

Uitslagen 2024

31.12.2024 - EINDSTAND HELPSHOPLOOPCRITERIUM -

15 WEDSTRIJDEN

EINDSTAND 5 KM

D-35/237D	1 Kelly Haex	5X1-1X2- 4X3	13W
D+35/158D	8 Liesbeth Vanneste	3X3	4W
H+35/162D	1 Jonas Slegers	9X1-1X2- 2X3	12W
	2 Peter Bex	1X2-4X3	11W
	24 Niels Adang	2X3	2W
	45 Andries Aerts	1X2	1W
H+55/62D	1 Michel Wolfs	2X1-4X2- 4X3	15W
	6 Lode Raskin	1X1-3X2- 4X3	9W

EINDSTAND 10 KM

H-35/205D	2 Jorden Van Asselbergh	1X1-3X2- 4X3	1W
H+35/234D	15 Andries Aerts	1X2-1X3	3W
D-35/158D	2 Julie Vangeel	3X1-1X2- 1X3	5W
D+35/120D	6 Jill Pauwels	2X3	7W
D+45/69D	3 Linda Frankenne	1X2-1X3	13W

31.12.2024 - EINDSTAND CHALLENGE EDUCARE VICTORS CUP -

12 WEDSTRIJDEN

D-30/2739D	15 Kelly Haex	2X1-2X2	4W
D+30/1434D	10 Julie Vangeel	1X1-3X2- 2X3	6W
H-30/4060D	1 Bram Rouffa	5X1-2X2- 1X3-1X4	12W
	5 Gilles Puellings	1x4-1x3- 1x5	11W
H+30/2194D	1 Jonas Slegers	3x1-5x2- 3x3	10W
	16 Kevin Pauls	1X3-1X4- 1X5	5W
H+40/1713D	2 Peter Bex	2X1-1X2- 2X3	10W
H+50/884D	3 Lode Raskin	6X1-1X3- 2X5	12W

31.12.2024 - EINDSTAND ESTAFETTECHALLENGE 2024 -
9 WEDSTRIJDEN

DAME+80	2	Jill Pauwels - Linda Frankenne	4X2-2X3	6W
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31.12.2024 - OLIEBOLLENLOOP -WEERT(NL)

5 km - 227 deelnemers

D45/20D	1	Katleen Boeckx	00:21:09
	3	Hilde Schroven	00:22:31

22.12.2024 - LCC DILSEN

Senior heren - 9500 m

HSen/14D	9	Jorden Van Asselbergh	00:38:29
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Heren Jun-Mas-50 - 5610 m

H-50/23D	4	Jonas Slegers	00:21:21	3 H35
	5	Andries Aerts	00:21:24	

14.12.2024 - ESTAFETTE LAGO - SINT-TRUIDEN

H+80/6D	1	Michel Wolfs - Jorden Van Asselbergh	16800 m	4/45 Alg
D+80/3D	3	Jill Pauwels - Linda Frankenne	12475 m	
G-80/3D	3	Kelly Haex - Gilles Puelings	14800 m	

08.12.2024 - WINTERDUATLON WUUSTWEZEL

Lopen 4 km - Fietsen 21 km - Lopen 2 km: 139 deelnemers

Duo/8D	3	Katleen Boeckx - Geert Schroven	01:34:07
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08.12.2024 - CROSS L'AVANT SYLVESTRE - REUSEL (NL)

7800 m - 54 deelnemers

D+35/3D	3	Hilde Schroven	00:42:03
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08.12.2024 - TERHILLLS TRAIL - MAASMECHELEN

20 km - 472 deelnemers

H40/84D	3	Peter Bex	01:33:35
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01.12.2024 - LCC BREE

Senior heren - 8575 m

HSen/14D	9	Jorden Van Asselbergh	00:33:33
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Dames Jun-Sen-Mas-50 - 5295 m

Dsen 5D	4	Julie Vangeel	00:22:37
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Heren Jun-Mas-50 - 5415 m

H-50/25D	3 Jonas Slegers	00:20:49	3 H35
	6 Andries Aerts	00:21:01	
	11 Peter Bex	00:23:02	

24.11.2024 - DE HALVE VAN ELL (NL)

8 km - 66 deelnemers

HAlg/32D	6 Lode Raskin	00:34:17
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21,1 km - 335 deelnemers

D40/25D	3 Jill Pauwels	01:42:38
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24.11.2024 - LCC GENK

Senior heren - 8280 m

HSen/14D	7 Jorden Van Asselbergh	00:32:03
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Dames Jun-Sen-Mas-50 - 5415 m

DSen/8D	6 Julie Vangeel	00:23:07
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Heren Jun-Mas-50 - 5415 m

H-50/29D	4 Jonas Slegers	00:19:18	3 H35
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Heren Scol-Mas+50 - 4150 m

H+50/17D	7 Michel Wolfs	00:16:50
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23.11.2024 - DUINENGORDELTRAIL OUDSBERGEN

9 km - 90 deelnemers

D+35/31D	2 Hilde Schroven	00:48:22
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17.11.2024 - ESTAFETTE WAREMME - 92 Teams

G+100/4D	1 Michel Wolfs - Chantal Van Oosterwijck	14425 m
D+80/5D	2 Jill Pauwels - Linda Frankenne	12500 m
G-80/15D	4 Kelly Haex - Gilles Puelings	14950 m

11.11.2024 - EKIDEN TONGEREN

Marathon met 6 lopers - 79 teams

GEMENGD/11D	2 Rianne Linssen 5 km	00:21:17	9 Alg
02:40:18	Andries Aerts 10 km	00:35:40	
	Kelly Haex 5 km	00:20:32	
	Jorden Van Asselbergh 10 km	00:35:49	
	Julie Vangeel 5 km	00:20:23	
	Jonas Slegers 7,195 km	00:26:37	

GEMENGD/38D	3 Chantal Van Oosterwijck	5 km	00:21:40	15 Alg
02:52:35	Peter Bex	10 km	00:37:44	
	Hilde Schroven	5 km	00:23:01	
	Lode Raskin	10 km	00:42:23	
	Gilles Puelings	5 km	00:19:40	
	Kevin Pauls	7,195 km	00:28:07	

10.11.2024 - LCC VELDLOOP PELT

Heren Jun-Mas-50 - 5190 m

H-50/34D	3 Jonas Slegers	00:18:04	2 H35
	17 Peter Bex	00:20:00	

Heren Scol-Mas+50 - 4250 m

H+50/21D	6 Michel Wolfs	00:16:46
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03.11.2024 - LCC VELDLOOP TONGEREN

Senior heren - 9110 m

HSen/12D	2 Bram Rouffa	00:31:23
	6 Jorden Van Asselbergh	00:35:35
	10 Gilles Puelings	00:39:13

Dames Jun-Sen-Mas-50 - 5500 m

D-50/11D	9 Jill Pauwels	00:25:31
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Heren Jun-Mas-50 - 5500 m

H-50/26D	2 Jonas Slegers	00:19:38	1 H35
	3 Andries Aerts	00:19:41	2 H35
	11 Peter Bex	00:21:37	

Heren Scol-Mas+50 - 4500 m

H+50/9D	7 Michel Wolfs	00:16:58	2 H55
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02.11.2024 - AVR'69 RUN BIKE RUN DUATLON - REUSEL(NL)

Algemeen/22D	4 Katleen Boeckx -	02:00:15
	Geert Schroven	

27.10.2024 - DE IJZEREN MAN CROSS - WEERT (NL)

Korte Cross - 84 deelnemers

D45/12D	4 Hilde Schroven	00:22:10
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20.10.2024 - KERKENLOOP KORTESSEM

5,6 km - 244 deelnemers

H-35/66D	2 Bram Rouffa	00:17:34	2 Alg
	6 Jorden Van Asselbergh	00:19:25	
H+35/32D	1 Jonas Slegers	00:18:41	
	3 Peter Bex	00:20:14	
H+45/30D	8 Geert Schroven	00:24:06	

H+55/14D	3 Michel Wolfs	00:21:34
	4 Lode Raskin	00:22:06
D-35/42D	3 Kelly Haex	00:22:43
D+45/22D	2 Katleen Boeckx	00:24:07
	4 Hilde Schroven	00:26:10

13,9 km - 109 deelnemers

H-35/22D	13 Gilles Puelings	01:02:06
H+35/23D	2 Andries Aerts	00:51:34
D+35/5D	3 Jill Pauwels	01:06:54

06.10.2024 - BOOMGAARDENRUN - BOMMERSHOVEN

5 km - 125 deelnemers

H+55/13D	2 Michel Wolfs	00:20:03
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06.10.2024 - DWARS DOOR HASSELT

5 km - 3713 deelnemers

D20/86D	5 Laura Dumont	00:26:11
D25/180D	1 Kelly Haex	00:20:10
H25/81D	4 Gilles Puelings	00:19:24
H40/176D	2 Peter Bex	00:17:59
H55/35D	1 Lode Raskin	00:19:48

10,6 km - 2561 deelnemers

H25/189D	1 Jorden Van Asselbergh	00:36:03
H45/101D	9 Geert Schroven	00:44:55
D45/73D	2 Katleen Boeckx	00:44:55
	3 Chantal Van Oosterwijck	00:46:03
	4 Hilde Schroven	00:49:42

05.10.2024 - PK UURLOOP - LANAKEN -PK LIMBURG

D40/2D	1 Jill Pauwels	12935 m	GOUD
HSen/3D	1 Bram Rouffa	17892 m	GOUD
H35/3D	2 Jonas Slegers	16950 m	ZILVER
			PR ADD

29.09.2024 - MAASRUN LANAKEN

5 km - 322 deelnemers

HAlg/326D	3 Andries Aerts	00:16:48	1 HMas Alg
	15 Michel Wolfs	00:19:13	1 H55
	22 Lode Raskin	00:19:38	2 H55

10 km - 270 deelnemers - PK LIMBURG

D+40/26D	5 Jill Pauwels	00:45:25	ZILVER
H-35/66D	4 Bram Rouffa	00:33:21	
	5 Jorden Van Asselbergh	00:35:33	
	15 Gilles Puelings	00:40:39	
H+35/49D	2 Jonas Slegers	00:34:31	ZILVER

21,1 km - 256 deelnemers

H+35/48D 3 Peter Bex 01:22:03

22.09.2024 AMBIORIXRUN - TONGEREN

5,2 km - 226 deelnemers

H-35/61D 1 Bram Rouffa 00:15:37 1 Alg

D+45/15D 8 Hilde Schroven 00:24:28

10,2 km - 167 deelnemers

H-35/31D 1 Adrien Noel 00:33:41 2 Alg

H+35/27D 3 Jonas Slegers 00:35:50 1 Alg

10 Peter Bex 00:39:38

H+55/27D 5 Lode Raskin 00:44:31

21.09.2024 - HOLLE WEGEN JOGGING - HOEGAARDEN

5 km - 201 deelnemers

H+35/55D 1 Niels Adang 00:19:21

14 km - 167 deelnemers

HAlg/102D 20 Niels Adang 01:04:02

08.09.2024 - PK HALVE MARATHON - HAMONT

21,1 km - 297 deelnemers

D40Alg 1 Jill Pauwels 01:44:53 **GOUD**

08.09.2024 - ULBEEK LOOPT

5 km - 115 deelnemers

D-35/11D 1 Kelly Haex 00:21:31 1 Alg

H+55/14D 2 Michel Wolfs 00:20:39

10 km - 61 deelnemers

H-35/9D 3 Jorden Van Asselbergh 00:35:47

D+45/4D 4 Linda Frankenne 00:56:59

08.09.2024 - LOON LOOPT

5,2 km - 152 deelnemers

D-40/44D 14 Laura Dumont 00:29:11

H-40/57D 1 Bram Rouffa 00:17:07 1 Alg

10,4 km - 120 deelnemers

H-40/40D 1 Jonas Slegers 00:36:45 1 Alg

H-50/24D 1 Peter Bex 00:39:15

H+50/20D 1 Lode Raskin 00:45:29

08.09.2024 - PARELRUN EERSEL (NL)

10 km Trimloop - 90 deelnemers

DAlg/31D 1 Katleen Boeckx 00:44:56

07.09.20245 - SCHOOTSE PAROCHIEJOGGING

4,5 km - 43 deelnemers

DAlg/15D 2 Hilde Schroven 00:23:23

12,5 km - 27 deelnemers

HAlg/23D 6 Jorden Van Asselbergh 00:46:23

06.09.2024 - ESTAFETTE HOESEL

G-80/7D 1 Bram Rouffa - 15700 m
(Silke Cuyx)

H-80/4D 3 Niels Adang - 17450 m
(Michel Van Den Bempt)

31.08.2024 - BROUWERIJLOOP ALKEN

6,2 km - 115 deelnemers

H+35/15D 1 Jonas Slegers 00:21:01 1 Alg

4 Peter Bex 00:22:54

H+55/14D 1 Michel Wolfs 00:24:35

3 Lode Raskin 00:25:39

D-35/14D 1 Kelly Haex 00:26:12 1 Alg

9,8 km - 72 deelnemers

H-35/7D 2 Jorden Van Asselbergh 00:34:31

D+45/4D 4 Linda Frankenne 00:54:47

27.08.2024 - KERMISJOGGING MORKHOVEN

6,26 km - 77 deelnemers

DAlg/20D 6 Hilde Schroven 00:33:59

9,34 km - 68 deelnemers

DAlg/15D 4 Katleen Boeckx 00:41:38

24.08.2024 - PK ESTAFETTE LOMMEL

4x1500m 3 Jonas Slegers - 20:18:53

Masters Lode Rasking
(Drion D - Stevens C)

BRONS

21.08.2024 - PISTEMEETING TESSENDERLO

1 MIJL/5D 4 Kelly Haex 05:52,35

400m/8D 8 Jorden Van Asselbergh 00:58,61

PR

PR

17.08.2024 - JELS LEUPT RIEMST

5 km - 124 deelnemers

H+55/16D	1 Michel Wolfs	00:20:43	
	3 Lode Raskin	00:21:19	
D-35/15D	2 Kelly Haex	00:21:07	3 Alg

10 km - 90 deelnemers

H-35/10D	1 Jorden Van Asselbergh	00:36:40
D+35/8D	7 Jill Pauwels	00:50:56
D+45/7D	6 Linda Frankenne	00:56:28

16.08.2024 - ESTAFETTE HANEFFE

G-80/6D	1 Kelly Haex - Gilles Puelings	14142 m
D+80/4D	2 Jill Pauwels - Linda Frankenne	11597 m

12.08.2024 - KERMISLOOP KOZEN

5,2 km - 98 deelnemers

H+35/15D	1 Jonas Slegers	00:18:15	2 Alg
	4 Peter Bex	00:20:12	
H+55/12D	2 Lode Raskin	00:21:59	
	3 Michel Wolfs	00:22:05	
D-35/11D	4 Kelly Haex	00:22:20	

10,4 km - 81 deelnemers

H-35/11D	2 Jorden Van Asselbergh	00:39:14
D+45/2D	2 Linda Frankenne	01:02:33

11.08.2024 - TOUR VAN SPAEN

5 km - 216 deelnemers

H-40/88D	3 Bram Rouffa	00:16:18	3 Alg
H+40/57D	7 Lode Raskin	00:20:47	

10,5 km - 102 deelnemers

H-40/41D	11 Gilles Puelings	00:47:15
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03.08.2024 - MEETING PISTE TACT SINT-TRUIDEN

100 m J/S/M-H

1ste reeks	3 Jorden Van Asselbergh	00:12,79	PR
2de reeks	3 Gilles Puelings	00:13,58	PR

400 m - J/S/M-D

DSen/4D	2 Julie Vangeel	01:09,98
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400 m - J/S/M-H

HSen/4D	2 Gilles Puelings	01:02,76	PR
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1000 m - J/S/M-H

H35	2	Jonas Slegers	02:51,43	PR+ADD
HSen	4	Jorden Van Asselbergh	02:54,84	PR
H55	8	Michel Wolfs	03:24,15	

28.07.2024 - SEZOENS TRAIL - BOCHOLT

5 km - 149 deelnemers

DAlg/46D	2	Kelly Haex	00:20:28	2 Alg
HAlg/100D	2	Jorden Van Asselbergh	00:17:10	2 Alg

28.07.2024 - BOSLOOP GERHAGEN - TESSENDERLO

8,2 km - 305 deelnemers

D+40/20D	1	Katleen Boeckx	00:37:37	2 Alg
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19.07.2024 - BEACHRUN OOSTENDE

5 km - 179 deelnemers

HAlg/113D	16	Michel Wolfs	00:21:07	
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13.07.2024 - AQUATERRA TRAIL - BORQ-LES-ORGUES (F)

8 km - 172 deelnemers

HAlg/93D	3	Jonas Slegers	00:34:44	3 Alg
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08.07.2024 - THE CLASSIC - TESSENDERLO

3,8 km - 719 deelnemers

H20/52D	2	Bram Rouffa	00:11.283	Alg
H25/26D	5	Gilles Puelings	00:14:52	
H30/32D	4	Kevin Pauls	00:13:23	
H35/50D	1	Jonas Slegers	00:12:16	
H55/6D	1	Lode Raskin	00:14:31	
D25/49D	2	Kelly Haex	00:14:44	

9,9 km - 1633 deelnemers

D30/63D	3	Julie Vangeel	00:42:05	
D45/46D	3	Katleen Boeckx	00:44:05	
H40/148D	9	Peter Bex	00:36:51	

30.06.2024 - KERMISLOOP NIEUWERKERKEN

4,8 km- 113 deelnemers

H+35/17D	2	Jonas Slegers	00:16:00	2 Alg
	3	Peter Bex	00:17:32	
H+45/16D	7	Steven Van Dingenen	00:20:24	
H+55/12D	2	Lode Raskin	00:19:14	
	4	Michel Wolfs	00:19:22	
D-35/14D	3	Kelly Haex	00:19:41	
D+55/7D	4	Anne Marie Corthier	00:27:21	

9,6 km - 94 deelnemers

H-35/10D	4 Jorden Van Asselbergh	00:34:20
D+45/6D	4 Linda Franken	00:51:05

26.06.2024 - MEETING PISTE DIEPENBEEK

3000 m - 7 deelnemers

HerenMas/4D	2 Jonas Slegers	00:10:03,45
	3 Lode Raskin	00:11:33,24

23.06.2024 - HOESELT RUN

5 km - 634 deelnemers

H-40/122D	2 Bram Rouffa	00:17:06	2 Alg
	28 Gilles Puelings	00:21:13	
D-40/190D	25 Laura Dumont	00:27:51	
D+50/21D	4 Anne-Marie Corthier	00:30:23	

10 km - 353 deelnemers

H-40/247D	5 Jorden Van Asselbergh	00:37:43
H+40/62D	1 Peter Bex	00:38:59

10 miles - 379 deelnemers

D-40/51D	3 Julie Vangeel	01:14:29
D+40/42D	12 Jill Pauwels	01:25:15
H-40/51D	3 Jonas Slegers	00:59:57
	5 Andries Aerts	01:01:31
	8 Niels Adangs	01:04:26
	14 Kevin Pauls	01:05:35
H+50/54D	5 Lode Raskin	01:13:41

22.06.2024 - MIDSUMMER TRAIL - OUDSBERG

25 km - 48 deelnemers

DAlg/14D	1 Rianne Linssen	01:54:49
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15.06.2024 - ATERSTAOSE JOGGING - TONGEREN

5,2 km - 207 deelnemers

HAlg/143D	5 Kevin Pauls	00:18:47	3 Alg
	26 Gilles Puelings	00:21:39	
DAlg/64D	3 Kelly Haex	00:21:24	
	56 Anne-Marie Corthier	00:30:01	

10,4 km - 119 deelnemers

D-35/10D	1 Julie Vangeel	00:44:10	2 Alg
H-35/19D	1 Bram Rouffa	00:37:35	
H+35/32D	2 Jonas Slegers	00:36:01	2 Alg
	6 Peter Bex	00:38:54	
H+55/14D	1 Lode Raskin	00:42:48	

14.06.2024 - JOGGING VAN BUvingEN - GINGELOM11,75 km - 127 deelnemers

DA1/17D	3 Jill Pauwels	00:58:07	
	7 Linda Frankenne	01:02:50	
HV2/22D	9 Michel Wolfs	00:52:47	

14.06.2024 - RAPPER DAN RAP - LAAKDAL9,7 km - 46 deelnemers

DAlg/13D	2 Katleen Boeckx	00:44:49	
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10.06.2024 - KERMISLOOP TERKOEST - ALKEN5,1 km - 188 deelnemers

H-35/38D	5 Kevin Pauls	00:18:05	
H+35/29D	3 Jonas Slegers	00:17:40	
	5 Peter Bex	00:18:32	
H+45/21D	5 Steven Van Dingenen	00:21:48	
H+55/14D	3 Lode Raskin	00:20:10	
	5 Michel Wolfs	00:20:34	
D-35/23D	3 Kelly Haex	00:20:36	
D+35/23D	3 Liesbeth Vanneste	00:22:53	
D+55/10D	5 Anne-Marie Corthier	00:29:12	

10,2 km - 137 deelnemers

H-35/30D	3 Jorden Van Asselbergh	00:36:10	
H+35/30D	3 Andries Aerts	00:36:09	
D-35/14D	1 Julie Vangeel	00:42:55	1 Alg
D+45/5D	3 Linda Frankenne	00:51:59	

09.06.2024 - MAASTRICHTS MOOISTE (NL)5 km - 1216 deelnemers

DAlg/649D	3 Kelly Haex	00:20:06	
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02.06.2024 - BEKER VAN VLAANDEREN D+H- VILVOORDE

5000m/12D	6 Jonas Slegers	16:53,49	
4x400m/12D	6 Jonas Slegers	04:11,84	
	(Drion-Diels-Stevens)		

09.06.2024 - PK 10000 M - ATLA LANAKEN

Dames/10D	1 Julie Vangeel	00:43:10,35	GOUD SEN
HerenMas/20D	2 Jonas Slegers	00:34:25,78	ZILVER M35
	4 Andries Aerts	00:34:46,10	

02.06.2024 - BOKKERIJDESRUN4,9 km - 251 deelnemers

D-35/40D	1 Kelly Haex	00:19:55	1 Alg
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D+55/6D	3 Anne-Marie Corthier	00:27:00	
H-35/72D	7 Kevin Pauls	00:17:29	
H+35/31D	1 Jonas Slegers	00:16:13	2 Alg
	3 Peter Bex	00:17:36	
H+55/17D	1 Lode Raskin	00:18:47	
	4 Michel Wolfs	00:19:50	

9,9 km - 127 deelnemers

H-35/13D	3 Jorden Van Asselberghs	00:34:59	
H+35/12D	2 Andries Aerts	00:34:20	
D+35/13D	6 Jill Pauwels	00:46:34	
D+45/4D	4 Linda Frankenne	00:50:27	

29.05.2024 - ESTAFETTE SAFFRAANBERG

H-80/11D	1 Jonas Slegers - Andries Aerts	17675 m	1Alg
	2 Jorden Van Asselbergh - (Giel Jonkmans)	17250 m	
H+100/8D	4 Michel Wolfs - Lode Raskin	14925 m	
D-80/8D	1 Rianne Linssen - Chantal Van Oosterwijck	14525 m	1 DAlg
D+80/4D	3 Jill Pauwels - Linda Frankenne	12620 m	

26.5.2024 - BILZEN RUN

5 km - 415 deelnemers

H-35/106D	4 Bram Rouffa	00:15:05	
H+55/34D	1 Lode Raskin	00:18:23	
D+55/11D	2 Anne-Marie Corthier	00:26:47	

10 km - 310 deelnemers

H+35/44D	3 Peter Bex	00:38:33	
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15km - 194 deelnemers

H-35/46D	3 Kevin Pauls	00:58:11	
H+35/46D	2 Jonas Slegers	00:52:02	2 Alg
D-35/20D	2 Julie Vangeel	01:05:37	2 Alg

25.05.2024 - BURCHTLOOP BRUSTEM

5 km - 170 deelnemers

H+35/22D	1 Jonas Slegers	00:16:46	1 Alg
	2 Peter Bex	00:18:32	
H+45/15D	5 Steven Van Dingenen	00:20:57	
H+55/14D	3 Michel Wolfs	00:20:09	
D-35/37D	3 Kelly Haex	00:20:58	
D+35/20D	3 Liesbeth Vanneste	00:22:40	
	7 Katrien Narinx	00:27:57	

D+55/8D 5 Anne-Marie Corthier 00:28:34

10 km - 132 deelnemers

D+35/8D 3 Jill Pauwels 00:47:24

D+45/8D 4 Linda Franken 00:51:45

20.05.2024 - MEETING PISTE DIEPENBEEK

5000 m - 3 deelnemers

HAlg/3D 1 Jonas Slegers 16:48,79

3 Lode Raskin 19:34,00

SB

20.5.2024 - FOORLOOP DESSEL

5 km - 181 deelnemers

DAlg/74D 2 Katleen Boeckx 00:21:34

18.05.2024 - SINKSEN RUN - AVERBODE

5 km - 87 deelnemers

H35/8D 1 Niels Adang 00:18:37

4 Alg

18.05.2024 - BOEK LOOPT

5 km - 242 deelnemers

D-35/60D 1 Kelly Haex 00:20:52

1 Alg

D+35/38D 4 Liesbeth Vanneste 00:23:51

D+55/3D 2 Anne-Marie Corthier 00:28:50

H-35/69D 1 Bram Rouffa 00:16:51

1 Alg

10 km - 216 deelnemers

D-35/35D 2 Julie Vangeel 00:42:12

3 Alg

H-35/45D 12 Gilles Puelings 00:44:13

H+35/50D 2 Jonas Slegers 00:36:11

2 Alg

3 Peter Bex 00:38:28

H+45/28D 10 Steven Van Dingenen 00:45:14

H+55/27D 4 Lode Raskin 00:43:33

21 km Trail - 196 deelnemers

DAlg/51D 1 Rianne Linssen 01:38:09

1 Alg

12.05.2024 - BVV AC - NIEUWPOORT

3000 m

D/12D 8 Rianne Linssen 11:45,72

H/11D 5 Bram Rouffa 08:57,99

11.05.2024 - MARIENLOOP - BORGLOON

5 km - 158 deelnemers

D-35/16D 1 Kelly Haex 00:20:46

D+55/7D 5 Anne-Marie Corthier 00:30:09

H-35/39D	5 Kevin Pauls	00:17:54
H+35/26D	2 Jonas Slegers	00:16:37
	3 Niels Adang	00:17:50
	4 Peter Bex	00:17:58
H+55/17D	3 Lode Raskin	00:19:47
	7 Michel Wolfs	00:21:00

10 km - 149 deelnemers

D-35/16D	1 Julie Vangeel	00:41:48
D+45/5D	6 Linda Frankenne	00:53:50
H+35/27D	13 Andries Aerts	00:41:48

05.05.2024 - GENK LOOPT

10 km - 814 deelnemers

H35/53D	1 Andries Aerts	00:35:34
H55/25D	2 Michel Wolfs	00:42:12
D40/36D	3 Jill Pauwels	00:48:41

10 miles/771 deelnemers

H35/87D	2 Jonas Slegers	00:57:53
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5 km/964 deelnemers

H20/35D	1 Bram Rouffa	00:15:06	1 Alg
H25/34D	3 Gilles Puelings	00:18:36	
H55/14D	1 Lode Raskin	00:19:14	

05.05.2024 - MAASMARATHON - VISE

5 km - 416 deelnemers

D-35/132D	3 Kelly Haex	00:20:04	3 Alg
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01.05.2024 - TUNGRIRUN

3 km - 193 deelnemers

DAlg/77D	2 Kelly Haex	00:12:54	2 Alg
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5,15 km - 700 deelnemers

H-35/399D	2 Bram Rouffa	00:16:14	2 Alg
	12 Kevin Pauls	00:19:14	
	24 Gilles Puelings	00:20:16	
H+35/133D	1 Jonas Slegers	00:17:24	
	4 Niels Adang	00:18:59	
H+45/46D	3 Lode Raskin	00:21:43	

9,94 km - 408 deelnemers

D-35/38D	2 Julie Vangeel	00:43:41
D+45/5D	7 Linda Frankenne	00:56:45
H+35/95D	5 Peter Bex	00:38:01
H+55/34D	4 Michel Wolfs	00:44:47

28.04.2024 - HERK LOOPT

5 km - 218 deelnemers

HAlg/114D	3 Jonas Slegers	00:17:07
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10 km - 164 deelnemers

HAlg/127D	12 Peter Bex	00:37:54
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26.04.2024 - ESTAFETTELOOP KORTESSEM

H-80/10D	2 Jonas Slegers - Andries Aerts	17710 m
	5 Yves Kockaerts - (Jasper Kockaerts)	15675 m
G-80/9D	2 Rianne Linssen - Peter Bex	16110 m
	3 Julie Vangeel - Kevin Pauls	15775 m
	7 Kelly Haex - (Peter Govaerts)	13710 m
G+80/7D	6 Chantal Van Oosterwijck (Steven Van Dingenen)	13610 m
G+100/1D	1 Linda Frankenne - Michel Wolfs	13750 m

25.04.2024 - CAMPUSRUN - DIEPENBEEK

5 km - 154 deelnemers

DAlg/74D	2 Kelly Haex	00:20:18
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10 km - 422 deelnemers

DAlg/122D	3 Julie Vangeel	00:42:28
HAlg/215D	7 Andries Aerts	00:36:23

21.04.2024 - PK LIMBURG - PISTE ALKEN

800 m - Dames Jun, Vet, Sen

DSen/7D	4 Julie Vangeel	02:31:94	PR
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5000 m - Heren Jun, Vet, Sen

HSen/13D	7 Jonas Slegers	16:44,84	PR
	8 Andries Aerts	16:58,55	PR

21.04.2024 - 10 MILES ANTWERPEN

10 miles - 29406 deelnemers

H25/3790D	219 Gilles Puelings	01:06:30
D25/3081D	68 Kelly Haex	01:15:10

21.04.2024 - JOGGING D'OLEYE

11,02 km - 197 deelnemers

HV2/43D 9 Michel Wolfs 00:48:03

20.04.2024 - VELMSE BLOESEMRUN

4,1 km - 106 deelnemers

D-35/13D	1 Kelly Haex	00:16:34	1 Alg
H-35/24D	3 Kevin Pauls	00:14:53	
	6 Gilles Puelings	00:15:37	
H+35/16D	1 Jonas Slegers	00:14:32	
	3 Peter Bex	00:14:40	
H+55/10D	2 Michel Wolfs	00:16:09	

10,2 km - 88 deelnemers

D+35/8D	4 Jill Pauwels	00:50:48
D+45/5D	4 Linda Frankenne	00:51:40

14.04.2024 - BLOESEMRUN - ZEPPEREN

5,4 km - 237 deelnemers

H-35/52D	10 Kevin Pauls	00:19:47	
	14 Gilles Puelings	00:20:35	
H+35/25D	1 Jonas Slegers	00:18:02	2 Alg
	2 Andries Aerts	00:18:16	
	3 Niels Adang	00:19:17	
H+55/11D	2 Michel Wolfs	00:21:24	
D-35/41D	4 Kelly Haex	00:22:40	

10 km - 273 deelnemers

D-35/58D	3 Julie Vangeel	00:41:06
D+35/40D	7 Jill Pauwels	00:49:18
D+45/20D	5 Hilde Schroven	00:46:49
	6 Linda Frankenne	00:51:14

06.04.2024 - TRAILAU FIL DU BOCQ - EVREHAILLES

12 km - 318 deelnemers / 500 m hoogteverschil

H35/26D	3 Jonas Slegers	01:10:51
H40/27D	2 Petet Bex	01:17:22

01.04.2024 - MEETING PISTE DIEPENBEEK

3000 m	3 Jonas Slegers	00:09:58
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29.03.2024 - ESTAFETTE TONGEREN

2 LOPERS - 1000 M - 1UUR - 63 TEAMS

G-80/11D	3 Bram Rouffa - Silke Cuyx	16365 m
	4 Julie Vangeel - Peter Bex	15900 m
	5 Kelly Haex - Gilles Puelings	15475 m

D+80/3D	2	Linda Frankenne - Jill Pauwels	12700 m
H+100/5D	2	Michel Wolfs - Joeri Colson	14975 m

24.03.2024 SOFICO MARATHONN GENT

Marathon - 3657 deelnemers

H40/670D	60	Peter Bex	03:04:23
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24.03.2024 - FIREFIGHTER MOUNTAIL TRAIL - BERINGEN

19 km - 61 deelnemers

DAlg/9D	1	Rianne Linssen	01:46:56	1 Alg
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23.03.2024 - LENTERUN - HEERS

5 km - 150 deelnemers

D+35/14D	3	Liesbeth Vanneste	00:24:06	
H-35/31D	6	Kevin Pauls	00:19:03	
	9	Gilles Puelings	00:20:08	
H+35/24D	1	Jonas Slegers	00:17:38	1 Alg
H+55/10D	3	Michel Wolfs	00:20:59	

10 km - 117 deelnemers

D-35/11D	1	Julie Vangeel	00:42:34	1 Alg
D+35/10D	5	Jill Pauwels	00:52:56	
D+45/6D	4	Hilde Schroven	00:50:14	
	5	Linda Frankenne	00:52:21	

17.03.2024 - VIJVERRUN - HEUSDEN ZOLDER

4 km - 115 deelnemers

HAlg/61D	5	Jonas Slegers	00:13:09
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16 km - 329 deelnemers

DAlg/121D	1	Julie Vangeel	01:09:29	1 Alg
	14	Hilde Schroven	01:23:54	

17.03.2024 - KEMPENRUN - HAPERT (NL)

Halve Marathon - 47 deelnemers

H55/8D	3	Lode Raskin	01:29:54
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09.03.2024 - SPA-FRANCORCHAMPS RUN

7 km - 1212 Deelnemers

DAlg/358D	1	Kelly Haex	00:30:38
	21	Laura Dumont	00:38:36
HAlg/854D	5	Jonas Slegers	00:23:55
	28	Gilles Puelings	00:28:35

03.03.2024 - LOOPFESTIJN STEIN (NL)

5 km - 59 Deelnemers

DSen/14D	3	Julie Vangeel	00:19:42	PR
	4	Kelly Haex	00:20:56	
HSen/16D	6	Kevin Pauls	00:18:37	
H+35/6D	1	Jonas Slegers	00:16:44	

10 km - 65 Deelnemers

DSen/7D	5	Laura Dumont	00:54:53
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25.02.2024 - PAARSE BOS CROSS - WAALRE (NL)

7390 m- 50 deelnemers

D45/4D	3	Katleen Boeckx	00:33:12
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25.02.2024 - OFFROAD BILZEN

7 km - 199 deelnemers

HAlg/137D	1	Jonas Slegers	00:25:59
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16 km - 200 deelnemers

HAlg/153D	13	Niels Adang	01:09:00
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24.02.2024 - ESTAFETTELOOP SPEELHOF RUNNERS SINT-TRUIDEN

G-80/10D	1	Julie Vangeel -	16650 m
		Kevin Pauls	
	2	Kelly Haex -	15953 m
		Gilles Puelings	
D+80/4D	2	Linda Frankenne -	12325 m
		Jill Pauwels	
H+100/5D	5	Michel Wolfs -	14150 m
		Joeri Colson	

11.02.2024 - CROSSCUP DIEST

Heren+35 - 5070 m

H+35/20D	11	Jonas Slegers	00:19:14
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04.02.2024 - MIDWINTERJOGGING - HASSELT

5,250 km - 318 deelnemers

H-35/78D	13	Gilles Puelings	00:20:05
H+35/36D	3	Jonas Slegers	00:17:36
H+55/20D	2	Lode Raskin	00:20:03
	4	Michel Wolfs	00:20:54
D-35/78D	5	Kelly Haex	00:21:50
D+35/32D	4	Liesbeth Vanneste	00:24:15
	10	Katrien Narinx	00:28:48
D+55/13D	5	Anne-Marrie Corthier	00:30:28

9.93 km - 420 deelnemers

D-35/62D	2 Julie Vangeel	00:40:17
D+45/27D	10 Linda Franken	00:51:03

04.02.2024 - LCC VELDLOOP LOMMEL

Dames Seniors - 5000 m

DSen/9D	7 Julie Vangeel	00:24:35
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Heren +50 - 4400 m

H50/9D	5 Lode Raskin	00:17:03
	7 Michel Wolfs	00:17:22

28.01.2024 - LCC VELDLOOP SINT-TRUIDEN

Dames Seniors - 5000 m

DSen/8D	2 Rianne Linssen	00:21:28
	4 Julie Vangeel	00:23:06

Heren Seniors - 8400 m

HSen/10D	8 Gilles Puelings	00:38:49
	9 Kevin Pauls	00:40:37

Heren +35 - 5000 m

H35/12D	2 Andries Aerts	00:19:32
	3 Jonas Slegers	00:19:41

Heren +50 - 4400 m

H50/9D	7 Lode Raskin	00:19:58
	8 Michel Wolfs	00:20:16

21.01.2024 - LCC VELDLOOP ALKEN

Dames Seniors - 5870 m

DSen/10D	3 Rianne Linssen	00:25:25
	5 Julie Vangeel	00:26:03

Heren +35 - 5870 m

H35/17D	3 Jonas Slegers	00:23:20
	4 Andries Aerts	00:23:36

Heren +50 - 4420 m

H50/16D	5 Michel Wolfs	00:19:23
	6 Lode Raskin	00:19:41

14.01.2024 - PK VELDLOOP DILSEN

Dames Seniors - 5320 m

DSen/11D	5 Julie Vangeel	00:21:28
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Heren Seniors - 9500 m

HSen/16D	14 Gilles Puelings	00:39:37
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Heren +35 - 5620 m

H35/5D	4 Jonas Slegers	00:23:48
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Heren +50 - 4500 m

H50/21D	5 Yves Kockaert	00:18:26
	6 Michel Wolfs	00:18:35
	7 Lode Raskin	?

11.01.2024 - VLAAMS KAMPIOENSCHAP CROSS DIEST

5070 m - 44 deelnemers

Mas35/17D	9 Jonas Slegers	00:19:14
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07.01.2024 - JASPERS CROSS - ASTEN (NL)

Dames 45 - 4000 m

DV45/10D	1 Hilde Schroven	00:20:40
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07.01.2024 - LCC VELDLOOP LANAKEN

Dames Seniors - 5875 m

DSen/10D	3 Rianne Linssen	00:25:46
	5 Julie Vangeel	00:26:04

Heren +35 - 5875 m

H35/18D	5 Andries Aerts	00:23:40
	6 Jonas Slegers	00:23:48

Heren +50 - 4434 m

H50/16D	7 Michel Wolfs	00:20:17
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