

Protime 10 Mijl van Wommelgem 2019



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| Plts | # Cat | Cat | Naam | Geb.jaar | Woonplaats | # R1 | Ronde1 | # R2 | Ronde2 | # R3 | Ronde3 | Tijd |
|------|-------|-----------|--------------------------|----------|------------|------|---------|------|---------|------|---------|----------------|
| 1. | 1 * | SEN-man | Ruben Martens | 1990 | Koewacht | 2 | 0:13:49 | 1 | 0:27:41 | 1 | 0:41:39 | 0:55:41 |
| 2. | 2 * | SEN-man | Jente Samson | 1991 | Berlare | 1 | 0:13:49 | | | | | 0:55:45 |
| 3. | 3 * | SEN-man | Wouter Decock | 1983 | Brugge | | | 2 | 0:28:16 | | | 0:56:21 |
| 4. | 4 * | SEN-man | Faouzi M'Talsi | 1995 | Wommelgem | 3 | 0:14:17 | 3 | 0:28:20 | 2 | 0:42:36 | 0:56:47 |
| 5. | 5 | SEN-man | Jonas Mertens | 1991 | Wilrijk | 7 | 0:14:31 | 5 | 0:28:38 | | | 0:57:10 |
| 6. | 6 | SEN-man | Bart Van den Langenbergh | 1990 | Antwerpen | | | 4 | 0:28:23 | | | 0:57:12 |
| 7. | 1 * | VET-man | Jurgen Torfs | 1978 | Duffel | 5 | 0:14:29 | | | | | 0:57:25 |
| 8. | 2 * | VET-man | Roel Wouters | 1978 | Brasschaat | 4 | 0:14:22 | 7 | 0:28:50 | 3 | 0:43:21 | 0:57:42 |
| 9. | 3 * | VET-man | Wim Vlieghe | 1974 | Brugge | 6 | 0:14:30 | 6 | 0:28:49 | 4 | 0:43:22 | 0:57:57 |
| 10. | 7 | SEN-man | Dario Verdonck | 1996 | Kapellen | 13 | 0:14:58 | 10 | 0:29:18 | 5 | 0:43:39 | 0:58:00 |
| 11. | 8 | SEN-man | Jasper Bellefroid | 1983 | Hoboken | 14 | 0:14:59 | 13 | 0:29:30 | 6 | 0:44:06 | 0:58:20 |
| 12. | 4 | VET-man | Joost Theuwissen | 1972 | Berchem | 10 | 0:14:47 | 11 | 0:29:19 | 8 | 0:44:07 | 0:58:54 |
| 13. | 9 | SEN-man | Matthias Van Keer | 1995 | Stabroek | 9 | 0:14:36 | 8 | 0:29:13 | 7 | 0:44:06 | 0:58:55 |
| 14. | 10 | SEN-man | Nick Smans | 1982 | Beerse | | | | | | | 0:59:07 |
| 15. | 11 | SEN-man | Dieter Van den Buys | 1988 | Wuustwezel | 11 | 0:14:47 | 12 | 0:29:23 | 9 | 0:44:10 | 0:59:11 |
| 16. | 12 | SEN-man | Bart Spruijt | 1985 | Kalmthout | 8 | 0:14:31 | 9 | 0:29:16 | 10 | 0:44:11 | 0:59:50 |
| 17. | 13 | SEN-man | Jurgen De Beule | 1986 | Temse | 17 | 0:15:06 | | | 12 | 0:45:38 | 1:00:18 |
| 18. | 14 | SEN-man | Gillian Cammaerts | 1986 | Herselt | 21 | 0:15:27 | 16 | 0:30:38 | 13 | 0:45:49 | 1:00:21 |
| 19. | 15 | SEN-man | Wannes De Waegh | 1996 | Antwerpen | 12 | 0:14:48 | 14 | 0:29:40 | 11 | 0:45:10 | 1:00:25 |
| 20. | 5 | VET-man | Koen Steeman | 1969 | Stekene | 20 | 0:15:26 | 17 | 0:30:43 | 15 | 0:46:17 | 1:01:30 |
| 21. | 6 | VET-man | Nico Van Camp | 1974 | Boechout | 23 | 0:15:46 | 18 | 0:31:04 | 16 | 0:46:23 | 1:01:36 |
| 22. | 16 | SEN-man | Robbe Commissaris | 1996 | Wuustwezel | 18 | 0:15:06 | 20 | 0:31:11 | 17 | 0:46:50 | 1:02:18 |
| 23. | 17 | SEN-man | Jorn Van Bergen | 1991 | Meer | 15 | 0:14:59 | 15 | 0:30:14 | 14 | 0:46:07 | 1:02:20 |
| 24. | 18 | SEN-man | Robbe Stroeckx | 1996 | Wommelgem | 19 | 0:15:26 | 19 | 0:31:10 | 18 | 0:47:01 | 1:03:06 |
| 25. | 19 | SEN-man | Glenn Kennis | 1994 | Malle | 25 | 0:16:00 | 25 | 0:32:01 | 21 | 0:47:51 | 1:03:15 |
| 26. | 7 | VET-man | Stijn Claes | 1976 | Westmalle | 33 | 0:16:35 | 29 | 0:32:43 | 24 | 0:48:38 | 1:04:02 |
| 27. | 20 | SEN-man | Kristof Met | 1988 | Boechout | 24 | 0:15:49 | 22 | 0:31:21 | 20 | 0:47:48 | 1:04:17 |
| 28. | 21 | SEN-man | Dominik Reynders | 1983 | Luxembourg | 22 | 0:15:32 | 21 | 0:31:13 | 19 | 0:47:06 | 1:04:21 |
| 29. | 22 | SEN-man | Matthias Zulke | 1994 | Merksem | 30 | 0:16:09 | 23 | 0:31:51 | 22 | 0:48:03 | 1:04:37 |
| 30. | 23 | SEN-man | Robin Quick | 1986 | Kapellen | 34 | 0:16:36 | 30 | 0:32:49 | | | 1:04:41 |
| 31. | 24 | SEN-man | Kevin Peetermans | 1993 | Herselt | 29 | 0:16:09 | 24 | 0:31:58 | 23 | 0:48:23 | 1:04:52 |
| 32. | 8 | VET-man | Joris Deboel | 1978 | Wommelgem | 102 | 0:20:35 | 51 | 0:35:11 | 29 | 0:50:04 | 1:04:54 |
| 33. | 9 | VET-man | Dirk Goevaerts | 1957 | Schelle | 31 | 0:16:10 | | | 25 | 0:48:48 | 1:05:04 |
| 34. | 25 | SEN-man | Jeroen Michielsens | 1994 | Mortsel | 27 | 0:16:09 | 26 | 0:32:35 | 26 | 0:49:11 | 1:05:17 |
| 35. | 10 | VET-man | Luc Thoen | 1967 | Burcht | 32 | 0:16:14 | 27 | 0:32:36 | 27 | 0:49:17 | 1:05:47 |
| 36. | 26 | SEN-man | Sven Van Otten | 1980 | Herselt | 36 | 0:16:45 | 31 | 0:32:58 | | | 1:06:04 |
| 37. | 27 | SEN-man | Jeroen Janssens | 1981 | Mortsel | 26 | 0:16:09 | | | 28 | 0:49:19 | 1:06:19 |
| 38. | 11 | VET-man | Koen Renier | 1971 | Ranst | | | | | | | 1:06:39 |
| 39. | 28 | SEN-man | Michel Declerck | 1982 | Antwerpen | 28 | 0:16:09 | 28 | 0:32:41 | 30 | 0:50:08 | 1:06:49 |
| 40. | 12 | VET-man | Bart De Ketelaere | 1974 | Boechout | 37 | 0:16:47 | 32 | 0:33:05 | 31 | 0:50:12 | 1:07:12 |
| 41. | 13 | VET-man | Glenn Van Hoogten | 1978 | Ekeren | 56 | 0:17:52 | 37 | 0:34:16 | 33 | 0:50:42 | 1:07:16 |
| 42. | 29 | SEN-man | Geoffrey Zoete | 1996 | Brecht | 39 | 0:16:55 | 34 | 0:33:52 | 32 | 0:50:25 | 1:07:17 |
| 43. | 14 | VET-man | Ben Scheipens | 1969 | Antwerpen | | | 38 | 0:34:17 | 36 | 0:50:52 | 1:07:22 |
| 44. | 15 | VET-man | Rik Bossuyt | 1965 | Ekeren | 45 | 0:17:30 | 45 | 0:35:01 | 53 | 0:53:35 | 1:07:27 |
| 45. | 1 * | SEN-vrouw | Elke Beerlings | 1984 | Borsbeek | 41 | 0:17:03 | 36 | 0:34:01 | 37 | 0:50:53 | 1:07:34 |
| 46. | 16 | VET-man | Filip Op De Beeck | 1972 | Deurne | 43 | 0:17:18 | 35 | 0:33:59 | 35 | 0:50:52 | 1:07:38 |
| 47. | 30 | SEN-man | Evert Thys | 1986 | Wuustwezel | 35 | 0:16:39 | 33 | 0:33:27 | 34 | 0:50:49 | 1:08:32 |
| 48. | 17 | VET-man | Eric Kienen | 1957 | Deurne | 42 | 0:17:07 | | | 38 | 0:51:29 | 1:08:46 |
| 49. | 18 | VET-man | Ben Vermeiren | 1976 | Brasschaat | 40 | 0:17:00 | 40 | 0:34:26 | 39 | 0:52:20 | 1:09:42 |

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| Plts | # Cat | Cat | Naam | Geb.jaar | Woonplaats | # R1 | Ronde1 | # R2 | Ronde2 | # R3 | Ronde3 | Tijd |
|------|-------|-----------|----------------------|----------|---------------|------|---------|------|---------|------|---------|---------|
| 50. | 19 | VET-man | Joachim Anckaert | 1979 | Wommelgem | 50 | 0:17:40 | 42 | 0:34:53 | 41 | 0:52:29 | 1:09:59 |
| 51. | 20 | VET-man | Rob Horemans | 1979 | Beerse | 63 | 0:18:26 | 53 | 0:35:50 | 50 | 0:53:10 | 1:10:01 |
| 52. | 21 | VET-man | Tom Van De Sande | 1976 | Turnhout | 62 | 0:18:26 | 52 | 0:35:50 | 49 | 0:53:10 | 1:10:01 |
| 53. | 22 | VET-man | Guy De Jonghe | 1966 | St Lenaerts | 46 | 0:17:30 | 47 | 0:35:02 | 46 | 0:52:57 | 1:10:04 |
| 54. | 23 | VET-man | Les Keuppens | 1974 | Kalmthout | 47 | 0:17:30 | 48 | 0:35:02 | 45 | 0:52:57 | 1:10:18 |
| 55. | 31 | SEN-man | Jasper Wouters | 1987 | Antwerpen | 38 | 0:16:49 | 39 | 0:34:25 | 40 | 0:52:28 | 1:10:32 |
| 56. | 24 | VET-man | Yves Torfs | 1971 | Herentals | 57 | 0:18:04 | 54 | 0:35:54 | 52 | 0:53:32 | 1:10:37 |
| 57. | 25 | VET-man | Miroslav Cik | 1966 | Boechout | 49 | 0:17:37 | 50 | 0:35:08 | 48 | 0:52:59 | 1:10:42 |
| 58. | 26 | VET-man | Werner Zulke | 1962 | Merksem | 52 | 0:17:45 | 43 | 0:34:58 | 42 | 0:52:49 | 1:10:48 |
| 59. | 27 | VET-man | Kris Vekemans | 1964 | s-Gravenwezel | 48 | 0:17:35 | 49 | 0:35:02 | 43 | 0:52:52 | 1:10:57 |
| 60. | 2 ** | SEN-vrouw | Diane Sely | 1985 | Wommelgem | 44 | 0:17:29 | 46 | 0:35:01 | 47 | 0:52:58 | 1:10:58 |
| 61. | 28 | VET-man | Pascal Geerts | 1965 | Deurne | | | 44 | 0:35:01 | 44 | 0:52:57 | 1:10:58 |
| 62. | 32 | SEN-man | Stephen Thoen | 1990 | Ranst | 53 | 0:17:47 | | | 55 | 0:54:29 | 1:11:13 |
| 63. | 33 | SEN-man | Mohamed El Boutaybi | 2002 | Antwerpen | 76 | 0:18:59 | | | 65 | 0:54:51 | 1:11:45 |
| 64. | 34 | SEN-man | Thomas Horemans | 2001 | Merksem | 84 | 0:19:26 | | | 68 | 0:55:02 | 1:11:55 |
| 65. | 29 | VET-man | Bruno Struyf | 1962 | Edegem | 71 | 0:18:38 | 63 | 0:36:33 | 57 | 0:54:30 | 1:12:02 |
| 66. | 30 | VET-man | Marc De Kaey | 1963 | Oelegem | 69 | 0:18:31 | | | 54 | 0:54:06 | 1:12:03 |
| 67. | 31 | VET-man | Tom Hatgau | 1979 | Mortsel | 75 | 0:18:58 | 67 | 0:36:57 | 63 | 0:54:49 | 1:12:12 |
| 68. | 32 | VET-man | Dirk Vermeyleylen | 1963 | Ekeren | 64 | 0:18:27 | 61 | 0:36:31 | 58 | 0:54:31 | 1:12:36 |
| 69. | 35 | SEN-man | Bart Wildiers | 1988 | Walem | 54 | 0:17:47 | 60 | 0:36:12 | 59 | 0:54:38 | 1:12:43 |
| 70. | 36 | SEN-man | Edoardo Telve | 1989 | Merksem | | | 41 | 0:34:42 | 51 | 0:53:12 | 1:12:57 |
| 71. | 3 * | SEN-vrouw | Tessa Van Goethem | 1985 | Hove | 65 | 0:18:27 | 69 | 0:36:59 | 72 | 0:55:30 | 1:12:59 |
| 72. | 33 | VET-man | Hans Offermans | 1976 | Herenthout | 73 | 0:18:50 | 70 | 0:37:03 | 69 | 0:55:03 | 1:12:59 |
| 73. | 34 | VET-man | Koen Buyens | 1967 | Boechout | 66 | 0:18:27 | 68 | 0:36:58 | 71 | 0:55:30 | 1:13:06 |
| 74. | 35 | VET-man | Koen Ceulemans | 1977 | Bonheiden | 81 | 0:19:19 | 64 | 0:36:41 | 60 | 0:54:39 | 1:13:07 |
| 75. | 36 | VET-man | Bart De Graef | 1979 | Niel | 70 | 0:18:33 | 62 | 0:36:33 | 64 | 0:54:49 | 1:13:13 |
| 76. | 37 | SEN-man | Thomas Schrauwen | 1993 | Brasschaat | 68 | 0:18:28 | 66 | 0:36:54 | 70 | 0:55:19 | 1:13:18 |
| 77. | 37 | VET-man | Christian Met | 1959 | Wommelgem | 60 | 0:18:12 | 59 | 0:36:12 | 61 | 0:54:48 | 1:13:29 |
| 78. | 38 | SEN-man | Bert Janssens | 1986 | Kapellen | 55 | 0:17:48 | 55 | 0:35:57 | | | 1:13:34 |
| 79. | 39 | SEN-man | Nick Benoey | 1988 | Melsele | 59 | 0:18:11 | 58 | 0:36:07 | 62 | 0:54:48 | 1:13:38 |
| 80. | 38 | VET-man | Erwin Horemans | 1974 | Merksem | 83 | 0:19:26 | 71 | 0:37:15 | 67 | 0:55:02 | 1:13:53 |
| 81. | 39 | VET-man | Raymond De Loose | 1968 | Boechout | 67 | 0:18:27 | 65 | 0:36:45 | 73 | 0:55:34 | 1:14:00 |
| 82. | 40 | VET-man | Erwin Lefever | 1972 | Kontich | 78 | 0:19:06 | 75 | 0:37:48 | 75 | 0:56:10 | 1:14:04 |
| 83. | 41 | VET-man | Marc Peel | 1960 | Wijnegem | 58 | 0:18:09 | 57 | 0:36:07 | 66 | 0:54:55 | 1:14:21 |
| 84. | 40 | SEN-man | Tom Peeters | 1995 | Wommelgem | 74 | 0:18:50 | 72 | 0:37:23 | 74 | 0:56:02 | 1:14:25 |
| 85. | 41 | SEN-man | Bob Vissers | 1993 | Schoten | 51 | 0:17:41 | 56 | 0:35:59 | 56 | 0:54:30 | 1:14:28 |
| 86. | 42 | SEN-man | Jens van Meer | 2001 | Merksem | 130 | 0:23:53 | 81 | 0:38:26 | 76 | 0:56:48 | 1:15:20 |
| 87. | 4 | SEN-vrouw | Sarah Germeys | 1998 | Schoten | | | 77 | 0:37:53 | 77 | 0:56:50 | 1:15:33 |
| 88. | 42 | VET-man | Rudi Benoey | 1960 | Antwerpen | | | 73 | 0:37:36 | | | 1:15:44 |
| 89. | 43 | SEN-man | Redouan Migou | 1995 | Antwerpen | | | | | | | 1:16:08 |
| 90. | 43 | VET-man | Johan Herremans | 1972 | Wijnegem | 96 | 0:20:18 | 96 | 0:40:46 | 87 | 0:58:57 | 1:16:41 |
| 91. | 44 | SEN-man | Michael Maes | 1986 | Sint-Niklaas | 89 | 0:19:41 | | | 81 | 0:57:56 | 1:17:01 |
| 92. | 44 | VET-man | Jan Geeroms | 1959 | Roosdaal | 80 | 0:19:09 | 78 | 0:38:11 | 80 | 0:57:49 | 1:17:26 |
| 93. | 45 | VET-man | Steve Van der Cammen | 1978 | Lier | 95 | 0:20:12 | 86 | 0:39:16 | 83 | 0:58:18 | 1:17:36 |
| 94. | 46 | VET-man | Kevin Vermeyleylen | 1978 | Boechout | 94 | 0:20:12 | | | | | 1:17:37 |
| 95. | 1 * | VET-vrouw | Els De Schrijver | 1972 | Antwerpen | 87 | 0:19:40 | 82 | 0:38:57 | 84 | 0:58:22 | 1:17:38 |
| 96. | 47 | VET-man | Bart Verlinden | 1975 | Mortsel | 72 | 0:18:50 | 80 | 0:38:21 | 82 | 0:58:17 | 1:17:58 |
| 97. | 45 | SEN-man | Henk Janssen | 1981 | Kapellen | 61 | 0:18:26 | 74 | 0:37:40 | 79 | 0:57:39 | 1:17:58 |
| 98. | 48 | VET-man | Werner Hattas | 1960 | Wommelgem | 79 | 0:19:07 | 79 | 0:38:18 | 85 | 0:58:24 | 1:18:01 |

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| Plts | # Cat | Cat | Naam | Geb.jaar | Woonplaats | # R1 | Ronde1 | # R2 | Ronde2 | # R3 | Ronde3 | Tijd |
|------|-------|-----------|------------------------|----------|---------------|------|---------|------|---------|------|---------|----------------|
| 99. | 5 | SEN-vrouw | Judith De Smedt | 1991 | Antwerpen | 103 | 0:20:39 | 94 | 0:40:30 | 94 | 0:59:56 | 1:18:06 |
| 100. | 46 | SEN-man | Jolan Vael | 1987 | Deurne | 77 | 0:19:00 | 76 | 0:37:52 | 78 | 0:57:37 | 1:18:09 |
| 101. | 2 * | VET-vrouw | Goedele Hubrechts | 1979 | Borgerhout | 88 | 0:19:41 | 85 | 0:39:12 | 86 | 0:58:47 | 1:18:28 |
| 102. | 47 | SEN-man | Jo Van Camp | 1996 | Boom | | | 89 | 0:39:46 | 90 | 0:59:40 | 1:18:50 |
| 103. | 49 | VET-man | Michael Scott | 1964 | Borgerhout | 97 | 0:20:19 | 91 | 0:40:02 | 93 | 0:59:52 | 1:19:14 |
| 104. | 3 * | VET-vrouw | Sonja Kerremans | 1969 | Burcht | 85 | 0:19:32 | 83 | 0:39:04 | 88 | 0:59:08 | 1:19:17 |
| 105. | 6 | SEN-vrouw | Tine Poppe | 1991 | Lokeren | 92 | 0:19:52 | 88 | 0:39:44 | 92 | 0:59:52 | 1:19:19 |
| 106. | 50 | VET-man | Eddy De Vos | 1971 | Berchem | 90 | 0:19:42 | 84 | 0:39:08 | 89 | 0:59:09 | 1:19:22 |
| 107. | 51 | VET-man | Carl De Moor | 1972 | Zoersel | 93 | 0:20:11 | 92 | 0:40:11 | 95 | 0:59:58 | 1:19:45 |
| 108. | 52 | VET-man | Bruno Van Lierde | 1962 | Merksem | 100 | 0:20:32 | 90 | 0:39:46 | 91 | 0:59:51 | 1:20:49 |
| 109. | 48 | SEN-man | Nils De Clercq | 1989 | Wommelgem | | | 108 | 0:42:36 | | | 1:21:01 |
| 110. | 49 | SEN-man | Geert Van Neylen | 2002 | Wijnegem | 159 | 0:25:49 | 131 | 0:46:09 | 111 | 1:04:21 | 1:21:14 |
| 111. | 50 | SEN-man | Arkadiusz Jaremczuk | 1984 | Schoten | 120 | 0:21:46 | 102 | 0:41:58 | 101 | 1:02:26 | 1:21:26 |
| 112. | 53 | VET-man | Michel Leirs | 1973 | Zandhoven | 82 | 0:19:19 | 87 | 0:39:31 | 96 | 1:00:21 | 1:21:47 |
| 113. | 54 | VET-man | Georges Van Den Bergh | 1956 | Berchem | 101 | 0:20:32 | 97 | 0:40:52 | 97 | 1:01:29 | 1:22:04 |
| 114. | 55 | VET-man | Danny Proost | 1966 | Ekeren | 108 | 0:20:59 | 101 | 0:41:41 | 100 | 1:02:26 | 1:22:49 |
| 115. | 51 | SEN-man | Benny Dictus | 1991 | Borgerhout | 104 | 0:20:49 | 99 | 0:41:24 | 99 | 1:02:26 | 1:23:29 |
| 116. | 56 | VET-man | Geert Dierckx | 1967 | Wilrijk | 99 | 0:20:30 | 95 | 0:40:39 | 98 | 1:02:17 | 1:23:37 |
| 117. | 57 | VET-man | Patrick Lefelon | 1963 | Antwerpen | 106 | 0:20:53 | 100 | 0:41:39 | | | 1:23:45 |
| 118. | 58 | VET-man | Kris Van tongerloo | 1969 | Noorderwijk | 114 | 0:21:26 | 103 | 0:42:13 | 104 | 1:03:15 | 1:23:48 |
| 119. | 59 | VET-man | Owen Cornelis | 1973 | Berchem | 109 | 0:21:12 | 104 | 0:42:20 | 105 | 1:03:43 | 1:23:49 |
| 120. | 52 | SEN-man | Kevin De Loght | 1986 | Deurne | 110 | 0:21:15 | 107 | 0:42:36 | 107 | 1:03:46 | 1:24:15 |
| 121. | 7 | SEN-vrouw | Veerle Van Hoeck | 1984 | Nijlen | 111 | 0:21:15 | 109 | 0:42:36 | 106 | 1:03:46 | 1:24:15 |
| 122. | 4 | VET-vrouw | Kathleen Huyskens | 1976 | Wijnegem | 98 | 0:20:19 | 98 | 0:40:59 | 103 | 1:02:40 | 1:24:39 |
| 123. | 60 | VET-man | Gino Brockx | 1971 | Brecht | 86 | 0:19:39 | 93 | 0:40:28 | 102 | 1:02:32 | 1:25:11 |
| 124. | 53 | SEN-man | Philip Struyf | 1982 | Deurne | 122 | 0:21:53 | 112 | 0:43:10 | 109 | 1:04:07 | 1:25:19 |
| 125. | 61 | VET-man | peter Van Riel | 1962 | Broechem | 105 | 0:20:51 | 105 | 0:42:20 | 110 | 1:04:20 | 1:25:23 |
| 126. | 62 | VET-man | Peter Van Velthoven | 1961 | Merksem | 115 | 0:21:34 | 110 | 0:42:42 | | | 1:25:46 |
| 127. | 54 | SEN-man | Jasper Dillen | 1999 | Broechem | 107 | 0:20:58 | 106 | 0:42:23 | 108 | 1:03:53 | 1:25:51 |
| 128. | 5 | VET-vrouw | Greet Valck | 1974 | Deurne | 112 | 0:21:18 | 111 | 0:42:59 | 112 | 1:04:39 | 1:26:04 |
| 129. | 8 | SEN-vrouw | Ellen Beyers | 1988 | Zoersel | | | 117 | 0:43:15 | 113 | 1:04:41 | 1:26:04 |
| 130. | 9 | SEN-vrouw | Anneke Zajtmann | 1981 | Boechout | 119 | 0:21:45 | 113 | 0:43:14 | 114 | 1:04:41 | 1:26:14 |
| 131. | 6 | VET-vrouw | Nadia Fredrix | 1964 | Ranst | 118 | 0:21:45 | 115 | 0:43:15 | 115 | 1:04:42 | 1:26:14 |
| 132. | 7 | VET-vrouw | Marie-Josée Van | 1964 | Mortsel | 121 | 0:21:46 | 114 | 0:43:14 | 116 | 1:04:42 | 1:26:15 |
| 133. | 63 | VET-man | Bruno Wouters | 1960 | Zoersel | 117 | 0:21:42 | 116 | 0:43:15 | 117 | 1:04:47 | 1:27:44 |
| 134. | 64 | VET-man | Danny Nysen | 1973 | Deurne | 116 | 0:21:41 | 118 | 0:43:16 | 118 | 1:05:13 | 1:28:15 |
| 135. | 55 | SEN-man | Nick Op De Beeck | 1989 | Duffel | 126 | 0:23:01 | 122 | 0:44:55 | 119 | 1:06:40 | 1:28:17 |
| 136. | 65 | VET-man | David Creteur | 1977 | Ranst | 137 | 0:24:13 | 127 | 0:45:53 | 120 | 1:07:21 | 1:28:18 |
| 137. | 10 | SEN-vrouw | Marlies Van den Berge | 1985 | Heist od Berg | | | 123 | 0:45:01 | 125 | 1:07:53 | 1:28:20 |
| 138. | 66 | VET-man | Erwin Van Vlerken | 1955 | Wommelgem | 132 | 0:23:59 | 129 | 0:45:57 | 122 | 1:07:23 | 1:28:22 |
| 139. | 67 | VET-man | Bert Rutten | 1960 | Ranst | | | | | | | 1:29:53 |
| 140. | 11 | SEN-vrouw | Willemijn Rutten | 1992 | Antwerpen | 129 | 0:23:47 | 126 | 0:45:47 | 121 | 1:07:23 | 1:29:53 |
| 141. | 68 | VET-man | Jos Crijnen | 1961 | | 123 | 0:21:58 | 119 | 0:44:36 | 123 | 1:07:26 | 1:30:19 |
| 142. | 8 | VET-vrouw | Bianca Van den Kieboom | 1970 | Hoogerheide | 91 | 0:19:43 | 133 | 0:46:31 | 130 | 1:09:10 | 1:31:24 |
| 143. | 9 | VET-vrouw | Ann Clé | 1963 | Deurne | 131 | 0:23:58 | 128 | 0:45:57 | 127 | 1:08:43 | 1:31:29 |
| 144. | 69 | VET-man | kevin cnaepkens | 1979 | Wijnegem | 124 | 0:22:32 | 120 | 0:44:38 | | | 1:31:44 |
| 145. | 10 | VET-vrouw | Hilde Horemans | 1974 | Mortsel | 125 | 0:22:56 | 125 | 0:45:45 | 128 | 1:08:47 | 1:31:59 |
| 146. | 12 | SEN-vrouw | Wendy Hendrickx | 1981 | Wommelgem | 128 | 0:23:35 | 124 | 0:45:40 | 126 | 1:08:31 | 1:32:23 |
| 147. | 70 | VET-man | Frank Van Wetter | 1955 | Deurne | 127 | 0:23:14 | 130 | 0:46:06 | 131 | 1:09:37 | 1:33:20 |

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| Plts | # Cat | Cat | Naam | Geb.jaar | Woonplaats | # R1 | Ronde1 | # R2 | Ronde2 | # R3 | Ronde3 | Tijd |
|------|-------|-----------|-------------------------|----------|------------|------|---------|------|---------|------|---------|----------------|
| 148. | 56 | SEN-man | Ruben Peeters | 2002 | Schoten | 158 | 0:25:49 | 132 | 0:46:10 | 124 | 1:07:26 | 1:33:34 |
| 149. | 57 | SEN-man | Jan Taks | 1989 | Itterbeek | 142 | 0:24:38 | 138 | 0:48:24 | 141 | 1:12:23 | 1:34:08 |
| 150. | 71 | VET-man | Ludo Maes | 1957 | Deurne | 160 | 0:26:02 | 139 | 0:48:45 | 136 | 1:12:15 | 1:34:17 |
| 151. | 72 | VET-man | Denis Kismann | 1974 | Deurne | 113 | 0:21:25 | 121 | 0:44:50 | 129 | 1:08:56 | 1:34:31 |
| 152. | 73 | VET-man | Peter Sneijders | 1966 | Borsbeek | 148 | 0:25:26 | 142 | 0:48:58 | 138 | 1:12:21 | 1:34:48 |
| 153. | 74 | VET-man | Koen Lefever | 1978 | Wezemaal | 144 | 0:25:14 | 140 | 0:48:50 | 132 | 1:11:47 | 1:34:48 |
| 154. | 75 | VET-man | Ronald Hendrickx | 1978 | Kontich | 135 | 0:24:07 | 150 | 0:49:24 | 145 | 1:13:30 | 1:35:28 |
| 155. | 76 | VET-man | Tim De Boeck | 1978 | Kontich | 134 | 0:24:07 | 149 | 0:49:23 | 144 | 1:13:30 | 1:35:28 |
| 156. | 13 | SEN-vrouw | Maartje Oremus | 1980 | Schoten | 139 | 0:24:16 | 135 | 0:47:57 | 133 | 1:11:59 | 1:35:31 |
| 157. | 77 | VET-man | Eddy Buckens | 1970 | Borsbeek | 138 | 0:24:16 | 136 | 0:47:57 | 134 | 1:11:59 | 1:35:31 |
| 158. | 11 | VET-vrouw | nancy morichard | 1969 | Borsbeek | 146 | 0:25:26 | 141 | 0:48:58 | 140 | 1:12:21 | 1:35:39 |
| 159. | 12 | VET-vrouw | Patsy Geurts | 1973 | Wommelgem | 147 | 0:25:26 | 143 | 0:48:58 | 139 | 1:12:21 | 1:35:46 |
| 160. | 58 | SEN-man | Tom Serneels | 1989 | Antwerpen | 151 | 0:25:35 | 144 | 0:48:58 | 137 | 1:12:20 | 1:36:42 |
| 161. | 78 | VET-man | Mario Delva | 1974 | Hemiksem | 136 | 0:24:09 | 134 | 0:47:47 | 135 | 1:12:07 | 1:36:52 |
| 162. | 79 | VET-man | Bart Claus | 1977 | Wommelgem | 150 | 0:25:31 | 146 | 0:49:10 | 142 | 1:13:04 | 1:37:18 |
| 163. | 14 | SEN-vrouw | Vanessa Boermans | 1980 | Wommelgem | 149 | 0:25:31 | 145 | 0:49:06 | | | 1:37:18 |
| 164. | 80 | VET-man | Walter Maes | 1956 | Deurne | 157 | 0:25:47 | 152 | 0:49:55 | 146 | 1:14:28 | 1:38:23 |
| 165. | 15 | SEN-vrouw | Annolios Van Scharon | 1985 | Borgerhout | 141 | 0:24:38 | 137 | 0:48:24 | 143 | 1:13:16 | 1:38:34 |
| 166. | 81 | VET-man | Luc De vocht | 1961 | Wommelgem | 152 | 0:25:36 | 154 | 0:50:19 | 148 | 1:15:02 | 1:39:24 |
| 167. | 82 | VET-man | Patrick De Clercq | 1971 | Deurne | 154 | 0:25:37 | 153 | 0:50:19 | 150 | 1:15:03 | 1:39:24 |
| 168. | 16 | SEN-vrouw | Hailey Van De Ven | 1996 | Antwerpen | 153 | 0:25:36 | 155 | 0:50:19 | 149 | 1:15:02 | 1:39:24 |
| 169. | 13 | VET-vrouw | Lieve Oosters | 1959 | Deurne | 163 | 0:26:29 | 157 | 0:51:17 | | | 1:40:11 |
| 170. | 14 | VET-vrouw | Agnes De Leeuw | 1966 | Borgerhout | 164 | 0:26:30 | 158 | 0:51:17 | 152 | 1:16:05 | 1:40:11 |
| 171. | 15 | VET-vrouw | Mireille Van Bastelaek | 1963 | Borbeek | 143 | 0:24:59 | 148 | 0:49:18 | 147 | 1:14:43 | 1:40:50 |
| 172. | 16 | VET-vrouw | Joy Keersmaekers | 1975 | Merksem | 140 | 0:24:38 | 151 | 0:49:27 | 151 | 1:15:28 | 1:41:38 |
| 173. | 17 | VET-vrouw | Chris Cavents | 1977 | Turnhout | 156 | 0:25:40 | 159 | 0:51:28 | 155 | 1:17:14 | 1:42:48 |
| 174. | 18 | VET-vrouw | Els Lauwers | 1971 | Schilde | 145 | 0:25:24 | 156 | 0:51:04 | 154 | 1:17:06 | 1:42:49 |
| 175. | 19 | VET-vrouw | Monica Fernandes Torrao | 1971 | Brecht | | | 162 | 0:53:30 | 158 | 1:18:49 | 1:43:35 |
| 176. | 20 | VET-vrouw | Manuela Oliveira Barros | 1969 | Mortsel | 170 | 0:27:39 | 163 | 0:53:35 | 157 | 1:18:49 | 1:43:35 |
| 177. | 83 | VET-man | Piet Buyck | 1957 | Antwerpen | 133 | 0:24:04 | 147 | 0:49:15 | 156 | 1:17:59 | 1:44:34 |
| 178. | 21 | VET-vrouw | Elisabet Sneyers | 1973 | Ranst | 165 | 0:26:38 | | | 161 | 1:19:25 | 1:44:40 |
| 179. | 17 | SEN-vrouw | Marijke Bosschaerts | 1982 | Wommelgem | 172 | 0:28:17 | 165 | 0:54:12 | 164 | 1:20:28 | 1:46:23 |
| 180. | 18 | SEN-vrouw | Veerle Bosschaerts | 1980 | Wommelgem | 173 | 0:28:17 | 164 | 0:54:12 | 163 | 1:20:28 | 1:46:23 |
| 181. | 22 | VET-vrouw | Kristel Verhoeven | 1972 | Ranst | 166 | 0:26:39 | | | | | 1:47:30 |
| 182. | 23 | VET-vrouw | Katrien Burvenich | 1977 | Ranst | 167 | 0:26:39 | 160 | 0:52:45 | 162 | 1:19:30 | 1:47:30 |
| 183. | 84 | VET-man | Kris Dugardyn | 1966 | Borgerhout | 155 | 0:25:38 | | | 160 | 1:19:22 | 1:48:47 |
| 184. | 24 | VET-vrouw | Lieve Leten | 1963 | Wommelgem | 174 | 0:28:18 | 169 | 0:55:06 | 165 | 1:22:59 | 1:51:25 |
| 185. | 25 | VET-vrouw | Nancy Verbrugge | 1963 | Borsbeek | 171 | 0:28:02 | 168 | 0:55:03 | 166 | 1:22:59 | 1:51:25 |
| 186. | 26 | VET-vrouw | Els Ansar | 1979 | Wijnegem | 168 | 0:27:15 | 170 | 0:55:07 | 168 | 1:23:58 | 1:52:46 |
| 187. | 27 | VET-vrouw | Edwige Van Den Assem | 1944 | Brasschaat | 161 | 0:26:23 | 167 | 0:54:18 | 167 | 1:23:45 | 1:52:46 |
| 188. | 85 | VET-man | Gunther Van Aerschodt | 1970 | Herent | 162 | 0:26:23 | 166 | 0:54:18 | 153 | 1:16:51 | 1:52:51 |
| 189. | 19 | SEN-vrouw | Frea Van Brul | 1981 | Helchteren | 175 | 0:29:28 | 171 | 0:56:46 | 169 | 1:25:25 | 1:55:06 |
| 190. | 28 | VET-vrouw | Maya Heijster | 1956 | Wilrijk | 176 | 0:29:29 | 172 | 0:56:47 | 170 | 1:25:25 | 1:55:06 |
| 191. | 29 | VET-vrouw | Brigitte Van gelder | 1965 | Deurne | 179 | 0:30:02 | 175 | 0:59:34 | 173 | 1:30:27 | 2:02:44 |
| 192. | 30 | VET-vrouw | Ingrid Cuypers | 1961 | Deurne | 177 | 0:30:02 | 174 | 0:59:34 | 172 | 1:30:26 | 2:02:44 |
| 193. | 31 | VET-vrouw | Paula Van den berg | 1963 | Merksem | 178 | 0:30:02 | 173 | 0:59:33 | 171 | 1:30:26 | 2:02:44 |

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