

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running			Total		Age Group						
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Time	Gap	Rank	Name			
1. 997	-	E INFINTRI GIFT	---			18	30:10	2	1:23	13	1	1:07:26	1:11:05	2:18:31	1	2	1:27	1	1	38:05	43:32	1:21:38	4:13:10			1	EQ
2. 240	03210M89	METS Tom	BEL	30	LTTD	4	27:10	5	1:32	2	7	1:10:48	1:13:19	2:24:08	2	27	1:50	2	3	40:51	43:56	1:24:47	4:19:30	+6:20		1	M30
3. 238	56432M99	VANHALST Thomas	BEL	20	RST TEAM	7	28:29	24	1:53	5	4	1:10:19	1:12:37	2:22:57	3	7	1:35	3	5	41:41	43:59	1:25:40	4:20:37	+7:26		1	M20
4. 236	56579M84	REDING François	BEL	35	CCCTRI	37	31:40	58	2:24	32	2	1:10:15	1:11:23	2:21:38	4	5	1:33	4	6	42:38	44:16	1:26:55	4:24:11	+11:01		2	M30
5. 231	09793M86	DE MOOIJ Jaryd	BEL	33	DTTA	30	31:29	19	1:48	23	3	1:11:04	1:11:26	2:22:31	5	37	1:57	8	9	42:34	45:29	1:28:03	4:25:50	+12:40		3	M30
6. 233	57220H75	DEPRET Rudy	BEL	44	SHARKS TRIATHLON CHIMAY C	16	30:04	12	1:39	15	6	1:12:32	1:11:33	2:24:05	6	3	1:31	6	13	42:56	47:32	1:30:28	4:27:50	+14:39		1	M40
7. 234	60845M92	DIDIER Antoine	BEL	27	TRIGT	55	33:07	-	-	-	-	-	-	-	-	-	-	5	14	42:51	47:41	1:30:32	4:27:50	+14:40		2	M20
8. 226	62059M97	ALEXANDRE Victor	BEL	22	RISE SHINE TRI	20	30:13	38	2:09	18	5	1:10:40	1:12:51	2:23:31	7	23	1:48	7	20	44:22	47:54	1:32:17	4:30:00	+16:49		3	M20
9. 789	57773M88	HASTIR Julien	BEL	31	CCCTRI	34	31:39	39	2:09	29	15	1:14:38	1:17:51	2:32:29	11	42	1:59	12	10	42:31	45:45	1:28:16	4:36:35	+23:24		4	M30
10. 227	56647M73	ANTOINE Yannick	BEL	46	CCCTRI	96	35:19	29	1:55	78	11	1:13:04	1:16:06	2:29:10	12	35	1:55	13	12	42:28	46:05	1:28:34	4:36:55	+23:44		2	M40
11. 965	A61747	RICHART Remi	FRA	29	VERSAILLES	62	33:24	20	1:49	50	25	1:15:58	1:19:00	2:34:58	22	26	1:50	21	4	41:10	43:59	1:25:09	4:37:12	+24:01		4	M20
12. 230	15051M86	COLPAERT Kim	BEL	33	RTTO	24	31:13	28	1:55	21	10	1:12:16	1:15:56	2:28:12	8	58	2:05	9	24	45:43	48:28	1:34:11	4:37:38	+24:28		5	M30
13. 232	58245M83	DENIS Sylvain	BEL	36	TRIGT	104	35:42	15	1:46	83	42	1:28:20	1:10:32	2:38:52	42	20	1:46	41	2	40:19	42:35	1:22:55	4:41:03	+27:52		6	M30
14. 221	58698F87	F TONDEUR Alex	BEL	32	TRIGT	29	31:27	14	1:45	22	26	1:15:22	1:19:47	2:35:10	15	24	1:49	14	17	44:05	47:21	1:31:26	4:41:39	+28:29		1	F30
15. 685	09602M84	HAEGHEBAERT Lode	BEL	35	TRIATLON TEAM ROESELARE	87	34:45	32	2:02	71	28	1:16:55	1:19:02	2:35:58	28	43	2:00	28	7	42:48	44:31	1:27:20	4:42:06	+28:55		7	M30
16. 585	-	DE MAN Christoph	BEL	40	VTDL	90	34:51	88	2:35	82	14	1:14:27	1:17:53	2:32:20	17	16	1:45	18	16	44:02	46:41	1:30:44	4:42:18	+29:07		3	M40
17. 612	03051M80	CORNELIS Olivier	BEL	39	TRIATHLON TEAM EDEGEM	75	34:02	47	2:17	64	22	1:15:40	1:18:41	2:34:22	23	124	2:28	23	15	44:02	46:39	1:30:42	4:43:52	+30:42		8	M30
18. 923	-	WILLEMART Francois	BEL	22	JAMBON FROMAGE	10	28:52	49	2:18	11	36	1:18:14	1:18:59	2:37:14	16	33	1:53	16	26	45:42	49:09	1:34:51	4:45:11	+32:00		5	M20
19. 687	57070M84	DENIS Romain	BEL	35	TRIGT	57	33:15	61	2:27	55	12	1:14:45	1:17:29	2:32:14	13	97	2:20	15	27	45:42	49:23	1:35:06	4:45:23	+32:13		9	M30
20. 996	-	E JETT	---			119	36:11	13	1:40	88	30	1:15:45	1:20:22	2:36:08	35	1	1:17	32	18	43:37	47:51	1:31:28	4:46:46	+33:36		2	EQ
21. 858	12457M91	VAN BERGEN Jorn	BEL	28	MEETRIA	48	32:14	40	2:10	36	18	1:16:05	1:17:36	2:33:42	14	182	2:46	17	36	45:35	51:02	1:36:38	4:47:32	+34:22		6	M20
22. 237	11032M88	VAN ESPEN Fabrice	BEL	31	BIN	173	38:06	42	2:11	135	13	1:14:27	1:17:47	2:32:14	27	17	1:45	26	22	45:34	47:58	1:33:33	4:47:52	+34:41		10	M30
23. 229	60298M84	CALIN Thomas	BEL	35	TCDM	33	31:38	123	2:52	38	27	1:15:54	1:19:32	2:35:27	19	52	2:04	20	30	47:18	48:43	1:36:01	4:48:04	+34:54		11	M30
24. 894	56699M93	BOUILLET Louis	BEL	26	RCBT	19	30:10	16	1:46	17	39	1:17:16	1:20:54	2:38:11	20	13	1:44	19	32	46:02	50:19	1:36:22	4:48:15	+35:05		7	M20
25. 738	17166M86	VERGALLE Francis	BEL	33	RTTO	78	34:20	116	2:50	75	29	1:17:27	1:18:32	2:35:59	31	45	2:00	30	23	44:37	49:08	1:33:46	4:48:56	+35:46		12	M30
26. 793	60429M88	HAENECOUR Pierre	BEL	31	TRIGT	83	34:31	46	2:15	70	20	1:15:53	1:18:12	2:34:06	24	98	2:20	24	35	45:30	51:06	1:36:36	4:49:50	+36:40		13	M30
27. 223	-	F MATHIEUX Justine	FRA	23	TRI GT	8	28:40	27	1:54	7	46	1:19:20	1:20:14	2:39:35	21	38	1:57	22	48	49:13	50:04	1:39:18	4:51:26	+38:15		1	F20
28. 242	57091H98	VERSTRAETE Edouard	BEL	21	TRIGT	3	27:07	11	1:39	3	23	1:10:56	1:23:27	2:34:23	9	137	2:33	10	96	49:57	56:23	1:46:20	4:52:04	+38:53		8	M20
29. 970	60132M88	STROLLO Sergio	BEL	31	UTT	219	38:59	112	2:50	180	50	1:16:47	1:24:01	2:40:49	62	21	1:47	62	11	41:56	46:26	1:28:22	4:52:49	+39:38		14	M30
30. 677	09230M83	DE WULF Thomas	BEL	36	RTTO	170	37:53	48	2:18	133	45	1:16:54	1:22:36	2:39:31	51	9	1:36	49	21	45:42	46:55	1:32:37	4:53:57	+40:47		15	M30
31. 740	58360M86	CASTIAUX Rémy	BEL	33	CHIMAY COUVIN SHARKS TRIA	35	31:39	78	2:31	34	44	1:17:08	1:22:06	2:39:14	34	138	2:34	34	39	46:54	51:10	1:38:05	4:54:06	+40:55		16	M30
32. 903	61596M94	BERTRET Alexandre	FRA	25	TRILGE	51	32:49	30	1:57	44	82	1:20:10	1:25:45	2:45:56	54	44	2:00	54	19	43:32	48:31	1:32:04	4:54:48	+41:38		9	M20
33. 241	02069M76	WOESTENBORGHES Rob	BEL	43	RTTO	149	37:12	17	1:47	104	21	1:18:05	1:16:11	2:34:17	33	29	1:51	29	49	47:07	52:41	1:39:49	4:54:58	+41:47		4	M40
34. 491	25567M74	DICK Steven	BEL	45	RTTO	287	40:44	352	4:16	287	9	1:12:03	1:16:01	2:28:04	30	227	3:00	35	46	48:48	50:17	1:39:06	4:55:11	+42:01		5	M40
35. 130	-	DELWICHE Luc	BEL	37	TRI4US	15	29:40	21	1:50	12	48	1:19:21	1:20:58	2:40:20	26	132	2:32	27	57	48:14	52:46	1:41:01	4:55:24	+42:14		17	M30
36. 809	2100356169	PARENT Quentin	BEL	30	TC POULETS BOUCANÉS	67	33:31	69	2:30	59	53	1:18:30	1:23:04	2:41:34	45	55	2:05	44	38	44:14	53:05	1:37:20	4:57:02	+43:52		18	M30
37. 752	-	DESTOOP Brecht	BEL	33	WTDT	310	42:00	224	3:34	300	8	1:11:27	1:16:11	2:27:38	32	99	2:20	33	64	49:38	52:42	1:42:20	4:57:55	+44:45		19	M30

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1			Cycling				T2			Running			Age Group					
						Pos	Time	Pos	Time	Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name
38. 235	59948M78	MARRION Geoffrey	BEL	41	PFA TEAM	73	34:01	44	2:13	63	40	1:16:27	1:22:24	2:38:51	37	40	1:58	38	61	44:36	56:54	1:41:30	4:58:35	+45:24	6	M40
39. 762	-	DE GENDT Ruben	BEL	32		66	33:30	175	3:18	72	31	1:16:39	1:19:32	2:36:12	29	76	2:13	31	78	48:24	55:26	1:43:50	4:59:06	+45:55	20	M30
40. 863	60472M92	LEFÈVRE Aurélien	BEL	27	TRIGT	156	37:25	67	2:29	124	41	1:18:02	1:20:49	2:38:52	48	4	1:32	48	44	46:10	52:46	1:38:57	4:59:17	+46:07	10	M20
41. 734	A92271C	CAMBAZAR Arnaud	FRA	34	LILLE TRIATHLON	1	26:26	97	2:41	4	153	1:25:31	1:28:00	2:53:32	63	96	2:20	63	29	46:43	48:52	1:35:36	5:00:36	+47:26	21	M30
42. 680	A93126C	ROSZAK Christopher	FRA	36	TRIATHLON LITTORAL 59	137	36:33	149	3:05	118	68	1:18:24	1:24:59	2:43:23	65	106	2:22	65	28	45:45	49:38	1:35:24	5:00:50	+47:39	22	M30
43. 844	A76386C	BEAUVOIS Guillaume	FRA	29	ROUEN TRIATHLON	9	28:45	25	1:53	8	17	1:14:53	1:18:32	2:33:26	10	84	2:16	11	180	54:35	1:00:30	1:55:06	5:01:27	+48:17	11	M20
44. 772	14813M87	VERGALLE Lieven	BEL	32	RTTO	116	36:07	119	2:51	103	66	1:19:13	1:23:59	2:43:13	61	50	2:04	60	42	47:47	50:36	1:38:24	5:02:41	+49:30	23	M30
45. 629	60388M81	LOUIS Sebastien	BEL	38	TRIKV	150	37:16	146	3:03	136	43	1:17:08	1:21:51	2:38:59	49	101	2:21	51	63	48:03	53:49	1:41:52	5:03:34	+50:24	24	M30
46. 510	57147M75	ROART Vincent	BEL	44	TRIGT	58	33:17	113	2:50	61	79	1:19:59	1:25:33	2:45:33	58	18	1:45	56	54	48:24	52:12	1:40:36	5:04:03	+50:52	7	M40
47. 622	59726M80	OTJACQUES Geoffroy	BEL	39	TNTB	71	33:37	162	3:13	73	35	1:17:22	1:19:50	2:37:13	36	81	2:14	36	110	51:41	56:21	1:48:02	5:04:22	+51:12	25	M30
48. 527	10957M76	VAAST Arnaud	FRA	43	BIN	22	30:30	103	2:47	24	61	1:19:23	1:23:29	2:42:52	40	282	3:14	43	88	53:24	51:44	1:45:09	5:04:34	+51:23	8	M40
49. 812	61405M89	MAILLARD Guillaume	FRA	30	NVS	110	35:58	267	3:48	122	67	1:19:49	1:23:26	2:43:16	66	266	3:09	67	43	47:52	50:47	1:38:39	5:04:53	+51:43	26	M30
50. 775	TRLUX12810198719	JIMENEZ SANCHEZ Antonio	ESP	32	SNOOZE	93	35:06	131	2:58	92	112	1:24:46	1:24:54	2:49:40	89	129	2:30	89	25	46:02	48:47	1:34:50	5:05:06	+51:56	27	M30
51. 910	95A40484M630	SCHOTS Thibaut	BEL	24	FERRO MOSAE	52	32:50	91	2:37	54	69	1:20:19	1:23:37	2:43:56	50	77	2:14	50	74	48:27	55:07	1:43:34	5:05:14	+52:04	12	M20
52. 783	B40306C	BARRAS Romain	FRA	31	ATHLETIC CLUB MARCQUOIS	177	38:12	212	3:31	177	75	1:21:22	1:23:52	2:45:14	83	232	3:00	86	33	45:14	51:13	1:36:28	5:06:27	+53:17	28	M30
53. 617	-	GLORIEUX Steven	BEL	39		153	37:22	217	3:32	153	32	1:17:02	1:19:20	2:36:22	44	204	2:53	46	102	54:15	52:40	1:46:55	5:07:05	+53:55	29	M30
54. 554	-	PAIRON Bertrand	BEL	42		320	42:22	105	2:48	291	65	1:20:30	1:22:40	2:43:10	93	127	2:29	92	34	46:48	49:46	1:36:35	5:07:25	+54:15	9	M40
55. 747	60408M86	ADAM Jean-François	BEL	33	COM'IN TRI	147	37:06	144	3:03	132	52	1:17:41	1:23:29	2:41:10	57	152	2:39	59	75	49:57	53:39	1:43:37	5:07:37	+54:27	30	M30
56. 992	-	E EFC-ITC	---			264	40:02	22	1:51	183	16	1:13:32	1:19:41	2:33:13	38	11	1:39	37	137	52:51	58:06	1:50:58	5:07:46	+54:35	3	EQ
57. 701	-	DA SILVA Matthieu	FRA	35		88	34:50	282	3:52	100	100	1:24:18	1:23:59	2:48:18	85	126	2:28	82	45	47:39	51:19	1:38:58	5:08:28	+55:18	31	M30
58. 964	62410M79	PIRET Steve	BEL	40	TRIFLY	253	39:52	231	3:37	243	62	1:19:47	1:23:07	2:42:54	77	90	2:18	76	52	49:23	50:46	1:40:09	5:08:52	+55:42	10	M40
59. 891	59161M93	GHOMRAOUI Bilal	BEL	26	RCBT	40	31:50	155	3:10	47	95	1:22:17	1:25:30	2:47:48	64	8	1:35	61	90	50:33	54:41	1:45:15	5:09:40	+56:30	13	M20
60. 721	-	CUSSE Kevin	BEL	34	QUÉVY'RUN	321	42:23	166	3:15	303	54	1:17:57	1:23:41	2:41:38	87	123	2:28	84	50	47:58	51:59	1:39:58	5:09:45	+56:34	32	M30
61. 861	-	HEYRMAN Jonathan	BEL	28	RCBT	12	29:31	34	2:05	14	47	1:17:02	1:22:52	2:39:55	25	113	2:24	25	191	50:32	1:05:28	1:56:01	5:09:57	+56:47	14	M20
62. 530	60655M76	RIVART Christophe	BEL	43	TCDM	140	36:38	246	3:43	137	74	1:21:22	1:23:41	2:45:04	73	272	3:11	74	60	49:22	51:58	1:41:21	5:09:59	+56:49	11	M40
63. 852	-	CHOUCARD Mathieu	BEL	28	ESPACE CYCLES	97	35:20	203	3:28	101	64	1:19:56	1:23:07	2:43:04	59	358	3:40	66	89	50:44	54:29	1:45:13	5:10:47	+57:36	15	M20
64. 948	TRLUX20512197219	F ANDRES Gaby	BEL	47	TRISPEED MAMER	155	37:23	52	2:19	120	146	1:24:37	1:28:42	2:53:19	128	108	2:23	121	31	45:57	50:19	1:36:17	5:11:42	+58:32	1	F40
65. 824	-	VANDERVOORT Niels	BEL	29		14	29:37	356	4:16	31	109	1:23:32	1:25:42	2:49:14	67	262	3:08	68	93	49:59	55:26	1:45:25	5:11:43	+58:33	16	M20
66. 419	57306M69	RENARD Guy	BEL	50	SHARKS TRIATHLON CLUC	251	39:50	198	3:27	231	96	1:23:47	1:24:06	2:47:53	115	221	2:58	114	40	47:06	51:01	1:38:08	5:12:19	+59:08	1	M50
67. 909	-	PYCK Grégory	BEL	24	TURBO LLN TRIATHLON	245	39:37	89	2:36	195	19	1:14:12	1:19:48	2:34:00	41	31	1:52	40	179	56:57	58:05	1:55:03	5:13:11	+1:00:00	17	M20
68. 735	58685H85	LEBLANC Renaud	BEL	34	CCSTC	-	-	-	-	-	-	-	1:27:00	-	84	67	2:11	78	91	48:34	56:46	1:45:21	5:14:32	+1:01:22	33	M30
69. 995	-	E JETT	---			336	42:43	6	1:35	264	33	1:15:21	1:21:02	2:36:24	53	10	1:38	52	156	53:37	58:39	1:52:17	5:14:39	+1:01:28	4	EQ
70. 962	61337F92	F MONFELS Charlotte	BEL	27	TURBO	107	35:48	100	2:44	98	182	1:25:46	1:30:07	2:55:53	138	109	2:23	132	41	46:05	52:04	1:38:10	5:15:00	+1:01:50	2	F20
71. 699	-	DEBIE Jan	BEL	35		567	55:19	210	3:30	552	88	1:22:45	1:24:11	2:46:56	231	95	2:20	222	8	42:39	45:11	1:27:50	5:15:58	+1:02:48	34	M30
72. 639	59831M81	SCHAEFER Eric	BEL	38	TURBO	166	37:44	99	2:43	139	106	1:22:25	1:26:44	2:49:10	99	184	2:46	100	76	50:03	53:34	1:43:37	5:16:03	+1:02:52	35	M30
73. 521	2100083472	ZARRO Lionel	BEL	43	TEAM SAIITA TREK	195	38:30	280	3:51	201	73	1:19:47	1:24:59	2:44:46	86	70	2:11	81	100	52:35	54:07	1:46:42	5:16:04	+1:02:53	12	M40
74. 915	59166	LÉONARD Sindbad	BEL	23	TRI-B	100	35:25	54	2:22	86	49	1:16:17	1:24:15	2:40:33	47	25	1:50	47	189	53:00	1:02:57	1:55:58	5:16:09	+1:02:58	18	M20

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running			Age Group							
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
75. 499	37201M74	DENEFF Koen	BEL	45	MATT	-	-	141	92	1:22:39	1:24:26	2:47:06	88	523	5:20	104	71	49:47	53:33	1:43:20	5:16:18	+1:03:08	13	M40		
76. 986	-	E LTTD	---			59	33:18	8	1:35	45	171	1:25:32	1:29:40	2:55:12	102	19	1:45	97	86	50:27	54:24	1:44:52	5:16:45	+1:03:34	5	EQ
77. 295	06818F83	F VANDEN DAELEN Leen	BEL	36	MATT	163	37:36	76	2:31	131	116	1:24:46	1:25:38	2:50:24	107	104	2:22	102	84	48:55	55:48	1:44:44	5:17:39	+1:04:29	2	F30
78. 693	-	MELÉN Arnaud	BEL	35		436	46:14	257	3:45	416	57	1:20:39	1:21:56	2:42:35	123	120	2:27	119	66	48:17	54:21	1:42:38	5:17:42	+1:04:32	36	M30
79. 921	-	DEL RUE Valentin	FRA	22		72	33:56	200	3:28	81	107	1:22:41	1:26:28	2:49:10	80	68	2:11	77	123	50:31	58:36	1:49:08	5:17:55	+1:04:45	19	M20
80. 426	A74393	DOCQUOIS Vincent	FRA	50	CA ORSAY TRIATHLON	154	37:22	354	4:16	175	144	1:24:53	1:28:13	2:53:06	139	253	3:06	142	53	48:09	52:04	1:40:13	5:18:05	+1:04:55	2	M50
81. 878	62598M92	BARIGAND Cyril	BEL	27	TCDM	151	37:18	252	3:44	157	24	1:16:43	1:18:03	2:34:47	39	75	2:13	39	248	58:28	1:01:46	2:00:15	5:18:19	+1:05:09	20	M20
82. 428	07527M69	HUYGHE Stefaan	BEL	50	TTR	261	40:01	286	3:53	252	80	1:21:03	1:24:38	2:45:42	98	192	2:49	101	97	51:13	55:10	1:46:23	5:18:50	+1:05:39	3	M50
83. 744	-	JANSEN Kristof	BEL	33	JESSEVNSPORTSCOACHING	440	46:22	72	2:30	388	63	1:19:20	1:23:35	2:42:56	120	55	2:05	112	92	50:45	54:37	1:45:22	5:19:17	+1:06:07	37	M30
84. 705	59886M84	VAST Bruno	BEL	35	TRI4US	127	36:22	188	3:24	121	87	1:21:15	1:25:24	2:46:39	78	267	3:10	83	131	53:08	56:38	1:49:47	5:19:22	+1:06:12	38	M30
85. 317	00427F88	F LIES Vermont	BEL	31	3VL	27	31:23	54	2:22	27	191	1:26:25	1:30:48	2:57:14	112	60	2:06	105	99	51:52	54:40	1:46:32	5:19:38	+1:06:28	3	F30
86. 412	01356M68	DE WISPELARE Luc	BEL	51	3MD	161	37:34	250	3:44	166	56	1:18:36	1:23:58	2:42:35	69	169	2:43	69	163	54:56	58:34	1:53:31	5:20:08	+1:06:58	4	M50
87. 794	57695M88	DENIS Kevin	BEL	31	TURBO	80	34:30	180	3:20	87	195	1:26:36	1:30:41	2:57:17	147	93	2:19	137	68	48:04	55:02	1:43:07	5:20:36	+1:07:26	39	M30
88. 654	-	BAERT Jimmy	BEL	37		323	42:25	83	2:33	285	101	1:20:42	1:27:47	2:48:30	130	140	2:35	127	85	49:07	55:40	1:44:47	5:20:52	+1:07:42	40	M30
89. 885	B20959C	GUEUDRE Thomas	FRA	26	VALENCIENNES TRIATHLON	32	31:35	98	2:42	35	159	1:23:09	1:31:06	2:54:15	94	130	2:31	94	133	52:53	56:55	1:49:48	5:20:54	+1:07:44	21	M20
90. 590	02084M79	DHONT Frederik	BEL	40	TRI UNIC	117	36:07	153	3:08	108	89	1:21:45	1:25:14	2:47:00	76	210	2:54	79	146	55:18	56:25	1:51:44	5:20:55	+1:07:45	14	M40
91. 377	A01832C	CHALVIGNAC Jean Pierre	FRA	55	VALENCIENNES TRIATHLON	412	45:17	464	4:58	422	76	1:20:40	1:24:36	2:45:16	154	287	3:15	154	65	49:58	52:32	1:42:30	5:21:18	+1:08:08	5	M50
92. 922	-	DELATTE Hadrien	BEL	22		342	42:56	363	4:19	345	78	1:20:48	1:24:41	2:45:29	124	353	3:39	129	87	50:53	54:04	1:44:58	5:21:24	+1:08:13	22	M20
93. 314	58555F88	F VANDER MASSEN Hélène	BEL	31	RISE SHINE TRI	79	34:29	117	2:50	80	74	1:19:57	1:24:38	2:44:35	60	34	1:54	58	209	57:48	59:59	1:57:47	5:21:37	+1:08:27	4	F30
94. 902	62815M94	MARENNE Nicolas	BEL	25	RCBT	132	36:26	150	3:07	114	249	1:30:23	1:32:28	3:02:52	199	139	2:34	193	37	46:51	50:00	1:36:51	5:21:53	+1:08:43	23	M20
95. 957	59355M68	GRANDJEAN Benoit	BEL	51	TRIBIKESTATION	477	47:40	120	2:51	432	83	1:20:08	1:25:54	2:46:02	159	156	2:40	157	67	50:03	52:36	1:42:40	5:21:55	+1:08:45	6	M50
96. 797	B03598C	GUILLET Quentin	FRA	31	ROUEN TRIATHLON	74	34:01	60	2:26	66	150	1:24:50	1:28:34	2:53:25	101	80	2:14	99	132	52:32	57:16	1:49:48	5:21:56	+1:08:46	41	M30
97. 911	-	APPLINCOURT Julien	BEL	24		123	36:18	133	2:59	109	193	1:25:53	1:31:21	2:57:14	158	49	2:02	152	80	46:00	58:04	1:44:05	5:22:41	+1:09:30	24	M20
98. 931	62383	MASSET Titouan	BEL	21	TRI-B	126	36:20	110	2:49	106	212	1:29:09	1:30:38	2:59:48	175	151	2:39	171	59	47:27	53:41	1:41:08	5:22:46	+1:09:36	25	M20
99. 369	02703M63	DECKMYN Ignace	BEL	56	SOLID ENDURANCE	125	36:19	368	4:21	147	118	1:23:38	1:26:58	2:50:36	116	306	3:22	117	111	52:09	56:02	1:48:11	5:22:50	+1:09:40	7	M50
100. 460	-	LAUNAY Francis Vincent	FRA	47	TRIATHLON ENNEVELIN CLUB	188	38:23	253	3:44	192	122	1:22:43	1:28:09	2:50:52	127	245	3:03	126	104	51:21	55:40	1:47:02	5:23:06	+1:09:56	15	M40
101. 988	-	E ATCC	---			2	26:40	7	1:35	1	141	1:20:50	1:32:06	2:52:57	56	103	2:22	57	240	53:08	1:06:29	1:59:37	5:23:13	+1:10:03	6	EQ
102. 320	58696F90	F CHRÉTIEN Sophie	BEL	29	BTC	17	30:05	86	2:34	19	237	1:33:20	1:28:48	3:02:09	140	51	2:04	133	98	49:57	56:34	1:46:32	5:23:25	+1:10:14	3	F20
103. 578	A08486	BLIN Laurent	FRA	41	CRAZY AND TRI	176	38:10	405	4:32	209	99	1:22:31	1:25:38	2:48:10	111	143	2:37	110	134	51:05	59:16	1:50:21	5:23:51	+1:10:41	16	M40
104. 339	11532F96	F IMBO Kristel	BEL	23	BIN	38	31:41	26	1:53	26	163	1:22:44	1:31:45	2:54:30	92	46	2:00	88	168	53:36	1:00:24	1:54:00	5:24:06	+1:10:56	4	F20
105. 928	-	DE WISPELARE Jelle	BEL	22		50	32:21	193	3:25	56	51	1:16:45	1:24:06	2:40:52	43	82	2:15	42	309	51:51	1:13:38	2:05:29	5:24:25	+1:11:14	26	M20
106. 332	03164F93	F DE GROOTE Estelle	BEL	26	BIN	21	30:22	56	2:22	20	186	1:26:01	1:30:37	2:56:39	97	65	2:10	95	160	54:11	58:52	1:53:03	5:24:39	+1:11:28	5	F20
107. 401	60277M67	DUBOIS Rudy	BEL	52	ATCC	309	41:55	62	2:28	267	121	1:22:17	1:28:34	2:50:51	149	47	2:00	134	106	50:47	56:51	1:47:38	5:24:54	+1:11:44	8	M50
108. 525	27077M76	ANTONIS Tom	BEL	43	TK	165	37:42	327	4:11	181	103	1:23:12	1:25:46	2:48:59	110	121	2:27	109	145	53:37	58:01	1:51:39	5:24:59	+1:11:48	17	M40
109. 493	-	CATHARY Christophe	FRA	45		95	35:10	147	3:04	95	172	1:25:20	1:29:52	2:55:12	129	116	2:25	123	126	51:34	57:51	1:49:26	5:25:18	+1:12:08	18	M40
110. 627	59837M81	GRÉGOIRE Thibaut	BEL	38	JETT	324	42:26	208	3:30	310	98	1:21:37	1:26:24	2:48:02	133	153	2:39	131	117	49:41	59:01	1:48:42	5:25:21	+1:12:11	42	M30
111. 448	-	COULON Grégory	BEL	48		189	38:25	209	3:30	185	142	1:23:56	1:29:00	2:52:57	143	335	3:33	151	103	51:14	55:47	1:47:01	5:25:28	+1:12:18	19	M40

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running				Age Group						
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
112. 108	-	BEAUJEAN Gautier	BEL	40		139	36:37	134	3:00	117	123	1:22:36	1:28:17	2:50:53	106	241	3:02	111	153	50:52	1:01:15	1:52:07	5:25:41	+1:12:31	20	M40
113. 940	-	DELAUNOIS Gustave	BEL	19		179	38:16	444	4:50	220	217	1:27:11	1:33:04	3:00:15	210	119	2:27	200	51	48:07	51:52	1:39:59	5:25:49	+1:12:38	1	M18
114. 477	-	COONCE Scott	USA	46		81	34:31	233	3:37	94	102	1:21:55	1:26:45	2:48:41	81	268	3:10	87	187	55:15	1:00:34	1:55:50	5:25:52	+1:12:41	21	M40
115. 647	-	WENES Wouter	BEL	37	TTR	122	36:18	362	4:19	144	126	1:24:15	1:26:54	2:51:09	119	110	2:24	115	149	52:56	58:51	1:51:48	5:25:59	+1:12:49	43	M30
116. 652	62377M82	DUPUIS Damien	BEL	37	CCSTC	162	37:35	312	4:04	176	169	1:25:51	1:29:14	2:55:05	164	141	2:36	159	101	51:35	55:08	1:46:43	5:26:05	+1:12:54	44	M30
117. 952	61452M79	DEOM David	BEL	40	TRIGT	286	40:44	207	3:30	260	58	1:19:12	1:23:29	2:42:42	82	219	2:58	85	193	57:29	58:41	1:56:11	5:26:06	+1:12:56	22	M40
118. 835	-	LECLUSE Alain-Claire	BEL	29		273	40:28	197	3:27	253	207	1:25:09	1:33:56	2:59:06	206	66	2:11	198	58	46:59	54:03	1:41:03	5:26:16	+1:13:05	27	M20
119. 893	-	HAQUENNE Romain	BEL	26		263	40:02	455	4:54	283	108	1:23:24	1:25:46	2:49:11	135	339	3:33	138	114	51:22	57:14	1:48:37	5:26:19	+1:13:09	28	M20
120. 700	61528M84	TOURNAY Martin	BEL	35	ATCC	99	35:23	319	4:07	113	174	1:24:44	1:30:39	2:55:24	145	230	3:00	144	113	51:32	57:05	1:48:37	5:26:33	+1:13:22	45	M30
121. 269	-	F THOMAS Claire	GBR	47	RTTO	281	40:38	82	2:32	224	93	1:19:45	1:27:33	2:47:18	105	150	2:39	106	162	54:26	59:03	1:53:29	5:26:39	+1:13:28	2	F40
122. 990	-	E JETT	---			43	31:54	3	1:24	25	343	1:33:27	1:37:44	3:11:11	220	6	1:34	204	55	49:04	51:39	1:40:44	5:26:48	+1:13:38	7	EQ
123. 876	-	PERMENTIER Fabian	BEL	27		224	39:05	375	4:24	242	132	1:22:22	1:29:22	2:51:45	148	261	3:08	149	115	50:56	57:42	1:48:39	5:27:02	+1:13:52	29	M20
124. 974	-	WEISS Daniel	HUN	46		136	36:33	221	3:34	129	110	1:22:39	1:26:38	2:49:17	96	83	2:15	96	185	56:04	59:20	1:55:25	5:27:05	+1:13:55	23	M40
125. 989	-	E COMPIEGNE TRIATHLON	---			13	29:32	1	1:21	10	262	1:23:42	1:40:15	3:03:58	141	12	1:43	130	135	52:29	58:01	1:50:51	5:27:07	+1:13:57	8	EQ
126. 673	61014M83	ANDRE Gregory	BEL	36	TNT	227	39:09	128	2:56	190	137	1:24:12	1:27:47	2:52:00	134	276	3:12	136	136	52:20	58:29	1:50:50	5:28:08	+1:14:58	46	M30
127. 663	-	FAUCONNIER Jean-Pierre	BEL	36		441	46:23	373	4:23	440	34	1:16:09	1:21:02	2:37:11	90	100	2:21	90	217	55:25	1:02:45	1:58:11	5:28:31	+1:15:20	47	M30
128. 814	62806M89	CHASTA NET Yoann	FRA	30	NSTT RIXENSART	36	31:39	190	3:24	49	104	1:22:16	1:26:46	2:49:02	70	378	3:48	73	252	56:22	1:04:23	2:00:45	5:28:42	+1:15:31	48	M30
129. 798	-	FESLER Mathieu	BEL	31		306	41:45	338	4:13	311	85	1:19:45	1:26:41	2:46:26	122	333	3:32	125	159	53:51	58:53	1:52:45	5:28:43	+1:15:33	49	M30
130. 516	B15278C	PAUMIER Fabrice	FRA	44	LILLE TRIATHLON	232	39:11	317	4:05	230	37	1:17:32	1:19:58	2:37:31	55	128	2:29	55	311	59:31	1:06:03	2:05:35	5:28:54	+1:15:44	24	M40
131. 871	-	FOSSEUR Tom	BEL	27	OTC	89	34:51	53	2:20	76	59	1:18:04	1:24:41	2:42:46	52	166	2:42	53	323	1:00:30	1:05:56	2:06:27	5:29:08	+1:15:57	30	M20
132. 549	19580M77	VERMOESEN Peter	BEL	42	TRISPORTMNK	490	48:33	151	3:07	459	125	1:25:07	1:25:48	2:50:56	200	334	3:32	205	70	50:43	52:29	1:43:12	5:29:22	+1:16:12	25	M40
133. 676	17436M83	DE KEERSMA ECKER Filip	BEL	36	SWIMKAP TRIATHLON CLUB	302	41:30	129	2:57	269	81	1:22:04	1:23:39	2:45:43	104	164	2:42	103	200	1:00:51	55:36	1:56:28	5:29:23	+1:16:13	50	M30
134. 579	-	ANDRE Olivier	BEL	41		148	37:11	371	4:22	172	148	1:23:25	1:29:57	2:53:23	146	181	2:46	139	147	51:46	59:58	1:51:44	5:29:27	+1:16:16	26	M40
135. 839	PASENCOREREÇU	EL ADEK Solaiman	BEL	29	RCBT	112	36:00	313	4:04	128	167	1:24:10	1:30:39	2:54:49	144	295	3:18	146	140	50:52	1:00:23	1:51:15	5:29:28	+1:16:18	31	M20
136. 950	-	BERNARD Damien	BEL	36		340	42:53	214	3:31	321	194	1:26:16	1:30:58	2:57:15	212	479	4:37	223	62	49:09	52:37	1:41:47	5:30:05	+1:16:54	51	M30
137. 743	60826M86	SIRIMARCO Jimmy	BEL	33	TRIGT	105	35:42	301	3:58	119	72	1:19:38	1:24:57	2:44:36	71	257	3:07	70	276	53:06	1:09:35	2:02:42	5:30:07	+1:16:56	52	M30
138. 811	B12737C	FASQUEL Damien	FRA	30	PASTEL TRIATHLON SAINT QU	470	47:26	96	2:41	418	119	1:22:07	1:28:34	2:50:41	191	59	2:06	180	108	52:29	55:18	1:47:47	5:30:43	+1:17:33	53	M30
139. 774	-	DYKENS Pierre	BEL	32		113	36:01	173	3:17	110	205	1:25:56	1:32:47	2:58:44	171	370	3:45	173	120	54:15	54:41	1:48:57	5:30:46	+1:17:36	54	M30
140. 455	-	DEFLANDRE Michael	BEL	47	TEAM KOMADDICT	422	45:35	87	2:35	373	134	1:23:22	1:28:33	2:51:55	181	107	2:22	177	122	52:55	56:12	1:49:07	5:31:37	+1:18:26	27	M40
141. 503	-	TRICARICO Laurent	BEL	45		47	32:11	384	4:26	67	158	1:25:13	1:28:55	2:54:08	109	273	3:11	113	216	58:00	1:00:10	1:58:10	5:32:08	+1:18:58	28	M40
142. 713	-	DEVOS Frédéric	BEL	34	TCD	180	38:17	77	2:31	150	97	1:21:44	1:26:12	2:47:56	95	36	1:56	91	269	56:51	1:05:22	2:02:13	5:32:56	+1:19:45	55	M30
143. 883	60668M93	DEFREYNE Thomas	BEL	26	TTR	44	31:54	104	2:47	42	184	1:24:17	1:32:11	2:56:28	114	312	3:24	116	223	58:00	1:00:35	1:58:35	5:33:11	+1:20:00	32	M20
144. 635	22358M81	VANDERBEKE Thomas	BEL	38	RTTO	86	34:41	191	3:25	93	86	1:20:25	1:26:09	2:46:34	72	473	4:32	80	292	56:50	1:07:21	2:04:12	5:33:27	+1:20:16	56	M30
145. 919	59027M97	PETERS-DICKIE Jean-Louis	BEL	22	TTB	77	34:09	73	2:30	68	160	1:25:47	1:28:33	2:54:21	113	73	2:12	107	249	55:44	1:04:33	2:00:18	5:33:32	+1:20:22	33	M20
146. 993	-	E NON	---			243	39:26	183	3:21	214	60	1:18:50	1:24:01	2:42:51	75	22	1:48	71	318	58:22	1:07:45	2:06:07	5:33:36	+1:20:26	9	EQ
147. 484	58971M73	SCHOONJANS Michel	BEL	46	RCBT	85	34:33	393	4:29	105	243	1:29:02	1:33:24	3:02:27	194	249	3:04	190	128	51:49	57:47	1:49:36	5:34:11	+1:21:00	29	M40
148. 777	61871M87	ZIMMER Arnaud	BEL	32	OTC	221	39:01	308	4:02	218	227	1:29:55	1:30:55	3:00:51	214	177	2:45	210	109	51:54	55:54	1:47:48	5:34:28	+1:21:18	57	M30

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running				Age Group						
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
149. 877	-	TRINEZ Jean-Julien	FRA	27		101	35:29	81	2:32	91	77	1:20:53	1:24:26	2:45:19	68	15	1:45	64	356	56:08	1:13:41	2:09:50	5:34:57	+1:21:47	34	M20
150. 785	-	UYTTENDAELLE Mathieu	BEL	31	RCBT CLUB	348	43:02	141	3:02	314	111	1:22:52	1:26:46	2:49:38	155	310	3:23	155	188	52:37	1:03:12	1:55:50	5:34:58	+1:21:47	58	M30
151. 920	-	DEMONTY Florent	BEL	22		254	39:55	581	7:36	350	131	1:26:20	1:25:24	2:51:44	176	437	4:12	183	150	53:51	58:02	1:51:53	5:35:22	+1:22:12	35	M20
152. 998	-	E JETT	---			63	33:25	4	1:29	46	381	1:31:53	1:43:14	3:15:07	260	30	1:52	249	79	47:31	56:29	1:44:01	5:35:56	+1:22:46	10	EQ
153. 280	62025F76	F WAGELMANS Clarisse	BEL	43	TRIATHLIÈGE	157	37:30	278	3:51	167	345	1:33:09	1:38:05	3:11:15	292	209	2:54	284	56	47:37	53:19	1:40:56	5:36:28	+1:23:18	3	F40
154. 846	-	ALLAEYS Toon	BEL	29		228	39:09	522	5:33	276	201	1:27:18	1:31:01	2:58:20	208	484	4:39	216	118	52:05	56:41	1:48:46	5:36:30	+1:23:19	36	M20
155. 667	12332M83	GERNAEY Jeroen	BEL	36	TBT	26	31:22	75	2:31	30	199	1:27:44	1:29:58	2:57:43	117	280	3:13	118	266	55:15	1:06:38	2:01:53	5:36:44	+1:23:33	59	M30
156. 718	-	MAREZ Stephane	BEL	34		300	41:24	111	2:50	261	145	1:24:49	1:28:22	2:53:12	169	217	2:58	164	199	56:54	59:33	1:56:27	5:36:52	+1:23:42	60	M30
157. 619	PROBENCODAGE	DELSIPÉE Nicolas	BEL	39	TRIBIKESTATION	339	42:52	124	2:53	306	240	1:27:20	1:34:58	3:02:18	248	144	2:37	244	95	49:43	56:31	1:46:14	5:36:56	+1:23:46	61	M30
158. 348	09227M58	VAN DEN BROEKE Patrick	BEL	61	RTTO	142	36:46	397	4:30	164	129	1:25:35	1:26:03	2:51:39	126	212	2:55	122	260	57:56	1:03:37	2:01:33	5:37:25	+1:24:14	1	M60
159. 424	60882M69	MARION Yves	BEL	50	CCSTC - SHARKS	361	43:21	260	3:46	341	180	1:23:34	1:32:13	2:55:48	204	85	2:17	197	154	52:35	59:37	1:52:13	5:37:26	+1:24:16	9	M50
160. 574	-	ROY Simon	FRA	41	9@THETREE	275	40:30	130	2:58	240	70	1:18:43	1:25:47	2:44:31	91	211	2:55	93	325	58:47	1:07:46	2:06:33	5:37:28	+1:24:17	30	M40
161. 330	B44175C0270787FS2BEL	F MEEÛS Marie	BEL	26	LCT	5	28:07	57	2:23	6	235	1:28:50	1:33:03	3:01:54	121	165	2:42	120	272	57:59	1:04:24	2:02:24	5:37:31	+1:24:21	6	F20
162. 958	-	KAISER Jean-Yves	BEL	41	TNTB	292	40:56	176	3:19	262	157	1:23:42	1:30:17	2:54:00	172	186	2:47	166	201	56:41	59:47	1:56:29	5:37:32	+1:24:22	31	M40
163. 567	-	TONNEAUX Jerome	BEL	41	TRIFLY	356	43:11	310	4:03	344	140	1:22:38	1:29:56	2:52:34	180	167	2:42	178	181	56:31	58:34	1:55:06	5:37:39	+1:24:29	32	M40
164. 867	485LE409646JE	LEVI Jeremy	FRA	27	URBAN TRI TEAM	262	40:01	414	4:36	272	234	1:26:56	1:34:41	3:01:38	237	274	3:11	233	112	52:08	56:04	1:48:13	5:37:41	+1:24:31	37	M20
165. 720	57599M85	DANNEMARK Maxime	BEL	34	TA	134	36:31	108	2:49	111	91	1:19:32	1:27:33	2:47:05	79	71	2:12	75	349	58:19	1:10:43	2:09:03	5:37:42	+1:24:32	62	M30
166. 434	27245M70	BORMS Erik	BEL	49	SP&O	294	41:18	70	2:30	249	130	1:25:02	1:26:38	2:51:40	153	94	2:19	140	246	57:53	1:02:07	2:00:50	5:37:49	+1:24:39	33	M40
167. 872	-	PORNEL Arnaud	BEL	27	RCBT	65	33:29	248	3:43	77	253	1:27:45	1:35:13	3:02:59	183	145	2:37	179	178	57:10	57:49	1:55:00	5:37:50	+1:24:40	38	M20
168. 278	62711F75	F LECAT Nathalie	BEL	44	HTT	505	49:25	309	4:02	491	203	1:27:56	1:30:38	2:58:35	283	174	2:44	277	73	48:21	55:07	1:43:28	5:38:17	+1:25:07	4	F40
169. 927	-	DUVINAGE Robin	FRA	22		365	43:28	347	4:14	360	244	1:30:42	1:31:45	3:02:28	264	377	3:48	266	81	52:03	52:14	1:44:18	5:38:18	+1:25:07	39	M20
170. 333	-	F MONTOISY Louise	BEL	26	NSTT	64	33:27	135	3:00	65	391	1:36:12	1:39:44	3:15:57	288	54	2:05	273	77	50:04	53:45	1:43:50	5:38:20	+1:25:10	7	F20
171. 319	60153F89	F SELLESLAGH Pauline	BEL	30	UTT	115	36:04	79	2:32	99	310	1:32:38	1:35:22	3:08:00	240	114	2:25	228	127	52:35	56:56	1:49:31	5:38:34	+1:25:23	5	F30
172. 383	A07561C	COLIN Bruno	FRA	54	VALENCIENNES TRIATHLON	299	41:23	227	3:36	286	114	1:23:46	1:26:06	2:49:53	142	112	2:24	135	263	59:02	1:02:38	2:01:41	5:38:58	+1:25:48	10	M50
173. 728	15373M85	GABRIEL Pieter	BEL	34	RATRACE TRIATHLON TEAM OU	449	46:32	532	5:46	474	120	1:23:26	1:27:24	2:50:50	209	356	3:39	212	158	55:04	57:28	1:52:33	5:39:21	+1:26:11	63	M30
174. 658	-	GILLAIN Thierry	BEL	37		401	44:53	258	3:46	386	187	1:26:03	1:30:36	2:56:40	225	176	2:45	220	142	53:19	58:01	1:51:21	5:39:26	+1:26:15	64	M30
175. 729	57694M85	COLON Jonathan	BEL	34	TRIATHLON TEAM RACING	11	29:29	59	2:26	16	154	1:19:47	1:33:52	2:53:39	74	87	2:17	72	378	59:31	1:12:21	2:11:53	5:39:45	+1:26:35	65	M30
176. 799	61095M89	RENQUET Jerome	BEL	30	JETT	316	42:14	66	2:28	275	208	1:26:37	1:32:35	2:59:13	215	53	2:05	203	165	54:49	58:58	1:53:47	5:39:49	+1:26:38	66	M30
177. 917	41071M96	THIELS Jari	BEL	23	GO LIKE HELL	135	36:31	114	2:50	112	115	1:21:32	1:28:50	2:50:23	100	88	2:18	98	339	1:01:35	1:06:14	2:07:50	5:39:54	+1:26:44	40	M20
178. 447	56938M71	ROSSI Didier	BEL	48	SPORT VILLAGE	98	35:21	211	3:31	102	220	1:28:56	1:31:41	3:00:38	178	179	2:45	176	210	57:24	1:00:25	1:57:50	5:40:06	+1:26:56	34	M40
179. 587	60988M79	BALLARD Jean-Christophe	BEL	40	Q3T	277	40:33	264	3:47	265	138	1:24:10	1:28:07	2:52:18	161	435	4:12	165	237	56:31	1:02:44	1:59:16	5:40:08	+1:26:57	35	M40
180. 392	BC21655	COFFIER Christophe	FRA	53	CLUB ATHLETIQUE FOURMISIE	203	38:40	199	3:28	191	214	1:27:16	1:32:45	3:00:02	198	223	2:58	195	184	56:26	58:50	1:55:17	5:40:27	+1:27:16	11	M50
181. 684	60969M3	MONSTERLET Maxime	FRA	36	ENDURANCE TEAM MOUSCRON	248	39:46	465	4:58	278	192	1:26:48	1:30:25	2:57:14	197	373	3:46	199	176	56:04	58:47	1:54:52	5:40:38	+1:27:27	67	M30
182. 889	62799M93	BAUDOIN Matthieu	BEL	26	TURBO	196	38:32	364	4:20	216	188	1:27:27	1:29:12	2:56:40	179	115	2:25	174	225	55:47	1:02:54	1:58:41	5:40:39	+1:27:29	41	M20
183. 476	-	BUCHET Sebastien	BEL	46		341	42:56	348	4:15	342	175	1:23:38	1:31:48	2:55:26	201	284	3:14	201	182	53:20	1:01:53	1:55:13	5:41:06	+1:27:55	36	M40
184. 926	-	GOLARD Louis	BEL	22		390	44:17	138	3:01	348	84	1:22:02	1:24:22	2:46:25	132	429	4:09	143	290	54:44	1:09:14	2:03:58	5:41:52	+1:28:42	42	M20
185. 895	ENCOURS	BACQ Pierre-Loic	BEL	25	RCBT	260	40:00	273	3:49	250	151	1:24:58	1:28:29	2:53:28	166	375	3:47	167	253	55:00	1:05:46	2:00:47	5:41:52	+1:28:42	43	M20

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group					
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name	
186. 767	60083M87	BOBENRIETH Alexis	BEL	32	TCDM	373	43:43	291	3:55	357	245	1:32:16	1:30:25	3:02:41	265	168	2:43	255	119	55:26	53:24	1:48:51	5:41:54	+1:28:43	68	M30
187. 538	B18408C0190072MV1FRA	POULLIER Vincent	FRA	42	CCWAVRIN	443	46:27	165	3:14	411	105	1:21:05	1:28:01	2:49:06	174	160	2:41	169	251	57:58	1:02:30	2:00:29	5:41:59	+1:28:48	37	M40
188. 955	-	GILLES Steve	BEL	43	ATCC	527	51:05	355	4:16	516	135	1:21:26	1:30:30	2:51:56	243	285	3:14	243	144	53:19	58:13	1:51:32	5:42:06	+1:28:55	38	M40
189. 978	-	E TTE	---			257	39:57	68	2:29	204	334	1:30:56	1:39:08	3:10:04	289	41	1:58	271	107	51:33	56:13	1:47:47	5:42:17	+1:29:07	11	EQ
190. 615	-	DEPOORTER Stijn	BEL	39	SMART ATLETE TEAM	205	38:42	228	3:36	198	168	1:26:21	1:28:38	2:54:59	167	159	2:40	161	270	56:55	1:05:25	2:02:20	5:42:20	+1:29:09	69	M30
191. 833	60857M90	LARONDELLE Gaetan	BEL	29	BTC	187	38:23	63	2:28	152	255	1:28:00	1:35:11	3:03:12	216	118	2:25	208	190	57:10	58:49	1:55:59	5:42:29	+1:29:19	44	M20
192. 723	B30004C	VALLEJO Sébastien	FRA	34	TRIATHLON TOUL TEAM	25	31:14	178	3:20	40	223	1:26:18	1:34:26	3:00:45	151	229	3:00	148	291	59:34	1:04:35	2:04:10	5:42:31	+1:29:21	70	M30
193. 862	-	SORCE Lorenzo	BEL	27	SPORTIVAMENTE	413	45:21	132	2:59	378	286	1:29:43	1:36:13	3:05:56	309	72	2:12	294	94	49:24	56:41	1:46:05	5:42:34	+1:29:24	45	M20
194. 474	03526M73	BLONDEEL Wouter	BEL	46	ITC	146	37:06	281	3:52	156	209	1:26:49	1:32:42	2:59:32	188	233	3:01	184	238	58:27	1:00:50	1:59:18	5:42:50	+1:29:39	39	M40
195. 898	-	COPPÉ László	BEL	25	RCBT	525	51:02	268	3:48	512	139	1:22:40	1:29:51	2:52:31	244	236	3:01	242	157	54:17	58:14	1:52:32	5:42:57	+1:29:46	46	M20
196. 887	56727M93	PÉTRÉ Robin	BEL	26	RCBT	355	43:11	43	2:11	295	206	1:23:16	1:35:35	2:58:52	217	203	2:51	215	195	57:22	58:58	1:56:20	5:43:27	+1:30:17	47	M20
197. 605	60566M80	PANICHI Christophe	BEL	39	PFA	42	31:52	186	3:23	51	361	1:34:58	1:37:44	3:12:43	247	61	2:07	240	164	54:46	58:48	1:53:35	5:43:42	+1:30:31	71	M30
198. 504	-	MULLER Pascal	FRA	45		468	47:18	511	5:26	482	273	1:31:34	1:33:17	3:04:52	339	225	2:59	329	69	50:33	52:38	1:43:12	5:43:48	+1:30:38	40	M40
199. 387	57424M65	SIMOENS Gaetan	BEL	54	ATCC	238	39:20	126	2:55	197	225	1:26:26	1:34:20	3:00:46	207	286	3:14	206	206	55:58	1:01:35	1:57:38	5:43:51	+1:30:41	12	M50
200. 544	09625M77	D'HERT Tom	BEL	42	TRIATLON TEAM ROESELARE	293	41:17	328	4:11	298	166	1:26:00	1:28:41	2:54:42	182	391	3:53	186	250	54:56	1:05:29	2:00:25	5:44:30	+1:31:20	41	M40
201. 994	-	E BIN OTAN	---			118	36:10	294	3:57	130	366	1:34:13	1:39:13	3:13:26	301	48	2:02	285	124	51:40	57:30	1:49:11	5:44:47	+1:31:37	12	EQ
202. 930	62369M98	HENNIA UX Quentin	FRA	21	CCSTC	169	37:51	94	2:41	142	241	1:26:50	1:35:28	3:02:19	203	91	2:18	196	242	55:38	1:04:03	1:59:41	5:44:52	+1:31:41	48	M20
203. 949	-	BERGER Charlie	FRA	40		68	33:33	225	3:35	74	297	1:33:18	1:33:26	3:06:45	213	175	2:44	209	219	59:33	58:48	1:58:22	5:45:01	+1:31:51	42	M40
204. 626	000000	CATY Timothee	BEL	38	TCDM	124	36:19	402	4:32	151	270	1:29:16	1:35:24	3:04:40	228	442	4:15	236	183	54:57	1:00:19	1:55:16	5:45:04	+1:31:54	72	M30
205. 960	BB11624C	LICOUR Laurent	FRA	50	CCWAVRIN	458	46:44	582	7:37	507	190	1:26:49	1:30:18	2:57:08	277	411	4:00	283	129	52:56	56:48	1:49:44	5:45:14	+1:32:03	13	M50
206. 905	-	VAN ERP Jérôme	BEL	25		409	45:10	529	5:40	442	55	1:18:35	1:23:25	2:42:00	125	238	3:02	124	353	1:02:33	1:06:49	2:09:22	5:45:16	+1:32:06	49	M20
207. 820	-	NOLLET Baudouin	BEL	30		192	38:29	254	3:45	196	162	1:24:29	1:29:59	2:54:29	163	281	3:14	160	308	1:00:42	1:04:42	2:05:24	5:45:22	+1:32:12	73	M30
208. 977	-	E TTE SINT HUBERTUS TEAM	---			106	35:47	71	2:30	97	385	1:34:36	1:40:52	3:15:29	304	28	1:51	287	130	50:13	59:31	1:49:45	5:45:24	+1:32:14	13	EQ
209. 671	-	GILLET Raphael	BEL	36		411	45:17	426	4:39	415	226	1:27:51	1:32:58	3:00:50	272	255	3:06	262	152	50:43	1:01:23	1:52:07	5:46:01	+1:32:51	74	M30
210. 830	-	COLLETTE Alexandre	BEL	29		298	41:22	408	4:32	307	178	1:24:24	1:31:14	2:55:38	195	337	3:33	194	255	57:07	1:03:49	2:00:56	5:46:03	+1:32:53	50	M20
211. 324	-	F JACQUET Julia	FRA	28		199	38:34	237	3:39	194	354	1:33:28	1:38:31	3:12:00	308	235	3:01	302	121	52:58	56:05	1:49:03	5:46:19	+1:33:09	8	F20
212. 651	62305M82	DANLOY Michael	BEL	37	Q3T	255	39:56	275	3:49	248	239	1:30:16	1:31:59	3:02:15	234	224	2:58	227	212	57:57	1:00:00	1:57:58	5:46:58	+1:33:48	75	M30
213. 442	-	HORLIN Gaëtan	BEL	48	GROUPE GOBERT RUNNING TEA	511	49:55	429	4:41	509	265	1:28:26	1:35:52	3:04:19	352	514	5:01	352	72	50:35	52:51	1:43:27	5:47:26	+1:34:15	43	M40
214. 461	-	MOREAU Fabrice	FRA	47		389	44:11	515	5:28	409	170	1:25:16	1:29:49	2:55:06	221	427	4:08	225	224	56:06	1:02:34	1:58:41	5:47:35	+1:34:25	44	M40
215. 421	59902M69	BECKERS Patrick	BEL	50	TDCH	204	38:40	148	3:04	178	257	1:29:41	1:33:33	3:03:15	223	215	2:57	219	243	57:27	1:02:14	1:59:42	5:47:39	+1:34:29	14	M50
216. 569	56728M78	VANDERHEYDEN Samuel	BEL	41	SHARKS TRIATHLON	69	33:34	92	2:38	62	264	1:29:27	1:34:46	3:04:13	184	131	2:31	181	297	57:40	1:07:01	2:04:42	5:47:40	+1:34:30	45	M40
217. 618	62492M80	SARTELET Arnaud	BEL	39	P8	178	38:13	95	2:41	154	285	1:30:36	1:35:09	3:05:45	241	228	3:00	235	214	55:58	1:02:04	1:58:02	5:47:43	+1:34:33	76	M30
218. 562	-	TURCAN Cédric	FRA	41		215	38:56	459	4:55	251	311	1:32:36	1:35:41	3:08:17	284	105	2:22	274	161	54:25	58:51	1:53:17	5:47:49	+1:34:39	46	M40
219. 975	-	XHONNEUX Renaud	BEL	43	ROYAL JULÉMONT TRIATHLON	319	42:21	240	3:41	313	216	1:28:34	1:31:35	3:00:09	236	355	3:39	237	213	55:20	1:02:40	1:58:00	5:47:53	+1:34:43	47	M40
220. 582	78A38723M504	PHILIPS Vincent	NLD	41	RTC DEN HAAG	451	46:35	107	2:48	403	147	1:25:04	1:28:18	2:53:22	202	254	3:06	202	277	54:39	1:08:10	2:02:50	5:48:44	+1:35:33	48	M40
221. 682	-	SAN GREGORIO SUCENA Rafael	BEL	36		226	39:08	599	12:39	465	215	1:28:35	1:31:29	3:00:04	281	133	2:32	269	171	54:01	1:00:21	1:54:23	5:48:48	+1:35:38	77	M30
222. 502	61613M74	BAILLY Karl	BEL	45	CCSTC	374	43:43	279	3:51	354	316	1:32:04	1:36:29	3:08:34	325	313	3:24	316	125	53:38	55:37	1:49:15	5:48:49	+1:35:39	49	M40

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group					
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name	
223. 725	59551M85	MASSON Christophe	BEL	34	TNT	473	47:32	320	4:08	460	248	1:27:11	1:35:39	3:02:50	313	331	3:32	307	139	52:58	58:15	1:51:14	5:49:18	+1:36:08	78	M30
224. 404	61810M67	THESSIEU Christophe	FRA	52	COMIN'TRI	256	39:56	115	2:50	210	290	1:30:02	1:36:27	3:06:29	257	117	2:25	248	207	56:57	1:00:38	1:57:36	5:49:18	+1:36:08	15	M50
225. 967	-	SAINT-MARS Alexandre	FRA	39		174	38:07	292	3:55	188	333	1:31:46	1:38:10	3:09:57	282	214	2:57	279	172	54:36	59:55	1:54:32	5:49:29	+1:36:19	79	M30
226. 565	-	MICHOTTE Alexandre	BEL	41		152	37:21	322	4:08	171	323	1:31:36	1:37:27	3:09:03	267	135	2:33	257	198	56:24	59:59	1:56:24	5:49:31	+1:36:20	50	M40
227. 761	-	DEVILLE Andy	FRA	32	MADRES	208	38:47	158	3:13	187	155	1:21:58	1:31:47	2:53:46	156	204	2:53	153	366	1:02:11	1:08:45	2:10:56	5:49:36	+1:36:26	80	M30
228. 456	B19163	MARMUSE Bertrand	FRA	47	TEAM GOFAST	250	39:50	118	2:51	208	165	1:25:11	1:29:26	2:54:37	168	432	4:11	170	345	1:02:07	1:06:37	2:08:45	5:50:15	+1:37:05	51	M40
229. 275	-	F BOUTMANS Gita	BEL	45		405	44:58	220	3:34	384	368	1:35:32	1:38:01	3:13:33	368	380	3:48	366	83	50:32	53:54	1:44:27	5:50:22	+1:37:11	5	F40
230. 483	-	AERNOUITS Raf	BEL	46	MEETRIA	471	47:31	324	4:08	458	211	1:27:23	1:32:13	2:59:37	275	243	3:02	268	196	58:28	57:54	1:56:22	5:50:42	+1:37:32	52	M40
231. 953	62512M81	EMOND Vincent	BEL	38	TNTB	522	50:54	350	4:15	515	229	1:27:37	1:33:40	3:01:17	328	314	3:24	317	138	55:39	55:29	1:51:09	5:51:02	+1:37:52	81	M30
232. 408	56721M68	DUFRANE Gil	BEL	51	URBAN TRI TEAM	231	39:11	302	3:59	223	202	1:25:34	1:32:54	2:58:28	196	239	3:02	191	327	57:55	1:08:43	2:06:38	5:51:20	+1:38:10	16	M50
233. 825	-	DE BOOM Tom	BEL	29		285	40:41	420	4:37	294	376	1:35:02	1:39:16	3:14:19	358	260	3:08	348	116	51:00	57:42	1:48:42	5:51:29	+1:38:19	51	M20
234. 675	59543M83	HUBERT Charles	BEL	36	TCDM	160	37:33	378	4:25	186	185	1:24:27	1:32:08	2:56:35	173	343	3:35	175	355	1:00:21	1:09:11	2:09:32	5:51:42	+1:38:32	82	M30
235. 478	B43381C	DOIT Olivier	FRA	46	VALENCIENNES TRIATHLON	496	48:51	497	5:17	501	300	1:29:06	1:38:02	3:07:09	366	226	2:59	356	105	51:57	55:28	1:47:25	5:51:43	+1:38:33	53	M40
236. 665	-	DEWAELE Sebastien	BEL	36		464	47:05	401	4:31	456	254	1:29:49	1:33:16	3:03:06	315	270	3:11	305	166	55:33	58:16	1:53:50	5:51:44	+1:38:34	83	M30
237. 457	60663M72	DEMOULIN Nicolas	BEL	47	TURBO	23	30:35	156	3:11	28	339	1:33:38	1:36:51	3:10:29	218	188	2:48	214	298	57:52	1:06:54	2:04:46	5:51:51	+1:38:41	54	M40
238. 695	56719M84	ZIANT Sébastien	BEL	35		469	47:21	65	2:28	413	277	1:28:10	1:36:55	3:05:06	317	251	3:05	306	167	57:28	56:26	1:53:54	5:51:57	+1:38:46	84	M30
239. 698	60096M84	LORIERIS Nicolas	BEL	35	JETT	240	39:22	306	4:00	236	338	1:38:15	1:32:12	3:10:27	305	290	3:15	300	177	54:32	1:00:21	1:54:53	5:52:00	+1:38:50	85	M30
240. 336	58827F95	F MORIMONT Maelle	BEL	24	NSTT	53	32:56	64	2:28	53	276	1:29:34	1:35:27	3:05:02	185	187	2:47	182	348	1:02:11	1:06:49	2:09:01	5:52:16	+1:39:06	9	F20
241. 770	-	JUNGST David	BEL	32		295	41:19	121	2:51	258	288	1:30:36	1:35:46	3:06:23	268	207	2:53	259	230	1:04:39	54:12	1:58:52	5:52:20	+1:39:10	86	M30
242. 733	-	HANNESSE Florian	BEL	34		434	46:03	493	5:15	450	198	1:26:53	1:30:48	2:57:42	256	426	4:08	258	236	55:43	1:03:32	1:59:15	5:52:26	+1:39:15	87	M30
243. 403	07782M67	HIMBRECHT Gunther	BEL	52	TRIATLONTEAM ROESELARE	76	34:04	236	3:39	85	246	1:28:54	1:33:50	3:02:44	186	465	4:28	192	337	1:01:22	1:06:09	2:07:32	5:52:30	+1:39:19	17	M50
244. 697	60944M84	MATHIEU Dylan	BEL	35	TTF	354	43:08	218	3:32	330	224	1:28:04	1:32:41	3:00:45	245	134	2:32	238	281	57:39	1:05:14	2:02:53	5:52:53	+1:39:43	88	M30
245. 779	-	LHÔTE Nicolas	BEL	31		181	38:19	226	3:35	184	293	1:29:28	1:37:08	3:06:37	251	469	4:32	256	244	56:40	1:03:09	1:59:49	5:52:54	+1:39:44	89	M30
246. 399	A85791C	VANCAUWENBERGHE Laurent	FRA	52	WASQUEHAL TRIATHLON	70	33:35	243	3:42	79	305	1:38:39	1:28:54	3:07:33	222	-	-	-	-	-	-	-	5:53:03	+1:39:53	18	M50
247. 571	62608M78	DUQUESNE Emmanuel	BEL	41	TCDM	350	43:07	229	3:37	332	113	1:22:41	1:27:10	2:49:51	160	163	2:42	158	393	1:01:32	1:12:23	2:13:55	5:53:13	+1:40:03	55	M40
248. 368	-	LHOEST Thierry	BEL	56		427	45:49	451	4:53	437	213	1:27:08	1:32:52	3:00:01	270	247	3:04	261	241	57:34	1:02:05	1:59:40	5:53:28	+1:40:17	19	M50
249. 596	-	MARION Olivier	BEL	40		114	36:04	251	3:44	123	164	1:25:02	1:29:33	2:54:36	137	414	4:00	150	410	1:04:22	1:11:06	2:15:28	5:53:53	+1:40:43	56	M40
250. 670	61392M83	LECOMTE Damien	BEL	36	LDLV	225	39:07	342	4:13	232	267	1:29:46	1:34:34	3:04:21	246	323	3:29	245	283	59:27	1:03:31	2:02:59	5:54:10	+1:41:00	90	M30
251. 690	DEMANDEENCOURS	LEPRINCE Julian	BEL	35		406	45:01	359	4:17	399	283	1:29:33	1:35:59	3:05:32	316	317	3:27	311	192	55:33	1:00:27	1:56:01	5:54:19	+1:41:09	91	M30
252. 459	A91026C	PONCELET Jean-David	FRA	47	TEAM NOYON TRIATHLON	455	46:41	461	4:57	457	232	1:28:18	1:33:16	3:01:35	298	366	3:43	298	215	56:09	1:01:56	1:58:05	5:55:03	+1:41:53	57	M40
253. 873	-	SCHOLSEN Olivier	BEL	27		328	42:33	295	3:57	324	210	1:27:30	1:32:03	2:59:33	235	302	3:21	232	315	59:11	1:06:36	2:05:47	5:55:13	+1:42:02	52	M20
254. 577	39723M78	VAN BEVER Stijn	BEL	41	TTE	563	55:02	383	4:26	560	161	1:25:07	1:29:17	2:54:24	306	193	2:49	295	226	55:43	1:03:00	1:58:44	5:55:27	+1:42:17	58	M40
255. 837	-	VERCRUYSSSE Amaury	BEL	29		419	45:28	457	4:54	426	318	1:33:22	1:35:20	3:08:42	355	477	4:37	351	155	54:51	57:23	1:52:15	5:55:59	+1:42:48	53	M20
256. 803	-	PELLISIER Vincent	BEL	30		520	50:46	428	4:41	518	149	1:26:14	1:27:10	2:53:24	254	392	3:54	251	287	56:14	1:07:08	2:03:23	5:56:09	+1:42:58	92	M30
257. 290	06671F80	F VANDECAVEYE Katia	BEL	39	TRIATLONTEAM ROESELARE	308	41:51	139	3:01	282	219	1:27:33	1:32:53	3:00:27	226	180	2:45	221	342	1:01:58	1:06:06	2:08:05	5:56:12	+1:43:01	6	F30
258. 359	-	DE BLANDERE Alain	FRA	57		358	43:18	565	6:49	419	228	1:26:41	1:34:36	3:01:17	276	417	4:01	282	254	57:24	1:03:31	2:00:55	5:56:23	+1:43:13	20	M50
259. 961	59413M83	MARIEN Francois	BEL	36	TTF	211	38:51	143	3:02	182	256	1:28:37	1:34:36	3:03:14	224	171	2:43	217	347	1:00:24	1:08:28	2:08:52	5:56:44	+1:43:34	93	M30

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running				Total		Age Group								
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Time	Gap	Rank	Name						
260.	600	-				BEL	40			82	34:31	152	3:08	84	321	1:28:10	1:40:42	3:08:53	239	178	2:45	230	336	1:03:14	1:04:17	2:07:32	5:56:50	+1:43:39	59	M40
261.	293	-	F			BEL	36			56	33:12	213	3:31	69	428	1:38:56	1:41:36	3:20:33	337	173	2:44	320	205	58:06	58:47	1:56:54	5:56:56	+1:43:45	7	F30
262.	892	-				FRA	26			31	31:29	140	3:02	39	242	1:24:37	1:37:47	3:02:24	165	299	3:20	163	422	1:02:48	1:13:51	2:16:40	5:56:57	+1:43:46	54	M20
263.	954	56856M69				BEL	50	TURBO		133	36:30	326	4:10	146	250	1:30:50	1:32:05	3:02:55	211	308	3:22	213	359	1:01:32	1:08:44	2:10:17	5:57:16	+1:44:05	21	M50
264.	380	56585M65				BEL	54	RCBT		347	43:01	196	3:27	323	387	1:36:36	1:39:15	3:15:52	371	336	3:33	365	143	55:19	56:07	1:51:27	5:57:21	+1:44:10	22	M50
265.	593	-				FRA	40			404	44:58	297	3:57	389	326	1:30:20	1:39:02	3:09:22	344	197	2:50	333	197	56:03	1:00:20	1:56:23	5:57:32	+1:44:22	60	M40
266.	393	B06147C				FRA	53	TEAM TRIATHLON MAUBEUGE		421	45:33	256	3:45	400	260	1:29:12	1:34:28	3:03:40	295	208	2:54	289	268	1:01:02	1:01:02	2:02:04	5:57:59	+1:44:48	23	M50
267.	279	59851F75	F			BEL	44	TCBM		382	44:00	216	3:32	351	348	1:32:36	1:38:56	3:11:33	354	201	2:51	340	194	56:55	59:22	1:56:17	5:58:14	+1:45:04	6	F40
268.	495	74A29485M522				PRT	45	TVR RIJNMOND		311	42:02	201	3:28	299	181	1:25:25	1:30:25	2:55:50	192	512	5:00	207	379	1:05:46	1:06:12	2:11:58	5:58:20	+1:45:09	61	M40
269.	853	56870M91				BEL	28	TURBO		46	31:58	102	2:47	43	439	1:33:46	1:48:34	3:22:20	335	291	3:15	327	218	55:27	1:02:44	1:58:12	5:58:34	+1:45:24	55	M20
270.	496	60947M47				BEL	45	CCSTC		297	41:20	194	3:26	279	236	1:27:30	1:34:33	3:02:04	242	74	2:13	229	357	1:01:08	1:08:44	2:09:52	5:58:57	+1:45:46	62	M40
271.	869	-				FRA	27			573	56:01	366	4:21	567	218	1:27:10	1:33:11	3:00:21	364	408	3:59	360	170	56:59	57:21	1:54:20	5:59:05	+1:45:54	56	M20
272.	1000	-	E							145	36:59	249	3:44	148	278	1:29:04	1:36:08	3:05:12	232	39	1:57	218	371	1:02:31	1:08:49	2:11:20	5:59:15	+1:46:04	14	EQ
273.	751	-				FRA	33			197	38:32	452	4:53	239	301	1:30:38	1:36:39	3:07:17	271	369	3:44	270	300	58:27	1:06:24	2:04:52	5:59:21	+1:46:11	94	M30
274.	523	B07893C				FRA	43	ASCP SENAT		415	45:25	331	4:11	407	238	1:28:41	1:33:30	3:02:11	280	162	2:41	272	303	1:04:27	1:00:30	2:04:57	5:59:27	+1:46:17	63	M40
275.	666	62843M83				CZE	36	UTT		108	35:49	332	4:11	127	320	1:29:45	1:39:04	3:08:49	253	518	5:09	265	312	1:01:09	1:04:26	2:05:36	5:59:35	+1:46:25	95	M30
276.	422	07378M69				BEL	50	TTR		318	42:18	394	4:29	333	298	1:30:22	1:36:26	3:06:48	302	372	3:46	303	271	1:00:46	1:01:36	2:02:23	5:59:46	+1:46:36	24	M50
277.	787	-				FRA	31			403	44:58	400	4:31	405	221	1:27:55	1:32:44	3:00:40	263	402	3:57	267	313	1:00:29	1:05:10	2:05:39	5:59:47	+1:46:36	96	M30
278.	724	-				BEL	34			183	38:21	454	4:54	227	196	1:25:51	1:31:28	2:57:19	190	379	3:48	188	411	1:04:47	1:10:45	2:15:32	5:59:56	+1:46:46	97	M30
279.	625	-				BEL	38	ZÉVILU		303	41:39	265	3:47	297	359	1:34:44	1:37:45	3:12:30	342	292	3:16	334	231	59:33	59:25	1:58:58	6:00:11	+1:47:01	98	M30
280.	633	B23731				FRA	38	CAF		516	50:12	390	4:28	510	349	1:33:40	1:37:55	3:11:36	400	200	2:51	390	141	55:02	56:18	1:51:20	6:00:28	+1:47:18	99	M30
281.	338	62060F95	F			BEL	24	TURBO		222	39:02	80	2:32	173	412	1:36:51	1:41:37	3:18:28	359	69	2:11	343	221	56:31	1:02:02	1:58:33	6:00:48	+1:47:38	10	F20
282.	984	-	E							395	44:27	9	1:38	315	296	1:28:23	1:38:19	3:06:42	293	14	1:45	275	324	1:00:09	1:06:22	2:06:31	6:01:05	+1:47:54	15	EQ
283.	683	-				FRA	36	JETT		301	41:24	201	3:28	281	357	1:32:09	1:40:10	3:12:20	336	217	2:58	324	258	58:55	1:02:30	2:01:25	6:01:37	+1:48:26	100	M30
284.	284	62525F77	F			BEL	42	P8		456	46:41	311	4:03	439	197	1:25:44	1:31:37	2:57:21	249	264	3:09	246	362	1:03:17	1:07:14	2:10:32	6:01:48	+1:48:38	7	F40
285.	548	62866M77				BEL	42	CCSTC		379	43:55	510	5:25	401	287	1:31:21	1:34:42	3:06:04	320	502	4:50	325	261	58:52	1:02:40	2:01:33	6:01:49	+1:48:39	64	M40
286.	691	-				BEL	35			266	40:08	314	4:04	259	306	1:31:57	1:35:36	3:07:33	279	309	3:23	280	329	1:00:18	1:06:25	2:06:43	6:01:53	+1:48:43	101	M30
287.	980	-	E							343	42:56	37	2:07	288	350	1:31:48	1:39:51	3:11:39	332	63	2:07	314	284	56:44	1:06:17	2:03:01	6:01:53	+1:48:43	16	EQ
288.	443	-				BEL	48			186	38:23	106	2:48	160	176	1:23:55	1:31:33	2:55:29	162	302	3:21	162	455	1:06:42	1:15:18	2:22:01	6:02:04	+1:48:53	65	M40
289.	886	-				BEL	26			325	42:28	392	4:29	337	299	1:28:28	1:38:31	3:07:00	307	190	2:49	296	307	58:51	1:06:31	2:05:22	6:02:10	+1:48:59	57	M20
290.	937	-				FRA	20			375	43:45	261	3:47	352	501	1:26:53	2:05:58	3:32:51	481	172	2:44	472	47	47:17	51:49	1:39:06	6:02:15	+1:49:05	58	M20
291.	641	-				FRA	38			206	38:42	235	3:39	200	263	1:27:57	1:36:08	3:04:05	238	263	3:09	234	383	1:01:39	1:11:14	2:12:54	6:02:31	+1:49:20	102	M30
292.	681	-				BEL	36	TNT		45	31:57	182	3:20	52	475	1:40:46	1:46:20	3:27:07	372	316	3:26	364	203	57:44	59:00	1:56:45	6:02:37	+1:49:27	103	M30
293.	536	-				FRA	43	BTSH		402	44:54	174	3:17	374	230	1:26:36	1:34:46	3:01:22	258	288	3:15	252	358	58:50	1:11:03	2:09:53	6:02:43	+1:49:33	66	M40
294.	702	-				FRA	35			380	43:56	232	3:37	353	317	1:28:57	1:39:40	3:08:37	326	486	4:40	331	267	56:08	1:05:52	2:02:00	6:02:53	+1:49:43	104	M30
295.	515	-				BEL	44			571	55:54	325	4:08	564	179	1:24:37	1:31:09	2:55:47	322	436	4:12	321	282	57:57	1:04:56	2:02:53	6:02:57	+1:49:46	67	M40
296.	901	-				FRA	25			462	46:55	314	4:04	446	136	1:22:35	1:29:21	2:51:57	205	387	3:50	211	418	1:03:30	1:12:42	2:16:12	6:03:00	+1:49:50	59	M20

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group					
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name	
297. 742	-	DENIZOT Vincent	FRA	33		486	48:17	215	3:32	466	233	1:27:52	1:33:46	3:01:38	299	196	2:49	292	332	1:01:51	1:05:11	2:07:03	6:03:20	+1:50:10	105	M30
298. 934	-	BAUDELET Romain	BEL	20		-	-	-	96	173	1:25:37	1:29:41	2:55:19	131	189	2:48	128	495	1:13:18	1:14:17	2:27:35	6:04:00	+1:50:50	60	M20	
299. 551	A80817C	VILLEMINOT Fabien	FRA	42	WASQUEHAL TRIATHLON	546	52:26	425	4:39	538	292	1:30:56	1:35:33	3:06:30	383	283	3:14	377	211	56:14	1:01:39	1:57:53	6:04:44	+1:51:34	68	M40
300. 385	A08837C	GIBON Frederic	FRA	54	TEAM TRIATHLON MAUBEUGE	216	38:56	303	3:59	217	458	1:33:56	1:49:52	3:23:48	405	296	3:18	397	174	54:07	1:00:39	1:54:46	6:04:49	+1:51:39	25	M50
301. 840	-	TOUSSAINT Antpine	BEL	29		372	43:39	557	6:23	417	177	1:23:59	1:31:37	2:55:37	229	459	4:25	239	404	58:37	1:16:09	2:14:46	6:04:52	+1:51:42	61	M20
302. 264	-	F HUYGHE Lies	BEL	48	TRIATLON TEAM ROESELARE	416	45:26	269	3:48	397	303	1:32:09	1:35:18	3:07:27	331	193	2:49	315	306	58:35	1:06:46	2:05:21	6:04:54	+1:51:44	8	F40
303. 255	60617F66	F MALGRANGE Brigitte	BEL	53	TDCH	335	42:42	496	5:16	369	424	1:39:07	1:40:46	3:19:53	422	216	2:58	407	169	55:16	59:01	1:54:18	6:05:09	+1:51:58	1	F50
304. 859	-	CHARLIER Arthur	BEL	28		322	42:25	423	4:38	340	322	1:28:43	1:40:13	3:08:57	324	395	3:55	318	305	59:49	1:05:25	2:05:15	6:05:11	+1:52:01	62	M20
305. 489	-	LETUFFE Samuel	FRA	45	CCWAVRIN	566	55:12	136	3:00	546	38	1:15:50	1:22:08	2:37:59	157	57	2:05	147	491	1:05:41	1:21:32	2:27:14	6:05:33	+1:52:22	69	M40
306. 481	58642M73	VANDOORSLAERT Michael	BEL	46	BTC	551	53:00	558	6:23	557	344	1:33:08	1:38:04	3:11:13	441	304	3:21	432	148	55:04	56:43	1:51:48	6:05:47	+1:52:37	70	M40
307. 865	-	PIRLOT Gilles	BEL	27		60	33:21	85	2:33	57	269	1:26:00	1:38:33	3:04:33	187	409	3:59	189	450	1:08:38	1:12:40	2:21:19	6:05:48	+1:52:38	63	M20
308. 645	ENCOURS'DOBENTION	LANCELLE Julien	BEL	37	ATCC	168	37:50	407	4:32	202	392	1:35:37	1:40:20	3:15:57	345	246	3:04	338	295	1:00:33	1:04:01	2:04:34	6:05:59	+1:52:49	106	M30
309. 768	-	RENAUX Alexandre	BEL	32		394	44:25	283	3:52	375	271	1:29:00	1:35:43	3:04:43	297	520	5:15	310	341	1:02:41	1:05:17	2:07:59	6:06:16	+1:53:05	107	M30
310. 795	-	BEGHIN Olivier	BEL	31		351	43:07	450	4:53	370	419	1:37:13	1:41:51	3:19:05	407	142	2:36	395	202	56:31	1:00:04	1:56:36	6:06:18	+1:53:08	108	M30
311. 999	-	E JETT	---			54	32:57	10	1:38	41	480	1:34:59	1:52:34	3:27:34	369	32	1:53	354	275	57:12	1:05:22	2:02:35	6:06:39	+1:53:28	17	EQ
312. 594	-	UYTTEBROECK Ken	BEL	40		315	42:13	154	3:09	296	342	1:34:44	1:36:24	3:11:09	329	430	4:10	330	319	59:03	1:07:06	2:06:09	6:06:53	+1:53:42	71	M40
313. 614	-	HENRARD Christophe	BEL	39	NINGLINSPOTES	461	46:51	534	5:47	479	259	1:27:33	1:36:05	3:03:39	327	405	3:58	326	328	1:00:42	1:05:58	2:06:40	6:06:58	+1:53:48	109	M30
314. 646	-	HAJDU Peter	FRA	37		357	43:12	540	5:59	395	330	1:32:31	1:37:10	3:09:42	351	531	5:37	359	273	56:59	1:05:29	2:02:28	6:06:59	+1:53:49	110	M30
315. 806	-	RENARD Gil	BEL	30		515	50:09	566	6:50	535	289	1:32:28	1:33:59	3:06:28	382	515	5:02	385	222	57:15	1:01:19	1:58:34	6:07:05	+1:53:54	111	M30
316. 979	-	E TTE	---			202	38:39	35	2:06	149	369	1:32:39	1:41:09	3:13:48	314	157	2:40	301	360	1:04:02	1:06:15	2:10:18	6:07:32	+1:54:22	18	EQ
317. 765	-	DEWEZ Bastien	BEL	32		158	37:31	441	4:48	199	384	1:34:03	1:41:24	3:15:28	340	446	4:19	342	314	59:53	1:05:49	2:05:43	6:07:51	+1:54:41	112	M30
318. 592	-	POJMAN Tomas	CZE	40	KLADIVA PARDUBICE	387	44:06	379	4:25	383	231	1:29:15	1:32:19	3:01:35	262	199	2:50	253	408	1:02:09	1:13:08	2:15:18	6:08:15	+1:55:05	72	M40
319. 791	62767M88	VAN PARIJS Pierre-Emmanuel	BEL	31	NSTT	360	43:20	185	3:23	331	281	1:30:09	1:35:18	3:05:28	285	231	3:00	281	385	1:03:22	1:09:41	2:13:04	6:08:17	+1:55:07	113	M30
320. 766	-	BASTIN Valery	BEL	32		333	42:40	491	5:13	365	325	1:29:44	1:39:25	3:09:09	334	529	5:31	347	320	1:01:35	1:04:49	2:06:24	6:08:59	+1:55:49	114	M30
321. 558	62743M77	GATE DEL RIO Nicolas	BEL	42	RCBT	291	40:53	507	5:22	318	377	1:33:09	1:41:14	3:14:24	363	537	5:52	373	274	1:00:15	1:02:18	2:02:33	6:09:06	+1:55:55	73	M40
322. 823	-	LA VEAUX Guillaume	BEL	29		550	52:46	490	5:13	544	444	1:39:44	1:43:00	3:22:45	485	420	4:03	481	82	49:20	54:58	1:44:19	6:09:07	+1:55:57	64	M20
323. 946	62213M01	MAURISSET Thibault	BEL	18	TTB	304	41:42	122	2:52	271	445	1:37:44	1:45:02	3:22:47	413	170	2:43	398	235	57:02	1:02:04	1:59:07	6:09:12	+1:56:02	2	M18
324. 906	-	PIRSON Félix	BEL	25		317	42:14	546	6:09	379	183	1:25:33	1:30:25	2:55:58	219	470	4:32	226	444	1:05:04	1:15:16	2:20:21	6:09:16	+1:56:06	65	M20
325. 576	-	HOENIG Thomas	BEL	41		94	35:07	519	5:29	143	356	1:32:54	1:39:18	3:12:12	294	328	3:31	293	384	1:04:37	1:08:21	2:12:58	6:09:20	+1:56:09	74	M40
326. 983	-	E RATRACE TEAM OUDENAARDE (RTTO)	---			529	51:09	31	2:00	484	375	1:35:07	1:39:05	3:14:13	414	62	2:07	392	245	57:52	1:02:03	1:59:56	6:09:26	+1:56:16	19	EQ
327. 881	-	LEONARD Steve	BEL	26		236	39:15	508	5:24	273	370	1:30:46	1:43:03	3:13:49	348	398	3:55	345	333	1:04:24	1:02:40	2:07:04	6:09:29	+1:56:18	66	M20
328. 376	A07515C	DEBONNAIRE Xavier	FRA	55	ATHLETIC CLUB MARCQUOI	184	38:21	504	5:21	247	156	1:25:06	1:28:46	2:53:52	170	362	3:42	168	501	1:11:32	1:16:56	2:28:29	6:09:46	+1:56:36	26	M50
329. 929	-	BOURGEOIS Mathieu	FRA	21		504	49:23	389	4:28	496	314	1:29:45	1:38:38	3:08:24	370	363	3:42	367	289	58:12	1:05:41	2:03:54	6:09:53	+1:56:42	67	M20
330. 668	-	HUGÉ Thibaut	BEL	36	BELGIUM RUNNING	459	46:44	492	5:14	467	340	1:32:23	1:38:06	3:10:30	374	488	4:41	381	278	58:28	1:04:22	2:02:50	6:10:01	+1:56:51	115	M30
331. 644	-	VAN DEN BOSCH Erwin	NLD	37		362	43:24	385	4:27	363	294	1:29:22	1:37:15	3:06:37	312	557	6:45	335	352	1:03:26	1:05:47	2:09:13	6:10:28	+1:57:18	116	M30
332. 365	16974M63	DESMET Olivier	BEL	56	RATRACE TRIATLON TEAM	326	42:30	395	4:29	338	279	1:32:17	1:32:56	3:05:13	286	393	3:55	290	402	1:05:34	1:09:04	2:14:39	6:10:48	+1:57:37	27	M50
333. 335	22401F94	F DESMET Laurence	BEL	25	RTTO	289	40:44	340	4:13	284	399	1:34:49	1:41:53	3:16:42	367	161	2:41	357	321	1:00:14	1:06:10	2:06:25	6:10:48	+1:57:37	11	F20

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group					
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name	
334. 454	41816M72	VANDEVENNE Peter	BEL	47	TTE	201	38:36	296	3:57	206	352	1:31:42	1:40:08	3:11:51	311	403	3:58	312	390	1:02:43	1:10:45	2:13:28	6:11:51	+1:58:40	75	M40
335. 395	-	DELPIERRE Frédéric	BEL	53		423	45:39	462	4:57	435	372	1:35:28	1:38:38	3:14:06	390	474	4:34	391	279	1:00:27	1:02:23	2:02:50	6:12:09	+1:58:59	28	M50
336. 963	-	NOËL Kevin	BEL	33		586	59:02	241	3:41	580	329	1:30:40	1:38:58	3:09:39	447	64	2:09	436	208	55:23	1:02:12	1:57:36	6:12:09	+1:58:59	117	M30
337. 465	61687M62	HENNECART David	BEL	47	TNTB	288	40:44	537	5:51	326	313	1:29:10	1:39:13	3:08:24	318	516	5:05	322	380	59:35	1:12:42	2:12:17	6:12:22	+1:59:12	76	M40
338. 688	-	AKKARI Ahref	FRA	35		501	49:11	300	3:58	485	353	1:31:15	1:40:44	3:11:59	392	457	4:24	393	286	57:41	1:05:27	2:03:09	6:12:43	+1:59:33	118	M30
339. 636	60354M81	BONFANTI Thierry	BEL	38	ATCC	247	39:41	468	5:01	277	437	1:33:41	1:48:05	3:21:46	402	480	4:37	409	264	59:19	1:02:27	2:01:46	6:12:53	+1:59:43	119	M30
340. 624	62577M81	LEFEVRE-DELCOURT Fabian	BEL	38	ATCC	193	38:29	245	3:42	193	315	1:33:40	1:34:45	3:08:25	269	297	3:19	263	437	1:06:27	1:12:28	2:18:56	6:12:54	+1:59:43	120	M30
341. 604	62548M80	GUENFOUD Tahar	BEL	39	TCDM	533	51:17	471	5:02	527	364	1:33:10	1:39:51	3:13:02	431	467	4:30	430	239	57:23	1:02:00	1:59:23	6:13:15	+2:00:05	121	M30
342. 826	-	CABOCHE Etienne	FRA	29	DÉCATHLON GENNEVILLIERS	332	42:39	169	3:16	309	295	1:27:17	1:39:21	3:06:38	291	92	2:18	278	432	56:10	1:22:11	2:18:22	6:13:16	+2:00:06	68	M20
343. 328	-	MISPELÈRE Marieke	F	27		463	47:03	239	3:40	438	397	1:34:31	1:41:58	3:16:30	410	279	3:13	401	280	59:15	1:03:37	2:02:53	6:13:20	+2:00:10	12	F20
344. 778	-	VAN DER LINDEN Loïc	BEL	31	JETT	279	40:37	101	2:46	235	386	1:33:35	1:42:02	3:15:38	353	315	3:25	346	368	1:02:49	1:08:19	2:11:08	6:13:35	+2:00:25	122	M30
345. 276	61501F74	SPILLIAERT Anne	BEL	45	TCDM	447	46:29	192	3:25	414	440	1:38:24	1:44:01	3:22:26	446	136	2:33	439	229	56:42	1:02:05	1:58:47	6:13:42	+2:00:32	9	F40
346. 800	-	HENKENS Arnaud	BEL	30		349	43:07	453	4:53	371	379	1:31:52	1:42:37	3:14:30	376	421	4:05	374	334	1:01:27	1:05:43	2:07:10	6:13:47	+2:00:36	123	M30
347. 817	-	JORIS François	BEL	30		482	47:57	374	4:23	475	266	1:28:40	1:35:39	3:04:19	330	396	3:55	328	389	58:56	1:14:27	2:13:24	6:14:00	+2:00:49	124	M30
348. 781	61171M88	DE VROEY Pierre	BEL	31	TNT	457	46:43	206	3:29	421	307	1:30:14	1:37:26	3:07:40	341	311	3:23	336	388	1:05:52	1:07:31	2:13:24	6:14:41	+2:01:31	125	M30
349. 829	-	SANCTORUM Stevie	FRA	29	ENDURANCE TEAM MOUSCRON	290	40:46	164	3:14	254	493	1:39:32	1:51:54	3:31:27	460	250	3:05	446	204	57:10	59:41	1:56:52	6:15:25	+2:02:14	69	M20
350. 736	60013M86	MARCEL Mathieu	BEL	33	UTT	200	38:34	345	4:14	215	408	1:36:17	1:41:45	3:18:02	365	271	3:11	353	373	58:01	1:13:27	2:11:28	6:15:31	+2:02:21	126	M30
351. 257	B04636	VAN DER VRECKEN Olivier	F	51	TEAM TRIATHLON MAUBEUGE	397	44:33	422	4:38	394	261	1:29:18	1:34:30	3:03:48	296	406	3:59	299	434	1:07:27	1:11:08	2:18:35	6:15:35	+2:02:25	2	F50
352. 623	B26669	CARLIER Romain	FRA	39	VALENCIENNES TRIATHLON	430	45:53	396	4:30	429	291	1:32:25	1:34:04	3:06:29	333	462	4:26	337	400	1:04:12	1:10:08	2:14:21	6:15:42	+2:02:31	127	M30
353. 431	62023M70	PEROO David	BEL	49	TKV	536	51:31	498	5:17	533	189	1:27:04	1:29:49	2:56:54	303	490	4:41	313	427	1:11:30	1:05:50	2:17:21	6:15:47	+2:02:36	77	M40
354. 468	57050M72	MEURANT Jean-Christophe	BEL	47	CCSTC	194	38:30	289	3:54	203	258	1:24:59	1:38:37	3:03:36	233	439	4:15	241	483	1:08:42	1:16:52	2:25:35	6:15:51	+2:02:40	78	M40
355. 331	B04125C0190105FS2FRA	PERILLAUD Laura	F	26	LILLE TRIATHLON	548	52:34	161	3:13	522	332	1:32:12	1:37:39	3:09:51	397	301	3:21	388	335	1:00:32	1:06:47	2:07:20	6:16:20	+2:03:10	13	F20
356. 707	-	SIERA KOWSKI Damien	BEL	35	TCDM	223	39:02	346	4:14	229	309	1:27:32	1:40:16	3:07:49	274	492	4:41	288	448	1:09:08	1:11:58	2:21:07	6:16:55	+2:03:44	128	M30
357. 272	-	DE MEULEMEESTER Inge	BEL	46		218	38:58	431	4:42	246	455	1:37:50	1:45:53	3:23:43	415	493	4:42	415	299	1:00:06	1:04:43	2:04:49	6:16:56	+2:03:46	10	F40
358. 966	-	ROUSSEL Eric	FRA	32		212	38:54	247	3:43	207	504	1:42:30	1:50:29	3:32:59	461	234	3:01	447	234	57:06	1:01:57	1:59:03	6:17:43	+2:04:32	129	M30
359. 710	-	MOINIÉ Gil	BEL	34		376	43:45	274	3:49	355	143	1:22:49	1:30:29	2:52:58	189	222	2:58	185	524	1:16:20	1:18:45	2:35:06	6:18:39	+2:05:28	130	M30
360. 828	-	KINDT Nicolas	FRA	29		244	39:29	163	3:14	210	365	1:36:48	1:36:24	3:13:12	323	419	4:02	319	436	59:51	1:18:56	2:18:48	6:18:47	+2:05:37	70	M20
361. 879	-	CAUET Thibault	FRA	27		209	38:48	298	3:57	212	204	1:24:36	1:34:06	2:58:43	193	146	2:37	187	522	1:12:42	1:22:06	2:34:48	6:18:55	+2:05:45	71	M20
362. 750	-	THIRIFAYS Julien	BEL	33	ATCC	435	46:12	382	4:26	436	450	1:38:40	1:44:41	3:23:21	454	545	6:13	459	232	58:12	1:00:49	1:59:01	6:19:15	+2:06:05	131	M30
363. 810	-	LUUK Jeremy	BEL	30		452	46:36	284	3:52	431	467	1:39:06	1:46:50	3:25:56	464	433	4:11	460	228	58:08	1:00:37	1:58:46	6:19:24	+2:06:14	132	M30
364. 788	61025M88	BERTRAND Stephane	BEL	31	CCSTC	191	38:28	41	2:11	145	441	1:34:45	1:47:52	3:22:38	381	89	2:18	362	395	1:05:51	1:08:13	2:14:05	6:19:41	+2:06:31	133	M30
365. 708	B29549C	GUILLOUX Samuel	FRA	35	TEAM TRIATHLON MAUBEUGE	503	49:19	142	3:02	476	347	1:30:48	1:40:37	3:11:25	385	220	2:58	375	386	59:42	1:13:26	2:13:08	6:19:54	+2:06:43	134	M30
366. 843	26303M90	LAMMENS Thomas	BEL	29	TDW	190	38:26	109	2:49	162	319	1:29:59	1:38:43	3:08:42	259	154	2:39	250	496	1:05:31	1:22:14	2:27:46	6:20:25	+2:07:14	72	M20
367. 436	61826M70	MATERNE Jean-Philippe	BEL	49	Q3TEAM	217	38:57	358	4:16	226	312	1:29:48	1:38:35	3:08:23	278	410	3:59	286	480	1:12:54	1:11:58	2:24:52	6:20:30	+2:07:20	79	M40
368. 327	61931F92	VANDERSTRAETEN Sarah	F	27	RCBT	296	41:19	523	5:33	336	452	1:38:34	1:45:01	3:23:35	440	546	6:14	442	288	1:03:32	1:00:18	2:03:51	6:20:34	+2:07:24	14	F20
369. 737	61954M87	MONNOYER Damien	BEL	33	ATCC	488	48:23	365	4:20	481	394	1:32:50	1:43:10	3:16:00	429	320	3:27	417	344	1:01:08	1:07:15	2:08:23	6:20:37	+2:07:26	135	M30
370. 913	-	HEYLBROECK Kevin	BEL	24	RCBT	282	40:39	406	4:32	292	414	1:36:40	1:41:53	3:18:34	384	158	2:40	371	398	1:01:54	1:12:16	2:14:11	6:20:38	+2:07:27	73	M20

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running			Age Group							
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
371. 413	A90975C	UZAN David	FRA	51	A.A.S. FRESNES TRIATHLON	185	38:22	137	3:01	168	324	1:29:23	1:39:41	3:09:05	266	444	4:17	276	486	1:10:51	1:15:11	2:26:03	6:20:50	+2:07:40	29	M50
372. 754	2100304729	ANDRÉ Cedric	BEL	33	MPSTUDIO	446	46:28	277	3:50	424	355	1:30:55	1:41:15	3:12:10	375	359	3:41	368	407	1:04:55	1:10:19	2:15:14	6:21:26	+2:08:16	136	M30
373. 517	59740M75	STEENHOUT Robrecht	BEL	44	SCBTRI	483	48:12	170	3:16	452	363	1:32:38	1:40:21	3:12:59	389	401	3:56	384	387	1:04:35	1:08:46	2:13:21	6:21:46	+2:08:36	80	M40
374. 763	-	DUFOUR Maxime	FRA	32		207	38:44	421	4:38	234	282	1:27:15	1:38:15	3:05:31	255	565	7:16	291	485	1:09:19	1:16:19	2:25:38	6:21:48	+2:08:38	137	M30
375. 534	76A30275M500	MARTIN Van Den Bosch	NLD	43	NTB	384	44:03	160	3:13	346	247	1:30:48	1:31:58	3:02:46	261	329	3:31	260	500	1:08:57	1:19:29	2:28:26	6:22:01	+2:08:51	81	M40
376. 550	-	KUCERA Jan	CZE	42	KLADIVA PARDUBICE	535	51:29	588	8:25	563	398	1:34:49	1:41:41	3:16:30	463	450	4:21	461	257	59:03	1:02:13	2:01:17	6:22:04	+2:08:54	82	M40
377. 848	-	DRESSE Benoit	BEL	28	RCBT	130	36:25	219	3:32	125	463	1:37:54	1:47:05	3:25:00	391	485	4:40	394	381	1:03:56	1:08:31	2:12:27	6:22:06	+2:08:56	74	M20
378. 769	62665M87	LEBRUN Ivan	FRA	32	RCBT	143	36:52	230	3:37	140	401	1:36:08	1:40:58	3:17:06	338	318	3:27	332	447	1:08:09	1:12:52	2:21:02	6:22:06	+2:08:56	138	M30
379. 679	A33909C	RICKAERT Ludovic	FRA	36	ATHLETIC CLUB MARCQUOIS	121	36:17	500	5:18	174	404	1:34:19	1:43:28	3:17:48	357	559	6:53	370	416	1:05:51	1:10:11	2:16:03	6:22:20	+2:09:10	139	M30
380. 813	61005M89	VANDEBUSSCHE Timothée	BEL	30	ENDURANCE TEAM MOUSCRON	28	31:25	145	3:03	37	461	1:37:17	1:47:06	3:24:23	350	454	4:24	349	439	1:08:05	1:10:59	2:19:05	6:22:22	+2:09:12	140	M30
381. 361	B01434	OGEZ Thierry	FRA	57	TEAM'S BIKE AMIENS TRIATH	480	47:52	499	5:18	486	462	1:38:52	1:45:30	3:24:23	469	326	3:30	462	259	59:28	1:02:00	2:01:28	6:22:34	+2:09:24	30	M50
382. 573	-	KESTEMAN Nicolas	BEL	41		507	49:38	409	4:32	502	346	1:31:01	1:40:18	3:11:19	393	244	3:03	386	396	1:05:11	1:08:55	2:14:06	6:22:41	+2:09:31	83	M40
383. 616	-	GOSSELIN Blaise	BEL	39	THE PASSENGER	432	45:59	488	5:11	448	484	1:42:44	1:45:41	3:28:26	476	428	4:08	476	233	57:08	1:01:54	1:59:02	6:22:49	+2:09:38	141	M30
384. 411	-	JANSENS Freddy	BEL	51	ATCC	398	44:43	518	5:29	420	280	1:28:37	1:36:46	3:05:24	321	466	4:29	323	460	1:08:21	1:14:27	2:22:48	6:22:55	+2:09:44	31	M50
385. 609	-	CARION Thibault	BEL	39		498	49:00	443	4:50	495	373	1:34:51	1:39:15	3:14:06	423	289	3:15	411	376	1:03:40	1:08:04	2:11:45	6:22:58	+2:09:48	142	M30
386. 982	-	E JETT : 60456F7	---			475	47:34	36	2:07	410	537	1:42:08	1:56:59	3:39:07	518	111	2:24	507	151	54:04	57:50	1:51:55	6:23:09	+2:09:58	20	EQ
387. 265	61738F71	F DELREZ Karin	BEL	48	TNTB	327	42:30	361	4:19	334	416	1:33:41	1:45:05	3:18:47	395	183	2:46	383	405	1:06:14	1:08:51	2:15:06	6:23:30	+2:10:20	11	F40
388. 303	TRLUX20712198519	F SCHMITZ Stéphanie	BEL	34	CSL	549	52:42	367	4:21	537	418	1:37:12	1:41:39	3:18:51	462	185	2:47	448	304	1:02:13	1:03:00	2:05:14	6:23:57	+2:10:46	8	F30
389. 731	-	BOUILLOT Romain	FRA	34		534	51:22	360	4:18	520	360	1:33:32	1:39:06	3:12:38	426	101	2:21	405	394	1:04:10	1:09:46	2:13:56	6:24:38	+2:11:27	143	M30
390. 552	-	PIRKL Tomas	CZE	42	KLADIVA PARDUBICE	485	48:13	427	4:40	483	403	1:36:18	1:41:12	3:17:30	439	294	3:18	428	369	58:24	1:12:47	2:11:12	6:24:54	+2:11:44	84	M40
391. 727	-	BAUDHUIN Arnor	BEL	34		578	56:38	412	4:34	572	127	1:22:39	1:28:40	2:51:19	290	453	4:22	297	499	1:08:16	1:19:46	2:28:03	6:24:58	+2:11:48	144	M30
392. 973	60602M91	VANSTRAELEN Laurent	BEL	28	PMX	274	40:29	222	3:34	256	128	1:21:00	1:30:22	2:51:22	152	148	2:38	145	550	1:07:05	1:39:50	2:46:55	6:25:01	+2:11:50	75	M20
393. 277	2100349631	F LEHERISSE Stephanie	FRA	44	USA TRIATHLON	268	40:15	376	4:25	274	371	1:32:50	1:40:58	3:13:49	349	298	3:20	339	462	1:09:57	1:13:14	2:23:11	6:25:01	+2:11:51	12	F40
394. 598	61705M79	HENROTIN Pierre	BEL	40	RCBT	383	44:02	587	8:23	477	383	1:34:05	1:41:21	3:15:26	421	539	5:55	429	374	1:00:16	1:11:12	2:11:28	6:25:16	+2:12:05	85	M40
395. 347	57049M58	GOREZ Serge	BEL	61	TCDM	230	39:11	542	6:02	293	382	1:34:10	1:41:04	3:15:14	361	553	6:26	378	435	1:08:34	1:10:10	2:18:45	6:25:40	+2:12:30	2	M60
396. 296	84L40995V504	F SOEPENBERG Rylana	NLD	35	UNLTD	580	57:09	51	2:19	559	272	1:29:59	1:34:52	3:04:51	387	125	2:28	376	438	1:07:51	1:11:07	2:18:58	6:25:48	+2:12:37	9	F30
397. 446	71A36129M504	KRASENBRINK Berthold	DEU	48	RTC DEN HAAG	518	50:31	369	4:21	513	358	1:32:37	1:39:44	3:12:22	411	400	3:56	410	401	1:05:44	1:08:51	2:14:35	6:25:48	+2:12:37	86	M40
398. 944	-	DE LOOZ CORSWAREM Nathan	BEL	18		41	31:52	339	4:13	60	533	1:40:03	1:57:40	3:37:44	452	416	4:01	443	343	1:01:40	1:06:33	2:08:13	6:26:04	+2:12:54	3	M18
399. 918	-	DE LIEDEKERKE Antoine	BEL	22		307	41:46	541	6:01	362	415	1:33:09	1:45:36	3:18:46	404	275	3:11	396	421	1:10:42	1:05:56	2:16:38	6:26:24	+2:13:14	76	M20
400. 281	B08855C	F BAILLY Fanny	FRA	43	TEAM TRIATHLON	407	45:02	344	4:14	398	477	1:38:22	1:49:03	3:27:26	466	237	3:02	453	330	1:00:22	1:06:29	2:06:52	6:26:37	+2:13:27	13	F40
401. 498	60883M74	GHEERAERT Vincent	BEL	45	CIT	312	42:03	416	4:37	329	393	1:34:18	1:41:40	3:15:59	380	443	4:16	379	442	1:06:23	1:13:25	2:19:49	6:26:45	+2:13:35	87	M40
402. 563	62590M78	CLAUS Cédric	BEL	41	TCDM	414	45:24	485	5:09	433	509	1:42:50	1:50:42	3:33:32	498	431	4:10	496	227	57:54	1:00:50	1:58:45	6:27:01	+2:13:51	88	M40
403. 526	-	ALEXIS Vincent	BEL	43	OTC	439	46:21	509	5:25	463	388	1:32:09	1:43:45	3:15:54	418	332	3:32	412	415	1:01:55	1:14:00	2:15:56	6:27:10	+2:14:00	89	M40
404. 313	61002F88	F RUBAN Sophie	BEL	31	PFA	313	42:07	391	4:29	328	534	1:45:20	1:52:32	3:37:53	502	489	4:41	500	220	59:16	59:07	1:58:24	6:27:35	+2:14:25	10	F30
405. 951	-	COLINET Benjamin	BEL	39		241	39:23	418	4:37	255	536	1:44:44	1:54:22	3:39:07	497	440	4:15	491	247	57:03	1:03:09	2:00:12	6:27:36	+2:14:26	145	M30
406. 866	41927M92	COUDOU Nicolas	BEL	27	UTO	242	39:26	447	4:51	263	409	1:34:36	1:43:39	3:18:16	377	278	3:13	363	454	1:02:46	1:19:04	2:21:50	6:27:37	+2:14:27	77	M20
407. 991	-	E Q3T	---			249	39:48	263	3:47	245	302	1:31:08	1:36:17	3:07:26	273	213	2:56	264	517	1:13:47	1:19:53	2:33:41	6:27:40	+2:14:29	21	EQ

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running			Age Group							
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
408. 350	-	BERTHE Andre	FRA	60		500	49:10	449	4:52	499	429	1:34:38	1:45:55	3:20:34	458	528	5:27	458	338	1:01:09	1:06:41	2:07:50	6:27:54	+2:14:44	3	M60
409. 528	-	RAYMOND Alexander	GBR	43	RACING CLUB BRUXELLES TRI	429	45:52	416	4:37	430	525	1:41:27	1:54:57	3:36:24	513	525	5:23	511	186	57:06	58:36	1:55:42	6:28:00	+2:14:50	90	M40
410. 613	-	FLAMANT William	FRA	39		129	36:25	404	4:32	155	411	1:35:16	1:43:02	3:18:19	356	456	4:24	350	475	1:03:10	1:21:09	2:24:19	6:28:01	+2:14:50	146	M30
411. 344	-	SAMYN Gilles	BEL	69		368	43:36	574	7:10	441	459	1:35:31	1:48:22	3:23:54	459	451	4:21	450	350	1:03:50	1:05:15	2:09:06	6:28:09	+2:14:58	4	M60
412. 363	57191M62	CHARLES Marc	BEL	57	ATCC	369	43:36	567	6:50	428	451	1:35:52	1:47:38	3:23:31	453	517	5:05	451	351	1:04:39	1:04:29	2:09:08	6:28:13	+2:15:02	32	M50
413. 312	B01773C	F LE POULENNEC Sophie	FRA	31	COMPIEGNE TRIATHLON	334	42:42	125	2:54	302	472	1:39:48	1:46:55	3:26:44	445	86	2:17	437	392	1:03:45	1:09:54	2:13:40	6:28:19	+2:15:08	11	F30
414. 660	07392M82	VAN DE GAER William	BEL	37	GO LIKE HELL	426	45:45	445	4:51	434	331	1:32:14	1:37:32	3:09:47	360	412	4:00	358	471	1:13:26	1:10:40	2:24:07	6:28:31	+2:15:20	147	M30
415. 838	-	DE FAUONVAL Arthur	BEL	29		555	53:20	430	4:42	545	434	1:38:16	1:43:07	3:21:24	474	342	3:35	470	310	57:44	1:07:49	2:05:34	6:28:36	+2:15:26	78	M20
416. 378	59310M65	WARNIER Marc	BEL	54	RCBT	575	56:13	387	4:27	568	422	1:37:06	1:42:38	3:19:45	482	351	3:39	477	296	1:01:22	1:03:13	2:04:35	6:28:40	+2:15:30	33	M50
416. 259	59335F69	F DEMAY Isabel	BEL	50	RCBT	512	49:55	234	3:38	493	474	1:42:03	1:45:01	3:27:04	484	318	3:27	478	294	1:02:02	1:02:31	2:04:33	6:28:40	+2:15:30	3	F50
418. 822	57675M89	DELABY Benjamin	BEL	30	CCSTC SHARKS TRIATHLON	425	45:41	415	4:36	423	337	1:29:52	1:40:28	3:10:21	362	434	4:12	361	474	1:11:34	1:12:45	2:24:19	6:29:11	+2:16:01	148	M30
419. 932	61635M98	LECOHIER Corentin	BEL	21	CCSTC	269	40:17	329	4:11	270	460	1:37:44	1:46:21	3:24:06	427	195	2:49	414	431	1:10:39	1:07:37	2:18:17	6:29:42	+2:16:31	79	M20
420. 533	A07904	GRUMIAUX François	FRA	43	WASQUEHAL TRIATHLON	431	45:56	377	4:25	425	420	1:38:47	1:40:28	3:19:16	433	361	3:41	427	420	1:07:52	1:08:41	2:16:34	6:29:54	+2:16:43	91	M40
421. 760	-	GOFFART Nicolas	BEL	32		314	42:09	333	4:11	319	395	1:33:22	1:42:44	3:16:07	373	365	3:43	369	467	1:08:29	1:15:17	2:23:47	6:29:59	+2:16:49	149	M30
422. 719	-	FOURNIER David	FRA	34		344	42:57	521	5:32	382	496	1:41:21	1:50:40	3:32:01	483	483	4:38	482	302	56:44	1:08:08	2:04:52	6:30:03	+2:16:53	150	M30
423. 297	61637F84	F TENEY Laurence	BEL	35	TCBM	265	40:04	184	3:21	238	438	1:38:48	1:43:24	3:22:13	398	155	2:39	382	456	1:08:46	1:13:21	2:22:08	6:30:28	+2:17:18	12	F30
424. 753	-	DE SMEDT Remi	FRA	33		491	48:36	514	5:27	500	413	1:32:56	1:45:37	3:18:33	450	533	5:38	445	391	1:05:22	1:08:07	2:13:30	6:31:46	+2:18:36	151	M30
425. 696	59692M84	BEAREZ Jean	BEL	35	ETM	479	47:40	388	4:27	471	482	1:39:13	1:48:32	3:27:46	479	256	3:06	469	346	1:00:22	1:08:28	2:08:50	6:31:52	+2:18:41	152	M30
426. 509	-	DETOURNAY Damien	BEL	44		272	40:25	550	6:10	427	405	1:35:50	1:41:59	3:17:49	388	534	5:45	399	453	1:07:17	1:14:23	2:21:41	6:31:53	+2:18:42	92	M40
427. 480	59193M73	SERVAIS Gerald	BEL	46	CHIMAY SHARKS TRIATHLON	418	45:28	171	3:16	387	423	1:36:15	1:43:35	3:19:50	428	383	3:49	419	441	1:09:42	1:09:56	2:19:38	6:32:04	+2:18:54	93	M40
428. 802	61375M89	MARIEN Jean-Philippe	BEL	30	UTT	388	44:06	270	3:49	366	284	1:27:47	1:37:46	3:05:34	300	415	4:01	304	523	1:13:39	1:21:24	2:35:03	6:32:34	+2:19:24	153	M30
429. 831	-	GHENNE Gauthier	BEL	29		367	43:33	456	4:54	381	515	1:42:46	1:51:48	3:34:34	494	374	3:47	489	317	1:02:04	1:03:52	2:05:56	6:32:46	+2:19:36	80	M20
430. 529	-	DHAENENS Gilles	FRA	43	US MARQUETTE	450	46:34	573	7:08	494	492	1:41:48	1:49:22	3:31:11	506	498	4:45	501	285	58:53	1:04:14	2:03:07	6:32:47	+2:19:36	94	M40
431. 959	-	LAMPE Aurelien	FRA	33		596	1:04:10	579	7:35	598	456	1:39:07	1:44:38	3:23:46	544	349	3:38	532	173	54:23	1:00:15	1:54:38	6:33:49	+2:20:38	154	M30
432. 289	-	F KUIJPERS Ann	BEL	39		198	38:33	458	4:55	241	545	1:47:32	1:53:37	3:41:09	504	330	3:32	494	316	1:01:07	1:04:42	2:05:49	6:34:00	+2:20:50	13	F30
433. 440	-	CRNJAK Raphael	BEL	49		239	39:21	438	4:47	257	522	1:41:32	1:53:43	3:35:16	473	248	3:04	467	375	1:02:29	1:09:04	2:11:33	6:34:03	+2:20:52	95	M40
434. 634	-	SINTE Julien	BEL	38		530	51:10	575	7:13	548	328	1:31:54	1:37:43	3:09:37	424	560	6:56	440	440	1:07:58	1:11:37	2:19:36	6:34:35	+2:21:24	155	M30
435. 482	A03893C	MARSILLE Christophe	FRA	46	CHAMPAGNE TRIATHLON	229	39:10	177	3:19	205	476	1:40:37	1:46:40	3:27:18	435	422	4:06	431	451	1:05:50	1:15:30	2:21:21	6:35:16	+2:22:05	96	M40
436. 611	A50592C	PHILIPPE Yannick	FRA	39	VALENCIENNES TRIATHLON	424	45:41	323	4:08	412	402	1:34:44	1:42:39	3:17:23	409	293	3:18	403	479	1:06:17	1:18:27	2:24:44	6:35:16	+2:22:05	156	M30
437. 776	ENATTENTE	CLAES Aurelien	BEL	32	TNT	267	40:08	167	3:15	237	457	1:34:09	1:49:38	3:23:47	408	381	3:49	408	473	1:14:37	1:09:38	2:24:16	6:35:17	+2:22:07	157	M30
438. 302	85A40775V504	F LINDA Van Rij	NLD	34	RTC DEN HAAG	494	48:50	516	5:28	504	481	1:39:46	1:47:55	3:27:41	490	149	2:39	480	365	1:02:14	1:08:41	2:10:55	6:35:35	+2:22:24	14	F30
439. 972	-	VAN PETEGHEM Stephane	BEL	42		399	44:44	335	4:12	390	417	1:35:30	1:43:20	3:18:51	420	455	4:24	416	465	1:10:58	1:12:26	2:23:24	6:35:36	+2:22:25	97	M40
440. 808	-	JEAN-PIERRE Thomas	BEL	30		524	50:59	502	5:19	528	521	1:48:11	1:46:57	3:35:08	528	322	3:28	518	256	57:12	1:03:45	2:00:57	6:35:54	+2:22:44	158	M30
441. 464	A43357C	PILLE Christophe	FRA	47	VILLENEUVE D'ASCO TRIATHL	214	38:55	380	4:26	233	454	1:37:48	1:45:48	3:23:36	406	321	3:28	400	484	1:03:53	1:21:42	2:25:35	6:36:02	+2:22:52	98	M40
442. 358	-	VAES Marc	BEL	57		600	1:11:38	593	8:50	600	367	1:34:33	1:38:58	3:13:31	537	566	7:30	539	175	54:46	1:00:00	1:54:46	6:36:17	+2:23:07	34	M50
443. 637	-	CHEVALIER Alexandre	FRA	38		506	49:37	266	3:48	490	478	1:38:33	1:48:53	3:27:27	487	468	4:30	483	367	1:06:18	1:04:47	2:11:06	6:36:29	+2:23:19	159	M30
444. 316	56706F88	F MAHIEU Marie	BEL	31	RCBT	305	41:45	357	4:16	312	453	1:37:26	1:46:10	3:23:36	434	269	3:11	421	482	1:09:58	1:14:59	2:24:57	6:37:48	+2:24:37	15	F30

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group						
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
445.	730	-	CECI Luca	BEL	34		532	51:15	530	5:40	534	487	1:40:51	1:49:01	3:29:52	512	449	4:20	506	331	57:01	1:10:01	2:07:02	6:38:12	+2:25:02	160	M30
446.	463	-	LEFEVRE Franck	FRA	47		554	53:15	473	5:02	547	449	1:41:00	1:42:16	3:23:17	489	404	3:58	484	382	1:05:21	1:07:23	2:12:45	6:38:19	+2:25:08	99	M40
447.	256	05812F67	F COOMANS Natalie	BEL	52	WTDT	131	36:25	276	3:50	134	539	1:47:38	1:52:27	3:40:05	480	300	3:20	475	413	1:06:01	1:09:44	2:15:46	6:39:29	+2:26:19	4	F50
448.	694	-	HALLET Xavier	BEL	35		577	56:18	307	4:02	565	327	1:34:07	1:35:24	3:09:31	436	506	4:55	438	478	1:05:30	1:19:14	2:24:44	6:39:31	+2:26:21	161	M30
449.	807	-	GREANT Tom	BEL	30		338	42:51	524	5:34	380	488	1:41:29	1:48:33	3:30:03	472	511	5:00	473	417	1:03:06	1:12:59	2:16:05	6:39:34	+2:26:24	162	M30
450.	429	A56947	TACK Olivier	FRA	49	RACING CLUB ARRAS TRIATHL	517	50:24	555	6:21	531	526	1:45:40	1:50:51	3:36:31	534	460	4:25	527	265	59:18	1:02:33	2:01:52	6:39:36	+2:26:25	100	M40
451.	648	-	XHARDEZ Thierry	BEL	37		497	48:58	411	4:34	492	371	1:33:10	1:41:19	3:14:29	425	499	4:48	422	490	1:07:19	1:19:35	2:26:55	6:39:46	+2:26:36	163	M30
452.	601	-	VAN DEN DRIESSCHE Gilles	BEL	40		474	47:33	272	3:49	451	252	1:28:02	1:34:55	3:02:57	310	388	3:52	309	544	1:21:51	1:19:52	2:41:43	6:39:56	+2:26:45	101	M40
453.	942	62131M00	DUBUISSON Joachim	BEL	19	QUALI3TEAM	329	42:36	74	2:31	290	430	1:26:34	1:54:04	3:20:38	399	202	2:51	387	513	1:14:42	1:17:12	2:31:54	6:40:31	+2:27:21	4	M18
454.	628	-	MONFORT Alain	BEL	38		481	47:53	517	5:28	488	427	1:36:55	1:43:29	3:20:25	451	544	6:11	457	446	1:03:17	1:17:28	2:20:46	6:40:45	+2:27:34	164	M30
455.	935	-	DHAENENS Joachim	BEL	20		370	43:36	353	4:16	364	432	1:36:16	1:44:49	3:21:05	430	438	4:14	426	498	1:06:17	1:21:35	2:27:52	6:41:06	+2:27:56	81	M20
456.	584	-	WATHELET Damien	BEL	40		352	43:08	410	4:33	359	543	1:41:35	1:59:10	3:40:46	516	305	3:22	508	354	58:10	1:11:13	2:09:23	6:41:12	+2:28:02	102	M40
457.	451	61373M71	FLAMENT Eric	BEL	48	RMT	537	51:36	439	4:47	530	380	1:34:08	1:40:24	3:14:33	442	242	3:02	433	492	1:07:18	1:19:59	2:27:17	6:41:17	+2:28:07	103	M40
458.	847	B30373C	DEVILLAIN Baptiste	FRA	29	LILLE TRIATHLON	270	40:18	527	5:37	308	433	1:36:24	1:44:58	3:21:23	412	524	5:22	420	505	1:07:14	1:21:57	2:29:12	6:41:53	+2:28:43	82	M20
459.	381	-	DURIEZ Laurent	FRA	54	CC WAVRIN	585	58:54	262	3:47	579	251	1:27:12	1:35:44	3:02:56	396	307	3:22	389	515	1:16:48	1:16:04	2:32:53	6:41:53	+2:28:43	35	M50
460.	715	-	NEMRY Gregory	BEL	34		408	45:04	538	5:54	445	436	1:33:53	1:47:42	3:21:36	448	563	7:11	455	457	1:13:11	1:08:59	2:22:10	6:41:57	+2:28:47	165	M30
461.	739	-	VILLERS Fabian	BEL	33		386	44:04	569	6:52	444	425	1:33:59	1:46:01	3:20:00	443	573	8:48	454	458	1:13:11	1:09:00	2:22:11	6:41:58	+2:28:48	166	M30
462.	608	B16175C	LOOR Nicolas	FRA	39	VAL AA THLON SWIM,BIKE,RU	220	39:00	316	4:05	219	491	1:39:07	1:51:58	3:31:06	456	413	4:00	444	470	1:09:07	1:14:49	2:23:56	6:42:09	+2:28:58	167	M30
463.	486	-	GILLE Philippe	BEL	46	LA FLY EMINESRATE	508	49:45	553	6:16	524	410	1:35:14	1:43:03	3:18:18	457	463	4:28	449	466	1:08:56	1:14:39	2:23:55	6:42:22	+2:29:12	104	M40
464.	855	-	SOURNAC Bruno	BEL	28		276	40:30	290	3:54	268	447	1:36:26	1:46:46	3:23:12	417	371	3:46	413	510	1:08:12	1:23:09	2:31:21	6:42:45	+2:29:34	83	M20
465.	933	-	TACK Vassily	FRA	20	RACING CLUB ARRAS TRIATHL	128	36:24	442	4:49	161	544	1:41:46	1:59:18	3:41:05	491	550	6:21	498	397	1:06:05	1:08:01	2:14:07	6:42:47	+2:29:37	84	M20
466.	897	-	GODEFROID Olivier	BEL	25		331	42:39	255	3:45	320	351	1:28:43	1:43:07	3:11:50	343	540	5:57	355	534	1:08:08	1:30:35	2:38:44	6:42:57	+2:29:47	85	M20
467.	572	-	DE HAAN Arjan	NLD	41		371	43:37	586	7:53	453	431	1:35:52	1:45:11	3:21:04	449	562	7:07	452	468	1:07:32	1:16:16	2:23:48	6:43:32	+2:30:21	105	M40
468.	445	60204M71	BRASSART Marcus	BEL	48	TRIKV	558	53:57	570	6:54	569	426	1:36:15	1:43:57	3:20:12	488	530	5:33	486	426	1:03:22	1:13:58	2:17:21	6:43:59	+2:30:49	106	M40
469.	271	-	F VERHELST Nesle	BEL	46	RCBT	400	44:52	399	4:30	402	510	1:40:39	1:53:01	3:33:41	495	472	4:32	492	419	1:07:51	1:08:41	2:16:32	6:44:09	+2:30:59	14	F40
470.	746	62108M86	FLOYMONT Julien	BEL	33	TRIBIKESTATION	499	49:03	489	5:11	503	471	1:37:02	1:49:29	3:26:32	486	541	5:58	488	428	1:04:56	1:12:36	2:17:33	6:44:19	+2:31:09	168	M30
471.	545	-	FOSSÉ Thomas	FRA	42		233	39:13	556	6:22	301	494	1:39:01	1:52:47	3:31:48	468	399	3:55	464	461	1:04:39	1:18:29	2:23:09	6:44:29	+2:31:18	107	M40
472.	717	-	HULIN Chris	BEL	34	JAMBON FROMAGE	385	44:03	318	4:06	372	336	1:30:02	1:40:12	3:10:14	346	347	3:36	341	546	1:15:07	1:27:29	2:42:37	6:44:38	+2:31:27	169	M30
473.	270	73A40793V504	F TAP Martine	NLD	46	RTC	561	54:44	547	6:09	570	495	1:45:07	1:46:53	3:32:01	532	568	7:38	536	301	1:00:55	1:03:56	2:04:52	6:45:26	+2:32:16	15	F40
474.	541	61661M77	BOURLARD Marc	BEL	42	SHARKS	492	48:42	293	3:56	478	512	1:40:22	1:53:25	3:33:47	510	325	3:30	502	414	1:06:51	1:08:55	2:15:47	6:45:43	+2:32:32	108	M40
475.	512	-	BARAMOV Christofor	BGR	44		574	56:05	528	5:39	574	483	1:39:45	1:48:40	3:28:25	526	569	7:41	528	340	1:02:58	1:04:58	2:07:57	6:45:48	+2:32:38	109	M40
476.	372	62519M64	VERSTICHEL Thierry	BEL	55	TTB	590	1:00:04	549	6:10	589	518	1:46:49	1:47:52	3:34:42	556	367	3:44	545	262	1:00:14	1:01:23	2:01:38	6:46:19	+2:33:08	36	M50
477.	845	59713M90	MULPAS Cédric	BEL	29	URBAN TRI SPORTS	583	58:25	477	5:05	583	470	1:37:21	1:49:08	3:26:29	524	504	4:53	517	372	1:04:18	1:07:09	2:11:27	6:46:20	+2:33:10	86	M20
478.	599	-	LEJEUNE Ludovic	BEL	40		589	59:45	271	3:49	584	500	1:41:07	1:51:32	3:32:40	547	346	3:36	533	326	59:25	1:07:09	2:06:34	6:46:26	+2:33:16	110	M40
479.	430	-	KRIER Michel	BEL	49	ATCC	120	36:15	181	3:20	116	473	1:38:55	1:48:01	3:26:56	403	552	6:23	423	518	1:09:12	1:24:30	2:33:43	6:46:38	+2:33:28	111	M40
480.	374	58495H64	ALEXIUS Jurgen	DEU	55	ATCC	175	38:07	480	5:06	225	468	1:38:59	1:47:10	3:26:09	432	338	3:33	424	516	1:10:47	1:22:53	2:33:40	6:46:38	+2:33:28	37	M50
481.	531	A58287C	MON Vichettra	FRA	43		519	50:36	337	4:13	511	448	1:38:57	1:44:16	3:23:13	470	357	3:39	465	488	1:07:15	1:19:01	2:26:17	6:48:00	+2:34:50	112	M40

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running				Age Group						
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name		
482. 251	56255F60	F GARITTE Fabienne	BEL	59	TURBO	366	43:28	448	4:51	377	435	1:37:46	1:43:47	3:21:34	437	424	4:08	434	519	1:12:46	1:21:21	2:34:07	6:48:09	+2:34:59	5	F50
483. 860	-	COWEZ Jeremie	BEL	28		438	46:17	330	4:11	429	486	1:40:09	1:49:06	3:29:15	477	458	4:25	479	472	1:06:02	1:18:12	2:24:14	6:48:24	+2:35:13	87	M20
484. 360	-	BURRION Paul-Henri	BEL	57	TNT	363	43:24	526	5:36	391	479	1:41:03	1:46:26	3:27:30	465	496	4:44	463	493	1:09:44	1:17:38	2:27:22	6:48:39	+2:35:29	38	M50
485. 282	00000F77	F NOEL Sophie	BEL	42	URBANTRISPORT	556	53:37	341	4:13	541	529	1:49:06	1:47:43	3:36:50	539	376	3:47	529	361	1:03:10	1:07:08	2:10:18	6:48:47	+2:35:37	16	F40
486. 573	-	VANDENBRUL Frédéric	BEL	44		531	51:11	432	4:44	523	551	1:48:33	1:53:13	3:41:47	550	482	4:38	543	322	1:00:34	1:05:52	2:06:26	6:48:48	+2:35:37	113	M40
487. 827	-	HOLLAERT Thibaut	BEL	29		547	52:29	481	5:06	540	335	1:31:44	1:38:22	3:10:07	419	548	6:19	435	521	1:15:49	1:18:56	2:34:45	6:48:48	+2:35:38	88	M20
488. 285	B16450	F DE WINNE Laure	FRA	42	GRAVELINES	545	52:20	561	6:34	554	465	1:40:22	1:45:10	3:25:33	501	549	6:20	504	433	1:04:49	1:13:35	2:18:24	6:49:13	+2:36:02	17	F40
489. 864	-	HANTHAZI Kevin	BEL	27		181	38:19	440	4:48	221	567	1:47:06	2:03:43	3:50:50	536	352	3:39	526	377	1:07:57	1:03:55	2:11:52	6:49:30	+2:36:20	89	M20
490. 655	-	CERVERA DE LA ROSA Daniel	ESP	37		235	39:14	483	5:08	266	523	1:41:34	1:53:50	3:35:25	478	364	3:43	474	487	1:11:22	1:14:44	2:26:07	6:49:38	+2:36:28	170	M30
491. 850	-	DISPA Hippolyte	BEL	28		521	50:47	495	5:15	526	407	1:33:30	1:44:29	3:17:59	455	535	5:48	456	507	1:09:59	1:20:09	2:30:08	6:49:59	+2:36:49	90	M20
492. 936	-	CLERBOIS Denis	BEL	20		467	47:18	351	4:15	454	547	1:44:00	1:57:29	3:41:30	533	561	6:58	534	363	1:02:11	1:08:32	2:10:43	6:50:46	+2:37:36	91	M20
493. 452	33448M71	DESCORNET Michel	BEL	48	ETZA	391	44:19	501	5:19	408	362	1:27:53	1:45:06	3:12:59	379	382	3:49	372	549	1:12:10	1:32:36	2:44:47	6:51:15	+2:38:05	114	M40
494. 874	58344M92	GUCKEL Arnaud	BEL	27	TCBM	337	42:48	349	4:15	339	549	1:42:24	1:59:21	3:41:46	517	526	5:25	513	425	1:08:13	1:09:00	2:17:14	6:51:28	+2:38:18	92	M20
495. 322	AVENIR	F CIELEN Klara	BEL	29	RCBT	476	47:34	381	4:26	468	565	1:50:51	1:59:32	3:50:23	561	503	4:52	553	293	1:00:18	1:04:06	2:04:24	6:51:41	+2:38:31	15	F20
496. 664	A42219C	CABANEL Aurelien	FRA	36	LIGUE HDF	410	45:14	372	4:22	406	406	1:34:58	1:42:53	3:17:52	416	239	3:02	402	545	1:23:30	1:18:19	2:41:49	6:52:21	+2:39:10	171	M30
497. 976	-	E Q3T	--			246	39:39	18	1:47	169	555	1:44:10	1:59:38	3:43:49	508	191	2:49	493	477	1:08:30	1:16:09	2:24:40	6:52:45	+2:39:35	22	EQ
498. 759	-	MOREAU Vincent	FRA	32		565	55:10	487	5:11	566	443	1:36:48	1:45:55	3:22:44	496	341	3:35	487	489	1:02:11	1:24:38	2:26:50	6:53:32	+2:40:21	172	M30
499. 261	61190F70	F SCOUPÉ Nanou	BEL	49	TKV	540	51:44	564	6:49	549	490	1:41:06	1:49:13	3:30:19	519	556	6:44	520	430	1:08:37	1:09:19	2:17:57	6:53:36	+2:40:25	18	F40
500. 968	-	SCHATS Bert	BEL	37		234	39:13	583	7:39	339	545	1:36:56	1:42:31	3:19:27	401	538	5:53	418	543	1:15:46	1:25:49	2:41:35	6:53:49	+2:40:39	173	M30
501. 501	62836M74	BONHIVER Olivier	BEL	45	BSE - Q3 TEAM	544	52:17	204	3:28	521	374	1:33:01	1:41:07	3:14:09	438	265	3:09	425	540	1:15:46	1:25:23	2:41:10	6:54:15	+2:41:05	115	M40
502. 692	-	CLAUSSE Nicolas	BEL	35		489	48:29	536	5:50	505	442	1:34:04	1:48:36	3:22:40	467	527	5:25	466	514	1:09:16	1:23:22	2:32:38	6:55:04	+2:41:54	174	M30
503. 792	-	MARROCCO Michaël	ITA	31	GANT	569	55:51	571	6:56	581	508	1:43:35	1:49:43	3:33:19	546	491	4:41	537	412	1:05:00	1:10:33	2:15:34	6:56:23	+2:43:12	175	M30
504. 432	-	LA MMENS François	FRA	49		553	53:13	505	5:21	550	541	1:49:17	1:51:17	3:40:34	553	551	6:22	548	370	1:03:09	1:08:10	2:11:19	6:56:51	+2:43:40	116	M40
505. 367	-	LE BUSSY Roger	BEL	56	JETT	213	38:55	592	8:42	356	527	1:44:46	1:51:45	3:36:32	500	571	7:50	509	481	1:13:00	1:11:52	2:24:53	6:56:53	+2:43:43	39	M50
506. 610	59370M80	HENRRARD Bruno	BEL	39	PMX	345	43:00	159	3:13	317	571	1:54:23	1:58:25	3:52:49	552	259	3:07	542	403	1:05:34	1:09:12	2:14:46	6:56:56	+2:43:46	176	M30
507. 294	60691F83	F VANKONINGSLOO Aurore	BEL	36	PMX	453	46:39	476	5:03	462	503	1:44:14	1:48:42	3:32:57	505	354	3:39	497	502	1:13:15	1:15:22	2:28:37	6:56:56	+2:43:46	16	F30
508. 254	65A34627V352	F HOOGEVEEN HOMMES Marion	NLD	54	SIOSPORT	417	45:27	238	3:39	392	506	1:44:47	1:48:24	3:33:12	492	509	4:58	490	508	1:13:21	1:16:49	2:30:11	6:57:28	+2:44:18	6	F50
509. 535	-	CANON Jean-François	BEL	43		584	58:39	559	6:30	587	524	1:44:53	1:51:12	3:36:05	558	536	5:49	552	364	1:03:44	1:07:01	2:10:46	6:57:52	+2:44:41	117	M40
510. 505	-	MOL Robin	NLD	45		513	49:58	305	4:00	497	498	1:37:39	1:54:31	3:32:11	509	497	4:45	505	497	1:11:55	1:15:52	2:27:47	6:58:43	+2:45:32	118	M40
511. 819	-	LEROY Julien	BEL	30		346	43:00	463	4:58	368	389	1:28:33	1:47:22	3:15:55	386	555	6:42	404	552	1:24:21	1:23:57	2:48:18	6:58:56	+2:45:45	177	M30
512. 570	-	JUGNON Timothée	BEL	41		570	55:52	595	9:36	588	502	1:44:17	1:48:36	3:32:54	551	519	5:14	544	409	1:03:49	1:11:33	2:15:23	6:59:02	+2:45:52	119	M40
513. 398	00901M66	PARENT Jean-François	BEL	53	RTTO	359	43:20	285	3:53	343	308	1:30:02	1:37:45	3:07:48	319	258	3:07	308	561	1:32:29	1:28:32	3:01:02	6:59:11	+2:46:00	40	M50
514. 854	-	ZIDDA Sandro	BEL	28		510	49:50	403	4:32	508	464	1:35:31	1:49:33	3:25:05	475	340	3:35	471	527	1:19:35	1:16:42	2:36:17	6:59:20	+2:46:10	93	M20
515. 924	-	BEGHUIN Jeff	BEL	22		252	39:51	562	6:34	321	562	1:45:45	2:03:00	3:48:46	542	558	6:49	541	429	1:05:31	1:12:03	2:17:35	6:59:36	+2:46:26	94	M20
516. 620	-	VANBELLE Frédéric	BEL	39		587	59:06	343	4:13	582	485	1:41:12	1:47:50	3:29:02	530	397	3:55	524	463	1:07:46	1:15:33	2:23:20	6:59:39	+2:46:29	178	M30
517. 836	-	DE BRUYN Ignace	BEL	29		460	46:45	512	5:26	472	466	1:36:45	1:49:08	3:25:54	471	505	4:55	468	536	1:10:55	1:28:23	2:39:18	7:02:20	+2:49:10	95	M20
518. 956	-	GILOTEAU Corenthin	BEL	22		138	36:36	446	4:51	170	559	1:44:59	2:03:04	3:48:04	522	554	6:40	522	494	1:04:33	1:22:52	2:27:26	7:03:38	+2:50:28	96	M20

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2			Running				Age Group					
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time	Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name	
519. 453	56147M72	LANTHIER Philippe	BEL	47	CCSTC	541	51:48	466	4:59	532	514	1:42:08	1:52:10	3:34:19	527	368	3:44	516	504	1:10:37	1:18:18	2:28:56	7:03:47	+2:50:36	120	M40
520. 371	-	VANBENEDEN Frederic	BEL	55		445	46:28	585	7:51	506	519	1:44:19	1:50:23	3:34:42	520	543	6:02	519	503	1:06:41	1:22:10	2:28:51	7:03:56	+2:50:46	41	M50
521. 581	41817M78	MAJOROVIC Michael	BEL	41	TTE	91	34:58	472	5:02	126	497	1:42:06	1:49:57	3:32:03	444	418	4:02	441	555	1:19:30	1:30:00	2:49:30	7:05:37	+2:52:26	121	M40
522. 175	-	AMEYE Jean-François	BEL	30		564	55:07	598	11:27	590	499	1:45:21	1:47:16	3:32:37	554	576	9:18	560	424	1:03:39	1:13:28	2:17:08	7:05:39	+2:52:29	179	M30
523. 253	A07586C	F BERTHE Anita	FRA	55	CONCORDE CLUB TRIATHLON S	258	39:58	590	8:39	385	580	1:56:08	2:00:56	3:57:04	571	327	3:31	562	423	1:04:24	1:12:28	2:16:53	7:06:06	+2:52:56	7	F50
524. 816	-	VERBRAKEN Laurent	BEL	30		538	51:38	506	5:22	536	505	1:40:34	1:52:28	3:33:03	525	495	4:43	515	512	1:17:59	1:13:53	2:31:53	7:06:40	+2:53:30	180	M30
525. 309	-	F BAUDRY Noemie	FRA	32		528	51:06	584	7:46	553	546	1:45:42	1:55:39	3:41:22	555	542	6:00	550	445	1:04:20	1:16:07	2:20:27	7:06:43	+2:53:33	17	F30
526. 409	60673M68	DEVROYE Frederic	BEL	51	COACHING ZONE	428	45:49	467	5:01	443	507	1:42:44	1:50:32	3:33:16	499	476	4:35	499	529	1:15:28	1:22:45	2:38:13	7:06:57	+2:53:47	42	M50
527. 407	-	DE CASTELNA U Stéphane	BEL	51	TCBT	502	49:15	572	7:08	529	561	1:50:27	1:57:42	3:48:09	568	574	9:03	570	399	1:04:02	1:10:12	2:14:15	7:07:52	+2:54:42	43	M50
528. 583	-	MARNEF Marc	BEL	40		283	40:39	513	5:27	316	548	1:43:52	1:57:38	3:41:31	514	471	4:32	510	526	1:14:50	1:21:10	2:36:00	7:08:11	+2:55:01	122	M40
529. 674	62148M83	MOUREA U Jean-Christophe	BEL	36	JETT	465	47:08	424	4:39	464	516	1:45:20	1:49:17	3:34:38	511	423	4:06	503	532	1:14:42	1:23:51	2:38:33	7:09:06	+2:55:56	181	M30
530. 472	-	ROZA SANCHEZ Alexandre	ESP	46		542	51:51	580	7:35	558	532	1:42:40	1:54:57	3:37:38	549	570	7:42	546	476	1:09:42	1:14:47	2:24:29	7:09:18	+2:56:07	123	M40
531. 712	-	GOFFIN Antoine	BEL	34		582	57:45	433	4:44	578	540	1:47:49	1:52:44	3:40:33	563	441	4:15	554	469	1:09:58	1:13:56	2:23:54	7:11:14	+2:58:04	182	M30
532. 268	72A40996V504	F NORDAM Miranda	NLD	47	RTC	396	44:30	419	4:37	393	542	1:47:57	1:52:44	3:40:41	523	501	4:49	514	528	1:14:03	1:22:42	2:36:45	7:11:24	+2:58:14	19	F40
533. 985	-	E RMT	---			592	1:01:14	84	2:33	585	546	1:47:54	1:54:43	3:42:37	572	147	2:38	561	459	1:09:17	1:13:13	2:22:30	7:11:34	+2:58:24	23	EQ
534. 900	-	MIEVIS Corentin	BEL	25		444	46:27	531	5:44	473	554	1:43:37	1:59:26	3:43:04	543	508	4:56	535	520	1:18:05	1:16:36	2:34:41	7:14:54	+3:01:44	97	M20
535. 311	-	F VAN ZIJL Nikki	NLD	32		579	56:48	469	5:01	575	560	1:51:41	1:56:22	3:48:04	578	384	3:50	571	452	1:07:51	1:13:47	2:21:39	7:15:24	+3:02:13	18	F30
536. 580	-	PEREIRA Manuel	FRA	41		568	55:31	321	4:08	562	564	1:54:03	1:56:09	3:50:13	577	452	4:22	572	449	1:06:13	1:14:57	2:21:10	7:15:26	+3:02:16	124	M40
537. 755	0000	DOGUI Amine	TUN	33	TURBO	560	54:40	568	6:52	573	552	1:45:35	1:56:31	3:42:07	564	577	9:19	569	464	1:12:41	1:10:39	2:23:20	7:16:20	+3:03:09	183	M30
538. 458	-	GODEFROID Christophe	BEL	47		543	52:02	577	7:18	556	575	1:51:55	2:02:45	3:54:40	580	564	7:16	574	406	1:04:34	1:10:31	2:15:06	7:16:24	+3:03:14	125	M40
539. 298	NUMÉROINTROUVABLE	F BOSQUION Laurence	BEL	35	TRIBIKESTATION	557	53:53	470	5:02	555	530	1:43:41	1:53:09	3:36:50	545	532	5:38	538	525	1:10:41	1:24:27	2:35:09	7:16:33	+3:03:23	19	F30
540. 346	56453M53	VANDEVENNE Christian	BEL	66	TDCH	559	54:29	484	5:09	561	520	1:44:17	1:50:36	3:34:53	538	425	4:08	531	530	1:13:51	1:24:29	2:38:20	7:17:01	+3:03:51	5	M60
541. 362	-	COLYNS Yves	BEL	57	TOUHARS TRIATHLON	598	1:06:11	544	6:06	599	390	1:35:10	1:40:45	3:15:55	515	567	7:38	521	542	1:21:16	1:20:18	2:41:35	7:17:27	+3:04:16	44	M50
542. 497	-	HAGUE Anthony	FRA	45		576	56:15	547	6:09	577	538	1:46:16	1:53:07	3:39:23	559	547	6:16	558	509	1:10:27	1:20:32	2:30:59	7:19:04	+3:05:54	126	M40
543. 263	61809F70	F KONINGS Nathalie	BEL	49	TDCH	392	44:20	299	3:58	376	574	1:48:16	2:06:13	3:54:30	562	481	4:38	555	511	1:09:58	1:21:44	2:31:43	7:19:10	+3:05:59	20	F40
544. 450	61909M71	MARDULYN Jean	BEL	48	TRIKV	509	49:46	533	5:47	519	513	1:41:38	1:52:14	3:33:52	521	461	4:25	512	551	1:22:28	1:25:44	2:48:13	7:22:06	+3:08:55	127	M40
545. 364	58524M62	SCOUPE Gery	BEL	57	TTB	437	46:15	435	4:46	447	556	1:46:43	1:58:45	3:45:29	548	522	5:20	540	541	1:14:49	1:26:27	2:41:17	7:23:09	+3:09:58	45	M50
546. 267	-	F LEFEBVRE Marilyne	BEL	47	TRIGT	597	1:04:19	479	5:05	595	566	1:52:07	1:58:22	3:50:30	582	385	3:50	575	443	1:07:02	1:13:05	2:20:08	7:23:54	+3:10:43	21	F40
547. 273	73A40791V504	F DE WREEDE Ulla	NLD	46	RTC NEDERLAND	562	54:45	552	6:13	571	511	1:43:55	1:49:48	3:33:44	540	578	10:25	547	535	1:16:44	1:22:15	2:39:00	7:24:08	+3:10:58	22	F40
548. 266	58121F72	F TORREKENS Isabelle	BEL	47	CCSTC	420	45:31	244	3:42	396	576	1:53:24	2:01:31	3:54:55	567	389	3:52	557	531	1:12:05	1:26:22	2:38:27	7:26:30	+3:13:20	23	F40
549. 981	-	E VERZELE/SOUMOY/BUYCK	---			599	1:06:39	33	2:05	593	528	1:46:03	1:50:36	3:36:40	570	79	2:14	556	538	1:09:52	1:29:46	2:39:38	7:27:18	+3:14:08	24	EQ
550. 568	61153M78	NONCLERCQ Olivier	BEL	41	Q3T	572	55:56	539	5:56	576	550	1:43:52	1:57:54	3:41:46	565	494	4:42	559	537	1:13:27	1:25:53	2:39:20	7:27:43	+3:14:33	128	M40
551. 880	B03194C	COUPLEUX Gaetan	FRA	26	TEAM TRIATHLON MAUBEUGE	484	48:12	535	5:49	498	557	1:46:54	2:01:06	3:48:01	560	507	4:56	551	547	1:16:13	1:26:45	2:42:59	7:29:58	+3:16:47	98	M20
552. 470	-	DUCHAZEAUBENEIX Jerome	FRA	47		167	37:48	503	5:20	222	563	1:43:03	2:05:44	3:48:47	529	448	4:20	523	558	1:24:42	1:31:02	2:55:44	7:32:02	+3:18:52	129	M40
553. 557	-	KERGEN Raphaël	BEL	42		601	1:12:08	591	8:40	601	469	1:40:16	1:46:08	3:26:24	575	510	4:59	567	539	1:11:36	1:28:41	2:40:18	7:32:30	+3:19:20	130	M40
554. 288	80A39218V504	F SCHIJF Ivon	NLD	39	RTC DEN HAAG	472	47:32	413	4:35	470	581	1:55:02	2:03:47	3:58:49	579	478	4:37	573	533	1:17:34	1:21:00	2:38:35	7:34:10	+3:20:59	20	F30
555. 732	-	LE DORÉ Julien	FRA	34		526	51:03	545	6:07	539	558	1:48:08	1:59:55	3:48:03	569	513	5:01	563	548	1:21:58	1:22:14	2:44:13	7:34:29	+3:21:19	184	M30

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

Ironlakes

Lacs de l'Eau d'Heure, 22 Septembre 2019, BEL

Ironlakes - Half distance

Détails

Pos Nr	Licence	Name	NOC	Age	Club	Swimming		T1		Cycling				T2		Running				Age Group									
						Pos	Time	Pos	Time Cum	Pos	Lap1	Lap2	Time	Cum	Pos	Time Cum	Pos	Lap 1	Lap 2	Time	Total	Gap	Rank	Name					
556. 638	A99581C	BRUNNER Olivier	FRA	38	ASC BNP PARIBAS	466	47:12	520	5:30	480	585	2:00:15	2:08:18	4:08:34	584	390	3:53	576	506	1:07:48	1:21:36	2:29:24	7:34:36	+3:21:25	185	M30			
557. 340	-	F DALOZE Chloé	BEL	22		523	50:55	482	5:06	525	569	1:56:30	1:54:36	3:51:07	574	475	4:35	565	554	1:16:28	1:32:50	2:49:19	7:41:04	+3:27:53	16	F20			
558. 305	-	F ESSERS Aurélie	BEL	33		284	40:39	474	5:02	305	577	1:52:12	2:03:06	3:55:19	557	487	4:41	549	557	1:20:46	1:34:43	2:55:30	7:41:13	+3:28:03	21	F30			
559. 349	-	EUDARIC Franck	FRA	60		454	46:39	563	6:45	489	573	1:51:49	2:02:06	3:53:55	576	500	4:49	566	560	1:20:33	1:37:15	2:57:48	7:49:58	+3:36:48	6	M60			
560. 586	61040M79	PETIGNOT Sébastien	BEL	40	GTC	593	1:02:10	543	6:04	592	572	1:53:02	2:00:21	3:53:23	585	350	3:38	577	556	1:18:40	1:31:36	2:50:16	7:55:34	+3:42:24	131	M40			
561. 790	-	BAKRIM Anass	MAR	31		581	57:16	576	7:18	586	579	1:54:36	2:01:16	3:55:52	583	575	9:18	579	553	1:19:44	1:29:00	2:48:44	7:58:30	+3:45:20	186	M30			
562. 631	-	LLADERES Thomas	FRA	38		514	50:09	494	5:15	517	568	1:45:26	2:05:36	3:51:03	573	447	4:20	564	562	1:20:33	1:49:47	3:10:20	8:01:08	+3:47:58	187	M30			
563. 632	-	HOCHART Antoine	BEL	38		539	51:41	554	6:16	542	584	1:58:20	2:05:45	4:04:06	586	345	3:35	578	559	1:23:41	1:33:09	2:56:50	8:02:31	+3:49:20	188	M30			
564. 890	-	VANDEBUSSCHE Amaury	BEL	26		84	34:32	205	3:28	90	578	1:47:07	2:08:31	3:55:38	535	324	3:30	525	563	1:31:21	2:00:34	3:31:56	8:09:05	+3:55:55	99	M20			
DNF 925	62161M97	COUPÉ Thomas	BEL	22	TURBO	6	28:08	93	2:38	9	90	1:18:33	1:28:30	2:47:03	46	78	2:14	45	-	1:34:21						-	M20		
DNF 841	20936M90	MESKENS Benjamin	BEL	29	3MD	111	35:58	172	3:16	107	124	1:23:11	1:27:43	2:50:55	103	252	3:05	108	-	1:03:52							-	M20	
DNF 908	60925M95	VANKERCKHOVEN Nicolas	BEL	24	P8	61	33:22	90	2:36	58	200	1:25:19	1:32:54	2:58:14	136	344	3:35	141	-	1:20:42							-	M20	
DNF 547	-	PAESHUYSE Davy	BEL	42		381	43:59	195	3:27	349	133	1:24:32	1:27:20	2:51:53	177	122	2:27	172	-	57:53							-	M40	
DNF 373	-	DENEYER Philippe	BEL	55		172	38:05	242	3:42	179	152	1:23:25	1:30:06	2:53:31	150	386	3:50	156	-								-	M50	
DNF 414	A86277C	ROEBBEN Jean-Dominique	FRA	50	MY TRIBE	103	35:41	434	4:44	138	275	1:28:11	1:36:44	3:04:56	227	407	3:59	231	-	1:06:52							-	M50	
DNF 756	61644M86	OLIVIÉ Emmanuel	BEL	33	RMT	159	37:31	259	3:46	165	268	1:29:45	1:34:37	3:04:23	230	198	2:50	224	-								-	M30	
DNF 804	17076M89	AFSCHRIFT Jorre	BEL	30	3MD	271	40:19	157	3:11	244	274	1:28:18	1:36:36	3:04:55	250	206	2:53	247	-								-	M30	
DNF 343	A07046C0190105MV1FR	SCHELLAERT Johan	FRA		LILLE TRIATHLON	144	36:56	336	4:12	159	304	1:28:48	1:38:43	3:07:32	252	445	4:18	254	-	1:07:24							-	XXX	
DNF 543	59926H77	GREUSE Dimitri	BEL	42	TTR	393	44:22	223	3:34	367	341	1:29:13	1:41:16	3:10:30	347	394	3:59	344	-								-	M40	
DNF 786	-	LELEU Guillaume	FRA	31	CYCLO CLUB WAVRIN	377	43:48	525	5:36	404	396	1:31:46	1:44:21	3:16:07	394	521	5:17	406	-	2:06:01							-	M30	
DNF 370	0160202MV4FRA	MATHIEU Jean-Yves	FRA	55	TRITYC	353	43:08	189	3:24	325	535	1:41:56	1:56:02	3:37:59	503	360	3:41	495	-	1:24:27							-	M50	
DNF 518	A07835C	SONNEVILLE Mickaël	FRA	44	LOMME TRIATHLON	378	43:50	287	3:53	361	517	1:36:01	1:58:37	3:34:38	493	277	3:12	485	-								-	M40	
DNF 390	-	KEIL Alain	BEL	53		552	53:11	437	4:47	543	531	1:48:34	1:48:17	3:36:52	541	348	3:38	530	-	1:11:23							-	M50	
DNF 357	57994M61	E TITAN	---			493	48:45	127	2:55	461	570	1:50:48	2:01:36	3:52:25	566	572	8:25	568	-	1:34:29							-	EQ	
DNF 542	-	STEELAND Gregory	FRA	42		278	40:37	475	5:03	304	400	1:36:19	1:40:35	3:16:55	378	464	4:28	380	-	1:19:04							-	M40	
DNF 971	58703M68	VANHALST Jean	BEL	51	COACHING ZONE TEAM	-	-	-	-	-	-	-	-	-	18	-	-	-	-	-	-	-	-	-	-	-	-	-	M50
DNF 444	-	VERTOMMEN Jurgen	BEL	48		237	39:16	304	3:59	228	94	1:21:30	1:25:56	2:47:27	108	-	-	-	-	-	-	-	-	-	-	-	-	M40	
DNF 437	57662M70	GUIOT Pascal	BEL	49	CHIMAY COUVIN SHARKS TRIA	171	37:56	179	3:20	163	117	1:24:37	1:25:50	2:50:27	118	-	-	-	-	-	-	-	-	-	-	-	-	M40	
DNF 396	20961M66	SINET Etienne	BEL	53	BIN	442	46:24	486	5:10	455	222	1:26:53	1:33:52	3:00:45	287	-	-	-	-	-	-	-	-	-	-	-	-	M50	
DNF 351	58186M59	SCHARMIN Alain	BEL	60	ATCC	433	46:01	594	8:56	514	489	1:41:33	1:48:42	3:30:16	507	-	-	-	-	-	-	-	-	-	-	-	-	M60	
DNF 416	-	BACK Claude	LUX	50		588	59:24	597	10:21	596	446	2:08:39	1:14:14	3:22:53	531	-	-	-	-	-	-	-	-	-	-	-	-	M50	
DNF 402	60473M67	CORNELIS Eric	BEL	52	Q3T	487	48:20	460	4:56	487	583	1:51:03	2:12:17	4:03:21	581	-	-	-	-	-	-	-	-	-	-	-	-	M50	
DNF 564	-	POLET Yannick	BEL	41		595	1:03:53	478	5:05	594	582	1:51:19	2:09:20	4:00:40	587	-	-	-	-	-	-	-	-	-	-	-	-	M40	
DNF 433	-	STÜBENER Marc	BEL	49		594	1:02:17	589	8:34	597	586	1:58:50	2:10:02	4:08:53	588	-	-	-	-	-	-	-	-	-	-	-	-	M40	
DNF 704	-	NOIRET Jimmy	BEL	35	ETM	164	37:40	187	3:23	158	-	1:21:44			-	-	-	-	-	-	-	-	-	-	-	-	-	M30	
DNF 659	-	BUELENS Matthieu	BEL	37		39	31:45	168	3:15	48	-	1:23:21			-	-	-	-	-	-	-	-	-	-	-	-	-	M30	
DNF 749	15204M86	BEKAERT Michiel	BEL	33	RTTO	102	35:35	50	2:19	89	-	1:24:01			-	-	-	-	-	-	-	-	-	-	-	-	-	M30	

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

