

7e Heist Loopt Heist-op-den-Berg - 31 augustus 2014

5 KM

| PL | NR | Naam | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|------------------------|-----|-------|---------|-------|---------|
| 1 | 249 | Huybrechts Jurgen | M | 1 | 0:16:50 | 17,82 | 3:22 |
| 2 | 292 | Van Den Bossche Brian | M | 2 | 0:17:00 | 17,65 | 3:24 |
| 3 | 290 | Van Vaerenbergh Neal | M | 3 | 0:18:16 | 16,42 | 3:39 |
| 4 | 288 | Sabbe Stijn | M | 4 | 0:18:57 | 15,83 | 3:47 |
| 5 | 262 | Kempenaers Laurens | M | 5 | 0:19:03 | 15,75 | 3:49 |
| 6 | 197 | Jennes Nico | M | 6 | 0:19:09 | 15,67 | 3:50 |
| 7 | 165 | Van Der Auwera Roel | M | 7 | 0:19:25 | 15,45 | 3:53 |
| 8 | 167 | Maes Peter | M | 8 | 0:19:36 | 15,31 | 3:55 |
| 9 | 287 | Sabbe Dries | M | 9 | 0:19:47 | 15,16 | 3:57 |
| 10 | 113 | Hoefkens Kris | M | 10 | 0:19:58 | 15,03 | 4:00 |
| 11 | 42 | Verlooy Kurt | M | 11 | 0:20:04 | 14,95 | 4:01 |
| 12 | 166 | Beynaerts Kim | M | 12 | 0:20:07 | 14,91 | 4:01 |
| 13 | 265 | Frederickx Bruno | M | 13 | 0:20:12 | 14,85 | 4:02 |
| 14 | 83 | Verschoren Senne | M | 14 | 0:20:20 | 14,75 | 4:04 |
| 15 | 250 | Keersmaekers Thomas | M | 15 | 0:20:23 | 14,72 | 4:05 |
| 16 | 266 | Clerckx Brent | M | 16 | 0:20:33 | 14,60 | 4:07 |
| 17 | 185 | De Winter Murielle | V | 1 | 0:20:37 | 14,55 | 4:07 |
| 18 | 310 | Geerts Michael | M | 17 | 0:20:44 | 14,47 | 4:09 |
| 19 | 169 | Heylen Arne | M | 18 | 0:20:50 | 14,40 | 4:10 |
| 20 | 53 | Keuppens Stijn | M | 19 | 0:20:51 | 14,39 | 4:10 |
| 21 | 280 | Rems Geert | M | 20 | 0:20:55 | 14,34 | 4:11 |
| 22 | 156 | Lehaen Joren | M | 21 | 0:21:04 | 14,24 | 4:13 |
| 23 | 45 | Heylighen Freddy | M | 22 | 0:21:06 | 14,22 | 4:13 |
| 24 | 140 | Beynaerts Dirk | M | 23 | 0:21:14 | 14,13 | 4:15 |
| 25 | 223 | Van Rensbergen | M | 24 | 0:21:24 | 14,02 | 4:17 |
| 26 | 298 | Van Den Auweele Dennis | M | 25 | 0:21:27 | 13,99 | 4:17 |
| 27 | 246 | Verbist Gunter | M | 26 | 0:21:40 | 13,85 | 4:20 |
| 28 | 74 | Laurens Leo | M | 27 | 0:21:42 | 13,82 | 4:20 |
| 29 | 284 | Heylen Axel | M | 28 | 0:21:54 | 13,70 | 4:23 |
| 30 | 214 | Gorris Toon | M | 29 | 0:22:16 | 13,47 | 4:27 |
| 31 | 196 | Van Den Schoor Senne | M | 30 | 0:22:25 | 13,38 | 4:29 |
| 32 | 131 | Vanden Bosch Bart | M | 31 | 0:22:30 | 13,33 | 4:30 |
| 33 | 294 | Goovaerts Michel | M | 32 | 0:22:33 | 13,30 | 4:31 |
| 34 | 150 | Van Den Vonder Greet | V | 2 | 0:22:41 | 13,23 | 4:32 |
| 35 | 70 | Maes Kim | V | 3 | 0:22:52 | 13,12 | 4:34 |
| 36 | 289 | Van Vaerenbergh Johan | M | 33 | 0:23:00 | 13,04 | 4:36 |
| 37 | 51 | Keuppens Thomas | M | 34 | 0:23:01 | 13,03 | 4:36 |
| 38 | 95 | Mattijs Herman | M | 35 | 0:23:09 | 12,96 | 4:38 |
| 39 | 268 | Liekens Vicky | V | 4 | 0:23:36 | 12,71 | 4:43 |
| 40 | 245 | Van Rompaey André | M | 36 | 0:23:37 | 12,70 | 4:43 |
| 41 | 232 | Weltens Bert | M | 37 | 0:23:40 | 12,68 | 4:44 |
| 42 | 271 | De Vries Rita | V | 5 | 0:23:42 | 12,66 | 4:44 |
| 43 | 180 | Van Dam Mark | M | 38 | 0:23:44 | 12,64 | 4:45 |
| 44 | 305 | Van Melkebeke Gert | M | 39 | 0:23:46 | 12,62 | 4:45 |
| 45 | 286 | Van Loock Neal | M | 40 | 0:23:47 | 12,61 | 4:45 |
| 46 | 157 | Lehaen Jasper | M | 41 | 0:23:49 | 12,60 | 4:46 |
| 47 | 308 | Maes Annelies | V | 6 | 0:23:52 | 12,57 | 4:46 |
| 48 | 78 | Avonds Tom | M | 42 | 0:23:55 | 12,54 | 4:47 |
| 49 | 80 | Avonds Vince | M | 43 | 0:24:02 | 12,48 | 4:48 |
| 50 | 2 | Vansteenkiste Patrick | M | 44 | 0:24:10 | 12,41 | 4:50 |
| 51 | 244 | Van De Gaer Jan | M | 45 | 0:24:11 | 12,41 | 4:50 |
| 52 | 211 | Kusseneers Luc | M | 46 | 0:24:21 | 12,32 | 4:52 |
| 53 | 128 | Van Der Velde Daniel | M | 47 | 0:24:44 | 12,13 | 4:57 |
| 54 | 84 | De Cock Robbe | M | 48 | 0:24:50 | 12,08 | 4:58 |
| 55 | 77 | Heylen Bert | M | 49 | 0:24:57 | 12,02 | 4:59 |
| 56 | 144 | Laurens Jitse | M | 50 | 0:25:21 | 11,83 | 5:04 |
| 57 | 57 | Peeters Elise | V | 7 | 0:25:21 | 11,83 | 5:04 |
| 58 | 52 | Hermans Lieven | M | 51 | 0:25:25 | 11,80 | 5:05 |
| 59 | 91 | Van Loo Freddy | M | 52 | 0:25:26 | 11,80 | 5:05 |
| 60 | 87 | Van Tendeloo Fre | M | 53 | 0:25:27 | 11,79 | 5:05 |
| 61 | 103 | Willaert Tony | M | 54 | 0:25:28 | 11,78 | 5:06 |
| 62 | 56 | Keuppens Evelien | V | 8 | 0:25:30 | 11,76 | 5:06 |

| PL | NR | Naam | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-----------------------|-----|-------|---------|-------|---------|
| 63 | 225 | Van Hove Kevin | M | 55 | 0:25:32 | 11,75 | 5:06 |
| 64 | 3 | Bellekens Gert | M | 56 | 0:25:33 | 11,74 | 5:07 |
| 65 | 130 | Van Roelen Gaston | M | 57 | 0:25:37 | 11,71 | 5:07 |
| 66 | 296 | Vannertum Gunther | M | 58 | 0:25:40 | 11,69 | 5:08 |
| 67 | 73 | Ceulemans Patrik | M | 59 | 0:25:46 | 11,64 | 5:09 |
| 68 | 162 | Geens Nikki | V | 9 | 0:25:49 | 11,62 | 5:10 |
| 69 | 311 | Berghmans Patrick | M | 60 | 0:25:51 | 11,61 | 5:10 |
| 70 | 260 | Prinsen Marc | M | 61 | 0:25:51 | 11,61 | 5:10 |
| 71 | 307 | Laeremans Tom | M | 62 | 0:25:52 | 11,60 | 5:10 |
| 72 | 32 | Van Loo Bruno | M | 63 | 0:25:54 | 11,58 | 5:11 |
| 73 | 297 | Eyckmans Arne | M | 64 | 0:25:57 | 11,56 | 5:11 |
| 74 | 138 | Verhaegen Ryan | M | 65 | 0:25:58 | 11,55 | 5:12 |
| 75 | 134 | Vermaelen Willy | M | 66 | 0:26:00 | 11,54 | 5:12 |
| 76 | 102 | Willaert Sven | M | 67 | 0:26:01 | 11,53 | 5:12 |
| 77 | 92 | Morren Romee | V | 10 | 0:26:07 | 11,49 | 5:13 |
| 78 | 106 | Geerts Rini | M | 68 | 0:26:07 | 11,49 | 5:13 |
| 79 | 239 | Morren Evert | M | 69 | 0:26:08 | 11,48 | 5:14 |
| 80 | 306 | Vandeputte David | M | 70 | 0:26:15 | 11,43 | 5:15 |
| 81 | 224 | Rijmenants Eddy | M | 71 | 0:26:22 | 11,38 | 5:16 |
| 82 | 89 | Van Weert Stan | M | 72 | 0:26:24 | 11,36 | 5:17 |
| 83 | 242 | Bruynseels Vincent | M | 73 | 0:26:25 | 11,36 | 5:17 |
| 84 | 301 | Huysmans Kevin | M | 74 | 0:26:28 | 11,34 | 5:18 |
| 85 | 277 | Van Den Wouwer Jozef | M | 75 | 0:26:29 | 11,33 | 5:18 |
| 86 | 233 | Truyens Jelle | M | 76 | 0:26:31 | 11,31 | 5:18 |
| 87 | 112 | Stroo Wim | M | 77 | 0:26:33 | 11,30 | 5:19 |
| 88 | 23 | Schoenmakers Annelies | V | 11 | 0:26:36 | 11,28 | 5:19 |
| 89 | 62 | Ceulemans Steven | M | 78 | 0:26:37 | 11,27 | 5:19 |
| 90 | 50 | Keuppens Ellen | V | 12 | 0:26:40 | 11,25 | 5:20 |
| 91 | 126 | Schouters Robert | M | 79 | 0:26:42 | 11,24 | 5:20 |
| 92 | 221 | Clé Michiel | M | 80 | 0:26:42 | 11,24 | 5:20 |
| 93 | 184 | Kerremans Dimitri | M | 81 | 0:26:48 | 11,19 | 5:22 |
| 94 | 302 | Op De Beeck Cathy | V | 13 | 0:26:53 | 11,16 | 5:23 |
| 95 | 248 | Michiels Wim | M | 82 | 0:26:57 | 11,13 | 5:23 |
| 96 | 136 | Heremans Joost | M | 83 | 0:27:04 | 11,08 | 5:25 |
| 97 | 259 | De Wachter Carine | V | 14 | 0:27:06 | 11,07 | 5:25 |
| 98 | 12 | Gyseman An | V | 15 | 0:27:09 | 11,05 | 5:26 |
| 99 | 236 | De Herdt Frank | M | 84 | 0:27:13 | 11,02 | 5:27 |
| 100 | 79 | Avonds Kobe | M | 85 | 0:27:17 | 11,00 | 5:27 |
| 101 | 19 | Hermans Bart | M | 86 | 0:27:22 | 10,96 | 5:28 |
| 102 | 207 | De Peuter Swa | M | 87 | 0:27:36 | 10,87 | 5:31 |
| 103 | 273 | Van Der Auwera Chris | M | 88 | 0:27:39 | 10,85 | 5:32 |
| 104 | 39 | Callaerts Sarre | M | 89 | 0:27:41 | 10,84 | 5:32 |
| 105 | 127 | Tuerlinckx Jean-Luc | M | 90 | 0:27:45 | 10,81 | 5:33 |
| 106 | 125 | Nijs Walter | M | 91 | 0:27:49 | 10,78 | 5:34 |
| 107 | 213 | Gorris Jos | M | 92 | 0:27:50 | 10,78 | 5:34 |
| 108 | 217 | Cools Serge | M | 93 | 0:27:51 | 10,77 | 5:34 |
| 109 | 109 | De Smedt Kristof | M | 94 | 0:27:56 | 10,74 | 5:35 |
| 110 | 22 | Verhaegen Hans | M | 95 | 0:28:00 | 10,71 | 5:36 |
| 111 | 4 | Meylemans Kathleen | V | 16 | 0:28:00 | 10,71 | 5:36 |
| 112 | 269 | Van Der Kuylen Peter | M | 96 | 0:28:01 | 10,71 | 5:36 |
| 113 | 218 | Tant Elfride | V | 17 | 0:28:04 | 10,69 | 5:37 |
| 114 | 238 | Brink Rico | M | 97 | 0:28:16 | 10,61 | 5:39 |
| 115 | 142 | Verhaegen Geert | M | 98 | 0:28:19 | 10,59 | 5:40 |
| 116 | 313 | Baestaens Jessica | V | 18 | 0:28:21 | 10,58 | 5:40 |
| 117 | 5 | Gyseman Hilde | V | 19 | 0:28:21 | 10,58 | 5:40 |
| 118 | 143 | De Veuster Ilse | V | 20 | 0:28:23 | 10,57 | 5:41 |
| 119 | 282 | Van Calster Chris | M | 99 | 0:28:23 | 10,57 | 5:41 |
| 120 | 168 | Baestaens Nathalie | V | 21 | 0:28:25 | 10,56 | 5:41 |
| 121 | 229 | Van Roy Vanessa | V | 22 | 0:28:25 | 10,56 | 5:41 |
| 122 | 37 | Winckelmans Filip | M | 100 | 0:28:29 | 10,53 | 5:42 |
| 123 | 278 | Roelants Myriam | V | 23 | 0:28:31 | 10,52 | 5:42 |
| 124 | 291 | Clijmans Mia | V | 24 | 0:28:34 | 10,50 | 5:43 |
| 125 | 312 | Van Den Broeck Marcel | M | 101 | 0:28:36 | 10,49 | 5:43 |
| 126 | 309 | Guanella Yves | M | 102 | 0:28:41 | 10,46 | 5:44 |
| 127 | 98 | Van Den Dries Katrien | V | 25 | 0:28:44 | 10,44 | 5:45 |

| PL | NR | Naam | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------------|-----|-------|---------|-------|---------|
| 128 | 175 | D'hoore Ben | M | 103 | 0:28:47 | 10,42 | 5:45 |
| 129 | 189 | De Groof Nancy | V | 26 | 0:28:52 | 10,39 | 5:46 |
| 130 | 222 | Wouters Maurits | M | 104 | 0:28:56 | 10,37 | 5:47 |
| 131 | 264 | De Winter Frederik | M | 105 | 0:28:57 | 10,36 | 5:47 |
| 132 | 251 | Bogaerts Maurice | M | 106 | 0:28:59 | 10,35 | 5:48 |
| 133 | 263 | De Winter Robin | M | 107 | 0:29:00 | 10,34 | 5:48 |
| 134 | 69 | Caers Brenda | V | 27 | 0:29:01 | 10,34 | 5:48 |
| 135 | 188 | Bosmans Rudy | M | 108 | 0:29:03 | 10,33 | 5:49 |
| 136 | 11 | Dioos Filip | M | 109 | 0:29:05 | 10,32 | 5:49 |
| 137 | 20 | Talitha Storms | V | 28 | 0:29:08 | 10,30 | 5:50 |
| 138 | 255 | Swine Noortje | V | 29 | 0:29:11 | 10,28 | 5:50 |
| 139 | 256 | Verhaegen Steven | M | 110 | 0:29:11 | 10,28 | 5:50 |
| 140 | 118 | Diels Koen | M | 111 | 0:29:13 | 10,27 | 5:51 |
| 141 | 295 | Slaets Jella | V | 30 | 0:29:19 | 10,23 | 5:52 |
| 142 | 154 | Aerts Willy | M | 112 | 0:29:19 | 10,23 | 5:52 |
| 143 | 114 | Derdin Simon | M | 113 | 0:29:23 | 10,21 | 5:53 |
| 144 | 193 | Van Besauw Jenny | M | 114 | 0:29:24 | 10,20 | 5:53 |
| 145 | 270 | Baestaens Eline | V | 31 | 0:29:32 | 10,16 | 5:54 |
| 146 | 190 | Faes Frans | M | 115 | 0:29:34 | 10,15 | 5:55 |
| 147 | 155 | Lehaen Roel | M | 116 | 0:29:37 | 10,13 | 5:55 |
| 148 | 60 | Van Gelder Geert | M | 117 | 0:29:38 | 10,12 | 5:56 |
| 149 | 34 | Van Olmen Hilde | V | 32 | 0:29:42 | 10,10 | 5:56 |
| 150 | 315 | Gijsemans Michel | M | 118 | 0:29:45 | 10,08 | 5:57 |
| 151 | 314 | Baestaens Sofie | V | 33 | 0:29:46 | 10,08 | 5:57 |
| 152 | 101 | Bram Van Bael | M | 119 | 0:29:47 | 10,07 | 5:57 |
| 153 | 81 | Van Der Kuylen Joke | V | 34 | 0:29:48 | 10,07 | 5:58 |
| 154 | 86 | Van Tendeloo Mats | M | 120 | 0:29:48 | 10,07 | 5:58 |
| 155 | 133 | Verhaegen Carla | V | 35 | 0:30:00 | 10,00 | 6:00 |
| 156 | 124 | Lebrun Marianne | V | 36 | 0:30:00 | 10,00 | 6:00 |
| 157 | 105 | Van Eyken Eline | V | 37 | 0:30:01 | 9,99 | 6:00 |
| 157 | 104 | De Weerd Glenn | M | 121 | 0:30:01 | 9,99 | 6:00 |
| 159 | 303 | Verheyden Silke | V | 38 | 0:30:03 | 9,98 | 6:01 |
| 160 | 187 | Van Calster Martine | V | 39 | 0:30:05 | 9,97 | 6:01 |
| 161 | 237 | Van Zand Florence | V | 40 | 0:30:14 | 9,92 | 6:03 |
| 162 | 183 | Cornelis Bart | M | 122 | 0:30:15 | 9,92 | 6:03 |
| 163 | 49 | Heremans Sean | M | 123 | 0:30:16 | 9,91 | 6:03 |
| 164 | 141 | De Veuster Ingrid | V | 41 | 0:30:17 | 9,91 | 6:03 |
| 165 | 159 | Cerstiaens Leen | V | 42 | 0:30:21 | 9,88 | 6:04 |
| 166 | 275 | Peeters Nele | V | 43 | 0:30:23 | 9,87 | 6:05 |
| 167 | 110 | Verschueren Cynthia | V | 44 | 0:30:30 | 9,84 | 6:06 |
| 168 | 178 | Wyns Freddy | M | 124 | 0:30:30 | 9,84 | 6:06 |
| 169 | 177 | Hofmans Ria | V | 45 | 0:30:32 | 9,83 | 6:06 |
| 170 | 240 | Calant Kelly | V | 46 | 0:30:36 | 9,80 | 6:07 |
| 171 | 111 | Laurysen Marc | M | 125 | 0:30:40 | 9,78 | 6:08 |
| 172 | 1017 | Baeyens Peter | M | 126 | 0:30:47 | 9,75 | 6:09 |
| 173 | 212 | Scheerens Martine | V | 47 | 0:30:48 | 9,74 | 6:10 |
| 174 | 191 | Janssens Jos | M | 127 | 0:30:49 | 9,73 | 6:10 |
| 175 | 36 | Hofmans Inge | V | 48 | 0:30:50 | 9,73 | 6:10 |
| 176 | 160 | Vermeulen Guy | M | 128 | 0:31:01 | 9,67 | 6:12 |
| 177 | 281 | Eggers Peggy | V | 49 | 0:31:04 | 9,66 | 6:13 |
| 178 | 276 | Witvrouwen Anja | V | 50 | 0:31:10 | 9,63 | 6:14 |
| 179 | 145 | Van Der Auwermeulen Nicole | V | 51 | 0:31:13 | 9,61 | 6:15 |
| 180 | 195 | Salaerts Jules | M | 129 | 0:31:14 | 9,61 | 6:15 |
| 181 | 24 | Pauwels Lieve | V | 52 | 0:31:18 | 9,58 | 6:16 |
| 182 | 279 | De Keuster Veerle | V | 53 | 0:31:19 | 9,58 | 6:16 |
| 183 | 267 | Brouwers Veronique | V | 54 | 0:31:30 | 9,52 | 6:18 |
| 184 | 137 | Van Nuffel Filip | M | 130 | 0:31:30 | 9,52 | 6:18 |
| 185 | 76 | Smet Cindy | V | 55 | 0:31:35 | 9,50 | 6:19 |
| 186 | 75 | Vloebergs Mario | M | 131 | 0:31:35 | 9,50 | 6:19 |
| 187 | 151 | Sourdeau Erika | V | 56 | 0:31:42 | 9,46 | 6:20 |
| 188 | 139 | Volkaerts Anita | V | 57 | 0:31:43 | 9,46 | 6:21 |
| 189 | 38 | Bellekens Ivonne | V | 58 | 0:31:43 | 9,46 | 6:21 |
| 190 | 72 | Smits Lander | M | 132 | 0:32:01 | 9,37 | 6:24 |
| 191 | 71 | Smits Joris | M | 133 | 0:32:06 | 9,35 | 6:25 |
| 192 | 99 | Claes Anthe | V | 59 | 0:32:06 | 9,35 | 6:25 |

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|-----|------|------------------------|-----|-------|---------|------|---------|
| 193 | 208 | Boonroy Anke | V | 60 | 0:32:09 | 9,33 | 6:26 |
| 194 | 209 | Catuyvels Elke | V | 61 | 0:32:10 | 9,33 | 6:26 |
| 195 | 44 | Wouters Quinten | M | 134 | 0:32:10 | 9,33 | 6:26 |
| 196 | 21 | Huybrechts Ilse | V | 62 | 0:32:18 | 9,29 | 6:28 |
| 197 | 122 | Janssens Rik | M | 135 | 0:32:19 | 9,28 | 6:28 |
| 198 | 247 | Smets Lieve | V | 63 | 0:32:22 | 9,27 | 6:28 |
| 199 | 41 | Wouters Mario | M | 136 | 0:32:31 | 9,23 | 6:30 |
| 200 | 40 | Huysmans Nancy | V | 64 | 0:32:39 | 9,19 | 6:32 |
| 201 | 299 | Goyvaerts Bruno | M | 137 | 0:32:40 | 9,18 | 6:32 |
| 202 | 300 | Van Der Auwera Annick | V | 65 | 0:32:40 | 9,18 | 6:32 |
| 203 | 215 | Mombert Gillian | M | 138 | 0:32:43 | 9,17 | 6:33 |
| 204 | 174 | Wyns Stefanie | V | 66 | 0:33:08 | 9,05 | 6:38 |
| 205 | 93 | Van Den Daele Amata | V | 67 | 0:33:09 | 9,05 | 6:38 |
| 206 | 90 | Van Weert Lis | V | 68 | 0:33:10 | 9,05 | 6:38 |
| 207 | 161 | Vervoort Annick | V | 69 | 0:33:12 | 9,04 | 6:38 |
| 208 | 6 | Goolaerts Anja | V | 70 | 0:33:14 | 9,03 | 6:39 |
| 209 | 115 | Derdin Wannas | M | 139 | 0:33:15 | 9,02 | 6:39 |
| 210 | 293 | Bruynseels Anke | V | 71 | 0:33:15 | 9,02 | 6:39 |
| 211 | 29 | De Coux Dorien | V | 72 | 0:33:19 | 9,00 | 6:40 |
| 212 | 30 | De Coux Luc | M | 140 | 0:33:20 | 9,00 | 6:40 |
| 213 | 120 | Borgwald Ludwig | M | 141 | 0:33:20 | 9,00 | 6:40 |
| 214 | 204 | Kennis Kevin | M | 142 | 0:33:22 | 8,99 | 6:40 |
| 215 | 272 | Heymans Monique | V | 73 | 0:33:27 | 8,97 | 6:41 |
| 216 | 257 | Cammans Alana | V | 74 | 0:33:31 | 8,95 | 6:42 |
| 217 | 304 | Van Nuffelen Jef | M | 143 | 0:33:53 | 8,85 | 6:47 |
| 218 | 173 | Van Dessel Kobe | M | 144 | 0:33:54 | 8,85 | 6:47 |
| 219 | 14 | Crauwels Utte | V | 75 | 0:34:03 | 8,81 | 6:49 |
| 220 | 15 | Martello Laura | V | 76 | 0:34:05 | 8,80 | 6:49 |
| 221 | 13 | De Coux Irina | V | 77 | 0:34:09 | 8,78 | 6:50 |
| 222 | 220 | Hendrickx Jannes | M | 145 | 0:34:10 | 8,78 | 6:50 |
| 223 | 171 | Penders Femke | V | 78 | 0:34:13 | 8,77 | 6:51 |
| 224 | 172 | Clé Margot | V | 79 | 0:34:13 | 8,77 | 6:51 |
| 224 | 170 | Cuypers Daan | M | 146 | 0:34:13 | 8,77 | 6:51 |
| 226 | 17 | Verelst Joni | V | 80 | 0:34:15 | 8,76 | 6:51 |
| 227 | 59 | De Roovere Inge | V | 81 | 0:34:16 | 8,75 | 6:51 |
| 228 | 179 | Van Tongelen Dave | M | 147 | 0:34:17 | 8,75 | 6:51 |
| 229 | 176 | Budts Sonja | V | 82 | 0:34:17 | 8,75 | 6:51 |
| 230 | 48 | Straus Nathalie | V | 83 | 0:34:17 | 8,75 | 6:51 |
| 231 | 16 | Janssens Femke | V | 84 | 0:34:21 | 8,73 | 6:52 |
| 232 | 46 | Siebens Sandy | V | 85 | 0:34:25 | 8,72 | 6:53 |
| 233 | 7 | Bieke Offermans | V | 86 | 0:34:30 | 8,70 | 6:54 |
| 234 | 219 | Lemmens Hilde | V | 87 | 0:34:31 | 8,69 | 6:54 |
| 235 | 152 | Van Den Broeck Freia | V | 88 | 0:34:32 | 8,69 | 6:54 |
| 236 | 153 | Heijlen Anais | V | 89 | 0:34:32 | 8,69 | 6:54 |
| 237 | 285 | Hermans Godelieve | V | 90 | 0:34:34 | 8,68 | 6:55 |
| 238 | 123 | Jennis Suzy | V | 91 | 0:34:36 | 8,67 | 6:55 |
| 239 | 283 | Torfs Willy | M | 148 | 0:34:39 | 8,66 | 6:56 |
| 240 | 1081 | De Raet Luk | M | 149 | 0:34:43 | 8,64 | 6:57 |
| 241 | 235 | Rooseleer Beau | V | 92 | 0:34:47 | 8,62 | 6:57 |
| 241 | 234 | Jolien Van Loo | V | 93 | 0:34:47 | 8,62 | 6:57 |
| 243 | 241 | De Knaep Chris | M | 150 | 0:34:48 | 8,62 | 6:58 |
| 244 | 54 | Verheyen Ivo | M | 151 | 0:34:50 | 8,61 | 6:58 |
| 245 | 231 | Mathys Sylvie | V | 94 | 0:34:58 | 8,58 | 7:00 |
| 246 | 94 | Raemdonck Annette | V | 95 | 0:35:03 | 8,56 | 7:01 |
| 247 | 316 | Mymen | M | 152 | 0:35:05 | 8,55 | 7:01 |
| 248 | 64 | Van Craen Stefanie | V | 96 | 0:35:10 | 8,53 | 7:02 |
| 249 | 121 | Haine Marie-Jose | V | 97 | 0:35:13 | 8,52 | 7:03 |
| 250 | 85 | Spits Joke | V | 98 | 0:35:23 | 8,48 | 7:05 |
| 251 | 88 | Spits Eef | V | 99 | 0:35:34 | 8,43 | 7:07 |
| 252 | 132 | Vercalsteren Monique | V | 100 | 0:35:34 | 8,43 | 7:07 |
| 253 | 96 | Myriam Adams | V | 101 | 0:35:44 | 8,40 | 7:09 |
| 253 | 198 | Verschoren Liesbeth | V | 102 | 0:35:44 | 8,40 | 7:09 |
| 255 | 97 | RenilDe Van De Meutter | V | 103 | 0:35:44 | 8,40 | 7:09 |
| 256 | 201 | Cootmans Josephine | V | 104 | 0:35:47 | 8,38 | 7:09 |
| 257 | 194 | Wijns Nick | M | 153 | 0:35:50 | 8,37 | 7:10 |

| PL | NR | Naam | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----------|-----------|------------------------|------------|--------------|-------------|------------|----------------|
| 258 | 146 | De Groof Britt | V | 105 | 0:35:52 | 8,36 | 7:10 |
| 259 | 116 | Dhaenens Kristel | V | 106 | 0:36:04 | 8,32 | 7:13 |
| 260 | 10 | Witters Veerle | V | 107 | 0:36:06 | 8,31 | 7:13 |
| 261 | 27 | Schorrewegen Betty | V | 108 | 0:36:07 | 8,31 | 7:13 |
| 262 | 67 | Vanhove Dirk | M | 154 | 0:36:09 | 8,30 | 7:14 |
| 263 | 199 | Verschoren Marleen | V | 109 | 0:36:11 | 8,29 | 7:14 |
| 264 | 28 | Hendrickx Arlette | V | 110 | 0:36:13 | 8,28 | 7:15 |
| 265 | 149 | Ackx Katrien | V | 111 | 0:36:15 | 8,28 | 7:15 |
| 266 | 9 | Heremans Inge | V | 112 | 0:36:17 | 8,27 | 7:15 |
| 267 | 163 | Van Den Bergh Christel | V | 113 | 0:36:18 | 8,26 | 7:16 |
| 268 | 135 | Windmolders Hilde | V | 114 | 0:36:21 | 8,25 | 7:16 |
| 269 | 129 | Van Geel Peter | M | 155 | 0:36:21 | 8,25 | 7:16 |
| 270 | 68 | Ceulemans Daphne | V | 115 | 0:36:23 | 8,25 | 7:17 |
| 271 | 119 | Coolen Elly | V | 116 | 0:36:39 | 8,19 | 7:20 |
| 272 | 117 | Coolen Veerle | V | 117 | 0:36:40 | 8,18 | 7:20 |
| 273 | 63 | Meuris Elke | V | 118 | 0:36:57 | 8,12 | 7:23 |
| 274 | 164 | Vandeperre Davy | M | 156 | 0:37:01 | 8,10 | 7:24 |
| 275 | 35 | Gielen Mieke | V | 119 | 0:37:16 | 8,05 | 7:27 |
| 276 | 33 | Van Rompaey Liesbet | V | 120 | 0:37:20 | 8,04 | 7:28 |
| 277 | 181 | Van Dam Cathy | V | 121 | 0:37:21 | 8,03 | 7:28 |
| 278 | 31 | Verhaegen Sandra | V | 122 | 0:37:27 | 8,01 | 7:29 |
| 279 | 158 | Lehaen Lenne | V | 123 | 0:37:40 | 7,96 | 7:32 |
| 280 | 252 | Brant Petra | V | 124 | 0:37:45 | 7,95 | 7:33 |
| 281 | 261 | De Backer Ferdinand | M | 157 | 0:37:51 | 7,93 | 7:34 |
| 282 | 43 | De Middeleer Kristel | V | 125 | 0:38:10 | 7,86 | 7:38 |
| 283 | 230 | Ceulemans Peter | M | 158 | 0:38:29 | 7,80 | 7:42 |
| 284 | 1002 | Callewaert Yves | M | 159 | 0:38:30 | 7,79 | 7:42 |
| 285 | 107 | Roelants Sandra | V | 126 | 0:38:47 | 7,74 | 7:45 |
| 285 | 108 | Steylaerts Peter | M | 160 | 0:38:47 | 7,74 | 7:45 |
| 287 | 243 | Nagels Marc | M | 161 | 0:39:01 | 7,69 | 7:48 |
| 288 | 253 | Biets Els | V | 127 | 0:39:31 | 7,59 | 7:54 |
| 289 | 274 | Vanzeer Nathalie | V | 128 | 0:40:14 | 7,46 | 8:03 |
| 290 | 182 | Van Dam An | V | 129 | 0:40:18 | 7,44 | 8:04 |
| 291 | 58 | Van Ginneken Nadia | V | 130 | 0:40:44 | 7,36 | 8:09 |
| 292 | 258 | Gypen Jille | M | 162 | 0:40:46 | 7,36 | 8:09 |
| 293 | 147 | Frederickx Sanne | V | 131 | 0:40:53 | 7,34 | 8:11 |
| 294 | 192 | Huybrechts Julie | V | 132 | 0:45:00 | 6,67 | 9:00 |

7e Heist Loopt Heist-op-den-Berg - 31 augustus 2014

10 KM

| PL | NR | Naam | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|-------|---------|-------|---------|
| 1 | 1109 | Coopmans Erwin | M | 1 | 0:36:59 | 16,22 | 3:42 |
| 2 | 1127 | De Wever Stef | M | 2 | 0:38:03 | 15,77 | 3:48 |
| 3 | 1124 | Bernard Gunther | M | 3 | 0:38:46 | 15,48 | 3:53 |
| 4 | 1048 | Matheus Jelle | M | 4 | 0:39:31 | 15,18 | 3:57 |
| 5 | 1021 | Van Den Bosch Jonas | M | 5 | 0:39:35 | 15,16 | 3:58 |
| 6 | 1095 | Lauwen Gino | M | 6 | 0:39:39 | 15,13 | 3:58 |
| 7 | 1011 | De Cleyne Siem | M | 7 | 0:40:50 | 14,69 | 4:05 |
| 8 | 1092 | Detrez Martine | V | 1 | 0:40:58 | 14,65 | 4:06 |
| 9 | 1047 | Vanden Bosch Rudy | M | 8 | 0:42:44 | 14,04 | 4:16 |
| 10 | 1102 | Heylen Guy | M | 9 | 0:43:04 | 13,93 | 4:18 |
| 11 | 1114 | Verstappen Andy | M | 10 | 0:43:17 | 13,86 | 4:20 |
| 12 | 1091 | Macors Alexandre | M | 11 | 0:43:21 | 13,84 | 4:20 |
| 13 | 1115 | Leyman Gijs | M | 12 | 0:44:12 | 13,57 | 4:25 |
| 14 | 1122 | Leys Glen | M | 13 | 0:44:19 | 13,54 | 4:26 |
| 15 | 1012 | Leemans Filip | M | 14 | 0:44:42 | 13,42 | 4:28 |
| 16 | 1106 | Engels Rudi | M | 15 | 0:44:54 | 13,36 | 4:29 |
| 17 | 1101 | De Cleyne Steven | M | 16 | 0:45:08 | 13,29 | 4:31 |
| 18 | 1105 | Desmet Erik | M | 17 | 0:45:24 | 13,22 | 4:32 |
| 19 | 1100 | Deriquier Daniel | M | 18 | 0:45:32 | 13,18 | 4:33 |
| 20 | 1125 | De Cuyper Tim | M | 19 | 0:45:47 | 13,11 | 4:35 |
| 21 | 1046 | Roels Gerrit | M | 20 | 0:46:01 | 13,04 | 4:36 |
| 22 | 1128 | Peter Moun | M | 21 | 0:46:51 | 12,81 | 4:41 |
| 23 | 1026 | Heylen Chris | M | 22 | 0:47:07 | 12,73 | 4:43 |
| 24 | 1089 | Vanhove Bert | M | 23 | 0:47:16 | 12,69 | 4:44 |
| 25 | 1060 | Sicuro Gianni | M | 24 | 0:47:21 | 12,67 | 4:44 |
| 26 | 1094 | Van Den Broeck Inge | V | 2 | 0:47:29 | 12,64 | 4:45 |
| 27 | 1104 | Ceulemans Geert | M | 25 | 0:47:41 | 12,58 | 4:46 |
| 28 | 1015 | Vervoort Nick | M | 26 | 0:47:47 | 12,56 | 4:47 |
| 29 | 1049 | De Roover Wim | M | 27 | 0:47:59 | 12,50 | 4:48 |
| 30 | 1076 | Lintermans Michael | M | 28 | 0:48:07 | 12,47 | 4:49 |
| 31 | 1065 | Verbist Marc | M | 29 | 0:48:09 | 12,46 | 4:49 |
| 32 | 1043 | Kempeneers Pieter | M | 30 | 0:48:29 | 12,38 | 4:51 |
| 33 | 1090 | Buts Greet | V | 3 | 0:48:40 | 12,33 | 4:52 |
| 34 | 1014 | Meylemans Stef | M | 31 | 0:48:48 | 12,30 | 4:53 |
| 35 | 1027 | Dankers Kees-Jan | M | 32 | 0:49:06 | 12,22 | 4:55 |
| 36 | 1051 | Vanagt Benjamin | M | 33 | 0:49:17 | 12,17 | 4:56 |
| 37 | 1018 | Baeyens Lars | M | 34 | 0:49:21 | 12,16 | 4:56 |
| 38 | 1067 | Blockx Leen | V | 4 | 0:49:27 | 12,13 | 4:57 |
| 39 | 1077 | Hendrickx Werner | M | 35 | 0:49:40 | 12,08 | 4:58 |
| 40 | 1050 | Cambre Gino | M | 36 | 0:49:44 | 12,06 | 4:58 |
| 41 | 1072 | Aerts Kris | M | 37 | 0:49:45 | 12,06 | 4:59 |
| 42 | 1010 | Van Der Borghth Jelle | M | 38 | 0:49:48 | 12,05 | 4:59 |
| 43 | 1059 | Vanhove Tinne | V | 5 | 0:49:51 | 12,04 | 4:59 |
| 44 | 1006 | Feyen Mathias | M | 39 | 0:50:25 | 11,90 | 5:03 |
| 45 | 1062 | Dal Bosco Jean | M | 40 | 0:50:34 | 11,87 | 5:03 |
| 46 | 1123 | Jacobs Tim | M | 41 | 0:50:38 | 11,85 | 5:04 |
| 47 | 1096 | Willems Marc | M | 42 | 0:50:47 | 11,81 | 5:05 |
| 48 | 1030 | Van Praet Luc | M | 43 | 0:50:54 | 11,79 | 5:05 |
| 49 | 1038 | Michiels Sylvie | V | 6 | 0:51:27 | 11,66 | 5:09 |
| 50 | 1119 | Billen Bert | M | 44 | 0:51:28 | 11,66 | 5:09 |
| 51 | 1058 | Gils Johan | M | 45 | 0:51:35 | 11,63 | 5:10 |
| 52 | 1113 | De Preter Stefan | M | 46 | 0:51:40 | 11,61 | 5:10 |
| 53 | 1032 | Ceulemans Geert | M | 47 | 0:51:44 | 11,60 | 5:10 |
| 54 | 1116 | Van Stevens | M | 48 | 0:51:54 | 11,56 | 5:11 |
| 55 | 1045 | Coenen Paula | V | 7 | 0:52:01 | 11,53 | 5:12 |
| 56 | 1066 | Saenen Johan | M | 49 | 0:52:10 | 11,50 | 5:13 |
| 57 | 1118 | Janssens Bert | M | 50 | 0:52:31 | 11,42 | 5:15 |
| 58 | 1074 | Paessens Daniel | M | 51 | 0:52:41 | 11,39 | 5:16 |
| 59 | 1001 | Verschuere Geert | M | 52 | 0:52:42 | 11,39 | 5:16 |
| 60 | 1112 | Berckvens Jos | M | 53 | 0:52:49 | 11,36 | 5:17 |
| 61 | 1121 | Dreesen Erick | M | 54 | 0:53:04 | 11,31 | 5:18 |
| 62 | 1024 | Mariën Chris | M | 55 | 0:53:20 | 11,25 | 5:20 |

| PL | NR | Naam | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------|-----|-------|---------|-------|---------|
| 63 | 1078 | Van Den Vonder Johan | M | 56 | 0:53:28 | 11,22 | 5:21 |
| 64 | 1117 | Evens Edgard | M | 57 | 0:53:50 | 11,15 | 5:23 |
| 65 | 1020 | Frakke Jimpie | M | 58 | 0:53:55 | 11,13 | 5:23 |
| 66 | 1025 | Maris Eva | V | 8 | 0:54:10 | 11,08 | 5:25 |
| 67 | 1084 | Van De Velde Sam | M | 59 | 0:54:24 | 11,03 | 5:26 |
| 68 | 1083 | Simons Jan | M | 60 | 0:54:32 | 11,00 | 5:27 |
| 69 | 1064 | Bogemans Ludo | M | 61 | 0:54:45 | 10,96 | 5:28 |
| 70 | 1086 | Aerts Carsten | M | 62 | 0:55:26 | 10,82 | 5:33 |
| 71 | 254 | Claes Bart | M | 63 | 0:55:42 | 10,77 | 5:34 |
| 72 | 1023 | Helsen Stijn | M | 64 | 0:55:43 | 10,77 | 5:34 |
| 73 | 1052 | Gabriels Johan | M | 65 | 0:55:57 | 10,72 | 5:36 |
| 74 | 1070 | Van Vlasselaer Els | V | 9 | 0:56:08 | 10,69 | 5:37 |
| 75 | 1108 | Janssens Gert | M | 66 | 0:56:09 | 10,69 | 5:37 |
| 76 | 1035 | Van Roosbroeck Ivo | M | 67 | 0:56:12 | 10,68 | 5:37 |
| 77 | 1088 | Peeters Xander | M | 68 | 0:56:15 | 10,67 | 5:37 |
| 78 | 1087 | Peeters Peter | M | 69 | 0:56:28 | 10,63 | 5:39 |
| 79 | 1082 | Clé Koen | M | 70 | 0:56:29 | 10,62 | 5:39 |
| 80 | 1008 | Wagener Ulrich | M | 71 | 0:56:29 | 10,62 | 5:39 |
| 81 | 1016 | Puelings Dominique | M | 72 | 0:56:30 | 10,62 | 5:39 |
| 82 | 1019 | Van Elsen Nadine | V | 10 | 0:56:33 | 10,61 | 5:39 |
| 83 | 1005 | Van Den Eynde Detlev | M | 73 | 0:56:59 | 10,53 | 5:42 |
| 84 | 1103 | Dens Carl | M | 74 | 0:57:05 | 10,51 | 5:42 |
| 85 | 1039 | Verhaegen Stijn | M | 75 | 0:57:09 | 10,50 | 5:43 |
| 86 | 1000 | Van Den Acker Jan | M | 76 | 0:57:10 | 10,50 | 5:43 |
| 87 | 1093 | Vanhove Gregory | M | 77 | 0:57:14 | 10,48 | 5:43 |
| 88 | 1003 | Lotz Caroline | V | 11 | 0:57:15 | 10,48 | 5:44 |
| 89 | 1041 | Amerijckx Dirk | M | 78 | 0:57:16 | 10,48 | 5:44 |
| 90 | 1071 | Kekeç Tarik | M | 79 | 0:57:19 | 10,47 | 5:44 |
| 91 | 1040 | Amerijckx Charlotte | V | 12 | 0:57:29 | 10,44 | 5:45 |
| 92 | 1009 | Lotz Caroline | V | 13 | 0:57:41 | 10,40 | 5:46 |
| 93 | 1044 | Belmans Klaas | M | 80 | 0:58:00 | 10,34 | 5:48 |
| 94 | 1055 | Bervoets Frank | M | 81 | 0:58:05 | 10,33 | 5:48 |
| 95 | 1013 | Goossens Francis | M | 82 | 0:58:17 | 10,29 | 5:50 |
| 96 | 1057 | Goormans Katrien | V | 14 | 0:58:29 | 10,26 | 5:51 |
| 97 | 1028 | Christiaens Jurgen | M | 83 | 0:59:09 | 10,14 | 5:55 |
| 98 | 1098 | Vertommen Chantal | V | 15 | 0:59:22 | 10,11 | 5:56 |
| 99 | 1111 | Dupont Dirk | M | 84 | 1:00:04 | 9,99 | 6:00 |
| 100 | 1068 | Ortiz Nati | V | 16 | 1:00:36 | 9,90 | 6:04 |
| 101 | 1029 | Feremans Marina | V | 17 | 1:00:59 | 9,84 | 6:06 |
| 102 | 1054 | Verstappen Lieve | V | 18 | 1:01:23 | 9,77 | 6:08 |
| 103 | 1079 | Van Zand Astrid | V | 19 | 1:01:24 | 9,77 | 6:08 |
| 104 | 1080 | Van Zand Andy | M | 85 | 1:01:25 | 9,77 | 6:08 |
| 105 | 1099 | De Wit Yves | M | 86 | 1:01:32 | 9,75 | 6:09 |
| 106 | 1107 | Janssens Jeroen | M | 87 | 1:01:39 | 9,73 | 6:10 |
| 107 | 1069 | Cattaert Griet | V | 20 | 1:03:43 | 9,42 | 6:22 |
| 108 | 1073 | Kestens Tania | V | 21 | 1:03:46 | 9,41 | 6:23 |
| 109 | 1110 | Vleugels Dirk | M | 88 | 1:04:00 | 9,38 | 6:24 |
| 110 | 1033 | Ceulemans Monique | V | 22 | 1:04:07 | 9,36 | 6:25 |
| 111 | 1004 | Goossens Julie | V | 23 | 1:04:12 | 9,35 | 6:25 |
| 112 | 1126 | Kelber Wim | M | 89 | 1:04:32 | 9,30 | 6:27 |
| 113 | 1056 | Mertens Marijke | V | 24 | 1:05:03 | 9,22 | 6:30 |
| 114 | 1085 | Smet Marc | M | 90 | 1:05:20 | 9,18 | 6:32 |
| 115 | 1120 | Pil Joost | M | 91 | 1:11:18 | 8,42 | 7:08 |
| 116 | 1034 | Hollemans Francis | M | 92 | 1:12:08 | 8,32 | 7:13 |