

# 16e Massajogging Paal - 5 augustus 2006

## 4 KM

| PL | Naam                | Woonplaats     | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|---------------------|----------------|-----|-------|---------|-------|---------|
| 1  | Hellebuyck Dennis   | Beringen       | M   | 1     | 0:13:45 | 17,45 | 3:26    |
| 2  | Coenen Dirk         | Herselt        | M   | 2     | 0:14:16 | 16,82 | 3:34    |
| 3  | Moreels Jasper      | Halen          | M   | 3     | 0:14:25 | 16,65 | 3:36    |
| 4  | Bervoets Gery       | Lummen         | M   | 4     | 0:14:29 | 16,57 | 3:37    |
| 5  | Cools Danny         | Laakdal        | M   | 5     | 0:15:02 | 15,96 | 3:46    |
| 6  | Esch Tim            | Paal           | M   | 6     | 0:15:17 | 15,70 | 3:49    |
| 7  | Ceuppers Tim        | Zonhoven       | M   | 7     | 0:15:24 | 15,58 | 3:51    |
| 8  | Weckhuysen Stijn    | Averbode       | M   | 8     | 0:15:58 | 15,03 | 4:00    |
| 9  | Van Meeuwen Davy    | Laakdal        | M   | 9     | 0:16:20 | 14,69 | 4:05    |
| 10 | Lorenz Simons       | Beverlo        | M   | 10    | 0:16:32 | 14,52 | 4:08    |
| 11 | Van Genechten Kevin | Veerle-Laakdal | M   | 11    | 0:16:39 | 14,41 | 4:10    |
| 12 | Vleugels Eddy       | Tessenderlo    | M   | 12    | 0:16:43 | 14,36 | 4:11    |
| 13 | Liesenborgs Dajo    | Scherpenheuvel | M   | 13    | 0:16:45 | 14,33 | 4:11    |
| 14 | Paesen Denny        | Heusden-Zolder | M   | 14    | 0:16:48 | 14,29 | 4:12    |
| 15 | Haesevoets Jente    | Alken          | M   | 15    | 0:16:51 | 14,24 | 4:13    |
| 16 | Omar Birza          | Beringen       | M   | 16    | 0:17:04 | 14,06 | 4:16    |
| 17 | Rutten Tim          | Paal           | M   | 17    | 0:17:10 | 13,98 | 4:17    |
| 18 | Beliën Jef          | Ham            | M   | 18    | 0:17:17 | 13,89 | 4:19    |
| 19 | Birza Ismail        | Beringen       | M   | 19    | 0:17:25 | 13,78 | 4:21    |
| 20 | Schroeyen Yannick   | Beringen       | M   | 20    | 0:17:26 | 13,77 | 4:22    |
| 21 | Caubergs Jasper     | Paal           | M   | 21    | 0:17:37 | 13,62 | 4:24    |
| 22 | Timmermans Gilles   | Wellen         | M   | 22    | 0:18:42 | 12,83 | 4:41    |
| 23 | De Schrijver Thijs  | Tessenderlo    | M   | 23    | 0:18:44 | 12,81 | 4:41    |
| 24 | Haesevoets Brent    | Alken          | M   | 24    | 0:18:46 | 12,79 | 4:42    |
| 25 | Paesen Daisy        | Heusden-Zolder | V   | 1     | 0:19:12 | 12,50 | 4:48    |
| 26 | Renders Sarina      | Paal           | V   | 2     | 0:19:55 | 12,05 | 4:59    |
| 27 | Hagelsteens Laurens | Beringen       | M   | 25    | 0:20:10 | 11,90 | 5:02    |
| 28 | Reynders Alien      | Paal           | V   | 3     | 0:20:22 | 11,78 | 5:06    |
| 29 | Wouters Iliana      | Paal           | V   | 4     | 0:20:23 | 11,77 | 5:06    |
| 30 | Helsen Bert         | Ham            | M   | 26    | 0:20:54 | 11,48 | 5:14    |
| 31 | Theunis Rosette     | Beverlo        | V   | 5     | 0:21:23 | 11,22 | 5:21    |
| 32 | Vandeweyer Eddy     | Olmen          | M   | 27    | 0:21:59 | 10,92 | 5:30    |
| 33 | Claes Laura         | Beringen       | V   | 6     | 0:22:11 | 10,82 | 5:33    |
| 34 | Dens Koen           | Laakdal        | M   | 28    | 0:22:40 | 10,59 | 5:40    |
| 35 | Jans Dirk           | Paal           | M   | 29    | 0:23:07 | 10,38 | 5:47    |
| 36 | Noels Jenna         | Paal           | V   | 7     | 0:23:14 | 10,33 | 5:48    |
| 37 | Herremans Rafael    | Berchem        | V   | 8     | 0:23:39 | 10,15 | 5:55    |
| 38 | Herremans Michael   | Beringen       | M   | 30    | 0:23:41 | 10,13 | 5:55    |
| 39 | Vanherck Niels      | Messelbroek    | M   | 31    | 0:24:20 | 9,86  | 6:05    |
| 40 | Willemsen Stijn     | Laakdal        | M   | 32    | 0:24:27 | 9,82  | 6:07    |
| 41 | Daneels Louis       | Vorst-Laakdal  | M   | 33    | 0:24:28 | 9,81  | 6:07    |
| 42 | Beckers Nick        | Laakdal        | M   | 34    | 0:24:30 | 9,80  | 6:07    |
| 43 | Daniels Diego       | Heusden-Zolder | M   | 35    | 0:26:09 | 9,18  | 6:32    |
| 44 | Mertens Marleen     | tessenderlo    | V   | 9     | 0:26:18 | 9,13  | 6:34    |
| 45 | Verheyen Carine     | Laakdal        | V   | 10    | 0:26:28 | 9,07  | 6:37    |
| 46 | Vandeweyer Danielle | Paal           | V   | 11    | 0:27:10 | 8,83  | 6:48    |
| 47 | Jasinczuk Olga      | Beringen       | V   | 12    | 0:35:20 | 6,79  | 8:50    |
| 48 | Schrijnen Frank     | Ans            | M   | 36    | 0:36:11 | 6,63  | 9:03    |
| 49 | De Schrijver Brecht | Tessenderlo    | M   | 37    | 1:00:00 | 4,00  | 15:00   |

## 8 KM

| PL | Naam                   | Woonplaats     | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|------------------------|----------------|-----|-------|---------|-------|---------|
| 1  | Schaillee Kurt         | Kuringen       | M   | 1     | 0:27:20 | 17,56 | 3:25    |
| 2  | Alderson Tom           | Diest          | M   | 2     | 0:27:52 | 17,22 | 3:29    |
| 3  | Hermans Martin         | Ham            | M   | 3     | 0:29:25 | 16,32 | 3:41    |
| 4  | Vandenreyken Willy     | Paal           | M   | 4     | 0:30:18 | 15,84 | 3:47    |
| 5  | Vrijs Rudi             | Paal           | M   | 5     | 0:30:27 | 15,76 | 3:48    |
| 6  | Dullers Andre          | Heusden        | M   | 6     | 0:31:42 | 15,14 | 3:58    |
| 7  | Lemmens Louis          | Paal           | M   | 7     | 0:32:53 | 14,60 | 4:07    |
| 8  | Janssens Sven          | Testelt        | M   | 8     | 0:33:17 | 14,42 | 4:10    |
| 9  | Ceuner Rudy            | Koersel        | M   | 9     | 0:33:28 | 14,34 | 4:11    |
| 10 | Van Gauwenbergen Peter | Tessenderlo    | M   | 10    | 0:34:16 | 14,01 | 4:17    |
| 11 | Liesenborgs Daniel     | Scherpenheuvel | M   | 11    | 0:35:47 | 13,41 | 4:28    |
| 12 | Celen Alex             | Zichem         | M   | 12    | 0:35:55 | 13,36 | 4:29    |
| 13 | Melis Luc              | Balen          | M   | 13    | 0:36:01 | 13,33 | 4:30    |
| 14 | Nijs Gaby              | Diest-Deurne   | V   | 1     | 0:36:21 | 13,20 | 4:33    |
| 15 | Seyekens Marc          | Tessenderlo    | M   | 14    | 0:36:23 | 13,19 | 4:33    |
| 16 | Geens Theo             | Tessenderlo    | M   | 15    | 0:36:43 | 13,07 | 4:35    |
| 17 | Cuyppers Jurgen        | Gruitrode      | M   | 16    | 0:37:19 | 12,86 | 4:40    |
| 18 | Kimpen Patrick         | Paal           | M   | 17    | 0:37:47 | 12,70 | 4:43    |
| 19 | Fillee Leopold         | Tessenderlo    | M   | 18    | 0:38:15 | 12,55 | 4:47    |
| 20 | Vandeweyer Marijs      | Tessenderlo    | V   | 2     | 0:38:30 | 12,47 | 4:49    |
| 21 | Leeten Koen            | Paal           | M   | 19    | 0:39:03 | 12,29 | 4:53    |
| 22 | Knaepen George         | Diepenbeek     | M   | 20    | 0:39:16 | 12,22 | 4:55    |
| 23 | Van Hirtum Luc         | Laakdal        | M   | 21    | 0:39:26 | 12,17 | 4:56    |
| 24 | Cypers André           | Tielt-Winge    | M   | 22    | 0:39:36 | 12,12 | 4:57    |
| 25 | Cox Christel           | Lummen         | V   | 3     | 0:40:22 | 11,89 | 5:03    |
| 26 | Beliën Frans           | Tessenderlo    | M   | 23    | 0:41:08 | 11,67 | 5:08    |
| 27 | Van Dingenen Maria     | Tess           | V   | 4     | 0:42:25 | 11,32 | 5:18    |
| 28 | Wilms Liliane          | Vorst-Laakdal  | V   | 5     | 0:43:23 | 11,06 | 5:25    |
| 29 | Willemsen Frans        | Laakdal        | M   | 24    | 0:43:24 | 11,06 | 5:26    |
| 30 | Verschoote Axel        | Diest          | M   | 25    | 0:44:58 | 10,67 | 5:37    |
| 31 | Lavreysen Livinus      | Lommel         | M   | 26    | 0:45:22 | 10,58 | 5:40    |
| 32 | Beuken Marina          | St-truiden     | V   | 6     | 0:45:24 | 10,57 | 5:41    |
| 33 | Verschoten Freddy      | Leopoldsburg   | M   | 27    | 0:45:28 | 10,56 | 5:41    |
| 34 | Wijshof Marin          | As             | M   | 28    | 0:46:11 | 10,39 | 5:46    |
| 35 | Schroven Hilde         | Tessenderlo    | V   | 7     | 0:46:21 | 10,36 | 5:48    |
| 36 | Reynders               | Beringen       | M   | 29    | 0:46:48 | 10,26 | 5:51    |
| 37 | Celis Catherine        | Meldert        | V   | 8     | 0:48:10 | 9,97  | 6:01    |
| 38 | Deferme Nicole         | Lummen         | V   | 9     | 0:48:12 | 9,96  | 6:01    |
| 39 | Peeters Leen           | Meldert        | V   | 10    | 0:48:22 | 9,92  | 6:03    |
| 40 | Stegen Elke            | Uikhoyen       | V   | 11    | 0:49:12 | 9,76  | 6:09    |
| 41 | Dillen Staf            | Olmen          | M   | 30    | 0:59:26 | 8,08  | 7:26    |

## 12 KM

| PL | Naam                  | Woonplaats     | CAT | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|-----------------------|----------------|-----|-------|---------|-------|---------|
| 1  | Vanloon Hendrik       | Kleine-Brogel  | M   | 1     | 0:41:23 | 17,40 | 3:27    |
| 2  | Dillen Johan          | Balen          | M   | 2     | 0:42:12 | 17,06 | 3:31    |
| 3  | Marx Jean Pierre      | Koersel        | M   | 3     | 0:42:53 | 16,79 | 3:34    |
| 4  | Achten Filip          | Beringen       | M   | 4     | 0:44:09 | 16,31 | 3:41    |
| 5  | Palmans Peter         | Neerpelt       | M   | 5     | 0:45:02 | 15,99 | 3:45    |
| 6  | Hiemeleers Marc       | Stevoort       | M   | 6     | 0:45:49 | 15,71 | 3:49    |
| 7  | Rutten Eddy           | Ham            | M   | 7     | 0:45:58 | 15,66 | 3:50    |
| 8  | Moreels Jerry         | Halen          | M   | 8     | 0:46:02 | 15,64 | 3:50    |
| 9  | Beerten Didier        | Koersel        | M   | 9     | 0:46:06 | 15,62 | 3:51    |
| 10 | Degens Erik           | Lummen         | M   | 10    | 0:46:30 | 15,48 | 3:53    |
| 11 | Vraneux Benoit        | Tessenderlo    | M   | 11    | 0:47:12 | 15,25 | 3:56    |
| 12 | Peeters Rudy          | Tessenderlo    | M   | 12    | 0:47:24 | 15,19 | 3:57    |
| 13 | Snoeks Jos            | Hechtel-Eksel  | M   | 13    | 0:47:35 | 15,13 | 3:58    |
| 14 | Vekemans Wilfried     | Kuringen       | M   | 14    | 0:47:36 | 15,13 | 3:58    |
| 15 | Vankrunkelsven Brecht | Beverlo        | M   | 15    | 0:48:04 | 14,98 | 4:00    |
| 16 | Sijmons Marc          | Zelem          | M   | 16    | 0:48:13 | 14,93 | 4:01    |
| 17 | Swijssen Johnny       | Herk-De-Stad   | M   | 17    | 0:48:15 | 14,92 | 4:01    |
| 18 | Poel Theo             | Zelem          | M   | 18    | 0:49:34 | 14,53 | 4:08    |
| 19 | Peeters Guy           | Paal           | M   | 19    | 0:49:36 | 14,52 | 4:08    |
| 20 | Deferm Kris           | Lummen         | M   | 20    | 0:49:39 | 14,50 | 4:08    |
| 21 | Vlaeyen Dan           | Waanrode       | M   | 21    | 0:49:50 | 14,45 | 4:09    |
| 22 | De Schrijver Danny    | Paal           | M   | 22    | 0:50:10 | 14,35 | 4:11    |
| 23 | Brabants patrick      | Tessenderlo    | M   | 23    | 0:50:23 | 14,29 | 4:12    |
| 24 | Vandyck Bart          | Paal           | M   | 24    | 0:50:26 | 14,28 | 4:12    |
| 25 | Boz Renzo             | Zelem          | M   | 25    | 0:50:34 | 14,24 | 4:13    |
| 26 | Renders Erwin         | Tessenderlo    | M   | 26    | 0:51:42 | 13,93 | 4:19    |
| 27 | Iathouwers Bart       | Diest          | M   | 27    | 0:51:44 | 13,92 | 4:19    |
| 28 | Engelen Luc           | Hechtel-Eksel  | M   | 28    | 0:51:51 | 13,89 | 4:19    |
| 29 | Drees Bruno           | Eksel          | M   | 29    | 0:51:57 | 13,86 | 4:20    |
| 30 | Theys Jan             | Tessenderlo    | M   | 30    | 0:52:19 | 13,76 | 4:22    |
| 31 | Nuyts Jos             | Tessenderlo    | M   | 31    | 0:52:42 | 13,66 | 4:24    |
| 32 | Van Gompel Dirk       | Okselaar       | M   | 32    | 0:52:51 | 13,62 | 4:24    |
| 33 | Cuyppers Guido        | Gruitrode      | M   | 33    | 0:53:02 | 13,58 | 4:25    |
| 34 | Lathouwers Gust       | Zutendaal      | M   | 34    | 0:53:39 | 13,42 | 4:28    |
| 35 | Diepvens Paul         | Leopoldsburg   | M   | 35    | 0:54:12 | 13,28 | 4:31    |
| 36 | Van Alphen Ad         | Gilze (nl)     | M   | 36    | 0:54:42 | 13,16 | 4:33    |
| 37 | Schepers Luc          | Lummen         | M   | 37    | 0:55:38 | 12,94 | 4:38    |
| 38 | Theunckens Andre      | Tessenderlo    | M   | 38    | 0:55:55 | 12,88 | 4:40    |
| 39 | Raymaekers Luc        | Paal           | M   | 39    | 0:56:13 | 12,81 | 4:41    |
| 40 | Brabants Carlo        | Tessenderlo    | M   | 40    | 0:56:29 | 12,75 | 4:42    |
| 41 | Leenaers Theo         | Hasselt        | M   | 41    | 0:56:36 | 12,72 | 4:43    |
| 42 | De Wit Chris          | Hasselt        | M   | 42    | 0:57:21 | 12,55 | 4:47    |
| 43 | Nijs Hans             | Veerle-Laakdal | M   | 43    | 0:57:49 | 12,45 | 4:49    |
| 44 | Lemmens Patrick       | Hasselt        | M   | 44    | 0:58:39 | 12,28 | 4:53    |
| 45 | Sevenants Henri       | Tessenderlo    | M   | 45    | 0:59:10 | 12,17 | 4:56    |
| 46 | Geunes Michael        | Lummen         | M   | 46    | 0:59:31 | 12,10 | 4:58    |
| 47 | Van De Weyer Jos      | Olmen          | M   | 47    | 1:00:17 | 11,94 | 5:01    |
| 48 | Loconsole Björn       | Lummen         | M   | 48    | 1:01:37 | 11,69 | 5:08    |
| 49 | Knevels Ludo          | Beringen       | M   | 49    | 1:02:43 | 11,48 | 5:14    |
| 50 | Boonen Marc           | Kuringen       | M   | 50    | 1:02:45 | 11,47 | 5:14    |
| 51 | Frederix Jo           | Paal           | M   | 51    | 1:08:37 | 10,49 | 5:43    |