

15e Lentejogging Dworp - 20 maart 2010

4,7 KM

| PL | NR | Naam | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|-------------------------|------------------|-----|-------|---------|-------|---------|
| 1 | 90 | De Backer Jeroen | Leeuwerik | HSE | 1 | 0:15:26 | 18,27 | 3:17 |
| 2 | 40 | Deliveyne Aaron | Assa Ronse | HSE | 2 | 0:15:39 | 18,02 | 3:20 |
| 3 | 86 | Buyle Thomas | Duatlon Wetteren | HSE | 3 | 0:16:28 | 17,13 | 3:30 |
| 4 | 177 | Vandenbosch Didier | | HVA | 1 | 0:16:43 | 16,87 | 3:33 |
| 5 | 17 | Baut Danny | Leeuwerik | HSE | 4 | 0:16:51 | 16,74 | 3:35 |
| 6 | 124 | De Backer Christophe | Leeuwerik | HSE | 5 | 0:17:34 | 16,05 | 3:44 |
| 7 | 73 | Botte Vincent | ET Enghien | HSE | 6 | 0:17:44 | 15,90 | 3:46 |
| 8 | 68 | Stoppie Filip | BVL | HVB | 1 | 0:17:52 | 15,78 | 3:48 |
| 9 | 179 | Van Der Vennet Lode | Leeuwerik | HVB | 2 | 0:17:55 | 15,74 | 3:49 |
| 10 | 136 | Lombaert Johan | Leeuwerik | HVA | 2 | 0:17:58 | 15,70 | 3:49 |
| 11 | 103 | Boschmans Pierre | SNA Welle | HVB | 3 | 0:18:02 | 15,64 | 3:50 |
| 12 | 96 | Van Kerckhoven Bernard | | HVA | 3 | 0:18:12 | 15,49 | 3:52 |
| 13 | 87 | Durita Zolika | JET | HVA | 4 | 0:18:18 | 15,41 | 3:54 |
| 14 | 42 | Amijs Tom | JC Oetingen | HVA | 5 | 0:18:33 | 15,20 | 3:57 |
| 15 | 18 | Vanhessen Kiefer | Leeuwerik | HJU | 1 | 0:19:02 | 14,82 | 4:03 |
| 16 | 71 | Cautaers Luc | KWB Wambeek | HVA | 6 | 0:19:06 | 14,76 | 4:04 |
| 17 | 10 | Daurilio Simeon | Joggers Beersel | HJU | 2 | 0:19:15 | 14,65 | 4:06 |
| 18 | 99 | Vyncke Bart | OEH | HSE | 7 | 0:19:16 | 14,64 | 4:06 |
| 19 | 148 | Bellemans Stefaan | Leeuwerik | HVA | 7 | 0:19:23 | 14,55 | 4:07 |
| 20 | 128 | Louckx Peter | Leeuwerik | HVB | 4 | 0:19:25 | 14,52 | 4:08 |
| 21 | 38 | Durita Janika | JET | HVA | 8 | 0:19:36 | 14,39 | 4:10 |
| 22 | 58 | Verbrugghen Jona | Leeuwerik | DSE | 1 | 0:19:39 | 14,35 | 4:11 |
| 23 | 53 | Vanlangendyck Ruben | Leeuwerik | HJU | 3 | 0:19:42 | 14,31 | 4:11 |
| 24 | 45 | Vanlangendyck Ronny | Leeuwerik | HVA | 9 | 0:19:43 | 14,30 | 4:12 |
| 25 | 98 | Moriau Andre | | HVA | 10 | 0:19:52 | 14,19 | 4:14 |
| 26 | 6 | De Brael Cecilia | OEH | DVB | 1 | 0:19:56 | 14,15 | 4:14 |
| 27 | 131 | Buelens Koen | Leeuwerik | HSE | 8 | 0:20:36 | 13,69 | 4:23 |
| 28 | 3 | Ceuppens Patrick | BVL | HVB | 5 | 0:20:40 | 13,65 | 4:24 |
| 29 | 20 | Vanhessen Francois | Leeuwerik | HVC | 1 | 0:20:55 | 13,48 | 4:27 |
| 30 | 118 | Gailly Marcel | BVL | HVA | 11 | 0:21:06 | 13,36 | 4:29 |
| 31 | 104 | Muylaert Jurgen | SNA Welle | HVA | 12 | 0:21:13 | 13,29 | 4:31 |
| 32 | 121 | Herckenrath Michel | Leeuwerik | HVA | 13 | 0:21:17 | 13,25 | 4:32 |
| 33 | 112 | Mot Michael | | HSE | 9 | 0:21:45 | 12,97 | 4:38 |
| 34 | 102 | Hennaut Brandon | JET | HJU | 4 | 0:21:49 | 12,93 | 4:39 |
| 35 | 157 | Pe Tibo | OEH | HJU | 5 | 0:21:59 | 12,83 | 4:41 |
| 36 | 158 | Marlier Sammy | BVL | HSE | 10 | 0:22:01 | 12,81 | 4:41 |
| 37 | 50 | Van Eerdewegh Christine | Leeuwerik | DVA | 1 | 0:22:03 | 12,79 | 4:41 |
| 38 | 174 | Dehandschutter Joachim | | HSE | 11 | 0:22:04 | 12,78 | 4:42 |
| 39 | 172 | Haegeman Davy | ACP | HJU | 6 | 0:22:05 | 12,77 | 4:42 |
| 40 | 155 | Derick Karine | | DVA | 2 | 0:22:16 | 12,66 | 4:44 |
| 41 | 9 | Daurilio Marvin | Joggers Beersel | HJU | 7 | 0:22:17 | 12,66 | 4:44 |
| 42 | 140 | Vervondel Naomi | | DSE | 2 | 0:22:19 | 12,64 | 4:45 |
| 43 | 145 | Tordeur Tim | BVL | HSE | 12 | 0:22:20 | 12,63 | 4:45 |
| 44 | 107 | Van Geit Gustaaf | Pallieters | HVC | 2 | 0:22:22 | 12,61 | 4:46 |
| 45 | 156 | Pe Elie | | HVA | 14 | 0:22:35 | 12,49 | 4:48 |
| 46 | 101 | Carlier Jean | KKH | HVB | 6 | 0:22:45 | 12,40 | 4:50 |
| 47 | 91 | Van Heffen Eis | Leeuwerik | DVA | 3 | 0:22:53 | 12,32 | 4:52 |
| 48 | 85 | Van Bulck Liesbet | Leeuwerik | DJU | 1 | 0:22:59 | 12,27 | 4:53 |
| 49 | 80 | Steens Ernie | Leeuwerik | HVB | 7 | 0:23:01 | 12,25 | 4:54 |
| 50 | 116 | Blykers Robbe | BVL | HJU | 8 | 0:23:02 | 12,24 | 4:54 |
| 51 | 57 | Michiels Greta | BVL | DVB | 2 | 0:23:03 | 12,23 | 4:54 |
| 52 | 89 | Rottiers Joris | LOND | HSE | 13 | 0:23:18 | 12,10 | 4:57 |
| 53 | 175 | Haegeman Wendy | ACP | DSE | 3 | 0:23:26 | 12,03 | 4:59 |
| 54 | 37 | Kemps Jean-Pierre | Leeuwerik | HVB | 8 | 0:23:31 | 11,99 | 5:00 |
| 55 | 74 | Eker Jeroen | | HSE | 14 | 0:23:32 | 11,98 | 5:00 |
| 56 | 83 | De Greef Johan | | HSE | 15 | 0:23:34 | 11,97 | 5:01 |
| 57 | 182 | Rimaux Wim | Leeuwerik | HSE | 16 | 0:23:40 | 11,92 | 5:02 |
| 58 | 146 | Van Itterbeeck Lies | | DJU | 2 | 0:23:45 | 11,87 | 5:03 |
| 59 | 109 | Mot Kevin | Brussels Monkey | HVA | 15 | 0:23:52 | 11,82 | 5:05 |
| 60 | 163 | Van Craenem Wout | Liekerk jogging | HJU | 9 | 0:23:57 | 11,77 | 5:06 |
| 61 | 164 | Meysmans Hilde | Liekerk jogging | DVA | 4 | 0:23:59 | 11,76 | 5:06 |
| 62 | 72 | Jousse Christelle | ET Enghien | DSE | 4 | 0:24:01 | 11,74 | 5:07 |
| 63 | 12 | Maja Mauriane | USBW | DJU | 3 | 0:24:02 | 11,73 | 5:07 |
| 64 | 154 | Heerwegh Adelheid | BVL | DSE | 5 | 0:24:06 | 11,70 | 5:08 |
| 65 | 25 | Knops Robe | Leeuwerik | HJU | 10 | 0:24:15 | 11,63 | 5:10 |
| 66 | 132 | Buelens Eric | Leeuwerik | HVB | 9 | 0:24:16 | 11,62 | 5:10 |

| PL | NR | Naam | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|--------------------------|-------------|-----|-------|---------|-------|---------|
| 67 | 27 | Knops Geert | Leeuwerik | HVA | 16 | 0:24:17 | 11,61 | 5:10 |
| 68 | 119 | Muyldernans Ann | ZA Team | DVA | 5 | 0:24:20 | 11,59 | 5:11 |
| 69 | 106 | Verlinden Andy | | HSE | 17 | 0:24:25 | 11,55 | 5:12 |
| 70 | 8 | Van Hoof Sonia | CSF | DVB | 3 | 0:24:45 | 11,39 | 5:16 |
| 71 | 77 | Clement Julie | JET | DJU | 4 | 0:24:46 | 11,39 | 5:16 |
| 72 | 5 | Van Acker Roger | BVL | HVC | 3 | 0:24:50 | 11,36 | 5:17 |
| 73 | 162 | Vanhoutte Julie | SCWR | DJU | 5 | 0:24:51 | 11,35 | 5:17 |
| 74 | 173 | Guldentops Tine | SCWR | DJU | 6 | 0:24:52 | 11,34 | 5:17 |
| 75 | 23 | Van Bont Jozef | Leeuwerik | HVC | 4 | 0:24:56 | 11,31 | 5:18 |
| 76 | 55 | Lagaert Rita | JET | DVC | 1 | 0:25:05 | 11,24 | 5:20 |
| 77 | 94 | De Ryck Cathy | KWB Wambeek | DVA | 6 | 0:25:10 | 11,21 | 5:21 |
| 78 | 69 | Roosens Eliane | Vita | DVC | 2 | 0:25:32 | 11,04 | 5:26 |
| 79 | 134 | Aerts Eva | Leeuwerik | DVA | 7 | 0:25:47 | 10,94 | 5:29 |
| 80 | 181 | Mertens Wilfried | Leeuwerik | HVB | 10 | 0:25:48 | 10,93 | 5:29 |
| 81 | 141 | Dierkens Filip | Leeuwerik | HVB | 11 | 0:25:58 | 10,86 | 5:31 |
| 82 | 166 | De La Kethulle Cedric | | HJU | 11 | 0:26:08 | 10,79 | 5:34 |
| 83 | 135 | Louw Hilde | Leeuwerik | DVB | 4 | 0:26:20 | 10,71 | 5:36 |
| 84 | 127 | Gorgon Catherine | Leeuwerik | DVA | 8 | 0:26:34 | 10,61 | 5:39 |
| 85 | 120 | Durita Yelena | JET | DJU | 7 | 0:26:45 | 10,54 | 5:41 |
| 86 | 16 | Perrnentier Patrick | Leeuwerik | HVA | 17 | 0:27:05 | 10,41 | 5:46 |
| 87 | 62 | Vanderstraeten Piet | JC Achilles | HVC | 5 | 0:27:15 | 10,35 | 5:48 |
| 88 | 63 | Crokaert Agnes | Leeuwerik | DVC | 3 | 0:27:27 | 10,27 | 5:50 |
| 89 | 117 | Blykers Ward | | HJU | 12 | 0:27:28 | 10,27 | 5:51 |
| 90 | 115 | Blykers Wim | BVL | HVA | 18 | 0:27:31 | 10,25 | 5:51 |
| 91 | 56 | Droogmans Pieter | Leeuwerik | HVC | 6 | 0:27:35 | 10,22 | 5:52 |
| 92 | 32 | Huygh Bart | Leeuwerik | HVC | 7 | 0:27:37 | 10,21 | 5:53 |
| 93 | 97 | Annenoyck Nele | Leeuwerik | HJU | 13 | 0:27:51 | 10,13 | 5:56 |
| 94 | 159 | Veckmans Machtelt | | DJU | 8 | 0:27:53 | 10,11 | 5:56 |
| 95 | 126 | Stiens Rubi | Leeuwerik | HVB | 12 | 0:27:55 | 10,10 | 5:56 |
| 96 | 113 | Morreale Davide | | HJU | 14 | 0:28:01 | 10,07 | 5:58 |
| 97 | 165 | Van Waeyenberge Kathleen | | DVA | 9 | 0:28:07 | 10,03 | 5:59 |
| 98 | 138 | Steppe Marion | | DVB | 5 | 0:28:08 | 10,02 | 5:59 |
| 99 | 137 | Boqaert Christine | Acko | DVA | 10 | 0:28:09 | 10,02 | 5:59 |
| 100 | 180 | Abbate Caroline | | DVA | 11 | 0:28:24 | 9,93 | 6:03 |
| 101 | 123 | Groessens Lieve | DDM | DVA | 12 | 0:28:31 | 9,89 | 6:04 |
| 102 | 2 | Beelen Lisette | Leeuwerik | DVC | 4 | 0:28:33 | 9,88 | 6:04 |
| 103 | 160 | De La Kethulle Helene | | DJU | 9 | 0:29:00 | 9,72 | 6:10 |
| 104 | 4 | Comelis Greta | Selenjo | DVC | 5 | 0:29:17 | 9,63 | 6:14 |
| 105 | 75 | Wayembergh Claudine | ET Enghien | DVB | 6 | 0:29:21 | 9,61 | 6:15 |
| 106 | 125 | Carels Hilde | Leeuwerik | DVB | 7 | 0:29:30 | 9,56 | 6:17 |
| 107 | 67 | Coppieters Wim | KKH | HVC | 8 | 0:29:43 | 9,49 | 6:19 |
| 108 | 15 | Hendrickx Nadine | Leeuwerik | DSE | 6 | 0:29:44 | 9,48 | 6:20 |
| 109 | 14 | Dihont Marina | Leeuwerik | DVB | 8 | 0:29:47 | 9,47 | 6:20 |
| 110 | 93 | Vilain Alessia | ET Enghien | DJU | 10 | 0:29:48 | 9,46 | 6:20 |
| 111 | 92 | Vilain Fabian | ET Enghien | HSE | 18 | 0:29:49 | 9,46 | 6:21 |
| 112 | 43 | Claes Marijke | ACP | DVA | 13 | 0:30:04 | 9,38 | 6:24 |
| 113 | 52 | Kerckhoven Danny | | HSE | 19 | 0:30:05 | 9,37 | 6:24 |
| 114 | 46 | Smeets Wendy | KKH | DSE | 7 | 0:30:07 | 9,36 | 6:24 |
| 115 | 26 | Wauters Alfons | KKH | HVC | 9 | 0:30:09 | 9,35 | 6:25 |
| 116 | 122 | Massaer Lies | Leeuwerik | DSE | 8 | 0:30:11 | 9,34 | 6:25 |
| 117 | 149 | De Groote Vanessa | Leeuwerik | DSE | 9 | 0:30:12 | 9,34 | 6:26 |
| 118 | 142 | Verbruggen Jolien | | DJU | 11 | 0:30:15 | 9,32 | 6:26 |
| 119 | 76 | Potvin Anne | ET Enghien | DVC | 6 | 0:30:19 | 9,30 | 6:27 |
| 120 | 161 | Vanhoutte Philippe | SCWR | HVB | 13 | 0:30:20 | 9,30 | 6:27 |
| 121 | 44 | Dubois Francois | KWB Wambeek | HVC | 10 | 0:30:28 | 9,26 | 6:29 |
| 122 | 130 | Stiens Joke | Leeuwerik | DSE | 10 | 0:30:51 | 9,14 | 6:34 |
| 123 | 129 | Thibaut Wietse | Leeuwerik | HSE | 20 | 0:30:52 | 9,14 | 6:34 |
| 124 | 61 | Vanden Berghen Annie | Leeuwerik | DVC | 7 | 0:31:15 | 9,02 | 6:39 |
| 125 | 110 | Alvarez Blanco Melissa | JET | DSE | 11 | 0:31:30 | 8,95 | 6:42 |
| 126 | 48 | Desmet Jeannine | Leeuwerik | DVC | 8 | 0:31:31 | 8,95 | 6:42 |
| 127 | 1 | Van Den BroekeDolf | BVL | HVC | 11 | 0:31:32 | 8,94 | 6:43 |
| 128 | 176 | Verhelle Frank | | HJU | 15 | 0:31:33 | 8,94 | 6:43 |
| 129 | 70 | Van Voldem Nancy | Leeuwerik | DVA | 14 | 0:31:45 | 8,88 | 6:45 |
| 130 | 60 | Vanzeebroeck Paula | Leeuwerik | DVC | 9 | 0:31:52 | 8,85 | 6:47 |
| 131 | 108 | Houtrelle Marcel | KKH | HVC | 12 | 0:32:00 | 8,81 | 6:49 |
| 132 | 47 | Lauriers Jean | KKH | HVC | 13 | 0:32:54 | 8,57 | 7:00 |
| 133 | 111 | Deneve Herman | Pallieters | HVC | 14 | 0:33:06 | 8,52 | 7:03 |
| 134 | 54 | Lits Jean-Claude | ET Enghien | HVC | 15 | 0:33:10 | 8,50 | 7:03 |
| 135 | 39 | Pletinckx Isabelle | JET | DVA | 15 | 0:33:26 | 8,43 | 7:07 |
| 136 | 29 | Knops Lotte | Leeuwerik | DJU | 12 | 0:34:35 | 8,15 | 7:21 |

| PL | NR | Naam | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----------|-----------|--------------------|-------------|------------|--------------|-------------|------------|----------------|
| 137 | 88 | Blauwaert Vanessa | Leeuwerik | DSE | 12 | 0:35:26 | 7,96 | 7:32 |
| 138 | 49 | Nolmans Francis | Leeuwerik | HVC | 16 | 0:36:25 | 7,74 | 7:45 |
| 139 | 30 | Vandergucht Els | Leeuwerik | DVA | 16 | 0:36:49 | 7,66 | 7:50 |
| 140 | 139 | Bijsmans Helena | CSF | DVC | 10 | 0:38:20 | 7,36 | 8:09 |
| 141 | 7 | Defrance Jacques | CSF | HVC | 17 | 0:39:40 | 7,11 | 8:26 |
| 142 | 114 | Morreale Vanessa | | DSE | 13 | 0:40:47 | 6,91 | 8:41 |
| 143 | 169 | Noel Annie | CSF | DVC | 11 | 0:42:29 | 6,64 | 9:02 |
| 144 | 147 | Lallemand Marcella | Leeuwerik | DVC | 12 | 0:42:30 | 6,64 | 9:03 |

15e Lentejogging Dworp - 20 maart 2010

11,6 KM

| PL | NR | Naam | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|------------------|-----|-------|---------|-------|---------|
| 1 | 1056 | De Molder Wesley | Duatlon Wetteren | HSE | 1 | 0:41:18 | 16,85 | 3:34 |
| 2 | 1024 | Mollaert Dirk | Leeuwerik | HSE | 2 | 0:42:05 | 16,54 | 3:38 |
| 3 | 1089 | Verbist Dirk | | HVA | 1 | 0:44:32 | 15,63 | 3:50 |
| 4 | 1021 | Michiels Ronny | JC Oetingen | HVA | 2 | 0:45:03 | 15,45 | 3:53 |
| 5 | 1185 | Rogier Josse | Liekerk Jogging | HVB | 1 | 0:45:13 | 15,39 | 3:54 |
| 6 | 1103 | De Backer Eddy | Boslopers | HVA | 3 | 0:45:49 | 15,19 | 3:57 |
| 7 | 1042 | De Smet Rupert | Leeuwerik | HSE | 3 | 0:45:53 | 15,17 | 3:57 |
| 8 | 1149 | Van Paesschen Peter | OEH | HVA | 4 | 0:46:30 | 14,97 | 4:01 |
| 9 | 1126 | Van Driessche Denis | | HSE | 4 | 0:46:45 | 14,89 | 4:02 |
| 10 | 1179 | Van Impe Luc | Liekerk Jogging | HVA | 5 | 0:46:51 | 14,86 | 4:02 |
| 11 | 1196 | Van Der Vennet Lode | Leeuwerik | HVB | 2 | 0:47:03 | 14,79 | 4:03 |
| 12 | 1048 | Swalens Kurt | BVL | HVA | 6 | 0:47:40 | 14,60 | 4:07 |
| 13 | 1035 | Verbrugghen Willy | Leeuwerik | HVB | 3 | 0:47:59 | 14,51 | 4:08 |
| 14 | 1039 | Peetroons Gurick | BVL | HVB | 4 | 0:48:22 | 14,39 | 4:10 |
| 15 | 1082 | Thys Luc | Acko | HVA | 7 | 0:48:33 | 14,34 | 4:11 |
| 16 | 1040 | De Wael Christophe | Alva | HSE | 5 | 0:49:08 | 14,17 | 4:14 |
| 17 | 1093 | Tordeur Serge | BVL | HVB | 5 | 0:49:11 | 14,15 | 4:14 |
| 18 | 1059 | Durita Zolika | JET | HVA | 8 | 0:49:21 | 14,10 | 4:15 |
| 19 | 1127 | Thijs Rudi | Furalopers | HVA | 9 | 0:49:38 | 14,02 | 4:17 |
| 20 | 1053 | Deville Bart | OEH | HSE | 6 | 0:49:52 | 13,96 | 4:18 |
| 21 | 1134 | Raemdonck Nico | ZA Team | HVA | 10 | 0:50:00 | 13,92 | 4:19 |
| 22 | 1115 | Van Cutsem David | | HSE | 7 | 0:50:01 | 13,92 | 4:19 |
| 23 | 1023 | Stocke David | ET Enghien | HSE | 8 | 0:50:11 | 13,87 | 4:20 |
| 24 | 1188 | Dendauw Dirk | | HVA | 11 | 0:50:12 | 13,86 | 4:20 |
| 25 | 1177 | Feyen Tom | Leeuwerik | HSE | 9 | 0:50:18 | 13,84 | 4:20 |
| 26 | 1164 | Castiaux Jose | VDH | HVB | 6 | 0:50:19 | 13,83 | 4:20 |
| 27 | 1032 | Vanderbruggen Peter | | HVA | 12 | 0:50:33 | 13,77 | 4:21 |
| 28 | 1080 | Sergooris Erwin | Liekerk Jogging | HVB | 7 | 0:50:37 | 13,75 | 4:22 |
| 29 | 1174 | Mine Benjamin | | HSE | 10 | 0:50:45 | 13,71 | 4:23 |
| 30 | 1046 | Landsheere Christine | OEH | DVB | 1 | 0:50:59 | 13,65 | 4:24 |
| 31 | 1036 | Stoppie Filip | BVL | HVB | 8 | 0:51:00 | 13,65 | 4:24 |
| 32 | 1062 | Mons Roger | | HVB | 9 | 0:51:09 | 13,61 | 4:25 |
| 33 | 1137 | Zanella Sandro | Ballekedak | HVA | 13 | 0:51:28 | 13,52 | 4:26 |
| 34 | 1112 | De La Kethulle Henri | | HVA | 14 | 0:51:33 | 13,50 | 4:27 |
| 35 | 1119 | Plovier Bob | | HVC | 1 | 0:51:43 | 13,46 | 4:28 |
| 36 | 1109 | Walravens Mario | Leeuwerik | HSE | 11 | 0:51:49 | 13,43 | 4:28 |
| 37 | 1163 | Haglund Jesper | CACE | HVA | 15 | 0:51:58 | 13,39 | 4:29 |
| 38 | 1110 | Deklerck Frederik | | HSE | 12 | 0:51:59 | 13,39 | 4:29 |
| 39 | 1130 | Vander Elst Alain | Furalopers | HVA | 16 | 0:52:05 | 13,36 | 4:29 |
| 40 | 1092 | Van Eerdewegh Andre | VDH | HVB | 10 | 0:52:08 | 13,35 | 4:30 |
| 41 | 1184 | Puttaert Gunter | KWB Wambeek | HVA | 17 | 0:52:10 | 13,34 | 4:30 |
| 42 | 1058 | Hollemans Marc | Leeuwerik | HVB | 11 | 0:52:11 | 13,34 | 4:30 |
| 43 | 1020 | Mertens Johan | Leeuwerik | HSE | 13 | 0:52:17 | 13,31 | 4:30 |
| 44 | 1147 | Opsomer Gunnar | Leeuwerik | HSE | 14 | 0:52:29 | 13,26 | 4:31 |
| 45 | 1070 | Moens Nadine | Joggers Beersel | DVB | 2 | 0:52:33 | 13,24 | 4:32 |
| 46 | 1150 | Vanbellinghen Victor | OEH | HVB | 12 | 0:52:34 | 13,24 | 4:32 |
| 47 | 1182 | Sermon Ronald | | HSE | 15 | 0:52:40 | 13,22 | 4:32 |
| 48 | 1019 | Durita Janika | JET | HVA | 18 | 0:52:46 | 13,19 | 4:33 |
| 49 | 1017 | Agneessens Anthony | JET | HJU | 1 | 0:53:10 | 13,09 | 4:35 |
| 50 | 1037 | Eylenbosch Gaston | BVL | HVC | 2 | 0:53:19 | 13,05 | 4:36 |
| 51 | 1064 | Vanhoorebeek Francois | Leeuwerik | HVC | 3 | 0:53:24 | 13,03 | 4:36 |
| 52 | 1099 | Nerinckx Patrick | OEH | HVA | 19 | 0:53:27 | 13,02 | 4:36 |
| 53 | 1004 | Alvarez Blanco Manuel | JET | HVA | 20 | 0:53:34 | 12,99 | 4:37 |
| 54 | 1003 | Berghmans Kris | | HSE | 16 | 0:53:37 | 12,98 | 4:37 |
| 55 | 1054 | Debroey Abel | | HVC | 4 | 0:53:43 | 12,96 | 4:38 |
| 56 | 1076 | Schampheleer Willem | Liekerk jogging | HVA | 21 | 0:53:49 | 12,93 | 4:38 |
| 57 | 1030 | Van Den Berge Peter | | HVA | 22 | 0:53:52 | 12,92 | 4:39 |
| 58 | 1140 | Zelderloo Ivo | | HVB | 13 | 0:54:01 | 12,88 | 4:39 |
| 59 | 1075 | Parada David | JET | HSE | 17 | 0:54:02 | 12,88 | 4:39 |
| 60 | 1034 | Krisnen Piet | VDH | HVB | 14 | 0:54:12 | 12,84 | 4:40 |
| 61 | 1138 | Vanden Berghen Johan | | HVA | 23 | 0:54:15 | 12,83 | 4:41 |
| 62 | 1114 | Desmet Ruben | Leeuwerik | HJU | 2 | 0:54:23 | 12,80 | 4:41 |
| 63 | 1190 | Denayer Gerard | OEH | HVB | 15 | 0:54:30 | 12,77 | 4:42 |
| 64 | 1094 | Van Dyck Frederika | | DVA | 1 | 0:54:34 | 12,76 | 4:42 |
| 65 | 1183 | Saeyns Christophe | | HSE | 18 | 0:54:36 | 12,75 | 4:42 |
| 66 | 1045 | Dubar Thomas | ET Enghien | HSE | 19 | 0:54:38 | 12,74 | 4:43 |

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|-----|------|--------------------------|-----------------|-----|-------|---------|-------|---------|
| 67 | 1165 | Cuvelier Luc | Tortues Meslin | HVB | 16 | 0:55:13 | 12,60 | 4:46 |
| 68 | 1116 | Maus Jennifer | | DSE | 1 | 0:55:19 | 12,58 | 4:46 |
| 69 | 1181 | De Pril Filip | | HSE | 20 | 0:55:25 | 12,56 | 4:47 |
| 70 | 1195 | Christiaens William | | HSE | 21 | 0:55:53 | 12,45 | 4:49 |
| 71 | 1171 | Bardijn Danny | Leeuwerik | HVB | 17 | 0:56:00 | 12,43 | 4:50 |
| 72 | 1028 | Christofoli Maurice | JET | HVB | 18 | 0:56:07 | 12,40 | 4:50 |
| 73 | 1139 | Eeckhout Marc | JET | HVA | 24 | 0:56:19 | 12,36 | 4:51 |
| 74 | 1168 | Konstantopoulos Pericles | OEH | HVB | 19 | 0:56:35 | 12,30 | 4:53 |
| 75 | 1090 | De Jonghe Patrick | VDH | HVB | 20 | 0:56:45 | 12,26 | 4:54 |
| 76 | 1197 | Dewilder Nicole | Acko | DVB | 3 | 0:57:06 | 12,19 | 4:55 |
| 77 | 1120 | Verbeiren Bart | | HSE | 22 | 0:57:11 | 12,17 | 4:56 |
| 78 | 1192 | Swalus Francis | | HVA | 25 | 0:57:13 | 12,16 | 4:56 |
| 79 | 1159 | Backs Eli | Joggers Beersel | HSE | 23 | 0:57:22 | 12,13 | 4:57 |
| 80 | 1194 | Barrez Kris | | HVA | 26 | 0:57:26 | 12,12 | 4:57 |
| 81 | 1009 | Marchal Marie-Luce | VDH | DVB | 4 | 0:57:30 | 12,10 | 4:57 |
| 82 | 1084 | Lombaert Lise | Leeuwerik | DSE | 2 | 0:57:34 | 12,09 | 4:58 |
| 83 | 1088 | De Koster Berdien | Leeuwerik | DJU | 1 | 0:58:05 | 11,98 | 5:00 |
| 84 | 1136 | Barbe Jan | | HSE | 24 | 0:58:10 | 11,97 | 5:01 |
| 85 | 1113 | Van Eerdewegh Francis | BVL | HVA | 27 | 0:58:12 | 11,96 | 5:01 |
| 86 | 1104 | Massage Tonny | Leeuwerik | HVB | 21 | 0:58:14 | 11,95 | 5:01 |
| 87 | 1121 | Schelfhout Gregory | | HSE | 25 | 0:58:21 | 11,93 | 5:02 |
| 88 | 1027 | Barbi Lucien | JET | HVB | 22 | 0:58:22 | 11,92 | 5:02 |
| 89 | 1132 | Van Tassel Renaat | OEH | HVB | 23 | 0:58:24 | 11,92 | 5:02 |
| 90 | 1178 | Baudewijn Anne-Marie | Liekerk Jogging | DVB | 5 | 0:58:29 | 11,90 | 5:03 |
| 91 | 1041 | Vast Catherine | ET Enghien | DSE | 3 | 0:58:33 | 11,89 | 5:03 |
| 92 | 1061 | Vilain Fabian | ET Enghien | HSE | 26 | 0:58:34 | 11,88 | 5:03 |
| 93 | 1025 | Charlier Baudouin | JET | HVB | 24 | 0:58:41 | 11,86 | 5:04 |
| 94 | 1172 | Matriche Roger | | HVB | 25 | 0:58:43 | 11,85 | 5:04 |
| 95 | 1145 | Knop Werner | KAAG | HVA | 28 | 0:58:47 | 11,84 | 5:04 |
| 96 | 1098 | Vierendeel Rita | Leeuwerik | DVB | 6 | 0:58:48 | 11,84 | 5:04 |
| 97 | 1111 | Eylenbosch Jan | Leeuwerik | HVC | 5 | 0:58:49 | 11,83 | 5:04 |
| 98 | 1011 | Vekeman Bernadette | Axa | DVC | 1 | 0:58:56 | 11,81 | 5:05 |
| 99 | 1105 | Vandervelde Bart | Leeuwerik | HSE | 27 | 0:59:14 | 11,75 | 5:06 |
| 100 | 1106 | Rogghe Guido | Leeuwerik | HVB | 26 | 0:59:27 | 11,71 | 5:07 |
| 101 | 1071 | Gailly Marcel | BVL | HVB | 27 | 0:59:31 | 11,69 | 5:08 |
| 102 | 1083 | Geeraerts Jos | CSF | HVB | 28 | 0:59:34 | 11,68 | 5:08 |
| 103 | 1060 | Van Waeyenberge Luc | Leeuwerik | HVB | 29 | 0:59:40 | 11,66 | 5:09 |
| 104 | 1100 | Loonen Willem | BVL | HVC | 6 | 0:59:46 | 11,65 | 5:09 |
| 105 | 1131 | Van Hemelrijck Johan | Leeuwerik | HVA | 29 | 0:59:57 | 11,61 | 5:10 |
| 106 | 1055 | Vander Linden Eric | | HVA | 30 | 1:00:02 | 11,59 | 5:11 |
| 107 | 1067 | Mertens Anne | JET | DVB | 7 | 1:00:11 | 11,56 | 5:11 |
| 108 | 1081 | Vankerckhoven Marc | | HVA | 31 | 1:00:24 | 11,52 | 5:12 |
| 109 | 1069 | Van Lathem Vic | | HVC | 7 | 1:00:30 | 11,50 | 5:13 |
| 110 | 1006 | Calloens Roger | Leeuwerik | HVC | 8 | 1:00:41 | 11,47 | 5:14 |
| 111 | 1191 | De Craecker Joris | BVL | HSE | 28 | 1:00:48 | 11,45 | 5:14 |
| 112 | 1129 | Heyvaert Luc | Leeuwerik | HVB | 30 | 1:00:49 | 11,44 | 5:15 |
| 113 | 1033 | Debbaut Christophe | Leeuwerik | HSE | 29 | 1:00:53 | 11,43 | 5:15 |
| 114 | 1095 | Hannes Peter | Liekerk Jogging | HVA | 32 | 1:00:54 | 11,43 | 5:15 |
| 115 | 1008 | Verheirstraeten Jacques | JET | HVB | 31 | 1:00:55 | 11,43 | 5:15 |
| 116 | 1153 | Hamende Michel | CSF | HVA | 33 | 1:01:00 | 11,41 | 5:16 |
| 117 | 1018 | Vanden Driesch Eddy | | HVB | 32 | 1:01:08 | 11,38 | 5:16 |
| 118 | 1118 | Vancayzeele Brigitte | Bonheiden | DVB | 8 | 1:01:12 | 11,37 | 5:17 |
| 119 | 1013 | Vandermotten Edwin | Leeuwerik | HVC | 9 | 1:01:13 | 11,37 | 5:17 |
| 120 | 1189 | De Ridder Geert | | HVA | 34 | 1:01:20 | 11,35 | 5:17 |
| 121 | 1031 | Depetter Roger | Dender | HVC | 10 | 1:01:56 | 11,24 | 5:20 |
| 122 | 1087 | Vanmeulder Christel | Leeuwerik | DVB | 9 | 1:02:07 | 11,20 | 5:21 |
| 123 | 1128 | Bardijn Annemie | Leeuwerik | DVB | 10 | 1:02:32 | 11,13 | 5:23 |
| 124 | 1102 | Pe Elie | | HVA | 35 | 1:02:44 | 11,09 | 5:24 |
| 125 | 1193 | Francois Kris | | HSE | 30 | 1:02:52 | 11,07 | 5:25 |
| 126 | 1012 | Schouppe Anita | Axa | DVC | 2 | 1:02:54 | 11,07 | 5:25 |
| 127 | 1143 | Ries Olivier | | HVA | 36 | 1:02:57 | 11,06 | 5:26 |
| 128 | 1144 | Ries Arthur | | HSE | 31 | 1:02:59 | 11,05 | 5:26 |
| 129 | 1151 | Mostin Annie | Leeuwerik | DVC | 3 | 1:03:05 | 11,03 | 5:26 |
| 130 | 1125 | Thoré Martin | Furalopers | HVA | 37 | 1:04:25 | 10,80 | 5:33 |
| 131 | 1152 | Wydooghe Julien | DAC Dilbeek | HVB | 33 | 1:05:05 | 10,69 | 5:37 |
| 132 | 1068 | Laureys Luc | | HVA | 38 | 1:05:14 | 10,67 | 5:37 |
| 133 | 1124 | Demil Frank | | HVA | 39 | 1:05:21 | 10,65 | 5:38 |
| 134 | 1122 | Termolle Emilie | ET Enghien | DSE | 4 | 1:05:29 | 10,63 | 5:39 |
| 135 | 1123 | Termolle Louis | ET Enghien | HVB | 34 | 1:05:30 | 10,63 | 5:39 |
| 136 | 1047 | Lehaire Ivan | JET | HVA | 40 | 1:05:34 | 10,62 | 5:39 |

| PL | NR | Naam | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|---------------------------|---------------|-----|-------|---------|-------|---------|
| 137 | 1000 | Thiebaut Jean-Marie | ET Enghien | HVC | 11 | 1:05:47 | 10,58 | 5:40 |
| 138 | 1002 | Chevrolet Hugo | Furalopers | HVC | 12 | 1:05:58 | 10,55 | 5:41 |
| 139 | 1044 | Leroy Florence | JET | DVB | 11 | 1:06:10 | 10,52 | 5:42 |
| 140 | 1014 | Rogghe Luc | Leeuwerik | HVB | 35 | 1:06:11 | 10,52 | 5:42 |
| 141 | 1101 | Van Den Broeke Pol | Leeuwerik | HVB | 36 | 1:06:22 | 10,49 | 5:43 |
| 142 | 1010 | Opdebeeck Willy | KKH | HVC | 13 | 1:06:27 | 10,47 | 5:44 |
| 143 | 1005 | De Roeck Monique | JET | DVB | 12 | 1:06:54 | 10,40 | 5:46 |
| 144 | 1160 | Jepsen Mette | OEH | DVB | 13 | 1:06:57 | 10,40 | 5:46 |
| 145 | 1167 | Theodoroudis Phil | OEH | HVC | 14 | 1:06:59 | 10,39 | 5:46 |
| 146 | 1117 | Doms Frieda | ACP | DVB | 14 | 1:07:02 | 10,38 | 5:47 |
| 147 | 1066 | Pilate Guy | VDH | HVC | 15 | 1:07:07 | 10,37 | 5:47 |
| 148 | 1176 | Van Pee Johan | Mac | HVA | 41 | 1:07:27 | 10,32 | 5:49 |
| 149 | 1007 | Vastesaegeer Christophe | Leeuwerik | HSE | 32 | 1:07:44 | 10,28 | 5:50 |
| 150 | 1180 | De Pril Diane | | DSE | 5 | 1:08:00 | 10,24 | 5:52 |
| 151 | 1096 | Lefaible Diane | Leeuwerik | DVA | 2 | 1:08:13 | 10,20 | 5:53 |
| 152 | 1097 | Tassignon Wim | Leeuwerik | HSE | 33 | 1:08:14 | 10,20 | 5:53 |
| 153 | 1170 | Ramaekers Genevieve | | DVA | 3 | 1:08:25 | 10,17 | 5:54 |
| 154 | 1091 | Stradiot Anne | ET Enghien | DVA | 4 | 1:09:34 | 10,00 | 6:00 |
| 155 | 1072 | Redomero Dolores | ET Enghien | DVB | 15 | 1:09:42 | 9,99 | 6:01 |
| 156 | 1073 | Peeters Marie-Christine | ET Enghien | DVB | 16 | 1:09:45 | 9,98 | 6:01 |
| 157 | 1154 | Massaer Greta | | DVB | 17 | 1:10:02 | 9,94 | 6:02 |
| 158 | 1166 | Delvin Regine | ET Enghien | DVB | 18 | 1:10:04 | 9,93 | 6:02 |
| 159 | 1158 | Soumillion Stijn | Leeuwerik | HSE | 34 | 1:10:16 | 9,91 | 6:03 |
| 160 | 1155 | Soumillion Maarten | Leeuwerik | HJU | 3 | 1:10:25 | 9,88 | 6:04 |
| 161 | 1142 | Delacroix Gina | Leeuwerik | DVB | 19 | 1:10:31 | 9,87 | 6:05 |
| 162 | 1141 | Stevens Serge | Leeuwerik | HVB | 37 | 1:10:36 | 9,86 | 6:05 |
| 163 | 1086 | Decroos Goedele | Leeuwerik | DVB | 20 | 1:10:39 | 9,85 | 6:05 |
| 164 | 1135 | Lippens Walter | OEH | HVB | 38 | 1:10:50 | 9,83 | 6:06 |
| 165 | 1022 | Laus Claudia | Leeuwerik | DVA | 5 | 1:11:08 | 9,78 | 6:08 |
| 166 | 1049 | Geens Anouk | | DVB | 21 | 1:11:38 | 9,72 | 6:11 |
| 167 | 1051 | Van Medegael Tom | | HVA | 42 | 1:11:39 | 9,71 | 6:11 |
| 168 | 1108 | Abrams Rita | Leeuwerik | DVC | 4 | 1:12:27 | 9,61 | 6:15 |
| 169 | 1148 | Eker Leen | | DSE | 6 | 1:13:24 | 9,48 | 6:20 |
| 170 | 1001 | De Gelas Emiel | OEH | HVA | 43 | 1:13:26 | 9,48 | 6:20 |
| 171 | 1175 | Callebaut Gaston | | HVB | 39 | 1:13:27 | 9,48 | 6:20 |
| 172 | 1169 | Deville Pascale | | DVA | 6 | 1:13:42 | 9,44 | 6:21 |
| 173 | 1043 | Vast Laurent | ET Enghien | HSE | 35 | 1:13:46 | 9,44 | 6:22 |
| 174 | 1085 | Verheylenweghen Annick | | DVA | 7 | 1:14:22 | 9,36 | 6:25 |
| 175 | 1133 | Van Rijsselberge Kristien | Leeuwerik | DVA | 8 | 1:14:57 | 9,29 | 6:28 |
| 176 | 1162 | Soumillion Dominique | Leeuwerik | HVA | 44 | 1:15:18 | 9,24 | 6:29 |
| 177 | 1063 | Boonen Francois | VDH | HVC | 16 | 1:15:30 | 9,22 | 6:31 |
| 178 | 1038 | Carlier Angele | OEH | DVC | 5 | 1:15:41 | 9,20 | 6:31 |
| 179 | 1187 | Herremans Ann | | DVB | 22 | 1:16:09 | 9,14 | 6:34 |
| 180 | 1186 | Van De Velde Jan | | HVB | 40 | 1:16:10 | 9,14 | 6:34 |
| 181 | 1157 | Smets Sonja | Leeuwerik | DVB | 23 | 1:16:44 | 9,07 | 6:37 |
| 182 | 1156 | Massaer Jozef | Leeuwerik | HVB | 41 | 1:16:45 | 9,07 | 6:37 |
| 183 | 1052 | Vandenplas Vik | Acko | HVC | 17 | 1:18:07 | 8,91 | 6:44 |
| 184 | 1173 | Dominguez Olivier | | HSE | 36 | 1:18:31 | 8,86 | 6:46 |
| 185 | 1065 | Thils Joelle | Happy Runners | DVA | 9 | 1:19:48 | 8,72 | 6:53 |
| 186 | 1161 | Op 't Eynde Sonja | Leeuwerik | DVA | 10 | 1:20:36 | 8,64 | 6:57 |
| 187 | 1107 | Merens Erniel | | HVB | 42 | 1:22:16 | 8,46 | 7:06 |
| 188 | 1029 | Barbetti Gino | | HVB | 43 | 1:30:00 | 7,73 | 7:46 |