

5e Ramselse Routeloop - 20 juni 2008

5 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|-------------------------|----------------|------|-------|---------|-------|---------|
| 1 | 158 | DE KERPEL WESLEY | HEIST-O/D-BERG | MSEN | 1 | 0:15:43 | 19,09 | 3:09 |
| 2 | 283 | COENEN DIRK | HERSELT | MSEN | 2 | 0:16:20 | 18,37 | 3:16 |
| 3 | 26 | ENGELEN GEERT | WESTERLO | M+35 | 1 | 0:16:24 | 18,29 | 3:17 |
| 4 | 101 | SMETS FILIP | GELRODE | M+35 | 2 | 0:16:38 | 18,04 | 3:20 |
| 5 | 335 | MICHIELS MARK | ROTSELAAR | M+35 | 3 | 0:16:43 | 17,95 | 3:21 |
| 6 | 120 | VAN DE VELDE BERT | RILLAAR | M+35 | 4 | 0:16:46 | 17,89 | 3:21 |
| 7 | 204 | MERTENS JORIS | BAAL | M+35 | 5 | 0:16:47 | 17,87 | 3:21 |
| 8 | 1161 | BRAES GERRY | LANGDORP | M+35 | 6 | 0:16:50 | 17,82 | 3:22 |
| 9 | 230 | VERHAERT GERRY | WIEKEVORST | MSEN | 3 | 0:16:54 | 17,75 | 3:23 |
| 10 | 274 | VAN DEN HEUVEL SVEN | RAMSEL | MSEN | 4 | 0:16:59 | 17,66 | 3:24 |
| 11 | 1185 | SAENEN JORIS | LANGDORP | MSEN | 5 | 0:17:00 | 17,65 | 3:24 |
| 12 | 15 | LENDERS FRANS | ITEGEM | M+40 | 1 | 0:17:13 | 17,42 | 3:27 |
| 13 | 137 | VAN DAELE LUC | ROTSELAAR | M+50 | 1 | 0:17:19 | 17,32 | 3:28 |
| 14 | 469 | VERMEYLEN MICHAEL | BOOISCHOT | MSEN | 6 | 0:17:23 | 17,26 | 3:29 |
| 15 | 197 | BUTS EDDY | HOUTVENNE | MSEN | 7 | 0:17:27 | 17,19 | 3:29 |
| 16 | 407 | VER ELST JAN | HERSELT | M+45 | 1 | 0:17:35 | 17,06 | 3:31 |
| 17 | 25 | SANDERS MARIO | HALLAAR | M+35 | 7 | 0:17:40 | 16,98 | 3:32 |
| 18 | 334 | WILLEMS PETER | BETEKOM | M+35 | 8 | 0:17:44 | 16,92 | 3:33 |
| 19 | 229 | VAN KERKHOVEN DIRK | TESTELT | M+45 | 2 | 0:17:50 | 16,82 | 3:34 |
| 20 | 286 | VAN DER MIEREN LUK | HULSHOUT | M+45 | 3 | 0:17:52 | 16,79 | 3:34 |
| 21 | 363 | PELGRIMS WOUTER | TESTELT | MSEN | 8 | 0:17:54 | 16,76 | 3:35 |
| 22 | 451 | ROEFS LUDO | HERENTALS | M+50 | 2 | 0:18:01 | 16,65 | 3:36 |
| 23 | 5 | VAN LOO FREDERIK | HEIST-O/D-BERG | M+40 | 2 | 0:18:06 | 16,57 | 3:37 |
| 24 | 449 | PAGLIALUNUA MATTHIAS | AARSCHOT | MSEN | 9 | 0:18:08 | 16,54 | 3:38 |
| 25 | 325 | DE ROOVER ANDY | BAAL | MSEN | 10 | 0:18:08 | 16,54 | 3:38 |
| 26 | 141 | SPELTINCKX KRISTOF | ZICHEM | MSEN | 11 | 0:18:08 | 16,54 | 3:38 |
| 27 | 336 | VAN DEN SCHOOR BART | HEIST-O/D-BERG | M+35 | 9 | 0:18:12 | 16,48 | 3:38 |
| 28 | 299 | VERSCHOREN PIETER | SCHRIEK | MSEN | 12 | 0:18:15 | 16,44 | 3:39 |
| 29 | 1127 | VAN KERKHOVEN LUCAS | NIEUWRODE | M+45 | 4 | 0:18:17 | 16,41 | 3:39 |
| 30 | 470 | VERBIST WOUTER | BEGIJNENDIJK | M+35 | 10 | 0:18:19 | 16,38 | 3:40 |
| 31 | 395 | DE MEUTTER THOMAS | BOOISCHOT | MJUN | 1 | 0:18:26 | 16,27 | 3:41 |
| 32 | 174 | WOUTERS BART | NOORDERWIJK | M+35 | 11 | 0:18:28 | 16,25 | 3:42 |
| 33 | 260 | VERLINDEN LUC | HOUTVENNE | MSEN | 13 | 0:18:32 | 16,19 | 3:42 |
| 34 | 183 | DEMOLDER BART | BETEKOM | M+40 | 3 | 0:18:33 | 16,17 | 3:43 |
| 35 | 124 | VAN WOENSEL LUDO | BOOISCHOT | M+50 | 3 | 0:18:35 | 16,14 | 3:43 |
| 36 | 253 | HUYSMANS JEF | WESTERLO | M+45 | 5 | 0:18:35 | 16,14 | 3:43 |
| 37 | 270 | VERBEECK TATJANA | ROTSELAAR | VSCH | 1 | 0:18:40 | 16,07 | 3:44 |
| 38 | 473 | VAN ROOSBROECK MATTHIAS | BERLAAR | MKAD | 1 | 0:18:44 | 16,01 | 3:45 |
| 39 | 425 | CEUSTERS NICO | BEKKEVOORT | MSCH | 1 | 0:18:46 | 15,99 | 3:45 |
| 40 | 1128 | VANDEBEEK PATRICK | AARSCHOT | MSEN | 14 | 0:18:49 | 15,94 | 3:46 |
| 41 | 489 | BERNAR GUNTHER | HERSELT | MSEN | 15 | 0:18:52 | 15,90 | 3:46 |
| 42 | 212 | BAETS TOM | HALEN | MSEN | 16 | 0:18:56 | 15,85 | 3:47 |
| 43 | 200 | VERBRAEKEN JAN | WESTERLO | M+35 | 12 | 0:18:56 | 15,85 | 3:47 |
| 44 | 284 | WECKHUYSEN STIJN | AVERBODE | MSEN | 17 | 0:18:57 | 15,83 | 3:47 |
| 45 | 344 | GEYSEN DAVID | AARSCHOT | MSEN | 18 | 0:19:04 | 15,73 | 3:49 |
| 46 | 384 | LAENEN JOERI | OEVEL | MSEN | 19 | 0:19:06 | 15,71 | 3:49 |
| 47 | 480 | TIELENS FILIP | SCHERPENHEUVEL | MJUN | 2 | 0:19:08 | 15,68 | 3:50 |
| 48 | 7 | HOEFKENS CHRIS | BOOISCHOT | M+40 | 4 | 0:19:10 | 15,65 | 3:50 |
| 49 | 416 | WITTERS DANNY | ITEGEM | M+40 | 5 | 0:19:10 | 15,65 | 3:50 |
| 50 | 10 | DE COCQ ROGER | HEIST-O/D-BERG | M+55 | 1 | 0:19:14 | 15,60 | 3:51 |
| 51 | 132 | NIJS MICHIEL | HOLSBEEK | MSCH | 2 | 0:19:16 | 15,57 | 3:51 |
| 52 | 398 | VERBERT KRIS | LEUVEN | MSEN | 20 | 0:19:19 | 15,53 | 3:52 |
| 53 | 241 | VANAERSCHOT SAM | AARSCHOT | MMIN | 1 | 0:19:25 | 15,45 | 3:53 |
| 54 | 586 | NIJS WALTER | HOLSBEEK | M+45 | 6 | 0:19:26 | 15,44 | 3:53 |
| 55 | 138 | VERHEYDEN GEERT | TESTELT | M+40 | 6 | 0:19:26 | 15,44 | 3:53 |
| 56 | 435 | WILLEKENS WALTER | LAAKDAL | M+45 | 7 | 0:19:26 | 15,44 | 3:53 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|--------------------|------|-------|---------|-------|---------|
| 57 | 497 | VAN ELLELPOEL JENS | HERSELT | MJUN | 3 | 0:19:28 | 15,41 | 3:54 |
| 58 | 472 | WITTERS PATRICK | HEIST-O/D-BERG | M+35 | 13 | 0:19:30 | 15,38 | 3:54 |
| 59 | 466 | LIESENBORGS DANIEL | SCHERPENHEUVEL | M+45 | 8 | 0:19:31 | 15,37 | 3:54 |
| 60 | 1154 | DE PEUTER BJORN | RAMSEL | MSEN | 21 | 0:19:36 | 15,31 | 3:55 |
| 61 | 333 | MANS NICO | AARSCHOT | MSEN | 22 | 0:19:37 | 15,29 | 3:55 |
| 62 | 412 | VETS KRIS | KAGGEVINNE | M+35 | 14 | 0:19:38 | 15,28 | 3:56 |
| 63 | 201 | DE POOTER CHRISTIANE | HOVE | W+40 | 1 | 0:19:39 | 15,27 | 3:56 |
| 64 | 193 | DE CAT HARRY | BETEKOM | M+45 | 9 | 0:19:41 | 15,24 | 3:56 |
| 65 | 388 | VANDENBERGH JOHAN | LAAKDAL | M+45 | 10 | 0:19:42 | 15,23 | 3:56 |
| 66 | 254 | VAN CRAEN ADRI | BAAL | M+40 | 7 | 0:19:47 | 15,16 | 3:57 |
| 67 | 199 | LAMBAERTS JELLE | HERENTALS | MSEN | 23 | 0:19:48 | 15,15 | 3:58 |
| 68 | 234 | VAN DEN DAELE ANTOON | HULSHOUT | M+45 | 11 | 0:19:48 | 15,15 | 3:58 |
| 69 | 408 | NYS KOEN | BOOISCHOT | MSEN | 24 | 0:19:51 | 15,11 | 3:58 |
| 70 | 478 | VAN PASSEL JAN | AARSCHOT | M+35 | 15 | 0:19:53 | 15,09 | 3:59 |
| 71 | 397 | VAN DESSEL DIRK | ST-KATELIJNE-WAVER | M+50 | 4 | 0:19:55 | 15,06 | 3:59 |
| 72 | 1 | SCHOL WESLEY | BOOISCHOT | MSCH | 3 | 0:19:58 | 15,03 | 4:00 |
| 73 | 3 | VAN DEN BROECK DORIEN | BOOISCHOT | VSEN | 12 | 0:20:00 | 15,00 | 4:00 |
| 74 | 130 | VAN RILLAER STEFAN | TREMELO | M+35 | 16 | 0:20:01 | 14,99 | 4:00 |
| 75 | 1114 | HOLLEVOET CHRISTIAN | BETEKOM | M+40 | 8 | 0:20:03 | 14,96 | 4:01 |
| 76 | 436 | VERCALSTEREN MONIQUE | SCHERPENHEUVEL | W+45 | 1 | 0:20:07 | 14,91 | 4:01 |
| 77 | 324 | CREMERS MAARTEN | RAMSEL | MKAD | 2 | 0:20:13 | 14,84 | 4:03 |
| 78 | 369 | STORMS BJARNE | VILVOORDE | MMIN | 2 | 0:20:13 | 14,84 | 4:03 |
| 79 | 139 | VAN DER VELDE DANIEL | BETEKOM | M+45 | 12 | 0:20:17 | 14,79 | 4:03 |
| 80 | 467 | LIESENBORGS DAJO | SCHERPENHEUVEL | MKAD | 3 | 0:20:19 | 14,77 | 4:04 |
| 81 | 275 | CORTEN WILLIAM | AVERBODE | M+50 | 5 | 0:20:19 | 14,77 | 4:04 |
| 82 | 370 | STORMS BIRTE | VISSENAKEN | VJUN | 1 | 0:20:21 | 14,74 | 4:04 |
| 83 | 149 | CEUSTERS JONI | TIELT-WINGE | MPUP | 1 | 0:20:21 | 14,74 | 4:04 |
| 84 | 110 | VERMEULEN STEF | BEGIJNENDIJK | MKAD | 4 | 0:20:23 | 14,72 | 4:05 |
| 85 | 440 | WILLEKENS TIM | GEEL | MSEN | 25 | 0:20:23 | 14,72 | 4:05 |
| 86 | 1116 | FORIER DAVID | DEURNE (BT.) | MSEN | 26 | 0:20:35 | 14,57 | 4:07 |
| 87 | 182 | VAN DE GAER JAN | TIELT-WINGE | M+55 | 2 | 0:20:38 | 14,54 | 4:08 |
| 88 | 261 | WALLAERT RUBEN | RAMSEL | MMIN | 3 | 0:20:39 | 14,53 | 4:08 |
| 89 | 173 | MEULDERS HUGO | RAMSEL | M+45 | 13 | 0:20:40 | 14,52 | 4:08 |
| 90 | 287 | EVERAERTS KRIS | RILLAAR | M+35 | 17 | 0:20:40 | 14,52 | 4:08 |
| 91 | 439 | PELGRIMS LEO | WESTERLO | M+50 | 6 | 0:20:43 | 14,48 | 4:09 |
| 92 | 2 | VANPELT STEF | BOOISCHOT | MMIN | 4 | 0:20:46 | 14,45 | 4:09 |
| 93 | 305 | DAELEMANS KARL | ITEGEM | MSEN | 27 | 0:20:47 | 14,43 | 4:09 |
| 94 | 1176 | PAEPEN KURT | HOUTVENNE | M+35 | 18 | 0:20:49 | 14,41 | 4:10 |
| 95 | 315 | CORNELIS RUDY | PUTTE | M+45 | 14 | 0:20:50 | 14,40 | 4:10 |
| 96 | 186 | SALAETS LUDO | AARSCHOT | M+55 | 3 | 0:20:54 | 14,35 | 4:11 |
| 97 | 319 | STICKERS TOM | HERSELT | MSEN | 28 | 0:20:56 | 14,33 | 4:11 |
| 98 | 301 | DE BELDER DAVID | TREMELO | MSEN | 29 | 0:21:00 | 14,29 | 4:12 |
| 99 | 195 | WUYTS CARINE | HERSELT | W+40 | 2 | 0:21:02 | 14,26 | 4:12 |
| 100 | 126 | COREMANS CYRIEL | AARSCHOT | M+60 | 1 | 0:21:02 | 14,26 | 4:12 |
| 101 | 256 | ANTHONIS RUDY | TREMELO | M+45 | 15 | 0:21:07 | 14,21 | 4:13 |
| 102 | 1160 | BREMS GERDA | AARSCHOT | W+45 | 2 | 0:21:07 | 14,21 | 4:13 |
| 103 | 371 | VAN GOIDSENHOVEN DIZIANA | BUDINGEN | VSEN | 13 | 0:21:12 | 14,15 | 4:14 |
| 104 | 358 | VAN DER SANDEN MAARTEN | HULSHOUT | MSEN | 30 | 0:21:14 | 14,13 | 4:15 |
| 105 | 1146 | VAN KERKHOVEN STEPHEN | HERSELT | MSEN | 31 | 0:21:16 | 14,11 | 4:15 |
| 106 | 243 | DAEMS PASCAL | ELENE | MSEN | 32 | 0:21:18 | 14,08 | 4:16 |
| 107 | 332 | VERCAMMEN PATRICK | RAMSEL | M+45 | 16 | 0:21:21 | 14,05 | 4:16 |
| 108 | 356 | LUYTEN KRISTOF | AVERBODE | MSEN | 33 | 0:21:22 | 14,04 | 4:16 |
| 109 | 215 | BISSCHOPS JORDY | HERSELT | MKAD | 5 | 0:21:24 | 14,02 | 4:17 |
| 110 | 1138 | VAN KERKHOVEN DAVY | NIEUWRODE | MSEN | 34 | 0:21:24 | 14,02 | 4:17 |
| 111 | 460 | RIJO AMERICO | LOMMEL | M+60 | 2 | 0:21:24 | 14,02 | 4:17 |
| 112 | 288 | EVERAERTS PETER | RILLAAR | M+35 | 19 | 0:21:27 | 13,99 | 4:17 |
| 113 | 385 | BASTIAENS NICKY | OEVEL | MSEN | 35 | 0:21:28 | 13,98 | 4:18 |
| 114 | 367 | VERHAEGEN WILLEM | BEERZEL | M+40 | 9 | 0:21:30 | 13,95 | 4:18 |
| 115 | 350 | VERDOODT KATRIEN | BAAL | VKAD | 1 | 0:21:31 | 13,94 | 4:18 |
| 116 | 1112 | VAN BOGAERT BENNY | BEGIJNENDIJK | M+40 | 10 | 0:21:33 | 13,92 | 4:19 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|----------------|------|-------|---------|-------|---------|
| 117 | 1172 | SCHELFHOUT WIM | MECHELEN | MSEN | 36 | 0:21:33 | 13,92 | 4:19 |
| 118 | 102 | SMOLDERS MARIA | BETEKOM | W+50 | 1 | 0:21:34 | 13,91 | 4:19 |
| 119 | 206 | JUMA HASSAN | AARSCHOT | MSEN | 37 | 0:21:37 | 13,88 | 4:19 |
| 120 | 455 | DUPONT JOHAN | HALLAAR | M+35 | 20 | 0:21:38 | 13,87 | 4:20 |
| 121 | 188 | LUYCKX TILLY | BROECHEM | VSEN | 14 | 0:21:42 | 13,82 | 4:20 |
| 122 | 1147 | AUDENAERT ANDY | AARSCHOT | MSEN | 38 | 0:21:44 | 13,80 | 4:21 |
| 123 | 1110 | EYCKMANS PETER | HERSELT | M+40 | 11 | 0:21:44 | 13,80 | 4:21 |
| 124 | 401 | COOLS IVAN | AVERBODE | M+35 | 21 | 0:21:45 | 13,79 | 4:21 |
| 125 | 300 | VERSCHOREN NICK | SCHRIEK | MSCH | 4 | 0:21:46 | 13,78 | 4:21 |
| 126 | 415 | VERBIST RIKKIE | HERSELT | MSEN | 39 | 0:21:47 | 13,77 | 4:21 |
| 127 | 1120 | GEENS JOHAN | BUNSBEEK | M+35 | 22 | 0:21:48 | 13,76 | 4:22 |
| 128 | 304 | LAEREMANS RENE | AARSCHOT | M+50 | 7 | 0:21:49 | 13,75 | 4:22 |
| 129 | 109 | VAN STRUBARQ ARNOLD | WILSELE | M+50 | 8 | 0:21:50 | 13,74 | 4:22 |
| 130 | 494 | DE WINTER STEF | NIJLEN | MSEN | 40 | 0:21:52 | 13,72 | 4:22 |
| 131 | 251 | VERMEYLEN GERRY | SCHERPENHEUVEL | M+35 | 23 | 0:21:53 | 13,71 | 4:23 |
| 132 | 23 | VAN DEN VONDER GREET | BERLAAR | W+45 | 3 | 0:21:54 | 13,70 | 4:23 |
| 133 | 297 | DE PEUTER JOS | RAMSEL | M+50 | 9 | 0:21:56 | 13,68 | 4:23 |
| 134 | 1197 | VAN KERKHOVEN BENJAMIN | NIEUWRODE | MSEN | 41 | 0:21:57 | 13,67 | 4:23 |
| 135 | 1196 | DUBRU NIELS | WEZEMAAL | MSEN | 42 | 0:21:57 | 13,67 | 4:23 |
| 136 | 1159 | VAN KERCKHOVEN DAFJE | SCHRIEK | MSEN | 43 | 0:21:57 | 13,67 | 4:23 |
| 137 | 119 | VAN ROELEN GASTON | RILLAAR | M+55 | 4 | 0:21:58 | 13,66 | 4:24 |
| 138 | 280 | SMOLDERS SWA | OLEN | M+55 | 5 | 0:21:59 | 13,65 | 4:24 |
| 139 | 362 | WILBERTS PETER | RAMSEL | M+40 | 12 | 0:22:00 | 13,64 | 4:24 |
| 140 | 6 | MEULDERS JEAN-PAUL | HEIST-O/D-BERG | M+50 | 10 | 0:22:00 | 13,64 | 4:24 |
| 141 | 207 | MAES TONY | HERSELT | M+35 | 24 | 0:22:02 | 13,62 | 4:24 |
| 142 | 227 | DE ROOVER ROEL | RAMSEL | MKAD | 6 | 0:22:04 | 13,60 | 4:25 |
| 143 | 216 | LAURENS DAVID | MECHELEN | M+35 | 25 | 0:22:05 | 13,58 | 4:25 |
| 144 | 56 | VERSCHOOTEN WILLEM | RILLAAR | M+40 | 13 | 0:22:06 | 13,57 | 4:25 |
| 145 | 1117 | ANDRIES STEF | AARSCHOT | M+40 | 14 | 0:22:07 | 13,56 | 4:25 |
| 146 | 430 | VERSCHUREN BEAU | HERSELT | MMIN | 5 | 0:22:15 | 13,48 | 4:27 |
| 147 | 330 | VAN AERSCHOT SAM | AARSCHOT | MMIN | 6 | 0:22:16 | 13,47 | 4:27 |
| 148 | 1163 | DREESEN ERIC | TREMELO | M+45 | 17 | 0:22:16 | 13,47 | 4:27 |
| 149 | 169 | SOLIA JOCHEN | HERSELT | MPUP | 2 | 0:22:16 | 13,47 | 4:27 |
| 150 | 303 | PEETERS TIM | HEIST-O/D-BERG | MSEN | 44 | 0:22:17 | 13,46 | 4:27 |
| 151 | 140 | BEUTELS EDDY | LICHTAART | M+60 | 3 | 0:22:17 | 13,46 | 4:27 |
| 152 | 394 | BELIEN JEF | HAM | M+60 | 4 | 0:22:18 | 13,45 | 4:28 |
| 153 | 269 | MILIS LUDO | BEGIJNENDIJK | M+50 | 11 | 0:22:19 | 13,44 | 4:28 |
| 154 | 127 | DE KOCK FRANCOIS | AVERBODE | M+60 | 5 | 0:22:20 | 13,43 | 4:28 |
| 155 | 255 | MAES ROB | LINKHOUT | MSEN | 45 | 0:22:34 | 13,29 | 4:31 |
| 156 | 189 | LAUWERS KIMBERLY | ZONHOVEN | VMIN | 1 | 0:22:35 | 13,28 | 4:31 |
| 157 | 462 | DAMEN MAYSIA | HOLSBEEK | VMIN | 2 | 0:22:36 | 13,27 | 4:31 |
| 158 | 202 | MOLS JORDY | HERSELT | MKAD | 7 | 0:22:38 | 13,25 | 4:32 |
| 159 | 1113 | CALDERS KRISTEL | BEGIJNENDIJK | W+35 | 1 | 0:22:38 | 13,25 | 4:32 |
| 160 | 331 | MILIS JORDI | GELRODE | MMIN | 7 | 0:22:39 | 13,25 | 4:32 |
| 161 | 242 | DE VOCHT NANCY | HEIST-O/D-BERG | W+40 | 3 | 0:22:41 | 13,23 | 4:32 |
| 162 | 405 | VAN ROMPUY CHRISTEL | HOUTVENNE | W+40 | 4 | 0:22:42 | 13,22 | 4:32 |
| 163 | 128 | DUPONT FRANÇOIS | BEGIJNENDIJK | M+55 | 6 | 0:22:42 | 13,22 | 4:32 |
| 164 | 495 | LUYCKX JOKE | HAACHT | W+45 | 4 | 0:22:49 | 13,15 | 4:34 |
| 165 | 104 | VANDEMOORTELE HEIDI | TREMELO | W+40 | 5 | 0:22:50 | 13,14 | 4:34 |
| 166 | 496 | DE MEES MARC | RIJMENAM | M+65 | 1 | 0:22:51 | 13,13 | 4:34 |
| 167 | 298 | JUNUTH JENS | HERSELT | MMIN | 8 | 0:22:51 | 13,13 | 4:34 |
| 168 | 108 | VAN LOO BRUNO | TREMELO | M+60 | 6 | 0:22:53 | 13,11 | 4:35 |
| 169 | 192 | BISSCHOPS PAUL | HERSELT | M+40 | 15 | 0:22:53 | 13,11 | 4:35 |
| 170 | 152 | VAN CAUWENBERGH ERWIN | TIELT-WINGE | M+45 | 18 | 0:23:19 | 12,87 | 4:40 |
| 171 | 387 | KIESECOMS JOERI | LEUVEN | MSEN | 46 | 0:23:20 | 12,86 | 4:40 |
| 172 | 1189 | BEYNAERTS DIRK | RAMSEL | M+35 | 26 | 0:23:21 | 12,85 | 4:40 |
| 173 | 421 | VAN CASTEREN LISE | HOUTVENNE | VSCH | 2 | 0:23:21 | 12,85 | 4:40 |
| 174 | 486 | DISCART DAVY | HERSELT | MSEN | 47 | 0:23:21 | 12,85 | 4:40 |
| 175 | 150 | CEUSTERS STEF | TIELT-WINGE | M+40 | 16 | 0:23:23 | 12,83 | 4:41 |
| 176 | 166 | MERGAERTS DIRK | HEIST-O/D-BERG | M+50 | 12 | 0:23:24 | 12,82 | 4:41 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|----------------|------|-------|---------|-------|---------|
| 177 | 4 | HEYLEN ANNELIES | HEIST-O/D-BERG | VSEN | 15 | 0:23:26 | 12,80 | 4:41 |
| 178 | 210 | LOFFENS ROBIN | HERSELT | MMIN | 9 | 0:23:27 | 12,79 | 4:41 |
| 179 | 322 | VAN DEN BRANDE PETER | RAMSEL | MJUN | 4 | 0:23:28 | 12,78 | 4:42 |
| 180 | 464 | VABN PRAET LUC | WESTMEERBEEK | MSEN | 48 | 0:23:28 | 12,78 | 4:42 |
| 181 | 121 | JANSSENS HENRIE | LUBBEEK | M+70 | 1 | 0:23:31 | 12,76 | 4:42 |
| 182 | 98 | WITTEMANS JACQUES | GELRODE | M+55 | 7 | 0:23:38 | 12,69 | 4:44 |
| 183 | 419 | GEERTS LUC | BEERZEL | M+45 | 19 | 0:23:39 | 12,68 | 4:44 |
| 184 | 1178 | WUYTS GUNTHER | HERSELT | M+35 | 27 | 0:23:40 | 12,68 | 4:44 |
| 185 | 343 | VETTERS DIANE | HOUTVENNE | W+55 | 1 | 0:23:40 | 12,68 | 4:44 |
| 186 | 406 | TUERLINCKX JEAN-LUC | SCHERPENHEUVEL | M+45 | 20 | 0:23:40 | 12,68 | 4:44 |
| 187 | 379 | VAN DEN WOUWER JOZEF | BOOISCHOT | M+45 | 21 | 0:23:41 | 12,67 | 4:44 |
| 188 | 122 | CANNAERTS RAYMOND | SCHERPENHEUVEL | M+50 | 13 | 0:23:41 | 12,67 | 4:44 |
| 189 | 167 | MERGAERTS GERY | HOUTVENNE | MSEN | 49 | 0:23:42 | 12,66 | 4:44 |
| 190 | 143 | JANSE ROEL | HERSELT | MSEN | 50 | 0:23:43 | 12,65 | 4:45 |
| 191 | 1171 | RAYMAEKERS MARC | GEETBETS | M+40 | 17 | 0:23:43 | 12,65 | 4:45 |
| 192 | 168 | SOLIA ELINE | HERSELT | VMIN | 3 | 0:23:44 | 12,64 | 4:45 |
| 193 | 129 | RAYMAEKERS MICHEL | TIENEN | M+40 | 18 | 0:23:45 | 12,63 | 4:45 |
| 194 | 481 | BIESEMANS VINCENT | HERSELT | MKAD | 8 | 0:24:05 | 12,46 | 4:49 |
| 195 | 135 | BORGWALD LUDWIG | HEUSDEN-ZOLDER | M+50 | 14 | 0:24:06 | 12,45 | 4:49 |
| 196 | 383 | PEETERS MARCEL | LOMMEL | M+60 | 7 | 0:24:06 | 12,45 | 4:49 |
| 197 | 144 | COECK JEFFREY | HERSELT | MSEN | 51 | 0:24:07 | 12,44 | 4:49 |
| 198 | 291 | CRETS PAUL | RAMSEL | M+40 | 19 | 0:24:07 | 12,44 | 4:49 |
| 199 | 459 | LEMMENS LORIENE | AARSCHOT | VMIN | 4 | 0:24:08 | 12,43 | 4:50 |
| 200 | 114 | VAN DER VELDE NICKY | BETEKOM | VSCH | 3 | 0:24:09 | 12,42 | 4:50 |
| 201 | 11 | HOEFKENS ERWIN | HEIST-O/D-BERG | M+45 | 22 | 0:24:10 | 12,41 | 4:50 |
| 201 | 74 | RICQUIER THOMAS | AARSCHOT | MKAD | 9 | 0:24:09 | 12,42 | 4:50 |
| 203 | 9 | LIVENS ANTOON | HALLAAR | M+50 | 15 | 0:24:10 | 12,41 | 4:50 |
| 204 | 1135 | DE BRUYN RUBEN | HERSELT | MMIN | 10 | 0:24:11 | 12,41 | 4:50 |
| 205 | 355 | LUYTEN KOEN | HERSELT | MSEN | 52 | 0:24:12 | 12,40 | 4:50 |
| 206 | 226 | DE ROOVER WOUT | HERSELT | MSCH | 5 | 0:24:12 | 12,40 | 4:50 |
| 207 | 277 | YSKOUT DAAN | HEIST-O/D-BERG | MMIN | 11 | 0:24:13 | 12,39 | 4:51 |
| 208 | 292 | VAN ROOSBROECK JOHNY | WILLEBROEK | M+50 | 16 | 0:24:13 | 12,39 | 4:51 |
| 209 | 9459 | VALLAEYS MIKE | KAMPENHOUT | MSEN | 53 | 0:24:14 | 12,38 | 4:51 |
| 210 | 12 | GOOVAERTS JEF | HEIST-O/D-BERG | M+55 | 8 | 0:24:14 | 12,38 | 4:51 |
| 211 | 273 | DEPRE IVETTE | WAANRODE | W+50 | 2 | 0:24:15 | 12,37 | 4:51 |
| 212 | 81 | DRYBOOMS ERIC | AARSCHOT | M+50 | 17 | 0:24:15 | 12,37 | 4:51 |
| 213 | 456 | CORNELIS JEFFREY | BONHEIDEN | MKAD | 10 | 0:24:38 | 12,18 | 4:56 |
| 214 | 1169 | CROONENBORGHES JENS | OEVEL | MPUP | 3 | 0:24:39 | 12,17 | 4:56 |
| 215 | 162 | WISH BERT | AARSCHOT | MSEN | 54 | 0:24:39 | 12,17 | 4:56 |
| 216 | 161 | SLAETS IVO | HERSELT | M+40 | 20 | 0:24:40 | 12,16 | 4:56 |
| 217 | 411 | VERMEIR STAF | AARSCHOT | M+40 | 21 | 0:24:40 | 12,16 | 4:56 |
| 218 | 1182 | DE PROOST FRANK | AARSCHOT | M+35 | 28 | 0:24:41 | 12,15 | 4:56 |
| 219 | 468 | BRUYNDONCKX EVA | HOUTVENNE | W+35 | 2 | 0:24:43 | 12,14 | 4:57 |
| 220 | 19 | VAN DEN PUTTE ERIC | HEIST-O/D-BERG | M+50 | 18 | 0:24:57 | 12,02 | 4:59 |
| 221 | 134 | VANDEN BOSCH BART | HOLSBEK | MSCH | 6 | 0:24:57 | 12,02 | 4:59 |
| 222 | 24 | VERSCHAEREN ROOS | BEERZEL | W+45 | 5 | 0:24:58 | 12,02 | 5:00 |
| 223 | 393 | VAN WOENSEL WILLY | BOOISCHOT | M+50 | 19 | 0:24:58 | 12,02 | 5:00 |
| 224 | 396 | ALBERT ROELAND | HEIST-O/D-BERG | MSEN | 55 | 0:24:59 | 12,01 | 5:00 |
| 225 | 1131 | SIMONS CONNY | MESSELBROEK | W+35 | 3 | 0:25:00 | 12,00 | 5:00 |
| 226 | 1194 | VERHAERT JAN | GEEL | M+40 | 22 | 0:25:00 | 12,00 | 5:00 |
| 227 | 20 | VAN PARIJS WILLY | BEERZEL | M+70 | 2 | 0:25:02 | 11,98 | 5:00 |
| 228 | 1133 | JANSSENS KARL | RILLAAR | MSEN | 56 | 0:25:02 | 11,98 | 5:00 |
| 229 | 1175 | MICHIELS BART | HERSELT | MSEN | 57 | 0:25:03 | 11,98 | 5:01 |
| 230 | 382 | STERCKX YVO | ZICHEM | M+55 | 9 | 0:25:04 | 11,97 | 5:01 |
| 231 | 463 | DAMEN TIBO | HOLSBEK | MBEN | 1 | 0:25:11 | 11,91 | 5:02 |
| 232 | 410 | VERVOORT PIETER | HOUTVENNE | MSEN | 58 | 0:25:12 | 11,90 | 5:02 |
| 233 | 181 | PHILIPPAERTS PHILIPPE | OEVEL | MMIN | 12 | 0:25:12 | 11,90 | 5:02 |
| 234 | 318 | DE SOBRIE HERMAN | VORSELAAR | M+55 | 10 | 0:25:14 | 11,89 | 5:03 |
| 235 | 231 | VAN DIJCK LOUIS | TREMELO | M+60 | 8 | 0:25:14 | 11,89 | 5:03 |
| 236 | 320 | VAN DINGENEN JOS | HERSELT | M+60 | 9 | 0:25:15 | 11,88 | 5:03 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|--------------------------|----------------|------|-------|---------|-------|---------|
| 237 | 1195 | BAUS GINO | LANGDORP | MSEN | 59 | 0:25:17 | 11,87 | 5:03 |
| 238 | 450 | VAN EYNDE BJARNE | RAMSEL | MBEN | 2 | 0:25:18 | 11,86 | 5:04 |
| 239 | 106 | VAN GOOLEN JULIA | BETEKOM | W+50 | 3 | 0:25:18 | 11,86 | 5:04 |
| 240 | 222 | QUINTENS JAN | HERSELT | MSEN | 60 | 0:25:19 | 11,85 | 5:04 |
| 241 | 1164 | VAN DE VEL VINCENT | RAMSEL | MSCH | 7 | 0:25:20 | 11,84 | 5:04 |
| 242 | 1190 | VAN HOUT MARC | HERSELT | M+45 | 23 | 0:25:21 | 11,83 | 5:04 |
| 243 | 180 | AERTS WANNES | HERSELT | MMIN | 13 | 0:25:38 | 11,70 | 5:08 |
| 244 | 175 | VANDESSEL JEF | HERSELT | MMIN | 14 | 0:25:38 | 11,70 | 5:08 |
| 245 | 389 | VAN DE MOORTELE KRISTIEN | BEERZEL | VSEN | 16 | 0:25:38 | 11,70 | 5:08 |
| 246 | 247 | VAN DEN HEUVEL ELS | RAMSEL | W+50 | 4 | 0:25:39 | 11,70 | 5:08 |
| 247 | 458 | CORNELIS DANNY | PUTTE | M+40 | 23 | 0:25:39 | 11,70 | 5:08 |
| 248 | 14 | LENDERS JOLIEN | ITEGEM | VSCH | 4 | 0:25:40 | 11,69 | 5:08 |
| 249 | 94 | ANDRIES LIEN | BAAL | VKAD | 2 | 0:25:41 | 11,68 | 5:08 |
| 250 | 1191 | DEJAEGER ROGER | BAAL | M+45 | 24 | 0:25:42 | 11,67 | 5:08 |
| 251 | 145 | GARELLO JURGEN | LANGDORP | MSEN | 61 | 0:25:48 | 11,63 | 5:10 |
| 252 | 176 | VAN GELDER JOHNNY | HERSELT | M+35 | 29 | 0:25:50 | 11,61 | 5:10 |
| 253 | 364 | DAEMS GUNTHER | HERSELT | MSEN | 62 | 0:25:51 | 11,61 | 5:10 |
| 254 | 99 | MERGAERTS LUC | BEGIJNENDIJK | M+45 | 25 | 0:25:51 | 11,61 | 5:10 |
| 255 | 1121 | OOMS EDWIN | BEGIJNENDIJK | M+40 | 24 | 0:25:51 | 11,61 | 5:10 |
| 256 | 352 | HEURCKMANS JOHNNY | WINKSELE | M+45 | 26 | 0:25:52 | 11,60 | 5:10 |
| 257 | 485 | VAN BAELEN FILIP | HOUTVENNE | MSEN | 63 | 0:25:53 | 11,59 | 5:11 |
| 258 | 205 | JANSSENS GERT | AVERBODE | MSEN | 64 | 0:25:53 | 11,59 | 5:11 |
| 259 | 1155 | VERACHTERT KRISTOF | GEEL | MSEN | 65 | 0:25:55 | 11,58 | 5:11 |
| 260 | 1150 | SIMON WOUTERS | OEVEL | MKAD | 11 | 0:25:56 | 11,57 | 5:11 |
| 261 | 428 | PAUWELS THOMAS | WESTERLO | MBEN | 3 | 0:25:57 | 11,56 | 5:11 |
| 262 | 1156 | VERHEYEN NAND | HERSELT | MPUP | 4 | 0:25:58 | 11,55 | 5:12 |
| 263 | 13 | HUYBRECHTS FREDDY | HEIST-O/D-BERG | M+60 | 10 | 0:26:10 | 11,46 | 5:14 |
| 264 | 8 | SALAERTS JULES | ITEGEM | M+60 | 11 | 0:26:11 | 11,46 | 5:14 |
| 265 | 240 | DE CEUSTER ROBBE | WESTERLO | MPUP | 5 | 0:26:12 | 11,45 | 5:14 |
| 266 | 214 | SEYKENS LUDO | WESTERLO | M+45 | 27 | 0:26:13 | 11,44 | 5:15 |
| 267 | 321 | VANNUETEN ROEL | RAMSEL | MSEN | 66 | 0:26:16 | 11,42 | 5:15 |
| 268 | 235 | VAN DEN DAELE VIOLEIN | HULSHOUT | VKAD | 3 | 0:26:19 | 11,40 | 5:16 |
| 269 | 471 | AERTS NATASCHA | BEGIJNENDIJK | W+35 | 4 | 0:26:19 | 11,40 | 5:16 |
| 270 | 18 | FAES FRANS | HEIST-O/D-BERG | M+55 | 11 | 0:26:20 | 11,39 | 5:16 |
| 271 | 1167 | VERVLOET NICK | WESTERLO | MKAD | 12 | 0:26:20 | 11,39 | 5:16 |
| 272 | 316 | VAN LOOCK MONIK | VORSELAAR | W+45 | 6 | 0:26:21 | 11,39 | 5:16 |
| 273 | 211 | VALGAERTS KELLY | HALEN | VSEN | 17 | 0:26:22 | 11,38 | 5:16 |
| 274 | 390 | COOLS RONNY | HERSELT | M+40 | 25 | 0:26:22 | 11,38 | 5:16 |
| 275 | 418 | LAPORTE DAVY | RAMSEL | MSEN | 67 | 0:26:23 | 11,37 | 5:17 |
| 276 | 391 | EECKHOOT ANNEMIE | HERSELT | VSEN | 18 | 0:26:23 | 11,37 | 5:17 |
| 277 | 475 | BEKERS GUY | HERENTHOUT | M+50 | 20 | 0:26:24 | 11,36 | 5:17 |
| 278 | 420 | VAN LOOCK MARTINE | HOUTVENNE | W+40 | 6 | 0:26:25 | 11,36 | 5:17 |
| 279 | 1108 | BROOS GUIDO | TIELT-WINGE | M+50 | 21 | 0:26:26 | 11,35 | 5:17 |
| 280 | 236 | JANSSENS GUIDO | TESTELT | M+50 | 22 | 0:26:53 | 11,16 | 5:23 |
| 281 | 103 | TORFS MAGDA | AARSCHOT | W+45 | 7 | 0:26:54 | 11,15 | 5:23 |
| 282 | 131 | WILLEMS JOS | AARSCHOT | M+55 | 12 | 0:26:55 | 11,15 | 5:23 |
| 283 | 244 | VAN GORP RAF | MERKSPLAS | MKAD | 13 | 0:26:56 | 11,14 | 5:23 |
| 284 | 9458 | BEUTELS LINDA | BEKKEVOORT | W+45 | 8 | 0:26:57 | 11,13 | 5:23 |
| 285 | 112 | HAINE MARIE-JOSE | HEUSDEN-ZOLDER | W+35 | 5 | 0:26:58 | 11,12 | 5:24 |
| 286 | 400 | GEBOORS FINA | TESSENDERLO | W+45 | 9 | 0:26:59 | 11,12 | 5:24 |
| 287 | 107 | VAN HERCK ANJA | TREMELO | W+40 | 7 | 0:26:59 | 11,12 | 5:24 |
| 288 | 203 | VERBERCK EDWIN | BOOISCHOT | M+55 | 13 | 0:27:00 | 11,11 | 5:24 |
| 289 | 264 | VERBINNEN RUDY | WEZEMAAL | M+50 | 23 | 0:27:01 | 11,10 | 5:24 |
| 290 | 225 | TUBEX RACHEL | NOORDERWIJK | W+70 | 1 | 0:27:01 | 11,10 | 5:24 |
| 291 | 357 | DE VRIES DEBBY | WIEKEVORST | VSEN | 19 | 0:27:02 | 11,10 | 5:24 |
| 292 | 359 | DEMARSIN DIANE | WIEKEVORST | W+50 | 5 | 0:27:04 | 11,08 | 5:25 |
| 293 | 409 | TACK LUC | RAMSEL | M+45 | 28 | 0:27:05 | 11,08 | 5:25 |
| 294 | 377 | PELGRIMS NICK | HERSELT | MKAD | 14 | 0:27:06 | 11,07 | 5:25 |
| 295 | 423 | VAN THIENEN PETER | HERSELT | M+40 | 26 | 0:27:08 | 11,06 | 5:26 |
| 296 | 142 | VERMUNICHT JEF | HERSELT | MSEN | 68 | 0:27:10 | 11,04 | 5:26 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|----------------------|--------------------|------|-------|---------|-------|---------|
| 297 | 365 | GIELIS MARTINE | VELTEM-BEISEM | W+45 | 10 | 0:27:12 | 11,03 | 5:26 |
| 298 | 441 | VAN TRICHT KIM | AARSCHOT | VSCH | 5 | 0:27:13 | 11,02 | 5:27 |
| 299 | 372 | STORMS NORE | VISSENAKEN | VKAD | 4 | 0:27:13 | 11,02 | 5:27 |
| 300 | 447 | CHRISTENS ANN | AARSCHOT | W+40 | 8 | 0:27:15 | 11,01 | 5:27 |
| 301 | 22 | PLUYS MARIETTE | BERLAAR | W+60 | 1 | 0:27:16 | 11,00 | 5:27 |
| 302 | 289 | VAN UYTHEM DAVY | RAMSEL | M+35 | 30 | 0:27:16 | 11,00 | 5:27 |
| 303 | 228 | VAN DEN BROECK PAUL | HERSELT | M+45 | 29 | 0:27:16 | 11,00 | 5:27 |
| 304 | 1162 | UYTTERHOEVEN TIM | WILSELE | MSEN | 69 | 0:28:15 | 10,62 | 5:39 |
| 305 | 245 | VAN BAELEN ELS | HERSELT | W+35 | 6 | 0:28:15 | 10,62 | 5:39 |
| 306 | 366 | JANSSENS ANDRE | VELTEM-BEISEM | M+55 | 14 | 0:28:16 | 10,61 | 5:39 |
| 307 | 427 | PAUWELS CHRIS | OEVEL | M+35 | 31 | 0:28:16 | 10,61 | 5:39 |
| 308 | 484 | NYS NICK | RAMSEL | MBEN | 4 | 0:28:17 | 10,61 | 5:39 |
| 309 | 208 | LOFFENS RUBEN | HERSELT | MPUP | 6 | 0:28:17 | 10,61 | 5:39 |
| 310 | 248 | RENCKENS RITA | LIER | VSEN | 20 | 0:28:18 | 10,60 | 5:40 |
| 311 | 490 | VERCAMMEN LIEN | RAMSEL | VJUN | 2 | 0:28:19 | 10,59 | 5:40 |
| 312 | 9451 | VALCKX STEFAN | WIEKEVORST | MSEN | 70 | 0:28:19 | 10,59 | 5:40 |
| 313 | 115 | EVERAERTS RITA | RILLAAR | W+50 | 6 | 0:28:21 | 10,58 | 5:40 |
| 314 | 402 | STALMANS HILDE | ZICHEM | W+40 | 9 | 0:28:22 | 10,58 | 5:40 |
| 315 | 1125 | BAUS SYDNEY | HERSELT | MSEN | 71 | 0:28:25 | 10,56 | 5:41 |
| 316 | 184 | PAPEN GUST | HULSHOUT | M+65 | 2 | 0:28:25 | 10,56 | 5:41 |
| 317 | 213 | WILMAERTS PETRA | HERSELT | W+35 | 7 | 0:28:25 | 10,56 | 5:41 |
| 318 | 373 | LAEREMANS ANNIE | WESTMEERBEEK | W+45 | 11 | 0:28:25 | 10,56 | 5:41 |
| 319 | 1118 | KOLBAKOV KADRI | AARSCHOT | VSEN | 21 | 0:28:25 | 10,56 | 5:41 |
| 320 | 271 | DEPRE LYDIA | TIENEN | W+40 | 10 | 0:28:30 | 10,53 | 5:42 |
| 321 | 457 | CORNELIS PAUL | BONHEIDEN | M+45 | 30 | 0:28:30 | 10,53 | 5:42 |
| 322 | 191 | LAUWERS IVO | ZONHOVEN | M+45 | 31 | 0:28:30 | 10,53 | 5:42 |
| 323 | 148 | CEULEMANS ERIK | RAMSEL | M+45 | 32 | 0:28:30 | 10,53 | 5:42 |
| 324 | 146 | VAN BAELE JURGEN | LANGDORP | M+35 | 32 | 0:28:30 | 10,53 | 5:42 |
| 325 | 282 | VAN ORSHAEGEN NICOLE | OLEN | W+45 | 12 | 0:28:35 | 10,50 | 5:43 |
| 326 | 16 | VERBEECK LINDA | ITEGEM | W+40 | 11 | 0:28:35 | 10,50 | 5:43 |
| 327 | 209 | WOUWERMANS LIE | HERSELT | MSEN | 72 | 0:28:35 | 10,50 | 5:43 |
| 328 | 85 | DEGEEST BART | AARSCHOT | MSEN | 73 | 0:28:35 | 10,50 | 5:43 |
| 329 | 84 | DEGEEST JOHNY | AARSCHOT | M+60 | 12 | 0:28:35 | 10,50 | 5:43 |
| 330 | 190 | VERBRAEKEN YENTL | RAMSEL | MMIN | 15 | 0:28:35 | 10,50 | 5:43 |
| 331 | 219 | VANKRUNCKELSVEN LUDO | TESSENDERLO | M+50 | 24 | 0:28:40 | 10,47 | 5:44 |
| 332 | 221 | ELEN RIA | TESSENDERLO | W+45 | 13 | 0:28:40 | 10,47 | 5:44 |
| 333 | 1170 | STORMS CAROLE | GEETBETS | VSEN | 22 | 0:28:40 | 10,47 | 5:44 |
| 334 | 279 | HELSEN LEO | HERSELT | M+50 | 25 | 0:28:40 | 10,47 | 5:44 |
| 335 | 268 | KEYMOLEN HILDE | HEIST-O/D-BERG | VSEN | 23 | 0:28:40 | 10,47 | 5:44 |
| 336 | 294 | ADAMS HILDE | ROTSelaar | W+40 | 12 | 0:28:40 | 10,47 | 5:44 |
| 337 | 413 | DE VOCHT NICOLE | WIEKEVORST | VSEN | 24 | 0:28:40 | 10,47 | 5:44 |
| 338 | 417 | BUSSCHOTS NADIA | ITEGEM | W+45 | 14 | 0:28:40 | 10,47 | 5:44 |
| 339 | 345 | VAN AELST HEIDI | LANGDORP | W+35 | 8 | 0:28:40 | 10,47 | 5:44 |
| 340 | 45 | VAN ZIJP MARJON | LANGDORP | W+40 | 13 | 0:28:40 | 10,47 | 5:44 |
| 341 | 1111 | SAPION CARLA | RAMSEL | W+35 | 9 | 0:28:50 | 10,40 | 5:46 |
| 342 | 293 | VAN JANT PAUL | BEVEL | M+60 | 13 | 0:28:50 | 10,40 | 5:46 |
| 343 | 476 | | | | | 0:28:50 | 10,40 | 5:46 |
| 344 | 257 | CEUPPENS ANNIE | SCHRIEK | W+55 | 2 | 0:28:50 | 10,40 | 5:46 |
| 345 | 499 | COREMANS KATRIEN | RAMSEL | VSEN | 25 | 0:28:50 | 10,40 | 5:46 |
| 346 | 116 | THOMAS GINA | KORTENAKEN | W+40 | 14 | 0:28:50 | 10,40 | 5:46 |
| 347 | 361 | VANDEPUTTE LUC | NIEUWRODE | M+45 | 33 | 0:28:50 | 10,40 | 5:46 |
| 348 | 178 | VERSCHUEREN MICHELE | HERSELT | VKAD | 5 | 0:28:50 | 10,40 | 5:46 |
| 349 | 374 | MAURIEN ELIEN | WESTMEERBEEK | VKAD | 6 | 0:28:50 | 10,40 | 5:46 |
| 350 | 1183 | WILLEMS MICHEL | GLABBEEK-ZUURBEMDE | M+50 | 26 | 0:28:50 | 10,40 | 5:46 |
| 351 | 1180 | LENDERS RENE | AARSCHOT | M+45 | 34 | 0:29:00 | 10,34 | 5:48 |
| 352 | 341 | VALGAEREN RIET | HERSELT | W+35 | 10 | 0:29:00 | 10,34 | 5:48 |
| 353 | 339 | HOLEMANS MARLEEN | RAMSEL | W+35 | 11 | 0:29:00 | 10,34 | 5:48 |
| 354 | 295 | BUSSCHODTS RUDY | RAMSEL | M+45 | 35 | 0:29:00 | 10,34 | 5:48 |
| 355 | 351 | WOUTERS CARINE | HERSELT | W+45 | 15 | 0:29:00 | 10,34 | 5:48 |
| 356 | 498 | CATTEAU PASCALE | ITEGEM | W+45 | 16 | 0:29:00 | 10,34 | 5:48 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|----------------------|------|-------|---------|-------|---------|
| 357 | 1144 | BRIELS JOSEE | ZONHOVEN | VSEN | 26 | 0:29:00 | 10,34 | 5:48 |
| 358 | 1145 | SCHILDERMANS MARCEL | ZONHOVEN | MSEN | 74 | 0:29:00 | 10,34 | 5:48 |
| 359 | 307 | CYPERS DANIEL | BEGIJNENDIJK | MSEN | 75 | 0:29:00 | 10,34 | 5:48 |
| 360 | 422 | HOFMANS WILLY | HERSELT | M+50 | 27 | 0:29:00 | 10,34 | 5:48 |
| 361 | 348 | DEROOVER DIMITRI | BEGIJNENDIJK | MMIN | 16 | 0:29:00 | 10,34 | 5:48 |
| 362 | 487 | RENS ILSE | HERSELT | W+35 | 12 | 0:29:00 | 10,34 | 5:48 |
| 363 | 285 | SCHEYS ILKA | HERSELT | VSEN | 27 | 0:29:10 | 10,29 | 5:50 |
| 364 | 448 | SEVENANTS LIEVE | AARSCHOT | W+35 | 13 | 0:29:10 | 10,29 | 5:50 |
| 365 | 238 | CLAES LEEN | LIER | VSEN | 28 | 0:29:10 | 10,29 | 5:50 |
| 366 | 353 | DEWIL ELIA | WINKSELE | W+40 | 15 | 0:29:10 | 10,29 | 5:50 |
| 367 | 105 | VAN ESPEN BRENDA | BEGIJNENDIJK | VKAD | 7 | 0:29:10 | 10,29 | 5:50 |
| 368 | 123 | VAN DEN HEUVEL LAURENT | RAMSEL | M+60 | 14 | 0:29:10 | 10,29 | 5:50 |
| 369 | 113 | VERHAEGEN CARLA | BETEKOM | W+40 | 16 | 0:29:10 | 10,29 | 5:50 |
| 370 | 317 | VAN LOOCK MARC | LILLE | M+40 | 27 | 0:29:10 | 10,29 | 5:50 |
| 371 | 1142 | VANPARYS FRE | TIENEN | MSEN | 76 | 0:29:10 | 10,29 | 5:50 |
| 372 | 95 | ANDRIES LIEZE | BAAL | VMIN | 5 | 0:29:10 | 10,29 | 5:50 |
| 373 | 93 | ANDRIES CHRIS | BAAL | W+45 | 17 | 0:29:10 | 10,29 | 5:50 |
| 374 | 250 | FOLLON KATHLEEN | HOUTHALEN-HELCHTEREN | VSEN | 29 | 0:29:10 | 10,29 | 5:50 |
| 375 | 171 | JANSSENS BENNY | HERSELT | M+35 | 33 | 0:29:10 | 10,29 | 5:50 |
| 376 | 267 | YSKOUT LOTTE | HEIST-O/D-BERG | VPUP | 1 | 0:29:10 | 10,29 | 5:50 |
| 377 | 310 | VAN DOREN ANKE | HERSELT | VSEN | 30 | 0:29:10 | 10,29 | 5:50 |
| 378 | 1184 | PAENHUYSEN SUZY | MEENSEL-KIEZEGEM | VSEN | 31 | 0:29:30 | 10,17 | 5:54 |
| 379 | 386 | BOONS CONNY | BOOISCHOT | W+35 | 14 | 0:29:30 | 10,17 | 5:54 |
| 380 | 258 | VEGA LOPEZ SANDRA | BERLAAR | VSEN | 32 | 0:29:30 | 10,17 | 5:54 |
| 381 | 170 | DEHOND ANNEMIE | RAMSEL | W+35 | 15 | 0:29:30 | 10,17 | 5:54 |
| 382 | 1143 | TUBBAX INGE | WEZEMAAL | VSEN | 33 | 0:29:30 | 10,17 | 5:54 |
| 383 | 491 | LESAGE LOREMI | BEGIJNENDIJK | VSEN | 34 | 0:29:30 | 10,17 | 5:54 |
| 384 | 217 | VERBRAEKEN PATRICIA | RAMSEL | W+40 | 17 | 0:29:30 | 10,17 | 5:54 |
| 385 | 1166 | CLUDTS HANNES | RAMSEL | MSCH | 8 | 0:29:30 | 10,17 | 5:54 |
| 386 | 1168 | WARPY JOLIEN | HOUTVENNE | VSCH | 6 | 0:29:30 | 10,17 | 5:54 |
| 387 | 1115 | SMETS MAXIM | AARSCHOT | MSEN | 77 | 0:29:30 | 10,17 | 5:54 |
| 388 | 453 | CUMPS KLARA | HERSELT | VPUP | 2 | 0:29:30 | 10,17 | 5:54 |
| 389 | 452 | CUMPS JAN | HERSELT | M+40 | 28 | 0:29:30 | 10,17 | 5:54 |
| 390 | 159 | GOOVAERTS JONI | BERLAAR | VKAD | 8 | 0:29:30 | 10,17 | 5:54 |
| 391 | 272 | NIJS SANDRA | BEGIJNENDIJK | W+35 | 16 | 0:29:30 | 10,17 | 5:54 |
| 392 | 376 | FEYAERTS FIEN | HERSELT | VMIN | 6 | 0:29:30 | 10,17 | 5:54 |
| 393 | 1177 | GOOSSENS GITTE | HERSELT | VSEN | 35 | 0:29:40 | 10,11 | 5:56 |
| 394 | 96 | BERGHMANS DIANE | BEGIJNENDIJK | W+45 | 18 | 0:29:40 | 10,11 | 5:56 |
| 395 | 194 | WITTEBROUCK KYARA | HERSELT | VMIN | 7 | 0:29:40 | 10,11 | 5:56 |
| 396 | 454 | VERBRAEKEN MARLEEN | BERLAAR | W+40 | 18 | 0:29:40 | 10,11 | 5:56 |
| 397 | 445 | GOOSSENS FRANS | HERSELT | M+55 | 15 | 0:29:40 | 10,11 | 5:56 |
| 398 | 426 | DE HAES DOLINDA | RAMSEL | W+40 | 19 | 0:29:40 | 10,11 | 5:56 |
| 399 | 434 | WINNEN GERDA | TESTELT | W+50 | 7 | 0:29:40 | 10,11 | 5:56 |
| 400 | 432 | BLOCKX KARINE | SCHERPENHEUVEL | W+45 | 19 | 0:29:40 | 10,11 | 5:56 |
| 401 | 133 | HOLEMANS PAUL | WEZEMAAL | M+60 | 15 | 0:29:40 | 10,11 | 5:56 |
| 402 | 78 | VAN DE VONDER SOFIE | AARSCHOT | VMIN | 8 | 0:29:40 | 10,11 | 5:56 |
| 403 | 35 | BEYSEN MARIJKE | LANGDORP | VSEN | 36 | 0:29:50 | 10,06 | 5:58 |
| 404 | 414 | VERDONCK JIMMY | HERSELT | MSEN | 78 | 0:29:50 | 10,06 | 5:58 |
| 405 | 431 | VERBRUGGEN SANDRA | RAMSEL | W+40 | 20 | 0:29:50 | 10,06 | 5:58 |
| 406 | 17 | DE PRETER JULES | HEIST-O/D-BERG | M+70 | 3 | 0:29:50 | 10,06 | 5:58 |
| 407 | 237 | LODEWIJKCKX INA | HERSELT | VSEN | 37 | 0:29:50 | 10,06 | 5:58 |
| 408 | 196 | VAESEN LINDA | ZONHOVEN | W+40 | 21 | 0:29:50 | 10,06 | 5:58 |
| 409 | 347 | VAN ESPEN JEROEN | BEGIJNENDIJK | MPUP | 7 | 0:29:50 | 10,06 | 5:58 |
| 410 | 338 | BEYNAERTS NATHALIE | BEGIJNENDIJK | VJUN | 3 | 0:29:50 | 10,06 | 5:58 |
| 411 | 375 | FEYAERTS JEF | HERSELT | MKAD | 15 | 0:29:50 | 10,06 | 5:58 |
| 412 | 477 | VERHAEGEN HANNE | HERSELT | VSEN | 38 | 0:29:50 | 10,06 | 5:58 |
| 413 | 1130 | DE MEUTTER MARCIA | RAMSEL | VSEN | 39 | 0:30:00 | 10,00 | 6:00 |
| 414 | 239 | SHELLENS ELS | LANGDORP | VSEN | 40 | 0:30:00 | 10,00 | 6:00 |
| 415 | 488 | SCHEERENS MIRIAM | HOUTVENNE | W+45 | 20 | 0:30:00 | 10,00 | 6:00 |
| 416 | 223 | WAUTERAERTS WENDY | RAMSEL | W+35 | 17 | 0:30:00 | 10,00 | 6:00 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|-------------------|------|-------|---------|-------|---------|
| 417 | 9460 | ALAERTS JOLIEN | AARSCHOT | VSCH | 7 | 0:30:00 | 10,00 | 6:00 |
| 418 | 1132 | VAN OTTEN HILDE | RAMSEL | W+35 | 18 | 0:30:00 | 10,00 | 6:00 |
| 419 | 265 | VANHAEKENDOVER HILDE | GEETBETS | W+40 | 22 | 0:30:00 | 10,00 | 6:00 |
| 420 | 266 | LEMMENS RITA | BEKKEVOORT | W+50 | 8 | 0:30:00 | 10,00 | 6:00 |
| 421 | 61 | VAN DOREN CONNY | LANGDORP | W+35 | 19 | 0:30:00 | 10,00 | 6:00 |
| 422 | 37 | COOREMANS ANN | SCHERPENHEUVEL | W+35 | 20 | 0:30:00 | 10,00 | 6:00 |
| 423 | 118 | JENNIS SEBASTIAAN | HERENTALS | MSEN | 79 | 0:30:20 | 9,89 | 6:04 |
| 424 | 53 | SCHIPHORST MARIE | AARSCHOT | W+40 | 23 | 0:30:20 | 9,89 | 6:04 |
| 425 | 1187 | VAN HOREBEEK INNEKE | TIELT-WINGE | VSEN | 41 | 0:30:20 | 9,89 | 6:04 |
| 426 | 306 | GOEDHUYTS TAMARA | MESSELBROEK | VSEN | 42 | 0:30:20 | 9,89 | 6:04 |
| 427 | 97 | CRAENEN ANN | LANGDORP | W+35 | 21 | 0:30:20 | 9,89 | 6:04 |
| 428 | 160 | VERMEULEN LAUREN | BOOISCHOT | VMIN | 9 | 0:30:20 | 9,89 | 6:04 |
| 429 | 21 | VAN DEN BROECK NORBERT | HAACHT | M+70 | 4 | 0:30:20 | 9,89 | 6:04 |
| 430 | 1165 | VAN HERCK GABY | HERSELT | W+40 | 24 | 0:30:20 | 9,89 | 6:04 |
| 431 | 437 | HOLEMANS MONIQUE | DUFFEL | W+50 | 9 | 0:30:20 | 9,89 | 6:04 |
| 432 | 438 | VAN AEKEN JOS | TESSENDERLO | M+55 | 16 | 0:30:20 | 9,89 | 6:04 |
| 433 | 179 | DE WIJNGAERT JILL | RAMSEL | VKAD | 9 | 0:30:30 | 9,84 | 6:06 |
| 434 | 327 | DIERICKX LISELOTTE | RAMSEL | VSCH | 8 | 0:30:30 | 9,84 | 6:06 |
| 435 | 249 | DANEELS ZYNCKE | RAMSEL | VKAD | 10 | 0:30:30 | 9,84 | 6:06 |
| 436 | 1134 | SERNEELS KAREL | AARSCHOT | M+50 | 28 | 0:30:30 | 9,84 | 6:06 |
| 437 | 177 | DE HERTOEGH NATASCHA | HERSELT | VSEN | 43 | 0:30:30 | 9,84 | 6:06 |
| 438 | 278 | GOYVAERTS DAISY | RAMSEL | W+45 | 21 | 0:30:30 | 9,84 | 6:06 |
| 439 | 187 | CRAUWELS ANJA | SCHRIEK | W+35 | 22 | 0:30:30 | 9,84 | 6:06 |
| 440 | 252 | GOOSSENS NANCY | HERSELT | W+35 | 23 | 0:30:30 | 9,84 | 6:06 |
| 441 | 9457 | VAN DE POEL KATRIEN | HOUTVENNE | VSEN | 44 | 0:30:30 | 9,84 | 6:06 |
| 442 | 1104 | VAN DER BOTGHT LENNERT | HERSELT | MPUP | 8 | 0:30:30 | 9,84 | 6:06 |
| 443 | 82 | DRYBOOMS ANJA | AARSCHOT | VJUN | 4 | 0:31:00 | 9,68 | 6:12 |
| 444 | 29 | DUBOIS MARIO | AARSCHOT | M+40 | 29 | 0:31:05 | 9,65 | 6:13 |
| 445 | 34 | GORIS LISE | AARSCHOT | VSCH | 9 | 0:31:10 | 9,63 | 6:14 |
| 446 | 91 | VAN WEDDINGEN LISE | AARSCHOT | VSCH | 10 | 0:31:15 | 9,60 | 6:15 |
| 447 | 33 | VAN BILLOEN AN | AARSCHOT | W+40 | 25 | 0:31:20 | 9,57 | 6:16 |
| 448 | 1157 | VAN DEN BERGH JOS | RAMSEL | M+50 | 29 | 0:31:25 | 9,55 | 6:17 |
| 449 | 1103 | MILLOEN KATHY | HERSELT | W+40 | 26 | 0:31:30 | 9,52 | 6:18 |
| 450 | 1158 | WYNS STEVE | WESTERLO | M+40 | 30 | 0:31:35 | 9,50 | 6:19 |
| 451 | 218 | VERMAELEN FABIOLA | LANGDORP | VSEN | 45 | 0:31:40 | 9,47 | 6:20 |
| 452 | 342 | KEULEMANS BRENDA | RAMSEL | W+35 | 24 | 0:31:50 | 9,42 | 6:22 |
| 453 | 1119 | GEENS CARINE | AVERBODE | W+40 | 27 | 0:31:55 | 9,40 | 6:23 |
| 454 | 1126 | DE RYCK RIA | AARSCHOT | W+45 | 22 | 0:31:55 | 9,40 | 6:23 |
| 455 | 42 | HEREMANS KIM | BEGIJNENDIJK | VSEN | 46 | 0:32:00 | 9,38 | 6:24 |
| 456 | 429 | VAN CRAEN ANNIE | HERSELT | W+50 | 10 | 0:32:05 | 9,35 | 6:25 |
| 457 | 263 | BERGHMANS LIEVE | HOUTVENNE | VSEN | 47 | 0:32:10 | 9,33 | 6:26 |
| 458 | 1140 | CEUSTERS JANA | HERSELT | VPUP | 3 | 0:32:15 | 9,30 | 6:27 |
| 459 | 474 | STOOPS MARIA | BERLAAR | W+40 | 28 | 0:32:20 | 9,28 | 6:28 |
| 460 | 80 | DECA KARINE | RILLAAR | W+40 | 29 | 0:32:25 | 9,25 | 6:29 |
| 461 | 381 | VANGEEL ERIC | BINKOM | M+45 | 36 | 0:32:30 | 9,23 | 6:30 |
| 462 | 380 | VAN WINKEL KARINE | BINKOM | W+45 | 23 | 0:32:35 | 9,21 | 6:31 |
| 463 | 309 | HEREMANS CHANTAL | BEGIJNENDIJK | VSEN | 48 | 0:32:40 | 9,18 | 6:32 |
| 464 | 89 | TIGANI MARIA | AARSCHOT | W+55 | 3 | 0:32:45 | 9,16 | 6:33 |
| 465 | 433 | LAENEN KAREN | TESTELT | VSEN | 49 | 0:32:50 | 9,14 | 6:34 |
| 466 | 67 | JACOBS JOKE | AARSCHOT | VSEN | 50 | 0:32:55 | 9,11 | 6:35 |
| 467 | 40 | VERMEULEN BRIGITTE | LANGDORP | W+50 | 11 | 0:33:00 | 9,09 | 6:36 |
| 468 | 444 | GOYVAERTS DIANA | HEIST-O/D-BERG | W+40 | 30 | 0:33:05 | 9,07 | 6:37 |
| 469 | 314 | NOEL ELISABETH | HERSELT | VJUN | 5 | 0:33:10 | 9,05 | 6:38 |
| 470 | 311 | ADAMS LIEN | BEGIJNENDIJK | VJUN | 6 | 0:33:15 | 9,02 | 6:39 |
| 471 | 1101 | GYSEMANS MICHEL | HEIST-OP-DEN-BERG | M+50 | 30 | 0:33:20 | 9,00 | 6:40 |
| 472 | 1109 | COMPAGNIE NANCY | HOUTVENNE | W+35 | 25 | 0:33:25 | 8,98 | 6:41 |
| 473 | 346 | VAN CAUWENBERGH SOFIE | TIELT-WINGE | VPUP | 4 | 0:33:30 | 8,96 | 6:42 |
| 474 | 360 | VANDEPUTTE SILKE | NIEUWRODE | VMIN | 10 | 0:33:35 | 8,93 | 6:43 |
| 475 | 1193 | VAN AERSCHOT NELLY | AARSCHOT | VSEN | 51 | 0:33:40 | 8,91 | 6:44 |
| 476 | 281 | JACOBS NANCY | LILLE | W+40 | 31 | 0:33:45 | 8,89 | 6:45 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|------------------|------|-------|---------|------|---------|
| 477 | 111 | VERVLOESEM CHRISTINE | BEGIJNENDIJK | W+45 | 24 | 0:33:50 | 8,87 | 6:46 |
| 478 | 354 | VETS ANITA | RAMSEL | W+45 | 25 | 0:33:55 | 8,85 | 6:47 |
| 479 | 262 | VAN GOSSUM LUCIENNE | HOUTVENNE | W+60 | 2 | 0:34:00 | 8,82 | 6:48 |
| 480 | 276 | LAUWERS MONIQUE | GEETBETS | W+45 | 26 | 0:34:05 | 8,80 | 6:49 |
| 481 | 76 | KIESEKOMS JOS | AARSCHOT | M+65 | 3 | 0:34:10 | 8,78 | 6:50 |
| 482 | 172 | VAN DEN HEUVEL ROBIN | HERSELT | MPUP | 9 | 0:34:15 | 8,76 | 6:51 |
| 483 | 443 | CORDEEL RITA | O-L-V-WAVER | W+50 | 12 | 0:34:20 | 8,74 | 6:52 |
| 484 | 1186 | OPDEBEECK FRIEDA | TIELT-WINGE | W+50 | 13 | 0:34:25 | 8,72 | 6:53 |
| 485 | 465 | VANDERMIEREN CHARLOTTE | RAMSEL | VMIN | 11 | 0:34:30 | 8,70 | 6:54 |
| 486 | 1141 | CELEN ANNELIEN | HERSELT | VMIN | 12 | 0:34:35 | 8,67 | 6:55 |
| 487 | 461 | VAN GOETHEM RUTH | AARSCHOT | VSEN | 52 | 0:34:40 | 8,65 | 6:56 |
| 488 | 36 | CELIS SARI | LANGDORP | VSEN | 53 | 0:34:45 | 8,63 | 6:57 |
| 489 | 329 | DE CUPERE LAURINE | MUIZEN | VJUN | 7 | 0:34:50 | 8,61 | 6:58 |
| 490 | 328 | GEENS AMBER | RAMSEL | VPUP | 5 | 0:34:55 | 8,59 | 6:59 |
| 491 | 60 | MERGAERTS GREET | AARSCHOT | W+40 | 32 | 0:35:00 | 8,57 | 7:00 |
| 492 | 79 | BRUYNINCKX ELS | AARSCHOT | W+40 | 33 | 0:35:05 | 8,55 | 7:01 |
| 493 | 479 | VANKRUNCKELSVEN KIM | AARSCHOT | VSEN | 54 | 0:35:10 | 8,53 | 7:02 |
| 494 | 308 | CYPERS LINDSAY | BEGIJNENDIJK | VJUN | 8 | 0:35:15 | 8,51 | 7:03 |
| 495 | 51 | VAN DEN BROECK SAM | LANGDORP | MSCH | 9 | 0:35:20 | 8,49 | 7:04 |
| 496 | 163 | COOMANS ANJA | HERSELT | W+35 | 26 | 0:35:25 | 8,47 | 7:05 |
| 497 | 164 | ECKELEERS MARIJKE | HERSELT | VSEN | 55 | 0:35:30 | 8,45 | 7:06 |
| 498 | 100 | SCHEPERS LIEVE | BEGIJNENDIJK | W+40 | 34 | 0:35:35 | 8,43 | 7:07 |
| 499 | 403 | LANGENAEKENS HILDA | TIELT-WINGE | W+55 | 4 | 0:35:40 | 8,41 | 7:08 |
| 500 | 378 | CORNELISSEN KRIS | TIELT-WINGE | M+35 | 34 | 0:35:45 | 8,39 | 7:09 |
| 501 | 302 | CLAES BRIGITTE | HERSELT | VSEN | 56 | 0:35:50 | 8,37 | 7:10 |
| 502 | 1123 | GORDTS KAREL | ROTSelaar | MSEN | 80 | 0:35:55 | 8,35 | 7:11 |
| 503 | 1124 | DEMUNYCK JELLE | ROTSelaar | MSEN | 81 | 0:36:00 | 8,33 | 7:12 |
| 504 | 1139 | CUPPENS PEGGY | AARSCHOT | VSEN | 57 | 0:36:00 | 8,33 | 7:12 |
| 505 | 224 | BIESMANS LISETTE | HAM | W+60 | 3 | 0:36:05 | 8,31 | 7:13 |
| 506 | 77 | VAN MECHELEN NANCY | AARSCHOT | W+40 | 35 | 0:36:05 | 8,31 | 7:13 |
| 507 | 493 | JANSSENS CHRIS | HERSELT | W+45 | 27 | 0:36:10 | 8,29 | 7:14 |
| 508 | 392 | VERHAEGEN CHANTAL | RAMSEL | W+40 | 36 | 0:36:10 | 8,29 | 7:14 |
| 509 | 1173 | REYNDERS GERT | RAMSEL | M+35 | 35 | 0:36:15 | 8,28 | 7:15 |
| 510 | 1174 | VAN LAER VERONIQUE | RAMSEL | VSEN | 58 | 0:36:15 | 8,28 | 7:15 |
| 511 | 404 | SALAETS CAROLIEN | BOOISCHOT | VSEN | 59 | 0:36:20 | 8,26 | 7:16 |
| 512 | 1188 | LAENENS SASKIA | TIELT-WINGE | VSEN | 60 | 0:36:20 | 8,26 | 7:16 |
| 513 | 57 | LAMBRECHTS JEAN | AARSCHOT | M+50 | 31 | 0:36:25 | 8,24 | 7:17 |
| 514 | 323 | GYSEMANS GEERT | RILLAAR | M+35 | 36 | 0:36:25 | 8,24 | 7:17 |
| 515 | 1129 | VERMEULEN ARLETTE | LANGDORP | W+50 | 14 | 0:36:30 | 8,22 | 7:18 |
| 516 | 153 | VAN RIJMENANT LINA | TIELT-WINGE | W+40 | 37 | 0:36:30 | 8,22 | 7:18 |
| 517 | 151 | STROUWEN ANJA | TIELT-WINGE | VSEN | 61 | 0:36:30 | 8,22 | 7:18 |
| 518 | 198 | VAN CRIEKINGEN LINDA | HERSELT | W+35 | 27 | 0:36:00 | 8,33 | 7:12 |
| 519 | 259 | CORNELISSEN INNE | MEENSEL-KIEZEGEM | VSEN | 62 | 0:36:05 | 8,31 | 7:13 |
| 520 | 492 | VAN GENECHTEN ANITA | HEIST-O/D-BERG | W+45 | 28 | 0:36:10 | 8,29 | 7:14 |
| 521 | 442 | VAN GENECHTEN SUZY | HEIST-O/D-BERG | W+35 | 28 | 0:36:15 | 8,28 | 7:15 |
| 522 | 47 | CRAB GHINIA | AARSCHOT | VSEN | 63 | 0:36:20 | 8,26 | 7:16 |
| 523 | 500 | VANDYCK AGNES | WESTMEERBEEK | M+45 | 37 | 0:36:25 | 8,24 | 7:17 |
| 524 | 326 | VAN GORP LORE | RAMSEL | VSCH | 11 | 0:36:30 | 8,22 | 7:18 |
| 525 | 117 | JENNIS GONDA | OLEN | W+60 | 4 | 0:36:35 | 8,20 | 7:19 |
| 526 | 1181 | HUYBRECHTS GRETEL | AARSCHOT | VSEN | 64 | 0:36:40 | 8,18 | 7:20 |
| 527 | 41 | SCHEVERNELS MARIE | LANGDORP | W+65 | 1 | 0:36:40 | 8,18 | 7:20 |
| 528 | 349 | SCHOOLMEESTERS FRANK | AARSCHOT | M+35 | 37 | 0:36:40 | 8,18 | 7:20 |
| 529 | 28 | VAN EESTER HILDE | LANGDORP | VSEN | 65 | 0:36:45 | 8,16 | 7:21 |
| 530 | 482 | LAUWENS NADY | HERSELT | VSEN | 66 | 0:36:45 | 8,16 | 7:21 |
| 531 | 483 | NYS KRIS | HERSELT | M+35 | 38 | 0:36:45 | 8,16 | 7:21 |
| 532 | 1122 | LAMBRECHTS KARIN | HEIST-O/D-BERG | W+40 | 38 | 0:36:50 | 8,14 | 7:22 |
| 533 | 73 | MORTIER MARTINE | AARSCHOT | W+40 | 39 | 0:36:50 | 8,14 | 7:22 |
| 534 | 312 | VANGEEL BENJAMIN | HALEN | MMIN | 17 | 0:36:50 | 8,14 | 7:22 |
| 535 | 155 | WOUTERS ORPHA | AARSCHOT | W+45 | 29 | 0:36:55 | 8,13 | 7:23 |
| 536 | 64 | VANDEBERGH CHRISTINE | AARSCHOT | W+40 | 40 | 0:36:55 | 8,13 | 7:23 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|-----------------------|----------------|------|-------|---------|------|---------|
| 537 | 290 | VERMAELEN MARLEEN | HULSHOUT | VSEN | 67 | 0:36:55 | 8,13 | 7:23 |
| 538 | 71 | STOCKMANS LITRICK | AARSCHOT | MMIN | 18 | 0:37:00 | 8,11 | 7:24 |
| 539 | 90 | THEYSKENS HILDE | AARSCHOT | W+45 | 30 | 0:37:00 | 8,11 | 7:24 |
| 540 | 70 | SMETS ROMY | AARSCHOT | W+40 | 41 | 0:37:00 | 8,11 | 7:24 |
| 541 | 1107 | VANDERHEYDEN LIEVE | BEGIJNENDIJK | W+35 | 29 | 0:37:05 | 8,09 | 7:25 |
| 542 | 1106 | DERIDDER STIJN | BEGIJNENDIJK | MKAD | 16 | 0:37:05 | 8,09 | 7:25 |
| 543 | 1105 | DERIDDER MAARTEN | BEGIJNENDIJK | MMIN | 19 | 0:37:05 | 8,09 | 7:25 |
| 544 | 62 | LOOCKX BRUNO | AARSCHOT | M+45 | 38 | 0:37:10 | 8,07 | 7:26 |
| 545 | 1137 | GEYSEL JULIEN | LANGDORP | M+45 | 39 | 0:37:10 | 8,07 | 7:26 |
| 546 | 1136 | GEYSEN INE | AARSCHOT | VSEN | 68 | 0:37:15 | 8,05 | 7:27 |
| 547 | 165 | VAN NAELTEN TINE | HERENTALS | VSEN | 69 | 0:37:15 | 8,05 | 7:27 |
| 548 | 48 | BRANDERS LESLIE | AARSCHOT | VSEN | 70 | 0:37:15 | 8,05 | 7:27 |
| 549 | 86 | GREVEN KARINA | AARSCHOT | VSEN | 71 | 0:37:20 | 8,04 | 7:28 |
| 550 | 88 | BRANDERS BRIGITTE | SCHERPENHEUVEL | W+40 | 42 | 0:37:20 | 8,04 | 7:28 |
| 551 | 68 | DE WILDE PETRA | AARSCHOT | VSEN | 72 | 0:37:20 | 8,04 | 7:28 |
| 552 | 446 | JENNIS TINA | RILLAAR | VSEN | 73 | 0:37:25 | 8,02 | 7:29 |
| 553 | 69 | LUYTEN DAVINA | AARSCHOT | VSEN | 74 | 0:37:25 | 8,02 | 7:29 |
| 554 | 59 | VAN NUFFEL EVI | AARSCHOT | VSEN | 75 | 0:37:26 | 8,01 | 7:29 |
| 555 | 1192 | PEETERS IVO | RAMSEL | M+45 | 40 | 0:37:39 | 7,97 | 7:32 |
| 556 | 185 | PELGRIMS SANDRA | BETEKOM | VSEN | 76 | 0:37:47 | 7,94 | 7:33 |
| 557 | 58 | MEYNAERTS LORE | AARSCHOT | VSEN | 77 | 0:38:09 | 7,86 | 7:38 |
| 558 | 313 | WINDMOLDERS HILDE | HALEN | W+35 | 30 | 0:38:10 | 7,86 | 7:38 |
| 559 | 52 | VAN DEN BROECK STIJN | LANGDORP | MKAD | 17 | 0:38:38 | 7,77 | 7:44 |
| 560 | 75 | HEYLEN DIANA | LANGDORP | W+45 | 31 | 0:39:05 | 7,68 | 7:49 |
| 561 | 50 | MICHIELS PETRA | LANGDORP | W+40 | 43 | 0:39:15 | 7,64 | 7:51 |
| 562 | 136 | MICHIELS GUIDO | AARSCHOT | M+60 | 16 | 0:39:16 | 7,64 | 7:51 |
| 563 | 49 | MICHIELS PEGGY | LANGDORP | W+40 | 44 | 0:39:16 | 7,64 | 7:51 |
| 564 | 1102 | VAN EYNDE ILSE | HERSELT | W+35 | 31 | 0:39:16 | 7,64 | 7:51 |
| 565 | 43 | DE WIT MARGRIET | LANGDORP | W+40 | 45 | 0:39:17 | 7,64 | 7:51 |
| 566 | 46 | DE VRIES SOPHIE | BETEKOM | VSEN | 78 | 0:39:19 | 7,63 | 7:52 |
| 567 | 44 | NIJS GREET | LANGDORP | W+40 | 46 | 0:39:20 | 7,63 | 7:52 |
| 568 | 63 | VAN DEN BERGH MIA | AARSCHOT | W+50 | 15 | 0:39:21 | 7,62 | 7:52 |
| 569 | 72 | SMETS ROSETTE | AARSCHOT | W+55 | 5 | 0:39:39 | 7,57 | 7:56 |
| 570 | 337 | HEREMANS LINDA | BEGIJNENDIJK | W+45 | 32 | 0:39:39 | 7,57 | 7:56 |
| 571 | 424 | VAN DEN BERGH VERA | AARSCHOT | W+45 | 33 | 0:39:40 | 7,56 | 7:56 |
| 572 | 65 | WELLENS ODETTE | AARSCHOT | W+50 | 16 | 0:39:48 | 7,54 | 7:58 |
| 573 | 66 | FREDERICKX WILLY | AARSCHOT | M+55 | 17 | 0:40:01 | 7,50 | 8:00 |
| 574 | 38 | LEMMENS CAROLINE | WILSELE | VSEN | 79 | 0:40:01 | 7,50 | 8:00 |
| 575 | 233 | WOUTERS ILSE | HERSELT | W+35 | 32 | 0:40:16 | 7,45 | 8:03 |
| 576 | 232 | GEENS JORIS | HERSELT | MSEN | 82 | 0:40:34 | 7,40 | 8:07 |
| 577 | 55 | VERSCHOOTEN KATINKA | RILLAAR | VKAD | 11 | 0:40:35 | 7,39 | 8:07 |
| 578 | 39 | LEMMENS KIRSTEN | AARSCHOT | VSEN | 80 | 0:40:37 | 7,39 | 8:07 |
| 579 | 54 | MERTENS CORINA | RILLAAR | W+40 | 47 | 0:40:37 | 7,39 | 8:07 |
| 580 | 83 | NYS JENNY | AARSCHOT | W+45 | 34 | 0:41:10 | 7,29 | 8:14 |
| 581 | 9456 | VAN ESPEN LORRE | HERSELT | MMIN | 20 | 0:41:11 | 7,28 | 8:14 |
| 582 | 399 | OOMS AGNES | BEGIJNENDIJK | VSEN | 81 | 0:42:52 | 7,00 | 8:34 |
| 583 | 157 | FREDERICKX CHRISTIANA | WESTMEERBEEK | W+55 | 6 | 0:42:55 | 6,99 | 8:35 |
| 584 | 32 | BOONEN LIES | AARSCHOT | VSEN | 82 | 0:42:55 | 6,99 | 8:35 |
| 585 | 1149 | HENDERICKX KATRIEN | AARSCHOT | VSEN | 83 | 0:42:56 | 6,99 | 8:35 |
| 586 | 1148 | SINA X | AARSCHOT | VSEN | 84 | 0:42:56 | 6,99 | 8:35 |
| 587 | 30 | BUSSCHOTS HEIDE | AARSCHOT | W+35 | 33 | 0:45:21 | 6,62 | 9:04 |
| 588 | 27 | TERWEDUWE RIK | AARSCHOT | M+70 | 5 | 0:45:23 | 6,61 | 9:05 |
| 589 | 156 | PAUWELS INGRID | AARSCHOT | W+45 | 35 | 0:45:26 | 6,60 | 9:05 |
| 590 | 92 | CUMPS WILLY | GELRODE | M+55 | 18 | 0:48:33 | 6,18 | 9:43 |
| 591 | 87 | SMOLDERS ANITA | LANGDORP | W+55 | 7 | 0:48:34 | 6,18 | 9:43 |

10 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|-------------------------|--------------------|------|-------|---------|-------|---------|
| 1 | 644 | VAN HOOF WILLEM | HULSHOUT | MSEN | 1 | 0:31:35 | 19,00 | 3:10 |
| 2 | 504 | LAURENS GLEN | BEGIJNENDIJK | MSEN | 2 | 0:32:03 | 18,72 | 3:12 |
| 3 | 774 | VAN HOOF DRIES | HULSHOUT | MSEN | 3 | 0:32:10 | 18,65 | 3:13 |
| 4 | 666 | LAERTE DENNIS | ST-KATELIJNE-WAVER | MSEN | 4 | 0:32:15 | 18,60 | 3:14 |
| 5 | 579 | VAN DAELE PATRICK | ASSENT | M+40 | 1 | 0:32:29 | 18,47 | 3:15 |
| 6 | 782 | GOMMERS CHRIS | HERENTHOUT | M+40 | 2 | 0:32:42 | 18,35 | 3:16 |
| 7 | 716 | VERHAERT KRIS | HEIST-O/D-BERG | MSEN | 5 | 0:33:32 | 17,89 | 3:21 |
| 8 | 656 | COOPMANS BENNY | RAMSEL | M+40 | 3 | 0:33:36 | 17,86 | 3:22 |
| 9 | 578 | VAN DE WEYER MARC | HERSELT | M+40 | 4 | 0:34:24 | 17,44 | 3:26 |
| 10 | 769 | VAN DEN BEMPT HANS | BOUTERSEM | MSEN | 6 | 0:34:51 | 17,22 | 3:29 |
| 11 | 683 | STORMS ALEX | VISSENAKEN | M+40 | 5 | 0:34:56 | 17,18 | 3:30 |
| 12 | 777 | HOREMANS RIGO | BEGIJNENDIJK | M+35 | 1 | 0:35:09 | 17,07 | 3:31 |
| 13 | 902 | RENS STEFAN | MORKHOVEN | M+35 | 2 | 0:35:09 | 17,07 | 3:31 |
| 14 | 720 | VAN DOREN WIM | WESTERLO | MSEN | 7 | 0:35:16 | 17,01 | 3:32 |
| 15 | 514 | HEYLEN BART | HEIST-O/D-BERG | M+40 | 6 | 0:35:24 | 16,95 | 3:32 |
| 16 | 814 | VERLINDEN JAN | SCHRIEK | M+45 | 1 | 0:35:30 | 16,90 | 3:33 |
| 17 | 723 | LAENEN MARCEL | WESTERLO | M+50 | 1 | 0:35:38 | 16,84 | 3:34 |
| 18 | 695 | PELGRIMS KRIS | RAMSEL | M+35 | 3 | 0:35:43 | 16,80 | 3:34 |
| 19 | 839 | RUTTEN EDDY | HAM | M+40 | 7 | 0:36:01 | 16,66 | 3:36 |
| 20 | 748 | VAN DEN DRIES DAVID | PUTTE | MSEN | 8 | 0:36:02 | 16,65 | 3:36 |
| 21 | 868 | NACKAERTS HANS | AARSCHOT | M+40 | 8 | 0:36:08 | 16,61 | 3:37 |
| 22 | 794 | NIJS PIETER | HERSELT | MSEN | 9 | 0:36:10 | 16,59 | 3:37 |
| 23 | 827 | VERBEEK PAUL | LUBBEEK | M+50 | 2 | 0:36:12 | 16,57 | 3:37 |
| 24 | 618 | STERCKX KRISTOF | HERSELT | MSEN | 10 | 0:36:31 | 16,43 | 3:39 |
| 25 | 584 | VANDEN BOSCH RUDY | HOLSBEEK | M+40 | 9 | 0:36:35 | 16,40 | 3:40 |
| 26 | 736 | HEYLIGHEN FREDDY | BEGIJNENDIJK | M+45 | 2 | 0:36:51 | 16,28 | 3:41 |
| 27 | 725 | BRAES KRISTOF | AARSCHOT | MSEN | 11 | 0:36:56 | 16,25 | 3:42 |
| 28 | 846 | THYS KOEN | HALLAAR | M+40 | 10 | 0:37:02 | 16,20 | 3:42 |
| 29 | 914 | QUINTENS GEERT | ZICHEM | M+40 | 11 | 0:37:09 | 16,15 | 3:43 |
| 30 | 863 | RAETS MARC | HERENTHOUT | M+45 | 3 | 0:37:10 | 16,14 | 3:43 |
| 31 | 625 | MAES PETER | LANGDORP | MSEN | 12 | 0:37:16 | 16,10 | 3:44 |
| 32 | 760 | CAMS WIM | HERSELT | M+40 | 12 | 0:37:19 | 16,08 | 3:44 |
| 33 | 506 | CASTEELS KOEN | BEERZEL | M+35 | 4 | 0:37:22 | 16,06 | 3:44 |
| 34 | 674 | MEURIS RUDY | BERLAAR | M+45 | 4 | 0:37:24 | 16,04 | 3:44 |
| 35 | 548 | LEMOINE PHILIP | BETEKOM | M+40 | 13 | 0:37:27 | 16,02 | 3:45 |
| 36 | 824 | SAMPERMANS BART | HEUSDEN (LIMB.) | MSEN | 13 | 0:37:30 | 16,00 | 3:45 |
| 37 | 906 | AERTS JAN | LANGDORP | MSEN | 14 | 0:37:46 | 15,89 | 3:47 |
| 38 | 582 | VAN DE VELDE BART | RAMSEL | M+35 | 5 | 0:37:48 | 15,87 | 3:47 |
| 39 | 764 | PEETERS BENNY | AARSCHOT | M+35 | 6 | 0:37:50 | 15,86 | 3:47 |
| 40 | 740 | VLAEYEN JAN | WAANRODE | M+45 | 5 | 0:37:54 | 15,83 | 3:47 |
| 41 | 700 | TURELINCKX KURT | BOOISCHOT | MSEN | 15 | 0:37:54 | 15,83 | 3:47 |
| 42 | 766 | VAN DEN HAUTE THOMAS | ZICHEM | MSEN | 16 | 0:37:55 | 15,82 | 3:48 |
| 43 | 707 | PEETERS PETER | AARSCHOT | M+35 | 7 | 0:37:55 | 15,82 | 3:48 |
| 44 | 664 | VAN HOOHTEN KOEN | HOUTVENNE | MSEN | 17 | 0:37:59 | 15,80 | 3:48 |
| 45 | 663 | JANSSENS SVEN | TESTELT | MJUN | 1 | 0:38:03 | 15,77 | 3:48 |
| 46 | 921 | MERGAERTS GERT | BAAL | MSEN | 18 | 0:38:03 | 15,77 | 3:48 |
| 47 | 501 | BOGAERTS RUDDI | SCHRIEK | M+45 | 6 | 0:38:05 | 15,75 | 3:49 |
| 48 | 746 | VAN SCHAEYBROECK FRANKY | RILLAAR | M+40 | 14 | 0:38:07 | 15,74 | 3:49 |
| 49 | 687 | VAN BIJLEN MARCEL | OEVEL | M+50 | 3 | 0:38:10 | 15,72 | 3:49 |
| 50 | 507 | SCHEERS KURT | HEIST-O/D-BERG | M+45 | 7 | 0:38:12 | 15,71 | 3:49 |
| 51 | 572 | PEETERS KAREN | SCHRIEK | W+40 | 1 | 0:38:13 | 15,70 | 3:49 |
| 52 | 802 | WAELEBURGS TONI | KESSEL-LO | M+35 | 8 | 0:38:21 | 15,65 | 3:50 |
| 53 | 905 | RIJNDERS JEROEN | RAMSEL | MSEN | 19 | 0:38:37 | 15,54 | 3:52 |
| 54 | 786 | DESWERT JORISKE | AARSCHOT | MSEN | 20 | 0:38:38 | 15,53 | 3:52 |
| 55 | 546 | LANGENDRIES RONNY | BETEKOM | M+40 | 15 | 0:38:41 | 15,51 | 3:52 |
| 56 | 807 | BREUGELMANS BART | BEVEL | MSEN | 21 | 0:38:49 | 15,46 | 3:53 |
| 57 | 799 | DERDIN JOS | HOUTVENNE | M+35 | 9 | 0:38:52 | 15,44 | 3:53 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-----------------------|----------------------|------|-------|---------|-------|---------|
| 58 | 754 | VAES MARC | HERSELT | M+45 | 8 | 0:39:02 | 15,37 | 3:54 |
| 59 | 512 | VAN DEN BROECK ANDRE | BOOISCHOT | M+45 | 9 | 0:39:04 | 15,36 | 3:54 |
| 60 | 655 | VERBEECK WIM | HERSELT | M+35 | 10 | 0:39:08 | 15,33 | 3:55 |
| 61 | 721 | PEETERS LUC | LAAKDAL | M+45 | 10 | 0:39:10 | 15,32 | 3:55 |
| 62 | 768 | DOCKX PATRICK | HERSELT | M+45 | 11 | 0:39:19 | 15,26 | 3:56 |
| 63 | 847 | DE RAET KRIS | HULSHOUT | MSEN | 22 | 0:39:21 | 15,25 | 3:56 |
| 64 | 825 | ARNOETS PAUL | BETEKOM | M+55 | 1 | 0:39:24 | 15,23 | 3:56 |
| 65 | 821 | REYNDERS KRISTOF | HAM | M+35 | 11 | 0:39:25 | 15,22 | 3:56 |
| 66 | 763 | VAN DE GAER LUC | AARSCHOT | M+45 | 12 | 0:39:29 | 15,20 | 3:57 |
| 67 | 830 | VERBIEST MAURICE | LANGDORP | M+55 | 2 | 0:39:31 | 15,18 | 3:57 |
| 68 | 833 | VLEKKEN WIM | DIEPENBEEK | MSEN | 23 | 0:39:31 | 15,18 | 3:57 |
| 69 | 818 | DE CUYPER IVAN | PUTTE | M+45 | 13 | 0:39:33 | 15,17 | 3:57 |
| 70 | 502 | NEVELSTEEN STAF | BOOISCHOT | M+50 | 4 | 0:39:35 | 15,16 | 3:58 |
| 71 | 587 | WIJNS JOS | HALLAAR | M+55 | 3 | 0:39:37 | 15,15 | 3:58 |
| 72 | 753 | DANEELS DAVID | LANDEN | MSEN | 24 | 0:39:43 | 15,11 | 3:58 |
| 73 | 712 | GEENS BART | RAMSEL | M+40 | 16 | 0:39:52 | 15,05 | 3:59 |
| 74 | 583 | PEETERS HERMAN | RAMSEL | M+45 | 14 | 0:39:53 | 15,04 | 3:59 |
| 75 | 667 | LAERTE JEAN-PIERRE | ST-KATELIJNE-WAVER | M+45 | 15 | 0:39:54 | 15,04 | 3:59 |
| 76 | 844 | ARNAUTS MARC | TESSENDERLO | M+45 | 16 | 0:39:55 | 15,03 | 4:00 |
| 77 | 668 | BELIS DIRK | REET | M+40 | 17 | 0:39:57 | 15,02 | 4:00 |
| 78 | 647 | VERHAEGEN RAF | BETEKOM | M+35 | 12 | 0:39:58 | 15,01 | 4:00 |
| 79 | 816 | DISCART MARIO | BETEKOM | M+35 | 13 | 0:40:04 | 14,98 | 4:00 |
| 80 | 752 | OOMS MAURICE | HEIST-O/D-BERG | M+55 | 4 | 0:40:05 | 14,97 | 4:01 |
| 81 | 714 | VAN DER BORGHT STEFAN | HERSELT | M+35 | 14 | 0:40:06 | 14,96 | 4:01 |
| 82 | 591 | AERTS NICO | HERENTHOUT | M+35 | 15 | 0:40:09 | 14,94 | 4:01 |
| 83 | 773 | HOEFKENS JAN | WIEKEVORST | M+40 | 18 | 0:40:12 | 14,93 | 4:01 |
| 84 | 893 | DE CEUSTER JAN | HERENTALS | MSEN | 25 | 0:40:19 | 14,88 | 4:02 |
| 85 | 699 | HEYLEN GEERT | HERSELT | M+35 | 16 | 0:40:23 | 14,86 | 4:02 |
| 86 | 744 | DEWITTE GUY | KORTENAKEN | M+40 | 19 | 0:40:24 | 14,85 | 4:02 |
| 87 | 779 | CRESENS CHRIS | BETEKOM | M+40 | 20 | 0:40:25 | 14,85 | 4:03 |
| 88 | 781 | NEEFS BERT | GELRODE | M+40 | 21 | 0:40:27 | 14,83 | 4:03 |
| 89 | 719 | MOLLEN JAN | WESTERLO | M+35 | 17 | 0:40:27 | 14,83 | 4:03 |
| 90 | 585 | PIRONET REMY | SCHERPENHEUVEL-ZICHE | M+55 | 5 | 0:40:33 | 14,80 | 4:03 |
| 91 | 575 | DE KEYZER RENE | AARSCHOT | M+60 | 1 | 0:40:44 | 14,73 | 4:04 |
| 92 | 626 | BEIRINCKX ERIC | RILLAAR | M+45 | 17 | 0:40:49 | 14,70 | 4:05 |
| 93 | 510 | VAN DEN BROECK CONNY | BEERZEL | W+45 | 1 | 0:40:54 | 14,67 | 4:05 |
| 94 | 778 | CROONEN EDDY | RAMSEL | M+40 | 22 | 0:40:55 | 14,66 | 4:05 |
| 95 | 751 | ROELS GERRIT | LAAKDAL | M+35 | 18 | 0:41:08 | 14,59 | 4:07 |
| 96 | 876 | DEBIE MANO | AVERBODE | M+35 | 19 | 0:41:11 | 14,57 | 4:07 |
| 97 | 648 | LUTS MARIO | HERSELT | M+35 | 20 | 0:41:21 | 14,51 | 4:08 |
| 98 | 808 | VAN THIELEN CARLO | RAMSEL | M+40 | 23 | 0:41:27 | 14,48 | 4:09 |
| 99 | 701 | VAN OOSTERWIJCK SVEN | MEENSEL-KIEZEGEM | M+35 | 21 | 0:41:27 | 14,48 | 4:09 |
| 100 | 645 | BRABANTS BART | RAMSEL | M+40 | 24 | 0:41:29 | 14,46 | 4:09 |
| 101 | 911 | JORDENS WIM | MESSELBROEK | M+35 | 22 | 0:41:30 | 14,46 | 4:09 |
| 102 | 589 | DEBOEL HERMAN | LAAKDAL | M+50 | 5 | 0:41:37 | 14,42 | 4:10 |
| 103 | 581 | RENIERS GUIDO | TIELT-WINGE | M+45 | 18 | 0:41:51 | 14,34 | 4:11 |
| 104 | 837 | RUTTEN TOM | PAAL | MSCH | 1 | 0:41:54 | 14,32 | 4:11 |
| 105 | 678 | PALMANS PATRICK | AARSCHOT | M+40 | 25 | 0:41:55 | 14,31 | 4:12 |
| 106 | 688 | TUERLINCKX STEVE | HERSELT | MSEN | 26 | 0:41:57 | 14,30 | 4:12 |
| 107 | 885 | VAN ELLEN EDDY | TESSENDERLO | M+40 | 26 | 0:41:57 | 14,30 | 4:12 |
| 108 | 692 | VAN NERUM BART | HULDENBERG | M+35 | 23 | 0:41:58 | 14,30 | 4:12 |
| 109 | 838 | JACOBS DIRK | PUTTE | M+45 | 19 | 0:41:58 | 14,30 | 4:12 |
| 110 | 567 | VERDOODT KOEN | BAAL | M+40 | 27 | 0:42:00 | 14,29 | 4:12 |
| 111 | 780 | NAGELS RONNY | BUNSBECK | M+45 | 20 | 0:42:03 | 14,27 | 4:12 |
| 112 | 865 | VANLOMMEL LINDA | HOUTVENNE | VSEN | 1 | 0:42:05 | 14,26 | 4:13 |
| 113 | 642 | LEMMENS JOS | TIELT-WINGE | M+50 | 6 | 0:42:06 | 14,25 | 4:13 |
| 114 | 731 | VAN HUYCK NICK | WEZEMAAL | MSEN | 27 | 0:42:09 | 14,23 | 4:13 |
| 115 | 673 | BEYNAERTS KIM | BEGIJNENDIJK | MSEN | 28 | 0:42:14 | 14,21 | 4:13 |
| 116 | 732 | BAEYENS JONAS | NIEUWRODE | MSEN | 29 | 0:42:16 | 14,20 | 4:14 |
| 117 | 826 | VANDENBERGH NORMAN | HAASRODE | M+35 | 24 | 0:42:22 | 14,16 | 4:14 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|------------------------|--------------------|------|-------|---------|-------|---------|
| 118 | 524 | SMEULDERS STEFAAN | AARSCHOT | M+45 | 21 | 0:42:24 | 14,15 | 4:14 |
| 119 | 806 | VAN LOOY GINO | KESSEL | MSEN | 30 | 0:42:28 | 14,13 | 4:15 |
| 120 | 875 | TORFS IVO | AARSCHOT | M+40 | 28 | 0:42:30 | 14,12 | 4:15 |
| 121 | 880 | WILLEMS MARC | BAAL | M+40 | 29 | 0:42:34 | 14,10 | 4:15 |
| 122 | 565 | VAN KERKHOVEN PAUL | AARSCHOT | M+55 | 6 | 0:42:37 | 14,08 | 4:16 |
| 123 | 767 | VERSTREPEN TIM | LANGDORP | MSEN | 31 | 0:42:50 | 14,01 | 4:17 |
| 124 | 862 | SEVERENS HERMAN | LANGDORP | M+40 | 30 | 0:42:51 | 14,00 | 4:17 |
| 125 | 765 | PEETERS GUSTAAF | TESTELT | M+40 | 31 | 0:42:52 | 14,00 | 4:17 |
| 126 | 728 | VERSCHUEREN RAF | BEERZEL | MSEN | 32 | 0:42:58 | 13,96 | 4:18 |
| 127 | 888 | VAN DIEREN TOM | AARSCHOT | M+35 | 25 | 0:43:02 | 13,94 | 4:18 |
| 128 | 819 | VANCAUWENBERGHS GUY | BEERZEL | M+40 | 32 | 0:43:03 | 13,94 | 4:18 |
| 129 | 829 | GOYVAERTS NICO | RAMSEL | M+40 | 33 | 0:43:12 | 13,89 | 4:19 |
| 130 | 758 | LAERMANS BENNY | BUNSBEK | M+40 | 34 | 0:43:16 | 13,87 | 4:20 |
| 131 | 832 | KNAEPEN YVES | DIEPENBEEK | MSEN | 33 | 0:43:18 | 13,86 | 4:20 |
| 132 | 750 | VERBRAEKEN ROEL | HOUTVENNE | M+35 | 26 | 0:43:20 | 13,85 | 4:20 |
| 133 | 822 | VAN BAELE STEVEN | HOUTVENNE | MSEN | 34 | 0:43:20 | 13,85 | 4:20 |
| 134 | 640 | LIMBORGS RUDI | BEKKEVOORT | M+45 | 22 | 0:43:21 | 13,84 | 4:20 |
| 135 | 790 | VRANKEN DIRK | RAMSEL | MSEN | 35 | 0:43:22 | 13,84 | 4:20 |
| 136 | 532 | RERREN GUST | DIEST | M+50 | 7 | 0:43:25 | 13,82 | 4:20 |
| 137 | 643 | DESCHUYTERE ANTOINETTE | TIELT-WINGE | W+45 | 2 | 0:43:27 | 13,81 | 4:21 |
| 138 | 634 | WILMAERTS JAN | RILLAAR | M+50 | 8 | 0:43:28 | 13,80 | 4:21 |
| 139 | 686 | VERVLOET DANNY | RAMSEL | M+40 | 35 | 0:43:30 | 13,79 | 4:21 |
| 140 | 735 | POPPELMONDE JEF | HOUTVENNE | MSCH | 2 | 0:43:31 | 13,79 | 4:21 |
| 141 | 588 | SELS FRANCOIS | MESSELBROEK | M+55 | 7 | 0:43:34 | 13,77 | 4:21 |
| 142 | 812 | VAN DE LOOCK KOEN | AARSCHOT | MSEN | 36 | 0:43:39 | 13,75 | 4:22 |
| 143 | 680 | GOOVAERTS DANNY | VELTEM-BEISEM | M+45 | 23 | 0:43:42 | 13,73 | 4:22 |
| 144 | 713 | DEGEEST GEERT | BEKKEVOORT | M+50 | 9 | 0:43:42 | 13,73 | 4:22 |
| 145 | 741 | HEYLIGHEN LUDO | WILSELE | M+40 | 36 | 0:43:44 | 13,72 | 4:22 |
| 146 | 538 | CEULEMANS BERT | BAAL | M+45 | 24 | 0:43:48 | 13,70 | 4:23 |
| 147 | 738 | DELESTINNE STEVEN | WILSELE | MSEN | 37 | 0:43:52 | 13,68 | 4:23 |
| 148 | 870 | NIJS HANS | VEERLE | M+40 | 37 | 0:43:52 | 13,68 | 4:23 |
| 149 | 856 | STAELENS ERWIN | BRUSSEL (ELSENE) | MSEN | 38 | 0:43:54 | 13,67 | 4:23 |
| 150 | 848 | TEULINGS MICHAEL | AARSCHOT | M+35 | 27 | 0:44:02 | 13,63 | 4:24 |
| 151 | 671 | VERBESSEM INGRID | ST-KATELIJNE-WAVER | W+45 | 3 | 0:44:03 | 13,62 | 4:24 |
| 152 | 809 | WEYNS LEO | HEIST-O/D-BERG | M+55 | 8 | 0:44:04 | 13,62 | 4:24 |
| 153 | 775 | VAN DIEST STEVE | WEZEMAAL | M+35 | 28 | 0:44:05 | 13,61 | 4:25 |
| 154 | 718 | KUSSENEERS LUC | RUMST | M+50 | 10 | 0:44:06 | 13,61 | 4:25 |
| 155 | 891 | LAEREMANS BART | LANGDORP | MSEN | 39 | 0:44:07 | 13,60 | 4:25 |
| 156 | 747 | VAN LOOVEREN JO | HERSELT | M+35 | 29 | 0:44:08 | 13,60 | 4:25 |
| 157 | 571 | COENEN PAULA | LAAKDAL | W+50 | 1 | 0:44:10 | 13,58 | 4:25 |
| 158 | 858 | DE WEVER DAAN | HERSELT | MKAD | 1 | 0:44:18 | 13,54 | 4:26 |
| 159 | 749 | GEENS JOHAN | RAMSEL | M+35 | 30 | 0:44:20 | 13,53 | 4:26 |
| 160 | 684 | PAESEN DENNY | HEUSDEN (LIMB.) | MSEN | 40 | 0:44:20 | 13,53 | 4:26 |
| 161 | 772 | MEERBERGEN BART | BAAL | M+35 | 31 | 0:44:21 | 13,53 | 4:26 |
| 162 | 783 | DE WIJNGAERT STEF | RAMSEL | MSCH | 3 | 0:44:23 | 13,52 | 4:26 |
| 163 | 580 | VAN DE GAER LUC | KESSEL-LO | M+45 | 25 | 0:44:24 | 13,51 | 4:26 |
| 164 | 577 | VERMAELEN WILLY | HOLSBEK | M+55 | 9 | 0:44:25 | 13,51 | 4:26 |
| 165 | 845 | CEULEMANS KOEN | ST-KATELIJNE-WAVER | MSEN | 41 | 0:44:26 | 13,50 | 4:27 |
| 166 | 898 | DE COCK MARIE-JOSE | MEISE | W+50 | 2 | 0:44:27 | 13,50 | 4:27 |
| 167 | 705 | ARRAS JOHAN | RAMSEL | M+40 | 38 | 0:44:30 | 13,48 | 4:27 |
| 168 | 871 | GOORTS PETER | LANDEN | M+45 | 26 | 0:44:34 | 13,46 | 4:27 |
| 169 | 543 | EGGERS RENE | BAAL | M+45 | 27 | 0:44:35 | 13,46 | 4:28 |
| 170 | 509 | ANTHONIS ROGER | BOOISCHOT | M+50 | 11 | 0:44:35 | 13,46 | 4:28 |
| 171 | 697 | VAN MELLAERT WIM | HEVERLEE | M+40 | 39 | 0:44:36 | 13,45 | 4:28 |
| 172 | 542 | DOCKX FRANCY | BAAL | M+40 | 40 | 0:44:37 | 13,45 | 4:28 |
| 173 | 672 | DE HONDT STEVEN | ITEGEM | MSEN | 42 | 0:44:42 | 13,42 | 4:28 |
| 174 | 630 | SIONGERS MARIO | HERSELT | MSEN | 43 | 0:44:45 | 13,41 | 4:29 |
| 175 | 834 | VAN ROMPAEY ANDRE | BETEKOM | M+50 | 12 | 0:44:50 | 13,38 | 4:29 |
| 176 | 897 | VAN ELSSEN KARINE | BETEKOM | W+45 | 4 | 0:44:53 | 13,37 | 4:29 |
| 177 | 828 | DE WINTER MARC | AARSCHOT | M+45 | 28 | 0:44:54 | 13,36 | 4:29 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|---------------------|----------------|------|-------|---------|-------|---------|
| 178 | 881 | HOOPYBERGHS NICK | BOOISCHOT | MSEN | 44 | 0:44:56 | 13,35 | 4:30 |
| 179 | 854 | VAN DEN BERGH MARIO | GEEL | MSEN | 45 | 0:44:58 | 13,34 | 4:30 |
| 180 | 690 | DE LAET GOMMAIRE | MECHELEN | M+50 | 13 | 0:44:58 | 13,34 | 4:30 |
| 181 | 651 | SOETAERTS MARC | LANGDORP | M+35 | 32 | 0:45:04 | 13,31 | 4:30 |
| 182 | 800 | VERBOVEN DIRK | ZICHEM | M+40 | 41 | 0:45:04 | 13,31 | 4:30 |
| 183 | 737 | HUYGENS LUC | SCHERPENHEUVEL | M+45 | 29 | 0:45:05 | 13,31 | 4:30 |
| 184 | 515 | VOUNCKX DIRK | GELRODE | M+45 | 30 | 0:45:09 | 13,29 | 4:31 |
| 185 | 869 | PAUWELS BJORN | BONHEIDEN | MSEN | 46 | 0:45:15 | 13,26 | 4:31 |
| 186 | 539 | DE MARREZ PETER | BEGIJNENDIJK | MSEN | 47 | 0:45:16 | 13,25 | 4:32 |
| 187 | 879 | BRUYNSEELS FREDERIK | BOOISCHOT | MSEN | 48 | 0:45:18 | 13,25 | 4:32 |
| 188 | 727 | VAN RYMENANT BENNY | RAMSEL | M+35 | 33 | 0:45:20 | 13,24 | 4:32 |
| 189 | 796 | MOONS THEO | AARSCHOT | M+40 | 42 | 0:45:25 | 13,21 | 4:32 |
| 190 | 842 | VAN DEN BERG PAUL | DUFFEL | M+50 | 14 | 0:45:30 | 13,19 | 4:33 |
| 191 | 755 | POFFE ROGER | BUNSBEEK | M+50 | 15 | 0:45:32 | 13,18 | 4:33 |
| 192 | 761 | GOUWKENS JOZEF | HERSELT | M+50 | 16 | 0:45:35 | 13,16 | 4:34 |
| 193 | 568 | WECKHUYSEN SERGE | BETEKOM | M+35 | 34 | 0:45:36 | 13,16 | 4:34 |
| 194 | 574 | SCHOUTERS GEORGES | BEKKEVOORT | M+60 | 2 | 0:45:39 | 13,14 | 4:34 |
| 195 | 835 | VERCAMMEN RUDY | AARSCHOT | M+40 | 43 | 0:45:44 | 13,12 | 4:34 |
| 196 | 810 | VENNEKENS EDDY | OLMEN | M+50 | 17 | 0:45:46 | 13,11 | 4:35 |
| 197 | 689 | COCKX DAVID | HERSELT | M+35 | 35 | 0:45:50 | 13,09 | 4:35 |
| 198 | 918 | NICASY CIS | WESTERLO | MSEN | 49 | 0:45:51 | 13,09 | 4:35 |
| 199 | 849 | VAN CASTEREN RONALD | HEIST-O/D-BERG | M+45 | 31 | 0:45:52 | 13,08 | 4:35 |
| 200 | 554 | MOUREAU ALAIN | TIENEN | M+45 | 32 | 0:45:53 | 13,08 | 4:35 |
| 201 | 894 | VANCAMPENHOUT GUY | VORSELAAR | M+40 | 44 | 0:45:53 | 13,08 | 4:35 |
| 201 | 549 | LINDEMANS PIETER | BEGIJNENDIJK | M+45 | 33 | 0:45:54 | 13,07 | 4:35 |
| 203 | 726 | HEYLEN FRANCOIS | HERSELT | M+50 | 18 | 0:45:55 | 13,07 | 4:36 |
| 204 | 704 | VERHOFSTADT BRUNO | HOUTVENNE | M+45 | 34 | 0:45:57 | 13,06 | 4:36 |
| 205 | 724 | BEYERS HILDE | WESTERLO | W+45 | 5 | 0:46:00 | 13,04 | 4:36 |
| 206 | 776 | BRUELEMANS DAVY | WEZEMAAL | MSEN | 50 | 0:46:01 | 13,04 | 4:36 |
| 207 | 649 | VAN DE WEYER HERVE | LANGDORP | M+40 | 45 | 0:46:02 | 13,03 | 4:36 |
| 208 | 676 | VRANCKX MARC | HERSELT | M+45 | 35 | 0:46:03 | 13,03 | 4:36 |
| 209 | 789 | TUBBAX WENDY | RAMSEL | VSEN | 2 | 0:46:06 | 13,02 | 4:37 |
| 210 | 573 | SCHOUTERS ROBERT | BEKKEVOORT | M+55 | 10 | 0:46:08 | 13,01 | 4:37 |
| 211 | 508 | VAN ROMPAEY ANDRE | HEIST-O/D-BERG | M+60 | 3 | 0:46:10 | 13,00 | 4:37 |
| 212 | 857 | COLEBUNDERS EDDY | AARSCHOT | M+35 | 36 | 0:46:12 | 12,99 | 4:37 |
| 213 | 576 | VERVOORT PATRICK | BEKKEVOORT | M+50 | 19 | 0:46:13 | 12,98 | 4:37 |
| 214 | 840 | SCHELLENS MAURICE | BOOISCHOT | M+55 | 11 | 0:46:14 | 12,98 | 4:37 |
| 215 | 693 | GEUDENS KATRIEN | RAMSEL | W+35 | 1 | 0:46:16 | 12,97 | 4:38 |
| 216 | 619 | GEYS KARSTEN | WESTERLO | MSEN | 51 | 0:46:21 | 12,94 | 4:38 |
| 217 | 861 | BUELENS JURGEN | BOOISCHOT | MSEN | 52 | 0:46:22 | 12,94 | 4:38 |
| 218 | 745 | NYS TOM | HOUTVENNE | MSEN | 53 | 0:46:22 | 12,94 | 4:38 |
| 219 | 895 | DE VISCH DANNY | KONINGSHOOIKT | M+45 | 36 | 0:46:25 | 12,93 | 4:39 |
| 220 | 797 | CEULEMANS FREDDY | BEGIJNENDIJK | M+55 | 12 | 0:46:31 | 12,90 | 4:39 |
| 221 | 889 | VANHOVE BERT | KEERBERGEN | M+45 | 37 | 0:46:31 | 12,90 | 4:39 |
| 222 | 743 | VERBEECK SVEN | TREMELO | MSEN | 54 | 0:46:32 | 12,89 | 4:39 |
| 223 | 733 | ALAERTS JENNY | AARSCHOT | W+40 | 2 | 0:46:33 | 12,89 | 4:39 |
| 224 | 717 | HOLLEVOET LAURA | BETEKOM | VSCH | 1 | 0:46:34 | 12,88 | 4:39 |
| 225 | 805 | BRIERS ADRI | HERSELT | M+35 | 37 | 0:46:42 | 12,85 | 4:40 |
| 226 | 874 | BERINGS ANITA | BEKKEVOORT | W+50 | 3 | 0:46:44 | 12,84 | 4:40 |
| 227 | 915 | BAMS KAMIEL | BEKKEVOORT | M+50 | 20 | 0:46:44 | 12,84 | 4:40 |
| 228 | 691 | BOGEMANS LUDO | LIER | M+50 | 21 | 0:46:51 | 12,81 | 4:41 |
| 229 | 853 | VAN KERCKHOVEN TONY | WESTERLO | M+50 | 22 | 0:46:55 | 12,79 | 4:41 |
| 230 | 850 | NULLENS LAMBERT | TESSENDERLO | MSEN | 55 | 0:46:57 | 12,78 | 4:42 |
| 231 | 593 | BERTELS TIM | HERENTALS | MSEN | 56 | 0:47:01 | 12,76 | 4:42 |
| 232 | 852 | SPRUYK LEO | HERSELT | M+50 | 23 | 0:47:04 | 12,75 | 4:42 |
| 233 | 759 | WILLEMS ROGER | TIELT-WINGE | M+50 | 24 | 0:47:04 | 12,75 | 4:42 |
| 234 | 659 | HELSEN FILIP | HERSELT | M+35 | 38 | 0:47:14 | 12,70 | 4:43 |
| 235 | 653 | CUYPERS FRANCOIS | TESTELT | M+55 | 13 | 0:47:15 | 12,70 | 4:44 |
| 236 | 919 | SEVERENS STEVEN | TESTELT | MSEN | 57 | 0:47:28 | 12,64 | 4:45 |
| 237 | 916 | HOREMANS GERRY | SCHERPENHEUVEL | MSEN | 58 | 0:47:28 | 12,64 | 4:45 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|------------------------|----------------|------|-------|---------|-------|---------|
| 238 | 798 | CEULEMANS FRANCINNE | ELEWIJT | W+50 | 4 | 0:47:41 | 12,58 | 4:46 |
| 239 | 563 | VAN ESPEN PATRICK | BETEKOM | M+40 | 46 | 0:47:42 | 12,58 | 4:46 |
| 240 | 706 | CUMPS STAN | HERSELT | MMIN | 1 | 0:47:42 | 12,58 | 4:46 |
| 241 | 820 | OPTIELS ROGER | HEIST-O/D-BERG | M+60 | 4 | 0:47:43 | 12,57 | 4:46 |
| 242 | 804 | VLEUGELS DIRK | O-L-V-WAVER | M+50 | 25 | 0:47:46 | 12,56 | 4:47 |
| 243 | 836 | HAEPERS JAN | HERSELT | M+40 | 47 | 0:47:52 | 12,53 | 4:47 |
| 244 | 762 | VAN OPSTAL KAREL | RAMSEL | M+60 | 5 | 0:47:54 | 12,53 | 4:47 |
| 245 | 801 | HULS ANN | DIEST | VSEN | 3 | 0:47:54 | 12,53 | 4:47 |
| 246 | 616 | VAN ROMPAEY CHRISTOPHE | LANGDORP | M+35 | 39 | 0:47:55 | 12,52 | 4:47 |
| 247 | 882 | DE VRIES RITA | SCHRIEK | W+50 | 5 | 0:47:55 | 12,52 | 4:47 |
| 248 | 615 | CLAES KATLEEN | LANGDORP | VSEN | 4 | 0:47:56 | 12,52 | 4:48 |
| 249 | 650 | STOCKMANS MARC | LANGDORP | M+45 | 38 | 0:47:56 | 12,52 | 4:48 |
| 250 | 641 | DE COSTER CLAUDIA | TIELT-WINGE | W+40 | 3 | 0:48:00 | 12,50 | 4:48 |
| 251 | 795 | CELIS PAUL | BEGIJNENDIJK | M+60 | 6 | 0:48:01 | 12,50 | 4:48 |
| 252 | 657 | VAN REET JENS | RAMSEL | MKAD | 2 | 0:48:02 | 12,49 | 4:48 |
| 253 | 788 | LUYTEN GEERT | RAMSEL | M+40 | 48 | 0:48:03 | 12,49 | 4:48 |
| 254 | 864 | DEBONTRIDDER STEVEN | LANGDORP | MSEN | 59 | 0:48:04 | 12,48 | 4:48 |
| 255 | 669 | VAN DYCK JONNY | DUFFEL | MSEN | 60 | 0:48:07 | 12,47 | 4:49 |
| 256 | 614 | WILLAERTS KENNETH | HERENTALS | MSEN | 61 | 0:48:17 | 12,43 | 4:50 |
| 257 | 537 | BISCOP DIRK | TREMELO | M+40 | 49 | 0:48:21 | 12,41 | 4:50 |
| 258 | 917 | NICASY RUDDY | WESTERLO | M+50 | 26 | 0:48:25 | 12,39 | 4:50 |
| 259 | 530 | LUYCKX BART | NIEUWRODE | M+40 | 50 | 0:48:26 | 12,39 | 4:51 |
| 260 | 599 | HAMICH OMAR | HERENTALS | M+35 | 40 | 0:48:26 | 12,39 | 4:51 |
| 261 | 595 | DAJAKAJ ISNI | WOMMELGEM | MSEN | 62 | 0:48:28 | 12,38 | 4:51 |
| 262 | 792 | BRUELEMANS JULIEN | LINDEN | M+65 | 1 | 0:48:30 | 12,37 | 4:51 |
| 263 | 709 | VAN EYNDE JAN | RAMSEL | M+35 | 41 | 0:48:30 | 12,37 | 4:51 |
| 264 | 559 | SMET MARC | KEERBERGEN | M+60 | 7 | 0:48:31 | 12,37 | 4:51 |
| 265 | 505 | DE RIJCK MAURICE | BOOISCHOT | M+50 | 27 | 0:48:33 | 12,36 | 4:51 |
| 266 | 756 | VAN HOREBEEK JEAN | TIELT-WINGE | M+45 | 39 | 0:48:41 | 12,32 | 4:52 |
| 267 | 570 | VERMAELEN WENDY | HOLSBEEK | VSEN | 5 | 0:48:44 | 12,31 | 4:52 |
| 268 | 620 | GOYVAERTS ANNEMIE | GELRODE | W+40 | 4 | 0:48:45 | 12,31 | 4:52 |
| 269 | 547 | LANNOO ANN | BAAL | W+40 | 5 | 0:48:46 | 12,30 | 4:53 |
| 270 | 817 | WILLEMS MICHEL | RAMSEL | M+45 | 40 | 0:48:47 | 12,30 | 4:53 |
| 271 | 815 | LENAERTS RENE | OLMEN | M+50 | 28 | 0:48:53 | 12,27 | 4:53 |
| 272 | 545 | KEMPS YVES | BOOISCHOT | MSEN | 63 | 0:48:54 | 12,27 | 4:53 |
| 273 | 860 | VERVLOESEM DEVEN | BOOISCHOT | MSCH | 4 | 0:48:54 | 12,27 | 4:53 |
| 274 | 909 | MINNELENS KURT | BEVEL | M+35 | 42 | 0:48:55 | 12,27 | 4:54 |
| 275 | 910 | GOVAERTS DAVID | BROECHEM | MSEN | 64 | 0:49:02 | 12,24 | 4:54 |
| 276 | 912 | VERCAMMEN BERT | LIER | MSEN | 65 | 0:49:04 | 12,23 | 4:54 |
| 277 | 534 | VAN DER STAPPEN TOM | AARSCHOT | MSEN | 66 | 0:49:10 | 12,20 | 4:55 |
| 278 | 886 | CEULEMANS MICHEL | HERSELT | MSEN | 67 | 0:49:24 | 12,15 | 4:56 |
| 279 | 523 | VRANCKEN JOHAN | HALEN | M+55 | 14 | 0:49:27 | 12,13 | 4:57 |
| 280 | 623 | VAN ROOSBROECK RUDI | AARSCHOT | M+45 | 41 | 0:49:30 | 12,12 | 4:57 |
| 281 | 892 | CORBEELS LUC | HERSELT | M+55 | 15 | 0:49:32 | 12,11 | 4:57 |
| 282 | 730 | DOUCET MARC | HERENT | M+50 | 29 | 0:49:39 | 12,08 | 4:58 |
| 283 | 791 | VAN LAERE ANDRE | LINDEN | M+60 | 8 | 0:49:43 | 12,07 | 4:58 |
| 284 | 636 | GEMOETS CHRISTEL | TIELT-WINGE | W+40 | 6 | 0:49:49 | 12,04 | 4:59 |
| 285 | 710 | STRAETMANS GILBERT | BOOISCHOT | M+50 | 30 | 0:49:55 | 12,02 | 5:00 |
| 286 | 617 | VAN GOSSUM DEBORAH | SCHERPENHEUVEL | VSEN | 6 | 0:49:56 | 12,02 | 5:00 |
| 287 | 540 | DERMAUX ANN | WERCHTER | W+40 | 7 | 0:49:59 | 12,00 | 5:00 |
| 288 | 562 | VANDENBUSSCHE INGRID | TREMELO | W+35 | 2 | 0:50:06 | 11,98 | 5:01 |
| 289 | 558 | ROELANTS MARTINE | AARSCHOT | W+45 | 6 | 0:50:06 | 11,98 | 5:01 |
| 290 | 519 | VERBRUGGEN SYLVAIN | AARSCHOT | M+60 | 9 | 0:50:07 | 11,97 | 5:01 |
| 291 | 627 | SAENEN HANS | LANGDORP | M+40 | 51 | 0:50:12 | 11,95 | 5:01 |
| 292 | 903 | CRE RAF | HOUTVENNE | MSEN | 68 | 0:50:13 | 11,95 | 5:01 |
| 293 | 742 | SCHREVEENS DIRK | WILSELE | M+40 | 52 | 0:50:24 | 11,90 | 5:02 |
| 294 | 662 | ARICKX DIRK | HERSELT | MSEN | 69 | 0:50:30 | 11,88 | 5:03 |
| 295 | 670 | VERLINDEN MARLEEN | REET | VSEN | 7 | 0:50:35 | 11,86 | 5:03 |
| 296 | 694 | VAN AERSCHOT SONJA | RAMSEL | W+35 | 3 | 0:50:36 | 11,86 | 5:04 |
| 297 | 661 | DE PEUTER CHRISTINE | HERSELT | W+35 | 4 | 0:50:38 | 11,85 | 5:04 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-----------------------|------------------|------|-------|---------|-------|---------|
| 298 | 722 | OOMS JENS | BEGIJNENDIJK | MJUN | 2 | 0:50:42 | 11,83 | 5:04 |
| 299 | 511 | BAETEN DIRK | BEERZEL | M+45 | 42 | 0:50:43 | 11,83 | 5:04 |
| 300 | 841 | BUELENS LUCIA | AARSCHOT | W+45 | 7 | 0:50:49 | 11,81 | 5:05 |
| 301 | 635 | TRUYENS GRIET | TIELT-WINGE | W+50 | 6 | 0:50:53 | 11,79 | 5:05 |
| 302 | 556 | NIJS LEEN | BEGIJNENDIJK | W+45 | 8 | 0:50:54 | 11,79 | 5:05 |
| 303 | 522 | GOOSSENS DIRK | AARSCHOT | M+35 | 43 | 0:50:54 | 11,79 | 5:05 |
| 304 | 560 | STAS GEERT | RAMSEL | M+35 | 44 | 0:51:16 | 11,70 | 5:08 |
| 305 | 757 | TRUYENS JEROEN | BUNSBEK | MSEN | 70 | 0:51:21 | 11,68 | 5:08 |
| 306 | 785 | VAN ROOY TANJA | AARSCHOT | VSEN | 8 | 0:51:25 | 11,67 | 5:08 |
| 307 | 696 | VAN DER BORGHT SANDER | RAMSEL | MMIN | 2 | 0:51:27 | 11,66 | 5:09 |
| 308 | 734 | VOET MONIQUE | HERSELT | VSEN | 9 | 0:51:36 | 11,63 | 5:10 |
| 309 | 878 | SERMEN SONJA | BONHEIDEN | W+50 | 7 | 0:51:41 | 11,61 | 5:10 |
| 310 | 715 | | | | | 0:51:44 | 11,60 | 5:10 |
| 311 | 859 | COPPENS IRIS | HOUTVENNE | VSEN | 10 | 0:52:01 | 11,53 | 5:12 |
| 312 | 867 | VAN DESSEL FILIP | OEVEL | M+35 | 45 | 0:52:16 | 11,48 | 5:14 |
| 313 | 551 | MEYNAERTS NANCY | AARSCHOT | W+35 | 5 | 0:52:17 | 11,48 | 5:14 |
| 314 | 552 | MIDDEL INE | ROTSelaar | W+45 | 9 | 0:52:17 | 11,48 | 5:14 |
| 315 | 544 | JANSSEN CHRIS | TREMELO | W+40 | 8 | 0:52:17 | 11,48 | 5:14 |
| 316 | 555 | NIJS GRIET | BAAL | W+45 | 10 | 0:52:17 | 11,48 | 5:14 |
| 317 | 550 | MERTENS SABINE | LIER | VSEN | 11 | 0:52:18 | 11,47 | 5:14 |
| 318 | 598 | GOOR BERT | WESTMEERBEEK | M+35 | 46 | 0:52:20 | 11,46 | 5:14 |
| 319 | 613 | WELCH EVAN | BRASSCHAAT | M+40 | 53 | 0:52:21 | 11,46 | 5:14 |
| 320 | 631 | RENS HANS | HERSELT | M+40 | 54 | 0:52:24 | 11,45 | 5:14 |
| 321 | 793 | ALAERTS CHRIS | MOLENSTEDE | MSEN | 71 | 0:52:26 | 11,44 | 5:15 |
| 322 | 654 | HELSEN ANNICK | RAMSEL | W+40 | 9 | 0:53:02 | 11,31 | 5:18 |
| 323 | 611 | VANDECRAEN NICO | VEERLE | MSEN | 72 | 0:53:12 | 11,28 | 5:19 |
| 324 | 899 | THIELEMANS MARK | RAMSEL | M+35 | 47 | 0:53:18 | 11,26 | 5:20 |
| 325 | 557 | PELGRIMS NANCY | SCHRIEK | W+40 | 10 | 0:53:19 | 11,25 | 5:20 |
| 326 | 823 | VAN UYTSEL WILFRIED | HERSELT | MSEN | 73 | 0:53:20 | 11,25 | 5:20 |
| 327 | 652 | DAEMS BART | HERSELT | M+40 | 55 | 0:53:21 | 11,25 | 5:20 |
| 328 | 920 | COOLS YVES | HEIST-O/D-BERG | MSEN | 74 | 0:53:23 | 11,24 | 5:20 |
| 329 | 639 | WILLEMS KATRIEN | TIELT-WINGE | W+35 | 6 | 0:53:24 | 11,24 | 5:20 |
| 330 | 843 | THEYSKENS BENOIT | AARSCHOT | M+50 | 31 | 0:53:24 | 11,24 | 5:20 |
| 331 | 681 | VANDERSLAGMOLEN MARIA | VELTEM-BEISEM | W+50 | 8 | 0:53:28 | 11,22 | 5:21 |
| 332 | 900 | SMEDTS HANS | AARSCHOT | M+35 | 48 | 0:53:39 | 11,18 | 5:22 |
| 333 | 629 | VAN HOREBEECK GUY | HERSELT | MSEN | 75 | 0:53:55 | 11,13 | 5:23 |
| 334 | 610 | SMAERS JAN | LAAKDAL | MSEN | 76 | 0:54:08 | 11,08 | 5:25 |
| 335 | 884 | BREBELS MONIEK | TREMELO | W+40 | 11 | 0:54:12 | 11,07 | 5:25 |
| 336 | 887 | PAREYNS MARC | TREMELO | M+45 | 43 | 0:54:25 | 11,03 | 5:27 |
| 337 | 904 | NAWARA CELINE | BAAL | VJUN | 1 | 0:54:25 | 11,03 | 5:27 |
| 338 | 521 | S HEEREN GRIET | NIEUWRODE | W+40 | 12 | 0:54:26 | 11,02 | 5:27 |
| 339 | 811 | VERCAMMEN LEEN | RAMSEL | VSEN | 12 | 0:54:29 | 11,01 | 5:27 |
| 340 | 813 | BERTENS DIMITRI | HEIST-O/D-BERG | MSEN | 77 | 0:54:29 | 11,01 | 5:27 |
| 341 | 660 | DE POOTER CHRISTA | HERSELT | M+35 | 49 | 0:54:31 | 11,01 | 5:27 |
| 342 | 913 | VAN WASSENBERGH BART | BERLAAR | M+70 | 1 | 0:54:32 | 11,00 | 5:27 |
| 343 | 855 | VAN DEYK AN | BRUSSEL (ELSENE) | VSEN | 13 | 0:55:00 | 10,91 | 5:30 |
| 344 | 638 | LODDEWIJCKX RENILDE | TIELT-WINGE | W+35 | 7 | 0:55:02 | 10,90 | 5:30 |
| 345 | 908 | VAN DEUREN WALTER | HEVERLEE | M+40 | 56 | 0:55:16 | 10,86 | 5:32 |
| 346 | 877 | DE BIE ROGER | AVERBODE | M+60 | 10 | 0:55:18 | 10,85 | 5:32 |
| 347 | 866 | PEETERS LEONA | HERSELT | W+45 | 11 | 0:55:21 | 10,84 | 5:32 |
| 348 | 698 | VERBIEST MARTINE | HERSELT | W+40 | 13 | 0:55:28 | 10,82 | 5:33 |
| 349 | 637 | SCHOLTE RIA | LUBBEEK | W+50 | 9 | 0:55:29 | 10,81 | 5:33 |
| 350 | 883 | VAN DESSEL BRAM | BOOISCHOT | MSEN | 78 | 0:55:37 | 10,79 | 5:34 |
| 351 | 658 | GOOSSENS JOKE | RAMSEL | W+40 | 14 | 0:55:53 | 10,74 | 5:35 |
| 352 | 770 | VERDONCK MAJA | | W+50 | 10 | 0:55:57 | 10,72 | 5:36 |
| 353 | 632 | SPIESSENS LINDA | LANGDORP | W+40 | 15 | 0:56:00 | 10,71 | 5:36 |
| 354 | 831 | BASTIAENS AN | HERSELT | VSEN | 14 | 0:56:02 | 10,71 | 5:36 |
| 355 | 541 | DISCART MIA | BEGIJNENDIJK | W+45 | 12 | 0:56:12 | 10,68 | 5:37 |
| 356 | 561 | VAN DEN ACKER LILIANE | HEIST-O/D-BERG | W+40 | 16 | 0:56:14 | 10,67 | 5:37 |
| 357 | 873 | HERBIEST TINA | RAMSEL | VSEN | 15 | 0:56:16 | 10,66 | 5:38 |

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|-------------------------|---------------------|------|-------|---------|-------|---------|
| 358 | 596 | DE KERF VINCENT | WESTERLO | M+35 | 50 | 0:56:19 | 10,65 | 5:38 |
| 359 | 787 | DEBOUTTE VANESSA | AARSCHOT | VSEN | 16 | 0:56:27 | 10,63 | 5:39 |
| 360 | 608 | PIVOTTI OLIVIA | GEEL | VSEN | 17 | 0:56:33 | 10,61 | 5:39 |
| 361 | 603 | LEUS EVELIEN | HERENTALS | VSEN | 18 | 0:56:34 | 10,61 | 5:39 |
| 362 | 685 | VERVLOET THERESIA | SCHRIEK | VSEN | 19 | 0:56:42 | 10,58 | 5:40 |
| 363 | 896 | ALAERTS THOMAS | LANGDORP | MMIN | 3 | 0:56:55 | 10,54 | 5:41 |
| 364 | 739 | ROGMANS INGRID | HOUTVENNE | W+45 | 13 | 0:57:01 | 10,52 | 5:42 |
| 365 | 525 | DE KEYZER JENNY | AARSCHOT | W+40 | 17 | 0:57:04 | 10,51 | 5:42 |
| 366 | 517 | DE COCK JOHAN | AARSCHOT | M+35 | 51 | 0:57:04 | 10,51 | 5:42 |
| 367 | 569 | WUYTS INGRID | BETEKOM | W+45 | 14 | 0:57:05 | 10,51 | 5:42 |
| 368 | 703 | FAVIER INGRID | MEENSEL-KIEZEGEM | W+35 | 8 | 0:57:12 | 10,49 | 5:43 |
| 369 | 702 | TROONEN LAURA | MEENSEL-KIEZEGEM | W+40 | 18 | 0:57:12 | 10,49 | 5:43 |
| 370 | 607 | MOLS INES | MOL | VSEN | 20 | 0:57:14 | 10,48 | 5:43 |
| 371 | 771 | PEETERS RICHARD | DESSEL | M+50 | 32 | 0:57:14 | 10,48 | 5:43 |
| 372 | 646 | TAES PEGGY | RAMSEL | W+35 | 9 | 0:57:28 | 10,44 | 5:45 |
| 373 | 220 | VAN BREE ANJA | RAMSEL | W+35 | 10 | 0:57:29 | 10,44 | 5:45 |
| 374 | 628 | NOELS ANJA | LANGDORP | W+35 | 11 | 0:57:32 | 10,43 | 5:45 |
| 375 | 803 | HERMANS GODELIEVE | O-L-V-WAVER | W+50 | 11 | 0:57:37 | 10,41 | 5:46 |
| 376 | 624 | ADAMS ANNE | LANGDORP | W+40 | 19 | 0:58:03 | 10,34 | 5:48 |
| 377 | 675 | SERNEELS MARIE LOUISE | RAMSEL | W+45 | 15 | 0:58:10 | 10,32 | 5:49 |
| 378 | 564 | VAN ISTVELDT STEPHAN | BETEKOM | M+35 | 52 | 0:58:13 | 10,31 | 5:49 |
| 379 | 601 | JANSSENS NADINE | GEEL | W+40 | 20 | 0:58:28 | 10,26 | 5:51 |
| 380 | 907 | SCHEERENS FRAN | BOOISCHOT | W+40 | 21 | 0:58:46 | 10,21 | 5:53 |
| 381 | 633 | DAEMS MARLEEN | LANGDORP | W+40 | 22 | 0:59:03 | 10,16 | 5:54 |
| 382 | 708 | VAN LIMBERGEN HEIDI | HERSELT | W+35 | 12 | 0:59:03 | 10,16 | 5:54 |
| 383 | 622 | VAN AEKEN AN | AARSCHOT | W+35 | 13 | 0:59:05 | 10,16 | 5:54 |
| 384 | 553 | MORLION BART | AARSCHOT | M+40 | 57 | 0:59:06 | 10,15 | 5:55 |
| 385 | 682 | NATENS ANNEMIE | MEENSEL-KIEZEGEM | W+35 | 14 | 0:59:06 | 10,15 | 5:55 |
| 386 | 677 | VAN KERKHOVEN GODELIEVE | RAMSEL | W+45 | 16 | 0:59:21 | 10,11 | 5:56 |
| 387 | 665 | VERBRAEKEN MARCEL | MERKSEM | MSEN | 79 | 1:00:16 | 9,96 | 6:02 |
| 388 | 605 | MAES LUDWIG | BERINGEN | M+35 | 53 | 1:00:30 | 9,92 | 6:03 |
| 389 | 851 | VAN OSTAEYEN MARC | BEGIJNENDIJK | M+35 | 54 | 1:00:32 | 9,91 | 6:03 |
| 390 | 516 | VAN MEERBEEK NANCY | AARSCHOT | VSEN | 21 | 1:00:43 | 9,88 | 6:04 |
| 391 | 872 | VANHOUDT LIES | LANGDORP | VSEN | 22 | 1:00:43 | 9,88 | 6:04 |
| 392 | 528 | VERHAEGEN ORINA | LANGDORP | VSEN | 23 | 1:00:54 | 9,85 | 6:05 |
| 393 | 529 | VAN DEN ENDE AN | AARSCHOT | VSEN | 24 | 1:00:54 | 9,85 | 6:05 |
| 394 | 536 | VERSTRAETEN NADINE | AARSCHOT | W+45 | 17 | 1:00:55 | 9,85 | 6:05 |
| 395 | 679 | DE PEUTER DIANE | RAMSEL | W+45 | 18 | 1:01:08 | 9,81 | 6:07 |
| 396 | 602 | K KIRAN | HERENTALS | MSEN | 80 | 1:01:15 | 9,80 | 6:07 |
| 397 | 597 | GIELEN CONNY | BALEN | VSEN | 25 | 1:03:04 | 9,51 | 6:18 |
| 398 | 531 | VAN GESTEL VEERLE | LANGDORP | W+35 | 15 | 1:03:37 | 9,43 | 6:22 |
| 399 | 901 | BREYENS HILDE | BRUSSEL (GANSHOREN) | W+40 | 23 | 1:04:13 | 9,34 | 6:25 |
| 400 | 520 | VERBRAEKEN HILDE | AARSCHOT | W+40 | 24 | 1:04:28 | 9,31 | 6:27 |
| 401 | 535 | BEUNEN HANS | AARSCHOT | M+35 | 55 | 1:05:36 | 9,15 | 6:34 |
| 402 | 518 | VAN BROECKHOVEN MAYA | AARSCHOT | W+55 | 1 | 1:09:10 | 8,67 | 6:55 |
| 403 | 526 | DE VLIAGER JET | AARSCHOT | W+50 | 12 | 1:09:10 | 8,67 | 6:55 |
| 404 | 533 | DISCART INGE | AARSCHOT | W+40 | 25 | 1:12:26 | 8,28 | 7:15 |
| 405 | 594 | CABERGS CATHY | GEETBETS | W+40 | 26 | 1:21:48 | 7,33 | 8:11 |