

# Kappelekensjogging 2023 - 9KM

## Heren

Place	Bib #	Name	Time	Type	City	
1	209	STEVE SPINNAEL	00:30:55.63	Runner	Malderen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:11.064	16.5kph	03:38	00:10:11.064
		Split 2	00:10:30.348	16.0kph	03:45	00:20:41.412
		Split 3	00:10:14.226	16.4kph	03:39	00:30:55.638
2	207	BRYAN ROOSENBOOM	00:31:52.81	Runner	Zelev	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:34.115	14.5kph	04:07	00:11:34.115
		Split 2	00:10:11.144	16.5kph	03:38	00:21:45.259
		Split 3	00:10:07.560	16.6kph	03:36	00:31:52.819
3	202	FRANKY SIGIN	00:33:13.17	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:30.312	16.0kph	03:45	00:10:30.312
		Split 2	00:11:11.616	15.0kph	03:59	00:21:41.928
		Split 3	00:11:31.243	14.6kph	04:06	00:33:13.171
4	203	NICK VAN HAUWERMEIREN	00:33:28.55	Runner	Baasrode	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:32.351	15.9kph	03:45	00:10:32.351
		Split 2	00:11:29.764	14.6kph	04:06	00:22:02.115
		Split 3	00:11:26.442	14.7kph	04:05	00:33:28.557
5	239	ARNO JANSSEN	00:42:42.02	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:16:08.700	10.4kph	05:45	00:16:08.700
		Split 2	00:14:15.927	11.8kph	05:05	00:30:24.627
		Split 3	00:12:17.396	13.7kph	04:23	00:42:42.023
6	238	NAND VAN DE VELDE	00:42:42.31	Runner	Sint-Gillis-Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:16:08.799	10.4kph	05:46	00:16:08.799
		Split 2	00:14:13.945	11.8kph	05:04	00:30:22.744
		Split 3	00:12:19.571	13.6kph	04:24	00:42:42.315
7	200	BART DICK	00:43:22.46	Runner	Heusden	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:13:11.674	12.7kph	04:42	00:13:11.674
		Split 2	00:14:33.192	11.5kph	05:11	00:27:44.866
		Split 3	00:15:37.596	10.8kph	05:34	00:43:22.462
8	205	MICHIEL DE WILDE	00:43:48.67	Runner	Zelev	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:04.174	11.9kph	05:01	00:14:04.174
		Split 2	00:14:49.929	11.3kph	05:17	00:28:54.103
		Split 3	00:14:54.572	11.3kph	05:19	00:43:48.675
9	204	JOACHIM MOENS	00:43:50.51	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:16.875	11.8kph	05:06	00:14:16.875
		Split 2	00:14:49.467	11.3kph	05:17	00:29:06.342
		Split 3	00:14:44.174	11.4kph	05:15	00:43:50.516
10	234	ROELS GEORGES	00:46:50.44	Runner	Asse	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:15:42.730	10.7kph	05:36	00:15:42.730
		Split 2	00:15:18.974	11.0kph	05:28	00:31:01.704
		Split 3	00:15:48.742	10.6kph	05:38	00:46:50.446
11	201	YANNICK COLLIJS	00:47:20.67	Runner	Dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:15:36.190	10.8kph	05:34	00:15:36.190
		Split 2	00:15:31.418	10.8kph	05:32	00:31:07.608
		Split 3	00:16:13.070	10.4kph	05:47	00:47:20.678
12	237	MARC LEFEVRE	00:49:35.07	Runner	dendermonde	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:15:43.870	10.7kph	05:37	00:15:43.870
		Split 2	00:16:48.811	10.0kph	06:00	00:32:32.681
		Split 3	00:17:02.395	9.9kph	06:05	00:49:35.076

## Dames

Place	Bib #	Name	Time	Type	City	
1	206	ELLA VERCAUTEREN	00:31:42.61	Runner	Hamme	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:05.550	16.6kph	03:36	00:10:05.550
		Split 2	00:10:39.010	15.8kph	03:48	00:20:44.560
		Split 3	00:10:58.054	15.3kph	03:55	00:31:42.614
2	235	VEERLE WUYTACK	00:36:19.43	Runner	Hamme	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:51.038	14.2kph	04:13	00:11:51.038
		Split 2	00:12:10.166	13.8kph	04:20	00:24:01.204
		Split 3	00:12:18.227	13.7kph	04:23	00:36:19.431
3	236	NIKITA VERBRAECKEN	00:40:36.67	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:12:52.204	13.1kph	04:35	00:12:52.204
		Split 2	00:13:51.051	12.1kph	04:56	00:26:43.255
		Split 3	00:13:53.416	12.1kph	04:57	00:40:36.671
4	210	LISSE NOBELS	00:43:19.09	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:40.977	11.4kph	05:14	00:14:40.977
		Split 2	00:14:49.262	11.3kph	05:17	00:29:30.239
		Split 3	00:13:48.859	12.2kph	04:56	00:43:19.098
5	233	DAFNE NOBELS	00:43:55.34	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:14:41.031	11.4kph	05:14	00:14:41.031
		Split 2	00:14:49.407	11.3kph	05:17	00:29:30.438
		Split 3	00:14:24.904	11.7kph	05:08	00:43:55.342