

5e Criteriumcross Kalmthout - 7 februari 2004

Benjamins Meisjes - 600m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|----------------------|-----|------|---------|-------|---------|
| 1 | Laenen Dominique | 96 | WAV | 0:02:11 | 16,49 | 3:38 |
| 2 | Pompen Ilke | 96 | GAV | 0:02:16 | 15,88 | 3:47 |
| 3 | Casie Celine | 96 | ACSS | 0:02:22 | 15,21 | 3:57 |
| 4 | Huygen Ines | 97 | APSO | 0:02:24 | 15,00 | 4:00 |
| 5 | Verrijdt Margot | 98 | ACSS | 0:02:27 | 14,69 | 4:05 |
| 6 | Akkermans Sofie | 96 | ACSS | 0:02:28 | 14,59 | 4:07 |
| 7 | Simons Larissa | 97 | SAV | 0:02:29 | 14,50 | 4:08 |
| 8 | Quiryne Melissa | 97 | ACK | 0:02:32 | 14,21 | 4:13 |
| 9 | Erreygers Catherine | 96 | ACK | 0:02:34 | 14,03 | 4:17 |
| 10 | Bosmans Lori | 97 | ACK | 0:02:35 | 13,94 | 4:18 |
| 11 | Corluy Jade | 96 | ACK | 0:02:37 | 13,76 | 4:22 |
| 12 | Bernaerts Lotte | 95 | SAV | 0:02:39 | 13,58 | 4:25 |
| 13 | Vandepitte Emma | 97 | ACK | 0:02:44 | 13,17 | 4:33 |
| 14 | Bauwens Pauline | 98 | WAV | 0:02:46 | 13,01 | 4:37 |
| 15 | Nuyens Djes | 96 | LGP | 0:02:52 | 12,56 | 4:47 |
| 16 | Jansen Sophe | 96 | LGP | 0:02:59 | 12,07 | 4:58 |
| 17 | Van Campenhout Ellen | 97 | ACK | 0:03:07 | 11,55 | 5:12 |

Benjamins Jongens - 600m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|-----------------------|-----|------|---------|-------|---------|
| 1 | Verboven Matthia | 96 | APSO | 0:02:06 | 17,14 | 3:30 |
| 2 | Verrijdt Thomas | 96 | ACSS | 0:02:07 | 17,01 | 3:32 |
| 3 | Moereels Yorick | 96 | SAV | 0:02:12 | 16,36 | 3:40 |
| 4 | Somers Jonas | 96 | WAV | 0:02:13 | 16,24 | 3:42 |
| 5 | Francken Sebbe | 97 | ACK | 0:02:17 | 15,77 | 3:48 |
| 6 | Peeters Tom | 96 | WAV | 0:02:18 | 15,65 | 3:50 |
| 7 | Van Roey Stijn | 96 | WAV | 0:02:19 | 15,54 | 3:52 |
| 8 | Geuskens Willem | 96 | WAV | 0:02:21 | 15,32 | 3:55 |
| 9 | Thielen Michiel | 96 | AT84 | 0:02:22 | 15,21 | 3:57 |
| 10 | Eykmans Glenn | 96 | SAV | 0:02:23 | 15,10 | 3:58 |
| 11 | Van Keer Matthias | 96 | ACSS | 0:02:24 | 15,00 | 4:00 |
| 12 | De Paep Pieter | 96 | WALO | 0:02:25 | 14,90 | 4:02 |
| 13 | Van Belle Jef | 97 | ACK | 0:02:27 | 14,69 | 4:05 |
| 14 | Keusters Mitch | 97 | WAV | 0:02:29 | 14,50 | 4:08 |
| 15 | Quintelier Matthias | 98 | WAV | 0:02:32 | 14,21 | 4:13 |
| 16 | Van Den Branden Jolan | 96 | AT84 | 0:02:35 | 13,94 | 4:18 |
| 17 | Cool Siebe | 97 | APSO | 0:02:37 | 13,76 | 4:22 |
| 18 | Devalckeneer Victor | 96 | ACK | 0:02:40 | 13,50 | 4:27 |
| 19 | Louviaux Niels | 97 | ACSS | 0:02:41 | 13,42 | 4:28 |
| 20 | De Meyer Robbie | 98 | ACK | 0:02:43 | 13,25 | 4:32 |
| 21 | Boons Jonah | 95 | ACK | 0:02:45 | 13,09 | 4:35 |
| 22 | Geuskens Karel | 98 | WAV | 0:02:48 | 12,86 | 4:40 |
| 23 | Peeters Dries | 96 | ACK | 0:02:49 | 12,78 | 4:42 |
| 24 | Louviaux Jelle | 97 | ACSS | 0:02:50 | 12,71 | 4:43 |
| 25 | Van Styvoort Raf | 97 | APSO | 0:02:53 | 12,49 | 4:48 |
| 26 | Mercelis Wouter | 98 | ACK | 0:02:54 | 12,41 | 4:50 |
| 27 | Heidbuchel Joppe | 98 | WALO | 0:02:55 | 12,34 | 4:52 |
| 28 | Willemen Kristof | 96 | ACK | 0:03:02 | 11,87 | 5:03 |
| 29 | Peeters Christophe | 98 | WAV | 0:03:03 | 11,80 | 5:05 |
| 30 | Lesdanon Yannick | 97 | WALO | 0:03:09 | 11,43 | 5:15 |
| 31 | De Man Briek | 97 | ACK | 0:03:13 | 11,19 | 5:22 |
| 32 | Verboven Sascha | 98 | APSO | 0:03:15 | 11,08 | 5:25 |
| 33 | Peeters Ward | 98 | NA | 0:03:20 | 10,80 | 5:33 |
| 34 | Devalckeneer Tuur | 98 | ACK | 0:03:21 | 10,75 | 5:35 |

Pupillen Meisjes - 800m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|---------------------|-----|------|---------|-------|---------|
| 1 | Verboven Tatiana | 94 | APSO | 0:02:51 | 16,84 | 3:34 |
| 2 | De Bie Kim | 95 | ACK | 0:02:52 | 16,74 | 3:35 |
| 3 | Devalckeneer Ann | 94 | ACK | 0:02:53 | 16,65 | 3:36 |
| 4 | De Decker Lien | 95 | WAV | 0:02:56 | 16,36 | 3:40 |
| 5 | Bogaerts Michelle | 94 | AT84 | 0:02:57 | 16,27 | 3:41 |
| 6 | Akkermans Stephanie | 94 | ACSS | 0:02:59 | 16,09 | 3:44 |
| 7 | Freire Laurie | 95 | AVI | 0:03:03 | 15,74 | 3:49 |
| 8 | Bosmans Jelke | 93 | ACK | 0:03:06 | 15,48 | 3:53 |
| 9 | Verheyen Naomi | 94 | AT84 | 0:03:07 | 15,40 | 3:54 |
| 10 | Bauwens Emilie | 95 | WAV | 0:03:08 | 15,32 | 3:55 |
| 11 | Cool Hannah | 94 | APSO | 0:03:09 | 15,24 | 3:56 |
| 12 | Joosens Caroline | 94 | ACK | 0:03:10 | 15,16 | 3:58 |
| 13 | Van Tomme Naike | 94 | ACSS | 0:03:13 | 14,92 | 4:01 |
| 14 | Vercauteren Sigrid | 94 | AVI | 0:03:14 | 14,85 | 4:03 |
| 15 | Verswijfel Wendy | 94 | ACK | 0:03:15 | 14,77 | 4:04 |
| 16 | Bosmans Mieke | 95 | ACK | 0:03:16 | 14,69 | 4:05 |
| 17 | Erreygers Elisabeth | 94 | ACK | 0:03:19 | 14,47 | 4:09 |
| 18 | Nuyts Sarah | 94 | APSO | 0:03:21 | 14,33 | 4:11 |
| 19 | De Coninck Annemiek | 95 | AVI | 0:03:23 | 14,19 | 4:14 |
| 20 | Van Oers Fran | 95 | AT84 | 0:03:28 | 13,85 | 4:20 |
| 21 | Lesdanon Nathalie | 95 | WALO | 0:03:34 | 13,46 | 4:27 |
| 22 | Elen Cynthia | 94 | GAV | 0:03:50 | 12,52 | 4:48 |
| 23 | Van Styvoort Iris | 95 | APSO | 0:03:54 | 12,31 | 4:53 |
| 24 | Timmermans Leen | 95 | ACSS | 0:04:45 | 10,11 | 5:56 |

Pupillen Jongens - 800m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|----------------------|-----|------|---------|-------|---------|
| 1 | Thys Niels | 94 | ACK | 0:02:45 | 17,45 | 3:26 |
| 2 | Rutten Dominique | 93 | WALO | 0:02:48 | 17,14 | 3:30 |
| 3 | De Meulder Nick | 94 | APSO | 0:02:49 | 17,04 | 3:31 |
| 4 | De Bruyn Sam | 94 | WAV | 0:02:51 | 16,84 | 3:34 |
| 5 | Van Den Bosch Thomas | 94 | AT84 | 0:02:53 | 16,65 | 3:36 |
| 6 | De Prekel Sam | 95 | WALO | 0:02:55 | 16,46 | 3:39 |
| 7 | Dudha Dean | 94 | ACK | 0:03:00 | 16,00 | 3:45 |
| 8 | Jansen Pepijn | 95 | LGP | 0:03:01 | 15,91 | 3:46 |
| 9 | Ysenbaardt Sander | 93 | ACK | 0:03:05 | 15,57 | 3:51 |
| 10 | De Paep Dries | 95 | WALO | 0:03:06 | 15,48 | 3:53 |
| 11 | Nijs Niels | 95 | WALO | 0:03:07 | 15,40 | 3:54 |
| 12 | Mertens Sven | 94 | APSO | 0:03:11 | 15,08 | 3:59 |
| 13 | Verheyen Nathan | 94 | AT84 | 0:03:14 | 14,85 | 4:03 |
| 14 | Verwimp Bart | 94 | ACK | 0:03:18 | 14,55 | 4:07 |
| 15 | Nuyens Bjorn | 95 | LGP | 0:03:21 | 14,33 | 4:11 |
| 16 | Van Honste Dennis | 94 | WAV | 0:03:22 | 14,26 | 4:13 |
| 17 | Persoons Jonas | 95 | SAV | 0:03:24 | 14,12 | 4:15 |
| 18 | Nuyts Bert | 95 | APSO | 0:03:32 | 13,58 | 4:25 |

Miniemen Meisjes - 1250m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|-------------------|-----|------|---------|-------|---------|
| 1 | Eysackers Kim | 92 | ACSS | 0:04:35 | 16,36 | 3:40 |
| 2 | De Bie Leen | 91 | ACK | 0:04:42 | 15,96 | 3:46 |
| 3 | Schippers Shana | 93 | AT84 | 0:04:57 | 15,15 | 3:58 |
| 4 | Leysen Vicky | 92 | SAV | 0:05:06 | 14,71 | 4:05 |
| 5 | Verswijfel Daisy | 93 | ACK | 0:05:12 | 14,42 | 4:10 |
| 6 | Huybrechts Andrea | 92 | ACSS | 0:05:20 | 14,06 | 4:16 |
| 7 | Van Oers Tess | 93 | AT84 | 0:05:21 | 14,02 | 4:17 |
| 8 | Vaesen Roxanne | 93 | ACK | 0:05:43 | 13,12 | 4:34 |

Miniemen Jongens - 1250m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|--------------------|-----|------|---------|-------|---------|
| 1 | Leysen Erwin | 92 | WAV | 0:04:23 | 17,11 | 3:30 |
| 2 | Pauwels Matthias | 92 | SAV | 0:04:28 | 16,79 | 3:34 |
| 3 | Broecks Dimitri | 92 | SAV | 0:04:34 | 16,42 | 3:39 |
| 4 | Van Steyvoort Ben | 92 | ACK | 0:04:43 | 15,90 | 3:46 |
| 5 | Willemen Pieter | 92 | AVI | 0:04:44 | 15,85 | 3:47 |
| 6 | Thys Jasper | 92 | ACK | 0:04:45 | 15,79 | 3:48 |
| 7 | Cool Ranec | 92 | APSO | 0:04:48 | 15,63 | 3:50 |
| 8 | De Winter Thibaut | 93 | GAV | 0:04:49 | 15,57 | 3:51 |
| 9 | De Decker Marnik | 92 | WAV | 0:04:59 | 15,05 | 3:59 |
| 10 | Bosmans Maarten | 92 | ACK | 0:05:05 | 14,75 | 4:04 |
| 11 | Janssens Arno | 93 | AVI | 0:05:12 | 14,42 | 4:10 |
| 12 | Reynaerts Jef | 93 | ACSS | 0:05:13 | 14,38 | 4:10 |
| 13 | Henkens Sebastiaan | 92 | LGP | 0:05:14 | 14,33 | 4:11 |
| 14 | Simons Stefan | 92 | SAV | 0:05:15 | 14,29 | 4:12 |
| 15 | Thielens Benjamin | 93 | AT84 | 0:05:25 | 13,85 | 4:20 |
| 16 | Elen Kristof | 93 | GAV | 0:05:29 | 13,68 | 4:23 |
| 17 | Van Den Bergh Dean | 93 | GAV | 0:05:32 | 13,55 | 4:26 |
| 18 | Vaesen Sebastien | 92 | ACK | 0:05:37 | 13,35 | 4:30 |

Kadetten Meisjes - 2050m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|----------------------|-----|------|---------|-------|---------|
| 1 | Hoppenbrouwers Maja | 90 | SAV | 0:07:34 | 16,26 | 3:41 |
| 2 | Van Looveren Eveline | 90 | ACK | 0:08:05 | 15,22 | 3:57 |
| 3 | Vaesen Charlotte | 90 | ACK | 0:08:16 | 14,88 | 4:02 |
| 4 | Louviaux Carmen | 91 | LGP | 0:08:18 | 14,82 | 4:03 |
| 5 | Hendrickx Stefanie | 91 | APSO | 0:08:37 | 14,27 | 4:12 |
| 6 | Van Halen Lien | 90 | ACSS | 0:08:46 | 14,03 | 4:17 |
| 7 | Verboven Mariska | 91 | APSO | 0:09:48 | 12,55 | 4:47 |

Kadetten Jongens - 2050m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|--------------------|-----|------|---------|-------|---------|
| 1 | Pauwels Yarro | 91 | AT84 | 0:08:40 | 14,19 | 4:14 |
| 2 | Welter Vincent | 90 | AT84 | 0:08:41 | 14,17 | 4:14 |
| 3 | Van Gulck Kevin | 90 | WALO | 0:08:48 | 13,98 | 4:18 |
| 4 | Broeckx Niels | 91 | AT84 | 0:09:15 | 13,30 | 4:31 |
| 5 | De Bie Dries | 90 | ACK | 0:09:27 | 13,02 | 4:37 |
| 6 | Lecot André | 91 | AT84 | 0:09:43 | 12,66 | 4:44 |
| 7 | De Coninck Laurens | 91 | AVI | 0:09:46 | 12,59 | 4:46 |
| 8 | Laenen Matthias | 89 | WAV | 0:09:50 | 12,51 | 4:48 |
| 9 | Van Oers Lars | 91 | AT84 | 0:10:27 | 11,77 | 5:06 |
| 10 | Bellens Matthias | 91 | APSO | 0:10:47 | 11,41 | 5:16 |
| 11 | Thoen Stephen | 91 | WAV | 0:11:00 | 11,18 | 5:22 |

Scholieren Meisjes - 2050m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|-------------------|-----|------|---------|-------|---------|
| 1 | Bosmans Anneleen | 89 | ACK | 0:08:23 | 14,67 | 4:05 |
| 2 | Van Halen Els | 88 | ACSS | 0:08:44 | 14,08 | 4:16 |
| 3 | Raemaekers Inge | 89 | SAV | 0:09:17 | 13,25 | 4:32 |
| 4 | Van Capellen Iris | 88 | AVI | 0:10:00 | 12,30 | 4:53 |

Scholieren Jongens - 2050m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|-----------------|-----|------|---------|-------|---------|
| 1 | Willemen Tim | 87 | AVI | 0:08:15 | 14,91 | 4:01 |
| 2 | Laenen Dieter | 88 | WAV | 0:08:25 | 14,61 | 4:06 |
| 3 | Morbé Thomas | 89 | SAV | 0:08:27 | 14,56 | 4:07 |
| 4 | Kluskens Stijn | 89 | WALO | 0:08:45 | 14,06 | 4:16 |
| 5 | Eysackers Kevin | 89 | ACSS | 0:08:58 | 13,72 | 4:22 |

Juniors Heren - 6000m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|-----------------|-----|------|---------|-------|---------|
| 1 | Bosmans Maarten | 87 | ACK | 0:18:50 | 19,12 | 3:08 |
| 2 | Van Halen Wim | 86 | ACSS | 0:24:10 | 14,90 | 4:02 |

Masters Dames +30 - 3000m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|---------------------|-----|------|---------|-------|---------|
| 1 | Pieters Irina | 72 | WALO | 0:11:47 | 15,28 | 3:56 |
| 2 | Van Bets Christel | 62 | WAV | 0:12:14 | 14,71 | 4:05 |
| 3 | Faes Jeanine | 69 | WAV | 0:12:29 | 14,42 | 4:10 |
| 4 | Wijnants Inge | 69 | SAV | 0:12:41 | 14,19 | 4:14 |
| 5 | Scheirs Jeanne | 64 | SAV | 0:12:44 | 14,14 | 4:15 |
| 6 | Goossens Diane | 72 | ACK | 0:12:50 | 14,03 | 4:17 |
| 7 | Michiels Carina | 66 | LGP | 0:13:01 | 13,83 | 4:20 |
| 8 | Spiessens Godelieve | 62 | ACSS | 0:13:10 | 13,67 | 4:23 |
| 9 | Nuyts Patricia | 67 | APSO | 0:13:35 | 13,25 | 4:32 |
| 10 | Van Dijck Mart | 60 | SAV | 0:13:48 | 13,04 | 4:36 |
| 11 | De Bondt Anne-Marie | 60 | ACK | 0:14:18 | 12,59 | 4:46 |
| 12 | Somers Patricia | 66 | LGP | 0:14:23 | 12,51 | 4:48 |
| 13 | Verlinden Irene | 60 | WAV | 0:14:43 | 12,23 | 4:54 |

Masters Heren +35 - 6000m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|---------------------|-----|------|---------|-------|---------|
| 1 | Bartolomeeusen Eric | 65 | APSO | 0:19:56 | 18,06 | 3:19 |
| 2 | Van Linden Rudy | 60 | GAV | 0:20:12 | 17,82 | 3:22 |
| 3 | Thoen Luc | 68 | WAV | 0:20:16 | 17,76 | 3:23 |
| 4 | Lesdanon Frederic | 66 | WALO | 0:20:39 | 17,43 | 3:26 |
| 5 | Wouters Geert | 66 | ACK | 0:20:39 | 17,43 | 3:26 |
| 6 | Vissers Francis | 65 | ACK | 0:20:58 | 17,17 | 3:30 |
| 7 | Mertens Ralf | 64 | APSO | 0:21:08 | 17,03 | 3:31 |
| 8 | Bruggemans Marc | 56 | SAV | 0:21:29 | 16,76 | 3:35 |
| 9 | Cool Rudi | 63 | APSO | 0:21:40 | 16,62 | 3:37 |
| 10 | De Bruyn Marc | 57 | APSO | 0:21:46 | 16,54 | 3:38 |
| 11 | Peeters Eric | 64 | ACK | 0:22:07 | 16,28 | 3:41 |
| 12 | De Beuckelaer Eddy | 68 | SAV | 0:22:15 | 16,18 | 3:43 |
| 13 | Selderslaghs Paul | 60 | AVI | 0:22:23 | 16,08 | 3:44 |
| 14 | Van Alphen Ludo | 56 | LGP | 0:22:33 | 15,96 | 3:46 |
| 15 | Van Den Broeck Marc | 58 | WAV | 0:22:41 | 15,87 | 3:47 |
| 16 | De Winter Bruno | 63 | GAV | 0:22:42 | 15,86 | 3:47 |
| 17 | Deckers Stefan | 65 | ACK | 0:22:53 | 15,73 | 3:49 |
| 18 | Joosens Erwin | 60 | ACK | 0:23:05 | 15,60 | 3:51 |
| 19 | Manise Dirk | 64 | AVI | 0:23:07 | 15,57 | 3:51 |
| 20 | Ossenblok Dirk | 58 | NA | 0:23:12 | 15,52 | 3:52 |
| 21 | Van Dyck Marcel | 55 | APSO | 0:23:18 | 15,45 | 3:53 |
| 22 | Matthyssen Danny | 68 | APSO | 0:23:49 | 15,12 | 3:58 |
| 23 | Nauws Ludo | 62 | AVI | 0:24:30 | 14,69 | 4:05 |
| 24 | Quireynen Jan | 57 | GAV | 0:25:04 | 14,36 | 4:11 |
| 25 | De Coninck Bart | 65 | AVI | 0:25:09 | 14,31 | 4:12 |
| 26 | Peeters Bob | 65 | WAV | 0:26:11 | 13,75 | 4:22 |
| 27 | Peeters Bart | 65 | WAV | 0:26:14 | 13,72 | 4:22 |
| 28 | Bernard Guillaume | 56 | AVI | 0:26:15 | 13,71 | 4:23 |
| 29 | Van Capellen Dirk | 56 | AVI | 0:28:18 | 12,72 | 4:43 |
| 30 | Casie Jan | 61 | ACSS | 0:28:36 | 12,59 | 4:46 |
| 31 | Nelen Eddy | 69 | LGP | 0:28:58 | 12,43 | 4:50 |
| 32 | Van Halen Joan | 59 | ACSS | 0:29:54 | 12,04 | 4:59 |
| 33 | Verboven Patrick | 66 | APSO | 0:31:04 | 11,59 | 5:11 |

Masters Dames +45 - 3000m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|----------------------|-----|------|---------|-------|---------|
| 1 | Claes Judy | 57 | AVI | 0:12:34 | 14,32 | 4:11 |
| 2 | Janssens Liesbeth | 59 | WAV | 0:12:37 | 14,27 | 4:12 |
| 3 | Simkens Bernadette | 55 | ACK | 0:12:40 | 14,21 | 4:13 |
| 4 | Lenaerts Gerda | 53 | SWIN | 0:13:50 | 13,01 | 4:37 |
| 5 | De Bock Maria | 53 | KLP | 0:13:55 | 12,93 | 4:38 |
| 6 | Vermeiren Hilde | 43 | LGP | 0:14:24 | 12,50 | 4:48 |
| 7 | Van Beek Rita | 52 | WALO | 0:15:04 | 11,95 | 5:01 |
| 8 | Van Der Meulen Chris | 55 | WALO | 0:15:07 | 11,91 | 5:02 |
| 9 | Van Broeck Irene | 48 | KLP | 0:16:35 | 10,85 | 5:32 |

Masters Heren +50 - 6000m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|---------------------|-----|------|---------|-------|---------|
| 1 | Dirckx Willy | 47 | APSO | 0:19:20 | 18,62 | 3:13 |
| 2 | Cole Rene | 46 | KLP | 0:19:37 | 18,35 | 3:16 |
| 3 | Massaer Jean-Pierre | 51 | WALO | 0:20:22 | 17,68 | 3:24 |
| 4 | Scheirs Willy | 44 | SAV | 0:20:43 | 17,38 | 3:27 |
| 5 | Ringoot Etienne | 51 | WALO | 0:20:59 | 17,16 | 3:30 |
| 6 | Martens Hugo | 51 | SWIN | 0:21:12 | 16,98 | 3:32 |
| 7 | Verlinden Fons | 34 | WAV | 0:21:22 | 16,85 | 3:34 |
| 8 | Moorkens Frans | 34 | APSO | 0:21:32 | 16,72 | 3:35 |
| 9 | Van Den Bergh Jos | 51 | ACK | 0:21:50 | 16,49 | 3:38 |
| 10 | Martens André | 54 | WALO | 0:22:38 | 15,91 | 3:46 |
| 11 | Hermans Jean | 50 | AVI | 0:22:40 | 15,88 | 3:47 |
| 12 | Oele Jaap | 51 | ACSS | 0:23:00 | 15,65 | 3:50 |
| 13 | Wuyts Guy | 51 | ACK | 0:23:04 | 15,61 | 3:51 |
| 14 | Strobbe Jozef | 48 | SAV | 0:23:26 | 15,36 | 3:54 |
| 15 | Schoenmaekers Rene | 32 | SAV | 0:23:31 | 15,31 | 3:55 |
| 16 | Brocatius Jozef | 48 | ACK | 0:23:37 | 15,24 | 3:56 |
| 17 | Van Avezaath Tom | 50 | ACK | 0:24:00 | 15,00 | 4:00 |
| 18 | Wouters Jan | 45 | ACK | 0:24:33 | 14,66 | 4:05 |
| 19 | Van Hoof Freddy | 50 | WAV | 0:24:34 | 14,65 | 4:06 |
| 20 | Vets Jan | 38 | WAV | 0:24:52 | 14,48 | 4:09 |
| 21 | Achtergael Florent | 46 | AT84 | 0:24:57 | 14,43 | 4:10 |
| 22 | Torfs Wim | 53 | AT84 | 0:25:19 | 14,22 | 4:13 |
| 23 | Servotte Luc | 50 | KLP | 0:25:45 | 13,98 | 4:17 |
| 24 | Van Den Bergh Jan | 52 | GAV | 0:25:49 | 13,94 | 4:18 |
| 25 | Van Keer André | 44 | ACSS | 0:26:53 | 13,39 | 4:29 |
| 26 | Van Eupen Ignace | 54 | ACK | 0:27:48 | 12,95 | 4:38 |

Seniors Dames - 3000m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|-------------------------|-----|------|---------|-------|---------|
| 1 | Van Spauwen Katrien | 82 | SAV | 0:11:21 | 15,86 | 3:47 |
| 2 | Ale Mayehu Belise Hiwot | 84 | SWIN | 0:11:58 | 15,04 | 3:59 |
| 3 | Antheunis Ann | 80 | SAV | 0:12:02 | 14,96 | 4:01 |
| 4 | Bresseleers Petra | 75 | ACK | 0:12:48 | 14,06 | 4:16 |
| 5 | Bastenie Ilse | 80 | SAV | 0:14:35 | 12,34 | 4:52 |
| 6 | Naudts Marion | 85 | WALO | 0:14:48 | 12,16 | 4:56 |
| 7 | Thoen Sandra | 76 | WAV | 0:17:36 | 10,23 | 5:52 |
| 8 | Broecks Bianca | 85 | SAV | 0:18:33 | 9,70 | 6:11 |

Seniors Heren - 6000m

| PL | Naam | GBJ | Club | Tijd | GEM | KM-Tijd |
|----|----------------------|-----|------|---------|-------|---------|
| 1 | Mc Naughton Michael | 77 | AVI | 0:18:51 | 19,10 | 3:09 |
| 2 | Van Dyck Dries | 83 | APSO | 0:19:45 | 18,23 | 3:17 |
| 3 | Engelen Tom | 75 | AVI | 0:19:53 | 18,11 | 3:19 |
| 4 | Van Rillaer Stefan | 81 | WAV | 0:20:24 | 17,65 | 3:24 |
| 5 | Wuytack Dennis | 78 | AT84 | 0:20:41 | 17,41 | 3:27 |
| 6 | Van Wolvelaer Joeri | 81 | AT84 | 0:20:42 | 17,39 | 3:27 |
| 7 | Van Dijck Tom | 83 | SAV | 0:20:45 | 17,35 | 3:28 |
| 8 | Coppens Bart | 81 | WALO | 0:21:17 | 16,91 | 3:33 |
| 9 | Van Looveren Wim | 74 | ACK | 0:21:32 | 16,72 | 3:35 |
| 10 | De Weese Andy | 85 | WALO | 0:21:39 | 16,63 | 3:37 |
| 11 | Van Genechten Bart | 83 | APSO | 0:21:47 | 16,53 | 3:38 |
| 12 | Naudts Dino | 84 | WALO | 0:21:54 | 16,44 | 3:39 |
| 13 | Loos Bart | 72 | APSO | 0:22:15 | 16,18 | 3:43 |
| 14 | Verbist Patrick | 72 | SAV | 0:22:21 | 16,11 | 3:44 |
| 15 | Van Bogaert Bart | 72 | WALO | 0:22:41 | 15,87 | 3:47 |
| 16 | Bresseleers Erik | 70 | SAV | 0:22:49 | 15,78 | 3:48 |
| 17 | Mertens Geert | 79 | WAV | 0:24:09 | 14,91 | 4:01 |
| 18 | Van Der Auwera Chris | 76 | NA | 0:24:32 | 14,67 | 4:05 |
| 19 | Van Den Bergh Jan | 78 | ACK | 0:26:24 | 13,64 | 4:24 |
| 20 | Blondelle Benny | 71 | GAV | 0:28:10 | 12,78 | 4:42 |