

1e Ramselse Routeloop - 18 juni 2004

5 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|------------------------|--------------------|------|-------|---------|-------|---------|
| 1 | 136 | MORIS SVEN | PUTTE | MJUN | 1 | 0:15:53 | 18,89 | 3:11 |
| 2 | 69 | VAN DAELE WERNER | RAMSEL | MSEN | 1 | 0:15:59 | 18,77 | 3:12 |
| 3 | 92 | VAN DE VELDE BERT | RILLAAR | MSEN | 2 | 0:16:52 | 17,79 | 3:22 |
| 4 | 131 | VAN LOO ALFONS | HEIST-O/D-BERG | M+40 | 1 | 0:17:03 | 17,60 | 3:25 |
| 5 | 154 | BREMS WILLEM | HERSELT | MSCH | 1 | 0:17:49 | 16,84 | 3:34 |
| 6 | 231 | CRAENEN KOEN | RAMSEL | MSEN | 3 | 0:17:55 | 16,74 | 3:35 |
| 7 | 140 | VAN LOO MAARTEN | HOUTVENNE | MSEN | 4 | 0:18:14 | 16,45 | 3:39 |
| 8 | 211 | AERTS WALTER | GROBBENDONK | M+45 | 1 | 0:18:15 | 16,44 | 3:39 |
| 9 | 141 | VAN WESEMAEL MAARTEN | HOUTVENNE | MJUN | 2 | 0:18:17 | 16,41 | 3:39 |
| 10 | 214 | HUYSMANS JEF | OEVEL | M+45 | 2 | 0:18:17 | 16,41 | 3:39 |
| 11 | 186 | BONATO PATRICK | MECHELEN | M+40 | 2 | 0:18:18 | 16,39 | 3:40 |
| 12 | 177 | VAN WOENSEL LUDO | BOOISCHOT | M+45 | 3 | 0:18:24 | 16,30 | 3:41 |
| 13 | 138 | HOEFKENS JAN | WIEKEVORST | MSEN | 5 | 0:18:26 | 16,27 | 3:41 |
| 14 | 184 | BENIJTS STEF | GEEL | MSEN | 6 | 0:18:31 | 16,20 | 3:42 |
| 15 | 189 | VAN ROOST RUDI | ROTSELAAR | MSEN | 7 | 0:18:33 | 16,17 | 3:43 |
| 16 | 1 | JUCHTMANS FRANK | ZELEM | MSEN | 8 | 0:18:52 | 15,90 | 3:46 |
| 17 | 2 | DOUWEN DIRK | WESTERLO | M+45 | 4 | 0:18:52 | 15,90 | 3:46 |
| 18 | 205 | VERTOMMEN GERRIT | LEUVEN | MSEN | 9 | 0:19:08 | 15,68 | 3:50 |
| 19 | 20 | VAN MEERBEECK NICK | RAMSEL | MKAD | 1 | 0:19:11 | 15,64 | 3:50 |
| 20 | 185 | LIEVENS HANS | GEEL | MSEN | 10 | 0:19:18 | 15,54 | 3:52 |
| 21 | 220 | VAN KERKHOVEN LUCAS | NIEUWRODE | M+40 | 3 | 0:19:18 | 15,54 | 3:52 |
| 22 | 192 | VAN CRAEN ADRI | BAAL | M+40 | 4 | 0:19:21 | 15,50 | 3:52 |
| 23 | 122 | KOCKAERTS EUGENE | WEZEMAAL | M+50 | 1 | 0:19:24 | 15,46 | 3:53 |
| 24 | 134 | BEYERS ERIK | HERENTALS | M+40 | 5 | 0:19:25 | 15,45 | 3:53 |
| 25 | 233 | BINON MARK | BLANDEN | MSEN | 11 | 0:19:28 | 15,41 | 3:54 |
| 26 | 110 | VERBEECK TATJANA | ROTSELAAR | VMIN | 1 | 0:19:33 | 15,35 | 3:55 |
| 27 | 86 | VERMEULEN CHRIS | BOOISCHOT | M+40 | 6 | 0:19:36 | 15,31 | 3:55 |
| 28 | 71 | DE KEYZER RENÉ | AARSCHOT | M+55 | 1 | 0:19:37 | 15,29 | 3:55 |
| 29 | 89 | SOETEMANS MARC | TESTELT | M+45 | 5 | 0:19:38 | 15,28 | 3:56 |
| 30 | 81 | VERHAEGEN RONNY | SCHERPENHEUVEL | MSEN | 12 | 0:19:39 | 15,27 | 3:56 |
| 31 | 88 | VAN DER VELDE DANIËL | BETEKOM | M+40 | 7 | 0:19:43 | 15,22 | 3:57 |
| 32 | 222 | VAN KERKHOVEN BENJAMIN | NIEUWRODE | MJUN | 3 | 0:19:51 | 15,11 | 3:58 |
| 33 | 114 | NYS KOEN | BOOISCHOT | MSEN | 13 | 0:19:53 | 15,09 | 3:59 |
| 34 | 251 | VAN ECCELPOEL JENS | HERSELT | MKAD | 2 | 0:19:58 | 15,03 | 4:00 |
| 35 | 137 | DE HAES CHRIS | HULSHOUT | M+40 | 8 | 0:19:59 | 15,01 | 4:00 |
| 36 | 237 | TIMMERMANS CHRISTOF | HERSELT | MSCH | 2 | 0:20:01 | 14,99 | 4:00 |
| 37 | 217 | VERLINDEN LUC | HOUTVENNE | MSEN | 14 | 0:20:07 | 14,91 | 4:01 |
| 38 | 223 | VAN KERKHOVEN STEPHEN | NIEUWRODE | MSEN | 15 | 0:20:11 | 14,86 | 4:02 |
| 39 | 651 | PELGRIMS JAN | TESTELT | M+50 | 2 | 0:20:17 | 14,79 | 4:03 |
| 40 | 201 | ABRAMS GUY | HOUTVENNE | M+45 | 6 | 0:20:24 | 14,71 | 4:05 |
| 41 | 150 | VERBRUGGEN MARC | ST-KATELIJNE-WAVER | M+40 | 9 | 0:20:25 | 14,69 | 4:05 |
| 42 | 14 | GEERTS JEFFREY | RAMSEL | MSCH | 3 | 0:20:34 | 14,59 | 4:07 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|-----------------------|------------------|------|-------|---------|-------|---------|
| 43 | 94 | VAN KERKHOVEN PAUL | AARSCHOT | M+50 | 3 | 0:20:35 | 14,57 | 4:07 |
| 44 | 91 | VAN DER VELDE NICKY | BETEKOM | VMIN | 2 | 0:20:36 | 14,56 | 4:07 |
| 45 | 199 | PELGRIMS MATTHIAS | WERCHTER | MKAD | 3 | 0:20:42 | 14,49 | 4:08 |
| 46 | 165 | CLAES PETER | HOUTVENNE | MSEN | 16 | 0:20:42 | 14,49 | 4:08 |
| 47 | 21 | PEETERS DIEDE | HERSELT | MMIN | 1 | 0:20:43 | 14,48 | 4:09 |
| 48 | 111 | VERBEECK MARC | ROTSELAAR | MSEN | 17 | 0:20:47 | 14,43 | 4:09 |
| 49 | 162 | MEEL LUC | | M+40 | 10 | 0:20:52 | 14,38 | 4:10 |
| 50 | 126 | VAN ASTEN BENNY | OEVEL | M+40 | 11 | 0:20:57 | 14,32 | 4:11 |
| 51 | 95 | LUTS MARIO | HERSELT | MSEN | 18 | 0:20:58 | 14,31 | 4:12 |
| 52 | 135 | VAN DEN BROECK DORIEN | BOOISCHOT | VJUN | 1 | 0:21:00 | 14,29 | 4:12 |
| 53 | 194 | SAENEN JOERI | AVERBODE | MSEN | 19 | 0:21:05 | 14,23 | 4:13 |
| 54 | 235 | JANSSSENS JOS | BETEKOM | M+45 | 7 | 0:21:07 | 14,21 | 4:13 |
| 55 | 118 | PRINSEN MARC | HERENTALS | M+40 | 12 | 0:21:14 | 14,13 | 4:15 |
| 56 | 244 | WOUTERS DRIES | WEZEMAAL | MSEN | 20 | 0:21:15 | 14,12 | 4:15 |
| 57 | 180 | VAN DEN BUKH DRIES | GEEL | MMIN | 2 | 0:21:17 | 14,10 | 4:15 |
| 58 | 77 | DEJAEGER ROGER | BAAL | M+45 | 8 | 0:21:19 | 14,07 | 4:16 |
| 59 | 218 | STICKERS TOM | HERSELT | MSEN | 21 | 0:21:20 | 14,06 | 4:16 |
| 60 | 187 | VAN DE MOORTELE HEIDI | TREMELO | V+35 | 1 | 0:21:25 | 14,01 | 4:17 |
| 61 | 188 | DE MEES MARC | RIJMENAM | M+60 | 7 | 0:21:25 | 14,01 | 4:17 |
| 62 | 17 | VAN MEERBEECK JENS | RAMSEL | MMIN | 3 | 0:21:46 | 13,78 | 4:21 |
| 63 | 261 | BRUYNDONCKX ROB | HOUTVENNE | MSEN | 22 | 0:21:47 | 13,77 | 4:21 |
| 64 | 197 | DE PEUTER KEVIN | RAMSEL | MJUN | 4 | 0:21:48 | 13,76 | 4:22 |
| 65 | 84 | COUNOTTE STEFAN | HERSELT | M+45 | 9 | 0:21:51 | 13,73 | 4:22 |
| 66 | 156 | VAN DEN PUTTE ERIC | HEIST-O/D-BERG | M+45 | 10 | 0:21:59 | 13,65 | 4:24 |
| 67 | 151 | COOTMANS MARIO | HERSELT | MSEN | 23 | 0:22:03 | 13,61 | 4:25 |
| 68 | 255 | BEUTELS EDDY | LICHTAART | M+55 | 2 | 0:22:04 | 13,60 | 4:25 |
| 69 | 104 | JENNES JEFFREY | HERSELT | MSCH | 4 | 0:22:13 | 13,50 | 4:27 |
| 70 | 142 | VERMEULEN JEAN PIERRE | SCHRIEK | M+40 | 13 | 0:22:14 | 13,49 | 4:27 |
| 71 | 53 | VAN UYTHEM DAVY | RAMSEL | MSEN | 24 | 0:22:14 | 13,49 | 4:27 |
| 72 | 15 | CEULEMANS GLEN | RAMSEL | MKAD | 4 | 0:22:15 | 13,48 | 4:27 |
| 73 | 18 | COOLS KRISTOF | RAMSEL | MKAD | 5 | 0:22:15 | 13,48 | 4:27 |
| 74 | 236 | TIMMERMANS WILLIAM | MEENSEL-KIEZEGEM | MKAD | 6 | 0:22:17 | 13,46 | 4:27 |
| 75 | 213 | DIOOS KURT | HERSELT | MSEN | 25 | 0:22:18 | 13,45 | 4:28 |
| 76 | 75 | VAN ROELEN GASTON | RILLAAR | M+55 | 3 | 0:22:21 | 13,42 | 4:28 |
| 77 | 160 | WOUTERS STEVEN | HERSELT | MSEN | 26 | 0:22:23 | 13,40 | 4:29 |
| 78 | 155 | HEYLEN VIC | HEIST-O/D-BERG | M+50 | 4 | 0:22:24 | 13,39 | 4:29 |
| 79 | 119 | DAEMS GUNTHER | AARSCHOT | MSEN | 27 | 0:22:27 | 13,36 | 4:29 |
| 80 | 72 | WINNEPENNINGCKX DAVY | TREMELO | MSEN | 28 | 0:22:28 | 13,35 | 4:30 |
| 81 | 146 | VERSTREPEN SOFIE | HERSELT | VPUP | 1 | 0:22:28 | 13,35 | 4:30 |
| 82 | 113 | VAN CASTEREN LISE | HOUTVENNE | VMIN | 3 | 0:22:29 | 13,34 | 4:30 |
| 83 | 252 | TIELENS FILIP | SCHERPENHEUVEL | MKAD | 7 | 0:22:33 | 13,30 | 4:31 |
| 84 | 168 | JANSSSENS ANDRE | WINKSELE | M+50 | 5 | 0:22:36 | 13,27 | 4:31 |
| 85 | 254 | WECKHUYSEN RONNY | LANGDORP | M+40 | 14 | 0:22:37 | 13,26 | 4:31 |
| 86 | 73 | JANSSSENS HENRIE | LUBBEEK | M+65 | 1 | 0:22:47 | 13,17 | 4:33 |
| 87 | 74 | VAN DYCK STEPHANIE | TESSENDERLO | VKAD | 1 | 0:22:52 | 13,12 | 4:34 |
| 88 | 221 | VAN KERKHOVEN DAVY | NIEUWRODE | MSEN | 29 | 0:22:53 | 13,11 | 4:35 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|------------------------|-----------------|------|-------|---------|-------|---------|
| 89 | 66 | CAMS FREDERIK | RAMSEL | MKAD | 8 | 0:22:59 | 13,05 | 4:36 |
| 90 | 212 | THYS JAN | WESTERLO | M+65 | 2 | 0:23:02 | 13,02 | 4:36 |
| 91 | 70 | MEYNCKENS RONNY | AARSCHOT | M+45 | 11 | 0:23:03 | 13,02 | 4:37 |
| 92 | 96 | VAN DE WEYER HERMAN | LANGDORP | MSEN | 30 | 0:23:05 | 13,00 | 4:37 |
| 93 | 106 | MAES LENNAERT | WEZEMAAL | MSEN | 31 | 0:23:07 | 12,98 | 4:37 |
| 94 | 232 | PEETERS ALEXANDER | AARSCHOT | MMIN | 4 | 0:23:07 | 12,98 | 4:37 |
| 95 | 175 | PAEPEN KURT | HOUTVENNE | MSEN | 32 | 0:23:09 | 12,96 | 4:38 |
| 96 | 166 | HEURCKMANS JOHNNY | HERENT | M+40 | 15 | 0:23:11 | 12,94 | 4:38 |
| 97 | 195 | SERNEELS DAVY | HOUTVENNE | MSEN | 33 | 0:23:13 | 12,92 | 4:39 |
| 98 | 26 | HELSEN HILDE | HERSELT | V+40 | 1 | 0:23:15 | 12,90 | 4:39 |
| 99 | 230 | DAEMS ANTON | HERSELT | MMIN | 5 | 0:23:16 | 12,89 | 4:39 |
| 100 | 143 | SEVENANTS HENRI | TESSENDERLO | M+60 | 8 | 0:23:17 | 12,88 | 4:39 |
| 101 | 149 | TUBEX RACHEL | NOORDERWIJK | V+65 | 1 | 0:23:18 | 12,88 | 4:40 |
| 102 | 127 | LUYTEN GEERT | RAMSEL | M+40 | 16 | 0:23:32 | 12,75 | 4:42 |
| 103 | 196 | CAMMAERTS GILLIAU | HERSELT | MJUN | 5 | 0:23:33 | 12,74 | 4:43 |
| 104 | 179 | LAEREMAN KEVIN | RAMSEL | MKAD | 9 | 0:23:43 | 12,65 | 4:45 |
| 105 | 191 | KIESECOM JOERI | LEUVEN | MSEN | 34 | 0:23:44 | 12,64 | 4:45 |
| 106 | 3 | SMOLDERS MARIA | BETEKOM | V+45 | 1 | 0:23:47 | 12,61 | 4:45 |
| 107 | 259 | HAINÉ MARIE-JOSE | HEUSDEN-ZOLDER | V+35 | 2 | 0:23:49 | 12,60 | 4:46 |
| 108 | 250 | VAN LOMMEL KRIS | HERENTALS | M+45 | 12 | 0:23:56 | 12,53 | 4:47 |
| 109 | 178 | BASSLEER ANGELIQUE | HOUTVENNE | V+35 | 3 | 0:24:01 | 12,49 | 4:48 |
| 110 | 82 | DEMARSIN GUY | SCHERPENHEUVEL | M+55 | 4 | 0:24:03 | 12,47 | 4:49 |
| 111 | 647 | VERMAELEN WILLY | KORTRIJK-DUTSEL | M+50 | 6 | 0:24:03 | 12,47 | 4:49 |
| 112 | 242 | VAN ROMPAEY HERMAN | AARSCHOT | M+40 | 17 | 0:24:04 | 12,47 | 4:49 |
| 113 | 202 | HOREMANS NICO | HERSELT | MSEN | 35 | 0:24:06 | 12,45 | 4:49 |
| 114 | 7 | WALLAERT RUBEN | RAMSEL | MBEN | 1 | 0:24:06 | 12,45 | 4:49 |
| 115 | 112 | VAN CASTEREN LORE | HOUTVENNE | VKAD | 2 | 0:24:07 | 12,44 | 4:49 |
| 116 | 153 | VAN DAELE RENDEL | ASSENT | MMIN | 6 | 0:24:07 | 12,44 | 4:49 |
| 117 | 90 | VAN DAELE PATRICK | BEKKEVOORT | M+40 | 18 | 0:24:08 | 12,43 | 4:50 |
| 118 | 57 | VAN DEN WOUWER YANNICK | RAMSEL | MMIN | 7 | 0:24:17 | 12,35 | 4:51 |
| 119 | 260 | ELEN RIA | TESSENDERLO | V+40 | 2 | 0:24:19 | 12,34 | 4:52 |
| 120 | 102 | LAEREMANS MICHAEL | BERINGEN | MMIN | 8 | 0:24:27 | 12,27 | 4:53 |
| 121 | 65 | MAURIENE ELIAN | HOUTVENNE | VSEN | 1 | 0:24:28 | 12,26 | 4:54 |
| 122 | 101 | PELGRIMS PATRICK | ZOERLE-PARWIJS | MSEN | 36 | 0:24:28 | 12,26 | 4:54 |
| 123 | 93 | DE WIJNGAERT STEF | RAMSEL | MMIN | 9 | 0:24:31 | 12,24 | 4:54 |
| 124 | 208 | | TREMELO | M+50 | 7 | 0:24:36 | 12,20 | 4:55 |
| 125 | 115 | VAN DE VELDE BART | RAMSEL | MSEN | 37 | 0:24:43 | 12,14 | 4:57 |
| 126 | 215 | VAN GELDER JOHNNY | HERSELT | MSEN | 38 | 0:24:46 | 12,11 | 4:57 |
| 127 | 169 | GIELIS MARTINE | HERENT | V+40 | 3 | 0:24:46 | 12,11 | 4:57 |
| 128 | 158 | VANKRUNCKELSVEN LUDO | TESSENDERLO | M+45 | 13 | 0:24:48 | 12,10 | 4:58 |
| 129 | 35 | VERHAERT CHRISTEL | HERSELT | V+35 | 4 | 0:24:49 | 12,09 | 4:58 |
| 130 | 36 | VAN DEN BERGH INGRID | RAMSEL | V+35 | 5 | 0:24:51 | 12,07 | 4:58 |
| 131 | 229 | PEETERS VINCENT | AARSCHOT | MMIN | 10 | 0:24:53 | 12,06 | 4:59 |
| 132 | 157 | HELSEN LEO | HERSELT | M+45 | 14 | 0:25:00 | 12,00 | 5:00 |
| 133 | 198 | PELGRIMS PATRICK | WERCHTER | M+40 | 19 | 0:25:02 | 11,98 | 5:00 |
| 134 | 128 | GEERAERTS JENS | HERSELT | MPUP | 1 | 0:25:10 | 11,92 | 5:02 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|----------------------|------------------|------|-------|---------|-------|---------|
| 135 | 203 | SEYKENS STEFF | WESTERLO | MSCH | 5 | 0:25:12 | 11,90 | 5:02 |
| 136 | 100 | VAN DEN WOUWER BRETT | HERSELT | MPUP | 2 | 0:25:13 | 11,90 | 5:03 |
| 137 | 239 | PEETERS THEO | HERSELT | M+50 | 8 | 0:25:13 | 11,90 | 5:03 |
| 138 | 76 | JENNIS FRIEDA | SCHERPENHEUVEL | V+40 | 4 | 0:25:18 | 11,86 | 5:04 |
| 139 | 79 | VERMAELEN WENDY | KORTRIJK-DUTSEL | VSEN | 2 | 0:25:25 | 11,80 | 5:05 |
| 140 | 256 | DERMUL GENEVIEVE | HERSELT | VSEN | 3 | 0:25:28 | 11,78 | 5:06 |
| 141 | 55 | RENS EDDY | RAMSEL | M+50 | 9 | 0:25:30 | 11,76 | 5:06 |
| 142 | 183 | PEETERS ROGER | RILLAAR | MSEN | 39 | 0:25:31 | 11,76 | 5:06 |
| 143 | 68 | SALIEN IVO | HERSELT | M+50 | 10 | 0:25:33 | 11,74 | 5:07 |
| 144 | 107 | VAN AERSCHOT ANNE | RAMSEL | V | | 0:25:33 | 11,74 | 5:07 |
| 145 | 39 | VAN DEN EYNDE GRIET | RAMSEL | V+35 | 6 | 0:25:34 | 11,73 | 5:07 |
| 146 | 116 | VAN DEN HEUVEL ELS | RAMSEL | V+50 | 1 | 0:25:52 | 11,60 | 5:10 |
| 147 | 22 | WILLEMS MICHEL | RAMSEL | M+40 | 20 | 0:25:53 | 11,59 | 5:11 |
| 148 | 152 | VAN NOTEN DIRK | RAMSEL | MSEN | 40 | 0:26:01 | 11,53 | 5:12 |
| 149 | 258 | BOECKX FIRMIN | HERSELT | M+40 | 21 | 0:26:02 | 11,52 | 5:12 |
| 150 | 120 | ANDRIES LIEN | BAAL | VPUP | 2 | 0:26:08 | 11,48 | 5:14 |
| 151 | 173 | NOPPE SVEN | AARSCHOT | MSEN | 41 | 0:26:14 | 11,44 | 5:15 |
| 152 | 181 | CORNELISSEN KRIS | MEENSEL-KIEZEGEM | MSEN | 42 | 0:26:16 | 11,42 | 5:15 |
| 153 | 147 | VAN LOOCK MARTINE | HOUTVENNE | V+35 | 7 | 0:26:20 | 11,39 | 5:16 |
| 154 | 182 | GEZEL HARRY | HERSELT | M+40 | 22 | 0:26:21 | 11,39 | 5:16 |
| 155 | 132 | VAN LOO LAURANNE | HEIST-O/D-BERG | VPUP | 3 | 0:26:22 | 11,38 | 5:16 |
| 157 | 204 | BAETEN BJORN | OEVEL | MSCH | 6 | 0:26:23 | 11,37 | 5:17 |
| 158 | 133 | CUMPS ELS | HEIST-O/D-BERG | V+35 | 8 | 0:26:24 | 11,36 | 5:17 |
| 159 | 28 | DEHOND ANNEMIE | RAMSEL | VSEN | 4 | 0:26:26 | 11,35 | 5:17 |
| 160 | 87 | DE VREESE CLARINA | BILZEN | VSEN | 5 | 0:26:28 | 11,34 | 5:18 |
| 161 | 9 | WALLAERT SARA | RAMSEL | VPUP | 4 | 0:26:32 | 11,31 | 5:18 |
| 162 | 78 | EVERAERTS RITA | RILLAAR | V+50 | 2 | 0:26:52 | 11,17 | 5:22 |
| 163 | 228 | DE WIN JOS | BEVEL | M+45 | 15 | 0:26:53 | 11,16 | 5:23 |
| 164 | 167 | DEWIL ELIA | HERENT | V+40 | 5 | 0:26:59 | 11,12 | 5:24 |
| 165 | 245 | BRUYNDONCKX EVA | HOUTVENNE | VSEN | 6 | 0:27:00 | 11,11 | 5:24 |
| 166 | 129 | VERHOFSTADT BRUNO | WESTMEERBEEK | M+45 | 16 | 0:27:01 | 11,10 | 5:24 |
| 167 | 27 | VERSTREPEN FLOR | HERSELT | M+50 | 11 | 0:27:04 | 11,08 | 5:25 |
| 167 | 38 | DE PEUTER DIANE | RAMSEL | V+40 | 6 | 0:27:14 | 11,02 | 5:27 |
| 168 | 139 | DE PEUTER CHRISTINE | HERSELT | VSEN | 7 | 0:27:15 | 11,01 | 5:27 |
| 169 | 144 | ROEFS LUDO | HERENTALS | M+45 | 17 | 0:27:24 | 10,95 | 5:29 |
| 170 | 148 | JACOBS NANCY | LILLE | V+35 | 9 | 0:27:26 | 10,94 | 5:29 |
| 171 | 225 | VAN UYTHEM HEIDI | HERSELT | VSEN | 8 | 0:27:28 | 10,92 | 5:30 |
| 172 | 8 | MERGAERTS DIANE | BEGIJNENDIJK | V+40 | 7 | 0:27:29 | 10,92 | 5:30 |
| 173 | 216 | VERSTEGEN SEPPE | VOSSELAAR | M+40 | 23 | 0:27:36 | 10,87 | 5:31 |
| 174 | 52 | VAN AERSCHOT SONJA | RAMSEL | VSEN | 9 | 0:27:36 | 10,87 | 5:31 |
| 175 | 124 | BUSSCHODTS RUDY | HERSELT | M+40 | 24 | 0:27:38 | 10,86 | 5:32 |
| 176 | 19 | JENNES GERT | RAMSEL | MSEN | 43 | 0:27:40 | 10,84 | 5:32 |
| 177 | 42 | AERTS CARINE | HERSELT | V+40 | 8 | 0:27:40 | 10,84 | 5:32 |
| 178 | 190 | EECKHOUT JOZEF | BEGIJNENDIJK | M+45 | 18 | 0:27:54 | 10,75 | 5:35 |
| 179 | 58 | GOOSSENS JOKE | RAMSEL | V+35 | 10 | 0:27:56 | 10,74 | 5:35 |
| 180 | 44 | TAES PEGGY | RAMSEL | VSEN | 10 | 0:27:58 | 10,73 | 5:36 |

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|-----|-----|-----------------------|-----------------|------|-------|---------|-------|---------|
| 181 | 5 | VAN EYNDE KAAT | HERSELT | VBEN | 1 | 0:28:03 | 10,70 | 5:37 |
| 182 | 206 | VAN GANSEN MYRIAM | HOUTVENNE | V+35 | 11 | 0:28:14 | 10,63 | 5:39 |
| 183 | 159 | VAN LOO WALTER | HOUTVENNE | M+45 | 19 | 0:28:18 | 10,60 | 5:40 |
| 184 | 43 | GEUDENS KATRIEN | RAMSEL | V+35 | 12 | 0:28:19 | 10,59 | 5:40 |
| 185 | 37 | HELSEN ANNICK | RAMSEL | V+35 | 13 | 0:28:21 | 10,58 | 5:40 |
| 186 | 125 | NIJS MATTHIAS | RAMSEL | MBEN | 2 | 0:28:23 | 10,57 | 5:41 |
| 187 | 105 | JANS LISETTE | ZOERLE-PARWIJS | V+55 | 1 | 0:28:24 | 10,56 | 5:41 |
| 188 | 163 | BOECKX MIEKE | KASTERLEE | V+50 | 3 | 0:28:25 | 10,56 | 5:41 |
| 189 | 109 | VERHAEGEN CARLA | BETEKOM | V+35 | 14 | 0:28:25 | 10,56 | 5:41 |
| 190 | 123 | PRINS ANNE-MARIE | LANGDORP | V+35 | 15 | 0:28:25 | 10,56 | 5:41 |
| 191 | 108 | NOLMANS ILSE | SCHERPENHEUVEL | VSEN | 11 | 0:28:26 | 10,55 | 5:41 |
| 192 | 83 | PULINX JOS | HALEN | M+55 | 5 | 0:28:33 | 10,51 | 5:43 |
| 193 | 240 | HEYLEN JOS | RAMSEL | M+55 | 6 | 0:28:34 | 10,50 | 5:43 |
| 194 | 234 | PEETERS ANN-SOFIE | AARSCHOT | VKAD | 3 | 0:28:43 | 10,45 | 5:45 |
| 195 | 130 | GIELIS ELLEN | WESTERLO | VSEN | 12 | 0:28:46 | 10,43 | 5:45 |
| 196 | 12 | VERBRAEKEN STEFFIE | RAMSEL | VMIN | 4 | 0:28:56 | 10,37 | 5:47 |
| 197 | 49 | VAN REET CHRTISTINE | RAMSEL | V+40 | 9 | 0:28:56 | 10,37 | 5:47 |
| 198 | 145 | DEHAES JESSICA | WESPELAAR | VSEN | 13 | 0:28:57 | 10,36 | 5:47 |
| 199 | 117 | VANHOUDT MANUELA | HERENTALS | V+40 | 10 | 0:28:59 | 10,35 | 5:48 |
| 200 | 31 | LAEREMANS ANNIE | HOUTVENNE | V+40 | 11 | 0:29:03 | 10,33 | 5:49 |
| 201 | 207 | VAN DEN BERGH KEVIN | HOUTVENNE | MSEN | 44 | 0:29:09 | 10,29 | 5:50 |
| 201 | 172 | COREMANS VIVIANE | BEGIJNENDIJK | V+45 | 2 | 0:29:07 | 10,30 | 5:49 |
| 203 | 226 | CELEN HANNELORE | HERSELT | VKAD | 4 | 0:29:10 | 10,29 | 5:50 |
| 204 | 16 | HELSEN VERA | RAMSEL | V+40 | 12 | 0:29:13 | 10,27 | 5:51 |
| 205 | 209 | VAN THIELEN GRIETJE | HERSELT | VSEN | 14 | 0:29:13 | 10,27 | 5:51 |
| 206 | 45 | VAN OTTEN HILDE | RAMSEL | VSEN | 15 | 0:29:20 | 10,23 | 5:52 |
| 207 | 247 | STORMS DRIES | NIEUWRODE | MSEN | 45 | 0:29:26 | 10,19 | 5:53 |
| 208 | 241 | WITPAS ESTHER | WEZEMAAL | VSEN | 16 | 0:29:34 | 10,15 | 5:55 |
| 209 | 170 | VAN DEN ACKER LILIANE | HEIST-O/D-BERG | V+40 | 13 | 0:29:36 | 10,14 | 5:55 |
| 210 | 176 | STROO CHRISTINA | BETEKOM | V+40 | 14 | 0:29:36 | 10,14 | 5:55 |
| 211 | 246 | HEYNDRICKX KAROLIEN | WEZEMAAL | VSEN | 17 | 0:29:38 | 10,12 | 5:56 |
| 212 | 80 | VERMAELEN JOHAN | KORTRIJK-DUTSEL | MSEN | 46 | 0:29:49 | 10,06 | 5:58 |
| 213 | 50 | VAN BREE ANJA | RAMSEL | VSEN | 18 | 0:30:00 | 10,00 | 6:00 |
| 214 | 4 | GEUKENS RIA | HERSELT | V+40 | 15 | 0:30:04 | 9,98 | 6:01 |
| 215 | 248 | JANUTH JENS | HERSELT | MBEN | 3 | 0:30:18 | 9,90 | 6:04 |
| 216 | 193 | VAN GOOLEN JOSFINE | BEGIJNENDIJK | V+50 | 4 | 0:30:21 | 9,88 | 6:04 |
| 217 | 56 | SEYKENS GERDA | HERSELT | V+35 | 16 | 0:30:25 | 9,86 | 6:05 |
| 218 | 262 | VAN DEN BROECK HEIDI | BEVEL | VSEN | 19 | 0:30:29 | 9,84 | 6:06 |
| 219 | 227 | CELEN ANNELIEN | HERSELT | VBEN | 2 | 0:30:30 | 9,84 | 6:06 |
| 220 | 97 | WOUTERS CARINE | HERSELT | V+40 | 16 | 0:30:31 | 9,83 | 6:06 |
| 221 | 253 | STEURS RIA | HERSELT | VSEN | 20 | 0:30:41 | 9,78 | 6:08 |
| 222 | 60 | RENS NANCY | RAMSEL | V+35 | 17 | 0:30:42 | 9,77 | 6:08 |
| 223 | 161 | ABRAMS GWEN | HERSELT | V+40 | 17 | 0:30:52 | 9,72 | 6:10 |
| 224 | 62 | VOET MONIQUE | RAMSEL | V+35 | 18 | 0:30:53 | 9,71 | 6:11 |
| 225 | 51 | HERMANS ANNE-MIE | RAMSEL | V+40 | 18 | 0:30:53 | 9,71 | 6:11 |
| 226 | 54 | HOLEMANS MARLEEN | RAMSEL | VSEN | 21 | 0:30:54 | 9,71 | 6:11 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|--------------------------|------------------|------|-------|---------|------|---------|
| 227 | 164 | CORNELISSEN AGNES | MEENSEL-KIEZEGEM | V+55 | 2 | 0:31:03 | 9,66 | 6:13 |
| 228 | 6 | VAN GOSSUM LUCIENNE | HOUTVENNE | V+55 | 3 | 0:31:10 | 9,63 | 6:14 |
| 229 | 40 | TUBBAX WENDY | RAMSEL | VSEN | 22 | 0:31:26 | 9,54 | 6:17 |
| 230 | 200 | HILDENBRANT GUSTAFINE | BEGIJNENDIJK | V+60 | 1 | 0:31:41 | 9,47 | 6:20 |
| 231 | 11 | GOYVAERTS DAISY | RAMSEL | V+40 | 19 | 0:31:46 | 9,44 | 6:21 |
| 232 | 171 | MINNEN LILIANE | TIELT-WINGE | V+45 | 3 | 0:32:04 | 9,36 | 6:25 |
| 233 | 64 | VAN LOMMEL MARGRIET | HERSELT | V+50 | 5 | 0:32:05 | 9,35 | 6:25 |
| 234 | 13 | VERMEYLEN SONJA | RAMSEL | V+40 | 20 | 0:32:08 | 9,34 | 6:26 |
| 235 | 23 | VERHAEGEN CHANTAL | RAMSEL | V+35 | 19 | 0:32:29 | 9,24 | 6:30 |
| 236 | 24 | VAN KERKHOVEN GODELIEVE | RAMSEL | V+45 | 4 | 0:32:29 | 9,24 | 6:30 |
| 237 | 10 | MICHIELS RIA | BEGIJNENDIJK | V+40 | 21 | 0:32:30 | 9,23 | 6:30 |
| 238 | 63 | DE HAES HEIDI | RAMSEL | VSEN | 23 | 0:32:31 | 9,23 | 6:30 |
| 239 | 47 | VAN DYCK RITA | RAMSEL | V+35 | 20 | 0:32:31 | 9,23 | 6:30 |
| 240 | 59 | THIJS TINA | RAMSEL | VJUN | 2 | 0:32:43 | 9,17 | 6:33 |
| 241 | 238 | TOPS CORRY | OEVEL | V+40 | 22 | 0:33:06 | 9,06 | 6:37 |
| 242 | 174 | VAN DEN WYNGAERT NORBERT | RAMSEL | M+50 | 12 | 0:33:10 | 9,05 | 6:38 |
| 243 | 25 | VETS ANITA | RAMSEL | V+40 | 23 | 0:33:19 | 9,00 | 6:40 |
| 244 | 67 | VAN DEN BULCK JANIEN | HERSELT | V+50 | 6 | 0:33:30 | 8,96 | 6:42 |
| 245 | 224 | GOVAERTS RIA | NIEUWRODE | V+40 | 24 | 0:33:35 | 8,93 | 6:43 |
| 246 | 121 | VAN WINCKEL MARIA | OLEN | V+35 | 21 | 0:33:36 | 8,93 | 6:43 |
| 247 | 99 | KOCKAERTS KARINE | BETEKOM | V+40 | 25 | 0:33:43 | 8,90 | 6:45 |
| 248 | 30 | LAEREMANS JOSEE | RAMSEL | V+40 | 26 | 0:33:46 | 8,88 | 6:45 |
| 249 | 41 | PEETERS PAULA | RAMSEL | V+50 | 7 | 0:33:47 | 8,88 | 6:45 |
| 250 | 29 | LAEREMANS CHRISTIANE | HOUTVENNE | V+40 | 27 | 0:33:48 | 8,88 | 6:46 |
| 251 | 98 | PUTTENAERS GREET | HERSELT | V+45 | 5 | 0:33:51 | 8,86 | 6:46 |
| 252 | 48 | BEIRINCKX ANNIE | RAMSEL | V+55 | 4 | 0:34:10 | 8,78 | 6:50 |
| 253 | 249 | JANUTH VINCENT | HERSELT | MSEN | 47 | 0:34:11 | 8,78 | 6:50 |
| 254 | 103 | VERBRAEKEN PATRICIA | HERSELT | V+40 | 28 | 0:34:27 | 8,71 | 6:53 |
| 255 | 33 | VAN DER BORGHT GITTE | RAMSEL | VKAD | 5 | 0:34:34 | 8,68 | 6:55 |
| 256 | 34 | DE HAES DOLINDA | RAMSEL | V+40 | 29 | 0:35:39 | 8,42 | 7:08 |
| 257 | 210 | JADOT ELS | AARSCHOT | VSEN | 24 | 0:35:48 | 8,38 | 7:10 |
| 258 | 61 | GEVERS INGE | AARSCHOT | V+35 | 22 | 0:38:06 | 7,87 | 7:37 |
| 259 | 32 | VAN DER REYSEN KRISTEL | RAMSEL | V+40 | 30 | 0:38:10 | 7,86 | 7:38 |
| 260 | 219 | PEETERS IVO | HERSELT | M+40 | 25 | 0:38:11 | 7,86 | 7:38 |
| 261 | 257 | PEETERS RANI | HERSELT | VPUP | 5 | 0:39:53 | 7,52 | 7:59 |

10 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|-----------------------|--------------------|------|-------|---------|-------|---------|
| 1 | 743 | LAURENS GLEN | BEGIJNENDIJK | MSEN | 1 | 0:32:32 | 18,44 | 3:15 |
| 2 | 697 | COOPMANS BENNY | HERSELT | MSEN | 2 | 0:32:56 | 18,22 | 3:18 |
| 3 | 644 | DAMEN JAN | HOLSBEEK | M+40 | 1 | 0:32:58 | 18,20 | 3:18 |
| 4 | 745 | INGELBRECHT STEVEN | WIEKEVORST | MSEN | 3 | 0:34:58 | 17,16 | 3:30 |
| 5 | 632 | VAN DE WEYER MARC | HERSELT | MSEN | 4 | 0:35:00 | 17,14 | 3:30 |
| 6 | 779 | HOREMANS RIGO | BEGIJNENDIJK | MSEN | 5 | 0:35:10 | 17,06 | 3:31 |
| 7 | 641 | VAN DEN HEUVEL SVEN | RAMSEL | MSEN | 6 | 0:35:29 | 16,91 | 3:33 |
| 8 | 665 | VAN DAELE LUC | ROTSELAAR | M+50 | 1 | 0:35:43 | 16,80 | 3:34 |
| 9 | 730 | THIJS KOEN | HEIST-O/D-BERG | M+40 | 2 | 0:35:52 | 16,73 | 3:35 |
| 10 | 666 | VETS JELLE | HERSELT | MSEN | 7 | 0:35:59 | 16,67 | 3:36 |
| 11 | 710 | VANCRAENENBROECK DIRK | BETEKOM | M+45 | 1 | 0:36:15 | 16,55 | 3:38 |
| 12 | 649 | WINNEPENNINGCKX PAUL | TREMELO | M+50 | 2 | 0:36:36 | 16,39 | 3:40 |
| 13 | 661 | VANDEN BOSCH RUDY | HOLSBEEK | M+40 | 3 | 0:36:41 | 16,36 | 3:40 |
| 14 | 767 | VAN STYVOORT JAN | BEGIJNENDIJK | MSEN | 8 | 0:36:42 | 16,35 | 3:40 |
| 15 | 766 | THIELS TOM | HERSELT | MSEN | 9 | 0:36:43 | 16,34 | 3:40 |
| 16 | 734 | EXELMANS DAVY | AARSCHOT | MSEN | 10 | 0:36:45 | 16,33 | 3:41 |
| 17 | 736 | DE HAES IVAN | NOORDERWIJK | MSEN | 11 | 0:36:47 | 16,31 | 3:41 |
| 18 | 750 | DOCKX PATRICK | RAMSEL | M+40 | 4 | 0:36:49 | 16,30 | 3:41 |
| 19 | 746 | VAN PASSEL JAN | LANGDORP | MSEN | 12 | 0:36:51 | 16,28 | 3:41 |
| 20 | 811 | OEYEN JAN | AARSCHOT | MSEN | 13 | 0:37:13 | 16,12 | 3:43 |
| 21 | 776 | RAETS MARC | HERENTHOUT | M+45 | 2 | 0:37:16 | 16,10 | 3:44 |
| 22 | 671 | MELLAERTS BERT | RAMSEL | MSEN | 14 | 0:37:18 | 16,09 | 3:44 |
| 23 | 838 | RIJNDERS JEROEN | BEVEL | MSEN | 15 | 0:37:19 | 16,08 | 3:44 |
| 24 | 696 | VAN HOOGTEN KOEN | HOUTVENNE | MSEN | 16 | 0:37:21 | 16,06 | 3:44 |
| 25 | 701 | DE CAT HARRY | BEGIJNENDIJK | M+45 | 3 | 0:37:25 | 16,04 | 3:45 |
| 26 | 633 | NEESEN HEDWIG | SCHERPENHEUVEL | M+45 | 4 | 0:37:29 | 16,01 | 3:45 |
| 27 | 689 | VAN DEN BROECK ANDRE | BOOISCHOT | M+45 | 5 | 0:37:30 | 16,00 | 3:45 |
| 28 | 714 | VAN HOOF EDDY | BETEKOM | M+40 | 5 | 0:37:33 | 15,98 | 3:45 |
| 29 | 737 | SAELEN LUC | HEIST-O/D-BERG | MSEN | 17 | 0:37:36 | 15,96 | 3:46 |
| 30 | 703 | BOSMANS SIMON | TREMELO | MSEN | 18 | 0:37:37 | 15,95 | 3:46 |
| 31 | 643 | MATTHEYS DANNY | KESSEL-LO (LEUVEN) | MSEN | 19 | 0:37:42 | 15,92 | 3:46 |
| 32 | 771 | VERREYDT KARL | NIEUWRODE | MSEN | 20 | 0:37:44 | 15,90 | 3:46 |
| 33 | 731 | BREUGELMANS BART | BEVEL | MSEN | 21 | 0:38:14 | 15,69 | 3:49 |
| 34 | 691 | LISSENS DANIËL | BIERBEEK | M+55 | 1 | 0:38:18 | 15,67 | 3:50 |
| 35 | 668 | DE WINTER MURIELLE | HEIST O/D BERG | VSEN | 1 | 0:38:28 | 15,60 | 3:51 |
| 36 | 752 | VAN DEN ACKER PAUL | HEIST-O/D-BERG | M+40 | 6 | 0:38:29 | 15,59 | 3:51 |
| 37 | 711 | PEETERS HERMAN | WESPelaar | M+65 | 1 | 0:38:34 | 15,56 | 3:51 |
| 38 | 748 | RUELENS PETER | GEEL | M+40 | 7 | 0:38:34 | 15,56 | 3:51 |
| 39 | 749 | VAN DEN BROECK PAUL | LANGDORP | M+45 | 6 | 0:38:38 | 15,53 | 3:52 |
| 40 | 690 | BREMS EDDY | HERSELT | M+50 | 3 | 0:38:42 | 15,50 | 3:52 |
| 41 | 679 | VERSTREPEN LUC | HERSELT | MSEN | 22 | 0:38:49 | 15,46 | 3:53 |
| 42 | 680 | VAN DEN BROECK ROB | BOOISCHOT | M+45 | 7 | 0:38:56 | 15,41 | 3:54 |
| 43 | 628 | COREMANS CYRIEL | AARSCHOT | M+55 | 2 | 0:38:57 | 15,40 | 3:54 |
| 44 | 806 | VAN GENECHTEN CELLE | ZICHEM | M+40 | 8 | 0:39:02 | 15,37 | 3:54 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|--------------------|----------------|------|-------|---------|-------|---------|
| 45 | 635 | RENIERS GUIDO | TIELT-WINGE | M+45 | 8 | 0:39:04 | 15,36 | 3:54 |
| 46 | 786 | VAN BELLE PATRICK | PUTTE | M+40 | 9 | 0:39:08 | 15,33 | 3:55 |
| 47 | 663 | VAN AERSCHOT LUC | SCHERPENHEUVEL | M+40 | 10 | 0:39:10 | 15,32 | 3:55 |
| 48 | 650 | DUPONT FRANÇOIS | BEGIJNENDIJK | M+50 | 4 | 0:39:12 | 15,31 | 3:55 |
| 49 | 833 | CRAENEN KOEN | HERSELT | MSEN | 23 | 0:39:19 | 15,26 | 3:56 |
| 50 | 678 | SAELEN KRIS | BOOISCHOT | MSEN | 24 | 0:39:21 | 15,25 | 3:56 |
| 51 | 610 | ROELS GERRIT | LAAKDAL | MSEN | 25 | 0:39:25 | 15,22 | 3:56 |
| 52 | 724 | CUYPERS PETER | MESSELBROEK | M+45 | 9 | 0:39:29 | 15,20 | 3:57 |
| 53 | 693 | ELSEN PAUL | TIELT-WINGE | M+50 | 5 | 0:39:29 | 15,20 | 3:57 |
| 54 | 778 | VAN DE LEEST HARRY | LANGDORP | M+45 | 10 | 0:39:35 | 15,16 | 3:58 |
| 55 | 781 | BRAES KRISTOF | AARSCHOT | MSEN | 26 | 0:39:44 | 15,10 | 3:58 |
| 56 | 637 | CANNAERTS RAYMOND | SCHERPENHEUVEL | M+45 | 11 | 0:39:48 | 15,08 | 3:59 |
| 57 | 684 | GOOVAERTS DANNY | WINKSELE | M+40 | 11 | 0:39:52 | 15,05 | 3:59 |
| 58 | 809 | GEENS BART | RAMSEL | MSEN | 27 | 0:39:54 | 15,04 | 3:59 |
| 59 | 653 | VAN DE VELDE ROGER | TESTELT | M+50 | 6 | 0:39:59 | 15,01 | 4:00 |
| 60 | 717 | VANDEBEEK PATRICK | AARSCHOT | MSEN | 28 | 0:40:00 | 15,00 | 4:00 |
| 61 | 634 | NIJS WALTER | HOLSBEEK | M+40 | 12 | 0:40:05 | 14,97 | 4:00 |
| 62 | 698 | DEHOND STEVEN | RAMSEL | MSEN | 29 | 0:40:06 | 14,96 | 4:01 |
| 63 | 669 | VERHAGHE MARINO | HEIST O/D BERG | M+40 | 13 | 0:40:09 | 14,94 | 4:01 |
| 64 | 788 | GRANDJEAN HUBERT | BETEKOM | M+45 | 12 | 0:40:12 | 14,93 | 4:01 |
| 65 | 688 | VAN DEN BULCK JOS | GEEL | M+55 | 3 | 0:40:32 | 14,80 | 4:03 |
| 66 | 605 | CRAENEN PIETER | BETEKOM | M+45 | 13 | 0:40:37 | 14,77 | 4:04 |
| 67 | 631 | VAN DIJCK LOUIS | TREMELO | M+55 | 4 | 0:40:50 | 14,69 | 4:05 |
| 68 | 682 | TEUNKENS KAREL | BALEN | M+40 | 14 | 0:40:52 | 14,68 | 4:05 |
| 69 | 608 | WILLEMS PETER | BETEKOM | MSEN | 30 | 0:40:52 | 14,68 | 4:05 |
| 70 | 707 | LEMOINE PHILIP | BEGIJNENDIJK | MSEN | 31 | 0:40:53 | 14,68 | 4:05 |
| 71 | 769 | VISSENAEKEN ELIANE | LANGDORP | V+40 | 1 | 0:40:55 | 14,66 | 4:05 |
| 72 | 704 | DEGEEST GEERT | BEKKEVOORT | M+50 | 7 | 0:40:56 | 14,66 | 4:06 |
| 73 | 795 | VERMEYLEN LUC | TREMELO | MSEN | 32 | 0:40:57 | 14,65 | 4:06 |
| 74 | 629 | HUYGENS DIRK | ZICHEM | M+40 | 15 | 0:41:01 | 14,63 | 4:06 |
| 75 | 660 | HERMANS LUDO | ZICHEM | M+50 | 8 | 0:41:12 | 14,56 | 4:07 |
| 76 | 721 | CEULEMANS BERT | BAAL | M+45 | 14 | 0:41:16 | 14,54 | 4:08 |
| 77 | 733 | VANDENBERGH NORMAN | HAASRODE | MSEN | 33 | 0:41:23 | 14,50 | 4:08 |
| 78 | 708 | MEULEMANS LUC | ROTSELAAR | M+50 | 9 | 0:41:24 | 14,49 | 4:08 |
| 79 | 658 | DE KOCK FRANCOIS | AVERBODE | M+55 | 5 | 0:41:28 | 14,47 | 4:09 |
| 80 | 789 | WEYNS LEO | HEIST O/D BERG | M+50 | 10 | 0:41:29 | 14,46 | 4:09 |
| 81 | 642 | VAN DE WOUWER RENE | RAMSEL | M+55 | 6 | 0:41:30 | 14,46 | 4:09 |
| 82 | 835 | VAN BAEL BENNY | HERSELT | MSEN | 34 | 0:41:32 | 14,45 | 4:09 |
| 83 | 740 | DE MARREZ HUBERT | ROTSELAAR | M+50 | 11 | 0:41:41 | 14,39 | 4:10 |
| 84 | 764 | ANTHONIS ROGER | BOOISCHOT | M+45 | 15 | 0:41:45 | 14,37 | 4:11 |
| 85 | 686 | STERCKX WERNER | HERSELT | MSEN | 35 | 0:41:51 | 14,34 | 4:11 |
| 86 | 726 | VAN LOOY GINO | BEVEL | MSEN | 36 | 0:42:07 | 14,25 | 4:13 |
| 87 | 813 | VLOEMANS SWA | GIERLE | M+45 | 16 | 0:42:12 | 14,22 | 4:13 |
| 88 | 673 | MUES GERT | RAMSEL | MSEN | 37 | 0:42:13 | 14,21 | 4:13 |
| 89 | 821 | DE GOIGNIES KAREL | WEZEMAAL | M+55 | 7 | 0:42:15 | 14,20 | 4:14 |
| 90 | 609 | VERDUYCKT PAUL | BAAL | M+40 | 16 | 0:42:16 | 14,20 | 4:14 |
| 91 | 843 | VERBRAEKEN JAN | OEVEL | MSEN | 38 | 0:42:29 | 14,12 | 4:15 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|----------------------|--------------------|------|-------|---------|-------|---------|
| 92 | 638 | MATTHYS EDUARD | HEVERLEE | M+45 | 17 | 0:42:31 | 14,11 | 4:15 |
| 93 | 652 | GODIER ALBERT | TREMELO | M+45 | 18 | 0:42:31 | 14,11 | 4:15 |
| 94 | 837 | LETAR EDWIN | BEGIJNENDIJK | M+45 | 19 | 0:42:34 | 14,10 | 4:15 |
| 95 | 836 | HENDRICKX JAN | HERSELT | MSEN | 39 | 0:42:35 | 14,09 | 4:16 |
| 96 | 692 | VAN DE GAER JAN | TIELT-WINGE | M+50 | 12 | 0:42:39 | 14,07 | 4:16 |
| 97 | 695 | GOVAERTS LUC | ST-PIETERS-RODE | M+40 | 17 | 0:42:40 | 14,06 | 4:16 |
| 98 | 783 | MARIS ARNOLD | RAMSEL | M+50 | 13 | 0:42:42 | 14,05 | 4:16 |
| 99 | 823 | VERCAMMEN HERWIG | HERSELT | MSEN | 40 | 0:42:42 | 14,05 | 4:16 |
| 100 | 831 | CROONEN EDDY | HERSELT | MSEN | 41 | 0:42:46 | 14,03 | 4:17 |
| 101 | 810 | WILLEMS MARC | BAAL | MSEN | 42 | 0:42:49 | 14,01 | 4:17 |
| 102 | 834 | AERTS JOHAN | BOOISCHOT | MSEN | 43 | 0:42:51 | 14,00 | 4:17 |
| 103 | 648 | SCHOUTERS DENNIS | BEKKEVOORT | M+60 | 1 | 0:42:55 | 13,98 | 4:17 |
| 104 | 613 | GOYVAERTS NICO | RAMSEL | MSEN | 44 | 0:42:57 | 13,97 | 4:18 |
| 105 | 603 | MENS PETER | LANGDORP | MSEN | 45 | 0:42:57 | 13,97 | 4:18 |
| 106 | 607 | SELS FRANCOIS | MESSELBROEK | M+50 | 14 | 0:42:58 | 13,96 | 4:18 |
| 107 | 620 | VAN HOEY JOHAN | RAMSEL | MSEN | 46 | 0:42:59 | 13,96 | 4:18 |
| 108 | 830 | VERLINDEN LOUIS | HERENTALS | M+60 | 2 | 0:43:13 | 13,88 | 4:19 |
| 109 | 800 | VAN DEN BRANDE JORDI | HOLSBEEK | MJUN | 1 | 0:43:22 | 13,84 | 4:20 |
| 110 | 744 | VENNEKENS EDDY | OLMEN | M+45 | 20 | 0:43:24 | 13,82 | 4:20 |
| 111 | 606 | HAEGEMANS PAUL | WERCHTER | M+40 | 18 | 0:43:30 | 13,79 | 4:21 |
| 112 | 625 | MERGAERTS DIRK | HEIST-O/D-BERG | M+45 | 21 | 0:43:33 | 13,78 | 4:21 |
| 113 | 676 | PIERRE MARC | BIERBEEK | MSEN | 47 | 0:43:38 | 13,75 | 4:22 |
| 114 | 664 | VERHEYDEN GEERT | AARSCHOT | MSEN | 48 | 0:43:42 | 13,73 | 4:22 |
| 115 | 656 | VERMUNICHT FRANS | WEZEMAAL | M+50 | 15 | 0:43:47 | 13,70 | 4:23 |
| 116 | 832 | VAN KERKHOVEN DIRK | TESTELT | M+40 | 19 | 0:43:48 | 13,70 | 4:23 |
| 117 | 601 | HEYLIGEN FREDDY | BEGIJNENDIJK | M+45 | 22 | 0:43:55 | 13,66 | 4:24 |
| 118 | 739 | DE WITTE GUY | RANSBERG | MSEN | 49 | 0:43:56 | 13,66 | 4:24 |
| 119 | 775 | HOUTHUYS GUY | WAVER | M+45 | 23 | 0:43:58 | 13,65 | 4:24 |
| 120 | 657 | COENEN PAULA | LAAKDAL | V+45 | 1 | 0:44:04 | 13,62 | 4:24 |
| 121 | 754 | VERVLOET GEERT | BEGIJNENDIJK | MSEN | 50 | 0:44:07 | 13,60 | 4:25 |
| 122 | 675 | DE WIT STAF | BIERBEEK | M+50 | 16 | 0:44:10 | 13,58 | 4:25 |
| 123 | 780 | VANLOMMEL LINDA | HOUTVENNE | VSEN | 2 | 0:44:19 | 13,54 | 4:26 |
| 124 | 700 | RENS ELS | AARSCHOT | VSEN | 3 | 0:44:25 | 13,51 | 4:27 |
| 125 | 808 | NEEFS BERT | AARSCHOT | M+40 | 20 | 0:44:26 | 13,50 | 4:27 |
| 126 | 817 | SALAETS LUDO | AARSCHOT | M+50 | 17 | 0:44:26 | 13,50 | 4:27 |
| 127 | 768 | DE WINTER MARC | AARSCHOT | M+40 | 21 | 0:44:32 | 13,47 | 4:27 |
| 128 | 622 | VERBRUGGEN SVEN | BEGIJNENDIJK | MSEN | 51 | 0:44:39 | 13,44 | 4:28 |
| 129 | 725 | MOUREAU ALAIN | TIENEN | M+45 | 24 | 0:44:44 | 13,41 | 4:28 |
| 130 | 718 | BERGHMANS ANS | LEUVEN | VSEN | 4 | 0:44:48 | 13,39 | 4:29 |
| 131 | 672 | PELGRIMS KRIS | HERSELT | MSEN | 52 | 0:44:56 | 13,35 | 4:30 |
| 132 | 790 | JOOSTENS DIRK | ST-KATELIJNE-WAVER | M+45 | 25 | 0:44:57 | 13,35 | 4:30 |
| 133 | 611 | DE PROOST BART | BETEKOM | MSEN | 53 | 0:44:58 | 13,34 | 4:30 |
| 134 | 787 | VAN BRUSSELEN STEF | NIEUWRODE | MSCH | 1 | 0:45:07 | 13,30 | 4:31 |
| 135 | 751 | BREMS JOS | AARSCHOT | M+40 | 22 | 0:45:13 | 13,27 | 4:31 |
| 136 | 705 | TORFS IVO | AARSCHOT | MSEN | 54 | 0:45:16 | 13,25 | 4:32 |
| 137 | 747 | VAES WERNER | HERSELT | MSEN | 55 | 0:45:29 | 13,19 | 4:33 |
| 138 | 742 | STAES GERT | AARSCHOT | M+40 | 23 | 0:45:33 | 13,17 | 4:33 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|------------------------|-----------------|------|-------|---------|-------|---------|
| 139 | 723 | SERVRANCKX KOEN | WEZEMBEEK-OPPEM | MSEN | 56 | 0:45:37 | 13,15 | 4:34 |
| 140 | 822 | VERCAMMEN DAVID | HERSELT | MSEN | 57 | 0:45:39 | 13,14 | 4:34 |
| 141 | 814 | VAN KERCKHOVEN TONY | OEVEL | M+45 | 26 | 0:45:42 | 13,13 | 4:34 |
| 142 | 699 | OOMS EDWIN | BEGIJNENDIJK | M+40 | 24 | 0:45:46 | 13,11 | 4:35 |
| 143 | 840 | BEMONG MARC | TIELT-WINGE | M+55 | 8 | 0:45:47 | 13,11 | 4:35 |
| 144 | 716 | VETTERS DIANE | HOUTVENNE | V+50 | 1 | 0:45:55 | 13,07 | 4:36 |
| 145 | 797 | HUYSMANS JEF | OLEN | M+45 | 27 | 0:45:57 | 13,06 | 4:36 |
| 146 | 804 | VLEUGELS DIRK | OLV-WAVER | M+45 | 28 | 0:46:02 | 13,03 | 4:36 |
| 147 | 713 | SMETS PASCAL | BEGIJNENDIJK | M+40 | 25 | 0:46:05 | 13,02 | 4:37 |
| 148 | 770 | TORFS RUDY | GELRODE | M+40 | 26 | 0:46:08 | 13,01 | 4:37 |
| 149 | 759 | BRUYNSEELS BENNY | HOUTVENNE | M+40 | 27 | 0:46:14 | 12,98 | 4:37 |
| 150 | 798 | VAN DEN BROECK MAURICE | BAAL | M+50 | 18 | 0:46:17 | 12,96 | 4:38 |
| 151 | 670 | LINDEMANS PIETER | BETEKOM | M+40 | 28 | 0:46:21 | 12,94 | 4:38 |
| 152 | 626 | PEETERMANS DANNY | RAMSEL | M+40 | 29 | 0:46:24 | 12,93 | 4:38 |
| 153 | 627 | VERLINDEN PEGGY | RAMSEL | VSEN | 5 | 0:46:25 | 12,93 | 4:39 |
| 154 | 645 | DUPONT EDDY | HERSELT | M+40 | 30 | 0:46:27 | 12,92 | 4:39 |
| 155 | 794 | VAN HOOF DIRK | TREMELO | M+45 | 29 | 0:46:33 | 12,89 | 4:39 |
| 157 | 623 | VERBRAEKEN LUC | RAMSEL | MSEN | 58 | 0:46:34 | 12,88 | 4:39 |
| 158 | 793 | DEVISCHT DANNY | LIER | M+40 | 31 | 0:46:35 | 12,88 | 4:40 |
| 159 | 738 | BRUELEMANS JULIEN | LUBBEEK | M+60 | 3 | 0:46:45 | 12,83 | 4:41 |
| 160 | 816 | STERCKX JOHAN | OEVEL | M+45 | 30 | 0:46:52 | 12,80 | 4:41 |
| 161 | 715 | SPEETJENS HANS | ROTSELAAR | MSEN | 59 | 0:46:56 | 12,78 | 4:42 |
| 162 | 719 | WOUTERS ROEL | WEZEMAAL | MJUN | 2 | 0:46:56 | 12,78 | 4:42 |
| 163 | 758 | VAN ROIE LOUIS | LANGDORP | M+55 | 9 | 0:47:04 | 12,75 | 4:42 |
| 164 | 621 | BUYENS EDDY | RAMSEL | M+40 | 32 | 0:47:15 | 12,70 | 4:44 |
| 165 | 755 | VOS LUDO | TREMELO | M+40 | 33 | 0:47:16 | 12,69 | 4:44 |
| 166 | 782 | HOLEMANS PAUL | WEZEMAAL | M+55 | 10 | 0:47:28 | 12,64 | 4:45 |
| 167 | 756 | DE WIT LUC | BAAL | M+45 | 31 | 0:47:29 | 12,64 | 4:45 |
| 167 | 662 | MICHIELS GUIDO | AARSCHOT | M+60 | 4 | 0:47:37 | 12,60 | 4:46 |
| 168 | 727 | VANDEMAELE MARNIX | TIELT-WINGE | M+50 | 19 | 0:47:38 | 12,60 | 4:46 |
| 169 | 791 | VOLDERS JORIS | EINDHOUT | MSEN | 60 | 0:47:42 | 12,58 | 4:46 |
| 170 | 807 | VAN AELST MARK | LANGDORP | M+40 | 34 | 0:47:43 | 12,57 | 4:46 |
| 171 | 796 | DUISTERS GERRY | BOCHOLT | MSEN | 61 | 0:47:45 | 12,57 | 4:46 |
| 172 | 762 | NOELS FONS | OLMEN | M+45 | 32 | 0:47:50 | 12,54 | 4:47 |
| 173 | 604 | MICHIELS JOS | ROTSELAAR | M+40 | 35 | 0:48:04 | 12,48 | 4:48 |
| 174 | 763 | DILLEN STAF | OLMEN | M+50 | 20 | 0:48:17 | 12,43 | 4:50 |
| 175 | 803 | DE GOIGNIES LOUIS | WEZEMAAL | M+55 | 11 | 0:48:26 | 12,39 | 4:51 |
| 176 | 636 | VERVOORT PATRICK | BEKKEVOORT | M+45 | 33 | 0:48:27 | 12,38 | 4:51 |
| 177 | 735 | GONZALEZ JOSE | DIEST | MSEN | 62 | 0:48:32 | 12,36 | 4:51 |
| 178 | 844 | COVELIERS CHRISTEL | WERCHTER | V+40 | 2 | 0:48:33 | 12,36 | 4:51 |
| 179 | 667 | VAN DEN WIJGAERT NANCY | KEERBERGEN | V+35 | 1 | 0:48:36 | 12,35 | 4:52 |
| 180 | 640 | RUELENS JAN | VEERLE | M+45 | 34 | 0:48:40 | 12,33 | 4:52 |
| 181 | 639 | DEBOEL HERMAN | LAAKDAL | M+45 | 35 | 0:48:41 | 12,32 | 4:52 |
| 182 | 753 | FREDERICKX MADDY | AARSCHOT | V+35 | 2 | 0:48:42 | 12,32 | 4:52 |
| 183 | 802 | LUYTEN MARC | LANGDORP | M+40 | 36 | 0:48:44 | 12,31 | 4:52 |
| 184 | 765 | VAN DE WEYER JOS | OLMEN | M+50 | 21 | 0:48:46 | 12,30 | 4:53 |
| 185 | 687 | DE RYCK MAURICE | BOOISCHOT | M+50 | 22 | 0:48:54 | 12,27 | 4:53 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|------------------------|--------------|------|-------|---------|-------|---------|
| 186 | 630 | VERBERCK EDWIN | BOOISCHOT | M+50 | 23 | 0:48:56 | 12,26 | 4:54 |
| 187 | 612 | DE KOCK BART | LANGDORP | MSEN | 63 | 0:49:57 | 12,01 | 5:00 |
| 188 | 773 | BROOS GUIDO | TIELT-WINGE | M+45 | 36 | 0:50:09 | 11,96 | 5:01 |
| 189 | 842 | VERLINDEN JURGEN | OEVEL | MSEN | 64 | 0:50:15 | 11,94 | 5:01 |
| 190 | 674 | GLASSEE PAULA | HERENTHOUT | V+35 | 3 | 0:50:23 | 11,91 | 5:02 |
| 191 | 772 | LUYTEN GEERT | AARSCHOT | MSEN | 65 | 0:50:26 | 11,90 | 5:03 |
| 192 | 619 | STAS GEERT | RAMSEL | MSEN | 66 | 0:50:37 | 11,85 | 5:04 |
| 193 | 728 | FRANS TIM | LIER | MSEN | 67 | 0:50:37 | 11,85 | 5:04 |
| 194 | 792 | HEIJLEN FRANCOIS | HERSELT | M+45 | 37 | 0:50:55 | 11,78 | 5:06 |
| 195 | 722 | NIJS GRIET | BAAL | V+40 | 3 | 0:51:00 | 11,76 | 5:06 |
| 196 | 720 | STAS ILSE | BETEKOM | VSEN | 6 | 0:51:01 | 11,76 | 5:06 |
| 197 | 677 | LEMMENS BART | HALLAAR | MSEN | 68 | 0:51:02 | 11,76 | 5:06 |
| 198 | 654 | MERTENS HUBERT | DIEST | M+50 | 24 | 0:51:20 | 11,69 | 5:08 |
| 199 | 712 | GEYSKENS HANS | RILLAAR | M+40 | 37 | 0:51:26 | 11,67 | 5:09 |
| 200 | 683 | VANDERSLAGMOLEN MARIA | WINKSELE | V+50 | 2 | 0:51:31 | 11,65 | 5:09 |
| 201 | 757 | WOUTERS THOMAS | AARSCHOT | MSCH | 2 | 0:52:16 | 11,48 | 5:14 |
| 201 | 760 | DEMARSIN DIANE | WIEKEVORST | V+45 | 2 | 0:51:35 | 11,63 | 5:10 |
| 203 | 825 | DISCART LUCAS | BEGIJNENDIJK | MMIN | 1 | 0:53:00 | 11,32 | 5:18 |
| 204 | 741 | VAN BAEL KRIS | TESSENDERLO | MSEN | 69 | 0:53:06 | 11,30 | 5:19 |
| 205 | 819 | NIJS LEEN | BEGIJNENDIJK | V+40 | 4 | 0:53:11 | 11,28 | 5:19 |
| 206 | 694 | JENNES TONNY | HOUTVENNE | MSEN | 70 | 0:53:15 | 11,27 | 5:20 |
| 207 | 702 | CELEN GEERT | HERSELT | M+40 | 38 | 0:53:16 | 11,26 | 5:20 |
| 208 | 729 | VAN DEN BROECK NORBERT | WESPELAAR | M+65 | 2 | 0:53:23 | 11,24 | 5:20 |
| 209 | 624 | CEULEMANS ERIK | RAMSEL | M+40 | 39 | 0:53:34 | 11,20 | 5:21 |
| 210 | 827 | VERDONCK JIMMY | HERSELT | MSEN | 71 | 0:53:55 | 11,13 | 5:24 |
| 211 | 828 | DE ROOVER PETER | HOUTVENNE | MSEN | 72 | 0:53:56 | 11,12 | 5:24 |
| 212 | 826 | WUYTS INGRID | BEGIJNENDIJK | V+40 | 5 | 0:53:57 | 11,12 | 5:24 |
| 213 | 761 | VANDEWEYER EDDY | OLMEN | M+45 | 38 | 0:54:12 | 11,07 | 5:25 |
| 214 | 815 | HEYLEN LOUIS | HERENTHOUT | M+65 | 3 | 0:54:13 | 11,07 | 5:25 |
| 215 | 812 | VERSCHUEREN ANNE | BOOISCHOT | V+35 | 4 | 0:54:21 | 11,04 | 5:26 |
| 216 | 685 | PELGRIMS NANCY | SCHRIEK | V+40 | 6 | 0:55:01 | 10,91 | 5:30 |
| 217 | 616 | ANDRIES CHRIS | BAAL | V+40 | 7 | 0:55:12 | 10,87 | 5:31 |
| 218 | 614 | SERNEELS MARIE LOUISE | RAMSEL | V+40 | 8 | 0:55:12 | 10,87 | 5:31 |
| 219 | 706 | MERCELIS JAN | ROTSELAAR | MSEN | 73 | 0:55:34 | 10,80 | 5:33 |
| 220 | 824 | DISCART LIZE | BEGIJNENDIJK | VKAD | 1 | 0:56:58 | 10,53 | 5:42 |
| 221 | 646 | GOETHUYS ROGER | RILLAAR | M+50 | 25 | 0:58:29 | 10,26 | 5:51 |
| 222 | 805 | HERMANS GODELIEVE | OLV-WAVER | V+45 | 3 | 0:58:41 | 10,22 | 5:52 |
| 223 | 774 | CORDEEL RITA | OLV-WAVER | V+45 | 4 | 0:59:17 | 10,12 | 5:56 |
| 224 | 841 | CRABBE LEEN | AARSCHOT | V+35 | 5 | 0:59:21 | 10,11 | 5:56 |
| 225 | 785 | DEPOORTERE MICHAEL | AARSCHOT | MSEN | 74 | 0:59:21 | 10,11 | 5:56 |
| 226 | 777 | VOUNCKX DIRK | HOLSBEEK | M+40 | 40 | 0:59:22 | 10,11 | 5:56 |
| 227 | 784 | DEPOORTERE THEO | AARSCHOT | M+60 | 5 | 0:59:23 | 10,10 | 5:56 |
| 228 | 839 | VANDEN BROECK RONNY | ROTSELAAR | M+45 | 39 | 0:59:24 | 10,10 | 5:56 |
| 229 | 732 | CUMPS WILLY | AARSCHOT | M+50 | 26 | 0:59:25 | 10,10 | 5:56 |
| 230 | 618 | LAUREYS KARIN | RAMSEL | VSEN | 7 | 0:59:28 | 10,09 | 5:57 |
| 231 | 818 | VERBRUGGEN RITA | BEGIJNENDIJK | V+40 | 9 | 1:03:10 | 9,50 | 6:19 |
| 232 | 820 | VANDINGENEN CHRISTINE | BEGIJNENDIJK | V+40 | 10 | 1:03:11 | 9,50 | 6:19 |