Pos	Athlete	Gender	2.5 km	5.0 km	7.5 km	10 KM	Pace
1	Filiep Vanhonacker	M	0:07:30	0:15:18	0:23:08	0:30:57	3:05
2	Foeke Vanbecelaere	M	0:07:36	0:15:33	0:23:23	0:31:36	3:09
3	Bjarne Vanderbeken	M	0:07:36	0:15:32	0:23:37	0:31:47	3:10
4	Semy Tlili	M	0:08:12	0:16:41	0:25:13	0:33:25	3:20
5	Oome Van den Bulcke	M	0:08:11	0:16:41	0:25:22	0:34:10	3:25
6	Hannes Depraetere	M	0:08:17	0:16:51	0:25:34	0:34:20	3:26
7	Victor Desender	M	0:08:26	0:17:05	0:25:44	0:34:25	3:26
8	Michiel Cottenie	M	0:08:26	0:17:05	0:25:44	0:34:26	3:26
9	Jordy Buyck	M	0:08:17	0:17:05	0:26:04	0:34:56	3:29
10	Steven Desmet	M	0:08:41	0:17:34	0:26:24	0:35:22	3:32
11	Tom Windels	M	0:08:45	0:17:34	0:26:38	0:35:36	3:33
12	Tibo Pannecoucke	M	0:08:19	0:17:22	0:26:31	0:35:39	3:33
13	Eli Lammertyn	M	0:08:35	0:17:38	0:27:07	0:36:13	3:37
14	Wouter Verschuere	M	0:08:39	0:17:43	0:27:09	0:36:31	3:39
15	Steven Vantieghem	M	0:08:59	0:18:22	0:27:43	0:36:50	3:41
16	Kevin Vandevelde	M	0:09:06	0:18:26	0:27:44	0:36:56	3:41
17	Matthias Françoys	M	0:08:52	0:18:07	0:27:34	0:37:01	3:42
18	Joke Coene	F	0:09:05	0:18:28	0:27:46	0:37:01	3:42
19	Anckaert Thomas	M	0:09:09	0:18:26	0:27:47	0:37:04	3:42
20	Bert De Waele	M	0:09:10	0:18:26	0:27:49	0:37:13	3:43
21	Bjorn Desmet	M	0:09:09	0:18:28	0:27:59	0:37:33	3:45
22	Jonas Missiaen	M	0:09:06	0:18:35	0:28:13	0:37:42	3:46
23	Wannes Forret	M	0:09:34	0:19:20	0:29:04	0:38:21	3:50
24	Olivier Vermeren	M	0:09:34	0:19:21	0:29:05	0:38:32	3:51
25	Chris Deleersnyder	M	0:09:13	0:18:59	0:28:58	0:38:40	3:52
26	Steven Hocedez	M	0:09:16	0:18:58	0:28:52	0:38:43	3:52
27	Wannes Vanwettere	M	0:09:37	0:19:20	0:29:07	0:38:44	3:52
28	Axel Ovaere	M	0:09:30	0:19:01	0:28:52	0:38:47	3:52
29	Basil Basil Top	M	0:09:30	0:19:17	0:29:10	0:38:49	3:52
30	Jill Bentein	M	0:09:24	0:19:24	0:29:32	0:39:35	3:57
31	Dieter Lateur	M	0:09:20	0:19:14	0:29:28	0:39:39	3:57
32	Mathieu Van Acke	M	0:10:14	0:20:10	0:30:08	0:39:52	3:59
33	Volckaert Bjorn	M	0:09:22	0:19:20	0:29:38	0:40:00	4:00
34	Andy Deweirt	M	0:09:28	0:19:28	0:29:56	0:40:10	4:01
35	Karel Verscheure	M	0:09:56	0:19:41	0:30:09	0:40:16	4:01
36	Lode Schamelhout	M	0:10:02	0:20:10	0:30:22	0:40:32	4:03
37	Stefaan Lambrecht	M	0:09:33	0:19:40	0:30:09	0:40:44	4:04
38	Bram Depickere	M	0:10:01	0:20:11	0:30:48	0:41:01	4:06
39	Pieter Hoorelbeke	M	0:10:12	0:20:48	0:31:32	0:42:11	4:13
40	Bruno Vlerick	M	0:10:37	0:21:11	0:31:49	0:42:28	4:14
41	Michiel Vanden Berghe	M	0:10:16	0:21:04	0:31:57	0:42:40	4:16
42	Pieter Mahieu	M	0:10:11	0:20:51	0:31:56	0:42:44	4:16
43	Heike Viaene	F	0:10:13	0:20:52	0:31:51	0:42:53	4:17
44	Johan De Clercq	M	0:10:37	0:21:24	0:32:20	0:43:06	4:18
45	Wim Desmet	M	0:10:47	0:21:32	0:32:20	0:43:16	4:19
46	Thomas Degroote	M	0:10:28	0:21:21	0:32:29	0:43:18	4:19
47	Lucie Bortier	F	0:10:20	0:21:25	0:32:30	0:43:21	4:20
48	Philippe Groeneweghe	M	0:10:59	0:22:01	0:32:57	0:43:43	4:22
49	Frank Lauwers	M	0:11:30	0:22:39	0:33:25	0:43:54	4:23
50	Kristof Regnart	M	0:11:07	0:22:15	0:33:21	0:44:03	4:24
51	Tijs Messiaen	M	0:10:23	0:21:30	0:33:07	0:44:23	4:26
52	Marie Derolez	F	0:11:25	0:22:47	0:33:56	0:44:43	4:28
53	Maarten Deprez	M	0:11:49	0:23:06	0:33:59	0:44:45	4:28
54	Tom Van Der Meersch	M	0:11:49	0:23:06	0:34:01	0:45:06	4:30
55	Frederic Bauters	M	0:11:07	0:22:15	0:33:44	0:45:10	4:31

56	Peter Verrept	M	0:10:44	0:21:57	0:33:48	0:45:29	4:32
57	Chris Van Honacker	M	0:11:25	0:23:01	0:34:18	0:45:31	4:33
58	Hannes Frooninckx	M	0:11:33	0:23:03	0:34:35	0:45:32	4:33
59	Michelle Vervaeke	F	0:11:05	0:22:45	0:34:05	0:45:45	4:34
60	Jonas Ovaere	M	0:11:35	0:23:10	0:34:36	0:45:55	4:35
61	Frederic Furniere	M	0:11:35	0:23:03	0:34:36	0:45:59	4:35
62	Elke Ottevaere	F	0:11:34	0:23:03	0:34:36	0:46:00	4:36
63	Kathleen Den Hondt	F	0:11:35	0:23:09	0:34:49	0:46:13	4:37
64	Charlotte Ranson	F	0:11:35	0:23:10	0:34:49	0:46:13	4:37
65	Leena Lammens	F	0:10:39	0:22:29	0:34:25	0:46:20	4:38
66	Bjorn Deweirt	M	0:11:22	0:23:08	0:35:06	0:46:42	4:40
67	Pieter-Jan Bruynooghe	M	0:11:24	0:22:56	0:34:50	0:46:49	4:40
68	Giovanni Amelinck	M	0:11:00	0:22:32	0:34:34	0:46:51	4:41
69	Lisa Van Den Noortgate	F	0:11:50	0:23:33	0:35:24	0:47:11	4:43
70	Stijn Vandeburie	M	0:11:32	0:23:32	0:35:24	0:47:12	4:43
71	Bjarne Neirinck	M	0:11:15	0:23:15	0:35:11	0:47:21	4:44
72	Eli De Frene	M	0:11:36	0:23:18	0:35:29	0:47:33	4:45
73	Felix Driesens	M	0:10:35	0:22:40	0:35:01	0:47:37	4:45
74	Sen Decostere	M	0:12:42	0:24:43	0:36:41	0:48:06	4:48
75	Patrick Vanwettere	M	0:11:37	0:23:33	0:35:47	0:48:08	4:48
76	Mieke Deschodt	F	0:11:34	0:23:29	0:35:47	0:48:11	4:49
77	Peter Vanassche	M	0:11:24	0:23:04	0:35:57	0:48:12	4:49
78	Wim Lambrechts	M	0:11:52	0:23:45	0:36:04	0:48:13	4:49
79	Isabel Deprez	F	0:11:34	0:23:33	0:35:54	0:48:16	4:49
80	Kris De Rore	M	0:12:10	0:24:38	0:37:05	0:48:49	4:52
81	Els Demaître	F	0:11:50	0:23:43	0:36:31	0:48:50	4:53
82	Thijs Tomme	M	0:12:27	0:24:43	0:37:05	0:48:56	4:53
83	Kurt Desmet	M	0:11:41	0:23:56	0:36:40	0:49:20	4:56
84	Petra Martens	F	0:12:09	0:24:38	0:37:15	0:49:43	4:58
85	Joke Pannecoucque	F	0:12:31	0:24:53	0:37:28	0:49:51	4:59
86	Dietrich Deprez	M	0:12:19	0:24:56	0:37:44	0:50:26	5:02
87	Yves Huysentruyt	M	0:12:42	0:25:22	0:38:11	0:50:40	5:04
88	Stephaan Derez	M	0:12:42	0:25:22	0:38:12	0:50:47	5:04
89	Kurt Platteau	M	0:12:34	0:25:21	0:38:15	0:50:49	5:04
90	Steffi Derez	F	0:12:42	0:25:22	0:38:12	0:50:50	5:05
91	Kristof Verbeurgt	M	0:12:43	0:25:23	0:38:14	0:51:01	5:06
92	Barbara Eeckhout	F	0:12:43	0:25:23	0:38:15	0:51:02	5:06
93	Sam Nuytten	M	0:12:09	0:24:50	0:38:23	0:51:28	5:08
94	Nancy Vandemoortele	F	0:12:23	0:25:21	0:38:23	0:51:46	5:10
95	Laure Herpoel	F	0:12:24	0:25:21	0:38:27	0:51:51	5:11
96	Guy Wimme	M	0:13:06	0:26:21	0:39:30	0:52:49	5:16
97	Roger Vanhoutte	M	0:13:06	0:26:22	0:39:30	0:52:49	5:16
98	Kimberley Duyck	F	0:13:08	0:26:24	0:39:53	0:53:16	5:19
99	Ruben Troch	M	0:12:57	0:26:22	0:40:17	0:53:38	5:21
100	Thomas Buyse	M	0:12:57	0:26:22	0:40:17	0:53:39	5:21
101	Danny Verplancken	M	0:13:12	0:26:29	0:39:57	0:53:42	5:22
102	Marijn Opbrouck	F	0:13:22	0:26:47	0:40:15	0:53:45	5:22
103	Robbe Holvoet	M	0:14:00	0:28:17	0:42:16	0:54:24	5:26
104	Sander Deschuymer	M	0:14:00	0:28:17	0:42:17	0:54:24	5:26
105	Eliza Desmet	F	0:13:52	0:28:04	0:41:48	0:54:35	5:27
106	Renée Meurisse	F	0:13:52	0:28:04	0:41:48	0:54:37	5:27
107	Samuel Varlet	M	0:12:32	0:26:33	0:40:57	0:54:50	5:29
108	Adeline Buysens	F	0:14:05	0:28:03	0:42:08	0:55:04	5:30
109	Nathalie Sinnesael	F	0:14:01	0:27:56	0:41:42	0:55:07	5:30
110	Loes Christiaens	F	0:13:53	0:28:04	0:41:48	0:55:10	5:31
111	Sien Peirs	F	0:13:45	0:27:48	0:41:48	0:55:38	5:33

112	Anthony Vansteenkiste	M	0:13:34	0:27:46	0:41:56	0:55:46	5:34
113	Margot Verlype	F	0:13:41	0:27:32	0:41:47	0:56:05	5:36
114	Sixtine Tricquet	F	0:13:41	0:27:32	0:41:47	0:56:05	5:36
115	Hanne Vlieghe	F	0:14:15	0:28:18	0:42:42	0:57:09	5:42
116	Huysentruyt Jan	M	0:14:15	0:28:18	0:42:41	0:57:10	5:43
117	Guy De Pourcq	M	0:14:16	0:28:32	0:43:09	0:57:34	5:45
118	Eveline Deprez	F	0:13:57	0:28:39	0:43:39	0:58:11	5:49
119	Martine Segers	F	0:13:53	0:28:12	0:43:03	0:58:17	5:49
120	Kimberly Masure	F	0:14:59	0:30:03	0:45:27	0:58:30	5:51
121	Judith Desauw	F	0:14:09	0:29:00	0:44:08	0:58:41	5:52
122	Marieke Holvoet	F	0:14:32	0:29:20	0:44:08	0:58:50	5:53
123	Lukas Buddaert	M	0:12:22	0:27:04	0:43:05	0:58:50	5:53
124	Maaike Vandenhende	F	0:14:09	0:29:00	0:44:08	0:58:51	5:53
125	Chavelly Defoor	F	0:14:09	0:29:00	0:44:08	0:58:54	5:53
126	Dimitri Dekeersmaecker	M	0:13:24	0:28:18	0:43:49	0:59:26	5:56
127	Kobe Devos	M	0:13:44	0:27:53	0:43:59	0:59:56	5:59
128	Robert Stajlonck	M	0:13:43	0:27:52	0:43:58	1:00:07	6:00
129	Elisa Vanmansart	F	0:14:59	0:30:03	0:45:27	1:00:49	6:04
130	Patrick Tancre	M	0:15:25	0:31:22	0:47:57	1:04:37	6:27
131	Ine Vandevelde	F	0:16:19	0:33:04	0:50:16	1:07:50	6:47
132	Charlotte Vanpraet	F	0:16:20	0:33:04	0:50:16	1:07:50	6:47
133	Bert De Riemacker	M	0:16:19	0:33:04	0:50:16	1:07:51	6:47
134	Lieven De Wandel	M	0:16:51	0:33:31	0:50:36	1:08:21	6:50
135	Fen Cosyns	M	0:11:52	0:22:48	0:33:35		