

7de Kasseitjes jogging - 10KM

Vrouwen

| Place | Bib # | Name | Time | Type | City | |
|-------|-------|--------------------------|--------------------|--------------|--------------|-------------------|
| 1 | 216 | ANN-SOPHIE CHARITA | 00:53:10.78 | Runner | Destelbergen | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:26:50.148 | 6.9mph | 08:38 | 00:26:50.148 |
| | | Split 2 | 00:26:20.638 | 7.1mph | 08:28 | 00:53:10.786 |
| 2 | 222 | SOFIE VANDEN HOVE | 00:54:46.50 | Runner | Destelbergen | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:27:27.543 | 6.8mph | 08:50 | 00:27:27.543 |
| | | Split 2 | 00:27:18.959 | 6.8mph | 08:47 | 00:54:46.502 |
| 3 | 213 | MIHAELA TARPAN | 00:55:34.85 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:27:57.309 | 6.7mph | 08:59 | 00:27:57.309 |
| | | Split 2 | 00:27:37.545 | 6.7mph | 08:53 | 00:55:34.854 |
| 4 | 207 | SARAH VAN SEVEREN | 01:04:22.17 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:32:46.946 | 5.7mph | 10:33 | 00:32:46.946 |
| | | Split 2 | 00:31:35.232 | 5.9mph | 10:10 | 01:04:22.178 |

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| Place | Bib # | Name | Time | Type | City | |
|-------|-------|--------------------------|--------------------|--------------|--------------|-------------------|
| 1 | 227 | GERT STUYVEN | 00:33:46.90 | Runner | Lokeren | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:16:57.252 | 11.0mph | 05:27 | 00:16:57.252 |
| | | Split 2 | 00:16:49.657 | 11.1mph | 05:24 | 00:33:46.909 |
| 2 | 221 | DIMITRI VAN DAMME | 00:33:49.58 | Runner | Lokeren | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:16:57.720 | 11.0mph | 05:27 | 00:16:57.720 |
| | | Split 2 | 00:16:51.860 | 11.1mph | 05:25 | 00:33:49.580 |
| 3 | 237 | JENS TAECKENS | 00:34:56.65 | Runner | Oudenaarde | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:17:13.737 | 10.8mph | 05:32 | 00:17:13.737 |
| | | Split 2 | 00:17:42.919 | 10.5mph | 05:42 | 00:34:56.656 |
| 4 | 231 | BART MAES | 00:36:41.87 | Runner | Waasmunster | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:18:22.368 | 10.1mph | 05:54 | 00:18:22.368 |
| | | Split 2 | 00:18:19.511 | 10.2mph | 05:53 | 00:36:41.879 |
| 5 | 218 | NIKO SCHELFHOUT | 00:38:33.73 | Runner | Oostakker | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:19:23.160 | 9.6mph | 06:14 | 00:19:23.160 |
| | | Split 2 | 00:19:10.577 | 9.7mph | 06:10 | 00:38:33.737 |
| 6 | 215 | OLIVIER CEUNINCK | 00:38:50.85 | Runner | Destelbergen | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:19:22.506 | 9.6mph | 06:14 | 00:19:22.506 |
| | | Split 2 | 00:19:28.349 | 9.6mph | 06:16 | 00:38:50.855 |
| 7 | 232 | GERT DE BOECK | 00:39:44.69 | Runner | Mazenzele | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:19:34.715 | 9.5mph | 06:18 | 00:19:34.715 |
| | | Split 2 | 00:20:09.978 | 9.2mph | 06:29 | 00:39:44.693 |
| 8 | 210 | DAMIEN VERLEE | 00:40:29.21 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:19:42.552 | 9.5mph | 06:20 | 00:19:42.552 |
| | | Split 2 | 00:20:46.664 | 9.0mph | 06:41 | 00:40:29.216 |
| 9 | 236 | BJORN DE PRIL | 00:40:56.87 | Runner | Welle | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:20:26.014 | 9.1mph | 06:34 | 00:20:26.014 |
| | | Split 2 | 00:20:30.858 | 9.1mph | 06:36 | 00:40:56.872 |
| 10 | 209 | OLIVIER D HONDT | 00:42:40.00 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:20:27.153 | 9.1mph | 06:34 | 00:20:27.153 |
| | | Split 2 | 00:22:12.852 | 8.4mph | 07:09 | 00:42:40.005 |
| 11 | 233 | LUC DHONT | 00:42:43.11 | Runner | Zaffelare | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:21:01.739 | 8.9mph | 06:46 | 00:21:01.739 |
| | | Split 2 | 00:21:41.377 | 8.6mph | 06:58 | 00:42:43.116 |

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|-------|-------|--------------------------|--------------------|--------------|--------------|-------------------|
| 12 | 225 | KAREL VANDAELE | 00:43:31.68 | Runner | 9080 | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:21:38.095 | 8.6mph | 06:57 | 00:21:38.095 |
| | | Split 2 | 00:21:53.590 | 8.5mph | 07:02 | 00:43:31.685 |
| 13 | 238 | HERMAN DE SUTTER | 00:44:09.62 | Runner | Destelbergen | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:21:37.478 | 8.6mph | 06:57 | 00:21:37.478 |
| | | Split 2 | 00:22:32.149 | 8.3mph | 07:15 | 00:44:09.627 |
| 14 | 230 | STIJN MAES | 00:44:35.68 | Runner | Laarne | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:22:15.648 | 8.4mph | 07:09 | 00:22:15.648 |
| | | Split 2 | 00:22:20.041 | 8.3mph | 07:11 | 00:44:35.689 |
| 15 | 235 | INGMAR BRACKE | 00:44:41.93 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:23:19.730 | 8.0mph | 07:30 | 00:23:19.730 |
| | | Split 2 | 00:21:22.206 | 8.7mph | 06:52 | 00:44:41.936 |
| 16 | 220 | LODE VANOVERSCHELDE | 00:45:36.37 | Runner | Destelbergen | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:23:19.605 | 8.0mph | 07:30 | 00:23:19.605 |
| | | Split 2 | 00:22:16.770 | 8.4mph | 07:10 | 00:45:36.375 |
| 17 | 203 | PETER PRAET | 00:46:23.26 | Runner | Zaffelare | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:23:12.891 | 8.0mph | 07:28 | 00:23:12.891 |
| | | Split 2 | 00:23:10.371 | 8.0mph | 07:27 | 00:46:23.262 |
| 18 | 234 | ARNE BRACKE | 00:46:36.68 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:24:21.622 | 7.7mph | 07:50 | 00:24:21.622 |
| | | Split 2 | 00:22:15.064 | 8.4mph | 07:09 | 00:46:36.686 |
| 19 | 241 | THIJS BOGAERT | 00:46:57.17 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:23:20.499 | 8.0mph | 07:30 | 00:23:20.499 |
| | | Split 2 | 00:23:36.673 | 7.9mph | 07:35 | 00:46:57.172 |
| 20 | 204 | LANDER WAELPUT | 00:48:59.24 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:25:02.640 | 7.4mph | 08:03 | 00:25:02.640 |
| | | Split 2 | 00:23:56.604 | 7.8mph | 07:42 | 00:48:59.244 |
| 21 | 219 | JOSE HAUTEKEETE | 00:49:10.87 | Runner | stad deinze | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:24:02.354 | 7.8mph | 07:44 | 00:24:02.354 |
| | | Split 2 | 00:25:08.520 | 7.4mph | 08:05 | 00:49:10.874 |
| 22 | 229 | WILLEM VAN GROOTVEN | 00:49:23.43 | Runner | Aartselaar | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:25:18.539 | 7.4mph | 08:08 | 00:25:18.539 |
| | | Split 2 | 00:24:04.895 | 7.7mph | 07:45 | 00:49:23.434 |
| 23 | 228 | STIJN FAHY | 00:50:02.60 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:24:48.257 | 7.5mph | 07:59 | 00:24:48.257 |
| | | Split 2 | 00:25:14.350 | 7.4mph | 08:07 | 00:50:02.607 |
| 24 | 242 | DANNY DE CLERCQ | 00:50:14.51 | Runner | Beervelde | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:24:53.603 | 7.5mph | 08:00 | 00:24:53.603 |
| | | Split 2 | 00:25:20.913 | 7.4mph | 08:09 | 00:50:14.516 |
| 25 | 211 | BAVO GORIS | 00:50:18.21 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:25:55.134 | 7.2mph | 08:20 | 00:25:55.134 |
| | | Split 2 | 00:24:23.078 | 7.6mph | 07:50 | 00:50:18.212 |
| 26 | 212 | OLIVIER DE WALSCHE | 00:51:56.29 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:25:55.860 | 7.2mph | 08:20 | 00:25:55.860 |
| | | Split 2 | 00:26:00.437 | 7.2mph | 08:22 | 00:51:56.297 |
| 27 | 205 | JENS VAN VLEM | 00:52:15.64 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:26:49.445 | 6.9mph | 08:38 | 00:26:49.445 |
| | | Split 2 | 00:25:26.195 | 7.3mph | 08:11 | 00:52:15.640 |

7de Kasseitjes jogging - 10KM

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|-------|-------|--------------------------|--------------------|--------------|-------------|-------------------|
| 28 | 239 | STEFAAN TYTGAT | 00:52:45.42 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:26:49.711 | 6.9mph | 08:38 | 00:26:49.711 |
| | | Split 2 | 00:25:55.713 | 7.2mph | 08:20 | 00:52:45.424 |
| 29 | 240 | DIMITRI DE BRUYCKER | 00:53:12.74 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:26:42.255 | 7.0mph | 08:35 | 00:26:42.255 |
| | | Split 2 | 00:26:30.492 | 7.0mph | 08:31 | 00:53:12.747 |
| 30 | 214 | CIPRIAN STREJAC | 00:55:36.09 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:27:57.410 | 6.7mph | 08:59 | 00:27:57.410 |
| | | Split 2 | 00:27:38.687 | 6.7mph | 08:53 | 00:55:36.097 |
| 31 | 217 | NELSON DHEEDENE | 01:01:47.30 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:38:41.409 | 4.8mph | 12:27 | 00:38:41.409 |
| | | Split 2 | 00:23:05.891 | 8.1mph | 07:26 | 01:01:47.300 |
| 32 | 208 | THOMAS BUYL | 01:04:22.11 | Runner | Lochristi | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:32:47.760 | 5.7mph | 10:33 | 00:32:47.760 |
| | | Split 2 | 00:31:34.355 | 5.9mph | 10:09 | 01:04:22.115 |
| 33 | 226 | RUDI GRAMBERGEN | 01:10:01.32 | Runner | Ronse | |
| | | <u>Split Description</u> | <u>Split Times</u> | <u>Speed</u> | <u>Pace</u> | <u>Cumulative</u> |
| | | Split 1 | 00:32:32.930 | 5.7mph | 10:28 | 00:32:32.930 |
| | | Split 2 | 00:37:28.390 | 5.0mph | 12:03 | 01:10:01.320 |