

| Rang | Borstnr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|---------|---------------|------------|------------------------|-----|-----------|---------------|-------|-------|--------|
| 1 | 528 | Kerremans | Sven | Tessenderlo | M1 | MAS+35 | SQM | 17:56 | 17,72 | 03:23 |
| 2 | 507 | Vanden Bosch | Bart | Holsbeek | M2 | SEN | Demarsin | 18:23 | 17,28 | 03:28 |
| 3 | 531 | Vanderbiesen | Tom | Heusden-Zolder | M3 | MAS+35 | SQM | 18:57 | 16,78 | 03:34 |
| 4 | 552 | Struys | Bert | Bunsbeek | M4 | SEN | DCLA | 19:50 | 16,03 | 03:44 |
| 5 | 512 | Schoofs | Jan | Nieuwerkerken, Limburg | M5 | SEN | | 19:58 | 15,92 | 03:46 |
| 6 | 522 | Vrancken | Koen | Guigoven | M6 | SEN | | 20:07 | 15,80 | 03:47 |
| 7 | 546 | Ivens | Toon | Alken | M7 | CAD | ACA | 21:14 | 14,97 | 04:00 |
| 8 | 544 | Rayen | Bert | Zonhoven | M8 | MAS+35 | AVT Houthalen | 21:26 | 14,83 | 04:02 |
| 9 | 555 | Moons | Dries | Heusden-Zolder | M9 | SEN | AUT | 21:27 | 14,82 | 04:02 |
| 10 | 553 | Lathouwers | Bart | Tessenderlo | M10 | MAS+35 | | 21:46 | 14,60 | 04:06 |
| 11 | 551 | Laeremans | Tim | Tielt-Winge | M11 | SEN | | 22:09 | 14,35 | 04:10 |
| 12 | 559 | Pauwels | Frans | Tessenderlo | M12 | SEN | | 22:13 | 14,30 | 04:11 |
| 13 | 514 | Lemmens | Tim | Paal | M13 | SEN | | 22:26 | 14,17 | 04:13 |
| 14 | 564 | Vangeel | Nina | Diest | V1 | SEN | | 22:33 | 14,09 | 04:15 |
| 15 | 540 | Claeskens | Chris | Deurne | M14 | MAS+35 | Bosvrienden | 22:38 | 14,05 | 04:16 |
| 16 | 561 | Vanluyten | Vicky | Boutersem | V2 | JUN | RCT | 22:39 | 14,03 | 04:16 |
| 17 | 543 | Stessens | Leo | Peer | M15 | MAS+55 | Neerpelt | 22:44 | 13,99 | 04:17 |
| 18 | 527 | Huybrechts | Cynthia | Houtvenne | V3 | MAS+35 | | 23:34 | 13,49 | 04:26 |
| 19 | 560 | Willekens | Walter | Veerle | M16 | MAS+55 | Bosvrienden | 23:36 | 13,47 | 04:27 |
| 20 | 562 | Meesen | Dirk | Tongeren | M17 | MAS+45 | | 23:48 | 13,35 | 04:29 |
| 21 | 535 | Cools | Edwin | Tessenderlo | M18 | MAS+55 | Looise | 24:20 | 13,07 | 04:35 |
| 22 | 567 | Vandecraen | Sonnni | Zonhoven | M19 | SEN | | 24:23 | 13,04 | 04:36 |
| 23 | 510 | Vermaelen | Wendy | Kortrijk-Dutsel | V4 | MAS+35 | Demarsin | 24:24 | 13,03 | 04:36 |
| 24 | 569 | Vandenborne | Wesly | Koersel | M20 | SEN | | 24:34 | 12,94 | 04:38 |
| 25 | 537 | Molemans | Willy | Overpelt | M21 | MAS+60 | Boseind | 24:39 | 12,90 | 04:39 |
| 26 | 566 | Wouters | Julien | Tessenderlo | M22 | MAS+50 | | 25:15 | 12,59 | 04:45 |
| 27 | 525 | Van Rompaey | Andre | Betekom | M23 | MAS+60 | Knoet | 25:24 | 12,52 | 04:47 |
| 28 | 538 | Hendrixx | Frieda | Hamont-Achel | V5 | MAS+60 | Boseind | 26:02 | 12,21 | 04:54 |
| 29 | 556 | Van Ouytsel | Janne | Langdorp | V6 | MIN | ROBA | 26:20 | 12,07 | 04:58 |
| 30 | 563 | Vermaelen | Willy | Kortrijk-Dutsel | M24 | MAS+60 | Demarsin | 26:24 | 12,04 | 04:58 |
| 31 | 506 | Van Roelen | Gaston | Rillaar | M25 | MAS+65 | Demarsin | 27:04 | 11,75 | 05:06 |
| 32 | 568 | Van Kerckhove | Chris | Zonhoven | M26 | SEN | | 27:34 | 11,53 | 05:12 |
| 33 | 526 | Van De Gaer | Jan | Tielt-Winge | M27 | MAS+65 | | 28:19 | 11,23 | 05:20 |
| 34 | 536 | Didde | Eliantje | Hamont-Achel | V7 | MAS+60 | Boseind | 28:35 | 11,12 | 05:23 |
| 35 | 541 | Geuns | Martine | Peer | V8 | MAS+40 | | 28:44 | 11,06 | 05:25 |
| 36 | 571 | Hayen | Michael | Diepenbeek | M28 | SEN | | 28:57 | 10,98 | 05:27 |
| 37 | 517 | Birza | Mohamed | Beringen | M29 | MAS+50 | KWB Heusden | 29:01 | 10,95 | 05:28 |
| 38 | 516 | Goossens | Danny | Heusden-Zolder | M30 | MAS+55 | | 29:02 | 10,95 | 05:28 |
| 39 | 557 | Van Ouytsel | Emma | Langdorp | V9 | CAD | ROBA | 29:13 | 10,88 | 05:30 |
| 40 | 539 | Sevenants | Henri | Tessenderlo | M31 | MAS+70 | | 29:27 | 10,79 | 05:33 |
| 41 | 550 | Vanschoonbeek | Steven | Alken | M32 | MAS+40 | ACA ALKEN | 29:51 | 10,65 | 05:38 |
| 42 | 505 | Van der Velde | Daniel | Betekom | M33 | MAS+50 | Demarsin | 29:57 | 10,61 | 05:39 |
| 43 | 542 | Dejong | Tjen | Peer | M34 | MAS+55 | | 30:03 | 10,58 | 05:40 |
| 44 | 503 | Simons | Dominique | Diest | M35 | MAS+50 | Demarsin | 30:17 | 10,50 | 05:42 |
| 45 | 504 | Tuerlinckx | Jean-Luc | Scherpenheuvel | M36 | MAS+55 | Demarsin | 30:19 | 10,49 | 05:43 |
| 46 | 554 | Van Ouytsel | Liese | Langdorp | V10 | CAD | | 30:25 | 10,45 | 05:44 |
| 47 | 548 | Manshoven | Neeltje | Alken | V11 | MAS+40 | | 30:28 | 10,44 | 05:44 |
| 48 | 501 | Haine | Marie-Jose | Heusden-Zolder | V12 | MAS+45 | Demarsin | 30:38 | 10,38 | 05:46 |
| 49 | 511 | Bosmans | Wenke | Zolder | V13 | SEN | | 30:47 | 10,33 | 05:48 |
| 50 | 532 | Adriaans | Kristof | Leopoldsburg | M37 | SEN | | 30:48 | 10,32 | 05:48 |
| 51 | 549 | Smolders | Elke | Alken | V14 | MAS+35 | ACA ALKEN | 31:43 | 10,02 | 05:59 |
| 52 | 547 | Keuleers | Luc | OLV-Waver | M38 | MAS+50 | | 32:01 | 9,93 | 06:02 |
| 53 | 565 | Leekens | Paul | Neerpelt | M39 | MAS+60 | SACN Neerpelt | 32:02 | 9,92 | 06:02 |

| Rang | Borstnr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|---------|---------------|----------|----------------|-----|-----------|--------------|-------|------|--------|
| 54 | 529 | Heylen | Jos | Westerlo | M40 | MAS+70 | Tongerlopers | 32:33 | 9,77 | 06:08 |
| 55 | 572 | Cieven | Eva | Zolder | V15 | MAS+40 | | 32:49 | 9,69 | 06:11 |
| 56 | 570 | Van Roelen | Viviane | Zelem | V16 | MAS+55 | DCLA-Halen | 33:01 | 9,63 | 06:13 |
| 57 | 1052 | Evbuomwan | Juliet | Heusden-Zolder | V17 | MAS+40 | AV Toekomst | 34:07 | 9,32 | 06:26 |
| 58 | 502 | Lebrun | Marianne | Bekkevoort | V18 | MAS+55 | Demarsin | 34:13 | 9,29 | 06:27 |
| 59 | 508 | Verhaegen | Carla | Betekom | V19 | MAS+50 | Demarsin | 34:14 | 9,29 | 06:27 |
| 60 | 524 | Jans | Lisette | Westerlo | V20 | MAS+65 | Tongerlopers | 34:33 | 9,20 | 06:31 |
| 61 | 530 | Gielis | Ellen | Westerlo | V21 | MAS+35 | Tongerlopers | 34:50 | 9,13 | 06:34 |
| 62 | 520 | Vandersmissen | Katleen | Tongeren | V22 | MAS+35 | | 36:01 | 8,83 | 06:47 |
| 63 | 509 | Vermaelen | Fabiola | Langdorp | V23 | MAS+50 | Demarsin | 36:10 | 8,79 | 06:49 |
| 64 | 515 | Verheyen | André | Beringen | M41 | MAS+65 | | 36:28 | 8,72 | 06:52 |
| 65 | 523 | Biesmans | Lisette | Ham | V24 | MAS+65 | | 36:51 | 8,63 | 06:57 |
| 66 | 533 | Gerits | Anneleen | Heusden-Zolder | V25 | SEN | | 37:43 | 8,43 | 07:07 |
| 67 | 534 | Gerits | Danny | Heusden-Zolder | M42 | MAS+55 | | 37:44 | 8,43 | 07:07 |
| 68 | 545 | Theunis | Rosette | Beringen | V26 | MAS+60 | | 39:29 | 8,05 | 07:27 |
| 69 | 558 | Fonteyn | Frieda | Heusden-Zolder | V27 | MAS+50 | | 39:31 | 8,04 | 07:27 |
| 70 | 513 | Schoonis | Ruth | Heusden-Zolder | V28 | MAS+35 | | 40:46 | 7,80 | 07:41 |