

1e Promenade Run Koksijde - 2 januari 2016

5 KM

| PL | NR | Naam | Woonplaats | Club | Age | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-------|-------------------------|-------------|-----------------|-----|-----|-------|---------|-------|---------|
| 1 | 40216 | DE WOLF Olivier | | | 27 | seh | 1 | 0:17:39 | 17,00 | 3:32 |
| 2 | 575 | STIEPERAERE Davy | WEVELGEM | DAPALO | 31 | seh | 2 | 0:18:03 | 16,62 | 3:37 |
| 3 | 40384 | DHONDT Daan | | | 26 | seh | 3 | 0:18:57 | 15,83 | 3:47 |
| 4 | 40204 | VERNEKE Bart | | | 36 | seh | 4 | 0:19:00 | 15,79 | 3:48 |
| 5 | 40212 | BARBIER Dauy | | | 28 | seh | 5 | 0:20:03 | 14,96 | 4:01 |
| 6 | 576 | DERUDDERE Lies | WEVELGEM | DAPALO | 30 | sef | 1 | 0:20:42 | 14,49 | 4:08 |
| 7 | 547 | LEKIME Samuel | ADINKERKE | | 29 | seh | 6 | 0:21:05 | 14,23 | 4:13 |
| 8 | 553 | VANDENBUSSCHE Steven | VLAMERTINGE | LCDESTRESSKIKKE | 42 | vhh | 1 | 0:21:12 | 14,15 | 4:14 |
| 9 | 50 | DECLERCK Christophe | ST-IDESBALD | MOLENLOPERS BEK | 40 | vhh | 2 | 0:21:20 | 14,06 | 4:16 |
| 10 | 40363 | DEQUIDT Christophe | | | 24 | seh | 7 | 0:21:27 | 13,99 | 4:17 |
| 11 | 569 | VERSCHUERE Diego | GELUWE | LOOPMOATJES | 41 | vhh | 3 | 0:21:30 | 13,95 | 4:18 |
| 12 | 502 | MORTELMANS Karel | OOSTENDE | MIDLON | 30 | seh | 8 | 0:21:32 | 13,93 | 4:18 |
| 13 | 40221 | DELEU Peter | | | 46 | vhh | 4 | 0:21:57 | 13,67 | 4:23 |
| 14 | 40284 | YOODT Michael | | | 25 | seh | 9 | 0:22:05 | 13,58 | 4:25 |
| 15 | 40371 | DUMEEZ Werner | | | 49 | vhh | 5 | 0:22:07 | 13,56 | 4:25 |
| 16 | 557 | DEBLAUWE Eveline | BISSEGEM | DAPALO | 37 | sef | 2 | 0:22:11 | 13,52 | 4:26 |
| 17 | 40345 | DESCAMPS Andy | | | 42 | vhh | 6 | 0:22:24 | 13,39 | 4:29 |
| 18 | 40326 | BYS Marijn | | | 16 | seh | 10 | 0:22:32 | 13,31 | 4:30 |
| 19 | 40340 | CYRIZ Bernier | | | 27 | seh | 11 | 0:22:43 | 13,21 | 4:33 |
| 20 | 40235 | GERYL Brian | | | 25 | seh | 12 | 0:22:52 | 13,12 | 4:34 |
| 21 | 42911 | DENUWELAERE Bram | | | 33 | seh | 13 | 0:22:56 | 13,08 | 4:35 |
| 22 | 562 | VANDENBUSSCHE Martin | LEISELE | | 45 | vhh | 7 | 0:22:59 | 13,05 | 4:36 |
| 23 | 40271 | DE BRUYNE Lode | | | 42 | vhh | 8 | 0:23:16 | 12,89 | 4:39 |
| 24 | 40233 | BRADLEY Geryl | | | 23 | seh | 14 | 0:23:29 | 12,78 | 4:42 |
| 25 | 564 | COUCKE Francis | IZENBERGE | | 49 | vhh | 9 | 0:23:36 | 12,71 | 4:43 |
| 26 | 40299 | HAEVE Lore | | | 28 | sef | 3 | 0:23:44 | 12,64 | 4:45 |
| 27 | 40291 | JONGBLOET Wim | | | 45 | vhh | 10 | 0:23:52 | 12,57 | 4:46 |
| 28 | 542 | MAHIEU Steve | BELGIE | MIDLON | 43 | vhh | 11 | 0:24:13 | 12,39 | 4:51 |
| 29 | 40211 | DELBARRE Matthijs | | | 26 | seh | 15 | 0:24:22 | 12,31 | 4:52 |
| 30 | 558 | VANDENBUSSCHE Stijn | ALVERINGEM | | 17 | seh | 16 | 0:24:22 | 12,31 | 4:52 |
| 31 | 559 | VANSPEYBROUCK Alexander | ALVERINGEM | | 17 | seh | 17 | 0:24:26 | 12,28 | 4:53 |
| 32 | 40270 | VANNABEL Sinne | | | 12 | seh | 18 | 0:24:30 | 12,24 | 4:54 |
| 33 | 42940 | CHERIET Tineke | | | 36 | sef | 4 | 0:24:39 | 12,17 | 4:56 |
| 34 | 42912 | DUTOO Peter | | | 53 | vhh | 12 | 0:25:07 | 11,94 | 5:01 |
| 35 | 40328 | CARLIER Stian | | | 12 | seh | 19 | 0:25:09 | 11,93 | 5:02 |
| 36 | 42899 | DEPOORTERE Kevin | | | 33 | seh | 20 | 0:25:21 | 11,83 | 5:04 |
| 37 | 40374 | VANDAELE Maxime | | | 13 | seh | 21 | 0:25:25 | 11,80 | 5:05 |
| 38 | 42924 | DELAUNOY Vincent | | | 49 | vhh | 13 | 0:25:27 | 11,79 | 5:05 |
| 39 | 42918 | VANCAELENBERG Poruno | | | 44 | vhh | 14 | 0:25:28 | 11,78 | 5:06 |
| 40 | 520 | HAUWEELE Tom | DIKSMUIDE | MIDLON | 46 | vhh | 15 | 0:25:32 | 11,75 | 5:06 |
| 41 | 40355 | VANBLEU Andy | | | 50 | vhh | 16 | 0:25:36 | 11,72 | 5:07 |
| 42 | 40275 | BOVY Tom | | | 30 | seh | 22 | 0:25:52 | 11,60 | 5:10 |
| 43 | 71 | GHSQUIERE Giles | MERKEM | DE BAKELANDERS | 35 | seh | 23 | 0:25:55 | 11,58 | 5:11 |
| 44 | 572 | LEVECKE Sophie | OOSTENDE | HERMES | 50 | vff | 1 | 0:26:02 | 11,52 | 5:12 |
| 45 | 554 | VANDENBUSSCHE Yano | VLAMERTINGE | LCDESTRESSKIKKE | 12 | seh | 24 | 0:26:13 | 11,44 | 5:15 |
| 46 | 42920 | BELOT Luc | | | 44 | vhh | 17 | 0:26:15 | 11,43 | 5:15 |
| 47 | 40293 | DESMET Andy | | | 34 | seh | 25 | 0:26:23 | 11,37 | 5:17 |
| 48 | 40362 | THIEREN Bram | | | 14 | seh | 26 | 0:26:25 | 11,36 | 5:17 |
| 49 | 40283 | CORDON Dieter | | | 35 | seh | 27 | 0:26:31 | 11,31 | 5:18 |
| 50 | 582 | CATTEEW Youri | VEURNE | | 33 | seh | 28 | 0:26:53 | 11,16 | 5:23 |
| 51 | 577 | VANHALLE Rudy | VELTEM | | 54 | vhh | 18 | 0:26:53 | 11,16 | 5:23 |
| 52 | 560 | VANSPEYBROUCK Timea | ALVERINGEM | | 15 | sef | 5 | 0:26:55 | 11,15 | 5:23 |
| 53 | 42910 | INGELBRECHT Nico | | | 55 | vhh | 19 | 0:27:05 | 11,08 | 5:25 |
| 54 | 40285 | RAES Brecht | | | 34 | seh | 29 | 0:27:46 | 10,80 | 5:33 |
| 55 | 40292 | JONGELOET Tristan | | | 13 | seh | 30 | 0:27:54 | 10,75 | 5:35 |
| 56 | 40395 | DECADT Isabelle | | | 38 | sef | 6 | 0:27:57 | 10,73 | 5:35 |
| 57 | 40289 | BAES Alexander | | | 32 | seh | 31 | 0:28:06 | 10,68 | 5:37 |
| 58 | 40372 | ACKERMANS Vera | | | 49 | vff | 2 | 0:28:09 | 10,66 | 5:38 |

| PL | NR | Naam | Woonplaats | Club | Age | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-------|-------------------------|---------------|-----------------|-----|-----|-------|---------|-------|---------|
| 59 | 40279 | TRYBON Tristan | | | | xxx | 1 | 0:28:11 | 10,64 | 5:38 |
| 60 | 40281 | TRYBOV Joachim | | | 38 | seh | 32 | 0:28:14 | 10,63 | 5:39 |
| 61 | 506 | DECLERCK Leen | KOKSIJDE | MIDLON | 36 | sef | 7 | 0:28:20 | 10,59 | 5:40 |
| 62 | 556 | MORTAIGNIE Angelo | HOOGLEDE | DE BAKELANDERS | 32 | seh | 33 | 0:28:23 | 10,57 | 5:41 |
| 63 | 40258 | HAELEWIJN Ruben | | | 20 | seh | 34 | 0:28:26 | 10,55 | 5:41 |
| 64 | 40325 | BARBAY Lindsay | | | 30 | sef | 8 | 0:28:41 | 10,46 | 5:44 |
| 65 | 40387 | ?GELEIN Willem | | | 14 | seh | 35 | 0:28:53 | 10,39 | 5:47 |
| 66 | 40309 | VRANKEN Jorgen | | | 42 | vhh | 20 | 0:29:06 | 10,31 | 5:49 |
| 67 | 40310 | VRANKEN Tomas | | | 9 | seh | 36 | 0:29:06 | 10,31 | 5:49 |
| 68 | 40386 | POUSEELE Jeroen | | | 36 | seh | 37 | 0:29:11 | 10,28 | 5:50 |
| 69 | 525 | CALLENS Kim | OOSTDUINKERKE | | 28 | sef | 9 | 0:29:12 | 10,27 | 5:50 |
| 70 | 42943 | REGHIEERE Filip | | | 34 | seh | 38 | 0:29:30 | 10,17 | 5:54 |
| 71 | 40359 | ERVINCK Barbara | | | 40 | vff | 3 | 0:29:33 | 10,15 | 5:55 |
| 72 | 40333 | STIPNAR Frank | | | 52 | vhh | 21 | 0:29:37 | 10,13 | 5:55 |
| 73 | 40296 | DE PREESTER Nathalie | | | 44 | vff | 4 | 0:29:45 | 10,08 | 5:57 |
| 74 | 40259 | DESMET Lynn | | | 26 | sef | 10 | 0:29:46 | 10,08 | 5:57 |
| 75 | 42936 | MEIRLEVEDE Robby | | | 38 | seh | 39 | 0:29:48 | 10,07 | 5:58 |
| 76 | 40261 | JARNEUNE Kobe | | | 29 | seh | 40 | 0:29:52 | 10,04 | 5:58 |
| 77 | 42939 | CALLEAERT Jurgen | | | 43 | vhh | 22 | 0:30:04 | 9,98 | 6:01 |
| 78 | 42941 | CREVITS Bart | | | 51 | vhh | 23 | 0:30:24 | 9,87 | 6:05 |
| 79 | 570 | GLORIEUX Jeroen | MOORSLEDE | DE BAKELANDERS | 26 | seh | 41 | 0:30:36 | 9,80 | 6:07 |
| 80 | 42914 | VAN HAUTEGHEM Anouk | | | 30 | sef | 11 | 0:30:56 | 9,70 | 6:11 |
| 81 | 40234 | BERGIERS Stein | | | 33 | seh | 42 | 0:30:56 | 9,70 | 6:11 |
| 82 | 512 | VALCKE Basile | ALVERINGEM | JCI VEURNE-WEST | 9 | seh | 43 | 0:31:09 | 9,63 | 6:14 |
| 83 | 511 | VALCKE Frederik | ALVERINGEM | JCI VEURNE-WEST | 39 | seh | 44 | 0:31:10 | 9,63 | 6:14 |
| 84 | 40287 | DEPOTTER Carine | | | 45 | vff | 5 | 0:31:13 | 9,61 | 6:15 |
| 85 | 40210 | BEERNAERT Frederik | | | 40 | vhh | 24 | 0:31:21 | 9,57 | 6:16 |
| 86 | 42958 | DERIEUW Kimberly | | | 29 | sef | 12 | 0:31:23 | 9,56 | 6:17 |
| 87 | 566 | LOUCHAERT Beau | IEPER | | 16 | seh | 45 | 0:31:25 | 9,55 | 6:17 |
| 88 | 567 | BEYEN Annelies | OOSTDUINKERKE | | 27 | sef | 13 | 0:31:27 | 9,54 | 6:17 |
| 89 | 517 | HEIRMAN Marcia | TELLIN | | 52 | vff | 6 | 0:31:29 | 9,53 | 6:18 |
| 90 | 40205 | DUYCK Bart | | | 55 | vff | 7 | 0:31:36 | 9,49 | 6:19 |
| 91 | 40222 | HEBETTE Marie-Christine | | | 59 | vff | 8 | 0:31:37 | 9,49 | 6:19 |
| 92 | 40278 | TRYBOV Linde | | | 9 | sef | 14 | 0:31:42 | 9,46 | 6:20 |
| 93 | 536 | MAERTEN Senne | ZEVKOTE | | 12 | seh | 46 | 0:31:45 | 9,45 | 6:21 |
| 94 | 522 | MAERTEN Mattias | ZEVKOTE | MIDLON | 40 | vhh | 25 | 0:31:45 | 9,45 | 6:21 |
| 95 | 40370 | DE WAELE Enzi | | | 28 | sef | 15 | 0:31:46 | 9,44 | 6:21 |
| 96 | 40277 | WILLEMEN Jan | | | 48 | vhh | 26 | 0:31:48 | 9,43 | 6:22 |
| 97 | 40332 | NOLLET Ann | | | 44 | vff | 9 | 0:31:50 | 9,42 | 6:22 |
| 98 | 532 | DEVLIEGHERE Silke | VEURNE | | 27 | sef | 16 | 0:32:06 | 9,35 | 6:25 |
| 99 | 40252 | DESMET Caroline | | | 18 | sef | 17 | 0:32:08 | 9,34 | 6:26 |
| 100 | 40257 | VANDER BUNDE Sophie | | | 25 | sef | 18 | 0:32:08 | 9,34 | 6:26 |
| 101 | 541 | DEWAELE Arno | NIEUWPOORT | MIDLON | 15 | seh | 47 | 0:32:35 | 9,21 | 6:31 |
| 102 | 40273 | CATTEUR Monique | | | 58 | vff | 10 | 0:32:42 | 9,17 | 6:32 |
| 103 | 516 | BAERT Bart | KOKSIJDE | BUENCAMINO | 55 | vhh | 27 | 0:32:42 | 9,17 | 6:32 |
| 104 | 40207 | BOUTEN Romina | | | 30 | sef | 19 | 0:32:45 | 9,16 | 6:33 |
| 105 | 548 | COUWET Ciska | VEURNE | THUISZORGWINKEL | 51 | vff | 11 | 0:32:54 | 9,12 | 6:35 |
| 106 | 565 | DHULSTER Ann | IEPER | LOKOMOTIEF RUNN | 43 | vff | 12 | 0:32:56 | 9,11 | 6:35 |
| 107 | 40338 | BRUNEEL Yvan | | | 53 | vhh | 28 | 0:33:02 | 9,08 | 6:36 |
| 108 | 40361 | VANMARCKE Nathalie | | | 31 | sef | 20 | 0:33:03 | 9,08 | 6:37 |
| 109 | 40367 | HOPCHET Ivan | | | 61 | vhh | 29 | 0:33:07 | 9,06 | 6:37 |
| 110 | 40206 | VERHAEGHE Chantal | | | 45 | vff | 13 | 0:33:08 | 9,05 | 6:38 |
| 111 | 540 | DEWAELE Emma | NIEUWPOORT | MIDLON | 12 | sef | 21 | 0:33:09 | 9,05 | 6:38 |
| 112 | 40394 | BIERVLIES David | | | 36 | seh | 48 | 0:33:12 | 9,04 | 6:38 |
| 113 | 40243 | TAVERNIER Goedele | | | 39 | sef | 22 | 0:33:13 | 9,03 | 6:39 |
| 114 | 40241 | CRUL Katrien | | | 39 | sef | 23 | 0:33:15 | 9,02 | 6:39 |
| 115 | 40313 | VANDOOREN Fien | | | 34 | sef | 24 | 0:33:43 | 8,90 | 6:45 |
| 116 | 505 | BOGAERTS Sven | NIEL | | 42 | vhh | 30 | 0:33:43 | 8,90 | 6:45 |
| 117 | 504 | COREMANS Mieke | AARTSELAAR | | 34 | sef | 25 | 0:33:44 | 8,89 | 6:45 |
| 118 | 571 | DEMUNTER Tom | WAREGEM | | 30 | seh | 49 | 0:34:00 | 8,82 | 6:48 |
| 119 | 40298 | JOCNKHEER Jana | | | 22 | sef | 26 | 0:34:03 | 8,81 | 6:49 |

| PL | NR | Naam | Woonplaats | Club | Age | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-------|-----------------------|----------------|-----------------|-----|-----|-------|---------|------|---------|
| 120 | 508 | JAECQUES Daniel | OOSTDUINKERKE | | 37 | seh | 50 | 0:34:05 | 8,80 | 6:49 |
| 121 | 544 | CAES Frank | KOKSIJDE | KV COXYDE | 65 | vhh | 31 | 0:34:08 | 8,79 | 6:50 |
| 122 | 40282 | TRUIERYN Liet | | | 39 | sef | 27 | 0:34:10 | 8,78 | 6:50 |
| 123 | 42942 | CREVITS Jeroen | | | 24 | seh | 51 | 0:34:15 | 8,76 | 6:51 |
| 124 | 579 | HERCKENRATH Christie | SINT MICHIELS | | 49 | vff | 14 | 0:34:17 | 8,75 | 6:51 |
| 125 | 521 | HERCKENRATH Karen | ADINKERKE | | 46 | vff | 15 | 0:34:17 | 8,75 | 6:51 |
| 126 | 42898 | CRUL Annelien | | | 36 | sef | 28 | 0:34:19 | 8,74 | 6:52 |
| 127 | 40217 | BOUSSEMAERE Lies | | | 27 | sef | 29 | 0:34:26 | 8,71 | 6:53 |
| 128 | 539 | PROVOOST Jan | ADINKERKE | JONQUIERES | 27 | seh | 52 | 0:34:27 | 8,71 | 6:53 |
| 129 | 568 | DEPREUX Lynn | OOSTDUINKERKE | | 27 | sef | 30 | 0:34:32 | 8,69 | 6:54 |
| 130 | 537 | SZEKELY Julie | KOKSIJDE | | 44 | vff | 16 | 0:34:43 | 8,64 | 6:57 |
| 131 | 538 | DRUELLE Cynthia | ADINKERKE | | 38 | sef | 31 | 0:34:50 | 8,61 | 6:58 |
| 132 | 40301 | HANSSENS Loic | | | 9 | seh | 53 | 0:34:52 | 8,60 | 6:58 |
| 133 | 535 | FRANICEVICH Simona | LEFFRINCKOUCKE | | 52 | vff | 17 | 0:35:07 | 8,54 | 7:01 |
| 134 | 40276 | VANDENBUCLE Lorenzo | | | 34 | seh | 54 | 0:35:13 | 8,52 | 7:03 |
| 135 | 40388 | DUBOIS Hans | | | 47 | vhh | 32 | 0:35:14 | 8,51 | 7:03 |
| 136 | 40389 | DUYCK Hans | | | 45 | vhh | 33 | 0:35:15 | 8,51 | 7:03 |
| 137 | 40397 | BOUASSIDA Leila | | | 50 | vff | 18 | 0:35:18 | 8,50 | 7:04 |
| 138 | 40390 | DEBRABANDER An | | | 31 | sef | 32 | 0:35:18 | 8,50 | 7:04 |
| 139 | 40396 | LOUWAGIE An | | | 55 | vff | 19 | 0:35:19 | 8,49 | 7:04 |
| 140 | 40330 | MORAEEL Ann | | | 55 | vff | 20 | 0:35:28 | 8,46 | 7:06 |
| 141 | 40381 | DEKOKER Laury | | | 14 | sef | 33 | 0:35:39 | 8,42 | 7:08 |
| 142 | 42961 | VANWAELEGHEM Vincent | | | 55 | vhh | 34 | 0:35:50 | 8,37 | 7:10 |
| 143 | 40398 | BUYSE Peter | | | 57 | vhh | 35 | 0:35:54 | 8,36 | 7:11 |
| 144 | 42909 | PAUEL George | | | 53 | vff | 21 | 0:35:55 | 8,35 | 7:11 |
| 145 | 40399 | DEWULF Filip | | | 52 | vhh | 36 | 0:35:55 | 8,35 | 7:11 |
| 146 | 40344 | SOBRY Roos | | | 51 | vff | 22 | 0:35:55 | 8,35 | 7:11 |
| 147 | 42962 | ALMEIDA Bruno | | | 17 | seh | 55 | 0:35:56 | 8,35 | 7:11 |
| 148 | 42960 | COLLEMAN Loic | | | 33 | seh | 56 | 0:35:58 | 8,34 | 7:12 |
| 149 | 563 | WILLOCX Rita | OOSTAKKER | WORLD RUNNERS B | 62 | vff | 23 | 0:36:15 | 8,28 | 7:15 |
| 150 | 40240 | CAPOEN Fieke | | | 12 | sef | 34 | 0:36:19 | 8,26 | 7:16 |
| 151 | 40242 | LEGEIN Stephani | | | 41 | vff | 24 | 0:36:20 | 8,26 | 7:16 |
| 152 | 40244 | CAPOEN Niek | | | 43 | vhh | 37 | 0:36:20 | 8,26 | 7:16 |
| 153 | 524 | HELLEBAUT Valentien | NIEUWPOORT | | 37 | sef | 35 | 0:36:25 | 8,24 | 7:17 |
| 154 | 40268 | DEGARVE Nathalie | | | 43 | vff | 25 | 0:36:34 | 8,20 | 7:19 |
| 155 | 42948 | VANDEKERKHOVE Sam | | | 28 | seh | 57 | 0:36:34 | 8,20 | 7:19 |
| 156 | 552 | VANHALME Mieke | OOSTDUINKERKE | | 44 | vff | 26 | 0:36:35 | 8,20 | 7:19 |
| 157 | 584 | ONRAEDT Inge | DE PANNE | | 37 | sef | 36 | 0:36:38 | 8,19 | 7:20 |
| 158 | 42901 | AXAWAT Greet | | | 36 | sef | 37 | 0:36:38 | 8,19 | 7:20 |
| 159 | 40324 | KOSTERS Patrick | | | 51 | vhh | 38 | 0:36:49 | 8,15 | 7:22 |
| 160 | 526 | COUTTEAU Lieselotte | VEURNE | | 34 | sef | 38 | 0:36:53 | 8,13 | 7:23 |
| 161 | 40290 | DESMET Els | | | 56 | vff | 27 | 0:37:07 | 8,08 | 7:25 |
| 162 | 40256 | VANDER;EEREN Mallorie | | | 19 | sef | 39 | 0:37:08 | 8,08 | 7:26 |
| 163 | 40231 | BRUNEEL Julie | | | 14 | sef | 40 | 0:37:08 | 8,08 | 7:26 |
| 164 | 42925 | VAN DE VREKEN Jill | | | 11 | sef | 41 | 0:37:09 | 8,08 | 7:26 |
| 165 | 42926 | DE WAELE Marian | | | 37 | sef | 42 | 0:37:09 | 8,08 | 7:26 |
| 166 | 581 | MOUTON Rosaline | KOKSIJDE | | 37 | sef | 43 | 0:37:20 | 8,04 | 7:28 |
| 167 | 580 | CATTEEUW Lieselot | VEURNE | | 31 | sef | 44 | 0:37:21 | 8,03 | 7:28 |
| 168 | 587 | CATTEEUW Annelien | VEURNE | | 29 | sef | 45 | 0:37:21 | 8,03 | 7:28 |
| 169 | 40251 | DIERCKX An | | | 44 | vff | 28 | 0:37:24 | 8,02 | 7:29 |
| 170 | 40225 | NR40225 40225 | | | | xxx | 2 | 0:37:26 | 8,01 | 7:29 |
| 171 | 42921 | VANTOMME Julie | | | 11 | sef | 46 | 0:37:31 | 8,00 | 7:30 |
| 172 | 42922 | VANTOMME Didier | | | 41 | vhh | 39 | 0:37:34 | 7,99 | 7:31 |
| 173 | 42923 | BOSTYN Femke | | | 9 | sef | 47 | 0:37:35 | 7,98 | 7:31 |
| 174 | 42919 | BOSTYN Steven | | | 43 | vhh | 40 | 0:37:36 | 7,98 | 7:31 |
| 175 | 40323 | WARLOP Anja | | | 45 | vff | 29 | 0:37:48 | 7,94 | 7:34 |
| 176 | 42900 | OCQUEST Sadrina | | | 32 | sef | 48 | 0:37:51 | 7,93 | 7:34 |
| 177 | 40300 | HANSSENS Niel | | | 7 | seh | 58 | 0:38:11 | 7,86 | 7:38 |
| 178 | 40302 | GOVAERT Eike | | | 37 | sef | 49 | 0:38:12 | 7,85 | 7:38 |
| 179 | 40297 | VERHELST Atahnaska | | | 51 | vff | 30 | 0:38:27 | 7,80 | 7:41 |
| 180 | 530 | VANDERHAEGHE Caroline | GISTEL | GISTELSE JOGGIN | 54 | vff | 31 | 0:38:30 | 7,79 | 7:42 |

| PL | NR | Naam | Woonplaats | Club | Age | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-------|-----------------------|---------------|-----------------|-----|-----|-------|---------|------|---------|
| 181 | 528 | VERMEERSCH Rik | GISTEL | GISTELSE JOGGIN | 57 | vhh | 41 | 0:38:32 | 7,79 | 7:42 |
| 182 | 585 | DEMUNCK Monique | OOSTDUINKERKE | | 46 | vff | 32 | 0:38:36 | 7,77 | 7:43 |
| 183 | 586 | VIEREN Jade | OOSTDUINKERKE | | 20 | sef | 50 | 0:38:38 | 7,77 | 7:44 |
| 184 | 40335 | GEURTS Inge | | | 48 | vff | 33 | 0:38:47 | 7,74 | 7:45 |
| 185 | 503 | STEEMANS Nathalie | 8430 | | 36 | sef | 51 | 0:38:58 | 7,70 | 7:48 |
| 186 | 40373 | DE CROIX Tine | | | 25 | sef | 52 | 0:38:59 | 7,70 | 7:48 |
| 187 | 501 | DEMARCKE Mieke | NIEUWPOORT | | 38 | sef | 53 | 0:39:00 | 7,69 | 7:48 |
| 188 | 589 | MOIJSON Lien | OOSTENDE | FITRUNNERS | 27 | sef | 54 | 0:39:19 | 7,63 | 7:52 |
| 189 | 555 | GUYLINCK Valerie | LO RENINGE | DE BAKELANDERS | 28 | sef | 55 | 0:39:37 | 7,57 | 7:55 |
| 190 | 574 | BERLEMONT Jean-Louis | KOKSIJDE | | 70 | vhh | 42 | 0:39:57 | 7,51 | 7:59 |
| 191 | 40365 | DEBAERE Elise | | | 35 | sef | 56 | 0:40:03 | 7,49 | 8:01 |
| 192 | 534 | DEBERDT Carine | KOKSIJDE | MOEDER EN DOCHT | 56 | vff | 34 | 0:40:06 | 7,48 | 8:01 |
| 193 | 533 | CORNELIS Lynn | KOKSIJDE | MOEDER EN DOCHT | 30 | sef | 57 | 0:40:06 | 7,48 | 8:01 |
| 194 | 40232 | SUPEENE Carmen | | | 43 | vff | 35 | 0:40:06 | 7,48 | 8:01 |
| 195 | 40226 | VAN BOST Isabelle | | | 56 | vff | 36 | 0:40:07 | 7,48 | 8:01 |
| 196 | 573 | VANDAMME Joke | BEERST | | 30 | sef | 58 | 0:40:11 | 7,47 | 8:02 |
| 197 | 527 | MADDELEIN Gerda | DIKSMUIDE | | 53 | vff | 37 | 0:40:14 | 7,46 | 8:03 |
| 198 | 513 | VANLERBERGHE Claudine | DIKSMUIDE | | 53 | vff | 38 | 0:40:15 | 7,45 | 8:03 |
| 199 | 590 | BILLIAU Evelynne | SNAASKERKE | FITRUNNERS | 36 | sef | 59 | 0:40:17 | 7,45 | 8:03 |
| 200 | 588 | LEFEBVRE Yannick | OOSTENDE | FITRUNNERS | 28 | seh | 59 | 0:40:17 | 7,45 | 8:03 |
| 201 | 42931 | IDE Daphne | | | 33 | sef | 60 | 0:40:31 | 7,40 | 8:06 |
| 202 | 515 | EGGERMONT Sarron | ANZEGEM | GOLDEN LADIES | 31 | sef | 61 | 0:40:33 | 7,40 | 8:07 |
| 203 | 40366 | DE VIS Luc | | | 55 | vhh | 43 | 0:40:38 | 7,38 | 8:08 |
| 204 | 42929 | VAN DEN BROUCK Geert | | | 53 | vhh | 44 | 0:40:38 | 7,38 | 8:08 |
| 205 | 514 | BAERT Hilde | WAREGEM | GOLDEN LADIES | 34 | sef | 62 | 0:40:47 | 7,36 | 8:09 |
| 206 | 510 | DELBAERE Jo | KORTRIJK | | 57 | vff | 39 | 0:40:52 | 7,34 | 8:10 |
| 207 | 507 | HULIN Venia | DEINZE | | 24 | sef | 63 | 0:41:32 | 7,22 | 8:18 |
| 208 | 40260 | NOUYNCK Lieselore | | | 28 | sef | 64 | 0:41:37 | 7,21 | 8:19 |
| 209 | 509 | VANDIERENDOUNCK Inge | OOSTDUINKERKE | | 37 | sef | 65 | 0:41:39 | 7,20 | 8:20 |
| 210 | 40339 | MORAEL Martine | | | 52 | vff | 40 | 0:42:44 | 7,02 | 8:33 |
| 211 | 40322 | JANSSENS Andy | | | 41 | vhh | 45 | 0:48:32 | 6,18 | 9:42 |
| 212 | 56 | VERCARRE Marc | OOSTENDE | MIDLON | 34 | seh | 60 | 0:52:11 | 5,75 | 10:26 |
| 213 | 42896 | NR 42896 | | | | xxx | 3 | 0:54:50 | 5,47 | 10:58 |
| 214 | 40245 | DRIESSE Katrien | | | 50 | vff | 41 | 0:56:51 | 5,28 | 11:22 |
| 215 | 42949 | VAN STAEVEN Heidi | | | 40 | vff | 42 | 0:56:51 | 5,28 | 11:22 |
| 216 | 40342 | DE RUYCK Anne | | | 54 | vff | 43 | 0:56:52 | 5,28 | 11:22 |
| 217 | 40341 | DAMAN Julienne | | | 63 | vff | 44 | 0:57:01 | 5,26 | 11:24 |
| 218 | 42963 | DEPOORTERE Maryane | | | 59 | vff | 45 | 0:57:03 | 5,26 | 11:25 |
| 219 | 42897 | NR 42897 | | | | xxx | 4 | 0:59:31 | 5,04 | 11:54 |
| 220 | 42928 | NR 42928 | | | | xxx | 5 | 1:03:36 | 4,72 | 12:43 |

1e Promenade Run Koksijde - 2 januari 2016

10 KM

| PL | NR | Naam | Woonplaats | Club | Age | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-------|---------------------|--------------------|-----------------|-----|-----|-------|---------|-------|---------|
| 1 | 94 | BRYLSBAERT Kevin | WESTVLETEREN | FLAC POPERINGE | 26 | seh | 1 | 0:36:44 | 16,33 | 3:40 |
| 2 | 40320 | GEERTS Alain | | | 47 | vhh | 1 | 0:37:11 | 16,14 | 3:43 |
| 3 | 40 | GRYP Wouter | VEURNE | MIDLONN | 28 | seh | 2 | 0:38:39 | 15,52 | 3:52 |
| 4 | 40343 | JONCKHEER Patrick | | | 42 | vhh | 2 | 0:38:51 | 15,44 | 3:53 |
| 5 | 40358 | BOONE Dirk | | | 51 | vhh | 3 | 0:38:54 | 15,42 | 3:53 |
| 6 | 40331 | VANNEUVILLE Stan | | | 22 | seh | 3 | 0:39:19 | 15,26 | 3:56 |
| 7 | 40327 | CARLIER Kurt | | | 42 | vhh | 4 | 0:39:24 | 15,23 | 3:56 |
| 8 | 40354 | VANCLOOSTER Philiep | | | 54 | vhh | 5 | 0:39:36 | 15,15 | 3:58 |
| 9 | 42932 | PUYSTENS Gino | | | 54 | vhh | 6 | 0:40:11 | 14,93 | 4:01 |
| 10 | 101 | DEPYPER Miel | VEURNE | | 18 | seh | 4 | 0:40:45 | 14,72 | 4:05 |
| 11 | 49 | VAN DE WALLE Jurgen | ICHTEGEM | | 39 | seh | 5 | 0:41:10 | 14,57 | 4:07 |
| 12 | 47 | RONDELEZ Bjorn | KOEKELARE | | 40 | vhh | 7 | 0:41:18 | 14,53 | 4:08 |
| 13 | 40229 | CUVELIER Sander | | | 26 | seh | 6 | 0:41:28 | 14,47 | 4:09 |
| 14 | 107 | DEVRIENDT Tom | OOSTAKKER | | 43 | vhh | 8 | 0:41:32 | 14,45 | 4:09 |
| 15 | 42959 | BAFCOP Dries | | | 31 | seh | 7 | 0:42:00 | 14,29 | 4:12 |
| 16 | 34 | TANCRE Dimitri | WEVELGEM | | 29 | seh | 8 | 0:42:02 | 14,27 | 4:12 |
| 17 | 46 | DE VOS Gert | NIEUWPOORT | MIDLON | 45 | vhh | 9 | 0:42:22 | 14,16 | 4:14 |
| 18 | 95 | BRYLSBAERT Glenn | WESTVLETEREN | FLAC POPERINGE | 20 | seh | 9 | 0:42:33 | 14,10 | 4:15 |
| 19 | 24 | IGODT Steven | KOKSIJDE | | 36 | seh | 10 | 0:42:55 | 13,98 | 4:17 |
| 20 | 42947 | DEFREYNE Dries | | | 30 | seh | 11 | 0:43:05 | 13,93 | 4:19 |
| 21 | 40272 | VERLINDE Stuer | | | 47 | vhh | 10 | 0:43:09 | 13,90 | 4:19 |
| 22 | 40263 | SOENEN Virginie | | | 30 | sef | 1 | 0:43:15 | 13,87 | 4:20 |
| 23 | 105 | ROSSEEL Paul | VEURNE | | 53 | vhh | 11 | 0:43:20 | 13,85 | 4:20 |
| 24 | 12 | CLAEYS Wim | KOKSIJDE | MIDLON | 42 | vhh | 12 | 0:43:26 | 13,81 | 4:21 |
| 25 | 4 | CALLENS Steven | SINT-ELOOIS-WINKEL | | 44 | vhh | 13 | 0:43:32 | 13,78 | 4:21 |
| 26 | 42 | DEEREN Jan | VEURNE | MIDLON | 28 | seh | 12 | 0:43:56 | 13,66 | 4:24 |
| 27 | 42927 | VANACKER Stijn | | | 46 | vhh | 14 | 0:44:02 | 13,63 | 4:24 |
| 28 | 40218 | MUTERT Peter | | | 59 | vhh | 15 | 0:44:05 | 13,61 | 4:25 |
| 29 | 57 | NAERT Lode | KORTEMARK | MIDLON | 35 | seh | 13 | 0:44:12 | 13,57 | 4:25 |
| 30 | 40237 | FEYS Bert | | | 29 | seh | 14 | 0:44:17 | 13,55 | 4:26 |
| 31 | 103 | VANDEBUSSCHE Steve | VEURNE | FITSCOOL | 40 | vhh | 16 | 0:44:20 | 13,53 | 4:26 |
| 32 | 1 | DERINCK Alain | KOKSIJDE | | 42 | vhh | 17 | 0:44:28 | 13,49 | 4:27 |
| 33 | 40392 | COTTENIE Mathias | | | 26 | seh | 15 | 0:44:36 | 13,45 | 4:28 |
| 34 | 62 | MOERMAN Marnix | VEURNE | | 53 | vhh | 18 | 0:44:40 | 13,43 | 4:28 |
| 35 | 40337 | GENGEMBRE David | | | 43 | vhh | 19 | 0:44:44 | 13,41 | 4:28 |
| 36 | 73 | MESSENS Serge | LEFFINGE | MESSENS SERGE | 56 | vhh | 20 | 0:44:59 | 13,34 | 4:30 |
| 37 | 40250 | DUCHATEAU Rene | | | 48 | vhh | 21 | 0:45:07 | 13,30 | 4:31 |
| 38 | 111 | VELGHE Gilles | NIEUWPOORT | | 24 | seh | 16 | 0:45:13 | 13,27 | 4:31 |
| 39 | 40267 | DE SPIEGLEER Jeroen | | | 33 | seh | 17 | 0:45:24 | 13,22 | 4:32 |
| 40 | 40352 | BOUTELLEGIER Bart | | | 43 | vhh | 22 | 0:45:29 | 13,19 | 4:33 |
| 41 | 67 | DECLERCQ Jan | IEPER | | 52 | vhh | 23 | 0:45:39 | 13,14 | 4:34 |
| 42 | 40380 | VANDERJEUGT Wim | | | 46 | vhh | 24 | 0:45:57 | 13,06 | 4:36 |
| 43 | 40219 | HOCHAERT Julien | | | 34 | seh | 18 | 0:46:07 | 13,01 | 4:37 |
| 44 | 61 | NOLLET Rune | OOSTDUINKERKE | NOLLET | 14 | seh | 19 | 0:46:21 | 12,94 | 4:38 |
| 45 | 42933 | JANSSEN Jan | | | 46 | vhh | 25 | 0:46:24 | 12,93 | 4:38 |
| 46 | 40264 | AUGUIER Gery | | | 61 | vhh | 26 | 0:46:24 | 12,93 | 4:38 |
| 47 | 100 | NUTTEN Dieter | IEPER | | 35 | seh | 20 | 0:46:26 | 12,92 | 4:39 |
| 48 | 40329 | PENET Marc | | | 59 | vhh | 27 | 0:46:34 | 12,88 | 4:39 |
| 49 | 35 | ROMMELAERE Bjorn | OOSTVLETEREN | MIDLON | 40 | vhh | 28 | 0:46:46 | 12,83 | 4:41 |
| 50 | 40364 | MARRON Antonio | | | 50 | vhh | 29 | 0:47:03 | 12,75 | 4:42 |
| 51 | 40280 | DECONICK Yoeri | | | 29 | seh | 21 | 0:47:08 | 12,73 | 4:43 |
| 52 | 20 | VERBRIGGHE Pol | KOKSIJDE | SMOET JE KIETEN | 56 | vhh | 30 | 0:47:26 | 12,65 | 4:45 |
| 53 | 40376 | BEDDELEEM Sven | | | 25 | seh | 22 | 0:47:47 | 12,56 | 4:47 |
| 54 | 37 | VAN MIEGHEM Luc | TELLIN | | 54 | vhh | 31 | 0:47:51 | 12,54 | 4:47 |
| 55 | 69 | KESTELOOT Dirk | VEURNE | | 61 | vhh | 32 | 0:48:10 | 12,46 | 4:49 |
| 56 | 40382 | DEKOKER Ronny | | | 48 | vhh | 33 | 0:48:13 | 12,44 | 4:49 |
| 57 | 85 | AYUBI Rostam | KOKSIJDE | RUN FOR HOPE | 21 | seh | 23 | 0:48:26 | 12,39 | 4:51 |
| 58 | 74 | STROOBANT Simon | KOKSIJDE | TTW | 26 | seh | 24 | 0:48:28 | 12,38 | 4:51 |

| PL | NR | Naam | Woonplaats | Club | Age | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-------|----------------------|-------------------|-----------------|-----|-----|-------|---------|-------|---------|
| 59 | 43 | TYTECA Walter | WESTENDE | PASAR | 59 | vhh | 34 | 0:48:29 | 12,38 | 4:51 |
| 60 | 40228 | BUTSERAEN Emelie | | | 24 | sef | 2 | 0:48:54 | 12,27 | 4:53 |
| 61 | 99 | BULCKE Bart | ALVERINGEM | | 48 | vhh | 35 | 0:49:07 | 12,22 | 4:55 |
| 62 | 40295 | GOYVAERES Daniel | | | 59 | vhh | 36 | 0:49:15 | 12,18 | 4:55 |
| 63 | 59 | BRACKMAN Thierry | VEURNE | MIDLON | 46 | vhh | 37 | 0:49:17 | 12,17 | 4:56 |
| 64 | 42954 | EGGERICK Willem | | | 54 | vhh | 38 | 0:49:23 | 12,15 | 4:56 |
| 65 | 40269 | LEYRE Erna | | | 53 | vff | 1 | 0:49:26 | 12,14 | 4:57 |
| 66 | 113 | VAN SEGHBROECK Luc | NINOVE | | 53 | vhh | 39 | 0:49:45 | 12,06 | 4:59 |
| 67 | 40305 | DEECKMANS Rudi | | | 60 | vhh | 40 | 0:49:51 | 12,04 | 4:59 |
| 68 | 40236 | TANGHE Matthas | | | 29 | seh | 25 | 0:50:28 | 11,89 | 5:03 |
| 69 | 40238 | VERSCHEVRE Renaud | | | 28 | seh | 26 | 0:50:28 | 11,89 | 5:03 |
| 70 | 36 | VAN HESSCHE Jo | GISTEL | | 55 | vhh | 41 | 0:50:31 | 11,88 | 5:03 |
| 71 | 42916 | VERMULST John | | | 28 | seh | 27 | 0:50:32 | 11,87 | 5:03 |
| 72 | 102 | DERAEVE Peter | OOSTDUINKERKE | | 38 | seh | 28 | 0:50:32 | 11,87 | 5:03 |
| 73 | 84 | MERABI Omid | KOKSIJDE | RUN FOR HOPE | 21 | seh | 29 | 0:50:35 | 11,86 | 5:03 |
| 74 | 11 | DURIVAULT Danny | KOKSIJDE | | 53 | vhh | 42 | 0:50:47 | 11,81 | 5:05 |
| 75 | 9 | MONCAREY Peter | MEERBEKE | | 35 | seh | 30 | 0:50:49 | 11,81 | 5:05 |
| 76 | 40377 | DEKIEN Frank | | | 49 | vhh | 43 | 0:50:53 | 11,79 | 5:05 |
| 77 | 77 | MASSCHELEIN Emely | POLLINKHOVE | | 29 | sef | 3 | 0:50:59 | 11,77 | 5:06 |
| 78 | 42953 | EGGERICK Koen | | | 52 | vhh | 44 | 0:51:05 | 11,75 | 5:07 |
| 79 | 40312 | DUELEMANS Danny | | | 48 | vhh | 45 | 0:51:24 | 11,67 | 5:08 |
| 80 | 42930 | VANDENABEELE Piet | | | 39 | seh | 31 | 0:51:29 | 11,65 | 5:09 |
| 81 | 40336 | DELFOSSÉ Delfosse | | | 30 | sef | 4 | 0:51:39 | 11,62 | 5:10 |
| 82 | 112 | MOEYAERT Rochney | LOMBARDSIJDE | | 15 | seh | 32 | 0:51:40 | 11,61 | 5:10 |
| 83 | 40319 | BEILEY Oscar | | | 21 | seh | 33 | 0:51:45 | 11,59 | 5:11 |
| 84 | 53 | VANDERGHOTE Chantal | BRUGGE | MIDLON | 41 | vff | 2 | 0:51:52 | 11,57 | 5:11 |
| 85 | 2 | VERMANDER Frederik | DIKSMUIDE | | 34 | seh | 34 | 0:51:54 | 11,56 | 5:11 |
| 86 | 40317 | WILLAERT Claude | | | 47 | vhh | 46 | 0:51:54 | 11,56 | 5:11 |
| 87 | 6 | COGGHE Jeroen | DIKSMUIDE | | 33 | seh | 35 | 0:52:15 | 11,48 | 5:14 |
| 88 | 40286 | DEGRIECK Sebastien | | | 28 | seh | 36 | 0:52:19 | 11,47 | 5:14 |
| 89 | 97 | DECADT Annelies | VEURNE | | 25 | sef | 5 | 0:52:22 | 11,46 | 5:14 |
| 90 | 40311 | POINSOT Aurelie | | | 48 | vff | 3 | 0:52:38 | 11,40 | 5:16 |
| 91 | 42915 | VERLEYE Nathan | | | 46 | vhh | 47 | 0:52:39 | 11,40 | 5:16 |
| 92 | 30 | DEVOS Pieter | IEPER | | 39 | seh | 37 | 0:52:41 | 11,39 | 5:16 |
| 93 | 45 | BOSSANT Nick | AVEKAPELLE | MIDLON | 28 | seh | 38 | 0:52:47 | 11,37 | 5:17 |
| 94 | 52 | LANNOYE Stijn | LO-RENINGE | MIDLON | 25 | seh | 39 | 0:52:51 | 11,35 | 5:17 |
| 95 | 51 | VERHAEGHE Pieter | KOKSIJDE | MIDLON | 31 | seh | 40 | 0:52:59 | 11,32 | 5:18 |
| 96 | 89 | HANSSSENS Dirk | DEERLIJK | JOGGINGCLUB DEE | 52 | vhh | 48 | 0:53:03 | 11,31 | 5:18 |
| 97 | 40391 | VANSTEENKISTE Regine | | | 47 | vff | 4 | 0:53:33 | 11,20 | 5:21 |
| 98 | 42903 | CERDEBOEL To; | | | 27 | seh | 41 | 0:53:44 | 11,17 | 5:22 |
| 99 | 40274 | SCHERILYNCK Yves | | | 44 | vhh | 49 | 0:53:50 | 11,15 | 5:23 |
| 100 | 40385 | DEPYPER Caroline | | | 48 | vff | 5 | 0:54:05 | 11,09 | 5:25 |
| 101 | 40314 | DECADT Johan | | | 54 | vhh | 50 | 0:54:29 | 11,01 | 5:27 |
| 102 | 40315 | VERFACLLIE Kristin | | | 54 | vff | 6 | 0:54:29 | 11,01 | 5:27 |
| 103 | 42945 | VQNROELEN Cliff | | | 31 | seh | 42 | 0:54:32 | 11,00 | 5:27 |
| 104 | 40223 | DENDOOVEN Annick | | | 46 | vff | 7 | 0:54:33 | 11,00 | 5:27 |
| 105 | 42946 | DEFREYNE Steven | | | 33 | seh | 43 | 0:54:36 | 10,99 | 5:28 |
| 106 | 40253 | GOLLEZ Thierry | | | 39 | seh | 44 | 0:54:37 | 10,99 | 5:28 |
| 107 | 40220 | DE BRABANDERE Bert | | | 46 | vhh | 51 | 0:54:40 | 10,98 | 5:28 |
| 108 | 40230 | BRUNECK Karel | | | 43 | vhh | 52 | 0:54:42 | 10,97 | 5:28 |
| 109 | 90 | VANDEPUTTE Gauthier | BELGIQUE | | 27 | seh | 45 | 0:54:43 | 10,97 | 5:28 |
| 110 | 91 | LHOEST Alizée | BELGIQUE | | 26 | sef | 6 | 0:54:44 | 10,96 | 5:28 |
| 111 | 60 | DECLERCK Katrien | OOSTDUINKERKE | NOLLET | 43 | vff | 8 | 0:54:46 | 10,96 | 5:29 |
| 112 | 14 | SNAUWAERT Mike | SNAASKERKE | | 36 | seh | 46 | 0:54:47 | 10,95 | 5:29 |
| 113 | 40318 | DE BUSSCHERE Barbara | | | 38 | seh | 47 | 0:54:57 | 10,92 | 5:30 |
| 114 | 40368 | VERFRAECKEN Stephan | | | 41 | vhh | 53 | 0:55:03 | 10,90 | 5:30 |
| 115 | 76 | AUDENAERT Antoine | OOSTAKKER | WORLD RUNNERS B | 65 | vhh | 54 | 0:55:09 | 10,88 | 5:31 |
| 116 | 81 | LOUCHAERT Xavier | IEPER | LOKOMOTIEF RUNN | 43 | vhh | 55 | 0:55:10 | 10,88 | 5:31 |
| 117 | 42902 | PEDE Tineke | | | 25 | sef | 7 | 0:55:11 | 10,87 | 5:31 |
| 118 | 65 | VAN VOSSEL Bert | ZELZATE | | 41 | vhh | 56 | 0:55:14 | 10,86 | 5:31 |
| 119 | 26 | LAMERANT Jan | SINT-ELOOIS-VIJVE | | 29 | seh | 48 | 0:55:15 | 10,86 | 5:31 |

| PL | NR | Naam | Woonplaats | Club | Age | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-------|------------------------|--------------|-----------------|-----|-----|-------|---------|-------|---------|
| 120 | 32 | DEMEULEMEESTER Pieter | WAREGEM | | 30 | seh | 49 | 0:55:15 | 10,86 | 5:31 |
| 121 | 42917 | VAN POUCKE Ronny | | | 53 | vhh | 57 | 0:55:19 | 10,85 | 5:32 |
| 122 | 40308 | DEBRUYNE Kathy | | | 50 | vff | 9 | 0:55:20 | 10,84 | 5:32 |
| 123 | 40356 | BRUNEEL Jens | | | 24 | seh | 50 | 0:55:24 | 10,83 | 5:32 |
| 124 | 68 | VANDERMEERSCH Dorine | VLAMERTINGE | LCDESTRESSKIKKE | 39 | sef | 8 | 0:55:25 | 10,83 | 5:32 |
| 125 | 40209 | POLLET Lode | | | 37 | seh | 51 | 0:55:29 | 10,81 | 5:33 |
| 126 | 3 | PAREYN Delphine | DIKSMUIDE | | 27 | sef | 9 | 0:55:31 | 10,81 | 5:33 |
| 127 | 19 | DELGOUFFE Iris | ASSE | | 39 | sef | 10 | 0:55:32 | 10,80 | 5:33 |
| 128 | 106 | DEBRUYNE Brigitte | VEURNE | | 47 | vff | 10 | 0:55:46 | 10,76 | 5:35 |
| 129 | 40350 | GEENEN Geert | | | 45 | vhh | 58 | 0:55:49 | 10,75 | 5:35 |
| 130 | 42913 | VERSZYVEL Michiel | | | 30 | seh | 52 | 0:56:00 | 10,71 | 5:36 |
| 131 | 79 | MALFAIT Marjan | BLANKENBERGE | ACB BLANKENBERG | 59 | vff | 11 | 0:56:08 | 10,69 | 5:37 |
| 132 | 40351 | STEYAERT Hans | | | 46 | vhh | 59 | 0:56:32 | 10,61 | 5:39 |
| 133 | 42964 | NORMAN Cornelis | | | 57 | vhh | 60 | 0:56:35 | 10,60 | 5:40 |
| 134 | 109 | LECLUYSE Nick | DEERLIJK | JOGGINGCLUB DEE | 53 | vhh | 61 | 0:56:38 | 10,59 | 5:40 |
| 135 | 98 | VERBEECK Matthias | VEURNE | | 27 | seh | 53 | 0:56:41 | 10,59 | 5:40 |
| 136 | 88 | DEMARS Benoit | LIMAL | | 48 | vhh | 62 | 0:56:43 | 10,58 | 5:40 |
| 137 | 40369 | VANTRAECEM Frederic | | | 37 | seh | 54 | 0:56:45 | 10,57 | 5:41 |
| 138 | 23 | VANHOLLEBEKE Inga | KOKSIJDE | | 37 | sef | 11 | 0:56:48 | 10,56 | 5:41 |
| 139 | 42944 | CERDOBBEL An | | | 36 | sef | 12 | 0:56:48 | 10,56 | 5:41 |
| 140 | 10 | MONCAREY Ilse | VEURNE | | 42 | vff | 12 | 0:57:02 | 10,52 | 5:42 |
| 141 | 40393 | STOOP Tiny | | | 36 | sef | 13 | 0:57:04 | 10,51 | 5:42 |
| 142 | 40213 | DUCLOS Anne | | | 48 | vff | 13 | 0:57:32 | 10,43 | 5:45 |
| 143 | 25 | SABBE Dieter | KOKSIJDE | | 36 | seh | 55 | 0:57:35 | 10,42 | 5:46 |
| 144 | 39 | ALLEWERELT Iris | KOKSIJDE | | 42 | vff | 14 | 0:57:35 | 10,42 | 5:46 |
| 145 | 38 | LAPLASSE Anne | KOKSIJDE | | 49 | vff | 15 | 0:58:10 | 10,32 | 5:49 |
| 146 | 93 | REYNAERT Bert | TORHOUT | | 36 | seh | 56 | 0:58:54 | 10,19 | 5:53 |
| 147 | 40239 | DELANOTE Hanne | | | 23 | sef | 14 | 0:58:55 | 10,18 | 5:53 |
| 148 | 75 | DE GELAS Emiel | MIDDELKERKE | | 55 | vhh | 63 | 0:59:00 | 10,17 | 5:54 |
| 149 | 16 | VANWYMELBEKE Tina | LICHTERVELDE | | 41 | vff | 16 | 0:59:04 | 10,16 | 5:54 |
| 150 | 42934 | MARCHAND Kurt | | | 49 | vhh | 64 | 0:59:08 | 10,15 | 5:55 |
| 151 | 42895 | MARTENS JI | | | 36 | seh | 57 | 0:59:14 | 10,13 | 5:55 |
| 152 | 54 | MASSCHELEIN Marianne | KOKSIJDE | MARIANNE MASSCH | 58 | vff | 17 | 0:59:14 | 10,13 | 5:55 |
| 153 | 40215 | SPOORMANS Itar | | | 37 | seh | 58 | 0:59:16 | 10,12 | 5:56 |
| 154 | 40306 | VAN CAMPENHOUT Steven | | | 48 | vhh | 65 | 0:59:20 | 10,11 | 5:56 |
| 155 | 27 | RYCKEBOER Thomas | DE PANNE | | 39 | seh | 59 | 0:59:24 | 10,10 | 5:56 |
| 156 | 40357 | BRACKE Myra | | | 39 | sef | 15 | 0:59:25 | 10,10 | 5:56 |
| 157 | 40262 | DEBRUYNE Lieve | | | 38 | sef | 16 | 0:59:41 | 10,05 | 5:58 |
| 158 | 40254 | CHAMON Ilse | | | 39 | sef | 17 | 0:59:42 | 10,05 | 5:58 |
| 159 | 40304 | COKBELARE Joke | | | 40 | vff | 18 | 0:59:42 | 10,05 | 5:58 |
| 160 | 40294 | PROOT Laurent | | | 41 | vhh | 66 | 0:59:42 | 10,05 | 5:58 |
| 161 | 40346 | TANCRE Patrick | | | 54 | vhh | 67 | 0:59:43 | 10,05 | 5:58 |
| 162 | 58 | VERBANCK Lies | ADINKERKE | | 29 | sef | 18 | 0:59:43 | 10,05 | 5:58 |
| 163 | 40307 | DEGRIECK Lieven | | | 58 | vhh | 68 | 0:59:45 | 10,04 | 5:58 |
| 164 | 40224 | VANDENBERGHE Martine | | | 48 | vff | 19 | 0:59:46 | 10,04 | 5:59 |
| 165 | 40378 | MOERMAN Marie-Helene | | | 52 | vff | 20 | 1:00:13 | 9,96 | 6:01 |
| 166 | 40316 | DEBEU Petro | | | 40 | vhh | 69 | 1:00:27 | 9,93 | 6:03 |
| 167 | 40321 | DUAGELEUR Jochen | | | 15 | seh | 60 | 1:00:30 | 9,92 | 6:03 |
| 168 | 40214 | BRUYNOOGHE Jan | | | 51 | vhh | 70 | 1:00:32 | 9,91 | 6:03 |
| 169 | 40375 | BEDERT Katrien | | | 50 | vff | 21 | 1:00:36 | 9,90 | 6:04 |
| 170 | 40334 | SAMIJN Katie | | | 46 | vff | 22 | 1:00:37 | 9,90 | 6:04 |
| 171 | 22 | VANSEVENANT Pascal | IEPER | | 51 | vhh | 71 | 1:01:02 | 9,83 | 6:06 |
| 172 | 40379 | COUCKUYT Joost | | | 50 | vhh | 72 | 1:01:34 | 9,75 | 6:09 |
| 173 | 44 | BOELS Vera | ZELLIK | PASAR | 57 | vff | 23 | 1:01:51 | 9,70 | 6:11 |
| 174 | 33 | BRONDEEL Geert | VEURNE | | 65 | vhh | 73 | 1:01:57 | 9,69 | 6:12 |
| 175 | 31 | DELAMEILLEURE Delphine | BRUGGE | | 21 | sef | 19 | 1:02:03 | 9,67 | 6:12 |
| 176 | 40265 | DERUYTTER Katja | | | 42 | vff | 24 | 1:02:30 | 9,60 | 6:15 |
| 177 | 42957 | LAGROU Hanne | | | 21 | sef | 20 | 1:03:09 | 9,50 | 6:19 |
| 178 | 42955 | VANDALLE Margo | | | 21 | sef | 21 | 1:03:09 | 9,50 | 6:19 |
| 179 | 42956 | POTTIE Marie-Benedicte | | | 21 | sef | 22 | 1:03:12 | 9,49 | 6:19 |
| 180 | 104 | DEPAEPE Norbert | VEURNE | FITSCOOL | 70 | vhh | 74 | 1:03:39 | 9,43 | 6:22 |

| PL | NR | Naam | Woonplaats | Club | Age | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|-----|-------|-----------------------|--------------------|-----------------|-----|-----|-------|---------|------|---------|
| 181 | 17 | GISEWSKI Julia | WEZEMBEEK-OPPEM | | 40 | vff | 25 | 1:04:15 | 9,34 | 6:26 |
| 182 | 18 | GOORMANS Tom | WEZEMBEEK-OPPEM | | 40 | vhh | 75 | 1:04:16 | 9,34 | 6:26 |
| 183 | 40288 | HOSTE Paul | | | 55 | vhh | 76 | 1:04:29 | 9,30 | 6:27 |
| 184 | 82 | PIETERS Felix | KOKSIJDE | RUN FOR HOPE | 16 | seh | 61 | 1:04:33 | 9,30 | 6:27 |
| 185 | 83 | PIETERS Lieven | KOKSIJDE | RUN FOR HOPE | 48 | vhh | 77 | 1:04:34 | 9,29 | 6:27 |
| 186 | 40353 | GERAND Kaatje | | | 50 | vff | 26 | 1:04:36 | 9,29 | 6:28 |
| 187 | 87 | SARRAZYN Nathalie | LEISELE | SCHREVESLEKN | 31 | sef | 23 | 1:04:43 | 9,27 | 6:28 |
| 188 | 40208 | PELLET Leen | | | 36 | sef | 24 | 1:04:47 | 9,26 | 6:29 |
| 189 | 29 | PINSON Anthony | VEURNE | ACK KOKSIJDE | 44 | vhh | 78 | 1:05:16 | 9,19 | 6:32 |
| 190 | 42935 | RO TSAERT Nathalie | | | 45 | vff | 27 | 1:05:33 | 9,15 | 6:33 |
| 191 | 42938 | VERBRIGGE Jasmijn | | | 29 | sef | 25 | 1:05:34 | 9,15 | 6:33 |
| 192 | 42937 | MOSTREYN Annick | | | 49 | vff | 28 | 1:05:34 | 9,15 | 6:33 |
| 193 | 63 | COPPENS Rene | KOKSIJDE | | 64 | vhh | 79 | 1:05:41 | 9,13 | 6:34 |
| 194 | 8 | WATTEEUW Isabel | ROESELARE | | 45 | vff | 29 | 1:05:48 | 9,12 | 6:35 |
| 195 | 110 | DICKEL Greet | VEURNE | | 40 | vff | 30 | 1:05:48 | 9,12 | 6:35 |
| 196 | 40348 | DE ROUERE Ilse | | | 46 | vff | 31 | 1:06:27 | 9,03 | 6:39 |
| 197 | 40303 | KROOT Philippef | | | 27 | seh | 62 | 1:06:37 | 9,01 | 6:40 |
| 198 | 5 | DEMARCKE Kurt | DIKSMUIDE | | 40 | vhh | 80 | 1:07:02 | 8,95 | 6:42 |
| 199 | 28 | DE WANDEL Tienieke | KOKSIJDE | | 38 | sef | 26 | 1:07:04 | 8,95 | 6:42 |
| 200 | 40360 | PIL Joost | | | 39 | seh | 63 | 1:09:06 | 8,68 | 6:55 |
| 201 | 42905 | DECAT Kurt | | | 42 | vhh | 81 | 1:09:12 | 8,67 | 6:55 |
| 202 | 42904 | JASPAR Anne Catherine | | | 34 | sef | 27 | 1:09:14 | 8,67 | 6:55 |
| 203 | 40227 | BEKAERT Nele | | | 33 | sef | 28 | 1:10:07 | 8,56 | 7:01 |
| 204 | 80 | REYNAERT Leen | TORHOUT | | 41 | vff | 32 | 1:10:59 | 8,45 | 7:06 |
| 205 | 78 | REYNAERT Bieke | RUDDERVOORDE | | 40 | vff | 33 | 1:11:00 | 8,45 | 7:06 |
| 206 | 21 | VANDENBROUCKE Hilde | IEPER | DE LOKOMOTIEF R | 49 | vff | 34 | 1:15:10 | 7,98 | 7:31 |
| 207 | 70 | BRAECKMAN Veronique | OUDENBURG (ROKSEM) | | 38 | sef | 29 | 1:15:42 | 7,93 | 7:34 |
| 208 | 42906 | CORRYNE Leander | | | 14 | seh | 64 | 1:18:05 | 7,68 | 7:48 |
| 209 | 42907 | CALLY Bram | | | 13 | seh | 65 | 1:18:05 | 7,68 | 7:48 |
| 210 | 40349 | STAES Chloe | | | 39 | sef | 30 | 1:18:26 | 7,65 | 7:51 |
| 211 | 40383 | VERSTRAETE Hanne | | | 41 | vff | 35 | 1:19:06 | 7,59 | 7:55 |
| 212 | 42908 | MODAER Mailine | | | 46 | vff | 36 | 1:19:52 | 7,51 | 7:59 |