

| Plaats | Naam | tijd | snelheid | tempo | club | LRD | cat | pl in c |
|--------|-----------------------|----------|----------|-------|--------------------|-----|------|---------|
| 1 | DE VUYST SOFIE | 00:55:18 | 14.76 | 04:04 | | | V35+ | 1 |
| 2 | DE MEYER STEFANIE | 01:07:46 | 12.04 | 04:59 | | | V35+ | 2 |
| 3 | TAILDEMAN KIM | 01:07:58 | 12.01 | 05:00 | | | V35+ | 3 |
| 4 | STEPPE MARINA | 01:09:11 | 11.79 | 05:05 | SPIRIDON AALST | | V35+ | 4 |
| 5 | DE COCK SAARTJE | 01:09:40 | 11.71 | 05:07 | JC Herzele | | V35+ | 5 |
| 6 | VAN DELSEN VICKY | 01:10:42 | 11.54 | 05:12 | | | V35+ | 6 |
| 7 | EECKHOUT TAMARA | 01:11:07 | 11.47 | 05:14 | | | V35+ | 7 |
| 8 | HERSSCHENS VÉRONIQUE | 01:12:19 | 11.28 | 05:19 | Zottegem Atletiek | | V35+ | 8 |
| 9 | BONAMI CHARLOTTE | 01:14:44 | 10.92 | 05:30 | BNP Paribas Fortis | | VSEN | 1 |
| 10 | DE BROUWER KAROLIEN | 01:14:46 | 10.91 | 05:30 | | | V35+ | 9 |
| 11 | DE BROUWER LIESELOT | 01:14:46 | 10.91 | 05:30 | | | VSEN | 2 |
| 12 | STALPAERT SHAUNY | 01:14:50 | 10.9 | 05:30 | | | VSEN | 3 |
| 13 | MAIA FERREIRA DAYANE | 01:15:02 | 10.88 | 05:31 | | | V35+ | 10 |
| 14 | VAN DEN BOSSCHE SOFIE | 01:16:10 | 10.71 | 05:36 | JC Erwetegem | | V35+ | 11 |
| 15 | VAN BREUSEGEM SIEN | 01:16:11 | 10.71 | 05:36 | Jc Erwetegem | | V35+ | 12 |
| 16 | VAN DE WIELE CAROLINE | 01:16:34 | 10.66 | 05:38 | BNP Paribas Fortis | | V35+ | 13 |
| 17 | DECOENE EMILIA | 01:18:51 | 10.35 | 05:48 | | | VSEN | 4 |
| 18 | DESTROOPER ROSITA | 01:20:42 | 10.11 | 05:56 | | | V35+ | 14 |
| 19 | MERCKX MARIEKE | 01:21:10 | 10.05 | 05:58 | | | VSEN | 5 |
| 20 | MEGANCK AMBER | 01:23:20 | 9.79 | 06:08 | | | VSEN | 6 |
| 21 | VEKEMAN METTE-MARIT | 01:24:31 | 9.65 | 06:13 | | | VSEN | 7 |
| 22 | TIBERGYN MARIE | 01:25:27 | 9.55 | 06:17 | Forza JIHAAAAA | | VSEN | 8 |
| 23 | PERNA TIFFANY | 01:25:30 | 9.54 | 06:17 | | | VSEN | 9 |
| 24 | MEGA LASFIA YULIA | 01:25:31 | 9.54 | 06:17 | | | V35+ | 15 |
| 25 | DE RIDDER NATHALIE | 01:25:53 | 9.5 | 06:19 | | | V35+ | 16 |

| Plaats | Naam | tijd | snelheid | tempo | club | LRD | cat | pl in c |
|--------|---------------------|----------|----------|-------|-----------------------|-----|------|---------|
| 1 | VAN DEN HEUVEL HANS | 00:46:29 | 17.55 | 03:25 | AC BRABO | | MSEN | 1 |
| 2 | DE CLERCQ BART | 00:47:07 | 17.32 | 03:28 | | | M35+ | 1 |
| 3 | DHOE DAVY | 00:49:17 | 16.56 | 03:37 | | | M35+ | 2 |
| 4 | VAN HERZELE KOEN | 00:50:08 | 16.28 | 03:41 | EENDRACHT AALST | | MSEN | 2 |
| 5 | SMETS WIM | 00:51:21 | 15.89 | 03:47 | | | M35+ | 3 |
| 6 | VAN ACKER LANDER | 00:51:37 | 15.81 | 03:48 | ACG | | MSEN | 3 |
| 7 | DE BACKER ROBBY | 00:51:51 | 15.74 | 03:49 | TEAM FISCHER | | M35+ | 4 |
| 8 | LEROY BRECHT | 00:52:22 | 15.58 | 03:51 | | | M35+ | 5 |
| 9 | GOOSSENS STIJN | 00:53:01 | 15.39 | 03:54 | | | M35+ | 6 |
| 10 | DE VRIENDT NILS | 00:53:04 | 15.38 | 03:54 | EENDRACHT AALST | | M35+ | 7 |
| 11 | BROECKAERT RUBEN | 00:55:03 | 14.82 | 04:03 | | | MSEN | 4 |
| 12 | REYNEBEAU FREDERICK | 00:55:07 | 14.8 | 04:03 | | | M35+ | 8 |
| 13 | HAEGEMAN GEERT | 00:56:32 | 14.43 | 04:09 | JC Herzele | | M35+ | 9 |
| 14 | MATTHIJS GUY | 00:57:43 | 14.14 | 04:15 | | | M35+ | 10 |
| 15 | KESTENS JAN | 00:58:11 | 14.02 | 04:17 | Denderende Sport Crew | | MSEN | 5 |
| 16 | VION DIMITRI | 00:59:43 | 13.66 | 04:23 | | | M35+ | 11 |
| 17 | THERMOTE TOM | 01:00:29 | 13.49 | 04:27 | | | M35+ | 12 |
| 18 | DE CREE TOM | 01:00:54 | 13.4 | 04:29 | | | M35+ | 13 |
| 19 | SPAENHOVEN TOM | 01:00:59 | 13.38 | 04:29 | Speedy onions | | MSEN | 6 |
| 20 | GOSSÉ ARNE | 01:01:21 | 13.3 | 04:31 | | | MSEN | 7 |
| 21 | VAN HAMME DAVY | 01:01:37 | 13.24 | 04:32 | | | M35+ | 14 |
| 22 | HAEGEMAN THIJS | 01:02:21 | 13.09 | 04:35 | | | M35+ | 15 |
| 23 | MATTHIJS ARNE | 01:02:27 | 13.07 | 04:36 | | | MSEN | 8 |
| 24 | HELSEN SEBASTIAAN | 01:02:54 | 12.97 | 04:38 | JC Herzele | | MSEN | 9 |
| 25 | HAELTERMAN LENNERT | 01:03:22 | 12.88 | 04:40 | | | MSEN | 10 |
| 26 | SCHIETECATTE ANGELO | 01:03:38 | 12.82 | 04:41 | | | M35+ | 16 |
| 27 | VONCK DANNY | 01:03:51 | 12.78 | 04:42 | | | M35+ | 17 |
| 28 | OOSTERLINCK GUY | 01:04:31 | 12.65 | 04:45 | JC Herzele | | M35+ | 18 |
| 29 | HAEGEMAN THIERRY | 01:05:03 | 12.54 | 04:47 | BNP Paribas Fortis | | M35+ | 20 |
| 30 | MEGANCK KRIS | 01:05:03 | 12.54 | 04:47 | BNP Paribas Fortis | | M35+ | 19 |
| 31 | BLEYENBERG STEVEN | 01:05:38 | 12.43 | 04:50 | MMC | | M35+ | 21 |
| 32 | PEREBOOM IWEIN | 01:06:59 | 12.18 | 04:56 | Maspoe Running Team | | M35+ | 22 |
| 33 | STEVENS LUC | 01:07:09 | 12.15 | 04:56 | JC Herzele | | M35+ | 23 |
| 34 | VAN DE WEGHE ERWIN | 01:07:12 | 12.14 | 04:56 | JC Herzele | | M35+ | 24 |
| 35 | CAEN DAVID | 01:08:56 | 11.84 | 05:04 | JC BRAKEL | | M35+ | 25 |

| Plaats | Naam | tijd | snelheid | tempo | club | LRD | cat | pl in c |
|--------|-----------------------|----------|----------|-------|--------------------|-----|------|---------|
| 36 | VAN DORPE STEVEN | 01:09:20 | 11.77 | 05:06 | | | M35+ | 26 |
| 37 | HOLDERBEKE GERRY | 01:09:40 | 11.71 | 05:07 | | | M35+ | 27 |
| 38 | COESENS NIELS | 01:10:03 | 11.65 | 05:09 | | | M35+ | 28 |
| 39 | VERMAEREN STIJN | 01:12:20 | 11.28 | 05:19 | | | M35+ | 29 |
| 40 | ROCKELÉ WOLF | 01:12:24 | 11.27 | 05:19 | | | MSEN | 11 |
| 41 | SCHEPENS JOHAN | 01:13:32 | 11.1 | 05:24 | | | M35+ | 30 |
| 42 | ANTOIN KRISTOF | 01:13:50 | 11.05 | 05:26 | | | M35+ | 32 |
| 43 | DE LANDTSHEER KRIS | 01:13:50 | 11.05 | 05:26 | | | M35+ | 31 |
| 44 | CAUWELS TOM | 01:14:19 | 10.98 | 05:28 | | | MSEN | 12 |
| 45 | BAELE JORIS | 01:14:31 | 10.95 | 05:29 | | | M35+ | 33 |
| 46 | VAN DEN EECKHOUT KOEN | 01:14:36 | 10.94 | 05:29 | | | M35+ | 34 |
| 47 | BONAMI THOMAS | 01:14:44 | 10.92 | 05:30 | | | MSEN | 13 |
| 48 | HUART DENIS | 01:14:46 | 10.91 | 05:30 | | | M35+ | 35 |
| 49 | VAN DEN BOSSCHE KOEN | 01:15:18 | 10.84 | 05:32 | BNP Paribas Fortis | | M35+ | 36 |
| 50 | VAN DER BRADER JEROEN | 01:15:48 | 10.77 | 05:34 | mARIAKERKE | | MSEN | 14 |
| 51 | DHONDT SVEN | 01:16:23 | 10.68 | 05:37 | Gent running team | | M35+ | 37 |
| 52 | HUART THIERRY | 01:22:14 | 9.92 | 06:03 | | | M35+ | 38 |
| 53 | VLAEMINCK CHRISTOPHE | 01:25:06 | 9.59 | 06:15 | JC Herzele | | M35+ | 39 |
| 54 | GEERARDYN MATHIAS | 01:25:37 | 9.53 | 06:18 | | | MSEN | 15 |

| Plaats | Naam | tijd | snelheid | tempo | club | LRD | cat | pl in c |
|--------|------------------------|----------|----------|-------|---------------------|-----|------|---------|
| 1 | DE SMET KRISTI | 00:22:24 | 13.93 | 04:18 | Zottegem Atletiek | | V35+ | 1 |
| 2 | VANDENBROECK MARLENE | 00:22:48 | 13.68 | 04:23 | VITA | | V35+ | 2 |
| 3 | VAN VOSSSEL KIM | 00:23:04 | 13.53 | 04:26 | Zottegem Atletiek | | VSEN | 1 |
| 4 | BERESOLE FENNY | 00:23:47 | 13.12 | 04:34 | JC Herzele | | VSEN | 2 |
| 5 | MEERSMAN BEAU | 00:23:56 | 13.04 | 04:36 | AC WAASLAND | | VSEN | 3 |
| 6 | HEIRMAN MOGAN | 00:24:43 | 12.50 | 04:40 | VLIERZELE | | VSEN | 4 |
| 7 | BAEYENS EVI | 00:26:24 | 11.82 | 05:05 | JC Herzele | | V35+ | 3 |
| 8 | PHILIPS STEPHANIE | 00:26:36 | 11.73 | 05:07 | | | VSEN | 5 |
| 9 | MICHIELS KATLEEN | 00:27:11 | 11.48 | 05:14 | JC Herzele | | V35+ | 4 |
| 10 | DE BUYSSCHER KARINE | 00:27:39 | 11.28 | 05:19 | | | V35+ | 5 |
| 11 | VAN WIJNENDAELE ANNEKE | 00:28:45 | 10.85 | 05:32 | | | V35+ | 6 |
| 12 | REYNS CARINE | 00:29:24 | 10.61 | 05:39 | JC Herzele | | V35+ | 7 |
| 13 | MEERMAN DEMI | 00:29:59 | 10.41 | 05:46 | Erwetegem | | VSEN | 6 |
| 14 | VAN DEN BROECK KAAT | 00:30:02 | 10.39 | 05:47 | | | VSEN | 7 |
| 15 | DE MULDER LYNN | 00:30:34 | 10.21 | 05:53 | | | VSEN | 8 |
| 16 | DE CLERCQ ELKE | 00:30:38 | 10.18 | 05:53 | JC Herzele | | V35+ | 8 |
| 17 | OOSTERLINCK MARTHE | 00:31:01 | 10.06 | 05:58 | JC Herzele | | VSEN | 9 |
| 18 | VERMAERKE DESIE | 00:32:07 | 9.71 | 06:11 | JC Herzele | | V35+ | 9 |
| 19 | DELRUE DOMINIQUE | 00:32:10 | 9.7 | 06:11 | JC Brakel | | VSEN | 10 |
| 20 | COCQUYT LEEN | 00:32:10 | 9.7 | 06:11 | JC Erwetegem | | V35+ | 10 |
| 21 | VAN BOCKSTAEL ANN | 00:32:13 | 9.68 | 06:12 | JC BRAKEL | | V35+ | 11 |
| 22 | DE BORLE STEFANIE | 00:33:00 | 9.45 | 06:21 | JC Herzele | | V35+ | 12 |
| 23 | DE MULDER SARAH | 00:33:01 | 9.45 | 06:21 | | | VSEN | 11 |
| 24 | HAEGEMAN LIESBETH | 00:33:27 | 9.33 | 06:26 | JC Herzele | | V35+ | 13 |
| 25 | D'HOKER INGRID | 00:33:27 | 9.33 | 06:26 | Joggingclub Herzele | | V35+ | 14 |
| 26 | PERSOONS BARBARA | 00:34:05 | 9.15 | 06:33 | JC Herzele | | V35+ | 15 |
| 27 | D'HAESE MIREILLE | 00:34:17 | 9.1 | 06:36 | Joggingclub Herzele | | V35+ | 16 |
| 28 | SPRANGHERS JANNE | 00:34:57 | 8.93 | 06:43 | | | VSEN | 12 |
| 29 | SCHIETTECATTE LINDA | 00:35:34 | 8.77 | 06:50 | JC Erwetegem | | V35+ | 17 |
| 30 | MOREELS EMILY | 00:36:09 | 8.63 | 06:57 | | | VSEN | 13 |
| 31 | DE BIE LEEN | 00:36:47 | 8.48 | 07:04 | | | V35+ | 19 |
| 32 | DE BIE KIM | 00:36:47 | 8.48 | 07:04 | | | V35+ | 18 |
| 33 | VAN DAELE SASKIA | 00:38:36 | 8.08 | 07:25 | | | V35+ | 20 |
| 34 | VERNIERS DORIEN | 00:41:03 | 7.6 | 07:54 | JC Herzele | | V35+ | 21 |
| 35 | DE LOOR NATHALIE | 00:44:30 | 7.01 | 08:33 | | | V35+ | 22 |

| Plaats | Naam | tijd | snelheid | tempo | club | LRD | cat | pl in c |
|--------|-----------------------|----------|----------|-------|---------------------|-----|------|---------|
| 1 | VAN DEN BRULLE JO | 00:17:48 | 17.53 | 03:25 | JC Herzele | | M35+ | 1 |
| 2 | DE BORLE KRISTOF | 00:17:58 | 17.37 | 03:27 | Zottegem Atletiek | | M35+ | 2 |
| 3 | VERSTOCKT WOUTER | 00:18:12 | 17.14 | 03:30 | Zottegem Atletiek | | MSEN | 1 |
| 4 | VERSTOCKT TIBO | 00:18:19 | 17.03 | 03:31 | Zottegem Atletiek | | MSEN | 2 |
| 5 | HEIRMAN LIAM | 00:18:52 | 16.54 | 03:38 | VS | | MSEN | 3 |
| 6 | WEYTENS SVEN | 00:19:13 | 16.24 | 03:42 | JC Brakel | | M35+ | 3 |
| 7 | D'HONDT KEVIN | 00:20:09 | 15.48 | 03:53 | | | M35+ | 4 |
| 8 | LAFOURTE LEVY | 00:21:12 | 14.72 | 04:05 | | | MSEN | 4 |
| 9 | MEERSMAN LAURENS | 00:22:44 | 13.72 | 04:22 | | | M35+ | 5 |
| 10 | BAUDEWIJN DAVID | 00:22:52 | 13.64 | 04:24 | Maspoe Running Team | | M35+ | 6 |
| 11 | SPELIERS EADEN | 00:23:06 | 13.51 | 04:27 | ACP | | MSEN | 5 |
| 12 | MEULEMAN WOUTER | 00:23:07 | 13.5 | 04:27 | | | M35+ | 7 |
| 13 | GYSSELS KOEN | 00:23:57 | 13.03 | 04:36 | AS RIEME | | M35+ | 8 |
| 14 | KNOCKAERT ARNE | 00:24:34 | 12.7 | 04:43 | | | MSEN | 6 |
| 15 | BERNAGIE JORIS | 00:24:54 | 12.53 | 04:47 | | | M35+ | 9 |
| 16 | DE CLIPPEL ARNE | 00:24:55 | 12.52 | 04:48 | | | MSEN | 7 |
| 17 | PAEREWIJCK JEROEN | 00:25:04 | 12.45 | 04:49 | | | M35+ | 10 |
| 18 | MOREELS DIETER | 00:25:43 | 12.13 | 04:57 | | | MSEN | 8 |
| 19 | DE WINNE WESLEY | 00:25:57 | 12.02 | 04:59 | | | M35+ | 11 |
| 20 | VAN WYNENDAELE JORIS | 00:27:25 | 11.38 | 05:16 | | | M35+ | 12 |
| 21 | ERPELS ERIK | 00:27:32 | 11.33 | 05:18 | JC Herzele | | M35+ | 13 |
| 22 | DEKENS JORDY | 00:27:51 | 11.2 | 05:21 | | | MSEN | 9 |
| 23 | DECLERCQ LUC | 00:27:56 | 11.17 | 05:22 | JC Erwetegem | | M35+ | 14 |
| 24 | VERMEULEN JARNE | 00:27:59 | 11.15 | 05:23 | | | MSEN | 10 |
| 25 | VAN DEN BRULLE ROLAND | 00:28:03 | 11.12 | 05:24 | JC Brakel | | M35+ | 15 |
| 26 | STANDAERT MATHIAS | 00:28:18 | 11.02 | 05:27 | | | MSEN | 11 |
| 27 | HAELTERMAN HANS | 00:28:46 | 10.85 | 05:32 | | | M35+ | 16 |
| 28 | VANSUYPEENE MILAN | 00:29:00 | 10.75 | 05:34 | | | MSEN | 12 |
| 29 | VAN WAEYENBERGE NICO | 00:29:08 | 10.71 | 05:36 | JC Herzele | | M35+ | 17 |
| 30 | DE TANDT SANDER | 00:29:46 | 10.48 | 05:43 | JC Herzele | | MSEN | 13 |
| 31 | DE TANDT PHILIPPE | 00:29:48 | 10.47 | 05:44 | Joggingclub Herzele | | M35+ | 18 |
| 32 | VAN DORPE NIO | 00:29:57 | 10.42 | 05:46 | KSV OUDENAARDE | | MSEN | 14 |
| 33 | DE BRUYNE MARC | 00:30:14 | 10.32 | 05:49 | JC Herzele | | M35+ | 19 |
| 34 | LIEDTS SIEBE | 00:30:59 | 10.07 | 05:58 | Zottegem Atletiek | | MSEN | 15 |
| 35 | VAN CAENEGEM GEERT | 00:31:44 | 9.83 | 06:06 | Jc Erwetegem | | M35+ | 20 |

| Plaats | Naam | tijd | snelheid | tempo | club | LRD | cat | pl in c |
|--------|-----------------------|----------|----------|-------|-----------------------|-----|------|---------|
| 36 | DE LANDSHEER WIM | 00:32:16 | 9.67 | 06:12 | | | M35+ | 21 |
| 37 | VAN DAELE PETER | 00:32:22 | 9.64 | 06:13 | Joggingclub Herzele | | M35+ | 22 |
| 38 | VAN HESSCHE MARCEL | 00:32:49 | 9.51 | 06:19 | | | M35+ | 23 |
| 39 | VOLCKAERT SAM | 00:33:10 | 24.6 | 02:26 | | | MSEN | 16 |
| 40 | STEVENS JEAN-PAUL | 00:33:13 | 9.39 | 06:23 | JC Herzele | | M35+ | 24 |
| 41 | STANDAERT BART | 00:33:21 | 9.36 | 06:25 | JC Herzele | | M35+ | 25 |
| 42 | PERREMAN FRANCOIS | 00:33:42 | 9.26 | 06:29 | Erwetegem | | M35+ | 26 |
| 43 | VAN DEN BROECK SANDER | 00:33:45 | 9.24 | 06:29 | | | MSEN | 17 |
| 44 | QUINA ERIC | 00:34:18 | 9.1 | 06:36 | | | M35+ | 27 |
| 45 | REYGAERT LARSEN | 00:34:56 | 8.93 | 06:43 | | | MSEN | 18 |
| 46 | REYGAERT TOM | 00:34:58 | 8.92 | 06:43 | | | M35+ | 28 |
| 47 | DE BECK JENS | 00:35:48 | 8.72 | 06:53 | BoBiToT | | MSEN | 19 |
| 48 | DE BLOCK PIETER | 00:36:09 | 8.63 | 06:57 | BoBiToT | | MSEN | 20 |
| 49 | DE BECK JONAS | 00:36:18 | 8.6 | 06:59 | BoBiToT | | MSEN | 21 |
| 50 | ERPELS SAM | 00:40:12 | 7.76 | 07:44 | | | MSEN | 22 |
| 51 | D'HAeyer LUC | 00:41:37 | 7.5 | 08:00 | Joggingclub Erwetegem | | M35+ | 29 |
| 52 | DHERDE JORDY | 00:43:21 | 7.2 | 08:20 | | | MSEN | 23 |

| Plaats | Naam | tijd | snellheid | tempo | club | LRD | cat | pl in c |
|--------|------------------------|----------|-----------|-------|--------------------|-----|------|---------|
| 1 | SCHERRE NELE | 00:42:01 | 13.42 | 04:28 | ACES WICHELEN | | V35+ | 1 |
| 2 | MITJAVILA JOAN | 00:42:50 | 13.17 | 04:33 | Highway to Health | | V35+ | 2 |
| 3 | PERSOONS KATRIEN | 00:43:01 | 13.11 | 04:35 | Spiridon Aalst | | V35+ | 3 |
| 4 | VAN DEN DOOREN SENNA | 00:45:27 | 12.41 | 04:50 | | | VSEN | 1 |
| 5 | DENIJS ANGELIQUE | 00:45:29 | 12.4 | 04:50 | Zottegem atletiek | | V35+ | 4 |
| 6 | DE ZUTTER ISABEL | 00:46:12 | 12.21 | 04:55 | | | V35+ | 5 |
| 7 | DE SPIEGELEER MARIJKE | 00:46:32 | 12.00 | 05:00 | | | V35+ | 6 |
| 8 | REYGAERT NATHALIE | 00:50:58 | 11.07 | 05:25 | | | V35+ | 7 |
| 9 | PLASSCHAERT ISABELLE | 00:51:28 | 10.96 | 05:29 | Zottegem Atletiek | | V35+ | 8 |
| 10 | VERMEULEN ANNE MARIE | 00:53:03 | 10.63 | 05:39 | | | V35+ | 9 |
| 11 | MORRE SONJA | 00:53:42 | 10.5 | 05:43 | Jc Erwetegem | | V35+ | 10 |
| 12 | VAN DEN BOSSCHE EVY | 00:55:27 | 10.17 | 05:54 | BNP Paribas Fortis | | V35+ | 11 |
| 13 | HAEGEMAN KATRIEN | 00:55:34 | 10.15 | 05:55 | Spiridon | | VSEN | 2 |
| 14 | VAN DEN NESTE LEEN | 00:57:40 | 9.78 | 06:08 | | | V35+ | 12 |
| 15 | VAN DEN AUDENAEREN ANS | 00:58:54 | 9.58 | 06:16 | | | V35+ | 13 |
| 16 | DE VOS TRUI | 00:59:58 | 9.41 | 06:23 | | | V35+ | 14 |
| 17 | VERSTRAETEN ROSELINE | 01:02:58 | 8.96 | 06:42 | | | VSEN | 3 |
| 18 | GUBERNAT MAGDALENA | 01:04:31 | 8.74 | 06:52 | | | V35+ | 15 |
| 19 | DE ROUCK FEMKE | 01:07:20 | 8.38 | 07:10 | | | VSEN | 4 |
| 20 | PERSYN NADIA | 01:10:28 | 8 | 07:30 | | | VSEN | 5 |

| Plaats | Naam | tijd | snelheid | tempo | club | LRD | cat | pl in c |
|--------|----------------------|----------|----------|-------|----------------------|-----|------|---------|
| 1 | VAN RIE KOBE | 00:31:12 | 18.08 | 03:19 | ACG | | MSEN | 1 |
| 2 | VAN GANSBEKE LARS | 00:32:52 | 17.16 | 03:30 | ACG | | MSEN | 2 |
| 3 | VAN LIERDE PHILIP | 00:33:17 | 16.95 | 03:32 | 3PT | | M35+ | 1 |
| 4 | VAN ISTERDAEL BRECHT | 00:33:43 | 16.73 | 03:35 | | | MSEN | 3 |
| 5 | THIJS NIELS | 00:34:31 | 16.34 | 03:40 | Zottegem Atletiek | | MSEN | 4 |
| 6 | BEKAERT LIEVEN | 00:35:12 | 16.02 | 03:45 | Team Roosenboom | | M35+ | 2 |
| 7 | LAFORT STEVEN | 00:36:07 | 15.62 | 03:51 | Zottegem Atletiek | | M35+ | 3 |
| 8 | MEERPOEL THOR | 00:37:19 | 15.11 | 03:58 | | | MSEN | 5 |
| 9 | GODITIABOIS JONAS | 00:37:42 | 14.96 | 04:01 | | | MSEN | 6 |
| 10 | VAN DE VELDE GEOFFRY | 00:38:49 | 14.53 | 04:08 | Zottegem Atletiek | | MSEN | 7 |
| 11 | DEMUNTER ERIK | 00:39:27 | 14.3 | 04:12 | JC Brakel | | M35+ | 4 |
| 12 | DE VEYLDER STIJN | 00:40:30 | 13.93 | 04:19 | | | MSEN | 8 |
| 13 | VAN WESEMAEL JONAS | 00:40:51 | 13.81 | 04:21 | | | M35+ | 5 |
| 14 | DE CLERCQ JOHAN | 00:42:38 | 13.23 | 04:32 | | | M35+ | 6 |
| 15 | DE VEYLDER JAN | 00:42:57 | 13.13 | 04:34 | Spiridon Aalst | | M35+ | 7 |
| 16 | VAN DE VELDE HERMAN | 00:43:04 | 13.1 | 04:35 | Zottegem Atletiek | | M35+ | 8 |
| 17 | KILLEMAES BART | 00:44:16 | 12.74 | 04:43 | | | M35+ | 9 |
| 18 | VERSTOCKT DANY | 00:44:18 | 12.73 | 04:43 | Zottegem Atletiek | | M35+ | 10 |
| 19 | SCHOUPE JEROEN | 00:44:35 | 12.65 | 04:45 | | | M35+ | 11 |
| 20 | PARDAENS BART | 00:44:40 | 12.63 | 04:45 | | | M35+ | 12 |
| 21 | VAN MEERSCHE WOUTER | 00:44:47 | 12.59 | 04:46 | | | M35+ | 13 |
| 22 | VAN GYSEGHEM JASPER | 00:45:12 | 12.48 | 04:49 | | | MSEN | 9 |
| 23 | LAFOURTE DIMITRIE | 00:45:47 | 12.32 | 04:52 | | | MSEN | 10 |
| 24 | MAYLO LEROY | 00:46:10 | 12.22 | 04:55 | | | MSEN | 11 |
| 25 | VAN DEN BROECK HEIN | 00:46:45 | 12.06 | 04:58 | | | M35+ | 14 |
| 26 | VAN CAUTER PATRICK | 00:47:10 | 11.96 | 05:01 | Jogging club Herzele | | M35+ | 15 |
| 27 | VAN ACKER THIERRY | 00:47:44 | 11.82 | 05:05 | | | M35+ | 16 |
| 28 | MERCKX DAVID | 00:48:05 | 11.73 | 05:07 | | | M35+ | 17 |
| 29 | DE FAUW NICO | 00:48:09 | 11.71 | 05:07 | | | M35+ | 18 |
| 30 | CHAVES DAGUILAR JENS | 00:48:55 | 11.53 | 05:12 | | | MSEN | 12 |
| 31 | GOEMINNE RONNY | 00:49:52 | 11.31 | 05:18 | JC Brakel | | MSEN | 13 |
| 32 | DE BROUWER MATHIS | 00:51:15 | 11 | 05:27 | | | MSEN | 14 |
| 33 | DE BROUWER KRISTOF | 00:51:16 | 11 | 05:27 | | | M35+ | 19 |
| 34 | DE CUBBER DAVY | 00:52:25 | 10.76 | 05:35 | Zottegem Atletiek | | M35+ | 20 |
| 35 | COUCKE CHARLES | 00:52:57 | 10.65 | 05:38 | | | MSEN | 15 |

| Plaats | Naam | tijd | snelheid | tempo | club | LRD | cat | pl in c |
|--------|--------------------|----------|----------|-------|------------------------|-----|------|---------|
| 36 | DHONDT PETER | 00:53:11 | 10.6 | 05:39 | Joggingclub Oosterzele | | M35+ | 21 |
| 37 | CALLEBAUT KRISTOF | 00:53:29 | 10.55 | 05:41 | Jogging club Herzele | | M35+ | 22 |
| 38 | VERMEULEN JURGEN | 00:53:31 | 10.54 | 05:42 | Jogging club Herzele | | M35+ | 23 |
| 39 | KIEKENS KENNY | 00:55:28 | 10.17 | 05:54 | BNP Paribas Fortis | | M35+ | 24 |
| 40 | LENSSSENS NIELS | 00:55:29 | 10.17 | 05:54 | | | MSEN | 16 |
| 41 | MOREELS FRANKY | 00:55:30 | 10.16 | 05:54 | | | M35+ | 25 |
| 42 | DE CANCK MARCEL | 00:57:46 | 9.76 | 06:09 | RUNNERS EVERGEM | | M35+ | 26 |
| 43 | CEUPPENS PATRICK | 00:59:08 | 9.54 | 06:17 | Beerselse vrije lopers | | M35+ | 27 |
| 44 | TERMONT DANTE | 01:07:20 | 8.38 | 07:10 | | | MSEN | 17 |
| 45 | MACHARIS ALEXANDER | 01:10:29 | 8 | 07:30 | | | M35+ | 28 |