

| | 10 miles | 10 km | 5 km | TOTAAL | | 10 miles | 10 km | 5 km | TOTAAL |
|------------------------|-----------------|--------------|-------------|----------------|-----------------------------|-----------------|--------------|-------------|----------------|
| 1 Bram Eeckhout | 0:56:32 | 0:33:18 | 0:14:25 | 1:44:15 | 1 Mieke Gorissen | 0:57:00 | 0:36:45 | 0:18:26 | 1:52:11 |
| 2 Thibault Debusschere | 0:59:34 | 0:34:45 | 0:15:27 | 1:49:46 | 2 Els Jamaer | 1:17:17 | 0:43:49 | 0:19:32 | 2:20:38 |
| 3 Simon Eeckhout | 1:01:53 | 0:37:02 | 0:14:52 | 1:53:47 | 3 Stefanie Vanbrabant | 1:16:38 | 0:44:34 | 0:19:36 | 2:20:48 |
| 4 Geoffrey Vandebrouck | 1:02:07 | 0:36:58 | 0:16:31 | 1:55:36 | 4 Jessika Timmermans | 1:17:38 | 0:46:49 | 0:20:49 | 2:25:16 |
| 5 Kristof Brouns | 1:03:48 | 0:37:39 | 0:15:53 | 1:57:20 | 5 Ianthe Bauduin | 1:21:52 | 0:49:18 | 0:21:10 | 2:32:20 |
| 6 Sil Rouvrois | 1:03:40 | 0:37:45 | 0:16:34 | 1:57:59 | 6 Annelies De Witte | 1:24:07 | 0:47:56 | 0:21:16 | 2:33:19 |
| 7 Thomas Mercken | 1:05:08 | 0:37:07 | 0:16:41 | 1:58:56 | 7 Anneleen Goffin | 1:22:10 | 0:49:59 | 0:22:07 | 2:34:16 |
| 8 Ruben Max | 1:07:38 | 0:35:45 | 0:15:36 | 1:58:59 | 8 Valerie Vanheyst | 1:29:34 | 0:43:14 | 0:22:26 | 2:35:14 |
| 9 Hendrik Vanheyst | 1:04:26 | 0:39:07 | 0:16:41 | 2:00:14 | 9 Judith Aurich | 1:27:02 | 0:49:03 | 0:21:47 | 2:37:52 |
| 10 Jeroen Santermans | 1:04:48 | 0:40:10 | 0:17:01 | 2:01:59 | 10 Janne Bamps | 1:26:28 | 0:51:39 | 0:20:23 | 2:38:30 |
| 11 Wesley Baldewijns | 1:05:14 | 0:40:27 | 0:17:02 | 2:02:43 | 11 Yuna Appermont | 1:27:35 | 0:49:12 | 0:21:59 | 2:38:46 |
| 12 Yves Kockaerts | 1:05:51 | 0:39:40 | 0:17:16 | 2:02:47 | 12 Joke Hellemans | 1:28:27 | 0:49:21 | 0:21:50 | 2:39:38 |
| 13 Filip Staes | 1:07:23 | 0:40:01 | 0:17:43 | 2:05:07 | 13 Henriette Plevoets | 1:26:14 | 0:51:27 | 0:22:22 | 2:40:03 |
| 14 Pieter Hex | 1:08:34 | 0:40:29 | 0:16:39 | 2:05:42 | 14 Hannelore Bruyninckx | 1:28:45 | 0:52:11 | 0:22:59 | 2:43:55 |
| 15 Christof Lismont | 1:12:47 | 0:37:20 | 0:16:15 | 2:06:22 | 15 Katja Houben | 1:28:11 | 0:53:03 | 0:22:44 | 2:43:58 |
| 16 Olivier Leroi | 1:10:33 | 0:39:40 | 0:17:32 | 2:07:45 | 16 Lio Joosten | 1:22:57 | 0:54:47 | 0:28:34 | 2:46:18 |
| 17 Christophe Roosen | 1:17:27 | 0:35:15 | 0:16:01 | 2:08:43 | 17 Magali Swaelens | 1:32:37 | 0:53:24 | 0:22:57 | 2:48:58 |
| 18 Thomas Rabijns | 1:10:10 | 0:41:06 | 0:17:46 | 2:09:02 | 18 Inne Slegers | 1:32:58 | 0:53:06 | 0:23:25 | 2:49:29 |
| 19 Jeroen Meekers | 1:13:41 | 0:39:16 | 0:17:02 | 2:09:59 | 19 Leen Neven | 1:34:02 | 0:53:20 | 0:22:56 | 2:50:18 |
| 20 Jan Jacobs | 1:10:10 | 0:42:06 | 0:18:00 | 2:10:16 | 20 Melanie Jamar | 1:29:47 | 0:58:54 | 0:22:29 | 2:51:10 |
| 21 Piet Vangeel | 1:11:47 | 0:41:29 | 0:17:40 | 2:10:56 | 21 Dorien Peters | 1:32:41 | 0:53:29 | 0:25:07 | 2:51:17 |
| 22 Koen Thijsen | 1:11:36 | 0:41:41 | 0:18:01 | 2:11:18 | 22 Silke Gregoire | 1:32:46 | 0:53:34 | 0:25:04 | 2:51:24 |
| 23 Bert Vertessen | 1:10:55 | 0:41:53 | 0:18:38 | 2:11:26 | 23 Katelijne Nivelte | 1:35:04 | 0:53:16 | 0:23:21 | 2:51:41 |
| 24 Koen Rabijns | 1:11:15 | 0:42:33 | 0:18:22 | 2:12:10 | 24 Josje Bazelmans | 1:35:06 | 0:54:22 | 0:23:51 | 2:53:19 |
| 25 Hayen Steffen | 1:11:14 | 0:42:46 | 0:18:29 | 2:12:29 | 25 Leen Proesmans | 1:34:11 | 0:56:17 | 0:24:29 | 2:54:57 |
| 26 Stijn Brepoels | 1:10:52 | 0:43:27 | 0:18:55 | 2:13:14 | 26 Liesbet Loyens | 1:34:32 | 0:58:06 | 0:24:39 | 2:57:17 |
| 27 Ken Martens | 1:12:19 | 0:42:09 | 0:18:46 | 2:13:14 | 27 Natascha Dendas | 1:36:13 | 0:57:26 | 0:24:49 | 2:58:28 |
| 28 Jan Timmermans | 1:17:22 | 0:39:16 | 0:16:42 | 2:13:20 | 28 An Crouchs 2090517312701 | 1:40:51 | 0:53:31 | 0:24:10 | 2:58:32 |
| 29 Kristof Vanschooren | 1:11:25 | 0:43:37 | 0:18:20 | 2:13:22 | 29 Hilde Janssens | 1:32:54 | 1:00:29 | 0:26:05 | 2:59:28 |
| 30 Mathijs Bokken | 1:10:52 | 0:43:03 | 0:19:29 | 2:13:24 | 30 Carmen Machiels | 1:37:19 | 0:58:21 | 0:26:41 | 3:02:21 |
| 31 Joren Menten | 1:11:53 | 0:42:44 | 0:18:48 | 2:13:25 | 31 Barbara Vanbrabant | 1:45:04 | 0:53:47 | 0:24:20 | 3:03:11 |
| 32 Leo van Houten | 1:11:34 | 0:43:34 | 0:18:45 | 2:13:53 | 32 Jensie Vandecaetsbeek | 1:38:12 | 0:58:56 | 0:26:09 | 3:03:17 |

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| 33 Sem Bogaerts | 1:13:36 | 0:42:50 | 0:17:47 | 2:14:13 | 33 Ilse Vanderstraeten | 1:38:44 | 0:59:16 | 0:26:52 | 3:04:52 |
| 34 Bart Wouters | 1:11:52 | 0:43:17 | 0:19:29 | 2:14:38 | 34 Ingrid Jans | 1:41:40 | 1:02:35 | 0:26:02 | 3:10:17 |
| 35 Wim Jadoulle | 1:14:41 | 0:42:47 | 0:18:16 | 2:15:44 | 35 Martine Gijzen | 1:46:44 | 0:58:59 | 0:24:39 | 3:10:22 |
| 36 Hennie Hermans | 1:14:33 | 0:43:15 | 0:18:24 | 2:16:12 | 36 nicole vandebroeck | 1:44:45 | 1:02:27 | 0:27:05 | 3:14:17 |
| 37 Peter Vanhees 🐱 | 1:14:24 | 0:43:04 | 0:18:47 | 2:16:15 | 37 Anja Huygen | 1:51:12 | 0:59:12 | 0:26:39 | 3:17:03 |
| 38 Filip Reyns | 1:12:56 | 0:43:34 | 0:19:52 | 2:16:22 | 38 Sanne Hayen | 1:50:33 | 1:05:44 | 0:26:32 | 3:22:49 |
| 39 Wim Vlekken | 1:14:42 | 0:43:16 | 0:19:00 | 2:16:58 | 39 Eva Geurts | 1:55:56 | 1:00:48 | 0:26:19 | 3:23:03 |
| 40 Vincent Kwanten | 1:13:22 | 0:45:07 | 0:18:34 | 2:17:03 | 40 Liese Vanbilsen | 1:48:14 | 1:06:00 | 0:28:58 | 3:23:12 |
| 41 Nathan Boonen | 1:14:31 | 0:45:09 | 0:17:54 | 2:17:34 | 41 Virginie Vandevyvere | 1:59:02 | 0:56:26 | 0:31:30 | 3:26:58 |
| 42 Stijn Schepers | 1:15:42 | 0:42:46 | 0:19:20 | 2:17:48 | 42 Anne-Marie De Troch | 1:54:09 | 1:05:47 | 0:29:23 | 3:29:19 |
| 43 John Putzeys | 1:14:36 | 0:44:06 | 0:19:11 | 2:17:53 | 43 Melanie Schilperoord | 1:54:17 | 1:07:57 | 0:29:32 | 3:31:46 |
| 44 Ronald Colson | 1:14:16 | 0:44:22 | 0:19:34 | 2:18:12 | 44 Anouk Picart | 2:45:43 | 0:48:06 | 0:26:24 | 4:00:13 |
| 45 Nick Simons | 1:15:49 | 0:43:21 | 0:19:12 | 2:18:22 | 45 Tacha Lambrix | 2:57:44 | 1:51:47 | 0:47:44 | 5:37:15 |
| 46 Gwen Vanschoonwinkel | 1:15:12 | 0:45:15 | 0:19:00 | 2:19:27 | | | | | |
| 47 Bart Nassen | 1:15:51 | 0:44:26 | 0:19:11 | 2:19:28 | | | | | |
| 48 Thomas Speelmans | 1:17:18 | 0:43:39 | 0:19:00 | 2:19:57 | | | | | |
| 49 jasper kockaerts | 1:18:06 | 0:43:25 | 0:18:35 | 2:20:06 | | | | | |
| 50 Andy De Ceulaer | 1:14:40 | 0:46:07 | 0:19:28 | 2:20:15 | | | | | |
| 51 Somers Jamie | 1:13:08 | 0:48:40 | 0:18:30 | 2:20:18 | | | | | |
| 52 Dave Jacobs | 1:15:08 | 0:45:53 | 0:20:04 | 2:21:05 | | | | | |
| 53 Pieter-Jan Luts | 1:13:22 | 0:45:37 | 0:22:11 | 2:21:10 | | | | | |
| 54 Dries Wismans | 1:13:22 | 0:45:34 | 0:22:15 | 2:21:11 | | | | | |
| 55 Kristof Schroeders BE | 1:15:14 | 0:45:49 | 0:20:36 | 2:21:39 | | | | | |
| 56 Seppe Hansen | 1:19:44 | 0:43:55 | 0:18:05 | 2:21:44 | | | | | |
| 57 Ronny Tomsin | 1:17:31 | 0:45:34 | 0:19:07 | 2:22:12 | | | | | |
| 58 Bert Bastiaens | 1:17:29 | 0:45:16 | 0:19:27 | 2:22:12 | | | | | |
| 59 Gilbert Permentier | 1:16:04 | 0:46:05 | 0:20:08 | 2:22:17 | | | | | |
| 60 Frank Stakenborg | 1:19:19 | 0:44:17 | 0:18:47 | 2:22:23 | | | | | |
| 61 Pascal Moons | 1:19:24 | 0:42:47 | 0:20:24 | 2:22:35 | | | | | |
| 62 Kevin Pipers | 1:17:10 | 0:46:25 | 0:19:44 | 2:23:19 | | | | | |
| 63 Dave Beijer | 1:17:24 | 0:46:08 | 0:20:02 | 2:23:34 | | | | | |
| 64 Briers Christian | 1:15:27 | 0:47:46 | 0:20:27 | 2:23:40 | | | | | |
| 65 Wim Hellinx | 1:19:26 | 0:45:32 | 0:19:52 | 2:24:50 | | | | | |

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|-----------------------|---------|---------|---------|----------------|
| 66 Tom Rosius | 1:19:58 | 0:45:45 | 0:19:22 | 2:25:05 |
| 67 Jo Bruggen | 1:13:41 | 0:52:05 | 0:19:34 | 2:25:20 |
| 68 James Motten | 1:17:25 | 0:47:31 | 0:20:26 | 2:25:22 |
| 69 Sander Rosius | 1:17:32 | 0:48:05 | 0:20:38 | 2:26:15 |
| 70 Jochen Wouters | 1:25:09 | 0:42:46 | 0:18:23 | 2:26:18 |
| 71 Ronny Vanhay | 1:19:54 | 0:46:06 | 0:20:20 | 2:26:20 |
| 72 Stan Vos | 1:22:22 | 0:45:53 | 0:19:20 | 2:27:35 |
| 73 Thomas Vandevenne | 1:24:10 | 0:44:07 | 0:20:05 | 2:28:22 |
| 74 Tovo Trix | 1:16:47 | 0:48:47 | 0:23:54 | 2:29:28 |
| 75 Bert Mombeek | 1:22:57 | 0:47:13 | 0:19:59 | 2:30:09 |
| 76 Kenny Merken | 1:23:21 | 0:46:59 | 0:20:21 | 2:30:41 |
| 77 Bart Royen | 1:22:41 | 0:47:49 | 0:20:14 | 2:30:44 |
| 78 Steven Bruggen | 1:20:51 | 0:50:35 | 0:20:36 | 2:32:02 |
| 79 Jorn Huygen | 1:23:59 | 0:48:11 | 0:20:10 | 2:32:20 |
| 80 Tom Daerden | 1:24:21 | 0:48:10 | 0:20:25 | 2:32:56 |
| 81 Olivier Foets | 1:25:28 | 0:48:47 | 0:20:40 | 2:34:55 |
| 82 Kris Vandeweyer | 1:28:57 | 0:46:09 | 0:19:53 | 2:34:59 |
| 83 Leon Meesters | 1:26:57 | 0:47:13 | 0:21:14 | 2:35:24 |
| 84 Davy Lambrechts | 1:25:11 | 0:49:58 | 0:21:14 | 2:36:23 |
| 85 Pascal Mylle | 1:28:37 | 0:47:58 | 0:20:01 | 2:36:36 |
| 86 Carl Baeten | 1:27:51 | 0:48:45 | 0:20:34 | 2:37:10 |
| 87 Ruben Biesemans | 1:27:11 | 0:49:27 | 0:20:39 | 2:37:17 |
| 88 Wouter D'Huys | 1:25:05 | 0:54:24 | 0:18:07 | 2:37:36 |
| 89 Julien Ruyters | 1:25:47 | 0:50:35 | 0:21:56 | 2:38:18 |
| 90 Andreas Gryncewicz | 1:27:56 | 0:49:46 | 0:21:08 | 2:38:50 |
| 91 Tom Thijsen | 1:29:52 | 0:47:21 | 0:22:40 | 2:39:53 |
| 92 Wim Moermans | 1:34:01 | 0:45:59 | 0:20:11 | 2:40:11 |
| 93 Jeffrey Dewallef | 1:25:02 | 0:53:15 | 0:22:30 | 2:40:47 |
| 94 Lode Dirix | 1:26:55 | 0:52:24 | 0:22:59 | 2:42:18 |
| 95 Wijnen Guido | 1:28:06 | 0:52:32 | 0:21:47 | 2:42:25 |
| 96 Wim Gielen | 1:32:23 | 0:48:40 | 0:21:53 | 2:42:56 |
| 97 Jan Wils | 1:29:22 | 0:50:48 | 0:22:49 | 2:42:59 |
| 98 Jochen Gos | 1:31:10 | 0:45:42 | 0:26:22 | 2:43:14 |

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|------------------------|---------|---------|---------|----------------|
| 99 Davy Nolmans | 1:25:00 | 0:57:07 | 0:21:31 | 2:43:38 |
| 100 Peter Claes | 1:21:01 | 0:57:23 | 0:25:30 | 2:43:54 |
| 101 Gert De Boeck | 1:28:51 | 0:52:59 | 0:22:05 | 2:43:55 |
| 102 Rudy Robbens | 1:32:31 | 0:50:21 | 0:21:27 | 2:44:19 |
| 103 Kristof Knapen | 1:28:25 | 0:52:09 | 0:24:32 | 2:45:06 |
| 104 Daan Partoens | 1:30:27 | 0:52:30 | 0:22:18 | 2:45:15 |
| 105 Bart Vanoirbeek | 1:48:07 | 0:43:58 | 0:15:46 | 2:47:51 |
| 106 Niels Peeters | 1:29:01 | 0:54:46 | 0:24:46 | 2:48:33 |
| 107 Schellingen Jürgen | 1:35:25 | 0:49:09 | 0:24:37 | 2:49:11 |
| 108 Mark Latet | 1:29:44 | 0:55:04 | 0:26:24 | 2:51:12 |
| 109 Erwin Martens | 1:29:31 | 1:00:26 | 0:21:23 | 2:51:20 |
| 110 Joeri Vos | 1:33:04 | 0:56:39 | 0:23:55 | 2:53:38 |
| 111 Yves Driesen | 1:35:34 | 0:55:24 | 0:23:06 | 2:54:04 |
| 112 Frank Moermans | 1:34:02 | 0:56:40 | 0:24:36 | 2:55:18 |
| 113 Jonas Moermans | 1:35:52 | 0:56:36 | 0:23:18 | 2:55:46 |
| 114 Wilfried Jehaes | 1:39:45 | 0:57:15 | 0:21:04 | 2:58:04 |
| 115 Pascal Aerts | 1:39:11 | 0:55:36 | 0:23:54 | 2:58:41 |
| 116 Erwin Moens | 1:38:12 | 0:55:07 | 0:25:33 | 2:58:52 |
| 117 Kris Schoenaerts | 1:33:46 | 1:00:48 | 0:29:22 | 3:03:56 |
| 118 Gijs Voncken | 1:36:36 | 1:02:53 | 0:25:56 | 3:05:25 |
| 119 Patrick Martens | 1:40:45 | 1:00:34 | 0:24:24 | 3:05:43 |
| 120 Rudy Calders | 1:33:31 | 1:00:11 | 0:32:50 | 3:06:32 |
| 121 Gunther Jacobs | 1:35:48 | 1:08:52 | 0:22:44 | 3:07:24 |
| 122 Michiel Theunissen | 1:43:12 | 1:03:08 | 0:25:28 | 3:11:48 |
| 123 Michel Gielen | 1:38:25 | 1:16:52 | 0:35:35 | 3:30:52 |
| 124 Patrick Rigo | 2:11:31 | 1:02:54 | 0:26:33 | 3:40:58 |