

# Kapellekensjogging 2024 - 12KM

## Heren algemeen

Place	Bib #	Name	Time	Type	City	
1	188	KASPER VANHERPE	00:43:19.34	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:09:52.993	18.2kph	03:17	00:09:52.993
		Split 2	00:10:47.211	16.7kph	03:35	00:20:40.204
		Split 3	00:11:16.910	16.0kph	03:45	00:31:57.114
		Split 4	00:11:22.232	15.8kph	03:47	00:43:19.346
2	176	PATRICK VAN WAES	00:45:28.33	Runner	Lokeren	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:41.011	15.4kph	03:53	00:11:41.011
		Split 2	00:11:26.987	15.7kph	03:48	00:23:07.998
		Split 3	00:11:13.733	16.0kph	03:44	00:34:21.731
		Split 4	00:11:06.605	16.2kph	03:42	00:45:28.336
3	190	DIMITRI VAN UYTVANGE	00:45:45.39	Runner	9200	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:10:54.920	16.5kph	03:38	00:10:54.920
		Split 2	00:11:39.307	15.4kph	03:53	00:22:34.227
		Split 3	00:11:34.249	15.6kph	03:51	00:34:08.476
		Split 4	00:11:36.918	15.5kph	03:52	00:45:45.394

## Dames algemeen

Place	Bib #	Name	Time	Type	City	
1	185	VEERLE WUYTACK	00:49:48.22	Runner	Hamme	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:11:52.519	15.2kph	03:57	00:11:52.519
		Split 2	00:12:16.870	14.7kph	04:05	00:24:09.389
		Split 3	00:12:44.185	14.1kph	04:14	00:36:53.574
		Split 4	00:12:54.648	13.9kph	04:18	00:49:48.222
2	181	DORITY OPALFVENS	01:08:45.05	Runner	Grembergen	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:17:10.006	10.5kph	05:43	00:17:10.006
		Split 2	00:17:15.318	10.4kph	05:45	00:34:25.324
		Split 3	00:17:17.028	10.4kph	05:45	00:51:42.352
		Split 4	00:17:02.700	10.6kph	05:40	01:08:45.052