

10 K Knokke - 1 mei 2009

Ladies Run - 3,5 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|------------------------|-----------------|-----|-------|---------|-------|---------|
| 1 | 5148 | ADAM Inge | VEURNE | V | 1 | 0:13:04 | 16,07 | 3:44 |
| 2 | 4725 | ROMBAUT Amber | AFSNEE | V | 2 | 0:14:19 | 14,67 | 4:05 |
| 3 | 5162 | VAN DE VREKEN Joke | SCHELLE | V | 3 | 0:14:29 | 14,50 | 4:08 |
| 4 | 5154 | LAMMENS Shari | MERELBEKE | V | 4 | 0:14:42 | 14,29 | 4:12 |
| 5 | 4657 | REUBENS Bieke | KNOKKE-HEIST | V | 5 | 0:14:51 | 14,14 | 4:15 |
| 6 | 5152 | HAVERBEKE Arne | ADEGEM | M | 1 | 0:14:56 | 14,06 | 4:16 |
| 7 | 4751 | VANDECAVEYE Gella | GENT | V | 6 | 0:15:01 | 13,98 | 4:17 |
| 8 | 4694 | DE NOYETTE Loyd | KNOKKE HEIST | M | 2 | 0:15:15 | 13,77 | 4:21 |
| 9 | 4699 | MOREELS Fien | ZELE | V | 7 | 0:15:16 | 13,76 | 4:22 |
| 10 | 4600 | VERBRAEKEN Jack | KNOKKE | M | 3 | 0:15:34 | 13,49 | 4:27 |
| 11 | 5153 | OSTUJIC Jadramko | SCHILDE | M | 4 | 0:15:39 | 13,42 | 4:28 |
| 12 | 5405 | VLAEMINCK Jana | DAMME | V | 8 | 0:15:43 | 13,36 | 4:29 |
| 13 | 5140 | COLS Salome | VERVIERS | V | 9 | 0:15:58 | 13,15 | 4:34 |
| 14 | 5191 | HAUSPIE Glenn | HEIST-AAN-ZEE | M | 5 | 0:15:58 | 13,15 | 4:34 |
| 15 | 5129 | ANDRIES Gerda | | V | 10 | 0:16:03 | 13,08 | 4:35 |
| 16 | 4660 | VANDEPUTTE Lisa | KNOKKE | V | 11 | 0:16:06 | 13,04 | 4:36 |
| 17 | 5404 | VLAEMINCK Elise | DAMME | V | 12 | 0:16:06 | 13,04 | 4:36 |
| 18 | 4542 | BRACKE Birgit | LEDEBERG (GENT) | V | 13 | 0:16:06 | 13,04 | 4:36 |
| 19 | 5123 | MANEEWONE Suphitcha | HEIST-AAN-ZEE | V | 14 | 0:16:09 | 13,00 | 4:37 |
| 20 | 5288 | DOBBELS Claudine | BRUGGE | V | 15 | 0:16:14 | 12,94 | 4:38 |
| 21 | 5187 | HEIRMAN Britt | DEURNE | V | 16 | 0:16:15 | 12,92 | 4:39 |
| 22 | 5287 | FAVART Arthur | BRAINE-L'ALLEUD | M | 6 | 0:16:17 | 12,90 | 4:39 |
| 23 | 4692 | COMBES Veroniek | KNOKKE HEIST | V | 17 | 0:16:19 | 12,87 | 4:40 |
| 24 | 4564 | DE KETELAERE Thibault | KNOKKE-HEIST | M | 7 | 0:16:31 | 12,71 | 4:43 |
| 25 | 5087 | OSTIJIL Gianni | SCHILDE | M | 8 | 0:16:46 | 12,52 | 4:47 |
| 26 | 4553 | PAUWELS Maxim | KNOKKE | M | 9 | 0:16:53 | 12,44 | 4:49 |
| 27 | 4756 | BOECKX Mieke | KASTERLEE | V | 18 | 0:16:54 | 12,43 | 4:50 |
| 28 | 5413 | INGELBEEN Matthias | | M | 10 | 0:17:03 | 12,32 | 4:52 |
| 29 | 5414 | INGELBEEN Frederik | BRUGGE | M | 11 | 0:17:05 | 12,29 | 4:53 |
| 30 | 4632 | VERMANT Elena | KNOKKE-HEIST | V | 19 | 0:17:10 | 12,23 | 4:54 |
| 31 | 4565 | LANTSOGHT Robin | KNOKKE-HEIST | M | 12 | 0:17:11 | 12,22 | 4:55 |
| 32 | 4581 | DE GROOTE Delphine | KNOKKE-HEIST | V | 20 | 0:17:12 | 12,21 | 4:55 |
| 33 | 5200 | VERMANT Sven | KNOKKE-HEIST | M | 13 | 0:17:13 | 12,20 | 4:55 |
| 34 | 5108 | KERCKENAERE Katinka | BREDENE | V | 21 | 0:17:17 | 12,15 | 4:56 |
| 35 | 4629 | VAN WYNSBERGHE Kenzo | KNOKKE-HEIST | M | 14 | 0:17:19 | 12,13 | 4:57 |
| 36 | 4505 | MARIEN Catherine | PUURS | V | 22 | 0:17:21 | 12,10 | 4:57 |
| 37 | 5109 | STRUYTS Caroline | | V | 23 | 0:17:25 | 12,06 | 4:59 |
| 38 | 4525 | CEULEMANS Marleen | EEKLO | V | 24 | 0:17:27 | 12,03 | 4:59 |
| 39 | 4568 | DIERICKX Bert | KNOKKE-HEIST | M | 15 | 0:17:32 | 11,98 | 5:01 |
| 40 | 4580 | CONVENTS Jonas | KNOKKE | M | 16 | 0:17:33 | 11,97 | 5:01 |
| 41 | 4587 | CONVENTS Quinten | KNOKKE | M | 17 | 0:17:33 | 11,97 | 5:01 |
| 42 | 4551 | CEULEERS Tini | HELECINE | V | 25 | 0:17:37 | 11,92 | 5:02 |
| 43 | 5403 | NR 5403 | | M | 18 | 0:17:43 | 11,85 | 5:04 |
| 44 | 4641 | DE SCHUTTER Laurens | KNOKKE HEIST | M | 19 | 0:17:44 | 11,84 | 5:04 |
| 45 | 5101 | VAN DEN BORN Gwen | HEUSDEN-ZOLDER | V | 26 | 0:17:44 | 11,84 | 5:04 |
| 46 | 5106 | SNAUWAERT Enya | STROMBEEK-BEVER | V | 27 | 0:17:44 | 11,84 | 5:04 |
| 47 | 4588 | DEFOOR Nathan | MOERKERKE | M | 20 | 0:17:46 | 11,82 | 5:05 |
| 48 | 4601 | DE DOBBELAERE Thibault | KNOKKE | M | 21 | 0:17:55 | 11,72 | 5:07 |
| 49 | 5116 | MOREEUW Jens | KNOKKE-HEIST | M | 22 | 0:17:55 | 11,72 | 5:07 |
| 50 | 4561 | TALLER Thalia | KNOKKE-HEIST | V | 28 | 0:17:59 | 11,68 | 5:08 |
| 51 | 4570 | VANDENBERGHE Fauve | KNOKKE HEIST | V | 29 | 0:18:00 | 11,67 | 5:09 |
| 52 | 4777 | VANPARYS Marijke | KNOKKE-HEIST | V | 30 | 0:18:06 | 11,60 | 5:10 |
| 53 | 4585 | VAN NIEUWENHUYSE Tessa | KNOKKE HEIST | V | 31 | 0:18:08 | 11,58 | 5:11 |
| 54 | 4582 | LAMMENS Renaud | KNOKKE-HEIST | M | 23 | 0:18:10 | 11,56 | 5:11 |
| 55 | 4571 | DEWAELE Simon | KNOKKE-HEIST | M | 24 | 0:18:14 | 11,52 | 5:13 |
| 56 | 4527 | SOLOMANIUCK Naomi | DE PINTE | V | 32 | 0:18:15 | 11,51 | 5:13 |
| 57 | 4552 | VAN DEN BROUCKE Jules | KNOKKE-HEIST | M | 25 | 0:18:18 | 11,48 | 5:14 |
| 58 | 4574 | WILLEMS Thibault | KNOKKE-HEIST | M | 26 | 0:18:18 | 11,48 | 5:14 |
| 59 | 4650 | COMBES Annelies | KNOKKE HEIST | V | 33 | 0:18:24 | 11,41 | 5:15 |
| 60 | 5182 | MEURIS Olivier | DENDERLEEUV | M | 27 | 0:18:25 | 11,40 | 5:16 |
| 61 | 5199 | VAN BOVEN Julie | WESTERLO | V | 34 | 0:18:25 | 11,40 | 5:16 |
| 62 | 5218 | WOLPUT Lydia | LEUVEN | V | 35 | 0:18:27 | 11,38 | 5:16 |
| 63 | 4655 | VANHAELEMEERSCH Kim | KNOKKE-HEIST | V | 36 | 0:18:27 | 11,38 | 5:16 |
| 64 | 5145 | DEWAELE Camille | KNOKKE | V | 37 | 0:18:27 | 11,38 | 5:16 |
| 65 | 4563 | DE KETELAERE Matthias | KNOKKE-HEIST | M | 28 | 0:18:29 | 11,36 | 5:17 |
| 66 | 5408 | JANSSENS Kathleen | BRUGGE | V | 38 | 0:18:32 | 11,33 | 5:18 |
| 67 | 5180 | VAN BOVEN Katrien | WESTERLO | V | 39 | 0:18:34 | 11,31 | 5:18 |
| 68 | 4646 | DE WAELE Viktor | KNOKKE HEIST | M | 29 | 0:18:34 | 11,31 | 5:18 |
| 69 | 4603 | BAETSLE Louis | LOPPEM | M | 30 | 0:18:34 | 11,31 | 5:18 |
| 70 | 4640 | MATTHEEUWS Tuur | KNOKKE HEIST | M | 31 | 0:18:41 | 11,24 | 5:20 |
| 71 | 5283 | CNOCKAERT Nancy | | V | 40 | 0:18:42 | 11,23 | 5:21 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|--------------------|-----|-------|---------|-------|---------|
| 72 | 5195 | SNAUWAERT Lauren | | V | 41 | 0:18:42 | 11,23 | 5:21 |
| 73 | 5179 | HUYGHE Evelyne | OLV-WAVER | V | 42 | 0:18:43 | 11,22 | 5:21 |
| 74 | 4518 | HAGHEDOOREN Ingeborgh | IEPER | V | 43 | 0:18:45 | 11,20 | 5:21 |
| 75 | 4644 | KAESSNER Simon | KNOKKE HEIST | M | 32 | 0:18:46 | 11,19 | 5:22 |
| 76 | 4537 | VERMEERSCH Catherine | BRUGGE | V | 44 | 0:18:51 | 11,14 | 5:23 |
| 77 | 4656 | VEREECKE Charlotte | KNOKKE-HEIST | V | 45 | 0:18:52 | 11,13 | 5:23 |
| 78 | 4503 | DESUTTER An | KNOKKE-HEIST | V | 46 | 0:18:57 | 11,08 | 5:25 |
| 79 | 5171 | VANWALLECHEM Loesje | BRUGGE | V | 47 | 0:19:02 | 11,03 | 5:26 |
| 80 | 5161 | DE WOLF Celine | WUUSTWEZEL | V | 48 | 0:19:03 | 11,02 | 5:27 |
| 81 | 4604 | ROELENS Bram | KNOKKE | M | 33 | 0:19:03 | 11,02 | 5:27 |
| 82 | 5416 | INGELBEEN Luk | BRUGGE | M | 34 | 0:19:04 | 11,01 | 5:27 |
| 83 | 5411 | MARTENS Stefanie | EEKLO | V | 49 | 0:19:05 | 11,00 | 5:27 |
| 84 | 4724 | VERLUYTEN Cecile | MOL | V | 50 | 0:19:05 | 11,00 | 5:27 |
| 85 | 5135 | VAN GALEN Anne-Sophie | VEGHEL | V | 51 | 0:19:08 | 10,98 | 5:28 |
| 86 | 4599 | DELODDERE Marie | KNOKKE | V | 52 | 0:19:08 | 10,98 | 5:28 |
| 87 | 5279 | MERTENS Heleen | EEKLO | V | 53 | 0:19:08 | 10,98 | 5:28 |
| 88 | 5280 | BRUGGEMAN Lotte | | V | 54 | 0:19:08 | 10,98 | 5:28 |
| 89 | 5181 | MEURIS Delphine | DENDERLEEUV | V | 55 | 0:19:10 | 10,96 | 5:29 |
| 90 | 4592 | DEVINCK Robbe | KNOKKE-HEIST | M | 35 | 0:19:11 | 10,95 | 5:29 |
| 91 | 4680 | VAN DAELE Cheryl | ZEEBRUGGE (BRUGGE) | V | 56 | 0:19:13 | 10,93 | 5:29 |
| 92 | 4532 | LENTZ Sophie | BRUSSEL 5 | V | 57 | 0:19:14 | 10,92 | 5:30 |
| 93 | 4636 | OTTE Julie | KNOKKE HEIST | V | 58 | 0:19:14 | 10,92 | 5:30 |
| 94 | 4608 | DELODDERE Julie | KNOKKE-HEIST | V | 59 | 0:19:18 | 10,88 | 5:31 |
| 95 | 4598 | BOURGOO Jules | KNOKKE | M | 36 | 0:19:21 | 10,85 | 5:32 |
| 96 | 5085 | VANDEWALLE Deam | KNOKKE | V | 60 | 0:19:25 | 10,82 | 5:33 |
| 97 | 5210 | VANSPAENDONK Allison | OOSTEEKLO | V | 61 | 0:19:25 | 10,82 | 5:33 |
| 98 | 5198 | DE BRUYN Julie | AALTER | V | 62 | 0:19:25 | 10,82 | 5:33 |
| 99 | 4652 | VERHULST Laura | KNOKKE-HEIST | V | 63 | 0:19:27 | 10,80 | 5:33 |
| 100 | 4631 | SCHRAM Eva | ST-ANDRIES | V | 64 | 0:19:29 | 10,78 | 5:34 |
| 101 | 5193 | VERMEULEN Eline | DAMME | V | 65 | 0:19:31 | 10,76 | 5:35 |
| 102 | 4590 | VANHAELEMEERSCH Delphine | KNOKKE | V | 66 | 0:19:34 | 10,73 | 5:35 |
| 103 | 4591 | VERHEECKE Manon | KNOKKE | V | 67 | 0:19:34 | 10,73 | 5:35 |
| 104 | 5196 | DEWAELE Isaura | KNOKKE-HEIST | V | 68 | 0:19:36 | 10,71 | 5:36 |
| 105 | 5459 | NAUDTS Marjolein | GENT | V | 69 | 0:19:44 | 10,64 | 5:38 |
| 106 | 4578 | DESLOOVERE Emiel | KNOKKE HEIST | M | 37 | 0:19:45 | 10,63 | 5:39 |
| 107 | 4710 | VANBIERVLIEET Charlotte | ASSEBROEK | V | 70 | 0:19:46 | 10,62 | 5:39 |
| 108 | 5110 | STESSELS Chloe | KAPellen (ANTW.) | V | 71 | 0:19:55 | 10,54 | 5:41 |
| 109 | 5156 | CALLUY Veerle | BEERNEM | V | 72 | 0:19:59 | 10,51 | 5:43 |
| 110 | 5149 | VANDENBUSSCHE Ann | BEERNEM | V | 73 | 0:20:00 | 10,50 | 5:43 |
| 111 | 4651 | PETRE Ancuta | KNOKKE-HEIST | V | 74 | 0:20:04 | 10,47 | 5:44 |
| 112 | 4668 | HEIRMAN Cara | KNOKKE HEIST | V | 75 | 0:20:13 | 10,39 | 5:47 |
| 113 | 4670 | VAN DE VELDE Sara | KNOKKE-HEIST | V | 76 | 0:20:13 | 10,39 | 5:47 |
| 114 | 5118 | DEZUTTER Nikki | MORTSEL | V | 77 | 0:20:15 | 10,37 | 5:47 |
| 115 | 4630 | COUVREUR Evelien | RAMSKAPELLE | V | 78 | 0:20:15 | 10,37 | 5:47 |
| 116 | 4704 | VAN WYMEERSCH Ingrid | KNOKKE HEIST | V | 79 | 0:20:17 | 10,35 | 5:48 |
| 117 | 4605 | BOURGOO Ralph | KNOKKE-HEIST | M | 38 | 0:20:17 | 10,35 | 5:48 |
| 118 | 4516 | WATTIJN Annemieke | LOVENDEGEM | V | 80 | 0:20:26 | 10,28 | 5:50 |
| 119 | 4517 | MORTHIER Mia | ADEGEM | V | 81 | 0:20:32 | 10,23 | 5:52 |
| 120 | 5207 | VAN THIENEN Maaike | BUGGENHOUT | V | 82 | 0:20:32 | 10,23 | 5:52 |
| 121 | 4547 | VAN DE VEEGAETE Astrid | BEKKERZEEL | V | 83 | 0:20:34 | 10,21 | 5:53 |
| 122 | 4701 | PETERS Griet | GENT | V | 84 | 0:20:34 | 10,21 | 5:53 |
| 123 | 4530 | BLAKEBROUGH Doreen | OOSTENDE | V | 85 | 0:20:35 | 10,20 | 5:53 |
| 124 | 5170 | DAUPERN Wendy | PUURS | V | 86 | 0:20:35 | 10,20 | 5:53 |
| 125 | 5125 | COMINGS Orpgee | KNOKKE-HEIST | V | 87 | 0:20:39 | 10,17 | 5:54 |
| 126 | 4638 | CATTOOR Mare | KNOKKE HEIST | V | 88 | 0:20:41 | 10,15 | 5:55 |
| 127 | 5208 | FAVART Lola | BRAINE-L'ALLEUD | V | 89 | 0:20:42 | 10,14 | 5:55 |
| 128 | 5458 | DHONDT Ellen | NAZARETH | V | 90 | 0:20:44 | 10,13 | 5:55 |
| 129 | 5212 | HUTSEBAUT Isabel | DUDZELE | V | 91 | 0:20:47 | 10,10 | 5:56 |
| 130 | 4515 | DEVRIENDT Carine | ZOMERGEM | V | 92 | 0:20:48 | 10,10 | 5:57 |
| 131 | 5155 | MESSIAEN Pauline | | V | 93 | 0:20:49 | 10,09 | 5:57 |
| 132 | 4526 | SEAUX Trees | DE PINTE | V | 94 | 0:20:49 | 10,09 | 5:57 |
| 133 | 4539 | JONCKHEER Isabelle | BERCHEM | V | 95 | 0:20:50 | 10,08 | 5:57 |
| 134 | 5127 | MESSELIS Sophie | MENEN | V | 96 | 0:20:50 | 10,08 | 5:57 |
| 135 | 4510 | DE CLERCQ Cindy | KN HEIST | V | 97 | 0:20:50 | 10,08 | 5:57 |
| 136 | 5137 | VANWALLEGHEM Aagje | GENT | V | 98 | 0:20:50 | 10,08 | 5:57 |
| 137 | 4511 | VAN DAMME Petra | KN HEIST | V | 99 | 0:20:51 | 10,07 | 5:57 |
| 138 | 5081 | BRACKMAN Eva | KNOKKE-HEIST | V | 100 | 0:20:54 | 10,05 | 5:58 |
| 139 | 4716 | HONORE Vanessa | ZEEBRUGGE (BRUGGE) | V | 101 | 0:20:56 | 10,03 | 5:59 |
| 140 | 4543 | DE MUYNCK Marthe | KAMPENHOUT | V | 102 | 0:20:56 | 10,03 | 5:59 |
| 141 | 4540 | ROELANDT Conny | AAIGEM | V | 103 | 0:20:59 | 10,01 | 6:00 |
| 142 | 4700 | STOFFELS Kristel | ST-KATELIJNE-WAVER | V | 104 | 0:21:03 | 9,98 | 6:01 |
| 143 | 4712 | VAN MEDEGAEL Leen | LEDE | V | 105 | 0:21:04 | 9,97 | 6:01 |
| 144 | 5165 | VERSPECHT Ilse | ASSE | V | 106 | 0:21:04 | 9,97 | 6:01 |
| 145 | 5126 | VAN PAMSWEERDE Agathe | BRUXELLES | V | 107 | 0:21:05 | 9,96 | 6:01 |
| 146 | 4709 | DE BUCK Caroline | ASSEBROEK | V | 108 | 0:21:05 | 9,96 | 6:01 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|--------------------|-----|-------|---------|------|---------|
| 147 | 5178 | COPPIETERS Beatrice | JETTE | V | 109 | 0:21:06 | 9,95 | 6:02 |
| 148 | 4687 | DE WOLF Magda | ERPE-MERE | V | 110 | 0:21:09 | 9,93 | 6:03 |
| 149 | 4749 | VAN DER PUTTEN Lieve | OUDEGEM | V | 111 | 0:21:09 | 9,93 | 6:03 |
| 150 | 4720 | VAN MEERHAEGHE Sien | WONDELGEM | V | 112 | 0:21:11 | 9,91 | 6:03 |
| 151 | 5168 | VAN MIERLO Maureen | | V | 113 | 0:21:12 | 9,91 | 6:03 |
| 152 | 5104 | MERTENS Anneleen | BORNEM | V | 114 | 0:21:13 | 9,90 | 6:04 |
| 153 | 5164 | PAUWAERT Laura | KNOKKE-HEIST | V | 115 | 0:21:13 | 9,90 | 6:04 |
| 154 | 5163 | GRYSON Tina | KNOKKE-HEIST | V | 116 | 0:21:13 | 9,90 | 6:04 |
| 155 | 5460 | ROOS Catherine | KNOKKE HEIST | V | 117 | 0:21:14 | 9,89 | 6:04 |
| 156 | 4739 | TILLEMANN Fien | LAPSCHEURE | V | 118 | 0:21:15 | 9,88 | 6:04 |
| 157 | 4741 | TURREKENS Christine | LAPSCHEURE | V | 119 | 0:21:15 | 9,88 | 6:04 |
| 158 | 4596 | SLABBINCK Sebastiaan | KNOKKE | M | 39 | 0:21:19 | 9,85 | 6:05 |
| 159 | 4519 | TOURNICOURT Karin | AALBEKE | V | 120 | 0:21:19 | 9,85 | 6:05 |
| 160 | 4533 | VAN HOVE Trees | DEINZE | V | 121 | 0:21:20 | 9,84 | 6:06 |
| 161 | 4639 | HAEGHEBAERT Emiel | HEIST-AAN-ZEE | M | 40 | 0:21:21 | 9,84 | 6:06 |
| 162 | 4626 | VAN LANDSCHOOT Maaïke | KNOKKE | V | 122 | 0:21:22 | 9,83 | 6:06 |
| 163 | 5131 | GUSSE Annick | KNESSELARE | V | 123 | 0:21:26 | 9,80 | 6:07 |
| 164 | 4621 | VERLEYE Jane | KNOKKE | V | 124 | 0:21:27 | 9,79 | 6:08 |
| 165 | 4567 | DIERICKX Heleen | KNOKKE-HEIST | V | 125 | 0:21:28 | 9,78 | 6:08 |
| 166 | 5133 | DIERICKX Steven | KNOKKE-HEIST | M | 41 | 0:21:28 | 9,78 | 6:08 |
| 167 | 4727 | MERVILLIE Nancy | KNOKKE-WESTKAPELLE | V | 126 | 0:21:29 | 9,78 | 6:08 |
| 168 | 4579 | DEVRIESE Rolf | WESTKAPELLE | M | 42 | 0:21:30 | 9,77 | 6:09 |
| 169 | 4735 | CLAESEN Marleen | KNOKKE | V | 127 | 0:21:30 | 9,77 | 6:09 |
| 170 | 4733 | GOEMINNE Kathleen | KNOKKE | V | 128 | 0:21:31 | 9,76 | 6:09 |
| 171 | 4717 | VAN ROMPU Martine | ASSEBROEK | V | 129 | 0:21:31 | 9,76 | 6:09 |
| 172 | 5190 | COENS Ann | ASSEBROEK | V | 130 | 0:21:32 | 9,75 | 6:09 |
| 173 | 4746 | VAN DER PERRE Christel | LENNIK | V | 131 | 0:21:32 | 9,75 | 6:09 |
| 174 | 5083 | BULCKE Jens | KNOKKE-HEIST | M | 43 | 0:21:32 | 9,75 | 6:09 |
| 175 | 5122 | STALLAERT Ann | MERCHEM | V | 132 | 0:21:33 | 9,74 | 6:09 |
| 176 | 4577 | DENYS Thomas | KNOKKE-HEIST | M | 44 | 0:21:34 | 9,74 | 6:10 |
| 177 | 4697 | VAN DAMME Machteld | GENT | V | 133 | 0:21:35 | 9,73 | 6:10 |
| 178 | 4719 | COOLS Jennifer | HOBOKEN | V | 134 | 0:21:38 | 9,71 | 6:11 |
| 179 | 4758 | DE DECKER Katrien | ZELZATE | V | 135 | 0:21:38 | 9,71 | 6:11 |
| 180 | 5112 | VAN HECKE Valerie | BIERGES | V | 136 | 0:21:38 | 9,71 | 6:11 |
| 181 | 4560 | FILIPPOVA Nicole | KNOKKE | V | 137 | 0:21:40 | 9,69 | 6:11 |
| 182 | 5084 | DE SMET Berend | KNOKKE-HEIST | M | 45 | 0:21:40 | 9,69 | 6:11 |
| 183 | 5117 | DE SNOECK Lewis | DRONGEN | M | 46 | 0:21:44 | 9,66 | 6:13 |
| 184 | 5401 | DE WULF Rina | AALTER | V | 138 | 0:21:44 | 9,66 | 6:13 |
| 185 | 4562 | DRYEPONDT Elin | KNOKKE-HEIST | V | 139 | 0:21:45 | 9,66 | 6:13 |
| 186 | 4559 | VANDEWALLE Malia | KNOKKE | V | 140 | 0:21:45 | 9,66 | 6:13 |
| 187 | 5124 | NR 5124 | | M | 47 | 0:21:46 | 9,65 | 6:13 |
| 188 | 4622 | DE BAETS Sharleen | KNOKKE | V | 141 | 0:21:47 | 9,64 | 6:13 |
| 189 | 4643 | DE SCHUYTER Margot | WESTKAPELLE | V | 142 | 0:21:47 | 9,64 | 6:13 |
| 190 | 5412 | RARON Leen | ASSEBROEK | V | 143 | 0:21:48 | 9,63 | 6:14 |
| 191 | 4711 | SOMERS Kathleen | DUFFEL | V | 144 | 0:21:48 | 9,63 | 6:14 |
| 192 | 5113 | SAVERS Ireen | KNOKKE-HEIST | V | 145 | 0:21:48 | 9,63 | 6:14 |
| 193 | 4529 | HAESENDONCK Ilse | MOLENSTEDE | V | 146 | 0:21:49 | 9,63 | 6:14 |
| 194 | 4714 | VANDEN BULCKE Sofie | KORTRIJK | V | 147 | 0:21:50 | 9,62 | 6:14 |
| 195 | 5128 | IVO Chris | KNOKKE-HEIST | V | 148 | 0:21:53 | 9,60 | 6:15 |
| 196 | 5151 | DE POOTER Bieke | WIJNEGEM | V | 149 | 0:22:01 | 9,54 | 6:17 |
| 197 | 5189 | DE MOOR Joris | HAACHT | M | 48 | 0:22:02 | 9,53 | 6:18 |
| 198 | 5166 | STUL Kathy | MALDEGEM | V | 150 | 0:22:04 | 9,52 | 6:18 |
| 199 | 5282 | DHONT Ingrid | ST-MARTENS-LATEM | V | 151 | 0:22:09 | 9,48 | 6:20 |
| 200 | 4718 | DEBUE Nadine | KNOKK-HEIST | V | 152 | 0:22:10 | 9,47 | 6:20 |
| 201 | 5142 | MC CULLOUGH Chantal | MOLENBEEK-ST-JEAN | V | 153 | 0:22:11 | 9,47 | 6:20 |
| 202 | 5214 | HAEGEMAN Arne | ASPELARE | M | 49 | 0:22:12 | 9,46 | 6:21 |
| 203 | 5213 | HAEGMAN Hans | ASPELARE | M | 50 | 0:22:12 | 9,46 | 6:21 |
| 204 | 5105 | DE PLANCKE Pascale | KNOKKE-HEIST | V | 154 | 0:22:16 | 9,43 | 6:22 |
| 205 | 4612 | GOEGEBEUR Rhaïssa | KNOKKE | V | 155 | 0:22:16 | 9,43 | 6:22 |
| 206 | 4685 | VERMAEL Jana | ZEEBRUGGE (BRUGGE) | V | 156 | 0:22:18 | 9,42 | 6:22 |
| 207 | 5082 | HUBRECHT Dotje | KNOKKE-HEIST | V | 157 | 0:22:26 | 9,36 | 6:25 |
| 208 | 5194 | DE BOUVERE Sabrina | KNOKKE-HEIST | V | 158 | 0:22:26 | 9,36 | 6:25 |
| 209 | 4745 | HOYBERGHS Hilde | MOL | V | 159 | 0:22:28 | 9,35 | 6:25 |
| 210 | 4501 | D'HAENENS Lieve | AALTER | V | 160 | 0:22:30 | 9,33 | 6:26 |
| 211 | 4624 | DERUDDER Meredith | KNOKKE-HEIST | V | 161 | 0:22:30 | 9,33 | 6:26 |
| 212 | 4597 | BLOMME Melodie | KNOKKE-HEIST | V | 162 | 0:22:33 | 9,31 | 6:27 |
| 213 | 4706 | STEENVOORDEN Liesbeth | MOL | V | 163 | 0:22:34 | 9,31 | 6:27 |
| 214 | 4678 | DESCHRIJVER Florence | WESTKAPELLE | V | 164 | 0:22:35 | 9,30 | 6:27 |
| 215 | 5120 | DE BAERE Babette | KNOKKE-HEIST | V | 165 | 0:22:37 | 9,29 | 6:28 |
| 216 | 4737 | DELAERE Shana | ASSEBROEK | V | 166 | 0:22:39 | 9,27 | 6:28 |
| 217 | 4731 | PLASSCHAERT Sandra | KNOKKE HEIST | V | 167 | 0:22:39 | 9,27 | 6:28 |
| 218 | 5107 | DE MEYERE Nathalie | | V | 168 | 0:22:39 | 9,27 | 6:28 |
| 219 | 4730 | GEVAERT Caroline | ASSEBROEK | V | 169 | 0:22:39 | 9,27 | 6:28 |
| 220 | 4569 | RAES Elise | KNOKKE HEIST | V | 170 | 0:22:42 | 9,25 | 6:29 |
| 221 | 5172 | VAN DORPE Noemie | GIBECQ | V | 171 | 0:22:42 | 9,25 | 6:29 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|--------------------|-----|-------|---------|------|---------|
| 222 | 4614 | DERUDDER Helen | KNOKKE-HEIST | V | 172 | 0:22:46 | 9,22 | 6:30 |
| 223 | 4617 | VAN LANDSCHOOT Femke | KNOKKE | V | 173 | 0:22:47 | 9,22 | 6:31 |
| 224 | 4536 | VAN HOOREBEKE Isabelle | WESTKAPELLE | V | 174 | 0:22:49 | 9,20 | 6:31 |
| 225 | 5188 | CAEYMAEX Dominique | ANTWERPEN | V | 175 | 0:22:51 | 9,19 | 6:32 |
| 226 | 4550 | VERHAEGEN Inge | MEISE | V | 176 | 0:22:52 | 9,18 | 6:32 |
| 227 | 4594 | GOVAERT Eline | KNOKKE | V | 177 | 0:22:52 | 9,18 | 6:32 |
| 228 | 5215 | VERLEYSEN Kim | GENTBRUGGE | V | 178 | 0:22:53 | 9,18 | 6:32 |
| 229 | 4512 | MOREELS Sibylle | UCCLE | V | 179 | 0:22:54 | 9,17 | 6:33 |
| 230 | 4634 | GOOSSENS Lies | KNOKKE HEIST | V | 180 | 0:22:55 | 9,16 | 6:33 |
| 231 | 4558 | DE MEY Maaïke | KNOKKE | V | 181 | 0:22:55 | 9,16 | 6:33 |
| 232 | 5141 | AERTS Sophie | BRASSCHAAT | V | 182 | 0:22:56 | 9,16 | 6:33 |
| 233 | 4693 | DE NOYETTE Zoe | KNOKKE-HEIST | V | 183 | 0:22:57 | 9,15 | 6:33 |
| 234 | 4732 | CRIEL Ingeborg | EKLO | V | 184 | 0:22:58 | 9,14 | 6:34 |
| 235 | 4729 | VLAEMINCK Ilse | LOPPEM | V | 185 | 0:22:58 | 9,14 | 6:34 |
| 236 | 4645 | DE GROOTE Amber | HEIST-AAN-ZEE | V | 186 | 0:22:59 | 9,14 | 6:34 |
| 237 | 4589 | MATTHYS Nathalie | KNOKKE | V | 187 | 0:23:01 | 9,12 | 6:35 |
| 238 | 5286 | FRICKELO Conny | BEERNEM | V | 188 | 0:23:01 | 9,12 | 6:35 |
| 239 | 4767 | SEGBERS Lana | MEISE | V | 189 | 0:23:06 | 9,09 | 6:36 |
| 240 | 4504 | BUELENS Monique | MEISE | V | 190 | 0:23:08 | 9,08 | 6:37 |
| 241 | 4627 | DE BAETS Dylan | KNOKKE-HEIST | M | 51 | 0:23:09 | 9,07 | 6:37 |
| 242 | 4661 | DECLOEDT Jenke | KNOKKE-HEIST | V | 191 | 0:23:10 | 9,06 | 6:37 |
| 243 | 4698 | MEDOT Marianne | KNOKKE | V | 192 | 0:23:10 | 9,06 | 6:37 |
| 244 | 4658 | ARIJS Gaetane | KNOKKE | M | 52 | 0:23:10 | 9,06 | 6:37 |
| 245 | 4671 | DE WACHTER Elke | KNOKKE HEIST | V | 193 | 0:23:10 | 9,06 | 6:37 |
| 246 | 4573 | VLAMYNCK Gaelle | KNOKKE | V | 194 | 0:23:13 | 9,05 | 6:38 |
| 247 | 4637 | CLAES Babette | HEIST-AAN-ZEE | V | 195 | 0:23:16 | 9,03 | 6:39 |
| 248 | 5144 | UYTTEBROEK Niel | VLEZENBEEK | V | 196 | 0:23:19 | 9,01 | 6:40 |
| 249 | 4513 | TEMMERMAN Lindsay | EREMBODEGEM | V | 197 | 0:23:21 | 8,99 | 6:40 |
| 250 | 4508 | RICOURT Tania | ASSENEDE | V | 198 | 0:23:21 | 8,99 | 6:40 |
| 251 | 4509 | RICOURT Adinda | ASSENEDE | V | 199 | 0:23:21 | 8,99 | 6:40 |
| 252 | 5209 | VANNOERKERKE Emelie | MENEN | V | 200 | 0:23:25 | 8,97 | 6:41 |
| 253 | 4566 | DESENDER Alex | KNOKKE-HEIST | M | 53 | 0:23:27 | 8,96 | 6:42 |
| 254 | 5177 | VERMEERSCH Marlies | BREDENE | V | 201 | 0:23:28 | 8,95 | 6:42 |
| 255 | 4768 | RENDERS Carolien | ASSE | V | 202 | 0:23:28 | 8,95 | 6:42 |
| 256 | 5289 | DE GELDER Virginie | GENT | V | 203 | 0:23:30 | 8,94 | 6:43 |
| 257 | 4740 | DE SMUL Nathalie | KRUISHOUTEM | V | 204 | 0:23:31 | 8,93 | 6:43 |
| 258 | 4763 | VANGERVEN Joke | WAASMUNSTER | V | 205 | 0:23:34 | 8,91 | 6:44 |
| 259 | 5114 | GOUWELOOSE Ingrid | KNOKKE-HEIST | V | 206 | 0:23:35 | 8,90 | 6:44 |
| 260 | 4742 | ANSEEUW Sabine | KNOKKE-HEIST | V | 207 | 0:23:36 | 8,90 | 6:45 |
| 261 | 4772 | DEMUYNCK Axelle | GULLEGEM | V | 208 | 0:23:38 | 8,89 | 6:45 |
| 262 | 4522 | GOFFART Freya | DE PINTE | V | 209 | 0:23:39 | 8,88 | 6:45 |
| 263 | 5121 | GYKIERE Bo | BREDENE | V | 210 | 0:23:41 | 8,87 | 6:46 |
| 264 | 4726 | PYPE Chantal | DEERLIJK | V | 211 | 0:23:46 | 8,84 | 6:47 |
| 265 | 5103 | DEMEYER Christine | OOSTERZELE | V | 212 | 0:23:47 | 8,83 | 6:48 |
| 266 | 5138 | DAEMEN Josee | SCHOTEN | V | 213 | 0:23:53 | 8,79 | 6:49 |
| 267 | 4744 | RENARD Milene | ANTWERPEN 1 | V | 214 | 0:23:53 | 8,79 | 6:49 |
| 268 | 5132 | GRYSON Tessa | KNOKKE-HEIST | V | 215 | 0:23:56 | 8,77 | 6:50 |
| 269 | 4771 | VAN RAEPENBUSCH Caroline | ST-KRUIS (BRUGGE) | V | 216 | 0:23:59 | 8,76 | 6:51 |
| 270 | 4534 | LANCKMAN Lieve | LEDE | V | 217 | 0:24:01 | 8,74 | 6:52 |
| 271 | 4545 | DESPEGHEL Leen | KNOKKE-HEIST | V | 218 | 0:24:03 | 8,73 | 6:52 |
| 272 | 4686 | VEYS Mieke | GENT | V | 219 | 0:24:03 | 8,73 | 6:52 |
| 273 | 4723 | FORNOVILLE Inge | HERENTALS | V | 220 | 0:24:05 | 8,72 | 6:53 |
| 274 | 4663 | BILLIET Fleur | ZEEBRUGGE (BRUGGE) | V | 221 | 0:24:18 | 8,64 | 6:57 |
| 275 | 4662 | CAMBIER Charlotte | KNOKKE-HEIST | V | 222 | 0:24:18 | 8,64 | 6:57 |
| 276 | 5402 | REYNAERT Rita | KNOKKE HEIST | V | 223 | 0:24:19 | 8,64 | 6:57 |
| 277 | 4665 | SLABBINCK Anais | KNOKKE | V | 224 | 0:24:19 | 8,64 | 6:57 |
| 278 | 5167 | COLSOUL Barbara | LEUVEN | V | 225 | 0:24:20 | 8,63 | 6:57 |
| 279 | 4555 | DE VOS Nicolas | KNOKKE-HEIST | M | 54 | 0:24:21 | 8,62 | 6:57 |
| 280 | 4691 | VAN GILS Maxine | ANTWERPEN | V | 226 | 0:24:21 | 8,62 | 6:57 |
| 281 | 4554 | VERMEERSCH Fauve | KNOKKE | V | 227 | 0:24:23 | 8,61 | 6:58 |
| 282 | 5407 | LELOUP Anja | EKLO | V | 228 | 0:24:24 | 8,61 | 6:58 |
| 283 | 5134 | RIXHON Anne | HALEN | V | 229 | 0:24:24 | 8,61 | 6:58 |
| 284 | 4664 | ECKEMAN Sarah | KNOKKE | V | 230 | 0:24:27 | 8,59 | 6:59 |
| 285 | 4576 | DE CLERCQ Anne | KNOKKE-HEIST | V | 231 | 0:24:30 | 8,57 | 7:00 |
| 286 | 5184 | SPILLEBEEN Benedicte | TORHOUT | V | 232 | 0:24:31 | 8,57 | 7:00 |
| 287 | 5185 | VANDEWALLE Ann | TORHOUT | V | 233 | 0:24:31 | 8,57 | 7:00 |
| 288 | 4681 | CABOOTER Lieselot | KNOKKE HEIST | V | 234 | 0:24:31 | 8,57 | 7:00 |
| 289 | 4688 | DEDEURWAERDER Kerlijne | WESTKAPELLE | V | 235 | 0:24:34 | 8,55 | 7:01 |
| 290 | 5216 | DEDAPPER Karolien | DRONGEN | V | 236 | 0:24:35 | 8,54 | 7:01 |
| 291 | 4618 | VANDEKERKHOVE Anouk | KNOKKE | V | 237 | 0:24:36 | 8,54 | 7:02 |
| 292 | 4677 | MONBALIU Anouk | KNOKKE-HEIST | V | 238 | 0:24:37 | 8,53 | 7:02 |
| 293 | 5406 | DE BAETS Wendy | AALTER | V | 239 | 0:24:37 | 8,53 | 7:02 |
| 294 | 4647 | PROPHETE Elien | KNOKKE HEIST | V | 240 | 0:24:38 | 8,53 | 7:02 |
| 295 | 4546 | VAN DE VELDE Greet | DESTELBERGEN | V | 241 | 0:24:38 | 8,53 | 7:02 |
| 296 | 4642 | PROPHETE Kaat | HEIST-AAN-ZEE | V | 242 | 0:24:38 | 8,53 | 7:02 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|----------------------|-----|-------|---------|------|---------|
| 297 | 4635 | CLAES Justine | KNOKKE HEIST | V | 243 | 0:24:41 | 8,51 | 7:03 |
| 298 | 5186 | MATTHYS Kelly | KNOKKE-HEIST | V | 244 | 0:24:42 | 8,50 | 7:03 |
| 299 | 5174 | DE REGGE Vanessa | KNOKKE-HEIST | V | 245 | 0:24:42 | 8,50 | 7:03 |
| 300 | 5173 | DE WAELE Kathleen | WETTEREN | V | 246 | 0:24:43 | 8,50 | 7:04 |
| 301 | 5147 | BUYCK Hilde | KNOKKE | V | 247 | 0:24:44 | 8,49 | 7:04 |
| 302 | 5146 | BAUDEWIJN Anne | WETTEREN | V | 248 | 0:24:44 | 8,49 | 7:04 |
| 303 | 4648 | BAEKELANDT Florence | ZEEBRUGGE (BRUGGE) | V | 249 | 0:24:44 | 8,49 | 7:04 |
| 304 | 5281 | MARESCAUX Nathalie | JABBEKE | V | 250 | 0:24:45 | 8,48 | 7:04 |
| 305 | 4683 | DEBLAERE Karen | OOSTKAMP | V | 251 | 0:24:46 | 8,48 | 7:05 |
| 306 | 4673 | KARIMI Nasim | KNOKKE-HEIST | V | 252 | 0:24:47 | 8,47 | 7:05 |
| 307 | 4705 | VAN OPDOURP Pia | SCHOONDYKE | V | 253 | 0:24:48 | 8,47 | 7:05 |
| 308 | 5115 | DE METSENAERE Annick | KNOKKE-HEIST | V | 254 | 0:24:49 | 8,46 | 7:05 |
| 309 | 4713 | ACKX Kathleen | KNOKKE-HEIST | V | 255 | 0:24:49 | 8,46 | 7:05 |
| 310 | 4748 | MARTENS Ingrid | KNOKKE HEIST | V | 256 | 0:24:52 | 8,45 | 7:06 |
| 311 | 5176 | DEMAECKER Nadine | KNOKKE-HEIST | V | 257 | 0:24:52 | 8,45 | 7:06 |
| 312 | 4633 | CATTOOR Loes | KNOKKE HEIST | V | 258 | 0:24:53 | 8,44 | 7:07 |
| 313 | 4690 | MAES Bernadette | MUIZEN | V | 259 | 0:24:59 | 8,41 | 7:08 |
| 314 | 5409 | GEERAERTS Nancy | KALMTHOUT | V | 260 | 0:24:59 | 8,41 | 7:08 |
| 315 | 5410 | VINCENT Christel | KALMTHOUT | V | 261 | 0:24:59 | 8,41 | 7:08 |
| 316 | 4684 | VALCKE Kathleen | KNOKKE | V | 262 | 0:25:00 | 8,40 | 7:09 |
| 317 | 5111 | VERBEURE Angie | | V | 263 | 0:25:05 | 8,37 | 7:10 |
| 318 | 4583 | OVERSTRAETE Charlotte | KNOKKE | V | 264 | 0:25:11 | 8,34 | 7:12 |
| 319 | 4586 | BULLYNCK Marie | KNOKKE | V | 265 | 0:25:13 | 8,33 | 7:12 |
| 320 | 4521 | VAN PUYENBROECK Ann | WAASMUNSTER | V | 266 | 0:25:15 | 8,32 | 7:13 |
| 321 | 4666 | THOME Christine | KNOKKE-HEIST | V | 267 | 0:25:21 | 8,28 | 7:15 |
| 322 | 4759 | COLLIER Sophie | ZELZATE | V | 268 | 0:25:22 | 8,28 | 7:15 |
| 323 | 4761 | ROGIEST Sandra | ZELZATE | V | 269 | 0:25:25 | 8,26 | 7:16 |
| 324 | 4752 | SCHOETERS Siska | ANTWERPEN | V | 270 | 0:25:25 | 8,26 | 7:16 |
| 325 | 5211 | DENOLF Ingrid | WAARSCHOOT | V | 271 | 0:25:27 | 8,25 | 7:16 |
| 326 | 4544 | VAN HAEVRE Vera | ZEEBRUGGE | V | 272 | 0:25:27 | 8,25 | 7:16 |
| 327 | 4760 | LECLERCQ Brenda | ZELZATE | V | 273 | 0:25:35 | 8,21 | 7:19 |
| 328 | 4675 | VOSSAERT Ilanka | KNOKKE HEIST | V | 274 | 0:25:36 | 8,20 | 7:19 |
| 329 | 4676 | STULTJENS Virginie | KNOKKE-HEIST | V | 275 | 0:25:36 | 8,20 | 7:19 |
| 330 | 5415 | DENYS Inge | BRUGGE | V | 276 | 0:25:41 | 8,18 | 7:20 |
| 331 | 4549 | GEERTSEN Anne-Mie | BORGERHOUT | V | 277 | 0:25:47 | 8,14 | 7:22 |
| 332 | 5143 | LINTERMANS Viviane | VLEZENBEEK | V | 278 | 0:25:54 | 8,11 | 7:24 |
| 333 | 5201 | BAERT Elke | BLANKENBERGE | V | 279 | 0:25:54 | 8,11 | 7:24 |
| 334 | 4707 | VAN CRAEN Marie Anne | BONHEIDEN | V | 280 | 0:25:56 | 8,10 | 7:25 |
| 335 | 5150 | LEFEVRE Isabelle | GINGELOM | V | 281 | 0:25:59 | 8,08 | 7:25 |
| 336 | 5203 | SNAUWAERT Eveline | | V | 282 | 0:26:01 | 8,07 | 7:26 |
| 337 | 4572 | SNAUWAERT Isabelle | KNOKKE | V | 283 | 0:26:01 | 8,07 | 7:26 |
| 338 | 4679 | VAN WULPEN Vienna | ZEEBRUGGE (BRUGGE) | V | 284 | 0:26:06 | 8,05 | 7:27 |
| 339 | 5192 | HAELK Julie | WINGENE | V | 285 | 0:26:13 | 8,01 | 7:29 |
| 340 | 5102 | VANDENWIELE Marie | | V | 286 | 0:26:13 | 8,01 | 7:29 |
| 341 | 5175 | MINNE Bruce | KNOKKE-HEIST | M | 55 | 0:26:16 | 7,99 | 7:30 |
| 342 | 4613 | COSYNS Layla | KNOKKE | V | 287 | 0:26:16 | 7,99 | 7:30 |
| 343 | 4607 | CHRISTIAENS Gerbaud | KNOKKE-HEIST | M | 56 | 0:26:16 | 7,99 | 7:30 |
| 344 | 4506 | DEMEY Laurie | KNOKKE-HEIST | V | 288 | 0:26:18 | 7,98 | 7:31 |
| 345 | 4695 | DEVOS Tine | DENTERGEM | V | 289 | 0:26:25 | 7,95 | 7:33 |
| 346 | 4616 | MICHIELS Sofie | | V | 290 | 0:26:34 | 7,90 | 7:35 |
| 347 | 4615 | GEORGES Julie | KNOKKE-HEIST | V | 291 | 0:26:34 | 7,90 | 7:35 |
| 348 | 5183 | SNAUWAERT Pascale | DENDERLEEUEW | V | 292 | 0:26:35 | 7,90 | 7:36 |
| 349 | 4528 | JANSEN Gerda | LOMMEL | V | 293 | 0:26:37 | 7,89 | 7:36 |
| 350 | 5204 | CHANG Linda | MEISE | V | 294 | 0:26:38 | 7,88 | 7:37 |
| 351 | 4721 | SERBRUYNS An | HEVERLEE | V | 295 | 0:26:45 | 7,85 | 7:39 |
| 352 | 4766 | AELBRECHT Stefanie | MERCHTEM | V | 296 | 0:26:45 | 7,85 | 7:39 |
| 353 | 4770 | DORIEAUX Magaly | ST-KATHERINA-LOMBEEK | V | 297 | 0:26:51 | 7,82 | 7:40 |
| 354 | 4743 | DESMEDT Monique | KNOKKE-HEIST | V | 298 | 0:27:03 | 7,76 | 7:44 |
| 355 | 5284 | KLINKHAMERS Sarah | STEKENE | V | 299 | 0:27:03 | 7,76 | 7:44 |
| 356 | 4689 | VAN LOO Sabrina | DEINZE | V | 300 | 0:27:13 | 7,72 | 7:47 |
| 357 | 4619 | MATTHEEUWS Trees | KNOKKE-HEIST | V | 301 | 0:27:25 | 7,66 | 7:50 |
| 358 | 4531 | VERMAELEN Karine | RIJMENAM | V | 302 | 0:27:51 | 7,54 | 7:57 |
| 359 | 4538 | PUNJABI Sheila | BONHEIDEN | V | 303 | 0:27:51 | 7,54 | 7:57 |
| 360 | 4775 | WAEYAERT Julie | BREDENE | V | 304 | 0:28:06 | 7,47 | 8:02 |
| 361 | 4672 | RODET Melissa | KNOKKE HEIST | V | 305 | 0:28:06 | 7,47 | 8:02 |
| 362 | 5160 | BOUQUET Isabelle | | V | 306 | 0:28:18 | 7,42 | 8:05 |
| 363 | 4623 | DEJAEGHERE Kiana | KNOKKE-HEIST | V | 307 | 0:28:36 | 7,34 | 8:10 |
| 364 | 4625 | VANDAMME Chloe | KNOKKE | V | 308 | 0:28:36 | 7,34 | 8:10 |
| 365 | 5119 | WILLEMS Isabelle | EKLO | V | 309 | 0:28:55 | 7,26 | 8:16 |
| 366 | 4654 | BULCKE Katrien | KNOKKE-HEIST | V | 310 | 0:29:05 | 7,22 | 8:19 |
| 367 | 4708 | DUMONT Maryse | KNOKKE-HEIST | V | 311 | 0:29:07 | 7,21 | 8:19 |
| 368 | 5205 | NR 5205 | | M | 57 | 0:56:00 | 3,75 | 16:00 |

10 K Knokke - 1 mei 2009

Short Run - 5,5 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|--------------------------|-----------------------|-----|-------|---------|-------|---------|
| 1 | 3997 | VAN PETEGEM Patrick | HERZELE | M | 1 | 0:16:57 | 19,47 | 3:05 |
| 2 | 3541 | DE JAEGER Thibault | BRUGGE | M | 2 | 0:18:33 | 17,79 | 3:22 |
| 3 | 3967 | BLONDEEL Thijs | KNOKKE | M | 3 | 0:18:52 | 17,49 | 3:26 |
| 4 | 3514 | CAMMERMAN Sven | DENDERMONDE | M | 4 | 0:19:31 | 16,91 | 3:33 |
| 5 | 3986 | EXELMANS Yves | SCHERPENHEUVEL-ZICHEM | M | 5 | 0:19:35 | 16,85 | 3:34 |
| 6 | 3535 | GESQUIERE Philip | VEURNE | M | 6 | 0:20:12 | 16,34 | 3:40 |
| 7 | 4013 | VAN CAELENBERG Bruno | | M | 7 | 0:20:19 | 16,24 | 3:42 |
| 8 | 3764 | STEVENS Wouter | LENNIK | M | 8 | 0:20:38 | 15,99 | 3:45 |
| 9 | 4157 | KERCKHOVE Yves | DAMME | M | 9 | 0:20:38 | 15,99 | 3:45 |
| 10 | 3807 | BRAKEL Tom | KNOKKE-HEIST | M | 10 | 0:20:41 | 15,95 | 3:46 |
| 11 | 3748 | VIAENE Nico | KNOKKE HEIST | M | 11 | 0:20:43 | 15,93 | 3:46 |
| 12 | 4011 | VAN DE VREKEN Joris | DENTERGEM | M | 12 | 0:20:55 | 15,78 | 3:48 |
| 13 | 3554 | VANDER KUYLEN Laurens | KESSEL-LO | M | 13 | 0:21:00 | 15,71 | 3:49 |
| 14 | 3992 | SUY Geert | HOUTHULST | M | 14 | 0:21:01 | 15,70 | 3:49 |
| 15 | 3776 | DEDEYNE Gwendolyn | MALDEGEM | V | 1 | 0:21:04 | 15,66 | 3:50 |
| 16 | 3819 | LOOBUYCK Jan | KNOKKE-HEIST | M | 15 | 0:21:06 | 15,64 | 3:50 |
| 17 | 3574 | WILLEMS Mathieu | KNOKKE-HEIST | M | 16 | 0:21:18 | 15,49 | 3:52 |
| 18 | 3809 | HEIRMAN Greg | DEURNE | M | 17 | 0:21:24 | 15,42 | 3:53 |
| 19 | 3639 | VAN ZWIJNSVOORDE Thibaut | KNOKKE-HEIST | M | 18 | 0:21:30 | 15,35 | 3:55 |
| 20 | 3786 | MBUGUA Thomas | HEIST-AAN-ZEE | M | 19 | 0:21:54 | 15,07 | 3:59 |
| 21 | 4204 | NR 4204 | | M | 20 | 0:22:15 | 14,83 | 4:03 |
| 22 | 3617 | TIELEMANS Davy | DE HAAN | M | 21 | 0:22:20 | 14,78 | 4:04 |
| 23 | 3657 | DEWITTE Mike | KNOKKE-HEIST | M | 22 | 0:22:21 | 14,77 | 4:04 |
| 24 | 4140 | CROES Johan | ST-NIKLAAS | M | 23 | 0:22:26 | 14,71 | 4:05 |
| 25 | 3922 | BAEKMAN Christophe | | M | 24 | 0:22:31 | 14,66 | 4:06 |
| 26 | 3673 | BLIECK Kenzo | KNOKKE HEIST | M | 25 | 0:22:32 | 14,64 | 4:06 |
| 27 | 3958 | LANOY Stephane | BIZET | M | 26 | 0:22:34 | 14,62 | 4:06 |
| 28 | 3853 | DE BRUYN Henri | AALTER | M | 27 | 0:22:38 | 14,58 | 4:07 |
| 29 | 3973 | VANOENACKER Dimitri | DEINZE | M | 28 | 0:22:47 | 14,48 | 4:09 |
| 30 | 3630 | VAN REYBROECK Kurt | KNOKKE-HEIST | M | 29 | 0:22:48 | 14,47 | 4:09 |
| 31 | 4139 | VAN DE VREKEN Luc | SCHELLE | M | 30 | 0:22:51 | 14,44 | 4:09 |
| 32 | 3916 | BERGMANS Sam | TESSENDERLO | M | 31 | 0:23:07 | 14,28 | 4:12 |
| 33 | 3649 | MATTHEEUWS Bert | KNOKKE-HEIST | M | 32 | 0:23:18 | 14,16 | 4:14 |
| 34 | 3959 | SAMYN Patrick | KOMEN-WAASTEN | M | 33 | 0:23:19 | 14,15 | 4:14 |
| 35 | 3559 | PAUWELS Joachim | KNOKKE-HEIST | M | 34 | 0:23:23 | 14,11 | 4:15 |
| 36 | 3972 | VANHOVENACKER Dieter | DEINZE | M | 35 | 0:23:32 | 14,02 | 4:17 |
| 37 | 3605 | DESMIDT Arno | DUDZELE | M | 36 | 0:23:45 | 13,89 | 4:19 |
| 38 | 3762 | STEVENS Matthias | LENNIK | M | 37 | 0:23:48 | 13,87 | 4:20 |
| 39 | 3632 | DE KETELAERE Laurens | WESTKAPELLE | M | 38 | 0:24:03 | 13,72 | 4:22 |
| 40 | 3961 | MORTIER Bjorn | OEDELEM | M | 39 | 0:24:12 | 13,64 | 4:24 |
| 41 | 3794 | STEEMAN Bart | GERAARDSBERGEN | M | 40 | 0:24:15 | 13,61 | 4:25 |
| 42 | 3651 | WILLEM Arnaud | KNOKKE-HEIST | M | 41 | 0:24:18 | 13,58 | 4:25 |
| 43 | 3747 | VAN BELLE Glenn | PUTTE | M | 42 | 0:24:18 | 13,58 | 4:25 |
| 44 | 3987 | HOORNAERT Thomas | KNOKKE-HEIST | M | 43 | 0:24:22 | 13,54 | 4:26 |
| 45 | 4146 | BAES Arne | KNOKKE-HEIST | M | 44 | 0:24:22 | 13,54 | 4:26 |
| 46 | 3880 | BLIECK Eddy | HEIST-AAN-ZEE | M | 45 | 0:24:22 | 13,54 | 4:26 |
| 47 | 4166 | TIMMERMAN Sandra | | V | 2 | 0:24:23 | 13,53 | 4:26 |
| 48 | 3735 | TEUNIS Luc | KNOKKE | M | 46 | 0:24:33 | 13,44 | 4:28 |
| 49 | 4001 | JACXSENS Peter | ASSEBROEK | M | 47 | 0:24:42 | 13,36 | 4:29 |
| 50 | 4142 | NR 4142 | | M | 48 | 0:24:46 | 13,32 | 4:30 |
| 51 | 3530 | DE GROOTE Pauwel | LEDE | M | 49 | 0:24:58 | 13,22 | 4:32 |
| 52 | 3612 | MARMENOUT Jente | KNOKKE-HEIST | M | 50 | 0:24:58 | 13,22 | 4:32 |
| 53 | 3563 | PLOVIE Tom | KNOKKE-HEIST | M | 51 | 0:25:07 | 13,14 | 4:34 |
| 54 | 3646 | DEWISPELAERE Alex | | M | 52 | 0:25:18 | 13,04 | 4:36 |
| 55 | 3974 | DE VISCH Domien | JABBEKE | M | 53 | 0:25:30 | 12,94 | 4:38 |
| 56 | 3696 | NIJS Rita | OOSTAKKER | V | 3 | 0:25:31 | 12,93 | 4:38 |
| 57 | 3782 | HOOFT Eric | STEKENE | M | 54 | 0:25:38 | 12,87 | 4:40 |
| 58 | 4006 | VANSASSEN BROECK Jelle | BRUGGE | M | 55 | 0:25:42 | 12,84 | 4:40 |
| 59 | 4007 | VANSASSEN BROECK Martijn | BRUGGE | M | 56 | 0:25:42 | 12,84 | 4:40 |
| 60 | 3631 | SCHEERENS Amaury | HEIST-AAN-ZEE | M | 57 | 0:25:46 | 12,81 | 4:41 |
| 61 | 3629 | VANDEPUTTE Tanguy | KNOKKE | M | 58 | 0:25:46 | 12,81 | 4:41 |
| 62 | 3634 | VERMEERSCH Maxim | KNOKKE-HEIST | M | 59 | 0:25:48 | 12,79 | 4:41 |
| 63 | 3820 | VAN HECKE Koen | KNOKKE-HEIST | M | 60 | 0:25:48 | 12,79 | 4:41 |
| 64 | 3661 | VAN WYNSBERGHE Cara | KNOKKE-HEIST | V | 4 | 0:25:51 | 12,77 | 4:42 |
| 65 | 4027 | DE GROOTE Carlo | KNOKKE-HEIST | M | 61 | 0:26:01 | 12,68 | 4:44 |
| 66 | 3859 | LANDUYT Ewout | KNOKKE-HEIST | M | 62 | 0:26:05 | 12,65 | 4:45 |
| 67 | 3641 | MATTHEEUWS Flor | KNOKKE-HEIST | M | 63 | 0:26:07 | 12,64 | 4:45 |
| 68 | 3527 | HELWIG Roemer | SOEST | M | 64 | 0:26:09 | 12,62 | 4:45 |
| 69 | 3562 | DE MUYNCK Jesse | KNOKKE | M | 65 | 0:26:09 | 12,62 | 4:45 |
| 70 | 3775 | DELOOSE Luc | ST-KRUIS (BRUGGE) | M | 66 | 0:26:16 | 12,56 | 4:47 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|-----------------------|-----|-------|---------|-------|---------|
| 71 | 3575 | GOVAERT Olivier | KNOKKE | M | 67 | 0:26:20 | 12,53 | 4:47 |
| 72 | 4010 | VANDECASTEELE Serge | AALTER | M | 68 | 0:26:23 | 12,51 | 4:48 |
| 73 | 3999 | TILLEMAN Sander | | M | 69 | 0:26:28 | 12,47 | 4:49 |
| 74 | 3671 | DECEUNINCK Wouter | KNOKKE | M | 70 | 0:26:31 | 12,45 | 4:49 |
| 75 | 3829 | DE GROOTE Sebastiaan | KNOKKE-HEIST | M | 71 | 0:26:32 | 12,44 | 4:49 |
| 76 | 3717 | LIPPENS Anneke | GENT | V | 5 | 0:26:34 | 12,42 | 4:50 |
| 77 | 3817 | DE WERT Teun | EINDHOVEN | M | 72 | 0:26:40 | 12,38 | 4:51 |
| 78 | 3808 | HERNANDEZ Liam | BOOM | M | 73 | 0:26:42 | 12,36 | 4:51 |
| 79 | 3526 | MAHIEU Annick | MARKE (KORTRIJK) | V | 6 | 0:26:45 | 12,34 | 4:52 |
| 80 | 3766 | SNAUWAERT Isabel | KNOKKE-HEIST | V | 7 | 0:26:45 | 12,34 | 4:52 |
| 81 | 3568 | DELOOF Joanna | KNOKKE-HEIST | V | 8 | 0:26:49 | 12,31 | 4:53 |
| 82 | 3918 | COLPAERT Christophe | KNOKKE-HEIST | M | 74 | 0:26:53 | 12,28 | 4:53 |
| 83 | 4159 | MATTHIJS Danny | NIEUWERKERKEN (AALST) | M | 75 | 0:26:55 | 12,26 | 4:54 |
| 84 | 3597 | VERSTRAETE Andreas | KNOKKE-HEIST | M | 76 | 0:26:56 | 12,25 | 4:54 |
| 85 | 3532 | DE GROOTE Lukas | LEDE | M | 77 | 0:27:00 | 12,22 | 4:55 |
| 86 | 3583 | VERSTRAETE William | KNOKKE-HEIST | M | 78 | 0:27:01 | 12,21 | 4:55 |
| 87 | 3742 | VANDENBERGHE Jean-Marc | KNOKKE-HEIST | M | 79 | 0:27:06 | 12,18 | 4:56 |
| 88 | 4153 | ANNYS Pascal | KNOKKE-HEIST | M | 80 | 0:27:10 | 12,15 | 4:56 |
| 89 | 3603 | HUNGENAERT Rens | HEIST-AAN-ZEE | M | 81 | 0:27:15 | 12,11 | 4:57 |
| 90 | 3714 | LAUWERS Joseph | ZEDELGEM | M | 82 | 0:27:16 | 12,10 | 4:57 |
| 91 | 3982 | DEULIEGER Johan | KNOKKE-HEIST | M | 83 | 0:27:18 | 12,09 | 4:58 |
| 92 | 3743 | CLAEYS Amina | BEERNEM | V | 9 | 0:27:23 | 12,05 | 4:59 |
| 93 | 3628 | COPPIN Stephanie | KNOKKE | V | 10 | 0:27:24 | 12,04 | 4:59 |
| 94 | 3830 | SMITZ Serge | EEKLO | M | 84 | 0:27:24 | 12,04 | 4:59 |
| 95 | 4165 | KERCKHOVE Jens | DAMME | M | 85 | 0:27:30 | 12,00 | 5:00 |
| 96 | 4000 | VANACKERE Jurgen | MENEN | M | 86 | 0:27:32 | 11,99 | 5:00 |
| 97 | 3781 | ROESENS Veronique | EREMBODEGEM | V | 11 | 0:27:33 | 11,98 | 5:01 |
| 98 | 4133 | WATERSCHOOT Nicholas | KNOKKE | M | 87 | 0:27:35 | 11,96 | 5:01 |
| 99 | 3590 | VERCRUYSSSE Kevin | KNOKKE-HEIST | M | 88 | 0:27:35 | 11,96 | 5:01 |
| 100 | 3552 | DE LOGI Kriz | ST-PIETERS-LEEUV | M | 89 | 0:27:35 | 11,96 | 5:01 |
| 101 | 3783 | VAN BROECK Kris | STEKENE | M | 90 | 0:27:38 | 11,94 | 5:01 |
| 102 | 3578 | BAILYN Arnaud | KNOKKE-HEIST | M | 91 | 0:27:41 | 11,92 | 5:02 |
| 103 | 4132 | PAUWAERT Tom | KNOKKE-HEIST | M | 92 | 0:27:43 | 11,91 | 5:02 |
| 104 | 3937 | BELOT Luc | DILBEEK | M | 93 | 0:27:43 | 11,91 | 5:02 |
| 105 | 3839 | VANDEBEEK Jules | GENK | M | 94 | 0:27:44 | 11,90 | 5:03 |
| 106 | 3814 | OOGHET Peter | NINOVE | M | 95 | 0:27:46 | 11,88 | 5:03 |
| 107 | 3566 | PAUWELS Ward | HEIST-AAN-ZEE | M | 96 | 0:27:46 | 11,88 | 5:03 |
| 108 | 3842 | VERMEERSCH Karen | GENK | V | 12 | 0:27:48 | 11,87 | 5:03 |
| 109 | 3847 | GOETHALS Alain | | M | 97 | 0:27:48 | 11,87 | 5:03 |
| 110 | 3571 | TANGHE Jelle | KNOKKE-HEIST | M | 98 | 0:27:49 | 11,86 | 5:03 |
| 111 | 3665 | VIS Maarten | KNOKKE | M | 99 | 0:27:50 | 11,86 | 5:04 |
| 112 | 3637 | MEYNS Arno | KNOKKE HEIST | M | 100 | 0:28:07 | 11,74 | 5:07 |
| 113 | 4168 | VAN DE WALLE Elke | OOSTKAMP | V | 13 | 0:28:12 | 11,70 | 5:08 |
| 114 | 3704 | DE SMET Katrin | BERCHEM | V | 14 | 0:28:15 | 11,68 | 5:08 |
| 115 | 4003 | CLEMENT Nancy | MANNEKENSVERE | V | 15 | 0:28:16 | 11,67 | 5:08 |
| 116 | 3695 | THIJS Sebastien | ST-TRUIDEN | M | 101 | 0:28:18 | 11,66 | 5:09 |
| 117 | 3890 | BOMBEKE Kelly | KALKEN | V | 16 | 0:28:20 | 11,65 | 5:09 |
| 118 | 3831 | GHYSELINCK Dominique | EEKLO | M | 102 | 0:28:22 | 11,63 | 5:09 |
| 119 | 3553 | VANDER KUYLEN Christiaan | KESSEL-LO | M | 103 | 0:28:28 | 11,59 | 5:11 |
| 120 | 3647 | DEQUEKER Marcus | | M | 104 | 0:28:32 | 11,57 | 5:11 |
| 121 | 3856 | OVERSTRAETE Olivier | KNOKKE-HEIST | M | 105 | 0:28:34 | 11,55 | 5:12 |
| 122 | 3638 | MORTIER Arne | KNOKKE-HEIST | M | 106 | 0:28:37 | 11,53 | 5:12 |
| 123 | 4169 | COSYN Lynn | KNOKKE-HEIST | V | 17 | 0:28:38 | 11,53 | 5:12 |
| 124 | 3609 | VANDEPITTE Jules | KNOKKE HEIST | M | 107 | 0:28:43 | 11,49 | 5:13 |
| 125 | 3525 | DEGRAEVE Eveline | KNOKKE-HEIST | V | 18 | 0:28:47 | 11,46 | 5:14 |
| 126 | 3991 | MORTIER Dirk | OEDELEM | M | 108 | 0:28:48 | 11,46 | 5:14 |
| 127 | 3570 | SUSLA Martijn | KNOKKE | M | 109 | 0:28:50 | 11,45 | 5:15 |
| 128 | 3793 | NR 3793 | | M | 110 | 0:28:51 | 11,44 | 5:15 |
| 129 | 3802 | VAN LINTHOUDT Stef | WOLVERTEM | M | 111 | 0:28:52 | 11,43 | 5:15 |
| 130 | 3755 | DEJONCKHEERE Niels | KNOKKE-HEIST | M | 112 | 0:28:55 | 11,41 | 5:15 |
| 131 | 3956 | DE BADRIHAGE Sneltlava | ST-ANDRIES | V | 19 | 0:28:58 | 11,39 | 5:16 |
| 132 | 4170 | JANSSENS Dina | ASSEBROEK | V | 20 | 0:28:58 | 11,39 | 5:16 |
| 133 | 4134 | DEMUYNCK Tine | LENDELEDE | V | 21 | 0:29:00 | 11,38 | 5:16 |
| 134 | 4156 | DEFOSSEZ Junior | OOSTENDE | M | 113 | 0:29:02 | 11,37 | 5:17 |
| 135 | 3604 | VAN DAMME Thomas | HEIST-AAN-ZEE | M | 114 | 0:29:03 | 11,36 | 5:17 |
| 136 | 3984 | SERGEANT Marnic | NEVELE | M | 115 | 0:29:03 | 11,36 | 5:17 |
| 137 | 3979 | VANDIERENDONCK Jordy | KNOKKE-HEIST | M | 116 | 0:29:04 | 11,35 | 5:17 |
| 138 | 3598 | HOORNAERT Jan | KNOKKE-HEIST | M | 117 | 0:29:08 | 11,33 | 5:18 |
| 139 | 3615 | OLLEVIER Hannes | MALDEGEM | M | 118 | 0:29:08 | 11,33 | 5:18 |
| 140 | 3614 | FISANTHIA Natacha | KNOKKE-HEIST | V | 22 | 0:29:09 | 11,32 | 5:18 |
| 141 | 3648 | LOOTENS Julie | KNOKKE-HEIST | V | 23 | 0:29:09 | 11,32 | 5:18 |
| 142 | 3756 | DEJONCKHEERE Nicolas | KNOKKE-HEIST | M | 119 | 0:29:10 | 11,31 | 5:18 |
| 143 | 3650 | SAVELS Astrid | KNOKKE-HEIST | V | 24 | 0:29:10 | 11,31 | 5:18 |
| 144 | 3718 | DE BLOCK Caroline | KNOKKE-HEIST | V | 25 | 0:29:12 | 11,30 | 5:19 |
| 145 | 3848 | DE GROOTE Katrien | | V | 26 | 0:29:13 | 11,29 | 5:19 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|-------------------|-----|-------|---------|-------|---------|
| 146 | 3567 | FOCKENIER Bjarne | KNOKKE HEIST | M | 120 | 0:29:14 | 11,29 | 5:19 |
| 147 | 3616 | LUYENS Sofie | DE HAAN | V | 27 | 0:29:15 | 11,28 | 5:19 |
| 148 | 3581 | ALBRECHT Tristan | KNOKKE-HEIST | M | 121 | 0:29:16 | 11,28 | 5:19 |
| 149 | 3569 | DRIESENS Robbe | WESTKAPELLE | M | 122 | 0:29:17 | 11,27 | 5:19 |
| 150 | 3905 | BOURGUILLIOEN Bart | MELLE | M | 123 | 0:29:19 | 11,26 | 5:20 |
| 151 | 3564 | VAN RIET Thomas | KNOKKE | M | 124 | 0:29:22 | 11,24 | 5:20 |
| 152 | 3989 | VAN RIET Jordi | KNOKKE | M | 125 | 0:29:23 | 11,23 | 5:21 |
| 153 | 3680 | WILLEMS Laetitia | KNOKKE-HEIST | V | 28 | 0:29:24 | 11,22 | 5:21 |
| 154 | 4147 | TANGHE Martine | LUBBEEK | V | 29 | 0:29:25 | 11,22 | 5:21 |
| 155 | 3610 | MATTHEEUWS Stan | KNOKKE-HEIST | M | 126 | 0:29:30 | 11,19 | 5:22 |
| 156 | 3606 | MEYERS Ilan | KNOKKE HEIST | M | 127 | 0:29:32 | 11,17 | 5:22 |
| 157 | 3520 | REYNDERS Martin | LOMMEL | M | 128 | 0:29:32 | 11,17 | 5:22 |
| 158 | 3707 | NOTTE Lisa | OOSTAKKER | V | 30 | 0:29:35 | 11,15 | 5:23 |
| 159 | 3838 | BULTE Alain | DILBEEK | M | 129 | 0:29:36 | 11,15 | 5:23 |
| 160 | 3572 | DEPOORTER Simon | KNOKKE | M | 130 | 0:29:38 | 11,14 | 5:23 |
| 161 | 3927 | DE WAELE Jules | KNOKKE-HEIST | M | 131 | 0:29:41 | 11,12 | 5:24 |
| 162 | 3812 | BOELS Carolin | ST-MARTENS-LATEM | V | 31 | 0:29:46 | 11,09 | 5:25 |
| 163 | 3917 | VAN AKEN Gali | SCHOTEN | V | 32 | 0:30:00 | 11,00 | 5:27 |
| 164 | 3904 | WILLEMS Nicole | LEDEBERG | V | 33 | 0:30:03 | 10,98 | 5:28 |
| 165 | 3957 | DE BADRIHANE Yuan | ST-ANDRIES | M | 132 | 0:30:08 | 10,95 | 5:29 |
| 166 | 3536 | QUINTENS Alizee | EVERGEM | V | 34 | 0:30:10 | 10,94 | 5:29 |
| 167 | 3985 | PINTO Vivian | WOLUWE-ST-LAMBERT | V | 35 | 0:30:12 | 10,93 | 5:29 |
| 168 | 3825 | VAN DEN BOGAERT Julie | STABROEK | V | 36 | 0:30:12 | 10,93 | 5:29 |
| 169 | 3988 | VANHOEYWEGHEN Marie | ST-ANDRIES | V | 37 | 0:30:14 | 10,92 | 5:30 |
| 170 | 3593 | DE LAET Lauranne | KNOKKE-HEIST | V | 38 | 0:30:15 | 10,91 | 5:30 |
| 171 | 3773 | VAN MEEL Sonja | HERENT | V | 39 | 0:30:16 | 10,90 | 5:30 |
| 172 | 3565 | STEFFEN Eliza | KNOKKE-HEIST | V | 40 | 0:30:20 | 10,88 | 5:31 |
| 173 | 3611 | BEUSAERT Julie | HEIST-AAN-ZEE | V | 41 | 0:30:20 | 10,88 | 5:31 |
| 174 | 3883 | DE GROOF Griet | ELVERSELE | V | 42 | 0:30:21 | 10,87 | 5:31 |
| 175 | 3623 | BRAEM Isabelle | KNOKKE-HEIST | V | 43 | 0:30:21 | 10,87 | 5:31 |
| 176 | 3663 | KUPFER Laura | KNOKKE-HEIST | V | 44 | 0:30:21 | 10,87 | 5:31 |
| 177 | 3542 | DE BURGGRAVE Veroniek | ST-NIKLAAS | V | 45 | 0:30:24 | 10,86 | 5:32 |
| 178 | 3618 | DEVLIEGER Lisa | KNOKKE | V | 46 | 0:30:25 | 10,85 | 5:32 |
| 179 | 3798 | MANHAEVE Wim | KNOKKE-HEIST | M | 133 | 0:30:33 | 10,80 | 5:33 |
| 180 | 4012 | PIELTIENS Luc | HEULE | M | 134 | 0:30:33 | 10,80 | 5:33 |
| 181 | 3577 | DIELTIENS Gil | KNOKKE HEIST | M | 135 | 0:30:33 | 10,80 | 5:33 |
| 182 | 4136 | CLOET Annelies | ST-ANDRIES | V | 47 | 0:30:35 | 10,79 | 5:34 |
| 183 | 3719 | HOLLEVOET Kores | BREDENE | M | 136 | 0:30:35 | 10,79 | 5:34 |
| 184 | 3600 | DECOCK Sara | KNOKKE-HEIST | V | 48 | 0:30:37 | 10,78 | 5:34 |
| 185 | 3981 | TEMMERMAN Christine | | V | 49 | 0:30:38 | 10,77 | 5:34 |
| 186 | 3960 | GIELEN Herman | HASSELT | M | 137 | 0:30:39 | 10,77 | 5:34 |
| 187 | 3573 | MUYLLAERT Luis | KNOKKE | M | 138 | 0:30:41 | 10,76 | 5:35 |
| 188 | 3840 | BUYCK Jan | KNOKKE-HEIST | M | 139 | 0:30:42 | 10,75 | 5:35 |
| 189 | 3777 | REGENMORTELS Frieda | KEERBERGEN | V | 50 | 0:30:43 | 10,74 | 5:35 |
| 190 | 3589 | PEETERS Elise | KNOKKE | V | 51 | 0:30:43 | 10,74 | 5:35 |
| 191 | 3710 | VAN HEULE Bruno | DEINZE | M | 140 | 0:30:43 | 10,74 | 5:35 |
| 192 | 3963 | RABAEY Ann | ZUIENKERKE | V | 52 | 0:30:43 | 10,74 | 5:35 |
| 193 | 3550 | MUYLLAERT Filip | KNOKKE-HEIST | M | 141 | 0:30:45 | 10,73 | 5:35 |
| 194 | 3586 | VANDE CAPPELLE Tibo | KNOKKE-HEIST | M | 142 | 0:30:49 | 10,71 | 5:36 |
| 195 | 4145 | DECEUNNINCK Sofie | JABBEKE | V | 53 | 0:30:49 | 10,71 | 5:36 |
| 196 | 3591 | BROUCKE Tineke | | V | 54 | 0:30:51 | 10,70 | 5:37 |
| 197 | 3599 | FLEURBAEY Cedric | KNOKKE-HEIST | M | 143 | 0:30:59 | 10,65 | 5:38 |
| 198 | 3845 | LEPOUTRE Mathieu | BOECHOUT | M | 144 | 0:31:00 | 10,65 | 5:38 |
| 199 | 3734 | VANDEPUTTE Marc | KNOKKE | M | 145 | 0:31:03 | 10,63 | 5:39 |
| 200 | 4174 | DESCHACHT An-Sofie | | V | 55 | 0:31:04 | 10,62 | 5:39 |
| 201 | 3931 | SUCAET Thomas | | M | 146 | 0:31:07 | 10,61 | 5:39 |
| 202 | 3932 | SUCAET Jochen | | M | 147 | 0:31:07 | 10,61 | 5:39 |
| 203 | 3633 | CABOOTER Maarten | KNOKKE-HEIST | M | 148 | 0:31:08 | 10,60 | 5:40 |
| 204 | 3779 | WILLEMS Anja | DUDZELE | V | 56 | 0:31:08 | 10,60 | 5:40 |
| 205 | 4161 | DESMIDT Pauline | DUDZELE | V | 57 | 0:31:08 | 10,60 | 5:40 |
| 206 | 3580 | SMET James | KNOKKE-HEIST | M | 149 | 0:31:09 | 10,59 | 5:40 |
| 207 | 4002 | BANCKAERT Alexandre | GENT | M | 150 | 0:31:09 | 10,59 | 5:40 |
| 208 | 3778 | VANDENKERCKHOVE Masha | DUDZELE | V | 58 | 0:31:11 | 10,58 | 5:40 |
| 209 | 3506 | DRIESENS Eddy | HECHTEL | M | 151 | 0:31:11 | 10,58 | 5:40 |
| 210 | 3896 | DENS Wiethe | REET | M | 152 | 0:31:12 | 10,58 | 5:40 |
| 211 | 3739 | DE GROOTE Natalie | KNOKKE-HEIST | V | 59 | 0:31:12 | 10,58 | 5:40 |
| 212 | 3738 | SEY Barry | KNOKKE | M | 153 | 0:31:12 | 10,58 | 5:40 |
| 213 | 3930 | LAGROU Ginette | KNOKKE-HEIST | V | 60 | 0:31:14 | 10,57 | 5:41 |
| 214 | 3587 | GOETHALS Sander | KNOKKE-HEIST | M | 154 | 0:31:15 | 10,56 | 5:41 |
| 215 | 3770 | HAERINCK Thibau | BLANKENBERGE | M | 155 | 0:31:17 | 10,55 | 5:41 |
| 216 | 3828 | BROUWERS Pieter-Paul | EINDHOVEN | M | 156 | 0:31:17 | 10,55 | 5:41 |
| 217 | 3703 | D'AUBIOUL Karel | KNOKKE-HEIST | M | 157 | 0:31:19 | 10,54 | 5:42 |
| 218 | 3993 | NR 3993 | | M | 158 | 0:31:22 | 10,52 | 5:42 |
| 219 | 3797 | SERCU Chantal | HEIST-AAN-ZEE | V | 61 | 0:31:23 | 10,52 | 5:42 |
| 220 | 4143 | VANEEGHEM Alexander | BRUGGE | M | 159 | 0:31:24 | 10,51 | 5:43 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|-------------------|-----|-------|---------|-------|---------|
| 221 | 3588 | LANCKRIET Sarah | KNOKKE | V | 62 | 0:31:25 | 10,50 | 5:43 |
| 222 | 3698 | DE CRAEMER Charlotte | DUDZELE | V | 63 | 0:31:28 | 10,49 | 5:43 |
| 223 | 3787 | HANSEN Vince | WAASMUNSTER | M | 160 | 0:31:34 | 10,45 | 5:44 |
| 224 | 4144 | HANSEN Bart | KNOKKE | M | 161 | 0:31:34 | 10,45 | 5:44 |
| 225 | 3908 | SACCASYN Tom | LENNIK | M | 162 | 0:31:35 | 10,45 | 5:45 |
| 226 | 4024 | MEYERS Arnold | GENT | M | 163 | 0:31:35 | 10,45 | 5:45 |
| 227 | 3907 | NR 3907 | | M | 164 | 0:31:35 | 10,45 | 5:45 |
| 228 | 3601 | CLEYNEN Caroline | KNOKKE HEIST | V | 64 | 0:31:40 | 10,42 | 5:45 |
| 229 | 3968 | DEVINCK Mitch | KNOKKE-HEIST | M | 165 | 0:31:43 | 10,40 | 5:46 |
| 230 | 3994 | BAUTE Carine | OOSTKAMP | V | 65 | 0:31:45 | 10,39 | 5:46 |
| 231 | 3579 | BOERJAN Sandrine | KNOKKE HEIST | V | 66 | 0:31:45 | 10,39 | 5:46 |
| 232 | 3855 | BOVERJAN Kurt | HEIST-AAN-ZEE | M | 166 | 0:31:46 | 10,39 | 5:47 |
| 233 | 3934 | ROBEYNS Anne-Sophie | DESSEL | V | 67 | 0:31:47 | 10,38 | 5:47 |
| 234 | 3816 | FLEURBAEY Johan | KNOKKE-HEIST | M | 167 | 0:31:47 | 10,38 | 5:47 |
| 235 | 3774 | DEVOLDERE Anthony | KNOKKE HEIST | M | 168 | 0:31:52 | 10,36 | 5:48 |
| 236 | 3692 | DE BAETS Laura | KNOKKE HEIST | V | 68 | 0:31:52 | 10,36 | 5:48 |
| 237 | 3784 | WYNANTS Remy | | M | 169 | 0:31:53 | 10,35 | 5:48 |
| 238 | 3785 | HENDERIK Wilfried | MALLE | M | 170 | 0:31:53 | 10,35 | 5:48 |
| 239 | 3576 | DRIESENS Kjell | WESTKAPELLE | M | 171 | 0:31:53 | 10,35 | 5:48 |
| 240 | 4171 | HYNGENAERT Reyn | | V | 69 | 0:31:54 | 10,34 | 5:48 |
| 241 | 3664 | BAERT Thijs | KNOKKE | M | 172 | 0:31:54 | 10,34 | 5:48 |
| 242 | 4020 | FOULON Ina | MOLENBEEK-ST-JEAN | V | 70 | 0:31:55 | 10,34 | 5:48 |
| 243 | 3800 | VERBEKE Isabelle | HEIST-AAN-ZEE | V | 71 | 0:31:56 | 10,33 | 5:48 |
| 244 | 3801 | BOTAERT Paul | HEIST-AAN-ZEE | M | 173 | 0:31:56 | 10,33 | 5:48 |
| 245 | 3584 | SPEYBROECK Arthur | KNOKKE | M | 174 | 0:31:58 | 10,32 | 5:49 |
| 246 | 3811 | CLERCKX Oliver | ANTWERPEN | M | 175 | 0:32:00 | 10,31 | 5:49 |
| 247 | 3810 | VAN LATHEN Casimir | ANTWERPEN | M | 176 | 0:32:00 | 10,31 | 5:49 |
| 248 | 4017 | SALS Karen | HEIST-AAN-ZEE | V | 72 | 0:32:04 | 10,29 | 5:50 |
| 249 | 3544 | LOEYS Marc | KNOKKE-HEIST | M | 177 | 0:32:07 | 10,28 | 5:50 |
| 250 | 4173 | DEFRUNT Veronique | VLISSEGEM | V | 73 | 0:32:07 | 10,28 | 5:50 |
| 251 | 3700 | VAN UDEN Thea | RAMSKAPELLE | V | 74 | 0:32:09 | 10,26 | 5:51 |
| 252 | 3879 | VAN LOOCKE Ina | ST-TRUIDEN | V | 75 | 0:32:10 | 10,26 | 5:51 |
| 253 | 3737 | RAPPE Vera | KNOKKE | V | 76 | 0:32:14 | 10,24 | 5:52 |
| 254 | 4175 | COUSSEMENT Sabine | ASSEBROEK | V | 77 | 0:32:14 | 10,24 | 5:52 |
| 255 | 3900 | SNAUWAERT Marian | KNOKKE-HEIST | V | 78 | 0:32:15 | 10,23 | 5:52 |
| 256 | 3975 | DEWAELE Eline | KNOKKE | V | 79 | 0:32:17 | 10,22 | 5:52 |
| 257 | 3666 | LEBER Julie | KNOKKE-HEIST | V | 80 | 0:32:18 | 10,22 | 5:52 |
| 258 | 4201 | VANDENDRIESSCHE Amelie | IZEGEM | V | 81 | 0:32:18 | 10,22 | 5:52 |
| 259 | 4028 | DHONT Dimitri | KNOKKE-HEIST | M | 178 | 0:32:19 | 10,21 | 5:53 |
| 260 | 3886 | MOBOUCK Bart | KNOKKE-HEIST | M | 179 | 0:32:20 | 10,21 | 5:53 |
| 261 | 3741 | DECLERCQ Magali | ST-MARTENS_LATEM | V | 82 | 0:32:21 | 10,20 | 5:53 |
| 262 | 4164 | VANDE RYSE Jolien | DUDZELE | V | 83 | 0:32:23 | 10,19 | 5:53 |
| 263 | 3995 | VAN GAEVEREN Hans | OOSTERZELE | M | 180 | 0:32:24 | 10,19 | 5:53 |
| 264 | 3887 | CAUWELS Bart | KNOKKE-HEIST | M | 181 | 0:32:24 | 10,19 | 5:53 |
| 265 | 4162 | D'HONDT Sofie | DUDZELE | V | 84 | 0:32:30 | 10,15 | 5:55 |
| 266 | 3813 | VERMEULEN Annick | NINOVE | V | 85 | 0:32:32 | 10,14 | 5:55 |
| 267 | 3708 | VAN MIERLO Hilde | WAASMUNSTER | V | 86 | 0:32:34 | 10,13 | 5:55 |
| 268 | 3624 | PIETERS Charlotte | DUDZELE | V | 87 | 0:32:35 | 10,13 | 5:55 |
| 269 | 4141 | CLAUWAERT Nathalie | RONSE/RENAIX | V | 88 | 0:32:36 | 10,12 | 5:56 |
| 270 | 3844 | MERLEVEDE Yves | KNOKKE-HEIST | M | 182 | 0:32:38 | 10,11 | 5:56 |
| 271 | 3539 | VAN STAHEY Mich | GENT | V | 89 | 0:32:49 | 10,06 | 5:58 |
| 272 | 3699 | SNAUWAERT Eveline | BRUGGE | V | 90 | 0:32:51 | 10,05 | 5:58 |
| 273 | 3964 | PEETERS Eline | KNOKKE-HEIST | V | 91 | 0:32:51 | 10,05 | 5:58 |
| 274 | 3731 | DELANGHE Franky | KNOKKE-HEIST | M | 183 | 0:32:51 | 10,05 | 5:58 |
| 275 | 3857 | DEWAELE Lindsay | DAMME | V | 92 | 0:32:52 | 10,04 | 5:59 |
| 276 | 4131 | DE BRANDT Shane | WILRIJK | M | 184 | 0:32:54 | 10,03 | 5:59 |
| 277 | 3791 | VANDENBERGHE Estelle | | V | 93 | 0:32:55 | 10,03 | 5:59 |
| 278 | 3852 | SPEYBROECK Olivier | KNOKKE-HEIST | M | 185 | 0:32:56 | 10,02 | 5:59 |
| 279 | 3795 | EMSSENS Karen | KNOKKE-HEIST | V | 94 | 0:32:56 | 10,02 | 5:59 |
| 280 | 3503 | DE NEEF Isabelle | LOKEREN | V | 95 | 0:32:56 | 10,02 | 5:59 |
| 281 | 3837 | BOSTYN Alexander | BRASSCHAAT | M | 186 | 0:32:57 | 10,02 | 5:59 |
| 282 | 3592 | GOVAERT Morgane | KNOKKE | V | 96 | 0:32:57 | 10,02 | 5:59 |
| 283 | 3596 | SPEYBROECK Julie | KNOKKE | V | 97 | 0:32:57 | 10,02 | 5:59 |
| 284 | 3763 | GOOSSENS Robin | LOKEREN | M | 187 | 0:32:59 | 10,01 | 6:00 |
| 285 | 3978 | VERECKEN Nancy | DUFFEL | V | 98 | 0:33:00 | 10,00 | 6:00 |
| 286 | 3713 | MERCIER Beike | BRUGGE | V | 99 | 0:33:02 | 9,99 | 6:00 |
| 287 | 3701 | DESMIDT Els | RAMSKAPELLE | V | 100 | 0:33:02 | 9,99 | 6:00 |
| 288 | 3507 | VAN OTTERDIJK Godelieve | HECHTEL-EKSEL | V | 101 | 0:33:04 | 9,98 | 6:01 |
| 289 | 3659 | DE VRIESE Kit | KNOKKE | V | 102 | 0:33:04 | 9,98 | 6:01 |
| 290 | 3670 | DE GROOTE Louise | KNOKKE | V | 103 | 0:33:05 | 9,97 | 6:01 |
| 291 | 4026 | DECLERCK Nadine | VARSENARE | V | 104 | 0:33:06 | 9,97 | 6:01 |
| 292 | 3687 | VANDIERENDONCK Josphien | KNOKKE HEIST | V | 105 | 0:33:07 | 9,96 | 6:01 |
| 293 | 3662 | STEFFEN Amandine | KNOKKE-HEIST | V | 106 | 0:33:07 | 9,96 | 6:01 |
| 294 | 3796 | DESMIDT Magali | HEIST-AAN-ZEE | V | 107 | 0:33:11 | 9,94 | 6:02 |
| 295 | 3860 | WARTONY Eike | KNOKKE-HEIST | V | 108 | 0:33:12 | 9,94 | 6:02 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|------------------|-----|-------|---------|------|---------|
| 296 | 3788 | DE KEMPE Kelly | KNOKKE-HEIST | V | 109 | 0:33:13 | 9,93 | 6:02 |
| 297 | 3824 | VERFAILLIE Hans | DRONGEN | M | 188 | 0:33:16 | 9,92 | 6:03 |
| 298 | 3823 | VERFAILLIE Ward | DRONGEN | M | 189 | 0:33:17 | 9,91 | 6:03 |
| 299 | 3849 | GOETRY Tom | | M | 190 | 0:33:20 | 9,90 | 6:04 |
| 300 | 3850 | GOETRY Thibault | WORTEGEM-PETEGEM | M | 191 | 0:33:20 | 9,90 | 6:04 |
| 301 | 3792 | VANDENBUSSCHE Tom | | M | 192 | 0:33:20 | 9,90 | 6:04 |
| 302 | 3730 | SAERENS An | GENTBRUGGE | V | 110 | 0:33:23 | 9,89 | 6:04 |
| 303 | 3733 | VAN POUCKE Kim | MERELBEKE | V | 111 | 0:33:23 | 9,89 | 6:04 |
| 304 | 3716 | SAVELS Carine | KNOKKE-HEIST | V | 112 | 0:33:24 | 9,88 | 6:04 |
| 305 | 3715 | MARCHAND Marlies | BRUGGE | V | 113 | 0:33:25 | 9,88 | 6:05 |
| 306 | 3529 | GRAUWELS Godelieve | WEZEMBEEK-OPPEM | V | 114 | 0:33:25 | 9,88 | 6:05 |
| 307 | 3882 | VAN DER DONCKT Aurelie | WILRIJK | V | 115 | 0:33:25 | 9,88 | 6:05 |
| 308 | 3760 | VANTORRE Hubert | KNOKKE HEIST | M | 193 | 0:33:25 | 9,88 | 6:05 |
| 309 | 3723 | LIESMONS Ilse | LANDEN | V | 116 | 0:33:25 | 9,88 | 6:05 |
| 310 | 3732 | PULINCKX Elisabeth | ST. TRUIDEN | V | 117 | 0:33:26 | 9,87 | 6:05 |
| 311 | 3686 | VANDERPOTEN Kenneth | BLANKENBERGE | M | 194 | 0:33:26 | 9,87 | 6:05 |
| 312 | 3689 | SPEYTEBROODT Shauni | ST-MICHIELS | V | 118 | 0:33:26 | 9,87 | 6:05 |
| 313 | 3728 | DE ROP Els | ST-NIKLAAS | V | 119 | 0:33:28 | 9,86 | 6:05 |
| 314 | 3858 | DEKINDT Sofie | HEIST-AAN-ZEE | V | 120 | 0:33:29 | 9,86 | 6:05 |
| 315 | 3901 | CROES Christina | ST-NIKLAAS | V | 121 | 0:33:32 | 9,84 | 6:06 |
| 316 | 3613 | DHONDT Sofie | HEIST-AAN-ZEE | V | 122 | 0:33:32 | 9,84 | 6:06 |
| 317 | 3772 | WTTERWULGHE Annie | KNOKKE-HEIST | V | 123 | 0:33:32 | 9,84 | 6:06 |
| 318 | 3677 | LATON Preben | KNOKKE-HEIST | M | 195 | 0:33:35 | 9,83 | 6:06 |
| 319 | 3528 | SCHOOFS Hanne | SCHILDE | V | 124 | 0:33:35 | 9,83 | 6:06 |
| 320 | 3678 | DEGRANDE Severine | KNOKKE-HEIST | V | 125 | 0:33:35 | 9,83 | 6:06 |
| 321 | 3679 | VAN LAERE An | KNOKKE-HEIST | V | 126 | 0:33:35 | 9,83 | 6:06 |
| 322 | 3906 | GOVAERT Bernard | KNOKKE-HEIST | M | 196 | 0:33:36 | 9,82 | 6:07 |
| 323 | 3889 | MERCKAERT Geert | GERAARDSBERGEN | M | 197 | 0:33:38 | 9,81 | 6:07 |
| 324 | 3533 | CRUYPLANDT Isabel | ST-NIKLAAS | V | 127 | 0:33:38 | 9,81 | 6:07 |
| 325 | 3517 | LEENAERT Johan | ZWALM | M | 198 | 0:33:38 | 9,81 | 6:07 |
| 326 | 3933 | VAN STEEN Katleen | KNOKKE-HEIST | V | 128 | 0:33:39 | 9,81 | 6:07 |
| 327 | 3996 | VANDERSTICHELE Fanny | OOSTERZELE | V | 129 | 0:33:41 | 9,80 | 6:07 |
| 328 | 3976 | PROOT Geert | BLANKENBERGE | M | 199 | 0:33:41 | 9,80 | 6:07 |
| 329 | 3684 | WILMOTTE Nick | BLANKENBERGE | M | 200 | 0:33:42 | 9,79 | 6:08 |
| 330 | 3729 | WILLEMS Tim | GENTBRUGGE | M | 201 | 0:33:42 | 9,79 | 6:08 |
| 331 | 3803 | CASNEUF Kristien | OOSTAKKER | V | 130 | 0:33:45 | 9,78 | 6:08 |
| 332 | 3621 | TIMMERMAN Veerle | KNOKKE-HEIST | V | 131 | 0:33:45 | 9,78 | 6:08 |
| 333 | 3523 | VAN DEN BRANDEN Marleen | DAMME | V | 132 | 0:33:47 | 9,77 | 6:09 |
| 334 | 3602 | DEWULF Arnaud | KNOKKE-HEIST | M | 202 | 0:33:49 | 9,76 | 6:09 |
| 335 | 4172 | BEULENS Jemice | HEIST-AAN-ZEE | V | 133 | 0:33:49 | 9,76 | 6:09 |
| 336 | 3891 | VANDENBERGHE Alecia | MONT-ST-GUIBERT | V | 134 | 0:33:52 | 9,74 | 6:09 |
| 337 | 3790 | WINTEIN Claudine | | V | 135 | 0:33:53 | 9,74 | 6:10 |
| 338 | 3712 | COOLS Odette | ZEDELGEM | V | 136 | 0:33:56 | 9,72 | 6:10 |
| 339 | 3899 | UYTTEBROEK Nick | VLEZENBEEK | M | 203 | 0:33:57 | 9,72 | 6:10 |
| 340 | 3674 | CLAEYS Jan | KNOKKE-HEIST | M | 204 | 0:33:57 | 9,72 | 6:10 |
| 341 | 3767 | ROOSEN Hans Lucien | KNOKKE-HEIST | M | 205 | 0:33:59 | 9,71 | 6:11 |
| 342 | 3769 | ROOSEN Louis-Paul | KNOKKE HEIST | M | 206 | 0:33:59 | 9,71 | 6:11 |
| 343 | 3660 | DE VRIESE Casper | KNOKKE-HEIST | M | 207 | 0:34:04 | 9,69 | 6:12 |
| 344 | 3936 | MERKENS Dietmar | STOLBERG | M | 208 | 0:34:04 | 9,69 | 6:12 |
| 345 | 3990 | HILLEGEER Sarah | KNOKKE-HEIST | V | 137 | 0:34:04 | 9,69 | 6:12 |
| 346 | 3721 | DE BOUVERE Bertrand | KNOKKE-HEIST | M | 209 | 0:34:05 | 9,68 | 6:12 |
| 347 | 3895 | SCHOLIERS Ria | BOOM | V | 138 | 0:34:05 | 9,68 | 6:12 |
| 348 | 3897 | VAN HOOFF Marianne | REET | V | 139 | 0:34:06 | 9,68 | 6:12 |
| 349 | 3706 | GOEDGEBEUR Anneleen | DAMME | V | 140 | 0:34:08 | 9,67 | 6:12 |
| 350 | 3768 | PILLE Melissa | MOERKERKE | V | 141 | 0:34:09 | 9,66 | 6:13 |
| 351 | 3668 | DESNYDER Robin | KNOKKE-HEIST | M | 210 | 0:34:09 | 9,66 | 6:13 |
| 352 | 3627 | MONBALIU Ornella | WESTKAPELLE | V | 142 | 0:34:10 | 9,66 | 6:13 |
| 353 | 3843 | POLENTIER Christine | GENT | V | 143 | 0:34:11 | 9,65 | 6:13 |
| 354 | 4018 | BREUGELMANS Rita | AALST | V | 144 | 0:34:12 | 9,65 | 6:13 |
| 355 | 3898 | UYTTEBROEK Bruno | VLEZENBEEK | M | 211 | 0:34:17 | 9,63 | 6:14 |
| 356 | 3725 | HOOZEE Raymonda | DAMME-SIJSELE | V | 145 | 0:34:17 | 9,63 | 6:14 |
| 357 | 3726 | VAN HOLM Mieke | KNOKKE-HEIST | V | 146 | 0:34:17 | 9,63 | 6:14 |
| 358 | 3635 | DEGRAEVE Mike | KNOKKE-HEIST | M | 212 | 0:34:18 | 9,62 | 6:14 |
| 359 | 4004 | NOENS Julie | MALDEGEM | V | 147 | 0:34:19 | 9,62 | 6:14 |
| 360 | 4005 | DOBBELAERE Inge | MALDEGEM | V | 148 | 0:34:20 | 9,61 | 6:15 |
| 361 | 3720 | VIS Henk | KNOKKE | M | 213 | 0:34:20 | 9,61 | 6:15 |
| 362 | 3744 | VERBIEST Tessy | MALDEGEM | V | 149 | 0:34:21 | 9,61 | 6:15 |
| 363 | 4137 | DE GROOTE Lindsay | BRUGGE | V | 150 | 0:34:22 | 9,60 | 6:15 |
| 364 | 4138 | MAES Emma | KNOKKE | V | 151 | 0:34:22 | 9,60 | 6:15 |
| 365 | 4009 | DHEEDENE Vanessa | KRUISSHOUTEM | V | 152 | 0:34:28 | 9,57 | 6:16 |
| 366 | 3929 | VERSCHELDE Annick | ZULTE | V | 153 | 0:34:28 | 9,57 | 6:16 |
| 367 | 3531 | MESTDACH Charlotte | KNOKKE | V | 154 | 0:34:29 | 9,57 | 6:16 |
| 368 | 4025 | VANDEPUTTE Héloïse | KNOKKE | V | 155 | 0:34:30 | 9,57 | 6:16 |
| 369 | 3903 | DE COCK Lena | MASSEMEN | V | 156 | 0:34:33 | 9,55 | 6:17 |
| 370 | 3894 | CELIE Sabrina | LOCHRISTI | V | 157 | 0:34:33 | 9,55 | 6:17 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|---------------------------|----------------------|-----|-------|---------|------|---------|
| 371 | 4015 | DE MULDER Katia | KRUISSHOUTEM | V | 158 | 0:34:35 | 9,54 | 6:17 |
| 372 | 4014 | DE WEIRDT Hilde | ZULTE | V | 159 | 0:34:35 | 9,54 | 6:17 |
| 373 | 4008 | BOULEZ Stefanie | WORTEGEM-PETEGEM | V | 160 | 0:34:35 | 9,54 | 6:17 |
| 374 | 3924 | LATHOUWERS Emiel | KNOKKE-HEIST | M | 214 | 0:34:42 | 9,51 | 6:19 |
| 375 | 3561 | STEFFEN Juliet | KNOKKE-HEIST | V | 161 | 0:34:42 | 9,51 | 6:19 |
| 376 | 3560 | VANDERSMISSEN Marie | DAMME | V | 162 | 0:34:43 | 9,51 | 6:19 |
| 377 | 3832 | BAES Ann-Sophie | HEIST-AAN-ZEE | V | 163 | 0:34:45 | 9,50 | 6:19 |
| 378 | 3833 | GILLEGOT Yvonne | HEIST-AAN-ZEE | V | 164 | 0:34:45 | 9,50 | 6:19 |
| 379 | 3501 | DEBRUYNE Paul | BEERNEM | M | 215 | 0:34:52 | 9,46 | 6:20 |
| 380 | 3502 | VAN HAECKE Rita | BEERNEM | V | 165 | 0:34:52 | 9,46 | 6:20 |
| 381 | 3759 | VAN LINTHOUDT Marie-Josee | HUMBEEK (GRIMBERGEN) | V | 166 | 0:34:53 | 9,46 | 6:21 |
| 382 | 3625 | VAN BELLEGHEM Eveline | ST-KRUIS (BRUGGE) | V | 167 | 0:35:01 | 9,42 | 6:22 |
| 383 | 3757 | CLAESSENS Ellen | LEBBEKE | V | 168 | 0:35:04 | 9,41 | 6:23 |
| 384 | 3722 | CALLEBAUT Lien | AALST | V | 169 | 0:35:04 | 9,41 | 6:23 |
| 385 | 3752 | VAN DEN NEST Ellen | DENDERMONDE | V | 170 | 0:35:04 | 9,41 | 6:23 |
| 386 | 3851 | CEUPPENS Ann | STROMBEEK-BEVER | V | 171 | 0:35:05 | 9,41 | 6:23 |
| 387 | 3582 | DECLERCQ Margaux | KNOKKE-HEIST | V | 172 | 0:35:05 | 9,41 | 6:23 |
| 388 | 3758 | DECLERCQ Luc | KNOKKE | M | 216 | 0:35:06 | 9,40 | 6:23 |
| 389 | 4135 | VAN GEERSOM Faye | ERTVELDE | V | 173 | 0:35:12 | 9,38 | 6:24 |
| 390 | 5285 | RYCKAERT Stefanie | KNOKKE-HEIST | V | 174 | 0:35:14 | 9,37 | 6:24 |
| 391 | 3709 | SIAU Filip | KNOKKE-HEIST | M | 217 | 0:35:20 | 9,34 | 6:25 |
| 392 | 3998 | BROUCKAERT Steven | KNOKKE-HEIST | M | 218 | 0:35:21 | 9,34 | 6:26 |
| 393 | 3841 | NR 3841 | | M | 219 | 0:35:22 | 9,33 | 6:26 |
| 394 | 3892 | KIEKENS Nathanaelle | ST-KRUIS | V | 175 | 0:35:23 | 9,33 | 6:26 |
| 395 | 3893 | GERNAEY Tine | GENT | V | 176 | 0:35:24 | 9,32 | 6:26 |
| 396 | 3835 | BOSTYN Ophelia | BRASSCHAAT | V | 177 | 0:35:25 | 9,32 | 6:26 |
| 397 | 3540 | D'HONDT Sarah | GENT | V | 178 | 0:35:26 | 9,31 | 6:27 |
| 398 | 3690 | SCHRAMME Kristel | KNOKKE HEIST | V | 179 | 0:35:26 | 9,31 | 6:27 |
| 399 | 3636 | BAUWENS Thomas | KNOKKE-HEIST | M | 220 | 0:35:36 | 9,27 | 6:28 |
| 400 | 3640 | RYELANDT Julie | KNOKKE | V | 180 | 0:35:38 | 9,26 | 6:29 |
| 401 | 3643 | ANNYS Melina | | V | 181 | 0:35:38 | 9,26 | 6:29 |
| 402 | 3693 | RAPPE Yasmine | KNOKKE-HEIST | V | 182 | 0:35:38 | 9,26 | 6:29 |
| 403 | 3656 | VANLERBERGHE Yentl | | M | 221 | 0:35:39 | 9,26 | 6:29 |
| 404 | 3746 | CLAEYS Alexander | GENT | M | 222 | 0:35:42 | 9,24 | 6:29 |
| 405 | 3681 | COUVREUR Hanna | KNOKKE-HEIST | V | 183 | 0:35:42 | 9,24 | 6:29 |
| 406 | 3884 | HALL Siobhan | IXELLES | V | 184 | 0:35:42 | 9,24 | 6:29 |
| 407 | 4167 | NOLF Franky | OOSTENDE | M | 223 | 0:35:42 | 9,24 | 6:29 |
| 408 | 3966 | RUTTENS Petra | KNOKKE-HEIST | V | 185 | 0:35:52 | 9,20 | 6:31 |
| 409 | 3938 | VANHOLLEBEKE Louis | KNOKKE-HEIST | M | 224 | 0:35:55 | 9,19 | 6:32 |
| 410 | 3771 | VAN VOOREN Stephanie | KNOKKE | V | 186 | 0:36:03 | 9,15 | 6:33 |
| 411 | 3780 | ROESEMS Bernadette | HAMME (O.-VL.) | V | 187 | 0:36:08 | 9,13 | 6:34 |
| 412 | 3805 | HOYBRNTHS Sofie | ZOERSEL | V | 188 | 0:36:15 | 9,10 | 6:35 |
| 413 | 3806 | SCHOONJANS Ann | HAACHT | V | 189 | 0:36:16 | 9,10 | 6:36 |
| 414 | 3815 | DRYEPONDT Veronique | KNOKKE-HEIST | V | 190 | 0:36:30 | 9,04 | 6:38 |
| 415 | 3923 | STEURS Jan | GROBBENDONK | M | 225 | 0:36:31 | 9,04 | 6:38 |
| 416 | 3921 | SELS Holde | GROBBENDONK | V | 191 | 0:36:31 | 9,04 | 6:38 |
| 417 | 4160 | VAN MULEM Evy | DUDZELE | V | 192 | 0:36:38 | 9,01 | 6:40 |
| 418 | 3971 | DE LILLE Alain | KNOKKE-HEIST | M | 226 | 0:36:43 | 8,99 | 6:41 |
| 419 | 3513 | MEYERS Maria | BORNEM | V | 193 | 0:36:44 | 8,98 | 6:41 |
| 420 | 3557 | DE CORTE Chantal | BRUXELLES | V | 194 | 0:36:44 | 8,98 | 6:41 |
| 421 | 3556 | COENE Benoit | BRUXELLES | M | 227 | 0:36:44 | 8,98 | 6:41 |
| 422 | 3983 | DE BONDT Caroline | BELLEM | V | 195 | 0:36:44 | 8,98 | 6:41 |
| 423 | 3697 | DEBRABANDERE Brecht | OOSTENDE | M | 228 | 0:36:47 | 8,97 | 6:41 |
| 424 | 3827 | VERDONCK Nathalie | KNOKKE-HEIST | V | 196 | 0:36:48 | 8,97 | 6:41 |
| 425 | 3826 | VANDE KERCKHOVE Werner | ZINGEM | M | 229 | 0:36:50 | 8,96 | 6:42 |
| 426 | 4158 | MISSAULT Marina | DUDZELE | V | 197 | 0:36:51 | 8,96 | 6:42 |
| 427 | 4163 | SNAUWAERT Monique | DUDZELE | V | 198 | 0:36:51 | 8,96 | 6:42 |
| 428 | 3658 | DE LILLE Anthony | KNOKKE-HEIST | M | 230 | 0:36:53 | 8,95 | 6:42 |
| 429 | 3548 | DE CREMER Els | ANTWERPEN | V | 199 | 0:37:11 | 8,87 | 6:46 |
| 430 | 3822 | LAEVERS Kirsten | KAGGEVINNE | V | 200 | 0:37:18 | 8,85 | 6:47 |
| 431 | 3834 | VANDEPOEL Christian | DIEST | M | 231 | 0:37:19 | 8,84 | 6:47 |
| 432 | 3965 | BEERNAERT Yasmine | KNOKKE-HEIST | V | 201 | 0:37:19 | 8,84 | 6:47 |
| 433 | 4176 | BOELS Barbara | | V | 202 | 0:37:23 | 8,83 | 6:48 |
| 434 | 3620 | GYDE Laurence | HEIST-AAN-ZEE | V | 203 | 0:37:32 | 8,79 | 6:49 |
| 435 | 3619 | LAUWERS Sissi | KNOKKE | V | 204 | 0:37:32 | 8,79 | 6:49 |
| 436 | 3685 | HAVERANS Kim | KNOKKE-HEIST | V | 205 | 0:37:35 | 8,78 | 6:50 |
| 437 | 3888 | LYNCH Sarah | TERVUREN | V | 206 | 0:37:50 | 8,72 | 6:53 |
| 438 | 3804 | MAES Sabine | WERCHTER | V | 207 | 0:37:50 | 8,72 | 6:53 |
| 439 | 3881 | VERWIMP Koen | ST-NIKLAAS | M | 232 | 0:38:11 | 8,64 | 6:57 |
| 440 | 3675 | REUBENS Benny | KNOKKE | M | 233 | 0:38:13 | 8,63 | 6:57 |
| 441 | 3799 | GYLAIN Danny | HARELBEKE | M | 234 | 0:38:14 | 8,63 | 6:57 |
| 442 | 3751 | DANIELS Dino | KNOKKE-HEIST | M | 235 | 0:38:18 | 8,62 | 6:58 |
| 443 | 3749 | TJONG Chantal | KNOKKE HEIST | V | 208 | 0:38:20 | 8,61 | 6:58 |
| 444 | 3724 | CANT Caroline | KNOKKE-HEIST | V | 209 | 0:38:20 | 8,61 | 6:58 |
| 445 | 3750 | DANIELS Phoebe | KNOKKE-HEIST | V | 210 | 0:38:21 | 8,60 | 6:58 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------|---------------|-----|-------|---------|------|---------|
| 446 | 3543 | ALBRECHT Els | BRASSCHAAT | V | 211 | 0:38:22 | 8,60 | 6:59 |
| 447 | 3789 | DEJAEGHERE Monique | KNOKKE-HEIST | V | 212 | 0:38:24 | 8,59 | 6:59 |
| 448 | 3740 | DE NOLF Marc | KNOKKE-HEIST | M | 236 | 0:38:42 | 8,53 | 7:02 |
| 449 | 3925 | DE SCHYTER Alex | KNOKKE-HEIST | M | 237 | 0:38:45 | 8,52 | 7:03 |
| 450 | 3836 | VERRASSEL Anne | BRASSCHAAT | V | 213 | 0:38:47 | 8,51 | 7:03 |
| 451 | 3928 | VAN POELVOORDE Els | KNOKKE-HEIST | V | 214 | 0:38:48 | 8,51 | 7:03 |
| 452 | 3926 | KETELS Liesbeth | KNOKKE-HEIST | V | 215 | 0:38:55 | 8,48 | 7:05 |
| 453 | 3642 | DE DOBBELAERE Lucas | KNOKKE | M | 238 | 0:38:58 | 8,47 | 7:05 |
| 454 | 4023 | BOONE Stephanie | EVERGEM | V | 216 | 0:39:02 | 8,45 | 7:06 |
| 455 | 3919 | DECUYPER Christianne | KNOKKE-HEIST | V | 217 | 0:39:34 | 8,34 | 7:12 |
| 456 | 3902 | FROMONT Audrey | ASTENE | V | 218 | 0:40:31 | 8,14 | 7:22 |
| 457 | 4016 | VERMEERSCH Christel | ZULTE | V | 219 | 0:41:30 | 7,95 | 7:33 |
| 458 | 3521 | BOERJAN Frank | KNOKKE-HEIST | M | 239 | 0:41:39 | 7,92 | 7:34 |
| 459 | 3920 | VERMEERSCH Barbara | KNOKKE-HEIST | V | 220 | 0:42:35 | 7,75 | 7:45 |
| 460 | 3885 | VANDAMME Benigna | ST-AMANDSBERG | V | 221 | 0:43:57 | 7,51 | 7:59 |
| 461 | 3551 | RAEMDONCK Axel | KNOKKE | M | 240 | 0:45:41 | 7,22 | 8:18 |
| 462 | 3622 | TRENSON Fien | WESTKAPELLE | V | 222 | 1:43:08 | 3,20 | 18:45 |
| 463 | 3935 | ALLAERT Dirk | | M | 241 | 1:44:42 | 3,15 | 19:02 |

10 K Knokke - 1 mei 2009

10 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|--------------------------|-----------------------|-----|-------|---------|-------|---------|
| 1 | 2 | JANSSENS Hans | OLV-WAVER | M | 1 | 0:29:03 | 20,65 | 2:54 |
| 2 | 13 | VAN DROOGENBROECK Lander | ASSE | M | 2 | 0:29:08 | 20,59 | 2:55 |
| 3 | 26 | WILSSENS Koen | BEVEREN | M | 3 | 0:29:36 | 20,27 | 2:58 |
| 4 | 406 | BASEMANS Michel | WILSELE | M | 4 | 0:29:47 | 20,15 | 2:59 |
| 5 | 24 | COPPENS Bram | MALDEGEM | M | 5 | 0:29:48 | 20,13 | 2:59 |
| 6 | 40 | MOUTON Kristof | MALDEGEM | M | 6 | 0:29:51 | 20,10 | 2:59 |
| 7 | 7 | DIAZ RODRIGUEZ Alexander | BRUGGE | M | 7 | 0:30:00 | 20,00 | 3:00 |
| 8 | 2400 | SIHAMMANE Abdeljebbar | | M | 8 | 0:30:02 | 19,98 | 3:00 |
| 9 | 14 | WOLDU Ghirma | BRUGGE | M | 9 | 0:30:08 | 19,91 | 3:01 |
| 10 | 28 | FINCIOEN Stijn | VARSENARE | M | 10 | 0:30:09 | 19,90 | 3:01 |
| 11 | 32 | DE KERPEL Wesley | HEIST-OP-DEN-BERG | M | 11 | 0:30:25 | 19,73 | 3:03 |
| 12 | 25 | VAN PEBORGH Nick | ANTWERPEN 1 | M | 12 | 0:30:34 | 19,63 | 3:03 |
| 13 | 29 | VANSLAMBROUCK Tom | ST-ANDRIES | M | 13 | 0:30:46 | 19,50 | 3:05 |
| 14 | 12 | VAN DE WALLE Dieter | REKKEM | M | 14 | 0:31:23 | 19,12 | 3:08 |
| 15 | 2911 | ALGOET Nico | ASSEBROEK | M | 15 | 0:31:32 | 19,03 | 3:09 |
| 16 | 10 | STESSENS Tim | NEERPELT | M | 16 | 0:31:37 | 18,98 | 3:10 |
| 17 | 203 | VAN DEN HEEDE Frederic | WAREGEM | M | 17 | 0:32:56 | 18,22 | 3:18 |
| 18 | 17 | DEJAEGHERE Veerle | IZEGEM | V | 1 | 0:33:13 | 18,06 | 3:19 |
| 19 | 31 | TERNET Vincent | HOEILAART | M | 18 | 0:33:14 | 18,05 | 3:19 |
| 20 | 49 | WOLTERS Marc | MAASEIK | M | 19 | 0:33:18 | 18,02 | 3:20 |
| 21 | 47 | VANDENBROUCKE Lieven | SNELLESEM (JABBEKE) | M | 20 | 0:33:25 | 17,96 | 3:21 |
| 22 | 243 | VAN DOORNE Niels | MOERKERKE | M | 21 | 0:33:30 | 17,91 | 3:21 |
| 23 | 2601 | HAVERBEKE Kristof | INGELMUNSTER | M | 22 | 0:33:56 | 17,68 | 3:24 |
| 24 | 242 | PLANCQUEEL Nico | SINT ANDRIES (BRUGGE) | M | 23 | 0:34:09 | 17,57 | 3:25 |
| 25 | 359 | VAN LIERDE Vincent | MENEN | M | 24 | 0:34:22 | 17,46 | 3:26 |
| 26 | 53 | MEERT Walter | VILVOORDE | M | 25 | 0:34:26 | 17,42 | 3:27 |
| 27 | 1789 | DEKEYZER Stefaan | TIENEN | M | 26 | 0:34:26 | 17,42 | 3:27 |
| 28 | 2618 | VANDENDRIESSCHE Mark | KAPRIJKE | M | 27 | 0:34:37 | 17,33 | 3:28 |
| 29 | 23 | VAN HOEYMISSEN Elke | OPWIJK | V | 2 | 0:34:42 | 17,29 | 3:28 |
| 30 | 808 | STEDMAN Tim | BRUSSELS | M | 28 | 0:34:47 | 17,25 | 3:29 |
| 31 | 2203 | VAN WESEPOEL Dirk | MALDEGEM | M | 29 | 0:34:51 | 17,22 | 3:29 |
| 32 | 2259 | NOEL Dominique | HANNUT | M | 30 | 0:34:51 | 17,22 | 3:29 |
| 33 | 20 | SLUYSMANS Isabelle | VOEREN | V | 3 | 0:34:55 | 17,18 | 3:29 |
| 34 | 1904 | SAMYN Geoffrey | NEERWAASTEN | M | 31 | 0:34:56 | 17,18 | 3:30 |
| 35 | 338 | MAERTEN Marco | MORTSEL | M | 32 | 0:34:59 | 17,15 | 3:30 |
| 36 | 959 | DANNEELS Anne Marie | RAMSKAPELLE | V | 4 | 0:35:05 | 17,10 | 3:31 |
| 37 | 323 | LAZEURE Jan | GENT | M | 33 | 0:35:30 | 16,90 | 3:33 |
| 38 | 2216 | DEPOORTER Yves | KNOKKE-HEIST | M | 34 | 0:35:31 | 16,89 | 3:33 |
| 39 | 117 | PRIMO Gino | ST-AMANDSBERG | M | 35 | 0:35:31 | 16,89 | 3:33 |
| 40 | 2968 | VERRIEST Christophe | ST-ANDRIES | M | 36 | 0:35:32 | 16,89 | 3:33 |
| 41 | 1428 | TRIEST Willem | MOORSEL | M | 37 | 0:35:34 | 16,87 | 3:33 |
| 42 | 2971 | LAGROU Jonas | DAMME | M | 38 | 0:35:35 | 16,86 | 3:34 |
| 43 | 250 | MAENHOUT Dieter | BLANKENBERGE | M | 39 | 0:35:35 | 16,86 | 3:34 |
| 44 | 262 | VERMEERSCH Filip | BRUGGE | M | 40 | 0:35:41 | 16,81 | 3:34 |
| 45 | 2923 | DEL RUE Jonas | ST-ANDRIES | M | 41 | 0:35:44 | 16,79 | 3:34 |
| 46 | 2484 | DECLERCQ Jesse | MENEN | M | 42 | 0:35:46 | 16,78 | 3:35 |
| 47 | 19 | SIBICK Helga | GENT | V | 5 | 0:35:54 | 16,71 | 3:35 |
| 48 | 2517 | DERUWEZ Filip | POPERINGE | M | 43 | 0:35:56 | 16,70 | 3:36 |
| 49 | 125 | MOREELS Simon | ZELE | M | 44 | 0:35:58 | 16,68 | 3:36 |
| 50 | 864 | VAN HAVERBEKE Charles | IEPER | M | 45 | 0:35:58 | 16,68 | 3:36 |
| 51 | 2325 | FELIX Gunther | ANTWERPEN | M | 46 | 0:35:59 | 16,67 | 3:36 |
| 52 | 303 | VANCOILLIE Kevin | LANGEMARK | M | 47 | 0:36:07 | 16,61 | 3:37 |
| 53 | 164 | AMPE Frederik | DEINZE | M | 48 | 0:36:07 | 16,61 | 3:37 |
| 54 | 507 | STROOBANDT Bart | LEDE | M | 49 | 0:36:08 | 16,61 | 3:37 |
| 55 | 206 | ROS Nico | WAARSCHOOT | M | 50 | 0:36:15 | 16,55 | 3:38 |
| 56 | 104 | DE VARE Filip | ZELE | M | 51 | 0:36:16 | 16,54 | 3:38 |
| 57 | 375 | DEBRUYNE Olivier | OOSTKAMP | M | 52 | 0:36:18 | 16,53 | 3:38 |
| 58 | 161 | DE MEYER Freddy | DUDZELE | M | 53 | 0:36:18 | 16,53 | 3:38 |
| 59 | 1317 | INGELBRECHT Pieter | ASSEBROEK | M | 54 | 0:36:18 | 16,53 | 3:38 |
| 60 | 21 | THIENPONT Ria | BRUGGE | V | 6 | 0:36:19 | 16,52 | 3:38 |
| 61 | 2523 | VERVAET Bert | ST-AMANDSBERG | M | 55 | 0:36:20 | 16,51 | 3:38 |
| 62 | 1149 | DECEUNINCK Pieter | KNOKKE-HEIST | M | 56 | 0:36:23 | 16,49 | 3:38 |
| 63 | 1626 | FADOUL Taha | WOLWUE ST-PIERRE | M | 57 | 0:36:23 | 16,49 | 3:38 |
| 64 | 108 | VANPARYS Julien | KNOKKE HEIST | M | 58 | 0:36:26 | 16,47 | 3:39 |
| 65 | 300 | GHYSELINCK Gunther | ZOTTEGEM | M | 59 | 0:36:27 | 16,46 | 3:39 |
| 66 | 248 | LEROY Christophe | HALLE | M | 60 | 0:36:27 | 16,46 | 3:39 |
| 67 | 197 | VAN BELLE Patrick | PUTTE | M | 61 | 0:36:28 | 16,45 | 3:39 |
| 68 | 291 | VAN LEIRSBERGHE Tim | ASSEBROEK | M | 62 | 0:36:35 | 16,40 | 3:40 |
| 69 | 1066 | REHEUL Dries | BEERNEM | M | 63 | 0:36:35 | 16,40 | 3:40 |
| 70 | 144 | PURRO Romano | ROME | M | 64 | 0:36:44 | 16,33 | 3:40 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------|--------------------|-----|-------|---------|-------|---------|
| 71 | 59 | JANSSENS Bert | GENT | M | 65 | 0:36:50 | 16,29 | 3:41 |
| 72 | 2161 | SPEELMAN Ken | TEMSE | M | 66 | 0:37:01 | 16,21 | 3:42 |
| 73 | 198 | VAN BELLE Joeri | PUTTE | M | 67 | 0:37:01 | 16,21 | 3:42 |
| 74 | 106 | BEIRNAERT Erik | ZELE | M | 68 | 0:37:04 | 16,19 | 3:42 |
| 75 | 2055 | VANDENBERGHE Frank | MEISE | M | 69 | 0:37:05 | 16,18 | 3:42 |
| 76 | 2845 | NR 2845 | | M | 70 | 0:37:06 | 16,17 | 3:43 |
| 77 | 258 | MORTIER Filip | ST-NIKLAAS | M | 71 | 0:37:14 | 16,11 | 3:43 |
| 78 | 2950 | BOGAERT Mike | BRUGGE | M | 72 | 0:37:21 | 16,06 | 3:44 |
| 79 | 214 | DE MEYERE Ingrid | ADEGEM | V | 7 | 0:37:23 | 16,05 | 3:44 |
| 80 | 871 | AMELOOT Frederik | OOSTENDE | M | 73 | 0:37:26 | 16,03 | 3:45 |
| 81 | 392 | VANNEROM Peter | NAZARETH | M | 74 | 0:37:26 | 16,03 | 3:45 |
| 82 | 2938 | SEYNAEVE Jan | GENT | M | 75 | 0:37:29 | 16,01 | 3:45 |
| 83 | 834 | PHILIPS Georges | STABROEK | M | 76 | 0:37:31 | 15,99 | 3:45 |
| 84 | 275 | VERHEYE Jeroen | GENT | M | 77 | 0:37:34 | 15,97 | 3:45 |
| 85 | 295 | CAESTECKER Axel | KNOKKE-HEIST | M | 78 | 0:37:35 | 15,96 | 3:46 |
| 86 | 362 | SAND Fernand | | M | 79 | 0:37:35 | 15,96 | 3:46 |
| 87 | 342 | LOEYS Nicolas | KNOKKE-HEIST | M | 80 | 0:37:36 | 15,96 | 3:46 |
| 88 | 128 | MOREEL Merijn | ST-ANDRIES | M | 81 | 0:37:41 | 15,92 | 3:46 |
| 89 | 1098 | VAN TORRE Johan | KNOKKE-HEIST | M | 82 | 0:37:45 | 15,89 | 3:47 |
| 90 | 396 | VEREecken Mario | ANTWERPEN | M | 83 | 0:37:49 | 15,87 | 3:47 |
| 91 | 2801 | SLABBINCK Wouter | KNOKKE-HEIST | M | 84 | 0:37:50 | 15,86 | 3:47 |
| 92 | 343 | CAMS Wim | HERSELT | M | 85 | 0:37:52 | 15,85 | 3:47 |
| 93 | 218 | VANTORRE Robin | KNOKKE-HEIST | M | 86 | 0:37:55 | 15,82 | 3:48 |
| 94 | 55 | VANLERBERGHE Nicolas | KNOKKE-HEIST | M | 87 | 0:37:56 | 15,82 | 3:48 |
| 95 | 267 | CASSELMAN Dirk | KNOKKE HEIST | M | 88 | 0:37:57 | 15,81 | 3:48 |
| 96 | 2498 | TANGHE Stefaan | OEDELEM | M | 89 | 0:37:59 | 15,80 | 3:48 |
| 97 | 2678 | VANDUYNLAGER Peter | TIELT | M | 90 | 0:38:03 | 15,77 | 3:48 |
| 98 | 271 | PACQUE Hans | NIEUWPOORT | M | 91 | 0:38:03 | 15,77 | 3:48 |
| 99 | 72 | BLONDEEL Bert | ST-ANDRIES | M | 92 | 0:38:06 | 15,75 | 3:49 |
| 100 | 219 | VAN HOECK Guy | MALLE | M | 93 | 0:38:08 | 15,73 | 3:49 |
| 101 | 184 | SMETS Wim | BURST | M | 94 | 0:38:09 | 15,73 | 3:49 |
| 102 | 2117 | DEGRAEVE Johnny | | M | 95 | 0:38:11 | 15,71 | 3:49 |
| 103 | 282 | DEVRIESE Jimmy | KNOKKE-WESTKAPELLE | M | 96 | 0:38:13 | 15,70 | 3:49 |
| 104 | 1350 | VULSTEKE Kristof | IEPER | M | 97 | 0:38:15 | 15,69 | 3:49 |
| 105 | 70 | DECLERCK Jan | KNOKKE | M | 98 | 0:38:19 | 15,66 | 3:50 |
| 106 | 185 | BOGAERT Jan | BRUXELLES 21 | M | 99 | 0:38:21 | 15,65 | 3:50 |
| 107 | 2629 | GEVAERT Patrick | BEERNEM | M | 100 | 0:38:23 | 15,63 | 3:50 |
| 108 | 2624 | WOUTERS Bart | KONINGSHOOIKT | M | 101 | 0:38:27 | 15,60 | 3:51 |
| 109 | 173 | DERINCK Alain | OOSTDUINKERKE | M | 102 | 0:38:28 | 15,60 | 3:51 |
| 110 | 44 | WELLEKENS Françoise | ST-DENIJS-WESTREM | V | 8 | 0:38:28 | 15,60 | 3:51 |
| 111 | 2446 | DE KEYZER Patriek | LOVENDEGEM | M | 103 | 0:38:28 | 15,60 | 3:51 |
| 112 | 2844 | MAERTENS Koen | SNELLEDEM | M | 104 | 0:38:28 | 15,60 | 3:51 |
| 113 | 177 | BOUCHIKER Mohamed | GENT | M | 105 | 0:38:29 | 15,59 | 3:51 |
| 114 | 232 | VAN MOORHEM Ewan | BEERNEM | M | 106 | 0:38:30 | 15,58 | 3:51 |
| 115 | 238 | VERBRAEKEN Bart | KNOKKE | M | 107 | 0:38:30 | 15,58 | 3:51 |
| 116 | 88 | STOCKMAN Jan | KNOKKE-HEIST | M | 108 | 0:38:32 | 15,57 | 3:51 |
| 117 | 281 | DE BOEVER Joannes | DEINZE | M | 109 | 0:38:36 | 15,54 | 3:52 |
| 118 | 213 | DEPAEPE Geert | KNOKKE - HEIST | M | 110 | 0:38:36 | 15,54 | 3:52 |
| 119 | 2718 | THAI THUC Yann | KNOKKE | M | 111 | 0:38:36 | 15,54 | 3:52 |
| 120 | 2039 | RAPPÉ Frederik | BLANKENBERGE | M | 112 | 0:38:36 | 15,54 | 3:52 |
| 121 | 2040 | DE MULDER Jan | BLANKENBERGE | M | 113 | 0:38:37 | 15,54 | 3:52 |
| 122 | 309 | LAMPAERT Maurice | GENT | M | 114 | 0:38:39 | 15,52 | 3:52 |
| 123 | 2942 | MECHELAERE Dirk | BRUGGE | M | 115 | 0:38:39 | 15,52 | 3:52 |
| 124 | 96 | GHESELLE Tijts | HEIST-AAN-ZEE | M | 116 | 0:38:39 | 15,52 | 3:52 |
| 125 | 56 | CARDON Jurgen | LISSEWEGE | M | 117 | 0:38:41 | 15,51 | 3:52 |
| 126 | 236 | SEGERS Christophe | ZEEBRUGGE (BRUGGE) | M | 118 | 0:38:44 | 15,49 | 3:52 |
| 127 | 2602 | MEULEWATER Dries | OOSTKAMP | M | 119 | 0:38:45 | 15,48 | 3:53 |
| 128 | 287 | DOBBELS Stefan | ST-ELOOIS-VIJVE | M | 120 | 0:38:45 | 15,48 | 3:53 |
| 129 | 293 | SAVELS Mario | KNOKKE-HEIST | M | 121 | 0:38:46 | 15,48 | 3:53 |
| 130 | 2953 | MARTENS Jan | EEKLO | M | 122 | 0:38:47 | 15,47 | 3:53 |
| 131 | 93 | DEREPPER Dieter | STALHILLE | M | 123 | 0:38:49 | 15,46 | 3:53 |
| 132 | 183 | HARRAK Said | KNOKKE | M | 124 | 0:38:50 | 15,45 | 3:53 |
| 133 | 1302 | SERCU Filiep | HEULE | M | 125 | 0:38:50 | 15,45 | 3:53 |
| 134 | 1725 | DE LOOSE Jeff | MERELBEKE | M | 126 | 0:38:52 | 15,44 | 3:53 |
| 135 | 2426 | DE RUTTER Jean-Marie | LOVENDEGEM | M | 127 | 0:38:52 | 15,44 | 3:53 |
| 136 | 76 | HENDRICKX Benoit | KNOKKE | M | 128 | 0:38:57 | 15,40 | 3:54 |
| 137 | 1852 | STOCKMAN Willem | ROESELARE | M | 129 | 0:38:57 | 15,40 | 3:54 |
| 138 | 99 | VERGISON Johnny | ASSEBROEK | M | 130 | 0:38:58 | 15,40 | 3:54 |
| 139 | 176 | VAN HOOREBEECK Jelle | AALST | M | 131 | 0:39:01 | 15,38 | 3:54 |
| 140 | 2935 | VAN KORLAAR Gijs | | M | 132 | 0:39:04 | 15,36 | 3:54 |
| 141 | 1500 | VAN BELLEGHEM Johan | NAZARETH | M | 133 | 0:39:05 | 15,35 | 3:55 |
| 142 | 2687 | TANGHE Robert | AALST | M | 134 | 0:39:07 | 15,34 | 3:55 |
| 143 | 175 | STESSELS Michel | KAPellen (ANTW.) | M | 135 | 0:39:09 | 15,33 | 3:55 |
| 144 | 1518 | KIZA Shaila | BRUGGE | M | 136 | 0:39:10 | 15,32 | 3:55 |
| 145 | 2858 | SCHOONACKERS Hans | ADEGEM | M | 137 | 0:39:12 | 15,31 | 3:55 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|---------------------------|------------------|-----|-------|---------|-------|---------|
| 146 | 65 | DE CLERCQ Christophe | LOKEREN | M | 138 | 0:39:14 | 15,29 | 3:55 |
| 147 | 2552 | VERHAEGHE Luc | AALST | M | 139 | 0:39:14 | 15,29 | 3:55 |
| 148 | 103 | HOET Bart | DEINZE | M | 140 | 0:39:15 | 15,29 | 3:56 |
| 149 | 155 | STEFFEN Alexandre | KNOKKE-HEIST | M | 141 | 0:39:20 | 15,25 | 3:56 |
| 150 | 2025 | STROEYKENS Karel | ERPS-KWERPS | M | 142 | 0:39:23 | 15,23 | 3:56 |
| 151 | 1389 | VERHELPEM Nicolas | BONINNE | M | 143 | 0:39:24 | 15,23 | 3:56 |
| 152 | 237 | DE HAUWERE Robin | MERELBEKE | M | 144 | 0:39:28 | 15,20 | 3:57 |
| 153 | 1505 | NIMMEGEERS Johan | OOSTENDE | M | 145 | 0:39:28 | 15,20 | 3:57 |
| 154 | 1917 | LEERS Jan | ZOMERGEM | M | 146 | 0:39:29 | 15,20 | 3:57 |
| 155 | 78 | VAN WONTERGHEM Christophe | SCHOTEN | M | 147 | 0:39:29 | 15,20 | 3:57 |
| 156 | 900 | VANDENBERGHE Koen | LISSEWEGE | M | 148 | 0:39:29 | 15,20 | 3:57 |
| 157 | 172 | LANSSENS Vincent | AARTRIJKE | M | 149 | 0:39:30 | 15,19 | 3:57 |
| 158 | 241 | VERMANDER Davy | BRUSSEL | M | 150 | 0:39:32 | 15,18 | 3:57 |
| 159 | 292 | DE VISSCHER Dirk | GENT | M | 151 | 0:39:39 | 15,13 | 3:58 |
| 160 | 57 | MARTENS Christophe | ZELZATE | M | 152 | 0:39:39 | 15,13 | 3:58 |
| 161 | 2326 | DENOLF Stephen | KNOKKE-HEIST | M | 153 | 0:39:41 | 15,12 | 3:58 |
| 162 | 2640 | PATTEEUW Brent | BLANKENBERGE | M | 154 | 0:39:42 | 15,11 | 3:58 |
| 163 | 2806 | KOGOUT Dmitry | KNOKKE-HEIST | M | 155 | 0:39:42 | 15,11 | 3:58 |
| 164 | 345 | VERLEYE Peter | DE HAAN | M | 156 | 0:39:42 | 15,11 | 3:58 |
| 165 | 344 | DE SMET Jordi | GENT | M | 157 | 0:39:45 | 15,09 | 3:59 |
| 166 | 138 | HILLEWAERE Christophe | BRUSSEL 20 | M | 158 | 0:39:45 | 15,09 | 3:59 |
| 167 | 1958 | SYS Marc | KNOKKE-HEIST | M | 159 | 0:39:46 | 15,09 | 3:59 |
| 168 | 114 | DENECKER Mike | RONSE | M | 160 | 0:39:48 | 15,08 | 3:59 |
| 169 | 163 | DE COSTER Frederic | KNOKKE -HEIST | M | 161 | 0:39:48 | 15,08 | 3:59 |
| 170 | 1144 | DUBOIS Joeri | KNOKKE-HEIST | M | 162 | 0:39:50 | 15,06 | 3:59 |
| 171 | 118 | DEBEVER Hein | TIELT | M | 163 | 0:39:53 | 15,04 | 3:59 |
| 172 | 2700 | VAN RYSSSEL Philippe | DRONGEN | M | 164 | 0:39:54 | 15,04 | 3:59 |
| 173 | 73 | VAN PEER Marc | VOSELAAR | M | 165 | 0:39:54 | 15,04 | 3:59 |
| 174 | 2652 | ROOSEMONT Michel | BOUTERSEM | M | 166 | 0:39:54 | 15,04 | 3:59 |
| 175 | 2543 | AUDENAERT Gino | HAMME (O.-VL.) | M | 167 | 0:39:56 | 15,03 | 4:00 |
| 176 | 1984 | DE MULDER Pieter | HERENT | M | 168 | 0:39:58 | 15,01 | 4:00 |
| 177 | 231 | VANDELOOK Koen | ASSEBROEK | M | 169 | 0:39:59 | 15,01 | 4:00 |
| 178 | 98 | DE CLERCQ Johan | KNOKKE-HEIST | M | 170 | 0:40:00 | 15,00 | 4:00 |
| 179 | 1818 | HINOUL Samuel | HEIST-AAN-ZEE | M | 171 | 0:40:01 | 14,99 | 4:00 |
| 180 | 299 | DE BRUYN Marino | WOMMELGEM | M | 172 | 0:40:02 | 14,99 | 4:00 |
| 181 | 2922 | DEL RUE Steven | ST-ANDRIES | M | 173 | 0:40:03 | 14,98 | 4:00 |
| 182 | 1968 | DEMOULIN Fabian | JALHAY | M | 174 | 0:40:03 | 14,98 | 4:00 |
| 183 | 2385 | MISSAULT Bruno | OOSTKAMP | M | 175 | 0:40:05 | 14,97 | 4:01 |
| 184 | 79 | VAN RAEMDONCK Henri | PUTTE | M | 176 | 0:40:05 | 14,97 | 4:01 |
| 185 | 179 | MORBEE Jan | KNOKKE-HEIST | M | 177 | 0:40:06 | 14,96 | 4:01 |
| 186 | 272 | VEKEMAN Johan | TIELT | M | 178 | 0:40:08 | 14,95 | 4:01 |
| 187 | 305 | DEVLOO Kjell | KNOKKE-HEIST | M | 179 | 0:40:09 | 14,94 | 4:01 |
| 188 | 1197 | IEMANTS Herman | BORSBEKE | M | 180 | 0:40:10 | 14,94 | 4:01 |
| 189 | 69 | TEMMERMAN Patrick | KAPRIJKE | M | 181 | 0:40:10 | 14,94 | 4:01 |
| 190 | 361 | LONGEVILLE Pieterjan | MALDEGEM | M | 182 | 0:40:11 | 14,93 | 4:01 |
| 191 | 148 | VANNESTE Michael | WAREGEM | M | 183 | 0:40:12 | 14,93 | 4:01 |
| 192 | 1743 | LESCOUHIER Lander | | M | 184 | 0:40:12 | 14,93 | 4:01 |
| 193 | 220 | STORMS Hans | KAMPENHOUT | M | 185 | 0:40:13 | 14,92 | 4:01 |
| 194 | 1866 | DELEN Damien | MORTSEL | M | 186 | 0:40:13 | 14,92 | 4:01 |
| 195 | 147 | MEESE Laurent | BRUGGE | M | 187 | 0:40:14 | 14,91 | 4:01 |
| 196 | 1916 | POLLET Stephane | LYS LEZ LANNOY | M | 188 | 0:40:14 | 14,91 | 4:01 |
| 197 | 2970 | VLIETINCK Jens | HEIST-AAN-ZEE | M | 189 | 0:40:15 | 14,91 | 4:01 |
| 198 | 30 | VUILLARD Ysabelle | HOILAART | V | 9 | 0:40:16 | 14,90 | 4:02 |
| 199 | 90 | VAN BIERVLIET Sophie | KNOKKE-HEIST | V | 10 | 0:40:17 | 14,89 | 4:02 |
| 200 | 2514 | MATTHEEUWS Kevin | KNOKKE-HEIST | M | 190 | 0:40:17 | 14,89 | 4:02 |
| 201 | 233 | GOUWELOOSE Bernard | KNOKKE-HEIST | M | 191 | 0:40:21 | 14,87 | 4:02 |
| 202 | 244 | SUCAET Alex | SNELLESEM | M | 192 | 0:40:23 | 14,86 | 4:02 |
| 203 | 217 | BRAEM Glen | BUGGENHOUT | M | 193 | 0:40:23 | 14,86 | 4:02 |
| 204 | 2515 | DE CUYPER Leslie | BORSBEEK (ANTW.) | V | 11 | 0:40:23 | 14,86 | 4:02 |
| 205 | 2641 | EVERAERT Robert | DUFFEL | M | 194 | 0:40:23 | 14,86 | 4:02 |
| 206 | 1398 | VAN DEN BERGE Peter | SERSKAMP | M | 195 | 0:40:26 | 14,84 | 4:03 |
| 207 | 1515 | DE WULF Pieter | NEVELE | M | 196 | 0:40:29 | 14,82 | 4:03 |
| 208 | 140 | VEREECKE Stefaan | DAMME | M | 197 | 0:40:30 | 14,81 | 4:03 |
| 209 | 2485 | PEETERMANS Steven | WILLEBROEK | M | 198 | 0:40:31 | 14,81 | 4:03 |
| 210 | 136 | DE SUTTER Patrick | STEKENE | M | 199 | 0:40:31 | 14,81 | 4:03 |
| 211 | 2690 | VAN OOSTERWIJCK Karl | RUMST | M | 200 | 0:40:32 | 14,80 | 4:03 |
| 212 | 2243 | MOERAERT Steven | DEINZE | M | 201 | 0:40:32 | 14,80 | 4:03 |
| 213 | 1646 | CRUYDT Matthew | OOSTENDE | M | 202 | 0:40:33 | 14,80 | 4:03 |
| 214 | 2044 | HOSTYN Ludwig | | M | 203 | 0:40:33 | 14,80 | 4:03 |
| 215 | 285 | BRUSSELLE Claus | KNOKKE-HEIST | M | 204 | 0:40:34 | 14,79 | 4:03 |
| 216 | 152 | CLIERINCK Geert | LOCHRISTI | M | 205 | 0:40:36 | 14,78 | 4:04 |
| 217 | 2247 | VERMEERSCH Gilles | | M | 206 | 0:40:37 | 14,77 | 4:04 |
| 218 | 1805 | MISSOUL Frank | BRUGGE | M | 207 | 0:40:37 | 14,77 | 4:04 |
| 219 | 302 | VAN HIMBEECK Kurt | WIEZE | M | 208 | 0:40:40 | 14,75 | 4:04 |
| 220 | 130 | MOERENHOUT Bart | EREMBODEGEM | M | 209 | 0:40:40 | 14,75 | 4:04 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|--------------------|-----|-------|---------|-------|---------|
| 221 | 2663 | BORREMANS Michael | LOVENDEGEM | M | 210 | 0:40:40 | 14,75 | 4:04 |
| 222 | 153 | NAERT Marc | OOSTENDE | M | 211 | 0:40:44 | 14,73 | 4:04 |
| 223 | 1519 | BARTHOLOMEUS Niels | GEEL | M | 212 | 0:40:44 | 14,73 | 4:04 |
| 224 | 83 | SCHELLENS Ivan | WESTERLO | M | 213 | 0:40:44 | 14,73 | 4:04 |
| 225 | 2579 | HUYBRECHTS Tom | ZWIJNDRECHT | M | 214 | 0:40:45 | 14,72 | 4:05 |
| 226 | 137 | VAN DER LINDEN Koen | ZWIJNDRECHT | M | 215 | 0:40:47 | 14,71 | 4:05 |
| 227 | 1689 | GERARD Claude | WOLUWE-ST-PIERRE | M | 216 | 0:40:48 | 14,71 | 4:05 |
| 228 | 2249 | GOETHALS Pascal | SLEIDINGE | M | 217 | 0:40:48 | 14,71 | 4:05 |
| 229 | 2429 | WULLEPIT Patrick | LEDEGEM | M | 218 | 0:40:50 | 14,69 | 4:05 |
| 230 | 1893 | VAN DEN BOGAERT Fonne | STABROEK | M | 219 | 0:40:50 | 14,69 | 4:05 |
| 231 | 264 | OP DE BEECK Filip | DEURNE | M | 220 | 0:40:53 | 14,68 | 4:05 |
| 232 | 226 | VERHAEGEN Wim | PUTTE | M | 221 | 0:40:56 | 14,66 | 4:06 |
| 233 | 255 | WILLEMS Jan | GENTBRUGGE | M | 222 | 0:40:56 | 14,66 | 4:06 |
| 234 | 202 | MOL Didier | ANZEGEM/VICHTÉ | M | 223 | 0:40:58 | 14,65 | 4:06 |
| 235 | 2397 | VANNIEUWENHUYSE Pieter | | M | 224 | 0:40:59 | 14,64 | 4:06 |
| 236 | 1578 | BAERT Chris | OOSTROZEBEKE | M | 225 | 0:40:59 | 14,64 | 4:06 |
| 237 | 102 | DE POORTER Heidi | GENT(SA) | V | 12 | 0:41:02 | 14,62 | 4:06 |
| 238 | 2725 | HOMBLE Peter | WENDUINE | M | 226 | 0:41:04 | 14,61 | 4:06 |
| 239 | 1067 | HELSMOORTELE Michel | ASSEBROEK | M | 227 | 0:41:04 | 14,61 | 4:06 |
| 240 | 1827 | DE GROOTE Bjorn | | M | 228 | 0:41:05 | 14,60 | 4:06 |
| 241 | 141 | GHYSSAERT Thibaud | MOERKERKE | M | 229 | 0:41:07 | 14,59 | 4:07 |
| 242 | 2566 | NYFFELS Bart | MEULEBEKE | M | 230 | 0:41:07 | 14,59 | 4:07 |
| 243 | 149 | DE LANGHE Marc | KNOKKE-HEIST | M | 231 | 0:41:07 | 14,59 | 4:07 |
| 244 | 1814 | GOETHALS Rudy | KNOKKE-HEIST | M | 232 | 0:41:08 | 14,59 | 4:07 |
| 245 | 301 | MICHIELS Rudy | OOSTERZELE | M | 233 | 0:41:08 | 14,59 | 4:07 |
| 246 | 193 | CLEYMAN Georges | EKE | M | 234 | 0:41:08 | 14,59 | 4:07 |
| 247 | 1616 | DE WAELE Thierry | ZELZATE | M | 235 | 0:41:10 | 14,57 | 4:07 |
| 248 | 961 | ROELANDTS Olivier | BRUXELLES | M | 236 | 0:41:12 | 14,56 | 4:07 |
| 249 | 210 | MICHIELS Neal | BRUSSEL 3 | M | 237 | 0:41:12 | 14,56 | 4:07 |
| 250 | 2712 | TILLEMANN Kurt | KNOKKE | M | 238 | 0:41:12 | 14,56 | 4:07 |
| 251 | 1347 | DUSSART Xavier | MONS | M | 239 | 0:41:14 | 14,55 | 4:07 |
| 252 | 2014 | HOFMAN Tom | HEIST-AAN-ZEE | M | 240 | 0:41:16 | 14,54 | 4:08 |
| 253 | 2278 | AMRAMI Rachid | HOEGAARDEN | M | 241 | 0:41:18 | 14,53 | 4:08 |
| 254 | 212 | VAN GALEN Peter | VEGHEL | M | 242 | 0:41:18 | 14,53 | 4:08 |
| 255 | 105 | DE MAESSCHALCK Jan | KNOKKE-HEIST | M | 243 | 0:41:19 | 14,52 | 4:08 |
| 256 | 68 | DE BREE Frank | SIJSELE | M | 244 | 0:41:23 | 14,50 | 4:08 |
| 257 | 364 | DEVLIÉGHE Danny | HEIST-AAN-ZEE | M | 245 | 0:41:24 | 14,49 | 4:08 |
| 258 | 2085 | VAN BEIRS Sven | ANTWERPEN | M | 246 | 0:41:24 | 14,49 | 4:08 |
| 259 | 81 | ABRY Guy | DEURNE (ANTWERPEN) | M | 247 | 0:41:25 | 14,49 | 4:09 |
| 260 | 171 | VAN WAMBEKE Koen | SCHORISSE | M | 248 | 0:41:26 | 14,48 | 4:09 |
| 261 | 1860 | WAUCQUIER Eric | | M | 249 | 0:41:26 | 14,48 | 4:09 |
| 262 | 603 | BILLET Ludovic | KORTRIJK | M | 250 | 0:41:27 | 14,48 | 4:09 |
| 263 | 1978 | DECORTE Frank | KNOKKE-HEIST | M | 251 | 0:41:28 | 14,47 | 4:09 |
| 264 | 1604 | WILZ Geert | | M | 252 | 0:41:28 | 14,47 | 4:09 |
| 265 | 2592 | VAN SIMAËY Guimo | LOVENDEGEM | M | 253 | 0:41:31 | 14,45 | 4:09 |
| 266 | 1973 | VERMEILLE Sebastiaan | HEIST-AAN-ZEE | M | 254 | 0:41:34 | 14,43 | 4:09 |
| 267 | 889 | STEINMETZ Johan | GENT | M | 255 | 0:41:35 | 14,43 | 4:10 |
| 268 | 1140 | DEBAECKE Jeroen | KNOKKE-HEIST | M | 256 | 0:41:35 | 14,43 | 4:10 |
| 269 | 1793 | VANCAUW Jean | GENTBRUGGE | M | 257 | 0:41:37 | 14,42 | 4:10 |
| 270 | 2184 | BERLINGE Frederik | ZOTTEGEM | M | 258 | 0:41:38 | 14,41 | 4:10 |
| 271 | 2679 | VAN CAESBROECK Ianto | TURNHOUT | M | 259 | 0:41:40 | 14,40 | 4:10 |
| 272 | 145 | COBBAERT Diego | ANTWERPEN | M | 260 | 0:41:41 | 14,39 | 4:10 |
| 273 | 188 | GOEDGEBEUR Jacques | DAMME | M | 261 | 0:41:42 | 14,39 | 4:10 |
| 274 | 1318 | LAMMENS Giel | ASSEBROEK | M | 262 | 0:41:43 | 14,38 | 4:10 |
| 275 | 1920 | HOFFMANN Isabelle | | V | 13 | 0:41:44 | 14,38 | 4:10 |
| 276 | 324 | AMPE Peter | OOSTENDE | M | 263 | 0:41:44 | 14,38 | 4:10 |
| 277 | 917 | WITTERS Maarten | VLIERMAAL | M | 264 | 0:41:44 | 14,38 | 4:10 |
| 278 | 845 | DE GROOTE Friedl | AALST | V | 14 | 0:41:44 | 14,38 | 4:10 |
| 279 | 2782 | LONCKE Frankie | LISSEWEGE | M | 265 | 0:41:45 | 14,37 | 4:10 |
| 280 | 2074 | MIEL Charles | MERENDREE | M | 266 | 0:41:47 | 14,36 | 4:11 |
| 281 | 269 | PROVOOST Geert | KNOKKE HEIST | M | 267 | 0:41:48 | 14,35 | 4:11 |
| 282 | 1994 | VANRYSELBERGHE Philippe | HEIST-AAN-ZEE | M | 268 | 0:41:49 | 14,35 | 4:11 |
| 283 | 1687 | CLAUWS Marc | EKLO | M | 269 | 0:41:51 | 14,34 | 4:11 |
| 284 | 1945 | PIET Drossens | LOKEREN | M | 270 | 0:41:51 | 14,34 | 4:11 |
| 285 | 374 | HENDRICKX Olivier | GENTBRUGGE | M | 271 | 0:41:52 | 14,33 | 4:11 |
| 286 | 2948 | MOLENBERG Mark | KNOKKE-HEIST | M | 272 | 0:41:53 | 14,33 | 4:11 |
| 287 | 2009 | DE CLERCQ Tomas | KNOKKE-HEIST | M | 273 | 0:41:53 | 14,33 | 4:11 |
| 288 | 123 | VAN DOREN Peter | ESSEN | M | 274 | 0:41:54 | 14,32 | 4:11 |
| 289 | 1196 | DE POTTER Geert | LEDE | M | 275 | 0:41:55 | 14,31 | 4:12 |
| 290 | 190 | DEVISCH Frederik | DUDZELE | M | 276 | 0:41:56 | 14,31 | 4:12 |
| 291 | 260 | MICHELSEN Louis Philippe | BRASSCHAAT | M | 277 | 0:41:56 | 14,31 | 4:12 |
| 292 | 2676 | MUYS Filip | OOSTERZELE | M | 278 | 0:41:57 | 14,30 | 4:12 |
| 293 | 1652 | VERLINDEN Jurgen | ZOTTEGEM | M | 279 | 0:41:57 | 14,30 | 4:12 |
| 294 | 170 | VERBURGH Reinhout | ROESELARE | M | 280 | 0:41:58 | 14,30 | 4:12 |
| 295 | 2333 | DELARVE Philip | WORTEGEM-PETEGEM | M | 281 | 0:42:00 | 14,29 | 4:12 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|-----------------------|-----|-------|---------|-------|---------|
| 296 | 1803 | PAUWERT Clive | KNOKKE-HEIST | M | 282 | 0:42:03 | 14,27 | 4:12 |
| 297 | 297 | PROOT Anthony | KNOKKE-HEIST | M | 283 | 0:42:05 | 14,26 | 4:13 |
| 298 | 2020 | CRONEY Dean | OOSTAKKER | M | 284 | 0:42:07 | 14,25 | 4:13 |
| 299 | 276 | VANTHOURNOUT Axelle | KNOKKE | V | 15 | 0:42:08 | 14,24 | 4:13 |
| 300 | 288 | BAEKELANDT Kris | KNOKKE-HEIST | M | 285 | 0:42:08 | 14,24 | 4:13 |
| 301 | 813 | TORRESAN Frederik | ZEEBRUGGE (BRUGGE) | M | 286 | 0:42:09 | 14,23 | 4:13 |
| 302 | 143 | BLANCKAERTS Erik | BROECHEM | M | 287 | 0:42:09 | 14,23 | 4:13 |
| 303 | 225 | DECLOEDT Ignace | MALDEGEM | M | 288 | 0:42:10 | 14,23 | 4:13 |
| 304 | 2049 | VANDENBRUWAENE Wouter | ANTWERPEN | M | 289 | 0:42:13 | 14,21 | 4:13 |
| 305 | 596 | LEFEVRE Didier | WAREGEM | M | 290 | 0:42:17 | 14,19 | 4:14 |
| 306 | 165 | CAMBIER Dirk | MELLE | M | 291 | 0:42:18 | 14,18 | 4:14 |
| 307 | 807 | EVERAERT Kristof | EKLO | M | 292 | 0:42:19 | 14,18 | 4:14 |
| 308 | 1468 | NEUTENS Tijs | GENT | M | 293 | 0:42:19 | 14,18 | 4:14 |
| 309 | 2342 | VAN ROSSEM Sergio | KNOKKE | M | 294 | 0:42:20 | 14,17 | 4:14 |
| 310 | 1865 | HEIRMAN Marc | DEURNE | M | 295 | 0:42:20 | 14,17 | 4:14 |
| 311 | 1312 | LAENEN Joeri | GEEL | M | 296 | 0:42:21 | 14,17 | 4:14 |
| 312 | 1487 | COMBES Olivier | BEERNEM | M | 297 | 0:42:21 | 14,17 | 4:14 |
| 313 | 1189 | GIUSTI Robert | WESTKAPELLE | M | 298 | 0:42:22 | 14,16 | 4:14 |
| 314 | 1838 | ROOSENS Christophe | NIEUWPOORT | M | 299 | 0:42:22 | 14,16 | 4:14 |
| 315 | 207 | VERMEERSCH Luc | OOSTAKKER | M | 300 | 0:42:23 | 14,16 | 4:14 |
| 316 | 2680 | JANSSENS Pieter | LIER | M | 301 | 0:42:24 | 14,15 | 4:14 |
| 317 | 2897 | DEBUSSCHERE Ludo | GISTEL | M | 302 | 0:42:24 | 14,15 | 4:14 |
| 318 | 2116 | DE COCK Ken | HEIST-AAN-ZEE | M | 303 | 0:42:25 | 14,15 | 4:15 |
| 319 | 1557 | BAUDU Dirk | GENTBRUGGE | M | 304 | 0:42:27 | 14,13 | 4:15 |
| 320 | 2261 | BARGAMINI Ennio | KNOKKE-HEIST | M | 305 | 0:42:28 | 14,13 | 4:15 |
| 321 | 2900 | DENECKER Bjorn | | M | 306 | 0:42:28 | 14,13 | 4:15 |
| 322 | 2270 | VANDEN ABEELE Piet | ERPE-MERE | M | 307 | 0:42:29 | 14,12 | 4:15 |
| 323 | 1613 | MICHELIS Nathalie | WORTEGEM-PETEGEM | V | 16 | 0:42:29 | 14,12 | 4:15 |
| 324 | 1675 | HALLAERT Lieven | ST-DENIJS | M | 308 | 0:42:34 | 14,10 | 4:15 |
| 325 | 670 | ACHTEN Christof | NIEUWERKERKEN (LIMB.) | M | 309 | 0:42:36 | 14,08 | 4:16 |
| 326 | 71 | VAN MALDEGHEM Chris | KNOKKE-HEIST | M | 310 | 0:42:36 | 14,08 | 4:16 |
| 327 | 189 | GOEDGEBEUR Jan | DAMME | M | 311 | 0:42:37 | 14,08 | 4:16 |
| 328 | 2619 | SCHOONJANS Gert | KNOKKE-HEIST | M | 312 | 0:42:38 | 14,07 | 4:16 |
| 329 | 2643 | STEVENART Dimitri | STEKENE | M | 313 | 0:42:38 | 14,07 | 4:16 |
| 330 | 277 | DEJAEGHERE Alain | KNOKKE-HEIST | M | 314 | 0:42:38 | 14,07 | 4:16 |
| 331 | 87 | TIMMERMAN Wim | BRUGGE | M | 315 | 0:42:39 | 14,07 | 4:16 |
| 332 | 122 | DRYEPONDT Peter | DUDZELE | M | 316 | 0:42:41 | 14,06 | 4:16 |
| 333 | 2396 | CEULENAERE Thomas | MALDEGEM | M | 317 | 0:42:42 | 14,05 | 4:16 |
| 334 | 2067 | DAVID Els | WAARSCHOOT | V | 17 | 0:42:42 | 14,05 | 4:16 |
| 335 | 612 | THIERS Yves | EINE | M | 318 | 0:42:44 | 14,04 | 4:16 |
| 336 | 286 | BEKAERT Serge | DESSELGEM | M | 319 | 0:42:45 | 14,04 | 4:16 |
| 337 | 1913 | DEWILDE Patrick | AFSNEE | M | 320 | 0:42:46 | 14,03 | 4:17 |
| 338 | 1875 | VERDRUYE Koen | JABBEKE | M | 321 | 0:42:46 | 14,03 | 4:17 |
| 339 | 150 | LAROY Guy | LOVENDEGEM | M | 322 | 0:42:46 | 14,03 | 4:17 |
| 340 | 1104 | BUGAJSKI Adam | BRUXELLES 20 | M | 323 | 0:42:47 | 14,02 | 4:17 |
| 341 | 1594 | VERMEREN Olivier | RONSE/RENAIX | M | 324 | 0:42:47 | 14,02 | 4:17 |
| 342 | 1954 | RONSE Pieterjan | BRUXELLES | M | 325 | 0:42:50 | 14,01 | 4:17 |
| 343 | 867 | ROOSEN Erik | HASSELT | M | 326 | 0:42:50 | 14,01 | 4:17 |
| 344 | 85 | VANLEENHOVE Frank | KNOKKE-HEIST | M | 327 | 0:42:50 | 14,01 | 4:17 |
| 345 | 2384 | VROMAN Filip | OOSTKAMP | M | 328 | 0:42:51 | 14,00 | 4:17 |
| 346 | 2608 | LOTERMAN Guy | | M | 329 | 0:42:51 | 14,00 | 4:17 |
| 347 | 192 | VERMEERSCH Nicole | BLANKENBERGE | V | 18 | 0:42:52 | 14,00 | 4:17 |
| 348 | 1061 | PANTUSA Laurent | IXELLES | M | 330 | 0:42:54 | 13,99 | 4:17 |
| 349 | 94 | VAN DEN BOGAERT Herman | WOMMELGEM | M | 331 | 0:42:54 | 13,99 | 4:17 |
| 350 | 2957 | VAN STEENKISTE Davy | | M | 332 | 0:42:54 | 13,99 | 4:17 |
| 351 | 252 | DE NOYETTE Didier Robby | KNOKKE-HEIST | M | 333 | 0:42:55 | 13,98 | 4:17 |
| 352 | 1033 | DE DUYSCHKE Bart | GENT | M | 334 | 0:42:56 | 13,98 | 4:18 |
| 353 | 2352 | VAN KRANENBURG Nick | KNOKKE-HEIST | M | 335 | 0:42:58 | 13,96 | 4:18 |
| 354 | 1991 | ROLAND Marc | LOCHRISTI | M | 336 | 0:43:02 | 13,94 | 4:18 |
| 355 | 2349 | VANDALE Pieter | | M | 337 | 0:43:02 | 13,94 | 4:18 |
| 356 | 1290 | ROUSSET Franck | BRETTEVILLE | M | 338 | 0:43:03 | 13,94 | 4:18 |
| 357 | 2019 | JOURDAIN Pierre | MONT-ST-GUIBERT | M | 339 | 0:43:03 | 13,94 | 4:18 |
| 358 | 227 | ADRIANSENS Frederique | KNOKKE | M | 340 | 0:43:04 | 13,93 | 4:18 |
| 359 | 2348 | DE BAETS Thierry | | M | 341 | 0:43:04 | 13,93 | 4:18 |
| 360 | 2347 | COOL Mike | KNOKKE | M | 342 | 0:43:05 | 13,93 | 4:19 |
| 361 | 2350 | RAEMBDONCK Tom | KNOKKE-HEIST | M | 343 | 0:43:05 | 13,93 | 4:19 |
| 362 | 1410 | CALLEWAERT Chris | WESTROZEBEKE | M | 344 | 0:43:05 | 13,93 | 4:19 |
| 363 | 2880 | SCHOTT Christophe | BRUGGE | M | 345 | 0:43:06 | 13,92 | 4:19 |
| 364 | 1034 | DE GIETER Bart | ST-MARTENS-BODEGEM | M | 346 | 0:43:07 | 13,92 | 4:19 |
| 365 | 1936 | DE WEERDT Alec | ANTWERPEN | M | 347 | 0:43:09 | 13,90 | 4:19 |
| 366 | 1785 | DE SMET Patrick | BERCHEM (ANTWERPEN) | M | 348 | 0:43:09 | 13,90 | 4:19 |
| 367 | 2534 | SILVA Alessio | WATERMAEL-BOITSFORT | M | 349 | 0:43:12 | 13,89 | 4:19 |
| 368 | 1451 | LEGROS Mattieu | WEZEMBEEK-OPPEM | M | 350 | 0:43:12 | 13,89 | 4:19 |
| 369 | 2167 | SCHIP Kenzie | HEIST-AAN-ZEE | M | 351 | 0:43:14 | 13,88 | 4:19 |
| 370 | 134 | WILDEMEERSCH Marc | BRUGGE | M | 352 | 0:43:15 | 13,87 | 4:20 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|------------------|-----|-------|---------|-------|---------|
| 371 | 715 | DEPONDT Philip | GENT | M | 353 | 0:43:15 | 13,87 | 4:20 |
| 372 | 63 | VANDEWALLE Toni | KNOKKE-HEIST | M | 354 | 0:43:16 | 13,87 | 4:20 |
| 373 | 2673 | DE BACKER Moon | ZWIJNDRECHT | M | 355 | 0:43:16 | 13,87 | 4:20 |
| 374 | 2070 | VERSCHAE Marc | ZULTE | M | 356 | 0:43:17 | 13,86 | 4:20 |
| 375 | 2003 | DEVLOO Bart | BRUGGE | M | 357 | 0:43:18 | 13,86 | 4:20 |
| 376 | 174 | VANMULLEM Lode | KNOKKE | M | 358 | 0:43:19 | 13,85 | 4:20 |
| 377 | 1293 | CARDOEN Alain | OUTER | M | 359 | 0:43:20 | 13,85 | 4:20 |
| 378 | 2729 | SCHAEPDRIJVER Dominique | HEIST | M | 360 | 0:43:20 | 13,85 | 4:20 |
| 379 | 1722 | DEVYNCK Woute | WOERKERKE | M | 361 | 0:43:21 | 13,84 | 4:20 |
| 380 | 2300 | BARON Ilan | JETTE | M | 362 | 0:43:22 | 13,84 | 4:20 |
| 381 | 162 | WILLE Norbert | GENT | M | 363 | 0:43:22 | 13,84 | 4:20 |
| 382 | 1953 | DE NAESCHALLE Jeffrey | LOCHRISTI | M | 364 | 0:43:23 | 13,83 | 4:20 |
| 383 | 2548 | BALLEGEER Wim | BOUTERSEM | M | 365 | 0:43:24 | 13,82 | 4:20 |
| 384 | 181 | DE WULF Frank | LANDEGEM | M | 366 | 0:43:24 | 13,82 | 4:20 |
| 385 | 1494 | VAN HOOREBEKE Pierre | ST-MARTENS-LATEM | M | 367 | 0:43:25 | 13,82 | 4:20 |
| 386 | 1242 | DASSARGUES Charles | BRUXELLES | M | 368 | 0:43:25 | 13,82 | 4:20 |
| 387 | 635 | VAN SPAENDONCK Werner | OOSTEEKLO | M | 369 | 0:43:26 | 13,81 | 4:21 |
| 388 | 2351 | DEMACKER Steven | KNOKKE-HEIST | M | 370 | 0:43:28 | 13,80 | 4:21 |
| 389 | 2722 | VERMEERSCH Dany | KNOKKE-HEIST | M | 371 | 0:43:28 | 13,80 | 4:21 |
| 390 | 1867 | WALRAEVE Hans | AALST | M | 372 | 0:43:30 | 13,79 | 4:21 |
| 391 | 2283 | TILLY Steve | OOSTKAMP | V | 19 | 0:43:31 | 13,79 | 4:21 |
| 392 | 1596 | HOSTE Frank | EVERGEM | M | 373 | 0:43:31 | 13,79 | 4:21 |
| 393 | 1948 | KEEREMAN Vincent | ZWALM | M | 374 | 0:43:32 | 13,78 | 4:21 |
| 394 | 2111 | STEVENS Francis | ST-MARTENS-LATEM | M | 375 | 0:43:33 | 13,78 | 4:21 |
| 395 | 2614 | GYSSELINCK Kurt | ASSEBROEK | M | 376 | 0:43:33 | 13,78 | 4:21 |
| 396 | 2066 | ROELS Johan | WAARSCHOOT | M | 377 | 0:43:34 | 13,77 | 4:21 |
| 397 | 86 | OHMS Peter | ST-ANDRIES | M | 378 | 0:43:34 | 13,77 | 4:21 |
| 398 | 1907 | SNICK Eric | KNOKKE | M | 379 | 0:43:34 | 13,77 | 4:21 |
| 399 | 2661 | MICHIELS Kyle | SCHAERBEEK | M | 380 | 0:43:37 | 13,76 | 4:22 |
| 400 | 80 | WILDEMEERSCH Frank | GENT | M | 381 | 0:43:40 | 13,74 | 4:22 |
| 401 | 1881 | SNYERS Bernard | | M | 382 | 0:43:40 | 13,74 | 4:22 |
| 402 | 1653 | VAN DORPE Bart | ZOTTEGEM | M | 383 | 0:43:41 | 13,74 | 4:22 |
| 403 | 647 | BOLOGNE Jacques-Philippe | WISE | M | 384 | 0:43:41 | 13,74 | 4:22 |
| 404 | 2269 | PROOT John | KNOKKE-HEIST | M | 385 | 0:43:41 | 13,74 | 4:22 |
| 405 | 695 | JANSSEUNE Arne | DIKSMUIDE | M | 386 | 0:43:41 | 13,74 | 4:22 |
| 406 | 377 | DEN HAESE Dirk | NEVELE | M | 387 | 0:43:42 | 13,73 | 4:22 |
| 407 | 1360 | VAN DAELE Kenneth | WACHTEBEKE | M | 388 | 0:43:42 | 13,73 | 4:22 |
| 408 | 107 | SIMOENS Frederik | GENT | M | 389 | 0:43:42 | 13,73 | 4:22 |
| 409 | 954 | DECLERCQ Peter | IZEGEM | M | 390 | 0:43:43 | 13,72 | 4:22 |
| 410 | 1947 | KEEREMAN Filip | ZWALM | M | 391 | 0:43:43 | 13,72 | 4:22 |
| 411 | 2818 | VAN HOLLEBEKE Geert | ASSEBROEK | M | 392 | 0:43:45 | 13,71 | 4:23 |
| 412 | 601 | BALCAEN Louis | SPIERE | M | 393 | 0:43:45 | 13,71 | 4:23 |
| 413 | 279 | JANSSENS Luc | MEISE | M | 394 | 0:43:46 | 13,71 | 4:23 |
| 414 | 2023 | JOOTS Kurt | KNOKKE | M | 395 | 0:43:47 | 13,70 | 4:23 |
| 415 | 545 | MYTEN Geert | KOEKELARE | M | 396 | 0:43:47 | 13,70 | 4:23 |
| 416 | 2170 | TOMMELEIN Didier | KNOKKE-HEIST | M | 397 | 0:43:48 | 13,70 | 4:23 |
| 417 | 1375 | HELLYN Filip | BAVIKHOVE | M | 398 | 0:43:49 | 13,69 | 4:23 |
| 418 | 2918 | VAN LOOCKE Eddy | ASSEBROEK | M | 399 | 0:43:49 | 13,69 | 4:23 |
| 419 | 2607 | BAELE Dominiek | ST-ANDRIES | M | 400 | 0:43:49 | 13,69 | 4:23 |
| 420 | 2194 | VANTORRE Dimitri | | M | 401 | 0:43:53 | 13,67 | 4:23 |
| 421 | 1073 | DIENEYS Dirk | DENDERLEEUV | M | 402 | 0:43:53 | 13,67 | 4:23 |
| 422 | 230 | DESLOOVERE Tom | KNOKKE HEIST | M | 403 | 0:43:53 | 13,67 | 4:23 |
| 423 | 1135 | LANNOYE Arnout | KNOKKE-HEIST | M | 404 | 0:43:53 | 13,67 | 4:23 |
| 424 | 2715 | MATTHIJS Thierry | KNOKKE-HEIST | M | 405 | 0:43:53 | 13,67 | 4:23 |
| 425 | 1882 | GEYNHAEVE Nicolas | ROESELARE | M | 406 | 0:43:54 | 13,67 | 4:23 |
| 426 | 1928 | DELPORTE Georges | BLANKENBERGE | M | 407 | 0:43:55 | 13,66 | 4:24 |
| 427 | 2432 | CLAUWAERT Thierry | KRUISSHOUTEM | M | 408 | 0:43:55 | 13,66 | 4:24 |
| 428 | 1791 | DE GRAEVE Johnny | DUDZELE | M | 409 | 0:43:56 | 13,66 | 4:24 |
| 429 | 2435 | CORNELISSENS Ekke | KAPELLEN (ANTW.) | M | 410 | 0:43:56 | 13,66 | 4:24 |
| 430 | 51 | DE VOCHT Luc | WOMMELGEM | M | 411 | 0:43:57 | 13,65 | 4:24 |
| 431 | 52 | GEERTS Pascal | DEURNE | M | 412 | 0:43:57 | 13,65 | 4:24 |
| 432 | 254 | M'RAD Aime | FOREST | M | 413 | 0:43:57 | 13,65 | 4:24 |
| 433 | 1813 | DE RUYTER Johnny | KNOKKE-HEIST | M | 414 | 0:43:58 | 13,65 | 4:24 |
| 434 | 1145 | DE GROOTE Jan | KNOKKE | M | 415 | 0:43:58 | 13,65 | 4:24 |
| 435 | 2289 | DE WITTE Ruben | BEVEREN-WAAS | M | 416 | 0:43:59 | 13,64 | 4:24 |
| 436 | 2898 | VANHAEVERBEKE Vincent | OOSTENDE | M | 417 | 0:43:59 | 13,64 | 4:24 |
| 437 | 1367 | POLLET Simon | KNOKKE-HEIST | M | 418 | 0:43:59 | 13,64 | 4:24 |
| 438 | 1129 | DE CRAEMER Jarno | KNOKKE-HEIST | M | 419 | 0:44:00 | 13,64 | 4:24 |
| 439 | 1981 | KERNER Matthias | HEIST-AAN-ZEE | M | 420 | 0:44:00 | 13,64 | 4:24 |
| 440 | 265 | MAES Luc | NEERPELT | M | 421 | 0:44:00 | 13,64 | 4:24 |
| 441 | 2401 | EECKHOUT Joris | GENT | M | 422 | 0:44:01 | 13,63 | 4:24 |
| 442 | 1184 | VANDIERENDONCK Sammy | ZEEBRUGGE | M | 423 | 0:44:01 | 13,63 | 4:24 |
| 443 | 648 | ZERRATH Uwe | LEUVEN | M | 424 | 0:44:01 | 13,63 | 4:24 |
| 444 | 761 | VAN LAETHEM Bernard | BRUXELLES | M | 425 | 0:44:03 | 13,62 | 4:24 |
| 445 | 2899 | VERBIEST Karel | KNOKKE-HEIST | M | 426 | 0:44:03 | 13,62 | 4:24 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------------|---------------------|-----|-------|---------|-------|---------|
| 446 | 1602 | DUPON Bart | HAMME (O.-VL.) | M | 427 | 0:44:04 | 13,62 | 4:24 |
| 447 | 1879 | DELEENER Bernard | KNOKKE-HEIST | M | 428 | 0:44:05 | 13,61 | 4:25 |
| 448 | 2860 | DEBBAUT Armin | DE HAAN | M | 429 | 0:44:07 | 13,60 | 4:25 |
| 449 | 2859 | DEBBAUT Freddy | DE HAAN | M | 430 | 0:44:08 | 13,60 | 4:25 |
| 450 | 2253 | VAN DEN BOSSCHE Geert | DESTELBERGEN | M | 431 | 0:44:09 | 13,59 | 4:25 |
| 451 | 1000 | HOOGEWIJS Tom | LONDERZEEL | M | 432 | 0:44:09 | 13,59 | 4:25 |
| 452 | 1790 | BRAEM Kirsten | PAAL | V | 20 | 0:44:10 | 13,58 | 4:25 |
| 453 | 1172 | JANSSENS Gianni | KNOKKE HEIST | M | 433 | 0:44:10 | 13,58 | 4:25 |
| 454 | 796 | STESSELS Quentin | KAPELLEN (ANTW.) | M | 434 | 0:44:11 | 13,58 | 4:25 |
| 455 | 1995 | NELLENS Patrick | MORTSEL | M | 435 | 0:44:11 | 13,58 | 4:25 |
| 456 | 1811 | GLORIEUX Yves | ASSEBROEK | M | 436 | 0:44:11 | 13,58 | 4:25 |
| 457 | 1605 | HEREMANS Steh | WOMMELGEM | M | 437 | 0:44:12 | 13,57 | 4:25 |
| 458 | 224 | VAN HULLE Pascal | EKLO | M | 438 | 0:44:12 | 13,57 | 4:25 |
| 459 | 2440 | VERMEERSCH Johan | BRUGGE | M | 439 | 0:44:13 | 13,57 | 4:25 |
| 460 | 2816 | CARDON Bart | LISSEWEGE | M | 440 | 0:44:13 | 13,57 | 4:25 |
| 461 | 1636 | MORTIER Bruno | | M | 441 | 0:44:13 | 13,57 | 4:25 |
| 462 | 2150 | WISSE Gino | DUDZELE | M | 442 | 0:44:14 | 13,56 | 4:25 |
| 463 | 750 | MEERSSCHAERT Marc | HOFSTADE (O.-VL.) | M | 443 | 0:44:14 | 13,56 | 4:25 |
| 464 | 2470 | VERNIERS Kristof | MARIAKERKE | M | 444 | 0:44:14 | 13,56 | 4:25 |
| 465 | 1110 | DEWAELE Quinten | KNOKKE | M | 445 | 0:44:15 | 13,56 | 4:26 |
| 466 | 222 | VAN DE MEULEBROECKE Lieven | SPIERE | M | 446 | 0:44:15 | 13,56 | 4:26 |
| 467 | 2772 | D'HOLLANDER Elke | LOVENDEGEM | V | 21 | 0:44:19 | 13,54 | 4:26 |
| 468 | 2573 | VANDERSCHAEGHE Filip | ST-KRUIS | M | 447 | 0:44:19 | 13,54 | 4:26 |
| 469 | 525 | COENYE Tom | MARIAKERKE | M | 448 | 0:44:20 | 13,53 | 4:26 |
| 470 | 1745 | DELMULLE Hans | WORTEGEM | M | 449 | 0:44:21 | 13,53 | 4:26 |
| 471 | 2686 | VERHELST Andre | DAMME | M | 450 | 0:44:21 | 13,53 | 4:26 |
| 472 | 2330 | WARSON Eric | MAASMECHELEN | M | 451 | 0:44:22 | 13,52 | 4:26 |
| 473 | 2449 | FAUART Gilles | BRAINE-L'ALLEUD | M | 452 | 0:44:22 | 13,52 | 4:26 |
| 474 | 215 | DEMUYNCK Bruno | BELLESEM | M | 453 | 0:44:23 | 13,52 | 4:26 |
| 475 | 1307 | JASPERS Peter | KNOKKE | M | 454 | 0:44:23 | 13,52 | 4:26 |
| 476 | 802 | VERBOVEN Dirk | ZICHEM | M | 455 | 0:44:23 | 13,52 | 4:26 |
| 477 | 1801 | VAN LAEKEN Loic | | M | 456 | 0:44:25 | 13,51 | 4:26 |
| 478 | 1695 | BEKKENS Wim | NINOVE | M | 457 | 0:44:25 | 13,51 | 4:26 |
| 479 | 1802 | VAN LAEKEN Vito | KNOKKE-HEIST | M | 458 | 0:44:25 | 13,51 | 4:26 |
| 480 | 2800 | VLIETINCK Dany | KNOKKE HEIST | M | 459 | 0:44:26 | 13,50 | 4:27 |
| 481 | 1079 | MONBALIU Dennis | WESTKAPELLE | M | 460 | 0:44:28 | 13,49 | 4:27 |
| 482 | 573 | GOETHALS Frederik | OOSTAKKER | M | 461 | 0:44:32 | 13,47 | 4:27 |
| 483 | 1321 | DESPIEGELAERE Andy | HEIST-AAN-ZEE | M | 462 | 0:44:32 | 13,47 | 4:27 |
| 484 | 825 | SIMKENS Tom | MOLENSTEDE | M | 463 | 0:44:33 | 13,47 | 4:27 |
| 485 | 2448 | CAVALERT Baldo | IXELLES | M | 464 | 0:44:33 | 13,47 | 4:27 |
| 486 | 1081 | VERHAEGE Olivier | LOVENDEGEM | M | 465 | 0:44:34 | 13,46 | 4:27 |
| 487 | 806 | JOSEPH Wout | AVELGEM | M | 466 | 0:44:34 | 13,46 | 4:27 |
| 488 | 211 | MEURIS Kris | MOL | M | 467 | 0:44:34 | 13,46 | 4:27 |
| 489 | 772 | BOEHME Nicholas | KNOKKE-HEIST | M | 468 | 0:44:36 | 13,45 | 4:28 |
| 490 | 109 | BOEHME Christian | KNOKKE | M | 469 | 0:44:37 | 13,45 | 4:28 |
| 491 | 865 | SLEGERS Maarten | NEERPELT | M | 470 | 0:44:38 | 13,44 | 4:28 |
| 492 | 1623 | DE GIETER Steven | TERNAT | M | 471 | 0:44:38 | 13,44 | 4:28 |
| 493 | 652 | VAN WAMBEKE Jo | MAARKEDAL | M | 472 | 0:44:38 | 13,44 | 4:28 |
| 494 | 801 | VERCAMMEN Erik | SLEIDINGE | M | 473 | 0:44:38 | 13,44 | 4:28 |
| 495 | 2527 | VAN THIENEN Werner | MEISE | M | 474 | 0:44:40 | 13,43 | 4:28 |
| 496 | 622 | VAN ISACKER Frederik | KNOKKE | M | 475 | 0:44:40 | 13,43 | 4:28 |
| 497 | 2112 | BARTHOLOMEUSEN Katrien | LIER | V | 22 | 0:44:40 | 13,43 | 4:28 |
| 498 | 1475 | PEETERS Stefan | WILRIJK (ANTWERPEN) | M | 476 | 0:44:41 | 13,43 | 4:28 |
| 499 | 67 | DAENEKYNT Isabel | ST-ANDRIES | V | 23 | 0:44:41 | 13,43 | 4:28 |
| 500 | 1476 | ROELS Bernard | BLANKENBERGE | M | 477 | 0:44:42 | 13,42 | 4:28 |
| 501 | 511 | TRONCKAY Kristof | JABBEKE | M | 478 | 0:44:42 | 13,42 | 4:28 |
| 502 | 2951 | LEMAITRE Vincent | DUDZELE | M | 479 | 0:44:42 | 13,42 | 4:28 |
| 503 | 2323 | MAES Olivier | KNOKKE-HEIST | M | 480 | 0:44:43 | 13,42 | 4:28 |
| 504 | 2034 | SANDERS Sammy | GULLEGEM | M | 481 | 0:44:43 | 13,42 | 4:28 |
| 505 | 2472 | EECKHOUT Koen | OUDENAARDE | M | 482 | 0:44:44 | 13,41 | 4:28 |
| 506 | 373 | DE GROOTE Geert | KNOKKE | M | 483 | 0:44:44 | 13,41 | 4:28 |
| 507 | 810 | JACOBS Marc | HOUTAING | M | 484 | 0:44:44 | 13,41 | 4:28 |
| 508 | 2775 | VANDE LANGERIJT Pierre | KNOKKE | M | 485 | 0:44:44 | 13,41 | 4:28 |
| 509 | 1001 | DE VULDER Yvan | AAIGEM | M | 486 | 0:44:45 | 13,41 | 4:29 |
| 510 | 2649 | VAN OVERMEIRE Maurits | BERLARE | M | 487 | 0:44:46 | 13,40 | 4:29 |
| 511 | 2443 | TUTELEERS Patrik | ANTWERPEN | M | 488 | 0:44:46 | 13,40 | 4:29 |
| 512 | 2193 | REGENBERG Verena | | V | 24 | 0:44:49 | 13,39 | 4:29 |
| 513 | 1592 | DECLERCK Patrick | DIKSMUIDE | M | 489 | 0:44:49 | 13,39 | 4:29 |
| 514 | 180 | GALLE Frederik | OOSTKAMP | M | 490 | 0:44:49 | 13,39 | 4:29 |
| 515 | 235 | STEYAERT Liselotte | ST-KRUIS (BRUGGE) | V | 25 | 0:44:49 | 13,39 | 4:29 |
| 516 | 167 | BRUYNEELS Ronald | BORSBEEK | M | 491 | 0:44:50 | 13,38 | 4:29 |
| 517 | 1530 | MAENHOUT Toon | HEIST-AAN-ZEE | M | 492 | 0:44:50 | 13,38 | 4:29 |
| 518 | 84 | CAMERLYNCK Natalie | KNOKKE-HEIST | V | 26 | 0:44:52 | 13,37 | 4:29 |
| 519 | 1287 | VAN LERSBERGHE Tristan | KNOKKE-HEIST | M | 493 | 0:44:52 | 13,37 | 4:29 |
| 520 | 75 | VAN DE VELDE Charlotte | ZELE | V | 27 | 0:44:52 | 13,37 | 4:29 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|---------------------|-----|-------|---------|-------|---------|
| 521 | 1091 | CARNEWAL Filip | EKLO | M | 494 | 0:44:54 | 13,36 | 4:29 |
| 522 | 2893 | ROOSE An | SNELLEDEM | V | 28 | 0:44:54 | 13,36 | 4:29 |
| 523 | 1330 | BEAUDUIN Axel | JODOIGNE | M | 495 | 0:44:54 | 13,36 | 4:29 |
| 524 | 290 | GOETHALS Eddy | KNOKKE-HEIST | M | 496 | 0:44:54 | 13,36 | 4:29 |
| 525 | 2672 | JACXSENS Luk | JABBEKE | M | 497 | 0:44:55 | 13,36 | 4:30 |
| 526 | 2056 | SNAUWAERT Raf | KNOKKE-HEIST | M | 498 | 0:44:55 | 13,36 | 4:30 |
| 527 | 2583 | VANDERHAEGEN Carl | EDEGEM | M | 499 | 0:44:55 | 13,36 | 4:30 |
| 528 | 1527 | CAPPELLE Gauthier | ST-KRUIS | M | 500 | 0:44:55 | 13,36 | 4:30 |
| 529 | 201 | FECHEYR-LIPPENS Patrick | GENT | M | 501 | 0:44:55 | 13,36 | 4:30 |
| 530 | 205 | KINTS Sammy | HEIST-AAN-ZEE | M | 502 | 0:44:56 | 13,35 | 4:30 |
| 531 | 2229 | DEPAUW Alexander | KNOKKE-HEIST | M | 503 | 0:44:56 | 13,35 | 4:30 |
| 532 | 2557 | VERSPRILLE Jens | EVERGEM | M | 504 | 0:44:56 | 13,35 | 4:30 |
| 533 | 2079 | VAN PRAET Pierre | PUTTE | M | 505 | 0:44:57 | 13,35 | 4:30 |
| 534 | 2199 | DE BELDER Gian | SCHELLE | M | 506 | 0:44:57 | 13,35 | 4:30 |
| 535 | 1716 | DE KEYSER Bart | ZONNEGEM | M | 507 | 0:45:00 | 13,33 | 4:30 |
| 536 | 723 | VAN DILLE Patrick | ELLEZELLES | M | 508 | 0:45:00 | 13,33 | 4:30 |
| 537 | 1537 | VERDUYN Pierre | GENTBRUGGE | M | 509 | 0:45:00 | 13,33 | 4:30 |
| 538 | 2366 | VERMEULEN Alain | DIKKELVENNE | M | 510 | 0:45:01 | 13,33 | 4:30 |
| 539 | 2651 | HOCHTENBACH Patrick | BRUGGE | M | 511 | 0:45:02 | 13,32 | 4:30 |
| 540 | 1538 | WAUTERS Wim | AALST | M | 512 | 0:45:02 | 13,32 | 4:30 |
| 541 | 563 | VAN PARYS Bart | BEERNEM | M | 513 | 0:45:02 | 13,32 | 4:30 |
| 542 | 2838 | DUPON Joppe | ASSEBROEK | M | 514 | 0:45:06 | 13,30 | 4:31 |
| 543 | 1583 | HIMPENS Christophe | SCHAERBEEK | M | 515 | 0:45:07 | 13,30 | 4:31 |
| 544 | 2855 | VANDIERENDOCK Philippe | KNOKKE-HEIST | M | 516 | 0:45:07 | 13,30 | 4:31 |
| 545 | 268 | DECEUNINCK Gino | KNOKKE-HEIST | M | 517 | 0:45:09 | 13,29 | 4:31 |
| 546 | 2586 | VANDAELE Anthony | WETTEREN | M | 518 | 0:45:09 | 13,29 | 4:31 |
| 547 | 2595 | MAST Alain | WILRIJK | M | 519 | 0:45:09 | 13,29 | 4:31 |
| 548 | 1733 | MICHEL Jean Francois | | M | 520 | 0:45:10 | 13,28 | 4:31 |
| 549 | 1985 | VANCRANENBROECK Renee | AARSCHOT | V | 29 | 0:45:10 | 13,28 | 4:31 |
| 550 | 129 | POULAIN Catherine | DEURLE | V | 30 | 0:45:10 | 13,28 | 4:31 |
| 551 | 234 | MAREYDT Danny | KNOKKE-HEIST | M | 521 | 0:45:11 | 13,28 | 4:31 |
| 552 | 2168 | DE MAERTELEERE Luc | ST-LAUREINS | M | 522 | 0:45:11 | 13,28 | 4:31 |
| 553 | 1111 | SLABBINCK Brecht | KNOKKE-HEIST | M | 523 | 0:45:11 | 13,28 | 4:31 |
| 554 | 763 | VERREYEN Lode | WILRIJK (ANTWERPEN) | M | 524 | 0:45:12 | 13,27 | 4:31 |
| 555 | 503 | DE GENDT Jan | TEMSE | M | 525 | 0:45:12 | 13,27 | 4:31 |
| 556 | 731 | VERHEYE Ingo | ZULTE | M | 526 | 0:45:12 | 13,27 | 4:31 |
| 557 | 1165 | VAN DEN BROUCKE Arthur | KNOKKE HEIST | M | 527 | 0:45:13 | 13,27 | 4:31 |
| 558 | 304 | GOETHALS Frederik | KNOKKE | M | 528 | 0:45:13 | 13,27 | 4:31 |
| 559 | 2500 | STORME Johan | HEIST-AAN-ZEE | M | 529 | 0:45:14 | 13,26 | 4:31 |
| 560 | 256 | THOMAS Ann | KNOKKE-HEIST | V | 31 | 0:45:14 | 13,26 | 4:31 |
| 561 | 916 | AMRANI Ismael | JETTE | M | 530 | 0:45:16 | 13,25 | 4:32 |
| 562 | 1732 | TARNEA Andrei | | M | 531 | 0:45:16 | 13,25 | 4:32 |
| 563 | 2723 | LAMOTE Francis | ST-ANDRIES | M | 532 | 0:45:19 | 13,24 | 4:32 |
| 564 | 2151 | GILLIS Dirk | STEKENE | M | 533 | 0:45:19 | 13,24 | 4:32 |
| 565 | 111 | SLAGMULDER Maxim | ST-ANDRIES | M | 534 | 0:45:23 | 13,22 | 4:32 |
| 566 | 139 | DE BOER Ingrid | SCHOTEN | V | 32 | 0:45:23 | 13,22 | 4:32 |
| 567 | 208 | JORDENS Wim | MESSELBROEK | M | 535 | 0:45:24 | 13,22 | 4:32 |
| 568 | 1950 | DE BAETS Marc | HEUSDEN (O.VL.) | M | 536 | 0:45:25 | 13,21 | 4:32 |
| 569 | 2593 | DUJARDYN Didier | GENT | M | 537 | 0:45:26 | 13,21 | 4:33 |
| 570 | 2497 | VANDECASTEELE Erwin | VELDEGEM | M | 538 | 0:45:26 | 13,21 | 4:33 |
| 571 | 1219 | RETTAB Samia | FOREST | V | 33 | 0:45:27 | 13,20 | 4:33 |
| 572 | 1180 | SCHOLLIERS Marc | DENDERMONDE | M | 539 | 0:45:27 | 13,20 | 4:33 |
| 573 | 1218 | JAYANKURA Marc | BRUXELLES 17 | M | 540 | 0:45:27 | 13,20 | 4:33 |
| 574 | 2016 | MATTHYS Liselotte | GENT | V | 34 | 0:45:27 | 13,20 | 4:33 |
| 575 | 1392 | DAVIDS Filip | VOSSELAAR | M | 541 | 0:45:28 | 13,20 | 4:33 |
| 576 | 1446 | GEVERS Stefan | HARELBEKE | M | 542 | 0:45:28 | 13,20 | 4:33 |
| 577 | 1666 | JOOS Jeroom | GENT | M | 543 | 0:45:28 | 13,20 | 4:33 |
| 578 | 757 | DE WACHTER Cedric | UCCLE | M | 544 | 0:45:29 | 13,19 | 4:33 |
| 579 | 2598 | LIEBL Martin | KUURNE | M | 545 | 0:45:29 | 13,19 | 4:33 |
| 580 | 2444 | BRAECKMAN Wouter | GENT | M | 546 | 0:45:30 | 13,19 | 4:33 |
| 581 | 1355 | LALOUX Gatien | ROUX-MIROIR | M | 547 | 0:45:30 | 13,19 | 4:33 |
| 582 | 2474 | VAN DE KERCKHOVE Robby | ZOTTEGEM | M | 548 | 0:45:30 | 13,19 | 4:33 |
| 583 | 1975 | GHYSEL Christophe | BRUGGE | M | 549 | 0:45:31 | 13,18 | 4:33 |
| 584 | 2797 | TAFFE Michel | ST-ANDRIES | M | 550 | 0:45:32 | 13,18 | 4:33 |
| 585 | 2551 | BRALKE Kaat | AFFLIGEM | V | 35 | 0:45:32 | 13,18 | 4:33 |
| 586 | 928 | DEWEIRT Annelies | LOTENHULLE | V | 36 | 0:45:32 | 13,18 | 4:33 |
| 587 | 221 | SEEN Tony | GROEDE | M | 551 | 0:45:33 | 13,17 | 4:33 |
| 588 | 2615 | LEYSEN Liesbeth | ITEGEM | V | 37 | 0:45:34 | 13,17 | 4:33 |
| 589 | 1296 | VAN LERSBERGHE Frank | KNOKKE | M | 552 | 0:45:35 | 13,16 | 4:34 |
| 590 | 2160 | WILS Erik | | M | 553 | 0:45:37 | 13,15 | 4:34 |
| 591 | 2081 | NERINCKX Patrick | HALLE | M | 554 | 0:45:37 | 13,15 | 4:34 |
| 592 | 1714 | KEST Jean | WINGENE | M | 555 | 0:45:37 | 13,15 | 4:34 |
| 593 | 2480 | WILSSENS Dries | BERCHEM | M | 556 | 0:45:37 | 13,15 | 4:34 |
| 594 | 833 | TANT Nick | BRUGGE | M | 557 | 0:45:37 | 13,15 | 4:34 |
| 595 | 2792 | EGGERMONT Tom | ST-ANDRIES | M | 558 | 0:45:37 | 13,15 | 4:34 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|-------------------|-----|-------|---------|-------|---------|
| 596 | 142 | WISSE Johan | KNOKKE HEIST | M | 559 | 0:45:38 | 13,15 | 4:34 |
| 597 | 960 | EEMAN Steven | NEDERHASSELT | M | 560 | 0:45:38 | 13,15 | 4:34 |
| 598 | 1517 | QUERTEK Luc | GENT | M | 561 | 0:45:41 | 13,13 | 4:34 |
| 599 | 552 | ROMBAUT Edgard | DWORP | M | 562 | 0:45:42 | 13,13 | 4:34 |
| 600 | 2102 | LAMBERT Jan | WIELSBEKE | M | 563 | 0:45:42 | 13,13 | 4:34 |
| 601 | 2086 | FONTAINE Olivier | AUDERGHEM | M | 564 | 0:45:43 | 13,12 | 4:34 |
| 602 | 1390 | KOLIJN Sebastien | KNOKKE | M | 565 | 0:45:44 | 13,12 | 4:34 |
| 603 | 1577 | KEUSTERS Anthony | HOVE | M | 566 | 0:45:45 | 13,11 | 4:34 |
| 604 | 790 | ERICSON Claes | OXIE | M | 567 | 0:45:47 | 13,11 | 4:35 |
| 605 | 2646 | DELVA Wouter | ANTWERPEN | M | 568 | 0:45:48 | 13,10 | 4:35 |
| 606 | 967 | VANDER BEKE Wim | MOERE | M | 569 | 0:45:48 | 13,10 | 4:35 |
| 607 | 247 | GEEROMS Guy | MEISE | M | 570 | 0:45:48 | 13,10 | 4:35 |
| 608 | 360 | LONGEVILLE William | MALDEGEM | M | 571 | 0:45:48 | 13,10 | 4:35 |
| 609 | 2613 | VAN DER BEKE David | OOSTKAMP | M | 572 | 0:45:49 | 13,10 | 4:35 |
| 610 | 1461 | VANDEWALLE Kim | BLANKENBERGE | M | 573 | 0:45:49 | 13,10 | 4:35 |
| 611 | 1027 | VANSTEENKISTE Peter | ZULTE | M | 574 | 0:45:49 | 13,10 | 4:35 |
| 612 | 2285 | PUT Guido | ROTSELAAR | M | 575 | 0:45:49 | 13,10 | 4:35 |
| 613 | 2560 | EGGERMONT Didier | GENT | M | 576 | 0:45:50 | 13,09 | 4:35 |
| 614 | 1212 | VERLE Steven | BLANKENBERGE | M | 577 | 0:45:50 | 13,09 | 4:35 |
| 615 | 1181 | VAN DE VELDE Haike | NUKERKE | V | 38 | 0:45:52 | 13,08 | 4:35 |
| 616 | 2405 | DE RIDDER Steven | ZELE | M | 578 | 0:45:54 | 13,07 | 4:35 |
| 617 | 2764 | TACQ Koen | ZELE | M | 579 | 0:45:54 | 13,07 | 4:35 |
| 618 | 1821 | BEGHIN Jean-Francois | KAIN | M | 580 | 0:45:54 | 13,07 | 4:35 |
| 619 | 1131 | ARNAUW Sebastiaan | KNOKKE | M | 581 | 0:45:55 | 13,07 | 4:36 |
| 620 | 2221 | COLLINS Julien | LIÈGE | M | 582 | 0:45:57 | 13,06 | 4:36 |
| 621 | 1548 | HANOULLE Guy | OOSTENDE | M | 583 | 0:45:58 | 13,05 | 4:36 |
| 622 | 1610 | BART Van Humbeeck | MERCHTEM | M | 584 | 0:45:58 | 13,05 | 4:36 |
| 623 | 1072 | VANNIEUWENHUYSE Luc | ZWIJNAARDE | M | 585 | 0:45:59 | 13,05 | 4:36 |
| 624 | 599 | PRAET Benjamin | KNOKKE-HEIST | M | 586 | 0:45:59 | 13,05 | 4:36 |
| 625 | 548 | GERNAEY Luc | ZANDBERGEN | M | 587 | 0:46:00 | 13,04 | 4:36 |
| 626 | 1667 | DE CLERQ Mathias | GENT | M | 588 | 0:46:00 | 13,04 | 4:36 |
| 627 | 1668 | VAN DEN BULCKE Jan | MERELBEKE | M | 589 | 0:46:01 | 13,04 | 4:36 |
| 628 | 2017 | VAN DER PUTTEN Dimitri | HOBOKEN | M | 590 | 0:46:01 | 13,04 | 4:36 |
| 629 | 2185 | VANDIERENDONCK Serge | WESTKAPELLE | M | 591 | 0:46:01 | 13,04 | 4:36 |
| 630 | 1525 | LAMAIRE Bert | JABBEKE | M | 592 | 0:46:01 | 13,04 | 4:36 |
| 631 | 1520 | VAN BELLE Guy | BRUGGE | M | 593 | 0:46:01 | 13,04 | 4:36 |
| 632 | 2324 | OBRENO Nancy | KNOKKE-HEIST | V | 39 | 0:46:02 | 13,03 | 4:36 |
| 633 | 2046 | MOTTE Etienne | JETTE | M | 594 | 0:46:02 | 13,03 | 4:36 |
| 634 | 2427 | DE REGGE Erik | GAVERE | M | 595 | 0:46:03 | 13,03 | 4:36 |
| 635 | 1058 | NEIRYNCK Geert | ST-MARTENS-LATEM | M | 596 | 0:46:04 | 13,02 | 4:36 |
| 636 | 2200 | SPEELMAN Gerrit | TEMSE | M | 597 | 0:46:04 | 13,02 | 4:36 |
| 637 | 1464 | VAN QUATHEN Rob | KNOKKE | M | 598 | 0:46:06 | 13,02 | 4:37 |
| 638 | 2217 | VERHELST Catherine | KNOKKE-HEIST | V | 40 | 0:46:06 | 13,02 | 4:37 |
| 639 | 2682 | VERMEULEN Christophe | GISTEL | M | 599 | 0:46:07 | 13,01 | 4:37 |
| 640 | 1703 | JOASSART Martin | ARGENTEAU | M | 600 | 0:46:08 | 13,01 | 4:37 |
| 641 | 2626 | SULAS Filip | MEISE | M | 601 | 0:46:09 | 13,00 | 4:37 |
| 642 | 1938 | AERTSSEN Sam | STABROEK | M | 602 | 0:46:09 | 13,00 | 4:37 |
| 643 | 240 | COURTENS Hendrik | EREMBODEGEM | M | 603 | 0:46:09 | 13,00 | 4:37 |
| 644 | 1606 | MOMMAERTS Chaim | KNOKKE-HEIST | M | 604 | 0:46:09 | 13,00 | 4:37 |
| 645 | 2582 | ROMBONT Steven | ANTWERPEN | M | 605 | 0:46:09 | 13,00 | 4:37 |
| 646 | 1395 | BROECKAERT Johan | ST-ANDRIES | M | 606 | 0:46:09 | 13,00 | 4:37 |
| 647 | 146 | VAN DE VYVER Herman | WAASMUNSTER | M | 607 | 0:46:11 | 12,99 | 4:37 |
| 648 | 1673 | DE VOS Alain | DENDERLEEUEW | M | 608 | 0:46:12 | 12,99 | 4:37 |
| 649 | 2394 | CALLENS Piet | ZULTE | M | 609 | 0:46:12 | 12,99 | 4:37 |
| 650 | 95 | ROSSEEL Martine | KNOKKE | V | 41 | 0:46:13 | 12,98 | 4:37 |
| 651 | 2422 | CALLEBAUT Tom | ASSEBROEK | M | 610 | 0:46:13 | 12,98 | 4:37 |
| 652 | 883 | TRAVERS Joseph | BRUGGE | M | 611 | 0:46:14 | 12,98 | 4:37 |
| 653 | 696 | RUTGEERTS Johan | GENT | M | 612 | 0:46:14 | 12,98 | 4:37 |
| 654 | 1224 | MAGOTTEAUX Hubert | OBAIX | M | 613 | 0:46:15 | 12,97 | 4:38 |
| 655 | 887 | FOSSELLE Kristof | ZELLIK | M | 614 | 0:46:15 | 12,97 | 4:38 |
| 656 | 1193 | TEUWEN Jo | MAASMECHELEN | M | 615 | 0:46:16 | 12,97 | 4:38 |
| 657 | 888 | SACRE Laetitia | OPWIJK | V | 42 | 0:46:16 | 12,97 | 4:38 |
| 658 | 944 | PINGNET Ludo | DEURNE | M | 616 | 0:46:16 | 12,97 | 4:38 |
| 659 | 2398 | MOZOLA Jan | EVERE | M | 617 | 0:46:17 | 12,96 | 4:38 |
| 660 | 1377 | RIJCKAERT Daniel | RAMSKAPELLE | M | 618 | 0:46:18 | 12,96 | 4:38 |
| 661 | 2369 | KEULEN Gerald | LANAKEN | M | 619 | 0:46:18 | 12,96 | 4:38 |
| 662 | 1531 | MALFAIT Arnout | BRUGGE | M | 620 | 0:46:18 | 12,96 | 4:38 |
| 663 | 1170 | REUBENS David | KNOKKE-HEIST | M | 621 | 0:46:19 | 12,95 | 4:38 |
| 664 | 2367 | SWENNEN Joeri | LANAKEN | M | 622 | 0:46:19 | 12,95 | 4:38 |
| 665 | 1320 | DESOETE Nick | DE HAAN | M | 623 | 0:46:19 | 12,95 | 4:38 |
| 666 | 2377 | TORRELLE Paul-Andre | SCHOTEN | M | 624 | 0:46:19 | 12,95 | 4:38 |
| 667 | 1227 | DE BELDER Gust | LIEZELE | M | 625 | 0:46:19 | 12,95 | 4:38 |
| 668 | 2407 | EECKHOUT Sam | OOSTAKKER | M | 626 | 0:46:20 | 12,95 | 4:38 |
| 669 | 2274 | RENSON Pierre-Nicolas | WOLUWE-ST-LAMBERT | M | 627 | 0:46:22 | 12,94 | 4:38 |
| 670 | 1213 | DE BOEVER Jurgen | BRAKEL | M | 628 | 0:46:22 | 12,94 | 4:38 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------------|--------------------|-----|-------|---------|-------|---------|
| 671 | 2588 | VAN DER LINDEN Hendrik | WETTEREN | M | 629 | 0:46:22 | 12,94 | 4:38 |
| 672 | 2031 | VANDEVELDE Jan | BRUGGE | M | 630 | 0:46:23 | 12,94 | 4:38 |
| 673 | 982 | VAN HAESBROUCK Louis | AALBEKE | M | 631 | 0:46:23 | 12,94 | 4:38 |
| 674 | 2124 | VAN YSSACHIK Jens | ZELZATE | M | 632 | 0:46:23 | 12,94 | 4:38 |
| 675 | 753 | LONGERSTAY Jean Pierre | LOKEREN | M | 633 | 0:46:24 | 12,93 | 4:38 |
| 676 | 249 | DE CRAEMER Jean-Pierre | DUDZELE | M | 634 | 0:46:24 | 12,93 | 4:38 |
| 677 | 2839 | VLAEMINCK Ewoud | DAMME | M | 635 | 0:46:25 | 12,93 | 4:39 |
| 678 | 2098 | WAUTERS Jos | AALST | M | 636 | 0:46:25 | 12,93 | 4:39 |
| 679 | 2849 | KEUKELEIRE Dirk | BRUGGE | M | 637 | 0:46:25 | 12,93 | 4:39 |
| 680 | 2428 | LOOSOELT Philippe | DE HAAN | M | 638 | 0:46:26 | 12,92 | 4:39 |
| 681 | 1503 | GEMMEL Paul | ZWIJNAARDE | M | 639 | 0:46:29 | 12,91 | 4:39 |
| 682 | 2794 | ALLAERT Ilse | ASSEBROEK | V | 43 | 0:46:30 | 12,90 | 4:39 |
| 683 | 1552 | GIJBREGHTS Edith | BRECHT | V | 44 | 0:46:30 | 12,90 | 4:39 |
| 684 | 1234 | SLITS Peter | SLUIS | M | 640 | 0:46:30 | 12,90 | 4:39 |
| 685 | 1092 | VAN DEN BOSSCHE David | OPWIJK | M | 641 | 0:46:31 | 12,90 | 4:39 |
| 686 | 1050 | DEGRYSE Stijn | ROESELARE | M | 642 | 0:46:31 | 12,90 | 4:39 |
| 687 | 1051 | GERARD Bram | ROESELARE | M | 643 | 0:46:31 | 12,90 | 4:39 |
| 688 | 2544 | VANDERSTRAETEN Ludo | | M | 644 | 0:46:31 | 12,90 | 4:39 |
| 689 | 2090 | INGHERS Dirk | ST-GILLIS-WAAS | M | 645 | 0:46:32 | 12,89 | 4:39 |
| 690 | 2656 | DE SMET David | AFSNEE | M | 646 | 0:46:33 | 12,89 | 4:39 |
| 691 | 2879 | VANDEKERCKHOVE Jan | OEDELEM | M | 647 | 0:46:33 | 12,89 | 4:39 |
| 692 | 884 | VANHOOF Geert | HEVERLEE | M | 648 | 0:46:33 | 12,89 | 4:39 |
| 693 | 2172 | STICHELBAUT Philippe | HEIST-AAN-ZEE | M | 649 | 0:46:34 | 12,88 | 4:39 |
| 694 | 726 | VOGELEER Kris | GOOIK | M | 650 | 0:46:35 | 12,88 | 4:40 |
| 695 | 2301 | VAN DER MENSBRUGGHE Eléonore | BRUXELLES | V | 45 | 0:46:35 | 12,88 | 4:40 |
| 696 | 1670 | KERKVELD Philippe | BERLARE | M | 651 | 0:46:35 | 12,88 | 4:40 |
| 697 | 2483 | DESCHEPPER Katrien | DE PINTE | V | 46 | 0:46:36 | 12,88 | 4:40 |
| 698 | 1509 | VERPLANCKE Freddy | ASSEBROEK | M | 652 | 0:46:37 | 12,87 | 4:40 |
| 699 | 1682 | DELKORD Marc | LAARNA | M | 653 | 0:46:38 | 12,87 | 4:40 |
| 700 | 2083 | VERBIST Stefan | VILVOORDE | M | 654 | 0:46:38 | 12,87 | 4:40 |
| 701 | 2169 | RUYMEN Jo | | M | 655 | 0:46:39 | 12,86 | 4:40 |
| 702 | 2763 | MOSCOU Etienne | KUURNE | M | 656 | 0:46:42 | 12,85 | 4:40 |
| 703 | 2064 | CELIS Jef | VORSELAAR | M | 657 | 0:46:42 | 12,85 | 4:40 |
| 704 | 2447 | SCHELLEKENS Bart | AALST | M | 658 | 0:46:43 | 12,84 | 4:40 |
| 705 | 797 | GOFFART Marc | DE PINTE | M | 659 | 0:46:43 | 12,84 | 4:40 |
| 706 | 2456 | BIERSTRAETE Brecht | IEPER | M | 660 | 0:46:43 | 12,84 | 4:40 |
| 707 | 2979 | VANHOUCKE Hendrik | BRUGGE | M | 661 | 0:46:44 | 12,84 | 4:40 |
| 708 | 2954 | VAN ISEGHEM Bartel | OOSTKAMP | M | 662 | 0:46:45 | 12,83 | 4:41 |
| 709 | 1643 | CROL Jurgen | ST-KATELIJNE-WAVER | M | 663 | 0:46:45 | 12,83 | 4:41 |
| 710 | 1579 | VAN DER BIEST Jonas | AALST | M | 664 | 0:46:46 | 12,83 | 4:41 |
| 711 | 2825 | VERKEST Ronnie | BLANKENBERGE | M | 665 | 0:46:46 | 12,83 | 4:41 |
| 712 | 2057 | LIPPENS Emiel | DE PINTE | M | 666 | 0:46:47 | 12,83 | 4:41 |
| 713 | 2279 | VAN VLIERBERGHE Stijn | TEMSE | M | 667 | 0:46:47 | 12,83 | 4:41 |
| 714 | 2645 | BEDERT Daivy | BLANKENBERGE | M | 668 | 0:46:47 | 12,83 | 4:41 |
| 715 | 1580 | VAN DER BIEST Bram | AALST | M | 669 | 0:46:47 | 12,83 | 4:41 |
| 716 | 2513 | VAN GUYSE Dirk | STEKENE | M | 670 | 0:46:48 | 12,82 | 4:41 |
| 717 | 2685 | VANRAEFLGHEM Pieter | ASSEBROEK | M | 671 | 0:46:48 | 12,82 | 4:41 |
| 718 | 1514 | STERKENDRIES Eddy | TIENEN | M | 672 | 0:46:48 | 12,82 | 4:41 |
| 719 | 2215 | DE SUTTER Peter | KNOKKE-HEIST | M | 673 | 0:46:48 | 12,82 | 4:41 |
| 720 | 1560 | VANDERVENNE Kristien | AFSNEE | V | 47 | 0:46:49 | 12,82 | 4:41 |
| 721 | 2747 | DE WAELE Frederik | EERNEGEM | M | 674 | 0:46:49 | 12,82 | 4:41 |
| 722 | 1710 | REYGAERT Patrick | BERCHEM | M | 675 | 0:46:49 | 12,82 | 4:41 |
| 723 | 2597 | VANBAELE Michel | WETTEREN | M | 676 | 0:46:50 | 12,81 | 4:41 |
| 724 | 1204 | VANDEVYVERE Dick | MUNTE | M | 677 | 0:46:51 | 12,81 | 4:41 |
| 725 | 159 | GEVAERT Robert | ZEEBRUGGE (BRUGGE) | M | 678 | 0:46:51 | 12,81 | 4:41 |
| 726 | 608 | MAEYAERT Wim | KNOKKE-HEIST | M | 679 | 0:46:52 | 12,80 | 4:41 |
| 727 | 1237 | DASSARGUES Jean-Loup | BRUXELLES | M | 680 | 0:46:52 | 12,80 | 4:41 |
| 728 | 1784 | FOBE Jean-Jacques | KRAAINEM | M | 681 | 0:46:53 | 12,80 | 4:41 |
| 729 | 2714 | POLLET Daniel | ZEEBRUGGE (BRUGGE) | M | 682 | 0:46:53 | 12,80 | 4:41 |
| 730 | 2881 | COUDOVILLE Jan | ST-KRUIS | M | 683 | 0:46:54 | 12,79 | 4:41 |
| 731 | 692 | VAN CAENEGHEM Rik | EKLO | M | 684 | 0:46:54 | 12,79 | 4:41 |
| 732 | 1352 | LAMBERT Olivier | MELIN | M | 685 | 0:46:54 | 12,79 | 4:41 |
| 733 | 2431 | DEROOSE Luc | WAARMAARDE | M | 686 | 0:46:55 | 12,79 | 4:41 |
| 734 | 2522 | WYSEUR Marc | BRUGGE | M | 687 | 0:46:56 | 12,78 | 4:42 |
| 735 | 518 | VERMEIRE Steve | LISSEWEGE | M | 688 | 0:46:58 | 12,78 | 4:42 |
| 736 | 2973 | DELEERSNYDER Olivier | VLISSGEM | M | 689 | 0:46:58 | 12,78 | 4:42 |
| 737 | 626 | BRIFFAERTS Bruno | OUD-HEVERLEE | M | 690 | 0:46:58 | 12,78 | 4:42 |
| 738 | 1631 | CLAEYS Filip | ST-LAUREINS | M | 691 | 0:46:59 | 12,77 | 4:42 |
| 739 | 2501 | CRAUWELS Marcel | BONHEIDEN | M | 692 | 0:46:59 | 12,77 | 4:42 |
| 740 | 2130 | HUYGHE Kristof | STADEN | M | 693 | 0:46:59 | 12,77 | 4:42 |
| 741 | 1042 | HOORNE Eline | ROESELARE | V | 48 | 0:46:59 | 12,77 | 4:42 |
| 742 | 896 | MEERT Sven | DILBEEK | M | 694 | 0:47:00 | 12,77 | 4:42 |
| 743 | 2218 | BOONE Alex | HEIST-AAN-ZEE | M | 695 | 0:47:00 | 12,77 | 4:42 |
| 744 | 1466 | LAMOTE David | HEIST-AAN-ZEE | M | 696 | 0:47:00 | 12,77 | 4:42 |
| 745 | 1493 | VANDECAVEYE Gella | GENT | V | 49 | 0:47:01 | 12,76 | 4:42 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|---------------------|-----|-------|---------|-------|---------|
| 746 | 1869 | PREILLON Nicolas | FLORENNES | M | 697 | 0:47:02 | 12,76 | 4:42 |
| 747 | 2581 | VANDENBERGHE Nico | BRUGGE | M | 698 | 0:47:02 | 12,76 | 4:42 |
| 748 | 2851 | GHEYLE Luc | ASSEBROEK | M | 699 | 0:47:02 | 12,76 | 4:42 |
| 749 | 1485 | DEPOORTER Alain | OOSTKAMP | M | 700 | 0:47:02 | 12,76 | 4:42 |
| 750 | 2292 | VANDALE Bart | DAMME | M | 701 | 0:47:03 | 12,75 | 4:42 |
| 751 | 1553 | POPELIER Patrick | LICHTERVELDE | M | 702 | 0:47:03 | 12,75 | 4:42 |
| 752 | 121 | BULLYNCK Nick | KNOKKE-HEIST | M | 703 | 0:47:03 | 12,75 | 4:42 |
| 753 | 1107 | VANDERSMISSEN Jeremy | DAMME | M | 704 | 0:47:04 | 12,75 | 4:42 |
| 754 | 1447 | CLAEYS Didier | OOSTKERKE (DAMME) | M | 705 | 0:47:05 | 12,74 | 4:43 |
| 755 | 1274 | VERCAMMEN Ludo | WOMMELGEM | M | 706 | 0:47:05 | 12,74 | 4:43 |
| 756 | 2072 | DUFOUR Philippe | KNOKKE | M | 707 | 0:47:05 | 12,74 | 4:43 |
| 757 | 2694 | VAN DER HERTEN Kenneth | GENT | M | 708 | 0:47:06 | 12,74 | 4:43 |
| 758 | 2162 | DE SNOECK Filip | DRONGEN | M | 709 | 0:47:06 | 12,74 | 4:43 |
| 759 | 2621 | VOSSSEN Rafael | ANTWERPEN | M | 710 | 0:47:07 | 12,73 | 4:43 |
| 760 | 2317 | GILSON Baptist | | M | 711 | 0:47:07 | 12,73 | 4:43 |
| 761 | 270 | ALLEMEERSCH Greet | KNOKKE-HEIST | V | 50 | 0:47:08 | 12,73 | 4:43 |
| 762 | 532 | SMET Marc | KEERBERGEN | M | 712 | 0:47:09 | 12,73 | 4:43 |
| 763 | 2902 | VANDERSMISSEN Jean-Marc | | M | 713 | 0:47:09 | 12,73 | 4:43 |
| 764 | 570 | VAN HIMST Jurgen | ST-GILLIS-WAAS | M | 714 | 0:47:09 | 12,73 | 4:43 |
| 765 | 1275 | CEULEMANS Katrien | LIER | V | 51 | 0:47:09 | 12,73 | 4:43 |
| 766 | 1965 | SYS Olivier | | M | 715 | 0:47:10 | 12,72 | 4:43 |
| 767 | 506 | CRABBE Dirk | NIEUWRODE | M | 716 | 0:47:10 | 12,72 | 4:43 |
| 768 | 1006 | DE BRUYCKER Angelo | GENT | M | 717 | 0:47:11 | 12,72 | 4:43 |
| 769 | 1688 | MORRE Peter | EEKLO | M | 718 | 0:47:11 | 12,72 | 4:43 |
| 770 | 2822 | HAST Mario | LOPPEM | M | 719 | 0:47:11 | 12,72 | 4:43 |
| 771 | 1934 | DE WEERDT Pieter | | M | 720 | 0:47:12 | 12,71 | 4:43 |
| 772 | 2008 | DE CLERCQ Pieter | KNOKKE-HEIST | M | 721 | 0:47:12 | 12,71 | 4:43 |
| 773 | 2179 | VANVYVE Louis | OVERIJSE | M | 722 | 0:47:13 | 12,71 | 4:43 |
| 774 | 1919 | DEWEVER Philippe | EVERGEM | M | 723 | 0:47:13 | 12,71 | 4:43 |
| 775 | 1576 | DE VOLDERE Koen | BORSBEKE | M | 724 | 0:47:14 | 12,70 | 4:43 |
| 776 | 2969 | HESSSENS Liesbeth | BLANKENBERGE | V | 52 | 0:47:15 | 12,70 | 4:44 |
| 777 | 1127 | BAEKELANDT Gilles | ZEEBRUGGE (BRUGGE) | M | 725 | 0:47:15 | 12,70 | 4:44 |
| 778 | 930 | BOSSCHAERT Jan | BELLEM | M | 726 | 0:47:15 | 12,70 | 4:44 |
| 779 | 936 | BOSSCHAERT Piet | EEKLO | M | 727 | 0:47:15 | 12,70 | 4:44 |
| 780 | 1992 | VANDEWEGHE Kim | MELLE | M | 728 | 0:47:15 | 12,70 | 4:44 |
| 781 | 1717 | GOORMAN Thomas | | M | 729 | 0:47:15 | 12,70 | 4:44 |
| 782 | 971 | DESTEXHE Peter | GENT | M | 730 | 0:47:15 | 12,70 | 4:44 |
| 783 | 1382 | BRUSSELLE Joeri | K NOKKE | M | 731 | 0:47:15 | 12,70 | 4:44 |
| 784 | 1969 | LEPOUTRE Christophe | BOECHOUT | M | 732 | 0:47:16 | 12,69 | 4:44 |
| 785 | 756 | BALDUCK An | DRONGEN | V | 53 | 0:47:17 | 12,69 | 4:44 |
| 786 | 1711 | DE ROECK Wim | TEMSE | M | 733 | 0:47:18 | 12,68 | 4:44 |
| 787 | 92 | VANTORRE Vincent | KNOKKE-HEIST | M | 734 | 0:47:19 | 12,68 | 4:44 |
| 788 | 2743 | HEYNDRIKX Philip | MOERKERKE | M | 735 | 0:47:19 | 12,68 | 4:44 |
| 789 | 751 | BELLER Nigel | WILRIJK (ANTWERPEN) | M | 736 | 0:47:19 | 12,68 | 4:44 |
| 790 | 937 | KIPS Stefan | KNOKKE-HEIST | M | 737 | 0:47:20 | 12,68 | 4:44 |
| 791 | 2502 | OELBRANDT Pieter | DRONGEN | M | 738 | 0:47:22 | 12,67 | 4:44 |
| 792 | 2147 | WILLEKENS Lieven | ST-AMANDSBERG | M | 739 | 0:47:22 | 12,67 | 4:44 |
| 793 | 526 | VERLINDE Jurgen | ASSEBROEK | M | 740 | 0:47:23 | 12,66 | 4:44 |
| 794 | 2749 | SNAUWAERT Dimitri | KNOKKE HEIST | M | 741 | 0:47:23 | 12,66 | 4:44 |
| 795 | 791 | D'HEUVAERT Guy | MERELBEKE | M | 742 | 0:47:24 | 12,66 | 4:44 |
| 796 | 2441 | BRUNEEL Srekers | | M | 743 | 0:47:25 | 12,65 | 4:45 |
| 797 | 765 | MOENS Joris | EREMBODEGEM | M | 744 | 0:47:25 | 12,65 | 4:45 |
| 798 | 1693 | GEYSSENSE Glenn | DEINZE | M | 745 | 0:47:26 | 12,65 | 4:45 |
| 799 | 2901 | DEL RUE Danny | ST-ANDRIES | M | 746 | 0:47:26 | 12,65 | 4:45 |
| 800 | 632 | DUMAREZ Lesley | BLANKENBERGE | M | 747 | 0:47:26 | 12,65 | 4:45 |
| 801 | 903 | CRAEYE Nathan | KNOKKE-HEIST | M | 748 | 0:47:26 | 12,65 | 4:45 |
| 802 | 2890 | CALEBOUT Marleen | ZEDELGEM | V | 54 | 0:47:27 | 12,64 | 4:45 |
| 803 | 2784 | DEVOS Gerd | DE PANNE | M | 749 | 0:47:27 | 12,64 | 4:45 |
| 804 | 804 | GRYSON Joachim | DAMME | M | 750 | 0:47:27 | 12,64 | 4:45 |
| 805 | 551 | HANSSSENS Josiane | DWORP | V | 55 | 0:47:27 | 12,64 | 4:45 |
| 806 | 2206 | DESRIPT Diego | KNOKKE-HEIST | M | 751 | 0:47:28 | 12,64 | 4:45 |
| 807 | 614 | TALPE Tony | KORTEMARK | M | 752 | 0:47:29 | 12,64 | 4:45 |
| 808 | 1705 | HYSMANS Kristof | BALEN | M | 753 | 0:47:29 | 12,64 | 4:45 |
| 809 | 110 | SLAGMULDER Guy | ST-ANDRIES | M | 754 | 0:47:29 | 12,64 | 4:45 |
| 810 | 841 | NESLANY Jean | GENT | M | 755 | 0:47:30 | 12,63 | 4:45 |
| 811 | 1989 | VERBRUGGEN Ingeborg | BONHEIDEN | M | 756 | 0:47:30 | 12,63 | 4:45 |
| 812 | 979 | FLO Ise | DRONGEN | V | 56 | 0:47:30 | 12,63 | 4:45 |
| 813 | 2344 | DE BAETS Frederic | GENT | M | 757 | 0:47:31 | 12,63 | 4:45 |
| 814 | 2387 | MOEYERSONS Vic | WILLEBROEK | M | 758 | 0:47:31 | 12,63 | 4:45 |
| 815 | 1822 | BÉGHIN Philippe | POPUELLES | M | 759 | 0:47:31 | 12,63 | 4:45 |
| 816 | 2232 | DEWAELE Nicolas | KNOKKE-HEIST | M | 760 | 0:47:31 | 12,63 | 4:45 |
| 817 | 613 | MERMUYS Tom | BRUGGE | M | 761 | 0:47:33 | 12,62 | 4:45 |
| 818 | 1543 | JANSSEUNE Ides | DE HAAN | M | 762 | 0:47:34 | 12,61 | 4:45 |
| 819 | 678 | CAMPS Ilse | PAAL | V | 57 | 0:47:34 | 12,61 | 4:45 |
| 820 | 2141 | VERSWIJVEL Peter | KNOKKE-HEIST | M | 763 | 0:47:34 | 12,61 | 4:45 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|---------------------------|--------------------|-----|-------|---------|-------|---------|
| 821 | 2106 | VANDEPUTTE Francis | MOORSLEDE | M | 764 | 0:47:35 | 12,61 | 4:46 |
| 822 | 1654 | KEMPYNCK Pieter-Jan | IXELLES | M | 765 | 0:47:35 | 12,61 | 4:46 |
| 823 | 1987 | GOETHALS Bruno | KNOKKE-HEIST | M | 766 | 0:47:35 | 12,61 | 4:46 |
| 824 | 2887 | VAN ACKER John | ST-ANDRIES | M | 767 | 0:47:36 | 12,61 | 4:46 |
| 825 | 2060 | VAN VYNCKT Pascal | LANDEGEM | M | 768 | 0:47:37 | 12,60 | 4:46 |
| 826 | 1372 | DE GREEF Marnix | OOSTBURG | M | 769 | 0:47:37 | 12,60 | 4:46 |
| 827 | 2363 | NUYTS Erik | EEKLO | M | 770 | 0:47:37 | 12,60 | 4:46 |
| 828 | 2224 | VAN MARCKE Mathieu | | M | 771 | 0:47:37 | 12,60 | 4:46 |
| 829 | 1939 | VAN ENDE Nathalie | STABROEK | V | 58 | 0:47:38 | 12,60 | 4:46 |
| 830 | 1566 | VAN COPPENOLLE Frank | BERCHEM | M | 772 | 0:47:38 | 12,60 | 4:46 |
| 831 | 1826 | TIMMERMAN Bart | LOVENDEGEM | M | 773 | 0:47:38 | 12,60 | 4:46 |
| 832 | 975 | DUCHESNE Gie | HOBOKEN | M | 774 | 0:47:38 | 12,60 | 4:46 |
| 833 | 1208 | JANSSENS Franky | ZWANKENDAMME | M | 775 | 0:47:38 | 12,60 | 4:46 |
| 834 | 1020 | VAN WEERT Pascal | HULSHOUT | M | 776 | 0:47:39 | 12,59 | 4:46 |
| 835 | 2336 | DE PAUW Kevin | ST-MARTENS-LATEM | M | 777 | 0:47:39 | 12,59 | 4:46 |
| 836 | 2281 | FASOEL Gunther | AARTSELAAR | M | 778 | 0:47:40 | 12,59 | 4:46 |
| 837 | 1400 | POLLET Aaron | KNOKKE-HEIST | M | 779 | 0:47:41 | 12,58 | 4:46 |
| 838 | 2466 | GERBORGHT Olivier | | M | 780 | 0:47:41 | 12,58 | 4:46 |
| 839 | 1534 | BUYLE Chris | TEMSE | M | 781 | 0:47:41 | 12,58 | 4:46 |
| 840 | 956 | VETS Eddy | PUTTE | M | 782 | 0:47:41 | 12,58 | 4:46 |
| 841 | 116 | BEHAEGHE Sofie | ZWIJNAARDE | V | 59 | 0:47:41 | 12,58 | 4:46 |
| 842 | 1284 | DIERICKX Dries | OETINGEN | M | 783 | 0:47:43 | 12,57 | 4:46 |
| 843 | 1490 | BUCQUOYE Bernard | MALDEGEM | M | 784 | 0:47:43 | 12,57 | 4:46 |
| 844 | 895 | MEERT Daniel | ZELLIK | M | 785 | 0:47:43 | 12,57 | 4:46 |
| 845 | 1179 | DIERICKX Peter | ZELE | M | 786 | 0:47:44 | 12,57 | 4:46 |
| 846 | 1924 | DEVULDER Paul | KNOKKE-HEIST | M | 787 | 0:47:45 | 12,57 | 4:46 |
| 847 | 773 | RIGAUX Philippe | BRUGELLETTE | M | 788 | 0:47:45 | 12,57 | 4:46 |
| 848 | 501 | ONGHENA Steven | ST-GILLIS-WAAS | M | 789 | 0:47:46 | 12,56 | 4:47 |
| 849 | 721 | DEFORCHE Kasper | WAREGEM | M | 790 | 0:47:46 | 12,56 | 4:47 |
| 850 | 2773 | BOYDENS Ingrid | KNOKKE-HEIST | V | 60 | 0:47:46 | 12,56 | 4:47 |
| 851 | 2486 | DE LAET Marc | PUTTE | M | 791 | 0:47:47 | 12,56 | 4:47 |
| 852 | 1138 | DUBOIS Pjotr | KNOKKE | M | 792 | 0:47:47 | 12,56 | 4:47 |
| 853 | 1089 | LE BACQ Steve | AFFLIGEM | M | 793 | 0:47:48 | 12,55 | 4:47 |
| 854 | 915 | AWADA Fouad | JETTE | M | 794 | 0:47:48 | 12,55 | 4:47 |
| 855 | 273 | VANDONINCK Ronny | DUFFEL | M | 795 | 0:47:49 | 12,55 | 4:47 |
| 856 | 2104 | VANDEPUTTE Rik | WEVELGEM | M | 796 | 0:47:49 | 12,55 | 4:47 |
| 857 | 1259 | VAN CRAEYNES Peter | SINT ANDRIES | M | 797 | 0:47:49 | 12,55 | 4:47 |
| 858 | 2627 | THUY Wim | LEUVEN | M | 798 | 0:47:50 | 12,54 | 4:47 |
| 859 | 1877 | WILLEMARCK Patrick | HEIST-AAN-ZEE | M | 799 | 0:47:50 | 12,54 | 4:47 |
| 860 | 693 | DE BEUCKELAER Nico | BRECHT | M | 800 | 0:47:50 | 12,54 | 4:47 |
| 861 | 2059 | VANCAESBROECK Finn | TURNHOUT | M | 801 | 0:47:52 | 12,53 | 4:47 |
| 862 | 187 | JOHNSTONE Jane | RAMSKAPELLE | V | 61 | 0:47:52 | 12,53 | 4:47 |
| 863 | 1277 | LAURIER Muriel | RONSE | V | 62 | 0:47:52 | 12,53 | 4:47 |
| 864 | 2600 | LEROY Bernard | LOUVAIN-LA-NEUVE | M | 802 | 0:47:52 | 12,53 | 4:47 |
| 865 | 2175 | COLSOUL Olivier | HOEGAARDEN | M | 803 | 0:47:53 | 12,53 | 4:47 |
| 866 | 839 | JAEMERS Andy | HASSELT | M | 804 | 0:47:53 | 12,53 | 4:47 |
| 867 | 743 | WIRTZ Maurice | ST.PIETERS-KAPELLE | M | 805 | 0:47:53 | 12,53 | 4:47 |
| 868 | 1354 | VANDENREIJT Kris | BRUGGE | M | 806 | 0:47:53 | 12,53 | 4:47 |
| 869 | 1203 | VAN UDEN Willem | RAMSKAPELLE | M | 807 | 0:47:55 | 12,52 | 4:47 |
| 870 | 2051 | VAN DEN HANDE Tom | | M | 808 | 0:47:55 | 12,52 | 4:47 |
| 871 | 1344 | PLAETINCK Dirk | KALKEN | M | 809 | 0:47:57 | 12,51 | 4:48 |
| 872 | 1697 | SCHAUWVLIEGHE Pieter-Paum | ST-AMANDSBERG | M | 810 | 0:47:57 | 12,51 | 4:48 |
| 873 | 1394 | BLOMME Francis | ROESELARE | M | 811 | 0:47:57 | 12,51 | 4:48 |
| 874 | 1046 | BERCKMANS Gunter | KAPELLEN | M | 812 | 0:47:58 | 12,51 | 4:48 |
| 875 | 2000 | JOSKI Olivier | ST-MARTENS-LATEM | M | 813 | 0:47:59 | 12,50 | 4:48 |
| 876 | 641 | DE HAUWERE Philip | WETTEREN | M | 814 | 0:48:00 | 12,50 | 4:48 |
| 877 | 991 | VAN DEN BORRE Sophie | KNOKKE-HEIST | V | 63 | 0:48:00 | 12,50 | 4:48 |
| 878 | 1130 | DECLERCK Michiel | KNOKKE | M | 815 | 0:48:00 | 12,50 | 4:48 |
| 879 | 977 | DECLERCQ Guy | GENT | M | 816 | 0:48:01 | 12,50 | 4:48 |
| 880 | 2848 | DEDECKERE Dieter | ST-ANDRIES | M | 817 | 0:48:01 | 12,50 | 4:48 |
| 881 | 605 | DEJAGER Laurens | NOKERE | M | 818 | 0:48:01 | 12,50 | 4:48 |
| 882 | 2265 | BORREMANS Marcel | BOECHOUT | M | 819 | 0:48:02 | 12,49 | 4:48 |
| 883 | 1074 | COSYN Jurgen | RESSEGEM | M | 820 | 0:48:02 | 12,49 | 4:48 |
| 884 | 604 | BILLET Felix | KORTRIJK | M | 821 | 0:48:02 | 12,49 | 4:48 |
| 885 | 2093 | HOSTE Myriam | ST-AMANDSBERG | V | 64 | 0:48:02 | 12,49 | 4:48 |
| 886 | 1141 | SCHRAMME Bob | DUDZELE | M | 822 | 0:48:03 | 12,49 | 4:48 |
| 887 | 1972 | MORTIER Kevin | HEIST-AAN-ZEE | M | 823 | 0:48:03 | 12,49 | 4:48 |
| 888 | 2704 | SCHELSTRAETE Nico | ADEGEM | M | 824 | 0:48:03 | 12,49 | 4:48 |
| 889 | 1684 | GAILLIAERT Bob | ST-ANDRIES | M | 825 | 0:48:05 | 12,48 | 4:49 |
| 890 | 1575 | VAN DEN BROECK Katleen | OLNE | V | 65 | 0:48:05 | 12,48 | 4:49 |
| 891 | 2567 | HAEGEMAN Hans | ASPELARE | M | 826 | 0:48:06 | 12,47 | 4:49 |
| 892 | 1587 | PIETERS Frank | BRAKEL | M | 827 | 0:48:07 | 12,47 | 4:49 |
| 893 | 2146 | VANSTEENKRISTE Annick | KNOKKE-HEIST | V | 66 | 0:48:09 | 12,46 | 4:49 |
| 894 | 2076 | VANDECAUTER Hendrik | ZINGEM | M | 828 | 0:48:09 | 12,46 | 4:49 |
| 895 | 169 | DE BLEECKER Michel | DAMME | M | 829 | 0:48:09 | 12,46 | 4:49 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-------------------------|----------------------|-----|-------|---------|-------|---------|
| 896 | 2007 | SMETS Gunther | BEGIJNENDIJK | M | 830 | 0:48:09 | 12,46 | 4:49 |
| 897 | 2450 | CERVANTES Omar | MORTSEL | M | 831 | 0:48:09 | 12,46 | 4:49 |
| 898 | 2127 | BAILYN Pieter | KNOKKE-HEIST | M | 832 | 0:48:09 | 12,46 | 4:49 |
| 899 | 2100 | PIPERS Veronique | HASSELT | V | 67 | 0:48:10 | 12,46 | 4:49 |
| 900 | 2889 | FOCKENIER Christophe | KNOKKE-HEIST | M | 833 | 0:48:10 | 12,46 | 4:49 |
| 901 | 2045 | SCHREY Stefan | MORTSEL | M | 834 | 0:48:10 | 12,46 | 4:49 |
| 902 | 1336 | DE BOCK Sebastien | KNOKKE-HEIST | M | 835 | 0:48:11 | 12,45 | 4:49 |
| 903 | 2980 | VAN DEN BERGHE Sandra | BRUGGE | V | 68 | 0:48:12 | 12,45 | 4:49 |
| 904 | 1834 | MATEUSZ Jarocki | | M | 836 | 0:48:14 | 12,44 | 4:49 |
| 905 | 1086 | SCHEPENS Sylvie | DEINZE | V | 69 | 0:48:15 | 12,44 | 4:50 |
| 906 | 1329 | DELAUNAY Dominique | GENT | M | 837 | 0:48:15 | 12,44 | 4:50 |
| 907 | 1848 | HORVATH Daniel | GENK | M | 838 | 0:48:15 | 12,44 | 4:50 |
| 908 | 2138 | BAETE Walter | GENT | M | 839 | 0:48:15 | 12,44 | 4:50 |
| 909 | 2180 | PAUWELS Wim | GENK | M | 840 | 0:48:15 | 12,44 | 4:50 |
| 910 | 849 | HELWIG Jan | SOEST | M | 841 | 0:48:16 | 12,43 | 4:50 |
| 911 | 1004 | GOORMAN Jeroen | AALTER | M | 842 | 0:48:16 | 12,43 | 4:50 |
| 912 | 831 | VAN DEN BLEEKEN Gijs | ANTWERPEN | M | 843 | 0:48:17 | 12,43 | 4:50 |
| 913 | 846 | DE PRINS Lieven | SINT - GILLIS - WAAS | M | 844 | 0:48:18 | 12,42 | 4:50 |
| 914 | 906 | VAN RAEMDONCK Natan | ST-GILLIS-WAAS | M | 845 | 0:48:18 | 12,42 | 4:50 |
| 915 | 2254 | VAN DEN BOSSCHE Dirk | OOSTAKKER | M | 846 | 0:48:18 | 12,42 | 4:50 |
| 916 | 1278 | DELEERSNYDER Philippe | KNOKKE-HEIST | M | 847 | 0:48:18 | 12,42 | 4:50 |
| 917 | 1903 | GHYSKENS Fabienne | DUDZELE | V | 70 | 0:48:19 | 12,42 | 4:50 |
| 918 | 2710 | RAPPE Tom | KNOKKE-HEIST | M | 848 | 0:48:19 | 12,42 | 4:50 |
| 919 | 1333 | VERMEERSCH Steven | BEERNEM | M | 849 | 0:48:20 | 12,41 | 4:50 |
| 920 | 2824 | OSSIEUR Patrick | WENDUINE | M | 850 | 0:48:20 | 12,41 | 4:50 |
| 921 | 617 | RAMAN Bart | LAARNE | M | 851 | 0:48:21 | 12,41 | 4:50 |
| 922 | 2386 | DE WAELE Philippe | WETTEREN | M | 852 | 0:48:22 | 12,41 | 4:50 |
| 923 | 1741 | VANDEVY Bruno | GENT | M | 853 | 0:48:24 | 12,40 | 4:50 |
| 924 | 2705 | MELMOUX Berry | MALDEGEM | M | 854 | 0:48:25 | 12,39 | 4:50 |
| 925 | 2826 | VANDENBULCKE Marc | BRUGGE | M | 855 | 0:48:25 | 12,39 | 4:50 |
| 926 | 2668 | STROOBANTS David | TIENEN | M | 856 | 0:48:25 | 12,39 | 4:50 |
| 927 | 2606 | KIUKURUG Thomas | WOLUWE-ST-LAMBERT | M | 857 | 0:48:26 | 12,39 | 4:51 |
| 928 | 1339 | VAN DAELE Kris | ST-NIKLAAS | M | 858 | 0:48:26 | 12,39 | 4:51 |
| 929 | 1338 | WAUTERS Sonja | ST-NIKLAAS | V | 71 | 0:48:26 | 12,39 | 4:51 |
| 930 | 1207 | HERTELEER Olivier | OEDELEM | M | 859 | 0:48:27 | 12,38 | 4:51 |
| 931 | 2195 | DEMAREZ Frans | | M | 860 | 0:48:28 | 12,38 | 4:51 |
| 932 | 794 | SCHMIT Christian | BEERSEL | M | 861 | 0:48:28 | 12,38 | 4:51 |
| 933 | 246 | VERSTAPPEN Nancy | HEIST AAN ZEE | V | 72 | 0:48:28 | 12,38 | 4:51 |
| 934 | 113 | DEITEREN Johan | ZWIJNDRECHT | M | 862 | 0:48:29 | 12,38 | 4:51 |
| 935 | 160 | SOEN Wouter | KNOKKE | M | 863 | 0:48:29 | 12,38 | 4:51 |
| 936 | 769 | VELDKAMP Melissa | KNOKKE-HEIST | V | 73 | 0:48:30 | 12,37 | 4:51 |
| 937 | 668 | VAN BIERVLIET Jean-Paul | KORTRIJK | M | 864 | 0:48:30 | 12,37 | 4:51 |
| 938 | 508 | VIJVERMAN Franky | HELDERGEM | M | 865 | 0:48:30 | 12,37 | 4:51 |
| 939 | 2412 | BOEYNAEMS Steven | SCHILDE | M | 866 | 0:48:30 | 12,37 | 4:51 |
| 940 | 2658 | KNOKVAERE Dan | ANTWERPEN | M | 867 | 0:48:31 | 12,37 | 4:51 |
| 941 | 1932 | DE WITTE Frederik | DAMME | M | 868 | 0:48:32 | 12,36 | 4:51 |
| 942 | 1850 | WOLLAERT Dirk | LOKEREN | V | 74 | 0:48:32 | 12,36 | 4:51 |
| 943 | 66 | VAN KWIKKELBERGHE Ronny | VOSELARE | M | 869 | 0:48:32 | 12,36 | 4:51 |
| 944 | 972 | KNOCKAERT Georgette | OOSTKAMP | V | 75 | 0:48:33 | 12,36 | 4:51 |
| 945 | 1601 | SABBE Filip | | M | 870 | 0:48:34 | 12,35 | 4:51 |
| 946 | 2268 | MASQUELIER Denis | ST-GENESIUS-RODE | M | 871 | 0:48:34 | 12,35 | 4:51 |
| 947 | 2726 | VAN LOOCK Mark | BRUGGE | M | 872 | 0:48:36 | 12,35 | 4:52 |
| 948 | 1334 | LEFEVRE Wout | KNOKKE HEIST | M | 873 | 0:48:37 | 12,34 | 4:52 |
| 949 | 1391 | DE BLOCK John | KNOKKE HEIST | M | 874 | 0:48:37 | 12,34 | 4:52 |
| 950 | 2866 | D'HOORE Jimmy | SNELLESEM | M | 875 | 0:48:37 | 12,34 | 4:52 |
| 951 | 1386 | LAURIJSSSEN Annick | VOSELARE | V | 76 | 0:48:38 | 12,34 | 4:52 |
| 952 | 1471 | JANSSENS Filip | ANTWERPEN | M | 876 | 0:48:39 | 12,33 | 4:52 |
| 953 | 1718 | GOOSSENS Gunther | AALST | M | 877 | 0:48:39 | 12,33 | 4:52 |
| 954 | 2131 | CLAERHOUT Dieter | KNOKKE-HEIST | M | 878 | 0:48:40 | 12,33 | 4:52 |
| 955 | 1830 | DE SCHUYTER Nicolas | KNOKKE-HEIST | M | 879 | 0:48:40 | 12,33 | 4:52 |
| 956 | 1151 | WILLEMS Pascal | HEIST-AAN-ZEE | M | 880 | 0:48:40 | 12,33 | 4:52 |
| 957 | 2492 | VERSTRAETE Stefan | | M | 881 | 0:48:41 | 12,32 | 4:52 |
| 958 | 1292 | DEVINCK Philip | KNOKKE-HEIST | M | 882 | 0:48:41 | 12,32 | 4:52 |
| 959 | 1535 | DIDDENS Bjorn | LEUVEN | M | 883 | 0:48:41 | 12,32 | 4:52 |
| 960 | 2451 | VANCAEYSEELE Nele | POPERINGE | V | 77 | 0:48:42 | 12,32 | 4:52 |
| 961 | 2536 | CROUSEL Olivier | DE HAAN | M | 884 | 0:48:42 | 12,32 | 4:52 |
| 962 | 2667 | DE KEYSER Luc | HOEGAARDEN | M | 885 | 0:48:42 | 12,32 | 4:52 |
| 963 | 2620 | FRANQUET Kim | ANTWERPEN | V | 78 | 0:48:44 | 12,31 | 4:52 |
| 964 | 2703 | LAMBERT Wim | ASSEBROEK | M | 886 | 0:48:46 | 12,30 | 4:53 |
| 965 | 2287 | COUCKE Quinten | | M | 887 | 0:48:46 | 12,30 | 4:53 |
| 966 | 2611 | DEBACKER Thomas | ST-ANDRIES | M | 888 | 0:48:47 | 12,30 | 4:53 |
| 967 | 590 | VANDECASTEELE Louis | KORTRIJK | M | 889 | 0:48:47 | 12,30 | 4:53 |
| 968 | 2662 | HAEGHEBAERT Robin | KNOKKE-HEIST | M | 890 | 0:48:47 | 12,30 | 4:53 |
| 969 | 597 | LEMAHIEU Stephan | ST-ANDRIES | M | 891 | 0:48:47 | 12,30 | 4:53 |
| 970 | 598 | COLLE Charles | DEINZE | M | 892 | 0:48:48 | 12,30 | 4:53 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-----------------------|-----------------------|-----|-------|---------|-------|---------|
| 971 | 809 | COLE Hannah | BRUSSELS | V | 79 | 0:48:48 | 12,30 | 4:53 |
| 972 | 2171 | BOGEMANS Ludo | LIER | M | 893 | 0:48:48 | 12,30 | 4:53 |
| 973 | 1491 | VERCRUYSS Michiel | OOSTKAMP | M | 894 | 0:48:48 | 12,30 | 4:53 |
| 974 | 990 | ROELS Wim | DILBEEK | M | 895 | 0:48:50 | 12,29 | 4:53 |
| 975 | 2201 | VAN DINGELEN Guy | MECHELEN | M | 896 | 0:48:50 | 12,29 | 4:53 |
| 976 | 2674 | DE KESEL Dominique | ST-NIKLAAS | M | 897 | 0:48:50 | 12,29 | 4:53 |
| 977 | 1617 | GAILLINE Fabrizio | ANDERLECHT | M | 898 | 0:48:50 | 12,29 | 4:53 |
| 978 | 1806 | VEREECKE Mathias | KNOKKE-HEIST | M | 899 | 0:48:50 | 12,29 | 4:53 |
| 979 | 1068 | ADAM Kurt | LISSEWEGE | M | 900 | 0:48:51 | 12,28 | 4:53 |
| 980 | 1902 | VAN DE SIJPE Pieter | GENT | M | 901 | 0:48:51 | 12,28 | 4:53 |
| 981 | 2681 | JACQUES Joke | BRUGGE | V | 80 | 0:48:51 | 12,28 | 4:53 |
| 982 | 2032 | JACOBS Gery | MECHELEN | M | 902 | 0:48:52 | 12,28 | 4:53 |
| 983 | 194 | PIERETS Kristof | DUDZELE | M | 903 | 0:48:52 | 12,28 | 4:53 |
| 984 | 151 | DIERICKX Bruno | UCCLE | M | 904 | 0:48:52 | 12,28 | 4:53 |
| 985 | 800 | BELLENS Geert | WIJNEGEM | M | 905 | 0:48:53 | 12,27 | 4:53 |
| 986 | 770 | BOLLAERT Wouter | LOKEREN | M | 906 | 0:48:53 | 12,27 | 4:53 |
| 987 | 2327 | SEGAERT Jurgen | BRUGGE | M | 907 | 0:48:54 | 12,27 | 4:53 |
| 988 | 646 | REMAUT Arin | BRUGGE | M | 908 | 0:48:55 | 12,27 | 4:54 |
| 989 | 229 | PLATTEEUW Jean Paul | ROESELARE | M | 909 | 0:48:55 | 12,27 | 4:54 |
| 990 | 1909 | VAN WAES Carl | OOSTKAMP | M | 910 | 0:48:55 | 12,27 | 4:54 |
| 991 | 983 | DESPRIET Axel | KORTRIJK | M | 911 | 0:48:55 | 12,27 | 4:54 |
| 992 | 2250 | ADRIAENSX Marianne | ZANDHOVEN | V | 81 | 0:48:55 | 12,27 | 4:54 |
| 993 | 1361 | DECAMP Isabelle | EEKLO | V | 82 | 0:48:56 | 12,26 | 4:54 |
| 994 | 2410 | GURDEBEKE Thijs | LANGEMARK-POELKAPELLE | M | 912 | 0:48:57 | 12,26 | 4:54 |
| 995 | 266 | VAN SUMMEREN Maycke | KNOKKE HEIST | V | 83 | 0:48:57 | 12,26 | 4:54 |
| 996 | 2811 | DUPONT Bart | ST-MICHIELS | M | 913 | 0:48:58 | 12,25 | 4:54 |
| 997 | 2748 | DEWEERDT Daniel | HEIST-AAN-ZEE | M | 914 | 0:48:58 | 12,25 | 4:54 |
| 998 | 1265 | STRAUVEN Viviane | ST-TRUIDEN | V | 84 | 0:48:58 | 12,25 | 4:54 |
| 999 | 2424 | HOSTE Marc | ASSEBROEK | M | 915 | 0:48:58 | 12,25 | 4:54 |
| 1000 | 1075 | SPRANGERS Wim | RESSEGEM | M | 916 | 0:48:58 | 12,25 | 4:54 |
| 1001 | 1593 | VANDAELE Kristof | HOUTHULST | M | 917 | 0:48:59 | 12,25 | 4:54 |
| 1002 | 754 | DEWULF Carl | ST-MARTENS-LATEM | M | 918 | 0:48:59 | 12,25 | 4:54 |
| 1003 | 564 | VAN DAMME Evelien | LOCHRISTI | V | 85 | 0:48:59 | 12,25 | 4:54 |
| 1004 | 811 | RENAERS Kathleen | ALKEN | V | 86 | 0:49:00 | 12,24 | 4:54 |
| 1005 | 1715 | LANCKMAN Kim | ZONNEGEM | V | 87 | 0:49:00 | 12,24 | 4:54 |
| 1006 | 891 | DE VOS Mate | LOKEREN | M | 919 | 0:49:00 | 12,24 | 4:54 |
| 1007 | 2576 | HAERINCK Chris | BLANKENBERGE | M | 920 | 0:49:00 | 12,24 | 4:54 |
| 1008 | 2207 | BOES Odette | ASSE | V | 88 | 0:49:01 | 12,24 | 4:54 |
| 1009 | 913 | RUYSKENSVELD Antoine | MEERBEKE | M | 921 | 0:49:01 | 12,24 | 4:54 |
| 1010 | 1516 | VAN HOOREBEKE Louis | KNOKKE | M | 922 | 0:49:01 | 12,24 | 4:54 |
| 1011 | 1686 | SEGERS Johan | GENK | M | 923 | 0:49:01 | 12,24 | 4:54 |
| 1012 | 1216 | CONSTANT Ludo | AAIGEM | M | 924 | 0:49:01 | 12,24 | 4:54 |
| 1013 | 1450 | FREIWALD Katja | BRUSSEL | V | 89 | 0:49:01 | 12,24 | 4:54 |
| 1014 | 1245 | DE REGGE Jose | BREDENE | M | 925 | 0:49:02 | 12,24 | 4:54 |
| 1015 | 698 | CLAEYS Katelijne | HASSELT | V | 90 | 0:49:03 | 12,23 | 4:54 |
| 1016 | 2331 | DELAGRANGE Frank | ASSEBROEK | M | 926 | 0:49:04 | 12,23 | 4:54 |
| 1017 | 984 | VAN ISEGHEM Laetitia | JABBEKE | V | 91 | 0:49:04 | 12,23 | 4:54 |
| 1018 | 734 | VERBRUGGEN Anne-Marie | WAASMUNSTER | V | 92 | 0:49:05 | 12,22 | 4:55 |
| 1019 | 2771 | STEYAERT Len | AALTER | M | 927 | 0:49:05 | 12,22 | 4:55 |
| 1020 | 228 | VERMEIREN Marianne | LOKEREN | V | 93 | 0:49:06 | 12,22 | 4:55 |
| 1021 | 1782 | VAN DEN BROUCKE Louis | KNOKKE-HEIST | M | 928 | 0:49:06 | 12,22 | 4:55 |
| 1022 | 1707 | VAN HOVE Guido | RANST | M | 929 | 0:49:08 | 12,21 | 4:55 |
| 1023 | 2018 | DELAET Wim | GENK | M | 930 | 0:49:09 | 12,21 | 4:55 |
| 1024 | 1933 | BOUTE Robert | WILSELE | M | 931 | 0:49:09 | 12,21 | 4:55 |
| 1025 | 624 | POPPE Vicky | KNOKKE HEIST | V | 94 | 0:49:09 | 12,21 | 4:55 |
| 1026 | 1708 | NR 1708 | | M | 932 | 0:49:09 | 12,21 | 4:55 |
| 1027 | 2654 | VANCRAEYNEST Stijn | OUDENBURG | M | 933 | 0:49:09 | 12,21 | 4:55 |
| 1028 | 2092 | JANSSENS Erwin | | M | 934 | 0:49:11 | 12,20 | 4:55 |
| 1029 | 1043 | BLEYEN Werner | LOMMEL | M | 935 | 0:49:12 | 12,20 | 4:55 |
| 1030 | 1341 | GOETVINCK Bart | HOEILAART | M | 936 | 0:49:12 | 12,20 | 4:55 |
| 1031 | 2084 | DEVLIES Lieve | ASSEBROEK | V | 95 | 0:49:13 | 12,19 | 4:55 |
| 1032 | 1876 | KREPS Bernard | KNOKKE-HEIST | M | 937 | 0:49:13 | 12,19 | 4:55 |
| 1033 | 1569 | LAUWERS Anne | RONSE/RENAIX | V | 96 | 0:49:13 | 12,19 | 4:55 |
| 1034 | 2758 | WYDOOGHE Ann | | V | 97 | 0:49:14 | 12,19 | 4:55 |
| 1035 | 2677 | DOBBELAERE Guy | DUDZELE | M | 938 | 0:49:15 | 12,18 | 4:55 |
| 1036 | 2604 | SMEETS Stephanie | MALDEGEM | V | 98 | 0:49:15 | 12,18 | 4:55 |
| 1037 | 1097 | NOBUS Vincent | KNOKKE HEIST | M | 939 | 0:49:17 | 12,17 | 4:56 |
| 1038 | 2596 | POLLENTIER Guy | OVERIJSE | M | 940 | 0:49:18 | 12,17 | 4:56 |
| 1039 | 1335 | MILLE Patrick | BRUGGE | M | 941 | 0:49:18 | 12,17 | 4:56 |
| 1040 | 645 | REMAUT Paul | BRUGGE | M | 942 | 0:49:18 | 12,17 | 4:56 |
| 1041 | 2395 | CEULENAERE Koen | MALDEGEM | M | 943 | 0:49:18 | 12,17 | 4:56 |
| 1042 | 2006 | BEYERS Kevin | WUUSTWEZEL | M | 944 | 0:49:18 | 12,17 | 4:56 |
| 1043 | 2128 | BAILY Benit | KNOKKE-HEIST | M | 945 | 0:49:18 | 12,17 | 4:56 |
| 1044 | 1384 | VAN DAMME Dimitri | BLANKENBERGE | M | 946 | 0:49:18 | 12,17 | 4:56 |
| 1045 | 1692 | GYSSSELS Luc | GENT | M | 947 | 0:49:20 | 12,16 | 4:56 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|----------------------------|--------------------|-----|-------|---------|-------|---------|
| 1046 | 781 | TEMMERMAN Jean-Paul | EREMBODEGEM | M | 948 | 0:49:20 | 12,16 | 4:56 |
| 1047 | 1366 | POLLET Sarah | KNOKKE-HEIST | V | 99 | 0:49:20 | 12,16 | 4:56 |
| 1048 | 1639 | PENNINCK Sven | OUDENAARDE | M | 949 | 0:49:21 | 12,16 | 4:56 |
| 1049 | 1270 | VANDERKRIEKEN Paul | ANTWERPEN 1 | M | 950 | 0:49:21 | 12,16 | 4:56 |
| 1050 | 1857 | COUDEVILLE Geert | KNOKKE-HEIST | M | 951 | 0:49:21 | 12,16 | 4:56 |
| 1051 | 685 | HELLEBUYCK Marie Christine | ZULTE | V | 100 | 0:49:21 | 12,16 | 4:56 |
| 1052 | 2156 | SNAUWAERT Philippe | STROMBEEK-BEVER | M | 952 | 0:49:22 | 12,15 | 4:56 |
| 1053 | 1844 | LOEST Vincent | JUMET | M | 953 | 0:49:22 | 12,15 | 4:56 |
| 1054 | 1325 | PEETERS Marc | KEERBERGEN | M | 954 | 0:49:23 | 12,15 | 4:56 |
| 1055 | 2399 | EECKHOUT Sigrid | GEEL | V | 101 | 0:49:24 | 12,15 | 4:56 |
| 1056 | 1905 | LAMBERT Laurent | KNOKKE-HEIST | M | 955 | 0:49:25 | 12,14 | 4:57 |
| 1057 | 1246 | SAMMELS Eva | ASSE | V | 102 | 0:49:27 | 12,13 | 4:57 |
| 1058 | 2505 | VAN MARCKE Jean Louis | KNOKKE-HEIST | M | 956 | 0:49:27 | 12,13 | 4:57 |
| 1059 | 656 | WILDEMEERSCH Andries | OOSTKAMP | M | 957 | 0:49:28 | 12,13 | 4:57 |
| 1060 | 1269 | LEMMENS Stefan | ANTWERPEN 2 | M | 958 | 0:49:28 | 12,13 | 4:57 |
| 1061 | 1460 | PROVOOST Nathalie | BLANKENBERGE | V | 103 | 0:49:28 | 12,13 | 4:57 |
| 1062 | 1900 | LAMBRIGHTS Johannes | DAMME | M | 959 | 0:49:29 | 12,13 | 4:57 |
| 1063 | 2869 | VERVARCKE Katrien | DAMME | V | 104 | 0:49:29 | 12,13 | 4:57 |
| 1064 | 2885 | RIEMAECKER Catharina | KNOKKE-HEIST | V | 105 | 0:49:30 | 12,12 | 4:57 |
| 1065 | 1563 | VERMEULEN Griet | ANTWERPEN | V | 106 | 0:49:32 | 12,11 | 4:57 |
| 1066 | 2518 | PERPEET Sabrina | HUMBEEK | V | 107 | 0:49:32 | 12,11 | 4:57 |
| 1067 | 1855 | PANNECOUCKE Sven | HEIST-AAN-ZEE | M | 960 | 0:49:32 | 12,11 | 4:57 |
| 1068 | 561 | KAUFMANN Alain | WEMMEL | M | 961 | 0:49:32 | 12,11 | 4:57 |
| 1069 | 2671 | VAN CAMPENHOUT Sam | LUBBEEK | M | 962 | 0:49:33 | 12,11 | 4:57 |
| 1070 | 606 | DEJAGER Steven | NOKERE | M | 963 | 0:49:33 | 12,11 | 4:57 |
| 1071 | 788 | DE CONINCK Stephane | MALDEGEM | M | 964 | 0:49:34 | 12,10 | 4:57 |
| 1072 | 2094 | CLAPKENS Jan | OUDENAARDE | M | 965 | 0:49:34 | 12,10 | 4:57 |
| 1073 | 764 | BUYS Pascal | BUGGENHOUT | M | 966 | 0:49:35 | 12,10 | 4:58 |
| 1074 | 2516 | VANDEWALLE Cindy | POPERINGE | V | 108 | 0:49:35 | 12,10 | 4:58 |
| 1075 | 1232 | VAN VRACEM Gert | SCHELLE | M | 967 | 0:49:37 | 12,09 | 4:58 |
| 1076 | 1069 | DE LOGI Eric | ST-PIETERS-LEEUEW | M | 968 | 0:49:37 | 12,09 | 4:58 |
| 1077 | 1183 | DE KLERCK Bernard | BRUGGE | M | 969 | 0:49:37 | 12,09 | 4:58 |
| 1078 | 2026 | PYPERS Jan | KNOKKE-HEIST | M | 970 | 0:49:38 | 12,09 | 4:58 |
| 1079 | 1442 | VIAENE Michel | KNOKKE-HEIST | M | 971 | 0:49:38 | 12,09 | 4:58 |
| 1080 | 2625 | DAERE Eric | DESTELBERGEN | M | 972 | 0:49:39 | 12,08 | 4:58 |
| 1081 | 2959 | DE MEYER Peter | ST-ANDRIES | M | 973 | 0:49:39 | 12,08 | 4:58 |
| 1082 | 725 | CASPERS Hannelore | GOOIK | V | 109 | 0:49:39 | 12,08 | 4:58 |
| 1083 | 2637 | CORISM Tim | DEINZE | M | 974 | 0:49:41 | 12,08 | 4:58 |
| 1084 | 918 | CARLIER Benoit | BRUXELLES 5 | M | 975 | 0:49:42 | 12,07 | 4:58 |
| 1085 | 1521 | RASSCHAERT Dirk | LANDEGEM | M | 976 | 0:49:42 | 12,07 | 4:58 |
| 1086 | 659 | DE WAEGENEER Sven | | M | 977 | 0:49:43 | 12,07 | 4:58 |
| 1087 | 2519 | VAN GEEL Bart | TERNAT | M | 978 | 0:49:44 | 12,06 | 4:58 |
| 1088 | 157 | VERLINDEN Andy | ZOTTEGEM | M | 979 | 0:49:45 | 12,06 | 4:59 |
| 1089 | 1927 | VERHAEGHE Karel | SCHOTEN | M | 980 | 0:49:45 | 12,06 | 4:59 |
| 1090 | 2521 | PERTRY Thomas | BRUGGE | M | 981 | 0:49:45 | 12,06 | 4:59 |
| 1091 | 1771 | VANOPBROEKE Benjamin | LA HULPE | M | 982 | 0:49:46 | 12,06 | 4:59 |
| 1092 | 1328 | RO TSAERT Freddy | KNOKKE | M | 983 | 0:49:46 | 12,06 | 4:59 |
| 1093 | 2337 | HUPIN Cloé | BRUXELLES | V | 110 | 0:49:46 | 12,06 | 4:59 |
| 1094 | 1567 | HAEGEMAN Wouter | GENT | M | 984 | 0:49:46 | 12,06 | 4:59 |
| 1095 | 2411 | PIERREUX Charlie | AUDERGHEM | M | 985 | 0:49:47 | 12,05 | 4:59 |
| 1096 | 1103 | TERCLAVERS Johan | KORBEEK-LO | M | 986 | 0:49:47 | 12,05 | 4:59 |
| 1097 | 1474 | VERHULST Olivier | ST-KATELIJNE-WAVER | M | 987 | 0:49:50 | 12,04 | 4:59 |
| 1098 | 1235 | DHONDT Frederik | KNOKKE-HEIST | M | 988 | 0:49:50 | 12,04 | 4:59 |
| 1099 | 1137 | SCHRAMME Tom | DUDZELE | M | 989 | 0:49:51 | 12,04 | 4:59 |
| 1100 | 2553 | VERKIMPE Guy | MARIAKERKE | M | 990 | 0:49:52 | 12,03 | 4:59 |
| 1101 | 1931 | DESMET David | BELLEGEM | M | 991 | 0:49:52 | 12,03 | 4:59 |
| 1102 | 536 | LECLUYSE Jurgen | BRUGGE | M | 992 | 0:49:52 | 12,03 | 4:59 |
| 1103 | 1264 | VANDENBORNE Johan | ST-TRUIDEN | M | 993 | 0:49:55 | 12,02 | 5:00 |
| 1104 | 1966 | SYS Anthony | BRUGGE | M | 994 | 0:49:55 | 12,02 | 5:00 |
| 1105 | 2664 | CLAUS Tom | ANTWERPEN | M | 995 | 0:49:57 | 12,01 | 5:00 |
| 1106 | 216 | VANHONSEBROUCK Jo | KNOKKE-HEIST | M | 996 | 0:49:57 | 12,01 | 5:00 |
| 1107 | 2286 | DE WITTE Dirk | BEVEREN-WAAS | M | 997 | 0:49:58 | 12,01 | 5:00 |
| 1108 | 1346 | DANIELS Catalina | KNOKKE HEIST | V | 111 | 0:49:58 | 12,01 | 5:00 |
| 1109 | 1190 | HOZEE Julie | GENT | V | 112 | 0:49:58 | 12,01 | 5:00 |
| 1110 | 1187 | DE KEGEL Dieter | DESTELBERGEN | M | 998 | 0:49:59 | 12,00 | 5:00 |
| 1111 | 953 | VERSTRAETE Lieven | BEERNEM | M | 999 | 0:49:59 | 12,00 | 5:00 |
| 1112 | 1891 | VANBECELAERE Anthony | ASSEBROEK | M | 1000 | 0:49:59 | 12,00 | 5:00 |
| 1113 | 2011 | BLOEMEN Jacky | KNOKKE-HEIST | M | 1001 | 0:49:59 | 12,00 | 5:00 |
| 1114 | 2276 | DOBBELS Claudina | BRUGGE | V | 113 | 0:50:00 | 12,00 | 5:00 |
| 1115 | 1614 | LEPERE Patrick | BREDENE | M | 1002 | 0:50:00 | 12,00 | 5:00 |
| 1116 | 1376 | MOUTON Evelyne | TIELT | V | 114 | 0:50:02 | 11,99 | 5:00 |
| 1117 | 1659 | VAN LYL Yves | BREDENE | M | 1003 | 0:50:02 | 11,99 | 5:00 |
| 1118 | 2418 | BOOMS Luc | ANTWERPEN | M | 1004 | 0:50:02 | 11,99 | 5:00 |
| 1119 | 2114 | WEYNE Nathan | OOSTAKKER | M | 1005 | 0:50:03 | 11,99 | 5:00 |
| 1120 | 178 | PORTEMAN Kurt | ZULTE | M | 1006 | 0:50:05 | 11,98 | 5:00 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|----------------------------|---------------------|-----|-------|---------|-------|---------|
| 1121 | 1418 | VAN ZANDE Philippe | DRONGEN | M | 1007 | 0:50:05 | 11,98 | 5:00 |
| 1122 | 1306 | VAN KERCKHOVEN Fons | WESPELAAR | M | 1008 | 0:50:06 | 11,98 | 5:01 |
| 1123 | 1544 | DECLERCK Bjorn | GENT | M | 1009 | 0:50:06 | 11,98 | 5:01 |
| 1124 | 859 | SHORT Janice | KNOKKE-HEIST | V | 115 | 0:50:07 | 11,97 | 5:01 |
| 1125 | 942 | VERSPECHT Jurgen | OPWIJK | M | 1010 | 0:50:07 | 11,97 | 5:01 |
| 1126 | 1740 | VANDERSTRAETEN Michel | LUMMEN | M | 1011 | 0:50:08 | 11,97 | 5:01 |
| 1127 | 1236 | SCHOUPE Marc | ASSE | M | 1012 | 0:50:08 | 11,97 | 5:01 |
| 1128 | 1642 | HUART Ann | GOOIK | V | 116 | 0:50:08 | 11,97 | 5:01 |
| 1129 | 2802 | LAMOTE Mieke | DAMME | V | 117 | 0:50:09 | 11,96 | 5:01 |
| 1130 | 709 | DE GHEEST Miguel | ST-MARTENS-LEERNE | M | 1013 | 0:50:09 | 11,96 | 5:01 |
| 1131 | 1251 | BERWOUTS Marc | VOSELARE | M | 1014 | 0:50:09 | 11,96 | 5:01 |
| 1132 | 572 | MAES Walter | DEURNE (ANTWERPEN) | M | 1015 | 0:50:09 | 11,96 | 5:01 |
| 1133 | 1863 | VAN LATHEN Henri | ANTWERPEN | M | 1016 | 0:50:10 | 11,96 | 5:01 |
| 1134 | 2293 | DE LOOF Els | DAMME | V | 118 | 0:50:10 | 11,96 | 5:01 |
| 1135 | 1603 | VERHOEYSTRATE Laurent | ROESLARE | M | 1017 | 0:50:11 | 11,96 | 5:01 |
| 1136 | 853 | BOTERBERG Kristof | MOERSEL | M | 1018 | 0:50:12 | 11,95 | 5:01 |
| 1137 | 1897 | DE WAELE Rudi | KNOKKE-HEIST | M | 1019 | 0:50:13 | 11,95 | 5:01 |
| 1138 | 2048 | HAUBOURDIN Serge | | M | 1020 | 0:50:14 | 11,94 | 5:01 |
| 1139 | 2280 | COUCKE Pieter | KNOKKE-HEIST | M | 1021 | 0:50:14 | 11,94 | 5:01 |
| 1140 | 2257 | BROUWERS Jean Jacques | | M | 1022 | 0:50:15 | 11,94 | 5:01 |
| 1141 | 2981 | VANDENBOGAERDE Jan | ST-ANDRIES | M | 1023 | 0:50:15 | 11,94 | 5:01 |
| 1142 | 1198 | YTTERWULGHE Wesley | BREDENE | M | 1024 | 0:50:16 | 11,94 | 5:02 |
| 1143 | 1901 | VAN MULKEN Tonny | | M | 1025 | 0:50:17 | 11,93 | 5:02 |
| 1144 | 2035 | DHAESE Rudy | ERPE-MERE | M | 1026 | 0:50:18 | 11,93 | 5:02 |
| 1145 | 2886 | HOPPE Stefaan | DUDZELE | M | 1027 | 0:50:18 | 11,93 | 5:02 |
| 1146 | 2546 | DE LATTER Rudi | WAARSCHOOT | M | 1028 | 0:50:18 | 11,93 | 5:02 |
| 1147 | 1440 | PODEVIJN Jean-Paul | NIEUWERKERKE | M | 1029 | 0:50:18 | 11,93 | 5:02 |
| 1148 | 1294 | BRAECKMAN Luc | LEDEBERG | M | 1030 | 0:50:19 | 11,92 | 5:02 |
| 1149 | 1526 | CAPPELLE Xavier | ST-KRUIS | M | 1031 | 0:50:20 | 11,92 | 5:02 |
| 1150 | 1359 | LECLUYSE Brecht | KNOKKE | M | 1032 | 0:50:21 | 11,92 | 5:02 |
| 1151 | 1952 | STEPHAN Daniel | MERELBEKE | M | 1033 | 0:50:21 | 11,92 | 5:02 |
| 1152 | 618 | VANDERSMISSEN Yves | LUMMEN | M | 1034 | 0:50:22 | 11,91 | 5:02 |
| 1153 | 1699 | DE BOIS Hans | HEVERLEE | M | 1035 | 0:50:23 | 11,91 | 5:02 |
| 1154 | 1052 | COPPIETERS Rita | ZELE | V | 119 | 0:50:24 | 11,90 | 5:02 |
| 1155 | 938 | KIPS Jef | KNOKKE HEIST | M | 1036 | 0:50:25 | 11,90 | 5:03 |
| 1156 | 294 | VAN DER CRUYSSSEN Annelies | GENT | M | 1037 | 0:50:25 | 11,90 | 5:03 |
| 1157 | 2882 | WILDEMEERSCH Nathalie | | V | 120 | 0:50:25 | 11,90 | 5:03 |
| 1158 | 875 | NELEN Marc | SINT MARTENS LATEM | M | 1038 | 0:50:25 | 11,90 | 5:03 |
| 1159 | 2409 | VAN HECKE Frederic | ZELZATE | M | 1039 | 0:50:25 | 11,90 | 5:03 |
| 1160 | 1215 | DE VOS Maurice | KNOKKE-HEIST | M | 1040 | 0:50:26 | 11,90 | 5:03 |
| 1161 | 1599 | HUTSE Philippe | OOSTAKKER | M | 1041 | 0:50:28 | 11,89 | 5:03 |
| 1162 | 821 | CALLANT Gino | VARSENARE | M | 1042 | 0:50:29 | 11,89 | 5:03 |
| 1163 | 2452 | MAES Ivan | BLANKENBERGE | M | 1043 | 0:50:29 | 11,89 | 5:03 |
| 1164 | 1816 | VERHEES Joyce | WILRIJK | V | 121 | 0:50:30 | 11,88 | 5:03 |
| 1165 | 2462 | DEWINTER Charlotte | GAVERE | V | 122 | 0:50:30 | 11,88 | 5:03 |
| 1166 | 904 | VAN REYBROUCK Jeroen | BRUGGE | M | 1044 | 0:50:31 | 11,88 | 5:03 |
| 1167 | 892 | WARSON Patrick | HEUSDEN-ZOLDER | M | 1045 | 0:50:32 | 11,87 | 5:03 |
| 1168 | 2358 | MORTIER Catherine | BAVIKHOVE | V | 123 | 0:50:32 | 11,87 | 5:03 |
| 1169 | 2635 | AMELOT Didier | EVERGEM | M | 1046 | 0:50:33 | 11,87 | 5:03 |
| 1170 | 963 | LAMSENS Evelyne | BRUGGE | V | 124 | 0:50:33 | 11,87 | 5:03 |
| 1171 | 962 | GHELDOP Geert | KNOKKE-HEIST | M | 1047 | 0:50:33 | 11,87 | 5:03 |
| 1172 | 1253 | WEBERMAN Gary | WILRIJK | M | 1048 | 0:50:33 | 11,87 | 5:03 |
| 1173 | 2564 | BROEKMANS Tom | EKEREN | M | 1049 | 0:50:35 | 11,86 | 5:03 |
| 1174 | 2107 | BOUWENS Guy | KNOKKE-HEIST | M | 1050 | 0:50:35 | 11,86 | 5:03 |
| 1175 | 575 | LEMAHIEU Claire | ST-ANDRIES | V | 125 | 0:50:36 | 11,86 | 5:04 |
| 1176 | 1385 | ZAMAN Christel | MERKSEM (ANTWERPEN) | V | 126 | 0:50:37 | 11,85 | 5:04 |
| 1177 | 1182 | PATTIST Andre | KNOKKE-HEIST | M | 1051 | 0:50:38 | 11,85 | 5:04 |
| 1178 | 2299 | VINCK Joris | AALST | M | 1052 | 0:50:38 | 11,85 | 5:04 |
| 1179 | 2413 | GIJSENBEGS Veerle | KOZEN | V | 127 | 0:50:38 | 11,85 | 5:04 |
| 1180 | 2305 | BAETSELE Alain | KNOKKE-HEIST | M | 1053 | 0:50:39 | 11,85 | 5:04 |
| 1181 | 2509 | MOUSSIAUX Mireille | | V | 128 | 0:50:39 | 11,85 | 5:04 |
| 1182 | 1308 | GOOSSENS Leen | KNOKKE | V | 129 | 0:50:39 | 11,85 | 5:04 |
| 1183 | 2364 | OOSTENDORA Michaël | MAASMECHELEN | M | 1054 | 0:50:40 | 11,84 | 5:04 |
| 1184 | 1669 | STEFAAN Armm | LOKEREN | M | 1055 | 0:50:42 | 11,83 | 5:04 |
| 1185 | 2392 | JANSEN Gunter | HOOGSTRATEN | M | 1056 | 0:50:42 | 11,83 | 5:04 |
| 1186 | 1541 | SUFFYS Rita | POPERINGE | V | 130 | 0:50:43 | 11,83 | 5:04 |
| 1187 | 1997 | VAN DE WEGHE Carlos | WAASMUNSTER | M | 1057 | 0:50:43 | 11,83 | 5:04 |
| 1188 | 2205 | LAMERS Herm | MAASTRICHT | M | 1058 | 0:50:43 | 11,83 | 5:04 |
| 1189 | 1435 | MAES Karl | ANTWERPEN 1 | M | 1059 | 0:50:43 | 11,83 | 5:04 |
| 1190 | 509 | DE WAELE Erwin | GENT | M | 1060 | 0:50:43 | 11,83 | 5:04 |
| 1191 | 602 | BACKELANDT Steven | BRUGGE | M | 1061 | 0:50:44 | 11,83 | 5:04 |
| 1192 | 1856 | NEYT Nathalie | HEIST-AAN-ZEE | V | 131 | 0:50:44 | 11,83 | 5:04 |
| 1193 | 1511 | INSLEGERS Jo | MALDEGEM | M | 1062 | 0:50:44 | 11,83 | 5:04 |
| 1194 | 2248 | FEYS Dirk | TORHOUT | M | 1063 | 0:50:45 | 11,82 | 5:05 |
| 1195 | 2091 | DILLIEN Filip | GEEL | M | 1064 | 0:50:45 | 11,82 | 5:05 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|------------------------|--------------------|-----|-------|---------|-------|---------|
| 1196 | 1484 | SMETS Kristof | ANTWERPEN | M | 1065 | 0:50:46 | 11,82 | 5:05 |
| 1197 | 669 | TIMMERMANS Werner | BREE | M | 1066 | 0:50:47 | 11,81 | 5:05 |
| 1198 | 2840 | KAFMEYER Ides | | M | 1067 | 0:50:48 | 11,81 | 5:05 |
| 1199 | 1497 | FLAMAND Christel | KNOKKE HEIST | V | 132 | 0:50:49 | 11,81 | 5:05 |
| 1200 | 1326 | DIRICX Patrick | HAACHT WAKEERZEEL | M | 1068 | 0:50:49 | 11,81 | 5:05 |
| 1201 | 1343 | OP DE BEECK Serge | WERCHTER | M | 1069 | 0:50:49 | 11,81 | 5:05 |
| 1202 | 2577 | STORMS Pieter | ANTWERPEN | M | 1070 | 0:50:49 | 11,81 | 5:05 |
| 1203 | 1808 | VEEKMANS Marc | ST-KATELIJNE-WAVER | M | 1071 | 0:50:50 | 11,80 | 5:05 |
| 1204 | 2657 | VAN NEVEL Yvan | BRUGGE | M | 1072 | 0:50:50 | 11,80 | 5:05 |
| 1205 | 2471 | KATRIEN Winden | OUDENAARDE | V | 133 | 0:50:50 | 11,80 | 5:05 |
| 1206 | 2961 | DELAERE Dirk | ASSEBROEK | M | 1073 | 0:50:50 | 11,80 | 5:05 |
| 1207 | 62 | VLERICK Lucia | WAREGEM | V | 134 | 0:50:51 | 11,80 | 5:05 |
| 1208 | 61 | ARNOU Dany | KNOKKE | M | 1074 | 0:50:52 | 11,80 | 5:05 |
| 1209 | 2810 | GUNST Redgy | NIEUWPOORT | M | 1075 | 0:50:52 | 11,80 | 5:05 |
| 1210 | 742 | MINNAERT Patrick | GENVAL | M | 1076 | 0:50:53 | 11,79 | 5:05 |
| 1211 | 1540 | VAN DEN STEEN Tom | DENDERMONDE | M | 1077 | 0:50:53 | 11,79 | 5:05 |
| 1212 | 2263 | TOURLAMAIN Ronny | MERELBEKE | M | 1078 | 0:50:54 | 11,79 | 5:05 |
| 1213 | 2616 | ZENNER Sofian | WONDELGEM | M | 1079 | 0:50:55 | 11,78 | 5:06 |
| 1214 | 1570 | CRUYPENINCK Freddy | MAARKEDAL | M | 1080 | 0:50:55 | 11,78 | 5:06 |
| 1215 | 1071 | VANDEWIELE Germund | KNOKKE HEIST | M | 1081 | 0:50:56 | 11,78 | 5:06 |
| 1216 | 2153 | CLOUDEVILLE Peter | KNOKKE-HEIST | M | 1082 | 0:50:58 | 11,77 | 5:06 |
| 1217 | 2118 | UYTENHOVE Renaat | | M | 1083 | 0:51:01 | 11,76 | 5:06 |
| 1218 | 2873 | LAUFFENBURGER Claudia | KNOKKE-HEIST | V | 135 | 0:51:01 | 11,76 | 5:06 |
| 1219 | 2123 | HEUGHEHAERT Ronny | HEIST-AAN-ZEE | M | 1084 | 0:51:01 | 11,76 | 5:06 |
| 1220 | 1368 | VAN GOETHEM Luk | HERENTALS | M | 1085 | 0:51:04 | 11,75 | 5:06 |
| 1221 | 1573 | DE BACKER Marnix | MOORSLEDE | M | 1086 | 0:51:04 | 11,75 | 5:06 |
| 1222 | 920 | DEPREZ Annick | KNOKKE | V | 136 | 0:51:05 | 11,75 | 5:07 |
| 1223 | 1142 | DE CLOEDT Filip | DUDZELE | M | 1087 | 0:51:06 | 11,74 | 5:07 |
| 1224 | 2721 | LEFEVERE Stefanie | ST-ANDRIES | V | 137 | 0:51:06 | 11,74 | 5:07 |
| 1225 | 1364 | VAN POUCKE Jensen | MERELBEKE | M | 1088 | 0:51:07 | 11,74 | 5:07 |
| 1226 | 1106 | HUGYECZ Tamas | BRUSSELS | M | 1089 | 0:51:07 | 11,74 | 5:07 |
| 1227 | 1656 | ROSSIE Jean Claude | GENTBRUGGE | M | 1090 | 0:51:08 | 11,73 | 5:07 |
| 1228 | 1943 | DYSERINCK Pieter | ST-ANDRIES | M | 1091 | 0:51:09 | 11,73 | 5:07 |
| 1229 | 1108 | VANDE KERCKHOVE Julie | KNOKKE | V | 138 | 0:51:09 | 11,73 | 5:07 |
| 1230 | 2271 | PARLIDIS Clara | KRAAINEM | V | 139 | 0:51:09 | 11,73 | 5:07 |
| 1231 | 973 | DEBEUF Veerle | TORHOUT | V | 140 | 0:51:09 | 11,73 | 5:07 |
| 1232 | 2488 | DE WEERDT Geert | HEIST-AAN-ZEE | M | 1092 | 0:51:09 | 11,73 | 5:07 |
| 1233 | 1898 | CASIER Jean-Pierre | WIJNEGEM | M | 1093 | 0:51:09 | 11,73 | 5:07 |
| 1234 | 847 | VAN PAEMEELN Chris | EKLO | M | 1094 | 0:51:10 | 11,73 | 5:07 |
| 1235 | 2547 | DECLERQ Frederik | DUDZELE | M | 1095 | 0:51:10 | 11,73 | 5:07 |
| 1236 | 1641 | MAEREVOET Peter | GOOIK | M | 1096 | 0:51:10 | 11,73 | 5:07 |
| 1237 | 2149 | DE VLEESSCHOUWER Jean | KNOKKE-HEIST | M | 1097 | 0:51:10 | 11,73 | 5:07 |
| 1238 | 2907 | BUSSCHE Heidi | JABBEKE | V | 141 | 0:51:12 | 11,72 | 5:07 |
| 1239 | 1607 | THEVISSSEN Eric | ALKEN | M | 1098 | 0:51:13 | 11,71 | 5:07 |
| 1240 | 2304 | DE KEYSER Frank | HAMME (O.-VL.) | M | 1099 | 0:51:13 | 11,71 | 5:07 |
| 1241 | 2787 | HOEMAECCKER Jan | KNOKKE HEIST | M | 1100 | 0:51:13 | 11,71 | 5:07 |
| 1242 | 1591 | DE MISPELAERE Bjorn | ZULTE | M | 1101 | 0:51:13 | 11,71 | 5:07 |
| 1243 | 2239 | BONTZOS Fabien | | M | 1102 | 0:51:14 | 11,71 | 5:07 |
| 1244 | 840 | VAN LOO Jean-Paul | KURINGEN | M | 1103 | 0:51:14 | 11,71 | 5:07 |
| 1245 | 1676 | VANDENWABEELE Piet | OOSTKAMP | M | 1104 | 0:51:15 | 11,71 | 5:07 |
| 1246 | 2240 | LATTOIR Tony | | M | 1105 | 0:51:15 | 11,71 | 5:07 |
| 1247 | 1849 | CLAES Peter | HEIST-AAN-ZEE | M | 1106 | 0:51:16 | 11,70 | 5:08 |
| 1248 | 1533 | SZUSTAK Steve | IXELLES | M | 1107 | 0:51:16 | 11,70 | 5:08 |
| 1249 | 2152 | POPPE Karin | KNOKKE-HEIST | V | 142 | 0:51:16 | 11,70 | 5:08 |
| 1250 | 1658 | BARCA Dieter | GENTBRUGGE | M | 1108 | 0:51:17 | 11,70 | 5:08 |
| 1251 | 1657 | DE SMET Yves | MERELBEKE | M | 1109 | 0:51:17 | 11,70 | 5:08 |
| 1252 | 1946 | KEEREMAN Stefan | ZWALM | M | 1110 | 0:51:18 | 11,70 | 5:08 |
| 1253 | 1348 | DUSSART Olivier | CIPLY | M | 1111 | 0:51:18 | 11,70 | 5:08 |
| 1254 | 1437 | TALPE Xavier | SINT MARTENS LATEM | M | 1112 | 0:51:19 | 11,69 | 5:08 |
| 1255 | 2416 | BLEYS Pascal | GENT | M | 1113 | 0:51:19 | 11,69 | 5:08 |
| 1256 | 1982 | VERCAMMEN Marc | HAMME (O.-VL.) | M | 1114 | 0:51:20 | 11,69 | 5:08 |
| 1257 | 522 | SMESSAERT Jurgen | OOSTKAMP | M | 1115 | 0:51:21 | 11,68 | 5:08 |
| 1258 | 2716 | TRIO Kelly | WESTKAPELLE | V | 143 | 0:51:21 | 11,68 | 5:08 |
| 1259 | 2477 | PLATTEAU Pedor | OUDENAARDE | M | 1116 | 0:51:22 | 11,68 | 5:08 |
| 1260 | 2742 | PIETERS Herlinde | DRONGEN | V | 144 | 0:51:22 | 11,68 | 5:08 |
| 1261 | 1504 | LATEUR Hugo | WONDELGEM | M | 1117 | 0:51:22 | 11,68 | 5:08 |
| 1262 | 2691 | HENDRICKX Patrick | WINGENE | M | 1118 | 0:51:23 | 11,68 | 5:08 |
| 1263 | 850 | DE PAUW Jonas | MALDEGEM | M | 1119 | 0:51:23 | 11,68 | 5:08 |
| 1264 | 520 | DEFOOR Danny | BRASSCHAAT | M | 1120 | 0:51:28 | 11,66 | 5:09 |
| 1265 | 1810 | VLIETINCK Danny | | M | 1121 | 0:51:28 | 11,66 | 5:09 |
| 1266 | 2550 | CEUPPENS Etienne | KASTERLEE | M | 1122 | 0:51:29 | 11,65 | 5:09 |
| 1267 | 1691 | VUALLENZ Rhibault | KNOKKE-HEIST | M | 1123 | 0:51:30 | 11,65 | 5:09 |
| 1268 | 1258 | TANGHE Damiaan | KNOKKE-HEIST | M | 1124 | 0:51:30 | 11,65 | 5:09 |
| 1269 | 1586 | VAN DRIESSCHE Paul | LOKEREN | M | 1125 | 0:51:31 | 11,65 | 5:09 |
| 1270 | 950 | VERHOESTRAETE Stephane | ST-MARTENS-LEERNE | M | 1126 | 0:51:31 | 11,65 | 5:09 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|----------------------------|----------------------|-----|-------|---------|-------|---------|
| 1271 | 2345 | VERBEKE Steven | KNOKKE-HEIST | M | 1127 | 0:51:31 | 11,65 | 5:09 |
| 1272 | 1241 | MAERTENS Toon | WAASMUNSTER | M | 1128 | 0:51:34 | 11,64 | 5:09 |
| 1273 | 981 | WANET Gwendolyn | LEUVEN | V | 145 | 0:51:34 | 11,64 | 5:09 |
| 1274 | 980 | VAN WOUW Ingrid | LEUVEN | V | 146 | 0:51:34 | 11,64 | 5:09 |
| 1275 | 2142 | HENDRICKX Benedicte | KNOKKE-HEIST | V | 147 | 0:51:34 | 11,64 | 5:09 |
| 1276 | 852 | VANDENBON Kevin | MALDEGEM | M | 1129 | 0:51:36 | 11,63 | 5:10 |
| 1277 | 2453 | VERCRUYSSSE Jan | BEERNEM | M | 1130 | 0:51:37 | 11,62 | 5:10 |
| 1278 | 1076 | VERBURGH Jacques | KNOKKEHEIST | M | 1131 | 0:51:37 | 11,62 | 5:10 |
| 1279 | 2972 | MARTENS Lies | DAMME | V | 148 | 0:51:38 | 11,62 | 5:10 |
| 1280 | 1185 | MORESI Jean-Paul | KNOKKE | M | 1132 | 0:51:38 | 11,62 | 5:10 |
| 1281 | 2454 | PATERNOSTER Jean-Marie | VARSENARE | M | 1133 | 0:51:39 | 11,62 | 5:10 |
| 1282 | 284 | DELBERT Jean Paul | MARCO EN BAROEUL | M | 1134 | 0:51:39 | 11,62 | 5:10 |
| 1283 | 1118 | CAUWELS Tom | KNOKKE-HEIST | M | 1135 | 0:51:39 | 11,62 | 5:10 |
| 1284 | 1720 | VRANKEN Alain | LENNIK | M | 1136 | 0:51:39 | 11,62 | 5:10 |
| 1285 | 1244 | FIERS Bob | HEVER | M | 1137 | 0:51:40 | 11,61 | 5:10 |
| 1286 | 1454 | LUCKER Gerlinde | NIEUWMUNSTER | V | 149 | 0:51:40 | 11,61 | 5:10 |
| 1287 | 2570 | CASIER Gino | LISSEWEGE | M | 1138 | 0:51:41 | 11,61 | 5:10 |
| 1288 | 2554 | VAN ACKERE Emanuel | GENT | M | 1139 | 0:51:41 | 11,61 | 5:10 |
| 1289 | 2639 | DETEYE Johan | TIELT-WINGE | M | 1140 | 0:51:41 | 11,61 | 5:10 |
| 1290 | 1819 | SMET Kevin | SINAAI-WAAS | M | 1141 | 0:51:46 | 11,59 | 5:11 |
| 1291 | 2634 | YVES Gabrielle | AUDERGHM | M | 1142 | 0:51:46 | 11,59 | 5:11 |
| 1292 | 1820 | SMET Jurgen | SINAAI-WAAS | M | 1143 | 0:51:46 | 11,59 | 5:11 |
| 1293 | 1829 | COCKMARTIN Chris | DILBEEK | M | 1144 | 0:51:47 | 11,59 | 5:11 |
| 1294 | 514 | VAN KERCKHOVE Michel | HAVRE | M | 1145 | 0:51:49 | 11,58 | 5:11 |
| 1295 | 1271 | JANSSENS Marie | LIER | V | 150 | 0:51:49 | 11,58 | 5:11 |
| 1296 | 740 | VAULET Nancy | GENVAL | V | 151 | 0:51:49 | 11,58 | 5:11 |
| 1297 | 2669 | DEVELTERE Lieven | ROESELARE | M | 1146 | 0:51:50 | 11,58 | 5:11 |
| 1298 | 1273 | VAN DE PEER Gust | SCHILDE | M | 1147 | 0:51:50 | 11,58 | 5:11 |
| 1299 | 1028 | VAN DAMME Willem | OOSTKAMP | M | 1148 | 0:51:50 | 11,58 | 5:11 |
| 1300 | 951 | DE MAURISSENS Edouard | ST-MARTENS-LATEM | M | 1149 | 0:51:51 | 11,57 | 5:11 |
| 1301 | 690 | GEYSEN Dirk | BRECHT | M | 1150 | 0:51:51 | 11,57 | 5:11 |
| 1302 | 921 | ADRIAENSSENS Jef | SINT_KRUIS | M | 1151 | 0:51:52 | 11,57 | 5:11 |
| 1303 | 1911 | MEYNS Daniel | KNOKKE-HEIST | M | 1152 | 0:51:53 | 11,56 | 5:11 |
| 1304 | 694 | TROCH Katleen | JETTE | V | 152 | 0:51:53 | 11,56 | 5:11 |
| 1305 | 2133 | GERARD Muriel | SAMBREVILLE | V | 153 | 0:51:53 | 11,56 | 5:11 |
| 1306 | 760 | EDGREN Arthur | BRUSSEL 15 | M | 1153 | 0:51:53 | 11,56 | 5:11 |
| 1307 | 2132 | LECOMTE Nicolas | FOSSÉS-LA-VILLE | M | 1154 | 0:51:54 | 11,56 | 5:11 |
| 1308 | 2876 | TAFFE Chloe | BRUGGE | V | 154 | 0:51:54 | 11,56 | 5:11 |
| 1309 | 2233 | VERLEYE Nele | KNOKKE-HEIST | V | 155 | 0:51:55 | 11,56 | 5:12 |
| 1310 | 2804 | CAUWE Vicky | KNOKKE-HEIST | V | 156 | 0:51:56 | 11,55 | 5:12 |
| 1311 | 828 | VAN DEN KIEBOOM Paul | WILRIJK | M | 1155 | 0:51:56 | 11,55 | 5:12 |
| 1312 | 2359 | DE BEER Guy | TEMSE | M | 1156 | 0:51:56 | 11,55 | 5:12 |
| 1313 | 1912 | WARNIER Henk | KNOKKE-HEIST | M | 1157 | 0:51:57 | 11,55 | 5:12 |
| 1314 | 1910 | VERLEYE Frank | KNOKKE-HEIST | M | 1158 | 0:51:57 | 11,55 | 5:12 |
| 1315 | 2235 | CHANTAL Van Den Brempt | DILBEEK | V | 157 | 0:51:57 | 11,55 | 5:12 |
| 1316 | 2334 | ARNAUW Guy | KNOKKE-HEIST | M | 1159 | 0:51:57 | 11,55 | 5:12 |
| 1317 | 530 | THOREZ Michel | ZELEM | M | 1160 | 0:51:59 | 11,54 | 5:12 |
| 1318 | 712 | HERMANS Rita | ST-TRUIDEN | V | 158 | 0:51:59 | 11,54 | 5:12 |
| 1319 | 2790 | VAN DE HEUVEL Jos | BRESKENS | M | 1161 | 0:51:59 | 11,54 | 5:12 |
| 1320 | 1944 | VAN GUYT Alex | WACHTEBEKE | M | 1162 | 0:52:00 | 11,54 | 5:12 |
| 1321 | 2936 | MAHIEU Guido | JABBEKE | M | 1163 | 0:52:01 | 11,53 | 5:12 |
| 1322 | 2047 | APPELMANS Sabine | | V | 159 | 0:52:01 | 11,53 | 5:12 |
| 1323 | 2868 | VAN DE WALLE Eric | ASSEBROEK | M | 1164 | 0:52:02 | 11,53 | 5:12 |
| 1324 | 784 | VAN BERENDONCK Kris | HALLE (KEMPEN) | M | 1165 | 0:52:03 | 11,53 | 5:12 |
| 1325 | 2415 | KIEKENS Erica | ST-KRUIS | V | 160 | 0:52:05 | 11,52 | 5:13 |
| 1326 | 2297 | GERMONPRE Louis | GENT | M | 1166 | 0:52:06 | 11,52 | 5:13 |
| 1327 | 2463 | DELMULLE Rik | NEDERZWALM-HERMELGEM | M | 1167 | 0:52:07 | 11,51 | 5:13 |
| 1328 | 1588 | VANDENDRIESSCHE Jean-Marie | RONSE/RENAIX | M | 1168 | 0:52:07 | 11,51 | 5:13 |
| 1329 | 1964 | DESMIDT Gergory | HEIST-AAN-ZEE | M | 1169 | 0:52:08 | 11,51 | 5:13 |
| 1330 | 2693 | IMPENS Alex | MARIAKERKE | M | 1170 | 0:52:09 | 11,51 | 5:13 |
| 1331 | 1139 | DE CLERCK Mike | KNOKKE-HEIST | M | 1171 | 0:52:10 | 11,50 | 5:13 |
| 1332 | 952 | MENIA Dimitri | LEUVEN | M | 1172 | 0:52:11 | 11,50 | 5:13 |
| 1333 | 2636 | CATTOOR Wim | HEIST-AAN-ZEE | M | 1173 | 0:52:11 | 11,50 | 5:13 |
| 1334 | 2609 | BRUYNINCKX Bjorn | AARTSELAAR | M | 1174 | 0:52:12 | 11,49 | 5:13 |
| 1335 | 2228 | SANDER Devlieger | KNOKKE-HEIST | M | 1175 | 0:52:13 | 11,49 | 5:13 |
| 1336 | 2050 | DEDECKER Ginaida | GENT | V | 161 | 0:52:14 | 11,49 | 5:13 |
| 1337 | 1282 | POLLET Pol | KNOKKE | M | 1176 | 0:52:15 | 11,48 | 5:14 |
| 1338 | 2227 | VERSTRINGE Thomas | BRUGGE | M | 1177 | 0:52:16 | 11,48 | 5:14 |
| 1339 | 995 | ANDRIES Wesley | MECHELEN | M | 1178 | 0:52:17 | 11,48 | 5:14 |
| 1340 | 1209 | VAN LANDSCHOOT Hilde | WESTKAPELLE | V | 162 | 0:52:18 | 11,47 | 5:14 |
| 1341 | 2599 | WERBROUCK Pascal | KORTRIJK | M | 1179 | 0:52:18 | 11,47 | 5:14 |
| 1342 | 1885 | CAMBIER Pierre | DESTELBERGEN | M | 1180 | 0:52:19 | 11,47 | 5:14 |
| 1343 | 902 | DEMIL Frank | LEMBEEK | M | 1181 | 0:52:20 | 11,46 | 5:14 |
| 1344 | 2584 | DE MEUE Karl | MELLE | M | 1182 | 0:52:20 | 11,46 | 5:14 |
| 1345 | 1496 | DE DUYSCHTE Dirk | HEIST-AAN-ZEE | M | 1183 | 0:52:20 | 11,46 | 5:14 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-----------------------|---------------------|-----|-------|---------|-------|---------|
| 1346 | 1880 | DELODDERE Jean | KNOKKE-HEIST | M | 1184 | 0:52:20 | 11,46 | 5:14 |
| 1347 | 1883 | ZUTTERMAN Patrick | KNOKKE-HEIST | M | 1185 | 0:52:20 | 11,46 | 5:14 |
| 1348 | 1884 | ZUTTERMAN Tine | | V | 163 | 0:52:21 | 11,46 | 5:14 |
| 1349 | 2724 | VANMASSENHOVE Katty | DE HAAN | V | 164 | 0:52:22 | 11,46 | 5:14 |
| 1350 | 1986 | POTVLIEGHE An | KNOKKE-HEIST | V | 165 | 0:52:22 | 11,46 | 5:14 |
| 1351 | 2731 | STEPMAN Rocky | KNOKKE | M | 1186 | 0:52:22 | 11,46 | 5:14 |
| 1352 | 1037 | SIX Benjamin | MARKE | M | 1187 | 0:52:22 | 11,46 | 5:14 |
| 1353 | 1433 | ARNOLD Anneleen | MECHELEN | V | 166 | 0:52:23 | 11,45 | 5:14 |
| 1354 | 2919 | VAN DEN DORPE Fauve | KNOKKE-HEIST | V | 167 | 0:52:24 | 11,45 | 5:14 |
| 1355 | 2137 | LIEVENS Griet | EKLO | V | 168 | 0:52:24 | 11,45 | 5:14 |
| 1356 | 2406 | THILL Simone | KNOKKE | V | 169 | 0:52:24 | 11,45 | 5:14 |
| 1357 | 2585 | DE MEULE Ineke | GENT | V | 170 | 0:52:25 | 11,45 | 5:15 |
| 1358 | 2343 | DEWIL Jan | TIENEN | M | 1188 | 0:52:25 | 11,45 | 5:15 |
| 1359 | 298 | DE WAELE Jerome | RETRANCHMENT | M | 1189 | 0:52:26 | 11,44 | 5:15 |
| 1360 | 2489 | DELARUE Peter | ADEGEM | M | 1190 | 0:52:26 | 11,44 | 5:15 |
| 1361 | 253 | EPAILARD Philippe | BRUXELLES | M | 1191 | 0:52:26 | 11,44 | 5:15 |
| 1362 | 854 | SAMYND Martine | KNOKKE-HEIST | V | 171 | 0:52:28 | 11,44 | 5:15 |
| 1363 | 2308 | DENYS Koen | KNOKKE-HEIST | M | 1192 | 0:52:29 | 11,43 | 5:15 |
| 1364 | 1630 | BORGEO Wouter | ST-MARTENS-LATEM | M | 1193 | 0:52:29 | 11,43 | 5:15 |
| 1365 | 1809 | VLIETINCK Thilbaut | HEIST-AAN-ZEE | M | 1194 | 0:52:30 | 11,43 | 5:15 |
| 1366 | 733 | CIETERS Jan | WAREGEM | M | 1195 | 0:52:30 | 11,43 | 5:15 |
| 1367 | 2962 | MORTIE Jurgen | BRUGGE | M | 1196 | 0:52:30 | 11,43 | 5:15 |
| 1368 | 1211 | COMPERNOLLE Cindy | MOERKERKE | V | 172 | 0:52:31 | 11,42 | 5:15 |
| 1369 | 719 | VRYS Catherine | NIEUWERKERKEN | V | 173 | 0:52:31 | 11,42 | 5:15 |
| 1370 | 730 | SYMOENS Gustaaf | STEKENE | M | 1197 | 0:52:31 | 11,42 | 5:15 |
| 1371 | 1192 | DEBRABANDERE Stefaan | OOSTENDE | M | 1198 | 0:52:32 | 11,42 | 5:15 |
| 1372 | 1266 | ONDERBEKE Inge | DEINZE | V | 174 | 0:52:33 | 11,42 | 5:15 |
| 1373 | 745 | RAINCHON Christian | GIJZEGEM | M | 1199 | 0:52:33 | 11,42 | 5:15 |
| 1374 | 874 | VLEESHOUWERS Geert | OLSENE | M | 1200 | 0:52:33 | 11,42 | 5:15 |
| 1375 | 759 | REUVERS John | 'S-HEER ABTSKERKE | M | 1201 | 0:52:33 | 11,42 | 5:15 |
| 1376 | 2368 | ESSERS Lode | BREE | M | 1202 | 0:52:33 | 11,42 | 5:15 |
| 1377 | 2793 | VANDENBERGHE Jacques | ASSEBROEK | M | 1203 | 0:52:33 | 11,42 | 5:15 |
| 1378 | 191 | SUVEE Davy | HEIST-OP-DEN-BERG | M | 1204 | 0:52:34 | 11,41 | 5:15 |
| 1379 | 1568 | WILLEMS Conny | GENT | V | 175 | 0:52:34 | 11,41 | 5:15 |
| 1380 | 2776 | DE WASCH Ina | KNOKKE-HEIST | V | 176 | 0:52:34 | 11,41 | 5:15 |
| 1381 | 1719 | VINCENT Evelien | GENT | V | 177 | 0:52:35 | 11,41 | 5:15 |
| 1382 | 2835 | DUFOORT Geert | OOSTKAMP | M | 1205 | 0:52:35 | 11,41 | 5:15 |
| 1383 | 1102 | DE BOCK Jan | DRONGEN | M | 1206 | 0:52:36 | 11,41 | 5:16 |
| 1384 | 1299 | SCHULTE Stefan | VICHTE | M | 1207 | 0:52:37 | 11,40 | 5:16 |
| 1385 | 1303 | PATTYN Natasha | KNOKKE-HEIST | V | 178 | 0:52:39 | 11,40 | 5:16 |
| 1386 | 2830 | BROOS Alexander | OOSTKERKE (DAMME) | M | 1208 | 0:52:40 | 11,39 | 5:16 |
| 1387 | 2610 | DEBACKER Bart | ST-ANDRIES | M | 1209 | 0:52:40 | 11,39 | 5:16 |
| 1388 | 1728 | VANBEGIN Jeffrey | LOMMEL | M | 1210 | 0:52:42 | 11,39 | 5:16 |
| 1389 | 1099 | MASSIN Els | KNOKKE-HEIST | V | 179 | 0:52:43 | 11,38 | 5:16 |
| 1390 | 672 | VAN POPPEL Paul | MUIZEN (MECHELEN) | M | 1211 | 0:52:43 | 11,38 | 5:16 |
| 1391 | 2698 | DE CRAEME Carolin | DESTELDONK | V | 180 | 0:52:43 | 11,38 | 5:16 |
| 1392 | 642 | VAN DOORSLAER Daniel | SCHILDE | M | 1212 | 0:52:43 | 11,38 | 5:16 |
| 1393 | 2188 | DHONDT Wim | DUDZELE | M | 1213 | 0:52:43 | 11,38 | 5:16 |
| 1394 | 1858 | BARBIER Nele | DUDZELE | V | 181 | 0:52:44 | 11,38 | 5:16 |
| 1395 | 1671 | LOBBETS TAELE Sofie | | V | 182 | 0:52:45 | 11,37 | 5:17 |
| 1396 | 856 | WAUMAN Jurgen | LEUVEN | M | 1214 | 0:52:46 | 11,37 | 5:17 |
| 1397 | 2436 | GEYSKENS Erwin | DUFFEL | M | 1215 | 0:52:46 | 11,37 | 5:17 |
| 1398 | 818 | BONNE Thomas | DESTELBERGEN | M | 1216 | 0:52:46 | 11,37 | 5:17 |
| 1399 | 2043 | PARAN Maxime | BRUGGE | M | 1217 | 0:52:46 | 11,37 | 5:17 |
| 1400 | 2503 | TERLINGEN Enrico | | M | 1218 | 0:52:46 | 11,37 | 5:17 |
| 1401 | 2741 | VAN ROOSBROECK Ilse | ST-KRUIS (BRUGGE) | V | 183 | 0:52:46 | 11,37 | 5:17 |
| 1402 | 2504 | TERLINGEN Marco | DEURNE | M | 1219 | 0:52:47 | 11,37 | 5:17 |
| 1403 | 1247 | DEROO Greet | BRASSCHAAT | V | 184 | 0:52:47 | 11,37 | 5:17 |
| 1404 | 2002 | BUGADO Jean-Pierre | IXELLES | M | 1220 | 0:52:48 | 11,36 | 5:17 |
| 1405 | 1465 | TJAMPENS Veerle | GENT | V | 185 | 0:52:48 | 11,36 | 5:17 |
| 1406 | 1672 | NOTE Leen | OOSTKAMP | V | 186 | 0:52:48 | 11,36 | 5:17 |
| 1407 | 1479 | NOLLET Guy | AALST | M | 1221 | 0:52:48 | 11,36 | 5:17 |
| 1408 | 634 | VANDEBUERIE Joke | ST-ANDRIES | V | 187 | 0:52:49 | 11,36 | 5:17 |
| 1409 | 2538 | VERHEYEN Marc | HERENTALS | M | 1222 | 0:52:49 | 11,36 | 5:17 |
| 1410 | 1624 | TRUIJEN Philip | | M | 1223 | 0:52:51 | 11,35 | 5:17 |
| 1411 | 1319 | DRIES Dries | VELDEGEM | M | 1224 | 0:52:51 | 11,35 | 5:17 |
| 1412 | 1291 | PATOU Laurent | VERSON | M | 1225 | 0:52:52 | 11,35 | 5:17 |
| 1413 | 755 | BELLER Nathalie | WILRIJK (ANTWERPEN) | V | 188 | 0:52:52 | 11,35 | 5:17 |
| 1414 | 2302 | LORIES Pierre | GREZ-DOICEAU | M | 1226 | 0:52:53 | 11,35 | 5:17 |
| 1415 | 1998 | GHYSENS David | AAIGEM | M | 1227 | 0:52:54 | 11,34 | 5:17 |
| 1416 | 2755 | DE SMET Andrew | AALST | M | 1228 | 0:52:54 | 11,34 | 5:17 |
| 1417 | 1230 | MOENS Stefaan | MALDEGEM | M | 1229 | 0:52:54 | 11,34 | 5:17 |
| 1418 | 2754 | DE SMEDT Danny | AALST | M | 1230 | 0:52:54 | 11,34 | 5:17 |
| 1419 | 2038 | MARCECHAL Kristien | ZELE | V | 189 | 0:52:54 | 11,34 | 5:17 |
| 1420 | 2713 | SPEYTEBROODT Christel | KNOKKE-HEIST | V | 190 | 0:52:54 | 11,34 | 5:17 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|--------------------------|---------------------|-----|-------|---------|-------|---------|
| 1421 | 1105 | NEYS Luk | KALMTHOUT | M | 1231 | 0:52:55 | 11,34 | 5:17 |
| 1422 | 767 | ILLEGEMS Francois | HINGENE-BORNEM | M | 1232 | 0:52:55 | 11,34 | 5:17 |
| 1423 | 2587 | VANDERWEGEN Maurice | EVERBERG | M | 1233 | 0:52:55 | 11,34 | 5:17 |
| 1424 | 1581 | GERARD Laetitia | AALST | V | 191 | 0:52:55 | 11,34 | 5:17 |
| 1425 | 1309 | VAN LAUWE Wim | WONDELGEM | M | 1234 | 0:52:57 | 11,33 | 5:18 |
| 1426 | 1280 | VERDICKT Nancy | KEERBERGEN | V | 192 | 0:52:57 | 11,33 | 5:18 |
| 1427 | 899 | VAN DEN BOSSCHE Bart | ST-GILLIS-WAAS | M | 1235 | 0:52:58 | 11,33 | 5:18 |
| 1428 | 1396 | LOEFFEN Sander | KNOKKE-HEIST | M | 1236 | 0:52:59 | 11,32 | 5:18 |
| 1429 | 1990 | DECONINCK Henk | KNOKKE-HEIST | M | 1237 | 0:52:59 | 11,32 | 5:18 |
| 1430 | 2648 | DE CLERCQ Alain | | M | 1238 | 0:53:00 | 11,32 | 5:18 |
| 1431 | 1214 | VANTORRE Robin | KNOKKE-HEIST | M | 1239 | 0:53:00 | 11,32 | 5:18 |
| 1432 | 2311 | HAMMECART Louise | NEVELE | V | 193 | 0:53:00 | 11,32 | 5:18 |
| 1433 | 2313 | KLUYSKENS Amelie | DEURLE | V | 194 | 0:53:00 | 11,32 | 5:18 |
| 1434 | 1545 | WEVERS Han | | M | 1240 | 0:53:01 | 11,32 | 5:18 |
| 1435 | 1436 | JACXSENS An | KNOKKE-HEIST | V | 195 | 0:53:02 | 11,31 | 5:18 |
| 1436 | 1532 | HIMSCHOOT Patrick | NEVELE | M | 1241 | 0:53:02 | 11,31 | 5:18 |
| 1437 | 1529 | VLAEMINCKX Jan | DIKSMUIDE | M | 1242 | 0:53:02 | 11,31 | 5:18 |
| 1438 | 1480 | STERK Nancy | WILRIJK (ANTWERPEN) | V | 196 | 0:53:02 | 11,31 | 5:18 |
| 1439 | 705 | SOETENS Luc | KRUISSHOUTEM | M | 1243 | 0:53:02 | 11,31 | 5:18 |
| 1440 | 132 | DE VISSCHER Sabine | KNOKKE | V | 197 | 0:53:03 | 11,31 | 5:18 |
| 1441 | 1452 | DECALUWE Bart | SCHELDERODE | M | 1244 | 0:53:03 | 11,31 | 5:18 |
| 1442 | 2692 | RESSEMIER An | ROOSDAAL | V | 198 | 0:53:03 | 11,31 | 5:18 |
| 1443 | 1231 | HOEBEECK Geert | AALST | M | 1245 | 0:53:04 | 11,31 | 5:18 |
| 1444 | 2145 | BOENSTEIN Isi | ANTWERPEN | V | 199 | 0:53:04 | 11,31 | 5:18 |
| 1445 | 2434 | SNAUWAERT Peter | ZEDELGEM | M | 1246 | 0:53:04 | 11,31 | 5:18 |
| 1446 | 1191 | MIGNON Benoit | BRUXELLES 15 | M | 1247 | 0:53:05 | 11,30 | 5:19 |
| 1447 | 1736 | VAN MERRIS Laurens | | V | 200 | 0:53:06 | 11,30 | 5:19 |
| 1448 | 2120 | DE SOMER Antoine | WILRIJK | M | 1248 | 0:53:06 | 11,30 | 5:19 |
| 1449 | 911 | WAJSBERG Dan | ANTWERPEN | M | 1249 | 0:53:06 | 11,30 | 5:19 |
| 1450 | 908 | WAJSBERG Benji | ANTWERPEN | M | 1250 | 0:53:06 | 11,30 | 5:19 |
| 1451 | 1248 | DE WITTE Jeroen | ASSEBROEK | M | 1251 | 0:53:07 | 11,30 | 5:19 |
| 1452 | 932 | TERWE Manuel | AALST | M | 1252 | 0:53:08 | 11,29 | 5:19 |
| 1453 | 934 | TERWE Frederik | ZEEBRUGGE | M | 1253 | 0:53:10 | 11,29 | 5:19 |
| 1454 | 1261 | VERPOORTER Betty | ZEEBRUGGE (BRUGGE) | M | 1254 | 0:53:11 | 11,28 | 5:19 |
| 1455 | 783 | VAN WELDEN Guido | GALMAARDEN | M | 1255 | 0:53:11 | 11,28 | 5:19 |
| 1456 | 2542 | VENKEN Chris | WILRIJK | M | 1256 | 0:53:11 | 11,28 | 5:19 |
| 1457 | 2236 | VAN ROY Vincent | HEVERLEE | M | 1257 | 0:53:12 | 11,28 | 5:19 |
| 1458 | 1363 | VAN POUCKE Peter | MERELBEKE | M | 1258 | 0:53:12 | 11,28 | 5:19 |
| 1459 | 1123 | DE GROOTE Vicky | KNOKKE-HEIST | V | 201 | 0:53:13 | 11,27 | 5:19 |
| 1460 | 2841 | INSLEGERS Veerle | DAMME | V | 202 | 0:53:13 | 11,27 | 5:19 |
| 1461 | 1888 | RAMHARTER Kristof | HERENTALS | M | 1259 | 0:53:13 | 11,27 | 5:19 |
| 1462 | 2843 | DE PRE Alain | SIJSELE | M | 1260 | 0:53:13 | 11,27 | 5:19 |
| 1463 | 2109 | BERLINSKI Michel | KNOKKE-HEIST | M | 1261 | 0:53:15 | 11,27 | 5:20 |
| 1464 | 1621 | GORIS Wouter | LEUVEN | M | 1262 | 0:53:16 | 11,26 | 5:20 |
| 1465 | 556 | OOMS Luc | SCHOTEN | M | 1263 | 0:53:18 | 11,26 | 5:20 |
| 1466 | 1633 | DEBAETS Kristof | SNELLESEM | M | 1264 | 0:53:18 | 11,26 | 5:20 |
| 1467 | 2099 | DEROOSE Michel | DE PINTE | M | 1265 | 0:53:18 | 11,26 | 5:20 |
| 1468 | 1929 | TANGHE Sabine | BLANKENBERGE | V | 203 | 0:53:19 | 11,25 | 5:20 |
| 1469 | 1095 | VANDIERENDONCK Jackie | KNOKKE HEIST | M | 1266 | 0:53:19 | 11,25 | 5:20 |
| 1470 | 974 | ROOBAERT Jos | AALST | M | 1267 | 0:53:19 | 11,25 | 5:20 |
| 1471 | 1062 | COUREAUX Yves | SCHAAN | M | 1268 | 0:53:19 | 11,25 | 5:20 |
| 1472 | 2282 | JEFFRIES Stephen | ZUIENKERKE | M | 1269 | 0:53:19 | 11,25 | 5:20 |
| 1473 | 1694 | VERBETREN Karolien | MEISE | V | 204 | 0:53:20 | 11,25 | 5:20 |
| 1474 | 1229 | BRISARD Viviane | AALST | V | 205 | 0:53:21 | 11,25 | 5:20 |
| 1475 | 2174 | DE REGGE Melissa | GENT | V | 206 | 0:53:21 | 11,25 | 5:20 |
| 1476 | 851 | POLLENTIER Alain | BRUSSEL | M | 1270 | 0:53:21 | 11,25 | 5:20 |
| 1477 | 949 | TAVERNIER Kirsten | BRUSSEL | V | 207 | 0:53:22 | 11,24 | 5:20 |
| 1478 | 943 | VAN DEN BOSSCHE Sabrina | OPWIJK | V | 208 | 0:53:22 | 11,24 | 5:20 |
| 1479 | 2834 | VANRYCKEGHEM Rony | MALDEGEM | M | 1271 | 0:53:22 | 11,24 | 5:20 |
| 1480 | 1730 | WAUTERS Gina | AFFLIGEM | V | 209 | 0:53:23 | 11,24 | 5:20 |
| 1481 | 1401 | MAERTEN Nancy | EKLO | V | 210 | 0:53:23 | 11,24 | 5:20 |
| 1482 | 1502 | DE VEYLDER Geert | MERELBEKE | M | 1272 | 0:53:24 | 11,24 | 5:20 |
| 1483 | 2937 | VAN VLAENDEREN Katelijne | VLISSEGEM | V | 211 | 0:53:25 | 11,23 | 5:20 |
| 1484 | 1056 | VERVISCH Marc | KORTRIJK | M | 1273 | 0:53:25 | 11,23 | 5:20 |
| 1485 | 671 | BURE Danny | KRUISSHOUTEM | M | 1274 | 0:53:26 | 11,23 | 5:21 |
| 1486 | 1413 | VAN HOOREBEKE Cedric | DE PINTE-ZEVERGEM | M | 1275 | 0:53:27 | 11,23 | 5:21 |
| 1487 | 1724 | VAN MERRIS Philippe | | M | 1276 | 0:53:28 | 11,22 | 5:21 |
| 1488 | 1564 | MULLENDROFF Erik | ANTWERPEN | M | 1277 | 0:53:28 | 11,22 | 5:21 |
| 1489 | 1629 | VANCLEE Gert | KESSEL-LO | M | 1278 | 0:53:29 | 11,22 | 5:21 |
| 1490 | 1096 | VANZEIR Marnix | PAAL | M | 1279 | 0:53:29 | 11,22 | 5:21 |
| 1491 | 735 | HENDRICKX Carine | STEENHUIZE | V | 212 | 0:53:30 | 11,21 | 5:21 |
| 1492 | 1608 | GOLDHUNTZ Gary | ETTERBEEK | M | 1280 | 0:53:30 | 11,21 | 5:21 |
| 1493 | 630 | HENDRICKX Els | GROTENBERGE | V | 213 | 0:53:30 | 11,21 | 5:21 |
| 1494 | 1415 | VEREECKE Gerda | BEERNEM | V | 214 | 0:53:31 | 11,21 | 5:21 |
| 1495 | 2335 | CORYN Steve | WAREGEM | M | 1281 | 0:53:31 | 11,21 | 5:21 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|------------------------|-------------------|-----|-------|---------|-------|---------|
| 1496 | 1362 | VANDENDRIESSCHE Karmen | KNOKKE-HEIST | V | 215 | 0:53:32 | 11,21 | 5:21 |
| 1497 | 1002 | DEVINCK Martine | KNOKKE-HEIST | V | 216 | 0:53:32 | 11,21 | 5:21 |
| 1498 | 542 | BROEKAERT Bruno | MORTSEL | M | 1282 | 0:53:32 | 11,21 | 5:21 |
| 1499 | 2783 | STAELENS Sabine | DE PANNE | V | 217 | 0:53:32 | 11,21 | 5:21 |
| 1500 | 2183 | WAELENS Vincent | | M | 1283 | 0:53:33 | 11,20 | 5:21 |
| 1501 | 1469 | CAPPELLE Stijn | WESTROZEBEKE | M | 1284 | 0:53:33 | 11,20 | 5:21 |
| 1502 | 826 | MELIS Paul | BERINGEN | M | 1285 | 0:53:35 | 11,20 | 5:22 |
| 1503 | 543 | DEMARBAIX Nicole | EDEGEM | V | 218 | 0:53:36 | 11,19 | 5:22 |
| 1504 | 673 | PEUTEMAN Joan | ST-ANDRIES | M | 1286 | 0:53:36 | 11,19 | 5:22 |
| 1505 | 1077 | VANDER KUYLEN Jef | KESSEL-LO | M | 1287 | 0:53:37 | 11,19 | 5:22 |
| 1506 | 997 | SANDRA Isolde | ROESELARE | V | 219 | 0:53:37 | 11,19 | 5:22 |
| 1507 | 2799 | GOETHALS Johan | HEIST-AAN-ZEE | M | 1288 | 0:53:37 | 11,19 | 5:22 |
| 1508 | 677 | VAN HOUTTE Gabriel | BRUXELLES | M | 1289 | 0:53:40 | 11,18 | 5:22 |
| 1509 | 935 | DE NEVE Els | AALST | V | 220 | 0:53:41 | 11,18 | 5:22 |
| 1510 | 2809 | NIJS Astrid | NIEUWPOORT | V | 221 | 0:53:41 | 11,18 | 5:22 |
| 1511 | 2590 | BRUYLANDT Karen | DRONGEN | V | 222 | 0:53:41 | 11,18 | 5:22 |
| 1512 | 2837 | DE WOLF Lut | BEERNEM | V | 223 | 0:53:42 | 11,17 | 5:22 |
| 1513 | 182 | VAN CAEYZEELE Olivier | KNOKKE-HEIST | M | 1290 | 0:53:43 | 11,17 | 5:22 |
| 1514 | 2113 | WEYNE Walter | OOSTAKKER | M | 1291 | 0:53:43 | 11,17 | 5:22 |
| 1515 | 996 | VANSTEENKISTE Koen | GISTEL | M | 1292 | 0:53:43 | 11,17 | 5:22 |
| 1516 | 2421 | HUYS Heidi | ASSEBROEK | V | 224 | 0:53:44 | 11,17 | 5:22 |
| 1517 | 1974 | DEPAEP Philip | HEIST-AAN-ZEE | M | 1293 | 0:53:44 | 11,17 | 5:22 |
| 1518 | 2021 | DULST Kris | HASSELT | M | 1294 | 0:53:44 | 11,17 | 5:22 |
| 1519 | 2177 | DE GROOTE Annik | | V | 225 | 0:53:45 | 11,16 | 5:22 |
| 1520 | 2612 | KIRILL Bystroy | MOL | M | 1295 | 0:53:45 | 11,16 | 5:22 |
| 1521 | 1254 | DE SOUTER Pierre | KNOKKE | M | 1296 | 0:53:46 | 11,16 | 5:23 |
| 1522 | 2921 | CUYLE Bart | BLANKENBERGE | M | 1297 | 0:53:46 | 11,16 | 5:23 |
| 1523 | 2371 | CATHOIR Etienne | TEMSE | M | 1298 | 0:53:46 | 11,16 | 5:23 |
| 1524 | 2122 | BOUCHEZ Guilloumet | HEIST-AAN-ZEE | M | 1299 | 0:53:47 | 11,16 | 5:23 |
| 1525 | 1787 | SERGEANT Els | | V | 226 | 0:53:47 | 11,16 | 5:23 |
| 1526 | 2892 | JACOBS Werner | | M | 1300 | 0:53:47 | 11,16 | 5:23 |
| 1527 | 2702 | LANCKRIET Linda | ST-ANDRIES | V | 227 | 0:53:47 | 11,16 | 5:23 |
| 1528 | 1817 | HINOUL Mathieu | HEIST-AAN-ZEE | M | 1301 | 0:53:47 | 11,16 | 5:23 |
| 1529 | 2252 | JACBS Raf | KNOKKE-HEIST | M | 1302 | 0:53:48 | 11,15 | 5:23 |
| 1530 | 2727 | OOSTERLING Sjaak | BRESKENS | M | 1303 | 0:53:48 | 11,15 | 5:23 |
| 1531 | 1054 | BOONE Katrien | ZELE | V | 228 | 0:53:49 | 11,15 | 5:23 |
| 1532 | 2791 | GIJSEL Frank | SLUIS | M | 1304 | 0:53:49 | 11,15 | 5:23 |
| 1533 | 2728 | VAN DEN HUEVEL Suzie | BRESKENS | V | 229 | 0:53:49 | 11,15 | 5:23 |
| 1534 | 1133 | DEWISPELAERE Vincent | KNOKKE-HEIST | M | 1305 | 0:53:51 | 11,14 | 5:23 |
| 1535 | 1057 | DE CUYPER Christel | HERZELE | V | 230 | 0:53:51 | 11,14 | 5:23 |
| 1536 | 2745 | BULCKE Stefanie | KNOKKE-HEIST | V | 231 | 0:53:52 | 11,14 | 5:23 |
| 1537 | 2814 | DE MAERE Jasper | KNOKKE-HEIST | M | 1306 | 0:53:52 | 11,14 | 5:23 |
| 1538 | 2832 | STANDAERT Robbie | ST-KRUIS (BRUGGE) | M | 1307 | 0:53:52 | 11,14 | 5:23 |
| 1539 | 2847 | DEDECKERE Dominique | ASSEBROEK | M | 1308 | 0:53:54 | 11,13 | 5:23 |
| 1540 | 2005 | DE GROOTE Rudi | BEVEREN-WAAS | M | 1309 | 0:53:54 | 11,13 | 5:23 |
| 1541 | 2904 | STEELANDT Cindy | MIDDELKERKE | V | 232 | 0:53:55 | 11,13 | 5:23 |
| 1542 | 2419 | BRAUW Yves | | M | 1310 | 0:53:55 | 11,13 | 5:23 |
| 1543 | 1524 | COPPENS Ivan | BRUGGE | M | 1311 | 0:53:55 | 11,13 | 5:23 |
| 1544 | 2391 | DEMEYER Rik | OOSTKAMP | M | 1312 | 0:53:57 | 11,12 | 5:24 |
| 1545 | 2525 | HENDRIJKE Janny | WIJNEGEM | M | 1313 | 0:53:57 | 11,12 | 5:24 |
| 1546 | 1412 | MICHELS Christine | ZWALM | V | 233 | 0:53:58 | 11,12 | 5:24 |
| 1547 | 1942 | DE GROOTE Peter | KNOKKE-HEIST | M | 1314 | 0:53:58 | 11,12 | 5:24 |
| 1548 | 661 | DEMEULEMEESTER Rik | BLANKENBERGE | M | 1315 | 0:53:59 | 11,11 | 5:24 |
| 1549 | 1896 | VERHEYE Stephanie | KNOKKE-HEIST | V | 234 | 0:53:59 | 11,11 | 5:24 |
| 1550 | 660 | DEWAELE Isabelle | NIEUWMUNSTER | V | 235 | 0:53:59 | 11,11 | 5:24 |
| 1551 | 939 | KIPS Emiel | KNOKKE HEIST | M | 1316 | 0:54:00 | 11,11 | 5:24 |
| 1552 | 1846 | MONTENS Philippe | ST-STEVENS-WOLUWE | M | 1317 | 0:54:00 | 11,11 | 5:24 |
| 1553 | 2905 | STEENKISTE Anuschka | OOSTKAMP | V | 236 | 0:54:00 | 11,11 | 5:24 |
| 1554 | 1134 | MERVILLIE Guillaume | KNOKKE | M | 1318 | 0:54:02 | 11,10 | 5:24 |
| 1555 | 830 | KREPS Paul | KNOKKE-HEIST | M | 1319 | 0:54:02 | 11,10 | 5:24 |
| 1556 | 2321 | VERHAEGHE Valerie | | V | 237 | 0:54:02 | 11,10 | 5:24 |
| 1557 | 2537 | FONTEYN Luc | ST-NIKLAAS | M | 1320 | 0:54:02 | 11,10 | 5:24 |
| 1558 | 2903 | DE KEYSER Roxane | DAMME | V | 238 | 0:54:02 | 11,10 | 5:24 |
| 1559 | 1731 | COUSSERIER Niko | AFFLIGEM | M | 1321 | 0:54:02 | 11,10 | 5:24 |
| 1560 | 1404 | TEIRLYNCK Rick | SHELLEBELLE | M | 1322 | 0:54:03 | 11,10 | 5:24 |
| 1561 | 1889 | NR 1889 | | M | 1323 | 0:54:04 | 11,10 | 5:24 |
| 1562 | 1706 | SPILLANE Smon | BRUSSEL | M | 1324 | 0:54:05 | 11,09 | 5:25 |
| 1563 | 786 | VANDERBEKE Luc | HEULE | M | 1325 | 0:54:06 | 11,09 | 5:25 |
| 1564 | 1823 | ROTSAERT Luc | KNOKKE-HEIST | M | 1326 | 0:54:07 | 11,09 | 5:25 |
| 1565 | 2812 | DE MAERE Ruben | KNOKKE-HEIST | M | 1327 | 0:54:07 | 11,09 | 5:25 |
| 1566 | 1550 | NR 1550 | | M | 1328 | 0:54:08 | 11,08 | 5:25 |
| 1567 | 119 | ABELS Danny | LANAKEN | V | 239 | 0:54:08 | 11,08 | 5:25 |
| 1568 | 1735 | D'HAESE Mike | ANTWERPEN | M | 1329 | 0:54:08 | 11,08 | 5:25 |
| 1569 | 1868 | VAN DEN EEDE Marc | AALST | M | 1330 | 0:54:11 | 11,07 | 5:25 |
| 1570 | 2974 | GRAULICH Marie Gerard | ANDERLECHT | V | 240 | 0:54:12 | 11,07 | 5:25 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|------------------------|----------------------|-----|-------|---------|-------|---------|
| 1571 | 1549 | BUYSE Isabel | JABBEKE | V | 241 | 0:54:13 | 11,07 | 5:25 |
| 1572 | 1499 | DIRIX Seibert | ST-KRUIS (BRUGGE) | M | 1331 | 0:54:13 | 11,07 | 5:25 |
| 1573 | 992 | BLANCKAERT Tom | AALST | M | 1332 | 0:54:13 | 11,07 | 5:25 |
| 1574 | 993 | AMANT Veerle | AALST | M | 1333 | 0:54:13 | 11,07 | 5:25 |
| 1575 | 2467 | COOLS Andy | LAAKDAL | M | 1334 | 0:54:14 | 11,06 | 5:25 |
| 1576 | 1249 | WEBERMAN Rene | BORGERHOUT | M | 1335 | 0:54:15 | 11,06 | 5:26 |
| 1577 | 803 | VANDENBERGHE Melanie | DE HAAN | V | 242 | 0:54:15 | 11,06 | 5:26 |
| 1578 | 1951 | BOONEN Steven | ZEVEGEM | M | 1336 | 0:54:17 | 11,05 | 5:26 |
| 1579 | 1286 | MARIEN Annette | MALDEGEM (ADEGEM) | V | 243 | 0:54:17 | 11,05 | 5:26 |
| 1580 | 2895 | DE PICKER Elewout | BRUGGE | M | 1337 | 0:54:17 | 11,05 | 5:26 |
| 1581 | 2894 | DEPICKER Anais | BRUGGE | V | 244 | 0:54:18 | 11,05 | 5:26 |
| 1582 | 654 | DE LEERSNIJDER Koen | LENDELEDE | M | 1338 | 0:54:20 | 11,04 | 5:26 |
| 1583 | 2603 | GENENS Kris | MOL | M | 1339 | 0:54:20 | 11,04 | 5:26 |
| 1584 | 2565 | CARELS Walter | HALLE | M | 1340 | 0:54:20 | 11,04 | 5:26 |
| 1585 | 1843 | GOELLENS Erna | NINOVE | V | 245 | 0:54:21 | 11,04 | 5:26 |
| 1586 | 2202 | ZWAENEOEL Pieter | KNOKKE-HEIST | M | 1341 | 0:54:22 | 11,04 | 5:26 |
| 1587 | 1119 | GEBOERS Jeff | KNOKKE | M | 1342 | 0:54:22 | 11,04 | 5:26 |
| 1588 | 2831 | DE ROO Tamara | ST-KRUIS (BRUGGE) | V | 246 | 0:54:23 | 11,03 | 5:26 |
| 1589 | 1094 | PAREE Bjorn | AALSMEER | M | 1343 | 0:54:23 | 11,03 | 5:26 |
| 1590 | 1906 | CLAEYS Mario | MALDEGEM | M | 1344 | 0:54:24 | 11,03 | 5:26 |
| 1591 | 1223 | LAMBRICHTS Brecht | KNOKKE HEIST | M | 1345 | 0:54:25 | 11,03 | 5:27 |
| 1592 | 1804 | VANHAUWAERT Bart | DUDZELE | M | 1346 | 0:54:26 | 11,02 | 5:27 |
| 1593 | 2535 | CLEEREN Dominique | GINGELOM | M | 1347 | 0:54:26 | 11,02 | 5:27 |
| 1594 | 1405 | MAENE Hugo | HEIST AAN ZEE | M | 1348 | 0:54:27 | 11,02 | 5:27 |
| 1595 | 1225 | DEBAERE Robert | KNOKKE HEIST | M | 1349 | 0:54:27 | 11,02 | 5:27 |
| 1596 | 2507 | BEKAERT Charlotte | DESSELGEM | V | 247 | 0:54:28 | 11,02 | 5:27 |
| 1597 | 1842 | HYMAN Eddy | NINOVE | M | 1350 | 0:54:28 | 11,02 | 5:27 |
| 1598 | 2378 | MARTENS Johan | KNOKKE-HEIST | M | 1351 | 0:54:28 | 11,02 | 5:27 |
| 1599 | 2798 | NR 2798 | | M | 1352 | 0:54:29 | 11,01 | 5:27 |
| 1600 | 2181 | ERBO Dieter | KNOKKE-HEIST | M | 1353 | 0:54:29 | 11,01 | 5:27 |
| 1601 | 2329 | LE MAIRE Christel | BRUGELETTE | V | 248 | 0:54:31 | 11,01 | 5:27 |
| 1602 | 2390 | D'HUYVETTER Guido | STABROEK | M | 1354 | 0:54:31 | 11,01 | 5:27 |
| 1603 | 2144 | FISCHER Neil | WILRIJK | M | 1355 | 0:54:32 | 11,00 | 5:27 |
| 1604 | 787 | BREESCH Kelly | NIJWERKERKEN (LIMB.) | V | 249 | 0:54:32 | 11,00 | 5:27 |
| 1605 | 1276 | COLMAN Karel | AARTSELAAR | M | 1356 | 0:54:33 | 11,00 | 5:27 |
| 1606 | 2291 | VERSELE Luoivine | ZULTE | V | 250 | 0:54:34 | 11,00 | 5:27 |
| 1607 | 1297 | AELBRECHT Bart | GENT | M | 1357 | 0:54:34 | 11,00 | 5:27 |
| 1608 | 838 | BONNAERENS Wim | LAARNE | M | 1358 | 0:54:34 | 11,00 | 5:27 |
| 1609 | 1337 | DE BOCK Amaury | KNOKKE-HEIST | M | 1359 | 0:54:35 | 10,99 | 5:28 |
| 1610 | 987 | OPSOMER Mathieu | LOKEREN | M | 1360 | 0:54:35 | 10,99 | 5:28 |
| 1611 | 1488 | VANDIERENDONCK Achim | KNOKKE HEIST | M | 1361 | 0:54:37 | 10,99 | 5:28 |
| 1612 | 2924 | BAUWENS Danja | BLANKENBERGE | V | 251 | 0:54:38 | 10,98 | 5:28 |
| 1613 | 2481 | TULEY Marie | BERCHEM | V | 252 | 0:54:38 | 10,98 | 5:28 |
| 1614 | 1833 | VANDENBERGHE Bruno | BRUGGE | M | 1362 | 0:54:39 | 10,98 | 5:28 |
| 1615 | 2267 | NIJS Herbert | PUTTE | M | 1363 | 0:54:39 | 10,98 | 5:28 |
| 1616 | 1595 | WILLEMS Baptiste | | M | 1364 | 0:54:39 | 10,98 | 5:28 |
| 1617 | 2037 | GEENS Carl | ZELE | M | 1365 | 0:54:39 | 10,98 | 5:28 |
| 1618 | 2461 | MOREELS Tony | ZELE | M | 1366 | 0:54:39 | 10,98 | 5:28 |
| 1619 | 844 | HESEMANS Mieke | BRUSSEL | V | 253 | 0:54:40 | 10,98 | 5:28 |
| 1620 | 1651 | KIM De Vos | GENTBRUGGE | M | 1367 | 0:54:40 | 10,98 | 5:28 |
| 1621 | 2129 | BAILY Louis | KNOKKE-HEIST | M | 1368 | 0:54:41 | 10,97 | 5:28 |
| 1622 | 2361 | MARKEY Anne-Sophie | SCHEPDAAL | V | 254 | 0:54:41 | 10,97 | 5:28 |
| 1623 | 2856 | VAN DAMME Sabine | OOSTKAMP | V | 255 | 0:54:41 | 10,97 | 5:28 |
| 1624 | 965 | VERBEECK Anne | BRASSCHAAT | V | 256 | 0:54:42 | 10,97 | 5:28 |
| 1625 | 2821 | STROEF Ann | ST-ANDRIES | V | 257 | 0:54:42 | 10,97 | 5:28 |
| 1626 | 2208 | ANDERSON Chris | | M | 1369 | 0:54:44 | 10,96 | 5:28 |
| 1627 | 2695 | VAN DAMME Philippe | | M | 1370 | 0:54:44 | 10,96 | 5:28 |
| 1628 | 1300 | DE SWAAN Daniel | AMSTERDAM | M | 1371 | 0:54:44 | 10,96 | 5:28 |
| 1629 | 1574 | MESTDAGH Heidi | BRUGGE | V | 258 | 0:54:44 | 10,96 | 5:28 |
| 1630 | 2310 | KONINGS Wim | KNOKKE-HEIST | M | 1372 | 0:54:47 | 10,95 | 5:29 |
| 1631 | 2192 | VAN MUFFEL Xavier | | M | 1373 | 0:54:49 | 10,95 | 5:29 |
| 1632 | 2490 | HOUTON Frederic | IXELLES | M | 1374 | 0:54:49 | 10,95 | 5:29 |
| 1633 | 100 | SCHAEPDRIJVER Willy | KNOKKE-HEIST | M | 1375 | 0:54:50 | 10,94 | 5:29 |
| 1634 | 2108 | KRUEGER Nancy | KNOKKE-HEIST | V | 259 | 0:54:51 | 10,94 | 5:29 |
| 1635 | 762 | NILWIK Sanne | BUGGENHOUT | V | 260 | 0:54:51 | 10,94 | 5:29 |
| 1636 | 1419 | PLATTEEUW Alexander | BALEGEM | M | 1376 | 0:54:55 | 10,93 | 5:30 |
| 1637 | 894 | GIJSELS Inge | BORSBEKE | V | 261 | 0:54:55 | 10,93 | 5:30 |
| 1638 | 994 | VANOPDENBOSCH Christel | BASSILLY | V | 262 | 0:54:56 | 10,92 | 5:30 |
| 1639 | 2788 | VERVAEKE Katie | DAMME | V | 263 | 0:54:56 | 10,92 | 5:30 |
| 1640 | 2653 | VANDERSCHULDEN Rewilde | LEFFINGE | V | 264 | 0:54:56 | 10,92 | 5:30 |
| 1641 | 2376 | CURINCKX Sven | SCHERPENHEUVEL | M | 1377 | 0:54:57 | 10,92 | 5:30 |
| 1642 | 1501 | DE BACKER Jacqueline | OOSTAKKER | V | 265 | 0:54:58 | 10,92 | 5:30 |
| 1643 | 2820 | DE LOVE Guido | KNOKKE-HEIST | M | 1378 | 0:55:01 | 10,91 | 5:30 |
| 1644 | 2198 | DE SOOTER Gwen | SHELLE | V | 266 | 0:55:02 | 10,90 | 5:30 |
| 1645 | 1925 | DEVULDER Nathalie | KNOKKE-HEIST | V | 267 | 0:55:03 | 10,90 | 5:30 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-------------------------|-----------------------|-----|-------|---------|-------|---------|
| 1646 | 882 | VERTONGHEN Andy | LOKEREN | M | 1379 | 0:55:04 | 10,90 | 5:30 |
| 1647 | 893 | SCHREVEENS Benny | ROTSELAAR | M | 1380 | 0:55:04 | 10,90 | 5:30 |
| 1648 | 1713 | DHOOGHE Erik | LOCHRISTI | M | 1381 | 0:55:05 | 10,89 | 5:31 |
| 1649 | 2425 | KRICK Carine | ST-MARTENS-LATEM | V | 268 | 0:55:06 | 10,89 | 5:31 |
| 1650 | 1064 | VALLEE Andre | BRUXERLLES | M | 1382 | 0:55:06 | 10,89 | 5:31 |
| 1651 | 1712 | DE RYCKE Geoffrey | WAASMUNSTER | M | 1383 | 0:55:06 | 10,89 | 5:31 |
| 1652 | 2945 | GOVAERT Hannes | ASSEBROEK | M | 1384 | 0:55:07 | 10,89 | 5:31 |
| 1653 | 1262 | WARD Graham | KONTICH | M | 1385 | 0:55:07 | 10,89 | 5:31 |
| 1654 | 758 | HUYSKENS Patrick | BORGERHOUT | M | 1386 | 0:55:09 | 10,88 | 5:31 |
| 1655 | 1685 | PASCAL Maenhout | BEERNEM | M | 1387 | 0:55:09 | 10,88 | 5:31 |
| 1656 | 2539 | VERHEYEN Matthias | HERENTALS | M | 1388 | 0:55:10 | 10,88 | 5:31 |
| 1657 | 2659 | ROEPCKE Andreas | IXELLES | M | 1389 | 0:55:11 | 10,87 | 5:31 |
| 1658 | 1161 | ACKERMAN Leila | KNOKKE-HEIST | V | 269 | 0:55:11 | 10,87 | 5:31 |
| 1659 | 2707 | LARIDON Krista | KNOKKE-HEIST | V | 270 | 0:55:11 | 10,87 | 5:31 |
| 1660 | 2220 | VAN HOECKE Yvan | WETTEREN | M | 1390 | 0:55:11 | 10,87 | 5:31 |
| 1661 | 1783 | MERVILLIE Sophie | KNOKKE HEIST | V | 271 | 0:55:12 | 10,87 | 5:31 |
| 1662 | 2920 | STORME Karin | RUISELEDE | V | 272 | 0:55:12 | 10,87 | 5:31 |
| 1663 | 2574 | VANDEVELDE Nicky | BRUGGE | V | 273 | 0:55:15 | 10,86 | 5:31 |
| 1664 | 848 | TALPE Stefaan | KORTEMARK | M | 1391 | 0:55:16 | 10,86 | 5:32 |
| 1665 | 2563 | DE GELISSEN Marie-Paule | WAASMUNSTER | V | 274 | 0:55:16 | 10,86 | 5:32 |
| 1666 | 540 | VANDORPE Anne | LETTELINGEN | V | 275 | 0:55:16 | 10,86 | 5:32 |
| 1667 | 1853 | POORT Annemie | ZELE | V | 276 | 0:55:17 | 10,85 | 5:32 |
| 1668 | 2709 | CHIELENS Ciska | KNOKKE-HEIST | V | 277 | 0:55:17 | 10,85 | 5:32 |
| 1669 | 1388 | LOEFFEN Marc | KNOKKE-HEIST | M | 1392 | 0:55:19 | 10,85 | 5:32 |
| 1670 | 1650 | VANDERGHIMSSE Omer | ST-MARTENS-LATEM | M | 1393 | 0:55:19 | 10,85 | 5:32 |
| 1671 | 2176 | GOBERT Miet | KNOKKE-HEIST | V | 278 | 0:55:19 | 10,85 | 5:32 |
| 1672 | 2753 | DE PRAETER Hans | PASSENDALE | M | 1394 | 0:55:19 | 10,85 | 5:32 |
| 1673 | 2487 | TERILINCK Catherina | OVERIJSE | V | 279 | 0:55:19 | 10,85 | 5:32 |
| 1674 | 2375 | DESCHRIJVER Karel | SCHERPENHEUVEL-ZICHEM | M | 1395 | 0:55:19 | 10,85 | 5:32 |
| 1675 | 1399 | MOEYAERT Paul | KNOKKE-HEIST | M | 1396 | 0:55:20 | 10,84 | 5:32 |
| 1676 | 945 | GEERS Sophie | RANST | V | 280 | 0:55:20 | 10,84 | 5:32 |
| 1677 | 2853 | DEROUS Vanessa | VARSENARE | V | 281 | 0:55:20 | 10,84 | 5:32 |
| 1678 | 1070 | VAN GILBERGEN Hilde | BRUGGE | V | 282 | 0:55:21 | 10,84 | 5:32 |
| 1679 | 2852 | DEROUS Jens | BLANKENBERGE | M | 1397 | 0:55:21 | 10,84 | 5:32 |
| 1680 | 2752 | CARDOEN Sophie | ZONNEBEKE | V | 283 | 0:55:21 | 10,84 | 5:32 |
| 1681 | 1143 | GEELEN Cedric | KNOKKE-HEIST | M | 1398 | 0:55:24 | 10,83 | 5:32 |
| 1682 | 1831 | VANDEWALLE Sophie | WINGENE | V | 284 | 0:55:24 | 10,83 | 5:32 |
| 1683 | 2251 | CASTEELS Didier | ST-ANDRIES | M | 1399 | 0:55:27 | 10,82 | 5:33 |
| 1684 | 1701 | NOEL Kevin | MERELBEKE | M | 1400 | 0:55:27 | 10,82 | 5:33 |
| 1685 | 2307 | VINKE Patrick | HEIST-AAN-ZEE | M | 1401 | 0:55:27 | 10,82 | 5:33 |
| 1686 | 2134 | BOERJAN Sandra | KNOKKE-HEIST | V | 285 | 0:55:28 | 10,82 | 5:33 |
| 1687 | 2623 | VERHEYE Vincent | AVELGEM | M | 1402 | 0:55:30 | 10,81 | 5:33 |
| 1688 | 2699 | HUYLEBROECK Fernanda | DESTELDONK | V | 286 | 0:55:32 | 10,80 | 5:33 |
| 1689 | 1444 | HANSSSENS Astrid | BRUXELLES 8 | V | 287 | 0:55:32 | 10,80 | 5:33 |
| 1690 | 2476 | VANAKEN Patricia | HASSELT | V | 288 | 0:55:33 | 10,80 | 5:33 |
| 1691 | 2874 | ASPESLAGH Lore | JABBEKE | V | 289 | 0:55:33 | 10,80 | 5:33 |
| 1692 | 2967 | AMOENS Evy | BRUGGE | V | 290 | 0:55:33 | 10,80 | 5:33 |
| 1693 | 2417 | BAERT Martin | ASSEBROEK | M | 1403 | 0:55:33 | 10,80 | 5:33 |
| 1694 | 1744 | DELMULLE Nathan | WORTEGEM | M | 1404 | 0:55:36 | 10,79 | 5:34 |
| 1695 | 2024 | ALLEGAERT Nancy | NIEUWERKERKEN | V | 291 | 0:55:36 | 10,79 | 5:34 |
| 1696 | 1661 | DEPRAETERE Maarten | OOSTKAMP | M | 1405 | 0:55:36 | 10,79 | 5:34 |
| 1697 | 2063 | MOLS Jef | VORSELAAR | M | 1406 | 0:55:36 | 10,79 | 5:34 |
| 1698 | 955 | DULLAERT Annemie | BEVEREN-WAAS | V | 292 | 0:55:37 | 10,79 | 5:34 |
| 1699 | 2875 | ASPESLAGH Geert | VARSENARE | M | 1407 | 0:55:37 | 10,79 | 5:34 |
| 1700 | 566 | VERLINDEN Karl | KONTICH | M | 1408 | 0:55:37 | 10,79 | 5:34 |
| 1701 | 1619 | BOGAERT Filip | BERLARE | V | 293 | 0:55:37 | 10,79 | 5:34 |
| 1702 | 2780 | DEGRYSE Charlotte | WESTKAPELLE | V | 294 | 0:55:38 | 10,78 | 5:34 |
| 1703 | 1124 | CLAEYS Fangio | KNOKKE-HEIST | M | 1409 | 0:55:38 | 10,78 | 5:34 |
| 1704 | 633 | TAGHON Jan | LAARNE | M | 1410 | 0:55:39 | 10,78 | 5:34 |
| 1705 | 940 | BOES Christophe | JETTE | M | 1411 | 0:55:39 | 10,78 | 5:34 |
| 1706 | 1634 | DE POTTER Alexandra | HEUSDEN (LIMB.) | V | 295 | 0:55:39 | 10,78 | 5:34 |
| 1707 | 1923 | LEEMANS Tim | WAASMUNSTER | M | 1412 | 0:55:40 | 10,78 | 5:34 |
| 1708 | 824 | MONSAERT Els | ERPE-MERE | V | 296 | 0:55:41 | 10,78 | 5:34 |
| 1709 | 2173 | VERMEERSCH Kurt | | M | 1413 | 0:55:41 | 10,78 | 5:34 |
| 1710 | 2140 | DEBUE Margot | WOLVERTEM | V | 297 | 0:55:42 | 10,77 | 5:34 |
| 1711 | 2438 | VAN PRAET Pascale | NEDER-OVER-HEEMBEEK | M | 1414 | 0:55:43 | 10,77 | 5:34 |
| 1712 | 1683 | VANCAYLEEE Stefaan | DUFFEL | M | 1415 | 0:55:43 | 10,77 | 5:34 |
| 1713 | 2242 | CEULEMANS Sandy | BRASSCHAAT | V | 298 | 0:55:43 | 10,77 | 5:34 |
| 1714 | 1379 | JACOBS Isabelle | DEURNE | V | 299 | 0:55:43 | 10,77 | 5:34 |
| 1715 | 1186 | VANDENBERGHE Hans | ASTENE | M | 1416 | 0:55:44 | 10,77 | 5:34 |
| 1716 | 711 | VAN DAELE Debbie | WILLEBROEK | V | 300 | 0:55:45 | 10,76 | 5:35 |
| 1717 | 2219 | DAELMAN Bibi | WAASMUNSTER | V | 301 | 0:55:45 | 10,76 | 5:35 |
| 1718 | 1188 | VERBREYNT Nina | KNOKKE | V | 302 | 0:55:45 | 10,76 | 5:35 |
| 1719 | 2191 | MAGNUS Myriam | | V | 303 | 0:55:47 | 10,76 | 5:35 |
| 1720 | 1159 | LOOTENS Marie | KNOKKE | V | 304 | 0:55:47 | 10,76 | 5:35 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-----------------------|--------------------|-----|-------|---------|-------|---------|
| 1721 | 2944 | GOVAERT Chris | ASSEBROEK | M | 1417 | 0:55:48 | 10,75 | 5:35 |
| 1722 | 2647 | DE VOCHT Nathalie | MORTSEL | V | 305 | 0:55:48 | 10,75 | 5:35 |
| 1723 | 2294 | DE JONGHE Bert | BLANKENBERGE | M | 1418 | 0:55:49 | 10,75 | 5:35 |
| 1724 | 1979 | DE WOLF Robin | WUUSTWEZEL | M | 1419 | 0:55:49 | 10,75 | 5:35 |
| 1725 | 1859 | DOIGNIE Jeaphilippe | IXELLES | M | 1420 | 0:55:50 | 10,75 | 5:35 |
| 1726 | 2290 | VERSELE Rodolphe | ZULTE | M | 1421 | 0:55:51 | 10,74 | 5:35 |
| 1727 | 1746 | JANSSENS Yvonne | ZWIJNDRECHT | V | 306 | 0:55:52 | 10,74 | 5:35 |
| 1728 | 512 | FRANCO Miet | ZELLIK | V | 307 | 0:55:53 | 10,74 | 5:35 |
| 1729 | 2244 | GRYMOMPREZ Dieter | ROESELARE | M | 1422 | 0:55:53 | 10,74 | 5:35 |
| 1730 | 2642 | VAN OOST Bert | STEKENE | M | 1423 | 0:55:53 | 10,74 | 5:35 |
| 1731 | 2054 | VANLUCHENE Nele | ST-MARTENS-LATEM | V | 308 | 0:55:54 | 10,73 | 5:35 |
| 1732 | 2332 | LIBERT Christel | WORTEGEM-PETEGEM | V | 309 | 0:55:55 | 10,73 | 5:35 |
| 1733 | 1177 | DE WULF Filip | BELLEGEM | M | 1424 | 0:55:56 | 10,73 | 5:36 |
| 1734 | 2706 | DANNEELS Jill | KNOKKE | V | 310 | 0:55:56 | 10,73 | 5:36 |
| 1735 | 1649 | SCHOLLAERT Pascal | | M | 1425 | 0:55:57 | 10,72 | 5:36 |
| 1736 | 1961 | DEVLIEGHE Robin | HEIST-AAN-ZEE | M | 1426 | 0:55:57 | 10,72 | 5:36 |
| 1737 | 2148 | TYDGAT Laurent | ST-AMANDSBERG | M | 1427 | 0:55:58 | 10,72 | 5:36 |
| 1738 | 1289 | DE JAEGER Carl | DENDERMONDE | M | 1428 | 0:56:00 | 10,71 | 5:36 |
| 1739 | 2071 | BEKAERT Luc | TIELT | M | 1429 | 0:56:02 | 10,71 | 5:36 |
| 1740 | 2322 | MECHELINCK Marleen | LOCHRISTI | V | 311 | 0:56:02 | 10,71 | 5:36 |
| 1741 | 2204 | ANNAERT Cindy | GERAARDSBERGEN | V | 312 | 0:56:03 | 10,70 | 5:36 |
| 1742 | 2226 | GOETHALS Isabelle | ADEGEM | V | 313 | 0:56:03 | 10,70 | 5:36 |
| 1743 | 1600 | ALLAERT Opeter | GENT | M | 1430 | 0:56:05 | 10,70 | 5:36 |
| 1744 | 544 | SMET Priya | GRIMBERGEN | V | 314 | 0:56:05 | 10,70 | 5:36 |
| 1745 | 2789 | QUIPOR Peter | LOCHRISTI | M | 1431 | 0:56:05 | 10,70 | 5:36 |
| 1746 | 702 | DE SMEDT Georges | LEBBEKE | M | 1432 | 0:56:06 | 10,70 | 5:37 |
| 1747 | 1023 | DERDEYN Krista | BUGGENHOUT | V | 315 | 0:56:07 | 10,69 | 5:37 |
| 1748 | 2891 | DEKEYZER Hugo | ZEDELGEM | M | 1433 | 0:56:07 | 10,69 | 5:37 |
| 1749 | 2556 | CLARK Robert | OTTAWA | M | 1434 | 0:56:08 | 10,69 | 5:37 |
| 1750 | 1478 | COPPENS Eveline | KEERBERGEN | V | 316 | 0:56:09 | 10,69 | 5:37 |
| 1751 | 795 | DE ZUTTER Viviane | ZULTE | V | 317 | 0:56:09 | 10,69 | 5:37 |
| 1752 | 2077 | VAN CLEER Yves | HOEVENEN | M | 1435 | 0:56:10 | 10,68 | 5:37 |
| 1753 | 2908 | PARMENTIER Natacha | BEERNEM | V | 318 | 0:56:11 | 10,68 | 5:37 |
| 1754 | 1128 | JEURIS Jens | HEIST-AAN-ZEE | M | 1436 | 0:56:12 | 10,68 | 5:37 |
| 1755 | 1314 | STOOP Jozef | WIJNEGEM | M | 1437 | 0:56:12 | 10,68 | 5:37 |
| 1756 | 2078 | BOGERS Margot | HOEVENEN | V | 319 | 0:56:12 | 10,68 | 5:37 |
| 1757 | 1839 | CLEYNEN Peter | HEIST-AAN-ZEE | M | 1438 | 0:56:12 | 10,68 | 5:37 |
| 1758 | 2688 | MEURS Alfred | JETTE | M | 1439 | 0:56:13 | 10,67 | 5:37 |
| 1759 | 2689 | LEFEVERE Jessica | IXELLES | V | 320 | 0:56:13 | 10,67 | 5:37 |
| 1760 | 2926 | VANTORRE Petra | BLANKENBERGE | V | 321 | 0:56:14 | 10,67 | 5:37 |
| 1761 | 1018 | MEUSER Valerie | KNOKKE-HEIST | V | 322 | 0:56:14 | 10,67 | 5:37 |
| 1762 | 637 | ZONNEKEYN Geert | RONSE | M | 1440 | 0:56:16 | 10,66 | 5:38 |
| 1763 | 1126 | LACHAT Matthias | KNOKKE HEIST | M | 1441 | 0:56:16 | 10,66 | 5:38 |
| 1764 | 728 | VANMARCKE Gwen | BRUGGE | V | 323 | 0:56:16 | 10,66 | 5:38 |
| 1765 | 2696 | DEWACHTER Anna | BRUGGE | V | 324 | 0:56:16 | 10,66 | 5:38 |
| 1766 | 1040 | BOUILLON Patrik | KNOKKE-HEIST | M | 1442 | 0:56:17 | 10,66 | 5:38 |
| 1767 | 1584 | DE BEER Kristof | UITKERKE | M | 1443 | 0:56:17 | 10,66 | 5:38 |
| 1768 | 741 | BEEVERS Marleen | ST.PIETERS-KAPELLE | V | 325 | 0:56:19 | 10,65 | 5:38 |
| 1769 | 1342 | OST Maarten | WAARSCHOOR | M | 1444 | 0:56:19 | 10,65 | 5:38 |
| 1770 | 1017 | MEUSER Frederik | KNOKKE-HEIST | M | 1445 | 0:56:20 | 10,65 | 5:38 |
| 1771 | 245 | DEBRABANDERE Stijn | OOSTENDE | M | 1446 | 0:56:20 | 10,65 | 5:38 |
| 1772 | 658 | DE BRUYCKER Kathy | WETTEREN | V | 326 | 0:56:21 | 10,65 | 5:38 |
| 1773 | 516 | DE WISPELAERE Franky | KNOKKE-HEIST | M | 1447 | 0:56:21 | 10,65 | 5:38 |
| 1774 | 2022 | DE BRAEKELEER Inge | GENT | V | 327 | 0:56:22 | 10,64 | 5:38 |
| 1775 | 732 | EL MEHTOUCHI Mitch | TISSOLT | V | 328 | 0:56:22 | 10,64 | 5:38 |
| 1776 | 2135 | DE DEUYTSCHÉ Sabine | KNOKKE-HEIST | V | 329 | 0:56:23 | 10,64 | 5:38 |
| 1777 | 2888 | RAPPE Els | KNOKKE-HEIST | V | 330 | 0:56:26 | 10,63 | 5:39 |
| 1778 | 1640 | DUMONEAU Pedro | GENTBRUGGE | M | 1448 | 0:56:26 | 10,63 | 5:39 |
| 1779 | 2105 | DEMUYNCK Kathy | WEVELGEM | V | 331 | 0:56:27 | 10,63 | 5:39 |
| 1780 | 2528 | VERSCHRAEGEN Colette | HOEILAART | V | 332 | 0:56:28 | 10,63 | 5:39 |
| 1781 | 1116 | VANHOENACKER Carine | BLANKENBERGE | V | 333 | 0:56:29 | 10,62 | 5:39 |
| 1782 | 2777 | VANDEPUTTE Tom | KNOKKE | M | 1449 | 0:56:31 | 10,62 | 5:39 |
| 1783 | 607 | SALENS Maxim | LOPPEM | M | 1450 | 0:56:32 | 10,61 | 5:39 |
| 1784 | 2459 | VAN DER LINDEN Jakoba | GENT | V | 334 | 0:56:32 | 10,61 | 5:39 |
| 1785 | 1087 | ROSEEUW Isolde | KNOKKE | V | 335 | 0:56:35 | 10,60 | 5:40 |
| 1786 | 2439 | DE SAEGER Johan | AFFLIGEM | M | 1451 | 0:56:35 | 10,60 | 5:40 |
| 1787 | 1940 | MATTHEEUWS Melissa | GENT | V | 336 | 0:56:35 | 10,60 | 5:40 |
| 1788 | 2433 | PROVOOST Guy | ELEWIJT | M | 1452 | 0:56:35 | 10,60 | 5:40 |
| 1789 | 2455 | DE COSTER Anna | MONS | V | 337 | 0:56:36 | 10,60 | 5:40 |
| 1790 | 1774 | JACOBS Filip | | M | 1453 | 0:56:36 | 10,60 | 5:40 |
| 1791 | 1486 | TORFS Luc | BRECHT | M | 1454 | 0:56:37 | 10,60 | 5:40 |
| 1792 | 2214 | VANDERMOLLEN Carl | SCHOTEN | M | 1455 | 0:56:37 | 10,60 | 5:40 |
| 1793 | 2372 | VERKEST Eveline | LEERBEEK | V | 338 | 0:56:38 | 10,59 | 5:40 |
| 1794 | 2136 | MARTENS Murielle | AFSNEE | V | 339 | 0:56:38 | 10,59 | 5:40 |
| 1795 | 842 | DESMAELE Tina | BRUGGE | V | 340 | 0:56:38 | 10,59 | 5:40 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-------------------------|---------------------|-----|-------|---------|-------|---------|
| 1796 | 631 | VANSTEELAND Isabelle | DEINZE | V | 341 | 0:56:39 | 10,59 | 5:40 |
| 1797 | 2549 | MEIP Siri | GENT | V | 342 | 0:56:40 | 10,59 | 5:40 |
| 1798 | 752 | BELLER Michel | WILRIJK (ANTWERPEN) | M | 1456 | 0:56:40 | 10,59 | 5:40 |
| 1799 | 2275 | VERMEIRE Jérôme | WOLUWE-ST-LAMBERT | M | 1457 | 0:56:40 | 10,59 | 5:40 |
| 1800 | 837 | SPELIER Kurt | KNOKKE | M | 1458 | 0:56:41 | 10,59 | 5:40 |
| 1801 | 2457 | BEIRENS Michel | BRASSCHAAT | M | 1459 | 0:56:41 | 10,59 | 5:40 |
| 1802 | 1019 | DE RIJCKE Jens | OORDEGEM | M | 1460 | 0:56:42 | 10,58 | 5:40 |
| 1803 | 1930 | TANGHE Fanny | BLANKENBERGE | V | 343 | 0:56:42 | 10,58 | 5:40 |
| 1804 | 2210 | VERHEYE Yannick | BLANKENBERGE | V | 344 | 0:56:42 | 10,58 | 5:40 |
| 1805 | 2807 | MOUTON Anne-Sophie | NEVELE | V | 345 | 0:56:43 | 10,58 | 5:40 |
| 1806 | 1655 | DOHENY Niall | IXELLES | M | 1461 | 0:56:44 | 10,58 | 5:40 |
| 1807 | 2319 | STRAUVEN Frank | LANDEN | M | 1462 | 0:56:45 | 10,57 | 5:41 |
| 1808 | 1305 | PARDO Ronald | AMSTERDAM | M | 1463 | 0:56:45 | 10,57 | 5:41 |
| 1809 | 2977 | LAMBRECHT Anje | ST-ANDRIES | V | 346 | 0:56:45 | 10,57 | 5:41 |
| 1810 | 2774 | VANHESTE Leo | KNOKKE-HEIST | M | 1464 | 0:56:45 | 10,57 | 5:41 |
| 1811 | 2803 | NEYTS Nadine | KNOKKE-HEIST | V | 347 | 0:56:45 | 10,57 | 5:41 |
| 1812 | 1158 | DORY Johanna | HEIST-AAN-ZEE | V | 348 | 0:56:47 | 10,57 | 5:41 |
| 1813 | 2956 | WYBO Jurgen | ASSEBROEK | M | 1465 | 0:56:48 | 10,56 | 5:41 |
| 1814 | 289 | KLUYSKENS Christine | DEURLE | V | 349 | 0:56:49 | 10,56 | 5:41 |
| 1815 | 2622 | TRYBOU Luc | STADEN | M | 1466 | 0:56:50 | 10,56 | 5:41 |
| 1816 | 1313 | STOOP Rita | ZEEBRUGGE (BRUGGE) | V | 350 | 0:56:50 | 10,56 | 5:41 |
| 1817 | 2001 | COMMAS Claudia | UCCLE | V | 351 | 0:56:51 | 10,55 | 5:41 |
| 1818 | 2529 | VAEREWISSEK Geert | MOERBEKE-WAAS | M | 1467 | 0:56:51 | 10,55 | 5:41 |
| 1819 | 1590 | DE BOUCK Kristof | ASSEBROEK | M | 1468 | 0:56:52 | 10,55 | 5:41 |
| 1820 | 1453 | VAN BELLE Yanick | BLANKENBERGE | V | 352 | 0:56:52 | 10,55 | 5:41 |
| 1821 | 1021 | STANDAERT Katleen | KNOKKE HEIST | V | 353 | 0:56:56 | 10,54 | 5:42 |
| 1822 | 1403 | CORVILAIN Marcel | ALKEN | M | 1469 | 0:56:57 | 10,54 | 5:42 |
| 1823 | 2655 | PUTMAN Nele | AFSNEE | V | 354 | 0:56:58 | 10,53 | 5:42 |
| 1824 | 860 | VAN ROSSEM Bert | KNOKKE-HEIST | M | 1470 | 0:56:59 | 10,53 | 5:42 |
| 1825 | 1155 | NR 1155 | | M | 1471 | 0:57:00 | 10,53 | 5:42 |
| 1826 | 2572 | BONTINCK Luc | WAASMUNSTER | M | 1472 | 0:57:01 | 10,52 | 5:42 |
| 1827 | 1983 | VAN GEYTE Veerle | HAMME (O.-VL.) | V | 355 | 0:57:02 | 10,52 | 5:42 |
| 1828 | 2717 | VLIETINCK Kathleen | KNOKKE-HEIST | V | 356 | 0:57:04 | 10,51 | 5:42 |
| 1829 | 778 | SCHOORE Henk | ASSEBROEK | M | 1473 | 0:57:05 | 10,51 | 5:42 |
| 1830 | 924 | DE KEUNINCK Chanel | KNOKKE-HEIST | V | 357 | 0:57:05 | 10,51 | 5:42 |
| 1831 | 2883 | VANHOLLEBEKE Yvan | | M | 1474 | 0:57:05 | 10,51 | 5:42 |
| 1832 | 1700 | LATOIR Griet | LETTERHOUTEM | V | 358 | 0:57:06 | 10,51 | 5:43 |
| 1833 | 1664 | GUTTIG Philip | DEURNE | M | 1475 | 0:57:07 | 10,50 | 5:43 |
| 1834 | 2786 | DE BRABANDERE Bert | KNOKKE-HEIST | M | 1476 | 0:57:07 | 10,50 | 5:43 |
| 1835 | 897 | HODGES Sarah | BRUXELLES | V | 359 | 0:57:07 | 10,50 | 5:43 |
| 1836 | 1547 | VAN HAMME Tom | | M | 1477 | 0:57:07 | 10,50 | 5:43 |
| 1837 | 2562 | MORTIER Bert | ZEDELGEM | M | 1478 | 0:57:07 | 10,50 | 5:43 |
| 1838 | 2512 | ROOMS Veronique | DESTELBERGEN | V | 360 | 0:57:08 | 10,50 | 5:43 |
| 1839 | 1582 | VAN DEN BERGHE Diane | BOECHOUT | V | 361 | 0:57:09 | 10,50 | 5:43 |
| 1840 | 2819 | VAN OUYVE Frederic | RUDDERVOORDE | M | 1479 | 0:57:09 | 10,50 | 5:43 |
| 1841 | 782 | SAMOY Kristof | ST-MICHIELS | M | 1480 | 0:57:10 | 10,50 | 5:43 |
| 1842 | 2126 | VAN STEIRTEGHEM Karin | KNOKKE-HEIST | V | 362 | 0:57:10 | 10,50 | 5:43 |
| 1843 | 1462 | DIERICKX Linde | DILBEEK | V | 363 | 0:57:11 | 10,49 | 5:43 |
| 1844 | 1408 | VAN DOORNE Daphne | DAMME | V | 364 | 0:57:12 | 10,49 | 5:43 |
| 1845 | 2316 | MOORTGAT Emma | ST-MARTENS-LATEM | V | 365 | 0:57:12 | 10,49 | 5:43 |
| 1846 | 2314 | MOORTGAT Michel | ST-MARTENS-LATEM | M | 1481 | 0:57:12 | 10,49 | 5:43 |
| 1847 | 2870 | ADRIANSENS Veerle | ST-ANDRIES | V | 366 | 0:57:12 | 10,49 | 5:43 |
| 1848 | 1063 | POTTIE Pieter | ZWEVEGEM - KNOKKE | M | 1482 | 0:57:13 | 10,49 | 5:43 |
| 1849 | 1922 | VERMEIRE Christine | BLANKENBERGE | V | 367 | 0:57:14 | 10,48 | 5:43 |
| 1850 | 2082 | SCHILDERMANS Henny | MOL | M | 1483 | 0:57:15 | 10,48 | 5:44 |
| 1851 | 2510 | SMELLINCKX Marianne | HALLE | V | 368 | 0:57:15 | 10,48 | 5:44 |
| 1852 | 1007 | DE BIE Ronny | BRASSCHAAT | M | 1484 | 0:57:16 | 10,48 | 5:44 |
| 1853 | 1029 | VAN DEN BROUCKE Marleen | MOERKERKE | V | 369 | 0:57:18 | 10,47 | 5:44 |
| 1854 | 1085 | FOUCART Michele | AUDERGHEM | V | 370 | 0:57:18 | 10,47 | 5:44 |
| 1855 | 2815 | POPelier Mariella | KNOKKE-HEIST | V | 371 | 0:57:18 | 10,47 | 5:44 |
| 1856 | 933 | DE GROOTE Johanna | KNOKKE-HEIST | V | 372 | 0:57:19 | 10,47 | 5:44 |
| 1857 | 1558 | LAMBRECHT Benedicte | ST-ANDRIES | V | 373 | 0:57:19 | 10,47 | 5:44 |
| 1858 | 593 | SWOLFS Loic | KNOKKE HEIST | M | 1485 | 0:57:19 | 10,47 | 5:44 |
| 1859 | 2062 | BAUTE Gino | HEIST-AAN-ZEE | M | 1486 | 0:57:20 | 10,47 | 5:44 |
| 1860 | 716 | CARDYN Caroline | KNOKKE | V | 374 | 0:57:20 | 10,47 | 5:44 |
| 1861 | 2823 | DEWEER Patricia | BRUGGE | V | 375 | 0:57:20 | 10,47 | 5:44 |
| 1862 | 2531 | BERNAERT Ronny | OOSTENDE | M | 1487 | 0:57:21 | 10,46 | 5:44 |
| 1863 | 1414 | VAN PEER Dominique | LEUVEN | M | 1488 | 0:57:21 | 10,46 | 5:44 |
| 1864 | 1429 | VAN DE STEENE Bart | ZOMERGEM | M | 1489 | 0:57:21 | 10,46 | 5:44 |
| 1865 | 857 | THIENPONDY Yves | BRUGGE | M | 1490 | 0:57:23 | 10,46 | 5:44 |
| 1866 | 858 | VAN AERDE Clive | BRUGGE | M | 1491 | 0:57:24 | 10,45 | 5:44 |
| 1867 | 2381 | DE SMEDT Dirk | ST-KATELIJNE-WAVER | M | 1492 | 0:57:24 | 10,45 | 5:44 |
| 1868 | 1084 | LAMBEENS Stefanie | NIEUWERKERKEN | V | 376 | 0:57:24 | 10,45 | 5:44 |
| 1869 | 1915 | FLIPS Hilde | OLEN | V | 377 | 0:57:25 | 10,45 | 5:45 |
| 1870 | 2357 | WITVROUWEN Frieda | HERENTALS | V | 378 | 0:57:26 | 10,45 | 5:45 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-----------------------|------------------|-----|-------|---------|-------|---------|
| 1871 | 2458 | DOX Walter | KAPellen (ANTW.) | M | 1493 | 0:57:26 | 10,45 | 5:45 |
| 1872 | 1918 | STAELENS Noor | KNOkke | V | 379 | 0:57:27 | 10,44 | 5:45 |
| 1873 | 2360 | PLAETINCK Lien | GENT | V | 380 | 0:57:27 | 10,44 | 5:45 |
| 1874 | 2163 | VAN VOOREN Bart | ST-MARTENS-LATEM | M | 1494 | 0:57:28 | 10,44 | 5:45 |
| 1875 | 1999 | REUVERS Henriette | MAASTRICHT | V | 381 | 0:57:28 | 10,44 | 5:45 |
| 1876 | 2958 | DE KEMPE Mark | KNOkke-HEIST | M | 1495 | 0:57:28 | 10,44 | 5:45 |
| 1877 | 2164 | VAN VOOREN Joyce | ST-MARTENS-LATEM | V | 382 | 0:57:28 | 10,44 | 5:45 |
| 1878 | 2165 | VAN VOOREN Jill | ST-MARTENS-LATEM | V | 383 | 0:57:29 | 10,44 | 5:45 |
| 1879 | 1205 | VERLEYE Dirk | KNOkke-HEIST | M | 1496 | 0:57:29 | 10,44 | 5:45 |
| 1880 | 1147 | MANHAEVE Jeroen | KNOkke-HEIST | M | 1497 | 0:57:29 | 10,44 | 5:45 |
| 1881 | 2795 | CLAEYS Peter | BELLEm | M | 1498 | 0:57:30 | 10,43 | 5:45 |
| 1882 | 2850 | DEWULF Inge | BRUGGE | V | 384 | 0:57:31 | 10,43 | 5:45 |
| 1883 | 653 | KUSHIRO Akira | GENT | M | 1499 | 0:57:32 | 10,43 | 5:45 |
| 1884 | 877 | GHESELLE Maaïke | KNOkke HEIST | V | 385 | 0:57:33 | 10,43 | 5:45 |
| 1885 | 1709 | LAVENCY Pierre | LOUVAIN-LA-NEUVE | M | 1500 | 0:57:33 | 10,43 | 5:45 |
| 1886 | 589 | THIERS Marie | EINE | V | 386 | 0:57:35 | 10,42 | 5:46 |
| 1887 | 1088 | SERBRUYNS Claire | KNOkke-HEIST | V | 387 | 0:57:36 | 10,42 | 5:46 |
| 1888 | 553 | DEBUCK Ann | MALDEGEM KLEIT | V | 388 | 0:57:36 | 10,42 | 5:46 |
| 1889 | 1542 | THONe Philippe | ALKEN | M | 1501 | 0:57:36 | 10,42 | 5:46 |
| 1890 | 1195 | RYCKAERT Stephanie | KNOkke-HEIST | V | 389 | 0:57:36 | 10,42 | 5:46 |
| 1891 | 2813 | LION Dorine | KNOkke-HEIST | V | 390 | 0:57:36 | 10,42 | 5:46 |
| 1892 | 1424 | D'HAENENS Luk | GENT | M | 1502 | 0:57:36 | 10,42 | 5:46 |
| 1893 | 537 | SOUmARE Sophie | BLANKENBERGE | V | 391 | 0:57:38 | 10,41 | 5:46 |
| 1894 | 1022 | VAN RENTERGHEM Regine | EVERGEM | V | 392 | 0:57:39 | 10,41 | 5:46 |
| 1895 | 519 | DE MARQUE Virginie | LISSEWEGE | V | 393 | 0:57:40 | 10,40 | 5:46 |
| 1896 | 2469 | VENIERS Linde | MARIAKERKE | V | 394 | 0:57:41 | 10,40 | 5:46 |
| 1897 | 1008 | DEKNOP Heidi | DIEST | V | 395 | 0:57:41 | 10,40 | 5:46 |
| 1898 | 2468 | VAN DE CASSEYE An | HERZELE | V | 396 | 0:57:42 | 10,40 | 5:46 |
| 1899 | 2952 | DE WIT Beatrijs | KNOkke-HEIST | V | 397 | 0:57:42 | 10,40 | 5:46 |
| 1900 | 1357 | LAGAE Christl | IEPER | V | 398 | 0:57:42 | 10,40 | 5:46 |
| 1901 | 2223 | MORRET Didier | EeKLO | M | 1503 | 0:57:42 | 10,40 | 5:46 |
| 1902 | 2896 | DEPICKER Steven | BRUGGE | M | 1504 | 0:57:43 | 10,40 | 5:46 |
| 1903 | 2496 | DUMON Jo | OOSTKAMP | V | 399 | 0:57:44 | 10,39 | 5:46 |
| 1904 | 886 | RAEMDONCK Ronald | KNOkke-HEIST | M | 1505 | 0:57:45 | 10,39 | 5:47 |
| 1905 | 2541 | VERHEYEN Joachim | HERENTALS | M | 1506 | 0:57:45 | 10,39 | 5:47 |
| 1906 | 1025 | BUEGEL Angeline | DRONGEN | V | 400 | 0:57:46 | 10,39 | 5:47 |
| 1907 | 2591 | BADISCO Lydie | HERZELE | V | 401 | 0:57:46 | 10,39 | 5:47 |
| 1908 | 2533 | LECOYER Jean Claude | BRUXELLES | M | 1507 | 0:57:47 | 10,38 | 5:47 |
| 1909 | 1407 | GERMONPRE Sharon | HEUSDEN | V | 402 | 0:57:48 | 10,38 | 5:47 |
| 1910 | 2288 | DECOENE Wim | GENTBRUGGE | M | 1508 | 0:57:50 | 10,37 | 5:47 |
| 1911 | 667 | VOSSIUS Diane | ST-TRUIDEN | V | 403 | 0:57:51 | 10,37 | 5:47 |
| 1912 | 999 | KEUPPENS Frederik | GENT | M | 1509 | 0:57:52 | 10,37 | 5:47 |
| 1913 | 2388 | VANDENBERGHE Kristin | DRONGEN | V | 404 | 0:57:53 | 10,37 | 5:47 |
| 1914 | 2423 | LIEVENS Veronique | ASSEBROEK | V | 405 | 0:57:53 | 10,37 | 5:47 |
| 1915 | 2650 | ROGIERS Murielle | MERELBEKE | V | 406 | 0:57:54 | 10,36 | 5:47 |
| 1916 | 2119 | APER Francois | NAZARETH | M | 1510 | 0:57:54 | 10,36 | 5:47 |
| 1917 | 1009 | PRZIBYLLA Wiebke | ROESELARE | V | 407 | 0:57:56 | 10,36 | 5:48 |
| 1918 | 2976 | WALCARIUS Laurence | ZEDELGEM | V | 408 | 0:57:56 | 10,36 | 5:48 |
| 1919 | 2309 | GOUTSMIT Sam | OOSTENDE | M | 1511 | 0:57:56 | 10,36 | 5:48 |
| 1920 | 2187 | DECEUNINCK Hans | LENDELEDE | M | 1512 | 0:57:56 | 10,36 | 5:48 |
| 1921 | 1210 | MONBALIU Beldien | KNOkke-HEIST | M | 1513 | 0:57:57 | 10,35 | 5:48 |
| 1922 | 820 | PYFFEROEN Nele | VARSENARE | V | 409 | 0:57:57 | 10,35 | 5:48 |
| 1923 | 1010 | BRAKEL Philippe | KNOkke-HEIST | M | 1514 | 0:57:57 | 10,35 | 5:48 |
| 1924 | 1941 | WYBAILLE Heleen | GENT | V | 410 | 0:57:59 | 10,35 | 5:48 |
| 1925 | 1425 | DESMEDETT Caroline | HEIST-AAN-ZEE | V | 411 | 0:57:59 | 10,35 | 5:48 |
| 1926 | 1365 | DOSSCHE Carine | WAARSCHOOT | V | 412 | 0:57:59 | 10,35 | 5:48 |
| 1927 | 1420 | DE GROOTE Luc | HEIST-AAN-ZEE | M | 1515 | 0:58:00 | 10,34 | 5:48 |
| 1928 | 2732 | MOLLET Roxxy | KNOkke | V | 413 | 0:58:00 | 10,34 | 5:48 |
| 1929 | 1256 | TEMMERMAN Els | ZELE | V | 414 | 0:58:00 | 10,34 | 5:48 |
| 1930 | 2041 | DEMPYINNE Armand | WILRIJK | M | 1516 | 0:58:01 | 10,34 | 5:48 |
| 1931 | 2910 | DE SMET Ellen | BEERNEM | V | 415 | 0:58:01 | 10,34 | 5:48 |
| 1932 | 1665 | BOGAERT Thijs | WAARSCHOOT | M | 1517 | 0:58:02 | 10,34 | 5:48 |
| 1933 | 1742 | LESCOUHIER Lore | | V | 416 | 0:58:02 | 10,34 | 5:48 |
| 1934 | 1263 | TAVERNIER Ole | LICHTERVELDE | M | 1518 | 0:58:02 | 10,34 | 5:48 |
| 1935 | 2781 | DHONDT Chris | OOSTENDE | M | 1519 | 0:58:03 | 10,34 | 5:48 |
| 1936 | 2779 | ROSSENUe Hilde | GISTEL | V | 417 | 0:58:03 | 10,34 | 5:48 |
| 1937 | 2478 | DEBAENE Britt | BRUGGE | V | 418 | 0:58:03 | 10,34 | 5:48 |
| 1938 | 517 | TEMPELS Chris | DE PINTE | M | 1520 | 0:58:03 | 10,34 | 5:48 |
| 1939 | 947 | PEENE Luc | IEPER | M | 1521 | 0:58:03 | 10,34 | 5:48 |
| 1940 | 2833 | VAN MULLEM Filip | BRUGGE | M | 1522 | 0:58:04 | 10,33 | 5:48 |
| 1941 | 2730 | VERBIST Gwendy | LISSEWEGE | V | 419 | 0:58:04 | 10,33 | 5:48 |
| 1942 | 2666 | DE VYLDER Inez | ZWIJNDRECHT | V | 420 | 0:58:04 | 10,33 | 5:48 |
| 1943 | 2665 | DE LAET Cynthia | ZWIJNDRECHT | V | 421 | 0:58:04 | 10,33 | 5:48 |
| 1944 | 2909 | GUIDEE Katie | BEERNEM | V | 422 | 0:58:04 | 10,33 | 5:48 |
| 1945 | 2015 | POLET Dominique | NANDRIN | V | 423 | 0:58:04 | 10,33 | 5:48 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|------------------------|-------------------|-----|-------|---------|-------|---------|
| 1946 | 1154 | MAENE Lobke | RAMSKAPELLE | V | 424 | 0:58:05 | 10,33 | 5:48 |
| 1947 | 2558 | VANPOUCKE Guido | ZEVEGEM | M | 1523 | 0:58:06 | 10,33 | 5:49 |
| 1948 | 2917 | SERREYN Myriam | | V | 425 | 0:58:07 | 10,32 | 5:49 |
| 1949 | 2013 | DE LANDTSHEER Joke | LAARNE | V | 426 | 0:58:07 | 10,32 | 5:49 |
| 1950 | 1828 | VAN NYEN Leo | EDEGEM | M | 1524 | 0:58:07 | 10,32 | 5:49 |
| 1951 | 2354 | DESENDER Romanie | BRUGGE | V | 427 | 0:58:08 | 10,32 | 5:49 |
| 1952 | 2675 | EEMAN Sonia | OOSTERZELE | V | 428 | 0:58:08 | 10,32 | 5:49 |
| 1953 | 1507 | BUFFEL Marc | VARSENARE | M | 1525 | 0:58:09 | 10,32 | 5:49 |
| 1954 | 969 | VAN LOOCKE Gerda | BRUGGE | V | 429 | 0:58:09 | 10,32 | 5:49 |
| 1955 | 1298 | VANDEREYCKEN Frederik | LEUVEN | M | 1526 | 0:58:11 | 10,31 | 5:49 |
| 1956 | 2927 | TIMMERMAN Gino | BLANKENBERGE | M | 1527 | 0:58:12 | 10,31 | 5:49 |
| 1957 | 861 | REUBENS Francis | KNOKKE-HEIST | M | 1528 | 0:58:13 | 10,31 | 5:49 |
| 1958 | 814 | LAMBRECHT Roland | HERENT | M | 1529 | 0:58:14 | 10,30 | 5:49 |
| 1959 | 1349 | VAN STEENBERGEN Carla | LEUVEN | V | 430 | 0:58:14 | 10,30 | 5:49 |
| 1960 | 749 | RAYMENANTS Rene | DUFFEL | M | 1530 | 0:58:14 | 10,30 | 5:49 |
| 1961 | 2605 | BEERNAERT Maureen | ANDENNE | V | 431 | 0:58:14 | 10,30 | 5:49 |
| 1962 | 1792 | LANDUYT Anja | KNOKKE-HEIST | V | 432 | 0:58:15 | 10,30 | 5:49 |
| 1963 | 1523 | SANTENS Kristel | BRUGGE | V | 433 | 0:58:15 | 10,30 | 5:49 |
| 1964 | 1837 | VAN SWEEVELDT Tom | SCHILDE | M | 1531 | 0:58:17 | 10,29 | 5:50 |
| 1965 | 539 | DE LOBELLE Nathalie | SCHILDE | V | 434 | 0:58:17 | 10,29 | 5:50 |
| 1966 | 2088 | ADRIAENSEN Birgita | | V | 435 | 0:58:18 | 10,29 | 5:50 |
| 1967 | 681 | DEPRINS Roland | DESTELBERGEN | M | 1532 | 0:58:18 | 10,29 | 5:50 |
| 1968 | 2734 | JANSSENS Eline | LISSEWEGE | V | 436 | 0:58:19 | 10,29 | 5:50 |
| 1969 | 2121 | LENAERTS Marleen | NAZARETH | V | 437 | 0:58:20 | 10,29 | 5:50 |
| 1970 | 683 | DE WAEL Conny | HEIST-AAN-ZEE | V | 438 | 0:58:20 | 10,29 | 5:50 |
| 1971 | 1304 | LAMMENS Karoline | KNOKKE-HEIST | V | 439 | 0:58:20 | 10,29 | 5:50 |
| 1972 | 2036 | SENS Christel | WAASMUNSTER | V | 440 | 0:58:22 | 10,28 | 5:50 |
| 1973 | 2568 | ACKERMAN Lazlo | KNOKKE | M | 1533 | 0:58:22 | 10,28 | 5:50 |
| 1974 | 2087 | VAN DERKEKEN Hilde | DENDERMONDE | V | 441 | 0:58:22 | 10,28 | 5:50 |
| 1975 | 989 | LAUREYS Rik | ZELZATE | M | 1534 | 0:58:23 | 10,28 | 5:50 |
| 1976 | 1976 | GHYSEL Walter | KNOKKE-HEIST | M | 1535 | 0:58:23 | 10,28 | 5:50 |
| 1977 | 257 | TIMMERMANS Rik | ZEEBRUGGE | M | 1536 | 0:58:23 | 10,28 | 5:50 |
| 1978 | 1393 | VANDE VELDE Celine | KNOKKE | V | 442 | 0:58:23 | 10,28 | 5:50 |
| 1979 | 2735 | PAULY Dagmar | ST-ANDRIES | V | 443 | 0:58:24 | 10,27 | 5:50 |
| 1980 | 919 | MESTDACH Astrid | KNOKKE | V | 444 | 0:58:24 | 10,27 | 5:50 |
| 1981 | 2058 | DAENE Carine | BLANKENBERGE | V | 445 | 0:58:24 | 10,27 | 5:50 |
| 1982 | 1980 | BOGAERTS Patrick | BRASSCHAAT | M | 1537 | 0:58:25 | 10,27 | 5:50 |
| 1983 | 1402 | DONCKERS Katrien | KNOKKE-HEIST | V | 446 | 0:58:27 | 10,27 | 5:51 |
| 1984 | 1199 | VERMEIREN Marijke | DESTELBERGEN | V | 447 | 0:58:28 | 10,26 | 5:51 |
| 1985 | 1353 | T SERSTEVENS Geraldine | MELIN | V | 448 | 0:58:29 | 10,26 | 5:51 |
| 1986 | 1645 | VERBOUW Kris | BLANKENBERGE | M | 1538 | 0:58:29 | 10,26 | 5:51 |
| 1987 | 799 | GEBOERS Eric | KNOKKE | M | 1539 | 0:58:29 | 10,26 | 5:51 |
| 1988 | 1441 | CERINI Carla | FONTAINE-L'EVEQUE | V | 449 | 0:58:29 | 10,26 | 5:51 |
| 1989 | 1957 | MOENAERT Sissi | | V | 450 | 0:58:30 | 10,26 | 5:51 |
| 1990 | 855 | BLOES Fabienne | KNOKKE-HEIST | V | 451 | 0:58:31 | 10,25 | 5:51 |
| 1991 | 97 | HUYGENS Katrien | LANDSKOUTER | V | 452 | 0:58:31 | 10,25 | 5:51 |
| 1992 | 1272 | VAN HOOFF Nelly | LIER | V | 453 | 0:58:31 | 10,25 | 5:51 |
| 1993 | 1014 | CALLENS Emmanuel | BRUSSEL | M | 1540 | 0:58:32 | 10,25 | 5:51 |
| 1994 | 2393 | VAN OVERBERGHE Mathieu | DEINZE | M | 1541 | 0:58:33 | 10,25 | 5:51 |
| 1995 | 2445 | VERBIEST Mia | DE PINTE | V | 454 | 0:58:33 | 10,25 | 5:51 |
| 1996 | 1331 | BEAUDUIN Caroline | JODOIGNE | V | 455 | 0:58:34 | 10,24 | 5:51 |
| 1997 | 2073 | VALENTIN Michel | KNOKKE | M | 1542 | 0:58:34 | 10,24 | 5:51 |
| 1998 | 1571 | LOTH Frits | WAASMUNSTER | M | 1543 | 0:58:35 | 10,24 | 5:52 |
| 1999 | 2209 | RICOCE Virgile | MARCO EN BAROEUL | M | 1544 | 0:58:36 | 10,24 | 5:52 |
| 2000 | 1434 | DUYCK Patricia | ST-MARTENS-LATEM | V | 456 | 0:58:37 | 10,24 | 5:52 |
| 2001 | 2298 | BUYCK Piet | BRASSCHAAT | M | 1545 | 0:58:38 | 10,23 | 5:52 |
| 2002 | 1632 | NEYTS Luc | KNOKKE-HEIST | M | 1546 | 0:58:40 | 10,23 | 5:52 |
| 2003 | 2069 | PUTCUYPS Ingrid | LISSEWEGE | V | 457 | 0:58:41 | 10,22 | 5:52 |
| 2004 | 1039 | ROSSEY Lies | BRUGGE | V | 458 | 0:58:42 | 10,22 | 5:52 |
| 2005 | 2306 | COPPIETERS Beatrice | BRUXELLES | V | 459 | 0:58:43 | 10,22 | 5:52 |
| 2006 | 2264 | MICOLL Jacques | LEUVEN | M | 1547 | 0:58:43 | 10,22 | 5:52 |
| 2007 | 1690 | NEYT Bart | MARIAKERKE | M | 1548 | 0:58:46 | 10,21 | 5:53 |
| 2008 | 1397 | LOEFFEN Jeroen | KNOKKE-HEIST | M | 1549 | 0:58:47 | 10,21 | 5:53 |
| 2009 | 2526 | SMESKENS Leen | WOLVERTEM | V | 460 | 0:58:49 | 10,20 | 5:53 |
| 2010 | 2277 | GOMES Germano | GENT | M | 1550 | 0:58:49 | 10,20 | 5:53 |
| 2011 | 1327 | CLOOTS Jerika | MEISE | V | 461 | 0:58:49 | 10,20 | 5:53 |
| 2012 | 1854 | CLAEYS Nathalie | BORNEM | V | 462 | 0:58:50 | 10,20 | 5:53 |
| 2013 | 1886 | GYSELINCK Sandrine | DILBEEK | V | 463 | 0:58:52 | 10,19 | 5:53 |
| 2014 | 2284 | VORREYE Hicdl | MARIAKERKE | V | 464 | 0:58:52 | 10,19 | 5:53 |
| 2015 | 1356 | PAQUOT Emmanuelle | ROUX-MIROIR | V | 465 | 0:58:54 | 10,19 | 5:53 |
| 2016 | 2846 | CALLEEUW Mattias | ASSEBROEK | M | 1551 | 0:58:54 | 10,19 | 5:53 |
| 2017 | 1036 | WULLENS Margriet | RUISELEDE | V | 466 | 0:58:55 | 10,18 | 5:53 |
| 2018 | 131 | BOUSSEMAERE Pieter | GENT | M | 1552 | 0:58:58 | 10,18 | 5:54 |
| 2019 | 2238 | BONTZOS Damien | KNOKKE-HEIST | M | 1553 | 0:58:59 | 10,17 | 5:54 |
| 2020 | 2644 | COENE Eike | STEKENE | V | 467 | 0:59:00 | 10,17 | 5:54 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|------------------------|-------------------|-----|-------|---------|-------|---------|
| 2021 | 2237 | BONTZOS Sebastien | KNOKKE-HEIST | M | 1554 | 0:59:00 | 10,17 | 5:54 |
| 2022 | 1373 | MICHIELS Wim | KNOKKE | M | 1555 | 0:59:01 | 10,17 | 5:54 |
| 2023 | 1374 | VANTHEMSCHE Françoise | KNOKKE | V | 468 | 0:59:01 | 10,17 | 5:54 |
| 2024 | 1421 | VAN HOOLAND Bart | DEURLE | M | 1556 | 0:59:02 | 10,16 | 5:54 |
| 2025 | 1847 | KEYMIS Michel | KNOKKE-HEIST | M | 1557 | 0:59:02 | 10,16 | 5:54 |
| 2026 | 2266 | SLAETS Sofie | PUTTE | V | 469 | 0:59:03 | 10,16 | 5:54 |
| 2027 | 929 | DE SAEGHER Olivier | ST-NIKLAAS | M | 1558 | 0:59:04 | 10,16 | 5:54 |
| 2028 | 1288 | ROELS Karen | APPELS | V | 470 | 0:59:05 | 10,16 | 5:54 |
| 2029 | 2178 | VAN DEN BROUCKE Sandra | KNOKKE-HEIST | V | 471 | 0:59:05 | 10,16 | 5:54 |
| 2030 | 2460 | CLINCKE Danny | LAARNE | M | 1559 | 0:59:06 | 10,15 | 5:55 |
| 2031 | 584 | VERCRUYSSSE Emmanuelle | ZUIENKERKE | V | 472 | 0:59:07 | 10,15 | 5:55 |
| 2032 | 1807 | DURINCK Tony | STEKENE | M | 1560 | 0:59:08 | 10,15 | 5:55 |
| 2033 | 2580 | ROSEEUW Gwendoline | HEIST-AAN-ZEE | V | 473 | 0:59:09 | 10,14 | 5:55 |
| 2034 | 623 | BRABANTS Sophie | BRASSCHAAT | V | 474 | 0:59:09 | 10,14 | 5:55 |
| 2035 | 1892 | HENZEL Laurens | DUDZELE | M | 1561 | 0:59:10 | 10,14 | 5:55 |
| 2036 | 2575 | DE CLERICK Vicky | BLANKENBERGE | V | 475 | 0:59:10 | 10,14 | 5:55 |
| 2037 | 571 | BERGHMANS Ingrid | MOL | V | 476 | 0:59:10 | 10,14 | 5:55 |
| 2038 | 1176 | DENECKER Jan | KNOKKE-HEIST | M | 1562 | 0:59:12 | 10,14 | 5:55 |
| 2039 | 2262 | VAN HYFTE Lisa | HEIST-AAN-ZEE | V | 477 | 0:59:12 | 10,14 | 5:55 |
| 2040 | 1878 | KREPS Elke | KNOKKE-HEIST | V | 478 | 0:59:13 | 10,13 | 5:55 |
| 2041 | 283 | VERBURGH Leen | KNOKKE-HEIST | M | 1563 | 0:59:13 | 10,13 | 5:55 |
| 2042 | 565 | VERHEYE Megan | KNOKKE-HEIST | V | 479 | 0:59:13 | 10,13 | 5:55 |
| 2043 | 1970 | DOBBELAERE Sabine | BOECHOUT | V | 480 | 0:59:13 | 10,13 | 5:55 |
| 2044 | 2139 | LIEVENS Sofie | GENT | V | 481 | 0:59:15 | 10,13 | 5:55 |
| 2045 | 1423 | STROOBANT Nathalie | BALEGEM | V | 482 | 0:59:15 | 10,13 | 5:55 |
| 2046 | 112 | LEMAIRE Peter | TORHOUT | M | 1564 | 0:59:15 | 10,13 | 5:55 |
| 2047 | 2808 | DE WULF Tom | NEVELE | M | 1565 | 0:59:16 | 10,12 | 5:56 |
| 2048 | 1556 | FLOREAL Martine | GENT | V | 483 | 0:59:16 | 10,12 | 5:56 |
| 2049 | 805 | SAXEGAARD Margrethe | BRUSSEL | V | 484 | 0:59:17 | 10,12 | 5:56 |
| 2050 | 1059 | DEGREE Frederic | TERVUREN | M | 1566 | 0:59:17 | 10,12 | 5:56 |
| 2051 | 2260 | DE MAYER Lieselot | ST-LIEVENS-HOUTEM | V | 485 | 0:59:17 | 10,12 | 5:56 |
| 2052 | 1551 | DE CRAENE Petra | ZOMERGEM | V | 486 | 0:59:18 | 10,12 | 5:56 |
| 2053 | 2479 | HULPIA Anouk | EVERGEM | V | 487 | 0:59:18 | 10,12 | 5:56 |
| 2054 | 1786 | STOCKMAN Barbara | KNOKKE-HEIST | V | 488 | 0:59:19 | 10,12 | 5:56 |
| 2055 | 2578 | DE RYCKE Roland | JABBEKE | M | 1567 | 0:59:20 | 10,11 | 5:56 |
| 2056 | 1013 | MOONEN Greet | BRUSSEL | V | 489 | 0:59:22 | 10,11 | 5:56 |
| 2057 | 1772 | BERTOIA Claire | | V | 490 | 0:59:23 | 10,10 | 5:56 |
| 2058 | 574 | DUJARDYN Valerie | WESTKAPELLE | V | 491 | 0:59:25 | 10,10 | 5:56 |
| 2059 | 1206 | TIEBOUT Fabienne | KNOKKE-HEIST | V | 492 | 0:59:25 | 10,10 | 5:56 |
| 2060 | 527 | ALLEMEERSCH Ann | ASSEBROEK | V | 493 | 0:59:27 | 10,09 | 5:57 |
| 2061 | 1255 | STROBBE Julie | KNOKKE | V | 494 | 0:59:27 | 10,09 | 5:57 |
| 2062 | 515 | DELMOTTE Anita | KNOKKE-HEIST | V | 495 | 0:59:28 | 10,09 | 5:57 |
| 2063 | 2042 | GIANNONI Maria Silvia | BRUXELLES | V | 496 | 0:59:28 | 10,09 | 5:57 |
| 2064 | 1546 | DECLERCK Erik | GENT | M | 1568 | 0:59:30 | 10,08 | 5:57 |
| 2065 | 2864 | ISSELÉE Hans | ASSEBROEK | M | 1569 | 0:59:30 | 10,08 | 5:57 |
| 2066 | 2110 | ROGIEST Philippe | KNOKKE-HEIST | M | 1570 | 0:59:31 | 10,08 | 5:57 |
| 2067 | 628 | VAN DE VELDE Annelies | SHELLEBELLE | V | 497 | 0:59:31 | 10,08 | 5:57 |
| 2068 | 2030 | RENTMEESTERS Raf | ST-MARTENS-LATEM | M | 1571 | 0:59:32 | 10,08 | 5:57 |
| 2069 | 1696 | DE CEULAER Bart | DEN HAAG | M | 1572 | 0:59:32 | 10,08 | 5:57 |
| 2070 | 1674 | DE CEULAER Joke | DILBEEK | V | 498 | 0:59:35 | 10,07 | 5:58 |
| 2071 | 1585 | THEYS Mathias | MOERBEKE | M | 1573 | 0:59:36 | 10,07 | 5:58 |
| 2072 | 2499 | LASSEEL Liliane | | V | 499 | 0:59:37 | 10,06 | 5:58 |
| 2073 | 1194 | ESSERS Hilde | MAASMECHELEN | V | 500 | 0:59:37 | 10,06 | 5:58 |
| 2074 | 2464 | RONSSÉ Laurent | ST-MARTENS-LATEM | M | 1574 | 0:59:37 | 10,06 | 5:58 |
| 2075 | 2491 | GERARD Asrid | | V | 501 | 0:59:39 | 10,06 | 5:58 |
| 2076 | 2370 | VERHAEGEN Ilse | LANAKEN | V | 502 | 0:59:40 | 10,06 | 5:58 |
| 2077 | 1371 | NOE Patrick | VOSELARE | M | 1575 | 0:59:41 | 10,05 | 5:58 |
| 2078 | 1202 | DE CORTE Francine | ZOMERGEM | V | 503 | 0:59:41 | 10,05 | 5:58 |
| 2079 | 1615 | MAQUET Marie Claire | BREDENE | V | 504 | 0:59:45 | 10,04 | 5:58 |
| 2080 | 1887 | LEMMENS Katrien | HERENTALS | V | 505 | 0:59:45 | 10,04 | 5:58 |
| 2081 | 1660 | VAN EECHE Trees | BREDENE | V | 506 | 0:59:47 | 10,04 | 5:59 |
| 2082 | 958 | CORNELIS Paul | LOVENDEGEM | M | 1576 | 0:59:47 | 10,04 | 5:59 |
| 2083 | 2241 | VAN CANT Chris | GROBBENDONK | V | 507 | 0:59:48 | 10,03 | 5:59 |
| 2084 | 957 | BOTTERMAN Greta | LOVENDEGEM | V | 508 | 0:59:49 | 10,03 | 5:59 |
| 2085 | 2295 | VERSCHUEREN Marleen | NEVELE | V | 509 | 0:59:49 | 10,03 | 5:59 |
| 2086 | 2296 | GERMONPRE Marie | GENT | V | 510 | 0:59:49 | 10,03 | 5:59 |
| 2087 | 2197 | LAURIJSSSEN Stef | RETIE | M | 1577 | 0:59:50 | 10,03 | 5:59 |
| 2088 | 1677 | VANDEPLASSCHE Stijn | OOSTROZEBEKE | M | 1578 | 0:59:51 | 10,03 | 5:59 |
| 2089 | 1458 | GHEQUIERE Judith | TORHOUT | V | 511 | 0:59:51 | 10,03 | 5:59 |
| 2090 | 1812 | STEVENS Michel | WILBROEK | M | 1579 | 0:59:52 | 10,02 | 5:59 |
| 2091 | 2196 | NR 2196 | | M | 1580 | 0:59:53 | 10,02 | 5:59 |
| 2092 | 2916 | DENECKER Veronique | HEIST-AAN-ZEE | V | 512 | 0:59:53 | 10,02 | 5:59 |
| 2093 | 2234 | VAN LOOY Bart | LEUVEN | M | 1581 | 0:59:53 | 10,02 | 5:59 |
| 2094 | 2437 | DESCHUYTER Roland | OOSTKAMP | M | 1582 | 0:59:54 | 10,02 | 5:59 |
| 2095 | 2258 | SANDRA Josephine | LEDEGEM | V | 513 | 0:59:54 | 10,02 | 5:59 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|--------------------------|--------------------|-----|-------|---------|-------|---------|
| 2096 | 1358 | LAMOTE Kristof | ADEGEM | M | 1583 | 0:59:54 | 10,02 | 5:59 |
| 2097 | 1723 | VAN MERRIS Thomas | | M | 1584 | 0:59:56 | 10,01 | 6:00 |
| 2098 | 1559 | VANDEBOSSCHE Kristel | ROESELARE | V | 514 | 0:59:56 | 10,01 | 6:00 |
| 2099 | 2711 | VANDENBERGHE Veronique | ZEEBRUGGE (BRUGGE) | V | 515 | 0:59:56 | 10,01 | 6:00 |
| 2100 | 2532 | WARDELLA Anna | BRUXELLES | V | 516 | 0:59:57 | 10,01 | 6:00 |
| 2101 | 2737 | SCHELSTRAETE Wim | DUDZELE | M | 1585 | 0:59:58 | 10,01 | 6:00 |
| 2102 | 2884 | DE CLERCQ Luc | EVERGEM | M | 1586 | 1:00:00 | 10,00 | 6:00 |
| 2103 | 1315 | MAENHOUDT Bertrand | KNOKKE-HEIST | M | 1587 | 1:00:01 | 10,00 | 6:00 |
| 2104 | 1238 | DASSARGUES Francois | BRUXELLES | M | 1588 | 1:00:02 | 9,99 | 6:00 |
| 2105 | 793 | DECEUNINCK Evelyn | RUMBEKE | V | 517 | 1:00:03 | 9,99 | 6:00 |
| 2106 | 771 | HAMERLINCK Jean Pierre | DEURLE | M | 1589 | 1:00:03 | 9,99 | 6:00 |
| 2107 | 898 | VAN NEDERKASSEL Matthias | SCHILDE | M | 1590 | 1:00:04 | 9,99 | 6:00 |
| 2108 | 1060 | VAN POPPEL Bob | MECHELEN | M | 1591 | 1:00:05 | 9,99 | 6:01 |
| 2109 | 666 | RINGOOT Dany | MEISE | M | 1592 | 1:00:05 | 9,99 | 6:01 |
| 2110 | 2211 | CNUDPE Chris | DEURLE | M | 1593 | 1:00:05 | 9,99 | 6:01 |
| 2111 | 1439 | DE CAT Eric | DEURLE | M | 1594 | 1:00:05 | 9,99 | 6:01 |
| 2112 | 1150 | MANHAEVE Robin | KNOKKE-HEIST | M | 1595 | 1:00:06 | 9,98 | 6:01 |
| 2113 | 2949 | TIMMERS Jetse | | M | 1596 | 1:00:09 | 9,98 | 6:01 |
| 2114 | 1285 | DE GROOTE Piet | KNOKKE-HEIST | M | 1597 | 1:00:09 | 9,98 | 6:01 |
| 2115 | 1572 | VAN DER BERGH Marijke | MOORSLEDE | V | 518 | 1:00:10 | 9,97 | 6:01 |
| 2116 | 1053 | KRIS Andrew | ANTWERPEN | M | 1598 | 1:00:12 | 9,97 | 6:01 |
| 2117 | 1637 | PIESSEVAUX Marie | GENT | V | 519 | 1:00:13 | 9,96 | 6:01 |
| 2118 | 1113 | DERESE Linda | X | V | 520 | 1:00:15 | 9,96 | 6:01 |
| 2119 | 1522 | COPPENS William | BRUGGE | M | 1599 | 1:00:15 | 9,96 | 6:01 |
| 2120 | 1422 | VERHAEGHE Trees | WAASMUNSTER | V | 521 | 1:00:16 | 9,96 | 6:02 |
| 2121 | 2402 | VANDORPE Sigurd | BAVIKHOVE | M | 1600 | 1:00:17 | 9,95 | 6:02 |
| 2122 | 2865 | DEDECKERE Els | JABBEKE | V | 522 | 1:00:18 | 9,95 | 6:02 |
| 2123 | 1635 | BIOT Stephanie | GENTBRUGGE | V | 523 | 1:00:21 | 9,94 | 6:02 |
| 2124 | 2829 | VANHAVERBEKE Dirk | PARIS | M | 1601 | 1:00:22 | 9,94 | 6:02 |
| 2125 | 2828 | VANHAVERBEKE Jan | HERTSBERGE | M | 1602 | 1:00:22 | 9,94 | 6:02 |
| 2126 | 1841 | PIETERS Frank | ANTWERPEN | M | 1603 | 1:00:24 | 9,93 | 6:02 |
| 2127 | 2353 | CORIJN Dominique | KNOKKE-HEIST | M | 1604 | 1:00:25 | 9,93 | 6:02 |
| 2128 | 777 | STANDAERT Astrid | KNOKKE-HEIST | V | 524 | 1:00:25 | 9,93 | 6:02 |
| 2129 | 1727 | VANGEEL Kim | BALEN | V | 525 | 1:00:25 | 9,93 | 6:02 |
| 2130 | 780 | STANDAERT Christian | KNOKKE-HEIST | M | 1605 | 1:00:25 | 9,93 | 6:02 |
| 2131 | 2863 | BONQUET Liesbet | ASSEBROEK | V | 526 | 1:00:25 | 9,93 | 6:02 |
| 2132 | 2827 | PARCHAP Sandrine | X | V | 527 | 1:00:26 | 9,93 | 6:03 |
| 2133 | 986 | DE GIETER Evy | MERCHTEM | V | 528 | 1:00:27 | 9,93 | 6:03 |
| 2134 | 2861 | CUVELIER Pascale | BRUGGE | V | 529 | 1:00:28 | 9,92 | 6:03 |
| 2135 | 2862 | DEPOORTER Pascal | BRUGGE | M | 1606 | 1:00:29 | 9,92 | 6:03 |
| 2136 | 1387 | DE PREZ Isabel | WICHELEN | V | 530 | 1:00:30 | 9,92 | 6:03 |
| 2137 | 2683 | DE CLERCQ Anouk | OUDENAARDE | V | 531 | 1:00:31 | 9,91 | 6:03 |
| 2138 | 2684 | MONSAERT Steven | GENT | M | 1607 | 1:00:31 | 9,91 | 6:03 |
| 2139 | 1316 | VANDERCAPPELLEN Ina | DESTELBERGEN | V | 532 | 1:00:31 | 9,91 | 6:03 |
| 2140 | 1220 | DESRUMAUX Wilfried | ST-KRUIS-BRUGGE | M | 1608 | 1:00:31 | 9,91 | 6:03 |
| 2141 | 2157 | BRENTJENS Erwin | TURNHOUT | M | 1609 | 1:00:32 | 9,91 | 6:03 |
| 2142 | 1851 | BLOMME Alain | KNOKKE-HEIST | M | 1610 | 1:00:32 | 9,91 | 6:03 |
| 2143 | 502 | ROELANDT Michel | GROOT-BIJGAARDEN | M | 1611 | 1:00:33 | 9,91 | 6:03 |
| 2144 | 1217 | LIERMAN Peter | KNOKKE-HEIST | M | 1612 | 1:00:34 | 9,91 | 6:03 |
| 2145 | 1861 | DANNELS Vicky | KNOKKE-HEIST | V | 533 | 1:00:36 | 9,90 | 6:04 |
| 2146 | 1178 | DE GRAEVE Sylvia | KNOKKE-HEIST | V | 534 | 1:00:37 | 9,90 | 6:04 |
| 2147 | 1628 | MADELEIN Christophe | GENT | M | 1613 | 1:00:38 | 9,90 | 6:04 |
| 2148 | 1449 | VERBURGH Sabine | LOKEREN | V | 535 | 1:00:39 | 9,89 | 6:04 |
| 2149 | 835 | TERZI Lorenzo | BRUXELLES | M | 1614 | 1:00:39 | 9,89 | 6:04 |
| 2150 | 1679 | VERWILGAEN Davy | GENT | M | 1615 | 1:00:41 | 9,89 | 6:04 |
| 2151 | 1609 | TERHY Nicole | | V | 536 | 1:00:43 | 9,88 | 6:04 |
| 2152 | 1470 | VERHEGGE Franky | KNOKKE HEIST | M | 1616 | 1:00:43 | 9,88 | 6:04 |
| 2153 | 1914 | HAENTJENS Wim | TERVUREN | M | 1617 | 1:00:43 | 9,88 | 6:04 |
| 2154 | 1459 | PINOY Bart | KNOKKE-HEIST | M | 1618 | 1:00:43 | 9,88 | 6:04 |
| 2155 | 2075 | VAN DEN BROECK Erik | AARTSELAAR | M | 1619 | 1:00:47 | 9,87 | 6:05 |
| 2156 | 2524 | VINGERMOETS Liesbeth | ANTWERPEN | V | 537 | 1:00:48 | 9,87 | 6:05 |
| 2157 | 747 | VAES Erna | ANTWERPEN 5 | V | 538 | 1:00:49 | 9,87 | 6:05 |
| 2158 | 1467 | GRYSON Paul | KNOKKE-HEIST | M | 1620 | 1:00:49 | 9,87 | 6:05 |
| 2159 | 2638 | BUYSSSE Carine | WAASMUNSTER | V | 539 | 1:00:49 | 9,87 | 6:05 |
| 2160 | 2720 | VAN BROECK Els | WENDUINE | V | 540 | 1:00:50 | 9,86 | 6:05 |
| 2161 | 2589 | BATSLEER Gunther | ZOMERGEM | M | 1621 | 1:00:50 | 9,86 | 6:05 |
| 2162 | 2495 | VANPAMEL Annick | NEVELE | V | 541 | 1:00:51 | 9,86 | 6:05 |
| 2163 | 686 | DILLIEN Martine | KAPellen (ANTW.) | V | 542 | 1:00:51 | 9,86 | 6:05 |
| 2164 | 2103 | HARINCK Christophe | IZEGEM | M | 1622 | 1:00:52 | 9,86 | 6:05 |
| 2165 | 1908 | SKRBKOVA Alena | BRUXELLES | M | 1623 | 1:00:57 | 9,84 | 6:06 |
| 2166 | 1122 | DAENINCK Kevin | KNOKKE-HEIST | M | 1624 | 1:00:59 | 9,84 | 6:06 |
| 2167 | 1862 | BROOThAERS Anka | BOOM | V | 543 | 1:01:01 | 9,83 | 6:06 |
| 2168 | 1044 | UYTTENHOVE Leen | DENDERHOUTEM | V | 544 | 1:01:02 | 9,83 | 6:06 |
| 2169 | 2101 | MUS Kathleen | KNOKKE-HEIST | V | 545 | 1:01:08 | 9,81 | 6:07 |
| 2170 | 663 | LAGRANGE Annick | WAREGEM | V | 546 | 1:01:11 | 9,81 | 6:07 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-------------------------|--------------------|-----|-------|---------|------|---------|
| 2171 | 2520 | DE BRUYCKER Dimitri | OOSTAKKER | M | 1625 | 1:01:12 | 9,80 | 6:07 |
| 2172 | 1083 | VAN VOOREN Conny | ADEGEM | M | 1626 | 1:01:13 | 9,80 | 6:07 |
| 2173 | 74 | MARREYT Chris | ZEEBRUGGE (BRUGGE) | M | 1627 | 1:01:19 | 9,79 | 6:08 |
| 2174 | 2733 | DESMEDT Amelie | KNOKKE HEIST | V | 547 | 1:01:21 | 9,78 | 6:08 |
| 2175 | 1993 | DE PRINS Yves | MECHELEN | M | 1628 | 1:01:22 | 9,78 | 6:08 |
| 2176 | 1250 | GAELENS Sofie | KNOKKE HEIST | V | 548 | 1:01:22 | 9,78 | 6:08 |
| 2177 | 1201 | VERMEIREN Marleen | GENT | V | 549 | 1:01:22 | 9,78 | 6:08 |
| 2178 | 2628 | KEULEMANS Gerda | KESSEL-LO | V | 550 | 1:01:24 | 9,77 | 6:08 |
| 2179 | 1065 | VALLEE Eric | BRUXELLES 1 | M | 1629 | 1:01:27 | 9,76 | 6:09 |
| 2180 | 1565 | NAUWELAERS Sabine | BERCHEM | V | 551 | 1:01:29 | 9,76 | 6:09 |
| 2181 | 1026 | DE GROOTE Mia | GENT | V | 552 | 1:01:30 | 9,76 | 6:09 |
| 2182 | 2255 | NR 2255 | | M | 1630 | 1:01:31 | 9,75 | 6:09 |
| 2183 | 779 | SAEY Tom | DEURNE (ANTWERPEN) | M | 1631 | 1:01:33 | 9,75 | 6:09 |
| 2184 | 2934 | VANDERVELPEN Hilde | BLANKENBERGE | V | 553 | 1:01:33 | 9,75 | 6:09 |
| 2185 | 1597 | SYNAEVE Nadine | EVERGEM | V | 554 | 1:01:33 | 9,75 | 6:09 |
| 2186 | 2966 | ROELS Stijn | HEIST-AAN-ZEE | M | 1632 | 1:01:34 | 9,75 | 6:09 |
| 2187 | 2096 | VAN AVERMAET Rita | ASSENEDE | V | 555 | 1:01:34 | 9,75 | 6:09 |
| 2188 | 1815 | VANDERLEUR Joury | KNOKKE-HEIST | M | 1633 | 1:01:36 | 9,74 | 6:10 |
| 2189 | 2756 | VAN HOVE Ingrid | BOECHOUT | V | 556 | 1:01:37 | 9,74 | 6:10 |
| 2190 | 505 | DE JAEGHER Krist | WAREGEM | M | 1634 | 1:01:37 | 9,74 | 6:10 |
| 2191 | 2750 | BAERT Vivianne | KNOKKE HEIST | V | 557 | 1:01:38 | 9,73 | 6:10 |
| 2192 | 639 | VERBEKE Joke Mieke | BRUGGE | V | 558 | 1:01:38 | 9,73 | 6:10 |
| 2193 | 1648 | SCHOMAERT Thibaut | GENT | M | 1635 | 1:01:42 | 9,72 | 6:10 |
| 2194 | 2912 | VLIETINCK Nathalie | ST-ANDRIES | V | 559 | 1:01:42 | 9,72 | 6:10 |
| 2195 | 2273 | THORRE Kelly | IEPER | V | 560 | 1:01:44 | 9,72 | 6:10 |
| 2196 | 2272 | THORRE Kenzy | IEPER | M | 1636 | 1:01:44 | 9,72 | 6:10 |
| 2197 | 1871 | LAGAST Nicky | KNOKKE-HEIST | V | 561 | 1:01:46 | 9,71 | 6:11 |
| 2198 | 2473 | DE RYCKE Silke | ZEDELGEM | V | 562 | 1:01:47 | 9,71 | 6:11 |
| 2199 | 1427 | DE ZUTTER Carine | BLANKENBERGE | V | 563 | 1:01:47 | 9,71 | 6:11 |
| 2200 | 1100 | FONTAINE Betty | WILTZ | V | 564 | 1:01:48 | 9,71 | 6:11 |
| 2201 | 1926 | NELEN Karin | OOSTENDE | V | 565 | 1:01:50 | 9,70 | 6:11 |
| 2202 | 2540 | VERHEYEN Evelien | HERENTALS | V | 566 | 1:01:51 | 9,70 | 6:11 |
| 2203 | 2340 | ARIJS Viviane | LANAKEN | V | 567 | 1:01:53 | 9,70 | 6:11 |
| 2204 | 1016 | VERHELST Marc | DEURNE | M | 1637 | 1:01:53 | 9,70 | 6:11 |
| 2205 | 166 | NELEN Patrick | KAPELLEN | M | 1638 | 1:01:57 | 9,69 | 6:12 |
| 2206 | 2925 | VANHOVE Dirk | BLANKENBERGE | M | 1639 | 1:01:59 | 9,68 | 6:12 |
| 2207 | 513 | VAN OVERBERGHE Greet | DEINZE | V | 568 | 1:02:00 | 9,68 | 6:12 |
| 2208 | 2246 | VANDENBOGAERDE Viktor | ST-ANDRIES | M | 1640 | 1:02:02 | 9,67 | 6:12 |
| 2209 | 2494 | MUSSELS Fem | BRUXELLES | V | 569 | 1:02:07 | 9,66 | 6:13 |
| 2210 | 1611 | ANNEMIE Devos | GENT | V | 570 | 1:02:10 | 9,65 | 6:13 |
| 2211 | 559 | MEANEY Josie | KONTICH | V | 571 | 1:02:13 | 9,64 | 6:13 |
| 2212 | 1977 | COUCKE Jo | KNOKKE-HEIST | M | 1641 | 1:02:13 | 9,64 | 6:13 |
| 2213 | 2339 | WALRAEVENS Marie | IXELLES | V | 572 | 1:02:14 | 9,64 | 6:13 |
| 2214 | 2475 | VERSPILLE Kristin | HALLE | V | 573 | 1:02:14 | 9,64 | 6:13 |
| 2215 | 2245 | VANDAMME Ann | ST-ANDRIES | V | 574 | 1:02:15 | 9,64 | 6:14 |
| 2216 | 707 | BRACKE Steven | WIJNAARDE | M | 1642 | 1:02:16 | 9,64 | 6:14 |
| 2217 | 2465 | OCHOA Joila | DEINZE | V | 575 | 1:02:18 | 9,63 | 6:14 |
| 2218 | 2559 | EGGERMONT Vince | GENT | M | 1643 | 1:02:18 | 9,63 | 6:14 |
| 2219 | 1260 | LATOUCHE Francois | BRUXELLES | M | 1644 | 1:02:19 | 9,63 | 6:14 |
| 2220 | 2404 | VANDORPE Willy | BAVIKHOVE | M | 1645 | 1:02:20 | 9,63 | 6:14 |
| 2221 | 872 | VANDERHEYDEN Jozef | KOERSEL | M | 1646 | 1:02:21 | 9,62 | 6:14 |
| 2222 | 2403 | VANDORPE Nausika | BAVIKHOVE | V | 576 | 1:02:21 | 9,62 | 6:14 |
| 2223 | 567 | VERHOEVEN Eva | BRUSSEL | V | 577 | 1:02:22 | 9,62 | 6:14 |
| 2224 | 568 | VERHOEVEN Leo | BRUSSEL 7 | M | 1647 | 1:02:22 | 9,62 | 6:14 |
| 2225 | 1252 | KLINKERS Anouk | WESTERLO | V | 578 | 1:02:22 | 9,62 | 6:14 |
| 2226 | 2805 | VAN DEN BRUAENE Katrien | KNOKKE-HEIST | V | 579 | 1:02:22 | 9,62 | 6:14 |
| 2227 | 2004 | MARTONY Peter | HEIST-AAN-ZEE | M | 1648 | 1:02:22 | 9,62 | 6:14 |
| 2228 | 926 | BONTE Cynthia | ZOMERGEM | V | 580 | 1:02:23 | 9,62 | 6:14 |
| 2229 | 1845 | DEMAIN Laurence | JODOIGNE | V | 581 | 1:02:23 | 9,62 | 6:14 |
| 2230 | 2053 | LORMANS Luc | ST-MARTENS-LATEM | M | 1649 | 1:02:24 | 9,62 | 6:14 |
| 2231 | 524 | ROOS Kevin | OOSTKAMP | M | 1650 | 1:02:25 | 9,61 | 6:15 |
| 2232 | 569 | STAELS Maja | SIJSELE | V | 582 | 1:02:25 | 9,61 | 6:15 |
| 2233 | 2012 | POELVOORDE Wouter | HEIST-AAN-ZEE | M | 1651 | 1:02:27 | 9,61 | 6:15 |
| 2234 | 2373 | HOSTE Joost | ZULTE | M | 1652 | 1:02:28 | 9,61 | 6:15 |
| 2235 | 2374 | DEPLA Rik | MEETKERKE | M | 1653 | 1:02:29 | 9,60 | 6:15 |
| 2236 | 1283 | WYDOOGHE Lieve | KNOKKE | M | 1654 | 1:02:29 | 9,60 | 6:15 |
| 2237 | 2633 | TOLLENAERE Tessa | MOERBEKE-WAAS | V | 583 | 1:02:29 | 9,60 | 6:15 |
| 2238 | 640 | PERSCHEL Ludwig | GENTBRUGGE | M | 1655 | 1:02:30 | 9,60 | 6:15 |
| 2239 | 2061 | VAN DAELE Sybil | LANDEGEM | V | 584 | 1:02:31 | 9,60 | 6:15 |
| 2240 | 704 | PERSCHEL Evelien | WIJNAARDE | V | 585 | 1:02:31 | 9,60 | 6:15 |
| 2241 | 2941 | DAVIT Katelijne | BEERNEM | V | 586 | 1:02:34 | 9,59 | 6:15 |
| 2242 | 1162 | DENECKER Astrid | KNOKKE-HEIST | V | 587 | 1:02:35 | 9,59 | 6:15 |
| 2243 | 1132 | MARTENS Dimitri | MOERKERKE | M | 1656 | 1:02:35 | 9,59 | 6:15 |
| 2244 | 1890 | PETITAT Sylvie | KNOKKE-HEIST | V | 588 | 1:02:35 | 9,59 | 6:15 |
| 2245 | 2928 | EASTON Sofie | BLANKENBERGE | V | 589 | 1:02:37 | 9,58 | 6:16 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
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| 2246 | 2932 | HUBRECHT Annick | BLANKENBERGE | V | 590 | 1:02:40 | 9,57 | 6:16 |
| 2247 | 2508 | VANVERRE Dirk | | M | 1657 | 1:02:40 | 9,57 | 6:16 |
| 2248 | 560 | JANSSENS Ilse | KONTICH | V | 591 | 1:02:41 | 9,57 | 6:16 |
| 2249 | 579 | D'HEYGERE Julie | MENEN | V | 592 | 1:02:41 | 9,57 | 6:16 |
| 2250 | 2155 | PASTILLERO Emmy | BORNEM | V | 593 | 1:02:41 | 9,57 | 6:16 |
| 2251 | 577 | DELFOSSÉ Charlotte | KORTRIJK | V | 594 | 1:02:42 | 9,57 | 6:16 |
| 2252 | 2796 | DEVREKER Benoit | LOT | M | 1658 | 1:02:42 | 9,57 | 6:16 |
| 2253 | 2154 | BRUGGEMAN Jp | BORNEM | M | 1659 | 1:02:42 | 9,57 | 6:16 |
| 2254 | 2341 | DEPLACE Justine | BRUGGE | V | 595 | 1:02:45 | 9,56 | 6:16 |
| 2255 | 1612 | COBBAERT Jan | GENT | M | 1660 | 1:02:45 | 9,56 | 6:16 |
| 2256 | 2933 | DE PAUW Annick | BLANKENBERGE | V | 596 | 1:02:46 | 9,56 | 6:17 |
| 2257 | 2617 | BULCKE Isabel | VEURNE | V | 597 | 1:02:46 | 9,56 | 6:17 |
| 2258 | 966 | MAES Tine | IZENBERGE | V | 598 | 1:02:46 | 9,56 | 6:17 |
| 2259 | 925 | DOBBELAERE Ellen | RONSELE | V | 599 | 1:02:48 | 9,55 | 6:17 |
| 2260 | 2751 | VERMEULEN Nicole | GENT | V | 600 | 1:02:49 | 9,55 | 6:17 |
| 2261 | 538 | METTEN Jean | WEMMEL | M | 1661 | 1:02:49 | 9,55 | 6:17 |
| 2262 | 866 | CASADO Eric | WILRIJK / ANTWERPEN | M | 1662 | 1:02:50 | 9,55 | 6:17 |
| 2263 | 1268 | BLOMME Christel | KNOKKE-HEIST | V | 601 | 1:02:53 | 9,54 | 6:17 |
| 2264 | 1041 | TITS Denise | BRASSCHAAT | V | 602 | 1:02:54 | 9,54 | 6:17 |
| 2265 | 1956 | NELIS Brigitte | DEURNE | V | 603 | 1:02:55 | 9,54 | 6:17 |
| 2266 | 1955 | VAN SCHIL Luc | BORGERHOUT | M | 1663 | 1:02:55 | 9,54 | 6:17 |
| 2267 | 873 | BEECKMAN Isabelle | TEMSE | V | 604 | 1:02:56 | 9,53 | 6:18 |
| 2268 | 1513 | VAN WINGEN Roger | OOGEM | M | 1664 | 1:02:58 | 9,53 | 6:18 |
| 2269 | 2320 | BREYSEN Luc | HOLSBEEK | M | 1665 | 1:02:59 | 9,53 | 6:18 |
| 2270 | 1267 | VAN DEN BERGHE Tania | KNOKKE-HEIST | V | 605 | 1:02:59 | 9,53 | 6:18 |
| 2271 | 922 | HERTEN Luk | LINDEN | M | 1666 | 1:03:03 | 9,52 | 6:18 |
| 2272 | 910 | DE PAUW Benedicte | KNOKKE | V | 606 | 1:03:05 | 9,51 | 6:18 |
| 2273 | 1239 | DEVROE Hans | SCHILDE | M | 1667 | 1:03:05 | 9,51 | 6:18 |
| 2274 | 1310 | VAN HERREWEGHE Karine | WETTEREN | V | 607 | 1:03:06 | 9,51 | 6:19 |
| 2275 | 998 | KEUPPENS Elisabeth | GENT | V | 608 | 1:03:13 | 9,49 | 6:19 |
| 2276 | 1835 | WELLEKENS Inge | EREMBODEGEM | V | 609 | 1:03:13 | 9,49 | 6:19 |
| 2277 | 923 | MESTDACH Frank | KNOKKE | M | 1668 | 1:03:14 | 9,49 | 6:19 |
| 2278 | 676 | DEQUEKER Emilie | GENT | V | 610 | 1:03:14 | 9,49 | 6:19 |
| 2279 | 2328 | DAUNET Guillaume | HAVRÉ | M | 1669 | 1:03:14 | 9,49 | 6:19 |
| 2280 | 2408 | GRÉGOIRE Fabienne | NANDRIN | V | 611 | 1:03:16 | 9,48 | 6:20 |
| 2281 | 2028 | AGNEESSENS Frederic | KNOKKE-HEIST | M | 1670 | 1:03:18 | 9,48 | 6:20 |
| 2282 | 2365 | VRANCKEN Pascal | MAASMECHELEN | M | 1671 | 1:03:18 | 9,48 | 6:20 |
| 2283 | 1173 | VERMEERSCH Floris | KNOKKE | M | 1672 | 1:03:20 | 9,47 | 6:20 |
| 2284 | 675 | STICKER Elsie | GENT | V | 612 | 1:03:25 | 9,46 | 6:20 |
| 2285 | 1301 | PARDOVITCH Caren | AMSTERDAM | V | 613 | 1:03:25 | 9,46 | 6:20 |
| 2286 | 621 | VAN DAMME Joke | ZOMERGEM | V | 614 | 1:03:26 | 9,46 | 6:21 |
| 2287 | 1698 | SCHERIS Peter | WAASMUNSTER | M | 1673 | 1:03:26 | 9,46 | 6:21 |
| 2288 | 1112 | MONBALLYU Lut | HEIST-AAN-ZEE | V | 615 | 1:03:29 | 9,45 | 6:21 |
| 2289 | 1555 | PLUM Laura | AFSNEE | V | 616 | 1:03:29 | 9,45 | 6:21 |
| 2290 | 1598 | COUMANS Jeanpierre | ST-GILLIS-WAAS | M | 1674 | 1:03:31 | 9,45 | 6:21 |
| 2291 | 1240 | DELO Gerda | ASSE | V | 617 | 1:03:31 | 9,45 | 6:21 |
| 2292 | 1840 | PIETERS Marie | ANTWERPEN | V | 618 | 1:03:31 | 9,45 | 6:21 |
| 2293 | 2978 | BILLIAUW Isabelle | | V | 619 | 1:03:37 | 9,43 | 6:22 |
| 2294 | 2561 | STEEN Kim | ST-ANDRIES | V | 620 | 1:03:41 | 9,42 | 6:22 |
| 2295 | 2660 | FONTEYNE Ester | OOSTKAMP | V | 621 | 1:03:41 | 9,42 | 6:22 |
| 2296 | 2871 | WULLEMAN Bernice | BRUGGE | V | 622 | 1:03:41 | 9,42 | 6:22 |
| 2297 | 1233 | VAN BIJSTERVELD Sandor | WAASMUNSTER | M | 1675 | 1:03:46 | 9,41 | 6:23 |
| 2298 | 1627 | VAN DER STRAETEN Bart | GENT | M | 1676 | 1:03:49 | 9,40 | 6:23 |
| 2299 | 1618 | CURRI Sabrina | PÉRUWELZ | V | 623 | 1:03:50 | 9,40 | 6:23 |
| 2300 | 2555 | DEMEYER Micheline | GENT | V | 624 | 1:03:51 | 9,40 | 6:23 |
| 2301 | 1345 | VAN HULLE Sophie | WAARSCHOOT | V | 625 | 1:03:54 | 9,39 | 6:23 |
| 2302 | 2212 | CAPPAERT Johan | TREMELO | M | 1677 | 1:03:57 | 9,38 | 6:24 |
| 2303 | 2213 | VERHOEVEN Kris | ANTWERPEN | M | 1678 | 1:03:57 | 9,38 | 6:24 |
| 2304 | 2382 | ILIANO Wim | JABBEKE | M | 1679 | 1:03:57 | 9,38 | 6:24 |
| 2305 | 1383 | ANTHEUNIS Valerie | BRUGGE | V | 626 | 1:03:58 | 9,38 | 6:24 |
| 2306 | 1483 | DE PAUW Chris | GENT | V | 627 | 1:03:58 | 9,38 | 6:24 |
| 2307 | 1380 | DE BRABANDER Carine | BRUGGE | V | 628 | 1:03:58 | 9,38 | 6:24 |
| 2308 | 2746 | VAN MALDEGHEM Katrien | ASSEBROEK | V | 629 | 1:03:59 | 9,38 | 6:24 |
| 2309 | 2708 | BRUYER Michel | ASSEBROEK | M | 1680 | 1:03:59 | 9,38 | 6:24 |
| 2310 | 1114 | PAULUS Nicolas | KNOKKE | M | 1681 | 1:04:04 | 9,37 | 6:24 |
| 2311 | 2380 | MOENS Mia | ST-KATELIJNE-WAVER | V | 630 | 1:04:06 | 9,36 | 6:25 |
| 2312 | 1554 | VAN KEER Kim | ASSE | V | 631 | 1:04:06 | 9,36 | 6:25 |
| 2313 | 2379 | GOETEVEN Marie-Aure | MECHELEN | V | 632 | 1:04:06 | 9,36 | 6:25 |
| 2314 | 1589 | BODDEL Siska | KANEGEM | V | 633 | 1:04:08 | 9,36 | 6:25 |
| 2315 | 1824 | DE CLERCQ Martine | ST-ANDRIES | V | 634 | 1:04:10 | 9,35 | 6:25 |
| 2316 | 766 | COETSIER Katarina | ST-MARTENS-LATEM | V | 635 | 1:04:12 | 9,35 | 6:25 |
| 2317 | 878 | HUSTIN Muriel | BRUXELLES | V | 636 | 1:04:12 | 9,35 | 6:25 |
| 2318 | 1794 | DENOZZE Stefan | | M | 1682 | 1:04:12 | 9,35 | 6:25 |
| 2319 | 901 | DELIRE Laurence | WATERLOO | V | 637 | 1:04:12 | 9,35 | 6:25 |
| 2320 | 1788 | VAESSEN Barbara | LANAKEN | V | 638 | 1:04:12 | 9,35 | 6:25 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
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| 2321 | 1411 | VAN CANNEYT Mieke | ST-MARTENS-LATEM | V | 639 | 1:04:13 | 9,34 | 6:25 |
| 2322 | 2052 | CAPPELLIER Magda | BLANKENBERGE | V | 640 | 1:04:14 | 9,34 | 6:25 |
| 2323 | 2939 | VAN DAEL Carine | KNOKKE-HEIST | V | 641 | 1:04:15 | 9,34 | 6:26 |
| 2324 | 2943 | LOYSON Hilde | BRUGGE | V | 642 | 1:04:15 | 9,34 | 6:26 |
| 2325 | 1157 | SCHILLEWAERT Eline | WESTKAPELLE | V | 643 | 1:04:16 | 9,34 | 6:26 |
| 2326 | 843 | LINDHOLM Fredrik | BRUXELLES | M | 1683 | 1:04:16 | 9,34 | 6:26 |
| 2327 | 1477 | RAEYMAEKERS Jef | BRASSCHAAT | M | 1684 | 1:04:16 | 9,34 | 6:26 |
| 2328 | 1281 | ZURSTRASSEN Jose | KNOKKE-HEIST | M | 1685 | 1:04:17 | 9,33 | 6:26 |
| 2329 | 1472 | RAEYMAEKERS Bart | BRASSCHAAT | M | 1686 | 1:04:17 | 9,33 | 6:26 |
| 2330 | 1117 | DE MEY Tina | ASSEBROEK | V | 644 | 1:04:17 | 9,33 | 6:26 |
| 2331 | 1935 | HUYS Philip | | M | 1687 | 1:04:21 | 9,32 | 6:26 |
| 2332 | 2867 | DE VOOGT Steven | KNOKKE-HEIST | M | 1688 | 1:04:25 | 9,31 | 6:26 |
| 2333 | 1222 | DE VOOGT Annelies | KNOKKE-HEIST | V | 645 | 1:04:25 | 9,31 | 6:26 |
| 2334 | 1024 | SMET Roland | KNOKKE | M | 1689 | 1:04:27 | 9,31 | 6:27 |
| 2335 | 1864 | VAN LATHEM Justine | ANTWERPEN | V | 646 | 1:04:30 | 9,30 | 6:27 |
| 2336 | 1221 | DE VOOGT Freddy | KNOKKE-HEIST | M | 1690 | 1:04:31 | 9,30 | 6:27 |
| 2337 | 2594 | VAN GELUWE Tilly | GENT | V | 647 | 1:04:32 | 9,30 | 6:27 |
| 2338 | 2857 | VERSTICHEL Brenda | ZELZATE | V | 648 | 1:04:32 | 9,30 | 6:27 |
| 2339 | 1647 | VAN DEN BUSSCHE Katrien | MARIAKERKE | V | 649 | 1:04:32 | 9,30 | 6:27 |
| 2340 | 710 | VAN HEIRSEELE Brenda | GENTBRUGGE | V | 650 | 1:04:36 | 9,29 | 6:28 |
| 2341 | 1332 | TAVERNE Veronique | BRUXELLES | V | 651 | 1:04:36 | 9,29 | 6:28 |
| 2342 | 239 | VAN GERWEN Katrien | EREMBODEGEM | V | 652 | 1:04:39 | 9,28 | 6:28 |
| 2343 | 1430 | VAN REETH Krista | HEIST-AAN-ZEE | V | 653 | 1:04:39 | 9,28 | 6:28 |
| 2344 | 1481 | VERCAUTEREN Mieke | KNOKKE-HEIST | V | 654 | 1:04:45 | 9,27 | 6:29 |
| 2345 | 2630 | DHONDT Anna | OVERIJSE | V | 655 | 1:04:46 | 9,26 | 6:29 |
| 2346 | 1426 | DANIELS Zoe | KNOKKE HEIST | V | 656 | 1:04:46 | 9,26 | 6:29 |
| 2347 | 1721 | VANDEN HEUVEL Stefan | KNOKKE-HEIST | M | 1691 | 1:04:48 | 9,26 | 6:29 |
| 2348 | 1971 | DOUBELS Marie | KNOKKE-HEIST | M | 1692 | 1:04:48 | 9,26 | 6:29 |
| 2349 | 946 | BROWN David | BRUSSEL 5 | M | 1693 | 1:04:55 | 9,24 | 6:29 |
| 2350 | 2230 | PERMANNE Annemie | ANTWERPEN | V | 657 | 1:04:56 | 9,24 | 6:30 |
| 2351 | 1115 | DESMIDT Sibylle | KNOKKE-HEIST | V | 658 | 1:04:58 | 9,24 | 6:30 |
| 2352 | 2414 | VAN BRACKEL Monique | ADEGEM | V | 659 | 1:05:01 | 9,23 | 6:30 |
| 2353 | 1949 | D'HONDT Jan | BRASSCHAAT | M | 1694 | 1:05:03 | 9,22 | 6:30 |
| 2354 | 1967 | DESSEYN Kathleen | BRUGGE | V | 660 | 1:05:04 | 9,22 | 6:30 |
| 2355 | 620 | DE MEYER Martine | LOVENDEGEM | V | 661 | 1:05:04 | 9,22 | 6:30 |
| 2356 | 1737 | BERTELS Hannah | BOOM | V | 662 | 1:05:07 | 9,21 | 6:31 |
| 2357 | 1644 | BERTELS Koen | BLAASVELD | M | 1695 | 1:05:07 | 9,21 | 6:31 |
| 2358 | 1620 | VANOVERMEIRE Vinciaen | | V | 663 | 1:05:08 | 9,21 | 6:31 |
| 2359 | 1921 | PETERBROECK Agnes | WOLUWE-ST-PIERRE | V | 664 | 1:05:08 | 9,21 | 6:31 |
| 2360 | 636 | VERMEIRE Alexandrina | OOSTEEKLO | V | 665 | 1:05:10 | 9,21 | 6:31 |
| 2361 | 2097 | GAELENS Guy | GENTBRUGGE | M | 1696 | 1:05:11 | 9,20 | 6:31 |
| 2362 | 1937 | COULIER Dirk | DE HAAN | M | 1697 | 1:05:11 | 9,20 | 6:31 |
| 2363 | 1456 | GOOVAERTS Jutta | KEERBERGEN | V | 666 | 1:05:16 | 9,19 | 6:32 |
| 2364 | 1047 | BACKMAN Anna | GOTEBORG | V | 667 | 1:05:18 | 9,19 | 6:32 |
| 2365 | 2931 | DELEUNINCK Vera | BLANKENBERGE | V | 668 | 1:05:19 | 9,19 | 6:32 |
| 2366 | 2929 | HEYDE Eric | BLANKENBERGE | M | 1698 | 1:05:20 | 9,18 | 6:32 |
| 2367 | 2089 | DUBOQUOYS Marie-Gaelle | DAMME | V | 669 | 1:05:23 | 9,18 | 6:32 |
| 2368 | 737 | JALVI-ROBERTSON Jana | KRAAINEM | V | 670 | 1:05:25 | 9,17 | 6:32 |
| 2369 | 736 | ROBERTSON David | KRAAINEM | M | 1699 | 1:05:25 | 9,17 | 6:32 |
| 2370 | 2545 | LHOEST Alexia | KNOKKE-HEIST | V | 671 | 1:05:25 | 9,17 | 6:32 |
| 2371 | 2256 | COLLIN John | ZANDHOVEN | M | 1700 | 1:05:26 | 9,17 | 6:33 |
| 2372 | 706 | KAPARIS Dominique | RHODE ST GENESE | V | 672 | 1:05:28 | 9,16 | 6:33 |
| 2373 | 2906 | VANHOORENWEDER Christine | BEERNEM | V | 673 | 1:05:29 | 9,16 | 6:33 |
| 2374 | 880 | LINKER Sophie | BRUXELLES | V | 674 | 1:05:29 | 9,16 | 6:33 |
| 2375 | 1148 | VISSERS Marijn | KNOKKE-HEIST | M | 1701 | 1:05:31 | 9,16 | 6:33 |
| 2376 | 1638 | VAN PUYVELDE Frank | BRECHT | M | 1702 | 1:05:33 | 9,15 | 6:33 |
| 2377 | 1536 | DE MOT Ann | LEUVEN | V | 675 | 1:05:35 | 9,15 | 6:33 |
| 2378 | 1125 | TRILLET Raymond | BLANKENBERGE | M | 1703 | 1:05:38 | 9,14 | 6:34 |
| 2379 | 912 | PANIS Frieda | MALDEGEM | M | 1704 | 1:05:41 | 9,13 | 6:34 |
| 2380 | 1996 | VERVAECKE Janique | KNOKKE-HEIST | V | 676 | 1:05:42 | 9,13 | 6:34 |
| 2381 | 1960 | DE WILDE Liesbet | KNOKKE-HEIST | V | 677 | 1:05:45 | 9,13 | 6:35 |
| 2382 | 2506 | CEYSKENS Sabine | OVERIJSE | V | 678 | 1:05:51 | 9,11 | 6:35 |
| 2383 | 1482 | COSYNS Carine | BEERNEM | V | 679 | 1:05:54 | 9,10 | 6:35 |
| 2384 | 827 | CAVELAN Benedicte | BRUXELLES | V | 680 | 1:05:57 | 9,10 | 6:36 |
| 2385 | 535 | LAULOM Veronique | BRUXELLES | V | 681 | 1:05:57 | 9,10 | 6:36 |
| 2386 | 2631 | VERBESSEM Katrien | | V | 682 | 1:05:59 | 9,09 | 6:36 |
| 2387 | 2964 | CLAEYS An | ST-ANDRIES | V | 683 | 1:06:00 | 9,09 | 6:36 |
| 2388 | 2963 | VAN DEN BOSCH Peter | ST-ANDRIES | M | 1705 | 1:06:00 | 9,09 | 6:36 |
| 2389 | 1959 | VANBESIEN Inge | KNOKKE-HEIST | V | 684 | 1:06:03 | 9,08 | 6:36 |
| 2390 | 1045 | DE DONCKER Benthe | DENDERWINDEKE | V | 685 | 1:06:07 | 9,07 | 6:37 |
| 2391 | 1528 | VANSCHUUYLENBERGH Rony | OOSTENDE | M | 1706 | 1:06:14 | 9,06 | 6:37 |
| 2392 | 1406 | WILLEMS Lieve | KNOKKE-HEIST | V | 686 | 1:06:23 | 9,04 | 6:38 |
| 2393 | 927 | VANDEGEUCHTE Brenda | LOTENHULLE | V | 687 | 1:06:26 | 9,03 | 6:39 |
| 2394 | 836 | DE GROOTE Stefanie | KNOKKE-HEIST | V | 688 | 1:06:32 | 9,02 | 6:39 |
| 2395 | 1171 | LAGROU An | ASSEBROEK | V | 689 | 1:06:32 | 9,02 | 6:39 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
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| 2396 | 1562 | VAN HOOSTE Gerd | STEKENE | M | 1707 | 1:06:38 | 9,00 | 6:40 |
| 2397 | 1561 | VAN DER WEKEN Bart | STEKENE | M | 1708 | 1:06:38 | 9,00 | 6:40 |
| 2398 | 585 | VANDECASTELE Margaux | MARKE (KORTRIJK) | V | 690 | 1:06:39 | 9,00 | 6:40 |
| 2399 | 2739 | DESEURE Elsjé | EVERGEM | V | 691 | 1:06:48 | 8,98 | 6:41 |
| 2400 | 2778 | ROSSENUE Kristien | GISTEL | V | 692 | 1:06:48 | 8,98 | 6:41 |
| 2401 | 2738 | MUYLLAERT Sophie | ST-ANDRIES | V | 693 | 1:06:48 | 8,98 | 6:41 |
| 2402 | 1729 | VAN KEYMOLEN Rudi | AFFLIGEM | M | 1709 | 1:06:49 | 8,98 | 6:41 |
| 2403 | 699 | VANDUFFEL Myriam | HASSELT | M | 1710 | 1:06:51 | 8,98 | 6:41 |
| 2404 | 2080 | CLAEYS Mireille | ADEGEM | V | 694 | 1:06:54 | 8,97 | 6:41 |
| 2405 | 2033 | HAMERLINCK Anja | ADEGEM | V | 695 | 1:06:55 | 8,97 | 6:42 |
| 2406 | 2632 | VAN DEN BROECK Jurgen | MOERBEKE-WAAS | M | 1711 | 1:06:56 | 8,96 | 6:42 |
| 2407 | 1988 | ZWEEGERS Rik | HASSELT | M | 1712 | 1:06:56 | 8,96 | 6:42 |
| 2408 | 2757 | CEULERS Christian | WAREGEM | M | 1713 | 1:06:56 | 8,96 | 6:42 |
| 2409 | 2430 | LARDINOIS Carole | TAVIER | V | 696 | 1:07:03 | 8,95 | 6:42 |
| 2410 | 576 | VAN BIERVLIET Ann | INGELMUNSTER | V | 697 | 1:07:09 | 8,94 | 6:43 |
| 2411 | 2760 | ROGIERS Caroline | MEULEBEKE | V | 698 | 1:07:16 | 8,92 | 6:44 |
| 2412 | 2010 | VAN CALLERGH Lieve | DRONGEN | V | 699 | 1:07:16 | 8,92 | 6:44 |
| 2413 | 2338 | DEJEMEPPE Anne | IXELLES | V | 700 | 1:07:29 | 8,89 | 6:45 |
| 2414 | 2955 | DE LEERSNYDER Silke | ASSEBROEK | V | 701 | 1:07:36 | 8,88 | 6:46 |
| 2415 | 1832 | LIERMAN Sofie | KNOKKE-HEIST | V | 702 | 1:07:39 | 8,87 | 6:46 |
| 2416 | 1539 | VAN DEN BOSCH Annemie | MECHELEN | V | 703 | 1:07:46 | 8,85 | 6:47 |
| 2417 | 909 | BONJE Anja | OOSTKAMP | V | 704 | 1:07:49 | 8,85 | 6:47 |
| 2418 | 1836 | INCOUL Belinda | | V | 705 | 1:07:56 | 8,83 | 6:48 |
| 2419 | 812 | VAN ISACKER Ignace | KNOKKE-HEIST | M | 1714 | 1:07:58 | 8,83 | 6:48 |
| 2420 | 1443 | STOCKX Karolien | HEVERLEE | V | 706 | 1:07:59 | 8,83 | 6:48 |
| 2421 | 2836 | KNOCKAERT Bart | BRUGGE | M | 1715 | 1:08:05 | 8,81 | 6:48 |
| 2422 | 1963 | HEYSSE Ilse | HEIST-AAN-ZEE | V | 707 | 1:08:11 | 8,80 | 6:49 |
| 2423 | 2511 | DE GEEST Daniel | AARTSELAAR | M | 1716 | 1:08:14 | 8,79 | 6:49 |
| 2424 | 2346 | VANMOERKERKE Olivia | OOSTENDE | V | 708 | 1:08:18 | 8,78 | 6:50 |
| 2425 | 2420 | DEDECKERE Frank | GISTEL | M | 1717 | 1:08:32 | 8,75 | 6:51 |
| 2426 | 1874 | GHYS Michel | KNOKKE-HEIST | M | 1718 | 1:08:35 | 8,75 | 6:51 |
| 2427 | 2189 | LAMOTE Heide | KNOKKE-HEIST | V | 709 | 1:08:35 | 8,75 | 6:51 |
| 2428 | 2190 | CALLENS Joris | KNOKKE-HEIST | M | 1719 | 1:08:36 | 8,75 | 6:52 |
| 2429 | 2740 | MAET Annelies | LICHTERVELDE | V | 710 | 1:08:41 | 8,74 | 6:52 |
| 2430 | 1169 | REYNAERS Michiel | KNOKKE-HEIST | M | 1720 | 1:08:43 | 8,73 | 6:52 |
| 2431 | 964 | LOOSVELD Steven | BRUGGE | M | 1721 | 1:08:51 | 8,71 | 6:53 |
| 2432 | 2143 | BELMANS Julie | STERREBEEK | V | 711 | 1:08:59 | 8,70 | 6:54 |
| 2433 | 1378 | BEHR-GROSS Catherine | AUDERGHEM | M | 1722 | 1:08:59 | 8,70 | 6:54 |
| 2434 | 2482 | MASYN Sven | ST-GILLIS-WAAS | M | 1723 | 1:09:00 | 8,70 | 6:54 |
| 2435 | 2697 | CAMBERT Christiane | MECHELEN | V | 712 | 1:09:02 | 8,69 | 6:54 |
| 2436 | 1153 | SERLET Caithlyn | BLANKENBERGE | V | 713 | 1:09:03 | 8,69 | 6:54 |
| 2437 | 746 | LAUREYS Martine | BORSBEEK (ANTW.) | V | 714 | 1:09:09 | 8,68 | 6:55 |
| 2438 | 1625 | DOBBELAERE Kurt | KNOKKE-HEIST | M | 1724 | 1:09:09 | 8,68 | 6:55 |
| 2439 | 650 | WALLISCH Bettina | BRUXELLES 1 | V | 715 | 1:09:15 | 8,66 | 6:56 |
| 2440 | 1663 | DE BLOCK Ilse | MERCHTEM | V | 716 | 1:09:30 | 8,63 | 6:57 |
| 2441 | 1662 | OSTE Steven | ZELE | M | 1725 | 1:09:30 | 8,63 | 6:57 |
| 2442 | 2940 | VERSRAETE Paul | BRUGGE | M | 1726 | 1:09:33 | 8,63 | 6:57 |
| 2443 | 1825 | VAN DUYSE Koen | BEVEREN-WAAS | M | 1727 | 1:09:50 | 8,59 | 6:59 |
| 2444 | 1962 | ROMBAUT Annouschka | HEIST-AAN-ZEE | V | 717 | 1:09:54 | 8,58 | 6:59 |
| 2445 | 1680 | HUYSMANS Katrien | MOL | V | 718 | 1:09:54 | 8,58 | 6:59 |
| 2446 | 587 | VAN CANNEYT Stephanie | ST-MARTENS-LATEM | V | 719 | 1:09:55 | 8,58 | 7:00 |
| 2447 | 2383 | CLEMEUR Ingrid | KONTICH | V | 720 | 1:10:14 | 8,54 | 7:01 |
| 2448 | 1093 | DE JONGH Katleen | ASTENE | V | 721 | 1:10:28 | 8,51 | 7:03 |
| 2449 | 1899 | CEYFS Sofie | KNOKKE-HEIST | V | 722 | 1:10:28 | 8,51 | 7:03 |
| 2450 | 1872 | MORTIER Annick | ANTWERPEN | V | 723 | 1:10:32 | 8,51 | 7:03 |
| 2451 | 2759 | VROMAN Trees | MEULEBEKE | V | 724 | 1:10:43 | 8,48 | 7:04 |
| 2452 | 774 | FARAEFF Samantha | GANSHOREN | V | 725 | 1:10:44 | 8,48 | 7:04 |
| 2453 | 2231 | PAEPEN Marnix | ANTWERPEN | M | 1728 | 1:10:45 | 8,48 | 7:04 |
| 2454 | 1870 | VERMEILLE Sabine | | V | 726 | 1:10:47 | 8,48 | 7:05 |
| 2455 | 2095 | MOOREN Pascale | EEKLO | V | 727 | 1:10:50 | 8,47 | 7:05 |
| 2456 | 2965 | VANDIERENDONCK Carine | HEIST-AAN-ZEE | V | 728 | 1:10:52 | 8,47 | 7:05 |
| 2457 | 2817 | BEKAERT Chris | LISSEWEGE | M | 1729 | 1:10:52 | 8,47 | 7:05 |
| 2458 | 1681 | ABRAHAM Viginnie | VERLAINE | M | 1730 | 1:11:08 | 8,43 | 7:07 |
| 2459 | 2914 | JACOBS Geraldine | BRUGGE | V | 729 | 1:11:23 | 8,41 | 7:08 |
| 2460 | 2913 | JACOBS Guy | BRUGGE | M | 1731 | 1:11:23 | 8,41 | 7:08 |
| 2461 | 905 | MOUQUE Nancy | ASSEBROEK | V | 730 | 1:11:26 | 8,40 | 7:09 |
| 2462 | 907 | VAN DE VELDE Katia | BRUGGE | V | 731 | 1:11:26 | 8,40 | 7:09 |
| 2463 | 868 | VAULET Brigitte | KRAAINEM | V | 732 | 1:11:43 | 8,37 | 7:10 |
| 2464 | 2222 | MERVILLIE Sylvie | HEIST-AAN-ZEE | V | 733 | 1:11:46 | 8,36 | 7:11 |
| 2465 | 1090 | VAN DER EECKEN Sandra | GENT | V | 734 | 1:11:56 | 8,34 | 7:12 |
| 2466 | 2225 | GEENS Ludo | BERCHEM | M | 1732 | 1:11:59 | 8,34 | 7:12 |
| 2467 | 2318 | JOB Florence | LANDEN | V | 735 | 1:12:16 | 8,30 | 7:14 |
| 2468 | 2571 | DEPOTTER Francine | WAASMUNSTER | V | 736 | 1:12:32 | 8,27 | 7:15 |
| 2469 | 739 | DESMIDT Nathalie | KNOKKE HEIST | V | 737 | 1:12:35 | 8,27 | 7:15 |
| 2470 | 1678 | VISPOEL Steven | ERTVELDE | M | 1733 | 1:12:40 | 8,26 | 7:16 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|------|------|-----------------------|-------------------|-----|-------|---------|------|---------|
| 2471 | 60 | VAN HOORDE Pierre | ST-MARTENS-LATEM | M | 1734 | 1:13:56 | 8,12 | 7:24 |
| 2472 | 1174 | CLERCKX Emmanuelle | ASSEBROEK | V | 738 | 1:14:00 | 8,11 | 7:24 |
| 2473 | 664 | VANDAMME Christoph | WILRIJK | M | 1735 | 1:14:31 | 8,05 | 7:27 |
| 2474 | 1228 | VAN BELLE Caroline | JABBEKE | V | 739 | 1:14:53 | 8,01 | 7:29 |
| 2475 | 2701 | CLAEYS Karel | KNOKKE-HEIST | M | 1736 | 1:15:02 | 8,00 | 7:30 |
| 2476 | 700 | NAERT Franz | MECHELEN | M | 1737 | 1:15:08 | 7,99 | 7:31 |
| 2477 | 578 | VERHEYE Olivia | ST-DENIJS-WESTREM | V | 740 | 1:16:19 | 7,86 | 7:38 |
| 2478 | 582 | DE BRUYN Camille | IEPER | V | 741 | 1:16:19 | 7,86 | 7:38 |
| 2479 | 1622 | DEPAEPE Jane | BRUGGE | V | 742 | 1:17:43 | 7,72 | 7:46 |
| 2480 | 2493 | VANDIERENDONCK Freek | KNOKKE-HEIST | M | 1738 | 1:17:43 | 7,72 | 7:46 |
| 2481 | 1082 | SIPIDO Aurelie | UCCLE | V | 743 | 1:17:43 | 7,72 | 7:46 |
| 2482 | 1035 | DE WITTE Renier | STEKENE | M | 1739 | 1:18:37 | 7,63 | 7:52 |
| 2483 | 2303 | QUERTENMONT Morgane | GREZ-DOICEAU | V | 744 | 1:18:44 | 7,62 | 7:52 |
| 2484 | 2975 | MORCILLO Dolores | WOLUWE-ST-LAMBERT | V | 745 | 1:18:49 | 7,61 | 7:53 |
| 2485 | 2530 | CRIPRIANI Renata | IXELLES | V | 746 | 1:19:14 | 7,57 | 7:55 |
| 2486 | 2389 | WINNE Jose | JETTE | M | 1740 | 1:22:47 | 7,25 | 8:17 |
| 2487 | 776 | DE BLAERE Patrick | BELLEM | M | 1741 | 1:23:36 | 7,18 | 8:22 |
| 2488 | 775 | DE MEULENAERE Marijke | BELLEM | V | 747 | 1:23:36 | 7,18 | 8:22 |