

7,4 KM

| PL | NR | Naam | Woonplaats | CAT | P/CAT | Tijd | GEM | KM-Tijd |
|----|-----|-----------------------|-------------------|-----|-------|---------|-------|---------|
| 1 | 607 | DE VUYST FREDERIK | OUDENAARDE | M | 1 | 0:24:11 | 18,36 | 3:16 |
| 2 | 619 | PENNYNCK GERDI | NAZARETH | M | 2 | 0:25:06 | 17,69 | 3:24 |
| 3 | 609 | VAN DE CAUTER ERWIN | DENDERMONDE | M | 3 | 0:25:28 | 17,43 | 3:26 |
| 4 | 645 | BONNE EDDY | AALTER | M | 4 | 0:26:50 | 16,55 | 3:38 |
| 5 | 650 | ROTS LIEVEN | BOTTELARE | M | 5 | 0:26:54 | 16,51 | 3:38 |
| 6 | 621 | DE VLEESCHOUWER GEERT | BRAKEL | M | 6 | 0:27:18 | 16,26 | 3:41 |
| 7 | 644 | DE LAERE PETER | DRONGEN | M | 7 | 0:27:48 | 15,97 | 3:45 |
| 8 | 652 | CAMMERMAN SVEN | DENDERMONDE | M | 8 | 0:28:08 | 15,78 | 3:48 |
| 9 | 613 | TIJTGAT NATALIE | DESSELGEM | V | 1 | 0:28:10 | 15,76 | 3:48 |
| 10 | 608 | CLAEYS ERIK | EVERGEM | M | 9 | 0:28:39 | 15,5 | 3:52 |
| 11 | 606 | GOEMAERE CLAUDE | BEVEREN-LEIE | M | 10 | 0:28:46 | 15,43 | 3:53 |
| 12 | 620 | NEIRYNCK HANS | NEVELE | M | 11 | 0:29:53 | 14,86 | 4:02 |
| 13 | 642 | VAN HOOREWEGHE TONNY | URSEL | M | 12 | 0:30:01 | 14,79 | 4:03 |
| 14 | 617 | D'HAENE THIERRY | NAZARETH | M | 13 | 0:30:06 | 14,75 | 4:04 |
| 15 | 603 | RAMAN JASPER | EVERGEM | M | 14 | 0:30:40 | 14,48 | 4:09 |
| 16 | 624 | CAMBIER DIRK | MELLE | M | 15 | 0:31:22 | 14,16 | 4:14 |
| 17 | 631 | BULTYNCK STANY | ZOMERGEM | M | 16 | 0:31:24 | 14,14 | 4:15 |
| 18 | 634 | TEMMERMAN PATRICK | KAPRIJKE | M | 17 | 0:31:27 | 14,12 | 4:15 |
| 19 | 622 | GIJSSELS KRISTIAAN | ZOMERGEM | M | 18 | 0:31:34 | 14,07 | 4:16 |
| 20 | 625 | KERCKAERT EDDY | AALTER | M | 19 | 0:31:39 | 14,03 | 4:17 |
| 21 | 605 | DE SOOMER ROGER | AALTER | M | 20 | 0:32:06 | 13,83 | 4:20 |
| 22 | 629 | DE STOOP PAUL | NEVELE | M | 21 | 0:32:28 | 13,68 | 4:23 |
| 23 | 601 | TACKELS CHRIS | ZWIJNAARDE | M | 22 | 0:32:42 | 13,58 | 4:25 |
| 24 | 627 | COCQUYT RUDY | WONDELGEM | M | 23 | 0:33:33 | 13,23 | 4:32 |
| 25 | 630 | BEURMS GEERT | KALKEN | M | 24 | 0:33:37 | 13,21 | 4:33 |
| 26 | 640 | VANLANDUYT NICO | RUISELEDE | M | 25 | 0:33:39 | 13,19 | 4:33 |
| 27 | 604 | VAN DE WALLE DIRK | LEDE | M | 26 | 0:34:08 | 13,01 | 4:37 |
| 28 | 637 | VERHEGGE JOHAN | KNESSELARE | M | 27 | 0:34:32 | 12,86 | 4:40 |
| 29 | 648 | DE MAEGT PATRICK | URSEL | M | 28 | 0:34:45 | 12,78 | 4:42 |
| 30 | 641 | CATERIN MICHELE | BELLEM | V | 2 | 0:35:23 | 12,55 | 4:47 |
| 31 | 612 | TIMMERMAN DIDIER | BEERNEM | M | 29 | 0:36:29 | 12,17 | 4:56 |
| 32 | 636 | BAERT MICHIEL | MALDEGEM | M | 30 | 0:36:49 | 12,06 | 4:59 |
| 33 | 626 | VAN EEGHEM JURGEN | AALTER | M | 31 | 0:36:52 | 12,04 | 4:59 |
| 34 | 635 | DE RUDDER TOM | TEMSE | M | 32 | 0:37:00 | 12 | 5:00 |
| 35 | 647 | DOBBELAERE MARIA | LEMBEKE | V | 3 | 0:37:05 | 11,97 | 5:01 |
| 36 | 602 | MAERTEN NANCY | EEKLO | V | 4 | 0:37:42 | 11,78 | 5:06 |
| 37 | 649 | DE WILDE MARIA | LOKEREN | V | 5 | 0:38:09 | 11,64 | 5:09 |
| 38 | 653 | ALHYANE MEDHI | NEVELE | M | 33 | 0:38:25 | 11,56 | 5:11 |
| 39 | 643 | VERSLUYS FRIMIN | KAPRIJKE | M | 34 | 0:39:38 | 11,2 | 5:21 |
| 40 | 654 | LEYSSEN MARC | BELLEM | M | 35 | 0:40:52 | 10,86 | 5:31 |
| 41 | 615 | VAN BELLE MARIA | SLEIDINGE | V | 6 | 0:41:02 | 10,82 | 5:33 |
| 42 | 611 | LEFEVRE DARLINE | URSEL | V | 7 | 0:41:33 | 10,69 | 5:37 |
| 43 | 639 | BARBIER NELE | AALTER | V | 8 | 0:42:24 | 10,47 | 5:44 |
| 44 | 600 | VERMEIRE INGE | TIELT | V | 9 | 0:43:37 | 10,18 | 5:54 |
| 45 | 632 | DE TEMMERMAN RIA | BRUGGE | V | 10 | 0:43:44 | 10,15 | 5:55 |
| 46 | 628 | CORDY KARINE | WONDELGEM | V | 11 | 0:44:27 | 9,99 | 6:00 |
| 47 | 638 | MOENS ELKE | ST-DENIJS-WESTREM | V | 12 | 0:44:53 | 9,89 | 6:04 |
| 48 | 614 | ROSSIE FREDDY | BOEKHOUTE | M | 36 | 0:46:11 | 9,61 | 6:14 |
| 49 | 651 | ALHYANE NAHIM | AALTER | M | 37 | 0:46:19 | 9,59 | 6:16 |
| 50 | 633 | VAN DER VEKEN MICHEL | BRUGGE | M | 38 | 0:46:33 | 9,54 | 6:17 |
| 51 | 618 | VERMEULEN ANN | DE PINTE | V | 13 | 0:52:25 | 8,47 | 7:05 |
| 52 | 616 | DEZUTTERE PASCAL | AALTER | M | 39 | 0:52:27 | 8,47 | 7:05 |
| 53 | 646 | WILLE DIEGO | BELLEM | M | 40 | 0:52:28 | 8,46 | 7:05 |