

4e Grote Prijs Carolus Van Capellen Grimbergen - 8 augustus 2010

4,7 KM

| PL | NR | Naam | Woonplaats | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|----|-------------------------|-----------------|------|------|-------|---------|-------|---------|
| 1 | 23 | Mets Tom | Mechelen | | MSEN | 1 | 0:15:22 | 18,35 | 3:16 |
| 2 | 25 | Van Den Berge Bert | Buggenhout | | MSEN | 2 | 0:16:04 | 17,55 | 3:25 |
| 3 | 63 | Van de Sande Luc | Muizen | BONH | M+35 | 1 | 0:16:44 | 16,85 | 3:34 |
| 4 | 28 | Lauwers Joris | Vilvoorde | | MSEN | 3 | 0:16:52 | 16,72 | 3:35 |
| 5 | 58 | Trappeniers Dave | Willesele | | MSEN | 4 | 0:16:55 | 16,67 | 3:36 |
| 6 | 21 | De Ridder Alain | Brussel | | M+40 | 1 | 0:17:06 | 16,49 | 3:38 |
| 7 | 50 | Van Caelenberg Bruno | Koekelberg | | M+35 | 2 | 0:17:39 | 15,98 | 3:45 |
| 8 | 41 | Wyns Erik | Grimbergen | | M+40 | 2 | 0:17:41 | 15,95 | 3:46 |
| 9 | 43 | Bosmans Kim | Heusden-Zolder | AVT | VJUN | 1 | 0:17:43 | 15,92 | 3:46 |
| 10 | 57 | Van Roey Bart | Zemst | | MSEN | 5 | 0:17:46 | 15,87 | 3:47 |
| 11 | 33 | Vanderloock Dries | Bekkevoort | | MSEN | 6 | 0:17:49 | 15,83 | 3:47 |
| 12 | 34 | Vigny Laurent | Leefdaal | | M+40 | 3 | 0:18:08 | 15,55 | 3:51 |
| 13 | 31 | Ost Fernand | Mechelen | | M+50 | 1 | 0:18:23 | 15,34 | 3:55 |
| 14 | 22 | Bux Antonio | Strombeek-Bever | | M+45 | 1 | 0:18:26 | 15,30 | 3:55 |
| 15 | 44 | De Ridder Urbain | Brussel | | M+40 | 4 | 0:18:39 | 15,12 | 3:58 |
| 16 | 59 | Marien Geert | Grimbergen | | M+40 | 5 | 0:19:02 | 14,82 | 4:03 |
| 17 | 15 | Broothaerts Joss | Kapelle-o/d-Bos | | M+50 | 2 | 0:19:08 | 14,74 | 4:04 |
| 18 | 30 | Leemans Filip | Mechelen | | M+40 | 6 | 0:19:18 | 14,61 | 4:06 |
| 19 | 3 | Lammens Shari | Merelbeke | RCG | VMIN | 1 | 0:20:11 | 13,97 | 4:18 |
| 20 | 6 | Andries Kris | Willebroek | | MSEN | 7 | 0:20:23 | 13,83 | 4:20 |
| 21 | 12 | Lauwers Julien | Leest | RAM | M+55 | 1 | 0:20:26 | 13,80 | 4:21 |
| 22 | 51 | Delbunoy Vincent | Rosieres | | M+40 | 7 | 0:21:22 | 13,20 | 4:33 |
| 23 | 74 | Packet Hans | Grimbergen | | MSEN | 8 | 0:22:42 | 12,42 | 4:50 |
| 24 | 20 | De Ridder Nathan | Brussel | | MBEN | 1 | 0:22:55 | 12,31 | 4:53 |
| 25 | 11 | Van Horebeek Bernadette | Leest | RAM | V+55 | 1 | 0:23:03 | 12,23 | 4:54 |
| 26 | 5 | Servranckx Anne Marie | Vilvoorde | VAC | V+45 | 1 | 0:23:09 | 12,18 | 4:56 |
| 27 | 55 | Van Capellen Frederik | Epepegem | | M+65 | 1 | 0:23:14 | 12,14 | 4:57 |
| 28 | 67 | Schellemans Jan | Vilvoorde | | M+35 | 3 | 0:23:15 | 12,13 | 4:57 |
| 29 | 46 | Van Haver Leander | Elversele | | M+60 | 1 | 0:23:22 | 12,07 | 4:58 |
| 30 | 68 | Kempnaers Saskia | Grimbergen | | V+35 | 1 | 0:23:32 | 11,98 | 5:00 |
| 31 | 56 | De Buyser Elke | Epepegem | | VSEN | 1 | 0:23:34 | 11,97 | 5:01 |
| 32 | 48 | Van Win Johan | Grimbergen | | M+45 | 2 | 0:23:38 | 11,93 | 5:02 |
| 33 | 24 | Trooskens Gilbert | Vilvoorde | SPVI | M+55 | 2 | 0:23:44 | 11,88 | 5:03 |
| 34 | 54 | Deboeck Steven | Vilvoorde | VCF | M+50 | 3 | 0:23:51 | 11,82 | 5:04 |
| 35 | 29 | Huyghebaert Stijn | Hever | | MSEN | 9 | 0:24:15 | 11,63 | 5:10 |
| 36 | 16 | Van Nuffel Else | Mechelen | | V+45 | 2 | 0:24:20 | 11,59 | 5:11 |
| 37 | 36 | Bove Michel | Leest | LOND | M+45 | 3 | 0:24:21 | 11,58 | 5:11 |
| 38 | 39 | Vancampenhout Iwert | Machelen | | MPUP | 1 | 0:24:25 | 11,55 | 5:12 |
| 39 | 19 | Broothaers Griet | Schelle | | V+45 | 3 | 0:24:27 | 11,53 | 5:12 |
| 40 | 10 | De Mars Hinde | Meise | | V+40 | 1 | 0:24:31 | 11,50 | 5:13 |
| 41 | 2 | Mommaerts Jo | Oudergem | | M+65 | 2 | 0:24:37 | 11,46 | 5:14 |
| 42 | 47 | Jacobs Gaston | Buggenhout | | M+60 | 2 | 0:24:57 | 11,30 | 5:19 |
| 43 | 9 | De Koninck Giovanni | Herk-de-Stad | | MSEN | 10 | 0:25:05 | 11,24 | 5:20 |
| 44 | 7 | Scholliers Pieterjan | Vilvoorde | | MPUP | 2 | 0:25:09 | 11,21 | 5:21 |
| 45 | 8 | Scholliers Dirk | Vilvoorde | | M+40 | 8 | 0:25:11 | 11,20 | 5:21 |
| 46 | 38 | Witvrouw Albert | Vilvoorde | | M+60 | 3 | 0:25:15 | 11,17 | 5:22 |
| 47 | 42 | Wyns Iris | Grimbergen | | VPUP | 1 | 0:25:18 | 11,15 | 5:23 |
| 48 | 45 | Huyghe Logan | Grimbergen | | MBEN | 1 | 0:25:21 | 11,12 | 5:24 |
| 49 | 40 | Wyns Sara | Grimbergen | | VBEN | 1 | 0:25:32 | 11,04 | 5:26 |
| 50 | 27 | Claes Joseph | Keerbergen | | M+70 | 1 | 0:25:41 | 10,98 | 5:28 |
| 51 | 64 | Dirckx Charlotte | Everberg | | VBEN | 2 | 0:25:58 | 10,86 | 5:31 |
| 52 | 62 | Dirckx Jan | Everberg | | M+35 | 4 | 0:25:59 | 10,85 | 5:32 |
| 53 | 53 | Van Win Arle | Grimbergen | | MSEN | 11 | 0:26:02 | 10,83 | 5:32 |
| 54 | 37 | Olivier Ariane | Leest | LOND | V+40 | 2 | 0:26:19 | 10,72 | 5:36 |

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|-----------|-----------|---------------------|-------------------|-------------|------------|--------------|-------------|------------|----------------|
| 55 | 73 | De Buyser Evi | Eppegem | | VSEN | 2 | 0:26:22 | 10,70 | 5:37 |
| 56 | 4 | Van Weyenberg Jean | Mechelen | | M+65 | 3 | 0:26:24 | 10,68 | 5:37 |
| 57 | 76 | De Smet Barbara | Dilbeek | | VSEN | 3 | 0:26:35 | 10,61 | 5:39 |
| 58 | 1 | Vanderstraeten Piet | Opwijk | Pallieters | M+60 | 4 | 0:26:37 | 10,59 | 5:40 |
| 59 | 61 | De Ryckel Edith | Everberg | | V+40 | 3 | 0:26:48 | 10,52 | 5:42 |
| 60 | 65 | Dirckx Eveyne | Everberg | | VPUP | 2 | 0:26:49 | 10,52 | 5:42 |
| 61 | 75 | Jonckhere Karen | Halle | | VSEN | 4 | 0:26:55 | 10,48 | 5:44 |
| 62 | 13 | Van Den Berg Fleur | Vilvoorde | | VSEN | 5 | 0:27:16 | 10,34 | 5:48 |
| 63 | 60 | Apers Tina | Zemst | | VSEN | 6 | 0:27:21 | 10,31 | 5:49 |
| 64 | 72 | Deneve Herman | Liedekerke | Pallieters | M+70 | 2 | 0:37:54 | 7,44 | 8:04 |

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9,4 KM

| PL | NR | Naam | Woonplaats | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|--------------------------|--------------------|-------|-----|-------|---------|-------|---------|
| 1 | 235 | Meert Walter | Vilvoorde | | M | 1 | 0:32:55 | 17,13 | 3:30 |
| 2 | 212 | Recour Laurent | Sterrebeek | ASSA | M | 2 | 0:33:46 | 16,70 | 3:36 |
| 3 | 247 | Borms Paul | Blaasveld | | M | 3 | 0:34:02 | 16,57 | 3:37 |
| 4 | 240 | Van Campenhout Luc | Kapelle-o/d-Bos | | M | 4 | 0:34:26 | 16,38 | 3:40 |
| 5 | 213 | Van Der Houve Marc | Strombeek-Bever | | M | 5 | 0:35:06 | 16,07 | 3:44 |
| 6 | 215 | Van Roey Johan | Meise | VAC | M | 6 | 0:35:08 | 16,05 | 3:44 |
| 7 | 258 | Fadoul Taha | St-Pieters-Woluwe | | M | 7 | 0:35:20 | 15,96 | 3:46 |
| 8 | 203 | Braum Jean-Louis | Melsbroek | | M | 8 | 0:36:01 | 15,66 | 3:50 |
| 9 | 205 | Spitz Thomas | Diest | | M | 9 | 0:36:31 | 15,45 | 3:53 |
| 10 | 218 | De Buyser Paul | Eppegem | | M | 10 | 0:36:42 | 15,37 | 3:54 |
| 11 | 226 | Goeyers Dirk | Machelen | | M | 11 | 0:36:52 | 15,30 | 3:55 |
| 12 | 227 | Verreect Simon | Perk | | M | 12 | 0:37:02 | 15,23 | 3:56 |
| 13 | 208 | Renckens An | Elsene | | V | 1 | 0:37:21 | 15,10 | 3:58 |
| 14 | 207 | De Pauw Wim | Rotselaar | | M | 13 | 0:37:53 | 14,89 | 4:02 |
| 15 | 225 | Vanhoof Marc | Zemst | SPVI | M | 14 | 0:38:00 | 14,84 | 4:03 |
| 16 | 230 | Meert Frank | Brussel | | M | 15 | 0:38:42 | 14,57 | 4:07 |
| 17 | 232 | Wellens Guido | Wolvertem | | M | 16 | 0:38:44 | 14,56 | 4:07 |
| 18 | 254 | Vramex Kurt | Herent | | M | 17 | 0:39:51 | 14,15 | 4:14 |
| 19 | 221 | Van Schel Pablo | Grimbergen | | M | 18 | 0:40:12 | 14,03 | 4:17 |
| 20 | 206 | Van Neck Felix | Tisselt | LOND | M | 19 | 0:40:19 | 13,99 | 4:17 |
| 21 | 233 | Berden Michel | Vilvoorde | | M | 20 | 0:40:24 | 13,96 | 4:18 |
| 22 | 243 | Masure Alexander | Eghezée | | M | 21 | 0:40:29 | 13,93 | 4:18 |
| 23 | 231 | Gheeraerts Sven | Vilvoorde | | M | 22 | 0:40:56 | 13,78 | 4:21 |
| 24 | 248 | Cauwenbergh Dominique | Blaasveld | | M | 23 | 0:41:47 | 13,50 | 4:27 |
| 25 | 201 | Kusseneers Luc | Rumst | | M | 24 | 0:42:25 | 13,30 | 4:31 |
| 26 | 259 | Bugajski Adam | Brussel | Polen | M | 25 | 0:42:33 | 13,25 | 4:32 |
| 27 | 234 | Van Roy Patrick | Heist-o/d-Berg | | M | 26 | 0:42:46 | 13,19 | 4:33 |
| 28 | 241 | De Cock Marie José | Meise-Westrode | GRIM | V | 2 | 0:43:04 | 13,10 | 4:35 |
| 29 | 224 | Vandenberghen Kris | Everberg | | M | 27 | 0:43:05 | 13,09 | 4:35 |
| 30 | 253 | Meyvis Peter | Grimbergen | | M | 28 | 0:43:34 | 12,95 | 4:38 |
| 31 | 228 | Dries Lode | Eppegem | SPVI | M | 29 | 0:43:43 | 12,90 | 4:39 |
| 32 | 216 | Trappeniers Octaaf | Erps-Kwerps | | M | 30 | 0:43:46 | 12,89 | 4:39 |
| 33 | 211 | Vancampenhout Lisa | Machelen (Brab) | | V | 3 | 0:43:49 | 12,87 | 4:40 |
| 34 | 242 | Duvivier Els | Asse | LEBB | V | 4 | 0:44:00 | 12,82 | 4:41 |
| 35 | 220 | Meyer Andre | Vilvoorde | | M | 31 | 0:44:12 | 12,76 | 4:42 |
| 36 | 245 | D'Hondt Frederik | Kapelle-o/d-Bos | | M | 32 | 0:44:26 | 12,69 | 4:44 |
| 37 | 244 | D'Hondt Luc | Kapelle-o/d-Bos | | M | 33 | 0:44:31 | 12,67 | 4:44 |
| 38 | 249 | Valgaerts Marc | Hofstade | | M | 34 | 0:45:43 | 12,34 | 4:52 |
| 39 | 239 | Verbiest Louis | Meerbeek | | M | 35 | 0:45:58 | 12,27 | 4:53 |
| 40 | 252 | Verbinnen Manu | Willebroek | | M | 36 | 0:46:20 | 12,17 | 4:56 |
| 41 | 251 | Bocken Geertrui | Grimbergen | | V | 5 | 0:46:22 | 12,16 | 4:56 |
| 42 | 210 | Dewaele Daniel | Lint | | M | 37 | 0:46:31 | 12,12 | 4:57 |
| 43 | 202 | Mommaerts Jo | Oudergem | | M | 38 | 0:46:53 | 12,03 | 4:59 |
| 44 | 204 | Boyet Sebastian | Vilvoorde | | M | 39 | 0:47:15 | 11,94 | 5:02 |
| 45 | 214 | Van Den Houte Marc | Strombeek-Bever | | M | 40 | 0:47:16 | 11,93 | 5:02 |
| 46 | 236 | De Smet Luc | Zomergem | | M | 41 | 0:47:54 | 11,77 | 5:06 |
| 47 | 237 | Gijssels Kristiaan | Zomergem | | M | 42 | 0:47:56 | 11,77 | 5:06 |
| 48 | 246 | Biesemans Veerle | Vilvoorde | | V | 6 | 0:48:40 | 11,59 | 5:11 |
| 49 | 229 | Empsen Roger | Heverlee | | M | 43 | 0:48:41 | 11,59 | 5:11 |
| 50 | 222 | Van De Meulebroeke Hilde | Kortenbergh | ACKO | V | 7 | 0:50:03 | 11,27 | 5:19 |
| 51 | 223 | Herroelen Johan | Everberg | ACKO | M | 44 | 0:50:04 | 11,26 | 5:20 |
| 52 | 238 | Leemans Jan | St-Katelijne-Waver | | M | 45 | 0:51:04 | 11,04 | 5:26 |
| 53 | 255 | Vanden Borre Siegfried | Merchtem | | M | 46 | 0:54:30 | 10,35 | 5:48 |
| 54 | 219 | Vandam Anita | Diegem | | V | 8 | 0:55:45 | 10,12 | 5:56 |
| 55 | 257 | Kumpen Lieseld | Oplinter | | V | 9 | 1:01:18 | 9,20 | 6:31 |
| 56 | 256 | David Manuela | Tienen | | V | 10 | 1:01:20 | 9,20 | 6:31 |