



2023

| | | | | | | | | | | | | | |
|-------|----------------------|--------------------|----------------------|-------------------------|-----------------------------|------------------|----------------|-----------------------------|----------------------|-----------------------------|------------------------------|------------------------------|-------------|
| bonus | Schallenhofloop 5 km | Molendorploop 6 km | Mem D Cornaer 3,6 km | Natuurloop Beernem 7 km | Schietsjampetterloop 4,8 km | Bruggenloop 5 km | Beach Run kort | Szamotoomy Mountain 2,49 km | totaal korte afstand | totaal TOP wedstrijden kort | totaal gast wedstrijden kort | totaal zomer challenges kort | aantal kort |
|-------|----------------------|--------------------|----------------------|-------------------------|-----------------------------|------------------|----------------|-----------------------------|----------------------|-----------------------------|------------------------------|------------------------------|-------------|

| rang | naam | gem | geb | gesl | club | cat | pl | cat | 100 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | 600 | kort | kort | kort | kort | # alg |
|------|--------------------|-----------|------|------|------------|--------|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|-------|
| 1 | Cappon Liesbeth | Wingene | 1978 | f | AVI | master | 1 | | 100 | 150 | 600 | 587 | | 591 | 592 | 600 | 600 | | | 3820 | 1337 | 1183 | 1200 | 7 |
| 2 | Bex Patricia | heule | 1959 | f | | m+45 | 1 | | 100 | 485 | 150 | 522 | 587 | 60 | 578 | 540 | 540 | | | 3562 | 1157 | 1225 | 1080 | 8 |
| 3 | Claeys Kim | Zwevezele | 1985 | f | CNH | master | 2 | | 100 | 392 | | 391 | 376 | 384 | | 480 | | | | 2123 | 783 | 760 | 480 | 5 |
| 4 | Terryn Ellen | Meulebeke | 1996 | f | | senior | 1 | | 100 | | 394 | | 499 | 516 | | | 420 | | | 1929 | 394 | 1015 | 420 | 4 |
| 1 | Eggerick Alexander | pittem | 1990 | m | | senior | 1 | | 100 | 600 | 150 | 600 | 597 | 60 | 592 | 600 | 600 | | | 3899 | 1350 | 1249 | 1200 | 8 |
| 2 | Hornaert Edward | Roeselare | 1981 | m | | master | 1 | | 100 | 418 | | 514 | 566 | 464 | | 420 | 480 | | | 2962 | 932 | 1030 | 900 | 6 |
| 3 | Joos Pauwel | Maldegem | 1966 | m | JC Aaalter | m+55 | 1 | | 100 | 525 | | | 576 | 60 | 561 | 540 | 540 | | | 2902 | 525 | 1197 | 1080 | 6 |
| 4 | Deleu Peter | Wielsbeke | 1970 | m | Abm | m+45 | 1 | | 100 | 471 | 150 | 525 | | 509 | 530 | 480 | | | | 2765 | 1146 | 1039 | 480 | 6 |
| 5 | Terryn Danny | Tielt | 1964 | m | JCAVMO | m+55 | 2 | | 100 | 364 | | | 424 | | | 360 | 300 | | | 1548 | 364 | 424 | 660 | 4 |