Uitslag voor Recreatieloop, 3000 m

| **Plaats** | **Borstnr** | **Naam** | **Club** | **Geboortejaar** | **M/V** | **Tijd** |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 125 | MEYERS RIK |  | 1985 | M | 11:38 |
| 2 | 110 | VERVAEKE JAN | AZW | 1970 | M | 11:47 |
| 3 | 231 | Beuckels Jaan | OB | 1994 | M | 12:00 |
| 4 | 112 | VIAENE NICO | OB | 1993 | M | 12:25 |
| 5 | 147 | VERROENS SVEN |  | 1986 | M | 12:43 |
| 6 | 111 | TIMMERMAN WIM |  | 1984 | M | 13:12 |
| 7 | 163 | LANGENACKERS TOM |  | 1995 | M | 13:32 |
| 8 | 162 | VERMEULEN SEPPE | ACKO | 1994 | M | 13:37 |
| 9 | 116 | VAN LEUGENHAEGE JOLIEN | AC HAMME | 1995 | V | 13:41 |
| 10 | 100 | ROOSEBROUCK AXELLE | OB | 1995 | V | 13:58 |
| 11 | 151 | DEMON MIKE |  | 1990 | M | 14:16 |
| 12 | 154 | DESCHACHT JAN | SODIBRUG | 1963 | M | 14:49 |
| 13 | 107 | TIMMERMANS SIMON |  | 1999 | M | 14:54 |
| 14 | 130 | BRUYNOOGHE JAN |  | 1965 | M | 15:09 |
| 15 | 139 | DE SMET TOM |  | 1973 | M | 15:20 |
| 16 | 141 | BAUWENS SANDER |  | 1999 | M | 15:47 |
| 17 | 131 | VAN DAMME AARON |  | 2000 | M | 15:49 |
| 18 | 160 | VERMEULEN NELE | ACKO | 1986 | V | 16:00 |
| 19 | 146 | COLLET PETER |  | 1974 | M | 16:08 |
| 20 | 143 | MAES PIETER |  | 1980 | M | 16:13 |
| 21 | 148 | PERSYN CHRISTOF |  | 1964 | M | 16:18 |
| 22 | 102 | CATTOOR GEORGES | SODIBRUG | 1949 | M | 16:23 |
| 23 | 120 | HOSTEN TIBO |  | 2000 | M | 16:35 |
| 24 | 105 | LENDERS INGE |  | 1969 | V | 16:43 |
| 25 | 142 | MAES BARBARA |  | 1978 | V | 16:44 |
| 26 | 140 | VANDERROOST MIKE |  | 1979 | M | 16:47 |
| 27 | 113 | RENMANS JEROEN | ROBA | 2000 | M | 16:52 |
| 28 | 129 | DUCHS ANNE |  | 1968 | V | 17:03 |
| 29 | 132 | VAN DAMME JORN |  | 2000 | M | 17:04 |
| 30 | 159 | DEVOS SANDER |  | 1996 | M | 17:09 |
| 31 | 152 | BOUTHEZ TINO |  | 1978 | M | 17:30 |
| 32 | 161 | VERHAEGHE JOREN |  | 1996 | M | 17:41 |
| 33 | 126 | VANPARYS MARIJKE |  | 1985 | V | 17:50 |
| 34 | 115 | VAN POUCKE KAREN | SODIBRUG | 1974 | V | 17:59 |
| 35 | 101 | DE BADRIHAYE SVETLANA | SODIBRUG | 1999 | V | 18:06 |
| 36 | 124 | GHOOS LAURA |  | 1990 | V | 18:10 |
| 37 | 114 | DEMON ELINE |  | 1996 | V | 18:17 |
| 38 | 150 | BALLEGEER AMBER | OB | 1998 | V | 18:26 |
| 39 | 103 | DELBARE WILLY | SODIBRUG | 1942 | M | 18:29 |
| 40 | 149 | BALLEGEER JOLIEN | OB | 1995 | V | 18:32 |
| 41 | 119 | JACOBS JIMMY |  | 1988 | M | 18:41 |
| 42 | 108 | TIMMERMANS ELIEN |  | 2001 | V | 18:57 |
| 43 | 138 | THIEL DIMITRY |  | 1969 | M | 19:17 |
| 44 | 144 | DEJAEGER SANDRA |  | 1974 | V | 19:38 |
| 45 | 121 | CLOET MARTINE |  | 1971 | V | 19:39 |
| 46 | 109 | TIMMERMANS ANNELIES |  | 1978 | V | 19:41 |
| 47 | 123 | CREYNE KEVIN |  | 1986 | M | 19:44 |
| 48 | 122 | DUCHEYNE YVES |  | 1985 | M | 19:45 |
| 49 | 133 | VANDENBUSSCHE INGEBORG |  | 1974 | V | 20:03 |
| 50 | 145 | ALBERTS CONNY | SODIBRUG | 1963 | V | 20:38 |
| 51 | 158 | BRAEM MARIEKE |  | 1985 | V | 20:57 |
| 52 | 135 | CATTOOR ANNELIES |  | 1975 | V | 21:05 |
| 53 | 136 | DEBEDTS VERONIQUE |  | 1982 | V | 21:06 |
| 54 | 134 | BAERT ELKE |  | 1999 | V | 21:20 |
| 55 | 106 | TIMMERMANS RIK |  | 1944 | M | 21:37 |
| 56 | 117 | ROOSE NATHALIE |  | 1973 | V | 21:50 |
| 57 | 104 | VAN EUPEN IGNACE |  | 1953 | M | 22:00 |
| 58 | 127 | SCHEERLINCK LODEWIJK |  | 1984 | M | 22:13 |
| 59 | 128 | SCHEERLINCK LUC |  | 1951 | M | 22:14 |
| 60 | 157 | MONBALIU AMY |  | 1985 | V | 22:31 |
| 61 | 153 | ROOS KATRIJN | SODIBRUG | 1979 | V | 22:42 |
| 62 | 118 | DECANCQ TAMARA |  | 1981 | V | 22:46 |