

# 3KM - Kapellekensjogging 2022

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	GLENN PHILIPS	DENDERLEEUEW,	M: 1	RUNNER	186	00:08:50.12	05:04	19.0kph	Mannen: 1
2	MIEN COOLS	AALST,	F: 1	RUNNER	172	00:10:45.39	06:10	15.6kph	Vrouwen: 1
3	AXEL RINGOOT	DENDERMONDE,	M: 2	RUNNER	190	00:11:04.36	06:21	15.2kph	Mannen: 2
4	TARA PHILIPS	DENDERLEEUEW,	F: 2	RUNNER	188	00:11:40.65	06:42	14.4kph	Vrouwen: 2
5	LOTTE VAN GEHUCHTEN	DENDERMONDE,	F: 3	RUNNER	164	00:13:12.92	07:35	12.7kph	Vrouwen: 3
6	ELLEN VAN DEN BERGHE	DENDERMONDE,	F: 4	RUNNER	165	00:14:38.22	08:24	11.5kph	Vrouwen: 4
7	CAROLIEN VERLEYEN	HAMME,	F: 5	RUNNER	182	00:18:38.61	10:42	9.0kph	Vrouwen: 5
8	CHRISTOPHE DE BOCK	GREMBERGEN,	M: 3	RUNNER	153	00:21:50.35	12:33	7.7kph	Mannen: 3