

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|--|---------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| <u>09.01.10 Florijnwinterloop, Woudenberg (prov. Utrecht)</u> | | | | | | | | |
| | Forde Simon | VH | 5 | 21 | 207 | 0:18:58 | 15,82 | 3:48 |
| <u>17.01.10 Veldloop Herentals</u> | | | | | | | | |
| | Meeuwsen Roger | VH +35 | 6,23 | 27 | 105 | 0:23:16 | 16,07 | 3:44 |
| | Forde Simon | VH +50 | 6,23 | 7 | 47 | 0:23:29 | 15,92 | 3:46 |
| <u>23.01.10 AVN-Veldloop Hoogstraten</u> | | | | | | | | |
| | Van Peer Marc | SH | 6,4 | 16 | 19 | 0:32:09 | 11,94 | 5:01 |
| | Sysmans Paul | VH +40 | 6,4 | 16 | 26 | 0:31:28 | 12,20 | 4:55 |
| | Luyten Luc | VH +40 | 6,4 | 22 | 26 | 0:35:13 | 10,90 | 5:30 |
| <u>23.01.10 Natuurloop Lier</u> | | | | | | | | |
| | Van Loock Marc | VH | 10 | 297 | 324 | 1:00:33 | 9,91 | 6:03 |
| <u>24.01.10 Goed, Beter Best-loop, Best (NL)</u> | | | | | | | | |
| | Forde Simon | VH | 5 | 2 | 75 | 0:17:38 | 17,01 | 3:32 |
| <u>30.01.10 Berlaerloop Koewacht</u> | | | | | | | | |
| | Van Looy Maud | VD | 7,6 | 82 | 98 | 0:44:08 | 10,33 | 5:48 |
| | Willems Wilfried | VH | 7,6 | 83 | 98 | 0:44:08 | 10,33 | 5:48 |
| <u>13.02.10 Natuurloop Lier</u> | | | | | | | | |
| | Van Loock Marc | VH | 10 | 185 | 198 | 1:01:47 | 9,71 | 6:11 |
| | Montoya Rigo | VH | 21,1 | 193 | 222 | 2:00:54 | 10,47 | 5:44 |
| <u>14.02.10 Valentijnjogging, Lichtaart</u> | | | | | | | | |
| | Sneyders Eddy | VH | 4 | 3 | 42 | 0:15:40 | 15,32 | 3:55 |
| | Willems Wilfried | VH | 4 | 10 | 42 | 0:18:50 | 12,74 | 4:43 |
| | Aerts Jurgen | VH | 4 | 13 | 42 | 0:19:53 | 12,07 | 4:58 |
| | Maes Paul | VH | 4 | 15 | 42 | 0:20:06 | 11,94 | 5:02 |
| | Peeters Louis | VH | 4 | 25 | 42 | 0:21:58 | 10,93 | 5:30 |
| | Peeters Guy | VH | 4 | 29 | 42 | 0:23:08 | 10,37 | 5:47 |
| | De Locht Frank | VH | 4 | 30 | 42 | 0:23:09 | 10,37 | 5:47 |
| | Woestenborghs Filip | VH | 4 | 31 | 42 | 0:23:10 | 10,36 | 5:47 |
| | Smits Jef | VH | 4 | 32 | 42 | 0:23:28 | 10,23 | 5:52 |
| | Smolders Eddy | VH | 4 | 42 | 42 | 0:28:07 | 8,54 | 7:02 |
| | Mertens Mieke | VD | 4 | 12 | 29 | 0:23:26 | 10,24 | 5:51 |
| | Van Looy Maud | VD | 4 | 14 | 29 | 0:24:00 | 10,00 | 6:00 |
| | Mermans Rit | VD | 4 | 27 | 29 | 0:31:02 | 7,73 | 7:46 |
| | Van Peer Francine | VD | 4 | 28 | 29 | 0:31:05 | 7,72 | 7:46 |
| | Meeusen Roger | VH | 8 | 7 | 69 | 0:30:26 | 15,77 | 3:48 |
| | Hermans Dirk | VH | 8 | 17 | 69 | 0:34:52 | 13,77 | 4:22 |
| | Van Nueten Cis | VH | 8 | 20 | 69 | 0:35:04 | 13,69 | 4:23 |
| | Torremans Jos | VH | 8 | 22 | 69 | 0:35:55 | 13,36 | 4:29 |
| | Willemsens Marc | VH | 8 | 24 | 69 | 0:36:05 | 13,30 | 4:31 |
| | Guns Bart | VH | 8 | 54 | 69 | 0:43:08 | 11,13 | 5:24 |
| | Van Loock Marc | VH | 8 | 69 | 69 | 0:53:55 | 8,90 | 6:44 |
| | Ottevaere Hilde | VD | 8 | 2 | 30 | 0:37:25 | 12,83 | 4:41 |
| | Miechielsen Louisa | VD | 8 | 17 | 30 | 0:48:30 | 9,90 | 6:04 |
| | Janssen Jan | VH | 12 | 33 | 83 | 0:53:35 | 13,44 | 4:28 |
| | Swaans Tim | VH | 12 | 42 | 83 | 0:54:58 | 13,10 | 4:35 |
| | Vermeiren Frank | VH | 12 | 52 | 83 | 0:57:04 | 12,62 | 4:45 |
| | Sneyders Jef | VH | 12 | 55 | 83 | 0:57:29 | 12,53 | 4:47 |
| | Brughmans Herman | VH | 12 | 69 | 83 | 1:03:40 | 11,31 | 5:18 |
| | Gielen Monique | VD | 12 | 5 | 15 | 0:56:58 | 12,64 | 4:45 |

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|--|----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| <u>14.02.10 Groet uit Schoorl, Schoorl (NL)</u> | | | | | | | | |
| | Van Dooren Werner | VH | 10 | 36 | 1729 | 0:41:59 | 14,29 | 4:12 |
| | Claessens Laurent | VH | 10 | 50 | 1729 | 0:42:46 | 14,03 | 4:17 |
| <u>21.02.10 Boer van Ballaer, Kasterlee</u> | | | | | | | | |
| | Smits Jef | VH | 3,3 | 1 | 14 | 0:11:41 | 16,95 | 3:32 |
| | Beckers Annick | VD | 6,6 | 5 | 39 | 0:26:07 | 15,16 | 3:57 |
| | Haest Eric | VH | 6,6 | 11 | 39 | 0:30:04 | 13,17 | 4:33 |
| | Mertens Mieke | VD | 6,6 | 32 | 39 | 0:36:10 | 10,95 | 5:29 |
| | Van Loock Marc | VH | 6,6 | 38 | 39 | 0:39:41 | 9,98 | 6:01 |
| | De Sobrie Herman | VH | 9,9 | 13 | 20 | 0:48:47 | 12,18 | 4:56 |
| | Van Loock Monik | VD | 9,9 | 19 | 20 | 0:54:03 | 10,99 | 5:28 |
| <u>06.03.10 Natuurloop Lier</u> | | | | | | | | |
| | Van Loock Marc | VH | 10 | 251 | 294 | 0:58:33 | 10,25 | 5:51 |
| <u>07.03.10 Boslooptocht t.v.v. Het Magrietje</u> | | | | | | | | |
| | Baetens Jan | VH | | | | | | |
| | Beckers Annick | VD | | | | | | |
| | Bellens Bart | SH | | | | | | |
| | Borgmans Vera | VD | | | | | | |
| | De Sobrie Herman | VH | | | | | | |
| | Gielen Monique | VD | | | | | | |
| | Guns Bart | SH | | | | | | |
| | Haest Eric | VH | | | | | | |
| | Hermans Dirk | VH | | | | | | |
| | Hermans Luc | VH | | | | | | |
| | Jacobs Johan | VH | | | | | | |
| | Janssen Jan | VH | | | | | | |
| | Maes Fernand | VH | | | | | | |
| | Meeuws Bettie | VD | | | | | | |
| | Mertens Mieke | VD | | | | | | |
| | Miechielsen Louisa | VD | | | | | | |
| | Montoya Rigo | VH | | | | | | |
| | Nys Johan | VH | | | | | | |
| | Ottevaere Hilde | SD | | | | | | |
| | Persegael Jan | VH | | | | | | |
| | Roose Jan | VH | | | | | | |
| | Schoofs Christine | VD | | | | | | |
| | Smits Jef | VH | | | | | | |
| | Smolders Eddy | VH | | | | | | |
| | Sneyders Eddy | VH | | | | | | |
| | Sneyders Jef | VH | | | | | | |
| | Sneyers Tom | VH | | | | | | |
| | Swaans Tim | VH | | | | | | |
| | Sysmans Paul | VH | | | | | | |
| | Torremans Jos | VH | | | | | | |
| | Van Dingenen Simone | VD | | | | | | |
| | Van Dooren Christine | VD | | | | | | |
| | Van Dooren Werner | VH | | | | | | |
| | Van Houten Eric | VH | | | | | | |
| | Van Loock Marc | VH | | | | | | |
| | Van Loock Monik | VD | | | | | | |
| | Van Looy Maud | VD | | | | | | |
| | Van Nueten Cis | VH | | | | | | |
| | Van Peer Marc | VH | | | | | | |
| | Van Rooy Carl | VH | | | | | | |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--|----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Vangeel Nathalie | SD | | | | | | |
| | Verdonck Hilde | VD | | | | | | |
| | Verwimp Filip | VH | | | | | | |
| | Vissers Peter | VH | | | | | | |
| | Willems Wilfried | VH | | | | | | |
| | Willemsens Marc | VH | | | | | | |
| | Woestenborghs Filip | VH | | | | | | |
| <u>13.03.10 Pannekoekenmolenloop, Burgh-Haamstede</u> | | | | | | | | |
| | Miechielsen Louisa | VD | 7,5 | | | 0:45:58 | 9,79 | 6:08 |
| | Beckers Annick | VD | 15 | 1 | | 1:07:51 | 13,26 | 4:31 |
| | Sneyders Eddy | VH | 15 | | | 1:09:59 | 12,86 | 4:40 |
| | Haest Eric | VH | 15 | | | 1:13:20 | 12,27 | 4:53 |
| | Van Nueten Cis | VH | 15 | | | 1:13:32 | 12,24 | 4:54 |
| | Forde Simon | VH | 15 | | | 1:14:09 | 12,14 | 4:57 |
| | Gielen Monique | VD | 15 | 3 | | 1:14:26 | 12,09 | 4:58 |
| | Janssen Jan | VH | 15 | 3 | | 1:14:28 | 12,09 | 4:58 |
| | Torremans Jos | VH | 15 | | | 1:15:18 | 11,95 | 5:01 |
| | De Bie Alois | VH | 15 | | | 1:17:30 | 11,61 | 5:10 |
| | Mabey Claire | SD | 15 | | | 1:23:07 | 10,83 | 5:32 |
| | De Sobrie Herman | VH | 15 | | | 1:23:33 | 10,77 | 5:34 |
| | Van Loock Monik | VD | 15 | | | 1:36:25 | 9,33 | 6:26 |
| <u>20.03.10 Rozenbergjogging Mol</u> | | | | | | | | |
| | Van Loock Marc | VH | 2,5 | 5 | 7 | 0:14:14 | 10,54 | 5:42 |
| <u>20.03.10 Eernegemse Kasseilooop</u> | | | | | | | | |
| | Brughmans Herman | VH | 9 | 205 | 286 | 0:43:15 | 12,49 | 4:48 |
| <u>20.03.10 Marathon Washington DC, U.S.A.</u> | | | | | | | | |
| | Woestenborghs Filip | VH | 42,2 | 1475 | 2347 | 4:22:21 | 9,65 | 6:13 |
| <u>21.03.10 Herenthout loopt</u> | | | | | | | | |
| | Baetens Jan | VH | 15 | | | | | |
| | Brughmans Herman | VH | 15 | | | | | |
| | De Sobrie Herman | VH | 15 | | | | | |
| | Hermans Dirk | VH | 15 | | | | | |
| | Jacobs Johan | VH | 15 | | | | | |
| | Janssen Shana | JD | 15 | | | | | |
| | Mertens Mieke | VD | 7,5 | | | | | |
| | Miechielsen Louisa | VD | 15 | | | | | |
| | Persegael Jan | VH | 15 | | | | | |
| | Roose Jan | VH | 15 | | | | | |
| | Smits Jef | VH | 15 | | | | | |
| | Sneyders Eddy | VH | 15 | | | | | |
| | Snijers Linda | VD | 15 | | | | | |
| | Torremans Jos | VH | 15 | | | | | |
| | Van Dooren Christine | VD | 15 | | | | | |
| | Van Houten Eric | VH | 15 | | | | | |
| | Van Loock Marc | VH | 15 | | | | | |
| | Van Loock Monik | VD | 15 | | | | | |
| | Van Looy Maud | VD | 15 | | | | | |
| | Van Peer Marc | VH | 15 | | | | | |
| | Van Rooy Carl | VH | 15 | | | | | |
| | Versmissen Kamiel | VH | 5 | | | | | |
| | Willems Wilfried | VH | 15 | | | | | |
| | Willemsens Marc | VH | 15 | | | | | |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|---|-----------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| <u>21.03.10 Zwinstedenloop Sluis</u> | | | | | | | | |
| | Vermeiren Koen | VH | 21,1 | 124 | 815 | 1:24:41 | 14,95 | 4:01 |
| | Verwimp Filip | VH | 21,1 | 123 | 815 | 1:24:42 | 14,95 | 4:01 |
| | Van Dooren Werner | VH | 21,1 | 189 | 815 | 1:29:32 | 14,14 | 4:15 |
| | Janssen Jan | VH | 21,1 | 240 | 815 | 1:33:31 | 13,54 | 4:26 |
| | De Bie Alois | VH | 21,1 | 275 | 815 | 1:35:02 | 13,32 | 4:30 |
| | Ottevaere Hilde | SD | 21,1 | 276 | 815 | 1:35:14 | 13,29 | 4:31 |
| | Vermeiren Danny | VH | 21,1 | 368 | 815 | 1:39:21 | 12,74 | 4:43 |
| | Dierckx Guy | VH | 21,1 | 464 | 815 | 1:44:16 | 12,14 | 4:56 |
| <u>21.03.10 Marathon Rome, Italië</u> | | | | | | | | |
| | Sneyers Tom | VH | 42,2 | 1036 | 11023 | 3:21:07 | 12,59 | 4:46 |
| <u>22.03.10 VZW Marockeau, Kasterlee</u> | | | | | | | | |
| | Roose Jan | VH | 12,5 | | | | | |
| | Borgmans Vera | VD | 12,5 | | | | | |
| | Haest Eric | VH | 12,5 | | | | | |
| | Baetens Jan | VH | 12,5 | | | | | |
| | Persegael Jan | VH | 12,5 | | | | | |
| | Mertens Mieke | VD | 12,5 | | | | | |
| | Montoya Rigo | VH | 12,5 | | | | | |
| | Smits Jef | VH | 14 | | | | | |
| | Hermans Dirk | VH | 14 | | | | | |
| | Vermeiren Danny | VH | 14 | | | | | |
| | Willemsens Marc | VH | 14 | | | | | |
| | Torremans Jos | VH | 14 | | | | | |
| <u>27.03.10 Noordzeeloop Oostende</u> | | | | | | | | |
| | Brughmans Herman | VH | 10,5 | 109 | 163 | 0:52:07 | 12,09 | 4:58 |
| <u>28.03.10 Bosloop De Kangoeroe, Dessel</u> | | | | | | | | |
| | Sneyders Jef | VH | 15 | | | | | |
| | Van Robays Marleen | VD | 15 | | | | | |
| | Ottevaere Hilde | SD | 35 | | | | | |
| | Van Dooren Werner | VH | 35 | | | | | |
| <u>28.03.10 KWB-jogging Olen</u> | | | | | | | | |
| | Smits Jef | VH | 4,3 | 8 | 120 | 0:15:18 | 16,86 | 3:33 |
| | Jacobs Johan | VH | 4,3 | 9 | 120 | 0:15:52 | 16,26 | 3:41 |
| | Quirynen Edgard | VH | 4,3 | 12 | 120 | 0:15:58 | 16,16 | 3:43 |
| | Torremans Jos | VH | 4,3 | 27 | 120 | 0:17:47 | 14,51 | 4:08 |
| | Maes Paul | VH | 4,3 | 34 | 120 | 0:18:56 | 13,63 | 4:24 |
| | Aerts Jurgen | VH | 4,3 | 49 | 120 | 0:20:17 | 12,72 | 4:43 |
| | Van Dooren Christine | VD | 4,3 | 52 | 120 | 0:20:42 | 12,46 | 4:49 |
| | Snijers Linda | VD | 4,3 | 72 | 120 | 0:21:41 | 11,90 | 5:03 |
| | Mertens Mieke | VD | 4,3 | 78 | 120 | 0:22:22 | 11,54 | 5:12 |
| | Van Hofstraeten Marie-Paule | VD | 4,3 | 83 | 120 | 0:22:50 | 11,30 | 5:19 |
| | Van Loock Marc | VH | 4,3 | 101 | 120 | 0:25:14 | 10,22 | 5:52 |
| | Sneyders Eddy | VH | 8,5 | 27 | 124 | 0:34:20 | 14,85 | 4:02 |
| | Haest Eric | VH | 8,5 | 37 | 124 | 0:35:52 | 14,22 | 4:13 |
| | Willems Wilfried | VH | 8,5 | 49 | 124 | 0:40:10 | 12,70 | 4:44 |
| | Schoofs Christine | VD | 8,5 | 71 | 124 | 0:42:51 | 11,90 | 5:02 |
| | Miechielsen Louisa | VD | 8,5 | 78 | 124 | 0:44:38 | 11,43 | 5:15 |
| | Van Looy Maud | VD | 8,5 | 87 | 124 | 0:45:26 | 11,23 | 5:21 |
| | Dierckx Guy | VH | 12,7 | 41 | 79 | 0:59:50 | 12,74 | 4:43 |
| | De Sobrie Herman | VH | 12,7 | 49 | 79 | 1:01:19 | 12,43 | 4:50 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|-------|----------------------|------|---------|--------|--------|---------|---------|------|
| | Van Loock Monik | VD | 12,7 | 67 | 79 | 1:06:21 | 11,48 | 5:13 |
| | van der Zijde Corrie | VD | 21,1 | 130 | 138 | 1:56:08 | 10,90 | 5:30 |

02.04.10 Appelbloesemjogging Gelrode

| | |
|--------------------|----|
| Mertens Mieke | VD |
| Miechielsen Louisa | VD |
| Roose Jan | VH |
| Smits Jef | VH |
| Torremans Jos | VH |
| Van Peer Marc | VH |

03.04.10 Kastelenloop Zandhoven

| | | | | | | | |
|----------------------|----|-----|-----|-----|---------|-------|------|
| Janssen Shana | JD | 3,2 | 5 | 15 | 0:13:57 | 13,76 | 4:22 |
| Versmissen Kamiel | VH | 3,2 | 11 | 15 | 0:17:01 | 11,28 | 5:19 |
| Smits Jef | VH | 10 | 24 | 254 | 0:38:09 | 15,73 | 3:49 |
| Jacobs Johan | VH | 10 | 65 | 254 | 0:41:53 | 14,33 | 4:11 |
| Van Nueten Cis | VH | 10 | 83 | 254 | 0:43:41 | 13,74 | 4:22 |
| Torremans Jos | VH | 10 | 107 | 254 | 0:46:01 | 13,04 | 4:36 |
| Persegael Jan | VH | 10 | 108 | 254 | 0:46:08 | 13,01 | 4:37 |
| De Locht Frank | VH | 10 | 120 | 254 | 0:47:06 | 12,74 | 4:43 |
| Peeters Louis | VH | 10 | 123 | 254 | 0:47:18 | 12,68 | 4:44 |
| Delaleeuw Wouter | VH | 10 | 153 | 254 | 0:49:52 | 12,03 | 4:59 |
| Woestenborghs Filip | VH | 10 | 171 | 254 | 0:51:53 | 11,56 | 5:11 |
| Baetens Jan | VH | 10 | 177 | 254 | 0:52:43 | 11,38 | 5:16 |
| Van Dooren Christine | VD | 10 | 182 | 254 | 0:53:09 | 11,29 | 5:19 |
| Willems Wilfried | VH | 10 | 183 | 254 | 0:53:11 | 11,28 | 5:19 |
| Mertens Mieke | VD | 10 | 204 | 254 | 0:55:50 | 10,75 | 5:35 |
| Van Looy Maud | VD | 10 | 205 | 254 | 0:55:51 | 10,74 | 5:35 |
| Borgmans Vera | VD | 10 | 212 | 254 | 0:57:31 | 10,43 | 5:45 |
| Miechielsen Louisa | VD | 10 | 213 | 254 | 0:57:32 | 10,43 | 5:45 |
| Van Loock Marc | VH | 10 | 240 | 254 | 1:03:11 | 9,50 | 6:19 |

05.04.10 Paasjogging Olmen

| | | |
|------------------|----|----|
| Haest Eric | VH | 8 |
| Mertens Mieke | VD | 12 |
| Van Looy Maud | VD | 12 |
| Willems Wilfried | VH | 12 |
| Smits Jef | VH | 16 |
| Van Peer Marc | VH | 16 |
| Willemsens Marc | VH | 16 |
| De Sobrie Herman | VH | 20 |
| Van Loock Marc | VH | 20 |
| Van Loock Monik | VD | 20 |
| Vermeiren Danny | VH | 20 |

09.04.10 Gijmeljogging Langdorp

| | | | | | | | |
|------------------|----|-------|-----|-----|---------|-------|------|
| Van Loock Marc | VH | 5,08 | 183 | 226 | 0:31:02 | 9,82 | 6:07 |
| De Sobrie Herman | VH | 10,08 | 202 | 302 | 0:52:10 | 11,59 | 5:11 |
| Van Loock Monik | VD | 10,08 | 237 | 302 | 0:55:22 | 10,92 | 5:30 |

10.04.10 Jogging van het Prinsendom van Chimay

| | | | | | | | |
|--------------------|----|------|-----|-----|---------|-------|------|
| Willemsens Marc | VH | 13,9 | 136 | 517 | 1:05:10 | 12,80 | 4:41 |
| De Sobrie Herman | VH | 13,9 | 156 | 517 | 1:07:33 | 12,35 | 4:52 |
| Miechielsen Louisa | VD | 13,9 | 362 | 517 | 1:21:47 | 10,20 | 5:53 |
| Torremans Jos | VH | 13,9 | 363 | 517 | 1:21:48 | 10,20 | 5:53 |
| Van Loock Monik | VD | 13,9 | 371 | 517 | 1:22:21 | 10,13 | 5:55 |
| Mertens Mieke | VD | 13,9 | 456 | 517 | 1:31:30 | 9,11 | 6:35 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--|----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Smits Jef | VH | 13,9 | 457 | 517 | 1:31:32 | 9,11 | 6:35 |
| | Van Loock Marc | VH | 13,9 | 485 | 517 | 1:35:27 | 8,74 | 6:52 |
| <u>11.04.10 Marathon Rotterdam</u> | | | | | | | | |
| | Vermeiren Koen | VH | 42,195 | 796 | 7856 | 3:10:09 | 13,31 | 4:30 |
| | Ottevaere Hilde | SD | 42,195 | 1230 | 7856 | 3:20:27 | 12,63 | 4:45 |
| | Van Dooren Werner | VH | 42,195 | 1370 | 7856 | 3:22:56 | 12,48 | 4:49 |
| <u>11.04.10 Marathon Milaan</u> | | | | | | | | |
| | Janssen Jan | VH | 42,195 | 559 | 3435 | 3:14:47 | 13,00 | 4:37 |
| <u>16.04.10 Lentejogging Ravels</u> | | | | | | | | |
| | Quiryren Edgard | VH | 3,6 | 2 | 35 | 0:12:34 | 17,19 | 3:29 |
| | Hermans Luc | VH | 3,6 | 4 | 35 | 0:13:10 | 16,41 | 3:39 |
| | Janssen Shana | JD | 3,6 | 7 | 35 | 0:15:23 | 14,04 | 4:16 |
| | Versmissen Kamiel | VH | 3,6 | 22 | 35 | 0:19:00 | 11,37 | 5:17 |
| | Jacobs Johan | VH | 7,2 | 5 | 61 | 0:28:04 | 15,39 | 3:54 |
| | Vermeiren Frank | VH | 7,2 | 8 | 61 | 0:29:49 | 14,49 | 4:08 |
| | Persegael Jan | VH | 7,2 | 11 | 61 | 0:29:55 | 14,44 | 4:09 |
| | Haest Eric | VH | 7,2 | 13 | 61 | 0:30:20 | 14,24 | 4:13 |
| | Beckers Annick | VD | 7,2 | 14 | 61 | 0:30:21 | 14,23 | 4:13 |
| | Maes Paul | VH | 7,2 | 16 | 61 | 0:31:47 | 13,59 | 4:25 |
| | Baetens Jan | VH | 7,2 | 22 | 61 | 0:34:44 | 12,44 | 4:49 |
| | Van Dooren Christine | VD | 7,2 | 24 | 61 | 0:35:07 | 12,30 | 4:53 |
| | Roose Jan | VH | 7,2 | 26 | 61 | 0:35:54 | 12,03 | 4:59 |
| | Miechielsen Louisa | VD | 7,2 | 30 | 61 | 0:37:30 | 11,52 | 5:13 |
| | Mertens Mieke | VD | 7,2 | 31 | 61 | 0:37:31 | 11,51 | 5:13 |
| | Borgmans Vera | VD | 7,2 | 35 | 61 | 0:38:56 | 11,10 | 5:24 |
| | Van Looy Maud | VD | 7,2 | 37 | 61 | 0:40:01 | 10,80 | 5:33 |
| | Willems Wilfried | VH | 7,2 | 38 | 61 | 0:40:03 | 10,79 | 5:34 |
| | Smits Jef | VH | 10,8 | 8 | 63 | 0:39:26 | 16,43 | 3:39 |
| | Sneyders Eddy | VH | 10,8 | 21 | 63 | 0:44:29 | 14,57 | 4:07 |
| | Van Nueten Cis | VH | 10,8 | 24 | 63 | 0:45:12 | 14,34 | 4:11 |
| | Delaleeuw Wouter | VH | 10,8 | 36 | 63 | 0:47:57 | 13,51 | 4:26 |
| | Van Staeyen Dirk | VH | 10,8 | 39 | 63 | 0:49:18 | 13,14 | 4:34 |
| | Van der Zijde Corrie | VD | 10,8 | 54 | 63 | 0:55:50 | 11,61 | 5:10 |
| <u>17.04.10 Marathon Zeeuws-Vlaanderen, Hulst-Terneuzen</u> | | | | | | | | |
| | Peeters Louis | VH | 42,195 | 122 | 310 | 3:39:57 | 11,51 | 5:13 |
| | De Locht Frank | VH | 42,195 | 140 | 310 | 3:44:23 | 11,28 | 5:19 |
| | Luyten Luc | VH | 42,195 | 238 | 310 | 4:16:48 | 9,86 | 6:05 |
| | Aerts Bob | VH | 42,195 | 295 | 310 | 4:53:24 | 8,63 | 6:57 |
| | Woestenborghs Filip | VH | 42,195 | 296 | 310 | 4:53:27 | 8,63 | 6:57 |
| <u>18.04.10 Marathon Wenen</u> | | | | | | | | |
| | Hendrickx Rene | VH | 42,195 | 1216 | 5032 | 3:29:28 | 12,09 | 4:58 |
| | De Gruyter Guy | VH | 42,195 | 1239 | 5032 | 3:29:52 | 12,06 | 4:58 |
| | Lemmens Ludo | VH | 42,195 | 2634 | 5032 | 3:55:07 | 10,77 | 5:34 |
| <u>18.04.10 Humarathon, Vitry-sur-Seine</u> | | | | | | | | |
| | Hermans Dirk | VH | 10 | 143 | 505 | 0:41:49 | 14,35 | 4:11 |
| <u>18.04.10 IJsselloop Deventer</u> | | | | | | | | |
| | Forde Simon | VH +50 | 5 | 9 | 539 | 0:17:56 | 16,73 | 3:35 |
| <u>24.04.10 Hvacintenjogging, Essenbeek-Halle</u> | | | | | | | | |
| | Jacobs Johan | VH | 7 | 10 | 294 | 0:28:19 | 14,83 | 4:03 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--------------|----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Quirynten Edgard | VH | 7 | 12 | 294 | 0:28:36 | 14,69 | 4:05 |
| | Janssen Shana | JD | 7 | 60 | 294 | 0:36:05 | 11,64 | 5:09 |
| | Van Looy Maud | VD | 7 | 138 | 294 | 0:43:25 | 9,67 | 6:12 |
| | Baeten Jef | VH | 7 | 224 | 294 | 0:48:45 | 8,62 | 6:58 |
| | Lemmens François | VH | 7 | 226 | 294 | 0:48:48 | 8,61 | 6:58 |
| | Van Peer Francine | VD | 7 | 246 | 294 | 0:50:19 | 8,35 | 7:11 |
| | Versmissen Kamiel | VH | 7 | 247 | 294 | 0:50:21 | 8,34 | 7:12 |
| | Meeuwsen Roger | VH | 7 | 248 | 294 | 0:50:22 | 8,34 | 7:12 |
| | Smits Jef | VH | 12,45 | 4 | 499 | 0:47:35 | 15,70 | 3:49 |
| | Vermeiren Koen | VH | 12,45 | 45 | 499 | 0:58:53 | 12,69 | 4:44 |
| | Van Rooy Carl | VH | 12,45 | 172 | 499 | 1:06:43 | 11,20 | 5:22 |
| | Willems Wilfried | VH | 12,45 | 190 | 499 | 1:07:25 | 11,08 | 5:25 |
| | Roose Jan | VH | 12,45 | 199 | 499 | 1:07:58 | 10,99 | 5:28 |
| | Baetens Jan | VH | 12,45 | 260 | 499 | 1:11:12 | 10,49 | 5:43 |
| | Van Dooren Christine | VD | 12,45 | 297 | 499 | 1:13:46 | 10,13 | 5:56 |
| | Snijers Linda | VD | 12,45 | 321 | 499 | 1:15:14 | 9,93 | 6:03 |
| | Mertens Mieke | VD | 12,45 | 322 | 499 | 1:15:15 | 9,93 | 6:03 |
| | Lammers Mathijs | VH | 12,45 | 362 | 499 | 1:17:56 | 9,59 | 6:16 |
| | Miechielsen Louisa | VD | 12,45 | 407 | 499 | 1:21:11 | 9,20 | 6:31 |
| | Borgmans Vera | VD | 12,45 | 427 | 499 | 1:23:03 | 8,99 | 6:40 |
| | Van Loock Marc | VH | 12,45 | 443 | 499 | 1:25:01 | 8,79 | 6:50 |
| | Hens Vera | SD | 12,45 | 469 | 499 | 1:30:06 | 8,29 | 7:14 |
| | Willemsens Marc | VH | 21 | 41 | 216 | 1:42:10 | 12,33 | 4:52 |
| | Janssen Jan | VH | 21 | 50 | 216 | 1:43:52 | 12,13 | 4:57 |
| | Van Nueten Cis | VH | 21 | 59 | 216 | 1:45:35 | 11,93 | 5:02 |
| | Sneyders Eddy | VH | 21 | 60 | 216 | 1:45:37 | 11,93 | 5:02 |
| | De Bie Aloïs | VH | 21 | 81 | 216 | 1:48:42 | 11,59 | 5:11 |
| | Ottevaere Hilde | SD | 21 | 88 | 216 | 1:49:59 | 11,46 | 5:14 |
| | Persegael Jan | VH | 21 | 103 | 216 | 1:52:07 | 11,24 | 5:20 |
| | Mabey Claire | SD | 21 | 124 | 216 | 1:56:17 | 10,84 | 5:32 |
| | Dierckx Guy | VH | 21 | 136 | 216 | 1:59:20 | 10,56 | 5:41 |
| | Forde Simon | VH | 21 | 162 | 216 | 2:03:08 | 10,23 | 5:52 |
| | Van Robays Marleen | VD | 21 | 167 | 216 | 2:05:45 | 10,02 | 5:59 |
| | Van Staeyen Dirk | VH | 21 | 173 | 216 | 2:06:41 | 9,95 | 6:02 |

25.04.10 Joggingloop Het GielsBos

| | | |
|------------------------------|----|----|
| De Visscher Els | VD | 3 |
| Torremans Jos | VH | 3 |
| Vermeiren Frank | VH | 3 |
| Baeten Jef | VH | 5 |
| Borgmans Vera | VD | 5 |
| De Bie Aloïs | VH | 5 |
| De Gruyter Guy | VH | 5 |
| De Roover Steven | SH | 5 |
| Guns Bart | SH | 5 |
| Hens Vera | SD | 5 |
| Hermans An | SD | 5 |
| Jacobs Bart | VH | 5 |
| Roose Jan | VH | 5 |
| Simons Gert | VH | 5 |
| Van Bouwel Ingrid | VD | 5 |
| Van Der Wangen Marc | VH | 5 |
| Van Hofstraeten Maurie-Paule | VD | 5 |
| Van Peer Francine | VD | 5 |
| Versmissen Kamiel | VH | 5 |
| Wery Peter | VH | 5 |
| Aerts Jurgen | VH | 10 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--------------|------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Augustijns Bruno | VH | | 10 | | | | |
| | De Sobrie Herman | VH | | 10 | | | | |
| | Dierckx Guy | VH | | 10 | | | | |
| | Lammers Mathijs | VH | | 10 | | | | |
| | Luyten Luc | VH | | 10 | | | | |
| | Maes Paul | VH | | 10 | | | | |
| | Mariën Liliane | VD | | 10 | | | | |
| | Meeuwsen Roger | VH | | 10 | | | | |
| | Ottevaere Hilde | VD | | 10 | | | | |
| | Van Dooren Christine | VD | | 10 | | | | |
| | Van Dooren Werner | VH | | 10 | | | | |
| | Van Loock Marc | VH | | 10 | | | | |
| | Van Loock Monik | VD | | 10 | | | | |
| | Van Robays Marleen | VD | | 10 | | | | |
| | Van Rooy Carl | VH | | 10 | | | | |
| | Van Staeyen Dirk | VH | | 10 | | | | |
| | Vermeiren Koen | VH | | 10 | | | | |
| | Verschuren Marc | VH | | 10 | | | | |
| | Aerts Bob | VH | | 15 | | | | |
| | Baetens Jan | VH | | 15 | | | | |
| | Baeyens Annick | VD | | 15 | | | | |
| | De Locht Frank | VH | | 15 | | | | |
| | Jacobs Johan | VH | | 15 | | | | |
| | Jacobs Mina | VD | | 15 | | | | |
| | Janssen Jan | VH | | 15 | | | | |
| | Maes Fernand | VH | | 15 | | | | |
| | Maes Stefaan | VH | | 15 | | | | |
| | Meeuws Bettie | VD | | 15 | | | | |
| | Mertens Mieke | VD | | 15 | | | | |
| | Miechielsen Louisa | VD | | 15 | | | | |
| | Nys Johan | VH | | 15 | | | | |
| | Persegael Jan | VH | | 15 | | | | |
| | Quirijnen Edgard | VH | | 15 | | | | |
| | Smits Jef | VH | | 15 | | | | |
| | Sneyders Eddy | VH | | 15 | | | | |
| | Sneyders Jef | VH | | 15 | | | | |
| | Snijers Linda | VD | | 15 | | | | |
| | Van Nueten Cis | VH | | 15 | | | | |
| | Vandingenen Simone | VD | | 15 | | | | |
| | Vangoidsenhoven Dennis | SH | | 15 | | | | |
| | Willemsens Marc | VH | | 15 | | | | |
| | Woestenborghs Filip | VH | | 15 | | | | |

25.04.10 Antwerp 10-miles + marathon

| | | | | | | | | |
|--|-----------------------|----|--------|-------|-------|---------|-------|------|
| | Verwimp Filip | VH | 16,1 | 186 | 14604 | 1:04:34 | 14,96 | 4:01 |
| | Augustyns Bruno | VH | 16,1 | 2387 | 14604 | 1:06:43 | 14,48 | 4:09 |
| | Claessens Laurent | JD | 16,1 | 1032 | 14604 | 1:14:05 | 13,04 | 4:36 |
| | Van Den Bogaerd Frank | VH | 16,1 | 1433 | 14604 | 1:16:25 | 12,64 | 4:45 |
| | Quatacker Johan | VH | 16,1 | 1710 | 14604 | 1:17:44 | 12,43 | 4:50 |
| | Bellens Bart | VH | 16,1 | 2209 | 14604 | 1:19:42 | 12,12 | 4:57 |
| | Van Houten Eric | VD | 16,1 | 2486 | 14604 | 1:20:43 | 11,97 | 5:01 |
| | Vermeiren Frank | VH | 16,1 | 2567 | 14604 | 1:21:01 | 11,92 | 5:02 |
| | Delaleeuw Wouter | VH | 16,1 | 7496 | 14604 | 1:34:35 | 10,21 | 5:52 |
| | Van der Zijde Corrie | VD | 16,1 | 7887 | 14604 | 1:35:38 | 10,10 | 5:56 |
| | Willems Wilfried | VH | 16,1 | 10443 | 14604 | 1:42:41 | 9,41 | 6:23 |
| | Van Looy Maud | VD | 16,1 | 10458 | 14604 | 1:42:43 | 9,40 | 6:23 |
| | Reynders Geert | SH | 42,195 | 78 | 1452 | 3:00:33 | 14,02 | 4:17 |

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|---|-------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Van Ginneken Mario | VH | 42,195 | 231 | 1452 | 3:21:01 | 12,59 | 4:46 |
| | Vissers Peter | VH | 42,195 | 429 | 1452 | 3:34:46 | 11,79 | 5:05 |
| | Van Peer Marc | VH | 42,195 | 432 | 1452 | 3:34:59 | 11,78 | 5:06 |
| | Sysmans Paul | VH | 42,195 | 638 | 1452 | 3:46:55 | 11,16 | 5:23 |
| | Verdonck Hilde | VD | 42,195 | 669 | 1452 | 3:48:27 | 11,08 | 5:25 |
| | Vermeiren Danny | VH | 42,195 | 820 | 1452 | 3:57:08 | 10,68 | 5:37 |
| <u>30.04.10 Holvenjogging Geel</u> | | | | | | | | |
| | Van Loock Marc | VH | 4,5 | 91 | 120 | 0:27:14 | 9,91 | 6:03 |
| | De Sobrie Herman | VH | 8,1 | 60 | 113 | 0:40:06 | 12,12 | 4:57 |
| | Van Loock Monik | VD | 8,1 | 81 | 113 | 0:43:46 | 11,10 | 5:24 |
| <u>01.05.10 Kattenjogging Lichtaart</u> | | | | | | | | |
| | Van Goidsenhoven Dennis | SH | 5,5 | 8 | 63 | 0:23:01 | 14,34 | 4:11 |
| | Sneyders Eddy | VH | 5,5 | 18 | 63 | 0:25:27 | 12,97 | 4:38 |
| | Torremans Jos | VH | 5,5 | 19 | 63 | 0:25:30 | 12,94 | 4:38 |
| | Verwimp Filip | VH | 11 | 3 | 41 | 0:44:07 | 14,96 | 4:01 |
| | Hermans Dirk | VH | 11 | 8 | 41 | 0:48:21 | 13,65 | 4:24 |
| | Van Loon Tom | SH | 11 | 10 | 41 | 0:49:42 | 13,28 | 4:31 |
| | Mabey Claire | SD | 11 | 22 | 41 | 0:55:50 | 11,82 | 5:05 |
| | Ottevaere Hilde | SD | 11 | 23 | 41 | 0:55:51 | 11,82 | 5:05 |
| | Van Robays Marleen | VD | 11 | 28 | 41 | 0:57:36 | 11,46 | 5:14 |
| | Vermeiren Frank | VH | 16,5 | 15 | 22 | 1:17:02 | 12,85 | 4:40 |
| <u>01.05.10 Oosteljogging, Oosterlo (Geel)</u> | | | | | | | | |
| | Van Loock Marc | VH | 6,235 | 80 | 89 | 0:23:01 | 16,25 | 3:41 |
| <u>02.05.10 Bierloop, Olen</u> | | | | | | | | |
| | Van Dooren Christine | VD | 9,3 | 27 | 53 | 0:48:45 | 11,45 | 5:15 |
| | Mertens Mieke | VD | 9,3 | 27 | 53 | 0:48:45 | 11,45 | 5:15 |
| | Van Staeyen Dirk | VH | 9,3 | 27 | 53 | 0:48:45 | 11,45 | 5:15 |
| | De Bie Aloïs | VH | 11,47 | 14 | 53 | 0:52:15 | 13,17 | 4:33 |
| | Van Peer Marc | VH | 11,47 | 14 | 53 | 0:52:15 | 13,17 | 4:33 |
| | Vissers Peter | VH | 11,47 | 14 | 53 | 0:52:15 | 13,17 | 4:33 |
| | De Bie Aloïs | VH | 9,17 | 31 | 53 | 0:50:30 | 10,90 | 5:30 |
| | Van Looy Maud | VD | 9,17 | 31 | 53 | 0:50:30 | 10,90 | 5:30 |
| | Miechielsen Louisa | VD | 9,17 | 31 | 53 | 0:50:30 | 10,90 | 5:30 |
| | Jacobs Johan | VH | 12,255 | 10 | 53 | 0:48:49 | 15,06 | 3:59 |
| | Smits Jef | VH | 12,255 | 10 | 53 | 0:48:49 | 15,06 | 3:59 |
| | Quirijnen Edgard | VH | 12,255 | 10 | 53 | 0:48:49 | 15,06 | 3:59 |
| | Janssen Jan | VH | 11,57 | 22 | 53 | 0:52:38 | 13,19 | 4:33 |
| | Sneyders Eddy | VH | 11,57 | 22 | 53 | 0:52:38 | 13,19 | 4:33 |
| | Van Nueten Cis | VH | 11,57 | 22 | 53 | 0:52:38 | 13,19 | 4:33 |
| | Janssen Jan | VH | 10,26 | 19 | 53 | 0:48:22 | 12,73 | 4:43 |
| | Sneyders Eddy | VH | 10,26 | 19 | 53 | 0:48:22 | 12,73 | 4:43 |
| | Van Nueten Cis | VH | 10,26 | 19 | 53 | 0:48:22 | 12,73 | 4:43 |
| | Persegael Jan | VH | 9,72 | 24 | 53 | 0:46:38 | 12,51 | 4:48 |
| | Verdonck Hilde | VD | 9,72 | 24 | 53 | 0:46:38 | 12,51 | 4:48 |
| | Janssen Shana | JD | 9,72 | 24 | 53 | 0:46:38 | 12,51 | 4:48 |
| | Aerts Jurgen | VH | 10,645 | 43 | 53 | 1:04:22 | 9,92 | 6:03 |
| | Willems Wilfried | VH | 10,645 | 43 | 53 | 1:04:22 | 9,92 | 6:03 |
| | Torremans Jos | VH | 10,645 | 43 | 53 | 1:04:22 | 9,92 | 6:03 |
| | ALV 3 | | 84,39 | 19 | 53 | 6:52:19 | 12,28 | 4:53 |
| | ALV 2 | | 84,39 | 19 | 53 | 6:52:19 | 12,28 | 4:53 |
| | ALV 1 | | 84,39 | 19 | 53 | 6:52:19 | 12,28 | 4:53 |
| | Van Der Zijde Corrie | VD | 9,3 | 32 | 53 | 0:49:25 | 11,29 | 5:19 |
| | Meeuwsen Roger | VH | 9,17 | 8 | 53 | 0:39:41 | 13,86 | 4:20 |
| | De Sobrie Herman | VH | 11,57 | 31 | 53 | 0:58:17 | 11,91 | 5:02 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|-------|-----------------|------|---------|--------|--------|---------|---------|------|
| | Van Loock Marc | VH | 11,57 | 49 | 53 | 1:14:23 | 9,33 | 6:26 |
| | Van Loock Monik | VD | 10,26 | 40 | 53 | 0:55:55 | 11,01 | 5:27 |

07.05.10 Recreatieloop Tongerlopers

| | | | | | | | |
|----------------------|----|------|-----|-----|---------|-------|------|
| Van Peer Marc | VH | 4,3 | 17 | 183 | 0:16:16 | 15,86 | 3:47 |
| Vissers Peter | VH | 4,3 | 21 | 183 | 0:16:35 | 15,56 | 3:51 |
| Janssen Shana | JD | 4,3 | 42 | 183 | 0:18:20 | 14,07 | 4:16 |
| Quirijnen Edgard | VH | 8,3 | 20 | 181 | 0:31:37 | 15,75 | 3:49 |
| Maes Paul | VH | 8,3 | 92 | 181 | 0:41:01 | 12,14 | 4:57 |
| Haest Eric | VH | 8,3 | 105 | 181 | 0:42:03 | 11,84 | 5:04 |
| Van Houten Eric | VH | 8,3 | 127 | 181 | 0:45:39 | 10,91 | 5:30 |
| Aerts Jurgen | VH | 8,3 | 129 | 181 | 0:45:43 | 10,89 | 5:30 |
| Miechielsen Louisa | VD | 8,3 | 138 | 181 | 0:46:46 | 10,65 | 5:38 |
| Van Looy Maud | VD | 8,3 | 153 | 181 | 0:49:00 | 10,16 | 5:54 |
| Van Dooren Christine | VD | 8,3 | 154 | 181 | 0:49:00 | 10,16 | 5:54 |
| Willems Wilfried | VH | 8,3 | 155 | 181 | 0:49:02 | 10,16 | 5:54 |
| Van Loock Marc | VH | 8,3 | 171 | 181 | 0:51:29 | 9,67 | 6:12 |
| De Bie Aloïs | VH | 12,3 | 57 | 138 | 0:53:48 | 13,72 | 4:22 |
| De Sobrie Herman | VH | 12,3 | 84 | 138 | 0:58:54 | 12,53 | 4:47 |
| Sneyders Eddy | VH | 12,3 | 99 | 138 | 1:01:02 | 12,09 | 4:58 |
| Beckers Annick | VD | 12,3 | 100 | 138 | 1:01:03 | 12,09 | 4:58 |
| Van Loock Monik | VD | 12,3 | 111 | 138 | 1:03:41 | 11,59 | 5:11 |
| Mertens Mieke | VD | 12,3 | 127 | 138 | 1:12:45 | 10,14 | 5:55 |
| Jacobs Johan | VH | 12,3 | 128 | 138 | 1:12:49 | 10,14 | 5:55 |
| Smits Jef | VH | 12,3 | 129 | 138 | 1:12:52 | 10,13 | 5:55 |
| Torremans Jos | VH | 12,3 | 130 | 138 | 1:12:54 | 10,12 | 5:56 |

09.05.10 De 10 van Hertals

| | | | | | | | |
|-----------------------------|----|-------|-----|-----|---------|-------|------|
| Van Dooren Christine | VD | 6,48 | 10 | 48 | 0:31:20 | 12,41 | 4:50 |
| Miechielsen Louisa | VD | 6,48 | 13 | 48 | 0:32:20 | 12,02 | 4:59 |
| Van Looy Maud | VD | 6,48 | 14 | 48 | 0:32:20 | 12,02 | 4:59 |
| Mertens Mieke | VD | 6,48 | 19 | 48 | 0:33:28 | 11,62 | 5:10 |
| Van Hofstraeten Marie-Paule | VD | 6,48 | 25 | 48 | 0:35:49 | 10,86 | 5:32 |
| Smits Jef | VH | 10,54 | 9 | 139 | 0:37:21 | 16,93 | 3:33 |
| Jacobs Johan | VH | 10,54 | 15 | 139 | 0:41:58 | 15,07 | 3:59 |
| Sneyders Eddy | VH | 10,54 | 38 | 139 | 0:44:53 | 14,09 | 4:16 |
| Van Loon Tom | SH | 10,54 | 45 | 139 | 0:45:30 | 13,90 | 4:19 |
| Janssen Jan | VH | 10,54 | 56 | 139 | 0:46:28 | 13,61 | 4:25 |
| Haest Eric | VH | 10,54 | 59 | 139 | 0:47:07 | 13,42 | 4:28 |
| Torremans Jos | VH | 10,54 | 60 | 139 | 0:47:08 | 13,42 | 4:28 |
| De Locht Frank | VH | 10,54 | 77 | 139 | 0:49:40 | 12,73 | 4:43 |
| Maes Paul | VH | 10,54 | 86 | 139 | 0:51:52 | 12,19 | 4:55 |
| Willems Wilfried | VH | 10,54 | 87 | 139 | 0:53:13 | 11,88 | 5:03 |
| Woestenborghs Filip | VH | 10,54 | 97 | 139 | 0:54:19 | 11,64 | 5:09 |
| Aerts Bob | VH | 10,54 | 109 | 139 | 0:57:21 | 11,03 | 5:26 |
| Van Der Zijde Corrie | VD | 10,54 | 111 | 139 | 0:57:57 | 10,91 | 5:30 |
| Van Loock Marc | VH | 10,54 | 135 | 139 | 1:03:53 | 9,90 | 6:04 |

09.05.10 Dwars door Brugge

| | | | | | | | |
|--------------|----|-------|-----|------|---------|-------|------|
| Hermans Dirk | VH | 14,23 | 310 | 4276 | 0:58:40 | 14,55 | 4:07 |
|--------------|----|-------|-----|------|---------|-------|------|

09.05.10 Maasmarathon, Visé

| | | | | | | | |
|-------------------|----|------|-----|-----|---------|-------|------|
| Vermeiren Frank | VH | 21,1 | 252 | 761 | 1:43:52 | 12,19 | 4:55 |
| Augustijns Bruno | VH | 42,2 | 40 | 631 | 2:57:47 | 14,24 | 4:13 |
| Ottevaere Hilde | VD | 42,2 | 161 | 631 | 3:24:55 | 12,36 | 4:51 |
| Van Dooren Werner | VH | 42,2 | 192 | 631 | 3:27:31 | 12,20 | 4:55 |
| Peeters Louis | VH | 42,2 | 327 | 631 | 3:44:11 | 11,29 | 5:19 |
| Willemsens Marc | VH | 42,2 | 397 | 631 | 3:53:09 | 10,86 | 5:31 |
| Hermans Luc | VH | 42,2 | 415 | 631 | 3:56:15 | 10,72 | 5:36 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--|-----------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| <u>12.05.10 Avondjogging Wechelderzande</u> | | | | | | | | |
| | Van Peer Marc | VH | 4 | 3 | 93 | 0:15:21 | 15,64 | 3:50 |
| | De Locht Frank | VH | 4 | 6 | 93 | 0:15:36 | 15,38 | 3:54 |
| | Aerts Bob | VH | 4 | 16 | 93 | 0:19:23 | 12,38 | 4:51 |
| | Van Hofstraeten Marie-Paule | VD | 4 | 26 | 93 | 0:21:04 | 11,39 | 5:16 |
| | Versmissen Kamiel | VH | 4 | 35 | 93 | 0:22:21 | 10,74 | 5:35 |
| | Borgmans Vera | VD | 4 | 66 | 93 | 0:25:28 | 9,42 | 6:22 |
| | Hens Vera | VD | 4 | 67 | 93 | 0:25:30 | 9,41 | 6:22 |
| | De Visscher Els | VD | 4 | 68 | 93 | 0:25:33 | 9,39 | 6:23 |
| | Verwimp Filip | VH | 8 | 6 | 98 | 0:30:54 | 15,53 | 3:52 |
| | Smits Jef | VH | 8 | 7 | 98 | 0:31:23 | 15,29 | 3:55 |
| | Jacobs Johan | VH | 8 | 16 | 98 | 0:34:41 | 13,84 | 4:20 |
| | Vissers Peter | VH | 8 | 20 | 98 | 0:35:12 | 13,64 | 4:24 |
| | Persegael Jan | VH | 8 | 23 | 98 | 0:35:36 | 13,48 | 4:27 |
| | Bellens Bart | SH | 8 | 28 | 98 | 0:36:25 | 13,18 | 4:33 |
| | Van Houten Eric | VH | 8 | 29 | 98 | 0:36:38 | 13,10 | 4:35 |
| | Verdonck Hilde | VD | 8 | 34 | 98 | 0:38:00 | 12,63 | 4:45 |
| | Janssen Shana | JD | 8 | 39 | 98 | 0:38:36 | 12,44 | 4:50 |
| | Torremans Jos | VH | 8 | 40 | 98 | 0:38:39 | 12,42 | 4:50 |
| | Maes Paul | VH | 8 | 49 | 98 | 0:40:54 | 11,74 | 5:07 |
| | Willems Wilfried | VH | 8 | 50 | 98 | 0:40:58 | 11,72 | 5:07 |
| | Van Dooren Christine | VD | 8 | 55 | 98 | 0:42:20 | 11,34 | 5:18 |
| | Aerts Jurgen | VH | 8 | 56 | 98 | 0:42:27 | 11,31 | 5:18 |
| | Baetens Jan | VH | 8 | 58 | 98 | 0:42:46 | 11,22 | 5:21 |
| | Roose Jan | VH | 8 | 59 | 98 | 0:42:51 | 11,20 | 5:21 |
| | Van Looy Maud | VD | 8 | 64 | 98 | 0:44:39 | 10,75 | 5:35 |
| | Guns Bart | SH | 8 | 65 | 98 | 0:44:40 | 10,75 | 5:35 |
| | Mertens Mieke | VD | 8 | 66 | 98 | 0:44:42 | 10,74 | 5:35 |
| | Miechielsen Louisa | VD | 8 | 67 | 98 | 0:44:46 | 10,72 | 5:36 |
| | Van Loock Marc | VH | 8 | 77 | 98 | 0:48:06 | 9,98 | 6:01 |
| | Sneyders Eddy | VH | 12 | 19 | 85 | 0:51:46 | 13,91 | 4:19 |
| | Van Dooren Werner | VH | 12 | 23 | 85 | 0:52:28 | 13,72 | 4:22 |
| | Van Den Bogaerd Frank | SH | 12 | 25 | 85 | 0:52:59 | 13,59 | 4:25 |
| | Van Loon Tom | SH | 12 | 26 | 85 | 0:53:07 | 13,56 | 4:26 |
| | Hermans Dirk | VH | 12 | 28 | 85 | 0:53:18 | 13,51 | 4:26 |
| | Willemsens Marc | VH | 12 | 34 | 85 | 0:53:51 | 13,37 | 4:29 |
| | Sneyders Jef | VH | 12 | 37 | 85 | 0:56:24 | 12,77 | 4:42 |
| | Ottevaere Hilde | SD | 12 | 38 | 85 | 0:56:26 | 12,76 | 4:42 |
| | De Sobrie Herman | VH | 12 | 41 | 85 | 0:57:30 | 12,52 | 4:48 |
| | Luyten Luc | VH | 12 | 43 | 85 | 0:59:05 | 12,19 | 4:55 |
| | Van Robays Marleen | VD | 12 | 57 | 85 | 1:01:13 | 11,76 | 5:06 |
| <u>14.05.10 Engstraatjogging Meerhout</u> | | | | | | | | |
| | Van Loock Monik | VD | 12,12 | 25 | 38 | 1:03:03 | 11,53 | 5:12 |
| | De Sobrie Herman | VH | 12,12 | 26 | 38 | 1:03:06 | 11,52 | 5:12 |
| <u>14.05.10 Beklimming Mont Ventoux</u> | | | | | | | | |
| | Janssen Jan | VH | 21 | | | 2:32:00 | 8,29 | 7:14 |
| | De Bie Aloïs | VH | 21 | | | 2:45:00 | 7,64 | 7:51 |
| | Dierckx Guy | VH | 21 | | | 2:54:00 | 7,24 | 8:17 |
| <u>22.05.10 Sinksenjogging Kasterlee</u> | | | | | | | | |
| | Smits Jef | VH | 6 | 2 | 73 | 0:20:59 | 17,16 | 3:30 |
| | Beckers Annick | VD | 6 | 8 | 73 | 0:23:11 | 15,53 | 3:52 |
| | Jacobs Johan | VH | 6 | 9 | 73 | 0:23:37 | 15,24 | 3:56 |
| | Vermeiren Frank | VH | 6 | 12 | 73 | 0:24:26 | 14,73 | 4:04 |
| | Van Dooren Werner | VH | 6 | 13 | 73 | 0:24:36 | 14,63 | 4:06 |
| | Haest Eric | VH | 6 | 17 | 73 | 0:25:33 | 14,09 | 4:16 |
| | Willems Wilfried | VH | 6 | 25 | 73 | 0:27:59 | 12,86 | 4:40 |
| | Van Robays Marleen | VD | 6 | 30 | 73 | 0:28:47 | 12,51 | 4:48 |
| | Verelst Jan | VH | 6 | 32 | 73 | 0:28:53 | 12,46 | 4:49 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--|-----------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Van Dooren Christine | VD | 6 | 36 | 73 | 0:30:40 | 11,74 | 5:07 |
| | Snijers Linda | VD | 6 | 37 | 73 | 0:30:41 | 11,73 | 5:07 |
| | Aerts Jurgen | VH | 6 | 38 | 73 | 0:30:59 | 11,62 | 5:10 |
| | Van Hofstraeten Marie-Paule | VD | 6 | 45 | 73 | 0:32:40 | 11,02 | 5:27 |
| | Van Looy Maud | VD | 6 | 46 | 73 | 0:32:41 | 11,01 | 5:27 |
| | Mertens Mieke | VD | 6 | 57 | 73 | 0:36:37 | 9,83 | 6:06 |
| | Versmissen Kamiel | VH | 6 | 59 | 73 | 0:36:38 | 9,83 | 6:06 |
| | Luyten Luc | VH | 6 | | | | | |
| | Quirijnen Edgard | VH | 12 | 4 | 58 | 0:46:30 | 15,48 | 3:53 |
| | Baetens Jan | VH | 12 | 40 | 58 | 1:04:48 | 11,11 | 5:24 |
| | Roose Jan | VH | 12 | 53 | 58 | 1:13:22 | 9,81 | 6:07 |
| | Borgmans Vera | VD | 12 | 54 | 58 | 1:13:22 | 9,81 | 6:07 |
| | Reynders Geert | SH | 18 | 2 | 53 | 1:08:16 | 15,82 | 3:48 |
| | Van Nueten Cis | VH | 18 | 24 | 53 | 1:20:31 | 13,41 | 4:28 |
| | Ottevaere Hilde | SD | 18 | 29 | 53 | 1:25:42 | 12,60 | 4:46 |
| | Sneyders Eddy | VH | 18 | 30 | 53 | 1:25:43 | 12,60 | 4:46 |
| | Willemsens Marc | VH | 18 | 34 | 53 | 1:29:30 | 12,07 | 4:58 |
| | Persegael Jan | VH | 18 | 35 | 53 | 1:29:31 | 12,06 | 4:58 |
| | Brughmans Herman | VH | 18 | 39 | 53 | 1:32:10 | 11,72 | 5:07 |
| <u>22.05.10 Averechtenjogging Hallaar</u> | | | | | | | | |
| | Van Loock Monik | VD | 10,24 | 185 | 267 | 0:53:39 | 11,45 | 5:14 |
| | De Sobrie Herman | VH | 10,24 | 192 | 267 | 0:54:05 | 11,36 | 5:17 |
| | Van Loock Marc | VH | 10,24 | 245 | 267 | 1:00:11 | 10,21 | 5:53 |
| <u>23.05.10 Parel der Kempen, Oostmalle</u> | | | | | | | | |
| | Van Looy Maud | VD | 4,5 | 77 | 111 | 0:27:03 | 9,98 | 6:01 |
| | De Visscher Els | VD | 4,5 | 87 | 111 | 0:28:03 | 9,63 | 6:14 |
| | Maes Paul | VH | 9 | 31 | 92 | 0:43:41 | 12,36 | 4:51 |
| | Luyten Luc | VH | 9 | 42 | 92 | 0:44:55 | 12,02 | 4:59 |
| | Willems Wilfried | VH | 9 | 54 | 92 | 0:48:47 | 11,07 | 5:25 |
| | Van Loock Marc | VH | 9 | 78 | 92 | 0:56:37 | 9,54 | 6:17 |
| | Mabey Claire | SD | 16,1 | 90 | 150 | 1:20:52 | 11,95 | 5:01 |
| | Sneyders Eddy | VH | 16,1 | 91 | 150 | 1:20:52 | 11,95 | 5:01 |
| <u>23.05.10 Desselse Foorloop</u> | | | | | | | | |
| | Van Loock Marc | VH | 10 | 96 | 97 | 1:04:32 | 9,30 | 6:27 |
| <u>24.05.10 Move to Help, Merksplas</u> | | | | | | | | |
| | Vermeiren Koen | VH | 4,2 | 2 | 42 | 0:16:14 | 15,52 | 3:52 |
| | Van Peer Marc | VH | 4,2 | 3 | 42 | 0:17:28 | 14,43 | 4:10 |
| | Sysmans Paul | VH | 4,2 | 4 | 42 | 0:17:45 | 14,20 | 4:14 |
| | Ottevaere Hilde | SD | 4,2 | 6 | 42 | 0:18:49 | 13,39 | 4:29 |
| | Willems Wilfried | VH | 4,2 | 8 | 42 | 0:19:26 | 12,97 | 4:38 |
| | Brughmans Herman | VH | 4,2 | 10 | 42 | 0:20:15 | 12,44 | 4:49 |
| | Miechielsen Louisa | VD | 4,2 | 20 | 42 | 0:23:19 | 10,81 | 5:33 |
| | Van Looy Maud | VD | 4,2 | 23 | 42 | 0:24:08 | 10,44 | 5:45 |
| | De Roover Steven | SH | 4,2 | 26 | 42 | 0:24:45 | 10,18 | 5:54 |
| | Simons Gert | VH | 4,2 | 27 | 42 | 0:24:55 | 10,11 | 5:56 |
| | Jacobs Bart | VH | 4,2 | 28 | 42 | 0:24:57 | 10,10 | 5:56 |
| | Versmissen Kamiel | VH | 4,2 | | | | | |
| | Willemsens Marc | VH | 4,2 | 36 | 42 | 0:30:53 | 8,16 | 7:21 |
| | Maes Paul | VH | 8,4 | 3 | 24 | 0:41:11 | 12,24 | 4:54 |
| | Janssen Shana | JD | 8,4 | 4 | 24 | 0:42:09 | 11,96 | 5:01 |
| | Baetens Jan | VH | 8,4 | 9 | 24 | 0:44:06 | 11,43 | 5:15 |
| | Van der Zijde Corrie | VD | 8,4 | 11 | 24 | 0:47:13 | 10,67 | 5:37 |
| | Van Dooren Christine | VD | 8,4 | 14 | 24 | 0:48:20 | 10,43 | 5:45 |
| | Meeuwsen Roger | VH | 8,4 | 22 | 24 | 0:56:04 | 8,99 | 6:40 |
| | Van Peer Francine | VD | 8,4 | 23 | 24 | 0:56:04 | 8,99 | 6:40 |
| | Jacobs Johan | VH | 12,6 | 1 | 11 | 0:54:38 | 13,84 | 4:20 |
| | Peeters Louis | VH | 12,6 | 4 | 11 | 1:03:11 | 11,97 | 5:01 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--|-----------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Verdonck Hilde | VD | 12,6 | 5 | 11 | 1:03:29 | 11,91 | 5:02 |
| | Hermans Dirk | VH | 16,8 | 2 | 13 | 1:17:25 | 13,02 | 4:36 |
| | Bellens Bart | SH | 16,8 | 3 | 13 | 1:24:53 | 11,88 | 5:03 |
| | Sneyders Eddy | VH | 16,8 | 5 | 13 | 1:29:29 | 11,26 | 5:20 |
| | De Bie Alois | VH | 16,8 | 6 | 13 | 1:29:30 | 11,26 | 5:20 |
| | Van Der Wangen Marc | VH | 16,8 | 7 | 13 | 1:29:30 | 11,26 | 5:20 |
| <u>28.05.10 Stratenloop Weelde</u> | | | | | | | | |
| | Quirijnen Edgard | VH | 4,5 | 2 | 57 | 0:16:45 | 16,12 | 3:43 |
| | Van Peer Marc | VH | 4,5 | 4 | 57 | 0:17:40 | 15,28 | 3:56 |
| | Sysmans Paul | VH | 4,5 | 6 | 57 | 0:18:33 | 14,56 | 4:07 |
| | Janssen Shana | JD | 4,5 | 9 | 57 | 0:19:51 | 13,60 | 4:25 |
| | Van Looy Maud | VD | 4,5 | 30 | 57 | 0:25:28 | 10,60 | 5:40 |
| | De Visscher Els | VD | 4,5 | 42 | 57 | 0:28:22 | 9,52 | 6:18 |
| | Mertens Mieke | VD | 4,5 | | 57 | | | |
| | Verwimp Filip | VH | 9 | 2 | 78 | 0:34:40 | 15,58 | 3:51 |
| | Jacobs Johan | VH | 9 | 5 | 78 | 0:35:17 | 15,30 | 3:55 |
| | Vissers Peter | VH | 9 | 9 | 78 | 0:38:25 | 14,06 | 4:16 |
| | Beckers Annick | VD | 9 | 11 | 78 | 0:38:27 | 14,04 | 4:16 |
| | Van Loon Tom | SH | 9 | 12 | 78 | 0:38:33 | 14,01 | 4:17 |
| | Van Der Wangen Marc | VH | 9 | 15 | 78 | 0:39:54 | 13,53 | 4:26 |
| | Bellens Bart | SH | 9 | 16 | 78 | 0:40:12 | 13,43 | 4:28 |
| | Hermans Luc | VH | 9 | 18 | 78 | 0:40:49 | 13,23 | 4:32 |
| | Smits Jef | VH | 9 | 20 | 78 | 0:41:11 | 13,11 | 4:35 |
| | Janssen Jan | VH | 9 | 21 | 78 | 0:41:12 | 13,11 | 4:35 |
| | Van Houten Eric | VH | 9 | 25 | 78 | 0:42:19 | 12,76 | 4:42 |
| | Haest Eric | VH | 9 | 26 | 78 | 0:42:56 | 12,58 | 4:46 |
| | Luyten Luc | VH | 9 | 27 | 78 | 0:43:03 | 12,54 | 4:47 |
| | Verdonck Hilde | VD | 9 | 28 | 78 | 0:43:13 | 12,50 | 4:48 |
| | De Locht Frank | VH | 9 | 29 | 78 | 0:43:14 | 12,49 | 4:48 |
| | Maes Paul | VH | 9 | 34 | 78 | 0:44:07 | 12,24 | 4:54 |
| | Baetens Jan | VH | 9 | 40 | 78 | 0:45:04 | 11,98 | 5:00 |
| | Willems Wilfried | VH | 9 | 42 | 78 | 0:45:33 | 11,86 | 5:04 |
| | Mabey Claire | SD | 9 | 43 | 78 | 0:45:34 | 11,85 | 5:04 |
| | Aerts Jurgen | VH | 9 | 44 | 78 | 0:45:38 | 11,83 | 5:04 |
| | Van Dooren Christine | VD | 9 | 54 | 78 | 0:47:33 | 11,36 | 5:17 |
| | Reynders Geert | SH | 13,5 | 4 | 40 | 0:53:54 | 15,03 | 4:00 |
| | Sneyders Eddy | VH | 13,5 | 7 | 40 | 0:57:24 | 14,11 | 4:15 |
| | Van Den Bogaerd Frank | SH | 13,5 | 8 | 40 | 0:58:18 | 13,89 | 4:19 |
| | De Bie Alois | VH | 13,5 | 13 | 40 | 0:59:28 | 13,62 | 4:24 |
| | Van Staeyen Dirk | VH | 13,5 | 28 | 40 | 1:06:04 | 12,26 | 4:54 |
| <u>28.05.10 Natuurloop Herenthout</u> | | | | | | | | |
| | De Sobrie Herman | VH | 14,78 | 165 | 313 | 1:12:25 | 12,25 | 4:54 |
| | Van Looek Monik | VD | 14,78 | 204 | 313 | 1:16:55 | 11,53 | 5:12 |
| | Van Looek Marc | VH | 14,78 | 300 | 313 | 1:31:08 | 9,73 | 6:10 |
| <u>29.05.10 Vorsdonkloop Gelrode</u> | | | | | | | | |
| | Van Looek Marc | VH | 8,6 | 105 | 116 | 0:51:57 | 9,93 | 6:02 |
| <u>30.05.10 20 km van Brussel</u> | | | | | | | | |
| | Hermans Dirk | VH | 20,4 | 1535 | 29991 | 1:27:14 | 14,03 | 4:17 |
| | Vermeiren Koen | VH | 20,4 | 4927 | 29991 | 1:37:47 | 12,52 | 4:48 |
| | Peeters Louis | VH | 20,4 | 5186 | 29991 | 1:38:21 | 12,45 | 4:49 |
| | Lammers Matthijs | VH | 20,4 | 12948 | 29991 | 1:53:04 | 10,83 | 5:33 |
| <u>02.06.10 Stratenloop Hoogstraten</u> | | | | | | | | |
| | Van Hofstraeten Marie-Paule | VD | 5 | | | | | |
| | Verwimp Filip | VH | 10 | 34 | 338 | 0:36:26 | 16,47 | 3:39 |
| | Quirijnen Edgard | VH | 10 | 39 | 338 | 0:36:50 | 16,29 | 3:41 |

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|--|-----------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Vermeiren Koen | VH | 10 | 55 | 338 | 0:38:36 | 15,54 | 3:52 |
| | Maes Paul | VH | 10 | 172 | 338 | 0:45:20 | 13,24 | 4:32 |
| | Ottevaere Hilde | VD | 10 | | | 0:43:09 | 13,90 | 4:19 |
| | Nys Johan | VH | 10 | | | 0:44:49 | 13,39 | 4:29 |
| | Aerts Bob | VH | 10 | | | | | |
| | De Locht Frank | VH | 10 | | | | | |
| | Guns Bart | SH | 10 | | | | | |
| | Luyten Luc | VH | 10 | | | | | |
| <u>04.06.10 Rigv-massa-jogging Arendonk</u> | | | | | | | | |
| | Verwimp Filip | VH | 8,72 | 1 | 9 | 0:33:13 | 15,75 | 3:49 |
| | Sneyders Eddy | VH | 13,08 | 3 | 5 | 0:58:33 | 13,40 | 4:29 |
| <u>04.06.10 Langdonkenloop Herselt</u> | | | | | | | | |
| | De Sobrie Herman | VH | 10 | 142 | 238 | 0:44:32 | 13,47 | 4:27 |
| | Van Loock Monik | VD | 10 | 216 | 238 | 0:51:57 | 11,55 | 5:12 |
| <u>05.06.10 Van Goghloop Zundert</u> | | | | | | | | |
| | Jacobs Johan | VH | 5 | 7 | 73 | 0:18:39 | 16,09 | 3:44 |
| | Smits Jef | VH | 10 | | | 0:36:08 | 16,61 | 3:37 |
| | De Bie Aloïs | VH | 10 | | | 0:43:27 | 13,81 | 4:21 |
| | Sneyders Eddy | VH | 10 | | | 0:45:37 | 13,15 | 4:34 |
| | Willems Wilfried | VH | 10 | | | 0:49:04 | 12,23 | 4:54 |
| | Verelst Jan | VH | 10 | | | 0:50:07 | 11,97 | 5:01 |
| | Van Dooren Christine | VD | 10 | | | 0:52:10 | 11,50 | 5:13 |
| | Van Der Zijde Corrie | VD | 10 | | | 0:55:52 | 10,74 | 5:35 |
| | Mertens Mieke | VD | 10 | | | 0:56:44 | 10,58 | 5:40 |
| <u>06.06.10 Halve Marathon Niilen</u> | | | | | | | | |
| | Van Loock Marc | VH | 10,54 | 213 | 231 | 1:03:59 | 9,88 | 6:04 |
| <u>11.06.10 Kruistocht Herselt</u> | | | | | | | | |
| | Van Loock Marc | VH | 5 | 306 | 367 | 0:30:14 | 9,92 | 6:03 |
| | De Sobrie Herman | VH | 10 | 155 | 246 | 0:48:53 | 12,27 | 4:53 |
| | Van Loock Monik | VD | 10 | 212 | 246 | 0:54:12 | 11,07 | 5:25 |
| <u>12.06.10 Kapellekensloop Minderhout</u> | | | | | | | | |
| | Smits Jef | VH | 5,08 | 3 | 220 | 0:17:41 | 17,24 | 3:29 |
| | Vermeiren Koen | VH | 5,08 | 13 | 220 | 0:19:10 | 15,90 | 3:46 |
| | De Locht Frank | VH | 5,08 | 32 | 220 | 0:21:12 | 14,38 | 4:10 |
| | Haest Eric | VH | 5,08 | 41 | 220 | 0:21:56 | 13,90 | 4:19 |
| | Verschuren Marc | VH | 5,08 | 53 | 220 | 0:22:53 | 13,32 | 4:30 |
| | Verelst Jan | VH | 5,08 | 58 | 220 | 0:23:04 | 13,21 | 4:32 |
| | Janssen Shana | JD | 5,08 | 61 | 220 | 0:23:11 | 13,15 | 4:34 |
| | Jacobs Johan | VH | 5,08 | 62 | 220 | 0:23:12 | 13,14 | 4:34 |
| | Van Dooren Christine | VD | 5,08 | 96 | 220 | 0:24:51 | 12,27 | 4:54 |
| | Snijers Linda | VD | 5,08 | 111 | 220 | 0:25:52 | 11,78 | 5:06 |
| | Miechielsen Louisa | VD | 5,08 | 115 | 220 | 0:26:01 | 11,72 | 5:07 |
| | Mertens Mieke | VD | 5,08 | 123 | 220 | 0:26:26 | 11,53 | 5:12 |
| | Van Hofstraeten Marie-Paule | VD | 5,08 | 139 | 220 | 0:27:31 | 11,08 | 5:25 |
| | Verwimp Filip | VH | 10,42 | 14 | 149 | 0:41:07 | 15,21 | 3:57 |
| | Beckers Annick | VD | 10,42 | 19 | 149 | 0:42:31 | 14,70 | 4:05 |
| | Nys Johan | VH | 10,42 | 48 | 149 | 0:49:16 | 12,69 | 4:44 |
| | Luyten Luc | VH | 10,42 | 73 | 149 | 0:51:46 | 12,08 | 4:58 |
| | Aerts Jurgen | VH | 10,42 | 78 | 149 | 0:52:07 | 12,00 | 5:00 |
| | Van Loock Marc | VH | 10,42 | 130 | 149 | 1:01:33 | 10,16 | 5:54 |
| | Baetens Jan | VH | 15,77 | 19 | 27 | 1:22:22 | 11,49 | 5:13 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--------------|--------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | De Bie Aloïis | VH | 21,1 | 28 | 92 | 1:34:14 | 13,43 | 4:28 |
| | Persegael Jan | VH | 21,1 | 55 | 92 | 1:45:06 | 12,05 | 4:59 |
| | Van Staeyen Dirk | VH | 21,1 | 56 | 92 | 1:45:08 | 12,04 | 4:59 |

13.06.10 Natuurloop College Salus Nostra, Mol

| | |
|----------------------|----|
| Beckers Annick | VD |
| De Roover Steven | SH |
| Haest Eric | VH |
| Jacobs Johan | VH |
| Mertens Mieke | VD |
| Van Dooren Christine | VD |
| Van Peer Marc | VH |
| Van Staeyen Dirk | VH |
| Versmissen Kamiel | VH |
| Willems Wilfried | VH |

13.06.10 Bradford Millennium Way Relay

| | | | | | | |
|--------------------|-------|------|----|----|---------|-------|
| Gielen Monique | VD | 16,2 | 38 | 49 | 1:40:08 | 9,71 |
| Sneyder Jef | VH | 16,2 | 38 | 49 | 1:40:08 | 9,71 |
| Verdonck Hilde | VD | 15,6 | 35 | 49 | 1:38:15 | 9,53 |
| Sneyders Eddy | VH | 15,6 | 35 | 49 | 1:38:15 | 9,53 |
| Van Robays Marleen | VD | 12,9 | 35 | 49 | 1:18:50 | 9,82 |
| Torremans Jos | VH | 12,9 | 35 | 49 | 1:18:50 | 9,82 |
| Ottevaere Hilde | VD | 13,8 | 17 | 49 | 1:20:14 | 10,32 |
| Forde Simon | VH | 13,8 | 17 | 49 | 1:20:14 | 10,32 |
| Craven Diane | VD | 17,6 | 29 | 49 | 1:37:27 | 10,84 |
| Veevers Luke | SH | 17,6 | 29 | 49 | 1:37:27 | 10,84 |
| Totaal | Mixed | 76,1 | 28 | 49 | 7:34:54 | 10,04 |

13.06.10 Natuurmarathon La Roche

| | | | | | | |
|----------------|----|------|-----|-----|---------|-------|
| Reynders Geert | VH | 42,2 | 3 | 166 | 3:17:28 | 12,82 |
| Hermans Luc | VH | 42,2 | 110 | 166 | 4:25:26 | 9,54 |

17.06.10 Domestic 5K, Beerse

| | | | | | | | |
|-------------------------|----|---|----|-----|---------|-------|------|
| Smits Jef | VH | 5 | 33 | 164 | 0:17:21 | 17,29 | 3:28 |
| Verwimp Filip | VH | 5 | 46 | 164 | 0:18:19 | 16,38 | 3:40 |
| Quirijnen Edgard | VH | 5 | 49 | 164 | 0:18:34 | 16,16 | 3:43 |
| Jacobs Johan | VH | 5 | 50 | 164 | 0:18:37 | 16,11 | 3:43 |
| Vermeiren Koen | VH | 5 | 57 | 164 | 0:19:01 | 15,78 | 3:48 |
| Hermans Dirk | VH | 5 | 60 | 164 | 0:19:23 | 15,48 | 3:53 |
| Forde Simon | VH | 5 | 63 | 164 | 0:19:39 | 15,27 | 3:56 |
| Van Der Wangen Marc | VH | 5 | 64 | 164 | 0:19:40 | 15,25 | 3:56 |
| De Locht Frank | VH | 5 | 65 | 164 | 0:19:45 | 15,19 | 3:57 |
| Van Goidsenhoven Dennis | SH | 5 | 66 | 164 | 0:19:45 | 15,19 | 3:57 |
| Van Peer Marc | VH | 5 | 68 | 164 | 0:19:55 | 15,06 | 3:59 |
| De Gruyter Guy | VH | 5 | 69 | 164 | 0:19:55 | 15,06 | 3:59 |
| Sneyders Eddy | VH | 5 | 71 | 164 | 0:19:57 | 15,04 | 3:59 |
| Bellens Bart | SH | 5 | 75 | 164 | 0:20:12 | 14,85 | 4:02 |
| Van Dooren Werner | VH | 5 | 77 | 164 | 0:20:20 | 14,75 | 4:04 |
| Vissers Peter | VH | 5 | 79 | 164 | 0:20:23 | 14,72 | 4:05 |
| De Bie Aloïis | VH | 5 | 80 | 164 | 0:20:24 | 14,71 | 4:05 |
| Sysmans Paul | VH | 5 | 83 | 164 | 0:20:30 | 14,63 | 4:06 |
| Gielen Monique | VD | 5 | 86 | 164 | 0:20:38 | 14,54 | 4:08 |
| Quatacker Johan | VH | 5 | 89 | 164 | 0:20:56 | 14,33 | 4:11 |
| Persegael Jan | VH | 5 | 91 | 164 | 0:20:59 | 14,30 | 4:12 |
| Ottevaere Hilde | VD | 5 | 96 | 164 | 0:21:15 | 14,12 | 4:15 |
| Maes Paul | VH | 5 | 99 | 164 | 0:21:31 | 13,94 | 4:18 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--------------|-----------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Janssen Jan | VH | 5 | 102 | 164 | 0:21:51 | 13,73 | 4:22 |
| | Nys Johan | VH | 5 | 103 | 164 | 0:21:51 | 13,73 | 4:22 |
| | Mabey Claire | SD | 5 | 104 | 164 | 0:22:00 | 13,64 | 4:24 |
| | Van Staeyen Dirk | VH | 5 | 106 | 164 | 0:22:02 | 13,62 | 4:24 |
| | Janssen Shana | JD | 5 | 109 | 164 | 0:22:04 | 13,60 | 4:25 |
| | Sneyders Jef | VH | 5 | 110 | 164 | 0:22:09 | 13,54 | 4:26 |
| | Verelst Jan | VH | 5 | 112 | 164 | 0:22:22 | 13,41 | 4:28 |
| | Van Houten Eric | VH | 5 | 114 | 164 | 0:22:27 | 13,36 | 4:29 |
| | Peeters Louis | VH | 5 | 116 | 164 | 0:22:38 | 13,25 | 4:32 |
| | Willems Wilfried | VH | 5 | 119 | 164 | 0:23:01 | 13,03 | 4:36 |
| | Luyten Luc | VH | 5 | 121 | 164 | 0:23:11 | 12,94 | 4:38 |
| | Roose Jan | VH | 5 | 122 | 164 | 0:23:12 | 12,93 | 4:38 |
| | Verdonck Hilde | VD | 5 | 123 | 164 | 0:23:13 | 12,92 | 4:39 |
| | Aerts Jurgen | VH | 5 | 126 | 164 | 0:23:31 | 12,76 | 4:42 |
| | Van Robays Marleen | VD | 5 | 128 | 164 | 0:23:51 | 12,58 | 4:46 |
| | Woestenborghs Filip | VH | 5 | 130 | 164 | 0:23:59 | 12,51 | 4:48 |
| | Baeyens Annick | VD | 5 | 131 | 164 | 0:24:04 | 12,47 | 4:49 |
| | Brugmans Herman | VH | 5 | 132 | 164 | 0:24:05 | 12,46 | 4:49 |
| | Van Dooren Christine | VD | 5 | 135 | 164 | 0:24:37 | 12,19 | 4:55 |
| | Aerts Bob | VH | 5 | 139 | 164 | 0:25:13 | 11,90 | 5:03 |
| | Snijers Linda | VD | 5 | 140 | 164 | 0:25:13 | 11,90 | 5:03 |
| | Miechielsen Louisa | VD | 5 | 142 | 164 | 0:25:31 | 11,76 | 5:06 |
| | Mertens Mieke | VD | 5 | 147 | 164 | 0:26:01 | 11,53 | 5:12 |
| | Borgmans Vera | VD | 5 | 148 | 164 | 0:26:17 | 11,41 | 5:15 |
| | Van der Zijde Corrie | VD | 5 | 149 | 164 | 0:26:25 | 11,36 | 5:17 |
| | Van Hofstraeten Marie-Paule | VD | 5 | 151 | 164 | 0:26:40 | 11,25 | 5:20 |
| | Guns Bart | SH | 5 | 152 | 164 | 0:26:56 | 11,14 | 5:23 |
| | Van Loock Marc | VH | 5 | 155 | 164 | 0:28:06 | 10,68 | 5:37 |
| | De Visscher Els | VD | 5 | 158 | 164 | 0:29:29 | 10,18 | 5:54 |
| | Hermans An | SD | 5 | 160 | 164 | 0:30:33 | 9,82 | 6:07 |

18.06.10 Dwars door Oud-Turnhout

| | |
|----------------------|----|
| Baetens Jan | VH |
| Borgmans Vera | VD |
| De Visscher Els | VD |
| Hermans An | SD |
| Hermans Luc | VH |
| Jacobs Johan | VH |
| Janssen Shana | JD |
| Luyten Luc | VH |
| Mertens Mieke | VD |
| Miechielsen Louisa | VD |
| Persegael Jan | VH |
| Quirijnen Edgard | VH |
| Reynders Geert | SH |
| Smits Jef | VH |
| Sneyders Eddy | VH |
| Sysmans Paul | VH |
| Torremans Jos | VH |
| Van Dooren Christine | VD |
| Van Houten Eric | VH |
| Van Peer Marc | VH |
| Vissers Peter | VH |
| Willems Wilfried | VH |

18.06.10 Ramselse Routeloop

| | | | | | | | |
|------------------|----|----|-----|-----|---------|-------|------|
| De Sobrie Herman | VH | 10 | 222 | 391 | 0:46:15 | 12,97 | 4:38 |
|------------------|----|----|-----|-----|---------|-------|------|

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|---|----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Van Loock Monik | VD | 10 | 311 | 391 | 0:50:49 | 11,81 | 5:05 |
| | Van Loock Marc | VH | 10 | 385 | 391 | 0:59:44 | 10,04 | 5:58 |
| <u>19.06.10 Midnight Sun Marathon Tromso (Noorwegen)</u> | | | | | | | | |
| | Montoya Rigo | VH | 42,2 | 229 | 403 | 4:13:26 | 9,99 | 6:00 |
| <u>20.06.10 Herentals-Tielen</u> | | | | | | | | |
| | Maes Paul | VH | 6,5 | 13 | 79 | 0:26:19 | 14,82 | 4:03 |
| | Van Loock Marc | VH | 6,5 | 49 | 79 | 0:34:00 | 11,47 | 5:14 |
| | Reynders Geert | SH | 14,6 | 11 | 398 | 0:54:10 | 16,17 | 3:43 |
| | Smits Jef | VH | 14,6 | 12 | 398 | 0:54:47 | 15,99 | 3:45 |
| | Verwimp Filip | VH | 14,6 | 22 | 398 | 0:56:29 | 15,51 | 3:52 |
| | Quiryren Edgard | VH | 14,6 | 23 | 398 | 0:56:42 | 15,45 | 3:53 |
| | Vermeiren Koen | VH | 14,6 | 25 | 398 | 0:57:02 | 15,36 | 3:54 |
| | Beckers Annick | VD | 14,6 | 32 | 398 | 0:57:19 | 15,28 | 3:56 |
| | Hermans Dirk | VH | 14,6 | 50 | 398 | 0:59:25 | 14,74 | 4:04 |
| | Sneyders Eddy | VH | 14,6 | 60 | 398 | 1:00:51 | 14,40 | 4:10 |
| | Hermans Luc | VH | 14,6 | 62 | 398 | 1:01:10 | 14,32 | 4:11 |
| | Van Dooren Werner | VH | 14,6 | 79 | 398 | 1:02:37 | 13,99 | 4:17 |
| | Vissers Peter | VH | 14,6 | 87 | 398 | 1:03:10 | 13,87 | 4:20 |
| | Ottevaere Hilde | VD | 14,6 | 97 | 398 | 1:03:41 | 13,76 | 4:22 |
| | Van Peer Marc | VH | 14,6 | 103 | 398 | 1:03:54 | 13,71 | 4:23 |
| | Haest Eric | VH | 14,6 | 108 | 398 | 1:04:11 | 13,65 | 4:24 |
| | De Locht Frank | VH | 14,6 | 115 | 398 | 1:05:00 | 13,48 | 4:27 |
| | Symans Paul | VH | 14,6 | 129 | 398 | 1:05:52 | 13,30 | 4:31 |
| | Swaans Tim | SH | 14,6 | 132 | 398 | 1:06:04 | 13,26 | 4:32 |
| | Peeters Louis | VH | 14,6 | 136 | 398 | 1:06:18 | 13,21 | 4:32 |
| | Sneyders Jef | VH | 14,6 | 145 | 398 | 1:06:49 | 13,11 | 4:35 |
| | Van Robays Marleen | VD | 14,6 | 205 | 398 | 1:11:01 | 12,34 | 4:52 |
| | Torremans Jos | VH | 14,6 | 206 | 398 | 1:11:03 | 12,33 | 4:52 |
| | Verelst Jan | SH | 14,6 | 215 | 398 | 1:11:21 | 12,28 | 4:53 |
| | Willems Wilfried | VH | 14,6 | 229 | 398 | 1:12:55 | 12,01 | 5:00 |
| | Baetens Jan | VH | 14,6 | 232 | 398 | 1:13:04 | 11,99 | 5:00 |
| | Luyten Luc | VH | 14,6 | 238 | 398 | 1:13:38 | 11,90 | 5:03 |
| | Woestenborghs Filip | VH | 14,6 | 260 | 398 | 1:15:46 | 11,56 | 5:11 |
| | Snijers Linda | VD | 14,6 | 293 | 398 | 1:18:34 | 11,15 | 5:23 |
| | Mertens Mieke | VD | 14,6 | 312 | 398 | 1:19:56 | 10,96 | 5:28 |
| | Miechielsen Louisa | VD | 14,6 | 322 | 398 | 1:20:59 | 10,82 | 5:33 |
| | Borgmans Vera | VD | 14,6 | 347 | 398 | 1:24:09 | 10,41 | 5:46 |
| | Roose Jan | VH | 14,6 | 349 | 398 | 1:24:14 | 10,40 | 5:46 |
| <u>25.06.10 Kardinaalsjogging, Vorselaar</u> | | | | | | | | |
| | Jacobs Johan | VH | 5 | 35 | 198 | 0:21:33 | 13,92 | 4:19 |
| | Torremans Jos | VH | 5 | 46 | 198 | 0:22:37 | 13,26 | 4:31 |
| | Van Dooren Christine | VD | 5 | 108 | 198 | 0:26:20 | 11,39 | 5:16 |
| | Smits Jef | VH | 10 | 30 | 135 | 0:43:42 | 13,73 | 4:22 |
| | Hermans Luc | VH | 10 | 60 | 135 | 0:47:54 | 12,53 | 4:47 |
| | Mariën Liliane | VD | 10 | 65 | 135 | 0:48:14 | 12,44 | 4:49 |
| | Willems Wilfried | VH | 10 | 72 | 135 | 0:49:51 | 12,04 | 4:59 |
| | Maes Paul | VH | 10 | 80 | 135 | 0:51:48 | 11,58 | 5:11 |
| | Baetens Jan | VH | 10 | 81 | 135 | 0:51:50 | 11,58 | 5:11 |
| | Aerts Jurgen | VH | 10 | 82 | 135 | 0:51:50 | 11,58 | 5:11 |
| | De Locht Frank | VH | 10 | 84 | 135 | 0:51:53 | 11,56 | 5:11 |
| | Persegael Jan | VH | 10 | 85 | 135 | 0:51:53 | 11,56 | 5:11 |
| | Mertens Mieke | VD | 10 | 104 | 135 | 0:56:42 | 10,58 | 5:40 |
| | Miechielsen Louisa | VD | 10 | 112 | 135 | 0:58:03 | 10,34 | 5:48 |
| | Van Loock Marc | VH | 10 | 117 | 135 | 1:00:24 | 9,93 | 6:02 |

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|--------------|--------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Van Peer Francine | VD | 10 | 131 | 135 | 1:05:26 | 9,17 | 6:33 |
| | Meeuwssen Roger | VH | 10 | 132 | 135 | 1:05:27 | 9,17 | 6:33 |
| | Reynders Geert | SH | 15 | 15 | 51 | 1:04:15 | 14,01 | 4:17 |
| | Van Peer Marc | VH | 15 | 21 | 51 | 1:06:03 | 13,63 | 4:24 |
| | De Sobrie Herman | VH | 15 | 28 | 51 | 1:10:26 | 12,78 | 4:42 |
| | Sneyders Eddy | VH | 15 | 31 | 51 | 1:12:17 | 12,45 | 4:49 |
| | Nys Johan | VH | 15 | 32 | 51 | 1:12:17 | 12,45 | 4:49 |
| | Van Loock Monik | VD | 15 | 42 | 51 | 1:19:22 | 11,34 | 5:17 |

27.06.10 Recrutenloop Turnhout

| | | | | | | | | |
|--|---------------------|----|---|----|----|---------|-------|------|
| | De Locht Frank | VH | 6 | 2 | 16 | 0:21:20 | 16,88 | 3:33 |
| | Willems Wilfried | VH | 6 | 4 | 16 | 0:23:29 | 15,33 | 3:55 |
| | Verelst Jan | VH | 6 | 5 | 16 | 0:23:47 | 15,14 | 3:58 |
| | Snijers Linda | VD | 6 | 3 | 10 | 0:26:08 | 13,78 | 4:21 |
| | Miechielsen Louisa | VD | 6 | 5 | 10 | 0:28:10 | 12,78 | 4:42 |
| | Smits Jef | VH | 9 | 2 | 28 | 0:27:47 | 19,44 | 3:05 |
| | Vermeiren Koen | VH | 9 | 3 | 28 | 0:29:54 | 18,06 | 3:19 |
| | Verwimp Filip | VH | 9 | 4 | 28 | 0:30:04 | 17,96 | 3:20 |
| | Van Peer Marc | VH | 9 | 6 | 28 | 0:32:20 | 16,70 | 3:36 |
| | De Bie Aloï's | VH | 9 | 7 | 28 | 0:33:06 | 16,31 | 3:41 |
| | Sysmans Paul | VH | 9 | 8 | 28 | 0:33:10 | 16,28 | 3:41 |
| | Bellens Bart | VH | 9 | 10 | 28 | 0:33:23 | 16,18 | 3:43 |
| | Vissers Peter | VH | 9 | 11 | 28 | 0:33:56 | 15,91 | 3:46 |
| | Janssen Jan | VH | 9 | 13 | 28 | 0:34:54 | 15,47 | 3:53 |
| | Van Der Wangen Marc | VH | 9 | 14 | 28 | 0:34:55 | 15,47 | 3:53 |
| | Quatacker Johan | VH | 9 | 16 | 28 | 0:36:01 | 14,99 | 4:00 |
| | Woestenborghs Filip | VH | 9 | 23 | 28 | 0:38:57 | 13,86 | 4:20 |
| | Baetens Jan | VH | 9 | 24 | 28 | 0:39:33 | 13,65 | 4:24 |
| | Gielen Monique | VD | 9 | 2 | 6 | 0:33:10 | 16,28 | 3:41 |
| | Mertens Mieke | VD | 9 | 5 | 6 | 0:42:47 | 12,62 | 4:45 |

27.06.10 Halve Marathon Poppel

| | | | | | | | | |
|--|----------------------|----|------|----|----|---------|-------|------|
| | Janssen Shana | JD | 5,5 | 6 | 22 | 0:26:39 | 12,38 | 4:51 |
| | Van Dooren Christine | VD | 5,5 | 11 | 22 | 0:29:07 | 11,33 | 5:18 |
| | Van Loock Marc | VH | 5,5 | 22 | 22 | 0:35:01 | 9,42 | 6:22 |
| | Torremans Jos | VH | 11,2 | 4 | 10 | 0:52:18 | 12,85 | 4:40 |
| | Sneyders Eddy | VH | 21,1 | 10 | 20 | 1:40:00 | 12,66 | 4:44 |

03.07.10 Marathon Rijkevorsel

| | | | | | | | | |
|--|--------------------|----|------|----|----|---------|-------|------|
| | Miechielsen Louisa | VD | 5 | 6 | 28 | 0:26:35 | 11,29 | 5:19 |
| | Torremans Jos | VH | 10 | 35 | 71 | 0:43:03 | 13,94 | 4:18 |
| | Maes Paul | VH | 10 | 38 | 71 | 0:44:11 | 13,58 | 4:25 |
| | Bellens Bart | SH | 21,1 | 14 | 43 | 1:44:51 | 12,07 | 4:58 |
| | Sysmans Paul | VH | 42,2 | 8 | 13 | 3:38:41 | 11,58 | 5:11 |

04.07.10 Clem Mertens marathon, Balen

| | | | | | | | | |
|--|---------------|----|------|----|----|---------|-------|------|
| | Torremans Jos | VH | 10 | 14 | 65 | 0:47:32 | 12,62 | 4:45 |
| | Smits Jef | VH | 21,1 | 14 | 67 | 1:38:36 | 12,84 | 4:40 |
| | Mertens Mieke | VD | 21,1 | 61 | 67 | 2:13:48 | 9,46 | 6:20 |

11.07.10 Diksmuide IJzersterk

| | | | | | | | | |
|--|--------------------|----|----|----|----|---------|-------|------|
| | Torremans Jos | VH | 15 | 55 | 68 | 1:23:35 | 10,77 | 5:34 |
| | Baetens Jan | VH | 15 | 56 | 68 | 1:23:35 | 10,77 | 5:34 |
| | Miechielsen Louisa | VD | 15 | 62 | 68 | 1:30:10 | 9,98 | 6:01 |

18.07.10 Marathon Waldniel

| | | | | | | | | |
|--|----------------|----|------|---|-----|---------|-------|------|
| | Reynders Geert | SH | 42,2 | 3 | 102 | 3:04:05 | 13,75 | 4:22 |
|--|----------------|----|------|---|-----|---------|-------|------|

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|---|-----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| <u>21.07.10 Dwars door Kasterlee</u> | | | | | | | | |
| | Zegers Nico | VH | 10 | 19 | 192 | 0:43:50 | 13,69 | 4:23 |
| | Maes Paul | VH | 10 | 70 | 192 | 0:52:26 | 11,44 | 5:15 |
| | Verdonck Hilde | VD | 10 | 75 | 192 | 0:53:00 | 11,32 | 5:18 |
| | Willems Eric | VH | 10 | 76 | 192 | 0:53:02 | 11,31 | 5:18 |
| | Mertens Mieke | VD | 10 | 127 | 192 | 1:00:40 | 9,89 | 6:04 |
| | Van Loock Marc | VH | 10 | 178 | 192 | 1:08:23 | 8,77 | 6:50 |
| | Beckers Annick | VD | 16 | 24 | 251 | 1:05:42 | 14,61 | 4:06 |
| | Reynders Geert | SH | 16 | 47 | 251 | 1:09:20 | 13,85 | 4:20 |
| | Quiryne Edgard | VH | 16 | 56 | 251 | 1:10:33 | 13,61 | 4:25 |
| | Verwimp Filip | VH | 16 | 70 | 251 | 1:13:27 | 13,07 | 4:35 |
| | Sneyers Tom | VH | 16 | 78 | 251 | 1:13:48 | 13,01 | 4:37 |
| | Haest Eric | VH | 16 | 81 | 251 | 1:14:26 | 12,90 | 4:39 |
| | Hermans Dirk | VH | 16 | 84 | 251 | 1:15:07 | 12,78 | 4:42 |
| | Van Peer Marc | VH | 16 | 100 | 251 | 1:17:43 | 12,35 | 4:51 |
| | Van Den Bogaert Frank | VH | 16 | 104 | 251 | 1:18:24 | 12,24 | 4:54 |
| | Swaans Tim | SH | 16 | 151 | 251 | 1:23:34 | 11,49 | 5:13 |
| | Verelst Jan | VH | 16 | 155 | 251 | 1:23:50 | 11,45 | 5:14 |
| | Laurijssen Patsy | SD | 16 | 159 | 251 | 1:24:12 | 11,40 | 5:16 |
| | Van Robays Marleen | VD | 16 | 164 | 251 | 1:25:14 | 11,26 | 5:20 |
| | Sneyders Jef | VH | 16 | 167 | 251 | 1:25:24 | 11,24 | 5:20 |
| | Ottevaere Hilde | VD | 16 | 168 | 251 | 1:25:25 | 11,24 | 5:20 |
| | Woestenborghs Filip | VH | 16 | 190 | 251 | 1:29:42 | 10,70 | 5:36 |
| | Willems Wilfried | VH | 16 | 214 | 251 | 1:34:02 | 10,21 | 5:53 |
| | Van Dooren Christine | VD | 16 | 225 | 251 | 1:37:11 | 9,88 | 6:04 |
| | Montoya Rigo | VH | 16 | 234 | 251 | 1:41:00 | 9,50 | 6:19 |
| | Aerts Bob | VH | 16 | 242 | 251 | 1:43:19 | 9,29 | 6:27 |
| <u>25.07.10 Bosloop Tessenderlo</u> | | | | | | | | |
| | Van Loock Marc | VH | 4,23 | 191 | 280 | 0:26:13 | 9,68 | 6:12 |
| <u>28.07.10 Natuurloop Geel</u> | | | | | | | | |
| | Van Loock Marc | VH | 5,895 | 88 | 119 | 0:34:18 | 10,31 | 5:49 |
| | Haest Eric | VH | 10,635 | 31 | 83 | 0:48:24 | 13,18 | 4:33 |
| | Maes Paul | VH | 10,635 | 44 | 83 | 0:50:24 | 12,66 | 4:44 |
| | Persegael Jan | VH | 10,635 | 64 | 83 | 0:56:32 | 11,29 | 5:19 |
| | Baetens Jan | VH | 10,635 | 65 | 83 | 0:56:33 | 11,28 | 5:19 |
| | Mertens Mieke | VD | 10,635 | 70 | 83 | 0:58:50 | 10,85 | 5:32 |
| | Smits Jef | VH | 10,635 | 71 | 83 | 0:58:51 | 10,84 | 5:32 |
| | Quiryne Edgard | VH | 14,37 | 11 | 79 | 0:57:07 | 15,10 | 3:58 |
| | Verwimp Filip | VH | 14,37 | 22 | 79 | 0:59:38 | 14,46 | 4:09 |
| | Zegers Nico | VH | 14,37 | 37 | 79 | 1:04:23 | 13,39 | 4:29 |
| | Verelst Jan | VH | 14,37 | 63 | 79 | 1:10:26 | 12,24 | 4:54 |
| <u>29.07.10 Avondjogging Wortel</u> | | | | | | | | |
| | Baetens Jan | VH | | | | | | |
| | Bellens Bart | SH | | | | | | |
| | Borgmans Vera | VD | | | | | | |
| | Brughmans Herman | VH | | | | | | |
| | De Locht Frank | VH | | | | | | |
| | Hermans Dirk | VH | | | | | | |
| | Hermans Luc | VH | | | | | | |
| | Jacobs Bart | VH | | | | | | |
| | Janssen Jan | VH | | | | | | |
| | Luyten Luc | VH | | | | | | |
| | Maes Paul | VH | | | | | | |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. t/km |
|-----------------|-----------------------------------|-------------|----------------|---------------|---------------|-------------|---------------------|
| | Mertens Mieke | VD | | | | | |
| | Miechielsen Louisa | VD | | | | | |
| | Ottevaere Hilde | VD | | | | | |
| | Peeters Louis | VH | | | | | |
| | Persegael Jan | VH | | | | | |
| | Quirijnen Edgard | VH | | | | | |
| | Reynders Geert | SH | | | | | |
| | Roose Jan | VH | | | | | |
| | Simons Gert | VH | | | | | |
| | Sneyders Eddy | VH | | | | | |
| | Snijers Linda | VD | | | | | |
| | Sysmans Paul | VH | | | | | |
| | Torremans Jos | VH | | | | | |
| | Van Den Bogaerd Frank | SH | | | | | |
| | Van Hofstraeten Marie-Paule | VD | | | | | |
| | Van Houten Eric | VH | | | | | |
| | Van Looy Maud | VD | | | | | |
| | Van Peer Marc | VH | | | | | |
| | Verelst Jan | VH | | | | | |
| | Vermeiren Koen | VH | | | | | |
| | Versmissen Kamiel | VH | | | | | |
| | Vissers Peter | VH | | | | | |
| | Wery Peter | VH | | | | | |
| | Willems Wilfried | VH | | | | | |
| 30.07.10 | Avondjogging Meerle | | | | | | |
| | Baetens Jan | VH | | | | | |
| | Luyten Luc | VH | | | | | |
| | Mertens Mieke | VD | | | | | |
| | Miechielsen Louisa | VD | | | | | |
| | Ottevaere Hilde | VD | | | | | |
| | Persegael Jan | VH | | | | | |
| | Smits Jef | VH | | | | | |
| | Sneyders Eddy | VH | | | | | |
| | Sneyders Jef | VH | | | | | |
| | Torremans Jos | VH | | | | | |
| | Verelst Jan | VH | | | | | |
| | Versmissen Kamiel | VH | | | | | |
| | Zegers Nico | VH | | | | | |
| 06.08.10 | Driegehuchtenjogging Retie | | | | | | |
| | Aerts Bob | VH | | | | | |
| | Hermans An | SD | | | | | |
| | Hermans Dirk | VH | | | | | |
| | Hermans Luc | VH | | | | | |
| | Jacobs Johan | VH | | | | | |
| | Luyten Luc | VH | | | | | |
| | Maes Paul | VH | | | | | |
| | Miechielsen Louisa | VD | | | | | |
| | Nys Johan | VH | | | | | |
| | Quirijnen Edgard | VH | | | | | |
| | Reynders Geert | SH | | | | | |
| | Roose Jan | VH | | | | | |
| | Sneyders Eddy | VH | | | | | |
| | Torremans Jos | VH | | | | | |
| | Van Den Bogaerd Frank | SH | | | | | |
| | Van Der Wangen Marc | VH | | | | | |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|-------|----------------------|------|---------|--------|--------|------|---------|------|
| | Van Dooren Christine | VD | | | | | | |
| | Van Dooren Werner | VH | | | | | | |
| | Van Loock Marc | VH | | | | | | |
| | Van Looy Maud | VD | | | | | | |
| | Van Staeyen Dirk | VH | | | | | | |
| | Verelst Jan | VH | | | | | | |
| | Versmissen Kamiel | VH | | | | | | |
| | Willems Wilfried | VH | | | | | | |
| | Woestenborghs Filip | VH | | | | | | |

07.08.10 Estafette Halve Marathon "Het GielsBos"

| | | | | | | | | |
|--|-------------------------------|----|-------------|-----------|-----------|----------------|--------------|-------------|
| | Van Goidsenhoven Dennis | SH | 7 | 11 | 66 | 0:28:14 | 14,88 | 4:02 |
| | De Gruyter Guy | VH | 7 | 21 | 66 | 0:31:13 | 13,45 | 4:28 |
| | De Roover Steven | SH | 7 | 48 | 66 | 0:40:07 | 10,47 | 5:44 |
| | Van Loock Marc | VH | 7 | 54 | 66 | 0:43:20 | 9,69 | 6:11 |
| | De Clercq Paul | VH | 7 | 62 | 66 | 0:47:11 | 8,90 | 6:44 |
| | Hermans An | SD | 7 | 64 | 66 | 0:51:14 | 8,20 | 7:19 |
| | Gemengde Masters | VH | 21,1 | 4 | 68 | 1:19:21 | 15,95 | 3:46 |
| | Forde Simon | VH | 7 | | | 0:26:01 | 16,14 | 3:43 |
| | Verwimp Filip | VH | 7 | | | 0:27:03 | 15,53 | 3:52 |
| | Zondagslopers | VH | 21,1 | 12 | 68 | 1:27:57 | 14,39 | 4:10 |
| | Van Der Wangen Marc | VH | 7 | | | 0:29:47 | 14,10 | 4:15 |
| | Janssen Jan | VH | 7 | | | 0:30:26 | 13,80 | 4:21 |
| | Vermeiren Koen | VH | 7 | | | 0:27:44 | 15,14 | 3:58 |
| | Ploeg X | D | 21,1 | 19 | 68 | 1:32:31 | 13,68 | 4:23 |
| | Janssen Shana | JD | 7 | | | 0:35:22 | 11,88 | 5:03 |
| | Ottevaere Hilde | VD | 7 | | | 0:30:58 | 13,56 | 4:25 |
| | Nie eerst toch content | VG | 21,1 | 26 | 68 | 1:35:01 | 13,32 | 4:30 |
| | Augustijns Bruno | VH | 7 | | | 0:28:34 | 14,70 | 4:05 |
| | Van Robays Marleen | VD | 7 | | | 0:34:04 | 12,33 | 4:52 |
| | Sneyders Jef | VH | 7 | | | 0:32:23 | 12,97 | 4:38 |
| | Groen Mannekes | VH | 21,1 | 31 | 68 | 1:37:57 | 12,92 | 4:39 |
| | Aerts Bob | VH | 7 | | | 0:36:29 | 11,51 | 5:13 |
| | Vermeiren Danny | VH | 7 | | | 0:31:25 | 13,37 | 4:29 |
| | De Bie Alois | VH | 7 | | | 0:30:03 | 13,98 | 4:18 |
| | De Drie Muskietiers | SH | 21,1 | 36 | 68 | 1:41:03 | 12,53 | 4:47 |
| | Maes Paul | VH | 7 | | | 0:32:27 | 12,94 | 4:38 |
| | De Rode Lantaarn | VH | 21,1 | 45 | 68 | 1:46:13 | 11,92 | 5:02 |
| | Willemsens Marc | VH | 7 | | | 0:34:18 | 12,24 | 4:54 |
| | Kasteellopers | VG | 21,1 | 51 | 68 | 1:49:39 | 11,55 | 5:12 |
| | Van Loock Monik | VD | 7 | | | 0:40:20 | 10,41 | 5:46 |
| | De Sobrie Herman | VH | 7 | | | 0:33:30 | 12,54 | 4:47 |
| | Carta Mundi Team | VG | 21,1 | 55 | 68 | 1:50:13 | 11,49 | 5:13 |
| | Borgmans Vera | VD | 7 | | | 0:39:49 | 10,55 | 5:41 |
| | ALV-sterretjes MILIAN | D | 21,1 | 56 | 68 | 1:51:02 | 11,40 | 5:16 |
| | Snijers Linda | VD | 7 | | | 0:36:37 | 11,47 | 5:14 |
| | Baeyens Annick | VD | 7 | | | 0:35:29 | 11,84 | 5:04 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--------------|---------------------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Mertens Mieke | VD | 7 | | | 0:38:56 | 10,79 | 5:34 |
| | <u>De snelste veteranen van Halle</u> | VG | 21,1 | 63 | 68 | 1:57:00 | 10,82 | 5:33 |
| | Willems Wilfried | VH | 7 | | | 0:41:44 | 10,06 | 5:58 |

08.08.10 Marathon Monschau

| | | | | | | | | |
|--|----------------|----|------|----|-----|---------|-------|------|
| | Reynders Geert | SH | 42,2 | 16 | 454 | 3:11:00 | 13,26 | 4:32 |
|--|----------------|----|------|----|-----|---------|-------|------|

13.08.10 Vollevarun Retie

| | | | | | | | | |
|--|-------------------------|----|------|----|----|---------|-------|------|
| | Mertens Mieke | VD | 3,5 | 33 | 57 | 0:19:08 | 10,98 | 5:28 |
| | Luyten Ann | SD | 3,5 | 41 | 57 | 0:20:35 | 10,20 | 5:53 |
| | Hens Vera | SD | 3,5 | 53 | 57 | 0:22:04 | 9,52 | 6:18 |
| | Van Goidsenhoven Dennis | SH | 7 | 13 | 90 | 0:28:16 | 14,86 | 4:02 |
| | Jacobs Johan | VH | 7 | 18 | 90 | 0:28:33 | 14,71 | 4:05 |
| | Maes Stefaan | VH | 7 | 22 | 90 | 0:29:41 | 14,15 | 4:14 |
| | Smits Jef | VH | 7 | 23 | 90 | 0:29:55 | 14,04 | 4:16 |
| | Vermeiren Danny | VH | 7 | 29 | 90 | 0:31:35 | 13,30 | 4:31 |
| | Verelst Jan | VH | 7 | 34 | 90 | 0:32:32 | 12,91 | 4:39 |
| | Snijers Linda | VD | 7 | 47 | 90 | 0:36:33 | 11,49 | 5:13 |
| | Versmissen Kamiel | VH | 7 | 51 | 90 | 0:37:15 | 11,28 | 5:19 |
| | Roose Jan | VH | 7 | 52 | 90 | 0:37:16 | 11,27 | 5:19 |
| | Miechielsen Louisa | VD | 7 | 57 | 90 | 0:38:05 | 11,03 | 5:26 |
| | Van Looy Maud | VD | 7 | 58 | 90 | 0:38:07 | 11,02 | 5:27 |
| | Borgmans Vera | VD | 7 | 80 | 90 | 0:43:35 | 9,64 | 6:14 |
| | Hermans An | SD | 7 | 81 | 90 | 0:43:37 | 9,63 | 6:14 |
| | Van Den Bogaerd Frank | VH | 10,5 | 15 | 67 | 0:46:39 | 13,50 | 4:27 |
| | Claessens Laurent | VH | 10,5 | 19 | 67 | 0:47:51 | 13,17 | 4:33 |
| | Nys Johan | VH | 10,5 | 20 | 67 | 0:47:53 | 13,16 | 4:34 |
| | Haest Eric | VH | 10,5 | 28 | 67 | 0:51:23 | 12,26 | 4:54 |
| | Maes Paul | VH | 10,5 | 30 | 67 | 0:52:13 | 12,07 | 4:58 |
| | Aerts Bob | VH | 10,5 | 51 | 67 | 0:57:23 | 10,98 | 5:28 |
| | Van Loock Marc | VH | 10,5 | 66 | 67 | 1:04:41 | 9,74 | 6:10 |
| | Quirijnen Edgard | VH | 14 | 10 | 57 | 0:56:19 | 14,92 | 4:01 |
| | Vermeiren Koen | VH | 14 | 16 | 57 | 0:58:27 | 14,37 | 4:11 |
| | Hermans Dirk | VH | 14 | 20 | 57 | 0:58:56 | 14,25 | 4:13 |
| | Sneyers Tom | VH | 14 | 22 | 57 | 0:59:28 | 14,13 | 4:15 |
| | De Bie Aloïs | VH | 14 | 29 | 57 | 1:02:29 | 13,44 | 4:28 |
| | Van Der Wangen Marc | VH | 14 | 30 | 57 | 1:02:33 | 13,43 | 4:28 |
| | Janssen Jan | VH | 14 | 35 | 57 | 1:04:08 | 13,10 | 4:35 |
| | Hermans Luc | VH | 14 | 37 | 57 | 1:04:44 | 12,98 | 4:37 |
| | Sneyders Eddy | VH | 14 | 48 | 57 | 1:08:01 | 12,35 | 4:51 |
| | Persegael Jan | VH | 14 | 49 | 57 | 1:08:02 | 12,35 | 4:52 |
| | Van Peer Marc | VH | 14 | 50 | 57 | 1:08:05 | 12,34 | 4:52 |
| | Van Houten Eric | VH | 14 | 52 | 57 | 1:09:03 | 12,17 | 4:56 |
| | Van Staeyen Dirk | VH | 14 | 54 | 57 | 1:09:39 | 12,06 | 4:59 |

14.08.10 Runnersworldloop Apeldoorn

| | | | | | | | | |
|--|-------------|----|---|---|-----|---------|-------|------|
| | Forde Simon | VH | 5 | 4 | 113 | 0:17:56 | 16,73 | 3:35 |
|--|-------------|----|---|---|-----|---------|-------|------|

15.08.10 Westel-jogging, Westerlo

| | | | | | | | | |
|--|------------------|----|-------|-----|-----|---------|-------|------|
| | Van Loock Marc | VH | 5,08 | 95 | 105 | 0:31:25 | 9,70 | 6:11 |
| | De Sobrie Herman | VH | 10,08 | 95 | 130 | 0:48:33 | 12,46 | 4:49 |
| | Van Loock Monik | VD | 10,08 | 116 | 130 | 0:53:39 | 11,27 | 5:19 |

20.08.10 Hollewegjogging, Lichtaart

| | | | | | | | | |
|--|-------------------------|----|---|-----|-----|---------|-------|------|
| | Van Goidsenhoven Dennis | SH | 5 | 12 | 154 | 0:19:42 | 15,23 | 3:56 |
| | Hermans An | SD | 5 | 121 | 154 | 0:32:57 | 9,10 | 6:35 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--------------|---------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Vermeiren Koen | VH | 10 | 16 | 156 | 0:41:17 | 14,53 | 4:08 |
| | Haest Eric | VH | 10 | 32 | 156 | 0:44:29 | 13,49 | 4:27 |
| | Maes Stefaan | VH | 10 | 34 | 156 | 0:45:03 | 13,32 | 4:30 |
| | Torremans Jos | VH | 10 | 36 | 156 | 0:45:43 | 13,12 | 4:34 |
| | Nys Johan | VH | 10 | 46 | 156 | 0:47:27 | 12,64 | 4:45 |
| | De Sobrie Herman | VH | 10 | 59 | 156 | 0:48:54 | 12,27 | 4:53 |
| | Mariën Liliane | VD | 10 | 69 | 156 | 0:50:08 | 11,97 | 5:01 |
| | Aerts Bob | VH | 10 | 116 | 156 | 0:56:31 | 10,62 | 5:39 |
| | Van Loock Monik | VD | 10 | 117 | 156 | 0:56:38 | 10,59 | 5:40 |
| | Versmissen Kamiel | VH | 10 | 118 | 156 | 0:56:45 | 10,57 | 5:41 |
| | Roose Jan | VH | 10 | 119 | 156 | 0:56:46 | 10,57 | 5:41 |
| | Miechielsen Louisa | VD | 10 | 126 | 156 | 0:59:49 | 10,03 | 5:59 |
| | Borgmans Vera | VD | 10 | 127 | 156 | 0:59:50 | 10,03 | 5:59 |
| | Van Looy Maud | VD | 10 | 128 | 156 | 0:59:55 | 10,01 | 6:00 |
| | Van Loock Marc | VH | 10 | 154 | 156 | 1:06:30 | 9,02 | 6:39 |
| | Vermeiren Danny | VH | 10 | | 156 | DNF | | |
| | Reynders Geert | SH | 15 | 6 | 93 | 0:58:06 | 15,49 | 3:52 |
| | Sneyers Tom | VH | 15 | 20 | 93 | 1:05:01 | 13,84 | 4:20 |
| | Hermans Dirk | VH | 15 | 23 | 93 | 1:05:18 | 13,78 | 4:21 |
| | Hermans Luc | VH | 15 | 38 | 93 | 1:09:06 | 13,02 | 4:36 |
| | De Bie Aloïs | VH | 15 | 44 | 93 | 1:10:33 | 12,76 | 4:42 |
| | Ottevaere Hilde | VD | 15 | 47 | 93 | 1:10:50 | 12,71 | 4:43 |
| | Sneyders Eddy | VH | 15 | 48 | 93 | 1:10:52 | 12,70 | 4:43 |
| | Janssen Jan | VH | 15 | 55 | 93 | 1:11:47 | 12,54 | 4:47 |
| | Van Peer Marc | VH | 15 | 60 | 93 | 1:13:00 | 12,33 | 4:52 |
| | Sneyders Jef | VH | 15 | 72 | 93 | 1:17:04 | 11,68 | 5:08 |
| | Van Der Wangen Marc | VH | 15 | 77 | 93 | 1:20:02 | 11,25 | 5:20 |
| | Van Staeyen Dirk | VH | 15 | 86 | 93 | 1:24:45 | 10,62 | 5:39 |
| | Willems Wilfried | VH | 15 | 87 | 93 | 1:24:46 | 10,62 | 5:39 |
| | Willemsens Marc | VH | 15 | | 93 | DNF | | |

21.08.10 TIB Ravijnloop, Nijverdal (NL)

| | | | | | | | |
|-------------|----|------|----|----|---------|-------|------|
| Mabey Clair | SD | 16,1 | 19 | 37 | 1:20:30 | 12,00 | 5:00 |
| Forde Simon | VH | 16,1 | 20 | 37 | 1:20:30 | 12,00 | 5:00 |

25.08.10 Merksplas Feest

| | | | | | | | |
|-----------------------------|----|-----|----|----|---------|-------|------|
| Miechielsen Louisa | VD | 5,4 | 13 | 38 | 0:28:15 | 11,47 | 5:14 |
| Van Hofstraeten Marie-Paule | VD | 5,4 | 16 | 38 | 0:28:45 | 11,27 | 5:19 |
| De Visscher Els | VD | 5,4 | 28 | 38 | 0:33:17 | 9,73 | 6:10 |
| Hens Vera | SD | 5,4 | 29 | 38 | 0:34:10 | 9,48 | 6:20 |
| Wery Peter | VH | 5,4 | 28 | 44 | 0:28:46 | 11,26 | 5:20 |
| Simons Gerd | VH | 5,4 | 31 | 44 | 0:29:47 | 10,88 | 5:31 |
| Torremans Jos | VH | 5,4 | 32 | 44 | 0:29:48 | 10,87 | 5:31 |
| Van Loock Marc | VH | 5,4 | 33 | 44 | 0:29:59 | 10,81 | 5:33 |
| Versmissen Kamiel | VH | 5,4 | 39 | 44 | 0:31:30 | 10,29 | 5:50 |
| Jacobs Bart | VH | 5,4 | 41 | 44 | 0:34:10 | 9,48 | 6:20 |
| Wens Jack | SH | 5,4 | 43 | 44 | 0:37:36 | 8,62 | 6:58 |
| Ottevaere Hilde | VD | 9 | 3 | 27 | 0:39:27 | 13,69 | 4:23 |
| Mabey Claire | SD | 9 | 4 | 27 | 0:39:38 | 13,62 | 4:24 |
| Van Loock Monik | VD | 9 | 15 | 27 | 0:46:51 | 11,53 | 5:12 |
| Borgmans Vera | VD | 9 | 26 | 27 | 0:53:06 | 10,17 | 5:54 |
| Hermans An | SD | 9 | 27 | 27 | 0:53:06 | 10,17 | 5:54 |
| Quirijnen Edgard | VH | 9 | 7 | 69 | 0:33:15 | 16,24 | 3:42 |
| Verwimp Filip | VH | 9 | 9 | 69 | 0:34:11 | 15,80 | 3:48 |
| Van Der Wangen Marc | VH | 9 | 19 | 69 | 0:37:44 | 14,31 | 4:12 |
| De Bie Aloïs | VH | 9 | 20 | 69 | 0:37:44 | 14,31 | 4:12 |
| Maes Stefaan | VH | 9 | 22 | 69 | 0:37:52 | 14,26 | 4:12 |

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|--------------|--------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Janssen Jan | VH | 9 | 29 | 69 | 0:38:54 | 13,88 | 4:19 |
| | Martens Adwin | VH | 9 | 31 | 69 | 0:39:04 | 13,82 | 4:20 |
| | Sneyders Jef | VH | 9 | 33 | 69 | 0:39:23 | 13,71 | 4:23 |
| | Sneyders Eddy | VH | 9 | 34 | 69 | 0:39:38 | 13,62 | 4:24 |
| | De Sobrie Herman | VH | 9 | 38 | 69 | 0:40:10 | 13,44 | 4:28 |
| | Van Peer Marc | VH | 9 | 42 | 69 | 0:40:43 | 13,26 | 4:31 |
| | Vissers Peter | VH | 9 | 43 | 69 | 0:40:44 | 13,26 | 4:32 |
| | Van Staeyen Dirk | VH | 9 | 45 | 69 | 0:40:59 | 13,18 | 4:33 |
| | Aerts Bob | VH | 9 | 60 | 69 | 0:44:12 | 12,22 | 4:55 |
| | Luyten Luc | VH | 9 | 61 | 69 | 0:44:13 | 12,21 | 4:55 |
| | Verelst Jan | VH | 9 | 67 | 69 | 0:48:32 | 11,13 | 5:24 |

27.08.10 Landlopersjogging Wortel

| | | | | | | | | |
|--|----------------------|----|--------|----|-----|---------|-------|------|
| | Janssen Shana | JD | 2,94 | 12 | 55 | 0:13:01 | 13,55 | 4:26 |
| | Van Dooren Christine | VD | 2,94 | 36 | 55 | 0:16:46 | 10,52 | 5:42 |
| | Jacobs Johan | VH | 6,785 | 7 | 105 | 0:26:05 | 15,61 | 3:51 |
| | Baetens Jan | VH | 6,785 | 39 | 105 | 0:35:34 | 11,45 | 5:15 |
| | Van Loock Marc | VH | 6,785 | 84 | 105 | 0:43:07 | 9,44 | 6:21 |
| | De Visscher Els | VD | 6,785 | 85 | 105 | 0:43:26 | 9,37 | 6:24 |
| | Bellens Bart | SH | 9,38 | 10 | 81 | 0:39:19 | 14,31 | 4:11 |
| | Maes Paul | VH | 9,38 | 35 | 81 | 0:47:15 | 11,91 | 5:02 |
| | Luyten Luc | VH | 9,38 | 37 | 81 | 0:47:47 | 11,78 | 5:06 |
| | Miechielsen Louisa | VD | 9,38 | 53 | 81 | 0:51:00 | 11,04 | 5:26 |
| | Snijers Linda | VD | 9,38 | 54 | 81 | 0:51:01 | 11,03 | 5:26 |
| | Willems Wilfried | VH | 9,38 | 66 | 81 | 0:52:18 | 10,76 | 5:35 |
| | Van Looy Maud | VD | 9,38 | 72 | 81 | 0:54:41 | 10,29 | 5:50 |
| | Baeten Jef | VH | 9,38 | 79 | 81 | 0:59:29 | 9,46 | 6:20 |
| | Lemmens François | VH | 9,38 | 80 | 81 | 0:59:31 | 9,46 | 6:21 |
| | Quirijnen Edgard | VH | 16,165 | 17 | 94 | 1:06:32 | 14,58 | 4:07 |
| | Hermans Dirk | VH | 16,165 | 21 | 94 | 1:08:06 | 14,24 | 4:13 |
| | Hermans Luc | VH | 16,165 | 36 | 94 | 1:13:19 | 13,23 | 4:32 |
| | Sneyders Eddy | VH | 16,165 | 49 | 94 | 1:16:59 | 12,60 | 4:46 |
| | Van Staeyen Dirk | VH | 16,165 | 64 | 94 | 1:21:50 | 11,85 | 5:04 |
| | Aerts Bob | VH | 16,165 | 93 | 94 | 1:35:32 | 10,15 | 5:55 |

28.08.10 Centrumloop Mol

| | | | | | | | | |
|--|----------------------|----|----|-----|-----|---------|-------|------|
| | Miechielsen Louisa | VD | 5 | 50 | 114 | 0:26:02 | 11,52 | 5:12 |
| | Van Dooren Christine | VD | 5 | 75 | 114 | 0:28:00 | 10,71 | 5:36 |
| | Hens Vera | SD | 5 | 101 | 114 | 0:31:02 | 9,67 | 6:12 |
| | Hermans An | SD | 5 | 102 | 114 | 0:31:02 | 9,67 | 6:12 |
| | Jacobs Johan | VH | 10 | 50 | 172 | 0:40:35 | 14,78 | 4:04 |
| | Sneyders Eddy | VH | 10 | 68 | 172 | 0:41:42 | 14,39 | 4:10 |
| | De Bie Aloïs | VH | 10 | 74 | 172 | 0:42:41 | 14,06 | 4:16 |
| | Torremans Jos | VH | 10 | 75 | 172 | 0:42:43 | 14,05 | 4:16 |
| | Janssen Jan | VH | 10 | 82 | 172 | 0:43:38 | 13,75 | 4:22 |
| | Maes Paul | VH | 10 | 135 | 172 | 0:51:03 | 11,75 | 5:06 |

28.08.10 Halve Marathon Burgh Haamstede (NL)

| | | | | | | | | |
|--|------------|----|------|--|--|---------|-------|------|
| | Haest Eric | VH | 21,1 | | | 1:34:36 | 13,38 | 4:29 |
|--|------------|----|------|--|--|---------|-------|------|

28.08.10 Parochiejogging Olen

| | | | | | | | | |
|--|----------------------|----|------|----|-----|---------|-------|------|
| | Van Loock Marc | VH | 6 | 85 | 134 | 0:35:43 | 10,08 | 5:57 |
| | Van der Zijde Corrie | VD | 21,1 | 66 | 69 | 2:00:56 | 10,47 | 5:44 |

04.09.10 Dingle Half Marathon, Ierland

| | | | | | | | | |
|--|--------------|----|------|-----|------|---------|-------|------|
| | Mabey Claire | SD | 21,1 | 120 | 1355 | 1:43:32 | 12,23 | 4:54 |
|--|--------------|----|------|-----|------|---------|-------|------|

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--|----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| <u>04.09.10 Kustloop (Vrouwenpolder, Nederland)</u> | | | | | | | | |
| | Haest Eric | VH | 21,1 | 82 | 397 | 1:42:13 | 12,39 | 4:51 |
| <u>04.09.10 Pierenloop Ravels</u> | | | | | | | | |
| | Jacobs Johan | VH | 5 | 5 | 127 | 0:18:40 | 16,07 | 3:44 |
| | Janssen Shana | JD | 5 | 30 | 127 | 0:23:32 | 12,75 | 4:42 |
| | Van Dooren Christine | VD | 5 | 59 | 127 | 0:27:30 | 10,91 | 5:30 |
| | Hermans An | SD | 5 | 77 | 127 | 0:28:33 | 10,51 | 5:43 |
| | Van Loock Marc | VH | 5 | 88 | 127 | 0:29:26 | 10,19 | 5:53 |
| | Maes Stefaan | VH | 10 | 9 | 68 | 0:42:32 | 14,11 | 4:15 |
| | Van Looy Maud | VD | 10 | 48 | 68 | 0:55:53 | 10,74 | 5:35 |
| | Reynders Geert | SH | 16,09 | 9 | 167 | 0:59:09 | 16,32 | 3:41 |
| | Vermeiren Koen | VH | 16,09 | 21 | 167 | 1:04:18 | 15,01 | 4:00 |
| | Verwimp Filip | VH | 16,09 | 26 | 167 | 1:04:56 | 14,87 | 4:02 |
| | Quirijnen Edgard | VH | 16,09 | 27 | 167 | 1:05:10 | 14,81 | 4:03 |
| | Hermans Dirk | VH | 16,09 | 33 | 167 | 1:05:55 | 14,65 | 4:06 |
| | Sneyers Tom | VH | 16,09 | 34 | 167 | 1:06:38 | 14,49 | 4:08 |
| | Claessens Laurent | VH | 16,09 | 46 | 167 | 1:08:40 | 14,06 | 4:16 |
| | Hermans Luc | VH | 16,09 | 51 | 167 | 1:09:42 | 13,85 | 4:20 |
| | Sneyders Eddy | VH | 16,09 | 57 | 167 | 1:10:45 | 13,65 | 4:24 |
| | Janssen Jan | VH | 16,09 | 68 | 167 | 1:13:55 | 13,06 | 4:36 |
| | Torremans Jos | VH | 16,09 | 73 | 167 | 1:14:24 | 12,98 | 4:37 |
| | Vermeiren Danny | VH | 16,09 | 85 | 167 | 1:16:08 | 12,68 | 4:44 |
| | Willemsens Marc | VH | 16,09 | 100 | 167 | 1:20:04 | 12,06 | 4:59 |
| | Willems Wilfried | VH | 16,09 | 113 | 167 | 1:23:12 | 11,60 | 5:10 |
| | Verelst Jan | VH | 16,09 | 142 | 167 | 1:30:01 | 10,72 | 5:36 |
| | Miechielsen Louisa | VD | 16,09 | 157 | 167 | 1:35:24 | 10,12 | 5:56 |
| | Borgmans Vera | VD | 16,09 | 159 | 167 | 1:38:05 | 9,84 | 6:06 |
| | Mertens Mieke | VD | 16,09 | 161 | 167 | 1:40:28 | 9,61 | 6:15 |
| <u>05.09.10 Oevelse Jogging</u> | | | | | | | | |
| | Van Loock Marc | VH | 10,22 | 99 | 107 | 1:03:51 | 9,60 | 6:15 |
| | De Sobrie Herman | VH | 21,1 | 50 | 69 | 1:46:33 | 11,88 | 5:03 |
| | Van Loock Monik | VD | 21,1 | 63 | 69 | 2:03:23 | 10,26 | 5:51 |
| <u>05.09.10 Maas en Waalse Dijkenloop, Beneden-Leeuwen (NL)</u> | | | | | | | | |
| | Lammers Mathijs | VH | 21,1 | 141 | 268 | 1:53:29 | 11,16 | 5:23 |
| <u>11.09.10 Monumentenloop Vorselaar</u> | | | | | | | | |
| | Aerts Jurgen | VH | 5,85 | 55 | 128 | 0:30:39 | 11,45 | 5:14 |
| | Van Peer Francine | VD | 5,85 | 105 | 128 | 0:38:53 | 9,03 | 6:39 |
| | Hens Vera | SD | 5,85 | 106 | 128 | 0:38:53 | 9,03 | 6:39 |
| | Mermans Rit | VD | 5,85 | 107 | 128 | 0:38:53 | 9,03 | 6:39 |
| | Vermeiren Koen | VH | 14,195 | 14 | 148 | 0:58:45 | 14,50 | 4:08 |
| | Claessens Laurent | VH | 14,195 | 15 | 148 | 0:59:19 | 14,36 | 4:11 |
| | Meeuwssen Roger | VH | 14,195 | 18 | 148 | 0:59:38 | 14,28 | 4:12 |
| | Lavrijssen Patsy | VD | 14,195 | 59 | 148 | 1:10:44 | 12,04 | 4:59 |
| | Van Dooren Werner | VH | 14,195 | 82 | 148 | 1:16:16 | 11,17 | 5:22 |
| | Nys Johan | VH | 14,195 | 83 | 148 | 1:16:08 | 11,19 | 5:22 |
| | Van Loock Marc | VH | 14,195 | 136 | 148 | 1:32:05 | 9,25 | 6:29 |
| | Hermans Luc | VH | 28,195 | 41 | 92 | 2:19:07 | 12,16 | 4:56 |
| | De Sobrie Herman | VH | 28,195 | 51 | 92 | 2:29:16 | 11,33 | 5:18 |
| | Peeters Louis | VH | 28,195 | 58 | 92 | 2:34:55 | 10,92 | 5:30 |
| | Woestenborghs Filip | VH | 28,195 | 80 | 92 | 2:51:11 | 9,88 | 6:04 |
| | Van Loock Monik | VD | 28,195 | 83 | 92 | 2:54:52 | 9,67 | 6:12 |
| | Aerts Bob | VH | 28,195 | 91 | 92 | 3:11:11 | 8,85 | 6:47 |
| | Sneyers Tom | VH | 28,195 | | | DNF | | |

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|---|----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| <u>11.09.10 OranjeZonnigeZuijMeerMarathon, Roelofarendsveen (NL)</u> | | | | | | | | |
| | Ottevaere Hilde | VD | 42,195 | 7 | 27 | 3:34:46 | 11,79 | 5:05 |
| <u>ALV Doordrijvers</u> | | | 42,195 | 4 | 72 | 2:53:27 | 14,60 | 4:07 |
| | Van Der Wangen Marc | VH | | | | | | |
| | Janssen Jan | VH | | | | | | |
| | De Bie Alois | VH | | | | | | |
| | Maes Stefaan | VH | | | | | | |
| <u>ALV Plakijzers</u> | | | 42,195 | 11 | 72 | 3:04:05 | 13,75 | 4:22 |
| | Quirijnen Edgard | VH | | | | | | |
| | Sneyders Eddy | VH | | | | | | |
| | Van Looy Maud | VD | | | | | | |
| | Willems Wilfried | VH | | | | | | |
| <u>ALV Boerenzonen op speed</u> | | | 42,195 | 21 | 72 | 3:17:02 | 12,85 | 4:40 |
| | Verelst Jan | VH | | | | | | |
| | Thielemans Theo | VH | | | | | | |
| | Torremans Jos | VH | | | | | | |
| | Smits Jef | VH | | | | | | |
| <u>ALV Lolkonijnen</u> | | | 42,195 | 40 | 72 | 3:36:02 | 11,72 | 5:07 |
| | Miechielsen Louisa | VD | | | | | | |
| | Snijers Linda | VD | | | | | | |
| | Van Der Zijde Corrie | VD | | | | | | |
| | Mariën Liliane | VD | | | | | | |
| <u>ALV Beauties and Beasts</u> | | | 42,195 | 41 | 72 | 3:37:34 | 11,64 | 5:09 |
| | Versmissen Kamiel | VH | | | | | | |
| | Hermans An | VD | | | | | | |
| | Sysmans Paul | VH | | | | | | |
| | Mertens Mieke | VD | | | | | | |
| <u>11.09.10 Jungfrau Marathon, Interlaken</u> | | | | | | | | |
| | Van Nueten Cis | VH | 42,195 | 1064 | 3050 | 4:52:41 | 8,65 | 6:56 |
| | Hendrickx Rene | VH | 42,195 | 1602 | 3050 | 5:14:19 | 8,05 | 7:27 |
| <u>12.09.10 Bosloop Herenthout</u> | | | | | | | | |
| | Van Looek Marc | VH | 4 | 77 | 91 | 0:27:30 | 8,73 | 6:52 |
| <u>12.09.10 In Flanders Fields Marathon, Ieper</u> | | | | | | | | |
| | Reynders Geert | SH | 42,195 | 8 | 398 | 2:56:46 | 14,32 | 4:11 |
| | Van Peer Marc | VH | 42,195 | 144 | 398 | 3:33:18 | 11,87 | 5:03 |
| | Persegael Jan | VH | 42,195 | 253 | 398 | 3:56:18 | 10,71 | 5:36 |
| | Brughmans Herman | VD | 42,195 | 370 | 398 | 4:42:12 | 8,97 | 6:41 |
| <u>17.09.10 Wijnbergloop, Rillaar</u> | | | | | | | | |
| | Van Looek Marc | VH | 5 | 119 | 141 | 0:29:03 | 10,33 | 5:49 |
| <u>19.09.10 Zevendonk voor Muco</u> | | | | | | | | |
| | Aerts Bob | VH | | | | | | |
| | Baeten Jef | VH | | | | | | |
| | Baetens Jan | VH | | | | | | |
| | Baeyens Annick | VD | | | | | | |
| | Bellens Bart | SH | | | | | | |
| | De Bie Alois | VH | | | | | | |

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|--------------|----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | De Gruyter Guy | VH | | | | | | |
| | De Visscher Els | VD | | | | | | |
| | Gielen Monique | VD | | | | | | |
| | Hermans An | SD | | | | | | |
| | Hermans Dirk | VH | | | | | | |
| | Jacobs Johan | VH | | | | | | |
| | Janssen Jan | VH | | | | | | |
| | Lemmens François | VH | | | | | | |
| | Maes Stefaan | VH | | | | | | |
| | Meeuwsen Roger | VH | | | | | | |
| | Mermans Rit | VD | | | | | | |
| | Mertens Mieke | VD | | | | | | |
| | Miechielsen Louisa | VD | | | | | | |
| | Ottevaere Hilde | VD | | | | | | |
| | Peeters Louis | VH | | | | | | |
| | Persegael Jan | VH | | | | | | |
| | Quirijnen Edgard | VH | | | | | | |
| | Reynders Geert | SH | | | | | | |
| | Smits Jef | VH | | | | | | |
| | Sneyders Eddy | VH | | | | | | |
| | Sneyders Jef | VH | | | | | | |
| | Sneyers Tom | VH | | | | | | |
| | Snijers Linda | VD | | | | | | |
| | Swaans Tim | VH | | | | | | |
| | Sysmans Paul | VH | | | | | | |
| | Torremans Jos | VH | | | | | | |
| | Van Der Wangen Marc | VH | | | | | | |
| | Van der Zijde Corrie | VD | | | | | | |
| | Van Dooren Christine | VD | | | | | | |
| | Van Loock Marc | VH | | | | | | |
| | Van Looy Maud | VD | | | | | | |
| | Van Peer Francine | VD | | | | | | |
| | Van Robays Marleen | VD | | | | | | |
| | Verelst Jan | VH | | | | | | |
| | Vermeiren Frank | VH | | | | | | |
| | Vermeiren Koen | VH | | | | | | |
| | Versmissen Kamiel | VH | | | | | | |
| | Verwimp Filip | VH | | | | | | |
| | Willems Wilfried | VH | | | | | | |
| | Willemsens Marc | VH | | | | | | |

24.09.10 Dwars door Weelde

| | | | | | | | | |
|--|---------------|----|------|----|----|---------|-------|------|
| | Hermans Luc | VH | 11,1 | 6 | 48 | 0:46:12 | 14,42 | 4:10 |
| | Sneyders Eddy | VH | 11,1 | 14 | 48 | 0:48:21 | 13,77 | 4:21 |

25.09.10 St.-Apolloniajogging Geel-Stelen

| | | | | | | | | |
|--|--------------------|----|------|----|-----|---------|-------|------|
| | Smits Jef | VH | 4,75 | 4 | 105 | 0:17:51 | 15,97 | 3:45 |
| | Torremans Jos | VH | 4,75 | 18 | 105 | 0:20:20 | 14,02 | 4:17 |
| | Verelst Jan | VH | 4,75 | 22 | 105 | 0:21:25 | 13,31 | 4:31 |
| | Haest Eric | VH | 12 | 24 | 55 | 0:53:18 | 13,51 | 4:26 |
| | Baetens Jan | VH | 12 | 41 | 55 | 1:03:09 | 11,40 | 5:16 |
| | Miechielsen Louisa | VD | 12 | 44 | 55 | 1:04:40 | 11,13 | 5:23 |
| | Versmissen Kamiel | VH | 12 | 45 | 55 | 1:04:42 | 11,13 | 5:24 |
| | Persegael Jan | VH | 12 | 46 | 55 | 1:04:43 | 11,13 | 5:24 |
| | Van Loock Marc | VH | 12 | 51 | 55 | 1:11:24 | 10,08 | 5:57 |
| | Sneyers Tom | VH | 18 | 14 | 33 | 1:11:58 | 15,01 | 4:00 |
| | Janssen Jan | VH | 18 | 24 | 33 | 1:23:26 | 12,94 | 4:38 |

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|---|----------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Sneyders Eddy | VH | 18 | 29 | 33 | 1:30:38 | 11,92 | 5:02 |
| | Van Staeyen Dirk | VH | 18 | 30 | 33 | 1:30:29 | 11,94 | 5:02 |
| <u>26.09.10 Maraton Berlijn</u> | | | | | | | | |
| | Van Der Zijde Corrie | VD | 42,195 | | | 4:37:00 | 9,14 | 6:34 |
| <u>02.10.10 Zeelandmarathon, Burgh-Haamstede</u> | | | | | | | | |
| | Haest Eric | VH | 42,195 | 123 | 1035 | 3:35:07 | 11,77 | 5:06 |
| | Ottevaere Hilde | VD | 42,195 | 269 | 1035 | 3:52:29 | 10,89 | 5:31 |
| | Willemsens Marc | VH | 42,195 | 997 | 1035 | 5:21:29 | 7,88 | 7:37 |
| <u>02.10.10 Janssen Jogging</u> | | | | | | | | |
| | Smits Jef | VH | 3,82 | 1 | 30 | 0:13:33 | 16,92 | 3:33 |
| | Meeuwssen Roger | VH | 3,82 | 2 | 30 | 0:13:37 | 16,83 | 3:34 |
| | De Roover Steven | VH | 3,82 | 6 | 30 | 0:18:35 | 12,33 | 4:52 |
| | Van Hofstraten Marie-Paule | VD | 3,82 | 10 | 30 | 0:20:10 | 11,37 | 5:17 |
| | Simons Gerd | VH | 3,82 | 13 | 30 | 0:21:54 | 10,47 | 5:44 |
| | De Jongh Mike | SH | 7,55 | 1 | 27 | 0:28:36 | 15,84 | 3:47 |
| | Van der Eycken Luc | VH | 7,55 | 4 | 27 | 0:33:11 | 13,65 | 4:24 |
| | De Sobrie Herman | VH | 7,55 | 6 | 27 | 0:34:52 | 12,99 | 4:37 |
| | Van Loock Monik | VD | 7,55 | 10 | 27 | 0:37:43 | 12,01 | 5:00 |
| | Baetens Jan | VH | 7,55 | 11 | 27 | 0:38:05 | 11,89 | 5:03 |
| | Mermans Rit | VD | 7,55 | 13 | 27 | 0:41:37 | 10,89 | 5:31 |
| | Van der Eycken Ioan | JH | 7,55 | 20 | 27 | 0:44:35 | 10,16 | 5:54 |
| | Van Loock Marc | VH | 7,55 | 25 | 27 | 0:45:21 | 9,99 | 6:00 |
| | Van Peer Francine | VD | 7,55 | 27 | 27 | 0:46:25 | 9,76 | 6:09 |
| | Vermeiren Koen | VH | 11,28 | 2 | 24 | 0:43:22 | 15,61 | 3:51 |
| | Baeyens Annick | VD | 11,28 | 9 | 24 | 0:57:06 | 11,85 | 5:04 |
| | Snijers Linda | VD | 11,28 | 10 | 24 | 0:57:10 | 11,84 | 5:04 |
| | Reynders Geert | SH | 20,75 | 2 | 34 | 1:22:36 | 15,07 | 3:59 |
| | Wouters Peter | VH | 20,75 | 8 | 34 | 1:32:53 | 13,40 | 4:29 |
| | Bellens Bart | SH | 20,75 | 9 | 34 | 1:35:34 | 13,03 | 4:36 |
| | Sneyders Eddy | VH | 20,75 | 11 | 34 | 1:35:54 | 12,98 | 4:37 |
| | Van Nueten Cis | VH | 20,75 | 12 | 34 | 1:37:27 | 12,78 | 4:42 |
| | Janssen Jan | VH | 20,75 | 15 | 34 | 1:42:22 | 12,16 | 4:56 |
| | De Bie Aloï's | VH | 20,75 | 16 | 34 | 1:42:26 | 12,15 | 4:56 |
| | Maes Fernand | VH | 20,75 | 17 | 34 | 1:48:33 | 11,47 | 5:14 |
| | Dierckx Guy | VH | 20,75 | 19 | 34 | 1:54:18 | 10,89 | 5:31 |
| | Persegael Jan | VH | 20,75 | 20 | 34 | 1:54:19 | 10,89 | 5:31 |
| | Willems Wilfried | VH | 20,75 | 24 | 34 | 2:02:26 | 10,17 | 5:54 |
| | Woestenborghs Filip | VH | 20,75 | 25 | 34 | 2:02:27 | 10,17 | 5:54 |
| | Peeters Louis | VH | 20,75 | 26 | 34 | 2:02:28 | 10,17 | 5:54 |
| | Luyten Luc | VH | 20,75 | 27 | 34 | 2:02:29 | 10,16 | 5:54 |
| | Mertens Mieke | VD | 20,75 | 28 | 34 | 2:02:59 | 10,12 | 5:56 |
| | Miechielsen Louisa | VD | 20,75 | 29 | 34 | 2:02:59 | 10,12 | 5:56 |
| <u>09.10.10 Kusttramloop Oostende</u> | | | | | | | | |
| | Gielen Monique | VD | 16,09 | 90 | 533 | 1:12:51 | 13,25 | 4:32 |
| <u>09.10.10 Terlo Jogging, Kasterlee</u> | | | | | | | | |
| | Smits Jef | VH | 4 | 3 | 39 | 0:14:16 | 16,82 | 3:34 |
| | Van Loock Marc | VH | 4 | 34 | 39 | 0:23:03 | 10,41 | 5:46 |
| | Torremans Jos | VH | 8 | 12 | 45 | 0:37:29 | 12,81 | 4:41 |
| | Haest Eric | VH | 8 | 15 | 45 | 0:38:17 | 12,54 | 4:47 |
| | Miechielsen Louisa | VD | 8 | 23 | 45 | 0:41:41 | 11,52 | 5:13 |
| | Mertens Mieke | VD | 8 | 33 | 45 | 0:43:47 | 10,96 | 5:28 |
| | Willemsens Marc | VH | 12 | 26 | 49 | 0:54:18 | 13,26 | 4:31 |

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|--|----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| <u>10.10.10 Lieremanloop Oud-Turnhout</u> | | | | | | | | |
| | Jacobs Johan | VH | | | | | | |
| | Maes Stefaan | VH | | | | | | |
| | Meeuwsen Roger | VH | | | | | | |
| | Mermans Rit | VD | | | | | | |
| | Mertens Mieke | VD | | | | | | |
| | Miechielsen Louisa | VD | | | | | | |
| | Persegael Jan | VH | | | | | | |
| | Smits Jef | VH | | | | | | |
| | Sneyders Eddy | VH | | | | | | |
| | Sneyders Jef | VH | | | | | | |
| | Snijers Linda | VD | | | | | | |
| | Torremans Jos | VH | | | | | | |
| | Van Dooren Christine | VD | | | | | | |
| | Van Houten Eric | VH | | | | | | |
| | Van Loock Marc | VH | | | | | | |
| | Van Peer Francine | VD | | | | | | |
| | Van Robays Marleen | VD | | | | | | |
| | Van Staeyen Dirk | VH | | | | | | |
| | Verelst Jan | VH | | | | | | |
| | Willemsens Marc | VH | | | | | | |
| | Woestenborghs Filip | VH | | | | | | |
| <u>10.10.10 Brussels Marathon</u> | | | | | | | | |
| | Reynders Geert | SH | 42,195 | 62 | 1971 | 2:56:07 | 14,38 | 4:10 |
| | Janssen Jan | VH | 42,195 | 571 | 1971 | 3:33:02 | 11,88 | 5:03 |
| <u>10.10.10 Marathon Eindhoven</u> | | | | | | | | |
| | Quiryren Edgard | VH | 21,1 | 124 | 6795 | 1:25:46 | 14,76 | 4:04 |
| | Vermeiren Koen | VH | 21,1 | 154 | 6795 | 1:27:25 | 14,48 | 4:09 |
| | Verwimp Filip | VH | 21,1 | 571 | 6795 | 1:29:10 | 14,20 | 4:14 |
| | Swaans Tim | VH | 21,1 | 1617 | 6795 | 1:45:37 | 11,99 | 5:00 |
| | Augustyns Bruno | VH | 42,195 | 286 | 1463 | 3:15:22 | 12,96 | 4:38 |
| | Peeters Louis | VH | 42,195 | 472 | 1463 | 3:29:28 | 12,09 | 4:58 |
| | Willems Wilfried | VH | 42,195 | 1205 | 1463 | 4:18:32 | 9,79 | 6:08 |
| | Lammers Mathijs | VH | 42,195 | 1428 | 1463 | 4:53:35 | 8,62 | 6:57 |
| <u>10.10.10 Dwars door Hasselt</u> | | | | | | | | |
| | Hermans Dirk | VH | 15 | 170 | 1971 | 1:01:04 | 14,74 | 4:04 |
| <u>17.10.10 Natuurloop Olen</u> | | | | | | | | |
| | Van Loock Marc | VH | 3,3 | 42 | 49 | 0:21:25 | 9,25 | 6:29 |
| <u>23.10.10 Käthe Kollwitz Vredesloop Ieper</u> | | | | | | | | |
| | Baetens Jan | VH | 16,09 | 255 | 332 | 1:27:00 | 11,10 | 5:24 |
| | Persegael Jan | VH | 16,09 | 256 | 332 | 1:27:00 | 11,10 | 5:24 |
| <u>24.10.10 Les Crêtes La Hulpoises, La Hulpe</u> | | | | | | | | |
| | Hermans Dirk | VH | 16,7 | 68 | 506 | 1:12:45 | 13,77 | 4:21 |
| <u>30.10.10 Cross der Jongeren, Westerlo</u> | | | | | | | | |
| | Jacobs Johan | VH | 4,61 | 20 | 195 | 0:17:23 | 15,91 | 3:46 |
| | De Roover Steven | SH | 4,61 | 82 | 195 | 0:22:43 | 12,18 | 4:56 |
| | Van Dooren Christine | VD | 4,61 | 85 | 195 | 0:22:52 | 12,10 | 4:58 |
| | Simons Gert | VH | 4,61 | 140 | 195 | 0:26:03 | 10,62 | 5:39 |
| | Miechielsen Louisa | VD | 4,61 | 174 | 195 | 0:29:13 | 9,47 | 6:20 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--------------|--------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | De Sobrie Herman | VH | 8,47 | 58 | 235 | 0:37:59 | 13,38 | 4:29 |
| | Verelst Jan | VH | 8,47 | 78 | 235 | 0:39:42 | 12,80 | 4:41 |
| | Van Looock Monik | VD | 8,47 | 107 | 235 | 0:40:36 | 12,52 | 4:48 |
| | Van Looock Marc | VH | 8,47 | 201 | 235 | 0:49:18 | 10,31 | 5:49 |
| | Baetens Jan | VH | 12,3 | 84 | 121 | 1:03:33 | 11,61 | 5:10 |
| | Hermans Luc | VH | 19,96 | 59 | 88 | 1:37:34 | 12,27 | 4:53 |
| | Sneyders Eddy | VH | 19,96 | 73 | 88 | 1:42:04 | 11,73 | 5:07 |

06.11.10 Zilvermeerloop, Mol

| | | | | | | | | |
|--|----------------------------|----|----|-----|-----|---------|-------|------|
| | Van Dooren Christine | VD | 5 | 90 | 223 | 0:24:44 | 12,13 | 4:57 |
| | Jacobs Johan | VH | 5 | 91 | 223 | 0:24:44 | 12,13 | 4:57 |
| | Van Hofstraten Marie-Paule | VD | 5 | 140 | 223 | 0:27:18 | 10,99 | 5:28 |
| | Van Looock Marc | VH | 5 | 178 | 223 | 0:29:29 | 10,18 | 5:54 |
| | Vermeiren Koen | VH | 10 | 9 | 254 | 0:37:31 | 15,99 | 3:45 |
| | Quiryren Edgard | VH | 10 | 10 | 254 | 0:37:33 | 15,98 | 3:45 |
| | Sneyers Tom | VH | 10 | 17 | 254 | 0:38:25 | 15,62 | 3:50 |
| | De Bie Aloï's | VH | 10 | 47 | 254 | 0:41:56 | 14,31 | 4:12 |
| | Van Peer Marc | VH | 10 | 61 | 254 | 0:42:56 | 13,98 | 4:18 |
| | Gielen Monique | VD | 10 | 74 | 254 | 0:43:44 | 13,72 | 4:22 |
| | Janssen Jan | VH | 10 | 81 | 254 | 0:43:56 | 13,66 | 4:24 |
| | Sysmans Paul | VH | 10 | 83 | 254 | 0:44:05 | 13,61 | 4:25 |
| | Ottevaere Hilde | VD | 10 | 86 | 254 | 0:44:21 | 13,53 | 4:26 |
| | Nys Johan | VH | 10 | 88 | 254 | 0:44:28 | 13,49 | 4:27 |
| | Peeters Louis | VH | 10 | 100 | 254 | 0:45:18 | 13,25 | 4:32 |
| | Haest Eric | VH | 10 | 116 | 254 | 0:46:23 | 12,94 | 4:38 |
| | Sneyders Eddy | VH | 10 | 121 | 254 | 0:46:41 | 12,85 | 4:40 |
| | De Sobrie Herman | VH | 10 | 126 | 254 | 0:46:56 | 12,78 | 4:42 |
| | Van Robays Marleen | VD | 10 | 133 | 254 | 0:47:32 | 12,62 | 4:45 |
| | Van Looock Monik | VD | 10 | 179 | 254 | 0:51:47 | 11,59 | 5:11 |
| | Miechielsen Louisa | VD | 10 | 197 | 254 | 0:53:50 | 11,15 | 5:23 |
| | Mertens Mieke | VD | 10 | 198 | 254 | 0:53:50 | 11,15 | 5:23 |
| | Smits Jef | VH | 10 | 199 | 254 | 0:53:51 | 11,14 | 5:23 |

07.11.10 Bos- en Natuurloop het GielsBos

| | | | | | | | | |
|--|---------------------|----|----|--|--|--|--|--|
| | Smolders Eddy | VH | 3 | | | | | |
| | Aerts Jurgen | VH | 5 | | | | | |
| | Jacobs Bart | VH | 5 | | | | | |
| | Jacobs Johan | VH | 5 | | | | | |
| | Simons Gert | VH | 5 | | | | | |
| | Snijers Linda | VD | 5 | | | | | |
| | Van Der Wangen Marc | VH | 5 | | | | | |
| | Wery Peter | VH | 5 | | | | | |
| | Borgmans Vera | VD | 10 | | | | | |
| | De Gruyter Guy | VH | 10 | | | | | |
| | De Locht Frank | VH | 10 | | | | | |
| | De Roover Steven | SH | 10 | | | | | |
| | De Visscher Els | VD | 10 | | | | | |
| | Lambrechts Suzy | VD | 10 | | | | | |
| | Maes Paul | VH | 10 | | | | | |
| | Maes Stefaan | VH | 10 | | | | | |
| | Mermans Rit | VD | 10 | | | | | |
| | Van Looy Maud | VD | 10 | | | | | |
| | Van Peer Francine | VD | 10 | | | | | |
| | Versmissen Kamiel | VH | 10 | | | | | |
| | Willems Martine | VD | 10 | | | | | |
| | Willems Wilfried | VH | 10 | | | | | |
| | Aerts Bob | VH | 15 | | | | | |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|---|------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Baetens Jan | VH | 15 | | | | | |
| | Baeyens Annick | VD | 15 | | | | | |
| | Bellens Bart | SH | 15 | | | | | |
| | Cambré Liesbeth | SD | 15 | | | | | |
| | De Bie Aloïs | VH | 15 | | | | | |
| | De Jongh Mike | SH | 15 | | | | | |
| | De Sobrie Herman | VH | 15 | | | | | |
| | Gielen Monique | VD | 15 | | | | | |
| | Hendrickx René | VH | 15 | | | | | |
| | Hermans Dirk | VH | 15 | | | | | |
| | Jacobs Mina | VD | 15 | | | | | |
| | Janssen Jan | VH | 15 | | | | | |
| | Lammers Mathijs | VH | 15 | | | | | |
| | Laurysen Patricia | VD | 15 | | | | | |
| | Meeuws Bettie | VD | 15 | | | | | |
| | Meeuwsen Roger | VH | 15 | | | | | |
| | Mertens Mieke | VD | 15 | | | | | |
| | Miechielsen Louisa | VD | 15 | | | | | |
| | Quiryen Edgard | VH | 15 | | | | | |
| | Roose Jan | VH | 15 | | | | | |
| | Smits Jef | VH | 15 | | | | | |
| | Sneyers Tom | VH | 15 | | | | | |
| | Sysmans Paul | VH | 15 | | | | | |
| | Van Der Zijde Corrie | VD | 15 | | | | | |
| | Van Dooren Christine | VD | 15 | | | | | |
| | Van Houten Eric | VH | 15 | | | | | |
| | Van Loock Marc | VH | 15 | | | | | |
| | Van Loock Monik | VD | 15 | | | | | |
| | Van Nueten Cis | VH | 15 | | | | | |
| | Van Peer Marc | VH | 15 | | | | | |
| | Van Robays Marleen | VD | 15 | | | | | |
| | Vandingenen Simone | VD | 15 | | | | | |
| | Vangoidsenhoven Dennis | SH | 15 | | | | | |
| | Vermeiren Frank | VH | 15 | | | | | |
| | Vermeiren Koen | VH | 15 | | | | | |
| | Verwimp Filip | VH | 15 | | | | | |
| | Woestenborghs Filip | VH | 15 | | | | | |
| | Baeten Jef | VH | 20 | | | | | |
| | Lemmens François | VH | 20 | | | | | |
| | Nys Johan | VH | 20 | | | | | |
| | Ottevaere Hilde | VD | 20 | | | | | |
| | Peeters Louis | VH | 20 | | | | | |
| | Sneyders Eddy | VH | 20 | | | | | |
| | Sneyders Jef | VH | 20 | | | | | |
| | Verdonck Hilde | VD | 20 | | | | | |
| <u>11.11.10 11-novemberjogging KFC Heultje</u> | | | | | | | | |
| | Van Loock Marc | VH | 8 | 82 | 82 | 0:51:27 | 9,33 | 6:26 |
| | Van Loock Monik | VD | 12 | 30 | 37 | 1:00:41 | 11,86 | 5:03 |
| | De Sobrie Herman | VH | 12 | 33 | 37 | 1:00:48 | 11,84 | 5:04 |
| <u>14.11.10 Marathon Kasterlee</u> | | | | | | | | |
| | Vermeiren Koen | VH | 19,7 | 22 | 788 | 1:23:13 | 14,20 | 4:13 |
| | De Jongh Mike | SH | 19,7 | 33 | 788 | 1:24:49 | 13,94 | 4:18 |
| | Verwimp Filip | VH | 19,7 | 48 | 788 | 1:26:00 | 13,74 | 4:22 |
| | Quiryen Edgard | VH | 19,7 | 55 | 788 | 1:27:23 | 13,53 | 4:26 |
| | Zegers Nico | VH | 19,7 | 76 | 788 | 1:29:22 | 13,23 | 4:32 |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|--------------|----------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Vissers Peter | VH | 19,7 | 88 | 788 | 1:30:51 | 13,01 | 4:37 |
| | Hermans Dirk | VH | 19,7 | 116 | 788 | 1:32:36 | 12,76 | 4:42 |
| | Sysmans Paul | VH | 19,7 | 135 | 788 | 1:34:20 | 12,53 | 4:47 |
| | Haest Eric | VH | 19,7 | 173 | 788 | 1:36:15 | 12,28 | 4:53 |
| | Van Peer Marc | VH | 19,7 | 182 | 788 | 1:37:00 | 12,19 | 4:55 |
| | Bellens Bart | SH | 19,7 | 188 | 788 | 1:36:55 | 12,20 | 4:55 |
| | Van Looveren Peter | VH | 19,7 | 196 | 788 | 1:37:15 | 12,15 | 4:56 |
| | Vermeiren Frank | VH | 19,7 | 199 | 788 | 1:37:11 | 12,16 | 4:56 |
| | Swaans Tim | VH | 19,7 | 204 | 788 | 1:37:54 | 12,07 | 4:58 |
| | Janssen Jan | VH | 19,7 | 218 | 788 | 1:39:20 | 11,90 | 5:03 |
| | Nys Johan | VH | 19,7 | 238 | 788 | 1:40:03 | 11,81 | 5:05 |
| | Jacobs Johan | VH | 19,7 | 249 | 788 | 1:40:25 | 11,77 | 5:06 |
| | Vermeiren Danny | VH | 19,7 | 255 | 788 | 1:40:46 | 11,73 | 5:07 |
| | Sneyders Jef | VH | 19,7 | 334 | 788 | 1:44:58 | 11,26 | 5:20 |
| | Van Houten Eric | VH | 19,7 | 342 | 788 | 1:45:39 | 11,19 | 5:22 |
| | Willems Wilfried | VH | 19,7 | 359 | 788 | 1:46:52 | 11,06 | 5:25 |
| | Verelst Jan | VH | 19,7 | 360 | 788 | 1:46:07 | 11,14 | 5:23 |
| | Van Robays Marleen | VD | 19,7 | 375 | 788 | 1:47:59 | 10,95 | 5:29 |
| | Baeyens Annick | VD | 19,7 | 450 | 788 | 1:51:46 | 10,58 | 5:40 |
| | Woestenborghs Filip | VH | 19,7 | 496 | 788 | 1:53:43 | 10,39 | 5:46 |
| | Roose Jan | VH | 19,7 | 533 | 788 | 1:55:48 | 10,21 | 5:53 |
| | Montoya Rigo | VH | 19,7 | 539 | 788 | 1:56:21 | 10,16 | 5:54 |
| | Van Dooren Christine | VD | 19,7 | 575 | 788 | 1:58:52 | 9,94 | 6:02 |
| | Luyten Luc | VH | 19,7 | 576 | 788 | 1:58:18 | 9,99 | 6:00 |
| | Miechielsen Louisa | VD | 19,7 | 590 | 788 | 1:59:21 | 9,90 | 6:04 |
| | Lammers Mathijs | VH | 19,7 | 625 | 788 | 2:00:46 | 9,79 | 6:08 |
| | Guns Bart | VH | 19,7 | 648 | 788 | 2:03:08 | 9,60 | 6:15 |
| | Borgmans Vera | VD | 19,7 | 657 | 788 | 2:04:00 | 9,53 | 6:18 |
| | Hermans An | SD | 19,7 | 730 | 788 | 2:14:06 | 8,81 | 6:48 |
| | Baeten Jef | VH | 19,7 | 783 | 788 | 2:26:44 | 8,06 | 7:27 |
| | Lemmens François | VH | 19,7 | 784 | 788 | 2:26:44 | 8,06 | 7:27 |
| | Reynders Geert | SH | 39,4 | 9 | 306 | 2:50:45 | 13,84 | 4:20 |
| | Sneyders Tom | VH | 39,4 | 12 | 306 | 2:52:56 | 13,67 | 4:23 |
| | Hermans Luc | VH | 39,4 | 88 | 306 | 3:28:48 | 11,32 | 5:18 |
| | De Gruyter Guy | VH | 39,4 | 90 | 306 | 3:28:57 | 11,31 | 5:18 |
| | Hendrickx René | VH | 39,4 | 91 | 306 | 3:28:57 | 11,31 | 5:18 |
| | Peeters Louis | VH | 39,4 | 99 | 306 | 3:31:56 | 11,15 | 5:23 |
| | Ottevaere Hilde | VD | 39,4 | 126 | 306 | 3:38:40 | 10,81 | 5:33 |
| | Van Staeyen Dirk | VH | 39,4 | 200 | 306 | 3:56:42 | 9,99 | 6:00 |
| | Verdonck Hilde | VD | 39,4 | 209 | 306 | 3:59:46 | 9,86 | 6:05 |
| | Aerts Bob | VH | 39,4 | 295 | 306 | 4:38:56 | 8,48 | 7:05 |

14.11.10 Les 4 Cimes de Battice

| | | | | | | | | |
|--|---------------------|----|----|-----|-----|---------|-------|------|
| | Sneyders Eddy | VH | 33 | 157 | 785 | 2:43:24 | 12,12 | 4:57 |
| | De Sobrie Herman | VH | 33 | 291 | 785 | 2:56:01 | 11,25 | 5:20 |
| | Willemsens Marc | VH | 33 | 406 | 785 | 3:04:27 | 10,73 | 5:35 |
| | De Bie Alois | VH | 33 | 527 | 785 | 3:14:07 | 10,20 | 5:53 |
| | Van Loock Monik | VD | 33 | 699 | 788 | 3:37:46 | 9,09 | 6:36 |
| | Van Der Wangen Marc | VH | | | | DNF | | |

21.11.10 Hetric Floreal Jogging, Lichtaart

| | | | | | | | | |
|--|----------------|----|----|----|----|---------|-------|------|
| | Nys Johan | VH | 3 | 4 | 32 | 0:13:02 | 13,81 | 4:21 |
| | Smolders Eddy | VH | 3 | 28 | 32 | 0:21:03 | 8,55 | 7:01 |
| | Mariën Liliane | VD | 6 | 27 | 98 | 0:25:07 | 14,33 | 4:11 |
| | Van Loock Marc | VH | 6 | 84 | 98 | 0:33:40 | 10,69 | 5:37 |
| | Verwimp Filip | VH | 12 | 13 | 83 | 0:44:20 | 16,24 | 3:42 |
| | Marek Michaël | VH | 12 | 14 | 83 | 0:45:37 | 15,78 | 3:48 |

| <u>Datum</u> | <u>Plaats/Naam</u> | <u>Cat.</u> | <u>Afstand</u> | <u>Plaats</u> | <u>Deeln.</u> | <u>Tijd</u> | <u>Gemidd.</u> | <u>t/km</u> |
|---|------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Jansen Jan | VH | 12 | 42 | 83 | 0:50:30 | 14,26 | 4:13 |
| | De Sobrie Herman | VH | 12 | 55 | 83 | 0:53:49 | 13,38 | 4:29 |
| | Vermeiren Frank | VH | 12 | 64 | 83 | 0:56:22 | 12,77 | 4:42 |
| | Van Loock Monik | VD | 12 | 65 | 83 | 0:56:28 | 12,75 | 4:42 |
| | Willemsens Marc | VH | 12 | 72 | 83 | 0:57:43 | 12,47 | 4:49 |
| | Van Der Zijde Corrie | VD | 12 | 78 | 83 | 1:02:38 | 11,50 | 5:13 |
| <u>27.11.10 Natuurloop Lier</u> | | | | | | | | |
| | Van Loock Marc | VH | 10,6 | 258 | 292 | 1:05:09 | 9,76 | 6:09 |
| | Hermans Dirk | VH | 16,09 | 36 | 274 | 1:06:59 | 14,41 | 4:10 |
| | Verelst Jan | VH | 16,09 | 258 | 274 | 1:35:19 | 10,13 | 5:55 |
| <u>27.11.10 Halve Marathon Benidorm</u> | | | | | | | | |
| | Smits Jef | VH | 21,1 | 178 | 2173 | 1:27:03 | 14,54 | 4:08 |
| | Mertens Mieke | VD | 21,1 | 1962 | 2173 | 2:08:01 | 9,89 | 6:04 |
| <u>28.11.10 Keiheuvel Bosloop, Balen</u> | | | | | | | | |
| | Van Looy Maud | VD | 6 | | | | | |
| | Willems Wilfried | VH | 12 | | | | | |
| <u>28.11.10 Karpencross Eindhoven</u> | | | | | | | | |
| | Forde Simon | VH 45 | 7,4 | 6 | 17 | 0:30:12 | 14,70 | 4:05 |
| <u>28.11.10 t Is (voor) niks-loop, Geldrop</u> | | | | | | | | |
| | Lammers Mathijs | VH | 21 | 79 | 107 | 2:00:39 | 10,44 | 5:45 |
| <u>18.12.10 Eindejaarsmarathon Kampenhout</u> | | | | | | | | |
| | Marek Michaël | SH | 42,2 | 10 | 38 | 3:28:22 | 12,15 | 4:56 |
| <u>18.12.10 Natuurloop Lier</u> | | | | | | | | |
| | Van Loock Marc | VH | 10,6 | 124 | 127 | 1:13:50 | 8,61 | 6:58 |
| <u>19.12.10 Winterduathlon Kasterlee</u> | | | | | | | | |
| | Zegers Nico | VH | | 29 | 156 | 9:21:02 | | |
| | Vermeiren Frank | VH | | 69 | 156 | 10:08:02 | | |
| | Vissers Peter | VH | | 101 | 156 | 10:37:10 | | |
| | Sysmans Paul | VH | | 118 | 156 | 11:00:24 | | |
| | Sneyers Tom | VH | | DNF | | | | |
| | Willemsens Marc | VH | | DNF | | | | |
| | Vangoidsenhoven Dennis | VH | | DNF | | | | |
| <u>28.12.10 Kersttoertocht Vorselaar</u> | | | | | | | | |
| | Aerts Bob | VH | | | | | | |
| | Borgmans Vera | VD | | | | | | |
| | Cambré Liesbeth | SD | | | | | | |
| | De Bie Aloïs | VH | | | | | | |
| | De Locht Frank | VH | | | | | | |
| | De Sobrie Herman | VH | | | | | | |
| | Gielen Monique | VD | | | | | | |
| | Hermans Dirk | VH | | | | | | |
| | Jacobs Johan | VH | | | | | | |
| | Janssen Jan | VH | | | | | | |
| | Janssen Shana | JD | | | | | | |
| | Luyten Luc | VH | | | | | | |
| | Maes Stef | VH | | | | | | |
| | Meeuwsen Roger | VH | | | | | | |
| | Mertens Mieke | VD | | | | | | |

| Datum | Plaats/Naam | Cat. | Afstand | Plaats | Deeln. | Tijd | Gemidd. | t/km |
|-----------------|-----------------------------------|-------------|----------------|---------------|---------------|-------------|----------------|-------------|
| | Miechielsen Louisa | VD | | | | | | |
| | Persegael Jan | VH | | | | | | |
| | Roose Jan | VH | | | | | | |
| | Smits Jef | VH | | | | | | |
| | Sneyders Eddy | VH | | | | | | |
| | Torremans Jos | VH | | | | | | |
| | Van Der Wangen Marc | VH | | | | | | |
| | Van Dooren Christine | VD | | | | | | |
| | Van Loock Marc | VH | | | | | | |
| | Van Loock Monik | VD | | | | | | |
| | Van Peer Francine | VD | | | | | | |
| | Versmissen Kamiel | VH | | | | | | |
| 31.12.10 | Oudejaarsloop Hilvarenbeek | | | | | | | |
| | Forde Simon | VH | 5 | 6 | 58 | 0:18:04 | 16,61 | 3:37 |