

# Kappeleksjogging 2023 - 6KM

## Heren

Place	Bib #	Name	Time	Type	City	
1	117	TRISTAN BLOMMAERT	00:18:46.56	Runner	Baasrode	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:09:10.596	18.3kph	03:16	00:09:10.596
		Split 2	00:09:35.973	17.5kph	03:25	00:18:46.569
2	107	GERTS STYVEN	00:19:15.58	Runner	Lokeren	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:09:17.211	18.1kph	03:19	00:09:17.211
		Split 2	00:09:58.370	16.8kph	03:33	00:19:15.581
3	114	ARNE CALLEBAUT	00:20:41.05	Runner	Lede	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:04.877	16.7kph	03:36	00:10:04.877
		Split 2	00:10:36.174	15.8kph	03:47	00:20:41.051
4	106	GINO VAN BROECK	00:20:46.94	Runner	Temse	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:15.699	16.4kph	03:39	00:10:15.699
		Split 2	00:10:31.249	16.0kph	03:45	00:20:46.948
5	118	GREGORY MEERT	00:20:50.99	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:16.985	16.3kph	03:40	00:10:16.985
		Split 2	00:10:34.008	15.9kph	03:46	00:20:50.993
6	121	STIJN ROGGE	00:21:34.10	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:21.044	16.2kph	03:41	00:10:21.044
		Split 2	00:11:13.062	15.0kph	04:00	00:21:34.106
7	104	PATRICK COPPENS	00:24:51.85	Runner	Aalst	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:12:17.253	13.7kph	04:23	00:12:17.253
		Split 2	00:12:34.606	13.4kph	04:29	00:24:51.859
8	115	PIET DE BOCK	00:28:09.52	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:09.439	11.9kph	05:03	00:14:09.439
		Split 2	00:14:00.085	12.0kph	05:00	00:28:09.524
9	119	ERWIN VAN NUFFEL	00:28:11.59	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:09.100	11.9kph	05:03	00:14:09.100
		Split 2	00:14:02.492	12.0kph	05:00	00:28:11.592
10	124	DAVID VAN DE VELDE	00:29:23.65	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:43.057	11.4kph	05:15	00:14:43.057
		Split 2	00:14:40.599	11.4kph	05:14	00:29:23.656
11	113	JAAK VAN KERCKHOVE	00:30:11.97	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:57.627	11.2kph	05:20	00:14:57.627
		Split 2	00:15:14.347	11.0kph	05:26	00:30:11.974
12	105	RUDY VERMEULEN	00:30:17.22	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:40.372	11.4kph	05:14	00:14:40.372
		Split 2	00:15:36.856	10.8kph	05:34	00:30:17.228
13	123	KURT DE SPIEGELEER	00:31:15.31	Runner	Appelterre- Eichem	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:15:15.046	11.0kph	05:26	00:15:15.046
		Split 2	00:16:00.271	10.5kph	05:42	00:31:15.317
14	122	DIRK DE HAES	00:32:43.12	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:16:04.631	10.4kph	05:44	00:16:04.631
		Split 2	00:16:38.497	10.1kph	05:56	00:32:43.128
15	109	JONAS HEUNGENS	00:32:44.67	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:16:03.653	10.5kph	05:44	00:16:03.653
		Split 2	00:16:41.027	10.1kph	05:57	00:32:44.680

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Place	Bib #	Name	Time	Type	City	
16	108	TIM VAN ACKER	00:36:31.65	Runner	Hamme-Zogge	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:17:31.090	9.6kph	06:15	00:17:31.090
		Split 2	00:19:00.563	8.8kph	06:47	00:36:31.653

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Place	Bib #	Name	Time	Type	City	
1	100	WENDY VERSCHULDEN	00:23:50.53	Runner	Hamme	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:34.701	14.5kph	04:08	00:11:34.701
		Split 2	00:12:15.838	13.7kph	04:22	00:23:50.539
2	103	SARA CLAESSENS	00:26:10.60	Runner	Gent	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:12:33.824	13.4kph	04:29	00:12:33.824
		Split 2	00:13:36.786	12.3kph	04:51	00:26:10.610
3	101	NATASJA NEIRYNCK	00:28:47.54	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:13.552	11.8kph	05:04	00:14:13.552
		Split 2	00:14:33.992	11.5kph	05:12	00:28:47.544
4	116	YANA VANDEN BERGHE	00:29:00.68	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:10.669	11.8kph	05:03	00:14:10.669
		Split 2	00:14:50.019	11.3kph	05:17	00:29:00.688
5	102	ANNELEEN DE BEULE	00:31:31.30	Runner	Schoonaarde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:15:03.752	11.2kph	05:22	00:15:03.752
		Split 2	00:16:27.549	10.2kph	05:52	00:31:31.301
6	120	MAGDA BORMS	00:32:31.94	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:15:46.915	10.6kph	05:38	00:15:46.915
		Split 2	00:16:45.027	10.0kph	05:58	00:32:31.942
7	111	KAAT DE BRUYNE	00:35:33.41	Runner	Hamme	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:17:06.253	9.8kph	06:06	00:17:06.253
		Split 2	00:18:27.165	9.1kph	06:35	00:35:33.418