



# Antwerpen City Run

Kono

Antwerpen

19.05.2019

## City Run 10K

9000 m

32 Controls

Name	Nat.	Class	Club	Time	min/km
1. Nick BRUNET	BEL	10km	City Run 10K	0:35:44	3'58"
2. Thibaut DERENNE	BEL	10km	City Run 10K	0:36:25	4'02" + 0'41"
3. Michel VAN DONGEN	BEL	10km	City Run 10K	0:38:22	4'15" + 2'38"
4. Aleksander KOWALCZYK	BEL	D21	City Run 10K	0:42:21	4'42" + 6'37"
5. Hennie KENNIS	BEL	D55	City Run 10K	0:42:23	4'42" + 6'39"
6. Quinten LOOYMANS	BEL	10km	City Run 10K	0:43:58	4'53" + 8'14"
7. Stefan VAN REGENMORTE	BEL	10km	City Run 10K	0:44:09	4'54" + 8'25"
8. Bart TICKET	BEL	10km	City Run 10K	0:44:25	4'56" + 8'41"
9. Wannas SOENEN	BEL	10km	City Run 10K	0:44:54	4'59" + 9'10"
10. Erik SEYNAEVE	BEL	10km	City Run 10K	0:44:56	4'59" + 9'12"
11. Stoffel VAN EECKHOUDT	BEL	10km	City Run 10K	0:45:02	5'00" + 9'18"
12. Tony JANSEN	BEL	10km	City Run 10K	0:45:13	5'01" + 9'29"
13. Yasmin DE JONGHE	BEL	D21	City Run 10K	0:48:53	5'25" + 13'09"
14. Silke VAN ROOY	BEL	D21	City Run 10K	0:49:43	5'31" + 13'59"
15. Laurent PAREZYS	BEL	10km	City Run 10K	0:50:05	5'33" + 14'21"
16. Mick VERLINDEN	BEL	10km	City Run 10K	0:50:19	5'35" + 14'35"
17. Jeffrey JACOBS	BEL	10km	City Run 10K	0:50:28	5'36" + 14'44"
18. Iris CEULEMANS	BEL	D21	City Run 10K	0:51:12	5'41" + 15'28"
Michael LEYS	BEL	10km	City Run 10K	0:51:12	5'41" + 15'28"
20. Eleonore ROBINSON	BEL	10km	City Run 10K	0:55:09	6'07" + 19'25"
21. Cindy SUYS	BEL	10km	City Run 10K	0:57:07	6'20" + 21'23"
Inneke ZANDERS	BEL	10km	City Run 10K	0:57:07	6'20" + 21'23"
23. Eline VAN GOETHEM	BEL	10km	City Run 10K	0:57:08	6'20" + 21'24"
24. Filip BROSENS	BEL	10km	City Run 10K	0:58:00	6'26" + 22'16"
25. Bruno GYBELS	BEL	10km	City Run 10K	0:58:17	6'28" + 22'33"
26. David CHOW	BEL	10km	City Run 10K	0:58:21	6'28" + 22'37"
27. William CHOW	BEL	10km	City Run 10K	0:58:22	6'29" + 22'38"
28. Vanessa BOLSENS	BEL	D40	City Run 10K	1:01:59	6'53" + 26'15"
29. Thierry TORRES	BEL	10km	City Run 10K	1:04:10	7'07" + 28'26"
30. Gregory PINEAU	BEL	10km	City Run 10K	1:04:13	7'08" + 28'29"
31. Sylvia GOEGEBEUR	BEL	10km	City Run 10K	1:06:14	7'21" + 30'30"
32. David DECANTERE	BEL	10km	City Run 10K	1:06:15	7'21" + 30'31"
33. Laurie HADAYA	BEL	10km	City Run 10K	1:06:29	7'23" + 30'45"
34. Henry VAN ASTEN	BEL	D35	City Run 10K	1:06:33	7'23" + 30'49"
35. Alain GEERTS	BEL	D50	City Run 10K	1:08:45	7'38" + 33'01"
36. Karen GOUBERT	BEL	10km	City Run 10K	1:11:54	7'59" + 36'10"
37. Benita MASSIGNANI	BEL	10km	City Run 10K	1:12:23	8'02" + 36'39"
38. Joeri DE MAERE	BEL	10km	City Run 10K	1:14:02	8'13" + 38'18"
39. Roy PENNEMAN	BEL	10km	City Run 10K	1:14:06	8'14" + 38'22"
40. Peter DIELIS	BEL	10km	City Run 10K	1:14:11	8'14" + 38'27"
41. Patrick DALVINCK	BEL	10km	City Run 10K	1:14:15	8'15" + 38'31"
42. Karlien MEKERLÉ	BEL	10km	City Run 10K	1:15:46	8'25" + 40'02"
43. Tim VAN DEUN	BEL	10km	City Run 10K	1:15:54	8'26" + 40'10"
44. Annabelle PAUWELS	BEL	10km	City Run 10K	1:20:35	8'57" + 44'51"
45. Tessa VAN HOEK	BEL	10km	City Run 10K	1:20:37	8'57" + 44'53"
46. Tina VAN HOEK	BEL	10km	City Run 10K	1:20:39	8'57" + 44'55"

**City Run 10K**

9000 m

32 Controls

Name	Nat.	Class	Club	Time	min/km	
47. Luc DE SMET	BEL	10km	City Run 10K	1:22:03	9'07"	+ 46'19"
48. Huibrecht KORNEGOOR	BEL	10km	City Run 10K	1:22:07	9'07"	+ 46'23"
49. Karen VERSTREKEN	BEL	D40	City Run 10K	1:22:29	9'09"	+ 46'45"
50. Stefanie CLAUW	BEL	10km	City Run 10K	1:22:33	9'10"	+ 46'49"
51. Jill REGNIER	BEL	10km	City Run 10K	1:22:37	9'10"	+ 46'53"
52. Myrthe VERBELEN	BEL	10km	City Run 10K	1:34:05	10'27"	+ 58'21"
53. Kristi COVELIERS	BEL	10km	City Run 10K	1:34:08	10'27"	+ 58'24"
54. An CORNELISSENS	BEL	10km	City Run 10K	1:34:44	10'31"	+ 59'00"
55. Mieke WUYTS	BEL	10km	City Run 10K	1:34:48	10'32"	+ 59'04"
56. Ann D'HOOGHE	BEL	10km	City Run 10K	1:41:23	11'15"	+ 65'39"
Joke FALEPIN	BEL	5km	City Run 10K	1:41:23	11'15"	+ 65'39"
58. Dirk BAKSTEEN	BEL	10km	City Run 10K	1:47:01	11'53"	+ 71'17"
59. Kim VAN DYCK	BEL	10km	City Run 10K	1:47:13	11'54"	+ 71'29"
60. Jef VAN DYCK	BEL	10km	City Run 10K	1:47:17	11'55"	+ 71'33"
61. Jessie DE MEYER	BEL	10km	City Run 10K	2:05:31	13'56"	+ 89'47"
62. Kris DELRUE	BEL	10km	City Run 10K	2:11:29	14'36"	+ 95'45"
63. Femke VAN ACKERBROEK	BEL	10km	City Run 10K	2:59:30	19'56"	+ 143'46
64. Michelle MES	BEL	10km	City Run 10K	2:59:31	19'56"	+ 143'47
Steven JANSEN	BEL	10km	City Run 10K			not classified

**City Run 5K**

5000 m

24 Controls

Name	Nat.	Class	Club	Time	min/km	
1. Danielle DEWICKERE	BEL	5km	City Run 5K	0:26:26	5'17"	
2. Frank WEYLER	BEL	D55	City Run 5K	0:31:46	6'21"	+ 5'20"
3. Renske GOOSSENS	BEL	D21	City Run 5K	0:31:50	6'22"	+ 5'24"
4. Hannelore DE SMET	BEL	5km	City Run 5K	0:32:54	6'34"	+ 6'28"
5. Yasmin DE JONGHE	BEL	5km	City Run 5K	0:32:56	6'35"	+ 6'30"
6. Laurence AUGHUET	BEL	5km	City Run 5K	0:33:09	6'37"	+ 6'43"
7. Julien VAN BOSCH	BEL	5km	City Run 5K	0:34:36	6'55"	+ 8'10"
8. Liese GEERTS	BEL	5km	City Run 5K	0:35:56	7'11"	+ 9'30"
9. Dirk BERWAERTS	BEL	5km	City Run 5K	0:38:09	7'37"	+ 11'43"
10. Dirk KEMPENEERS	BEL	5km	City Run 5K	0:39:05	7'48"	+ 12'39"
11. Michael ROOMAN	BEL	5km	City Run 5K	0:39:20	7'51"	+ 12'54"
12. Joni VANHOECKE	BEL	5km	City Run 5K	0:39:21	7'52"	+ 12'55"
13. Jacques FLAMENT	BEL	5km	City Run 5K	0:39:23	7'52"	+ 12'57"
14. Sam PORTEMAN	BEL	D-20	City Run 5K	0:40:48	8'09"	+ 14'22"
15. Nancy DAEMS	BEL	5km	City Run 5K	0:42:23	8'28"	+ 15'57"
16. Sofie COOLMAN	BEL	5km	City Run 5K	0:42:25	8'29"	+ 15'59"
17. Saskia DEFOSSE	BEL	5km	City Run 5K	0:42:26	8'29"	+ 16'00"
18. Lily-Anne COLE	BEL	5km	City Run 5K	0:42:47	8'33"	+ 16'21"
19. Xenia VAN RICKSTAL	BEL	5km	City Run 5K	0:43:49	8'45"	+ 17'23"
20. Yentl HAPPÉ	BEL	5km	City Run 5K	0:43:50	8'45"	+ 17'24"
21. Jethro BIJLAART	BEL	5km	City Run 5K	0:44:34	8'54"	+ 18'08"
22. Sharon DIETVORST	BEL	5km	City Run 5K	0:44:36	8'55"	+ 18'10"
23. Sven DE NEEF	BEL	D40	City Run 5K	0:45:02	9'00"	+ 18'36"
24. Ella DONCKERS	BEL	5km	City Run 5K	0:45:06	9'01"	+ 18'40"
25. Nancy PALS	BEL	5km	City Run 5K	0:45:11	9'02"	+ 18'45"
26. Randi BUVENS	BEL	5km	City Run 5K	0:45:17	9'03"	+ 18'51"
27. Brigitte FAYON	BEL	5km	City Run 5K	0:45:21	9'04"	+ 18'55"
28. Serena SANTI	BEL	5km	City Run 5K	0:45:26	9'05"	+ 19'00"
29. Bernardo ERCOLI	BEL	5km	City Run 5K	0:45:28	9'05"	+ 19'02"
30. Veerle VAN DEN BROECK	BEL	5km	City Run 5K	0:46:42	9'20"	+ 20'16"

**City Run 5K**

5000 m

24 Controls

Name	Nat.	Class	Club	Time	min/km	
31. Kristel DE SOUTER	BEL	5km	City Run 5K	0:46:43	9'20"	+ 20'17"
32. Paul BOLSENS	BEL	5km	City Run 5K	0:50:47	10'09"	+ 24'21"
33. Valentina D'ALBERTO	BEL	D35	City Run 5K	0:52:14	10'26"	+ 25'48"
34. Daniele SCORZIELO	BEL	D35	City Run 5K	0:52:17	10'27"	+ 25'51"
35. Cas VAN BRUGGEN	BEL	D-10	City Run 5K	0:53:41	10'44"	+ 27'15"
36. Rik VAN BRUGGEN	BEL	D45	City Run 5K	0:53:56	10'47"	+ 27'30"
37. Maryse VAN CANT	BEL	5km	City Run 5K	0:55:10	11'02"	+ 28'44"
38. Johan DE SCHUTTER	BEL	5km	City Run 5K	0:57:38	11'31"	+ 31'12"
39. Joni DE LATHOUWER	BEL	5km	City Run 5K	0:57:44	11'32"	+ 31'18"
40. Ingrid WILLEMSE	BEL	5km	City Run 5K	0:58:29	11'41"	+ 32'03"
41. Evi ADRIAENSEN	BEL	5km	City Run 5K	0:58:33	11'42"	+ 32'07"
42. Charles VAN AARLE	BEL	5km	City Run 5K	1:00:23	12'04"	+ 33'57"
43. Veerle DINGENEN	BEL	D55	City Run 5K	1:04:45	12'56"	+ 38'19"
44. Jesseline EECKELS	BEL	5km	City Run 5K	1:14:41	14'56"	+ 48'15"
45. Zita DE CLERQ	BEL	5km	City Run 5K	1:14:47	14'57"	+ 48'21"
46. Anne-Marie PALEMANS	BEL	D55	City Run 5K	1:17:28	15'29"	+ 51'02"
47. Veerle STRYBOL	BEL	5km	City Run 5K	1:43:43	20'44"	+ 77'17"

**Participation**

City Run 10K

65 City Run 5K

47

**Total 112**