| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 101 | Smets | Benjamin | Gelrode | M1 | SEN | ROBA | 00:05:54 | 20.34 | 02:57 |
| 2 | 169 | Borgions | Lukas | Lovenjoel | M2 | SEN | ROBA / Webosaurus | 00:05:57 | 20.17 | 02:58 |
| 3 | 166 | Saenen | Ferde | Zichem | M3 | CAD | Looise AV | 00:06:00 | 20 | 03:00 |
| 4 | 139 | Rymenants | Jarne | Begijnendijk | M4 | SCH | ROBA | 00:06:33 | 18.32 | 03:16 |
| 5 | 128 | Wouters | Chriske | Diest | M5 | MAS+50 | SQM Running Team | 00:06:35 | 18.23 | 03:17 |
| 6 | 178 | De Proost | Steven | Betekom | M6 | MAS+50 | ROBA | 00:06:38 | 18.09 | 03:19 |
| 7 | 115 | De Pauw | Wim | Rotselaar | M7 | MAS+50 | ROBA | 00:06:39 | 18.05 | 03:19 |
| 8 | 102 | Vanbiervliet | Wouter | Marke | M8 | MAS+40 |  | 00:06:49 | 17.6 | 03:24 |
| 9 | 145 | Vander Sande | Thomas | Hulshout | M9 | SEN | ROBA | 00:06:57 | 17.27 | 03:28 |
| 10 | 112 | Grymonpon | Joost | Nieuwrode | M10 | MAS+55 | ROBA | 00:07:01 | 17.1 | 03:30 |
| 11 | 177 | Korthout | Tim | Geel | M11 | MAS+35 |  | 00:07:04 | 16.98 | 03:32 |
| 12 | 142 | Vanden Bosch | Rudy | Holsbeek | M12 | MAS+60 | Kapsalon Luc | 00:07:17 | 16.48 | 03:38 |
| 13 | 122 | Lieckens | Jarne | Westerlo | M13 | CAD | AVLL | 00:07:18 | 16.44 | 03:39 |
| 14 | 175 | Coomans | Seb | Baal | M14 | CAD |  | 00:07:19 | 16.4 | 03:39 |
| 15 | 126 | Rens | Lenn | Hulshout | M15 | CAD | AC Hulshout | 00:07:20 | 16.36 | 03:40 |
| 16 | 109 | Vranckx | Stijn | Mechelen | M16 | MAS+40 |  | 00:07:22 | 16.29 | 03:41 |
| 17 | 170 | Aerts | Kobe | Leuven | M17 | SEN | Webosaurus | 00:07:28 | 16.07 | 03:44 |
| 18 | 104 | Wouters | Siebe | Rotselaar | M18 | MIN | KDN United | 00:07:51 | 15.29 | 03:55 |
| 19 | 116 | Van Rensbergen | Thijs | Gelrode | M19 | MIN |  | 00:07:56 | 15.13 | 03:58 |
| 20 | 137 | Kerkhofs | Coen | Gelrode | M20 | SCH |  | 00:07:59 | 15.03 | 03:59 |
| 21 | 107 | Helsen | Liene | Rillaar | V1 | MIN |  | 00:08:02 | 14.94 | 04:01 |
| 22 | 151 | Capodifoglia | Matteo | Genk | M21 | SCH |  | 00:08:04 | 14.88 | 04:02 |
| 23 | 106 | Gordts | Lenn | Gelrode | M22 | MIN | Klim-op Begijnendijk | 00:08:05 | 14.85 | 04:02 |
| 24 | 174 | Grossard | Kyan | Wezemaal | M23 | JUN |  | 00:08:09 | 14.72 | 04:04 |
| 25 | 148 | Vos | Joppe | Wezemaal | M24 | PUP | ROBA Betekom | 00:08:11 | 14.66 | 04:05 |
| 26 | 117 | De Cock | Nico | Baal | M25 | MAS+45 | Sportiva Gelrode | 00:08:22 | 14.34 | 04:11 |
| 27 | 171 | De Pelsmaeker | Paulien | Kortrijk-Dutsel | V2 | MIN | ROBA | 00:08:24 | 14.29 | 04:12 |
| 28 | 163 | Verbinnen | Tuur | Wezemaal | M26 | BEN | ROBA | 00:08:29 | 14.15 | 04:14 |
| 29 | 93 | Vos | Emme | Wezemaal | V3 | MIN | ROBA | 00:08:31 | 14.09 | 04:15 |
| 30 | 147 | Gordts | Sepp | Gelrode | M27 | PUP | Klim-op Begijnendijk | 00:08:37 | 13.93 | 04:18 |
| 31 | 155 | Mertens | Cruz | Zichem | M28 | PUP | ROBA | 00:09:02 | 13.28 | 04:31 |
| 32 | 92 | Buanga | Ivo | Gelrode | M29 | BEN | KFC Houtvenne | 00:09:10 | 13.09 | 04:35 |
| 33 | 157 | Delmé | Noor | Ramsel | V4 | MIN |  | 00:09:12 | 13.04 | 04:36 |
| 34 | 114 | Coekaerts | Gust | Aarschot | M30 | MIN |  | 00:09:13 | 13.02 | 04:36 |
| 35 | 176 | Lens | Wout | Nieuwrode | M31 | MIN |  | 00:09:20 | 12.86 | 04:40 |
| 36 | 99 | Van Cauwenberge | Annelies | Langdorp | V5 | MAS+35 | Sportiva Gelrode | 00:09:25 | 12.74 | 04:42 |
| 37 | 167 | Laurens | Ellen | Hulshout | V6 | MAS+45 | AC Hulshout | 00:09:30 | 12.63 | 04:45 |
| 38 | 168 | Sijmus | Willy | Keerbergen | M32 | MAS+70 |  | 00:09:32 | 12.59 | 04:46 |
| 39 | 172 | De Pelsmaeker | Quinten | Kortrijk-Dutsel | M33 | PUP | ROBA | 00:09:37 | 12.48 | 04:48 |
| 40 | 173 | De Pelsmaeker | Jelle | Kortrijk-Dutsel | M34 | MAS+40 |  | 00:09:38 | 12.46 | 04:49 |
| 41 | 158 | Delmé | Tom | Ramsel | M35 | MAS+45 |  | 00:09:43 | 12.35 | 04:51 |
| 42 | 121 | Smekens | Josse | Langdorp | M36 | KAN |  | 00:09:44 | 12.33 | 04:52 |
| 43 | 136 | Kerkhofs | Joran | Gelrode | M37 | JUN |  | 00:09:45 | 12.31 | 04:52 |
| 44 | 111 | Dewel | Mil | Rotselaar | M38 | PUP |  | 00:09:53 | 12.14 | 04:56 |
| 45 | 110 | Dewel | Fonne | Rotselaar | M39 | MIN |  | 00:09:55 | 12.1 | 04:57 |
| 46 | 146 | Maurice | Tillie | Tilburg (NL) | V7 | MAS+55 |  | 00:09:56 | 12.08 | 04:58 |
| 47 | 97 | Vounckx | Korneel | Aarschot | M40 | BEN |  | 00:09:59 | 12.02 | 04:59 |
| 48 | 105 | Awouters | Bérénice | Rotselaar | V8 | SEN |  | 00:10:02 | 11.96 | 05:01 |
| 49 | 150 | Capodifoglia | Massimo | Genk | M41 | KAN |  | 00:10:04 | 11.92 | 05:02 |
| 50 | 91 | Op de Beeck | Lotte | Ramsel | V9 | SEN | Berglopers | 00:10:05 | 11.9 | 05:02 |

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|---|---|---|---|---|---|---|---|---|---|---|
| 51 | 133 | Raedemaekers | Seppe | Aarschot | M42 | SCH | | 00:10:07 | 11.86 | 05:03 |
| 52 | 164 | Van Doren | Luïs | Tremelo | M43 | CAD | | 00:10:08 | 11.84 | 05:04 |
| 53 | 88 | Goovaerts | Stella | Ramsel | V10 | MAS+45 | Berglopers | 00:10:10 | 11.8 | 05:05 |
| 54 | 134 | Raedemaekers | Cisse | Aarschot | M44 | MIN | | 00:10:14 | 11.73 | 05:07 |
| 55 | 125 | Smekens | Michiel | Langdorp | M45 | MAS+35 | | 00:10:28 | 11.46 | 05:14 |
| 56 | 90 | Op de Beeck | Amber | Ramsel | V11 | SEN | Berglopers | 00:10:30 | 11.43 | 05:15 |
| 57 | 123 | Smekens | Ella | Langdorp | V12 | PUP | KAZS | 00:10:32 | 11.39 | 05:16 |
| 58 | 154 | Mertens | Jill | Zichem | V13 | BEN | | 00:10:33 | 11.37 | 05:16 |
| 59 | 156 | Mertens | Geert | Zichem | M46 | MAS+45 | | 00:10:35 | 11.34 | 05:17 |
| 60 | 108 | Helsen | Matho | Rillaar | M47 | BEN | | 00:10:42 | 11.21 | 05:21 |
| 61 | 100 | de Vrede | Dionne | Roermond (NL) | V14 | MAS+50 | | 00:10:46 | 11.15 | 05:23 |
| 62 | 149 | Kerkhofs | Marcel | Genk | M48 | MAS+55 | | 00:10:49 | 11.09 | 05:24 |
| 63 | 124 | Pex | Liese | Scherpenheuvel | V15 | BEN | Go Like Hell | 00:10:51 | 11.06 | 05:25 |
| 64 | 113 | Geypen | Evi | Aarschot | V16 | MAS+40 | | 00:11:01 | 10.89 | 05:30 |
| 65 | 132 | Peeters | Hasse | Aarschot | V17 | BEN | ROBA | 00:11:14 | 10.68 | 05:37 |
| 66 | 127 | Van Lier | Stefan | Tremelo | M49 | MAS+65 | | 00:11:17 | 10.64 | 05:38 |
| 67 | 140 | Buanga | Imani | Gelrode | V18 | BEN | KFC Houtvenne | 00:11:21 | 10.57 | 05:40 |
| 68 | 161 | Vos | Fiye | Wilsele | V19 | MIN | | 00:11:23 | 10.54 | 05:41 |
| 69 | 165 | Van Doren | Jolan | Tremelo | M50 | MIN | | 00:11:32 | 10.4 | 05:46 |
| 70 | 162 | Pereira Ambrocio | Jordana | Goetsenhoven | V20 | MAS+35 | Joggers Team Tienen | 00:11:33 | 10.39 | 05:46 |
| 71 | 103 | Keustermans | Elke | Rotselaar | V21 | MAS+35 | | 00:11:42 | 10.26 | 05:51 |
| 72 | 120 | Deldime | Liene | Aarschot | V22 | MIN | | 00:11:45 | 10.21 | 05:52 |
| 73 | 118 | Janssens | Nico | Aarschot | M51 | MAS+45 | | 00:11:46 | 10.2 | 05:53 |
| 74 | 119 | Deldime | Joachim | Aarschot | M52 | MAS+40 | | 00:11:49 | 10.16 | 05:54 |
| 75 | 96 | Van Opstal | James | Aarschot | M53 | BEN | | 00:12:11 | 9.85 | 06:05 |
| 76 | 94 | Vounckx | Noah | Aarschot | M54 | PUP | | 00:12:23 | 9.69 | 06:11 |
| 77 | 98 | Jacobs | Joke | Aarschot | V23 | MAS+35 | | 00:12:24 | 9.68 | 06:12 |
| 78 | 95 | Loozen | Jozua | Gelrode | M55 | SEN | | 00:12:32 | 9.57 | 06:16 |
| 79 | 143 | Neven | Mauro | Nieuwrode | M56 | PUP | | 00:12:37 | 9.51 | 06:18 |
| 80 | 153 | Van der Roost | Mil | Schriek | M57 | KAN | | 00:12:47 | 9.39 | 06:23 |
| 81 | 152 | Van Lier | Caroline | Schriek | V24 | MAS+35 | | 00:12:48 | 9.37 | 06:24 |
| 82 | 87 | Gielis | Ellen | Westerlo | V25 | MAS+45 | Berglopers | 00:12:50 | 9.35 | 06:25 |
| 83 | 141 | Vissenaekens | Liena | Wezemaal | V26 | BEN | | 00:12:52 | 9.33 | 06:26 |
| 84 | 144 | Vissenaekens | Dieter | Wezemaal | M58 | MAS+35 | | 00:12:54 | 9.3 | 06:27 |
| 85 | 138 | Vermeulen | An | Gelrode | V27 | MAS+45 | | 00:13:21 | 8.99 | 06:40 |
| 86 | 135 | Vermeylen | Els | Aarschot | V28 | MAS+40 | | 00:13:29 | 8.9 | 06:44 |
| 87 | 159 | Engelen | Amber | Leuven | V29 | PUP | | 00:15:37 | 7.68 | 07:48 |
| 88 | 130 | Luyten | Eva | Ramsel | V30 | CAD | | 00:15:45 | 7.62 | 07:52 |
| 89 | 131 | Verlinden | Peggy | Ramsel | V31 | MAS+50 | | 00:15:48 | 7.59 | 07:54 |
| 90 | 129 | Van Gossum | Lucienne | Houtvenne | V32 | MAS+75 | | 00:15:49 | 7.59 | 07:54 |
| 91 | 180 | Rijmenants | Ivo | | M59 | MAS+80 | | 00:16:13 | 7.4 | 08:06 |
| 92 | 179 | Engelen | Elize | Aarschot | V33 | MIN | | 00:18:15 | 6.58 | 09:07 |
| 93 | 160 | Agnieska | Nadel | Leuven | V34 | SEN | | 00:18:16 | 6.57 | 09:08 |
| 94 | 89 | Hölscher | Anita | Rumst | V35 | MAS+65 | Berglopers | 00:18:33 | 6.47 | 09:16 |