

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	159	Poncelet	Quentin	Hélécine	M1	MAS+35	Absolute Run Jog...	00:16:02	18.71	03:12
2	133	Kinders	Tommy	Paal	M2	MAS+35	Antwerp Athletics	00:16:06	18.63	03:13
3	132	Jorissen	Roel	Assent	M3	MAS+35	ACW	00:16:23	18.31	03:16
4	292	Wuyts	Lode	Werchter	M4	SEN	ROBA	00:16:55	17.73	03:23
5	201	Helsen	Michel	Rillaar	M5	MAS+40		00:17:06	17.54	03:25
6	265	Pelgrims	Tim	Landen	M6	MAS+35	HRC	00:17:23	17.26	03:28
7	104	De Rooy	Andy	Grobbendonk	M7	MAS+50	Coyote sports team	00:17:24	17.24	03:28
8	115	Dewil	Arne	Bonheiden	M8	JUN	BONH AC	00:17:24	17.24	03:28
9	244	Minnart	Glenn	Hoeleden	M9	SEN		00:17:34	17.08	03:30
10	194	Van Bael	Tim	Hallaar	M10	SEN		00:17:37	17.03	03:31
11	129	Huon	Fabian	Baal	M11	JUN	De Leeuwkes	00:17:43	16.93	03:32
12	224	Verschaeren	Geert	Heist o/d Berg	M12	MAS+45	AVZK	00:17:52	16.79	03:34
13	208	Verhaert	Gerry	Averbode	M13	MAS+40	AC Hulshout	00:17:53	16.78	03:34
14	110	De Vos	Tobias	Wezemaal	M14	CAD	ROBA	00:18:02	16.64	03:36
15	198	Deprez	Dieter	Aalst	M15	MAS+40		00:18:10	16.51	03:38
16	149	Mertens	Elias	Sint-Joost-ten-Node	M16	SEN		00:18:12	16.48	03:38
17	2005	Wouters	Chriske	Diest	M17	MAS+50	SQM Running Team	00:18:14	16.45	03:38
18	239	Maes	Melchior	Langdorp	M18	SCH		00:18:15	16.44	03:39
19	207	Van Rompaey	Nils	As	M19	JUN		00:18:19	16.38	03:39
20	287	Cumps	Stan	Ramsel	M20	SEN		00:18:20	16.36	03:40
21	240	Maes	Peter	Aarschot	M21	MAS+45	Irish Pub Dubh-Linn	00:18:24	16.3	03:40
22	235	Cuyvers	Jonas	Deurne	M22	JUN	De Windbrekers	00:18:28	16.25	03:41
23	2023	Deflem	Kenny	Tienen	M23	SEN	RCT	00:18:30	16.22	03:42
24	275	Smulders	Stijn	Muizen	M24	MAS+35	Brokkenlopers	00:18:38	16.1	03:43
25	222	Verlinden	Timo	Westmeerbeek	M25	JUN	AVZK	00:18:42	16.04	03:44
26	138	Lauwaert	Nina	Sint-Niklaas	V1	MAS+35	Smart-sport	00:18:44	16.01	03:44
27	2027	Van Santvoort	Thibo	Westerlo	M26	CAD	De Dorpspomp	00:18:52	15.9	03:46
28	2021	Sonck	Ruth	Tienen	V2	MAS+35	SQM Running Team	00:19:01	15.78	03:48
29	279	Boucart	Warre	Bonheiden	M27	SEN		00:19:16	15.57	03:51
30	268	Jacobs	Lander	Tremelo	M28	SEN		00:19:19	15.53	03:51
31	195	Vervoort	Jinse	Noorderwijk	M29	SEN		00:19:24	15.46	03:52
32	217	Verhaegen	Raf	Betekom	M30	MAS+50	ROBA	00:19:36	15.31	03:55
33	216	Vloebergs	Jonas	Booischoot	M31	SEN		00:19:51	15.11	03:58
34	246	Van Ouytsel	Janne	Langdorp	V3	SEN		00:19:55	15.06	03:59
35	179	Vanden Bosch	Rudy	Holsbeek	M32	MAS+60	Kapsalon Luc	00:19:57	15.04	03:59
36	209	Lemmens	Steve	Langdorp	M33	MAS+50	AVZK	00:19:59	15.01	03:59
37	108	De Vos	Matteo	Wezemaal	M34	MIN		00:20:02	14.98	04:00
38	281	Nelissen	Robin	Werchter	M35	MAS+40	ROBA	00:20:03	14.96	04:00
39	282	Raets	Marc	Herenthout	M36	MAS+65		00:20:11	14.86	04:02
40	140	Lobbestael	Lander	Tremelo	M37	SEN		00:20:14	14.83	04:02
41	236	Peeters	Jimmy	Begijnendijk	M38	MAS+45	ROBA	00:20:15	14.81	04:03
42	238	Saenen	Tom	Tessengerlo	M39	MAS+50	Bosvrienden	00:20:16	14.8	04:03
43	264	Raskin	Lode	Diepenbeek	M40	MAS+55	GS Running Team	00:20:19	14.77	04:03
44	211	Helsen	Ward	Heist o/d Berg	M41	CAD		00:20:22	14.73	04:04
45	273	Torfs	Flor	Langdorp	M42	CAD	Duracell	00:20:28	14.66	04:05
46	2019	Depré	Jeroen	Oplinter	M43	SEN		00:20:32	14.61	04:06
47	83	Wuyten	Wim	Tremelo	M44	MAS+55	KineTremelo	00:20:53	14.37	04:10
48	321	Van Gestel	Liam	Tremelo	M45	MIN	OHL	00:20:56	14.33	04:11
49	305	Geerts	Tim	St-Kat-Waver	M46	MAS+40	Waver loopt	00:20:58	14.31	04:11
50	307	Verbraeken	Jasper	Schriek	M47	SEN		00:20:59	14.3	04:11

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
51	2017	Marteleur	Mischa	Langdorp	M48	MAS+50	Sportive Bike Team	00:21:01	14.27	04:12
52	134	Koekoekx	Ronny	OLV-Waver	M49	MAS+60	Bonheiden	00:21:02	14.26	04:12
53	196	Verhoeven	Joeri	Tremelo	M50	MAS+40		00:21:04	14.24	04:12
54	169	Stynen	Bart	Putte	M51	MAS+40	BONH	00:21:10	14.17	04:14
55	220	Tops	Gerwin	Westerlo	M52	MAS+40		00:21:26	14	04:17
56	291	Joly	Kobe	Rotselaar	M53	CAD		00:21:31	13.94	04:18
57	283	Raeymaekers	Ronald	Hulshout	M54	MAS+55	AC Hulshout	00:21:48	13.76	04:21
58	85	Augello	Adriano	Haasrode	M55	SEN		00:21:49	13.75	04:21
59	243	Willems	Tibe	Wezemaal	M56	CAD		00:21:59	13.65	04:23
60	311	Sneyers	Jari	Averbode	M57	MIN	Thes Sport	00:22:01	13.63	04:24
61	117	Fonteijn	Alexander	Tremelo	M58	MIN		00:22:02	13.62	04:24
62	312	Sneyers	Ken	Averbode	M59	MAS+35		00:22:03	13.61	04:24
63	245	Haspeslagh	Freddy	Gelrode	M60	MAS+60	Sportiva Gelrode	00:22:04	13.6	04:24
64	107	De Vos	Bart	Wezemaal	M61	MAS+35		00:22:05	13.58	04:25
65	215	Van Braband	Pieter	Tremelo	M62	MAS+35		00:22:08	13.55	04:25
66	280	Heylen	Guy	Bouwel	M63	MAS+60		00:22:16	13.47	04:27
67	270	Van Loo	Sharona	Grootlo	V4	MAS+35		00:22:26	13.37	04:29
68	158	Peeters	Kenzo	Aarschot	M64	SEN		00:22:31	13.32	04:30
69	260	Van Looy	Kristel	Schriek	V5	MAS+55	ROBA	00:22:31	13.32	04:30
70	184	Verachttert	Killian	Turnhout	M65	SCH		00:22:34	13.29	04:30
71	219	Segers	Filip	Tildonk	M66	MAS+50	Hanewijkjoggers	00:22:39	13.25	04:31
72	199	Beynaerts	Kim	Begijnendijk	M67	MAS+40		00:22:42	13.22	04:32
73	141	Luyten	Karen	Langdorp	V6	SEN	Den egger loperS...	00:22:44	13.2	04:32
74	96	Ceulemans	Sander	Begijnendijk	M68	CAD	ROBA	00:22:50	13.14	04:34
75	223	Janssens	Bart	Nijlen	M69	MAS+45		00:22:54	13.1	04:34
76	128	Hoegaerts	Mathis	Tremelo	M70	PUP		00:22:55	13.09	04:35
77	86	Baetens	Alyssa	St-Kat-Waver	V7	SEN		00:22:56	13.08	04:35
78	94	Brosens	Steve	Tremelo	M71	MAS+40		00:22:57	13.07	04:35
79	165	Schellekens	Dirk	Vlimmeren	M72	MAS+60		00:22:59	13.05	04:35
80	148	Meeus	Katrien	Betekom	V8	SEN		00:23:01	13.03	04:36
81	172	Van den Acker	Paul	Heist o/d Berg	M73	MAS+60	AVZK	00:23:02	13.02	04:36
82	213	Boon	Pieter	Langdorp	M74	MAS+35		00:23:06	12.99	04:37
83	286	Van Roosendael	Simen	Booischoot	M75	SEN		00:23:09	12.96	04:37
84	121	Gijsemans	Els	Wespelaar	V9	MAS+45	ROBA	00:23:14	12.91	04:38
85	231	Weckhuysen	Serge	Betekom	M76	MAS+50	ROBA Runners	00:23:14	12.91	04:38
86	248	Smeets	Niels	Herent	M77	CAD		00:23:16	12.89	04:39
87	226	Soutaer	Jannes	Beernem	M78	MAS+40	Extra Power	00:23:19	12.87	04:39
88	306	Prinson	Kenzie	Muizen	M79	SEN		00:23:22	12.84	04:40
89	87	Baetens	Shania	St-Kat-Waver	V10	SEN		00:23:23	12.83	04:40
90	293	Van Woensel	Onno	Hulshout	M80	SEN		00:23:29	12.78	04:41
91	193	Wyns	Jos	Heist o/d Berg	M81	MAS+70	Berglopers	00:23:30	12.77	04:42
92	182	Veltmans	Roel	Schriek	M82	MAS+35	KSV Schriek	00:23:31	12.76	04:42
93	274	Verheyden	Gunther	Bekkevoort	M83	MAS+45		00:23:33	12.74	04:42
94	289	Weyns	Leo	Heist o/d Berg	M84	MAS+70		00:23:34	12.73	04:42
95	302	Beynaerts	Dirk	Ramsel	M85	MAS+50	Routelopers	00:23:35	12.72	04:43
96	126	Goris	Len	Heist o/d Berg	M86	SEN		00:23:39	12.68	04:43
97	155	Nullens	Ward	Rotselaar	M87	SEN	Sportiva Gelrode	00:23:43	12.65	04:44
98	299	Barbe	Sven	Weerde	M88	MAS+45	Heidejogging tent	00:23:44	12.64	04:44
99	90	Bennis	Skander	Mechelen	M89	MAS+35		00:23:46	12.62	04:45
100	251	Vermeire	Fleur	Betekom	V11	MAS+45	ROBA Runners	00:23:48	12.61	04:45

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
101	122	Godderie	Elias	Tremelo	M90	CAD		00:23:50	12.59	04:46
102	259	Verherstraeten	Nick	Testelt	M91	MAS+35	De Dorpspomp	00:23:52	12.57	04:46
103	232	Heiremans	Katleen	Betekom	V12	MAS+50	ROBA Runners	00:23:57	12.53	04:47
104	300	Van der Hoeven	Hanne	Schriek	V13	SEN		00:23:59	12.51	04:47
105	93	Brockhoven	Korneel	Wilsele	M92	MIN		00:24:01	12.49	04:48
106	297	Goyvaerts	Nico	Ramsel	M93	MAS+55		00:24:05	12.46	04:49
107	272	Vervloet	Steven	Tremelo	M94	MAS+50		00:24:12	12.4	04:50
108	230	De Proost	Milan	Betekom	M95	SEN	7C Solarparken	00:24:14	12.38	04:50
109	285	Van Roosendael	Marc	Booischoot	M96	MAS+55		00:24:16	12.36	04:51
110	318	De Wit	Klara	Bunsbeek	V14	MAS+40		00:24:20	12.33	04:52
111	144	Makkink	Noah	Tremelo	M97	MIN		00:24:22	12.31	04:52
112	101	Coeckelberghs	Maëlle	Drieslinter	V15	MIN	Racing club Tienen	00:24:22	12.31	04:52
113	12	Saenen	Johan	Heist o/d Berg	M98	MAS+55	Berglopers	00:24:24	12.3	04:52
114	160	Rits	Mario	Hulshout	M99	MAS+50	Berglopers	00:24:25	12.29	04:53
115	323	Giacalone	Lorenzo	Tremelo	M100	SEN		00:24:34	12.21	04:54
116	103	De Coster	Nils	Wespelaar	M101	JUN		00:24:43	12.14	04:56
117	221	Willems	Marc	Baal	M102	MAS+55	Bowling Center Tr...	00:24:45	12.12	04:57
118	2004	Geleyn	Thieu	Bekkevoort	M103	MAS+45	Roba Diest	00:24:52	12.06	04:58
119	247	Schelfhout	Claire	Sint-Joost-ten-Node	V16	SEN		00:24:55	12.04	04:59
120	154	Nevelsteen	Staf	Booischoot	M104	MAS+70	Berglopers	00:24:56	12.03	04:59
121	153	Naets	Ivo	Itegem	M105	MAS+60	Berglopers	00:24:58	12.02	04:59
122	175	Van Loo	Sofie	Bonheiden	V17	MAS+45	BONH	00:25:00	12	05:00
123	130	Janssen	Luc	Bonheiden	M106	MAS+65	Bonheiden AC	00:25:06	11.95	05:01
124	278	Gijsemans	Leon	Wiekevorst	M107	KAN	AVZK	00:25:07	11.94	05:01
125	277	Gysemans	Dave	Wiekevorst	M108	MAS+40	Team Wikkeveust	00:25:09	11.93	05:01
126	237	Van den Broeck	Ivo	Tildonk	M109	MAS+60	Runners	00:25:11	11.91	05:02
127	120	Gijsemans	Ann	Tremelo	V18	MAS+40		00:25:18	11.86	05:03
128	131	Janssens	Evelien	Paal	V19	MAS+35	Antwerp Athletics	00:25:18	11.86	05:03
129	250	Geerkens	Oliver	Tremelo	M110	CAD		00:25:21	11.83	05:04
130	252	Op de Beeck	Stijn	Ramsel	M111	MAS+45	Berglopers	00:25:22	11.83	05:04
131	256	Rombaux	Eddy	Rillaar	M112	MAS+55	ROBA	00:25:30	11.76	05:06
132	113	Detrez	Kelly	Ramsel	V20	MAS+35	DRT Dorpspomp	00:25:34	11.73	05:06
133	234	Cools	Edwin	Tessengerlo	M113	MAS+65	Looi Schootse Jog...	00:25:35	11.73	05:07
134	206	Van Rompaey	Andre	Betekom	M114	MAS+70	Kapsalon Luc	00:25:38	11.7	05:07
135	142	Luyts	Emiel	Winksele	M115	MAS+65	Kapsalon Luc	00:25:53	11.59	05:10
136	203	Tollet	Evy	Haacht	V21	MAS+40		00:25:54	11.58	05:10
137	298	Verstraeten	Dave	Baal	M116	MAS+45		00:25:57	11.56	05:11
138	168	Strouwen	Bea	Alken	V22	MAS+55	ACA	00:25:58	11.55	05:11
139	263	Willems	Rawin	Rijmenam	M117	SEN		00:25:58	11.55	05:11
140	78	Hillaert	Inne	Mechelen	V23	SEN	KineTremelo	00:26:03	11.52	05:12
141	76	't Kint	Ilanthe	Mechelen	V24	SEN	KineTremelo	00:26:06	11.49	05:13
142	276	Van Reet	David	Westerlo	M118	SEN		00:26:06	11.49	05:13
143	316	Kerckhofs	Joyce	Berlaar	V25	SEN		00:26:18	11.41	05:15
144	111	Dehertogh	Marc	Tervuren	M119	MAS+55	Forza Vossem	00:26:28	11.34	05:17
145	261	De Wachter	Carine	Keerbergen	V26	MAS+60	Geshaalopers	00:26:31	11.31	05:18
146	185	Verachttert	Tim	Turnhout	M120	MAS+40		00:26:36	11.28	05:19
147	284	Roodhooft	Yasmine	Schriek	V27	SEN		00:26:48	11.19	05:21
148	262	Vanhove	Bert	Keerbergen	M121	MAS+60	Geshaalopers	00:26:53	11.16	05:22
149	322	Aerts	Rita	Putte	V28	MAS+65		00:26:54	11.15	05:22
150	99	Cleynhens	Karine	Tremelo	V29	MAS+55	Berglopers	00:27:01	11.1	05:24

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
151	170	Torfs	Benny	Itegem	M122	MAS+55	Berglopers	00:27:10	11.04	05:26
152	317	De Wit	Wannes	Boortmeerbeek	M123	MAS+40		00:27:11	11.04	05:26
153	161	Ruymen	Michel	Alken	M124	MAS+65	ACA	00:27:22	10.96	05:28
154	210	Delmé	Tom	Ramsel	M125	MAS+45		00:27:35	10.88	05:31
155	271	Van Dessel	Kevin	Schriek	M126	MAS+35		00:27:39	10.85	05:31
156	97	Christiaens	Artuur	Heist o/d Berg	M127	KAN	AVZK	00:27:50	10.78	05:34
157	98	Christiaens	Lieven	Heist o/d Berg	M128	MAS+35		00:27:51	10.77	05:34
158	189	Vermeylen	Roger	Boortmeerbeek	M129	MAS+65	Icarus	00:27:53	10.76	05:34
159	125	Goossens	Tibo	Tremelo	M130	SCH		00:27:57	10.73	05:35
160	202	Croonen	Eddy	Ramsel	M131	MAS+55	Kapsalon Luc	00:28:02	10.7	05:36
161	95	Ceulemans	Luna	Begijnendijk	V30	PUP	ROBA	00:28:17	10.61	05:39
162	100	Clijsters	Ruben	Schriek	M132	SEN		00:28:22	10.58	05:40
163	257	Habets	Mario	Pijpelheide	M133	MAS+50		00:28:26	10.55	05:41
164	212	Van Bael	Els	Heist o/d Berg	V31	MAS+40		00:28:28	10.54	05:41
165	2016	Fleurackers	Cato	Schriek	V32	SEN	DCPP	00:28:30	10.53	05:42
166	145	Makkink	Thibo	Tremelo	M134	PUP		00:28:35	10.5	05:43
167	143	Makkink	Fabian	Baal	M135	MAS+45		00:28:35	10.5	05:43
168	88	Balaev	Aleksander	Tremelo	M136	PUP		00:28:37	10.48	05:43
169	288	Vets	Siebe	Tremelo	M137	SEN		00:28:37	10.48	05:43
170	171	Uytterhoeven	Peter	Tremelo	M138	MAS+55	Berglopers	00:28:39	10.47	05:43
171	197	Potemans	Roger	Gelrode	M139	MAS+70	Sportiva Gelrode	00:28:42	10.45	05:44
172	304	Van Hecke	Kobe	Tremelo	M140	PUP		00:28:42	10.45	05:44
173	303	Van Aken	Wendy	Tremelo	V33	MAS+35		00:28:44	10.44	05:44
174	178	Vancampenhout	Guy	Vorselaar	M141	MAS+60		00:28:49	10.41	05:45
175	218	Vandendriessche	Annelies	Heverlee	V34	MAS+35	Team De Cock	00:28:56	10.37	05:47
176	266	Goossens	Lies'l	Putte	V35	SEN	Geshaalopers	00:28:59	10.35	05:47
177	114	Dewaele	Cella	Izegem	V36	PUP		00:29:02	10.33	05:48
178	116	Dubois	Chantal	Wervik	V37	MAS+65	Dapalo	00:29:03	10.33	05:48
179	310	Rosseels	Lotte	Langdorp	V38	SEN		00:29:03	10.33	05:48
180	204	Tollet	Robbe	Haacht	M142	SCH		00:29:06	10.31	05:49
181	225	Scheers	Silke	Heist o/d Berg	V39	SEN	Naturrusteam	00:29:11	10.28	05:50
182	315	Neefs	Bert	Gelrode	M143	MAS+60	Sportiva Gelrode	00:29:16	10.25	05:51
183	164	Scheers	Guido	Tremelo	M144	MAS+65		00:29:20	10.23	05:52
184	294	De Cock	Katrijn	Baal	V40	MAS+50		00:29:24	10.2	05:52
185	2018	Verstraeten	Annick	Langdorp	V41	MAS+50	Sportive Bike Team	00:29:27	10.19	05:53
186	173	Van Hove	Christine	Heist o/d Berg	V42	MAS+60		00:29:28	10.18	05:53
187	91	Bottu	Gert-Jan	Schriek	M145	SEN		00:29:33	10.15	05:54
188	267	Goossens	Francis	Grasherck	M146	MAS+60	Geshaalopers	00:29:45	10.08	05:57
189	309	Baumans	Daniel	Boischot	M147	MAS+50		00:29:46	10.08	05:57
190	176	Van Looy	Geert	Putte	M148	MAS+60	Geshaalopers	00:29:48	10.07	05:57
191	89	Balaev	Valentina	Tremelo	V43	PUP		00:29:54	10.03	05:58
192	2003	Amulius	Danny	Bekkevoort	M149	MAS+60		00:29:57	10.02	05:59
193	258	Verherstraeten	Raf	Herselt	M150	MAS+60	De Dorpspomp	00:30:03	9.98	06:00
194	253	Swankaert	Luc	Tremelo	M151	MAS+60		00:30:05	9.97	06:01
195	80	Mariën	Mario	Tremelo	M152	MAS+55	KineTremelo	00:30:07	9.96	06:01
196	314	Thomas	Eef	Begijnendijk	V44	MAS+45	Jos Derdinclub	00:30:11	9.94	06:02
197	313	Derdin	Jos	Houtvenne	M153	MAS+50	ROBA	00:30:12	9.93	06:02
198	190	Verschueren	Gerry	Heist o/d Berg	M154	MAS+45	Berglopers	00:30:13	9.93	06:02
199	181	Vanderheydt	Julie	Wilsele	V45	MAS+40		00:30:18	9.9	06:03
200	82	Winnepenninckx	Kenny	Tremelo	M155	CAD	KineTremelo	00:30:21	9.88	06:04

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
201	139	Lintermans	Eva	Tremelo	V46	MAS+40		00:30:24	9.87	06:04
202	2007	Guldolf	Dries	Aarschot	M156	MAS+35	Sportiva Gelrode	00:30:27	9.85	06:05
203	269	Van Nuffel	Louie	Baal	M157	SEN		00:30:33	9.82	06:06
204	2002	Van der Roost	Paulien	Schriek	V47	BEN		00:30:34	9.81	06:06
205	84	Aerts	Caroline	Tremelo	V48	MAS+35		00:30:35	9.81	06:07
206	118	Froyen	Heidi	Wezemaal	V49	MAS+40		00:30:37	9.8	06:07
207	174	Van Lier	Caroline	Schriek	V50	MAS+35		00:30:58	9.69	06:11
208	241	Roziers	Carl	Olen	M158	MAS+60		00:31:05	9.65	06:13
209	191	Vloeberghen	Frans	Hever	M159	MAS+80	Icarus	00:31:15	9.6	06:15
210	81	Rohmer	Benedict	Tremelo	V51	MAS+35	KineTremelo	00:31:22	9.56	06:16
211	77	De Smet	Kelly	Tremelo	V52	SEN	KineTremelo	00:31:23	9.56	06:16
212	79	Lelievre	Jimmy	Tremelo	M160	MAS+40	KineTremelo	00:31:28	9.53	06:17
213	249	Thijs	Lore	Herselt	V53	SEN		00:31:39	9.48	06:19
214	2001	Van Lier	Stefan	Tremelo	M161	MAS+65		00:31:41	9.47	06:20
215	105	De smedt	Heidi	Bonheiden	V54	MAS+35		00:31:59	9.38	06:23
216	290	Anthonis	Rudi	Tremelo	M162	MAS+60	Bowling Club Trem...	00:32:09	9.33	06:25
217	124	Goossens	Febe	Tremelo	V55	SEN		00:32:21	9.27	06:28
218	163	Samyn	Wendy	Putte	V56	MAS+45	BONH	00:32:31	9.23	06:30
219	301	Gijsemans	Michel	Heist op den Berg	M163	MAS+65	Dorpspomp	00:32:39	9.19	06:31
220	229	Van Keer	Xander	Baal	M164	SEN	7C Solarparken	00:33:01	9.09	06:36
221	233	De Proost	Marie	Betekom	V57	JUN	7C Solarparken	00:33:02	9.08	06:36
222	200	Roelants	Myriam	Wezemaal	V58	MAS+65		00:33:04	9.07	06:36
223	186	Vermeulen	Lauranne	Hulshout	V59	JUN		00:33:11	9.04	06:38
224	242	Schoolmeesters	Michael	Kortenbergh	M165	MAS+40		00:33:52	8.86	06:46
225	177	Van Ouytsel	Jara	Baal	V60	SEN		00:33:54	8.85	06:46
226	205	Laureys	Sara	Hulshout	V61	MAS+35		00:34:11	8.78	06:50
227	119	Geleyens	Sarah		V62	SEN		00:34:13	8.77	06:50
228	150	Michiels	Griet	Geel	V63	MAS+70		00:34:19	8.74	06:51
229	188	Vermeulen	Stef	Hulshout	M166	MAS+45		00:34:21	8.73	06:52
230	255	Apiecionek	Nicenty	Boechout	M167	MAS+75		00:34:22	8.73	06:52
231	214	Janssens	Sofie	Tremelo	V64	MAS+40		00:34:48	8.62	06:57
232	106	De Smeth	Michaël	Testelt	M168	SEN		00:35:07	8.54	07:01
233	157	Peeters	Cédric	Tremelo	M169	SEN		00:35:08	8.54	07:01
234	320	Van Elst	Marieke	Betekom	V65	SEN		00:35:13	8.52	07:02
235	296	Schoeters	Chantal	Baal	V66	MAS+55	Sportiva Gelrode	00:35:27	8.46	07:05
236	156	Op de Beeck	Suzy	Tremelo	V67	MAS+55	Berglopers	00:35:42	8.4	07:08
237	192	Wouters	Vicky	Begijnendijk	V68	MAS+40	Sportiva Gelrode	00:36:18	8.26	07:15
238	92	Brebels	Moniek	Tremelo	V69	MAS+60		00:36:24	8.24	07:16
239	136	Kwanten	Lies	OLV-Waver	V70	MAS+35	Bonheiden AC	00:36:46	8.16	07:21
240	228	Zhang	Sam	China	M170	SEN	SunPro	00:36:58	8.12	07:23
241	227	Wang	Helen	China	V71	MAS+35	SunPro	00:37:00	8.11	07:24
242	295	Ghion	Veerle	Mechelen	V72	MAS+40		00:37:13	8.06	07:26
243	183	Verachttert	Kaylee	Turnhout	V73	CAD		00:37:17	8.05	07:27
244	147	Meeus	Annelies	Baal	V74	SEN		00:37:20	8.04	07:28
245	319	Vrijssen	Siegrid	Werchter	V75	MAS+45		00:37:39	7.97	07:31
246	308	Verschoote	Annelies	Aarschot	V76	MAS+45	Sportiva Gelrode	00:38:36	7.77	07:43