

**RESULTS :**  
**21 km S1**

**TRAIL D'ALOST**  
**AALST**  
**13/10/2024**

rank	bib	gender	name [ catg / year ]		time	time / km	km/h
1	516	M 1	De Proft Michiel [ Sen ] 1990	Ea	85:39	04:04	14.70
2	518	M 2	De Vriendt Nils [ Mast A ] 1978	Ea	85:45	04:05	14.70
3	546	M 3	Meuleman To [ Sen ] 2002	----	85:52	04:05	14.70
4	515	M 4	De Feyter Michaël [ Mast B ] 1972	3pt	85:57	04:05	14.70
5	440	M 5	Van Campenhout Arne [ Sen ] 1991	Geen	87:17	04:09	14.40
6	491	M 6	Haverbeke Jordy [ Sen ] 1994	----	88:22	04:12	14.30
7	595	M 7	Rondou Wannes [ Sen ] 1989	----	88:45	04:13	14.20
8	473	M 8	Njema Imed [ Mast A ] 1975	Ea	91:06	04:20	13.80
9	495	M 9	Cooremans Kevin [ Sen ] 1985	----	91:37	04:21	13.80
10	533	M 10	Duchi Simon [ Sen ] 1995	----	91:40	04:21	13.70
11	486	M 11	Van Den Eede Jeroen [ Sen ] 1989	Krav.ale	93:32	04:27	13.50
12	482	M 12	Vanrijckeghem Jarich [ Sen ] 2000	Walleken	93:46	04:27	13.40
13	442	M 13	De Ketelbutter Bart [ Mast A ] 1975	----	94:01	04:28	13.40
14	525	M 14	Kahya Ramazan [ Sen ] 1996	----	94:02	04:28	13.40
15	441	M 15	De Decker Arno [ Sen ] 1998	Ea	94:05	04:28	13.40
16	439	M 16	Pissoort Arne [ Jun ] 2010	Kvk Ninove	95:09	04:31	13.20
17	532	M 17	Witterzeel Senne [ Sen ] 1995	----	96:21	04:35	13.10
18	551	M 18	Thermote Tom [ Mast A ] 1982	Spiridon	96:27	04:35	13.10
19	535	M 19	Vanneste Stefaan [ Mast B ] 1967	----	97:05	04:37	13.00
20	497	M 20	Moreau Koen [ Mast A ] 1978	Funrunners	98:04	04:40	12.80
21	466	M 21	De Smet Gert [ Sen ] 1991	----	98:20	04:40	12.80
22	445	M 22	De Schutter Bob [ Sen ] 1987	----	98:58	04:42	12.70
23	484	M 23	Vandenwijngaert Jelle [ Sen ] 1999	----	99:07	04:43	12.70
24	465	M 24	De Maesschalck Geert [ Mast B ] 1966	Maspoe / Ea	99:50	04:45	12.60
25	593	M 25	Schoonjans Jan [ Mast A ] 1982	----	100:03	04:45	12.60
26	550	M 26	Spaenhoven Tom [ Mast B ] 1973	Speedy	100:10	04:46	12.60
27	489	F 1	De Rocker Jolein [ Sen ] 2001	Walleken	100:22	04:46	12.60
28	589	M 27	Sessens Koen [ Mast B ] 1971	----	100:25	04:46	12.50
29	538	M 28	De Mot Stijn [ Mast A ] 1976	Acp	100:26	04:46	12.50
30	510	M 29	Bieszczad Mateusz [ Sen ] 1987	----	101:03	04:48	12.50
31	526	M 30	De Smet Raven [ Sen ] 1998	----	101:23	04:49	12.40
32	460	M 31	Ooghe Filip [ Mast B ] 1966	Funrunners	101:34	04:50	12.40
33	545	M 32	Van Den Broeck Timothy [ Mast A ] 1981	/	101:53	04:51	12.40
34	456	M 33	Vion Dimitri [ Mast A ] 1981	----	101:58	04:51	12.40
35	451	M 34	De Rocker Chris [ Mast B ] 1971	Walleken	102:19	04:52	12.30
36	519	M 35	Smits Nino [ Sen ] 1991	Fogland	103:21	04:55	12.20
37	524	M 36	Waegemans Peter [ Mast A ] 1976	----	103:32	04:55	12.20
38	434	M 37	Bruyère Aïky [ Sen ] 1996	----	104:01	04:57	12.10
39	536	M 38	Wesemael Stefan [ Sen ] 1996	----	104:02	04:57	12.10

40	501	M 39	De Neef Kristof [ Mast A ] 1976	Ea	104:44	04:59	12.00
41	542	M 40	Kisser Thomas [ Sen ] 1990	----	105:22	05:01	12.00
42	488	M 41	Coppens Johan [ Mast A ] 1976	----	105:28	05:01	11.90
43	457	M 42	De Neve Dirk [ Mast B ] 1971	----	105:47	05:02	11.90
44	472	F 2	De Vlieger Ilkje [ Sen ] 1998	Ea	106:08	05:03	11.90
45	487	M 43	Iacobs Jimmy [ Sen ] 1984	----	106:36	05:04	11.80
46	541	M 44	Gaonach Sylvain [ Mast B ] 1967	Team Breizh	107:07	05:06	11.80
47	483	F 3	Van Glabeke Jasmien [ Sen ] 1992	----	107:11	05:06	11.80
48	539	M 45	De Schrijver Stijn [ Mast A ] 1980	----	107:12	05:06	11.80
49	590	M 46	De Coninck Wim [ Mast C ] 1963	----	107:23	05:06	11.70
50	437	M 47	Schietecatte Angelo [ Mast A ] 1978	----	107:37	05:07	11.70
51	591	F 4	Eylenbosch Leen [ Sen ] 1992	Aces	107:54	05:08	11.70
52	436	M 48	Van Gremberghe Andy [ Sen ] 1987	----	108:00	05:08	11.70
53	492	M 49	Van Der Burght Jules [ Sen ] 1994	----	108:23	05:09	11.60
54	522	M 50	Deboeverie Pavel [ Sen ] 1995	----	108:49	05:10	11.60
55	447	M 51	Weyts Bruno [ Mast A ] 1983	Pelikaanrunn	108:50	05:10	11.60
56	496	M 52	Van Den Berghe Kevin [ Mast A ] 1982	----	109:07	05:11	11.50
57	547	M 53	Coppieters Tom [ Mast A ] 1984	----	109:20	05:12	11.50
58	490	M 54	Verlé Joran [ Sen ] 1994	----	109:35	05:13	11.50
59	531	M 55	Van Loock Sebastiaan [ Sen ] 1995	----	109:43	05:13	11.50
60	648	M 56	Scheire Viktor [ Sen ] 1996	3rs	110:36	05:16	11.40
61	444	M 57	Seldeslachts Bavo [ Mast A ] 1975	----	110:51	05:16	11.40
62	654	M 58	Hendrickx Tom [ Mast A ] 1977	De Grom	110:55	05:16	11.40
63	480	M 59	De Mil Ives [ Mast A ] 1977	----	111:32	05:18	11.30
64	544	M 60	Uytersprot Tim [ Mast A ] 1981	----	111:33	05:18	11.30
65	505	M 61	De Vuyst Lieven [ Mast A ] 1977	----	112:13	05:20	11.20
66	450	F 5	Van Reeth Caroline [ Mas A ] 1980	----	112:18	05:20	11.20
67	512	M 62	Waterinckx Maxime [ Sen ] 2002	/	112:47	05:22	11.20
68	446	M 63	Matthijs Briek [ Sen ] 2003	----	112:49	05:22	11.20
69	596	F 6	Baeens Roos [ Jun ] 2008	----	112:50	05:22	11.20
70	467	M 64	Massagé Glenn [ Sen ] 1993	Camas	113:24	05:24	11.10
71	435	M 65	Siroyt André [ Mast C ] 1956	----	113:27	05:24	11.10
72	502	M 66	Jaenen Lars [ Jun ] 2006	Future	113:54	05:25	11.10
73	548	M 67	De Mesmaeker Tom [ Mast A ] 1982	----	114:13	05:26	11.00
74	520	M 68	Pletinckx Patrick [ Mast A ] 1980	----	114:14	05:26	11.00
75	481	M 69	Vandeputte Jan [ Mas D ] 1953	Achilles Ac	114:27	05:27	11.00
76	521	M 70	Sarens Patrick [ Mast C ] 1962	----	115:14	05:29	10.90
77	470	F 7	Coppens Heidi [ Mas A ] 1982	----	115:20	05:29	10.90
78	443	M 71	Asselman Bastiaan [ Mast A ] 1979	----	115:20	05:29	10.90
79	499	F 8	Dhollander Kristel [ Mas B ] 1979	----	115:31	05:30	10.90
80	454	M 72	Slota Dawid [ Sen ] 2002	----	115:38	05:30	10.90
81	646	M 73	De Scouza Pomeu Iralo [ Sen ] 1997	----	116:00	05:31	10.90
82	461	M 74	Ketels Frank [ Mast A ] 1983	----	116:36	05:33	10.80

83	555	M 75	Van Den Steen Willem [ Mast A ] 1982	----	117:28	05:35	10.70
84	476	F 9	Fastenaekels Inge [ Mas B ] 1979	Atletiekclub	117:59	05:37	10.70
85	534	F 10	Verschuere Sophie [ Mas A ] 1983	Acp	118:01	05:37	10.70
86	594	M 76	De Wael Bert [ Mast A ] 1981	----	118:12	05:37	10.70
87	552	M 77	Van Den Berge Vadinio [ Sen ] 1993	----	118:36	05:38	10.60
88	558	F 11	De Vos Yana [ Sen ] 2000	Achilles Run	118:59	05:39	10.60
89	452	F 12	Mercier Clara [ Sen ] 2000	----	119:55	05:42	10.50
90	592	M 78	Skarja Daniel [ Mast A ] 1981	----	119:57	05:42	10.50
91	485	M 79	Noreillie Jeroen [ Sen ] 1991	F.a.c.c	120:02	05:42	10.50
92	523	M 80	Van Den Abbee Peter [ Mast B ] 1970	----	120:04	05:43	10.50
93	463	M 81	De Muyter Frederik [ Mast A ] 1980	----	120:16	05:43	10.50
94	498	M 82	Van Den Borre Kris [ Mast A ] 1976	----	120:24	05:44	10.50
95	597	M 83	De Neve Koenraad [ Mast B ] 1974	Fitclub	120:59	05:45	10.40
96	543	M 84	Geyssens Tijn [ Mast A ] 1982	----	121:13	05:46	10.40
97	647	M 85	Wanderson Raposo [ Mast A ] 1979	----	123:15	05:52	10.20
98	511	M 86	De Ruyver Maxime [ Sen ] 1990	----	124:46	05:56	10.10
99	529	F 13	De Cock Sarah [ Mas A ] 1984	----	126:09	06:00	10.00
100	530	F 14	Van Ransbeeck Sarah [ Mas A ] 1988	----	126:09	06:00	10.00
101	471	M 87	Waterinckx Ilias [ Sen ] 2004	----	127:15	06:03	9.90
102	448	F 15	Gies Caroline [ Mas A ] 1984	----	127:35	06:04	9.90
103	493	F 16	Van Cautern Karen [ Mas B ] 1979	Ea	127:36	06:04	9.90
104	537	M 88	Messiaen Steven [ Mast A ] 1983	----	130:03	06:11	9.70
105	455	M 89	Truyaert Dieter [ Mast A ] 1984	----	130:03	06:11	9.70
106	553	M 90	Ottoy Wesley [ Mast A ] 1980	----	130:21	06:12	9.70
107	459	M 91	De Ridder Erwin [ Mast B ] 1972	Krav.ale	132:11	06:17	9.50
108	504	F 17	Drobé Liesbet [ Mas B ] 1974	----	132:23	06:18	9.50
109	462	M 92	Vlegels Frank [ Mast B ] 1967	----	132:29	06:18	9.50
110	540	M 93	Engels Stijn [ Mast A ] 1978	----	134:08	06:23	9.40
111	494	F 18	Van Cauwenberge Katrien [ Mas A ] 1982	Funrunners	134:37	06:24	9.40
112	449	F 19	Van De Wiele Caroline [ Mas A ] 1982	----	134:38	06:24	9.40
113	468	F 20	Baeyens Greet [ Mas B ] 1973	----	135:32	06:27	9.30
114	474	F 21	Vangeenderhuysen Ine [ Sen ] 1998	/	135:33	06:27	9.30
115	478	F 22	Van Impe Inge [ Sen ] 1999	----	136:58	06:31	9.20
116	464	M 94	Jaenen Free [ Mast B ] 1973	Future	137:17	06:32	9.20
117	503	F 23	Stuyck Laura [ Sen ] 2001	----	137:32	06:32	9.20
118	477	F 24	Lauwereys Inge [ Mas B ] 1978	----	137:33	06:33	9.20
119	506	F 25	De Groote Lili [ Sen ] 1991	----	139:33	06:38	9.00
120	557	F 26	Fransaert Yade [ Jun ] 2004	----	140:02	06:40	9.00
121	528	F 27	Celen Sara [ Mas B ] 1979	----	142:47	06:47	8.80
122	527	M 95	Vandenbergh Sander [ Mast A ] 1982	----	142:49	06:48	8.80
123	479	M 96	Sandu Ion [ Mast A ] 1981	----	143:01	06:48	8.80
124	508	F 28	Meesens Lynn [ Sen ] 1996	----	147:30	07:01	8.50
125	507	M 97	Desmecht Lucas [ Sen ] 2001	----	151:00	07:11	8.30

126	458	F 29	Van Brantegem Emmelie [ Sen ] 1992	-	152:14	07:14	8.30
127	513	F 30	Depauw Melina [ Mas B ] 1977	----	155:18	07:23	8.10
128	475	F 31	De Backer Inge [ Sen ] 1996	----	163:41	07:47	7.70
129	438	F 32	Van Samang Ann [ Mas B ] 1970	/	173:26	08:15	7.30