

Knokke 10K - 1 mei 2008

3,6 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|--------------------|-----|-------|---------|-------|---------|
| 1 | 3939 | SAMYN Geoffrey | WARNETON | M | 1 | 0:11:24 | 18,95 | 3:10 |
| 2 | 3784 | DE JAEGER Thibault | BRUGGE | M | 2 | 0:11:47 | 18,33 | 3:16 |
| 3 | 3782 | HEIRMAN Glenn | DEURNE (ANTW.) | M | 3 | 0:11:57 | 18,08 | 3:19 |
| 4 | 3728 | DECEUNINCK Pieter | KNOKKE-HEIST | M | 4 | 0:12:37 | 17,12 | 3:30 |
| 5 | 3783 | PLANCKAERT Thijs | NIEUWKERKE | M | 5 | 0:12:53 | 16,77 | 3:35 |
| 6 | 4461 | GESQUIÈRE Philip | VEURNE | M | 6 | 0:12:55 | 16,72 | 3:35 |
| 7 | 3543 | ROLAND Jonas | ZAFFELARE | M | 7 | 0:12:58 | 16,66 | 3:36 |
| 8 | 3853 | DEGUELDE Cedric | CÉROUX-MOUSTY | M | 8 | 0:13:02 | 16,57 | 3:37 |
| 9 | 3750 | VANDER KUYLEN Laurens | KESSEL-LO | M | 9 | 0:13:08 | 16,45 | 3:39 |
| 10 | 3524 | VAN DE URCKEN Jeroen | SHELLE | M | 10 | 0:13:17 | 16,26 | 3:41 |
| 11 | 3749 | VANDIERENDONCK Freek | KNOKKE-HEIST | M | 11 | 0:13:19 | 16,22 | 3:42 |
| 12 | 4469 | KIPS Andreas | KNOKKE-HEIST | M | 12 | 0:13:22 | 16,16 | 3:43 |
| 13 | 3535 | TEMMERMAN Patrick | KAPRIJKE | M | 13 | 0:13:23 | 16,14 | 3:43 |
| 14 | 3919 | DE MUNCK Maarten | LOKEREN | M | 14 | 0:13:24 | 16,12 | 3:43 |
| 15 | 4465 | KERCKHOVE Yves | OOSTKERKE (DAMME) | M | 15 | 0:13:27 | 16,06 | 3:44 |
| 16 | 4089 | DE VIS Fabian | VOSELAAR | M | 16 | 0:13:29 | 16,02 | 3:45 |
| 17 | 4103 | VAN HECRE Jan | KNOKKE-HEIST | M | 17 | 0:13:32 | 15,96 | 3:46 |
| 18 | 3562 | CLAEYS Eric | HEIST AAN ZEE | M | 18 | 0:13:48 | 15,65 | 3:50 |
| 19 | 3885 | VAN DAELE Jens | PITTEM | M | 19 | 0:13:54 | 15,54 | 3:52 |
| 20 | 4090 | BUISSERET Victor | LINKEBEEK | M | 20 | 0:13:55 | 15,52 | 3:52 |
| 21 | 3523 | VAN DE VREKEN Luc | SHELLE | M | 21 | 0:13:58 | 15,47 | 3:53 |
| 22 | 3755 | CHRISTENSSON Par | SINT GENESIUS RODE | M | 22 | 0:14:01 | 15,41 | 3:54 |
| 23 | 3763 | VIAENE Nico | KNOKKE HEIST | M | 23 | 0:14:09 | 15,27 | 3:56 |
| 24 | 4448 | VLAEMINCK Ewoud | SIJSELE | M | 24 | 0:14:16 | 15,14 | 3:58 |
| 25 | 3505 | AMERIJKX Frederik | PUTTE | M | 25 | 0:14:16 | 15,14 | 3:58 |
| 26 | 4442 | JANSSENS Yentl | BRUGGE | M | 26 | 0:14:20 | 15,07 | 3:59 |
| 27 | 3561 | BACKMAN Christophe | SCHOTEN | M | 27 | 0:14:24 | 15,00 | 4:00 |
| 28 | 3810 | DE JODE Francis | HARELBEKE | M | 28 | 0:14:31 | 14,88 | 4:02 |
| 29 | 4107 | NR 4107 | | M | 29 | 0:14:36 | 14,79 | 4:03 |
| 30 | 3925 | LAMMENS Shari | MERELBEKE | V | 1 | 0:14:45 | 14,64 | 4:06 |
| 31 | 4473 | SCHOTTE Chritophe | BRUGGE | M | 30 | 0:14:47 | 14,61 | 4:06 |
| 32 | 3781 | HEIRMAN Marc | DEURNE (ANTW.) | M | 31 | 0:14:50 | 14,56 | 4:07 |
| 33 | 4137 | DE CLERCQ Pieter | KNOKKE-HEIST | M | 32 | 0:14:56 | 14,46 | 4:09 |
| 34 | 3560 | VAN UDEN Willem | RAMSKAPELLE | M | 33 | 0:14:57 | 14,45 | 4:09 |
| 35 | 3720 | MATTHEUWS Flor | KNOKKE-HEIST | M | 34 | 0:14:57 | 14,45 | 4:09 |
| 36 | 3921 | VAN HOOREWEGHE Lucas | DEINZE | M | 35 | 0:15:05 | 14,32 | 4:11 |
| 37 | 3737 | VANDEWALLE Arno | KNOKKE-HEIST | M | 36 | 0:15:08 | 14,27 | 4:12 |
| 39 | 3794 | DEWISPELAERE Vincent | KNOKKE-HEIST | M | 37 | 0:15:09 | 14,26 | 4:13 |
| 38 | 3506 | AMERIJKX Charlotte | PUTTE | V | 2 | 0:15:09 | 14,26 | 4:13 |
| 40 | 3773 | MOREELS Fien | ZELE | V | 3 | 0:15:10 | 14,24 | 4:13 |
| 41 | 3595 | DEWAELE Quinten | KNOKKE | M | 38 | 0:15:15 | 14,16 | 4:14 |
| 42 | 3886 | SPRIET Elke | PITTEM | V | 4 | 0:15:16 | 14,15 | 4:14 |
| 43 | 4086 | COLSOUL Nicolas | HOEGAARDEN | M | 39 | 0:15:22 | 14,06 | 4:16 |
| 44 | 3811 | DELAUNOY Vincent | ROSIERES | M | 40 | 0:15:23 | 14,04 | 4:16 |
| 45 | 3902 | BLIECK Kenzo | HEIST-AAN-ZEE | M | 41 | 0:15:25 | 14,01 | 4:17 |
| 46 | 3742 | SERRUS Karen | PELLENBERG | V | 5 | 0:15:28 | 13,97 | 4:18 |
| 48 | 3762 | LARUSSA Jonathan | AALST | M | 42 | 0:15:29 | 13,95 | 4:18 |
| 47 | 3522 | VAN DE VREKEN Joke | SHELLE | V | 6 | 0:15:29 | 13,95 | 4:18 |
| 49 | 3599 | WILLEM Arnaud | KNOKKE-HEIST | M | 43 | 0:15:31 | 13,92 | 4:19 |
| 50 | 4101 | VAN HERKE Koen | KNOKKE-HEIST | M | 44 | 0:15:32 | 13,91 | 4:19 |
| 51 | 3520 | VANDENBROUCKE Arthur | KNOKKE-HEIST | M | 45 | 0:15:32 | 13,91 | 4:19 |
| 52 | 3584 | WILLEMS Mathieu | KNOKKE-HEIST | M | 46 | 0:15:32 | 13,91 | 4:19 |
| 53 | 4083 | TEUNIS Luc | KNOKKE | M | 47 | 0:15:34 | 13,88 | 4:19 |
| 54 | 3673 | BOEHME Nicholas | KNOKKE-HEIST | M | 48 | 0:15:36 | 13,85 | 4:20 |
| 55 | 3617 | PLOVIE Tom | KNOKKE-HEIST | M | 49 | 0:15:36 | 13,85 | 4:20 |
| 56 | 4102 | LOOBUYCK Jan | KNOKKE-HEIST | M | 50 | 0:15:41 | 13,77 | 4:21 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|--------------------|-----|-------|---------|-------|---------|
| 57 | 3809 | HAYERBEKE Arne | ADEGEM | M | 51 | 0:15:44 | 13,73 | 4:22 |
| 58 | 3867 | DE ROOS Marc | BREDA | M | 52 | 0:15:49 | 13,66 | 4:24 |
| 59 | 3642 | DECORTE Benjamin | KNOKKE HEIST | M | 53 | 0:15:53 | 13,60 | 4:25 |
| 60 | 3521 | ANDRIES Gerda | SHELLE | V | 7 | 0:15:54 | 13,58 | 4:25 |
| 61 | 3527 | OTOJIC Ivan | SCHILDE | M | 54 | 0:15:55 | 13,57 | 4:25 |
| 62 | 3865 | HOOFT Eric | STEKENE | M | 55 | 0:15:57 | 13,54 | 4:26 |
| 63 | 3664 | BOURGOO Ralph | KNOKKE-HEIST | M | 56 | 0:15:58 | 13,53 | 4:26 |
| 64 | 3734 | VANDEPUTTE Lisa | KNOKKE | V | 8 | 0:15:59 | 13,51 | 4:26 |
| 65 | 3738 | BRACKE Birgit | LEDEBERG (GENT) | V | 9 | 0:16:01 | 13,49 | 4:27 |
| 66 | 3585 | DEPOORTER Simon | KNOKKE | M | 57 | 0:16:02 | 13,47 | 4:27 |
| 67 | 3503 | VANDENBERGHE Kamille | KNOKKE-HEIST | V | 10 | 0:16:02 | 13,47 | 4:27 |
| 68 | 3551 | VERBRAEKEN Jack | KNOKKE | M | 58 | 0:16:03 | 13,46 | 4:28 |
| 69 | 3805 | PAUWELS Margo | KNOKKE | V | 11 | 0:16:03 | 13,46 | 4:28 |
| 70 | 3814 | ORTIBUS Maaike | KUURNE | V | 12 | 0:16:03 | 13,46 | 4:28 |
| 71 | 4085 | VANDENBERGHE Jean-Marc | KNOKKE | M | 59 | 0:16:05 | 13,43 | 4:28 |
| 72 | 3501 | VANDENBERGHE Alex | KNOKKE | M | 60 | 0:16:05 | 13,43 | 4:28 |
| 73 | 3901 | BESSEMANS Dries | LOKEREN | M | 61 | 0:16:06 | 13,42 | 4:28 |
| 74 | 3645 | MARMENOUT Jente | BLANKENBERGE | M | 62 | 0:16:07 | 13,40 | 4:29 |
| 75 | 3771 | ACCARAIN Amand | SAINT-GILLES | M | 63 | 0:16:10 | 13,36 | 4:29 |
| 77 | 3856 | VAN DAMME Brecht | ZELE | M | 64 | 0:16:12 | 13,33 | 4:30 |
| 76 | 3855 | DE GEEST Anjuli | GREMBERGEN | V | 13 | 0:16:12 | 13,33 | 4:30 |
| 78 | 3803 | PAUWELS Wannes | HEIST-AAN-ZEE | M | 65 | 0:16:13 | 13,32 | 4:30 |
| 80 | 3718 | MATTHEUWS Bert | KNOKKE-HEIST | M | 66 | 0:16:16 | 13,28 | 4:31 |
| 79 | 3821 | DE LANGE Laura | BRAKEL | V | 14 | 0:16:16 | 13,28 | 4:31 |
| 81 | 3723 | LANDUYT Ewout | KNOKKE | M | 67 | 0:16:17 | 13,27 | 4:31 |
| 82 | 3914 | VANNIEUWENHUYZE Michiel | DRONGEN | M | 68 | 0:16:17 | 13,27 | 4:31 |
| 83 | 3605 | CHIELENS Pieter Jan | KNOKKE-HEIST | M | 69 | 0:16:21 | 13,21 | 4:32 |
| 84 | 4447 | VLAEMINCK Jana | SIJSELE | V | 15 | 0:16:22 | 13,20 | 4:33 |
| 85 | 3798 | DE GROOTE Pauwel | LEDE | M | 70 | 0:16:23 | 13,18 | 4:33 |
| 86 | 4138 | VANDEWIELE Germund | KNOKKE HEIST | M | 71 | 0:16:26 | 13,14 | 4:34 |
| 87 | 3934 | SMITZ Serge | EEKLO | M | 72 | 0:16:47 | 12,87 | 4:40 |
| 88 | 3682 | VERSTRAETE William | KNOKKE-HEIST | M | 73 | 0:16:50 | 12,83 | 4:41 |
| 89 | 4125 | QUINTENS Luk | DAMME | M | 74 | 0:16:51 | 12,82 | 4:41 |
| 90 | 3931 | ZONE Maxime | WAVRE | M | 75 | 0:16:52 | 12,81 | 4:41 |
| 91 | 3518 | BUIDIN Maxim | ZEEBRUGGE | M | 76 | 0:16:52 | 12,81 | 4:41 |
| 92 | 3526 | OSTOJIC Jadranko | SCHILDE | M | 77 | 0:16:53 | 12,79 | 4:41 |
| 94 | 3871 | LEFEVERE Wim | IZEGEM | M | 78 | 0:16:53 | 12,79 | 4:41 |
| 93 | 4464 | CLAEYS Sam | OOSTKERKE (DAMME) | V | 16 | 0:16:53 | 12,79 | 4:41 |
| 95 | 3601 | GOVAERT Olivier | KNOKKE | M | 79 | 0:16:54 | 12,78 | 4:42 |
| 96 | 3801 | DE GROOTE Lukas | LEDE | M | 80 | 0:16:54 | 12,78 | 4:42 |
| 97 | 3517 | DECEUNINCK Wouter | KNOKKE | M | 81 | 0:16:55 | 12,77 | 4:42 |
| 98 | 3668 | VAN WYNSBERGHE Kenzo | KNOKKE-HEIST | M | 82 | 0:16:58 | 12,73 | 4:43 |
| 99 | 4136 | DE MUYNCK Jesse | KNOKKE | M | 83 | 0:16:59 | 12,72 | 4:43 |
| 100 | 3604 | DENTANT Jonathan | ZEEBRUGGE (BRUGGE) | M | 84 | 0:17:01 | 12,69 | 4:44 |
| 101 | 3917 | BOGAERS Pieter-Hein | TILBURG | M | 85 | 0:17:02 | 12,68 | 4:44 |
| 102 | 3638 | VANACKER Bryan | KNOKKE | M | 86 | 0:17:05 | 12,64 | 4:45 |
| 103 | 3519 | VANDENBROUCKE Louis | KNOKKE-HEIST | M | 87 | 0:17:08 | 12,61 | 4:46 |
| 104 | 4470 | BATSELEER Didier | SNELLELEM | M | 88 | 0:17:10 | 12,58 | 4:46 |
| 105 | 3906 | FAVART Arthur | BRAINE-L'ALLEUD | M | 89 | 0:17:11 | 12,57 | 4:46 |
| 106 | 3706 | REUBENS Brecht | KNOKKE | M | 90 | 0:17:11 | 12,57 | 4:46 |
| 107 | 3713 | VERSTRAETE Andreas | KNOKKE-HEIST | M | 91 | 0:17:13 | 12,55 | 4:47 |
| 108 | 3639 | MEYERS Ilan | KNOKKE HEIST | M | 92 | 0:17:19 | 12,47 | 4:49 |
| 109 | 3641 | DE VLEIGHHERE Sebastian | KNOKKE HEIST | M | 93 | 0:17:19 | 12,47 | 4:49 |
| 110 | 3829 | VERSCHORRE Christ | KNOKKE-HEIST | M | 94 | 0:17:21 | 12,45 | 4:49 |
| 111 | 3765 | BRUYNINCKX Nick | HEIST-AAN-ZEE | M | 95 | 0:17:21 | 12,45 | 4:49 |
| 112 | 3828 | VERSCHORRE Flor | KNOKKE-HEIST | M | 96 | 0:17:22 | 12,44 | 4:49 |
| 113 | 4092 | DE CLERCQ Kenny | HEIST-AAN-ZEE | M | 97 | 0:17:23 | 12,43 | 4:50 |
| 114 | 4113 | SMET Pieterjan | SINT-PAUWELS | M | 98 | 0:17:24 | 12,41 | 4:50 |
| 115 | 3678 | DAENINCK Kevin | KNOKKE-HEIST | M | 99 | 0:17:24 | 12,41 | 4:50 |
| 116 | 3745 | CAUDRON Anthony | EREMBODEGEM | M | 100 | 0:17:24 | 12,41 | 4:50 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|--------------------|-----|-------|---------|-------|---------|
| 117 | 3674 | GOEGEBEUR Sarah | KNOKKE-HEIST | V | 17 | 0:17:25 | 12,40 | 4:50 |
| 118 | 3670 | SCHILLEBEECKX Laura | KNOKKE | V | 18 | 0:17:27 | 12,38 | 4:51 |
| 119 | 4093 | BAERT Thijs | KNOKKE-HEIST | M | 101 | 0:17:29 | 12,35 | 4:51 |
| 120 | 4109 | VERHEYE Stephane | KNOKKE-HEIST | M | 102 | 0:17:29 | 12,35 | 4:51 |
| 121 | 3768 | ANNYS Pascal | KNOKKE | M | 103 | 0:17:30 | 12,34 | 4:52 |
| 122 | 3596 | SCHAPDRYVER Kelly | MALDEGEM | V | 19 | 0:17:32 | 12,32 | 4:52 |
| 123 | 3711 | HOORNAERT Jan | KNOKKE-HEIST | M | 104 | 0:17:35 | 12,28 | 4:53 |
| 124 | 3721 | LEBER Julie | KNOKKE-HEIST | V | 20 | 0:17:37 | 12,26 | 4:54 |
| 125 | 4116 | VANDEN EYNDE Sonja | BALEN | V | 21 | 0:17:40 | 12,23 | 4:54 |
| 126 | 3776 | VAN RANSBEECK Hans | KAPELLE-OP-DEN-BOS | M | 105 | 0:17:43 | 12,19 | 4:55 |
| 127 | 3722 | LOOTENS Julie | KNOKKE-HEIST | V | 22 | 0:17:43 | 12,19 | 4:55 |
| 128 | 4080 | SNAUWAERT Enya | STROMBEEK-BEVER | V | 23 | 0:17:44 | 12,18 | 4:56 |
| 129 | 3697 | GOETHALS Sander | KNOKKE-HEIST | M | 106 | 0:17:45 | 12,17 | 4:56 |
| 130 | 3802 | KINDT Eline | BREDENE | V | 24 | 0:17:46 | 12,16 | 4:56 |
| 131 | 4449 | TALOEN Lieselot | OEDELEM | V | 25 | 0:17:48 | 12,13 | 4:57 |
| 132 | 3854 | DE DUYTSCHE Senne | KNOKKE-HEIST | M | 107 | 0:17:49 | 12,12 | 4:57 |
| 134 | 3774 | VANDEPUTTE Marc | KNOKKE | M | 108 | 0:17:50 | 12,11 | 4:57 |
| 135 | 3616 | DE BRAUWERE James | KNOKKE-HEIST | M | 109 | 0:17:50 | 12,11 | 4:57 |
| 133 | 3846 | DE CLERCQ Britt | ASSEBROEK | V | 26 | 0:17:50 | 12,11 | 4:57 |
| 136 | 4084 | DE BEER Jeroen | KNOKKE-HEIST | M | 110 | 0:17:51 | 12,10 | 4:58 |
| 137 | 3552 | AMEYS Lennard | SINT-ANDRIES | M | 111 | 0:17:51 | 12,10 | 4:58 |
| 138 | 3633 | PAUWELS Ward | HEIST-AAN-ZEE | M | 112 | 0:17:52 | 12,09 | 4:58 |
| 139 | 4087 | DEWINGAERDEN Tibault | DAMME | M | 113 | 0:17:53 | 12,08 | 4:58 |
| 141 | 3943 | SERGEANT Nico | GENT | M | 114 | 0:17:54 | 12,07 | 4:58 |
| 140 | 3528 | PIOTROWSKI Gaelle | 'S GRAVENWEZEL | V | 27 | 0:17:54 | 12,07 | 4:58 |
| 142 | 3615 | SUSLA Martijn | KNOKKE | M | 115 | 0:18:01 | 11,99 | 5:00 |
| 143 | 3649 | MAENE Freek | HEIST-AAN-ZEE | V | 28 | 0:18:05 | 11,94 | 5:01 |
| 144 | 3757 | VANPARYS Marijke | KNOKKE-HEIST | V | 29 | 0:18:06 | 11,93 | 5:02 |
| 145 | 3603 | VANHAELEMEERSCH Kim | KNOKKE-HEIST | V | 30 | 0:18:07 | 11,92 | 5:02 |
| 146 | 3619 | LANGENAEKEN Gael | KNOKKE | M | 116 | 0:18:08 | 11,91 | 5:02 |
| 147 | 3660 | DE DOBBELAERE Thibaut | KNOKKE | M | 117 | 0:18:10 | 11,89 | 5:03 |
| 148 | 3530 | VANMELKEBEKE Fabian | BRUSSEL | M | 118 | 0:18:11 | 11,88 | 5:03 |
| 149 | 4462 | KERCKHOVE Jens | OOSTKERKE (DAMME) | M | 119 | 0:18:13 | 11,86 | 5:04 |
| 150 | 3881 | HUYS Ans | BLANKENBERGE | V | 31 | 0:18:13 | 11,86 | 5:04 |
| 151 | 3930 | CNOCKAERT Nancy | KNOKKE-HEIST | V | 32 | 0:18:13 | 11,86 | 5:04 |
| 152 | 3824 | OVERSTRAETE Olivier | KNOKKE | M | 120 | 0:18:14 | 11,85 | 5:04 |
| 153 | 3920 | SERGEANT Marnix | MERENDREE | M | 121 | 0:18:15 | 11,84 | 5:04 |
| 154 | 3515 | GILLIS Cyril | KNOKKE-HEIST | M | 122 | 0:18:17 | 11,81 | 5:05 |
| 155 | 4453 | DE RAUW Robbe | KNOKKE | M | 123 | 0:18:18 | 11,80 | 5:05 |
| 156 | 3860 | HAEMERS Dominique | LEMBEKE | M | 124 | 0:18:19 | 11,79 | 5:05 |
| 157 | 4096 | VAN DEN HEUVEL Jorn | SINT-LENAARTS | M | 125 | 0:18:19 | 11,79 | 5:05 |
| 158 | 3567 | MASSCHELEIN Christ | NINOVE | M | 126 | 0:18:21 | 11,77 | 5:06 |
| 159 | 3808 | DE ROOS Yorn | BREDA | M | 127 | 0:18:22 | 11,76 | 5:06 |
| 160 | 3764 | DESMEDT Caroline | HEIST-AAN-ZEE | V | 33 | 0:18:22 | 11,76 | 5:06 |
| 161 | 4463 | CLAEYS Cil | OOSTKERKE (DAMME) | M | 128 | 0:18:23 | 11,75 | 5:06 |
| 162 | 3710 | CLEYNEN Caroline | KNOKKE HEIST | V | 34 | 0:18:24 | 11,74 | 5:07 |
| 163 | 3687 | VERCRUYSSSE Kevin | KNOKKE-HEIST | M | 129 | 0:18:26 | 11,72 | 5:07 |
| 164 | 3699 | VANDE CAPPELLE Tibo | KNOKKE-HEIST | M | 130 | 0:18:27 | 11,71 | 5:07 |
| 165 | 3635 | RAPPE Kevin | KNOKKE HEIST | M | 131 | 0:18:28 | 11,70 | 5:08 |
| 166 | 3743 | DEHEEGHER Kevin | MOERKERKE | M | 132 | 0:18:32 | 11,65 | 5:09 |
| 168 | 3555 | BERKEIN Arnaud | HEIST-AAN-ZEE | M | 133 | 0:18:34 | 11,63 | 5:09 |
| 167 | 3807 | TASKIN Sabrina | BREDA | V | 35 | 0:18:34 | 11,63 | 5:09 |
| 169 | 3882 | HUYS Eila | BLANKENBERGE | V | 36 | 0:18:35 | 11,62 | 5:10 |
| 172 | 3549 | VEREECKE Bart | KNOKKE-HEIST | M | 134 | 0:18:36 | 11,61 | 5:10 |
| 170 | 3815 | SNAUWAERT Isabel | KNOKKE HEIST | V | 37 | 0:18:36 | 11,61 | 5:10 |
| 171 | 3923 | MAST Diane | ANTWERPEN | V | 38 | 0:18:36 | 11,61 | 5:10 |
| 173 | 3525 | OSTOJIC Janis | SCHILDE | M | 135 | 0:18:37 | 11,60 | 5:10 |
| 174 | 3819 | VERMEERSCH Maxim | KNOKKE-HEIST | M | 136 | 0:18:37 | 11,60 | 5:10 |
| 175 | 3786 | VERMEERSCH Catherine | BRUGGE | V | 39 | 0:18:38 | 11,59 | 5:11 |
| 176 | 3909 | JEURIS Jens | KNOKKE-HEIST | M | 137 | 0:18:41 | 11,56 | 5:11 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|----------------|-----|-------|---------|-------|---------|
| 177 | 3587 | DEFOOR Nathan | MOERKERKE | M | 138 | 0:18:41 | 11,56 | 5:11 |
| 178 | 3942 | CLARKE Matthew | GENT | M | 139 | 0:18:43 | 11,54 | 5:12 |
| 179 | 3634 | DEMEY Eva | KNOKKE HEIST | V | 40 | 0:18:43 | 11,54 | 5:12 |
| 181 | 3922 | ROELANDT Tom | ZANDBERGEN | M | 140 | 0:18:44 | 11,53 | 5:12 |
| 180 | 3630 | VANHERPE Bieke | KNOKKE HEIST | V | 41 | 0:18:44 | 11,53 | 5:12 |
| 182 | 4121 | VAN DEN SPIEGEL Peter | EVERE | M | 141 | 0:18:46 | 11,51 | 5:13 |
| 183 | 4099 | VANDEPUTTE Tanguy | KNOKKE-HEIST | M | 142 | 0:18:49 | 11,48 | 5:14 |
| 184 | 3872 | HUYLERBROECK Den | DEURNE (ANTW.) | M | 143 | 0:18:49 | 11,48 | 5:14 |
| 185 | 3715 | DE LANGHE Nathalie | KNOKKE-HEIST | V | 42 | 0:18:50 | 11,47 | 5:14 |
| 186 | 3861 | HAEMERS Frédérique | LEMBEKE | M | 144 | 0:18:51 | 11,46 | 5:14 |
| 187 | 4094 | BAILYU Benoih | KNOKKE | M | 145 | 0:18:51 | 11,46 | 5:14 |
| 189 | 3712 | DEWULF Arnaud | KNOKKE-HEIST | M | 146 | 0:18:52 | 11,45 | 5:14 |
| 190 | 3707 | BAEYENS Arthur | KNOKKE-HEIST | M | 147 | 0:18:52 | 11,45 | 5:14 |
| 188 | 3905 | JANNE D' OTHEL Charline | CHARDONNE | V | 43 | 0:18:52 | 11,45 | 5:14 |
| 191 | 3598 | VAN NIEUWENHUYSE Brecht | KNOKKE HEIST | M | 148 | 0:18:53 | 11,44 | 5:15 |
| 192 | 3806 | CAUWELS Bram | ADEGEM | M | 149 | 0:18:54 | 11,43 | 5:15 |
| 193 | 3729 | DE BEER Jakobe | KNOKKE-HEIST | V | 44 | 0:18:55 | 11,42 | 5:15 |
| 194 | 4095 | BAILYU Arnaud | KNOKKE | M | 150 | 0:18:56 | 11,41 | 5:16 |
| 195 | 3932 | SERGEANT Nick | KOEKELARE | M | 151 | 0:18:58 | 11,39 | 5:16 |
| 196 | 3915 | VANLAER Steven | NEVELE | M | 152 | 0:19:00 | 11,37 | 5:17 |
| 197 | 3748 | COMBES Veroniek | KNOKKE HEIST | V | 45 | 0:19:01 | 11,36 | 5:17 |
| 198 | 4112 | BOSTYN Ophelin | BRASSCHAAT | V | 46 | 0:19:01 | 11,36 | 5:17 |
| 199 | 3733 | CLAEYS Jan | KNOKKE-HEIST | M | 153 | 0:19:07 | 11,30 | 5:19 |
| 200 | 3534 | GIELEN Herman | HASSELT | M | 154 | 0:19:11 | 11,26 | 5:20 |
| 201 | 3563 | BERNAERT Veronique | HEIST AAN ZEE | V | 47 | 0:19:12 | 11,25 | 5:20 |
| 202 | 3702 | DE LAET Lauranne | KNOKKE-HEIST | V | 48 | 0:19:12 | 11,25 | 5:20 |
| 203 | 3676 | DEVOOGHT Thibo | KNOKKE-HEIST | M | 155 | 0:19:13 | 11,24 | 5:20 |
| 204 | 3647 | BEAUSAERT Julie | HEIST-AAN-ZEE | V | 49 | 0:19:14 | 11,23 | 5:21 |
| 205 | 3654 | COMBES Annelies | KNOKKE HEIST | V | 50 | 0:19:15 | 11,22 | 5:21 |
| 206 | 3679 | CLAES Babette | HEIST-AAN-ZEE | V | 51 | 0:19:15 | 11,22 | 5:21 |
| 207 | 3759 | COUSSEMENT Charlotte | ARCHENNES | V | 52 | 0:19:20 | 11,17 | 5:22 |
| 208 | 3874 | AGNEESSENS Jessica | KNOKKE-HEIST | V | 53 | 0:19:20 | 11,17 | 5:22 |
| 209 | 3747 | COMBES Didier | KNOKKE-HEIST | M | 156 | 0:19:22 | 11,15 | 5:23 |
| 210 | 3632 | VANDENBERGHE Fauve | KNOKKE HEIST | V | 54 | 0:19:23 | 11,14 | 5:23 |
| 211 | 3916 | GRSON Tina | KNOKKE-HEIST | V | 55 | 0:19:23 | 11,14 | 5:23 |
| 212 | 3732 | PAUWAERT Laura | KNOKKE-HEIST | V | 56 | 0:19:23 | 11,14 | 5:23 |
| 213 | 3652 | MANEEWONG Suphitcha | KNOKKE HEIST | V | 57 | 0:19:23 | 11,14 | 5:23 |
| 214 | 3900 | BESSEMANS Lore | LOKEREN | V | 58 | 0:19:25 | 11,12 | 5:24 |
| 215 | 3769 | ACCARAIN Anna | SAINT-GILLES | V | 59 | 0:19:26 | 11,11 | 5:24 |
| 216 | 3709 | DECOCK Sara | KNOKKE-HEIST | V | 60 | 0:19:27 | 11,11 | 5:24 |
| 217 | 4443 | JANSENS Kathleen | BRUGGE | V | 61 | 0:19:27 | 11,11 | 5:24 |
| 218 | 3644 | MATTHEUWS Stan | KNOKKE-HEIST | M | 157 | 0:19:28 | 11,10 | 5:24 |
| 219 | 3540 | DE WAELE Jules | KNOKKE-HEIST | M | 158 | 0:19:28 | 11,10 | 5:24 |
| 220 | 3868 | BOSSIER Sophie | WENDUINE | V | 62 | 0:19:31 | 11,07 | 5:25 |
| 221 | 3621 | DE KETELAERE Thibault | KNOKKE-HEIST | M | 159 | 0:19:33 | 11,05 | 5:26 |
| 222 | 3746 | NOTTE Lisa | OOSTAKKER | V | 63 | 0:19:33 | 11,05 | 5:26 |
| 223 | 4081 | SCHRAM Eva | BRUGGE | V | 64 | 0:19:33 | 11,05 | 5:26 |
| 224 | 3727 | BAUWENS Thomas | KNOKKE HEIST | M | 160 | 0:19:34 | 11,04 | 5:26 |
| 225 | 3631 | FOCKENIER Bjarne | KNOKKE HEIST | M | 161 | 0:19:39 | 10,99 | 5:27 |
| 226 | 3675 | DE DOBBELAERE Lucas | KNOKKE | M | 162 | 0:19:42 | 10,96 | 5:28 |
| 228 | 3662 | SMET James | KNOKKE-HEIST | M | 163 | 0:19:43 | 10,96 | 5:29 |
| 227 | 3651 | DECORTE Stefanie | HEIST-AAN-ZEE | V | 65 | 0:19:43 | 10,96 | 5:29 |
| 229 | 3589 | SAELAERT Emael | KNOKKE-HEIST | M | 164 | 0:19:45 | 10,94 | 5:29 |
| 230 | 3792 | DORY Ludwig | HEIST-AAN-ZEE | M | 165 | 0:19:46 | 10,93 | 5:29 |
| 231 | 3541 | DE WAELE Victor | KNOKKE-HEIST | M | 166 | 0:19:46 | 10,93 | 5:29 |
| 232 | 3937 | PHILIPS Veerle | RUISELEDE | V | 66 | 0:19:52 | 10,87 | 5:31 |
| 233 | 4119 | JANSENS Katleen | BIERBEEK | V | 67 | 0:19:53 | 10,86 | 5:31 |
| 234 | 3661 | BARBIEUX Sacha | KNOKKE-HEIST | M | 167 | 0:19:55 | 10,85 | 5:32 |
| 235 | 3827 | VLYMINCK Stephanie | SINT-NIKLAAS | V | 68 | 0:19:56 | 10,84 | 5:32 |
| 236 | 4108 | ANDRIES Ria | BURCHT | V | 69 | 0:19:56 | 10,84 | 5:32 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|------------------|-----|-------|---------|-------|---------|
| 237 | 3910 | VIS Maarten | KNOKKE-HEIST | M | 168 | 0:19:57 | 10,83 | 5:32 |
| 238 | 4444 | PATTIST Kelly | KNOKKE | V | 70 | 0:19:58 | 10,82 | 5:33 |
| 239 | 3904 | WILLEMS Laetitia | KNOKKE-HEIST | V | 71 | 0:19:58 | 10,82 | 5:33 |
| 240 | 3866 | DURINCK Tony | STEKENE | M | 169 | 0:19:59 | 10,81 | 5:33 |
| 241 | 3933 | SERGEANT Peter | KOEKELARE | M | 170 | 0:20:01 | 10,79 | 5:34 |
| 242 | 4097 | CHARLOTTE Mestdach | KNOKKE | V | 72 | 0:20:03 | 10,77 | 5:34 |
| 243 | 3730 | PIETERS Charlotte | DUDZELE | V | 73 | 0:20:04 | 10,76 | 5:34 |
| 244 | 3812 | MATTHIJS Martine | LEDE | V | 74 | 0:20:07 | 10,74 | 5:35 |
| 245 | 3629 | ROOSEN Louis-Paul | KNOKKE HEIST | M | 171 | 0:20:08 | 10,73 | 5:36 |
| 246 | 4140 | ROOSEN Hans | KNOKKE-HEIST | M | 172 | 0:20:08 | 10,73 | 5:36 |
| 247 | 3873 | HUYGEBROECK Amand | DEURNE (ANTW.) | M | 173 | 0:20:09 | 10,72 | 5:36 |
| 248 | 3797 | DELANOTE Helen | KNOKKE-HEIST | V | 75 | 0:20:09 | 10,72 | 5:36 |
| 249 | 3880 | CHANET Heidi | TERNAT | V | 76 | 0:20:10 | 10,71 | 5:36 |
| 250 | 3813 | STOCKMAN Barbara | EEKLO | V | 77 | 0:20:11 | 10,70 | 5:36 |
| 251 | 4106 | KERRES Michel | ROTTERDAM | M | 174 | 0:20:12 | 10,69 | 5:37 |
| 252 | 3578 | PATTEET Julie | KNOKKE HEIST | V | 78 | 0:20:12 | 10,69 | 5:37 |
| 253 | 3576 | BOONEN Gregory | KAPellen (ANTW.) | M | 175 | 0:20:13 | 10,68 | 5:37 |
| 254 | 3704 | DEDEENE Margaux | KNOKKE-HEIST | V | 79 | 0:20:13 | 10,68 | 5:37 |
| 255 | 3752 | POULSEN Lise | BRUXELLES | V | 80 | 0:20:18 | 10,64 | 5:38 |
| 256 | 3946 | VAN OLMEN Mira | BAZEL | V | 81 | 0:20:22 | 10,61 | 5:39 |
| 257 | 3582 | TANGHE Jelle | KNOKKE-HEIST | M | 176 | 0:20:23 | 10,60 | 5:40 |
| 258 | 3640 | DE GROOTE Amber | HEIST-AAN-ZEE | V | 82 | 0:20:23 | 10,60 | 5:40 |
| 259 | 3833 | CARRIJN Willy | ZOTTEGM | M | 177 | 0:20:24 | 10,59 | 5:40 |
| 260 | 3820 | DE MAESENEIRE Martel | BRAKEL | V | 83 | 0:20:26 | 10,57 | 5:41 |
| 261 | 3714 | SPYSSCHAERT Lisa | KNOKKE-HEIST | V | 84 | 0:20:27 | 10,56 | 5:41 |
| 262 | 4091 | DE CLERCQ Gerry | HEIST-AAN-ZEE | M | 178 | 0:20:28 | 10,55 | 5:41 |
| 263 | 3581 | LAMMENS Renaud | KNOKKE-HEIST | M | 179 | 0:20:28 | 10,55 | 5:41 |
| 264 | 3628 | DIERICKX Bert | KNOKKE-HEIST | M | 180 | 0:20:28 | 10,55 | 5:41 |
| 265 | 3637 | MATTHEEUWS Tuur | KNOKKE-HEIST | M | 181 | 0:20:29 | 10,55 | 5:41 |
| 266 | 3636 | DE CRAEMER Noemi | KNOKKE-HEIST | V | 85 | 0:20:30 | 10,54 | 5:42 |
| 267 | 3542 | VERPLANKEN Stephanie | OUDENAARDE | V | 86 | 0:20:30 | 10,54 | 5:42 |
| 268 | 3736 | STIEPERAERE Hans | AALST | M | 182 | 0:20:31 | 10,53 | 5:42 |
| 269 | 3927 | DE SMET Greet | DRONGEN | V | 87 | 0:20:36 | 10,49 | 5:43 |
| 270 | 3681 | SPEYBROECK Arthur | KNOKKE | M | 183 | 0:20:39 | 10,46 | 5:44 |
| 271 | 4455 | VANDEPITTE Goedel | SINT-KRUIS | V | 88 | 0:20:40 | 10,45 | 5:44 |
| 272 | 3685 | PROOT Victor | KNOKKE | M | 184 | 0:20:41 | 10,44 | 5:45 |
| 273 | 3538 | JANSEN Sam | WILRIJK (ANTW.) | M | 185 | 0:20:42 | 10,43 | 5:45 |
| 274 | 4104 | PARDONITCH Caren | AMSTERDAM | V | 89 | 0:20:43 | 10,43 | 5:45 |
| 275 | 3613 | BULCKE Jens | KNOKKE-HEIST | M | 186 | 0:20:48 | 10,38 | 5:47 |
| 276 | 3695 | DE BAETS Sharleen | KNOKKE | V | 90 | 0:20:48 | 10,38 | 5:47 |
| 277 | 4168 | MICHIELS Sofie | KNOKKE | V | 91 | 0:20:54 | 10,33 | 5:48 |
| 278 | 3804 | CEULEMANS Marleen | EEKLO | V | 92 | 0:20:55 | 10,33 | 5:49 |
| 279 | 3787 | JANSENS Eline | LISSEWEGE | V | 93 | 0:20:56 | 10,32 | 5:49 |
| 280 | 3622 | DE KETELAERE Matthias | KNOKKE-HEIST | M | 187 | 0:20:58 | 10,30 | 5:49 |
| 281 | 3568 | GROGNA Sebastien | SAINT-GILLES | M | 188 | 0:20:58 | 10,30 | 5:49 |
| 282 | 3666 | VAN CAENEGHEM Sandrine | MOERKERKE | V | 94 | 0:21:01 | 10,28 | 5:50 |
| 283 | 3592 | ABSIL Nicolas | KNOKKE-HEIST | M | 189 | 0:21:02 | 10,27 | 5:51 |
| 284 | 4446 | VLAEMINCK Emma | SIJSELE | V | 95 | 0:21:03 | 10,26 | 5:51 |
| 285 | 3680 | HAEGHEBAERT Emiel | HEIST-AAN-ZEE | M | 190 | 0:21:05 | 10,25 | 5:51 |
| 286 | 3559 | CROES Christina | ST-NIKLAAS | V | 96 | 0:21:05 | 10,25 | 5:51 |
| 287 | 3650 | DHONDT Sofie | HEIST-AAN-ZEE | V | 97 | 0:21:08 | 10,22 | 5:52 |
| 288 | 3593 | DRIESSENS Kjell | WESTKAPELLE | M | 191 | 0:21:09 | 10,21 | 5:52 |
| 289 | 4460 | COUSSEMENT Sabine | SINT-KRUIS | V | 98 | 0:21:09 | 10,21 | 5:52 |
| 290 | 3625 | STEFFEN Eliza | KNOKKE-HEIST | V | 99 | 0:21:09 | 10,21 | 5:52 |
| 291 | 3800 | DE GROOTE Lize | LEDE | V | 100 | 0:21:11 | 10,20 | 5:53 |
| 292 | 3796 | QUINTENS Alizee | EVERGEM | V | 101 | 0:21:11 | 10,20 | 5:53 |
| 293 | 3648 | BUYSENS Laurence | MOERKERKE | V | 102 | 0:21:11 | 10,20 | 5:53 |
| 294 | 3864 | GLAUDE Martine | ASSEBROEK | V | 103 | 0:21:15 | 10,16 | 5:54 |
| 295 | 3504 | VANHERDE Ymke | KNOKKE-HEIST | V | 104 | 0:21:17 | 10,15 | 5:55 |
| 296 | 3949 | DEMEY Anaïs | KNOKKE-HEIST | V | 105 | 0:21:19 | 10,13 | 5:55 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------|----------------------|-----|-------|---------|-------|---------|
| 297 | 4110 | MERCKAERT Geert | GERAARDSBERGEN | M | 192 | 0:21:20 | 10,13 | 5:56 |
| 298 | 3832 | DESMIDT Arno | DUDZELE | M | 193 | 0:21:23 | 10,10 | 5:56 |
| 299 | 3859 | VERECKEN Nancy | DUFFEL | V | 106 | 0:21:23 | 10,10 | 5:56 |
| 300 | 3677 | BODE Pieter-Jan | KNOKKE-HEIST | M | 194 | 0:21:27 | 10,07 | 5:57 |
| 301 | 3514 | DE PLANCKE Valerie | KNOKKE | V | 107 | 0:21:30 | 10,05 | 5:58 |
| 302 | 3754 | CLAUWAERT Nathalie | RONSE | V | 108 | 0:21:32 | 10,03 | 5:59 |
| 303 | 3564 | BLOES Fabienne | KNOKKE-HEIST | V | 109 | 0:21:34 | 10,02 | 5:59 |
| 304 | 3778 | D'AUBIOL Karel | KNOKKE-HEIST | M | 195 | 0:21:38 | 9,98 | 6:01 |
| 305 | 3740 | UYTTEBROEK Bruno | VLEZENBEEK | M | 196 | 0:21:41 | 9,96 | 6:01 |
| 306 | 3610 | STEFFEN Juliet | KNOKKE-HEIST | V | 110 | 0:21:44 | 9,94 | 6:02 |
| 307 | 3544 | VERECKE Charlotte | KNOKKE | V | 111 | 0:21:50 | 9,89 | 6:04 |
| 308 | 4105 | PARDOVITCH Ronald | AMSTERDAM | M | 197 | 0:21:53 | 9,87 | 6:05 |
| 309 | 3614 | DE MEY Maaïke | KNOKKE | V | 112 | 0:21:53 | 9,87 | 6:05 |
| 310 | 3512 | PEETERS Noa | KNOKKE | V | 113 | 0:21:53 | 9,87 | 6:05 |
| 311 | 3531 | BRACKE Annick | LOCHRISTI | V | 114 | 0:21:54 | 9,86 | 6:05 |
| 312 | 3590 | VERHEECKE Manon | KNOKKE | V | 115 | 0:21:54 | 9,86 | 6:05 |
| 313 | 3780 | HUBRECHT Dotje | KNOKKE-HEIST | V | 116 | 0:21:55 | 9,86 | 6:05 |
| 314 | 4098 | DE PLANCKE Pascale | KNOKKE | V | 117 | 0:21:55 | 9,86 | 6:05 |
| 317 | 3870 | WULUS Tom | WENDUINE | M | 198 | 0:22:01 | 9,81 | 6:07 |
| 315 | 3558 | VAN RANSBEECK Lisa | KAPELLE-OP-DEN-BOS | V | 118 | 0:22:01 | 9,81 | 6:07 |
| 316 | 3775 | STOFFELS Kristel | SINT-KATELIJNE-WAVER | V | 119 | 0:22:01 | 9,81 | 6:07 |
| 318 | 3877 | VANPARIJS Karline | ZEEBRUGGE | V | 120 | 0:22:03 | 9,80 | 6:07 |
| 319 | 3884 | FIERS Tomas | HEVER | M | 199 | 0:22:06 | 9,77 | 6:08 |
| 320 | 3753 | DE MAESSCHALK Nadia | BLANKENBERGE | V | 121 | 0:22:08 | 9,76 | 6:09 |
| 321 | 3532 | HEUZEL Daphne | ZEEBRUGGE | V | 122 | 0:22:09 | 9,75 | 6:09 |
| 322 | 3608 | VANDERSMISSEN Marie | DAMME | V | 123 | 0:22:09 | 9,75 | 6:09 |
| 323 | 3779 | STEFFEN Amandine | KNOKKE-HEIST | V | 124 | 0:22:09 | 9,75 | 6:09 |
| 324 | 3612 | VERMEERSCH Floris | KNOKKE | M | 200 | 0:22:10 | 9,74 | 6:09 |
| 325 | 4472 | VANMOERKERKE Emelie | MENEN | V | 125 | 0:22:12 | 9,73 | 6:10 |
| 326 | 3926 | FEVERY Julie | KNOKKE | V | 126 | 0:22:12 | 9,73 | 6:10 |
| 327 | 3735 | MEYERS Maria | BORNEM | V | 127 | 0:22:13 | 9,72 | 6:10 |
| 328 | 3907 | FAVART Lola | BRAINE-L'ALLEUD | V | 128 | 0:22:13 | 9,72 | 6:10 |
| 329 | 3940 | MESSIAEN Pauline | WARNETON | V | 129 | 0:22:14 | 9,72 | 6:11 |
| 330 | 3751 | RIGAUX Sofie | GENT | V | 130 | 0:22:15 | 9,71 | 6:11 |
| 331 | 4459 | DE VOOGT Annelies | KNOKKE-HEIST | V | 131 | 0:22:18 | 9,69 | 6:12 |
| 332 | 3941 | VANDENBERGHE Kathy | VARSENARE | V | 132 | 0:22:18 | 9,69 | 6:12 |
| 333 | 3908 | JANNE D'OTHEE Romane | CHARDONNÉ | V | 133 | 0:22:18 | 9,69 | 6:12 |
| 334 | 3883 | CAERS Hilde | HEVER | V | 134 | 0:22:18 | 9,69 | 6:12 |
| 335 | 3653 | SNAUWAERT Lindsey | KNOKKE HEIST | V | 135 | 0:22:18 | 9,69 | 6:12 |
| 337 | 3618 | CORNETTE Julien | DUDZELE | M | 201 | 0:22:19 | 9,68 | 6:12 |
| 336 | 3516 | MATTYS Nathalie | KNOKKE | V | 136 | 0:22:19 | 9,68 | 6:12 |
| 338 | 4118 | VANDERVEEREN Chiara | HAASRODE | V | 137 | 0:22:20 | 9,67 | 6:12 |
| 340 | 3571 | SMEYERS Thibaut | WILRIJK (ANTW.) | M | 202 | 0:22:22 | 9,66 | 6:13 |
| 339 | 3572 | BOUTMANS Brigitte | WILRIJK (ANTW.) | V | 138 | 0:22:22 | 9,66 | 6:13 |
| 341 | 4445 | VERSTEYLEN Anne | TURNHOUT | V | 139 | 0:22:23 | 9,65 | 6:13 |
| 342 | 3570 | VERHEES Joyce | WILRIJK (ANTW.) | V | 140 | 0:22:23 | 9,65 | 6:13 |
| 343 | 3705 | PROOT Louise | KNOKKE-HEIST | V | 141 | 0:22:23 | 9,65 | 6:13 |
| 344 | 3573 | DECLERCQ Luc | KNOKKE | M | 203 | 0:22:27 | 9,62 | 6:14 |
| 345 | 3657 | DECLERCQ Margaux | KNOKKE-HEIST | V | 142 | 0:22:28 | 9,61 | 6:14 |
| 346 | 3731 | SLABBINCK Anais | KNOKKE-HEIST | V | 143 | 0:22:31 | 9,59 | 6:15 |
| 348 | 3663 | PAULUS Nicolas | KNOKKE | M | 204 | 0:22:33 | 9,58 | 6:16 |
| 349 | 3770 | DEBRABANDERE Brecht | OOSTENDE | M | 205 | 0:22:33 | 9,58 | 6:16 |
| 347 | 3761 | DE BRUYCKERE Patty | BORGERHOUT (ANTW.) | V | 144 | 0:22:33 | 9,58 | 6:16 |
| 350 | 3911 | TANGHE Flor | KNOKKE-HEIST | M | 206 | 0:22:34 | 9,57 | 6:16 |
| 351 | 3767 | VERCAMMEN Stephanie | HAMME | V | 145 | 0:22:35 | 9,56 | 6:16 |
| 352 | 4471 | VANSTEENKESTE Sofie | KORTRIJK | V | 146 | 0:22:35 | 9,56 | 6:16 |
| 353 | 3766 | VERCAMMEN Julie | HAMME | V | 147 | 0:22:35 | 9,56 | 6:16 |
| 354 | 3830 | DESMIDT Pauline | DUDZELE | V | 148 | 0:22:38 | 9,54 | 6:17 |
| 355 | 3834 | VANDERYSE Jolien | DUDZELE | V | 149 | 0:22:38 | 9,54 | 6:17 |
| 356 | 3672 | RYELANDT Julie | KNOKKE | V | 150 | 0:22:40 | 9,53 | 6:18 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|--------------------|-----|-------|---------|------|---------|
| 357 | 3869 | FLORIZOONE Ann | WENDUINE | V | 151 | 0:22:40 | 9,53 | 6:18 |
| 358 | 4456 | VANTORRE Maxim | GROBBENDONK | M | 207 | 0:22:41 | 9,52 | 6:18 |
| 359 | 4457 | VANTORRE Wim | GROBBENDONK | M | 208 | 0:22:42 | 9,52 | 6:18 |
| 360 | 3671 | SANDELE Justine | KNOKKE-HEIST | V | 152 | 0:22:42 | 9,52 | 6:18 |
| 361 | 3586 | SLABBINCK Sebastiaan | KNOKKE | M | 209 | 0:22:43 | 9,51 | 6:19 |
| 362 | 4139 | VAN MOERKERCKE Steven | LOPPEM | M | 210 | 0:22:48 | 9,47 | 6:20 |
| 363 | 3938 | DE BAERE Eefje | LOPPEM | V | 153 | 0:22:48 | 9,47 | 6:20 |
| 364 | 3818 | VAN DE GUCHT Veerle | KNOKKE HEIST | V | 154 | 0:22:54 | 9,43 | 6:22 |
| 365 | 3536 | DEWAELE Lindsay | DAMME | V | 155 | 0:22:55 | 9,43 | 6:22 |
| 368 | 3947 | DE LILLE Anthony | KNOKKE-HEIST | M | 211 | 0:22:56 | 9,42 | 6:22 |
| 366 | 4114 | SANNEN Emeli | BALEN | V | 156 | 0:22:56 | 9,42 | 6:22 |
| 367 | 4100 | VERMEILLE Sabine | KNOKKE | V | 157 | 0:22:56 | 9,42 | 6:22 |
| 369 | 4451 | VAN HULLE Joke | SINT-LAUREINS | V | 158 | 0:22:58 | 9,40 | 6:23 |
| 370 | 3857 | ROSSEER Kristien | ICHTEGEM | V | 159 | 0:23:04 | 9,36 | 6:24 |
| 371 | 3777 | DE VYLDER Kristine | KNOKKE | V | 160 | 0:23:05 | 9,36 | 6:25 |
| 372 | 3799 | LANCKMAN Lieve | LEDE | V | 161 | 0:23:11 | 9,32 | 6:26 |
| 373 | 3795 | DE BRUYCKERE Sylvie | EVERGEM | V | 162 | 0:23:11 | 9,32 | 6:26 |
| 374 | 4466 | DE NEET Isabelle | LOKEREN | V | 163 | 0:23:11 | 9,32 | 6:26 |
| 375 | 3623 | VANDIERENDONCK Noor | KNOKKE-HEIST | V | 164 | 0:23:18 | 9,27 | 6:28 |
| 377 | 3609 | SYS Thibault | KNOKKE | M | 212 | 0:23:19 | 9,26 | 6:29 |
| 376 | 3790 | SAINABOU John | BORGERHOUT (ANTW.) | V | 165 | 0:23:19 | 9,26 | 6:29 |
| 378 | 3606 | DE VOS Nicolas | KNOKKE-HEIST | M | 213 | 0:23:20 | 9,26 | 6:29 |
| 379 | 3918 | MICHIELS Els | BRUGGE | V | 166 | 0:23:20 | 9,26 | 6:29 |
| 380 | 3669 | SANDELE Arthur | KNOKKE-HEIST | M | 214 | 0:23:21 | 9,25 | 6:29 |
| 381 | 3683 | VANDEPUTTE Sophie | KNOKKE-HEIST | V | 167 | 0:23:21 | 9,25 | 6:29 |
| 382 | 3684 | DEWULF Marie | KNOKKE | V | 168 | 0:23:21 | 9,25 | 6:29 |
| 383 | 3788 | DEMEY Laurie | KNOKKE-HEIST | V | 169 | 0:23:22 | 9,24 | 6:29 |
| 384 | 3665 | GOEGEBEUR Rhaissa | KNOKKE | V | 170 | 0:23:28 | 9,20 | 6:31 |
| 385 | 3701 | GOVAERT Morgane | KNOKKE | V | 171 | 0:23:30 | 9,19 | 6:32 |
| 386 | 3703 | SPEYBROECK Julie | KNOKKE | V | 172 | 0:23:30 | 9,19 | 6:32 |
| 387 | 3655 | PETRE Ancuta | KNOKKE-HEIST | V | 173 | 0:23:35 | 9,16 | 6:33 |
| 388 | 4458 | VANTORRE Hubert | KNOKKE-HEIST | M | 215 | 0:23:36 | 9,15 | 6:33 |
| 389 | 3945 | VAN DURME Céline | ERTVELDE | V | 174 | 0:23:41 | 9,12 | 6:35 |
| 390 | 3793 | BILLIET Marilyn | HEIST-AAN-ZEE | V | 175 | 0:23:42 | 9,11 | 6:35 |
| 391 | 3826 | DE MUNCK Marleen | SINT-NIKLAAS | V | 176 | 0:23:42 | 9,11 | 6:35 |
| 392 | 3513 | PEETERS Sarah | KNOKKE | V | 177 | 0:23:42 | 9,11 | 6:35 |
| 393 | 3772 | STANDAERT Joey | KNOKKE-HEIST | M | 216 | 0:23:43 | 9,11 | 6:35 |
| 394 | 3817 | VAN OPDOURP Pia | SCHOONDYKE | V | 178 | 0:23:45 | 9,09 | 6:36 |
| 395 | 3716 | DESNYDER Robin | KNOKKE-HEIST | M | 217 | 0:23:46 | 9,09 | 6:36 |
| 396 | 4124 | DE WACHTER Renka | WILLEBROEK | V | 179 | 0:23:52 | 9,05 | 6:38 |
| 397 | 4123 | DEMOL Noa | WILLEBROEK | V | 180 | 0:23:53 | 9,04 | 6:38 |
| 398 | 3844 | PEETERS Barbara | SINT-NIKLAAS | V | 181 | 0:24:00 | 9,00 | 6:40 |
| 399 | 3575 | MEIJERS Fabienne | AMSTERDAM | V | 182 | 0:24:00 | 9,00 | 6:40 |
| 400 | 4111 | VERDONCK Nathalie | KNOKKE-HEIST | V | 183 | 0:24:00 | 9,00 | 6:40 |
| 401 | 3739 | BOSTYN Annette | OUDENAARDE | V | 184 | 0:24:01 | 8,99 | 6:40 |
| 402 | 3554 | MEYERS Sylvia | HEIST-AAN-ZEE | V | 185 | 0:24:02 | 8,99 | 6:41 |
| 403 | 3924 | DE MEYER Anniek | MERELBEKE | V | 186 | 0:24:02 | 8,99 | 6:41 |
| 404 | 3913 | VAN DEN BROUCKE Andreas | KNOKKE-HEIST | M | 218 | 0:24:06 | 8,96 | 6:42 |
| 405 | 3502 | LARDY Kathy | LOVENDEGEM | V | 187 | 0:24:06 | 8,96 | 6:42 |
| 406 | 3912 | SLABBINCK Carmen | KNOKKE-HEIST | V | 188 | 0:24:07 | 8,96 | 6:42 |
| 407 | 3903 | FAKLUANG Wandee | KNOKKE-HEIST | V | 189 | 0:24:08 | 8,95 | 6:42 |
| 408 | 3529 | MOUTON Françoise | TILFF | V | 190 | 0:24:10 | 8,94 | 6:43 |
| 409 | 3620 | DESENDER Alex | KNOKKE-HEIST | M | 219 | 0:24:14 | 8,91 | 6:44 |
| 410 | 4082 | VAN WYMEERSCH Ingrid | KNOKKE-HEIST | V | 191 | 0:24:15 | 8,91 | 6:44 |
| 411 | 4088 | VAN MAELE Ingrid | HEIST-AAN-ZEE | V | 192 | 0:24:15 | 8,91 | 6:44 |
| 412 | 3694 | VAN HOOREBEKE Isabelle | WESTKAPELLE | V | 193 | 0:24:17 | 8,89 | 6:45 |
| 413 | 3689 | VAN LANDSCHOOT Maaike | KNOKKE | V | 194 | 0:24:17 | 8,89 | 6:45 |
| 414 | 3700 | VERLEYE Jane | KNOKKE | M | 220 | 0:24:18 | 8,89 | 6:45 |
| 415 | 3646 | PROPHETE Elien | KNOKKE HEIST | V | 195 | 0:24:20 | 8,88 | 6:46 |
| 416 | 3607 | VERMEERSCH Fauve | KNOKKE | V | 196 | 0:24:35 | 8,79 | 6:50 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|---------------------|-----|-------|---------|------|---------|
| 417 | 3566 | CHRISTENSSON Emilie | SINT GENESIUS RODE | V | 197 | 0:24:41 | 8,75 | 6:51 |
| 418 | 3565 | KARNOTZKI Charline | SINT GENESIUS RODE | V | 198 | 0:24:43 | 8,74 | 6:52 |
| 419 | 3611 | DE REGGE Vanessa | KNOKKE | V | 199 | 0:24:45 | 8,73 | 6:52 |
| 420 | 3863 | BAUDEWIJN Anne | WETTEREN | V | 200 | 0:24:47 | 8,72 | 6:53 |
| 421 | 3591 | GOVAERT Eline | KNOKKE | V | 201 | 0:24:50 | 8,70 | 6:54 |
| 422 | 3533 | GOUAERT Bernard | KNOKKE-HEIST | M | 221 | 0:24:51 | 8,69 | 6:54 |
| 423 | 3850 | VERHASSELT Eline | KNOKKE-HEIST | V | 202 | 0:24:54 | 8,67 | 6:55 |
| 424 | 3849 | DEBORAH Luca | ANDERLECHT | V | 203 | 0:24:54 | 8,67 | 6:55 |
| 426 | 3935 | SHELLEKENS Patrick | EREMBODEGEM (AALST) | M | 222 | 0:24:56 | 8,66 | 6:56 |
| 425 | 3936 | ARIJS Marina | EREMBODEGEM (AALST) | V | 204 | 0:24:56 | 8,66 | 6:56 |
| 427 | 3835 | DEVOS Filip | SIJSELE | M | 223 | 0:25:07 | 8,60 | 6:59 |
| 428 | 3948 | ALTOBELLI Graziella | OUGRÉE | V | 205 | 0:25:08 | 8,59 | 6:59 |
| 429 | 3785 | VAN DEYNSE Stephanie | ADEGEM - MALDEGEM | V | 206 | 0:25:08 | 8,59 | 6:59 |
| 431 | 4117 | SANNEN Erik | BALEN | M | 224 | 0:25:12 | 8,57 | 7:00 |
| 430 | 4115 | SANNEN Marie | BALEN | V | 207 | 0:25:12 | 8,57 | 7:00 |
| 432 | 3823 | MISSAULT Marina | DUDZELE | V | 208 | 0:25:17 | 8,54 | 7:01 |
| 433 | 3837 | DEPOORTER Emmanuelle | KOOLKERKE | V | 209 | 0:25:17 | 8,54 | 7:01 |
| 434 | 3928 | SCHAPDRYVER Kelly | MALDEGEM | V | 210 | 0:25:25 | 8,50 | 7:04 |
| 435 | 3822 | VAN MULEM Evy | DUDZELE | V | 211 | 0:25:28 | 8,48 | 7:04 |
| 436 | 3841 | BLANCQUAERT Alexandra | DEERLIJK | V | 212 | 0:25:29 | 8,48 | 7:05 |
| 438 | 3929 | LANNOO Kjell | MALDEGEM | M | 225 | 0:25:35 | 8,44 | 7:06 |
| 437 | 3843 | VAN GERVEN Anne-Sophie | ASSEBROEK | V | 213 | 0:25:35 | 8,44 | 7:06 |
| 439 | 3847 | RAMONT Charline | BLANKENBERGE | V | 214 | 0:25:37 | 8,43 | 7:07 |
| 440 | 3845 | DHONT Bo | SINT-ANDRIES | V | 215 | 0:25:37 | 8,43 | 7:07 |
| 441 | 3842 | VAN WABEKE Annelies | KNESSELARE | V | 216 | 0:25:39 | 8,42 | 7:07 |
| 442 | 3836 | CARRETTE Helena | DUDZELE | V | 217 | 0:25:40 | 8,42 | 7:08 |
| 443 | 3831 | SNAUWAERT Monique | DUDZELE | V | 218 | 0:25:40 | 8,42 | 7:08 |
| 444 | 3851 | WELVAERT Julie | SINT-ANDRIES | V | 219 | 0:25:46 | 8,38 | 7:09 |
| 445 | 3789 | LAURYSSSENS Arne | OOSTMALLE | M | 226 | 0:25:47 | 8,38 | 7:10 |
| 446 | 3696 | DERUDDER Meredith | KNOKKE-HEIST | V | 220 | 0:25:58 | 8,32 | 7:13 |
| 447 | 3825 | VAN RAEPENBUSCH Caroline | WESTKAPPELE | V | 221 | 0:26:00 | 8,31 | 7:13 |
| 448 | 3553 | BERKEIN Justine | KNOKKE-HEIST | V | 222 | 0:26:04 | 8,29 | 7:14 |
| 449 | 3537 | DE LOOR Jeanette | WILRIJK (ANTW.) | M | 227 | 0:26:09 | 8,26 | 7:16 |
| 450 | 3539 | JANSEN Neal | WILRIJK (ANTW.) | M | 228 | 0:26:09 | 8,26 | 7:16 |
| 451 | 4454 | DEVREESE Jelly | BELLEM | V | 223 | 0:26:14 | 8,23 | 7:17 |
| 452 | 3876 | DENTANT Eline | ZEEBRUGGE | V | 224 | 0:26:19 | 8,21 | 7:19 |
| 453 | 3692 | DE BRUIJNE Amelie | KNOKKE-HEIST | V | 225 | 0:26:19 | 8,21 | 7:19 |
| 454 | 3688 | PEETERS Elise | KNOKKE | V | 226 | 0:26:19 | 8,21 | 7:19 |
| 455 | 3550 | LEJEUNE Tristan | EKE | M | 229 | 0:26:20 | 8,20 | 7:19 |
| 456 | 3791 | VAN DER CRUYSEN Claire | KNOKKE | V | 227 | 0:26:26 | 8,17 | 7:21 |
| 457 | 3744 | DEHEEGHER Lindsey | MOERKERKE | V | 228 | 0:26:48 | 8,06 | 7:27 |

10 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|-------------------------|---------------------|-----|-------|---------|-------|---------|
| 1 | 13 | FAYS Guy | AYENEUX | M | 1 | 0:29:16 | 20,50 | 2:56 |
| 2 | 43 | WOLDU Ghirma | BRUGGE | M | 2 | 0:29:20 | 20,45 | 2:56 |
| 3 | 1 | JANSSENS Hans | OLV-WAVER | M | 3 | 0:29:33 | 20,30 | 2:57 |
| 4 | 39 | VAN RIE Koen | GERAARDSBERGEN | M | 4 | 0:29:40 | 20,22 | 2:58 |
| 5 | 5 | COMPERNOLLE Tom | BEERNEM | M | 5 | 0:29:48 | 20,13 | 2:59 |
| 6 | 4 | VANDEVELDE Stijn | OTEGEM | M | 6 | 0:30:18 | 19,80 | 3:02 |
| 7 | 22 | RIJNDERS Pieter | WIEKEVORST | M | 7 | 0:30:22 | 19,76 | 3:02 |
| 8 | 40 | TONTCHINSKI Vlademir | KURINGEN | M | 8 | 0:30:42 | 19,54 | 3:04 |
| 9 | 3109 | HAEZEBROUCK Fabian | BIZET | M | 9 | 0:30:49 | 19,47 | 3:05 |
| 10 | 19 | HOUBEN Robby | ANTWERPEN 1 | M | 10 | 0:31:06 | 19,29 | 3:07 |
| 11 | 3 | VAN STEENBRUGGE Francis | ZINGEM | M | 11 | 0:31:15 | 19,20 | 3:08 |
| 12 | 41 | VAN NIEUWENHOVE Steven | AALST | M | 12 | 0:31:56 | 18,79 | 3:12 |
| 13 | 1645 | SIHAMMANE Abdeljebbar | WATERMAEL-BOITSFORT | M | 13 | 0:32:05 | 18,70 | 3:13 |
| 14 | 1618 | SOENENS Tim | TIELT | M | 14 | 0:32:57 | 18,21 | 3:18 |
| 15 | 253 | VAN DOORNE Niels | MOERKERKE | M | 15 | 0:33:05 | 18,14 | 3:19 |
| 16 | 2846 | RASSCHAERT Eddy | TOURNAI | M | 16 | 0:33:07 | 18,12 | 3:19 |
| 17 | 42 | WOLTERS Marc | LANDEN | M | 17 | 0:33:11 | 18,08 | 3:19 |
| 18 | 2929 | HELLINX David | BOOM | M | 18 | 0:33:19 | 18,01 | 3:20 |
| 19 | 2943 | TIVADAR Toth | KALOCSA | M | 19 | 0:33:38 | 17,84 | 3:22 |
| 20 | 1278 | MEUNIER Gerard | BLAUGIES | M | 20 | 0:33:47 | 17,76 | 3:23 |
| 21 | 1504 | STUYVEN Gert | SINT-AMANDSBERG | M | 21 | 0:34:09 | 17,57 | 3:25 |
| 22 | 46 | CORNU Benny | STEKENE | M | 22 | 0:34:28 | 17,41 | 3:27 |
| 23 | 3138 | DEBREYNE Frederik | DE HAAN | M | 23 | 0:34:35 | 17,35 | 3:28 |
| 24 | 2980 | COUSIN Sebastien | PLOEGSTEERT | M | 24 | 0:34:36 | 17,34 | 3:28 |
| 25 | 8 | DE VOS Nathalie | MERELBEKE | V | 1 | 0:34:37 | 17,33 | 3:28 |
| 26 | 224 | VAN KERREBROECK Vic | HAMME | M | 25 | 0:34:38 | 17,32 | 3:28 |
| 27 | 236 | VAN LIERDE Vincent | MENEN | M | 26 | 0:34:46 | 17,26 | 3:29 |
| 28 | 1531 | PREEM Kurt | VARSENARE | M | 27 | 0:35:11 | 17,05 | 3:31 |
| 29 | 2589 | RONDELEE Filip | BRUGGE | M | 28 | 0:35:16 | 17,01 | 3:32 |
| 30 | 18 | VERTHE Sylvie | AVELGEM | V | 2 | 0:35:21 | 16,97 | 3:32 |
| 31 | 2 | CABY Dimitri | AVELGEM | M | 29 | 0:35:21 | 16,97 | 3:32 |
| 32 | 3019 | MENGHEBAERT Pascal | PLOEGSTEERT | M | 30 | 0:35:21 | 16,97 | 3:32 |
| 33 | 160 | DE MEYER Freddy | DUDZELE | M | 31 | 0:35:22 | 16,97 | 3:32 |
| 34 | 3092 | MAERTEN Marco | MORTSEL | M | 32 | 0:35:23 | 16,96 | 3:32 |
| 35 | 262 | DE VARE Filip | ZELE | M | 33 | 0:35:29 | 16,91 | 3:33 |
| 36 | 217 | DEKEYZER Stefaan | TIENEN | M | 34 | 0:35:37 | 16,85 | 3:34 |
| 37 | 956 | LAPLACE Duchan | ZWEVEZELE | M | 35 | 0:35:46 | 16,78 | 3:35 |
| 38 | 154 | DEPOORTER Yves | KNOKKE-HEIST | M | 36 | 0:35:47 | 16,77 | 3:35 |
| 39 | 2861 | KERMANAC'H Erwann | SAINT-GILLES | M | 37 | 0:35:49 | 16,75 | 3:35 |
| 40 | 117 | LIBEER Bastiaan | MECHELEN | M | 38 | 0:35:51 | 16,74 | 3:35 |
| 41 | 2696 | MELIN Christophe | NANDRIN | M | 39 | 0:35:57 | 16,69 | 3:36 |
| 42 | 296 | ELOOT Carl | MOORSEL | M | 40 | 0:36:02 | 16,65 | 3:36 |
| 43 | 17 | VERTHE Els | WAREGEM | V | 3 | 0:36:02 | 16,65 | 3:36 |
| 44 | 3103 | MEIRLAEN Pascal | WAREGEM | M | 41 | 0:36:06 | 16,62 | 3:37 |
| 45 | 3189 | LAGROU Jonas | ASSEBROEK | M | 42 | 0:36:09 | 16,60 | 3:37 |
| 46 | 7 | BOSSUYT Lieselot | OTEGEM | V | 4 | 0:36:14 | 16,56 | 3:37 |
| 47 | 213 | FADOUL Taha | WOLUWE SAINT PIERRE | M | 43 | 0:36:18 | 16,53 | 3:38 |
| 48 | 47 | DANNEELS Anne Marie | RAMSKAPELLE | V | 5 | 0:36:19 | 16,52 | 3:38 |
| 49 | 232 | MAENHOUT Dieter | BLANKENBERGE | M | 44 | 0:36:22 | 16,50 | 3:38 |
| 50 | 1644 | LIEGOIS Laurent | UCCLE | M | 45 | 0:36:25 | 16,48 | 3:39 |
| 51 | 48 | VAN DE CAUTER Erwin | DENDERMONDE | M | 46 | 0:36:29 | 16,45 | 3:39 |
| 52 | 6 | AFONJUSCHKINA Ludmilla | LANDEN | V | 6 | 0:36:29 | 16,45 | 3:39 |
| 53 | 172 | BEIRNAERT Erik | ZELE | M | 47 | 0:36:30 | 16,44 | 3:39 |
| 54 | 225 | VANPARYS Julien | KNOKKE HEIST | M | 48 | 0:36:34 | 16,41 | 3:39 |
| 55 | 3108 | DECEUNINCK Quentin | COMINES-WARNETON | M | 49 | 0:36:37 | 16,39 | 3:40 |
| 56 | 235 | FRANCEUS Kris | ZOTTEGEM | M | 50 | 0:36:43 | 16,34 | 3:40 |
| 57 | 10 | COLLIGNON Frederic | SAINT-REMY (LG.) | M | 51 | 0:36:46 | 16,32 | 3:41 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|--------------------|-----|-------|---------|-------|---------|
| 58 | 1013 | DEVOS Edward | WAREGEM | M | 52 | 0:36:50 | 16,29 | 3:41 |
| 59 | 170 | GOEMANS Herwig | ANTWERPEN | M | 53 | 0:36:51 | 16,28 | 3:41 |
| 60 | 200 | LAMBRECHTS Nathalie | HOBOKEN (ANTW.) | V | 7 | 0:36:54 | 16,26 | 3:41 |
| 61 | 1368 | VAN ZAELEN Marco | DEURNE | M | 54 | 0:36:56 | 16,25 | 3:42 |
| 62 | 288 | DERUWEZ Filip | RENINGELST | M | 55 | 0:37:02 | 16,20 | 3:42 |
| 63 | 45 | DEVRIESE Jimmy | KNOKKE-WESTKAPELLE | M | 56 | 0:37:02 | 16,20 | 3:42 |
| 64 | 129 | DERINCK Alain | OOSTDUINKERKE | M | 57 | 0:37:06 | 16,17 | 3:43 |
| 65 | 177 | PEIRELINCK Koen | KAPELLEN | M | 58 | 0:37:08 | 16,16 | 3:43 |
| 66 | 102 | GEERTS Pascal | DEURNE | M | 59 | 0:37:17 | 16,09 | 3:44 |
| 67 | 2565 | BLONDEEL Thijs | KNOKKE-HEIST | M | 60 | 0:37:18 | 16,09 | 3:44 |
| 68 | 108 | SLABBINCK Wouter | KNOKKE-HEIST | M | 61 | 0:37:19 | 16,08 | 3:44 |
| 69 | 3052 | BILTGEN Claude | MAMER | M | 62 | 0:37:22 | 16,06 | 3:44 |
| 70 | 1342 | DEVLOO-CASIER Kjell | KNOKKE HEIST | M | 63 | 0:37:26 | 16,03 | 3:45 |
| 71 | 961 | SCHEERLINCK Lodewijk | BRUGGE | M | 64 | 0:37:30 | 16,00 | 3:45 |
| 72 | 274 | LEMAIRE Peter | TORHOUT | M | 65 | 0:37:32 | 15,99 | 3:45 |
| 73 | 3119 | EXELMANS Yves | SCHERPENHEUVEL | M | 66 | 0:37:35 | 15,96 | 3:46 |
| 74 | 3026 | JONCKHEERE Koen | OOSTENDE | M | 67 | 0:37:39 | 15,94 | 3:46 |
| 75 | 283 | DE PAUW Niels | ASSENEDE | M | 68 | 0:37:41 | 15,92 | 3:46 |
| 76 | 2645 | BEQUE Jozef | DENDERMONDE | M | 69 | 0:37:45 | 15,89 | 3:47 |
| 77 | 191 | MOREEL Merijn | SINT-ANDRIES | M | 70 | 0:37:45 | 15,89 | 3:47 |
| 78 | 147 | DE DECKER Bruno | DENDERMONDE | M | 71 | 0:37:47 | 15,88 | 3:47 |
| 79 | 2993 | VAN DRUNINGEN Corné | AMSTELVEEN | M | 72 | 0:37:51 | 15,85 | 3:47 |
| 80 | 130 | LAZEURE Jan | GENT | M | 73 | 0:37:55 | 15,82 | 3:48 |
| 81 | 2612 | SWOLFS Sanne | BRASSCHAAT | M | 74 | 0:37:58 | 15,80 | 3:48 |
| 82 | 3042 | VAN LINDT Philippe | REET | M | 75 | 0:37:58 | 15,80 | 3:48 |
| 83 | 222 | VANPARYS Joseph | KNOKKE-HEIST | M | 76 | 0:38:01 | 15,78 | 3:48 |
| 84 | 249 | DE VISSCHER Dirk | GENT | M | 77 | 0:38:04 | 15,76 | 3:48 |
| 85 | 3236 | BOGAERT Mike | BRUGGE | M | 78 | 0:38:05 | 15,75 | 3:49 |
| 86 | 209 | VERMANDER Davy | BRUSSEL | M | 79 | 0:38:07 | 15,74 | 3:49 |
| 87 | 201 | DE MUNCK Johan | LOKEREN | M | 80 | 0:38:09 | 15,73 | 3:49 |
| 88 | 1061 | ROS Nico | WAARSCHOOT | M | 81 | 0:38:10 | 15,72 | 3:49 |
| 89 | 2794 | AMPE Fre | DEINZE | M | 82 | 0:38:13 | 15,70 | 3:49 |
| 90 | 231 | DOBBELS Stefan | SINT-ELOOIS-VIJVE | M | 83 | 0:38:15 | 15,69 | 3:49 |
| 91 | 205 | PACQUE Hans | NIEUWPOORT | M | 84 | 0:38:17 | 15,67 | 3:50 |
| 92 | 3238 | COUCKE Francis | VEURNE | M | 85 | 0:38:18 | 15,67 | 3:50 |
| 93 | 292 | GHESQUIERE Kurt | ASSEBROEK | M | 86 | 0:38:18 | 15,67 | 3:50 |
| 94 | 268 | VAN KERSCHAUVER Wouter | BRUGGE | M | 87 | 0:38:19 | 15,66 | 3:50 |
| 95 | 181 | BOEHME Christian | KNOKKE | M | 88 | 0:38:23 | 15,63 | 3:50 |
| 96 | 2545 | HARRAK Said | KNOKKE-HEIST | M | 89 | 0:38:26 | 15,61 | 3:51 |
| 97 | 2520 | BLONDEEL Bert | BRUGGE | M | 90 | 0:38:26 | 15,61 | 3:51 |
| 98 | 228 | DE BOEVER Joannes | DEINZE | M | 91 | 0:38:28 | 15,60 | 3:51 |
| 99 | 1313 | NANIWE Gilles | BRUXELLES 3 | M | 92 | 0:38:30 | 15,58 | 3:51 |
| 100 | 3272 | VAN SPILBEECK Nicolas | KAPELLEN | M | 93 | 0:38:32 | 15,57 | 3:51 |
| 101 | 105 | STOCKMAN Jan | KNOKKE HEIST | M | 94 | 0:38:34 | 15,56 | 3:51 |
| 102 | 133 | CASSELMAN Dirk | KNOKKE-HEIST | M | 95 | 0:38:40 | 15,52 | 3:52 |
| 103 | 1051 | MOREELS Simon | ZELE | M | 96 | 0:38:44 | 15,49 | 3:52 |
| 104 | 1409 | HAUTEKIET Dries | SINT-ANDRIES | M | 97 | 0:38:48 | 15,46 | 3:53 |
| 105 | 211 | VANNESTE Michael | WAREGEM | M | 98 | 0:38:49 | 15,46 | 3:53 |
| 106 | 281 | MOTTET Philippe | LIEGE | M | 99 | 0:38:50 | 15,45 | 3:53 |
| 107 | 1262 | VANCOILLIE Kevin | LANGEMARK | M | 100 | 0:38:52 | 15,44 | 3:53 |
| 108 | 2630 | PIOTROWSKI Didier | 'S GRAVENWEZEL | M | 101 | 0:38:53 | 15,43 | 3:53 |
| 109 | 1633 | GRERENDONCK Jef | LOMMEL | M | 102 | 0:38:55 | 15,42 | 3:53 |
| 110 | 113 | VAN RAEMDONCK Henri | PUTTE | M | 103 | 0:38:55 | 15,42 | 3:53 |
| 111 | 2987 | BOERO Roberto | BRUSSEL | M | 104 | 0:38:56 | 15,41 | 3:54 |
| 112 | 1261 | VANDENBERGHE Arn | ZEEBRUGGE | M | 105 | 0:38:58 | 15,40 | 3:54 |
| 113 | 2710 | LEROY Christophe | HALLE (KEMPEN) | M | 106 | 0:38:59 | 15,39 | 3:54 |
| 114 | 1543 | DE PANDELAERE Dirk | ZWALM | M | 107 | 0:39:00 | 15,38 | 3:54 |
| 115 | 1012 | VAERNEWIJCK Lode | SINT-ELOOIS-VIJVE | M | 108 | 0:39:01 | 15,38 | 3:54 |
| 116 | 1173 | BOGAERT Jan | BRUSSEL | M | 109 | 0:39:03 | 15,36 | 3:54 |
| 117 | 3254 | VANDEPITTE Hendrik | SINT-KRUIS | M | 110 | 0:39:04 | 15,36 | 3:54 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|---------------------------|----------------|-----|-------|---------|-------|---------|
| 118 | 229 | CEUNIS Bruno | BRUGGE | M | 111 | 0:39:04 | 15,36 | 3:54 |
| 119 | 1582 | VERNIERS Steven | EVERGEM | M | 112 | 0:39:04 | 15,36 | 3:54 |
| 120 | 799 | KOGOUT Dimitri | KNOKKE-HEIST | M | 113 | 0:39:07 | 15,34 | 3:55 |
| 121 | 251 | VAN MOORHEM Ewan | BEERNEM | M | 114 | 0:39:10 | 15,32 | 3:55 |
| 122 | 1708 | DESOIT Miguel | MOORSLEDE | M | 115 | 0:39:10 | 15,32 | 3:55 |
| 123 | 847 | JOKTAN Willem | ASSEBROEK | M | 116 | 0:39:12 | 15,31 | 3:55 |
| 124 | 3191 | DARTHET Wim | VARSNARE | M | 117 | 0:39:12 | 15,31 | 3:55 |
| 125 | 3131 | MECHELAERE Dirk | BRUGGE | M | 118 | 0:39:13 | 15,30 | 3:55 |
| 126 | 162 | VERGISON Johnny | ASSEBROEK | M | 119 | 0:39:13 | 15,30 | 3:55 |
| 127 | 289 | AMEEL Steven | TORHOUT | M | 120 | 0:39:13 | 15,30 | 3:55 |
| 128 | 223 | DECLERCK Jan | WESTKAPPELE | M | 121 | 0:39:14 | 15,29 | 3:55 |
| 129 | 148 | LIEVENS Geert | WETTEREN | M | 122 | 0:39:16 | 15,28 | 3:56 |
| 130 | 3242 | DE SUTTER Patrick | OOSTBURG | M | 123 | 0:39:16 | 15,28 | 3:56 |
| 131 | 119 | VANDERMERSCH Frederik | LINDEN | M | 124 | 0:39:17 | 15,27 | 3:56 |
| 132 | 157 | VAN DEN BOSSCHE Wesley | WAARSCHOOT | M | 125 | 0:39:19 | 15,26 | 3:56 |
| 133 | 159 | DE MAESSCHALCK Jan | KNOKKE-HEIST | M | 126 | 0:39:20 | 15,25 | 3:56 |
| 134 | 285 | MICHIELS Rudy | OOSTERZELE | M | 127 | 0:39:20 | 15,25 | 3:56 |
| 135 | 196 | STORMS Hans | KAMPENHOUT | M | 128 | 0:39:20 | 15,25 | 3:56 |
| 136 | 2635 | DEGRAEVE Johnny | KNOKKE-HEIST | M | 129 | 0:39:20 | 15,25 | 3:56 |
| 137 | 156 | DE RIDDER Christophe | ANTWERPEN | M | 130 | 0:39:20 | 15,25 | 3:56 |
| 138 | 1584 | SOENENS Ruben | BLANKENBERGE | M | 131 | 0:39:22 | 15,24 | 3:56 |
| 139 | 218 | DEBEVER Hein | TIELT | M | 132 | 0:39:27 | 15,21 | 3:57 |
| 140 | 2961 | MEHEUS Frederik | HOLSBEEK | M | 133 | 0:39:28 | 15,20 | 3:57 |
| 141 | 120 | JANSSENS Bert | GENT | M | 134 | 0:39:30 | 15,19 | 3:57 |
| 142 | 2758 | HOSKENS Rudy | MEERBEEK | M | 135 | 0:39:32 | 15,18 | 3:57 |
| 143 | 2890 | BUYSROGGE Niels | MIDDELBURG | M | 136 | 0:39:33 | 15,17 | 3:57 |
| 144 | 1632 | HIEL Steven | VILVOORDE | M | 137 | 0:39:34 | 15,16 | 3:57 |
| 145 | 640 | DEMUYNCK Bruno | BELLESEM | M | 138 | 0:39:35 | 15,16 | 3:58 |
| 146 | 915 | SMETS Wim | BURST | M | 139 | 0:39:36 | 15,15 | 3:58 |
| 147 | 980 | DECLERCK Peter | WAARSCHOOT | M | 140 | 0:39:38 | 15,14 | 3:58 |
| 148 | 1263 | VAN HOOREBEECK Jelle | AALST | M | 141 | 0:39:39 | 15,13 | 3:58 |
| 149 | 1265 | MAGNUS Stefaan | HALLE | M | 142 | 0:39:40 | 15,13 | 3:58 |
| 150 | 2595 | RENARD Frederic | RESSAIX | M | 143 | 0:39:40 | 15,13 | 3:58 |
| 151 | 243 | VAN WONTERGHEM Christophe | SCHOTEN | M | 144 | 0:39:42 | 15,11 | 3:58 |
| 152 | 1573 | BORREMANS Michael | LOVENDEGEM | M | 145 | 0:39:43 | 15,11 | 3:58 |
| 153 | 280 | VANTORRE Vincent | KNOKKE-HEIST | M | 146 | 0:39:43 | 15,11 | 3:58 |
| 154 | 184 | WILLEMS Jan | GENTBRUGGE | M | 147 | 0:39:43 | 15,11 | 3:58 |
| 155 | 143 | DE BLOCK Sandra | HULST | V | 8 | 0:39:46 | 15,09 | 3:59 |
| 156 | 3265 | VANDELOOK Koen | ASSEBROEK | M | 148 | 0:39:48 | 15,08 | 3:59 |
| 157 | 999 | BRAKEL Yannick | KNOKKE | M | 149 | 0:39:49 | 15,07 | 3:59 |
| 158 | 183 | DE CLERCQ Johan | KNOKKE-HEIST | M | 150 | 0:39:51 | 15,06 | 3:59 |
| 159 | 145 | PURRO Romano | ROME | M | 151 | 0:39:51 | 15,06 | 3:59 |
| 160 | 807 | LANNOYE Laurens | KNOKKE | M | 152 | 0:39:51 | 15,06 | 3:59 |
| 161 | 3279 | LANGENBICK Wim | SINT-KRUIS | M | 153 | 0:39:53 | 15,04 | 3:59 |
| 162 | 3154 | STEFFEN Alexandre | KNOKKE-HEIST | M | 154 | 0:39:53 | 15,04 | 3:59 |
| 163 | 238 | PROVOOST Geert | KNOKKE-HEIST | M | 155 | 0:39:57 | 15,02 | 4:00 |
| 164 | 293 | CREVALS Kris | DEURNE (ANTW.) | M | 156 | 0:40:02 | 14,99 | 4:00 |
| 165 | 2664 | VAN BREDA Marc | BEERSE | M | 157 | 0:40:06 | 14,96 | 4:01 |
| 166 | 210 | VEKEMAN Johan | TIELT | M | 158 | 0:40:07 | 14,96 | 4:01 |
| 167 | 3056 | DE HAUWERE Robin | MERELBEKE | M | 159 | 0:40:09 | 14,94 | 4:01 |
| 168 | 141 | VEREECKE Stefaan | DAMME | M | 160 | 0:40:15 | 14,91 | 4:01 |
| 169 | 1133 | BOUCHIKER Mohamed | GENT | M | 161 | 0:40:17 | 14,89 | 4:02 |
| 170 | 3020 | MISSMILT Bruno | OOSTKAMP | M | 162 | 0:40:20 | 14,88 | 4:02 |
| 171 | 3018 | DE SMET Diedrecht | ZEVEGEM | M | 163 | 0:40:21 | 14,87 | 4:02 |
| 172 | 3072 | CLIERINCK Geert | LOCHRISTI | M | 164 | 0:40:25 | 14,85 | 4:03 |
| 173 | 286 | DE BRUYN Marino | WOMMELGEM | M | 165 | 0:40:30 | 14,81 | 4:03 |
| 174 | 3150 | MORBEE Jan | KNOKKE-HEIST | M | 166 | 0:40:33 | 14,80 | 4:03 |
| 175 | 199 | CLEYMAN Georges | EKE | M | 167 | 0:40:34 | 14,79 | 4:03 |
| 176 | 2563 | BODELOT Sandrine | GREVILLERS | V | 9 | 0:40:36 | 14,78 | 4:04 |
| 177 | 1097 | BROCORENS Xavier | BUGGENHOUT | M | 168 | 0:40:39 | 14,76 | 4:04 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|--------------------|-----|-------|---------|-------|---------|
| 178 | 1774 | HEEZE Marc | BEERVELDE | M | 169 | 0:40:40 | 14,75 | 4:04 |
| 179 | 1268 | DE LANGE Patrick | BRAKEL | M | 170 | 0:40:40 | 14,75 | 4:04 |
| 180 | 277 | DE BELS Eddy | WAREGEM | M | 171 | 0:40:41 | 14,75 | 4:04 |
| 181 | 1627 | NR 1627 | | M | 172 | 0:40:42 | 14,74 | 4:04 |
| 182 | 3098 | DE BRUYNE Maarten | SINT-NIKLAAS | M | 173 | 0:40:42 | 14,74 | 4:04 |
| 183 | 168 | HOMBLE Peter | WENDUINE | M | 174 | 0:40:44 | 14,73 | 4:04 |
| 184 | 1551 | DEJOSÉ Thierry | THEUX | M | 175 | 0:40:45 | 14,72 | 4:05 |
| 185 | 192 | SCOTT Jerry | KALMTHOUT | M | 176 | 0:40:47 | 14,71 | 4:05 |
| 186 | 1279 | MEUNIER Sylvain | BLAUGIES | M | 177 | 0:40:48 | 14,71 | 4:05 |
| 187 | 2732 | NR 2732 | | M | 178 | 0:40:51 | 14,69 | 4:05 |
| 188 | 957 | DE WOLF Peter | ZELE | M | 179 | 0:40:52 | 14,68 | 4:05 |
| 189 | 531 | NAERT Marc | OOSTENDE | M | 180 | 0:40:53 | 14,68 | 4:05 |
| 190 | 118 | VAN VLIERBERGHE Romain | STEKENE | M | 181 | 0:40:53 | 14,68 | 4:05 |
| 191 | 3010 | LEERS Jan | ZOMERGEM | M | 182 | 0:40:55 | 14,66 | 4:05 |
| 192 | 250 | CLARYSSE Mathias | MOORSELE | M | 183 | 0:40:55 | 14,66 | 4:05 |
| 193 | 173 | VERMEERSCH Nicole | BLANKENBERGE | V | 10 | 0:40:57 | 14,65 | 4:06 |
| 194 | 906 | FLORIS Francesco | BRUXELLES 15 | M | 184 | 0:41:01 | 14,63 | 4:06 |
| 195 | 266 | BRUSSELLE Claus | KNOKKE-HEIST | M | 185 | 0:41:03 | 14,62 | 4:06 |
| 196 | 258 | GHYSSAERT Thibaud | MOERKERKE | M | 186 | 0:41:07 | 14,59 | 4:07 |
| 197 | 107 | DE BREE Frank | SIJSELE | M | 187 | 0:41:08 | 14,59 | 4:07 |
| 198 | 3207 | WINTEIN Filip | DUDZELE | M | 188 | 0:41:08 | 14,59 | 4:07 |
| 199 | 2880 | ROBBE Yann | DILBEEK | M | 189 | 0:41:09 | 14,58 | 4:07 |
| 200 | 2954 | VAN DER BIEST Jonas | AALST | M | 190 | 0:41:10 | 14,57 | 4:07 |
| 201 | 2591 | DE BRUYN Stephane | AALST | M | 191 | 0:41:11 | 14,57 | 4:07 |
| 202 | 242 | BULTEEL Bas | OOSTENDE | M | 192 | 0:41:12 | 14,56 | 4:07 |
| 203 | 114 | DRYEPONDT Peter | DUDZELE | M | 193 | 0:41:15 | 14,55 | 4:07 |
| 204 | 109 | VERBRAEKEN Bart | KNOKKE | M | 194 | 0:41:16 | 14,54 | 4:08 |
| 205 | 106 | VAN BIERVLIET Sophie | KNOKKE-HEIST | V | 11 | 0:41:16 | 14,54 | 4:08 |
| 206 | 185 | DE LANGE Sven | ZWALM | M | 195 | 0:41:16 | 14,54 | 4:08 |
| 207 | 152 | DEBLAUWE Nicolas | KNOKKE-HEIST | M | 196 | 0:41:17 | 14,53 | 4:08 |
| 208 | 189 | CHRISTIAENS Michel | EERNEGEM | M | 197 | 0:41:20 | 14,52 | 4:08 |
| 209 | 2849 | VAN DEN BROECK Marc | HAACHT | M | 198 | 0:41:24 | 14,49 | 4:08 |
| 210 | 276 | KINTS Sammy | HEIST-AAN-ZEE | M | 199 | 0:41:25 | 14,49 | 4:09 |
| 211 | 839 | HENDRICKX Benoit | KNOKKE | M | 200 | 0:41:31 | 14,45 | 4:09 |
| 212 | 256 | BRUSSELLE John | MOERKERKE | M | 201 | 0:41:31 | 14,45 | 4:09 |
| 213 | 1671 | QUINTENS Breemt | DAMME | M | 202 | 0:41:32 | 14,45 | 4:09 |
| 214 | 226 | DE SCHUYTER Christian | MOERKERKE | M | 203 | 0:41:33 | 14,44 | 4:09 |
| 215 | 2803 | VAN HAUTE Christophe | HERBEUMONT | M | 204 | 0:41:34 | 14,43 | 4:09 |
| 216 | 155 | DE SUTTER Patrick | STEKENE | M | 205 | 0:41:34 | 14,43 | 4:09 |
| 217 | 1106 | SNAUWAERT Marnix | SIJSELE | M | 206 | 0:41:34 | 14,43 | 4:09 |
| 218 | 1690 | VAN KEIRSBILCK Marnix | DILBEEK | M | 207 | 0:41:36 | 14,42 | 4:10 |
| 219 | 136 | GHESELLE Tijs | HEIST-AAN-ZEE | M | 208 | 0:41:38 | 14,41 | 4:10 |
| 220 | 2853 | VANDENBUSSCHE Frederik | ANTWERPEN | M | 209 | 0:41:39 | 14,41 | 4:10 |
| 221 | 701 | GIJS Wim | MORTSEL | M | 210 | 0:41:39 | 14,41 | 4:10 |
| 222 | 801 | DUBOIS Joeri | KNOKKE-HEIST | M | 211 | 0:41:40 | 14,40 | 4:10 |
| 223 | 1276 | MARTENS Christophe | ZELZATE | M | 212 | 0:41:40 | 14,40 | 4:10 |
| 224 | 3175 | DANNEELS Jacques | KNOKKE-HEIST | M | 213 | 0:41:41 | 14,39 | 4:10 |
| 225 | 270 | BLYAERT Stefan | BRUGGE | M | 214 | 0:41:42 | 14,39 | 4:10 |
| 226 | 273 | PAUWELS Wim | GENK | M | 215 | 0:41:43 | 14,38 | 4:10 |
| 227 | 3107 | VAN LIERDE Roger | MENEN | M | 216 | 0:41:43 | 14,38 | 4:10 |
| 228 | 1103 | DEVOLDER Ronny | PITTEM | M | 217 | 0:41:44 | 14,38 | 4:10 |
| 229 | 3039 | GUNS Benny | SINT-AGATHA-RODE | M | 218 | 0:41:46 | 14,37 | 4:11 |
| 230 | 193 | DE VLIEGHERE Pieter | KNOKKE-HEIST | M | 219 | 0:41:49 | 14,35 | 4:11 |
| 231 | 2978 | VANPOUCKE Luk | KORTRIJK | M | 220 | 0:41:50 | 14,34 | 4:11 |
| 232 | 508 | ARNOUTS Guy | ESSEN | M | 221 | 0:41:51 | 14,34 | 4:11 |
| 233 | 1773 | VAN OVERLOOP Jeroen | LAARNE | M | 222 | 0:41:51 | 14,34 | 4:11 |
| 234 | 2866 | DE WAELE Thierry | ZELZATE | M | 223 | 0:41:52 | 14,33 | 4:11 |
| 235 | 702 | SMEETS Bart | BORGERHOUT (ANTW.) | M | 224 | 0:41:52 | 14,33 | 4:11 |
| 236 | 1683 | KLINCKAERT Jeroen | DENDERMONDE | M | 225 | 0:41:53 | 14,33 | 4:11 |
| 237 | 171 | WILLE Norbert | GENT | M | 226 | 0:41:54 | 14,32 | 4:11 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------|---------------------|-----|-------|---------|-------|---------|
| 238 | 1569 | VAN DEN STEEN Jozef | DENDERBELLE | M | 227 | 0:41:55 | 14,31 | 4:12 |
| 239 | 144 | GOEDGEBEUR Jan | DAMME | M | 228 | 0:41:56 | 14,31 | 4:12 |
| 240 | 694 | GOEDGEBEUR Jacques | DAMME | M | 229 | 0:41:56 | 14,31 | 4:12 |
| 241 | 979 | ROSSIGNOL Olivier | BRUXELLES 16 | M | 230 | 0:41:56 | 14,31 | 4:12 |
| 242 | 1045 | DELPORTE Dimitri | LISSEWEGE | M | 231 | 0:41:58 | 14,30 | 4:12 |
| 243 | 1260 | VANDENBERGHE Patrick | ZEEBRUGGE | M | 232 | 0:41:59 | 14,29 | 4:12 |
| 244 | 291 | PROOT Anthony | KNOKKE-HEIST | M | 233 | 0:42:01 | 14,28 | 4:12 |
| 245 | 1559 | STESSELS Michel | KAPELLEN | M | 234 | 0:42:03 | 14,27 | 4:12 |
| 246 | 2947 | DRUGMAND Patrick | MESLIN-L'EVÉQUE | M | 235 | 0:42:03 | 14,27 | 4:12 |
| 247 | 1230 | DE WITTE Bob | WUUSTWEZEL | M | 236 | 0:42:04 | 14,26 | 4:12 |
| 248 | 1648 | BRUYNOOGHE David | | M | 237 | 0:42:05 | 14,26 | 4:13 |
| 249 | 2603 | DE VIS Jasper | VOSELAAR | M | 238 | 0:42:09 | 14,23 | 4:13 |
| 250 | 2784 | HENDRICKX Olivier | GENTBRUGGE | M | 239 | 0:42:10 | 14,23 | 4:13 |
| 251 | 287 | VAN HIMBEECK Kurt | WIEZE | M | 240 | 0:42:11 | 14,22 | 4:13 |
| 252 | 2855 | BESSEMANS Peter | LOKEREN | M | 241 | 0:42:12 | 14,22 | 4:13 |
| 253 | 111 | DELANNOY Albert | KNOKKE-HEIST | M | 242 | 0:42:13 | 14,21 | 4:13 |
| 254 | 221 | CAMBIER Dirk | MELLE | M | 243 | 0:42:14 | 14,21 | 4:13 |
| 255 | 1630 | NR 1630 | | M | 244 | 0:42:14 | 14,21 | 4:13 |
| 256 | 267 | WILDEMEERSCH Marc | BRUGGE | M | 245 | 0:42:14 | 14,21 | 4:13 |
| 257 | 555 | STEELS Pascal | DEURNE (ANTW.) | M | 246 | 0:42:14 | 14,21 | 4:13 |
| 258 | 657 | VAN MALDEGHEM Chris | KNOKKE-HEIST | M | 247 | 0:42:16 | 14,20 | 4:14 |
| 259 | 233 | DE LANGHE Marc | KNOKKE-HEIST | M | 248 | 0:42:17 | 14,19 | 4:14 |
| 260 | 290 | MOL Didier | ANZEGEM/VICHTE | M | 249 | 0:42:17 | 14,19 | 4:14 |
| 261 | 3264 | DE CLERCQ Christophe | LOKEREN | M | 250 | 0:42:17 | 14,19 | 4:14 |
| 262 | 2955 | DECOSTE Frank | KNOKKE-HEIST | M | 251 | 0:42:19 | 14,18 | 4:14 |
| 263 | 2513 | QUINTYN Jan | AALTER | M | 252 | 0:42:19 | 14,18 | 4:14 |
| 264 | 115 | DE POORTER Heidi | GENT(SA) | V | 12 | 0:42:20 | 14,17 | 4:14 |
| 265 | 123 | PRIMO Gino | SINT-AMANDSBERG | M | 253 | 0:42:20 | 14,17 | 4:14 |
| 266 | 197 | OP DE BEECK Filip | DEURNE | M | 254 | 0:42:20 | 14,17 | 4:14 |
| 267 | 1020 | GOETHALS Pascal | SLEIDINGE | M | 255 | 0:42:21 | 14,17 | 4:14 |
| 268 | 2579 | VAN DUYSE Alexander | SINT-GILLIS-WAAS | M | 256 | 0:42:23 | 14,16 | 4:14 |
| 269 | 248 | ACHTERNAAM Tom | ANTWERPEN | M | 257 | 0:42:23 | 14,16 | 4:14 |
| 270 | 3101 | VERMOESEN Philippe | DILBEEK | M | 258 | 0:42:23 | 14,16 | 4:14 |
| 271 | 179 | VERHEYEN Kristof | OUDENAARDE | M | 259 | 0:42:23 | 14,16 | 4:14 |
| 272 | 2759 | VANDERJEUGD Tim | ANTWERPEN | M | 260 | 0:42:25 | 14,15 | 4:15 |
| 273 | 187 | BEKAERT Serge | DESSELGEM | M | 261 | 0:42:26 | 14,14 | 4:15 |
| 274 | 2859 | DEFOSSE Peter | KORTRIJK-DUTSEL | M | 262 | 0:42:26 | 14,14 | 4:15 |
| 275 | 204 | HUYS Koen | BLANKENBERGE | M | 263 | 0:42:28 | 14,13 | 4:15 |
| 276 | 182 | BRAEM Glen | BUGGENHOUT | M | 264 | 0:42:28 | 14,13 | 4:15 |
| 277 | 180 | LAROY Guy | LOVENDEGEM | M | 265 | 0:42:29 | 14,12 | 4:15 |
| 278 | 595 | VERVAEKE Johan | EEKLO | M | 266 | 0:42:35 | 14,09 | 4:16 |
| 279 | 125 | VAN DOREN Peter | ESSEN | M | 267 | 0:42:38 | 14,07 | 4:16 |
| 280 | 208 | THOMAS Ann | KNOKKE-HEIST | V | 13 | 0:42:38 | 14,07 | 4:16 |
| 281 | 838 | DENECKER Mike | RONSE | M | 268 | 0:42:39 | 14,07 | 4:16 |
| 282 | 1297 | CLAES Kristof | KORTENBERG | M | 269 | 0:42:41 | 14,06 | 4:16 |
| 283 | 101 | DE VOCHT Luc | WOMMELGEM | M | 270 | 0:42:44 | 14,04 | 4:16 |
| 284 | 1078 | BOSMAN Leslie | STEKENE | M | 271 | 0:42:45 | 14,04 | 4:16 |
| 285 | 954 | MARREYT Chris | ZEEBRUGGE (BRUGGE) | M | 272 | 0:42:46 | 14,03 | 4:17 |
| 286 | 2851 | MAES Stefaan | BEERSE | M | 273 | 0:42:47 | 14,02 | 4:17 |
| 287 | 1532 | COOL Mike | KNOKKE | M | 274 | 0:42:49 | 14,01 | 4:17 |
| 288 | 245 | VANLEENHOVE Frank | KNOKKE-HEIST | M | 275 | 0:42:49 | 14,01 | 4:17 |
| 289 | 1594 | DE RYCKE Piet | BEERNEM | M | 276 | 0:42:49 | 14,01 | 4:17 |
| 290 | 271 | HINDYRICKX Lorenzo | SINT-KRUIS (BRUGGE) | M | 277 | 0:42:50 | 14,01 | 4:17 |
| 291 | 3057 | DE BRUYN Mathias | BOOM | M | 278 | 0:42:51 | 14,00 | 4:17 |
| 292 | 669 | D'HALLUWEYN Francis | BRUXELLES | M | 279 | 0:42:51 | 14,00 | 4:17 |
| 293 | 126 | HACOUR Herman | TIENEN | M | 280 | 0:42:52 | 14,00 | 4:17 |
| 294 | 908 | LELOTTE Pascal | BRUXELLES | M | 281 | 0:42:53 | 13,99 | 4:17 |
| 295 | 188 | HOET Bart | DEINZE | M | 282 | 0:42:54 | 13,99 | 4:17 |
| 296 | 2718 | THAI-THUC Yann | KNOKKE | M | 283 | 0:42:55 | 13,98 | 4:17 |
| 297 | 1171 | VERMEERSCH Luc | OOSTAKKER | M | 284 | 0:42:57 | 13,97 | 4:18 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------------|------------------------|-----|-------|---------|-------|---------|
| 298 | 2888 | HELLEMANS Bert | BERCHEM (ANTW.) | M | 285 | 0:42:58 | 13,96 | 4:18 |
| 299 | 2795 | VAN HOLDERBEKE Dzenko | DEINZE | M | 286 | 0:43:00 | 13,95 | 4:18 |
| 300 | 808 | DHONDT Sven | KNOKKE | M | 287 | 0:43:02 | 13,94 | 4:18 |
| 301 | 2910 | DEBACKER Kevin | BERCHEM (ANTW.) | M | 288 | 0:43:03 | 13,94 | 4:18 |
| 302 | 1031 | SEGERS Danny | SINT-KATHERINA-LOMBEEK | M | 289 | 0:43:04 | 13,93 | 4:18 |
| 303 | 3156 | DEVOS Gerd | DE PANNE | M | 290 | 0:43:05 | 13,93 | 4:19 |
| 304 | 868 | PELGRIMS Koen | PELLENBERG | M | 291 | 0:43:07 | 13,92 | 4:19 |
| 305 | 1301 | VANDEGINSTE Nick | MOORSLEDE | M | 292 | 0:43:11 | 13,89 | 4:19 |
| 306 | 135 | BREUKINK Johnny | STABROEK | M | 293 | 0:43:11 | 13,89 | 4:19 |
| 307 | 1231 | SEGERS Rene | LEDE | M | 294 | 0:43:13 | 13,88 | 4:19 |
| 308 | 206 | BALMEY-SACQUET Jerome | EKEREN | M | 295 | 0:43:13 | 13,88 | 4:19 |
| 309 | 164 | VERBURGH Reinhout | ROESELARE | M | 296 | 0:43:13 | 13,88 | 4:19 |
| 310 | 1017 | ACCARAIN Pascal | SAINT-GILLES | M | 297 | 0:43:14 | 13,88 | 4:19 |
| 311 | 810 | VERMEERSCH Gilles | KNOKKE-HEIST | M | 298 | 0:43:14 | 13,88 | 4:19 |
| 312 | 1125 | DE ROECK Filip | KRUIBEKE | M | 299 | 0:43:14 | 13,88 | 4:19 |
| 313 | 1164 | VANHUYNEM Sam | MECHELEN | M | 300 | 0:43:15 | 13,87 | 4:20 |
| 314 | 934 | ONGENAE Jan | LONDERZEEL | M | 301 | 0:43:17 | 13,86 | 4:20 |
| 315 | 1574 | DE BACKER Toon | BURCHT | M | 302 | 0:43:17 | 13,86 | 4:20 |
| 316 | 3227 | BORNY Filip | DE HAAN | M | 303 | 0:43:18 | 13,86 | 4:20 |
| 317 | 675 | DEWAELE Didier | KNOKKE-HEIST | M | 304 | 0:43:18 | 13,86 | 4:20 |
| 318 | 190 | OHMS Peter | SINT-ANDRIES | M | 305 | 0:43:18 | 13,86 | 4:20 |
| 319 | 112 | MICHIELSSEN Louis Philippe | BRASSCHAAT | M | 306 | 0:43:19 | 13,85 | 4:20 |
| 320 | 547 | VAN PEER Marc | VOSELAAR | M | 307 | 0:43:21 | 13,84 | 4:20 |
| 321 | 2785 | STEVENS Patrick | DE KLINGE | M | 308 | 0:43:21 | 13,84 | 4:20 |
| 322 | 2570 | VERDRUYE Koen | BRUGGE | M | 309 | 0:43:22 | 13,84 | 4:20 |
| 323 | 2957 | RISSEEUW Reinoud | CADZAND | M | 310 | 0:43:23 | 13,83 | 4:20 |
| 324 | 2580 | RIJK Elisa | SCHOONDIJKE | V | 14 | 0:43:23 | 13,83 | 4:20 |
| 325 | 1199 | MONSAERT Koen | ASTENE | M | 311 | 0:43:23 | 13,83 | 4:20 |
| 326 | 552 | SCHOONJANS Gert | KNOKKE-HEIST | M | 312 | 0:43:24 | 13,82 | 4:20 |
| 327 | 255 | VAN LAEKEN Loic | KNOKKE | M | 313 | 0:43:26 | 13,81 | 4:21 |
| 328 | 809 | MERGAERT Maxim | KNOKKE-HEIST | M | 314 | 0:43:27 | 13,81 | 4:21 |
| 329 | 1070 | VAN HAVERMAET Cecile | WAASMUNSTER | V | 15 | 0:43:28 | 13,80 | 4:21 |
| 330 | 212 | PEERAER Eddy | OUD-TURNHOUT | M | 315 | 0:43:28 | 13,80 | 4:21 |
| 331 | 1122 | FACCENDA Fabrice | EMBOURG | M | 316 | 0:43:29 | 13,80 | 4:21 |
| 332 | 1228 | DE WITTE Niels | WUUSTWEZEL | M | 317 | 0:43:30 | 13,79 | 4:21 |
| 333 | 2587 | ALLEMEERSCH David | SINT-KRUIS | M | 318 | 0:43:31 | 13,79 | 4:21 |
| 334 | 1240 | STRAGIER Pascal | GENT | M | 319 | 0:43:32 | 13,78 | 4:21 |
| 335 | 1357 | STUBBE Raoul | DEURNE (ANTW.) | M | 320 | 0:43:32 | 13,78 | 4:21 |
| 336 | 2586 | KINDT Arne | BREDENE | M | 321 | 0:43:33 | 13,78 | 4:21 |
| 337 | 2801 | DE BLOCK Hans | ANTWERPEN | M | 322 | 0:43:33 | 13,78 | 4:21 |
| 338 | 2642 | DROOGHMANS Herman | KNOKKE-HEIST | M | 323 | 0:43:34 | 13,77 | 4:21 |
| 339 | 282 | GAUQUIER Andy | ZOTTEGEM | M | 324 | 0:43:36 | 13,76 | 4:22 |
| 340 | 966 | BOECKX Christophe | OOSTAKKER | M | 325 | 0:43:37 | 13,76 | 4:22 |
| 341 | 581 | VERSCHUEREN Nico | BERCHEM | M | 326 | 0:43:38 | 13,75 | 4:22 |
| 342 | 3224 | BAELE Dominiek | SINT-ANDRIES | M | 327 | 0:43:40 | 13,74 | 4:22 |
| 343 | 541 | DAL BOSCO Jean | WILRIJK (ANTW.) | M | 328 | 0:43:40 | 13,74 | 4:22 |
| 344 | 627 | MICHOT Eric | CAGNONCLES | M | 329 | 0:43:40 | 13,74 | 4:22 |
| 345 | 543 | BRUYNEELS Ronny | BORSBEEK (ANTW.) | M | 330 | 0:43:41 | 13,74 | 4:22 |
| 346 | 898 | GOUWELOOSE Bernard | KNOKKE-HEIST | M | 331 | 0:43:42 | 13,73 | 4:22 |
| 347 | 795 | MAELFAIT Nicolas | KNOKKE HEIST | M | 332 | 0:43:42 | 13,73 | 4:22 |
| 348 | 260 | DE CRAEMER Jean-Pierre | DUDZELE | M | 333 | 0:43:43 | 13,72 | 4:22 |
| 349 | 1609 | DE CONINCK Bernard | TERVUREN | M | 334 | 0:43:44 | 13,72 | 4:22 |
| 350 | 698 | VERBEKE Stephen | WAASMUNSTER | M | 335 | 0:43:44 | 13,72 | 4:22 |
| 351 | 2991 | DE SMIT Chris | HULST | M | 336 | 0:43:44 | 13,72 | 4:22 |
| 352 | 2604 | DEVIS Eva | VOSELAAR | V | 16 | 0:43:45 | 13,71 | 4:23 |
| 353 | 922 | VAN DE GENACHTE Eddy | EEKLO | M | 337 | 0:43:46 | 13,71 | 4:23 |
| 354 | 116 | DAENEKYNT Isabel | SINT-ANDRIES | V | 17 | 0:43:48 | 13,70 | 4:23 |
| 355 | 3195 | DE MAESENEER Jos | VLEZENBEEK | M | 338 | 0:43:48 | 13,70 | 4:23 |
| 356 | 2906 | CLAEYS Mathieu | KNOKKE-HEIST | M | 339 | 0:43:48 | 13,70 | 4:23 |
| 357 | 2640 | DEPAUW Piet | KNOKKE-HEIST | M | 340 | 0:43:49 | 13,69 | 4:23 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|--------------------|-----|-------|---------|-------|---------|
| 358 | 203 | REYNAERT Lieve | LEDE | V | 18 | 0:43:49 | 13,69 | 4:23 |
| 359 | 3250 | VANDE LANGERYT Pierre | KNOKKE-HEIST | M | 341 | 0:43:50 | 13,69 | 4:23 |
| 360 | 1600 | NR 1600 | | M | 342 | 0:43:50 | 13,69 | 4:23 |
| 361 | 724 | DE WULF Frank | LANDEGEM | M | 343 | 0:43:50 | 13,69 | 4:23 |
| 362 | 110 | DE GENDT Jan | TEMSE | M | 344 | 0:43:52 | 13,68 | 4:23 |
| 363 | 579 | PERSCHEL Ludwig | GENTBRUGGE | M | 345 | 0:43:52 | 13,68 | 4:23 |
| 364 | 732 | DEELEN Peter | BLAASVELD | M | 346 | 0:43:53 | 13,67 | 4:23 |
| 365 | 1073 | GEVAERT Robert | ZEEBRUGGE (BRUGGE) | M | 347 | 0:43:53 | 13,67 | 4:23 |
| 366 | 3263 | TILLEMAN Kurt | KNOKKE | M | 348 | 0:43:53 | 13,67 | 4:23 |
| 367 | 3093 | HADFIELD Richard | SAINT-GILLES | M | 349 | 0:43:53 | 13,67 | 4:23 |
| 368 | 252 | VERMEERSCH Johan | ASSEBROEK | M | 350 | 0:43:53 | 13,67 | 4:23 |
| 369 | 2773 | ISENBORGHS Benny | SINT-ANDRIES | M | 351 | 0:43:54 | 13,67 | 4:23 |
| 370 | 1566 | VIANE Ruh | BLANKENBERGE | V | 19 | 0:43:54 | 13,67 | 4:23 |
| 371 | 244 | TAFFEIREN Peter | KNOKKE | M | 352 | 0:43:54 | 13,67 | 4:23 |
| 372 | 2956 | VANWYNSBERGHE Koen | MACHELEN (O.-VL.) | M | 353 | 0:43:54 | 13,67 | 4:23 |
| 373 | 3259 | CALLIER Dirk | BLANKENBERGE | M | 354 | 0:43:56 | 13,66 | 4:24 |
| 374 | 261 | MAES Luc | NEERPELT | M | 355 | 0:43:56 | 13,66 | 4:24 |
| 375 | 2609 | BRANDT Marc | OELEGEM | M | 356 | 0:43:59 | 13,64 | 4:24 |
| 376 | 2655 | CASPERS Hannelore | GOOIK | V | 20 | 0:44:00 | 13,64 | 4:24 |
| 377 | 121 | VANMULLEM Lode | KNOKKE | M | 357 | 0:44:01 | 13,63 | 4:24 |
| 378 | 1602 | NR 1602 | | M | 358 | 0:44:02 | 13,63 | 4:24 |
| 379 | 731 | GOOSSENS Gunther | WOLVERTEM | M | 359 | 0:44:02 | 13,63 | 4:24 |
| 380 | 279 | SUCAET Alex | SNELLEDEM | M | 360 | 0:44:02 | 13,63 | 4:24 |
| 381 | 2988 | AUDENAERT Luc | DE HAAN | M | 361 | 0:44:03 | 13,62 | 4:24 |
| 382 | 985 | HORVATH Daniel | GENK | M | 362 | 0:44:03 | 13,62 | 4:24 |
| 383 | 214 | DE LANGHE David | KNOKKE-HEIST | M | 363 | 0:44:03 | 13,62 | 4:24 |
| 384 | 2717 | PALMANS Antoon | OPWIJK | M | 364 | 0:44:04 | 13,62 | 4:24 |
| 385 | 1234 | VANDEWALLE Toni | KNOKKE-HEIST | M | 365 | 0:44:08 | 13,60 | 4:25 |
| 386 | 237 | GOETHALS Eddy | KNOKKE-HEIST | M | 366 | 0:44:09 | 13,59 | 4:25 |
| 387 | 1258 | VEREKEN Regis | KNOKKE | M | 367 | 0:44:10 | 13,58 | 4:25 |
| 388 | 1312 | PYCK Michael | ERPE-MERE | M | 368 | 0:44:11 | 13,58 | 4:25 |
| 389 | 947 | PAUWAERT Clive | KNOKKE | M | 369 | 0:44:11 | 13,58 | 4:25 |
| 390 | 1580 | JANSSEN Luc | MEISE | M | 370 | 0:44:12 | 13,57 | 4:25 |
| 391 | 2777 | HULPIAU Xavier | MEISE | M | 371 | 0:44:12 | 13,57 | 4:25 |
| 392 | 1340 | TEMMERMAN Patrick | KAPRIJKE | M | 372 | 0:44:13 | 13,57 | 4:25 |
| 393 | 642 | ABRY Guy | DEURNE (ANTW.) | M | 373 | 0:44:13 | 13,57 | 4:25 |
| 394 | 2544 | VANTORRE Dimitri | KNOKKE | M | 374 | 0:44:14 | 13,56 | 4:25 |
| 395 | 3273 | VAN SPILBEECK Boudewijn | KAPellen | M | 375 | 0:44:15 | 13,56 | 4:26 |
| 396 | 1397 | ADRIANSENS Frederique | KNOKKE | M | 376 | 0:44:15 | 13,56 | 4:26 |
| 397 | 1651 | DE GROOTE Wannes | KNOKKE-HEIST | M | 377 | 0:44:17 | 13,55 | 4:26 |
| 398 | 420 | DECOENE Frederik | DAMME | M | 378 | 0:44:17 | 13,55 | 4:26 |
| 399 | 2543 | TACCOEN Peter | BRUGGE | M | 379 | 0:44:18 | 13,54 | 4:26 |
| 400 | 275 | BERNARD Misja | WAKKEN | M | 380 | 0:44:18 | 13,54 | 4:26 |
| 401 | 132 | CASTELEIN Tom | KNOKKE-HEIST | M | 381 | 0:44:18 | 13,54 | 4:26 |
| 402 | 1611 | MORNIE Alain | DESTELBERGEN | M | 382 | 0:44:20 | 13,53 | 4:26 |
| 403 | 1145 | LOTERMAN Guy | DRONGEN | M | 383 | 0:44:21 | 13,53 | 4:26 |
| 404 | 169 | CROES Johan | SINT-NIKLAAS | M | 384 | 0:44:21 | 13,53 | 4:26 |
| 405 | 1518 | MERCKAERT Patrick | GERAARDSBERGEN | M | 385 | 0:44:22 | 13,52 | 4:26 |
| 406 | 2675 | MORTELMANS Tom | DEURNE (ANTW.) | M | 386 | 0:44:25 | 13,51 | 4:26 |
| 407 | 1500 | DEGRIECK Lieven | KOKSIJDE | M | 387 | 0:44:25 | 13,51 | 4:26 |
| 408 | 691 | VERBURGH Leen | KNOKKE-HEIST | V | 21 | 0:44:26 | 13,50 | 4:27 |
| 409 | 2687 | GOETHALS Rudy | KNOKKE-HEIST | M | 388 | 0:44:26 | 13,50 | 4:27 |
| 410 | 2614 | DEROOSE Luc | WAAR,AARDE | M | 389 | 0:44:27 | 13,50 | 4:27 |
| 411 | 3237 | DEVLIEGERE Stefaan | ZEEBRUGGE | M | 390 | 0:44:28 | 13,49 | 4:27 |
| 412 | 746 | KESTENS Carl | BRUSSEL | M | 391 | 0:44:30 | 13,48 | 4:27 |
| 413 | 1184 | DEWILDE Patrick | GENT-AFSNEE | M | 392 | 0:44:30 | 13,48 | 4:27 |
| 414 | 263 | DECEUNINCK Gino | KNOKKE-HEIST | M | 393 | 0:44:31 | 13,48 | 4:27 |
| 415 | 3079 | VERHELST Andre | DAMME | M | 394 | 0:44:32 | 13,47 | 4:27 |
| 416 | 976 | WAUTERS Jos | AALST | M | 395 | 0:44:34 | 13,46 | 4:27 |
| 417 | 920 | VANTHOURNOUT Axelle | KNOKKE | V | 22 | 0:44:35 | 13,46 | 4:28 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|---------------------|-----|-------|---------|-------|---------|
| 418 | 246 | LAMMENS Benni | ZOTTEGEM | M | 396 | 0:44:36 | 13,45 | 4:28 |
| 419 | 3198 | HEYTENS Natalie | BRUGGE | V | 23 | 0:44:36 | 13,45 | 4:28 |
| 420 | 247 | SOETE Lorenz | KNOKKE-HEIST | M | 397 | 0:44:38 | 13,44 | 4:28 |
| 421 | 2860 | DE CLERCQ Tomas | KNOKKE-HEIST | M | 398 | 0:44:39 | 13,44 | 4:28 |
| 422 | 2525 | KEMELSOET Jo | GENT | M | 399 | 0:44:40 | 13,43 | 4:28 |
| 423 | 2757 | ROLAND Marc | ZAFFELARE | M | 400 | 0:44:40 | 13,43 | 4:28 |
| 424 | 826 | DEVLIEGHE Dirk | KNOKKE-HEIST | M | 401 | 0:44:40 | 13,43 | 4:28 |
| 425 | 3032 | KNOCKAERT Ran | GENT | M | 402 | 0:44:41 | 13,43 | 4:28 |
| 426 | 161 | PEETERS Glenn | ZOERSEL | M | 403 | 0:44:42 | 13,42 | 4:28 |
| 427 | 198 | DEHOUWER Bart | ZELE | M | 404 | 0:44:43 | 13,42 | 4:28 |
| 428 | 2673 | SIMONS Laurens | EKEREN (ANTW.) | M | 405 | 0:44:43 | 13,42 | 4:28 |
| 429 | 1695 | VAN HUMBEECK Bart | MERCHTEM | M | 406 | 0:44:44 | 13,41 | 4:28 |
| 430 | 1613 | WELLENS Yves | WONDELGEM | M | 407 | 0:44:47 | 13,40 | 4:29 |
| 431 | 1249 | VERHEYE Ingo | ZULTE | M | 408 | 0:44:49 | 13,39 | 4:29 |
| 432 | 813 | VAN REYBROECK Kurt | KNOKKE-HEIST | M | 409 | 0:44:50 | 13,38 | 4:29 |
| 433 | 870 | VAN ISACKER Frederik | KNOKKE | M | 410 | 0:44:51 | 13,38 | 4:29 |
| 434 | 2561 | SAADOUNI Karim | BEVEREN | M | 411 | 0:44:53 | 13,37 | 4:29 |
| 435 | 215 | BINON Gaetane | BRUXELLES | V | 24 | 0:44:54 | 13,36 | 4:29 |
| 436 | 3065 | GOVAERTS Geert | SINT-TRUIDEN | M | 412 | 0:44:54 | 13,36 | 4:29 |
| 437 | 1635 | SLAGMULDER Guy | SINT-ANDRIES | M | 413 | 0:44:56 | 13,35 | 4:30 |
| 438 | 2940 | FONTAINE Didier | LEERBEEK | M | 414 | 0:44:56 | 13,35 | 4:30 |
| 439 | 3158 | VERCRUYSSSE Filip | BRUGGE | M | 415 | 0:44:56 | 13,35 | 4:30 |
| 440 | 2874 | VAN GALEN Peter | VEGHEL | M | 416 | 0:44:57 | 13,35 | 4:30 |
| 441 | 2686 | GILLIS Dirk | STEKENE | M | 417 | 0:44:57 | 13,35 | 4:30 |
| 442 | 519 | WISSE Johan | KNOKKE HEIST | M | 418 | 0:44:58 | 13,34 | 4:30 |
| 443 | 1346 | TIMMERMAN Wim | BRUGGE | M | 419 | 0:45:00 | 13,33 | 4:30 |
| 444 | 2634 | DELACOURT Christian | KNOKKE-HEIST | M | 420 | 0:45:00 | 13,33 | 4:30 |
| 445 | 1289 | M'RAD Aime | FOREST | M | 421 | 0:45:02 | 13,32 | 4:30 |
| 446 | 207 | DE GEEST Roni | SINT-GILLES-WAAS | M | 422 | 0:45:02 | 13,32 | 4:30 |
| 447 | 134 | ROSSEEL Martine | KNOKKE | V | 25 | 0:45:03 | 13,32 | 4:30 |
| 448 | 749 | VERLINDEN Patrick | ITEGEM | M | 423 | 0:45:03 | 13,32 | 4:30 |
| 449 | 3246 | DECEUNINCK Johnny | VELDEGEM | M | 424 | 0:45:10 | 13,28 | 4:31 |
| 450 | 885 | TRAVERS Joseph | BRUGGE | M | 425 | 0:45:11 | 13,28 | 4:31 |
| 451 | 3148 | NR 3148 | | M | 426 | 0:45:13 | 13,27 | 4:31 |
| 452 | 1335 | DE BELDER Gust | LIEZELE | M | 427 | 0:45:13 | 13,27 | 4:31 |
| 453 | 175 | LANDTMETERS Laila | EDEGEM | V | 26 | 0:45:14 | 13,26 | 4:31 |
| 454 | 1090 | DEDECKERE Dieter | BRUGGE | M | 428 | 0:45:16 | 13,25 | 4:32 |
| 455 | 1564 | GOETHALS Frederik | KNOKKE | M | 429 | 0:45:17 | 13,25 | 4:32 |
| 456 | 1547 | GEERTS Frederik | STROMBEEK-BEVER | M | 430 | 0:45:20 | 13,24 | 4:32 |
| 457 | 1615 | DE VITS Ronald | VILVOORDE | M | 431 | 0:45:20 | 13,24 | 4:32 |
| 458 | 2564 | TECK Tom | ANTWERPEN | M | 432 | 0:45:21 | 13,23 | 4:32 |
| 459 | 2578 | VAN LAEKEN Vito | KNOKKE | M | 433 | 0:45:29 | 13,19 | 4:33 |
| 460 | 2903 | JANNE D'OTHEE Henry | CHARDONNE | M | 434 | 0:45:30 | 13,19 | 4:33 |
| 461 | 886 | PEETERS Michel | LOVENJOEL | M | 435 | 0:45:31 | 13,18 | 4:33 |
| 462 | 1293 | LOOS Peter | BRUGGE | M | 436 | 0:45:32 | 13,18 | 4:33 |
| 463 | 1212 | EVERAERT Kristof | EEKLO | M | 437 | 0:45:34 | 13,17 | 4:33 |
| 464 | 3117 | MELISSAS Aristide | WILRIJK (ANTW.) | M | 438 | 0:45:34 | 13,17 | 4:33 |
| 465 | 1349 | DECEUNINCK Jurgen | PASSEDALE | M | 439 | 0:45:34 | 13,17 | 4:33 |
| 466 | 163 | WILDEMEERSCH Frank | GENT | M | 440 | 0:45:36 | 13,16 | 4:34 |
| 467 | 1540 | VERMEULEN Jo | SINT-LIEVENS-HOUTEM | M | 441 | 0:45:37 | 13,15 | 4:34 |
| 468 | 1062 | VERCAMMEN Ludo | WOMMELGEM | M | 442 | 0:45:37 | 13,15 | 4:34 |
| 469 | 2904 | FAVART Gilles | BRAINE-L'ALLEUD | M | 443 | 0:45:38 | 13,15 | 4:34 |
| 470 | 3174 | GOETHALS Bruno | KNOKKE | M | 444 | 0:45:39 | 13,14 | 4:34 |
| 471 | 3124 | NR 3124 | | M | 445 | 0:45:39 | 13,14 | 4:34 |
| 472 | 3225 | VANDIERENDONCK Philippe | KNOKKE-HEIST | M | 446 | 0:45:40 | 13,14 | 4:34 |
| 473 | 2588 | EGGERMONT Didier | GENT | M | 447 | 0:45:41 | 13,13 | 4:34 |
| 474 | 1227 | MAENHOUT Toon | SCHAARBEEK | M | 448 | 0:45:41 | 13,13 | 4:34 |
| 475 | 2728 | VAN DEN BROECK Benoit | ANTWERPEN | M | 449 | 0:45:42 | 13,13 | 4:34 |
| 476 | 166 | DESLOOVERE Tom | KNOKKE HEIST | M | 450 | 0:45:43 | 13,12 | 4:34 |
| 477 | 1403 | DE GREEF Marnix | OOSTBURG | M | 451 | 0:45:43 | 13,12 | 4:34 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|------------------------|-----|-------|---------|-------|---------|
| 478 | 2740 | OPPENBROUWER Kurt | ANTWERPEN | M | 452 | 0:45:43 | 13,12 | 4:34 |
| 479 | 2674 | SCHELLEKENS Tommy | MERKSEM (ANTW.) | M | 453 | 0:45:44 | 13,12 | 4:34 |
| 480 | 1161 | DEITEREN Johan | ZWIJNDRECHT | M | 454 | 0:45:44 | 13,12 | 4:34 |
| 481 | 1040 | MOREELS Tony | ZELE | M | 455 | 0:45:45 | 13,11 | 4:34 |
| 482 | 1142 | HAECK Bertrand | BEERNEM | M | 456 | 0:45:46 | 13,11 | 4:35 |
| 483 | 2722 | DECLERCK Michie | KNOKKE | M | 457 | 0:45:47 | 13,11 | 4:35 |
| 484 | 1766 | TARNEA Andrei | UCCLE | M | 458 | 0:45:47 | 13,11 | 4:35 |
| 485 | 1522 | PERREMAN Nick | KNOKKE-HEIST | M | 459 | 0:45:47 | 13,11 | 4:35 |
| 486 | 220 | ARRYN Stefaan | LOKEREN | M | 460 | 0:45:48 | 13,10 | 4:35 |
| 487 | 406 | DELVA Wouter | ANTWERPEN | M | 461 | 0:45:49 | 13,10 | 4:35 |
| 488 | 1286 | VAN ROSSEM Sergio | BRUSSEL 6 | M | 462 | 0:45:49 | 13,10 | 4:35 |
| 489 | 1530 | DUFOUR Philippe | KNOKKE | M | 463 | 0:45:51 | 13,09 | 4:35 |
| 490 | 3219 | DEJAEGHERE Alain | KNOKKE-HEIST | M | 464 | 0:45:51 | 13,09 | 4:35 |
| 491 | 3068 | VAN VLIERBERGHE Stijn | TEMSE | M | 465 | 0:45:52 | 13,08 | 4:35 |
| 492 | 546 | DE BOER Ingrid | SCHOTEN | V | 27 | 0:45:52 | 13,08 | 4:35 |
| 493 | 889 | HOOZEE Julie | GENT | V | 28 | 0:45:54 | 13,07 | 4:35 |
| 494 | 1705 | DELUMULLE Hans | WORTEGEM | M | 466 | 0:45:55 | 13,07 | 4:36 |
| 495 | 1646 | VAN DEN BROUCKE Hans | KNOKKE-HEIST | M | 467 | 0:45:55 | 13,07 | 4:36 |
| 496 | 3211 | MAREYDT Danny | KNOKKE-HEIST | M | 468 | 0:45:58 | 13,05 | 4:36 |
| 497 | 544 | CHARLIER Celine | RONSE | V | 29 | 0:45:58 | 13,05 | 4:36 |
| 498 | 2657 | VOGELEER Kris | GOOIK | M | 469 | 0:45:58 | 13,05 | 4:36 |
| 499 | 697 | LINMANS Filip | GANSHOREN | M | 470 | 0:45:59 | 13,05 | 4:36 |
| 500 | 3184 | VERFAILLIE Jurgen | KNOKKE | M | 471 | 0:45:59 | 13,05 | 4:36 |
| 501 | 2865 | MAES Emiel | KNOKKE | M | 472 | 0:45:59 | 13,05 | 4:36 |
| 502 | 2704 | VAN DEN BOGAERT Herman | WOMMELGEM | M | 473 | 0:46:00 | 13,04 | 4:36 |
| 503 | 1126 | ALLEMEERSCH Greet | KNOKKE-HEIST | V | 30 | 0:46:00 | 13,04 | 4:36 |
| 504 | 1554 | DE JODE Francis | HARELBEKE | M | 474 | 0:46:01 | 13,04 | 4:36 |
| 505 | 3058 | JANSSSENS Raf | SINT-LIEVENS-HOUTEM | M | 475 | 0:46:02 | 13,03 | 4:36 |
| 506 | 2775 | SCHARLE Bart | BRUXELLES | M | 476 | 0:46:02 | 13,03 | 4:36 |
| 507 | 924 | GEEROMS Guy | MEISE | M | 477 | 0:46:03 | 13,03 | 4:36 |
| 508 | 1588 | MOMMAERTS Chaim | KNOKKE | M | 478 | 0:46:04 | 13,02 | 4:36 |
| 509 | 3190 | DE NEVE Fabien | KNOKKE | M | 479 | 0:46:06 | 13,02 | 4:37 |
| 510 | 926 | SCHAEPDRIJVER Dominique | HEIST-AAN-ZEE | M | 480 | 0:46:06 | 13,02 | 4:37 |
| 511 | 3139 | SANDERS Frederik | ST - MICHIELS (BRUGGE) | M | 481 | 0:46:07 | 13,01 | 4:37 |
| 512 | 2742 | VAN HOOKEBEKE Louis | KNOKKE | M | 482 | 0:46:08 | 13,01 | 4:37 |
| 513 | 798 | DE CRAEMER Jarno | KNOKKE-HEIST | M | 483 | 0:46:08 | 13,01 | 4:37 |
| 514 | 3230 | DUPON Joppe | SINT-KRUIS | M | 484 | 0:46:09 | 13,00 | 4:37 |
| 515 | 707 | BRUTSAERT Mike | WANZELE | M | 485 | 0:46:10 | 13,00 | 4:37 |
| 516 | 2926 | BYTEBIER Bart | DEINZE | M | 486 | 0:46:12 | 12,99 | 4:37 |
| 517 | 1553 | DEBLIER Patrick | OVERPELT | M | 487 | 0:46:12 | 12,99 | 4:37 |
| 518 | 3115 | BELLENS Geert | WIJNEGEM | M | 488 | 0:46:13 | 12,98 | 4:37 |
| 519 | 3268 | CLAERHOUT Dieter | KNOKKE-HEIST | M | 489 | 0:46:15 | 12,97 | 4:38 |
| 520 | 2979 | UTTER Michael | BRUGGE | M | 490 | 0:46:15 | 12,97 | 4:38 |
| 521 | 2754 | DE RIDDER Steven | ZELE | M | 491 | 0:46:15 | 12,97 | 4:38 |
| 522 | 2786 | CORNELIS Frederic | EPPEGEM | M | 492 | 0:46:15 | 12,97 | 4:38 |
| 523 | 877 | VAN DER LINDEN Filip | HEIST-OP-DEN-BERG | M | 493 | 0:46:16 | 12,97 | 4:38 |
| 524 | 748 | POULAIN Catherine | DEURLE | V | 31 | 0:46:16 | 12,97 | 4:38 |
| 525 | 2848 | VERTENTE Oswald | ADEGEM | M | 494 | 0:46:16 | 12,97 | 4:38 |
| 526 | 2907 | VAN DE VEN Anthony | BEVEREN | M | 495 | 0:46:17 | 12,96 | 4:38 |
| 527 | 2681 | ZWAENPOEL Peeter | KNOKKE | M | 496 | 0:46:19 | 12,95 | 4:38 |
| 528 | 3245 | VANOVERBEKE Bruno | BREDENE | M | 497 | 0:46:19 | 12,95 | 4:38 |
| 529 | 651 | ARNOU Dany | DEINZE | M | 498 | 0:46:20 | 12,95 | 4:38 |
| 530 | 1563 | SOEN Wouter | KNOKKE-HEIST | M | 499 | 0:46:21 | 12,94 | 4:38 |
| 531 | 529 | KNOCKAERT Georgette | OOSTKAMP | V | 32 | 0:46:21 | 12,94 | 4:38 |
| 532 | 763 | VERLINDEN Andy | ZOTTEGEM | M | 500 | 0:46:22 | 12,94 | 4:38 |
| 533 | 2886 | VAN DIJCK Andy | DUFFEL | M | 501 | 0:46:22 | 12,94 | 4:38 |
| 534 | 202 | REYNAERT Roger | ZWALM | M | 502 | 0:46:24 | 12,93 | 4:38 |
| 535 | 1575 | LAUWERS Ignace | WIJNEGEM | M | 503 | 0:46:25 | 12,93 | 4:39 |
| 536 | 418 | NR 418 | | M | 504 | 0:46:27 | 12,92 | 4:39 |
| 537 | 2847 | TESSELY Reginald | DESTELBERGEN | M | 505 | 0:46:27 | 12,92 | 4:39 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|---------------------|-----|-------|---------|-------|---------|
| 538 | 1345 | SIMOENS Frederik | GENT | M | 506 | 0:46:27 | 12,92 | 4:39 |
| 539 | 3299 | GOVAERTS Nicolas | KONTICH | M | 507 | 0:46:27 | 12,92 | 4:39 |
| 540 | 2971 | COLLIER Geert | GERAARDSBERGEN | M | 508 | 0:46:27 | 12,92 | 4:39 |
| 541 | 3054 | VERMEULEN Tom | GENT | M | 509 | 0:46:28 | 12,91 | 4:39 |
| 542 | 692 | JOHNSTONE Jane | RAMSKAPELLE | V | 33 | 0:46:28 | 12,91 | 4:39 |
| 543 | 2680 | BERGAMINI Ennio | KNOKKE | M | 510 | 0:46:28 | 12,91 | 4:39 |
| 544 | 3173 | POLLET Daniel | ZEEBRUGGE (BRUGGE) | M | 511 | 0:46:29 | 12,91 | 4:39 |
| 545 | 2946 | VAN HOOREWEGHE Bart | DEINZE | M | 512 | 0:46:29 | 12,91 | 4:39 |
| 546 | 665 | MICHELSEN Johnny | KAPellen (ANTW.) | M | 513 | 0:46:30 | 12,90 | 4:39 |
| 547 | 1117 | CLAUS Dirk | WETTEREN | M | 514 | 0:46:31 | 12,90 | 4:39 |
| 548 | 2606 | VAN EECKHOUT Kris | MECHELEN | M | 515 | 0:46:33 | 12,89 | 4:39 |
| 549 | 216 | LODEWIJKS Guy | EDEGEM | M | 516 | 0:46:33 | 12,89 | 4:39 |
| 550 | 1625 | NR 1625 | | M | 517 | 0:46:36 | 12,88 | 4:40 |
| 551 | 2720 | ZUTTERMAN Patrick | KNOKKE | M | 518 | 0:46:36 | 12,88 | 4:40 |
| 552 | 2909 | SMIDTS Tom | BRASSCHAAT | M | 519 | 0:46:37 | 12,87 | 4:40 |
| 553 | 1642 | VEYS Christophe | KNOKKE-HEIST | M | 520 | 0:46:38 | 12,87 | 4:40 |
| 554 | 1512 | SNAUWAERT Raf | KNOKKE-HEIST | M | 521 | 0:46:39 | 12,86 | 4:40 |
| 555 | 257 | VANDE VYVERE Dick | MUNTE | M | 522 | 0:46:39 | 12,86 | 4:40 |
| 556 | 563 | BERKEIN Jan | KNOKKE HEIST | M | 523 | 0:46:39 | 12,86 | 4:40 |
| 557 | 1251 | BORRE Lev | NIJLEN | M | 524 | 0:46:39 | 12,86 | 4:40 |
| 558 | 1327 | ROGGHE Kris | GENT | M | 525 | 0:46:40 | 12,86 | 4:40 |
| 559 | 580 | VERKEST Ronnie | BLANKENBERGE | M | 526 | 0:46:42 | 12,85 | 4:40 |
| 560 | 1707 | VANDEPITTE Reinout | BRUGGE | M | 527 | 0:46:42 | 12,85 | 4:40 |
| 561 | 3035 | GILLIS Phillipe | BERCHEM (ANTW.) | M | 528 | 0:46:44 | 12,84 | 4:40 |
| 562 | 909 | VAN DE VYVER Herman | WAASMUNSTER | M | 529 | 0:46:45 | 12,83 | 4:41 |
| 563 | 1366 | FEYT Frank | KAPellen (ANTW.) | M | 530 | 0:46:45 | 12,83 | 4:41 |
| 564 | 1220 | VAN EECKHOUTTE Katelijne | WAREGEM | V | 34 | 0:46:46 | 12,83 | 4:41 |
| 565 | 3162 | DE LANDSHEER Geert | ASSEBROEK | M | 531 | 0:46:47 | 12,83 | 4:41 |
| 566 | 3266 | CARPENTIER Tomas | GENT | M | 532 | 0:46:49 | 12,82 | 4:41 |
| 567 | 3293 | EEMBEECK Geert | AALTER | M | 533 | 0:46:49 | 12,82 | 4:41 |
| 568 | 2691 | SNYERS Bernard | NIEUWERKERKEN | M | 534 | 0:46:50 | 12,81 | 4:41 |
| 569 | 2610 | BRANDT Steven | SCHILDE | M | 535 | 0:46:50 | 12,81 | 4:41 |
| 570 | 2553 | HERZET Guy | EBEN-EMAEL | M | 536 | 0:46:50 | 12,81 | 4:41 |
| 571 | 1082 | VAN ASSEL Guy | SINT-KRUIS-WINKEL | M | 537 | 0:46:50 | 12,81 | 4:41 |
| 572 | 1610 | CARION Thibault | WOLUWE-SAINT-PIERRE | M | 538 | 0:46:51 | 12,81 | 4:41 |
| 573 | 2868 | DELPierre Jacques | DUINBERGEN | M | 539 | 0:46:52 | 12,80 | 4:41 |
| 574 | 3113 | VIGNERI Olivier | SINT-DENIJS-WESTREM | M | 540 | 0:46:53 | 12,80 | 4:41 |
| 575 | 1187 | DEVOS Ephrem | SINT-MARTENS-LATEM | M | 541 | 0:46:53 | 12,80 | 4:41 |
| 576 | 3262 | TIMMEKMAN Nico | DUDZELE | M | 542 | 0:46:54 | 12,79 | 4:41 |
| 577 | 2952 | DUTRY Francois | HAM-SUR-HEURE | M | 543 | 0:46:55 | 12,79 | 4:41 |
| 578 | 104 | VANTORRE Robin | KNOKKE-HEIST | M | 544 | 0:46:55 | 12,79 | 4:41 |
| 579 | 3204 | CLAEYS Karel | KNOKKE-HEIST | M | 545 | 0:46:55 | 12,79 | 4:41 |
| 580 | 1511 | HAVELAERTS Kurt | HERENTALS | M | 546 | 0:46:55 | 12,79 | 4:41 |
| 581 | 729 | VAN DILLE Patrick | ELLEZELLES | M | 547 | 0:46:56 | 12,78 | 4:42 |
| 582 | 717 | VAN ACKER Werner | MELLE | M | 548 | 0:46:56 | 12,78 | 4:42 |
| 583 | 1709 | CLOETENS Chris | ASPELARE | M | 549 | 0:46:56 | 12,78 | 4:42 |
| 584 | 3106 | DOBBELS Marnik | GENT | M | 550 | 0:46:57 | 12,78 | 4:42 |
| 585 | 2637 | SAELAERT Michel | KNOKKE-HEIST | M | 551 | 0:46:57 | 12,78 | 4:42 |
| 586 | 815 | ARNAUW Maurits | KNOKKE | M | 552 | 0:46:57 | 12,78 | 4:42 |
| 587 | 2751 | STROOIJ Martijn | AMSTERDAM | M | 553 | 0:46:58 | 12,78 | 4:42 |
| 588 | 2797 | CORNELISSENS Ekke | KAPellen | M | 554 | 0:46:59 | 12,77 | 4:42 |
| 589 | 1282 | THOMAS Frederik | KALKEN | M | 555 | 0:46:59 | 12,77 | 4:42 |
| 590 | 239 | VAN SUMMEREN Maycke | RETRANCHMENT | V | 35 | 0:46:59 | 12,77 | 4:42 |
| 591 | 871 | LAMBERS Tom | GENT | M | 556 | 0:46:59 | 12,77 | 4:42 |
| 592 | 1520 | NR 1520 | | M | 557 | 0:47:00 | 12,77 | 4:42 |
| 593 | 2760 | CRISTIAENSSSEN Peter | SINT-AMANDSBERG | M | 558 | 0:47:01 | 12,76 | 4:42 |
| 594 | 20 | VANDECAVEYE Gella | GENT | V | 36 | 0:47:02 | 12,76 | 4:42 |
| 595 | 295 | VAN MOORHEM Simon | LOVENDEGEM | M | 559 | 0:47:02 | 12,76 | 4:42 |
| 596 | 1355 | DE NYS Paul | BLANKENBERGE | M | 560 | 0:47:02 | 12,76 | 4:42 |
| 597 | 551 | GERNAEY Luc | ZANDBERGEN | M | 561 | 0:47:03 | 12,75 | 4:42 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|--------------------|-----|-------|---------|-------|---------|
| 598 | 525 | SLABBINCK Brecht | KNOKKE-HEIST | M | 562 | 0:47:03 | 12,75 | 4:42 |
| 599 | 1237 | DE VLAMINCK Lieven | WONDELGEM | M | 563 | 0:47:04 | 12,75 | 4:42 |
| 600 | 987 | DE BEUCKELAER Nico | BRECHT | M | 564 | 0:47:06 | 12,74 | 4:43 |
| 601 | 240 | BONTZOS Fabien | KNOKKE | M | 565 | 0:47:07 | 12,73 | 4:43 |
| 602 | 622 | DE BOEVER Jurgen | BRAKEL | M | 566 | 0:47:11 | 12,72 | 4:43 |
| 603 | 2998 | MORTIER Dominique | OUDENAARDE | M | 567 | 0:47:12 | 12,71 | 4:43 |
| 604 | 880 | NOTTE Kurt | OOSTAKKER | M | 568 | 0:47:12 | 12,71 | 4:43 |
| 605 | 1768 | NR 1768 | | M | 569 | 0:47:13 | 12,71 | 4:43 |
| 606 | 2575 | DE WIT Pieter | HEFFEN | M | 570 | 0:47:14 | 12,70 | 4:43 |
| 607 | 3045 | BRUNEEL Gregory | DAMME | M | 571 | 0:47:14 | 12,70 | 4:43 |
| 608 | 3073 | VAN DEN MOORTELS Sara | HUMBEEK | V | 37 | 0:47:14 | 12,70 | 4:43 |
| 609 | 1066 | DEWULF Carl | SINT-MARTENS-LATEM | M | 572 | 0:47:15 | 12,70 | 4:44 |
| 610 | 1772 | DE SCHEEMAECCKER Luc | ASSEBROEK | M | 573 | 0:47:16 | 12,69 | 4:44 |
| 611 | 2941 | VAN DER VLIET Ronald | BEERZEL | M | 574 | 0:47:17 | 12,69 | 4:44 |
| 612 | 656 | FORE Thomas | ADEGEM | M | 575 | 0:47:18 | 12,68 | 4:44 |
| 613 | 1398 | VANDE MAELE Griet | BRUSSEL | V | 38 | 0:47:19 | 12,68 | 4:44 |
| 614 | 1514 | GODDAERT Rob | MORTSEL | M | 576 | 0:47:20 | 12,68 | 4:44 |
| 615 | 3046 | KEEREMAN Vincent | GENT | M | 577 | 0:47:22 | 12,67 | 4:44 |
| 616 | 2893 | CRAUWELS Marcel | RIJMENAM | M | 578 | 0:47:22 | 12,67 | 4:44 |
| 617 | 1555 | D'HULSTER Fabrice | DISQUERCO | M | 579 | 0:47:24 | 12,66 | 4:44 |
| 618 | 137 | TANGHE Damiaan | KNOKKE-HEIST | M | 580 | 0:47:24 | 12,66 | 4:44 |
| 619 | 1657 | DE BLEECKER Sarah | GENT | V | 39 | 0:47:24 | 12,66 | 4:44 |
| 620 | 2636 | TORRELLE Paul-André | SCHOTEN | M | 581 | 0:47:25 | 12,65 | 4:45 |
| 621 | 764 | VANSEVER Patrick | KNOKKE HEIST | M | 582 | 0:47:25 | 12,65 | 4:45 |
| 622 | 756 | PIETTE Anthony | OOSTENDE | M | 583 | 0:47:26 | 12,65 | 4:45 |
| 623 | 1285 | BARBE Geert | ASSE | M | 584 | 0:47:27 | 12,64 | 4:45 |
| 624 | 1283 | BAEYENS Ronny | ERPE MERE | M | 585 | 0:47:27 | 12,64 | 4:45 |
| 625 | 964 | VAN DAMME Carlos | OOSTAKKER | M | 586 | 0:47:28 | 12,64 | 4:45 |
| 626 | 404 | DOCKX Jan | MECHELEN | M | 587 | 0:47:29 | 12,64 | 4:45 |
| 627 | 153 | VERHELST Catherine | KNOKKE | V | 40 | 0:47:29 | 12,64 | 4:45 |
| 628 | 2939 | SCHOONBAERT Kurt | ZEEBRUGGE | M | 588 | 0:47:29 | 12,64 | 4:45 |
| 629 | 1016 | DEBRABANDERE Stijn | OOSTENDE | M | 589 | 0:47:30 | 12,63 | 4:45 |
| 630 | 723 | VANHOOREN Diederik | NEVELE | M | 590 | 0:47:30 | 12,63 | 4:45 |
| 631 | 3188 | DUMON Ann | SINT-ANDRIES | V | 41 | 0:47:30 | 12,63 | 4:45 |
| 632 | 3053 | DE MAERTELAERE Caroline | GENT | V | 42 | 0:47:31 | 12,63 | 4:45 |
| 633 | 2883 | NELLENS Patrick | MORTSEL | M | 591 | 0:47:34 | 12,61 | 4:45 |
| 634 | 737 | VAN KWIKKELBERGHE Ronny | VOSELARE | M | 592 | 0:47:37 | 12,60 | 4:46 |
| 635 | 2703 | WAUTERS Tom | BORSBEEK | M | 593 | 0:47:39 | 12,59 | 4:46 |
| 636 | 1351 | DE GREEF Kurt | BERLARE | M | 594 | 0:47:40 | 12,59 | 4:46 |
| 637 | 1204 | SEEN Tony | GROEDE | M | 595 | 0:47:40 | 12,59 | 4:46 |
| 638 | 738 | GOFFART Marc | DE PINTE | M | 596 | 0:47:41 | 12,58 | 4:46 |
| 639 | 2867 | DELODDERE Jean | KNOKKE | M | 597 | 0:47:42 | 12,58 | 4:46 |
| 640 | 593 | HOSTE Eric | GENT | M | 598 | 0:47:42 | 12,58 | 4:46 |
| 641 | 2521 | DENYS Koen | KNOKKE-HEIST | M | 599 | 0:47:42 | 12,58 | 4:46 |
| 642 | 2768 | LIETE Ricardo | UCCLE | M | 600 | 0:47:44 | 12,57 | 4:46 |
| 643 | 1590 | SCHOOF Freddy | DEURNE (ANTW.) | M | 601 | 0:47:45 | 12,57 | 4:46 |
| 644 | 2714 | OPSOMER Nicolas | WAASMUNSTER | M | 602 | 0:47:45 | 12,57 | 4:46 |
| 645 | 2746 | VENKEN Chris | WILRIJK (ANTW.) | M | 603 | 0:47:46 | 12,56 | 4:47 |
| 646 | 740 | DEWEVER Philippe | GENT | M | 604 | 0:47:46 | 12,56 | 4:47 |
| 647 | 227 | MONTENS Cathy | MOERKERKE | V | 43 | 0:47:47 | 12,56 | 4:47 |
| 648 | 1275 | FOBE Jean-Jacques | KRAAINEM | M | 605 | 0:47:49 | 12,55 | 4:47 |
| 649 | 2800 | DE KOSTER Robert | DE HAAN | M | 606 | 0:47:49 | 12,55 | 4:47 |
| 650 | 1502 | JANSENS Jonas | BRASSCHAAT | M | 607 | 0:47:50 | 12,54 | 4:47 |
| 651 | 2750 | VANDEN BROUCKE Didier | DUDZELE | M | 608 | 0:47:50 | 12,54 | 4:47 |
| 652 | 3253 | COENJAERTS Elien | SINT-KRUIS | V | 44 | 0:47:52 | 12,53 | 4:47 |
| 653 | 2744 | SERRUYS Philippe | BRUGGE | M | 609 | 0:47:52 | 12,53 | 4:47 |
| 654 | 1156 | MERTENS Jonathan | BORGERHOUT (ANTW.) | M | 610 | 0:47:52 | 12,53 | 4:47 |
| 655 | 1537 | DE KEYSER Bart | ZONNEGEM | M | 611 | 0:47:57 | 12,51 | 4:48 |
| 656 | 704 | COLLIN Patrick | BRUXELLES 5 | M | 612 | 0:47:58 | 12,51 | 4:48 |
| 657 | 741 | SCHOUKENS Willy | TERNAT | M | 613 | 0:47:58 | 12,51 | 4:48 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|------------------------|-----|-------|---------|-------|---------|
| 658 | 571 | MOENS Stefaan | MALDEGEM | M | 614 | 0:48:00 | 12,50 | 4:48 |
| 659 | 3055 | SHELLEKENS Patrick | EREMBODEGEM (AALST) | M | 615 | 0:48:00 | 12,50 | 4:48 |
| 660 | 2930 | EVENEPOEL Francis | BAVIKHOVE | M | 616 | 0:48:00 | 12,50 | 4:48 |
| 661 | 2721 | DE MUYNCK Stijn | WERVIK | M | 617 | 0:48:01 | 12,50 | 4:48 |
| 662 | 626 | VAN LANDUYT Jens | NIEUWERKERKEN (AALST) | M | 618 | 0:48:02 | 12,49 | 4:48 |
| 663 | 2558 | VAN DEN HEUVEL Marc | SINT-LENAARTS | M | 619 | 0:48:03 | 12,49 | 4:48 |
| 664 | 1320 | SPEYBROECK Olivier | KNOKKE | M | 620 | 0:48:03 | 12,49 | 4:48 |
| 665 | 937 | CLEIREN Tom | ASPER | M | 621 | 0:48:03 | 12,49 | 4:48 |
| 666 | 1107 | CLAEYS Filip | SINT-LAUREINS | M | 622 | 0:48:04 | 12,48 | 4:48 |
| 667 | 1698 | POOT Pieter-Jan | GELUWE | M | 623 | 0:48:04 | 12,48 | 4:48 |
| 668 | 3011 | DE CLERCQ Koen | WAARSCHOOT | M | 624 | 0:48:04 | 12,48 | 4:48 |
| 669 | 1250 | ROGGHE Guido | VLEZENBEEK | M | 625 | 0:48:07 | 12,47 | 4:49 |
| 670 | 1667 | VANNIEUWENHUYSE Luc | ZWIJNAARDE | M | 626 | 0:48:08 | 12,47 | 4:49 |
| 671 | 2992 | NANKEERSEBILEK Gilbert | ROESELARE | M | 627 | 0:48:10 | 12,46 | 4:49 |
| 672 | 1400 | MILLE Patrick | BRUGGE | M | 628 | 0:48:11 | 12,45 | 4:49 |
| 673 | 1029 | MICHELS Nathalie | WORTEGEM-PETEGEM | V | 45 | 0:48:11 | 12,45 | 4:49 |
| 674 | 1245 | WILLEMARCK Patrick | KNOKKE-HEIST | M | 629 | 0:48:12 | 12,45 | 4:49 |
| 675 | 610 | SMET Marc | KEERBERGEN | M | 630 | 0:48:13 | 12,44 | 4:49 |
| 676 | 421 | NR 421 | | M | 631 | 0:48:13 | 12,44 | 4:49 |
| 677 | 3013 | DE MESMAEKER Rudy | SINT-KATHERINA-LOMBEEK | M | 632 | 0:48:14 | 12,44 | 4:49 |
| 678 | 1169 | GEVERS Stefan | HARELBEKE | M | 633 | 0:48:16 | 12,43 | 4:50 |
| 679 | 1673 | COPPIETERS Maarten | OOSTAKKER | M | 634 | 0:48:16 | 12,43 | 4:50 |
| 680 | 606 | CATTOOR Wim | KNOKKE-HEIST | M | 635 | 0:48:16 | 12,43 | 4:50 |
| 681 | 1232 | STORME Johan | KNOKKE HEIST | M | 636 | 0:48:18 | 12,42 | 4:50 |
| 682 | 1198 | VAN DE ROSTYNE Mike | OOSTAKKER | M | 637 | 0:48:20 | 12,41 | 4:50 |
| 683 | 1568 | VAN DEN BULCKE Jan | MERELBEKE | M | 638 | 0:48:20 | 12,41 | 4:50 |
| 684 | 631 | VETS Eddy | PUTTE | M | 639 | 0:48:20 | 12,41 | 4:50 |
| 685 | 535 | DE RAEDT Ann | LIPPRLO | V | 46 | 0:48:20 | 12,41 | 4:50 |
| 686 | 1118 | NYAMUKA Sylvie | BRUXELLES | V | 47 | 0:48:21 | 12,41 | 4:50 |
| 687 | 663 | DEFORCHE Kasper | WAREGEM | M | 640 | 0:48:21 | 12,41 | 4:50 |
| 688 | 2876 | SARENS Maarten | MECHELEN | M | 641 | 0:48:22 | 12,41 | 4:50 |
| 689 | 2772 | DAVID Els | WAARSCHOOT | V | 48 | 0:48:23 | 12,40 | 4:50 |
| 690 | 2771 | ROELS Johan | WAARSCHOOT | M | 642 | 0:48:23 | 12,40 | 4:50 |
| 691 | 1354 | JANSSENS Dirk | DE HAAN | M | 643 | 0:48:23 | 12,40 | 4:50 |
| 692 | 620 | ROMBAUT Willy | LEDE | M | 644 | 0:48:23 | 12,40 | 4:50 |
| 693 | 3044 | VERBORGT Olivier | DAMME | M | 645 | 0:48:25 | 12,39 | 4:50 |
| 694 | 3088 | MAES Ivan | BLANKENBERGE | M | 646 | 0:48:28 | 12,38 | 4:51 |
| 695 | 706 | VAN BELLE Vanessa | ST.- DENIJS -WESTREM | V | 49 | 0:48:28 | 12,38 | 4:51 |
| 696 | 522 | GREGOOR Tamara | HOUTHAIEN OOST | V | 50 | 0:48:28 | 12,38 | 4:51 |
| 697 | 2556 | FRAEYMAN Vince | HOUTHAIEN-OOST | M | 647 | 0:48:29 | 12,38 | 4:51 |
| 698 | 1693 | STROBBE Yvan | STEKENE | M | 648 | 0:48:29 | 12,38 | 4:51 |
| 699 | 1572 | VANDE WALLE Jochen | TORHOUT | M | 649 | 0:48:29 | 12,38 | 4:51 |
| 700 | 628 | BALIQUE Jean Philippe | THUN SAINT MARTIN | M | 650 | 0:48:29 | 12,38 | 4:51 |
| 701 | 1146 | LOTERMAN Dieter | DRONGEN | M | 651 | 0:48:30 | 12,37 | 4:51 |
| 702 | 946 | PAUWAERT Philip | KNOKKE | M | 652 | 0:48:30 | 12,37 | 4:51 |
| 703 | 3252 | CAURIA Liselot | BRUGGE | V | 51 | 0:48:31 | 12,37 | 4:51 |
| 704 | 1056 | CARDOEN Alain | OUTER | M | 653 | 0:48:31 | 12,37 | 4:51 |
| 705 | 1058 | HOUDART Ronny | DENDERLEEUV | M | 654 | 0:48:31 | 12,37 | 4:51 |
| 706 | 903 | DE KEGEL Dieter | DESTELBERGEN | M | 655 | 0:48:32 | 12,36 | 4:51 |
| 707 | 538 | GOOSSENS Gerry | BEVEREN-WAAS | M | 656 | 0:48:33 | 12,36 | 4:51 |
| 708 | 912 | JASPERS Pieter | LIEGE | M | 657 | 0:48:35 | 12,35 | 4:52 |
| 709 | 1177 | BRACKMAN Pascal | KNOKKE-HEIST | M | 658 | 0:48:36 | 12,35 | 4:52 |
| 710 | 1077 | BOONE Alex | KNOKKE-HEIST | M | 659 | 0:48:36 | 12,35 | 4:52 |
| 711 | 1702 | BOYD David | IXELLES | M | 660 | 0:48:37 | 12,34 | 4:52 |
| 712 | 1501 | DELAGRANGE Francesco | ASSEBROEK | M | 661 | 0:48:37 | 12,34 | 4:52 |
| 713 | 812 | VAN ZWIJNSVOORDE Thibaut | KNOKKE-HEIST | M | 662 | 0:48:38 | 12,34 | 4:52 |
| 714 | 1115 | DE LATTE Rudi | WAARSCHOOT | M | 663 | 0:48:39 | 12,33 | 4:52 |
| 715 | 1365 | CASPERS Hans | KAPELLEN (ANTW.) | M | 664 | 0:48:39 | 12,33 | 4:52 |
| 716 | 2526 | VAN DEN BERGHE Sandra | BRUGGE | V | 52 | 0:48:39 | 12,33 | 4:52 |
| 717 | 2574 | SMET Jan | SINT-PAUWELS | M | 665 | 0:48:39 | 12,33 | 4:52 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------------|-----------------|-----|-------|---------|-------|---------|
| 718 | 910 | DE VULDER Danny | HERZELE | M | 666 | 0:48:39 | 12,33 | 4:52 |
| 719 | 797 | PLOVIE Dieter | KNOKKE-HEIST | M | 667 | 0:48:40 | 12,33 | 4:52 |
| 720 | 796 | MONBALIU Dennis | WESTKAPELLE | M | 668 | 0:48:40 | 12,33 | 4:52 |
| 721 | 556 | CAMPS Ilse | PAAL | V | 53 | 0:48:40 | 12,33 | 4:52 |
| 722 | 2667 | WENS Joris | WESTMALLE | M | 669 | 0:48:40 | 12,33 | 4:52 |
| 723 | 1567 | VAN DEN BULCKE Johan | MERELBEKE | M | 670 | 0:48:40 | 12,33 | 4:52 |
| 724 | 3260 | RUYSKENVELD Antoine | MEERBEEK | M | 671 | 0:48:42 | 12,32 | 4:52 |
| 725 | 2908 | JANSEN Nick | WILRIJK (ANTW.) | M | 672 | 0:48:43 | 12,32 | 4:52 |
| 726 | 1121 | DE SMET Mikael | KNOKKE-HEIST | M | 673 | 0:48:43 | 12,32 | 4:52 |
| 727 | 1558 | STESSELS Quentin | KAPellen | M | 674 | 0:48:43 | 12,32 | 4:52 |
| 728 | 786 | COPPIN Stephanie | KNOKKE | V | 54 | 0:48:46 | 12,30 | 4:53 |
| 729 | 759 | KYNDT Bart | LISSEWEGE | M | 675 | 0:48:47 | 12,30 | 4:53 |
| 730 | 3160 | TAFFE Michel | SINT-ANDRIES | M | 676 | 0:48:47 | 12,30 | 4:53 |
| 731 | 632 | REUBENS Francis | KNOKKE-HEIST | M | 677 | 0:48:48 | 12,30 | 4:53 |
| 732 | 1321 | VLYMINCK Kris | SINT-NIKLAAS | M | 678 | 0:48:48 | 12,30 | 4:53 |
| 733 | 401 | VAN DE WALLE Maureen | LISSEWEGE | V | 55 | 0:48:50 | 12,29 | 4:53 |
| 734 | 219 | WULTEPUT Geert | NAZARETH | M | 679 | 0:48:51 | 12,28 | 4:53 |
| 735 | 1291 | DHEEDENE Jan | VOSELAAR | M | 680 | 0:48:51 | 12,28 | 4:53 |
| 736 | 3294 | DEWEERDT Alec | ANTWERPEN | M | 681 | 0:48:51 | 12,28 | 4:53 |
| 737 | 272 | VERMAERKE Myriam | OUWEGEM | V | 56 | 0:48:52 | 12,28 | 4:53 |
| 738 | 943 | COUSSEMENT Bruno | NETHEN | M | 682 | 0:48:52 | 12,28 | 4:53 |
| 739 | 1277 | VAN DE WEGHE Carlos | WAASMUNSTER | M | 683 | 0:48:52 | 12,28 | 4:53 |
| 740 | 3037 | DE BRUYCKER Angelo | GENT | M | 684 | 0:48:53 | 12,27 | 4:53 |
| 741 | 2713 | VAN HAESBROUCK Louis | AALBEKE | M | 685 | 0:48:53 | 12,27 | 4:53 |
| 742 | 1140 | DE WITTE Jeroen | ASSEBROEK | M | 686 | 0:48:54 | 12,27 | 4:53 |
| 743 | 2927 | CARVERS Albert | WUUSTWEZEL | M | 687 | 0:48:55 | 12,27 | 4:54 |
| 744 | 730 | DE REGGE Melissa | MARIAKERKE | V | 57 | 0:48:58 | 12,25 | 4:54 |
| 745 | 1562 | VERSCHA EVE Giovanni | ZEEBRUGGE | M | 688 | 0:48:58 | 12,25 | 4:54 |
| 746 | 3161 | DESTROOPER Marjanne | ASSEBROEK | V | 58 | 0:48:58 | 12,25 | 4:54 |
| 747 | 1102 | VERSTAPPEN Nancy | HEIST AAN ZEE | V | 59 | 0:48:59 | 12,25 | 4:54 |
| 748 | 1287 | PEPELIER Patrick | LICHTERVELDE | M | 689 | 0:48:59 | 12,25 | 4:54 |
| 749 | 3296 | VANDERKEILEN Peter | KNOKKE | M | 690 | 0:48:59 | 12,25 | 4:54 |
| 750 | 3051 | DE WAELE Philippe | WETTEREN | M | 691 | 0:48:59 | 12,25 | 4:54 |
| 751 | 806 | VROMAN Erik | AALTER | M | 692 | 0:49:00 | 12,24 | 4:54 |
| 752 | 2902 | MAES Ivan | WILRIJK (ANTW.) | M | 693 | 0:49:01 | 12,24 | 4:54 |
| 753 | 1370 | SUFFYS Rita | POPERINGE | V | 60 | 0:49:01 | 12,24 | 4:54 |
| 754 | 1636 | SLAGMULDER Maxim | SINT-ANDRIES | M | 694 | 0:49:02 | 12,24 | 4:54 |
| 755 | 720 | AVOUX Alain | DENDERWINDEKE | M | 695 | 0:49:03 | 12,23 | 4:54 |
| 756 | 2671 | CRABBE Dirk | NIEUWRODE | M | 696 | 0:49:04 | 12,23 | 4:54 |
| 757 | 1119 | DELEERSNYDER Philippe | KNOKKE-HEIST | M | 697 | 0:49:04 | 12,23 | 4:54 |
| 758 | 933 | CLAUWAERT Thierry | KRUISSHOUTEM | M | 698 | 0:49:04 | 12,23 | 4:54 |
| 759 | 2654 | OBREMO Nancy | KNOKKE-HEIST | V | 61 | 0:49:05 | 12,22 | 4:55 |
| 760 | 1622 | NR 1622 | | M | 699 | 0:49:05 | 12,22 | 4:55 |
| 761 | 1091 | AUMAN Jan | SCHOTEN | M | 700 | 0:49:08 | 12,21 | 4:55 |
| 762 | 1561 | NR 1561 | | M | 701 | 0:49:08 | 12,21 | 4:55 |
| 763 | 2650 | HEYVAERTS Dirk | KNOKKE-HEIST | M | 702 | 0:49:08 | 12,21 | 4:55 |
| 764 | 2967 | RUELENS Kurt | KAPellen | M | 703 | 0:49:09 | 12,21 | 4:55 |
| 765 | 1030 | COOREMAN Christophe | IMPE | M | 704 | 0:49:12 | 12,20 | 4:55 |
| 766 | 1637 | VANCOLEN Kristof | TIELT | M | 705 | 0:49:13 | 12,19 | 4:55 |
| 767 | 3269 | VAN ACKERE Emanuel | GENT | M | 706 | 0:49:13 | 12,19 | 4:55 |
| 768 | 872 | INZE Dominique | GREMBERGEN | M | 707 | 0:49:13 | 12,19 | 4:55 |
| 769 | 2934 | ROSSEAU Rik | ZELZATE | M | 708 | 0:49:14 | 12,19 | 4:55 |
| 770 | 1552 | PRINS Aaldert | ZEEBRUGGE | M | 709 | 0:49:14 | 12,19 | 4:55 |
| 771 | 758 | WYLLEMAN Guy | BRAKEL | M | 710 | 0:49:15 | 12,18 | 4:55 |
| 772 | 1081 | VAN DER CRUYSSSEN Annelies | GENT | V | 62 | 0:49:15 | 12,18 | 4:55 |
| 773 | 1689 | DELMULLE Nathan | WORTEGEM | M | 711 | 0:49:16 | 12,18 | 4:56 |
| 774 | 2566 | CAUWELS Ulrik | KNOKKE-HEIST | M | 712 | 0:49:16 | 12,18 | 4:56 |
| 775 | 122 | PAUWELS Katia | KNOKKE-HEIST | V | 63 | 0:49:17 | 12,17 | 4:56 |
| 776 | 1529 | HERMAN Geert | LOCHRISTI | M | 713 | 0:49:17 | 12,17 | 4:56 |
| 777 | 982 | VANHUYNEGEM Red | MECHELEN | M | 714 | 0:49:17 | 12,17 | 4:56 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|---------------------|----------------------|-----|-------|---------|-------|---------|
| 778 | 1059 | KURRIS Luc | BRASSCHAAT | M | 715 | 0:49:19 | 12,17 | 4:56 |
| 779 | 2958 | NR 2958 | | M | 716 | 0:49:20 | 12,16 | 4:56 |
| 780 | 928 | DE GROEVE Ronny | HEUSDEN (O.-VL.) | M | 717 | 0:49:21 | 12,16 | 4:56 |
| 781 | 3249 | GOOSSENS Leen | KNOKKE-HEIST | V | 64 | 0:49:21 | 12,16 | 4:56 |
| 782 | 1273 | LIPPEVELDE Johan | MERELBEKE | M | 718 | 0:49:22 | 12,15 | 4:56 |
| 783 | 1672 | BZETEN Jan | GENT | M | 719 | 0:49:23 | 12,15 | 4:56 |
| 784 | 1326 | CLEEMPUT Antoine | SINT-LIEVENS-HOUTEM | M | 720 | 0:49:23 | 12,15 | 4:56 |
| 785 | 2709 | WARSON Patrick | HEUSDEN-ZOLDER | M | 721 | 0:49:24 | 12,15 | 4:56 |
| 786 | 1593 | DE VLIEGHERE Jan | KNOKKE-HEIST | M | 722 | 0:49:24 | 12,15 | 4:56 |
| 787 | 743 | HOREMANS Peter | ANTWERPEN 6 | M | 723 | 0:49:25 | 12,14 | 4:57 |
| 788 | 1100 | JANSSENS Franky | ZWANKENDAMME | V | 65 | 0:49:25 | 12,14 | 4:57 |
| 789 | 726 | VAN PARYS Wouter | KNOKKE | M | 724 | 0:49:26 | 12,14 | 4:57 |
| 790 | 1180 | DE COEN Ivan | SINT DENIJS WESTREM | M | 725 | 0:49:26 | 12,14 | 4:57 |
| 791 | 2739 | VANDEVIJVERE Bruno | GENT | M | 726 | 0:49:26 | 12,14 | 4:57 |
| 792 | 405 | CAMBLE Karim | GENT | V | 66 | 0:49:26 | 12,14 | 4:57 |
| 793 | 3036 | DE VOS Caroline | BERCHEM (ANTW.) | V | 67 | 0:49:28 | 12,13 | 4:57 |
| 794 | 3090 | DE RYCKE Geoffrey | WAASMUNSTER | M | 727 | 0:49:28 | 12,13 | 4:57 |
| 795 | 3024 | VAN GOETHEM Yannick | SINT-NIKLAAS | M | 728 | 0:49:28 | 12,13 | 4:57 |
| 796 | 2854 | IMPENS Berlinde | LOKEREN | V | 68 | 0:49:29 | 12,13 | 4:57 |
| 797 | 1105 | ADRIAENSSEN Bert | WOMMELGEM | M | 729 | 0:49:30 | 12,12 | 4:57 |
| 798 | 1577 | THYS Luc | ZOMERGEM | M | 730 | 0:49:31 | 12,12 | 4:57 |
| 799 | 3034 | BOGAERT Thijs | WAARSCHOOT | M | 731 | 0:49:33 | 12,11 | 4:57 |
| 800 | 3251 | CORTHOUTS Clémence | ZEPPEREN | M | 732 | 0:49:34 | 12,10 | 4:57 |
| 801 | 1587 | COBBAERT Diego | HOBOKEN (ANTW.) | M | 733 | 0:49:35 | 12,10 | 4:58 |
| 802 | 2787 | BROEKAERT Bruno | MORTSEL | M | 734 | 0:49:35 | 12,10 | 4:58 |
| 803 | 725 | BEHAEGHE Sofie | ZWIJNAARDE | V | 69 | 0:49:35 | 12,10 | 4:58 |
| 804 | 2652 | COLSOUC Olivier | HOEGAARDEN | M | 735 | 0:49:36 | 12,10 | 4:58 |
| 805 | 1002 | REMAUT Arin | BRUGGE | M | 736 | 0:49:36 | 12,10 | 4:58 |
| 806 | 3220 | HEYNDRICKX Philip | MOERKERKE | M | 737 | 0:49:37 | 12,09 | 4:58 |
| 807 | 2734 | KIRKERUP Thomas | WOLUWE-SAINT-LAMBERT | M | 738 | 0:49:38 | 12,09 | 4:58 |
| 808 | 1619 | DHOOGHE Erik | LOCHRISTI | M | 739 | 0:49:39 | 12,08 | 4:58 |
| 809 | 1259 | DESPIEGHELAERE Andy | KNOKKE | M | 740 | 0:49:41 | 12,08 | 4:58 |
| 810 | 849 | VAN DEN STEEN Danny | HELDERGEM | M | 741 | 0:49:41 | 12,08 | 4:58 |
| 811 | 1548 | DE WACHTER Jonas | WILLEBROEK | M | 742 | 0:49:42 | 12,07 | 4:58 |
| 812 | 649 | VAN GIJSEL Luc | BONHEIDEN | M | 743 | 0:49:42 | 12,07 | 4:58 |
| 813 | 403 | VERREYEN Lode | WILRIJK (ANTW.) | M | 744 | 0:49:43 | 12,07 | 4:58 |
| 814 | 2656 | VOGELEER Anton | GOOIK | M | 745 | 0:49:44 | 12,06 | 4:58 |
| 815 | 2892 | JANSSENS Peter | GENT | M | 746 | 0:49:45 | 12,06 | 4:59 |
| 816 | 2778 | RUYMEN Jo | HERK-DE-STAD | M | 747 | 0:49:46 | 12,06 | 4:59 |
| 817 | 1756 | DEPAEPE Rafael | BRUGGE | M | 748 | 0:49:46 | 12,06 | 4:59 |
| 818 | 3218 | CROES Marleen | DE HAAN | V | 70 | 0:49:48 | 12,05 | 4:59 |
| 819 | 3171 | DEVINCK Philip | KNOKKE-HEIST | M | 749 | 0:49:49 | 12,04 | 4:59 |
| 820 | 504 | MELMOUX Berry | MALDEGEM | M | 750 | 0:49:49 | 12,04 | 4:59 |
| 821 | 2546 | HEUGHEBAERT Ronny | KNOKKE-HEIST | M | 751 | 0:49:49 | 12,04 | 4:59 |
| 822 | 1160 | REUBENS David | KNOKKE-HEIST | M | 752 | 0:49:49 | 12,04 | 4:59 |
| 823 | 693 | VAN STAAY Jan | KNOKKE-HEIST | M | 753 | 0:49:50 | 12,04 | 4:59 |
| 824 | 2698 | GORREMANS Marcel | BOECHOUT | M | 754 | 0:49:50 | 12,04 | 4:59 |
| 825 | 597 | VAN NEVEL Kristof | ADEGEM | M | 755 | 0:49:51 | 12,04 | 4:59 |
| 826 | 501 | SCHELSTRAETE Nico | ADEGEM | M | 756 | 0:49:51 | 12,04 | 4:59 |
| 827 | 1578 | DE SMET Marc | DRONGEN | M | 757 | 0:49:51 | 12,04 | 4:59 |
| 828 | 1024 | VANDEPUTTE Francis | MOORSLEDE | M | 758 | 0:49:52 | 12,03 | 4:59 |
| 829 | 1003 | VAN HIMST Jurgen | SINT-GILLIS-WAAS | M | 759 | 0:49:52 | 12,03 | 4:59 |
| 830 | 1109 | DE CONINCK Marnik | EEKLO | M | 760 | 0:49:53 | 12,03 | 4:59 |
| 831 | 3077 | STERKEN Mieke | MERELBEKE | V | 71 | 0:49:54 | 12,02 | 4:59 |
| 832 | 2881 | KLUTZ Martine | BRAINE-LE-CHÂTEAU | V | 72 | 0:49:54 | 12,02 | 4:59 |
| 833 | 2643 | DEWIL Jan | TIENEN | M | 761 | 0:49:54 | 12,02 | 4:59 |
| 834 | 1616 | BOLLENS Johan | AALTER | M | 762 | 0:49:54 | 12,02 | 4:59 |
| 835 | 2601 | TRIO Kelly | KNOKKE-HEIST | V | 73 | 0:49:55 | 12,02 | 5:00 |
| 836 | 2584 | MOUSSIAUX Mireille | KASTEEL BRAKEL | V | 74 | 0:49:55 | 12,02 | 5:00 |
| 837 | 1200 | DEWOLFS Lieve | BLANKENBERGE | V | 75 | 0:49:56 | 12,02 | 5:00 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|----------------------|-----|-------|---------|-------|---------|
| 838 | 1221 | VERTONGHEN Andy | LOKEREN | M | 763 | 0:49:56 | 12,02 | 5:00 |
| 839 | 2959 | DE WEERD Pieter | TRELEX | M | 764 | 0:49:57 | 12,01 | 5:00 |
| 840 | 1410 | SNOECK Thierry | BRUXELLES 9 | M | 765 | 0:49:57 | 12,01 | 5:00 |
| 841 | 1628 | NR 1628 | | M | 766 | 0:49:58 | 12,01 | 5:00 |
| 842 | 598 | MAAS Dominique | KNOKKE-HEIST | V | 76 | 0:49:58 | 12,01 | 5:00 |
| 843 | 1001 | DEWULF Kristien | DE HAAN | V | 77 | 0:49:59 | 12,00 | 5:00 |
| 844 | 1641 | DEWAELE Hans | LANDEN | M | 767 | 0:49:59 | 12,00 | 5:00 |
| 845 | 1626 | NR 1626 | | M | 768 | 0:49:59 | 12,00 | 5:00 |
| 846 | 1369 | LAMONT Stijn | STASEGEM (HARELBEKE) | M | 769 | 0:49:59 | 12,00 | 5:00 |
| 847 | 3155 | DEWEERDT Daniel | HEIST-AAN-ZEE | M | 770 | 0:49:59 | 12,00 | 5:00 |
| 848 | 1176 | VANDENCATOORE David | AARTRIJKE | M | 771 | 0:50:00 | 12,00 | 5:00 |
| 849 | 3003 | COOREMANS Toon | DENDERMONDE | M | 772 | 0:50:00 | 12,00 | 5:00 |
| 850 | 2557 | VAN REMOORTERE Tim | ANTWERPEN | M | 773 | 0:50:00 | 12,00 | 5:00 |
| 851 | 911 | WAUTERS Wim | AALST | M | 774 | 0:50:01 | 12,00 | 5:00 |
| 852 | 411 | NR 411 | | M | 775 | 0:50:02 | 11,99 | 5:00 |
| 853 | 1218 | DE VOS Mate | LOKEREN | M | 776 | 0:50:02 | 11,99 | 5:00 |
| 854 | 1233 | HAERENS Muriel | KNOKKE-HEIST | V | 78 | 0:50:03 | 11,99 | 5:00 |
| 855 | 1025 | DE SUTTER Philip | WAASMUNSTER | M | 777 | 0:50:03 | 11,99 | 5:00 |
| 856 | 1505 | VAN DER PERRE Frederik | OUDENBURG | M | 778 | 0:50:04 | 11,98 | 5:00 |
| 857 | 1691 | MEERSSCHAERT Marc | AALST | M | 779 | 0:50:04 | 11,98 | 5:00 |
| 858 | 1655 | FLAMEY Nicolas | KNOKKE | M | 780 | 0:50:04 | 11,98 | 5:00 |
| 859 | 536 | VAN GENECHTEN Katleen | HOVE | V | 79 | 0:50:04 | 11,98 | 5:00 |
| 860 | 1011 | BOUWENS Guy | KNOKKE | M | 781 | 0:50:05 | 11,98 | 5:00 |
| 861 | 3082 | DELMULLE Rik | NEDERZWALM-HERMELGEM | M | 782 | 0:50:05 | 11,98 | 5:00 |
| 862 | 688 | DE JAEGER Carl | DENDERMONDE | M | 783 | 0:50:05 | 11,98 | 5:00 |
| 863 | 1026 | DEMEY Carl | ELVERSELE | M | 784 | 0:50:05 | 11,98 | 5:00 |
| 864 | 867 | VAN COPPENOLLE Frank | ANTWERPEN 1 | M | 785 | 0:50:06 | 11,98 | 5:01 |
| 865 | 2857 | DE CLERCK Serge | BRASSCHAAT | M | 786 | 0:50:06 | 11,98 | 5:01 |
| 866 | 917 | VERMEIREN Marianne | LOKEREN | V | 80 | 0:50:09 | 11,96 | 5:01 |
| 867 | 918 | PLATTEEUW Jean-Paul | ROESELARE | M | 787 | 0:50:09 | 11,96 | 5:01 |
| 868 | 1607 | LAUWEREINS Edwin | ADINKERKE | M | 788 | 0:50:10 | 11,96 | 5:01 |
| 869 | 3170 | VANTORRE Koen | KNOKKE HEIST | M | 789 | 0:50:10 | 11,96 | 5:01 |
| 870 | 1257 | VAN RAEPENBUSCH Jackie | KNOKKE-HEIST | M | 790 | 0:50:11 | 11,96 | 5:01 |
| 871 | 2726 | VAN DE CORSLAER Diane | BRASSCHAAT | V | 81 | 0:50:11 | 11,96 | 5:01 |
| 872 | 1206 | GEERTS Pol | MEERLE | M | 791 | 0:50:11 | 11,96 | 5:01 |
| 873 | 1108 | DELARUE Peter | ADEGEM | M | 792 | 0:50:11 | 11,96 | 5:01 |
| 874 | 1716 | VAN DER AA Tom | WACHTEBEKE | M | 793 | 0:50:12 | 11,95 | 5:01 |
| 875 | 2905 | VERSTRAETE Stefan | KNOKKE | M | 794 | 0:50:12 | 11,95 | 5:01 |
| 876 | 507 | VAN LANGENHOVE Tom | KNOKKE-HEIST | M | 795 | 0:50:12 | 11,95 | 5:01 |
| 877 | 600 | ROELS Wim | DILBEEK | M | 796 | 0:50:12 | 11,95 | 5:01 |
| 878 | 2852 | LOEFFEN Sander | NUENEN | M | 797 | 0:50:14 | 11,94 | 5:01 |
| 879 | 684 | VAN ZANDE Eric | GENTBRUGGE | M | 798 | 0:50:16 | 11,94 | 5:02 |
| 880 | 2727 | VAN REGEMORTELE Olivier | STRASSEN | M | 799 | 0:50:17 | 11,93 | 5:02 |
| 881 | 1264 | DE DUYSCHHE Hans | KNOKKE-HEIST | M | 800 | 0:50:17 | 11,93 | 5:02 |
| 882 | 2530 | MEULEMAN John | AALST | M | 801 | 0:50:17 | 11,93 | 5:02 |
| 883 | 2950 | CHRISTIAENS Ignace | SCHAERBEEK | M | 802 | 0:50:19 | 11,92 | 5:02 |
| 884 | 1229 | VAN DINGENEN Guy | MECHELEN | M | 803 | 0:50:20 | 11,92 | 5:02 |
| 885 | 545 | HENDRIKSE Danny | WIJNEGEM | M | 804 | 0:50:20 | 11,92 | 5:02 |
| 886 | 3181 | DEBBAUT Armin | WENDUINE | M | 805 | 0:50:21 | 11,92 | 5:02 |
| 887 | 2856 | VAN LERSBERGHE Frank | KNOKKE-HEIST | M | 806 | 0:50:22 | 11,91 | 5:02 |
| 888 | 765 | VAN LERSBERGHE Tristan | KNOKKE-HEIST | M | 807 | 0:50:22 | 11,91 | 5:02 |
| 889 | 1144 | VAN DEN BROECK Vincent | SINT-AMANDSBERG | M | 808 | 0:50:23 | 11,91 | 5:02 |
| 890 | 1755 | VAN GENNIP Albert | HELMOND | M | 809 | 0:50:24 | 11,90 | 5:02 |
| 891 | 899 | FOCKENIER Alexander | BLANKENBERGE | M | 810 | 0:50:24 | 11,90 | 5:02 |
| 892 | 3182 | DEBBAUT Freddy | WENDUINE | M | 811 | 0:50:26 | 11,90 | 5:03 |
| 893 | 1065 | VANDENDRIESSCHE David | INGELMUNSTER | M | 812 | 0:50:26 | 11,90 | 5:03 |
| 894 | 3038 | DELAFONTAINE Roland | OOSTKAMP | M | 813 | 0:50:26 | 11,90 | 5:03 |
| 895 | 761 | DEFOOR Danny | BRASSCHAAT | M | 814 | 0:50:27 | 11,89 | 5:03 |
| 896 | 1192 | LEMAITRE Nathalie | BREDENE | V | 82 | 0:50:30 | 11,88 | 5:03 |
| 897 | 2517 | CARMEY Jacques | ZEDELGEM | M | 815 | 0:50:31 | 11,88 | 5:03 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|--------------------|-----|-------|---------|-------|---------|
| 898 | 605 | BOYDENS Ingrid | KNOKKE-HEIST | V | 83 | 0:50:31 | 11,88 | 5:03 |
| 899 | 3152 | OSSIEUR Patrick | WENDUINE | M | 816 | 0:50:32 | 11,87 | 5:03 |
| 900 | 660 | VAN GORP Alfons | LICHTAART | M | 817 | 0:50:32 | 11,87 | 5:03 |
| 901 | 2666 | BROSENS Bastian | WESTMALLE | M | 818 | 0:50:32 | 11,87 | 5:03 |
| 902 | 678 | VAN BIERVLIET Jean-Paul | KORTRIJK | M | 819 | 0:50:33 | 11,87 | 5:03 |
| 903 | 2619 | DECAMP Isabelle | EKLO | V | 84 | 0:50:33 | 11,87 | 5:03 |
| 904 | 699 | REMAUT Paul | BRUGGE | M | 820 | 0:50:34 | 11,87 | 5:03 |
| 905 | 2629 | MATTHIJS Francois | DENDERMONDE | M | 821 | 0:50:35 | 11,86 | 5:03 |
| 906 | 1614 | NR 1614 | | M | 822 | 0:50:36 | 11,86 | 5:04 |
| 907 | 2569 | DE BAERE Dave | ORROIR | M | 823 | 0:50:37 | 11,85 | 5:04 |
| 908 | 1333 | SNEPPE Isabelle | KNOKKE-HEIST | V | 85 | 0:50:38 | 11,85 | 5:04 |
| 909 | 840 | BECU Annelies | BEERNEM | V | 86 | 0:50:39 | 11,85 | 5:04 |
| 910 | 1506 | DE BOER Jenne | KONTICH | M | 824 | 0:50:39 | 11,85 | 5:04 |
| 911 | 2576 | DOOMS Luc | ANTWERPEN | M | 825 | 0:50:39 | 11,85 | 5:04 |
| 912 | 1015 | SECELLE Arne | KNOKKE-HEIST | M | 826 | 0:50:40 | 11,84 | 5:04 |
| 913 | 1241 | HEMERYCK Christophe | MERELBEKE | M | 827 | 0:50:40 | 11,84 | 5:04 |
| 914 | 2995 | DE CORTE Pieter | BEERNEM | M | 828 | 0:50:40 | 11,84 | 5:04 |
| 915 | 2702 | SIMOENS Wouter | AALST | M | 829 | 0:50:42 | 11,83 | 5:04 |
| 916 | 3213 | DE WILDE Maria | LOKEREN | V | 87 | 0:50:43 | 11,83 | 5:04 |
| 917 | 3033 | VAN DEN MEEDE Steven | SINT-MARTENS-LATEM | M | 830 | 0:50:45 | 11,82 | 5:05 |
| 918 | 854 | VRANKEN Alain | LENNIK | M | 831 | 0:50:45 | 11,82 | 5:05 |
| 919 | 2616 | DEPREZ Annick | KNOKKE | V | 88 | 0:50:46 | 11,82 | 5:05 |
| 920 | 2864 | VINCK Joris | AALST | M | 832 | 0:50:46 | 11,82 | 5:05 |
| 921 | 2685 | BRUNHELLE Joeri | KNOKKE | M | 833 | 0:50:47 | 11,81 | 5:05 |
| 922 | 2960 | VAN DE VOORDE Stephane | AALST | M | 834 | 0:50:47 | 11,81 | 5:05 |
| 923 | 2976 | VLIETINCK Renata | KNOKKE-HEIST | V | 89 | 0:50:48 | 11,81 | 5:05 |
| 924 | 2896 | VAN GOOL Domien | KAPELLEN | M | 835 | 0:50:49 | 11,81 | 5:05 |
| 925 | 1585 | VANDIERENDONCK Serge | DUDEZELE | M | 836 | 0:50:50 | 11,80 | 5:05 |
| 926 | 668 | MARBAIX Lucien | BRUXELLES 18 | M | 837 | 0:50:51 | 11,80 | 5:05 |
| 927 | 2919 | PROOT John | KNOKKE | M | 838 | 0:50:51 | 11,80 | 5:05 |
| 928 | 834 | KIEKEPOOS Urbain | AALST | M | 839 | 0:50:51 | 11,80 | 5:05 |
| 929 | 1120 | DHONDT Jens | KNOKKE-HEIST | M | 840 | 0:50:52 | 11,80 | 5:05 |
| 930 | 3288 | PRIEM Matthias | NIEUWPOORT | M | 841 | 0:50:53 | 11,79 | 5:05 |
| 931 | 734 | SMEDTS Alain | DUFFEL | M | 842 | 0:50:54 | 11,79 | 5:05 |
| 932 | 2911 | FRANSEN Johan | BRASSCHAAT | M | 843 | 0:50:55 | 11,78 | 5:06 |
| 933 | 1538 | VAN DRIESSCHE Paul | LOKEREN | M | 844 | 0:50:57 | 11,78 | 5:06 |
| 934 | 550 | MERCKX Lieve | MORTSEL | M | 845 | 0:50:57 | 11,78 | 5:06 |
| 935 | 991 | VOSTERS Jan | RAVELS | M | 846 | 0:50:57 | 11,78 | 5:06 |
| 936 | 2986 | LEYERS Paul | REET | M | 847 | 0:50:57 | 11,78 | 5:06 |
| 937 | 3040 | VANDEWALLE Kim | BLANKENBERGE | M | 848 | 0:50:58 | 11,77 | 5:06 |
| 938 | 549 | CALLENS Pascale | LISSEWEGE | V | 90 | 0:50:59 | 11,77 | 5:06 |
| 939 | 1280 | BECK Geert | BERCHEM | M | 849 | 0:50:59 | 11,77 | 5:06 |
| 940 | 1238 | BONNAERENS Bart | BASSEVELDE | M | 850 | 0:51:00 | 11,76 | 5:06 |
| 941 | 3183 | LAMBERT Wim | ASSEBROEK | M | 851 | 0:51:01 | 11,76 | 5:06 |
| 942 | 2583 | VERSELE Louis | EKLO | M | 852 | 0:51:01 | 11,76 | 5:06 |
| 943 | 772 | FEYS Matteo | KNOKKE-HEIST | M | 853 | 0:51:03 | 11,75 | 5:06 |
| 944 | 3031 | VAN NEVEL Yvan | BRUGGE | M | 854 | 0:51:03 | 11,75 | 5:06 |
| 945 | 2792 | HUYGHEBERT Christophe | KEERBERGEN | M | 855 | 0:51:03 | 11,75 | 5:06 |
| 946 | 3016 | VAN POUCKE Ronny | MERELBEKE | M | 856 | 0:51:04 | 11,75 | 5:06 |
| 947 | 2633 | VERDRUYE Axel | BRUGGE | M | 857 | 0:51:04 | 11,75 | 5:06 |
| 948 | 1194 | VERBURGH Jacques | KNOKKE-HEIST | M | 858 | 0:51:04 | 11,75 | 5:06 |
| 949 | 2659 | DEBRABANDERE Benny | BLANKENBERGE | M | 859 | 0:51:05 | 11,75 | 5:07 |
| 950 | 150 | VANHONSEBROUCK Jo | KNOKKE-HEIST | M | 860 | 0:51:05 | 11,75 | 5:07 |
| 951 | 2661 | DUMAREZ Lesley | BLANKENBERGE | M | 861 | 0:51:06 | 11,74 | 5:07 |
| 952 | 3001 | MAST Alain | WILRIJK (ANTW.) | M | 862 | 0:51:09 | 11,73 | 5:07 |
| 953 | 573 | BORGEO Wouter | SINT-MARTENS-LATEM | M | 863 | 0:51:12 | 11,72 | 5:07 |
| 954 | 1565 | BOUTENS Charles | DE PINTE | M | 864 | 0:51:12 | 11,72 | 5:07 |
| 955 | 3144 | VAN LOOCK Mark | BRUGGE | M | 865 | 0:51:14 | 11,71 | 5:07 |
| 956 | 1503 | RISCKAERT Daniel | KNOKKE-HEIST | M | 866 | 0:51:16 | 11,70 | 5:08 |
| 957 | 2631 | KREPS Bernard | KNOKKE-HEIST | M | 867 | 0:51:17 | 11,70 | 5:08 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|--------------------------|---------------|-----|-------|---------|-------|---------|
| 958 | 883 | VAN DYCK Thomas | TERVUREN | M | 868 | 0:51:18 | 11,70 | 5:08 |
| 959 | 2913 | VERSTRAETE Lieven | BEERNEM | M | 869 | 0:51:22 | 11,68 | 5:08 |
| 960 | 1631 | MARTENS Kim | WAARSCHOOT | M | 870 | 0:51:23 | 11,68 | 5:08 |
| 961 | 1159 | VIAENE Michel | KNOKKE-HEIST | M | 871 | 0:51:24 | 11,67 | 5:08 |
| 962 | 3241 | DE SOUZA NUNES Marcia | BLANKENBERGE | V | 91 | 0:51:25 | 11,67 | 5:08 |
| 963 | 1629 | NR 1629 | | M | 872 | 0:51:25 | 11,67 | 5:08 |
| 964 | 2644 | PATTIST Andre | KNOKKE | M | 873 | 0:51:26 | 11,67 | 5:09 |
| 965 | 1686 | BRAILLY Jean-Marie | BLANKENBERGE | M | 874 | 0:51:26 | 11,67 | 5:09 |
| 966 | 997 | BUGADA Didier Dugois | BRUXELLES | M | 875 | 0:51:28 | 11,66 | 5:09 |
| 967 | 1157 | PODEVIJN Jean-Paul | NIEUWERKERKE | M | 876 | 0:51:29 | 11,65 | 5:09 |
| 968 | 1006 | VANDERSTRAETEN Ludo | AFFLIGEM | M | 877 | 0:51:30 | 11,65 | 5:09 |
| 969 | 1178 | PROVOOST Nathalie | BLANKENBERGE | V | 92 | 0:51:32 | 11,64 | 5:09 |
| 970 | 1148 | BEN SADIK Farid | LISSEWEGE | M | 878 | 0:51:32 | 11,64 | 5:09 |
| 971 | 3043 | MEULEMAN Jacques | DEINZE | M | 879 | 0:51:33 | 11,64 | 5:09 |
| 972 | 2790 | DEMAREZ Frans | HERTSBERGE | M | 880 | 0:51:34 | 11,64 | 5:09 |
| 973 | 523 | DEMIL Frank | LEMBEEK | M | 881 | 0:51:35 | 11,63 | 5:10 |
| 974 | 3102 | VERSCHOORE Frank | ZONNEBEKE | M | 882 | 0:51:36 | 11,63 | 5:10 |
| 975 | 1759 | VAN DAELE Kris | SINT-NIKLAAS | M | 883 | 0:51:37 | 11,62 | 5:10 |
| 976 | 1760 | WAUTERS Sonja | SINT-NIKLAAS | V | 93 | 0:51:37 | 11,62 | 5:10 |
| 977 | 2938 | HUYBRECHTS Tom | BURCHT | M | 884 | 0:51:37 | 11,62 | 5:10 |
| 978 | 3192 | STRUBBE Marc | KNOKKE HEIST | M | 885 | 0:51:37 | 11,62 | 5:10 |
| 979 | 1373 | DEVROYE Minke | VEURNE | V | 94 | 0:51:38 | 11,62 | 5:10 |
| 980 | 742 | DE WEVER Kris | TERNAT | M | 886 | 0:51:38 | 11,62 | 5:10 |
| 981 | 1761 | VAN DAELE Gerrit | SINT-PAUWELS | M | 887 | 0:51:38 | 11,62 | 5:10 |
| 982 | 1658 | INGHELDS Dirk | SINT-PAUWELS | M | 888 | 0:51:39 | 11,62 | 5:10 |
| 983 | 2729 | DAEZE Tim | DESTELBERGEN | M | 889 | 0:51:39 | 11,62 | 5:10 |
| 984 | 1697 | POOT Martin | GELUWE | M | 890 | 0:51:39 | 11,62 | 5:10 |
| 985 | 828 | BOUSSEMAERE Pieter | GENT | M | 891 | 0:51:40 | 11,61 | 5:10 |
| 986 | 1374 | KESTENS Eva | LEUVEN | V | 95 | 0:51:40 | 11,61 | 5:10 |
| 987 | 841 | BOCK Stefan | BRUXELLES | M | 892 | 0:51:41 | 11,61 | 5:10 |
| 988 | 679 | FAYT Olivier | LISSEWEGE | M | 893 | 0:51:41 | 11,61 | 5:10 |
| 989 | 2515 | HERMAN Nicolas | ZWEVEGEM | M | 894 | 0:51:44 | 11,60 | 5:10 |
| 990 | 2912 | VAN ACKER Peter | KNOKKE-HEIST | M | 895 | 0:51:45 | 11,59 | 5:11 |
| 991 | 1661 | GEYSSENS Glenn | DEINZE | M | 896 | 0:51:46 | 11,59 | 5:11 |
| 992 | 2921 | VAN DEN BOSSCHE Koenraad | KEMZEKE | M | 897 | 0:51:46 | 11,59 | 5:11 |
| 993 | 3202 | OOSTERLING Sjaak | BRESKENS | M | 898 | 0:51:47 | 11,59 | 5:11 |
| 994 | 2736 | SMITZ Liesbet | MERCHTEM | V | 96 | 0:51:50 | 11,58 | 5:11 |
| 995 | 2884 | SMOUT Ronald | | M | 899 | 0:51:52 | 11,57 | 5:11 |
| 996 | 1360 | DESCHUYTER Franky | MORTSEL | M | 900 | 0:51:52 | 11,57 | 5:11 |
| 997 | 3240 | GIJSEL Frank | SLUIS | M | 901 | 0:51:53 | 11,56 | 5:11 |
| 998 | 3267 | VAN HUELE Olivier | OOSTENDE | M | 902 | 0:51:54 | 11,56 | 5:11 |
| 999 | 596 | HUYGHE Bart | ZOMERGEM | M | 903 | 0:51:54 | 11,56 | 5:11 |
| 1000 | 2753 | D'HELFT Benny | OPGLABBEEK | M | 904 | 0:51:55 | 11,56 | 5:12 |
| 1001 | 1510 | VAN DER LINDEN Mieke | GENT | V | 97 | 0:51:56 | 11,55 | 5:12 |
| 1002 | 952 | SCHOORE Henk | ASSEBROEK | M | 905 | 0:51:57 | 11,55 | 5:12 |
| 1003 | 1042 | DIERICKX Bruno | UCCLE | M | 906 | 0:51:57 | 11,55 | 5:12 |
| 1004 | 996 | VAN EETVELDE Miranda | ZELE | V | 98 | 0:51:59 | 11,54 | 5:12 |
| 1005 | 1576 | LANGERS Erik | WIJNEGEM | M | 907 | 0:52:00 | 11,54 | 5:12 |
| 1006 | 1224 | VERMANDERE Evi | MECHELEN | V | 99 | 0:52:00 | 11,54 | 5:12 |
| 1007 | 1162 | VANHUYNEGEM Charlotte | MECHELEN | V | 100 | 0:52:00 | 11,54 | 5:12 |
| 1008 | 791 | VERHEECKE Margaux | KNOKKE | V | 101 | 0:52:01 | 11,53 | 5:12 |
| 1009 | 1032 | VERBEECK Anne | BRASSCHAAT | V | 102 | 0:52:01 | 11,53 | 5:12 |
| 1010 | 794 | GEELLEN Cedric | HEIST-AAN-ZEE | M | 908 | 0:52:01 | 11,53 | 5:12 |
| 1011 | 2997 | DE STOBBELEIR Katleen | GENT | V | 103 | 0:52:02 | 11,53 | 5:12 |
| 1012 | 850 | VERGOTE Jan | LEDEBERG | M | 909 | 0:52:02 | 11,53 | 5:12 |
| 1013 | 803 | DE CLOEDT Filip | DUDZELE | M | 910 | 0:52:03 | 11,53 | 5:12 |
| 1014 | 3179 | RAPPE Tom | KNOKKE-HEIST | M | 911 | 0:52:03 | 11,53 | 5:12 |
| 1015 | 3210 | DEVINCK Martine | KNOKKE-HEIST | V | 104 | 0:52:04 | 11,52 | 5:12 |
| 1016 | 923 | MORESI Jean-Paul | KNOKKE | M | 912 | 0:52:05 | 11,52 | 5:13 |
| 1017 | 1139 | LOEFFEN Jeroen | KNOKKE-HEIST | M | 913 | 0:52:06 | 11,52 | 5:13 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|------------------------|------------------|-----|-------|---------|-------|---------|
| 1018 | 1758 | VANDERSCHUEREN Mattias | OUDENAARDE | M | 914 | 0:52:06 | 11,52 | 5:13 |
| 1019 | 1361 | ZAGLMAIR Claudia | DEURNE | V | 105 | 0:52:07 | 11,51 | 5:13 |
| 1020 | 2571 | ROCHLITZ Peter | SCHAERBEEK | M | 915 | 0:52:08 | 11,51 | 5:13 |
| 1021 | 708 | DE BAERDEMAEKER Geert | OOSTWINKEL | M | 916 | 0:52:09 | 11,51 | 5:13 |
| 1022 | 3071 | VAN LAER Philip | BERCHEM (ANTW.) | M | 917 | 0:52:09 | 11,51 | 5:13 |
| 1023 | 3025 | VAN GOETHEM Mathieu | SINT-NIKLAAS | M | 918 | 0:52:09 | 11,51 | 5:13 |
| 1024 | 1666 | DIERYCK Erwin | BREDENE | M | 919 | 0:52:11 | 11,50 | 5:13 |
| 1025 | 1516 | LEYS Didier | SCHOTEN | M | 920 | 0:52:11 | 11,50 | 5:13 |
| 1026 | 859 | VAN CAENEGHEM Rik | EEKLO | M | 921 | 0:52:11 | 11,50 | 5:13 |
| 1027 | 2774 | GALKUS Robert | KOEKELBERG | M | 922 | 0:52:15 | 11,48 | 5:14 |
| 1028 | 3228 | STEPMAN Axel | HEIST-AAN-ZEE | M | 923 | 0:52:15 | 11,48 | 5:14 |
| 1029 | 419 | NR 419 | | M | 924 | 0:52:17 | 11,48 | 5:14 |
| 1030 | 1076 | HUYS Jules | BRUSSELS | M | 925 | 0:52:17 | 11,48 | 5:14 |
| 1031 | 1350 | MICHIELS Patrick | BERLARE | M | 926 | 0:52:18 | 11,47 | 5:14 |
| 1032 | 1330 | PIETERS Ivan | BLANKENBERGE | M | 927 | 0:52:19 | 11,47 | 5:14 |
| 1033 | 2770 | VAN BOVEN Inge | BRASSCHAAT | V | 106 | 0:52:19 | 11,47 | 5:14 |
| 1034 | 2932 | HENS Koen | LEMBEKE | M | 928 | 0:52:20 | 11,46 | 5:14 |
| 1035 | 416 | NR 416 | | M | 929 | 0:52:20 | 11,46 | 5:14 |
| 1036 | 1710 | SIMOENS Edouard | KNOKKE | M | 930 | 0:52:22 | 11,46 | 5:14 |
| 1037 | 3221 | DE BLEECKER Michel | DAMME | M | 931 | 0:52:23 | 11,45 | 5:14 |
| 1038 | 902 | VANDER KUYLEN Jef | KESSEL-LO | M | 932 | 0:52:23 | 11,45 | 5:14 |
| 1039 | 599 | MAAS Veronique | GENK | V | 107 | 0:52:23 | 11,45 | 5:14 |
| 1040 | 2560 | ADAMS Kurt | LISSEWEGG | M | 933 | 0:52:24 | 11,45 | 5:14 |
| 1041 | 3014 | DE MEUE Elke | MELLE | V | 108 | 0:52:25 | 11,45 | 5:15 |
| 1042 | 1539 | MAES Karl | ANTWERPEN | M | 934 | 0:52:26 | 11,44 | 5:15 |
| 1043 | 2935 | DE VUSSCHER Steven | ZELZATE | M | 935 | 0:52:26 | 11,44 | 5:15 |
| 1044 | 3023 | DE MEUE Ineke | GENT | V | 109 | 0:52:26 | 11,44 | 5:15 |
| 1045 | 780 | VAN EEGHEM Alexander | KNOKKE | M | 936 | 0:52:28 | 11,44 | 5:15 |
| 1046 | 3021 | VEKKEYE Johan | OOSTKAMP | M | 937 | 0:52:29 | 11,43 | 5:15 |
| 1047 | 3223 | HAST Mario | LOPPEM | M | 938 | 0:52:29 | 11,43 | 5:15 |
| 1048 | 3000 | JODTS Kurt | KNOKKE-HEIST | M | 939 | 0:52:30 | 11,43 | 5:15 |
| 1049 | 1579 | FAELENS Freddy | DRONGEN | M | 940 | 0:52:30 | 11,43 | 5:15 |
| 1050 | 1113 | DEZUTTERE Pascal | LEDEBERG (GENT) | M | 941 | 0:52:31 | 11,42 | 5:15 |
| 1051 | 3271 | DEBBAUT Nicolas | ST-JOB-IN-T-GOOR | M | 942 | 0:52:31 | 11,42 | 5:15 |
| 1052 | 3247 | DE BRABANDERE Bert | KNOKKE-HEIST | M | 943 | 0:52:31 | 11,42 | 5:15 |
| 1053 | 3062 | RAVN Kim | ZOTTEGEM | M | 944 | 0:52:32 | 11,42 | 5:15 |
| 1054 | 1319 | PETRENS Frederik | OUDENAARDE | M | 945 | 0:52:33 | 11,42 | 5:15 |
| 1055 | 1670 | DE BACKER Marnix | DADIZELE | M | 946 | 0:52:33 | 11,42 | 5:15 |
| 1056 | 1048 | VANDEKERCKHOVE Mieke | ARDOOIE | V | 110 | 0:52:34 | 11,41 | 5:15 |
| 1057 | 2977 | STEKELINHCK Bart | SLUIS | M | 947 | 0:52:34 | 11,41 | 5:15 |
| 1058 | 1215 | VERSELE Ludivine | ZULTE | V | 111 | 0:52:34 | 11,41 | 5:15 |
| 1059 | 294 | DE CRAENE Laurette | WAARSCHOOT | V | 112 | 0:52:35 | 11,41 | 5:15 |
| 1060 | 2555 | POPPE Karin | KNOKKE-HEIST | V | 113 | 0:52:36 | 11,41 | 5:16 |
| 1061 | 1764 | TAGHON Jan | LAARNE | M | 948 | 0:52:37 | 11,40 | 5:16 |
| 1062 | 3110 | PANNIER Thomas | SINT-NIKLAAS | M | 949 | 0:52:37 | 11,40 | 5:16 |
| 1063 | 49 | SAVOCA Anthony | PLOEGSTEERT | M | 950 | 0:52:38 | 11,40 | 5:16 |
| 1064 | 1179 | VERBRUGGEN Anne-Marie | WAASMUNSTER | V | 114 | 0:52:39 | 11,40 | 5:16 |
| 1065 | 1138 | LOEFFEN Marc | KNOKKE-HEIST | M | 951 | 0:52:39 | 11,40 | 5:16 |
| 1066 | 1415 | VERSTRAETEN Eric | | M | 952 | 0:52:39 | 11,40 | 5:16 |
| 1067 | 687 | KOLKMAN Iris | LOCHRISTI | V | 115 | 0:52:40 | 11,39 | 5:16 |
| 1068 | 3017 | DE WISPELAERE Willy | DRONGEN | M | 953 | 0:52:40 | 11,39 | 5:16 |
| 1069 | 2554 | BAILYN Louis | KNOKKE | M | 954 | 0:52:41 | 11,39 | 5:16 |
| 1070 | 1203 | STEPMAN Jo | DEINZE | M | 955 | 0:52:41 | 11,39 | 5:16 |
| 1071 | 2923 | PORTEMAN Kurt | ZULTE | M | 956 | 0:52:43 | 11,38 | 5:16 |
| 1072 | 1353 | GHEYLE Viviane | WENDUINE | V | 116 | 0:52:43 | 11,38 | 5:16 |
| 1073 | 1347 | VAN DE WALLE Brigitte | BLANKENBERGE | V | 117 | 0:52:43 | 11,38 | 5:16 |
| 1074 | 788 | VISSERS Marijn | KNOKKE-HEIST | M | 957 | 0:52:44 | 11,38 | 5:16 |
| 1075 | 967 | DEVULDER Veerle | EKE | V | 118 | 0:52:44 | 11,38 | 5:16 |
| 1076 | 941 | MONBALIU Berdien | KNOKKE-HEIST | V | 119 | 0:52:44 | 11,38 | 5:16 |
| 1077 | 1244 | WILDEMAUWE Georges | BRUGGE | M | 958 | 0:52:46 | 11,37 | 5:17 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|--------------------------|---------------------|-----|-------|---------|-------|---------|
| 1078 | 3274 | VAN LOOK Marianne | KAPellen | V | 120 | 0:52:47 | 11,37 | 5:17 |
| 1079 | 832 | MAENE Hugo | KNOkke-HEIST | M | 959 | 0:52:48 | 11,36 | 5:17 |
| 1080 | 1141 | DEPRINS Roland | DESTELBERGEN | M | 960 | 0:52:48 | 11,36 | 5:17 |
| 1081 | 824 | DAEMS Vicky | LIER | V | 121 | 0:52:48 | 11,36 | 5:17 |
| 1082 | 3157 | STAELENS Sabine | DE PANNE | V | 122 | 0:52:49 | 11,36 | 5:17 |
| 1083 | 2730 | NR 2730 | | M | 961 | 0:52:49 | 11,36 | 5:17 |
| 1084 | 1601 | NR 1601 | | M | 962 | 0:52:50 | 11,36 | 5:17 |
| 1085 | 2901 | PAUWELS Dirk | SINT-NIKLAAS | M | 963 | 0:52:52 | 11,35 | 5:17 |
| 1086 | 1214 | GULLENTOPS Koen | HEIST OP DEN BERG | M | 964 | 0:52:52 | 11,35 | 5:17 |
| 1087 | 1112 | KONINGSVELD Patrick | KAPellen (ANTW.) | M | 965 | 0:52:53 | 11,35 | 5:17 |
| 1088 | 1696 | VAN HUMBEECK Jeroen | MERCHTEM | M | 966 | 0:52:53 | 11,35 | 5:17 |
| 1089 | 892 | DELMULLE Arno | BRUSSEL | M | 967 | 0:52:53 | 11,35 | 5:17 |
| 1090 | 2873 | CASIER Jean-Pierre | WIJNEGEM | M | 968 | 0:52:54 | 11,34 | 5:17 |
| 1091 | 1022 | VANDEPUTTE Rik | WEVELGEM | M | 969 | 0:52:55 | 11,34 | 5:17 |
| 1092 | 1769 | VAN DEN BLEEKEN Gijs | ANTWERPEN | M | 970 | 0:52:58 | 11,33 | 5:18 |
| 1093 | 2688 | DEMUYNCK Pieter | KNOkke-HEIST | M | 971 | 0:52:58 | 11,33 | 5:18 |
| 1094 | 894 | VAN DAELE Wim | DILBEEK | M | 972 | 0:52:59 | 11,32 | 5:18 |
| 1095 | 658 | POPPE Sylvie | KNOkke-HEIST | V | 123 | 0:52:59 | 11,32 | 5:18 |
| 1096 | 3197 | VAN NEVEL Anuschka | JABBEKE | V | 124 | 0:52:59 | 11,32 | 5:18 |
| 1097 | 800 | RAMAEL Xander | LISSEWEGE | M | 973 | 0:53:01 | 11,32 | 5:18 |
| 1098 | 1226 | VAN BUTSELE Karen | ANTWERPEN | V | 125 | 0:53:01 | 11,32 | 5:18 |
| 1099 | 2989 | HAEGEMAN Wouter | GENT | M | 974 | 0:53:02 | 11,31 | 5:18 |
| 1100 | 857 | HEYRMAN Elisabeth | HAMME | V | 126 | 0:53:04 | 11,31 | 5:18 |
| 1101 | 1188 | VAN ZANDE Philippe | DRONGEN | M | 975 | 0:53:04 | 11,31 | 5:18 |
| 1102 | 1311 | NAETS Veerle | DEURNE (ANTW.) | V | 127 | 0:53:05 | 11,30 | 5:19 |
| 1103 | 572 | STUER Rudy | WOMMELGEM | M | 976 | 0:53:05 | 11,30 | 5:19 |
| 1104 | 2990 | WILLEMS Conny | GENT | V | 128 | 0:53:05 | 11,30 | 5:19 |
| 1105 | 862 | VANDENDRIESSCHE Karmen | KNOkke-HEIST | V | 129 | 0:53:06 | 11,30 | 5:19 |
| 1106 | 1521 | MEERHOFF Frans | STADSKANAAL | M | 977 | 0:53:07 | 11,30 | 5:19 |
| 1107 | 888 | LAMOTE Mieke | DAMME | V | 130 | 0:53:07 | 11,30 | 5:19 |
| 1108 | 959 | LEJON Florent | BORNEM | M | 978 | 0:53:08 | 11,29 | 5:19 |
| 1109 | 1668 | VANCLOOSTER Philippe | SCHAERBEEK | M | 979 | 0:53:08 | 11,29 | 5:19 |
| 1110 | 1604 | NR 1604 | | M | 980 | 0:53:09 | 11,29 | 5:19 |
| 1111 | 557 | BUYS Pascal | BUGGENHOUT | M | 981 | 0:53:12 | 11,28 | 5:19 |
| 1112 | 2516 | VAN HOVE Peter | KORTRIJK | M | 982 | 0:53:12 | 11,28 | 5:19 |
| 1113 | 1053 | WALCARIUS Laurence | LOPEM | V | 131 | 0:53:13 | 11,27 | 5:19 |
| 1114 | 1114 | LAMONT Sylvain | KRUISSHOUTEM | M | 983 | 0:53:13 | 11,27 | 5:19 |
| 1115 | 769 | DE GROOTE Vicky | KNOkke-HEIST | V | 132 | 0:53:16 | 11,26 | 5:20 |
| 1116 | 2706 | D'HONDT Frederik | KNOkke-HEIST | M | 984 | 0:53:17 | 11,26 | 5:20 |
| 1117 | 804 | SCHRAMME Bob | DUDZELE | M | 985 | 0:53:17 | 11,26 | 5:20 |
| 1118 | 1306 | VANDEWALLE Cindy | RENINGELST | V | 133 | 0:53:21 | 11,25 | 5:20 |
| 1119 | 1217 | VERSELE Rodolphe | ZULTE | M | 986 | 0:53:22 | 11,24 | 5:20 |
| 1120 | 3067 | DANSCHUTTER Carmen | BOEKHOUTE | V | 134 | 0:53:22 | 11,24 | 5:20 |
| 1121 | 3007 | DE BRUYCKER Kathy | WETTEREN | V | 135 | 0:53:23 | 11,24 | 5:20 |
| 1122 | 680 | VANMASSENHOVE Katty | DE HAAN | V | 136 | 0:53:26 | 11,23 | 5:21 |
| 1123 | 1043 | VERVALLE Bart | WEVELGEM | M | 987 | 0:53:26 | 11,23 | 5:21 |
| 1124 | 2649 | LAUWERYNS Nicholas | LEDE | M | 988 | 0:53:27 | 11,23 | 5:21 |
| 1125 | 3122 | NR 3122 | | M | 989 | 0:53:28 | 11,22 | 5:21 |
| 1126 | 2994 | VAN DYCK Kristof | VREMDE | M | 990 | 0:53:28 | 11,22 | 5:21 |
| 1127 | 1549 | DE WACHTER Danny | WILLEBROEK | M | 991 | 0:53:30 | 11,21 | 5:21 |
| 1128 | 567 | VAN LANDSCHOOT Gerardine | ADEGEM | V | 137 | 0:53:30 | 11,21 | 5:21 |
| 1129 | 2963 | DE BRANDERE Koen | GENT | M | 992 | 0:53:30 | 11,21 | 5:21 |
| 1130 | 3132 | VAN ROOSBROECK Ilse | SINT-KRUIS (BRUGGE) | V | 138 | 0:53:32 | 11,21 | 5:21 |
| 1131 | 1715 | WOLLAERT Dirk | LOKEREN | M | 993 | 0:53:32 | 11,21 | 5:21 |
| 1132 | 3146 | DE WASCH Ina | KNOkke-HEIST | V | 139 | 0:53:33 | 11,20 | 5:21 |
| 1133 | 2974 | HARDYNS Wim | MARIAKERKE | M | 994 | 0:53:34 | 11,20 | 5:21 |
| 1134 | 1292 | REYNS Ivan | HAASDONK | M | 995 | 0:53:34 | 11,20 | 5:21 |
| 1135 | 2891 | STROOBANTS David | STOKROOIE | M | 996 | 0:53:35 | 11,20 | 5:22 |
| 1136 | 2798 | DE GELISSEN Marie-Paule | WAASMUNSTER | V | 140 | 0:53:35 | 11,20 | 5:22 |
| 1137 | 3276 | KIPS Emiel | KNOkke-HEIST | M | 997 | 0:53:36 | 11,19 | 5:22 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-------------------------|-------------------|-----|-------|---------|-------|---------|
| 1138 | 1536 | WISSE Kay | GROEDE | V | 141 | 0:53:36 | 11,19 | 5:22 |
| 1139 | 3277 | KIPS Stefan | KNOKKE-HEIST | M | 998 | 0:53:36 | 11,19 | 5:22 |
| 1140 | 1049 | VAN HALLE Jurgen | GENTBRUGGE | M | 999 | 0:53:38 | 11,19 | 5:22 |
| 1141 | 833 | VAN BELLE Thierry | OPWIJK | M | 1000 | 0:53:39 | 11,18 | 5:22 |
| 1142 | 1544 | DERAEVE Stefanie | GENT | V | 142 | 0:53:40 | 11,18 | 5:22 |
| 1143 | 1253 | BUCQUOYE Bernard | MALDEGEM | M | 1001 | 0:53:40 | 11,18 | 5:22 |
| 1144 | 1706 | WIAME Mike | BERCHEM (ANTW.) | M | 1002 | 0:53:40 | 11,18 | 5:22 |
| 1145 | 3015 | DE MEUE Marc | MELLE | M | 1003 | 0:53:41 | 11,18 | 5:22 |
| 1146 | 670 | DE SMET Yves | MERELBEKE | M | 1004 | 0:53:42 | 11,17 | 5:22 |
| 1147 | 671 | BATSLE Dieter | GENTBRUGGE | M | 1005 | 0:53:42 | 11,17 | 5:22 |
| 1148 | 1329 | POPPE Tom | BERLARE | M | 1006 | 0:53:43 | 11,17 | 5:22 |
| 1149 | 3049 | VERLEY Frank | KNOKKE-HEIST | M | 1007 | 0:53:43 | 11,17 | 5:22 |
| 1150 | 2602 | DE VIS Koen | VOSSelaar | M | 1008 | 0:53:43 | 11,17 | 5:22 |
| 1151 | 1581 | GARRÉ Sandra | EVERGEM | V | 143 | 0:53:44 | 11,17 | 5:22 |
| 1152 | 988 | VERCAMMEN Marc | HAMME (O.-VL.) | M | 1009 | 0:53:44 | 11,17 | 5:22 |
| 1153 | 819 | DEBBAUT Dirk | LISSEWEGE | M | 1010 | 0:53:45 | 11,16 | 5:22 |
| 1154 | 2983 | SCHOTS Nicole | RANST | V | 144 | 0:53:46 | 11,16 | 5:23 |
| 1155 | 1216 | STANDAERT Katleen | KNOKKE HEIST | V | 145 | 0:53:46 | 11,16 | 5:23 |
| 1156 | 787 | MAENE Lobke | RAMSKAPELLE | V | 146 | 0:53:47 | 11,16 | 5:23 |
| 1157 | 3209 | STEPMAN Rocky | KNOKKE | M | 1011 | 0:53:50 | 11,15 | 5:23 |
| 1158 | 936 | DE BRUYN Bruno | BREDENE | M | 1012 | 0:53:51 | 11,14 | 5:23 |
| 1159 | 2984 | HEYLEN Marleen | BERCHEM (ANTW.) | V | 147 | 0:53:52 | 11,14 | 5:23 |
| 1160 | 2982 | DEVRIENDT Rudy | HEULE | M | 1013 | 0:53:52 | 11,14 | 5:23 |
| 1161 | 771 | VANDERSMISSEN Jeremy | DAMME | M | 1014 | 0:53:53 | 11,14 | 5:23 |
| 1162 | 1101 | VOCHTEN Stefan | GENTBRUGGE | M | 1015 | 0:53:54 | 11,13 | 5:23 |
| 1163 | 3178 | VANDERSMISSEN Jean-Marc | DAMME | M | 1016 | 0:53:54 | 11,13 | 5:23 |
| 1164 | 1019 | JONCKHEERE Geert | BREDENE | M | 1017 | 0:53:55 | 11,13 | 5:23 |
| 1165 | 3047 | BOUCKAERT Ignace | EDEGEM | M | 1018 | 0:53:55 | 11,13 | 5:23 |
| 1166 | 931 | NAUDTS Eric | EDEGEM | M | 1019 | 0:53:56 | 11,12 | 5:24 |
| 1167 | 506 | DE JAEGHER Krist | WAREGEM | M | 1020 | 0:53:57 | 11,12 | 5:24 |
| 1168 | 3168 | SPEYTEBROODT Christel | KNOKKE-HEIST | V | 148 | 0:53:59 | 11,11 | 5:24 |
| 1169 | 1041 | TEMMERMAN Els | ZELE | V | 149 | 0:54:00 | 11,11 | 5:24 |
| 1170 | 3087 | MARDELLA Anna | BRUXELLES | V | 150 | 0:54:03 | 11,10 | 5:24 |
| 1171 | 677 | DOSSCHE Carine | WAARSCHOOT | V | 151 | 0:54:04 | 11,10 | 5:24 |
| 1172 | 3097 | DE ROO Tom | MALDEGEM | M | 1021 | 0:54:04 | 11,10 | 5:24 |
| 1173 | 3286 | DESMAELE Tina | | V | 152 | 0:54:05 | 11,09 | 5:25 |
| 1174 | 1653 | TILLY Steve | OOSTKAMP | M | 1022 | 0:54:06 | 11,09 | 5:25 |
| 1175 | 617 | DESMIDT Diego | HEIST-AAN-ZEE | M | 1023 | 0:54:06 | 11,09 | 5:25 |
| 1176 | 709 | FIERS Bob | HEVER | M | 1024 | 0:54:07 | 11,09 | 5:25 |
| 1177 | 1704 | DE SMET Els | OUDENAARDE | V | 153 | 0:54:07 | 11,09 | 5:25 |
| 1178 | 2608 | VAN DEN BOSCH Fank | SCHOTEN | M | 1025 | 0:54:07 | 11,09 | 5:25 |
| 1179 | 874 | CAUDRON Chris | EREMBODEGEM | M | 1026 | 0:54:08 | 11,08 | 5:25 |
| 1180 | 851 | BRAECKMAN Luc | LEDEBERG | M | 1027 | 0:54:08 | 11,08 | 5:25 |
| 1181 | 3089 | HUTSE Philippe | OOSTAKKER | M | 1028 | 0:54:09 | 11,08 | 5:25 |
| 1182 | 2920 | DE VLEESCHAUWER Jean | KNOKKE | M | 1029 | 0:54:09 | 11,08 | 5:25 |
| 1183 | 1247 | DE VISSCHER Sabine | KNOKKE | V | 154 | 0:54:09 | 11,08 | 5:25 |
| 1184 | 3216 | SYS Anthony | BRUGGE | M | 1030 | 0:54:09 | 11,08 | 5:25 |
| 1185 | 1411 | GILSON Francois | LIEGE 1 | M | 1031 | 0:54:10 | 11,08 | 5:25 |
| 1186 | 1075 | TANGHE Sabine | BLANKENBERGE | V | 155 | 0:54:10 | 11,08 | 5:25 |
| 1187 | 895 | WELVAERT Jan | DILBEEK | M | 1032 | 0:54:10 | 11,08 | 5:25 |
| 1188 | 3239 | COTTRY Charlotte | VEURNE | V | 156 | 0:54:11 | 11,07 | 5:25 |
| 1189 | 2725 | KERKAERT Barbara | DAMME | V | 157 | 0:54:11 | 11,07 | 5:25 |
| 1190 | 876 | VAN DER LINDEN Staf | HEIST-OP-DEN-BERG | M | 1033 | 0:54:11 | 11,07 | 5:25 |
| 1191 | 774 | AGNEESSENS James | KNOKKE-HEIST | M | 1034 | 0:54:11 | 11,07 | 5:25 |
| 1192 | 2937 | VERSCHUEREN Peter | OUDENAARDE | M | 1035 | 0:54:11 | 11,07 | 5:25 |
| 1193 | 2953 | MARTONY Peter | KNOKKE-HEIST | M | 1036 | 0:54:13 | 11,07 | 5:25 |
| 1194 | 616 | BOUSSEMAERE Machteld | GENT | V | 158 | 0:54:13 | 11,07 | 5:25 |
| 1195 | 1068 | SMET Priya | GRIMBERGEN | V | 159 | 0:54:14 | 11,06 | 5:25 |
| 1196 | 1694 | VERHASSELT Tiji | RELEGEM | M | 1037 | 0:54:14 | 11,06 | 5:25 |
| 1197 | 944 | DECROP Martine | NETHEN | V | 160 | 0:54:15 | 11,06 | 5:26 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-----------------------|---------------------|-----|-------|---------|-------|---------|
| 1198 | 802 | VERCAMMEN Mathias | HEIST-AAN-ZEE | M | 1038 | 0:54:15 | 11,06 | 5:26 |
| 1199 | 790 | DORY Johanna | HEIST-AAN-ZEE | V | 161 | 0:54:16 | 11,06 | 5:26 |
| 1200 | 2769 | DOMS Joeri | BERLAAR | M | 1039 | 0:54:17 | 11,05 | 5:26 |
| 1201 | 1137 | VANBELLE Franck | BRUXELLES | M | 1040 | 0:54:19 | 11,05 | 5:26 |
| 1202 | 1406 | NR 1406 | | M | 1041 | 0:54:20 | 11,04 | 5:26 |
| 1203 | 2745 | BONTINCK Luc | WAASMUNSTER | M | 1042 | 0:54:20 | 11,04 | 5:26 |
| 1204 | 630 | PEETERS Henri-Bernard | MACHELEN | M | 1043 | 0:54:21 | 11,04 | 5:26 |
| 1205 | 602 | VEIREMAN Bert | DENDERMONDE | M | 1044 | 0:54:21 | 11,04 | 5:26 |
| 1206 | 685 | FREDERICKX Anita | SINT-TRUIDEN | V | 162 | 0:54:22 | 11,04 | 5:26 |
| 1207 | 683 | VAN WINKEL Nicky | SINT-TRUIDEN | V | 163 | 0:54:22 | 11,04 | 5:26 |
| 1208 | 1308 | FOCKENIER Christophe | KNOKKE-HEIST | M | 1045 | 0:54:22 | 11,04 | 5:26 |
| 1209 | 811 | VERHEECKE Mathieu | KNOKKE | M | 1046 | 0:54:23 | 11,03 | 5:26 |
| 1210 | 2869 | GRAULS Renee | PUTTE | V | 164 | 0:54:23 | 11,03 | 5:26 |
| 1211 | 1269 | VAN DER SPIEGEL Paul | GENT | M | 1047 | 0:54:24 | 11,03 | 5:26 |
| 1212 | 2669 | LEEMANS Tim | WAASMUNSTER | M | 1048 | 0:54:25 | 11,03 | 5:27 |
| 1213 | 2678 | WAELEKENS Vincent | HILVERSUM | M | 1049 | 0:54:25 | 11,03 | 5:27 |
| 1214 | 410 | NR 410 | | M | 1050 | 0:54:25 | 11,03 | 5:27 |
| 1215 | 1685 | BAETEN Peter | HAALTERT | M | 1051 | 0:54:26 | 11,02 | 5:27 |
| 1216 | 2537 | HANSEN Bart | KNOKKE | M | 1052 | 0:54:26 | 11,02 | 5:27 |
| 1217 | 1143 | LAUFFENBURGER Claudia | KNOKKE | V | 165 | 0:54:26 | 11,02 | 5:27 |
| 1218 | 792 | MONBALIU Ornella | WESTKAPPELLE | V | 166 | 0:54:26 | 11,02 | 5:27 |
| 1219 | 925 | SMET Marc | WAASMUNSTER | M | 1053 | 0:54:26 | 11,02 | 5:27 |
| 1220 | 1701 | WYBO Jurgen | BRUGGE | V | 167 | 0:54:27 | 11,02 | 5:27 |
| 1221 | 1339 | BOUILLON Patrik | KNOKKE-HEIST | M | 1054 | 0:54:27 | 11,02 | 5:27 |
| 1222 | 766 | PINTELOON Annick | KNOKKE-HEIST | V | 168 | 0:54:27 | 11,02 | 5:27 |
| 1223 | 3285 | MAES Philip | BRUGGE | M | 1055 | 0:54:31 | 11,01 | 5:27 |
| 1224 | 2572 | HENDRICKX Marc | ELEWIJKT | M | 1056 | 0:54:32 | 11,00 | 5:27 |
| 1225 | 835 | DE MEYER Karlien | OPWIJK | V | 169 | 0:54:32 | 11,00 | 5:27 |
| 1226 | 1131 | VAN DOORSLAER Daniel | SCHILDE | M | 1057 | 0:54:32 | 11,00 | 5:27 |
| 1227 | 1557 | TIRRY Leen | EREMBODEGEM (AALST) | V | 170 | 0:54:33 | 11,00 | 5:27 |
| 1228 | 1556 | SCHEIRLINCKX Lieven | EREMBODEGEM (AALST) | M | 1058 | 0:54:33 | 11,00 | 5:27 |
| 1229 | 2735 | NR 2735 | | M | 1059 | 0:54:37 | 10,99 | 5:28 |
| 1230 | 2600 | LOUAGIE Jan | SINT-MARTENS-LATEM | M | 1060 | 0:54:37 | 10,99 | 5:28 |
| 1231 | 3199 | CAFMEYER Ides | ST DENIJS WESTREM | M | 1061 | 0:54:38 | 10,98 | 5:28 |
| 1232 | 402 | VANCAYZEELE Stefaan | DUFFEL | M | 1062 | 0:54:38 | 10,98 | 5:28 |
| 1233 | 1000 | BRAKEL Philippe | KNOKKE-HEIST | M | 1063 | 0:54:39 | 10,98 | 5:28 |
| 1234 | 2679 | WARNIER Henk | KNOKKE | M | 1064 | 0:54:39 | 10,98 | 5:28 |
| 1235 | 2981 | VAN DEN BERGHE Ann | BRUGGE | V | 171 | 0:54:40 | 10,98 | 5:28 |
| 1236 | 820 | ILLEGEMS Francois | HINGENE-BORNEM | M | 1065 | 0:54:40 | 10,98 | 5:28 |
| 1237 | 2879 | VAN DEN BRANDT Sarah | LIER | V | 172 | 0:54:41 | 10,97 | 5:28 |
| 1238 | 2527 | MERLEVEDE Mieke | OOSTKAMP | V | 173 | 0:54:42 | 10,97 | 5:28 |
| 1239 | 2711 | VANDIERENDONCK Jackie | KNOKKE-HEIST | M | 1066 | 0:54:43 | 10,97 | 5:28 |
| 1240 | 548 | VERPOORTER Betty | ZEEBRUGGE (BRUGGE) | V | 174 | 0:54:44 | 10,96 | 5:28 |
| 1241 | 3186 | NEIRYNCK Reggy | OOSTKAMP | M | 1067 | 0:54:44 | 10,96 | 5:28 |
| 1242 | 1750 | COPPIETERS Pascal | WOLUWE-SAINT-PIERRE | M | 1068 | 0:54:46 | 10,96 | 5:29 |
| 1243 | 3248 | DE VOOGT Freddy | KNOKKE-HEIST | M | 1069 | 0:54:46 | 10,96 | 5:29 |
| 1244 | 3297 | DESCHUYTER Nicolas | | M | 1070 | 0:54:46 | 10,96 | 5:29 |
| 1245 | 2970 | DOGIMONT Walter | LISSEWEGE | M | 1071 | 0:54:46 | 10,96 | 5:29 |
| 1246 | 3281 | CALLENS Joris | KNOKKE | M | 1072 | 0:54:47 | 10,95 | 5:29 |
| 1247 | 977 | LEFEVERE Jan | HEIST-AAN-ZEE | M | 1073 | 0:54:47 | 10,95 | 5:29 |
| 1248 | 1155 | FLORIZOONE Inge | KNOKKE-HEIST | V | 175 | 0:54:47 | 10,95 | 5:29 |
| 1249 | 3292 | DEPAEPE Geert | WESTKAPPELLE | M | 1074 | 0:54:47 | 10,95 | 5:29 |
| 1250 | 278 | DE BLOCK John | KNOKKE HEIST | M | 1075 | 0:54:47 | 10,95 | 5:29 |
| 1251 | 1116 | TERWE Frederik | ZEEBRUGGE | M | 1076 | 0:54:47 | 10,95 | 5:29 |
| 1252 | 1371 | VANDAEL Carine | KNOKKE-HEIST | V | 176 | 0:54:47 | 10,95 | 5:29 |
| 1253 | 1290 | THIERIE Luc | KNOKKE | M | 1077 | 0:54:47 | 10,95 | 5:29 |
| 1254 | 2536 | VALENTIN Michel | KNOKKE | M | 1078 | 0:54:48 | 10,95 | 5:29 |
| 1255 | 424 | RAMMANT Lara | DAMME | V | 177 | 0:54:48 | 10,95 | 5:29 |
| 1256 | 1665 | DEPLACIE Steve | BREDENE | M | 1079 | 0:54:48 | 10,95 | 5:29 |
| 1257 | 2701 | DE ZUTTER Conny | DAMME | V | 178 | 0:54:48 | 10,95 | 5:29 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|--------------------------|---------------------|-----|-------|---------|-------|---------|
| 1258 | 2712 | VERLINDE Filip | KNOKKE-HEIST | M | 1080 | 0:54:48 | 10,95 | 5:29 |
| 1259 | 2628 | BERLINSKI Michel | KNOKKE-HEIST | M | 1081 | 0:54:48 | 10,95 | 5:29 |
| 1260 | 2928 | VERBIEST Karel | DUINBERGEN | M | 1082 | 0:54:48 | 10,95 | 5:29 |
| 1261 | 2898 | STEPMAN Daniel | MERELBEKE | M | 1083 | 0:54:48 | 10,95 | 5:29 |
| 1262 | 1088 | DEROO Mathieu | KNOKKE-HEIST | M | 1084 | 0:54:48 | 10,95 | 5:29 |
| 1263 | 3002 | GULLENTOPS Stein | MECHELEN | M | 1085 | 0:54:49 | 10,95 | 5:29 |
| 1264 | 2996 | VAN DEN HEEDE Eric | GENTBRUGGE | M | 1086 | 0:54:49 | 10,95 | 5:29 |
| 1265 | 1751 | NR 1751 | | M | 1087 | 0:54:49 | 10,95 | 5:29 |
| 1266 | 1649 | BRUYNOOGHE Ben | | M | 1088 | 0:54:50 | 10,94 | 5:29 |
| 1267 | 3133 | ROGIEST Philippe | KNOKKE | M | 1089 | 0:54:51 | 10,94 | 5:29 |
| 1268 | 3215 | DARDENNE Olivier | SINT-ANDRIES | M | 1090 | 0:54:51 | 10,94 | 5:29 |
| 1269 | 778 | GEBOERS Jeff | KNOKKE | M | 1091 | 0:54:52 | 10,94 | 5:29 |
| 1270 | 2641 | VANDECASTEELE Cindy | GENT | V | 179 | 0:54:52 | 10,94 | 5:29 |
| 1271 | 515 | REUVERS John | 'S-HEER ABTSKERKE | M | 1092 | 0:54:52 | 10,94 | 5:29 |
| 1272 | 2541 | DE VOS Maurice | KNOKKE-HEIST | M | 1093 | 0:54:54 | 10,93 | 5:29 |
| 1273 | 607 | FRANCO Miet | ZELLIK | V | 180 | 0:54:54 | 10,93 | 5:29 |
| 1274 | 562 | VANDEBUERIE Joke | SINT-ANDRIES | V | 181 | 0:54:54 | 10,93 | 5:29 |
| 1275 | 2639 | HOEMAECKER Jan | KNOKKE-HEIST | M | 1094 | 0:54:55 | 10,93 | 5:30 |
| 1276 | 2925 | VAN NIEUWENHUYZE Martine | DEINZE | V | 182 | 0:54:57 | 10,92 | 5:30 |
| 1277 | 2799 | VERBEECK Yves | WAASMUNSTER | M | 1095 | 0:54:57 | 10,92 | 5:30 |
| 1278 | 754 | BATENS David | KONTICH | M | 1096 | 0:54:57 | 10,92 | 5:30 |
| 1279 | 1167 | NOCA Christophe | BRAINE-LE-COMTE | M | 1097 | 0:54:57 | 10,92 | 5:30 |
| 1280 | 2966 | JANSSENS Lyn | BEVEREN | V | 183 | 0:54:58 | 10,92 | 5:30 |
| 1281 | 1315 | INDIGNE Ivan | KNOKKE-HEIST | M | 1098 | 0:54:58 | 10,92 | 5:30 |
| 1282 | 1095 | VANLUCHELE Nele | SINT-MARTENS-LATEM | V | 184 | 0:54:58 | 10,92 | 5:30 |
| 1283 | 1586 | DE WITTE Ruben | MELSELE | M | 1099 | 0:54:59 | 10,91 | 5:30 |
| 1284 | 757 | DERDEYN Krista | BUGGENHOUT | V | 185 | 0:54:59 | 10,91 | 5:30 |
| 1285 | 3169 | DEMUNTER Christiane | KNOKKE HEIST | V | 186 | 0:54:59 | 10,91 | 5:30 |
| 1286 | 592 | DE SMEDT Georges | LEBBEKE | M | 1100 | 0:54:59 | 10,91 | 5:30 |
| 1287 | 3167 | DE GROOTE Nancy | KNOKKE-HEIST | V | 187 | 0:54:59 | 10,91 | 5:30 |
| 1288 | 576 | DE SECK Jerome | WENDUINE | M | 1101 | 0:55:00 | 10,91 | 5:30 |
| 1289 | 1767 | VOICH Andra | LOUVAIN-LA-NEUVE | V | 188 | 0:55:01 | 10,91 | 5:30 |
| 1290 | 864 | BLANCKAERT Tom | AALST | M | 1102 | 0:55:01 | 10,91 | 5:30 |
| 1291 | 865 | AMANT Veerle | AALST | V | 189 | 0:55:02 | 10,90 | 5:30 |
| 1292 | 3123 | NR 3123 | | M | 1103 | 0:55:04 | 10,90 | 5:30 |
| 1293 | 578 | VERMEERSCH Kurt | KNOKKE-HEIST | M | 1104 | 0:55:05 | 10,89 | 5:31 |
| 1294 | 2804 | CALUNE Evie | SINT-NIKLAAS | V | 190 | 0:55:06 | 10,89 | 5:31 |
| 1295 | 3128 | NR 3128 | | M | 1105 | 0:55:06 | 10,89 | 5:31 |
| 1296 | 1526 | MEERHOFF Kim | MERELBEKE | V | 191 | 0:55:08 | 10,88 | 5:31 |
| 1297 | 2965 | LAUREYS Ann | BEVEREN | V | 192 | 0:55:08 | 10,88 | 5:31 |
| 1298 | 2615 | VERMEERSCH Hans | ZEEBRUGGE | M | 1106 | 0:55:08 | 10,88 | 5:31 |
| 1299 | 822 | MARTENS Johan | KNOKKE-HEIST | M | 1107 | 0:55:09 | 10,88 | 5:31 |
| 1300 | 3231 | DE WOLF Lut | OEDELEM | V | 193 | 0:55:09 | 10,88 | 5:31 |
| 1301 | 2882 | CELIS Jef | VORSELAAR | M | 1108 | 0:55:10 | 10,88 | 5:31 |
| 1302 | 2690 | VRYENS Catherine | NIEUWERKERKEN | V | 194 | 0:55:11 | 10,87 | 5:31 |
| 1303 | 1414 | GIOT Lionel | WATERMAEL-BOITSFORT | M | 1109 | 0:55:12 | 10,87 | 5:31 |
| 1304 | 1413 | LEROY Dominique | WATERMAEL BOITSFORT | V | 195 | 0:55:12 | 10,87 | 5:31 |
| 1305 | 2791 | VANSTEENKISTE Annick | KNOKKE | V | 196 | 0:55:13 | 10,87 | 5:31 |
| 1306 | 1317 | SMETTE Filip | EDEGEM | M | 1110 | 0:55:14 | 10,86 | 5:31 |
| 1307 | 2605 | MOENS Charles | GRIMBERGEN | M | 1111 | 0:55:16 | 10,86 | 5:32 |
| 1308 | 1008 | MOENAERT Sissi | EDEGEM | V | 197 | 0:55:16 | 10,86 | 5:32 |
| 1309 | 1018 | MAERTENS Toon | WAASMUNSTER | M | 1112 | 0:55:16 | 10,86 | 5:32 |
| 1310 | 644 | POLFLIET Sylvie | EVERGEM | V | 198 | 0:55:17 | 10,85 | 5:32 |
| 1311 | 673 | HUYSKENS Patrick | BORGERHOUT | M | 1113 | 0:55:17 | 10,85 | 5:32 |
| 1312 | 1246 | LAMMENS Franck | LOCHRISTI | M | 1114 | 0:55:19 | 10,85 | 5:32 |
| 1313 | 3153 | VANHAVERBEKE Jan | HERTSBERGE | M | 1115 | 0:55:19 | 10,85 | 5:32 |
| 1314 | 2549 | GOELENS Erna | NINOVE | V | 199 | 0:55:19 | 10,85 | 5:32 |
| 1315 | 3086 | VAN MEENEN Sylvie | ERTVELDE | V | 200 | 0:55:20 | 10,84 | 5:32 |
| 1316 | 992 | BUGADA Jean-Pierre | BRUXELLES 4 | M | 1116 | 0:55:20 | 10,84 | 5:32 |
| 1317 | 2548 | HEYMAN Eddy | NINOVE | M | 1117 | 0:55:20 | 10,84 | 5:32 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|--------------------------|--------------------|-----|-------|---------|-------|---------|
| 1318 | 2863 | BEIRENS Michel | BRASSCHAAT | M | 1118 | 0:55:20 | 10,84 | 5:32 |
| 1319 | 2658 | DESMIDT Gregory | KNOKKE-HEIST | M | 1119 | 0:55:21 | 10,84 | 5:32 |
| 1320 | 1316 | VANDENABEELE Jeannine | MACHELEN (BT) | V | 201 | 0:55:21 | 10,84 | 5:32 |
| 1321 | 1753 | LORMANS Luc | SINT-MARTENS-LATEM | M | 1120 | 0:55:22 | 10,84 | 5:32 |
| 1322 | 1209 | CORNELIS Brigitte | JETTE | V | 202 | 0:55:22 | 10,84 | 5:32 |
| 1323 | 1213 | MAGE Alain | GANSHOREN | M | 1121 | 0:55:22 | 10,84 | 5:32 |
| 1324 | 3217 | SCHELFHOUT Gaelle | SINT-ANDRIES | V | 203 | 0:55:23 | 10,83 | 5:32 |
| 1325 | 3163 | DESUTTER Valerie | KNOKKE HEIST | V | 204 | 0:55:24 | 10,83 | 5:32 |
| 1326 | 532 | VERBREYT Catherine | KNOKKE | V | 205 | 0:55:27 | 10,82 | 5:33 |
| 1327 | 2542 | RO TSAERT Luc | KNOKKE-HEIST | M | 1122 | 0:55:27 | 10,82 | 5:33 |
| 1328 | 554 | DE MOOR Emmanuel | SINT-MARTENS-LATEM | M | 1123 | 0:55:27 | 10,82 | 5:33 |
| 1329 | 3027 | VAN DAELE Debbie | WILLEBROEK | V | 206 | 0:55:28 | 10,82 | 5:33 |
| 1330 | 750 | MEIJERS Fabienne | AMSTERDAM | V | 207 | 0:55:28 | 10,82 | 5:33 |
| 1331 | 844 | MOERMAN Andre | OUDENAARDE | M | 1124 | 0:55:28 | 10,82 | 5:33 |
| 1332 | 3200 | FOSSEZ Nele | LICHTERVELDE | V | 208 | 0:55:29 | 10,81 | 5:33 |
| 1333 | 1136 | DERAEVE Sofie | VEURNE | V | 209 | 0:55:29 | 10,81 | 5:33 |
| 1334 | 194 | DEJAEGER Sandra | KAMPENHOUT | M | 1125 | 0:55:29 | 10,81 | 5:33 |
| 1335 | 2962 | VOS Davina | AARSCHOT | V | 210 | 0:55:30 | 10,81 | 5:33 |
| 1336 | 779 | GEBOERS Eric | KNOKKE | M | 1126 | 0:55:31 | 10,81 | 5:33 |
| 1337 | 2518 | DEWULF Jurre | BLANKENBERGE | M | 1127 | 0:55:34 | 10,80 | 5:33 |
| 1338 | 3143 | MEYERS Nancy | BLANKENBERGE | V | 211 | 0:55:34 | 10,80 | 5:33 |
| 1339 | 1123 | DE CLOPPER Annick | ZELE | V | 212 | 0:55:35 | 10,79 | 5:33 |
| 1340 | 3164 | LARIDON Krista | KNOKKE-HEIST | V | 213 | 0:55:36 | 10,79 | 5:34 |
| 1341 | 3166 | CHIELENS Ciska | KNOKKE-HEIST | V | 214 | 0:55:37 | 10,79 | 5:34 |
| 1342 | 1677 | KOLSTEEN Marc | GRIMBERGEN | M | 1128 | 0:55:38 | 10,78 | 5:34 |
| 1343 | 986 | HOUSSEONLOGE Christelle | ETTERBEEK | V | 215 | 0:55:38 | 10,78 | 5:34 |
| 1344 | 2850 | TEIRLYNCK Rick | SHELLEBELLE | M | 1129 | 0:55:39 | 10,78 | 5:34 |
| 1345 | 770 | VANDE KERCKHOVE Julie | KNOKKE | V | 216 | 0:55:40 | 10,78 | 5:34 |
| 1346 | 2689 | DEVLEIGHIE Pieter-Jan | BRUGGE | M | 1130 | 0:55:40 | 10,78 | 5:34 |
| 1347 | 2731 | MORIAV Marleen | MECHELEN | V | 217 | 0:55:41 | 10,78 | 5:34 |
| 1348 | 2626 | DE RIDDER Siegrid | OPWIJK | V | 218 | 0:55:42 | 10,77 | 5:34 |
| 1349 | 1513 | VAN HEUVERSWYN Christine | DEURLE | V | 219 | 0:55:46 | 10,76 | 5:35 |
| 1350 | 2585 | VERSELE Filip | ANTWERPEN | M | 1131 | 0:55:46 | 10,76 | 5:35 |
| 1351 | 1098 | COSYN Jurgen | HERZELE | M | 1132 | 0:55:46 | 10,76 | 5:35 |
| 1352 | 1099 | DENAYER Peter | HERZELE | M | 1133 | 0:55:47 | 10,76 | 5:35 |
| 1353 | 3185 | STEVENS Caroline | KNOKKE HEIST | V | 220 | 0:55:47 | 10,76 | 5:35 |
| 1354 | 2737 | SMITS Bram | WEMMEL | M | 1134 | 0:55:47 | 10,76 | 5:35 |
| 1355 | 3129 | NR 3129 | | M | 1135 | 0:55:48 | 10,75 | 5:35 |
| 1356 | 962 | LAURYSSSENS Paul | BORGERHOUT (ANTW.) | M | 1136 | 0:55:48 | 10,75 | 5:35 |
| 1357 | 970 | LIEBAERT Didier | BERCHEM (ANTW.) | M | 1137 | 0:55:49 | 10,75 | 5:35 |
| 1358 | 2682 | POORT Annemie | ZELE | V | 221 | 0:55:50 | 10,75 | 5:35 |
| 1359 | 747 | LAGRANGE Annick | WAREGEM | V | 222 | 0:55:50 | 10,75 | 5:35 |
| 1360 | 3028 | BAETENS Sieglinde | SCHILDE | V | 223 | 0:55:50 | 10,75 | 5:35 |
| 1361 | 2972 | DESCHLUYTER Roland | OOSTKAMP | M | 1138 | 0:55:51 | 10,74 | 5:35 |
| 1362 | 427 | SCHOTSAERT Anneleen | BURST | V | 224 | 0:55:52 | 10,74 | 5:35 |
| 1363 | 1207 | VERHEYE Veronique | JABBEKE | V | 225 | 0:55:52 | 10,74 | 5:35 |
| 1364 | 618 | PENNY Guy | OOSTWINKEL | M | 1139 | 0:55:55 | 10,73 | 5:35 |
| 1365 | 3295 | HUYS Philippe | ANTWERPEN | M | 1140 | 0:55:56 | 10,73 | 5:36 |
| 1366 | 2796 | LORIES Bart | SINT-GILLIS-WAAS | M | 1141 | 0:55:57 | 10,72 | 5:36 |
| 1367 | 3059 | VAN ISACKER Sebastien | KNOKKE | M | 1142 | 0:55:59 | 10,72 | 5:36 |
| 1368 | 984 | LOWARD Thomas | BRUXELLES 4 | M | 1143 | 0:56:00 | 10,71 | 5:36 |
| 1369 | 528 | DE BUCK Ann | MALDEGEM KLEIT | V | 226 | 0:56:00 | 10,71 | 5:36 |
| 1370 | 2752 | DE VUYST Paul | OVERIJSE | M | 1144 | 0:56:02 | 10,71 | 5:36 |
| 1371 | 636 | DEHOUX Nick | BAAL | M | 1145 | 0:56:03 | 10,70 | 5:36 |
| 1372 | 2870 | DE WULF Filip | AALBEKE | M | 1146 | 0:56:03 | 10,70 | 5:36 |
| 1373 | 989 | VAN GEYTE Veerle | HAMME (O.-VL.) | V | 227 | 0:56:04 | 10,70 | 5:36 |
| 1374 | 2660 | HELSLOO Nick | KNOKKE | M | 1147 | 0:56:04 | 10,70 | 5:36 |
| 1375 | 666 | GHESELLE Maaïke | KNOKKE HEIST | V | 228 | 0:56:05 | 10,70 | 5:36 |
| 1376 | 3222 | DERRIKS Dimitri | TURNHOUT | M | 1148 | 0:56:05 | 10,70 | 5:36 |
| 1377 | 1170 | SCHULTE Stefan | LOVENDEGEM | M | 1149 | 0:56:05 | 10,70 | 5:36 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-----------------------|-------------------|-----|-------|---------|-------|---------|
| 1378 | 1168 | DE RIJCKE Jens | OORDEGEM | M | 1150 | 0:56:06 | 10,70 | 5:37 |
| 1379 | 1174 | DE BOCK Jan | DRONGEN | M | 1151 | 0:56:06 | 10,70 | 5:37 |
| 1380 | 1404 | DE BRABANDERE Kris | TIELT | M | 1152 | 0:56:06 | 10,70 | 5:37 |
| 1381 | 916 | SERBRUYNS Claire | KNOKKE-HEIST | V | 229 | 0:56:06 | 10,70 | 5:37 |
| 1382 | 1408 | VAN RAEPENBUSCH Tom | KNOKKE | M | 1153 | 0:56:07 | 10,69 | 5:37 |
| 1383 | 2547 | BLOMME Marc | KNOKKE-HEIST | M | 1154 | 0:56:07 | 10,69 | 5:37 |
| 1384 | 1612 | D'HAESE Mike | ANTWERPEN | M | 1155 | 0:56:07 | 10,69 | 5:37 |
| 1385 | 1545 | LAURENT Dieter | OOSTKAMP | M | 1156 | 0:56:07 | 10,69 | 5:37 |
| 1386 | 1546 | MESTDAG Heidi | BRUGGE | V | 230 | 0:56:07 | 10,69 | 5:37 |
| 1387 | 983 | DECAVELE Koen | GULLEGEM | M | 1157 | 0:56:09 | 10,69 | 5:37 |
| 1388 | 942 | GERREGAT Jean-Pierre | OUDEGEM | M | 1158 | 0:56:09 | 10,69 | 5:37 |
| 1389 | 907 | LIPPENS Frank | SINT-LAUREINS | M | 1159 | 0:56:10 | 10,68 | 5:37 |
| 1390 | 938 | VERKLINDE Ronny | BASSEVELDE | M | 1160 | 0:56:12 | 10,68 | 5:37 |
| 1391 | 1341 | CLAEYS Mario | MALDEGEM-ADEGEM | M | 1161 | 0:56:13 | 10,67 | 5:37 |
| 1392 | 1650 | GERTH Michel | HEVERLEE | M | 1162 | 0:56:13 | 10,67 | 5:37 |
| 1393 | 2776 | COUMANS Ben | GENT | M | 1163 | 0:56:15 | 10,67 | 5:37 |
| 1394 | 3177 | DE BRUYCKERE Nathalie | KNOKKE-HEIST | V | 231 | 0:56:16 | 10,66 | 5:38 |
| 1395 | 1225 | MOTTET Bernadette | LIEGE | V | 232 | 0:56:17 | 10,66 | 5:38 |
| 1396 | 3244 | KIMPE Nancy | BREDENE | V | 233 | 0:56:17 | 10,66 | 5:38 |
| 1397 | 1325 | REYNS Jacqueline | ST LIEVENS HOUTEM | V | 234 | 0:56:18 | 10,66 | 5:38 |
| 1398 | 1067 | EPAILARD Philippe | BRUXELLES | M | 1164 | 0:56:19 | 10,65 | 5:38 |
| 1399 | 875 | VERHELST Jan | KNOKKE-HEIST | M | 1165 | 0:56:21 | 10,65 | 5:38 |
| 1400 | 2672 | DE GROOTE Carlo | KNOKKE-HEIST | M | 1166 | 0:56:21 | 10,65 | 5:38 |
| 1401 | 2552 | SMELLINCKX Marianne | HALLE | V | 235 | 0:56:21 | 10,65 | 5:38 |
| 1402 | 672 | DEMUYNCK Kathy | WEVELGEM | V | 236 | 0:56:22 | 10,64 | 5:38 |
| 1403 | 1181 | IMPENS Inge | MARKEGEM | V | 237 | 0:56:22 | 10,64 | 5:38 |
| 1404 | 2899 | VERHELST Pascale | KNOKKE-HEIST | V | 238 | 0:56:23 | 10,64 | 5:38 |
| 1405 | 3203 | NEYTS Nadine | KNOKKE HEIST | V | 239 | 0:56:24 | 10,64 | 5:38 |
| 1406 | 3121 | VAN ASSCHE Liselot | BLANKENBERGE | V | 240 | 0:56:24 | 10,64 | 5:38 |
| 1407 | 2593 | MEULEMAN Bianca | SINT-KRUIS | V | 241 | 0:56:24 | 10,64 | 5:38 |
| 1408 | 2592 | DUDAL Stefanie | OOSTENDE | V | 242 | 0:56:24 | 10,64 | 5:38 |
| 1409 | 1110 | DI ROSSO Francesca | BRUXELLES | V | 243 | 0:56:25 | 10,64 | 5:39 |
| 1410 | 1358 | LECLUYSE Brecht | KNOKKE | M | 1167 | 0:56:25 | 10,64 | 5:39 |
| 1411 | 577 | PECKELBEEN Rita | KNOKKE-HEIST | V | 244 | 0:56:25 | 10,64 | 5:39 |
| 1412 | 2514 | TAFFE Chloe | BRUGGE | V | 245 | 0:56:26 | 10,63 | 5:39 |
| 1413 | 1303 | SNOECK Francis | BEVEREN | M | 1168 | 0:56:27 | 10,63 | 5:39 |
| 1414 | 845 | VLAMINCKX Luc | HOVE | M | 1169 | 0:56:27 | 10,63 | 5:39 |
| 1415 | 863 | VAN RIE Tim | STROMBEEK-BEVER | M | 1170 | 0:56:27 | 10,63 | 5:39 |
| 1416 | 591 | VAN HOECKE Yvan | WETTEREB | M | 1171 | 0:56:27 | 10,63 | 5:39 |
| 1417 | 1592 | LAUWERS Sigrid | RAVELS | V | 246 | 0:56:28 | 10,63 | 5:39 |
| 1418 | 2611 | SCHWEITZER Siedhane | OVERIJSE | M | 1172 | 0:56:28 | 10,63 | 5:39 |
| 1419 | 1037 | VERMEIREN Stephan | EDEGEM | M | 1173 | 0:56:29 | 10,62 | 5:39 |
| 1420 | 429 | CALLENS Steven | GENT | M | 1174 | 0:56:30 | 10,62 | 5:39 |
| 1421 | 1248 | VANGAMPELAERE Valerie | OESELGEM | V | 247 | 0:56:33 | 10,61 | 5:39 |
| 1422 | 2872 | PLOMPEN Kurt | STABROEK | M | 1175 | 0:56:33 | 10,61 | 5:39 |
| 1423 | 2528 | HELIN Michel | AALST | M | 1176 | 0:56:33 | 10,61 | 5:39 |
| 1424 | 882 | VANRYCKEGHEM Rony | MALDEGEM | M | 1177 | 0:56:34 | 10,61 | 5:39 |
| 1425 | 783 | MORBEE Sofie | KNOKKE | V | 248 | 0:56:36 | 10,60 | 5:40 |
| 1426 | 3193 | LAUWERS Trees | KNOKKE HEIST | V | 249 | 0:56:36 | 10,60 | 5:40 |
| 1427 | 900 | MAENHOUDT Bertrand | KNOKKE-HEIST | M | 1178 | 0:56:36 | 10,60 | 5:40 |
| 1428 | 3212 | DEKEYZER Hugo | ZEDELGEM | M | 1179 | 0:56:38 | 10,59 | 5:40 |
| 1429 | 784 | DEVLIEGER Lisa | KNOKKE | V | 250 | 0:56:38 | 10,59 | 5:40 |
| 1430 | 3255 | MICHELS Johan | ZEEBRUGGE | M | 1180 | 0:56:38 | 10,59 | 5:40 |
| 1431 | 400 | DEVLIEGER Johan | KNOKKE | M | 1181 | 0:56:39 | 10,59 | 5:40 |
| 1432 | 3091 | CLAES Peter | KNOKKE-HEIST | M | 1182 | 0:56:41 | 10,59 | 5:40 |
| 1433 | 3069 | DE VLOO Bart | BRUGGE | M | 1183 | 0:56:45 | 10,57 | 5:41 |
| 1434 | 3070 | ANECA Sophie | BRUGGE | V | 251 | 0:56:45 | 10,57 | 5:41 |
| 1435 | 744 | VAN GILBERGEN Hilde | BRUGGE | V | 252 | 0:56:46 | 10,57 | 5:41 |
| 1436 | 762 | VAN BRUSSEL Georges | LOCHRISTI | M | 1184 | 0:56:48 | 10,56 | 5:41 |
| 1437 | 2877 | HERTELEER Chris | MECHELEN | V | 253 | 0:56:49 | 10,56 | 5:41 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-------------------------|---------------------|-----|-------|---------|-------|---------|
| 1438 | 1023 | VANDEN AVENNE Filip | BRUSSEL | M | 1185 | 0:56:49 | 10,56 | 5:41 |
| 1439 | 1318 | VERBOVEN Petra | TURNHOUT | V | 254 | 0:56:49 | 10,56 | 5:41 |
| 1440 | 1211 | DE WAEL Conny | HEIST-AAN-ZEE | V | 255 | 0:56:50 | 10,56 | 5:41 |
| 1441 | 511 | VAN DEN BERGHE Frederik | GENT | M | 1186 | 0:56:52 | 10,55 | 5:41 |
| 1442 | 2540 | VAN MIJEN Leo | VOSELAAR | M | 1187 | 0:56:54 | 10,54 | 5:41 |
| 1443 | 3278 | POTTEAU Filip | ANTWERPEN | M | 1188 | 0:56:55 | 10,54 | 5:41 |
| 1444 | 1674 | DE ZUTTER Bavo | DE PINTE | M | 1189 | 0:56:57 | 10,54 | 5:42 |
| 1445 | 3118 | RUTTENS Kurt | WENDUINE | M | 1190 | 0:56:58 | 10,53 | 5:42 |
| 1446 | 1044 | NEUS Jean-Pierre | SCHAARBEEK | M | 1191 | 0:56:58 | 10,53 | 5:42 |
| 1447 | 2897 | LAMBERT Rik | BRUGGE | M | 1192 | 0:56:58 | 10,53 | 5:42 |
| 1448 | 2738 | INMACULADA | IXELLES | V | 256 | 0:56:59 | 10,53 | 5:42 |
| 1449 | 981 | NI MHURCHI Neasa | BRUXELLES 6 | V | 257 | 0:56:59 | 10,53 | 5:42 |
| 1450 | 611 | COLLIN Claire | BRUSSEL 19 | V | 258 | 0:57:00 | 10,53 | 5:42 |
| 1451 | 513 | MAES Walter | DEURNE (ANTW.) | M | 1193 | 0:57:01 | 10,52 | 5:42 |
| 1452 | 1647 | JANSSENS Stefaan | BRASSCHAAT | M | 1194 | 0:57:01 | 10,52 | 5:42 |
| 1453 | 2662 | CAPPAERT Johan | TREMELO | M | 1195 | 0:57:02 | 10,52 | 5:42 |
| 1454 | 1608 | VERCNOCKE Ives | SIJSELE | M | 1196 | 0:57:03 | 10,52 | 5:42 |
| 1455 | 2577 | GEYSKENS Erwin | DUFFEL | M | 1197 | 0:57:03 | 10,52 | 5:42 |
| 1456 | 1094 | COUREAUX Yves | SCHAAN | M | 1198 | 0:57:05 | 10,51 | 5:42 |
| 1457 | 1699 | COUPEZ Geert | GENTBRUGGE | M | 1199 | 0:57:07 | 10,50 | 5:43 |
| 1458 | 978 | HINO Namiko | SAINT GILLES | V | 259 | 0:57:08 | 10,50 | 5:43 |
| 1459 | 1367 | DIRIKX Alain | ZELEM | M | 1200 | 0:57:08 | 10,50 | 5:43 |
| 1460 | 634 | KREPS Paul | HEIST-AAN-ZEE | M | 1201 | 0:57:08 | 10,50 | 5:43 |
| 1461 | 1662 | MOUTON Frederic | IXELLES | M | 1202 | 0:57:13 | 10,49 | 5:43 |
| 1462 | 1589 | SCHOOFS John | DEURNE (ANTW.) | M | 1203 | 0:57:14 | 10,48 | 5:43 |
| 1463 | 1063 | BEKAERT Celine | HEIST-AAN-ZEE | V | 260 | 0:57:14 | 10,48 | 5:43 |
| 1464 | 2568 | VAN DOORSLAER Lieven | LANDSKOUTER | M | 1204 | 0:57:15 | 10,48 | 5:44 |
| 1465 | 1684 | VIJVERMAN Franky | HELDERGEM | M | 1205 | 0:57:15 | 10,48 | 5:44 |
| 1466 | 1190 | COTTYN Johannes | HARELBEKE | M | 1206 | 0:57:16 | 10,48 | 5:44 |
| 1467 | 2715 | OPSOMER Mathieu | WAASMUNSTER | M | 1207 | 0:57:17 | 10,47 | 5:44 |
| 1468 | 2723 | KEYMIS Michel | KNOKKE-HEIST | M | 1208 | 0:57:18 | 10,47 | 5:44 |
| 1469 | 1235 | DE BRABANDER Martien | KNOKKE | V | 261 | 0:57:18 | 10,47 | 5:44 |
| 1470 | 1172 | NAUWELAERS Sabine | BERCHEM (ANTW.) | V | 262 | 0:57:18 | 10,47 | 5:44 |
| 1471 | 2858 | STOCKMANS Steven | ANTWERPEN | M | 1209 | 0:57:19 | 10,47 | 5:44 |
| 1472 | 1605 | VIAENE Pieter | KRUIBEKE | M | 1210 | 0:57:20 | 10,47 | 5:44 |
| 1473 | 3176 | DE KEYSER Roxane | DAMME | V | 263 | 0:57:21 | 10,46 | 5:44 |
| 1474 | 413 | NR 413 | | M | 1211 | 0:57:21 | 10,46 | 5:44 |
| 1475 | 825 | DE GROOTE Luc | HEIST-AAN-ZEE | M | 1212 | 0:57:22 | 10,46 | 5:44 |
| 1476 | 2512 | TALPE Fernand | BRUGGE | M | 1213 | 0:57:22 | 10,46 | 5:44 |
| 1477 | 2914 | WELVAERT Miguel | ZUIENKERKE | M | 1214 | 0:57:26 | 10,45 | 5:45 |
| 1478 | 1300 | VAN BUGGENHOUT Dirk | KAPELLE-OP-DEN-BOS | M | 1215 | 0:57:26 | 10,45 | 5:45 |
| 1479 | 831 | DONCKERS Katrien | KNOKKE-HEIST | V | 264 | 0:57:27 | 10,44 | 5:45 |
| 1480 | 539 | WAJSBERG Benjamin | ANTWERPEN 1 | M | 1216 | 0:57:27 | 10,44 | 5:45 |
| 1481 | 540 | WAJSBERG Dan | ANTWERPEN 1 | M | 1217 | 0:57:28 | 10,44 | 5:45 |
| 1482 | 2567 | VERDUYN Kristel | STEKENE | V | 265 | 0:57:28 | 10,44 | 5:45 |
| 1483 | 615 | CNUUDE William | EEKLO | M | 1218 | 0:57:29 | 10,44 | 5:45 |
| 1484 | 1270 | PAELINCK Trees | MERELBEKE | V | 266 | 0:57:30 | 10,43 | 5:45 |
| 1485 | 1072 | SCHAEPDRIJVER Willy | KNOKKE-HEIST | M | 1219 | 0:57:30 | 10,43 | 5:45 |
| 1486 | 1284 | LAMBERT Laurent | KNOKKE-HEIST | M | 1220 | 0:57:31 | 10,43 | 5:45 |
| 1487 | 2764 | CEYSSENS Manu | HASSELT | M | 1221 | 0:57:32 | 10,43 | 5:45 |
| 1488 | 823 | DRYEPONDT Ronny | KNOKKE-HEIST | M | 1222 | 0:57:33 | 10,43 | 5:45 |
| 1489 | 1752 | MALFAIT Arnoult | DIKSMUIDE | M | 1223 | 0:57:34 | 10,42 | 5:45 |
| 1490 | 195 | CALLAGHAN Ruth | WATERLOO | V | 267 | 0:57:35 | 10,42 | 5:46 |
| 1491 | 2538 | VANDEN BOSSCHE Didier | LISSEWEGG | M | 1224 | 0:57:36 | 10,42 | 5:46 |
| 1492 | 3120 | VAN BOGAERT Yves | TEMSE | M | 1225 | 0:57:37 | 10,41 | 5:46 |
| 1493 | 3226 | CLAEYS Lindsay | SINT-KRUIS (BRUGGE) | V | 268 | 0:57:37 | 10,41 | 5:46 |
| 1494 | 2862 | MYNCKE Karin | MORTSEL | V | 269 | 0:57:38 | 10,41 | 5:46 |
| 1495 | 971 | RAMHARTER Johan | HERENTALS | M | 1226 | 0:57:39 | 10,41 | 5:46 |
| 1496 | 2522 | JANSSEUNE Annelies | | V | 270 | 0:57:41 | 10,40 | 5:46 |
| 1497 | 422 | KAUFMANN Alain | WEMMEL | M | 1227 | 0:57:42 | 10,40 | 5:46 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|------------------------|----------------------|-----|-------|---------|-------|---------|
| 1498 | 2524 | VERMEULEN Christophe | | M | 1228 | 0:57:42 | 10,40 | 5:46 |
| 1499 | 2918 | ANDRE Yves | UCCLE | M | 1229 | 0:57:42 | 10,40 | 5:46 |
| 1500 | 696 | SIMSEK Ozlem | GANSHOREN | V | 271 | 0:57:42 | 10,40 | 5:46 |
| 1501 | 3214 | BUYSSCHAERT Charlotte | SINT-ANDRIES | V | 272 | 0:57:43 | 10,40 | 5:46 |
| 1502 | 948 | PASTEELS Marina | TILDONK | V | 273 | 0:57:43 | 10,40 | 5:46 |
| 1503 | 560 | VOISELLE Nadine | SINT KATELIJNE WAVER | V | 274 | 0:57:44 | 10,39 | 5:46 |
| 1504 | 3140 | LANCKRIET Linda | SINT-ANDRIES | V | 275 | 0:57:45 | 10,39 | 5:47 |
| 1505 | 3149 | STROEF Ann | SINT-ANDRIES | V | 276 | 0:57:45 | 10,39 | 5:47 |
| 1506 | 559 | DE BISSCHOP Saskia | BONHEIDEN | V | 277 | 0:57:45 | 10,39 | 5:47 |
| 1507 | 2550 | DE ROECK Diederick | ANTWERPEN | M | 1230 | 0:57:46 | 10,39 | 5:47 |
| 1508 | 914 | MONSAERT Els | ERPE-MERE | V | 278 | 0:57:47 | 10,38 | 5:47 |
| 1509 | 1295 | STAES Albert | BEVEREN-WAAS | M | 1231 | 0:57:47 | 10,38 | 5:47 |
| 1510 | 589 | JACOBS Werner | SINT-MICHIELS | M | 1232 | 0:57:47 | 10,38 | 5:47 |
| 1511 | 818 | VERHEYE Elise | KNOKKE | V | 279 | 0:57:47 | 10,38 | 5:47 |
| 1512 | 2716 | VAN DEURSEN Robin | KNOKKE | M | 1233 | 0:57:47 | 10,38 | 5:47 |
| 1513 | 1757 | DEPAEPE Jane | BRUGGE | V | 280 | 0:57:47 | 10,38 | 5:47 |
| 1514 | 1682 | HEYMAN Regis | HOOGLEDE | M | 1234 | 0:57:48 | 10,38 | 5:47 |
| 1515 | 1713 | PIMSOM Carl | BRUGGE | M | 1235 | 0:57:49 | 10,38 | 5:47 |
| 1516 | 1084 | NEYRINCK Tim | KNOKKE-HEIST | M | 1236 | 0:57:51 | 10,37 | 5:47 |
| 1517 | 3147 | VANDE PUTTE Tom | KNOKKE-HEIST | M | 1237 | 0:57:52 | 10,37 | 5:47 |
| 1518 | 993 | MUS Dany | SINT-KRUIS | M | 1238 | 0:57:54 | 10,36 | 5:47 |
| 1519 | 995 | DESCHACHT Ria | SINT-KRUIS | V | 281 | 0:57:54 | 10,36 | 5:47 |
| 1520 | 1509 | MATTHYS Frank | KNOKKE | M | 1239 | 0:57:56 | 10,36 | 5:48 |
| 1521 | 601 | HEBBRECHT Koen | EEKLO | M | 1240 | 0:57:56 | 10,36 | 5:48 |
| 1522 | 1039 | DE GROOF Isabelle | EDEGEM | V | 282 | 0:57:56 | 10,36 | 5:48 |
| 1523 | 524 | HAMERLINCK Jean Pierre | DEURLE | M | 1241 | 0:57:57 | 10,35 | 5:48 |
| 1524 | 2677 | LENAERTS Annelie | ASTENE | V | 283 | 0:57:59 | 10,35 | 5:48 |
| 1525 | 860 | DE MAESSCHALK Richard | DEURNE (ANTW.) | M | 1242 | 0:57:59 | 10,35 | 5:48 |
| 1526 | 2733 | NR 2733 | | M | 1243 | 0:57:59 | 10,35 | 5:48 |
| 1527 | 768 | CLAEYS Fangio | KNOKKE-HEIST | M | 1244 | 0:58:00 | 10,34 | 5:48 |
| 1528 | 1334 | DE CLERCK Vicky | BLANKENBERGE | V | 284 | 0:58:00 | 10,34 | 5:48 |
| 1529 | 2942 | VAN PRAET Pascale | NEDER-OVER-HEEMBEEK | V | 285 | 0:58:02 | 10,34 | 5:48 |
| 1530 | 891 | WEYTJENS Griet | STERREBEEK | V | 286 | 0:58:02 | 10,34 | 5:48 |
| 1531 | 2756 | DE PREST Dirk | BRUGGE | M | 1245 | 0:58:04 | 10,33 | 5:48 |
| 1532 | 1086 | VANDE VELDE Celine | KNOKKE | V | 287 | 0:58:06 | 10,33 | 5:49 |
| 1533 | 861 | CAPPELIER Magda | BLANKENBERGE | V | 288 | 0:58:06 | 10,33 | 5:49 |
| 1534 | 932 | VAN LOOCKE Gerda | BRUGGE | V | 289 | 0:58:06 | 10,33 | 5:49 |
| 1535 | 1158 | COUCKE Jo | KNOKKE | M | 1246 | 0:58:07 | 10,32 | 5:49 |
| 1536 | 3205 | BOUCKAERT Ingrid | KNOKKE-HEIST | V | 290 | 0:58:08 | 10,32 | 5:49 |
| 1537 | 1132 | DECONINCK Henk | KNOKKE-HEIST | M | 1247 | 0:58:08 | 10,32 | 5:49 |
| 1538 | 1149 | VANDE CAPPELLE Arno | KNOKKE-HEIST | M | 1248 | 0:58:09 | 10,32 | 5:49 |
| 1539 | 974 | CLAUS Myriam | BERCHEM (ANTW.) | V | 291 | 0:58:10 | 10,32 | 5:49 |
| 1540 | 1763 | ROUSSEAU Frederik | GENT | M | 1249 | 0:58:12 | 10,31 | 5:49 |
| 1541 | 1620 | SIX Isabelle | ANTWERPEN | V | 292 | 0:58:15 | 10,30 | 5:49 |
| 1542 | 1765 | VERSCHMAGUE Johan | MECHELEN | M | 1250 | 0:58:16 | 10,30 | 5:50 |
| 1543 | 1678 | FLIEBERG Kurt | MECHELEN | M | 1251 | 0:58:16 | 10,30 | 5:50 |
| 1544 | 2895 | DEPUYT Frank | MOLENBEEK-SAINT-JEAN | M | 1252 | 0:58:17 | 10,29 | 5:50 |
| 1545 | 2707 | VAN ROMPAEY Cathy | MOERKERKE | V | 293 | 0:58:18 | 10,29 | 5:50 |
| 1546 | 745 | MUS Kathleen | KNOKKE-HEIST | V | 294 | 0:58:18 | 10,29 | 5:50 |
| 1547 | 2767 | VANDEWEERD Ivo | HASSELT | M | 1253 | 0:58:19 | 10,29 | 5:50 |
| 1548 | 428 | LEVERS David | HEUSDEN (O.-VL.) | M | 1254 | 0:58:20 | 10,29 | 5:50 |
| 1549 | 897 | DENYN Filip | ZELLIK | M | 1255 | 0:58:20 | 10,29 | 5:50 |
| 1550 | 3066 | HENS Filip | MECHELEN | M | 1256 | 0:58:21 | 10,28 | 5:50 |
| 1551 | 1591 | DUMONCEAU Pedro | GENTBRUGGE | M | 1257 | 0:58:23 | 10,28 | 5:50 |
| 1552 | 3080 | DE WISPELAERE Bjorn | ZULTE | M | 1258 | 0:58:23 | 10,28 | 5:50 |
| 1553 | 2581 | BLEYS Pascal | GENT | M | 1259 | 0:58:23 | 10,28 | 5:50 |
| 1554 | 2697 | MANHAEVE Robin | KNOKKE-HEIST | M | 1260 | 0:58:24 | 10,27 | 5:50 |
| 1555 | 407 | MAES Kenneth | DESTELBERGEN | M | 1261 | 0:58:26 | 10,27 | 5:51 |
| 1556 | 1754 | GOBERT Miet | KNOKKE-HEIST | V | 295 | 0:58:26 | 10,27 | 5:51 |
| 1557 | 2964 | VERSPECHT Jurgen | OPWIJK | M | 1262 | 0:58:26 | 10,27 | 5:51 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-------------------------|-------------------|-----|-------|---------|-------|---------|
| 1558 | 3206 | PAULY Dagmar | SINT-ANDRIES | V | 296 | 0:58:26 | 10,27 | 5:51 |
| 1559 | 2968 | VAN DEN BOSSCHE Sabrina | OPWIJK | V | 297 | 0:58:27 | 10,27 | 5:51 |
| 1560 | 1219 | GEBRUERS Hugo | LINT | M | 1263 | 0:58:29 | 10,26 | 5:51 |
| 1561 | 661 | NOELANDERS Tania | HEUSDEN-ZOLDER | V | 298 | 0:58:31 | 10,25 | 5:51 |
| 1562 | 662 | HENDRICKX Dirk | HASSELT | M | 1264 | 0:58:31 | 10,25 | 5:51 |
| 1563 | 853 | VANSTEELAND Isabelle | DEINZE | V | 299 | 0:58:32 | 10,25 | 5:51 |
| 1564 | 1771 | VANDEN BERGHE Dwight | EERNEGEM | M | 1265 | 0:58:33 | 10,25 | 5:51 |
| 1565 | 1770 | VANDEN BERGHE Steve | DIKSMUIDE | M | 1266 | 0:58:34 | 10,24 | 5:51 |
| 1566 | 1356 | DIRICX Rita | DEURNE (ANTW.) | V | 300 | 0:58:34 | 10,24 | 5:51 |
| 1567 | 1583 | PRZIBYLLA Wiebke | ROESELARE | V | 301 | 0:58:35 | 10,24 | 5:52 |
| 1568 | 719 | VANDAELE Caroline | NINOVE | V | 302 | 0:58:36 | 10,24 | 5:52 |
| 1569 | 2646 | BERGHMAN Myriam | DENDERMONDE | V | 303 | 0:58:37 | 10,24 | 5:52 |
| 1570 | 1541 | ROSSIE Jean-Claude | LEDEBERG | M | 1267 | 0:58:38 | 10,23 | 5:52 |
| 1571 | 1654 | BIARD Deborah | LICHTERVELDE | V | 304 | 0:58:38 | 10,23 | 5:52 |
| 1572 | 1542 | ROSSIE Evelyne | LEDEBERG | V | 305 | 0:58:38 | 10,23 | 5:52 |
| 1573 | 3194 | VERHELST Annemie | BRUGGE | V | 306 | 0:58:40 | 10,23 | 5:52 |
| 1574 | 2781 | VAN DEN STEEN Bjorn | HELDERGEM | M | 1268 | 0:58:41 | 10,22 | 5:52 |
| 1575 | 2782 | DE SAEDELEER Els | BURST | V | 307 | 0:58:41 | 10,22 | 5:52 |
| 1576 | 2780 | DELANNOY Sebastien | JETTE | M | 1269 | 0:58:42 | 10,22 | 5:52 |
| 1577 | 2779 | LUPPENS Julie | BRUSSEL | V | 308 | 0:58:42 | 10,22 | 5:52 |
| 1578 | 1681 | VAN HYFTE Lisa | HEIST-AAN-ZEE | V | 309 | 0:58:45 | 10,21 | 5:53 |
| 1579 | 1762 | WEYN Cesar | SINAAI-WAAS | M | 1270 | 0:58:45 | 10,21 | 5:53 |
| 1580 | 3009 | CASPERS Max | KAPellen | M | 1271 | 0:58:51 | 10,20 | 5:53 |
| 1581 | 2783 | VOLCKAERT Jeroen | DENDERLEEuw | M | 1272 | 0:58:52 | 10,19 | 5:53 |
| 1582 | 619 | CORNELIS Kris | IDDERGEM | M | 1273 | 0:58:52 | 10,19 | 5:53 |
| 1583 | 1074 | TANGHE Fanny | BLANKENBERGE | V | 310 | 0:58:52 | 10,19 | 5:53 |
| 1584 | 1640 | VAN DRIEL Jeroen | BRESKENS | M | 1274 | 0:58:54 | 10,19 | 5:53 |
| 1585 | 2951 | DE BOCK Natasja | KNOKKE-HEIST | V | 311 | 0:58:55 | 10,18 | 5:53 |
| 1586 | 1153 | LION Dorine | KNOKKE-HEIST | V | 312 | 0:58:55 | 10,18 | 5:53 |
| 1587 | 3064 | SERREYN Myriam | MIDDELBURG | V | 313 | 0:58:58 | 10,18 | 5:54 |
| 1588 | 2743 | VAN GOETHEM Vianney | STEENDORP | M | 1275 | 0:59:00 | 10,17 | 5:54 |
| 1589 | 1528 | BOGAERT Niki | MEERDONK | V | 314 | 0:59:03 | 10,16 | 5:54 |
| 1590 | 584 | VAN DER MASSEN Isolde | HEVER | V | 315 | 0:59:03 | 10,16 | 5:54 |
| 1591 | 1656 | CARYN Caroline | KNOKKE | V | 316 | 0:59:06 | 10,15 | 5:55 |
| 1592 | 975 | BREUGELMANS Rita | AALST | V | 317 | 0:59:10 | 10,14 | 5:55 |
| 1593 | 1372 | DE ZUTTER Carine | BLANKENBERGE | V | 318 | 0:59:11 | 10,14 | 5:55 |
| 1594 | 1336 | LENAERTS Marleen | EKE | V | 319 | 0:59:14 | 10,13 | 5:55 |
| 1595 | 2676 | MASSCHELIER Kirsten | DEURNE (ANTW.) | V | 320 | 0:59:16 | 10,12 | 5:56 |
| 1596 | 722 | VANMARCKE Gwenda | BRUGGE | V | 321 | 0:59:18 | 10,12 | 5:56 |
| 1597 | 2924 | DE HERDT Paul | ANTWERPEN | M | 1276 | 0:59:22 | 10,11 | 5:56 |
| 1598 | 1208 | VERSMISSEN Peter | MERCHTEM | M | 1277 | 0:59:22 | 10,11 | 5:56 |
| 1599 | 1083 | DE CRAENE Caroline | SINT-KRUIS WINKEL | V | 322 | 0:59:23 | 10,10 | 5:56 |
| 1600 | 1302 | SAEY Tom | DEURNE (ANTW.) | M | 1278 | 0:59:23 | 10,10 | 5:56 |
| 1601 | 930 | METTEN Jean | WEMMEL | M | 1279 | 0:59:24 | 10,10 | 5:56 |
| 1602 | 3078 | BESSEMS Ilse | AALTER | V | 323 | 0:59:25 | 10,10 | 5:56 |
| 1603 | 2510 | MOERMAN Fabienne | BRUGGE | V | 324 | 0:59:27 | 10,09 | 5:57 |
| 1604 | 2916 | COUCKE Quinten | KNOKKE | M | 1280 | 0:59:27 | 10,09 | 5:57 |
| 1605 | 516 | VANHOLLEBEKE Sofia | SINT-TRUIDEN | V | 325 | 0:59:30 | 10,08 | 5:57 |
| 1606 | 3283 | LEMAHIEU Myriam | SINT-MICHIELS | V | 326 | 0:59:31 | 10,08 | 5:57 |
| 1607 | 3284 | ZUTTERMAN Jean-Pierre | SINT-MICHIELS | M | 1281 | 0:59:32 | 10,08 | 5:57 |
| 1608 | 2620 | BRACKE Annick | ANTWERPEN | V | 327 | 0:59:33 | 10,08 | 5:57 |
| 1609 | 414 | NR 414 | | M | 1282 | 0:59:33 | 10,08 | 5:57 |
| 1610 | 587 | VAN DER MASSEN Sofie | HEVER | V | 328 | 0:59:34 | 10,07 | 5:57 |
| 1611 | 1135 | BULLYNCK Nick | KNOKKE-HEIST | M | 1283 | 0:59:36 | 10,07 | 5:58 |
| 1612 | 2755 | TISEYEN Wiels | HEMIKSEM | M | 1284 | 0:59:42 | 10,05 | 5:58 |
| 1613 | 1617 | MAEBE Rita | AALTER | V | 329 | 0:59:42 | 10,05 | 5:58 |
| 1614 | 690 | VERBURGH Erik | KNOKKE-HEIST | M | 1285 | 0:59:43 | 10,05 | 5:58 |
| 1615 | 526 | VLIETINCK Kathleen | KNOKKE-HEIST | V | 330 | 0:59:43 | 10,05 | 5:58 |
| 1616 | 3116 | PETERS Carl | BRUGGE | M | 1286 | 0:59:44 | 10,04 | 5:58 |
| 1617 | 940 | GOVAERT Hannes | ASSEBROEK | M | 1287 | 0:59:48 | 10,03 | 5:59 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-------------------------|-------------------|-----|-------|---------|-------|---------|
| 1618 | 3208 | MOLLET Roxxy | KNOKKE | V | 331 | 0:59:49 | 10,03 | 5:59 |
| 1619 | 2700 | VANDECAUTER Luc | BRUXELLES | M | 1288 | 0:59:54 | 10,02 | 5:59 |
| 1620 | 2875 | CLINCKE Danny | KALKEN | M | 1289 | 0:59:54 | 10,02 | 5:59 |
| 1621 | 1009 | VAN NYEN Isabelle | KRAAINEM | V | 332 | 0:59:55 | 10,01 | 6:00 |
| 1622 | 1054 | BRACK Killian | HEIST-AAN-ZEE | M | 1290 | 0:59:56 | 10,01 | 6:00 |
| 1623 | 1663 | MARQUET Christophe | LASNE | M | 1291 | 0:59:57 | 10,01 | 6:00 |
| 1624 | 1055 | BRACK Erik | KNOKKE HEIST | M | 1292 | 0:59:57 | 10,01 | 6:00 |
| 1625 | 890 | VANDERELST Pierre | STERREBEEK | M | 1293 | 0:59:57 | 10,01 | 6:00 |
| 1626 | 973 | LEMMENS Katrien | HERENTALS | V | 333 | 0:59:58 | 10,01 | 6:00 |
| 1627 | 1202 | DE CORTE Annelies | ZOTTEGEM | V | 334 | 0:59:58 | 10,01 | 6:00 |
| 1628 | 654 | BURGGRAEVE Cedric | DUDZELE | M | 1294 | 0:59:58 | 10,01 | 6:00 |
| 1629 | 655 | BURGGRAEVE Vincent | DUDZELE | M | 1295 | 0:59:59 | 10,00 | 6:00 |
| 1630 | 1700 | DIETTE Benjamin | ALVERINGEM | M | 1296 | 1:00:00 | 10,00 | 6:00 |
| 1631 | 1307 | RAPPE Els | KNOKKE HEIST | V | 335 | 1:00:00 | 10,00 | 6:00 |
| 1632 | 1399 | PATTYN Natasha | KNOKKE-HEIST | V | 336 | 1:00:00 | 10,00 | 6:00 |
| 1633 | 1255 | VERSCHRAEGEN Colette | HOEILAART | V | 337 | 1:00:04 | 9,99 | 6:00 |
| 1634 | 2749 | SCHUERMANS Philippe | GRIMBERGEN | M | 1297 | 1:00:05 | 9,99 | 6:01 |
| 1635 | 2748 | SCHUERMANS Josefien | GRIMBERGEN | V | 338 | 1:00:06 | 9,98 | 6:01 |
| 1636 | 1193 | VAN ROOSBROECK Patricia | ANTWERPEN | V | 339 | 1:00:06 | 9,98 | 6:01 |
| 1637 | 929 | BRUYER Michel | ASSEBROEK | M | 1298 | 1:00:07 | 9,98 | 6:01 |
| 1638 | 1046 | BARBIER Nele | LISSEWEGE | V | 340 | 1:00:08 | 9,98 | 6:01 |
| 1639 | 3114 | VIGNERI Candice | MELLE | V | 341 | 1:00:08 | 9,98 | 6:01 |
| 1640 | 3112 | LOPPENS Serge | MELLE | M | 1299 | 1:00:09 | 9,98 | 6:01 |
| 1641 | 1236 | GYDE Serge | HEIST-AAN-ZEE | M | 1300 | 1:00:10 | 9,97 | 6:01 |
| 1642 | 2699 | DEVILLE Joel | BERBOURG | M | 1301 | 1:00:11 | 9,97 | 6:01 |
| 1643 | 3165 | MATTHYS Sandra | KNOKKE HEIST | V | 342 | 1:00:12 | 9,97 | 6:01 |
| 1644 | 3005 | SIMONS Sigrid | KEERBERGEN | V | 343 | 1:00:13 | 9,96 | 6:01 |
| 1645 | 502 | DE BAETS Saskia | MALDEGEM | V | 344 | 1:00:15 | 9,96 | 6:01 |
| 1646 | 2670 | VERCRUYSSSE Wim | ROESELARE | M | 1302 | 1:00:16 | 9,96 | 6:02 |
| 1647 | 705 | VLAEMINCK Peggy | HAMME | V | 345 | 1:00:17 | 9,95 | 6:02 |
| 1648 | 879 | UYTTERHOEVEN Valerie | HEIST-OP-DEN-BERG | V | 346 | 1:00:18 | 9,95 | 6:02 |
| 1649 | 2741 | SCHERRENS Valerie | OOSTROZEBEKE | V | 347 | 1:00:19 | 9,95 | 6:02 |
| 1650 | 793 | BORNY Lisa | KNOKKE HEIST | V | 348 | 1:00:21 | 9,94 | 6:02 |
| 1651 | 1571 | NR 1571 | | M | 1303 | 1:00:25 | 9,93 | 6:02 |
| 1652 | 1570 | NR 1570 | | M | 1304 | 1:00:26 | 9,93 | 6:03 |
| 1653 | 3289 | DELENDECKER Kathy | SINT-KRUIS | V | 349 | 1:00:28 | 9,92 | 6:03 |
| 1654 | 3290 | ACKX Steven | SINT-KRUIS | M | 1305 | 1:00:28 | 9,92 | 6:03 |
| 1655 | 703 | DE WILDE Kristien | ZELE | V | 350 | 1:00:29 | 9,92 | 6:03 |
| 1656 | 3282 | BAUWENS Hans | LOTENHULLE | M | 1306 | 1:00:31 | 9,91 | 6:03 |
| 1657 | 3256 | VANHOVE Nele | KNOKKE | V | 351 | 1:00:32 | 9,91 | 6:03 |
| 1658 | 2789 | LOOTENS Marie | KNOKKE | V | 352 | 1:00:34 | 9,91 | 6:03 |
| 1659 | 1634 | CATOOR Annelies | SINT-ANDRIES | M | 1307 | 1:00:34 | 9,91 | 6:03 |
| 1660 | 2617 | MESTDACH Astrid | KNOKKE | V | 353 | 1:00:34 | 9,91 | 6:03 |
| 1661 | 893 | RAEMDONCK Marianne | ZELE | V | 354 | 1:00:34 | 9,91 | 6:03 |
| 1662 | 3041 | NR 3041 | | M | 1308 | 1:00:35 | 9,90 | 6:03 |
| 1663 | 1638 | PROVOOST Melanie | LISSEWEGE | V | 355 | 1:00:35 | 9,90 | 6:03 |
| 1664 | 781 | MOEYAERT Marc | KNOKKE | M | 1309 | 1:00:35 | 9,90 | 6:03 |
| 1665 | 1507 | DE SMET Dominique | GULLEGEM | V | 356 | 1:00:36 | 9,90 | 6:04 |
| 1666 | 553 | NILWIK Sanne | BUGGENHOUT | V | 357 | 1:00:37 | 9,90 | 6:04 |
| 1667 | 2551 | WITTOUCK Michelle | WEVELGEM | V | 358 | 1:00:39 | 9,89 | 6:04 |
| 1668 | 901 | VAN ROMPU Myriam | LOCHRISTI | V | 359 | 1:00:39 | 9,89 | 6:04 |
| 1669 | 1080 | RAEMDONCK Ronald | KNOKKE-HEIST | M | 1310 | 1:00:40 | 9,89 | 6:04 |
| 1670 | 1703 | LIBERT Christel | OOIKE | V | 360 | 1:00:42 | 9,88 | 6:04 |
| 1671 | 412 | NR 412 | | M | 1311 | 1:00:44 | 9,88 | 6:04 |
| 1672 | 1519 | MAES Wouter-Brechtse | MOERKERKE | M | 1312 | 1:00:45 | 9,88 | 6:04 |
| 1673 | 821 | GROGNA Sebastien | SAINT-GILLES | M | 1313 | 1:00:47 | 9,87 | 6:05 |
| 1674 | 3134 | SHELLEKENS Gabriela | KNOKKE | V | 361 | 1:00:47 | 9,87 | 6:05 |
| 1675 | 2708 | LAGAST Nicky | KNOKKE | M | 1314 | 1:00:50 | 9,86 | 6:05 |
| 1676 | 776 | MAELFAIT Julie | KNOKKE HEIST | V | 362 | 1:00:53 | 9,85 | 6:05 |
| 1677 | 2638 | DE KEMPE Mark | KNOKKE-HEIST | M | 1315 | 1:00:53 | 9,85 | 6:05 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
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| 1678 | 1252 | DENECKER Jan | KNOKKE-HEIST | M | 1316 | 1:00:53 | 9,85 | 6:05 |
| 1679 | 1314 | MAERTENS Kathleen | KNOKKE-HEIST | V | 363 | 1:00:53 | 9,85 | 6:05 |
| 1680 | 1527 | VANESLANDER Rinus | WATERMAEL-BOITSFORT | M | 1317 | 1:00:53 | 9,85 | 6:05 |
| 1681 | 646 | FLAMAND Christel | KNOKKE HEIST | V | 364 | 1:00:54 | 9,85 | 6:05 |
| 1682 | 3084 | VAN HAUTE Marina | WAASMUNSTER | V | 365 | 1:00:56 | 9,85 | 6:06 |
| 1683 | 972 | RAMHARTER Kristof | HERENTALS | M | 1318 | 1:00:57 | 9,84 | 6:06 |
| 1684 | 3287 | GOETINCK Sylvia | | V | 366 | 1:00:59 | 9,84 | 6:06 |
| 1685 | 2747 | VAN GEYSTELEN Eva | GENT | V | 367 | 1:00:59 | 9,84 | 6:06 |
| 1686 | 953 | MINNE Myriam | LOCHRISTI | V | 368 | 1:00:59 | 9,84 | 6:06 |
| 1687 | 1027 | LYPHOUT Mireille | ST-JAN-IN-EREMO | V | 369 | 1:00:59 | 9,84 | 6:06 |
| 1688 | 837 | MOERENHOUT Karolien | GIJZEGEM | V | 370 | 1:01:01 | 9,83 | 6:06 |
| 1689 | 921 | MARTENS Murielle | ST-DENIJS-WESTREM | V | 371 | 1:01:03 | 9,83 | 6:06 |
| 1690 | 3085 | BUYSSE Carine | WAASMUNSTER | V | 372 | 1:01:04 | 9,83 | 6:06 |
| 1691 | 2719 | ZUTTERMAN Nele | KNOKKE-HEIST | V | 373 | 1:01:06 | 9,82 | 6:07 |
| 1692 | 2627 | SOIN Ann | NIEUWERKERKEN (AALST) | V | 374 | 1:01:09 | 9,81 | 6:07 |
| 1693 | 935 | QUIPOR Peter | LOCHRISTI | M | 1319 | 1:01:15 | 9,80 | 6:07 |
| 1694 | 721 | VAN BOSSTRAETEN Sarah | HAMME | V | 375 | 1:01:16 | 9,79 | 6:08 |
| 1695 | 1412 | GERTH Aurelie | SCHAARBEEK | V | 376 | 1:01:19 | 9,79 | 6:08 |
| 1696 | 652 | BROWN David | BRUSSEL 5 | M | 1320 | 1:01:19 | 9,79 | 6:08 |
| 1697 | 1299 | DECAESTECKER Didier | AFFLIGEM | M | 1321 | 1:01:22 | 9,78 | 6:08 |
| 1698 | 1338 | LOEYS Anja | KNOKKE-HEIST | V | 377 | 1:01:24 | 9,77 | 6:08 |
| 1699 | 1675 | MUSSCHE Cindy | NAZARETH | V | 378 | 1:01:25 | 9,77 | 6:08 |
| 1700 | 1210 | DE WIT Beatrijs | KNOKKE-HEIST | V | 379 | 1:01:26 | 9,77 | 6:09 |
| 1701 | 712 | COPPENS Betty | NINOVE | V | 380 | 1:01:30 | 9,76 | 6:09 |
| 1702 | 3125 | NR 3125 | | M | 1322 | 1:01:37 | 9,74 | 6:10 |
| 1703 | 3099 | VANDERVEKEN Jan | LIER | M | 1323 | 1:01:38 | 9,73 | 6:10 |
| 1704 | 777 | MAES Thomas | KNOKKE-HEIST | M | 1324 | 1:01:39 | 9,73 | 6:10 |
| 1705 | 3258 | BUSSCHOP Dirk | EDEGEM | M | 1325 | 1:01:39 | 9,73 | 6:10 |
| 1706 | 2944 | HEINRICHS Jan | KEULEN | M | 1326 | 1:01:39 | 9,73 | 6:10 |
| 1707 | 2931 | VAN BERKEL Nona | TILBURG | V | 381 | 1:01:44 | 9,72 | 6:10 |
| 1708 | 1036 | WIJNE Nina | KNOKKE-HEIST | V | 382 | 1:01:46 | 9,71 | 6:11 |
| 1709 | 3126 | NR 3126 | | M | 1327 | 1:01:47 | 9,71 | 6:11 |
| 1710 | 2668 | BRENTSENS Erwin | WAARLOOS | M | 1328 | 1:01:48 | 9,71 | 6:11 |
| 1711 | 816 | DE RUYSSCHER Leroy | SLUIS | M | 1329 | 1:01:49 | 9,71 | 6:11 |
| 1712 | 1089 | KEUPPENS Elisabeth | GENT | V | 383 | 1:01:51 | 9,70 | 6:11 |
| 1713 | 965 | KEUPPENS Frederik | GENT | M | 1330 | 1:01:52 | 9,70 | 6:11 |
| 1714 | 2692 | VAN CAUWENBERGH Elke | ZANDHOVEN | V | 384 | 1:01:53 | 9,70 | 6:11 |
| 1715 | 568 | VAN HEIRSEELE Brenda | GENT | M | 1331 | 1:01:53 | 9,70 | 6:11 |
| 1716 | 1201 | GEVAERT Marc | AALTER | M | 1332 | 1:01:54 | 9,69 | 6:11 |
| 1717 | 2766 | CEYSSENS Anne | HASSELT | V | 385 | 1:01:55 | 9,69 | 6:12 |
| 1718 | 2765 | CEYSSENS Sabine | OVERIJSE | V | 386 | 1:01:56 | 9,69 | 6:12 |
| 1719 | 2933 | ROSSEAU Mil | LOCHRISTI | M | 1333 | 1:01:56 | 9,69 | 6:12 |
| 1720 | 2763 | VLIEGEN Ivo | ANTWERPEN | M | 1334 | 1:01:57 | 9,69 | 6:12 |
| 1721 | 2761 | VAN PASSEL Hugo | WIJNEGEM | M | 1335 | 1:01:59 | 9,68 | 6:12 |
| 1722 | 1254 | TIMBREMONT Barbara | LOCHRISTI | V | 387 | 1:01:59 | 9,68 | 6:12 |
| 1723 | 3050 | DEWULF Bart | TORHOUT | M | 1336 | 1:02:00 | 9,68 | 6:12 |
| 1724 | 3008 | VERDRUGE Lot | BRUGGE | V | 388 | 1:02:00 | 9,68 | 6:12 |
| 1725 | 3076 | CHRISTOFOLETTI Fabio | BRUXELLES | M | 1337 | 1:02:01 | 9,67 | 6:12 |
| 1726 | 542 | VANDERHEYDEN Jozef | KOERSEL | M | 1338 | 1:02:02 | 9,67 | 6:12 |
| 1727 | 3229 | VLAEMINCK Elise | SIJSELE | V | 389 | 1:02:03 | 9,67 | 6:12 |
| 1728 | 608 | DEQUEKER Emilie | GENT | V | 390 | 1:02:04 | 9,67 | 6:12 |
| 1729 | 1028 | VERHAEGHE Trees | WAASMUNSTER | V | 391 | 1:02:07 | 9,66 | 6:13 |
| 1730 | 733 | CNUUDE Johan | KNOKKE-HEIST | M | 1339 | 1:02:09 | 9,65 | 6:13 |
| 1731 | 2885 | RIJNDERS Maejolein | | V | 392 | 1:02:09 | 9,65 | 6:13 |
| 1732 | 2507 | BUFFEL Kathleen | LOPPEM | V | 393 | 1:02:11 | 9,65 | 6:13 |
| 1733 | 1596 | ZALLARINO Ana | WILRIJK (ANTW.) | V | 394 | 1:02:11 | 9,65 | 6:13 |
| 1734 | 682 | VANDE CAUTER Laurent | BRUSSEL 21 | M | 1340 | 1:02:12 | 9,65 | 6:13 |
| 1735 | 718 | VAN DEN HENDE Lieve | SINT NIKLAAS | V | 395 | 1:02:14 | 9,64 | 6:13 |
| 1736 | 2985 | HEYLEN Ann | REET | V | 396 | 1:02:16 | 9,64 | 6:14 |
| 1737 | 643 | VAN DENABEELE Guy | ANTWERPEN 2 | M | 1341 | 1:02:16 | 9,64 | 6:14 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
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| 1738 | 1175 | CHRISTIAEN Nicky | GENT | V | 397 | 1:02:17 | 9,63 | 6:14 |
| 1739 | 1304 | DIERICKX Sophie | ANTWERPEN | V | 398 | 1:02:18 | 9,63 | 6:14 |
| 1740 | 728 | DE GEEST Daniel | AARTSELAAR | M | 1342 | 1:02:19 | 9,63 | 6:14 |
| 1741 | 1534 | VAN GERWEN Katrien | EREMBODEGEM (AALST) | V | 399 | 1:02:20 | 9,63 | 6:14 |
| 1742 | 128 | RINGOOT Dany | MEISE | M | 1343 | 1:02:20 | 9,63 | 6:14 |
| 1743 | 1533 | VAN HERREWEGHE Karine | WETTEREN | V | 400 | 1:02:20 | 9,63 | 6:14 |
| 1744 | 3172 | SAVELS Carine | KNOKKE-HEIST | V | 401 | 1:02:20 | 9,63 | 6:14 |
| 1745 | 2973 | NOBUS Veerle | MALDEGEM | V | 402 | 1:02:21 | 9,62 | 6:14 |
| 1746 | 594 | VAN ROMPAEY Karin | LINTER | V | 403 | 1:02:24 | 9,62 | 6:14 |
| 1747 | 1359 | MATHIEU Patrice | KONTICH | V | 404 | 1:02:24 | 9,62 | 6:14 |
| 1748 | 1352 | DE DECKER Alain | KONTICH | M | 1344 | 1:02:24 | 9,62 | 6:14 |
| 1749 | 2724 | DE VREESE Katia | ELEWIJT | V | 405 | 1:02:24 | 9,62 | 6:14 |
| 1750 | 751 | DUYN Irene | AMSERDAM | V | 406 | 1:02:28 | 9,61 | 6:15 |
| 1751 | 558 | CONSTANT Joris | WINGENE | M | 1345 | 1:02:28 | 9,61 | 6:15 |
| 1752 | 1256 | NELEN Patrick | BRASSCHAAT | M | 1346 | 1:02:28 | 9,61 | 6:15 |
| 1753 | 3180 | VANDENBERGHE Veronique | ZEEBRUGGE (BRUGGE) | V | 407 | 1:02:32 | 9,59 | 6:15 |
| 1754 | 1776 | GHIJSELINCK Leon | ZINGEM | M | 1347 | 1:02:34 | 9,59 | 6:15 |
| 1755 | 1010 | KINT Francis | KRAAINEM | M | 1348 | 1:02:35 | 9,59 | 6:15 |
| 1756 | 3270 | DEMEYER Micheline | GENT | V | 408 | 1:02:37 | 9,58 | 6:16 |
| 1757 | 1550 | DEVROE Hans | SCHILDE | M | 1349 | 1:02:38 | 9,58 | 6:16 |
| 1758 | 2624 | VAN BUNDER Bart | HERENTALS | M | 1350 | 1:02:39 | 9,58 | 6:16 |
| 1759 | 2625 | VAN BUNDER Vince | HERENTALS | M | 1351 | 1:02:39 | 9,58 | 6:16 |
| 1760 | 1687 | DEHONDT Marie-Rose | OOSTENDE | V | 409 | 1:02:42 | 9,57 | 6:16 |
| 1761 | 1128 | GHYSBRECHTS Isabelle | MARIAKERKE (GENT) | V | 410 | 1:02:43 | 9,57 | 6:16 |
| 1762 | 1060 | DE CORTE Francine | ZOMERGEM | V | 411 | 1:02:43 | 9,57 | 6:16 |
| 1763 | 1331 | DE PAUW Frederic | LAARNE | M | 1352 | 1:02:44 | 9,56 | 6:16 |
| 1764 | 3232 | TALLOEN Joryn | OEDELEM | V | 412 | 1:02:44 | 9,56 | 6:16 |
| 1765 | 1085 | PAUWAERT Joke | KNOKKE-HEIST | M | 1353 | 1:02:44 | 9,56 | 6:16 |
| 1766 | 590 | VERMEULEN Sven | DENDERMONDE | M | 1354 | 1:02:48 | 9,55 | 6:17 |
| 1767 | 1603 | NR 1603 | | M | 1355 | 1:02:51 | 9,55 | 6:17 |
| 1768 | 3060 | VERHAEGEN Colette | BERCHEM (ANTW.) | V | 413 | 1:02:52 | 9,54 | 6:17 |
| 1769 | 1195 | VANERWEGEN Ines | SINT-GENESIUS-RODE | V | 414 | 1:02:52 | 9,54 | 6:17 |
| 1770 | 1560 | DE SCHUYTER Sandra | KNOKKE-HEIST | V | 415 | 1:02:52 | 9,54 | 6:17 |
| 1771 | 3061 | ROMBAUT Peter | SINT-KRUIS | M | 1356 | 1:02:53 | 9,54 | 6:17 |
| 1772 | 1242 | CLOOTS Jerika | WOLVERTEM | V | 416 | 1:02:53 | 9,54 | 6:17 |
| 1773 | 2915 | VERBEKE Joke | JABBEKE | V | 417 | 1:02:58 | 9,53 | 6:18 |
| 1774 | 2632 | MASYN Sven | SINT-PAUWELS | M | 1357 | 1:03:03 | 9,52 | 6:18 |
| 1775 | 2590 | SENAVE Eva | WEMMEL | V | 418 | 1:03:07 | 9,51 | 6:19 |
| 1776 | 623 | DE SIMPELAERE Ann | BRAKEL | M | 1358 | 1:03:11 | 9,50 | 6:19 |
| 1777 | 582 | ROELANDT Michel | GROOT-BIJGAARDEN | M | 1359 | 1:03:11 | 9,50 | 6:19 |
| 1778 | 1652 | VERVAECKE Janique | KNOKKE | V | 419 | 1:03:13 | 9,49 | 6:19 |
| 1779 | 2936 | JANSSEN Annick | EDEGEM | V | 420 | 1:03:18 | 9,48 | 6:20 |
| 1780 | 3004 | GOOVAERTS Jutta | KEERBERGEN | V | 421 | 1:03:20 | 9,47 | 6:20 |
| 1781 | 2508 | VAN VOOREN Conny | ADEGEM | V | 422 | 1:03:22 | 9,47 | 6:20 |
| 1782 | 1711 | COUMANS Jean-Pierre | SINT-PAUWELS | M | 1360 | 1:03:23 | 9,47 | 6:20 |
| 1783 | 1598 | VAN AVERMAET Rita | ASSENEDE | V | 423 | 1:03:23 | 9,47 | 6:20 |
| 1784 | 3243 | DELANOYE Daisy | KNOKKE-HEIST | V | 424 | 1:03:24 | 9,46 | 6:20 |
| 1785 | 1659 | VAN DEN DRIES Herman | OORZANDE | M | 1361 | 1:03:25 | 9,46 | 6:20 |
| 1786 | 2648 | STAKENBORG Anke | HERENT | V | 425 | 1:03:25 | 9,46 | 6:20 |
| 1787 | 2647 | FRANCOIS Peter | HERENT | M | 1362 | 1:03:25 | 9,46 | 6:20 |
| 1788 | 2793 | D'HOORE Isabelle | KEERBERGEN | V | 426 | 1:03:27 | 9,46 | 6:21 |
| 1789 | 2509 | VAN LANDEGEM Nancy | ADEGEM | V | 427 | 1:03:29 | 9,45 | 6:21 |
| 1790 | 1079 | RAEMDONCK Arno | KNOKKE-HEIST | M | 1363 | 1:03:35 | 9,44 | 6:22 |
| 1791 | 968 | DEVULDER Jacques | EKE | M | 1364 | 1:03:36 | 9,43 | 6:22 |
| 1792 | 969 | DE CRAENE Arlette | EKE | V | 428 | 1:03:36 | 9,43 | 6:22 |
| 1793 | 1669 | VANDER BEKEN Marijke | DADIZELE | V | 429 | 1:03:37 | 9,43 | 6:22 |
| 1794 | 1680 | DE SWERT Jan | NIJLEN | M | 1365 | 1:03:37 | 9,43 | 6:22 |
| 1795 | 755 | FRERE Martine | OTTIGNIES | V | 430 | 1:03:40 | 9,42 | 6:22 |
| 1796 | 1777 | RAVELO Kenneth | HOF TER LO | M | 1366 | 1:03:41 | 9,42 | 6:22 |
| 1797 | 2559 | VAN ISACKER Ignace | KNOKKE-HEIST | M | 1367 | 1:03:46 | 9,41 | 6:23 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
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| 1798 | 817 | LAMMENS Lisa | KNOKKE HEIST | V | 431 | 1:03:47 | 9,41 | 6:23 |
| 1799 | 1288 | ALLEMEERSCH Ann | ASSEBROEK | V | 432 | 1:03:48 | 9,40 | 6:23 |
| 1800 | 3127 | NR 3127 | | M | 1368 | 1:03:48 | 9,40 | 6:23 |
| 1801 | 3081 | ADRIAENS Patricia | BRUGGE | V | 433 | 1:03:49 | 9,40 | 6:23 |
| 1802 | 3048 | PRIEM Anke | KNOKKE-HEIST | V | 434 | 1:03:54 | 9,39 | 6:23 |
| 1803 | 878 | VERLEYE Nadia | KNOKKE-HEIST | V | 435 | 1:03:54 | 9,39 | 6:23 |
| 1804 | 3159 | TAFFE Katy | ST ANDRIES | V | 436 | 1:03:56 | 9,38 | 6:24 |
| 1805 | 2693 | VEMSLUYS Claire | ANTWERPEN | V | 437 | 1:03:57 | 9,38 | 6:24 |
| 1806 | 3257 | DE LOOF Benedicte | EDEGEM | V | 438 | 1:03:58 | 9,38 | 6:24 |
| 1807 | 2694 | GEENS Ann | ANTWERPEN | V | 439 | 1:03:59 | 9,38 | 6:24 |
| 1808 | 520 | VAN OVERBERGHE Greet | DEINZE | V | 440 | 1:04:04 | 9,37 | 6:24 |
| 1809 | 1298 | TEIRLINCK Catharina | OVERIJSE | V | 441 | 1:04:04 | 9,37 | 6:24 |
| 1810 | 2695 | WERMAERS Stephanie | WILRIJK (ANTW.) | V | 442 | 1:04:04 | 9,37 | 6:24 |
| 1811 | 521 | DE FLOU Charlot | MALDEGEM | V | 443 | 1:04:06 | 9,36 | 6:25 |
| 1812 | 2945 | BRUGGEMAN Sofie | BUGGENHOUT | V | 444 | 1:04:06 | 9,36 | 6:25 |
| 1813 | 2948 | CLERINX Bieke | WILRIJK (ANTW.) | V | 445 | 1:04:14 | 9,34 | 6:25 |
| 1814 | 2582 | SWERTS Mel | ANTWERPEN | V | 446 | 1:04:14 | 9,34 | 6:25 |
| 1815 | 1517 | BAESCH Sonia | SCHOTEN | V | 447 | 1:04:22 | 9,32 | 6:26 |
| 1816 | 3234 | BUYSE Isabelle | BRUGGE | V | 448 | 1:04:28 | 9,31 | 6:27 |
| 1817 | 3063 | FLAMA Veerle | GENT | V | 449 | 1:04:29 | 9,30 | 6:27 |
| 1818 | 3235 | BEEYSE Veronique | BRUGGE | V | 450 | 1:04:30 | 9,30 | 6:27 |
| 1819 | 789 | DENECKER Astrid | KNOKKE-HEIST | V | 451 | 1:04:34 | 9,29 | 6:27 |
| 1820 | 896 | TAELEMANS Erik | ZELLIK | M | 1369 | 1:04:35 | 9,29 | 6:28 |
| 1821 | 2969 | PRINCEN Thibaut | HALLE | M | 1370 | 1:04:37 | 9,29 | 6:28 |
| 1822 | 2922 | GEPTS Astrid | MECHELEN | V | 452 | 1:04:37 | 9,29 | 6:28 |
| 1823 | 2878 | LAMMENS Lies | PELLENBERG | V | 453 | 1:04:38 | 9,28 | 6:28 |
| 1824 | 1087 | HUYGENS Katrien | LANDSKOUTER | M | 1371 | 1:04:39 | 9,28 | 6:28 |
| 1825 | 1152 | WEYTJENS Marleen | AALTER | V | 454 | 1:04:48 | 9,26 | 6:29 |
| 1826 | 2762 | CARVERS Jan | WUUSTWEZEL | M | 1372 | 1:04:53 | 9,25 | 6:29 |
| 1827 | 994 | VERMEERSCH Chris | ZOERSEL | M | 1373 | 1:04:55 | 9,24 | 6:29 |
| 1828 | 1243 | DE PAUW Chris | GENT | V | 455 | 1:04:57 | 9,24 | 6:30 |
| 1829 | 3012 | JACOBY Nadine | ETTELBRUCK | V | 456 | 1:04:57 | 9,24 | 6:30 |
| 1830 | 2613 | VAN REETH Krista | KNOKKE-HEIST | V | 457 | 1:04:58 | 9,24 | 6:30 |
| 1831 | 1322 | CAUCHIE Kristof | OUDEGEM | M | 1374 | 1:04:58 | 9,24 | 6:30 |
| 1832 | 1328 | VERCRUYSSSEN Soetkin | OUDEGEM | V | 458 | 1:04:58 | 9,24 | 6:30 |
| 1833 | 1515 | EECKHOUT Delphine | SCHOTEN | V | 459 | 1:05:02 | 9,23 | 6:30 |
| 1834 | 3280 | LAMOTE Heidi | KNOKKE | V | 460 | 1:05:03 | 9,22 | 6:30 |
| 1835 | 3233 | BEEYSES Jean-Pierre | BRUGGE | M | 1375 | 1:05:04 | 9,22 | 6:30 |
| 1836 | 905 | ROGGHE Marijn | WEMMEL | V | 461 | 1:05:05 | 9,22 | 6:30 |
| 1837 | 904 | DE VliegHER Kristel | ROOSDAAL | V | 462 | 1:05:05 | 9,22 | 6:30 |
| 1838 | 1623 | VAN HERKE Danielle | WILRIJK (ANTW.) | V | 463 | 1:05:09 | 9,21 | 6:31 |
| 1839 | 2894 | EGGERMONT Wim | GENTBRUGGE | M | 1376 | 1:05:10 | 9,21 | 6:31 |
| 1840 | 613 | DESMIDT Magali | HEIST-AAN-ZEE | V | 464 | 1:05:13 | 9,20 | 6:31 |
| 1841 | 1271 | BRABANTS Sophie | BRASSCHAAT | V | 465 | 1:05:18 | 9,19 | 6:32 |
| 1842 | 1272 | DILLIEN Martine | BRASSCHAAT | V | 466 | 1:05:18 | 9,19 | 6:32 |
| 1843 | 1069 | BAESSENS Pol | GENT | M | 1377 | 1:05:21 | 9,18 | 6:32 |
| 1844 | 2889 | OKENS Els | KAPELLE-OP-DEN-BOS | V | 467 | 1:05:21 | 9,18 | 6:32 |
| 1845 | 1524 | VAN GRAEYMEERSCH Judith | OOSTKAMP | V | 468 | 1:05:21 | 9,18 | 6:32 |
| 1846 | 1523 | VAN LAER Eva | VARSENARE | V | 469 | 1:05:22 | 9,18 | 6:32 |
| 1847 | 2531 | VANDECASTEELE Trui | HANDZAME | V | 470 | 1:05:23 | 9,18 | 6:32 |
| 1848 | 1052 | VAN DER AVOIRT Pascale | MORTSEL | V | 471 | 1:05:23 | 9,18 | 6:32 |
| 1849 | 2900 | DHONDHT Johan | KNOKKE-HEIST | M | 1378 | 1:05:26 | 9,17 | 6:33 |
| 1850 | 1021 | DEGRYSE Charlotte | HOEKE | V | 472 | 1:05:28 | 9,16 | 6:33 |
| 1851 | 3094 | BOURLEZ Carine | MACHELEN | V | 473 | 1:05:34 | 9,15 | 6:33 |
| 1852 | 2573 | VERRASSEL Anne | BRASSCHAAT | V | 474 | 1:05:35 | 9,15 | 6:33 |
| 1853 | 3095 | VANHAESENDONCK Nathalie | MACHELEN | V | 475 | 1:05:35 | 9,15 | 6:33 |
| 1854 | 2622 | GHYGEL Walter | KNOKKE | M | 1379 | 1:05:35 | 9,15 | 6:33 |
| 1855 | 2623 | VIAGNE Annemie | KNOKKE | V | 476 | 1:05:35 | 9,15 | 6:33 |
| 1856 | 689 | RAPPE Vera | KNOKKE | V | 477 | 1:05:41 | 9,13 | 6:34 |
| 1857 | 1606 | DE KEYSER Barbara | SCHILDE | V | 478 | 1:05:41 | 9,13 | 6:34 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
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| 1858 | 1274 | VANDROOGENBROECK Paul | MELLE | M | 1380 | 1:05:48 | 9,12 | 6:35 |
| 1859 | 2788 | DE RUYTER Frederik | NESTKAPELE | M | 1381 | 1:05:49 | 9,12 | 6:35 |
| 1860 | 633 | STICKER Elsie | GENT | V | 479 | 1:05:53 | 9,11 | 6:35 |
| 1861 | 2621 | VAN ASSCHE Annemie | BRASSCHAAT | V | 480 | 1:05:56 | 9,10 | 6:36 |
| 1862 | 534 | CAMBRE Luc | VORSELAAR | M | 1382 | 1:05:57 | 9,10 | 6:36 |
| 1863 | 1034 | STANDAERT Chris | KNOKKE-HEIST | M | 1383 | 1:05:59 | 9,09 | 6:36 |
| 1864 | 1688 | DESCAMBRE Antoine | VINDERHOUTE | M | 1384 | 1:06:00 | 9,09 | 6:36 |
| 1865 | 1147 | VANDERLEUR Jovry | KNOKKE-HEIST | M | 1385 | 1:06:05 | 9,08 | 6:36 |
| 1866 | 1775 | VAN DER LINDEN Mieke | ZINGEM | V | 481 | 1:06:06 | 9,08 | 6:37 |
| 1867 | 604 | DE DEYN Chris | LEDE | V | 482 | 1:06:17 | 9,05 | 6:38 |
| 1868 | 927 | SAIDI Mohamed | BRUXELLES 9 | M | 1386 | 1:06:19 | 9,05 | 6:38 |
| 1869 | 586 | VAN DER MASSEN Dirk | HEVER | M | 1387 | 1:06:20 | 9,05 | 6:38 |
| 1870 | 415 | NR 415 | | M | 1388 | 1:06:25 | 9,03 | 6:39 |
| 1871 | 1621 | VERBOUW Inke | MECHELEN | V | 483 | 1:06:30 | 9,02 | 6:39 |
| 1872 | 1332 | BAERT Vivianne | KNOKKE HEIST | V | 484 | 1:06:30 | 9,02 | 6:39 |
| 1873 | 1324 | VAN HOUTTE Gabriel | BRUXELLES | M | 1389 | 1:06:37 | 9,01 | 6:40 |
| 1874 | 1525 | BONJÉ Anja | OOSTKAMP | V | 485 | 1:06:39 | 9,00 | 6:40 |
| 1875 | 990 | VERMEERSCH Frederick | ZOERSEL | M | 1390 | 1:06:47 | 8,98 | 6:41 |
| 1876 | 3075 | D'ANGELO Aristotele | ETTERBEEK | M | 1391 | 1:06:52 | 8,97 | 6:41 |
| 1877 | 3074 | CIOCIANO Rosalia | ETTERBEEK | V | 486 | 1:06:52 | 8,97 | 6:41 |
| 1878 | 1692 | MESKENS Leen | WOLVERTEM | V | 487 | 1:06:53 | 8,97 | 6:41 |
| 1879 | 1597 | CASADO Eric | WILRIJK (ANTW.) | M | 1392 | 1:06:59 | 8,96 | 6:42 |
| 1880 | 149 | DE RYCK Gwen | HOFSTADE (O.-VL.) | V | 488 | 1:07:01 | 8,95 | 6:42 |
| 1881 | 151 | JACOB Nele | HOFSTADE (O.-VL.) | V | 489 | 1:07:01 | 8,95 | 6:42 |
| 1882 | 2999 | FONTAINE Betty | WILTZ | V | 490 | 1:07:16 | 8,92 | 6:44 |
| 1883 | 949 | VLASSENBROECK Carine | NINOVE | V | 491 | 1:07:20 | 8,91 | 6:44 |
| 1884 | 564 | LAUWAERT Liesbet | LAARNE | V | 492 | 1:07:28 | 8,89 | 6:45 |
| 1885 | 2663 | VERHOEVEN Kris | ANTWERPEN | M | 1393 | 1:07:28 | 8,89 | 6:45 |
| 1886 | 2665 | VAN DER ELST Mia | TREMELO | V | 493 | 1:07:28 | 8,89 | 6:45 |
| 1887 | 2802 | VAN DERMEERSCH Kathleen | BORGERHOUT (ANTW.) | V | 494 | 1:07:38 | 8,87 | 6:46 |
| 1888 | 417 | NR 417 | | M | 1394 | 1:07:39 | 8,87 | 6:46 |
| 1889 | 1294 | WALLEYN Cindy | DEINZE | V | 495 | 1:07:46 | 8,85 | 6:47 |
| 1890 | 1223 | HAEMERLINCK Anja | ADEGEM | V | 496 | 1:07:51 | 8,84 | 6:47 |
| 1891 | 1222 | CLAEYS Mireille | ADEGEM | V | 497 | 1:07:51 | 8,84 | 6:47 |
| 1892 | 1624 | NR 1624 | | M | 1395 | 1:08:04 | 8,81 | 6:48 |
| 1893 | 2506 | MARTENS Julie | LOPPEM | V | 498 | 1:08:04 | 8,81 | 6:48 |
| 1894 | 1150 | JANSSENS Catharina | GENT | V | 499 | 1:08:07 | 8,81 | 6:49 |
| 1895 | 3105 | SIMONET Wendy | TESSENDERLO | V | 500 | 1:08:07 | 8,81 | 6:49 |
| 1896 | 1309 | SCHREVEENS Benny | ROTSELAAR | M | 1396 | 1:08:08 | 8,81 | 6:49 |
| 1897 | 842 | DE GRAEVE Sylvia | KNOKKE-HEIST | V | 501 | 1:08:08 | 8,81 | 6:49 |
| 1898 | 848 | GAELENS Sofie | KNOKKE | V | 502 | 1:08:08 | 8,81 | 6:49 |
| 1899 | 3136 | ROSSENUE Hilde | GISTEL | V | 503 | 1:08:14 | 8,79 | 6:49 |
| 1900 | 3135 | DESEURE Elsje | ERTVELDE | V | 504 | 1:08:14 | 8,79 | 6:49 |
| 1901 | 3104 | VERHAEGEN Chris | TESSENDERLO | M | 1397 | 1:08:15 | 8,79 | 6:49 |
| 1902 | 1134 | BUSH Stephanie | GHENT | V | 505 | 1:08:16 | 8,79 | 6:50 |
| 1903 | 3100 | MICHELS Marnix | DE PINTE | M | 1398 | 1:08:28 | 8,76 | 6:51 |
| 1904 | 2949 | ROGGEMAN Heidi | ZANDBERGEN | V | 506 | 1:08:37 | 8,74 | 6:52 |
| 1905 | 1093 | VAN DE VELDE Annelies | SHELLEBELLE | V | 507 | 1:08:40 | 8,74 | 6:52 |
| 1906 | 2618 | MATTHEEUWS Melissa | GENT | V | 508 | 1:08:47 | 8,72 | 6:53 |
| 1907 | 695 | GOEDGEBEUR Anneleen | DAMME | V | 509 | 1:08:48 | 8,72 | 6:53 |
| 1908 | 830 | LANNNOY Danny | KNOKKE-HEIST | M | 1399 | 1:08:52 | 8,71 | 6:53 |
| 1909 | 409 | NR 409 | | M | 1400 | 1:09:01 | 8,69 | 6:54 |
| 1910 | 408 | NR 408 | | M | 1401 | 1:09:01 | 8,69 | 6:54 |
| 1911 | 1599 | MOOREN Pascale | EEKLO | V | 510 | 1:09:04 | 8,69 | 6:54 |
| 1912 | 3029 | GAELENS Guy | GENTBRUGGE | M | 1402 | 1:09:05 | 8,69 | 6:55 |
| 1913 | 1071 | DE SMET Celine | SINT-DENIJS-WESTREM | V | 511 | 1:09:07 | 8,68 | 6:55 |
| 1914 | 426 | BLOMME Jan | KNOKKE-HEIST | M | 1403 | 1:09:08 | 8,68 | 6:55 |
| 1915 | 2607 | VERHOEVEN Dean | SCHOTEN | M | 1404 | 1:09:20 | 8,65 | 6:56 |
| 1916 | 1660 | NR 1660 | | M | 1405 | 1:09:21 | 8,65 | 6:56 |
| 1917 | 1007 | VAN HOORDE Pierre | SINT-MARTENS-LATEM | M | 1406 | 1:09:27 | 8,64 | 6:57 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
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| 1918 | 1508 | HAES Dirk | MOERKERKE | M | 1407 | 1:09:29 | 8,64 | 6:57 |
| 1919 | 2539 | MEYNS Anne | KNOKKE-HEIST | V | 512 | 1:09:30 | 8,63 | 6:57 |
| 1920 | 2562 | SWINNEN Cathy | KNOKKE-HEIST | V | 513 | 1:09:31 | 8,63 | 6:57 |
| 1921 | 873 | SWINNEN Anne | EREMBODEGEM | V | 514 | 1:09:31 | 8,63 | 6:57 |
| 1922 | 1679 | VANMECHELEN Christoph | NIJLEN | M | 1408 | 1:09:34 | 8,62 | 6:57 |
| 1923 | 2653 | GAZZÉ Marguerite | UCCLE | V | 515 | 1:09:45 | 8,60 | 6:58 |
| 1924 | 1407 | LIERMAN Sofie | KNOKKE-HEIST | V | 516 | 1:09:57 | 8,58 | 7:00 |
| 1925 | 1643 | LOYSON Ann | BRUGGE | V | 517 | 1:10:01 | 8,57 | 7:00 |
| 1926 | 852 | STANDAERT Astrid | KNOKKE-HEIST | V | 518 | 1:10:01 | 8,57 | 7:00 |
| 1927 | 846 | STANDAERT Christian | KNOKKE-HEIST | M | 1409 | 1:10:01 | 8,57 | 7:00 |
| 1928 | 773 | MASSIN Sylvie | KNOKKE-HEIST | V | 519 | 1:10:07 | 8,56 | 7:01 |
| 1929 | 653 | DE PRIJCK Niels | WONDELGEM | M | 1410 | 1:10:08 | 8,56 | 7:01 |
| 1930 | 3006 | VAN POELVOORDE Les | KNOKKE-HEIST | V | 520 | 1:10:24 | 8,52 | 7:02 |
| 1931 | 1664 | VAN HOEY Veerle | STEKENE | V | 521 | 1:10:42 | 8,49 | 7:04 |
| 1932 | 1714 | DE NEVE An | ZANDHOVEN | V | 522 | 1:10:45 | 8,48 | 7:04 |
| 1933 | 635 | VAN DEN EYNDE Christine | KEERBERGEN | V | 523 | 1:11:08 | 8,43 | 7:07 |
| 1934 | 1639 | DEDECKERE Frank | GISTEL | M | 1411 | 1:11:10 | 8,43 | 7:07 |
| 1935 | 503 | DE BAETS Heidi | MALDEGEM | V | 524 | 1:11:13 | 8,42 | 7:07 |
| 1936 | 1197 | HILLEGEER Sarah | KNOKKE-HEIST | V | 525 | 1:11:14 | 8,42 | 7:07 |
| 1937 | 1363 | JANSSENS Carine | WACHTEBEKE | V | 526 | 1:11:18 | 8,42 | 7:08 |
| 1938 | 3187 | VERHAEGHE Patsy | OOSTKAMP | V | 527 | 1:11:19 | 8,41 | 7:08 |
| 1939 | 650 | DUJARDIN Davine | WAREGEM | V | 528 | 1:12:04 | 8,33 | 7:12 |
| 1940 | 843 | WILLEMS Lieve | KNOKKE-HEIST | V | 529 | 1:12:14 | 8,31 | 7:13 |
| 1941 | 612 | VAN DE KERCKHOVE Dominique | KNOKKE HEIST | V | 530 | 1:12:34 | 8,27 | 7:15 |
| 1942 | 2594 | PANIS Frieda | MALDEGEM | V | 531 | 1:13:21 | 8,18 | 7:20 |
| 1943 | 1364 | VANNEDERKASSEL Ilse | WACHTEBEKE | V | 532 | 1:13:25 | 8,17 | 7:20 |
| 1944 | 3030 | DHAEYERE Francine | MERENDREE | V | 533 | 1:13:35 | 8,15 | 7:22 |
| 1945 | 869 | SCHAEVERBEKE Fanny | HERTSBERGE | V | 534 | 1:13:36 | 8,15 | 7:22 |
| 1946 | 3022 | VAN GOETHEM Guy | KNOKKE-HEIST | M | 1412 | 1:13:37 | 8,15 | 7:22 |
| 1947 | 1535 | DE GROOTE Rudi | MELSELE | M | 1413 | 1:14:28 | 8,06 | 7:27 |
| 1948 | 1004 | VERMAELEN Daniel | ZAVENTEM | M | 1414 | 1:14:49 | 8,02 | 7:29 |
| 1949 | 2917 | MICHILI Tomas | KNOKKE-HEIST | M | 1415 | 1:15:25 | 7,96 | 7:32 |
| 1950 | 570 | D'HAVE Ides | LOVENDEGEM | M | 1416 | 1:15:25 | 7,96 | 7:32 |
| 1951 | 2683 | PEPERSTRAETE Fien | KNOKKE-HEIST | V | 535 | 1:16:47 | 7,81 | 7:41 |
| 1952 | 2684 | PEPERSTRAETE Janne | KNOKKE-HEIST | V | 536 | 1:16:47 | 7,81 | 7:41 |
| 1953 | 3142 | VAN HOYE Karin | BLANKENBERGE | V | 537 | 1:18:52 | 7,61 | 7:53 |
| 1954 | 2519 | DEZUTTER Inge | BLANKENBERGE | V | 538 | 1:18:52 | 7,61 | 7:53 |
| 1955 | 3141 | DHAUW Sandra | BLANKENBERGE | V | 539 | 1:18:53 | 7,61 | 7:53 |
| 1956 | 3151 | DE SAEDELEER Jan | ADEGEM | M | 1417 | 1:19:26 | 7,55 | 7:57 |
| 1957 | 3096 | DEMON Annelien | DAMME | V | 540 | 1:19:34 | 7,54 | 7:57 |
| 1958 | 1595 | LAUWAERT Déborah | VARSENARE | V | 541 | 1:19:52 | 7,51 | 7:59 |
| 1959 | 2975 | CLEYS Perre | WOLUWE-SAINT-LAMBERT | M | 1418 | 1:20:30 | 7,45 | 8:03 |
| 1960 | 2887 | WINNE Jose | JETTE | M | 1419 | 1:20:40 | 7,44 | 8:04 |