

Belgisch Kampioenschap 10.000m mannen en vrouwen en 3000m steeple masters
 Naimette-Xhovémont 07 juli 2010
 RESULTATEN

3000m steeple M35-M55

1	7418	El Mkabli El Idrissi M	9'53.12	70	M40 RCAS	BK M40
2	4009	Van Der Hoeven Marc	10'00.51	60	M45 VS	BK M45
3	4718	Delme Andy	10'12.76	71	M35 ROBA	BK M35
4	3537	Spiessens Koen	10'50.80	71	M35 SPBO	2 M35
5	5282	Van Rillaer Stefan	11'03.86	70	M35 AVZK	3 M35
6	4229	Engelen Gert	11'13.70	68	M40 AVZK	2 M40
7	5495	Storms Alex	12'02.15	63	M45 ROBA	2 M45
8	7285	Legast Rene	12'04.18	57	M50 UAC	BK M50
9	3687	Pelgrims Edouard	12'14.57	55	M55 AVZK	BK M55
10	3802	Van De Vreken Luc	12'56.57	64	M45 AVKA	3 M45
11	3553	Cools Edwin	13'25.40	58	M50 LOOI	2 M50

2000m steeple M60+

1	5460	Claessens Jozef	7'50.22	49	M60 VOLH	BK M60
2	4874	De Coster Wilfried	15'41.32	43	M65 ROBA	BK M65

2000m steeple W35+

1	2917	Van Hul Isabel	8'00.16	73	W35 ZWAT	BK W35
2	3199	Avau Magda	10'52.40	54	W55 OEH	BK W55

10.000m M35-40-45

1	6315	Clyncke Christophe	33'00.49	73	M35 EA	BK M35
2	3678	De Vocht Peter	33'06.84	60	M45 AVZK	BK M45
3	7304	Luyens Yves	33'26.20	67	M40 RCB	BK M40
4	6018	Wils Johan	33'32.02	74	M35 ACHL	2 M35
5	6693	Vanderbeck Yves	33'38.47	68	M40 RIWA	2 M40
6	5067	Wolters Marc	34'12.57	74	M35 LAT	3 M35
7	4618	Kluskens John	34'38.01	70	M40 LAT	3 M40
8	5751	Pontoizeau Rodolfe	34'45.65	73	M35 VAC	
9	7529	COLSON Stéphane	35'16.10	65	M40 ROCA	
10	6540	Stas Christian	35'28.14	64	M45 HERV	2 M45
11	4569	Raskin Lode	36'17.28	69	M40 ADD	
12	7040	Reyners Patrick	36'45.90	65	M40 ACO	
13	5495	Storms Alex	37'09.76	63	M45 ROBA	3 M45
14	6539	Pauly Michel	37'31.88	61	M45 HERV	
15	7027	Blanchy Gilles	38'12.77	64	M45 HERV	
16	6253	Cardinaels Chris	39'11.71	72	M35 MACD	
17	6867	Heyden Olivier	38'12.77	73	M35 BBS	
	6605	Lejeune Bernard	DNF	71	M35 SPA	

10.000m vrouwen AC en masters

1	132	Mccambridge Maria	35'16.48	75	W35 IRL	
2	1182	Socol Manuela	36'34.25	88	ATLA	BK AC
3	3931	Van Droogenbroeck Virgini	37'26.31	71	W35 CABW	2 AC BK W35
4	1962	Deldicque Louise	37'41.49	81	CSDY	3 AC
5	3217	Van Hooydonck Els	37'51.80	67	W40 ESAK	BK W40
6	1874	Balancier Sarah	38'13.95	84	HERV	
7	829	Rens Els	38'27.01	83	AVZK	
8	2394	Debaets Corinne	38'49.27	63	W45 DCLA	BK W45
9	2500	Lambrechts Dominique	38'49.83	70	W35 DCLA	2 W35
10	2388	Steenhaut Kathleen	39'01.84	66	W40 VS	2 W40
11	3792	Devick Emily	39'45.29	74	W35 CABW	3 W35
12	2437	Willekens Marijke	40'59.10	63	W45 DCLA	2 W45
13	1712	Derouaux Sophie	41'46.76	75	HERV	
14	2918	Van Der Hoeven Jeannine	41'46.76	66	W40 ROBA	3 W40
15	3566	Vangoidsenhonven Diziana	43'09.58	74	W35 ROBA	
16	3910	Villers Marie Paule	43'27.38	64	W45 SPA	3 W45

17	2352	Drouard Sandy	43'27.86	74	W35	ACHL	
18	4054	Justin Danielle	43'33.24	52	W55	RFCL	BK W55
19	2964	Sliepers Petra	45'03.20	70	W40	VITA	
20	2943	Pannemans Marie-Louise	49'39.25	54	W55	MACD	2 W55
21	2491	Buyle Marie-Jeanne	51'23.11	52	W55	VS	3 W55
22	2596	Maes Sabrina	51'34.05	64	W45	ZWAT	
	2887	Moonen Olga	DNF	65	W40	ATLA	

10.000m AC mannen

1	5036	Van Den Broek Stefan	29'54.47	72	LIER		
2	145	Dessaix_Chin Russel**	30'11.09	00	AUS		
3	2714	Caelen Florent	30'30.26	89	RFCL		
4	1183	Diaz Rodriguez Alexander	30'32.10	79	BEHO		
5	1679	Van Droogenbroeck Lander	30'34.20	83	DAC		
6	189	Lunders Mats	30'46.82	91	LYRA		
7	1620	Van Schuerbeeck Willem	30'50.60	84	VAC		
8	1476	Basemans Michel	30'51.29	87	DCLA		
9	144	Nothum Vincent	30'53.47	78	LUX		
10	143	Groben Pascal	31'15.68	77	LUX		
11	1288	Depoortere Dries	31'22.70	85	AVR		
12	2945	Konigs Roger	31'30.15	78	RFCL		
13	1538	Geens Gunter	31'36.46	81	AVZK		
14	1254	Van Steenbrugge Francies	31'44.82	76	KAAG		
15	1677	Van Hoey Olivier	32'25.84	87	ACW		
16	3221	Dortu Patrick	32'49.12	82	SPA		
17	3119	Duchateau Michael	34'11.87	83	SPA		
18	2640	Detrez Damien	34'27.36	79	RFCL		
19	2618	Boughrad Mohamed	34'53.62	80	CSF		
20	366	Kennis Kevin	41'59.26	91	BRAB		
	2642	Brandenbourg Michael	DNF	86	RFCL		
	1073	De Raeymaecker Karl	DNS	80	ACW		
	7203	Collignon Frederic	DNF	70	RFCL		
	1632	Dobbelaere Steven	DNF	82	DEIN		

10.000m M50+

1	3656	Bultinck Marc	33'51.85	58	M50	DEIN	BK M50
2	3820	Vierendeels Eddy	34'20.82	52	M55	ACP	BK M55
3	4940	Henno Luc	34'21.53	55	M55	ADD	2 M55
4	5847	Hiemeleers Marc	35'57.49	56	M50	ACA	2 M50
5	7436	Baar Pierre	35'57.62	57	M50	HERV	3 M50
6	5006	Hermans Luc	36'17.11	57	M50	DCLA	
7	4926	Quadflieg Marc	36'21.07	57	M50	MACD	
8	142	Belflamme Marc	36'53.68	59	M50	HERV	
9	6312	Lameir Christian	37'09.58	59	M50	DAC	
10	7149	Deroanne Jean Claude	37'35.20	52	M55	OCAN	3 M55
11	6050	Boexstaens Johny	37'39.03	48	M60	AVZK	BK M60
12	5492	Van Noten Omer	37'39.77	47	M60	ROBA	2 M60
13	3662	Nevelsteen Gustaaf	39'44.95	55	M55	AVZK	
14	7293	Despontin Luc	39'59.91	48	M60	RCB	3 M60
15	4867	Van Assche Pierre	40'06.66	44	M65	SPBO	BK M65
16	5042	Vloeberghs Marc	41'27.11	45	M60	ACKO	
17	3370	Uytterschaut Etienne	42'59.97	43	M65	ZELE	2 M65
18	4656	Peeters Herman	46'25.49	38	M70	ROBA	BK M70
19	4560	De Soete Georges	47'42.58	36	M70	BEHO	2 M70
20	4929	Wijnen Raymond	53'32.44	52	M55	MACD	
21	4208	Basteleus Jean	53'52.65	38	M70	OEH	3 M70
22	4542	Matton Jaak	56'11.26	32	M75	OEH	BK M75
23	4176	Belsack Freddy	60'12.76	39	M70	OEH	
	5352	Verbeek Paul	DNF	54	M55	LAC	
	5460	Claessens Jozef	DNF	49	M60	VOLH	