

| Rang | Borstnr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|---------|----------------|------------|----------------|-----|-----------|-----------------------|-------|-------|--------|
| 1 | 150 | Thiels | Liam | Halen | M1 | SCH | DCLA | 12:09 | 18,26 | 03:17 |
| 2 | 92 | Verhaert | Gerry | Westerlo | M2 | MAS+35 | AC Hulshout | 12:15 | 18,10 | 03:18 |
| 3 | 57 | Philips | Siebe | Herselt | M3 | SCH | AC Huls | 12:19 | 18,00 | 03:19 |
| 4 | 114 | De Rooy | Lennard | Wuustwezel | M4 | SEN | Paxx Global Athletics | 12:24 | 17,90 | 03:21 |
| 5 | 88 | De Smet | Tom | Schriek | M5 | MAS+35 | HULS | 12:59 | 17,09 | 03:30 |
| 6 | 173 | Vleugels | Tom | Hulshout | M6 | MAS+40 | Sjotbikers | 13:01 | 17,05 | 03:31 |
| 7 | 160 | de Hoon | Sieols | Geel | M7 | SEN | Sioli's team | 13:02 | 17,03 | 03:31 |
| 8 | 39 | De Vries | Jef | Houwaart | M8 | SEN | DCPP | 13:15 | 16,75 | 03:34 |
| 9 | 158 | Wouters | Robin | Aarschot | M9 | SEN | | 13:23 | 16,58 | 03:37 |
| 10 | 73 | Ver Elst | Jan | Herselt | M10 | MAS+60 | AC Hulshout | 13:24 | 16,56 | 03:37 |
| 11 | 105 | 's Jongers | Brent | Houtvenne | M11 | CAD | Huls | 13:25 | 16,53 | 03:37 |
| 12 | 70 | Valckx | Stefan | Keerbergen | M12 | SEN | AVZK | 13:40 | 16,24 | 03:41 |
| 13 | 89 | Van Linden | Pieter-Jan | St-Kat-Waver | M13 | MIN | | 13:43 | 16,18 | 03:42 |
| 14 | 68 | Verhaert | Tim | Wiekevorst | M14 | MAS+35 | Team Wikkeveust | 13:45 | 16,14 | 03:43 |
| 15 | 156 | Van den Broeck | Bart | Morkhoven | M15 | MAS+40 | | 13:58 | 15,89 | 03:46 |
| 16 | 129 | Raeymaekers | Lars | Hulshout | M16 | CAD | AC Hulshout | 14:02 | 15,82 | 03:47 |
| 17 | 91 | Monsecour | Liesbeth | Hulshout | V1 | MAS+35 | HULS | 14:10 | 15,65 | 03:49 |
| 18 | 66 | Duts | Cisse | Houtvenne | M17 | CAD | AC Hulshout | 14:16 | 15,55 | 03:51 |
| 19 | 130 | De Voeght | Klara | Westerlo | V2 | SCH | HULS | 14:19 | 15,49 | 03:52 |
| 20 | 98 | Goossens | Nele | Hulshout | V3 | SCH | AC Hulshout | 14:20 | 15,47 | 03:52 |
| 21 | 106 | Laureys | Tom | Aarschot | M18 | MAS+40 | | 14:24 | 15,41 | 03:53 |
| 22 | 15 | De Preter | Hans | Booischot | M19 | MAS+45 | Berglopers | 14:25 | 15,40 | 03:53 |
| 23 | 97 | Goossens | Rik | Wiekevorst | M20 | MIN | | 14:26 | 15,38 | 03:54 |
| 24 | 53 | Van Bael | Luc | Booischot | M21 | MAS+55 | DCPP | 14:27 | 15,35 | 03:54 |
| 25 | 167 | De Raet | Kris | Hulshout | M22 | MAS+40 | | 14:38 | 15,16 | 03:57 |
| 26 | 36 | Hoefkens | Chris | Booischot | M23 | MAS+50 | DCPP | 14:39 | 15,14 | 03:57 |
| 27 | 166 | Bocken | Chris | Morkhoven | M24 | SEN | | 14:41 | 15,12 | 03:58 |
| 28 | 2 | Verlinden | Kim | Hallaar | V4 | SEN | DCPP | 14:43 | 15,08 | 03:58 |
| 29 | 154 | Nauwelaerts | Rik | Beerzel | M25 | SEN | Routelopers | 14:45 | 15,03 | 03:59 |
| 30 | 196 | Debie | Thomas | Okselaar | M26 | JUN | | 14:46 | 15,02 | 03:59 |
| 31 | 85 | Geeraerts | Nick | | M27 | SEN | WTC Platten Tuub | 14:47 | 15,00 | 03:59 |
| 32 | 169 | Eyckmans | Arne | Grobbendonk | M28 | JUN | | 14:50 | 14,96 | 04:00 |
| 33 | 8 | De Winter | Murielle | Heist o/d Berg | V5 | MAS+45 | DCPP | 14:52 | 14,93 | 04:01 |
| 34 | 133 | Beyers | Erik | Morkhoven | M29 | MAS+55 | | 14:54 | 14,89 | 04:01 |
| 35 | 86 | Heylen | Jelle | | M30 | SEN | WTC Platten Tuub | 14:56 | 14,86 | 04:02 |
| 36 | 148 | Van Houdt | Tuur | Wiekevorst | M31 | MIN | | 15:15 | 14,55 | 04:07 |
| 37 | 128 | Raeymaekers | Ronald | Hulshout | M32 | MAS+45 | AC Hulshout | 15:17 | 14,52 | 04:07 |
| 38 | 142 | De Vos | Ward | Bouwel | M33 | PUP | ACHL | 15:18 | 14,49 | 04:08 |
| 39 | 44 | Sleecx | Daniel | Heist o/d Berg | M34 | PUP | | 15:19 | 14,48 | 04:08 |
| 40 | 137 | Heyns | Marc | Herenthout | M35 | MAS+50 | AC Herenthout | 15:20 | 14,47 | 04:08 |
| 41 | 45 | Sleecx | Godwin | Heist o/d Berg | M36 | MIN | | 15:22 | 14,43 | 04:09 |
| 42 | 82 | Geens | Björn | OLV-Waver | M37 | MAS+35 | | 15:27 | 14,37 | 04:10 |
| 43 | 72 | Van Rompaye | Bert | Vorselaar | M38 | MAS+35 | | 15:31 | 14,30 | 04:11 |
| 44 | 168 | Eyckmans | Ronny | Grobbendonk | M39 | MAS+45 | | 15:35 | 14,24 | 04:12 |
| 45 | 131 | De Voeght | Rik | Westerlo | M40 | PUP | ACHL | 15:46 | 14,08 | 04:15 |
| 46 | 157 | Ceulemans | Glen | Heist o/d Berg | M41 | SEN | | 15:47 | 14,06 | 04:16 |
| 47 | 19 | Van Dyck | Michel | Heist o/d Berg | M42 | MAS+50 | DCPP | 15:48 | 14,04 | 04:16 |
| 48 | 174 | Goyvaerts | Nico | Herselt | M43 | MAS+50 | Duracell | 15:49 | 14,03 | 04:16 |
| 49 | 94 | Vandewalle | Evi | Hulshout | V6 | MAS+35 | AC Hulshout | 16:08 | 13,76 | 04:21 |
| 50 | 146 | Verbiest | Bart | Noorderwijk | M44 | MAS+40 | | 16:17 | 13,63 | 04:24 |
| 51 | 46 | Claes | Dylen | | M45 | CAD | | 16:30 | 13,45 | 04:27 |
| 52 | 60 | Wijckmans | Lene | Wiekevorst | V7 | PUP | | 16:32 | 13,42 | 04:28 |
| 53 | 23 | Goris | Marc | Vorselaar | M46 | MAS+55 | DCPP | 16:34 | 13,40 | 04:28 |

| Rang | Borstnr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|---------|----------------|----------|----------------|-----|-----------|-----------------|-------|-------|--------|
| 54 | 132 | Gevets | Kjel | | M47 | CAD | Team Wikkeveust | 16:37 | 13,36 | 04:29 |
| 55 | 136 | Vermeulen | Peter | Wiekevorst | M48 | MAS+40 | Team Wikkeveust | 16:38 | 13,34 | 04:29 |
| 56 | 162 | Van Hoogten | Koen | Hulshout | M49 | MAS+45 | | 16:42 | 13,28 | 04:30 |
| 57 | 176 | Caluwaert | Guy | Heist o/d Berg | M50 | MAS+45 | Gorris Vastgoed | 16:47 | 13,22 | 04:32 |
| 58 | 9 | Bastiaens | Nancy | Wiekevorst | V8 | MAS+40 | DCPP | 16:50 | 13,18 | 04:33 |
| 59 | 87 | Van Thielen | Steff | | M51 | SEN | | 16:54 | 13,13 | 04:34 |
| 60 | 113 | Geerts | Robbe | Wiekevorst | M52 | CAD | | 17:01 | 13,04 | 04:36 |
| 61 | 107 | Deckers | Alain | Noorderwijk | M53 | MAS+70 | | 17:04 | 13,00 | 04:36 |
| 62 | 127 | Raeymaekers | Jente | Hulshout | V9 | SCH | AC Hulshout | 17:08 | 12,96 | 04:37 |
| 63 | 189 | Van Den Daele | Johanna | Nijlen | V10 | SEN | OLSE AC Merksem | 17:10 | 12,93 | 04:38 |
| 64 | 159 | Schauwers | Ella | Wiekevorst | V11 | CAD | AC Westerlo | 17:12 | 12,90 | 04:39 |
| 65 | 149 | Daelemans | Karl | Itegem | M54 | MAS+40 | | 17:16 | 12,85 | 04:40 |
| 66 | 108 | 's Jongers | Kurt | Houtvenne | M55 | MAS+45 | | 17:18 | 12,82 | 04:40 |
| 67 | 40 | Van Der Motte | Annelies | Houwaart | V12 | SEN | DCPP | 17:20 | 12,81 | 04:41 |
| 68 | 24 | Dupont | Johan | Hallaar | M56 | MAS+50 | DCPP | 17:21 | 12,79 | 04:41 |
| 69 | 109 | Pauwels | Kobe | Wiekevorst | M57 | BEN | | 17:23 | 12,76 | 04:42 |
| 70 | 112 | Geerts | Jan | Wiekevorst | M58 | MAS+45 | | 17:25 | 12,74 | 04:42 |
| 71 | 120 | Heylen | Neel | Wiekevorst | M59 | CAD | | 17:31 | 12,67 | 04:44 |
| 72 | 95 | Scharre | Femke | Noorderwijk | V13 | PUP | ACHL | 17:32 | 12,65 | 04:44 |
| 73 | 144 | De Vos | Tim | Bouwel | M60 | MAS+40 | | 17:34 | 12,63 | 04:44 |
| 74 | 161 | Andries | Yari | Schriek | M61 | MIN | SSB | 17:44 | 12,52 | 04:47 |
| 75 | 10 | Uytterhoeven | Peter | Tremelo | M62 | MAS+50 | DCPP | 17:45 | 12,51 | 04:47 |
| 76 | 27 | Van Opstal | Karel | Ramsel | M63 | MAS+70 | DCPP | 17:50 | 12,44 | 04:49 |
| 77 | 54 | Devries | Eric | Booischot | M64 | MAS+55 | DCPP | 17:52 | 12,42 | 04:49 |
| 78 | 110 | Pauwels | Steven | Wezemaal | M65 | SEN | Acko | 17:53 | 12,40 | 04:50 |
| 79 | 192 | De Heel | Michiel | Hallaar | M66 | PUP | AVZK | 17:56 | 12,37 | 04:51 |
| 80 | 52 | Verhaegen | Ilse | Booischot | V14 | MAS+50 | DCPP | 18:01 | 12,31 | 04:52 |
| 81 | 145 | Verhaert | Jarne | Heist o/d Berg | M67 | MIN | Team Wikkeveust | 18:06 | 12,26 | 04:53 |
| 82 | 63 | Schuermans | Raf | Wiekevorst | M68 | MAS+40 | Ronnekes | 18:11 | 12,20 | 04:55 |
| 83 | 181 | Cavens | Yani | Wiekevorst | M69 | SCH | | 18:18 | 12,13 | 04:56 |
| 84 | 184 | Van der Hoeven | Hanne | Schriek | V15 | MIN | | 18:20 | 12,11 | 04:57 |
| 85 | 194 | Van Den Eynde | Willem | Heist o/d Berg | M70 | SEN | | 18:44 | 11,84 | 05:03 |
| 86 | 124 | Van Rompaye | Caroline | Morkhoven | V16 | MAS+80 | | 18:48 | 11,80 | 05:05 |
| 87 | 67 | Van Der Steen | Flor | Wiekevorst | M71 | BEN | Team Wikkeveust | 18:50 | 11,78 | 05:05 |
| 88 | 126 | Dermaux | Ann | Heist o/d Berg | V17 | MAS+50 | AVZK | 18:56 | 11,72 | 05:07 |
| 89 | 164 | Van Den Dries | Katrien | Berlaar | V18 | MAS+35 | | 18:59 | 11,69 | 05:07 |
| 90 | 177 | Cruysberghs | Roos | Itegem | V19 | MAS+40 | | 19:00 | 11,68 | 05:08 |
| 91 | 79 | Claes | Onah | Keerbergen | V20 | BEN | AVZK | 19:01 | 11,67 | 05:08 |
| 92 | 56 | Van Loo | Karl | Heist o/d Berg | M72 | MAS+50 | | 19:02 | 11,66 | 05:08 |
| 93 | 31 | Schepers | Geert | Booischot | M73 | MAS+45 | DCPP | 19:05 | 11,63 | 05:09 |
| 94 | 111 | Van der Sanden | Emma | Hulshout | V21 | BEN | AVZK | 19:06 | 11,62 | 05:09 |
| 95 | 121 | Vandenborre | Tine | Wiekevorst | V22 | MAS+35 | AC Herenthout | 19:09 | 11,59 | 05:10 |
| 96 | 134 | Schelkens | Lauren | Betekom | V23 | SCH | AVZK | 19:13 | 11,55 | 05:11 |
| 97 | 41 | Goovaerts | Caroline | Heist o/d Berg | V24 | MAS+35 | DCPP | 19:18 | 11,50 | 05:13 |
| 98 | 193 | Geudens | Katrien | Ramsel | V25 | MAS+50 | | 19:19 | 11,49 | 05:13 |
| 99 | 5 | Heremans | Miet | Booischot | V26 | MAS+40 | DCPP | 19:24 | 11,44 | 05:14 |
| 100 | 81 | Bogemans | Ludo | Lier | M74 | MAS+60 | | 19:25 | 11,43 | 05:15 |
| 101 | 51 | Lauwerys | Norbert | Borsbeek | M75 | MAS+70 | | 19:28 | 11,40 | 05:15 |
| 102 | 191 | De Heel | Pepijn | Hallaar | M76 | MIN | AVZK | 19:29 | 11,39 | 05:16 |
| 103 | 43 | Creemers | Naima | | V27 | SCH | | 19:30 | 11,37 | 05:16 |
| 104 | 93 | Prinsen | Marc | Westerlo | M77 | MAS+55 | | 19:41 | 11,28 | 05:19 |
| 105 | 26 | Schepers | Laura | Booischot | V28 | SCH | DCPP | 19:42 | 11,27 | 05:19 |
| 106 | 165 | Van Rompay | Axl | Hulshout | M78 | PUP | | 19:43 | 11,26 | 05:19 |

| Rang | Borstnr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|---------|---------------------|------------|----------------|------|-----------|-----------------|-------|-------|--------|
| 107 | 75 | Lambaerts | Tom | Wiekevorst | M79 | MAS+45 | | 19:45 | 11,24 | 05:20 |
| 108 | 125 | Criem | Dirk | Muizen | M80 | MAS+60 | | 19:46 | 11,22 | 05:20 |
| 109 | 96 | Meir | Els | Noorderwijk | V29 | MAS+45 | | 19:51 | 11,18 | 05:21 |
| 110 | 38 | Peeters | Patrick | Booischot | M81 | MAS+45 | DCPP | 19:58 | 11,12 | 05:23 |
| 111 | 48 | Van den Bergh | Paul | Duffel | M82 | MAS+60 | | 20:06 | 11,04 | 05:26 |
| 112 | 29 | Van den Putte | Eric | Heist o/d Berg | M83 | MAS+60 | DCPP | 20:13 | 10,98 | 05:27 |
| 113 | 64 | Sevenants | Henri | Tessenderlo | M84 | MAS+75 | Looise | 20:18 | 10,93 | 05:29 |
| 114 | 22 | Op de Beeck | Lotte | Ramsel | V30 | CAD | DCPP | 20:21 | 10,90 | 05:30 |
| 115 | 21 | Goovaerts | Stella | Ramsel | V31 | MAS+40 | DCPP | 20:23 | 10,89 | 05:30 |
| 116 | 12 | Van Orshaegen | Nicole | Olen | V32 | MAS+55 | DCPP | 20:25 | 10,87 | 05:31 |
| 117 | 515 | Maes | Barbara | Bonheiden | V33 | MAS+40 | | 20:26 | 10,86 | 05:31 |
| 118 | 32 | Nagels | Ann | Schriek | V34 | MAS+45 | DCPP | 20:27 | 10,85 | 05:31 |
| 119 | 25 | Livens | Antoon | Hallaar | M85 | MAS+60 | DCPP | 20:28 | 10,84 | 05:32 |
| 120 | 152 | Witvrouwen | Vince | Westerlo | M86 | PUP | | 20:32 | 10,80 | 05:33 |
| 121 | 123 | Deckers | Lucas | | M87 | BEN | | 20:34 | 10,79 | 05:33 |
| 122 | 1 | Goovaerts | Jef | Heist o/d Berg | M88 | MAS+65 | DCPP | 20:36 | 10,78 | 05:34 |
| 123 | 188 | Van Otten | Peggy | Ramsel | V35 | MAS+45 | | 20:37 | 10,76 | 05:34 |
| 124 | 122 | Deckers | Geert | | M89 | MAS+40 | | 20:39 | 10,75 | 05:34 |
| 125 | 55 | Van Loo | Ynse | Heist o/d Berg | V36 | SEN | | 20:45 | 10,69 | 05:36 |
| 126 | 115 | Feremans | Marina | Heist o/d Berg | V37 | MAS+50 | | 20:47 | 10,68 | 05:37 |
| 127 | 50 | Faes | Vic | Edegem | M90 | MAS+70 | | 20:48 | 10,67 | 05:37 |
| 128 | 33 | Daneels | Daniëlla | Hulshout | V38 | MAS+55 | DCPP | 20:49 | 10,66 | 05:37 |
| 129 | 59 | Wijckmans | Sebbe | Wiekevorst | M91 | MIN | | 20:54 | 10,62 | 05:39 |
| 130 | 175 | Van Bael | Ils | Wiekevorst | V39 | MAS+35 | | 21:05 | 10,52 | 05:42 |
| 131 | 180 | Cavens | Koen | Wiekevorst | M92 | MAS+45 | | 21:06 | 10,52 | 05:42 |
| 132 | 141 | De Vos | Lynde | | V40 | PUP | ACHL | 21:08 | 10,50 | 05:42 |
| 133 | 35 | Van der Auwermeulen | Nicole | Putte | V41 | MAS+60 | DCPP | 21:13 | 10,46 | 05:44 |
| 134 | 28 | Luytens | Annick | Heist o/d Berg | V42 | MAS+40 | DCPP | 21:14 | 10,45 | 05:44 |
| 135 | 182 | Horemans | Petra | Noorderwijk | V43 | MAS+40 | | 21:19 | 10,41 | 05:45 |
| 136 | 90 | Verhaeren | Jasper | Putte | M93 | MIN | | 21:23 | 10,38 | 05:46 |
| 137 | 170 | Lormoy | Ilse | Beerzel | V44 | MAS+50 | | 21:26 | 10,36 | 05:47 |
| 138 | 78 | Gysemans | Gwendolina | Booischot | V45 | MAS+35 | | 21:31 | 10,32 | 05:48 |
| 139 | 103 | Weuts | Senne | | M94 | BEN | | 21:34 | 10,29 | 05:49 |
| 140 | 155 | Belien | Pascale | Westerlo | V46 | MAS+45 | | 21:36 | 10,27 | 05:50 |
| 141 | 151 | Dams | Evy | Westerlo | V47 | MAS+40 | | 21:37 | 10,27 | 05:50 |
| 142 | 71 | Roelandts | Griet | Rillaar | V48 | MAS+45 | | 21:38 | 10,25 | 05:51 |
| 143 | 147 | Geysen | Annick | Lille | V49 | MAS+50 | ALV | 21:39 | 10,25 | 05:51 |
| 144 | 34 | Aerts | Willy | Heist o/d Berg | M95 | MAS+65 | DCPP | 21:46 | 10,20 | 05:52 |
| 145 | 102 | Van Eyck | Gilbert | Herentals | M96 | MAS+70 | AC Herenthout | 21:55 | 10,13 | 05:55 |
| 146 | 140 | Eggers | Peggy | Wiekevorst | V50 | MAS+50 | | 21:56 | 10,12 | 05:55 |
| 147 | 172 | Verbeeck | Elien | Itegem | V51 | SEN | | 21:58 | 10,10 | 05:56 |
| 148 | 171 | Feyaerts | Mathieu | Heist o/d Berg | M97 | SEN | | 21:59 | 10,10 | 05:56 |
| 149 | 69 | Deboel | Marcel | Weelde | M98 | MAS+70 | | 22:02 | 10,07 | 05:57 |
| 150 | 11 | Op de Beeck | Suzy | Tremelo | V52 | MAS+45 | DCPP | 22:05 | 10,05 | 05:58 |
| 151 | 13 | Liekens | Louis | Hallaar | M99 | MAS+70 | DCPP | 22:11 | 10,00 | 05:59 |
| 152 | 6 | Salaets | Jules | Itegem | M100 | MAS+70 | DCPP | 22:12 | 10,00 | 06:00 |
| 153 | 135 | Goossens | Frans | Westerlo | M101 | MAS+65 | OVC | 22:25 | 9,90 | 06:03 |
| 154 | 186 | Jacobs | Nele | Herentals | V53 | MAS+35 | Kasteellopers | 22:27 | 9,89 | 06:04 |
| 155 | 185 | Leysen | Robin | Herentals | M102 | MAS+35 | Kasteellopers | 22:29 | 9,87 | 06:04 |
| 156 | 190 | Schellens | Annemie | Hallaar | V54 | MAS+40 | AVZK | 22:34 | 9,84 | 06:06 |
| 157 | 100 | Vermeulen | Lies | Wiekevorst | V55 | MAS+35 | Team Wikkeveust | 22:46 | 9,75 | 06:09 |
| 158 | 18 | Maes | Wendy | Itegem | V56 | MAS+45 | DCPP | 22:53 | 9,70 | 06:11 |
| 159 | 14 | Ceulemans | Germaine | Hallaar | V57 | MAS+70 | DCPP | 22:54 | 9,69 | 06:11 |

| Rang | Borstnr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|---------|----------------|----------|----------------|------|-----------|-----------------|-------|------|--------|
| 160 | 179 | Caluwaert | Peggy | Heist o/d Berg | V58 | MAS+40 | Gorris Vastgoed | 23:02 | 9,63 | 06:13 |
| 161 | 178 | Caluwaert | Roger | Heist o/d Berg | M103 | MAS+75 | Gorris Vastgoed | 23:03 | 9,62 | 06:14 |
| 162 | 187 | De Mees | Marc | Rijmenam | M104 | MAS+75 | Hooibeeklopers | 23:08 | 9,59 | 06:15 |
| 163 | 195 | Van den Heuvel | Jozef | Reet | M105 | MAS+50 | | 23:11 | 9,57 | 06:16 |
| 164 | 61 | Van Lier | Caroline | Schriek | V59 | SEN | | 23:22 | 9,50 | 06:18 |
| 165 | 62 | Van Lier | Stefan | Tremelo | M106 | MAS+60 | | 23:23 | 9,49 | 06:19 |
| 166 | 7 | Gielis | Ellen | Westerlo | V60 | MAS+35 | DCPP | 23:25 | 9,48 | 06:19 |
| 167 | 117 | Stroeckx | Lize | Wiekevorst | V61 | MAS+80 | | 23:33 | 9,42 | 06:22 |
| 168 | 119 | Stroeckx | Ivan | Wiekevorst | M107 | MAS+80 | | 23:34 | 9,42 | 06:22 |
| 169 | 199 | Steylaerts | Mathijs | Wiekevorst | M108 | PUP | | 23:40 | 9,38 | 06:23 |
| 170 | 118 | Stroeckx | Warre | Wiekevorst | M109 | MAS+80 | | 23:41 | 9,37 | 06:24 |
| 171 | 163 | Peeters | Jochen | Wiekevorst | M110 | MIN | | 23:47 | 9,33 | 06:25 |
| 172 | 104 | Docx | Shana | Wiekevorst | V62 | MAS+35 | | 23:50 | 9,31 | 06:26 |
| 173 | 153 | Demaeght | Jan | Langdorp | M111 | MAS+60 | | 23:51 | 9,31 | 06:26 |
| 174 | 17 | Van Houtven | Ines | Heist o/d Berg | V63 | MAS+65 | DCPP | 23:55 | 9,28 | 06:27 |
| 175 | 116 | Van den Eynde | Lieve | Heist o/d Berg | V64 | MAS+50 | DCPP | 23:57 | 9,27 | 06:28 |
| 176 | 20 | Hölscher | Anita | Rumst | V65 | MAS+55 | DCPP | 23:57 | 9,26 | 06:28 |
| 177 | 37 | De Cock | Luc | Booischot | M112 | MAS+55 | DCPP | 24:03 | 9,23 | 06:30 |
| 178 | 30 | Faes | Frans | Heist o/d Berg | M113 | MAS+70 | DCPP | 24:07 | 9,20 | 06:31 |
| 179 | 49 | Jansen | Sharissa | | V66 | SEN | | 24:21 | 9,11 | 06:35 |
| 180 | 42 | Dezittere | Sofie | | V67 | SEN | | 24:23 | 9,10 | 06:35 |
| 181 | 83 | Kwanten | Lies | OLV-Waver | V68 | SEN | | 24:25 | 9,09 | 06:36 |
| 182 | 139 | Caluwé | Chloë | | V69 | SEN | | 24:27 | 9,08 | 06:36 |
| 183 | 138 | Daneels | Gunther | Herenthout | M114 | MAS+45 | Energielopers | 24:28 | 9,07 | 06:36 |
| 184 | 143 | Torfs | Cindy | Bouwel | V70 | MAS+35 | | 24:35 | 9,03 | 06:38 |
| 185 | 183 | Leirs | Marine | Noorderwijk | V71 | MAS+40 | | 24:37 | 9,01 | 06:39 |
| 186 | 101 | Vermeulen | Leen | Wiekevorst | V72 | MAS+40 | | 24:58 | 8,89 | 06:44 |
| 187 | 99 | Henderickx | Daan | Wiekevorst | M115 | BEN | | 25:15 | 8,79 | 06:49 |
| 188 | 3 | Jans | Lisette | Westerlo | V73 | MAS+70 | DCPP | 26:06 | 8,50 | 07:03 |
| 189 | 4 | Heylen | Jos | Westerlo | M116 | MAS+70 | DCPP | 26:09 | 8,49 | 07:04 |
| 190 | 76 | Lambaerts | Kayla | Wiekevorst | V74 | MAS+80 | | 27:26 | 8,09 | 07:25 |
| 191 | 58 | Cornelis | Ann | Wiekevorst | V75 | MAS+65 | LG | 27:50 | 7,97 | 07:31 |
| 192 | 80 | Baeten | Nathalie | Keerbergen | V76 | MAS+35 | AVZK | 27:58 | 7,94 | 07:33 |
| 193 | 74 | Versweyveld | Cindy | Wiekevorst | V77 | MAS+40 | | 28:04 | 7,91 | 07:35 |
| 194 | 77 | Lambaerts | Yanna | Wiekevorst | V78 | MAS+80 | | 28:54 | 7,68 | 07:48 |
| 195 | 65 | Biesmans | Lisette | Ham | V79 | MAS+70 | | 29:25 | 7,54 | 07:57 |