



Lokeren City Run 2020

Kono

Lokeren

10.10.2020

1		10000 m	41 Controls			
Name	Nat.	Class	Club	Time	min/km	
1. Remco HEREIJGERS	NED	-	Kono	0:37:17	3'43"	
2. Siegfried BAKELANTS	BEL	-	Kono	0:42:03	4'12" + 4'46"	
3. Quinten LOOYMANS	BEL	-	Kono	0:46:27	4'38" + 9'10"	
4. Kobe ROELS	BEL	-	Kono	0:51:01	5'06" + 13'44"	
5. Olaf WOERTEL	NED	-	Kono	0:53:47	5'22" + 16'30"	
6. Tim DE VOS	BEL	-	Kono	0:53:51	5'23" + 16'34"	
7. Silke VAN ROOY	BEL	-	Kono	0:54:49	5'28" + 17'32"	
8. Joris KINT	BEL	-	Kono	0:55:06	5'30" + 17'49"	
9. Liese GEERTS	BEL	-	Kono	1:02:32	6'15" + 25'15"	
10. Joeri LISSENS	BEL	-	Kono	1:09:41	6'58" + 32'24"	
11. Huibrecht KORNEGOOR	BEL	-	Kono	1:09:44	6'58" + 32'27"	
12. Elke JANSEN	BEL	-	Kono	1:09:49	6'58" + 32'32"	
13. Dirk MEEUWES	BEL	-	Kono	1:09:52	6'59" + 32'35"	
14. Stephanie DE ROOVER	BEL	-	Kono	1:09:54	6'59" + 32'37"	
15. Toby VANDERKELEN	BEL	-	Kono	1:20:26	8'02" + 43'09"	
16. Thierry TORRES	BEL	-	Kono	1:20:31	8'03" + 43'14"	
17. Valerie KESSELAERS	BEL	-	Kono	1:21:12	8'07" + 43'55"	
18. Noémie TYTECA	BEL	-	Kono	1:21:14	8'07" + 43'57"	
19. Simon VANDERKELEN	BEL	-	Kono	1:24:57	8'29" + 47'40"	
20. Sarah SCHELFAUT	BEL	-	Kono	1:43:38	10'21" + 66'21"	
21. Joke VLAEMYNCK	BEL	-	Kono	1:43:39	10'21" + 66'22"	
Caro VAN ROMPAEY	BEL	-	Kono		not classified	
Lennie DE WIT	BEL	-	Kono		not classified	
Tom DE WILDE	BEL	-	Kono		not classified	

2		5000 m	26 Controls			
Name	Nat.	Class	Club	Time	min/km	
1. Quinten LOOYMANS	BEL	-	Kono	0:26:53	5'22"	
2. Claudia ROOMAN	BEL	-	Kono	0:28:25	5'41" + 1'32"	
3. Jana DE CHAMPS	BEL	-	Kono	0:37:05	7'24" + 10'12"	
4. Kristof DE CHAMPS	BEL	-	Kono	0:37:09	7'25" + 10'16"	
5. Gaspar BOSTEELS	BEL	-	Kono	0:39:21	7'52" + 12'28"	
6. Jeroen HUYBREGHTS	BEL	-	Kono	0:40:25	8'05" + 13'32"	
7. Tinne WILS	BEL	-	Kono	0:40:27	8'05" + 13'34"	
8. Flore VAN LOO	BEL	-	Kono	0:41:37	8'19" + 14'44"	
9. Nette VAN LOO	BEL	-	Kono	0:41:40	8'20" + 14'47"	
10. Sam PORTEMAN	BEL	-	Kono	0:41:54	8'22" + 15'01"	
11. Filip VAN LOO	BEL	-	Kono	0:41:55	8'22" + 15'02"	
12. Helga SONCK	BEL	-	Kono	0:42:31	8'30" + 15'38"	
13. Jasper DE WOLF	BEL	-	Kono	0:43:32	8'42" + 16'39"	
Robin-Jan STEVENS	BEL	-	Kono	0:43:32	8'42" + 16'39"	
15. Eliene WILS	BEL	-	Kono	0:44:29	8'53" + 17'36"	
16. Dieter PROOST	BEL	-	Kono	0:45:53	9'10" + 19'00"	
17. Ellen VAN DEN BROECK	BEL	-	Kono	0:45:59	9'11" + 19'06"	
18. Elien AUDENAERT	BEL	-	Kono	0:50:59	10'11" + 24'06"	

Name	Nat.	Class	Club	Time	min/km	
19. Elien VAN DRIESSCHE	BEL	-	Kono	0:51:00	10'11"	+ 24'07"
20. Joëlle MAHY	BEL	-	Kono	0:52:09	10'25"	+ 25'16"
21. Lotte FIERS	BEL	-	Kono	0:52:10	10'26"	+ 25'17"
22. Noémie VAN LOKEREN	BEL	-	Kono	0:52:28	10'29"	+ 25'35"
23. Ella POPPE	BEL	-	Kono	0:52:29	10'29"	+ 25'36"
24. Nahla COOPMAN	BEL	-	Kono	0:52:33	10'30"	+ 25'40"
Nore VAN DAMME	BEL	-	Kono	0:52:33	10'30"	+ 25'40"
26. Siska KESTELEYN	BEL	-	Kono	0:52:34	10'30"	+ 25'41"
27. Marthe ENGELS	BEL	-	Kono	0:52:35	10'30"	+ 25'42"
28. Marie DECATELLE	BEL	-	Kono	0:52:36	10'31"	+ 25'43"
29. Nathalie FEYS	BEL	-	Kono	0:52:39	10'31"	+ 25'46"
30. Alix VAN HELLEPUTTE	BEL	-	Kono	0:52:40	10'32"	+ 25'47"
31. Imane TABET BENSLIMANE	BEL	-	Kono	0:52:45	10'33"	+ 25'52"
32. Didier COOPMAN	BEL	-	Kono	0:52:47	10'33"	+ 25'54"
Lieven VAN DAMME	BEL	-	Kono	0:52:47	10'33"	+ 25'54"
34. George SACRE	BEL	-	Kono	0:54:14	10'50"	+ 27'21"
35. Brandon DE BACKER	BEL	-	Kono	0:54:24	10'52"	+ 27'31"
36. Femke DE WITTE	BEL	-	Kono	0:54:38	10'55"	+ 27'45"
37. Anke VAN DE WALLE	BEL	-	Kono	0:54:40	10'56"	+ 27'47"
Ellen VAN DEN HOOFF	BEL	-	Kono	0:54:40	10'56"	+ 27'47"
39. Lily-Anne COLE	BEL	-	Kono	0:55:37	11'07"	+ 28'44"
40. Valérie DE BLOCK	BEL	-	Kono	0:59:54	11'58"	+ 33'01"
41. Lotte DE PAEP	BEL	-	Kono	0:59:59	11'59"	+ 33'06"
42. Victor VAN DER STRIECKT	BEL	-	Kono	1:04:17	12'51"	+ 37'24"
43. Senne BOSTEELS	BEL	-	Kono	1:04:21	12'52"	+ 37'28"
44. Dré VAN RYSEGGHEM	BEL	-	Kono	1:04:22	12'52"	+ 37'29"
45. Felix DE WAELE-DE GUCHTENA	BEL	-	Kono	1:04:28	12'53"	+ 37'35"
46. Lars DE ROP	BEL	-	Kono	1:04:29	12'53"	+ 37'36"
47. Leon BERTHELS	BEL	-	Kono	1:04:30	12'53"	+ 37'37"
48. Sen MERTENS	BEL	-	Kono	1:04:34	12'54"	+ 37'41"
49. Rune HAECK	BEL	-	Kono	1:04:35	12'55"	+ 37'42"
50. Viktor HAECK	BEL	-	Kono	1:04:38	12'55"	+ 37'45"
51. Paul BOLSENS	BEL	-	Kono	1:07:09	13'25"	+ 40'16"
52. Marleen ROOMS	BEL	-	Kono	1:07:29	13'29"	+ 40'36"
53. Liesbeth JANSSENS-VAN POTT	BEL	-	Kono	1:07:30	13'30"	+ 40'37"
54. Tim VERHENNE	BEL	-	Kono	1:07:36	13'31"	+ 40'43"
55. Mats POPPE	BEL	-	Kono	1:07:40	13'31"	+ 40'47"
56. August MEIRE	BEL	-	Kono	1:07:48	13'33"	+ 40'55"
57. Victor AUDENAERT	BEL	-	Kono	1:07:52	13'34"	+ 40'59"
58. Maxim VAEL	BEL	-	Kono	1:07:54	13'34"	+ 41'01"
59. Arthur VERVAET	BEL	-	Kono	1:07:56	13'35"	+ 41'03"
60. Levi DE MAESSCHALCK	BEL	-	Kono	1:07:59	13'35"	+ 41'06"
61. Geremew VERVAET	BEL	-	Kono	1:08:00	13'36"	+ 41'07"
62. Finn HAECK	BEL	-	Kono	1:11:38	14'19"	+ 44'45"
63. Joura TEMMERMANS	BEL	-	Kono	1:14:17	14'51"	+ 47'24"
64. Jules HERMANS	BEL	-	Kono	1:14:19	14'51"	+ 47'26"
65. Jolien TEMMERMANS	BEL	-	Kono	1:14:20	14'52"	+ 47'27"
66. Maite GOOSSENS	BEL	-	Kono	1:14:35	14'55"	+ 47'42"
67. Briek VAN POUCKE	BEL	-	Kono	1:14:36	14'55"	+ 47'43"
68. Mats BERTHELS	BEL	-	Kono	1:14:39	14'55"	+ 47'46"
69. Cara DE VOS	BEL	-	Kono	1:14:45	14'56"	+ 47'52"
70. Fran VAN DAMME	BEL	-	Kono	1:14:47	14'57"	+ 47'54"
Jade DE MOOR	BEL	-	Kono	1:14:47	14'57"	+ 47'54"

2**5000 m****26 Controls**

Name	Nat.	Class	Club	Time	min/km	
72. Torn D'HAEN	BEL	-	Kono	1:14:52	14'58"	+ 47'59"
73. Bram VAN DE WEYER	BEL	-	Kono	1:15:00	15'00"	+ 48'07"
74. Myrthe VERBELEN	BEL	-	Kono	1:26:41	17'20"	+ 59'48"
75. Joran VERBELEN	BEL	-	Kono	1:26:45	17'21"	+ 59'52"

3**3000 m****18 Controls**

Name	Nat.	Class	Club	Time	min/km	
1. Fran HEYNINCK	BEL	-	Kono	0:35:02	11'40"	
Rosalie VAN IMPE	BEL	-	Kono	0:35:02	11'40"	+ 0'00"
3. Gus BERTHELS	BEL	-	Kono	0:35:03	11'41"	+ 0'01"
Tom BERTHELS	BEL	-	Kono	0:35:03	11'41"	+ 0'01"
5. Wannes HUYCK	BEL	-	Kono	0:35:09	11'43"	+ 0'07"
6. Jade DEWART	BEL	-	Kono	0:36:20	12'06"	+ 1'18"
7. Siel DE VLEESCHAUWER	BEL	-	Kono	0:36:25	12'08"	+ 1'23"
8. Jens DEWART	BEL	-	Kono	0:36:26	12'08"	+ 1'24"
Nina KESTELEYN	BEL	-	Kono	0:36:26	12'08"	+ 1'24"
10. Éothain VLAEMINCK	BEL	-	Kono	0:38:21	12'46"	+ 3'19"
11. Senne WEEMAES	BEL	-	Kono	0:38:24	12'48"	+ 3'22"
12. Reinout BEIRNAERT	BEL	-	Kono	0:38:29	12'49"	+ 3'27"
13. Wout VERBEKE	BEL	-	Kono	0:38:31	12'50"	+ 3'29"
14. Wiebe DEVRIENDT	BEL	-	Kono	0:38:32	12'50"	+ 3'30"
15. Lars STORME	BEL	-	Kono	0:39:12	13'03"	+ 4'10"
16. Emily DALEMANS	BEL	-	Kono	0:40:01	13'20"	+ 4'59"
Joris DE PICKER	BEL	-	Kono	0:40:01	13'20"	+ 4'59"
18. Luka MYS	BEL	-	Kono	0:40:05	13'21"	+ 5'03"
19. Laura DEWAELE	BEL	-	Kono	0:40:07	13'22"	+ 5'05"
20. Nele HUYSSSE	BEL	-	Kono	0:40:09	13'23"	+ 5'07"
Zoe SODADE	BEL	-	Kono	0:40:09	13'23"	+ 5'07"
22. Alixe DE VLIAGER	BEL	-	Kono	0:40:13	13'24"	+ 5'11"
23. Lai DE PICKER	BEL	-	Kono	0:40:58	13'39"	+ 5'56"
24. Margo VAN RYSSELBERGHE	BEL	-	Kono	0:44:47	14'55"	+ 9'45"
25. Korneel DEVRIENDT	BEL	-	Kono	0:52:47	17'35"	+ 17'45"
26. David REYNOSO	BEL	-	Kono	0:58:36	19'31"	+ 23'34"
27. Katrien VAN BUYNDER	BEL	-	Kono	0:58:41	19'33"	+ 23'39"
28. Elena REYNOSO	BEL	-	Kono	0:58:42	19'34"	+ 23'40"
29. Loes BEIRNAERT	BEL	-	Kono	0:58:45	19'35"	+ 23'43"
30. Floor AUDENAERT	BEL	-	Kono	0:58:49	19'36"	+ 23'47"
31. Hanne OOSTERLINCK	BEL	-	Kono	0:58:52	19'37"	+ 23'50"
32. Emma LAGASSE	BEL	-	Kono	0:58:54	19'37"	+ 23'52"
33. Enora VANDERBEEKEN	BEL	-	Kono	0:58:58	19'39"	+ 23'56"
34. Justine DE WINDT	BEL	-	Kono	1:07:10	22'23"	+ 32'08"
Lucas HEYE	BEL	-	Kono			not classified
Mathis ENGELS	BEL	-	Kono			not classified

Participation

Kono 137

Total 137