

## RESULTS :

## VREDE - PAIX

## 4 km

## SAB

11/11/2023

rank	bib	gender	name [ catg / year ]			time	time / km	km/h
1	269	M 1	Tajouart Hamza [ Sen ] 1995		Atlemo	13:45	03:26	17.50
2	268	M 2	Bah Moussa [ Sen ] 1992		Atlemo	13:46	03:26	17.40
3	273	M 3	Afonso Cruz Garcia Andre [ Sen ] 1995	Kortenberg	Rcb/jogging	14:15	03:33	16.80
4	243	M 4	Jazaeri Amir [ Sen ] 1999		Rrcb	14:24	03:36	16.70
5	247	M 5	Rochette Bertrand [ Sen ] 1992		Stephane R	14:34	03:38	16.50
6	286	M 6	Ouard Adam [ Nvt ] 2008		Atlemo	14:40	03:40	16.40
7	278	M 7	Wieme Jonathan [ M35+ ] 1984	Anderlecht	----	14:53	03:43	16.10
8	295	M 8	Bongrain Johan [ Sen ] 1991		3mac	15:02	03:45	16.00
9	314	M 9	Vanderroost Davy [ M40+ ] 1983	Ninove	Vita Ninove	15:10	03:47	15.80
10	297	M 10	Sleewaegen Jacques [ M45+ ] 1977	Ganshoren	Joggans	15:31	03:52	15.50
11	252	M 11	Delneufcourt Noah [ Nvt ] 2009		Resc	15:42	03:55	15.30
12	623	M 12	De Freyne Niel [ Sen ] 2002	Dilbeek	Brasserrunn	16:00	04:00	15.00
13	250	M 13	Delneufcourt Hugo [ Nvt ] 2009		Resc	16:31	04:07	14.50
14	299	M 14	Pauwels Christophe [ M35+ ] 1986		----	16:35	04:08	14.50
15	309	M 15	Bouche Emile [ ] 2009		----	16:41	04:10	14.40
16	258	M 16	De Gratie Yannick [ Sen ] 1996	Waterloo	----	17:48	04:27	13.50
17	308	M 17	Bouche Gauthier [ M45+ ] 1978	Jette	----	17:57	04:29	13.40
18	294	F 1	Croiset Sophie [ M35+ ] 1985	Wemmel	----	18:00	04:30	13.30
19	313	M 18	Van Caelenberg Bruno [ M50+ ] 1972		Team 369	18:04	04:31	13.30
20	265	M 19	Arys Luca [ ] 2010		R E S C	18:16	04:34	13.10
21	325	M 20	Sevrin Etienne [ M50+ ] 1972		----	18:32	04:38	12.90
22	244	M 21	Denjonghe Alain [ M55+ ] 1968		----	18:52	04:43	12.70
23	262	M 22	Mussa Osman [ M35+ ] 1986		Les Gazelles	19:07	04:46	12.60
24	227	F 2	Cornelis Sophie [ M35+ ] 1985	Grimbergen	Joggans	19:11	04:47	12.50
25	231	M 23	Berard Alexandre [ Sen ] 1992		Run Océros	19:51	04:57	12.10
26	280	F 3	Overtus Marie [ M35+ ] 1985		Rib	20:08	05:02	11.90
27	259	M 24	Albuquerque Antonio [ Sen ] 1989	Brussel	----	20:09	05:02	11.90
28	248	M 25	François Marc [ M65+ ] 1954		Rib Training	20:14	05:03	11.90
29	288	M 26	Sykovaris Stamatios [ ]		----	20:20	05:05	11.80
30	305	M 27	Codutti Marco [ M50+ ] 1968		Joggans	20:37	05:09	11.60
31	306	M 28	Codutti Axel [ Jun ] 2003		Joggans	20:39	05:09	11.60
32	298	M 29	Pauwels Didier [ M60+ ] 1960		Rib	20:51	05:12	11.50
33	310	M 30	Lefever Matheo [ Nvt ] 2007		----	21:00	05:15	11.40
34	284	M 31	Bissot Nathan [ Nvt ] 2006		----	21:04	05:16	11.40
35	205	M 32	Jonet Simon [ ]		----	21:32	05:23	11.10
36	261	M 33	Abutoua Ahmed [ Sen ] 1999		Les Gazelles	21:33	05:23	11.10
37	333	F 4	Vanheule Maïté [ M35+ ] 1987	Namur	Team Mahia	21:36	05:24	11.10
38	311	M 34	Lefever		White Star	21:49	05:27	11.00
39	312	M 35	Lefever Benoit [ M40+ ] 1980		----	21:54	05:28	11.00

40	263	M 36	Pecheur Sebastien [ M40+ ] 1978		----	21:58	05:29	10.90
41	253	F 5	Turine Candice [ M40+ ] 1982	Kraainem	Resc	22:00	05:30	10.90
42	266	M 37	Arys Arnaud [ M40+ ] 1981	Jette	R E S C	22:03	05:30	10.90
43	315	M 38	Verriez Ludovic [ Nvt ] 2006		Joggans	22:19	05:34	10.80
44	211	M 39	Wauthier Thibault [ ]		----	22:21	05:35	10.70
45	209	M 40	Rodriguez César [ ]		----	22:27	05:36	10.70
46	290	M 41	Lambremont Adrien [ Jun ] 2005		Joggans	22:34	05:38	10.60
47	291	M 42	Lambremont Antoine [ ]		Joggans	22:42	05:40	10.60
48	274	F 6	Devos Emy [ ] 2012		----	22:43	05:40	10.60
49	275	M 43	Devos Serge [ M50+ ] 1971		----	22:44	05:41	10.60
50	285	M 44	Verdoodt Jean [ M50+ ] 1972	Hoeilaart	Za Team	23:02	05:45	10.40
51	202	M 45	Dekeyzer Martin [ ]		----	23:05	05:46	10.40
52	217	M 46	Luyten Samuel [ ] 2015	Wemmel	R E S C	23:09	05:47	10.40
53	219	M 47	De Boeck Romain [ ] 2015		R E S C	23:11	05:47	10.40
54	229	M 48	Schonkeren Valentin [ Sen ] 1995	Wavre	Run Océros	23:17	05:49	10.30
55	230	F 7	Pizziga Juliette [ Sen ] 1998	Wavre	Run Océros	23:20	05:50	10.30
56	287	M 49	Misko Patrick [ M65+ ] 1954		W P R C	23:21	05:50	10.30
57	216	F 8	Delfosse Cécile [ M40+ ] 1982		----	23:23	05:50	10.30
58	329	F 9	Hallems Florence [ Sen ] 1994	Jette	----	23:42	05:55	10.10
59	210	F 10	Spataru Maria [ ]		----	23:44	05:56	10.10
60	232	F 11	Dermiens Mathilde [ Sen ] 1997		Run Océros	23:49	05:57	10.10
61	270	M 50	Naam Roelandts Nick [ Sen ] 1994		----	23:55	05:58	10.00
62	271	M 51	Laenens Francis [ M70+ ] 1951		----	23:58	05:59	10.00
63	214	M 52	Pomponi Cédric [ ]		Joggans	24:26	06:06	9.80
64	233	F 12	Van Melkebeke Léonore [ Sen ] 1997		Run Océros	24:48	06:12	9.70
65	254	F 13	Willems Marie-france [ M55+ ] 1967		Joggans	25:13	06:18	9.50
66	206	F 14	Lauf Clémence [ ]		----	25:15	06:18	9.50
67	330	M 53	Hallems Pascal [ M55+ ] 1965		----	25:22	06:20	9.50
68	567	M 54	Lachkar Ahmed [ ]		----	25:24	06:21	9.40
69	226	M 55	Baldé Hamidou [ ] 2011	Anderlecht	----	25:33	06:23	9.40
70	318	F 15	Vanuffelen Muriel [ M50+ ] 1972		Joggans	25:51	06:27	9.30
71	316	F 16	Secades Beatrice [ M45+ ] 1976		Joggans	25:54	06:28	9.30
72	317	M 56	Verriez Stephane [ M50+ ] 1970		----	25:55	06:28	9.30
73	213	F 17	Verly Celine [ M35+ ] 1985		----	25:59	06:29	9.20
74	776	F 18	Novao Troya Elvia Marcela [ Sen ] 1990	Anderlecht	----	26:01	06:30	9.20
75	332	M 57	Tamir Fabian [ Sen ] 2000	Ternat	Joggans	26:11	06:32	9.20
76	737	F 19	Lejeune Pascale [ M55+ ] 1965		Joggans	26:13	06:33	9.20
77	307	F 20	Catry Carole [ M45+ ] 1978	Jette	----	26:15	06:33	9.10
78	279	M 58	Sautois Gaetan [ M45+ ] 1978		Joggans	26:16	06:34	9.10
79	235	F 21	Djouoka Nkamla Laure [ M40+ ] 1980	Wavre	Resc	26:24	06:36	9.10
80	264	M 59	Mourabit Ibrahim [ M35+ ] 1988		Joggans	26:30	06:37	9.10
81	239	M 60	Toussaint François [ M35+ ] 1987		Joggans	26:33	06:38	9.00
82	277	F 22	Bourdon Elodie [ Sen ] 1993	Wemmel	Joggans	26:57	06:44	8.90

83	328	F 23	Hainaut Marie [ Sen ] 1994		----	27:12	06:48	8.80
84	257	F 24	De Grootd-rossignol Viviane [ M50+ ] 1971		Joggans	27:38	06:54	8.70
85	234	F 25	Cardoso Da Rocha Maria Joao [ M55+ ] 1964	Grimbergen	Resc	27:48	06:57	8.60
86	255	F 26	Stroobants	Rebecq	Joggans	27:50	06:57	8.60
87	577	M 61	Pieters David [ ]		----	27:54	06:58	8.60
88	212	F 27	Teugels Françoise [ M55+ ] 1968		Joggans	27:55	06:58	8.60
89	327	F 28	Tihon Claire [ M40+ ] 1982	Beersel	----	27:59	06:59	8.60
90	293	M 62	Lambremont Nils [ M45+ ] 1977		Joggans	28:01	07:00	8.60
91	272	M 63	Vanderveken Laszlo [ ] 2012	Koekelberg	Resc	28:02	07:00	8.60
92	204	M 64	Jonet Christophe [ ]		----	28:11	07:02	8.50
93	319	F 29	Dock Sylvie [ M50+ ] 1972		Joggans	28:20	07:05	8.50
94	622	F 30	Gross Dorit [ M45+ ] 1977		----	28:33	07:08	8.40
95	292	F 31	Mullier Anne Sophie [ M45+ ] 1978		Joggans	28:35	07:08	8.40
96	238	M 65	Van Wynendaele Quentin [ M35+ ] 1988	Wemmel	Joggans	28:53	07:13	8.30
97	256	F 32	Clamot Catherine [ M50+ ] 1970		Joggans	29:04	07:16	8.30
98	334	F 33	Beyonce Bellanza [ M40+ ] 1980		Joggans	29:05	07:16	8.30
99	323	F 34	Razgui Soheila [ ] 2011		----	29:06	07:16	8.20
100	221	F 35	Luyten Emeline [ ] 2012	Wemmel	----	29:29	07:22	8.10
101	203	M 66	Henry Jean-francois [ ]		----	29:33	07:23	8.10
102	282	F 36	Becquevort Joelle [ M55+ ] 1968		Joggans	29:36	07:24	8.10
103	207	F 37	Moysen Sylviane [ ]		----	29:39	07:24	8.10
104	245	F 38	Jacquemin Dominique [ M50+ ] 1973	Wemmel	Joggans	30:02	07:30	8.00
105	249	F 39	Segers Anne [ M60+ ] 1959	Ganshoren	Joggans	30:03	07:30	8.00
106	613	F 40	Bernard Nathalie [ M50+ ] 1969		Joggans	30:27	07:36	7.90
107	223	F 41	Binnenkamp Christina [ M50+ ] 1973		----	30:30	07:37	7.90
108	326	F 42	Warichet Catherine [ M50+ ] 1973		----	30:39	07:39	7.80
109	283	F 43	Scailquin Camille [ Jun ] 2004		----	31:22	07:50	7.70
110	573	M 67	M Rabti Ihssan [ ]		----	31:48	07:57	7.50
111	576	F 44	Ozdemir Emine [ ]		----	31:49	07:57	7.50
112	242	F 45	De Buyst Nadia [ M50+ ] 1973		Resc	31:51	07:57	7.50
113	281	F 46	Vanbellinghen Nicole [ M55+ ] 1966	Ganshoren	Joggans	33:18	08:19	7.20
114	246	M 68	Finet José [ M75+ ] 1945	Wemmel	Joggans	33:19	08:19	7.20
115	331	M 69	Courtequisse Yves [ M60+ ] 1961		Joggans	33:23	08:20	7.20
116	208	F 47	Pezzotta Sandra [ ]		----	33:30	08:22	7.20
117	220	F 48	De Boeck Marion [ ] 2012		----	33:56	08:29	7.10
118	218	F 49	Conem Astrid [ ] 2018	Wemmel	----	33:59	08:29	7.10
119	200	M 70	Calvaer Philippe [ ]		----	34:07	08:31	7.00
120	224	F 50	Brisack Marine [ Jun ] 2004	Antwerpen	Excelsior	34:10	08:32	7.00
121	241	M 71	Naissi Yanis [ ] 2014		----	35:01	08:45	6.90
122	240	F 51	Rabtach Sarah [ M35+ ] 1988		----	35:10	08:47	6.80
123	236	F 52	Kitzen Laurence [ M60+ ] 1961	Ganshoren	Joggans	36:21	09:05	6.60
124	251	F 53	Destin Cathy [ M60+ ] 1961		Joggans	36:22	09:05	6.60
125	267	M 72	Deschuytter Willem [ M55+ ] 1965	Jette	Joggans	36:23	09:05	6.60

126	596	M 73	Cramar Martin [ Sen ] 1994		Run Océros	38:28	09:37	6.20
127	276	F 54	Jauquet Zoe [ ] 2013	Asse	Joggans	45:13	11:18	5.30