

13e Dames- en herenveldloop Sparta Bornem - 26-01-2003

Ben Dames - 1350m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|------------------------|-----|------|------|-------|---------|
| 1 | 555 | STEVENS RIKA | 95 | SPBO | 5:32 | 14,64 | 4:05 |
| 2 | 520 | VERHOEVEN ASTRID | 95 | LEBB | 5:42 | 14,21 | 4:13 |
| 3 | 1250 | FLORINDO LAURA | 95 | AT84 | 6:12 | 13,06 | 4:35 |
| 4 | 213 | PATIESSON MARINE | 95 | RCB | 6:13 | 13,03 | 4:36 |
| 5 | 492 | SPRINGAEL SARA | 95 | KAPE | 6:23 | 12,69 | 4:43 |
| 6 | 1245 | TERSAGO LENI | 95 | SPBO | 6:24 | 12,66 | 4:44 |
| 7 | 1270 | SOLLIE TESSA | 95 | VAC | 6:29 | 12,49 | 4:48 |
| 8 | 655 | BLOMMAERT KIM | 95 | VOLH | 6:31 | 12,43 | 4:49 |
| 9 | 996 | VAN DEN MEERSCH LIEN | 95 | LEBB | 6:34 | 12,34 | 4:51 |
| 10 | 1119 | CARLIER ASTRID | 95 | LOND | 6:40 | 12,15 | 4:56 |
| 11 | 1002 | VAN RAEMDONCK SOFIE | 95 | VOLH | 6:42 | 12,09 | 4:57 |
| 12 | 656 | DE MAEYER AISLA | 95 | VOLH | 6:48 | 11,91 | 5:02 |
| 13 | 9039 | CERPENTIER MIEKE | 95 | NA | 6:49 | 11,88 | 5:02 |
| 14 | 440 | FRANCKEN MARGAUX | 95 | LYRA | 6:52 | 11,80 | 5:05 |
| 15 | 1269 | VAN DER JONCKHEYD LISA | 96 | ABES | 6:55 | 11,71 | 5:07 |
| 16 | 799 | DE BLIECK PHEBE | 95 | SPBO | 6:56 | 11,68 | 5:08 |
| 17 | 859 | CROONENBORGHES MARLIES | 95 | AVKA | 7:00 | 11,57 | 5:11 |
| 18 | 9031 | VAN HOYWEGEN WHITLEY | 96 | NA | 7:07 | 11,38 | 5:16 |
| 19 | 444 | DE LAET MANON | 95 | LYRA | 7:10 | 11,30 | 5:18 |
| 20 | 1246 | LAUREYS NELE | 95 | SPBO | 7:12 | 11,25 | 5:20 |
| 21 | 9014 | EYKEN MELISSA | 95 | NA | 7:12 | 11,25 | 5:20 |
| 22 | 1235 | BALIZI AMAL | 95 | AT84 | 7:23 | 10,97 | 5:28 |
| 23 | 353 | WYNS ROMY | 95 | DUFF | 7:24 | 10,95 | 5:28 |
| 24 | 9019 | RENKIN LIESL | 95 | NA | 7:25 | 10,92 | 5:29 |
| 25 | 1248 | MERMANS LIESELOT | 95 | ABES | 7:27 | 10,87 | 5:31 |
| 26 | 9018 | VLIEGEN LISE | 95 | NA | | | |
| 27 | 9041 | PAUWELS LORIEN | 96 | NA | | | |
| 28 | 486 | VERCAMMEN SOFIE | 95 | AVKA | | | |
| 29 | 9024 | REYNIERS EMILE | 96 | NA | | | |
| 30 | 9012 | MASELIS IRIS | 96 | NA | | | |

Ben Dames 94 - 1350m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|------|-------|---------|
| 1 | 356 | VANHOOMISSEN LIESBET | 94 | SPBO | 5:30 | 14,73 | 4:04 |
| 2 | 756 | VAN DE VEL SARA | 94 | ABES | 5:39 | 14,34 | 4:11 |
| 3 | 376 | DE PRYCK JOLIEN | 94 | OPW | 5:45 | 14,09 | 4:15 |
| 4 | 383 | TERSAGO STEFFI | 94 | SPBO | 5:49 | 13,93 | 4:18 |
| 5 | 489 | VAN BRUSSEL FIEN | 94 | HAMM | 5:52 | 13,81 | 4:20 |
| 6 | 513 | CLAESSENS ELINE | 94 | HAMM | 5:56 | 13,65 | 4:23 |
| 7 | 423 | VAN DORP SHAUNI | 94 | ZELE | 5:57 | 13,61 | 4:24 |
| 8 | 9030 | JUBITANA NAOMI | 94 | NA | 5:58 | 13,58 | 4:25 |
| 9 | 354 | SERGOORIS SARA | 94 | SPBO | 6:06 | 13,28 | 4:31 |
| 10 | 442 | VANLOMMEL LAURA | 94 | LYRA | 6:13 | 13,03 | 4:36 |
| 11 | 929 | DE BAEREMAEKER LIEN | 94 | OEH | 6:14 | 12,99 | 4:37 |
| 12 | 704 | FONTAINE ANKE | 94 | ACW | 6:15 | 12,96 | 4:37 |
| 13 | 459 | VAN VELTHOVEN ELINE | 94 | ACBR | 6:16 | 12,93 | 4:38 |
| 14 | 575 | EYSACKERS ELIEN | 94 | OLSE | 6:26 | 12,59 | 4:45 |
| 15 | 390 | DENENBOURG BIRGIT | 94 | OPW | 6:27 | 12,56 | 4:46 |
| 16 | 355 | REYNAERT KIRSTY | 94 | SPBO | 6:28 | 12,53 | 4:47 |
| 17 | 774 | VERBRUGGEN JONI | 94 | OLSE | 6:29 | 12,49 | 4:48 |
| 18 | 521 | MUYSEWINKEL LEEN | 94 | LEBB | 6:32 | 12,40 | 4:50 |
| 19 | 989 | VAN DRIESSCHE ASTRID | 94 | ZELE | 6:33 | 12,37 | 4:51 |
| 20 | 928 | DERYCK CHELSEY | 94 | OEH | 6:35 | 12,30 | 4:52 |
| 21 | 382 | VAN DE VOORDE KIRSTEN | 94 | SPBO | 6:35 | 12,30 | 4:52 |
| 22 | 657 | KOKX VALERIE | 94 | VOLH | 6:39 | 12,18 | 4:55 |
| 23 | 568 | BOSCH VALERIE | 94 | ACHL | 6:43 | 12,06 | 4:58 |
| 24 | 377 | DIERCKX LESLEY | 94 | WIBO | 7:22 | 11,00 | 5:27 |
| 25 | 375 | BELDE MARTE | 94 | RAM | 7:32 | 10,75 | 5:34 |
| 26 | 1128 | VAN EYNDE MAGALIE | 94 | DUFF | | | |
| 27 | 1083 | MERCKX MELISSA | 94 | VOLH | | | |
| 28 | 800 | MOENS JIRKA | 94 | SPBO | | | |
| 29 | 919 | PAUWELS ELINE | 94 | SPBO | | | |

Ben Heren 95 - 1350m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|---------------------|-----|------|------|-------|---------|
| 1 | 639 | VAN DAMME MATISSE | 95 | ZELE | 5:31 | 14,68 | 4:05 |
| 2 | 853 | VAN RYMENANT THOMAS | 95 | SPVI | 5:43 | 14,17 | 4:14 |
| 3 | 524 | DENIS SIMON | 95 | KAPE | 5:44 | 14,13 | 4:14 |
| 4 | 735 | VERDONCK DRIES | 95 | KAAG | 5:52 | 13,81 | 4:20 |
| 5 | 1303 | LANGHENDRIES THOMAS | 95 | VOLH | 5:54 | 13,73 | 4:22 |
| 6 | 676 | GRYSPEIRT GILLES | 95 | OEH | 5:57 | 13,61 | 4:24 |
| 7 | 1092 | VAN DIEST DAAN | 95 | OEH | 5:59 | 13,54 | 4:25 |
| 8 | 577 | JANSSENS NILS | 95 | RAM | 6:00 | 13,50 | 4:26 |
| 9 | 657 | MASELIS JONAS | 95 | ABES | 6:03 | 13,39 | 4:28 |
| 10 | 596 | COENEN MAXIM | 95 | LYRA | 6:04 | 13,35 | 4:29 |
| 11 | 9025 | HADJ ANIS | 96 | NA | 6:05 | 13,32 | 4:30 |
| 12 | 559 | MERTENS STIJN | 95 | DUFF | 6:10 | 13,14 | 4:34 |
| 13 | 883 | BONDUELLE SIMON | 95 | LEBB | 6:12 | 13,06 | 4:35 |
| 14 | 9036 | VAN MOER WALTER | 96 | NA | 6:13 | 13,03 | 4:36 |
| 15 | 1244 | VAN LENT JONAS | 95 | SPBO | 6:15 | 12,96 | 4:37 |
| 16 | 9040 | PATTEET ARNE | 95 | NA | 6:20 | 12,79 | 4:41 |
| 17 | 976 | MORTIER NICOLA | 95 | HAMM | 6:21 | 12,76 | 4:42 |
| 18 | 555 | DE GANG STIJN | 95 | SPBO | 6:22 | 12,72 | 4:42 |
| 19 | 9022 | MEEUSEN DRIES | 96 | NA | 6:25 | 12,62 | 4:45 |
| 20 | 1463 | VERMEIRE TOM | 95 | VOLH | 6:27 | 12,56 | 4:46 |
| 21 | 538 | AERTS QUINTEN | 95 | SPBO | 6:30 | 12,46 | 4:48 |
| 22 | 9027 | SMET SEBASTIAN | 96 | NA | 6:32 | 12,40 | 4:50 |
| 23 | 1478 | MOENS STEF | 96 | LEBB | 6:35 | 12,30 | 4:52 |
| 24 | 9010 | VERHELST ARNO | 95 | NA | 6:38 | 12,21 | 4:54 |
| 25 | 9020 | VANSTREELS SIEMEN | 96 | NA | 6:40 | 12,15 | 4:56 |
| 26 | 978 | VAN BIESEN JONAS | 95 | LEBB | | | |
| 27 | 1042 | LISMONT YORICK | 95 | ACW | | | |
| 28 | 913 | HIELE ROBIN | 95 | AVKA | | | |
| 29 | 1010 | CLUDTS CEDRIC | 95 | OEH | | | |
| 30 | 9015 | LUYCKS MICHIEL | 95 | NA | | | |
| 31 | 9032 | ROMBOUTS AXEL | 96 | NA | | | |
| 32 | 526 | DE HAES ARNE | 95 | DUFF | | | |
| 33 | 9038 | CERPENTIER TIM | 96 | NA | | | |
| 34 | 1003 | HANNES MICHIEL | 95 | OLSE | | | |
| 35 | 1175 | MAZID MAROUANE | 95 | OEH | | | |
| 36 | 9033 | DE BORGER MANTEN | 96 | NA | | | |
| 37 | 1420 | MOYERSONS THOMAS | 95 | LOND | | | |
| 38 | 1354 | LOOMANS RUBEN | 95 | DUFF | | | |
| 39 | 1058 | VAN DIJCK KEVIN | 95 | OLSE | | | |
| 40 | 1098 | DE ROECK VINCENT | 95 | VOLH | | | |
| 41 | 1450 | BOUZID SAMY | 95 | OEH | | | |

Ben Heren 94 - 1350m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|------|-------|---------|
| 1 | 974 | VAN PUYVELDE VINNIE | 94 | ACW | 5:16 | 15,38 | 3:54 |
| 2 | 651 | BOTTERMAN AARON | 94 | KAAG | 5:17 | 15,33 | 3:54 |
| 3 | 1456 | JASPERS DYLAN | 94 | BVAC | 5:18 | 15,28 | 3:55 |
| 4 | 683 | HADJ ABDELLAH | 94 | LEBB | 5:19 | 15,24 | 3:56 |
| 5 | 1075 | BERTELS BRECHT | 94 | ABES | 5:20 | 15,19 | 3:57 |
| 6 | 523 | VLAEMINCK MATTHIAS | 94 | KAPE | 5:32 | 14,64 | 4:05 |
| 7 | 9028 | GOUDKET JASPER | 94 | NA | 5:40 | 14,29 | 4:11 |
| 8 | 811 | VAN OLMEN KRISTOF | 94 | ABES | 5:42 | 14,21 | 4:13 |
| 9 | 685 | EYSACKERS STIJN | 94 | WIBO | 5:47 | 14,01 | 4:17 |
| 10 | 521 | GEVERS ARNAUD | 94 | OPW | 5:52 | 13,81 | 4:20 |
| 11 | 1406 | MISEUR PIETER-JAN | 94 | RAM | 5:59 | 13,54 | 4:25 |
| 12 | 1270 | VAN ASSCHE CHRISTOPHE | 94 | ABES | 6:00 | 13,50 | 4:26 |
| 13 | 588 | ROELANDS MATTIAS | 94 | ACBR | 6:02 | 13,43 | 4:28 |
| 14 | 977 | VAN DE MERGEL JELLE | 94 | HAMM | 6:04 | 13,35 | 4:29 |
| 15 | 528 | MATTHYSSENS STEVE | 94 | DUFF | 6:05 | 13,32 | 4:30 |
| 16 | 630 | D'HEER PIETER | 94 | ZELE | 6:06 | 13,28 | 4:31 |
| 17 | 627 | DE LEENHEER TIMOTHY | 94 | ZELE | 6:07 | 13,24 | 4:31 |
| 18 | 641 | CRAUWELS IAN | 94 | AVKA | 6:10 | 13,14 | 4:34 |
| 19 | 1109 | VAN BRANTEGEM FILIP | 94 | DUFF | 6:13 | 13,03 | 4:36 |
| 20 | 876 | JACOBS OLIVIER | 94 | DUFF | 6:15 | 12,96 | 4:37 |
| 21 | 1101 | CLOETENS LOUIS | 94 | OEH | 6:17 | 12,89 | 4:39 |
| 22 | 1063 | VAN RAEMDONCK WIM | 94 | VOLH | 6:19 | 12,82 | 4:40 |
| 23 | 790 | VAN MECHELEN GIJS | 94 | ABES | 6:20 | 12,79 | 4:41 |
| 24 | 1022 | VANDERBORGHT ROBIN | 94 | AVKA | 6:20 | 12,79 | 4:41 |
| 25 | 1076 | REYNIERS THOMAS | 94 | ABES | 6:21 | 12,76 | 4:42 |
| 26 | 619 | VAN COILLIE TOON | 94 | SPBO | | | |
| 27 | 1308 | WATERSCHOOT JENS | 94 | OLSE | | | |
| 28 | 857 | VERMEIREN GERT | 94 | ACW | | | |
| 29 | 841 | WEYMANS INDRA | 94 | SPBO | | | |
| 30 | 840 | VERHELST DRIES | 94 | SPBO | | | |
| 31 | 623 | VANSTREELS MICHIEL | 94 | DUFF | | | |
| 32 | 1065 | VAN MOESEKE ROBIN | 94 | VOLH | | | |
| 33 | 597 | VAN HOYE BRAM | 94 | LYRA | | | |

Pup Dames 93 - 1350m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|------|-------|---------|
| 1 | 3180 | VAN PETEGHEM LIESBETH | 93 | AVLO | 5:25 | 14,95 | 4:00 |
| 2 | 2527 | LAUREYS CHARLOTTE | 93 | AVLO | 5:32 | 14,64 | 4:05 |
| 3 | 2721 | MOENS ELIEN | 93 | LEBB | 5:33 | 14,59 | 4:06 |
| 4 | 2159 | VAN HAVERE EVELIN | 93 | SPBO | 5:33 | 14,59 | 4:06 |
| 5 | 2457 | MOERMAN YASMINE | 93 | RIEM | 5:40 | 14,29 | 4:11 |
| 6 | 2912 | GRYP TINE | 93 | VAC | 5:42 | 14,21 | 4:13 |
| 7 | 2324 | FRANCKEN ANOUCK | 93 | LYRA | 5:44 | 14,13 | 4:14 |
| 8 | 2847 | DE VLIEGER CHARLOTTE | 93 | ACW | 5:45 | 14,09 | 4:15 |
| 9 | 2158 | VAN HAVERE LAURA | 93 | SPBO | 5:47 | 14,01 | 4:17 |
| 10 | 3029 | CHAULIAC MARGOT | 93 | AT84 | 5:49 | 13,93 | 4:18 |
| 11 | 2772 | VANDERPERREN FREKE | 93 | OPW | 5:50 | 13,89 | 4:19 |
| 12 | 2280 | VAN DORP SARAH | 93 | ZELE | 5:50 | 13,89 | 4:19 |
| 13 | 2160 | PAUWELS ANNEKE | 93 | SPBO | 5:54 | 13,73 | 4:22 |
| 14 | 2713 | VANDERKRUYS KAAT | 93 | OLSE | 5:57 | 13,61 | 4:24 |
| 15 | 2699 | BOMBEECK AMELIE | 93 | KAAG | 6:00 | 13,50 | 4:26 |
| 16 | 2450 | BONDUELLE SILKE | 93 | LEBB | 6:01 | 13,46 | 4:27 |
| 17 | 2563 | HOLTHOF ANNELIES | 93 | OLSE | 6:06 | 13,28 | 4:31 |
| 18 | 2380 | HOFMANS KELLY | 93 | SPBO | 6:07 | 13,24 | 4:31 |
| 19 | 2530 | VAN HOYWEGHEN JOYCE | 93 | ABES | 6:08 | 13,21 | 4:32 |
| 20 | 2281 | VAN ELSUWEGHE LEEN | 93 | ZELE | 6:10 | 13,14 | 4:34 |
| 21 | 2529 | MATTELE ROXANNE | 93 | ABES | 6:12 | 13,06 | 4:35 |
| 22 | 9026 | BAUWENS JANA | 93 | NA | 6:13 | 13,03 | 4:36 |
| 23 | 2834 | LEFEVERE LENA | 93 | AT84 | 6:14 | 12,99 | 4:37 |
| 24 | 2161 | VAN LENT ELIEN | 93 | SPBO | 6:17 | 12,89 | 4:39 |
| 25 | 2786 | VAN DEUREN LAURE-ANNE | 93 | DUFF | 6:20 | 12,79 | 4:41 |
| 26 | 2152 | VAN DEN BOSSCHE JOY | 93 | DUFF | | | |
| 27 | 2644 | DE MAEGHT ANNELIES | 93 | VOLH | | | |
| 28 | 2208 | HAVERALS INNEKE | 93 | OPW | | | |
| 29 | 2151 | COCKAERTS KAREN | 93 | DUFF | | | |
| 30 | 2761 | VAN RYMENANT SARAH | 93 | SPVI | | | |
| 31 | 2980 | VLYMINCK SILKE | 93 | VOLH | | | |
| 32 | 2921 | BOEN HANNE | 93 | VOLH | | | |
| 33 | 2213 | NAUWELAERTS TIFFANY | 93 | WIBO | | | |
| 34 | 2203 | DE HAES LORE | 93 | DUFF | | | |
| 35 | 2570 | MAES LIESE | 93 | SPVI | | | |
| 36 | 2924 | NEIRYNCK JAMIE | 93 | ACHL | | | |
| 37 | 3038 | VAN PUYMBROECK NAOMI | 93 | VOLH | | | |
| 38 | 2435 | VAN STAPPEN ELIEN | 93 | VOLH | | | |
| 39 | 3294 | BOUZID MYRIAM | 93 | OEH | | | |

Pup Dames 92 - 1350m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|------------------------|-----|------|------|-------|---------|
| 1 | 2353 | VAN MULDER'S FEMKE | 92 | OPW | 5:03 | 16,04 | 3:44 |
| 2 | 3025 | VANGANSBEKE ZENOBIE | 92 | KAAG | 5:05 | 15,93 | 3:45 |
| 3 | 2285 | COOLS JASMIEN | 92 | DUFF | 5:07 | 15,83 | 3:47 |
| 4 | 3113 | VANCAUWENBERGE LOUISA | 92 | LEBB | 5:13 | 15,53 | 3:51 |
| 5 | 2640 | GEVERS TASJA | 92 | VOLH | 5:16 | 15,38 | 3:54 |
| 6 | 2162 | SERGOORIS FREYA | 92 | SPBO | 5:17 | 15,33 | 3:54 |
| 7 | 2304 | VAN DE WOESTIJNE ANKE | 92 | SPBO | 5:19 | 15,24 | 3:56 |
| 8 | 2323 | DE RYCK AURELIE | 92 | LYRA | 5:26 | 14,91 | 4:01 |
| 9 | 2590 | AHMIDACH SANA | 92 | AT84 | 5:27 | 14,86 | 4:02 |
| 10 | 2332 | KONINGS TINNE | 92 | ACBR | 5:30 | 14,73 | 4:04 |
| 11 | 2638 | VAN REMOORTERE EVELINE | 92 | VOLH | 5:32 | 14,64 | 4:05 |
| 12 | 2180 | VAN ASSCHE LIEN | 92 | SPBO | 5:33 | 14,59 | 4:06 |
| 13 | 2200 | DENIS TESSA | 92 | KAPE | 5:34 | 14,55 | 4:07 |
| 14 | 2564 | VAN ROYEN CAROLIEN | 92 | ACW | 5:36 | 14,46 | 4:08 |
| 15 | 2181 | VAN ASSCHE NELE | 92 | SPBO | 5:37 | 14,42 | 4:09 |
| 16 | 2539 | BOSCH EVELYN | 92 | ACHL | 5:45 | 14,09 | 4:15 |
| 17 | 2792 | CAUDRON EVELIEN | 92 | LEBB | 5:48 | 13,97 | 4:17 |
| 18 | 2322 | COENEN NATHALIE | 92 | LYRA | 5:49 | 13,93 | 4:18 |
| 19 | 3217 | METS SOFIE | 92 | DUFF | 5:52 | 13,81 | 4:20 |
| 20 | 2680 | SCHIPPERS SHANA | 92 | AT84 | 5:53 | 13,77 | 4:21 |
| 21 | 2277 | VAN DEN BOSSCHE SOFIE | 92 | ZELE | 5:54 | 13,73 | 4:22 |
| 22 | 2153 | FIERENS MICHELLE | 92 | DUFF | 5:55 | 13,69 | 4:22 |
| 23 | 2843 | VAN GAVERE JILL | 92 | ACW | 5:57 | 13,61 | 4:24 |
| 24 | 3001 | OTTEVAERE ELSEBETH | 92 | VOLH | 5:58 | 13,58 | 4:25 |
| 25 | 2278 | VAN DORP LISA | 92 | ZELE | 5:59 | 13,54 | 4:25 |
| 26 | 2935 | LISMONT YMKE | 92 | ACW | | | |
| 27 | 2582 | DANIELS ANNEMIE | 92 | AVKA | | | |
| 28 | 2169 | LAUWERS INE | 92 | RAM | | | |
| 29 | 2452 | BORMS JANA | 92 | LEBB | | | |
| 30 | 2722 | LIEVENS ELINE | 92 | LEBB | | | |
| 31 | 2864 | VAN DYCK BRITTA | 92 | OLSE | | | |
| 32 | 3184 | RYCKAERT ANOUCK | 92 | VOLH | | | |
| 33 | 2445 | COENEGRACHT CHARLOTTE | 92 | ABES | | | |
| 34 | 2835 | SMET ANOUCK | 92 | AT84 | | | |
| 35 | 2214 | JANSSENS NATHALIE | 92 | WIBO | | | |
| 36 | 2566 | VANDERMEULEN LENNY | 92 | ACW | | | |
| 37 | 3255 | VAN BOXSTAEEL FLORENCE | 92 | OEH | | | |
| 38 | 3340 | LEYBAERT VERE | 92 | VOLH | | | |
| 39 | 3110 | BURSENS JESSY | 92 | ACW | | | |
| 40 | 3037 | VAN PUYMBROECK JOYCE | 92 | VOLH | | | |
| 41 | 3111 | IMPENS ILANA | 92 | ACW | | | |
| 42 | 2916 | BORDUI NOEMI | 92 | VOLH | | | |
| 43 | 2763 | VAN WAES DEBBIE | 92 | ACW | | | |
| 44 | 3341 | KOKX JOLIEN | 92 | VOLH | | | |
| 45 | 3236 | CELIE RENSKÉ* | 92 | VOLH | | | |

Pup Heren 93 - 1350m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|------------------------|-----|------|------|-------|---------|
| 1 | 2847 | DE SMET JELLE | 93 | DUFF | 5:04 | 15,99 | 3:45 |
| 2 | 2696 | VAN HERP NILS | 93 | SPBO | 5:14 | 15,48 | 3:52 |
| 3 | 3478 | VAN EYNDHOVEN PETER | 93 | ABES | 5:15 | 15,43 | 3:53 |
| 4 | 9043 | DE BOECK JOLAN | 93 | NA | 5:20 | 15,19 | 3:57 |
| 5 | 3053 | THYS NIELS | 93 | OLSE | 5:20 | 15,19 | 3:57 |
| 6 | 3199 | VAN DINGENEN TIM | 93 | LEBB | 5:24 | 15,00 | 4:00 |
| 7 | 3461 | VAN DESSEL NICK | 93 | DUFF | 5:26 | 14,91 | 4:01 |
| 8 | 2601 | DE PRINS THOMAS | 93 | LOND | 5:31 | 14,68 | 4:05 |
| 9 | 3157 | VANDEN BOSCH THOMAS | 93 | AT84 | 5:32 | 14,64 | 4:05 |
| 10 | 2779 | DE BRABANDER VALENTIJN | 93 | RIEM | 5:33 | 14,59 | 4:06 |
| 11 | 3208 | SEELDRAEYERS GIANNI | 93 | SPBO | 5:34 | 14,55 | 4:07 |
| 12 | 3561 | VERHOEVEN GERTJAN | 93 | OPW | 5:37 | 14,42 | 4:09 |
| 13 | 2253 | PHILIPPE OLIVIER | 93 | RCB | 5:38 | 14,38 | 4:10 |
| 14 | 2630 | WAUMAN SIMEON | 93 | SPBO | 5:39 | 14,34 | 4:11 |
| 15 | 2894 | DE BLIECK KASPER | 93 | SPBO | 5:40 | 14,29 | 4:11 |
| 16 | 3739 | CARLIER YANNICK | 93 | LOND | 5:42 | 14,21 | 4:13 |
| 17 | 2833 | LAUREYS JEROEN | 93 | SPBO | 5:43 | 14,17 | 4:14 |
| 18 | 3496 | DE SMET MATHIEU | 93 | LEBB | 5:46 | 14,05 | 4:16 |
| 19 | 9035 | VAN MOER STYN | 93 | NA | 5:47 | 14,01 | 4:17 |
| 20 | 2686 | HEREMANS TOM | 93 | RAM | 5:47 | 14,01 | 4:17 |
| 21 | 3030 | RAMSDONCK TOON | 93 | ABES | 5:47 | 14,01 | 4:17 |
| 22 | 2692 | SNEYDERS JENTE | 93 | AVOS | 5:48 | 13,97 | 4:17 |
| 23 | 2805 | VAN HOYE SANDER | 93 | LYRA | 5:49 | 13,93 | 4:18 |
| 24 | 9042 | TSHIKULA NELSON | 93 | NA | 5:50 | 13,89 | 4:19 |
| 25 | 3495 | QUINTELIER TIMO | 93 | LEBB | 5:52 | 13,81 | 4:20 |
| 26 | 3228 | FRANSSENS NINO | 93 | VOLH | | | |
| 27 | 3713 | SUY FLORIS | 93 | VOLH | | | |
| 28 | 3227 | CELIE DAAN | 93 | VOLH | | | |
| 29 | 2637 | DE HAES JORNE | 93 | DUFF | | | |
| 30 | 2627 | PAUWELS JOCHEM | 93 | WIBO | | | |
| 31 | 3330 | EYSACKERS JOLAN | 93 | OLSE | | | |
| 32 | 9017 | VAN DER AUWERA MAARTEN | 93 | NA | | | |
| 33 | 3055 | CORDEEL JORDI | 93 | ACW | | | |
| 34 | 3098 | CRAEN JANNES | 93 | ABES | | | |
| 35 | 2885 | VERCAMMEN FILIP | 93 | AVKA | | | |
| 36 | 2832 | DE GANG DIETER | 93 | SPBO | | | |
| 37 | 3056 | MICHIELS BRECHT | 93 | ACW | | | |
| 38 | 2638 | VERLINDEN JEROEN | 93 | DUFF | | | |
| 39 | 3576 | MOONS BART | 93 | RAM | | | |
| 40 | 3260 | VAN THILLO LANDER | 93 | ESAK | | | |
| 41 | 3670 | VAN DER PLAS BRAM | 93 | LEBB | | | |
| 42 | 3458 | PEETERS NIELS | 93 | OLSE | | | |
| 43 | 3688 | VAN PUYMBROECK CHESNEY | 93 | AT84 | | | |

Pup Heren 92 - 1350m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-------------------------|-----|------|------|-------|---------|
| 1 | 3075 | DE FEYTER ARNO | 92 | LAT | 4:54 | 16,53 | 3:37 |
| 2 | 3492 | VERHOEVEN ARNE | 92 | OPW | 4:59 | 16,25 | 3:41 |
| 3 | 2788 | KERREMANS ROBIN | 92 | ACBR | 5:00 | 16,20 | 3:42 |
| 4 | 3187 | HANNES PIETER-JAN | 92 | OLSE | 5:01 | 16,15 | 3:42 |
| 5 | 2958 | GRYSPEIRT ARNO | 92 | OEH | 5:09 | 15,73 | 3:48 |
| 6 | 2959 | VERCRUYSSSE ALEC | 92 | OEH | 5:10 | 15,68 | 3:49 |
| 7 | 2623 | VERMEIR JEFFREY | 92 | VAC | 5:11 | 15,63 | 3:50 |
| 8 | 3303 | EL BADAOUI TARIK | 92 | AT84 | 5:13 | 15,53 | 3:51 |
| 9 | 2799 | NACKAERTS KRISTOF | 92 | LYRA | 5:14 | 15,48 | 3:52 |
| 10 | 3209 | VAN GUCHT STEN | 92 | SPBO | 5:20 | 15,19 | 3:57 |
| 11 | 2765 | GOBYN GILLES | 92 | KAAG | 5:21 | 15,14 | 3:57 |
| 12 | 3811 | VAN BAELE GIOVANNI | 92 | AT84 | 5:22 | 15,09 | 3:58 |
| 13 | 2910 | DE CLERCQ DEAN | 92 | KAAG | 5:23 | 15,05 | 3:59 |
| 14 | 3077 | STEENS JOREN | 92 | RAM | 5:32 | 14,64 | 4:05 |
| 15 | 3569 | DE BRUYNE IMRE | 92 | LEBB | 5:33 | 14,59 | 4:06 |
| 16 | 3503 | VAN ELSACKER ERIK | 92 | OLSE | 5:34 | 14,55 | 4:07 |
| 17 | 2632 | GEVERS MATHIEU | 92 | OPW | 5:34 | 14,55 | 4:07 |
| 18 | 3637 | VAN DEN BRANDE STIJN | 92 | ABES | 5:35 | 14,51 | 4:08 |
| 19 | 3519 | WAUMAN BRECHT | 92 | SPBO | 5:37 | 14,42 | 4:09 |
| 20 | 2670 | SUYKENS SVEN | 92 | SPBO | 5:38 | 14,38 | 4:10 |
| 21 | 2804 | DE LAET FREDERIC | 92 | LYRA | 5:39 | 14,34 | 4:11 |
| 22 | 2975 | VAN HAUWERMEIREN KEVIN | 92 | ZELE | 5:40 | 14,29 | 4:11 |
| 23 | 3401 | VANDERVEKEN DARIO | 92 | WIBO | 5:42 | 14,21 | 4:13 |
| 24 | 2850 | VAN LEEMPUT GINO | 92 | DUFF | 5:42 | 14,21 | 4:13 |
| 25 | 2916 | CALUWAERTS BART | 92 | RAM | 5:43 | 14,17 | 4:14 |
| 26 | 2669 | VAN DE VOORDE JEROEN | 92 | SPBO | | | |
| 27 | 3476 | ROMBOUTS RUBEN | 92 | ABES | | | |
| 28 | 2977 | CHRISTIAENS FALCO | 92 | ZELE | | | |
| 29 | 3241 | MOUBILE MOHAMED | 92 | OLSE | | | |
| 30 | 3198 | ROSCAM THOMAS | 92 | WIBO | | | |
| 31 | 3257 | GEEROMS BART | 92 | LOND | | | |
| 32 | 3731 | ROGGEMANS JOREN | 92 | RAM | | | |
| 33 | 2282 | MORTIER LOUIS | 92 | RCB | | | |
| 34 | 2834 | DE GANG NICK | 92 | SPBO | | | |
| 35 | 3462 | WIELANDT JENS | 92 | DUFF | | | |
| 36 | 2895 | VAN DER VEKEN WOUT | 92 | SPBO | | | |
| 37 | 3475 | BERTELS THOMAS | 92 | ABES | | | |
| 38 | 9011 | AERTS STEPHEN | 92 | NA | | | |
| 39 | 2639 | DE LAET DIRK | 92 | DUFF | | | |
| 40 | 2919 | VAN SCHOELAND WIM | 92 | ABES | | | |
| 41 | 2649 | DE SAEGER THOMAS | 92 | BVAC | | | |
| 42 | 3162 | VAN DER JONCKHEYD JAMIE | 92 | ABES | | | |
| 43 | 3470 | VAN RAEMDONCK FILIP | 92 | VOLH | | | |

| | | | | |
|----|------|--------------------|----|------|
| 44 | 9037 | COOL GERT | 92 | NA |
| 45 | 3547 | MARIEN INDI | 92 | AVKA |
| 46 | 3250 | VAN BIESEN MATTIAS | 92 | LEBB |
| 47 | 9023 | REYNAERT MATHIAS | 92 | NA |
| 48 | 3554 | DE PREE THOMAS | 92 | AT84 |
| 49 | 3577 | HEYMAN ANDY | 92 | WIBO |

Min Dames 91 - 1880m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|------|-------|---------|
| 1 | 4437 | VANTHILLO BRITT | 91 | ESAK | 7:05 | 15,92 | 3:46 |
| 2 | 3924 | VAN PUYVELDE EVA | 91 | SPBO | 7:09 | 15,78 | 3:48 |
| 3 | 4654 | HENS EVY | 91 | ESAK | 7:21 | 15,35 | 3:54 |
| 4 | 4124 | POLLENTIER LIESBETH | 91 | HCO | 7:32 | 14,97 | 4:00 |
| 5 | 3878 | VAN WAEYENBERGE SILKE | 91 | DUFF | 7:36 | 14,84 | 4:02 |
| 6 | 4268 | EYSACKERS JULIE | 91 | OLSE | 7:38 | 14,78 | 4:03 |
| 7 | 4090 | VAN LAERE EVY | 91 | KAAG | 7:39 | 14,75 | 4:04 |
| 8 | 4388 | TITS HANNAH | 91 | WIBO | 7:44 | 14,59 | 4:06 |
| 9 | 3880 | WILLEMS JOYCE | 91 | DUFF | 7:45 | 14,55 | 4:07 |
| 10 | 4372 | DEWICKERE DANIELLE | 91 | ABES | 7:48 | 14,46 | 4:08 |
| 11 | 3987 | D'HEER LIESBET | 91 | ZELE | 7:50 | 14,40 | 4:10 |
| 12 | 4673 | VAN HUL INES | 91 | AT84 | 7:51 | 14,37 | 4:10 |
| 13 | 4176 | DE GEEST LIZE | 91 | LEBB | 7:55 | 14,25 | 4:12 |
| 14 | 3984 | VERGEYLEN STEFFI | 91 | ZELE | 8:00 | 14,10 | 4:15 |
| 15 | 4234 | JACOBS SOFIE | 91 | DUFF | 8:01 | 14,07 | 4:15 |
| 16 | 3977 | DE MAERE ELLEN | 91 | HAMM | 8:05 | 13,95 | 4:17 |
| 17 | 4647 | VAN DESSEL KATHY | 91 | DUFF | 8:20 | 13,54 | 4:25 |
| 18 | 4207 | BERGMANN LAURENCE | 91 | OEH | 8:25 | 13,40 | 4:28 |
| 19 | 9029 | JUBITANA KESHIA | 91 | NA | 8:43 | 12,94 | 4:38 |
| 20 | 4655 | VAN RAEMDONCK VEERLE | 91 | VOLH | 8:44 | 12,92 | 4:38 |
| 21 | 4648 | VERSCHRAEGEN BIRTE | 91 | OLSE | 8:50 | 12,77 | 4:41 |
| 22 | 4101 | ADRIAENSEN EVA | 91 | AVKA | 9:00 | 12,53 | 4:47 |
| 23 | 3502 | BERIOU ELODIE | 91 | DACM | 9:05 | 12,42 | 4:49 |
| 24 | 4408 | CELIE ELKE | 91 | VOLH | 9:07 | 12,37 | 4:50 |
| 25 | 4680 | BOVRE ELLEN | 91 | LYRA | 9:20 | 12,09 | 4:57 |
| 26 | 4667 | MOONS ELLEN | 91 | OEH | | | |
| 27 | 4102 | MEERSSCHAUT KELLY | 91 | AVKA | | | |
| 28 | 4387 | MULLER KRIS | 91 | OLSE | | | |

Min Dames 90 - 1880m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|------------------------|-----|------|-------|-------|---------|
| 1 | 3901 | DE HOON LIEN | 90 | KAPE | 7:08 | 15,81 | 3:47 |
| 2 | 3883 | COECK ELLEN | 90 | SPBO | 7:10 | 15,74 | 3:48 |
| 3 | 3859 | VAN HERP IVY | 90 | SPBO | 7:11 | 15,70 | 3:49 |
| 4 | 3884 | AERTS KIM | 90 | SPBO | 7:22 | 15,31 | 3:55 |
| 5 | 3976 | ROTTIERS NATHALIE | 90 | HAMM | 7:23 | 15,28 | 3:55 |
| 6 | 3529 | RITS AUR?LIE | 90 | DACM | 7:25 | 15,21 | 3:56 |
| 7 | 4178 | DE KIMPE LAURA | 90 | LEBB | 7:27 | 15,14 | 3:57 |
| 8 | 4507 | VAN GESTEL FEMKE | 90 | OPW | 7:29 | 15,07 | 3:58 |
| 9 | 4297 | VERHEES SANNE | 90 | AT84 | 7:30 | 15,04 | 3:59 |
| 10 | 3912 | DIERICKX EVY | 90 | OPW | 7:33 | 14,94 | 4:00 |
| 11 | 3854 | MERCIER MANON | 90 | DUFF | 7:44 | 14,59 | 4:06 |
| 12 | 4280 | WOUTERS INE | 90 | ABES | 7:52 | 14,34 | 4:11 |
| 13 | 4606 | VAN GUCHT HANNEKE | 90 | SPBO | 7:56 | 14,22 | 4:13 |
| 14 | 4652 | PEETERS EVA | 90 | RAM | 8:15 | 13,67 | 4:23 |
| 15 | 4340 | VAN HESE CATHERINE | 90 | VOLH | 8:19 | 13,56 | 4:25 |
| 16 | 4581 | MORTIER FRANCESCA | 90 | HAMM | 8:23 | 13,46 | 4:27 |
| 17 | 4341 | VAN HECKE ELS | 90 | VOLH | 8:45 | 12,89 | 4:39 |
| 18 | 4005 | VAN DE WOESTYNE JOLIEN | 90 | SPBO | 8:49 | 12,79 | 4:41 |
| 19 | 4409 | VAN LOO KATLEEN | 90 | VOLH | 8:49 | 12,79 | 4:41 |
| 20 | 4890 | BOGAERTS ALINE | 90 | AT84 | 9:09 | 12,33 | 4:52 |
| 21 | 4552 | BORDUI MAXIME | 90 | VOLH | 9:20 | 12,09 | 4:57 |
| 22 | 4321 | VAN SCHUERBEECK LORE | 90 | OPW | 10:10 | 11,10 | 5:24 |
| 23 | 4858 | VAN BOXSTAEL DAISY | 90 | OEH | 11:04 | 10,19 | 5:53 |

Min Heren 91 - 1880m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|------|-------|---------|
| 1 | 5740 | DILLEN NILS | 91 | ACHL | 6:39 | 16,96 | 3:32 |
| 2 | 5489 | LEFEVER JAN | 91 | RAM | 6:41 | 16,88 | 3:33 |
| 3 | 5471 | WILLEMS BJORN | 91 | VOLH | 6:58 | 16,19 | 3:42 |
| 4 | 5300 | MAES STIJN | 91 | SPVI | 7:04 | 15,96 | 3:45 |
| 5 | 5468 | DE ROECK POLLE | 91 | VOLH | 7:11 | 15,70 | 3:49 |
| 6 | 4453 | CARBONNELLE SYLVAIN | 91 | RCB | 7:15 | 15,56 | 3:51 |
| 7 | 5115 | DE BRUYN PIETER | 91 | SPBO | 7:16 | 15,52 | 3:51 |
| 8 | 5396 | SLOWACK DIETER | 91 | AT84 | 7:21 | 15,35 | 3:54 |
| 9 | 5465 | FOLENS FREDERIC | 91 | VOLH | 7:22 | 15,31 | 3:55 |
| 10 | 5354 | DE BOES TOM | 91 | VOLH | 7:30 | 15,04 | 3:59 |
| 11 | 4896 | TERSAGO YONI | 91 | SPBO | 7:32 | 14,97 | 4:00 |
| 12 | 4927 | CORTEBEEK WOUTER | 91 | SPBO | 7:33 | 14,94 | 4:00 |
| 13 | 5339 | MEEUSEN MATS | 91 | ABES | 7:34 | 14,91 | 4:01 |
| 14 | 5516 | JOLY JENTE | 91 | DUFF | 7:34 | 14,91 | 4:01 |
| 15 | 5188 | EYSACKERS RIK | 91 | WIBO | 7:35 | 14,87 | 4:02 |
| 16 | 5520 | ONGENA TIM | 91 | SPVI | 7:45 | 14,55 | 4:07 |
| 17 | 5077 | VAN DER SLYCKEN JONAS | 91 | ZELE | 7:47 | 14,49 | 4:08 |
| 18 | 5075 | DE LEENHEER MATTHIAS | 91 | ZELE | 7:47 | 14,49 | 4:08 |
| 19 | 5104 | CRAUWELS THOMAS | 91 | AVKA | 7:53 | 14,31 | 4:11 |
| 20 | 5689 | VERBEECK THIJS | 91 | VOLH | 7:58 | 14,16 | 4:14 |
| 21 | 5189 | DE DECKER KRISTOF | 91 | WIBO | 8:02 | 14,04 | 4:16 |
| 22 | 4892 | DIERCKX SEBASTIAAN | 91 | WIBO | 8:07 | 13,90 | 4:19 |
| 23 | 5292 | MICHIELS TIJS | 91 | ACW | 8:09 | 13,84 | 4:20 |
| 24 | 4902 | VERLINDEN JORIS | 91 | DUFF | 8:10 | 13,81 | 4:20 |
| 25 | 4870 | DE RIDDER FLORIAN | 91 | OPW | 8:15 | 13,67 | 4:23 |
| 26 | 5076 | VAN ELSUWEGE TIM | 91 | ZELE | | | |
| 27 | 9034 | VAN MOER THOMAS | 91 | NA | | | |
| 28 | 4860 | VERMEYLEN JONAS | 91 | WIBO | | | |
| 29 | 5263 | MOYERSONS GLENN | 91 | LOND | | | |
| 30 | 5286 | FONTEYN YORICK | 91 | OLSE | | | |

Min Heren 90 - 1880m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-------------------------|-----|------|------|-------|---------|
| 1 | 5394 | PAUWELS YARRO | 90 | AT84 | 6:44 | 16,75 | 3:34 |
| 2 | 5181 | CLEMMINCK JORIS | 90 | LEBB | 6:45 | 16,71 | 3:35 |
| 3 | 5180 | CAUDRON THOMAS | 90 | LEBB | 6:46 | 16,67 | 3:35 |
| 4 | 5066 | VANSTREELS DIETER | 90 | DUFF | 6:47 | 16,63 | 3:36 |
| 5 | 4930 | WYNS NILS | 90 | DUFF | 6:50 | 16,51 | 3:38 |
| 6 | 4947 | PEERSMAN GERBEN | 90 | SPBO | 7:01 | 16,08 | 3:43 |
| 7 | 5436 | DE PROFT MICHIEL | 90 | LEBB | 7:02 | 16,04 | 3:44 |
| 8 | 5582 | LIETAER ELIOT | 90 | AZW | 7:05 | 15,92 | 3:46 |
| 9 | 5183 | OST JORIS JELLE | 90 | LEBB | 7:10 | 15,74 | 3:48 |
| 10 | 5560 | D'HOEDT JEROEN | 90 | OEH | 7:14 | 15,59 | 3:50 |
| 11 | 4998 | LAMPENS DIETER | 90 | KAAG | 7:21 | 15,35 | 3:54 |
| 12 | 5016 | KONINGS DENNIS | 90 | ACBR | 7:27 | 15,14 | 3:57 |
| 13 | 4341 | VAN WAASDIJK GUILLAIN | 90 | DACM | 7:28 | 15,11 | 3:58 |
| 14 | 4912 | ROSIERS JURGEN | 90 | LOND | 7:28 | 15,11 | 3:58 |
| 15 | 5140 | COENEGRACHT BOB | 90 | ABES | 7:32 | 14,97 | 4:00 |
| 16 | 4884 | VAN BUGGENHOUT MATTHIAS | 90 | VAC | 7:34 | 14,91 | 4:01 |
| 17 | 4928 | VAN ASSCHE GERRIT | 90 | SPBO | 7:36 | 14,84 | 4:02 |
| 18 | 5081 | ROTTIERS THOMAS | 90 | HAMM | 7:37 | 14,81 | 4:03 |
| 19 | 5192 | VAN HAUWERMEIREN NICK | 90 | ZELE | 7:39 | 14,75 | 4:04 |
| 20 | 5775 | CEUSTERS GLENN | 90 | OLSE | 7:40 | 14,71 | 4:04 |
| 21 | 5057 | LAUREYS MATTHIAS | 90 | SPBO | 7:44 | 14,59 | 4:06 |
| 22 | 5288 | KRIDACH SAMY | 90 | OLSE | 7:52 | 14,34 | 4:11 |
| 23 | 5067 | STEVENS YANNICK | 90 | DUFF | 7:55 | 14,25 | 4:12 |
| 24 | 5182 | MUYSEWINKEL NIELS | 90 | LEBB | 7:57 | 14,19 | 4:13 |
| 25 | 4888 | JANSSENS KEVIN | 90 | WIBO | 7:59 | 14,13 | 4:14 |
| 26 | 5441 | CROONENBORGHES CHRISTOF | 90 | AVKA | | | |
| 27 | 4949 | SCHAERLAECKENS KOEN | 90 | SPBO | | | |
| 28 | 5704 | SCHAMELHOUT JOCHEN | 90 | AZW | | | |
| 29 | 5302 | VERVOORT DAVID | 90 | SPVI | | | |
| 30 | 5923 | GOEDFROOT JONATHAN | 90 | OEH | | | |
| 31 | 5098 | SPRINGAEL NICK | 90 | KAPE | | | |
| 32 | 5289 | KNAPEN TOM | 90 | OLSE | | | |
| 33 | 5409 | VERVOORT ANDREAS | 90 | ABES | | | |
| 34 | 5836 | VAN DEN BERGHE KENNETH | 90 | AVKA | | | |
| 35 | 5530 | DE HERDT GORIK | 90 | AT84 | | | |
| 36 | 5597 | COENEN TIM | 90 | VOLH | | | |
| 37 | 4889 | PEETERS NIELLS | 90 | WIBO | | | |
| 38 | 5056 | SEGERS JASPER | 90 | SPBO | | | |
| 39 | 5769 | IMPENS LORENZO | 90 | ACW | | | |
| 40 | 5132 | THIENPONT KRIS | 90 | KAAG | | | |

Kad Dames - 2410m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|----------------------|-----|------|-------|-------|---------|
| 1 | 751 | VAN ROYEN NATHALIE | 88 | ACW | 8:41 | 16,65 | 3:36 |
| 2 | 495 | FOQUE NIKKI | 89 | WIBO | 8:42 | 16,62 | 3:36 |
| 3 | 861 | LAUWAERT NINA | 88 | VOLH | 8:53 | 16,28 | 3:41 |
| 4 | 669 | MERCKX ELS | 88 | VOLH | 9:15 | 15,63 | 3:50 |
| 5 | 690 | PAREWYCK MARISKA | 88 | LEBB | 9:20 | 15,49 | 3:52 |
| 6 | 741 | PROOST JUDY | 88 | SWIN | 9:27 | 15,30 | 3:55 |
| 7 | 913 | TACK ANGELIQUE | 88 | ACW | 9:31 | 15,19 | 3:56 |
| 8 | 689 | OST ROSELINDE | 88 | LEBB | 9:32 | 15,17 | 3:57 |
| 9 | 453 | STEVENS ELIEN | 89 | SPBO | 9:41 | 14,93 | 4:01 |
| 10 | 865 | BAERT KIMBERLEY | 89 | VOLH | 9:42 | 14,91 | 4:01 |
| 11 | 516 | DE PRINS STEFANIE | 88 | LOND | 9:43 | 14,88 | 4:01 |
| 12 | 32 | VAN PUTTE NATACHA | 89 | DACM | 9:44 | 14,86 | 4:02 |
| 13 | 1041 | VERBEECK INE | 89 | VOLH | 9:50 | 14,71 | 4:04 |
| 14 | 950 | VAN BIESEN ELLEN | 88 | VAC | 9:51 | 14,68 | 4:05 |
| 15 | 906 | BALIZI ILHAM | 89 | AT84 | 9:57 | 14,53 | 4:07 |
| 16 | 731 | GEEROMS NELE | 89 | LOND | 10:03 | 14,39 | 4:10 |
| 17 | 874 | VAN HOOSTE KAREN | 89 | ACW | 10:08 | 14,27 | 4:12 |
| 18 | 817 | VAN WAMBEKE JASMIEN | 88 | HAMM | 10:10 | 14,22 | 4:13 |
| 19 | 749 | DE BEULE ANNE | 89 | OLSE | 10:16 | 14,08 | 4:15 |
| 20 | 498 | VAN PUYVELDE HANNAH | 89 | SPBO | 10:17 | 14,06 | 4:16 |
| 21 | 1000 | GOOSSENS VERONIQUE | 89 | ACW | 10:17 | 14,06 | 4:16 |
| 22 | 949 | VAN BIESEN SARA | 88 | VAC | 10:32 | 13,73 | 4:22 |
| 23 | 646 | POLLENTIER VALERIE | 89 | HCO | 10:50 | 13,35 | 4:29 |
| 24 | 709 | GOEVAERTS LIN | 89 | WIBO | 10:51 | 13,33 | 4:30 |
| 25 | 886 | VAN THILLO LYNN | 89 | ESAK | 11:03 | 13,09 | 4:35 |
| 26 | 862 | VERECKEN WENDY | 89 | VOLH | | | |
| 27 | 481 | VAN ZEGHBROECK SOFIE | 89 | LOND | | | |
| 28 | 884 | LAMBERT AURIANNE | 89 | OEH | | | |
| 29 | 687 | WILLEMS MELISSA | 89 | LEBB | | | |
| 30 | 677 | CALUWAERTS LEEN | 89 | RAM | | | |
| 31 | 922 | VISSERS LIESBETH | 88 | OLSE | | | |

Kad Heren - 2990m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|------------------------|-----|------|-------|-------|---------|
| 1 | 578 | SLACHMUYLDERS NIELS | 88 | OPW | 10:31 | 17,06 | 3:31 |
| 2 | 617 | MICHIELS BRALT | 88 | SPBO | 10:37 | 16,90 | 3:33 |
| 3 | 874 | DELHEM RIK | 88 | ABES | 10:41 | 16,79 | 3:34 |
| 4 | 842 | ROMBOUTS KOEN | 88 | ABES | 10:48 | 16,61 | 3:36 |
| 5 | 703 | VAN DE PUT THOMAS | 89 | DUFF | 10:52 | 16,51 | 3:38 |
| 6 | 1305 | MELHAOUI SIDI-MOHAMED | 89 | ATLE | 11:07 | 16,14 | 3:43 |
| 7 | 872 | VAN SCHUERBEECK SANDER | 88 | OPW | 11:10 | 16,07 | 3:44 |
| 8 | 577 | GEEROMS MAXIM | 88 | OPW | 11:10 | 16,07 | 3:44 |
| 9 | 712 | VAN HEMELRYCK BRAM | 89 | HAMM | 11:14 | 15,97 | 3:45 |
| 10 | 612 | NEES DIMITRI | 88 | RAM | 11:15 | 15,95 | 3:45 |
| 11 | 570 | VAN ASSCHE LUKAS | 89 | VAC | 11:17 | 15,90 | 3:46 |
| 12 | 1144 | BELLEKENS BEN | 89 | RAM | 11:20 | 15,83 | 3:47 |
| 13 | 1206 | BURSENS SAM | 89 | ACW | 11:21 | 15,81 | 3:47 |
| 14 | 650 | VAN DE MERGEL JENS | 89 | HAMM | 11:27 | 15,67 | 3:49 |
| 15 | 625 | DE NYS MAARTEN | 89 | DUFF | 11:37 | 15,44 | 3:53 |
| 16 | 626 | KESTELOOT JEROEN | 89 | DUFF | 11:40 | 15,38 | 3:54 |
| 17 | 1071 | WELTER VINCENT | 89 | AT84 | 11:45 | 15,27 | 3:55 |
| 18 | 849 | VERMONDEN WOUTER | 89 | ACHL | 11:46 | 15,25 | 3:56 |
| 19 | 836 | GOOVAERTS KRISTOF | 89 | DUFF | 11:47 | 15,22 | 3:56 |
| 20 | 858 | BILLIET KEVIN | 89 | OLSE | 11:48 | 15,20 | 3:56 |
| 21 | 616 | VAN DE VONDEL KLAAS | 89 | SPBO | 12:00 | 14,95 | 4:00 |
| 22 | 151 | BERIOU MATHIEU | 88 | DACM | 12:01 | 14,93 | 4:01 |
| 23 | 788 | BERGMANN SEBASTIEN | 89 | OEH | 12:02 | 14,91 | 4:01 |
| 24 | 860 | HOLTHOF JEROEN | 89 | OLSE | 12:03 | 14,89 | 4:01 |
| 25 | 964 | SLOWACK JELLE | 89 | AT84 | 12:06 | 14,83 | 4:02 |
| 26 | 982 | MULLER GERT | 89 | OLSE | | | |
| 27 | 841 | CRAEN JENS | 88 | ABES | | | |
| 28 | 1299 | CHARAI ZAKARIYA | 88 | ABES | | | |
| 29 | 1219 | MISERQUE KEVIN | 88 | OLSE | | | |
| 30 | 585 | BELDE RUBEN | 89 | RAM | | | |
| 31 | 1063 | VISSERS BERT | 88 | OLSE | | | |
| 32 | 243 | HOCK FABIEN | 88 | DACM | | | |
| 33 | 569 | VAN ASSCHE MICHIEL | 89 | VAC | | | |
| 34 | 1012 | LEYS MICHAEL | 89 | VOLH | | | |
| 35 | 1201 | VAN DER TAELEN NIKI | 89 | WIBO | | | |

Sch Dames - 3590m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|-------|-------|---------|
| 1 | 1647 | APERS TAGHNEE | 87 | HAMM | 13:37 | 15,82 | 3:47 |
| 2 | 1881 | PIERSOUL EVA | 86 | RCT | 13:40 | 15,76 | 3:48 |
| 3 | 1962 | VERCAUTEREN CHARLOTTE | 86 | ACW | 13:42 | 15,72 | 3:48 |
| 4 | 1914 | TACK VALERIE | 86 | ACW | 13:50 | 15,57 | 3:51 |
| 5 | 1963 | DE MEIRSCHMAN JOLIEN | 87 | ACW | 13:52 | 15,53 | 3:51 |
| 6 | 1594 | VAN WALLENDael KIM | 87 | KAPE | 14:24 | 14,96 | 4:00 |
| 7 | 1791 | AERNOUts AN | 86 | OLSE | 14:32 | 14,82 | 4:02 |
| 8 | 2011 | VERBEECK LISZ | 87 | VOLH | 14:34 | 14,79 | 4:03 |
| 9 | 1649 | VAN DRIESSCHE SASKIA | 87 | ZELE | 14:55 | 14,44 | 4:09 |
| 10 | 1728 | MERCKX MARIJKE | 87 | VOLH | 14:59 | 14,38 | 4:10 |
| 11 | 1768 | DE COSTER ELLEN | 87 | AVZK | 15:08 | 14,23 | 4:12 |
| 12 | 1593 | ROSIERS JESSIE | 86 | LOND | 15:38 | 13,78 | 4:21 |

Sch Heren - 4460m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|---------------------|-----|------|-------|-------|---------|
| 1 | 2139 | LUXEM YERAY | 86 | OLSE | 15:30 | 17,26 | 3:28 |
| 2 | 1944 | COCKAERTS KOEN | 86 | DUFF | 15:50 | 16,90 | 3:33 |
| 3 | 2150 | SPELIERS KOEN | 87 | EA | 15:54 | 16,83 | 3:33 |
| 4 | 2110 | DE COSTER PIETER | 86 | AVZK | 15:59 | 16,74 | 3:35 |
| 5 | 1945 | HERMANS NIELS | 86 | DUFF | 16:02 | 16,69 | 3:35 |
| 6 | 2084 | DOBBELAERE SANDER | 87 | RIEM | 16:07 | 16,60 | 3:36 |
| 7 | 1931 | BERGE ROBIN | 86 | DUFF | 16:10 | 16,55 | 3:37 |
| 8 | 2244 | LUYCKX TIM | 86 | OEh | 16:22 | 16,35 | 3:40 |
| 9 | 2127 | VAN PETEGHEM STEF | 87 | AVLO | 16:33 | 16,17 | 3:42 |
| 10 | 2243 | DECHIEF ERWIN | 87 | OEh | 16:39 | 16,07 | 3:43 |
| 11 | 2082 | DENEYER KENNY | 86 | OEh | 16:49 | 15,91 | 3:46 |
| 12 | 2138 | DE MEYER JEROEN | 87 | OLSE | 16:54 | 15,83 | 3:47 |
| 13 | 2142 | DE BEULE JURGEN | 86 | OLSE | 17:01 | 15,73 | 3:48 |
| 14 | 2141 | VAN LOOVEREN BOB | 87 | OLSE | 17:10 | 15,59 | 3:50 |
| 15 | 1942 | COCKAERTS TOM | 87 | DUFF | 17:14 | 15,53 | 3:51 |
| 16 | 2117 | PEETERS WANNES | 86 | DUFF | 17:18 | 15,47 | 3:52 |
| 17 | 2163 | DE BELDER TIM | 87 | RAM | 17:23 | 15,39 | 3:53 |
| 18 | 2058 | VAN KERSCHAVER ANDY | 87 | HAMM | 17:28 | 15,32 | 3:54 |
| 19 | 2328 | MAXWELL ALEXANDER | 86 | OLSE | 17:55 | 14,94 | 4:01 |
| 20 | 1937 | HEYNDELS EWOUd | 87 | RAM | 17:56 | 14,92 | 4:01 |
| 21 | 2365 | WAGEMANS YOERIK | 87 | HAMM | 18:56 | 14,13 | 4:14 |
| 22 | 2056 | BROOThAERTS NILS | 87 | RAM | 19:34 | 13,68 | 4:23 |
| 23 | 1994 | CAUWENBERGHS HANS | 87 | RAM | 20:12 | 13,25 | 4:31 |
| 24 | 2054 | CALUWAERTS STEVEN | 87 | RAM | 20:24 | 13,12 | 4:34 |

JV Dames - 4460m

| PL | NR | Naam | GBJ | Club | CAT | Tijd | GEM | KM-Tijd |
|----|------|--------------------------|-----|------|-----|-------|-------|---------|
| 1 | 430 | VAN GOETHEM SOFIE | 84 | AT84 | Jun | 17:25 | 15,36 | 3:54 |
| 2 | 397 | LOMMAERT KIM | 85 | OLSE | Jun | 17:52 | 14,98 | 4:00 |
| 3 | 2779 | PAUWELS HILDE | 66 | VOLH | Vet | 17:59 | 14,88 | 4:01 |
| 4 | 2607 | VAN REUSEL MARLEEN | 58 | ABES | Vet | 18:17 | 14,64 | 4:05 |
| 5 | 192 | DRUART VALERIE | 84 | DUFF | Jun | 18:26 | 14,52 | 4:07 |
| 6 | 2237 | JENNIS KARIN | 59 | DUFF | Vet | 18:45 | 14,27 | 4:12 |
| 7 | 2442 | VANDECAVEYE KATRIEN | 62 | HAMM | Vet | 18:47 | 14,25 | 4:12 |
| 8 | 2462 | SCHOLLIERS HILDE | 62 | LEBB | Vet | 18:50 | 14,21 | 4:13 |
| 9 | 2459 | DUVIVIER ELS | 60 | LEBB | Vet | 18:57 | 14,12 | 4:14 |
| 10 | 2068 | LUYTENS HILDE | 64 | RAM | Vet | 19:00 | 14,08 | 4:15 |
| 11 | 2806 | VAN HOOYDONCK ELS | 67 | ESAK | Vet | 19:04 | 14,03 | 4:16 |
| 12 | 242 | DENEYER SOFIE | 85 | OEH | Jun | 19:05 | 14,02 | 4:16 |
| 13 | 2606 | DE BRUYN SIMONNE | 51 | ABES | Vet | 19:08 | 13,99 | 4:17 |
| 14 | 2691 | CALUWE SONJA | 53 | AT84 | Vet | 19:09 | 13,97 | 4:17 |
| 15 | 155 | PEERSMAN SARAH | 85 | SPBO | Jun | 19:36 | 13,65 | 4:23 |
| 16 | 2357 | D'HONT NANCY | 67 | SPBO | Vet | 19:58 | 13,40 | 4:28 |
| 17 | 9047 | VAN OVERVELD JEANINNE | 61 | NA | Vet | 20:22 | 13,14 | 4:33 |
| 18 | 3025 | VAN DEN BROECK GODELIEVE | 67 | VAC | Vet | 20:37 | 12,98 | 4:37 |
| 19 | 2087 | MOENS MARIA | 55 | SPBO | Vet | 20:56 | 12,78 | 4:41 |
| 20 | 3044 | COOLS ROSE-MARIE | 50 | VOLH | Vet | 21:00 | 12,74 | 4:42 |
| 21 | 2108 | SCHEERS YVONNE | 57 | LOND | Vet | 21:06 | 12,68 | 4:43 |
| 22 | 2105 | DE KEERSMAECKER MYRIAM | 63 | LOND | Vet | 21:19 | 12,55 | 4:46 |
| 23 | 2134 | DE BRAEKELEER RIA | 65 | OPW | Vet | 21:25 | 12,49 | 4:48 |
| 24 | 2596 | MEULENIJZER KATELIJNE | 59 | SPVI | Vet | 21:36 | 12,39 | 4:50 |
| 25 | 3048 | ADRIAENSSENS GERDA | 54 | OLSE | Vet | 22:02 | 12,15 | 4:56 |
| 26 | 2619 | CORNELIS RIA | 57 | AVKA | Vet | | | |
| 27 | 3046 | DE VLEESCHAUWER KARINE | 61 | VOLH | Vet | | | |
| 28 | 2440 | DE VOGEL INGRID | 50 | HAMM | Vet | | | |
| 29 | 2302 | DE KEERSMAECKER MARLEEN | 60 | VAC | Vet | | | |
| 30 | 2487 | VERMEIR LUTGARD | 55 | ZELE | Vet | | | |
| 31 | 2543 | FRANCKX LIEVE | 58 | ABES | Vet | | | |
| 32 | 2586 | VANDERMEULEN CHRIS | 54 | ACW | Vet | | | |
| 33 | 2355 | VINCKE BRITTA | 60 | SPBO | Vet | | | |
| 34 | 2778 | DE LAET MARTINE | 59 | VOLH | Vet | | | |
| 35 | 3162 | AVAU MAGDA | 54 | OEH | Vet | | | |
| 36 | 3063 | DE WACHTER GABY | 67 | VAC | Vet | | | |
| 37 | 2132 | VAN HOECK NICOLE | 57 | RAM | Vet | | | |
| 38 | 2438 | VERMEULEN SABINA | 64 | RAM | Vet | | | |
| 39 | 3074 | DIAS INGRID | 63 | VOLH | Vet | | | |
| 40 | 2387 | JACOBS NANCY | 66 | ACHL | Vet | | | |

JV Heren - 6370m

| PL | NR | Naam | GBJ | Club | CAT | Tijd | GEM | KM-Tijd |
|----|------|----------------------|-----|------|-----|-------|-------|---------|
| 1 | 472 | VAN NUFFEL MICHAEL | 84 | LEBB | Jun | 22:34 | 16,94 | 3:32 |
| 2 | 6652 | VERBEECK CHRIS | 59 | VOLH | Vet | 22:57 | 16,65 | 3:36 |
| 3 | 587 | DE SMEDT BART | 84 | WIBO | Jun | 22:58 | 16,64 | 3:36 |
| 4 | 576 | DE VUYST FREDERIK | 85 | KAAG | Jun | 23:00 | 16,62 | 3:36 |
| 5 | 443 | AERNOUTS BART | 84 | OLSE | Jun | 23:02 | 16,59 | 3:36 |
| 6 | 6128 | VERVAET DIRK | 62 | AVLO | Vet | 23:18 | 16,40 | 3:39 |
| 7 | 375 | DE SMEDT TOM | 84 | SPBO | Jun | 23:23 | 16,34 | 3:40 |
| 8 | 5341 | MEHELINCK MARC | 59 | RIEM | Vet | 23:38 | 16,17 | 3:42 |
| 9 | 5083 | MEERSMAN DANNY | 62 | OPW | Vet | 23:41 | 16,14 | 3:43 |
| 10 | 5358 | DE RIDDER GASTON | 55 | OPW | Vet | 23:45 | 16,09 | 3:43 |
| 11 | 6065 | DE PAUW WALTER | 60 | VOLH | Vet | 23:54 | 15,99 | 3:45 |
| 12 | 6657 | VERLOY TONY | 60 | SPVI | Vet | 23:58 | 15,95 | 3:45 |
| 13 | 5057 | VAN ASSCHE BRUNO | 61 | VAC | Vet | 24:08 | 15,84 | 3:47 |
| 14 | 5066 | NAUWELAERS CRIS | 57 | WIBO | Vet | 24:19 | 15,72 | 3:49 |
| 15 | 5610 | CLAESSENS PIERRE | 54 | HAMM | Vet | 24:22 | 15,69 | 3:49 |
| 16 | 336 | STEEGMANS NICK | 84 | DUFF | Jun | 24:24 | 15,66 | 3:49 |
| 17 | 6851 | ADAMS JAN | 55 | OLSE | Vet | 24:28 | 15,62 | 3:50 |
| 18 | 6380 | ROMBOUT PATRICK | 59 | SPVI | Vet | 24:33 | 15,57 | 3:51 |
| 19 | 5907 | DE BOECK FREDDY | 62 | EA | Vet | 24:38 | 15,52 | 3:52 |
| 20 | 573 | VAN HOEY KEN | 85 | HAMM | Jun | 24:43 | 15,46 | 3:52 |
| 21 | 306 | BOSMANS LODE | 85 | AVZK | Jun | 24:59 | 15,30 | 3:55 |
| 22 | 5191 | VERTOMMEN MARTIN | 57 | RAM | Vet | 25:03 | 15,26 | 3:55 |
| 23 | 327 | IELEGEMS KRIS | 85 | DUFF | Jun | 25:09 | 15,20 | 3:56 |
| 24 | 600 | HENS BEN | 84 | ESAK | Jun | 25:13 | 15,16 | 3:57 |
| 25 | 6854 | SCHRANS ANDRE | 55 | OLSE | Vet | 25:15 | 15,14 | 3:57 |
| 26 | 6038 | THIERENS ERIK | 62 | HAMM | Vet | | | |
| 27 | 6312 | GOOSSENS VICTOR | 55 | LEBB | Vet | | | |
| 28 | 6708 | BUTS ARNOLD | 62 | OLSE | Vet | | | |
| 29 | 5007 | VERSCOOREN PATRICK | 60 | AVT | Vet | | | |
| 30 | 470 | VAN DEN VREKEN TOM | 85 | LAT | Jun | | | |
| 31 | 6512 | VAN DE MERGEL HERMAN | 59 | HAMM | Vet | | | |
| 32 | 5921 | VAN BEECK PATRICK | 60 | HULS | Vet | | | |
| 33 | 5954 | DANIELS RONNY | 55 | AVKA | Vet | | | |
| 34 | 5101 | ROTTIERS ERWIN | 58 | DUFF | Vet | | | |
| 35 | 5130 | HUYGHE JOZEF | 54 | RAM | Vet | | | |
| 36 | 5056 | DE WACHTER PIETER | 57 | VAC | Vet | | | |
| 37 | 5737 | MOYSON RENAAT | 61 | OPW | Vet | | | |
| 38 | 408 | VAN GUCHT ROEL | 85 | LEBB | Jun | | | |
| 39 | 560 | BEUKELAERS STIJN | 85 | LOND | Jun | | | |
| 40 | 6037 | VERBEECK MAURITS | 57 | HAMM | Vet | | | |
| 41 | 9045 | VAN WAESBERGHE JO | 46 | NA | Vet | | | |
| 42 | 5462 | DE BEULE JOHAN | 60 | ZELE | Vet | | | |
| 43 | 5001 | GEEROMS KRIS | 61 | LOND | Vet | | | |
| 44 | 5472 | DE MEIRICHY ANDRE | 53 | HAMM | Vet | | | |

| | | | | | |
|----|------|----------------------|----|------|-----|
| 45 | 403 | VAN HAVERMAET KOEN | 84 | HAMM | Jun |
| 46 | 6764 | BOUCQUE AURELE | 55 | RCG | Vet |
| 47 | 9048 | MARIJNISSEN RINI | 47 | NA | Vet |
| 48 | 5831 | ADRIAENSSENS RONY | 57 | AVLO | Vet |
| 49 | 542 | OSTE STEVE | 85 | AT84 | Jun |
| 50 | 6301 | VAN DER WELK LUC | 54 | SGOL | Vet |
| 51 | 6414 | D'HOEDT JAN | 59 | OEH | Vet |
| 52 | 5453 | VANWYCK JOS | 49 | DUFF | Vet |
| 53 | 5356 | SAEYS NORBERT | 57 | OPW | Vet |
| 54 | 5580 | BORMS HENDRIK | 59 | SPBO | Vet |
| 55 | 6744 | DE PRINS BENNY | 47 | SPBO | Vet |
| 56 | 6151 | VAN CAUWENBERGHE LUC | 47 | HAMM | Vet |
| 57 | 5915 | HUYGENS EDDY | 58 | SPVI | Vet |
| 58 | 5473 | ROTTIERS LUC | 61 | HAMM | Vet |
| 59 | 5075 | VAN PUYVELDE MARC | 60 | SPBO | Vet |
| 60 | 6816 | DE RIDDER HUGO | 44 | OPW | Vet |
| 61 | 6819 | APIECIONEK VICENTY | 48 | ABES | Vet |
| 62 | 6171 | BATENS WERNER | 55 | HAMM | Vet |
| 63 | 5144 | SEYMONS WILLY | 42 | LOND | Vet |
| 64 | 5953 | ARNOUTS JOHN | 60 | AVKA | Vet |
| 65 | 6859 | ROHART ALAIN | 49 | OLSE | Vet |
| 66 | 5603 | DE VOS PIERRE | 61 | RAM | Vet |
| 67 | 5579 | VAN ASSCHE PETRUS | 44 | SPBO | Vet |
| 68 | 9046 | GOOSSENS JAN | 53 | NA | Vet |
| 69 | 6580 | TROOSKENS GILBERT | 52 | SPVI | Vet |
| 70 | 5553 | AUDENAERT RUDI | 62 | HAMM | Vet |
| 71 | 5895 | PAUWELS ERWIN | 60 | OLSE | Vet |
| 72 | 6152 | VAN WIELE KOEN | 62 | HAMM | Vet |
| 73 | 5219 | HERMANS JEF | 44 | DUFF | Vet |
| 74 | 6209 | D'HONT PAUL | 39 | SPBO | Vet |
| 75 | 6256 | VAN HOEY VICTOR | 47 | VOLH | Vet |
| 76 | 5800 | VAN REETH RUDY | 53 | SPBO | Vet |
| 77 | 5609 | GEERINCK ANDRE | 45 | HAMM | Vet |
| 78 | 7256 | MEERSSCHAUT FRANKY | 60 | AVKA | Vet |
| 79 | 5917 | WITVROUW ALBERT | 49 | SPVI | Vet |
| 80 | 5689 | DOBBELAERE WIM | 56 | RIEM | Vet |
| 81 | 6008 | CRAEN KRIS | 60 | ABES | Vet |
| 82 | 6519 | TASSENOY WILLY | 54 | LEBB | Vet |
| 83 | 6599 | BAUDERY MARC | 43 | ACDL | Vet |
| 84 | 6385 | MOERENHOUT JOS | 35 | SPVI | Vet |
| 85 | 5904 | SPELIERS JACQUES | 57 | EA | Vet |
| 86 | 5977 | VAN SCHUERBEECK MARC | 56 | OPW | Vet |
| 87 | 5897 | VAN DAMME GUIDO | 36 | ACW | Vet |
| 88 | 6097 | DUFFELEER MARCEL | 61 | OEH | Vet |
| 89 | 6017 | SEGHERS FRANS | 36 | LEBB | Vet |
| 90 | 6798 | BELSACK FREDDY | 39 | OEH | Vet |
| 91 | 5685 | SWALENS MARCEL | 35 | OEH | Vet |
| 92 | 5932 | DE PEUTER JOANNES | 50 | ABES | Vet |

Sen Dames - 5930m

| PL | NR | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-----|------|-------|-------|---------|
| 1 | 1505 | VAN LYSEBETTEN HELEN | 78 | ACW | 23:23 | 15,22 | 3:56 |
| 2 | 912 | BUTS ELLEN | 83 | DUFF | 23:52 | 14,91 | 4:01 |
| 3 | 1157 | VAN OVERMEIRE SASKIA | 73 | VOLH | 24:40 | 14,42 | 4:09 |
| 4 | 1289 | VANDEN DRIESCH NANCY | 79 | OEH | 25:51 | 13,76 | 4:21 |
| 5 | 1118 | VEREECKEN KATRIEN | 82 | ACW | 26:49 | 13,27 | 4:31 |
| 6 | 1266 | VAN DOOREN SIGRID | 74 | OLSE | 27:35 | 12,90 | 4:39 |
| 7 | 1472 | ANTHUENIS ELKE | 77 | VOLH | 29:33 | 12,04 | 4:58 |
| 8 | 961 | VAN DRIESSCHE CYNTHIA | 82 | ZELE | 30:25 | 11,70 | 5:07 |
| 9 | 999 | PEIRENS KATLEEN | 83 | RIEM | 36:58 | 9,62 | 6:14 |

Sen Heren - 10070m

| PL | NR | Naam | GBJ | Club | CAT | Tijd | GEM | KM-Tijd |
|----|------|----------------------|-----|------|--------|-------|-------|---------|
| 1 | 2746 | VAN RIE KOEN | 72 | ACP | | 32:42 | 18,48 | 3:14 |
| 2 | 2502 | RIZKI MONDER | 79 | ATLE | | 33:19 | 18,14 | 3:18 |
| 3 | 3085 | DE VLIEGER STEVEN | 76 | AVLO | | 33:35 | 17,99 | 3:20 |
| 4 | 5105 | BLOCKX JAN | 62 | DUFF | Vet | 33:57 | 17,80 | 3:22 |
| 5 | 3034 | WILLEMS CHRIS | 65 | VAC | | 34:22 | 17,58 | 3:24 |
| 6 | 2382 | DE RAEYMAECKER KARL | 80 | SPBO | | 34:37 | 17,45 | 3:26 |
| 7 | 2570 | VAN DE VELDE DIRK | 67 | AVLO | | 34:41 | 17,42 | 3:26 |
| 8 | 2937 | FOUBERT TOM | 77 | ACW | | 34:52 | 17,33 | 3:27 |
| 9 | 3237 | DE PAUW LIEVEN | 66 | LEBB | | 35:21 | 17,09 | 3:30 |
| 10 | 2964 | DILLEN JACKY | 70 | OLSE | | 36:00 | 16,78 | 3:34 |
| 11 | 2718 | CUYT LUC | 71 | VOLH | | 36:12 | 16,69 | 3:35 |
| 12 | 3590 | DE GRANDE CHRISTOPHE | 72 | ACW | | 36:14 | 16,68 | 3:35 |
| 13 | 2130 | VAN ASSCHE GERRIT | 66 | SPBO | | 36:16 | 16,66 | 3:36 |
| 14 | 2869 | VAN EETVELT IVAN | 70 | VOLH | | 36:24 | 16,60 | 3:36 |
| 15 | 2337 | VAN OS TOBIAS | 70 | DCLA | | 36:26 | 16,58 | 3:37 |
| 16 | 2173 | SPIESSENS KOEN | 71 | SPBO | | 36:49 | 16,41 | 3:39 |
| 17 | 833 | RECOUR LAURENT | 70 | DACM | | 36:55 | 16,37 | 3:39 |
| 18 | 2714 | PAUWELS KRIS | 70 | VOLH | | 37:04 | 16,30 | 3:40 |
| 19 | 9050 | SOUDDI MOHAMMED | 68 | NA | | 37:06 | 16,29 | 3:41 |
| 20 | 3217 | PEIRSMAN JAN | 77 | VOLH | | 37:13 | 16,23 | 3:41 |
| 21 | 2751 | DE RIDDER KOEN | 79 | DCLA | | 37:26 | 16,14 | 3:43 |
| 22 | 9049 | TIK MAYNARD | 82 | NA | CANADA | 37:29 | 16,12 | 3:43 |
| 23 | 2077 | VAN STEEN SVEN | 66 | VAC | | 37:47 | 15,99 | 3:45 |
| 24 | 2088 | BIESEMANS ARNOUT | 78 | OPW | | 37:59 | 15,91 | 3:46 |
| 25 | 3020 | VAN REETH JORIS | 82 | SPBO | | 38:25 | 15,73 | 3:48 |
| 26 | 3657 | MARTENS ROEL | 77 | OLSE | | | | |
| 27 | 2485 | VAN DE VOORDE DIRK | 65 | OPW | | | | |
| 28 | 2262 | DE RIDDER STEVE | 80 | OPW | | | | |
| 29 | 1215 | COPETTE LAURENT | 67 | DACM | | | | |
| 30 | 2413 | WINDEY JAN | 65 | HAMM | | | | |
| 31 | 3327 | SMET JOHAN | 70 | HAMM | | | | |
| 32 | 3084 | WILLEMS DANNY | 66 | VOLH | | | | |
| 33 | 2932 | CRAPS PAUL | 63 | SPVI | | | | |
| 34 | 3711 | VAN THUYNE THIJS | 77 | DCLA | | | | |
| 35 | 2624 | VAN BEECK DIRK | 65 | HULS | | | | |
| 36 | 2888 | TUFFIN BENJAMIN | 77 | OLSE | | | | |
| 37 | 2172 | MICHIELS SVEN | 82 | SPBO | | | | |
| 38 | 3662 | ROGGEMAN MAARTEN | 82 | ACW | | | | |
| 39 | 3277 | SCHAMELHOUT LODE | 63 | AZW | | | | |
| 40 | 2577 | DECUBBER JOS | 65 | VAC | | | | |
| 41 | 2399 | POLLENTIER BENNY | 64 | HCO | | | | |
| 42 | 3848 | GRYP LIEVEN | 64 | VAC | | | | |
| 43 | 3673 | VAN WEVERBERG TOMMY | 78 | SPBO | | | | |
| 44 | 3830 | VAN CRAEYNEST WIM | 72 | LAT | | | | |

| | | | | |
|----|------|----------------------|----|------|
| 45 | 2378 | CRAUWELS GUNTHER | 67 | AVKA |
| 46 | 2645 | MAETENS KURT | 63 | SPVI |
| 47 | 3019 | VAN REETH BART | 83 | SPBO |
| 48 | 3674 | REYNAERT DENIS | 66 | SPBO |
| 49 | 2131 | VAN DE VOORDE FRANKY | 64 | SPBO |
| 50 | 2171 | SPIESSENS WIM | 74 | SPBO |
| 51 | 3021 | PERMENTIER JOHAN | 79 | SPBO |
| 52 | 2086 | BYL JEFFIE | 71 | SPBO |
| 53 | 3447 | PAUWELS LUC | 63 | SPBO |
| 54 | 2537 | LAUREYS GUY | 65 | SPBO |
| 55 | 2383 | HOFMANS LUC | 63 | SPBO |