0:23:46	4:45	72	12,62	1:52:10	0:09:24
23	Coreelman Jonas		Zulte	BEL	108	H-40	22	0:06:58	1	4,31	0:01:37	42	1:17:43	16	38,60	0:01:26	36	1:27:44	14	0:24:45	4:57	82	12,12	1:52:29	0:09:43
24	Godart Michael		Callenelle	BEL	73	H+40	2 *	0:09:14	56	3,25	0:00:50	7	1:20:44	36	37,16	0:01:09	14	1:31:57	22	0:20:35	4:07	27	14,57	1:52:32	0:09:46
25	Voswinkel Frank		Winksele	BEL	143	H+40	3 *	0:09:04	49	3,31	0:02:20	91	1:19:51	21	37,57	0:01:31	45	1:32:46	36	0:20:08	4:02	20	14,90	1:52:54	0:10:08
26	Pletinck Tristan		Grembergen	BEL	156	H-40	23	0:09:36	68	3,13	0:01:28	30	1:20:16	26	37,38	0:01:09	15	1:32:29	28	0:20:40	4:08	28	14,52	1:53:09	0:10:23
27	Vanderbruggen Jordy		Middelkerke	BEL	56	H-40	24	0:08:56	43	3,36	0:02:05	72	1:20:21	31	37,34	0:01:36	52	1:32:58	40	0:20:22	4:04	23	14,73	1:53:20	0:10:34
28	Coopman Pascal		Bredene	BEL	86	H-40	25	0:07:44	12	3,88	0:01:18	24	1:21:59	54	36,59	0:01:15	25	1:32:16	25	0:21:34	4:19	41	13,91	1:53:50	0:11:04
29	Verbeeck Mike		Oostmalle	BEL	96	H+40	4	0:08:41	35	3,45	0:01:00	13	1:21:15	48	36,92	0:01:08	11	1:32:04	23	0:21:48	4:22	45	13,76	1:53:52	0:11:06
30	Bots Floris		Hasselt	BEL	22	H-40	26	0:10:12	86	2,94	0:02:30	101	1:18:32	18	38,20	0:01:55	80	1:33:09	42	0:20:50	4:10	31	14,40	1:53:59	0:11:13
31	Swijngedouw Giel		Hasselt	BEL	24	H-40	27	0:10:31	100	2,85	0:02:45	109	1:18:00	17	38,46	0:02:03	89	1:33:19	44	0:20:53	4:11	33	14,37	1:54:12	0:11:26
32	Penxten Emile		Strombeek-bever	BEL	17	H-40	28	0:09:29	65	3,16	0:01:32	34	1:21:57	53	36,61	0:01:41	60	1:34:39	51	0:19:44	3:57	17	15,20	1:54:23	0:11:37
33	Vanderghote Arthur		0	BEL	148	H-40	29	0:08:08	20	3,69	0:02:24	97	1:20:35	33	37,23	0:01:29	39	1:32:36	30	0:21:48	4:22	44	13,76	1:54:24	0:11:38
34	Trybou Joachim		Nieuwpoort	BEL	173	H+40	5	0:08:58	45	3,35	0:01:51	59	1:20:22	32	37,33	0:01:31	42	1:32:42	32	0:21:43	4:21	43	13,81	1:54:25	0:11:39
35	Meulemeester Andy		Oostende	BEL	120	H-40	30	0:09:06	52	3,30														1:54:41	0:11:55
36	De Maeyer Jan		Gentbrugge	BEL	75	H+40	6	0:09:05	51	3,30	0:01:28	31	1:20:43	35	37,17	0:01:20	32	1:32:36	29	0:22:06	4:25	49	13,57	1:54:42	0:11:56
37	Welvaert Frederik		Alveringem	BEL	97	H-40	31	0:08:53	41	3,38	0:01:07	19	1:21:00	42	37,04	0:02:08	100	1:33:08	41	0:21:36	4:19	42	13,89	1:54:44	0:11:58

Tot Starters: 131

Rks 1: 27

Rks 2: 104

Rks 3: 0

Rks 4: 0

Rks 5: 0

Rks 6: 0

Rks 7: 0

Rks 8: 0

DNS= Did not Start DNF = Did not Finish DQF = Disqualified

Pl.	Naam	Club	Plaats	Nat	Nr	Cat	PL L	Swim	P1	AVG	TR 1	P1	Bike	P1	AVG	TR 2	P1	>S+B	P1	Run	T/Km	P1	AVG	Finish	Gap
38	Cogghe Jeroen		Beerst	BEL	168	H-40	32	0:08:44	37	3,44	0:01:40	46	1:21:01	44	37,03	0:01:12	22	1:32:37	31	0:22:12	4:26	50	13,51	1:54:49	0:12:03
39	Hanssens Thomas		Gullegem	BEL	95	H-40	33	0:08:44	38	3,44	0:03:11	114	1:20:57	41	37,06	0:01:47	74	1:34:39	50	0:20:33	4:07	25	14,60	1:55:12	0:12:26
40	Goossens Geert		Asse	BEL	84	H+40	7	0:10:16	89	2,92	0:02:21	92	1:19:59	24	37,51	0:01:57	82	1:34:33	49	0:20:42	4:08	29	14,49	1:55:15	0:12:29
41	Van Genechten Stijn		Westerlo	BEL	34	H-40	34	0:08:40	34	3,46	0:01:38	43	1:21:01	43	37,03	0:01:27	38	1:32:46	35	0:22:35	4:31	52	13,28	1:55:21	0:12:35
42	Vanderhaeghe Frederick		Oostvleteren	BEL	98	H+40	8	0:09:32	67	3,15	0:01:48	55	1:19:57	22	37,52	0:01:11	20	1:32:28	27	0:23:01	4:36	59	13,03	1:55:29	0:12:43
43	Van Quaethem Kris		Gent	BEL	145	H-40	35	0:10:03	83	2,99	0:02:50	110	1:19:30	20	37,74	0:01:40	58	1:34:03	46	0:21:31	4:18	40	13,94	1:55:34	0:12:48
44	Vanthournou Brandon		Herseaux	BEL	88	H-40	36	0:08:33	32	3,51	0:01:37	40	1:21:10	47	36,96	0:01:35	50	1:32:55	37	0:22:55	4:35	58	13,09	1:55:50	0:13:04
45	De Ridder Quinten		Geraardsbergen	BEL	138	H-40	37	0:09:26	63	3,18	0:01:51	58	1:19:58	23	37,52	0:01:10	16	1:32:25	26	0:23:36	4:43	68	12,71	1:56:01	0:13:15
46	Bellet Jean-françois		Zutkerque	BEL	54	H+40	9	0:10:26	97	2,88	0:01:18	25	1:21:10	46	36,96	0:01:33	47	1:34:27	48	0:21:51	4:22	46	13,73	1:56:18	0:13:32
47	Verscheure Karel		Vichte	BEL	70	H+40	10	0:09:20	60	3,21	0:01:44	50	1:21:42	51	36,72	0:02:45	121	1:35:31	54	0:21:12	4:14	36	14,15	1:56:43	0:13:57
48	Delagaye Kobe		Grembergen	BEL	160	H-40	38	0:08:10	21	3,67	0:01:36	38	1:21:36	50	36,76	0:01:22	34	1:32:44	34	0:24:14	4:51	80	12,38	1:56:58	0:14:12
49	Depoorter Stijn		Boezinge	BEL	42	H+40	11	0:09:02	47	3,32	0:01:57	63	1:20:44	37	37,16	0:01:14	23	1:32:57	39	0:24:09	4:50	77	12,42	1:57:06	0:14:20
50	Neyt Alissia		Aalter	BEL	137	D-40	1*	0:07:47	13	3,85	0:01:45	51	1:23:24	56	35,97	0:01:21	33	1:34:17	47	0:23:25	4:41	66	12,81	1:57:42	0:14:56
51	Woutermaertens Ivan		Wemmel	BEL	150	H+40	12	0:08:05	19	3,71	0:01:39	45	1:23:06	55	36,10	0:01:58	84	1:34:48	52	0:23:04	4:37	60	13,01	1:57:52	0:15:06
52	Provoost Arno		Gistel	BEL	166	H-40	39	0:08:22	28	3,59	0:02:05	73	1:24:28	61	35,52	0:01:50	76	1:36:45	55	0:21:31	4:18	39	13,94	1:58:16	0:15:30
53	Dockx Nico		Heist-op-den-berg	BEL	6	H-40	40	0:10:55	108	2,75	0:03:32	121	1:21:26	49	36,84	0:02:06	94	1:37:59	58	0:20:31	4:06	24	14,62	1:58:30	0:15:44
54	Van Den Berghe Tim		Oudenaarde	BEL	158	H+40	13	0:08:30	31	3,53	0:01:32	35	1:21:04	45	37,01	0:02:17	108	1:33:23	45	0:25:16	5:03	88	11,87	1:58:39	0:15:53
55	Boekhout Paz		Sint-kruis	BEL	161	H-40	41	0:09:15	58	3,24	0:01:44	49	1:21:50	52	36,66	0:02:00	88	1:34:49	53	0:24:11	4:50	78	12,41	1:59:00	0:16:14
56	Boon Stefan		Dendermonde	BEL	133	H-40	42	0:09:52	78	3,04	0:02:38	105	1:26:10	72	34,82	0:01:15	24	1:39:55	70	0:19:22	3:52	13	15,49	1:59:17	0:16:31
57	De Baets Kenneth		Overmere	BEL	142	H-40	43	0:10:24	95	2,88	0:01:54	60	1:24:12	60	35,63	0:01:40	59	1:38:10	60	0:21:27	4:17	37	13,99	1:59:37	0:16:51
58	Van Cleynenbrugel Simon		Vilvoorde	BEL	179	H-40	44	0:08:47	40	3,42														1:59:58	0:17:12
59	Vander Putten Ken		Teralfene	BEL	124	H-40	45	0:10:07	84	2,97	0:01:26	29	1:24:58	65	35,31	0:01:16	27	1:37:47	56	0:22:12	4:26	51	13,51	1:59:59	0:17:13
60	Ingelbrecht Nico		Westende	BEL	109	H+40	14	0:09:21	61	3,21	0:01:46	53	1:20:18	27	37,36	0:01:50	77	1:33:15	43	0:27:20	5:28	103	10,98	2:00:35	0:17:49
61	Pylser Peter		Westende	BEL	48	H+40	15	0:09:03	48	3,31	0:01:48	54	1:25:23	67	35,14	0:01:35	49	1:37:49	57	0:22:47	4:33	54	13,17	2:00:36	0:17:50
62	Van Neyghem Gerben		Lokeren	BEL	93	H-40	46	0:08:55	42	3,36	0:01:24	27	1:20:39	34	37,20	0:01:18	30	1:32:16	24	0:28:48	5:46	113	10,42	2:01:04	0:18:18
63	Swalens Thomas		Gijzegem	BEL	131	H-40	47	0:09:41	70	3,10	0:01:59	67	1:24:50	63	35,36	0:01:31	44	1:38:01	59	0:23:22	4:40	65	12,84	2:01:23	0:18:37
64	Van Gossum Deborah		Scherpenheuvel	BEL	174	D-40	2*	0:08:19	27	3,61	0:00:49	6	1:28:16	89	33,99	0:01:11	19	1:38:35	65	0:23:06	4:37	61	12,99	2:01:41	0:18:55
65	Coopman Dominique		Lombardsijde	BEL	123	H+40	16	0:08:57	44	3,35	0:02:09	79	1:28:20	91	33,96	0:01:29	41	1:40:55	75	0:21:04	4:13	34	14,24	2:01:59	0:19:13
66	De Vos Joris		0	BEL	46	H+40	17	0:09:27	64	3,17	0:01:08	20	1:25:38	68	35,03	0:02:06	95	1:38:19	62	0:23:43	4:45	71	12,65	2:02:02	0:19:16
67	Vanthournout Geert		Oostkamp	BEL	141	H+40	18	0:10:19	91	2,91	0:01:57	62	1:26:58	77	34,50	0:01:42	61	1:40:56	76	0:21:08	4:14	35	14,20	2:02:04	0:19:18
68	Paredis Thibaud		Hasselt	BEL	12	H-40	48	0:11:03	114	2,71	0:02:41	107	1:23:48	58	35,80	0:01:38	55	1:39:10	69	0:22:54	4:35	57	13,10	2:02:04	0:19:18
69	Van Troyen Ines		0	BEL	177	D-40	3*	0:08:34	33	3,50	0:01:03	17	1:30:39	99	33,09	0:01:39	56	1:41:55	82	0:20:09	4:02	21	14,89	2:02:04	0:19:18
70	Shelsea Weyn		Temse	BEL	32	D-40	4	0:08:16	26	3,63	0:00:44	4	1:28:21	92	33,96	0:01:08	13	1:38:29	64	0:23:37	4:43	69	12,70	2:02:06	0:19:20
71	De Moor Kevin		Lokeren	BEL	144	H-40	49	0:09:54	79	3,03	0:02:54	112	1:23:38	57	35,87	0:01:46	73	1:38:12	61	0:24:02	4:48	73	12,48	2:02:14	0:19:28
72	Faelens Jonas		Lievegem	BEL	107	H-40	50	0:10:13	87	2,94	0:02:23	96	1:26:01	70	34,88	0:01:38	53	1:40:15	72	0:22:05	4:25	48	13,58	2:02:20	0:19:34
73	Tackx Koen		Oostende	BEL	132	H+40	19	0:09:31	66	3,15	0:02:10	80	1:24:54	64	35,34	0:02:09	102	1:38:44	67	0:23:38	4:44	70	12,69	2:02:22	0:19:36
74	Deliens Gauthier		Veurne	BEL	81	H-40	51	0:10:27	98	2,87	0:02:07	76	1:27:45	84	34,19	0:01:44	68	1:42:03	85	0:20:52	4:10	32	14,38	2:02:55	0:20:09
75	Van Tomme Timothy		Zottegem	BEL	3	H-40	52	0:09:49	74	3,06	0:02:00	68	1:24:47	62	35,38	0:01:49	75	1:38:25	63	0:25:18	5:04	89	11,86	2:03:43	0:20:57
76	Muchery Xavier		Rumbeke	BEL	130	H+40	20	0:10:39	105	2,82	0:02:11	84	1:26:21	73	34,74	0:01:31	43	1:40:42	73	0:23:10	4:38	62	12,95	2:03:52	0:21:06
77	Vertongen Dirk		Berlare	BEL	172	H+40	21	0:09:13	55	3,25	0:02:22	95	1:25:01	66	35,29	0:02:05	93	1:38:41	66	0:25:19	5:04	90	11,85	2:04:00	0:21:14
78	Degryse Jelle		Sint-kruis (brugge)	BEL	113	H-40	53	0:09:47	73	3,07	0:02:22	93	1:27:05	78	34,45	0:01:36	51	1:40:50	74	0:23:19	4:40	64	12,87	2:04:09	0:21:23
79	Devoldere Kristof		Slijpe	BEL	110	H+40	22	0:08:42	36	3,45	0:01:41	47	1:26:09	71	34,82	0:02:12	103	1:38:44	68	0:26:38	5:20	99	11,26	2:05:22	0:22:36

Tot Starters: 131

Rks 1: 27

Rks 2: 104

Rks 3: 0

Rks 4: 0

Rks 5: 0

Rks 6: 0

Rks 7: 0

Rks 8: 0

DNS= Did not Start DNF = Did not Finish DQF = Disqualified

Pl.	Naam	Club	Plaats	Nat	Nr	Cat	PL	L	Swim	P1	AVG	TR 1	P1	Bike	P1	AVG	TR 2	P1	>S+B	P1	Run	T/Km	P1	AVG	Finish	Gap
80	Van De Wiele Kevin		Merelbeke	BEL	149	H-40	54		0:10:36	103	2,83	0:02:54	113	1:28:09	86	34,03	0:02:37	116	1:44:16	96	0:21:55	4:23	47	13,69	<b>2:06:11</b>	0:23:25
81	Van Lierop Wim		Oostende	BEL	162	H+40	23		0:10:46	107	2,79	0:01:58	66	1:27:36	83	34,25	0:01:43	62	1:42:03	84	0:24:12	4:50	79	12,40	<b>2:06:15</b>	0:23:29
82	Schockaert Emile		Winksele	BEL	164	H-40	55		0:09:42	72	3,09	0:02:15	87	1:29:55	98	33,36	0:01:44	65	1:43:36	90	0:22:42	4:32	53	13,22	<b>2:06:18</b>	0:23:32
83	Matthysen Hans		Heddesheim	BEL	45	H+40	24		0:09:50	76	3,05	0:02:00	69	1:27:26	82	34,31	0:01:56	81	1:41:12	78	0:25:11	5:02	87	11,91	<b>2:06:23</b>	0:23:37
84	Vermeulen Stijn		Zevergem	BEL	101	H+40	25		0:11:00	111	2,73	0:02:11	81	1:26:53	75	34,53	0:02:22	112	1:42:26	87	0:24:05	4:49	75	12,46	<b>2:06:31</b>	0:23:45
85	Vandecaveye Katia		Tielt	BEL	147	D+40	1 *		0:09:41	71	3,10	0:01:56	61	1:28:12	87	34,01	0:01:44	69	1:41:33	80	0:25:05	5:01	86	11,96	<b>2:06:38</b>	0:23:52
86	Vromman Steven		Ruiselede	BEL	128	H-40	56		0:10:20	93	2,90	0:03:29	120	1:27:51	85	34,15	0:01:58	83	1:43:38	91	0:23:15	4:39	63	12,90	<b>2:06:53</b>	0:24:07
87	Verhaeghe Pieter		Koksijde	BEL	167	H-40	57		0:09:51	77	3,05	0:02:01	70	1:27:24	81	34,32	0:01:44	66	1:41:00	77	0:26:17	5:15	97	11,41	<b>2:07:17</b>	0:24:31
88	Doens Maarten		Leuven	BEL	112	H-40	58		0:09:56	81	3,02	0:02:51	111	1:28:58	95	33,72	0:02:12	105	1:43:57	95	0:23:35	4:43	67	12,72	<b>2:07:32</b>	0:24:46
89	Vanrysselberghe Philippe		Ramskapelle	BEL	126	H+40	26		0:11:02	113	2,72	0:02:19	89	1:27:13	79	34,40	0:01:33	48	1:42:07	86	0:26:12	5:14	96	11,45	<b>2:08:19</b>	0:25:33
90	Vlaemynck An		Bredene	BEL	87	D-40	5		0:10:15	88	2,93	0:02:17	88	1:29:15	96	33,61	0:01:54	79	1:43:41	93	0:25:03	5:01	83	11,98	<b>2:08:44</b>	0:25:58
91	Verleysen Aaron		Deinze	BEL	106	H-40	59		0:09:38	69	3,11	0:01:22	26	1:28:18	90	33,98	0:01:59	87	1:41:17	79	0:27:30	5:30	104	10,91	<b>2:08:47</b>	0:26:01
92	Vaes Cédric		Antwerpen	BEL	21	H-40	60		0:10:30	99	2,86	0:03:27	119	1:24:01	59	35,71	0:01:59	85	1:39:57	71	0:29:04	5:49	115	10,32	<b>2:09:01</b>	0:26:15
93	Planckaert Nico		Roeselare	BEL	74	H+40	27		0:10:58	110	2,74	0:02:38	106	1:28:13	88	34,01	0:01:40	57	1:43:29	89	0:25:46	5:09	92	11,64	<b>2:09:15</b>	0:26:29
94	Ghyselen Hugo		Oostende	BEL	111	H+40	28		0:10:35	102	2,83	0:02:27	99	1:27:15	80	34,38	0:01:45	71	1:42:02	83	0:27:44	5:33	105	10,82	<b>2:09:46</b>	0:27:00
95	Platteeuw Xerxes		Ronse	BEL	104	H+40	29		0:09:49	75	3,06	0:01:36	39	1:28:29	93	33,90	0:01:45	72	1:41:39	81	0:28:12	5:38	106	10,64	<b>2:09:51</b>	0:27:05
96	Van De Vijver Ludo		Bornem	BEL	102	H+40	30		0:13:00	126	2,31	0:02:04	71	1:29:23	97	33,56	0:02:34	114	1:47:01	99	0:22:51	4:34	56	13,13	<b>2:09:52</b>	0:27:06
97	Waem Stefan		Kieldrecht	BEL	139	H+40	31		0:11:00	112	2,73	0:03:53	123	1:26:49	74	34,56	0:01:59	86	1:43:41	92	0:26:39	5:20	100	11,26	<b>2:10:20</b>	0:27:34
98	Cnockaert Barbara		Deinze	BEL	14	D-40	6		0:11:07	116	2,70	0:02:08	77	1:33:30	101	32,09	0:01:51	78	1:48:36	103	0:22:49	4:34	55	13,15	<b>2:11:25</b>	0:28:39
99	Panckoucke Piet		Oostkamp	BEL	2	H+40	32		0:11:31	122	2,60	0:03:59	124	1:25:41	69	35,01	0:02:09	101	1:43:20	88	0:28:15	5:39	108	10,62	<b>2:11:35</b>	0:28:49
100	Verhille Celine		Sint-andries	BEL	78	D-40	7		0:09:55	80	3,03	0:01:50	56	1:34:19	104	31,81	0:02:04	92	1:48:08	101	0:24:35	4:55	81	12,20	<b>2:12:43</b>	0:29:57
101	Vandenbrouck Stefanie		Oostkamp	BEL	140	D-40	8		0:10:18	90	2,91	0:02:26	98	1:35:15	106	31,50	0:01:43	63	1:49:42	107	0:24:07	4:49	76	12,44	<b>2:13:49</b>	0:31:03
102	Depla Stephanie		Westende	BEL	47	D+40	2 *		0:11:35	123	2,59	0:02:07	75	1:28:33	94	33,88	0:02:17	107	1:44:32	97	0:29:30	5:54	117	10,17	<b>2:14:02</b>	0:31:16
103	Onghena Wim		Kallo	BEL	121	H+40	33		0:11:30	121	2,61	0:03:14	115	1:26:58	76	34,50	0:02:12	104	1:43:54	94	0:30:16	6:03	118	9,91	<b>2:14:10</b>	0:31:24
104	Flameyn Cindy		Gistel	BEL	115	D-40	9		0:10:02	82	2,99	0:00:55	12	1:35:03	105	31,56	0:01:08	12	1:47:08	100	0:27:17	5:27	102	11,00	<b>2:14:25</b>	0:31:39
105	Houtteman Jelle		Zulzeke	BEL	125	H-40	61		0:09:11	54	3,27	0:01:30	32	1:33:33	102	32,07	0:02:40	118	1:46:54	98	0:28:16	5:39	109	10,61	<b>2:15:10</b>	0:32:24
106	Briers Arne		Hasselt	BEL	11	H-40	62		0:10:20	94	2,90	0:02:09	78	1:34:02	103	31,90	0:02:35	115	1:49:06	104	0:26:05	5:13	94	11,50	<b>2:15:11</b>	0:32:25
107	Kerckhove Manon		Brugge	BEL	99	D-40	10		0:09:08	53	3,28	0:02:06	74	1:36:47	112	31,00	0:02:08	99	1:50:09	108	0:25:59	5:12	93	11,55	<b>2:16:08</b>	0:33:22
108	Lodewijckx Inge		Leuven	BEL	170	D-40	11		0:09:04	50	3,31	0:01:41	48	1:36:31	111	31,08	0:02:03	90	1:49:19	105	0:27:07	5:25	101	11,06	<b>2:16:26</b>	0:33:40
109	De Clercq Joke		Zwijnaarde	BEL	119	D-40	12		0:11:26	120	2,62	0:01:58	64	1:38:34	114	30,44	0:01:44	67	1:53:42	112	0:24:05	4:49	74	12,46	<b>2:17:47</b>	0:35:01
110	Massy Liese		Kessel-lo	BEL	171	D-40	13		0:09:14	57	3,25	0:02:45	108	1:35:17	107	31,49	0:02:19	109	1:49:35	106	0:28:37	5:43	111	10,48	<b>2:18:12</b>	0:35:26
111	Weyens Arthur		Hasselt	BEL	13	H-40	63		0:11:14	117	2,67	0:03:15	116	1:38:32	113	30,45	0:01:29	40	1:54:30	116	0:25:03	5:01	84	11,98	<b>2:19:33</b>	0:36:47
112	Soenen Brecht		Oostnieuwkerke	BEL	154	H-40	64		0:10:34	101	2,84	0:02:20	90	1:38:45	115	30,38	0:02:21	111	1:54:00	115	0:26:08	5:14	95	11,48	<b>2:20:08</b>	0:37:22
113	Tyteca Walter		Oostende	BEL	100	H+40	34		0:10:37	104	2,83	0:01:50	57	1:39:21	118	30,20	0:02:07	97	1:53:55	114	0:26:26	5:17	98	11,35	<b>2:20:21</b>	0:37:35
114	Thys Mitch		Niel	BEL	30	H-40	65		0:10:08	85	2,96	0:03:20	118	1:35:42	108	31,35	0:02:43	119	1:51:53	109	0:28:46	5:45	112	10,43	<b>2:20:39</b>	0:37:53
115	Goemaere Peter		0	BEL	180	H+40	35		0:10:20	92	2,90	0:02:22	94	1:32:36	100	32,40	0:03:01	123	1:48:19	102	0:33:01	6:36	122	9,09	<b>2:21:20</b>	0:38:34
116	Callens Benjamin		Gent	BEL	153	H-40	66		0:08:59	46	3,34	0:01:45	52	1:40:28	119	29,86	0:02:06	96	1:53:18	111	0:28:26	5:41	110	10,55	<b>2:21:44</b>	0:38:58
117	Loomans Didier		Itterbeek	BEL	91	H+40	36		0:10:43	106	2,80	0:04:11	125	1:39:06	116	30,27	0:02:45	120	1:56:45	118	0:25:05	5:01	85	11,96	<b>2:21:50</b>	0:39:04
118	Dewandre Arnaud		Hasselt	BEL	19	H-40	67		0:14:05	128	2,13														<b>2:22:00</b>	0:39:14
119	Deflem Koen		Oostende	BEL	18	H-40	68		0:11:51	124	2,53	0:02:11	82	1:39:13	117	30,24	0:02:38	117	1:55:53	117	0:28:12	5:38	107	10,64	<b>2:24:05</b>	0:41:19
120	Sampers Lore		Zwijnaarde	BEL	27	D-40	14		0:11:26	119	2,62	0:02:34	104	1:43:11	120	29,07	0:01:32	46	1:58:43	119	0:29:00	5:48	114	10,34	<b>2:27:43</b>	0:44:57
121	Moriau Glenn		Kobbegem	BEL	62	H-40	69		0:12:57	125	2,32	0:02:27	100	1:36:24	109	31,12	0:02:04	91	1:53:52	113	0:34:25	6:53	123	8,72	<b>2:28:17</b>	0:45:31

Tot Starters: 131 Rks 1: 27 Rks 2: 104 Rks 3: 0 Rks 4: 0 Rks 5: 0 Rks 6: 0 Rks 7: 0 Rks 8: 0 DNS= Did not Start DNF = Did not Finish DQF = Disqualified

Pl.	Naam	Club	Plaats	Nat	Nr	Cat	PL L	Swim	P1	AVG	TR 1	P1	Bike	P1	AVG	TR 2	P1	>S+B	P1	Run	T/Km	P1	AVG	Finish	Gap
122	Herbots Julie		Velm	BEL	90	D-40	15	0:09:16	59	3,24	0:03:17	117	1:48:15	121	27,71	0:02:19	110	2:03:07	120	0:25:25	5:05	91	11,80	<b>2:28:32</b>	0:45:46
123	Benoit Jeffry		Desselgem	BEL	116	H-40	70	0:10:25	96	2,88	0:02:31	103	1:36:31	110	31,08	0:03:39	124	1:53:06	110	0:36:39	7:20	124	8,19	<b>2:29:45</b>	0:46:59
124	Van Looy Johan		Boechout	BEL	79	H-40	71	0:13:31	127	2,22	0:02:12	85	1:48:44	123	27,59	0:01:43	64	2:06:10	122	0:29:13	5:51	116	10,27	<b>2:35:23</b>	0:52:37
125	Mangnus Maarten		Hoogerheide	BEL	127	H-40	72	0:11:03	115	2,71	0:02:31	102	1:48:37	122	27,62	0:02:30	113	2:04:41	121	0:30:59	6:12	119	9,68	<b>2:35:40</b>	0:52:54
126	Goris Leen		Lokeren	BEL	146	D-40	16	0:11:24	118	2,63	0:02:12	86	1:51:43	124	26,85	0:02:07	98	2:07:26	123	0:31:53	6:23	120	9,41	<b>2:39:19</b>	0:56:33
127	Martens Soetkin		Oostende	BEL	169	D-40	17	0:10:56	109	2,74	0:03:36	122	1:52:37	125	26,64	0:02:48	122	2:09:57	124	0:32:04	6:25	121	9,36	<b>2:42:01</b>	0:59:15
DSQ	Coppin Maxime		Oostende		135	H-40																			
DSQ	Bellet Ana		Zutkerque		55	D+40																			
DNF	Luyckx Pieter		Bornem	BEL	28	H-40		0:07:20	3	4,09	0:00:42	3													
DNF	Bauters Brigitte		Wondelgem	BEL	178	D+40		0:17:38	129	1,70	0:05:49	126	1:18:36	19	38,17										
DNS	Gabriels Thierry		Bredene		57	H+40																			
DNS	Maene Kelly		Gistel		60	D-40																			
DNS	Vasseur Filip		Asse		63	H+40																			
DNS	Taleux Jean-baptiste		Coudekerque-branche		94	H-40																			
DNS	Colebrants Thomas		Vilvoorde		176	H-40																			
DNS	Vandermeulen Yves		Schoten		65	H+40																			
DNS	De Backer Jeroen		Kaprijke		92	H+40																			
DNS	De Pril Marc		Nederhasselt		69	H+40																			
DNS	Stubbe Frank		Brugge		66	H+40																			
DNS	De Ville Andy		Aaigem		67	H+40																			
DNS	De Keulenaer Hans		Oostende		163	H+40																			
DNS	Van Hulle Sophie		Eeklo		103	D-40																			
DNS	Meseure Julie		Oostende		61	D-40																			
DNS	Werbrouck Liesbeth		Leke		89	D+40																			
DNS	Meulemeester Marc		Vlissegem		85	H+40																			
DNS	Vroland Maxime		Coudekerque Branche		83	H-40																			
DNS	Lambrechts Jasper		Hasselt		20	H-40																			
DNS	Parrein Jans		Gistel		80	H-40																			
DNS	Verdonck Hannes		Middelkerke		5	H-40																			
DNS	Van De Velde Haike		Maarkedal		77	D-40																			
DNS	De Ville Bart		Burst		68	H-40																			
DNS	Claerhout An-sofie		Gent		40	D-40																			
DNS	Lacoeche Stéphane		Luingne		72	H+40																			
DNS	Vandemeulebroucke Kévin		Dottignies		71	H-40																			
DNS	Veldeman Eric		Sint-stevens-woluwe		38	H-40																			
DNS	Meire Kathleen		Lembeke		53	D+40																			
DNS	Claeys Nick		Zedelgem		52	H-40																			
DNS	Klimi Angeliki		Gent		51	D-40																			
DNS	Demaeght Elise		Wilrijk		49	D-40																			
DNS	Depla Julie		Westende		44	D+40																			
DNS	Crabeels Pascal		Middelkerke		41	H-40																			
DNS	Marotte Ludo		Sint-niklaas		76	H-40																			

Tot Starters: 131 Rks 1: 27 Rks 2: 104 Rks 3: 0 Rks 4: 0 Rks 5: 0 Rks 6: 0 Rks 7: 0 Rks 8: 0 DNS= Did not Start DNF = Did not Finish DQF = Disqualified

PL	Naam	Club	Plaats	Nat	Nr	Cat	PL L	Swim	P1	AVG	TR 1	P1	Bike	P1	AVG	TR 2	P1	>S+B	P1	Run	T/Km	P1	AVG	Finish	Gap
DNS	Claeys Bert		Gent		39	H-40																			
DNS	Van Den Abeele Steffie		Lierde		9	D-40																			
DNS	Pelckmans Koen		De Haan		36	H+40																			
DNS	Van Haverbeke Emiel		Adegem		33	H-40																			
DNS	De Craene Kathleen		Bassevelde		64	D+40																			
DNS	De Vos Gert		Nieuwpoort		114	H+40																			
DNS	Vansielegheem Jasper		Bredene		129	H-40																			
DNS	Brackman Thierry		Koksijde		58	H+40																			
DNS	Poesen Birger		Sint-lievens-houtem		25	H-40																			
DNS	De Weerd Tim		Elingen		1	H-40																			
DNS	Week Eline		Brugge		4	D-40																			
DNS	Marcelis Els		Lierde		8	D-40																			
DNS	Nobels Laurent		Dendermonde		10	H-40																			
DNS	Bots Andries		Brussel		16	H-40																			
DNS	Ost Maarten		Eeklo		23	H+40																			
DNS	Bruneel Dieter		Middelkerke		59	H-40																			
DNS	Verschoote Ronny		Oostende		37	H+40																			

Tot Starters: 131 Rks 1: 27 Rks 2: 104 Rks 3: 0 Rks 4: 0 Rks 5: 0 Rks 6: 0 Rks 7: 0 Rks 8: 0

DNS= Did not Start DNF = Did not Finish DQF = Disqualified