

| Rang | Borstnr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|---------|-----------------|------------|----------------|-----|-----------|--------------------------|-------|-------|--------|
| 1 | 58 | Helsen | Thomas | Laakdal | M1 | SEN | SQM | 18:53 | 17,15 | 03:29 |
| 2 | 17 | Beusen | Kevin | | M2 | MAS+35 | | 20:15 | 15,99 | 03:45 |
| 3 | 46 | Neirinck | Gert | Hoepertingen | M3 | MAS+40 | AVT Houthalen | 20:25 | 15,86 | 03:46 |
| 4 | 49 | Stevens | Christophe | Tongeren | M4 | MAS+35 | ADD | 20:52 | 15,52 | 03:51 |
| 5 | 70 | Heylen | Vincent | Hulshout | M5 | SEN | | 21:06 | 15,35 | 03:54 |
| 6 | 71 | Droumpouras | Dimitri | Spalbeek | M6 | MAS+35 | TCL | 21:44 | 14,90 | 04:01 |
| 7 | 47 | Van Den Bossche | Marnic | Diepenbeek | M7 | MAS+45 | AC Alken | 22:27 | 14,43 | 04:09 |
| 8 | 57 | Lemmens | Louis | Paal | M8 | MAS+55 | | 22:53 | 14,15 | 04:14 |
| 9 | 50 | Schutters | Kim | Molenstede | V1 | SEN | | 23:06 | 14,02 | 04:16 |
| 10 | 61 | Billen | Laurien | tongeren | V2 | SEN | TT Limburg | 23:14 | 13,94 | 04:18 |
| 11 | 60 | Vanschooren | Kristof | Paal | M9 | SEN | | 24:25 | 13,27 | 04:31 |
| 12 | 73 | Bocken | Chris | Morkhoven | M10 | SEN | | 25:33 | 12,68 | 04:43 |
| 13 | 63 | Laermans | Guy | Laakdal | M11 | MAS+45 | | 25:43 | 12,59 | 04:45 |
| 14 | 2 | Reijnkens | Marleen | Kermt | V3 | MAS+55 | ZAC | 25:54 | 12,51 | 04:47 |
| 15 | 3 | Cox | Benny | Kermt | M12 | MAS+55 | ZAC | 25:57 | 12,48 | 04:48 |
| 16 | 66 | Paps | Bo | Zonhoven | V4 | SCH | PUNK | 25:59 | 12,47 | 04:48 |
| 17 | 10 | Meesen | Dirk | Tongeren | M13 | MAS+50 | | 26:03 | 12,43 | 04:49 |
| 18 | 16 | Vandervoort | Lukas | Heusden-Zolder | M14 | SCH | AC Meylandt | 26:05 | 12,41 | 04:49 |
| 19 | 56 | Molemans | Willy | Overpelt | M15 | MAS+60 | SACN | 26:09 | 12,39 | 04:50 |
| 20 | 72 | Daniku | Lue | Heusden-Zolder | M16 | MAS+50 | | 26:28 | 12,24 | 04:54 |
| 21 | 44 | Lambrecht | Jasper | Zolder | M17 | CAD | | 26:33 | 12,20 | 04:55 |
| 22 | 41 | Hilkens | Franky | Bree | M18 | MAS+45 | hilkenfranky@hotmail.com | 27:06 | 11,95 | 05:01 |
| 23 | 68 | Calders | Dina | Langdorp | V5 | CAD | ROBA | 27:28 | 11,79 | 05:05 |
| 24 | 67 | Van Ouytsel | Janne | Langdorp | V6 | CAD | ROBA | 27:30 | 11,78 | 05:05 |
| 25 | 39 | Nijs | Marc | Herentals | M19 | MAS+60 | | 27:55 | 11,60 | 05:10 |
| 26 | 48 | Lenaerts | Linda | Lanaken | V7 | MAS+35 | ATLA | 28:02 | 11,56 | 05:11 |
| 27 | 14 | Claesen | Marianne | Heusden-Zolder | V8 | SEN | | 28:22 | 11,42 | 05:15 |
| 28 | 42 | Van Rompaey | Andre | Betekom | M20 | MAS+60 | Kapsalon Luc | 28:28 | 11,38 | 05:16 |
| 29 | 998 | Vanluyd | Leo | Heusden-Zolder | M21 | BEN | Beekbeemden | 29:00 | 11,17 | 05:22 |
| 30 | 15 | Böcek | Erdinç | Heusden-Zolder | M22 | MAS+40 | | 29:08 | 11,12 | 05:23 |
| 31 | 40 | Snoeks | Stan | Zolder | V9 | PUP | | 29:45 | 10,89 | 05:30 |
| 32 | 38 | Tessens | Guido | Heusden-Zolder | M23 | MAS+60 | | 30:17 | 10,69 | 05:36 |
| 33 | 69 | Van Ouytsel | Liese | Langdorp | V10 | SCH | | 31:30 | 10,28 | 05:50 |
| 34 | 34 | Elsen | Roger | Heusden-Zolder | M24 | MAS+60 | | 31:33 | 10,27 | 05:50 |
| 35 | 43 | Tutak | Freddy | Heusden-Zolder | M25 | MAS+55 | | 31:49 | 10,18 | 05:53 |
| 36 | 62 | Hermans | Christiaan | Zolder | M26 | PUP | TC Heusden | 31:52 | 10,17 | 05:54 |
| 37 | 29 | Vanschoonbeek | Eline | Alken | V11 | MIN | ACA | 31:53 | 10,16 | 05:54 |
| 38 | 23 | Maes | Nora | Zolder | V12 | MIN | | 31:59 | 10,13 | 05:55 |
| 39 | 64 | Van Brabant | Fabienne | Paal | V13 | MAS+45 | | 32:50 | 9,86 | 06:04 |
| 40 | 25 | Sevenants | Henri | Tessenderlo | M27 | MAS+70 | Looise AC | 33:01 | 9,81 | 06:06 |
| 41 | 37 | Diliën | Victor | Peer | M28 | MAS+65 | | 33:12 | 9,76 | 06:08 |
| 42 | 7 | Haine | Marie-José | Heusden-Zolder | V14 | MAS+45 | Kapsalon Luc | 34:05 | 9,50 | 06:18 |
| 43 | 35 | Rouffa | Wilfried | Kermt | M29 | MAS+50 | Kapsalon Luc | 34:08 | 9,49 | 06:19 |
| 44 | 999 | Özyay | Devin | Zolder | M30 | PUP | | 34:37 | 9,36 | 06:24 |
| 45 | 1 | Aerts | Albert | Zolder | M31 | MAS+65 | | 34:51 | 9,29 | 06:27 |
| 46 | 52 | Van Wanroij | Ruben | Balen | M32 | SEN | | 34:54 | 9,28 | 06:27 |
| 47 | 53 | Baeten | Brenda | Balen | V15 | SEN | | 34:56 | 9,27 | 06:28 |
| 48 | 18 | Reniers | Marc | Aarschot | M33 | MAS+50 | Kapsalon Luc | 35:21 | 9,16 | 06:32 |
| 49 | 59 | Van Roelen | Viviane | Zelem | V16 | MAS+55 | DCLA-Halen | 36:05 | 8,98 | 06:41 |
| 50 | 30 | Bussé | Lore | Hasselt | V17 | SEN | | 36:14 | 8,94 | 06:42 |
| 51 | 8 | Van Otterdijk | Godelieve | Hechtel | V18 | MAS+55 | | 36:53 | 8,78 | 06:49 |
| 52 | 4 | Vandermaesen | Phaedra | | V19 | SEN | | 37:04 | 8,74 | 06:51 |
| 53 | 5 | Miozzo | Ginni | Hasselt | V20 | MAS+45 | | 37:05 | 8,74 | 06:52 |

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|------|---------|---------------|----------|----------------|-----|-----------|---------------|-------|------|--------|
| 54 | 27 | Jans | Lisette | Westerlo | V21 | MAS+70 | Tongerlopers | 37:26 | 8,65 | 06:55 |
| 55 | 26 | Heylen | Jos | Westerlo | M34 | MAS+70 | Tongerlopers | 37:27 | 8,65 | 06:56 |
| 56 | 33 | Van Look | Marc | Lille | M35 | MAS+50 | Kasteellopers | 37:31 | 8,63 | 06:56 |
| 57 | 28 | Gielis | Ellen | Westerlo | V22 | MAS+35 | Tongerloopers | 37:59 | 8,53 | 07:02 |
| 58 | 9 | Callebert | Kathy | Kortesseem | V23 | MAS+35 | | 38:19 | 8,45 | 07:05 |
| 59 | 65 | Vandersmissen | Katleen | Tongeren | V24 | MAS+35 | | 38:43 | 8,37 | 07:10 |
| 60 | 36 | Dehasque | Erwin | Diepenbeek | M36 | MAS+35 | | 38:52 | 8,34 | 07:11 |
| 61 | 31 | Christiaens | Sigrid | Vliermaal | V25 | SEN | | 39:24 | 8,22 | 07:17 |
| 62 | 55 | Boutsen | Saartje | Haasrode | V26 | MAS+35 | | 40:28 | 8,00 | 07:29 |
| 63 | 12 | Vonckx | Sylvia | | V27 | SEN | | 42:42 | 7,59 | 07:54 |
| 64 | 45 | Azzouz | Kouka | Heusden-Zolder | V28 | MAS+35 | | 42:48 | 7,57 | 07:55 |
| 65 | 11 | Hendrix | Eline | | V29 | SEN | | 45:38 | 7,10 | 08:27 |
| 66 | 24 | Biesmans | Lisette | Ham | V30 | MAS+70 | | 46:08 | 7,02 | 08:32 |
| 67 | 54 | Theunis | Rosette | Beringen | V31 | MAS+60 | | 46:10 | 7,02 | 08:33 |
| 68 | 51 | Fonteyn | Frieda | Heusden-Zolder | V32 | MAS+55 | Meyland | 46:12 | 7,01 | 08:33 |
| 69 | 13 | Affrane | Soumia | Lummen | V33 | MAS+45 | | 48:56 | 6,62 | 09:03 |