

Sirene Jogging - Middelkerke

16,44 Km / 10 Miles

PL	NR	Naam	Club	CAT	P/CAT	Time	TKm	Avg
46	6639	DE BROUWER Geert	ALVA	M45	10	01:06:49	14.55	04:07
61	6595	VONCK Danny	ALVA	M40	10	01:08:31	14.19	04:14
67	6513	TO Chun Fai	ALVA	SEH	18	01:09:32	13.98	04:18
93	6689	DE COMMINES Luc	ALVA	M50	9	01:12:52	13.34	04:30
118	6544	EVERAERT Filip	ALVA	SEH	28	01:15:33	12.87	04:40
126	6629	VIERENDEELS Tijl	ALVA	M50	12	01:16:23	12.73	04:43
134	6684	BAEYENS Ronny	ALVA	M50	14	01:18:02	12.46	04:49
144	6104	DE BUYSSCHER Karine	ALVA	V40	4	01:19:12	12.45	04:49
194	6111	VAN HECKE Lisbeth	ALVA	V35	5	01:26:51	11.36	05:17
200	6112	BORMS Elke	ALVA	V40	7	01:27:26	11.28	05:19
211	6688	DE MEERSMAN Luc	ALVA	M45	32	01:29:12	10.9	05:30
219	6119	SCHIETTECATTE Monique	ALVA	V45	5	01:30:03	10.95	05:29

10 Km

PL	NR	Naam	Club	CAT	P/CAT	Time	TKm	Avg
225	1011	VERLEYSEN Greet	ALVA	VEF	26	01:00:07	9.98	06:01
264	1001	VAN DEN BONNE Pia	ALVA	VEF	41	01:12:34	8.27	07:15