

# 3e Plussersloop Diest - 30 maart 2018

## 5,5 KM

| PL | NR  | Naam                   | Woonplaats         | CAT  | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|-----|------------------------|--------------------|------|-------|---------|-------|---------|
| 1  | 6   | Vanden Bosch Bart      | Holsbeek           | MSEN | 1     | 0:18:34 | 17,77 | 3:23    |
| 2  | 29  | Wouters Chris          | Diest              | M+45 | 1     | 0:18:58 | 17,40 | 3:27    |
| 3  | 8   | de Jong Thys           | Leuven             | MSEN | 2     | 0:20:05 | 16,43 | 3:39    |
| 4  | 72  | Van Dijck Niels        | Tessenderlo        | MSEN | 3     | 0:20:12 | 16,34 | 3:40    |
| 5  | 47  | De Rooy Andy           | Grobbendonk        | M+40 | 1     | 0:20:14 | 16,31 | 3:41    |
| 6  | 16  | Artoos Tom             | Molenstede         | M+40 | 2     | 0:20:17 | 16,27 | 3:41    |
| 7  | 48  | Willems Steve          | Houwaart           | M+35 | 1     | 0:20:30 | 16,10 | 3:44    |
| 8  | 67  | De Vis Jeroen          | Kaggevinne         | MSEN | 4     | 0:21:03 | 15,68 | 3:50    |
| 9  | 46  | Teunkens Karel         | Balen              | M+55 | 1     | 0:21:23 | 15,43 | 3:53    |
| 10 | 89  | Lemmens Tim            | Gingelom           | MSEN | 5     | 0:21:29 | 15,36 | 3:54    |
| 11 | 36  | Ceusters Nico          | Messelbroek        | MSEN | 6     | 0:21:45 | 15,17 | 3:57    |
| 12 | 80  | Van Caelenberg Bruno   | Ganshoren          | M+45 | 2     | 0:21:50 | 15,11 | 3:58    |
| 13 | 28  | Hammes Jules           | Diest              | MSEN | 7     | 0:22:00 | 15,00 | 4:00    |
| 14 | 27  | Wittevrongel Sien      | Diest              | VJUN | 1     | 0:22:02 | 14,98 | 4:00    |
| 15 | 50  | Rouffa Jurgen          | Glabbeek-Zuurbemde | M+45 | 3     | 0:22:37 | 14,59 | 4:07    |
| 16 | 25  | Coenen Emily           | Nieuwrode          | V+35 | 1     | 0:22:38 | 14,58 | 4:07    |
| 17 | 40  | Hoefkens Chris         | Booischoot         | M+50 | 1     | 0:23:06 | 14,29 | 4:12    |
| 18 | 44  | Rems Geert             | Tielt-Winge        | M+45 | 4     | 0:23:19 | 14,15 | 4:14    |
| 19 | 49  | Rouffa Peter           | Kortesseem         | M+40 | 3     | 0:23:28 | 14,06 | 4:16    |
| 20 | 58  | Testelmans Luc         | Herselt            | M+55 | 2     | 0:23:50 | 13,85 | 4:20    |
| 21 | 52  | Sevenants Patrick      | Diest              | M+50 | 2     | 0:24:02 | 13,73 | 4:22    |
| 22 | 64  | Paesen Denny           | Heusden-Zolder     | MSEN | 8     | 0:24:03 | 13,72 | 4:22    |
| 23 | 79  | Hus Rudy               | Mol                | M+50 | 3     | 0:24:40 | 13,38 | 4:29    |
| 24 | 13  | Vermaelen Wendy        | Holsbeek           | V+35 | 2     | 0:25:20 | 13,03 | 4:36    |
| 25 | 12  | Wyns Jos               | Hallaar            | M+65 | 1     | 0:25:22 | 13,01 | 4:37    |
| 26 | 30  | Van den Heuvel Guy     | Ramsel             | M+45 | 5     | 0:25:33 | 12,92 | 4:39    |
| 27 | 83  | Sijmus Willy           | Keerbergen         | M+60 | 1     | 0:25:34 | 12,91 | 4:39    |
| 28 | 17  | Wouters Lars           | Diest              | MJUN | 1     | 0:25:37 | 12,88 | 4:39    |
| 29 | 56  | De Vries Rita          | Groot-Lo           | V+60 | 1     | 0:25:44 | 12,82 | 4:41    |
| 30 | 81  | Delaunoy Vincent       | Rosières           | M+50 | 4     | 0:25:48 | 12,79 | 4:41    |
| 31 | 94  | Uytterhoeven Peter     | Tremelo            | M+45 | 6     | 0:26:15 | 12,57 | 4:46    |
| 32 | 92  | Neefs Bert             | Gelrode            | M+50 | 5     | 0:26:28 | 12,47 | 4:49    |
| 33 | 54  | Stockmans Jeroen       | Tielt-Winge        | MSEN | 9     | 0:26:41 | 12,37 | 4:51    |
| 34 | 100 | Huijs Willem           | Aarschot           | M+50 | 6     | 0:26:45 | 12,34 | 4:52    |
| 35 | 14  | Vermaelen Willy        | Holsbeek           | M+65 | 2     | 0:27:16 | 12,10 | 4:57    |
| 36 | 74  | Demarsin Toon          | Wezemaal           | MJUN | 2     | 0:27:22 | 12,06 | 4:59    |
| 37 | 69  | Deferm Kris            | Lummen             | M+35 | 2     | 0:27:46 | 11,88 | 5:03    |
| 38 | 53  | Simons Dominique       | Diest              | M+50 | 7     | 0:28:01 | 11,78 | 5:06    |
| 39 | 104 | Dupont Johan           | Hallaar            | M+45 | 7     | 0:28:05 | 11,75 | 5:06    |
| 40 | 63  | Verheyden Gunther      | Tielt-Winge        | M+40 | 4     | 0:28:07 | 11,74 | 5:07    |
| 41 | 43  | Van Rompaey Andre      | Betekom            | M+60 | 2     | 0:28:51 | 11,44 | 5:15    |
| 42 | 10  | Schorrewegen Elisabeth | Hallaar            | V+60 | 2     | 0:29:28 | 11,20 | 5:21    |
| 43 | 42  | Janssens Sven          | Testelt            | MSEN | 10    | 0:29:38 | 11,14 | 5:23    |
| 44 | 55  | Bergen Nicole          | Messelbroek        | V+50 | 1     | 0:30:07 | 10,96 | 5:29    |
| 45 | 86  | Convents Hannah        | Bekkevoort         | VJUN | 2     | 0:30:14 | 10,92 | 5:30    |
| 46 | 41  | Miseur Manfred         | Aarschot           | M+55 | 3     | 0:30:47 | 10,72 | 5:36    |
| 47 | 61  | Raymaekers Jochen      |                    | MSEN | 11    | 0:31:28 | 10,49 | 5:43    |
| 48 | 75  | Pierreux An            | Kumtich            | V+45 | 1     | 0:31:35 | 10,45 | 5:45    |
| 49 | 5   | Tuerlinckx Jean-Luc    | Scherpenheuvel     | M+55 | 4     | 0:31:39 | 10,43 | 5:45    |
| 50 | 87  | Convents Rudy          | Bekkevoort         | M+50 | 8     | 0:31:51 | 10,36 | 5:47    |
| 51 | 45  | Roelants Myriam        | Wezemaal           | V+55 | 1     | 0:32:11 | 10,25 | 5:51    |
| 52 | 71  | Schouters Robert       | Bekkevoort         | M+65 | 3     | 0:32:18 | 10,22 | 5:52    |
| 53 | 26  | Van den Heuvel Jef     | Reet               | M+60 | 3     | 0:32:19 | 10,21 | 5:53    |
| 54 | 24  | Diliën Victor          | Peer               | M+65 | 4     | 0:32:34 | 10,13 | 5:55    |
| 55 | 33  | Eijckmans Eric         | Laakdal            | M+50 | 9     | 0:32:39 | 10,11 | 5:56    |
| 56 | 60  | Beutels Linda          | Bekkevoort         | V+55 | 2     | 0:32:47 | 10,07 | 5:58    |
| 57 | 59  | Degeest Geert          | Bekkevoort         | M+60 | 4     | 0:32:49 | 10,06 | 5:58    |

| <b>PL</b> | <b>NR</b> | <b>Naam</b>           | <b>Woonplaats</b> | <b>CAT</b> | <b>P/CAT</b> | <b>Tijd</b> | <b>GEM</b> | <b>KM-Tijd</b> |
|-----------|-----------|-----------------------|-------------------|------------|--------------|-------------|------------|----------------|
| 58        | 39        | Janssens Evelien      | Diest             | VSEN       | 1            | 0:32:57     | 10,02      | 5:59           |
| 59        | 99        | Ringoot Danny         | Hallaar           | M+55       | 5            | 0:33:09     | 9,95       | 6:02           |
| 60        | 32        | Van Orshaegen Nicole  | Olen              | V+55       | 3            | 0:33:13     | 9,93       | 6:02           |
| 61        | 95        | Sijmons Wouter        | Lummen            | MSEN       | 12           | 0:33:21     | 9,90       | 6:04           |
| 62        | 11        | Hendrickx Arlette     | Hallaar           | V+60       | 3            | 0:33:24     | 9,88       | 6:04           |
| 63        | 70        | Depre Fred            | Tienen            | M+70       | 1            | 0:33:26     | 9,87       | 6:05           |
| 64        | 57        | D'Haeyer Philippe     | Tienen            | M+50       | 10           | 0:33:29     | 9,86       | 6:05           |
| 65        | 1         | Haine Marie-José      | Heusden-Zolder    | V+45       | 2            | 0:33:30     | 9,85       | 6:05           |
| 66        | 97        | Wolput Kelly          | Diest             | V+35       | 3            | 0:33:41     | 9,80       | 6:07           |
| 67        | 77        | Godsaerts Marc        | Gelrode           | M+50       | 11           | 0:33:43     | 9,79       | 6:08           |
| 68        | 23        | Van Roelen Viviane    | Zelem             | V+55       | 4            | 0:34:24     | 9,59       | 6:15           |
| 69        | 78        | Steensels Hilde       | Halen             | V+50       | 2            | 0:34:32     | 9,56       | 6:17           |
| 70        | 37        | Wouters Louis         | Helchteren        | M+80       | 1            | 0:34:38     | 9,53       | 6:18           |
| 71        | 31        | Salaets Jules         | Itegem            | M+70       | 2            | 0:34:46     | 9,49       | 6:19           |
| 72        | 84        | Verherstraeten Raf    | Herselt           | M+50       | 12           | 0:34:48     | 9,48       | 6:20           |
| 73        | 88        | Gijsemans Michel      | Hulshout          | M+55       | 6            | 0:34:49     | 9,48       | 6:20           |
| 74        | 51        | Demaeght Jan          | Langdorp          | M+60       | 5            | 0:35:12     | 9,38       | 6:24           |
| 75        | 85        | Convents Koen         | Bekkevoort        | MJUN       | 3            | 0:35:14     | 9,37       | 6:24           |
| 76        | 34        | Vertommen Elke        | Kortenaken        | V+35       | 4            | 0:35:28     | 9,30       | 6:27           |
| 77        | 4         | Dullers Hilde         | Averbode          | V+55       | 5            | 0:35:53     | 9,20       | 6:31           |
| 78        | 20        | Vandenbergh Peter     | Scherpenheuvel    | M+45       | 8            | 0:35:57     | 9,18       | 6:32           |
| 79        | 93        | Op de Beeck Suzy      | Tremelo           | V+45       | 3            | 0:35:58     | 9,18       | 6:32           |
| 80        | 21        | Van Aeken Anne        | Rillaar           | V+50       | 3            | 0:36:16     | 9,10       | 6:36           |
| 81        | 96        | Flossie Yorica        | Lummen            | VSEN       | 2            | 0:36:34     | 9,02       | 6:39           |
| 82        | 76        | Dondens Ida           | Geetbets          | V+60       | 4            | 0:36:49     | 8,96       | 6:42           |
| 83        | 65        | Bruyninckx Cindy      | Messelbroek       | V+40       | 1            | 0:37:09     | 8,88       | 6:45           |
| 84        | 66        | Boonen Ilse           | Messelbroek       | V+35       | 5            | 0:37:10     | 8,88       | 6:45           |
| 85        | 73        | Demarsin Paul         | Rillaar           | M+65       | 5            | 0:37:49     | 8,73       | 6:53           |
| 86        | 22        | Haenen Lutgarde       | Geetbets          | V+55       | 6            | 0:38:13     | 8,63       | 6:57           |
| 87        | 19        | Lemmens Rita          | Bekkevoort        | V+60       | 5            | 0:38:17     | 8,62       | 6:58           |
| 88        | 35        | Vermaelen Fabiola     | Langdorp          | V+50       | 4            | 0:39:06     | 8,44       | 7:07           |
| 89        | 62        | Vanluyten Veerle      | Scherpenheuvel    | VSEN       | 3            | 0:39:35     | 8,34       | 7:12           |
| 90        | 68        | Vervloesem Georges    | Bekkevoort        | M+60       | 6            | 0:41:24     | 7,97       | 7:32           |
| 91        | 91        | Van de Velde Els      | Diest             | V+35       | 6            | 0:41:38     | 7,93       | 7:34           |
| 92        | 3         | Segers Willy          | Diest             | M+70       | 3            | 0:41:42     | 7,91       | 7:35           |
| 93        | 90        | Bruyneel Kim          | Bekkevoort        | VSEN       | 4            | 0:41:56     | 7,87       | 7:37           |
| 94        | 38        | Van Vlasselaer Ingrid | Baal              | V+50       | 5            | 0:42:26     | 7,78       | 7:43           |
| 95        | 102       | Sools Frederike       | Diest             | VSEN       | 5            | 0:42:33     | 7,76       | 7:44           |
| 96        | 101       | Janse Nadine          | Diest             | V+50       | 6            | 0:42:35     | 7,75       | 7:45           |
| 97        | 103       | Smets Philip          | Molenstede        | M+50       | 13           | 0:42:37     | 7,74       | 7:45           |
| 98        | 7         | Deflem Nathalie       | Schaffen          | V+40       | 2            | 0:42:51     | 7,70       | 7:47           |
| 99        | 18        | De Meersman Lindsay   | Rillaar           | VSEN       | 6            | 0:45:23     | 7,27       | 8:15           |
| 100       | 98        | Bellemans Patricia    | Hallaar           | V+50       | 7            | 0:51:58     | 6,35       | 9:27           |

# 3e Plussersloop Diest - 30 maart 2018

## 11 KM

| PL | NR  | Naam                 | Woonplaats     | CAT  | P/CAT | Tijd    | GEM   | KM-Tijd |
|----|-----|----------------------|----------------|------|-------|---------|-------|---------|
| 1  | 549 | Nijs Michiel         | Holsbeek       | MSEN | 1     | 0:38:49 | 17,00 | 3:32    |
| 2  | 82  | Mahia Sebastien      | Namen          | MSEN | 2     | 0:39:53 | 16,55 | 3:38    |
| 3  | 540 | Van De Gaer Wesley   | Averbode       | M+35 | 1     | 0:39:54 | 16,54 | 3:38    |
| 4  | 553 | Van Marcke Pascal    | Alken          | M+50 | 1     | 0:40:25 | 16,33 | 3:40    |
| 5  | 568 | Lieten Steve         | Lummen         | M+40 | 1     | 0:40:50 | 16,16 | 3:43    |
| 6  | 544 | Droumpouras Dimitri  | Spalbeek       | M+35 | 2     | 0:41:49 | 15,78 | 3:48    |
| 7  | 548 | Speltinckx Kristof   | Messelbroek    | M+40 | 2     | 0:42:12 | 15,64 | 3:50    |
| 8  | 546 | Sneyers Ken          | Okselaar       | MSEN | 3     | 0:42:18 | 15,60 | 3:51    |
| 9  | 512 | Vanderlinden Koen    | Ottenburg      | M+35 | 3     | 0:43:03 | 15,33 | 3:55    |
| 10 | 569 | Steenwegen Lowie     | Glabbeek       | M+50 | 2     | 0:43:12 | 15,28 | 3:56    |
| 11 | 595 | Trappeniers Philip   | Schaffen       | M+35 | 4     | 0:43:41 | 15,11 | 3:58    |
| 12 | 570 | Vermote Harm         | Heusden-Zolder | MSEN | 4     | 0:43:45 | 15,09 | 3:59    |
| 13 | 541 | Van Genechten Benny  | Balen          | M+40 | 3     | 0:43:56 | 15,02 | 4:00    |
| 14 | 588 | Peeters Thomas       | Turnhout       | M+35 | 5     | 0:44:19 | 14,89 | 4:02    |
| 15 | 556 | Devries Jeff         | Houwaart       | MSEN | 5     | 0:44:34 | 14,81 | 4:03    |
| 16 | 526 | Van Den Eynde Stijn  | Neerlinter     | M+35 | 6     | 0:44:39 | 14,78 | 4:04    |
| 17 | 510 | Sampermans Bart      | Lummen         | M+35 | 7     | 0:44:52 | 14,71 | 4:05    |
| 18 | 572 | Liesenborgs Daniel   | Scherpenheuvel | M+55 | 1     | 0:45:07 | 14,63 | 4:06    |
| 19 | 606 | Lemoine Jan          | Lubbeek        | M+45 | 1     | 0:45:09 | 14,62 | 4:06    |
| 20 | 591 | Wuyts Wim            | Werchter       | M+45 | 2     | 0:45:36 | 14,47 | 4:09    |
| 21 | 545 | Naets Ivo            | Itegem         | M+55 | 2     | 0:46:03 | 14,33 | 4:11    |
| 22 | 593 | Langendries Ronny    | Betekom        | M+50 | 3     | 0:46:28 | 14,20 | 4:13    |
| 23 | 502 | Vanden Bosch Rudy    | Holsbeek       | M+50 | 4     | 0:46:46 | 14,11 | 4:15    |
| 24 | 584 | Vancauwenbergh Alex  | Kumtich        | M+50 | 5     | 0:46:54 | 14,07 | 4:16    |
| 25 | 529 | Vandermaesen Ivo     | Schaffen       | M+55 | 3     | 0:47:51 | 13,79 | 4:21    |
| 26 | 598 | Hermans Olivier      | Bilzen         | M+35 | 8     | 0:48:06 | 13,72 | 4:22    |
| 27 | 589 | Bontinck Koen        | Montenaken     | M+45 | 3     | 0:48:22 | 13,65 | 4:24    |
| 28 | 564 | Vorstens Ludo        | Rillaar        | M+55 | 4     | 0:48:27 | 13,62 | 4:24    |
| 29 | 555 | Geudens Davy         | Geel           | MSEN | 6     | 0:48:30 | 13,61 | 4:25    |
| 30 | 547 | Peeters Karen        | Schriek        | V+50 | 1     | 0:48:34 | 13,59 | 4:25    |
| 31 | 525 | Nuyts Geert          | Tessengerlo    | M+45 | 4     | 0:48:40 | 13,56 | 4:25    |
| 32 | 612 | Smets Nico           | Kaggevinne     | M+35 | 9     | 0:48:47 | 13,53 | 4:26    |
| 33 | 554 | Vranckx Benoit       | Tessengerlo    | M+65 | 1     | 0:48:55 | 13,49 | 4:27    |
| 34 | 615 | Calders Rudy         | Aarschot       | M+50 | 6     | 0:49:33 | 13,32 | 4:30    |
| 35 | 559 | Verwimp Gery         | Laakdal        | M+40 | 4     | 0:49:36 | 13,31 | 4:31    |
| 36 | 520 | Torfs Nico           | Betekom        | M+35 | 10    | 0:49:53 | 13,23 | 4:32    |
| 37 | 586 | Van Laer Wim         | Diest          | M+50 | 7     | 0:50:04 | 13,18 | 4:33    |
| 38 | 539 | Sol Rudy             | Aarschot       | M+50 | 8     | 0:50:09 | 13,16 | 4:34    |
| 39 | 506 | Luyts Emiel          | Winksele       | M+55 | 5     | 0:50:11 | 13,15 | 4:34    |
| 40 | 594 | Van De Leest Harry   | Langdorp       | M+60 | 1     | 0:50:17 | 13,13 | 4:34    |
| 41 | 532 | Van Bulck Kris       | Lier           | M+55 | 6     | 0:50:25 | 13,09 | 4:35    |
| 42 | 501 | Rottiers Daniel      | Kessel-Lo      | M+40 | 5     | 0:50:28 | 13,08 | 4:35    |
| 43 | 534 | Broos Bruno          | Tienen         | M+60 | 2     | 0:50:53 | 12,97 | 4:38    |
| 44 | 542 | Nardella Philippe    | Paal           | MSEN | 7     | 0:51:04 | 12,92 | 4:39    |
| 45 | 515 | Maus Jan             | Ramsel         | M+60 | 3     | 0:51:10 | 12,90 | 4:39    |
| 46 | 536 | De Hondt Steven      | Itegem         | M+40 | 6     | 0:51:12 | 12,89 | 4:39    |
| 47 | 537 | Moens Peter          | Heist o/d Berg | M+50 | 9     | 0:51:16 | 12,87 | 4:40    |
| 48 | 607 | Bak Kristof          | Aarschot       | M+35 | 11    | 0:51:19 | 12,86 | 4:40    |
| 49 | 528 | Wittevrongel Dimitri | Diest          | M+50 | 10    | 0:51:25 | 12,84 | 4:40    |
| 50 | 597 | Vermeulen Maxim      | Schaffen       | MSEN | 8     | 0:51:27 | 12,83 | 4:41    |
| 51 | 533 | Dewil Bart           | Diest          | M+40 | 7     | 0:51:29 | 12,82 | 4:41    |
| 52 | 603 | Torfs Stijn          | Gelrode        | MSEN | 9     | 0:51:29 | 12,82 | 4:41    |
| 53 | 604 | Van Kerkhoven Lucas  | Nieuwrode      | M+55 | 7     | 0:52:12 | 12,64 | 4:45    |
| 54 | 611 | Brauns Ulrik         | Diest          | M+45 | 5     | 0:52:20 | 12,61 | 4:45    |
| 55 | 565 | Willems Marc         | Baal           | M+50 | 11    | 0:52:25 | 12,59 | 4:46    |
| 56 | 518 | Eggers René          | Baal           | M+55 | 8     | 0:52:31 | 12,57 | 4:46    |
| 57 | 599 | Kiesekoms Yves       | Rillaar        | M+40 | 8     | 0:52:38 | 12,54 | 4:47    |

| PL  | NR  | Naam                     | Woonplaats     | CAT  | P/CAT | Tijd    | GEM   | KM-Tijd |
|-----|-----|--------------------------|----------------|------|-------|---------|-------|---------|
| 58  | 587 | Van Passel Jan           | Aarschot       | M+45 | 6     | 0:52:49 | 12,50 | 4:48    |
| 59  | 575 | Raeymaekers Chantal      | Holsbeek       | V+50 | 2     | 0:52:54 | 12,48 | 4:49    |
| 60  | 583 | Peeters Gustaaf          | Testelt        | M+50 | 12    | 0:53:08 | 12,42 | 4:50    |
| 61  | 552 | Claes Karen              | Wezemaal       | VSEN | 1     | 0:53:17 | 12,39 | 4:51    |
| 62  | 573 | Vermaelen Johan          | Holsbeek       | M+40 | 9     | 0:53:21 | 12,37 | 4:51    |
| 63  | 602 | Van Nerum Bert           | Bekkevoort     | M+50 | 13    | 0:53:22 | 12,37 | 4:51    |
| 64  | 530 | Rerren Gust              | Diest          | M+60 | 4     | 0:53:25 | 12,36 | 4:51    |
| 65  | 505 | Bruelemans Davy          | Rotselaar      | M+40 | 10    | 0:53:33 | 12,32 | 4:52    |
| 66  | 579 | Smolders Mario           | Sint-Truiden   | M+45 | 7     | 0:53:34 | 12,32 | 4:52    |
| 67  | 551 | Croonen Eddy             | Ramsel         | M+50 | 14    | 0:54:00 | 12,22 | 4:55    |
| 68  | 524 | Vandenbroeck Philip      | Hoegaarden     | M+50 | 15    | 0:54:07 | 12,20 | 4:55    |
| 69  | 527 | Wittevrongel Ine         | Diest          | VSEN | 2     | 0:54:19 | 12,15 | 4:56    |
| 70  | 613 | Beckers Christophe       | Diest          | MSEN | 10    | 0:54:28 | 12,12 | 4:57    |
| 71  | 550 | Asselberghs Kurt         | Gelrode        | M+35 | 12    | 0:54:30 | 12,11 | 4:57    |
| 72  | 578 | Vandenborne Roland       | Sint-Truiden   | M+65 | 2     | 0:54:40 | 12,07 | 4:58    |
| 73  | 567 | Annerel Lieve            | Tienen         | V+50 | 3     | 0:54:46 | 12,05 | 4:59    |
| 74  | 558 | Poulussen Gino           | Budingen       | M+50 | 16    | 0:55:15 | 11,95 | 5:01    |
| 75  | 600 | Coenen Daniel            | Rummen         | M+35 | 13    | 0:55:35 | 11,87 | 5:03    |
| 76  | 516 | Middel Ine               | Ramsel         | V+55 | 1     | 0:55:38 | 11,86 | 5:03    |
| 77  | 522 | Biscop Dirk              | Rotselaar      | M+50 | 17    | 0:55:58 | 11,79 | 5:05    |
| 78  | 601 | Daniels Francis          | Tessenderlo    | M+50 | 18    | 0:56:04 | 11,77 | 5:06    |
| 79  | 543 | Loyens Francis           | Riemst         | M+50 | 19    | 0:56:08 | 11,76 | 5:06    |
| 80  | 605 | Van Vinckenroye Wilfried | Tienen         | M+50 | 20    | 0:56:55 | 11,60 | 5:10    |
| 81  | 592 | Debontridder Steven      | Langdorp       | M+40 | 11    | 0:56:59 | 11,58 | 5:11    |
| 82  | 566 | Vandijck Yves            | Rillaar        | M+45 | 8     | 0:57:08 | 11,55 | 5:12    |
| 83  | 590 | De Haes Wim              | Ramsel         | M+50 | 21    | 0:57:19 | 11,51 | 5:13    |
| 84  | 582 | Daniels Evy              | Waanrode       | V+40 | 1     | 0:58:32 | 11,28 | 5:19    |
| 85  | 581 | Dumont Erik              | Halen          | M+55 | 9     | 0:58:33 | 11,27 | 5:19    |
| 86  | 511 | Vandeweyer An            | Tienen         | VSEN | 3     | 0:59:06 | 11,17 | 5:22    |
| 87  | 560 | Janssens Werner          | Molenstede     | M+55 | 10    | 1:00:01 | 11,00 | 5:27    |
| 88  | 517 | Scheers Guido            | Tremelo        | M+60 | 5     | 1:02:12 | 10,61 | 5:39    |
| 89  | 614 | Vanwetswinkel Kristof    | Paal           | M+35 | 14    | 1:02:13 | 10,61 | 5:39    |
| 90  | 571 | Smolders Lynn            | Heusden-Zolder | VSEN | 4     | 1:02:15 | 10,60 | 5:40    |
| 91  | 535 | Haekens Jean-Marie       | Bilzen         | M+50 | 22    | 1:02:47 | 10,51 | 5:42    |
| 92  | 519 | Vangossum Veerle         | Betekom        | V+50 | 4     | 1:03:04 | 10,47 | 5:44    |
| 93  | 557 | Elst Lieven              | Tildonk        | M+55 | 11    | 1:03:15 | 10,43 | 5:45    |
| 94  | 577 | Van der Beken Wouter     | Tienen         | M+40 | 12    | 1:03:47 | 10,35 | 5:48    |
| 95  | 562 | Van Geel Hugo            | Olmen          | M+60 | 6     | 1:04:20 | 10,26 | 5:51    |
| 96  | 531 | Op de Beeck Werner       | Ramsel         | M+40 | 13    | 1:05:23 | 10,09 | 5:57    |
| 97  | 580 | Vanlaer Sofie            | Zoutleeuw      | V+35 | 1     | 1:05:30 | 10,08 | 5:57    |
| 98  | 596 | De Goignies Louis        | Aarschot       | M+70 | 1     | 1:06:00 | 10,00 | 6:00    |
| 99  | 561 | Evraerts Rohnny          | Zoutleeuw      | M+45 | 9     | 1:06:08 | 9,98  | 6:01    |
| 100 | 538 | Hulsmans Pierre          | Zonhoven       | M+70 | 2     | 1:06:42 | 9,90  | 6:04    |
| 101 | 563 | Dillen Staf              | Olmen          | M+60 | 7     | 1:06:53 | 9,87  | 6:05    |
| 102 | 576 | Vanmuysen Koen           | Alken          | M+50 | 23    | 1:06:56 | 9,86  | 6:05    |
| 103 | 585 | Lambeens Marleen         | Kortenaken     | V+50 | 5     | 1:08:27 | 9,64  | 6:13    |
| 104 | 514 | Gelin Greet              | Holsbeek       | V+50 | 6     | 1:09:42 | 9,47  | 6:20    |
| 105 | 513 | Swiggers Katrein         | Glabbeek       | VSEN | 5     | 1:10:42 | 9,34  | 6:26    |
| 106 | 608 | Florquin Dorien          | Diest          | VSEN | 6     | 1:13:22 | 9,00  | 6:40    |
| 107 | 609 | Tomczak Vanja            | Halen          | V+35 | 2     | 1:14:25 | 8,87  | 6:46    |
| 108 | 610 | Maris Carolien           | Diest          | VSEN | 7     | 1:14:28 | 8,86  | 6:46    |
| 109 | 523 | Poffé Ludwig             | Zelem          | M+55 | 12    | 1:16:51 | 8,59  | 6:59    |
| 110 | 503 | Roten Kelly              | Scherpenheuvel | V+40 | 2     | 1:30:25 | 7,30  | 8:13    |
| 111 | 504 | Bruyneel Sara            | Diest          | VSEN | 8     | 1:30:27 | 7,30  | 8:13    |