

Rang	Nr	Achternaam	Voornaam	Woonplaats	M/V	Categorie	Club	Tijd	km/u	min/km
1	205	Segers	Joren	Glabbeek	M1	SCH	DCLA-Halen	00:10:47	16.69	03:35
2	217	Wouters	Chriske	Diest	M2	MAS+50	MAES SQM Runni...	00:10:57	16.44	03:39
3	219	Helsen	Michel	Rillaar	M3	MAS+35		00:11:01	16.34	03:40
4	216	Lemmens	Tim	Landen	M4	SEN		00:11:31	15.63	03:50
5	221	Saenen	Diëgo	Zichem	M5	SEN		00:11:40	15.43	03:53
6	207	Smolders	Ruben	Lubbeek	M6	MAS+40		00:12:00	15	04:00
7	201	De Cock	Nico	Baal	M7	MAS+45		00:12:33	14.34	04:11
8	203	Gabriels	Jonas	Meensel-Kiezegem	M8	SCH		00:14:19	12.57	04:46
9	220	Van Der Motte	Annelies	Houwaart	V1	MAS+35	Sandwich	00:14:28	12.44	04:49
10	214	Wilmaers	Kelly	Tielt-Winge	V2	MAS+35		00:14:33	12.37	04:51
11	213	Van der Hoeven	Hanne	Schriek	V3	SCH		00:14:43	12.23	04:54
12	206	Smolders	Liene	Lubbeek	V4	PUP	DCLA	00:15:03	11.96	05:01
13	204	Sijmus	Willy	Keerbergen	M9	MAS+65		00:15:05	11.93	05:01
14	202	Berthels	Lowie	Sint-Joris-Winge	M10	PUP		00:15:19	11.75	05:06
15	198	Appiah	Trey	Rillaar	M11	PUP		00:15:44	11.44	05:14
16	199	Goethuys	Tijs	Meensel-Kiezegem	M12	PUP		00:15:45	11.43	05:15
17	196	Droumpouras	Daam	Spalbeek	M13	KAN		00:15:47	11.4	05:15
18	211	Cornelissen	Kurt	Hulshout	M14	MAS+50		00:16:54	10.65	05:38
19	212	De Wachter	Carine	Keerbergen	V5	MAS+60		00:17:05	10.54	05:41
20	200	Cleynhens	Karine	Baal	V6	MAS+50	Heistse Berglopers	00:18:29	9.74	06:09
21	208	Bruyninckx	Kathleen	Meensel-Kiezegem	V7	MAS+35	Glabbeekse Joggin...	00:20:09	8.93	06:43
22	197	Nijs	Carla	Meensel-Kiezegem	V8	MAS+45		00:20:10	8.93	06:43
23	215	Nijs	Frederik	Meensel-Kiezegem	M15	SCH		00:21:04	8.54	07:01
24	218	Gielis	Ellen	Westerlo	V9	MAS+40	DCPP/Berglopers	00:21:17	8.46	07:05