

Oostends Loopcriterium 2010

29e Dwars door Mariakerke-Raversijde - 13 augustus 2010

5,5 KM

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|-----------------------|--------------|------|-----|-------|---------|-------|---------|
| 1 | 51 | Hertveldt Heidi | Middelkerke | 1975 | D2 | 1 | 0:21:10 | 15,59 | 3:51 |
| 2 | 241 | Deruddere Lies | Wevelgem | 1986 | D1 | 1 | 0:21:53 | 15,08 | 3:59 |
| 3 | 189 | Lesage Lut | Oostende | 1969 | D2 | 2 | 0:22:24 | 14,73 | 4:04 |
| 4 | 244 | De Both An | Hamme | 1975 | D2 | 3 | 0:22:29 | 14,68 | 4:05 |
| 5 | 100 | Malfait Marjan | Blankenberge | 1957 | D3 | 1 | 0:22:51 | 14,44 | 4:09 |
| 6 | 177 | Pieters Evy | Oostende | 1987 | D1 | 2 | 0:23:21 | 14,13 | 4:15 |
| 7 | 224 | Musseeuw Jolien | Diksmuide | 1994 | D1 | 3 | 0:24:01 | 13,74 | 4:22 |
| 8 | 152 | Strubbe Fabienne | Oudenburg | 1967 | D2 | 4 | 0:24:16 | 13,60 | 4:25 |
| 9 | 14 | Maes Marleen | Oostende | 1963 | D3 | 2 | 0:24:23 | 13,53 | 4:26 |
| 10 | 267 | Depondt Trui | Oostende | 1975 | D2 | 5 | 0:24:46 | 13,32 | 4:30 |
| 11 | 134 | Geldhof Johnny | De Panne | 1945 | H5 | 1 | 0:25:08 | 13,13 | 4:34 |
| 12 | 133 | Van Houcke Karel | Brugge | 1945 | H5 | 2 | 0:25:12 | 13,10 | 4:35 |
| 13 | 321 | Vanhessche Ulrike | Oudenburg | 1975 | D2 | 6 | 0:25:24 | 12,99 | 4:37 |
| 14 | 265 | De Buysscher Karine | Kerksken | 1967 | D2 | 7 | 0:25:30 | 12,94 | 4:38 |
| 15 | 182 | Cavey Wilfried | Diksmuide | 1943 | H5 | 3 | 0:25:34 | 12,91 | 4:39 |
| 16 | 217 | Debrock Brenda | Oostende | 1962 | D3 | 3 | 0:25:38 | 12,87 | 4:40 |
| 17 | 30 | Timmerman Sandra | Oostende | 1969 | D2 | 8 | 0:25:40 | 12,86 | 4:40 |
| 18 | 154 | Reynaert Lieve | Oordegem | 1967 | D2 | 9 | 0:25:41 | 12,85 | 4:40 |
| 19 | 92 | Van Bets Christel | Hoboken | 1961 | D3 | 4 | 0:25:45 | 12,82 | 4:41 |
| 20 | 13 | Coenen Jeannine | Ravels | 1953 | D4 | 1 | 0:25:47 | 12,80 | 4:41 |
| 21 | 170 | Note Carine | Lombardsijde | 1975 | D2 | 10 | 0:25:50 | 12,77 | 4:42 |
| 22 | 208 | Crefcoeur Brigitte | De Haan | 1961 | D3 | 5 | 0:25:58 | 12,71 | 4:43 |
| 23 | 282 | Coulier Lies | Oostende | 1974 | D2 | 11 | 0:26:09 | 12,62 | 4:45 |
| 24 | 20 | Huttener Sylvia | Oostende | 1969 | D2 | 12 | 0:26:41 | 12,37 | 4:51 |
| 25 | 25 | Breyne Marleen | Oostende | 1960 | D3 | 6 | 0:26:45 | 12,34 | 4:52 |
| 26 | 26 | Deschrijvere Jeannine | Oostende | 1966 | D2 | 13 | 0:26:56 | 12,25 | 4:54 |
| 27 | 3 | De Nys Viviane | Oostende | 1949 | D4 | 2 | 0:27:00 | 12,22 | 4:55 |
| 28 | 323 | Steelandt Cathy | Oudenburg | 1983 | D1 | 4 | 0:27:05 | 12,18 | 4:55 |
| 29 | 78 | Rotsaert Martine | Oostende | 1964 | D3 | 7 | 0:27:06 | 12,18 | 4:56 |
| 30 | 358 | Heusequin Christel | Bredene | 1971 | D2 | 14 | 0:27:08 | 12,16 | 4:56 |
| 31 | 273 | Dejcamps Valerie | Oostende | 1980 | D1 | 5 | 0:27:10 | 12,15 | 4:56 |
| 32 | 77 | Pauwels Valerie | Gistel | 1975 | D2 | 15 | 0:27:11 | 12,14 | 4:57 |
| 33 | 162 | Knockaert Dirk | Oudenburg | 1944 | H5 | 4 | 0:27:14 | 12,12 | 4:57 |
| 34 | 8 | Van Samang Ann | St-Andries | 1970 | D2 | 16 | 0:27:25 | 12,04 | 4:59 |
| 35 | 999 | Knockaert Georgette | Oostkamp | 1965 | D3 | 8 | 0:27:27 | 12,02 | 4:59 |
| 36 | 238 | Lingier Sarah | Oostende | 1981 | D1 | 6 | 0:27:34 | 11,97 | 5:01 |
| 37 | 322 | Verplancke Liesbeth | Oudenburg | 1981 | D1 | 7 | 0:27:43 | 11,91 | 5:02 |
| 38 | 164 | Commeine Roger | Kortemark | 1938 | H5 | 5 | 0:27:48 | 11,87 | 5:03 |
| 39 | 16 | Hoet Marleen | Oostende | 1953 | D4 | 3 | 0:27:52 | 11,84 | 5:04 |
| 40 | 354 | Denys Adelheid | Oostende | 1974 | D2 | 17 | 0:27:56 | 11,81 | 5:05 |
| 41 | 301 | Beirens Kristel | Jabbeke | 1972 | D2 | 18 | 0:28:00 | 11,79 | 5:05 |
| 42 | 230 | Rotsaert Martine | Oostende | 1968 | D2 | 19 | 0:28:12 | 11,70 | 5:08 |
| 43 | 27 | De Clercq Rita | Oostende | 1965 | D3 | 9 | 0:28:15 | 11,68 | 5:08 |
| 44 | 4 | Knockaert Roger | Oostkamp | 1933 | H5 | 6 | 0:28:18 | 11,66 | 5:09 |
| 45 | 50 | Hertveldt Kathy | Oostende | 1977 | D1 | 8 | 0:28:19 | 11,65 | 5:09 |
| 46 | 397 | Leuwers Carine | Reninge | 1972 | D2 | 20 | 0:28:37 | 11,53 | 5:12 |
| 47 | 289 | Desanghere Ina | Oostende | 1964 | D3 | 10 | 0:28:42 | 11,50 | 5:13 |
| 48 | 60 | Devos Goedroen | Gistel | 1983 | D1 | 9 | 0:29:05 | 11,35 | 5:17 |
| 49 | 165 | Boels Vera | Zellik | 1959 | D3 | 11 | 0:29:09 | 11,32 | 5:18 |
| 50 | 45 | Pierloot Sonja | Oostende | 1968 | D2 | 21 | 0:29:11 | 11,31 | 5:18 |
| 51 | 359 | Passchyn Kelly | Eernegem | 1982 | D1 | 10 | 0:29:15 | 11,28 | 5:19 |
| 52 | 41 | Pillu Fernand | Oostende | 1934 | H5 | 7 | 0:29:21 | 11,24 | 5:20 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|--------------------------|--------------|------|-----|-------|---------|-------|---------|
| 53 | 54 | Burggraeve Leentje | Bredene | 1959 | D3 | 12 | 0:29:23 | 11,23 | 5:21 |
| 54 | 38 | Milants Gilbert | De Haan | 1943 | H5 | 8 | 0:29:24 | 11,22 | 5:21 |
| 55 | 58 | Vandendriessche Sonja | Bredene | 1959 | D3 | 13 | 0:29:26 | 11,21 | 5:21 |
| 56 | 350 | Van Severen Jeanique | Oostende | 1967 | D2 | 22 | 0:29:28 | 11,20 | 5:21 |
| 57 | 111 | Vanoverberghe Nele | Nieuwkerke | 1989 | D1 | 11 | 0:29:31 | 11,18 | 5:22 |
| 58 | 31 | Vandaele Marleen | Oostende | 1968 | D2 | 23 | 0:29:38 | 11,14 | 5:23 |
| 59 | 296 | Luca Evelien | Oostende | 1952 | D4 | 4 | 0:30:11 | 10,93 | 5:29 |
| 60 | 237 | Willems Martine | Oostende | 1960 | D3 | 14 | 0:30:13 | 10,92 | 5:30 |
| 61 | 156 | Wallaert Corinne | Oostende | 1970 | D2 | 24 | 0:30:34 | 10,80 | 5:33 |
| 62 | 256 | Roosen Patricia | Oostende | 1970 | D2 | 25 | 0:30:36 | 10,78 | 5:34 |
| 63 | 84 | Delanghe Norbert | Nieuwpoort | 1943 | H5 | 9 | 0:31:01 | 10,64 | 5:38 |
| 64 | 220 | Bendels Cindy | Nieuwpoort | 1974 | D2 | 26 | 0:31:11 | 10,58 | 5:40 |
| 65 | 261 | Perard Nathalie | Oostende | 1969 | D2 | 27 | 0:31:20 | 10,53 | 5:42 |
| 66 | 212 | Van Parijs Willy | Putte | 1937 | H5 | 10 | 0:31:30 | 10,48 | 5:44 |
| 67 | 157 | Desmet Marianne | Wevelgem | 1964 | D3 | 15 | 0:31:39 | 10,43 | 5:45 |
| 68 | 318 | Heinderson Fabienne | Oostende | 1963 | D3 | 16 | 0:31:49 | 10,37 | 5:47 |
| 69 | 336 | Jacobs Kristien | Oostende | 1962 | D3 | 17 | 0:31:56 | 10,33 | 5:48 |
| 70 | 117 | De Laere Stefanie | Brugge | 1969 | D2 | 28 | 0:31:58 | 10,32 | 5:49 |
| 71 | 178 | Pincket Daisy | Oostende | 1954 | D4 | 5 | 0:32:07 | 10,28 | 5:50 |
| 72 | 70 | Huwel Agnes | Oostende | 1951 | D4 | 6 | 0:32:10 | 10,26 | 5:51 |
| 73 | 48 | Vandepoele Marleen | Oostende | 1962 | D3 | 18 | 0:32:23 | 10,19 | 5:53 |
| 74 | 6 | De Laere François | Oostende | 1944 | H5 | 11 | 0:32:25 | 10,18 | 5:54 |
| 75 | 63 | Van Bossche Etienne | Oostende | 1938 | H5 | 12 | 0:32:31 | 10,15 | 5:55 |
| 76 | 188 | Wallaert Marie-Christine | Oostende | 1966 | D2 | 29 | 0:32:35 | 10,13 | 5:55 |
| 77 | 302 | Coulier Nel | Oostende | 1983 | D1 | 12 | 0:33:02 | 9,99 | 6:00 |
| 78 | 2 | Nolf Nele | Oudenburg | 1955 | D4 | 7 | 0:33:04 | 9,98 | 6:01 |
| 79 | 24 | Schuyesmans Edmond | Oostende | 1936 | H5 | 13 | 0:33:18 | 9,91 | 6:03 |
| 80 | 396 | Janssens Carine | Oostende | 1965 | D3 | 19 | 0:33:26 | 9,87 | 6:05 |
| 81 | 65 | Bruyndonckx Louis | Hemiksem | 1944 | H5 | 14 | 0:33:35 | 9,83 | 6:06 |
| 82 | 44 | Westerlink Isabel | Oostende | 1977 | D1 | 13 | 0:33:44 | 9,78 | 6:08 |
| 83 | 316 | De Zutter Carine | Blankenberge | 1964 | D3 | 20 | 0:34:02 | 9,70 | 6:11 |
| 84 | 22 | Hamers Lilian | Oostende | 1946 | D4 | 8 | 0:34:51 | 9,47 | 6:20 |
| 85 | 15 | Tahon Christel | Oostende | 1964 | D3 | 21 | 0:35:26 | 9,31 | 6:27 |
| 86 | 1 | Depuydt Bernadette | Oostende | 1949 | D4 | 9 | 0:36:09 | 9,13 | 6:34 |
| 87 | 29 | De Wit Alida | Middelkerke | 1952 | D4 | 10 | 0:36:18 | 9,09 | 6:36 |
| 88 | 160 | Meyers Maria | Hingene | 1948 | D4 | 11 | 0:36:38 | 9,01 | 6:40 |
| 89 | 139 | De Schacht Gaby | Gistel | 1948 | D4 | 12 | 0:37:40 | 8,76 | 6:51 |
| 90 | 137 | Geldhof Andre | Gistel | 1942 | H5 | 15 | 0:37:42 | 8,75 | 6:51 |
| 91 | 203 | Demuynck Eric | Gullegem | 1935 | H5 | 16 | 0:38:05 | 8,67 | 6:55 |
| 92 | 253 | Brialmont Irene | Spa | 1957 | D3 | 22 | 0:45:59 | 7,18 | 8:22 |
| 93 | 91 | Verstraeten Marc | Elewynt | 1966 | H5 | 17 | 0:52:01 | 6,34 | 9:27 |
| 94 | 190 | Vandewouwer Katrien | Berendrecht | 1975 | D2 | 30 | 0:55:59 | 5,89 | 10:11 |

Oostends Loopcriterium 2010

29e Dwars door Mariakerke-Raversijde - 13 augustus 2010

9,75 KM

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|--------------------------|---------------|------|-----|-------|---------|-------|---------|
| 1 | 136 | Diaz Rodriguez Alexander | Brugge | 1979 | H1 | 1 | 0:30:59 | 18,88 | 3:11 |
| 2 | 248 | Stieperaere Davy | Varsenare | 1985 | H1 | 2 | 0:32:29 | 18,01 | 3:20 |
| 3 | 195 | Vandenabeele Theo | Bornem | 1960 | H3 | 1 | 0:33:06 | 17,67 | 3:24 |
| 4 | 151 | Bossier Eddy | Oudenburg | 1964 | H3 | 2 | 0:34:09 | 17,13 | 3:30 |
| 5 | 119 | Rondelez Filip | Brugge | 1969 | H2 | 1 | 0:34:21 | 17,03 | 3:31 |
| 6 | 222 | Musseeuw Danny | Vladslo | 1966 | H2 | 2 | 0:34:29 | 16,96 | 3:32 |
| 7 | 95 | Hoet Elie | Gits | 1962 | H3 | 3 | 0:34:35 | 16,92 | 3:33 |
| 8 | 81 | Hocedez Steven | Otegem | 1970 | H2 | 3 | 0:35:00 | 16,71 | 3:35 |
| 9 | 297 | Boone Dirk | Oostduinkerke | 1965 | H3 | 4 | 0:35:03 | 16,69 | 3:36 |
| 10 | 83 | Pascke Frank | Niederzier | 1965 | H3 | 5 | 0:35:11 | 16,63 | 3:37 |
| 11 | 173 | Wozny Eric | Charleroi | 1965 | H3 | 6 | 0:35:13 | 16,61 | 3:37 |
| 12 | 337 | De Ketelaere Luc | Gistel | 1962 | H3 | 7 | 0:35:24 | 16,53 | 3:38 |
| 13 | 179 | Van Belleghem Timothy | Assebroek | 1983 | H1 | 3 | 0:35:31 | 16,47 | 3:39 |
| 14 | 199 | Debreyne Frederic | De Haan | 1971 | H2 | 4 | 0:35:39 | 16,41 | 3:39 |
| 15 | 214 | Creminger Bart | Oostende | 1992 | H1 | 4 | 0:35:43 | 16,38 | 3:40 |
| 16 | 299 | Boeykens Nikolaas | Oostende | 1974 | H2 | 5 | 0:35:51 | 16,32 | 3:41 |
| 17 | 292 | Lust Christophe | Oostduinkerke | 1977 | H1 | 5 | 0:35:52 | 16,31 | 3:41 |
| 18 | 201 | Ameloot Frederik | Oostende | 1977 | H1 | 6 | 0:36:07 | 16,20 | 3:42 |
| 19 | 159 | Rom Gert | Wilsele | 1969 | H2 | 6 | 0:36:11 | 16,17 | 3:43 |
| 20 | 116 | Dhondt Sven | Brugge | 1977 | H1 | 7 | 0:36:13 | 16,15 | 3:43 |
| 21 | 140 | Lannoo Frank | Meulebeke | 1957 | H3 | 8 | 0:36:17 | 16,12 | 3:43 |
| 22 | 115 | Patoor Dirk | Lochristi | 1955 | H4 | 1 | 0:36:20 | 16,10 | 3:44 |
| 23 | 67 | Hamers Peter | Oostende | 1969 | H2 | 7 | 0:36:32 | 16,01 | 3:45 |
| 24 | 175 | Puystjens Gino | Lombardsijde | 1962 | H3 | 9 | 0:36:43 | 15,93 | 3:46 |
| 25 | 304 | De Coene Wim | Zottegem | 1976 | H1 | 8 | 0:36:56 | 15,84 | 3:47 |
| 26 | 269 | Tackx Koen | Brussel | 1969 | H2 | 8 | 0:36:58 | 15,83 | 3:47 |
| 27 | 209 | Vanheyste Gerben | Walem | 1977 | H1 | 9 | 0:37:00 | 15,81 | 3:48 |
| 28 | 28 | Poppe Alain | Oostende | 1962 | H3 | 10 | 0:37:05 | 15,78 | 3:48 |
| 29 | 171 | Deramoudt Johan | Lombardsijde | 1970 | H2 | 9 | 0:37:12 | 15,73 | 3:49 |
| 30 | 205 | Van Camp Alfons | Hamme | 1953 | H4 | 2 | 0:37:31 | 15,59 | 3:51 |
| 31 | 263 | Vrancken Jacky | Bredene | 1959 | H3 | 11 | 0:37:37 | 15,55 | 3:51 |
| 32 | 185 | Schoolmeester Jan | Oostende | 1954 | H4 | 3 | 0:37:44 | 15,50 | 3:52 |
| 33 | 74 | Van Den Branden Jef | Wommelgem | 1991 | H1 | 10 | 0:37:46 | 15,49 | 3:52 |
| 34 | 240 | Rubben Luc | Oostende | 1956 | H3 | 12 | 0:37:48 | 15,48 | 3:53 |
| 35 | 271 | Poiz Sigurd | Oostende | 1979 | H1 | 11 | 0:37:50 | 15,46 | 3:53 |
| 36 | 252 | Vantighem Vincent | Eernegem | 1972 | H2 | 10 | 0:37:51 | 15,46 | 3:53 |
| 37 | 394 | Verlet Benjamin | Oostende | 1979 | H1 | 12 | 0:37:53 | 15,44 | 3:53 |
| 38 | 225 | Pacque Hans | Nieuwpoort | 1963 | H3 | 13 | 0:37:55 | 15,43 | 3:53 |
| 39 | 147 | Coucke Francis | Veurne | 1967 | H2 | 11 | 0:37:57 | 15,42 | 3:54 |
| 40 | 309 | Jonckheere Koen | Oostende | 1975 | H2 | 12 | 0:37:59 | 15,40 | 3:54 |
| 41 | 113 | Decat Jurgen | Wervik | 1980 | H1 | 13 | 0:38:00 | 15,39 | 3:54 |
| 42 | 245 | Tondelier Dimitri | Leffinge | 1971 | H2 | 13 | 0:38:02 | 15,38 | 3:54 |
| 43 | 12 | Luypaert Dirk | Oostende | 1964 | H3 | 14 | 0:38:03 | 15,37 | 3:54 |
| 44 | 40 | Thibout Jean-Marc | Oostende | 1958 | H3 | 15 | 0:38:07 | 15,35 | 3:55 |
| 45 | 200 | Vansteenwuyse Stef | Oostende | 1972 | H2 | 14 | 0:38:09 | 15,33 | 3:55 |
| 46 | 310 | Liekens Peter | Middelkerke | 1967 | H2 | 15 | 0:38:11 | 15,32 | 3:55 |
| 47 | 193 | Desmedt Martin | Bredene | 1960 | H3 | 16 | 0:38:13 | 15,31 | 3:55 |
| 48 | 163 | Knockaert Kevin | Oudenburg | 1993 | H1 | 14 | 0:38:15 | 15,29 | 3:55 |
| 49 | 242 | Ramakers Kenneth | Nieuwpoort | 1977 | H1 | 15 | 0:38:18 | 15,27 | 3:56 |
| 50 | 184 | Watthy Johan | Gistel | 1967 | H2 | 16 | 0:38:28 | 15,21 | 3:57 |
| 51 | 204 | Sandra Dieter | Oostende | 1981 | H1 | 16 | 0:38:31 | 15,19 | 3:57 |
| 52 | 353 | Janssen Jan | Veurne | 1970 | H2 | 17 | 0:38:33 | 15,18 | 3:57 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-----------------------|---------------|------|-----|-------|---------|-------|---------|
| 53 | 340 | Dupont Youri | Gistel | 1978 | H1 | 17 | 0:38:35 | 15,16 | 3:57 |
| 54 | 146 | Coucke Nicolas | Veurne | 1996 | H1 | 18 | 0:38:37 | 15,15 | 3:58 |
| 55 | 112 | Vandenweghe Ivan | Nieuwkerke | 1979 | H1 | 19 | 0:38:38 | 15,14 | 3:58 |
| 56 | 355 | Van Moortel Kevin | Oostende | 1978 | H1 | 20 | 0:38:40 | 15,13 | 3:58 |
| 57 | 39 | Deweert Marc | Oostende | 1950 | H4 | 4 | 0:38:42 | 15,12 | 3:58 |
| 58 | 313 | Viaene Christ | Veurne | 1968 | H2 | 18 | 0:39:00 | 15,00 | 4:00 |
| 59 | 266 | Vonck Danny | Kerksken | 1967 | H2 | 19 | 0:39:04 | 14,97 | 4:00 |
| 60 | 272 | Van Puyenbroeck Erwin | Grembergen | 1972 | H2 | 20 | 0:39:07 | 14,96 | 4:01 |
| 61 | 339 | Vandenberghhe Dirk | Oudenburg | 1964 | H3 | 17 | 0:39:15 | 14,90 | 4:02 |
| 62 | 132 | Luyckx Gert | Ingelmunster | 1970 | H2 | 21 | 0:39:26 | 14,84 | 4:03 |
| 63 | 108 | Frickelo Geert | Oostkamp | 1964 | H3 | 18 | 0:39:33 | 14,79 | 4:03 |
| 64 | 229 | Durivault Danny | Oostduinkerke | 1963 | H3 | 19 | 0:39:44 | 14,72 | 4:05 |
| 65 | 158 | Debacker Curd | Oostende | 1972 | H2 | 22 | 0:39:46 | 14,71 | 4:05 |
| 66 | 399 | Declerck Koen | Oudenburg | 1970 | H2 | 23 | 0:39:48 | 14,70 | 4:05 |
| 67 | 349 | Vanden Berghe Patrick | Oostkamp | 1967 | H2 | 24 | 0:39:52 | 14,67 | 4:05 |
| 68 | 280 | Goes Dirk | Middelkerke | 1965 | H3 | 20 | 0:39:54 | 14,66 | 4:06 |
| 69 | 219 | De Grootte Jurgen | Lombardsijde | 1970 | H2 | 25 | 0:39:56 | 14,65 | 4:06 |
| 70 | 293 | Marechal Roger | Maldegem | 1953 | H4 | 5 | 0:39:58 | 14,64 | 4:06 |
| 71 | 288 | Raes Johan | Snaaskerke | 1958 | H3 | 21 | 0:40:00 | 14,63 | 4:06 |
| 72 | 250 | Laenens Gunther | Bredene | 1971 | H2 | 26 | 0:40:06 | 14,59 | 4:07 |
| 73 | 46 | Westerlinck Stefaan | Kortrijk | 1978 | H1 | 21 | 0:40:12 | 14,55 | 4:07 |
| 74 | 118 | Rysman Johan | Desselgem | 1954 | H4 | 6 | 0:40:15 | 14,53 | 4:08 |
| 75 | 257 | Gysels Dirk | Aartselaar | 1954 | H4 | 7 | 0:40:16 | 14,53 | 4:08 |
| 76 | 303 | Woutters Christophe | Oostende | 1977 | H1 | 22 | 0:40:19 | 14,51 | 4:08 |
| 77 | 124 | Rens Jeremy | Gistel | 1995 | H1 | 23 | 0:40:25 | 14,47 | 4:09 |
| 78 | 125 | Troch Jan | Genk | 1965 | H3 | 22 | 0:40:28 | 14,46 | 4:09 |
| 79 | 329 | Devilder Patrick | Oostende | 1962 | H3 | 23 | 0:40:30 | 14,44 | 4:09 |
| 80 | 249 | Provost Rik | Oostende | 1963 | H3 | 24 | 0:40:33 | 14,43 | 4:10 |
| 81 | 279 | Buktync Frank | Oostende | 1973 | H2 | 27 | 0:40:39 | 14,39 | 4:10 |
| 82 | 211 | Vrancken Jean | Bredene | 1961 | H3 | 25 | 0:40:40 | 14,39 | 4:10 |
| 83 | 330 | Verstraete Henk | Oostende | 1972 | H2 | 28 | 0:40:43 | 14,37 | 4:11 |
| 84 | 153 | Hauweele Erik | Lombardsijde | 1960 | H3 | 26 | 0:40:46 | 14,35 | 4:11 |
| 85 | 123 | Lenaers Clint | Oostende | 1970 | H2 | 29 | 0:40:48 | 14,34 | 4:11 |
| 86 | 35 | Vermeulen Niels | Oostende | 1995 | H1 | 24 | 0:40:49 | 14,33 | 4:11 |
| 87 | 207 | Van De Voorde Johnny | De Haan | 1957 | H3 | 27 | 0:40:51 | 14,32 | 4:11 |
| 88 | 332 | Dudal Marc | Bredene | 1961 | H3 | 28 | 0:40:53 | 14,31 | 4:12 |
| 89 | 180 | Beyen Benny | Oostende | 1986 | H1 | 25 | 0:40:55 | 14,30 | 4:12 |
| 90 | 226 | Vanhecke Ronny | Oostende | 1967 | H2 | 30 | 0:40:57 | 14,29 | 4:12 |
| 91 | 71 | Carton Jan | Oostende | 1962 | H3 | 29 | 0:41:01 | 14,26 | 4:12 |
| 92 | 114 | Patoor Jeroen | Lochristi | 1995 | H1 | 26 | 0:41:03 | 14,25 | 4:13 |
| 93 | 21 | Pille Stefaan | Oostende | 1967 | H2 | 31 | 0:41:08 | 14,22 | 4:13 |
| 94 | 206 | Sabbe Geert | Oostende | 1960 | H3 | 30 | 0:41:10 | 14,21 | 4:13 |
| 95 | 356 | Nearc Marc | Oostende | 1965 | H3 | 31 | 0:41:14 | 14,19 | 4:14 |
| 96 | 130 | Vigny Laurent | Leefdaal | 1966 | H2 | 32 | 0:41:17 | 14,17 | 4:14 |
| 97 | 290 | Brackman Thierry | Veurne | 1970 | H2 | 33 | 0:41:19 | 14,16 | 4:14 |
| 98 | 172 | Tegethoff Luc | Eernegem | 1966 | H2 | 34 | 0:41:21 | 14,15 | 4:14 |
| 99 | 276 | Boucquaert Patrick | Bredene | 1960 | H3 | 32 | 0:41:23 | 14,14 | 4:15 |
| 100 | 169 | Thieren Dieter | Leffinge | 1984 | H1 | 27 | 0:41:25 | 14,12 | 4:15 |
| 101 | 104 | Bellet Jean-fran | France | 1971 | H2 | 35 | 0:41:27 | 14,11 | 4:15 |
| 102 | 144 | Van Sundert Benoit | Oostende | 1971 | H2 | 36 | 0:41:29 | 14,10 | 4:15 |
| 103 | 56 | Vermeersch Peter | Bredene | 1965 | H3 | 33 | 0:41:31 | 14,09 | 4:15 |
| 104 | 287 | Deknudt Mario | Leffinge | 1977 | H1 | 28 | 0:41:34 | 14,07 | 4:16 |
| 105 | 33 | Vermeulen Bjorn | Oostende | 1991 | H1 | 29 | 0:41:40 | 14,04 | 4:16 |
| 106 | 223 | Dumon Gino | Oudenburg | 1976 | H1 | 30 | 0:41:46 | 14,01 | 4:17 |
| 107 | 284 | Van Oyen Jan | Oudenburg | 1962 | H3 | 34 | 0:41:51 | 13,98 | 4:18 |
| 108 | 268 | Vonck Klaas | Kerksken | 1995 | H1 | 31 | 0:41:55 | 13,96 | 4:18 |
| 109 | 66 | Jonckheere Patrick | Oostende | 1955 | H4 | 8 | 0:41:56 | 13,95 | 4:18 |

| PL | NR | Naam | Woonplaats | GBJ | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|------------------------|----------------|------|-----|-------|---------|-------|---------|
| 110 | 141 | De Ridder Urbain | Brussel | 1969 | H2 | 37 | 0:41:58 | 13,94 | 4:18 |
| 111 | 97 | Gulpen Bart | Oostende | 1964 | H3 | 35 | 0:42:00 | 13,93 | 4:18 |
| 112 | 121 | Debruyne Ronny | Eernegem | 1959 | H3 | 36 | 0:42:02 | 13,92 | 4:19 |
| 113 | 86 | Rits JP | Oostende | 1954 | H4 | 9 | 0:42:04 | 13,91 | 4:19 |
| 114 | 311 | Van Kerschaver Koen | Oostende | 1974 | H2 | 38 | 0:42:06 | 13,90 | 4:19 |
| 115 | 197 | Vandenbroucke Gerard | Komen | 1954 | H4 | 10 | 0:42:10 | 13,87 | 4:19 |
| 116 | 181 | Veraart Rowald | Oostende | 1961 | H3 | 37 | 0:42:13 | 13,86 | 4:20 |
| 117 | 264 | Verhe Tijn | Oostende | 1978 | H1 | 32 | 0:42:16 | 13,84 | 4:20 |
| 118 | 236 | Heddebauw Tim | Oostende | 1976 | H1 | 33 | 0:42:18 | 13,83 | 4:20 |
| 119 | 324 | Rogier Martin | Snaaskerke | 1964 | H3 | 38 | 0:42:19 | 13,82 | 4:20 |
| 120 | 93 | Baekeland Jan | Ichtegem | 1971 | H2 | 39 | 0:42:22 | 13,81 | 4:21 |
| 121 | 398 | Bruynsteen Kurt | Oostende | 1969 | H2 | 40 | 0:42:24 | 13,80 | 4:21 |
| 122 | 166 | Tyteca Walter | Westende | 1957 | H3 | 39 | 0:42:28 | 13,78 | 4:21 |
| 123 | 260 | Leyzen Dennis | Wenduine | 1973 | H2 | 41 | 0:42:30 | 13,76 | 4:22 |
| 124 | 94 | Treve Eric | Oostende | 1954 | H4 | 11 | 0:42:32 | 13,75 | 4:22 |
| 125 | 348 | Desanghere Wouter | Oudenburg | 1989 | H1 | 34 | 0:42:39 | 13,72 | 4:22 |
| 126 | 213 | Bruylandt Jean-Jacques | Geraardsbergen | 1956 | H3 | 40 | 0:42:41 | 13,71 | 4:23 |
| 127 | 233 | De Schuiteneer Edgard | Geraardsbergen | 1953 | H4 | 12 | 0:42:44 | 13,69 | 4:23 |
| 128 | 32 | Vermeulen Gino | Oostende | 1964 | H3 | 41 | 0:42:55 | 13,63 | 4:24 |
| 129 | 351 | Steen Vital | Bredene | 1972 | H2 | 42 | 0:42:58 | 13,62 | 4:24 |
| 130 | 275 | Stuyven Bart | Hamme | 1975 | H2 | 43 | 0:43:03 | 13,59 | 4:25 |
| 131 | 395 | Van Laethem Danny | Oostende | 1972 | H2 | 44 | 0:43:06 | 13,57 | 4:25 |
| 132 | 328 | Declercq Frederik | Bredene | 1990 | H1 | 35 | 0:43:07 | 13,57 | 4:25 |
| 133 | 87 | Maes Luigi | Oostende | 1992 | H1 | 36 | 0:43:09 | 13,56 | 4:26 |
| 134 | 210 | Steen Filip | De Panne | 1972 | H2 | 45 | 0:43:13 | 13,54 | 4:26 |
| 135 | 187 | Wyllie Jurgen | Oostende | 1972 | H2 | 46 | 0:43:28 | 13,46 | 4:27 |
| 136 | 96 | Vanhecke Stefaan | Oostende | 1967 | H2 | 47 | 0:43:45 | 13,37 | 4:29 |
| 137 | 320 | Bultot Claude | Oostende | 1969 | H2 | 48 | 0:43:47 | 13,36 | 4:29 |
| 138 | 333 | Lowagie Frank | Diksmuide | 1974 | H2 | 49 | 0:43:49 | 13,35 | 4:30 |
| 139 | 168 | Keukeleire Dirk | Brugge | 1961 | H3 | 42 | 0:43:53 | 13,33 | 4:30 |
| 140 | 192 | Van Belleghem Wim | Ichtegem | 1978 | H1 | 37 | 0:43:56 | 13,32 | 4:30 |
| 141 | 59 | Pylyser Sven | Bredene | 1965 | H3 | 43 | 0:43:59 | 13,30 | 4:31 |
| 142 | 327 | Gabriels Thierry | Jabbeke | 1974 | H2 | 50 | 0:44:07 | 13,26 | 4:31 |
| 143 | 335 | Bequet Marc | Lier | 1963 | H3 | 44 | 0:44:09 | 13,25 | 4:32 |
| 144 | 307 | Decoster Patrick | Izegem | 1960 | H3 | 45 | 0:44:11 | 13,24 | 4:32 |
| 145 | 167 | Thieren Marnix | Leffinge | 1955 | H4 | 13 | 0:44:24 | 13,18 | 4:33 |
| 146 | 513 | De Herdt Olivier | Antwerpen | 1992 | H1 | 38 | 0:44:38 | 13,11 | 4:35 |
| 147 | 270 | Maertens Jos | Oostende | 1970 | H2 | 51 | 0:44:41 | 13,09 | 4:35 |
| 148 | 247 | Tyvaert Wim | Koekelare | 1965 | H3 | 46 | 0:44:43 | 13,08 | 4:35 |
| 149 | 52 | Janssens Andy | Oostende | 1975 | H2 | 52 | 0:44:47 | 13,06 | 4:36 |
| 150 | 10 | Waeyaert Pedro | Oostende | 1978 | H1 | 39 | 0:44:54 | 13,03 | 4:36 |
| 151 | 291 | Derijnck Frank | Oostende | 1961 | H3 | 47 | 0:44:58 | 13,01 | 4:37 |
| 152 | 259 | Rau Peter | Oostende | 1965 | H3 | 48 | 0:45:00 | 13,00 | 4:37 |
| 153 | 344 | Passchyn Maarten | Oostende | 1980 | H1 | 40 | 0:45:01 | 13,00 | 4:37 |
| 154 | 262 | Brulez Bart | Oostende | 1969 | H2 | 53 | 0:45:17 | 12,92 | 4:39 |
| 155 | 57 | Vanmassenhove Stefaan | Oostende | 1983 | H1 | 41 | 0:45:28 | 12,87 | 4:40 |
| 156 | 352 | Maes Diede | Oostende | 1979 | H1 | 42 | 0:45:35 | 12,83 | 4:41 |
| 157 | 11 | Waeyaert Peter | Oostende | 1969 | H2 | 54 | 0:45:49 | 12,77 | 4:42 |
| 158 | 361 | Jungbluth Rudy | Oostende | 1965 | H3 | 49 | 0:45:54 | 12,75 | 4:42 |
| 159 | 254 | De Petter Ronny | Wenduine | 1961 | H3 | 50 | 0:45:56 | 12,74 | 4:43 |
| 160 | 255 | Winandy Guy | Verviers | 1956 | H3 | 51 | 0:46:02 | 12,71 | 4:43 |
| 161 | 98 | De Bruycker Wim | Westende | 1975 | H2 | 55 | 0:46:03 | 12,70 | 4:43 |
| 162 | 68 | Lostrie Walter | Oostende | 1947 | H4 | 14 | 0:46:12 | 12,66 | 4:44 |
| 163 | 194 | De Praitere Guido | Harelbeke | 1960 | H3 | 52 | 0:46:21 | 12,62 | 4:45 |
| 164 | 334 | Vijverman Franky | Heldergem | 1971 | H2 | 56 | 0:46:26 | 12,60 | 4:46 |
| 165 | 174 | Quaegebeur Bruno | Oostende | 1977 | H1 | 43 | 0:46:32 | 12,57 | 4:46 |
| 166 | 278 | Vanthomme Axel | Gullegem | 1963 | H3 | 53 | 0:46:33 | 12,57 | 4:46 |

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| 167 | 19 | Boey Jens | Oostende | 1998 | H1 | 44 | 0:46:35 | 12,56 | 4:47 |
| 168 | 341 | Lemmens Glenn | Wilsele | 1988 | H1 | 45 | 0:46:37 | 12,55 | 4:47 |
| 169 | 53 | Germonprez Ludwig | Bredene | 1955 | H4 | 15 | 0:46:39 | 12,54 | 4:47 |
| 170 | 295 | Deleersnyder Olivier | De Haan | 1974 | H2 | 57 | 0:46:41 | 12,53 | 4:47 |
| 171 | 342 | Vandaele Kristof | Houthulst | 1974 | H2 | 58 | 0:46:45 | 12,51 | 4:48 |
| 172 | 75 | Tollet Hannes | Lubbeek | 1996 | H1 | 46 | 0:46:54 | 12,47 | 4:49 |
| 173 | 76 | Tollet Peter | Lubbeek | 1963 | H3 | 54 | 0:46:55 | 12,47 | 4:49 |
| 174 | 246 | Meheus Dimitri | Brugge | 1983 | H1 | 47 | 0:47:00 | 12,45 | 4:49 |
| 175 | 258 | Vanhoucke Kris | Oostende | 1968 | H2 | 59 | 0:47:05 | 12,42 | 4:50 |
| 176 | 338 | Deschaeck Lorenzo | Oostende | 1973 | H2 | 60 | 0:47:14 | 12,39 | 4:51 |
| 177 | 283 | Keukeleir Paul | Brugge | 1956 | H3 | 55 | 0:47:19 | 12,36 | 4:51 |
| 178 | 142 | Couvreur Martin | Kortemark | 1958 | H3 | 56 | 0:47:23 | 12,35 | 4:52 |
| 179 | 331 | Claeys Marino | Lombardsijde | 1972 | H2 | 61 | 0:47:30 | 12,32 | 4:52 |
| 180 | 82 | Herregods Jeroen | Ledeberg | 1973 | H2 | 62 | 0:47:31 | 12,31 | 4:52 |
| 181 | 286 | Milh Lorenzo | Bredene | 1972 | H2 | 63 | 0:47:42 | 12,26 | 4:54 |
| 182 | 110 | Laenens Lodewijk | Oostende | 1948 | H4 | 16 | 0:47:43 | 12,26 | 4:54 |
| 183 | 72 | Decock Ronny | Oostende | 1955 | H4 | 17 | 0:47:44 | 12,26 | 4:54 |
| 184 | 47 | Declerck Franky | Oostende | 1958 | H3 | 57 | 0:47:47 | 12,24 | 4:54 |
| 185 | 218 | Piette Anthony | Oostende | 1980 | H1 | 48 | 0:48:22 | 12,10 | 4:58 |
| 186 | 281 | Tanghe Patrick | Gistel | 1956 | H3 | 58 | 0:48:32 | 12,05 | 4:59 |
| 187 | 99 | Van Hautekerke Glenn | Bazel | 1970 | H2 | 64 | 0:48:47 | 11,99 | 5:00 |
| 188 | 49 | Mestach Serge | Oostende | 1967 | H2 | 65 | 0:49:01 | 11,93 | 5:02 |
| 189 | 357 | Jonckheere Geert | Bredene | 1957 | H3 | 59 | 0:49:07 | 11,91 | 5:02 |
| 190 | 120 | Van Laecke Alan | Boortmeerbeek | 1961 | H3 | 60 | 0:49:10 | 11,90 | 5:03 |
| 191 | 251 | Vanhulst Christian | Oostende | 1958 | H3 | 61 | 0:49:15 | 11,88 | 5:03 |
| 192 | 317 | Garmyn Yves | Oostende | 1969 | H2 | 66 | 0:49:19 | 11,86 | 5:03 |
| 193 | 285 | Mettepenningen Lucien | Oostende | 1951 | H4 | 18 | 0:49:22 | 11,85 | 5:04 |
| 194 | 135 | Van Vlierberghe Peter | St-Gillis-Waas | 1962 | H3 | 62 | 0:49:23 | 11,85 | 5:04 |
| 195 | 43 | Lootens Jozef | Oostende | 1956 | H3 | 63 | 0:49:25 | 11,84 | 5:04 |
| 196 | 277 | Hoet Reinoud | Gistel | 1965 | H3 | 64 | 0:49:27 | 11,83 | 5:04 |
| 197 | 235 | Guillaume Levi | Brussel | 1998 | H1 | 49 | 0:49:34 | 11,80 | 5:05 |
| 198 | 143 | Vanroose Roland | Bredene | 1958 | H3 | 65 | 0:49:37 | 11,79 | 5:05 |
| 199 | 216 | Persyn Didier | Oostende | 1970 | H2 | 67 | 0:49:39 | 11,78 | 5:06 |
| 200 | 202 | Vandecasteele Wouter | Oostende | 1981 | H1 | 50 | 0:49:40 | 11,78 | 5:06 |
| 201 | 343 | Lutters Jan | Oostende | 1964 | H3 | 66 | 0:49:42 | 11,77 | 5:06 |
| 202 | 512 | De Herdt Henri | Antwerpen | 1965 | H1 | 51 | 0:49:46 | 11,75 | 5:06 |
| 203 | 319 | Lasat Jens | Oudenburg | 1994 | H1 | 52 | 0:49:50 | 11,74 | 5:07 |
| 204 | 176 | Deramoudt Marc | Lombardsijde | 1955 | H4 | 19 | 0:49:56 | 11,72 | 5:07 |
| 205 | 129 | Vandamme Daniël | Brugge | 1954 | H4 | 20 | 0:50:03 | 11,69 | 5:08 |
| 206 | 18 | Naert Yves | Oostende | 1972 | H2 | 68 | 0:50:10 | 11,66 | 5:09 |
| 207 | 61 | Devos Marc | Oostende | 1952 | H4 | 21 | 0:50:13 | 11,65 | 5:09 |
| 208 | 294 | Boret Francky | Oudenburg | 1965 | H3 | 67 | 0:50:58 | 11,48 | 5:14 |
| 209 | 37 | De Craemer Martin | Oostende | 1965 | H3 | 68 | 0:50:59 | 11,47 | 5:14 |
| 210 | 42 | Brissinck Daniël | Oostende | 1953 | H4 | 22 | 0:51:40 | 11,32 | 5:18 |
| 211 | 155 | Hanssen Pascal | Oostende | 1966 | H2 | 69 | 0:51:45 | 11,30 | 5:18 |
| 212 | 90 | Van Roy Dirk | Elewijt | 1964 | H3 | 69 | 0:52:04 | 11,24 | 5:20 |
| 213 | 127 | David Danny | Koekelare | 1955 | H4 | 23 | 0:52:08 | 11,22 | 5:21 |
| 214 | 161 | Illegems François | Hingene | 1947 | H4 | 24 | 0:52:38 | 11,11 | 5:24 |
| 215 | 64 | Cattoor Franky | Bredene | 1963 | H3 | 70 | 0:53:24 | 10,96 | 5:29 |
| 216 | 69 | Van Waeyenberge Robert | Bredene | 1949 | H4 | 25 | 0:53:27 | 10,94 | 5:29 |
| 217 | 149 | Rowiers Gielen | Aalter | 1994 | H1 | 53 | 0:53:33 | 10,92 | 5:30 |
| 218 | 150 | Rowies Philippe | aalst | 1994 | H1 | 54 | 0:53:35 | 10,92 | 5:30 |
| 219 | 34 | Vermeulen Lars | Oostende | 1995 | H1 | 55 | 0:53:37 | 10,91 | 5:30 |
| 220 | 186 | Logghe Eddy | Ettelgem | 1970 | H2 | 70 | 0:53:39 | 10,90 | 5:30 |
| 221 | 325 | Dhondt Chris | Oostende | 1965 | H3 | 71 | 0:53:45 | 10,88 | 5:31 |
| 222 | 239 | Cleynen Roland | Oostende | 1954 | H4 | 26 | 0:53:46 | 10,88 | 5:31 |
| 223 | 308 | Lambert Nick | Oostende | 1994 | H1 | 56 | 0:54:23 | 10,76 | 5:35 |

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|-----------|-----------|--------------------|-------------------|------------|------------|--------------|-------------|------------|----------------|
| 224 | 89 | Van Dromme Bruno | Boortmeerbeek | 1958 | H3 | 72 | 0:54:29 | 10,74 | 5:35 |
| 225 | 314 | Lambert Wim | Brugge | 1970 | H2 | 71 | 0:54:32 | 10,73 | 5:36 |
| 226 | 326 | Rossenne Geert | Gistel | 1960 | H3 | 73 | 0:54:35 | 10,72 | 5:36 |
| 227 | 103 | De Bruycker Eugeen | Overmere | 1950 | H4 | 27 | 0:54:47 | 10,68 | 5:37 |
| 228 | 148 | Rowiers Piet | Aalst | 1959 | H3 | 74 | 0:55:24 | 10,56 | 5:41 |
| 229 | 36 | De Craemer Brian | Oostende | 1995 | H1 | 57 | 0:55:26 | 10,55 | 5:41 |
| 230 | 312 | Van De Louw Peter | Hilvarenbeek | 1958 | H3 | 75 | 0:55:30 | 10,54 | 5:42 |
| 231 | 109 | Bernaert Ronny | Oostende | 1949 | H4 | 28 | 0:55:37 | 10,52 | 5:42 |
| 232 | 73 | Degraer Luc | Oostende | 1955 | H4 | 29 | 0:55:39 | 10,51 | 5:42 |
| 233 | 9 | Tytgat Benny | Oostende | 1957 | H3 | 76 | 0:55:48 | 10,48 | 5:43 |
| 234 | 62 | Van Hee Dirk | Oostende | 1948 | H4 | 30 | 0:55:55 | 10,46 | 5:44 |
| 235 | 191 | De Weerd Kenneth | Antwerpen | 1974 | H2 | 72 | 0:56:01 | 10,44 | 5:45 |
| 236 | 79 | Develter Philippe | Oostende | 1958 | H3 | 77 | 0:56:02 | 10,44 | 5:45 |
| 237 | 80 | Carlier Joël | Gooik | 1976 | H1 | 58 | 0:56:29 | 10,36 | 5:48 |
| 238 | 232 | Guillaume Alec | Brussel | 2001 | H1 | 59 | 0:56:33 | 10,34 | 5:48 |
| 239 | 234 | Guillaume Joeri | Brussel | 1967 | H2 | 73 | 0:56:35 | 10,34 | 5:48 |
| 240 | 183 | Cavents Jan | Lichtaart | 1950 | H4 | 31 | 0:57:03 | 10,25 | 5:51 |
| 241 | 360 | Verwulgen Ivan | Oostende | 1964 | H3 | 78 | 0:57:24 | 10,19 | 5:53 |
| 242 | 300 | Lefever Marc | Oostende | 1964 | H3 | 79 | 0:57:26 | 10,19 | 5:53 |