

Marathon Zeeuws-Vlaanderen
Terneuzen
www.marathonzvl.com
16-04-2011

uitslag 5 km

| Plaats | StNr | Naam | Woonplaats | Cat | Plaats in Cat | Tijd | km/hr | min/km |
|--------|------|----------------------|---------------|------|------------------|---------|-------|--------|
| 1 | 120 | Niek den Exter | Terneuzen | hsen | 1 | 0:17:23 | 17,3 | 03:29 |
| 2 | 105 | Kris Derveaux | Oostende | hsen | 2 | 0:17:58 | 16,7 | 03:36 |
| 3 | 97 | Stijn Jacobs | Vorselaar | hsen | 3 | 0:18:25 | 16,3 | 03:41 |
| 4 | 68 | Jesse kaars | Moehnesee (D) | hsen | 4 | 0:19:32 | 15,4 | 03:54 |
| 5 | 116 | Lyam Jones | Terneuzen | hsen | 5 | 0:19:43 | 15,2 | 03:57 |
| 6 | 46 | Audrey Goesaert | Waregem | dsen | 1 | 0:19:45 | 15,2 | 03:57 |
| 7 | 181 | Reinier van de Weele | Terneuzen | hsen | 6 | 0:21:08 | 14,2 | 04:14 |
| 8 | 57 | Erwin Scheele | Terneuzen | h40 | 1 | 0:21:16 | 14,1 | 04:15 |
| 9 | 126 | Jochem Schelfhout | Terneuzen | hsen | 7 | 0:22:56 | 13,1 | 04:35 |
| 10 | 75 | Lotte kaars | Moehnesee (D) | dsen | 2 | 0:23:33 | 12,7 | 04:43 |
| 11 | 110 | Marco Grozema | Vlissingen | h40 | 2 | 0:23:50 | 12,6 | 04:46 |
| 12 | 131 | Mario Schockeart | wetteren | hsen | 8 | 0:24:48 | 12,1 | 04:58 |
| 13 | 103 | Wendy Demeestere | Zwevegem | dsen | 3 | 0:24:51 | 12,1 | 04:58 |
| 14 | 91 | Rini v.d. Voorde | Trimjefit | hsen | 9 | 0:25:00 | 12,0 | 05:00 |
| 15 | 127 | Andrea Scharmga | Terneuzen | dsen | 4 | 0:25:40 | 11,7 | 05:08 |
| 16 | 56 | Ellen hamelink | Trimjefit | dsen | 5 | 0:25:52 | 11,6 | 05:10 |
| 17 | 60 | Evert Verplanke | Trimjefit | h40 | 3 | 0:25:54 | 11,6 | 05:11 |
| 18 | 184 | Mats van Sabben | Terneuzen | hsen | 10 | 0:26:07 | 11,5 | 05:13 |
| 19 | 185 | Niels van Sabben | Terneuzen | h40 | 4 | 0:26:08 | 11,5 | 05:14 |
| 20 | 70 | John Lourens | Terneuzen | h40 | 5 | 0:26:40 | 11,2 | 05:20 |
| 21 | 55 | Diane Nuyts | Vorselaar | d40 | 1 | 0:26:48 | 11,2 | 05:22 |
| 22 | 76 | Luc Van Doninck | Vorselaar | h50 | 1 | 0:26:50 | 11,2 | 05:22 |
| 23 | 183 | Esme de Braal | Zaamslag | dsen | 6 | 0:26:59 | 11,1 | 05:24 |
| 24 | 182 | Franny Bakker | Rotterdam | dsen | 7 | 0:27:05 | 11,1 | 05:25 |
| 25 | 83 | Mirjam Bruins Slot | Terneuzen | dsen | 8 | 0:27:24 | 10,9 | 05:29 |
| 26 | 80 | Milan Cosijn | Hulst | dsen | 9 | 0:27:44 | 10,8 | 05:33 |
| 27 | 64 | Ivo Luijcks | Hulst | hsen | 11 | 0:27:46 | 10,8 | 05:33 |
| 28 | 65 | Janet Verlinde | Terneuzen | dsen | 10 | 0:28:31 | 10,5 | 05:42 |
| 29 | 74 | Kim Vastrick | trimjefit | dsen | 11 | 0:28:33 | 10,5 | 05:43 |
| 30 | 119 | Sandra Siereveld | Terneuzen | d40 | 2 | 0:28:37 | 10,5 | 05:43 |
| 31 | 63 | Herman Celis | Vorselaar | h60 | 1 | 0:28:57 | 10,4 | 05:47 |
| 32 | 79 | Mieke Verbrugge | Beveren-Leie | d40 | 3 | 0:29:10 | 10,3 | 05:50 |
| 33 | 86 | Natasja Verstraete | Breskens | dsen | 12 | 0:29:12 | 10,3 | 05:50 |
| 34 | 42 | Anita Pichal | trimjefit | d40 | 4 | 0:29:19 | 10,2 | 05:52 |
| 35 | 48 | Carla Kaijser | Terneuzen | d40 | 5 | 0:29:23 | 10,2 | 05:53 |
| 36 | 43 | Annemiek de Die | Terneuzen | d40 | 6 | 0:29:27 | 10,2 | 05:53 |
| 37 | 85 | Monique Adriaanse | Trimjefit | d40 | 7 | 0:29:29 | 10,2 | 05:54 |
| 38 | 66 | Janien Morcus | Trimjefit | d40 | 8 | 0:29:31 | 10,2 | 05:54 |
| 39 | 144 | Levien van Hoeve | terneuzen | h50 | 2 | 0:29:33 | 10,2 | 05:55 |
| 40 | 82 | Mirella Simons | trimjefit | dsen | 13 | 0:29:36 | 10,1 | 05:55 |
| 41 | 89 | Petra Maas | Trimjefit | dsen | 14 | 0:29:49 | 10,1 | 05:58 |
| 42 | 123 | Ellie Rijks | Terneuzen | d50 | 1 | 0:29:53 | 10,0 | 05:59 |
| 43 | 98 | Sylvia Vinke | Terneuzen | d40 | 9 | 0:29:55 | 10,0 | 05:59 |
| 44 | 93 | Sanne Prenger | Breda | dsen | 15 | 0:30:06 | 10,0 | 06:01 |

| | | | | | | | | |
|----|-----|-----------------------|---------------|------|----|---------|-----|-------|
| 45 | 45 | Astrid Lourens van Os | Trimjefit | d40 | 10 | 0:30:31 | 9,8 | 06:06 |
| 46 | 87 | Patricia Gijzels | Breskens | d40 | 16 | 0:30:53 | 9,7 | 06:11 |
| 47 | 96 | Steven Groenewoud | Axel | hsen | 12 | 0:30:55 | 9,7 | 06:11 |
| 48 | 95 | Sonja de Roo | Axel | d40 | 17 | 0:30:56 | 9,7 | 06:11 |
| 49 | 54 | Danitsja du Puy | Trimjefit | d40 | 18 | 0:31:32 | 9,5 | 06:18 |
| 50 | 92 | Samantha de Rijck | Sint Jansteen | d40 | 19 | 0:31:50 | 9,4 | 06:22 |
| 51 | 71 | Joop de Rijck | Sint Jansteen | h40 | 6 | 0:31:52 | 9,4 | 06:22 |
| 52 | 72 | Jos Lourens | Trimjefit | h60 | 2 | 0:32:03 | 9,4 | 06:25 |
| 53 | 53 | Danielle Sies | Vlissingen | d40 | 20 | 0:32:38 | 9,2 | 06:32 |
| 54 | 50 | Cecile Dieleman-Coers | Terneuzen | d40 | 11 | 0:32:41 | 9,2 | 06:32 |
| 55 | 59 | Evelien Matthijs | Terneuzen | d40 | 12 | 0:32:42 | 9,2 | 06:32 |
| 56 | 52 | Corinne de Feijter | trimjefit | d40 | 21 | 0:33:08 | 9,1 | 06:38 |
| 57 | 58 | Esther Sakellarou | Trimjefit | d40 | 22 | 0:33:09 | 9,0 | 06:38 |
| 58 | 51 | Cindy v.d. Voorde | Trimjefit | d40 | 23 | 0:34:05 | 8,8 | 06:49 |
| 59 | 67 | Jantien Hamelink | Trimjefit | d40 | 24 | 0:35:23 | 8,5 | 07:05 |
| 60 | 62 | Heleen Meertens | s-Gravenhage | d40 | 25 | 0:35:50 | 8,4 | 07:10 |
| 61 | 77 | Marjo Reijnders | Trimjefit | d40 | 13 | 0:37:37 | 8,0 | 07:31 |
| 62 | 41 | Angelique Neels | Trimjefit | d40 | 14 | 0:37:52 | 7,9 | 07:34 |
| 63 | 90 | Rian Brill | Trimjefit | d40 | 15 | 0:37:53 | 7,9 | 07:35 |
| 64 | 44 | Annet Ringelberg | Zierikzee | d40 | 26 | 0:40:58 | 7,3 | 08:12 |
| 65 | 47 | Barbara Blommestein | Amsterdam | d40 | - | - | - | - |
| 66 | 49 | Catina Tanner | Amsterdam | d40 | - | - | - | - |
| 67 | 61 | Ginia Arends | Middelburg | d40 | - | - | - | - |
| 68 | 69 | Jessie Verbeke | Sint-Laureins | d40 | - | - | - | - |
| 69 | 73 | Karin Korstanje | Trimjefit | d40 | - | - | - | - |
| 70 | 78 | Mark Romeijnsen | Terneuzen | hsen | - | - | - | - |
| 71 | 81 | Miranda van Sabben | Trimjefit | d40 | - | - | - | - |
| 72 | 84 | Mirjam van Straten | Terneuzen | d40 | - | - | - | - |
| 73 | 88 | Peter Declerck | Waarschoot | hsen | - | - | - | - |
| 74 | 94 | Saskia de Vries-Beeke | Terneuzen | d40 | - | - | - | - |
| 75 | 99 | Tara kaars | Moehnesee (D) | d40 | - | - | - | - |
| 76 | 100 | Van Benten Leonie | Sas van Gent | d40 | - | - | - | - |
| 77 | 102 | Winanda van den Ende | Trimjefit | d40 | - | - | - | - |