

18e Sint-Rembertcorrida Torhout - 12 mei 2006

3,8 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|--------------|------|-------|---------|-------|---------|
| 1 | 1533 | CLAUW TOM | BESELARE | MJUN | 1 | 0:12:13 | 18,66 | 3:13 |
| 2 | 1511 | MESTDAGH SIMON | BRUGGE | MJUN | 2 | 0:12:22 | 18,44 | 3:15 |
| 3 | 1540 | DEVREKER BEN | KEIEM | MJUN | 3 | 0:12:59 | 17,56 | 3:25 |
| 4 | 1569 | CLAEYS MARLON | BEERNEM | MJUN | 4 | 0:13:00 | 17,54 | 3:25 |
| 5 | 1568 | DE BLAUWE JEROEN | LICHTERVELDE | MJUN | 5 | 0:14:03 | 16,23 | 3:42 |
| 7 | 1531 | ALLEGAERT PIET | MOORSLEDE | MJUN | 6 | 0:14:23 | 15,85 | 3:47 |
| 8 | 1571 | PLOUVIER DIMITRI | ASSEBROEK | MJUN | 7 | 0:15:22 | 14,84 | 4:03 |
| 9 | 1512 | ASSEZ INES | KORTEMARK | MJUN | 8 | 0:15:31 | 14,69 | 4:05 |
| 11 | 1543 | STAELENS BRENT | TORHOUT | MJUN | 9 | 0:15:48 | 14,43 | 4:09 |
| 15 | 1557 | VANDEPUTTE AURELE | OOSTKAMP | MJUN | 10 | 0:16:49 | 13,56 | 4:26 |
| 21 | 1556 | DEBACKER INDY | ASSEBROEK | MJUN | 11 | 0:17:41 | 12,89 | 4:39 |
| 22 | 1535 | VANOVERBERGHE NELE | MOORSELE | MJUN | 12 | 0:17:48 | 12,81 | 4:41 |
| 34 | 1520 | VERCRUYSSÉ JONAS | ROESELARE | MJUN | 13 | 0:19:55 | 11,45 | 5:14 |
| 37 | 1534 | DELVA GUNTHIER | MOOSLEDE | MJUN | 14 | 0:20:13 | 11,28 | 5:19 |
| 10 | 1508 | DE BACKER ROGER | WAREGEM | MMAS | 1 | 0:15:32 | 14,68 | 4:05 |
| 26 | 1542 | STAELENS MARC | TORHOUT | MMAS | 2 | 0:18:54 | 12,06 | 4:58 |
| 35 | 1516 | VANDEGINSTE LUC | ROESELARE | MMAS | 3 | 0:20:00 | 11,40 | 5:16 |
| 41 | 1554 | NEVENS FRANS | ASSE | MMAS | 4 | 0:20:53 | 10,92 | 5:30 |
| 44 | 1514 | VITALE GUISEPPE | TORHOUT | MMAS | 5 | 0:21:08 | 10,79 | 5:34 |
| 49 | 1528 | HOUCK WILLI | GISTEL | MMAS | 6 | 0:21:25 | 10,65 | 5:38 |
| 53 | 1576 | TIMMERMAN DIDIER | BEERNEM | MMAS | 7 | 0:22:09 | 10,29 | 5:50 |
| 6 | 1580 | VANNESTE MICHAEL | WAREGEM | MSEN | 1 | 0:14:08 | 16,13 | 3:43 |
| 14 | 1541 | VANDENBROUCKE RENAAT | TORHOUT | MSEN | 2 | 0:16:29 | 13,83 | 4:20 |
| 17 | 1519 | HUYGHE STIJN | TORHOUT | MSEN | 3 | 0:16:57 | 13,45 | 4:28 |
| 25 | 1579 | HUYSENTRUYT BART | TORHOUT | MSEN | 4 | 0:18:45 | 12,16 | 4:56 |
| 27 | 1578 | HOORNAERT JAN | HOOGLEDE | MSEN | 5 | 0:18:55 | 12,05 | 4:59 |
| 28 | 2000 | DECROCK DIMITRI | ROESELARE | MSEN | 6 | 0:18:55 | 12,05 | 4:59 |
| 30 | 1574 | LAMBRECHT PIETER | LENDELEDE | MSEN | 7 | 0:19:13 | 11,86 | 5:03 |
| 31 | 1575 | | | MSEN | 8 | 0:19:20 | 11,79 | 5:05 |
| 57 | 1581 | DEVOS WIM | TORHOUT | MSEN | 9 | 0:22:52 | 9,97 | 6:01 |
| 70 | 1529 | SNAUWAERT NANCY | MALDEGEM | MSEN | 10 | 0:24:08 | 9,45 | 6:21 |
| 12 | 1549 | COULON LORE | BELLESEM | VJUN | 1 | 0:16:09 | 14,12 | 4:15 |
| 13 | 1501 | VANDENBROUCKE MARIEKE | LICHTERVELDE | VJUN | 2 | 0:16:16 | 14,02 | 4:17 |
| 16 | 1550 | VANDENBERGHE FIEN | KLERKEN | VJUN | 3 | 0:16:57 | 13,45 | 4:28 |
| 18 | 1546 | VANPOUCKE ELLA | KUURNE | VJUN | 4 | 0:17:23 | 13,12 | 4:34 |
| 20 | 1536 | SCHOONVAERE STEFANIE | BEERNEM | VJUN | 5 | 0:17:37 | 12,94 | 4:38 |
| 23 | 1547 | VANPOUCKE LYSAME | KUURNE | VJUN | 6 | 0:18:02 | 12,64 | 4:45 |
| 29 | 1545 | VANACKERE ALICE | KUURNE | VJUN | 7 | 0:19:12 | 11,88 | 5:03 |
| 32 | 1570 | VAN COILLIE ELISAH | WEVELGEM | VJUN | 8 | 0:19:21 | 11,78 | 5:06 |
| 39 | 1555 | DEBACKER JANA | ASSEBROEK | VJUN | 9 | 0:20:15 | 11,26 | 5:20 |
| 40 | 1558 | CHAMPION LEEN | ST-KRUIS | VJUN | 10 | 0:20:47 | 10,97 | 5:28 |
| 46 | 1503 | DEBRUYCKER NELE | OVERMERE | VJUN | 11 | 0:21:11 | 10,76 | 5:34 |
| 50 | 1572 | ROGIERS ANNELIEN | ZEDELGEM | VJUN | 12 | 0:21:26 | 10,64 | 5:38 |
| 61 | 1565 | HAELEWYN ELKE | TORHOUT | VJUN | 13 | 0:23:24 | 9,74 | 6:09 |
| 71 | 1502 | DEBRUYCKER VEERLE | OVERMERE | VJUN | 14 | 0:24:16 | 9,40 | 6:23 |
| 74 | 1521 | DENYS JOLIEN | ZERKEGEM | VJUN | 15 | 0:24:39 | 9,25 | 6:29 |
| 75 | 1522 | VANHULLEBUSCH VERA | ZERKEGEM | VJUN | 16 | 0:24:42 | 9,23 | 6:30 |
| 19 | 1506 | TOURNET NICOLE | RUISELEDE | VMAS | 1 | 0:17:33 | 12,99 | 4:37 |
| 24 | 1523 | AVONTURE HILDE | TORHOUT | VMAS | 2 | 0:18:04 | 12,62 | 4:45 |
| 38 | 1559 | VERMEIRE CHRISTINE | ST-KRUIS | VMAS | 3 | 0:20:14 | 11,27 | 5:19 |
| 42 | 1532 | BONTE GUDRUN | MOOSLEDE | VMAS | 4 | 0:21:01 | 10,85 | 5:32 |
| 43 | 1515 | VITALE SARINA | TORHOUT | VMAS | 5 | 0:21:01 | 10,85 | 5:32 |
| 45 | 1517 | DEKEYSER RITA | TORHOUT | VMAS | 6 | 0:21:09 | 10,78 | 5:34 |
| 47 | 1524 | MOREELS ANN | WEVELGEM | VMAS | 7 | 0:21:11 | 10,76 | 5:34 |
| 55 | 1504 | BAUTERS GODELIEVE | OVERMERE | VMAS | 8 | 0:22:43 | 10,04 | 5:59 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|-------------------------|--------------|------|-------|---------|-------|---------|
| 58 | 1518 | FEYS SOFIA | VEURNE | VMAS | 9 | 0:22:57 | 9,93 | 6:02 |
| 59 | 1544 | VANDECASTEELE HEIDI | TORHOUT | VMAS | 10 | 0:22:58 | 9,93 | 6:03 |
| 60 | 1577 | MAHAU VERONIQUE | TORHOUT | VMAS | 11 | 0:23:04 | 9,88 | 6:04 |
| 62 | 1526 | MULIER GREET | TORHOUT | VMAS | 12 | 0:23:26 | 9,73 | 6:10 |
| 63 | 1527 | MALFAIT PATSY | TORHOUT | VMAS | 13 | 0:23:28 | 9,72 | 6:11 |
| 65 | 1537 | VANWYNSBERGHE DORINE | TORHOUT | VMAS | 14 | 0:23:32 | 9,69 | 6:12 |
| 67 | 1505 | WARNEZ LUCRESE | TORHOUT | VMAS | 15 | 0:24:02 | 9,49 | 6:19 |
| 73 | 1573 | DEVOOGHT LILIANE | ZEDELGEM | VMAS | 16 | 0:24:39 | 9,25 | 6:29 |
| 77 | 1567 | DE LAERE ISABELLE | TORHOUT | VMAS | 17 | 0:25:27 | 8,96 | 6:42 |
| 78 | 1553 | VERBEKE ANN | MOORSELE | VMAS | 18 | 0:25:36 | 8,91 | 6:44 |
| 79 | 1552 | DESMET DORINE | MOORSELE | VMAS | 19 | 0:25:37 | 8,90 | 6:44 |
| 33 | 1509 | VANPARIJS MARIJKE | RAMSKAPELLE | VSEN | 1 | 0:19:48 | 11,52 | 5:13 |
| 36 | 1539 | VANDEWALLE CINDY | RENINGELST | VSEN | 2 | 0:20:07 | 11,33 | 5:18 |
| 48 | 2001 | SOMERS KIRSTEN | BRUGGE | VSEN | 3 | 0:21:12 | 10,75 | 5:35 |
| 51 | 1551 | DENOO SANDRA | TORHOUT | VSEN | 4 | 0:22:04 | 10,33 | 5:48 |
| 52 | 1564 | ROMMEL RUTH | BRUGGE | VSEN | 5 | 0:22:07 | 10,31 | 5:49 |
| 54 | 1560 | VANLERBERGHE SANDRA | TORHOUT | VSEN | 6 | 0:22:37 | 10,08 | 5:57 |
| 56 | 1566 | DE HOUWER HILDE | ELVERDINGE | VSEN | 7 | 0:22:48 | 10,00 | 6:00 |
| 64 | 1510 | VANHILLE KARIN | KOOLSKAMP | VSEN | 8 | 0:23:32 | 9,69 | 6:12 |
| 66 | 1538 | RYNGAERT ELLEN | TORHOUT | VSEN | 9 | 0:23:51 | 9,56 | 6:17 |
| 68 | 1548 | VANDERHISPAILLIE EELKJE | KORTRIJK | VSEN | 10 | 0:24:03 | 9,48 | 6:20 |
| 69 | 1530 | DEWISPELAERE ISABELLE | MOERKERKE | VSEN | 11 | 0:24:03 | 9,48 | 6:20 |
| 72 | 1563 | DELBECQUE ANNELORE | BLANKENBERGE | VSEN | 12 | 0:24:19 | 9,38 | 6:24 |
| 76 | 1562 | COYSMAN SIEN | LICHTERVELDE | VSEN | 13 | 0:25:26 | 8,96 | 6:42 |

10 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|--------------------------|------------------|------|-------|---------|-------|---------|
| 1 | 259 | WOLDU GHIRMA | ERITREA | MSEN | 1 | 0:30:01 | 19,99 | 3:00 |
| 2 | 448 | COLPAERT FREDERIK | KORTEMARK | MSEN | 2 | 0:30:06 | 19,93 | 3:01 |
| 3 | 508 | CABY DIMITRI | AVELGEM | MSEN | 3 | 0:30:27 | 19,70 | 3:03 |
| 4 | 300 | CLYNCKE CHRISTOPHE | NIEUWMUNSTER | MSEN | 4 | 0:30:33 | 19,64 | 3:03 |
| 5 | 536 | VAN STEENBRUGGE FRANCIES | ZINGEM | MSEN | 5 | 0:31:25 | 19,10 | 3:09 |
| 6 | 291 | NAGASSA ABDI | ETHIOPIE | MSEN | 6 | 0:31:31 | 19,04 | 3:09 |
| 7 | 1011 | BROUCKAERT DIETER | ZERKEGEM | MSEN | 7 | 0:31:37 | 18,98 | 3:10 |
| 8 | 151 | DE BLANDER GUY | MEERBEKE | M+35 | 1 | 0:31:57 | 18,78 | 3:12 |
| 9 | 262 | CAUWELS KRIS | TORHOUT | M+35 | 2 | 0:32:05 | 18,70 | 3:13 |
| 10 | 290 | VERBEECK CHRIS | STEKENE | M+45 | 1 | 0:32:08 | 18,67 | 3:13 |
| 11 | 230 | DAMIAN ION | DENDERMONDE | M+50 | 1 | 0:32:16 | 18,60 | 3:14 |
| 12 | 546 | VERSTRAETE DIDIER | LANGEMARK | M+35 | 3 | 0:32:19 | 18,57 | 3:14 |
| 13 | 612 | KIMPE MARNIX | OOSTENDE | MSEN | 8 | 0:32:24 | 18,52 | 3:14 |
| 14 | 337 | VANDEVELDE DIRK | LOCHRISTI | M+35 | 4 | 0:32:27 | 18,49 | 3:15 |
| 15 | 62 | HOET ELIE | GITS | M+40 | 1 | 0:32:40 | 18,37 | 3:16 |
| 16 | 328 | VANDEWALLE KRISTOF | ST-ELOOIS-WINKEL | MSEN | 9 | 0:33:14 | 18,05 | 3:19 |
| 17 | 116 | VANSTEELANDT FILIP | ZERKEGEM | M+35 | 5 | 0:33:16 | 18,04 | 3:20 |
| 18 | 55 | DE BACKER FREDERIK | WAREGEM | MSEN | 10 | 0:33:22 | 17,98 | 3:20 |
| 19 | 1003 | DE BOIS WIM | AALTER | MSEN | 11 | 0:33:26 | 17,95 | 3:21 |
| 20 | 442 | DECOCK PEDRO | ASSEBROEK | MSEN | 12 | 0:33:32 | 17,89 | 3:21 |
| 21 | 227 | ALLEGAERT WOUT | MOORSLEDE | MJUN | 1 | 0:33:34 | 17,87 | 3:21 |
| 22 | 173 | SIERENS DIRK | OEDELEM | M+40 | 2 | 0:33:42 | 17,80 | 3:22 |
| 23 | 481 | GHEQUIERE CHRISTOPHE | WERVIK | M+35 | 6 | 0:33:51 | 17,73 | 3:23 |
| 24 | 77 | SCHEIRENS JORGE | BRUGGE | MSEN | 13 | 0:33:54 | 17,70 | 3:23 |
| 25 | 1045 | BONTE GINO | WESTROZEBEKE | M+35 | 7 | 0:33:55 | 17,69 | 3:24 |
| 26 | 369 | LAZOU MATHIEU | BISSEGEM | MSEN | 14 | 0:33:55 | 17,69 | 3:24 |
| 27 | 1015 | MOORTGAT RONNY | OOSTENDE | MSEN | 15 | 0:33:59 | 17,66 | 3:24 |
| 28 | 275 | VANLIERDE FRANKY | GELUWE | M+40 | 3 | 0:34:00 | 17,65 | 3:24 |
| 29 | 473 | RONDELEE FILIP | BRUGGE | M+35 | 8 | 0:34:01 | 17,64 | 3:24 |
| 30 | 170 | DECRAEMER MARNIK | BEERNEM | M+40 | 4 | 0:34:02 | 17,63 | 3:24 |
| 31 | 502 | SLABBINCK KRISTOF | JABBEKE | MSEN | 16 | 0:34:07 | 17,59 | 3:25 |
| 32 | 1063 | BOTERBERGE JURGEN | RUDDERVOORDE | MSEN | 17 | 0:34:09 | 17,57 | 3:25 |
| 33 | 260 | DECORTE PATRICK | GISTEL | M+45 | 2 | 0:34:10 | 17,56 | 3:25 |
| 34 | 211 | MATTHEUS DIRK | TORHOUT | M+45 | 3 | 0:34:12 | 17,54 | 3:25 |
| 35 | 435 | BLOMME CHRIS | ASSEBROEK | M+40 | 5 | 0:34:13 | 17,54 | 3:25 |
| 36 | 294 | COLPAERT NICOLAS | ST-ANDRIES | MSEN | 18 | 0:34:13 | 17,54 | 3:25 |
| 37 | 565 | VERMANDER GLENN | DADIZELE | MSEN | 19 | 0:34:18 | 17,49 | 3:26 |
| 38 | 493 | RUL KRISTOF | MERELBEKE | MSEN | 20 | 0:34:23 | 17,45 | 3:26 |
| 39 | 415 | VANSEVENANT RUDI | KORTEMARK | M+40 | 6 | 0:34:29 | 17,40 | 3:27 |
| 40 | 118 | COULIER PETER | BRUGGE | M+40 | 7 | 0:34:30 | 17,39 | 3:27 |
| 41 | 434 | HOSTENS IVAN | HANDZAME | M+40 | 8 | 0:34:37 | 17,33 | 3:28 |
| 42 | 9 | VANDENBROUCKE PIETER | LICHTERVELDE | MJUN | 2 | 0:34:37 | 17,33 | 3:28 |
| 43 | 321 | SOETAERT PATRICK | DENTERGEM | M+40 | 9 | 0:34:40 | 17,31 | 3:28 |
| 44 | 236 | LANNOO DIRK | OOSTROZEBEKE | M+40 | 10 | 0:34:42 | 17,29 | 3:28 |
| 45 | 1043 | VANLIERDE DIETER | OUDENAARDE | MSEN | 21 | 0:34:43 | 17,28 | 3:28 |
| 46 | 112 | VANTHOUENHOUT HENK | POELKAPELLE | M+35 | 9 | 0:34:48 | 17,24 | 3:29 |
| 47 | 179 | LIGNEEL WILLY | BEVEREN | M+45 | 4 | 0:34:51 | 17,22 | 3:29 |
| 48 | 524 | KINYANIUI JEREMIAH | BRUGGE | MSEN | 22 | 0:35:02 | 17,13 | 3:30 |
| 49 | 292 | VANGUYSE RUDY | STEKENE | M+45 | 5 | 0:35:03 | 17,12 | 3:30 |
| 50 | 1032 | NAERT FRANK | RUDDERVOORDE | M+40 | 11 | 0:35:05 | 17,10 | 3:31 |
| 51 | 577 | MUSSEEUW DANNY | VLADSLO | M+40 | 12 | 0:35:11 | 17,05 | 3:31 |
| 52 | 1044 | ALLEGAERT JAN | MOORSLEDE | M+40 | 13 | 0:35:14 | 17,03 | 3:31 |
| 53 | 164 | HEYTENS JOHAN | BRUGGE | M+45 | 6 | 0:35:18 | 17,00 | 3:32 |
| 54 | 568 | CHAMBART TOM | RUMBEKE | M+35 | 10 | 0:35:19 | 16,99 | 3:32 |
| 55 | 90 | ADRIAENSSENS ROLAND | LOKEREN | M+50 | 2 | 0:35:21 | 16,97 | 3:32 |
| 56 | 95 | MICHIELS IVO | ST-KRUIS | M+40 | 14 | 0:35:22 | 16,97 | 3:32 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|------------------|------|-------|---------|-------|---------|
| 57 | 140 | VANBESIEN DIDIER | TORHOUT | MSEN | 23 | 0:35:31 | 16,89 | 3:33 |
| 58 | 1074 | VERMEERSCH CHRIS | ST-KRUIS | M+45 | 7 | 0:35:32 | 16,89 | 3:33 |
| 59 | 430 | VANDERPER TIM | LICHTERVELDE | MSEN | 24 | 0:35:34 | 16,87 | 3:33 |
| 60 | 1000 | VANDENBROUCKE EDDY | LICHTERVELDE | M+40 | 15 | 0:35:34 | 16,87 | 3:33 |
| 61 | 286 | DESENDER NOEL | EERNEGEM | M+45 | 8 | 0:35:35 | 16,86 | 3:34 |
| 62 | 1064 | DEPRAETER KOEN | ZWEVEGEM | M+35 | 11 | 0:35:36 | 16,85 | 3:34 |
| 63 | 120 | SCHAMELHOUT LODE | HARELBEKE | M+40 | 16 | 0:35:37 | 16,85 | 3:34 |
| 64 | 171 | GEORGE FRANKY | IZEGEM | M+40 | 17 | 0:35:41 | 16,81 | 3:34 |
| 65 | 532 | D'HAENE OLIVIER | KOEKELARE | M+35 | 12 | 0:35:45 | 16,78 | 3:35 |
| 66 | 123 | STRUBBE LUC | JABBEKE | M+40 | 18 | 0:35:45 | 16,78 | 3:35 |
| 67 | 129 | TANGHE PATRICK | ZEDELGEM | M+35 | 13 | 0:35:46 | 16,78 | 3:35 |
| 68 | 1022 | DEMEYER FREDDY | DUDZELE | M+45 | 9 | 0:35:47 | 16,77 | 3:35 |
| 69 | 159 | CALLENS CLAUDE | DESSELGEM | M+40 | 19 | 0:35:48 | 16,76 | 3:35 |
| 70 | 560 | VERHAEGE FILIP | MEULEBEKE | MSEN | 25 | 0:35:49 | 16,75 | 3:35 |
| 71 | 516 | DE GRANDE PATRICK | ST-ANDRIES | M+45 | 10 | 0:35:50 | 16,74 | 3:35 |
| 72 | 498 | STEYAERT GEERT | OOSTKAMP | M+40 | 20 | 0:35:54 | 16,71 | 3:35 |
| 73 | 501 | DEBOU KOEN | ICHTEGEM | MSEN | 26 | 0:35:55 | 16,71 | 3:35 |
| 74 | 115 | MEULEBROUCK PAUL | BRUGGE | M+40 | 21 | 0:35:56 | 16,70 | 3:36 |
| 75 | 385 | BELETE MIMI | ETHIOPIE | VJUN | 1 | 0:35:57 | 16,69 | 3:36 |
| 76 | 361 | DECUYPERE JAN | WERVIK | M+35 | 14 | 0:35:58 | 16,68 | 3:36 |
| 77 | 82 | DEMEESTERE RUDI | ROESLARE | M+40 | 22 | 0:36:00 | 16,67 | 3:36 |
| 78 | 204 | ROGGE JOHAN | ZWALM | M+60 | 1 | 0:36:03 | 16,64 | 3:36 |
| 79 | 421 | OYAERT ERIC | AARTRIJKE | M+35 | 15 | 0:36:04 | 16,64 | 3:36 |
| 80 | 22 | DEVRIESE LUC | RUISELEDE | MSEN | 27 | 0:36:05 | 16,63 | 3:37 |
| 81 | 494 | VANSTEELANDT FRANCKY | SNELLESEM | M+35 | 16 | 0:36:08 | 16,61 | 3:37 |
| 82 | 575 | LEFEVER DIRK | HEVERLEE | M+40 | 23 | 0:36:09 | 16,60 | 3:37 |
| 83 | 23 | DERYNCK GEERT | VARSNARE | M+40 | 24 | 0:36:10 | 16,59 | 3:37 |
| 84 | 296 | DIOPERE STIJN | TORHOUT | MSEN | 28 | 0:36:11 | 16,58 | 3:37 |
| 85 | 449 | TEETAERT DIEDERIK | ICHTEGEM | M+40 | 25 | 0:36:13 | 16,57 | 3:37 |
| 86 | 1068 | DUTRIE FREDERICK | BRUGGE | MSEN | 29 | 0:36:14 | 16,56 | 3:37 |
| 87 | 558 | VERLINDE BERTRAND | GISTEL | M+40 | 26 | 0:36:16 | 16,54 | 3:38 |
| 88 | 271 | FIEUW CHRISTOPHE | POELKAPELLE | MSEN | 30 | 0:36:18 | 16,53 | 3:38 |
| 89 | 554 | SERROEN NICO | GELUVELD | MSEN | 31 | 0:36:26 | 16,47 | 3:39 |
| 90 | 144 | HAEGEMAN JURGEN | OOSTEEKLO | MSEN | 32 | 0:36:27 | 16,46 | 3:39 |
| 91 | 377 | FIERS FREDERICK | LOPPEM | MSEN | 33 | 0:36:29 | 16,45 | 3:39 |
| 92 | 552 | DE HAESE JO | DIKSMUIDE | MJUN | 3 | 0:36:31 | 16,43 | 3:39 |
| 93 | 496 | VANDECAVEYE LUC | EERNEGEM | M+40 | 27 | 0:36:33 | 16,42 | 3:39 |
| 94 | 268 | CLAUW DANNY | BESELARE | M+45 | 11 | 0:36:38 | 16,38 | 3:40 |
| 95 | 44 | DELAMEILLIEURE DANIEL | TORHOUT | M+45 | 12 | 0:36:40 | 16,36 | 3:40 |
| 96 | 1013 | VANACKER ANTOON | RUDDERVOORDE | M+45 | 13 | 0:36:41 | 16,36 | 3:40 |
| 97 | 278 | VANDENBOGAERDE YVES | MENEN | M+40 | 28 | 0:36:42 | 16,35 | 3:40 |
| 98 | 158 | DEMEY PETER | ZERKEGEM | M+35 | 17 | 0:36:42 | 16,35 | 3:40 |
| 99 | 433 | VANDENBROUCK MARLEEN | WELLE | V+40 | 1 | 0:36:43 | 16,34 | 3:40 |
| 100 | 325 | POPPE ALAIN | OOSTENDE | M+40 | 29 | 0:36:48 | 16,30 | 3:41 |
| 101 | 562 | DECLERCK PIETER | SIJSELE | MSEN | 34 | 0:36:49 | 16,30 | 3:41 |
| 102 | 172 | DEGRANDE GEERT | VELDEGEM | M+40 | 30 | 0:36:50 | 16,29 | 3:41 |
| 103 | 1069 | VANHOECKE HENDRIK | ST-MICHIELS | M+35 | 18 | 0:36:52 | 16,27 | 3:41 |
| 104 | 59 | DELVAEL PATRICIA | ST-ELOOIS-WINKEL | VSEN | 1 | 0:36:54 | 16,26 | 3:41 |
| 105 | 437 | DECALUWE STEVE | BRUGGE | MSEN | 35 | 0:36:55 | 16,25 | 3:42 |
| 106 | 190 | DEPRAETER WIM | WAREGEM | M+35 | 19 | 0:36:57 | 16,24 | 3:42 |
| 107 | 579 | SIBICK HELGA | GENT | VSEN | 2 | 0:37:07 | 16,17 | 3:43 |
| 108 | 601 | GOUWY DAVY | TORHOUT | MSEN | 36 | 0:37:11 | 16,14 | 3:43 |
| 109 | 226 | HERREBOUT STEFAAN | ST-MICHIELS | MSEN | 37 | 0:37:13 | 16,12 | 3:43 |
| 110 | 497 | VANCAYSEELE MARNIK | LICHTERVELDE | MSEN | 38 | 0:37:17 | 16,09 | 3:44 |
| 111 | 7 | BOUSSOUW NICO | TORHOUT | MSEN | 39 | 0:37:18 | 16,09 | 3:44 |
| 112 | 447 | MERLIN KATJA | ZELE | V+40 | 2 | 0:37:19 | 16,08 | 3:44 |
| 113 | 21 | COPPEJANS PATRICK | BRUGGE | M+35 | 20 | 0:37:25 | 16,04 | 3:45 |
| 114 | 98 | MESTDAGH TONY | BRUGGE | M+45 | 14 | 0:37:29 | 16,01 | 3:45 |
| 115 | 468 | DEMOORTELE JOHAN | TORHOUT | M+45 | 15 | 0:37:31 | 15,99 | 3:45 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|------------------|------|-------|---------|-------|---------|
| 116 | 56 | ROOSE GEERT | JABBEKE | M+40 | 31 | 0:37:33 | 15,98 | 3:45 |
| 117 | 60 | DENORME STEFAAN | ST-ELOOIS-WINKEL | MSEN | 40 | 0:37:34 | 15,97 | 3:45 |
| 118 | 178 | DEJONCKHEERE WIM | LENDELEDE | M+35 | 21 | 0:37:36 | 15,96 | 3:46 |
| 119 | 492 | COUVREUR HANS | DAMME | M+35 | 22 | 0:37:37 | 15,95 | 3:46 |
| 120 | 37 | VANTYGHEN VINCENT | EERNEGEM | MSEN | 41 | 0:37:38 | 15,94 | 3:46 |
| 121 | 165 | COUCKE FRANCIS | VEURNE | M+35 | 23 | 0:37:40 | 15,93 | 3:46 |
| 122 | 509 | FERGUSON JERRY | OOSTENDE | MSEN | 42 | 0:37:43 | 15,91 | 3:46 |
| 123 | 145 | DESMEDT MARTIN | BREDENE | M+45 | 16 | 0:37:44 | 15,90 | 3:46 |
| 124 | 216 | BOUSSERY WIM | TORHOUT | MSEN | 43 | 0:37:46 | 15,89 | 3:47 |
| 125 | 71 | DANNEELS ANNE-MARIE | RAMSKAPELLE | V+40 | 3 | 0:37:49 | 15,87 | 3:47 |
| 126 | 76 | WERBROUCK DIDIER | TORHOUT | M+45 | 17 | 0:37:49 | 15,87 | 3:47 |
| 127 | 505 | KOOPMAN DIRK | WERVIK | M+40 | 32 | 0:37:50 | 15,86 | 3:47 |
| 128 | 364 | MAES BART | BRUGGE | M+40 | 33 | 0:37:51 | 15,85 | 3:47 |
| 129 | 1047 | VANDERMEEREN LIEVIN | TORHOUT | M+35 | 24 | 0:37:53 | 15,84 | 3:47 |
| 130 | 534 | BASTIAENSSSENS HERMAN | ICHTEGEM | M+45 | 18 | 0:37:54 | 15,83 | 3:47 |
| 131 | 487 | LIOEN FILIP | ST-MICHIELS | M+35 | 25 | 0:37:55 | 15,82 | 3:48 |
| 132 | 104 | VERSTRAETE HENK | BRUGGE | MSEN | 44 | 0:37:57 | 15,81 | 3:48 |
| 133 | 267 | BONTE RIK | GELUWE | M+40 | 34 | 0:38:04 | 15,76 | 3:48 |
| 134 | 566 | JANSSEN PETER | VEURNE | MSEN | 45 | 0:38:05 | 15,75 | 3:49 |
| 135 | 523 | MAES WERNER | KUURNE | M+40 | 35 | 0:38:06 | 15,75 | 3:49 |
| 136 | 214 | DEDEYSTER PATRICK | KORTEMARK | M+40 | 36 | 0:38:06 | 15,75 | 3:49 |
| 137 | 72 | BLOMME KURT | ICHTEGEM | M+35 | 26 | 0:38:07 | 15,74 | 3:49 |
| 138 | 168 | RYSMAN JOHAN | DESSELGEM | M+50 | 3 | 0:38:09 | 15,73 | 3:49 |
| 139 | 1056 | WALRAVENS CARL | ROESELARE | M+45 | 19 | 0:38:14 | 15,69 | 3:49 |
| 140 | 307 | DERUWEZ FILIP | RENINGELST | M+35 | 27 | 0:38:17 | 15,67 | 3:50 |
| 141 | 553 | OOSTERLYNCK EMMANUEL | HEULE | MSEN | 46 | 0:38:18 | 15,67 | 3:50 |
| 142 | 25 | DEBEUF NICO | LICHTERVELDE | MSEN | 47 | 0:38:18 | 15,67 | 3:50 |
| 143 | 132 | NOLLET KOEN | ICHTEGEM | M+45 | 20 | 0:38:19 | 15,66 | 3:50 |
| 144 | 209 | CORNELIS JOHAN | MACHELEN-ZULTE | M+45 | 21 | 0:38:23 | 15,63 | 3:50 |
| 145 | 450 | VANHULLE FRANCIS | TORHOUT | MJUN | 4 | 0:38:24 | 15,63 | 3:50 |
| 146 | 208 | MATTHEUS PIETER | TORHOUT | MSEN | 48 | 0:38:29 | 15,59 | 3:51 |
| 147 | 372 | DESTOOP HEIN | RUDDERVOORDE | M+40 | 37 | 0:38:29 | 15,59 | 3:51 |
| 148 | 353 | LENAERS CLINT | OOSTENDE | M+35 | 28 | 0:38:30 | 15,58 | 3:51 |
| 149 | 365 | DEBLAUWE SERGE | ICHTEGEM | M+35 | 29 | 0:38:31 | 15,58 | 3:51 |
| 150 | 350 | DEWILDE ERIC | VARSNARE | M+50 | 4 | 0:38:33 | 15,56 | 3:51 |
| 151 | 541 | DOBBELAERE GEORGES | BEERNEM | M+55 | 1 | 0:38:34 | 15,56 | 3:51 |
| 152 | 527 | DECRU MARC | LICHTERVELDE | M+45 | 22 | 0:38:35 | 15,55 | 3:52 |
| 153 | 547 | VERRRIEST WIM | VLADSLO | M+35 | 30 | 0:38:36 | 15,54 | 3:52 |
| 154 | 506 | GHEQUIERE FRANKY | WERVIK | MSEN | 49 | 0:38:38 | 15,53 | 3:52 |
| 155 | 169 | COSSEMENT STEVEN | HARELBEKE | MSEN | 50 | 0:38:48 | 15,46 | 3:53 |
| 156 | 221 | THIBOUT JEAN-MARC | OOSTENDE | M+45 | 23 | 0:38:51 | 15,44 | 3:53 |
| 157 | 316 | LANGENBICK WIM | ST-KRUIS | MSEN | 51 | 0:38:56 | 15,41 | 3:54 |
| 158 | 485 | TANGHE ROBERT | AALST | M+55 | 2 | 0:38:57 | 15,40 | 3:54 |
| 159 | 1057 | BOGAERT CHRISTOF | ROESELARE | M+45 | 24 | 0:39:01 | 15,38 | 3:54 |
| 160 | 571 | JANSSEN JAN | VEURNE | M+35 | 31 | 0:39:05 | 15,35 | 3:55 |
| 161 | 548 | GROOTAERD HANS | EERNEGEM | M+35 | 32 | 0:39:06 | 15,35 | 3:55 |
| 162 | 242 | DEMAITER FILIP | ROESELARE | M+40 | 38 | 0:39:07 | 15,34 | 3:55 |
| 163 | 156 | DEROO LIEVEN | TORHOUT | MSEN | 52 | 0:39:11 | 15,31 | 3:55 |
| 164 | 157 | VANDIERENDONCK TINNEKE | TORHOUT | VSEN | 3 | 0:39:13 | 15,30 | 3:55 |
| 165 | 491 | LEFEVRE RIK | TIELT | M+35 | 33 | 0:39:18 | 15,27 | 3:56 |
| 166 | 1054 | DEVRIENDT THIJIS | TORHOUT | MSEN | 53 | 0:39:19 | 15,26 | 3:56 |
| 167 | 105 | ACKE NICO | MOOSLEDE | M+40 | 39 | 0:39:20 | 15,25 | 3:56 |
| 168 | 440 | VANDEPUTTE KRIS | OOSTKAMP | M+40 | 40 | 0:39:21 | 15,25 | 3:56 |
| 169 | 187 | DECAESTECKER KRIS | ROESELARE | MSEN | 54 | 0:39:23 | 15,23 | 3:56 |
| 170 | 559 | LAMS JAN | ZWEVEZELE | M+45 | 25 | 0:39:24 | 15,23 | 3:56 |
| 171 | 46 | GHEQUIERE KURT | ASSEBROEK | MSEN | 55 | 0:39:25 | 15,22 | 3:56 |
| 172 | 47 | COUSSEE KOENRAAD | LICHTERVELDE | M+40 | 41 | 0:39:26 | 15,22 | 3:57 |
| 173 | 220 | VERCARRE TOM | TORHOUT | MSEN | 56 | 0:39:26 | 15,22 | 3:57 |
| 174 | 269 | CNEUT MARINO | HEESTERT | M+40 | 42 | 0:39:26 | 15,22 | 3:57 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|--------------|------|-------|---------|-------|---------|
| 175 | 1059 | DEMOOR DIRK | IEPER | M+50 | 5 | 0:39:28 | 15,20 | 3:57 |
| 176 | 373 | DEVOS MARTIN | BEERNEM | M+50 | 6 | 0:39:29 | 15,20 | 3:57 |
| 177 | 439 | BLONDEEL KOEN | ZWEVEZELE | M+35 | 34 | 0:39:29 | 15,20 | 3:57 |
| 178 | 85 | DESENDER STEFAAN | TORHOUT | M+40 | 43 | 0:39:33 | 15,17 | 3:57 |
| 179 | 1001 | DOUSY FREDERIK | ROESLARE | MSEN | 57 | 0:39:34 | 15,16 | 3:57 |
| 180 | 201 | CUSSE BART | SJSELE | MSEN | 58 | 0:39:35 | 15,16 | 3:58 |
| 181 | 137 | LEMAIRE PETER | TORHOUT | M+35 | 35 | 0:39:36 | 15,15 | 3:58 |
| 182 | 329 | VIAENE CHRIST | VEURNE | M+35 | 36 | 0:39:37 | 15,15 | 3:58 |
| 183 | 1041 | JONGBLOET FILIP | HOEGAARDEN | M+35 | 37 | 0:39:38 | 15,14 | 3:58 |
| 184 | 228 | NEIRYNCK DRIES | EMELGEM | MSEN | 59 | 0:39:38 | 15,14 | 3:58 |
| 185 | 155 | VERBAUWHEEDE MARIANNE | DENTERGEM | V+45 | 1 | 0:39:41 | 15,12 | 3:58 |
| 186 | 578 | DELODDER RITA | MEULEBEKE | V+40 | 4 | 0:39:42 | 15,11 | 3:58 |
| 187 | 511 | VERMEIR ELLEEN | HAMME | VSEN | 4 | 0:39:42 | 15,11 | 3:58 |
| 188 | 537 | JONCKHEERE KOEN | OOSTENDE | MSEN | 60 | 0:39:45 | 15,09 | 3:59 |
| 189 | 189 | VANDAELE DIEDERIK | WESTENDE | M+35 | 38 | 0:39:48 | 15,08 | 3:59 |
| 190 | 245 | VERSCHAEVE BART | LICHTERVELDE | MSEN | 61 | 0:39:49 | 15,07 | 3:59 |
| 191 | 254 | VERAART RONALD | OOSTENDE | M+40 | 44 | 0:39:51 | 15,06 | 3:59 |
| 192 | 163 | MATON SISKA | BRUGGE | V+45 | 2 | 0:39:53 | 15,04 | 3:59 |
| 193 | 331 | BEEUWSAERT DIRK | HEULE | M+60 | 2 | 0:40:02 | 14,99 | 4:00 |
| 194 | 1040 | CLAUS NADIA | TORHOUT | VSEN | 5 | 0:40:04 | 14,98 | 4:00 |
| 195 | 538 | VANDER PLAETSE PAUL | OEDELEM | M+50 | 7 | 0:40:05 | 14,97 | 4:00 |
| 196 | 417 | DOOM FRANCISCA | TORHOUT | V+45 | 3 | 0:40:05 | 14,97 | 4:00 |
| 197 | 529 | ROYER DAVID | DIKSMUIDE | MSEN | 62 | 0:40:08 | 14,95 | 4:01 |
| 198 | 512 | AUDENAERT GINO | HAMME | M+35 | 39 | 0:40:09 | 14,94 | 4:01 |
| 199 | 564 | MUYS GUIDO | PITTEM | M+50 | 8 | 0:40:18 | 14,89 | 4:02 |
| 200 | 545 | VANSEVEREN JOHAN | HOOGLEDE | M+45 | 26 | 0:40:18 | 14,89 | 4:02 |
| 201 | 1036 | GELDOF KOEN | INGELMUNSTER | M+40 | 45 | 0:40:21 | 14,87 | 4:02 |
| 202 | 336 | VERMEERSCH KURT | IZEGEM | M+35 | 40 | 0:40:24 | 14,85 | 4:02 |
| 203 | 195 | THIENPONT RIA | BRUGGE | VSEN | 6 | 0:40:24 | 14,85 | 4:02 |
| 204 | 305 | VANMULLEM CHRISTOPHE | EERNEGEM | MSEN | 63 | 0:40:25 | 14,85 | 4:03 |
| 205 | 70 | VANPARIJS JOSEPH | RAMSKAPELLE | M+45 | 27 | 0:40:25 | 14,85 | 4:03 |
| 206 | 1034 | LAFOSSE PIET | KORTRIJK | M+40 | 46 | 0:40:27 | 14,83 | 4:03 |
| 207 | 446 | DEVUYST JOERI | BRUGGE | MSEN | 64 | 0:40:29 | 14,82 | 4:03 |
| 208 | 61 | VANDERHAEGHE CHRIS | ROESLARE | M+35 | 41 | 0:40:31 | 14,81 | 4:03 |
| 209 | 283 | VANBIERVLIEET LORENZO | EERNEGEM | M+35 | 42 | 0:40:37 | 14,77 | 4:04 |
| 210 | 489 | DEPOORTER CHRIS | HOUTHULST | MSEN | 65 | 0:40:41 | 14,75 | 4:04 |
| 211 | 458 | VERROENS PIETER | BRUGGE | MSEN | 66 | 0:40:42 | 14,74 | 4:04 |
| 212 | 319 | BONTE STEFAAN | EKLO | MSEN | 67 | 0:40:43 | 14,74 | 4:04 |
| 213 | 273 | GODDERIS LUC | GELUVELD | M+45 | 28 | 0:40:46 | 14,72 | 4:05 |
| 214 | 443 | VERCRUYSSSE MARC | BRUGGE | M+45 | 29 | 0:40:47 | 14,71 | 4:05 |
| 215 | 551 | VERSTRAETE JELLE | HANDZAME | MJUN | 5 | 0:40:53 | 14,68 | 4:05 |
| 216 | 1058 | ROGIERS PAUL | ZEDELGEM | M+45 | 30 | 0:40:55 | 14,66 | 4:05 |
| 217 | 413 | VANACKER THIERRY | IEPER | MSEN | 68 | 0:40:56 | 14,66 | 4:06 |
| 218 | 11 | JANSSENS KOEN | TORHOUT | M+35 | 43 | 0:40:57 | 14,65 | 4:06 |
| 219 | 246 | NYFFELS SHIRLEY | IZEGEM | VSEN | 7 | 0:40:57 | 14,65 | 4:06 |
| 220 | 334 | DEMOEN DRIES | TORHOUT | MSEN | 69 | 0:40:58 | 14,65 | 4:06 |
| 221 | 351 | DEWISPELAERE JOZEF | POELKAPELLE | M+60 | 3 | 0:40:58 | 14,65 | 4:06 |
| 222 | 549 | VERMEERSCH RIK | GISTEL | M+45 | 31 | 0:41:00 | 14,63 | 4:06 |
| 223 | 580 | VERMEULEN HANNELORE | DAMME | VSEN | 8 | 0:41:00 | 14,63 | 4:06 |
| 224 | 581 | ROGIER MARTIN | SNAASKERKE | M+40 | 47 | 0:41:01 | 14,63 | 4:06 |
| 225 | 408 | DEBOEVER NICO | BEVEREN | MJUN | 6 | 0:41:02 | 14,62 | 4:06 |
| 226 | 520 | GELAUDE ROGER | ST-ANDRIES | M+60 | 4 | 0:41:06 | 14,60 | 4:07 |
| 227 | 1018 | VERHOYE CAROLINE | JABBEKE | V+35 | 1 | 0:41:06 | 14,60 | 4:07 |
| 228 | 375 | KETELS DANIEL | OOSTENDE | M+55 | 3 | 0:41:12 | 14,56 | 4:07 |
| 229 | 322 | LUST JOHAN | OOSTKAMP | M+45 | 32 | 0:41:15 | 14,55 | 4:07 |
| 230 | 30 | VLEGHE PAUL | TORHOUT | M+50 | 9 | 0:41:15 | 14,55 | 4:07 |
| 231 | 177 | DEJONCKHEERE PATRICK | ROESLARE | M+45 | 33 | 0:41:21 | 14,51 | 4:08 |
| 232 | 181 | VANDEWALLE STEVEN | ROESLARE | MJUN | 7 | 0:41:21 | 14,51 | 4:08 |
| 233 | 1026 | FLORIZOONE PIETER | TORHOUT | M+35 | 44 | 0:41:23 | 14,50 | 4:08 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------|------------------|------|-------|---------|-------|---------|
| 234 | 539 | KERREMANS JEF | OOSTNIEUWKERKE | M+35 | 45 | 0:41:25 | 14,49 | 4:09 |
| 235 | 333 | MALLEZIE BART | GITS | M+40 | 48 | 0:41:27 | 14,48 | 4:09 |
| 236 | 395 | CALLENS RITA | ROESELARE | V+45 | 4 | 0:41:28 | 14,47 | 4:09 |
| 237 | 451 | VANLOMMEL ALAIN | WERVIK | M+55 | 4 | 0:41:32 | 14,45 | 4:09 |
| 238 | 33 | VANDEGEUCHTE FERNAND | TORHOUT | M+55 | 5 | 0:41:34 | 14,43 | 4:09 |
| 239 | 603 | DERUYTTER SABINE | OOSTENDE | VSEN | 9 | 0:41:34 | 14,43 | 4:09 |
| 240 | 306 | CHRISTIAENS MICHEL | EERNEGEM | MSEN | 70 | 0:41:35 | 14,43 | 4:10 |
| 241 | 272 | GHYSELEN JOHAN | ZONNEBEKE | M+35 | 46 | 0:41:35 | 14,43 | 4:10 |
| 242 | 14 | SMAGGHE JURGEN | GULEGEM | MSEN | 71 | 0:41:36 | 14,42 | 4:10 |
| 243 | 188 | VERVAECKE CONNIE | ZEDELGEM | V+35 | 2 | 0:41:43 | 14,38 | 4:10 |
| 244 | 531 | FLION ERIK | ZEDELGEM | M+35 | 47 | 0:41:44 | 14,38 | 4:10 |
| 245 | 431 | DEVLAMINCK RENAAT | KORTEMARK | M+35 | 48 | 0:41:46 | 14,37 | 4:11 |
| 246 | 478 | BRUNEEL JOOST | GULLEGEM | MSEN | 72 | 0:41:47 | 14,36 | 4:11 |
| 247 | 352 | COULON DOMINIQUE | BELLESEM | M+35 | 49 | 0:41:49 | 14,35 | 4:11 |
| 248 | 276 | VANLIERDE SHARON | GELUWE | VJUN | 2 | 0:41:53 | 14,33 | 4:11 |
| 249 | 1065 | WITDOUCK JAN | ELVERDINGE | MSEN | 73 | 0:41:53 | 14,33 | 4:11 |
| 250 | 289 | FIOEN HAROLD | VEURNE | M+35 | 50 | 0:41:55 | 14,31 | 4:12 |
| 251 | 1016 | BORRA DANIEL | JABBEKE | M+40 | 49 | 0:41:59 | 14,29 | 4:12 |
| 252 | 266 | DECEUNINCK EDWIN | HOUTHULST | M+55 | 6 | 0:41:59 | 14,29 | 4:12 |
| 253 | 79 | DANNEELS JACQUES | KNOKKE | M+40 | 50 | 0:42:04 | 14,26 | 4:12 |
| 254 | 518 | TYTECA WALTER | WESTENDE | M+45 | 34 | 0:42:06 | 14,25 | 4:13 |
| 255 | 122 | DE PESTEL THIEBE | OOSTKAMP | MJUN | 8 | 0:42:09 | 14,23 | 4:13 |
| 256 | 233 | VANACKER MARJAN | EEKLO | V+35 | 3 | 0:42:10 | 14,23 | 4:13 |
| 257 | 540 | NOYEZ KRISTA | OOSTNIEUWKERKE | V+35 | 4 | 0:42:11 | 14,22 | 4:13 |
| 258 | 427 | DEMUYNCK MATTHIAS | LENDELEDE | MSEN | 74 | 0:42:11 | 14,22 | 4:13 |
| 259 | 360 | BOSSUYT BENNY | LENDELEDE | M+40 | 51 | 0:42:12 | 14,22 | 4:13 |
| 260 | 411 | VERCOOREN STEFAAN | KORTEMARK | M+35 | 51 | 0:42:13 | 14,21 | 4:13 |
| 261 | 342 | LIEVENS MATHIEU | BEKEGEM | MSEN | 75 | 0:42:15 | 14,20 | 4:14 |
| 262 | 609 | VAN ES LIENERT | DUDZELE | MJUN | 9 | 0:42:17 | 14,19 | 4:14 |
| 263 | 320 | VIVEY PAUL | ASSEBROEK | M+55 | 7 | 0:42:26 | 14,14 | 4:15 |
| 264 | 241 | KINT EDWIN | ARDOOIE | M+45 | 35 | 0:42:32 | 14,11 | 4:15 |
| 265 | 133 | DELANOTE MARIJN | KORTEMARK | MJUN | 10 | 0:42:35 | 14,09 | 4:16 |
| 266 | 295 | DIOPERE BERNARD | TORHOUT | M+50 | 10 | 0:42:37 | 14,08 | 4:16 |
| 267 | 503 | JANSSENS ALAIN | BEERNEM | M+35 | 52 | 0:42:37 | 14,08 | 4:16 |
| 268 | 317 | GRUWIER IGNACE | POELKAPELLE | M+40 | 52 | 0:42:37 | 14,08 | 4:16 |
| 269 | 555 | VANHOUTTE JONIE | LICHTERVELDE | VJUN | 3 | 0:42:38 | 14,07 | 4:16 |
| 270 | 556 | VANHOUTTE KOEN | LICHTERVELDE | M+40 | 53 | 0:42:39 | 14,07 | 4:16 |
| 271 | 141 | COLPAERT JEAN-PIERRE | KORTEMARK | M+55 | 8 | 0:42:41 | 14,06 | 4:16 |
| 272 | 480 | GHYOOT JELLE | ST-ANDRIES | MJUN | 11 | 0:42:49 | 14,01 | 4:17 |
| 273 | 378 | VANDENBERGHE HUGO | VARSANARE | M+45 | 36 | 0:42:53 | 13,99 | 4:17 |
| 274 | 1035 | VANSTEENKISTE JURGEN | KOEKELARE | MSEN | 76 | 0:42:55 | 13,98 | 4:17 |
| 275 | 513 | CHAMBAERE REGI | ST-ELOOIS-WINKEL | M+40 | 54 | 0:42:56 | 13,98 | 4:18 |
| 276 | 1062 | DEVENEYNS MARC | ST-MICHIELS | M+40 | 55 | 0:42:57 | 13,97 | 4:18 |
| 277 | 154 | VANHANDSAEME PHILIP | ARDOOIE | M+40 | 56 | 0:42:58 | 13,96 | 4:18 |
| 278 | 357 | KERKHOF ANTON | TORHOUT | MSEN | 77 | 0:42:58 | 13,96 | 4:18 |
| 279 | 279 | VERMEULEN STIJN | ZONNEBEKE | MSEN | 78 | 0:42:59 | 13,96 | 4:18 |
| 280 | 167 | DESANGHERE BART | ZEDELGEM | MSEN | 79 | 0:43:00 | 13,95 | 4:18 |
| 281 | 274 | JENNERICH NORBERT | IEPER | M+60 | 5 | 0:43:01 | 13,95 | 4:18 |
| 282 | 576 | ERARD CAROLINE | LOPPEM | V+45 | 5 | 0:43:02 | 13,94 | 4:18 |
| 283 | 103 | NONNEMAN LUK | BRUGGE | M+40 | 57 | 0:43:04 | 13,93 | 4:18 |
| 284 | 500 | VANDEWAETERE DORA | EERNEGEM | V+40 | 5 | 0:43:05 | 13,93 | 4:19 |
| 285 | 399 | VERMEEREN XAVIER | LANGEMARK | MSEN | 80 | 0:43:07 | 13,92 | 4:19 |
| 286 | 217 | BOSSU MARNIK | KORTEMARK | M+35 | 53 | 0:43:08 | 13,91 | 4:19 |
| 287 | 229 | BEUSELINCK GEERT | KORTEMARK | M+35 | 54 | 0:43:08 | 13,91 | 4:19 |
| 288 | 425 | VANCLOOSTER LORE | GITS | VJUN | 4 | 0:43:12 | 13,89 | 4:19 |
| 289 | 445 | HOUF MARTIN | ASSEBROEK | M+40 | 58 | 0:43:13 | 13,88 | 4:19 |
| 290 | 29 | SERRY JAN | TORHOUT | M+45 | 37 | 0:43:16 | 13,87 | 4:20 |
| 291 | 1048 | CARRETTE ERIK | RUISELEDE | M+60 | 6 | 0:43:18 | 13,86 | 4:20 |
| 292 | 348 | VANDAMME BJORN | TORHOUT | MSEN | 81 | 0:43:18 | 13,86 | 4:20 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|------------------|------|-------|---------|-------|---------|
| 293 | 588 | VANHEULE MARC | KOEKELARE | MSEN | 82 | 0:43:19 | 13,85 | 4:20 |
| 294 | 1067 | VANTORRE DANIEL | ST-ANDRIES | M+55 | 9 | 0:43:20 | 13,85 | 4:20 |
| 295 | 483 | VANDEWAETERE DANNY | ROESLARE | M+40 | 59 | 0:43:21 | 13,84 | 4:20 |
| 296 | 5 | MALFAIT MARJAN | BLANKENBERGE | V+45 | 6 | 0:43:23 | 13,83 | 4:20 |
| 297 | 200 | ADAM BOB | AARTRIJKE | M+50 | 11 | 0:43:25 | 13,82 | 4:20 |
| 298 | 297 | VANISACKER ROLAND | TORHOUT | M+45 | 38 | 0:43:26 | 13,81 | 4:21 |
| 299 | 162 | GROOTAERT IGNACE | VELDEGM | M+40 | 60 | 0:43:29 | 13,80 | 4:21 |
| 300 | 20 | DEKETELAERE ALBERT | BRUGGE | M+55 | 10 | 0:43:32 | 13,78 | 4:21 |
| 301 | 330 | VANNEVEL DANNY | ZONNEBEKE | M+40 | 61 | 0:43:32 | 13,78 | 4:21 |
| 302 | 614 | DAVID DENNIS | ICHTEGEM | MSEN | 83 | 0:43:33 | 13,78 | 4:21 |
| 303 | 288 | BEUCKELAERE PATRICK | ICHTEGEM | M+40 | 62 | 0:43:33 | 13,78 | 4:21 |
| 304 | 525 | DE BLAERE JOHN | ST-ANDRIES | M+40 | 63 | 0:43:33 | 13,78 | 4:21 |
| 305 | 238 | COSIJNS GEERT | WELLE | M+40 | 64 | 0:43:34 | 13,77 | 4:21 |
| 306 | 407 | DEGRIJSE GEERT | WESTROZEBEKE | M+40 | 65 | 0:43:36 | 13,76 | 4:22 |
| 307 | 41 | VANDEWAETERE KIM | TORHOUT | VSEN | 10 | 0:43:40 | 13,74 | 4:22 |
| 308 | 111 | KEUKEKEIRE PAUL | BRUGGE | M+45 | 39 | 0:43:41 | 13,74 | 4:22 |
| 309 | 606 | CLAUWS TIMOTHY | VELDEGEM | MJUN | 12 | 0:43:44 | 13,72 | 4:22 |
| 310 | 298 | LEFEBVRE ETIENNE | TORHOUT | M+50 | 12 | 0:43:45 | 13,71 | 4:23 |
| 311 | 293 | VERHAEGHE RONNY | IZEGEM | M+45 | 40 | 0:43:45 | 13,71 | 4:23 |
| 312 | 596 | ROELS JEAN-CLAUDE | OOSTENDE | M+45 | 41 | 0:43:47 | 13,70 | 4:23 |
| 313 | 114 | CLEPPE TANJA | BRUGGE | VSEN | 11 | 0:43:52 | 13,68 | 4:23 |
| 314 | 53 | CATTOOR GEORGES | BRUGGE | M+55 | 11 | 0:43:52 | 13,68 | 4:23 |
| 315 | 51 | NOTTE KURT | OOSTAKKER | M+45 | 42 | 0:43:52 | 13,68 | 4:23 |
| 316 | 367 | SUPLY WIM | VEURNE | M+40 | 66 | 0:43:53 | 13,67 | 4:23 |
| 317 | 138 | SCHAUWEN HANS | KNOKKE | M+35 | 55 | 0:43:55 | 13,66 | 4:24 |
| 318 | 416 | DEBRUYNE LUC | OOSTENDE | M+50 | 13 | 0:43:58 | 13,65 | 4:24 |
| 319 | 6 | BAUWENS IVAN | TORHOUT | M+50 | 14 | 0:44:00 | 13,64 | 4:24 |
| 320 | 341 | THIEREN JOHAN | VEURNE | M+35 | 56 | 0:44:03 | 13,62 | 4:24 |
| 321 | 561 | QUINTYN DIMITRI | WINGENE | MSEN | 84 | 0:44:09 | 13,59 | 4:25 |
| 322 | 339 | VANDERSCHAEGHE ROLAND | OEDELEM | M+50 | 15 | 0:44:10 | 13,58 | 4:25 |
| 323 | 54 | SLABBINCK ERNA | TORHOUT | V+40 | 6 | 0:44:11 | 13,58 | 4:25 |
| 324 | 595 | BROUCKAERT DRIES | VELDEGEM | MJUN | 13 | 0:44:11 | 13,58 | 4:25 |
| 325 | 1053 | DEPOUVRE LODE | ELVERDINGE | MSEN | 85 | 0:44:12 | 13,57 | 4:25 |
| 326 | 462 | VERVAECKE AARON | VELDEGEM | MJUN | 14 | 0:44:12 | 13,57 | 4:25 |
| 327 | 2 | COMMEINE ROGER | WERKEN | M+65 | 1 | 0:44:17 | 13,55 | 4:26 |
| 328 | 424 | BEUSELINCK MARIO | KOEKELARE | M+35 | 57 | 0:44:27 | 13,50 | 4:27 |
| 329 | 470 | POLLET FILIP | TORHOUT | M+40 | 67 | 0:44:28 | 13,49 | 4:27 |
| 330 | 191 | DEVRIESE GRIET | TIELT | V+40 | 7 | 0:44:29 | 13,49 | 4:27 |
| 331 | 477 | PYPE AIME | KORTEMARK | M+40 | 68 | 0:44:30 | 13,48 | 4:27 |
| 332 | 66 | MATON MATTHIAS | TORHOUT | MSEN | 86 | 0:44:31 | 13,48 | 4:27 |
| 333 | 586 | DESMET STEVE | LAPSCHURE | MSEN | 87 | 0:44:31 | 13,48 | 4:27 |
| 334 | 16 | LAGRANGE YVES | AARTRIJKE | M+35 | 58 | 0:44:31 | 13,48 | 4:27 |
| 335 | 469 | KETELS KRIS | DIKSMUIDE | M+40 | 69 | 0:44:32 | 13,47 | 4:27 |
| 336 | 488 | BAEKELAND JAN | ICHTEGEM | MSEN | 88 | 0:44:32 | 13,47 | 4:27 |
| 337 | 160 | DECOSTER PATRICK | IZEGEM | M+45 | 43 | 0:44:32 | 13,47 | 4:27 |
| 338 | 136 | PUYPE NOEL | KORTEMARK | M+50 | 16 | 0:44:33 | 13,47 | 4:27 |
| 339 | 1002 | CALLEWAERT SISSI | TORHOUT | VSEN | 12 | 0:44:33 | 13,47 | 4:27 |
| 340 | 253 | VANTHOMME WIM | TORHOUT | M+40 | 70 | 0:44:35 | 13,46 | 4:27 |
| 341 | 130 | POLLENTIER RICKY | TORHOUT | M+35 | 59 | 0:44:36 | 13,45 | 4:28 |
| 342 | 258 | WYDOOGHE WIM | LICHTERVELDE | MSEN | 89 | 0:44:39 | 13,44 | 4:28 |
| 343 | 240 | TRAVERS JOSEPH | BRUGGE | M+50 | 17 | 0:44:41 | 13,43 | 4:28 |
| 344 | 48 | DEBRUYCKERE LUC | BRUGGE | M+35 | 60 | 0:44:45 | 13,41 | 4:29 |
| 345 | 237 | MUYLAERT JURGEN | DENDERLEEUV | M+40 | 71 | 0:44:45 | 13,41 | 4:29 |
| 346 | 397 | VANDENBERGHE ANDREA | IZEGEM | V+45 | 7 | 0:44:45 | 13,41 | 4:29 |
| 347 | 583 | TIMMERMAN NADINE | BEERNEM | V+45 | 8 | 0:44:51 | 13,38 | 4:29 |
| 348 | 550 | DE BAENE NANCY | ST-JORIS BEERNEM | V+35 | 5 | 0:44:54 | 13,36 | 4:29 |
| 349 | 374 | FLOKMAN CHRISTOPH | ST-KRUIS | MSEN | 90 | 0:44:57 | 13,35 | 4:30 |
| 350 | 504 | PLOVIER MARNIX | ASSEBROEK | M+40 | 72 | 0:44:59 | 13,34 | 4:30 |
| 351 | 65 | DEWULF DRIES | LEDEGEM | MJUN | 15 | 0:45:00 | 13,33 | 4:30 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|------------|------|-------|---------|-------|---------|
| 352 | 148 | NEYSKENS GUIDO | HERTSBERGE | M+40 | 73 | 0:45:02 | 13,32 | 4:30 |
| 353 | 1039 | CAPPELLE MARC | ARDOOIE | M+45 | 44 | 0:45:04 | 13,31 | 4:30 |
| 354 | 263 | HOORELBEKE MARLEEN | ZWEVEZELE | V+40 | 8 | 0:45:05 | 13,31 | 4:30 |
| 355 | 250 | PROVOOST GEERT | KNOKKE | M+40 | 74 | 0:45:07 | 13,30 | 4:31 |
| 356 | 135 | DELAEY JOHNY | TORHOUT | M+45 | 45 | 0:45:10 | 13,28 | 4:31 |
| 357 | 119 | HAEST NANCY | KORTEMARK | V+40 | 9 | 0:45:12 | 13,27 | 4:31 |
| 358 | 567 | FLOKMAN YVES | BEKEGEM | MSEN | 91 | 0:45:13 | 13,27 | 4:31 |
| 359 | 604 | VANDUYVER DIMI | ST-ANDRIES | MJUN | 16 | 0:45:15 | 13,26 | 4:31 |
| 360 | 471 | VANCOMPENOLLE DANNY | ZEEBRUGGE | M+50 | 18 | 0:45:17 | 13,25 | 4:32 |
| 361 | 499 | VANDEKERCKHOVE PAUL | ST-ANDRIES | M+50 | 19 | 0:45:18 | 13,25 | 4:32 |
| 362 | 74 | COBBAERT MARINO | BEKEGEM | M+40 | 75 | 0:45:23 | 13,22 | 4:32 |
| 363 | 368 | DESMIDT JAN | BESELARE | M+40 | 76 | 0:45:26 | 13,21 | 4:33 |
| 364 | 1076 | GLORIEUX ORPHELIA | KORTRIJK | V+35 | 6 | 0:45:26 | 13,21 | 4:33 |
| 365 | 1055 | DECALUWE FABIENNE | ST-ANDRIES | V+45 | 9 | 0:45:27 | 13,20 | 4:33 |
| 366 | 594 | SCHARLAEKEN MATTHIAS | VELDEGEM | MJUN | 17 | 0:45:27 | 13,20 | 4:33 |
| 367 | 4 | D'HONDT HERVE | TORHOUT | M+40 | 77 | 0:45:32 | 13,18 | 4:33 |
| 368 | 301 | KNOCKAERT GEORGETTE | OOSTKAMP | V+40 | 10 | 0:45:32 | 13,18 | 4:33 |
| 369 | 309 | DEGROOTE MARNIX | WAARDAMME | M+40 | 78 | 0:45:33 | 13,17 | 4:33 |
| 370 | 479 | BRUNEEL FRANS | GULLEGEM | M+60 | 7 | 0:45:34 | 13,17 | 4:33 |
| 371 | 27 | VANSTEENKISTE KOEN | GISTEL | M+40 | 79 | 0:45:36 | 13,16 | 4:34 |
| 372 | 31 | GHYOOT PATRICK | TORHOUT | M+45 | 46 | 0:45:38 | 13,15 | 4:34 |
| 373 | 362 | DEMUYNCK KAREL | DIKSMUIDE | MJUN | 18 | 0:45:38 | 13,15 | 4:34 |
| 374 | 563 | MERGAERT JORIS | ARDOOIE | M+35 | 61 | 0:45:39 | 13,14 | 4:34 |
| 375 | 39 | VANCOMPENOLLE KOEN | TORHOUT | M+40 | 80 | 0:45:39 | 13,14 | 4:34 |
| 376 | 396 | BOLLAERT SABINE | AARTRIJKE | V+40 | 11 | 0:45:42 | 13,13 | 4:34 |
| 377 | 84 | PROTEAU JEAN-FRANCOIS | FRANKRIJK | M+50 | 20 | 0:45:44 | 13,12 | 4:34 |
| 378 | 83 | DEWACHTER KOEN | TORHOUT | MSEN | 92 | 0:45:44 | 13,12 | 4:34 |
| 379 | 203 | DEKREM GEERT | TORHOUT | M+40 | 81 | 0:45:45 | 13,11 | 4:34 |
| 380 | 461 | VITALE ENZO | GITS | M+35 | 62 | 0:45:46 | 13,11 | 4:35 |
| 381 | 287 | HOLLEVOET WILLY | TORHOUT | M+45 | 47 | 0:45:50 | 13,09 | 4:35 |
| 382 | 207 | DECLERCK ROLAND | TORHOUT | M+50 | 21 | 0:45:55 | 13,07 | 4:36 |
| 383 | 15 | STAELENS GEERT | EERNEGEM | M+45 | 48 | 0:46:02 | 13,03 | 4:36 |
| 384 | 409 | DECLAIR GEERT | TORHOUT | M+45 | 49 | 0:46:07 | 13,01 | 4:37 |
| 385 | 598 | DE BACKER MARNIX | DADIZELE | M+40 | 82 | 0:46:07 | 13,01 | 4:37 |
| 386 | 128 | DEBLAUWE KOEN | TORHOUT | M+35 | 63 | 0:46:08 | 13,01 | 4:37 |
| 387 | 530 | DECLERCK PATRICK | WOUVEN | M+40 | 83 | 0:46:11 | 12,99 | 4:37 |
| 388 | 484 | GELDHOF BENNY | TORHOUT | MSEN | 93 | 0:46:16 | 12,97 | 4:38 |
| 389 | 453 | LAMMERTIJN NANCY | TIELT | V+35 | 7 | 0:46:20 | 12,95 | 4:38 |
| 390 | 285 | LOGGHE LUC | ICHTEGEM | M+50 | 22 | 0:46:20 | 12,95 | 4:38 |
| 391 | 610 | DEBLAUWE LIEVEN | AVELGEM | M+35 | 64 | 0:46:20 | 12,95 | 4:38 |
| 392 | 10 | JAQUES HANS | TORHOUT | M+40 | 84 | 0:46:21 | 12,94 | 4:38 |
| 393 | 50 | VANGEYTE LUDWIG | ZELE | M+45 | 50 | 0:46:25 | 12,93 | 4:39 |
| 394 | 543 | TANGHE PATRICK | GISTEL | M+45 | 51 | 0:46:27 | 12,92 | 4:39 |
| 395 | 8 | CLYBOUW CARINE | TORHOUT | V+45 | 10 | 0:46:27 | 12,92 | 4:39 |
| 396 | 1006 | LECOMTE JENS | TORHOUT | M+40 | 85 | 0:46:28 | 12,91 | 4:39 |
| 397 | 1042 | DEGRAEVE HENDRIK | IEPER | M+40 | 86 | 0:46:31 | 12,90 | 4:39 |
| 398 | 284 | VANHOUTTE JEAN | KOEKELARE | M+35 | 65 | 0:46:38 | 12,87 | 4:40 |
| 399 | 1071 | DE PRAETER KOEN | ZWEVEGEM | M+35 | 66 | 0:46:40 | 12,86 | 4:40 |
| 400 | 134 | BLOMME CHRISTINE | ICHTEGEM | V+45 | 11 | 0:46:46 | 12,83 | 4:41 |
| 401 | 1004 | VIVEY EDWARD | GISTEL | M+55 | 12 | 0:46:47 | 12,83 | 4:41 |
| 402 | 611 | BORET FRANCKY | OUDENBURG | M+40 | 87 | 0:46:50 | 12,81 | 4:41 |
| 403 | 517 | HAECK BERTRAND | BEERNEM | M+45 | 52 | 0:46:52 | 12,80 | 4:41 |
| 404 | 49 | HENCKENS GEERTJE | GENT | V+40 | 12 | 0:46:53 | 12,80 | 4:41 |
| 405 | 234 | MESTDAGH THIERRY | BEERNEM | M+60 | 8 | 0:46:54 | 12,79 | 4:41 |
| 406 | 326 | VANBECELAERE PHILIP | HOOGLADE | M+35 | 67 | 0:46:56 | 12,78 | 4:42 |
| 407 | 206 | JAQUES JOHAN | MARIAKERKE | M+40 | 88 | 0:47:00 | 12,77 | 4:42 |
| 408 | 63 | BULCKE KALEEN | VLADSLO | VSEN | 13 | 0:47:03 | 12,75 | 4:42 |
| 409 | 404 | GEUNS JUSTINE | KLERKEN | VJUN | 5 | 0:47:05 | 12,74 | 4:43 |
| 410 | 1017 | DENOLF MARIE-LOUISE | OOSTKAMP | V+45 | 12 | 0:47:08 | 12,73 | 4:43 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|--------------|------|-------|---------|-------|---------|
| 411 | 418 | FONTEYNE ROGER | VELDEGEM | M+60 | 9 | 0:47:13 | 12,71 | 4:43 |
| 412 | 152 | NOLLET BART | TORHOUT | M+40 | 89 | 0:47:15 | 12,70 | 4:44 |
| 413 | 166 | NYS RITA | OOSTAKKER | V+50 | 1 | 0:47:19 | 12,68 | 4:44 |
| 414 | 423 | VANGRAEFSCHPE MARTINE | IEPER | V+45 | 13 | 0:47:19 | 12,68 | 4:44 |
| 415 | 455 | DEVARWAERE KOEN | TIELT | MSEN | 94 | 0:47:29 | 12,64 | 4:45 |
| 416 | 197 | DESMEDT HILDE | IZEGEM | VSEN | 14 | 0:47:32 | 12,62 | 4:45 |
| 417 | 347 | VANEENOO DRIES | RUDDERVOORDE | MSEN | 95 | 0:47:36 | 12,61 | 4:46 |
| 418 | 441 | VANEENOO FREDERIK | TORHOUT | MSEN | 96 | 0:47:38 | 12,60 | 4:46 |
| 419 | 32 | SIOEN BRUNO | AARTRIJKE | M+35 | 68 | 0:47:46 | 12,56 | 4:47 |
| 420 | 215 | VANCOILLIE JEAN-MARIE | TORHOUT | M+55 | 13 | 0:47:48 | 12,55 | 4:47 |
| 421 | 432 | VANHULLEBUSCH ANNIE | ICHTEGEM | V+40 | 13 | 0:47:55 | 12,52 | 4:47 |
| 422 | 38 | ABBELOOS FRANK | ANDERLECHT | M+35 | 69 | 0:47:57 | 12,51 | 4:48 |
| 423 | 514 | LOGGHE EDDY | ETTELGEM | M+35 | 70 | 0:47:58 | 12,51 | 4:48 |
| 424 | 387 | VERMEULEN ISABEL | BELLESEM | V+35 | 8 | 0:47:58 | 12,51 | 4:48 |
| 425 | 344 | BRASSAERT ANDRE | KORTEMARK | M+55 | 14 | 0:48:00 | 12,50 | 4:48 |
| 426 | 345 | VANDENBERGHE MARC | KLERKEN | M+40 | 90 | 0:48:02 | 12,49 | 4:48 |
| 427 | 389 | VANSAMANG ANN | BRUGGE | V+35 | 9 | 0:48:03 | 12,49 | 4:48 |
| 428 | 313 | VANPOUCKE JOHAN | KUURNE | M+40 | 91 | 0:48:08 | 12,47 | 4:49 |
| 429 | 235 | DETROYER DIRK | WELLE | M+50 | 23 | 0:48:08 | 12,47 | 4:49 |
| 430 | 371 | STROOBANT KRIS | TORHOUT | M+40 | 92 | 0:48:08 | 12,47 | 4:49 |
| 431 | 1038 | CLAEYS KAREN | KORTEMARK | VSEN | 15 | 0:48:09 | 12,46 | 4:49 |
| 432 | 88 | MANHOUT ERIC | RUDDERVOORDE | M+55 | 15 | 0:48:09 | 12,46 | 4:49 |
| 433 | 174 | VANTHOMME NIEK | TORHOUT | MSEN | 97 | 0:48:10 | 12,46 | 4:49 |
| 434 | 522 | DEFORCHE BART | GITS | M+45 | 53 | 0:48:13 | 12,44 | 4:49 |
| 435 | 106 | KNOCKAERT ROGER | OOSTKAMP | M+70 | 1 | 0:48:14 | 12,44 | 4:49 |
| 436 | 312 | VANACKERE PATRICK | KUURNE | M+40 | 93 | 0:48:15 | 12,44 | 4:50 |
| 437 | 457 | CAEN LIES | | VSEN | 16 | 0:48:18 | 12,42 | 4:50 |
| 438 | 205 | VEREECKE LIEVEN | TORHOUT | M+35 | 71 | 0:48:21 | 12,41 | 4:50 |
| 439 | 467 | DEDEURWAERDER BART | LICHTERVELDE | MSEN | 98 | 0:48:26 | 12,39 | 4:51 |
| 440 | 490 | JACQUES TAMARA | HOUTHULST | VSEN | 17 | 0:48:31 | 12,37 | 4:51 |
| 441 | 109 | VERWILT ANN | MERENDREE | V+40 | 14 | 0:48:35 | 12,35 | 4:52 |
| 442 | 1 | CREVITS HILDE | TORHOUT | V+35 | 10 | 0:48:36 | 12,35 | 4:52 |
| 443 | 354 | BAUWENS GEERT | TORHOUT | M+40 | 94 | 0:48:37 | 12,34 | 4:52 |
| 444 | 515 | SEVENHANT JOHAN | ASSEBROEK | M+35 | 72 | 0:48:37 | 12,34 | 4:52 |
| 445 | 1052 | POLLET RONNY | ICHTEGEM | M+45 | 54 | 0:48:37 | 12,34 | 4:52 |
| 446 | 384 | DEMUYNCK EVIE | OOSTKAMP | VSEN | 18 | 0:48:38 | 12,34 | 4:52 |
| 447 | 202 | CUSSE ALEX | SIJSELE | M+50 | 24 | 0:48:43 | 12,32 | 4:52 |
| 448 | 332 | STASIV SERHIY | RUISELEDE | M+40 | 95 | 0:48:46 | 12,30 | 4:53 |
| 449 | 454 | MAERTENS PHILIP | TORHOUT | M+45 | 55 | 0:48:47 | 12,30 | 4:53 |
| 450 | 420 | VANHECKE REGINE | BRUGGE | V+40 | 15 | 0:48:48 | 12,30 | 4:53 |
| 451 | 486 | VANDEWALLE JOSEF | BRUGGE-2 | M+55 | 16 | 0:48:49 | 12,29 | 4:53 |
| 452 | 585 | DE CALUWE JEAN-PIERRE | BRUGGE | M+45 | 56 | 0:48:49 | 12,29 | 4:53 |
| 453 | 587 | LECONTE BEATRIJS | KUURNE | V+35 | 11 | 0:48:56 | 12,26 | 4:54 |
| 454 | 363 | DERUWE FREDERIEK | OOSTKAMP | MSEN | 99 | 0:49:00 | 12,24 | 4:54 |
| 455 | 126 | SERPENTIER RIK | ZONNEBEKE | M+40 | 96 | 0:49:02 | 12,24 | 4:54 |
| 456 | 1061 | DEWAELE CHRISTOPHE | BRUGGE | M+35 | 73 | 0:49:14 | 12,19 | 4:55 |
| 457 | 533 | DECLERCK HANS | TORHOUT | M+35 | 74 | 0:49:15 | 12,18 | 4:56 |
| 458 | 64 | VERMANDEL YVETTE | BRUGGE | V+65 | 1 | 0:49:15 | 12,18 | 4:56 |
| 459 | 542 | VANSLAMBROUCK GEERT | VELDEGEM | M+40 | 97 | 0:49:15 | 12,18 | 4:56 |
| 460 | 466 | WARLOP KORNEEL | TORHOUT | MSEN | 100 | 0:49:18 | 12,17 | 4:56 |
| 461 | 557 | PERSYN VEERLE | TORHOUT | V+35 | 12 | 0:49:19 | 12,17 | 4:56 |
| 462 | 232 | FEYS DIRK | TORHOUT | M+40 | 98 | 0:49:20 | 12,16 | 4:56 |
| 463 | 251 | POPELIER PATRICK | LICHTERVELDE | M+40 | 99 | 0:49:22 | 12,15 | 4:56 |
| 464 | 310 | BRINCKMAN GUY | TORHOUT | M+35 | 75 | 0:49:23 | 12,15 | 4:56 |
| 465 | 521 | VERMEULEN GUIDO | TORHOUT | M+50 | 25 | 0:49:24 | 12,15 | 4:56 |
| 466 | 456 | DECEUNINCK KARIN | TORHOUT | M+50 | 26 | 0:49:30 | 12,12 | 4:57 |
| 467 | 464 | OOST FREDERIK | TORHOUT | MSEN | 101 | 0:49:30 | 12,12 | 4:57 |
| 468 | 600 | VANDAELE FRANKY | KORTEMARK | MSEN | 102 | 0:49:36 | 12,10 | 4:58 |
| 469 | 210 | VANCOILLIE GWIJDE | WEVELGEM | M+40 | 100 | 0:49:38 | 12,09 | 4:58 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------|--------------|------|-------|---------|-------|---------|
| 470 | 615 | CAMBRELIN EMANUEL | ASSEBROEK | MSEN | 103 | 0:49:41 | 12,08 | 4:58 |
| 471 | 299 | DEJONGHE MIEK | NIEUWMUNSTER | V+35 | 13 | 0:49:45 | 12,06 | 4:59 |
| 472 | 261 | VLEGHE DOMINIEK | KORTRIJK | M+55 | 17 | 0:49:46 | 12,06 | 4:59 |
| 473 | 429 | DEBAENE BRAM | IZEGEM | MSEN | 104 | 0:49:52 | 12,03 | 4:59 |
| 474 | 370 | STROOBANT BART | TORHOUT | MSEN | 105 | 0:49:53 | 12,03 | 4:59 |
| 475 | 277 | VANACKER LUDO | IEPER | M+55 | 18 | 0:49:56 | 12,02 | 5:00 |
| 476 | 101 | DIERICKX EDDY | BRUGGE | M+45 | 57 | 0:50:02 | 11,99 | 5:00 |
| 477 | 613 | | | MJUN | 19 | 0:50:04 | 11,98 | 5:00 |
| 478 | 255 | SPIESSENS LIEVE | STABROEK | V+45 | 14 | 0:50:07 | 11,97 | 5:01 |
| 479 | 366 | DEMAEGHT PASCAL | TORHOUT | MSEN | 106 | 0:50:10 | 11,96 | 5:01 |
| 480 | 355 | HUYGHE ANDY | KORTEMARK | M+40 | 101 | 0:50:14 | 11,94 | 5:01 |
| 481 | 78 | VERBEKE EMILIE | TORHOUT | VJUN | 6 | 0:50:15 | 11,94 | 5:01 |
| 482 | 573 | BONTE WOUTER | KEIEM | MSEN | 107 | 0:50:18 | 11,93 | 5:02 |
| 483 | 89 | BAERT FRANS | TORHOUT | M+50 | 27 | 0:50:20 | 11,92 | 5:02 |
| 484 | 584 | VAN HOLLEBEKE ELLEN | ST-JORIS | VSEN | 19 | 0:50:29 | 11,89 | 5:03 |
| 485 | 572 | YSEBAERT MARC | BRUGGE | M+50 | 28 | 0:50:30 | 11,88 | 5:03 |
| 486 | 570 | VANSTEENHUYSE FRANS | OEDELEM | M+45 | 58 | 0:50:33 | 11,87 | 5:03 |
| 487 | 107 | DEWAELE JOS | GENT | M+45 | 59 | 0:50:34 | 11,87 | 5:03 |
| 488 | 1024 | DECUYPERE KOEN | ROESLARE | M+35 | 76 | 0:50:34 | 11,87 | 5:03 |
| 489 | 444 | NAERT DOMINIQUE | BRUGGE | M+40 | 102 | 0:50:36 | 11,86 | 5:04 |
| 490 | 1025 | VANDECASTEELE ROLAND | TORHOUT | M+50 | 29 | 0:50:43 | 11,83 | 5:04 |
| 491 | 1075 | DRUEZ FEMKE | GISTEL | VSEN | 20 | 0:50:44 | 11,83 | 5:04 |
| 492 | 231 | KEIRSE LIEVE | OEDELEM | V+40 | 16 | 0:50:45 | 11,82 | 5:05 |
| 493 | 1020 | JAECQUES KRISTOF | GISTEL | MSEN | 108 | 0:50:46 | 11,82 | 5:05 |
| 494 | 382 | WYNSBERGHE LIESBETH | TORHOUT | VSEN | 21 | 0:50:47 | 11,81 | 5:05 |
| 495 | 243 | VANDAMME DANIEL | ST-MICHIELS | V+50 | 2 | 0:50:48 | 11,81 | 5:05 |
| 496 | 1070 | SAP KATLIJN | KORTEMARK | V+40 | 17 | 0:50:50 | 11,80 | 5:05 |
| 497 | 248 | VERDONCK DIETER | ROESLARE | MSEN | 109 | 0:50:51 | 11,80 | 5:05 |
| 498 | 1072 | HUVAERE ANN | HOOGLEDE | V+45 | 15 | 0:50:52 | 11,80 | 5:05 |
| 499 | 304 | BLOMME STIJN | ST-KRUIS | MSEN | 110 | 0:50:53 | 11,79 | 5:05 |
| 500 | 303 | MORTELE KIM | TORHOUT | MSEN | 111 | 0:50:53 | 11,79 | 5:05 |
| 501 | 102 | VANGAVER ANN | BRUGGE | V+35 | 14 | 0:50:54 | 11,79 | 5:05 |
| 502 | 510 | VANGHELUWE STEFAAN | STADEN | M+40 | 103 | 0:50:54 | 11,79 | 5:05 |
| 503 | 380 | HEYMANS ROGER | WELLE | M+55 | 19 | 0:51:01 | 11,76 | 5:06 |
| 504 | 356 | LUCAS PETER | JABBEKE | M+40 | 104 | 0:51:05 | 11,75 | 5:06 |
| 505 | 43 | VANHULEBISCH MARC | ZERKEGEM | M+40 | 105 | 0:51:05 | 11,75 | 5:06 |
| 506 | 225 | DEVLEESHOUWER CARINE | STEKENE | V+40 | 18 | 0:51:06 | 11,74 | 5:07 |
| 507 | 414 | VERDUYN DIRK | MOORSELE | M+40 | 106 | 0:51:08 | 11,73 | 5:07 |
| 508 | 1019 | VANDENBROUCKE AGNES | HANDZAME | V+45 | 16 | 0:51:10 | 11,73 | 5:07 |
| 509 | 139 | DEVOS WIM | TORHOUT | M+35 | 77 | 0:51:11 | 11,72 | 5:07 |
| 510 | 67 | BONTE PIETER | RUDDERVOORDE | MJUN | 20 | 0:51:12 | 11,72 | 5:07 |
| 511 | 324 | INGHELBRECHT TIJS | LICHTERVELDE | MSEN | 112 | 0:51:21 | 11,68 | 5:08 |
| 512 | 17 | DEGRANDE JAN | TORHOUT | M+45 | 60 | 0:51:27 | 11,66 | 5:09 |
| 513 | 1029 | YDE ELS | VELDEGEM | V+40 | 19 | 0:51:29 | 11,65 | 5:09 |
| 514 | 392 | PINCKET MYRIAM | WENDUINE | V+50 | 3 | 0:51:37 | 11,62 | 5:10 |
| 515 | 91 | LUCAS DIRK | BRUGGE | M+45 | 61 | 0:51:38 | 11,62 | 5:10 |
| 516 | 125 | CALLEWAERT GERDI | KORTEMARK | MSEN | 113 | 0:51:40 | 11,61 | 5:10 |
| 517 | 482 | BIEWAUW MICHEL | DE HAAN | M+45 | 62 | 0:51:42 | 11,61 | 5:10 |
| 518 | 393 | COCLE DANIELLE | BLANKENBERGE | V+55 | 1 | 0:51:44 | 11,60 | 5:10 |
| 519 | 124 | STRUBBE BERTIEN | JABBEKE | MJUN | 21 | 0:51:46 | 11,59 | 5:11 |
| 520 | 544 | TANGHE XAVIER | GISTEL | MJUN | 22 | 0:51:57 | 11,55 | 5:12 |
| 521 | 218 | DEBOU ELS | TORHOUT | V+35 | 15 | 0:51:57 | 11,55 | 5:12 |
| 522 | 1049 | DELANGHE KATRIEN | TORHOUT | V+40 | 20 | 0:51:58 | 11,55 | 5:12 |
| 523 | 519 | DEVOS MARC | OOSTENDE | M+50 | 30 | 0:51:59 | 11,54 | 5:12 |
| 524 | 34 | DEMAEYER GUNTHER | MEULEBEKE | MSEN | 114 | 0:52:01 | 11,53 | 5:12 |
| 525 | 264 | VANDERHOEVEN FRANS | WELLE | M+70 | 2 | 0:52:12 | 11,49 | 5:13 |
| 526 | 131 | COLPAERT GERDA | LICHTERVELDE | V+50 | 4 | 0:52:13 | 11,49 | 5:13 |
| 527 | 193 | POELMANS LOUIS | KORTEMARK | M+55 | 20 | 0:52:16 | 11,48 | 5:14 |
| 528 | 1037 | VANDEKINDEREN KARIN | TORHOUT | V+40 | 21 | 0:52:27 | 11,44 | 5:15 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------|--------------|------|-------|---------|-------|---------|
| 529 | 315 | VANDENBERGHE SANDRA | BRUGGE | V+35 | 16 | 0:52:32 | 11,42 | 5:15 |
| 530 | 597 | CORNILLIE PASCAL | ZEDELGEM | M+35 | 78 | 0:52:33 | 11,42 | 5:15 |
| 531 | 476 | LAMBERSY XAVIER | ROESELARE | MSEN | 115 | 0:52:35 | 11,41 | 5:15 |
| 532 | 224 | DIAS INGRID | STEKENE | V+40 | 22 | 0:52:38 | 11,40 | 5:16 |
| 533 | 149 | DEKEYSER CAROLINE | WELLE | V+45 | 17 | 0:52:46 | 11,37 | 5:17 |
| 534 | 93 | DECROOS MARIO | BASSEVELDE | M+35 | 79 | 0:52:52 | 11,35 | 5:17 |
| 535 | 42 | DESCHUYTER IRIS | ZERKEGEM | V+40 | 23 | 0:52:55 | 11,34 | 5:17 |
| 536 | 410 | DEGRAER WIM | KORTEMARK | M+35 | 80 | 0:53:01 | 11,32 | 5:18 |
| 537 | 323 | DEPOORTER DAVID | GISTEL | MSEN | 116 | 0:53:05 | 11,30 | 5:18 |
| 538 | 249 | VANSUMMEREN MAYCKE | NEDERLAND | V+50 | 5 | 0:53:07 | 11,30 | 5:19 |
| 539 | 602 | DE MEERSEMAN MARLIES | JABBEKE | VJUN | 7 | 0:53:09 | 11,29 | 5:19 |
| 540 | 247 | DELANOTE HANNE | KORTEMARK | VJUN | 8 | 0:53:10 | 11,29 | 5:19 |
| 541 | 1066 | BAEKELAND GERARD | KORTEMARK | M+60 | 10 | 0:53:13 | 11,27 | 5:19 |
| 542 | 180 | VANDEWALLE DANY | ROESELARE | M+45 | 63 | 0:53:16 | 11,26 | 5:20 |
| 543 | 183 | GELDHOF VERONIQUE | ROESELARE | VSEN | 22 | 0:53:18 | 11,26 | 5:20 |
| 544 | 465 | D'HOORE THOMAS | TORHOUT | M+35 | 81 | 0:53:26 | 11,23 | 5:21 |
| 545 | 146 | STOCKMAN HILDE | TORHOUT | V+35 | 17 | 0:53:28 | 11,22 | 5:21 |
| 546 | 147 | VANDAMME BART | BRUGGE | M+50 | 31 | 0:53:29 | 11,22 | 5:21 |
| 547 | 463 | SAP KRIS | TORHOUT | MSEN | 117 | 0:53:30 | 11,21 | 5:21 |
| 548 | 1007 | MONTEYNE LODE | ALVERINGEM | M+35 | 82 | 0:53:32 | 11,21 | 5:21 |
| 549 | 1010 | VANDEVELDE ANTOINE | ST-MICHIELS | M+70 | 3 | 0:53:34 | 11,20 | 5:21 |
| 550 | 94 | VERWEIRE FILIP | BASSEVELDE | M+35 | 83 | 0:53:36 | 11,19 | 5:22 |
| 551 | 591 | DOBBELS MARLEEN | OOSTKAMP | V+45 | 18 | 0:53:37 | 11,19 | 5:22 |
| 552 | 386 | GUILINI COLETTE | KORTRIJK | V+45 | 19 | 0:53:44 | 11,17 | 5:22 |
| 553 | 19 | GOEMINNE ANNICK | TORHOUT | VSEN | 23 | 0:53:48 | 11,15 | 5:23 |
| 554 | 1008 | GUILINI CAROLINE | TORHOUT | V+45 | 20 | 0:53:51 | 11,14 | 5:23 |
| 555 | 535 | DELVAEL ANITA | MOORSELE | VSEN | 24 | 0:54:00 | 11,11 | 5:24 |
| 556 | 379 | DECLERCQ RITA | OOSTENDE | V+40 | 24 | 0:54:11 | 11,07 | 5:25 |
| 557 | 28 | CASTELEYN VICKY | ICHTEGEM | V+35 | 18 | 0:54:12 | 11,07 | 5:25 |
| 558 | 92 | VERBRUGGHE REGINA | TORHOUT | V+35 | 19 | 0:54:13 | 11,07 | 5:25 |
| 559 | 1027 | MULIER JAN | RUDDERVOORDE | M+55 | 21 | 0:54:17 | 11,05 | 5:26 |
| 560 | 244 | ROGIERS LINDA | TORHOUT | V+45 | 21 | 0:54:22 | 11,04 | 5:26 |
| 561 | 80 | DIERENDONCK PATRICK | WEVELGEM | M+40 | 107 | 0:54:25 | 11,03 | 5:27 |
| 562 | 113 | CALLIAU MARINA | WEVELGEM | V+45 | 22 | 0:54:32 | 11,00 | 5:27 |
| 563 | 302 | DEJONGHE SIMON | WEVELGEM | M+35 | 84 | 0:54:32 | 11,00 | 5:27 |
| 564 | 412 | MESSELIS PALMA | DADIZELE | V+45 | 23 | 0:54:33 | 11,00 | 5:27 |
| 565 | 213 | DEDEYSTER ALEXANDER | KORTEMARK | MJUN | 23 | 0:54:44 | 10,96 | 5:28 |
| 566 | 1023 | STRUYVE INGE | TORHOUT | V+40 | 25 | 0:54:49 | 10,95 | 5:29 |
| 567 | 182 | DEPREZ DORINE | GITS | V+35 | 20 | 0:54:53 | 10,93 | 5:29 |
| 568 | 40 | SWAENPOEL HILDE | DIKSMUIDE | V+40 | 26 | 0:55:02 | 10,90 | 5:30 |
| 569 | 1051 | HOSTEN CAROLINE | ICHTEGEM | V+45 | 24 | 0:55:05 | 10,89 | 5:31 |
| 570 | 186 | JACOBS SOFIE | ROESELARE | VSEN | 25 | 0:55:09 | 10,88 | 5:31 |
| 571 | 406 | STRUYVE GERDA | TORHOUT | V+40 | 27 | 0:55:14 | 10,86 | 5:31 |
| 572 | 196 | HANECA ELS | TORHOUT | VSEN | 26 | 0:55:17 | 10,85 | 5:32 |
| 573 | 185 | WITTOUCK TINE | GITS | V+40 | 28 | 0:55:19 | 10,85 | 5:32 |
| 574 | 176 | VANDEVELDE PHILIP | BEVEREN | M+40 | 108 | 0:55:23 | 10,83 | 5:32 |
| 575 | 383 | MASSCHELEIN SASKIA | ST-ANDRIES | VJUN | 9 | 0:55:23 | 10,83 | 5:32 |
| 576 | 1005 | VERVAECKE GRIET | ST-MICHIELS | V+45 | 25 | 0:55:24 | 10,83 | 5:32 |
| 577 | 592 | TIEGEM BERT | IZEGEM | M+35 | 85 | 0:55:25 | 10,83 | 5:32 |
| 578 | 526 | VANDEGENACHTE GEERT | VEURNE | M+45 | 64 | 0:55:27 | 10,82 | 5:33 |
| 579 | 569 | VINCKE MARTINE | ZARREN | V+45 | 26 | 0:55:28 | 10,82 | 5:33 |
| 580 | 87 | PAESBRUGGHE KATRIEN | WETTEREN | V+35 | 21 | 0:55:30 | 10,81 | 5:33 |
| 581 | 460 | BECQUART EDDY | HEULE | M+55 | 22 | 0:55:32 | 10,80 | 5:33 |
| 582 | 1046 | DESMET FRANS | MOORSELE | M+60 | 11 | 0:55:37 | 10,79 | 5:34 |
| 583 | 1014 | MONTEYNE MARLEEN | OOSTKAMP | V+40 | 29 | 0:55:40 | 10,78 | 5:34 |
| 584 | 582 | VANNESTE MARLEEN | RUDDERVOORDE | VSEN | 27 | 0:55:47 | 10,76 | 5:35 |
| 585 | 256 | DECLERCQ GEERT | IZEGEM | M+35 | 86 | 0:55:55 | 10,73 | 5:36 |
| 586 | 327 | VANDEKERCKHOVE LUC | TORHOUT | M+40 | 109 | 0:56:03 | 10,70 | 5:36 |
| 587 | 184 | VANHOUTTE MIEKE | ROESELARE | V+45 | 27 | 0:56:08 | 10,69 | 5:37 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|---------------|------|-------|---------|-------|---------|
| 588 | 376 | SEGAERT HERMAN | HERTSBERGE | M+70 | 4 | 0:56:09 | 10,69 | 5:37 |
| 589 | 398 | POLLET SIBILE | LANGEMARK | VSEN | 28 | 0:56:17 | 10,66 | 5:38 |
| 590 | 69 | PUYPE BJORN | KORTEMARK | MJUN | 24 | 0:56:39 | 10,59 | 5:40 |
| 591 | 100 | DEBACKER MIEKE | BRUGGE | V+45 | 28 | 0:56:40 | 10,59 | 5:40 |
| 592 | 474 | DEMEULENAERE NELE | TORHOUT | VSEN | 29 | 0:56:47 | 10,57 | 5:41 |
| 593 | 475 | ANSEEUW ANJA | TORHOUT | VSEN | 30 | 0:57:11 | 10,49 | 5:43 |
| 594 | 589 | HOSTE TOM | IZEGEM | MSEN | 118 | 0:57:11 | 10,49 | 5:43 |
| 595 | 428 | DEPUYDT MONIQUE | BEKEGEM | V+40 | 30 | 0:57:12 | 10,49 | 5:43 |
| 596 | 308 | DENOO DANIEL | TORHOUT | M+50 | 32 | 0:57:23 | 10,46 | 5:44 |
| 597 | 574 | HINDRYCKX ILSE | ICHTEGEM | VSEN | 31 | 0:57:31 | 10,43 | 5:45 |
| 598 | 150 | SEGHERS RITA | ZOTTEGEM | V+55 | 2 | 0:57:34 | 10,42 | 5:45 |
| 599 | 127 | POPELIER DRIES | KUURNE | M+45 | 65 | 0:57:43 | 10,40 | 5:46 |
| 600 | 1012 | SOENEN HUBERT | VLAMERTINGE | M+60 | 12 | 0:58:04 | 10,33 | 5:48 |
| 601 | 335 | DEMOEN DIRK | TORHOUT | M+50 | 33 | 0:58:07 | 10,32 | 5:49 |
| 602 | 265 | VANDERHOEVEN MARLEEN | DENDERLEEUV | V+45 | 29 | 0:58:08 | 10,32 | 5:49 |
| 603 | 593 | LANGKOUS PIPI | STERREGEM | MSEN | 119 | 0:58:10 | 10,32 | 5:49 |
| 604 | 528 | BAERT TONI | KOEKELARE | M+35 | 87 | 0:58:31 | 10,25 | 5:51 |
| 605 | 1073 | DE WULF ANNICK | ZEDELGEM | VSEN | 32 | 0:58:36 | 10,24 | 5:52 |
| 606 | 26 | STUBBE KATRIEN | RUDDERVOORDE | VSEN | 33 | 0:58:46 | 10,21 | 5:53 |
| 607 | 607 | VAN NIEUWENHUYSE MARTINE | SIJSELE | V+35 | 22 | 0:58:53 | 10,19 | 5:53 |
| 608 | 1077 | VANDENBUSSCHE JURGEN | SYSSELE | M+35 | 88 | 0:58:53 | 10,19 | 5:53 |
| 609 | 419 | VERSTRAETE DRIES | IZEGEM | M+35 | 89 | 0:59:04 | 10,16 | 5:54 |
| 610 | 1050 | PROVOOST MYRIAM | OOSTENDE | V+50 | 6 | 0:59:10 | 10,14 | 5:55 |
| 611 | 3 | DEMARET EILEEN | ST-AMANDSBERG | V+50 | 7 | 0:59:14 | 10,13 | 5:55 |
| 612 | 381 | CLAUDISSE FRANCOISE | BESELARE | V+40 | 31 | 0:59:17 | 10,12 | 5:56 |
| 613 | 1030 | DEWITTE GRETA | ROESLARE | V+50 | 8 | 0:59:19 | 10,12 | 5:56 |
| 614 | 18 | VERMEERSCH ANNICK | AARTRIJKE | VSEN | 34 | 0:59:23 | 10,10 | 5:56 |
| 615 | 57 | BLIECK DIANA | TORHOUT | V+60 | 1 | 0:59:32 | 10,08 | 5:57 |
| 616 | 58 | GEVAERT GILBERT | TORHOUT | M+55 | 23 | 0:59:35 | 10,07 | 5:58 |
| 617 | 311 | MISSINNE GRETA | AARTRIJKE | V+45 | 30 | 0:59:38 | 10,06 | 5:58 |
| 618 | 13 | DEZUTTER CARINE | BLANKENBERGE | V+40 | 32 | 0:59:41 | 10,05 | 5:58 |
| 619 | 81 | CAPPELIER MAGDA | BLANKENBERGE | V+35 | 23 | 0:59:42 | 10,05 | 5:58 |
| 620 | 73 | ACKAERT ROLAND | ZEEBRUGGE | M+60 | 13 | 0:59:43 | 10,05 | 5:58 |
| 621 | 403 | VICTOR VERONIQUE | RUDDERVOORDE | VSEN | 35 | 0:59:45 | 10,04 | 5:58 |
| 622 | 96 | VERGOTE EDITH | ICHTEGEM | V+40 | 33 | 0:59:49 | 10,03 | 5:59 |
| 623 | 359 | ASSCHERICKX CHRISTIAN | KORTRIJK | M+50 | 34 | 0:59:49 | 10,03 | 5:59 |
| 624 | 391 | DEMUYNCK ELINE | TORHOUT | VJUN | 10 | 0:59:49 | 10,03 | 5:59 |
| 625 | 36 | VANTHOURNOUT MARIANNE | AARTRIJKE | VSEN | 36 | 0:59:49 | 10,03 | 5:59 |
| 626 | 452 | SPAENS CARINE | BRUGGE | V+45 | 31 | 0:59:49 | 10,03 | 5:59 |
| 627 | 472 | VIAENE LINDA | ICHTEGEM | V+40 | 34 | 0:59:49 | 10,03 | 5:59 |
| 628 | 99 | VRIELYNCK FERNANDA | BRUGGE | V+55 | 3 | 0:59:49 | 10,03 | 5:59 |
| 629 | 405 | VANDENDRIESSCHE SABINE | TORHOUT | V+35 | 24 | 0:59:49 | 10,03 | 5:59 |
| 630 | 400 | MARECHAL CHANTAL | JABBEKE | V+40 | 35 | 0:59:49 | 10,03 | 5:59 |
| 631 | 1031 | EGGERMONT AGNES | ROESLARE | V+45 | 32 | 0:59:49 | 10,03 | 5:59 |
| 632 | 358 | DECALUWE DIRK | KORTRIJK | M+55 | 24 | 0:59:49 | 10,03 | 5:59 |
| 633 | 507 | DESCHRIJVER JAN | TORHOUT | M+40 | 110 | 0:59:49 | 10,03 | 5:59 |
| 634 | 194 | DENOLF KRISTIEN | RUDDERVOORDE | V+40 | 36 | 0:59:49 | 10,03 | 5:59 |
| 635 | 24 | AMELOOT EVELIEN | HEVERLEE | VSEN | 37 | 0:59:49 | 10,03 | 5:59 |
| 636 | 12 | DEBRUYCKER EUGEN | OVERMERE | M+55 | 25 | 0:59:49 | 10,03 | 5:59 |
| 637 | 590 | DEVOS TINEKE | TORHOUT | VSEN | 38 | 0:59:49 | 10,03 | 5:59 |
| 638 | 495 | DOBBELAERE INGRID | BRUGGE | V+55 | 4 | 0:59:49 | 10,03 | 5:59 |
| 639 | 97 | DECLERCK PIERRETTE | BRUGGE | V+45 | 33 | 0:59:49 | 10,03 | 5:59 |
| 640 | 438 | TERNY MARIE-CHRISTIN | BRUGGE | V+50 | 9 | 0:59:49 | 10,03 | 5:59 |
| 641 | 436 | FLORE KATRIEN | BRUGGE | VSEN | 39 | 0:59:49 | 10,03 | 5:59 |
| 642 | 86 | HENCKENS LIEVE | GENT | V+40 | 37 | 0:59:49 | 10,03 | 5:59 |
| 643 | 219 | STRYBOL ANNE | TORHOUT | V+45 | 34 | 0:59:49 | 10,03 | 5:59 |
| 644 | 402 | VERLEYE VEERLE | TORHOUT | V+35 | 25 | 0:59:49 | 10,03 | 5:59 |
| 645 | 605 | VANDUYVER ELINE | BRUGGE | VJUN | 11 | 0:59:49 | 10,03 | 5:59 |
| 646 | 599 | VANDER BEKEN MARIJKE | DADIZELE | V+40 | 38 | 0:59:49 | 10,03 | 5:59 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|----------------------|--------------|------|-------|---------|-------|---------|
| 647 | 401 | DEVOS ANNICK | LICHTERVELDE | V+45 | 35 | 0:59:49 | 10,03 | 5:59 |
| 648 | 143 | PLOVIER JOHN | ASSEBROEK | M+45 | 66 | 0:59:49 | 10,03 | 5:59 |
| 649 | 338 | VANCOILLIE LUC | TORHOUT | M+60 | 14 | 0:59:49 | 10,03 | 5:59 |
| 650 | 426 | STAELENS MARC | KOEKELARE | M+40 | 111 | 0:59:49 | 10,03 | 5:59 |
| 651 | 199 | VANDOORNE CHRISTIANE | TORHOUT | V+55 | 5 | 0:59:49 | 10,03 | 5:59 |
| 652 | 394 | VANDEVYVER VERONIQUE | TORHOUT | V+35 | 26 | 0:59:49 | 10,03 | 5:59 |
| 653 | 343 | VANDAELE ALEXANDER | TORHOUT | M+40 | 112 | 0:59:49 | 10,03 | 5:59 |
| 654 | 239 | DEPUYDT SARAH | LICHTERVELDE | VSEN | 40 | 0:59:49 | 10,03 | 5:59 |