

Plaats	Nummer	Naam	Geslacht	Tijd	Gem. Snelheid
5,4km man					
1.	1064	Michiel Nijs	m	0:17:47.1	18.2
2.	1077	CHRIS WOUTERS	m	0:18:25.1	17.5
3.	1067	Yvan De Graef	m	0:18:38.5	17.3
4.	1134	GIEL VAN DER SANDE	m	0:20:38.3	15.6
5.	1130	WIM WUYTS	m	0:20:42.5	15.6
6.	1029	LUCCE PIERRE	m	0:20:42.8	15.6
7.	1105	BART WILLEMS	m	0:20:53.1	15.5
8.	1113	Stijn Hendrickx	m	0:20:53.5	15.5
9.	1139	KRIS VANDEZANDE	m	0:21:05.9	15.3
10.	1131	JORIS HUANG	m	0:21:10.4	15.3
11.	1178	DAN TORDEUR	m	0:21:14.7	15.2
12.	1136	NEIL BROOKS	m	0:21:31.0	15.0
13.	1073	JURGEN VERHOEVEN	m	0:21:33.2	15.0
14.	1133	SAM SEYS	m	0:21:51.3	14.8
15.	1066	Peter Van Beersel	m	0:22:07.7	14.6
16.	1034	JOHAN VAN DEN BOSCH	m	0:22:16.2	14.5
17.	1015	JOSS BROOThAERTS	m	0:22:22.5	14.4
18.	1045	KEN HIELS	m	0:22:37.6	14.3
19.	1163	LUC VAN BAEI	m	0:22:45.7	14.2
20.	1174	EDOUARD PELGRIMS	m	0:22:51.4	14.1
21.	1044	STEFAN DE PRETER	m	0:23:04.2	14.0
22.	1156	JONAS VANBRABANT	m	0:23:12.9	13.9
23.	1011	DOMINIQUE SIMONS	m	0:23:23.5	13.8
24.	1004	JARNE TRUYTS	m	0:23:34.4	13.7
25.	1048	FILIP SEGERS	m	0:23:37.8	13.7
26.	1026	JOHAN PAUELS	m	0:23:42.4	13.6
27.	1176	RONALD RAEYMAEKER	m	0:23:48.8	13.6
28.	1070	MICHEL VAN DIJCK	m	0:23:54.2	13.5
29.	1179	LUDO HEYLIGHEN	m	0:23:57.9	13.5
30.	1030	DAVY BRUELEMANS	m	0:24:13.7	13.3
31.	1115	WILLY SIJMUS	m	0:24:32.3	13.2
32.	1062	VINCENT VAN BREEDAM	m	0:24:34.5	13.1
33.	1135	TOM VAN CANEGHEM	m	0:24:44.9	13.0
34.	1149	TOM REYNDERS	m	0:24:48.5	13.0
35.	1074	RIK GEERTS	m	0:24:54.5	13.0
36.	1078	WILLY VERMAELEN	m	0:25:06.3	12.9
37.	1032	JAN VAN MEERBEEK	m	0:25:23.2	12.7
38.	1168	WERNER OP DE BEECK	m	0:25:28.0	12.7
39.	1068	PETER UYTTERHOEVEN	m	0:25:28.8	12.7
40.	1142	DIRK SCHREVENs	m	0:25:39.9	12.6
41.	1012	JEAN LOUIS DHONT	m	0:25:47.5	12.5
42.	1020	JIM DE MEY	m	0:25:55.3	12.4
43.	1072	GERRY VAN DER HOEVEN	m	0:26:10.5	12.3
44.	1031	KURT ASSELBERGHS	m	0:26:11.2	12.3
45.	1114	GIANNI LENS	m	0:26:45.0	12.1
46.	1126	EDDY CROONEN	m	0:26:52.4	12.0
47.	1027	ROGER VERMEYLEN	m	0:26:54.3	12.0

48.	1109	Brent De Leebeeck	m	0:27:10.8	11.9
49.	1118	MOZES MELLAERTS	m	0:27:11.6	11.9
50.	1039	STIJN OP DE BEECK	m	0:27:23.1	11.8
51.	1121	EDDY MELLAERTS	m	0:27:58.3	11.5
52.	1028	DIRK SPIESSENS	m	0:28:05.0	11.5
53.	1141	PETER VERLINDE	m	0:28:15.7	11.4
54.	1111	Ronny De Leebeeck	m	0:28:54.7	11.2
55.	1008	DIRK CRIEM	m	0:28:56.5	11.1
56.	1010	ANDRE VAN ROMPAEY	m	0:28:58.6	11.1
57.	1019	DAVID MALLIET	m	0:28:59.5	11.1
58.	1065	Jean - Luc Tuerlinckx	m	0:29:08.0	11.1
59.	1140	LUCAS VANDEZANDE	m	0:29:09.9	11.1
60.	1038	SVEN JANSSENS	m	0:30:13.6	10.7
61.	1106	Pablo Kito Escajadillo	m	0:31:06.9	10.4
62.	1013	ALAIN VERREYDT	m	0:31:28.4	10.2
63.	1127	DIRK VLEUGELS	m	0:32:22.0	10.0
64.	1017	JUUL BUELLENS	m	0:32:29.1	9.9
65.	1046	STEFAN VAN LIER	m	0:33:26.5	9.6
66.	1043	HUGO VAN DER ROOST	m	0:33:27.3	9.6
67.	1161	KAREL DELA	m	0:33:38.6	9.6
68.	1160	PAUL DEMARSIN	m	0:33:40.6	9.6
69.	1124	MARC RENIERS	m	0:33:55.6	9.5
70.	1180	PETER SOETENS	m	0:34:44.1	9.3
71.	1016	JULES SALAERTS	m	0:36:32.7	8.8
72.	1182	PIETER AUDIENS	m	0:36:42.6	8.8
73.	1169	KOEN LEFEVER	m	0:36:43.6	8.8
74.	1147	LENNERT DESTADSBADER	m	0:37:47.8	8.5
75.	1035	MARC SMET	m	0:38:20.0	8.4
76.	1117	LOUIS VAN ROMPAEY	m	0:40:44.4	7.9
77.	1173	FRED SEMPELS	m	0:41:07.7	7.8

Plaats	Nummer	Naam	Geslacht	Tijd	Gem. Snelheid
5,4km woman					
1.	1137	EMILY COENEN	w	0:20:33.7	15.7
2.	1050	ASTRID VAN BREEDAM	w	0:22:12.2	14.5
3.	1079	WENDY VERMAELEN	w	0:25:06.4	12.9
4.	1007	YITTE RENNMANS	w	0:25:26.4	12.7
5.	1071	HANNE VAN DER HOEVEN	w	0:25:47.5	12.5
6.	1162	ILSE VERHAEGEN	w	0:26:07.9	12.3
7.	1125	RENEE GRAULS	w	0:26:10.0	12.3
8.	1143	NINA VAN DIJCK	w	0:26:23.5	12.2
9.	1040	STELLA GOOVAERTS	w	0:26:28.7	12.2
10.	1033	CARINE DE WACHTER	w	0:26:51.0	12.0
11.	1132	COLETA CELEN	w	0:26:56.4	12.0
12.	1037	NICOLE BERGEN	w	0:27:10.0	11.9
13.	1018	SARA STORMS	w	0:28:57.7	11.1
14.	1150	INGE VAN CRAEN	w	0:29:22.8	11.0
15.	1151	WENDY JACOBS	w	0:30:01.8	10.7
16.	1076	MARIA VANDERSLAGMOLEN	w	0:30:26.3	10.6

17.	1119	NANCY VAN DEN WIJNGAERT	w	0:30:36.1	10.5
18.	1107	Vera Qatie Escajadillo	w	0:31:11.2	10.3
19.	1014	NICOLE VANORSHAEGEN	w	0:31:33.3	10.2
20.	1128	LIESBETH HERMANS	w	0:31:57.2	10.1
21.	1129	MACHTELD BRUERS	w	0:31:57.2	10.1
22.	1152	SILKE EVERAERTS	w	0:31:58.9	10.1
23.	1165	WENDY DE WEVER	w	0:32:14.6	10.0
24.	1009	MANON BROWAEYS	w	0:32:30.3	9.9
25.	1069	SUZY OP DE BEECK	w	0:32:33.1	9.9
26.	1122	ANNE VERSCHUEREN	w	0:33:08.9	9.7
27.	1108	Anita Volkaerts	w	0:33:25.2	9.6
28.	1047	CAROLINE VAN LIER	w	0:33:26.2	9.6
29.	1172	JOLIEN VAN VLASSELAER	w	0:34:21.1	9.4
30.	1166	ANNE VAN GIEL	w	0:34:37.9	9.3
31.	1181	ELLA SOETENS	w	0:34:42.0	9.3
32.	1159	JESSICA VERTONGEN	w	0:34:47.4	9.3
33.	1154	ELKE VAN WEERT	w	0:34:53.2	9.2
34.	1155	MARLIES GILLIS	w	0:35:01.1	9.2
35.	1006	NADINE DE CEUSTER	w	0:35:05.2	9.2
36.	1005	AN JOOSTEN	w	0:35:05.4	9.2
37.	1153	LISA GILLIS	w	0:35:08.9	9.2
38.	1167	SANDRA COREMANS	w	0:35:11.8	9.2
39.	1063	ASTRID BUELLENS	w	0:35:27.4	9.1
40.	1116	LIESBET KWANTEN	w	0:35:55.7	9.0
41.	1145	MAGGIE VAN DIJCK	w	0:36:27.0	8.8
42.	1075	LIESBET JANSSENS	w	0:36:43.1	8.8
43.	1138	LIEVE VANDENEYNDE	w	0:37:19.5	8.6
44.	1171	KATRIEN BRUYNINCKX	w	0:38:01.1	8.5
45.	1146	LAUREN DESTADSBADER	w	0:38:51.8	8.3
46.	1170	DORIEN VAN EMELLEN	w	0:39:00.9	8.3
47.	1164	NATHALIE VAN DER RROST	w	0:39:23.4	8.2

Plaats	Nummer	Naam	Geslacht	Tijd	Gem. Snelheid
10,8km man					
1.	1470	Pieter Verschoren	m	0:35:28.6	18.2
2.	1422	Danny Van Bael	m	0:39:41.5	16.3
3.	1460	Philippe Brants	m	0:39:48.2	16.2
4.	1501	Filip Achten	m	0:40:08.4	16.1
5.	1441	Stefan Valckx	m	0:40:23.1	16.0
6.	1496	Gilles Jaspers	m	0:41:26.7	15.6
7.	1495	Jeroen Bertels	m	0:41:32.7	15.5
8.	1494	Nand Morren	m	0:41:32.7	15.5
9.	1413	Bart Heylen	m	0:41:40.3	15.5
10.	1427	Filip Van Breedam	m	0:42:02.5	15.4
11.	1437	Rudy Vanden Bosch	m	0:43:00.0	15.0
12.	1442	Arnout Haemels	m	0:43:46.7	14.8
13.	1476	Gilles Geeraerts	m	0:44:11.5	14.6
14.	1404	Collin Vrijdaghs	m	0:44:21.2	14.6
15.	1468	Maarten Van der Sanden	m	0:45:00.1	14.3

16.	1492 Benny Meeus	m	0:45:12.7	14.3
17.	1483 Werner Van Dyck	m	0:45:15.8	14.3
18.	1461 Alex Storms	m	0:45:21.4	14.2
19.	1438 Andy Philippaerts	m	0:45:25.5	14.2
20.	1421 Paul Van den Acker	m	0:45:45.4	14.1
21.	1440 Geert Ceulemans	m	0:45:55.4	14.1
22.	1449 Pascal Mattheus	m	0:46:08.7	14.0
23.	1407 Staf Nevelsteen	m	0:46:17.6	13.9
24.	1429 Guy Van der Hoeven	m	0:46:25.1	13.9
25.	1415 Freddy Heylighen	m	0:47:02.9	13.7
26.	1466 Dimitri Nijs	m	0:47:23.7	13.6
27.	1445 Rudi Anthonis	m	0:47:32.9	13.6
28.	1406 Eric Thielens	m	0:47:37.5	13.6
29.	1482 Dirk Geens	m	0:47:39.2	13.5
30.	1499 Bart Peeters	m	0:48:37.4	13.3
31.	1508 Jo Wouters	m	0:48:51.8	13.2
32.	1430 Emiel Luyts	m	0:48:57.4	13.2
33.	1448 Herman Severens	m	0:49:17.3	13.1
34.	1497 Jan Van Passel	m	0:49:29.9	13.0
35.	1510 Peter Meyvis	m	0:49:41.0	13.0
36.	1498 Yves Kiesekoms	m	0:50:00.4	12.9
37.	1473 Peter Moens	m	0:50:01.7	12.9
38.	1435 Bert Claes	m	0:50:10.9	12.9
39.	1411 Phillip Geens	m	0:50:22.8	12.8
40.	1451 Davy De Broyer	m	0:50:29.1	12.8
41.	1401 Luc Kusseneers	m	0:50:32.5	12.8
42.	1453 Patrick Witters	m	0:51:05.9	12.6
43.	1417 Bert Vanhove	m	0:51:15.6	12.6
44.	1419 Bart Wildiers	m	0:51:31.0	12.5
45.	1504 Gery Poortman	m	0:51:38.1	12.5
46.	1425 Marc De Cock	m	0:51:44.2	12.5
47.	1486 Frans Cools	m	0:51:58.3	12.4
48.	1423 Marc Willems	m	0:52:07.3	12.4
49.	1485 Mon Haemhouts	m	0:52:10.0	12.4
50.	1484 Bert Neefs	m	0:52:44.2	12.2
51.	1509 Gunter Uytterhoeven	m	0:52:55.9	12.2
52.	1474 Koen Delmartino	m	0:52:59.7	12.2
53.	1454 Johan Saenen	m	0:53:11.2	12.1
54.	1452 Koen Vannetelbosch	m	0:53:41.2	12.0
55.	1481 Kristof Bak	m	0:53:59.0	12.0
56.	1479 Chris Debouver	m	0:54:30.1	11.8
57.	1443 Chris Cumps	m	0:54:31.2	11.8
58.	1403 Jef Hellinx	m	0:55:19.2	11.7
59.	1471 Jan Van den Eynde	m	0:55:40.2	11.6
60.	1428 Didier Pockele	m	0:56:25.6	11.4
61.	1444 Marc Dierckx	m	0:56:57.9	11.3
62.	1434 Asuncion Arquimedes Escjadill	m	0:57:22.6	11.2
63.	1408 Gommaire De Laet	m	0:57:35.3	11.2
64.	1412 Peter Legesse	m	0:57:49.7	11.2
65.	1739 ronny vanhoutte	m	0:58:17.1	11.1



2.	1719	koen penninckx	m	0:56:19.1	17.2
3.	1730	kenneth laureys	m	1:00:49.6	15.9
4.	1706	evert verbist	m	1:00:52.8	15.9
5.	1704	sam keusters	m	1:01:20.4	15.8
6.	1700	dylan vrijdaghs	m	1:03:18.2	15.3
7.	1712	jeroen piot	m	1:05:48.4	14.7
8.	1713	jimmy corten	m	1:05:58.9	14.7
9.	1705	freddy langenus	m	1:07:39.6	14.3
10.	1725	benny van vlasselaer	m	1:08:11.1	14.2
11.	1724	wim wuyten	m	1:08:17.8	14.2
12.	1707	wim van engeland	m	1:08:26.0	14.2
13.	1734	niels van den put	m	1:08:28.3	14.1
14.	1727	guido vervloet	m	1:08:49.0	14.1
15.	1735	steven demuynck	m	1:11:35.0	13.5
16.	1717	johan vermaelen	m	1:12:05.6	13.4
17.	1718	wouter verbist	m	1:12:05.7	13.4
18.	1708	philip van passel	m	1:12:23.2	13.4
19.	1740	lieven de meester	m	1:13:02.1	13.3
20.	1714	marc van den boeck	m	1:13:21.9	13.2
21.	1701	herman van vracem	m	1:13:34.6	13.2
22.	1721	bjorn geens	m	1:15:00.6	12.9
23.	1728	rudy calders	m	1:17:39.7	12.5
24.	1732	johan eeckhout	m	1:19:19.8	12.2
25.	1733	jacques mantingy	m	1:20:56.1	12.0
26.	1716	dimitri pootemans	m	1:21:24.9	11.9
27.	1715	daniel lissens	m	1:21:35.0	11.9
28.	1723	rene versteven	m	1:21:40.0	11.9
29.	1703	steven de hondt	m	1:22:28.5	11.7
30.	1722	guy houthuys	m	1:23:20.7	11.6
31.	1720	herman stroobants	m	1:25:21.0	11.3
32.	1741	geert van loock	m	1:26:05.9	11.2
33.	1702	arnaud browaeys	m	1:30:47.3	10.7
34.	1738	jerg lens	m	1:35:33.2	10.1
35.	1710	tillo castelein	m	1:41:55.1	9.5

woman

1.	1711	karen peeters	w	1:08:40.9	14.1
2.	1737	daniele van os	w	1:15:29.5	12.8
3.	1729	sarah ben yousef	w	1:18:24.2	12.3
4.	1736	inge weckhuysen	w	1:22:14.4	11.8
5.	1731	kristin vanheerswynghels	w	1:28:58.9	10.9
6.	1742	Sophie Vanthillo	w	1:34:16.1	10.3