

5 KM

5 KM					
Pl	SN	Naam	Afstand	Category	Finish
1	584	Maunu Toivari	5KM	sen m	0:15:55.2
2	580	Piet Crommen	5KM	sen m	0:15:57.0
3	622	Chris Wouters	5KM	M45	0:16:29.9
4	614	Guy_ Fays	5KM	sen m	0:16:37.9
5	841	Joris Jacobs	5KM	sen m	0:16:59.8
6	527	Maarten Appermans	5KM	sen m	0:17:14.3
7	579	Tom Partoens	5KM	M35	0:17:25.5
8	596	Drees Herfs	5KM	sen m	0:17:36.1
9	569	Marc Schoels	5KM	M45	0:17:41.5
10	562	Michel Wolfs	5KM	M45	0:17:52.7
11	130	Lode Raskin	5KM	M45	0:18:12.1
12	846	Ryan Hermans	5KM	sen m	0:18:43.7
13	828	Yves Exelmans	5KM	M45	0:18:55.4
14	109	Kristof Bomans	5KM	sen m	0:18:59.1
15	590	Julian Nicolaes	5KM	sen m	0:19:02.1
16	449	Robbe Vandebosch	5KM	sen m	0:19:15.3
17	559	Seppe Hansen	5KM	sen m	0:19:15.5
18	163	Filip Staes	5KM	M35	0:19:41.2
19	540	Anne-Sophie Slegers	5KM	sen v	0:19:51.3
20	289	Seth Meertens	5KM	sen m	0:19:53.3
21	836	Jan Vermeulen	5KM	M35	0:19:54.6
22	206	Heinrich Vanderhaegen	5KM	M35	0:20:30.9
23	487	Dries Theunissen	5KM	sen m	0:20:43.8
24	522	Oliver Geens	5KM	sen m	0:20:57.7
25	613	Davy Vanderlinden	5KM	M45	0:20:59.3
26	317	Jan Loddewijkx	5KM	M35	0:21:08.0
27	586	Niels D' Huys	5KM	sen m	0:21:13.7
28	854	Johan Jeral	5KM	M45	0:21:14.8
29	815	Mehdi Poesen	5KM	sen m	0:21:17.9
30	502	Brecht Lolla	5KM	sen m	0:21:20.5
31	835	Michel Becx	5KM	M35	0:21:21.5
32	457	Bert Vertessen	5KM	M35	0:21:23.1
33	14	Robby Jans	5KM	M35	0:21:24.9
34	214	Mercy Jerono Komen	5KM	sen v	0:21:25.8
35	570	Hennie Hermans	5KM	sen m	0:21:29.3
36	15	Danny Hensen	5KM	M35	0:21:31.8
37	844	Daan Mesotten	5KM	sen m	0:21:32.8
38	42	Dirk Meesen	5KM	M45	0:21:34.8
39	591	Paul Willems	5KM	M45	0:21:36.6
40	788	Axl Wins	5KM	sen m	0:21:54.5
41	789	Koen Wins	5KM	M35	0:21:57.5
42	864	Jelle Proesmans	5KM	sen m	0:21:59.3
43	420	Anneleen Goffin	5KM	sen v	0:22:01.5
44	598	Sammy Van Den Broek	5KM	sen m	0:22:02.1

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45	89	Kevin Steegen	5KM	sen m	0:22:03.0
46	500	Bollen Sven	5KM	sen m	0:22:04.1
47	171	Maxim Vandenbosch	5KM	sen m	0:22:06.2
48	332	Ruben Veltjen	5KM	sen m	0:22:10.7
49	536	Robbe Hertogen	5KM	sen m	0:22:12.2
50	811	Michiel Steegen	5KM	sen m	0:22:12.9
51	812	Oscar Ackermann	5KM	sen m	0:22:15.3
52	783	Mauro Gravina	5KM	sen m	0:22:16.1
53	781	Estelle Lantin	5KM	sen v	0:22:16.5
54	138	Francis Smets	5KM	M45	0:22:18.9
55	180	Celine Vandenbosch	5KM	sen v	0:22:25.1
56	310	Margaux Van Impe	5KM	sen v	0:22:28.5
57	865	Jaan Wouters	5KM	sen m	0:22:29.0
58	594	Kris Christoffels	5KM	sen m	0:22:30.0
59	123	Gert Claesen	5KM	M45	0:22:31.2
60	533	Joren Vandewal	5KM	sen m	0:22:35.0
61	427	Els Jamaer	5KM	V35	0:22:36.9
62	630	Frederic Sels	5KM	sen m	0:22:39.1
63	845	Ben Mesotten	5KM	M35	0:22:42.9
64	492	Siebe Meekers	5KM	sen m	0:22:46.5
65	342	Tom Vandormael	5KM	M35	0:22:47.3
66	120	Jos Polders	5KM	M55	0:22:54.2
67	477	Daan Schrijvers	5KM	sen m	0:22:59.0
68	754	Mieke Vanormeliongen	5KM	V35	0:23:03.4
69	337	Jos Hack	5KM	M45	0:23:04.9
70	156	Kristof Jorissen	5KM	M35	0:23:10.7
71	838	Hanne Claesen	5KM	sen v	0:23:12.4
72	558	Sem Hansen	5KM	sen m	0:23:14.1
73	784	Didier Gravina	5KM	M45	0:23:20.8
74	840	Ilse Engelen	5KM	V35	0:23:25.0
75	405	Siemen Pieters	5KM	sen m	0:23:35.8
76	406	Bode Pieters	5KM	sen m	0:23:36.4
77	863	Meyers Jeroen	5KM	M35	0:23:36.4
78	786	Rudi Gregoire	5KM	M45	0:23:37.5
79	560	Tim Arnols	5KM	sen m	0:23:38.7
80	451	Junot Vandelaer	5KM	sen m	0:23:38.8
81	833	Nadine Smeets	5KM	V45	0:23:43.7
82	568	Dominique Dury	5KM	sen m	0:23:47.4
83	829	Rune Verwimp	5KM	sen m	0:23:48.0
84	567	Jarne Verjans	5KM	sen m	0:23:48.3
85	483	Rune Christoffels	5KM	sen m	0:23:48.7
86	437	Lars Paulissen	5KM	sen m	0:23:49.9
87	819	Dilana Slechten	5KM	sen v	0:23:55.1
88	424	Maxim Hansen	5KM	sen m	0:23:57.2
89	313	Kris Bomans	5KM	sen m	0:23:58.1
90	169	Lenny Corthals	5KM	sen m	0:24:03.5
91	266	Olivier Dubois	5KM	M35	0:24:05.4

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92	129	Jarne Dewit	5KM	sen m	0:24:12.3
93	554	Yannick Nyssen	5KM	sen m	0:24:17.8
94	179	Gwen Vanschoonwinkel	5KM	M35	0:24:19.2
95	66	Joeri Roox	5KM	sen m	0:24:21.9
96	485	Arlin Motten	5KM	sen m	0:24:26.6
97	393	Karel Franssen	5KM	sen m	0:24:27.9
98	297	Kiki Eling	5KM	sen v	0:24:32.3
99	298	Patrick Eling	5KM	M35	0:24:32.4
100	220	Stijn Maes	5KM	sen m	0:24:43.1
101	257	Jente Vijnck	5KM	sen m	0:24:44.7
102	556	Johan Feytons	5KM	M45	0:24:44.8
103	501	Patrick Vijnck	5KM	M35	0:24:44.9
104	534	Siebe Vandewal	5KM	sen m	0:24:45.7
105	372	Lucas Hauben	5KM	sen m	0:24:52.7
106	595	Wim Gorissen	5KM	V35	0:24:59.3
107	478	Jasper Schrijvers	5KM	sen m	0:25:04.4
108	128	Kobe Dewit	5KM	sen m	0:25:08.2
109	373	Kevin Hauben	5KM	sen m	0:25:08.6
110	541	Jason Byloos	5KM	sen m	0:25:10.6
111	197	Sander Cuenen	5KM	sen m	0:25:14.4
112	766	Jarne Snellinx	5KM	sen m	0:25:14.5
113	256	Kjelle Vertessen	5KM	sen m	0:25:15.1
114	597	Harie Roex	5KM	M55	0:25:20.8
115	102	Benne Vrancken	5KM	sen m	0:25:28.7
116	127	Lien Brepoels	5KM	sen v	0:25:31.6
117	276	Jo Brepoels	5KM	M35	0:25:31.8
118	797	Jef Sleurs	5KM	sen v	0:25:39.7
119	414	Marc Darding	5KM	M45	0:25:43.1
120	212	Niels Speelmans	5KM	sen m	0:25:49.6
121	318	Jef Loddewijkx	5KM	sen m	0:25:50.4
122	258	Willem Dubois	5KM	sen m	0:25:50.6
123	514	Roman Paulussen	5KM	V35	0:25:51.1
124	589	Bart Jacobs	5KM	M35	0:25:53.7
125	856	Aaron Beckers	5KM	sen m	0:25:54.4
126	201	Marie Brimioul	5KM	sen v	0:26:03.5
127	380	Siebe Machiels	5KM	sen m	0:26:03.9
128	319	Marjolein Van Nierop	5KM	sen v	0:26:05.3
129	202	Robby Brimioul	5KM	M35	0:26:06.4
130	158	Elke Hubrechts	5KM	V35	0:26:11.3
131	23	Eric Lambregs	5KM	M55	0:26:21.5
132	585	Lieven Landuyt	5KM	sen m	0:26:21.6
133	537	Mathijs Rijvers	5KM	sen m	0:26:23.9
134	599	Jozua Meesters	5KM	sen m	0:26:24.8
135	600	Randon Mononutu	5KM	sen m	0:26:25.3
136	555	Marnix Hansen	5KM	sen m	0:26:37.6
137	204	Kirsten Vissers	5KM	sen v	0:26:50.3
138	472	Remi Loddewyks	5KM	sen m	0:26:51.2

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139	820	Roben Landerloos	5KM	sen m	0:26:54.8
140	413	Lei Darding	5KM	sen m	0:26:55.7
141	571	Werner Boelen	5KM	M35	0:26:57.5
142	756	Britt Verjans	5KM	sen v	0:26:57.7
143	117	Jan D'Hooghe	5KM	M35	0:27:00.1
144	813	Bruno Steegen	5KM	M45	0:27:00.5
145	528	Kristof Quix	5KM	sen m	0:27:00.8
146	118	Gwenda Gielen	5KM	V35	0:27:01.3
147	374	Stef Broux	5KM	sen m	0:27:02.1
148	790	Marleen Florens	5KM	V35	0:27:06.4
149	479	Karen Jackers	5KM	V35	0:27:07.3
150	491	Bart Meekers	5KM	M45	0:27:07.8
151	851	Patrick Wieczorek	5KM	M45	0:27:12.3
152	249	Sam Van Gelder	5KM	sen m	0:27:13.7
153	309	Fien Lindelauf	5KM	V45	0:27:14.0
154	312	Annika Van Impe	5KM	sen v	0:27:14.2
155	415	Oscar Darding	5KM	sen m	0:27:15.5
156	11	Jos Ramakers	5KM	M55	0:27:15.6
157	397	Jan Vaes	5KM	M35	0:27:16.2
158	857	Emma Verhulst	5KM	sen v	0:27:17.4
159	122	Karel Timmermans	5KM	M35	0:27:19.6
160	369	Jerry Hamal	5KM	M35	0:27:20.0
161	314	Philippe Bijnens	5KM	sen m	0:27:20.1
162	368	Jeroen Oeyen	5KM	sen m	0:27:20.4
163	364	Peter Beirinckx	5KM	M45	0:27:24.1
164	410	Sophie Bernhard	5KM	sen v	0:27:24.9
165	219	Rony Maes	5KM	M55	0:27:26.4
166	814	Mariya Lepireva	5KM	V35	0:27:26.9
167	290	Zef Peumans	5KM	sen m	0:27:28.2
168	566	Mathias Buysmans	5KM	sen m	0:27:28.8
169	588	Anthony Amormino	5KM	sen m	0:27:30.3
170	805	Juul Collas	5KM	sen m	0:27:31.1
171	550	Simon Arnols	5KM	sen m	0:27:32.8
172	142	Nathan Gielen	5KM	sen m	0:27:33.7
173	858	Teresa Menendez	5KM	V45	0:27:35.0
174	39	Ben Doumen	5KM	M35	0:27:35.8
175	288	Jorlando Beenen	5KM	sen m	0:27:37.4
176	423	Gijs Greven	5KM	sen m	0:27:41.0
177	422	Fien Greven	5KM	sen v	0:27:41.3
178	304	Gilles Dereere	5KM	sen m	0:27:41.7
179	307	Tom Dereere	5KM	M35	0:27:42.0
180	300	Sandra Laruelle	5KM	V35	0:27:43.3
181	280	Wout Vandenberk	5KM	sen m	0:27:43.4
182	777	Anne Gijbels	5KM	V35	0:27:45.3
183	365	Sanne Moonen	5KM	sen v	0:27:46.5
184	366	Michelle Pannemans	5KM	sen v	0:27:46.8
185	553	Claudia Janssen	5KM	sen v	0:27:46.9

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186	807	Rune Jacobs	5KM	sen m	0:27:54.7
187	806	Dave Jacobs	5KM	M35	0:27:55.4
188	545	Kris Daniels	5KM	M45	0:27:55.7
189	546	Davy Arnols	5KM	M35	0:27:56.0
190	278	Erwin Vermeulen	5KM	sen m	0:27:58.9
191	285	Jamie Eling	5KM	sen m	0:28:00.1
192	490	Louis Jacobs	5KM	sen m	0:28:01.0
193	611	Kathleen Decuyper	5KM	V35	0:28:01.5
194	327	Macy Sillen	5KM	sen v	0:28:08.4
195	328	Jamie Sillen	5KM	sen m	0:28:09.7
196	311	Elena Van Impe	5KM	sen v	0:28:14.0
197	503	Ruben Brepoels	5KM	sen m	0:28:15.8
198	186	Raf Houben	5KM	M35	0:28:19.3
199	94	Simon Brepoels	5KM	sen m	0:28:20.1
200	248	Jacques Aerts	5KM	sen m	0:28:20.5
201	283	Nina Vandenberg	5KM	sen v	0:28:20.5
202	139	Linda Smets	5KM	V45	0:28:24.2
203	170	Noa Vanschoonwinkel	5KM	sen v	0:28:25.5
204	389	Nieke Jungwirth	5KM	sen v	0:28:28.6
205	106	Lou Penders	5KM	M55	0:28:32.3
206	601	Geert Oosterbosch	5KM	M45	0:28:36.0
207	407	Marjanne Schoups	5KM	V55	0:28:37.0
208	392	Imke Panis	5KM	sen v	0:28:41.1
209	267	Irene Schillings	5KM	V55	0:28:43.6
210	34	Jinte Doumen	5KM	sen v	0:28:44.2
211	236	Pieke Motten	5KM	sen m	0:28:46.9
212	793	Sonja Greven ²	5KM	V35	0:28:48.4
213	177	Rob Steijns	5KM	M45	0:28:51.4
214	137	Pauline Beckers	5KM	sen v	0:28:54.1
215	315	Huseyin Dursun	5KM	sen m	0:28:55.8
216	112	Birgit Daerden	5KM	V35	0:28:58.2
217	542	Danny Dedroog	5KM	M45	0:29:00.1
218	434	Margot Moermans	5KM	V45	0:29:01.9
219	834	Ella Ghysens	5KM	sen v	0:29:06.4
220	794	Amelie Niesten	5KM	sen v	0:29:06.5
221	70	Linda Vanclee	5KM	V45	0:29:07.1
222	85	Bernadette Gerits	5KM	V55	0:29:10.1
223	325	Julie Steegen	5KM	sen v	0:29:10.5
224	782	Ellen Theuwis	5KM	sen v	0:29:11.3
225	161	Jarne Thewissen	5KM	sen m	0:29:11.8
226	336	Guillaume Latet	5KM	sen m	0:29:13.5
227	141	Mattijs Vangertruijden	5KM	sen m	0:29:13.7
228	154	Hilde Biesmans	5KM	V35	0:29:17.2
229	371	Tanguy Paquet	5KM	M35	0:29:19.4
230	573	Emelie Luyck	5KM	sen v	0:29:19.9
231	574	Stephanie Moors	5KM	sen v	0:29:20.3
232	780	Charlize Lantin	5KM	sen v	0:29:21.3

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233	464	Inge Tans	5KM	V45	0:29:22.6
234	465	Heidi Steegmans	5KM	V45	0:29:23.5
235	810	Hanne Cornelis	5KM	sen v	0:29:28.0
236	381	Miel Christoffels	5KM	sen m	0:29:32.3
237	823	Stephanie Bar	5KM	sen v	0:29:32.6
238	824	Olivier Missotten	5KM	sen m	0:29:33.0
239	174	Kyra Vanschoonwinkel	5KM	sen v	0:29:33.6
240	126	Bart Brepoels	5KM	M45	0:29:36.0
241	31	Julien Willems	5KM	M55	0:29:37.0
242	861	Brian Bosmans	5KM	sen m	0:29:38.1
243	71	Monique Claesen	5KM	V45	0:29:41.5
244	456	Valerie Vermeulen	5KM	V35	0:29:43.0
245	282	Timo Eling	5KM	sen m	0:29:44.2
246	543	Veerle Ghesquiere	5KM	V35	0:29:50.7
247	172	Jasper Van De Perre	5KM	sen m	0:29:51.4
248	379	Gunar Nivelte	5KM	sen m	0:30:06.3
249	348	Bart Martens	5KM	M45	0:30:07.0
250	306	Emilie Dello	5KM	sen v	0:30:07.4
251	356	Jelse Martens	5KM	sen m	0:30:07.6
252	308	Ward Dello	5KM	M45	0:30:07.7
253	603	Yuul Vandenduck	5KM	sen m	0:30:08.2
254	474	Mattias Wevers	5KM	sen m	0:30:09.1
255	69	Elly Knapen	5KM	V55	0:30:09.6
256	774	Bart Claesen	5KM	M45	0:30:10.5
257	767	Rachel Renson	5KM	V35	0:30:26.2
258	467	Marieta Nelissen	5KM	V55	0:30:30.1
259	218	Julie Schneider	5KM	sen v	0:30:37.5
260	153	Relinda Maesen	5KM	V55	0:30:39.2
261	277	Erik Vandebeek	5KM	M45	0:30:41.5
262	61	Brecht Ruyters	5KM	sen m	0:30:44.1
263	848	Ailish Reggers ²	5KM	sen v	0:30:46.5
264	384	Marianne Vanhove	5KM	sen v	0:30:48.3
265	383	Fien Brepoels	5KM	sen v	0:30:48.5
266	852	Bart Eykens	5KM	M45	0:30:50.1
267	98	Lars Van De Poel	5KM	sen m	0:30:51.7
268	99	Lennerd Van De Poel	5KM	sen m	0:30:52.3
269	207	Wim Van De Poel	5KM	M35	0:30:53.5
270	259	Arnaud Benats	5KM	sen m	0:30:55.4
271	779	Mark Benats	5KM	M35	0:30:55.8
272	395	Kyara Salis	5KM	sen v	0:30:58.0
273	333	Marie Veltjen	5KM	sen v	0:30:58.1
274	367	Lien Thijs	5KM	sen v	0:31:00.1
275	471	Arthur Sluismans	5KM	sen m	0:31:01.6
276	330	Lotte Oben	5KM	sen v	0:31:04.4
277	388	Wietse Vandebeek	5KM	sen m	0:31:06.9
278	592	Sean Willemsen	5KM	sen m	0:31:07.1
279	593	Nanouk Popovic	5KM	sen v	0:31:07.1

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280	65	Emma Thijs	5KM	sen v	0:31:09.4
281	286	Nina Lambrechts	5KM	sen v	0:31:09.5
282	77	Jana Franco	5KM	sen v	0:31:13.7
283	76	Joke Franco	5KM	sen v	0:31:13.9
284	544	Eef Eerdeken	5KM	V35	0:31:17.8
285	59	Kim Sillen	5KM	V35	0:31:18.0
286	387	Gé Prosmans	5KM	sen m	0:31:19.0
287	178	Jessy Goddyn	5KM	V35	0:31:19.2
288	299	Seppe Vandenberg	5KM	sen m	0:31:20.6
289	215	Britta Mulleners	5KM	sen v	0:31:24.9
290	124	Wendy Ambroos	5KM	V35	0:31:27.7
291	16	Christel De Boeck	5KM	V35	0:31:28.4
292	581	Celine De Pauw	5KM	sen v	0:31:29.3
293	198	Sina Cuenen	5KM	sen v	0:31:34.5
294	515	Ceylan Karacabay	5KM	V35	0:31:37.2
295	345	Wesley Ritzen	5KM	sen m	0:31:39.4
296	229	Yannick Smets	5KM	sen m	0:31:46.2
297	176	Edith Steegen	5KM	sen v	0:31:46.8
298	93	Mathis Meertens	5KM	sen m	0:31:48.1
299	587	Marie Vandormael	5KM	sen v	0:31:49.2
300	62	Lotte Thijs	5KM	sen v	0:31:50.7
301	473	Sandra Cuppone	5KM	V35	0:31:52.4
302	817	Laura Duelen	5KM	sen v	0:31:53.5
303	760	Matte Slaets	5KM	sen m	0:31:56.1
304	761	Lars Swennen	5KM	sen m	0:31:57.2
305	762	Jurgen Swennen	5KM	M35	0:31:57.2
306	334	Jules Vandeput	5KM	sen m	0:32:12.3
307	390	Mere Germonpré	5KM	sen v	0:32:14.3
308	494	Jeroen Germon,Pre	5KM	M35	0:32:14.4
309	832	Karen Teuwen	5KM	M35	0:32:14.9
310	335	Max Vandeput	5KM	sen m	0:32:31.1
311	245	Lennert Smeets	5KM	sen m	0:32:32.6
312	575	Nina Grootaers	5KM	sen v	0:32:33.4
313	247	Tiany Robert	5KM	sen v	0:32:34.4
314	250	Filip Verjans	5KM	sen m	0:32:35.9
315	246	Sezer Akcinar	5KM	sen m	0:32:44.1
316	233	Femke Loyson	5KM	sen v	0:32:44.6
317	140	Thebe Collas	5KM	sen m	0:32:50.5
318	234	Anaïs Dotselaer	5KM	sen v	0:32:53.1
319	346	Anke Moors	5KM	sen v	0:32:54.0
320	173	Lotte Van De Perre	5KM	sen v	0:32:54.5
321	831	Ellen Houben	5KM	sen v	0:32:55.4
322	830	Anneke Houben	5KM	sen v	0:32:55.5
323	155	Jesse Jorissen	5KM	sen m	0:32:56.2
324	768	Noor Yilmaz	5KM	sen v	0:32:56.7
325	208	Anne Lausberg	5KM	sen v	0:32:56.9
326	341	Leentje Snellings	5KM	V35	0:32:57.2

5 KM

327	200	Maybel Hansen	5KM	sen v	0:32:57.3
328	444	Marijke Steegen	5KM	sen v	0:32:58.9
329	159	Linda Moors	5KM	V45	0:33:11.4
330	160	Anke Noben	5KM	sen v	0:33:11.6
331	452	Katrijn Van Den Bogert	5KM	sen v	0:33:12.0
332	329	Lola Wolfs	5KM	sen v	0:33:12.3
333	263	Toby Wolfs	5KM	M35	0:33:12.4
334	67	Chantal Geebelen	5KM	V45	0:33:15.0
335	95	Ann Slechten	5KM	V45	0:33:15.3
336	46	Rita Hauben	5KM	V55	0:33:15.4
337	565	Robin Buysmans	5KM	M35	0:33:20.5
338	416	Annemie Epding	5KM	V35	0:33:20.7
339	103	Yonah Hendrikx	5KM	sen m	0:33:21.8
340	162	Rune Thijs	5KM	sen m	0:33:22.5
341	798	Miel Sleurs	5KM	sen v	0:33:22.6
342	799	Stephen Sleurs	5KM	sen m	0:33:22.8
343	100	Quentin Hendrikx	5KM	sen m	0:33:22.9
344	182	Marthe Hulsmans	5KM	sen v	0:33:23.3
345	510	Kristof Thijs	5KM	M35	0:33:23.3
346	616	Lien Baron	5KM	sen v	0:33:27.7
347	578	Thomas Lambrechts	5KM	sen m	0:33:28.9
348	269	Goele Schreurs	5KM	sen v	0:33:30.8
349	164	Nele Westhof	5KM	V35	0:33:34.6
350	64	Heidi Jorissen	5KM	V35	0:33:36.6
351	101	Luka Steegen	5KM	sen m	0:33:37.0
352	296	Rudy Lambrechts	5KM	M35	0:33:38.1
353	274	Judith De Haas	5KM	V35	0:33:44.0
354	446	Jasper Terwingen	5KM	sen m	0:33:46.8
355	217	Danielle Schneider	5KM	V35	0:33:47.9
356	68	Claudia Lemmens	5KM	V35	0:33:49.9
357	396	Eva Caubergh	5KM	V35	0:33:52.1
358	302	Nathalie Vereycken	5KM	sen v	0:33:54.1
359	504	Hanne Brepoels	5KM	sen v	0:33:54.3
360	370	Kristien Hanssen	5KM	V35	0:33:55.4
361	305	Emmelien Jamart	5KM	sen v	0:34:07.6
362	60	Kim Jacobs	5KM	V35	0:34:07.8
363	240	Jintha Bosmans	5KM	sen v	0:34:09.7
364	237	Estée De L'Auvre	5KM	sen v	0:34:09.9
365	209	Sonja Lausberg	5KM	V35	0:34:10.3
366	239	Tessa Somers	5KM	sen v	0:34:10.6
367	38	Bianca Snellings	5KM	sen v	0:34:13.6
368	43	Niels Nijst	5KM	sen m	0:34:14.0
369	83	Edwin Huisinga	5KM	M35	0:34:16.5
370	84	Aline Huisinga	5KM	sen v	0:34:16.5
371	518	Mylo Monten	5KM	sen m	0:34:18.6
372	241	Amber Mellen	5KM	sen v	0:34:21.9
373	251	Kenny Hermans	5KM	sen m	0:34:21.9

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374	385	Staf Peters	5KM	sen m	0:34:27.8
375	496	Anne-Marie Peumans	5KM	sen v	0:34:32.5
376	382	Jesse Claessens	5KM	sen m	0:35:00.6
377	378	Joppe Martens	5KM	sen m	0:35:05.1
378	516	Ilse Smets	5KM	sen v	0:35:35.3
379	804	Katelijne Vrijens	5KM	V45	0:35:49.2
380	375	Tieme Steegen	5KM	sen m	0:35:52.8
381	376	Bram Steegen	5KM	M35	0:35:53.2
382	28	Tess Vanderstraeten	5KM	sen v	0:35:53.9
383	196	Radoslaw Lizak	5KM	M35	0:35:57.6
384	481	Sarah Oosterbosch	5KM	sen v	0:35:59.7
385	557	Christel Noben	5KM	V45	0:36:00.7
386	818	Wendy Janssen	5KM	V35	0:36:00.9
387	827	Dieter Gysen	5KM	sen m	0:36:09.7
388	272	Sonja Bongaers	5KM	V45	0:36:23.9
389	470	Silke Theijbers	5KM	sen v	0:36:25.3
390	816	Sarah Philippens	5KM	V35	0:36:26.1
391	273	Erik Stegen	5KM	M45	0:36:26.3
392	147	Els Thijs	5KM	V35	0:36:29.7
393	441	Cato Rombouts	5KM	sen v	0:36:42.5
394	519	Dijon Monten	5KM	sen m	0:36:44.3
395	517	Daniël Monten	5KM	M35	0:36:44.5
396	125	Freya Vrancken	5KM	sen v	0:36:45.2
397	167	Natascha Swendrowski	5KM	V35	0:36:45.8
398	343	Fien Vandenhende	5KM	sen v	0:36:45.9
399	331	Indra Loyens	5KM	sen v	0:36:46.5
400	476	Nette Schrijvers	5KM	sen v	0:36:52.5
401	419	Petra Gielen	5KM	V45	0:36:52.8
402	822	Ine Stevens	5KM	sen v	0:37:14.8
403	821	Vera Froidmont	5KM	V35	0:37:16.6
404	231	Naomy Horsmans	5KM	sen v	0:38:31.6
405	253	Ann Lambregs	5KM	V45	0:38:32.8
406	435	Anita Nulmans	5KM	V45	0:38:55.7
407	104	Lotte Hermans	5KM	sen v	0:38:56.0
408	131	Jean-Pierre Hermans	5KM	M35	0:38:56.0
409	183	Marie-Louise Panis	5KM	V55	0:39:17.9
410	837	Liesbet Rubens	5KM	V45	0:39:18.0
411	242	Lucas Nelissen	5KM	sen m	0:39:54.1
412	281	Anisha Broux	5KM	sen v	0:39:54.6
413	232	Nazlican Zengin	5KM	sen v	0:40:07.0
414	243	Britney Horsmans	5KM	sen v	0:40:07.0
415	235	Marek Pecha	5KM	sen m	0:41:11.0
416	549	Femke Wauters	5KM	sen v	0:41:37.6
417	576	Carla Verbruggen	5KM	V35	0:41:38.6
418	548	Bertho Rouffa	5KM	M55	0:41:41.3
419	230	Lisa Vandormael	5KM	sen v	0:42:23.5
420	238	Nanou Grazia	5KM	sen v	0:42:34.1

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421	252	Jolien Beunckens	5KM	sen v	0:42:35.5
422	63	Peter Thijs	5KM	M35	0:42:35.7
423	244	Grethe Vandormael	5KM	sen v	0:42:47.7