



















































































































Pos	#	Nom	M/F	Cat	Club	K7.7	Temps	Kmh	m/km	Gap
<b>10KM</b>										
1.	1200	 DEMEULEMEESTER	M 1.	SeH 1.	Training 7 - RIWA	25:04	<b>32:47</b>	18.3	3:16	--
2.	1001	 VEILLON Axel	M 2.	SeH 2.	CRAC	25:03	<b>32:52</b>	18.2	3:17	+5
3.	1230	 VAN ESPEN Fabrice	M 3.	SeH 3.	Training 7	25:19	<b>33:28</b>	17.9	3:20	+41
4.	1178	 GOSSIAUX Renan	M 4.	SeH 4.	Trakks-Scott	25:29	<b>33:45</b>	17.7	3:22	+58
5.	1003	 WEITKUNAT Baptiste	M 5.	SeH 5.	Run attitude	25:27	<b>33:50</b>	17.7	3:22	+1:03
6.	1005	 HEUNINCK Alexandre	M 6.	SeH 6.	MYSTERE	25:47	<b>34:12</b>	17.5	3:25	+1:25
7.	1007	 DENIS Kevin	M 7.	SeH 7.	James	26:13	<b>34:34</b>	17.3	3:27	+1:47
8.	1002	 GOUDEMANT Tom	M 8.	JuH 1.	RunAttitude	26:30	<b>35:20</b>	16.9	3:31	+2:33
9.	1194	 ANDRÉ Jean-Eric	M 9.	V1H 1.	Run Attitude	26:59	<b>35:51</b>	16.7	3:35	+3:04
10.	1198	 DE RIJDT Thibault	M 10.	SeH 8.	NSTT	26:47	<b>35:52</b>	16.7	3:35	+3:05
11.	1004	 LACROIX Miguel	M 11.	V1H 2.	Raclo	27:43	<b>36:28</b>	16.4	3:38	+3:41
12.	1006	 VAUDOISEY Louis	M 12.	SeH 9.	RCB	27:44	<b>36:43</b>	16.3	3:40	+3:56
13.	1211	 LOUIS Sebastien	M 13.	SeH 10.	Trikv	28:14	<b>37:16</b>	16.1	3:43	+4:29
14.	1223	 RYCKMANS Louis	M 14.	SeH 11.	Team M&M?s	29:02	<b>38:11</b>	15.7	3:49	+5:24
15.	1026	 LUNGERICH Yann	M 15.	SeH 12.	NAC	29:57	<b>38:50</b>	15.4	3:52	+6:03
16.	1008	 ARNOULD Anton	M 16.	SeH 13.	Trakks	29:14	<b>38:51</b>	15.4	3:53	+6:04
17.	1236	 DENYS Yewbdar	F 1.	SeF 1.	DCLA	29:27	<b>38:51</b>	15.4	3:53	--
18.	1010	 QUINET Marc	M 17.	V1H 3.	crac	29:49	<b>39:30</b>	15.1	3:56	+6:43
19.	1206	 HAMICH Mhamed	M 18.	V1H 4.		30:26	<b>40:03</b>	14.9	4:00	+7:16
20.	1196	 COLLARD José	M 19.	V3H 1.	GAG	30:43	<b>40:14</b>	14.9	4:01	+7:27
21.	1216	 PONCELET Frédéric	M 20.	V1H 5.	Team Mahia	30:46	<b>40:31</b>	14.8	4:03	+7:44
22.	1179	 ALBI Stephane	M 21.	V1H 6.	UTT	31:00	<b>40:35</b>	14.7	4:03	+7:48
23.	1018	 LEJEUNE Ludovic	M 22.	V1H 7.	riwa	30:50	<b>40:49</b>	14.7	4:04	+8:02
24.	1180	 DUBOIS Bertrand	M 23.	SeH 14.		30:54	<b>41:08</b>	14.5	4:06	+8:21
25.	1015	 CAPORALE Julien	M 24.	SeH 15.	Les bouffield	31:33	<b>41:17</b>	14.5	4:07	+8:30
26.	1019	 PIGNON Frédéric	M 25.	V1H 8.	Jcpmf ramillies	31:29	<b>41:20</b>	14.5	4:07	+8:33
27.	1181	 DANDOY Benjamin	M 26.	SeH 16.		31:25	<b>41:29</b>	14.4	4:08	+8:42
28.	1011	 CRESPINET Alain	M 27.	V2H 1.	RCB	31:33	<b>41:36</b>	14.4	4:09	+8:49
29.	1124	 BELLEFROID Maxime	M 28.	SeH 17.		32:04	<b>42:08</b>	14.2	4:12	+9:21
30.	1013	 FAYT Andre	M 29.	V1H 9.	CRAC	32:14	<b>42:23</b>	14.1	4:14	+9:36
31.	1016	 MORREN Thierry	M 30.	SeH 18.		32:06	<b>42:28</b>	14.1	4:14	+9:41
32.	1159	 WALRAVENS Bruno	M 31.	SeH 19.	Je cours à Incourt	32:12	<b>42:29</b>	14.1	4:14	+9:42
33.	1024	 QUINIET Hélène	F 2.	SeF 2.	Trakks	32:20	<b>42:35</b>	14.0	4:15	+3:44
34.	1034	 WALRAVENS Benoit	M 32.	SeH 20.	Je Cours à Incourt	33:08	<b>43:10</b>	13.8	4:18	+10:23
35.	1020	 HIRSCH Simon	M 33.	SeH 21.		32:30	<b>43:15</b>	13.8	4:19	+10:28
36.	1032	 NOULARD Olivier	M 34.	SeH 22.	Je Cours à Incourt	33:13	<b>43:16</b>	13.8	4:19	+10:29
37.	1025	 MELARDY Anthony	M 35.	SeH 23.	NAC	32:47	<b>43:17</b>	13.8	4:19	+10:30
38.	1101	 CASTIAU Laurent	M 36.	V1H 10.	NAC	33:07	<b>43:30</b>	13.7	4:20	+10:43
39.	1096	 MICHAUX Jonathan	M 37.	SeH 24.	Team sportex	33:24	<b>43:46</b>	13.7	4:22	+10:59
40.	1055	 DE BACKER Maya	F 3.	SeF 3.		33:31	<b>43:53</b>	13.6	4:23	+5:02
41.	1051	 JOINE Benjamin	M 38.	SeH 25.		33:12	<b>43:59</b>	13.6	4:23	+11:12
42.	1197	 CONINX Carl	M 39.	SeH 26.		33:08	<b>44:13</b>	13.5	4:25	+11:26
43.	1027	 VAN POUCKE José	M 40.	V3H 2.		33:20	<b>44:18</b>	13.5	4:25	+11:31
44.	1014	 DEVICK Emily	F 4.	V1F 1.	nac cabw	33:39	<b>44:31</b>	13.4	4:27	+5:40
45.	1217	 POTTY Laurent	M 41.	V1H 11.	RCB	34:08	<b>44:35</b>	13.4	4:27	+11:48
46.	1028	 JAROUD Said	M 42.	V1H 12.		33:41	<b>44:37</b>	13.4	4:27	+11:50
47.	1021	 THOMAS Jérémy	M 43.	SeH 27.		33:32	<b>44:37</b>	13.4	4:27	+11:50
48.	1182	 CAUDRON Noémie	F 5.	JuF 1.	Nac Nivelles	33:58	<b>44:42</b>	13.4	4:28	+5:51
49.	1212	 MANSOUR Frederic	M 44.	V1H 13.		34:34	<b>45:40</b>	13.1	4:33	+12:53
50.	1176	 KIN Laurence	F 6.	V2F 1.	James	34:49	<b>45:43</b>	13.1	4:34	+6:52
51.	1208	 HENRARD Jérôme	M 45.	SeH 28.		34:54	<b>45:51</b>	13.0	4:35	+13:04
52.	1037	 PINHEIRO André	M 46.	SeH 29.		34:49	<b>45:55</b>	13.0	4:35	+13:08
53.	1049	 GERARD Arnaud	M 47.	MiH 1.	Q3T	35:46	<b>46:11</b>	12.9	4:37	+13:24
54.	1185	 DELATTRE Julien	M 48.	SeH 30.		34:43	<b>46:13</b>	12.9	4:37	+13:26
55.	1023	 BISCOS Florian	M 49.	CaH 1.	James	35:39	<b>46:24</b>	12.9	4:38	+13:37
56.	1183	 GERMEAU Fabian	M 50.	SeH 31.	Coaching Zone	36:06	<b>46:59</b>	12.7	4:41	+14:12
57.	1102	 LANGE Charlotte	F 7.	SeF 4.	Swift running club	36:00	<b>47:03</b>	12.7	4:42	+8:12

Pos	#	Nom	M/F	Cat	Club	K7.7	Temps	Kmh	m/km	Gap
58.	1231	VANDRIES Adrien	M 51.	SeH 32.		35:28	<b>47:05</b>	12.7	4:42	+14:18
59.	1030	DEBRUYN Thierry	M 52.	V2H 2.		35:50	<b>47:05</b>	12.7	4:42	+14:18
60.	1057	VAN DEN POEL Christophe	M 53.	SeH 33.	Run&Fly	35:59	<b>47:07</b>	12.7	4:42	+14:20
61.	1048	BULPA André	M 54.	V3H 3.	JCPMF MSG	35:57	<b>47:11</b>	12.7	4:43	+14:24
62.	1036	MACKONIENÉ Inga	F 8.	V1F 2.		35:51	<b>47:24</b>	12.6	4:44	+8:33
63.	1192	LOUIS John	M 55.	V2H 3.	Team Mahia	35:58	<b>47:28</b>	12.6	4:44	+14:41
64.	102	BISCOS David	M 56.	V1H 14.	Turbo	35:47	<b>47:34</b>	12.6	4:45	+14:47
65.	1022	DUPONCHEEL Louis	M 57.	SeH 34.		36:26	<b>47:44</b>	12.5	4:46	+14:57
66.	1058	HABARY David	M 58.	V1H 15.		36:53	<b>48:12</b>	12.4	4:49	+15:25
67.	1033	CHAMPAGNE Jean	M 59.	SeH 35.	Je Cours à Incourt	36:43	<b>48:24</b>	12.4	4:50	+15:37
68.	1047	LAMBRECHTS Jérémie	M 60.	V1H 16.		36:58	<b>48:37</b>	12.3	4:51	+15:50
69.	1202	DROMELET Berengere	F 9.	V2F 2.	SPTWavre	37:24	<b>49:14</b>	12.1	4:55	+10:23
70.	1035	SCHAILLÉE Julie	F 10.	SeF 5.	GS COACHING	37:50	<b>49:34</b>	12.1	4:57	+10:43
71.	1062	SPRUMONT Léon	M 61.	V3H 4.	Les Bouffiols	38:07	<b>50:00</b>	12.0	4:59	+17:13
72.	1060	DECELLE Marie-Justine	F 11.	SeF 6.	YNRA	38:42	<b>50:29</b>	11.8	5:02	+11:38
73.	1063	NINNIRI Sophie	F 12.	SeF 7.	jogging et nature	38:48	<b>50:33</b>	11.8	5:03	+11:42
74.	1093	CROON Sylvain	M 62.	V1H 17.		38:39	<b>50:36</b>	11.8	5:03	+17:49
75.	1123	DELACOURT Nadege	F 13.	SeF 8.	Bouffiols	38:33	<b>50:39</b>	11.8	5:03	+11:48
76.	1043	BARTHELEMY Pol	M 63.	V2H 4.		38:04	<b>50:55</b>	11.7	5:05	+18:08
77.	1100	VANDECLISSE Maxime	M 64.	V1H 18.	JCPMF MSG	38:56	<b>51:16</b>	11.7	5:07	+18:29
78.	1199	DE WITTE Jerome	M 65.	SeH 36.		39:46	<b>51:22</b>	11.6	5:08	+18:35
79.	1201	DESCHEEAEMAKER Drew	M 66.	SeH 37.		39:28	<b>51:24</b>	11.6	5:08	+18:37
80.	1232	VERACHTERT Nicolas	M 67.	SeH 38.		38:42	<b>51:28</b>	11.6	5:08	+18:41
81.	1059	GILBERT Morgane	F 14.	SeF 9.		39:28	<b>51:43</b>	11.6	5:10	+12:52
82.	1041	LASSAUX Clara	F 15.	JuF 2.		39:13	<b>51:56</b>	11.5	5:11	+13:05
83.	1042	CHAVANCY Augustin	M 68.	JuH 2.		39:17	<b>51:59</b>	11.5	5:11	+19:12
84.	1228	TYBERGHEIN Pablo	M 69.	MiH 2.		40:15	<b>52:08</b>	11.5	5:12	+19:21
85.	1227	TYBERGHEIN	M 70.	V1H 19.		40:15	<b>52:10</b>	11.5	5:12	+19:23
86.	1081	DE HAENE Valérie	F 16.	V2F 3.		39:45	<b>52:11</b>	11.5	5:13	+13:20
87.	1125	SOIN Romuald	M 71.	SeH 39.		39:34	<b>52:12</b>	11.4	5:13	+19:25
88.	1218	PUISSANT Renaud	M 72.	SeH 40.		40:21	<b>52:19</b>	11.4	5:13	+19:32
89.	1040	BARTHELEMY Nicole	F 17.	V3F 1.	neant	39:18	<b>52:19</b>	11.4	5:13	+13:28
90.	1039	COOSEMANS Antoine	M 73.	MiH 3.		39:58	<b>52:20</b>	11.4	5:13	+19:33
91.	1031	VANHEYSTE Jennifer	F 18.	SeF 10.	GS COACHING	39:09	<b>52:29</b>	11.4	5:14	+13:38
92.	1065	CHARLOT Delphine	F 19.	V1F 3.		39:44	<b>52:29</b>	11.4	5:14	+13:38
93.	1111	DEMOULIN Noa	M 74.	CaH 2.	Turbo	40:25	<b>52:33</b>	11.4	5:15	+19:46
94.	1126	HODY Clara	F 20.	SeF 11.		39:56	<b>52:36</b>	11.4	5:15	+13:45
95.	1064	GRAF Stephane	M 75.	V1H 20.		39:39	<b>52:52</b>	11.3	5:17	+20:05
96.	1205	FIorentino Michelangelo	M 76.	SeH 41.		40:51	<b>53:39</b>	11.1	5:21	+20:52
97.	1038	LO MONACO Noah	M 77.	BenG 1.		41:16	<b>53:42</b>	11.1	5:22	+20:55
98.	1068	BRAMS Didier	M 78.	V2H 5.		40:57	<b>53:52</b>	11.1	5:23	+21:05
99.	1077	NOTEZ Nathalie	F 21.	V1F 4.	Nac	40:57	<b>53:59</b>	11.1	5:23	+15:08
100.	1116	GECE Veronique	F 22.	V2F 4.		41:17	<b>54:07</b>	11.0	5:24	+15:16
101.	1078	JENDRYSEK Nikolas	M 79.	EspH 1.		41:56	<b>54:13</b>	11.0	5:25	+21:26
102.	1114	AIDANS Laurent	M 80.	V1H 21.	waretis bikers	41:42	<b>54:20</b>	11.0	5:25	+21:33
103.	1117	PASO Bérengère	F 23.	SeF 12.	Jcpmf msg	41:18	<b>54:26</b>	11.0	5:26	+15:35
104.	1224	SGOUROS Evangelos	M 81.	V3H 5.	run for fun Boussu	41:37	<b>54:35</b>	10.9	5:27	+21:48
105.	1091	DIONGRE Cécile	F 24.	V2F 5.		41:48	<b>54:40</b>	10.9	5:27	+15:49
106.	1092	VIGELLE Éric	M 82.	V2H 6.		41:45	<b>54:42</b>	10.9	5:28	+21:55
107.	1090	COUVREUR Marie	F 25.	V2F 6.	Vertigo	41:47	<b>54:42</b>	10.9	5:28	+15:51
108.	1070	COLLIN Julie	F 26.	SeF 13.		41:59	<b>54:49</b>	10.9	5:28	+15:58
109.	1099	PROUVÉ Peggy	F 27.	V1F 5.	Jtt	41:55	<b>54:53</b>	10.9	5:29	+16:02
110.	1145	STOCKMANS Lies	F 28.	SeF 14.	Joggers Team	41:52	<b>54:56</b>	10.9	5:29	+16:05
111.	429	HÉRIION Eric	M 83.	V1H 22.	Les Blancs Gilets	41:46	<b>55:01</b>	10.9	5:30	+22:14
112.	1132	CRÉPIN David	M 84.	V1H 23.	Tour à Tour	42:00	<b>55:02</b>	10.9	5:30	+22:15
113.	1075	POURBAIX Rosni	F 29.	SeF 15.		42:06	<b>55:04</b>	10.8	5:30	+16:13
114.	1103	DI BERNARDO Katiana	F 30.	SeF 16.		42:10	<b>55:10</b>	10.8	5:30	+16:19
115.	1067	REGHEM Sophie	F 31.	V1F 6.	Raclo	41:51	<b>55:16</b>	10.8	5:31	+16:25
116.	1080	MASY Coralie	F 32.	V1F 7.	Groupe Gobert	42:01	<b>55:24</b>	10.8	5:32	+16:33

Pos	#	Nom	M/F	Cat	Club	K7.7	Temps	Kmh	m/km	Gap
117.	1177	 CAUDRON Benoit	M 85.	V2H 7.	Nac Nivelles	42:34	<b>55:27</b>	10.8	5:32	+22:40
118.	1135	 BONFANTI Mario	M 86.	V3H 6.	Blanc Gilets	42:21	<b>55:43</b>	10.7	5:34	+22:56
119.	1069	 BANNER Carol	F 33.	V2F 7.	JCPMF MSG	42:28	<b>55:49</b>	10.7	5:34	+16:58
120.	1130	 MIESSE Dany	M 87.	V3H 7.	J.C ESTINNES	42:39	<b>56:02</b>	10.7	5:36	+23:15
121.	1088	 VERRAGHENNE Laurence	F 34.	V1F 8.	JCPMF Ramillies	42:29	<b>56:04</b>	10.7	5:36	+17:13
122.	1098	 GILLARD Dominique	F 35.	V2F 8.		42:39	<b>56:07</b>	10.6	5:36	+17:16
123.	1084	 VANDENSCHRICK Grégory	M 88.	V1H 24.		42:16	<b>56:11</b>	10.6	5:37	+23:24
124.	1127	 PLANT Estelle	F 36.	SeF 17.		42:34	<b>56:24</b>	10.6	5:38	+17:33
125.	1142	 BIERLAIRE Stéphanie	F 37.	SeF 18.	aucun	43:23	<b>56:26</b>	10.6	5:38	+17:35
126.	1131	 NEMERY Annick	F 38.	V3F 2.		42:51	<b>56:28</b>	10.6	5:38	+17:37
127.	1118	 GUILMAIN Jean	M 89.	V3H 8.	LDLV	43:27	<b>56:56</b>	10.5	5:41	+24:09
128.	1085	 FRANÇOIS Régine	F 39.	V1F 9.	Urn	43:17	<b>57:05</b>	10.5	5:42	+18:14
129.	1213	 MANSY Steven	M 90.	V1H 25.	jcpmfflv	44:42	<b>57:19</b>	10.4	5:43	+24:32
130.	1083	 EVERAERTS Noémie	F 40.	CaF 1.	Canicross for fun	43:48	<b>57:21</b>	10.4	5:44	+18:30
131.	1104	 SYMONS Petro	M 91.	V3H 9.		43:33	<b>57:23</b>	10.4	5:44	+24:36
132.	1086	 DUMONT Sabine	F 41.	V1F 10.	JCPMF Ramillies	43:33	<b>57:24</b>	10.4	5:44	+18:33
133.	1053	 DETRICHE Olivier	M 92.	V1H 26.		44:10	<b>57:50</b>	10.3	5:46	+25:03
134.	1054	 ISABELLE Caloin	F 42.	V1F 11.		44:11	<b>57:51</b>	10.3	5:47	+19:00
135.	1235	 HERBILLON Catherine	F 43.	V2F 9.		44:42	<b>58:12</b>	10.3	5:49	+19:21
136.	1094	 LAURENT Bruno	M 93.	V2H 8.		43:45	<b>58:19</b>	10.2	5:49	+25:32
137.	1073	 MEURANT Emilie	F 44.	SeF 19.		44:23	<b>58:19</b>	10.2	5:49	+19:28
138.	1122	 KOSTOV Laura	F 45.	SeF 20.		44:24	<b>58:26</b>	10.2	5:50	+19:35
139.	1072	 JOYEUX Marie	F 46.	SeF 21.		44:30	<b>58:45</b>	10.2	5:52	+19:54
140.	1141	 BAIKRICH Guy	M 94.	V4H 1.	RCB	44:44	<b>58:50</b>	10.1	5:52	+26:03
141.	1186	 NEUMANN Isabelle	F 47.	SeF 22.	Coaching zone	45:20	<b>59:15</b>	10.1	5:55	+20:24
142.	1128	 VERKINDERE Alain	M 95.	V4H 2.	RCB	45:33	<b>59:25</b>	10.1	5:56	+26:38
143.	1071	 PRIM Thérèse	F 48.	V2F 10.	Joggers Team	45:10	<b>59:32</b>	10.0	5:57	+20:41
144.	1137	 LADRIER Nathalie	F 49.	V1F 12.		46:02	<b>59:50</b>	10.0	5:58	+20:59
145.	1082	 DELAUNOY Vincent	M 96.	V2H 9.	Team Mahia	44:50	<b>1:00:00</b>	10.0	5:59	+27:13
146.	1187	 TELLIER Charlotte	F 50.	SeF 23.		46:26	<b>1:00:01</b>	9.9	6:00	+21:10
147.	1207	 HAUZEUR Geneviève	F 51.	V1F 13.		45:35	<b>1:00:18</b>	9.9	6:01	+21:27
148.	1219	 RAEYMAECKERS Manon	F 52.	SeF 24.		46:12	<b>1:00:48</b>	9.8	6:04	+21:57
149.	1160	 BOURG Olivier	M 97.	V1H 27.		46:36	<b>1:01:05</b>	9.8	6:06	+28:18
150.	1146	 MARCHANT Valerie	F 53.	V1F 14.		47:06	<b>1:01:17</b>	9.7	6:07	+22:26
151.	1161	 BENOIT Véronique	F 54.	V1F 15.		47:17	<b>1:01:21</b>	9.7	6:08	+22:30
152.	1156	 HELLA Amélie	F 55.	SeF 25.	Je Cours Pour Ma	46:37	<b>1:01:50</b>	9.7	6:10	+22:59
153.	1106	 VANHUFFELEN Josseline	F 56.	V3F 3.	R.O.S	46:50	<b>1:01:51</b>	9.7	6:11	+23:00
154.	1074	 LECLERCQ Célia	F 57.	SeF 26.		46:54	<b>1:01:59</b>	9.6	6:11	+23:08
155.	1234	 ZARI Rajaa	F 58.	V1F 16.		47:17	<b>1:02:04</b>	9.6	6:12	+23:13
156.	1076	 SCALAIS Dominique	F 59.	V1F 17.	James	48:16	<b>1:02:45</b>	9.5	6:16	+23:54
157.	1129	 GALAIS Mathilde	F 60.	SeF 27.		47:43	<b>1:02:47</b>	9.5	6:16	+23:56
158.	1136	 CHIECO Dominique	M 98.	V2H 10.		47:48	<b>1:03:13</b>	9.4	6:19	+30:26
159.	1169	 FRANS Louis	M 99.	V2H 11.		48:10	<b>1:03:22</b>	9.4	6:20	+30:35
160.	1144	 DE LAMINNE Caroline	F 61.	V1F 18.		48:18	<b>1:03:22</b>	9.4	6:20	+24:31
161.	1174	 HODY Marie-Aude	F 62.	SeF 28.		48:32	<b>1:03:29</b>	9.4	6:20	+24:38
162.	1240	 LAMEVANT Chantale	F 63.	V2F 11.		48:20	<b>1:04:21</b>	9.3	6:26	+25:30
163.	1168	 STEKETEE Margot	F 64.	V1F 19.	Canicross for fun	48:56	<b>1:04:25</b>	9.3	6:26	+25:34
164.	1052	 MOREL DE WESTGAVER	M 100.	V2H 12.		50:21	<b>1:04:31</b>	9.3	6:27	+31:44
165.	1233	 VERHEYE Fabienne	F 65.	V2F 12.	Runnin'grez	49:43	<b>1:04:36</b>	9.2	6:27	+25:45
166.	1225	 STEVENS François	M 101.	SeH 42.		49:49	<b>1:04:45</b>	9.2	6:28	+31:58
167.	1221	 ROSENBAUM Ivan	M 102.	V3H 10.	RCB	50:19	<b>1:04:57</b>	9.2	6:29	+32:10
168.	1087	 PIERARD Florine	F 66.	EspF 1.		49:40	<b>1:05:00</b>	9.2	6:29	+26:09
169.	1095	 LAGORSSE Sophie	F 67.	V1F 20.	TLF	50:24	<b>1:05:05</b>	9.2	6:30	+26:14
170.	1151	 ALBERT Tristan	M 103.	MiH 4.	Les Blancs Gilets	50:03	<b>1:05:14</b>	9.1	6:31	+32:27
171.	1163	 SENE Marieme	F 68.	V1F 21.		50:25	<b>1:05:28</b>	9.1	6:32	+26:37
172.	1204	 EZOKO MATHINDA Laeticia	F 69.	SeF 29.		49:37	<b>1:05:29</b>	9.1	6:32	+26:38
173.	1170	GOFFIN Jean-Philippe	M 104.	SeH 43.	El Bince à Mickey	50:06	<b>1:05:41</b>	9.1	6:34	+32:54
174.	1215	MOMMAERTS Jo	M 105.	V4H 3.	RCB	50:11	<b>1:05:52</b>	9.1	6:35	+33:05
175.	1121	DE JONCKER Sonia	F 70.	V1F 22.	jtp blanc gilet	50:15	<b>1:05:55</b>	9.1	6:35	+27:04

Pos	#	Nom	M/F	Cat	Club	K7.7	Temps	Kmh	m/km	Gap
176.	1154	 BRABANT Kim	F 71.	SeF 30.		49:14	<b>1:06:07</b>	9.0	6:36	+27:16
177.	1140	 DE CUYPER Alain	M 106.	V2H 13.	USBW	50:39	<b>1:06:21</b>	9.0	6:38	+33:34
178.	1226	 STILL Felicity	F 72.	SeF 31.		50:29	<b>1:06:39</b>	9.0	6:39	+27:48
179.	1189	 VEYT Valerie	F 73.	V1F 23.		51:22	<b>1:06:48</b>	8.9	6:40	+27:57
180.	1097	 PEETERS Justine	F 74.	SeF 32.		49:46	<b>1:06:51</b>	8.9	6:41	+28:00
181.	1149	 ANNE Bouchat	F 75.	V2F 13.	Omega Nutrition	50:23	<b>1:06:53</b>	8.9	6:41	+28:02
182.	1190	 DE GROOT Regine	F 76.	V2F 14.	JCPMF	51:21	<b>1:07:15</b>	8.9	6:43	+28:24
183.	1105	 SEGGIO Pino	M 107.	V4H 4.		51:26	<b>1:07:38</b>	8.8	6:45	+34:51
184.	1147	 STEENMANS Patricia	F 77.	V1F 24.	JCMF Ramillies	52:41	<b>1:07:57</b>	8.8	6:47	+29:06
185.	1152	 CLOBOURS Sylvie	F 78.	V1F 25.	Jcpmf Ramillies	52:27	<b>1:08:36</b>	8.7	6:51	+29:45
186.	1050	 SACRE Sebastien	M 108.	SeH 44.		51:57	<b>1:09:03</b>	8.6	6:54	+36:16
187.	1172	 MASTRANTUONO Laetitia	F 79.	V1F 26.		52:38	<b>1:09:06</b>	8.6	6:54	+30:15
188.	1107	 FINE Paul	M 109.	V3H 11.	RCB	54:17	<b>1:09:18</b>	8.6	6:55	+36:31
189.	1188	 OLEFFE Severine	F 80.	SeF 33.		54:08	<b>1:09:29</b>	8.6	6:56	+30:38
190.	1164	 WILLEMS Fanny	F 81.	V1F 27.	Jcpmf ramillies	53:27	<b>1:09:44</b>	8.6	6:58	+30:53
191.	1150	 VANDEREYD Eric	M 110.	V3H 12.	Les Blancs Gilets	53:10	<b>1:09:50</b>	8.5	6:58	+37:03
192.	1210	 LEFÈVRE Emmanuelle	F 82.	SeF 34.		53:48	<b>1:10:23</b>	8.5	7:02	+31:32
193.	1157	 BRANCART Nathalie	F 83.	V1F 28.	Born to Run	54:24	<b>1:10:28</b>	8.5	7:02	+31:37
194.	1173	 SUZEAU Barbara	F 84.	V1F 29.	JCPMF Ramillies	54:50	<b>1:10:39</b>	8.4	7:03	+31:48
195.	1153	 RENARD Charlotte	F 85.	SeF 35.	Joggans	53:51	<b>1:10:47</b>	8.4	7:04	+31:56
196.	1134	 LOUWET Margaux	F 86.	SeF 36.		54:05	<b>1:11:31</b>	8.3	7:09	+32:40
197.	1195	 BUYENS Johan	M 111.	V4H 5.	bav	55:41	<b>1:12:43</b>	8.2	7:16	+39:56
198.	1158	 JANSSENS Laura	F 87.	MiF 1.	JCPMF Braine	55:21	<b>1:13:09</b>	8.2	7:18	+34:18
199.	1109	 DENIS Marcel	M 112.	V4H 6.	James	55:51	<b>1:13:16</b>	8.1	7:19	+40:29
200.	1165	 MOINIL Nathalie	F 88.	V2F 15.	Je cours pour ma	55:14	<b>1:13:30</b>	8.1	7:20	+34:39
201.	1110	 HUBERT Josseline	F 89.	V3F 4.	Jcpmf Ramillies	55:14	<b>1:13:33</b>	8.1	7:21	+34:42
202.	1162	 VANDENHOVEN Adeline	F 90.	V1F 30.		55:04	<b>1:13:53</b>	8.1	7:23	+35:02
203.	1155	 LENOBLE Anne-Noelle	F 91.	V1F 31.	Ynra	56:13	<b>1:14:13</b>	8.0	7:25	+35:22
204.	1167	 NAJDOVSKI Rosa	F 92.	V2F 16.	YNRA	56:08	<b>1:14:13</b>	8.0	7:25	+35:22
205.	1171	 SPRONCK Sabine	F 93.	V2F 17.	RCB GAL	57:28	<b>1:15:32</b>	7.9	7:33	+36:41

Nombre de partants : 205