

# 1e Hesby Training Waremmme - 21 april 2013

5,275 KM

PL	NR	Naam	Club	GBJ	CAT	P/CAT	Tijd	GEM	KM-Tijd
1	121	HUBERLAND Baptiste	CABW	1999	M	1	0:20:57	15,11	3:58
2	120	DELVAUX Antoine	CABW	1999	M	2	0:21:55	14,44	4:09
3	47	SPELMANS Ingrid	TACT St-Trond	1999	F	1	0:22:17	14,20	4:13
4	69	GANTOIS Clément	CABW	1999	M	3	0:22:40	13,96	4:18
5	96	VANDERSMISSEN Tom	Jog' In Attitude	1999	M	4	0:25:58	12,19	4:55
6	123	BREDA Maxime		1978	M	5	0:26:58	11,74	5:07
7	11	DOSERAY Christophe		1978	M	6	0:27:43	11,42	5:15
8	36	FRANÇOIS Sara		2000	F	2	0:27:58	11,32	5:18
9	68	MAGE Carine		1968	F	3	0:30:18	10,45	5:45
10	94	VANDERSMISSEN Christel	Jog' In Attitude	1972	F	4	0:31:24	10,08	5:57
11	33	LANGE Philippe	Jog' In Attitude	1968	M	7	0:32:47	9,65	6:13
12	106	POURIGNEAUX Michèle		1966	F	5	0:33:00	9,59	6:15
13	117	FAMEREE Agnes		1975	F	6	0:33:07	9,56	6:17
14	116	FOUCART Sophie		1980	F	7	0:33:10	9,54	6:17
15	45	NIJS Dominique	Jog' In Attitude	1958	F	8	0:34:22	9,21	6:31
16	6	LAROCLETTE Olivier	Jog' In Attitude	1968	M	8	0:34:24	9,20	6:31
17	105	ORBAN Marie-Laurence		1967	F	9	0:35:17	8,97	6:41
18	40	FIORET Muriel	ACO	1972	F	10	0:35:44	8,86	6:46
19	23	MOUBAYED Fatima		1976	F	11	0:35:52	8,82	6:48

# 1e Hesby Training Waremmes - 21 april 2013

## 10,55 KM

PL	NR	Naam	Club	GBJ	CAT	P/CAT	Tijd	GEM	KM-Tijd
1	16	COLSON Stéphane		1965	M	1	0:38:40	16,37	3:40
2	49	SPRONKEN Raoul	ATL Maastricht	1969	M	2	0:41:12	15,36	3:54
3	27	GILLET Dominique		1965	M	3	0:43:12	14,65	4:06
4	35	VANHEES Jean		1986	M	4	0:43:55	14,41	4:10
5	7	JAMIN Philippe	Jog' In Attitude	1977	M	5	0:46:34	13,59	4:25
6	34	BELVAUX Yannick		1984	M	6	0:47:11	13,42	4:28
7	59	DELOGE Jean-François		1976	M	7	0:47:37	13,29	4:31
8	57	MLOTKOWSKI Stanislaw		1963	M	8	0:48:01	13,18	4:33
9	81	RIHON Paul			M	9	0:48:16	13,11	4:35
10	19	RIGA Stéphane		1966	M	10	0:48:24	13,08	4:35
11	54	DHEUR Martial	Jog' In Attitude	1964	M	11	0:48:48	12,97	4:38
12	86	THOMAS Xavier	FC Richelle	1972	M	12	0:50:51	12,45	4:49
13	51	FRANÇOIS Valérie	ACO	1968	F	1	0:53:36	11,81	5:05
14	87	LUCAS Pierre	Jog' In Attitude	1956	M	13	0:55:11	11,47	5:14
15	63	HERMAN Michael	Jog' In Attitude	1974	M	14	0:56:54	11,12	5:24
16	119	GENEVOIS Nicolas		1980	M	15	0:57:07	11,08	5:25
17	66	MOKEDDEM Kadour	Huy	1964	M	16	0:57:31	11,01	5:27
18	93	MARTINEZ-RODRIGUEZ Isabelle	Jog' In Attitude	1972	F	2	0:59:08	10,70	5:36
19	14	LAMARCHE Véronique	Jog' In Attitude	1977	F	3	0:59:36	10,62	5:39
20	112	RIGO Aline		1984	F	4	1:00:56	10,39	5:47
21	25	MULS Anne		1956	F	5	1:03:29	9,97	6:01
22	64	VAN HUFFEL Patrick		1971	M	17	1:03:51	9,91	6:03
23	31	PULGAR Nathalie	Jog' In Attitude	1972	F	6	1:03:58	9,90	6:04
24	53	BERTRAND Alain		1989	M	18	1:04:35	9,80	6:07
25	52	RIGA Isabelle	JCPMF Remicourt	1976	F	7	1:04:35	9,80	6:07
26	32	COLLIGNON Christine	Jogging.org	1974	F	8	1:05:35	9,65	6:13
27	73	CASTERMAN Pierre-Yves		1976	M	19	1:07:55	9,32	6:26
28	111	MASSET Chantal	JCPMF Remicourt	1973	F	9	1:11:26	8,86	6:46
29	110	CARTENSTADT Jenny	JCPMF	1951	F	10	1:11:26	8,86	6:46
30	58	XYNGAKIS Maria		1973	F	11	1:15:24	8,40	7:09
31	92	DUCHESNE André	ACO	1955	M	20	1:21:20	7,78	7:43
32	100	DESRAMAULT Michel	ACO	1956	M	21	1:21:22	7,78	7:43

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15,825 KM

PL	NR	Naam	Club	GBJ	CAT	P/CAT	Tijd	GEM	KM-Tijd
1	114	PHILIPPE Patrick	Jog' In Attitude	1969	M	1	0:56:32	16,80	3:34
2	2	DILIBERTO Antonio		1967	M	2	1:01:52	15,35	3:55
3	83	PIRARD Benoit		1974	M	3	1:06:57	14,18	4:14
4	15	MARCHIONE Rosario		1957	M	4	1:07:13	14,13	4:15
5	61	TOUSSAINT Thierry		1962	M	5	1:12:03	13,18	4:33
6	113	LARUELLE Gregory		1982	M	6	1:12:32	13,09	4:35
7	3	CHUDYBA Jean-Marie	Jog' In Attitude	1968	M	7	1:13:30	12,92	4:39
8	26	ETIENNE Bernard		1962	M	8	1:13:33	12,91	4:39
9	46	KNAPEN Laurent	Jog' In Attitude	1957	M	9	1:16:20	12,44	4:49
10	109	DECHAMPS Julien		1979	M	10	1:16:31	12,41	4:50
11	104	DELHAISE Justin		1990	M	11	1:16:31	12,41	4:50
12	30	NICASSIO Vanessa	Jog' In Attitude	1980	F	1	1:18:05	12,16	4:56
13	29	AVERNO Fabrice	Jog' In Attitude	1979	M	12	1:18:36	12,08	4:58
14	79	PIRE Stéphane		1978	M	13	1:18:37	12,08	4:58
15	95	VANDERSMISSEN Fabrice	Jog' In Attitude	1972	M	14	1:20:06	11,85	5:04
16	82	VAN HESPEN Benoit		1968	M	15	1:22:17	11,54	5:12
17	118	GILLET Pierre-Yves		1972	M	16	1:24:29	11,24	5:20
18	75	BEAUJEAN Valérie	Jog' In Attitude	1978	F	2	1:26:25	10,99	5:28
19	22	DELLEUR Elodie		1990	F	3	1:26:46	10,94	5:29
20	41	MARCHANDISE Didier		1964	M	17	1:27:25	10,86	5:31
21	42	BOLAIN Christophe		1978	M	18	1:28:48	10,69	5:37
22	102	JEANNE Christian		1958	M	19	1:29:22	10,62	5:39
23	101	CASOLI Eric		1961	M	20	1:29:49	10,57	5:41
24	10	MUNAUT Carine	Jog' In Attitude	1963	F	4	1:29:50	10,57	5:41
25	12	RADERMACHER Françoise	Jog' In Attitude	1965	F	5	1:29:50	10,57	5:41
26	8	HOUTAIN Jean-Paul	Jog' In Attitude	1966	M	21	1:30:05	10,54	5:42
27	103	DIO Cillo	Jog' In Attitude	1977	M	22	1:32:31	10,26	5:51
28	9	PALUSZKIEWICZ Hélène	Vico Marchin	1969	F	6	1:37:19	9,76	6:09
29	84	LISSOIR Marie-France	Jog' In Attitude	1960	F	7	1:39:53	9,51	6:19
30	76	LEMAIRE Nathalie	Jog' In Attitude	1973	F	8	1:39:54	9,50	6:19
31	77	RENARD Christine	Jog' In Attitude	1970	F	9	1:39:55	9,50	6:19
32	37	MATHIEU Delphine	Jog' In Attitude	1976	F	10	1:42:00	9,31	6:27
33	39	STAES-POLET Sabine	Jog' In Attitude	1964	F	11	1:42:00	9,31	6:27
34	56	STASSE Jean-Pierre		1961	M	23	1:46:30	8,92	6:44
35	55	VOS Claire	Jog' In Attitude	1965	F	12	1:46:30	8,92	6:44
36	99	DESRAMAULT Marie	ACO	1985	F	13	2:02:57	7,72	7:46

# 1e Hesby Training Waremmme - 21 april 2013

## 21,1 KM

PL	NR	Naam	Club	GBJ	CAT	P/CAT	Tijd	GEM	KM-Tijd
1	88	GILLET Geoffray	Huy	1987	M	1	1:22:35	15,33	3:55
2	21	DELLEUR Jean-Marie	TCBM	1965	M	2	1:22:38	15,32	3:55
3	60	LOPEZ-NAVA Didier	Seraing athle	1971	M	3	1:25:33	14,80	4:03
4	62	KERENS Philippe	Seraing Runners	1966	M	4	1:27:37	14,45	4:09
5	5	LECOMTE Jean-François		1968	M	5	1:33:01	13,61	4:25
6	85	SCALCO Fabian	Vegas Las	1980	M	6	1:33:13	13,58	4:25
7	90	GERARD Michael		1979	M	7	1:33:18	13,57	4:25
8	107	GHEURY Philippe	Seraing athle	1972	M	8	1:33:59	13,47	4:27
9	65	MABILLE Georges		1962	M	9	1:36:13	13,16	4:34
10	20	OLIVIER Bob		1959	M	10	1:36:16	13,15	4:34
11	71	GUILLAUME Jean-Michel	WAC	1979	M	11	1:37:57	12,92	4:39
12	80	MANCINI Robin	WAC	1970	M	12	1:39:38	12,71	4:43
13	108	CORSO Dino	Jog' In Attitude	1978	M	13	1:40:01	12,66	4:44
14	24	HAESSENNE Thierry	RFCL roadrunners	1978	M	14	1:42:46	12,32	4:52
15	97	WILLEMS Jean-François	Seraing athle	1975	M	15	1:44:31	12,11	4:57
16	67	CLOES Philippe		1970	M	16	1:45:42	11,98	5:01
17	4	MATHY Robert	Seraing athle	1973	M	17	1:46:19	11,91	5:02
18	70	LAMBOTTE Sébastien		1975	M	18	1:46:49	11,85	5:04
19	72	CASTERMAN François		1982	M	19	1:46:50	11,85	5:04
20	98	HADJIDIMITRIOU Stelio	Herstal	1962	M	20	1:48:46	11,64	5:09
21	115	STEINWEG Didier	Jog' In Attitude	1970	M	21	1:53:22	11,17	5:22
22	78	VANDERWEEGHDE Michel	Jog' In Attitude	1961	M	22	1:53:47	11,13	5:24
23	91	GANASSIN Lucia	Run'Essence	1961	F	1	1:54:08	11,09	5:25
24	89	GILLET Serge	Huy	1960	M	23	1:54:08	11,09	5:25
25	74	AGNESSEN Anne	Seraing Runners	1965	F	2	1:54:46	11,03	5:26
26	13	LACROIX Astrid		1970	F	3	1:55:38	10,95	5:29
27	50	BOULANGER Anne-Sophie		1978	F	4	1:57:03	10,82	5:33
28	48	HAMONIC Isabelle	Neupré AC	1966	F	5	2:03:14	10,27	5:50
29	43	CLIGNET Nathalie	Neupré AC	1970	F	6	2:03:14	10,27	5:50
30	28	FALZONE Gaetano	Neupré AC	1950	M	24	2:03:14	10,27	5:50
31	44	JEHAES Christel	Neupré AC	1975	F	7	2:03:15	10,27	5:50