

# 9e Natuurloop Londerzeel - 24 maart 2008

## 4 KM

| PL | NR  | Naam                 | Club       | GBJ | CAT  | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|-----|----------------------|------------|-----|------|-------|---------|-------|---------|
| 1  | 33  | VAN ASSCHE LUCAS     | PEGASUS    | 89  | MSEN | 1     | 0:13:09 | 18,25 | 3:17    |
| 2  | 63  | JAEDIS JASPER        | RAM        | 89  | MSEN | 2     | 0:13:52 | 17,31 | 3:28    |
| 3  | 34  | MOYSON JONAS         | ROBA       | 92  | MSEN | 3     | 0:13:57 | 17,20 | 3:29    |
| 4  | 87  | GRYP LIEVEN          | PEGASUS    | 64  | MMAS | 1     | 0:14:01 | 17,12 | 3:30    |
| 5  | 65  | SCHOUPPE JEROEN      | ACG        | 85  | MSEN | 4     | 0:14:40 | 16,36 | 3:40    |
| 6  | 36  | VAN DEN BERGHE RUBEN | AC LEBBEKE | 89  | MSEN | 5     | 0:14:50 | 16,18 | 3:42    |
| 7  | 70  | DEVOS ANTHONY        |            | 91  | MSEN | 6     | 0:15:14 | 15,75 | 3:49    |
| 8  | 35  | MUIZEWINKEL NIELS    | AC LEBBEKE | 90  | MSEN | 7     | 0:15:22 | 15,62 | 3:51    |
| 9  | 116 | MALFROY JENS         | WAMBEEK    | 92  | MSEN | 8     | 0:15:30 | 15,48 | 3:53    |
| 10 | 1   | ROSIERS JURGEN       | OLYMPIA    | 90  | MSEN | 9     | 0:15:36 | 15,38 | 3:54    |
| 11 | 85  | GEEROMS SERGE        | OLYMPIA    | 63  | MMAS | 2     | 0:16:22 | 14,66 | 4:05    |
| 12 | 39  | VAN DRIESSE NOEL     | AC HAMME   | 66  | MMAS | 3     | 0:16:26 | 14,60 | 4:06    |
| 13 | 61  | WIJNS JENNA          | PEGASUS    | 93  | VSEN | 1     | 0:16:31 | 14,53 | 4:08    |
| 14 | 14  | D'HAESE WIM          | RCT        | 66  | MMAS | 4     | 0:16:37 | 14,44 | 4:09    |
| 15 | 19  | TOM DE PROFT         | OLYMPIA    | 94  | MSEN | 10    | 0:16:39 | 14,41 | 4:10    |
| 16 | 8   | MERTENS WILLY        | OLYMPIA    | 54  | MMAS | 5     | 0:16:41 | 14,39 | 4:10    |
| 17 | 41  | LEEMANS FILIP        |            | 68  | MMAS | 6     | 0:16:58 | 14,15 | 4:15    |
| 18 | 78  | DAELEMEN JEROEN      | PEGASUS    | 91  | MSEN | 11    | 0:17:07 | 14,02 | 4:17    |
| 19 | 103 | VAN HOUT TOM         |            | 78  | MSEN | 12    | 0:17:18 | 13,87 | 4:19    |
| 20 | 99  | GOEDEFROY JAGO       | PEGASUS    | 93  | MSEN | 13    | 0:17:22 | 13,82 | 4:21    |
| 21 | 40  | MERTENS PETRA        | AC HAMME   | 70  | VMAS | 1     | 0:17:29 | 13,73 | 4:22    |
| 22 | 51  | YANNICK CARLIER      | OLYMPIA    | 93  | MSEN | 14    | 0:17:45 | 13,52 | 4:26    |
| 23 | 93  | THIELEMANS JONAS     | OLYMPIA    | 91  | MSEN | 15    | 0:17:47 | 13,50 | 4:27    |
| 24 | 18  | BART TALBOOM         | OLYMPIA    | 88  | MSEN | 16    | 0:17:50 | 13,46 | 4:28    |
| 25 | 75  | VAN OPSTAL ARNE      | PEGASUS    | 77  | MSEN | 17    | 0:17:52 | 13,43 | 4:28    |
| 26 | 114 | JANSSENS ALAIN       | WINTERTHUR | 63  | MMAS | 7     | 0:17:54 | 13,41 | 4:29    |
| 27 | 106 | VAN SAN MICHAEL      | PEGASUS    | 87  | MSEN | 18    | 0:18:08 | 13,24 | 4:32    |
| 28 | 64  | CLAEYS FILIP         | OLYMPIA    | 81  | MSEN | 19    | 0:18:12 | 13,19 | 4:33    |
| 29 | 31  | DE LUGT TOM          | BEERSEL    | 93  | MSEN | 20    | 0:18:15 | 13,15 | 4:34    |
| 30 | 32  | GEERTS DIRK          | BEERSEL    | 79  | MSEN | 21    | 0:18:17 | 13,13 | 4:34    |
| 31 | 88  | GRYP TINE            | PEGASUS    | 93  | VSEN | 2     | 0:18:19 | 13,10 | 4:35    |
| 32 | 66  | SCHOUPPE JEANINE     | WELLE      | 46  | VMAS | 2     | 0:18:41 | 12,85 | 4:40    |
| 33 | 68  | SCHOUPPE MAURICE     | ACG        | 37  | MMAS | 8     | 0:18:42 | 12,83 | 4:41    |
| 34 | 98  | DE WACHTER HANNELORE | PEGASUS    | 92  | VSEN | 3     | 0:18:44 | 12,81 | 4:41    |
| 35 | 38  | GEEROMS BART         | OLYMPIA    | 92  | MSEN | 22    | 0:18:46 | 12,79 | 4:42    |
| 36 | 4   | YACCO BOVE           | OLYMPIA    | 95  | MSEN | 23    | 0:18:48 | 12,77 | 4:42    |
| 37 | 6   | MANGHELINCKX ALAIN   | OLYMPIA    | 66  | MMAS | 9     | 0:18:52 | 12,72 | 4:43    |
| 38 | 108 | HAEGEMAN ANDRE       | ACP        | 60  | MMAS | 10    | 0:19:18 | 12,44 | 4:50    |
| 39 | 82  | TAELEMANS JOHN       | AC OPWIJK  | 63  | MMAS | 11    | 0:19:30 | 12,31 | 4:53    |
| 40 | 3   | SCHELFTHOUT JONAS    | OLYMPIA    | 96  | MSEN | 24    | 0:19:38 | 12,22 | 4:55    |
| 41 | 15  | TEIRLINCK ELKE       | OLYMPIA    | 80  | VSEN | 4     | 0:19:40 | 12,20 | 4:55    |
| 42 | 27  | ROBIN HENDRICKX      | ETERNIT    | 95  | MSEN | 25    | 0:19:45 | 12,15 | 4:56    |
| 43 | 107 | HAEGEMAN DAVY        | ACP        | 96  | MSEN | 26    | 0:19:50 | 12,10 | 4:58    |
| 44 | 76  | VAN OPSTAL ELINE     | PEGASUS    | 94  | VSEN | 5     | 0:19:55 | 12,05 | 4:59    |
| 45 | 37  | SWALENS LEVY         | BVL        | 96  | MSEN | 27    | 0:19:59 | 12,01 | 5:00    |
| 46 | 79  | DE ROON KOEN         | PEGASUS    | 61  | MMAS | 12    | 0:20:29 | 11,72 | 5:07    |
| 47 | 109 | DEBOECK STEVEN       |            | 57  | MMAS | 13    | 0:20:32 | 11,69 | 5:08    |
| 48 | 42  | REMUE GRETA          | VITA       | 66  | VMAS | 3     | 0:20:36 | 11,65 | 5:09    |
| 49 | 2   | MANGHELINCKX INNE    | OLYMPIA    | 95  | VSEN | 6     | 0:20:36 | 11,65 | 5:09    |
| 50 | 52  | CARLIER ASTRID       | OLYMPIA    | 95  | VSEN | 7     | 0:20:38 | 11,63 | 5:10    |
| 51 | 84  | SEYMONS CONNY        | OLYMPIA    | 72  | VMAS | 4     | 0:20:39 | 11,62 | 5:10    |
| 52 | 86  | GRYP DORIEN          | PEGASUS    | 95  | VSEN | 8     | 0:20:40 | 11,61 | 5:10    |
| 53 | 43  | VAN DEN BERGHE HILDE | VITA       | 56  | VMAS | 5     | 0:20:42 | 11,59 | 5:11    |
| 54 | 22  | DE PAUW RUDY         | OLYMPIA    | 69  | MMAS | 14    | 0:20:46 | 11,56 | 5:12    |
| 55 | 113 | MARLIER SAMMY        | BEERSEL    | 78  | MSEN | 28    | 0:20:50 | 11,52 | 5:13    |
| 56 | 21  | VAN LIER STEPHANE    |            | 58  | MMAS | 15    | 0:20:53 | 11,49 | 5:13    |
| 57 | 20  | VAN DEN EEDE JIMMY   | OLYMPIA    | 76  | MSEN | 29    | 0:21:03 | 11,40 | 5:16    |

| PL  | NR  | Naam                    | Club      | GBJ | CAT  | P/CAT | Tijd    | GEM   | KM-Tijd |
|-----|-----|-------------------------|-----------|-----|------|-------|---------|-------|---------|
| 58  | 13  | MOSSELMANS ANN          | OLYMPIA   | 70  | VMAS | 6     | 0:21:05 | 11,38 | 5:16    |
| 59  | 69  | TASSENOY SVEN           | MOLLEM    | 89  | MSEN | 30    | 0:21:08 | 11,36 | 5:17    |
| 60  | 47  | DE SMEDT CHRIS          |           | 66  | MMAS | 16    | 0:21:10 | 11,34 | 5:18    |
| 61  | 7   | TAMSIJN GEERT           |           | 57  | MMAS | 17    | 0:21:13 | 11,31 | 5:18    |
| 62  | 50  | SOLLIE TESSA            | PEGASUS   | 95  | VSEN | 9     | 0:21:18 | 11,27 | 5:20    |
| 63  | 71  | VAN DE VOORDE KIRSTEN   | SP BORNEM | 94  | VSEN | 10    | 0:21:24 | 11,21 | 5:21    |
| 64  | 73  | HOFMANS JESSY           | SPBO      | 95  | VSEN | 11    | 0:21:26 | 11,20 | 5:21    |
| 65  | 60  | CLEMENT SANDRA          | OEH       | 72  | VMAS | 7     | 0:21:29 | 11,17 | 5:22    |
| 66  | 96  | DE VEYLDER MATTHIAS     | PEGASUS   | 94  | MSEN | 31    | 0:21:33 | 11,14 | 5:23    |
| 67  | 29  | DRIES DE BOCK           | KAPELLEN  | 95  | MSEN | 32    | 0:21:52 | 10,98 | 5:28    |
| 68  | 100 | APERS BJORN             |           | 79  | MSEN | 33    | 0:22:00 | 10,91 | 5:30    |
| 69  | 67  | HOFFELINCK PETER        | WELLE     | 69  | MMAS | 18    | 0:22:09 | 10,84 | 5:32    |
| 70  | 16  | VAN WEMMEL SVEN         | OLYMPIA   | 83  | MSEN | 34    | 0:22:17 | 10,77 | 5:34    |
| 71  | 92  | DE BONDT HILDE          | PEGASUS   | 61  | VMAS | 8     | 0:22:20 | 10,75 | 5:35    |
| 72  | 91  | SEGRS LUDOVIK           | OLYMPIA   | 57  | MMAS | 19    | 0:22:24 | 10,71 | 5:36    |
| 73  | 55  | VAN RANSBEECK HANS      | AWE       | 61  | MMAS | 20    | 0:22:25 | 10,71 | 5:36    |
| 74  | 62  | VAN BEVER IRIS          | PEGASUS   | 63  | VMAS | 9     | 0:22:27 | 10,69 | 5:37    |
| 75  | 49  | DE BOECK VERA           |           | 63  | VMAS | 10    | 0:22:33 | 10,64 | 5:38    |
| 76  | 9   | LEMMENS ILSE            | AWE       | 75  | VSEN | 12    | 0:22:40 | 10,59 | 5:40    |
| 77  | 17  | PLETINCKX ELS           | VITA      | 74  | VSEN | 13    | 0:22:46 | 10,54 | 5:41    |
| 78  | 95  | DE TROCH WIES           |           | 52  | MMAS | 21    | 0:23:04 | 10,40 | 5:46    |
| 79  | 77  | FOLLET LARS             |           | 94  | MSEN | 35    | 0:23:08 | 10,37 | 5:47    |
| 80  | 24  | GORTEMAN WOUTER         | VITA      | 99  | MSEN | 36    | 0:23:10 | 10,36 | 5:47    |
| 81  | 90  | VAN CAPMENHOUT RIT      | PEGASUS   | 60  | VMAS | 11    | 0:23:24 | 10,26 | 5:51    |
| 82  | 89  | AMERIJCKX MARLEEN       | PEGASUS   | 65  | VMAS | 12    | 0:23:26 | 10,24 | 5:51    |
| 83  | 56  | OKENS ELS               | AWE       | 66  | VMAS | 13    | 0:23:41 | 10,13 | 5:55    |
| 84  | 26  | JACOBS SANDY            |           | 71  | VMAS | 14    | 0:23:52 | 10,06 | 5:58    |
| 85  | 25  | GORTEMAN LUC            | VITA      | 55  | MMAS | 22    | 0:23:59 | 10,01 | 6:00    |
| 86  | 104 | HOFMANS PAULA           |           | 60  | VMAS | 15    | 0:24:06 | 9,96  | 6:01    |
| 87  | 97  | VERBELEN GRIET          |           | 64  | VMAS | 16    | 0:24:10 | 9,93  | 6:02    |
| 88  | 48  | VAN DEN PLAS HILDE      |           | 73  | VMAS | 17    | 0:24:17 | 9,88  | 6:04    |
| 89  | 58  | DECUBBER LAURA          | AWE       | 95  | VSEN | 14    | 0:24:36 | 9,76  | 6:09    |
| 90  | 117 | BUELENS ANIK            | FIWALO    | 66  | VMAS | 18    | 0:24:39 | 9,74  | 6:10    |
| 91  | 57  | DECUBBER JOKE           | AWE       | 92  | VSEN | 15    | 0:24:42 | 9,72  | 6:10    |
| 92  | 30  | JACOBS NANCY            | ACHL      | 66  | VMAS | 19    | 0:24:43 | 9,71  | 6:11    |
| 93  | 59  | DE DECKER VIVIANE       | RAM       | 60  | VMAS | 20    | 0:24:58 | 9,61  | 6:14    |
| 94  | 110 | DE BELDER PHILIP        |           | 69  | MMAS | 23    | 0:24:59 | 9,61  | 6:15    |
| 95  | 115 | TROCH AN                | PEGASUS   | 75  | VSEN | 16    | 0:25:07 | 9,56  | 6:17    |
| 96  | 28  | VAN DER LINDEN KATHLEEN | ETERNIT   | 67  | VMAS | 21    | 0:25:27 | 9,43  | 6:22    |
| 97  | 5   | ADRIAENSSENS SARAH      | OLYMPIA   | 93  | VSEN | 17    | 0:25:42 | 9,34  | 6:26    |
| 98  | 95  | DE TROCH WIES           |           | 52  | MMAS | 24    | 0:25:49 | 9,30  | 6:27    |
| 99  | 94  | DEPRÉDOMME CHRIS        |           | 68  | VMAS | 22    | 0:25:51 | 9,28  | 6:28    |
| 100 | 80  | VAN DE VELDE HILDE      | AC OPWIJK | 64  | VMAS | 23    | 0:26:44 | 8,98  | 6:41    |
| 101 | 11  | BRUSSELMANS KATLEEN     | AWE       | 82  | VSEN | 18    | 0:26:46 | 8,97  | 6:42    |
| 102 | 12  | DE RIDDER GERDA         | OLYMPIA   | 61  | VMAS | 24    | 0:26:47 | 8,96  | 6:42    |
| 103 | 23  | DE BONDT MAGDA          | OLYMPIA   | 49  | VMAS | 25    | 0:26:49 | 8,95  | 6:42    |
| 104 | 45  | BEOSIER MONIQUE         | BVL       | 49  | VMAS | 26    | 0:27:14 | 8,81  | 6:48    |
| 105 | 103 | VAN HOUT TOM            |           | 78  | MSEN | 37    | 0:27:22 | 8,77  | 6:50    |
| 106 | 44  | COMMERS HANNELORE       | PEGASUS   | 96  | VSEN | 19    | 0:27:33 | 8,71  | 6:53    |
| 107 | 74  | MEERT AMBER             | PEGASUS   | 95  | MSEN | 38    | 0:27:35 | 8,70  | 6:54    |
| 108 | 46  | DESMEDT DANIEL          | BVL       | 48  | MMAS | 25    | 0:27:47 | 8,64  | 6:57    |
| 109 | 102 | CLUTS DIANE             | ETERNIT   | 59  | VMAS | 27    | 0:28:09 | 8,53  | 7:02    |
| 110 | 101 | MORAN INGE              | ETERNIT   | 77  | VSEN | 20    | 0:28:10 | 8,52  | 7:02    |
| 111 | 83  | DE DONDER MARLEEN       | AWE       | 63  | VMAS | 28    | 0:28:14 | 8,50  | 7:03    |
| 112 | 81  | DE COOMAN VEERLE        |           | 68  | VMAS | 29    | 0:28:42 | 8,36  | 7:10    |
| 113 | 105 | DRIESEN DIANE           | RAM       | 53  | VMAS | 30    | 0:29:05 | 8,25  | 7:16    |
| 114 | 10  | DE WIT ANNELEEN         | ETERNIT   | 82  | VSEN | 21    | 0:29:34 | 8,12  | 7:24    |
| 115 | 54  | GEYSELS RICHARD         | FARAO     | 30  | MMAS | 26    | 0:29:42 | 8,08  | 7:25    |
| 116 | 111 | MARCEL VERONIQUE        | OLYMPIA   | 65  | VMAS | 31    | 0:31:09 | 7,70  | 7:47    |
| 117 | 72  | COOREMAN HILDA          | OLYMPIA   | 63  | VMAS | 32    | 0:31:11 | 7,70  | 7:48    |
| 118 | 53  | VERCLEYEN MELANIE       | FARAO     | 31  | VMAS | 33    |         |       |         |

## 8 KM

| PL | NR  | Naam                    | Club          | GBJ | CAT  | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|-----|-------------------------|---------------|-----|------|-------|---------|-------|---------|
| 1  | 351 | VAN DEN BERGHE KRISTOF  | LAT           | 76  | MSEN | 1     | 0:28:49 | 16,66 | 3:36    |
| 2  | 355 | HAPERS PATRICK          | AC LIERSE     | 67  | MMAS | 1     | 0:29:16 | 16,40 | 3:40    |
| 3  | 352 | DE MARS KRIS            | AC GRIMBERGEN | 61  | MMAS | 2     | 0:29:43 | 16,15 | 3:43    |
| 4  | 342 | BERSEE BEN              | IRON TEAM     | 63  | MMAS | 3     | 0:29:55 | 16,04 | 3:44    |
| 5  | 312 | MOONEN GERT             | IRON TEAM     | 72  | MMAS | 4     | 0:29:57 | 16,03 | 3:45    |
| 6  | 387 | GEERTS DIRK             | BEERSEL       | 79  | MSEN | 2     | 0:30:39 | 15,66 | 3:50    |
| 7  | 385 | SWALENS KURT            | BVL           | 70  | MMAS | 5     | 0:30:51 | 15,56 | 3:51    |
| 8  | 346 | VAN BUGGENHOUT MATTHIAS | PEGASUS       | 90  | MSEN | 3     | 0:30:55 | 15,53 | 3:52    |
| 9  | 337 | ROBBERECHTS IGNACE      | JONKIES       | 87  | MSEN | 4     | 0:31:08 | 15,42 | 3:54    |
| 10 | 339 | PINOY JEROEN            |               | 79  | MSEN | 5     | 0:31:21 | 15,31 | 3:55    |
| 11 | 338 | JORIS TEUGELS           |               | 76  | MSEN | 6     | 0:31:25 | 15,28 | 3:56    |
| 12 | 336 | LOOVERIE ROEL           | JONKIES       | 80  | MSEN | 7     | 0:31:46 | 15,11 | 3:58    |
| 13 | 347 | JACOBS EDDY             |               | 70  | MMAS | 6     | 0:31:57 | 15,02 | 4:00    |
| 14 | 341 | CASAERT PHILIPPE        | IRON TEAM     | 69  | MMAS | 7     | 0:32:22 | 14,83 | 4:03    |
| 15 | 295 | BEYL FRANS              |               | 57  | MMAS | 8     | 0:32:46 | 14,65 | 4:06    |
| 16 | 304 | DE PROFT SOFIE          | AC LEBBEKE    | 88  | VSEN | 1     | 0:32:50 | 14,62 | 4:06    |
| 17 | 388 | VAN CAMPENHOUT PAUL     | AWE           | 58  | MMAS | 9     | 0:33:03 | 14,52 | 4:08    |
| 18 | 305 | DE PROFT KAROLIEN       | AC LEBBEKE    | 88  | VSEN | 2     | 0:33:12 | 14,46 | 4:09    |
| 19 | 372 | MEERT ROB               | PEGASUS       | 93  | MSEN | 8     | 0:33:14 | 14,44 | 4:09    |
| 20 | 344 | VAN BOOM DANNY          | AWE           | 66  | MSEN | 9     | 0:33:17 | 14,42 | 4:10    |
| 21 | 331 | DE RIDDER URBAN         | RES           | 89  | MSEN | 10    | 0:33:18 | 14,41 | 4:10    |
| 22 | 380 | DE BOECK MARC           | OLYMPIA       | 59  | MMAS | 10    | 0:33:53 | 14,17 | 4:14    |
| 23 | 340 | GOOSSENS JOHAN          | AC LEBBEKE    | 70  | MMAS | 11    | 0:34:07 | 14,07 | 4:16    |
| 24 | 367 | VAN OPSTAL GUY          | PEGASUS       | 65  | MMAS | 12    | 0:34:14 | 14,02 | 4:17    |
| 25 | 357 | BLOMMAERT GINO          | VOLHARDING    | 67  | MMAS | 13    | 0:34:30 | 13,91 | 4:19    |
| 26 | 328 | MOENS KATRIEN           |               | 82  | VSEN | 3     | 0:34:44 | 13,82 | 4:21    |
| 27 | 334 | BRAEM GLEN              |               | 90  | MSEN | 11    | 0:35:00 | 13,71 | 4:23    |
| 28 | 397 | TAMSIJN BART            | OLYMPIA       | 84  | MSEN | 12    | 0:35:07 | 13,67 | 4:23    |
| 29 | 349 | LAUWERS MARC            | AWE           | 64  | MMAS | 14    | 0:35:15 | 13,62 | 4:24    |
| 30 | 386 | DE PROFT JOHAN          |               | 62  | MMAS | 15    | 0:35:22 | 13,57 | 4:25    |
| 31 | 315 | WYNANT HILDE            | OLYMPIA       | 68  | MMAS | 16    | 0:35:27 | 13,54 | 4:26    |
| 32 | 379 | TORBEYNS FIEN           | DAC           | 93  | VSEN | 4     | 0:35:29 | 13,53 | 4:26    |
| 33 | 377 | TORBEYNS JEF            | DAC           | 95  | MSEN | 13    | 0:35:32 | 13,51 | 4:27    |
| 34 | 350 | LAMBERTS PETER          |               | 65  | MMAS | 17    | 0:35:33 | 13,50 | 4:27    |
| 35 | 400 | BORREMANS ROGER         | OLYMPIA       | 47  | MMAS | 18    | 0:35:36 | 13,48 | 4:27    |
| 36 | 333 | SCHELKENS CHRIS         |               | 61  | MMAS | 19    | 0:35:42 | 13,45 | 4:28    |
| 37 | 327 | MILISSEN JEAN           |               | 56  | MMAS | 20    | 0:36:28 | 13,16 | 4:34    |
| 38 | 376 | GOOSSENS GUY            |               | 67  | MMAS | 21    | 0:36:55 | 13,00 | 4:37    |
| 39 | 392 | VAN CAMPENHOUT PETER    | OLYMPIA       | 88  | MSEN | 14    | 0:36:58 | 12,98 | 4:37    |
| 40 | 396 | DE RIDDER GERDA         | OLYMPIA       | 61  | VMAS | 1     | 0:37:23 | 12,84 | 4:40    |
| 41 | 321 | VAN THIENEN WERNER      |               | 78  | MSEN | 15    | 0:37:27 | 12,82 | 4:41    |
| 42 | 345 | VAN BUGGENHOUT ADRIAAN  | PEGASUS       | 95  | MSEN | 16    | 0:37:32 | 12,79 | 4:42    |
| 43 | 361 | PINTENS PIETER-JAN      |               | 87  | MSEN | 17    | 0:37:45 | 12,72 | 4:43    |
| 44 | 343 | ONGENAE JAN             |               | 67  | MMAS | 22    | 0:37:55 | 12,66 | 4:44    |
| 45 | 368 | DE GREYT PATRICK        | AWE           | 64  | MMAS | 23    | 0:38:06 | 12,60 | 4:46    |
| 46 | 307 | VAN EERDEWEGH FRANCIS   | BEERSEL       | 69  | MMAS | 24    | 0:38:24 | 12,50 | 4:48    |
| 47 | 381 | SOLLIE SAM              | PEGASUS       | 94  | MSEN | 18    | 0:38:34 | 12,45 | 4:49    |
| 48 | 363 | DE RIDDER LINDA         | OLYMPIA       | 64  | VMAS | 2     | 0:38:39 | 12,42 | 4:50    |
| 49 | 332 | LOGIST YVES             | ACP           | 54  | MMAS | 25    | 0:38:41 | 12,41 | 4:50    |
| 50 | 370 | D'HONT NANCY            | SPBO          | 67  | VMAS | 3     | 0:38:47 | 12,38 | 4:51    |
| 51 | 384 | SARENS LAURA            | OLYMPIA       | 94  | VSEN | 5     | 0:38:49 | 12,37 | 4:51    |
| 52 | 301 | VERBEKE KAREL           | OLYMPIA       | 81  | MSEN | 19    | 0:38:59 | 12,31 | 4:52    |
| 53 | 335 | MICHIELS GRETA          | BVL           | 60  | VMAS | 4     | 0:39:20 | 12,20 | 4:55    |
| 54 | 309 | EYLENBOSCH GASTON       | BVL           | 50  | MMAS | 26    | 0:39:23 | 12,19 | 4:55    |
| 55 | 393 | VAN CAMPENHOUT SANNE    | OLYMPIA       | 93  | VSEN | 6     | 0:39:41 | 12,10 | 4:58    |
| 56 | 318 | HEYRMAN PATRICK         | AC DENDERLAND | 57  | MMAS | 27    | 0:39:46 | 12,07 | 4:58    |
| 57 | 373 | TASSENNOY WILLY         | AC LEBBEKE    | 54  | MMAS | 28    | 0:39:53 | 12,04 | 4:59    |

| PL  | NR  | Naam                  | Club       | GBJ | CAT  | P/CAT | Tijd    | GEM   | KM-Tijd |
|-----|-----|-----------------------|------------|-----|------|-------|---------|-------|---------|
| 58  | 362 | HADERMANN KRIS        |            | 86  | MSEN | 20    | 0:40:19 | 11,91 | 5:02    |
| 59  | 399 | MARY HUGO             | OEH        | 53  | MMAS | 29    | 0:40:30 | 11,85 | 5:04    |
| 60  | 323 | RONY ANDRIES          |            | 65  | MMAS | 30    | 0:40:39 | 11,81 | 5:05    |
| 61  | 316 | VAN NUFFEL LUC        | ACDL       | 54  | MMAS | 31    | 0:40:43 | 11,79 | 5:05    |
| 62  | 394 | GORTEMAN BART         | VITA       | 96  | MSEN | 21    | 0:40:45 | 11,78 | 5:06    |
| 63  | 314 | GORIS MARC            |            | 61  | MMAS | 32    | 0:40:47 | 11,77 | 5:06    |
| 64  | 311 | VAN PUYVELDE MARIJKE  | PEGASUS    | 61  | VMAS | 5     | 0:40:49 | 11,76 | 5:06    |
| 65  | 398 | PLETTINCKX MARC       | OLYMPIA    | 58  | MMAS | 33    | 0:40:52 | 11,75 | 5:07    |
| 66  | 359 | LOONEN WILLEM         | BVL        | 47  | MMAS | 34    | 0:40:54 | 11,74 | 5:07    |
| 67  | 382 | HALLEMANS JP          |            | 63  | MMAS | 35    | 0:41:04 | 11,69 | 5:08    |
| 68  | 390 | SILLIS RAF            |            | 70  | MMAS | 36    | 0:41:10 | 11,66 | 5:09    |
| 69  | 303 | BEMONG MARC           | KNOET      | 48  | MMAS | 37    | 0:41:14 | 11,64 | 5:09    |
| 70  | 395 | DE GROOTE CHRISTOPHER | VITA       | 74  | MSEN | 22    | 0:41:23 | 11,60 | 5:10    |
| 71  | 374 | DE HONDT PATRICK      |            | 60  | MMAS | 38    | 0:41:27 | 11,58 | 5:11    |
| 72  | 369 | GEEROMS NELE          | OLYMPIA    | 89  | VSEN | 7     | 0:41:36 | 11,54 | 5:12    |
| 73  | 348 | WYNS STEVEN           | DEFENSIE   | 87  | MSEN | 23    | 0:41:38 | 11,53 | 5:12    |
| 74  | 353 | HAEGEMAN WENDY        | ACP        | 90  | VSEN | 8     | 0:41:43 | 11,51 | 5:13    |
| 75  | 322 | VAN DEN BORRE PATRICK |            | 58  | MMAS | 39    | 0:41:48 | 11,48 | 5:14    |
| 76  | 296 | ROGIER RUBEN          |            | 75  | MSEN | 24    | 0:42:02 | 11,42 | 5:15    |
| 77  | 302 | LINAER VITAL          |            | 61  | MMAS | 40    | 0:42:25 | 11,32 | 5:18    |
| 78  | 308 | VAN LIERDE JOS        | BVL        | 60  | MMAS | 41    | 0:42:32 | 11,29 | 5:19    |
| 79  | 391 | JACOBS GASTON         |            | 49  | MMAS | 42    | 0:42:36 | 11,27 | 5:20    |
| 80  | 354 | DOMS FRIEDA           | ACP        | 62  | VMAS | 6     | 0:42:59 | 11,17 | 5:22    |
| 81  | 326 | VAN RANSBEECK JOHAN   | AC LEBBEKE | 66  | MMAS | 43    | 0:43:09 | 11,12 | 5:24    |
| 82  | 366 | DE MUYLDER PETER      | PEGASUS    | 63  | MMAS | 44    | 0:43:12 | 11,11 | 5:24    |
| 83  | 310 | DE VLEMINCK LIES      | VAC        | 86  | VSEN | 9     | 0:44:29 | 10,79 | 5:34    |
| 84  | 306 | WALCKIERS CHRISTIAN   | ACP        | 74  | MSEN | 25    | 0:44:30 | 10,79 | 5:34    |
| 85  | 371 | DE SMEDT WILLY        | OLYMPIA    | 35  | MMAS | 45    | 0:44:50 | 10,71 | 5:36    |
| 86  | 313 | VAN THIENEN FRANS     |            | 50  | MMAS | 46    | 0:45:01 | 10,66 | 5:38    |
| 87  | 360 | VAN DEN DRIESCH EDDY  | LEEUWERIK  | 55  | MMAS | 47    | 0:45:04 | 10,65 | 5:38    |
| 88  | 364 | DE BONDY GUSTAAF      |            | 40  | MMAS | 48    | 0:45:25 | 10,57 | 5:41    |
| 89  | 375 | AERTS YVONNE          | AWE        | 65  | VMAS | 7     | 0:46:13 | 10,39 | 5:47    |
| 90  | 365 | VAN DEN EEDE LEON     | AVI        | 43  | MMAS | 49    | 0:46:38 | 10,29 | 5:50    |
| 91  | 300 | EYLENBOSCH JOSEPHINE  | WAMBEEK    | 60  | VMAS | 8     | 0:46:43 | 10,27 | 5:50    |
| 92  | 356 | CROKAERT AGNES        | LEEUWERIK  | 55  | VMAS | 9     | 0:47:02 | 10,21 | 5:53    |
| 93  | 389 | PAS CHRISTEL          | AWE        | 63  | VMAS | 10    | 0:47:25 | 10,12 | 5:56    |
| 94  | 358 | HADERMAN JU           |            | 57  | MMAS | 50    | 0:47:51 | 10,03 | 5:59    |
| 95  | 378 | JANSSENS HILDE        |            | 65  | VMAS | 11    | 0:48:10 | 9,97  | 6:01    |
| 96  | 324 | VEYT DOMINIQUE        | AC LEBBEKE | 72  | VMAS | 12    | 0:48:33 | 9,89  | 6:04    |
| 97  | 325 | DELGOUFFE MARIS       | AC LEBBEKE | 58  | VMAS | 13    | 0:48:45 | 9,85  | 6:06    |
| 98  | 299 | EYLENBOSCH SUZANNE    | WAMBEEK    | 58  | VMAS | 14    | 0:48:53 | 9,82  | 6:07    |
| 99  | 297 | DE MANS SYLVIE        |            | 74  | VSEN | 10    | 0:48:56 | 9,81  | 6:07    |
| 100 | 329 | VAN HOECK MIC         | AWE        | 57  | MMAS | 51    | 0:49:02 | 9,79  | 6:08    |
| 101 | 298 | MOENS ROOS            |            | 52  | VMAS | 15    | 0:49:09 | 9,77  | 6:09    |
| 102 | 294 | VAN SCHEPDAEL PEGGY   |            | 59  | VMAS | 16    | 0:50:21 | 9,53  | 6:18    |
| 103 | 320 | MESKENS LEEN          |            | 80  | VSEN | 11    | 0:51:25 | 9,34  | 6:26    |
| 104 | 319 | CLOOTS JERIKA         |            | 81  | VSEN | 12    | 0:51:52 | 9,25  | 6:29    |

## 12 KM

| PL | NR  | Naam                   | Club          | GBJ | CAT  | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|-----|------------------------|---------------|-----|------|-------|---------|-------|---------|
| 1  | 448 | VAN SCHUERBEECK WILLEM | VAC           | 84  | MSEN | 1     | 0:39:38 | 18,17 | 3:18    |
| 2  | 428 | DE WAELE SVEN          | AC HAMME      | 75  | MSEN | 2     | 0:41:56 | 17,17 | 3:30    |
| 3  | 442 | SPIESSENS KOEN         | SPBO          | 71  | MMAS | 1     | 0:42:02 | 17,13 | 3:30    |
| 4  | 467 | DE WACHTER SVEN        | PEGASUS       | 89  | MSEN | 3     | 0:43:19 | 16,62 | 3:37    |
| 5  | 466 | VAN HAVERMAET THEO     | ACDL          | 57  | MMAS | 2     | 0:43:24 | 16,59 | 3:37    |
| 6  | 444 | LAENEN MARCEL          | HULS          | 56  | MMAS | 3     | 0:43:57 | 16,38 | 3:40    |
| 7  | 494 | VIJVERMAN TIM          |               | 82  | MSEN | 4     | 0:44:01 | 16,36 | 3:40    |
| 8  | 417 | FOLLET RUDY            | DAC           | 62  | MMAS | 4     | 0:44:07 | 16,32 | 3:41    |
| 9  | 439 | VAN DEN BERGH BERT     | VAC           | 77  | MSEN | 5     | 0:44:36 | 16,14 | 3:43    |
| 10 | 455 | WINDEY JAN             | AC HAMME      | 65  | MMAS | 5     | 0:45:08 | 15,95 | 3:46    |
| 11 | 475 | PEETERS CHRISTIAAN     | SPARTA BORNEM | 65  | MMAS | 6     | 0:45:23 | 15,86 | 3:47    |
| 12 | 458 | VAN ZEGBROECK KOEN     | SPARTA BORNEM | 71  | MMAS | 7     | 0:45:27 | 15,84 | 3:47    |
| 13 | 413 | BASTELEUS PETER        | OEHL          | 66  | MMAS | 8     | 0:45:45 | 15,74 | 3:49    |
| 14 | 474 | TIERENS GERRIT         | FIWALO        | 74  | MSEN | 6     | 0:45:57 | 15,67 | 3:50    |
| 15 | 446 | LIEKENS KURT           |               | 68  | MMAS | 9     | 0:45:58 | 15,66 | 3:50    |
| 16 | 468 | VAN WEVERBERG TOMMY    | SPBO          | 78  | MSEN | 7     | 0:46:10 | 15,60 | 3:51    |
| 17 | 461 | VERMEIR DIRK           | PEGASUS       | 65  | MMAS | 10    | 0:46:40 | 15,43 | 3:53    |
| 18 | 419 | GEEROMS KRIS           | OLYMPIA       | 61  | MMAS | 11    | 0:48:00 | 15,00 | 4:00    |
| 19 | 433 | PEETROONS GURICK       | BVL           | 59  | MMAS | 12    | 0:49:05 | 14,67 | 4:05    |
| 20 | 462 | VERMEIR JEFFREY        | VAC           | 92  | MSEN | 8     | 0:49:28 | 14,56 | 4:07    |
| 21 | 449 | RAEDEMAEKER GINO       | BOSKLAPPERS   | 64  | MMAS | 13    | 0:49:33 | 14,53 | 4:08    |
| 22 | 427 | SMETS PATRICK          | OLYMPIA       | 62  | MMAS | 14    | 0:49:35 | 14,52 | 4:08    |
| 23 | 440 | VAN ASSCHE PETRUS      | SPBO          | 44  | MMAS | 15    | 0:49:37 | 14,51 | 4:08    |
| 24 | 423 | DE RIDDER DIRK         | OLYMPIA       | 54  | MMAS | 16    | 0:49:41 | 14,49 | 4:08    |
| 25 | 503 | MAGNUS JAN             |               | 57  | MMAS | 17    | 0:49:50 | 14,45 | 4:09    |
| 26 | 429 | CAUTAERS LUC           | KWB WAMBEEK   | 61  | MMAS | 18    | 0:49:55 | 14,42 | 4:10    |
| 27 | 436 | THYS LUDO              | GAV           | 62  | MMAS | 19    | 0:49:58 | 14,41 | 4:10    |
| 28 | 443 | DE WACHTER PIETER      | PEGASUS       | 57  | MMAS | 20    | 0:50:13 | 14,34 | 4:11    |
| 29 | 414 | DE CUBBER FOS          | AWE           | 65  | MMAS | 21    | 0:50:16 | 14,32 | 4:11    |
| 30 | 408 | GILLIS-D-HAMERS PHILIP | OLYMPIA       | 74  | MSEN | 9     | 0:50:21 | 14,30 | 4:12    |
| 31 | 456 | BATENS WERNER          | AC HAMME      | 55  | MMAS | 22    | 0:50:32 | 14,25 | 4:13    |
| 32 | 472 | MONTULET YVES          |               | 72  | MMAS | 23    | 0:50:35 | 14,23 | 4:13    |
| 33 | 409 | BERGHMAN ERIC          | PEGASUS       | 70  | MMAS | 24    | 0:50:52 | 14,15 | 4:14    |
| 34 | 402 | VAN NECK FELIX         | OLYMPIA       | 52  | MMAS | 25    | 0:51:18 | 14,04 | 4:16    |
| 35 | 451 | VASTENAVONDT LUC       |               | 51  | MMAS | 26    | 0:51:23 | 14,01 | 4:17    |
| 36 | 411 | TORBEYNS JO            |               | 58  | MMAS | 27    | 0:51:31 | 13,98 | 4:18    |
| 37 | 483 | VERMAEREN LUCIEN       | SPIRIDON      | 52  | MMAS | 28    | 0:51:51 | 13,89 | 4:19    |
| 38 | 470 | DE BONDT JAN           | PEGASUS       | 65  | MMAS | 29    | 0:52:01 | 13,84 | 4:20    |
| 39 | 495 | SCHUTZ GRIET           | VAC           | 63  | VMA  | 1     | 0:52:24 | 13,74 | 4:22    |
| 40 | 496 | SPELEERS PETER         | VS            | 30  | MMAS | 30    | 0:52:45 | 13,65 | 4:24    |
| 41 | 454 | PATERNOSTER CHRISTIAN  |               | 65  | MMAS | 31    | 0:52:51 | 13,62 | 4:24    |
| 42 | 406 | KINDERMANS HANS        | OLYMPIA       | 67  | MMAS | 32    | 0:52:52 | 13,62 | 4:24    |
| 43 | 432 | KARAHOTKA IRMA         |               | 60  | VMA  | 2     | 0:52:54 | 13,61 | 4:25    |
| 44 | 482 | DE LEEUW DIRK          | SPIRIDON      | 67  | MMAS | 33    | 0:52:57 | 13,60 | 4:25    |
| 45 | 404 | SPINNOY DANIEL         | OLYMPIA       | 58  | MMAS | 34    | 0:52:59 | 13,59 | 4:25    |
| 46 | 422 | DE DONDER KOEN         | OLYMPIA       | 76  | MSEN | 10    | 0:53:01 | 13,58 | 4:25    |
| 47 | 493 | RAYMAEKERS LUC         |               | 70  | MMAS | 35    | 0:53:04 | 13,57 | 4:25    |
| 48 | 425 | DE DECKER THERESE      | OLYMPIA       | 56  | VMA  | 3     | 0:53:21 | 13,50 | 4:27    |
| 49 | 452 | DE WAELE CHRISTOPHE    | SAD REBEL     | 75  | MSEN | 11    | 0:54:24 | 13,24 | 4:32    |
| 50 | 453 | PATERNOSTER MAXIM      |               | 92  | MSEN | 12    | 0:54:53 | 13,12 | 4:34    |
| 51 | 410 | TORBEYNS TINE          | DAC           | 91  | VSEN | 1     | 0:55:06 | 13,07 | 4:36    |
| 52 | 401 | ADRIAENSSENS ERIK      | OLYMPIA       | 66  | MMAS | 36    | 0:55:24 | 13,00 | 4:37    |
| 53 | 481 | VAN DER VEKEN LUC      | AVKA          | 64  | MMAS | 37    | 0:55:27 | 12,98 | 4:37    |
| 54 | 416 | MEERT CHRIS            | PEGASUS       | 65  | MMAS | 38    | 0:55:46 | 12,91 | 4:39    |
| 55 | 487 | PERSOONS HERMAN        | SPIRIDON      | 48  | MMAS | 39    | 0:55:53 | 12,88 | 4:39    |
| 56 | 407 | DE SMEDT PIERRE        | OLYMPIA       | 45  | MMAS | 40    | 0:55:57 | 12,87 | 4:40    |
| 57 | 485 | DE COCK MARIE-JOSE     | AC GRIMBERGEN | 56  | VMA  | 4     | 0:56:37 | 12,72 | 4:43    |

| PL | NR  | Naam                   | Club          | GBJ | CAT  | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|-----|------------------------|---------------|-----|------|-------|---------|-------|---------|
| 58 | 497 | LE MOINE MARIE         |               | 91  | VSEN | 2     | 0:56:54 | 12,65 | 4:45    |
| 59 | 438 | BRIJS PATRICK          | SPARTA BORNEM | 66  | MMAS | 41    | 0:56:56 | 12,65 | 4:45    |
| 60 | 447 | BILLIET LUC            |               | 50  | MMAS | 42    | 0:57:23 | 12,55 | 4:47    |
| 61 | 498 | VAN SEGHBROEK KEN      |               | 84  | MSEN | 13    | 0:57:40 | 12,49 | 4:48    |
| 62 | 405 | GOSSELE EDDY           | SPBO          | 47  | MMAS | 43    | 0:57:43 | 12,47 | 4:49    |
| 63 | 486 | MEERT CHARLOTTE        |               | 75  | VSEN | 3     | 0:58:00 | 12,41 | 4:50    |
| 64 | 424 | BOGAERTS ABDON         | AC GEEL       | 63  | MMAS | 44    | 0:58:16 | 12,36 | 4:51    |
| 65 | 479 | VERHAEGEN LEO          | AC OPWIJK     | 58  | MMAS | 45    | 0:58:21 | 12,34 | 4:52    |
| 66 | 473 | MORIS ROGER            | ATLETICA 84   | 51  | MMAS | 46    | 0:58:27 | 12,32 | 4:52    |
| 67 | 459 | VAN DOORSELAER GRETA   | AC DENDERLAND | 54  | VMAS | 5     | 0:58:45 | 12,26 | 4:54    |
| 68 | 445 | ROGIERS LUC            |               | 52  | MMAS | 47    | 0:58:47 | 12,25 | 4:54    |
| 69 | 441 | HOFMAN BEA             | AC HAMME      | 61  | VMAS | 6     | 0:59:08 | 12,18 | 4:56    |
| 70 | 488 | EEMAN DIRK             | VITA          | 54  | MMAS | 48    | 0:59:29 | 12,10 | 4:57    |
| 71 | 415 | VANDENBROUCKE GLENN    | ZAPPA         | 72  | MMAS | 49    | 0:59:56 | 12,01 | 5:00    |
| 72 | 434 | LAUREYS GUY            | SPBO          | 65  | MMAS | 50    | 1:00:18 | 11,94 | 5:02    |
| 73 | 465 | LALEMANT DIRK          | MEISE         | 65  | MMAS | 51    | 1:01:22 | 11,73 | 5:07    |
| 74 | 492 | CALLEBAUT LUC          | MEISE         | 66  | MMAS | 52    | 1:01:24 | 11,73 | 5:07    |
| 75 | 460 | COPPENS LINDA          | SPIRIDON      | 60  | VMAS | 7     | 1:02:58 | 11,43 | 5:15    |
| 76 | 420 | DE PELSEMAEKER GUIDO   |               | 67  | MMAS | 53    | 1:03:10 | 11,40 | 5:16    |
| 77 | 469 | DE VOGELAER EDDY       | VITA          | 59  | MMAS | 54    | 1:03:31 | 11,34 | 5:18    |
| 78 | 426 | DE WACHTER GALY        | PEGASUS       | 67  | VMAS | 8     | 1:03:51 | 11,28 | 5:19    |
| 79 | 403 | MAES PATRICK           | OLYMPIA       | 69  | MMAS | 55    | 1:03:59 | 11,25 | 5:20    |
| 80 | 463 | DE NEVE RUDI           | AC DENDERLAND | 59  | MMAS | 56    | 1:04:44 | 11,12 | 5:24    |
| 81 | 489 | TAVERNIER STEPHAN      | AC OPWIJK     | 67  | MMAS | 57    | 1:05:07 | 11,06 | 5:26    |
| 82 | 435 | VAEREWYCK VEERLE       | SPBO          | 61  | VMAS | 9     | 1:05:16 | 11,03 | 5:26    |
| 83 | 471 | VANCRAENENDONCK HERMAN | MEISE         | 53  | MMAS | 58    | 1:07:07 | 10,73 | 5:36    |
| 84 | 502 | VAN HOUTTE GABRIEL     | BIN           | 46  | MMAS | 59    | 1:07:19 | 10,70 | 5:37    |
| 85 | 464 | CLAES PETER            | MEISE         | 66  | MMAS | 60    | 1:07:42 | 10,64 | 5:39    |
| 86 | 477 | GEYSELS DANY           | MEISE         | 60  | MMAS | 61    | 1:08:04 | 10,58 | 5:40    |
| 87 | 421 | LETTANS DAVID          |               | 74  | MSEN | 14    | 1:08:51 | 10,46 | 5:44    |
| 88 | 418 | VANDEPUTTE ANNEMIE     |               | 62  | VMAS | 10    | 1:09:03 | 10,43 | 5:45    |
| 89 | 476 | MYRA VANDEPUTTE        |               | 55  | VMAS | 11    | 1:10:29 | 10,22 | 5:52    |
| 90 | 449 | RAEDEMAEKER GINO       | BOSKLAPPERS   | 64  | MMAS | 62    | 1:10:49 | 10,17 | 5:54    |
| 91 | 457 | VALGAEREN EMIEL        |               | 38  | MMAS | 63    | 1:10:53 | 10,16 | 5:54    |
| 92 | 480 | VERDOODT BART          | AC OPWIJK     | 68  | MMAS | 64    | 1:10:58 | 10,15 | 5:55    |
| 93 | 500 | VERVENNE DAVE          |               | 71  | MMAS | 65    | 1:11:21 | 10,09 | 5:57    |
| 94 | 437 | LOHR SYLVIA            | KAPE          | 60  | VMAS | 12    | 1:14:15 | 9,70  | 6:11    |
| 95 | 484 | WIJNS STEVEN           |               | 81  | MSEN | 15    | 1:14:20 | 9,69  | 6:12    |
| 96 | 501 | VERSCHRAEGEN COLETTE   |               | 59  | VMAS | 13    | 1:23:38 | 8,61  | 6:58    |
| 97 | 491 | VAN CAMPENHOUT NADINE  | MEISE         | 69  | VMAS | 14    | 1:23:54 | 8,58  | 6:59    |
| 98 | 490 | WINCKELMANS ELS        | MEISE         | 63  | VMAS | 15    | 1:23:57 | 8,58  | 7:00    |