

# 22ste Vlaschaard Powerkid +9 2022

## JONGENS

Place	Bib #	Name	Time	Type	City	
1	306	LENNON DE VLAMINCK	00:11:51.66	Runner	Denderwindeke	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:01:47.407	10.4mph	05:45	00:01:47.407
		Bike	00:08:07.151	9.2mph	06:31	00:09:54.558
		Run 2	00:01:57.112	9.6mph	06:16	00:11:51.670
2	307	MATISSE DUGARDIN	00:12:26.79	Runner	Sint-Kruis	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:02:06.065	8.9mph	06:45	00:02:06.065
		Bike	00:08:20.166	8.9mph	06:42	00:10:26.231
		Run 2	00:02:00.562	9.3mph	06:28	00:12:26.793
3	310	WOUT VAN KERCKHOVE	00:12:44.08	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:01:59.256	9.4mph	06:23	00:01:59.256
		Bike	00:08:28.485	8.8mph	06:49	00:10:27.741
		Run 2	00:02:16.349	8.2mph	07:18	00:12:44.090
4	309	RUNE VAN DORP	00:13:34.88	Runner	Berlare	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:02:14.200	8.3mph	07:11	00:02:14.200
		Bike	00:09:17.196	8.0mph	07:28	00:11:31.396
		Run 2	00:02:03.488	9.1mph	06:37	00:13:34.884
5	300	MATHISSE BRACKE	00:14:23.24	Runner	Lievegem	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:02:18.364	8.1mph	07:25	00:02:18.364
		Bike	00:09:40.822	7.7mph	07:47	00:11:59.186
		Run 2	00:02:24.058	7.8mph	07:43	00:14:23.244
6	301	LENNERT BRACKE	00:14:31.42	Runner	Lievegem	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:02:27.123	7.6mph	07:53	00:02:27.123
		Bike	00:09:31.499	7.8mph	07:39	00:11:58.622
		Run 2	00:02:32.800	7.3mph	08:11	00:14:31.422
7	305	GUST QUIDE	00:14:31.95	Runner	Moorsel	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:02:23.572	7.8mph	07:42	00:02:23.572
		Bike	00:09:40.527	7.7mph	07:47	00:12:04.099
		Run 2	00:02:27.858	7.6mph	07:55	00:14:31.957

## DUOG

Place	Bib #	Name	Time	Type	City	
1	351	NINA & FOLKE KESTELEYN - VAN DE WIELLE	00:14:21.47	DUOG	Zele	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:02:15.082	8.3mph	07:14	00:02:15.082
		Bike	00:09:47.953	7.6mph	07:53	00:12:03.035
		Run 2	00:02:18.438	8.1mph	07:25	00:14:21.473