

ARAC-cross Arendonk - 24 november 2002

Ben Dames 95

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|------|-------|---------|
| 1 | 701 | VERRYDT KAREN | 95 | TUAC | 4:39 | 12,90 | 4:39 |
| 2 | 963 | VERSCHUEREN EVA | 95 | ACHL | 4:46 | 12,59 | 4:46 |
| 3 | 410 | HOOYBERGHS ELIEN | 95 | AVOS | 4:52 | 12,33 | 4:52 |
| 4 | 462 | DE WINTER JOLIEN | 95 | ACBR | 5:08 | 11,69 | 5:08 |
| 5 | 436 | ONZEA SOFIE | 95 | ARAC | 5:18 | 11,32 | 5:18 |
| 6 | 539 | DE TELDER DEBBY | 95 | ACBR | 5:37 | 10,68 | 5:37 |
| 7 | 9709 | NAGELS LOTTE | 0 | NA | 5:45 | 10,43 | 5:45 |
| 8 | 358 | JANSSEN STEFFI | 95 | AVOS | 5:52 | 10,23 | 5:52 |
| 9 | 666 | VAN DEN BORNE JUDITH* | 95 | ARAC | 6:02 | 9,94 | 6:02 |

Ben Dames 94

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|----------------------|-----|------|------|-------|---------|
| 1 | 617 | PIERONI LAURA | 94 | GEEL | 4:36 | 13,04 | 4:36 |
| 2 | 538 | CARRASQUET JULIE | 94 | ACBR | 4:47 | 12,54 | 4:47 |
| 3 | 460 | SCHELLEKENS INGE | 94 | ACBR | 4:51 | 12,37 | 4:51 |
| 4 | 898 | HENDRICKX MARTHE | 94 | ARAC | 4:52 | 12,33 | 4:52 |
| 5 | 458 | NAGELS SOFIE | 94 | ACBR | 4:55 | 12,20 | 4:55 |
| 6 | 580 | VERVLOET JULIE | 94 | HULS | 4:56 | 12,16 | 4:56 |
| 7 | 9725 | VERHEYEN INES | 94 | NA | 5:00 | 12,00 | 5:00 |
| 8 | 567 | BOONEN KATRIJN | 94 | ACHL | 5:01 | 11,96 | 5:01 |
| 9 | 865 | VAN HEUCKELOM LOTTE | 94 | ACHL | 5:02 | 11,92 | 5:02 |
| 10 | 493 | GLASSEE DORIEN | 94 | ACHL | 5:06 | 11,76 | 5:06 |
| 11 | 459 | VAN VELTHOVEN ELINE | 94 | ACBR | 5:11 | 11,58 | 5:11 |
| 12 | 366 | VAN SLAGMOLEN ASHLEY | 94 | AVOS | 5:15 | 11,43 | 5:15 |
| 13 | 667 | VAN DEN BORNE TINE* | 94 | ARAC | 5:24 | 11,11 | 5:24 |
| 14 | 9717 | VAN BAELEN LISA | 94 | NA | 5:34 | 10,78 | 5:34 |
| 15 | 700 | LAMBREGTS YLEN | 94 | TUAC | 5:35 | 10,75 | 5:35 |
| 16 | 1015 | RUTS HANNE | 94 | ARAC | 5:37 | 10,68 | 5:37 |
| 17 | 568 | BOSCH VALERIE | 94 | ACHL | 5:48 | 10,34 | 5:48 |
| 18 | 553 | PETIT ELLEN | 94 | AVOS | 5:52 | 10,23 | 5:52 |
| 19 | 437 | MONDEN SIELE | 94 | ARAC | 6:00 | 10,00 | 6:00 |
| 20 | 912 | JANSEN ERIKA | 94 | ARAC | 6:14 | 9,63 | 6:14 |
| 21 | 864 | WIJNS MELISSA | 94 | ACHL | 7:02 | 8,53 | 7:02 |

Ben Heren 95

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|------------------|-----|------|------|-------|---------|
| 1 | 771 | BASTIAENS LOORIN | 95 | ACHL | 4:34 | 13,14 | 4:34 |
| 2 | 524 | DENIS SIMON | 95 | KAPE | 4:38 | 12,95 | 4:38 |
| 3 | 596 | COENEN MAXIM | 95 | LYRA | 4:43 | 12,72 | 4:43 |
| 4 | 9713 | WOUTERS BERT | 95 | NA | 4:45 | 12,63 | 4:45 |
| 5 | 9714 | SEGERS TUUR | 95 | ARAC | 4:47 | 12,54 | 4:47 |
| 6 | 898 | TRUYENS LUCAS | 95 | AVOS | 4:55 | 12,20 | 4:55 |
| 7 | 1028 | HAESSEN STEF | 95 | GEEL | 4:59 | 12,04 | 4:59 |
| 8 | 9704 | BASTIAENSEN FLIP | 95 | NA | 5:25 | 11,08 | 5:25 |
| 9 | 557 | BROECKX WANNES | 95 | ARAC | 5:27 | 11,01 | 5:27 |
| 10 | 1232 | JANSSENS GILLES | 95 | LIER | 5:30 | 10,91 | 5:30 |
| 11 | 551 | RUTTEN ALEXANDER | 95 | AVOS | 5:35 | 10,75 | 5:35 |
| 12 | 1229 | RUTS WOUT | 95 | ARAC | 5:37 | 10,68 | 5:37 |
| 13 | 663 | CAMBIER STEFAN | 95 | LIER | 5:42 | 10,53 | 5:42 |
| 14 | 9701 | GLASSE SVEN | 95 | NA | 5:51 | 10,26 | 5:51 |
| 15 | 1003 | HANNES MICHIEL | 95 | OLSE | 5:54 | 10,17 | 5:54 |
| 16 | 886 | BOONEN DRIES | 95 | ACHL | 5:58 | 10,06 | 5:58 |
| 17 | 1058 | VAN DIJCK KEVIN | 95 | OLSE | 6:26 | 9,33 | 6:26 |
| 18 | 9710 | GOSSEY NICO | 95 | ACBR | 7:06 | 8,45 | 7:06 |

Ben Heren 94

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|---------------------|-----|------|------|-------|---------|
| 1 | 724 | MAEYNINCKX JONAS | 94 | ACHL | 4:24 | 13,64 | 4:24 |
| 2 | 558 | CORNELISSEN YANNICK | 94 | VMOL | 4:28 | 13,43 | 4:28 |
| 3 | 504 | HOEYBERGHS DAAN | 94 | VMOL | 4:30 | 13,33 | 4:30 |
| 4 | 723 | RENDERS YELTE | 94 | ACHL | 4:33 | 13,19 | 4:33 |
| 5 | 501 | KEIRSMACKERS JORN | 94 | LOOI | 4:35 | 13,09 | 4:35 |
| 6 | 1024 | ROBBEN LAURENT | 94 | ACHL | 4:37 | 13,00 | 4:37 |
| 7 | 523 | VLAEMINCK MATTHIAS | 94 | KAPE | 4:37 | 13,00 | 4:37 |
| 8 | 1023 | ROBBEN ANDRIES | 94 | ACHL | 4:37 | 13,00 | 4:37 |
| 9 | 590 | KERREMANS TIMO | 94 | ACBR | 4:46 | 12,59 | 4:46 |
| 10 | 589 | DECLERCK JIM | 94 | ACBR | 4:46 | 12,59 | 4:46 |
| 11 | 556 | BROECKX SEPPE | 94 | ARAC | 4:49 | 12,46 | 4:49 |
| 12 | 740 | BASSLEER BEREND | 94 | HULS | 4:51 | 12,37 | 4:51 |
| 13 | 636 | SUETENS TOM | 94 | ACHL | 4:53 | 12,29 | 4:53 |
| 14 | 588 | ROELANDS MATTIAS | 94 | ACBR | 4:56 | 12,16 | 4:56 |
| 15 | 554 | VANHOOF LANDER | 94 | VMOL | 4:59 | 12,04 | 4:59 |
| 16 | 9718 | VAN DEURE JENS | 94 | NA | 5:02 | 11,92 | 5:02 |
| 17 | 837 | DIERCKX FILIP | 94 | ACHL | 5:09 | 11,65 | 5:09 |
| 18 | 535 | CAERS JARCO | 94 | AVOS | 5:24 | 11,11 | 5:24 |
| 19 | 1100 | ELOCHI ROMI* | 94 | ARAC | 5:26 | 11,04 | 5:26 |
| 20 | 1060 | BRIERS PHILIPPE | 94 | OLSE | 5:32 | 10,84 | 5:32 |
| 21 | 9705 | SE SCHUTTER DRIES | 94 | NA | 5:39 | 10,62 | 5:39 |

Pup Dames 93

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|--------------------------|-----|------|------|-------|---------|
| 1 | 2398 | GEUDENS HANNE | 93 | ACHL | 4:25 | 13,58 | 4:25 |
| 2 | 2395 | JANSSENS LORE | 93 | ACHL | 4:27 | 13,48 | 4:27 |
| 3 | 2430 | BOERMANS DOMINIQUE | 93 | BVAC | 4:29 | 13,38 | 4:29 |
| 4 | 3078 | BAKELANTS EMMA | 93 | ACHL | 4:34 | 13,14 | 4:34 |
| 5 | 3029 | CHAULIAC MARGOT | 93 | AT84 | 4:39 | 12,90 | 4:39 |
| 6 | 2165 | BROSENS EVELIEN | 93 | AVOS | 4:40 | 12,86 | 4:40 |
| 7 | 2336 | DEROOSE ELS | 93 | ACBR | 4:40 | 12,86 | 4:40 |
| 8 | 2530 | VAN HOYWEGHEN JOYCE | 93 | ABES | 4:41 | 12,81 | 4:41 |
| 9 | 2636 | VAN GORP LOTTE | 93 | ACHL | 4:42 | 12,77 | 4:42 |
| 10 | 2634 | VAN DEN BROECK LAURA | 93 | ACHL | 4:43 | 12,72 | 4:43 |
| 11 | 2401 | SUETENS NATHALIE | 93 | ACHL | 4:45 | 12,63 | 4:45 |
| 12 | 2394 | GOVAERTS ANKE | 93 | ACHL | 4:47 | 12,54 | 4:47 |
| 13 | 2713 | VANDERKRUYS KAAT | 93 | OLSE | 4:47 | 12,54 | 4:47 |
| 14 | 2899 | VANREUSEL ANNELIES | 93 | VMOL | 4:48 | 12,50 | 4:48 |
| 15 | 2994 | RISTEYN CHIARA | 93 | ACBR | 4:49 | 12,46 | 4:49 |
| 16 | 2346 | ACKX ELINE | 93 | LOOI | 4:51 | 12,37 | 4:51 |
| 17 | 2513 | PETIT NIKKI | 93 | AVOS | 4:52 | 12,33 | 4:52 |
| 18 | 2572 | GEVERS HANNAH | 93 | HULS | 4:53 | 12,29 | 4:53 |
| 19 | 2536 | VANGEEL CHARLOTTE | 93 | ACHL | 4:54 | 12,24 | 4:54 |
| 20 | 2563 | HOLTHOF ANNELIES | 93 | OLSE | 4:55 | 12,20 | 4:55 |
| 21 | 2637 | VAN GORP NELE | 93 | ACHL | 4:56 | 12,16 | 4:56 |
| 22 | 2503 | HECTORS MARJOLEIN | 93 | ACBR | 4:56 | 12,16 | 4:56 |
| 23 | 2186 | DRIESEN SARAH | 93 | AVOS | 4:58 | 12,08 | 4:58 |
| 24 | 2164 | RUTTEN SOPHIE | 93 | AVOS | 5:00 | 12,00 | 5:00 |
| 25 | 2185 | SEGERS LIENE | 93 | ARAC | 5:03 | 11,88 | 5:03 |
| 26 | 2393 | BOONEN VALERIE | 93 | ACHL | 5:05 | 11,80 | 5:05 |
| 27 | 2969 | WOUTERS SHARI | 93 | ACHL | 5:06 | 11,76 | 5:06 |
| 28 | 2735 | VAN HOECK LEEN | 93 | ACHL | 5:08 | 11,69 | 5:08 |
| 29 | 3121 | JANSSENS ISABELLE | 93 | LIER | 5:11 | 11,58 | 5:11 |
| 30 | 3120 | GROENVYNCK LANA | 93 | LIER | 5:15 | 11,43 | 5:15 |
| 31 | 2924 | NEIRYNCK JAMIE | 93 | ACHL | 5:18 | 11,32 | 5:18 |
| 32 | 2383 | VERRIJDT SARAH | 93 | ARAC | 5:21 | 11,21 | 5:21 |
| 33 | 2571 | MAURIEN ELIEN | 93 | HULS | 5:23 | 11,15 | 5:23 |
| 34 | 9728 | VAN BRUGGEN LAURA | 93 | NA | 5:24 | 11,11 | 5:24 |
| 35 | 2400 | SCHAEKEN SYP | 93 | ACHL | 5:52 | 10,23 | 5:52 |
| 36 | 9731 | VAN DER AKKERVEKEN SOFIE | 93 | ARAC | 6:16 | 9,57 | 6:16 |

Pup Dames 92

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|---------------------|-----|------|------|-------|---------|
| 1 | 2731 | NOELANTS LOTTE | 92 | ACHL | 4:12 | 14,29 | 4:12 |
| 2 | 2200 | DENIS TESSA | 92 | KAPE | 4:18 | 13,95 | 4:18 |
| 3 | 2540 | SPIESSENS TINE | 92 | ACHL | 4:19 | 13,90 | 4:19 |
| 4 | 2728 | VAN ROOY SILKE | 92 | VMOL | 4:25 | 13,58 | 4:25 |
| 5 | 2332 | KONINGS TINNE | 92 | ACBR | 4:27 | 13,48 | 4:27 |
| 6 | 2610 | PIERONI JESSICA | 92 | GEEL | 4:29 | 13,38 | 4:29 |
| 7 | 2709 | VAN CASTEREN LISE | 92 | HULS | 4:31 | 13,28 | 4:31 |
| 8 | 2190 | CAERS SHANA | 92 | AVOS | 4:32 | 13,24 | 4:32 |
| 9 | 2157 | BROECKX EVELIEN | 92 | ARAC | 4:33 | 13,19 | 4:33 |
| 10 | 2241 | KEIRSMAEKERS JOLIEN | 92 | LOOI | 4:35 | 13,09 | 4:35 |
| 11 | 2749 | VERRYDT NATHALIE | 92 | TUAC | 4:37 | 13,00 | 4:37 |
| 12 | 2262 | PEETERS ANNE | 92 | GEEL | 4:39 | 12,90 | 4:39 |
| 13 | 2539 | BOSCH EVELYN | 92 | ACHL | 4:41 | 12,81 | 4:41 |
| 14 | 2322 | COENEN NATHALIE | 92 | LYRA | 4:42 | 12,77 | 4:42 |
| 15 | 2562 | VAN NUFFEL MIEKE | 92 | OLSE | 4:43 | 12,72 | 4:43 |
| 16 | 2335 | VAN DER STEEN LYN | 92 | ACBR | 4:46 | 12,59 | 4:46 |
| 17 | 2189 | EYSERMANS ULRIKE | 92 | AVOS | 4:48 | 12,50 | 4:48 |
| 18 | 2668 | VAN DEN BORNE LISA* | 92 | ARAC | 4:50 | 12,41 | 4:50 |
| 19 | 2167 | JANSSEN SHANA | 92 | AVOS | 4:51 | 12,37 | 4:51 |
| 20 | 2543 | JANSSENS JASMIEN | 92 | ACHL | 4:52 | 12,33 | 4:52 |
| 21 | 9732 | VAN DEUN YOTTI | 92 | NA | 4:53 | 12,29 | 4:53 |
| 22 | 2542 | BOONEN LISE | 92 | ACHL | 4:54 | 12,24 | 4:54 |
| 23 | 9721 | WEYGERS KATRIEN | 92 | NA | 4:55 | 12,20 | 4:55 |
| 24 | 2429 | STERCKX JILL | 92 | LIER | 4:57 | 12,12 | 4:57 |
| 25 | 2748 | LAMBREGTS YONI | 92 | TUAC | 4:59 | 12,04 | 4:59 |
| 26 | 2218 | CARPENTIER LOTTE | 92 | ARAC | 5:01 | 11,96 | 5:01 |
| 27 | 2333 | ROELANDS ANKE | 92 | ACBR | 5:03 | 11,88 | 5:03 |
| 28 | 2864 | VAN DYCK BRITTA | 92 | OLSE | 5:08 | 11,69 | 5:08 |
| 29 | 2425 | CAMBIER SARA | 92 | LIER | 5:55 | 10,14 | 5:55 |

Pup Heren 93

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-------------------|-----|------|------|-------|---------|
| 1 | 2711 | MAES THYS | 93 | GEEL | 4:13 | 14,23 | 4:13 |
| 2 | 2719 | HOOYBERGHS JENS | 93 | AVOS | 4:17 | 14,01 | 4:17 |
| 3 | 3053 | THYS NIELS | 93 | OLSE | 4:18 | 13,95 | 4:18 |
| 4 | 2807 | ONZEA JORIS | 93 | ARAC | 4:30 | 13,33 | 4:30 |
| 5 | 2692 | SNEYDERS JENTE | 93 | AVOS | 4:32 | 13,24 | 4:32 |
| 6 | 2721 | VAN GESTEL BRAM | 93 | ARAC | 4:33 | 13,19 | 4:33 |
| 7 | 3109 | DRIESEN JORAN | 93 | ARAC | 4:34 | 13,14 | 4:34 |
| 8 | 2787 | DE WINTER THOMAS | 93 | ACBR | 4:39 | 12,90 | 4:39 |
| 9 | 2933 | LENAERTS BART | 93 | LIER | 4:40 | 12,86 | 4:40 |
| 10 | 9723 | HUS BART | 93 | NA | 4:42 | 12,77 | 4:42 |
| 11 | 3369 | DE PAUW BRENT | 93 | ACHL | 4:44 | 12,68 | 4:44 |
| 12 | 3042 | BOONEN WANNES | 93 | ACHL | 4:45 | 12,63 | 4:45 |
| 13 | 3013 | DIERCKX TOON | 93 | AVOS | 4:50 | 12,41 | 4:50 |
| 14 | 3594 | VOLCKAERTS ROBIN | 93 | ARAC | 4:53 | 12,29 | 4:53 |
| 15 | 2693 | LUYTEN JENS | 93 | AVOS | 4:55 | 12,20 | 4:55 |
| 16 | 3497 | DONDERS FLIP | 93 | ARAC | 5:02 | 11,92 | 5:02 |
| 17 | 2931 | VERHOEVEN JORDY | 93 | LIER | 5:04 | 11,84 | 5:04 |
| 18 | 2789 | DHONDT KEVIN | 93 | ACBR | 5:06 | 11,76 | 5:06 |
| 19 | 3458 | PEETERS NIELS | 93 | OLSE | 5:08 | 11,69 | 5:08 |
| 20 | 2875 | JENNEN WOUTER | 93 | ACHL | 5:17 | 11,36 | 5:17 |
| 21 | 9711 | BLOCKX FLORIAN | 93 | NA | 5:18 | 11,32 | 5:18 |
| 22 | 3480 | HENDRICKX BRECHT | 93 | ARAC | 5:18 | 11,32 | 5:18 |
| 23 | 9706 | DE SCHUTTER JENES | 93 | NA | 5:34 | 10,78 | 5:34 |
| 24 | 9720 | DIELS DIETER | 93 | ACHL | 5:36 | 10,71 | 5:36 |
| 25 | 3444 | MAES BART | 93 | LIER | 5:45 | 10,43 | 5:45 |
| 26 | 2874 | PUTS GERBREN | 93 | ACHL | 6:05 | 9,86 | 6:05 |

Pup Heren 92

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-------------------------|-----|------|------|-------|---------|
| 1 | 2788 | KERREMANS ROBIN | 92 | ACBR | 4:06 | 14,63 | 4:06 |
| 2 | 3318 | VANREUSEL BRAM | 92 | VMOL | 4:07 | 14,57 | 4:07 |
| 3 | 2799 | NACKAERTS KRISTOF | 92 | LYRA | 4:07 | 14,57 | 4:07 |
| 4 | 3187 | HANNES PIETER-JAN | 92 | OLSE | 4:08 | 14,52 | 4:08 |
| 5 | 9703 | MOLS LAURENCE | 92 | NA | 4:13 | 14,23 | 4:13 |
| 6 | 3060 | VERVLOET GIL | 92 | HULS | 4:13 | 14,23 | 4:13 |
| 7 | 2668 | VAN SCHOUBROECK JONAS | 92 | ARAC | 4:16 | 14,06 | 4:16 |
| 8 | 2697 | VAN GOOL THOMAS | 92 | ARAC | 4:19 | 13,90 | 4:19 |
| 9 | 2659 | VAN SLAGMOLEN KJELL | 92 | AVOS | 4:21 | 13,79 | 4:21 |
| 10 | 2873 | BASTIAENS SIEMEN | 92 | ACHL | 4:23 | 13,69 | 4:23 |
| 11 | 2880 | VANHAEREN STEF | 92 | KAPE | 4:23 | 13,69 | 4:23 |
| 12 | 2932 | VERHEYEN SEBASTIAAN | 92 | LIER | 4:26 | 13,53 | 4:26 |
| 13 | 3503 | VAN ELSACKER ERIK | 92 | OLSE | 4:29 | 13,38 | 4:29 |
| 14 | 9738 | DONKERS STEVEN | 92 | TUAC | 4:31 | 13,28 | 4:31 |
| 15 | 3241 | MOUBILE MOHAMED | 92 | OLSE | 4:32 | 13,24 | 4:32 |
| 16 | 3635 | BRUYLANDTS YANN | 92 | OLSE | 4:35 | 13,09 | 4:35 |
| 17 | 2700 | HAPERS JENTHE | 92 | AVOS | 4:36 | 13,04 | 4:36 |
| 18 | 3238 | SMITS BEN | 92 | LIER | 4:36 | 13,04 | 4:36 |
| 19 | 2930 | LENAERTS MAARTEN | 92 | LIER | 4:37 | 13,00 | 4:37 |
| 20 | 3389 | SUYKERBUYK JEROEN | 92 | LIER | 4:38 | 12,95 | 4:38 |
| 21 | 3367 | GIESBERTS JEROEN | 92 | TUAC | 4:47 | 12,54 | 4:47 |
| 22 | 2878 | LIEVENS JELLE | 92 | LOOI | 4:49 | 12,46 | 4:49 |
| 23 | 3096 | SPRENGERS MAARTEN | 92 | ACHL | 4:59 | 12,04 | 4:59 |
| 24 | 3571 | DEKETELAERE DOMINIQUE | 92 | LIER | 5:04 | 11,84 | 5:04 |
| 25 | 2665 | HUS PIETER | 92 | VMOL | 5:10 | 11,61 | 5:10 |
| 26 | 3507 | VAN VLAENDEREN DIEDERIK | 92 | LIER | 5:29 | 10,94 | 5:29 |
| 27 | 9724 | VAN DEN BROECK THIJS | 92 | NA | 5:34 | 10,78 | 5:34 |
| 28 | 3266 | GOFFIN SAM | 92 | ACHL | 5:46 | 10,40 | 5:46 |

Min Dames 91

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|------|-------|---------|
| 1 | 3886 | CLEMENS KATHLEEN | 91 | ARAC | 5:57 | 15,13 | 3:58 |
| 2 | 4114 | VANDERBIESEN INDRA | 91 | ACHL | 6:01 | 14,96 | 4:00 |
| 3 | 4215 | GEERINCKX JASMIEN | 91 | LOOI | 6:16 | 14,36 | 4:10 |
| 4 | 3965 | MAES STIEN | 91 | GEEL | 6:20 | 14,21 | 4:13 |
| 5 | 4563 | BLUYS CAROLIEN | 91 | ACHL | 6:23 | 14,10 | 4:15 |
| 6 | 4057 | BRUYNDONCKX RAISA | 91 | AVOS | 6:24 | 14,06 | 4:16 |
| 7 | 4392 | VAN HOECK DORIEN | 91 | ACHL | 6:27 | 13,95 | 4:18 |
| 8 | 3889 | DE JONGH EVELIEN | 91 | AVOS | 6:29 | 13,88 | 4:19 |
| 9 | 4252 | VANGEEL ISABELLE | 91 | ACHL | 6:31 | 13,81 | 4:20 |
| 10 | 3954 | VAN GESTEL VICKY | 91 | ARAC | 6:32 | 13,78 | 4:21 |
| 11 | 4171 | VAN BOURGOUGNIE CHLOE | 91 | ARAC | 6:34 | 13,71 | 4:22 |
| 12 | 4211 | HECTORS CAROLINE | 91 | ACBR | 6:35 | 13,67 | 4:23 |
| 13 | 4116 | MEERSMAN LAURA | 91 | ACHL | 6:43 | 13,40 | 4:28 |
| 14 | 4470 | STROECKX IVANA | 91 | ACBR | 6:45 | 13,33 | 4:30 |
| 15 | 9716 | VAN DEN BOSSCHE ELIEN | 91 | ARAC | 6:52 | 13,11 | 4:34 |
| 16 | 3887 | MOONEN CARMINE | 91 | ARAC | 6:56 | 12,98 | 4:37 |
| 17 | 4648 | VERSCHRAEGEN BIRTE | 91 | OLSE | 7:15 | 12,41 | 4:50 |
| 18 | 4045 | MONDEN LIEN | 91 | ARAC | 7:15 | 12,41 | 4:50 |
| 19 | 3861 | GEBOERS NATHALIE | 91 | VMOL | 7:44 | 11,64 | 5:09 |

Min Dames 90

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|------|-------|---------|
| 1 | 3867 | VAN GESTEL BO | 90 | VMOL | 5:35 | 16,12 | 3:43 |
| 2 | 9737 | MERTENS ASCHLEY | 90 | ACHL | 5:46 | 15,61 | 3:50 |
| 3 | 3901 | DE HOON LIEN | 90 | KAPE | 5:59 | 15,04 | 3:59 |
| 4 | 4248 | BOONEN JOLIEN | 90 | ACHL | 6:07 | 14,71 | 4:04 |
| 5 | 4147 | BOERMANS ROBINE | 90 | BVAC | 6:14 | 14,44 | 4:09 |
| 6 | 4558 | VERHAEGEN MARJAN | 90 | ACHL | 6:15 | 14,40 | 4:10 |
| 7 | 4118 | TORFS SANNE | 90 | ACHL | 6:17 | 14,32 | 4:11 |
| 8 | 3857 | CLAES GITTE | 90 | VMOL | 6:18 | 14,29 | 4:12 |
| 9 | 3900 | DE HOON ELS | 90 | KAPE | 6:18 | 14,29 | 4:12 |
| 10 | 3858 | VAN GOOL CLAARTJE | 90 | ARAC | 6:20 | 14,21 | 4:13 |
| 11 | 3963 | PEETERS KIRSTEN | 90 | GEEL | 6:25 | 14,03 | 4:16 |
| 12 | 4058 | VERWIMP CHARLOTTE | 90 | LOOI | 6:29 | 13,88 | 4:19 |
| 13 | 4492 | MEGENS EVA | 90 | ARAC | 6:32 | 13,78 | 4:21 |
| 14 | 4712 | VERVOORT MARIEKE | 90 | ACHL | 6:34 | 13,71 | 4:22 |
| 15 | 3962 | MOLS DIETLINDE | 90 | GEEL | 6:37 | 13,60 | 4:24 |
| 16 | 4113 | STERCKX INNE | 90 | ACHL | 6:54 | 13,04 | 4:36 |
| 17 | 3885 | VAN SCHOUBROECK JULIE | 90 | ARAC | 7:03 | 12,77 | 4:42 |
| 18 | 4115 | VAN LAER GRIET | 90 | ACHL | 7:07 | 12,65 | 4:44 |
| 19 | 9734 | WENS ELISE | 90 | ARAC | 7:18 | 12,33 | 4:52 |

Min Heren 91

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|---------------------------|-----|------|------|-------|---------|
| 1 | 5740 | DILLEN NILS | 91 | ACHL | 5:28 | 16,46 | 3:38 |
| 2 | 4950 | VANHERCK HANS | 91 | ARAC | 5:51 | 15,38 | 3:54 |
| 3 | 5093 | SUETENS BART | 91 | ACHL | 6:06 | 14,75 | 4:04 |
| 4 | 5225 | FUNCKE BENNY | 91 | ACBR | 6:12 | 14,52 | 4:08 |
| 5 | 4942 | VAN DEN BROEK BRAM | 91 | VMOL | 6:20 | 14,21 | 4:13 |
| 6 | 5017 | SCHELLEKENS BERT | 91 | ACBR | 6:22 | 14,14 | 4:14 |
| 7 | 4943 | RUTTEN THOMAS | 91 | AVOS | 6:26 | 13,99 | 4:17 |
| 8 | 5290 | VANDERKRUYS TOON | 91 | OLSE | 6:35 | 13,67 | 4:23 |
| 9 | 5222 | CLAEYS DAVID | 91 | ACBR | 6:40 | 13,50 | 4:26 |
| 10 | 5613 | HELSEN GEOFFRI | 91 | ACHL | 6:40 | 13,50 | 4:26 |
| 11 | 4922 | VERRIJDT SIMON | 91 | ARAC | 6:57 | 12,95 | 4:38 |
| 12 | 5679 | ELOCHI HANI* | 91 | ARAC | 7:00 | 12,86 | 4:40 |
| 13 | 4914 | SCHILLEBEECKX DAVID | 91 | AVOS | 7:01 | 12,83 | 4:40 |
| 14 | 9712 | BLOCKX MATTHEW | 91 | NA | 7:04 | 12,74 | 4:42 |
| 15 | 5351 | VAN DEN BROECK ROBIN | 91 | ACHL | 7:04 | 12,74 | 4:42 |
| 16 | 5605 | VERBOVEN RUBEN | 91 | ACHL | 7:08 | 12,62 | 4:45 |
| 17 | 5735 | VERBOVEN THOMAS | 91 | ACHL | 7:13 | 12,47 | 4:48 |
| 18 | 5614 | VAN DEN AKKERVEKEN PIETER | 91 | ARAC | 7:19 | 12,30 | 4:52 |
| 19 | 9729 | VANBRUGGEN WOUTER | 91 | NA | 7:21 | 12,24 | 4:54 |
| 20 | 5286 | FONTEYN YORICK | 91 | OLSE | 7:33 | 11,92 | 5:02 |
| 21 | 4917 | SNEYDERS ERIK | 91 | AVOS | 8:08 | 11,07 | 5:25 |
| 22 | 5680 | DONDERS KOEN | 91 | ARAC | 8:43 | 10,33 | 5:48 |

Min Heren 90

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|--------------------|-----|------|------|-------|---------|
| 1 | 4921 | VOS RUBEN | 90 | ARAC | 5:27 | 16,51 | 3:38 |
| 2 | 9740 | WOUTERS STIJN | 90 | NA | 5:33 | 16,22 | 3:42 |
| 3 | 5775 | CEUSTERS GLENN | 90 | OLSE | 5:36 | 16,07 | 3:44 |
| 4 | 5005 | BRUYNDONCKX KJELD | 90 | AVOS | 5:37 | 16,02 | 3:44 |
| 5 | 4867 | DE BIE DAVID | 90 | LIER | 5:43 | 15,74 | 3:48 |
| 6 | 5016 | KONINGS DENNIS | 90 | ACBR | 5:46 | 15,61 | 3:50 |
| 7 | 5737 | DE BIE BEN | 90 | LIER | 5:48 | 15,52 | 3:52 |
| 8 | 5287 | VAN NUFFEL STEFAAN | 90 | OLSE | 5:50 | 15,43 | 3:53 |
| 9 | 5288 | KRIDACH SAMY | 90 | OLSE | 5:52 | 15,34 | 3:54 |
| 10 | 4920 | SPRUYT NIELS | 90 | LOOI | 5:55 | 15,21 | 3:56 |
| 11 | 5464 | VAN BOUWEL HANS | 90 | TUAC | 5:59 | 15,04 | 3:59 |
| 12 | 5595 | VERBRAEKEN TOON | 90 | TUAC | 6:13 | 14,48 | 4:08 |
| 13 | 5674 | VAN HERCK JOHANNES | 90 | ARAC | 6:14 | 14,44 | 4:09 |
| 14 | 4944 | SNEYDERS DIETER | 90 | AVOS | 6:16 | 14,36 | 4:10 |
| 15 | 5289 | KNAPEN TOM | 90 | OLSE | 6:17 | 14,32 | 4:11 |
| 16 | 5224 | DECLERCK KEN | 90 | ACBR | 6:18 | 14,29 | 4:12 |
| 17 | 5223 | DECLERCK GLENN | 90 | ACBR | 6:30 | 13,85 | 4:20 |
| 18 | 5018 | VAN DER STEEN WIM | 90 | ACBR | 6:47 | 13,27 | 4:31 |
| 19 | 5662 | DIELS BEN | 90 | TUAC | 6:59 | 12,89 | 4:39 |
| 20 | 5723 | FRYTERS PIETER | 90 | ARAC | 7:04 | 12,74 | 4:42 |
| 21 | 9726 | VERHEYEN GERT-JAN | 90 | GLOR | 7:29 | 12,03 | 4:59 |
| 22 | 5006 | BERCKVENS KRISTOF | 90 | AVOS | 7:36 | 11,84 | 5:04 |
| 23 | 5092 | DE WIN NICKY | 90 | ACHL | 8:09 | 11,04 | 5:26 |

Kad Dames

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|-----|---------------------|-----|------|-------|-------|---------|
| 1 | 459 | JANSSENS VICKY | 88 | AVOS | 7:55 | 15,16 | 3:57 |
| 2 | 996 | VAN DEUN LAURA | 88 | TUAC | 8:15 | 14,55 | 4:07 |
| 3 | 476 | HULSELMANS HANNE | 88 | ARAC | 8:15 | 14,55 | 4:07 |
| 4 | 553 | SEL ELLEN | 88 | DUFF | 8:16 | 14,52 | 4:08 |
| 5 | 639 | VAN ACCOM SOFIE | 89 | ACHL | 8:31 | 14,09 | 4:15 |
| 6 | 763 | MARIEN HANNE | 89 | VMOL | 8:34 | 14,01 | 4:17 |
| 7 | 860 | VAN BOUWEL KRISTIEN | 88 | TUAC | 8:39 | 13,87 | 4:19 |
| 8 | 787 | VAN OPSTAL JANA | 88 | GEEL | 8:44 | 13,74 | 4:22 |
| 9 | 845 | MIELANTS DAFNY | 88 | BRAB | 8:48 | 13,64 | 4:24 |
| 10 | 749 | DE BEULE ANNE | 89 | OLSE | 8:56 | 13,43 | 4:28 |
| 11 | 512 | HERMANS MELISSA | 88 | LOOI | 9:13 | 13,02 | 4:36 |
| 12 | 475 | VOS HANNELORE | 88 | ARAC | 9:25 | 12,74 | 4:42 |
| 13 | 642 | MOLENBERGHS LEEN | 89 | ACHL | 9:31 | 12,61 | 4:45 |
| 14 | 660 | EELLEN ANNELIES | 88 | BVAC | 9:38 | 12,46 | 4:49 |
| 15 | 531 | PEETERS DORIEN | 89 | GEEL | 9:48 | 12,24 | 4:54 |
| 16 | 480 | PEETERS KAREN | 89 | VMOL | 9:55 | 12,10 | 4:57 |
| 17 | 841 | RENIER MAGALI | 89 | OLSE | 9:57 | 12,06 | 4:58 |
| 18 | 711 | ORIS SARAH | 89 | ACBR | 11:02 | 10,88 | 5:31 |
| 19 | 922 | VISSERS LIESBETH | 88 | OLSE | 11:05 | 10,83 | 5:32 |

Kad Heren

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|-------|-------|---------|
| 1 | 614 | RAEYMAEKERS SANDER | 88 | AVOS | 8:52 | 16,24 | 3:41 |
| 2 | 900 | MORTELMANS MAARTEN | 89 | ABES | 8:56 | 16,12 | 3:43 |
| 3 | 597 | MEGENS JEF | 88 | ARAC | 9:03 | 15,91 | 3:46 |
| 4 | 731 | VAN DEN BOSSCHE BRIAN | 89 | ACHL | 9:05 | 15,85 | 3:47 |
| 5 | 621 | BAEYENS LARS | 89 | ARAC | 9:07 | 15,80 | 3:47 |
| 6 | 607 | VAN GESTEL JENS | 88 | VMOL | 9:10 | 15,71 | 3:49 |
| 7 | 1154 | SPRANGERS MATHIAS | 88 | KAPE | 9:13 | 15,62 | 3:50 |
| 8 | 657 | VERBIEST THOMAS | 88 | LOOI | 9:14 | 15,60 | 3:50 |
| 9 | 622 | CLAES GERT | 88 | VMOL | 9:15 | 15,57 | 3:51 |
| 10 | 734 | BREMS WILLEM | 88 | LOOI | 9:20 | 15,43 | 3:53 |
| 11 | 735 | GEERINCKX DIEUWER | 89 | LOOI | 9:22 | 15,37 | 3:54 |
| 12 | 848 | VAN GIEL DIETER | 89 | ACHL | 9:24 | 15,32 | 3:55 |
| 13 | 619 | BREUGELMANS BRENT | 88 | ARAC | 9:26 | 15,27 | 3:55 |
| 14 | 594 | GEYPEN TOM | 89 | VMOL | 9:34 | 15,05 | 3:59 |
| 15 | 620 | VAN GOOL JORIS | 88 | ARAC | 9:38 | 14,95 | 4:00 |
| 16 | 1111 | STEELS STYN | 89 | HULS | 9:40 | 14,90 | 4:01 |
| 17 | 831 | VAN EYNDE WIM | 88 | BRAB | 9:42 | 14,85 | 4:02 |
| 18 | 730 | VANDERBIESEN RUWAN | 89 | ACHL | 9:43 | 14,82 | 4:02 |
| 19 | 9741 | LAMBRECHTS LORENZ | 89 | NA | 9:47 | 14,72 | 4:04 |
| 20 | 639 | BISSCHOPS JAN | 88 | ARAC | 9:52 | 14,59 | 4:06 |
| 21 | 849 | VERMONDEN WOUTER | 89 | ACHL | 9:59 | 14,42 | 4:09 |
| 22 | 873 | VERSTAPPEN FREDERIK | 89 | HULS | 10:00 | 14,40 | 4:10 |
| 23 | 9735 | WENS VINCENT | 88 | ARAC | 10:00 | 14,40 | 4:10 |
| 24 | 858 | BILLIET KEVIN | 89 | OLSE | 10:03 | 14,33 | 4:11 |
| 25 | 729 | GEUENS ROEL | 88 | ACHL | 10:08 | 14,21 | 4:13 |
| 26 | 1152 | VAN DYCK DOMIEN | 89 | LOOI | 10:18 | 13,98 | 4:17 |
| 27 | 902 | DEWEER THOMAS | 89 | LIER | 10:21 | 13,91 | 4:18 |
| 28 | 9733 | HENDRICKX MARTIN | 88 | BVAC | 10:26 | 13,80 | 4:20 |
| 29 | 1181 | VERHOEVEN WANNES | 89 | ACHL | 10:31 | 13,69 | 4:22 |
| 30 | 737 | LIEVENS KEVIN | 89 | LOOI | 10:36 | 13,58 | 4:25 |
| 31 | 1057 | SLEDSSENS BRAM | 89 | ARAC | 10:39 | 13,52 | 4:26 |
| 32 | 1219 | MISERQUE KEVIN | 88 | OLSE | 10:43 | 13,44 | 4:27 |
| 33 | 775 | VERHOEVEN TIMMY | 89 | LIER | 10:44 | 13,42 | 4:28 |
| 34 | 1063 | VISSERS BERT | 88 | OLSE | 10:48 | 13,33 | 4:30 |
| 35 | 814 | WITTOCK BEN | 89 | ACBR | 10:55 | 13,19 | 4:32 |
| 36 | 640 | VAN GESTEL WIM | 89 | ARAC | 11:31 | 12,50 | 4:47 |
| 37 | 9719 | DIELS MAARTEN | 89 | ACHL | 12:19 | 11,69 | 5:07 |
| 38 | 813 | VANDERSTEEN RUBEN | 89 | ACBR | 12:20 | 11,68 | 5:08 |
| 39 | 1148 | MAES PIETER | 89 | LIER | 13:00 | 11,08 | 5:25 |
| 40 | 9707 | JESPERS HANS | 89 | NA | 15:16 | 9,43 | 6:21 |

Sch Dames

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|-------|-------|---------|
| 1 | 1586 | LAURYSSSEN GRIET | 86 | ARAC | 11:27 | 14,67 | 4:05 |
| 2 | 1781 | RENDERS SANNE | 87 | ACHL | 11:33 | 14,55 | 4:07 |
| 3 | 1580 | STEVENS MARJAN | 86 | AVOS | 11:39 | 14,42 | 4:09 |
| 4 | 1608 | VAN HERCK ROZANNE | 86 | ARAC | 11:54 | 14,12 | 4:15 |
| 5 | 1791 | AERNOOTS AN | 86 | OLSE | 11:58 | 14,04 | 4:16 |
| 6 | 1654 | BROSENS EVELIEN | 87 | BVAC | 12:06 | 13,88 | 4:19 |
| 7 | 1710 | STEENACKERS KATRIEN | 87 | ACHL | 12:22 | 13,58 | 4:25 |
| 8 | 1578 | SORGELOOS INE LEEN | 87 | LOOI | 12:23 | 13,57 | 4:25 |
| 9 | 1712 | VERSTAPPEN ANKE | 87 | ACHL | 12:30 | 13,44 | 4:27 |
| 10 | 1626 | EVERS ILS | 86 | ARAC | 12:35 | 13,35 | 4:29 |
| 11 | 1576 | VAN WUYTSWINKEL JULIE | 87 | ARAC | 12:43 | 13,21 | 4:32 |
| 12 | 1768 | DE COSTER ELLEN | 87 | AVZK | 12:58 | 12,96 | 4:37 |
| 13 | 1988 | VAN DEUN SARAH | 86 | TUAC | 13:12 | 12,73 | 4:42 |
| 14 | 1760 | NYS SANNE | 87 | LOOI | 13:14 | 12,70 | 4:43 |
| 15 | 1587 | CLEMENS DORIEN | 87 | ARAC | 13:31 | 12,43 | 4:49 |
| 16 | 1711 | VAN BERGEN TESSA | 87 | ACHL | 13:59 | 12,01 | 4:59 |
| 17 | 2035 | RENDERS NATHALIE | 87 | ACHL | 14:07 | 11,90 | 5:02 |
| 18 | 1585 | MERMANS ANNELIES | 86 | ARAC | 14:40 | 11,45 | 5:14 |
| 19 | 1761 | COOLS EVELIEN | 87 | LOOI | 15:05 | 11,14 | 5:23 |
| 20 | 1920 | LUYCKX JUDITH | 87 | ARAC | 16:30 | 10,18 | 5:53 |

Sch Heren

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|---------------------|-----|------|-------|-------|---------|
| 1 | 2110 | DE COSTER PIETER | 86 | AVZK | 13:00 | 16,15 | 3:42 |
| 2 | 2372 | WOUTERS JORIS | 87 | ACHL | 13:12 | 15,91 | 3:46 |
| 3 | 1914 | PALLEMANS MARTIN | 86 | KAPE | 13:23 | 15,69 | 3:49 |
| 4 | 2132 | RENDERS NICK | 86 | ACHL | 13:32 | 15,52 | 3:52 |
| 5 | 2389 | FARRETT BENJAMIN* | 87 | OLSE | 13:37 | 15,42 | 3:53 |
| 6 | 2026 | VANDERBIESEN DANUSH | 87 | ACHL | 13:48 | 15,22 | 3:56 |
| 7 | 1941 | GEYPEN NICO | 87 | VMOL | 13:49 | 15,20 | 3:56 |
| 8 | 2034 | DOUWEN ROB | 87 | LOOI | 13:53 | 15,13 | 3:58 |
| 9 | 2219 | BEKERS TOM | 86 | ACHL | 14:06 | 14,89 | 4:01 |
| 10 | 2142 | DE BEULE JURGEN | 86 | OLSE | 14:11 | 14,81 | 4:03 |
| 11 | 2138 | DE MEYER JEROEN | 87 | OLSE | 14:19 | 14,67 | 4:05 |
| 12 | 2031 | MARIEN MICHIEL | 87 | ACHL | 14:36 | 14,38 | 4:10 |
| 13 | 2141 | VAN LOOVEREN BOB | 87 | OLSE | 14:40 | 14,32 | 4:11 |
| 14 | 2309 | VERHAEGEN ARNE | 87 | ACHL | 15:02 | 13,97 | 4:17 |
| 15 | 1938 | VERHEYEN KRISTOF | 86 | AVOS | 15:13 | 13,80 | 4:20 |
| 16 | 2328 | MAXWELL ALEXANDER | 86 | OLSE | 15:29 | 13,56 | 4:25 |
| 17 | 1940 | VAN GESTEL TOM | 86 | ARAC | 16:25 | 12,79 | 4:41 |
| 18 | 1929 | LAURYSSSEN RAF | 87 | ARAC | GP | | |

Jun Dames

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|-----|----------------------|-----|------|-------|-------|---------|
| 1 | 254 | VAN HOOF EVELIEN | 84 | DUFF | 14:58 | 15,23 | 3:56 |
| 2 | 397 | LOMMAERT KIM | 85 | OLSE | 15:09 | 15,05 | 3:59 |
| 3 | 268 | MONSECOUR LIESBETH | 84 | HULS | 15:23 | 14,82 | 4:02 |
| 4 | 364 | CAUWENBERGH MARIJKE | 84 | DCLA | 15:25 | 14,79 | 4:03 |
| 5 | 307 | LOUAGE LIN | 85 | BRAB | 15:31 | 14,69 | 4:05 |
| 6 | 157 | SORGeloos LIESELOTTE | 85 | LOOI | 16:17 | 14,00 | 4:17 |
| 7 | 408 | VERBEECK STEFANIE | 85 | ACHL | 16:44 | 13,63 | 4:24 |
| 8 | 317 | NUYTS CAROLIEN | 85 | ACHL | 16:56 | 13,46 | 4:27 |
| 9 | 245 | LUYTEN BRITT | 84 | ACBR | 17:05 | 13,35 | 4:29 |
| 10 | 247 | COOLS ANNELIES | 85 | LOOI | 19:03 | 11,97 | 5:00 |
| 11 | 422 | VAN DIEVEL SARAH | 84 | OLSE | 19:07 | 11,93 | 5:01 |
| 12 | 183 | LAURYSSSEN LIESBET | 84 | ARAC | 20:46 | 10,98 | 5:27 |

Vet Dames

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|----------------------|-----|------|-------|-------|---------|
| 1 | 2094 | VAN BEERS EDITH | 65 | ARAC | 14:30 | 15,72 | 3:48 |
| 2 | 2680 | VERSCHUEREN LUTGARD | 66 | ACHL | 14:44 | 15,48 | 3:52 |
| 3 | 2752 | VRANCKX MARIA | 64 | ACHL | 15:14 | 14,97 | 4:00 |
| 4 | 2102 | SWINNEN MARGOT | 63 | LOOI | 15:24 | 14,81 | 4:03 |
| 5 | 2392 | COENEN JEANNINE | 53 | ACHL | 15:27 | 14,76 | 4:03 |
| 6 | 2941 | VAN LOOY CHRISTEL | 60 | HULS | 15:33 | 14,66 | 4:05 |
| 7 | 2932 | VAN PEER CHRISTA | 58 | ACHL | 15:42 | 14,52 | 4:07 |
| 8 | 2093 | DIELTIENS KATRIEN | 66 | ARAC | 15:47 | 14,45 | 4:09 |
| 9 | 2679 | VAN DE MIEROP RITA | 62 | ACHL | 15:59 | 14,26 | 4:12 |
| 10 | 2393 | MARIEN LILIANE | 60 | ACHL | 16:22 | 13,93 | 4:18 |
| 11 | 2777 | DAMS LOU | 55 | TUAC | 16:26 | 13,87 | 4:19 |
| 12 | 2556 | VISSERS ANNEMIE | 56 | ACHL | 16:32 | 13,79 | 4:21 |
| 13 | 2711 | SNEYERS CLAIRE | 65 | DUFF | 16:41 | 13,67 | 4:23 |
| 14 | 2605 | VETTERS DIANA | 52 | HULS | 16:47 | 13,58 | 4:25 |
| 15 | 2956 | BEYENS MARIA | 54 | LOOI | 16:48 | 13,57 | 4:25 |
| 16 | 2602 | POORTMANS RITA | 58 | HULS | 16:48 | 13,57 | 4:25 |
| 17 | 2603 | BEYERS HILDE | 58 | HULS | 16:51 | 13,53 | 4:26 |
| 18 | 2053 | VERWAEST GRIET | 64 | ARAC | 16:55 | 13,48 | 4:27 |
| 19 | 2604 | ACKE KATHLEEN | 55 | HULS | 16:57 | 13,45 | 4:27 |
| 20 | 2986 | JESPERS HILDE | 64 | AVOS | 17:07 | 13,32 | 4:30 |
| 21 | 2156 | VAN KERCKHOVE SONJA | 45 | BVAC | 17:13 | 13,24 | 4:31 |
| 22 | 2054 | STRUYFS RENILD | 55 | ARAC | 17:17 | 13,19 | 4:32 |
| 23 | 2391 | STAES ANNIE | 62 | ACHL | 17:20 | 13,15 | 4:33 |
| 24 | 2051 | VAN TONGERLOO MIA | 64 | VMOL | 17:27 | 13,07 | 4:35 |
| 25 | 2388 | MESENS JESSIE | 51 | ACHL | 17:42 | 12,88 | 4:39 |
| 26 | 2353 | VERPOEST HILDE | 57 | BRAB | 17:43 | 12,87 | 4:39 |
| 27 | 2249 | STRUYF LYDIA | 55 | BVAC | 17:46 | 12,83 | 4:40 |
| 28 | 3048 | ADRIAENSSENS GERDA | 54 | OLSE | 17:53 | 12,75 | 4:42 |
| 29 | 2703 | BEYENS RENILDA | 53 | LOOI | 17:55 | 12,73 | 4:42 |
| 30 | 2247 | KROLS CELINE | 40 | BVAC | 17:58 | 12,69 | 4:43 |
| 31 | 2776 | TUBEX RACHEL | 36 | SWIN | 18:08 | 12,57 | 4:46 |
| 32 | 2929 | VAN DEN BROECK LIEF | 48 | ACHL | 18:11 | 12,54 | 4:47 |
| 33 | 2713 | VAN HERCK GREET | 55 | DUFF | 18:17 | 12,47 | 4:48 |
| 34 | 2309 | VERLUYTEN VERA | 67 | LOOI | 18:22 | 12,41 | 4:50 |
| 35 | 9743 | VERSCHUEREN LUCIA | 63 | GLOR | 18:30 | 12,32 | 4:52 |
| 36 | 2965 | NUYDENS LUTGARDA | 57 | AVOS | 18:32 | 12,30 | 4:52 |
| 37 | 3095 | GOOSSENS MARTINE | 66 | ACBR | 18:36 | 12,26 | 4:53 |
| 38 | 3115 | KUPPENS ANNIE | 54 | LOOI | 18:38 | 12,24 | 4:54 |
| 39 | 3031 | VANHERCK MARIE-JOSEE | 60 | ARAC | 18:41 | 12,20 | 4:55 |
| 40 | 2179 | VAN DINGENEN MARIA | 50 | LOOI | 19:18 | 11,81 | 5:04 |
| 41 | 2934 | SCHILLEBEECKX NICOLE | 63 | ACHL | 19:33 | 11,66 | 5:08 |
| 42 | 2933 | GLASSEE PAULA | 66 | ACHL | 19:57 | 11,43 | 5:15 |
| 43 | 2067 | SNIJERS LINDA | 63 | AVOS | 21:16 | 10,72 | 5:35 |
| 44 | 2064 | VAN OYEN FIA | 61 | AVOS | 21:58 | 10,38 | 5:46 |
| 45 | 2387 | JACOBS NANCY | 66 | ACHL | 22:00 | 10,36 | 5:47 |
| 46 | 2919 | EECKMAN MARTINE | 64 | OLSE | 22:25 | 10,17 | 5:53 |
| 47 | 2311 | ROEFS RENILDA | 61 | AVOS | 23:09 | 9,85 | 6:05 |
| 48 | 2310 | SCHELLEKENS GUSTA | 48 | AVOS | 33:12 | 6,87 | 8:44 |

Jun Heren

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|-----|----------------------|-----|------|-------|-------|---------|
| 1 | 443 | AERNOOTS BART | 84 | OLSE | 19:04 | 15,73 | 3:48 |
| 2 | 425 | OGOURTSOV BORIS* | 84 | BRAB | 19:10 | 15,65 | 3:50 |
| 3 | 404 | CASTEELS TIM | 84 | ROBA | 19:13 | 15,61 | 3:50 |
| 4 | 440 | PRIMS JO | 84 | ACHL | 19:26 | 15,44 | 3:53 |
| 5 | 352 | VERMEYLEN MICHAEL | 84 | AVZK | 19:30 | 15,38 | 3:54 |
| 6 | 376 | DE BIE KOEN | 84 | DUFF | 19:41 | 15,24 | 3:56 |
| 7 | 498 | LOUAGE TOM | 84 | BRAB | 19:47 | 15,16 | 3:57 |
| 8 | 531 | THYS THOMAS | 84 | LOOI | 19:53 | 15,09 | 3:58 |
| 9 | 593 | DAEMEN PHILIP | 85 | ACHL | 20:23 | 14,72 | 4:04 |
| 10 | 442 | VERHAEGEN STIJN | 85 | ACHL | 20:53 | 14,37 | 4:10 |
| 11 | 307 | NEVELSTEEN KRISTOF | 84 | AVZK | 20:59 | 14,30 | 4:11 |
| 12 | 426 | VERBOVEN VINCENT | 85 | LOOI | 21:19 | 14,07 | 4:15 |
| 13 | 439 | VAN ECHELPOEL PIETER | 84 | ACHL | 21:30 | 13,95 | 4:18 |
| 14 | 332 | ORIS HANS | 85 | AVOS | 21:39 | 13,86 | 4:19 |
| 15 | 357 | SAS WESLEY | 85 | AVOS | 26:01 | 11,53 | 5:12 |

Vet Heren

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|----------------------|-----|------|-------|-------|---------|
| 1 | 5296 | DENS TONY | 61 | LOOI | 18:45 | 18,56 | 3:13 |
| 2 | 5020 | BEYENS FRANS | 59 | LOOI | 18:48 | 18,51 | 3:14 |
| 3 | 5343 | VERRYDT MARC | 62 | VMOL | 19:07 | 18,20 | 3:17 |
| 4 | 5872 | RENDERS FRANS | 62 | ACHL | 19:34 | 17,79 | 3:22 |
| 5 | 6060 | RENAP WIM | 61 | ACHL | 19:45 | 17,62 | 3:24 |
| 6 | 6163 | COOMANS PATRICK | 60 | LOOI | 19:49 | 17,56 | 3:25 |
| 7 | 5159 | VOLDERS DIRK | 59 | LOOI | 19:59 | 17,41 | 3:26 |
| 8 | 5923 | LAENEN MARCEL | 56 | HULS | 20:14 | 17,20 | 3:29 |
| 9 | 5618 | VAN STEENBERGEN EDDY | 61 | ARAC | 20:17 | 17,16 | 3:29 |
| 10 | 5333 | DIERCKX JAN | 60 | AVOS | 20:22 | 17,09 | 3:30 |
| 11 | 5406 | VERMEIREN ANDRE | 62 | BVAC | 20:26 | 17,03 | 3:31 |
| 12 | 5019 | HERMANS MARTIN | 59 | LOOI | 20:30 | 16,98 | 3:32 |
| 13 | 5498 | LIEVENS HERMAN | 57 | ACHL | 20:37 | 16,88 | 3:33 |
| 14 | 5778 | DIERCKX BERT | 60 | AVOS | 20:41 | 16,83 | 3:33 |
| 15 | 6777 | VAN GESTEL LUDWIG | 60 | ACHL | 20:46 | 16,76 | 3:34 |
| 16 | 5165 | SMOLDERS WILFRIED | 57 | ARAC | 20:58 | 16,60 | 3:36 |
| 17 | 5777 | STEENACKERS LUC | 60 | AVOS | 20:58 | 16,60 | 3:36 |
| 18 | 5080 | SMETS FRANS | 61 | ARAC | 21:01 | 16,56 | 3:37 |
| 19 | 6708 | BUTS ARNOLD | 62 | OLSE | 21:02 | 16,55 | 3:37 |
| 20 | 6781 | RAEYMAKERS ERIK | 56 | ACHL | 21:03 | 16,53 | 3:37 |
| 21 | 5200 | VAN DE PUT ANDRE | 59 | AVOS | 21:04 | 16,52 | 3:37 |
| 22 | 5516 | VERSTAPPEN ROB | 57 | ACHL | 21:06 | 16,49 | 3:38 |
| 23 | 5950 | VOS ALFONS | 57 | VMOL | 21:09 | 16,45 | 3:38 |
| 24 | 6768 | DIELS GASTON | 57 | ARAC | 21:13 | 16,40 | 3:39 |
| 25 | 5848 | VAN DE WATER JOS | 46 | ACHL | 21:21 | 16,30 | 3:40 |
| 26 | 5204 | JACOBS JOHAN | 61 | AVOS | 21:26 | 16,24 | 3:41 |
| 27 | 6191 | SELS LAMBERT | 55 | VMOL | 21:34 | 16,14 | 3:43 |
| 28 | 5538 | DOUWEN DIRK | 59 | LOOI | 21:38 | 16,09 | 3:43 |
| 29 | 5512 | DENOLF PAUL | 58 | ACHL | 21:39 | 16,07 | 3:43 |
| 30 | 5542 | VAN HOOFF DIRK | 57 | AVZK | 21:49 | 15,95 | 3:45 |
| 31 | 6732 | MATTHYNS LUC | 62 | ABES | 21:52 | 15,91 | 3:46 |
| 32 | 5194 | FORDE SIMON* | 60 | AVOS | 21:55 | 15,88 | 3:46 |
| 33 | 5810 | STEFFENS KOEN | 61 | BRAB | 22:06 | 15,75 | 3:48 |
| 34 | 5930 | VAN NOTEN LODEWIJK | 45 | HULS | 22:07 | 15,73 | 3:48 |
| 35 | 5537 | BREMS EDDY | 57 | LOOI | 22:08 | 15,72 | 3:48 |
| 36 | 6527 | MARTENS WILLY | 48 | ACBR | 22:11 | 15,69 | 3:49 |
| 37 | 5973 | HAESSEN JOZEF | 58 | GEEL | 22:12 | 15,68 | 3:49 |
| 38 | 6495 | VERIS HERMAN | 54 | ACHL | 22:14 | 15,65 | 3:50 |
| 39 | 5921 | VAN BEECK PATRICK | 60 | HULS | 22:14 | 15,65 | 3:50 |
| 40 | 5500 | GOETSCHALCKX ANTOON | 48 | ACHL | 22:15 | 15,64 | 3:50 |
| 41 | 5215 | VERBYLEN HERMAN | 53 | ARAC | 22:16 | 15,63 | 3:50 |
| 42 | 6009 | DE RYCKE DIRK | 62 | ABES | 22:23 | 15,55 | 3:51 |
| 43 | 5031 | WIELOCKX STAF | 53 | VMOL | 22:28 | 15,49 | 3:52 |
| 44 | 6200 | DIERCKX EMIEL | 56 | ACHL | 22:37 | 15,39 | 3:53 |
| 45 | 5502 | VANDERBIESEN ROGER | 53 | ACHL | 22:40 | 15,35 | 3:54 |

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|----|------|-----------------------|----|------|-------|-------|------|
| 46 | 5195 | VAN EYCK KRIS | 62 | AVOS | 22:43 | 15,32 | 3:55 |
| 47 | 5885 | DE PAUW RUDY | 46 | ACHL | 22:44 | 15,31 | 3:55 |
| 48 | 5881 | MAEYNINCKX GASTON | 57 | ACHL | 22:58 | 15,15 | 3:57 |
| 49 | 5971 | MERTENS LEO | 52 | GEEL | 23:06 | 15,06 | 3:58 |
| 50 | 6859 | ROHART ALAIN | 49 | OLSE | 23:12 | 15,00 | 4:00 |
| 51 | 9742 | VERSCHUREN TOON | 61 | GLOR | 23:16 | 14,96 | 4:00 |
| 52 | 5575 | VAN EYNDE FREDDY | 58 | BRAB | 23:20 | 14,91 | 4:01 |
| 53 | 6780 | SCHELLENS CONSTANT | 53 | ACHL | 23:26 | 14,85 | 4:02 |
| 54 | 5509 | VETS FRANS | 61 | ACHL | 23:33 | 14,78 | 4:03 |
| 55 | 6481 | NOYENS JAN | 56 | TUAC | 23:38 | 14,72 | 4:04 |
| 56 | 5147 | SNEYDERS EDDY | 57 | AVOS | 23:46 | 14,64 | 4:05 |
| 57 | 6849 | CLERCX HENRICUS | 59 | TUAC | 23:46 | 14,64 | 4:05 |
| 58 | 5201 | LUYTEN DANNY | 61 | AVOS | 23:49 | 14,61 | 4:06 |
| 59 | 5924 | VERHAERT RENE | 56 | HULS | 23:52 | 14,58 | 4:06 |
| 60 | 6629 | NEELS MICHEL | 53 | GEEL | 23:56 | 14,54 | 4:07 |
| 61 | 5877 | VAN BAEL GILBERT | 54 | ACHL | 23:57 | 14,53 | 4:07 |
| 62 | 6132 | DECLERCK DIRK | 62 | ACBR | 24:01 | 14,49 | 4:08 |
| 63 | 5491 | VAN WOLFPUTTE MAURITS | 42 | ACHL | 24:04 | 14,46 | 4:08 |
| 64 | 5167 | LAURYSSSEN JEF | 54 | ARAC | 24:06 | 14,44 | 4:09 |
| 65 | 5496 | TOPS JOZEF | 50 | ACHL | 24:16 | 14,34 | 4:11 |
| 66 | 5927 | WYNS BRUNO | 49 | HULS | 24:20 | 14,30 | 4:11 |
| 67 | 5149 | OSSENBLOK DIRK | 57 | AVOS | 24:22 | 14,28 | 4:12 |
| 68 | 6155 | SYBENS LUC | 57 | HULS | 24:28 | 14,22 | 4:13 |
| 69 | 5895 | PAUWELS ERWIN | 60 | OLSE | 24:33 | 14,18 | 4:13 |
| 70 | 5503 | VAN LOOCK LUC | 59 | ACHL | 24:48 | 14,03 | 4:16 |
| 71 | 6630 | MELIS JOZEF | 57 | GEEL | 24:56 | 13,96 | 4:17 |
| 72 | 5887 | BOONEN LUDO | 62 | ACHL | 25:01 | 13,91 | 4:18 |
| 73 | 5869 | SMETS LUDO | 55 | ACHL | 25:18 | 13,75 | 4:21 |
| 74 | 6205 | BOECKX EDDY | 59 | ACHL | 25:31 | 13,64 | 4:23 |
| 75 | 5196 | ORIS PATRICK | 60 | AVOS | 25:36 | 13,59 | 4:24 |
| 76 | 5969 | KEMPEN JULIEN | 37 | GEEL | 25:43 | 13,53 | 4:26 |
| 77 | 5504 | NICASI MICHAEL | 49 | ACHL | 26:12 | 13,28 | 4:31 |
| 78 | 5334 | BERCKVENS JOZEF | 58 | AVOS | 26:32 | 13,12 | 4:34 |
| 79 | 6665 | COERTJENS LEO | 41 | ARAC | 26:42 | 13,03 | 4:36 |
| 80 | 5497 | HEYLEN GUSTAAF | 46 | ACHL | 26:51 | 12,96 | 4:37 |
| 81 | 5363 | VAN DE VIJVER JOHAN | 60 | ACBR | 26:55 | 12,93 | 4:38 |
| 82 | 5495 | LEEMANS ALBERT | 40 | ACHL | 27:16 | 12,76 | 4:42 |
| 83 | 5501 | DENIS DANIEL | 60 | ACHL | 27:28 | 12,67 | 4:44 |
| 84 | 5259 | BAYENS LOUIS | 35 | ARAC | 28:44 | 12,11 | 4:57 |
| 85 | 9715 | SPOOREN CORNEEL | 50 | GLOR | 28:48 | 12,08 | 4:57 |
| 86 | 5758 | ABEEL MARC | 55 | ACBR | 29:17 | 11,88 | 5:02 |
| 87 | 5754 | VISSERS BRUNO | 57 | ACBR | 32:48 | 10,61 | 5:39 |
| 88 | 5493 | VAN DER DONCK JOSEPH | 39 | ACHL | 33:37 | 10,35 | 5:47 |

Sen Dames

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|----------------------|-----|------|-------|-------|---------|
| 1 | 1152 | STALS SANDRA | 75 | AVT | 20:13 | 14,84 | 4:02 |
| 2 | 919 | GOOSSENS PATRICIA | 81 | LOOI | 20:24 | 14,71 | 4:04 |
| 3 | 1117 | LUXEM XENIA | 82 | OLSE | 20:35 | 14,57 | 4:07 |
| 4 | 1151 | BEYENS ANN | 71 | ARAC | 21:24 | 14,02 | 4:16 |
| 5 | 903 | VAN WUYTSWINKEL MIEN | 83 | ARAC | 21:40 | 13,85 | 4:20 |
| 6 | 1199 | VAN SPRENGEL WENDY | 77 | ACHL | 22:17 | 13,46 | 4:27 |
| 7 | 1031 | VERSTAPPEN GREET | 82 | ACHL | 22:27 | 13,36 | 4:29 |
| 8 | 1154 | LIEVENS LIESBETH | 79 | ACHL | 22:32 | 13,31 | 4:30 |
| 9 | 1028 | VANDERBIESEN FRANCY | 82 | ACHL | 22:34 | 13,29 | 4:30 |
| 10 | 934 | RAUS KIM | 82 | ARAC | 22:37 | 13,26 | 4:31 |
| 11 | 1417 | CLAES AN | 82 | ACHL | 22:48 | 13,16 | 4:33 |
| 12 | 964 | NUYENS SANDRA | 71 | DUFF | 22:57 | 13,07 | 4:35 |
| 13 | 1113 | VAN DE PERRE INE | 82 | ACHL | 23:22 | 12,84 | 4:40 |
| 14 | 1387 | LAUREYS LOBKE | 83 | OLSE | 23:50 | 12,59 | 4:46 |
| 15 | 935 | BOGAERTS AN | 81 | ARAC | 24:44 | 12,13 | 4:56 |
| 16 | 1266 | VAN DOOREN SIGRID | 74 | OLSE | 24:49 | 12,09 | 4:57 |
| 17 | 1026 | AUWERS MARTINE | 70 | ACHL | 25:49 | 11,62 | 5:09 |
| 18 | 917 | VAN DOOREN CHRISTINE | 69 | AVOS | 28:47 | 10,42 | 5:45 |

Sen Heren

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|----------------------|-----|------|-------|-------|---------|
| 1 | 2321 | JANSSENS KOEN | 82 | DUFF | 28:42 | 17,77 | 3:22 |
| 2 | 2423 | STEEMANS GINO | 77 | ARAC | 29:33 | 17,26 | 3:28 |
| 3 | 2342 | LIECKENS BART | 77 | ACHL | 29:48 | 17,11 | 3:30 |
| 4 | 2586 | VAN ROOY TOM | 82 | ACHL | 29:55 | 17,05 | 3:31 |
| 5 | 2635 | JANSSENS HERMAN | 63 | VMOL | 30:19 | 16,82 | 3:34 |
| 6 | 2347 | WILS JOHAN | 74 | ACHL | 30:45 | 16,59 | 3:37 |
| 7 | 2177 | LEYTEN KURT | 75 | ARAC | 30:51 | 16,53 | 3:37 |
| 8 | 2621 | VERHAERT KRIS | 78 | HULS | 31:09 | 16,37 | 3:39 |
| 9 | 2792 | DE WACHTER GUY | 75 | HULS | 31:26 | 16,22 | 3:41 |
| 10 | 2230 | GOOTS MARC | 65 | LOOI | 31:28 | 16,21 | 3:42 |
| 11 | 2619 | LAMBRECHTS TOM | 80 | HULS | 31:39 | 16,11 | 3:43 |
| 12 | 2964 | DILLEN JACKY | 70 | OLSE | 31:43 | 16,08 | 3:43 |
| 13 | 2711 | MASSCHELIN TOM | 77 | ACHL | 31:43 | 16,08 | 3:43 |
| 14 | 2319 | DE BIE STEVEN | 82 | DUFF | 31:44 | 16,07 | 3:44 |
| 15 | 2862 | NICQUE DIRK | 63 | ACW | 31:50 | 16,02 | 3:44 |
| 16 | 3080 | DUWEIN PEPIJN | 77 | ACHL | 31:55 | 15,98 | 3:45 |
| 17 | 2584 | JACOBS STIJN | 77 | ACHL | 31:59 | 15,95 | 3:45 |
| 18 | 2343 | VAN DE GENDER JELLE | 81 | ACHL | 32:04 | 15,90 | 3:46 |
| 19 | 2363 | GEERINCKX BERNUS | 63 | LOOI | 32:11 | 15,85 | 3:47 |
| 20 | 2248 | GEERTS DIRK | 79 | AVOS | 32:16 | 15,81 | 3:47 |
| 21 | 2983 | GADISSEUR WIM | 82 | ACBR | 32:26 | 15,72 | 3:48 |
| 22 | 2708 | WUYTS JOPPE | 81 | ACHL | 32:33 | 15,67 | 3:49 |
| 23 | 2344 | GOOSSENS ANDY | 81 | ACHL | 32:36 | 15,64 | 3:50 |
| 24 | 3079 | NOYENS RONNY | 63 | ACHL | 32:39 | 15,62 | 3:50 |
| 25 | 2227 | PEREMANS STEFAN | 66 | LOOI | 32:47 | 15,56 | 3:51 |
| 26 | 2602 | BAGHLI MHAMED* | 75 | OLSE | 32:55 | 15,49 | 3:52 |
| 27 | 2127 | VERBIEST MAARTEN | 82 | LOOI | 33:07 | 15,40 | 3:53 |
| 28 | 2618 | WYNS JELLE | 80 | HULS | 33:23 | 15,28 | 3:55 |
| 29 | 2176 | GOVAERTS BENNY | 66 | ARAC | 33:41 | 15,14 | 3:57 |
| 30 | 2340 | GLASSEE ERIC | 70 | ACHL | 33:53 | 15,05 | 3:59 |
| 31 | 3340 | SCHEPENS DANNY | 73 | ACHL | 33:58 | 15,01 | 3:59 |
| 32 | 3101 | VAN DEN BRANDE FILIP | 69 | HULS | 34:13 | 14,91 | 4:01 |
| 33 | 2266 | ROELANDS PATRICK | 63 | ACBR | 34:16 | 14,88 | 4:01 |
| 34 | 3425 | ENGELS WILFRIED | 69 | OLSE | 34:25 | 14,82 | 4:02 |
| 35 | 2622 | VAN RIET MARC | 71 | HULS | 34:34 | 14,75 | 4:04 |
| 36 | 2601 | HOOYBERGS JAN | 70 | OLSE | 34:52 | 14,63 | 4:06 |
| 37 | 2624 | VAN BEECK DIRK | 65 | HULS | 35:09 | 14,51 | 4:08 |
| 38 | 2780 | BASTYNS MAARTEN | 79 | AVOS | 35:15 | 14,47 | 4:08 |
| 39 | 3279 | SPRUYT DAVID | 64 | LOOI | 35:24 | 14,41 | 4:09 |
| 40 | 2887 | ROELS WERNER | 78 | OLSE | 35:28 | 14,38 | 4:10 |
| 41 | 2956 | MEEUS PETER | 73 | ARAC | 35:38 | 14,31 | 4:11 |
| 42 | 2179 | BROECKX IVO | 66 | ARAC | 35:45 | 14,27 | 4:12 |
| 43 | 2617 | VERHAERT GERRY | 82 | HULS | 36:23 | 14,02 | 4:16 |
| 44 | 2180 | VAN GOMPEL JAN | 66 | VMOL | 36:41 | 13,90 | 4:18 |
| 45 | 3263 | BRACKEVA STEFAN | 70 | OLSE | 37:00 | 13,78 | 4:21 |

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|----|------|-----------------|----|------|-------|-------|------|
| 46 | 3222 | CONVENS PETER | 68 | VMOL | 37:10 | 13,72 | 4:22 |
| 47 | 2156 | DE JONGH MIKE | 83 | AVOS | 37:20 | 13,66 | 4:23 |
| 48 | 9727 | MONDEN MARC | 62 | AVR | 37:55 | 13,45 | 4:27 |
| 49 | 3092 | BEYERS ERIK | 64 | ACHL | 38:04 | 13,40 | 4:28 |
| 50 | 3094 | JANSSEN FRANK | 68 | ACHL | 38:07 | 13,38 | 4:29 |
| 51 | 2888 | TUFFIN BENJAMIN | 77 | OLSE | 38:13 | 13,34 | 4:29 |
| 52 | 2620 | GEENS GINO | 79 | HULS | 38:23 | 13,29 | 4:30 |
| 53 | 2249 | HERMANS LUC | 70 | AVOS | 39:13 | 13,00 | 4:36 |
| 54 | 2164 | RUTTEN PATRICK | 65 | AVOS | 39:52 | 12,79 | 4:41 |