

23e Strandloop Knokke-Heist - 11 augustus 2006

5 KM

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|------------------------|----------------|------|-----|-------|---------|-------|---------|
| 1 | 783 | VANASCHEM Cedric | EUPEN | 1980 | M | 1 | 0:17:42 | 16,95 | 3:32 |
| 2 | 799 | VEERMAN Rutger | | 1980 | M | 2 | 0:17:52 | 16,79 | 3:34 |
| 3 | 805 | BONTE Gino | WESTROZEBEKE | 1969 | M | 3 | 0:18:07 | 16,56 | 3:37 |
| 4 | 784 | HEERWEGH Johan | TEMSE | 1982 | M | 4 | 0:18:20 | 16,36 | 3:40 |
| 5 | 608 | HEUGHEBAERT Pascal | PLOEGSTEERT | 1970 | M | 5 | 0:18:38 | 16,10 | 3:44 |
| 6 | 767 | BECQUAERT Mathias | HEUVELLAND | 1983 | M | 6 | 0:18:56 | 15,85 | 3:47 |
| 7 | 793 | VAN LANDSCHOOT Jonas | KNOKKE-HEIST | 1990 | M | 7 | 0:18:57 | 15,83 | 3:47 |
| 8 | 865 | BEN ABDELLAH Ahmed | EDINGEN | 1981 | M | 8 | 0:19:30 | 15,38 | 3:54 |
| 9 | 919 | BLONDEEL Thijs | KNOKKE-HEIST | 1987 | M | 9 | 0:19:33 | 15,35 | 3:55 |
| 10 | 758 | BLOMME Kurt | ICHTEGEM | 1971 | M | 10 | 0:19:44 | 15,20 | 3:57 |
| 11 | 518 | QUINTENS Brecht | HOEKE-DAMME | 1985 | M | 11 | 0:19:47 | 15,16 | 3:57 |
| 12 | 829 | SWOLFS Sanne | BRASSCHAAT | 1987 | M | 12 | 0:19:57 | 15,04 | 3:59 |
| 13 | 794 | LOEYS Ncolas | KNOKKE-HEIST | 1990 | M | 13 | 0:19:59 | 15,01 | 4:00 |
| 14 | 632 | HANNES Mats | ANTWERPEN | 1988 | M | 14 | 0:20:02 | 14,98 | 4:00 |
| 15 | 530 | GOETHALS Nick | KNOKKE-HEIST | 1991 | M | 15 | 0:20:04 | 14,95 | 4:01 |
| 16 | 571 | CUSSE Bart | SIJSELE | 1979 | M | 16 | 0:20:08 | 14,90 | 4:02 |
| 17 | 894 | KERCKHOVE Yves | DAMME | 1962 | M | 17 | 0:20:11 | 14,86 | 4:02 |
| 18 | 766 | CORNILLE Michael | HEIST-AAN-ZEE | 1985 | M | 18 | 0:20:23 | 14,72 | 4:05 |
| 19 | 890 | VAN WAES Peter | | 1962 | M | 19 | 0:20:27 | 14,67 | 4:05 |
| 20 | 846 | HUYGHEBAERT Randy | HEIST-AAN-ZEE | 1983 | M | 20 | 0:20:34 | 14,59 | 4:07 |
| 21 | 770 | KINTS Sammy | KNOKKE-HEIST | 1968 | M | 21 | 0:20:38 | 14,54 | 4:08 |
| 22 | 603 | STEVENS Roel | VORSELAAR | 1976 | M | 22 | 0:20:40 | 14,52 | 4:08 |
| 23 | 765 | VANNESTE Michael | WAREGEM | 1980 | M | 23 | 0:20:49 | 14,41 | 4:10 |
| 24 | 606 | JAEKEN Jean Pierre | TONGEREN | 1959 | M | 24 | 0:20:51 | 14,39 | 4:10 |
| 25 | 510 | MEESE Laurent | BRUGGE | 1969 | M | 25 | 0:20:55 | 14,34 | 4:11 |
| 26 | 871 | PAEYE Koen | HEIST-AAN-ZEE | 1988 | M | 26 | 0:21:00 | 14,29 | 4:12 |
| 27 | 905 | VANOVENACKER Steven | DEINZE | 1986 | M | 27 | 0:21:10 | 14,17 | 4:14 |
| 28 | 870 | VAN POELVOORDE Arne | HEIST-AAN-ZEE | 1988 | M | 28 | 0:21:10 | 14,17 | 4:14 |
| 29 | 795 | QUEVIT Alexandre | SAINT-GHISLAIN | 1994 | M | 29 | 0:21:11 | 14,16 | 4:14 |
| 30 | 875 | MAEYE Jeroen | HEIST-AAN-ZEE | 1990 | M | 30 | 0:21:14 | 14,13 | 4:15 |
| 31 | 89 | VAN LEEUWEN Ellen | EVERGEM | 1983 | V | 1 | 0:21:20 | 14,06 | 4:16 |
| 32 | 551 | DE BOUVERE Bruno | HEIST-AAN-ZEE | 1981 | M | 31 | 0:21:22 | 14,04 | 4:16 |
| 33 | 912 | KYNDT Johny | KNOKKE-HEIST | 1976 | M | 32 | 0:21:26 | 14,00 | 4:17 |
| 34 | 891 | VANTORRE Vincent | KNOKKE-HEIST | 1982 | M | 33 | 0:21:27 | 13,99 | 4:17 |
| 35 | 836 | VAN SLYCKE Sten | KNOKKE-HEIST | 1981 | M | 34 | 0:21:31 | 13,94 | 4:18 |
| 36 | 616 | FRASELLE Quentin | GREZ-DOICEAU | 1984 | M | 35 | 0:21:36 | 13,89 | 4:19 |
| 37 | 562 | DESMET Steven | MOEN | 1982 | M | 36 | 0:21:41 | 13,84 | 4:20 |
| 38 | 610 | | | | M | 37 | 0:21:42 | 13,82 | 4:20 |
| 39 | 662 | DE BACKER Dick | SINT MICHIELS | 1978 | M | 38 | 0:21:42 | 13,82 | 4:20 |
| 40 | 539 | DE BARNE Tim | KNOKKE-HEIST | 1992 | M | 39 | 0:21:45 | 13,79 | 4:21 |
| 41 | 835 | TRENSON Marnix | KNOKKE-HEIST | 1959 | M | 40 | 0:21:50 | 13,74 | 4:22 |
| 42 | 817 | VANZWIJNVOORDE Thibaut | KNOKKE-HEIST | 1991 | M | 41 | 0:22:01 | 13,63 | 4:24 |
| 43 | 904 | GOEDGEBEUR Jacques | DAMME | 1956 | M | 42 | 0:22:04 | 13,60 | 4:25 |
| 44 | 821 | SLABBINCK Wouter | KNOKKE-HEIST | 1992 | M | 43 | 0:22:05 | 13,58 | 4:25 |
| 45 | 785 | PEETERS Matthias | REET | 1991 | M | 44 | 0:22:06 | 13,57 | 4:25 |
| 46 | 578 | RAMON Iben | REET | 1992 | M | 45 | 0:22:07 | 13,56 | 4:25 |
| 47 | 898 | DE COCK Ken | KNOKKE-HEIST | 1985 | M | 46 | 0:22:11 | 13,52 | 4:26 |
| 48 | 942 | GOSSYE Mathieu | OUDENAARDE | 1987 | M | 47 | 0:22:18 | 13,45 | 4:28 |
| 49 | 682 | DELEENER Bernard | KNOKKE-HEIST | 1964 | M | 48 | 0:22:24 | 13,39 | 4:29 |
| 50 | 859 | LAVENS Christophe | VARSENARE | 1979 | M | 49 | 0:22:25 | 13,38 | 4:29 |
| 51 | 520 | POELS Joris | KAPELLEN | 1996 | M | 50 | 0:22:30 | 13,33 | 4:30 |
| 52 | 791 | RAMON Frank | REET | 1964 | M | 51 | 0:22:31 | 13,32 | 4:30 |
| 53 | 840 | WESTERWEELE Piet | | 1954 | M | 52 | 0:22:32 | 13,31 | 4:30 |
| 54 | 626 | VAN CAMP Wim | TEMSE | 1980 | M | 53 | 0:22:40 | 13,24 | 4:32 |
| 55 | 686 | VAN DAELE Tim | SINT-NIKLAAS | 1991 | M | 54 | 0:22:40 | 13,24 | 4:32 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|-----------------|------|-----|-------|---------|-------|---------|
| 56 | 630 | ADRIANSENS Frederique | KNOKKE-HEIST | 1976 | M | 55 | 0:22:42 | 13,22 | 4:32 |
| 57 | 800 | VAN DEN HEEDE Dirk | DEINZE | 1973 | M | 56 | 0:22:43 | 13,21 | 4:33 |
| 58 | 568 | VERMEIREN Geert | LEBBEKE | 1963 | M | 57 | 0:22:47 | 13,17 | 4:33 |
| 59 | 789 | CONTER Philippe | ESCH | 1991 | M | 58 | 0:22:47 | 13,17 | 4:33 |
| 60 | 580 | DECLERCQ Guy | GENT | 1956 | M | 59 | 0:22:49 | 13,15 | 4:34 |
| 61 | 647 | KHABBAOUI Zakaria | KNOKKE-HEIST | 1989 | M | 60 | 0:22:49 | 13,15 | 4:34 |
| 62 | 161 | RAES Lien* | BRUGGE | 1984 | V | 2 | 0:22:50 | 13,14 | 4:34 |
| 63 | 602 | GOETRY Frederic | GENT | 1974 | M | 61 | 0:23:03 | 13,02 | 4:37 |
| 64 | 566 | DE GENDT Jan | TEMSE | 1955 | M | 62 | 0:23:04 | 13,01 | 4:37 |
| 65 | 567 | DANEELS Herman | LANGDORP | 1963 | M | 63 | 0:23:08 | 12,97 | 4:38 |
| 66 | 858 | AHSEEUW Patrick | BLANKENBERGE | 1963 | M | 64 | 0:23:10 | 12,95 | 4:38 |
| 67 | 909 | VAN DER EEKEN Jo | VLIERZELE | 1972 | M | 65 | 0:23:14 | 12,91 | 4:39 |
| 68 | 573 | NIESSEN Josslin | WUUSTWEZEL | 1992 | M | 66 | 0:23:14 | 12,91 | 4:39 |
| 69 | 701 | DIELTIENS Luc | KNOKKE-HEIST | 1969 | M | 67 | 0:23:15 | 12,90 | 4:39 |
| 70 | 889 | BORSTLAP Arn | MERKSEM (ANTW.) | 1971 | M | 68 | 0:23:17 | 12,88 | 4:39 |
| 71 | 786 | MARTIN Jeremy | UCCLE | 1991 | M | 69 | 0:23:17 | 12,88 | 4:39 |
| 72 | 876 | PAEYE Johan | KNOKKE-HEIST | 1960 | M | 70 | 0:23:18 | 12,88 | 4:40 |
| 73 | 623 | LEROY Cedric | WARET-L'EVÉQUE | 1989 | M | 71 | 0:23:20 | 12,86 | 4:40 |
| 74 | 638 | MATTHEUS Peter | BETEKOM | 1980 | M | 72 | 0:23:22 | 12,84 | 4:40 |
| 75 | 874 | RONSE Alexander | DILBEEK | 1987 | M | 73 | 0:23:23 | 12,83 | 4:41 |
| 76 | 908 | ENGELLEN Yanov | TERNAT | 1993 | M | 74 | 0:23:24 | 12,82 | 4:41 |
| 77 | 768 | VAN NECK Filip | BLANKENBERGE | 1968 | M | 75 | 0:23:24 | 12,82 | 4:41 |
| 78 | 778 | VAN DEN STEEN Koen | KONTICH | 1991 | M | 76 | 0:23:26 | 12,80 | 4:41 |
| 79 | 598 | LAMOTE David | HEIST-AAN-ZEE | 1993 | M | 77 | 0:23:27 | 12,79 | 4:41 |
| 80 | 552 | PRINCEN Yves | TONGEREN | 1970 | M | 78 | 0:23:27 | 12,79 | 4:41 |
| 81 | 646 | EVAN Pieini | HEIST-AAN-ZEE | 1991 | M | 79 | 0:23:27 | 12,79 | 4:41 |
| 82 | 690 | VANHUYNEGEM Sam | KNOKKE-HEIST | 1993 | M | 80 | 0:23:31 | 12,76 | 4:42 |
| 83 | 534 | ZIMMERMANN Stefan | FREIBOURG | 1987 | M | 81 | 0:23:32 | 12,75 | 4:42 |
| 84 | 660 | BRAKEL Tom | KNOKKE-HEIST | 1989 | M | 82 | 0:23:39 | 12,68 | 4:44 |
| 85 | 670 | VAN DER MAREN Ronald | MONS | 1985 | M | 83 | 0:23:41 | 12,67 | 4:44 |
| 86 | 696 | SAMSON Christophe | EDEGEM | 1991 | M | 84 | 0:23:42 | 12,66 | 4:44 |
| 87 | 941 | VAN HAUWERMEIREN Tobias | WETTEREN | 1987 | M | 85 | 0:23:46 | 12,62 | 4:45 |
| 88 | 639 | HERSTENS Vincent | HEIST-AAN-ZEE | 1984 | M | 86 | 0:23:46 | 12,62 | 4:45 |
| 89 | 512 | GOETHALS Stef | KNOKKE-HEIST | 1996 | M | 87 | 0:23:47 | 12,61 | 4:45 |
| 90 | 71 | GHESELLE Maaïke* | KNOKKE-HEIST | 1990 | V | 3 | 0:23:48 | 12,61 | 4:46 |
| 91 | 801 | BRUGGEMAN Frank | DEINZE | 1963 | M | 88 | 0:23:51 | 12,58 | 4:46 |
| 92 | 609 | VANDIERENDONCK Freek | KNOKKE-HEIST | 1993 | M | 89 | 0:23:52 | 12,57 | 4:46 |
| 93 | 915 | CALLIER Koen | DUINBERGEN | 1981 | M | 90 | 0:23:52 | 12,57 | 4:46 |
| 94 | 760 | VANDERMEERSCH Cedric | OVERIJSE | 1991 | M | 91 | 0:23:54 | 12,55 | 4:47 |
| 95 | 896 | BRUNEEL Robin | DUDZELE | 1993 | M | 92 | 0:23:56 | 12,53 | 4:47 |
| 96 | 917 | VANDEN BROECKE Kristof | DEINZE | 1985 | M | 93 | 0:23:58 | 12,52 | 4:48 |
| 97 | 899 | BERTON Jan | KNOKKE-HEIST | 1988 | M | 94 | 0:23:59 | 12,51 | 4:48 |
| 98 | 546 | DEWITTE Mike | HEIST-AAN-ZEE | 1995 | M | 95 | 0:24:03 | 12,47 | 4:49 |
| 99 | 902 | VANDEPUTTE Tom | BOECHOUT | 1992 | M | 96 | 0:24:05 | 12,46 | 4:49 |
| 100 | 570 | CUSSE Alex | SIJSELE | 1952 | M | 97 | 0:24:06 | 12,45 | 4:49 |
| 101 | 540 | DE BAENE Daniel | KNOKKE-HEIST | 1961 | M | 98 | 0:24:08 | 12,43 | 4:50 |
| 102 | 816 | VAN DE VELDE Patrick | MALDEGEM | 1965 | M | 99 | 0:24:10 | 12,41 | 4:50 |
| 103 | 885 | VIAENE Nico | HEIST-AAN-ZEE | 1993 | M | 100 | 0:24:12 | 12,40 | 4:50 |
| 104 | 872 | WEEMANS Philippe | BERTEM | 1989 | M | 101 | 0:24:14 | 12,38 | 4:51 |
| 105 | 625 | VAN DE WALLE Tim | GENT | 1991 | M | 102 | 0:24:15 | 12,37 | 4:51 |
| 106 | 1377 | DE WILDE Jan | ZELE | 1978 | M | 103 | 0:24:19 | 12,34 | 4:52 |
| 107 | 897 | VAN HERCK Jochen | ZEEBRUGGE | 1994 | M | 104 | 0:24:20 | 12,33 | 4:52 |
| 108 | 505 | DE CLERCQ Tomas | KNOKKE-HEIST | 1994 | M | 105 | 0:24:24 | 12,30 | 4:53 |
| 109 | 513 | KEGELS Pieter | ST-GILLIS-WAAS | 1992 | M | 106 | 0:24:27 | 12,27 | 4:53 |
| 110 | 605 | TIMMERMAN Joeri | HEIST-AAN-ZEE | 1975 | M | 107 | 0:24:29 | 12,25 | 4:54 |
| 111 | 844 | BENS Simon | KORTRIJK | 1991 | M | 108 | 0:24:30 | 12,24 | 4:54 |
| 112 | 900 | BERTON Luc | KNOKKE-HEIST | 1954 | M | 109 | 0:24:32 | 12,23 | 4:54 |
| 113 | 692 | VIROUX Dax | 'S GRAVENWEZEL | 1994 | M | 110 | 0:24:33 | 12,22 | 4:55 |
| 114 | 779 | NIESSEN Axel | WUUSTWEZEL | 1962 | M | 111 | 0:24:34 | 12,21 | 4:55 |
| 115 | 939 | DELBEEK Matthieu | BOECHOUT | | M | 112 | 0:24:35 | 12,20 | 4:55 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|-------------------|------|-----|-------|---------|-------|---------|
| 116 | 676 | COLSOUL Nicolas | HOEGAARDEN | 1995 | M | 113 | 0:24:35 | 12,20 | 4:55 |
| 117 | 636 | KEGELS Patrick | MUIZEN (MECHELEN) | 1965 | M | 114 | 0:24:36 | 12,20 | 4:55 |
| 118 | 548 | VERLINDEN Stefaan | GIERLE | 1991 | M | 115 | 0:24:36 | 12,20 | 4:55 |
| 119 | 824 | DE CLERCK Mike | KNOKKE-HEIST | 1994 | M | 116 | 0:24:40 | 12,16 | 4:56 |
| 120 | 64 | OTS Erna* | KNOKKE-HEIST | 1953 | V | 4 | 0:24:41 | 12,15 | 4:56 |
| 121 | 651 | BROES Vincent | DUFFEL | 1992 | M | 117 | 0:24:41 | 12,15 | 4:56 |
| 122 | 759 | TERSI | BLANKENBERGE | 1966 | M | 118 | 0:24:43 | 12,14 | 4:57 |
| 123 | 806 | VAN AERSCHOT Glenn | HERSELT | 1991 | M | 119 | 0:24:43 | 12,14 | 4:57 |
| 124 | 773 | VAN ASSCHE Stefan | BERCHEM (ANTW.) | 1996 | M | 120 | 0:24:43 | 12,14 | 4:57 |
| 125 | 65 | VANHYTE Eveline* | MALDEGEM | 1984 | V | 5 | 0:24:44 | 12,13 | 4:57 |
| 126 | 798 | VERCRUYSSSE Brecht | MALDEGEM | 1984 | M | 121 | 0:24:45 | 12,12 | 4:57 |
| 127 | 669 | VAN DE VELDE Raf | EMBLEM | 1991 | M | 122 | 0:24:45 | 12,12 | 4:57 |
| 128 | 531 | BLONDEEL Eddy | KNOKKE-HEIST | 1949 | M | 123 | 0:24:49 | 12,09 | 4:58 |
| 129 | 763 | NAUWELAERTS Yannick | DUFFEL | 1992 | M | 124 | 0:24:49 | 12,09 | 4:58 |
| 130 | 810 | VOSSAERT Jef | OOSTKAMP | 1949 | M | 125 | 0:24:50 | 12,08 | 4:58 |
| 131 | 601 | DHONT Rubin | SINT-LAUREINS | 1944 | M | 126 | 0:24:51 | 12,07 | 4:58 |
| 132 | 830 | PHILIPPE Anthony | WILRIJK (ANTW.) | 1988 | M | 127 | 0:24:54 | 12,05 | 4:59 |
| 133 | 508 | DEWEVER Philippe | GENT | 1977 | M | 128 | 0:24:56 | 12,03 | 4:59 |
| 134 | 780 | GILDEN Redgy | KNOKKE-HEIST | 1977 | M | 129 | 0:24:57 | 12,02 | 4:59 |
| 135 | 813 | ANDRIES Seba | SINT-ANDRIES | 1993 | M | 130 | 0:24:58 | 12,02 | 5:00 |
| 136 | 683 | ANKES Hessel | HELMOND | 1988 | M | 131 | 0:24:58 | 12,02 | 5:00 |
| 137 | 622 | PATRIS Jean | MARCHE-LES-DAMES | 1990 | M | 132 | 0:25:01 | 11,99 | 5:00 |
| 138 | 631 | DUSAUTOIR Quentin | | 1987 | M | 133 | 0:25:03 | 11,98 | 5:01 |
| 139 | 529 | DE VRIES Nico | ANTWERPEN | 1987 | M | 134 | 0:25:07 | 11,94 | 5:01 |
| 140 | 814 | BAILYU Patrick | KNOKKE-HEIST | 1957 | M | 135 | 0:25:08 | 11,94 | 5:02 |
| 141 | 781 | LAURENT ??? | | 1967 | M | 136 | 0:25:10 | 11,92 | 5:02 |
| 142 | 678 | VETS Nicolas | KNOKKE-HEIST | 1993 | M | 137 | 0:25:11 | 11,91 | 5:02 |
| 143 | 574 | NIESSEN Yannick | WUUSTWEZEL | 1989 | M | 138 | 0:25:13 | 11,90 | 5:03 |
| 144 | 575 | HADRIEN Michel | LA LOUVIÈRE | 1989 | M | 139 | 0:25:13 | 11,90 | 5:03 |
| 145 | 135 | WINDEY Katrien* | GENTBRUGGE | 1983 | V | 6 | 0:25:15 | 11,88 | 5:03 |
| 146 | 528 | COLE Stephan | KRUIBEKE | 1994 | M | 140 | 0:25:17 | 11,87 | 5:03 |
| 147 | 569 | VERMEIREN Guy | DEINZE | 1962 | M | 141 | 0:25:19 | 11,85 | 5:04 |
| 148 | 782 | VERSTRAETE Sander | LANGEMARK | 1994 | M | 142 | 0:25:19 | 11,85 | 5:04 |
| 149 | 69 | MAES Katrien* | ROLLEGEM | 1956 | V | 7 | 0:25:20 | 11,84 | 5:04 |
| 150 | 887 | LUYPAERT Tony | HEIST-AAN-ZEE | 1994 | M | 143 | 0:25:21 | 11,83 | 5:04 |
| 151 | 945 | DE CRAENE Niels | ASSENEDE | 1987 | M | 144 | 0:25:22 | 11,83 | 5:04 |
| 152 | 929 | CLAEYS Karel | KNOKKE-HEIST | 1968 | M | 145 | 0:25:23 | 11,82 | 5:05 |
| 153 | 832 | COLSON Frederic | MAASMECHELEN | 1994 | M | 146 | 0:25:23 | 11,82 | 5:05 |
| 154 | 113 | VANDERMEIREN Judith* | ANTWERPEN | 1994 | V | 8 | 0:25:25 | 11,80 | 5:05 |
| 155 | 37 | VANBETSBRUGGE Lore* | OESELGEM | 1969 | V | 9 | 0:25:26 | 11,80 | 5:05 |
| 156 | 838 | STUBBE Michiel | WENDUINE | 1982 | M | 147 | 0:25:27 | 11,79 | 5:05 |
| 157 | 826 | BOEHME Nicholas | KNOKKE-HEIST | 1996 | M | 148 | 0:25:28 | 11,78 | 5:06 |
| 158 | 827 | BOEHME Christian | KNOKKE-HEIST | 1964 | M | 149 | 0:25:29 | 11,77 | 5:06 |
| 159 | 797 | BRAEM Dario | KNOKKE-HEIST | 1994 | M | 150 | 0:25:31 | 11,76 | 5:06 |
| 160 | 581 | DUROT Vincent | BRASSCHAAT | 1979 | M | 151 | 0:25:33 | 11,74 | 5:07 |
| 161 | 916 | MAROLT Patrick | BRASSCHAAT | 1960 | M | 152 | 0:25:34 | 11,73 | 5:07 |
| 162 | 774 | TYTGAT Jan | LINDEN | 1963 | M | 153 | 0:25:35 | 11,73 | 5:07 |
| 163 | 50 | VASSEUR Veronique* | OOSTBURG | 1983 | V | 10 | 0:25:36 | 11,72 | 5:07 |
| 164 | 192 | ROMBAUT Amber* | GENT | 1998 | V | 11 | 0:25:37 | 11,71 | 5:07 |
| 165 | 193 | WELLEKENS Françoise* | GENT | 1964 | V | 12 | 0:25:37 | 11,71 | 5:07 |
| 166 | 149 | TRENSON Bieke* | KNOKKE-HEIST | 1988 | V | 13 | 0:25:40 | 11,69 | 5:08 |
| 167 | 533 | WISSE Johan | HEIST-AAN-ZEE | 1962 | M | 154 | 0:25:41 | 11,68 | 5:08 |
| 168 | 673 | DECUYPERE Tim | LOONBEEK | 1995 | M | 155 | 0:25:43 | 11,67 | 5:09 |
| 169 | 514 | KEGELS Filip | ST-GILLIS-WAAS | 1962 | M | 156 | 0:25:45 | 11,65 | 5:09 |
| 170 | 522 | VAN DEN ABBEELE Filip | STEKENE | 1975 | M | 157 | 0:25:46 | 11,64 | 5:09 |
| 171 | 102 | TRENSON Liesbeth* | KNOKKE-HEIST | 1990 | V | 14 | 0:25:48 | 11,63 | 5:10 |
| 172 | 883 | VERHELST Anton | WILRIJK (ANTW.) | 1995 | M | 158 | 0:25:50 | 11,61 | 5:10 |
| 173 | 796 | HOST Luc | AALTER | 1964 | M | 159 | 0:25:51 | 11,61 | 5:10 |
| 174 | 1203 | KARASCH Adrian | BRUSSEL | 1976 | M | 160 | 0:25:52 | 11,60 | 5:10 |
| 175 | 633 | VAN HAUWERMEIREN Simon | WETTEREN | 1991 | M | 161 | 0:25:53 | 11,59 | 5:11 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-------------------------|--------------------|------|-----|-------|---------|-------|---------|
| 176 | 519 | DE RYCKE Alain | ZINGEM | 1965 | M | 162 | 0:25:54 | 11,58 | 5:11 |
| 177 | 940 | DE VET Marc | SINT-GILLIS-WAAS | 1953 | M | 163 | 0:26:04 | 11,51 | 5:13 |
| 178 | 3 | JACXSENS An* | KNOKKE-HEIST | 1970 | V | 15 | 0:26:05 | 11,50 | 5:13 |
| 179 | 504 | VAN DEN BORRE Herman | DESTELBERGEN | 1957 | M | 164 | 0:26:06 | 11,49 | 5:13 |
| 180 | 202 | VANHUYWEGHEN Charlotte* | KNOKKE-HEIST | 1995 | V | 16 | 0:26:09 | 11,47 | 5:14 |
| 181 | 557 | JANSSENS Arne | AARSCHOT | 1995 | M | 165 | 0:26:10 | 11,46 | 5:14 |
| 182 | 526 | VANDERMEIREN Guido | STABROEK | 1968 | M | 166 | 0:26:11 | 11,46 | 5:14 |
| 183 | 556 | JANSSENS Rudy | AARSCHOT | 1962 | M | 167 | 0:26:12 | 11,45 | 5:14 |
| 184 | 80 | DELCROIX Tiffany* | KNOKKE-HEIST | 1990 | V | 17 | 0:26:13 | 11,44 | 5:15 |
| 185 | 855 | VANDERMEIREN Victor | ANTWERPEN | 1992 | M | 168 | 0:26:13 | 11,44 | 5:15 |
| 186 | 803 | VERSCHUEREN Cayetano | HEIST-AAN-ZEE | 1994 | M | 169 | 0:26:14 | 11,44 | 5:15 |
| 187 | 56 | DE SMET Chloe* | LA LOUVIÈRE | 1989 | V | 18 | 0:26:15 | 11,43 | 5:15 |
| 188 | 695 | VAN ACKERE Emanuel | GENT | 1977 | M | 170 | 0:26:15 | 11,43 | 5:15 |
| 189 | 46 | SNAUWAERT Pascaline* | BRASSCHAAT | 1987 | V | 19 | 0:26:16 | 11,42 | 5:15 |
| 190 | 933 | RECOURDON Didier | EDEGEM | 1991 | M | 171 | 0:26:16 | 11,42 | 5:15 |
| 191 | 764 | DOCKX Jan | BERLAAR | 1956 | M | 172 | 0:26:17 | 11,41 | 5:15 |
| 192 | 537 | MEERT Patrick | KNOKKE-HEIST | 1964 | M | 173 | 0:26:18 | 11,41 | 5:16 |
| 193 | 523 | LONA Cedric | WEMMEL | 1978 | M | 174 | 0:26:20 | 11,39 | 5:16 |
| 194 | 77 | VAN GUYSE Marianne* | STEKENE | 1965 | V | 20 | 0:26:21 | 11,39 | 5:16 |
| 195 | 544 | GUILLE Mike | LIER | 1990 | M | 175 | 0:26:21 | 11,39 | 5:16 |
| 196 | 511 | VANDEWALLE Arno | KNOKKE-HEIST | 1995 | M | 176 | 0:26:21 | 11,39 | 5:16 |
| 197 | 597 | VAN GUYSE Dirk | STEKENE | 1967 | M | 177 | 0:26:22 | 11,38 | 5:16 |
| 198 | 918 | BERMAUT Maarten | DEINZE | 1985 | M | 178 | 0:26:23 | 11,37 | 5:17 |
| 199 | 532 | MARIEN Ward | PUTTE | 1989 | M | 179 | 0:26:25 | 11,36 | 5:17 |
| 200 | 697 | DEWITTE Eddy | KNOKKE-HEIST | 1970 | M | 180 | 0:26:27 | 11,34 | 5:17 |
| 201 | 63 | DE BOER Ingrid* | SCHOTEN | 1955 | V | 21 | 0:26:28 | 11,34 | 5:18 |
| 202 | 938 | DALLE Paul | | 1957 | M | 181 | 0:26:28 | 11,34 | 5:18 |
| 203 | 931 | VERHEIRE Paul | MALDEGEM | 1967 | M | 182 | 0:26:28 | 11,34 | 5:18 |
| 204 | 930 | SIERENS Eric | MALDEGEM | 1956 | M | 183 | 0:26:29 | 11,33 | 5:18 |
| 205 | 950 | DANDELOOY Gilles | WILRIJK (ANTW.) | 1983 | M | 184 | 0:26:33 | 11,30 | 5:19 |
| 206 | 873 | VANDEN ABEELE Johan | KNOKKE-HEIST | 1965 | M | 185 | 0:26:38 | 11,26 | 5:20 |
| 207 | 515 | KEGELS Wouter | ST-GILLIS-WAAS | 1995 | M | 186 | 0:26:43 | 11,23 | 5:21 |
| 208 | 619 | DE WILDE Stefaan | DAMME | 1964 | M | 187 | 0:26:44 | 11,22 | 5:21 |
| 209 | 664 | REUBENS Francis | KNOKKE-HEIST | 1963 | M | 188 | 0:26:44 | 11,22 | 5:21 |
| 210 | 935 | KREPS Bernard | KNOKKE-HEIST | 1956 | M | 189 | 0:26:45 | 11,21 | 5:21 |
| 211 | 925 | BONNY Koenrad | KNOKKE-HEIST | 1976 | M | 190 | 0:26:46 | 11,21 | 5:21 |
| 212 | 948 | TEUNIS ??? | KNOKKE-HEIST | 1969 | M | 191 | 0:26:48 | 11,19 | 5:22 |
| 213 | 61 | MAEVE Giowachini* | FONTENAY-SOUS-BOIS | 1993 | V | 22 | 0:26:49 | 11,19 | 5:22 |
| 214 | 923 | HELLEMANS Simon | MORTSEL | 1997 | M | 192 | 0:26:49 | 11,19 | 5:22 |
| 215 | 922 | HELLEMANS Thomas | MORTSEL | 1994 | M | 193 | 0:26:50 | 11,18 | 5:22 |
| 216 | 652 | VILAIN Roger | KNOKKE-HEIST | 1944 | M | 194 | 0:26:50 | 11,18 | 5:22 |
| 217 | 944 | DE MAEYER Peter | BEVEREN | 1963 | M | 195 | 0:26:52 | 11,17 | 5:22 |
| 218 | 558 | DE SWERT Patr | DIEPENBEEK | 1966 | M | 196 | 0:26:55 | 11,15 | 5:23 |
| 219 | 924 | DEWITTE Rudy | KNOKKE-HEIST | 1970 | M | 197 | 0:26:58 | 11,12 | 5:24 |
| 220 | 753 | ROGGEN Koen | GRIMBERGEN | 1979 | M | 198 | 0:26:59 | 11,12 | 5:24 |
| 221 | 648 | EECKHOUT Koen | SINT-MARTENS-LATEM | 1978 | M | 199 | 0:27:01 | 11,10 | 5:24 |
| 222 | 671 | DEMAN Filip | LIER | 1960 | M | 200 | 0:27:04 | 11,08 | 5:25 |
| 223 | 953 | | | | M | 201 | 0:27:05 | 11,08 | 5:25 |
| 224 | 863 | NAERT Franck | HEIST-AAN-ZEE | 1957 | M | 202 | 0:27:08 | 11,06 | 5:26 |
| 225 | 954 | BOSCH Luc | SINT-ANDRIES | 1960 | M | 203 | 0:27:09 | 11,05 | 5:26 |
| 226 | 109 | CLIJMANS Dorien* | BEERSE | 1990 | V | 23 | 0:27:14 | 11,02 | 5:27 |
| 227 | 769 | GELDHOF Peter | BLANKENBERGE | 1965 | M | 204 | 0:27:15 | 11,01 | 5:27 |
| 228 | 16 | MAES Helene* | KNOKKE-HEIST | 1993 | V | 24 | 0:27:16 | 11,00 | 5:27 |
| 229 | 877 | ACKET Jonas | ZEEBRUGGE | 1991 | M | 205 | 0:27:18 | 10,99 | 5:28 |
| 230 | 955 | | | | M | 206 | 0:27:20 | 10,98 | 5:28 |
| 231 | 693 | ANNYS Paskal | KNOKKE-HEIST | 1963 | M | 207 | 0:27:24 | 10,95 | 5:29 |
| 232 | 820 | VAN DAMME Andre | LONDRES | 1966 | M | 208 | 0:27:25 | 10,94 | 5:29 |
| 233 | 819 | VAN DAMME Samuel | LONDRES | 1993 | M | 209 | 0:27:25 | 10,94 | 5:29 |
| 234 | 48 | MONDELAERS Charlotte* | KAPellen | 1988 | V | 25 | 0:27:26 | 10,94 | 5:29 |
| 235 | 579 | MORESI Jean-Paul | KNOKKE | 1947 | M | 210 | 0:27:26 | 10,94 | 5:29 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|---------------------|-----------------|------|-----|-------|---------|-------|---------|
| 236 | 170 | DEGROOF Stephanie* | SCHILDE | 1992 | V | 26 | 0:27:28 | 10,92 | 5:30 |
| 237 | 174 | VINKEN Alexandra* | EKEREN (ANTW.) | 1991 | V | 27 | 0:27:28 | 10,92 | 5:30 |
| 238 | 576 | COLLA Jan | BONHEIDEN | 1991 | M | 211 | 0:27:28 | 10,92 | 5:30 |
| 239 | 185 | STRAUVEN Viviane* | SINT-TRUIDEN | 1991 | V | 28 | 0:27:29 | 10,92 | 5:30 |
| 240 | 864 | QUINTEN ?? | KNOKKE-HEIST | 1994 | M | 212 | 0:27:30 | 10,91 | 5:30 |
| 241 | 901 | VANDEPUTTE Stefan | BOECHOUT | 1961 | M | 213 | 0:27:34 | 10,88 | 5:31 |
| 242 | 246 | PEIFFER Veronique* | SINT-TRUIDEN | 1986 | V | 29 | 0:27:35 | 10,88 | 5:31 |
| 243 | 133 | POLLAS Hanne* | BILZEN | 1968 | V | 30 | 0:27:36 | 10,87 | 5:31 |
| 244 | 842 | BODDENS Samaro | KORTRIJK | 1993 | M | 214 | 0:27:37 | 10,86 | 5:31 |
| 245 | 775 | DEHAES Tom | TERVUREN | 1992 | M | 215 | 0:27:37 | 10,86 | 5:31 |
| 246 | 559 | VANHESTE Leo | KNOKKE-HEIST | 1941 | M | 216 | 0:27:40 | 10,84 | 5:32 |
| 247 | 807 | MOREEL Jacques | OOSTKAMP | 1946 | M | 217 | 0:27:44 | 10,82 | 5:33 |
| 248 | 1204 | DE BLEEKER Michel | DAMME | 1951 | M | 218 | 0:27:49 | 10,78 | 5:34 |
| 249 | 761 | DYCKMANS Pieter Jan | ZANDHOVEN | 1995 | M | 219 | 0:27:50 | 10,78 | 5:34 |
| 250 | 577 | COLLA Bert | BONHEIDEN | 1959 | M | 220 | 0:27:52 | 10,77 | 5:34 |
| 251 | 97 | CAMBIER Charlotte* | MELLE | 1995 | V | 31 | 0:27:53 | 10,76 | 5:35 |
| 252 | 621 | CAMBIER Dirk | MELLE | 1965 | M | 221 | 0:27:54 | 10,75 | 5:35 |
| 253 | 541 | VANDAELE Koen | ZELE | 1971 | M | 222 | 0:27:55 | 10,75 | 5:35 |
| 254 | 698 | NEIRYNCK Alex | BRUGGE | 1970 | M | 223 | 0:27:57 | 10,73 | 5:35 |
| 255 | 677 | COLSOUL Olivier | HOEGAARDEN | 1992 | M | 224 | 0:28:02 | 10,70 | 5:36 |
| 256 | 862 | HELEWAUT Hendrik | BLANKENBERGE | 1979 | M | 225 | 0:28:03 | 10,70 | 5:37 |
| 257 | 937 | SWERTS Bart | KORTESSEM | 1979 | M | 226 | 0:28:04 | 10,69 | 5:37 |
| 258 | 157 | BUYSE Isabel* | VARSNARE | 1970 | V | 32 | 0:28:05 | 10,68 | 5:37 |
| 259 | 55 | HEIRMAN Britt* | DEURNE (ANTW.) | 1997 | V | 33 | 0:28:05 | 10,68 | 5:37 |
| 260 | 752 | THAS Olivier | ETTERBEEK | 1979 | M | 227 | 0:28:07 | 10,67 | 5:37 |
| 261 | 776 | STESSELS Quentin | KAPELLEN | 1994 | M | 228 | 0:28:09 | 10,66 | 5:38 |
| 262 | 881 | VERHELST Vincent | WILRIJK (ANTW.) | 1994 | M | 229 | 0:28:11 | 10,64 | 5:38 |
| 263 | 45 | VAN DE STEENE Lynn* | GENT | 1994 | V | 34 | 0:28:12 | 10,64 | 5:38 |
| 264 | 238 | WILLEMIJN ???* | MIERLO | 1992 | V | 35 | 0:28:14 | 10,63 | 5:39 |
| 265 | 47 | THYS Elyne* | BRASSCHAAT | 1988 | V | 36 | 0:28:25 | 10,56 | 5:41 |
| 266 | 936 | LOYENS Pieter | KORTESSEM | 1985 | M | 230 | 0:28:27 | 10,54 | 5:41 |
| 267 | 841 | BABIJN Francois | | 1981 | M | 231 | 0:28:29 | 10,53 | 5:42 |
| 268 | 913 | DEVLIEGER Johan | KNOKKE-HEIST | 1964 | M | 232 | 0:28:31 | 10,52 | 5:42 |
| 269 | 818 | PUYPE Daniel | KNOKKE | 1941 | M | 233 | 0:28:34 | 10,50 | 5:43 |
| 270 | 804 | BERNAERTS Fred | KAPELLEN | 1955 | M | 234 | 0:28:36 | 10,49 | 5:43 |
| 271 | 51 | LIEFOOGHE Hilde* | LANGEMARK | 1967 | V | 37 | 0:28:37 | 10,48 | 5:43 |
| 272 | 943 | GOSSYE Michel | TIELT | 1984 | M | 235 | 0:28:41 | 10,46 | 5:44 |
| 273 | 869 | SARLET Johan | MOERKERKE | 1965 | M | 236 | 0:28:43 | 10,45 | 5:45 |
| 274 | 831 | GUISSET Gary | BERCHEM (ANTW.) | 1988 | M | 237 | 0:28:44 | 10,44 | 5:45 |
| 275 | 650 | SAVELS Olivier | HEIST-AAN-ZEE | 1984 | M | 238 | 0:28:45 | 10,43 | 5:45 |
| 276 | 934 | DE WEL Herman | DIEST | 1938 | M | 239 | 0:28:48 | 10,42 | 5:46 |
| 277 | 172 | VINKEN Gabriela* | EKEREN (ANTW.) | 1988 | V | 38 | 0:28:52 | 10,39 | 5:46 |
| 278 | 35 | VAN GEYTE Veerle* | HAMME | 1966 | V | 39 | 0:28:53 | 10,39 | 5:47 |
| 279 | 18 | SERBRUYNS Claire* | KNOKKE-HEIST | 1951 | V | 40 | 0:28:55 | 10,37 | 5:47 |
| 280 | 822 | BOHN Jakob | EUPEN | 1997 | M | 240 | 0:28:55 | 10,37 | 5:47 |
| 281 | 823 | BOHN Ralph | EUPEN | 1958 | M | 241 | 0:28:55 | 10,37 | 5:47 |
| 282 | 668 | JOOSSENS Dries | KAPELLEN | 1993 | M | 242 | 0:28:56 | 10,37 | 5:47 |
| 283 | 517 | MALEGO Gino | ASPER-GAVERE | 1965 | M | 243 | 0:28:57 | 10,36 | 5:47 |
| 284 | 67 | QUEVIT Cathy* | SAINT-GHISLAIN | 1992 | V | 41 | 0:29:04 | 10,32 | 5:49 |
| 285 | 615 | DASTOOP Aaron | SINT-KRUIS | 1992 | M | 244 | 0:29:05 | 10,32 | 5:49 |
| 286 | 105 | WILLEMS Rita* | OOSTAKKER | 1957 | V | 42 | 0:29:07 | 10,30 | 5:49 |
| 287 | 679 | DEMEESTERE Louis | KNOKKE-HEIST | 1997 | M | 245 | 0:29:08 | 10,30 | 5:50 |
| 288 | 17 | MAES Margaux* | KNOKKE-HEIST | 1994 | V | 43 | 0:29:11 | 10,28 | 5:50 |
| 289 | 208 | DE WEL Greet* | MOLENSTEDE | 1966 | V | 44 | 0:29:12 | 10,27 | 5:50 |
| 290 | 43 | DELOOF Joanna* | HEIST-AAN-ZEE | 1997 | V | 45 | 0:29:13 | 10,27 | 5:51 |
| 291 | 834 | VERON Dirk | MORTSEL | 1950 | M | 246 | 0:29:14 | 10,26 | 5:51 |
| 292 | 536 | | | 1996 | M | 247 | 0:29:15 | 10,26 | 5:51 |
| 293 | 197 | REMKE Schermer* | PUTTE | 1967 | V | 46 | 0:29:17 | 10,24 | 5:51 |
| 294 | 620 | DE WILDE Mitch | DAMME | 1993 | M | 248 | 0:29:18 | 10,24 | 5:52 |
| 295 | 649 | MASQUELIER Damien | ANGLEUR | 1987 | M | 249 | 0:29:20 | 10,23 | 5:52 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-------------------------|-------------------|------|-----|-------|---------|-------|---------|
| 296 | 868 | AMEYS Lennard | SINT-ANDRIES | 1995 | M | 250 | 0:29:24 | 10,20 | 5:53 |
| 297 | 235 | PAGANINI Benjamino | SINT-KRUIS | 1994 | M | 251 | 0:29:26 | 10,19 | 5:53 |
| 298 | 861 | VINCKE Jochen | BLANKENBERGE | 1981 | M | 252 | 0:29:27 | 10,19 | 5:53 |
| 299 | 946 | ELST Vincent | EKEREN (ANTW.) | 1991 | M | 253 | 0:29:28 | 10,18 | 5:54 |
| 300 | 756 | KREPS Paul | KNOKKE-HEIST | 1952 | M | 254 | 0:29:29 | 10,18 | 5:54 |
| 301 | 66 | VAN MEULEBROECK Fien* | MALDEGEM | 1984 | V | 47 | 0:29:30 | 10,17 | 5:54 |
| 302 | 906 | GOOSSENS Gerry | BEVEREN | 1982 | M | 255 | 0:29:33 | 10,15 | 5:55 |
| 303 | 194 | BRACKE Birgit* | GENTBRUGGE | 1987 | V | 48 | 0:29:34 | 10,15 | 5:55 |
| 304 | 771 | DESCHAETZEN Edouard | OVERIJSE | 1995 | M | 256 | 0:29:34 | 10,15 | 5:55 |
| 305 | 5 | POPPE Sylvie* | KNOKKE-HEIST | 1971 | V | 49 | 0:29:35 | 10,14 | 5:55 |
| 306 | 641 | VANDERMEER Patrick | ANTWERPEN | 1966 | M | 257 | 0:29:35 | 10,14 | 5:55 |
| 307 | 854 | VERHAERT Gilles | HEIST-AAN-ZEE | 1995 | M | 258 | 0:29:35 | 10,14 | 5:55 |
| 308 | 236 | LAENENS Els* | SINT-KRUIS | 1964 | V | 50 | 0:29:37 | 10,13 | 5:55 |
| 309 | 564 | COKELAERE Jelle | OESELGEM | 1992 | M | 259 | 0:29:37 | 10,13 | 5:55 |
| 310 | 563 | COKELAERE Johan | OESELGEM | 1966 | M | 260 | 0:29:38 | 10,12 | 5:56 |
| 311 | 593 | CLAERHOUDT Dieter | KNOKKE-HEIST | 1977 | M | 261 | 0:29:41 | 10,11 | 5:56 |
| 312 | 176 | VERBERGT Astrid* | EKEREN (ANTW.) | 1989 | V | 51 | 0:29:44 | 10,09 | 5:57 |
| 313 | 629 | EMERY Bart | HERENTHOUT | 1993 | M | 262 | 0:29:45 | 10,08 | 5:57 |
| 314 | 628 | EMERY Maurice | HERENTHOUT | 1952 | M | 263 | 0:29:46 | 10,08 | 5:57 |
| 315 | 134 | VERNIMME An* | | 1963 | V | 52 | 0:29:47 | 10,07 | 5:57 |
| 316 | 811 | CANT Willy | KNOKKE-HEIST | 1941 | M | 264 | 0:29:48 | 10,07 | 5:58 |
| 317 | 124 | DE GRAVE Tine* | MUIZEN (MECHELEN) | 1965 | V | 53 | 0:29:52 | 10,04 | 5:58 |
| 318 | 856 | DE DONCKER Adriaan | KAPellen | 1991 | M | 265 | 0:29:53 | 10,04 | 5:59 |
| 319 | 572 | VAN REMOORTEL Christof | KAPellen | 1987 | M | 266 | 0:29:56 | 10,02 | 5:59 |
| 320 | 851 | VAN DER SMISSEN Ben | WILRIJK (ANTW.) | 1988 | M | 267 | 0:29:59 | 10,01 | 6:00 |
| 321 | 809 | VANLAER Steven | NEVELE | 1971 | M | 268 | 0:30:02 | 9,99 | 6:00 |
| 322 | 545 | DE DYCKER Bernard | AALST | 1970 | M | 269 | 0:30:05 | 9,97 | 6:01 |
| 323 | 78 | LARIDON Krista* | KNOKKE-HEIST | 1966 | V | 54 | 0:30:06 | 9,97 | 6:01 |
| 324 | 878 | GOMMERS Tommy | KONINGSHOOIKT | 1995 | M | 270 | 0:30:07 | 9,96 | 6:01 |
| 325 | 182 | SLACHMUYLDERS Ann* | BOECHOUT | 1963 | V | 55 | 0:30:14 | 9,92 | 6:03 |
| 326 | 106 | ROUSSEFF Thais* | SINT-ANDRIES | 1987 | V | 56 | 0:30:15 | 9,92 | 6:03 |
| 327 | 86 | SOHNEPP Charlotte* | LAUSANNE | 1991 | V | 57 | 0:30:17 | 9,91 | 6:03 |
| 328 | 952 | ADRIAENSSENS Lorenz | BERENDRECHT | 1989 | M | 271 | 0:30:18 | 9,90 | 6:04 |
| 329 | 411 | BOUCKAERT Barbara* | BRUSSEL | 1976 | V | 58 | 0:30:20 | 9,89 | 6:04 |
| 330 | 146 | DE PREST Charlotte* | WAARSCHOOT | 1988 | V | 59 | 0:30:23 | 9,87 | 6:05 |
| 331 | 751 | GHESELLE Gilbert | KNOKKE-HEIST | 1955 | M | 272 | 0:30:24 | 9,87 | 6:05 |
| 332 | 674 | BENTEIN Franky | KNOKKE | 1964 | M | 273 | 0:30:26 | 9,86 | 6:05 |
| 333 | 843 | MADDENS Gerald | KORTRIJK | 1991 | M | 274 | 0:30:27 | 9,85 | 6:05 |
| 334 | 145 | LIPPENS Martine* | ZEEBRUGGE | 1964 | V | 60 | 0:30:28 | 9,85 | 6:06 |
| 335 | 154 | VAN ERP Monique* | BOORTMEERBEEK | 1957 | V | 61 | 0:30:29 | 9,84 | 6:06 |
| 336 | 53 | GOOSSENS Jade* | NIEL | 1992 | V | 62 | 0:30:30 | 9,84 | 6:06 |
| 337 | 866 | DELMULLE Maxime | NEDERZWALM | 1992 | M | 275 | 0:30:31 | 9,83 | 6:06 |
| 338 | 910 | NEVENS Cedric | LICHTAART | 1994 | M | 276 | 0:30:32 | 9,83 | 6:06 |
| 339 | 547 | VANDE REYDE Philippe | AARSCHOT | 1966 | M | 277 | 0:30:34 | 9,81 | 6:07 |
| 340 | 34 | NEYTS Nadine* | HEIST-AAN-ZEE | 1955 | V | 63 | 0:30:35 | 9,81 | 6:07 |
| 341 | 555 | MALDERIE Paul | ASSE | 1957 | M | 278 | 0:30:35 | 9,81 | 6:07 |
| 342 | 199 | NEVENS Caroline* | LICHTAART | 1991 | V | 64 | 0:30:36 | 9,80 | 6:07 |
| 343 | 911 | NEVENS Lieven | LICHTAART | 1961 | M | 279 | 0:30:37 | 9,80 | 6:07 |
| 344 | 110 | CLIJMANS Bieke* | BEERSE | 1996 | V | 65 | 0:30:38 | 9,79 | 6:08 |
| 345 | 684 | MERLEVEDE Yves | KNOKKE-HEIST | 1973 | M | 280 | 0:30:41 | 9,78 | 6:08 |
| 346 | 599 | VERMEERSCH Frederic | KNOKKE-HEIST | 1992 | M | 281 | 0:30:44 | 9,76 | 6:09 |
| 347 | 825 | VAN DEN BROUCKE Andreas | KNOKKE-HEIST | 1997 | M | 282 | 0:30:46 | 9,75 | 6:09 |
| 348 | 790 | ANTONELLO Mattia | | 1996 | M | 283 | 0:30:47 | 9,75 | 6:09 |
| 349 | 852 | DE SMEDT Alain | SLEIDINGE | 1957 | M | 284 | 0:30:47 | 9,75 | 6:09 |
| 350 | 83 | ARSCHOOT Ruby* | ZEDELGEM | 1994 | V | 66 | 0:30:48 | 9,74 | 6:10 |
| 351 | 920 | STRAUVEN Frank | LANDEN | 1968 | M | 285 | 0:30:49 | 9,73 | 6:10 |
| 352 | 951 | ADRIAENSSENS Florian | BERENDRECHT | 1991 | M | 286 | 0:30:50 | 9,73 | 6:10 |
| 353 | 95 | VANDE GINSTE Marie* | BRUGGE | 1993 | V | 67 | 0:30:51 | 9,72 | 6:10 |
| 354 | 49 | CLAESSENS Stephanie* | KAPellen | 1989 | V | 68 | 0:30:56 | 9,70 | 6:11 |
| 355 | 837 | PLOVIE Tom | KNOKKE-HEIST | 1998 | M | 287 | 0:30:57 | 9,69 | 6:11 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-------------------------|-------------------|------|-----|-------|---------|------|---------|
| 356 | 244 | DE RAEDT Gille* | DESTELBERGEN | | V | 69 | 0:30:59 | 9,68 | 6:12 |
| 357 | 245 | VAN HELLEPUTTE Chantal* | OOSTAKKER | 1965 | V | 70 | 0:30:59 | 9,68 | 6:12 |
| 358 | 156 | VLYMINCK Stephanie* | SINT-NIKLAAS | 1992 | V | 71 | 0:31:02 | 9,67 | 6:12 |
| 359 | 402 | KROL Edyta* | BRUSSEL | 1980 | V | 72 | 0:31:03 | 9,66 | 6:13 |
| 360 | 31 | LAMONTE Liena* | SCHEPDAAL | 1995 | V | 73 | 0:31:05 | 9,65 | 6:13 |
| 361 | 30 | LAMONTE Ilana* | SCHEPDAAL | 1998 | V | 74 | 0:31:06 | 9,65 | 6:13 |
| 362 | 762 | LAMONTE Stefaan | SCHEPDAAL | 1969 | M | 288 | 0:31:07 | 9,64 | 6:13 |
| 363 | 600 | VERMEERSCH Chris | ZOERSEL | 1959 | M | 289 | 0:31:08 | 9,64 | 6:14 |
| 364 | 587 | WERY Peter | GIERLE | 1960 | M | 290 | 0:31:08 | 9,64 | 6:14 |
| 365 | 140 | VANHOVE Nele* | KNOKKE-HEIST | 1975 | V | 75 | 0:31:09 | 9,63 | 6:14 |
| 366 | 582 | GOER Marx | GIERLE | 1940 | M | 291 | 0:31:10 | 9,63 | 6:14 |
| 367 | 853 | VANCAUTEREN Jf | SLEIDINGE | 1952 | M | 292 | 0:31:11 | 9,62 | 6:14 |
| 368 | 25 | VANDIERENDONCK Sabrina* | KNOKKE-HEIST | 1965 | V | 76 | 0:31:14 | 9,61 | 6:15 |
| 369 | 112 | MANHAEVE Sarah* | KNOKKE-HEIST | 1990 | V | 77 | 0:31:15 | 9,60 | 6:15 |
| 370 | 640 | DEMECKER Jan | HEIST-AAN-ZEE | 1960 | M | 293 | 0:31:15 | 9,60 | 6:15 |
| 371 | 150 | EERENS Lise* | KNOKKE-HEIST | 1990 | V | 78 | 0:31:16 | 9,59 | 6:15 |
| 372 | 173 | VINKEN Elisabeth* | EKEREN (ANTW.) | 1987 | V | 79 | 0:31:17 | 9,59 | 6:15 |
| 373 | 177 | VERBERGT Barbara* | EKEREN (ANTW.) | 1994 | V | 80 | 0:31:17 | 9,59 | 6:15 |
| 374 | 2 | SAVELS Carine* | KNOKKE-HEIST | 1961 | V | 81 | 0:31:18 | 9,58 | 6:16 |
| 375 | 882 | VERHELST Erik | WILRIJK (ANTW.) | 1964 | M | 294 | 0:31:18 | 9,58 | 6:16 |
| 376 | 634 | TOTE Erik | MELSELE | 1954 | M | 295 | 0:31:20 | 9,57 | 6:16 |
| 377 | 702 | CLAEYS Gilbert | KNOKKE-HEIST | 1954 | M | 296 | 0:31:22 | 9,56 | 6:16 |
| 378 | 503 | VAN DEN BORRE Pirmin | DESTELBERGEN | 1989 | M | 297 | 0:31:28 | 9,53 | 6:18 |
| 379 | 561 | SCHEPENS Fabrice | OTEGEM | 1972 | M | 298 | 0:31:29 | 9,53 | 6:18 |
| 380 | 158 | POLLET Caroline* | VARSNARE | 1974 | V | 82 | 0:31:30 | 9,52 | 6:18 |
| 381 | 892 | DE PREST Jet | WAARSCHOOT | 1905 | M | 299 | 0:31:32 | 9,51 | 6:18 |
| 382 | 895 | KERCKHOVE Jens | OOSTKERKE (DAMME) | 1996 | M | 300 | 0:31:33 | 9,51 | 6:19 |
| 383 | 79 | MOLSTOR Carole* | SOULEUVRE | 1981 | V | 83 | 0:31:34 | 9,50 | 6:19 |
| 384 | 7 | DELEU Valesca* | KNOKKE-HEIST | 1981 | V | 84 | 0:31:34 | 9,50 | 6:19 |
| 385 | 179 | DUMORTIER Mieke* | KNOKKE-HEIST | 1970 | V | 85 | 0:31:35 | 9,50 | 6:19 |
| 386 | 594 | NERGUCHT Frank | BRUGGE | 1948 | M | 301 | 0:31:35 | 9,50 | 6:19 |
| 387 | 928 | HUNGENAERT Willy | KNOKKE-HEIST | 1943 | M | 302 | 0:31:37 | 9,49 | 6:19 |
| 388 | 590 | KERREMANS Gert | GIERLE | 1972 | M | 303 | 0:31:40 | 9,47 | 6:20 |
| 389 | 792 | DE COCK Dario | GENTBRUGGE | 1995 | M | 304 | 0:31:41 | 9,47 | 6:20 |
| 390 | 893 | DOBBELAERE Ernest | KNOKKE-HEIST | 1938 | M | 305 | 0:31:42 | 9,46 | 6:20 |
| 391 | 119 | MAERTENS Tiffany* | OEDELEM | 1995 | V | 86 | 0:31:43 | 9,46 | 6:21 |
| 392 | 527 | VANDERMEIREN Gregorie | STABROEK | 1994 | M | 306 | 0:31:44 | 9,45 | 6:21 |
| 393 | 103 | MEERS Kristine* | KAPellen | 1961 | V | 87 | 0:31:45 | 9,45 | 6:21 |
| 394 | 219 | POPPE Ann* | SINT-NIKLAAS | 1970 | V | 88 | 0:31:46 | 9,44 | 6:21 |
| 395 | 160 | BLONDEEL Susanne* | KNOKKE-HEIST | 1990 | V | 89 | 0:31:47 | 9,44 | 6:21 |
| 396 | 612 | VANDEN EYNDE Robin | MERKSEM (ANTW.) | 1998 | M | 307 | 0:31:49 | 9,43 | 6:22 |
| 397 | 6 | MASSIN Sylvie* | KNOKKE-HEIST | 1969 | V | 90 | 0:31:51 | 9,42 | 6:22 |
| 398 | 828 | HOUCK Willi | GISTEL | 1935 | M | 308 | 0:31:52 | 9,41 | 6:22 |
| 399 | 757 | VANLENT Pierre | WILLEBROEK | 1941 | M | 309 | 0:31:53 | 9,41 | 6:23 |
| 400 | 614 | VAN DEN EYNDE Eric | MERKSEM (ANTW.) | 1965 | M | 310 | 0:31:54 | 9,40 | 6:23 |
| 401 | 59 | VANDENABEELE Leen* | WESTERLO | 1962 | V | 91 | 0:31:55 | 9,40 | 6:23 |
| 402 | 209 | VERVARCKE Katrien* | OOSTKERKE (DAMME) | 1970 | V | 92 | 0:31:58 | 9,38 | 6:24 |
| 403 | 29 | HIMPE Mieke* | DIEST | 1975 | V | 93 | 0:31:58 | 9,38 | 6:24 |
| 404 | 210 | CLAEYS Sam* | DAMME | 1997 | V | 94 | 0:31:59 | 9,38 | 6:24 |
| 405 | 886 | LUYPAERT Jordy | HEIST-AAN-ZEE | 1991 | M | 311 | 0:32:01 | 9,37 | 6:24 |
| 406 | 655 | DAUTREBANDE Eliott | BRUSSEL | 1997 | M | 312 | 0:32:02 | 9,37 | 6:24 |
| 407 | 26 | DE BAENE Bo* | HEIST-AAN-ZEE | 1995 | V | 95 | 0:32:04 | 9,36 | 6:25 |
| 408 | 28 | BERNAERT Kathleen* | DE PINTE | 1965 | V | 96 | 0:32:05 | 9,35 | 6:25 |
| 409 | 21 | RAOEMARER Eline* | BRUXELLES | 1995 | V | 97 | 0:32:06 | 9,35 | 6:25 |
| 410 | 15 | DE SMET Daniel* | KRUIBEKE | 1960 | V | 98 | 0:32:12 | 9,32 | 6:26 |
| 411 | 618 | VAGENENDE Jonas | WETTEREN | 1996 | M | 313 | 0:32:14 | 9,31 | 6:27 |
| 412 | 888 | LUYPAERT Joeri | HEIST-AAN-ZEE | 1992 | M | 314 | 0:32:17 | 9,29 | 6:27 |
| 413 | 604 | PROVOOST Geert | KNOKKE-HEIST | 1962 | M | 315 | 0:32:20 | 9,28 | 6:28 |
| 414 | 125 | HELDERWEIRT Pascale* | KNOKKE-HEIST | 1965 | V | 99 | 0:32:21 | 9,27 | 6:28 |
| 415 | 549 | LAMBERT Rik | ZOMERGEM | 1963 | M | 316 | 0:32:25 | 9,25 | 6:29 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|---------------------------|------------------|------|-----|-------|---------|------|---------|
| 416 | 675 | HOORNAERT Jacques | KNOKKE-HEIST | 1961 | M | 317 | 0:32:29 | 9,24 | 6:30 |
| 417 | 68 | TERNY Marie-Christine* | BRUGGE | 1954 | V | 100 | 0:32:30 | 9,23 | 6:30 |
| 418 | 685 | MEUSER Frederik | KNOKKE-HEIST | 1948 | M | 318 | 0:32:32 | 9,22 | 6:30 |
| 419 | 607 | BEIRENS Michel | BRASSCHAAT | 1961 | M | 319 | 0:32:34 | 9,21 | 6:31 |
| 420 | 867 | DE RACKER Gil | KLUISBERGEN | 1996 | M | 320 | 0:32:36 | 9,20 | 6:31 |
| 421 | 617 | VAGENENDE Johan | WETTEREN | 1961 | M | 321 | 0:32:38 | 9,19 | 6:32 |
| 422 | 613 | PETERS Matthew | MERKSEM (ANTW.) | 1998 | M | 322 | 0:32:45 | 9,16 | 6:33 |
| 423 | 147 | DECUYPERE Joke* | LOONBEEK | 1996 | V | 101 | 0:32:47 | 9,15 | 6:33 |
| 424 | 777 | FRANCK Bernard | GENT | 1996 | M | 323 | 0:32:47 | 9,15 | 6:33 |
| 425 | 663 | JANSSENS Ludo | KNOKKE | 1949 | M | 324 | 0:32:47 | 9,15 | 6:33 |
| 426 | 672 | DECUYPERE Tijn | LOONBEEK | 1964 | M | 325 | 0:32:48 | 9,15 | 6:34 |
| 427 | 542 | ROGAERT Seppe | ZELE | 1998 | M | 326 | 0:32:49 | 9,14 | 6:34 |
| 428 | 586 | JACOBS Bart | GIERLE | 1976 | M | 327 | 0:32:53 | 9,12 | 6:35 |
| 429 | 72 | KERKHOFS Lore* | PEER | 1997 | V | 102 | 0:32:54 | 9,12 | 6:35 |
| 430 | 153 | BOLLUE Benedicte* | HOEILAART | 1971 | V | 103 | 0:32:57 | 9,10 | 6:35 |
| 431 | 596 | SLARPHATIE Daniel | KNOKKE-HEIST | 1944 | M | 328 | 0:32:58 | 9,10 | 6:36 |
| 432 | 74 | VANDERLOCHT Lut* | PEER | 1968 | V | 104 | 0:32:59 | 9,10 | 6:36 |
| 433 | 73 | VANDERLOCHT Gerda* | PEER | 1968 | V | 105 | 0:33:00 | 9,09 | 6:36 |
| 434 | 54 | PEETERS Maxime* | REET | 1991 | V | 106 | 0:33:02 | 9,08 | 6:36 |
| 435 | 242 | WILLEMS Petra* | MALDEGEM | 1973 | V | 107 | 0:33:03 | 9,08 | 6:37 |
| 436 | 241 | SIERENS Evy* | MALDEGEM | 1982 | V | 108 | 0:33:04 | 9,07 | 6:37 |
| 437 | 204 | CASIER Katelijne* | KNOKKE-HEIST | 1996 | V | 109 | 0:33:06 | 9,06 | 6:37 |
| 438 | 812 | VANRUSSELT Ludo | NIEUWERKERKEN | 1943 | M | 329 | 0:33:06 | 9,06 | 6:37 |
| 439 | 653 | DAUTREBANDE Olivier | BRUSSEL | 1965 | M | 330 | 0:33:08 | 9,05 | 6:38 |
| 440 | 205 | YASMINE ?????* | KNOKKE-HEIST | 1999 | V | 110 | 0:33:10 | 9,05 | 6:38 |
| 441 | 654 | DAUTREBANDE Arthur | BRUSSEL | 1999 | M | 331 | 0:33:10 | 9,05 | 6:38 |
| 442 | 189 | RAPPE Joyce* | KNOKKE-HEIST | 1992 | V | 111 | 0:33:12 | 9,04 | 6:38 |
| 443 | 188 | ANNYS Melina* | KNOKKE-HEIST | 1996 | V | 112 | 0:33:12 | 9,04 | 6:38 |
| 444 | 808 | VAN DEN SANDE Jean Pierre | LOVENDEGEM | 1953 | M | 332 | 0:33:14 | 9,03 | 6:39 |
| 445 | 947 | KONINGSVELD Arnout | KAPELLEN | 1991 | M | 333 | 0:33:16 | 9,02 | 6:39 |
| 446 | 139 | RAPPE Vera* | KNOKKE-HEIST | 1949 | V | 113 | 0:33:22 | 8,99 | 6:40 |
| 447 | 115 | VERELLEN Camille* | BRASSCHAAT | 1999 | V | 114 | 0:33:24 | 8,98 | 6:41 |
| 448 | 75 | JANSSENS Christine* | ZOERSEL | 1959 | V | 115 | 0:33:25 | 8,98 | 6:41 |
| 449 | 815 | VAN EECKE Edwin | KNOKKE-HEIST | 1948 | M | 334 | 0:33:29 | 8,96 | 6:42 |
| 450 | 907 | TIMMERMANS Fabian | AARTSELAAR | 1993 | M | 335 | 0:33:43 | 8,90 | 6:45 |
| 451 | 129 | BRUNEEL Maxime* | ZEEBRUGGE | 1998 | V | 116 | 0:33:44 | 8,89 | 6:45 |
| 452 | 535 | DE GROOTE Thibaut | KNOKKE-HEIST | 1994 | M | 336 | 0:33:45 | 8,89 | 6:45 |
| 453 | 111 | DE LAAT Ann* | MACHELEN | 1963 | V | 117 | 0:33:46 | 8,88 | 6:45 |
| 454 | 860 | BRUNEEL Kurt | ZWANKENDAMME | 1966 | M | 337 | 0:33:46 | 8,88 | 6:45 |
| 455 | 847 | VANDEPLITTE Jules | HEIST-AAN-ZEE | 1997 | M | 338 | 0:33:48 | 8,88 | 6:46 |
| 456 | 98 | COOREMAN Tania* | MELLE | 1966 | V | 118 | 0:33:49 | 8,87 | 6:46 |
| 457 | 196 | ROSSEEL Kristien* | ICHTEGEM | 1962 | V | 119 | 0:33:50 | 8,87 | 6:46 |
| 458 | 661 | GHIJSSELS Roger | OETINGEN | 1947 | M | 339 | 0:33:51 | 8,86 | 6:46 |
| 459 | 107 | JANSSENS Annick* | EDEGEM | 1962 | V | 120 | 0:33:52 | 8,86 | 6:46 |
| 460 | 137 | | | | M | 340 | 0:33:52 | 8,86 | 6:46 |
| 461 | 136 | ZOE Zoe* | ST-MARTENS-LATEM | 1995 | V | 121 | 0:33:53 | 8,85 | 6:47 |
| 462 | 191 | VAN LEEUWEN Lien* | EVERGEM | 1990 | V | 122 | 0:33:53 | 8,85 | 6:47 |
| 463 | 178 | HAUSPIE Nathalie* | ZEEBRUGGE | 1974 | V | 123 | 0:33:54 | 8,85 | 6:47 |
| 464 | 8 | DESPIEGELAERE Tania* | KNOKKE-HEIST | 1964 | V | 124 | 0:33:54 | 8,85 | 6:47 |
| 465 | 114 | DE WOLF Celine* | WUUSTWEZEL | 1995 | V | 125 | 0:33:58 | 8,83 | 6:48 |
| 466 | 38 | STANDAERT Kathleen* | HEIST-AAN-ZEE | 1961 | V | 126 | 0:34:01 | 8,82 | 6:48 |
| 467 | 914 | DEVLIEGER Sander | KNOKKE-HEIST | 1993 | M | 341 | 0:34:10 | 8,78 | 6:50 |
| 468 | 130 | BOONS Ingrid* | HERENTALS | 1962 | V | 127 | 0:34:11 | 8,78 | 6:50 |
| 469 | 656 | DELVAUX Maximilien | BRUSSEL | 1997 | M | 342 | 0:34:12 | 8,77 | 6:50 |
| 470 | 183 | DEVLIEGER Lisa* | KNOKKE-HEIST | 1993 | V | 128 | 0:34:13 | 8,77 | 6:51 |
| 471 | 14 | VERHAEGHE Kathy* | DE PANNE | 1967 | V | 129 | 0:34:14 | 8,76 | 6:51 |
| 472 | 525 | DE GUCHENEIRE Filip | ERTVELDE | 1967 | M | 343 | 0:34:15 | 8,76 | 6:51 |
| 473 | 857 | CLISMANS Roger | BEERSE | 1960 | M | 344 | 0:34:15 | 8,76 | 6:51 |
| 474 | 108 | CLIJMANS Tine* | BEERSE | | V | 130 | 0:34:16 | 8,75 | 6:51 |
| 475 | 239 | REIJNEN Aniiane* | MIERLO | 1990 | V | 131 | 0:34:16 | 8,75 | 6:51 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-----------------------|-----------------|------|-----|-------|---------|------|---------|
| 476 | 237 | NANETTE ???* | MIERLO | 1991 | V | 132 | 0:34:16 | 8,75 | 6:51 |
| 477 | 88 | LAAKSONEN Katina* | HAASRODE | 1973 | V | 133 | 0:34:19 | 8,74 | 6:52 |
| 478 | 657 | SCHOCKAERT Evrard | BRUXELLES | 1997 | M | 345 | 0:34:19 | 8,74 | 6:52 |
| 479 | 611 | VAN EECKE Patrick | HAASRODE | 1970 | M | 346 | 0:34:19 | 8,74 | 6:52 |
| 480 | 644 | DE GREEF Renbert | BIERBEEK | 1994 | M | 347 | 0:34:27 | 8,71 | 6:53 |
| 481 | 643 | VANDENBERGHE Jacques | SINT-KRUIS | 1950 | M | 348 | 0:34:28 | 8,70 | 6:54 |
| 482 | 151 | DESMEDT Caroline* | KNOKKE-HEIST | 1957 | V | 134 | 0:34:29 | 8,70 | 6:54 |
| 483 | 165 | SNEPPE Nathalie* | KNOKKE-HEIST | 1985 | V | 135 | 0:34:29 | 8,70 | 6:54 |
| 484 | 100 | BURGGRAEVE Lieselot* | KNOKKE-HEIST | 1990 | V | 136 | 0:34:30 | 8,70 | 6:54 |
| 485 | 101 | DEVOS Jozefien* | KNOKKE-HEIST | 1991 | V | 137 | 0:34:31 | 8,69 | 6:54 |
| 486 | 99 | PYCKAVET Lisa* | KNOKKE-HEIST | 1992 | V | 138 | 0:34:31 | 8,69 | 6:54 |
| 487 | 94 | COLSON Florence* | MAASMECHELEN | 1990 | V | 139 | 0:34:32 | 8,69 | 6:54 |
| 488 | 926 | HAERS Paul | KESSEL-LO | 1958 | M | 349 | 0:34:32 | 8,69 | 6:54 |
| 489 | 180 | ROEMEN Joelle* | AARTSELAAR | 1963 | V | 140 | 0:34:33 | 8,68 | 6:55 |
| 490 | 41 | DE GENDT Stephanie* | TEMSE | 1984 | V | 141 | 0:34:34 | 8,68 | 6:55 |
| 491 | 96 | VANDE GINSTE Justine* | BRUGGE | 1996 | V | 142 | 0:34:35 | 8,67 | 6:55 |
| 492 | 207 | DE NAEYER Manon* | BEVEREN | 1992 | V | 143 | 0:34:37 | 8,67 | 6:55 |
| 493 | 76 | SARPHATIE Michel* | KNOKKE-HEIST | 1990 | V | 144 | 0:34:39 | 8,66 | 6:56 |
| 494 | 126 | VAN DE GUCHT Veerle* | KNOKKE-HEIST | 1961 | V | 145 | 0:34:41 | 8,65 | 6:56 |
| 495 | 884 | BAETENS Raoul | WAREGEM | 1938 | M | 350 | 0:34:43 | 8,64 | 6:57 |
| 496 | 40 | BURDYUKOVA Uiktorja* | GENT | 1988 | V | 146 | 0:34:44 | 8,64 | 6:57 |
| 497 | 104 | DUSAUTOIR Marie* | FLETRE | 1960 | V | 147 | 0:34:44 | 8,64 | 6:57 |
| 498 | 248 | LOSSIE Nele* | DENDERMONDE | 1981 | V | 148 | 0:34:46 | 8,63 | 6:57 |
| 499 | 39 | BURDYUKOVA Larisa* | GENT | 1957 | V | 149 | 0:34:49 | 8,62 | 6:58 |
| 500 | 879 | DEVOS Piet | | 1941 | M | 351 | 0:34:53 | 8,60 | 6:59 |
| 501 | 141 | DEVRIENDT Nicole* | KNOKKE-HEIST | 1952 | V | 150 | 0:34:54 | 8,60 | 6:59 |
| 502 | 70 | BIXHAIN Christine* | KNOKKE-HEIST | 1960 | V | 151 | 0:34:55 | 8,59 | 6:59 |
| 503 | 167 | BENTEIN Lindsay* | KNOKKE-HEIST | 1991 | V | 152 | 0:34:59 | 8,58 | 7:00 |
| 504 | 680 | SCHOONBAERT Wilfried | MOERKERKE | 1959 | M | 352 | 0:35:00 | 8,57 | 7:00 |
| 505 | 217 | CLEYBERGH Nuria* | ANTWERPEN | 1994 | V | 153 | 0:35:02 | 8,56 | 7:00 |
| 506 | 4 | BAERT Nicole* | TEMSE | 1963 | V | 154 | 0:35:03 | 8,56 | 7:01 |
| 507 | 240 | KONINGSVELD Helene* | KAPELLEN | 1991 | V | 155 | 0:35:05 | 8,55 | 7:01 |
| 508 | 82 | DE BUCK Fanny* | SINT-ANDRIES | 1965 | V | 156 | 0:35:06 | 8,55 | 7:01 |
| 509 | 84 | GIRALDO Corine* | ZEDELGEM | 1968 | V | 157 | 0:35:06 | 8,55 | 7:01 |
| 510 | 164 | BEAUSAERT Julie* | KNOKKE-HEIST | 1997 | V | 158 | 0:35:15 | 8,51 | 7:03 |
| 511 | 33 | LAPORTE Myriam* | AARSCHOT | 1967 | V | 159 | 0:35:16 | 8,51 | 7:03 |
| 512 | 116 | VERELLEN Ania* | BRASSCHAAT | 1995 | V | 160 | 0:35:24 | 8,47 | 7:05 |
| 513 | 166 | MONBALLYU Lut* | HEIST-AAN-ZEE | 1955 | V | 161 | 0:35:24 | 8,47 | 7:05 |
| 514 | 162 | MAES Fabienne* | KNOKKE-HEIST | 1969 | V | 162 | 0:35:25 | 8,47 | 7:05 |
| 515 | 565 | KEIZER Ruud | KNOKKE | 1945 | M | 353 | 0:35:42 | 8,40 | 7:08 |
| 516 | 148 | VIAENE Mieke* | LOONBEEK | 1965 | V | 163 | 0:35:49 | 8,38 | 7:10 |
| 517 | 903 | VANHAMME Ivan | ZOMERGEM | 1951 | M | 354 | 0:35:53 | 8,36 | 7:11 |
| 518 | 198 | MEYERS Sylvia* | KNOKKE-HEIST | 1968 | V | 164 | 0:35:58 | 8,34 | 7:12 |
| 519 | 589 | VAN DE PUT Ludo | GIERLE | 1964 | M | 355 | 0:36:03 | 8,32 | 7:13 |
| 520 | 848 | SNEPPE Dylan | HEIST-AAN-ZEE | 1992 | M | 356 | 0:36:06 | 8,31 | 7:13 |
| 521 | 118 | NOPPE Rosanne* | OEDELEM | 1949 | V | 165 | 0:36:07 | 8,31 | 7:13 |
| 522 | 645 | MAERTENS Jordy | OEDELEM | 1998 | M | 357 | 0:36:07 | 8,31 | 7:13 |
| 523 | 138 | MASQUELLIER Sophie* | ANGLEUR | 1989 | V | 166 | 0:36:09 | 8,30 | 7:14 |
| 524 | 181 | VANDEPUTTE Emilie* | BOECHOUT | 1994 | V | 167 | 0:36:13 | 8,28 | 7:15 |
| 525 | 42 | VANDENBOSCH Marie* | HEIST-AAN-ZEE | 1999 | V | 168 | 0:36:24 | 8,24 | 7:17 |
| 526 | 44 | DELOOF Mirke* | HEIST-AAN-ZEE | | V | 169 | 0:36:24 | 8,24 | 7:17 |
| 527 | 642 | RENS Geert | SCHILDE | 1964 | M | 358 | 0:36:24 | 8,24 | 7:17 |
| 528 | 128 | DENECKER Astrid* | KNOKKE-HEIST | 1992 | V | 170 | 0:36:36 | 8,20 | 7:19 |
| 529 | 131 | COUVREUR Evelien* | KNOKKE-HEIST | 1997 | V | 171 | 0:36:39 | 8,19 | 7:20 |
| 530 | 624 | SIMON Martin | OTHEE | 1993 | M | 359 | 0:36:41 | 8,18 | 7:20 |
| 531 | 215 | HUYGHE Fynn* | EDEGEM | 1985 | V | 172 | 0:36:45 | 8,16 | 7:21 |
| 532 | 216 | DANDELOOY Julie* | WILRIJK (ANTW.) | 1985 | V | 173 | 0:36:45 | 8,16 | 7:21 |
| 533 | 249 | DEL MARROL Francoise* | JETTE | 1960 | V | 174 | 0:36:47 | 8,16 | 7:21 |
| 534 | 700 | DEL MARMOL Alex | BEERSEL | 1994 | M | 360 | 0:36:49 | 8,15 | 7:22 |
| 535 | 501 | MATTHEEUWS Bert | KNOKKE-HEIST | 1996 | M | 361 | 0:36:55 | 8,13 | 7:23 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|-------------------|------|-----|-------|---------|------|---------|
| 536 | 155 | VLIMINCK Evelien* | SINT-NIKLAAS | 1994 | V | 175 | 0:36:58 | 8,12 | 7:24 |
| 537 | 585 | MERTENS Michel | GIERLE | 1980 | M | 362 | 0:36:59 | 8,11 | 7:24 |
| 538 | 132 | COUVREUR Hanne* | KNOKKE-HEIST | 1992 | V | 176 | 0:37:00 | 8,11 | 7:24 |
| 539 | 521 | ROOSEN Louis Paul | KNOKKE-HEIST | 1998 | M | 363 | 0:37:01 | 8,10 | 7:24 |
| 540 | 159 | DE MUNCK Marleen* | SINT-NIKLAAS | 1967 | V | 177 | 0:37:02 | 8,10 | 7:24 |
| 541 | 58 | DECOSTER Sylvie* | IXELLES | 1979 | V | 178 | 0:37:03 | 8,10 | 7:25 |
| 542 | 705 | VAN RAEMDONCK Luc | SINT-NIKLAAS | 1996 | M | 364 | 0:37:06 | 8,09 | 7:25 |
| 543 | 9 | CROECKAERT Ann Maria* | KNOKKE-HEIST | 1971 | V | 179 | 0:37:18 | 8,04 | 7:28 |
| 544 | 24 | RAOEMAREK Stephanie* | BRUXELLES | | V | 180 | 0:37:20 | 8,04 | 7:28 |
| 545 | 23 | VEEGER Det* | BRUXELLES | 1963 | V | 181 | 0:37:20 | 8,04 | 7:28 |
| 546 | 212 | INGHELDS Indra* | SINT-PAUWELS | 1996 | V | 182 | 0:37:23 | 8,02 | 7:29 |
| 547 | 591 | DANGESTELI Matthias | KINROOI | 1998 | M | 365 | 0:37:25 | 8,02 | 7:29 |
| 548 | 592 | VAN GESTEL Serge | HULDENBERG | 1964 | M | 366 | 0:37:26 | 8,01 | 7:29 |
| 549 | 163 | TOMSCHE Patty* | KNOKKE-HEIST | 1964 | V | 183 | 0:37:28 | 8,01 | 7:30 |
| 550 | 213 | PALMANS Inge* | SINT-PAUWELS | 1968 | V | 184 | 0:37:29 | 8,00 | 7:30 |
| 551 | 554 | VAN GOOL Frank | ESSENE | 1971 | M | 367 | 0:37:30 | 8,00 | 7:30 |
| 552 | 553 | VAN GOOL Louis | BEERSE | 1935 | M | 368 | 0:37:30 | 8,00 | 7:30 |
| 553 | 560 | LUYPAERT Ingo | BRUSSEGEM | 1971 | M | 369 | 0:37:33 | 7,99 | 7:31 |
| 554 | 175 | VERBERGT Aline* | EKEREN (ANTW.) | 1996 | V | 185 | 0:37:35 | 7,98 | 7:31 |
| 555 | 169 | VERBERGT Lise* | EKEREN (ANTW.) | 1958 | V | 186 | 0:37:36 | 7,98 | 7:31 |
| 556 | 550 | DEGRANDE Andr | BEERNEM | 1935 | M | 370 | 0:37:37 | 7,98 | 7:31 |
| 557 | 27 | DE COSTER An* | ZELE | 1970 | V | 187 | 0:37:38 | 7,97 | 7:32 |
| 558 | 1391 | DE GROOTE Luc | KNOKKE-HEIST | 1962 | M | 371 | 0:37:45 | 7,95 | 7:33 |
| 559 | 206 | D'HELDT Leen* | TURNHOUT | 1958 | V | 188 | 0:38:00 | 7,89 | 7:36 |
| 560 | 22 | VEEGER Lot* | BRUXELLES | 1970 | V | 189 | 0:38:04 | 7,88 | 7:37 |
| 561 | 12 | SCHILLEWAERT Elien* | KNOKKE-HEIST | 1994 | V | 190 | 0:38:05 | 7,88 | 7:37 |
| 562 | 81 | VERHULST Jasmine* | VILVOORDE | 1989 | V | 191 | 0:38:10 | 7,86 | 7:38 |
| 563 | 10 | DE GROOTE Annick* | KNOKKE-HEIST | 1963 | V | 192 | 0:38:12 | 7,85 | 7:38 |
| 564 | 11 | DE DEYNE Christel* | KNOKKE-HEIST | 1963 | V | 193 | 0:38:14 | 7,85 | 7:39 |
| 565 | 583 | DE VEL Bernard | LILLE | 1954 | M | 372 | 0:38:22 | 7,82 | 7:40 |
| 566 | 880 | ANSEEUW Geert | HERTSBERGE | 1947 | M | 373 | 0:38:30 | 7,79 | 7:42 |
| 567 | 122 | FRANCKEN Eline* | BEERSE | 1992 | V | 194 | 0:38:36 | 7,77 | 7:43 |
| 568 | 703 | MAERTENS Jarne | HEIST-AAN-ZEE | 1997 | M | 374 | 0:38:37 | 7,77 | 7:43 |
| 569 | 704 | MAERTENS Yvan | HEIST-AAN-ZEE | 1961 | M | 375 | 0:38:37 | 7,77 | 7:43 |
| 570 | 845 | CLIDMANS Gert | BEERSE | 1994 | M | 376 | 0:38:40 | 7,76 | 7:44 |
| 571 | 203 | BRUSSELLE Annesophie* | BRUGGE | 1996 | V | 195 | 0:39:10 | 7,66 | 7:50 |
| 572 | 57 | VAN CRAEYNST Dominique* | OOSTENDE | 1954 | V | 196 | 0:39:16 | 7,64 | 7:51 |
| 573 | 1 | DECOSTER Nathalie* | OOSTENDE | 1981 | V | 197 | 0:39:16 | 7,64 | 7:51 |
| 574 | 687 | WIELAND Geert | ZWAAG | 1994 | M | 377 | 0:39:18 | 7,63 | 7:52 |
| 575 | 152 | VAN DER CRUYSEN Claire* | KNOKKE-HEIST | 1949 | V | 198 | 0:39:24 | 7,61 | 7:53 |
| 576 | 144 | DE GROOTE Christine* | DEINZE | 1959 | V | 199 | 0:39:25 | 7,61 | 7:53 |
| 577 | 595 | SLARPHATIE Maurice | KNOKKE-HEIST | 1990 | M | 378 | 0:39:38 | 7,57 | 7:56 |
| 578 | 211 | HAERS Sophie* | KESSEL-LO | 1992 | V | 200 | 0:39:42 | 7,56 | 7:56 |
| 579 | 927 | HAERS Florian | KESSEL-LO | 1997 | M | 379 | 0:39:44 | 7,55 | 7:57 |
| 580 | 117 | DE WOLF Axelle* | WUUSTWEZEL | 1998 | V | 201 | 0:39:48 | 7,54 | 7:58 |
| 581 | 127 | DE DONCKER Inge* | BOOM | 1993 | V | 202 | 0:40:19 | 7,44 | 8:04 |
| 582 | 52 | GOORMACHTIGHE Elvire* | BOOM | 1996 | V | 203 | 0:40:19 | 7,44 | 8:04 |
| 583 | 588 | DE LEY Michel | GIERLE | 1976 | M | 380 | 0:40:24 | 7,43 | 8:05 |
| 584 | 62 | VANDINGENEN Simone* | GIERLE | 1946 | V | 204 | 0:40:26 | 7,42 | 8:05 |
| 585 | 584 | SIMONS Gert | GIERLE | 1975 | M | 381 | 0:40:26 | 7,42 | 8:05 |
| 586 | 659 | SAMII Darius | KNOKKE-HEIST | 1997 | M | 382 | 0:40:30 | 7,41 | 8:06 |
| 587 | 85 | GRUTTER Mireille* | LAUSANNE | 1963 | V | 205 | 0:40:33 | 7,40 | 8:07 |
| 588 | 833 | GRUTTER Jonas | LAUSANE | | M | 383 | 0:40:33 | 7,40 | 8:07 |
| 589 | 694 | HAERS Tanguy | KESSEL-LO | 1994 | M | 384 | 0:40:56 | 7,33 | 8:11 |
| 590 | 123 | KEGELS Chiara* | MUIZEN (MECHELEN) | 1995 | V | 206 | 0:41:21 | 7,26 | 8:16 |
| 591 | 949 | CLEYBERGH Arne | ANTWERPEN | | M | 385 | 0:41:43 | 7,19 | 8:21 |
| 592 | 787 | MARTIN Kevin | UCCLE | 1987 | M | 386 | 0:41:48 | 7,18 | 8:22 |
| 593 | 36 | VAN DEN WYNGAERT Evy* | LIER | 1978 | V | 207 | 0:41:56 | 7,15 | 8:23 |
| 594 | 184 | VAN DEURSEN Tamira* | KNOKKE-HEIST | 1994 | V | 208 | 0:42:02 | 7,14 | 8:24 |
| 595 | 627 | VAN BUYNDER Rene | WAASMUNSTER | 1926 | M | 387 | 0:42:06 | 7,13 | 8:25 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-----------------------|-----------------|------|-----|-------|---------|------|---------|
| 596 | 637 | FRANCKEN Ilias | BEERSE | 1999 | M | 388 | 0:42:09 | 7,12 | 8:26 |
| 597 | 120 | JOCKYNS Nancy* | BEERSE | 1967 | V | 209 | 0:42:10 | 7,11 | 8:26 |
| 598 | 543 | TORFS Benjamin | KNOKKE-HEIST | 1994 | M | 389 | 0:42:44 | 7,02 | 8:33 |
| 599 | 32 | DECLERCK Marleen* | BRUGGE | 1963 | V | 210 | 0:42:46 | 7,01 | 8:33 |
| 600 | 186 | DEGRYSE Jesie* | MORTSEL | 1968 | V | 211 | 0:42:54 | 6,99 | 8:35 |
| 601 | 187 | WIERINCKX Kris* | KESSEL-LO | 1968 | V | 212 | 0:43:02 | 6,97 | 8:36 |
| 602 | 502 | MATTHEEUWS Flor | KNOKKE-HEIST | 1996 | M | 390 | 0:43:44 | 6,86 | 8:45 |
| 603 | 121 | FRANCKEN Laura* | BEERSE | 1995 | V | 213 | 0:43:49 | 6,85 | 8:46 |
| 604 | 689 | WIELAND Dennis | ZWAAG | 1999 | M | 391 | 0:43:56 | 6,83 | 8:47 |
| 605 | 688 | WIELAND Mart | ZWAAG | 1966 | M | 392 | 0:43:59 | 6,82 | 8:48 |
| 606 | 849 | BRUININCKX Jos | WILRIJK (ANTW.) | 1951 | M | 393 | 0:44:02 | 6,81 | 8:48 |
| 607 | 214 | HALANS Jeanine* | WILRIJK | 1953 | V | 214 | 0:44:03 | 6,81 | 8:49 |
| 608 | 92 | PETERS Noémi* | MERKSEM (ANTW.) | | V | 215 | 0:44:19 | 6,77 | 8:52 |
| 609 | 90 | VAN DEN EYNDE Lorine* | MERKSEM (ANTW.) | 1998 | V | 216 | 0:44:19 | 6,77 | 8:52 |
| 610 | 91 | HERRIJGERS Linda* | MERKSEM (ANTW.) | 1966 | V | 217 | 0:44:20 | 6,77 | 8:52 |
| 611 | 93 | VERRESEN Christel* | MERKSEM (ANTW.) | 1966 | V | 218 | 0:44:20 | 6,77 | 8:52 |
| 612 | 143 | SAMIJ Caroline* | KNOKKE-HEIST | 1995 | V | 219 | 0:47:10 | 6,36 | 9:26 |
| 613 | 921 | REUBENS Benny | KNOKKE-HEIST | 1995 | M | 394 | 0:47:32 | 6,31 | 9:30 |
| 614 | 250 | DEL MARMOL Geraldine* | BEERSEL | 1990 | V | 220 | 0:53:40 | 5,59 | 10:44 |
| 615 | 699 | DEL MARMOL Philippe | BEERSEL | 1953 | M | 395 | 0:53:41 | 5,59 | 10:44 |
| 616 | 142 | GRANEAR Noushin* | KNOKKE-HEIST | 1960 | V | 221 | 0:57:48 | 5,19 | 11:34 |
| 617 | 658 | SAMIJ Alexander | KNOKKE-HEIST | 1955 | M | 396 | 1:06:41 | 4,50 | 13:20 |

10 KM

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|----------------------|-----------------|------|-----|-------|---------|-------|---------|
| 1 | 1288 | VERSTRAETE Didier | LANGEMARK | 1967 | M | 1 | 0:34:43 | 17,28 | 3:28 |
| 2 | 1432 | DERUDDERE Geert | WEVELGEM | 1960 | M | 2 | 0:34:59 | 17,15 | 3:30 |
| 3 | 1423 | NUYTENS Philippe | DESSELGEM | 1962 | M | 3 | 0:35:45 | 16,78 | 3:35 |
| 4 | 1284 | VERBEKE Dominique | BREDENE | 1971 | M | 4 | 0:35:55 | 16,71 | 3:35 |
| 5 | 1403 | HOORNAERT Edward | OOSTENDE | 1981 | M | 5 | 0:36:33 | 16,42 | 3:39 |
| 6 | 1410 | VANPARYS Julien | HEIST-AAN-ZEE | 1958 | M | 6 | 0:36:40 | 16,36 | 3:40 |
| 7 | 1427 | VANTHOURENHOUT Sven | BEERNEM | 1981 | M | 7 | 0:36:41 | 16,36 | 3:40 |
| 8 | 1421 | VAN HEESVELDE Arnold | ERTVELDE | 1965 | M | 8 | 0:36:43 | 16,34 | 3:40 |
| 9 | 1477 | COOLEN Filip | BEVEREN (LEIE) | 1957 | M | 9 | 0:36:46 | 16,32 | 3:41 |
| 10 | 1438 | | | | M | 10 | 0:36:58 | 16,23 | 3:42 |
| 11 | 1297 | VERLINDE Bertrand | GISTEL | 1962 | M | 11 | 0:37:01 | 16,21 | 3:42 |
| 12 | 1276 | VANCAMPENHOUT Tom | VILVOORDE | 1967 | M | 12 | 0:37:18 | 16,09 | 3:44 |
| 13 | 1424 | VAN DEN BOSSCHE Bram | BRUGGE | 1978 | M | 13 | 0:37:29 | 16,01 | 3:45 |
| 14 | 1292 | DALLE Danny | BLANKENBERGE | 1965 | M | 14 | 0:37:47 | 15,88 | 3:47 |
| 15 | 1308 | VAN DE STEENE Marc | GENT | 1955 | M | 15 | 0:37:49 | 15,87 | 3:47 |
| 16 | 1430 | DE CALUWE Steve | BRUGGE | 1979 | M | 16 | 0:38:13 | 15,70 | 3:49 |
| 17 | 1305 | DE MEYER Freddy | DUDZELE | 1957 | M | 17 | 0:38:18 | 15,67 | 3:50 |
| 18 | 1283 | DOMS Bart | GRIMBERGEN | 1963 | M | 18 | 0:38:27 | 15,60 | 3:51 |
| 19 | 1281 | MEISER Frank | BRÜNWALD | 1964 | M | 19 | 0:38:47 | 15,47 | 3:53 |
| 20 | 1562 | MEEUS Wim | GENT | 1972 | M | 20 | 0:38:51 | 15,44 | 3:53 |
| 21 | 419 | AMELOOT Natalie* | VEURNE | 1980 | V | 1 | 0:38:54 | 15,42 | 3:53 |
| 22 | 1364 | DEPOORTER Yves | KNOKKE-HEIST | 1968 | M | 21 | 0:39:13 | 15,30 | 3:55 |
| 23 | 1458 | CASTEELS Koen | BEERZEL | 1970 | M | 22 | 0:39:17 | 15,27 | 3:56 |
| 24 | 1293 | VERVAET Bert | SINT-AMANDSBERG | 1951 | M | 23 | 0:39:19 | 15,26 | 3:56 |
| 25 | 1301 | BEYENS Wim | RAMSEL | 1972 | M | 24 | 0:39:32 | 15,18 | 3:57 |
| 26 | 1303 | SAVELS Mario | KNOKKE-HEIST | 1965 | M | 25 | 0:39:32 | 15,18 | 3:57 |
| 27 | 1219 | MOREEL Merijn | BRUGGE | 1975 | M | 26 | 0:39:43 | 15,11 | 3:58 |
| 28 | 1385 | VANPARYS Joseph | RAMSKAPELLE | 1960 | M | 27 | 0:39:57 | 15,02 | 4:00 |
| 29 | 1476 | VANKERSCHAUER Joris | ASSEBROEK | 1981 | M | 28 | 0:40:07 | 14,96 | 4:01 |
| 30 | 1333 | COCKHEYT Valeer | MALDEGEM | 1946 | M | 29 | 0:40:10 | 14,94 | 4:01 |
| 31 | 428 | DANNEELS Anne-Mie* | HEIST-AAN-ZEE | 1962 | V | 2 | 0:40:12 | 14,93 | 4:01 |
| 32 | 1350 | LAGAST Peter | BRUGGE | 1972 | M | 30 | 0:40:13 | 14,92 | 4:01 |
| 33 | 1261 | RAPPE | BLANKENBERGE | 1976 | M | 31 | 0:40:34 | 14,79 | 4:03 |
| 34 | 1319 | VANDERMEIREN Thys | ROESELARE | 1985 | M | 32 | 0:40:51 | 14,69 | 4:05 |
| 35 | 667 | VAN LEEUWEN Bart | EVERGEM | 1983 | M | 33 | 0:40:55 | 14,66 | 4:05 |
| 36 | 1536 | SERVAES Sam | ARENDONK | 1985 | M | 34 | 0:40:59 | 14,64 | 4:06 |
| 37 | 1413 | GEERAERT Michael | WORTEGEM | 1975 | M | 35 | 0:41:00 | 14,63 | 4:06 |
| 38 | 1201 | STOCKMAN Jan | KNOKKE-HEIST | 1968 | M | 36 | 0:41:01 | 14,63 | 4:06 |
| 39 | 1408 | DE SMET Tom | MERELBEKE | 1982 | M | 37 | 0:41:02 | 14,62 | 4:06 |
| 40 | 1266 | VANWYCK Jos | DUFFEL | 1949 | M | 38 | 0:41:03 | 14,62 | 4:06 |
| 41 | 1479 | DE MAESSCHALCK Jan | KNOKKE-HEIST | 1970 | M | 39 | 0:41:05 | 14,60 | 4:06 |
| 42 | 1258 | FRANK Yves | LUTTICH | 1984 | M | 40 | 0:41:07 | 14,59 | 4:07 |
| 43 | 1299 | VAN DEN POEL Carl | SINAAI-WAAS | 1958 | M | 41 | 0:41:07 | 14,59 | 4:07 |
| 44 | 1361 | DE VISSCHER Dirk | GENT | 1968 | M | 42 | 0:41:08 | 14,59 | 4:07 |
| 45 | 1392 | SAND Fernand | LUXEMBOURG | 1965 | M | 43 | 0:41:14 | 14,55 | 4:07 |
| 46 | 427 | THIENPONT Ria* | BRUGGE | 1975 | V | 3 | 0:41:16 | 14,54 | 4:08 |
| 47 | 1304 | VEKEMAN Johan | TIELT | 1974 | M | 44 | 0:41:28 | 14,47 | 4:09 |
| 48 | 1452 | DEVLIEGHE Danny | KNOKKE-HEIST | 1963 | M | 45 | 0:41:43 | 14,38 | 4:10 |
| 49 | 1202 | VAN DE VELDE Pieter | LOCHRISTI | 1980 | M | 46 | 0:41:53 | 14,33 | 4:11 |
| 50 | 1495 | VILEYN Michel | BLANKENBERGE | 1960 | M | 47 | 0:42:07 | 14,25 | 4:13 |
| 51 | 1215 | DE CLERCQ Johan | KNOKKE-HEIST | 1969 | M | 48 | 0:42:09 | 14,23 | 4:13 |
| 52 | 1457 | SERCU Filiep | MARKE | 1963 | M | 49 | 0:42:17 | 14,19 | 4:14 |
| 53 | 1518 | DECEUNINCK Jacky | KNOKKE-HEIST | 1949 | M | 50 | 0:42:18 | 14,18 | 4:14 |
| 54 | 1395 | ASHTON Jason | KNOKKE-HEIST | 1983 | M | 51 | 0:42:37 | 14,08 | 4:16 |
| 55 | 1273 | DE LEENER Jean-Marie | LOT | 1954 | M | 52 | 0:42:37 | 14,08 | 4:16 |
| 56 | 1280 | DE SCHAETZEN Cederic | OVERIJSE | 1963 | M | 53 | 0:42:40 | 14,06 | 4:16 |
| 57 | 839 | VERMEERSCH Mathieu | MALDEGEM | 1987 | M | 54 | 0:42:41 | 14,06 | 4:16 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|---------------------|---------------|------|-----|-------|---------|-------|---------|
| 58 | 1400 | D'HOSE Jerome | LASNE | 1977 | M | 55 | 0:42:45 | 14,04 | 4:16 |
| 59 | 1251 | AMIJS Tom | GOOIK | 1970 | M | 56 | 0:42:46 | 14,03 | 4:17 |
| 60 | 1486 | DEPAEPE Geert | KNOKKE-HEIST | 1985 | M | 57 | 0:42:47 | 14,02 | 4:17 |
| 61 | 665 | VERBURGT Steven | KRUISSHOUTEM | 1983 | M | 58 | 0:42:51 | 14,00 | 4:17 |
| 62 | 1338 | BOEDT Thomas | LISEWEGE | 1974 | M | 59 | 0:42:53 | 13,99 | 4:17 |
| 63 | 432 | VERMEERSCH Nicole* | BLANKENBERGE | 1965 | V | 4 | 0:42:54 | 13,99 | 4:17 |
| 64 | 1218 | VANTORRE Rik | KNOKKE-HEIST | 1965 | M | 60 | 0:42:56 | 13,98 | 4:18 |
| 65 | 1357 | BAYENS Kris | POPPEL | 1971 | M | 61 | 0:42:58 | 13,96 | 4:18 |
| 66 | 1415 | STESSELS Michel | KAPELLEN | 1969 | M | 62 | 0:42:59 | 13,96 | 4:18 |
| 67 | 1532 | CLEYS Bert | BEVEREN | 1971 | M | 63 | 0:43:00 | 13,95 | 4:18 |
| 68 | 1420 | MORBEE Jan | KNOKKE-HEIST | 1960 | M | 64 | 0:43:03 | 13,94 | 4:18 |
| 69 | 1485 | DECORTE Frank | KNOKKE-HEIST | 1964 | M | 65 | 0:43:06 | 13,92 | 4:19 |
| 70 | 1534 | VERDRUYE Roel | SINT-ANDRIES | | M | 66 | 0:43:07 | 13,92 | 4:19 |
| 71 | 1465 | VANTORRE Benito | KNOKKE-HEIST | 1990 | M | 67 | 0:43:13 | 13,88 | 4:19 |
| 72 | 1478 | NOKIN Xavier | HARZÉ | 1966 | M | 68 | 0:43:22 | 13,84 | 4:20 |
| 73 | 1440 | DEMEULENAERE Freddy | SINT-KRUIS | 1962 | M | 69 | 0:43:32 | 13,78 | 4:21 |
| 74 | 850 | VAN BEIRS Sven | ANTWERPEN | 1978 | M | 70 | 0:43:32 | 13,78 | 4:21 |
| 75 | 1442 | DEMON Mike | KNOKKE-HEIST | 1993 | M | 71 | 0:43:33 | 13,78 | 4:21 |
| 76 | 1389 | PAUWAERT Clive | KNOKKE-HEIST | 1991 | M | 72 | 0:43:34 | 13,77 | 4:21 |
| 77 | 1483 | RASKIN Bert | MECHELEN | 1966 | M | 73 | 0:43:38 | 13,75 | 4:22 |
| 78 | 1523 | LAENEN Stany | SCHOTEN | 1957 | M | 74 | 0:43:43 | 13,72 | 4:22 |
| 79 | 1436 | DEMUYNCK Bruno | BELLEDEM | 1973 | M | 75 | 0:43:43 | 13,72 | 4:22 |
| 80 | 1326 | MARTENS Frederik | ASSENBOUK | 1974 | M | 76 | 0:43:44 | 13,72 | 4:22 |
| 81 | 1205 | DANNEELS Jacques | KNOKKE-HEIST | 1962 | M | 77 | 0:43:44 | 13,72 | 4:22 |
| 82 | 1435 | DEPAUW Peit | KNOKKE-HEIST | 1953 | M | 78 | 0:43:46 | 13,71 | 4:23 |
| 83 | 1285 | VAN DEN STEEN Chris | KONTICH | 1956 | M | 79 | 0:43:49 | 13,69 | 4:23 |
| 84 | 1287 | VAN PAESSCHEN Hans | WOMMELGEM | 1958 | M | 80 | 0:43:50 | 13,69 | 4:23 |
| 85 | 1490 | ELINNISSI Mustafa | MARTELANGE | 1969 | M | 81 | 0:43:51 | 13,68 | 4:23 |
| 86 | 1398 | BRUNEEL Gregory | SCHOTEN | 1972 | M | 82 | 0:43:54 | 13,67 | 4:23 |
| 87 | 1355 | DE LANGHE Marc | KNOKKE-HEIST | 1969 | M | 83 | 0:43:57 | 13,65 | 4:24 |
| 88 | 1274 | RAPPE Philip | BLANKENBERGE | 1972 | M | 84 | 0:43:58 | 13,65 | 4:24 |
| 89 | 1269 | GEBOERS Steven | LOMMEL | 1968 | M | 85 | 0:44:00 | 13,64 | 4:24 |
| 90 | 1336 | VINCENT Hannes | ANTWERPEN | 1986 | M | 86 | 0:44:10 | 13,58 | 4:25 |
| 91 | 1286 | COPPESANS Patrick | BRUGGE | 1967 | M | 87 | 0:44:12 | 13,57 | 4:25 |
| 92 | 1236 | BORGERS Frederik | HERENT | 1984 | M | 88 | 0:44:18 | 13,54 | 4:26 |
| 93 | 1491 | RUSCH Lorenz | BRASSCHAAT | 1989 | M | 89 | 0:44:20 | 13,53 | 4:26 |
| 94 | 1300 | VAN DEN POEL Sam | SINAAI-WAAS | 1991 | M | 90 | 0:44:23 | 13,52 | 4:26 |
| 95 | 1487 | VAN LAETHEM Bernard | BRUXELLES | 1972 | M | 91 | 0:44:31 | 13,48 | 4:27 |
| 96 | 1553 | DEVYNCK Wouter | MOERKERKE | 1974 | M | 92 | 0:44:31 | 13,48 | 4:27 |
| 97 | 1499 | BATTRAUW Philippe | KNOKKE-HEIST | 1954 | M | 93 | 0:44:35 | 13,46 | 4:28 |
| 98 | 1425 | CUYPERS Jan | LANAKEN | 1958 | M | 94 | 0:44:36 | 13,45 | 4:28 |
| 99 | 1434 | BOUSSEMAERE Roland | KNOKKE-HEIST | 1946 | M | 95 | 0:44:38 | 13,44 | 4:28 |
| 100 | 1314 | POSSEMIERS Guido | HAACHT | 1965 | M | 96 | 0:44:45 | 13,41 | 4:29 |
| 101 | 1296 | HOSTE Nico | OEDELEM | 1970 | M | 97 | 0:44:50 | 13,38 | 4:29 |
| 102 | 1384 | DESMET Steve | LAPSCHURE | 1971 | M | 98 | 0:44:51 | 13,38 | 4:29 |
| 103 | 1378 | RUEBENS Rik | HEIST-AAN-ZEE | 1972 | M | 99 | 0:44:52 | 13,37 | 4:29 |
| 104 | 1393 | BEERINCKX Hans | SINT-PAUWELS | 1952 | M | 100 | 0:44:53 | 13,37 | 4:29 |
| 105 | 1519 | | | | M | 101 | 0:44:54 | 13,36 | 4:29 |
| 106 | 1512 | DESCHUYTERE Herman | ANTWERPEN | 1958 | M | 102 | 0:44:55 | 13,36 | 4:30 |
| 107 | 1282 | VANNESTE Pol | LICHTERVELDE | 1951 | M | 103 | 0:45:00 | 13,33 | 4:30 |
| 108 | 1455 | DE MUYT Kurt | DAMME | 1963 | M | 104 | 0:45:02 | 13,32 | 4:30 |
| 109 | 1449 | NIESINK Michel | PUURS | 1960 | M | 105 | 0:45:20 | 13,24 | 4:32 |
| 110 | 1225 | VANMULLEM Lode | KNOKKE-HEIST | 1978 | M | 106 | 0:45:21 | 13,23 | 4:32 |
| 111 | 440 | TRIO Kelly* | KNOKKE-HEIST | 1989 | V | 5 | 0:45:23 | 13,22 | 4:32 |
| 112 | 1367 | DHOORE Koen | BRASSCHAAT | 1990 | M | 107 | 0:45:28 | 13,20 | 4:33 |
| 113 | 1349 | VANMARCKE Jan | KLUISBERGEN | 1960 | M | 108 | 0:45:29 | 13,19 | 4:33 |
| 114 | 1541 | SWANKAERT Benjamin | MALDEGEM | 1978 | M | 109 | 0:45:31 | 13,18 | 4:33 |
| 115 | 1291 | VANTHOURINHOUT Rony | BEERNEM | 1957 | M | 110 | 0:45:32 | 13,18 | 4:33 |
| 116 | 1454 | DE CAUWER Geert | KNOKKE-HEIST | 1971 | M | 111 | 0:45:36 | 13,16 | 4:34 |
| 117 | 1387 | VANSTRAELEN Ivo | HERK-DE-STAD | 1958 | M | 112 | 0:45:37 | 13,15 | 4:34 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|--------------------|------|-----|-------|---------|-------|---------|
| 118 | 1460 | VANDERHAEGEN Maarten | MECHELEN | 1981 | M | 113 | 0:45:47 | 13,11 | 4:35 |
| 119 | 1441 | MAENHOUT David | KNOKKE-HEIST | 1974 | M | 114 | 0:45:51 | 13,09 | 4:35 |
| 120 | 1229 | GOETHALS Eddy | KNOKKE-HEIST | 1964 | M | 115 | 0:45:52 | 13,08 | 4:35 |
| 121 | 1419 | DE KETELAERE Albert | BRUGGE | 1948 | M | 116 | 0:45:53 | 13,08 | 4:35 |
| 122 | 1456 | LANDUYT Peter | KNOKKE-HEIST | 1967 | M | 117 | 0:45:53 | 13,08 | 4:35 |
| 123 | 1494 | MARREYT Chris | ZEEBRUGGE | 1967 | M | 118 | 0:45:54 | 13,07 | 4:35 |
| 124 | 1363 | DECLERCK Jan | KNOKKE-HEIST | 1967 | M | 119 | 0:45:54 | 13,07 | 4:35 |
| 125 | 462 | | | | M | 120 | 0:45:58 | 13,05 | 4:36 |
| 126 | 1416 | LOMBAERT Elie | LICHTERVELDE | 1948 | M | 121 | 0:46:01 | 13,04 | 4:36 |
| 127 | 434 | THOMAS Ann* | KNOKKE-HEIST | 1963 | V | 6 | 0:46:03 | 13,03 | 4:36 |
| 128 | 1354 | DOCKX Jan | MECHELEN | 1954 | M | 122 | 0:46:04 | 13,02 | 4:36 |
| 129 | 1396 | GUILLE Christophe | KNOKKE-HEIST | 1959 | M | 123 | 0:46:05 | 13,02 | 4:37 |
| 130 | 1345 | SNAUWAERT Raf | KNOKKE-HEIST | 1962 | M | 124 | 0:46:08 | 13,01 | 4:37 |
| 131 | 1272 | HARRAK Said | KNOKKE-HEIST | 1968 | M | 125 | 0:46:09 | 13,00 | 4:37 |
| 132 | 1402 | VANDEN ABEELE Piet | ERPE-MERE | 1966 | M | 126 | 0:46:11 | 12,99 | 4:37 |
| 133 | 1329 | DE MEESTER Patrick | BLANKENBERGE | 1967 | M | 127 | 0:46:13 | 12,98 | 4:37 |
| 134 | 1488 | RUSCH Gui | BRASSCHAAT | 1952 | M | 128 | 0:46:14 | 12,98 | 4:37 |
| 135 | 1412 | GEVAERT Robert | ZEEBRUGGE | 1950 | M | 129 | 0:46:17 | 12,96 | 4:38 |
| 136 | 1289 | DE BREE Frank | SIJSELE | 1964 | M | 130 | 0:46:19 | 12,95 | 4:38 |
| 137 | 451 | DAENEKYNT Isabel* | SINT-MICHIELS | 1968 | V | 7 | 0:46:25 | 12,93 | 4:39 |
| 138 | 1447 | HANNINCK Jerome | KNOKKE-HEIST | 1990 | M | 131 | 0:46:29 | 12,91 | 4:39 |
| 139 | 1368 | VERTOMMEN Felix | KAPELLEN | 1990 | M | 132 | 0:46:29 | 12,91 | 4:39 |
| 140 | 1240 | STEENKISTE Frank | KNOKKE-HEIST | 1953 | M | 133 | 0:46:36 | 12,88 | 4:40 |
| 141 | 1388 | MAES Oli Vier | KNOKKE-HEIST | 1964 | M | 134 | 0:46:41 | 12,85 | 4:40 |
| 142 | 1417 | MAEYAERT Jan | HEIST-AAN-ZEE | 1969 | M | 135 | 0:46:51 | 12,81 | 4:41 |
| 143 | 1231 | GOETHALS Michael | ADEGEM | 1971 | M | 136 | 0:47:00 | 12,77 | 4:42 |
| 144 | 1459 | | | | M | 137 | 0:47:00 | 12,77 | 4:42 |
| 145 | 1263 | LISABETH Filip | PITTEM | 1963 | M | 138 | 0:47:01 | 12,76 | 4:42 |
| 146 | 1317 | ROELS Bernard | BLANKENBERGE | 1958 | M | 139 | 0:47:01 | 12,76 | 4:42 |
| 147 | 1480 | SMICK Erik | WAASMUNSTER | 1962 | M | 140 | 0:47:01 | 12,76 | 4:42 |
| 148 | 1407 | HEMERYCK Willy | SINT-KRUIS | 1959 | M | 141 | 0:47:02 | 12,76 | 4:42 |
| 149 | 400 | VAN BIERVLIET Sophie* | KNOKKE-HEIST | 1971 | V | 8 | 0:47:11 | 12,72 | 4:43 |
| 150 | 1563 | JODUS Kurt | KNOKKE-HEIST | 1970 | M | 142 | 0:47:14 | 12,70 | 4:43 |
| 151 | 1264 | VERSTRAETEN Francois | AARLON | 1969 | M | 143 | 0:47:16 | 12,69 | 4:44 |
| 152 | 1529 | WIELEMANS Rob | AMOUGIES | 1980 | M | 144 | 0:47:20 | 12,68 | 4:44 |
| 153 | 666 | MARLIER Mathieu | KRUISSHOUTEM | 1987 | M | 145 | 0:47:22 | 12,67 | 4:44 |
| 154 | 457 | COURA Liselot* | BRUGGE | 1988 | V | 9 | 0:47:23 | 12,66 | 4:44 |
| 155 | 1510 | BERKEIN Jan | KNOKKE-HEIST | 1969 | M | 146 | 0:47:24 | 12,66 | 4:44 |
| 156 | 1382 | VEYS Luc | KNOKKE-HEIST | 1961 | M | 147 | 0:47:25 | 12,65 | 4:45 |
| 157 | 1526 | VAN DAELE Kris | SINT-NIKLAAS | 1963 | M | 148 | 0:47:26 | 12,65 | 4:45 |
| 158 | 1504 | MOENS Bernard | WILRIJK (ANTW.) | 1967 | M | 149 | 0:47:27 | 12,64 | 4:45 |
| 159 | 1509 | VANOVENACKER Dieter | DEINZE | 1983 | M | 150 | 0:47:28 | 12,64 | 4:45 |
| 160 | 443 | DEWILDER Nicole* | VOSSEM | 1961 | V | 10 | 0:47:30 | 12,63 | 4:45 |
| 161 | 1358 | SAELAERT Michel | KNOKKE-HEIST | 1969 | M | 151 | 0:47:30 | 12,63 | 4:45 |
| 162 | 1339 | VERMEULEN Chris | VOSSEM | 1961 | M | 152 | 0:47:31 | 12,63 | 4:45 |
| 163 | 1337 | CLAEYS Fabien | KNOKKE-HEIST | 1980 | M | 153 | 0:47:32 | 12,62 | 4:45 |
| 164 | 1522 | VAN RANST Luc | SCHOTEN | 1958 | M | 154 | 0:47:33 | 12,62 | 4:45 |
| 165 | 1313 | VANDEVELDE Jan | BRUGGE | 1967 | M | 155 | 0:47:33 | 12,62 | 4:45 |
| 166 | 1279 | DE GROOTE Geert | KNOKKE | 1965 | M | 156 | 0:47:35 | 12,61 | 4:46 |
| 167 | 1507 | BISSOT Marc | WATERLOO | 1948 | M | 157 | 0:47:35 | 12,61 | 4:46 |
| 168 | 1334 | GOYVAERTS Daniel | NIEUWMUNSTER | 1957 | M | 158 | 0:47:38 | 12,60 | 4:46 |
| 169 | 1503 | VANDEPITTE Reinout | KNOKKE-HEIST | 1986 | M | 159 | 0:47:39 | 12,59 | 4:46 |
| 170 | 1383 | VEYS Christophe | KNOKKE-HEIST | 1988 | M | 160 | 0:47:40 | 12,59 | 4:46 |
| 171 | 1323 | VAN DEN BROUCKE Thierry | KNOKKE-HEIST | 1970 | M | 161 | 0:47:41 | 12,58 | 4:46 |
| 172 | 1530 | REUBENS Philippe | KNOKKE-HEIST | 1962 | M | 162 | 0:47:42 | 12,58 | 4:46 |
| 173 | 435 | VANDE MOORTELE Nancy* | ROESELARE | 1973 | V | 11 | 0:47:43 | 12,57 | 4:46 |
| 174 | 1433 | SIMOENS Robert | SINT-ANDRIES | 1956 | M | 163 | 0:47:45 | 12,57 | 4:46 |
| 175 | 426 | DAVIS Cassanora* | FONTENAY SOUS BOIS | 1961 | V | 12 | 0:47:48 | 12,55 | 4:47 |
| 176 | 1211 | DESLOOVERE Tom | KNOKKE-HEIST | 1972 | M | 164 | 0:47:50 | 12,54 | 4:47 |
| 177 | 1497 | VLYMINCK Kris | SINT-NIKLAAS | 1965 | M | 165 | 0:47:52 | 12,53 | 4:47 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------------|----------------|------|-----|-------|---------|-------|---------|
| 178 | 1535 | GOETHALS Frederik | KNOKKE-HEIST | 1974 | M | 166 | 0:47:56 | 12,52 | 4:48 |
| 179 | 1394 | TAFFEIREN Peter | KNOKKE-HEIST | 1963 | M | 167 | 0:47:59 | 12,50 | 4:48 |
| 180 | 1525 | | | | M | 168 | 0:48:00 | 12,50 | 4:48 |
| 181 | 1546 | DE CRAENE Tim | ASSENEDE | 1984 | M | 169 | 0:48:05 | 12,48 | 4:49 |
| 182 | 1302 | DEJAEGHERE Alain | KNOKKE-HEIST | 1964 | M | 170 | 0:48:06 | 12,47 | 4:49 |
| 183 | 1213 | OSSENBLOK Peter | KALMTHOUT | 1963 | M | 171 | 0:48:18 | 12,42 | 4:50 |
| 184 | 1356 | BOONE Alex | KNOKKE-HEIST | 1966 | M | 172 | 0:48:20 | 12,41 | 4:50 |
| 185 | 1226 | SABBE Peter | JABBEKE | 1978 | M | 173 | 0:48:26 | 12,39 | 4:51 |
| 186 | 1315 | VANDENBERGHE Patrick | BRUGGE | 1956 | M | 174 | 0:48:33 | 12,36 | 4:51 |
| 187 | 1321 | GRUTTER Dominique | LAUSANNE | 1990 | M | 175 | 0:48:34 | 12,35 | 4:51 |
| 188 | 1559 | DEBECKER Filip | BRASSCHAAT | 1972 | M | 176 | 0:48:49 | 12,29 | 4:53 |
| 189 | 1330 | DEVLIEGER Steve | KNOKKE-HEIST | 1982 | M | 177 | 0:48:51 | 12,28 | 4:53 |
| 190 | 438 | VAN DE VOORDE Annick* | RUMST | 1966 | V | 13 | 0:48:54 | 12,27 | 4:53 |
| 191 | 1399 | VERBORGT Olivier | MERELBEK | 1972 | M | 178 | 0:49:04 | 12,23 | 4:54 |
| 192 | 1548 | DE GROOTE Rudy | KNOKKE-HEIST | 1960 | M | 179 | 0:49:05 | 12,22 | 4:55 |
| 193 | 1444 | WILOT Dominique | KNOKKE-HEIST | 1990 | M | 180 | 0:49:07 | 12,22 | 4:55 |
| 194 | 1537 | VAN RENTERGHEM Kwinten | MARIAKERKE | 1986 | M | 181 | 0:49:09 | 12,21 | 4:55 |
| 195 | 1515 | GEVAERT Franky | DAMME | 1953 | M | 182 | 0:49:11 | 12,20 | 4:55 |
| 196 | 1369 | VERBERGHT Mathias | EKEREN (ANTW.) | 1991 | M | 183 | 0:49:17 | 12,17 | 4:56 |
| 197 | 1325 | SMET Marc | KEERBERGEN | 1948 | M | 184 | 0:49:18 | 12,17 | 4:56 |
| 198 | 1475 | LYBAERT Peter | KNOKKE-HEIST | 1975 | M | 185 | 0:49:18 | 12,17 | 4:56 |
| 199 | 1224 | VAN DER PERRE Frederik | OUDENBURG | 1976 | M | 186 | 0:49:19 | 12,17 | 4:56 |
| 200 | 409 | DE WILDE Nicole* | GENTBRUGGE | 1959 | V | 14 | 0:49:21 | 12,16 | 4:56 |
| 201 | 1353 | LEMEUR Geoffroy | GENT | 1971 | M | 187 | 0:49:22 | 12,15 | 4:56 |
| 202 | 1508 | POSTMA Robert | PUTTE | 1966 | M | 188 | 0:49:24 | 12,15 | 4:56 |
| 203 | 1521 | BOUWENS Guy | KNOKKE-HEIST | 1963 | M | 189 | 0:49:25 | 12,14 | 4:57 |
| 204 | 1489 | MAREYDT Danny | KNOKKE-HEIST | 1953 | M | 190 | 0:49:27 | 12,13 | 4:57 |
| 205 | 1372 | BELODDERE Jean | KNOKKE-HEIST | 1971 | M | 191 | 0:49:28 | 12,13 | 4:57 |
| 206 | 1469 | VAN DE GEHUCHTE Frank | AVERBODE | 1968 | M | 192 | 0:49:29 | 12,13 | 4:57 |
| 207 | 1501 | SEGHERS Mattias | BEVEREN | 1986 | M | 193 | 0:49:29 | 12,13 | 4:57 |
| 208 | 1241 | BOUILLON Patrik | KNOKKE-HEIST | 1967 | M | 194 | 0:49:30 | 12,12 | 4:57 |
| 209 | 1268 | DEGROOTE Nicolas | UCCLE | 1975 | M | 195 | 0:49:31 | 12,12 | 4:57 |
| 210 | 1448 | BROOKHART Xander | KRABBENDIJE | 1977 | M | 196 | 0:49:32 | 12,11 | 4:57 |
| 211 | 1294 | DE CALUWE Jean-Pierre | BRUGGE | 1956 | M | 197 | 0:49:33 | 12,11 | 4:57 |
| 212 | 417 | NYS Rita* | OOSTAKKER | 1951 | V | 15 | 0:49:34 | 12,10 | 4:57 |
| 213 | 1513 | TIMMERMANS Stephan | AARTSELAAR | 1962 | M | 198 | 0:49:40 | 12,08 | 4:58 |
| 214 | 1344 | DE BACKER Toon | BURCHT | 1968 | M | 199 | 0:49:45 | 12,06 | 4:59 |
| 215 | 1346 | GOETHALS Jan | KNOKKE-HEIST | 1958 | M | 200 | 0:49:48 | 12,05 | 4:59 |
| 216 | 1473 | DE VEYLDER Wim | KNOKKE-HEIST | 1968 | M | 201 | 0:49:49 | 12,04 | 4:59 |
| 217 | 1234 | DELARUE Peter | ADEGEM | 1968 | M | 202 | 0:49:51 | 12,04 | 4:59 |
| 218 | 1230 | VAN DEN BRAEMBUSSCHE Alexander | ADEGEM | 1972 | M | 203 | 0:49:52 | 12,03 | 4:59 |
| 219 | 1542 | VERBURGH Jacques | KNOKKE-HEIST | 1944 | M | 204 | 0:49:53 | 12,03 | 4:59 |
| 220 | 1271 | ALLAERT Piet | KNOKKE-HEIST | 1957 | M | 205 | 0:49:56 | 12,02 | 5:00 |
| 221 | 1371 | VAN LAEKEN Loic | KNOKKE-HEIST | 1991 | M | 206 | 0:50:06 | 11,98 | 5:01 |
| 222 | 1511 | DESCHUYTERE Tom | ANTWERPEN | 1991 | M | 207 | 0:50:10 | 11,96 | 5:01 |
| 223 | 1352 | VERBURGH Erik | KNOKKE-HEIST | 1948 | M | 208 | 0:50:13 | 11,95 | 5:01 |
| 224 | 1451 | VANPARYS Wouter | GENTBRUGGE | 1977 | M | 209 | 0:50:14 | 11,94 | 5:01 |
| 225 | 1462 | BRUSSELLE John | KNOKKE-HEIST | 1979 | M | 210 | 0:50:15 | 11,94 | 5:01 |
| 226 | 1516 | REIJNEN Koen | MIERLO | 1957 | M | 211 | 0:50:15 | 11,94 | 5:01 |
| 227 | 1259 | SAUBAIN Jan | RECHT | 1989 | M | 212 | 0:50:17 | 11,93 | 5:02 |
| 228 | 437 | MEYERS Jules | BLANKENBERGE | 1942 | M | 213 | 0:50:18 | 11,93 | 5:02 |
| 229 | 1260 | SPEELEVELD Michel | ZWEVEGEM | 1965 | M | 214 | 0:50:22 | 11,91 | 5:02 |
| 230 | 1406 | WINTEIN Marc | KNOKKE-HEIST | 1956 | M | 215 | 0:50:23 | 11,91 | 5:02 |
| 231 | 1439 | VAESEN Janneck | HASSELT | 1992 | M | 216 | 0:50:24 | 11,90 | 5:02 |
| 232 | 1340 | VANDERFEESTEN Luk | OVERPELT | 1967 | M | 217 | 0:50:25 | 11,90 | 5:03 |
| 233 | 1232 | WILLEMARCK Patrick | KNOKKE-HEIST | | M | 218 | 0:50:26 | 11,90 | 5:03 |
| 234 | 1493 | PAUWAERT Patrick | KNOKKE-HEIST | 1961 | M | 219 | 0:50:27 | 11,89 | 5:03 |
| 235 | 1547 | VAN POPPEL Paul | MECHELEN | 1949 | M | 220 | 0:50:28 | 11,89 | 5:03 |
| 236 | 414 | OBRENO Nancy* | KNOKKE-HEIST | 1964 | V | 16 | 0:50:31 | 11,88 | 5:03 |
| 237 | 1484 | DECEUNINCK Gino | KNOKKE-HEIST | 1967 | M | 221 | 0:50:32 | 11,87 | 5:03 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|------------------|------|-----|-------|---------|-------|---------|
| 238 | 448 | ALLEMEERSCH Greet* | KNOKKE-HEIST | 1967 | V | 17 | 0:50:33 | 11,87 | 5:03 |
| 239 | 1409 | DECOCK Peter | PUTTE | 1964 | M | 222 | 0:50:35 | 11,86 | 5:03 |
| 240 | 1238 | FRIH Hakim | BRUGGE | 1981 | M | 223 | 0:50:38 | 11,85 | 5:04 |
| 241 | 1295 | KUYPERS Marnix | TERVUREN | 1966 | M | 224 | 0:50:38 | 11,85 | 5:04 |
| 242 | 1212 | VROOM Chris | KALMTHOUT | 1959 | M | 225 | 0:50:43 | 11,83 | 5:04 |
| 243 | 1437 | GILSON Emmanuel | KNOKKE-HEIST | 1959 | M | 226 | 0:50:44 | 11,83 | 5:04 |
| 244 | 1472 | VERMOTE Dany | ZEEBRUGGE | 1953 | M | 227 | 0:50:46 | 11,82 | 5:05 |
| 245 | 1318 | JACOBY Dan | KNOKKE-HEIST | 1982 | M | 228 | 0:50:49 | 11,81 | 5:05 |
| 246 | 1310 | DE VOOGT Freddy | KNOKKE-HEIST | 1956 | M | 229 | 0:50:49 | 11,81 | 5:05 |
| 247 | 1277 | DEKLERCK Christophe | KNOKKE | 1960 | M | 230 | 0:50:51 | 11,80 | 5:05 |
| 248 | 422 | DE SMEDT Sonja* | VILVOORDE | 1961 | V | 18 | 0:50:52 | 11,80 | 5:05 |
| 249 | 1533 | HELLEMANS Johan | MORTSEL | 1965 | M | 231 | 0:50:54 | 11,79 | 5:05 |
| 250 | 1348 | VANDERMEIREN Jacques | ANTWERPEN | 1963 | M | 232 | 0:50:58 | 11,77 | 5:06 |
| 251 | 1278 | VAN ASSCHE Christophe | BERCHEM (ANTW.) | 1994 | M | 233 | 0:51:00 | 11,76 | 5:06 |
| 252 | 1431 | VAN DEYNSE Danny | MALDEGEM | 1967 | M | 234 | 0:51:02 | 11,76 | 5:06 |
| 253 | 1517 | | | | M | 235 | 0:51:03 | 11,75 | 5:06 |
| 254 | 1375 | MEERT Bernard | ZOMERGEM | 1949 | M | 236 | 0:51:06 | 11,74 | 5:07 |
| 255 | 1492 | TIMMERMANS Rik | ZEEBRUGGE | 1949 | M | 237 | 0:51:07 | 11,74 | 5:07 |
| 256 | 1379 | JOYE Dirk | SINT-KRUIS | 1961 | M | 238 | 0:51:13 | 11,71 | 5:07 |
| 257 | 1220 | DESLOOVERE Wim | RONSE | 1974 | M | 239 | 0:51:17 | 11,70 | 5:08 |
| 258 | 418 | DE BRUYN Anne-Marie* | DUFFEL | 1946 | V | 19 | 0:51:25 | 11,67 | 5:08 |
| 259 | 1468 | AVWAERTS Pieter | 'S GRAVENWEZEL | 1972 | M | 240 | 0:51:29 | 11,65 | 5:09 |
| 260 | 430 | VAN SUMMEREN Maycke* | RETRANCHMENT | 1953 | V | 20 | 0:51:31 | 11,65 | 5:09 |
| 261 | 1248 | VIAENE Michel | KNOKKE-HEIST | 1946 | M | 241 | 0:51:37 | 11,62 | 5:10 |
| 262 | 60 | BILLIET Francine* | GISTEL | 1962 | V | 21 | 0:51:38 | 11,62 | 5:10 |
| 263 | 1265 | PIRE Luc | LIÈGE | 1956 | M | 242 | 0:51:47 | 11,59 | 5:11 |
| 264 | 1209 | MARTENS Johan | KNOKKE-HEIST | 1956 | M | 243 | 0:51:49 | 11,58 | 5:11 |
| 265 | 1254 | DE BOIS Hans | HALLE | 1968 | M | 244 | 0:51:51 | 11,57 | 5:11 |
| 266 | 1327 | NUTTIN Xavier | BRUSSEL | 1953 | M | 245 | 0:51:52 | 11,57 | 5:11 |
| 267 | 461 | VERSTAPPEN Nancy* | HEIST-AAN-ZEE | 1965 | V | 22 | 0:51:53 | 11,56 | 5:11 |
| 268 | 1374 | COPPENS | KNOKKE-HEIST | 1968 | M | 246 | 0:51:53 | 11,56 | 5:11 |
| 269 | 1366 | GHYSEL Walter | SINT-ANDRIES | 1950 | M | 247 | 0:51:54 | 11,56 | 5:11 |
| 270 | 1446 | MALJERS Mike | KNOKKE-HEIST | 1998 | M | 248 | 0:51:55 | 11,56 | 5:12 |
| 271 | 1482 | VERHAERT Jo | KNOKKE-HEIST | 1965 | M | 249 | 0:51:55 | 11,56 | 5:12 |
| 272 | 1443 | CHARLE Lorenzo | KNOKKE-HEIST | 1990 | M | 250 | 0:51:56 | 11,55 | 5:12 |
| 273 | 1543 | SCHOENMAEKERS Andre | SINT-GILLIS-WAAS | 1938 | M | 251 | 0:51:57 | 11,55 | 5:12 |
| 274 | 1470 | VERELLEN Peter | BRASSCHAAT | 1965 | M | 252 | 0:52:01 | 11,53 | 5:12 |
| 275 | 455 | CAEMERLYNCK Nathalie* | KNOKKE-HEIST | 1971 | V | 23 | 0:52:05 | 11,52 | 5:13 |
| 276 | 1373 | VANLEENHOVE Frank | KNOKKE-HEIST | 1962 | M | 253 | 0:52:06 | 11,52 | 5:13 |
| 277 | 1411 | DE LOOZE Peter | IJZENDIJE | 1968 | M | 254 | 0:52:13 | 11,49 | 5:13 |
| 278 | 1244 | VANHONSEBROUCK Johan | KNOKKE-HEIST | 1963 | M | 255 | 0:52:14 | 11,49 | 5:13 |
| 279 | 1524 | DE VOOGHT Frank | KNOKKE-HEIST | 1947 | M | 256 | 0:52:30 | 11,43 | 5:15 |
| 280 | 439 | SERVAES Sabine* | PUURS | 1971 | V | 24 | 0:52:35 | 11,41 | 5:15 |
| 281 | 1365 | COUCKE Jo | KNOKKE-HEIST | 1955 | M | 257 | 0:52:55 | 11,34 | 5:17 |
| 282 | 1250 | JACOBS Hendrik | KNOKKE-HEIST | 1960 | M | 258 | 0:52:56 | 11,34 | 5:18 |
| 283 | 1324 | SNAUWAERT Philippe | KNOKKE-HEIST | 1968 | M | 259 | 0:53:00 | 11,32 | 5:18 |
| 284 | 1558 | VERPOUCKE Francis | AFSNEE | 1971 | M | 260 | 0:53:03 | 11,31 | 5:18 |
| 285 | 1414 | MARYNISSEN Rik | GENT | 1972 | M | 261 | 0:53:04 | 11,31 | 5:18 |
| 286 | 1347 | DESMEDT Peter | DUDZELE | 1969 | M | 262 | 0:53:05 | 11,30 | 5:19 |
| 287 | 1418 | INGHELDS Dirk | SINT-PAUWELS | 1967 | M | 263 | 0:53:10 | 11,29 | 5:19 |
| 288 | 1560 | VAN DEN BORG Nick | BRASSCHAAT | 1971 | M | 264 | 0:53:11 | 11,28 | 5:19 |
| 289 | 1386 | VANTOMME Marc | EDEGEM | 1956 | M | 265 | 0:53:13 | 11,27 | 5:19 |
| 290 | 431 | BERTREM Mieke* | BLANKENBERGE | 1974 | V | 25 | 0:53:16 | 11,26 | 5:20 |
| 291 | 1514 | THIERIE Luc | KNOKKE-HEIST | 1964 | M | 266 | 0:53:23 | 11,24 | 5:20 |
| 292 | 450 | SARLET Ann* | SIJSELE | 1963 | V | 26 | 0:53:24 | 11,24 | 5:20 |
| 293 | 1235 | DEVINCK Philip | KNOKKE-HEIST | 1957 | M | 267 | 0:53:27 | 11,23 | 5:21 |
| 294 | 1461 | HANSEN Bart | KNOKKE-HEIST | 1972 | M | 268 | 0:53:28 | 11,22 | 5:21 |
| 295 | 1311 | DE GROOOTE Frederic | HEIST-AAN-ZEE | 1977 | M | 269 | 0:53:39 | 11,18 | 5:22 |
| 296 | 1359 | DELMULLE Rik | NEDERZWALM | 1957 | M | 270 | 0:53:42 | 11,17 | 5:22 |
| 297 | 1453 | ARSCHOOT Claus | ZEDELGEM | 1969 | M | 271 | 0:54:09 | 11,08 | 5:25 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|---------------------------------|--------------------|------|-----|-------|---------|-------|---------|
| 298 | 401 | MAERTENS Kathleen* | KNOKKE-HEIST | 1966 | V | 27 | 0:54:16 | 11,06 | 5:26 |
| 299 | 1249 | DE MAERE Frank | KNOKKE-HEIST | 1962 | M | 272 | 0:54:16 | 11,06 | 5:26 |
| 300 | 1450 | VAN OUTRYVE D'YDEWALLE Frederic | RUDDERVOORDE | 1967 | M | 273 | 0:54:19 | 11,05 | 5:26 |
| 301 | 1306 | AESLOOS Nico | DUDZELE | 1971 | M | 274 | 0:54:20 | 11,04 | 5:26 |
| 302 | 168 | PIETERS Lisbeth* | BERLARE | 1981 | V | 28 | 0:54:22 | 11,04 | 5:26 |
| 303 | 416 | PEETERS Anje* | BRASSCHAAT | 1972 | V | 29 | 0:54:22 | 11,04 | 5:26 |
| 304 | 1502 | VAN HOLDER Dany | BERLARE | 1979 | M | 275 | 0:54:22 | 11,04 | 5:26 |
| 305 | 1343 | KEUKELEIRE Dirk | BRUGGE | 1961 | M | 276 | 0:54:26 | 11,02 | 5:27 |
| 306 | 1466 | VERMEERSCH Louis | MALDEGEM | 1991 | M | 277 | 0:54:30 | 11,01 | 5:27 |
| 307 | 1561 | MESTDAGH Frederik | WENDUINE | 1965 | M | 278 | 0:54:40 | 10,98 | 5:28 |
| 308 | 1298 | WINDELS Jean | TREMELO BAAL | 1954 | M | 279 | 0:54:41 | 10,97 | 5:28 |
| 309 | 1539 | BROECKAERT Bruno | EKEREN (ANTW.) | 1964 | M | 280 | 0:54:43 | 10,97 | 5:28 |
| 310 | 1397 | WARNIER Henk | KNOKKE-HEIST | 1963 | M | 281 | 0:54:51 | 10,94 | 5:29 |
| 311 | 1252 | BRUGUET Jacky | TRITH ST LEGER | 1947 | M | 282 | 0:54:54 | 10,93 | 5:29 |
| 312 | 1257 | HERMANN Andy | LUTTICH | 1990 | M | 283 | 0:54:58 | 10,92 | 5:30 |
| 313 | 1528 | VANDENBORNE Johan | SINT-TRUIDEN | 1957 | M | 284 | 0:54:59 | 10,91 | 5:30 |
| 314 | 1496 | DE LILLE Tom | KNOKKE-HEIST | 1966 | M | 285 | 0:55:03 | 10,90 | 5:30 |
| 315 | 1405 | SUBELACK Thomas | KNOKKE-HEIST | 1966 | M | 286 | 0:55:04 | 10,90 | 5:30 |
| 316 | 454 | VERHELST Katherine* | KNOKKE-HEIST | 1972 | V | 30 | 0:55:05 | 10,89 | 5:31 |
| 317 | 1429 | VANHOLLEBEKE Yvan | ASSEBROEK | 1957 | M | 287 | 0:55:05 | 10,89 | 5:31 |
| 318 | 1322 | PLESSERS Jos | BOCHOLT | 1951 | M | 288 | 0:55:32 | 10,80 | 5:33 |
| 319 | 449 | DEVINCK Martine* | KNOKKE-HEIST | 1957 | V | 31 | 0:55:33 | 10,80 | 5:33 |
| 320 | 1531 | REUBENS David | KNOKKE-HEIST | 1991 | M | 289 | 0:55:34 | 10,80 | 5:33 |
| 321 | 1275 | DIERCKXSENS Christof | LIEDEKERKE | 1963 | M | 290 | 0:55:34 | 10,80 | 5:33 |
| 322 | 1390 | DUBOIS Bernard | RUMEGIES | 1946 | M | 291 | 0:55:35 | 10,79 | 5:33 |
| 323 | 1253 | BOONAERT Hilaire | CAPPELLE EN PEVELE | 1947 | M | 292 | 0:55:36 | 10,79 | 5:34 |
| 324 | 1360 | DELMULLE Mathieu | NEDERZWALM | 1991 | M | 293 | 0:55:37 | 10,79 | 5:34 |
| 325 | 456 | HAERINCK Karine* | KRUISSHOUTEM | 1960 | V | 32 | 0:55:38 | 10,78 | 5:34 |
| 326 | 1247 | COLE Jan | KRUIBEKE | 1956 | M | 294 | 0:55:42 | 10,77 | 5:34 |
| 327 | 1255 | RADEMAKER Fenix | KNOKKE-HEIST | 1961 | M | 295 | 0:55:49 | 10,75 | 5:35 |
| 328 | 1500 | BURÉ Danny | KRUISSHOUTEM | 1959 | M | 296 | 0:55:53 | 10,74 | 5:35 |
| 329 | 1555 | VERLEYE Max | KNOKKE-HEIST | 1991 | M | 297 | 0:55:56 | 10,73 | 5:36 |
| 330 | 1554 | VERLEYE Frank | KNOKKE-HEIST | 1958 | M | 298 | 0:55:56 | 10,73 | 5:36 |
| 331 | 1552 | PEIFFER Yves | SINT-TRUIDEN | 1957 | M | 299 | 0:55:57 | 10,72 | 5:36 |
| 332 | 1467 | RIJCKAERT Daniel | KNOKKE-HEIST | 1963 | M | 300 | 0:56:07 | 10,69 | 5:37 |
| 333 | 445 | DE GROOTE Johanna* | HEIST-AAN-ZEE | 1962 | V | 33 | 0:56:19 | 10,65 | 5:38 |
| 334 | 195 | NEYT Nathalie* | | 1971 | V | 34 | 0:56:20 | 10,65 | 5:38 |
| 335 | 408 | DE GROOTE Annick* | KNOKKE-HEIST | 1966 | V | 35 | 0:56:29 | 10,62 | 5:39 |
| 336 | 1520 | GHYS Michel | KNOKKE-HEIST | 1951 | M | 301 | 0:56:36 | 10,60 | 5:40 |
| 337 | 1262 | TACK Frank | KNOKKE-HEIST | 1977 | M | 302 | 0:56:37 | 10,60 | 5:40 |
| 338 | 442 | VERMEERSCH Isabelle* | KNOKKE-HEIST | 1969 | V | 36 | 0:56:38 | 10,59 | 5:40 |
| 339 | 1498 | VERTOMMEN Sam | KAPellen | 1988 | M | 303 | 0:56:44 | 10,58 | 5:40 |
| 340 | 1328 | BAEKELANDT Frans | KNOKKE-HEIST | 1945 | M | 304 | 0:56:46 | 10,57 | 5:41 |
| 341 | 1335 | MACHARIS Michael | BRASSCHAAT | 1972 | M | 305 | 0:56:47 | 10,57 | 5:41 |
| 342 | 1540 | ELST Herman | EKEREN (ANTW.) | 1960 | M | 306 | 0:56:47 | 10,57 | 5:41 |
| 343 | 1341 | VANDEREYCKEN Lode | TESSENDERLO | 1950 | M | 307 | 0:56:50 | 10,56 | 5:41 |
| 344 | 444 | LELIAERT Hilde* | BLANKENBERGE | 1960 | V | 37 | 0:56:53 | 10,55 | 5:41 |
| 345 | 1362 | SCHAEPDRIJVER Willy | KNOKKE-HEIST | 1945 | M | 308 | 0:56:54 | 10,54 | 5:41 |
| 346 | 1556 | ADRIAENSSENS Erik | BERENDRECHT | 1950 | M | 309 | 0:56:55 | 10,54 | 5:41 |
| 347 | 441 | WERCKX Christiane* | TESSENDERLO | 1951 | V | 38 | 0:56:56 | 10,54 | 5:42 |
| 348 | 1217 | DECLERCK Michiel | KNOKKE-HEIST | 1993 | M | 310 | 0:56:57 | 10,54 | 5:42 |
| 349 | 1471 | VIAENE Joeri | KNOKKE-HEIST | 1993 | M | 311 | 0:57:02 | 10,52 | 5:42 |
| 350 | 1401 | BRINKMAN Richard | BITHOVEN | 1969 | M | 312 | 0:57:04 | 10,51 | 5:42 |
| 351 | 1545 | DE CRAENE Luc | ASSENEDE | 1959 | M | 313 | 0:57:05 | 10,51 | 5:42 |
| 352 | 1481 | CLAESSENS Christophe | GROBBENDONK | 1973 | M | 314 | 0:57:10 | 10,50 | 5:43 |
| 353 | 1228 | AUDENAERT Dominique | ZELZATE | 1961 | M | 315 | 0:57:13 | 10,49 | 5:43 |
| 354 | 406 | VERMEIRE Sabine* | KNOKKE-HEIST | 1970 | V | 39 | 0:57:24 | 10,45 | 5:44 |
| 355 | 447 | WIJ Beatrise* | MEERBEEK | 1965 | V | 40 | 0:57:25 | 10,45 | 5:45 |
| 356 | 1239 | ROOSEN Hans Lucien | KNOKKE-HEIST | 1971 | M | 316 | 0:57:54 | 10,36 | 5:47 |
| 357 | 1544 | DEMEESTERE Stanislas | KNOKKE-HEIST | 1994 | M | 317 | 0:58:15 | 10,30 | 5:49 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------|------------------------|------|-----|-------|---------|-------|---------|
| 358 | 1223 | MARTONY Peter | KNOKKE-HEIST | 1964 | M | 318 | 0:58:29 | 10,26 | 5:51 |
| 359 | 429 | GODDAER Lisbeth* | PUTTE | 1979 | V | 41 | 0:58:36 | 10,24 | 5:52 |
| 360 | 1549 | SAVELS Patrick | KNOKKE-HEIST | 1960 | M | 319 | 0:58:52 | 10,19 | 5:53 |
| 361 | 1256 | FRANK Stefan | LUTTICH | 1991 | M | 320 | 0:59:20 | 10,11 | 5:56 |
| 362 | 1237 | CARDON Chris | SINT-MICHIELS | 1968 | M | 321 | 0:59:26 | 10,10 | 5:57 |
| 363 | 1404 | VERLINDEN Jef | | 1952 | M | 322 | 0:59:31 | 10,08 | 5:57 |
| 364 | 243 | DE GROOTE Katrien* | MALDEGEM | 1960 | V | 42 | 0:59:37 | 10,06 | 5:58 |
| 365 | 1342 | BENEDICTUS Guy | BLANKENBERGE | 1957 | M | 323 | 0:59:45 | 10,04 | 5:58 |
| 366 | 1445 | BONTZOS Sebastien | KNOKKE-HEIST | 1990 | M | 324 | 0:59:56 | 10,01 | 6:00 |
| 367 | 1309 | VANDECASTEELE Dennis | LAPSCHEURE | 1990 | M | 325 | 1:00:08 | 9,98 | 6:01 |
| 368 | 1312 | DELPUTTE Pieter | KNOKKE-HEIST | 1970 | M | 326 | 1:00:22 | 9,94 | 6:02 |
| 369 | 1221 | DE JAEGHER Krist | WAREGEM | 1966 | M | 327 | 1:00:36 | 9,90 | 6:04 |
| 370 | 1267 | DEMEESTERE Patrick | KNOKKE-HEIST | 1961 | M | 328 | 1:00:44 | 9,88 | 6:04 |
| 371 | 1551 | DE HERDT Paul | ANTWERPEN | 1947 | M | 329 | 1:00:47 | 9,87 | 6:05 |
| 372 | 460 | DEMAREST Annouck* | ASSEMBROEK | 1987 | V | 43 | 1:00:51 | 9,86 | 6:05 |
| 373 | 420 | PIERNS Leen* | GRIMBERGEN | 1978 | V | 44 | 1:00:52 | 9,86 | 6:05 |
| 374 | 1505 | VAN DYCKE Koen | KNOKKE-HEIST | 1975 | M | 330 | 1:00:52 | 9,86 | 6:05 |
| 375 | 1216 | STANDAERT Chris | KNOKKE-HEIST | 1968 | M | 331 | 1:00:55 | 9,85 | 6:05 |
| 376 | 1464 | DE WOLF Robin | WUUSTWEZEL | 1965 | M | 332 | 1:01:21 | 9,78 | 6:08 |
| 377 | 1331 | BOGAERTS Patrick | BRASSCHAAT | 1963 | M | 333 | 1:01:37 | 9,74 | 6:10 |
| 378 | 1376 | COPPENS Steven | ZOMERGEM | 1975 | M | 334 | 1:02:10 | 9,65 | 6:13 |
| 379 | 1351 | RASSON Kris | ANTWERPEN | 1972 | M | 335 | 1:02:19 | 9,63 | 6:14 |
| 380 | 433 | ARTS Melissa* | KAPELLEN | 1990 | V | 45 | 1:02:21 | 9,62 | 6:14 |
| 381 | 1307 | SAIDI Abdel | BRUSSEL | 1961 | M | 336 | 1:02:34 | 9,59 | 6:15 |
| 382 | 423 | SCHILTZ Katrien* | HEIST-AAN-ZEE | 1961 | V | 46 | 1:02:36 | 9,58 | 6:16 |
| 383 | 1246 | VERHELST Jan | KNOKKE-HEIST | 1956 | M | 337 | 1:02:37 | 9,58 | 6:16 |
| 384 | 1320 | GRUTTER Frank | LAUSANNE | 1952 | M | 338 | 1:02:47 | 9,56 | 6:17 |
| 385 | 410 | GOOSSENS Leen* | KNOKKE-HEIST | 1972 | V | 47 | 1:03:06 | 9,51 | 6:19 |
| 386 | 459 | CAROLE Meert* | ZOMERGEM | 1975 | V | 48 | 1:03:25 | 9,46 | 6:20 |
| 387 | 407 | MATTHYS Sandra* | KNOKKE-HEIST | 1967 | V | 49 | 1:03:26 | 9,46 | 6:21 |
| 388 | 1270 | RINDER Eugen | RAEREN | 1944 | M | 339 | 1:03:31 | 9,45 | 6:21 |
| 389 | 538 | LAUWERS Pieter | OLV-WAVER | 1982 | M | 340 | 1:04:26 | 9,31 | 6:27 |
| 390 | 1370 | DHOLLANDERE Eric | BELSELE (ST-NIKLAAS) | 1995 | M | 341 | 1:04:39 | 9,28 | 6:28 |
| 391 | 1426 | ACKAERT Roland | ZEEBRUGGE | 1943 | M | 342 | 1:04:52 | 9,25 | 6:29 |
| 392 | 1233 | SMETS Patrick | KNOKKE-HEIST | 1967 | M | 343 | 1:05:10 | 9,21 | 6:31 |
| 393 | 1557 | SIMPELAERE Filip | LEUVEN | 1981 | M | 344 | 1:05:25 | 9,17 | 6:32 |
| 394 | 1538 | RILSTENS Peter | MORTSEL | 1960 | M | 345 | 1:05:32 | 9,16 | 6:33 |
| 395 | 425 | HUYGHE Melanie* | EEKLO | 1985 | V | 50 | 1:06:29 | 9,02 | 6:39 |
| 396 | 1428 | VAN BIE Ward | URSEL | 1985 | M | 346 | 1:06:30 | 9,02 | 6:39 |
| 397 | 458 | BLOMMAERT Ann* | BELSELE (SINT-NIKLAAS) | 1966 | V | 51 | 1:06:37 | 9,01 | 6:40 |
| 398 | 1316 | QUANT Christoph | ESSEN | 1970 | M | 347 | 1:07:17 | 8,92 | 6:44 |
| 399 | 424 | LEYS Vivianne* | LANAKEN | 1965 | V | 52 | 1:07:22 | 8,91 | 6:44 |
| 400 | 421 | COCHEZ Ellen* | BUIZINGEN | 1983 | V | 53 | 1:08:08 | 8,81 | 6:49 |
| 401 | 452 | DEBRANDER Martien* | KNOKKE-HEIST | 1969 | V | 54 | 1:10:03 | 8,57 | 7:00 |
| 402 | 453 | D'HOOGHE Veerle* | KNOKKE-HEIST | 1964 | V | 55 | 1:10:06 | 8,56 | 7:01 |
| 403 | 247 | VERMEERSCH Delphine* | MALDEGEM | 1988 | V | 56 | 1:11:34 | 8,38 | 7:09 |
| 404 | 1550 | TROSSAERT Maarten | BAAIGEM | 1987 | M | 348 | 1:11:35 | 8,38 | 7:10 |
| 405 | 405 | SCHAEVERBEKE Fanny* | HERTSBERGE | 1972 | V | 57 | 1:12:32 | 8,27 | 7:15 |
| 406 | 415 | DECKX Kitty* | DWORP | 1955 | V | 58 | 1:12:43 | 8,25 | 7:16 |
| 407 | 1527 | VAN DE SANDE Mark | BRASSCHAAT | 1963 | M | 349 | 1:13:03 | 8,21 | 7:18 |
| 408 | 1564 | OBBELS Jan | OLEN | 1949 | M | 350 | 1:14:40 | 8,04 | 7:28 |