

23ste Vlaschaard Duatlon 2023

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	RUBEN VAN PRAET	LEDEBERG, BEL	M: 1	H24	71	01:17:59.76	01:39	36.1kph	HEREN +24: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:15:32.99	03:10	18.9kph	00:15:32.99
						Bike	00:55:06.67	01:23	43.2kph	01:10:39.65
						Split 3	00:07:20.12	02:59	20.0kph	01:17:59.76
2	GUUST DE SMUL	ASPER, BEL	M: 2	H24	110	01:18:05.16	01:39	36.1kph	HEREN +24: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:15:37.47	03:11	18.8kph	00:15:37.47
						Bike	00:54:46.42	01:22	43.4kph	01:10:23.89
						Split 3	00:07:41.28	03:08	19.1kph	01:18:05.16
3	JELLE DE WISPELAERE	ZELE, BEL	M: 3	H24	78	01:18:16.43	01:39	36.0kph	HEREN +24: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:15:31.53	03:10	18.9kph	00:15:31.53
						Bike	00:55:05.45	01:23	43.2kph	01:10:36.97
						Split 3	00:07:39.46	03:07	19.2kph	01:18:16.43
4	ELIAS VAN LANDEGHEM	AALTER, BEL	M: 4	H24	37	01:18:40.24	01:40	35.8kph	HEREN +24: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:15:47.69	03:13	18.6kph	00:15:47.69
						Bike	00:54:40.27	01:22	43.5kph	01:10:27.96
						Split 3	00:08:12.29	03:20	17.9kph	01:18:40.24
5	VAN PRAET SANDER VAN PRAET WARD	ZELE/ZELE, BEL	M: 5	DUOH	214	01:19:53.97	01:42	35.3kph	HEREN DUO: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:49.24	03:25	17.5kph	00:16:49.24
						Bike	00:55:24.77	01:23	42.9kph	01:12:14.00
						Split 3	00:07:39.98	03:07	19.2kph	01:19:53.97
6	KESTELEYN BRAM DHEER STIJN	ZELE/ZELE, BEL	M: 6	DUOH	203	01:19:54.92	01:42	35.3kph	HEREN DUO: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:27.19	03:21	17.9kph	00:16:27.19
						Bike	00:55:44.16	01:24	42.7kph	01:12:11.34
						Split 3	00:07:43.59	03:09	19.0kph	01:19:54.92
7	TIMMERMANS ROBIN JANS JOREN	WAMBEEK/TERNAT, BEL	M: 7	DUOH	201	01:20:03.80	01:42	35.2kph	HEREN DUO: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:15:56.53	03:15	18.4kph	00:15:56.53
						Bike	00:56:27.66	01:25	42.1kph	01:12:24.19
						Split 3	00:07:39.62	03:07	19.2kph	01:20:03.80
8	DIERCKX ROBBE MOENS DIETER	ELEWIJT/HOEGAARDEN, BEL	M: 8	DUOH	219	01:20:08.20	01:42	35.2kph	HEREN DUO: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:44.87	03:25	17.6kph	00:16:44.87
						Bike	00:55:40.58	01:24	42.7kph	01:12:25.45
						Split 3	00:07:42.76	03:08	19.1kph	01:20:08.20
9	VAN EETVELDE KEVIN VAN HAVERMAET KOEN	WAASMUNSTER/ZELE, BEL	M: 9	DUOH	230	01:20:13.85	01:42	35.1kph	HEREN DUO: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:18.14	03:19	18.0kph	00:16:18.14
						Bike	00:56:00.60	01:24	42.5kph	01:12:18.73
						Split 3	00:07:55.12	03:13	18.6kph	01:20:13.85
10	GRIM DOCLO	GERAARDSBERGEN, BEL	M: 10	H24	2	01:20:28.69	01:42	35.0kph	HEREN +24: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:01.45	03:16	18.3kph	00:16:01.45
						Bike	00:56:31.03	01:25	42.1kph	01:12:32.48
						Split 3	00:07:56.21	03:14	18.5kph	01:20:28.69
11	JARNE DE WAELE	MERELBEKE, BEL	M: 11	H24	34	01:20:37.01	01:42	35.0kph	HEREN +24: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:24.91	03:21	17.9kph	00:16:24.91
						Bike	00:56:09.64	01:25	42.4kph	01:12:34.54
						Split 3	00:08:02.48	03:16	18.3kph	01:20:37.01
12	WAZO DE ROUCK	BEVER, BEL	M: 12	H24	113	01:20:57.27	01:43	34.8kph	HEREN +24: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:15:38.43	03:11	18.8kph	00:15:38.43
						Bike	00:57:09.67	01:26	41.6kph	01:12:48.10
						Split 3	00:08:09.17	03:19	18.0kph	01:20:57.27

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
13	HENRI VANDENDORPE	ZULTE, BEL	F: 1	HU23	17	01:22:46.80	01:45	34.1kph	HEREN -23: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:38.82	03:23	17.7kph	00:16:38.82
						Bike	00:57:58.75	01:27	41.0kph	01:14:37.57
						Split 3	00:08:09.23	03:19	18.0kph	01:22:46.80
14	LANDER VAN DROOGENBROECK	OPWIJK, BEL	M: 13	H40	10	01:22:50.21	01:45	34.0kph	HEREN +40: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:19.83	03:19	18.0kph	00:16:19.83
						Bike	00:58:27.07	01:28	40.7kph	01:14:46.90
						Split 3	00:08:03.31	03:17	18.2kph	01:22:50.21
15	GAUTHIER MINE	TERNAT, BEL	M: 14	H24	114	01:22:51.30	01:45	34.0kph	HEREN +24: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:23.32	03:20	17.9kph	00:16:23.32
						Bike	00:58:24.61	01:28	40.7kph	01:14:47.93
						Split 3	00:08:03.38	03:17	18.2kph	01:22:51.30
16	HEIRMAN JEROME HULPIAU LAURENT	GENT/ZELE, BEL	M: 15	DUOH	200	01:23:07.09	01:46	33.9kph	HEREN DUO: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:17:52.29	03:38	16.5kph	00:17:52.29
						Bike	00:56:42.13	01:25	41.9kph	01:14:34.41
						Split 3	00:08:32.69	03:29	17.2kph	01:23:07.09
17	DE SMET DAAN SMEKENS DOMINIEK	HAMME/HAMME, BEL	M: 16	DUOH	223	01:23:20.72	01:46	33.8kph	HEREN DUO: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:18:36.23	03:47	15.8kph	00:18:36.23
						Bike	00:55:53.23	01:24	42.6kph	01:14:29.46
						Split 3	00:08:51.26	03:36	16.6kph	01:23:20.72
18	STEVEN EYCKMANS	EKEREN, BEL	M: 17	H24	98	01:23:30.80	01:46	33.8kph	HEREN +24: 9	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:32.65	03:22	17.8kph	00:16:32.65
						Bike	00:58:20.97	01:28	40.8kph	01:14:53.62
						Split 3	00:08:37.19	03:31	17.1kph	01:23:30.80
19	LAUREYS JAN DE BRUYNE TOON	ZELE/HAMME, BEL	M: 18	DUOH	225	01:23:38.11	01:46	33.7kph	HEREN DUO: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:18:45.16	03:49	15.7kph	00:18:45.16
						Bike	00:55:47.06	01:24	42.6kph	01:14:32.21
						Split 3	00:09:05.90	03:42	16.2kph	01:23:38.11
20	OLIVIER SYMOENS	ZELE, BEL	M: 19	H24	18	01:23:49.69	01:47	33.6kph	HEREN +24: 10	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:17:56.41	03:39	16.4kph	00:17:56.41
						Bike	00:56:40.88	01:25	42.0kph	01:14:37.28
						Split 3	00:09:12.42	03:45	16.0kph	01:23:49.69
21	LAURENS LAUWAERT	WETTEREN, BEL	M: 20	H24	89	01:24:08.22	01:47	33.5kph	HEREN +24: 11	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:18:14.37	03:43	16.1kph	00:18:14.37
						Bike	00:56:57.33	01:26	41.8kph	01:15:11.70
						Split 3	00:08:56.53	03:38	16.4kph	01:24:08.22
22	NIELS EVRAERT	ZINGEM, BEL	M: 21	H24	61	01:24:32.90	01:47	33.3kph	HEREN +24: 12	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:18:21.97	03:44	16.0kph	00:18:21.97
						Bike	00:56:22.72	01:25	42.2kph	01:14:44.69
						Split 3	00:09:48.21	04:00	15.0kph	01:24:32.90
23	DE MULDER GERT VAN DENGARAARDSBERGEN/ BERGE CEDRIC	ONKERZELE, BEL	M: 22	DUOH	218	01:25:08.90	01:48	33.1kph	HEREN DUO: 9	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:18:08.84	03:42	16.2kph	00:18:08.84
						Bike	00:58:23.81	01:28	40.7kph	01:16:32.64
						Split 3	00:08:36.26	03:30	17.1kph	01:25:08.90
24	BERT MISPLON	GENTBRUGGE, BEL	M: 23	H24	4	01:25:12.89	01:48	33.1kph	HEREN +24: 13	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:48.36	03:25	17.5kph	00:16:48.36
						Bike	01:00:08.15	01:31	39.6kph	01:16:56.51
						Split 3	00:08:16.38	03:22	17.8kph	01:25:12.89

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
25	SWARTELE TOM VAN BRUSSEL FIEN	HAMME/HAMME, BEL	: 1	DUOG	216	01:25:15.00	01:48	33.1kph	GEMENGD DUO: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:19:37.56	04:00	15.0kph	00:19:37.56
				Bike		00:56:25.67	01:25	42.1kph	01:16:03.22
				Split 3		00:09:11.79	03:45	16.0kph	01:25:15.00
26	DIMITRI DROUMPOURAS	SPALBEEK, BEL	M: 24	H40	111	01:25:19.22	01:48	33.0kph	HEREN +40: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:17:17.71	03:31	17.0kph	00:17:17.71
				Bike		00:59:25.14	01:29	40.0kph	01:16:42.84
				Split 3		00:08:36.39	03:30	17.1kph	01:25:19.22
27	VAN DE SOMPEL BART HAEGENS CARO	LOKEREN/LOKEREN, BEL	: 2	DUOG	212	01:25:30.25	01:49	33.0kph	GEMENGD DUO: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:19:27.12	03:58	15.1kph	00:19:27.12
				Bike		00:56:43.26	01:25	41.9kph	01:16:10.38
				Split 3		00:09:19.88	03:48	15.8kph	01:25:30.25
28	VAN DRIESSCHE TOM VAN LOKEREN GIOVANNI	ZELE/ZELE, BEL	M: 25	DUOH	215	01:25:31.36	01:49	33.0kph	HEREN DUO: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:18:41.56	03:48	15.7kph	00:18:41.56
				Bike		00:57:58.83	01:27	41.0kph	01:16:40.38
				Split 3		00:08:50.99	03:36	16.6kph	01:25:31.36
29	RUUD VAN CAUTEREN	LOKEREN, BEL	M: 26	H24	72	01:25:39.57	01:49	32.9kph	HEREN +24: 14
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:17:01.16	03:28	17.3kph	00:17:01.16
				Bike		01:00:04.97	01:30	39.6kph	01:17:06.12
				Split 3		00:08:33.45	03:29	17.2kph	01:25:39.57
30	PETER DE SMET	RUISELEDE, BEL	M: 27	H50	3	01:25:52.75	01:49	32.8kph	HEREN +50: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:19:33.69	03:59	15.0kph	00:19:33.69
				Bike		00:56:43.73	01:25	41.9kph	01:16:17.41
				Split 3		00:09:35.35	03:54	15.3kph	01:25:52.75
31	WOLF CAERS	GENT, BEL	M: 28	HU23	123	01:26:04.77	01:49	32.8kph	HEREN -23: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:18:51.36	03:50	15.6kph	00:18:51.36
				Bike		00:57:48.20	01:27	41.1kph	01:16:39.55
				Split 3		00:09:25.22	03:50	15.6kph	01:26:04.77
32	MATS VANLUCHENE	ZWEVEGEM, BEL	M: 29	H24	108	01:26:16.17	01:50	32.7kph	HEREN +24: 15
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:17:59.82	03:40	16.3kph	00:17:59.82
				Bike		00:58:47.51	01:28	40.5kph	01:16:47.33
				Split 3		00:09:28.84	03:52	15.5kph	01:26:16.17
33	JONAS MATTHYS	BERLARE, BEL	M: 30	H24	79	01:26:22.82	01:50	32.6kph	HEREN +24: 16
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:18:56.33	03:51	15.5kph	00:18:56.33
				Bike		00:57:39.89	01:27	41.2kph	01:16:36.21
				Split 3		00:09:46.61	03:59	15.0kph	01:26:22.82
34	THOMAS CAUWELS	SINT-MICHIELS, BEL	M: 31	H24	85	01:26:39.34	01:50	32.5kph	HEREN +24: 17
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:17:53.81	03:39	16.4kph	00:17:53.81
				Bike		00:59:52.35	01:30	39.7kph	01:17:46.16
				Split 3		00:08:53.18	03:37	16.5kph	01:26:39.34
35	JAN VAN DE WIELLE	ZELE, BEL	M: 32	H40	24	01:26:40.27	01:50	32.5kph	HEREN +40: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:18:50.55	03:50	15.6kph	00:18:50.55
				Bike		00:58:17.68	01:28	40.8kph	01:17:08.22
				Split 3		00:09:32.06	03:53	15.4kph	01:26:40.27
36	BAUDU SANDER VAN DE GUGHT JARNE	GIJZEGEM/WIEZE, BEL	M: 33	DUOH	202	01:26:53.28	01:50	32.4kph	HEREN DUO: 11
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:17:23.44	03:32	16.9kph	00:17:23.44
				Bike		01:01:14.53	01:32	38.8kph	01:18:37.96
				Split 3		00:08:15.32	03:22	17.8kph	01:26:53.28

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37	STEVEN DE LOOSE	KALKEN, BEL	M: 34	H24	127	01:27:22.16	01:51	32.3kph	HEREN +24: 18	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:42.81	03:24	17.6kph	00:16:42.81
						Bike	01:01:47.71	01:33	38.5kph	01:18:30.52
						Split 3	00:08:51.64	03:36	16.6kph	01:27:22.16
38	LOUNIO JASPER LOUNIO MIMI	OUDENBOSCH (NL)/OUDENBOSCH (NL), BEL	: 3	DUOG	205	01:27:42.08	01:51	32.1kph	GEMENGD DUO: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:01.15	03:52	15.5kph	00:19:01.15
						Bike	00:59:22.22	01:29	40.1kph	01:18:23.37
						Split 3	00:09:18.72	03:48	15.8kph	01:27:42.08
39	COLLEWAERT ROBIN HEYMANS REMCO	HAMME/HAMME, BEL	M: 35	DUOH	209	01:28:09.55	01:52	32.0kph	HEREN DUO: 12	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:20:27.58	04:10	14.4kph	00:20:27.58
						Bike	00:58:09.67	01:28	40.9kph	01:18:37.24
						Split 3	00:09:32.31	03:53	15.4kph	01:28:09.55
40	BLONDEEL JEROEN DEMEY THIBAUT	ROESELARE/WETTE REN, BEL	M: 36	DUOH	228	01:28:13.88	01:52	32.0kph	HEREN DUO: 13	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:34.10	04:24	13.6kph	00:21:34.10
						Bike	00:56:50.57	01:26	41.8kph	01:18:24.66
						Split 3	00:09:49.22	04:00	15.0kph	01:28:13.88
41	WAEGERMAN ANTON MOREELS SIMON	ZELE/ZELE, BEL	M: 37	DUOH	210	01:28:16.95	01:52	31.9kph	HEREN DUO: 14	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:20:23.74	04:09	14.4kph	00:20:23.74
						Bike	00:58:11.16	01:28	40.9kph	01:18:34.90
						Split 3	00:09:42.06	03:57	15.2kph	01:28:16.95
42	RUPUS THOMAS COOREMAN JURGEN	BERLARE/ZELE, BEL	M: 38	DUOH	204	01:28:21.75	01:52	31.9kph	HEREN DUO: 15	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:20:39.17	04:12	14.2kph	00:20:39.17
						Bike	00:57:56.41	01:27	41.0kph	01:18:35.57
						Split 3	00:09:46.19	03:59	15.0kph	01:28:21.75
43	STERCKX BO VAN DEN HEUVEL HANS	WUUSTWEZEL/MOR TSEL, BEL	: 4	DUOG	217	01:28:24.52	01:52	31.9kph	GEMENGD DUO: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:15:34.13	03:10	18.9kph	00:15:34.13
						Bike	01:05:19.13	01:38	36.4kph	01:20:53.26
						Split 3	00:07:31.27	03:04	19.5kph	01:28:24.52
44	JOHANNES DE PAEPE	MELLE, BEL	M: 39	H24	46	01:28:25.59	01:52	31.9kph	HEREN +24: 19	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:37.05	04:00	15.0kph	00:19:37.05
						Bike	00:59:05.21	01:29	40.3kph	01:18:42.26
						Split 3	00:09:43.34	03:58	15.1kph	01:28:25.59
45	BECK LIESELOTTE VAN LOKEREN STIJN	SINT-PAUWELS/SINT -PAUWELS, BEL	: 5	DUOG	227	01:28:26.40	01:52	31.9kph	GEMENGD DUO: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:16:14.95	03:18	18.1kph	00:16:14.95
						Bike	01:04:25.83	01:37	36.9kph	01:20:40.77
						Split 3	00:07:45.63	03:10	18.9kph	01:28:26.40
46	HOFMAN DRIES AUDENAERT EVELINE	ZELE/ZELE, BEL	: 6	DUOG	208	01:28:27.13	01:52	31.9kph	GEMENGD DUO: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:08.21	04:18	13.9kph	00:21:08.21
						Bike	00:57:21.91	01:26	41.5kph	01:18:30.11
						Split 3	00:09:57.02	04:03	14.8kph	01:28:27.13
47	NICK WOUTERS	BUIZINGEN, BEL	M: 40	H24	82	01:28:37.27	01:53	31.8kph	HEREN +24: 20	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:18:00.66	03:40	16.3kph	00:18:00.66
						Bike	01:01:01.41	01:32	39.0kph	01:19:02.07
						Split 3	00:09:35.20	03:54	15.3kph	01:28:37.27

23ste Vlaschaard Duatlon 2023

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
48	DIETER BAERT	GERAARDSBERGEN, BEL	M: 41	H24	104	01:28:49.15	01:53	31.7kph	HEREN +24: 21
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:20:55.53	04:16	14.0kph	00:20:55.53
				Bike		00:57:54.59	01:27	41.1kph	01:18:50.12
				Split 3		00:09:59.04	04:04	14.7kph	01:28:49.15
49	STIJN ROGGE	DENDERMONDE, BEL	M: 42	H24	68	01:28:52.88	01:53	31.7kph	HEREN +24: 22
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:19:26.09	03:57	15.1kph	00:19:26.09
				Bike		00:59:31.18	01:30	40.0kph	01:18:57.27
				Split 3		00:09:55.61	04:03	14.8kph	01:28:52.88
50	THOMAS MICHIELS	ERPE-MERE, BEL	M: 43	H24	43	01:29:16.36	01:53	31.6kph	HEREN +24: 23
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:20:58.24	04:16	14.0kph	00:20:58.24
				Bike		00:57:43.08	01:27	41.2kph	01:18:41.32
				Split 3		00:10:35.05	04:19	13.9kph	01:29:16.36
51	KEVIN ROEGIERS	LOKEREN, BEL	M: 44	H24	93	01:29:31.01	01:54	31.5kph	HEREN +24: 24
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:19:50.34	04:02	14.8kph	00:19:50.34
				Bike		00:59:26.89	01:29	40.0kph	01:19:17.23
				Split 3		00:10:13.78	04:10	14.4kph	01:29:31.01
52	JONATHAN VAN DER LINDEN	GERAARDSBERGEN, BEL	M: 45	H24	48	01:30:01.20	01:54	31.3kph	HEREN +24: 25
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:20:50.00	04:15	14.1kph	00:20:50.00
				Bike		00:57:59.21	01:27	41.0kph	01:18:49.21
				Split 3		00:11:11.99	04:34	13.1kph	01:30:01.20
53	DE WILDE PIETER BEAUPREZ FREDERIK	LOKEREN/AALST, BEL	M: 46	DUOH	224	01:30:43.19	01:55	31.1kph	HEREN DUO: 16
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:18:46.14	03:49	15.7kph	00:18:46.14
				Bike		01:02:26.57	01:34	38.1kph	01:21:12.70
				Split 3		00:09:30.50	03:52	15.5kph	01:30:43.19
54	PETER VAN MOSSELVELDE	OOSTROZEBEKE, BEL	M: 47	H40	60	01:31:04.04	01:56	31.0kph	HEREN +40: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:18:35.83	03:47	15.8kph	00:18:35.83
				Bike		01:02:46.34	01:35	37.9kph	01:21:22.16
				Split 3		00:09:41.88	03:57	15.2kph	01:31:04.04
55	BART VERKAEMER	WAREGEM, BEL	M: 48	H40	25	01:31:23.23	01:56	30.9kph	HEREN +40: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:19:27.98	03:58	15.1kph	00:19:27.98
				Bike		01:02:05.84	01:33	38.3kph	01:21:33.82
				Split 3		00:09:49.42	04:00	15.0kph	01:31:23.23
56	LENNERT DE RUYCK	LAKEN, BEL	M: 49	H24	86	01:31:24.11	01:56	30.8kph	HEREN +24: 26
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:19:16.03	03:55	15.3kph	00:19:16.03
				Bike		01:02:55.82	01:35	37.8kph	01:22:11.85
				Split 3		00:09:12.27	03:45	16.0kph	01:31:24.11
57	VAN NIEUWENHOVE RICHELIERDE/LIERDE, VAN NIEUWENHOVE LAURA	BEL	: 7	DUOG	222	01:31:39.25	01:57	30.8kph	GEMENGD DUO: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:23:02.24	04:42	12.8kph	00:23:02.24
				Bike		00:57:54.59	01:27	41.1kph	01:20:56.83
				Split 3		00:10:42.42	04:22	13.7kph	01:31:39.25
58	PATRICK SOETAERT	DENTERGEM, BEL	M: 50	H50	99	01:31:42.52	01:57	30.7kph	HEREN +50: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:19:44.69	04:01	14.9kph	00:19:44.69
				Bike		01:01:50.38	01:33	38.5kph	01:21:35.06
				Split 3		00:10:07.47	04:07	14.5kph	01:31:42.52
59	RUBEN DE BAETS	DEINZE, BEL	M: 51	H24	44	01:31:51.36	01:57	30.7kph	HEREN +24: 27
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Run 1		00:18:54.93	03:51	15.5kph	00:18:54.93
				Bike		01:03:22.33	01:35	37.5kph	01:22:17.26
				Split 3		00:09:34.11	03:54	15.4kph	01:31:51.36

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
60	SIMON YEARSLEY	EVERBERG, BEL	M: 52	H50	9	01:31:53.41	01:57	30.7kph	HEREN +50: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:20:46.79	04:14	14.1kph	00:20:46.79
						Bike	01:00:32.64	01:31	39.3kph	01:21:19.43
						Split 3	00:10:33.98	04:18	13.9kph	01:31:53.41
61	SANDER DE PREZ	GREMBERGEN, BEL	M: 53	H24	80	01:31:59.60	01:57	30.6kph	HEREN +24: 28	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:25.09	03:57	15.1kph	00:19:25.09
						Bike	01:02:14.96	01:34	38.2kph	01:21:40.05
						Split 3	00:10:19.56	04:12	14.2kph	01:31:59.60
62	CEDRIC HOUBRECHTS	WELLEN, BEL	M: 54	H24	122	01:32:10.94	01:57	30.6kph	HEREN +24: 29	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:07.83	04:18	13.9kph	00:21:07.83
						Bike	01:01:14.31	01:32	38.8kph	01:22:22.13
						Split 3	00:09:48.82	04:00	15.0kph	01:32:10.94
63	WOUTER VAN EPPERZEEL	SINT-KATELIJNE-WAVER, BEL	M: 55	H24	101	01:32:12.96	01:57	30.6kph	HEREN +24: 30	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:23.28	04:34	13.1kph	00:22:23.28
						Bike	00:59:49.98	01:30	39.8kph	01:22:13.26
						Split 3	00:09:59.71	04:04	14.7kph	01:32:12.96
64	JOHAN SLUYS	GERAARDSBERGEN, BEL	M: 56	H24	88	01:32:38.18	01:58	30.4kph	HEREN +24: 31	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:25.04	04:22	13.7kph	00:21:25.04
						Bike	01:00:04.53	01:30	39.6kph	01:21:29.56
						Split 3	00:11:08.63	04:32	13.2kph	01:32:38.18
65	JEF MISPLON	GENTBRUGGE, BEL	M: 57	HU23	118	01:32:43.15	01:58	30.4kph	HEREN -23: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:56.28	04:04	14.7kph	00:19:56.28
						Bike	01:02:29.89	01:34	38.1kph	01:22:26.17
						Split 3	00:10:16.99	04:11	14.3kph	01:32:43.15
66	KEVIN SLINCX	GERAARDSBERGEN, BEL	M: 58	H24	115	01:33:12.84	01:59	30.2kph	HEREN +24: 32	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:18:58.44	03:52	15.5kph	00:18:58.44
						Bike	01:04:45.35	01:38	36.7kph	01:23:43.79
						Split 3	00:09:29.06	03:52	15.5kph	01:33:12.84
67	MATTHIAS DE PAEPE	ZELE, BEL	M: 59	H24	13	01:33:13.38	01:59	30.2kph	HEREN +24: 33	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:07.43	04:30	13.3kph	00:22:07.43
						Bike	00:59:58.52	01:30	39.7kph	01:22:05.95
						Split 3	00:11:07.43	04:32	13.2kph	01:33:13.38
68	MATS AMPE	LONDERZEEL, BEL	M: 60	H24	14	01:33:14.83	01:59	30.2kph	HEREN +24: 34	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:45.49	04:38	12.9kph	00:22:45.49
						Bike	00:59:11.46	01:29	40.2kph	01:21:56.95
						Split 3	00:11:17.88	04:36	13.0kph	01:33:14.83
69	YANNICK VAN GEERT	BAASRODE, BEL	M: 61	H24	19	01:33:32.91	01:59	30.1kph	HEREN +24: 35	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:55.17	04:03	14.8kph	00:19:55.17
						Bike	01:03:29.59	01:36	37.5kph	01:23:24.75
						Split 3	00:10:08.16	04:08	14.5kph	01:33:32.91
70	EECKHOUT JOELLE BOUDRY ELLEN	GENT/ZELE, BEL	F: 2	DUOD	226	01:33:43.59	01:59	30.1kph	DAMES DUO: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:17.04	03:56	15.2kph	00:19:17.04
						Bike	01:05:17.74	01:38	36.4kph	01:24:34.78
						Split 3	00:09:08.82	03:44	16.1kph	01:33:43.59
71	MERTENS SIDNEY FIERENS MICHEL	NINOVE/ZELE, BEL	M: 62	DUOH	206	01:33:52.17	01:59	30.0kph	HEREN DUO: 17	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:31.76	03:59	15.1kph	00:19:31.76
						Bike	01:05:03.29	01:38	36.6kph	01:24:35.05
						Split 3	00:09:17.13	03:47	15.8kph	01:33:52.17

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
72	MARTY VAN KERCKHOVE	LOKEREN, BEL	M: 63	H40	15	01:34:16.18	02:00	29.9kph	HEREN +40: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:20:36.07	04:12	14.3kph	00:20:36.07
						Bike	01:03:01.40	01:35	37.7kph	01:23:37.46
						Split 3	00:10:38.72	04:20	13.8kph	01:34:16.18
73	ELISE VAN RAEMDONCK	LOKEREN, BEL	F: 3	D24	116	01:34:21.26	02:00	29.9kph	DAMES +24: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:01.92	03:53	15.4kph	00:19:01.92
						Bike	01:05:56.10	01:39	36.1kph	01:24:58.02
						Split 3	00:09:23.25	03:49	15.7kph	01:34:21.26
74	NICK VAN HAUWERMEIREN	BAASRODE, BEL	M: 64	H24	57	01:35:05.56	02:01	29.6kph	HEREN +24: 36	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:07.07	03:54	15.4kph	00:19:07.07
						Bike	01:05:52.27	01:39	36.1kph	01:24:59.33
						Split 3	00:10:06.23	04:07	14.5kph	01:35:05.56
75	PETER WILLAERT	HAMME, BEL	M: 65	H40	23	01:35:14.49	02:01	29.6kph	HEREN +40: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:57.77	04:04	14.7kph	00:19:57.77
						Bike	01:05:25.77	01:39	36.4kph	01:25:23.54
						Split 3	00:09:50.96	04:01	14.9kph	01:35:14.49
76	TOON VAN DURM	KALKEN, BEL	M: 66	H24	30	01:35:23.16	02:01	29.6kph	HEREN +24: 37	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:46.65	04:38	12.9kph	00:22:46.65
						Bike	01:01:14.11	01:32	38.8kph	01:24:00.76
						Split 3	00:11:22.41	04:38	12.9kph	01:35:23.16
77	LUC HERNAERT	SINT-KATELIJNE-WAVER, BEL	M: 67	H50	124	01:35:27.92	02:01	29.5kph	HEREN +50: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:20:18.29	04:08	14.5kph	00:20:18.29
						Bike	01:05:06.68	01:38	36.5kph	01:25:24.96
						Split 3	00:10:02.97	04:06	14.6kph	01:35:27.92
78	KENNETH DE BAETS	OVERMERE, BEL	M: 68	H24	119	01:35:58.70	02:02	29.4kph	HEREN +24: 38	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:20:45.76	04:14	14.2kph	00:20:45.76
						Bike	01:04:38.36	01:37	36.8kph	01:25:24.11
						Split 3	00:10:34.59	04:19	13.9kph	01:35:58.70
79	LOTTE DE WILDE	WICHELEN, BEL	F: 4	DU23	128	01:36:12.35	02:02	29.3kph	DAMES -23: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:51.61	04:03	14.8kph	00:19:51.61
						Bike	01:06:46.34	01:41	35.6kph	01:26:37.95
						Split 3	00:09:34.40	03:54	15.4kph	01:36:12.35
80	DE BACKER JOACHIM AUDENAERT STEPHANIE	SINT-GILLIS-WAAS/LOKEREN, BEL	: 8	DUOG	213	01:36:25.44	02:03	29.2kph	GEMENGD DUO: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:51.08	04:27	13.5kph	00:21:51.08
						Bike	01:04:02.86	01:36	37.1kph	01:25:53.93
						Split 3	00:10:31.52	04:17	14.0kph	01:36:25.44
81	KRISTOF BOULLARD	IDEGEM, BEL	M: 69	H24	47	01:36:44.72	02:03	29.1kph	HEREN +24: 39	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:06.69	04:30	13.3kph	00:22:06.69
						Bike	01:03:34.02	01:36	37.4kph	01:25:40.71
						Split 3	00:11:04.02	04:31	13.3kph	01:36:44.72
82	JIMMY VERHOEVEN	HERENTALS, BEL	M: 70	H50	33	01:36:51.61	02:03	29.1kph	HEREN +50: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:16.74	04:20	13.8kph	00:21:16.74
						Bike	01:04:55.00	01:38	36.6kph	01:26:11.73
						Split 3	00:10:39.88	04:21	13.8kph	01:36:51.61
83	FELIX NAUWELAERTS	ITEGEM, BEL	M: 71	H40	40	01:36:54.72	02:03	29.1kph	HEREN +40: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:28.48	04:22	13.7kph	00:21:28.48
						Bike	01:04:05.48	01:37	37.1kph	01:25:33.96
						Split 3	00:11:20.76	04:37	13.0kph	01:36:54.72
84	JEROEN MISPLON	GENTBRUGGE, BEL	M: 72	H24	8	01:37:13.57	02:04	29.0kph	HEREN +24: 40	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:34.46	04:36	13.0kph	00:22:34.46
						Bike	01:03:49.13	01:36	37.3kph	01:26:23.58
						Split 3	00:10:49.99	04:25	13.6kph	01:37:13.57

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
85	STEFAN GREMMENS	CALLENELLE, BEL	M: 73	H50	106	01:37:31.94	02:04	28.9kph	HEREN +50: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:20:01.91	04:05	14.7kph	00:20:01.91
						Bike	01:08:08.09	01:43	34.9kph	01:28:09.99
						Split 3	00:09:21.95	03:49	15.7kph	01:37:31.94
86	JORRE AFSCHRIFT	ZELE, BEL	M: 74	H24	26	01:37:32.62	02:04	28.9kph	HEREN +24: 41	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:23:25.35	04:46	12.6kph	00:23:25.35
						Bike	01:02:40.60	01:34	37.9kph	01:26:05.95
						Split 3	00:11:26.67	04:40	12.8kph	01:37:32.62
87	DORIEN DOMBRECHT	ZANDVLIET, BEL	F: 5	D24	96	01:37:35.01	02:04	28.9kph	DAMES +24: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:41.69	04:37	13.0kph	00:22:41.69
						Bike	01:03:36.70	01:36	37.4kph	01:26:18.39
						Split 3	00:11:16.63	04:36	13.0kph	01:37:35.01
88	YANNICK TANGHE	ESSEN, BEL	M: 75	H24	58	01:38:37.54	02:05	28.6kph	HEREN +24: 42	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:14.17	04:32	13.2kph	00:22:14.17
						Bike	01:04:22.59	01:37	36.9kph	01:26:36.76
						Split 3	00:12:00.78	04:54	12.2kph	01:38:37.54
89	JAMIE GRINDLEY	RONSE, BEL	M: 76	H24	69	01:38:53.16	02:06	28.5kph	HEREN +24: 43	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:52.81	04:40	12.8kph	00:22:52.81
						Bike	01:03:53.20	01:36	37.2kph	01:26:46.00
						Split 3	00:12:07.16	04:56	12.1kph	01:38:53.16
90	ROBIN AMELYNCK	DEINZE, BEL	M: 77	HU23	120	01:39:08.45	02:06	28.4kph	HEREN -23: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:20:30.77	04:11	14.3kph	00:20:30.77
						Bike	01:08:34.80	01:43	34.7kph	01:29:05.57
						Split 3	00:10:02.88	04:06	14.6kph	01:39:08.45
91	LAURA MAES	OVERMERE, BEL	F: 6	DU23	81	01:39:26.32	02:06	28.4kph	DAMES -23: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:20:56.96	04:16	14.0kph	00:20:56.96
						Bike	01:08:26.65	01:43	34.7kph	01:29:23.60
						Split 3	00:10:02.72	04:06	14.6kph	01:39:26.32
92	KIARA DE BACKER	HOEVENEN, BEL	F: 7	DU23	97	01:39:34.05	02:07	28.3kph	DAMES -23: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:26.91	04:22	13.7kph	00:21:26.91
						Bike	01:07:49.70	01:42	35.1kph	01:29:16.61
						Split 3	00:10:17.44	04:12	14.3kph	01:39:34.05
93	BRAS TUUR DEVOGELEER RENS	HALLE/LEMBEEK, BEL	M: 78	DUOH	231	01:39:36.23	02:07	28.3kph	HEREN DUO: 18	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:32.03	04:35	13.0kph	00:22:32.03
						Bike	01:07:00.05	01:41	35.5kph	01:29:32.07
						Split 3	00:10:04.16	04:06	14.6kph	01:39:36.23
94	VAN SINAY EVELIEN BLANQUAERT LAURA	MERELBEKE/MEREL BEKE, BEL	F: 8	DUOD	220	01:39:37.40	02:07	28.3kph	DAMES DUO: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:59.33	04:29	13.4kph	00:21:59.33
						Bike	01:06:59.52	01:41	35.5kph	01:28:58.85
						Split 3	00:10:38.55	04:20	13.8kph	01:39:37.40
95	ANNELORE DE LATHOUWER	KALKEN, BEL	F: 9	D24	95	01:39:38.84	02:07	28.3kph	DAMES +24: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:19:21.63	03:57	15.2kph	00:19:21.63
						Bike	01:10:36.55	01:46	33.7kph	01:29:58.18
						Split 3	00:09:40.66	03:57	15.2kph	01:39:38.84
96	BEN STOCK	GENT, BEL	M: 79	H24	121	01:39:47.68	02:07	28.3kph	HEREN +24: 44	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:09.57	04:19	13.9kph	00:21:09.57
						Bike	01:08:07.71	01:43	34.9kph	01:29:17.28
						Split 3	00:10:30.40	04:17	14.0kph	01:39:47.68

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
97	FLO POPPE	ZELE, BEL	M: 80	HU23	77	01:40:09.47	02:07	28.1kph	HEREN -23: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:23:22.53	04:46	12.6kph	00:23:22.53
						Bike	01:03:37.84	01:36	37.4kph	01:27:00.36
						Split 3	00:13:09.11	05:22	11.2kph	01:40:09.47
98	ANTHONY FAYT	BOTTELARE, BEL	M: 81	H24	102	01:40:12.97	02:07	28.1kph	HEREN +24: 45	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:35.28	04:24	13.6kph	00:21:35.28
						Bike	01:07:44.33	01:42	35.1kph	01:29:19.61
						Split 3	00:10:53.37	04:26	13.5kph	01:40:12.97
99	CHRISTOPHE DEWULF	GENTBRUGGE, BEL	M: 82	H40	49	01:40:24.20	02:08	28.1kph	HEREN +40: 9	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:54.61	04:28	13.4kph	00:21:54.61
						Bike	01:08:04.33	01:43	34.9kph	01:29:58.94
						Split 3	00:10:25.26	04:15	14.1kph	01:40:24.20
100	DEDUYTSCHAEVER LUKAS WACHTEBEKE/WAC VAN DOORSSELAERE JULIEHTEBEKE, BEL		: 9	DUOG	229	01:40:33.80	02:08	28.0kph	GEMENGD DUO: 9	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:27:34.10	05:37	10.7kph	00:27:34.10
						Bike	00:59:47.88	01:30	39.8kph	01:27:21.97
						Split 3	00:13:11.84	05:23	11.1kph	01:40:33.80
101	REGGY CARLIER	LIEDE, BEL	M: 83	H24	100	01:40:55.72	02:08	27.9kph	HEREN +24: 46	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:23:48.69	04:51	12.3kph	00:23:48.69
						Bike	01:06:27.22	01:40	35.8kph	01:30:15.90
						Split 3	00:10:39.82	04:21	13.8kph	01:40:55.72
102	CORINE DE MEY	LOKEREN, BEL	F: 10	D24	66	01:40:58.79	02:08	27.9kph	DAMES +24: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:33.20	04:36	13.0kph	00:22:33.20
						Bike	01:07:10.22	01:41	35.4kph	01:29:43.42
						Split 3	00:11:15.37	04:35	13.1kph	01:40:58.79
103	BART BARREZ	SINT-LAUREINS-BERCHEM, BEL	M: 84	H40	90	01:40:59.24	02:08	27.9kph	HEREN +40: 10	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:24:48.70	05:03	11.8kph	00:24:48.70
						Bike	01:04:52.16	01:38	36.7kph	01:29:40.86
						Split 3	00:11:18.38	04:36	13.0kph	01:40:59.24
104	VICTOR-JAN HIEL	LOKEREN, BEL	M: 85	HU23	112	01:41:47.41	02:09	27.7kph	HEREN -23: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:14.40	04:20	13.8kph	00:21:14.40
						Bike	01:07:56.93	01:42	35.0kph	01:29:11.33
						Split 3	00:12:36.09	05:08	11.7kph	01:41:47.41
105	GREGORY SOETINCK	ERPE-MERE, BEL	M: 86	H24	45	01:43:17.25	02:11	27.3kph	HEREN +24: 47	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:24:20.87	04:58	12.1kph	00:24:20.87
						Bike	01:05:41.23	01:39	36.2kph	01:30:02.10
						Split 3	00:13:15.16	05:24	11.1kph	01:43:17.25
106	AN-SOFIE VAN LANGENHOVE	LEBBEKE, BEL	F: 11	D24	39	01:43:49.55	02:12	27.2kph	DAMES +24: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:23:26.15	04:46	12.5kph	00:23:26.15
						Bike	01:08:22.80	01:43	34.8kph	01:31:48.95
						Split 3	00:12:00.61	04:54	12.2kph	01:43:49.55
107	JENS VAN NIEUWENHOVE	LIEDEKERKE, BEL	M: 87	H24	67	01:43:56.21	02:12	27.1kph	HEREN +24: 48	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:23:44.85	04:50	12.4kph	00:23:44.85
						Bike	01:07:35.05	01:42	35.2kph	01:31:19.90
						Split 3	00:12:36.32	05:08	11.7kph	01:43:56.21
108	LODE SCHAMELHOUT	HARELBEKE, BEL	M: 88	H60	107	01:44:17.97	02:13	27.0kph	HEREN +60: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:38.62	04:25	13.6kph	00:21:38.62
						Bike	01:11:14.12	01:47	33.4kph	01:32:52.73
						Split 3	00:11:25.25	04:39	12.9kph	01:44:17.97

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Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
109	JONAS MUNGHEN	SINAAI-WAAS, BEL	M: 89	H24	29	01:44:45.64	02:13	26.9kph	HEREN +24: 49	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:23:00.99	04:41	12.8kph	00:23:00.99
						Bike	01:08:53.39	01:44	34.5kph	01:31:54.37
						Split 3	00:12:51.27	05:14	11.4kph	01:44:45.64
110	LEENAERT VICTOR HUYGENS SEPPE	SINT-AMANDSBERG/DEST ELBERGEN, BEL	M: 90	DUOH	211	01:44:54.84	02:13	26.9kph	HEREN DUO: 19	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:21:30.45	04:23	13.7kph	00:21:30.45
						Bike	01:13:44.32	01:51	32.3kph	01:35:14.77
						Split 3	00:09:40.07	03:56	15.2kph	01:44:54.84
111	TIM VERSTRAETEN	WETTEREN, BEL	M: 91	H24	55	01:45:04.68	02:14	26.8kph	HEREN +24: 50	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:23:11.80	04:44	12.7kph	00:23:11.80
						Bike	01:09:20.08	01:44	34.3kph	01:32:31.87
						Split 3	00:12:32.81	05:07	11.7kph	01:45:04.68
112	TOM DEMESMAEKER	GERAARDSBERGEN, BEL	M: 92	H24	75	01:45:05.96	02:14	26.8kph	HEREN +24: 51	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:23.64	04:34	13.1kph	00:22:23.64
						Bike	01:08:41.09	01:43	34.6kph	01:31:04.73
						Split 3	00:14:01.24	05:43	10.5kph	01:45:05.96
113	BREND BUYL	GENT, BEL	M: 93	H24	63	01:47:25.77	02:17	26.2kph	HEREN +24: 52	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:26:29.58	05:24	11.1kph	00:26:29.58
						Bike	01:09:14.56	01:44	34.3kph	01:35:44.13
						Split 3	00:11:41.64	04:46	12.6kph	01:47:25.77
114	PHILIPPE VANRYSELBERGHE	RAMSKAPELLE, BEL	M: 94	H60	76	01:47:31.97	02:17	26.2kph	HEREN +60: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:24:42.89	05:02	11.9kph	00:24:42.89
						Bike	01:09:51.04	01:45	34.0kph	01:34:33.93
						Split 3	00:12:58.04	05:17	11.3kph	01:47:31.97
115	FABIAN BUYS	HUIZINGEN, BEL	M: 95	H40	74	01:48:24.57	02:18	26.0kph	HEREN +40: 11	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:24:45.52	05:03	11.9kph	00:24:45.52
						Bike	01:11:04.15	01:47	33.5kph	01:35:49.66
						Split 3	00:12:34.91	05:08	11.7kph	01:48:24.57
116	ROBIN DE WULF	GENT, BEL	M: 96	H24	62	01:49:20.98	02:19	25.8kph	HEREN +24: 53	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:26:38.60	05:26	11.0kph	00:26:38.60
						Bike	01:10:28.23	01:46	33.8kph	01:37:06.82
						Split 3	00:12:14.17	04:59	12.0kph	01:49:20.98
117	SEM BRAS	BUIZINGEN, BEL	M: 97	H24	91	01:49:45.40	02:20	25.7kph	HEREN +24: 54	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:25:08.76	05:07	11.7kph	00:25:08.76
						Bike	01:12:06.88	01:49	33.0kph	01:37:15.64
						Split 3	00:12:29.76	05:06	11.8kph	01:49:45.40
118	KAAT VAN DER HAEGEN	GENTBRUGGE, BEL	F: 12	D24	73	01:50:07.21	02:20	25.6kph	DAMES +24: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:26:21.04	05:22	11.2kph	00:26:21.04
						Bike	01:10:42.26	01:47	33.6kph	01:37:03.30
						Split 3	00:13:03.92	05:19	11.3kph	01:50:07.21
119	JOERI VERSCHOREN	NIJLEN, BEL	M: 98	H24	70	01:50:50.15	02:21	25.4kph	HEREN +24: 55	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:26:37.83	05:26	11.0kph	00:26:37.83
						Bike	01:10:13.94	01:46	33.9kph	01:36:51.76
						Split 3	00:13:58.39	05:42	10.5kph	01:50:50.15
120	YANNICK DE VYLDER	UITBERGEN, BEL	M: 99	H24	21	01:51:35.35	02:22	25.3kph	HEREN +24: 56	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:22:37.78	04:37	13.0kph	00:22:37.78
						Bike	01:17:25.03	01:57	30.7kph	01:40:02.80
						Split 3	00:11:32.55	04:42	12.7kph	01:51:35.35

23ste Vlaschaard Duatlon 2023

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
121	ELIEN VANDERCAPPELLEN	HOEPERTINGEN, BEL	F: 13	D24	125	01:52:00.95	02:23	25.2kph	DAMES +24: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:24:52.02	05:04	11.8kph	00:24:52.02
						Bike	01:15:43.82	01:54	31.4kph	01:40:35.83
						Split 3	00:11:25.12	04:39	12.9kph	01:52:00.95
122	KRISTOF ROGIEST	IZEGEM, BEL	M: 100	H24	22	01:52:03.81	02:23	25.2kph	HEREN +24: 57	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	01:39:07.39	20:13	3.0kph	01:39:07.39
						Bike	00:00:26.04	00:00	5480.8kph	01:39:33.43
						Split 3	00:12:30.38	05:06	11.8kph	01:52:03.81
123	TOM DE MESMAEKER	DENDERLEEUV, BEL	M: 101	H40	38	01:52:12.05	02:23	25.1kph	HEREN +40: 12	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:23:37.92	04:49	12.4kph	00:23:37.92
						Bike	01:16:31.85	01:55	31.1kph	01:40:09.76
						Split 3	00:12:02.30	04:54	12.2kph	01:52:12.05
124	SIMON BAEKE	MERELBEKE, BEL	M: 102	H24	28	01:53:06.85	02:24	24.9kph	HEREN +24: 58	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:28:03.05	05:43	10.5kph	00:28:03.05
						Bike	01:12:02.25	01:49	33.0kph	01:40:05.30
						Split 3	00:13:01.56	05:19	11.3kph	01:53:06.85
125	EDDY LEYSEN	LICHTAART, BEL	M: 103	H50	109	01:53:48.87	02:25	24.8kph	HEREN +50: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:23:34.53	04:48	12.5kph	00:23:34.53
						Bike	01:18:42.33	01:59	30.2kph	01:42:16.86
						Split 3	00:11:32.01	04:42	12.7kph	01:53:48.87
126	KURT VERBRUGGEN	BORNEM, BEL	M: 104	H40	16	01:53:51.71	02:25	24.8kph	HEREN +40: 13	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:24:32.66	05:00	12.0kph	00:24:32.66
						Bike	01:16:29.17	01:55	31.1kph	01:41:01.83
						Split 3	00:12:49.89	05:14	11.5kph	01:53:51.71
127	LEEN SLACHMUYLDERS	MECHELEN, BEL	F: 14	D24	51	01:55:17.75	02:27	24.5kph	DAMES +24: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:25:32.91	05:12	11.5kph	00:25:32.91
						Bike	01:17:16.34	01:56	30.8kph	01:42:49.24
						Split 3	00:12:28.51	05:05	11.8kph	01:55:17.75
128	ROBERTO FELACO	LODELINSART, BEL	M: 105	H60	1	01:55:38.84	02:27	24.4kph	HEREN +60: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:26:51.88	05:28	10.9kph	00:26:51.88
						Bike	01:15:44.92	01:54	31.4kph	01:42:36.80
						Split 3	00:13:02.05	05:19	11.3kph	01:55:38.84
129	DOBBELS ISABELLE LAMBRECHT FREDERIC	SINT-ELOOIS- VIJVE/SINT-ELOOIS- VIJVE, BEL	: 10	DUOG	221	01:55:58.52	02:28	24.3kph	GEMENGD DUO: 10	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:31:46.56	06:29	9.3kph	00:31:46.56
						Bike	01:10:42.95	01:47	33.6kph	01:42:29.51
						Split 3	00:13:29.01	05:30	10.9kph	01:55:58.52
130	MATHILDE DE MOOR	WETTEREN, BEL	F: 15	D24	83	01:56:39.17	02:28	24.2kph	DAMES +24: 9	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:26:00.74	05:18	11.3kph	00:26:00.74
						Bike	01:17:03.42	01:56	30.9kph	01:43:04.16
						Split 3	00:13:35.01	05:32	10.8kph	01:56:39.17
131	FIEN NELIS	ZELE, BEL	F: 16	D24	64	01:57:21.96	02:29	24.0kph	DAMES +24: 10	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:26:01.48	05:18	11.3kph	00:26:01.48
						Bike	01:18:29.48	01:58	30.3kph	01:44:30.95
						Split 3	00:12:51.01	05:14	11.4kph	01:57:21.96
132	CHRIS GEERTS	S- HERTOGENBOSCH (NL), BEL	M: 106	H50	32	01:57:27.57	02:29	24.0kph	HEREN +50: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:26:36.25	05:25	11.1kph	00:26:36.25
						Bike	01:17:48.27	01:57	30.6kph	01:44:24.52
						Split 3	00:13:03.06	05:19	11.3kph	01:57:27.57

23ste Vlaschaard Duatlon 2023

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
133	HERMAN VAN DRIESSCHE	ZELE, BEL	M: 107	H60	87	01:58:32.75	02:31	23.8kph	HEREN +60: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:26:56.73	05:29	10.9kph	00:26:56.73
						Bike	01:16:26.06	01:55	31.1kph	01:43:22.78
						Split 3	00:15:09.98	06:11	9.7kph	01:58:32.75
134	MATHIEU CASTELEYN	GENTBRUGGE, BEL	M: 108	H40	35	02:04:09.31	02:38	22.7kph	HEREN +40: 14	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:30:38.20	06:15	9.6kph	00:30:38.20
						Bike	01:18:05.19	01:58	30.5kph	01:48:43.39
						Split 3	00:15:25.93	06:17	9.5kph	02:04:09.31
135	MATHIAS HERREBAUT	GERAARDSBERGEN, BEL	M: 109	H24	11	02:06:32.37	02:41	22.3kph	HEREN +24: 59	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:27:42.24	05:39	10.6kph	00:27:42.24
						Bike	01:22:36.65	02:05	28.8kph	01:50:18.88
						Split 3	00:16:13.49	06:37	9.1kph	02:06:32.37
136	SALIE HAUTERS	HERNE, BEL	F: 17	DU23	31	02:14:47.52	02:52	20.9kph	DAMES -23: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:33:55.63	06:55	8.7kph	00:33:55.63
						Bike	01:23:14.06	02:05	28.6kph	01:57:09.68
						Split 3	00:17:37.85	07:11	8.3kph	02:14:47.52
137	ROSIE DE VLEESCHAUWER	ZELE, BEL	F: 18	D24	65	02:18:05.78	02:56	20.4kph	DAMES +24: 11	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Run 1	00:33:19.82	06:48	8.8kph	00:33:19.82
						Bike	01:29:07.94	02:14	26.7kph	02:02:27.76
						Split 3	00:15:38.03	06:22	9.4kph	02:18:05.78