

# 23ste Vlaschaard Duatlon 2023

## HEREN -23

Place	Bib #	Name	Time	Type	City	
1	17	HENRI VANDENDORPE	01:22:46.79	HU23	ZULTE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:16:38.819	17.7kph	03:23	00:16:38.819
		Bike	00:57:58.746	41.0kph	01:27	01:14:37.565
		Split 3	00:08:09.228	18.0kph	03:19	01:22:46.793
2	123	WOLF CAERS	01:26:04.76	HU23	GENT	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:51.355	15.6kph	03:50	00:18:51.355
		Bike	00:57:48.194	41.1kph	01:27	01:16:39.549
		Split 3	00:09:25.217	15.6kph	03:50	01:26:04.766
3	118	JEF MISPLON	01:32:43.14	HU23	GENTBRUGGE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:19:56.278	14.7kph	04:04	00:19:56.278
		Bike	01:02:29.884	38.1kph	01:34	01:22:26.162
		Split 3	00:10:16.987	14.3kph	04:11	01:32:43.149
4	120	ROBIN AMELYNCK	01:39:08.44	HU23	DEINZE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:20:30.766	14.3kph	04:11	00:20:30.766
		Bike	01:08:34.799	34.7kph	01:43	01:29:05.565
		Split 3	00:10:02.880	14.6kph	04:06	01:39:08.445
5	77	FLO POPPE	01:40:09.46	HU23	ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:23:22.523	12.6kph	04:46	00:23:22.523
		Bike	01:03:37.834	37.4kph	01:36	01:27:00.357
		Split 3	00:13:09.107	11.2kph	05:22	01:40:09.464
6	112	VICTOR-JAN HIEL	01:41:47.40	HU23	LOKEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:21:14.395	13.8kph	04:20	00:21:14.395
		Bike	01:07:56.926	35.0kph	01:42	01:29:11.321
		Split 3	00:12:36.085	11.7kph	05:08	01:41:47.406

## DAMES -23

Place	Bib #	Name	Time	Type	City	
1	128	LOTTE DE WILDE	01:36:12.34	DU23	WICHELEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:19:51.604	14.8kph	04:03	00:19:51.604
		Bike	01:06:46.338	35.6kph	01:41	01:26:37.942
		Split 3	00:09:34.400	15.4kph	03:54	01:36:12.342
2	81	LAURA MAES	01:39:26.31	DU23	OVERMERE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:20:56.955	14.0kph	04:16	00:20:56.955
		Bike	01:08:26.644	34.7kph	01:43	01:29:23.599
		Split 3	00:10:02.720	14.6kph	04:06	01:39:26.319
3	97	KIARA DE BACKER	01:39:34.04	DU23	HOEVENEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:21:26.910	13.7kph	04:22	00:21:26.910
		Bike	01:07:49.700	35.1kph	01:42	01:29:16.610
		Split 3	00:10:17.437	14.3kph	04:12	01:39:34.047
4	31	SALIE HAUTERS	02:14:47.51	DU23	HERNE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:33:55.623	8.7kph	06:55	00:33:55.623
		Bike	01:23:14.054	28.6kph	02:05	01:57:09.677
		Split 3	00:17:37.841	8.3kph	07:11	02:14:47.518

## HEREN +40

Place	Bib #	Name	Time	Type	City	
1	10	LANDER VAN DROOGENBROECK	01:22:50.20	H40	OPWIJK	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:16:19.825	18.0kph	03:19	00:16:19.825
		Bike	00:58:27.069	40.7kph	01:28	01:14:46.894
		Split 3	00:08:03.307	18.2kph	03:17	01:22:50.201

## HEREN +40

Place	Bib #	Name	Time	Type	City	
2	111	DIMITRI DROUMPOURAS	01:25:19.21	H40	SPALBEEK	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:17:17.703	17.0kph	03:31	00:17:17.703
		Bike	00:59:25.133	40.0kph	01:29	01:16:42.836
		Split 3	00:08:36.383	17.1kph	03:30	01:25:19.219
3	24	JAN VAN DE WIELLE	01:26:40.27	H40	ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:50.543	15.6kph	03:50	00:18:50.543
		Bike	00:58:17.674	40.8kph	01:28	01:17:08.217
		Split 3	00:09:32.053	15.4kph	03:53	01:26:40.270
4	60	PETER VAN MOSSELVELDE	01:31:04.03	H40	OOSTROZEBEKE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:35.824	15.8kph	03:47	00:18:35.824
		Bike	01:02:46.332	37.9kph	01:35	01:21:22.156
		Split 3	00:09:41.876	15.2kph	03:57	01:31:04.032
5	25	BART VERKAEMER	01:31:23.22	H40	WAREGEM	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:19:27.977	15.1kph	03:58	00:19:27.977
		Bike	01:02:05.836	38.3kph	01:33	01:21:33.813
		Split 3	00:09:49.415	15.0kph	04:00	01:31:23.228
6	15	MARTY VAN KERCKHOVE	01:34:16.17	H40	LOKEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:20:36.065	14.3kph	04:12	00:20:36.065
		Bike	01:03:01.394	37.7kph	01:35	01:23:37.459
		Split 3	00:10:38.720	13.8kph	04:20	01:34:16.179
7	23	PETER WILLAERT	01:35:14.48	H40	HAMME	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:19:57.764	14.7kph	04:04	00:19:57.764
		Bike	01:05:25.768	36.4kph	01:39	01:25:23.532
		Split 3	00:09:50.956	14.9kph	04:01	01:35:14.488
8	40	FELIX NAUWELAERTS	01:36:54.71	H40	ITEGEM	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:21:28.479	13.7kph	04:22	00:21:28.479
		Bike	01:04:05.480	37.1kph	01:37	01:25:33.959
		Split 3	00:11:20.760	13.0kph	04:37	01:36:54.719
9	49	CHRISTOPHE DEWULF	01:40:24.19	H40	GENTBRUGGE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:21:54.610	13.4kph	04:28	00:21:54.610
		Bike	01:08:04.325	34.9kph	01:43	01:29:58.935
		Split 3	00:10:25.256	14.1kph	04:15	01:40:24.191
10	90	BART BARREZ	01:40:59.23	H40	SINT-LAUREINS-BERCHEM	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:24:48.697	11.8kph	05:03	00:24:48.697
		Bike	01:04:52.155	36.7kph	01:38	01:29:40.852
		Split 3	00:11:18.380	13.0kph	04:36	01:40:59.232
11	74	FABIAN BUYS	01:48:24.56	H40	HUIZINGEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:24:45.511	11.9kph	05:03	00:24:45.511
		Bike	01:11:04.148	33.5kph	01:47	01:35:49.659
		Split 3	00:12:34.910	11.7kph	05:08	01:48:24.569
12	38	TOM DE MESMAEKER	01:52:12.04	H40	DENDERLEEUV	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:23:37.911	12.4kph	04:49	00:23:37.911
		Bike	01:16:31.847	31.1kph	01:55	01:40:09.758
		Split 3	00:12:02.291	12.2kph	04:54	01:52:12.049
13	16	KURT VERBRUGGEN	01:53:51.70	H40	BORNEM	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:24:32.657	12.0kph	05:00	00:24:32.657
		Bike	01:16:29.165	31.1kph	01:55	01:41:01.822
		Split 3	00:12:49.887	11.5kph	05:14	01:53:51.709

# 23ste Vlaschaard Duatlon 2023

## HEREN +40

Place	Bib #	Name	Time	Type	City
14	35	MATHIEU CASTELEYN	02:04:09.30	H40	GENTBRUGGE
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:30:38.193	9.6kph	06:15
		Bike	01:18:05.190	30.5kph	01:58
		Split 3	00:15:25.926	9.5kph	06:17

## HEREN +50

Place	Bib #	Name	Time	Type	City
1	3	PETER DE SMET	01:25:52.74	H50	RUISELEDE
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:19:33.683	15.0kph	03:59
		Bike	00:56:43.722	41.9kph	01:25
		Split 3	00:09:35.343	15.3kph	03:54

2	99	PATRICK SOETAERT	01:31:42.51	H50	DENTERGEM
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:19:44.685	14.9kph	04:01
		Bike	01:01:50.372	38.5kph	01:33
		Split 3	00:10:07.461	14.5kph	04:07

3	9	SIMON YEARSLEY	01:31:53.40	H50	EVERBERG
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:20:46.784	14.1kph	04:14
		Bike	01:00:32.637	39.3kph	01:31
		Split 3	00:10:33.980	13.9kph	04:18

4	124	LUC HERNAERT	01:35:27.91	H50	SINT-KATELIJNE-WAVER
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:20:18.281	14.5kph	04:08
		Bike	01:05:06.671	36.5kph	01:38
		Split 3	00:10:02.962	14.6kph	04:06

5	33	JIMMY VERHOEVEN	01:36:51.60	H50	HERENTALS
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:21:16.734	13.8kph	04:20
		Bike	01:04:54.991	36.6kph	01:38
		Split 3	00:10:39.880	13.8kph	04:21

6	106	STEFAN GREMMENS	01:37:31.93	H50	CALLENELLE
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:20:01.906	14.7kph	04:05
		Bike	01:08:08.083	34.9kph	01:43
		Split 3	00:09:21.949	15.7kph	03:49

7	109	EDDY LEYSEN	01:53:48.86	H50	LICHTAART
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:23:34.529	12.5kph	04:48
		Bike	01:18:42.330	30.2kph	01:59
		Split 3	00:11:32.005	12.7kph	04:42

8	32	CHRIS GEERTS	01:57:27.56	H50	S-HERTOGENBOSCH (NL)
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:26:36.250	11.1kph	05:25
		Bike	01:17:48.264	30.6kph	01:57
		Split 3	00:13:03.054	11.3kph	05:19

## HEREN +60

Place	Bib #	Name	Time	Type	City
1	107	LODE SCHAMELHOUT	01:44:17.96	H60	HARELBEKE
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:21:38.614	13.6kph	04:25
		Bike	01:11:14.112	33.4kph	01:47
		Split 3	00:11:25.241	12.9kph	04:39

2	76	PHILIPPE VANRYSELBERGHE	01:47:31.96	H60	RAMSKAPELLE
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:24:42.890	11.9kph	05:02
		Bike	01:09:51.035	34.0kph	01:45
		Split 3	00:12:58.039	11.3kph	05:17

3	1	ROBERTO FELACO	01:55:38.83	H60	LODELINSART
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:26:51.876	10.9kph	05:28
		Bike	01:15:44.918	31.4kph	01:54
		Split 3	00:13:02.044	11.3kph	05:19

4	87	HERMAN VAN DRIESSE	01:58:32.74	H60	ZELE
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:26:56.721	10.9kph	05:29
		Bike	01:16:26.051	31.1kph	01:55
		Split 3	00:15:09.972	9.7kph	06:11

## DAMES DUO

Place	Bib #	Name	Time	Type	City
1	226	EECKHOUT JOELLE BOUDRY ELLEN	01:33:43.58	DUOD	GENT/ZELE
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:19:17.035	15.2kph	03:56
		Bike	01:05:17.738	36.4kph	01:38
		Split 3	00:09:08.816	16.1kph	03:44

2	220	VAN SINAY EVELIEN BLANCQUAERT LAURA	01:39:37.39	DUOD	MERELBEKE/MERELBEKE
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:21:59.330	13.4kph	04:29
		Bike	01:06:59.519	35.5kph	01:41
		Split 3	00:10:38.545	13.8kph	04:20

## HEREN DUO

Place	Bib #	Name	Time	Type	City
1	214	VAN PRAET SANDER VAN PRAET WARD	01:19:53.97	DUOH	ZELE/ZELE
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:16:49.233	17.5kph	03:25
		Bike	00:55:24.762	42.9kph	01:23
		Split 3	00:07:39.975	19.2kph	03:07

2	203	KESTELEYN BRAM DHEER STIJN	01:19:54.92	DUOH	ZELE/ZELE
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:16:27.185	17.9kph	03:21
		Bike	00:55:44.154	42.7kph	01:24
		Split 3	00:07:43.581	19.0kph	03:09

3	201	TIMMERMANS ROBIN JANS JOREN	01:20:03.79	DUOH	WAMBEEK/TERNAT
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:15:56.525	18.4kph	03:15
		Bike	00:56:27.657	42.1kph	01:25
		Split 3	00:07:39.617	19.2kph	03:07

4	219	DIERCKX ROBBE MOENS DIETER	01:20:08.19	DUOH	ELEWIJTT/HOEGAARDEN
<b>Split Description</b>					
		<b>Split Times</b>	<b>Speed</b>	<b>Pace</b>	<b>Cumulative</b>
		Run 1	00:16:44.868	17.6kph	03:25
		Bike	00:55:40.575	42.7kph	01:24
		Split 3	00:07:42.754	19.1kph	03:08

# 23ste Vlaschaard Duatlon 2023

## HEREN DUO

Place	Bib #	Name	Time	Type	City	
5	230	VAN EETVELDE KEVIN VAN HAVERMAET KOEN	01:20:13.84	DUOH	WAASMUNST ER/ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:16:18.133	18.0kph	03:19	00:16:18.133
		Bike	00:56:00.595	42.5kph	01:24	01:12:18.728
		Split 3	00:07:55.118	18.6kph	03:13	01:20:13.846
6	200	HEIRMAN JEROME HULPIAU LAURENT	01:23:07.08	DUOH	GENT/ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:17:52.282	16.5kph	03:38	00:17:52.282
		Bike	00:56:42.125	41.9kph	01:25	01:14:34.407
		Split 3	00:08:32.681	17.2kph	03:29	01:23:07.088
7	223	DE SMET DAAN SMEKENS DOMINIEK	01:23:20.71	DUOH	HAMME/HAM ME	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:36.230	15.8kph	03:47	00:18:36.230
		Bike	00:55:53.224	42.6kph	01:24	01:14:29.454
		Split 3	00:08:51.259	16.6kph	03:36	01:23:20.713
8	225	LAUREYS JAN DE BRUYNE TOON	01:23:38.10	DUOH	ZELE/HAMME	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:45.151	15.7kph	03:49	00:18:45.151
		Bike	00:55:47.058	42.6kph	01:24	01:14:32.209
		Split 3	00:09:05.897	16.2kph	03:42	01:23:38.106
9	218	DE MULDER GERT VAN DEN BERGE CEDRIC	01:25:08.89	DUOH	GERAARDSBE RGEN/ONKER ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:08.832	16.2kph	03:42	00:18:08.832
		Bike	00:58:23.803	40.7kph	01:28	01:16:32.635
		Split 3	00:08:36.257	17.1kph	03:30	01:25:08.892
10	215	VAN DRIESSE TOM VAN LOKEREN GIOVANNI	01:25:31.35	DUOH	ZELE/ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:41.554	15.7kph	03:48	00:18:41.554
		Bike	00:57:58.822	41.0kph	01:27	01:16:40.376
		Split 3	00:08:50.981	16.6kph	03:36	01:25:31.357
11	202	BAUDU SANDER VAN DE GUGHT JARNE	01:26:53.27	DUOH	GIJZEGEM/WI EZE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:17:23.432	16.9kph	03:32	00:17:23.432
		Bike	01:01:14.523	38.8kph	01:32	01:18:37.955
		Split 3	00:08:15.319	17.8kph	03:22	01:26:53.274
12	209	COLLEWAERT ROBIN HEYMANS REMCO	01:28:09.54	DUOH	HAMME/HAM ME	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:20:27.574	14.4kph	04:10	00:20:27.574
		Bike	00:58:09.663	40.9kph	01:28	01:18:37.237
		Split 3	00:09:32.310	15.4kph	03:53	01:28:09.547
13	228	BLONDEEL JEROEN DEMEY THIBAUT	01:28:13.87	DUOH	ROESELARE/ WETTEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:21:34.094	13.6kph	04:24	00:21:34.094
		Bike	00:56:50.564	41.8kph	01:26	01:18:24.658
		Split 3	00:09:49.219	15.0kph	04:00	01:28:13.877
14	210	WAEGEMAN ANTON MOREELS SIMON	01:28:16.94	DUOH	ZELE/ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:20:23.734	14.4kph	04:09	00:20:23.734
		Bike	00:58:11.157	40.9kph	01:28	01:18:34.891
		Split 3	00:09:42.057	15.2kph	03:57	01:28:16.948
15	204	RUPUS THOMAS COOREMAN JURGEN	01:28:21.74	DUOH	BERLARE/ZEL E	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:20:39.162	14.2kph	04:12	00:20:39.162
		Bike	00:57:56.406	41.0kph	01:27	01:18:35.568
		Split 3	00:09:46.181	15.0kph	03:59	01:28:21.749

## HEREN DUO

Place	Bib #	Name	Time	Type	City	
16	224	DE WILDE PIETER BEAUPREZ FREDERIK	01:30:43.18	DUOH	LOKEREN/AAL ST	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:46.133	15.7kph	03:49	00:18:46.133
		Bike	01:02:26.561	38.1kph	01:34	01:21:12.694
		Split 3	00:09:30.492	15.5kph	03:52	01:30:43.186
17	206	MERTENS SIDNEY FIERENS MICHEL	01:33:52.16	DUOH	NINOVE/ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:19:31.759	15.1kph	03:59	00:19:31.759
		Bike	01:05:03.282	36.6kph	01:38	01:24:35.041
		Split 3	00:09:17.123	15.8kph	03:47	01:33:52.164
18	231	BRAS TUUR DEVOGELEER RENS	01:39:36.22	DUOH	HALLE/LEMBE EK	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:22:32.023	13.0kph	04:35	00:22:32.023
		Bike	01:07:00.045	35.5kph	01:41	01:29:32.068
		Split 3	00:10:04.158	14.6kph	04:06	01:39:36.226
19	211	LEENAERT VICTOR HUYGENS SEPPE	01:44:54.83	DUOH	SINT- AMANDSBER G/DESTELBER GEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:21:30.450	13.7kph	04:23	00:21:30.450
		Bike	01:13:44.319	32.3kph	01:51	01:35:14.769
		Split 3	00:09:40.067	15.2kph	03:56	01:44:54.836

## GEMENGD DUO

Place	Bib #	Name	Time	Type	City	
1	216	SWARTELE TOM VAN BRUSSEL FIEN	01:25:14.99	DUOG	HAMME/HAM ME	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:19:37.556	15.0kph	04:00	00:19:37.556
		Bike	00:56:25.662	42.1kph	01:25	01:16:03.218
		Split 3	00:09:11.781	16.0kph	03:45	01:25:14.999
2	212	VAN DE SOMPEL BART HAEGENS CARO	01:25:30.24	DUOG	LOKEREN/L OKEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:19:27.119	15.1kph	03:58	00:19:27.119
		Bike	00:56:43.257	41.9kph	01:25	01:16:10.376
		Split 3	00:09:19.872	15.8kph	03:48	01:25:30.248
3	205	LOUNIO JASPER LOUNIO MIMI	01:27:42.08	DUOG	OUDENBOSC H (NL)/OUDEN OSCH (NL)	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:19:01.149	15.5kph	03:52	00:19:01.149
		Bike	00:59:22.217	40.1kph	01:29	01:18:23.366
		Split 3	00:09:18.714	15.8kph	03:48	01:27:42.080
4	217	STERCKX BO VAN DEN HEUVEL HANS	01:28:24.52	DUOG	WUUSTWEZE L/MORTSEL	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:15:34.121	18.9kph	03:10	00:15:34.121
		Bike	01:05:19.130	36.4kph	01:38	01:20:53.251
		Split 3	00:07:31.269	19.5kph	03:04	01:28:24.520
5	227	BECK LIESELOTTE VAN LOKEREN STIJN	01:28:26.39	DUOG	SINT- PAUWELS/SIN T-PAUWELS	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:16:14.943	18.1kph	03:18	00:16:14.943
		Bike	01:04:25.827	36.9kph	01:37	01:20:40.770
		Split 3	00:07:45.624	18.9kph	03:10	01:28:26.394

# 23ste Vlaschaard Duatlon 2023

## GEMENGD DUO

Place	Bib #	Name	Time	Type	City	
6	208	HOFMAN DRIES AUDENAERT EVELINE	01:28:27.12	DUOG	ZELE/ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:21:08.206	13.9kph	04:18	00:21:08.206
		Bike	00:57:21.903	41.5kph	01:26	01:18:30.109
		Split 3	00:09:57.017	14.8kph	04:03	01:28:27.126
7	222	VAN NIEUWENHOVE RICHIE VAN NIEUWENHOVE LAURA	01:31:39.24	DUOG	LIERDE/LIERDE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:23:02.237	12.8kph	04:42	00:23:02.237
		Bike	00:57:54.586	41.1kph	01:27	01:20:56.823
		Split 3	00:10:42.418	13.7kph	04:22	01:31:39.241
8	213	DE BACKER JOACHIM AUDENAERT STEPHANIE	01:36:25.43	DUOG	SINT-GILLIS- WAAS/LOKER EN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:21:51.073	13.5kph	04:27	00:21:51.073
		Bike	01:04:02.851	37.1kph	01:36	01:25:53.924
		Split 3	00:10:31.511	14.0kph	04:17	01:36:25.435
9	229	DEDUYTSCHAEVER LUKAS VAN DOORSSELAERE JULIE	01:40:33.79	DUOG	WACHTEBEKE /WACHTEBEK E	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:27:34.095	10.7kph	05:37	00:27:34.095
		Bike	00:59:47.872	39.8kph	01:30	01:27:21.967
		Split 3	00:13:11.832	11.1kph	05:23	01:40:33.799
10	221	DOBBELS ISABELLE LAMBRECHT FREDERIC	01:55:58.51	DUOG	SINT-ELOOIS- VIJVE/SINT- ELOOIS-VIJVE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:31:46.559	9.3kph	06:29	00:31:46.559
		Bike	01:10:42.950	33.6kph	01:47	01:42:29.509
		Split 3	00:13:29.008	10.9kph	05:30	01:55:58.517

## HEREN +24

Place	Bib #	Name	Time	Type	City	
1	71	RUBEN VAN PRAET	01:17:59.76	H24	LEDEBERG	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:15:32.986	18.9kph	03:10	00:15:32.986
		Bike	00:55:06.661	43.2kph	01:23	01:10:39.647
		Split 3	00:07:20.113	20.0kph	02:59	01:17:59.760
2	110	GUUST DE SMUL	01:18:05.15	H24	ASPER	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:15:37.466	18.8kph	03:11	00:15:37.466
		Bike	00:54:46.420	43.4kph	01:22	01:10:23.886
		Split 3	00:07:41.272	19.1kph	03:08	01:18:05.158
3	78	JELLE DE WISPELAERE	01:18:16.42	H24	ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:15:31.526	18.9kph	03:10	00:15:31.526
		Bike	00:55:05.444	43.2kph	01:23	01:10:36.970
		Split 3	00:07:39.458	19.2kph	03:07	01:18:16.428
4	37	ELIAS VAN LANDEGHEM	01:18:40.24	H24	AALTER	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:15:47.686	18.6kph	03:13	00:15:47.686
		Bike	00:54:40.265	43.5kph	01:22	01:10:27.951
		Split 3	00:08:12.289	17.9kph	03:20	01:18:40.240
5	2	GRIM DOCLO	01:20:28.68	H24	GERAARDSBE RGEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:16:01.449	18.3kph	03:16	00:16:01.449
		Bike	00:56:31.023	42.1kph	01:25	01:12:32.472
		Split 3	00:07:56.210	18.5kph	03:14	01:20:28.682

## HEREN +24

Place	Bib #	Name	Time	Type	City	
6	34	JARNE DE WAELE	01:20:37.00	H24	MERELBEKE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:16:24.901	17.9kph	03:21	00:16:24.901
		Bike	00:56:09.631	42.4kph	01:25	01:12:34.532
		Split 3	00:08:02.475	18.3kph	03:16	01:20:37.007
7	113	WAZO DE ROUCK	01:20:57.26	H24	BEVER	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:15:38.425	18.8kph	03:11	00:15:38.425
		Bike	00:57:09.666	41.6kph	01:26	01:12:48.091
		Split 3	00:08:09.170	18.0kph	03:19	01:20:57.261
8	114	GAUTHIER MINE	01:22:51.29	H24	TERNAT	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:16:23.311	17.9kph	03:20	00:16:23.311
		Bike	00:58:24.610	40.7kph	01:28	01:14:47.921
		Split 3	00:08:03.372	18.2kph	03:17	01:22:51.293
9	98	STEVEN EYCKMANS	01:23:30.80	H24	EKEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:16:32.650	17.8kph	03:22	00:16:32.650
		Bike	00:58:20.963	40.8kph	01:28	01:14:53.613
		Split 3	00:08:37.187	17.1kph	03:31	01:23:30.800
10	18	OLIVIER SYMOENS	01:23:49.69	H24	ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:17:56.403	16.4kph	03:39	00:17:56.403
		Bike	00:56:40.876	42.0kph	01:25	01:14:37.279
		Split 3	00:09:12.411	16.0kph	03:45	01:23:49.690
11	89	LAURENS LAUWAERT	01:24:08.22	H24	WETTEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:14.367	16.1kph	03:43	00:18:14.367
		Bike	00:56:57.330	41.8kph	01:26	01:15:11.697
		Split 3	00:08:56.523	16.4kph	03:38	01:24:08.220
12	61	NIELS EVRAERT	01:24:32.89	H24	ZINGEM	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:21.970	16.0kph	03:44	00:18:21.970
		Bike	00:56:22.716	42.2kph	01:25	01:14:44.686
		Split 3	00:09:48.210	15.0kph	04:00	01:24:32.896
13	4	BERT MISPLON	01:25:12.88	H24	GENTBRUGG E	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:16:48.359	17.5kph	03:25	00:16:48.359
		Bike	01:00:08.150	39.6kph	01:31	01:16:56.509
		Split 3	00:08:16.377	17.8kph	03:22	01:25:12.886
14	72	RUUD VAN CAUTEREN	01:25:39.56	H24	LOKEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:17:01.151	17.3kph	03:28	00:17:01.151
		Bike	01:00:04.967	39.6kph	01:30	01:17:06.118
		Split 3	00:08:33.449	17.2kph	03:29	01:25:39.567
15	108	MATS VANLUCHE	01:26:16.16	H24	ZWEVEGEM	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:17:59.818	16.3kph	03:40	00:17:59.818
		Bike	00:58:47.510	40.5kph	01:28	01:16:47.328
		Split 3	00:09:28.837	15.5kph	03:52	01:26:16.165
16	79	JONAS MATTHYS	01:26:22.81	H24	BERLARE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:18:56.323	15.5kph	03:51	00:18:56.323
		Bike	00:57:39.881	41.2kph	01:27	01:16:36.204
		Split 3	00:09:46.610	15.0kph	03:59	01:26:22.814
17	85	THOMAS CAUWELS	01:26:39.33	H24	SINT- MICHIELS	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:17:53.809	16.4kph	03:39	00:17:53.809
		Bike	00:59:52.349	39.7kph	01:30	01:17:46.158
		Split 3	00:08:53.173	16.5kph	03:37	01:26:39.331
18	127	STEVEN DE LOOSE	01:27:22.15	H24	KALKEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:16:42.803	17.6kph	03:24	00:16:42.803
		Bike	01:01:47.708	38.5kph	01:33	01:18:30.511
		Split 3	00:08:51.640	16.6kph	03:36	01:27:22.151

# 23ste Vlaschaard Duatlon 2023

## HEREN +24

Place	Bib #	Name	Time	Type	City
19	46	JOHANNES DE PAEPE	01:28:25.59	H24	MELLE
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:19:37.048   15.0kph   04:00   00:19:37.048					
Bike   00:59:05.207   40.3kph   01:29   01:18:42.255					
Split 3   00:09:43.335   15.1kph   03:58   01:28:25.590					
20	82	NICK WOUTERS	01:28:37.26	H24	BUIZINGEN
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:18:00.657   16.3kph   03:40   00:18:00.657					
Bike   01:01:01.408   39.0kph   01:32   01:19:02.065					
Split 3   00:09:35.196   15.3kph   03:54   01:28:37.261					
21	104	DIETER BAERT	01:28:49.14	H24	GERAARDSBE RGEN
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:20:55.522   14.0kph   04:16   00:20:55.522					
Bike   00:57:54.590   41.1kph   01:27   01:18:50.112					
Split 3   00:09:59.037   14.7kph   04:04   01:28:49.149					
22	68	STIJN ROGGE	01:28:52.87	H24	DENDERMON DE
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:19:26.090   15.1kph   03:57   00:19:26.090					
Bike   00:59:31.177   40.0kph   01:30   01:18:57.267					
Split 3   00:09:55.605   14.8kph   04:03   01:28:52.872					
23	43	THOMAS MICHIELS	01:29:16.35	H24	ERPE-MERE
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:20:58.233   14.0kph   04:16   00:20:58.233					
Bike   00:57:43.078   41.2kph   01:27   01:18:41.311					
Split 3   00:10:35.046   13.9kph   04:19   01:29:16.357					
24	93	KEVIN ROEGIERS	01:29:31.00	H24	LOKEREN
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:19:50.339   14.8kph   04:02   00:19:50.339					
Bike   00:59:26.885   40.0kph   01:29   01:19:17.224					
Split 3   00:10:13.779   14.4kph   04:10   01:29:31.003					
25	48	JONATHAN VAN DER LINDEN	01:30:01.19	H24	GERAARDSBE RGEN
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:20:49.997   14.1kph   04:15   00:20:49.997					
Bike   00:57:59.210   41.0kph   01:27   01:18:49.207					
Split 3   00:11:11.985   13.1kph   04:34   01:30:01.192					
26	86	LENNERT DE RUYCK	01:31:24.10	H24	LAKEN
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:19:16.029   15.3kph   03:55   00:19:16.029					
Bike   01:02:55.813   37.8kph   01:35   01:22:11.842					
Split 3   00:09:12.264   16.0kph   03:45   01:31:24.106					
27	44	RUBEN DE BAETS	01:31:51.35	H24	DEINZE
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:18:54.929   15.5kph   03:51   00:18:54.929					
Bike   01:03:22.322   37.5kph   01:35   01:22:17.251					
Split 3   00:09:34.103   15.4kph   03:54   01:31:51.354					
28	80	SANDER DE PREZ	01:31:59.59	H24	GREMBERGE N
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:19:25.087   15.1kph   03:57   00:19:25.087					
Bike   01:02:14.955   38.2kph   01:34   01:21:40.042					
Split 3   00:10:19.552   14.2kph   04:12   01:31:59.594					
29	122	CEDRIC HOUBRECHTS	01:32:10.93	H24	WELLEN
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:21:07.821   13.9kph   04:18   00:21:07.821					
Bike   01:01:14.305   38.8kph   01:32   01:22:22.126					
Split 3   00:09:48.813   15.0kph   04:00   01:32:10.939					
30	101	WOUTER VAN EPPERZEEL	01:32:12.96	H24	SINT-KATELIJNE-WAVER
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:22:23.278   13.1kph   04:34   00:22:23.278					
Bike   00:59:49.979   39.8kph   01:30   01:22:13.257					
Split 3   00:09:59.703   14.7kph   04:04   01:32:12.960					

## HEREN +24

Place	Bib #	Name	Time	Type	City
31	88	JOHAN SLUYS	01:32:38.17	H24	GERAARDSBE RGEN
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:21:25.033   13.7kph   04:22   00:21:25.033					
Bike   01:00:04.522   39.6kph   01:30   01:21:29.555					
Split 3   00:11:08.622   13.2kph   04:32   01:32:38.177					
32	115	KEVIN SLINCX	01:33:12.83	H24	GERAARDSBE RGEN
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:18:58.431   15.5kph   03:52   00:18:58.431					
Bike   01:04:45.350   36.7kph   01:38   01:23:43.781					
Split 3   00:09:29.055   15.5kph   03:52   01:33:12.836					
33	13	MATTHIAS DE PAEPE	01:33:13.37	H24	ZELE
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:22:07.428   13.3kph   04:30   00:22:07.428					
Bike   00:59:58.520   39.7kph   01:30   01:22:05.948					
Split 3   00:11:07.429   13.2kph   04:32   01:33:13.377					
34	14	MATS AMPE	01:33:14.82	H24	LONDERZEEL
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:22:45.487   12.9kph   04:38   00:22:45.487					
Bike   00:59:11.458   40.2kph   01:29   01:21:56.945					
Split 3   00:11:17.879   13.0kph   04:36   01:33:14.824					
35	19	YANNICK VAN GEERT	01:33:32.90	H24	BAASRODE
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:19:55.163   14.8kph   04:03   00:19:55.163					
Bike   01:03:29.586   37.5kph   01:36   01:23:24.749					
Split 3   00:10:08.155   14.5kph   04:08   01:33:32.904					
36	57	NICK VAN HAUWERMEIREN	01:35:05.55	H24	BAASRODE
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:19:07.065   15.4kph   03:54   00:19:07.065					
Bike   01:05:52.261   36.1kph   01:39   01:24:59.326					
Split 3   00:10:06.229   14.5kph   04:07   01:35:05.555					
37	30	TOON VAN DURM	01:35:23.16	H24	KALKEN
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:22:46.644   12.9kph   04:38   00:22:46.644					
Bike   01:01:14.108   38.8kph   01:32   01:24:00.752					
Split 3   00:11:22.408   12.9kph   04:38   01:35:23.160					
38	119	KENNETH DE BAETS	01:35:58.69	H24	OVERMERE
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:20:45.753   14.2kph   04:14   00:20:45.753					
Bike   01:04:38.356   36.8kph   01:37   01:25:24.109					
Split 3   00:10:34.586   13.9kph   04:19   01:35:58.695					
39	47	KRISTOF BOULLARD	01:36:44.71	H24	IDEGEM
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:22:06.687   13.3kph   04:30   00:22:06.687					
Bike   01:03:34.014   37.4kph   01:36   01:25:40.701					
Split 3   00:11:04.015   13.3kph   04:31   01:36:44.716					
40	8	JEROEN MISPLON	01:37:13.56	H24	GENTBRUGG E
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:22:34.452   13.0kph   04:36   00:22:34.452					
Bike   01:03:49.127   37.3kph   01:36   01:26:23.579					
Split 3   00:10:49.982   13.6kph   04:25   01:37:13.561					
41	26	JORRE AFSCHRIFT	01:37:32.61	H24	ZELE
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:23:25.348   12.6kph   04:46   00:23:25.348					
Bike   01:02:40.598   37.9kph   01:34   01:26:05.946					
Split 3   00:11:26.667   12.8kph   04:40   01:37:32.613					
42	58	YANNICK TANGHE	01:38:37.53	H24	ESSEN
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:22:14.168   13.2kph   04:32   00:22:14.168					
Bike   01:04:22.587   36.9kph   01:37   01:26:36.755					
Split 3   00:12:00.777   12.2kph   04:54   01:38:37.532					
43	69	JAMIE GRINDLEY	01:38:53.15	H24	RONSE
<b>Split Description</b> <b>Split Times</b> <b>Speed</b> <b>Pace</b> <b>Cumulative</b>					
Run 1   00:22:52.807   12.8kph   04:40   00:22:52.807					
Bike   01:03:53.193   37.2kph   01:36   01:26:46.000					
Split 3   00:12:07.158   12.1kph   04:56   01:38:53.158					

# 23ste Vlaschaard Duatlon 2023

## HEREN +24

Place	Bib #	Name	Time	Type	City	
44	121	BEN STOCK	01:39:47.67	H24	GENT	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:21:09.565	13.9kph	04:19	00:21:09.565
		Bike	01:08:07.710	34.9kph	01:43	01:29:17.275
		Split 3	00:10:30.397	14.0kph	04:17	01:39:47.672
45	102	ANTHONY FAYT	01:40:12.96	H24	BOTTELARE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:21:35.275	13.6kph	04:24	00:21:35.275
		Bike	01:07:44.327	35.1kph	01:42	01:29:19.602
		Split 3	00:10:53.366	13.5kph	04:26	01:40:12.968
46	100	REGGY CARLIER	01:40:55.71	H24	LIEDE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:23:48.684	12.3kph	04:51	00:23:48.684
		Bike	01:06:27.214	35.8kph	01:40	01:30:15.898
		Split 3	00:10:39.816	13.8kph	04:21	01:40:55.714
47	45	GREGORY SOETINCK	01:43:17.25	H24	ERPE-MERE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:24:20.865	12.1kph	04:58	00:24:20.865
		Bike	01:05:41.228	36.2kph	01:39	01:30:02.093
		Split 3	00:13:15.157	11.1kph	05:24	01:43:17.250
48	67	JENS VAN NIEUWENHOVE	01:43:56.20	H24	LIEDEKERKE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:23:44.846	12.4kph	04:50	00:23:44.846
		Bike	01:07:35.046	35.2kph	01:42	01:31:19.892
		Split 3	00:12:36.317	11.7kph	05:08	01:43:56.209
49	29	JONAS MUNGHEN	01:44:45.63	H24	SINAAI-WAAS	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:23:00.986	12.8kph	04:41	00:23:00.986
		Bike	01:08:53.382	34.5kph	01:44	01:31:54.368
		Split 3	00:12:51.263	11.4kph	05:14	01:44:45.631
50	55	TIM VERSTRAETEN	01:45:04.67	H24	WETTEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:23:11.791	12.7kph	04:44	00:23:11.791
		Bike	01:09:20.078	34.3kph	01:44	01:32:31.869
		Split 3	00:12:32.807	11.7kph	05:07	01:45:04.676
51	75	TOM DEMESMAEKER	01:45:05.95	H24	GERAARDSBERGEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:22:23.637	13.1kph	04:34	00:22:23.637
		Bike	01:08:41.084	34.6kph	01:43	01:31:04.721
		Split 3	00:14:01.236	10.5kph	05:43	01:45:05.957
52	63	BREND BUYL	01:47:25.76	H24	GENT	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:26:29.573	11.1kph	05:24	00:26:29.573
		Bike	01:09:14.553	34.3kph	01:44	01:35:44.126
		Split 3	00:11:41.639	12.6kph	04:46	01:47:25.765
53	62	ROBIN DE WULF	01:49:20.97	H24	GENT	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:26:38.593	11.0kph	05:26	00:26:38.593
		Bike	01:10:28.224	33.8kph	01:46	01:37:06.817
		Split 3	00:12:14.162	12.0kph	04:59	01:49:20.979
54	91	SEM BRAS	01:49:45.39	H24	BUIZINGEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:25:08.759	11.7kph	05:07	00:25:08.759
		Bike	01:12:06.880	33.0kph	01:49	01:37:15.639
		Split 3	00:12:29.753	11.8kph	05:06	01:49:45.392
55	70	JOERI VERSCHOREN	01:50:50.14	H24	NIJLEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:26:37.823	11.0kph	05:26	00:26:37.823
		Bike	01:10:13.932	33.9kph	01:46	01:36:51.755
		Split 3	00:13:58.390	10.5kph	05:42	01:50:50.145
56	21	YANNICK DE VYLDER	01:51:35.34	H24	UITBERGEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:22:37.774	13.0kph	04:37	00:22:37.774
		Bike	01:17:25.021	30.7kph	01:57	01:40:02.795
		Split 3	00:11:32.547	12.7kph	04:42	01:51:35.342

## HEREN +24

Place	Bib #	Name	Time	Type	City	
57	22	KRISTOF ROGIEST	01:52:03.80	H24	IZEGEM	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	01:39:07.390	3.0kph	20:13	01:39:07.390
		Bike	00:00:26.037	5480.8kph	00:00	01:39:33.427
		Split 3	00:12:30.379	11.8kph	05:06	01:52:03.806
58	28	SIMON BAEKE	01:53:06.84	H24	MERELBEKE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:28:03.043	10.5kph	05:43	00:28:03.043
		Bike	01:12:02.248	33.0kph	01:49	01:40:05.291
		Split 3	00:13:01.553	11.3kph	05:19	01:53:06.844
59	11	MATHIAS HERREBAUT	02:06:32.36	H24	GERAARDSBERGEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:27:42.231	10.6kph	05:39	00:27:42.231
		Bike	01:22:36.648	28.8kph	02:05	01:50:18.879
		Split 3	00:16:13.487	9.1kph	06:37	02:06:32.366

# 23ste Vlaschaard Duatlon 2023

## DAMES +24

Place	Bib #	Name	Time	Type	City	
1	116	ELISE VAN RAEMDONCK	01:34:21.26	D24	LOKEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:19:01.920	15.4kph	03:53	00:19:01.920
		Bike	01:05:56.092	36.1kph	01:39	01:24:58.012
		Split 3	00:09:23.248	15.7kph	03:49	01:34:21.260
2	96	DORIE N DOMBRECHT	01:37:35.01	D24	ZANDVLIET	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:22:41.684	13.0kph	04:37	00:22:41.684
		Bike	01:03:36.699	37.4kph	01:36	01:26:18.383
		Split 3	00:11:16.627	13.0kph	04:36	01:37:35.010
3	95	ANNELORE DE LATHOUWER	01:39:38.83	D24	KALKEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:19:21.627	15.2kph	03:57	00:19:21.627
		Bike	01:10:36.544	33.7kph	01:46	01:29:58.171
		Split 3	00:09:40.660	15.2kph	03:57	01:39:38.831
4	66	CORINE DE MEY	01:40:58.78	D24	LOKEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:22:33.196	13.0kph	04:36	00:22:33.196
		Bike	01:07:10.219	35.4kph	01:41	01:29:43.415
		Split 3	00:11:15.368	13.1kph	04:35	01:40:58.783
5	39	AN-SOFIE VAN LANGENHOVE	01:43:49.54	D24	LEBBEKE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:23:26.149	12.5kph	04:46	00:23:26.149
		Bike	01:08:22.798	34.8kph	01:43	01:31:48.947
		Split 3	00:12:00.601	12.2kph	04:54	01:43:49.548
6	73	KAAT VAN DER HAEGEN	01:50:07.20	D24	GENTBRUGG E	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:26:21.040	11.2kph	05:22	00:26:21.040
		Bike	01:10:42.252	33.6kph	01:47	01:37:03.292
		Split 3	00:13:03.915	11.3kph	05:19	01:50:07.207
7	125	ELIEN VANDERCAPPELLEN	01:52:00.94	D24	HOEPERTING EN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:24:52.016	11.8kph	05:04	00:24:52.016
		Bike	01:15:43.814	31.4kph	01:54	01:40:35.830
		Split 3	00:11:25.116	12.9kph	04:39	01:52:00.946
8	51	LEEN SLACHMUYLDERS	01:55:17.74	D24	MECHELEN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:25:32.904	11.5kph	05:12	00:25:32.904
		Bike	01:17:16.335	30.8kph	01:56	01:42:49.239
		Split 3	00:12:28.509	11.8kph	05:05	01:55:17.748
9	83	MATHILDE DE MOOR	01:56:39.16	D24	WETTEREN	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:26:00.739	11.3kph	05:18	00:26:00.739
		Bike	01:17:03.420	30.9kph	01:56	01:43:04.159
		Split 3	00:13:35.005	10.8kph	05:32	01:56:39.164
10	64	FIEN NELIS	01:57:21.95	D24	ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:26:01.473	11.3kph	05:18	00:26:01.473
		Bike	01:18:29.475	30.3kph	01:58	01:44:30.948
		Split 3	00:12:51.009	11.4kph	05:14	01:57:21.957
11	65	ROSIE DE VLEESCHAUWER	02:18:05.77	D24	ZELE	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Run 1	00:33:19.818	8.8kph	06:48	00:33:19.818
		Bike	01:29:07.936	26.7kph	02:14	02:02:27.754
		Split 3	00:15:38.024	9.4kph	06:22	02:18:05.778