Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	291	Derboven	Thomas	Tongerlo	M1	SEN	AC Hulshout	00:14:54	18.52	03:14
2	267	Thiels	Liam	Testelt	M2	SEN		00:15:01	18.38	03:15
3	356	Rens	Stefan	Westerlo	M3	MAS+50	ACHL	00:15:07	18.26	03:17
4	270	Van De Gaer	Wesley	Averbode	M4	MAS+40	Boothyvision	00:15:11	18.18	03:18
5	347	Lauwen	Gino	Westerlo	M5	MAS+40	AC Westerlo	00:15:40	17.62	03:24
6	307	Verherstraeten	Rick	Herselt	M6	SEN	De Dorpspomp	00:15:44	17.54	03:25
7	260	Rochtus	Jordi	Hulshout	M7	SEN	Waver loopt	00:15:52	17.39	03:26
8	283	Wouters	Chriske	Diest	M8	MAS+50	MAES SQM Running t...	00:16:02	17.21	03:29
9	251	Mans	Steve	Testelt	M9	MAS+35	ACHL	00:16:03	17.2	03:29
10	295	Van der Sande	Giel	Ramsel	M10	SEN	ROBA	00:16:09	17.09	03:30
11	361	Wuyts	Lode	Werchter	M11	SEN	ROBA	00:16:11	17.05	03:31
12	454	Cremers	Maarten	Ramsel	M12	SEN	RTT	00:16:24	16.83	03:33
13	264	Sleeckx	Godwin	Heist o/d Berg	M13	CAD	AVZK	00:16:28	16.76	03:34
14	355	Cammaerts	Gillian	Herselt	M14	MAS+35	De Dorpspomp	00:16:31	16.71	03:35
15	384	Bertels	Jeroen	Wilsele	M15	SEN	2G1C	00:16:34	16.66	03:36
16	225	Adriaens	Jeroen	Herselt	M16	MAS+35		00:16:37	16.61	03:36
17	341	Serneels	Pieter-Jan	Langdorp	M17	SEN	Platte Jatten	00:16:56	16.3	03:40
18	296	Heremans	Ferre	Heist o/d Berg	M18	SCH	AC Hulshout	00:17:01	16.22	03:41
19	423	Isack Haile Ande...	Isack	Heist o/d Berg	M19	MAS+35	AVZK	00:17:05	16.16	03:42
20	320	Schmelzer	Marcel	Scherpenheuvel	M20	MAS+40	Borussia Dortmund	00:17:07	16.12	03:43
21	422	Morren	Nand	Herent	M21	SEN	2G1C	00:17:15	16	03:45
22	257	Perdieus	Joeri	Langdorp	M22	SEN	ROBA	00:17:16	15.98	03:45
23	346	Mondelaers	Steven	Laakdal	M23	MAS+35	Looise AV	00:17:25	15.85	03:47
24	288	Vercammen	Milan	Ramsel	M24	JUN		00:17:26	15.83	03:47
25	297	Van Egdom	Twan	Heist o/d Berg	M25	SCH	AVZK	00:17:40	15.62	03:50
26	441	Vermeylen	Michael	Hulshout	M26	MAS+35	ROBA	00:17:44	15.56	03:51
27	249	Lievens	Kristof	Oevel	M27	SEN	Umicore	00:17:47	15.52	03:51
28	399	Nelissen	Robin	Werchter	M28	MAS+35	ROBA	00:17:48	15.51	03:52
29	467	Millon	Jannis	Ramsel	M29	SEN	VK Linden	00:17:52	15.45	03:53
30	339	Maes	Peter	Wolfsdonk	M30	MAS+40	Irish Pub Dubh-Linn	00:17:54	15.42	03:53
31	418	Wouters	Robin	Ramsel	M31	SEN		00:17:55	15.4	03:53
32	271	Van den Bosch	Rudy	Holsbeek	M32	MAS+55	Kapsalon Luc	00:17:59	15.35	03:54
33	348	's Jongers	Brent	Houtvenne	M33	JUN		00:18:03	15.29	03:55
34	408	Witters	Jesse	Heist o/d Berg	M34	SEN	Berglopers	00:18:05	15.26	03:55
35	256	Peeters	Jimmy	Begijnendijk	M35	MAS+40	Sportiva Gelrode	00:18:06	15.25	03:56
36	367	Van Leuffelen	Jan	Oevel	M36	MAS+55		00:18:08	15.22	03:56
37	398	Henderix	Kris	Testelt	M37	MAS+45	Weefbergrunners	00:18:09	15.21	03:56
38	365	Verbist	Wouter	Begijnendijk	M38	MAS+45	ROBA	00:18:15	15.12	03:58
39	349	Viskens	Jesse	Booischot	M39	SEN	Peak TT	00:18:16	15.11	03:58
40	293	Corten	Jimmy	Herselt	M40	MAS+40		00:18:18	15.08	03:58
41	308	Stremersch	Danny	Herselt	M41	MAS+55	ACHL	00:18:20	15.05	03:59
42	387	Vander Sande	Thomas	Houtvenne	M42	SEN		00:18:24	15	04:00
43	335	Huypens	Sander	Herselt	M43	CAD	AC Herentals	00:18:27	14.96	04:00
44	336	De Voeght	Rik	Westerlo	M44	CAD	ACHL	00:18:28	14.95	04:00
45	311	Saenen	Ferde	Zichem	M45	MIN	Looise AV	00:18:35	14.85	04:02
46	322	Sprenghers	Wesley	Booischot	M46	SEN		00:18:37	14.83	04:02
47	315	Degreef	Michael	Aarschot	M47	SEN		00:18:42	14.76	04:03
48	406	Derdin	Simon	Houtvenne	M48	JUN	AVZK	00:18:44	14.73	04:04
49	453	Van Tricht	Ruben	Herselt	M49	SEN		00:18:48	14.68	04:05
50	353	De Cock	Nico	Baal	M50	MAS+45		00:18:54	14.6	04:06

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
51	375	Beynaerts	Kim	Begijnendijk	M51	MAS+35	ROBA	00:18:57	14.56	04:07
52	242	Hendrickx	Wim	Herent	M52	MAS+40	Kapsalon Luc	00:18:59	14.54	04:07
53	250	Lorayna	John	Ramsel	M53	JUN		00:19:02	14.5	04:08
54	340	Verlinden	Julie	Kortrijk-Dutsel	V1	SEN	Kapsalon Luc	00:19:03	14.49	04:08
55	338	Lemmens	Steve	Langdorp	M54	MAS+45	AVZK	00:19:09	14.41	04:09
56	278	Vanstechelman	Kato	Langdorp	V2	MIN	Go Like Hell	00:19:20	14.28	04:12
57	368	Sools	Freddy	Zichem	M55	MAS+55		00:19:21	14.26	04:12
58	325	Stijnen	Katrien	Herselt	V3	MAS+45	AC Westerlo	00:19:22	14.25	04:12
59	411	Vervoort	Daan	Begijnendijk	M56	CAD	KVC Westerlo	00:19:24	14.23	04:13
60	409	Claes	Naud	Begijnendijk	M57	CAD	KVC Westerlo	00:19:25	14.21	04:13
61	359	Janssens	Niels	Langdorp	M58	MAS+35		00:19:27	14.19	04:13
62	319	Vranckx	Jochen	Eindhout	M59	SEN		00:19:29	14.17	04:14
63	442	Leyman	Gijs	Baal	M60	MAS+40	RTT	00:19:30	14.15	04:14
64	351	Haemels	Arnout	Keerbergen	M61	SEN		00:19:34	14.11	04:15
65	280	Verboven	Vincent	Zichem	M62	MAS+35	Blijf lopen 2021	00:19:38	14.06	04:16
66	434	Sweeck	Steven	Hulshout	M63	SEN	KSV Schriek	00:19:39	14.05	04:16
67	233	Discart	Mario	Baal	M64	MAS+50	ROBA Recreanten	00:19:41	14.02	04:16
68	390	Van Dyck	Siebe	Varendonk	M65	CAD		00:19:43	14	04:17
69	352	Van Der Steen	Flor	Wiekevorst	M66	MIN	Team Wikkeveust	00:19:44	13.99	04:17
70	468	Delen	Yentl	Aarschot	M67	SEN	Weefbergrunners	00:19:44	13.99	04:17
71	414	Serneels	Nie	Hulshout	V4	PUP	Hulshout AC	00:19:46	13.96	04:17
72	265	Teniers	Iris	Betekom	V5	MAS+45	AVZK	00:19:47	13.95	04:18
73	415	Serneels	Kurt	Westerlo	M68	MAS+40		00:19:49	13.93	04:18
74	247	Korthout	Tim	Geel	M69	MAS+35		00:19:50	13.92	04:18
75	294	Torfs	Benny	Itegem	M70	MAS+50	Berglopers	00:19:51	13.9	04:18
76	381	Scharre	Stef	Noorderwijk	M71	SEN		00:19:53	13.88	04:19
77	312	Saenen	Joeri	Zichem	M72	MAS+45		00:19:55	13.86	04:19
78	255	Op de Beeck	Werner	Ramsel	M73	MAS+40	Sportiva Gelrode	00:19:58	13.82	04:20
79	407	Derdin	Wannes	Houtvenne	M74	SEN		00:20:03	13.77	04:21
80	459	Stevens	Tom	Wiekevorst	M75	SEN		00:20:04	13.75	04:21
81	259	Peynenborg	Rune	Ramsel	M76	MIN		00:20:05	13.74	04:21
82	343	Waegemans	Joghen	Hulshout	M77	MAS+50	Berglopers	00:20:08	13.71	04:22
83	321	Vermeulen	Lauren	Booischot	V6	SEN	AVZK	00:20:16	13.62	04:24
84	306	Verhoeven	Kristof	Herselt	M78	MAS+35	Pacers of Darkness	00:20:18	13.6	04:24
85	235	Eeckhout	Jef	Herselt	M79	MAS+40		00:20:23	13.54	04:25
86	331	Gijbels	Simon	Herselt	M80	PUP		00:20:42	13.33	04:30
87	309	Nijs	Pieter	Zichem	M81	MAS+40	Joskes van AC Weste...	00:20:46	13.29	04:30
88	389	Van Dyck	Wim	Varendonk	M82	MAS+40		00:20:46	13.29	04:30
89	392	Wijns	Pascal	Schriek	M83	JUN	Dami	00:20:47	13.28	04:31
90	273	Van der Borght	Sander	Ramsel	M84	SEN		00:20:48	13.27	04:31
91	394	Vermeulen	Eddy	Westerlo	M85	MAS+65	FC KWB Bergom	00:20:51	13.24	04:31
92	258	Peynenborg	Luc	Ramsel	M86	MAS+45		00:20:53	13.22	04:32
93	440	Van Kerkhoven	Lucas	Nieuwrode	M87	MAS+60		00:20:55	13.2	04:32
94	246	Korthout	Nils	Tessenderlo	M88	SEN		00:20:56	13.18	04:33
95	226	Bastiaens	Nancy	Hulshout	V7	MAS+40	Berglopers	00:20:57	13.17	04:33
96	404	De Bruyn	Katinka	Westerlo	V8	MAS+45	AC Westerlo	00:20:59	13.15	04:33
97	391	Wijns	Geert	Heist o/d Berg	M89	MAS+50	Dami	00:21:00	13.14	04:33
98	328	Van den Heuvel	Tom	Ramsel	M90	MAS+40		00:21:02	13.12	04:34
99	405	Van den Eynde	Johan	Westerlo	M91	MAS+50	AC Westerlo	00:21:02	13.12	04:34
100	238	Fonteyn	Dimitri	Laakdal	M92	SEN		00:21:03	13.11	04:34

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
101	413	Serneels	Door	Hulshout	M93	MIN	AC Hulshout	00:21:07	13.07	04:35
102	460	Bastiaens	Koen	Ramsel	M94	MAS+35		00:21:09	13.05	04:35
103	289	Vanbrabant	Ann-Bee	Veerle	V9	PUP	Go Like Hell	00:21:10	13.04	04:36
104	452	Naets	Ivo	Itegem	M95	MAS+55	AVZK	00:21:11	13.03	04:36
105	377	Claes	Karen	Wezemaal	V10	MAS+35	KC-team	00:21:12	13.02	04:36
106	386	Perdieus	Johan	Langdorp	M96	MAS+50	ROBA	00:21:13	13.01	04:36
107	299	Sterckx	Mateja	Nijlen	V11	MIN		00:21:21	12.93	04:38
108	427	Claes	Evy	Westerlo	V12	SEN		00:21:22	12.92	04:38
109	243	Hoefkens	Chris	Booischot	M97	MAS+55	Berglopers	00:21:25	12.89	04:39
110	314	Peetermans	Nicky	Langdorp	M98	MAS+40	RTT	00:21:27	12.87	04:39
111	241	Gybels	Eddy	Begijnendijk	M99	MAS+55		00:21:29	12.85	04:40
112	393	Van Passel	Jan	Langdorp	M100	MAS+50	Kapsalon Luc	00:21:31	12.83	04:40
113	266	Testelmans	Luc	Herselt	M101	MAS+55		00:21:33	12.81	04:41
114	366	Van Bael	Laurenz	Hulshout	M102	SEN	De Dorpspomp	00:21:34	12.8	04:41
115	372	Van Loy	Kristof	Houtvenne	M103	MAS+40		00:21:49	12.65	04:44
116	439	Deloof	Joris	Leuven	M104	SEN	2G1C	00:21:51	12.63	04:45
117	231	Crets	Paul	Ramsel	M105	MAS+55		00:21:55	12.59	04:45
118	344	Anthonis	Rudi	Tremelo	M106	MAS+60	Bowling Center Tremelo	00:21:58	12.56	04:46
119	237	Eeckhout	Ward	Herselt	M107	CAD		00:22:03	12.52	04:47
120	416	Van Dingenen	Filip	Herselt	M108	MAS+40		00:22:06	12.49	04:48
121	337	De Vries	Rita	Schriek	V13	MAS+60	ROBA	00:22:08	12.47	04:48
122	304	Gevaert	Finn	Herselt	M109	PUP		00:22:09	12.46	04:48
123	248	Lambrechts	Liam	Ramsel	M110	PUP		00:22:12	12.43	04:49
124	400	Pelgrims	Nancy	Schriek	V14	MAS+55	ROBA Recreanten	00:22:13	12.42	04:49
125	428	Huijs	Willem	Aarschot	M111	MAS+50	OKKE	00:22:15	12.4	04:50
126	326	Wanten	Ann	Ramsel	V15	MAS+35		00:22:16	12.4	04:50
127	282	Vluymans	Amber	Ramsel	V16	SEN		00:22:20	12.36	04:51
128	438	Goyvaerts	Nico	ramsel	M112	MAS+50		00:22:22	12.34	04:51
129	239	Gielen	Michel	Tessenderlo	M113	MAS+60		00:22:24	12.32	04:52
130	421	Van Springel	Yannick	Herselt	M114	SEN	De Dorpspomp	00:22:25	12.31	04:52
131	371	Van Den Broeck	Dorien	Begijnendijk	V17	MAS+35		00:22:29	12.28	04:53
132	450	Van der Veken	Ruben	Herselt	M115	SEN		00:22:30	12.27	04:53
133	436	Lem	Sokcha	Herselt	M116	SEN	Spieren Los	00:22:31	12.26	04:53
134	301	Wyns	Jos	Hallaar	M117	MAS+65	Berglopers	00:22:37	12.2	04:55
135	269	Van Casteren	Lore	Houtvenne	V18	SEN		00:22:39	12.19	04:55
136	432	Geudens	Katrien	Ramsel	V19	MAS+50		00:22:48	12.11	04:57
137	471	Van Roosbroeck	Hans	Meerhout	M118	MAS+45		00:22:51	12.08	04:58
138	397	Van Oosterwyck	Ludo	Testelt	M119	MAS+55	Weefbergrunners	00:22:55	12.04	04:58
139	426	Neefs	Bert	Gelrode	M120	MAS+55	Sportiva Gelrode	00:22:59	12.01	04:59
140	425	Dehond	Sebastian	Herselt	M121	JUN		00:23:05	11.96	05:01
141	362	Matthijs	Zeno	Messelbroek	M122	CAD		00:23:06	11.95	05:01
142	376	Coremans	Cyriel	Aarschot	M123	MAS+70	ROBA	00:23:09	11.92	05:01
143	380	Scharre	Femke	Noorderwijk	V20	MIN	ACHL	00:23:11	11.91	05:02
144	464	Van Bedts	Ceppe	Herselt	M124	SEN		00:23:13	11.89	05:02
145	228	Cardoso Rodrigues	Raul	Ramsel	M125	CAD		00:23:18	11.85	05:03
146	342	Croonen	Eddy	Ramsel	M126	MAS+55	Kapsalon Luc	00:23:20	11.83	05:04
147	396	Goddé	Patrick	Herselt	M127	MAS+55	FC KWB Bergom	00:23:26	11.78	05:05
148	383	Vervloesem	Joachim	Aarschot	M128	SEN	2G1C	00:23:26	11.78	05:05
149	373	Van Loo	Alfons	Hallaar	M129	MAS+60	Berglopers	00:23:33	11.72	05:07
150	286	Klerckx	Floor	Ramsel	V21	SEN		00:23:39	11.67	05:08

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
151	431	Lemmens	Paul	Nijlen	M130	MAS+45		00:23:40	11.66	05:08
152	470	Vekemans	Ellen	Booischot	V22	MAS+40	AVZK	00:23:42	11.65	05:09
153	354	Cammaerts	Tiebe	Herselt	M131	PUP	De Dorpspomp	00:23:43	11.64	05:09
154	360	Op de Beeck	Stijn	Ramsel	M132	MAS+40	Heistse Berglopers	00:23:45	11.62	05:09
155	410	Claes	Marnic	Begijnendijk	M133	MAS+50	KVC Westerlo	00:23:51	11.57	05:11
156	364	Bergen	Nicole	Messelbroek	V23	MAS+50	Kapsalon Luc	00:23:59	11.51	05:12
157	333	Dox	Michiel	Herselt	M134	SEN		00:24:01	11.49	05:13
158	370	Sools	Flor	Zichem	M135	MIN		00:24:03	11.48	05:13
159	412	Somers	Leentje	Aarschot	V24	MAS+50		00:24:10	11.42	05:15
160	281	Verhaegen	Katrien	Begijnendijk	V25	MAS+40		00:24:12	11.4	05:15
161	363	Van Laer	Dimitri	Wilsele	M136	MAS+45		00:24:14	11.39	05:16
162	445	Bierinckx	Evi	Grobbendonk	V26	MAS+35	Heating Control	00:24:18	11.36	05:16
163	332	Dox	Sybe	Herselt	M137	MIN		00:24:27	11.29	05:18
164	287	Cuijpers	Bart	Herselt	M138	MAS+50		00:24:30	11.27	05:19
165	300	Dewulf	Michelle	Ramsel	V27	CAD	ROBA	00:24:33	11.24	05:20
166	429	Ceusters	Stef	Tielt-Winge	M139	MAS+55	OKKE	00:24:38	11.2	05:21
167	290	Vermeulen	Gert	Ramsel	M140	SEN		00:24:40	11.19	05:21
168	369	Van Diest	Joke	Zichem	V28	MAS+45		00:24:44	11.16	05:22
169	455	Thielemans	Mark	Ramsel	M141	MAS+45		00:24:46	11.14	05:23
170	424	Dehond	Herwig	Ramsel	M142	MAS+55		00:24:48	11.13	05:23
171	298	Lemoine	Ronny	Herselt	M143	MAS+50		00:24:52	11.1	05:24
172	303	Bouwen	Marie	Ramsel	V29	PUP		00:24:53	11.09	05:24
173	430	Ooms	Diederik	Herselt	M144	MAS+65		00:25:02	11.03	05:26
174	318	Cumps	Chris	Aarschot	M145	MAS+65	BSJ	00:25:06	11	05:27
175	317	Cumps	Sofie	Langdorp	V30	MAS+40	BSJ	00:25:07	10.99	05:27
176	236	Eeckhout	Nand	Herselt	M146	MAS+40		00:25:09	10.97	05:28
177	227	Cardoso Rodrigues	Emanuel	Ramsel	M147	MAS+35		00:25:17	10.92	05:29
178	345	Buyle	Elke	Laakdal	V31	MAS+40	Looise AV	00:25:23	10.87	05:31
179	385	Van Eynde	Willy	Herselt	M148	MAS+60	HULS	00:25:25	10.86	05:31
180	310	De Wachter	Carine	Keerbergen	V32	MAS+60		00:25:29	10.83	05:32
181	292	Boeckx	Jonas	Ramsel	M149	CAD		00:25:31	10.82	05:32
182	268	Van Bree	Anja	Ramsel	V33	MAS+50		00:25:33	10.8	05:33
183	285	Voet	Monique	Herselt	V34	MAS+55		00:25:34	10.8	05:33
184	462	Lorent	Marte	Wezemaal	V35	MAS+40		00:25:36	10.78	05:33
185	461	Wilms	Manu	Wezemaal	M150	MAS+35		00:25:41	10.75	05:35
186	262	Saenen	Lene	Testelt	V36	MIN	Looise AV	00:25:44	10.73	05:35
187	261	Saenen	Laure	Testelt	V37	CAD	Looise AV	00:25:44	10.73	05:35
188	263	Saenen	Lennert	Testelt	M151	PUP	Looise AV	00:25:46	10.71	05:36
189	388	Heremans	Miet	Heist o/d Berg	V38	MAS+45	Heistse Berglopers	00:25:49	10.69	05:36
190	447	Heremans	Lars	Hulshout	M152	PUP		00:25:50	10.68	05:36
191	327	Delen	Kristof	Herselt	M153	SEN		00:25:51	10.68	05:37
192	448	Van Eynde	Charlotte	Hulshout	V39	MAS+35		00:25:52	10.67	05:37
193	334	Delen	Jonas	Herselt	M154	MIN		00:25:54	10.66	05:37
194	457	Vandenbroeck	Philippe	Averbode	M155	MAS+35	ph.vdb@hotmail.com	00:25:54	10.66	05:37
195	402	Helsen	Jan	Baal	M156	MAS+35		00:26:07	10.57	05:40
196	465	Verduyn	Wim	Ramsel	M157	SEN		00:26:19	10.49	05:43
197	401	Geukens	Dana	Baal	V40	SEN		00:26:20	10.48	05:43
198	456	Van Dyck	Daan	Herselt	M158	SEN		00:26:23	10.46	05:44
199	252	Mattheus	Glenn	Booischot	M159	SEN		00:26:26	10.44	05:44
200	253	Matthijs	Anouck	Westerlo	V41	SEN		00:26:27	10.43	05:45

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
201	302	Hendrickx	Arlette	Hallaar	V42	MAS+65		00:26:28	10.43	05:45
202	379	Meir	Els	Noorderwijk	V43	MAS+50		00:26:32	10.4	05:46
203	374	Cumps	Els	Hallaar	V44	MAS+55	Berglopers	00:26:40	10.35	05:47
204	350	Andries	Sven	Aarschot	M160	SEN		00:26:42	10.34	05:48
205	403	Ven	Sigrid	Ramsel	V45	MAS+45		00:26:45	10.32	05:48
206	245	Kenes	Katia	Herselt	V46	MAS+40		00:26:49	10.29	05:49
207	458	Van Noten	Dirk	Herselt	M161	MAS+55		00:26:59	10.23	05:51
208	417	Van Otten	Peggy	Ramsel	V47	MAS+45		00:27:07	10.18	05:53
209	234	Discart	Mia	Begijnendijk	V48	MAS+60	ROBA Recreanten	00:27:11	10.15	05:54
210	274	Van Gossum	Veerle	Baal	V49	MAS+45	ROBA Recreanten	00:27:12	10.15	05:54
211	305	Van Orshaegen	Nicole	Olen	V50	MAS+60	Berglopers	00:27:13	10.14	05:55
212	378	Roelants	Myriam	Wezemaal	V51	MAS+60		00:27:18	10.11	05:56
213	244	Janssens	Mieke	Ramsel	V52	MAS+35		00:27:33	10.02	05:59
214	435	Aerts	Rudi	Aarschot	M162	MAS+55	OKKE	00:27:36	10	06:00
215	254	Op de Beeck	Patrick	Baal	M163	MAS+55	Berglopers	00:27:38	9.99	06:00
216	230	Cleynhens	Karine	Baal	V53	MAS+50	Berglopers	00:27:39	9.98	06:00
217	433	Vermeulen	Charlotte	Ramsel	V54	SEN		00:27:41	9.97	06:01
218	316	Vanden Brande	Jessica	Aarschot	V55	SEN		00:28:14	9.78	06:08
219	420	Poffé	Tiana	Zelem	V56	SEN		00:28:28	9.7	06:11
220	419	Poffé	Ludwig	Zelem	M164	MAS+55		00:28:30	9.68	06:11
221	395	Nicasy	Gijs	Eppegem	M165	MAS+40	NWRC	00:28:44	9.61	06:14
222	323	Straetmans	Gilbert	Booischot	M166	MAS+65	Berglopers	00:28:50	9.57	06:16
223	324	Goovaerts	Jef	Heist o/d Berg	M167	MAS+70	Berglopers	00:28:51	9.57	06:16
224	313	Verherstraeten	Raf	Herselt	M168	MAS+55	De Dorpspomp	00:29:01	9.51	06:18
225	446	Gijsemans	Michel	Heist op den...	M169	MAS+60	De Dorpspomp	00:29:03	9.5	06:18
226	382	Op de Beeck	Suzy	Tremelo	V57	MAS+50	Berglopers	00:29:15	9.44	06:21
227	444	Craenen	Koen	Aarschot	M170	MAS+40	OKKE	00:29:44	9.28	06:27
228	443	Wouters	Ilse	Gelrode	V58	MAS+50	ROBA Okke Aarschot	00:29:46	9.27	06:28
229	451	Van Looy	Joke	Herselt	V59	MAS+40		00:29:48	9.26	06:28
230	437	Wauteraerts	Wendy	Ramsel	V60	MAS+50	Spieren Los	00:30:43	8.99	06:40
231	463	Vanhoof	Kato	Houtvenne	V61	SEN		00:30:48	8.96	06:41
232	358	Mondelaers	Katrien	Begijnendijk	V62	MAS+45	AVZK	00:32:17	8.55	07:01
233	240	Gielis	Ellen	Westerlo	V63	MAS+40	Berglopers	00:32:27	8.51	07:03
234	357	Schellens	Annemie	Hallaar	V64	MAS+40	AVZK	00:32:41	8.44	07:06
235	466	Daems	Gunther	Herselt	M171	MAS+45		00:34:28	8.01	07:29