

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|------|---------------|------------|--------------------|-----|-----------|--------------------|----------|-------|--------|
| 1 | 37 | Wuyts | Lode | Werchter | M1 | SEN | ROBA | 00:15:12 | 19.74 | 03:02 |
| 2 | 382 | Vansumere | Ian | Sint-Genesius-Rode | M2 | MAS+35 | Training 7 | 00:15:17 | 19.63 | 03:03 |
| 3 | 484 | Verschoren | Pieter | Schriek | M3 | MAS+35 | Kapsalon Luc | 00:15:20 | 19.57 | 03:04 |
| 4 | 420 | Bosmans | Lukas | Tremelo | M4 | MAS+35 | PHNX | 00:15:23 | 19.5 | 03:04 |
| 5 | 433 | Decoster | Jelle | Vertrijk | M5 | SEN | DCLA | 00:15:28 | 19.4 | 03:05 |
| 6 | 1 | Thielemans | Robbe | Baal | M6 | SEN | ROBA | 00:15:37 | 19.21 | 03:07 |
| 7 | 398 | Deno | Koen | Heverlee | M7 | SEN | DCLA | 00:15:43 | 19.09 | 03:08 |
| 8 | 462 | De Moerlooze | Tibo | Heist o/d Berg | M8 | SEN | AVLL | 00:15:45 | 19.05 | 03:09 |
| 9 | 469 | Bervoets | Warre | Westerlo | M9 | SEN | AC HULSHOUT | 00:16:05 | 18.65 | 03:13 |
| 10 | 418 | Lunders | Nico | Lier | M10 | MAS+35 | AVLL | 00:16:33 | 18.13 | 03:18 |
| 11 | 46 | De Kerpel | Kevin | Heist-Goor | M11 | MAS+35 | | 00:16:36 | 18.07 | 03:19 |
| 12 | 42 | Minnart | Glenn | Hoeleden | M12 | SEN | | 00:16:41 | 17.98 | 03:20 |
| 13 | 459 | Camps | Tom | Veerle | M13 | MAS+40 | VDB Cycling te... | 00:16:43 | 17.95 | 03:20 |
| 14 | 366 | Van der Sande | Giel | Ramsel | M14 | SEN | DRT | 00:16:45 | 17.91 | 03:21 |
| 15 | 387 | De Rooy | Andy | Grobbendonk | M15 | MAS+50 | Coyote sports t... | 00:16:56 | 17.72 | 03:23 |
| 16 | 365 | Van den Bergh | Kris | Berchem | M16 | MAS+35 | | 00:16:59 | 17.66 | 03:23 |
| 17 | 392 | Helsen | Michel | Rillaar | M17 | MAS+40 | | 00:17:01 | 17.63 | 03:24 |
| 18 | 19 | Laureys | Kenneth | Morkhoven | M18 | SEN | DRT | 00:17:20 | 17.31 | 03:28 |
| 19 | 22 | Rymenants | Jarne | Begijnendijk | M19 | SCH | ROBA | 00:17:29 | 17.16 | 03:29 |
| 20 | 2005 | Wouters | Chriske | Diest | M20 | MAS+50 | SQM Running T... | 00:17:31 | 17.13 | 03:30 |
| 21 | 498 | Schelfhout | Katrien | Lier | V1 | SEN | AVLL | 00:17:40 | 16.98 | 03:32 |
| 22 | 466 | Cumps | Stan | Ramsel | M21 | SEN | | 00:17:42 | 16.95 | 03:32 |
| 23 | 432 | Decoster | Steven | Boutersem | M22 | MAS+50 | DCLA | 00:17:44 | 16.92 | 03:32 |
| 24 | 2023 | Deflem | Kenny | Tienen | M23 | SEN | RCT | 00:17:44 | 16.92 | 03:32 |
| 25 | 2027 | Van Santvoort | Thibo | Westerlo | M24 | CAD | De Dorpspomp | 00:17:47 | 16.87 | 03:33 |
| 26 | 460 | Sleeckx | Gijsbrecht | Heist o/d Berg | M25 | MAS+45 | AVZK | 00:17:50 | 16.82 | 03:34 |
| 27 | 429 | Van Rompaey | Nils | As | M26 | JUN | | 00:17:53 | 16.78 | 03:34 |
| 28 | 402 | Hendrickx | Stijn | Berlaar | M27 | MAS+40 | | 00:17:57 | 16.71 | 03:35 |
| 29 | 40 | De Vos | Tobias | Wezemaal | M28 | CAD | ROBA | 00:18:02 | 16.64 | 03:36 |
| 30 | 422 | Welkenhuysen | Jair | Rotselaar | M29 | MAS+40 | | 00:18:04 | 16.61 | 03:36 |
| 31 | 497 | Maes | Peter | Aarschot | M30 | MAS+45 | Irish Pub Dubh-... | 00:18:08 | 16.54 | 03:37 |
| 32 | 416 | Liekens | Vicky | Heist o/d Berg | V2 | MAS+35 | Race & Raise | 00:18:09 | 16.53 | 03:37 |
| 33 | 475 | De Feyter | Liesbeth | Tielt-Winge | V3 | MAS+35 | AC Hulshout | 00:18:19 | 16.38 | 03:39 |
| 34 | 30 | Vandeuren | Timo | Tremelo | M31 | SEN | ROBA | 00:18:29 | 16.23 | 03:41 |
| 35 | 26 | De Cock | Nico | Baal | M32 | MAS+45 | Sportiva Gelrode | 00:18:37 | 16.11 | 03:43 |
| 36 | 14 | Peeters | Ben | Rotselaar | M33 | SEN | PHNX | 00:18:40 | 16.07 | 03:44 |
| 37 | 374 | Vandenrijt | Jasper | | M34 | SEN | PHNX | 00:18:53 | 15.89 | 03:46 |
| 38 | 67 | Goedhuys | Toon | Langdorp | M35 | CAD | | 00:18:55 | 15.86 | 03:47 |
| 39 | 373 | Vanden Bosch | Rudy | Holsbeek | M36 | MAS+60 | Kapsalon Luc | 00:19:00 | 15.79 | 03:48 |
| 40 | 15 | Nelissen | Robin | Werchter | M37 | MAS+40 | ROBA | 00:19:06 | 15.71 | 03:49 |
| 41 | 489 | De Wyngaert | Dorien | Baal | V4 | MAS+35 | | 00:19:09 | 15.67 | 03:49 |
| 42 | 482 | Pauwels | Tom | Heist o/d Berg | M38 | MAS+45 | AC Hulshout | 00:19:09 | 15.67 | 03:49 |
| 43 | 2 | Korthout | Tim | Geel | M39 | MAS+35 | | 00:19:10 | 15.65 | 03:50 |
| 44 | 38 | De Vos | Matteo | Wezemaal | M40 | MIN | GSG Aarschot | 00:19:12 | 15.62 | 03:50 |
| 45 | 496 | Van Hoof | Dimi | Begijnendijk | M41 | SEN | De Eddy's | 00:19:13 | 15.61 | 03:50 |
| 46 | 454 | Vos | Jan | Rillaar | M42 | MAS+40 | A team | 00:19:15 | 15.58 | 03:51 |
| 47 | 405 | Kabir | Danyaal | Baal | M43 | SEN | | 00:19:17 | 15.56 | 03:51 |
| 48 | 332 | De Roeck | Liene | Lier | V5 | MAS+35 | AVLL | 00:19:17 | 15.56 | 03:51 |
| 49 | 499 | Vervecken | Cisse | Herentals | M44 | SCH | | 00:19:18 | 15.54 | 03:51 |
| 50 | 494 | Verbist | Wouter | Begijnendijk | M45 | MAS+50 | ROBA | 00:19:21 | 15.5 | 03:52 |

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|------|-----------------|----------|-----------------------|-----|-----------|--------------------|----------|-------|--------|
| 51 | 56 | Coomans | Seb | Baal | M46 | CAD | | 00:19:24 | 15.46 | 03:52 |
| 52 | 327 | Berckmans | Cedric | Muizen | M47 | MAS+35 | Bonhac | 00:19:27 | 15.42 | 03:53 |
| 53 | 70 | Offermans | Hans | Herenthout | M48 | MAS+45 | KTT & ACHL | 00:19:29 | 15.4 | 03:53 |
| 54 | 397 | Sterckx | Lee | Baal | M49 | SCH | | 00:19:30 | 15.38 | 03:54 |
| 55 | 451 | Peeters | Jimmy | Begijnendijk | M50 | MAS+45 | ROBA | 00:19:35 | 15.32 | 03:55 |
| 56 | 424 | Korthout | Nils | Tessengerlo | M51 | SEN | | 00:19:39 | 15.27 | 03:55 |
| 57 | 453 | Huysmans | Davy | Geel | M52 | MAS+45 | | 00:19:42 | 15.23 | 03:56 |
| 58 | 386 | Van den Acker | Joeri | Betekom | M53 | MAS+45 | | 00:19:43 | 15.22 | 03:56 |
| 59 | 25 | Op de Beeck | Werner | Ramsel | M54 | MAS+45 | Sportiva Gelrode | 00:19:47 | 15.16 | 03:57 |
| 60 | 4 | Saenen | Tom | Tessengerlo | M55 | MAS+50 | Bosvrienden | 00:20:04 | 14.95 | 04:00 |
| 61 | 474 | De Cat | Annouck | Hulshout | V6 | SEN | AC Hulshout | 00:20:07 | 14.91 | 04:01 |
| 62 | 2017 | Marteleur | Mischa | Langdorp | M56 | MAS+50 | Sportive Bike T... | 00:20:09 | 14.89 | 04:01 |
| 63 | 480 | De Cuyper | Tim | Schriek | M57 | MAS+40 | | 00:20:13 | 14.84 | 04:02 |
| 64 | 7 | Wallaert | Sara | Betekom | V7 | SEN | ROBA | 00:20:14 | 14.83 | 04:02 |
| 65 | 408 | Verhard | Gerry | Baal | M58 | MAS+45 | | 00:20:17 | 14.79 | 04:03 |
| 66 | 338 | Gibbels | Anne | | V8 | SEN | PHNX | 00:20:21 | 14.74 | 04:04 |
| 67 | 343 | Koekoekx | Ronny | OLV-Waver | M59 | MAS+60 | Bonheiden | 00:20:27 | 14.67 | 04:05 |
| 68 | 359 | Stynen | Bart | Putte | M60 | MAS+40 | BONH | 00:20:40 | 14.52 | 04:08 |
| 69 | 447 | Stremersch | Danny | Herselt | M61 | MAS+60 | Herenthout | 00:20:46 | 14.45 | 04:09 |
| 70 | 326 | Beekman | Rinke | | V9 | SEN | PHNX | 00:20:47 | 14.43 | 04:09 |
| 71 | 481 | De Raet | Kris | Hulshout | M62 | MAS+45 | AC Hulshout | 00:20:48 | 14.42 | 04:09 |
| 72 | 455 | Haspeslagh | Freddy | Gelrode | M63 | MAS+60 | Sportiva Gelrode | 00:20:50 | 14.4 | 04:10 |
| 73 | 76 | Brosens | Steve | Tremelo | M64 | MAS+40 | | 00:20:54 | 14.35 | 04:10 |
| 74 | 69 | Uytterhoeven | Tuur | Baal | M65 | CAD | KAC Betekom | 00:20:55 | 14.34 | 04:11 |
| 75 | 80 | Corthout | Tom | Begijnendijk | M66 | MAS+50 | ROBA | 00:20:59 | 14.3 | 04:11 |
| 76 | 436 | Moeurs | Bart | Scherpenheuvel-Zic... | M67 | MAS+45 | Stageco CT | 00:21:09 | 14.18 | 04:13 |
| 77 | 464 | Strouven | Rudi | Rotselaar | M68 | MAS+60 | ROBA | 00:21:10 | 14.17 | 04:14 |
| 78 | 473 | Van Dyck | Werner | Beerzel | M69 | MAS+50 | Berglopers | 00:21:14 | 14.13 | 04:14 |
| 79 | 443 | Rens | Lenn | Hulshout | M70 | CAD | AC Hulshout | 00:21:18 | 14.08 | 04:15 |
| 80 | 426 | Lieckens | Jarne | Westerlo | M71 | CAD | AVLL | 00:21:37 | 13.88 | 04:19 |
| 81 | 427 | Claes | An | Westerlo | V10 | MAS+40 | AVLL | 00:21:38 | 13.87 | 04:19 |
| 82 | 44 | Van Loo | Sharona | Grootlo | V11 | MAS+35 | | 00:21:44 | 13.8 | 04:20 |
| 83 | 483 | Van Rillaer | Katrien | Betekom | V12 | MAS+50 | ROBA Runners | 00:21:53 | 13.71 | 04:22 |
| 84 | 461 | Segers | Filip | Tildonk | M72 | MAS+50 | Hanewijkjoggers | 00:21:54 | 13.7 | 04:22 |
| 85 | 391 | Imbrechts | Jelle | Haacht | M73 | MAS+35 | | 00:22:01 | 13.63 | 04:24 |
| 86 | 468 | Van Kerkhoven | Lucas | Nieuwrode | M74 | MAS+65 | | 00:22:03 | 13.61 | 04:24 |
| 87 | 357 | Stroobants | Lieve | Bonheiden | V13 | MAS+60 | BONH | 00:22:05 | 13.58 | 04:25 |
| 88 | 86 | Das | Jo | Nieuwrode | M75 | MAS+50 | ROBA | 00:22:08 | 13.55 | 04:25 |
| 89 | 470 | Van Kerkhoven | Dirk | Vissenaken | M76 | MAS+60 | ROBA | 00:22:14 | 13.49 | 04:26 |
| 90 | 347 | Luyten | Karen | Langdorp | V14 | SEN | Den egger loper... | 00:22:15 | 13.48 | 04:27 |
| 91 | 36 | Van Braband | Pieter | Tremelo | M77 | MAS+35 | | 00:22:17 | 13.46 | 04:27 |
| 92 | 18 | Verhard | Nio | Morkhoven | M78 | MIN | De Dorpspomp | 00:22:21 | 13.42 | 04:28 |
| 93 | 465 | Van Vlasselaer | Isabelle | Gent | V15 | MAS+45 | | 00:22:31 | 13.32 | 04:30 |
| 94 | 414 | Vanbrabant | Jonas | Baal | M79 | MAS+35 | | 00:22:33 | 13.3 | 04:30 |
| 95 | 364 | Van den Acker | Paul | Heist o/d Berg | M80 | MAS+60 | AVZK | 00:22:35 | 13.28 | 04:31 |
| 96 | 13 | Caers | Geert | Geel | M81 | MAS+60 | AC Herenthout | 00:22:37 | 13.26 | 04:31 |
| 97 | 375 | Vangoidsenhoven | Diziana | Vissenaken | V16 | MAS+50 | ROBA | 00:22:44 | 13.2 | 04:32 |
| 98 | 431 | Weckhuysen | Serge | Betekom | M82 | MAS+50 | ROBA Runners | 00:22:47 | 13.17 | 04:33 |
| 99 | 378 | Veltmans | Roel | Schriek | M83 | MAS+35 | KSV Schriek | 00:22:52 | 13.12 | 04:34 |
| 100 | 384 | Mergaerts | Lio | Baal | M84 | MIN | | 00:22:53 | 13.11 | 04:34 |

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|------|----------------|-----------|----------------|------|-----------|--------------------|----------|-------|--------|
| 101 | 385 | Coppens | Lou | Baal | M85 | MIN | | 00:22:54 | 13.1 | 04:34 |
| 102 | 16 | Van der Hoeven | Hanne | Schriek | V17 | SEN | | 00:22:57 | 13.07 | 04:35 |
| 103 | 81 | Wouters | Joeri | Baal | M86 | MAS+45 | | 00:22:58 | 13.06 | 04:35 |
| 104 | 421 | Willms | Christina | Tremelo | V18 | MAS+35 | PHNX | 00:23:00 | 13.04 | 04:36 |
| 105 | 478 | Van Roosendael | Simen | Booischoot | M87 | SEN | | 00:23:11 | 12.94 | 04:38 |
| 106 | 417 | Van den Bergh | Giel | Tremelo | M88 | MAS+35 | De Eddy's | 00:23:14 | 12.91 | 04:38 |
| 107 | 393 | Helsen | Liene | Rillaar | V19 | MIN | | 00:23:15 | 12.9 | 04:39 |
| 108 | 485 | Verheyden | Gunther | Bekkevoort | M89 | MAS+45 | | 00:23:16 | 12.89 | 04:39 |
| 109 | 34 | Weyns | Leo | Heist o/d Berg | M90 | MAS+70 | | 00:23:18 | 12.88 | 04:39 |
| 110 | 60 | Van Reeth | Leen | Betekom | V20 | MAS+40 | | 00:23:18 | 12.88 | 04:39 |
| 111 | 20 | Vermeylen | Paul | Baal | M91 | MAS+60 | ROBA | 00:23:19 | 12.87 | 04:39 |
| 112 | 456 | Van Daele | Luc | Rotselaar | M92 | MAS+70 | ROBA Streetru... | 00:23:21 | 12.85 | 04:40 |
| 113 | 404 | Verhaegen | Jente | Tremelo | M93 | MAS+35 | | 00:23:21 | 12.85 | 04:40 |
| 114 | 47 | Van Rompay | Mathias | Baal | M94 | SEN | | 00:23:26 | 12.8 | 04:41 |
| 115 | 6 | Van der Auwera | Kim | Aarschoot | V21 | MAS+35 | | 00:23:28 | 12.78 | 04:41 |
| 116 | 500 | Thielemans | Hans | Baal | M95 | MAS+55 | ROBA | 00:23:31 | 12.76 | 04:42 |
| 117 | 59 | Goyvaerts | Nico | Ramsel | M96 | MAS+55 | | 00:23:31 | 12.76 | 04:42 |
| 118 | 399 | Heiremans | Nele | Betekom | V22 | SEN | Roba Runners | 00:23:35 | 12.72 | 04:43 |
| 119 | 24 | Van den Putte | Tom | Wiekevorst | M97 | MAS+45 | | 00:23:42 | 12.66 | 04:44 |
| 120 | 423 | De Feyter | Melissa | Rotselaar | V23 | MAS+45 | | 00:23:45 | 12.63 | 04:45 |
| 121 | 329 | Cambré | Sandra | Herentals | V24 | MAS+50 | Coyote Sports T... | 00:23:46 | 12.62 | 04:45 |
| 122 | 334 | De Vries | Rita | Schriek | V25 | MAS+65 | ROBA STREET... | 00:23:52 | 12.57 | 04:46 |
| 123 | 356 | Schroeven | Kelly | Schriek | V26 | SEN | Berglopers | 00:23:54 | 12.55 | 04:46 |
| 124 | 346 | Leyzen | Luk | Lier | M98 | MAS+75 | ROBA Runners | 00:23:55 | 12.54 | 04:47 |
| 125 | 352 | Nevelsteen | Staf | Booischoot | M99 | MAS+70 | Berglopers | 00:23:56 | 12.53 | 04:47 |
| 126 | 400 | Lissens | Daniel | Bierbeek | M100 | MAS+75 | Kapsalon Luc | 00:23:57 | 12.53 | 04:47 |
| 127 | 28 | Smets | Veerle | Aarschoot | V27 | MAS+40 | ROBA | 00:23:59 | 12.51 | 04:47 |
| 128 | 479 | Van Roosendael | Marc | Booischoot | M101 | MAS+55 | | 00:24:01 | 12.49 | 04:48 |
| 129 | 342 | Janssen | Luc | Bonheiden | M102 | MAS+65 | Bonheiden AC | 00:24:07 | 12.44 | 04:49 |
| 130 | 471 | Van den Broeck | Ivo | Tildonk | M103 | MAS+60 | Roba Runners | 00:24:12 | 12.4 | 04:50 |
| 131 | 66 | Willems | Marc | Baal | M104 | MAS+55 | Bowling Center... | 00:24:15 | 12.37 | 04:51 |
| 132 | 50 | Mattheus | Phoebe | Scherpenheuvel | V28 | SEN | The Tentshop | 00:24:16 | 12.36 | 04:51 |
| 133 | 430 | Van Rompaey | Senne | As | M105 | SCH | | 00:24:17 | 12.35 | 04:51 |
| 134 | 409 | Delaere | Jonathan | Baal | M106 | MAS+35 | | 00:24:21 | 12.32 | 04:52 |
| 135 | 33 | Goris | Lara | Baal | V29 | SCH | ROBA | 00:24:26 | 12.28 | 04:53 |
| 136 | 388 | Verstraete | Peter | Grathem (NL) | M107 | MAS+55 | | 00:24:33 | 12.22 | 04:54 |
| 137 | 72 | Trekels | Maarten | Werchter | M108 | MAS+35 | | 00:24:35 | 12.2 | 04:55 |
| 138 | 344 | Kusseneers | Luc | Rumst | M109 | MAS+65 | Berglopers | 00:24:39 | 12.17 | 04:55 |
| 139 | 2004 | Geleyn | Thieu | Bekkevoort | M110 | MAS+45 | Roba Diest | 00:24:44 | 12.13 | 04:56 |
| 140 | 370 | Van Loo | Sofie | Bonheiden | V30 | MAS+45 | BONH | 00:24:47 | 12.1 | 04:57 |
| 141 | 61 | Vervloesem | Lars | Bonheiden | M111 | MIN | Roba | 00:24:50 | 12.08 | 04:58 |
| 142 | 348 | Luyts | Emiel | Winksele | M112 | MAS+65 | Kapsalon Luc | 00:24:53 | 12.06 | 04:58 |
| 143 | 411 | Artoos | Tina | Begijnendijk | V31 | MAS+35 | ROBA | 00:24:54 | 12.05 | 04:58 |
| 144 | 446 | Delmé | Noor | Ramsel | V32 | MIN | | 00:24:58 | 12.02 | 04:59 |
| 145 | 78 | Swankaert | Cyriel | Tremelo | M113 | SEN | | 00:25:00 | 12 | 05:00 |
| 146 | 8 | Cumps | Sofie | Langdorp | V33 | MAS+40 | Kapsalon Luc | 00:25:04 | 11.97 | 05:00 |
| 147 | 428 | Van Rompaey | Andre | Betekom | M114 | MAS+70 | Kapsalon Luc | 00:25:06 | 11.95 | 05:01 |
| 148 | 450 | Van Roosendael | Lou | Baal | M115 | PUP | | 00:25:08 | 11.94 | 05:01 |
| 149 | 449 | Van Roosendael | Bert | Baal | M116 | MAS+40 | | 00:25:09 | 11.93 | 05:01 |
| 150 | 477 | Salien | Stijn | Baal | M117 | MAS+45 | De Eddy's | 00:25:11 | 11.91 | 05:02 |

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|------|--------------------|-----------|---------------|------|-----------|---------------------|----------|-------|--------|
| 151 | 448 | Vandevelde-Dahl... | Mattiz | Baal | M118 | PUP | | 00:25:11 | 11.91 | 05:02 |
| 152 | 45 | Schoolmeesters | Anne-Lies | Gelrode | V34 | MAS+55 | Sportiva Gelrode | 00:25:17 | 11.87 | 05:03 |
| 153 | 351 | Naets | Ivo | Itegem | M119 | MAS+60 | Berglopers | 00:25:19 | 11.85 | 05:03 |
| 154 | 5 | Mangelschots | Daan | Baal | M120 | SCH | | 00:25:23 | 11.82 | 05:04 |
| 155 | 53 | Van de Velde | Siebe | Baal | M121 | MIN | | 00:25:34 | 11.73 | 05:06 |
| 156 | 29 | Rombaux | Eddy | Rillaar | M122 | MAS+55 | ROBA | 00:25:38 | 11.7 | 05:07 |
| 157 | 41 | De Vos | Oscar | Wezemaal | M123 | PUP | | 00:25:43 | 11.67 | 05:08 |
| 158 | 39 | De Vos | Bart | Wezemaal | M124 | MAS+35 | | 00:25:44 | 11.66 | 05:08 |
| 159 | 476 | Korthout | Ronny | Herselt | M125 | MAS+65 | | 00:25:45 | 11.65 | 05:09 |
| 160 | 23 | Stroobants | Lisa | Aarschot | V35 | SEN | Roba Runners... | 00:25:49 | 11.62 | 05:09 |
| 161 | 68 | Uytterhoeven | Koen | OLV-Waver | M126 | MAS+50 | | 00:25:51 | 11.61 | 05:10 |
| 162 | 331 | Cleynhens | Karine | Tremelo | V36 | MAS+55 | Berglopers | 00:26:04 | 11.51 | 05:12 |
| 163 | 340 | Goossens | Tibo | Tremelo | M127 | SCH | | 00:26:05 | 11.5 | 05:13 |
| 164 | 362 | Tubeeckx | Fons | Tienen | M128 | MAS+70 | Joggersteam Ti... | 00:26:10 | 11.46 | 05:14 |
| 165 | 74 | Vandenweghe | Klaas | Baal | M129 | CAD | ROBA | 00:26:13 | 11.44 | 05:14 |
| 166 | 458 | Verdoodt | Koen | Baal | M130 | MAS+60 | ROBA | 00:26:20 | 11.39 | 05:16 |
| 167 | 363 | Uytterhoeven | Peter | Tremelo | M131 | MAS+55 | Berglopers | 00:26:22 | 11.38 | 05:16 |
| 168 | 43 | Van Dessel | Kevin | Schriek | M132 | MAS+35 | | 00:26:33 | 11.3 | 05:18 |
| 169 | 361 | Torfs | Benny | Itegem | M133 | MAS+55 | Berglopers | 00:26:35 | 11.29 | 05:19 |
| 170 | 467 | Sol | Rudy | Betekom | M134 | MAS+55 | KC-team | 00:26:39 | 11.26 | 05:19 |
| 171 | 367 | Van Deun | Sarah | Muizen | V37 | MAS+35 | Bonhac | 00:26:40 | 11.25 | 05:20 |
| 172 | 394 | Vermeylen | Roger | Boortmeerbeek | M135 | MAS+65 | Icarus | 00:26:46 | 11.21 | 05:21 |
| 173 | 372 | Vancampenhout | Guy | Vorselaar | M136 | MAS+60 | | 00:26:47 | 11.2 | 05:21 |
| 174 | 383 | Mergaerts | Milla | Baal | V38 | CAD | | 00:26:49 | 11.19 | 05:21 |
| 175 | 32 | Goris | Jana | Baal | V39 | CAD | Roba | 00:26:50 | 11.18 | 05:22 |
| 176 | 21 | Vanhorebeek | Jimmy | Baal | M137 | MAS+50 | | 00:26:51 | 11.17 | 05:22 |
| 177 | 31 | Belis | Rune | Schriek | V40 | SEN | | 00:26:52 | 11.17 | 05:22 |
| 178 | 452 | Verhaegen | Katrien | Begijnendijk | V41 | MAS+45 | | 00:26:53 | 11.16 | 05:22 |
| 179 | 27 | Degeest | Lewis | Baal | M138 | MIN | | 00:26:56 | 11.14 | 05:23 |
| 180 | 435 | Moeurs | Elise | Zichem | V42 | MIN | ROBA Diest | 00:26:57 | 11.13 | 05:23 |
| 181 | 35 | Croonen | Eddy | Ramsel | M139 | MAS+55 | Kapsalon Luc | 00:27:00 | 11.11 | 05:24 |
| 182 | 410 | Op de Beeck | Tine | Schriek | V43 | MAS+35 | | 00:27:03 | 11.09 | 05:24 |
| 183 | 445 | Delmé | Tom | Ramsel | M140 | MAS+45 | | 00:27:05 | 11.08 | 05:25 |
| 184 | 389 | Bloemmen | Ulrike | Grathem (NL) | V44 | MAS+45 | | 00:27:07 | 11.06 | 05:25 |
| 185 | 403 | Van Gestel | Dave | Begijnendijk | M141 | MAS+40 | | 00:27:08 | 11.06 | 05:25 |
| 186 | 55 | Bommers | Florian | Nieuwrode | M142 | SEN | | 00:27:16 | 11 | 05:27 |
| 187 | 75 | Carrière | Brenda | Baal | V45 | MAS+45 | Roba Runners | 00:27:22 | 10.96 | 05:28 |
| 188 | 360 | Stynen | Tessa | Putte | V46 | CAD | BONH | 00:27:24 | 10.95 | 05:28 |
| 189 | 2007 | Guldolf | Dries | Aarschot | M143 | MAS+35 | Sportiva Gelrode | 00:27:31 | 10.9 | 05:30 |
| 190 | 57 | Van Hecke | Kobe | Tremelo | M144 | PUP | | 00:27:32 | 10.9 | 05:30 |
| 191 | 58 | Van Aken | Wendy | Tremelo | V47 | MAS+35 | | 00:27:33 | 10.89 | 05:30 |
| 192 | 84 | Neefs | Bert | Gelrode | M145 | MAS+60 | Sportiva Gelrode | 00:27:36 | 10.87 | 05:31 |
| 193 | 79 | Lelievre | Jimmy | Tremelo | M146 | MAS+40 | KineTremelo | 00:27:39 | 10.85 | 05:31 |
| 194 | 85 | Beerens | Mats | Baal | M147 | MIN | | 00:27:46 | 10.8 | 05:33 |
| 195 | 457 | Janssens | Sven | Testelt | M148 | MAS+35 | ROBA Streetru... | 00:27:51 | 10.77 | 05:34 |
| 196 | 11 | Smekens | Josse | Langdorp | M149 | KAN | | 00:27:58 | 10.73 | 05:35 |
| 197 | 412 | Potemans | Roger | Gelrode | M150 | MAS+70 | Sportiva Gelrode | 00:28:02 | 10.7 | 05:36 |
| 198 | 413 | Van den Ende | Nick | Tremelo | M151 | MAS+40 | KineTremelo | 00:28:06 | 10.68 | 05:37 |
| 199 | 463 | Ceulemans | Lowie | Baal | M152 | PUP | | 00:28:08 | 10.66 | 05:37 |
| 200 | 492 | Vermeylen | Erwin | Tremelo | M153 | MAS+60 | Kine Praktijk Tr... | 00:28:09 | 10.66 | 05:37 |

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|------|----------------|----------|----------------|------|-----------|--------------------|----------|-------|--------|
| 201 | 52 | Ceulemans | Geert | Baal | M154 | MAS+45 | | 00:28:12 | 10.64 | 05:38 |
| 202 | 77 | Swanckaert | Luc | Tremelo | M155 | MAS+60 | | 00:28:15 | 10.62 | 05:39 |
| 203 | 493 | Aerts | Natacha | Begijnendijk | V48 | MAS+50 | | 00:28:19 | 10.59 | 05:39 |
| 204 | 9 | Cumps | Chris | Aarschot | M156 | MAS+65 | Kapsalon Luc | 00:28:25 | 10.56 | 05:41 |
| 205 | 2018 | Verstraeten | Annick | Langdorp | V49 | MAS+50 | Sportive Bike T... | 00:28:29 | 10.53 | 05:41 |
| 206 | 371 | Van Rompay | Karen | Baal | V50 | SEN | | 00:28:35 | 10.5 | 05:43 |
| 207 | 73 | Van espen | Kimberly | Tremelo | V51 | SEN | | 00:28:39 | 10.47 | 05:43 |
| 208 | 381 | Salaets | Fien | Baal | V52 | CAD | ROBA recreanten | 00:28:47 | 10.42 | 05:45 |
| 209 | 380 | Van Vlasselaer | Elly | Baal | V53 | MAS+40 | ROBA Recreant... | 00:28:48 | 10.42 | 05:45 |
| 210 | 2002 | Van der Roost | Paulien | Schriek | V54 | BEN | | 00:28:51 | 10.4 | 05:46 |
| 211 | 369 | Van Lier | Caroline | Schriek | V55 | MAS+35 | | 00:28:54 | 10.38 | 05:46 |
| 212 | 401 | Scheers | Guido | Tremelo | M157 | MAS+65 | Roba Runners | 00:28:56 | 10.37 | 05:47 |
| 213 | 10 | Van Hoof | Mieke | Tremelo | V56 | MAS+40 | | 00:28:58 | 10.36 | 05:47 |
| 214 | 490 | D'hollander | Febe | Baal | V57 | CAD | KCBJ | 00:29:00 | 10.34 | 05:48 |
| 215 | 3 | Hermans | Roos | Baal | V58 | CAD | | 00:29:00 | 10.34 | 05:48 |
| 216 | 437 | Van Daele | Mike | Baal | M158 | MAS+45 | De Loopse Beul... | 00:29:03 | 10.33 | 05:48 |
| 217 | 415 | Commeyne | Robin | Baal | M159 | PUP | | 00:29:07 | 10.3 | 05:49 |
| 218 | 49 | Janssens | Rune | Schriek | M160 | BEN | | 00:29:09 | 10.29 | 05:49 |
| 219 | 48 | Janssens | Jeroen | Schriek | M161 | MAS+35 | | 00:29:10 | 10.29 | 05:50 |
| 220 | 487 | Verschueren | Gerry | Heist o/d Berg | M162 | MAS+45 | Berglopers | 00:29:11 | 10.28 | 05:50 |
| 221 | 419 | Van Orden | Kris | Baal | M163 | MAS+50 | | 00:29:13 | 10.27 | 05:50 |
| 222 | 395 | Vloeberghen | Frans | Hever | M164 | MAS+80 | Icarus Boortme... | 00:29:14 | 10.26 | 05:50 |
| 223 | 472 | Verherstraeten | Raf | Herselt | M165 | MAS+60 | De Dorpspomp | 00:29:16 | 10.25 | 05:51 |
| 224 | 2003 | Amulius | Danny | Bekkevoort | M166 | MAS+60 | | 00:29:20 | 10.23 | 05:52 |
| 225 | 495 | Garmyn | Nico | Tremelo | M167 | MAS+60 | | 00:29:24 | 10.2 | 05:52 |
| 226 | 486 | Anthonis | Rudi | Tremelo | M168 | MAS+60 | Bowling Club Tr... | 00:29:31 | 10.16 | 05:54 |
| 227 | 376 | Veltmans | Florian | Schriek | M169 | MIN | KSV Schriek | 00:29:37 | 10.13 | 05:55 |
| 228 | 407 | Nolmans | Jente | Baal | V59 | SEN | | 00:29:45 | 10.08 | 05:57 |
| 229 | 349 | Mattheus | Giel | Betekom | M170 | SEN | | 00:29:52 | 10.04 | 05:58 |
| 230 | 439 | Rinckhout | Elly | Baal | V60 | CAD | Loopse Beulen | 00:29:55 | 10.03 | 05:59 |
| 231 | 438 | Van Daele | Hanne | Baal | V61 | SCH | De Loopse Beul... | 00:29:56 | 10.02 | 05:59 |
| 232 | 396 | Van Nuffel | Janni | Baal | V62 | SEN | KineTremelo | 00:29:59 | 10.01 | 05:59 |
| 233 | 71 | Louis | Nathalie | Werchter | V63 | MAS+35 | | 00:29:59 | 10.01 | 05:59 |
| 234 | 444 | Eijckmans | Eric | Laakdal | M171 | MAS+60 | | 00:30:02 | 9.99 | 06:00 |
| 235 | 406 | Mariën | Mario | Baal | M172 | MAS+55 | KineTremelo | 00:30:03 | 9.98 | 06:00 |
| 236 | 2001 | Van Lier | Stefan | Tremelo | M173 | MAS+65 | | 00:30:15 | 9.92 | 06:03 |
| 237 | 491 | D'Hollander | Jurre | Baal | M174 | MIN | BT - United | 00:30:19 | 9.9 | 06:03 |
| 238 | 358 | Stroombergen | Ymke | Aarschot | V64 | SEN | | 00:30:33 | 9.82 | 06:06 |
| 239 | 333 | De Smet | Kelly | Tremelo | V65 | SEN | KineTremelo | 00:30:35 | 9.81 | 06:07 |
| 240 | 62 | De Cauter | Dario | Aarschot | M175 | PUP | | 00:30:49 | 9.73 | 06:09 |
| 241 | 64 | Lemmens | Nathalie | Baal | V66 | MAS+40 | | 00:31:04 | 9.66 | 06:12 |
| 242 | 65 | De Roover | Jessy | Baal | V67 | MAS+40 | | 00:31:05 | 9.65 | 06:13 |
| 243 | 339 | Goossens | Febe | Tremelo | V68 | SEN | | 00:31:28 | 9.53 | 06:17 |
| 244 | 354 | Samyn | Wendy | Putte | V69 | MAS+45 | BONH | 00:31:32 | 9.51 | 06:18 |
| 245 | 390 | Crabbé | Paulien | Tremelo | V70 | SEN | | 00:31:35 | 9.5 | 06:19 |
| 246 | 83 | Heremans | Miet | Heist o/d Berg | V71 | MAS+45 | Berglopers | 00:31:37 | 9.49 | 06:19 |
| 247 | 17 | Roelants | Myriam | Wezemaal | V72 | MAS+65 | | 00:31:41 | 9.47 | 06:20 |
| 248 | 377 | Veltmans | Lena | Schriek | V73 | CAD | VOC Schriek | 00:31:55 | 9.4 | 06:23 |
| 249 | 63 | Vervloesem | Nils | Baal | M176 | PUP | | 00:32:16 | 9.3 | 06:27 |
| 250 | 12 | Smekens | Michiel | Langdorp | M177 | MAS+35 | | 00:32:31 | 9.23 | 06:30 |

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|-----|----------------|----------|----------------|------|-----------|------------------|----------|------|--------|
| 251 | 350 | Mees | Karen | Bonheiden | V74 | MAS+45 | BONH | 00:32:45 | 9.16 | 06:33 |
| 252 | 425 | Laeremans | Rene | Aarschot | M178 | MAS+65 | | 00:32:49 | 9.14 | 06:33 |
| 253 | 440 | Verleden | Sofie | Tremelo | V75 | SEN | | 00:32:54 | 9.12 | 06:34 |
| 254 | 441 | Gyzels | Brian | Tremelo | M179 | SEN | | 00:32:55 | 9.11 | 06:35 |
| 255 | 328 | Bonnez | Laura | Baal | V76 | SEN | | 00:33:24 | 8.98 | 06:40 |
| 256 | 353 | Op de Beeck | Suzy | Tremelo | V77 | MAS+55 | Berglopers | 00:33:32 | 8.95 | 06:42 |
| 257 | 82 | Gelin | Greet | Kessel Lo | V78 | MAS+55 | Roba runners | 00:33:42 | 8.9 | 06:44 |
| 258 | 434 | Deceuninck | Dries | Lier | M180 | SEN | Loonse Beulen | 00:33:48 | 8.88 | 06:45 |
| 259 | 51 | Depoorter | Ayke | Niel | V79 | SEN | BBC Schelle | 00:34:18 | 8.75 | 06:51 |
| 260 | 54 | Brebels | Monique | Tremelo | V80 | MAS+60 | | 00:35:02 | 8.56 | 07:00 |
| 261 | 379 | Wouters | Vicky | Begijnendijk | V81 | MAS+40 | Sportiva Gelrode | 00:35:51 | 8.37 | 07:10 |
| 262 | 355 | Schoeters | Chantal | Baal | V82 | MAS+55 | Sportiva Gelrode | 00:35:52 | 8.36 | 07:10 |
| 263 | 345 | Kwanten | Lies | OLV-Waver | V83 | MAS+35 | Bonheiden AC | 00:37:05 | 8.09 | 07:25 |
| 264 | 341 | Hölscher | Anita | Rumst | V84 | MAS+65 | Berglopers | 00:37:11 | 8.07 | 07:26 |
| 265 | 488 | De Weerd | Christel | Heist o/d Berg | V85 | MAS+50 | Berglopers | 00:37:12 | 8.06 | 07:26 |
| 266 | 442 | Van der Schoot | Erwin | Keerbergen | M181 | MAS+50 | | 00:37:28 | 8.01 | 07:29 |
| 267 | 336 | Discart | Nele | Aarschot | V86 | MAS+40 | | 00:37:32 | 7.99 | 07:30 |
| 268 | 337 | Everaerts | Sarah | Baal | V87 | MAS+35 | | 00:45:32 | 6.59 | 09:06 |