

Oostends Loopcriterium 2009

17e Vuurtorenloop Jean Bart Oostende - 12 juni 2009

DAMES - 7,4 KM

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|------------------------|--------------|------|-----|-------|---------|-------|---------|
| 1 | 134 | D'Haese Veerle | Oostende | 1978 | D1 | 1 | 0:25:51 | 17,18 | 3:30 |
| 2 | 161 | Lesage Lut | Diksmuide | 1969 | D2 | 1 | 0:28:16 | 15,71 | 3:49 |
| 3 | 137 | Tuttens Sophie | Meulebeke | 1972 | D2 | 2 | 0:28:31 | 15,57 | 3:51 |
| 4 | 126 | Deruddere Lies | Wevelgem | 1986 | D1 | 2 | 0:28:39 | 15,50 | 3:52 |
| 5 | 100 | Hertveldt Heidi | Middelkerke | 1975 | D1 | 3 | 0:29:07 | 15,25 | 3:56 |
| 6 | 119 | Peeters Chris | Blankenberge | 1964 | D3 | 1 | 0:29:41 | 14,96 | 4:01 |
| 7 | 133 | De Both An | Hamme | 1975 | D1 | 4 | 0:29:50 | 14,88 | 4:02 |
| 8 | 156 | Coenen Jeannine | Ravels | 1953 | D4 | 1 | 0:30:56 | 14,35 | 4:11 |
| 9 | 43 | Leyre Erna | Oostende | 1963 | D3 | 2 | 0:31:27 | 14,12 | 4:15 |
| 10 | 94 | Strubbe Fabienne | Oudenburg | 1967 | D2 | 3 | 0:31:32 | 14,08 | 4:16 |
| 11 | 186 | Coopman Sabrina | Bredene | 1972 | D2 | 4 | 0:31:53 | 13,93 | 4:19 |
| 12 | 59 | Levecke Sophie | Oostende | 1966 | D2 | 5 | 0:32:03 | 13,85 | 4:20 |
| 13 | 79 | Van Parijs Marleen | Bredene | 1964 | D3 | 3 | 0:32:38 | 13,61 | 4:25 |
| 14 | 130 | Vanhessche Ulrike | Oudenburg | 1975 | D1 | 5 | 0:33:03 | 13,43 | 4:28 |
| 15 | 183 | Declerck Leen | Koksijde | 1980 | D1 | 6 | 0:33:12 | 13,37 | 4:29 |
| 16 | 152 | Debrouck Brenda | Oostende | 1962 | D3 | 4 | 0:33:14 | 13,36 | 4:29 |
| 17 | 81 | Vanblaere Auke | Diksmuide | 1986 | D1 | 7 | 0:33:57 | 13,08 | 4:35 |
| 18 | 49 | Van Samang Ann | St-Andries | 1970 | D2 | 6 | 0:33:58 | 13,07 | 4:35 |
| 19 | 24 | Huttener Sylvia | Oostende | 1969 | D2 | 7 | 0:34:04 | 13,03 | 4:36 |
| 20 | 57 | Breyne Marleen | Oostende | 1960 | D3 | 5 | 0:34:20 | 12,93 | 4:38 |
| 21 | 83 | Timmerman Sandra | Oostende | 1969 | D2 | 8 | 0:34:22 | 12,92 | 4:39 |
| 22 | 239 | Maddens Fien | Oostende | 1969 | D2 | 9 | 0:34:25 | 12,90 | 4:39 |
| 23 | 210 | Heusequin Christel | Bredene | 1971 | D2 | 10 | 0:34:48 | 12,76 | 4:42 |
| 24 | 1 | De Nys Viviane | Oostende | 1949 | D4 | 2 | 0:34:51 | 12,74 | 4:43 |
| 25 | 113 | Knockaert Georgette | Oostkamp | 1965 | D2 | 11 | 0:35:02 | 12,67 | 4:44 |
| 26 | 60 | Beirens Kristel | Jabbeke | 1972 | D2 | 12 | 0:35:15 | 12,60 | 4:46 |
| 27 | 164 | Note Carine | Lombardsijde | 1975 | D1 | 8 | 0:35:55 | 12,36 | 4:51 |
| 28 | 204 | Verplancke Liesbeth | Oudenburg | 1981 | D1 | 9 | 0:36:06 | 12,30 | 4:53 |
| 29 | 52 | Burggraeve Leentje | Bredene | 1959 | D3 | 6 | 0:36:08 | 12,29 | 4:53 |
| 30 | 105 | Zonnekeyn Pascale | Bredene | 1967 | D2 | 13 | 0:36:14 | 12,25 | 4:54 |
| 31 | 37 | Janssens Conny | Oostende | 1964 | D3 | 7 | 0:36:24 | 12,20 | 4:55 |
| 32 | 211 | Quartier Jaimie | Bredene | 1977 | D1 | 10 | 0:36:27 | 12,18 | 4:56 |
| 33 | 39 | De Clercq Rita | Oostende | 1965 | D2 | 14 | 0:36:31 | 12,16 | 4:56 |
| 34 | 85 | Malfait Marjan | Blankenberge | 1957 | D3 | 8 | 0:36:40 | 12,11 | 4:57 |
| 35 | 299 | Rotsaert Martine | Oostende | 1964 | D3 | 9 | 0:36:46 | 12,08 | 4:58 |
| 36 | 11 | Hertveldt Kathy | Oostende | 1977 | D1 | 11 | 0:36:50 | 12,05 | 4:59 |
| 37 | 28 | Hoet Marleen | Oostende | 1953 | D4 | 3 | 0:37:31 | 11,83 | 5:04 |
| 38 | 178 | Vanoverschelde Martine | Oostende | 1967 | D2 | 15 | 0:37:35 | 11,81 | 5:05 |
| 39 | 219 | Beyen Kathy | Oostende | 1983 | D1 | 12 | 0:37:40 | 11,79 | 5:05 |
| 40 | 4 | Vandaele Marleen | Oostende | 1968 | D2 | 16 | 0:37:44 | 11,77 | 5:06 |
| 41 | 3 | Vermeulen Evi | Oostende | 1993 | D1 | 13 | 0:38:17 | 11,60 | 5:10 |
| 42 | 165 | Desanghere Ina | Oostende | 1964 | D3 | 10 | 0:38:27 | 11,55 | 5:12 |
| 43 | 205 | Steelandt Cathy | Oudenburg | 1983 | D1 | 14 | 0:38:52 | 11,42 | 5:15 |
| 44 | 22 | Pierloot Sonja | Oostende | 1968 | D2 | 17 | 0:39:19 | 11,29 | 5:19 |
| 45 | 67 | Vanmassenhove Ilse | Oostende | 1983 | D1 | 15 | 0:39:24 | 11,27 | 5:19 |
| 46 | 54 | Provoost Greta | Oostende | 1963 | D3 | 11 | 0:39:40 | 11,19 | 5:22 |
| 47 | 202 | Luca Evelien | Oostende | 1952 | D4 | 4 | 0:39:46 | 11,17 | 5:22 |
| 48 | 129 | Leuwers Carine | Gistel | 1972 | D2 | 18 | 0:39:48 | 11,16 | 5:23 |
| 49 | 230 | Verstraete Colette | Gistel | 1963 | D3 | 12 | 0:39:51 | 11,14 | 5:23 |
| 50 | 36 | Wallaert Corinne | Oostende | 1970 | D2 | 19 | 0:39:58 | 11,11 | 5:24 |
| 51 | 122 | Desmet Marianne | Wevelgem | 1963 | D3 | 13 | 0:40:30 | 10,96 | 5:28 |
| 52 | 16 | Timmerman Katia | Oostende | 1973 | D2 | 20 | 0:40:35 | 10,94 | 5:29 |
| 53 | 175 | Goes Doriane | Bredene | 1961 | D3 | 14 | 0:40:37 | 10,93 | 5:29 |
| 54 | 237 | Huwel Agnes | Oostende | 1951 | D4 | 5 | 0:40:55 | 10,85 | 5:32 |
| 55 | 235 | Jacobs Kristien | Oostende | 1962 | D3 | 15 | 0:41:21 | 10,74 | 5:35 |
| 56 | 64 | Nolf Nele | Oudenburg | 1955 | D3 | 16 | 0:42:16 | 10,50 | 5:43 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----------|-----------|---------------------|-------------------|------------|------------|--------------|-------------|------------|----------------|
| 57 | 121 | Bendels Cindy | Nieuwpoort | 1974 | D2 | 21 | 0:42:27 | 10,46 | 5:44 |
| 58 | 123 | Verschaeve Gerda | Bredene | 1954 | D4 | 6 | 0:43:11 | 10,28 | 5:50 |
| 59 | 125 | Toutenel Anne-marie | Bredene | 1955 | D3 | 17 | 0:43:14 | 10,27 | 5:51 |
| 60 | 169 | Soete Natacha | Lombardsijde | 1970 | D2 | 22 | 0:43:27 | 10,22 | 5:52 |
| 61 | 14 | Tahon Christel | Oostende | 1964 | D3 | 18 | 0:44:01 | 10,09 | 5:57 |
| 62 | 242 | Coulier Nel | Oostende | 1983 | D1 | 16 | 0:44:21 | 10,01 | 6:00 |
| 63 | 203 | Nelen Karin | Oostende | 1966 | D2 | 23 | 0:44:47 | 9,91 | 6:03 |
| 64 | 109 | De Zutter Carine | Blankenberge | 1964 | D3 | 19 | 0:44:49 | 9,91 | 6:03 |
| 65 | 65 | Depuydt Bernadette | Oostende | 1949 | D4 | 7 | 0:46:32 | 9,54 | 6:17 |
| 66 | 19 | De Bruycker Nele | Overmere | 1987 | D1 | 17 | 0:49:23 | 8,99 | 6:40 |
| 67 | 75 | De Schacht Gaby | Gistel | 1948 | D4 | 8 | 0:49:46 | 8,92 | 6:44 |
| 68 | 18 | De Bruycker Veerle | Overmere | 1988 | D1 | 18 | 0:49:57 | 8,89 | 6:45 |

Oostends Loopcriterium 2009

17e Vuurtorenloop Jean Bart Oostende - 12 juni 2009

HEREN - 11,1 KM

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-----------------------|--------------|------|-----|-------|---------|-------|---------|
| 1 | 127 | Stieperaere Davy | Varsenare | 1985 | H1 | 1 | 0:35:34 | 18,73 | 3:12 |
| 2 | 93 | Van Petegem Patrick | Herzele | 1978 | H1 | 2 | 0:36:33 | 18,22 | 3:18 |
| 3 | 69 | Fouss Nicholas | Oostende | 1988 | H1 | 3 | 0:37:49 | 17,61 | 3:24 |
| 4 | 141 | Spriet Stijn | Oostende | 1976 | H1 | 4 | 0:38:15 | 17,41 | 3:27 |
| 7 | 104 | Van Belleghem Timothy | Assebroek | 1983 | H1 | 5 | 0:39:14 | 16,98 | 3:32 |
| 12 | 40 | Lepuodre Niek | Oostende | 1991 | H1 | 6 | 0:40:18 | 16,53 | 3:38 |
| 15 | 234 | Florisooone Hans | Oostende | 1979 | H1 | 7 | 0:40:28 | 16,46 | 3:39 |
| 17 | 233 | Stevens Diederik | Leisele | 1986 | H1 | 8 | 0:40:47 | 16,33 | 3:40 |
| 22 | 214 | Ameloot Frederik | Oostende | 1977 | H1 | 9 | 0:41:19 | 16,12 | 3:43 |
| 26 | 189 | Verlet Benjamin | Oostende | 1979 | H1 | 10 | 0:41:43 | 15,96 | 3:45 |
| 32 | 212 | Synaeve Wim | Bredene | 1976 | H1 | 11 | 0:42:35 | 15,64 | 3:50 |
| 33 | 241 | Vandycke Jurgen | Oudenburg | 1983 | H1 | 12 | 0:42:39 | 15,62 | 3:51 |
| 40 | 5 | Vermeulen Bjorn | Oostende | 1991 | H1 | 13 | 0:43:17 | 15,39 | 3:54 |
| 43 | 184 | Verplancke Benjamin | Oudenburg | 1983 | H1 | 14 | 0:43:29 | 15,32 | 3:55 |
| 44 | 220 | Sandra Dieter | Oostende | 1981 | H1 | 15 | 0:43:32 | 15,30 | 3:55 |
| 50 | 225 | Fischer Benny | Oostende | 1983 | H1 | 16 | 0:44:26 | 14,99 | 4:00 |
| 51 | 2 | Vermeulen Niels | Oostende | 1995 | H1 | 17 | 0:44:35 | 14,94 | 4:01 |
| 53 | 232 | Coopman Lorenzo | Oostende | 1976 | H1 | 18 | 0:44:45 | 14,88 | 4:02 |
| 55 | 41 | Westerlinck Stefaan | Kortrijk | 1978 | H1 | 19 | 0:44:56 | 14,82 | 4:03 |
| 62 | 107 | Minnebo Sandy | Knokke | 1976 | H1 | 20 | 0:45:57 | 14,49 | 4:08 |
| 65 | 154 | Knockaert Kevin | Oudenburg | 1993 | H1 | 21 | 0:46:30 | 14,32 | 4:11 |
| 70 | 191 | Beyen Benny | Oostende | 1986 | H1 | 22 | 0:46:53 | 14,21 | 4:13 |
| 71 | 227 | Deknudt Mario | Leffinge | 1977 | H1 | 23 | 0:46:56 | 14,19 | 4:14 |
| 72 | 185 | Verplancke Matthias | Oudenburg | 1988 | H1 | 24 | 0:46:58 | 14,18 | 4:14 |
| 74 | 158 | Pluij Jeffrey | Lombardsijde | 1982 | H1 | 25 | 0:47:08 | 14,13 | 4:15 |
| 77 | 170 | Deramoudt Tom | Lombardsijde | 1983 | H1 | 26 | 0:47:15 | 14,10 | 4:15 |
| 81 | 213 | Van Moortel Kevin | Oostende | 1978 | H1 | 27 | 0:47:59 | 13,88 | 4:19 |
| 82 | 194 | Ducheyne Stevin | Oostende | 1987 | H1 | 28 | 0:48:13 | 13,81 | 4:21 |
| 83 | 23 | Boey Jens | Oostende | 1998 | H1 | 29 | 0:48:34 | 13,71 | 4:23 |
| 92 | 131 | Dumon Gino | Oudenburg | 1976 | H1 | 30 | 0:49:33 | 13,44 | 4:28 |
| 99 | 12 | Waeyaert Pedro | Oostende | 1978 | H1 | 31 | 0:49:51 | 13,36 | 4:29 |
| 105 | 221 | Vandecasteele Pieter | Oostende | 1978 | H1 | 32 | 0:50:52 | 13,09 | 4:35 |
| 111 | 218 | Vanmullem Christoph | Eernegem | 1979 | H1 | 33 | 0:51:26 | 12,95 | 4:38 |
| 118 | 217 | Vandenbroucke Jurgen | Veurne | 1975 | H1 | 34 | 0:52:40 | 12,65 | 4:45 |
| 123 | 168 | Vanmassenhove Stefaan | Oostende | 1983 | H1 | 35 | 0:53:33 | 12,44 | 4:49 |
| 131 | 162 | Debergh Henri | Diksmuide | 1998 | H1 | 36 | 0:55:01 | 12,11 | 4:57 |
| 135 | 68 | Tanghe Olivier | Oostende | 1982 | H1 | 37 | 0:55:30 | 12,00 | 5:00 |
| 136 | 112 | Lisabeth Kevin | Oostende | 1977 | H1 | 38 | 0:56:14 | 11,84 | 5:04 |
| 137 | 199 | Depoorter Jim | Oostende | 1993 | H1 | 39 | 0:56:37 | 11,76 | 5:06 |
| 138 | 229 | Passchyn Maarten | Oostende | 1982 | H1 | 40 | 0:56:42 | 11,75 | 5:06 |
| 142 | 51 | De Craemer Brian | Oostende | 1995 | H1 | 41 | 0:58:24 | 11,40 | 5:16 |
| 146 | 7 | Vermeulen Lars | Oostende | 1995 | H1 | 42 | 0:59:35 | 11,18 | 5:22 |
| 147 | 111 | Tanghe Xavier | Gistel | 1987 | H1 | 43 | 1:01:36 | 10,81 | 5:33 |
| 5 | 78 | Coussement Wim | Woumen | 1970 | H2 | 1 | 0:38:56 | 17,11 | 3:30 |
| 6 | 80 | Debreyne Frederic | De Haan | 1971 | H2 | 2 | 0:39:12 | 16,99 | 3:32 |
| 11 | 206 | Hamers Peter | Oostende | 1969 | H2 | 3 | 0:40:15 | 16,55 | 3:38 |
| 13 | 172 | Tackx Koen | Oostende | 1969 | H2 | 4 | 0:40:23 | 16,49 | 3:38 |
| 16 | 143 | Lowyck Steve | Oostende | 1974 | H2 | 5 | 0:40:34 | 16,42 | 3:39 |
| 18 | 216 | Janssen Jan | Veurne | 1970 | H2 | 6 | 0:40:59 | 16,25 | 3:42 |
| 19 | 146 | Watthy Johan | Gistel | 1967 | H2 | 7 | 0:41:00 | 16,24 | 3:42 |
| 20 | 106 | Coucke Francis | Veurne | 1967 | H2 | 8 | 0:41:07 | 16,20 | 3:42 |
| 21 | 215 | Janssen Peter | Veurne | 1972 | H2 | 9 | 0:41:17 | 16,13 | 3:43 |
| 23 | 8 | Lenaers Clint | Oostende | 1970 | H2 | 10 | 0:41:27 | 16,07 | 3:44 |
| 24 | 151 | Vantuyghem Vincent | Eernegem | 1972 | H2 | 11 | 0:41:32 | 16,04 | 3:45 |
| 27 | 135 | Boeukens Nikolaas | Nieuwkerken | 1974 | H2 | 12 | 0:41:46 | 15,95 | 3:46 |
| 28 | 197 | Liekens Peter | Middelkerke | 1967 | H2 | 13 | 0:41:53 | 15,90 | 3:46 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|------------------------|----------------|------|-----|-------|---------|-------|---------|
| 30 | 89 | Rammant Johan | Gistel | 1971 | H2 | 14 | 0:42:13 | 15,78 | 3:48 |
| 31 | 163 | Deramoudt Johan | Lombardsijde | 1970 | H2 | 15 | 0:42:25 | 15,70 | 3:49 |
| 38 | 87 | Tanghe Philippe | Gistel | 1967 | H2 | 16 | 0:43:09 | 15,43 | 3:53 |
| 41 | 177 | De Groote Jurgen | Lombardsijde | 1970 | H2 | 17 | 0:43:21 | 15,36 | 3:54 |
| 52 | 139 | Carron Luc | Meulebeke | 1971 | H2 | 18 | 0:44:43 | 14,89 | 4:02 |
| 54 | 117 | Christiaens Michel | Eernegem | 1972 | H2 | 19 | 0:44:51 | 14,85 | 4:02 |
| 60 | 142 | Fiers Frederik | Zedelgem | 1973 | H2 | 20 | 0:45:45 | 14,56 | 4:07 |
| 63 | 77 | Laenens Gunther | Bredene | 1971 | H2 | 21 | 0:45:59 | 14,48 | 4:09 |
| 64 | 176 | Brackman Thierry | Veurne | 1970 | H2 | 22 | 0:46:25 | 14,35 | 4:11 |
| 75 | 62 | Steen Vital | Bredene | 1972 | H2 | 23 | 0:47:09 | 14,13 | 4:15 |
| 78 | 25 | Pille Stefaan | Oostende | 1967 | H2 | 24 | 0:47:16 | 14,09 | 4:15 |
| 84 | 99 | Wyllie Jurgen | Oostende | 1972 | H2 | 25 | 0:48:41 | 13,68 | 4:23 |
| 87 | 208 | Vermeersch Peter | Bredene | 1965 | H2 | 26 | 0:49:00 | 13,59 | 4:25 |
| 91 | 223 | Muys Pascal | Oostende | 1970 | H2 | 27 | 0:49:21 | 13,50 | 4:27 |
| 93 | 207 | De Smedt Tony | Bredene | 1971 | H2 | 28 | 0:49:36 | 13,43 | 4:28 |
| 94 | 181 | Tyvaert Wim | Koekelare | 1965 | H2 | 29 | 0:49:40 | 13,41 | 4:28 |
| 97 | 222 | Verfaillie Piet | De Haan | 1967 | H2 | 30 | 0:49:48 | 13,37 | 4:29 |
| 101 | 63 | Pylyser Sven | Bredene | 1965 | H2 | 31 | 0:49:56 | 13,34 | 4:30 |
| 102 | 188 | Brulez Bart | Oostende | 1969 | H2 | 32 | 0:50:10 | 13,28 | 4:31 |
| 103 | 187 | Drieghe Patrick | Bredene | 1969 | H2 | 33 | 0:50:13 | 13,26 | 4:31 |
| 106 | 29 | Hannes Steven | Oostende | 1974 | H2 | 34 | 0:50:57 | 13,07 | 4:35 |
| 112 | 110 | Vanhoucke Kris | Oostende | 1968 | H2 | 35 | 0:51:28 | 12,94 | 4:38 |
| 114 | 13 | Waeyaert Peter | Oostende | 1969 | H2 | 36 | 0:51:52 | 12,84 | 4:40 |
| 115 | 173 | Lambert Wim | Brugge | 1970 | H2 | 37 | 0:52:02 | 12,80 | 4:41 |
| 117 | 66 | Doeven Richard | Oostende | 1973 | H2 | 38 | 0:52:35 | 12,67 | 4:44 |
| 120 | 193 | Milh Lorenzo | Bredene | 1972 | H2 | 39 | 0:52:55 | 12,59 | 4:46 |
| 121 | 200 | Jungbluth Rudy | Oostende | 1965 | H2 | 40 | 0:53:17 | 12,50 | 4:48 |
| 122 | 72 | Logghe Eddy | Ettelgem | 1970 | H2 | 41 | 0:53:21 | 12,48 | 4:48 |
| 126 | 209 | Nuytten Lode | Oostende | 1968 | H2 | 42 | 0:53:56 | 12,35 | 4:52 |
| 133 | 132 | Deprez Dirk | Oostende | 1966 | H2 | 43 | 0:55:07 | 12,08 | 4:58 |
| 140 | 50 | De Craemer Martin | Oostende | 1965 | H2 | 44 | 0:57:37 | 11,56 | 5:11 |
| 145 | 48 | Ackx Stefan | Brugge | 1968 | H2 | 45 | 0:59:10 | 11,26 | 5:20 |
| 8 | 240 | Begeyn Thierry | Brugge | 1964 | H3 | 1 | 0:39:45 | 16,75 | 3:35 |
| 9 | 231 | De Ketelaere Luc | Gistel | 1962 | H3 | 2 | 0:40:01 | 16,64 | 3:36 |
| 10 | 157 | Puistjens Gino | Oostende | 1962 | H3 | 3 | 0:40:11 | 16,57 | 3:37 |
| 14 | 115 | Desmedt Martin | Bredene | 1960 | H3 | 4 | 0:40:26 | 16,47 | 3:39 |
| 25 | 128 | Deruddere Geert | Wevelgem | 1960 | H3 | 5 | 0:41:38 | 16,00 | 3:45 |
| 29 | 38 | Poppe Alain | Oostende | 1962 | H3 | 6 | 0:41:54 | 15,89 | 3:46 |
| 34 | 120 | Pacque Hans | Nieuwpoort | 1963 | H3 | 7 | 0:42:47 | 15,57 | 3:51 |
| 35 | 27 | Luypaert Dirk | Oostende | 1964 | H3 | 8 | 0:42:55 | 15,52 | 3:52 |
| 36 | 31 | Thibout Jean-Marc | Oostende | 1958 | H3 | 9 | 0:42:56 | 15,51 | 3:52 |
| 42 | 73 | Gulpen Bart | Oostende | 1964 | H3 | 10 | 0:43:22 | 15,36 | 3:54 |
| 46 | 160 | Devilder Patrick | Sint-Andries | 1962 | H3 | 11 | 0:43:40 | 15,25 | 3:56 |
| 48 | 55 | Schuyesmans Luc | Oostende | 1964 | H3 | 12 | 0:44:09 | 15,08 | 3:59 |
| 56 | 88 | Couvreur Martin | Kortemark | 1958 | H3 | 13 | 0:44:58 | 14,81 | 4:03 |
| 57 | 96 | Devriendt Johan | Oudenburg | 1963 | H3 | 14 | 0:45:17 | 14,71 | 4:05 |
| 58 | 92 | Bruylandt Jean-Jacques | Geraardsbergen | 1956 | H3 | 15 | 0:45:18 | 14,70 | 4:05 |
| 59 | 159 | Provost Rik | Oostende | 1963 | H3 | 16 | 0:45:43 | 14,57 | 4:07 |
| 61 | 6 | Vermeulen Gino | Oostende | 1964 | H3 | 17 | 0:45:55 | 14,50 | 4:08 |
| 66 | 224 | Tyteca Walter | Westende | 1957 | H3 | 18 | 0:46:39 | 14,28 | 4:12 |
| 67 | 236 | Van Parys Geert | Damme | 1959 | H3 | 19 | 0:46:42 | 14,26 | 4:12 |
| 68 | 70 | Hauweele Erik | Lombardsijde | 1960 | H3 | 20 | 0:46:48 | 14,23 | 4:13 |
| 69 | 166 | Derijnck Frank | Oostende | 1961 | H3 | 21 | 0:46:50 | 14,22 | 4:13 |
| 79 | 195 | Dudal Marc | Bredene | 1961 | H3 | 22 | 0:47:19 | 14,08 | 4:16 |
| 80 | 124 | Decoster Patrick | Izegem | 1960 | H3 | 23 | 0:47:22 | 14,06 | 4:16 |
| 85 | 97 | Keukeleire Dirk | Brugge | 1961 | H3 | 24 | 0:48:44 | 13,67 | 4:23 |
| 88 | 171 | Deramoudt Marc | Lombardsijde | 1955 | H3 | 25 | 0:49:08 | 13,55 | 4:26 |
| 95 | 95 | Boudolf Marc | Gistel | 1964 | H3 | 26 | 0:49:42 | 13,40 | 4:29 |
| 96 | 98 | Decock Ronny | Oostende | 1955 | H3 | 27 | 0:49:43 | 13,40 | 4:29 |
| 107 | 196 | Depoorter Dirk | Oostende | 1963 | H3 | 28 | 0:51:03 | 13,05 | 4:36 |
| 109 | 116 | Locy Danny | Aalter | 1964 | H3 | 29 | 0:51:21 | 12,97 | 4:38 |
| 116 | 53 | Germonprez Ludwig | Bredene | 1955 | H3 | 30 | 0:52:25 | 12,71 | 4:43 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-------------------------|------------|------|-----|-------|---------|-------|---------|
| 124 | 192 | Vanhulst Christian | Oostende | 1958 | H3 | 31 | 0:53:50 | 12,37 | 4:51 |
| 125 | 34 | Declerck Franky | Oostende | 1958 | H3 | 32 | 0:53:53 | 12,36 | 4:51 |
| 127 | 35 | t' Jaeckx Johan | Oostende | 1963 | H3 | 33 | 0:53:57 | 12,34 | 4:52 |
| 128 | 47 | Lootens Jozef | Oostende | 1956 | H3 | 34 | 0:54:01 | 12,33 | 4:52 |
| 134 | 174 | Vrancken Jacky | Bredene | 1959 | H3 | 35 | 0:55:21 | 12,03 | 4:59 |
| 139 | 149 | Tanghe Patrick | Gistel | 1956 | H3 | 36 | 0:57:08 | 11,66 | 5:09 |
| 144 | 56 | Cattoor Franky | Bredene | 1963 | H3 | 37 | 0:59:07 | 11,27 | 5:20 |
| 148 | 30 | Lasat Luc | Oudenburg | 1964 | H3 | 38 | 1:02:45 | 10,61 | 5:39 |
| 150 | 182 | Ceulers Christian | Waregem | 1957 | H3 | 39 | 1:03:45 | 10,45 | 5:45 |
| 152 | 101 | Batsleer Didier | Snellegem | 1961 | H3 | 40 | 1:04:46 | 10,28 | 5:50 |
| 37 | 26 | Deweert Marc | Oostende | 1950 | H4 | 1 | 0:43:01 | 15,48 | 3:53 |
| 39 | 136 | Vanbelle Willy | Oostende | 1952 | H4 | 2 | 0:43:16 | 15,39 | 3:54 |
| 45 | 21 | Lefevere Willy | Oostende | 1949 | H4 | 3 | 0:43:34 | 15,29 | 3:55 |
| 47 | 226 | Marechal Roger | Molmedy | 1953 | H4 | 4 | 0:43:47 | 15,21 | 3:57 |
| 49 | 144 | Van Camp Alfons | Hamme | 1953 | H4 | 5 | 0:44:24 | 15,00 | 4:00 |
| 73 | 42 | Pauwels Luk | Oudenburg | 1951 | H4 | 6 | 0:47:04 | 14,15 | 4:14 |
| 76 | 61 | Bultynck Wilfried | Oostende | 1951 | H4 | 7 | 0:47:12 | 14,11 | 4:15 |
| 86 | 148 | Van Houcke Karel | Brugge | 1945 | H4 | 8 | 0:48:57 | 13,61 | 4:25 |
| 89 | 167 | Demaegdt Georges | Oostende | 1946 | H4 | 9 | 0:49:12 | 13,54 | 4:26 |
| 90 | 91 | Rypens Arnold | Rumst | 1952 | H4 | 10 | 0:49:19 | 13,50 | 4:27 |
| 98 | 150 | Belpaeme Robert | Oostende | 1952 | H4 | 11 | 0:49:50 | 13,36 | 4:29 |
| 100 | 44 | Van de Woestijne Firmin | Watervliet | 1946 | H4 | 12 | 0:49:53 | 13,35 | 4:30 |
| 104 | 74 | Treve Eric | Oostende | 1954 | H4 | 13 | 0:50:22 | 13,22 | 4:32 |
| 108 | 9 | Lostrie Walter | Oostende | 1947 | H4 | 14 | 0:51:07 | 13,03 | 4:36 |
| 110 | 86 | Laenens Lodewijk | Oostende | 1948 | H4 | 15 | 0:51:23 | 12,96 | 4:38 |
| 113 | 147 | Vandamme Daniël | Brugge | 1954 | H4 | 16 | 0:51:49 | 12,85 | 4:40 |
| 119 | 71 | Vanneste Roland | Kortrijk | 1951 | H4 | 17 | 0:52:42 | 12,64 | 4:45 |
| 129 | 46 | Brissinck Daniël | Oostende | 1953 | H4 | 18 | 0:54:51 | 12,14 | 4:56 |
| 130 | 33 | Mettepenningen Lucien | Oostende | 1951 | H4 | 19 | 0:54:54 | 12,13 | 4:57 |
| 132 | 58 | Devos Marc | Oostende | 1952 | H4 | 20 | 0:55:03 | 12,10 | 4:58 |
| 141 | 82 | Illegems Francois | Hingene | 1947 | H4 | 21 | 0:57:41 | 11,55 | 5:12 |
| 143 | 179 | Senaeve Freddy | Bredene | 1954 | H4 | 22 | 0:58:41 | 11,35 | 5:17 |
| 149 | 20 | De Bruycker Eugeen | Overmere | 1950 | H4 | 23 | 1:02:55 | 10,59 | 5:40 |
| 151 | 140 | Bernaert Ronny | Oostende | 1949 | H4 | 24 | 1:04:09 | 10,38 | 5:47 |