

# Kappelekensjogging 2023 - 9KM

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	STEVE SPINNAEL	MALDEREN, BEL	M: 1	RUNNER	209	00:30:55.64	03:40	16.3kph	Heren: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:10:11.07	03:38	16.5kph	00:10:11.07
						Split 2	00:10:30.35	03:45	16.0kph	00:20:41.42
						Split 3	00:10:14.23	03:39	16.4kph	00:30:55.64
2	ELLA VERCAUTEREN	HAMME, BEL	F: 1	RUNNER	206	00:31:42.62	03:46	15.9kph	Dames: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:10:05.55	03:36	16.6kph	00:10:05.55
						Split 2	00:10:39.01	03:48	15.8kph	00:20:44.56
						Split 3	00:10:58.06	03:55	15.3kph	00:31:42.62
3	BRYAN ROOSENBOOM	ZELE, BEL	M: 2	RUNNER	207	00:31:52.82	03:47	15.8kph	Heren: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:11:34.12	04:07	14.5kph	00:11:34.12
						Split 2	00:10:11.15	03:38	16.5kph	00:21:45.26
						Split 3	00:10:07.56	03:36	16.6kph	00:31:52.82
4	FRANKY SIGIN	DENDERMONDE, BEL	M: 3	RUNNER	202	00:33:13.18	03:57	15.2kph	Heren: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:10:30.32	03:45	16.0kph	00:10:30.32
						Split 2	00:11:11.62	03:59	15.0kph	00:21:41.93
						Split 3	00:11:31.25	04:06	14.6kph	00:33:13.18
5	NICK VAN HAUWERMEIREN	BAASRODE, BEL	M: 4	RUNNER	203	00:33:28.56	03:59	15.1kph	Heren: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:10:32.36	03:45	15.9kph	00:10:32.36
						Split 2	00:11:29.77	04:06	14.6kph	00:22:02.12
						Split 3	00:11:26.45	04:05	14.7kph	00:33:28.56
6	VEERLE WUYTACK	HAMME, BEL	F: 2	RUNNER	235	00:36:19.44	04:19	13.9kph	Dames: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:11:51.04	04:13	14.2kph	00:11:51.04
						Split 2	00:12:10.17	04:20	13.8kph	00:24:01.21
						Split 3	00:12:18.23	04:23	13.7kph	00:36:19.44
7	NIKITA VERBRAECKEN	GREMBERGEN, BEL	F: 3	RUNNER	236	00:40:36.68	04:50	12.4kph	Dames: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:12:52.21	04:35	13.1kph	00:12:52.21
						Split 2	00:13:51.06	04:56	12.1kph	00:26:43.26
						Split 3	00:13:53.42	04:57	12.1kph	00:40:36.68
8	ARNO JANSSEN	DENDERMONDE, BEL	M: 5	RUNNER	239	00:42:42.03	05:05	11.8kph	Heren: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:16:08.70	05:45	10.4kph	00:16:08.70
						Split 2	00:14:15.93	05:05	11.8kph	00:30:24.63
						Split 3	00:12:17.40	04:23	13.7kph	00:42:42.03
9	NAND VAN DE VELDE	SINT-GILLIS-DENDERMONDE, BEL	M: 6	RUNNER	238	00:42:42.32	05:05	11.8kph	Heren: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:16:08.80	05:46	10.4kph	00:16:08.80
						Split 2	00:14:13.95	05:04	11.8kph	00:30:22.75
						Split 3	00:12:19.58	04:24	13.6kph	00:42:42.32
10	LISSE NOBELS	GREMBERGEN, BEL	F: 4	RUNNER	210	00:43:19.10	05:09	11.6kph	Dames: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:14:40.98	05:14	11.4kph	00:14:40.98
						Split 2	00:14:49.27	05:17	11.3kph	00:29:30.24
						Split 3	00:13:48.86	04:56	12.2kph	00:43:19.10
11	BART DICK	HEUSDEN, BEL	M: 7	RUNNER	200	00:43:22.47	05:09	11.6kph	Heren: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:13:11.68	04:42	12.7kph	00:13:11.68
						Split 2	00:14:33.20	05:11	11.5kph	00:27:44.87
						Split 3	00:15:37.60	05:34	10.8kph	00:43:22.47
12	MICHIEL DE WILDE	ZELE, BEL	M: 8	RUNNER	205	00:43:48.68	05:12	11.5kph	Heren: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:14:04.18	05:01	11.9kph	00:14:04.18
						Split 2	00:14:49.93	05:17	11.3kph	00:28:54.11
						Split 3	00:14:54.58	05:19	11.3kph	00:43:48.68

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
13	JOACHIM MOENS	GREMBERGEN, BEL	M: 9	RUNNER	204	00:43:50.52	05:13	11.5kph	Heren: 9	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:14:16.88	05:06	11.8kph	00:14:16.88
						Split 2	00:14:49.47	05:17	11.3kph	00:29:06.35
						Split 3	00:14:44.18	05:15	11.4kph	00:43:50.52
14	DAFNE NOBELS	GREMBERGEN, BEL	F: 5	RUNNER	233	00:43:55.35	05:13	11.5kph	Dames: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:14:41.04	05:14	11.4kph	00:14:41.04
						Split 2	00:14:49.41	05:17	11.3kph	00:29:30.44
						Split 3	00:14:24.91	05:08	11.7kph	00:43:55.35
15	ROELS GEORGES	ASSE, BEL	M: 10	RUNNER	234	00:46:50.45	05:34	10.8kph	Heren: 10	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:15:42.73	05:36	10.7kph	00:15:42.73
						Split 2	00:15:18.98	05:28	11.0kph	00:31:01.71
						Split 3	00:15:48.75	05:38	10.6kph	00:46:50.45
16	YANNICK COLLIJS	DENDERMONDE, BEL	M: 11	RUNNER	201	00:47:20.68	05:38	10.6kph	Heren: 11	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:15:36.19	05:34	10.8kph	00:15:36.19
						Split 2	00:15:31.42	05:32	10.8kph	00:31:07.61
						Split 3	00:16:13.07	05:47	10.4kph	00:47:20.68
17	MARC LEFEVRE	DENDERMONDE, BEL	M: 12	RUNNER	237	00:49:35.08	05:54	10.2kph	Heren: 12	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:15:43.87	05:37	10.7kph	00:15:43.87
						Split 2	00:16:48.82	06:00	10.0kph	00:32:32.69
						Split 3	00:17:02.40	06:05	9.9kph	00:49:35.08