Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	37	Delmé	Ward	Averbode	M1	SEN	ROBA	00:05:45	20.87	02:52
2	4	Hernalsteens	Cedric	Etterbeek	M2	MAS+35	USBW	00:05:50	20.57	02:55
3	30	Van Ouytsel	Sten	Rillaar	M3	JUN	ROBA	00:05:53	20.4	02:56
4	15	Perdieus	Joeri	Langdorp	M4	SEN	Roba	00:06:06	19.67	03:03
5	11	Helsen	Michel	Rillaar	M5	MAS+40		00:06:13	19.3	03:06
6	29	Hartmans	Robin	Maastricht	M6	JUN	Atletiek Maastricht	00:06:21	18.9	03:10
7	39	Smets	Benjamin	Gelrode	M7	SEN	Roba	00:06:28	18.56	03:14
8	53	Mans	Steve	Testelt	M8	MAS+40	SQM Running team	00:06:32	18.37	03:16
9	72	Rymenants	Jarne	Begijnendijk	M9	CAD	ROBA	00:06:36	18.18	03:18
10	56	Devroye	Thomas	Nieuwrode	M10	JUN	ROBA	00:06:42	17.91	03:21
11	74	Tytgat	Joke	Aarschot	V1	CAD	ROBA	00:06:55	17.35	03:27
12	71	De Cock	Nico	Baal	M11	MAS+45	Sportiva Gelrode	00:07:03	17.02	03:31
13	78	Korthout	Tim	Geel	M12	MAS+35		00:07:09	16.78	03:34
14	59	Vanden Bosch	Rudy	Holsbeek	M13	MAS+60	Kapsalon Luc	00:07:12	16.67	03:36
15	52	Mans	Dylan	Testelt	M14	MIN	Houtvenne	00:07:18	16.44	03:39
16	55	Rens	Luk	Hulshout	M15	MAS+40	AC Hulshout	00:07:32	15.93	03:46
17	61	Coomans	Seb	Baal	M16	CAD		00:07:37	15.75	03:48
18	57	Bastiaens	Nancy	Hulshout	V2	MAS+45	AC Hulshout	00:07:42	15.58	03:51
19	87	Aerts	Kobe	Leuven	M17	SEN	Webosaurus	00:07:47	15.42	03:53
20	80	Tillie	Giovanni	Tilburg	M18	SEN		00:07:48	15.38	03:54
21	49	Lieckens	Jarne	Westerlo	M19	CAD	AVLL	00:07:49	15.35	03:54
22	73	Vandeneinden	Mona	Rotselaar	V3	CAD	Roba	00:07:52	15.25	03:56
23	85	Peeters	Klaas	Rotselaar	M20	MAS+35		00:07:57	15.09	03:58
24	60	Van Os	Danièle	Holsbeek	V4	MAS+35	Sportiva Gelrode	00:07:59	15.03	03:59
25	48	Laeremans	Lander	Hulshout	M21	CAD		00:08:16	14.52	04:08
26	51	Torfs	Flor	Langdorp	M22	MIN	Houtvenne	00:08:22	14.34	04:11
27	75	Billet	Jasper	Langdorp	M23	PUP	Go Like Hell	00:08:25	14.26	04:12
28	76	Billet	Stefan	Langdorp	M24	MAS+40	AATT	00:08:26	14.23	04:13
29	66	Vos	Joppe	Wezemaal	M25	PUP		00:08:37	13.93	04:18
30	7	Van Leemputte	Fenne	Baal	M26	PUP	ROBA	00:08:38	13.9	04:19
31	14	Perdieus	Johan	Langdorp	M27	MAS+50	Roba	00:08:40	13.85	04:20
32	20	Lambert	Kelly	Nieuwrode	V5	MAS+35	Sportiva Gelrode	00:08:49	13.61	04:24
33	1	Miseur	Manfred	Aarschot	M28	MAS+60	Sportiva Gelrode	00:08:50	13.58	04:25
34	58	Op de Beeck	Werner	Ramsel	M29	MAS+45	Sportiva Gelrode	00:08:52	13.53	04:26
35	67	Vos	Ronald	Wezemaal	M30	MAS+35		00:08:52	13.53	04:26
36	12	Helsen	Liene	Rillaar	V6	MIN		00:08:53	13.51	04:26
37	3	Winnepenninckx	Kenny	Tremelo	M31	MIN		00:08:55	13.46	04:27
38	24	Wouters	Siebe	Rotselaar	M32	MIN		00:08:58	13.38	04:29
39	65	Gordts	Sepp	Gelrode	M33	BEN	Klim-op Begijnendijk	00:09:01	13.31	04:30
40	64	Gordts	Lenn	Gelrode	M34	MIN	Klim-op Begijnendijk	00:09:03	13.26	04:31
41	79	Sijmus	Willy	Keerbergen	M35	MAS+70		00:09:12	13.04	04:36
42	33	Grossard	Kyan	Wezemaal	M36	SCH		00:09:31	12.61	04:45
43	26	Van Cauwenberge	Annelies	Langdorp	V7	MAS+35	Sportiva Gelrode	00:09:40	12.41	04:50
44	6	De Pelsmaeker	Paulien	Kortrijk-Dutsel	V8	PUP	ROBA	00:09:41	12.39	04:50
45	54	Laurens	Ellen	Hulshout	V9	MAS+45	AC Hulshout	00:09:50	12.2	04:55
46	81	Tille	Maurice	Tilburg	M37	MAS+50		00:09:53	12.14	04:56
47	62	Van Rensbergen	Jan	Gelrode	M38	MAS+40		00:09:55	12.1	04:57
48	46	Vinckx	Felix	Ramsel	M39	MIN		00:09:57	12.06	04:58
49	47	Vinckx	Leon	Ramsel	M40	SCH		00:09:58	12.04	04:59
50	23	Serrus	Karen	Leuven	V10	MAS+55		00:10:02	11.96	05:01

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
51	41	Raedemaekers	Robbe	Aarschot	M41	SCH		00:10:20	11.61	05:10
52	32	Kerkhofs	Coen	Gelrode	M42	CAD		00:10:29	11.45	05:14
53	45	Vantongelen	Tieme	Rillaar	M43	BEN		00:10:31	11.41	05:15
54	44	Vantongelen	Kim	Rillaar	M44	MAS+40		00:10:32	11.39	05:16
55	22	Pandelaers	Warre	Holsbeek	M45	BEN		00:10:37	11.3	05:18
56	2	De Taeye	Carine	Oudergem	M46	MAS+60		00:10:39	11.27	05:19
57	31	Kerkhofs	Joran	Gelrode	M47	SCH		00:10:40	11.25	05:20
58	69	Witpas	Tuur	Wezemaal	M48	MIN		00:10:42	11.21	05:21
59	28	Cumps	Els	Hallaar	V11	MAS+55	Berglopers	00:10:43	11.2	05:21
60	82	De Pelsmaeker	Quinten	Kortrijk-Dutsel	M49	BEN	ROBA	00:10:44	11.18	05:22
61	16	Aerts	Fien	Kortrijk-Dutsel	V12	PUP		00:10:47	11.13	05:23
62	25	Keustermans	Elke	Rotselaar	V13	MAS+35		00:11:10	10.75	05:35
63	21	Van Herck	Freya	Schulen	V14	SEN		00:11:13	10.7	05:36
64	27	Van Loo	Fons	Hallaar	M50	MAS+60	Berglopers	00:11:19	10.6	05:39
65	50	Goovaerts	Jef	Heist o/d Berg	M51	MAS+70	Berglopers	00:11:25	10.51	05:42
66	36	Vissenaekens	Rhune	Wezemaal	M52	PUP		00:11:26	10.5	05:43
67	35	Vissenaekens	Dieter	Wezemaal	M53	MAS+35		00:11:31	10.42	05:45
68	38	Bollaerts	Josee	Wezemaal	V15	MAS+35		00:11:32	10.4	05:46
69	40	Raedemaekers	Cisse	Aarschot	M54	PUP		00:11:39	10.3	05:49
70	17	Smekens	Josse	Langdorp	M55	KAN		00:12:04	9.94	06:02
71	18	Smekens	Ella	Langdorp	V16	PUP		00:12:14	9.81	06:07
72	19	Smekens	Michiel	Langdorp	M56	MAS+35		00:12:16	9.78	06:08
73	84	Pex	Liese	Scherpenheuvel	V17	KAN	Go Like Hell	00:12:21	9.72	06:10
74	34	Vounckx	Korneel	Aarschot	M57	BEN		00:12:22	9.7	06:11
75	9	Vounckx	Noah	Aarschot	M58	PUP		00:12:23	9.69	06:11
76	13	Jacobs	Joke	Aarschot	V18	MAS+35		00:12:23	9.69	06:11
77	10	Van der Roost	Paulien	Schriek	V19	KAN		00:12:32	9.57	06:16
78	8	Van Lier	Stefan	Tremelo	M59	MAS+65		00:12:34	9.55	06:17
79	86	De Cock	Lotte	Aarschot	V20	SEN		00:12:59	9.24	06:29
80	63	Vos	Emme	Wezemaal	V21	MIN	ROBA	00:13:20	9	06:40
81	83	Vos	Fiye	Wilsele	V22	PUP		00:13:21	8.99	06:40
82	68	Verschueren	Anne	Booischot	V23	MAS+55	Berglopers	00:13:35	8.83	06:47
83	77	Gielis	Ellen	Westerlo	V24	MAS+40	Berglopers	00:13:50	8.67	06:55
84	42	Vermeulen	An	Gelrode	V25	MAS+45		00:14:00	8.57	07:00
85	43	Vermeylen	Els	Aarschot	V26	MAS+40		00:14:01	8.56	07:00
86	5	Peeters	León	Schulen	M60	KAN		00:14:26	8.31	07:13
87	70	Hölscher	Anita	Rumst	V27	MAS+60	Berglopers	00:14:38	8.2	07:19