

Pos	Athlete	Bib#	Gender	Category	2.5 km	5.0 km	7.5 km	10 KM	Pace
1	Filiep Vanhonacker	467	M	MV1	0:07:30	0:15:18	0:23:08	0:30:57	3:05
2	Foeke Vanbecelaere	429	M	MSE	0:07:36	0:15:33	0:23:23	0:31:36	3:09
3	Bjarne Vanderbeken	522	M	MSE	0:07:36	0:15:32	0:23:37	0:31:47	3:10
4	Semy Tlili	462	M	MSE	0:08:12	0:16:41	0:25:13	0:33:25	3:20
5	Oome Van den Bulcke	633	M	MSE	0:08:11	0:16:41	0:25:22	0:34:10	3:25
6	Hannes Depraetere	519	M	MSE	0:08:17	0:16:51	0:25:34	0:34:20	3:26
7	Victor Desender	594	M	MJU	0:08:26	0:17:05	0:25:44	0:34:25	3:26
8	Michiel Cottenie	595	M	MV1	0:08:26	0:17:05	0:25:44	0:34:26	3:26
9	Jordy Buyck	471	M	MSE	0:08:17	0:17:05	0:26:04	0:34:56	3:29
10	Steven Desmet	453	M	MV1	0:08:41	0:17:34	0:26:24	0:35:22	3:32
11	Andreas Raeymaekers	272	M	MSE	0:08:26	0:17:26	0:26:32	0:35:32	3:33
12	Tom Windels	473	M	MSE	0:08:45	0:17:34	0:26:38	0:35:36	3:33
13	Tibo Pannecoucke	638	M	MJU	0:08:19	0:17:22	0:26:31	0:35:39	3:33
14	Eli Lammertyn	493	M	MSE	0:08:35	0:17:38	0:27:07	0:36:13	3:37
15	Wouter Verschuere	443	M	MSE	0:08:39	0:17:43	0:27:09	0:36:31	3:39
16	Steven Vantieghe	501	M	MSE	0:08:59	0:18:22	0:27:43	0:36:50	3:41
17	Kevin Vandeveld	518	M	MV1	0:09:06	0:18:26	0:27:44	0:36:56	3:41
18	Matthias François	419	M	MSE	0:08:52	0:18:07	0:27:34	0:37:01	3:42
19	Joke Coene	440	F	VSE	0:09:05	0:18:28	0:27:46	0:37:01	3:42
20	Anckaert Thomas	431	M	MSE	0:09:09	0:18:26	0:27:47	0:37:04	3:42
21	Bert De Waele	523	M	MV1	0:09:10	0:18:26	0:27:49	0:37:13	3:43
22	Tim Chesle	266	M	MSE	0:08:44	0:18:06	0:27:38	0:37:14	3:43
23	Bjorn Desmet	482	M	MV1	0:09:09	0:18:28	0:27:59	0:37:33	3:45
24	Jonas Missiaen	479	M	MV1	0:09:06	0:18:35	0:28:13	0:37:42	3:46
25	Davy Furniere	265	M	MSE	0:09:30	0:19:01	0:28:38	0:38:13	3:49
26	Wannes Forret	503	M	MSE	0:09:34	0:19:20	0:29:04	0:38:21	3:50
27	Olivier Vermeren	514	M	MV1	0:09:34	0:19:21	0:29:05	0:38:32	3:51
28	Chris Deleersnyder	432	M	MV1	0:09:13	0:18:59	0:28:58	0:38:40	3:52
29	Steven Hocedez	480	M	MV2	0:09:16	0:18:58	0:28:52	0:38:43	3:52
30	Wannes Vanwettere	421	M	MSE	0:09:37	0:19:20	0:29:07	0:38:44	3:52
31	Axel Ovaere	636	M	MSE	0:09:30	0:19:01	0:28:52	0:38:47	3:52
32	Basil Basil Top	484	M	MSE	0:09:30	0:19:17	0:29:10	0:38:49	3:52
33	Jill Bentein	470	M	MSE	0:09:24	0:19:24	0:29:32	0:39:35	3:57
34	Dieter Lateur	469	M	MV1	0:09:20	0:19:14	0:29:28	0:39:39	3:57
35	Mathieu Van Acke	625	M	MSE	0:10:14	0:20:10	0:30:08	0:39:52	3:59
36	Volckaert Bjorn	498	M	MV1	0:09:22	0:19:20	0:29:38	0:40:00	4:00
37	Andy Deweirt	424	M	MV1	0:09:28	0:19:28	0:29:56	0:40:10	4:01
38	Karel Verscheure	632	M	MV1	0:09:56	0:19:41	0:30:09	0:40:16	4:01
39	Lode Schamelhout	511	M	MV2	0:10:02	0:20:10	0:30:22	0:40:32	4:03
40	Stefaan Lambrecht	590	M	MV1	0:09:33	0:19:40	0:30:09	0:40:44	4:04
41	Bram Depickere	448	M	MSE	0:10:01	0:20:11	0:30:48	0:41:01	4:06
42	Pieter Hoorelbeke	466	M	MV1	0:10:12	0:20:48	0:31:32	0:42:11	4:13
43	Johan Wyckaert	267	M	MV2	0:10:37	0:21:11	0:31:49	0:42:21	4:14
44	Bruno Vlerick	589	M	MSE	0:10:37	0:21:11	0:31:49	0:42:28	4:14
45	Michiel Vanden Berghe	637	M	MJU	0:10:16	0:21:04	0:31:57	0:42:40	4:16
46	Pieter Mahieu	439	M	MV1	0:10:11	0:20:51	0:31:56	0:42:44	4:16
47	Heike Viaene	430	F	VSE	0:10:13	0:20:52	0:31:51	0:42:53	4:17
48	Johan De Clercq	488	M	MV2	0:10:37	0:21:24	0:32:20	0:43:06	4:18
49	Wim Desmet	441	M	MSE	0:10:47	0:21:32	0:32:20	0:43:16	4:19

50	Thomas Degroote	591	M	MJE	0:10:28	0:21:21	0:32:29	0:43:18	4:19
51	Lucie Bortier	446	F	VSE	0:10:20	0:21:25	0:32:30	0:43:21	4:20
52	Philippe Groeneweghe	627	M	MV2	0:10:59	0:22:01	0:32:57	0:43:43	4:22
53	Frank Lauwers	626	M	MV2	0:11:30	0:22:39	0:33:25	0:43:54	4:23
54	Kristof Regnart	516	M	MSE	0:11:07	0:22:15	0:33:21	0:44:03	4:24
55	Tijs Messiaen	438	M	MSE	0:10:23	0:21:30	0:33:07	0:44:23	4:26
56	Marie Derolez	491	F	VSE	0:11:25	0:22:47	0:33:56	0:44:43	4:28
57	Maarten Deprez	509	M	MV1	0:11:49	0:23:06	0:33:59	0:44:45	4:28
58	Tim Wyckaert	260	M	MJU	0:12:28	0:24:32	0:35:10	0:44:55	4:29
59	Tom Van Der Meersch	520	M	MSE	0:11:49	0:23:06	0:34:01	0:45:06	4:30
60	Frederic Bauters	630	M	MV1	0:11:07	0:22:15	0:33:44	0:45:10	4:31
61	Peter Verrept	628	M	MV2	0:10:44	0:21:57	0:33:48	0:45:29	4:32
62	Chris Van Honacker	641	M	MV1	0:11:25	0:23:01	0:34:18	0:45:31	4:33
63	Hannes Frooninckx	406	M	MSE	0:11:33	0:23:03	0:34:35	0:45:32	4:33
64	Michelle Vervaeke	526	F	VSE	0:11:05	0:22:45	0:34:05	0:45:45	4:34
65	Jonas Ovaere	635	M	MSE	0:11:35	0:23:10	0:34:36	0:45:55	4:35
66	Frederic Furniere	631	M	MV1	0:11:35	0:23:03	0:34:36	0:45:59	4:35
67	Elke Ottevaere	404	F	VSE	0:11:34	0:23:03	0:34:36	0:46:00	4:36
68	Kathleen Den Hondt	463	F	VV1	0:11:35	0:23:09	0:34:49	0:46:13	4:37
69	Charlotte Ranson	433	F	VV1	0:11:35	0:23:10	0:34:49	0:46:13	4:37
70	Leena Lammens	295	F	VJU	0:10:39	0:22:29	0:34:25	0:46:20	4:38
71	Bjorn Deweirt	502	M	MV1	0:11:22	0:23:08	0:35:06	0:46:42	4:40
72	Pieter-Jan Bruynooghe	566	M	MV1	0:11:24	0:22:56	0:34:50	0:46:49	4:40
73	Giovanni Amelinck	629	M	MV1	0:11:00	0:22:32	0:34:34	0:46:51	4:41
74	Lisa Van Den Noortgate	434	F	VSE	0:11:50	0:23:33	0:35:24	0:47:11	4:43
75	Stijn Vandeburie	435	M	MV1	0:11:32	0:23:32	0:35:24	0:47:12	4:43
76	Bjarne Neirinck	490	M	MSE	0:11:15	0:23:15	0:35:11	0:47:21	4:44
77	Eli De Frene	423	M	MSE	0:11:36	0:23:18	0:35:29	0:47:33	4:45
78	Felix Driesens	437	M	MSE	0:10:35	0:22:40	0:35:01	0:47:37	4:45
79	Sen Decostere	508	M	MSE	0:12:42	0:24:43	0:36:41	0:48:06	4:48
80	Patrick Vanwettere	457	M	MV2	0:11:37	0:23:33	0:35:47	0:48:08	4:48
81	Mieke Deschodt	634	F	VSE	0:11:34	0:23:29	0:35:47	0:48:11	4:49
82	Peter Vanassche	427	M	MV1	0:11:24	0:23:04	0:35:57	0:48:12	4:49
83	Wim Lambrechts	442	M	MV1	0:11:52	0:23:45	0:36:04	0:48:13	4:49
84	Isabel Deprez	512	F	VV1	0:11:34	0:23:33	0:35:54	0:48:16	4:49
85	Kris De Rore	481	M	MV2	0:12:10	0:24:38	0:37:05	0:48:49	4:52
86	Els Demaître	405	F	VV1	0:11:50	0:23:43	0:36:31	0:48:50	4:53
87	Thijs Tomme	483	M	MV1	0:12:27	0:24:43	0:37:05	0:48:56	4:53
88	Davy Tytgat	305	M	MV1	0:12:21	0:24:41	0:37:23	0:49:09	4:54
89	Bert Tytgat	277	M	MV1	0:12:27	0:24:42	0:37:24	0:49:10	4:55
90	Kurt Desmet	525	M	MV1	0:11:41	0:23:56	0:36:40	0:49:20	4:56
91	Petra Martens	465	F	VV2	0:12:09	0:24:38	0:37:15	0:49:43	4:58
92	Joke Pannecoucq	468	F	VV1	0:12:31	0:24:53	0:37:28	0:49:51	4:59
93	Arthur Stockman	271	M	MJU	0:12:28	0:24:32	0:37:15	0:49:56	4:59
94	Dietrich Deprez	428	M	MV1	0:12:19	0:24:56	0:37:44	0:50:26	5:02
95	Yves Huysentruyt	477	M	MV1	0:12:42	0:25:22	0:38:11	0:50:40	5:04
96	Stephaan Derez	475	M	MV2	0:12:42	0:25:22	0:38:12	0:50:47	5:04
97	Kurt Platteau	472	M	MV1	0:12:34	0:25:21	0:38:15	0:50:49	5:04
98	Steffi Derez	474	F	VSE	0:12:42	0:25:22	0:38:12	0:50:50	5:05
99	Kristof Verbeurgt	449	M	MV1	0:12:43	0:25:23	0:38:14	0:51:01	5:06

100	Barbara Eeckhout	415	F	VSE	0:12:43	0:25:23	0:38:15	0:51:02	5:06
101	Sam Nuytten	436	M	MSE	0:12:09	0:24:50	0:38:23	0:51:28	5:08
102	Nancy Vandemoortele	478	F	VV2	0:12:23	0:25:21	0:38:23	0:51:46	5:10
103	Laure Herpoel	407	F	VSE	0:12:24	0:25:21	0:38:27	0:51:51	5:11
104	Alex Koussonsky	257	M	MV2	0:13:29	0:26:34	0:39:39	0:52:35	5:15
105	Guy Wimme	494	M	MV2	0:13:06	0:26:21	0:39:30	0:52:49	5:16
106	Roger Vanhoutte	507	M	MV2	0:13:06	0:26:22	0:39:30	0:52:49	5:16
107	Kimberley Duyck	513	F	VSE	0:13:08	0:26:24	0:39:53	0:53:16	5:19
108	Ruben Troch	485	M	MSE	0:12:57	0:26:22	0:40:17	0:53:38	5:21
109	Thomas Buyse	486	M	MSE	0:12:57	0:26:22	0:40:17	0:53:39	5:21
110	Danny Verplancken	489	M	MV2	0:13:12	0:26:29	0:39:57	0:53:42	5:22
111	Marijn Opbrouck	517	F	VV1	0:13:22	0:26:47	0:40:15	0:53:45	5:22
112	Robbe Holvoet	207	M	MSE	0:14:00	0:28:17	0:42:16	0:54:24	5:26
113	Sander Deschuymmer	521	M	MSE	0:14:00	0:28:17	0:42:17	0:54:24	5:26
114	Eliza Desmet	524	F	VJE	0:13:52	0:28:04	0:41:48	0:54:35	5:27
115	Renée Meurisse	500	F	VJE	0:13:52	0:28:04	0:41:48	0:54:37	5:27
116	Samuel Varlet	476	M	MSE	0:12:32	0:26:33	0:40:57	0:54:50	5:29
117	Adeline Buysens	639	F	VV1	0:14:05	0:28:03	0:42:08	0:55:04	5:30
118	Nathalie Sinnesael	642	F	VV1	0:14:01	0:27:56	0:41:42	0:55:07	5:30
119	Loes Christiaens	515	F	VJE	0:13:53	0:28:04	0:41:48	0:55:10	5:31
120	Sien Peirs	640	F	VSE	0:13:45	0:27:48	0:41:48	0:55:38	5:33
121	Anthony Vansteenkiste	604	M	MV1	0:13:34	0:27:46	0:41:56	0:55:46	5:34
122	Margot Verlype	417	F	VSE	0:13:41	0:27:32	0:41:47	0:56:05	5:36
123	Sixtine Tricquet	487	F	VSE	0:13:41	0:27:32	0:41:47	0:56:05	5:36
124	Hanne Vlieghe	497	F	VV1	0:14:15	0:28:18	0:42:42	0:57:09	5:42
125	Huysentruyt Jan	495	M	MV1	0:14:15	0:28:18	0:42:41	0:57:10	5:43
126	Guy De Pourcq	496	M	MV2	0:14:16	0:28:32	0:43:09	0:57:34	5:45
127	Eveline Deprez	444	F	VV1	0:13:57	0:28:39	0:43:39	0:58:11	5:49
128	Martine Segers	416	F	VV2	0:13:53	0:28:12	0:43:03	0:58:17	5:49
129	Kimberly Masure	455	F	VSE	0:14:59	0:30:03	0:45:27	0:58:30	5:51
130	Judith Desauw	460	F	VSE	0:14:09	0:29:00	0:44:08	0:58:41	5:52
131	Marieke Holvoet	459	F	VSE	0:14:32	0:29:20	0:44:08	0:58:50	5:53
132	Lukas Buddaert	510	M	MSE	0:12:22	0:27:04	0:43:05	0:58:50	5:53
133	Maaike Vandenhende	447	F	VSE	0:14:09	0:29:00	0:44:08	0:58:51	5:53
134	Chavelly Defoor	422	F	VSE	0:14:09	0:29:00	0:44:08	0:58:54	5:53
135	Dimitri Dekeersmaecker	492	M	MSE	0:13:24	0:28:18	0:43:49	0:59:26	5:56
136	Kobe Devos	561	M	MJE	0:13:44	0:27:53	0:43:59	0:59:56	5:59
137	Robert Stajlonck	560	M	MJU	0:13:43	0:27:52	0:43:58	1:00:07	6:00
138	Elisa Vanmansart	464	F	VSE	0:14:59	0:30:03	0:45:27	1:00:49	6:04
139	Patrick Tancre	456	M	MV2	0:15:25	0:31:22	0:47:57	1:04:37	6:27
140	Ine Vandevelde	403	F	VSE	0:16:19	0:33:04	0:50:16	1:07:50	6:47
141	Charlotte Vanpraet	505	F	VSE	0:16:20	0:33:04	0:50:16	1:07:50	6:47
142	Bert De Riemacker	504	M	MSE	0:16:19	0:33:04	0:50:16	1:07:51	6:47
143	Lieven De Wandel	499	M	MV2	0:16:51	0:33:31	0:50:36	1:08:21	6:50
144	Kathleen Gyselinck	346	F	VV2	0:17:22	0:37:15	0:57:47	1:17:04	7:42
145	Fen Cosyns	445	M	MSE	0:11:52	0:22:48	0:33:35		