

## 2e Heist Loopt Heist-op-den-Berg - 30 augustus 2009

### 5,25 KM

| PL | NR   | Naam                    | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|------|-------------------------|-----|-------|---------|-------|---------|
| 1  | 2047 | Van Hoof Nic            | M   | 1     | 0:17:40 | 17,83 | 3:22    |
| 2  | 2271 | Van Belle Joeri         | M   | 2     | 0:18:07 | 17,39 | 3:27    |
| 3  | 2021 | Lenders Frans           | M   | 3     | 0:18:21 | 17,17 | 3:30    |
| 4  | 2276 | Torfs Bjorn             | M   | 4     | 0:18:31 | 17,01 | 3:32    |
| 5  | 2260 | Hoefkens Jan            | M   | 5     | 0:18:38 | 16,91 | 3:33    |
| 6  | 2230 | Dockx Stephan           | M   | 6     | 0:18:47 | 16,77 | 3:35    |
| 7  | 2283 | Galoppin Hein           | M   | 7     | 0:19:00 | 16,58 | 3:37    |
| 8  | 2032 | Van Hoeck Guy           | M   | 8     | 0:19:06 | 16,49 | 3:38    |
| 9  | 2004 | Malinwa                 | M   | 9     | 0:19:24 | 16,24 | 3:42    |
| 10 | 2287 | D'Haese Wim             | M   | 10    | 0:19:58 | 15,78 | 3:48    |
| 11 | 2244 | Van Houdt Steven        | M   | 11    | 0:20:25 | 15,43 | 3:53    |
| 12 | 2046 | Du Pont Vincent         | M   | 12    | 0:20:27 | 15,40 | 3:54    |
| 13 | 2250 | Veris Gunther           | M   | 13    | 0:20:39 | 15,25 | 3:56    |
| 14 | 2036 | De Winter Brent         | M   | 14    | 0:21:07 | 14,92 | 4:01    |
| 15 | 2227 | Van Baelen              | M   | 15    | 0:21:19 | 14,78 | 4:04    |
| 16 | 2281 | Rits Olivier            | M   | 16    | 0:21:35 | 14,59 | 4:07    |
| 17 | 2286 | Vercammen Nick          | M   | 17    | 0:21:33 | 14,62 | 4:06    |
| 18 | 2268 | Van der Wildt Jean-Paul | M   | 18    | 0:21:45 | 14,48 | 4:09    |
| 19 | 2285 | Bruyndonckx Filip       | M   | 19    | 0:21:49 | 14,44 | 4:09    |
| 20 | 2037 | De Winter Frederick     | M   | 20    | 0:22:01 | 14,31 | 4:12    |
| 21 | 2058 | Lemmens Joeri           | M   | 21    | 0:22:25 | 14,05 | 4:16    |
| 22 | 2270 | Van Belle Glenn         | M   | 22    | 0:22:29 | 14,01 | 4:17    |
| 23 | 2050 | Vandenbroeck Jonas      | M   | 23    | 0:22:33 | 13,97 | 4:18    |
| 24 | 2256 | Fierens Tim             | M   | 24    | 0:22:32 | 13,98 | 4:18    |
| 25 | 2236 | Geens Victor            | M   | 25    | 0:22:34 | 13,96 | 4:18    |
| 26 | 2003 | Gijsemans Gustaaf       | M   | 26    | 0:22:38 | 13,92 | 4:19    |
| 27 | 2031 | Jacobs Bart             | M   | 27    | 0:22:39 | 13,91 | 4:19    |
| 28 | 2229 | Bosmans Herman          | M   | 28    | 0:22:37 | 13,93 | 4:18    |
| 29 | 2030 | Moureau Alain           | M   | 29    | 0:22:49 | 13,81 | 4:21    |
| 30 | 2277 | Anthonis Roger          | M   | 30    | 0:23:01 | 13,69 | 4:23    |
| 31 | 2293 | Dreesen Eric            | M   | 31    | 0:23:09 | 13,61 | 4:25    |
| 32 | 2033 | Cannaerts Paul          | M   | 32    | 0:23:13 | 13,57 | 4:25    |
| 33 | 2249 | Heivers Maarten         | M   | 33    | 0:23:28 | 13,42 | 4:28    |
| 34 | 2246 | Laurens Leo             | M   | 34    | 0:23:36 | 13,35 | 4:30    |
| 35 | 2252 | Van Hal Jens            | M   | 35    | 0:23:44 | 13,27 | 4:31    |
| 36 | 2259 | Milis Ludo              | M   | 36    | 0:23:48 | 13,24 | 4:32    |
| 37 | 2257 | Andries Kris            | M   | 37    | 0:23:49 | 13,23 | 4:32    |
| 38 | 2012 | Van den Eeden Dennis    | M   | 38    | 0:24:02 | 13,11 | 4:35    |
| 39 | 2240 | Wouters Wim             | M   | 39    | 0:24:00 | 13,13 | 4:34    |
| 40 | 2247 | Vanparijs Tomas         | M   | 40    | 0:24:09 | 13,04 | 4:36    |
| 41 | 2235 | Van Loo Martijn         | M   | 41    | 0:24:20 | 12,95 | 4:38    |
| 42 | 2282 | De Visch Danny          | M   | 42    | 0:24:33 | 12,83 | 4:41    |
| 43 | 2253 | Van Overmeire Kevin     | M   | 43    | 0:24:41 | 12,76 | 4:42    |
| 44 | 2278 | Mellaerts Eddy          | M   | 44    | 0:24:50 | 12,68 | 4:44    |
| 45 | 2263 | Schoovaerts Karin       | V   | 1     | 0:24:51 | 12,68 | 4:44    |
| 46 | 2279 | Van Lier Stephane       | M   | 45    | 0:24:50 | 12,68 | 4:44    |
| 47 | 2041 | Maes Kim                | V   | 2     | 0:24:58 | 12,62 | 4:45    |
| 48 | 2234 | Vancampenhout Rino      | M   | 46    | 0:25:01 | 12,59 | 4:46    |
| 49 | 2233 | Vancampenhout Gerry     | M   | 47    | 0:25:03 | 12,57 | 4:46    |
| 50 | 2049 | Stroo Wim               | M   | 48    | 0:25:06 | 12,55 | 4:47    |
| 51 | 2258 | Nuyts Bert              | M   | 49    | 0:25:16 | 12,47 | 4:49    |
| 52 | 2291 | De Rijdt Jan            | M   | 50    | 0:25:20 | 12,43 | 4:50    |
| 53 | 2015 | Boogmans Wilfried       | M   | 51    | 0:25:53 | 12,17 | 4:56    |
| 54 | 2060 | Dupont Dirk             | M   | 52    | 0:25:48 | 12,21 | 4:55    |

| PL  | NR   | Naam                    | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|-----|------|-------------------------|-----|-------|---------|-------|---------|
| 55  | 2289 | Mertens Sabine          | V   | 3     | 0:26:00 | 12,12 | 4:57    |
| 56  | 2296 | Daniels Marc            | M   | 53    | 0:26:15 | 12,00 | 5:00    |
| 57  | 2045 | Ceulemans Dirk          | M   | 54    | 0:26:38 | 11,83 | 5:04    |
| 57  | 2061 | Van Den Daele Violein   | V   | 4     | 0:26:39 | 11,82 | 5:05    |
| 59  | 2294 | Bruyndonckx Eva         | V   | 5     | 0:26:54 | 11,71 | 5:07    |
| 60  | 2025 | Jacobs Luc              | M   | 55    | 0:27:03 | 11,65 | 5:09    |
| 61  | 2063 | Laurens Jitse           | V   | 6     | 0:27:03 | 11,65 | 5:09    |
| 62  | 2056 | Belmans Klaas           | M   | 56    | 0:27:10 | 11,60 | 5:10    |
| 63  | 2288 | Demol castellana Corine | V   | 7     | 0:27:20 | 11,52 | 5:12    |
| 64  | 2027 | De Roeck Bart           | M   | 57    | 0:27:32 | 11,44 | 5:15    |
| 65  | 2239 | Wouters Maurits         | M   | 58    | 0:27:36 | 11,41 | 5:15    |
| 66  | 2255 | De Cuyper Heidi         | V   | 8     | 0:27:35 | 11,42 | 5:15    |
| 67  | 2014 | Gijsemans Michel        | M   | 59    | 0:27:39 | 11,39 | 5:16    |
| 68  | 2053 | Verschuere Hans         | M   | 60    | 0:27:45 | 11,35 | 5:17    |
| 69  | 2016 | Compagnie Nancy         | V   | 9     | 0:27:42 | 11,37 | 5:17    |
| 70  | 2026 | Op De Beeck Jos         | M   | 61    | 0:27:46 | 11,34 | 5:17    |
| 71  | 2048 | Koolen Hans             | M   | 62    | 0:28:12 | 11,17 | 5:22    |
| 72  | 2232 | Wouters Tine            | V   | 10    | 0:28:17 | 11,14 | 5:23    |
| 73  | 2242 | Verstraete Kristel      | V   | 11    | 0:28:27 | 11,07 | 5:25    |
| 74  | 2042 | De Greef Dimitri        | M   | 63    | 0:28:37 | 11,01 | 5:27    |
| 75  | 2018 | Yskout Viviane          | V   | 12    | 0:28:51 | 10,92 | 5:30    |
| 76  | 2007 | Chokier Christophe      | M   | 64    | 0:28:56 | 10,89 | 5:31    |
| 77  | 2267 | Guillin Carine          | V   | 13    | 0:29:00 | 10,86 | 5:31    |
| 78  | 2280 | Mallinus Charlie        | M   | 65    | 0:29:00 | 10,86 | 5:31    |
| 79  | 2248 | De Smedt Kristof        | M   | 66    | 0:29:21 | 10,73 | 5:35    |
| 80  | 2292 | Wolput Lydia            | V   | 14    | 0:29:29 | 10,68 | 5:37    |
| 81  | 2290 | Scheerens Fran          | V   | 15    | 0:29:37 | 10,64 | 5:38    |
| 82  | 2020 | Liekens Louis           | M   | 67    | 0:29:56 | 10,52 | 5:42    |
| 83  | 2017 | Beckers Ingrid          | V   | 16    | 0:29:58 | 10,51 | 5:42    |
| 84  | 2024 | Geerts Rik              | M   | 68    | 0:30:07 | 10,46 | 5:44    |
| 85  | 2254 | Vermeulen Gerd          | M   | 69    | 0:30:10 | 10,44 | 5:45    |
| 86  | 2231 | Nys Sabine              | V   | 17    | 0:30:13 | 10,42 | 5:45    |
| 87  | 2262 | Simons Dominique        | V   | 18    | 0:30:31 | 10,32 | 5:49    |
| 88  | 2264 | Peeters Annick          | V   | 19    | 0:30:31 | 10,32 | 5:49    |
| 89  | 2251 | Deckers Chantal         | V   | 20    | 0:30:53 | 10,20 | 5:53    |
| 90  | 2241 | Gielis Rita             | V   | 21    | 0:30:54 | 10,19 | 5:53    |
| 91  | 2238 | Eysermans Chris         | V   | 22    | 0:30:57 | 10,18 | 5:54    |
| 92  | 2274 | Verheyen Lien           | V   | 23    | 0:31:27 | 10,02 | 5:59    |
| 93  | 2010 | Evrard Naomi            | V   | 24    | 0:31:28 | 10,01 | 6:00    |
| 94  | 2028 | Verelst Marc            | M   | 70    | 0:31:50 | 9,90  | 6:04    |
| 95  | 2000 | Lodeweyckx Elke         | V   | 25    | 0:31:52 | 9,88  | 6:04    |
| 96  | 2001 | Tubex Lorenz            | M   | 71    | 0:31:53 | 9,88  | 6:04    |
| 97  | 2243 | Thingoc Thuy Tran       | V   | 26    | 0:32:01 | 9,84  | 6:06    |
| 98  | 2237 | Nagels Marc             | M   | 72    | 0:32:03 | 9,83  | 6:06    |
| 99  | 2011 | Baeyens Lars            | M   | 73    | 0:32:15 | 9,77  | 6:09    |
| 100 | 2228 | Schollaert Ellen        | V   | 27    | 0:32:44 | 9,62  | 6:14    |
| 101 | 2044 | Van Dyck Kelly          | V   | 28    | 0:33:26 | 9,42  | 6:22    |
| 102 | 2265 | Luyten Inge             | V   | 29    | 0:33:26 | 9,42  | 6:22    |
| 103 | 2275 | Leysen Maria            | V   | 30    | 0:34:01 | 9,26  | 6:29    |
| 104 | 2029 | Wouters Mario           | M   | 74    | 0:34:05 | 9,24  | 6:30    |
| 105 | 2062 | Verbeeck Kristien       | V   | 31    | 0:34:31 | 9,13  | 6:34    |
| 106 | 2034 | Vaes Koen               | M   | 75    | 0:34:36 | 9,10  | 6:35    |
| 107 | 2035 | Van Agtmael Claudia     | V   | 32    | 0:34:38 | 9,10  | 6:36    |
| 108 | 2295 | Salaerts Carolien       | V   | 33    | 0:34:44 | 9,07  | 6:37    |
| 109 | 2019 | Boogmans Christine      | V   | 34    | 0:35:33 | 8,86  | 6:46    |
| 110 | 2043 | Wyns Karoline           | V   | 35    | 0:35:41 | 8,83  | 6:48    |
| 111 | 2055 | Coolen Veerle           | V   | 36    | 0:35:48 | 8,80  | 6:49    |
| 112 | 2057 | Coolen Elly             | V   | 37    | 0:35:48 | 8,80  | 6:49    |

## 2e Heist Loopt Heist-op-den-Berg - 30 augustus 2009

21,2 KM

| PL | NR   | Naam                  | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|------|-----------------------|-----|-------|---------|-------|---------|
| 1  | 2359 | De Vocht Peter        | M   | 1     | 1:15:32 | 16,84 | 3:34    |
| 2  | 2341 | Debersaques Pascal    | M   | 2     | 1:16:45 | 16,57 | 3:37    |
| 3  | 2451 | Bonnevalle Gert       | M   | 3     | 1:17:50 | 16,34 | 3:40    |
| 4  | 2464 | De la Ruelle Edwin    | M   | 4     | 1:19:09 | 16,07 | 3:44    |
| 5  | 2461 | Cloostermans Gui      | M   | 5     | 1:19:36 | 15,98 | 3:45    |
| 6  | 2470 | Demol Guy             | M   | 6     | 1:20:11 | 15,86 | 3:47    |
| 7  | 2471 | Coenraets Vincent     | M   | 7     | 1:20:11 | 15,86 | 3:47    |
| 8  | 2352 | Lambrechts Ludwig     | M   | 8     | 1:21:30 | 15,61 | 3:51    |
| 9  | 2364 | Braem Benjamin        | M   | 9     | 1:23:13 | 15,29 | 3:56    |
| 10 | 2329 | Adams Kris            | M   | 10    | 1:23:23 | 15,25 | 3:56    |
| 11 | 2331 | Vloeberghs Walter     | M   | 11    | 1:25:25 | 14,89 | 4:02    |
| 12 | 2344 | Lintermans Maarten    | M   | 12    | 1:25:19 | 14,91 | 4:01    |
| 13 | 2458 | Bonato Patrick        | M   | 13    | 1:25:45 | 14,83 | 4:03    |
| 14 | 2325 | Kevin Matthijs        | M   | 14    | 1:25:49 | 14,82 | 4:03    |
| 15 | 2467 | Jacobs Roel           | M   | 15    | 1:26:16 | 14,74 | 4:04    |
| 16 | 2304 | Langenus Ronald       | M   | 16    | 1:26:44 | 14,67 | 4:05    |
| 17 | 2468 | Peetermans Willy      | M   | 17    | 1:26:38 | 14,68 | 4:05    |
| 18 | 2343 | Thijs Koen            | M   | 18    | 1:27:51 | 14,48 | 4:09    |
| 19 | 2332 | Scheers Kurt          | M   | 19    | 1:28:18 | 14,41 | 4:10    |
| 20 | 2474 | Temmerman Patrick     | M   | 20    | 1:28:06 | 14,44 | 4:09    |
| 21 | 2361 | Van Hoof Eddy         | M   | 21    | 1:28:18 | 14,41 | 4:10    |
| 22 | 2245 | Vanhulsel Peter       | M   | 22    | 1:28:30 | 14,37 | 4:10    |
| 23 | 2323 | Van Dessel Kurt       | M   | 23    | 1:29:12 | 14,26 | 4:12    |
| 24 | 2462 | Stofmeel Micha        | V   | 1     | 1:28:51 | 14,32 | 4:11    |
| 25 | 2495 | Van Assche Petrus     | M   | 24    | 1:29:24 | 14,23 | 4:13    |
| 26 | 2308 | Langenus Freddy       | M   | 25    | 1:29:26 | 14,22 | 4:13    |
| 27 | 2357 | Wagemans Steve        | M   | 26    | 1:29:34 | 14,20 | 4:13    |
| 28 | 2327 | Van De Velde Jan      | M   | 27    | 1:30:07 | 14,12 | 4:15    |
| 29 | 2472 | Briers Stefan         | M   | 28    | 1:31:30 | 13,90 | 4:19    |
| 30 | 2450 | Kaers Ronald          | M   | 29    | 1:31:24 | 13,92 | 4:19    |
| 31 | 2452 | Vandeput Patrick      | M   | 30    | 1:31:32 | 13,90 | 4:19    |
| 32 | 2478 | De Cuyper Ivan        | M   | 31    | 1:32:18 | 13,78 | 4:21    |
| 33 | 2477 | Wils Geert            | M   | 32    | 1:33:02 | 13,67 | 4:23    |
| 34 | 2497 | Vanheyste Gerben      | M   | 33    | 1:33:08 | 13,66 | 4:24    |
| 35 | 2313 | Sonck Patrick         | M   | 34    | 1:33:30 | 13,60 | 4:25    |
| 36 | 2481 | Vervoort Nick         | M   | 35    | 1:33:31 | 13,60 | 4:25    |
| 37 | 2306 | Dirk Baeten           | M   | 36    | 1:33:52 | 13,55 | 4:26    |
| 38 | 2335 | Raymond Kik           | M   | 37    | 1:34:48 | 13,42 | 4:28    |
| 39 | 2496 | Lieten Steve          | M   | 38    | 1:35:03 | 13,38 | 4:29    |
| 40 | 2489 | Vandevoorde Kristof   | M   | 39    | 1:35:24 | 13,33 | 4:30    |
| 41 | 2348 | Willem Scheirs        | M   | 40    | 1:35:28 | 13,32 | 4:30    |
| 42 | 2494 | Van den Berg Bart     | M   | 41    | 1:35:49 | 13,28 | 4:31    |
| 43 | 2447 | Van Hove Geert        | M   | 42    | 1:36:29 | 13,18 | 4:33    |
| 44 | 2449 | Ceulemans Koen        | M   | 43    | 1:37:12 | 13,09 | 4:35    |
| 45 | 2366 | Reniers Raf           | M   | 44    | 1:37:30 | 13,05 | 4:36    |
| 46 | 2353 | Wijns Bert            | M   | 45    | 1:37:36 | 13,03 | 4:36    |
| 47 | 2362 | Bollen Wim            | M   | 46    | 1:37:40 | 13,02 | 4:36    |
| 48 | 2487 | Van der Schraelen Luc | M   | 47    | 1:38:09 | 12,96 | 4:38    |
| 49 | 2322 | Meirte Chris          | M   | 48    | 1:38:52 | 12,87 | 4:40    |
| 50 | 2365 | Voet Dirk             | M   | 49    | 1:38:44 | 12,88 | 4:39    |
| 51 | 2454 | Vangenechten Hans     | M   | 50    | 1:39:16 | 12,81 | 4:41    |
| 52 | 2330 | Van den Brande Hans   | M   | 51    | 1:39:12 | 12,82 | 4:41    |
| 53 | 2460 | Van den Broeck Jules  | M   | 52    | 1:39:07 | 12,83 | 4:41    |
| 54 | 2456 | De Maeyer Luc         | M   | 53    | 1:39:03 | 12,84 | 4:40    |

| PL  | NR   | Naam                        | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|-----|------|-----------------------------|-----|-------|---------|-------|---------|
| 55  | 2347 | Blockx Leen                 | V   | 2     | 1:40:34 | 12,65 | 4:45    |
| 56  | 2300 | Kwist Anne                  | V   | 3     | 1:41:06 | 12,58 | 4:46    |
| 57  | 2321 | Debecker Peter              | M   | 54    | 1:41:36 | 12,52 | 4:48    |
| 58  | 2484 | Van Passel Philip           | M   | 55    | 1:41:40 | 12,51 | 4:48    |
| 59  | 2480 | Vandervorst Luc             | M   | 56    | 1:42:09 | 12,45 | 4:49    |
| 60  | 2342 | Corten Wilfried             | M   | 57    | 1:42:00 | 12,47 | 4:49    |
| 61  | 2475 | Avonts Jeroen               | M   | 58    | 1:42:34 | 12,40 | 4:50    |
| 62  | 2312 | Verlinden Walter            | M   | 59    | 1:42:42 | 12,39 | 4:51    |
| 63  | 2457 | Jobbeni Mia                 | V   | 4     | 1:43:23 | 12,30 | 4:53    |
| 64  | 2315 | Bunkens Koen                | M   | 60    | 1:44:23 | 12,19 | 4:55    |
| 65  | 2498 | De Keuster Jan              | M   | 61    | 1:44:15 | 12,20 | 4:55    |
| 66  | 2466 | Segers Johan                | M   | 62    | 1:44:43 | 12,15 | 4:56    |
| 67  | 2473 | Romero Frank                | M   | 63    | 1:44:40 | 12,15 | 4:56    |
| 68  | 2340 | Debersaques Nathalie        | V   | 5     | 1:44:49 | 12,14 | 4:57    |
| 69  | 2356 | Vancampenhout Guy           | M   | 64    | 1:45:25 | 12,07 | 4:58    |
| 70  | 2339 | Aerts Kris                  | V   | 6     | 1:45:15 | 12,09 | 4:58    |
| 71  | 2448 | Walraevens                  | M   | 65    | 1:45:40 | 12,04 | 4:59    |
| 72  | 2345 | Borremans Leo               | M   | 66    | 1:45:52 | 12,02 | 5:00    |
| 73  | 2319 | Vandendriessche Kris        | M   | 67    | 1:46:16 | 11,97 | 5:01    |
| 74  | 2314 | De Coninck Tom              | M   | 68    | 1:46:41 | 11,92 | 5:02    |
| 75  | 2482 | Wouters Sil                 | M   | 69    | 1:48:03 | 11,77 | 5:06    |
| 76  | 2490 | Jacobs Thijs                | M   | 70    | 1:48:25 | 11,73 | 5:07    |
| 77  | 2354 | Dehertogh Levien            | M   | 71    | 1:48:34 | 11,72 | 5:07    |
| 78  | 2333 | Laenen Jeff                 | M   | 72    | 1:48:16 | 11,75 | 5:06    |
| 79  | 2476 | Heremans Sten               | M   | 73    | 1:48:38 | 11,71 | 5:07    |
| 80  | 2311 | Vancauwenberghs Guy         | M   | 74    | 1:48:54 | 11,68 | 5:08    |
| 81  | 2349 | Diels Eddy                  | M   | 75    | 1:49:18 | 11,64 | 5:09    |
| 82  | 2305 | Van Den Broeck Broeck Conny | V   | 7     | 1:49:52 | 11,58 | 5:11    |
| 83  | 2307 | Verstrepen Leo              | M   | 76    | 1:49:52 | 11,58 | 5:11    |
| 84  | 2338 | Van Den Heuvel Heuvel Niki  | V   | 8     | 1:51:01 | 11,46 | 5:14    |
| 85  | 2358 | Nijs Leen                   | V   | 9     | 1:51:49 | 11,38 | 5:16    |
| 86  | 2463 | Pellegrums Eddy             | M   | 77    | 1:52:27 | 11,31 | 5:18    |
| 87  | 2351 | Brugmans Marc               | M   | 78    | 1:53:12 | 11,24 | 5:20    |
| 88  | 2479 | Smets Filip                 | M   | 79    | 1:53:11 | 11,24 | 5:20    |
| 89  | 2320 | Van Loock Geert             | M   | 80    | 1:53:06 | 11,25 | 5:20    |
| 90  | 2459 | Averhals Pascal             | M   | 81    | 1:53:50 | 11,17 | 5:22    |
| 91  | 2499 | Van De Vreken Tom           | M   | 82    | 1:53:48 | 11,18 | 5:22    |
| 92  | 2301 | Briffaerts Bruno            | M   | 83    | 1:54:31 | 11,11 | 5:24    |
| 93  | 2310 | De Weert Jan                | M   | 84    | 1:54:42 | 11,09 | 5:25    |
| 94  | 2360 | Jacobs Suzy                 | V   | 10    | 1:54:21 | 11,12 | 5:24    |
| 95  | 2334 | Hellemans Tanja             | V   | 11    | 1:56:44 | 10,90 | 5:30    |
| 96  | 2337 | Greet Roeymans              | V   | 12    | 1:58:27 | 10,74 | 5:35    |
| 97  | 2318 | Ceulemans Patrik            | M   | 85    | 1:58:51 | 10,70 | 5:36    |
| 98  | 2355 | Smits Joris                 | M   | 86    | 1:58:42 | 10,72 | 5:36    |
| 99  | 2453 | Braeckmans Nico             | M   | 87    | 2:00:40 | 10,54 | 5:42    |
| 100 | 2317 | Geets Bart                  | M   | 88    | 2:00:50 | 10,53 | 5:42    |
| 101 | 2336 | Herman Muys                 | M   | 89    | 2:01:50 | 10,44 | 5:45    |
| 102 | 2486 | Verelst Gert                | M   | 90    | 2:03:09 | 10,33 | 5:49    |
| 103 | 2491 | Weyens Niels                | M   | 91    | 2:04:34 | 10,21 | 5:53    |
| 104 | 2326 | Baeyens Peter               | M   | 92    | 2:04:44 | 10,20 | 5:53    |
| 105 | 2309 | Op de Beeck Jurgen          | M   | 93    | 2:04:55 | 10,18 | 5:54    |
| 106 | 2328 | Milis Pascal                | M   | 94    | 2:07:56 | 9,94  | 6:02    |
| 107 | 2455 | Van Hal Jan                 | M   | 95    | 2:14:32 | 9,45  | 6:21    |
| 108 | 2485 | De Meyer Michael            | M   | 96    | 2:15:53 | 9,36  | 6:25    |
| 109 | 2302 | Stevens Michel              | M   | 97    | 2:21:12 | 9,01  | 6:40    |

## 2e Heist Loopt Heist-op-den-Berg - 30 augustus 2009

### AFLOSSING - 4 x 5,25 KM

| PL | NR   | Team                                   | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|------|--|-----|-------|---------|-------|---------|
| 1  | 1346 | Vermarc                                | SPO | 1     | 1:07:07 | 18,77 | 3:12    |
| 2  | 1378 | Dakwerken V. Dieltjens                 | SPO | 2     | 1:07:57 | 18,54 | 3:14    |
| 3  | 1390 | AVZK-PRISMA-HV 3                       | SPO | 3     | 1:12:09 | 17,46 | 3:26    |
| 4  | 1306 | Dcpp 1                                 | SPO | 4     | 1:12:23 | 17,41 | 3:27    |
| 5  | 1396 | Cipers 1                               | SPO | 5     | 1:14:58 | 16,81 | 3:34    |
| 6  | 1732 | Prisma Sport 2                         | SPO | 6     | 1:15:48 | 16,62 | 3:37    |
| 7  | 1334 | De Kriekboys                           | SPO | 7     | 1:18:43 | 16,01 | 3:45    |
| 8  | 1316 | KFCM Hallaar                           |     |       | 1:20:49 | 15,59 | 3:51    |
| 9  | 1724 | Funerarium De Ryck                     | SPO | 8     | 1:20:33 | 15,64 | 3:50    |
| 10 | 1368 | Ladies groot Heist                     | DAM | 1     | 1:20:55 | 15,57 | 3:51    |
| 11 | 1345 | Heylen Bouwonderneming 3               | SPO | 9     | 1:21:32 | 15,45 | 3:53    |
| 12 | 1391 | AVZK-PRISMA-HV 4                       | SPO | 10    | 1:22:19 | 15,31 | 3:55    |
| 13 | 1799 | Hooiberglopers1                        |     |       | 1:22:32 | 15,27 | 3:56    |
| 14 | 1397 | Cipers 2                               | SPO | 11    | 1:23:47 | 15,04 | 3:59    |
| 15 | 1370 | De Zeekamelen                          |     |       | 1:23:55 | 15,01 | 4:00    |
| 16 | 1333 | De strafste Kriekboys                  | SPO | 12    | 1:24:55 | 14,84 | 4:03    |
| 17 | 1731 | Prisma Sport 1                         | SPO | 13    | 1:25:28 | 14,74 | 4:04    |
| 18 | 1738 | Heylen Bouwonderneming 2               | SPO | 14    | 1:25:55 | 14,67 | 4:05    |
| 19 | 1320 | Baltimore 3                            | SPO | 15    | 1:25:56 | 14,66 | 4:06    |
| 20 | 1338 | Proficos ploeg 1                       | DAM | 2     | 1:26:09 | 14,63 | 4:06    |
| 21 | 1342 | HBWilver                               |     |       | 1:27:19 | 14,43 | 4:09    |
| 22 | 1372 | Scuderia Runners                       | MIX | 1     | 1:28:08 | 14,30 | 4:12    |
| 23 | 1371 | De Verlinnekes                         |     |       | 1:28:39 | 14,21 | 4:13    |
| 24 | 1359 | DR-M bvba 1                            | SPO | 16    | 1:29:15 | 14,12 | 4:15    |
| 25 | 1777 | Reserven B                             |     |       | 1:29:28 | 14,08 | 4:16    |
| 26 | 1795 | Bouwmaterialen Mattijs                 | SPO | 17    | 1:29:32 | 14,07 | 4:16    |
| 27 | 1776 | Kriwevili                              |     |       | 1:30:17 | 13,96 | 4:18    |
| 28 | 1722 | JKDD                                   |     |       | 1:30:26 | 13,93 | 4:18    |
| 29 | 1711 | Learemans 1                            | SPO | 18    | 1:30:26 | 13,93 | 4:18    |
| 30 | 1725 | Team Gorris 1 - Politie Heist o/d Berg | SPO | 19    | 1:30:25 | 13,94 | 4:18    |
| 31 | 1351 | Pozorvlak                              |     |       | 1:30:38 | 13,90 | 4:19    |
| 32 | 1398 | Cipers 3                               | SPO | 20    | 1:31:27 | 13,78 | 4:21    |
| 33 | 1798 | Hooiberglopers2                        |     |       | 1:32:01 | 13,69 | 4:23    |
| 34 | 1352 | Arduas Conditie heren 1                |     |       | 1:32:10 | 13,67 | 4:23    |
| 35 | 1369 | Roba-Busters                           | MIX | 2     | 1:32:29 | 13,62 | 4:24    |
| 36 | 1700 | Schilderwerken Mertens 3               | SPO | 21    | 1:32:40 | 13,60 | 4:25    |
| 37 | 1705 | Ni Knap Ma Rap                         |     |       | 1:32:32 | 13,62 | 4:24    |
| 38 | 1344 | De virenden van het werft              |     |       | 1:33:07 | 13,53 | 4:26    |
| 39 | 1792 | De Choufkes                            |     |       | 1:33:17 | 13,51 | 4:27    |
| 40 | 1726 | Team Gorris 2                          | SPO | 22    | 1:34:13 | 13,37 | 4:29    |
| 41 | 1707 | FCB                                    |     |       | 1:34:25 | 13,35 | 4:30    |
| 42 | 1388 | De Nysekes                             | MIX | 3     | 1:34:24 | 13,35 | 4:30    |
| 43 | 1375 | Berglopers 5                           |     |       | 1:34:49 | 13,29 | 4:31    |
| 44 | 1315 | Café Koer                              |     |       | 1:35:40 | 13,17 | 4:33    |
| 45 | 1311 | Dcpp 6                                 | SPO | 23    | 1:35:34 | 13,18 | 4:33    |
| 46 | 1380 | Slagerij Van Loock                     | DAM | 3     | 1:35:53 | 13,14 | 4:34    |
| 47 | 1357 | DR-M bvba 2                            | SPO | 24    | 1:36:58 | 12,99 | 4:37    |
| 48 | 1385 | Mackens                                | SPO | 25    | 1:37:36 | 12,91 | 4:39    |
| 49 | 1387 | Mackens Nissorap                       | SPO | 26    | 1:37:24 | 12,94 | 4:38    |
| 50 | 1366 | Berglopers 3                           |     |       | 1:37:42 | 12,90 | 4:39    |
| 51 | 1728 | Johan Cannaerts 1                      | SPO | 27    | 1:37:40 | 12,90 | 4:39    |

| PL  | NR   | Team                        | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|-----|------|-----------------------------|-----|-------|---------|-------|---------|
| 52  | 1778 | Pochers Team                |     |       | 1:37:52 | 12,87 | 4:40    |
| 53  | 1326 | De kleinzonen               |     |       | 1:37:41 | 12,90 | 4:39    |
| 54  | 1710 | Millenium 3                 | SPO | 28    | 1:38:11 | 12,83 | 4:41    |
| 55  | 1709 | Millenium 2                 | SPO | 29    | 1:38:20 | 12,81 | 4:41    |
| 56  | 1730 | Johan Cannaerts 3           | DAM | 4     | 1:38:23 | 12,81 | 4:41    |
| 57  | 1330 | De Puffers                  |     |       | 1:38:47 | 12,76 | 4:42    |
| 58  | 1332 | De Bouwdienst Boys          | SPO | 30    | 1:38:55 | 12,74 | 4:43    |
| 59  | 1343 | Marcanimee                  | MIX | 4     | 1:38:46 | 12,76 | 4:42    |
| 60  | 1734 | Gijsbrechts 1               | SPO | 31    | 1:39:14 | 12,70 | 4:44    |
| 61  | 1382 | Berglopers 8                |     |       | 1:39:32 | 12,66 | 4:44    |
| 62  | 1377 | Berglopers 7                |     |       | 1:39:50 | 12,62 | 4:45    |
| 63  | 1373 | De Vlaaikens                | MIX | 5     | 1:40:33 | 12,53 | 4:47    |
| 64  | 1307 | Dcpp 2                      | SPO | 32    | 1:40:47 | 12,50 | 4:48    |
| 65  | 1791 | De Coster                   |     |       | 1:41:18 | 12,44 | 4:49    |
| 66  | 1737 | Heylen Bouwonderneming 1    | SPO | 33    | 1:41:36 | 12,40 | 4:50    |
| 67  | 1356 | Heist Vliegt                |     |       | 1:41:45 | 12,38 | 4:51    |
| 68  | 1283 | Rotaract Heist              |     |       | 1:42:07 | 12,34 | 4:52    |
| 69  | 1701 | Schilderwerken Mertens 4    | SPO | 34    | 1:42:28 | 12,30 | 4:53    |
| 70  | 1392 | Heistse gym 2               |     |       | 1:42:11 | 12,33 | 4:52    |
| 71  | 1379 | Architectenbureau Feyaerts  | MIX | 6     | 1:42:26 | 12,30 | 4:53    |
| 72  | 1381 | Team La Cita                | SPO | 35    | 1:42:37 | 12,28 | 4:53    |
| 73  | 1704 | Bottom                      |     |       | 1:42:54 | 12,24 | 4:54    |
| 74  | 1797 | Ladies on the run           | DAM | 5     | 1:42:32 | 12,29 | 4:53    |
| 75  | 1021 | Baltimore 4                 | SPO | 36    | 1:43:00 | 12,23 | 4:54    |
| 76  | 1340 | Brandweer ploeg 2           |     |       | 1:43:12 | 12,21 | 4:55    |
| 77  | 1793 | BEWEB                       | MIX | 7     | 1:43:00 | 12,23 | 4:54    |
| 78  | 1714 | Diels                       |     |       | 1:43:48 | 12,14 | 4:57    |
| 79  | 1341 | Brandweer ploeg 3           |     |       | 1:43:51 | 12,13 | 4:57    |
| 80  | 1389 | Schoonheidssalon Lintermans | SPO | 37    | 1:44:48 | 12,02 | 4:59    |
| 81  | 1323 | De Averegtsen               |     |       | 1:44:55 | 12,01 | 5:00    |
| 82  | 1327 | Tand & Tist                 |     |       | 1:44:50 | 12,02 | 5:00    |
| 83  | 1353 | Arduas Conditie heren 2     |     |       | 1:45:09 | 11,98 | 5:00    |
| 84  | 1355 | De leeglopers               | MIX | 8     | 1:45:21 | 11,96 | 5:01    |
| 85  | 1376 | Berglopers 6                | DAM | 6     | 1:45:42 | 11,92 | 5:02    |
| 86  | 1350 | Phiten                      | SPO | 38    | 1:45:38 | 11,93 | 5:02    |
| 87  | 1349 | Brilcenter 3                | SPO | 39    | 1:45:56 | 11,89 | 5:03    |
| 88  | 1318 | Baltimore 1                 | SPO | 40    | 1:45:57 | 11,89 | 5:03    |
| 89  | 1365 | Berglopers 2                |     |       | 1:45:55 | 11,90 | 5:03    |
| 90  | 1363 | Zakenkantoor Peeters        |     |       | 1:46:13 | 11,86 | 5:03    |
| 91  | 1423 | AB Auto nv                  | SPO | 41    | 1:46:25 | 11,84 | 5:04    |
| 92  | 1715 | Heistse Gym 3               |     |       | 1:46:14 | 11,86 | 5:04    |
| 93  | 1309 | Dcpp 4                      | SPO | 42    | 1:46:38 | 11,82 | 5:05    |
| 94  | 1713 | Ploeg Mortelmans            |     |       | 1:46:52 | 11,79 | 5:05    |
| 95  | 1313 | Dcpp 8                      | SPO | 43    | 1:46:57 | 11,78 | 5:06    |
| 96  | 1708 | Millenium 1                 | SPO | 44    | 1:46:43 | 11,81 | 5:05    |
| 97  | 1729 | Johan Cannaerts 2           | MIX | 9     | 1:47:42 | 11,70 | 5:08    |
| 98  | 1716 | Autobussen De Reys & Zn     | SPO | 45    | 1:47:45 | 11,69 | 5:08    |
| 99  | 1703 | De Living                   |     |       | 1:48:32 | 11,61 | 5:10    |
| 100 | 1314 | Dcpp 9                      | SPO | 46    | 1:48:15 | 11,64 | 5:09    |
| 101 | 1736 | Gijsbrechts 3               | SPO | 47    | 1:48:01 | 11,66 | 5:09    |
| 102 | 1712 | Learemans 2                 | SPO | 48    | 1:48:27 | 11,62 | 5:10    |
| 103 | 1339 | Brandweer ploeg 1           |     |       | 1:48:44 | 11,59 | 5:11    |
| 104 | 1322 | Baltimore 5                 | SPO | 49    | 1:48:51 | 11,58 | 5:11    |
| 105 | 1354 | Niet onverwacht             | MIX | 10    | 1:49:23 | 11,52 | 5:13    |

| PL  | NR   | Team                  | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|-----|------|-----------------------|-----|-------|---------|-------|---------|
| 106 | 1794 | Festina Lente         |     |       | 1:49:00 | 11,56 | 5:11    |
| 107 | 1347 | Brilcenter 1          | SPO | 50    | 1:49:26 | 11,51 | 5:13    |
| 108 | 1324 | Gorris Vastgoed       | SPO | 51    | 1:49:53 | 11,47 | 5:14    |
| 109 | 1727 | Team Gorris 3         | SPO | 52    | 1:50:09 | 11,44 | 5:15    |
| 110 | 1706 | René                  |     |       | 1:50:15 | 11,43 | 5:15    |
| 111 | 1301 | Somedi 1              | MIX | 11    | 1:50:07 | 11,44 | 5:15    |
| 112 | 1720 | Heistse gym 1         | MIX | 12    | 1:50:15 | 11,43 | 5:15    |
| 113 | 1219 | Baltimore 2           | SPO | 53    | 1:50:28 | 11,41 | 5:16    |
| 114 | 1308 | Dcpp 3                | DAM | 7     | 1:50:49 | 11,37 | 5:17    |
| 115 | 1739 | 4-tune                | SPO | 54    | 1:50:50 | 11,37 | 5:17    |
| 116 | 1702 | Wel ferm, niet snel!  | DAM | 8     | 1:51:38 | 11,29 | 5:19    |
| 117 | 1348 | Brilcenter 2          | SPO | 55    | 1:51:43 | 11,28 | 5:19    |
| 118 | 1367 | Berglopers 4          |     |       | 1:52:04 | 11,24 | 5:20    |
| 119 | 1328 | Partners TDN          | SPO | 56    | 1:54:23 | 11,02 | 5:27    |
| 120 | 1317 | De Boslopers          | DAM | 9     | 1:54:44 | 10,98 | 5:28    |
| 121 | 1393 | DACM 1                |     |       | 1:55:05 | 10,95 | 5:29    |
| 122 | 1399 | Cipers Lady's         | DAM | 10    | 1:55:35 | 10,90 | 5:30    |
| 123 | 1300 | De Bende Van Wim      |     |       | 1:56:48 | 10,79 | 5:34    |
| 124 | 1303 | Somedi 3              | SPO | 57    | 1:56:42 | 10,80 | 5:33    |
| 125 | 1386 | Mackens 2             | SPO | 58    | 1:57:09 | 10,76 | 5:35    |
| 126 | 1364 | Berglopers 1          | DAM | 11    | 1:57:34 | 10,72 | 5:36    |
| 127 | 1775 | Sloefers              |     |       | 1:57:31 | 10,72 | 5:36    |
| 128 | 1735 | Gijsbrechts 2         | SPO | 59    | 1:57:43 | 10,70 | 5:36    |
| 129 | 1304 | Connecto              | SPO | 60    | 1:58:12 | 10,66 | 5:38    |
| 130 | 1360 | ACS Dream             | SPO | 61    | 1:58:13 | 10,66 | 5:38    |
| 131 | 1358 | Bibteam               | MIX | 13    | 1:58:18 | 10,65 | 5:38    |
| 132 | 1305 | Cannaerts Accountants | SPO | 62    | 1:58:30 | 10,63 | 5:39    |
| 133 | 1717 | GOGOGOGO              | DAM | 12    | 1:59:06 | 10,58 | 5:40    |
| 134 | 1394 | DACM 2                | MIX | 14    | 1:59:11 | 10,57 | 5:41    |
| 135 | 1374 | Fantastic Four        |     |       | 1:59:24 | 10,55 | 5:41    |
| 136 | 1329 | 1234                  | DAM | 13    | 2:00:58 | 10,42 | 5:46    |
| 137 | 1721 | Hit Solutions 2       | DAM | 14    | 2:01:16 | 10,39 | 5:46    |
| 138 | 1384 | Alaerts               | MIX | 15    | 2:01:58 | 10,33 | 5:48    |
| 139 | 1361 | Vabo 1                | SPO | 63    | 2:03:21 | 10,21 | 5:52    |
| 140 | 1312 | Dcpp 7                | SPO | 64    | 2:04:14 | 10,14 | 5:55    |
| 141 | 1302 | Somedi 2              | SPO | 65    | 2:04:20 | 10,13 | 5:55    |
| 142 | 1796 | Kers                  | DAM | 15    | 2:04:43 | 10,10 | 5:56    |
| 143 | 1337 | Proficos ploeg 2      | DAM | 16    | 2:06:47 | 9,94  | 6:02    |
| 144 | 1336 | Proficos ploeg 3      | DAM | 17    | 2:10:54 | 9,63  | 6:14    |
| 145 | 1335 | Proficos ploeg 4      | SPO | 66    | 2:10:54 | 9,63  | 6:14    |
| 146 | 1325 | Artis                 | MIX | 16    | 2:12:13 | 9,53  | 6:18    |
| 147 | 1331 | De Bouwdienst Ladies  | DAM | 18    | 2:13:13 | 9,46  | 6:21    |
| 148 | 1095 | DACM 3                | DAM | 19    | 2:16:31 | 9,23  | 6:30    |

## 2e Heist Loopt Heist-op-den-Berg - 30 augustus 2009

### AFLOSSING - 2 x 10,5 KM

| PL | NR   | Team                     | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|------|--------------------------|-----|-------|---------|-------|---------|
| 1  | 1920 | AVZK-HV 2                |     |       | 1:16:30 | 16,47 | 3:39    |
| 2  | 1919 | AVZK-PRISMA-HV 1         |     |       | 1:18:21 | 16,08 | 3:44    |
| 3  | 1912 | Stormkes                 |     |       | 1:23:36 | 15,07 | 3:59    |
| 4  | 1918 | Bergaf                   |     |       | 1:24:32 | 14,91 | 4:02    |
| 5  | 1905 | Fietsen Moons            |     |       | 1:32:27 | 13,63 | 4:24    |
| 6  | 1910 | Damiaan Runners          |     |       | 1:34:15 | 13,37 | 4:29    |
| 7  | 1907 | Arduas Conditie heren 3  |     |       | 1:35:13 | 13,23 | 4:32    |
| 8  | 1902 | MintePower               |     |       | 1:37:23 | 12,94 | 4:38    |
| 9  | 1911 | De Ceulekens             |     |       | 1:37:44 | 12,89 | 4:39    |
| 10 | 1928 | Time Release             |     |       | 1:38:04 | 12,85 | 4:40    |
| 11 | 1996 | Beach Boys               |     |       | 1:38:26 | 12,80 | 4:41    |
| 12 | 1897 | Guygor                   |     |       | 1:40:22 | 12,55 | 4:47    |
| 13 | 1995 | De Preter - Bellekens    |     |       | 1:40:32 | 12,53 | 4:47    |
| 14 | 1922 | Schilderwerken Mertens 2 |     |       | 1:41:20 | 12,43 | 4:50    |
| 15 | 1900 | Somedi 4                 |     |       | 1:41:31 | 12,41 | 4:50    |
| 16 | 1904 | Hens                     |     |       | 1:44:29 | 12,06 | 4:59    |
| 17 | 1903 | Vloeberghs               |     |       | 1:45:14 | 11,97 | 5:01    |
| 18 | 1927 | N&B                      |     |       | 1:45:49 | 11,91 | 5:02    |
| 19 | 1926 | Red Zebra's              |     |       | 1:45:54 | 11,90 | 5:03    |
| 20 | 1901 | Double eye               |     |       | 1:47:21 | 11,74 | 5:07    |
| 21 | 1924 | Hit Solutions 1          | SPO | 1     | 1:50:28 | 11,41 | 5:16    |
| 22 | 1998 | De Fikskes               |     |       | 1:52:56 | 11,16 | 5:23    |
| 23 | 1908 | Kasteelopers 1           |     |       | 1:54:25 | 11,01 | 5:27    |
| 24 | 1906 | Kasteelopers 2           |     |       | 1:57:32 | 10,72 | 5:36    |
| 25 | 1909 | Hermans                  |     |       | 1:57:24 | 10,73 | 5:35    |
| 26 | 1925 | Peerse Lopers            |     |       | 1:58:27 | 10,64 | 5:38    |
| 27 | 1921 | Schilderwerken Mertens 1 |     |       | 2:03:12 | 10,23 | 5:52    |
| 28 | 1999 | B&D                      |     |       | 2:06:45 | 9,94  | 6:02    |
| 29 | 1923 | Kasteelopers 3           |     |       | 2:06:43 | 9,94  | 6:02    |
| 30 | 1915 | Take a Break             |     |       | 2:08:35 | 9,80  | 6:07    |
| 31 | 1913 | ET                       |     |       | 2:09:02 | 9,76  | 6:09    |
| 32 | 1917 | Mackens 4                |     |       | 2:09:52 | 9,70  | 6:11    |
| 33 | 1916 | Mackens3                 |     |       | 2:09:52 | 9,70  | 6:11    |