Rang	# Rondes	Borstnr	Naam	Voornaam	Woonplaats	M/V	Categorie	Club	Tot. tijd	Tot. km/u	Tot. min/km	tijd 1	km/u 1	min/km 1	tijd 2	km/u 2	min/km 2	tijd 3	km/u 3	min/km 3	tijd 4	km/u 4	min/km 4	tijd 5	km/u 5	min/km 5	tijd 6	km/u 6	min/km 6	tijd 7	km/u 7	min/km 7	tijd 8	km/u 8	min/km 8
1	8	12	Wouters	Chris	Diest	MAS+45	M1	SQM RT	02:46:24	15	04:00	19:59.4	15.61	03:50	20:23.1	15.31	03:55	20:28.0	15.24	03:56	20:39.9	15.1	03:58	20:58.6	14.87	04:02	21:19.0	14.64	04:05	21:16.7	14.66	04:05	21:20.2	14.62	04:06
2	8	29	Keuppens	Benny	Beerse	MAS+40	M2	Fun adventure trail running team	02:50:12	14.67	04:05	20:10.2	15.47	03:52	20:42.1	15.07	03:58	21:19.0	14.64	04:05	21:13.8	14.7	04:04	21:41.1	14.39	04:10	21:45.2	14.34	04:10	21:54.2	14.24	04:12	21:26.4	14.55	04:07
3	8	34	Van Genechten	Benny	Balen	MAS+40	M3	JMT MOL	03:10:27	13.11	04:34	25:11.8	12.38	04:50	24:22.0	12.8	04:41	23:50.8	13.08	04:35	23:40.6	13.18	04:33	23:24.0	13.33	04:29	23:32.2	13.26	04:31	23:19.2	13.38	04:29	23:06.7	13.5	04:26
4	8	32	Mathijs	Jimmy	Stokrooie	MAS+45	M4		03:22:14	12.34	04:51	24:15.3	12.86	04:39	24:04.8	12.96	04:37	24:14.4	12.87	04:39	24:13.8	12.88	04:39	24:50.4	12.56	04:46	25:02.5	12.46	04:48	26:16.1	11.88	05:03	29:16.7	10.66	05:37
5	8	24	Ryckaert	Geert	Ieper	MAS+45	M5	Lokomotief-runners Ieper	03:31:58	11.77	05:05	24:00.6	12.99	04:37	24:03.0	12.97	04:37	24:11.9	12.89	04:39	24:36.4	12.68	04:43	25:22.3	12.3	04:52	29:04.0	10.73	05:35	30:30.9	10.22	05:52	30:09.6	10.34	05:48
6	8	16	Pattyn	Dominique	Ingelmunster	MAS+50	M6	Ivac116351	03:33:42	11.68	05:08	29:57.4	10.42	05:45	30:41.4	10.17	05:54	26:02.6	11.98	05:00	25:24.8	12.28	04:53	25:34.8	12.2	04:55	25:25.6	12.27	04:53	25:40.4	12.15	04:56	24:54.9	12.52	04:47
7	8	14	Vissenaekens	Dieter	Wezemaal	SEN	M7		03:38:08	11.44	05:14	27:16.2	11.44	05:14	26:44.7	11.67	05:08	25:35.6	12.19	04:55	26:22.2	11.83	05:04	26:37.3	11.72	05:07	27:54.8	11.18	05:22	28:17.9	11.03	05:26	29:20.1	10.64	05:38
8	8	23	Martens	Roel	Oevel	MAS+40	M8		03:38:26	11.43	05:15	27:43.3	11.25	05:19	27:35.5	11.31	05:18	26:42.6	11.68	05:08	26:35.2	11.73	05:06	27:30.5	11.34	05:17	27:45.4	11.24	05:20	26:56.6	11.58	05:10	27:37.2	11.3	05:18
9	8	3	De Proost	Patricia	Berlaar	MAS+40	V1		03:43:27	11.17	05:22	27:03.7	11.53	05:12	27:15.4	11.45	05:14	27:45.7	11.24	05:20	27:49.2	11.22	05:20	27:41.2	11.27	05:19	28:06.4	11.1	05:24	28:50.1	10.82	05:32	28:56.4	10.78	05:33
10	8	18	Enckels	Serge	Kerkom-bij-Sint-Truiden	MAS+45	M9	Omada	03:46:59	11	05:27	28:50.5	10.82	05:32	28:03.2	11.12	05:23	27:09.1	11.49	05:13	28:56.3	10.78	05:33	27:31.6	11.33	05:17	29:07.9	10.71	05:36	28:59.3	10.76	05:34	28:21.7	11	05:27
11	8	20	Lenaerts	Edwin	Genk	MAS+50	M10	Run and Fun Genk	03:48:00	10.95	05:28	28:07.9	11.09	05:24	28:08.2	11.09	05:24	28:38.3	10.89	05:30	28:57.2	10.78	05:34	29:16.2	10.66	05:37	28:31.8	10.94	05:29	28:19.3	11.02	05:26	28:01.2	11.14	05:23
12	8	21	De Rijcke	Kurt	Zaventem	MAS+45	M11	World Runners Belgium	03:52:48	10.72	05:35	28:24.1	10.99	05:27	28:25.8	10.97	05:28	28:12.2	11.06	05:25	28:06.9	11.1	05:24	28:43.6	10.86	05:31	29:17.8	10.65	05:38	30:15.2	10.31	05:49	31:22.7	9.94	06:02
13	8	7	Calders	Rudy	Aarschot	MAS+50	M12		03:57:00	10.53	05:41	28:06.3	11.1	05:24	27:59.1	11.15	05:22	27:32.3	11.33	05:17	29:18.4	10.65	05:38	29:58.9	10.41	05:45	30:46.0	10.14	05:55	32:15.6	9.67	06:12	31:03.7	10.04	05:58
14	8	17	Torfs	Nico	Betekom	MAS+40	M13	ROBA Recreanten	03:58:17	10.47	05:43	31:35.8	9.87	06:04	28:52.3	10.81	05:33	27:19.0	11.42	05:15	30:16.5	10.31	05:49	31:16.9	9.97	06:00	31:23.2	9.94	06:02	31:04.2	10.04	05:58	26:29.3	11.78	05:05
15	8	22	Eyckmans	Ferre	Nijlen	SEN	M14		03:58:53	10.45	05:44	30:02.7	10.38	05:46	30:03.0	10.38	05:46	29:40.7	10.51	05:42	29:34.5	10.55	05:41	30:13.6	10.32	05:48	31:22.8	9.94	06:02	30:00.5	10.4	05:46	27:55.4	11.17	05:22
16	8	4	Geyskens	Hans	Scherpenheuvel	MAS+40	M15	AATT	03:58:54	10.45	05:44	29:26.2	10.6	05:39	30:33.4	10.21	05:52	29:38.9	10.52	05:42	29:22.0	10.62	05:38	30:32.4	10.22	05:52	31:23.3	9.94	06:02	30:03.1	10.38	05:46	27:54.9	11.18	05:22
17	8	25	Broux	Tom	Paal	SEN	M16		04:01:46	10.32	05:48	28:10.4	11.07	05:25	28:51.5	10.81	05:32	29:46.6	10.48	05:43	31:13.5	9.99	06:00	30:54.0	10.1	05:56	30:15.1	10.31	05:49	31:22.3	9.95	06:01	31:13.2	9.99	06:00
18	8	8	Draulans	Kevin	Hulshout	MAS+40	M17		04:05:04	10.18	05:53	30:13.8	10.32	05:48	29:21.0	10.63	05:38	29:05.2	10.73	05:35	29:30.9	10.57	05:40	30:49.2	10.12	05:55	30:21.4	10.28	05:50	31:52.6	9.79	06:07	33:50.6	9.22	06:30
19	8	30	Dirix	Dora	Donk	MAS+55	V2	Oeverlopers	04:14:22	9.81	06:06	29:55.0	10.43	05:45	30:42.3	10.16	05:54	30:31.9	10.22	05:52	31:55.9	9.77	06:08	32:14.0	9.68	06:11	33:35.6	9.29	06:27	33:11.1	9.4	06:22	32:16.7	9.67	06:12
20	8	10	Talen	Aly	Antwerpen	MAS+50	V3		04:19:06	9.63	06:13	30:26.0	10.25	05:51	31:37.7	9.86	06:04	31:33.9	9.88	06:04	30:59.6	10.07	05:57	33:22.7	9.35	06:25	33:59.1	9.18	06:32	33:19.0	9.36	06:24	33:48.3	9.23	06:30
21	8	26	Claereboudt	Jan	Lint	MAS+55	M18	Loopclub Irene	04:19:06	9.63	06:13	30:31.1	10.22	05:52	30:15.4	10.31	05:49	30:38.6	10.18	05:53	33:50.6	9.22	06:30	32:39.9	9.55	06:16	34:00.3	9.18	06:32	33:32.9	9.3	06:27	33:37.7	9.28	06:28
22	8	31	De Meyer	Cat	Waasmunster	MAS+45	V4		04:19:06	9.63	06:13	30:32.6	10.21	05:52	31:32.4	9.89	06:03	31:35.7	9.88	06:04	31:32.8	9.89	06:04	32:49.5	9.51	06:18	34:26.2	9.06	06:37	32:46.7	9.52	06:18	33:50.5	9.22	06:30
23	8	50	Schelstraete	Nico	Adegem	MAS+50	M19	JC Aalter	04:19:06	9.63	06:13	30:39.8	10.18	05:53	31:25.2	9.93	06:02	31:34.4	9.88	06:04	31:38.5	9.86	06:05	32:44.2	9.53	06:17	33:55.6	9.2	06:31	33:22.1	9.35	06:25	33:46.7	9.24	06:29
24	8	6	Kuczko	Aga		MAS+45	V5		04:19:06	9.63	06:13	30:12.1	10.33	05:48	30:28.2	10.24	05:51	30:34.0	10.21	05:52	34:05.4	9.15	06:33	31:42.9	9.84	06:05	34:06.4	9.15	06:33	33:16.6	9.38	06:23	34:41.0	9	06:40
25	8	1	Snoeks	Jos	Hechtel-Eksel	MAS+55	M20		04:20:36	9.58	06:15	30:00.1	10.4	05:46	36:19.0	8.59	06:59	34:38.7	9.01	06:39	32:41.5	9.54	06:17	32:16.5	9.67	06:12	31:05.8	10.03	05:58	31:35.9	9.87	06:04	31:58.8	9.76	06:09
26	8	5	Dosogne	Hilde	Lochristi	MAS+50	V6	Trakks	04:22:01	9.53	06:17	31:02.6	10.05	05:58	31:18.3	9.97	06:01	31:20.8	9.95	06:01	31:52.1	9.79	06:07	34:22.8	9.08	06:36	34:22.8	9.08	06:36	35:04.5	8.9	06:44	32:37.4	9.56	06:16
27	8	28	De Haes	Wim	Ramsel	MAS+50	M21		04:26:15	9.37	06:24	30:41.5	10.17	05:54	30:26.1	10.25	05:51	30:33.6	10.21	05:52	33:46.3	9.24	06:29	34:10.2	9.13	06:34	34:37.3	9.01	06:39	35:09.8	8.87	06:45	36:51.1	8.47	07:05
28	8	2	Hufkens	Louis	Grobbendonk	MAS+65	M22	Kasteellopers Vorselaar	04:48:43	8.65	06:56	32:27.4	9.61	06:14	33:48.9	9.23	06:30	34:39.5	9	06:39	34:59.4	8.92	06:43	35:45.9	8.72	06:52	37:09.4	8.4	07:08	39:38.2	7.87	07:37	40:14.4	7.75	07:44
29	8	11	Van Samang	Ann	Sint-Michiels	MAS+45	V7		04:50:42	8.59	06:59	34:11.9	9.12	06:34	35:56.9	8.68	06:54	34:58.7	8.92	06:43	34:58.0	8.92	06:43	35:50.6	8.7	06:53	36:51.4	8.47	07:05	38:20.2	8.14	07:22	39:34.5	7.88	07:36
30	4	27	Wilms	Wim	Paal	MAS+50	M23		02:02:30	10.19	05:53	30:10.2	10.34	05:48	30:35.0	10.2	05:52	30:08.0	10.35	05:47	31:37.7	9.86	06:04												