

| rank | ID atl | sexe / name | rws | year | club | time | time / km | km |
|------|--------|-----------------------------------|-------|------|-------------------|-------|-----------|-------|
| 1 | 306 | M Bah Mamadous Moussa [sen] | 1/57 | 1992 | les gazelles de | 14:10 | 03:32 | 16.94 |
| 2 | 309 | M Murad Nejib [sen] | 2/57 | 1994 | les gazelles de | 15:08 | 03:47 | 15.86 |
| 3 | 299 | M Kasmi Mhamed [mas_35+] | 3/57 | 1982 | atlemo | 15:27 | 03:51 | 15.53 |
| 4 | 314 | M Belarbi Abdelileh [mas_40+] | 4/57 | 1977 | les gazelles de | 15:30 | 03:52 | 15.48 |
| 5 | 316 | M Mamo Mohamed [nvt] | 5/57 | | les gazelles de | 15:36 | 03:54 | 15.38 |
| 6 | 322 | M Detollenaere Tom [cad] | 6/57 | 2003 | resc | 15:37 | 03:54 | 15.37 |
| 7 | 328 | M Poortman Romain [nvt] | 7/57 | | resc | 16:16 | 04:04 | 14.75 |
| 8 | 331 | M Sergysels Pascal [mas_50+] | 8/57 | 1968 | joggans | 16:20 | 04:05 | 14.69 |
| 9 | 327 | M Poortman Matheo [nvt] | 9/57 | | resc | 16:35 | 04:08 | 14.47 |
| 10 | 280 | M Sellam Kamal [cad] | 10/57 | 2004 | | 17:00 | 04:15 | 14.12 |
| 11 | 270 | M Kagawa Toshikiro [mas_45+] | 11/57 | 1970 | | 17:10 | 04:17 | 13.98 |
| 12 | 200 | M Njema Kilani [nvt] | 12/57 | 2008 | lebbecke | 17:12 | 04:18 | 13.95 |
| 13 | 303 | M Le Pen Félix [nvt] | 13/57 | 2007 | | 17:14 | 04:18 | 13.93 |
| 14 | 243 | M Sebai Rayane [nvt] | 14/57 | 2006 | fsi berchem nseth | 17:20 | 04:20 | 13.85 |
| 15 | 258 | M Sinck Jozef [mas_50+] | 15/57 | 1968 | | 17:41 | 04:25 | 13.57 |
| 16 | 349 | M D'haeseleer Eric [mas_35+] | 16/57 | 1980 | ws | 17:56 | 04:29 | 13.38 |
| 17 | 269 | M La Mme Bruno [mas_60+] | 17/57 | 1955 | | 18:09 | 04:32 | 13.22 |
| 18 | 315 | M Belarbi Mustapha [nvt] | 18/57 | 970 | les gazelles de | 18:14 | 04:33 | 13.16 |
| 19 | 271 | M Kagawa Tadoschi [cad] | 19/57 | 2003 | | 18:27 | 04:36 | 13.01 |
| 20 | 287 | M Bah Ibrahimia [nvt] | 20/57 | 2005 | atlemo | 18:37 | 04:39 | 12.89 |
| 21 | 296 | M Lodonou Sedic [sen] | 21/57 | 1991 | atlemo | 18:40 | 04:40 | 12.86 |
| 22 | 350 | M Berbaibouda Sami [nvt] | 22/57 | 2006 | fsi berchem nseth | 18:45 | 04:41 | 12.80 |
| 23 | 289 | W Debaille Isabelle [mas_45+] | 1/40 | 1974 | resc | 18:58 | 04:44 | 12.65 |
| 24 | 285 | M Lisen Adrien [nvt] | 23/57 | 2005 | | 19:25 | 04:51 | 12.36 |
| 25 | 236 | M Meziani Abderrahim [sen] | 24/57 | 1998 | dacm | 19:58 | 04:59 | 12.02 |
| 26 | 345 | M Torres. Agusti [nvt] | 25/57 | 2012 | | 20:13 | 05:03 | 11.87 |
| 27 | 346 | M Torres Miralles Felix [mas_35+] | 26/57 | 1980 | | 20:13 | 05:03 | 11.87 |
| 28 | 264 | W Romanowska Margareth [mas_40+] | 2/40 | 1975 | resc | 20:42 | 05:10 | 11.59 |
| 29 | 320 | W Minne Charline [nvt] | 3/40 | 2009 | | 20:43 | 05:10 | 11.58 |
| 30 | 286 | M Lisen Denis [mas_40+] | 27/57 | 1974 | | 20:45 | 05:11 | 11.57 |
| 31 | 319 | M Minne Alexandre [nvt] | 28/57 | 2008 | | 20:55 | 05:13 | 11.47 |
| 32 | 253 | M Zaidi Walid [nvt] | 29/57 | 2006 | nseth | 21:02 | 05:15 | 11.41 |
| 33 | 250 | M El Bakabi Camil [nvt] | 30/57 | 2006 | nseth | 21:04 | 05:16 | 11.39 |
| 34 | 260 | M Laenens Francis [mas_65+] | 31/57 | 1951 | joggans | 21:05 | 05:16 | 11.38 |
| 35 | 325 | M lassag Tahar [mas_55+] | 32/57 | 1963 | resc | 21:07 | 05:16 | 11.37 |
| 36 | 276 | M Verriez Ludovic [nvt] | 33/57 | 2006 | resc | 21:07 | 05:16 | 11.37 |
| 37 | 257 | M Aidi Harkassi Bilal [nvt] | 34/57 | 2006 | | 21:11 | 05:17 | 11.33 |
| 38 | 288 | M De Greef Didier [mas_45+] | 35/57 | 1972 | | 21:21 | 05:20 | 11.24 |
| 39 | 323 | W Bonvin-draps Nathalie [mas_35+] | 4/40 | 1980 | resc | 21:26 | 05:21 | 11.20 |
| 40 | 339 | W Bourgeois Marion Marion [nvt] | 5/40 | 2009 | | 21:27 | 05:21 | 11.19 |
| 41 | 268 | W El Hammoumi Sirine [schol] | 6/40 | 2001 | atlemo | 21:34 | 05:23 | 11.13 |
| 42 | 342 | W Bourgeois Eloïse [nvt] | 7/40 | 2007 | | 21:35 | 05:23 | 11.12 |
| 43 | 337 | M Edouard Maxim [nvt] | 36/57 | | | 21:36 | 05:24 | 11.11 |
| 44 | 235 | M Kuday Meleh [nvt] | 37/57 | 2009 | | 21:40 | 05:25 | 11.08 |

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|----|-----|---|-------------------------------------|-------|------|------------------|-------|-------|-------|
| 45 | 244 | W | Azam Siham [cad] | 8/40 | 2004 | | 21:51 | 05:27 | 10.98 |
| 46 | 283 | W | Willems Izza [nvt] | 9/40 | 2005 | atlemo | 22:10 | 05:32 | 10.83 |
| 47 | 295 | W | Gartit Meryen [nvt] | 10/40 | 2005 | atlemo | 22:12 | 05:33 | 10.81 |
| 48 | 298 | M | Leemans Filip [mas_50+] | 38/57 | 1968 | | 22:13 | 05:33 | 10.80 |
| 49 | 307 | M | Van Laere Bart [mas_50+] | 39/57 | 1966 | les gazelles de | 22:28 | 05:37 | 10.68 |
| 50 | 245 | W | Adams Bérénice [nvt] | 11/40 | 2006 | dacm | 22:35 | 05:38 | 10.63 |
| 51 | 308 | W | Seyffert Louise [mas_50+] | 12/40 | 1966 | les gazelles de | 22:35 | 05:38 | 10.63 |
| 52 | 281 | M | Bah Mamasaliou [nvt] | 40/57 | 2019 | atlemo | 22:39 | 05:39 | 10.60 |
| 53 | 205 | M | Lemaire Cedric [nvt] | 41/57 | 2006 | | 22:51 | 05:42 | 10.50 |
| 54 | 215 | W | Wyart Marion [nvt] | 13/40 | | | 23:04 | 05:46 | 10.40 |
| 55 | 305 | M | De Boom Harry [mas_70+] | 42/57 | 1948 | les gazelles de | 23:17 | 05:49 | 10.31 |
| 56 | 310 | M | Benavides Saavedra Javier [mas_50+] | 43/57 | 1968 | les gazelles de | 23:17 | 05:49 | 10.31 |
| 57 | 219 | M | Wyart Raphael [nvt] | 44/57 | 2009 | | 23:41 | 05:55 | 10.13 |
| 58 | 351 | M | Bienfait Gery [mas_55+] | 45/57 | 1962 | | 23:44 | 05:56 | 10.11 |
| 59 | 241 | W | Lauf Clémence [nvt] | 14/40 | 2006 | | 23:50 | 05:57 | 10.07 |
| 60 | 240 | M | Kremer Raphaël [mas_45+] | 46/57 | 1974 | joggans | 23:51 | 05:57 | 10.06 |
| 61 | 234 | W | Cicek Zilan [nvt] | 15/40 | 2009 | | 23:52 | 05:58 | 10.06 |
| 62 | 222 | M | Ducarmois Noah [nvt] | 47/57 | 2009 | | 24:19 | 06:04 | 9.87 |
| 63 | 209 | M | Akachar Elyazid [nvt] | 48/57 | 2010 | | 24:19 | 06:04 | 9.87 |
| 64 | 311 | W | Alfrihat Lobna [mas_35+] | 16/40 | 1981 | les gazelles de | 24:20 | 06:05 | 9.86 |
| 65 | 302 | W | Le Pen Victorine [nvt] | 17/40 | 2007 | | 24:35 | 06:08 | 9.76 |
| 66 | 232 | W | Kuday Sibel [nvt] | 18/40 | 2007 | | 24:37 | 06:09 | 9.75 |
| 67 | 332 | W | Dehaes Caroline [jun] | 19/40 | 2000 | la défance | 24:39 | 06:09 | 9.74 |
| 68 | 263 | M | Turine Candice [mas_35+] | 49/57 | 1982 | | 24:46 | 06:11 | 9.69 |
| 69 | 223 | M | Ducarmois Vincent [mas_45+] | 50/57 | 1974 | | 24:54 | 06:13 | 9.64 |
| 70 | 273 | W | Denecker Evy [mas_40+] | 20/40 | 1975 | atlemo | 24:57 | 06:14 | 9.62 |
| 71 | 274 | W | Maus Madeleine [mas_60+] | 21/40 | 1958 | n a c | 25:00 | 06:15 | 9.60 |
| 72 | 326 | W | Tihange Fabienne [mas_40+] | 22/40 | 1976 | joggans | 25:03 | 06:15 | 9.58 |
| 73 | 279 | W | Vanuffelen Muriel [nvt] | 23/40 | | | 25:03 | 06:15 | 9.58 |
| 74 | 277 | M | Verriez Stephane [mas_45+] | 51/57 | 1970 | resc | 25:05 | 06:16 | 9.57 |
| 75 | 324 | W | Crokaert Agnes [mas_60+] | 24/40 | 1955 | leeuwerik | 25:40 | 06:25 | 9.35 |
| 76 | 312 | W | Aerden Veerle [mas_45+] | 25/40 | 1973 | les gazelles de | 25:50 | 06:27 | 9.29 |
| 77 | 282 | W | Chettouh Uliam [nvt] | 26/40 | 2006 | atlemo | 26:01 | 06:30 | 9.22 |
| 78 | 231 | W | Cicek Nathalie [nvt] | 27/40 | 1982 | | 26:52 | 06:43 | 8.93 |
| 79 | 297 | W | Dujeux Stephanie [sen] | 28/40 | 1995 | joggans | 27:40 | 06:55 | 8.67 |
| 80 | 284 | M | Lisen Dimitri [nvt] | 52/57 | 2008 | | 27:45 | 06:56 | 8.65 |
| 81 | 291 | W | Huygens Olivia [nvt] | 29/40 | 2008 | | 27:46 | 06:56 | 8.64 |
| 82 | 348 | W | Nichse Morganne [sen] | 30/40 | 1986 | | 27:49 | 06:57 | 8.63 |
| 83 | 292 | M | Muylens Nathan [nvt] | 53/57 | 2013 | | 27:50 | 06:57 | 8.62 |
| 84 | 290 | M | Huygens Hugnes [mas_35+] | 54/57 | 1981 | | 27:51 | 06:57 | 8.62 |
| 85 | 336 | W | Stroobants Anne [mas_45+] | 31/40 | 1972 | joggans | 27:55 | 06:58 | 8.60 |
| 86 | 334 | W | Clamot Catherine [mas_45+] | 32/40 | 1970 | joggans | 27:56 | 06:59 | 8.59 |
| 87 | 294 | M | De Greef Jean [mas_70+] | 55/57 | 1946 | challenge run in | 28:06 | 07:01 | 8.54 |
| 88 | 221 | W | Veccammen Virginie [mas_40+] | 33/40 | 1979 | | 28:50 | 07:12 | 8.32 |
| 89 | 208 | W | Varenne Nathalie [mas_45+] | 34/40 | 1974 | | 29:22 | 07:20 | 8.17 |
| 90 | 265 | W | El Boukhsimi Ghizlane [nvt] | 35/40 | 2006 | atlemo | 29:25 | 07:21 | 8.16 |
| 91 | 333 | M | Ainnebo Stephane [nvt] | 56/57 | | | 29:27 | 07:21 | 8.15 |
| 92 | 411 | W | Zaporojan Zinaida [sen] | 36/40 | 1991 | | 29:34 | 07:23 | 8.12 |
| 93 | 293 | M | Houtrelle Marcel [mas_70+] | 57/57 | 1945 | beerselse vrije | 29:38 | 07:24 | 8.10 |

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| 94 | 242 | W | Van Liempt Cathy [mas_45+] | 37/40 | 1972 | | 29:50 | 07:27 | 8.04 |
| 95 | 344 | W | Trajaan Delarah [sen] | 38/40 | 1987 | joggans | 29:58 | 07:29 | 8.01 |
| 96 | 338 | W | Dumas Anne [mas_50+] | 39/40 | 1968 | | 30:18 | 07:34 | 7.92 |
| 97 | 507 | W | De Buyle Patricia [nvt] | 40/40 | | | 31:32 | 07:53 | 7.61 |