

RESULTS :

7500 m

TUSSEN TWEE FEESTENLOOP

KNOKKE

27/12/2025

rank	bib	gender	name [catg / year]			time	time / km	km/h
	250	M	Acket Robbe [-] 1998	Sint-andries	-----	42:18	05:38	10.60
	248	F	Adams Eloise [-] 2011	Duisburg	-----	37:38	05:01	12.00
	247	M	Adams Tom Willy J [50 +] 1973		-----	43:04	05:44	10.40
	917	M	Akar Milan [-] 2010	Assebroek	-----	48:56	06:31	9.20
	785	F	Anseeuw Joye [-] 1990	Blankenberge	Acb	50:39	06:45	8.90
	644	F	Axters Mieke [-] 1986	Adegem	-----	40:54	05:27	11.00
	182	M	Baekelandt Gilles [-] 1999		-----	30:05	04:00	15.00
	992	F	Ballegeer Amber [-] 1998	Assebroek	-----	41:23	05:31	10.90
	912	F	Basselier Karla [40 +] 1981	Bottelare	-----	45:18	06:02	9.90
	516	F	Beernaert Eline [-] 2003	Knokke	Running	50:36	06:44	8.90
	517	F	Beernaert Julie [-] 2000	Knokke	Running	50:34	06:44	8.90
	586	M	Berckmans Thibauld [-] 1992	Heist-aan-zee	-----	50:07	06:40	9.00
	532	F	Berens Yara [-] 2003	Heist-aan-zee	-----	54:02	07:12	8.30
	1045	M	Berlofa Enzo [-] 2009	Bavegem	Ksk Vlierzele	36:44	04:53	12.30
	1040	M	Besems Ivo [-] 1991		-----	36:40	04:53	12.30
	515	M	Bijnens Olivier [-] 2002	Knokke	-----	27:58	03:43	16.10
	900	F	Blomme Kitty [-] 1989	Knokke	-----	41:15	05:30	10.90
	987	M	Blomme Ward [60 +] 1946		-----	35:37	04:44	12.60
	242	F	Boelens Fiona [-] 2003	Berlaar	-----	57:01	07:36	7.90
	235	M	Bogaert Arne [-] 2003	Brugge	-----	43:39	05:49	10.30
	233	F	Bogaert Lore [-] 2000	Brugge	-----	43:43	05:49	10.30
	1005	F	Bogaerts Jorun [-] 2008	Duffel	/	48:58	06:31	9.20
	567	M	Bommel� Sieben [-] 1999	Ertvelde	-----	33:43	04:29	13.30
	254	F	Boncquet Joke [-] 1986	Sint-agatha-	-----	45:09	06:01	10.00
	881	M	Bonte Jef [-] 2015	Brugge	Dosko	40:50	05:26	11.00
	882	M	Bonte Michiel [40 +] 1982	Brugge	Los	40:49	05:26	11.00
	747	F	Bouchier Gwen [40 +] 1981	Vinderhoute	-----	49:23	06:35	9.10
	189	F	Boudry Isabelle [-] 1988		-----	48:49	06:30	9.20
	1200	M	Bouillon Luca [-] 2013	Knokke	-----	38:16	05:06	11.80
	771	M	Boussemaere Roland [60 +] 1946	Heist-aan-zee	Deva	42:38	05:41	10.60
	185	M	Bouwens Guy [60 +] 1963		-----	41:58	05:35	10.70
	811	M	Boyer De La Giroday Fr�d�ric [40 +] 1983	Sint-pieters-	-----	38:07	05:04	11.80
	861	F	Broekaert Elise [-] 1997	Heist-aan-zee	-----	52:06	06:56	8.60
	538	M	Brokx Stijn [-] 1998		Ironmanager	29:32	03:56	15.20
	1060	M	Brusselle Claus [40 +] 1985		-----	35:51	04:46	12.60
	625	F	Burggraeve Joke [-] 1991	Heist-aan-zee	-----	56:58	07:35	7.90
	581	M	Busschaert Louis [-] 1997	Gullegem	-----	56:25	07:31	8.00
	583	F	Busschaert Emma [-] 1999	Gullegem	-----	38:28	05:07	11.70
	839	M	Buyl Leopold [60 +] 1962	Edingen	-----	47:06	06:16	9.60

1194	M	Callant Zias [-] 2002	Knokke	----	56:54	07:35	7.90
582	F	Carbonez Julie [-] 1996	De Haan	----	56:25	07:31	8.00
190	F	Carpentier Laurine [-] 2013		----	48:50	06:30	9.20
214	M	Castelein Joren [-] 2008	Knokke	3tk	28:43	03:49	15.70
514	M	Casteleyn Giliano [-] 1998	Beveren-waas	----	34:01	04:32	13.20
612	F	Cattoor Loes [-] 1999	Heist-aan-zee	3tk	42:34	05:40	10.60
728	M	Cattoor Gert [50 +] 1968	Maldegem	Gren Leaves	48:15	06:26	9.30
184	F	Cattoor Kelly [40 +] 1977		----	48:44	06:29	9.20
845	F	Ceulemans Sandra [50 +] 1970	Brasschaat	----	58:30	07:48	7.70
527	M	Claerhoudt Bram [-] 1995	Maldegem	----	56:30	07:32	8.00
791	M	Claeys Laurean [-] 2007	Damme	Kasteel Van	45:38	06:05	9.90
792	M	Claeys Kurt [-] 2009	Damme	Kasteel Van	45:40	06:05	9.90
793	F	Claeys Marie-lise [-] 2009	Damme	Kasteel Van	48:43	06:29	9.20
825	F	Claeys Delphine [-] 1986	Dudzele	----	47:18	06:18	9.50
1170	M	Claeys Nicolas [40 +] 1982		----	41:06	05:28	10.90
1174	M	Claeys Cil [-] 2000	Damme	Fc Cil	54:37	07:16	8.20
605	F	Coen Sara [-] 2002	Brugge	----	42:48	05:42	10.50
606	F	Coen Peter [-] 2002	Brugge	----	37:52	05:02	11.90
863	F	Coene Hannah [-] 2011	Heist-aan-zee	----	38:33	05:08	11.70
1057	M	Coene Ruth [-] 2001	Heist-aan-zee	----	38:32	05:08	11.70
1223	F	Coessens Alexia [-] 2009	Overijse	----	44:48	05:58	10.00
562	F	Compernelle Peggy [40 +] 1976	Damme	----	41:21	05:30	10.90
613	M	Constant Peter [60 +] 1964	Hertsberge	----	42:20	05:38	10.60
821	M	Coosemans Stephan [40 +] 1980	Knokke	3tk Knokke-	32:19	04:18	13.90
1032	F	Coppin Ann-sophie [-] 1988	Knokke	Team	44:38	05:57	10.10
997	M	Corion Christophe [40 +] 1979	Knokke	----	31:53	04:15	14.10
998	M	Corion Arno [-] 2010	Heist-aan-zee	----	34:33	04:36	13.00
999	M	Corion Matisse [-] 2014	Heist-aan-zee	----	39:50	05:18	11.30
1210	F	Corion Eveline [40 +] 1977	Assebroek	----	47:23	06:19	9.50
1547	F	Cornelis Annelies [40 +] 1980	Aalter	----	57:06	07:36	7.90
686	M	Cosaert Kristof [-] 1993	Ettelgem	----	53:58	07:11	8.30
1015	M	Cosaert Bart [40 +] 1977	Knokke	----	41:08	05:29	10.90
531	F	Cosyn Indra [-] 2003	Heist-aan-zee	----	54:48	07:18	8.20
224	M	Courier Gilles [50 +] 1970	Esquelmes	----	46:42	06:13	9.60
571	M	Courtois Eric [50 +] 1974	Knokke	----	42:21	05:38	10.60
573	M	Courtois Edward [-] 2010	Knokke	----	31:22	04:10	14.30
752	F	Cousaert Eline [40 +] 1982	Wingene	----	40:06	05:20	11.20
596	M	Couttenier Axel [50 +] 1966	Knokke	----	43:24	05:47	10.40
995	F	Cox Catherine [-] 1986		----	50:26	06:43	8.90
656	F	Cremers Evelyn [40 +] 1979	Maldegem	Runnersdrea	42:56	05:43	10.50
165	M	D Haese Baptiste [-] 2005		----	43:48	05:50	10.30
867	F	D'hooghe Sandy [50 +] 1974	Tiegem	----	48:14	06:25	9.30
666	M	D'hoop Nils [40 +] 1985	Damme	----	54:24	07:15	8.30

555	M	Danneels Jacques [60 +] 1962	Knokke	Running	39:03	05:12	11.50
563	F	De Backer Julie [-] 1998	Blankenberge	----	41:12	05:29	10.90
1008	F	De Backer Sandrine [-] 1990	Itegem	----	48:30	06:28	9.30
657	F	De Baets Christophe [50 +] 1975	Maldegem	----	42:59	05:43	10.50
658	F	De Baets Siel [-] 2012	Maldegem	----	34:42	04:37	13.00
1133	M	De Block John [50 +] 1968	Knokke	Deva	39:59	05:19	11.30
173	M	De Bolster Frank [60 +] 1965		----	34:43	04:37	13.00
1186	M	De Bosschere Stefaan [50 +] 1970	Harelbeke	----	43:13	05:45	10.40
817	F	De Bruyckere Nathalie [50 +] 1966	Knokke	3tk Knokke-	52:26	06:59	8.60
711	M	De Bruyne Jan [-] 1986	Astene	----	36:32	04:52	12.30
748	M	De Busscher Daan [-] 2013	Vinderhoute	----	45:29	06:03	9.90
1192	M	De Canck Tom [50 +] 1972		----	45:59	06:07	9.80
1193	M	De Canck Vanden Borre Amaury [-] 2014	Knokke	----	45:58	06:07	9.80
1048	M	De Cnijf Eduard [-] 2000	Bierbeek	----	53:46	07:10	8.40
905	F	De Deyne Evelien [40 +] 1979	Brugge	----	52:01	06:56	8.70
236	M	De Dobbelaere Lucas [-] 1996	Knokke	----	38:39	05:09	11.60
626	F	De Geyter Jel [40 +] 1984	Knokke	----	56:57	07:35	7.90
679	M	De Graeve Arne [-] 1990	Heist-aan-zee	----	42:52	05:42	10.50
928	M	De Groote Jan [60 +] 1957	Knokke	Deva	43:42	05:49	10.30
933	F	De Groote Delphine [-] 1999	Heist-aan-zee	----	50:01	06:40	9.00
1510	M	De Jongh Kenny [-] 1989	Waterland-	----	53:10	07:05	8.50
1006	M	De Ketelaere Andy [40 +] 1979	Hansbeke	----	38:08	05:05	11.80
617	F	De Keyser Annick [60 +] 1964	Knokke	----	48:18	06:26	9.30
1180	F	De Kezel Els [50 +] 1974	Heist-aan-zee	----	46:23	06:11	9.70
740	M	De Lange Jan [40 +] 1979	Mariakerke	----	44:25	05:55	10.10
741	M	De Lange Job [-] 2014	Mariakerke	----	44:26	05:55	10.10
1175	F	De Latte Inge [50 +] 1972	Impe	----	46:53	06:15	9.60
681	M	De Letter Kristof [40 +] 1979	Eeklo	----	56:43	07:33	7.90
989	M	De Maeschalck Mauro [60 +] 1946		----	37:46	05:02	11.90
659	M	De Meulenaere Seppe [-] 2002	Blankenberge	----	44:33	05:56	10.10
669	F	De Meulenaere Ambretta [-] 2002	Blankenberge	----	55:02	07:20	8.20
744	M	De Moor Rune [-] 2013	Balegem	----	37:48	05:02	11.90
745	M	De Moor Koen [40 +] 1983	Balegem	----	37:17	04:58	12.10
916	M	De Mulder Jan [60 +] 1951	Knokke	Deva	41:02	05:28	11.00
1010	M	De Muynck Luc [50 +] 1967	Knokke	----	46:57	06:15	9.60
245	M	De Neve Louis [-] 2004	Duisburg	----	34:15	04:34	13.10
1039	M	De Noyette Stephan [50 +] 1968	Damme	----	48:28	06:27	9.30
768	F	De Pau Allyssia [-] 2006	Knokke	Na	49:56	06:39	9.00
192	M	De Plancke Louis [-] 2000	Knokke	2night Crew	48:36	06:28	9.30
770	M	De Roover Jordy [-] 1991	Daknam	Na	43:33	05:48	10.30
736	F	De Ruyver Camille [-] 2009	Liedekerke	----	47:34	06:20	9.50
570	M	De Schuyter Lio [-] 2013	Knokke	Voetbal	38:36	05:08	11.70
816	M	De Schuyter Ruben [-] 2004	Knokke	3tk Knokke-	40:02	05:20	11.20

1543	F	De Schuyter Annabel [-] 1998			----	48:20	06:26	9.30
803	F	De Smet Eline [-] 1998	Damme	Kasteel Van		48:04	06:24	9.40
181	F	De Veylder Annelore [-] 1999			----	33:40	04:29	13.40
240	F	De Vlieger Phebe [-] 2009	Ertvelde		----	51:51	06:54	8.70
239	M	De Vlieger Kristof [40 +] 1981	Ertvelde		----	29:02	03:52	15.50
193	M	De Vogelaere Nathan [-] 2000	Knokke	2night Crew		48:39	06:29	9.20
676	M	De Volder Nick [-] 1991	Heist-aan-zee		----	41:19	05:30	10.90
1511	F	De Voogt Elke [-] 1994	Heist-aan-zee		----	53:04	07:04	8.50
512	F	De Vos Ann [40 +] 1975	Eeklo		----	54:43	07:17	8.20
1544	M	De Vriese Michel [60 +] 1964			----	54:46	07:18	8.20
1275	M	De Waele Jerome [40 +] 1976	Knokke		----	43:17	05:46	10.40
1276	F	De Waele Juliette [-] 2011	Knokke		----	44:50	05:58	10.00
1025	F	De Wandel Bo [-] 2011	Heist-aan-zee		----	46:44	06:13	9.60
1027	F	De Wandel Nina [-] 2010	Heist-aan-zee		----	49:02	06:32	9.20
1009	M	De Weghe Tijn [-] 1990	Itegem		----	48:30	06:28	9.30
1064	M	De Wit Frederik [-] 2006	Sinaai-waas		----	53:14	07:05	8.50
1065	M	De Wit Kurt [50 +] 1969	Sinaai-waas		----	56:36	07:32	8.00
800	M	De Zutter Annelien [-] 2000	Damme	Kasteel Van		46:45	06:14	9.60
807	M	De Zwaef Frederik [-] 1986	Damme	Kasteel Van		40:17	05:22	11.20
651	M	Debaere Lucas [-] 2001	Meulebeke		----	34:31	04:36	13.00
856	M	Debbaut Felix [-] 1990	Knokke	Optramar		32:05	04:16	14.00
183	M	Debrabandere Tim [40 +] 1981			----	48:47	06:30	9.20
579	F	Debruyne Ellen [40 +] 1984	Knokke		----	49:41	06:37	9.10
729	M	Deburchgraeve Thimo [-] 1997	Knokke		----	49:20	06:34	9.10
541	F	Decerf Emilie [-] 2000	Heist-aan-zee	Running		50:31	06:44	8.90
623	M	Decerf Luca [-] 2003	Bierbeek		----	38:41	05:09	11.60
624	M	Decerf Kyan [-] 2005	Bierbeek		----	43:31	05:48	10.30
812	M	Decorte Warre [-] 2006	Heist-aan-zee	3tk Knokke-		25:58	03:27	17.30
819	M	Decorte Frank [60 +] 1964	Heist-aan-zee	3tk Knokke-		33:27	04:27	13.50
820	M	Decorte Kasper [-] 2002	Heist-aan-zee	3tk Knokke-		27:46	03:42	16.20
783	M	Decroo Tom [50 +] 1973	Mariakerke	Sk		44:32	05:56	10.10
784	M	Decroo Andreas [-] 2014	Mariakerke	Sk		44:23	05:55	10.10
976	F	Decuypere Nathalie [-] 1988	Heist-aan-zee		----	52:22	06:58	8.60
977	F	Decuypere Stephanie [40 +] 1983	Heist-aan-zee		----	52:19	06:58	8.60
696	M	Defoort Tom [-] 1993	Knokke		----	24:12	03:13	18.60
709	F	Dejaeghere Severine [40 +] 1985	Astene		----	40:31	05:24	11.10
191	M	Dejean Lloyd [-] 2004	Charleroi		----	30:56	04:07	14.50
603	M	Delbar Jean-françois [60 +] 1961	Knokke		----	52:12	06:57	8.60
889	M	Delbecque Mathias [-] 1995	Sint-andries		----	40:23	05:23	11.10
1279	F	Deloddere Marie [-] 1999	Knokke		----	56:51	07:34	7.90
632	F	Demarey Sofie [-] 1990	Knokke		----	51:01	06:48	8.80
533	M	Demeester Daimen [-] 2001	Heist-aan-zee		----	54:50	07:18	8.20
602	M	Demeester Dylan [-] 1997	Heist-aan-zee		----	33:35	04:28	13.40

715	M	Demeyer Dries [40 +] 1983	Anzegem	----	41:10	05:29	10.90
716	M	Demeyer Julien [-] 2013	Anzegem	----	29:34	03:56	15.20
717	M	Demeyer Léon [-] 2011	Anzegem	----	35:11	04:41	12.80
727	F	Demoen Fauve [-] 2000	Knokke	2night Crew	36:41	04:53	12.30
1062	M	Demoen Ewout [-] 1990	Sint-andries	Sky	26:11	03:29	17.20
604	F	Demon Cindy [40 +] 1981	Damme	Poerdroge	43:02	05:44	10.50
1204	F	Den Haeze Wendy [40 +] 1985	Eeklo	----	56:20	07:30	8.00
1195	M	Depoorter Yves [50 +] 1968	Knokke	Jumper	31:53	04:15	14.10
1056	M	Deroo Mathieu [-] 1986	Knokke	Deva	39:22	05:14	11.40
550	M	Deroose Zeger [60 +] 1965	Heist-aan-zee	----	55:23	07:23	8.10
551	M	Deroose Daan [-] 2007	Heist-aan-zee	----	55:26	07:23	8.10
750	M	Derynck Jasper [-] 2001	Jabbeke	----	35:47	04:46	12.60
601	M	Deschacht Kjell [-] 1998	De Haan	----	31:17	04:10	14.40
621	F	Desmedt Julie [-] 1995	Heist-aan-zee	----	52:36	07:00	8.60
213	M	Desmet Joshua [-] 2001	Heist-aan-zee	----	49:50	06:38	9.00
950	F	Desmidt Marie [-] 2002	Heist-aan-zee	----	49:55	06:39	9.00
1277	M	Desmidt Giles [-] 2000	Heist-aan-zee	----	56:52	07:34	7.90
1181	M	Detavernier Leon [-] 2008		----	37:10	04:57	12.10
897	F	Devaere Lieselot [40 +] 1984	Knokke	----	51:05	06:48	8.80
618	F	Devinck Martine [60 +] 1957	Knokke	----	48:18	06:26	9.30
608	M	Devisch Martijn [40 +] 1984	Knokke	----	33:26	04:27	13.50
258	F	Devlieger Lisa [-] 1993	Brugge	----	58:14	07:45	7.70
259	F	Devlieger Line [-] 1989	Knokke	----	58:15	07:46	7.70
918	M	Devriese Jimmy [50 +] 1969	Knokke	----	33:28	04:27	13.40
544	F	Dewaele Hannelore [-] 2008		----	43:23	05:47	10.40
545	M	Dewaele Laurens [-] 2006		----	41:47	05:34	10.80
546	M	Dewaele Roel [40 +] 1976		----	37:32	05:00	12.00
809	F	Deweerd Heike [40 +] 1981	Knokke	----	56:16	07:30	8.00
172	F	Deygers Elke [-] 1990		----	45:34	06:04	9.90
559	F	Dhondt Katelijne [-] 1991	Loppem	----	45:05	06:00	10.00
993	F	Dhondt Ellenmae [-] 1998	Assebroek	----	56:39	07:33	7.90
773	M	Dhont Philip [50 +] 1971	Peutie	----	56:31	07:32	8.00
219	F	Diaferia Laura [-] 1999	Lanaye	----	53:01	07:04	8.50
220	M	Diaferia Alexandre [-] 2001	Lanaye	----	33:16	04:26	13.50
1271	F	Dieltiens Marie [-] 2001	Heist-aan-zee	----	56:55	07:35	7.90
1066	F	Dierckx Enid [-] 2008	Bonheiden	----	38:43	05:09	11.60
548	F	Dobbelaere Digne [-] 2005	Heist-aan-zee	----	23:25	03:07	19.20
634	F	Dufour Kyara [-] 1997	Blankenberge	----	38:36	05:08	11.70
203	F	Dur Pauline [-] 2000	Knokke	2night Crew	34:45	04:38	12.90
1227	M	Dutordoir Jean [40 +] 1981	Duisburg	----	32:13	04:17	14.00
712	F	Emsens Karen [40 +] 1984	Astene	----	36:34	04:52	12.30
204	M	Eskens Luka [-] 2000	Knokke	2night Crew	33:55	04:31	13.30
205	M	Eskens Milan [-] 2000	Knokke	2night Crew	47:42	06:21	9.40

864	M	Fascella Donato [40 +] 1977	Knokke	Ih Invest	45:03	06:00	10.00
865	M	Fascella Hugo [-] 2003	Knokke	Ih Invest	42:54	05:43	10.50
684	F	Favril Virginie [40 +] 1976		----	49:37	06:36	9.10
1024	M	Flore Marc [60 +] 1961	Knokke	----	38:58	05:11	11.50
557	F	Fondu Delphine [50 +] 1972		Avia Club	43:03	05:44	10.50
838	F	Fontaine Marieke [-] 2000		----	46:49	06:14	9.60
222	M	Formisano Anthony [-] 1997	Lanaye	----	53:04	07:04	8.50
1540	M	G Koen [50 +] 1973	Aalter	----	53:16	07:06	8.40
588	F	Gaelens Chloé [-] 1988	Heist-aan-zee	----	56:37	07:32	7.90
988	F	Geeraerd Helen [60 +] 1946		----	48:31	06:28	9.30
991	M	Geeraerd Sebastien [60 +] 1946		----	42:14	05:37	10.70
1541	F	Geirnaert Jolien [-] 2012	Aalter	----	53:18	07:06	8.40
227	M	Geirnaert Lukas [-] 2010	Aalter	----	28:57	03:51	15.50
1026	F	Gheldof Annelies [40 +] 1980	Heist-aan-zee	----	49:01	06:32	9.20
798	M	Gheleyns Michiel [-] 2000	Damme	Kasteel Van	33:46	04:30	13.30
804	M	Gheleyns Jeroen [-] 1995	Damme	Kasteel Van	34:55	04:39	12.90
535	M	Giusti Robert [60 +] 1965	Brugge	----	31:13	04:09	14.40
846	M	Goddaert Koen [60 +] 1964	Hove	----	47:44	06:21	9.40
556	F	Goegebeur Sarah [-] 1996	Knokke	3tk	42:30	05:40	10.60
206	M	Goelen Maikel [-] 2000	Knokke	2night Crew	42:07	05:36	10.70
672	M	Govaert Stefaan [50 +] 1971	Knokke	----	43:20	05:46	10.40
926	F	Govaert Ann-sophie [-] 2001	Jabbeke	----	54:19	07:14	8.30
961	M	Govaerts Johan [60 +] 1953	Edegem	Casino	38:17	05:06	11.80
1259	M	Govaerts Filip [] 191		----	36:34	04:52	12.30
587	M	Grijp Rutger [-] 1994	Eeklo	----	53:15	07:06	8.50
1171	M	Haekens Tuur [-] 2011	Tremelo	----	45:07	06:00	10.00
1172	M	Haekens Max [-] 2005	Tremelo	----	41:02	05:28	11.00
978	M	Hauspie Fenn [-] 2014	Heist-aan-zee	----	45:51	06:06	9.80
979	M	Hauspie Glenn [40 +] 1984	Heist-aan-zee	----	45:49	06:06	9.80
1136	M	Heistercamp Jasper [-] 2002	Grimbergen	/	41:15	05:30	10.90
1043	M	Hendrickx Jordi [-] 2011	Bavegem	Ksk Vlierzele	36:44	04:53	12.30
1044	M	Hendrickx Jasper [-] 2009	Bavegem	Ksk Vlierzele	35:19	04:42	12.70
735	M	Herrebosch Laurens [-] 1988	Brasschaat	----	38:03	05:04	11.80
870	M	Hes Alexander [60 +] 1958	Knokke	----	54:07	07:12	8.30
742	M	Hessels Peter [40 +] 1979	Elversele	----	48:42	06:29	9.20
743	M	Hessels Jef [-] 2013	Elversele	----	37:36	05:00	12.00
524	F	Heysse Ilse [40 +] 1978	Knokke	----	44:57	05:59	10.00
832	M	Hiel Lukas [-] 1998	Knokke	----	51:58	06:55	8.70
1023	M	Hilgers Hippolyte [-] 2002	Malèves-sainte-	----	30:12	04:01	14.90
1033	M	Hillemans Philippe [-] 1988	Knokke	Team	47:08	06:17	9.50
822	M	Himschoot Thibault [-] 2002	Knokke	3tk Knokke-	30:20	04:02	14.80
518	M	Hoebeke Thibaut [-] 1997	Knokke	----	54:10	07:13	8.30
194	M	Hoest Thibaud [-] 2000	Knokke	2night Crew	27:25	03:39	16.40

848	F	Hoste Mieke [40 +] 1984	Waarschoot	----	52:56	07:03	8.50
635	M	Huysman Jens [-] 1993	Blankenberge	8370	38:06	05:04	11.80
1030	M	Ingelbrecht Anthony [-] 1986	Knokke	Team	44:38	05:57	10.10
1031	F	Ingelbrecht Annelie [-] 1989	Knokke	Team	46:39	06:13	9.60
1222	M	Janssens Nicholas [-] 1996	Aalst	----	32:00	04:16	14.10
1184	F	Jeuris Elie [-] 2002	Heist-aan-zee	----	43:35	05:48	10.30
615	M	Jonckheere Maxim [-] 2003	Heist-aan-zee	----	30:26	04:03	14.80
1189	M	Kallaert Benoît [50 +] 1975	Gent	----	40:36	05:24	11.10
969	F	Kalogianni Maria [-] 1995	Schaarbeek	----	38:44	05:09	11.60
805	M	Keppens Louise [-] 2000	Damme	Kasteel Van	44:00	05:52	10.20
590	M	Kerckhof Louis [-] 1994	Damme	3tk	36:47	04:54	12.20
1225	F	Kesteloot Nele [-] 1987	Vosselaar	----	43:08	05:45	10.40
1208	M	Khademi Maxim [-] 2013	Wilrijk	----	46:11	06:09	9.70
195	M	Kiekens Paul [-] 2000	Knokke	2night Crew	39:27	05:15	11.40
1187	F	Klinkers Anouk [50 +] 1975	Oevel	----	38:18	05:06	11.70
1513	F	Klutz Martine [50 +] 1970	Braine-le-	----	54:58	07:19	8.20
620	M	Knockaert Kevin [-] 1992	Heist-aan-zee	----	52:37	07:00	8.60
1034	M	Kuystermans Tom [50 +] 1974	Assebroek	Team	47:10	06:17	9.50
637	M	Lahaye Bert [40 +] 1977	Assebroek	Olympic	38:27	05:07	11.70
638	M	Lahaye Mauro [-] 2008	Assebroek	Olympic	30:33	04:04	14.70
534	M	Lambert Laurent [-] 1989	Sint-andries	----	42:43	05:41	10.50
217	F	Lameire Elise [-] 2000	Knokke	----	45:19	06:02	9.90
1000	M	Lammens Lorenzo [-] 1992	Sint-andries	----	42:36	05:40	10.60
537	F	Lamote Silke [-] 1997	Damme	----	51:11	06:49	8.80
779	F	Lamote Heidi [50 +] 1971	Knokke	Deva	52:25	06:59	8.60
1514	M	Lamote Frederik [40 +] 1981	Knokke	----	49:17	06:34	9.10
695	M	Lampo Maxime [-] 2003	Knokke	----	28:59	03:51	15.50
850	M	Lamyns Cedric [-] 1998	Knokke	----	49:43	06:37	9.10
919	M	Lanckriet Max [50 +] 1970	Heist-aan-zee	----	53:28	07:07	8.40
920	M	Lanckriet Charles [-] 2003	Heist-aan-zee	----	47:37	06:20	9.50
921	M	Lanckriet Alexis [-] 2005	Heist-aan-zee	----	36:49	04:54	12.20
1190	M	Lanckriet Aaron [-] 2002	Knokke	----	56:50	07:34	7.90
246	F	Lannoije Virginie [-] 2000	Knokke	----	43:07	05:44	10.40
814	M	Lannoy Kenny [-] 1987	Knokke	3tk Knokke-	34:48	04:38	12.90
1202	M	Laporte Maxim [-] 1991	Sint-elois-vijve	----	43:28	05:47	10.40
379	F	Lardon Christine [50 +] 1974	Elversele	----	44:41	05:57	10.10
1551	M	Latacz Lukas [40 +] 1982	Kessel Lo	----	51:44	06:53	8.70
796	F	Lauwereins Angelina [-] 2003	Damme	Kasteel Van	52:59	07:03	8.50
1028	M	Lauwerys Thomas [-] 2015		----	25:22	03:22	17.70
737	M	Leemans Emile [-] 2009	Brussegem	----	46:22	06:10	9.70
738	F	Leemans Louise [-] 2011	Brussegem	----	47:29	06:19	9.50
631	M	Lefevre Dimitri [50 +] 1973	Knokke	----	51:00	06:48	8.80
633	M	Lefevre Lowie [-] 2006	Knokke	----	55:36	07:24	8.10

572	F	Lenaerts Julie [-] 1990	Hamme	----	38:47	05:10	11.60
574	M	Lenaerts Herman [50 +] 1966	Hamme	----	38:46	05:10	11.60
781	F	Lepercq Kaya [-] 2001	Beveren	----	54:46	07:18	8.20
237	F	Leupe Liesen [-] 2000	Sint-andries	----	46:31	06:12	9.70
935	M	Lezy Matthias [-] 1988	Dudzele	----	39:20	05:14	11.40
683	M	Lieben Alec [-] 2013	Antwerpen	----	38:12	05:05	11.80
685	M	Lieben Julien [-] 2014	Antwerpen	----	49:37	06:36	9.10
810	M	Litvine Vladimir [-] 1987	Elsene	----	40:46	05:26	11.00
871	M	Lodens Ian [-] 1998	Schaarbeek	----	38:41	05:09	11.60
872	M	Lodens Ray [-] 2004	Heist-aan-zee	----	38:45	05:10	11.60
1016	M	Loeys Bram [-] 1999	Hertsberge	----	31:26	04:11	14.30
234	F	Loncke Birgit [-] 1999	Brugge	----	43:36	05:48	10.30
1274	M	Longin Stienes [-] 1991	Rotselaar	----	35:03	04:40	12.80
162	M	Loose Simon [-] 1998		----	47:13	06:17	9.50
595	F	Louwagie Nala [-] 2011	Damme	----	56:18	07:30	8.00
786	M	Louwagie Nathan [-] 2008	Beernem	----	54:56	07:19	8.20
170	M	Lubelsig Laurent [50 +] 1974		----	50:44	06:45	8.90
794	M	Maas Alex [50 +] 1968	Damme	Kasteel Van	36:26	04:51	12.40
795	F	Maas Sarah-ann [-] 2007	Damme	Kasteel Van	43:05	05:44	10.40
671	M	Maenhout David [50 +] 1975	Heist-aan-zee	----	37:56	05:03	11.90
896	M	Maenhout Karel [-] 1986	Jabbeke	----	26:05	03:28	17.30
594	F	Maertens Kaylyn [-] 2011	Damme	----	56:16	07:30	8.00
927	F	Maertens Nadia [50 +] 1970	Jabbeke	----	54:21	07:14	8.30
699	F	Maes Ellen [-] 1996	Sint-martens-	----	47:02	06:16	9.60
734	F	Maes Cindel [-] 1991	Aartselaar	----	45:14	06:01	9.90
763	F	Maes Sieglinde [50 +] 1969	Knokke	----	42:53	05:43	10.50
523	M	Mahieu Jonas [40 +] 1982	Knokke	----	44:57	05:59	10.00
1022	F	Mahieu Liese [-] 2001	Dudzele	----	48:32	06:28	9.30
218	M	Marchand Jasper [-] 2001	Heist-aan-zee	----	45:22	06:02	9.90
777	M	Marclé Xander [-] 1999	Hertsberge	Sport	25:00	03:20	18.00
866	M	Mathieu Hugo [-] 2000	Knokke	Ih Invest	32:35	04:20	13.80
1038	M	Mattheeuwd Tuur [-] 2000	Heist-aan-zee	3tk	37:44	05:01	11.90
197	F	Mattheeuws Trees [-] 2000	Knokke	2night Crew	28:18	03:46	15.90
1072	F	Mattheeuws Joke [-] 1989	Mol	----	51:16	06:50	8.80
1278	M	Mattheeuws Stan [-] 1997	Brugge	----	42:17	05:38	10.60
256	M	Matthijs Thomas [-] 1989	Brugge	----	58:17	07:46	7.70
201	M	Mercy Rhino [-] 2000	Damme	2night	42:28	05:39	10.60
564	F	Mertens Thais [-] 1987	's Gravenwezel	----	55:41	07:25	8.10
592	M	Mertens Danny [60 +] 1963	Knokke	----	35:21	04:42	12.70
1557	F	Mestdach Astrid [-] 1994	Knokke	----	53:37	07:08	8.40
164	F	Meuris Delphine [-] 1998		----	47:14	06:17	9.50
1558	M	Moens Filip [40 +] 1978	Keerbergen	----	39:00	05:12	11.50
1550	M	Moens Frederick [-] 2010	Keerbergen	----	45:11	06:01	10.00

1559	M	Moens Alexander [-] 2010	Keerbergen	----	45:06	06:00	10.00
1052	M	Moeys Michael [40 +] 1984	Leefdaal	----	35:43	04:45	12.60
808	F	Monbaliu Anouk [-] 1992	Dudzele	----	56:14	07:29	8.00
1201	M	Morel Nicolas [-] 2006	Knokke	----	41:53	05:35	10.70
706	M	Mortier Jan [60 +] 1959	Knokke	Deva	40:41	05:25	11.10
965	M	Mortier Amaury [-] 1998	Antwerpen	Deva	36:21	04:50	12.40
1029	F	Mus Hilde [40 +] 1979	Knokke	----	42:56	05:43	10.50
1047	F	Muys Sarah [-] 1998	Bierbeek	----	53:44	07:09	8.40
1183	F	Mys Sarah [40 +] 1979		----	51:17	06:50	8.80
186		Naam Niet Gekend []		----	41:25	05:31	10.90
703	M	Nachtergaele Jonathan [-] 1994		----	61:51	08:14	7.30
249	M	Neirinck Jeroen [-] 1987	Hasselt	----	53:57	07:11	8.30
767	F	Neukermans Evelien [40 +] 1981	Knokke	Na	43:32	05:48	10.30
1556	F	Neyt Nathalie [50 +] 1971	Heist-aan-zee	----	52:41	07:01	8.50
876	M	Nimmegeers David [-] 1996	Dudzele	----	44:46	05:58	10.10
238	F	Notte Annelies [40 +] 1981	Ertvelde	----	29:04	03:52	15.50
837	M	Okerman Egon [-] 1994	Leuven	-	37:08	04:57	12.10
859	M	Okerman Patrick [50 +] 1966	Dworp	----	45:47	06:06	9.80
947	M	Okerman Vince [-] 1998	Sint-jans-	----	38:00	05:04	11.80
670	F	Onraedt Silke [-] 2002	Blankenberge	----	55:03	07:20	8.20
693	F	Op 't Roodt Lieve [60 +] 1963	Burcht	----	53:06	07:04	8.50
642	M	Opsomer Marino [40 +] 1977	Heist-aan-zee	----	40:20	05:22	11.20
257	M	Ostijn Zachery [-] 1990	Knokke	----	58:18	07:46	7.70
660	F	Parmentier Julie [-] 1988	De Pinte	----	43:10	05:45	10.40
580	M	Parys Laurent [40 +] 1983	Knokke	----	49:41	06:37	9.10
854	M	Pata Sedrick [-] 1993	Knokke	----	55:18	07:22	8.10
710	M	Paulusse Jibbe [-] 2007	Heist-aan-zee	----	43:00	05:44	10.50
702	M	Pauwaert Clive [-] 1991	Heist-aan-zee	----	37:04	04:56	12.10
698	F	Peere Yenthe [-] 2006	Dudzele	----	56:32	07:32	8.00
843	M	Pelfrene Cédric [-] 1996	Aalter	Jc Aalter	46:47	06:14	9.60
934	F	Persyn Bénédicte [-] 1990	Dudzele	----	46:37	06:12	9.70
925	M	Philippe Marc [60 +] 1961	Dudzele	Deva	53:14	07:05	8.50
1059	M	Pieters Frank [60 +] 1957	Knokke	----	43:15	05:46	10.40
661	M	Pintelon Jérôme [-] 2008	Heist-aan-zee	----	40:27	05:23	11.10
673	F	Pintelon Valentine [-] 2001	Heist-aan-zee	----	41:34	05:32	10.80
1071	M	Piotrowski Arne [-] 1999	Jabbeke	----	41:36	05:32	10.80
1203	F	Polfliet Aude [] 2018	Eeklo	----	56:19	07:30	8.00
1205	M	Polfliet Timothy [-] 1986	Eeklo	----	56:23	07:31	8.00
1542	M	Povtemon Kurt [50 +] 1973		----	46:18	06:10	9.70
655	M	Proesmans Sidney [-] 1991	's Herenelderen	----	45:53	06:07	9.80
252	F	Puissant Baeyens Alice [-] 2001	Etterbeek	----	49:52	06:38	9.00
677	M	Quintens Luc [60 +] 1958	Damme	----	42:04	05:36	10.70
862	F	Rammeloo Carine [50 +] 1969	Heist-aan-zee	----	52:10	06:57	8.60

994	M	Rammeloo Eddy [50 +] 1971	Heist-aan-zee	Deva	39:46	05:18	11.30
509	F	Ramon Eden [-] 2002	Sint-andries	Tbt	30:53	04:07	14.60
751	M	Rappé Koen [40 +] 1979	Knokke	----	39:38	05:17	11.40
899	M	Rappé Patrick [50 +] 1968	Heist-aan-zee	Deva	47:00	06:16	9.60
1554	M	Ravyse Stijn [50 +] 1972	De Pinte	----	38:25	05:07	11.70
1553	M	Ravyse Sebastien [-] 2011	De Pinte	----	47:24	06:19	9.50
1552	F	Ravyse Pauline [-] 2011	De Pinte	----	47:19	06:18	9.50
886	F	Reubens Mieke [40 +] 1976	Knokke	----	53:59	07:11	8.30
568	M	Roegiers Davy [-] 1994	Heist-aan-zee	----	45:26	06:03	9.90
569	M	Roegiers Brent [-] 2010	Heist-aan-zee	----	31:42	04:13	14.20
215	M	Roelens Bram [-] 1998	Knokke	----	47:48	06:22	9.40
216	M	Roelens Arne [-] 1996	Damme	----	47:55	06:23	9.40
1512	M	Roels Loïc [-] 2013	Heist-aan-zee	----	45:41	06:05	9.90
174	M	Roels Bernard [-] 2000		----	40:57	05:27	11.00
1002	M	Roland Arnold [-] 2009	Kraainem	----	26:55	03:35	16.70
225	M	Roovere Yoeri [-] 1988	Beerzel	----	50:34	06:44	8.90
1545	F	Rosias Louise [-] 1998	Genoelseldereren	----	53:32	07:08	8.40
1539	F	Rosias Marie [-] 1995	Genoelseldereren	Rosias	53:51	07:10	8.40
578	F	Rosseel Stephanie [50 +] 1972	Heist-aan-zee	Figaro	55:21	07:22	8.10
915	F	Royaux Isabelle [40 +] 1985	Knokke	----	57:10	07:37	7.90
1019	F	Royaux Emilie [-] 1988	Knokke	----	57:12	07:37	7.90
654	M	Ryheul Kristof [40 +] 1985	Hertsberge	Ohana	48:07	06:24	9.40
585	F	Sabbe Marie-lou [-] 1993	Heist-aan-zee	----	50:06	06:40	9.00
629	F	Sabbe Sarah [-] 2001	Maldegem	----	33:44	04:29	13.30
646	F	Savels Lise [-] 2014	Heist-aan-zee	----	57:42	07:41	7.80
207	F	Scalici Noemie [-] 2000	Knokke	2night Crew	38:51	05:10	11.60
226	M	Schaepdrijver Lewie [-] 2003	Heist-aan-zee	Westkapelle	30:37	04:04	14.70
697	F	Schelstraete Jade [-] 2003	Dudzele	----	56:33	07:32	8.00
830	M	Scherpereel Hans [60 +] 1965	Knokke	----	51:55	06:55	8.70
831	F	Scherpereel Danske [-] 1994	Knokke	----	51:57	06:55	8.70
614	M	Schollaert Gust [-] 2003	Assebroek	/	30:10	04:01	14.90
826	M	Schotte Mathis [-] 2011	Dudzele	----	36:52	04:54	12.20
1546	M	Schreurs Jerome [-] 1995	Genoelseldereren	Rosias	53:34	07:08	8.40
161	M	Schwebach Paul [40 +] 1977		----	30:30	04:04	14.80
828	M	Scripcaru Vasile Adi [50 +] 1973	Heist-aan-zee	Deva	36:36	04:52	12.30
627	M	Serreyn Glenn [-] 1986	Knokke	----	56:49	07:34	7.90
628	M	Serreyn Julian [-] 2013	Knokke	----	56:45	07:34	7.90
1007	M	Six Kenneth [-] 1990	Nieuwpoort	Brugge	31:14	04:09	14.40
840	M	Slachmuylder Dirk [50 +] 1967	Knokke	----	44:52	05:58	10.00
841	M	Slachmuylder Jonas [-] 1994	Knokke	----	45:53	06:07	9.80
842	F	Slachmuylder Elien [-] 1997	Knokke	----	45:00	06:00	10.00
694	M	Smeets Marc [60 +] 1963	Burcht	----	53:07	07:04	8.50
1004	M	Smet Roland [60 +] 1949	Knokke	----	55:49	07:26	8.10

990	M	Smits Kristof [60 +] 1947		----	54:09	07:13	8.30
1191	M	Sneppe Maxim [-] 2002	Knokke	Fc Collins	56:53	07:35	7.90
542	F	Snoeck Wendy [50 +] 1975	Drongen	Kaagent	33:16	04:26	13.50
1067	M	Snoy Ernest [-] 2007	Schaarbeek	----	28:40	03:49	15.70
913	M	Soenen Louis [-] 2013	Knokke	----	55:14	07:21	8.10
914	M	Soenen Julot [] 2016	Knokke	----	57:07	07:36	7.90
981	M	Soenen Martijn [-] 1992	Hertsberge	----	43:29	05:47	10.30
818	M	Steffen Alexandre [50 +] 1966	Knokke	3tk Knokke-	32:37	04:20	13.80
707	M	Stevens Jules [-] 2013	Astene	----	34:54	04:39	12.90
708	M	Stevens Thomas [40 +] 1982	Astene	----	40:33	05:24	11.10
530	F	Steyaert Greetje [50 +] 1967	Oostakker	Maspoe	54:48	07:18	8.20
1020	F	Stockman Sara [-] 1989	Damme	----	36:55	04:55	12.20
662	F	Stroo Annelies [-] 1992	Brugge	----	57:47	07:42	7.80
663	F	Stroo Magalie [-] 1990	Damme	----	40:30	05:24	11.10
667	F	Stroo Annelore [-] 1992	Middelburg	----	57:47	07:42	7.80
776	M	Strynck Timon [-] 2000	Aarsele	----	41:30	05:32	10.80
664	F	Suenens Steffi [-] 1990	Damme	----	54:28	07:15	8.30
782	F	Susanne Ines [-] 2003		----	54:44	07:17	8.20
1216	M	Taegai Yemane [40 +] 1982	Knokke	----	25:55	03:27	17.40
941	F	Tant Foen [-] 2002	Dudzele	----	48:49	06:30	9.20
543	M	Teunkens Karel [60 +] 1958	Knokke	----	42:09	05:37	10.70
906	M	Thierie Luc [60 +] 1964	Knokke	Deva	42:33	05:40	10.60
923	M	Thijs Jurgen [50 +] 1971	Bommershoven	----	35:57	04:47	12.50
924	F	Thijs Hanne [-] 2005	Bommershoven	----	35:30	04:44	12.70
903	M	Thouet Jonas [-] 2000	Brugge	----	54:36	07:16	8.20
1217	M	Timmerman Maxim [-] 2001	Knokke	----	42:27	05:39	10.60
260	M	Tondeur Stefan [-] 1986	Ekeren	----	53:08	07:05	8.50
171	M	Tondeur Matthias [-] 1989		----	43:37	05:48	10.30
824	F	Trenson Bieke [-] 1988	Knokke	3tk Knokke-	34:45	04:38	12.90
1073	M	Uyttendaele Christophe [40 +] 1979	Knokke	----	35:25	04:43	12.70
1074	M	Uyttendaele Lou [-] 2010	Knokke	----	34:11	04:33	13.20
835	M	Valcke Miguel [50 +] 1969	Knokke	----	31:21	04:10	14.40
836	M	Valcke Gaëtan [-] 2003	Knokke	----	25:58	03:27	17.30
1035	F	Van Aperen Kaat [-] 1998	Brecht	----	53:10	07:05	8.50
980	M	Van Belleghem Kobe [-] 2005	Lichtervelde	----	42:00	05:36	10.70
1267	F	Van Biervliet Kiana [-] 1997	Heist-aan-zee	----	41:59	05:35	10.70
1269	F	Van Biervliet Dominique [50 +] 1968	Heist-aan-zee	----	41:52	05:34	10.70
378	F	Van Bogaert Jente [-] 2002	Elversele	----	49:54	06:39	9.00
968	M	Van Brabant Tiboud [-] 2002	Sint-andries	----	47:31	06:20	9.50
1185	F	Van Breedam Sofie [50 +] 1974	Heist-aan-zee	----	46:51	06:14	9.60
790	F	Van Canneyt Selina [-] 2001	Damme	Kasteel Van	43:02	05:44	10.50
936	F	Van Cleemput Eline [40 +] 1984	Gontrode	----	46:40	06:13	9.60
674	F	Van De Kerckhove Kristel [50 +] 1973	Heist-aan-zee	----	50:32	06:44	8.90

209	F	Van De Sande Marie-lou [-] 2000	Knokke	2night Crew	38:52	05:10	11.60
813	M	Van De Veire Quinn [] 2016	Blankenberge	3tk Knokke-	34:38	04:37	13.00
510	M	Van De Velde Ruben [-] 1992	Ertvelde	Rtkh - Dtc	43:27	05:47	10.40
175	F	Van De Wal Annick [40 +] 1981		----	47:08	06:17	9.50
982	M	Van Den Abbeele Michael [40 +] 1982	Iddergem	----	44:28	05:55	10.10
983	M	Van Den Abbeele Achille [-] 2013	Iddergem	----	44:30	05:56	10.10
975	F	Van Den Abeele Sofie [40 +] 1983	Maldegem	----	41:17	05:30	10.90
788		Van Den Broeck Alice [] 2014	Damme	Kasteel Van	41:42	05:33	10.80
789		Van Den Broeck Achille [] 2015	Damme	Kasteel Van	41:39	05:33	10.80
690	F	Van Den Dorpe Isabel [-] 1990	Knokke	----	55:17	07:22	8.10
255	F	Van Den Eynde Lina [-] 1994		----	49:58	06:39	9.00
1051	M	Van Den Heuvel Kristof [50 +] 1975	Dudzele	----	41:48	05:34	10.80
1320	F	Van Der Sypt Eva [-] 1987		----	46:02	06:08	9.80
680	F	Van Driessche Annelies [40 +] 1983	Eeklo	----	56:43	07:33	7.90
244	F	Van Eeckhout Céline [-] 1996	Gent	----	34:49	04:38	12.90
932	M	Van Essche Mathis [-] 2005	Bonheiden	----	35:13	04:41	12.80
1224	M	Van Geeteruyen David [-] 1987	Knokke	----	38:19	05:06	11.70
1197	F	Van Ginderachter Pommeliers [-] 2008	Mechelen	----	39:10	05:13	11.50
1198	M	Van Ginderachter Dirk [40 +] 1983	Mechelen	----	43:56	05:51	10.20
873	M	Van Gyes Bert [40 +] 1979	Broechem	----	58:53	07:51	7.60
874	M	Van Gyes Andreas [-] 2008		----	58:54	07:51	7.60
558	F	Van Heester Eline [-] 1996	Hove	----	50:04	06:40	9.00
529	M	Van Heule Paul [50 +] 1967	Oostakker	----	48:17	06:26	9.30
759	F	Van Huffel Sophie [-] 1999	Heist-aan-zee	----	50:37	06:44	8.90
1046	M	Van Kerschaver Alexander [-] 2004	Gent	----	32:17	04:18	13.90
1053	M	Van Kerschaver Olivier [50 +] 1973	Gent	----	35:53	04:47	12.50
1555	F	Van Kruyssen Natalie [50 +] 1972	Knokke	----	52:40	07:01	8.50
802	M	Van Laecke Brent [-] 2006	Damme	Kasteel Van	36:53	04:55	12.20
834	M	Van Laeken Vito [-] 1987	Knokke	----	45:43	06:05	9.80
513	F	Van Laere Jolien [-] 1999	Beveren-waas	----	42:31	05:40	10.60
682	M	Van Landschoot Leslie [-] 1986	Knokke	----	42:49	05:42	10.50
228	M	Van Landuyt Thibaud [-] 2003	Knokke	----	41:04	05:28	11.00
827	F	Van Lersberghe Caroline [-] 1986	Dudzele	----	47:18	06:18	9.50
885	M	Van Meel Tom David [40 +] 1977	Berchem	----	32:59	04:23	13.60
749	F	Van Mol Elke [40 +] 1980	Knokke	----	36:40	04:53	12.30
1058	M	Van Mol Bo [-] 2009	Kemzeke	----	35:56	04:47	12.50
616	F	Van Nieuwenhuyse Tessa [-] 1999	Heist-aan-zee	----	44:44	05:57	10.10
622	M	Van Nieuwenhuyse Brecht [-] 1997	Heist-aan-zee	----	44:45	05:58	10.10
764	F	Van Nieuwenhuyse Lauranne [-] 2007	Knokke	----	45:04	06:00	10.00
251	F	Van Passen Chiara [-] 1997	Champlon	----	42:05	05:36	10.70
536	F	Van Poucke Beau [-] 1997	Knokke	/	51:12	06:49	8.80
1003	F	Van Renterghem Regine [60 +] 1958	Knokke	----	55:47	07:26	8.10
212	M	Van Reybroeck Kobe [-] 2014	Heist-aan-zee	----	49:47	06:38	9.00

199	M	Van Roey Jarno [-] 2000	Knokke	2night Crew	41:44	05:33	10.80
858	M	Van Ryckeghem Niels [-] 1989		8000	25:49	03:26	17.40
241	M	Van Schevensteen Lukas [-] 2000	Berlaar	----	57:04	07:36	7.90
243	M	Van Schevensteen Jan [-] 1995	Berlaar	----	57:03	07:36	7.90
561	M	Van Speybroeck Leon [-] 2014	Heist-aan-zee	----	40:29	05:23	11.10
1054	M	Van Staay Jan [50 +] 1966	Heist-aan-zee	----	47:40	06:21	9.40
1055	M	Van Staay Vincent [-] 2002	Heist-aan-zee	----	56:46	07:34	7.90
705	M	Van Tilt Bert [50 +] 1967	Knokke	----	42:45	05:42	10.50
753	M	Van Well Stijn [-] 2001		----	41:07	05:28	10.90
678	F	Van. Geyseghem Anouk [-] 1991	Heist-aan-zee	----	43:00	05:44	10.50
875	M	Vanbelle Thibo [-] 1998	Ettelgem	----	33:09	04:25	13.60
851	M	Vanbiervliet Olivier [40 +] 1979	Knokke	----	41:21	05:30	10.90
648	M	Vancouillie Thibeau [-] 1992	Knokke	----	42:22	05:38	10.60
589	M	Vandamme Kenny [-] 1987	Heist-aan-zee	----	41:55	05:35	10.70
731	M	Vandamme Philip [40 +] 1981	Knokke	----	45:45	06:06	9.80
1280	F	Vandamme Justine [-] 2001	Knokke	----	56:50	07:34	7.90
797	M	Vande Cavey Axel [-] 2003	Damme	Kasteel Van	26:37	03:32	16.90
888	F	Vande Keere Lieze [-] 1994	Sint-andries	----	40:44	05:25	11.00
521	M	Vandecasteele Maarten [-] 2006	Heist-aan-zee	Rtkh	48:55	06:31	9.20
522	F	Vandecasteele Tessa [-] 2004	Heist-aan-zee	Rtkh	44:52	05:58	10.00
577	M	Vandekerkhove Roeland [50 +] 1971	Heist-aan-zee	----	55:21	07:22	8.10
177	M	Vandekeybus Gert [50 +] 1969		----	33:29	04:27	13.40
844	M	Vanden Broecke Niels [-] 2000	Knesselare	Triatlon	27:38	03:41	16.30
964	F	Vandenberghes Charlotte [40 +] 1985	Knokke	----	52:02	06:56	8.60
1549	F	Vandendriessche Hélène [-] 1994	Blankenberge	----	53:35	07:08	8.40
547	F	Vanderbeke Els [40 +] 1977		----	50:46	06:46	8.90
584	M	Vanderbeken Brent [-] 1998	Aarsele	----	33:33	04:28	13.40
163	F	Vandergucht Steffan [50 +] 1968		----	57:49	07:42	7.80
733	M	Vanderhust Daniel [40 +] 1980	Knokke	----	43:13	05:45	10.40
806	M	Vanderostyne Kyran [-] 2007	Damme	Kasteel Van	35:59	04:47	12.50
746	F	Vanderstraeten Kim [40 +] 1985	Balegem	----	44:59	05:59	10.00
1042	M	Vandertaelen Vic [-] 2014	Heist-aan-zee	----	39:52	05:18	11.30
210	M	Vandesompel Junior [-] 2000	Knokke	2night Crew	42:11	05:37	10.70
1548	F	Vandeven Ellen [-] 1988	Hansbeke	----	34:10	04:33	13.20
211	F	Vandewalle Manon [-] 2000	Knokke	2night Crew	39:55	05:19	11.30
937	M	Vandeweghe Kim [40 +] 1982	Gontrode	----	32:02	04:16	14.00
938	M	Vandeweghe Viktor [-] 2011	Gontrode	----	33:57	04:31	13.30
939	F	Vandeweghe Olivia [-] 2015	Gontrode	----	39:49	05:18	11.30
1063	M	Vandycke Lucas [-] 2005	Knokke	Vandycke	55:15	07:22	8.10
691	F	Vangeyte Cathy [50 +] 1973	Eeklo	----	47:04	06:16	9.60
847	M	Vanhassel Michael [-] 2008	Heist-aan-zee	----	34:39	04:37	13.00
528	M	Vanhonsebrouck Maarten [-] 1995	Maldegem	----	56:30	07:32	8.00
758	M	Vanhoutte Aren [40 +] 1979	Heist-aan-zee	----	40:26	05:23	11.10

1516	M	Vanhullebus Baptiste [-] 2012	Knokke	----	49:11	06:33	9.10
1515	F	Vanhullebus Renee [-] 2009	Knokke	----	50:09	06:41	9.00
652	F	Vanlerberghe Chloë [-] 1999	Dudzele	----	54:53	07:19	8.20
645	M	Vanmassenhove Guido [60 +] 1960	Houtave	----	46:55	06:15	9.60
922	F	Vannoote-lanckriet Evelyne [50 +] 1971	Heist-aan-zee	----	65:39	08:45	6.90
1221	M	Vanslembrouck Bjorn [-] 1987	Knokke	----	55:16	07:22	8.10
815	F	Vantomme Abigail [-] 2013	Knokke	3tk Knokke-	38:38	05:09	11.60
636	F	Vantorre Luna [-] 2006	Dudzele	----	44:36	05:56	10.10
857	M	Vanuytrecht Hans [40 +] 1980	Knokke	----	37:01	04:56	12.20
1199	F	Vanwalleghem Loesje [40 +] 1982	Mechelen	----	40:51	05:26	11.00
1068	M	Ven Thomas [-] 1987	Mol	----	39:41	05:17	11.30
891	F	Venneman Manon [-] 2002	Knokke	/	54:04	07:12	8.30
560	M	Vercammen Mathias [-] 1992	Loppem	----	38:23	05:07	11.70
1319	M	Vercammen Aaron [-] 2015		----	46:03	06:08	9.80
166	F	Verhaegen Erin [-] 1999		----	45:16	06:02	9.90
700	M	Verhaehghe Dieter [-] 1996	Sint-martens-	----	46:54	06:15	9.60
1196	F	Verhelst Catherine [50 +] 1972	Knokke	Passe Vite	52:42	07:01	8.50
944	F	Verheyden Valérie [50 +] 1966	Heist-aan-zee	----	52:53	07:03	8.50
860	M	Vermaerke Patrick [50 +] 1967	Knokke	----	30:07	04:00	14.90
647	M	Vermeersch Joerie [-] 2000	Heist-aan-zee	----	42:25	05:39	10.60
649	M	Vermeersch Jeroen [-] 1993	Knokke	----	42:24	05:39	10.60
1270	F	Vermeersch Caroline [-] 1988	Antwerpen	----	41:50	05:34	10.80
180	F	Vermeersch Alena [-] 2010		----	34:57	04:39	12.90
179	M	Vermeersch Peter [50 +] 1974		----	33:41	04:29	13.40
178	M	Vermeersch Viktor [-] 2008		----	31:31	04:12	14.30
799	M	Verplancke Arno [-] 2002	Damme	Kasteel Van	37:53	05:03	11.90
739	F	Verpoorter Betty [50 +] 1966	Dudzele	----	48:53	06:31	9.20
1220	M	Versee Younes [-] 2001	Knokke	Nvt	31:25	04:11	14.30
884	F	Verstraeten Marie [-] 1995	Gent	----	40:46	05:26	11.00
188	F	Verstrynge Evy [40 +] 1984		----	40:59	05:27	11.00
665	M	Versyck Jens [-] 1989	Damme	----	43:51	05:50	10.30
713	M	Vertongen Jeroen [40 +] 1981	Wolvertem	----	31:44	04:13	14.20
566	F	Verwimp Jennifer [-] 1995	Dudzele	----	61:52	08:14	7.30
714	M	Vetongen Jérôme [-] 2012	Wolvertem	----	38:11	05:05	11.80
675	M	Vlaeminck Cedric [-] 2005	Hertsberge	----	28:44	03:49	15.70
778	M	Vliegen Paul [40 +] 1977		Portishead	32:40	04:21	13.80
549	F	Wachters Barbara [50 +] 1973	Heist-aan-zee	----	55:20	07:22	8.10
855	M	Waeghe Jasper [-] 1989		----	33:39	04:29	13.40
1061	M	Walleynt Quentin [-] 1993	Knokke	----	49:45	06:38	9.00
525	F	Warnier Delphine [-] 1992	Knokke	----	47:12	06:17	9.50
253	M	Waucquez Victor [-] 1999	Overijse	----	49:52	06:38	9.00
1176	M	Wenmaekers Nick [-] 1991	Knokke	----	41:13	05:29	10.90
519	F	Willems Liese [-] 1996	Heist-aan-zee	----	54:52	07:18	8.20

591	M	Willems Thibault [-] 2001	Knokke	-----	25:12	03:21	17.90
887	M	Willems Peter [50 +] 1975	Knokke	-----	42:15	05:38	10.70
890	M	Willems Jarne [-] 2005	Knokke	/	41:16	05:30	10.90
883	M	Wuyts Maarten [-] 1993	Gent	-----	40:26	05:23	11.10
200	M	Wybouw Henri [-] 2000	Knokke	2night Crew	48:37	06:28	9.30