

## RESULTS :

**JOGGING**  
**GRIMMINGE**  
**22/07/2022**

**4 km**

rank	bib	gender	name [ catg / year ]	time	time / km	km/h
1	285	M 1	Van Den Brulle Jo [m 40/1979]	13:46	03:26	17.40
2	320	M 2	Van Geyte Jeeen [sen/1990]	14:22	03:35	16.70
3	265	M 3	De Blander Guy [m 55/1967]	14:27	03:36	16.60
4	248	M 4	Bruier Desmeth Randy [m 40/1978]	14:39	03:39	16.40
5	286	M 5	Van Den Broeck Robin [sch/2007]	15:07	03:46	15.90
6	222	M 6	De Bruyne Steven [sen/1996]	15:14	03:48	15.80
7	257	M 7	Hunninck Ken [m 35/1986]	15:16	03:49	15.70
8	243	M 8	Lievens Niels [sen/1989]	15:39	03:54	15.30
9	234	M 9	Marien Nick [m 35/1987]	16:16	04:04	14.80
10	288	M 10	Viane Brent [sen/2003]	16:28	04:07	14.60
11	258	M 11	Wauters Karsten [cad/2008]	16:41	04:10	14.40
12	263	M 12	Rijdtant Pascal [m 50/1969]	17:13	04:18	13.90
13	268	M 13	Erpels Erik [m 45/1974]	17:20	04:20	13.80
14	270	W 1	Van Ackre Lieze [cad/2007]	17:49	04:27	13.50
15	271	W 2	Steppe Marina [w 60/1959]	18:15	04:33	13.20
16	305	M 14	Bastien Jens [sen/1987]	18:16	04:34	13.10
17	289	W 3	Van Dijkcke Valerie [sen/1999]	18:17	04:34	13.10
18	287	M 15	Maegerman Zeno [cad/2008]	18:23	04:35	13.10
19	249	W 4	Lauwers Lieze [nvt/2022]	18:25	04:36	13.00
20	292	M 16	Van Den Berg Jarne [nvt/2011]	18:35	04:38	12.90
21	208	W 5	De Bruyne Ilona [nvt/2011]	18:56	04:44	12.70
22	253	M 17	Verbeeren Gianni [sen/1999]	19:04	04:46	12.60
23	295	M 18	Jaspers Kim [m 45/1975]	19:38	04:54	12.20
24	223	M 19	De Wolf Arne [nvt/2010]	19:45	04:56	12.20
25	314	M 20	De Doncker Mathias [sen/1990]	19:47	04:56	12.10
26	269	W 6	De Coene Helene [cad/2007]	21:00	05:15	11.40
27	235	M 21	Bellemans Wouter [m 35/1985]	21:21	05:20	11.20
28	236	W 7	Reynaert Nathalie [w 40/1980]	21:42	05:25	11.10
29	291	M 22	Van Den Berg Sepp [nvt/2013]	21:56	05:29	10.90
30	293	M 23	Van Den Berg Jeen [m 35/1985]	21:58	05:29	10.90
31	312	M 24	Broekaert Arif [sen/1991]	22:17	05:34	10.80
32	316	M 25	Langenakens Kevin [m 35/1986]	22:45	05:41	10.50
33	284	W 8	De Troyer Saskia [w 40/1982]	22:48	05:42	10.50
34	290	W 9	De Medts Katleen [w 50/1971]	22:51	05:42	10.50
35	282	W 10	Moens Nora [cad/2007]	22:53	05:43	10.50
36	241	W 11	Van Laethem Steffi [sen/1988]	23:14	05:48	10.30
37	256	W 12	Luystermans Wendy [w 35/1985]	23:17	05:49	10.30
38	247	W 13	Bruylandt Ilse [w 35/1983]	23:18	05:49	10.30
39	309	M 26	Nechelput Lander [cad/2007]	23:20	05:50	10.30

40	250	M 27	Van Vreckem Kim [nvt/]	23:23	05:50	10.30
41	319	M 28	Van Den Berghe Jasper [sen/1997]	23:39	05:54	10.10
42	326	M 29	De Nutte Robin [sen/1999]	23:40	05:55	10.10
43	327	M 30	De Leye Glenn [sen/1993]	23:43	05:55	10.10
44	299	M 31	De Bolle Aaron [sen/1996]	23:47	05:56	10.10
45	294	W 14	Marchand Ilse [w 55/1965]	24:00	06:00	10.00
46	308	M 32	Nechelput Lennert [sch/2007]	24:21	06:05	9.90
47	310	M 33	Mathieu Kian [cad/2009]	24:24	06:06	9.80
48	315	M 34	Muyldermans Hannelore [sen/1991]	24:31	06:07	9.80
49	205	W 15	Valkenier Joyce [sen/1998]	24:39	06:09	9.70
50	298	W 16	Canepenne Sylviane [w 45/1975]	25:06	06:16	9.60
51	260	W 17	Van Gossum Kelly [w 40/1979]	25:27	06:21	9.40
52	311	M 35	Andries Raf [nvt/2009]	26:57	06:44	8.90
53	283	W 18	Schelfhout Anja [w 50/1969]	27:00	06:45	8.90
54	279	W 19	Deville Mie [w 65/1953]	27:11	06:47	8.80
55	277	W 20	Deschaever Miriam [w 70/1950]	27:16	06:49	8.80
56	276	M 36	Ghijssels Roger [m 75/1947]	27:17	06:49	8.80
57	274	W 21	Dehaever Anne [w 65/1957]	27:20	06:50	8.80
58	273	M 37	De Dobbeleer Luc [m 65/1954]	28:03	07:00	8.60
59	281	W 22	Lauwereys Erna [w 65/1952]	28:20	07:05	8.50
60	324	W 23	Van Wonterghem Benedicte [w 45/1972]	29:00	07:15	8.30
61	322	W 24	Hoogstoel Hilde [w 50/1969]	29:03	07:15	8.30
62	325	M 38	James Garge Antoine [nvt/2019]	29:05	07:16	8.30
63	323	M 39	Grafido Bruce [nvt/2019]	29:09	07:17	8.20
64	307	W 25	Lasat Annelies [w 45/1976]	29:21	07:20	8.20
65	306	M 40	Nechelput David [m 40/1977]	29:22	07:20	8.20
66	297	W 26	Van Schepdael Wendy [w 40/1981]	30:04	07:31	8.00
67	200	W 27	Beelen Lisette [w 70/1950]	30:14	07:33	7.90
68	244	W 28	Schouppe Anita [w 70/1948]	30:56	07:44	7.80