

1e Dwars door Lichtervelde - 11 september 2004

4,96 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|---------------------------|--------------|------|-------|---------|-------|---------|
| 1 | 132 | Vanclooster Philiep | Gits | M | | 0:17:04 | 17,44 | 3:26 |
| 2 | 127 | Dewulf Mathias | Aartrijke | M | | 0:17:06 | 17,40 | 3:27 |
| 3 | 117 | Allegaert Jan | Moorslede | M | | 0:17:13 | 17,29 | 3:28 |
| 4 | 101 | Vandezande Johny | Zonnebeke | M | | 0:17:24 | 17,10 | 3:30 |
| 5 | 75 | Cloet Andy | Waardamme | MSEN | | 0:17:24 | 17,10 | 3:30 |
| 6 | 55 | Allegaert Wout | | MJUN | | 0:17:26 | 17,07 | 3:31 |
| 7 | 35 | Vandenbroucke Pieter | Lichtervelde | MJUN | | 0:17:41 | 16,83 | 3:34 |
| 8 | 59 | Clauw Tom | Beselare | MJUN | | 0:18:15 | 16,31 | 3:41 |
| 9 | 100 | Van Hulle Francis | Torhout | M | | 0:18:15 | 16,31 | 3:41 |
| 10 | 6 | Vancayseele Marnik | Roeselare | MSEN | | 0:18:34 | 16,03 | 3:45 |
| 11 | 50 | Witdouck Kobe | | MJUN | | 0:18:37 | 15,99 | 3:45 |
| 12 | 4 | Leeuwerck Stéphan | Poperinge | MJUN | | 0:18:40 | 15,94 | 3:46 |
| 13 | 99 | Gouwy Jordy | Torhout | M | | 0:18:52 | 15,77 | 3:48 |
| 14 | 124 | Boens Ronny | | M | | 0:19:09 | 15,54 | 3:52 |
| 15 | 23 | Vanlaere Jeroen | Egem | MSEN | | 0:19:18 | 15,42 | 3:53 |
| 16 | 112 | Deproost Sandrino | Zwevezele | M | | 0:19:21 | 15,38 | 3:54 |
| 17 | 44 | Depoorter Chris | Houthulst | MSEN | | 0:19:24 | 15,34 | 3:55 |
| 18 | 56 | Decroix Mario | | MSEN | | 0:19:26 | 15,31 | 3:55 |
| 19 | 104 | De Vos Bram | Ronse | M | | 0:19:36 | 15,18 | 3:57 |
| 20 | 26 | Pollet Lise | Lichtervelde | VJUN | | 0:19:38 | 15,16 | 3:57 |
| 21 | 138 | Verfaillie Tim | Rumbeke | M | | 0:19:39 | 15,15 | 3:58 |
| 22 | 52 | Witdouck Roland | | MMAS | | 0:19:48 | 15,03 | 4:00 |
| 23 | 128 | Deketelaere Annelies | Torhout | V | | 0:20:05 | 14,82 | 4:03 |
| 24 | 71 | Louwage Johan | Leke | MSEN | | 0:20:28 | 14,54 | 4:08 |
| 25 | 1 | Coussee Koenraad | Lichtervelde | MMAS | | 0:20:48 | 14,31 | 4:12 |
| 26 | 91 | Carbonez Joost | Lichtervelde | M | | 0:21:18 | 13,97 | 4:18 |
| 27 | 67 | Abeele Sheena | Houthulst | VJUN | | 0:21:19 | 13,96 | 4:18 |
| 28 | 90 | Messiaen Dirk | Heule | M | | 0:21:24 | 13,91 | 4:19 |
| 29 | 7 | Claeys Anthony | Torhout | MJUN | | 0:21:29 | 13,85 | 4:20 |
| 30 | 39 | Deboeuf Stijn | | MSEN | | 0:21:48 | 13,65 | 4:24 |
| 31 | 51 | Witdouck Tijts | | MJUN | | 0:22:00 | 13,53 | 4:26 |
| 32 | 123 | Vinckier Gunther | Lichtervelde | M | | 0:22:06 | 13,47 | 4:27 |
| 33 | 69 | Hoet Robin | Gits | MJUN | | 0:22:10 | 13,43 | 4:28 |
| 34 | 24 | Vandenbroucke Tom | Oekene | MJUN | | 0:22:29 | 13,24 | 4:32 |
| 35 | 87 | Goeminne Christinge | Torhout | V | | 0:22:31 | 13,22 | 4:32 |
| 36 | 64 | Crevits Hilde | Torhout | VSEN | | 0:22:34 | 13,19 | 4:33 |
| 37 | 98 | Van Den Berghe Christophe | Zottegem | M | | 0:22:38 | 13,15 | 4:34 |
| 38 | 16 | Vandenberghhe Hein | Lichtervelde | MSEN | | 0:22:40 | 13,13 | 4:34 |
| 39 | 89 | Bossuyt Hilde | Koolskamp | V | | 0:22:51 | 13,02 | 4:36 |
| 40 | 58 | Timmermans Veronique | Nazareth | VSEN | | 0:23:02 | 12,92 | 4:39 |
| 41 | 102 | Clybouw Carine | Torhout | V | | 0:23:03 | 12,91 | 4:39 |
| 42 | 107 | Debaets Elien | Pittem | V | | 0:23:18 | 12,77 | 4:42 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|---------------------|------------------|------|-------|---------|-------|---------|
| 43 | 33 | Neyens Kenny | Wijnendale | MJUN | | 0:23:20 | 12,75 | 4:42 |
| 44 | 28 | Cappelle Marc | Lichtervelde | MMAS | | 0:23:24 | 12,72 | 4:43 |
| 45 | 79 | Ghekiere Marc | Zonnebeke | MSEN | | 0:23:31 | 12,65 | 4:44 |
| 46 | 45 | Jacques Tamara | Houthulst | MSEN | | 0:23:32 | 12,65 | 4:45 |
| 47 | 40 | Vanwalleghem Eline | Klerken | VJUN | | 0:23:56 | 12,43 | 4:50 |
| 48 | 41 | Vanwalleghem Hans | Klerken | MMAS | | 0:23:56 | 12,43 | 4:50 |
| 49 | 78 | Ghikiere Bram | Zandvoorde | MJUN | | 0:23:57 | 12,43 | 4:50 |
| 50 | 134 | Hovaert Kevin | Ertvelde | M | | 0:24:00 | 12,40 | 4:50 |
| 51 | 129 | Velghe Robin | Wingene | M | | 0:24:04 | 12,37 | 4:51 |
| 52 | 54 | Verfaillie Daniel | | MMAS | | 0:24:08 | 12,33 | 4:52 |
| 53 | 116 | Misplon Jean-Pierre | Lichtervelde | M | | 0:24:13 | 12,29 | 4:53 |
| 54 | 120 | Vangheluwe Silke | Lichtervelde | V | | 0:24:19 | 12,24 | 4:54 |
| 55 | 46 | Vandenbroucke Koen | Lichtervelde | MSEN | | 0:24:20 | 12,23 | 4:54 |
| 56 | 118 | Decuypere Luynn | Lichtervelde | V | | 0:24:24 | 12,20 | 4:55 |
| 57 | 119 | Rosseel Hans | Torhout | M | | 0:24:26 | 12,18 | 4:56 |
| 58 | 139 | Casteleyn Marcia | Gits | V | | 0:24:34 | 12,11 | 4:57 |
| 59 | 81 | Ackx Stefan | Brugge | MSEN | | 0:24:35 | 12,11 | 4:57 |
| 60 | 29 | Debruyne Jeroen | St-Henricus | MJUN | | 0:24:42 | 12,05 | 4:59 |
| 61 | 121 | Vanbelle Benny | Lichtervelde | M | | 0:24:45 | 12,02 | 4:59 |
| 62 | 92 | Geldhof Lieve | Gistel | V | | 0:24:46 | 12,02 | 5:00 |
| 63 | 12 | Taveirne Martine | Lichtervelde | VMAS | | 0:24:49 | 11,99 | 5:00 |
| 64 | 97 | Cool Kurt | Lichtervelde | M | | 0:24:57 | 11,93 | 5:02 |
| 65 | 133 | Depuydt Simon | Lichtervelde | M | | 0:24:58 | 11,92 | 5:02 |
| 66 | 136 | Christiaens Jan | Houthulst | M | | 0:24:59 | 11,91 | 5:02 |
| 67 | 94 | Bleyaert Anja | Oedelem | V | | 0:25:10 | 11,83 | 5:04 |
| 68 | 18 | Lambrecht Brigitte | Lichtervelde | VMAS | | 0:25:11 | 11,82 | 5:05 |
| 69 | 103 | Vanlerberghe Marc | Lichtervelde | M | | 0:25:16 | 11,78 | 5:06 |
| 70 | 80 | Cloet Fabienne | Desselgem | VSEN | | 0:25:19 | 11,76 | 5:06 |
| 71 | 14 | Tanghe Jan | Lichtervelde | MSEN | | 0:25:21 | 11,74 | 5:07 |
| 72 | 21 | Demeulenaere Veerle | Lichtervelde | VSEN | | 0:25:23 | 11,72 | 5:07 |
| 73 | 126 | Assez Ines | Kortemark | v | | 0:25:26 | 11,70 | 5:08 |
| 74 | 105 | Caluwier Linda | Izegem | V | | 0:25:27 | 11,69 | 5:08 |
| 75 | 34 | Van De Poele Gert | Lichtervelde | MJUN | | 0:25:28 | 11,69 | 5:08 |
| 76 | 57 | Desimpel Kathleen | Lichtervelde | VMAS | | 0:25:47 | 11,54 | 5:12 |
| 77 | 47 | Eecloo Lieze | Lichtervelde | VJUN | | 0:25:48 | 11,53 | 5:12 |
| 78 | 76 | Lemaire Andre | Vlamertinge | M | | 0:25:49 | 11,53 | 5:12 |
| 79 | 11 | Garsbeke Dirk | Lichtervelde | MMAS | | 0:25:52 | 11,51 | 5:13 |
| 80 | 65 | Devolder Bram | Torhout | MJUN | | 0:25:57 | 11,47 | 5:14 |
| 81 | 125 | Vancoillie Michel | Hooglede | M | | 0:25:58 | 11,46 | 5:14 |
| 82 | 95 | De Brabandere Wim | Lichtervelde | M | | 0:25:59 | 11,45 | 5:14 |
| 83 | 31 | Debruyne Thomas | St-Henricus | MJUN | | 0:26:06 | 11,40 | 5:16 |
| 84 | 122 | Pauwels Lia | Waregem | V | | 0:26:09 | 11,38 | 5:16 |
| 85 | 110 | Van Aerde Ann | Lichtervelde | V | | 0:26:32 | 11,22 | 5:21 |
| 86 | 109 | Dedeyne Lierin | Torhout | V | | 0:23:36 | 12,61 | 4:45 |
| 87 | 88 | Muylaert Mieke | Koolskamp | V | | 0:26:45 | 11,13 | 5:24 |
| 88 | 85 | Couckuyt Delphine | Rollegem-Kapelle | V | | 0:26:49 | 11,10 | 5:24 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-----------------------|------------------|------|-------|---------|-------|---------|
| 89 | 86 | Couckuyt Franky | Rollegem-Kapelle | M | | 0:26:50 | 11,09 | 5:25 |
| 90 | 84 | Raes Dominique | Rollegem-Kapelle | V | | 0:26:51 | 11,08 | 5:25 |
| 91 | 108 | Stijve Inge | Torhout | V | | 0:27:16 | 10,91 | 5:30 |
| 92 | 96 | Tournet Nicole | Ruiselede | V | | 0:27:21 | 10,88 | 5:31 |
| 93 | 8 | Vanclooster Lore | Hooglede-Gits | VJUN | | 0:27:34 | 10,80 | 5:33 |
| 94 | 135 | Hovaert Sven | Ertvelde | M | | 0:27:38 | 10,77 | 5:34 |
| 95 | 20 | Cornelis Bob | Koolskamp | MMAS | | 0:28:05 | 10,60 | 5:40 |
| 96 | 48 | Eecloo Laure | Lichterfelde | VJUN | | 0:28:08 | 10,58 | 5:40 |
| 97 | 3 | Vandaele Henriette | Poperinge | VMAS | | 0:28:38 | 10,39 | 5:46 |
| 98 | 114 | Turpyn Carine | Oedelem | V | | 0:28:48 | 10,33 | 5:48 |
| 99 | 93 | De Schacht Gaby | Gistel | M | | 0:28:59 | 10,27 | 5:51 |
| 100 | 83 | Vandeberghe Lieze | Koolskamp | VO | | 0:29:01 | 10,26 | 5:51 |
| 101 | 115 | Ooghe Marleen | Oedelem | V | | 0:29:05 | 10,23 | 5:52 |
| 102 | 77 | Pijliser Isabelle | Zonnebeke | VSEN | | 0:29:16 | 10,17 | 5:54 |
| 103 | 113 | Leeuwerck Delphine | Vlamertinge | V | | 0:29:21 | 10,14 | 5:55 |
| 104 | 9 | Vandewalle Tania | Lichterfelde | VJUN | | 0:29:23 | 10,13 | 5:55 |
| 105 | 42 | De Geest Daniël | Aartselaar | MMAS | | 0:29:29 | 10,09 | 5:57 |
| 106 | 49 | Winne Christine | | VMAS | | 0:29:30 | 10,09 | 5:57 |
| 107 | 22 | Vanhoutte Jonie | Lichterfelde | VJUN | | 0:29:31 | 10,08 | 5:57 |
| 108 | 53 | Vandenbroucke Marleen | | VMAS | | 0:29:35 | 10,06 | 5:58 |
| 109 | 13 | Berghman Christine | Gits | VSEN | | 0:29:38 | 10,04 | 5:58 |
| 110 | 25 | Vanhoverbeke Ines | Lichterfelde | V | | 0:29:39 | 10,04 | 5:59 |
| 111 | 68 | Abeele Maddelin | Houthulst | VJUN | | 0:29:49 | 9,98 | 6:01 |
| 112 | 62 | Beeuwsaert Willem | Roeselare | MMAS | | 0:29:52 | 9,96 | 6:01 |
| 113 | 131 | Depuydt Philip | Lichterfelde | M | | 0:29:55 | 9,95 | 6:02 |
| 114 | 36 | Vandenbroucke Marieke | Lichterfelde | VJUN | | 0:30:00 | 9,92 | 6:03 |
| 115 | 106 | Deprez Matthias | Roeselare | M | | 0:30:15 | 9,84 | 6:06 |
| 116 | 10 | Vandewalle Marco | Lichterfelde | MJUN | | 0:30:16 | 9,83 | 6:06 |
| 117 | 43 | Rossi Freddy | Boekhoute | M | | 0:30:21 | 9,81 | 6:07 |
| 118 | 82 | Creëlle Kathleen | Lichterfelde | VSEN | | 0:30:26 | 9,78 | 6:08 |
| 119 | 27 | Debruyne Marian | Lichterfelde | VSEN | | 0:30:28 | 9,77 | 6:09 |
| 120 | 130 | Viaene Ronny | Lichterfelde | M | | 0:30:30 | 9,76 | 6:09 |
| 121 | 15 | Tanghe Lando | Lichterfelde | MJUN | | 0:30:32 | 9,75 | 6:09 |
| 122 | 111 | Keirsebilck Saskia | Lichterfelde | V | | 0:30:45 | 9,68 | 6:12 |
| 123 | 5 | Leeuwerck Eddy | Poperinge | MMAS | | 0:30:58 | 9,61 | 6:15 |
| 124 | 137 | Warner Lucrèse | Torhout | V | | 0:31:43 | 9,38 | 6:24 |
| 125 | 73 | Maenhaut Erik | Eeklo | MMAS | | 0:31:45 | 9,37 | 6:24 |
| 126 | 74 | Degrande Andre | Beernem | M | | 0:31:56 | 9,32 | 6:26 |
| 127 | 70 | Verbeke Nancy | Lichterfelde | VSEN | | 0:32:22 | 9,19 | 6:32 |
| 128 | 17 | Vandekerckhove Sandy | Lichterfelde | VJUN | | 0:33:03 | 9,00 | 6:40 |
| 129 | 72 | Debruyne Romanie | Eeklo | VMAS | | 0:33:39 | 8,84 | 6:47 |
| 130 | 37 | Vandenbroucke Hanne | Lichterfelde | VJUN | | 0:34:41 | 8,58 | 7:00 |
| 131 | 2 | Leeuwerck Caroline | Poperinge | VSEN | | 0:35:19 | 8,43 | 7:07 |
| 132 | 63 | Lamote Carine | Lichterfelde | VSEN | | 0:35:24 | 8,41 | 7:08 |

9,92 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|-----------------------|----------------|------|-------|---------|-------|---------|
| 1 | 853 | Derycke Johan | Lichtervelde | MMAS | | 0:33:27 | 17,79 | 3:22 |
| 2 | 899 | Desaever Carlo | Koksijde | MSEN | | 0:33:39 | 17,69 | 3:24 |
| 3 | 864 | Hoet Elie | Gits | MMAS | | 0:33:54 | 17,56 | 3:25 |
| 4 | 858 | Pennynck Gerdi | Nazareth | MSEN | | 0:34:14 | 17,39 | 3:27 |
| 5 | 932 | Van Herreweghe Yves | Oostende | MSEN | | 0:34:29 | 17,26 | 3:29 |
| 6 | 904 | Huyghe Kristof | Oostnieuwkerke | MSEN | | 0:34:39 | 17,18 | 3:30 |
| 7 | 966 | Muys Jeroen | Koekelare | MSEN | | 0:34:56 | 17,04 | 3:31 |
| 8 | 911 | Dewulf Marc | Aartrijke | MMAS | | 0:35:29 | 16,77 | 3:35 |
| 9 | 848 | Decat Jurgen | Dapalo | MSEN | | 0:35:52 | 16,59 | 3:37 |
| 10 | 840 | Braeckevelt Luc | Ieper | MMAS | | 0:35:57 | 16,56 | 3:37 |
| 11 | 897 | Broucke Steven | Diksmuide | MJUN | | 0:36:00 | 16,53 | 3:38 |
| 12 | 942 | Claeys Rudy | Zomergem | MMAS | | 0:36:30 | 16,31 | 3:41 |
| 13 | 804 | Delameillieure Daniel | Torhout | MMAS | | 0:36:48 | 16,17 | 3:43 |
| 14 | 896 | Popelier Peter | Gits | MSEN | | 0:36:49 | 16,17 | 3:43 |
| 15 | 890 | De Clercq Johny | Ardoorie | MMAS | | 0:37:02 | 16,07 | 3:44 |
| 16 | 815 | Vandenbroucke Eddy | Lichtervelde | MMAS | | 0:37:08 | 16,03 | 3:45 |
| 17 | 988 | Maet Wim | Torhout | MMAS | | 0:37:20 | 15,94 | 3:46 |
| 18 | 958 | Vander Meeren Lievin | Torhout | MSEN | | 0:37:28 | 15,89 | 3:47 |
| 19 | 901 | Colpaert Kevin | Lichtervelde | MJUN | | 0:37:33 | 15,85 | 3:47 |
| 20 | 928 | Seynhaeve Nico | Wevelgem | MSEN | | 0:37:39 | 15,81 | 3:48 |
| 21 | 869 | Vandenameele Patrick | Kortemark | MMAS | | 0:37:43 | 15,78 | 3:48 |
| 22 | 880 | Verstraete Johny | Roeselare | MMAS | | 0:37:45 | 15,77 | 3:48 |
| 23 | 947 | Ryde Marc | Brugge | MMAS | | 0:37:45 | 15,77 | 3:48 |
| 24 | 944 | Pollet Geert | Brugge | MMAS | | 0:37:46 | 15,76 | 3:48 |
| 25 | 973 | Van Parys Jan | Deinze | MSEN | | 0:37:48 | 15,75 | 3:49 |
| 26 | 868 | Decru Marc | Lichtervelde | MMAS | | 0:37:50 | 15,73 | 3:49 |
| 27 | 910 | Vandenbroucke Ronny | Hooglede | MMAS | | 0:38:03 | 15,64 | 3:50 |
| 28 | 919 | Rysman Johan | Desselgem | MMAS | | 0:38:07 | 15,62 | 3:51 |
| 29 | 923 | Clauw Danny | Beselare | MMAS | | 0:38:15 | 15,56 | 3:51 |
| 30 | 816 | Debeuf Nico | Lichtervelde | MSEN | | 0:38:17 | 15,55 | 3:52 |
| 31 | 956 | Doom Lieven | Hooglede | MMAS | | 0:38:25 | 15,49 | 3:52 |
| 32 | 970 | Vandamme Marc | Wervik | MMAS | | 0:38:49 | 15,33 | 3:55 |
| 33 | 862 | Debeuf Francky | Lichtervelde | MSEN | | 0:38:58 | 15,27 | 3:56 |
| 34 | 849 | Van Lommel Alain | | MMAS | | 0:39:04 | 15,24 | 3:56 |
| 35 | 921 | Dufoort Frans | Roeselare | MSEN | | 0:39:04 | 15,24 | 3:56 |
| 36 | 907 | Coudeville Roger | Oudenburg | MSEN | | 0:39:05 | 15,23 | 3:56 |
| 37 | 959 | Spriet Wim | Roeselare | MSEN | | 0:39:16 | 15,16 | 3:57 |
| 38 | 822 | Boussery Wim | Torhout | MSEN | | 0:39:28 | 15,08 | 3:59 |
| 39 | 857 | Vandewaetere Hans | Wijnendale | MMAS | | 0:39:31 | 15,06 | 3:59 |
| 40 | 936 | Schoonveere Philip | Oudenburg | MSEN | | 0:39:32 | 15,06 | 3:59 |
| 41 | 933 | Doom Francesca | Hooglede | VMAS | | 0:39:45 | 14,97 | 4:00 |
| 42 | 872 | Messian Jochen | Heule | MJUN | | 0:39:48 | 14,95 | 4:01 |
| 43 | 986 | Bogaert Christof | Roeselare | MMAS | | 0:39:52 | 14,93 | 4:01 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|------------------------|--------------|------|-------|---------|-------|---------|
| 44 | 813 | Vanbelle Ronny | Lichtervelde | MMAS | | 0:39:59 | 14,89 | 4:02 |
| 45 | 920 | Lefevre Rik | Tielt | MSEN | | 0:40:03 | 14,86 | 4:02 |
| 46 | 918 | Pollentier Richard | Torhout | MSEN | | 0:40:04 | 14,86 | 4:02 |
| 47 | 917 | Van De Geuchte Fernand | Torhout | MMAS | | 0:40:12 | 14,81 | 4:03 |
| 48 | 828 | Vereecke Walter | Lichtervelde | M | | 0:40:15 | 14,79 | 4:03 |
| 49 | 883 | De Weese Andy | Temse | MJUN | | 0:40:16 | 14,78 | 4:04 |
| 50 | 831 | Vanhoutte Koen | Lichtervelde | MSEN | | 0:40:26 | 14,72 | 4:05 |
| 51 | 873 | Roose Nico | Zwevezele | MSEN | | 0:40:49 | 14,58 | 4:07 |
| 52 | 840 | Braeckevelt Luc | Ieper | MMAS | | 0:41:24 | 14,38 | 4:10 |
| 53 | 952 | Balduyck Johan | Moorslede | MMAS | | 0:41:26 | 14,37 | 4:11 |
| 54 | 843 | Godderis Luc | Dapalo | MMAS | | 0:41:27 | 14,36 | 4:11 |
| 55 | 982 | Vanheule Marc | Koekelare | MJUN | | 0:41:29 | 14,35 | 4:11 |
| 56 | 884 | De Vos Sam | Ronse | MJUN | | 0:41:40 | 14,28 | 4:12 |
| 57 | 929 | Balcaen Thierry | Avelgem | MSEN | | 0:41:48 | 14,24 | 4:13 |
| 58 | 954 | Fieuw Christoph | Roeselare | MSEN | | 0:41:55 | 14,20 | 4:14 |
| 59 | 931 | Maton Siska | Brugge | VMAS | | 0:41:58 | 14,18 | 4:14 |
| 60 | 838 | Vierstraete Wilfried | Torhout | MMAS | | 0:42:02 | 14,16 | 4:14 |
| 61 | 975 | Demaeght Pascal | Torhout | MSEN | | 0:42:03 | 14,15 | 4:14 |
| 62 | 894 | Lievens Mathieu | Bekegem | MJUN | | 0:42:10 | 14,12 | 4:15 |
| 63 | 926 | Delaere Ivan | Roeselare | MSEN | | 0:42:15 | 14,09 | 4:16 |
| 64 | 955 | Deschacht Joeri | Torhout | MSEN | | 0:42:18 | 14,07 | 4:16 |
| 65 | 888 | Debaets Roger | Pittem | MMAS | | 0:42:19 | 14,07 | 4:16 |
| 66 | 810 | Coopman Tonny | De Panne | MJUN | | 0:42:20 | 14,06 | 4:16 |
| 67 | 974 | Deroo Lieven | Torhout | MSEN | | 0:42:36 | 13,97 | 4:18 |
| 68 | 807 | Slabbinck Erna | Torhout | VMAS | | 0:42:37 | 13,97 | 4:18 |
| 69 | 819 | Lemaire Peter | Torhout | MSEN | | 0:42:38 | 13,96 | 4:18 |
| 70 | 812 | Haeghebaert Peter | Roeselare | MMAS | | 0:42:49 | 13,90 | 4:19 |
| 71 | 903 | De Laere Annick | Anzegem | VSEN | | 0:42:52 | 13,88 | 4:19 |
| 72 | 814 | Vandenbroucke Pieter | Lichtervelde | MJUN | | 0:42:57 | 13,86 | 4:20 |
| 73 | 925 | Verfaillie Tim | Rumbeke | MSEN | | 0:43:05 | 13,82 | 4:21 |
| 74 | 945 | Montalban Sebastian | Lichtervelde | MJUN | | 0:43:18 | 13,75 | 4:22 |
| 75 | 962 | Maertens David | Lichtervelde | MSEN | | 0:43:18 | 13,75 | 4:22 |
| 76 | 972 | Declerck Bert | Torhout | MJUN | | 0:43:26 | 13,70 | 4:23 |
| 77 | 806 | Claeys Hedwig | Torhout | MMAS | | 0:43:31 | 13,68 | 4:23 |
| 78 | 824 | Verschaeve Bart | Lichtervelde | MSEN | | 0:43:37 | 13,65 | 4:24 |
| 79 | 852 | Vandepoele Marnick | Geluwe | MSEN | | 0:43:41 | 13,63 | 4:24 |
| 80 | 861 | Viaene Elke | Lichtervelde | VSEN | | 0:43:53 | 13,56 | 4:25 |
| 81 | 824 | Verschaeve Bart | Lichtervelde | MSEN | | 0:43:54 | 13,56 | 4:26 |
| 82 | 905 | Lams Jan | Ruddervoorde | MMAS | | 0:44:01 | 13,52 | 4:26 |
| 83 | 915 | Vanneste Mieke | Lichtervelde | VMAS | | 0:44:10 | 13,48 | 4:27 |
| 84 | 847 | Decat Jacky | Dapalo | MMAS | | 0:44:12 | 13,47 | 4:27 |
| 85 | 885 | De Vos Dirk | Ronse | MMAS | | 0:44:14 | 13,46 | 4:28 |
| 86 | 832 | Vandenbroucke Ronny | Oekene | MSEN | | 0:44:20 | 13,43 | 4:28 |
| 87 | 887 | Devriese Griet | Tielt | VMAS | | 0:44:35 | 13,35 | 4:30 |
| 88 | 948 | Depuyperre Petra | Ardooi | VSEN | | 0:44:41 | 13,32 | 4:30 |
| 89 | 867 | Loosveld Frederik | Zwevegem | MSEN | | 0:44:54 | 13,26 | 4:32 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|------------------------|--------------|------|-------|---------|-------|---------|
| 90 | 964 | Demare Jonathan | Zwevezele | MSEN | | 0:45:01 | 13,22 | 4:32 |
| 91 | 808 | Haeghebaert Luc | Lichterfelde | MMAS | | 0:45:15 | 13,15 | 4:34 |
| 92 | 805 | Decloedt Linda | Eernegem | VSEN | | 0:45:33 | 13,07 | 4:36 |
| 93 | 850 | Ghyselen Deborah | Dapalo | VJUN | | 0:45:36 | 13,05 | 4:36 |
| 94 | 875 | Devriese Etienne | Ruislede | MSEN | | 0:45:37 | 13,05 | 4:36 |
| 95 | 987 | Seynaeve Jan | Gits | MMAS | | 0:45:44 | 13,01 | 4:37 |
| 96 | 886 | De Busschere Dominique | Izegem | MMAS | | 0:45:50 | 12,99 | 4:37 |
| 97 | 865 | Dussesoye Steefaan | Izegem | MMAS | | 0:45:56 | 12,96 | 4:38 |
| 98 | 916 | Feryn Koen | Lichterfelde | MMAS | | 0:45:59 | 12,94 | 4:38 |
| 99 | 965 | Beele Wouter | Lichterfelde | MSEN | | 0:46:07 | 12,91 | 4:39 |
| 100 | 912 | Bollaert Sabine | Aatrijke | VMAS | | 0:46:09 | 12,90 | 4:39 |
| 101 | 835 | Misplon Joris | Lichterfelde | M | | 0:46:11 | 12,89 | 4:39 |
| 102 | 977 | Puype Noel | Kortemark | MMAS | | 0:46:18 | 12,86 | 4:40 |
| 103 | 842 | Eecloo Kris | Lichterfelde | MSEN | | 0:46:19 | 12,85 | 4:40 |
| 104 | 881 | Vanhee Geert | Lichterfelde | MMAS | | 0:46:22 | 12,84 | 4:40 |
| 105 | 876 | Crombez Geert | Lichterfelde | MMAS | | 0:46:32 | 12,79 | 4:41 |
| 106 | 934 | Bertels Chris | Oostende | MSEN | | 0:46:33 | 12,79 | 4:42 |
| 107 | 889 | Werbrouck Rika | Ardoeie | VMAS | | 0:46:45 | 12,73 | 4:43 |
| 108 | 879 | Coverleijn Patrick | Lichterfelde | MMAS | | 0:47:18 | 12,58 | 4:46 |
| 109 | 827 | De Reu Kristof | Waarschoot | MSEN | | 0:47:19 | 12,58 | 4:46 |
| 110 | 953 | Decaesstecker Roland | Lichterfelde | MMAS | | 0:47:20 | 12,57 | 4:46 |
| 111 | 985 | Mestdagh Johan | Waregem | MSEN | | 0:47:25 | 12,55 | 4:47 |
| 112 | 823 | Declerck Noel | Lichterfelde | MMAS | | 0:47:26 | 12,55 | 4:47 |
| 113 | 983 | Vandecasteele Roland | Torhout | MMAS | | 0:47:29 | 12,53 | 4:47 |
| 114 | 878 | De Blauwe Jeroen | Lichterfelde | MJUN | | 0:47:30 | 12,53 | 4:47 |
| 115 | 833 | Raes Wim | Oekene | MSEN | | 0:47:32 | 12,52 | 4:47 |
| 116 | 820 | Vanparys Kris | Gits | MSEN | | 0:47:33 | 12,52 | 4:48 |
| 117 | 963 | De Loof Emiel | Kuurne | MMAS | | 0:47:35 | 12,51 | 4:48 |
| 118 | 801 | De Clercq Dirk | Oostkamp | MMAS | | 0:47:42 | 12,48 | 4:49 |
| 119 | 802 | Knockaert Georgette | Oostkamp | VSEN | | 0:47:47 | 12,46 | 4:49 |
| 120 | 976 | Delaey Johny | Torhout | MMAS | | 0:47:51 | 12,44 | 4:49 |
| 121 | 829 | Hollevoet Jean Pierre | Lichterfelde | MMAS | | 0:47:53 | 12,43 | 4:50 |
| 122 | 950 | Blomme Christine | Ichtegem | VMAS | | 0:47:55 | 12,42 | 4:50 |
| 123 | 902 | Aaest Nancy | Kortemark | VSEN | | 0:47:56 | 12,42 | 4:50 |
| 124 | 818 | Delameilleure Dirk | Lichterfelde | MSEN | | 0:48:00 | 12,40 | 4:50 |
| 125 | 909 | Velghe Gabriel | Wingene | MMAS | | 0:48:03 | 12,39 | 4:51 |
| 126 | 981 | Wellekens Rudy | Lichterfelde | MMAS | | 0:48:05 | 12,38 | 4:51 |
| 127 | 893 | David Danny | Koekelare | MMAS | | 0:48:25 | 12,29 | 4:53 |
| 128 | 854 | Oost Frederik | Torhout | M | | 0:48:27 | 12,28 | 4:53 |
| 129 | 860 | Delameilleure Hans | Lichterfelde | M | | 0:48:36 | 12,25 | 4:54 |
| 130 | 927 | Oosterlinc Sjack | Breskens | MMAS | | 0:48:43 | 12,22 | 4:55 |
| 131 | 869 | Vandenameele Patrick | Kortemark | MMAS | | 0:48:48 | 12,20 | 4:55 |
| 132 | 830 | Verschaeve Geert | Lichterfelde | MSEN | | 0:48:53 | 12,18 | 4:56 |
| 133 | 900 | Colpaert Gerda | Lichterfelde | VMAS | | 0:49:04 | 12,13 | 4:57 |
| 134 | 841 | Viaene Inge | Lichterfelde | VSEN | | 0:49:10 | 12,11 | 4:57 |
| 135 | 898 | Huys Carine | Wingene | VMAS | | 0:49:22 | 12,06 | 4:59 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|------------------------|--------------|------|-------|---------|-------|---------|
| 136 | 845 | Vanacker Ludo | Dapalo | MMAS | | 0:49:23 | 12,05 | 4:59 |
| 137 | 839 | Macco Willy | Moorsele | MMAS | | 0:49:25 | 12,04 | 4:59 |
| 138 | 892 | Loonen Willem | Beersel | MMAS | | 0:49:34 | 12,01 | 5:00 |
| 139 | 866 | Deconinck Christ | Waregem | MSEN | | 0:49:36 | 12,00 | 5:00 |
| 140 | 843 | Godderis Luc | Dapalo | MMAS | | 0:49:41 | 11,98 | 5:01 |
| 141 | 884 | De Vos Sam | Ronse | MJUN | | 0:49:43 | 11,97 | 5:01 |
| 142 | 870 | Van Samang Ann | Brugge | VSEN | | 0:50:08 | 11,87 | 5:03 |
| 143 | 817 | Berghman Daniël | Torhout | MMAS | | 0:50:15 | 11,84 | 5:04 |
| 144 | 980 | Vandendriessche Nikita | Torrac | VJUN | | 0:50:23 | 11,81 | 5:05 |
| 145 | 803 | Knockaert Roger | Oostkamp | MMAS | | 0:50:55 | 11,69 | 5:08 |
| 146 | 846 | Vandenweghe Juan | | MSEN | | 0:51:20 | 11,59 | 5:10 |
| 147 | 908 | Van Den Abeele Kurt | Deinze | MMAS | | 0:51:22 | 11,59 | 5:11 |
| 148 | 930 | Deforche Bart | Gits | MMAS | | 0:51:27 | 11,57 | 5:11 |
| 149 | 938 | Vermeersch Steven | Beernem | MSEN | | 0:51:35 | 11,54 | 5:12 |
| 150 | 859 | Vandenbussche Niels | Lichtervelde | MJUN | | 0:51:45 | 11,50 | 5:13 |
| 151 | 914 | Baert Toni | Koekelare | MSEN | | 0:51:49 | 11,49 | 5:13 |
| 152 | 979 | Roelens Gaby | Gits | MMAS | | 0:51:54 | 11,47 | 5:14 |
| 153 | 991 | Delinklaere Marc | Lichtervelde | MMAS | | 0:52:02 | 11,44 | 5:15 |
| 154 | 913 | Deuwel Daniel | Assebroek | MSEN | | 0:52:05 | 11,43 | 5:15 |
| 155 | 992 | Defraeye Frederik | Roeselare | MSEN | | 0:52:06 | 11,42 | 5:15 |
| 156 | 855 | Sap Kris | Torhout | V | | 0:52:16 | 11,39 | 5:16 |
| 157 | 826 | Vandekerckhove Geert | Lichtervelde | MMAS | | 0:52:39 | 11,30 | 5:18 |
| 158 | 811 | Vandeputte Ann | Roeselare | VSEN | | 0:52:40 | 11,30 | 5:19 |
| 159 | 871 | Lannoo Bart | T/G | MSEN | | 0:52:46 | 11,28 | 5:19 |
| 160 | 957 | Moeyaert Chris | Gits | MMAS | | 0:53:01 | 11,23 | 5:21 |
| 161 | 809 | Denduyver Marc | Lichtervelde | MSEN | | 0:53:08 | 11,20 | 5:21 |
| 162 | 951 | Cappeus Rene | Koksijde | MMAS | | 0:53:09 | 11,20 | 5:21 |
| 163 | 922 | Popelier Patrick | Lichtervelde | MMAS | | 0:53:44 | 11,08 | 5:25 |
| 164 | 978 | Vermeulen Guido | Torhout | MMAS | | 0:54:02 | 11,02 | 5:27 |
| 165 | 968 | Pype Aime | Kortemark | MMAS | | 0:54:03 | 11,01 | 5:27 |
| 166 | 935 | Moens Pol | Torhout | MMAS | | 0:54:23 | 10,94 | 5:29 |
| 167 | 990 | Lobbestael Sofie | Brugge | VSEN | | 0:54:33 | 10,91 | 5:30 |
| 168 | 939 | Tuyn Chantal | Deinze | VMAS | | 0:54:48 | 10,86 | 5:31 |
| 169 | 856 | Verhaeghe Jean Pierre | | MMAS | | 0:54:54 | 10,84 | 5:32 |
| 170 | 895 | Lievens Barbara | Bekegem | VJUN | | 0:55:13 | 10,78 | 5:34 |
| 171 | 967 | Verpoot Peter | Lichtervelde | MSEN | | 0:55:39 | 10,70 | 5:37 |
| 172 | 844 | Schoolaert Eric | | MMAS | | 0:55:47 | 10,67 | 5:37 |
| 173 | 960 | Demuyndt Eric | Gullegem | MMAS | | 0:55:49 | 10,66 | 5:38 |
| 174 | 961 | Maertens Luc | Lichtervelde | MMAS | | 0:55:55 | 10,64 | 5:38 |
| 175 | 937 | Comyn Gilles | Menen | MJUN | | 0:56:37 | 10,51 | 5:42 |
| 176 | 846 | Vandenweghe Juan | | MSEN | | 0:56:38 | 10,51 | 5:43 |
| 177 | 941 | Kerkhof Koen | Lichtervelde | MSEN | | 0:56:49 | 10,48 | 5:44 |
| 178 | 989 | Deprez Hermien | Brugge | VSEN | | 0:57:35 | 10,34 | 5:48 |
| 179 | 871 | Lannoo Bart | T/G | MSEN | | 1:40:54 | 5,90 | 10:10 |
| 180 | 882 | Viaene Linda | Ichtegem | VSEN | | 1:41:13 | 5,88 | 10:12 |