

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
Open Double										
1.	Team 2098			38:16						
1	BUYTAERT Tim	Team 2098	1. MM 1. Open MM	38:16	06:00 02:45	02:56 02:41	03:01 02:57	05:35 02:53	05:05 03:17	01:06
1	BUYTAERT Steven	Team 2098	1. MM 1. Open MM	38:16	06:00 02:45	02:56 02:41	03:00 02:56	05:38 02:52	05:06 03:16	01:06
2.	The Fantastic Four			38:31						
2	BULONE Vanessa	The Fantastic Four	1. MF 1. SCALED MF	38:30	06:18 02:44	02:49 02:40	02:52 02:43	06:03 02:51	04:45 02:58	01:47
2	VERMOESEN Karel	The Fantastic Four	1. MF 1. SCALED MF	38:31	06:19 02:44	02:48 02:35	02:58 02:41	06:05 02:46	04:49 02:57	01:49
3.	Fo(u)r Fun			38:46						
3	VANDERMEULEN Aurélie	Fo(u)r Fun	2. MF 2. SCALED MF	38:45	05:17 03:01	03:05 02:44	02:57 03:04	06:01 03:15	04:29 03:23	01:29
3	ALUSHANI Andi	Fo(u)r Fun	2. MF 2. SCALED MF	38:46	05:17 03:02	03:04 02:44	02:57 03:04	06:03 03:15	04:28 03:25	01:27
4.	On mange après ?			39:17						
4	WERY Simon	On mange après ?	3. MF 3. SCALED MF	39:17	05:00 03:25	02:56 03:25	02:53 03:27	05:55 03:24	04:02 03:36	01:14
4	DEWAELE Aurélie	On mange après ?	3. MF 3. SCALED MF	39:17	04:59 03:27	02:56 03:26	02:50 03:28	05:54 03:26	04:00 03:37	01:14
5.	Les Miel Pops ?			39:20						
5	JACQUET Amélie	Les Miel Pops ?	4. MF 4. SCALED MF	39:20	05:27 03:13	02:46 03:01	03:20 03:24	06:08 03:22	04:08 03:20	01:11
5	CHAMBEAU Stéphane	Les Miel Pops ?	4. MF 4. SCALED MF	39:20	05:25 03:14	02:47 03:02	03:18 03:26	06:07 03:24	04:05 03:21	01:11
6.	Scaled & Savage			39:29						
6	RIMAUX Maarten	Scaled & Savage	5. MF 5. SCALED MF	39:29	05:26 03:12	02:56 03:05	02:55 03:22	05:52 03:23	04:07 03:51	01:20

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Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
6	VAN CALSTER Chinouk	Scaled & Savage	5. MF 5. SCALED MF	39:28	05:26 03:12	02:56 03:05	02:56 03:19	05:54 03:22	04:09 03:49	01:20
7.	Crocketten			39:35						
7	BRAUWERS Heleen	Crocketten	6. MF 6. SCALED MF	39:35	05:59 03:08	02:57 03:00	02:58 03:08	06:14 03:07	04:11 03:27	01:26
7	TROCH Steven	Crocketten	6. MF 6. SCALED MF	39:34	06:00 03:07	02:57 03:00	02:57 03:08	06:14 03:07	04:11 03:27	01:26
8.	Team 2029			39:43						
8	LEFEVRE Jerome	Team 2029	7. MF 1. Open MF	39:43	05:15 03:13	03:02 03:06	03:12 03:28	06:25 03:22	03:40 03:41	01:19
8	DOTREMONT Laura	Team 2029	7. MF 1. Open MF	39:43	05:15 03:13	03:01 03:08	03:11 03:29	06:25 03:22	03:40 03:41	01:18
9.	Team Polaris			40:01						
9	JOLIET Nicolas	Team Polaris	8. MF 7. SCALED MF	39:59	06:08 02:46	02:58 02:48	03:28 03:02	06:56 03:03	03:55 03:27	01:28
9	BALAZUN Alizée	Team Polaris	8. MF 7. SCALED MF	40:01	06:06 02:48	02:58 02:48	03:28 03:01	06:56 03:04	03:55 03:25	01:32
10.	Les Belles & Les Clochards			40:36						
10	MORTIER Sébastien	Les Belles & Les Clochards	9. MF 8. SCALED MF	40:36	05:41 03:15	03:00 03:15	03:13 03:26	05:50 03:24	04:30 03:35	01:27
10	MATHY Florence	Les Belles & Les Clochards	9. MF 8. SCALED MF	40:36	05:40 03:15	03:00 03:15	03:13 03:27	05:49 03:24	04:32 03:35	01:26
11.	Crocketten			40:41						
11	BONNARENS Jana	Crocketten	10. MF 9. SCALED MF	40:41	05:45 03:20	02:56 03:06	03:22 03:17	05:51 03:28	04:28 03:36	01:32
11	ESPITIA PEREZ Julian	Crocketten	10. MF 9. SCALED MF	40:41	05:44 03:21	02:55 03:04	03:23 03:17	05:53 03:28	04:26 03:36	01:34
12.	Choo Choo			41:21						
12	PEIRSMAN Steven	Choo Choo	11. MF 10. SCALED MF	41:21	05:50 03:04	03:03 03:06	03:20 03:42	06:16 03:31	04:16 03:54	01:19

The Race 2025

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Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
12	VAN WAELDEREN Sara	Choo Choo	11. MF 10. SCALED MF	41:21	05:50 03:06	03:02 03:11	03:16 03:41	06:16 03:31	04:16 03:52	01:20
13.	Team 2034			41:23						
13	DE VOS Evelien	Team 2034	12. MF 2. Open MF	41:23	06:06 03:29	03:01 03:26	03:18 03:42	06:37 03:27	03:19 03:52	01:06
13	DELOOSE Stefan	Team 2034	12. MF 2. Open MF	41:22	06:06 03:29	03:00 03:26	03:20 03:40	06:39 03:26	03:18 03:52	01:06
14.	The Fab Four			41:25						
14	HOUTAEVE Warren	The Fab Four	13. MF 11. SCALED MF	41:25	06:10 03:12	02:54 03:07	03:06 03:20	07:01 03:17	04:11 03:32	01:35
14	VAN GENABET Marijke	The Fab Four	13. MF 11. SCALED MF	41:24	06:10 03:12	02:54 03:07	03:06 03:20	07:00 03:17	04:12 03:31	01:35
15.	Les micros machines			41:29						
15	MERCURI Ricardo	Les micros machines	14. MF 12. SCALED MF	41:29	05:45 03:18	02:58 03:20	02:45 03:35	06:04 03:44	04:43 03:56	01:21
15	BOTILDE Caroline	Les micros machines	14. MF 12. SCALED MF	41:29	05:45 03:20	02:57 03:20	02:44 03:36	06:03 03:45	04:44 03:56	01:19
16.	Mathieu Brackman			41:36						
16	TKINDT Arnaud	Mathieu Brackman	15. MF 13. SCALED MF	41:36	05:29 03:30	03:10 03:21	03:02 03:40	06:06 03:35	04:21 03:55	01:27
16	THIEBAUT Manon	Mathieu Brackman	15. MF 13. SCALED MF	41:36	05:30 03:28	03:12 03:19	03:02 03:40	06:08 03:34	04:22 03:53	01:28
17.	CrossFit Aspis			41:37						
17	PATTENDEN Tammy	CrossFit Aspis	16. MF 14. SCALED MF	41:37	04:30 03:38	02:44 03:51	02:43 04:17	05:17 04:20	04:34 04:14	01:29
17	CURTIS Nathan	CrossFit Aspis	16. MF 14. SCALED MF	41:37	04:24 03:37	02:49 03:51	02:44 04:07	05:25 04:22	04:36 04:03	01:39
18.	Wuk scaled er me junder			41:37						
18	VAN ACKER Leen	Wuk scaled er me junder	17. MF 15. SCALED MF	41:37	05:57 03:43	02:55 03:21	02:55 03:31	06:10 03:32	04:02 03:51	01:40

The Race 2025

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Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
18	VANMARCKE Lander	Wuk scaled er me junder	17. MF 15. SCALED MF	41:37	05:58 03:41	02:57 03:19	03:01 03:28	06:10 03:29	04:09 03:44	01:41
19.	Les Audacieux			41:37						
19	CORONGIU Chiara	Les Audacieux	18. MF 16. SCALED MF	41:37	06:00 03:15	02:38 03:14	03:03 03:17	06:33 03:31	04:21 03:44	02:01
19	DUPONT Denis	Les Audacieux	18. MF 16. SCALED MF	41:37	06:00 03:15	02:38 03:13	03:03 03:18	06:33 03:32	04:20 03:47	01:58
20.	Squat Squad			41:38						
20	CASTOR DA SILVEIRA	Squat Squad	19. MF 17. SCALED MF	41:38	06:02 03:17	02:44 03:12	03:22 03:33	06:10 03:35	03:53 04:04	01:46
20	CUYVERS Tessy	Squat Squad	19. MF 17. SCALED MF	41:37	06:01 03:18	02:43 03:12	03:21 03:35	06:10 03:34	03:54 04:03	01:46
21.	Aperollifters			41:42						
21	LAPERCHE Alansy	Aperollifters	20. MF 18. SCALED MF	41:41	06:04 03:23	03:03 03:13	02:52 03:21	06:31 03:32	04:26 03:41	01:35
21	COLLIGNON Thibaud	Aperollifters	20. MF 18. SCALED MF	41:42	06:04 03:23	03:03 03:15	02:51 03:19	06:33 03:32	04:27 03:40	01:35
22.	Team 2044			41:44						
22	EVENEPOEL Melissa	Team 2044	21. MF 3. Open MF	41:44	05:44 03:06	02:56 03:17	03:18 03:37	06:29 03:31	04:45 03:46	01:15
22	ADAM Aimé	Team 2044	21. MF 3. Open MF	41:43	05:44 03:06	02:57 03:16	03:16 03:39	06:28 03:31	04:47 03:45	01:14
23.	Mathieu Brackman			41:45						
23	BRACKMAN Mathieu	Mathieu Brackman	22. MF 19. SCALED MF	41:45	05:14 03:27	03:03 03:32	02:55 03:55	05:23 04:09	04:21 04:32	01:14
23	WARNKE Dhana	Mathieu Brackman	22. MF 19. SCALED MF	41:45	05:14 03:30	03:01 03:32	02:56 03:56	05:21 04:10	04:20 04:33	01:12
24.	Choo Choo			41:46						
24	PEETERS Jef	Choo Choo	23. MF 20. SCALED MF	41:46	05:22 03:07	03:01 03:25	03:07 04:04	05:40 04:07	04:17 04:12	01:24

Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
24	PEETERS Victoria	Choo Choo	23. MF 20. SCALED MF	41:46	05:21 03:13	02:57 03:27	03:05 04:07	05:35 04:11	04:15 04:24	01:11
25.	Les Kets et Belles			41:46						
25	RINALDO Valentin	Les Kets et Belles	24. MF 21. SCALED MF	41:46	06:08 03:12	03:15 02:58	03:28 03:16	06:39 03:13	04:23 03:20	01:54
25	SOLIMAN Norah	Les Kets et Belles	24. MF 21. SCALED MF	41:46	06:08 03:12	03:15 02:58	03:28 03:16	06:38 03:13	04:23 03:20	01:55
26.	Pas de pitié pour les croissants			42:07						
26	AMANDINE Hoste	Pas de pitié pour les croissants	25. MF 22. SCALED MF	42:07	06:32 03:11	03:11 03:08	02:54 03:35	06:17 03:39	04:25 03:54	01:21
26	JULIEN Renier	Pas de pitié pour les croissants	25. MF 22. SCALED MF	42:06	06:31 03:11	03:11 03:07	02:55 03:35	06:17 03:39	04:23 03:55	01:22
27.	QJuT'S			42:23						
27	VAN TENDELOO Quinten	QJuT'S	26. MF 23. SCALED MF	42:23	06:10 03:38	03:01 03:22	02:57 03:43	06:25 03:47	04:21 03:42	01:17
27	VAN DER VREKEN Jutta	QJuT'S	26. MF 23. SCALED MF	42:22	06:10 03:38	03:00 03:23	02:57 03:44	06:24 03:46	04:23 03:42	01:15
28.	Les micros machines			42:32						
28	CRABBÉ Sarah	Les micros machines	27. MF 24. SCALED MF	42:31	06:04 03:26	03:13 03:20	03:43 03:30	06:05 03:19	04:27 03:48	01:36
28	MÉDERIC Bougard	Les micros machines	27. MF 24. SCALED MF	42:32	06:03 03:27	03:13 03:20	03:43 03:30	06:04 03:20	04:27 03:47	01:38
29.	The 8PM Club			42:36						
29	PARCHETA Izabela	The 8PM Club	28. MF 25. SCALED MF	42:35	06:02 03:24	03:13 03:11	03:18 03:38	06:23 03:16	05:00 03:32	01:38
29	PRIAUD Cyril	The 8PM Club	28. MF 25. SCALED MF	42:36	06:04 03:25	03:12 03:12	03:21 03:38	06:19 03:15	05:01 03:28	01:41
30.	les musclés de la Last-Minute			42:36						
30	DE LAMINNE Victoria	les musclés de la Last-Minute	29. MF 26. SCALED MF	42:35	05:43 03:15	03:05 03:20	03:24 03:35	07:06 03:25	04:39 03:41	01:22

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
30	D'HONDT Jérémy	les musclés de la Last-Minute	29. MF 26. SCALED MF	42:36	05:44 03:16	03:04 03:19	03:25 03:36	07:06 03:23	04:40 03:40	01:23
31.	4 of a kind			42:37						
31	D'HUYVETTER Fleur	4 of a kind	30. MF 27. SCALED MF	42:37	06:23 03:41	03:25 03:27	03:18 03:46	05:43 03:42	04:14 03:38	01:20
31	TYDGAT Robin	4 of a kind	30. MF 27. SCALED MF	42:37	06:23 03:40	03:27 03:24	03:20 03:44	05:45 03:40	04:17 03:36	01:21
32.	Squat Squad			42:53						
32	DE SMET Maro	Squat Squad	31. MF 28. SCALED MF	42:53	05:37 03:14	03:09 03:12	03:32 03:32	06:43 03:43	04:45 04:00	01:26
32	VAN ELSACKER Anke	Squat Squad	31. MF 28. SCALED MF	42:52	05:36 03:16	03:08 03:14	03:29 03:34	06:42 03:44	04:43 04:01	01:25
33.	BILLIE JEAN			43:04						
33	CRISTINO Sabrina	BILLIE JEAN	32. MF 29. SCALED MF	43:04	05:39 03:33	03:26 03:36	02:58 03:50	06:33 03:42	04:31 03:55	01:21
33	AYHAN Sercan	BILLIE JEAN	32. MF 29. SCALED MF	43:02	05:39 03:32	03:27 03:35	02:58 03:49	06:35 03:41	04:32 03:52	01:22
34.	QuadSquad			43:06						
34	VAN LEEMPUTTEN Koen	QuadSquad	33. MF 30. SCALED MF	43:04	05:50 03:42	03:18 03:27	03:31 03:39	05:58 03:32	04:48 03:54	01:25
34	WEETS Katrien	QuadSquad	33. MF 30. SCALED MF	43:06	05:51 03:43	03:18 03:26	03:31 03:39	05:58 03:33	04:47 03:55	01:25
35.	Row hard or row home			43:09						
35	POULIART Arno	Row hard or row home	34. MF 31. SCALED MF	43:09	06:23 03:22	03:05 03:14	03:22 03:36	06:32 03:37	04:51 03:49	01:18
35	DE VYLDER Auke	Row hard or row home	34. MF 31. SCALED MF	43:09	06:23 03:22	03:04 03:15	03:23 03:34	06:32 03:38	04:51 03:50	01:17
36.	Aperollifters			43:22						
36	STADTFELD Olli	Aperollifters	35. MF 32. SCALED MF	43:22	06:34 03:34	03:06 03:20	03:12 03:40	06:01 03:29	04:50 03:58	01:38

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Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
36	BRUCHER Martine	Aperollifters	35. MF 32. SCALED MF	43:22	06:35 03:34	03:05 03:20	03:11 03:42	05:59 03:28	04:52 03:56	01:40
37.	Workzoners			43:28						
37	GRIFNÉE Alec	Workzoners	36. MF 33. SCALED MF	43:28	05:52 03:22	03:30 03:13	03:37 03:28	07:11 03:25	04:31 03:55	01:24
37	WOUTERS Claire	Workzoners	36. MF 33. SCALED MF	43:27	05:51 03:23	03:30 03:14	03:36 03:29	07:11 03:25	04:31 03:55	01:22
38.	Team beast mode			43:29						
38	APPELTANS Lorre	Team beast mode	37. MF 34. SCALED MF	43:29	06:05 03:15	03:09 03:14	03:23 03:24	07:06 03:41	04:37 03:55	01:40
38	DENIS Inge	Team beast mode	37. MF 34. SCALED MF	39:10	05:31 03:09	02:44 03:02	02:47 03:22	06:09 03:18	04:00 03:44	01:24
39.	Team beast mode			43:30						
39	VALEN Silke	Team beast mode	38. MF 35. SCALED MF	39:11	05:31 03:08	02:45 03:02	02:47 03:21	06:08 03:21	04:01 03:44	01:23
39	VANDERHEYDEN Jeroen	Team beast mode	38. MF 35. SCALED MF	43:30	06:05 03:16	03:07 03:17	03:21 03:24	07:07 03:42	04:34 03:57	01:40
40.	QJuT'S			43:42						
40	OLIEBOS Simon	QJuT'S	39. MF 36. SCALED MF	43:42	06:26 03:30	03:11 03:14	03:16 03:39	06:31 03:54	04:19 04:11	01:31
40	DOMINGO LECHUGA Tamara	QJuT'S	39. MF 36. SCALED MF	43:42	06:26 03:30	03:11 03:14	03:16 03:41	06:31 03:56	04:14 04:20	01:23
41.	FourPlay			43:52						
41	VAN HECKE Jill	FourPlay	40. MF 37. SCALED MF	43:52	05:30 03:33	03:21 03:27	03:25 04:02	06:13 03:44	04:45 04:28	01:24
41	DE MAEYER Stijn	FourPlay	40. MF 37. SCALED MF	43:51	05:29 03:34	03:22 03:25	03:27 04:00	06:13 03:46	04:41 04:28	01:26
42.	Team 2027			43:57						
42	DE GRAEF Romy	Team 2027	41. MF 4. Open MF	43:56	05:49 03:44	03:12 03:34	03:52 04:00	06:03 03:56	04:08 04:24	01:14

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Classement général



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42	SYMOENS Nilay	Team 2027	41. MF 4. Open MF	43:57	05:48 03:45	03:10 03:35	03:52 04:00	06:03 03:56	04:14 04:15	01:19
43.	les musclés de la Last-Minute			44:03						
43	ALEXIA Schepens	les musclés de la Last-Minute	42. MF 38. SCALED MF	44:03	06:25 03:22	03:05 03:16	03:58 03:45	06:55 03:36	04:27 03:50	01:24
43	VAN DER HAEGEN Arthur	les musclés de la Last-Minute	42. MF 38. SCALED MF	44:03	06:24 03:22	03:05 03:15	03:59 03:45	06:54 03:36	04:30 03:47	01:26
44.	On vise un podium, soyez sympa.			44:09						
44	DEGIVE Romane	On vise un podium, soyez sympa.	43. MF 39. SCALED MF	44:08	05:41 03:25	03:34 03:22	03:04 03:47	07:06 03:33	04:59 04:01	01:36
44	ESPOSTO Sylvain	On vise un podium, soyez sympa.	43. MF 39. SCALED MF	44:09	05:41 03:25	03:34 03:26	03:03 03:46	07:03 03:37	04:56 04:08	01:30
45.	Team Polaris			44:16						
45	CORTES Luz	Team Polaris	44. MF 40. SCALED MF	44:14	06:05 03:33	03:11 03:32	03:33 03:37	07:08 03:24	04:51 03:45	01:35
45	FRYNS Nicolas	Team Polaris	44. MF 40. SCALED MF	44:16	06:05 03:35	03:11 03:25	03:38 03:24	07:25 03:19	04:57 03:40	01:37
46.	Amplified Cryptians			44:20						
46	TBCONEE Tbcone	Amplified Cryptians	45. MF 41. SCALED MF	44:20	06:45 03:31	03:09 03:33	03:16 03:46	06:48 03:50	04:26 03:58	01:18
46	MALE LAST NAME 2 Male 2	Amplified Cryptians	45. MF 41. SCALED MF	44:20	06:45 03:30	03:10 03:31	03:16 03:47	06:50 03:47	04:28 03:55	01:21
47.	The inglorious snatchers			44:26						
47	ILIAS El Manssori	The inglorious snatchers	46. MF 42. SCALED MF	44:25	05:54 03:24	03:20 03:25	03:32 04:01	06:56 03:50	04:43 03:48	01:32
47	D'HAEMER Sophie	The inglorious snatchers	46. MF 42. SCALED MF	44:26	05:54 03:24	03:21 03:23	03:39 03:54	06:59 03:47	04:42 03:51	01:32
48.	Team 2014			44:26						
48	FADWA Ziani	Team 2014	1. FF 1. Open FF	44:26	05:59 03:35	03:05 03:39	03:10 04:05	07:26 04:01	03:36	

The Race 2025

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48	SABRINA Herballi	Team 2014	1. FF 1. Open FF	44:26	05:59 03:33	03:06 03:39	03:09 04:07	07:25 04:01	03:36	
49.	Team 2041			44:29						
49	DE CLERCQ Heleen	Team 2041	47. MF 5. Open MF	44:29	05:52 03:33	03:26 03:38	03:24 03:48	06:53 04:00	04:33 04:12	01:10
49	MATHUES Vincent	Team 2041	47. MF 5. Open MF	44:28	05:51 03:32	03:26 03:38	03:24 03:49	06:52 04:01	04:32 04:11	01:12
50.	Thrusters & Trust issues			44:30						
50	DONCK Thomas	Thrusters & Trust issues	48. MF 43. SCALED MF	44:28	05:35 03:26	03:35 03:25	04:12 03:31	06:48 03:36	05:02 03:50	01:28
50	BERRY Justine	Thrusters & Trust issues	48. MF 43. SCALED MF	44:30	05:38 03:25	03:34 03:28	04:09 03:33	06:47 03:35	05:01 03:51	01:29
51.	the terminators with a lovely touch			44:32						
51	SEYS Brecht	the terminators with a lovely touch	49. MF 44. SCALED MF	44:32	05:37 03:27	03:18 03:37	03:15 03:56	06:46 03:55	05:24 03:57	01:20
51	VAN HEE Lindsay	the terminators with a lovely touch	49. MF 44. SCALED MF	44:32	05:37 03:32	03:14 03:37	03:17 03:58	06:44 03:55	05:21 04:03	01:14
52.	Et pourquoi pas ?!			44:34						
52	PATERNOTTRE Florian	Et pourquoi pas ?!	50. MF 45. SCALED MF	44:32	05:19 03:30	03:14 03:35	03:10 04:04	06:06 04:17	05:34 04:18	01:25
52	DELL'ANESE Indiana	Et pourquoi pas ?!	50. MF 45. SCALED MF	44:34	05:20 03:30	03:15 03:36	03:09 04:05	06:07 04:16	05:34 04:19	01:23
53.	Team 2091			44:41						
53	ZINE Yacine	Team 2091	2. MM 2. Open MM	44:41	06:54 03:04	03:50 03:05	03:08 03:24	06:12 03:51	05:50 04:05	01:18
53	LARDAUX Tom	Team 2091	2. MM 2. Open MM	44:41	06:54 03:04	03:49 03:04	03:10 03:21	06:16 03:45	05:55 04:01	01:22
54.	Quad Squad			44:44						
54	VAN WYNSBERGHE Lena	Quad Squad	51. MF 46. SCALED MF	44:43	06:04 03:44	02:50 03:42	03:10 04:12	06:41 04:08	04:13 04:36	01:23

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
54	VANDEVELDE Wouter	Quad Squad	51. MF 46. SCALED MF	44:44	06:06 03:42	02:52 03:25	03:27 03:54	06:57 03:58	04:25 04:27	01:31
55.	Fo(u)r Fun			44:45						
55	HOORNAERT Sophie	Fo(u)r Fun	52. MF 47. SCALED MF	44:43	05:30 03:27	03:30 03:22	03:40 03:38	06:28 03:58	05:27 03:54	01:49
55	SABOO Hans	Fo(u)r Fun	52. MF 47. SCALED MF	44:45	05:31 03:26	03:31 03:22	03:38 03:37	06:30 03:56	05:30 03:54	01:50
56.	CROSSFIT ON THE ROAD			44:58						
56	THEUNISSEN Joséphine	CROSSFIT ON THE ROAD	53. MF 48. SCALED MF	44:58	05:58 04:02	03:05 04:03	03:20 04:14	06:02 04:06	04:18 04:32	01:18
56	DOGAN Mikail	CROSSFIT ON THE ROAD	53. MF 48. SCALED MF	44:58	05:57 04:01	03:07 04:03	03:19 04:11	06:07 04:00	04:22 04:31	01:20
57.	Wuk scaled er me junder			45:06						
57	REYNAERT Kimberley	Wuk scaled er me junder	54. MF 49. SCALED MF	45:06	05:52 03:44	03:28 03:46	03:43 03:45	06:25 03:54	05:02 04:05	01:22
57	STEIJVERS Davy	Wuk scaled er me junder	54. MF 49. SCALED MF	45:06	05:54 03:40	03:27 03:46	03:47 03:41	06:29 03:51	05:05 04:02	01:24
58.	RKN			45:14						
58	HURIAUX Nicolas	RKN	55. MF 50. SCALED MF	45:13	05:37 03:29	03:29 03:27	03:22 04:17	07:27 03:25	04:56 04:08	01:36
58	HERCOT Amanda	RKN	55. MF 50. SCALED MF	45:14	05:36 03:30	03:29 03:28	03:22 04:18	07:17 03:35	04:56 04:08	01:35
59.	The Beastly Badgers & The Fierce Females			45:21						
59	CROLS Jordy	The Beastly Badgers & The Fierce	56. MF 51. SCALED MF	45:21	06:11 03:46	03:25 03:35	03:21 03:45	06:52 03:43	04:37 04:06	02:00
59	VAN BREEDAM Kelly	The Beastly Badgers & The Fierce	56. MF 51. SCALED MF	45:20	06:11 03:46	03:24 03:35	03:21 03:46	06:52 03:42	04:40 04:04	01:59
60.	CrossFit KS			45:22						
60	BONAVENTURE Manon	CrossFit KS	57. MF 52. SCALED MF	45:20	05:12 03:48	03:14 03:47	03:06 04:16	06:08 04:23	05:21 04:20	01:45

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
60	VYNCKIER Fabrice	CrossFit KS	57. MF 52. SCALED MF	45:22	05:14 03:48	03:14 03:47	03:05 04:13	06:06 04:26	05:24 04:18	01:47
61.	Aubergine noix prune melon			45:25						
61	RUIDANT Marie-Aude	Aubergine noix prune melon	58. MF 53. SCALED MF	45:25	05:56 03:41	03:22 03:35	03:20 03:56	06:13 04:16	04:54 04:26	01:46
61	RUIDANT Gill	Aubergine noix prune melon	58. MF 53. SCALED MF	45:23	05:53 03:42	03:21 03:35	03:20 03:57	06:11 04:16	04:55 04:26	01:47
62.	Team Rocket			45:26						
62	LUCAS Giarratana	Team Rocket	59. MF 54. SCALED MF	45:26	06:03 03:40	03:11 03:29	03:29 04:00	07:16 03:55	04:39 04:20	01:24
62	ADELINE Dael	Team Rocket	59. MF 54. SCALED MF	45:25	06:03 03:40	03:10 03:30	03:28 04:00	07:15 03:57	04:39 04:19	01:24
63.	Rising Stars			45:27						
63	QUINTELIER Ella	Rising Stars	60. MF 55. SCALED MF	45:27	06:31 03:23	03:20 03:24	03:58 03:31	07:05 03:27	05:22 03:49	01:37
63	STRUKELI Niels	Rising Stars	60. MF 55. SCALED MF	45:27	06:12 03:22	03:20 03:16	03:50 03:47	07:37 03:35	04:47 04:08	01:33
64.	Rising Stars			45:28						
64	QUINTELIER Milla	Rising Stars	61. MF 56. SCALED MF	45:28	06:13 03:22	03:19 03:17	03:50 03:48	07:35 03:38	04:46 04:08	01:32
64	TANT Milan	Rising Stars	61. MF 56. SCALED MF	45:27	06:31 03:23	03:20 03:24	03:58 03:32	07:03 03:29	05:21 03:50	01:36
65.	4 of a kind			45:31						
65	VAN ACKER Kim	4 of a kind	62. MF 57. SCALED MF	45:31	06:28 03:52	03:25 03:44	03:09 03:52	06:29 04:11	04:28 04:13	01:40
65	DE VIS Timothy	4 of a kind	62. MF 57. SCALED MF	45:29	06:29 03:50	03:26 03:44	03:10 03:51	06:28 04:10	04:29 04:12	01:40
66.	No no Jose			45:40						
66	DUBUISSON Eva	No no Jose	63. MF 58. SCALED MF	45:38	05:58 03:53	03:20 03:54	03:15 04:15	06:45 04:09	04:25 04:21	01:23

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
66	VERMOTE Lucas	No no Jose	63. MF 58. SCALED MF	45:40	05:59 03:50	03:22 03:55	03:15 04:14	06:46 04:08	04:29 04:14	01:28
67.	Strong crickets			45:45						
67	LAURENT Sophie	Strong crickets	64. MF 59. SCALED MF	45:45	06:27 03:44	03:23 03:34	03:25 03:42	07:19 03:50	04:53 03:57	01:31
67	DELVAUX Steve	Strong crickets	64. MF 59. SCALED MF	45:45	06:28 03:43	03:23 03:33	03:26 03:42	07:19 03:49	04:55 03:54	01:33
68.	Les Aiglons d'Heliaca			45:49						
68	BURGNIES Ségolène	Les Aiglons d'Heliaca	65. MF 60. SCALED MF	45:49	05:45 03:42	03:23 03:49	03:55 04:02	06:45 03:35	04:57 04:02	01:54
68	FREDERIC Tardivo	Les Aiglons d'Heliaca	65. MF 60. SCALED MF	45:49	05:45 03:41	03:24 03:48	03:55 04:02	06:46 03:34	04:58 04:02	01:54
69.	Les Kets et Belles			45:50						
69	RICCI Dorian	Les Kets et Belles	66. MF 61. SCALED MF	45:50	06:06 03:34	03:12 03:40	03:29 04:15	06:11 04:43	04:39 04:37	01:24
69	VANDERVORST Océane	Les Kets et Belles	66. MF 61. SCALED MF	45:50	06:07 03:33	03:12 03:40	03:28 04:15	06:12 04:43	04:38 04:39	01:23
70.	Wodzilla			45:51						
70	TERLICHER Axel	Wodzilla	67. MF 62. SCALED MF	45:51	06:35 03:51	03:37 03:43	03:37 03:53	06:23 03:46	04:47 04:07	01:32
70	DELBROUWIRE Émeline	Wodzilla	67. MF 62. SCALED MF	45:51	06:35 03:52	03:37 03:44	03:35 03:57	06:19 03:49	04:43 04:11	01:29
71.	Les d'Ici et d'Ailleurs			45:55						
71	DEMARQUE Ingrid	Les d'Ici et d'Ailleurs	68. MF 63. SCALED MF	45:54	05:47 03:47	03:35 03:38	03:50 03:52	07:02 03:43	05:09 04:03	01:28
71	RADIC Marko	Les d'Ici et d'Ailleurs	68. MF 63. SCALED MF	45:55	05:48 03:47	03:34 03:39	03:50 03:52	07:02 03:43	05:09 04:01	01:30
72.	the terminators with a lovely touch			45:56						
72	MORTIER Saskia	the terminators with a lovely touch	69. MF 64. SCALED MF	45:55	05:56 03:44	03:05 03:48	03:47 04:04	06:57 03:56	04:53 04:12	01:33

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
72	PAUWELS Xavier	the terminators with a lovely touch	69. MF 64. SCALED MF	45:56	05:59 03:38	03:13 03:43	03:45 04:05	07:01 03:51	04:55 04:10	01:36
73.	Ryborn Warriors			45:57						
73	BAYART Solenn	Ryborn Warriors	70. MF 65. SCALED MF	45:57	05:55 03:44	03:15 03:31	03:19 03:46	07:02 03:43	05:03 04:48	01:51
73	FAIDHERBES William	Ryborn Warriors	70. MF 65. SCALED MF	45:57	05:55 03:43	03:16 03:30	03:21 03:43	07:04 03:42	05:02 04:51	01:50
74.	BILLIE JEAN			46:01						
74	DECERF Astrid	BILLIE JEAN	71. MF 66. SCALED MF	46:00	05:46 03:47	03:26 03:45	03:52 03:50	07:00 03:49	04:56 04:12	01:37
74	GÉRARD Pierre	BILLIE JEAN	71. MF 66. SCALED MF	46:01	05:46 03:47	03:26 03:47	03:50 03:51	06:59 03:50	04:56 04:14	01:35
75.	Ryborn Warriors			46:02						
75	CAFFÉ André	Ryborn Warriors	72. MF 67. SCALED MF	46:02	06:23 03:35	03:01 03:26	03:28 03:40	06:40 03:41	04:25 05:55	01:48
75	CAROLINE Gérard	Ryborn Warriors	72. MF 67. SCALED MF	46:01	06:23 03:34	03:02 03:26	03:28 03:39	06:40 03:41	04:25 05:56	01:47
76.	Row hard or row home			46:05						
76	VAN DEN EEDE Lauri	Row hard or row home	73. MF 68. SCALED MF	46:05	05:51 03:42	02:59 04:01	03:58 04:18	06:12 04:15	04:55 04:26	01:28
76	DE TROYER Jana	Row hard or row home	73. MF 68. SCALED MF	46:04	05:50 03:43	02:58 04:03	03:55 04:20	06:12 04:14	04:55 04:28	01:26
77.	Scaled & Savage			46:12						
77	VERDOODT Koen	Scaled & Savage	74. MF 69. SCALED MF	46:12	05:48 03:32	03:14 03:47	03:43 04:08	06:18 03:56	05:16 04:32	01:58
77	SAMAEY Celine	Scaled & Savage	74. MF 69. SCALED MF	46:12	05:47 03:33	03:14 03:47	03:43 04:09	06:16 03:57	05:16 04:32	01:58
78.	Gigi team			46:18						
78	ROSE Cristina	Gigi team	75. MF 70. SCALED MF	46:15	05:20 03:21	03:16 03:39	03:32 04:03	07:02 04:26	05:32 04:22	01:42

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
78	NGEZHAYO Felicien	Gigi team	75. MF 70. SCALED MF	46:18	05:22 03:21	03:16 03:36	03:32 04:07	07:00 04:08	05:55 04:06	01:55
79.	De Daltons			46:22						
79	AMERY Nico	De Daltons	76. MF 71. SCALED MF	46:21	06:31 04:01	03:22 03:31	03:47 03:38	07:04 03:55	04:48 04:07	01:37
79	KOCHUYT Valerie	De Daltons	76. MF 71. SCALED MF	46:22	06:32 04:02	03:20 03:33	03:46 03:39	07:03 03:56	04:46 04:09	01:36
80.	Burpee Bandits			46:24						
80	COHEN Alexandre	Burpee Bandits	77. MF 72. SCALED MF	46:24	04:28 03:06	07:01 03:37	02:59 03:45	07:21 03:35	04:42 04:07	01:43
80	JACOBS Lydie	Burpee Bandits	77. MF 72. SCALED MF	46:24	08:01 03:46	02:48 03:36	03:36 03:53	06:19 03:54	04:40 04:12	01:39
81.	Burpee Bandits			46:24						
81	COHEN Emilie	Burpee Bandits	78. MF 73. SCALED MF	46:24	08:00 03:48	02:47 03:37	02:59 03:45	07:20 03:35	04:44 04:09	01:40
81	ADAMI Mattia	Burpee Bandits	78. MF 73. SCALED MF	46:24	04:29 03:05	07:01 03:36	03:36 03:52	06:20 03:54	04:41 04:11	01:39
82.	Team 2033			46:26						
82	FÉVRIER Cassandra	Team 2033	79. MF 6. Open MF	46:26	05:33 04:14	03:20 04:23	03:13 04:35	06:04 04:23	04:13 05:01	01:27
82	LOOR Dorian	Team 2033	79. MF 6. Open MF	46:26	05:33 04:12	03:22 04:21	03:14 04:35	06:05 04:20	04:16 05:00	01:28
83.	The Fitness Fugitives			46:28						
83	VERLINDEN Roald	The Fitness Fugitives	80. MF 74. SCALED MF	46:28	06:18 03:50	02:58 03:50	03:17 04:21	06:41 04:21	04:39 04:46	01:27
83	SPINEUX Pierrette	The Fitness Fugitives	80. MF 74. SCALED MF	46:28	06:17 03:51	02:58 03:51	03:17 04:20	06:41 04:22	04:37 04:47	01:27
84.	Team JJAF			46:30						
84	VAN RUMST Angélique	Team JJAF	81. MF 75. SCALED MF	46:29	06:19 03:46	03:24 03:48	04:09 03:54	06:31 04:02	04:50 04:18	01:28

Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
84	SIMARD Jules	Team JJAF	81. MF 75. SCALED MF	46:30	06:19 03:46	03:22 03:50	04:10 03:53	06:32 04:01	04:52 04:14	01:31
85.	On vise un podium, soyez sympa.			46:36						
85	STEMBERT Laetitia	On vise un podium, soyez sympa.	82. MF 76. SCALED MF	46:36	06:00 03:32	03:32 03:29	04:19 03:57	07:42 03:30	05:08 03:46	01:41
85	NAGOU Wesley	On vise un podium, soyez sympa.	82. MF 76. SCALED MF	46:33	05:56 03:32	03:34 03:29	04:22 03:57	07:35 03:35	05:10 03:43	01:40
86.	CROSSFIT NIVELLES (1) SCALED			46:36						
86	BULBO Joffrey	CROSSFIT NIVELLES (1) SCALED	83. MF 77. SCALED MF	46:36	06:24 03:19	03:26 03:19	04:28 03:45	07:26 03:31	05:12 04:11	01:35
86	BARZIN Elisa	CROSSFIT NIVELLES (1) SCALED	83. MF 77. SCALED MF	46:35	06:24 03:20	03:25 03:19	04:28 03:47	07:24 03:33	05:11 04:10	01:34
87.	Chicken Squat			46:36						
87	ANTONOPOULOS Dimitri	Chicken Squat	84. MF 78. SCALED MF	46:35	06:00 03:57	03:46 04:07	03:55 03:58	06:31 03:35	05:14 04:04	01:28
87	STAQUET Alessia	Chicken Squat	84. MF 78. SCALED MF	46:36	06:01 03:58	03:45 04:08	03:54 03:59	06:23 03:43	05:13 04:07	01:25
88.	Super Cardio Bros			46:37						
88	PECHEUR Clément	Super Cardio Bros	85. MF 79. SCALED MF	46:37	06:41 03:46	03:35 03:44	03:45 03:48	06:47 03:50	05:05 04:02	01:34
88	URBANCZYK Laetitia	Super Cardio Bros	85. MF 79. SCALED MF	46:36	06:41 03:47	03:33 03:45	03:45 03:48	06:47 03:50	05:05 04:02	01:33
89.	CrossFit Aspis			46:41						
89	EASTWICK-HASKELL Jason	CrossFit Aspis	86. MF 80. SCALED MF	46:41	05:52 03:42	03:35 03:36	03:48 04:07	07:20 03:54	05:14 04:03	01:30
89	SCUDDER Chelsea	CrossFit Aspis	86. MF 80. SCALED MF	46:41	05:52 03:42	03:35 03:36	03:49 04:07	07:19 03:54	05:14 04:03	01:30
90.	Les d'Ici et d'Ailleurs			46:44						
90	FRANSSEN Mathieu	Les d'Ici et d'Ailleurs	87. MF 81. SCALED MF	46:42	06:04 03:33	03:31 03:37	04:09 03:40	08:04 03:44	04:40 04:15	01:25

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
90	JESSICA Quintin	Les d'Ici et d'Ailleurs	87. MF 81. SCALED MF	46:44	06:04 03:35	03:30 03:38	04:07 03:43	08:02 03:46	04:38 04:16	01:25
91.	Team 2042			46:44						
91	EERSELS Nele	Team 2042	88. MF 7. Open MF	46:43	06:26 03:34	03:39 03:24	03:47 03:40	07:36 03:35	05:44 03:47	01:31
91	DRIESEN Wouter	Team 2042	88. MF 7. Open MF	46:44	06:27 03:32	03:40 03:23	03:48 03:40	07:36 03:34	05:44 03:50	01:30
92.	Team 2025			47:00						
92	COLLARD Sophie	Team 2025	89. MF 8. Open MF	46:59	06:04 03:35	03:16 03:33	04:15 03:45	07:19 03:59	05:25 04:16	01:32
92	AMELINE Steeve	Team 2025	89. MF 8. Open MF	47:00	06:04 03:34	03:17 03:33	04:16 03:43	07:19 03:59	05:25 04:17	01:33
93.	Aubergine noix prune melon			47:05						
93	SOUMILLON Elodie	Aubergine noix prune melon	90. MF 82. SCALED MF	47:05	05:44 03:46	03:40 03:34	04:19 03:53	06:52 03:45	05:38 04:09	01:45
93	DEMARTEAU Michel	Aubergine noix prune melon	90. MF 82. SCALED MF	47:05	05:45 03:45	03:40 03:31	04:24 03:49	06:52 03:48	05:38 04:04	01:49
94.	CaSini			47:06						
94	GORIS Sarah	CaSini	91. MF 83. SCALED MF	47:06	06:07 04:00	03:34 03:51	03:11 04:12	07:06 04:03	04:56 04:37	01:29
94	SINI Andrea	CaSini	91. MF 83. SCALED MF	47:06	06:08 03:58	03:36 03:49	03:12 04:10	07:11 03:58	04:58 04:36	01:30
95.	FourPlay			47:06						
95	CONTRERAS Alan	FourPlay	92. MF 84. SCALED MF	47:06	05:29 04:01	03:23 04:02	03:26 04:38	06:37 04:18	04:54 04:49	01:29
95	ICHAU Yentl	FourPlay	92. MF 84. SCALED MF	47:05	05:31 04:02	03:20 04:03	03:26 04:40	06:35 04:22	04:50 04:49	01:27
96.	Rock Revolution			47:09						
96	PÉREZ Manuel	Rock Revolution	93. MF 85. SCALED MF	47:09	06:22 03:41	03:58 03:32	04:10 03:53	06:58 03:52	05:20 03:56	01:27

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
96	MERLEVEDE Tine	Rock Revolution	93. MF 85. SCALED MF	47:09	06:23 03:41	03:57 03:34	04:09 03:53	06:57 03:55	05:17 03:59	01:24
97.	The Fitness Fugitives			47:12						
97	DEMARSIN Robin	The Fitness Fugitives	94. MF 86. SCALED MF	47:10	06:28 04:00	03:28 03:39	04:25 03:49	06:37 03:54	05:01 04:05	01:44
97	FAUFRA Catherine	The Fitness Fugitives	94. MF 86. SCALED MF	47:12	06:31 03:57	03:30 03:39	04:25 03:49	06:37 03:53	05:00 04:07	01:44
98.	Amplified Cryptians			47:23						
98	VALASSIDIS Aurélie	Amplified Cryptians	95. MF 87. SCALED MF	47:23	07:15 03:29	03:42 03:22	03:25 03:39	07:33 03:57	05:12 03:50	01:59
98	PEREZ Rodrigo	Amplified Cryptians	95. MF 87. SCALED MF	47:23	07:16 03:29	03:42 03:23	03:24 03:40	07:30 04:00	05:10 03:50	01:59
99.	Team 2093			47:25						
99	BOUHNANI Mohamed	Team 2093	3. MM 3. Open MM	47:25	05:34 03:27	03:25 03:40	04:04 04:08	07:52 03:45	05:35 03:59	01:56
99	BOCQUET Noé	Team 2093	3. MM 3. Open MM	47:25	05:38 03:22	03:28 03:38	04:07 04:07	07:52 03:45	05:34 04:00	01:54
100.	Les petits dinos			47:30						
100	STEFFY Delbecq	Les petits dinos	96. MF 88. SCALED MF	47:30	05:39 03:42	03:25 03:50	04:29 04:10	06:49 04:14	05:09 04:21	01:42
100	JORDAN Saint Ghislain	Les petits dinos	96. MF 88. SCALED MF	47:29	05:38 03:43	03:24 03:51	04:28 04:10	06:49 04:15	05:08 04:20	01:43
101.	RKN			47:30						
101	MATHOLET Martin	RKN	97. MF 89. SCALED MF	47:30	05:57 03:31	03:32 03:42	04:54 03:58	06:31 03:50	05:36 04:26	01:33
101	COMPANY Laura	RKN	97. MF 89. SCALED MF	47:30	05:56 03:35	03:29 03:46	04:50 04:02	06:27 03:59	05:28 04:26	01:32
102.	Justice league			47:34						
102	MORIAU Cristel	Justice league	98. MF 90. SCALED MF	47:34	06:02 03:31	03:09 03:39	03:20 05:04	07:38 03:38	05:15 04:38	01:40

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
102	OUALMAKRAN Haarit	Justice league	98. MF 90. SCALED MF	47:33	06:03 03:29	03:10 03:38	03:20 05:02	07:41 03:39	05:13 04:39	01:39
103. Les Audacieux				47:35						
103	LEROY Pierre-Yves	Les Audacieux	99. MF 91. SCALED MF	47:35	05:47 03:59	03:08 03:36	03:46 04:24	06:49 04:10	05:13 04:31	02:12
103	ROCHUS Audrey	Les Audacieux	99. MF 91. SCALED MF	47:35	05:47 03:58	03:08 03:34	03:49 04:22	06:49 04:09	05:14 04:27	02:18
104. CrossFit KS				47:41						
104	ROUFFLAER Yseulys	CrossFit KS	100. MF 92. SCALED MF	47:39	05:32 03:56	03:22 03:55	04:45 04:32	06:30 04:21	04:49 04:33	01:24
104	COPPIN Jonathan	CrossFit KS	100. MF 92. SCALED MF	47:41	05:34 03:55	03:24 03:53	04:45 04:31	06:32 04:19	04:51 04:32	01:25
105. Thrusters & Trust issues				47:42						
105	ANSK Indre	Thrusters & Trust issues	101. MF 93. SCALED MF	47:42	06:01 04:00	03:49 04:03	03:45 04:01	06:43 04:14	05:24 04:11	01:31
105	FAUVEL Morgan	Thrusters & Trust issues	101. MF 93. SCALED MF	47:40	05:58 03:59	03:51 04:02	03:44 04:00	06:46 04:12	05:28 04:06	01:34
106. Et pourquoi pas ?!				47:43						
106	OBERWEIS Nicolas	Et pourquoi pas ?!	102. MF 94. SCALED MF	47:43	05:54 03:53	03:08 03:53	03:54 04:30	07:42 03:58	05:02 04:04	01:45
106	TRIPODI Laora	Et pourquoi pas ?!	102. MF 94. SCALED MF	47:43	05:53 03:56	03:06 03:53	03:53 04:32	07:40 04:00	05:00 04:05	01:45
107. Les MALO cakes				47:51						
107	AMANDA Cambier	Les MALO cakes	103. MF 95. SCALED MF	47:51	06:54 03:42	03:25 03:37	04:03 04:13	07:15 03:51	05:04 04:24	01:23
107	DECOT Olivier	Les MALO cakes	103. MF 95. SCALED MF	47:50	06:53 03:44	03:26 03:35	04:04 04:12	07:17 03:49	04:52 04:34	01:24
108. 3decades				47:57						
108	BESSEMS Noortje	3decades	104. MF 96. SCALED MF	47:57	06:18 03:37	03:34 03:42	03:54 03:48	06:52 03:56	05:52 04:15	02:09

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
108	COPPIETERS Stefan	3decades	104. MF 96. SCALED MF	47:57	06:19 03:35	03:35 03:39	03:58 03:43	06:56 03:51	05:59 04:13	02:09
109. Team JJAF				47:59						
109	DE GROOTE Femke	Team JJAF	105. MF 97. SCALED MF	47:59	06:21 04:08	03:35 03:50	04:24 04:04	06:55 04:00	04:34 04:17	01:51
109	DE WILDE Joachim	Team JJAF	105. MF 97. SCALED MF	47:59	06:22 04:07	03:36 03:49	04:26 04:01	06:57 03:58	04:36 04:16	01:51
110. Super Cardio Bros				48:05						
110	GRAINDOR Maxime	Super Cardio Bros	106. MF 98. SCALED MF	48:04	06:38 03:58	03:56 03:42	03:49 04:12	06:58 03:50	05:08 04:08	01:45
110	CANIVET Christelle	Super Cardio Bros	106. MF 98. SCALED MF	48:05	06:39 03:58	03:56 03:42	03:50 04:12	06:57 03:50	05:07 04:09	01:45
111. Team 2039				48:07						
111	BEECKMANS Yentl	Team 2039	107. MF 9. Open MF	48:06	06:21 04:03	03:20 03:59		06:55 04:34	04:25 04:49	01:36
111	MOUTON Christophe	Team 2039	107. MF 9. Open MF	48:07	06:23 04:01	03:21 03:58	03:33 04:32	06:54 04:35	04:25 04:50	01:35
112. Les Belles & Les Clochards				48:11						
112	GOBERT Cédric	Les Belles & Les Clochards	108. MF 99. SCALED MF	48:11	06:30 03:53	03:21 03:42	03:49 04:21	07:18 04:12	05:06 04:16	01:43
112	DUMONT Sophie	Les Belles & Les Clochards	108. MF 99. SCALED MF	48:11	06:31 03:50	03:19 03:42	03:53 04:22	07:13 04:15	05:05 04:18	01:43
113. Flight crew				48:14						
113	PARELLO Maxime	Flight crew	109. MF 100. SCALED MF	48:13	06:25 03:52	03:08 04:00	03:34 04:25	07:40 04:01	05:29 04:15	01:24
113	MARCHESI Luna	Flight crew	109. MF 100. SCALED MF	48:14	06:26 03:53	03:07 04:01	03:35 04:23	07:41 04:01	05:27 04:17	01:23
114. Babel				48:17						
114	FERON Cindy	Babel	110. MF 101. SCALED MF	48:17	06:29 04:08	03:16 04:10	03:35 04:38	06:59 04:37	04:45 04:16	01:24

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
114	NGUYEN Tri-An	Babel	110. MF 101. SCALED MF	48:17	06:29 04:03	03:20 04:08	03:38 04:35	07:01 04:37	04:46 04:14	01:26
115. No no Jose				48:19						
115	RASCHELLÀ Stéfanie	No no Jose	111. MF 102. SCALED MF	48:14	05:58 03:52	03:29 03:50	04:13 04:05	06:55 04:02	05:38 04:23	01:49
115	PAQUOT Olivier	No no Jose	111. MF 102. SCALED MF	48:19	06:02 03:52	03:29 03:50	04:12 04:05	06:57 04:00	05:40 04:23	01:49
116. The Commic Four				48:20						
116	GEUSENS Pieter	The Commic Four	112. MF 103. SCALED MF	48:20	06:32 03:36	03:14 03:48	03:32 03:45	07:19 04:29	05:35 04:40	01:50
116	PARIS Romina	The Commic Four	112. MF 103. SCALED MF	48:19	06:31 03:37	03:13 03:50	03:30 03:48	07:17 04:30	05:34 04:40	01:49
117. Les Miel Pops ?				48:24						
117	JACQUET Clémentine	Les Miel Pops ?	113. MF 104. SCALED MF	48:24	06:28 03:41	03:27 03:38	03:30 04:06	08:26 03:55	05:21 04:23	01:29
117	JACQUET Jérôme	Les Miel Pops ?	113. MF 104. SCALED MF	48:24	06:27 03:39	03:30 03:37	03:31 04:04	08:28 03:54	05:21 04:17	01:36
118. QuadSquad				48:53						
118	MACHIELS Laura	QuadSquad	114. MF 105. SCALED MF	48:52	05:51 03:42	03:27 03:43	05:01 04:18	06:58 04:45	04:23 05:07	01:37
118	GILLEMOT Stijn	QuadSquad	114. MF 105. SCALED MF	48:53	05:51 03:42	03:27 03:43	05:01 04:20	06:55 04:45	04:23 05:07	01:39
119. The 8PM Club				48:56						
119	VULPE Elena	The 8PM Club	115. MF 106. SCALED MF	48:56	06:56 03:49	03:44 03:44	03:57 03:55	08:12 03:49	05:00 03:58	01:52
119	FRANCOIS Arnaud	The 8PM Club	115. MF 106. SCALED MF	48:56	06:56 03:49	03:44 03:44	03:58 03:54	08:12 03:47	05:05 03:54	01:53
120. Justice league				49:03						
120	PETROONS Cynthia	Justice league	116. MF 107. SCALED MF	49:03	05:28 03:58	03:39 04:03	03:56 04:32	06:55 04:13	05:54 04:49	01:36

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
120	CAO Diego	Justice league	116. MF 107. SCALED MF	49:03	05:28 03:57	03:40 04:02	03:57 04:30	06:57 04:12	05:55 04:49	01:36
121. Quad Squad			49:09							
121	MERCKX Katrien	Quad Squad	117. MF 108. SCALED MF	49:09	06:16 03:46	03:54 03:57	04:22 04:22	07:49 04:05	04:36 04:19	01:43
121	STOUTHUYSEN Bart	Quad Squad	117. MF 108. SCALED MF	49:09	06:16 03:45	03:54 03:57	04:21 04:23	07:50 04:05	04:37 04:14	01:47
122. Team 2035			49:11							
122	VERVOORT Sarah	Team 2035	118. MF 10. Open MF	49:11	06:43 04:06	03:52 04:05	04:31 04:30	06:04 04:29	05:02 04:38	01:11
122	KERREMANS Serge	Team 2035	118. MF 10. Open MF	49:09	06:41 04:05	03:54 04:02	04:33 04:27	06:08 04:25	05:06 04:35	01:13
123. CaSini			49:13							
123	SINI Andrea	CaSini	119. MF 109. SCALED MF	49:13	05:57 04:33	04:00 04:09	03:40 04:26	06:24 04:09	05:48 04:33	01:34
123	VANHOLLEBEKE Caroline	CaSini	119. MF 109. SCALED MF	49:12	05:56 04:35	03:58 04:10	03:40 04:26	06:24 04:09	05:48 04:34	01:32
124. Team 2092			49:16							
124	GOVAERT Mickael	Team 2092	4. MM 4. Open MM	49:16	05:42 03:38	03:36 04:01	03:49 04:22	07:36 04:25	06:18 04:19	01:30
124	SAUVIGNON Ryan	Team 2092	4. MM 4. Open MM	49:16	05:43 03:37	03:36 04:01	03:50 04:21	07:36 04:24	06:19 04:20	01:29
125. Clean ton slip			49:19							
125	LEGRAND Fiona	Clean ton slip	120. MF 110. SCALED MF	49:19	07:00 03:51	03:52 03:49	03:47 04:02	08:01 03:45	05:25 04:10	01:37
125	SCHONBRODT Pierre	Clean ton slip	120. MF 110. SCALED MF	49:18	06:59 03:50	03:53 03:47	03:48 04:04	08:00 03:45	05:26 04:09	01:37
126. Les 4 fantastiques de Charlewé			49:21							
126	CORALIE Storet	Les 4 fantastiques de Charlewé	121. MF 111. SCALED MF	49:21	05:36 03:59	03:49 04:07	04:15 04:52	06:37 04:48	04:42 05:08	01:28

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
126	CÉDRIC Seynaeve	Les 4 fantastiques de Charlewé	121. MF 111. SCALED MF	49:20	05:35 04:00	03:49 04:04	04:15 04:53	06:46 04:40	04:38 05:11	01:29
127. Team 2097				49:28						
127	BONNO Allan	Team 2097	5. MM 5. Open MM	49:28	06:51 03:55	03:21 04:10	04:02 04:11	06:58 04:11	05:56 04:27	01:26
127	MIRISOLA Loris	Team 2097	5. MM 5. Open MM	49:28	06:50 03:55	03:22 04:09	04:02 04:10	06:59 04:12	05:56 04:26	01:27
128. Snatch and the City				49:49						
128	ARROYO Jesus	Snatch and the City	122. MF 112. SCALED MF	49:49	07:10 03:43	03:15 03:43	03:57 04:05	08:04 04:01	05:24 04:25	02:02
128	CHOU Zhiruo Anita	Snatch and the City	122. MF 112. SCALED MF	49:49	07:13 03:39	03:15 03:42	03:58 04:05	08:05 03:59	05:26 04:23	02:04
129. The Beastly Badgers & The Fierce Females				49:57						
129	BILLIAUW Bianca	The Beastly Badgers & The Fierce	123. MF 113. SCALED MF	49:57	05:55 04:27	03:24 04:13	03:46 04:40	07:09 04:47	05:04 05:01	01:31
129	VERBUYST Michael	The Beastly Badgers & The Fierce	123. MF 113. SCALED MF	49:57	05:55 04:27	03:24 04:13	03:46 04:40	07:09 04:47	05:02 05:02	01:32
130. Gigi team				50:04						
130	BOUHOUT Kawtar	Gigi team	124. MF 114. SCALED MF	50:03	05:32 04:35	03:07 04:20	03:55 04:42	07:21 04:39	05:23 04:52	01:37
130	HOURTMONT Dimitri	Gigi team	124. MF 114. SCALED MF	50:04	05:31 04:24	03:20 04:17	03:58 04:37	07:26 04:36	05:24 04:49	01:42
131. Deadlift and chill				50:07						
131	BALIS Sarah	Deadlift and chill	125. MF 115. SCALED MF	50:07	06:24 04:10	03:33 04:14	03:59 05:16	06:40 04:36	04:45 05:03	01:27
131	CAO Diego	Deadlift and chill	125. MF 115. SCALED MF	50:07	06:25 04:08	03:34 04:11	04:00 05:18	06:39 04:35	04:46 05:05	01:26
132. Tall & small				50:10						
132	VAN VOLXEM Dorine	Tall & small	126. MF 116. SCALED MF	50:10	06:46 04:11	04:05 03:59	03:51 04:22	06:41 04:46	04:52 05:05	01:32

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
132	WYTINCK Tomas	Tall & small	126. MF 116. SCALED MF	50:08	06:43 04:09	04:08 03:53	03:58 04:09	07:02 04:11	05:20 04:49	01:46
133. Crossfit Hawks Nest				50:11						
133	TOUSSAINT Albane	Crossfit Hawks Nest	127. MF 117. SCALED MF	50:11	06:32 03:57	03:40 03:44	04:25 04:14	08:04 04:04	05:05 04:40	01:46
133	MATHEUX Stivy	Crossfit Hawks Nest	127. MF 117. SCALED MF	50:11	06:32 03:57	03:40 03:46	04:24 04:20	07:58 04:07	05:03 04:39	01:45
134. The Commic Four				50:14						
134	SCHEPERS Ilja	The Commic Four	128. MF 118. SCALED MF	50:14	06:34 03:47	03:39 03:47	04:37 03:58	07:27 04:20	05:30 04:37	01:58
134	DUPAS Nele	The Commic Four	128. MF 118. SCALED MF	50:14	06:34 03:48	03:38 03:47	04:37 03:57	07:29 04:20	05:30 04:37	01:57
135. Team 2016				50:14						
135	APERS Caroline	Team 2016	2. FF 2. Open FF	50:14	07:48 04:25	03:38 03:55	03:47 04:01	07:50 04:07	03:48 04:28	02:27
135	CRIEL Margaux	Team 2016	2. FF 2. Open FF	50:14	07:48 04:23	03:40 03:54	03:49 04:00	07:49 04:08	03:48 04:27	02:28
136. The Fantastic Four				50:16						
136	BEN MOHAMED Younes	The Fantastic Four	129. MF 119. SCALED MF	50:16	06:34 03:44	03:12 03:55	03:52 04:34	08:33 04:12	05:20 04:31	01:49
136	VAN DEN EEDE Charlotte	The Fantastic Four	129. MF 119. SCALED MF	50:16	06:33 03:45	03:12 03:54	03:53 04:32	08:35 04:12	05:20 04:30	01:50
137. Babel				50:39						
137	CHARLIER Aurélie	Babel	130. MF 120. SCALED MF	50:38	06:13 04:25	03:50 04:30	04:28 04:11	07:04 04:35	05:04 04:32	01:46
137	PAPADOPOULOS Terry	Babel	130. MF 120. SCALED MF	50:39	06:14 04:24	03:51 04:30	04:28 04:09	07:06 04:34	05:07 04:31	01:45
138. Team 2028				50:41						
138	TCHALTSEV Anton	Team 2028	131. MF 11. Open MF	50:41	07:10 03:49	03:13 04:02	03:57 04:44	07:52 04:14	05:00 05:31	01:09

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
138	DELODDERE Laury	Team 2028	131. MF 11. Open MF	50:40	07:10 03:50	03:12 04:02	03:57 04:45	07:51 04:14	05:00 05:30	01:09
139.	Darkland family			50:44						
139	SOUVATZIS Melina	Darkland family	132. MF 121. SCALED MF	50:44	06:59 03:42	03:32 03:43	03:42 03:49	08:52 04:01	05:23 04:47	02:14
139	MANIET Romain	Darkland family	132. MF 121. SCALED MF	50:43	06:59 03:49	03:25 03:43	03:42 03:49	08:51 04:02	05:23 04:47	02:13
140.	C'était Pas Prévu			50:56						
140	BRUGHMANS Kevin	C'était Pas Prévu	133. MF 122. SCALED MF	50:56	05:51 04:18	03:33 04:17	04:13 04:44	07:13 04:24	05:22 04:55	02:06
140	SUTERA Allison	C'était Pas Prévu	133. MF 122. SCALED MF	50:56	05:51 04:20	03:32 04:17	04:12 04:46	07:11 04:26	05:21 04:55	02:05
141.	Crossfit Hawks Nest			51:02						
141	SPERANZA Atilio	Crossfit Hawks Nest	134. MF 123. SCALED MF	51:01	06:05 04:09	03:30 04:04	04:10 05:05	06:32 05:06	05:14 05:34	01:32
141	DE PAOLA Laura	Crossfit Hawks Nest	134. MF 123. SCALED MF	51:02	06:05 04:11	03:29 04:05	04:09 05:08	06:30 05:14	05:06 05:34	01:31
142.	Team 2090			51:14						
142	BERTRAND Christophe	Team 2090	6. MM 6. Open MM	51:14	05:33 03:43	04:20 03:59	05:37 04:16	07:33 04:11	05:51 04:21	01:50
142	FRANC Jean-François	Team 2090	6. MM 6. Open MM	51:13	05:32 03:46	04:18 04:00	05:35 04:17	07:32 04:12	05:52 04:21	01:48
143.	HESBY'S COPS			51:17						
143	STEUKERS Manon	HESBY'S COPS	135. MF 124. SCALED MF	51:17	06:23 03:59	04:24 04:03	04:39 04:18	07:14 04:18	05:31 04:41	01:47
143	JOINE Xavier	HESBY'S COPS	135. MF 124. SCALED MF	51:17	06:23 03:57	04:25 04:03	04:39 04:17	07:15 04:16	05:33 04:43	01:46
144.	CROSSFIT ON THE ROAD			51:21						
144	COSTERMANS Lien	CROSSFIT ON THE ROAD	136. MF 125. SCALED MF	51:21	05:57 04:27	03:25 04:30	04:10 05:05	07:28 04:29	04:59 05:21	01:30

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
144	CHEVALIER Dorian	CROSSFIT ON THE ROAD	136. MF 125. SCALED MF	51:16	05:56 04:24	03:28 04:24	04:17 04:56	07:35 04:27	05:02 05:08	01:39
145. Snatch and the City			51:23							
145	HAYES Jason	Snatch and the City	137. MF 126. SCALED MF	51:22	07:23 03:53	03:48 03:47	04:16 04:07	08:24 03:54	05:40 04:35	01:35
145	KOLM Gabrielle	Snatch and the City	137. MF 126. SCALED MF	51:23	07:24 03:54	03:47 03:48	04:13 04:10	08:21 03:53	05:39 04:39	01:35
146. Zero reps given			51:31							
146	FRANCZAK Dagmara	Zero reps given	138. MF 127. SCALED MF	51:31	06:15 03:44	03:51 03:56	04:56 04:31	08:18 03:51	06:02 04:26	01:41
146	POLLET Mathieu	Zero reps given	138. MF 127. SCALED MF	51:30	06:15 03:44	03:51 03:56	05:02 04:31	08:12 03:57	05:56 04:33	01:33
147. Team 2012			51:38							
147	NORMAND Justine	Team 2012	3. FF 3. Open FF	51:37	06:52 04:16	03:42 04:12	04:34 04:42	07:39 04:21	04:10 05:02	02:07
147	CAULIER Katherine	Team 2012	3. FF 3. Open FF	51:38	06:53 04:14	03:44 04:05	04:37 04:44	07:40 04:16	04:14 04:57	02:14
148. Team 2019			51:49							
148	ASSELBERGH Emmanuelle	Team 2019	4. FF 4. Open FF	51:49	06:46 04:22	03:16 04:27	03:58 04:41	07:57 04:35	04:03 05:43	02:01
148	SABRINA Baeyens	Team 2019	4. FF 4. Open FF	51:49	06:45 04:31	03:10 04:34	03:50 05:08	07:32 04:39	03:55 05:42	02:03
149. Les petits dinos			51:53							
149	COQUETTE Elise	Les petits dinos	139. MF 128. SCALED MF	51:53	06:15 04:50	03:50 04:21	04:47 04:35	07:19 04:25	05:07 04:47	01:37
149	TERRY Parent	Les petits dinos	139. MF 128. SCALED MF	51:53	06:16 04:46	03:54 04:17	04:48 04:33	07:22 04:24	05:10 04:45	01:38
150. Les copains d'abord			51:53							
150	CHAINEUX Véréna	Les copains d'abord	140. MF 129. SCALED MF	51:53	07:22 04:54	03:51 03:59	03:58 04:22	07:19 04:07	05:45 04:25	01:51

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
150	GUERRINI Sébastien	Les copains d'abord	140. MF 129. SCALED MF	51:52	07:22 04:52	03:53 03:55	04:01 04:21	07:20 04:07	05:45 04:26	01:50
151. Rock Revolution			52:12							
151	OLLIVIER Hervé	Rock Revolution	141. MF 130. SCALED MF	52:11	06:20 04:18	03:45 04:10	04:26 04:16	08:18 04:38	05:30 04:53	01:37
151	VAIGAUŠKAITE Dovile	Rock Revolution	141. MF 130. SCALED MF	52:12	06:20 04:18	03:45 04:09	04:27 04:15	08:20 04:38	05:29 04:54	01:37
152. Les MALO cakes			52:14							
152	JONATHAN Rasia	Les MALO cakes	142. MF 131. SCALED MF	52:13	06:53 03:47	04:09 04:08	04:59 04:15	07:26 04:18	05:34 04:53	01:51
152	OPFERGELD Stéphanie	Les MALO cakes	142. MF 131. SCALED MF	52:14	06:55 03:45	04:09 04:07	05:00 04:14	07:34 04:09	05:37 04:51	01:53
153. Team 2015			52:24							
153	SMITS Catherine	Team 2015	5. FF 5. Open FF	52:24	06:23 04:42	03:40 04:15	04:47 04:48	07:31 04:52	04:27 05:23	01:36
153	VANDEBOSSCHE Ellen	Team 2015	5. FF 5. Open FF	52:22	06:23 04:41	03:40 04:16	04:47 04:45	07:34 04:52	04:29 05:21	01:34
154. 3decades			52:26							
154	CALLEBAUT Pascal	3decades	143. MF 132. SCALED MF	52:26	06:16 04:31	03:35 04:16	04:19 04:36	07:44 04:38	05:44 04:51	01:56
154	DE NEEF Jolijn	3decades	143. MF 132. SCALED MF	52:26	06:16 04:32	03:33 04:14	04:22 04:33	07:46 04:37	05:41 04:55	01:57
155. De Daltons			52:31							
155	DE BOCK Steven	De Daltons	144. MF 133. SCALED MF	52:20	05:14 04:24	03:37 05:03	04:26 05:42	06:15 05:29	05:07 05:36	01:27
155	NOËL Sarah	De Daltons	144. MF 133. SCALED MF	52:31	05:15 04:24	03:36 05:04	04:26 05:44	06:13 05:30	05:05 05:39	01:35
156. Les pistachiooo			52:33							
156	ABEELS Julie	Les pistachiooo	145. MF 134. SCALED MF	52:33	06:25 04:29	04:06 04:13	04:25 04:18	07:19 04:23	06:02 04:52	02:01

Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
156	DI PAOLA Alessandro	Les pistachiooo	145. MF 134. SCALED MF	52:33	06:25 04:29	04:05 04:15	04:25 04:18	07:18 04:25	06:01 04:46	02:06
157. The inglorious snatchers				52:49						
157	D'APRILE Natsuko	The inglorious snatchers	146. MF 135. SCALED MF	52:48	06:12 04:17	03:36 04:24	04:32 04:51	07:53 04:31	05:48 04:56	01:48
157	MISSOUNI Sofiane	The inglorious snatchers	146. MF 135. SCALED MF	52:49	06:14 04:17	03:36 04:26	04:31 04:53	07:51 04:30	05:50 04:54	01:47
158. CrossFit Lokeren Scaled				52:56						
158	WALRAVE Kimberly	CrossFit Lokeren Scaled	147. MF 136. SCALED MF	52:56	07:00 03:47	03:40 03:41	04:42 04:17	07:55 05:12	05:47 04:51	02:04
158	VAN NESTE Sven	CrossFit Lokeren Scaled	147. MF 136. SCALED MF	52:56	06:58 03:48	03:39 03:41	04:43 04:21	07:47 05:15	05:48 04:49	02:07
159. Chicken Squat				53:04						
159	DUCOEUR Patrick	Chicken Squat	148. MF 137. SCALED MF	53:04	06:30 04:24	03:37 04:19	04:30 04:22	08:24 04:17	06:09 04:51	01:41
159	DOGIMONT Elodie	Chicken Squat	148. MF 137. SCALED MF	53:03	06:30 04:25	03:35 04:23	04:27 04:23	08:22 04:21	06:07 04:51	01:39
160. Pas de pitié pour les croissants				53:25						
160	JESSICA Verardo	Pas de pitié pour les croissants	149. MF 138. SCALED MF	53:25	07:03 03:42	04:13 04:10	04:14 04:26	08:25 04:10	06:18 04:56	01:48
160	BAYET Bruno	Pas de pitié pour les croissants	149. MF 138. SCALED MF	53:25	07:03 03:18	04:37 04:11	04:12 04:27	08:26 04:06	06:22 04:52	01:51
161. Les pistachiooo				53:29						
161	MASSARD Nicolas	Les pistachiooo	150. MF 139. SCALED MF	53:29	06:05 03:54	03:40 04:22	05:02 04:58	07:51 04:31	06:28 04:55	01:43
161	BRAMS Katia	Les pistachiooo	150. MF 139. SCALED MF	53:29	06:03 03:57	03:40 04:22	05:01 05:00	07:51 04:31	06:27 04:51	01:46
162. Strong crickets				53:32						
162	BOGAERTS Prescillia	Strong crickets	151. MF 140. SCALED MF	53:31	06:50 04:14	04:04 04:08	04:31 04:24	07:34 04:20	06:18 04:53	02:15

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
162	DELPLACE Quentin	Strong crickets	151. MF 140. SCALED MF	53:32	06:50 04:15	04:04 04:07	04:32 04:23	07:35 04:20	06:18 04:52	02:16
163. Premier envol			53:54							
163	NOTARRIGO Benny	Premier envol	152. MF 141. SCALED MF	53:53	07:10 03:57	03:52 04:06	04:48 05:05	07:56 04:56	05:27 04:50	01:46
163	LAISNEZ Valentine	Premier envol	152. MF 141. SCALED MF	53:54	07:12 03:55	03:53 04:05	04:51 05:02	07:55 04:56	05:36 04:40	01:49
164. Team 2013			53:54							
164	MOUADEN Yasmine	Team 2013	6. FF 6. Open FF	53:54	07:09 05:03	03:50 04:15	04:38 04:41	08:39 04:21	04:47 04:38	01:53
164	MOËS Noémie	Team 2013	6. FF 6. Open FF	53:54	07:09 05:03	03:50 04:15	04:38 04:41	08:39 04:22	04:46 04:37	01:54
165. Darkland family			53:57							
165	PIETRONS Stéphanie	Darkland family	153. MF 142. SCALED MF	53:57	06:14 05:00	03:35 04:52	04:26 05:12	07:39 04:46	05:19 05:14	01:40
165	ALYSTER Peeters	Darkland family	153. MF 142. SCALED MF	53:57	06:14 04:56	03:39 04:51	04:26 05:12	07:40 04:46	05:23 05:09	01:41
166. Team 2032			53:58							
166	VERVLOET Gregory	Team 2032	154. MF 12. Open MF	53:58	06:32 04:42	03:28 04:38	04:32 05:14	07:25 04:58	05:39 05:35	01:15
166	MENCIA BLANCO Nadia	Team 2032	154. MF 12. Open MF	53:57	06:32 04:43	03:28 04:43	04:26 05:18	07:21 05:00	05:38 05:36	01:12
167. Wodzilla			54:03							
167	MAES Pascal	Wodzilla	155. MF 143. SCALED MF	54:03	06:12 04:16	04:11 05:50	05:11 04:30	07:41 03:28	06:50 04:04	01:50
167	MORELLI Marika	Wodzilla	155. MF 143. SCALED MF	54:02	06:10 04:12	04:14 05:13	05:26 04:56	07:15 03:54	06:20 04:34	01:48
168. Flight crew			54:04							
168	RAMBOUX Elouan	Flight crew	156. MF 144. SCALED MF	54:03	06:39 03:41	03:31 04:17	04:23 04:41	07:51 06:15	05:44 04:34	02:27

Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
168	STALON Camille	Flight crew	156. MF 144. SCALED MF	54:04	06:40 03:43	03:29 04:16	04:25 04:40	07:50 06:15	05:45 04:38	02:23
169.	Les 4 fantastiques de Charlewé			54:51						
169	FEKRIQUI Assiya	Les 4 fantastiques de Charlewé	157. MF 145. SCALED MF	54:51	05:53 04:51	03:24 05:05	04:40 05:10	07:47 05:02	05:25 05:42	01:52
169	DUMONT Lucas	Les 4 fantastiques de Charlewé	157. MF 145. SCALED MF	54:50	05:53 04:45	03:26 05:02	04:47 05:05	07:51 04:54	05:30 05:38	01:59
170.	CROSSFIT NIVELLES (1) SCALED			54:52						
170	TRICOT Nicolas	CROSSFIT NIVELLES (1) SCALED	158. MF 146. SCALED MF	54:52	06:08 04:40	04:13 04:39	04:57 04:40	07:43 04:48	06:09 05:06	01:49
170	PROCOPIO Concetta	CROSSFIT NIVELLES (1) SCALED	158. MF 146. SCALED MF	54:52	06:08 04:41	04:12 04:43	04:53 04:43	07:41 04:50	06:05 05:06	01:50
171.	On mange après ?			54:57						
171	SCHILDERMANS Chloé	On mange après ?	159. MF 147. SCALED MF	54:57	07:24 03:53	03:29 04:00	04:32 04:36	08:24 05:31	05:44 05:46	01:38
171	SCHILDERMANS Sacha	On mange après ?	159. MF 147. SCALED MF	54:57	07:23 03:54	03:28 04:00	04:34 04:35	08:24 05:32	05:45 05:42	01:40
172.	Calm your tits			55:04						
172	MICHAUX Audrey	Calm your tits	160. MF 148. SCALED MF	55:04	07:13 04:38	04:07 04:27	04:49 04:41	07:49 04:39	05:44 05:02	01:55
172	BEN HADDOU Mohamed	Calm your tits	160. MF 148. SCALED MF	55:04	07:13 04:40	04:06 04:25	04:52 04:38	07:50 04:40	05:43 05:04	01:53
173.	Calm your tits			55:06						
173	BEGHIN Charlotte	Calm your tits	161. MF 149. SCALED MF	55:06	06:27 04:28	04:04 04:53	04:43 04:57	08:08 04:44	05:35 05:21	01:46
173	H BAKKALI Adel	Calm your tits	161. MF 149. SCALED MF	55:05	06:27 04:27	04:04 04:53	04:43 04:56	08:10 04:39	05:40 05:20	01:46
174.	Team 2094			55:08						
174	LABACHE Kevin	Team 2094	7. MM 7. Open MM	55:07	06:54 03:57	04:19 04:23	04:44 04:36	09:16 04:12	06:11 04:30	02:05

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
174	DARDENNE Jérôme	Team 2094	7. MM 7. Open MM	55:08	06:54 03:59	04:17 04:25	04:42 04:37	09:15 04:13	06:11 04:31	02:04
175. Tall & small			55:37							
175	VAN HYFTE Katrien	Tall & small	162. MF 150. SCALED MF	55:37	06:36 04:25	03:58 04:44	05:24 04:53	07:38 04:55	05:47 05:30	01:47
175	BAELE Thomas	Tall & small	162. MF 150. SCALED MF	55:37	06:36 04:24	03:57 04:46	05:23 04:42	07:50 04:44	05:59 05:30	01:46
176. Premier envol			55:40							
176	MONOYER Olivier	Premier envol	163. MF 151. SCALED MF	55:40	06:04 04:23	04:17 04:24	04:37 05:09	07:02 05:15	06:59 05:44	01:46
176	BOUDRY Barbara	Premier envol	163. MF 151. SCALED MF	55:39	06:02 04:24	04:18 04:24	04:38 05:09	07:00 05:18	06:57 05:43	01:46
177. Workzoners			55:59							
177	MASSILLON Thomas	Workzoners	164. MF 152. SCALED MF	55:55	06:16 04:54	03:54 04:34	04:26 05:42	07:06 05:52	05:59 05:30	01:42
177	JANSSENS Oriana	Workzoners	164. MF 152. SCALED MF	55:59	06:16 04:54	03:54 04:32	04:30 05:41	07:05 05:56	05:56 05:32	01:43
178. Team 2026			56:09							
178	ROBERT Niel	Team 2026	165. MF 13. Open MF	56:09	06:20 04:47	04:18 04:39	05:18 04:57	08:04 04:27	06:33 05:04	01:42
178	GONAY Laetitia	Team 2026	165. MF 13. Open MF	56:08	06:21 04:44	04:19 04:39	05:19 04:58	08:01 04:28	06:34 05:05	01:40
179. Zero reps given			56:22							
179	BURKE Jenna	Zero reps given	166. MF 153. SCALED MF	56:22	06:57 04:41	04:15 04:29	05:38 04:55	08:00 04:40	05:55 04:55	01:57
179	GERALDES Joao	Zero reps given	166. MF 153. SCALED MF	56:22	06:57 04:37	04:17 04:29	05:36 04:56	08:00 04:41	05:54 04:48	02:07
180. Clean ton slip			56:36							
180	GUSTOT Valentine	Clean ton slip	167. MF 154. SCALED MF	56:36	07:16 04:14	04:01 04:23	05:10 04:54	09:03 04:59	05:44 04:56	01:56

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
180	ABDELLATIF Kelil	Clean ton slip	167. MF 154. SCALED MF	56:35	07:16 04:12	04:02 04:22	05:12 04:54	09:03 04:58	05:44 04:57	01:55
181. C'était Pas Prévu			56:51							
181	VIGNEAUX Michael	C'était Pas Prévu	168. MF 155. SCALED MF	56:51	06:50 05:19	03:57 05:05	04:26 05:23	07:13 05:19	05:37 05:43	01:59
181	LAMINE Laurie	C'était Pas Prévu	168. MF 155. SCALED MF	56:50	06:50 05:21	03:56 05:06	04:22 05:28	07:05 05:26	05:30 05:53	01:53
182. Team 2099			56:56							
182	VAN VAERENBERG Sven	Team 2099	8. MM 8. Open MM	56:56	05:40 04:06	04:04 03:43	06:20 05:52	07:39 05:33	05:55 06:24	01:40
182	RUFFONI Emmanuel	Team 2099	8. MM 8. Open MM	56:56	05:40 04:09	04:01 04:50	05:15 05:51	07:38 05:33	05:55 06:24	01:40
183. The Fab Four			57:10							
183	VAN RANSBEECK Jelle	The Fab Four	169. MF 156. SCALED MF	57:10	06:06 04:31	04:03 05:02	05:17 05:10	08:02 05:27	06:09 05:25	01:58
183	VANDERRIJST Yana	The Fab Four	169. MF 156. SCALED MF	57:09	06:05 04:34	04:00 05:04	05:07 05:24	07:57 05:28	05:58 05:39	01:53
184. Team 2037			57:12							
184	VAN DEN BOSSCHE Sarah	Team 2037	170. MF 14. Open MF	57:12	06:04 04:48	04:16 05:03	05:52 05:29	07:21 05:02	06:20 05:17	01:40
184	VANDEPUT Dwight	Team 2037	170. MF 14. Open MF	57:12	06:05 04:45	04:17 05:01	05:55 05:28	07:21 05:01	06:23 05:16	01:40
185. Team 2040			57:21							
185	FLORIANI Marine	Team 2040	171. MF 15. Open MF	57:21	06:40 04:30	03:35 05:03	04:20 05:56	07:27 05:45	07:27 05:01	01:37
185	JANSSENS Romain	Team 2040	171. MF 15. Open MF	57:20	06:40 04:30	03:36 05:00	04:21 05:55	07:36 05:36	07:30 05:07	01:29
186. Los potatoes			57:47							
186	TERRITO Gaëlle	Los potatoes	172. MF 157. SCALED MF	57:47	06:56 05:17	03:48 04:44	04:35 05:02	09:24 04:41	06:14 05:21	01:45

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
186	LA ROCCA Sylvain	Los potatoes	172. MF 157. SCALED MF	57:47	06:56 05:17	03:48 04:46	04:36 05:01	09:25 04:35	06:18 05:20	01:45
187. Les Aiglons d'Heliaca				58:22						
187	EEMBEEK Chritophe	Les Aiglons d'Heliaca	173. MF 158. SCALED MF	58:22	05:44 04:39	03:49 05:15	04:35 06:12	07:51 05:58	05:59 06:36	01:44
187	AUBERT Morgane	Les Aiglons d'Heliaca	173. MF 158. SCALED MF	58:22	05:42 04:41	03:49 05:15	04:34 06:12	07:51 05:57	06:01 06:38	01:42
188. Team 2009				59:28						
188	HIRSCH Katharina	Team 2009	7. FF 7. Open FF	59:27	07:57 07:12	04:30 04:12	04:55 06:46	07:06 03:48	05:44 04:52	02:25
188	EHLER Jasmin	Team 2009	7. FF 7. Open FF	59:28	07:58 07:16	04:26 04:12	04:54 06:50	07:09 03:44	05:56 04:39	02:24
189. Team Rocket				1:00:21						
189	LAURENCE Gommé	Team Rocket	174. MF 159. SCALED MF	1:00:20	07:02 04:57	04:07 04:59	05:41 06:03	08:46 05:14	05:57 05:42	01:52
189	LALOUX Maxime	Team Rocket	174. MF 159. SCALED MF	1:00:21	07:03 04:57	04:08 04:58	05:41 06:04	08:46 05:14	05:53 05:43	01:54
190. Team 2038				1:00:26						
190	ZAYAS François	Team 2038	175. MF 16. Open MF	1:00:25	08:38 04:02	04:22 04:14	05:48 04:43	09:48 03:28	07:34 04:06	03:42
190	MEERTS Jessica	Team 2038	175. MF 16. Open MF	1:00:26	08:37 04:52	03:37 04:49	05:10 05:38	08:56 05:10	06:02 06:24	01:11
191. Team 2031				1:00:37						
191	MARCQ Florence	Team 2031	176. MF 17. Open MF	1:00:37	08:41 04:49	03:40 06:07	04:20 05:36	08:59 05:23	05:08 06:33	01:21
191	VAN AUBEL Florian	Team 2031	176. MF 17. Open MF	1:00:37	08:41 04:48	03:41 05:25	05:01 05:36	09:00 05:21	05:10 06:28	01:26
192. Les copains d'abord				1:00:42						
192	GRANIER Caroline	Les copains d'abord	177. MF 160. SCALED MF	1:00:42	06:07 06:33	04:24 05:09	04:33 05:37	08:58 05:28	06:21 05:49	01:43

The Race 2025

Classement général



Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
192	CAZZELLA Michele	Les copains d'abord	177. MF 160. SCALED MF	1:00:41	06:05 06:30	04:25 05:09	04:34 05:38	08:43 05:42	06:18 05:49	01:48
193. Los potatoes				1:01:00						
193	CASTRONOVO Anne-Lise	Los potatoes	178. MF 161. SCALED MF	1:01:00	06:19 04:46	03:56 05:30	05:30 05:47	09:20 05:40	06:29 05:41	02:02
193	VINCENT Grisendi	Los potatoes	178. MF 161. SCALED MF	1:01:00	06:18 04:52	03:50 05:32	05:33 05:50	09:13 05:40	06:29 05:46	01:57
194. HESBY'S COPS				1:01:19						
194	MAHY Amélie	HESBY'S COPS	179. MF 162. SCALED MF	1:01:19	07:23 04:07	04:19 04:49	05:05 05:45	09:53 05:34	06:42 05:49	01:53
194	FOURNAUX Allan	HESBY'S COPS	179. MF 162. SCALED MF	1:01:19	07:23 04:10	04:17 04:52	05:03 05:45	09:52 05:34	06:40 05:50	01:53
195. Deadlift and chill				1:02:04						
195	MASSART Quentin	Deadlift and chill	180. MF 163. SCALED MF	1:02:04	08:00 04:58	04:18 04:28	05:52 04:03	10:38 03:35	08:52 05:32	01:48
195	ANNESSENS Nathalie	Deadlift and chill	180. MF 163. SCALED MF	1:02:04	08:05 05:02	04:11 05:06	05:16 05:44	08:56 05:20	07:06 05:45	01:33
196. CrossFit Lokeren Scaled				1:03:04						
196	VERVAET Evelien	CrossFit Lokeren Scaled	181. MF 164. SCALED MF	1:03:04	06:57 05:37	04:08 06:26	04:39 06:14	08:27 06:25	05:54 06:33	01:44
196	VAN NIEULANDE Dwight	CrossFit Lokeren Scaled	181. MF 164. SCALED MF	1:03:03	06:54 05:36	04:09 06:27	04:40 06:12	08:28 06:24	05:56 06:32	01:45
197. Team 2011				1:03:35						
197	GOS Tiffanie	Team 2011	8. FF 8. Open FF	1:03:35	08:24 05:19	04:08 05:19	04:44 06:15	09:51 05:47	04:59 06:24	02:25
197	BARRÉ Pauline	Team 2011	8. FF 8. Open FF	1:03:34	08:24 05:19	04:07 05:19	04:42 06:17	09:52 05:46	05:00 06:22	02:26
198. Team 2017				1:07:05						
198	DEMOLDER Megan	Team 2017	9. FF 9. Open FF	1:07:05	08:25 05:22	04:33 05:40	06:33 05:55	10:38 05:28	05:42 06:14	02:35

Ran	Nom Prénom	Club	MF Cat.	Temp	RowEr Run1	Hybrid Run2	Burpee Run3	Bike Run4	Steps Run5	Sanbag
198	DEMOLDER Wendy	Team 2017	9. FF 9. Open FF	1:07:04	08:25 05:22	04:33 05:41	06:34 05:54	10:37 05:30	05:41 06:13	02:34

Nombre d'inscrits: 396