

Kappelekensjogging 2023 - 12KM

Heren

Place	Bib #	Name	Time	Type	City	
1	311	KEN MOESICK	00:39:10.65	Runner	Hamme	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:09:17.550	18.1kph	03:19	00:09:17.550
		Split 2	00:09:48.540	17.1kph	03:30	00:19:06.090
		Split 3	00:10:02.512	16.7kph	03:35	00:29:08.602
		Split 4	00:10:02.056	16.7kph	03:35	00:39:10.658
2	315	YOERIK WAGEMANS	00:42:09.01	Runner	Lokeren	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:07.371	16.6kph	03:36	00:10:07.371
		Split 2	00:10:35.344	15.9kph	03:46	00:20:42.715
		Split 3	00:10:47.382	15.6kph	03:51	00:31:30.097
		Split 4	00:10:38.916	15.8kph	03:48	00:42:09.013
3	309	JORIS MICHIELS	00:42:13.45	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:29.653	16.0kph	03:44	00:10:29.653
		Split 2	00:10:39.083	15.8kph	03:48	00:21:08.736
		Split 3	00:10:44.727	15.6kph	03:50	00:31:53.463
		Split 4	00:10:19.989	16.3kph	03:41	00:42:13.452
4	306	STIJN QUINTELIER	00:44:45.25	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:30.934	16.0kph	03:45	00:10:30.934
		Split 2	00:11:10.401	15.0kph	03:59	00:21:41.335
		Split 3	00:11:35.216	14.5kph	04:08	00:33:16.551
		Split 4	00:11:28.708	14.6kph	04:05	00:44:45.259
5	310	MIGUEL EECKMAN	00:46:10.56	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:07.837	15.1kph	03:58	00:11:07.837
		Split 2	00:11:53.004	14.1kph	04:14	00:23:00.841
		Split 3	00:11:41.683	14.4kph	04:10	00:34:42.524
		Split 4	00:11:28.038	14.7kph	04:05	00:46:10.562
6	313	PATRICK VAN WAES	00:46:13.35	Runner	Lokeren	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:27.196	14.7kph	04:05	00:11:27.196
		Split 2	00:11:36.680	14.5kph	04:08	00:23:03.876
		Split 3	00:11:39.009	14.4kph	04:09	00:34:42.885
		Split 4	00:11:30.474	14.6kph	04:06	00:46:13.359
7	305	GINO DE COCK	00:46:49.09	Runner	Sint gillis dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:14.075	11.8kph	05:05	00:14:14.075
		Split 2	00:10:35.848	15.9kph	03:47	00:24:49.923
		Split 3	00:10:53.273	15.4kph	03:53	00:35:43.196
		Split 4	00:11:05.900	15.1kph	03:57	00:46:49.096
8	302	TOM DE CLERCQ	00:50:22.50	Runner	Hamme	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:55.886	14.1kph	04:15	00:11:55.886
		Split 2	00:12:33.940	13.4kph	04:29	00:24:29.826
		Split 3	00:12:55.357	13.0kph	04:36	00:37:25.183
		Split 4	00:12:57.319	13.0kph	04:37	00:50:22.502
9	301	JAN SCHOONJANS	00:51:21.43	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:12:56.546	13.0kph	04:37	00:12:56.546
		Split 2	00:12:55.655	13.0kph	04:37	00:25:52.201
		Split 3	00:12:47.886	13.1kph	04:34	00:38:40.087
		Split 4	00:12:41.344	13.2kph	04:31	00:51:21.431
10	314	JONAS VAN WEYENBERG	00:53:39.18	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:12:36.304	13.3kph	04:30	00:12:36.304
		Split 2	00:13:20.361	12.6kph	04:45	00:25:56.665
		Split 3	00:13:49.371	12.2kph	04:56	00:39:46.036
		Split 4	00:13:53.145	12.1kph	04:57	00:53:39.181
11	308	JONAS FIERENS	00:55:42.14	Runner	Grember	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:12:53.272	13.0kph	04:36	00:12:53.272
		Split 2	00:13:54.190	12.1kph	04:57	00:26:47.462
		Split 3	00:14:20.836	11.7kph	05:07	00:41:08.298
		Split 4	00:14:33.847	11.5kph	05:12	00:55:42.145

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Place	Bib #	Name	Time	Type	City	
12	312	PIETER VERCAUTEREN	01:01:31.95	Runner	Hamme	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:15:42.392	10.7kph	05:36	00:15:42.392
		Split 2	00:16:08.493	10.4kph	05:45	00:31:50.885
		Split 3	00:15:01.584	11.2kph	05:21	00:46:52.469
		Split 4	00:14:39.485	11.5kph	05:14	01:01:31.954
13	300	HERMAN VAN DE WINKEL	01:05:15.08	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:15:47.324	10.6kph	05:38	00:15:47.324
		Split 2	00:16:07.240	10.4kph	05:45	00:31:54.564
		Split 3	00:16:34.657	10.1kph	05:55	00:48:29.221
		Split 4	00:16:45.868	10.0kph	05:59	01:05:15.089

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Place	Bib #	Name	Time	Type	City	
1	303	EVELINE AUDENAERT	00:50:06.27	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:59.563	14.0kph	04:16	00:11:59.563
		Split 2	00:12:30.263	13.4kph	04:27	00:24:29.826
		Split 3	00:12:44.783	13.2kph	04:33	00:37:14.609
		Split 4	00:12:51.662	13.1kph	04:35	00:50:06.271
2	307	FEMKE VAN UYTFANG	00:52:05.43	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:12:12.383	13.8kph	04:21	00:12:12.383
		Split 2	00:12:51.421	13.1kph	04:35	00:25:03.804
		Split 3	00:13:24.231	12.5kph	04:47	00:38:28.035
		Split 4	00:13:37.403	12.3kph	04:51	00:52:05.438
3	304	DORITY OPALFVENS	01:05:37.59	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:15:59.252	10.5kph	05:42	00:15:59.252
		Split 2	00:16:31.790	10.2kph	05:54	00:32:31.042
		Split 3	00:16:43.345	10.0kph	05:58	00:49:14.387
		Split 4	00:16:23.212	10.3kph	05:51	01:05:37.599