



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 Brhelmeersen 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)	Oostrozbeke 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	Lichtenvelde 15/09 (5+10 Dames)/ 10km Heren	Beernem Berenloop 22/09 (10km)	Aatrijke 29/09 (9km D+H)	Totaal	Plaats		
SENIOREN DAMES																								
Spriet Elke	40	30	30	36	36	30	x	34	x	x	30	30	x	x	30	2	x	x	x			328		
Berthier Jolien	30	x	26	30	30	x	x	x	x	x	x	x	30	x	x	x	x	x	x	x			146	
MASTERS DAMES																								
Vanneste Charline	x	x	37	x	x	40	30	40	x	40	40	40	x	x	40	40	x	x	37				384	
Van Hulle Katrijn	x	40	29	x	x	40	x	40	30	29	x	40	40	x	x	40	x	40	x				368	
Nobus Melissa	x	x	30	x	x	36	x	36	40	x	36	36	x	x	36	33	x	x	33				316	
Depypere Petra	36	36	29	x	30	2	x	28	29	2	28	2	x	30	27	2	x	30	x				311	
De Brabandere Hilde	x	27	27	30	30	29	x	27	x	x	x	26	30	x	26	27	x	x	x				279	
Taguema Nabila	x	25	23	x	29	28	x	x	x	x	x	25	x	29	25	x	x	x	x				184	
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	25	x	x	x	x				164	
Denolf Sabine	x	26	x	x	28	26	28	x	x	30	x	x	x	x	x	x	x	x	x				138	
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																								
Van Daele Jurgen	x	2	29	30	40	30	29	30	30	2	2	29	x	30	29	2	x	2	x				316	
Guillemy Bart	30	2	2	29	29	2	x	28	30	30	28	x	30	2	2	x	29	x	30				303	
Lefranc Patrice	28	2	2	28	28	26	x	27	29	2	26	26	29	2	x	x	27	x	x				282	
Vackier Pol	29	27	2	30	x	27	x	x	28	2	x	25	28	25	25	x	x	27	x				275	
Moyaert Johan	28	30	2	27	25	2	24	23	23	2	x	23	x	2	2	x	26	x	28				267	
Dedecker Tom	30	2	2	29	x	23	26	x	x	2	25	24	27	24	24	27	x	x	x				265	
Naert Filip	x	29	2	26	29	2	23	2	29	x	21	21	26	22	x	x	x	x	27				259	
Lievrouw Geert	x	24	2	28	26	22	27	26	27	24	23	x	x	x	23	x	x	x	x				252	
Van Bruwaene Rudi	25	28	2	25	28	21	x	19	x	x	22	20	x	21	20	x	x	x	x				231	
Verschaeve Bart	x	30	26	x	x	x	x	x	24	19	27	27	x	27	26	x	x	x	x				206	
Lannoo Dirk	x	x	28	x	x	29	28	29	x	x	29	28	x	x	28	x	x	x	x				199	
Maes Luc	27	x	15	28	x	18	x	22	22	x	20	x	x	x	x	x	x	25	x				177	
Kint Edwin	26	19	12	27	24	x	x	20	21	x	x	x	24	x	x	x	x	x	x				173	
Godderis Bart	x	x	30	x	x	x	25	x	x	29	30	x	x	x	x	28	x	28	x				170	
Devlaminck Luk	x	21	19	x	27	x	x	x	26	22	x	x	x	x	x	26	x	26	x				167	
Reyniers Bart	24	x	14	x	26	x	x	24	x	x	x	22	25	x	x	x	x	x	29				164	
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	