

Pos	Athlete	Race	Gender	Age	Bib#	5.0 km	21 Km	Pace
1	Thomas Du Four	21 Km	M	25	555	0:17:40	1:17:18	3:40
2	Thomas Devoogdt	21 Km	M	25	525	0:18:25	1:17:32	3:41
3	Dieter Noreilde	21 Km	M	39	503	0:17:24	1:17:46	3:42
4	Stefaan Stockman	21 Km	M	44	544	0:17:41	1:19:34	3:47
5	seppe dehaene	21 Km	M	35	438	0:17:42	1:20:01	3:48
6	Lukas Missault	21 Km	M	16	432	0:18:00	1:20:06	3:48
7	Tijs Goethals	21 Km	M	37	541	0:17:41	1:20:28	3:49
8	David Vandenabeele	21 Km	M	45	510	0:17:48	1:20:59	3:51
9	Jeffrey Faict	21 Km	M	36	493	0:18:24	1:21:51	3:53
10	Jeroen Desmedt	21 Km	M	32	453	0:18:06	1:23:04	3:57
11	Greg Planckaert	21 Km	M	45	481	0:18:08	1:23:50	3:59
12	Dimitri Hennin	21 Km	M	41	532	0:18:05	1:24:05	4:00
13	Kristof Baes	21 Km	M	47	536	0:18:25	1:24:24	4:01
14	Servaas Kindt	21 Km	M	29	496	0:18:09	1:25:11	4:03
15	Glenn Brysbaert	21 Km	M	24	476	0:18:23	1:26:19	4:06
16	Philip Rahoens	21 Km	M	53	546	0:19:17	1:27:52	4:11
17	Jorn Montaigne	21 Km	M	24	511	0:19:50	1:28:29	4:12
18	Jochen Blondeel	21 Km	M	33	465	0:19:20	1:28:59	4:14
19	Steven Deltour	21 Km	M	42	452	0:19:59	1:29:03	4:14
20	Rilt De Mey	21 Km	M	34	559	1:30:23	1:30:23	4:18
21	Filip Vermont	21 Km	M	0	551	0:21:02	1:31:06	4:20
22	Niels Thijs	21 Km	M	29	502	0:20:35	1:31:45	4:22
23	Marc Snick	21 Km	M	54	527	0:20:35	1:34:09	4:29
24	Robert Giusti	21 Km	M	56	526	0:21:03	1:34:25	4:29
25	Dieter Deceuninck	21 Km	M	45	560	0:20:52	1:34:25	4:29
26	Benny Fertein	21 Km	M	0	557	0:19:50	1:35:04	4:31
27	Valentijn Sergier	21 Km	M	33	501	0:20:35	1:35:12	4:32
28	Arne Taveirne	21 Km	M	29	448	0:20:36	1:35:39	4:33
29	Geert Ryckaert	21 Km	M	49	634	0:20:35	1:35:55	4:34
30	Mario De smeypere	21 Km	M	55	548	0:22:23	1:36:04	4:34
31	Pascal Vandevoorde	21 Km	M	54	446	0:22:23	1:36:05	4:34
32	Niels Vandermarliere	21 Km	M	30	466	0:22:24	1:36:29	4:35
33	Cedric Decoster	21 Km	M	36	462	0:19:20	1:36:41	4:36
34	Ilse Van Den Bossche	21 Km	F	37	504	0:22:03	1:37:13	4:37
35	Stephane Gheeraert	21 Km	M	52	461	0:22:07	1:37:40	4:39
36	Michel Courtens	21 Km	M	16	569	0:19:50	1:38:47	4:42
37	Sam Meirlaen	21 Km	M	38	492	0:21:18	1:39:19	4:43
38	Jan Desodt	21 Km	M	57	457	0:21:35	1:39:25	4:44
39	Marlon Lesy	21 Km	M	41	549	0:21:47	1:39:51	4:45
40	BjÃ¶rn Durnez	21 Km	M	40	469	0:22:03	1:40:04	4:45
41	Marlies Versavel	21 Km	F	32	519	0:24:21	1:41:29	4:49
42	Dominique Dehaene	21 Km	M	44	566	0:23:01	1:42:01	4:51
43	Kristof Vandamme	21 Km	M	41	447	0:23:11	1:42:55	4:54
44	Ine De Lameillieure	21 Km	F	0	564	0:21:48	1:43:07	4:54
45	Niek Vanthomme	21 Km	M	50	512	0:23:11	1:44:00	4:57
46	Levi Bonny	21 Km	M	40	550	0:22:30	1:44:34	4:58
47	Iben Durnez	21 Km	M	15	470	0:22:02	1:44:41	4:59
48	Jurgen Hamers	21 Km	M	50	471	0:22:57	1:44:48	4:59
49	Sven Latruwe	21 Km	M	32	483	0:22:34	1:44:59	4:59
50	Marleen Pesic	21 Km	F	42	545	0:22:23	1:47:24	5:06
51	Luc Verheijen	21 Km	M	42	543	0:22:22	1:47:25	5:06
52	Jeroen Vansteenkiste	21 Km	M	44	540	0:22:50	1:48:12	5:09
53	Titia Debergh	21 Km	F	30	498	0:25:08	1:48:55	5:11
54	Goele Devoghel	21 Km	F	34	475	0:24:05	1:48:56	5:11
55	John Desot	21 Km	M	44	572	0:24:05	1:49:06	5:11
56	Lieven Spenninck	21 Km	M	39	499	0:25:08	1:49:11	5:11

57	Sven Leyre	21 Km	M	36	635	0:25:14	1:49:58	5:14
58	Dirk Vandekerckhove	21 Km	M	62	561	0:25:18	1:50:59	5:17
59	Willem Van Wijnendaele	21 Km	M	46	570	0:23:54	1:51:40	5:19
60	tom parmentier	21 Km	M	50	495	0:25:08	1:51:50	5:19
61	Frederik Reyntjens	21 Km	M	50	468	1:51:53	1:51:53	5:19
62	Michael Ollevier	21 Km	M	43	539	0:25:16	1:51:59	5:19
63	Mattias Catry	21 Km	M	39	528	0:24:01	1:52:23	5:21
64	Anthony Dubois	21 Km	M	29	524	0:25:11	1:52:41	5:21
65	Jelle Vanbelleghem	21 Km	M	30	552	0:26:18	1:53:20	5:23
66	Brachim Vandaele	21 Km	M	30	506	0:26:18	1:53:20	5:23
67	Dieter Derycke	21 Km	M	33	530	0:23:12	1:53:37	5:24
68	Patrick Van Hoof	21 Km	M	51	571	0:25:06	1:54:05	5:25
69	Matthieu Troubleyn	21 Km	M	35	520	0:25:06	1:54:26	5:26
70	Didier Maerten	21 Km	M	46	464	0:26:21	1:54:56	5:28
71	Glenn Lermytte	21 Km	M	31	516	0:26:22	1:55:02	5:28
72	Wendy Desmet	21 Km	F	39	474	0:25:10	1:55:20	5:29
73	Dieter Tiberghien	21 Km	M	40	490	0:25:09	1:55:27	5:29
74	Hannah Van Belle	21 Km	F	26	513	0:25:09	1:56:10	5:31
75	Evelien Leterme	21 Km	F	39	442	0:26:23	1:56:12	5:32
76	Wesly Laheye	21 Km	M	38	518	0:24:01	1:56:21	5:32
77	Lara Vankeirsbilck	21 Km	F	25	538	0:27:18	1:58:22	5:38
78	Eline Raes	21 Km	F	42	482	0:27:41	1:58:53	5:39
79	Filip Vermeulen	21 Km	M	47	463	0:26:22	1:59:14	5:40
80	Delaere Carl	21 Km	M	58	467	0:26:22	1:59:15	5:40
81	Kris Vanhuyse	21 Km	M	44	454	0:25:29	1:59:40	5:41
82	Els Vandevoorde	21 Km	F	33	568	0:27:57	2:00:43	5:44
83	Michiel Ostyn	21 Km	M	27	505	0:27:55	2:01:30	5:47
84	Jamie Mattelaer	21 Km	F	25	517	0:27:55	2:01:30	5:47
85	Tommy Vanthuynne	21 Km	M	51	534	0:27:53	2:02:42	5:50
86	Jean Marie Vancauwenberghe	21 Km	M	50	556	0:27:56	2:02:43	5:50
87	Nele Delva	21 Km	F	35	437	0:28:09	2:03:01	5:51
88	stefi Vandevivere	21 Km	F	27	507	0:27:55	2:03:13	5:52
89	Stephanie Norman	21 Km	F	37	567	0:27:57	2:04:24	5:55
90	Sofie Waterbley	21 Km	F	29	451	0:27:52	2:04:34	5:55
91	Emma Vandevelde	21 Km	F	26	537	0:27:52	2:04:42	5:56
92	Geert Vangheluwe	21 Km	M	62	533	0:27:25	2:04:48	5:56
93	Maryke Houvenaghel	21 Km	F	49	637	0:26:20	2:04:57	5:57
94	Friedel Elslander	21 Km	F	0	449	0:27:53	2:05:06	5:57
95	Wouter De Roo	21 Km	M	42	455	0:25:20	2:06:09	6:00
96	Kelly Maenhoudt	21 Km	F	30	509	0:27:58	2:06:56	6:02
97	Koen Snick	21 Km	M	42	477	0:24:32	2:06:56	6:02
98	Lore Leplae	21 Km	F	29	450	0:27:53	2:10:10	6:11
99	Katrien De Scheemaeker	21 Km	F	38	547	0:29:21	2:14:59	6:25
100	Anne Mertens	21 Km	F	27	500	0:29:22	2:15:00	6:25
101	laurens leplae	21 Km	M	31	563	0:29:21	2:17:32	6:32
102	karolien deschildre	21 Km	F	40	441	0:30:37	2:18:42	6:36
103	Ann Riem	21 Km	F	47	440	0:30:38	2:19:24	6:38
104	Kim Gavel	21 Km	F	32	484	0:30:16	2:24:38	6:53
105	Marilou Vandeburie	21 Km	F	35	487	0:30:14	2:24:38	6:53
106	Zarah Demeurie	21 Km	F	36	486	0:30:12	2:24:38	6:53
107	valentine vanhecke	21 Km	F	33	485	0:30:12	2:24:38	6:53
108	Tijl Porteman	21 Km	M	15	554	0:30:32	2:28:23	7:03
109	Mariska Priem	21 Km	F	29	523	0:27:35	2:30:11	7:09
110	Gudrun Blontrock	21 Km	F	44	522	0:30:31	2:33:11	7:17
111	Steven Lafort	21 Km	M	41	565	0:18:50		
112	Domingos Hennin	21 Km	M	41	531	0:20:09		
113	Jurgen Migneaux	21 Km	M	40	445	0:24:59		

114	Thelma Remmerie	21 Km	F	27	439			
115	wim Vanderjeugt	21 Km	M	50	443			
116	angelito bondue	21 Km	M	35	444			
117	Tineke Doom	21 Km	F	38	456			
118	Jochen Meul	21 Km	M	37	458			
119	Ricky Ramon	21 Km	M	28	459			
120	Luc Titeca	21 Km	M	56	460			
121	Ans Vandromme	21 Km	F	36	472			
122	Nicolas Bregy	21 Km	M	20	473			
123	Leyre Sven	21 Km	M	36	480			
124	joachim aneca	21 Km	M	40	488			
125	Erwin De Backer	21 Km	M	63	489			
126	Simon Fonteyne	21 Km	M	35	491			
127	Kim Deroo	21 Km	F	31	494			
128	Jelle Verschaeve	21 Km	M	32	497			
129	ADINDA VERSTRAETE	21 Km	F	0	508			
130	Marieke Versavel	21 Km	F	29	514			
131	Shana Dehouck	21 Km	F	33	515			
132	Hans Desmyter	21 Km	M	36	521			
133	Mehdi Huyghe	21 Km	M	40	529			
134	Kenny Martens	21 Km	M	36	535			
135	Marc Snick	21 Km	M	54	542			
136	Mario De smeytere	21 Km	M	55	553			
137	roeland cardous	21 Km	M	48	558			
138	Tom De Maerteleire	21 Km	M	15	562			