

# Appelgaard loop Terneuzen

**18 oktober 2008**

**uitslag 5km**

| Plaats | StNr | Naam                        | Woonplaats        | Cat  | Plaats in<br>Cat | Tijd    | km/hr | min/km |
|--------|------|-----------------------------|-------------------|------|------------------|---------|-------|--------|
| 1      | 506  | Rafaël Hoogenberg           | Axel              | Hsen |                  | 0:18:31 | 16,2  | 03:42  |
| 2      | 498  | Dimitri Sijnesael           | Terneuzen         | Hsen |                  | 0:18:45 | 16,0  | 03:45  |
| 3      | 473  | Marc de Wulf                | Maldegem          | H40+ |                  | 0:18:59 | 15,8  | 03:48  |
| 4      | 481  | Rudi de Caluwe              | sas van gent      | H45+ |                  | 0:19:45 | 15,2  | 03:57  |
| 5      | 497  | Yannick Synesael            | Lent              | Hsen |                  | 0:19:52 | 15,1  | 03:58  |
| 6      | 494  | Jaap van der Veen           | Terneuzen         | H40+ |                  | 0:20:09 | 14,9  | 04:02  |
| 7      | 489  | Zayla Aydemiz               | gentbrugge        | Dsen |                  | 0:20:56 | 14,3  | 04:11  |
| 8      | 483  | Jan van de Linde            | Oostburg          | H55+ |                  | 0:21:00 |       |        |
| 9      | 490  | Jana van Ballenberghe       | Drongen           | Dsen |                  | 0:21:01 |       |        |
| 10     | 499  | Okke van der Sluis          | Born              | Hsen |                  | 0:21:03 |       |        |
| 11     | 501  | Ron van der Sluis           | Born              | H45+ |                  | 0:21:06 | 14,2  | 04:13  |
| 12     | 477  | Brenda Ottjes               | Ossensisse        | Dsen |                  | 0:22:08 | 13,5  | 04:26  |
| 13     | 466  | Irenee Goethals             | Oostakker         | H60+ |                  | 0:22:23 | 13,4  | 04:29  |
| 14     | 461  | William Verminck            | Eeklo             | H45+ |                  | 0:22:35 | 13,3  | 04:31  |
| 15     | 468  | Noel Verbrugge              | Axel              | H55+ |                  | 0:22:38 | 13,3  | 04:32  |
| 16     | 470  | Stefan van Damme            | Terneuzen         | Hsen |                  | 0:23:45 | 12,6  | 04:45  |
| 17     | 485  | Carla Zegers                | Koewacht          | D40+ |                  | 0:24:06 | 12,4  | 04:49  |
| 18     | 454  | Lieve Geldof                | Gistel            | H60+ |                  | 0:24:18 | 12,3  | 04:52  |
| 19     | 488  | Stefanie de Graene          | Assenede          | Dsen |                  | 0:24:19 | 12,3  | 04:52  |
| 20     | 484  | Rebecca Boerenbach          | Hoek              | Dsen |                  | 0:24:46 | 12,1  | 04:57  |
| 21     | 469  | Sven Ivens                  | Sluiskil          | Hsen |                  | 0:24:48 | 12,1  | 04:58  |
| 22     | 478  | Elke de Ridder              | Arnhemuiden       | Dsen |                  | 0:25:26 | 11,8  | 05:05  |
| 23     | 453  | Andre van Goethem           | St Gillis Waas    | H65+ |                  | 0:25:50 | 11,6  | 05:10  |
| 24     | 508  | Peter ten Hoon              | Terneuzen         | Hsen |                  | 0:26:37 | 11,3  | 05:19  |
| 25     | 491  | Walter van Ballenberghe     | Drongen           | H50+ |                  | 0:26:57 | 11,1  | 05:23  |
| 26     | 493  | Sabine de Muynck            | Drongen           | D40+ |                  | 0:26:59 | 11,1  | 05:24  |
| 27     | 471  | Wies de Waal                | Terneuzen         | H65+ |                  | 0:27:16 | 11,0  | 05:27  |
| 28     | 459  | Nella Kardol                | Eeklo             | D45+ |                  | 0:27:33 | 10,9  | 05:31  |
| 29     | 482  | Frank Dogge                 | Sint Jansteen     | H60+ |                  | 0:28:50 | 10,4  | 05:46  |
| 30     | 495  | Vincent Sleuyter            | Terneuzen         | Hsen |                  | 0:30:09 | 9,9   | 06:02  |
| 31     | 452  | Daniel de Geest             | Aartselaar        | H60+ |                  | 0:30:12 | 9,9   | 06:02  |
| 32     | 486  | Kimberly van Waesberghe     | Sint- Pauwels     | Dsen |                  | 0:30:57 | 9,7   | 06:11  |
| 33     | 507  | Dominique Pijpelink         | Terneuzen         | Hsen |                  | 0:31:28 | 9,5   | 06:18  |
| 34     | 464  | Thomas Verminck             | Eeklo             | Hsen |                  | 0:32:33 | 9,2   | 06:31  |
| 35     | 496  | Jorim Kerskes               | Terneuzen         | Hsen |                  | 0:32:35 | 9,2   | 06:31  |
| 36     | 458  | Emile Fabry                 | Terneuzen         | H40+ |                  | 0:32:55 | 9,1   | 06:35  |
| 37     | 487  | Manon Engels                | Gent              | Dsen |                  | 0:33:55 | 8,8   | 06:47  |
| 38     | 451  | Adrien de Groote (wandelen) | St. Martens-Latem | H60+ |                  | -       | -     | -      |
| 39     | 500  | Francine de Fre             | Lochristi (w)     | D50+ |                  | -       | -     | -      |
| 40     | 502  | Urbain Lippens              | Lochristi (w)     | H65+ |                  | -       | -     | -      |
| 41     | 505  | Marc Lippens                | Lochristi (w)     | H50+ |                  | -       | -     | -      |