CROSS A.C.LEBBEKE 2015-2016 - stand na 10 wedstrijden

[1] Gent CC- Relays (25.10.2015) [2] Mol CC (01.11.2015) [3] Opwijk (OPW) (08.11.15) [4] Wichelen (22.11.15) [5] Roeselare CC (29.11.15) [6] Kruiningen (05.12.15) [7] Brussel CC (20.12.15) [8] Ertvelde (27.12.15) [9] Grimbergen (04.01.16) [10] Hamme (10.01.16) [11] Bornem + Hannuit CC (24.01.16) [12] Wichelen P.K. (op 200 punten; 07.02.16) [13] Rotselaar (14.02.16) CC + VAL-Kampioenschap (op 200 punten) [14] Lebbeke (28.02.16) [15] Opwijk (VAC) (05.03.16) [16] Dour CC + BK Masters (op 250 punten) [17.] Wachtebeke: CC + B.K.(Op 250 punten; 13.03.16)

Meisjes- benjamins 2007-2008

	[1] [10}	[2] [11]	[3] [12]	[4] [13]	[5] [14]	[6] [15]	[7] [16]	[8] [17]	[9] **Tot**
1. Zina LOOVERIE (07)	71,02 89,00	102,27	---	83,50	---	72,15	143,04	62,45	93,94 **722,37**
2. Ruth VAN WEVERBERGH (08)	71,02 27,05	---	41,76	60,40	---	100,00	87,35	---	67,97 **455,56**
3. Dieuwke VAN CAMPENHOUT (08)	71,02 16,63	---	53,41	---	---	---	---	---	50,50 **191,57**
4. Kato VAN DAMME (07)	--- 70,67	---	---	58,75	---	---	---	---	--- **129,42**
5. Nora VEREECKEN (07)	27,67 15,67	---	25,75	05,13	---	---	20,06	---	17,16 **111,43**
6. Stella DE BLENDE (07)	--- ---	---	69,06	---	---	---	---	---	--- **069,06**
7. Ella GALLE (07)	--- ---	---	50,50	17,50	---	---	---	---	--- **068,00**

Meisjes- pupillen 2005-2006

	[1] [10}	[2] [11]	[3] [12]	[4] [13]	[5] [14]	[6] [15]	[7] [16]	[8] [17]	[9] **Tot**
1. Rhune VANROOSE (05)	93,03 96,33	120,30	100,00	93,17	121,13	91,75	144,14	---	(85,51) **859,85**
2. Hannelore HEYMANS (05)	83,27 70,67	105,45	46,38	65,86	----	83,50	---	59,59	--- **514,71**
3. Sara VERCAUTER (05)	93,03 92,67	---	95,88	96,59	---	---	130,46	---	--- **508,62**
4. Zina HENDRICKX (06)	23,31 67,00	47,91	56,00	57,57	---	---	89,43	79,69	--- **420,91**
5. Lotte VAN WEMMEL (05)	83,27 37,67	---	67,00	41,97	---	---	112,88	---	68,61 **411,38**
6. Emma MUYSHONDT (06)	--- 13,38	75,75	45,00	43,43	75,75	100,00	---	---	56,32 **409,63**
7. Ella HEYVAERT (05)	83,27 ---	---	58,75	---	---	75,25	95,29	---	--- **312,56**
8. Louise VAN DER PERRE (05)	--- ---	46,05	54,63	35,14	---	---	101,15	---	--- **236,96**
9. Nienke VAN CAMPENHOUT (05)	30,28 15,67	---	29,88	18,07	30,38	---	---	---	61,37 **185,63**
10. Ine VAN DAMME (05)	93,03 ---	---	75,25	---	---	---	---	---	--- **168,28**
11. Paulien LECOUTERE (05)	23,31 ---	---	13,38	11,24	---	---	---	---	20,32 **068,24**
12. Nona HEYVAERT (05)	23,31 ---	---	21,63	---	---	---	---	---	--- **044,93**
13. Luna VONCK (06)	30,28 ---	---	---	---	---	---	---	---	--- **030,28**
13. Jante RECOUR (06)	30,28 ---	---	---	---	---	---	---	---	--- **030,2**
15. Shanti VANNIEUWENHUYZE (05)	--- ---	09,25	---	---	---	---	---	---	--- **009,25**

Meisjes- miniemen 2003-2004

	[1] [10}	[2] [11]	[3] [12]	[4] [13]	[5] [14]	[6] [15]	[7] [16]	[8] [17]	[9] **Tot**
1. Noor QUINTELIER (04)	64,99 69,87	87,73	87,63	78,48	---	92,38	---	---	91,26 **572,34**
2. Madeleine RAEMDONCK (04)	64,99 ---	---	75,25	44,04	---	77,15	69,66	75,25	--- **406,35**
3. Hanne VAN WEVERBERG (04)	64,99 61,26	---	---	---	---	69,54	81,84	---	56,32 **333,95**
4. Emma D'HOLLANDER (03)	68,61 75,25	---	---	71,13	---	---	---	---	31,00 **245;98**
5. Lise DE VIS (03)	68,61 ---	---	---	---	---	---	---	32,68	--- **101,29**
6. Nona ENGELAAR (04)	19,52 01,00	---	31,94	13,91	---	---	28,28	---	--- **094,65**
7. Marice DE WOLF (03)	68,61 ---	---	---	---	---	---	---	---	--- **068,61**
8. Kim VERMEIR (04)	--- ---	---	50,50	---	---	---	---	---	--- **050,50**
9. Janne FOUCART (04)	--- 26,83	---	---	---	---	---	---	---	--- **026,83**
10. Jilke VAN DE VELDE (04)	--- ---	---	---	18,22	---	---	---	---	--- **018,22**
11. Lotte VERTOMMEN (04)	05,83 ---	---	---	---	---	---	---	---	--- **005,83**
11. Céleste ROBERT (03)	05,83 ---	---	---	---	---	---	---	---	--- **005,83**
11. Astrid ROBERT (03)	05,83 ---	---	---	---	---	---	---	---	--- **005,83**
14. Laura DE BOLLE (03)	--- ---	---	---	---	---	---	---	---	04,00 **004,00**

Meisjes- kadetten 2001-2002

	[1] [10}	[2] [11]	[3] [12]	[4] [13]	[5] [14]	[6] [15]	[7] [16]	[8] [17]	[9] **Tot**
1. Florence VAN LAETHEM (01)	68,50 78,79	---	87,63	84,16	---	---	---	82,53	93,81 **495,41**
2. Laura STUYCK (01)	68,50 ---	72,21	---	---	85,20	---	---	---	71,13 **297,04**
3. Femke SMET (02)	--- 15,14	---	19,56	28,72	---	---	---	---	25,75 **089,18**
4. Britt ROELANDT (02)	68,50 ---	---	---	---	---	---	---	---	--- **068,50**

Meisjes- scholieren 1999-2000

	[1] [10}	[2] [11]	[3] [12]	[4] [13]	[5] [14]	[6] [15]	[7] [16]	[8] [17]	[9] **Tot**
1. Emma VANNIEUWENHUYZE (00)	34,75 29,29	17,55	---	---	---	---	---	29,29	37,47 **148,35**
2. Lies QUINTELIER (99)	27,52 ---	---	17,50	---	---	---	---	---	--- **045,02**
3. Tina MERGAN (99)	40,60 ---	---	---	---	---	---	---	---	--- **040,60**
4. Imke VAN DEN BROECK	34,75 ---	---	---	---	---	---	---	---	--- **034,75**
4. Anse BEECKMAN (00)	34,75 ---	---	---	---	---	---	---	---	--- **034,75**

6. Jente VAN CAMPENHOUT (00)	03,25	---	01,00	01,00	---	---	04,53	---	11,42
	08,07								**29,27**
7. Hanne ESSELENS (00)	03,25	01,50	---	---	---	---	---	---	01,00
	---								**005,75**
8. Emma UYTTERSPROT (00)	03,25	---	---	---	---	---	---	---	---
	---								**003,25**

Dames- juniores 1997-1998

	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]
	[10}	[11]	[12]	[13]	[14]	[15]	[16]	[17]	**Tot**
1. Amber VAN DE MAELE (98)	40,60	47,19	100,00	---	---	---	51,91	35,94	67,00
	01,00								**343,65**
2. Lies VERCAUTER (98)	40,60	---	---	---	---	---	---	---	---
	---								**040,60**

Dames-seniores

	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]
	[10}	[11]	[12]	[13]	[14]	[15]	[16]	[17]	**Tot**
1. Delphine VAN LAETHEM (95)	69,95	---	71,71	76,43	---	---	---	71,71	80,96
	---								**370,77**
2. Natalie DE RIDDER (90)	27,52	---	08,07	38,71	---	67,00	---	---	54,31
	67,00								**262,61**
3. Soraya MEERT (93)	69,95	---	50,50	57,57	---	---	71,71	---	---
	---								**249,73**
4 Sofie DE PROFT (88)	61,11	---	85,86	81,14	---	---	---	---	---
	---								**228,11**
5. Karolien DE PROFT (88)	61,11	---	---	48,14	---	100,00	---	---	---
	---								**209,25**
6. Riet VANFLETEREN (91)	69,95	---	---	---	---	---	---	---	---
	---								**069,95**
7. Ineke DERIEMAEKER	61,11	---	---	---	---	---	---	---	---
	---								**061,11**

Dames- masters

	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]
	[10}	[11]	[12]	[13]	[14]	[15]	[16]	[17]	**Tot**
1. Katlijne D'HONDT (77)	27,52	34,50	42,88	---	---	40,60	---	---	27,05
	55,00								**227,56**
2. Els DUVIVIER (60)	---	---	---	---	---	---	12,11	17,50	73,95
	46,00								**149,55**
3. Sofie DIERICKX (80)	63,33	---	---	69,06	---	---	---	---	---
	---								**132,40**
4. Ilse SAERENS (79)	63,33	---	---	---	---	60,40	---	---	---
	---								**123,73**
5. Ilse DE RIDDER (72)	---	51,00	69,54	---	---	---	---	---	---
	---								**120,54**
6. Katrien BAERT (77)	63,33	---	---	56,69	---	---	---	---	---
	---								**120,02**
7. Marietta HOFMANS (54)	---	---	23,85	07,19	---	67,00	---	---	---
	---								**098,03**
8. Krista DERDEYN (59)	---	---	12,42	---	---	---	---	---	---
	---								**012,42**

Jongens- benjamins 2007-2008

	[1] [10}	[2] [11]	[3] [12]	[4] [13]	[5] [14]	[6] [15]	[7] [16]	[8] [17]	[9] **Tot**
1. Yarno HENDRICKX (08)	25,42 77,65	95,29	78,79	85,15	---	---	102,33	---	--- **464,62**
2. Wout Cools (08)	--- 71,26	---	57,57	75,25	---	89,00	---	46,96	63,78 **403,82**
3. Matteo ROELANDS (08)	--- 68,06	---	43,43	20,80	---	---	69,33	---	--- **201,63**
4. Yousseff BALDAN SILVIO (07)	--- ---	143,09	---	---	---	---	---	---	--- **143,09**
5. Alessio DE BILDE (07)	--- ---	---	23,00	---	---	---	---	---	--- **023,00**
6. Lars ROOSE	--- ---	---	---	---	---	01,00	---	---	--- **001,00**

Jongens- pupillen 2005-2006

	[1] [10}	[2] [11]	[3] [12]	[4] [13]	[5] [14]	[6] [15]	[7] [16]	[8] [17]	[9] **Tot**
1. Toon VAN ESBROECK (06)	69,87 47,59	130,39	100,00	97,46	---	100,00	104,73	---	--- **650,03**
2. Laurens BLOMMAERT (06)	69,87 91,26	113,58	78,79	84,77	---	87,63	---	---	82,52 **614,41**
3. Lukas RAEMDONCK (06)	69,87 30,12	---	54,04	56,85	---	69,06	88,43	59,59	--- **427,95**
4. Elias JACOPS (06)	--- ---	---	96,46	39,08	---	---	102,91	---	85,65 **324,11**
5. Miel BAEYENS (05)	--- ---	145,36	---	---	---	---	148,19	---	--- **293,55**
6. Dawit HELLEMANS (06)	--- 27,21	---	39,89	36,54	---	19,56	---	53,53	64,13 **240,86**
7. Remco LOOVERIE (05)	19,49 30,12	52,55	---	---	---	---	82,99	---	49,45 **234,60**
8. Jarne VAN DAMME (05)	--- 62,15	---	---	37,30	---	---	---	---	--- **099,45**
9. Mauro SMISMANS (06)	08,92 ---	---	---	11,15	---	---	32,29	---	--- **052,36**
10. Matisse VERBEIREN (05)	--- ---	33,98	---	---	---	---	---	---	--- **033,98**
11. Wouter DE BOLLE (05)	--- ---	---	---	---	---	---	---	---	15,74 **015,74**
12. Achilles VANHAELEWIJCK (06)	--- ---	---	---	06,08	---	---	---	---	03,87 **009,95**

Jongens- miniemen 2003-2004

	[1] [10}	[2] [11]	[3] [12]	[4] [13]	[5] [14]	[6] [15]	[7] [16]	[8] [17]	[9] **Tot**
1. Tristan BLOMMAERT (03)	58,66 76,10	103,91	68,74	58,75	---	100,00	---	---	73,00 **539,16**
2. Tuur DIELEMAN (03)	54,31 65,86	---	58,32	54,63	---	---	88,25	---	61,75 **383,11**
3. Cedric GALLE (04)	58,66 ---	65,14	60,40	27,05	---	83,50	---	---	55,45 **350,20**
4. Yoran KERKHOFS (03)	58,66 45,38	93,67	---	---	---	---	---	---	--- **197,71**

5. Flor ROBIJNS (03)	22,76	---	27,05	25,75	---	---	---	---	23,50
	28,31								**127,37**
6. Niels VERBEIREN (04)	---	49,23	---	---	---	---	---	---	---
	61,11								**110,34**
7. Josse VANNIEUWENHUYZE (03)	19,49	---	---	---	---	---	---	---	75,25
	---								**094,74**
8. Aico VAN GREMBERGEN (03)	---	32,22	21,84	---	---	---	---	---	14,50
	24,90								**093,46**
9. Jelte D'HONDT (03)	54,31	---	32,26	---	---	---	---	---	---
	---								**086,57**
10. Jasper VAN DEN BULCKE (03)	54,31	---	---	---	---	---	---	---	---
	21,48								**075,79**
11. Timon VAN DAMME (03)	22,76	---	---	---	---	---	---	---	---
	41,97								**064,72**
12. Jan LECOUTERE (03)	---	---	11,42	17,50	---	---	---	---	12,25
	---								**041,17**
13. Jules PEIRLINCKX (04)	---	---	27,40	---	---	---	---	---	---
	---								**027,40**
14. Arne DE BRAEKELEER (03)	19,49	---	06,21	---	---	---	---	---	---
	---								**025,71**
15. Floran KERRE	22,76	---	---	---	---	---	---	---	---
	---								**022,76**

Jongens- kadetten 2001-2002

	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]
	[10}	[11]	[12]	[13]	[14]	[15]	[16]	[17]	**Tot**
1. Pieter VAN DEN MEERSCHE (01)	85,86	101,74	---	82,00	---	---	106,80	---	87,63
	79,16								**543,19**
2. Siebe VAN CAMPENHOUT (02)	85,86	---	72,50	76,00	---	---	109,50	---	85,15
	---								**429,01**
3. Benthe VAN DE MAELE (01)	85,86	12,64	---	---	---	---	---	29,98	---
	---								**128,47**
4. Maxim VERMORGEN (02)	01,00	---	23,00	07,00	---	---	20,40	---	19,00
	11,42								**081,82**
5. Roel ROBIJNS (01)	01,00	---	06,50	---	---	---	---	---	---
	---								**007,50**
6. Brent ALLART	01,00	---	---	---	---	---	---	---	---
	---								**001,00**

Jongens- scholieren 1999-2000

	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]
	[10}	[11]	[12]	[13]	[14]	[15]	[16]	[17]	**Tot**
1. Bo VAN AKEN (00)	89,76	130,39	100,00	100,00	121,02	---	136,97	---	100,00
	100,00								**878,14**
2. Jonas VAN BIESEN (99)	89,76	---	76,43	---	---	---	---	73,95	92,58
	89,58								**422,29**
3. Wout VERCAUTER (00)	89,76	---	52,86	---	---	---	---	---	---
	---								**142,62**
4. Glen SMET (00)	---	---	01,00	05,95	---	---	---	---	01,00
	01,00								**008,95**

Heren- juniores 1997-1998

	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]
	[10}	[11]	[12]	[13]	[14]	[15]	[16]	[17]	**Tot**
1. Dries DE SMET (98)	94,65	99,92	---	93,81	121,91	---	133,86	100,00	---
	---								**644,15**

2. Gaetan VAN LAETHEM (97)	94,65	---	100,00	75,25	---	---	---	84,77	84,77
	100,00								**539,44**
3. Arne TECK (98)	19,73	32,99	71,71	---	---	---	---	54,31	59,69
	15,14								**253,58**
4. Arne VAN OPSTAL (97)	94,65	64,78	---	---	---	---	---	---	---
	---								**159,43**
5. Niels VANDEPERRE (97)	---	---	---	---	---	---	---	---	01,00
	20,60								**021,60**
6. Sverre VIERENDEELS (98)	19,73	---	---	---	---	---	---	---	---
	---								**019,73**
7. Tim DEMAREY (98)	06,97	01,20	---	1,00	---	---	---	---	---
	---								**009,17**

Heren- seniores

	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]
	[10}	[11]	[12]	[13]	[14]	[15]	[16]	[17]	**Tot**
1. Niels SLACHMUYLDERS (88)	---	---	72,58	71,20	---	100,00	---	---	71,71
	70,10								**385,59**
2. Philip VERMEIREN (88)	---	---	01,00	01,00	87,60	34,00	84,36	---	---
	00,80								**208,76**
3. David JACOPS (82)	06,97	22,95	50,30	41,87	---	---	---	20,06	39,38
	10,90								**192,44**
4. Tim DERIDDER (84)	---	---	44,31	50,67	---	---	---	---	63,75
	30,70								**189,43**
5. Niels VANDEPERRE	---	---	---	---	---	54,31	96,24	---	---
	---								**150,55**
6. Gregory GOOSSENS (87)	06,97	09,57	25,55	---	---	73,35	---	15,78	---
	---								**131,22**
7. Glen BRAEM (90)	---	---	---	---	---	---	---	---	---
	55,25								**055,25**
8. Kris VAN GUCHT (83)	---	---	---	---	---	47,20	---	---	---
	---								**047,20**
8. Danny VAN NUFFEL (95)	---	---	---	38,93	---	---	---	---	---
	---								**038,93**
9. Ruben VAN DEN BERGHE (89)	---	---	---	30,13	---	---	---	---	---
	---								**030,13**
10. Cederic DE BOT (96)	19,73	---	---	---	---	---	---	---	---
	---								**019,73**
11. Steven BRACKX (81)	---	---	18,13	---	---	---	---	---	---
	---								**018,13**

Heren- masters

	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]
	[10}	[11]	[12]	[13]	[14]	[15]	[16]	[17]	**Tot**
1. Ben QUINTELIER (78)	93,29	132,38	95,05	93,54	---	100,00	---	---	93,51
	92,58								**700,35**
2. Wim HEYVAERT (65)	24,49	---	62,88	80,20	---	80,20	82,50	---	73,24
	57,93								**461,43**
3. André SCHEPERS (74)	16,10	51,84	48,03	---	57,41	73,00	65,14	---	22,10
	---								**333,61**
4. Kris VANNIEUWENHUYZE (69)	24,49	---	40,60	33,28	---	70,30	61,29	---	36,70
	48,03								**314,69**
5. Tommy VAN WEVERBERG (78)	---	---	85,15	---	---	95,50	---	---	87,02
	---								**267,67**
6. Alain VAN LAETHEM (65)	---	---	---	68,32	---	---	---	64,36	65,22
	65;35								**263,25**
7. Sigurd SUYS (66)	16,10	---	28,23	31,13	34,69	---	57,43	---	31,84
	43,08								**242,49**

8. Dannie VAN CAMPENHOUT (74)	---	---	55,45	46,20	---	---	---	---	48,07
	60,40								**210,11**
9. Steve DE RIDDER	93,29	---	---	---	---	---	---	---	---
	85,15								**178,44**
10. Peter VAN DAMME (74)	---	---	---	69,87	---	---	---	---	---
	77,73								**147,59**
11. Kurt HEYMANS (76)	---	---	13,38	07,46	---	32,50	---	37,63	---
	30,70								**121,66**
12. Bart RAEMDONCK (77)	93,29	---	---	15,47	---	---	---	---	---
	---								**108,75**
13. Johan SMET (69)	---	---	45,55	---	---	---	---	---	25,34
	35,65								**106,54**
14. Albert VAN NUFFEL (62)	---	---	---	44,56	---	---	---	---	30,43
	---								**074,99**
15. Wim VAN DE MAELE (69)	---	---	---	---	---	---	28,50	19,81	17,23
	---								**065,54**
16. Eric FOLLAETS (61)	16,10	01,50	---	16,84	08,49	07,00	05,36	---	--
	08,43								**064,31**
17. Didier VANHAELEMEERSCH (70)	---	---	08,43	03,15	15,48	---	11,14	---	04,25
	10,90								**053,34**
18. Dirk VAN CAMPENHOUT (76)	24,49	---	10,90	05,30	---	---	---	---	---
	---								**040,70**

Puntentelling van het cross- klassement van A.C.LEBBEKE (2015-2016)

Overwinning = 100 punten; laatste plaats = 1 punt; tussenin wordt lineair geïnterpoleerd. Bij het optellen van de punten wordt rekening gehouden met de cijfers na de komma.

De 8 beste uitslagen tellen mee. Om geklasseerd te worden in het eindklassement moet je punten hebben behaald in minstens 5 wedstrijden. De atleten die minder dan 5 crossen hebben gelopen worden cursief geklasseerd met “x”.

Er kunnen geen punten behaald worden op crossen die op andere data worden gelopen dan vermeld op de club veldloopkalender 2014-2015.

Atleten die niet aangesloten zijn bij A.C. Lebbeke bij het begin van het seizoen en zich aansluiten gedurende het seizoen krijgen punten voor alle wedstrijden van onze kalender waaraan ze aan deelgenomen hebben.

Overwinning = 100 punten; laatste plaats = 1 punt; tussenin wordt lineair geïnterpoleerd. Bij het optellen van de punten wordt rekening gehouden met de cijfers na de komma.

De punten in een “Korte Cross” en “Cross voor Andersvaliden” worden gedeeld door 1,25.

De punten in een “Sprintcross” en “Sterren van Morgen” worden gedeeld door 1,50.

De punten op CC (op onze kalender) en de veldloop van A.C. LEBBEKE worden vermenigvuldigd met 1,5.

Het P.K en het VAL- kampioenschap worden vermenigvuldigd met 2

De punten op het B.K. worden vermenigvuldigd met 2.5

Alle deelnemers in een ploeg tijdens een aflossing gedurende één (of meerdere) van de hierboven vermelde wedstrijden krijgt hetzelfde aantal punten: berekend op 100.

Gaat een atleet (vanaf kadet) naar een crosscup-wedstrijd (CC) tijdens een weekend waarin ook een door de club gekozen cross doorgaat dan behaalt hij of zij op de CC de verworven punten zoals op een gewone wedstrijd vermenigvuldigd met 1,5. Dezelfde regel wordt toegepast voor een atleet die door de K.B.A.B. of VAL wordt uitgekozen om deel te nemen aan een internationale wedstrijd tijdens een weekend waarin een door de club gekozen cross doorgaat. De atleet die echter zonder uitnodiging of selectie deelneemt aan zulk een wedstrijd behaalt punten zoals op een wedstrijd van de clubkalender. Benjamins, pupillen en miniemen worden gequoteerd zoals op de door de club gekozen cross.

Wanneer er in één reeks gelopen wordt worden de verschillende leeftijden NIET uit elkaar gehaald. Er is dan maar één klassement.

Wanneer er in verschillende leeftijds-categorieën wordt gelopen, worden de verschillende reeksen WEL apart geteld. De seniores mannen die op het B.K. uit de wedstrijd worden genomen omdat ze worden gedubbeld, genieten van volgende regel: Hun punten worden berekend als die van hun beste niet-meetellende of slechtste wel meetellende uitslag (vermenigvuldigd met 2.5).

Atleten die deelnemen aan verschillende Belgische kampioenschappen [korte cross, lange cross, seniors, veteranen,...] zien hun score op het B.K. berekend op hun beste uitslag (qua punten).

Samenvatting: Maximum aantal te behalen punten op de verschillende crossen:

#	datum	waar	wat	Benj	Pup	Min	Kad	Scho	Jun	Sen	Mast	***	kort	sprin	and
1	25.10	Gent	CC,Relays	100*	100*	100*	100*	100*	100*	100*	100*	67			
2	01.11	Mol	CC	150	150	150	150	150	150	150	150		120	100	100
3	08.11	Opwijk		100	100	100	100	100	100	100	100		80	67	80
4	22.11	Wichelen		100	100	100	100	100	100	100	100		80	67	80
5	29.11	Roeselare	CC	150	150	150	150	150	150	150	150		120	100	100
6	05.12	Kruiningen		100	100	100	100	100	100	100	100		80	67	80
7	20.12	Brussel	CC	150	150	150	150	150	150	150	150		120	100	100
8	27.12	Ertvelde		100	100	100	100	100	100	100	100		80	67	80
9	04.01	Grimbergen		100	100	100	100	100	100	100	100		80	67	80
10	10.01	Hamme		100	100	100	100	100	100	100	100		80	67	80
11.a	24.01	Bornem		100	100	100	100	100	100	100	100		80	67	80
11.b	24.01	Hannuit	CC	150	150	150	150	150	150	150	150		120	100	120
12	07.02	Wichelen	PK	200	200	200	200	200	200	200	200		160	133	160
13	14.02	Rotselaar	VAL	100*	100*	100*	200	200	200	200	200		160	133	160
14	28.02	Lebbeke		150	150	150	150	150	150	150	150		120	100	120
15	05.03	Opwijk		100	100	100	100	100	100	100	100		80	67	80
16	06.03	Dour	CC	150	150	150	150	150	150	150	250		120	100	120
17	13.03	Wachtebeke	BK	100*	250	250	250	250	250	250	150		200	167	200
Max	8 wed			1200	1350	1350	1400	1400	1400	1400	1400				

100* = Relays; de laatste 3 kolommen (korte cross, sprintcross en cross voor anders validen) zijn alleen van toepassing als ze op het programma staan; *** = sterren van morgen; De CC te Dour is ook BK- Masters.