

| Rang | Borstnr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|---------|-----------------|----------|----------------|-----|-----------|--------------------|-------|-------|--------|
| 1 | 661 | Vanden Bosch | Bart | Holsbeek | M1 | SEN | Kapsalon Luc | 36:58 | 17,53 | 03:25 |
| 2 | 618 | Wouters | Chris | Diest | M2 | MAS+45 | SQM RUNNING TEAM | 37:24 | 17,32 | 03:27 |
| 3 | 686 | Appelen | Jo | Langdorp | M3 | MAS+40 | Knoet | 37:58 | 17,06 | 03:30 |
| 4 | 611 | Verboven | Jan | Westerlo | M4 | MAS+35 | | 38:31 | 16,82 | 03:34 |
| 5 | 674 | Verschoren | Senne | Heist o/d Berg | M5 | SEN | Berglopers | 40:33 | 15,98 | 03:45 |
| 6 | 614 | Keusters | Sam | Geel | M6 | MAS+35 | Coyote Sports Team | 40:35 | 15,96 | 03:45 |
| 7 | 629 | Verhaegen | Raf | Betekom | M7 | MAS+45 | ROBA | 40:46 | 15,89 | 03:46 |
| 8 | 612 | Van Bael | Danny | Messelbroek | M8 | MAS+45 | Kapsalon Luc | 41:06 | 15,76 | 03:48 |
| 9 | 610 | Lievens | Tim | Westerlo | M9 | MAS+35 | | 41:36 | 15,57 | 03:51 |
| 10 | 653 | Corten | Jimmy | Herselt | M10 | MAS+35 | | 41:49 | 15,49 | 03:52 |
| 11 | 717 | Van Tulder | Koen | Langdorp | M11 | MAS+45 | Knoet | 42:02 | 15,41 | 03:53 |
| 12 | 622 | Coopmans | Benny | Ramsel | M12 | MAS+50 | ROBA | 42:11 | 15,36 | 03:54 |
| 13 | 657 | Raets | Marc | Herenthout | M13 | MAS+55 | ACHL | 42:16 | 15,33 | 03:54 |
| 14 | 632 | Vleugels | Rik | Herselt | M14 | SEN | | 42:21 | 15,30 | 03:55 |
| 15 | 677 | Meynckens | Peter | Lubbeek | M15 | MAS+35 | | 42:25 | 15,27 | 03:55 |
| 16 | 631 | Nijs | Pieter | Averbode | M16 | MAS+35 | ACHL Westerlo | 42:30 | 15,24 | 03:56 |
| 17 | 715 | Steenackers | Toon | Kasterlee | M17 | SEN | | 42:32 | 15,23 | 03:56 |
| 18 | 722 | Heylen | Migel | Herselt | M18 | SEN | FC Varenwinkel | 42:34 | 15,22 | 03:56 |
| 19 | 650 | Van De Weyer | Marc | Herselt | M19 | MAS+50 | Demarsin | 42:44 | 15,16 | 03:57 |
| 20 | 620 | Verstrepen | Tim | Langdorp | M20 | MAS+35 | | 43:00 | 15,07 | 03:58 |
| 21 | 621 | Dekens | Danny | Halen | M21 | MAS+55 | DCLA-Halen | 43:02 | 15,06 | 03:59 |
| 22 | 731 | Verbeek | Paul | Lubbeek | M22 | MAS+60 | Bertem AC | 43:04 | 15,05 | 03:59 |
| 23 | 651 | Ooms | Jelle | Itegem | M23 | SEN | MTB Boar-Bikers | 43:13 | 14,99 | 04:00 |
| 24 | 659 | Bellens | Jo | Itegem | M24 | MAS+35 | Dynamic DVO | 43:25 | 14,92 | 04:01 |
| 25 | 687 | Huysmans | Kevin | Ramsel | M25 | SEN | | 43:30 | 14,90 | 04:01 |
| 26 | 628 | Peetermans | Kevin | Herselt | M26 | SEN | | 43:34 | 14,87 | 04:02 |
| 27 | 685 | Van Vlasselaer | Benny | Schriek | M27 | MAS+50 | ROBA | 44:09 | 14,67 | 04:05 |
| 28 | 698 | Verhaegen | Jelle | Hulshout | M28 | MAS+40 | | 44:49 | 14,46 | 04:08 |
| 29 | 658 | Heylen | Guy | Bouwel | M29 | MAS+50 | | 44:52 | 14,44 | 04:09 |
| 30 | 692 | Boets | Robby | Ramsel | M30 | MAS+35 | | 44:53 | 14,43 | 04:09 |
| 31 | 742 | Goossens | Jonas | Langdorp | M31 | SEN | | 44:55 | 14,42 | 04:09 |
| 32 | 624 | Liesenborgs | Daniel | Lummen | M32 | MAS+55 | Go like hell | 45:12 | 14,33 | 04:11 |
| 33 | 702 | Siongers | Gunther | Herselt | M33 | MAS+45 | | 45:16 | 14,31 | 04:11 |
| 34 | 718 | Verbeeck | Jonas | Herselt | M34 | SEN | | 45:20 | 14,29 | 04:11 |
| 35 | 688 | Waterschoot | Yves | Ramsel | M35 | MAS+35 | | 45:23 | 14,28 | 04:12 |
| 36 | 615 | Van Laer | Wim | Diest | M36 | MAS+50 | DCLA Halen | 45:48 | 14,14 | 04:14 |
| 37 | 637 | Vervloet | Guido | Heist o/d Berg | M37 | MAS+55 | Berglopers | 45:54 | 14,11 | 04:15 |
| 38 | 743 | Vandenberghe | Emiel | Herselt | M38 | JUN | ACHL | 46:01 | 14,08 | 04:15 |
| 39 | 701 | Debie | Mano | Okselaar | M39 | MAS+45 | Slagerij Debie | 46:04 | 14,07 | 04:15 |
| 40 | 652 | Vanden Bosch | Rudy | Holsbeek | M40 | MAS+50 | Kapsalon Luc | 46:24 | 13,96 | 04:17 |
| 41 | 639 | Van Otten | Sven | Herselt | M41 | MAS+35 | DAF | 46:42 | 13,87 | 04:19 |
| 42 | 608 | Peetermans | Nicky | Langdorp | M42 | MAS+40 | RTT | 46:54 | 13,81 | 04:20 |
| 43 | 716 | Steenackers | Luc | Kasterlee | M43 | MAS+55 | | 47:07 | 13,75 | 04:21 |
| 44 | 682 | Van Bael | Ronny | Veerle | M44 | MAS+55 | Nuclea | 47:21 | 13,68 | 04:23 |
| 45 | 730 | Wittevrongel | Sien | Diest | V1 | SCH | ROBA | 47:23 | 13,67 | 04:23 |
| 46 | 623 | Van Ouytsel | Pascal | Rillaar | M45 | MAS+45 | ROBA | 47:24 | 13,67 | 04:23 |
| 47 | 705 | Horemans | Rigo | Begijnendijk | M46 | MAS+45 | | 47:34 | 13,62 | 04:24 |
| 48 | 678 | Witters | Patrick | Heist o/d Berg | M47 | MAS+45 | Berglopers | 47:35 | 13,62 | 04:24 |
| 49 | 636 | Nevelsteen | Staf | Booischoot | M48 | MAS+60 | Berglopers | 47:38 | 13,60 | 04:24 |
| 50 | 607 | De Hondt | Steven | Itegem | M49 | MAS+40 | Heistse Berglopers | 47:42 | 13,58 | 04:25 |
| 51 | 666 | Serneels | Kurt | Hulshout | M50 | MAS+35 | | 47:50 | 13,54 | 04:25 |
| 52 | 727 | Deschoenmaekers | Timoty | Langdorp | M51 | SEN | De GOOR MANNEN | 47:55 | 13,52 | 04:26 |
| 53 | 646 | Hendrickx | Christof | Herselt | M52 | SEN | | 47:57 | 13,51 | 04:26 |

| Rang | Borstnr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|---------|----------------|-----------|----------------|-----|-----------|------------------|-------|-------|--------|
| 54 | 710 | Torfs | Nico | Betekom | M53 | MAS+40 | ROBA Recreanten | 48:07 | 13,46 | 04:27 |
| 55 | 719 | Van Dyck | Sander | Langdorp | M54 | SEN | | 48:09 | 13,46 | 04:27 |
| 56 | 728 | Van de Leest | Tom | Langdorp | M55 | MAS+40 | De Goor manne | 48:28 | 13,37 | 04:29 |
| 57 | 649 | Van Hoof | Eddy | Begijnendijk | M56 | MAS+55 | | 48:30 | 13,36 | 04:29 |
| 58 | 626 | Luyten | Mario | Begijnendijk | M57 | MAS+40 | | 48:44 | 13,30 | 04:30 |
| 59 | 732 | Wittevrongel | Dimitri | Diest | M58 | MAS+50 | Wautloppers | 48:47 | 13,28 | 04:31 |
| 60 | 708 | Vervloessem | Tanja | Aarschot | V2 | SEN | | 48:54 | 13,25 | 04:31 |
| 61 | 706 | Vervloessem | Tina | Herselt | V3 | SEN | | 48:55 | 13,24 | 04:31 |
| 62 | 679 | Torfs | Ivo | Aarschot | M59 | MAS+50 | KNOET | 49:08 | 13,19 | 04:32 |
| 63 | 660 | Janssens | Kris | Herselt | M60 | MAS+35 | Dynamic DVO | 49:08 | 13,18 | 04:33 |
| 64 | 656 | Moens | Peter | Heist o/d Berg | M61 | MAS+50 | Berglopers | 49:10 | 13,18 | 04:33 |
| 65 | 675 | Van Vlasselaer | Véronique | Ramsel | V4 | SEN | Routelopers | 49:19 | 13,14 | 04:34 |
| 66 | 625 | Vermaelen | Johan | Holsbeek | M62 | MAS+40 | | 49:20 | 13,13 | 04:34 |
| 67 | 648 | Claes | Bert | Wezemaal | M63 | MAS+45 | Kapsalon Luc | 49:23 | 13,12 | 04:34 |
| 68 | 643 | Peetermans | Willy | Laakdal | M64 | MAS+60 | Bosvrienden | 49:32 | 13,08 | 04:35 |
| 69 | 676 | Van den Broeck | Jelle | Laakdal | M65 | MAS+35 | | 49:34 | 13,07 | 04:35 |
| 70 | 647 | Vandyck | Dirk | Herselt | M66 | MAS+55 | SQM | 49:47 | 13,01 | 04:36 |
| 71 | 720 | Verbist | Pieter | Langdorp | M67 | SEN | FCV Varenwinkel | 49:49 | 13,00 | 04:36 |
| 72 | 734 | Van Kerkhoven | Davy | Langdorp | M68 | MAS+35 | | 49:52 | 12,99 | 04:37 |
| 73 | 662 | Calders | Rudy | Aarschot | M69 | MAS+50 | | 49:53 | 12,99 | 04:37 |
| 74 | 633 | Stoops | Luc | Oud-Turnhout | M70 | MAS+55 | | 49:54 | 12,98 | 04:37 |
| 75 | 703 | Geens | Bart | Ramsel | M71 | MAS+50 | Knoet | 49:56 | 12,98 | 04:37 |
| 76 | 617 | Boonen | Matthijs | Meerhout | M72 | PUP | Westerlo | 50:00 | 12,96 | 04:37 |
| 77 | 616 | Lievens | Tom | Geel | M73 | MAS+35 | | 50:01 | 12,95 | 04:37 |
| 78 | 603 | Raeymaekers | Chantal | Holsbeek | V5 | MAS+50 | Kapsalon Luc | 50:02 | 12,95 | 04:38 |
| 79 | 693 | Van Kerkhoven | Lucas | Nieuwrode | M74 | MAS+55 | | 50:04 | 12,94 | 04:38 |
| 80 | 691 | Van Passel | Jan | Aarschot | M75 | MAS+45 | Kapsalon Luc | 50:10 | 12,91 | 04:38 |
| 81 | 655 | Willems | Marc | Baal | M76 | MAS+50 | Fluraworld.be | 50:30 | 12,83 | 04:40 |
| 82 | 699 | Sweeck | Steven | Schriek | M77 | SEN | | 50:37 | 12,80 | 04:41 |
| 83 | 747 | Weckhuysen | Peter | Ramsel | M78 | MAS+40 | | 50:40 | 12,79 | 04:41 |
| 84 | 604 | Weckhuysen | Ward | Herselt | M79 | SEN | | 50:43 | 12,78 | 04:41 |
| 85 | 663 | Severens | Herman | Langdorp | M80 | MAS+50 | Hogerop Testelt | 50:48 | 12,75 | 04:42 |
| 86 | 729 | Torfs | Stijn | Gelrode | M81 | SEN | Sportiva Gelrode | 51:11 | 12,66 | 04:44 |
| 87 | 638 | Vandijck | Yves | Rillaar | M82 | MAS+45 | Sportiva Gelrode | 51:13 | 12,65 | 04:44 |
| 88 | 644 | Peeters | Gustaaf | Testelt | M83 | MAS+50 | Oeverlopers | 51:35 | 12,56 | 04:46 |
| 89 | 683 | Van De Leest | Harry | Langdorp | M84 | MAS+60 | Knoet | 51:36 | 12,56 | 04:46 |
| 90 | 681 | Van Hoye | Bram | Molenstede | M85 | SEN | | 51:44 | 12,53 | 04:47 |
| 91 | 672 | Cools | Frans | Westerlo | M86 | MAS+60 | Tongerlopers | 51:54 | 12,48 | 04:48 |
| 92 | 609 | Kusseneers | Luc | Rumst | M87 | MAS+60 | Berglopers | 51:57 | 12,47 | 04:48 |
| 93 | 667 | Haemhouts | Mon | Tongerlo | M88 | MAS+65 | Tongerlopers | 52:05 | 12,44 | 04:49 |
| 94 | 704 | Cresens | Michiel | Messelbroek | M89 | SEN | | 52:13 | 12,41 | 04:50 |
| 95 | 739 | Van Dessel | Geert | Langdorp | M90 | MAS+50 | Knoet | 52:15 | 12,40 | 04:50 |
| 96 | 707 | Vervloessem | Alfons | Herselt | M91 | MAS+70 | | 52:37 | 12,31 | 04:52 |
| 97 | 733 | Laeremans | Tom | Herselt | M92 | MAS+40 | | 52:41 | 12,30 | 04:52 |
| 98 | 700 | Nicasy | Siel | Westerlo | V6 | SEN | NWRC | 52:43 | 12,29 | 04:52 |
| 99 | 713 | Van Nerum | Bert | Bekkevoort | M93 | MAS+50 | | 52:46 | 12,28 | 04:53 |
| 100 | 725 | Geudens | Katrien | Ramsel | V7 | MAS+45 | Routelopers | 52:49 | 12,27 | 04:53 |
| 101 | 613 | Lissens | Daniel | Bierbeek | M94 | MAS+70 | Kapsalon Luc | 52:50 | 12,26 | 04:53 |
| 102 | 724 | Vandereyken | Peter | Aarschot | M95 | MAS+35 | KNOET | 52:55 | 12,25 | 04:53 |
| 103 | 671 | Van den Eynde | Johan | Geel | M96 | MAS+45 | Tongerlopers | 52:57 | 12,23 | 04:54 |
| 104 | 630 | Marcus | Nathalie | Langdorp | V8 | MAS+40 | KNOET | 53:31 | 12,10 | 04:57 |
| 105 | 737 | Vermeulen | Bart | Herselt | M97 | SEN | | 53:43 | 12,06 | 04:58 |
| 106 | 673 | Saenen | Johan | Heist o/d Berg | M98 | MAS+50 | Berglopers | 53:48 | 12,04 | 04:58 |

| Rang | Borstnr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|---------|----------------|----------|----------------|------|-----------|--------------------|----------|-------|--------|
| 107 | 670 | Calders | Kristel | Begijnendijk | V9 | MAS+45 | ROBA | 53:49 | 12,04 | 04:59 |
| 108 | 721 | Vekemans | Ellen | Booischot | V10 | MAS+35 | | 53:55 | 12,02 | 04:59 |
| 109 | 723 | Ingang | Bert | Steenokkerzeel | M99 | MAS+40 | Knoet | 53:57 | 12,01 | 04:59 |
| 110 | 668 | Pelgrims | Nancy | Schriek | V11 | MAS+50 | ROBA | 54:05 | 11,98 | 05:00 |
| 111 | 641 | Brabants | Patrick | Tessenderlo | M100 | MAS+50 | Bosvrienden - LAV | 54:09 | 11,97 | 05:00 |
| 112 | 712 | Peynenborg | Luc | Ramsel | M101 | MAS+45 | | 54:12 | 11,95 | 05:01 |
| 113 | 745 | Cauwenberghs | Luc | Werchter | M102 | MAS+50 | Hanewijkjoggers | 54:39 | 11,86 | 05:03 |
| 114 | 735 | Van Thielen | Kristel | Herselt | V12 | MAS+40 | | 54:53 | 11,81 | 05:04 |
| 115 | 714 | Thielemans | Mark | Ramsel | M103 | MAS+45 | Routelopers | 54:56 | 11,80 | 05:05 |
| 116 | 684 | Debontridder | Steven | Langdorp | M104 | MAS+40 | Knoet | 55:08 | 11,75 | 05:06 |
| 117 | 746 | Geens | Kurt | Booischot | M105 | MAS+50 | Knoet | 55:10 | 11,74 | 05:06 |
| 118 | 741 | De Ceuster | Robin | Putte | M106 | SEN | KSV Schriek | 55:18 | 11,72 | 05:07 |
| 119 | 605 | Meesens | Stijn | Westerlo | M107 | MAS+40 | | 55:41 | 11,64 | 05:09 |
| 120 | 726 | De Witte | Guy | Kortenaken | M108 | MAS+50 | | 55:53 | 11,59 | 05:10 |
| 121 | 740 | Van Hof | Kristof | Itegem | M109 | SEN | KSV Schriek | 56:01 | 11,57 | 05:11 |
| 122 | 645 | Boogmans | Wilfried | Heist o/d Berg | M110 | MAS+45 | Berglopers | 56:10 | 11,54 | 05:12 |
| 123 | 694 | Vermeulen | Lauren | Booischot | V13 | SEN | | 56:17 | 11,51 | 05:12 |
| 124 | 711 | Vandeputte | Stefaan | Aarschot | M111 | MAS+40 | | 56:35 | 11,45 | 05:14 |
| 125 | 744 | Vervloessem | Tamara | Begijnendijk | V14 | SEN | | 57:04 | 11,35 | 05:17 |
| 126 | 669 | Van Bogaert | Benny | Begijnendijk | M112 | MAS+50 | | 58:51 | 11,01 | 05:26 |
| 127 | 696 | Vandewyer | Frank | Herselt | M113 | MAS+45 | | 59:27 | 10,90 | 05:30 |
| 128 | 690 | De Roover | Gerben | Heist o/d Berg | M114 | SEN | | 59:47 | 10,84 | 05:32 |
| 129 | 606 | De Laet | Gommaire | Mechelen | M115 | MAS+60 | Berglopers | 01:00:15 | 10,75 | 05:34 |
| 130 | 664 | Van Geel | Hugo | Olmen | M116 | MAS+60 | OVC Olmen | 01:00:43 | 10,67 | 05:37 |
| 131 | 665 | Van De Weyer | Jos | Olmen | M117 | MAS+65 | OVC Olmen | 01:00:44 | 10,67 | 05:37 |
| 132 | 689 | Verstrepen | Lukas | Heist o/d Berg | M118 | SEN | | 01:00:57 | 10,63 | 05:38 |
| 133 | 736 | Baert | Lies | Ramsel | V15 | MAS+35 | | 01:01:08 | 10,60 | 05:39 |
| 134 | 634 | Behiels | Annelies | Herent | V16 | SEN | | 01:02:20 | 10,39 | 05:46 |
| 135 | 627 | Boonen | Ilse | Messelbroek | V17 | MAS+35 | Demerdijklopers | 01:02:23 | 10,39 | 05:46 |
| 136 | 635 | Pluymers | Wendie | Herselt | V18 | MAS+40 | | 01:02:27 | 10,37 | 05:47 |
| 137 | 697 | Gijsemans | Michel | Heist o/d Berg | M119 | MAS+60 | Dorpspomp | 01:04:30 | 10,04 | 05:58 |
| 138 | 601 | Van den Heuvel | Jef | Reet | M120 | MAS+60 | J Klein Willebroek | 01:04:31 | 10,04 | 05:58 |
| 139 | 640 | Renmans | Jeroen | Keerbergen | M121 | JUN | ROBA | 01:05:52 | 9,84 | 06:05 |
| 140 | 695 | Vanhulsel | Stijn | Herselt | M122 | MAS+45 | | 01:06:09 | 9,79 | 06:07 |
| 141 | 619 | Van der Beken | Wouter | Tienen | M123 | MAS+40 | JTT | 01:06:14 | 9,78 | 06:07 |