

| Plaats | Naam | Sex | Jaar | Gemeente | Tijd | Tijd/Km |
|--------|--------------------|-----|------|--------------|---------|---------|
| 1 | Vermeiren Steven | M | 1980 | Laakdal | 13' 0" | 3' 13" |
| 2 | Wuyts Jasper | M | 1991 | Geel | 13' 18" | 3' 17" |
| 3 | Van Dyck Niels | M | 1995 | Tessenderlo | 13' 39" | 3' 22" |
| 4 | Leduc Robin | M | 1975 | Zoutleeuw | 13' 50" | 3' 25" |
| 5 | Cools Stefaan | M | 1967 | Meerhout | 13' 58" | 3' 27" |
| 6 | Gambeer Matthias | M | 1999 | Tessenderlo | 14' 14" | 3' 31" |
| 7 | Ruelens Peter | M | 1963 | Geel | 14' 28" | 3' 34" |
| 8 | Camps Wout | M | 2000 | Averbode | 14' 38" | 3' 37" |
| 9 | Peeters Tuur | M | 2000 | Deurne Diest | 15' 8" | 3' 44" |
| 10 | Pauwels Quinten | M | 2000 | Tessenderlo | 15' 19" | 3' 47" |
| 11 | De Wit Alex | M | 1970 | Paal | 15' 21" | 3' 47" |
| 12 | Den Hondt Gilles | M | 1997 | Laakdal | 15' 24" | 3' 48" |
| 13 | Wuyts Wilfried | M | 1963 | Geel | 15' 34" | 3' 51" |
| 14 | Smets Rik | M | 1990 | Olen | 15' 40" | 3' 52" |
| 15 | Vervoort Kevin | M | 1996 | Ham | 15' 46" | 3' 54" |
| 16 | Ceusters Gerry | M | 1972 | Geel | 15' 50" | 3' 55" |
| 17 | Van Laer Christoph | M | 1972 | Messelbroek | 15' 54" | 3' 56" |
| 18 | Rutten Owen | M | 2000 | Ham | 15' 56" | 3' 56" |
| 19 | Nuyts Geert | M | 1971 | Tessenderlo | 15' 58" | 3' 57" |
| 20 | Vanwesemael Brent | M | 1997 | Laakdal | 16' 4" | 3' 58" |
| 21 | Jeurissen Toon | M | 1995 | Geel | 16' 7" | 3' 59" |
| 22 | Gastmans Geoffrey | M | 1990 | Tessenderlo | 16' 9" | 3' 59" |
| 23 | Heylen Toon | M | 1987 | Lommel | 16' 11" | 4' 00" |
| 24 | Roman Sam | M | 1999 | Vorst | 16' 13" | 4' 00" |
| 25 | Clymans Jelte | M | 2003 | Meerhout | 16' 17" | 4' 01" |
| 26 | Theys Brent | M | 2001 | Tessenderlo | 16' 20" | 4' 02" |
| 27 | Alenteyns Lore | V | 2001 | Paal | 16' 22" | 4' 02" |
| 28 | Coenen Freddy | M | 1967 | Meerhout | 16' 25" | 4' 03" |
| 29 | Eyckmans Stefan | M | 1987 | Mol | 16' 28" | 4' 04" |
| 30 | Fagard Pauline | V | 2000 | Tessenderlo | 16' 47" | 4' 09" |
| 31 | Verbiest Anke | V | 2002 | Zichem | 16' 53" | 4' 10" |
| 32 | Mondelaers Kevin | M | 1980 | Tessenderlo | 16' 55" | 4' 11" |
| 33 | Krajisnic Admir | M | 1987 | Laakdal | 17' 21" | 4' 17" |
| 34 | Damen Tim | M | 1987 | Retie | 17' 23" | 4' 18" |
| 35 | Huysmans Ruben | M | 1995 | Westerlo | 17' 38" | 4' 21" |
| 36 | Beyens Jelle | V | 1987 | Vosselaar | 17' 42" | 4' 22" |
| 37 | De Boeck Stef | M | 1999 | Laakdal | 17' 48" | 4' 24" |
| 38 | Reynders Rudy | M | 1962 | Laakdal | 18' 14" | 4' 30" |
| 39 | Goossens Dries | M | 2001 | Laakdal | 18' 15" | 4' 30" |
| 40 | De Cnodder Glenn | M | 1987 | Geel | 18' 24" | 4' 33" |
| 41 | Steegmans Anouk | V | 1998 | Ham | 18' 26" | 4' 33" |
| 42 | Schroven Joren | M | 1999 | Laakdal | 18' 32" | 4' 35" |
| 43 | Degens Saskia | V | 1988 | Tessenderlo | 18' 34" | 4' 35" |
| 44 | Vandeweyer Poline | V | 1999 | Laakdal | 18' 41" | 4' 37" |
| 45 | Geerinckx Wout | M | 2003 | Meerhout | 18' 57" | 4' 41" |
| 46 | Goossens Joris | M | 2003 | Laakdal | 18' 59" | 4' 41" |
| 47 | Verheyden Jens | M | 1990 | Laakdal | 19' 5" | 4' 43" |
| 48 | Nys Nick | M | 1996 | Laakdal | 19' 7" | 4' 43" |
| 49 | Goossens Bart | M | 1973 | Laakdal | 19' 9" | 4' 44" |
| 50 | Vermeyen Kurt | M | 1971 | Tessenderlo | 19' 13" | 4' 45" |
| 51 | Rutten Darren | M | 2003 | Ham | 19' 15" | 4' 45" |
| 52 | Wouters Jimmy | M | 1977 | Laakdal | 19' 17" | 4' 46" |
| 53 | Rutten Rooney | M | 2004 | Ham | 19' 19" | 4' 46" |
| 54 | Feliers Rudi | M | 1969 | Sint Truiden | 19' 31" | 4' 49" |
| 55 | Beliën Jo | M | 1981 | Tessenderlo | 19' 44" | 4' 52" |

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|--------|-----------------------|-----|------|-------------|---------|---------|
| 56 | Vamthoor Fien | V | 2000 | Tessenderlo | 19' 52" | 4' 54" |
| 57 | Mennes Sofie | V | | Laakdal | 20' 13" | 5' 00" |
| 58 | Warnier Ilse | V | 1976 | Tessenderlo | 20' 17" | 5' 00" |
| 59 | Kenis Axelle | V | 1998 | Ham | 20' 22" | 5' 02" |
| 60 | Van Mol Glen | M | 1993 | Laakdal | 20' 24" | 5' 02" |
| 61 | Vankrunkelsven Eric | M | 1964 | Ham | 20' 28" | 5' 03" |
| 62 | Palmaers Lies | V | 1999 | Laakdal | 20' 33" | 5' 04" |
| 63 | Belien Ellie | V | 1982 | Laakdal | 20' 37" | 5' 05" |
| 64 | Sterckx Yvo | M | 1950 | Zichem | 20' 52" | 5' 09" |
| 65 | Hulsmans Pierre | M | 1945 | Zonhoven | 21' 34" | 5' 20" |
| 66 | Beliën Jef | M | 1947 | Ham | 21' 48" | 5' 23" |
| 67 | Nijs Gaby | V | 1952 | Diest | 21' 58" | 5' 25" |
| 68 | Van Dingenen Maria | V | 1950 | Tessenderlo | 21' 59" | 5' 26" |
| 69 | Sannen Nico | M | 1974 | Tessenderlo | 22' 7" | 5' 28" |
| 70 | Seys Kathy | V | 1973 | Tessenderlo | 22' 8" | 5' 28" |
| 71 | Luyten Guido | M | 1957 | Laakdal | 22' 31" | 5' 34" |
| 72 | Van Lier Stephane | M | 1958 | Tremelo | 22' 40" | 5' 36" |
| 73 | Geens Theo | M | 1958 | Tessenderlo | 22' 52" | 5' 39" |
| 74 | Testelmans Roger | M | 1950 | Diest | 22' 56" | 5' 40" |
| 75 | Vamveremel Eva | V | 2001 | Klein-Vorst | 23' 0" | 5' 41" |
| 76 | Oudermans Debby | V | 1979 | Vorst | 23' 5" | 5' 42" |
| 77 | Holemans Monique | V | 1956 | Tessenderlo | 23' 53" | 5' 54" |
| 78 | Van Aeken Jos | M | 1952 | Tessenderlo | 23' 54" | 5' 54" |
| 79 | Cuypers Nicole | V | 1967 | Geel | 24' 4" | 5' 57" |
| 80 | Cools Ingrid | V | 1962 | Eindhout | 24' 5" | 5' 57" |
| 81 | Ghoos Isabel | V | 1981 | Laakdal | 24' 7" | 5' 57" |
| 82 | Verlinden Michele | V | 1969 | Geel | 24' 47" | 6' 07" |
| 83 | Serré Jonas | M | 1999 | Tessenderlo | 24' 55" | 6' 09" |
| 84 | Rens Jurgen | M | 1978 | Laakdal | 25' 0" | 6' 10" |
| 85 | Maes Peggy | V | 1970 | Laakdal | 25' 12" | 6' 13" |
| 86 | Serneels Nick | M | 1991 | Baal | 26' 38" | 6' 35" |
| 87 | Vandeweyer Eddy | M | 1956 | Olmen | 26' 49" | 6' 37" |
| 88 | Vandermuysen Kimberly | V | 1993 | Lummen | 29' 9" | 7' 12" |
| 89 | Biesmans Lisette | V | 1946 | Ham | 29' 32" | 7' 18" |
| 90 | Loos Ann | V | 1977 | Laakdal | 29' 45" | 7' 21" |
| 91 | Van Peer Anne-Marie | V | 1966 | Lummen | 29' 49" | 7' 22" |
| 92 | Beliën Frans | M | 1948 | Tessenderlo | 31' 24" | 7' 45" |
| 93 | Gubbels Leen | V | 1992 | Tessenderlo | 35' 15" | 8' 42" |