

37e Jogging 80 Dilbeek - 2 oktober 2016

5 KM

| PL | NR | Naam | Woonplaats | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|-----------------------|------------------|------|------|-------|---------|-------|---------|
| 1 | 204 | Bulens Jelle | Dilbeek | Dac | M-40 | 1 | 0:17:33 | 17,09 | 3:31 |
| 2 | 200 | Baut Danny | St-Pieters-Leeuw | Dac | M+40 | 1 | 0:18:24 | 16,30 | 3:41 |
| 3 | 369 | Storme Dieter | | | M-40 | 2 | 0:18:46 | 15,99 | 3:45 |
| 4 | 210 | De Boeck Netsan | Dilbeek | Dac | MJUN | 1 | 0:18:51 | 15,92 | 3:46 |
| 5 | 283 | Delplace Alain | St-Pieters Leeuw | | M+40 | 2 | 0:19:57 | 15,04 | 3:59 |
| 6 | 318 | Swalens Kurt | Buizingen | | M+40 | 3 | 0:20:13 | 14,84 | 4:03 |
| 7 | 312 | Vancluysen Rémi | Nivelles | | M-40 | 3 | 0:20:15 | 14,81 | 4:03 |
| 8 | 352 | Robberechts Rune | Opwijk | | VJUN | 1 | 0:20:20 | 14,75 | 4:04 |
| 9 | 214 | De Win Dinja | Dilbeek | Dac | V-35 | 1 | 0:20:22 | 14,73 | 4:04 |
| 10 | 351 | Robberechts Kurt | Opwijk | | M-40 | 4 | 0:20:23 | 14,72 | 4:05 |
| 11 | 272 | Ezzaouya Hassan | | | M-40 | 5 | 0:20:38 | 14,54 | 4:08 |
| 12 | 299 | Vandekeere Viktor | Itterbeek | | M-40 | 6 | 0:20:57 | 14,32 | 4:11 |
| 13 | 262 | Gysens Anton | Groot-Bijgaarden | | M-40 | 7 | 0:20:59 | 14,30 | 4:12 |
| 14 | 306 | Tordeur Bavo | Buizingen | | M-40 | 8 | 0:21:08 | 14,20 | 4:14 |
| 15 | 280 | Dhaenens Ivo | Groot-Bijgaarden | | M+40 | 4 | 0:21:14 | 14,13 | 4:15 |
| 16 | 365 | Verreydt Wannas | | | M-40 | 9 | 0:21:34 | 13,91 | 4:19 |
| 17 | 271 | Kouloumpis Timon | Groot-Bijgaarden | | M-40 | 10 | 0:21:51 | 13,73 | 4:22 |
| 18 | 203 | Boelaert Nick | Dilbeek | Dac | MJUN | 2 | 0:21:53 | 13,71 | 4:23 |
| 19 | 366 | Haesevoets Jelle | | | MJUN | 3 | 0:21:59 | 13,65 | 4:24 |
| 20 | 346 | Van Langendonck Jan | Asse | | M-40 | 11 | 0:22:07 | 13,56 | 4:25 |
| 21 | 328 | Delcour Wonne | Brussel 8 | | MJUN | 4 | 0:22:09 | 13,54 | 4:26 |
| 22 | 281 | Vermijs Saar | Groot-Bijgaarden | | V-35 | 2 | 0:22:22 | 13,41 | 4:28 |
| 23 | 266 | Vlakeniers Maxime | Dilbeek | | M-40 | 12 | 0:22:23 | 13,40 | 4:29 |
| 24 | 400 | Bellemans Jurgen | Gooik | | M+40 | 5 | 0:22:25 | 13,38 | 4:29 |
| 25 | 236 | Uyttenhove Lander | Vlezenbeek | Dac | MJUN | 5 | 0:22:32 | 13,31 | 4:30 |
| 26 | 362 | Sandaert Davy | Tubize | | M+40 | 6 | 0:22:57 | 13,07 | 4:35 |
| 27 | 270 | Vergels Driss | Dilbeek | | MJUN | 6 | 0:22:59 | 13,05 | 4:36 |
| 28 | 21 | Gysens Ziggi | Dilbeek | | MJUN | 7 | 0:23:00 | 13,04 | 4:36 |
| 29 | 230 | Moreels Lena | Groot-Bijgaarden | Dac | V-35 | 3 | 0:23:01 | 13,03 | 4:36 |
| 30 | 228 | Messely Trui | Dilbeek | Dac | V+35 | 1 | 0:23:28 | 12,78 | 4:42 |
| 31 | 305 | Landsheere Christine | Buizingen | | V+50 | 1 | 0:23:40 | 12,68 | 4:44 |
| 32 | 304 | Gysens Erwin | Dilbeek | | M+40 | 7 | 0:23:41 | 12,67 | 4:44 |
| 33 | 227 | Mauel Anna Lena | Jette | Dac | V-35 | 4 | 0:23:43 | 12,65 | 4:45 |
| 34 | 329 | De Munck Cis | | | MJUN | 8 | 0:24:03 | 12,47 | 4:49 |
| 35 | 298 | Thonon Serge | Groot-Bijgaarden | | M+40 | 8 | 0:24:04 | 12,47 | 4:49 |
| 36 | 251 | Boris Claes | Dilbeek | | M-40 | 13 | 0:24:06 | 12,45 | 4:49 |
| 37 | 341 | Sonck Jozef | Schepdaal | | M+40 | 9 | 0:24:08 | 12,43 | 4:50 |
| 38 | 334 | Van Bellingen | Affligem | | M+40 | 10 | 0:24:10 | 12,41 | 4:50 |
| 39 | 313 | De Coster Danny | Dilbeek | | M+40 | 11 | 0:24:15 | 12,37 | 4:51 |
| 40 | 265 | Malschaert Maxime | Dilbeek | | M-40 | 14 | 0:24:18 | 12,35 | 4:52 |
| 41 | 215 | De Win Harry | Dilbeek | Dac | M+40 | 12 | 0:24:21 | 12,32 | 4:52 |
| 42 | 208 | Daelemans Rudy | Itterbeek | Dac | M+40 | 13 | 0:24:23 | 12,30 | 4:53 |
| 43 | 285 | Dailly David | Groot-Bijgaarden | | M-40 | 15 | 0:24:31 | 12,24 | 4:54 |
| 44 | 302 | Van Der Straeten Koen | Vlezenbeek | | M+40 | 14 | 0:24:45 | 12,12 | 4:57 |
| 45 | 275 | De Greef Jordi | Alsemberg | | MJUN | 9 | 0:24:57 | 12,02 | 4:59 |
| 46 | 311 | Herckenrath Chloé | Vlezenbeek | | V-35 | 5 | 0:24:58 | 12,02 | 5:00 |
| 47 | 392 | Van Haton Olivier | Lier | | M-40 | 16 | 0:25:00 | 12,00 | 5:00 |
| 48 | 261 | De Boeck Gert | Dilbeek | | M+40 | 15 | 0:25:03 | 11,98 | 5:01 |
| 49 | 349 | Vermeylen Charlotte | Ternat | | V-35 | 6 | 0:25:07 | 11,94 | 5:01 |
| 50 | 327 | Dewolf Lieven | Dilbeek | | M+40 | 16 | 0:25:10 | 11,92 | 5:02 |
| 51 | 367 | Lovenweent Ruben | | | M-40 | 17 | 0:25:12 | 11,90 | 5:02 |
| 52 | 319 | Peterson Dennis | Lot | | M-40 | 18 | 0:25:20 | 11,84 | 5:04 |
| 53 | 202 | Boelaert Els | Dilbeek | Dac | V-35 | 7 | 0:25:28 | 11,78 | 5:06 |
| 54 | 243 | Van Vaerenbergh Silke | Dilbeek | Dac | V-35 | 8 | 0:25:31 | 11,76 | 5:06 |
| 55 | 225 | Koenen Maarten | Dilbeek | Dac | M-40 | 19 | 0:25:33 | 11,74 | 5:07 |
| 56 | 252 | De Bondt Peter | Deurne | | M+40 | 17 | 0:25:50 | 11,61 | 5:10 |
| 57 | 886 | Saufnay Laurent | Asse | | M-40 | 20 | 0:26:06 | 11,49 | 5:13 |
| 58 | 350 | Dutry Katrien | | | V+35 | 2 | 0:26:09 | 11,47 | 5:14 |
| 59 | 295 | Dierckx Sarah | Machelen | | V-35 | 9 | 0:26:14 | 11,44 | 5:15 |
| 60 | 397 | Vaeremans Erik | Dilbeek | | M+40 | 18 | 0:26:16 | 11,42 | 5:15 |
| 61 | 323 | Fleurus Joke | Idegem | | V-35 | 10 | 0:26:20 | 11,39 | 5:16 |
| 62 | 324 | Vander Linden Sylvie | Idegem | | V+35 | 3 | 0:26:29 | 11,33 | 5:18 |

| PL | NR | Naam | Woonplaats | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|------------------------|-------------------|------|------|-------|---------|-------|---------|
| 63 | 380 | Lempereur Quentin | Dilbeek | | MJUN | 10 | 0:26:33 | 11,30 | 5:19 |
| 64 | 330 | Delcour Mona | Brussel 8 | | VJUN | 2 | 0:26:40 | 11,25 | 5:20 |
| 65 | 404 | Haegeman Davy | | | M-40 | 21 | 0:26:47 | 11,20 | 5:21 |
| 66 | 316 | Neukermans David | Dilbeek | | M-40 | 22 | 0:27:00 | 11,11 | 5:24 |
| 67 | 282 | De Weghe Ward | Dilbeek | | MJUN | 11 | 0:27:09 | 11,05 | 5:26 |
| 68 | 245 | Clauwaert Jonas | Dilbeek | | MJUN | 12 | 0:27:16 | 11,00 | 5:27 |
| 69 | 335 | De Grave Nathalie | Essene | | V+35 | 4 | 0:27:26 | 10,94 | 5:29 |
| 70 | 300 | Vanderoost Jef | Schepdaal | | M-40 | 23 | 0:27:29 | 10,92 | 5:30 |
| 71 | 336 | De Gieter Sara | Ternat | | V+35 | 5 | 0:27:31 | 10,90 | 5:30 |
| 72 | 372 | Van De Velde Riet | Dilbeek | | M-40 | 24 | 0:27:33 | 10,89 | 5:31 |
| 73 | 375 | Wauters Kris | Dilbeek | | M-40 | 25 | 0:27:36 | 10,87 | 5:31 |
| 74 | 216 | Demesmaeker Febe | Dilbeek | Dac | V-35 | 11 | 0:27:48 | 10,79 | 5:34 |
| 75 | 338 | Cascao David | Elsene | | M-40 | 26 | 0:27:54 | 10,75 | 5:35 |
| 76 | 257 | De Backer Gilles | Dilbeek | | MJUN | 13 | 0:27:55 | 10,75 | 5:35 |
| 77 | 287 | Rawoe Arthur | St-Ulriks-Kapelle | | MJUN | 14 | 0:28:01 | 10,71 | 5:36 |
| 78 | 308 | Van Grimbergen Kaat | Groot-Bijgaarden | | V-35 | 12 | 0:28:03 | 10,70 | 5:37 |
| 79 | 342 | Cinco Amelita | Schepdaal | | V+35 | 6 | 0:28:05 | 10,68 | 5:37 |
| 80 | 309 | Penne Robin | Roosdaal | | M-40 | 27 | 0:28:09 | 10,66 | 5:38 |
| 81 | 244 | Vereertbrugghen Norah | Dilbeek | Dac | VJUN | 3 | 0:28:12 | 10,64 | 5:38 |
| 82 | 297 | Fernandez Garcia Diego | | | MJUN | 15 | 0:28:14 | 10,63 | 5:39 |
| 83 | 229 | Michielsen Mark | Dilbeek | | M+40 | 19 | 0:28:17 | 10,61 | 5:39 |
| 84 | 387 | Meulenbroeckx Jean | Itterbeek | | MJUN | 16 | 0:28:21 | 10,58 | 5:40 |
| 85 | 388 | Delecluyse Jef | Itterbeek | | MJUN | 17 | 0:28:23 | 10,57 | 5:41 |
| 86 | 213 | De Weghe Britt | Groot-Bijgaarden | | VJUN | 4 | 0:28:26 | 10,55 | 5:41 |
| 87 | 248 | Cools Arno | Groot-Bijgaarden | | M-40 | 28 | 0:28:31 | 10,52 | 5:42 |
| 88 | 254 | Boelaert Margo | Dilbeek | | V-35 | 13 | 0:28:33 | 10,51 | 5:43 |
| 89 | 355 | Crokaert Agnes | Schepdaal | | V+50 | 2 | 0:28:39 | 10,47 | 5:44 |
| 90 | 325 | Decorte Sarah | Brussel 8 | | V+35 | 7 | 0:28:45 | 10,43 | 5:45 |
| 91 | 217 | Demesmaeker Lana | Dilbeek | Dac | VJUN | 5 | 0:28:49 | 10,41 | 5:46 |
| 92 | 288 | Rawoe Annabel | Dilbeek | | VJUN | 6 | 0:28:51 | 10,40 | 5:46 |
| 93 | 286 | De Vry | St-Ulriks-Kapelle | | V+35 | 8 | 0:28:55 | 10,37 | 5:47 |
| 94 | 250 | Diddens Alex | Hoboken | | M-40 | 29 | 0:29:05 | 10,32 | 5:49 |
| 95 | 855 | Delecluyse Marc | Itterbeek | | M+40 | 20 | 0:29:10 | 10,29 | 5:50 |
| 96 | 276 | Vreven Bénédicte | Dilbeek | | V+35 | 9 | 0:29:12 | 10,27 | 5:50 |
| 97 | 284 | Lin Dong Yan | Dilbeek | | V+35 | 10 | 0:29:17 | 10,24 | 5:51 |
| 98 | 368 | Zelderloo Leen | Ternat | | V+50 | 3 | 0:29:19 | 10,23 | 5:52 |
| 99 | 391 | De Sutter Thierry | Affligem | | M-40 | 30 | 0:29:27 | 10,19 | 5:53 |
| 100 | 364 | Vandenhoeck Peter | Anderlecht | | M-40 | 31 | 0:29:55 | 10,03 | 5:59 |
| 101 | 293 | Thonon Sven | Groot-Bijgaarden | | MJUN | 18 | 0:30:04 | 9,98 | 6:01 |
| 102 | 320 | Vanden Eede Catherine | Lot | | V+50 | 4 | 0:30:15 | 9,92 | 6:03 |
| 103 | 291 | Loonen Willem | Beersel | | M+40 | 21 | 0:30:16 | 9,91 | 6:03 |
| 104 | 347 | Dillen Eva | Asse | | V-35 | 14 | 0:30:23 | 9,87 | 6:05 |
| 105 | 279 | De Schrijver Kristel | Groot-Bijgaarden | | V+35 | 11 | 0:30:27 | 9,85 | 6:05 |
| 106 | 269 | Bock Charlotte | Dilbeek | | V-35 | 15 | 0:30:34 | 9,81 | 6:07 |
| 107 | 379 | Van Laer Betty | Roosdaal | | V+35 | 12 | 0:30:36 | 9,80 | 6:07 |
| 108 | 278 | Van Ecycken Amber | Dilbeek | | V-35 | 16 | 0:30:45 | 9,76 | 6:09 |
| 109 | 247 | Cools Ivo | Dilbeek | | M-40 | 32 | 0:31:02 | 9,67 | 6:12 |
| 110 | 386 | Van Damme Myrdden | Merchtem | | M-40 | 33 | 0:31:05 | 9,65 | 6:13 |
| 111 | 256 | Mostinckx Kris | Roosdaal | | M+40 | 22 | 0:31:08 | 9,64 | 6:14 |
| 112 | 255 | Mostinckx Wim | Dilbeek | | M+40 | 23 | 0:31:10 | 9,63 | 6:14 |
| 113 | 238 | Van Den Brande Nancy | Dilbeek | | V+35 | 13 | 0:31:14 | 9,61 | 6:15 |
| 114 | 307 | Fiddeliers Sonja | St-Genesius-Rode | | V+50 | 5 | 0:31:19 | 9,58 | 6:16 |
| 115 | 407 | Raeymaekers Irini | Dilbeek | Dac | V-35 | 17 | 0:31:23 | 9,56 | 6:17 |
| 116 | 267 | Valkeniers Victoria | Dilbeek | | V-35 | 18 | 0:31:40 | 9,47 | 6:20 |
| 117 | 310 | De Medts Carine | Dilbeek | | V+35 | 14 | 0:31:59 | 9,38 | 6:24 |
| 118 | 253 | Boelaert Liese | Dilbeek | | V-35 | 19 | 0:32:17 | 9,29 | 6:27 |
| 119 | 220 | Dreesen Hugo | Dilbeek | Dac | M+40 | 24 | 0:32:22 | 9,27 | 6:28 |
| 120 | 333 | Willems Stefan | OLV-Lombeek | | M+40 | 25 | 0:32:36 | 9,20 | 6:31 |
| 121 | 354 | Laheye Vanessa | | | V+35 | 15 | 0:32:40 | 9,18 | 6:32 |
| 122 | 239 | Van Holder Alain | Dilbeek | Dac | M+40 | 26 | 0:32:41 | 9,18 | 6:32 |
| 123 | 226 | Malherbe Fabienne | Dilbeek | Dac | V+35 | 16 | 0:32:52 | 9,13 | 6:34 |
| 124 | 395 | Machiels Christean | Brussel 14 | | M+40 | 27 | 0:32:56 | 9,11 | 6:35 |
| 125 | 259 | Tastenoy David | Dilbeek | | M-40 | 34 | 0:32:59 | 9,10 | 6:36 |
| 126 | 218 | Di Mascio Marilyne | St-Pieters-Leeuw | Dac | V-35 | 20 | 0:33:12 | 9,04 | 6:38 |
| 127 | 383 | Wouterrs Arne | | | M-40 | 35 | 0:33:14 | 9,03 | 6:39 |

| PL | NR | Naam | Woonplaats | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-----|--------------------------|--------------------|------|------|-------|---------|------|---------|
| 128 | 268 | Heyvaert Wim | Schepdaal | | M+40 | 28 | 0:33:17 | 9,01 | 6:39 |
| 129 | 315 | Hollander Ronald | Itterbeek | | M-40 | 36 | 0:33:27 | 8,97 | 6:41 |
| 130 | 356 | Lervain Agnes | Grimminge | | V-35 | 21 | 0:33:31 | 8,95 | 6:42 |
| 131 | 403 | Lievens Lieve | | | V+35 | 17 | 0:33:35 | 8,93 | 6:43 |
| 132 | 219 | Doop Evelyne | Dilbeek | Dac | V+35 | 18 | 0:33:37 | 8,92 | 6:43 |
| 133 | 359 | Evenepoel Fien | Ternat | | VJUN | 7 | 0:33:40 | 8,91 | 6:44 |
| 134 | 360 | Evenepoel David | Ternat | | M-40 | 37 | 0:33:41 | 8,91 | 6:44 |
| 135 | 221 | Gilen Katia | St-Martens-Bodegem | Dac | V+35 | 19 | 0:33:43 | 8,90 | 6:45 |
| 136 | 373 | Van Leeuw Margot | | | V-35 | 22 | 0:33:46 | 8,88 | 6:45 |
| 137 | 405 | Gillebert Lisa | | | V-35 | 23 | 0:33:48 | 8,88 | 6:46 |
| 138 | 374 | Ghekiere Lente | Dilbeek | | V-35 | 24 | 0:33:50 | 8,87 | 6:46 |
| 139 | 378 | Ponnet Sabine | Dilbeek | | V+35 | 20 | 0:33:53 | 8,85 | 6:47 |
| 140 | 960 | Vanderfaeillie Anna | Dilbeek | Dac | V+35 | 21 | 0:34:01 | 8,82 | 6:48 |
| 141 | 358 | Verbeiren Patricia | Dilbeek | | V+35 | 22 | 0:34:03 | 8,81 | 6:49 |
| 142 | 321 | Huybens Marleen | Affligem | | V+50 | 6 | 0:34:10 | 8,78 | 6:50 |
| 143 | 314 | Crabbe Noël | Affligem | | M+40 | 29 | 0:34:12 | 8,77 | 6:50 |
| 144 | 246 | Vlaminck Heidi | Dilbeek | | V+35 | 23 | 0:34:20 | 8,74 | 6:52 |
| 145 | 371 | Gillet Adeline | | | V-35 | 25 | 0:34:25 | 8,72 | 6:53 |
| 146 | 881 | Heemeryck Silke | | | V-35 | 26 | 0:34:28 | 8,70 | 6:54 |
| 147 | 361 | Van Langendonck Mieke | Ternat | | V+35 | 24 | 0:34:32 | 8,69 | 6:54 |
| 148 | 348 | Penen Erik | Antwerpen 1 | | M+40 | 30 | 0:34:34 | 8,68 | 6:55 |
| 149 | 263 | De Henau Sandrien | Dilbeek | | V+35 | 25 | 0:34:35 | 8,67 | 6:55 |
| 150 | 264 | Gysens Ward | Dilbeek | | M+40 | 31 | 0:34:37 | 8,67 | 6:55 |
| 151 | 222 | Goossens Eric | Dilbeek | Dac | M+40 | 32 | 0:34:39 | 8,66 | 6:56 |
| 152 | 292 | Ruth Anthoni | Dilbeek | | V+35 | 26 | 0:34:43 | 8,64 | 6:57 |
| 153 | 289 | Landuyt Nathalie | Dilbeek | | V+35 | 27 | 0:34:46 | 8,63 | 6:57 |
| 154 | 399 | Plas Nele | Schepdaal | | V-35 | 27 | 0:34:58 | 8,58 | 7:00 |
| 155 | 398 | Troost Lina | Schepdaal | | V-35 | 28 | 0:35:00 | 8,57 | 7:00 |
| 156 | 332 | Sereis Karen | Dilbeek | | V+35 | 28 | 0:35:02 | 8,56 | 7:00 |
| 157 | 381 | Kleizynsky Sylvie | Dilbeek | | V+35 | 29 | 0:35:04 | 8,56 | 7:01 |
| 158 | 206 | Crokaert Annick | Groot-Bijgaarden | | V+50 | 7 | 0:35:06 | 8,55 | 7:01 |
| 159 | 273 | Coppieters Wim | Strombeek-Bever | | M+40 | 33 | 0:35:08 | 8,54 | 7:02 |
| 160 | 322 | Vindevogel Gisela | Schepdaal | | V+50 | 8 | 0:35:16 | 8,51 | 7:03 |
| 161 | 231 | Ocula Viviane | Dilbeek | Dac | V+50 | 9 | 0:35:17 | 8,50 | 7:03 |
| 162 | 237 | Valembois Birgit | Dilbeek | Dac | V+35 | 30 | 0:35:19 | 8,49 | 7:04 |
| 163 | 235 | Tourwé Els | Ternat | Dac | V+35 | 31 | 0:35:22 | 8,48 | 7:04 |
| 164 | 260 | Van Linthoudt Denis | Dilbeek | | M-40 | 38 | 0:35:26 | 8,47 | 7:05 |
| 165 | 357 | Van Den Eede Ursula | Dilbeek | | V+35 | 32 | 0:35:43 | 8,40 | 7:09 |
| 166 | 277 | Droesbeke Katrien | Groot-Bijgaarden | | V+35 | 33 | 0:35:46 | 8,39 | 7:09 |
| 167 | 242 | Van Overstraeten Marleen | Brussel | Dac | V+50 | 10 | 0:35:49 | 8,38 | 7:10 |
| 168 | 301 | Panis Virginie | Tubize | | V+35 | 34 | 0:35:53 | 8,36 | 7:11 |
| 169 | 337 | Richardson Julie | Veltem-Beisem | | V-35 | 29 | 0:35:55 | 8,35 | 7:11 |
| 170 | 303 | Spinnoy Myriam | Dilbeek | | V+50 | 11 | 0:35:58 | 8,34 | 7:12 |
| 171 | 274 | Du Rangh Lies | Itterbeek | | V-35 | 30 | 0:36:02 | 8,33 | 7:12 |
| 172 | 317 | Beeckman Anita | Affligem | | V+50 | 12 | 0:36:04 | 8,32 | 7:13 |
| 173 | 294 | Thonon Zita | Groot-Bijgaarden | | VJUN | 8 | 0:36:18 | 8,26 | 7:16 |
| 174 | 212 | De Ridder Jeannine | Itterbeek | Dac | V+50 | 13 | 0:37:14 | 8,06 | 7:27 |
| 175 | 234 | Torrekens Greta | Dilbeek | Dac | V+50 | 14 | 0:37:18 | 8,04 | 7:28 |
| 176 | 363 | Du Laing Petra | Wambeek | | V+35 | 35 | 0:37:22 | 8,03 | 7:28 |
| 177 | 401 | D Hondt Tine | Nossegem | | V-35 | 31 | 0:37:50 | 7,93 | 7:34 |
| 178 | 402 | D Hondt Caroline | Merchtem | | V+35 | 36 | 0:37:54 | 7,92 | 7:35 |
| 179 | 966 | Schoonjans Carine | Schepdaal | Dac | V+35 | 37 | 0:38:00 | 7,89 | 7:36 |
| 180 | 892 | Prudhomme Talia | | | V-35 | 32 | 0:38:05 | 7,88 | 7:37 |
| 181 | 249 | Vanermen Margot | Dilbeek | | V-35 | 33 | 0:38:07 | 7,87 | 7:37 |
| 182 | 390 | Franck Jensy | St-Pieters-Leeuw | | M-40 | 39 | 0:38:24 | 7,81 | 7:41 |
| 183 | 207 | Daelemans Francine | Dilbeek | Dac | V+50 | 15 | 0:38:32 | 7,79 | 7:42 |
| 184 | 211 | De Paepe Hilde | Dilbeek | Dac | V+50 | 16 | 0:38:34 | 7,78 | 7:43 |
| 185 | 394 | Bruyninx Ingrid | Schepdaal | | V+50 | 17 | 0:38:36 | 7,77 | 7:43 |
| 186 | 224 | Ketele Ilse | Dilbeek | | V+35 | 38 | 0:38:37 | 7,77 | 7:43 |
| 187 | 223 | Hospital Isabelle | Dilbeek | Dac | V+35 | 39 | 0:38:41 | 7,76 | 7:44 |
| 188 | 233 | Pluym Pia | Dilbeek | Dac | V+35 | 40 | 0:38:43 | 7,75 | 7:45 |
| 189 | 382 | Horre Karen | | | V-35 | 34 | 0:39:37 | 7,57 | 7:55 |
| 190 | 232 | Peemans Véronique | Dilbeek | Dac | V+50 | 18 | 0:41:41 | 7,20 | 8:20 |
| 191 | 201 | Bodart Danielle | Dilbeek | | V+50 | 19 | 0:41:44 | 7,19 | 8:21 |
| 192 | 241 | Van Neygen Marijke | Groot-Bijgaarden | Dac | V+35 | 41 | 0:41:46 | 7,18 | 8:21 |

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|-----|------|------------------------|------------------|------|------|-------|---------|------|---------|
| 193 | 384 | Vandermaeten Sonia | | | V+50 | 20 | 0:42:58 | 6,98 | 8:36 |
| 194 | 240 | Van Laer Anja | Dilbeek | Dac | V+35 | 42 | 0:43:47 | 6,85 | 8:45 |
| 195 | 370 | Van Laer Lieve | | | V+35 | 43 | 0:43:50 | 6,84 | 8:46 |
| 196 | 845 | Daelemans Carlo | Vlezenbeek | | M-40 | 40 | 0:44:29 | 6,74 | 8:54 |
| 197 | 353 | Margot Katrien | Dilbeek | | V+50 | 21 | 0:46:28 | 6,46 | 9:18 |
| 198 | 385 | Dhooghe Wim | | | M+40 | 34 | 0:46:48 | 6,41 | 9:22 |
| 199 | 843 | Huyelbroeck Koen | Ternat | | M-40 | 41 | 0:46:58 | 6,39 | 9:24 |
| 200 | 331 | Muumbi Sabrina | Schaarbeek | | V+35 | 44 | 0:47:01 | 6,38 | 9:24 |
| 201 | 884 | De Boeck Lennert | | | M-40 | 42 | 0:47:11 | 6,36 | 9:26 |
| 202 | 866 | Clottemans Anore | Ternat | | V+50 | 22 | 0:48:35 | 6,17 | 9:43 |
| 203 | 856 | De Hondt Stefan | Schepdaal | | M-40 | 43 | 0:48:38 | 6,17 | 9:44 |
| 204 | 890 | Haesevoets Joran | Buggenhout | | M-40 | 44 | 0:48:55 | 6,13 | 9:47 |
| 205 | 389 | Xian Frank | St-Pieters-Leeuw | | MJUN | 19 | 0:49:08 | 6,11 | 9:50 |
| 206 | 393 | Van Eeckhoudt Katia | Lier | | V-35 | 35 | 0:49:09 | 6,10 | 9:50 |
| 207 | 290 | Verstrepen Monique | Burcht | | V+50 | 23 | 0:51:13 | 5,86 | 10:15 |
| 208 | 859 | Vander Borch Hedwig | Schepdaal | | M+40 | 35 | 0:52:20 | 5,73 | 10:28 |
| 209 | 847 | Bantayahu Machiels | | | M-40 | 45 | 0:53:09 | 5,64 | 10:38 |
| 210 | 862 | Stevens Glenn | Lot | | M-40 | 46 | 0:53:33 | 5,60 | 10:43 |
| 211 | 858 | Van Damme Gerben | Merchtem | | MJUN | 20 | 0:54:30 | 5,50 | 10:54 |
| 212 | 857 | Van Damme Steven | Merchtem | | M+40 | 36 | 0:54:35 | 5,50 | 10:55 |
| 213 | 852 | Verjans Veerle | Vlezenbeek | | V+50 | 24 | 0:55:04 | 5,45 | 11:01 |
| 214 | 851 | Kakese Anton | Mol | | M+40 | 37 | 0:55:05 | 5,45 | 11:01 |
| 215 | 842 | Vandenhoeck Luc | Dilbeek | | M-40 | 47 | 0:56:33 | 5,31 | 11:19 |
| 216 | 861 | Matthys Patrick | Wambeek | | M+40 | 38 | 0:56:54 | 5,27 | 11:23 |
| 217 | 850 | Van Opdenbosch Laurens | Halle | | M-40 | 48 | 0:58:01 | 5,17 | 11:36 |
| 218 | 860 | Eylenbosch Josephine | Roosdaal | | V+50 | 25 | 0:59:02 | 5,08 | 11:48 |
| 219 | 849 | Deneef Tina | Halle | | V-35 | 36 | 0:59:40 | 5,03 | 11:56 |
| 220 | 377 | Peeters Micheline | Zemst | | V+50 | 26 | 1:02:24 | 4,81 | 12:29 |
| 221 | 863 | Melotte Glenn | Lot | | M-40 | 49 | 1:02:27 | 4,80 | 12:29 |
| 222 | 848 | Walckiers Christian | Gooik | | M+40 | 39 | 1:03:05 | 4,76 | 12:37 |
| 223 | 406 | Coomans Antoine | Beersel | | M+40 | 40 | 1:03:59 | 4,69 | 12:48 |
| 224 | 376 | Dedoyard Raoul | Veltem | | M+40 | 41 | 1:04:03 | 4,68 | 12:49 |
| 225 | 865 | Stanson Kato | Asse | | VJUN | 9 | 1:04:52 | 4,62 | 12:58 |
| 226 | 841 | Raeymaekers Noémie | Dilbeek | | VJUN | 10 | 1:06:13 | 4,53 | 13:15 |
| 227 | 854 | Cruyplandt Nancy | Schepdaal | | V+35 | 45 | 1:10:14 | 4,27 | 14:03 |
| 228 | 864 | Demesmaeker Patrick | Dilbeek | Dac | M+40 | 42 | 1:16:22 | 3,93 | 15:16 |
| 229 | 1034 | Verschelden Marc | Meerbeke | | M+40 | 43 | 1:26:47 | 3,46 | 17:21 |
| 230 | 1033 | Sermon David | Ternat | | M-40 | 50 | 1:27:09 | 3,44 | 17:26 |
| 231 | 1032 | Vermeiren Hugo | Dilbeek | | M+40 | 44 | 1:29:30 | 3,35 | 17:54 |

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10 KM

| PL | NR | Naam | Woonplaats | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|-------------------------|--------------------|------|------|-------|---------|-------|---------|
| 1 | 923 | De Blander Guy | Roosdaal | | M+40 | 1 | 0:36:17 | 16,54 | 3:38 |
| 2 | 986 | Devos Michiel | Dilbeek | Dac | M-40 | 1 | 0:36:50 | 16,29 | 3:41 |
| 3 | 844 | De Coninck Brent | Gooik | | M-40 | 2 | 0:39:09 | 15,33 | 3:55 |
| 4 | 937 | Penne Mario | Ninove | | M+40 | 2 | 0:39:27 | 15,21 | 3:57 |
| 5 | 938 | Lamote Vincent | Beveren | | M+40 | 3 | 0:40:29 | 14,82 | 4:03 |
| 6 | 904 | Languillier Gregory | | | M-40 | 3 | 0:40:33 | 14,80 | 4:03 |
| 7 | 340 | Hamich Mhamed | | | M-40 | 4 | 0:40:38 | 14,77 | 4:04 |
| 8 | 907 | Delattre Luc | Dilbeek | | M+40 | 4 | 0:41:18 | 14,53 | 4:08 |
| 9 | 914 | Garain Tim | | | M-40 | 5 | 0:41:26 | 14,48 | 4:09 |
| 10 | 887 | Mox Kristien | Anderlecht | Dac | V+35 | 1 | 0:41:38 | 14,41 | 4:10 |
| 11 | 998 | Baron Ilan | Dilbeek | | M+40 | 5 | 0:41:39 | 14,41 | 4:10 |
| 12 | 912 | Van Craenenbroeck Eline | Lennik | Dac | V-35 | 1 | 0:41:54 | 14,32 | 4:11 |
| 13 | 974 | Menten Patricia | Vlezenbeek | | V+35 | 2 | 0:42:09 | 14,23 | 4:13 |
| 14 | 945 | De Greef Tommy | Alsemberg | | M-40 | 6 | 0:44:21 | 13,53 | 4:26 |
| 15 | 934 | Delhove Francis | Beulers | | M-40 | 7 | 0:44:26 | 13,50 | 4:27 |
| 16 | 982 | Fumiere Olivier | Dilbeek | Dac | M+40 | 6 | 0:44:32 | 13,47 | 4:27 |
| 17 | 889 | De Mot Stijn | Lennik | | M+40 | 7 | 0:44:50 | 13,38 | 4:29 |
| 18 | 896 | De Langhe Tomas | | | M-40 | 8 | 0:45:42 | 13,13 | 4:34 |
| 19 | 940 | Vanderbauwhede Marc | Bousval | | M+40 | 8 | 0:45:50 | 13,09 | 4:35 |
| 20 | 963 | Tourwe Tom | Dilbeek | Dac | M+40 | 9 | 0:45:53 | 13,08 | 4:35 |
| 21 | 920 | Maxime Michel | | | M+40 | 10 | 0:46:21 | 12,94 | 4:38 |
| 22 | 874 | Spinnoy Patrick | | | M+40 | 11 | 0:46:51 | 12,81 | 4:41 |
| 23 | 932 | Verheirstraeten Johnny | Anderlecht | | M+40 | 12 | 0:46:55 | 12,79 | 4:41 |
| 24 | 939 | Legrand Johan | Lillois-Witterzée | | M+40 | 13 | 0:47:33 | 12,62 | 4:45 |
| 25 | 929 | Nerinckx Patrick | | | M+40 | 14 | 0:47:37 | 12,60 | 4:46 |
| 26 | 989 | De Win Alexander | Dilbeek | Dac | M-40 | 9 | 0:48:09 | 12,46 | 4:49 |
| 27 | 987 | Deschoolmeester Lieve | Dilbeek | Dac | V+50 | 1 | 0:48:19 | 12,42 | 4:50 |
| 28 | 994 | Bouquiaux Evie | Halle | Dac | V+35 | 3 | 0:48:24 | 12,40 | 4:50 |
| 29 | 869 | Leyman Erik | Strijtem | | M+40 | 15 | 0:49:12 | 12,20 | 4:55 |
| 30 | 931 | Swalens Bruno | St-Genesius-Rode | | M+40 | 16 | 0:50:22 | 11,91 | 5:02 |
| 31 | 935 | De Witte Christian | Geraardsbergen | | M+40 | 17 | 0:50:44 | 11,83 | 5:04 |
| 32 | 997 | Boelaert Robbe | Dilbeek | Dac | MJUN | 1 | 0:50:47 | 11,81 | 5:05 |
| 33 | 877 | Esser Jean Paul | | | M+40 | 18 | 0:50:49 | 11,81 | 5:05 |
| 34 | 981 | Heiremans Marc | St-Martens-Bodegem | Dac | M+40 | 19 | 0:51:14 | 11,71 | 5:07 |
| 35 | 958 | Walravens Lea | Dilbeek | Dac | V+50 | 2 | 0:51:24 | 11,67 | 5:08 |
| 36 | 942 | Compere Maxime | Jette | | M-40 | 10 | 0:51:36 | 11,63 | 5:10 |
| 37 | 898 | Monbaliu Toon | | | M-40 | 11 | 0:51:38 | 11,62 | 5:10 |
| 38 | 927 | Herckenrath Michel | St-Martens-Bodegem | | M+40 | 20 | 0:51:46 | 11,59 | 5:11 |
| 39 | 897 | De Lange Etienne | | | M+40 | 21 | 0:52:14 | 11,49 | 5:13 |
| 40 | 991 | De Ridder Danny | St-Agatha-Berchem | Dac | M+40 | 22 | 0:52:17 | 11,48 | 5:14 |
| 41 | 933 | Vandenabbeelen Patrick | Anderlecht | | M+40 | 23 | 0:52:22 | 11,46 | 5:14 |
| 42 | 902 | Cornet Manu | | | M-40 | 12 | 0:52:26 | 11,44 | 5:15 |
| 43 | 978 | Lammens Els | Dilbeek | Dac | V+35 | 4 | 0:52:29 | 11,43 | 5:15 |
| 44 | 967 | Robbrecht Tom | Groot-Bijgaarden | Dac | M+40 | 24 | 0:52:34 | 11,41 | 5:15 |
| 45 | 996 | Boelaert Veerle | Dilbeek | Dac | V-35 | 2 | 0:52:36 | 11,41 | 5:16 |
| 46 | 924 | Bouckaert Philip | | | M+40 | 25 | 0:52:54 | 11,34 | 5:17 |
| 47 | 925 | September Arne | | | M+40 | 26 | 0:52:55 | 11,34 | 5:17 |
| 48 | 917 | Paulus Yves | | | M-40 | 13 | 0:53:19 | 11,25 | 5:20 |
| 49 | 975 | Lombaert Lise | Schepdaal | Dac | V-35 | 3 | 0:53:21 | 11,25 | 5:20 |
| 50 | 879 | Lempereur Fabrice | Dilbeek | | M+40 | 27 | 0:53:24 | 11,24 | 5:20 |
| 51 | 891 | Brunner Tobias | Leuven | | M-40 | 14 | 0:53:43 | 11,17 | 5:22 |
| 52 | 885 | Francis Lippens | Roosdaal | | M+40 | 28 | 0:53:55 | 11,13 | 5:23 |
| 53 | 905 | Hoolants Gregory | | | M-40 | 15 | 0:53:59 | 11,11 | 5:24 |
| 54 | 954 | Cools Roland | Dilbeek | | M+40 | 29 | 0:54:12 | 11,07 | 5:25 |
| 55 | 906 | Vanderstappen Dries | | | M-40 | 16 | 0:54:18 | 11,05 | 5:26 |
| 56 | 873 | De Greef Cindy | | | V+35 | 5 | 0:54:27 | 11,02 | 5:27 |
| 57 | 913 | Massaer Jo | Lennik | | M-40 | 17 | 0:54:32 | 11,00 | 5:27 |
| 58 | 955 | Mary Jurgen | Dilbeek | | M+40 | 30 | 0:54:59 | 10,91 | 5:30 |
| 59 | 947 | De Man Warre | Dilbeek | | M-40 | 18 | 0:55:07 | 10,89 | 5:31 |
| 60 | 983 | Foulon Ina | Dilbeek | Dac | V+35 | 6 | 0:55:17 | 10,85 | 5:32 |
| 61 | 882 | Biasino Michael | | | M-40 | 19 | 0:55:22 | 10,84 | 5:32 |
| 62 | 952 | Boelaert Ignace | Dilbeek | | M+40 | 31 | 0:55:42 | 10,77 | 5:34 |

| PL | NR | Naam | Woonplaats | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|------|------------------------|------------------|------|------|-------|---------|-------|---------|
| 63 | 946 | Roobaert Eddy | Dilbeek | | M+40 | 32 | 0:55:46 | 10,76 | 5:35 |
| 64 | 999 | Avet Iris | Dilbeek | Dac | V+35 | 7 | 0:55:55 | 10,73 | 5:35 |
| 65 | 930 | Tordeur Jos | Buizingen | | M+40 | 33 | 0:55:58 | 10,72 | 5:36 |
| 66 | 867 | Vanderfaeillie Gerda | Dilbeek | | V+35 | 8 | 0:56:18 | 10,66 | 5:38 |
| 67 | 964 | Simons Kato | Dilbeek | Dac | V+35 | 9 | 0:56:20 | 10,65 | 5:38 |
| 68 | 326 | Lambert Bie | | | V+35 | 10 | 0:56:48 | 10,56 | 5:41 |
| 69 | 926 | De Decker Anne | Asse | | V+35 | 11 | 0:57:12 | 10,49 | 5:43 |
| 70 | 258 | De Backer Gunther | Dilbeek | | M+40 | 34 | 0:57:26 | 10,45 | 5:45 |
| 71 | 949 | Vanden Eynde Didier | Itterbeek | | M+40 | 35 | 0:57:28 | 10,44 | 5:45 |
| 72 | 883 | Oberink Alexander | Vilvoorde | | M+40 | 36 | 0:57:30 | 10,43 | 5:45 |
| 73 | 888 | Caekelbergh Karin | Landegem | | V+35 | 12 | 0:57:32 | 10,43 | 5:45 |
| 74 | 944 | Saenen Franck | Groot-Bijgaarden | | M+40 | 37 | 0:57:56 | 10,36 | 5:48 |
| 75 | 977 | Lievens Leen | Ternat | Dac | V+35 | 13 | 0:58:06 | 10,33 | 5:49 |
| 76 | 903 | Verstraeten Tomas | Dilbeek | Dac | M+40 | 38 | 0:58:12 | 10,31 | 5:49 |
| 77 | 965 | Sedeyn Virginie | Dilbeek | Dac | V+35 | 14 | 0:58:13 | 10,31 | 5:49 |
| 78 | 976 | Limbourg Johan | Dilbeek | Dac | M-40 | 20 | 0:58:29 | 10,26 | 5:51 |
| 79 | 893 | Broos Guy | | | M+40 | 39 | 0:58:38 | 10,23 | 5:52 |
| 80 | 956 | Janssens Anja | Dilbeek | | V+35 | 15 | 0:59:03 | 10,16 | 5:54 |
| 81 | 919 | De Meulenaere Isabelle | | | V+35 | 16 | 0:59:04 | 10,16 | 5:54 |
| 82 | 840 | Raeymaekers Ralph | Dilbeek | | M+40 | 40 | 0:59:27 | 10,09 | 5:57 |
| 83 | 918 | Fleurus Yens | Idegem | | M-40 | 21 | 0:59:29 | 10,09 | 5:57 |
| 84 | 990 | De Troyer Luna | Brussel | Dac | V-35 | 4 | 0:59:30 | 10,08 | 5:57 |
| 85 | 961 | Vandenbroucke Noor | Asse | | V-35 | 5 | 0:59:34 | 10,07 | 5:57 |
| 86 | 936 | Keymolen Roger | Leerbeek | | M+40 | 41 | 0:59:36 | 10,07 | 5:58 |
| 87 | 953 | Van Denhouwe Stefaan | Groot-Bijgaarden | Dac | M+40 | 42 | 0:59:38 | 10,06 | 5:58 |
| 88 | 296 | Paulus Marc | Leerbeek | | M+40 | 43 | 0:59:44 | 10,04 | 5:58 |
| 89 | 972 | Nystrom Ulrike | Groot-Bijgaarden | Dac | V-35 | 6 | 0:59:51 | 10,03 | 5:59 |
| 90 | 973 | Meulenberghs Philip | Groot-Bijgaarden | Dac | M+40 | 44 | 0:59:53 | 10,02 | 5:59 |
| 91 | 872 | Tresignie Bart | | | M+40 | 45 | 0:59:56 | 10,01 | 6:00 |
| 92 | 871 | Braillard Sandra | | | V+35 | 17 | 0:59:57 | 10,01 | 6:00 |
| 93 | 870 | Vandeborne Lynsey | | | V-35 | 7 | 1:00:00 | 10,00 | 6:00 |
| 94 | 895 | Jemine Emilie | | | V-35 | 8 | 1:00:04 | 9,99 | 6:00 |
| 95 | 894 | Portugal Frederico | | | M-40 | 22 | 1:00:06 | 9,98 | 6:01 |
| 96 | 876 | Van Obbergen Christa | | | V+35 | 18 | 1:00:15 | 9,96 | 6:01 |
| 97 | 993 | Bruyninckx Jo | Dilbeek | Dac | M+40 | 46 | 1:00:17 | 9,95 | 6:02 |
| 98 | 968 | Reniers Emmanuel | Dilbeek | Dac | M+40 | 47 | 1:01:13 | 9,80 | 6:07 |
| 99 | 868 | Michielsen Luc | Schepdaal | | M+40 | 48 | 1:01:37 | 9,74 | 6:10 |
| 100 | 901 | Melotte Johan | | | M+40 | 49 | 1:01:51 | 9,70 | 6:11 |
| 101 | 957 | Devos Rudi | Kester | | M+40 | 50 | 1:02:08 | 9,66 | 6:13 |
| 102 | 950 | Stevens Linda | Borchtlombeek | | V+35 | 19 | 1:02:42 | 9,57 | 6:16 |
| 103 | 916 | Verbelen Hannelore | | | V-35 | 9 | 1:02:50 | 9,55 | 6:17 |
| 104 | 899 | Lorrentop Marina | | | V+50 | 3 | 1:02:53 | 9,54 | 6:17 |
| 105 | 943 | De Bruyn Martine | Duffel | | V+35 | 20 | 1:02:56 | 9,53 | 6:18 |
| 106 | 969 | Rassart Michel | Dilbeek | Dac | M+40 | 51 | 1:03:00 | 9,52 | 6:18 |
| 107 | 900 | Melotte Dimitri | Kessel-Lo | | M-40 | 23 | 1:03:24 | 9,46 | 6:20 |
| 108 | 1003 | Vermeire Katia | Lennik | | V+35 | 21 | 1:04:20 | 9,33 | 6:26 |
| 109 | 875 | Bolssens Romain | Kieldrecht | | M-40 | 24 | 1:04:45 | 9,27 | 6:29 |
| 110 | 962 | Vandenbroucke Jade | Asse | | VJUN | 1 | 1:04:47 | 9,26 | 6:29 |
| 111 | 908 | Fieret Nova | | | VJUN | 2 | 1:04:49 | 9,26 | 6:29 |
| 112 | 988 | Delvael Manon | Groot-Bijgaarden | Dac | V+50 | 4 | 1:05:22 | 9,18 | 6:32 |
| 113 | 910 | Dartevelle Stephanie | | | V-35 | 10 | 1:05:49 | 9,12 | 6:35 |
| 114 | 911 | Ackerman Aurelie | Dilbeek | Dac | V-35 | 11 | 1:05:54 | 9,10 | 6:35 |
| 115 | 878 | Coninx Katrien | | | V-35 | 12 | 1:05:56 | 9,10 | 6:36 |
| 116 | 948 | Riso Antonio | Dilbeek | | M-40 | 25 | 1:06:54 | 8,97 | 6:41 |
| 117 | 970 | Paternot Chantal | Itterbeek | Dac | V+50 | 5 | 1:07:09 | 8,94 | 6:43 |
| 118 | 880 | Tourwe Jessie | Lennik | | V-35 | 13 | 1:07:14 | 8,92 | 6:43 |
| 119 | 915 | Van Nerum Birgitt | | | V+50 | 6 | 1:08:07 | 8,81 | 6:49 |
| 120 | 922 | Bossuyt Inge | Dilbeek | | V+35 | 22 | 1:08:50 | 8,72 | 6:53 |
| 121 | 971 | Palsma Henk | Dilbeek | Dac | M+40 | 52 | 1:10:01 | 8,57 | 7:00 |
| 122 | 980 | Janssens Dirk | Dilbeek | Dac | M+40 | 53 | 1:10:03 | 8,57 | 7:00 |
| 123 | 921 | Paintoux Melissa | | | V-35 | 14 | 1:10:42 | 8,49 | 7:04 |
| 124 | 928 | Carre Pierre | Dilbeek | | M+40 | 54 | 1:11:35 | 8,38 | 7:10 |
| 125 | 992 | De Mol Nicole | Dilbeek | Dac | V+50 | 7 | 1:12:08 | 8,32 | 7:13 |
| 126 | 984 | Ermens Eline | Dilbeek | Dac | V-35 | 15 | 1:12:10 | 8,31 | 7:13 |

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15 KM

| PL | NR | Naam | Woonplaats | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|-----------------------|-------------------|------|------|-------|---------|-------|---------|
| 1 | 1020 | Van Damme Stephane | Meise | | M+40 | 1 | 0:59:01 | 15,25 | 3:56 |
| 2 | 1004 | Guldemont Tom | Dilbeek | | M-40 | 1 | 1:06:30 | 13,53 | 4:26 |
| 3 | 1016 | Desmet Erik | Dilbeek | | M-40 | 2 | 1:06:34 | 13,52 | 4:26 |
| 4 | 1011 | Mandelings Rutger | Duffel | | M-40 | 3 | 1:07:07 | 13,41 | 4:28 |
| 5 | 1000 | Claes Karel | Dilbeek | Dac | M+40 | 2 | 1:07:59 | 13,24 | 4:32 |
| 6 | 1031 | Scholiers Bart | Dilbeek | | M-40 | 4 | 1:09:20 | 12,98 | 4:37 |
| 7 | 1019 | Vanhecke Carl | Wambeek | | M+40 | 3 | 1:09:36 | 12,93 | 4:38 |
| 8 | 1005 | Gysens Kobe | Dilbeek | Dac | M-40 | 5 | 1:09:48 | 12,89 | 4:39 |
| 9 | 1006 | Jamaels Piet | Dilbeek | | M+40 | 4 | 1:09:58 | 12,86 | 4:40 |
| 10 | 1013 | Stallaert Tim | Vilvoorde | | M+40 | 5 | 1:11:44 | 12,55 | 4:47 |
| 11 | 1022 | De Mol Georges | Dilbeek | | M+40 | 6 | 1:11:56 | 12,51 | 4:48 |
| 12 | 1015 | Aelaerts Maarten | Schepdaal | | M-40 | 6 | 1:11:58 | 12,51 | 4:48 |
| 13 | 1036 | Puttaert Gunter | St-Martens-Lennik | | M+40 | 7 | 1:13:33 | 12,24 | 4:54 |
| 14 | 1024 | De Maeyer Jan | | | M+40 | 8 | 1:14:18 | 12,11 | 4:57 |
| 15 | 1001 | Deroost Guido | Dilbeek | Dac | M+40 | 9 | 1:14:32 | 12,08 | 4:58 |
| 16 | 1035 | Asselman Kurt | Schepdaal | | M+40 | 10 | 1:14:40 | 12,05 | 4:59 |
| 17 | 1025 | Van Grootven Wim | Aarselaar | | M+40 | 11 | 1:14:56 | 12,01 | 5:00 |
| 18 | 1012 | Rawoe Bruno | Dilbeek | | M+40 | 12 | 1:15:07 | 11,98 | 5:00 |
| 19 | 1018 | De Bruyn Veerle | | | V+35 | 1 | 1:16:52 | 11,71 | 5:07 |
| 20 | 1027 | Heyvaert Veerle | Affligem | | V+35 | 2 | 1:17:09 | 11,67 | 5:09 |
| 21 | 1002 | Lombaert Johan | Schepdaal | Dac | M+40 | 13 | 1:17:11 | 11,66 | 5:09 |
| 22 | 1026 | Van De Vondel Dirk | Itterbeek | | M+40 | 14 | 1:18:13 | 11,51 | 5:13 |
| 23 | 1037 | Denes | Dilbeek | | M+40 | 15 | 1:18:40 | 11,44 | 5:15 |
| 24 | 1009 | Eloi Pierre-Paul | Dilbeek | | M+40 | 16 | 1:20:31 | 11,18 | 5:22 |
| 25 | 1010 | Van Eycken Gerrit | Dilbeek | | M+40 | 17 | 1:20:57 | 11,12 | 5:24 |
| 26 | 1038 | Vereecken Davy | Bonheiden | | M-40 | 7 | 1:24:27 | 10,66 | 5:38 |
| 27 | 1008 | Cardon Didier | Schepdaal | | M+40 | 18 | 1:28:54 | 10,12 | 5:56 |
| 28 | 951 | Deheegher Stefaan | Dilbeek | | M+40 | 19 | 1:28:56 | 10,12 | 5:56 |
| 29 | 1007 | De Luyck Bruno | Asse | | M+40 | 20 | 1:29:07 | 10,10 | 5:56 |
| 30 | 1029 | Verpaelt Betty | Affligem | | V+50 | 1 | 1:29:58 | 10,00 | 6:00 |
| 31 | 1021 | Van Der Borcht Marc | Affligem | | M+40 | 21 | 1:30:02 | 10,00 | 6:00 |
| 32 | 1023 | Van Lathem Vic | Lennik | | M+40 | 22 | 1:30:18 | 9,97 | 6:01 |
| 33 | 1017 | Margot Jan | Dilbeek | | M+40 | 23 | 1:31:44 | 9,81 | 6:07 |
| 34 | 1030 | Francois Lieve | Aalst | | V+35 | 3 | 1:33:09 | 9,66 | 6:13 |
| 35 | 846 | Van Cauwelaert Jeroen | | | M+40 | 24 | 1:34:15 | 9,55 | 6:17 |
| 36 | 1014 | De Wever Jean | St-Agatha-Berchem | | M+40 | 25 | 1:35:52 | 9,39 | 6:23 |
| 37 | 1028 | De Meerleer Pierre | Aalst | | MJUN | 1 | 1:41:06 | 8,90 | 6:44 |

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20 KM

| PL | NR | Naam | Woonplaats | Club | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|------|-------------------------|------------------|------|------|-------|---------|-------|---------|
| 1 | 1278 | Vandenbecq Pierre-Henri | Ecaussinnes | | M+40 | 1 | 1:13:55 | 16,23 | 3:42 |
| 2 | 1269 | Mosselmans Sven | Ternat | | M+40 | 2 | 1:19:45 | 15,05 | 3:59 |
| 3 | 1290 | Piot Jeroen | Meerbeek | | M-40 | 1 | 1:21:31 | 14,72 | 4:05 |
| 4 | 1271 | Claeys Yves | Schepdaal | | M-40 | 2 | 1:22:27 | 14,55 | 4:07 |
| 5 | 1298 | Pocket Dirk | Halle | Dac | M+40 | 3 | 1:25:27 | 14,04 | 4:16 |
| 6 | 1291 | Dewandeleer Bart | Vilvoorde | | M-40 | 3 | 1:25:44 | 14,00 | 4:17 |
| 7 | 1275 | Degrauwe Koen | Heverlee | | M-40 | 4 | 1:26:12 | 13,92 | 4:19 |
| 8 | 1277 | Seghers Rony | Affligem | | M+40 | 4 | 1:27:11 | 13,76 | 4:22 |
| 9 | 1293 | Jamaels Felix | Dilbeek | | M-40 | 5 | 1:31:13 | 13,16 | 4:34 |
| 10 | 1297 | Polaster Guido | Groot-Bijgaarden | Dac | M+40 | 5 | 1:31:15 | 13,15 | 4:34 |
| 11 | 1299 | Moreels Lara | Groot-Bijgaarden | Dac | V-35 | 1 | 1:31:46 | 13,08 | 4:35 |
| 12 | 1295 | Vandenbroucke Hans | Asse | | M+40 | 6 | 1:32:38 | 12,95 | 4:38 |
| 13 | 1300 | Clauwaert Guido | Groot-Bijgaarden | Dac | M+40 | 7 | 1:34:06 | 12,75 | 4:42 |
| 14 | 1283 | Sudo Tomoka | | | V+35 | 1 | 1:34:19 | 12,72 | 4:43 |
| 15 | 1288 | Sliepers Petra | Kerksken | | V+35 | 2 | 1:34:47 | 12,66 | 4:44 |
| 16 | 1294 | Pauwels Bert | Dilbeek | | M+40 | 8 | 1:38:31 | 12,18 | 4:56 |
| 17 | 1274 | Luppens Dirk | Merchtem | | M+40 | 9 | 1:39:45 | 12,03 | 4:59 |
| 18 | 1286 | Coisne Melanie | | | V-35 | 2 | 1:39:54 | 12,01 | 5:00 |
| 19 | 1289 | Fernandes Garcia José | Dilbeek | | M+40 | 10 | 1:40:16 | 11,97 | 5:01 |
| 20 | 1296 | Torres Miralles Fèlix | Dilbeek | Dac | M-40 | 6 | 1:40:24 | 11,95 | 5:01 |
| 21 | 1276 | Siragosa Salvatore | Anderlecht | | M+40 | 11 | 1:41:18 | 11,85 | 5:04 |
| 22 | 1284 | Leclercq Pascal | | | M-40 | 7 | 1:43:33 | 11,59 | 5:11 |
| 23 | 1272 | Collas Astrid | Dilbeek | | V-35 | 3 | 1:44:12 | 11,52 | 5:13 |
| 24 | 1280 | Waterplas Cindy | | | V+35 | 3 | 1:45:36 | 11,36 | 5:17 |
| 25 | 1279 | Geeroms Albert | Schepdaal | | M+40 | 12 | 1:45:39 | 11,36 | 5:17 |
| 26 | 1281 | Dawant Jeremie | | | M-40 | 8 | 1:49:17 | 10,98 | 5:28 |
| 27 | 1282 | Albert Mika | | | M-40 | 9 | 1:49:18 | 10,98 | 5:28 |
| 28 | 1273 | Bouckaert Frank | Dilbeek | | M+40 | 13 | 1:49:50 | 10,93 | 5:30 |
| 29 | 1292 | Borremans Elke | Dilbeek | | V-35 | 4 | 1:54:01 | 10,52 | 5:42 |
| 30 | 1270 | De Smedt Floris | Groot-Bijgaarden | | M-40 | 10 | 1:56:41 | 10,28 | 5:50 |
| 31 | 1285 | Roberti Christian | | | M+40 | 14 | 1:59:20 | 10,06 | 5:58 |