



2019

	Deinze - Bellem 11/11 (7 + 21 km)	Winterjogging Deinze 16/12 (9 + 13 km)	Tielt Kerstorrida 26/12 (5 + 10 km D) - Heren 10km	Aalter bostrail 19/01 (10km + 24 km+ 43km)	Deinze Brielmeersen 10/02 (9 en 13 km D+H)	Brig. Ingelmunster. 30/03 (6+12km D/ 12 km H)	Rollegem-Kapelle 13/04 (5/13 dames en 13km heren)	Oostrozebeke Ginste20/04 (6+10km dames) 10km H	Aalter 10/05 (8 +16 km)	Torhout de nacht 21/06 (10/21/42 D/H)	Egem Saladeloop 29/06 (10 km)	Tielt loopt 14/07 (5-10 km dames)-(10km heren)	Koksijde Strandloop 17/07 (5+10 km dames) 10km	Ardoote Tassche 02/08 (10km D+H)	Wingene 17/08 (11 km D+H)	Koolskamp 07/09 (4 + 10 km) 10 km H	Flanders Fields Ieper 08/09	Lichtervelde 15/09 (5+10 Dames)/ 10km Heren	Beernem Berenloop 22/09 (10km)	Aatrijke 29/09 (9km D+H)	Totaal	Plaats
SENIOREN DAMES																						
Berthier Jolien	30	x	26	30	30	x	x	x	x	x	x	x	30	x	x	x	x	x	x	x		146
Spriet Elke	40	30	30	36	36	30	x	34	x	x	30	30	x	x	30	30	x	x	x	x		356
MASTERS DAMES																						
De Brabandere Hilde	x	27	27	30	30	29	x	27	x	x	x	26	30	x	26	27	x	x	x		279	
Denolf Sabine	x	26	x	x	28	26	28	x	x	30	x	x	x	x	x	x	x	x	x		138	
Depypere Petra	36	36	29	x	30	27	x	28	29	27	28	27	x	30	27	26	x	30	x		410	
Deseyn Carline	x	x	x	x	x	28	29	x	x	28	x	34	x	x	28	28	x	x	x		175	
Iterbeke Evelyn	x	28	26	x	29	x	x	x	x	27	x	29	x	x	x	25	x	x	x		164	
Nobus Melissa	x	x	30	x	36	x	36	40	x	36	36	36	x	x	36	33	x	x	33		316	
Taguema Nabila	x	25	23	x	29	28	x	x	x	x	25	x	29	25	x	x	x	x		184		
Van Hulle Katrijn	x	40	29	x	40	x	40	30	29	x	40	40	x	x	40	x	40	x		368		
Vanneste Charline	x	x	37	x	x	40	30	40	x	40	40	40	x	x	40	40	x	x	37		384	
SENIOREN HEREN																						
Soenens Tim	40	x	30	x	x	x	x	36	x	x	30	36	x	x	36	40	x	x	x		248	
Verhelst Jens-Magnus	x	x	27	x	x	30	x	29	x	x	29	29	x	x	x	30	x	x	x		174	
MASTERS HEREN																						
Dedecker Tom	30	20	22	29	x	23	26	x	x	20	25	24	27	24	24	27	x	x	x		321	
Deleersnijder Patrick	x	29	25	29	30	24	x	x	x	x	x	x	x	x	x	x	x	x	x		137	
Deroo Jeroen	x	23	18	30	x	x	x	x	25	x	x	x	x	x	22	x	x	x	x		118	
Devlaminck Luk	x	21	19	x	27	x	x	x	26	22	x	x	x	x	x	26	x	26	x		167	
Godderis Bart	x	x	30	x	x	x	25	x	x	29	30	x	x	x	x	28	x	28	x		170	
Guillemyn Bart	30	26	27	29	29	28	x	28	30	30	28	x	30	28	27	x	29	x	30		429	
Kint Edwin	26	19	12	27	24	x	x	20	21	x	x	x	24	x	x	x	x	x	x		173	
Lannoo Dirk	x	x	28	x	x	29	28	29	x	x	29	28	x	x	28	x	x	x	x		199	
Lefranc Patrice	28	25	23	28	28	26	x	27	29	25	26	26	29	26	x	x	27	x	x		373	
Lievrouw Geert	x	24	21	28	26	22	27	26	27	24	23	x	x	x	23	x	x	x	x		271	
Maes Luc	27	x	15	28	x	18	x	22	22	x	20	x	x	x	x	x	x	25	x		177	
Moyaert Johan	28	30	16	27	25	19	24	23	23	21	x	23	x	23	21	x	26	x	28		357	
Naert Filip	x	29	13	26	29	17	23	21	29	x	21	21	26	22	x	x	x	x	27		304	
Reyniers Bart	24	x	14	x	26	x	x	24	x	x	x	22	25	x	x	x	x	x	29		164	
Vackier Pol	29	27	24	30	x	27	x	x	28	23	x	25	28	25	25	x	x	27	x		318	
Van Daele Jurgen	x	28	29	30	40	30	29	30	30	28	24	29	x	30	29	29	x	29	x		444	
Van Bruwaene Rudi	25	28	10	25	28	21	x	19	x	x	22	20	x	21	20	x	x	x	x		239	
Verschaeve Bart	x	30	26	x	x	x	x	x	24	19	27	27	x	27	26	x	x	x	x		206	