# Naast - Jogging de l'APE Saint-Joseph 2023

Course : 5 kms (Distance : 5000 m.) 21/04/23 - 1 -

| Doss | Pla. | Pl.cat | Nom | Club | Cat | Temps | Vit. | min/km |
|---|---|---|---|---|---|---|---|---|
| 342 | 1 | 1 | BASCOURT Thomas | USBW | Es | 0:17:53 | 16,775 | 3:34 |
| 403 | 2 | 1 | FOURMANOIR Michaël | THEODO | Sé | 0:18:57 | 15,831 | 3:47 |
| 344 | 3 | 1 | VANDERROOST Davy | Home Solu | V1 | 0:19:05 | 15,720 | 3:49 |
| 390 | 4 | 1 | DUPONT Eddy | Born to Ru | V2 | 0:19:29 | 15,397 | 3:53 |
| 365 | 5 | 2 | DAMBRUN Jordan | Trottineurs | Sé | 0:19:35 | 15,319 | 3:55 |
| 321 | 6 | 2 | DUQUESNE Loann | ONS | Es | 0:20:05 | 14,937 | 4:01 |
| 352 | 7 | 2 | DESCAMPS Jérôme | MOHA | V1 | 0:20:17 | 14,790 | 4:03 |
| 385 | 8 | 3 | DEHUT Sébastien | | V1 | 0:20:45 | 14,457 | 4:09 |
| 366 | 9 | 3 | ROSSAY Nathan | TCDM | Es | 0:21:09 | 14,184 | 4:13 |
| 350 | 10 | 3 | SIRAULT Loïc | ORCA | Sé | 0:21:31 | 13,942 | 4:18 |
| 346 | 11 | 4 | SIRAULT Théo | | Es | 0:21:34 | 13,910 | 4:18 |
| 425 | 12 | 1 | BAUDUIN Margot | Wetrail | DA | 0:21:37 | 13,878 | 4:19 |
| 426 | 13 | 4 | DE GRAVE Matthias | Speedy | Sé | 0:21:39 | 13,856 | 4:19 |
| 398 | 14 | 5 | KOWAC Maxime | | Sé | 0:21:50 | 13,740 | 4:22 |
| 330 | 15 | 4 | BERTIEAUX Nicolas | Les déraill | V1 | 0:22:02 | 13,615 | 4:24 |
| 343 | 16 | 2 | MAESFRANCKX Adél | THEODO | DA | 0:22:08 | 13,554 | 4:25 |
| 394 | 17 | 6 | HEBBERECHT François | THEODO | Sé | 0:22:10 | 13,533 | 4:26 |
| 308 | 18 | 7 | LEMAN Arnaud | | Sé | 0:22:31 | 13,323 | 4:30 |
| 373 | 19 | 1 | PAQUAY Johan | | Ga | 0:22:36 | 13,274 | 4:31 |
| 380 | 20 | 5 | DE MOYTER Wim | FEAR | V1 | 0:22:38 | 13,254 | 4:31 |
| 382 | 21 | 5 | COTAN Alexandru | | Es | 0:22:41 | 13,225 | 4:32 |
| 309 | 22 | 8 | THUIN Ludo | | Sé | 0:23:06 | 12,987 | 4:37 |
| 383 | 23 | 3 | VIART Faustine | MOHA | DA | 0:23:09 | 12,958 | 4:37 |
| 354 | 24 | 6 | MAES David | | V1 | 0:23:12 | 12,931 | 4:38 |
| 387 | 25 | 6 | FOUSS Louis | USN | Es | 0:23:14 | 12,912 | 4:38 |
| 367 | 26 | 9 | ROSSAY Anthony | | Sé | 0:23:18 | 12,875 | 4:39 |
| 347 | 27 | 4 | PASTEEL Méline | Trottineu | DA | 0:23:23 | 12,829 | 4:40 |
| 375 | 28 | 2 | BLAIRON Laurent | JC Estinne | V2 | 0:23:33 | 12,738 | 4:42 |
| 345 | 29 | 10 | DE COENE Pieter | | Sé | 0:24:01 | 12,491 | 4:48 |
| 363 | 30 | 7 | DETRY Gauvain | MOHA | Es | 0:24:33 | 12,219 | 4:54 |
| 323 | 31 | 7 | DUQUESNE Stéphane | | V1 | 0:24:43 | 12,137 | 4:56 |
| 388 | 32 | 2 | FOUSS Hugo | USN | Ga | 0:24:57 | 12,024 | 4:59 |
| 353 | 33 | 1 | PURNODE Stéphanie | | A1 | 0:24:59 | 12,008 | 4:59 |
| 372 | 34 | 11 | BLANPAIN Xavier | Trottineurs | Sé | 0:25:20 | 11,842 | 5:04 |
| 389 | 35 | 1 | FOUSS Zoé | MOHA | JF | 0:25:27 | 11,787 | 5:05 |
| 360 | 36 | 5 | HANNECART Adeline | Mons Run | DA | 0:25:29 | 11,772 | 5:05 |
| 359 | 37 | 8 | DUFRANE Nicolas | Mons Run | V1 | 0:25:31 | 11,757 | 5:06 |
| 305 | 38 | 2 | LEBRUN Charline | Rsc Naast | JF | 0:26:27 | 11,342 | 5:17 |
| 371 | 39 | 12 | RENAUT Guillaume | | Sé | 0:26:43 | 11,228 | 5:20 |
| 378 | 40 | 2 | FILECCIA Céline | | A1 | 0:26:52 | 11,166 | 5:22 |
| 379 | 41 | 9 | LIMBOURG Nicolas | BIKE | V1 | 0:26:55 | 11,145 | 5:23 |
| 328 | 42 | 13 | MATON Sébastien | | Sé | 0:26:59 | 11,117 | 5:23 |
| 405 | 43 | 14 | VANHOLLEBEKE Guill | THEODO | Sé | 0:27:03 | 11,090 | 5:24 |
| 396 | 44 | 15 | CAPRARO Fabio | Taekwond | Sé | 0:27:07 | 11,063 | 5:25 |
| 397 | 45 | 3 | OSEE Aurélie | | A1 | 0:27:16 | 11,002 | 5:27 |
| 361 | 46 | 4 | GHYSSENS Caroline | | A1 | 0:27:33 | 10,889 | 5:30 |
| 358 | 47 | 8 | VEKEMANS Thomas | | Es | 0:27:50 | 10,778 | 5:34 |
| 400 | 48 | 5 | HENDRICKX Raphaëll | | A1 | 0:27:53 | 10,759 | 5:34 |
| 393 | 49 | 6 | L'HOIR Anaïs | THEODO | A1 | 0:28:08 | 10,663 | 5:37 |
| 320 | 50 | 9 | SOUSA FERREIRA Guil | Thedo tem | Es | 0:28:13 | 10,632 | 5:38 |
| 381 | 51 | 6 | STULAK Julie | | DA | 0:28:20 | 10,588 | 5:40 |
| 348 | 52 | 16 | AUQUIER Nicolas | Les Trottir | Sé | 0:28:37 | 10,483 | 5:43 |
| 322 | 53 | 1 | DESAGRE Sabine | ONS | A2 | 0:28:41 | 10,459 | 5:44 |
| 374 | 54 | 3 | PAQUAY Olivier | | V2 | 0:28:47 | 10,422 | 5:45 |
| 377 | 55 | 3 | POSTIAUX Pablo | | Ga | 0:29:16 | 10,250 | 5:51 |
| 351 | 56 | 7 | GUSTIN Claire | MOHA | A1 | 0:29:21 | 10,221 | 5:52 |
| 319 | 57 | 4 | RICOUR Corentin | | Ga | 0:29:28 | 10,180 | 5:53 |
| 376 | 58 | 1 | TENAERTS Christian | | V3 | 0:29:37 | 10,129 | 5:55 |
| 301 | 59 | 5 | DE VUYST Hugo | | Ga | 0:29:39 | 10,118 | 5:55 |
| 316 | 60 | 10 | SOMERS Soan | | Es | 0:30:11 | 9,939 | 6:02 |
| 314 | 61 | 6 | LEHEUT Antoine | Ecole Sain | Ga | 0:30:13 | 9,928 | 6:02 |
| 332 | 62 | 7 | POLAIN Mathéo | | Ga | 0:30:19 | 9,895 | 6:03 |
| 326 | 63 | 8 | FUMIERE Robin | | Ga | 0:30:26 | 9,857 | 6:05 |
| 349 | 64 | 3 | MALREE Célia | THEODO | JF | 0:30:45 | 9,756 | 6:09 |
| 370 | 65 | 7 | DELOOR Maureen | | DA | 0:31:09 | 9,630 | 6:13 |
| 337 | 66 | 9 | MOORS Solan | St Joseph | Ga | 0:31:11 | 9,620 | 6:14 |
| 336 | 67 | 10 | ANCIAUX Victor | BDD | Ga | 0:31:13 | 9,610 | 6:14 |
| 424 | 68 | 10 | VIGNERON Grégory | | V1 | 0:31:19 | 9,579 | 6:15 |
| 333 | 69 | 4 | SULTAN GEREJ Ambı | | JF | 0:31:58 | 9,384 | 6:23 |
| 335 | 70 | 11 | ANCIAUX Clément | | Ga | 0:32:03 | 9,360 | 6:24 |
| 395 | 71 | 2 | VAN HECKE Catherin | | A2 | 0:32:15 | 9,302 | 6:27 |
| 368 | 72 | 4 | COELAERT Gilles | THEODO | V2 | 0:32:20 | 9,278 | 6:28 |
| 401 | 73 | 5 | NISOL Céliane | | JF | 0:32:24 | 9,259 | 6:28 |
| 402 | 74 | 8 | MDIVANI Teona | | DA | 0:32:37 | 9,197 | 6:31 |
| 384 | 75 | 17 | MAYEUR Alden | | Sé | 0:32:47 | 9,150 | 6:33 |
| 325 | 76 | 6 | N'DIAYE Fatima | | JF | 0:32:49 | 9,141 | 6:33 |
| 364 | 77 | 3 | DEGREVE Natacha | Corrida f | A2 | 0:32:52 | 9,127 | 6:34 |
| 406 | 78 | 1 | SCICHILONE Vincent | RT Bracqu | V3 | 0:33:16 | 9,018 | 6:39 |
| 339 | 79 | 12 | PAULET CLAES Mattew | | Ga | 0:33:20 | 9,000 | 6:40 |
| 331 | 80 | 7 | DUMEUNIER Manon | | JF | 0:33:30 | 8,955 | 6:42 |
| 386 | 81 | 8 | CALBRECHT Claire | CCH | A1 | 0:33:48 | 8,875 | 6:45 |
| 357 | 82 | 18 | FRAITURE Thomas | THEODO | Sé | 0:33:51 | 8,862 | 6:46 |
| 399 | 83 | 9 | LEPAPE Audrey | THEODO | A1 | 0:34:09 | 8,784 | 6:49 |
| 340 | 84 | 13 | PAULET CLAES Alec | | Ga | 0:34:30 | 8,695 | 6:54 |
| 338 | 85 | 19 | PAULET Michaël | | Sé | 0:34:33 | 8,683 | 6:54 |
| 392 | 86 | 8 | VAN GYSEGHEM Zoz | | JF | 0:34:42 | 8,645 | 6:56 |
| 391 | 87 | 11 | VAN GYSEGHEM Benja | | V1 | 0:34:44 | 8,637 | 6:56 |
| 369 | 88 | 4 | WIELEMAND Mélanie | THEODO | A2 | 0:34:49 | 8,616 | 6:57 |
| 329 | 89 | 9 | DELWARTE Sarah | | JF | 0:34:58 | 8,579 | 6:59 |
| 327 | 90 | 20 | PETROV Petar | | Sé | 0:35:04 | 8,555 | 7:00 |
| 362 | 91 | 5 | CAIZZA Rosanna | THEODO | A2 | 0:36:07 | 8,306 | 7:13 |
| 302 | 92 | 14 | HOECKMAN Baptiste | école saint | Ga | 0:37:14 | 8,057 | 7:26 |
| 334 | 93 | 10 | SULTAN GEREJ Naon | | JF | 0:39:27 | 7,604 | 7:53 |
| 341 | 94 | 11 | SABATINI Inaya | | JF | 0:39:31 | 7,591 | 7:54 |
| 303 | 95 | 9 | FONTAINE Kelly | | DA | 0:39:38 | 7,569 | 7:55 |
| 311 | 96 | 10 | HENAUT Héloïse | Trottineu | DA | 0:40:17 | 7,447 | 8:03 |
| 355 | 97 | 11 | ROLAND Coralie | THEODO | DA | 0:41:12 | 7,281 | 8:14 |
| 356 | 98 | 21 | CHIVOT Quentin | THEODO | Sé | 0:41:17 | 7,266 | 8:15 |
| 317 | 99 | 1 | ANTOINE Joëlle | JCPMF | A3 | 0:41:58 | 7,148 | 8:23 |
| 318 | 100 | 2 | QUINIET Marc | HAC | V3 | 0:42:02 | 7,137 | 8:24 |
| 310 | 101 | 15 | DASNOY Sacha | | Ga | 0:46:22 | 6,470 | 9:16 |
| 306 | 102 | 12 | FERMEUSE Kalysta | | JF | 0:46:25 | 6,463 | 9:17 |
| 307 | 103 | 10 | VANDESCUREN Marj | | A1 | 0:47:44 | 6,284 | 9:32 |
| 312 | 104 | 12 | HENNEKENS Greg | | V1 | 0:47:48 | 6,276 | 9:33 |