

9KM - Kapellekensjogging 2022

Mannen

Place	Bib #	Name	Time	Type	City	
1	200	BERTEN DE VLEESCHAUWER	00:31:56.04	Runner	Lokeren	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:52.764	9.6mph	06:15	00:10:52.764
		Split 2	00:10:31.084	9.9mph	06:02	00:21:23.848
		Split 3	00:10:32.200	9.9mph	06:03	00:31:56.048
2	174	FRANKY SIGIN	00:32:54.87	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:15.345	10.2mph	05:53	00:10:15.345
		Split 2	00:11:08.765	9.4mph	06:24	00:21:24.110
		Split 3	00:11:30.767	9.1mph	06:37	00:32:54.877
3	157	NICK VAN HAUWERMEIREN	00:34:25.93	Runner	Baasrode	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:55.176	9.6mph	06:16	00:10:55.176
		Split 2	00:11:42.525	8.9mph	06:43	00:22:37.701
		Split 3	00:11:48.233	8.8mph	06:47	00:34:25.934
4	180	TOM DE CLERCQ	00:37:47.92	Runner	Hamme	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:33.558	9.0mph	06:38	00:11:33.558
		Split 2	00:12:36.051	8.3mph	07:14	00:24:09.609
		Split 3	00:13:38.321	7.7mph	07:50	00:37:47.930
5	199	DONOVAN JOOSSENS	00:39:01.70	Runner	Berlare	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:56.717	8.7mph	06:51	00:11:56.717
		Split 2	00:13:25.491	7.8mph	07:42	00:25:22.208
		Split 3	00:13:39.496	7.6mph	07:51	00:39:01.704
6	156	MARK CASTELIJN	00:39:09.86	Runner	Bazel	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:12:48.029	8.2mph	07:21	00:12:48.029
		Split 2	00:13:09.172	7.9mph	07:33	00:25:57.201
		Split 3	00:13:12.668	7.9mph	07:35	00:39:09.869
7	168	JOACHIM MOENS	00:42:41.73	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:02.807	7.4mph	08:04	00:14:02.807
		Split 2	00:15:02.223	6.9mph	08:38	00:29:05.030
		Split 3	00:13:36.707	7.7mph	07:49	00:42:41.737
8	169	MICHIEL RYS	00:46:00.44	Runner	Zele	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:04.492	7.4mph	08:05	00:14:04.492
		Split 2	00:15:02.507	6.9mph	08:38	00:29:06.999
		Split 3	00:16:53.444	6.2mph	09:42	00:46:00.443
9	185	LUC VAN HAUWERMEIREN	00:49:21.35	Runner	Zele	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:16:15.195	6.4mph	09:20	00:16:15.195
		Split 2	00:16:44.401	6.2mph	09:37	00:32:59.596
		Split 3	00:16:21.754	6.4mph	09:24	00:49:21.350
10	195	HERMAN VAN DE WINKEL	00:50:04.56	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:16:16.407	6.4mph	09:21	00:16:16.407
		Split 2	00:16:42.580	6.2mph	09:36	00:32:58.987
		Split 3	00:17:05.579	6.1mph	09:49	00:50:04.566

Vrouwen

Place	Bib #	Name	Time	Type	City	
1	158	LAURA VAN HOECKE	00:51:45.14	Runner	Baasrode	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:17:21.863	6.0mph	09:58	00:17:21.863
		Split 2	00:17:22.324	6.0mph	09:59	00:34:44.187
		Split 3	00:17:00.960	6.1mph	09:46	00:51:45.147