

30' Izegemse massaloop (Jogging 5,4 Km)

| Plaats | Borst Nr. | Naam Voornaam | Woonpl./Club | Leef-tijd | Cat. | Pl./Cat. | Tijd | Gem.Snelh. in km/u |
|--------|-----------|-------------------------|----------------|-----------|------|----------|----------|--------------------|
| 1 | 474 | Demarcke Benjamin | DAPALO | 18 | Jog | 1 | 0u18'42" | 17.326 |
| 2 | 440 | Van Melbeke Jonan | FLAC | 15 | Jog | 2 | 0u19'21" | 16.744 |
| 3 | 446 | Deleu Peter | RTOM | 39 | Jog | 3 | 0u20'30" | 15.805 |
| 4 | 430 | Vandaele Kjel | IVAC | 24 | Jog | 4 | 0u21'26" | 15.117 |
| 5 | 449 | Desmet Thomas | Izegem | 16 | Jog | 5 | 0u21'38" | 14.977 |
| 6 | 410 | Dekeyezer Lorenz | IVAC | 16 | Jog | 6 | 0u21'46" | 14.885 |
| 7 | 439 | Wuyts Bart | IVAC | 45 | Jog | 7 | 0u22'05" | 14.672 |
| 8 | 458 | Hul Alex | Beveren-Leie | 42 | Jog | 8 | 0u22'11" | 14.606 |
| 9 | 452 | Lamiere Randy | RTB | 24 | Jog | 9 | 0u22'18" | 14.529 |
| 10 | 444 | Callewaert Pierre-Alain | Comines | 14 | Jog | 10 | 0u22'24" | 14.464 |
| 11 | 427 | Ryckebusch Ruben | IZBA, | 13 | Jog | 11 | 0u22'41" | 14.284 |
| 12 | 448 | Lambert Jean | FLAC | 57 | Jog | 12 | 0u22'45" | 14.242 |
| 13 | 405 | Corvelyn Jeroen | Izegem | 17 | Jog | 13 | 0u23'04" | 14.046 |
| 14 | 428 | Ryckebusch Lukas | IZBA, | 13 | Jog | 14 | 0u23'09" | 13.996 |
| 15 | 421 | Nolf Sander | IZBA | 11 | Jog | 15 | 0u23'10" | 13.986 |
| 16 | 441 | Van Dyck Staf | AC Break | 60 | Jog | 16 | 0u23'25" | 13.836 |
| 17 | 423 | Nolf Karen | IZBA | 14 | Jog | 17 | 0u23'51" | 13.585 |
| 18 | 457 | Bonte Joachim | Kachtem | 13 | Jog | 18 | 0u23'54" | 13.556 |
| 19 | 476 | Sierens Gwendoline | Zumba Gwen | 34 | Jog | 19 | 0u24'06" | 13.444 |
| 20 | 431 | Vandaele Ronny | IVAC | 56 | Jog | 20 | 0u24'43" | 13.109 |
| 21 | 415 | Depoot David | IVAC | 14 | Jog | 21 | 0u24'50" | 13.047 |
| 22 | 419 | Lefevere Kurt | Iz Volley Team | 38 | Jog | 22 | 0u24'55" | 13.003 |
| 23 | 459 | Heyerick Sander | Izegem | 12 | Jog | 23 | 0u25'03" | 12.934 |
| 24 | 442 | Coppens Jasper | Izegem | 13 | Jog | 24 | 0u25'17" | 12.815 |
| 25 | 417 | Derudder Henk | Ichtegem | 41 | Jog | 25 | 0u25'30" | 12.706 |
| 26 | 408 | Debusschere Kris | Izegem | 41 | Jog | 26 | 0u25'57" | 12.486 |
| 27 | 453 | Debaets Roger | Pittem | 63 | Jog | 27 | 0u26'17" | 12.327 |
| 28 | 424 | Phoorens Nele | IVAC | 28 | Jog | 28 | 0u26'31" | 12.219 |
| 29 | 454 | Debaets Elien | AVMO | 22 | Jog | 29 | 0u26'54" | 12.045 |
| 30 | 473 | Scherpereel Guido | DAPALO | 48 | Jog | 30 | 0u26'58" | 12.015 |
| 31 | 472 | Degezelle Ruth | HBC Izegem | 12 | Jog | 31 | 0u27'41" | 11.704 |
| 32 | 468 | Lefevere Manon | FLAC | 12 | Jog | 32 | 0u27'59" | 11.578 |
| 33 | 466 | Debacker Pieter | TTC Iz | 20 | Jog | 33 | 0u28'16" | 11.462 |
| 34 | 411 | Depoortere Cas | BBC Izegem | 11 | Jog | 34 | 0u28'28" | 11.382 |
| 35 | 460 | De Four Falco | FLAC | 11 | Jog | 35 | 0u28'30" | 11.368 |
| 36 | 426 | Rigole Tina | IKZ | 36 | Jog | 36 | 0u28'38" | 11.315 |
| 37 | 402 | Braem Martial | IZBA | 35 | Jog | 37 | 0u28'39" | 11.309 |
| 38 | 461 | Cleenewerck Niels | DAPALO | 9 | Jog | 38 | 0u28'42" | 11.289 |
| 39 | 443 | Tanghe Paul | FLAC | 65 | Jog | 39 | 0u28'45" | 11.270 |
| 40 | 435 | Vansteenkiste Elise | IZV | 12 | Jog | 40 | 0u28'48" | 11.250 |
| 41 | 422 | Nolf Marlies | IZBA | 10 | Jog | 41 | 0u29'03" | 11.153 |
| 42 | 469 | Blomme Micheline | FLAC | 40 | Jog | 42 | 0u29'04" | 11.147 |
| 43 | 401 | Boudry Rita | Iz Volley Team | 58 | Jog | 43 | 0u29'10" | 11.109 |
| 44 | 451 | Gruyaert Mathijs | | 12 | Jog | 44 | 0u29'17" | 11.064 |
| 45 | 455 | Seynaeve Hans | FLAC | 50 | Jog | 45 | 0u29'39" | 10.927 |
| 46 | 404 | Corvelyn Marlies | Izegem | 14 | Jog | 46 | 0u29'48" | 10.872 |
| 47 | 416 | Deprez Amy | Izegem | 15 | Jog | 47 | 0u29'48" | 10.872 |
| 48 | 406 | Cottyn Sibyl | Iz Volley Team | 39 | Jog | 48 | 0u29'53" | 10.842 |

30' Izegemse massaloop (Jogging 5,4 Km)

| Plaats | Borst Nr. | Naam Voornaam | Woonpl./Club | Leef-tijd | Cat. | Pl./Cat. | Tijd | Gem.Snelh. in km/u |
|--------|-----------|---------------------------|----------------|-----------|------|----------|----------|--------------------|
| 49 | 467 | Tack Norbert | DAPALO | 61 | Jog | 49 | 0u29'56" | 10.824 |
| 50 | 434 | Vanmellaerts Geert | Iz Volley Team | 40 | Jog | 50 | 0u30'08" | 10.752 |
| 51 | 465 | Bracke Chantal | HBCI | 52 | Jog | 51 | 0u30'10" | 10.740 |
| 52 | 447 | Vandamme Veerle | De Natte Neuze | 32 | Jog | 52 | 0u30'15" | 10.711 |
| 53 | 409 | Debusschere Amaryllis | Izegem | 11 | Jog | 53 | 0u30'19" | 10.687 |
| 54 | 456 | Seynaeve Alex | Izegem | 14 | Jog | 54 | 0u30'32" | 10.611 |
| 55 | 437 | Verhaeghe Cindy | IZBA | 35 | Jog | 55 | 0u30'47" | 10.525 |
| 56 | 464 | De Neve Sigrid | Wetteren | 27 | Jog | 56 | 0u31'02" | 10.440 |
| 57 | 471 | Deschryvere Heidi | HBC Izegem | 43 | Jog | 57 | 0u31'07" | 10.412 |
| 58 | 470 | Carette Carine | HBC Izegem | 45 | Jog | 58 | 0u31'10" | 10.396 |
| 59 | 445 | Thermote Marleen | FLAC | 47 | Jog | 59 | 0u31'13" | 10.379 |
| 60 | 425 | Plovie Patrick | Izegem | 39 | Jog | 60 | 0u31'14" | 10.374 |
| 61 | 429 | Van Raak Lore | ITC | 20 | Jog | 61 | 0u31'23" | 10.324 |
| 62 | 412 | Demets Robin | IZBA | 12 | Jog | 62 | 0u32'02" | 10.114 |
| 63 | 463 | Pennynck Charlotte | DAPALO | 7 | Jog | 63 | 0u32'13" | 10.057 |
| 64 | 407 | De Busschere Elien | FLAC | 18 | Jog | 64 | 0u32'17" | 10.036 |
| 65 | 475 | Declerck Amber | Izegem | 13 | Jog | 65 | 0u33'06" | 9.789 |
| 66 | 436 | Veranneman Albrecht | Roeselare | 57 | Jog | 66 | 0u34'38" | 9.355 |
| 67 | 403 | Compernelle Nathalie | IVAC | 45 | Jog | 67 | 0u34'59" | 9.262 |
| 68 | 420 | Mullie Chris | Roeselare | 33 | Jog | 68 | 0u35'29" | 9.131 |
| 69 | 413 | Demets Brian | IZBA | 12 | Jog | 69 | 0u35'31" | 9.122 |
| 70 | 433 | Vanheenberghes Nadine | Iz Volley Team | 38 | Jog | 70 | 0u36'13" | 8.946 |
| 71 | 462 | Claessens Katia | TC Schakel | 36 | Jog | 71 | 0u37'22" | 8.671 |
| 72 | 414 | Demets David | IZBA | 38 | Jog | 72 | 0u37'36" | 8.617 |
| 73 | 432 | Vandesompele Marie-Jeanne | IVAC | 58 | Jog | 73 | 0u37'42" | 8.594 |