

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|------|-----------------|-----------|--------------------|-----|-----------|--------------------|----------|-------|--------|
| 1 | 394 | Vanderbruggen | Arjen | Zoutleeuw | M1 | SEN | t3ack | 00:16:42 | 17.96 | 03:20 |
| 2 | 385 | Devadder | Koen | Landen | M2 | SEN | | 00:16:50 | 17.82 | 03:22 |
| 3 | 314 | Mans | Steve | Testelt | M3 | MAS+40 | Sqmrunningteam | 00:16:51 | 17.8 | 03:22 |
| 4 | 311 | Lambrechts | Joris | Diest | M4 | MAS+35 | ROBA | 00:16:52 | 17.79 | 03:22 |
| 5 | 379 | Philips | Glenn | Denderleeuw | M5 | SEN | Running Team B... | 00:17:14 | 17.41 | 03:26 |
| 6 | 327 | Van De Gaer | Wesley | Averbode | M6 | MAS+40 | Boothyvision | 00:17:16 | 17.37 | 03:27 |
| 7 | 406 | Wouters | Alexander | Paal | M7 | SEN | | 00:17:19 | 17.32 | 03:27 |
| 8 | 356 | De Rooy | Andy | Grobbendonk | M8 | MAS+45 | Coyote Sports T... | 00:17:24 | 17.24 | 03:28 |
| 9 | 300 | Dillen | Bram | Kaggevinne | M9 | JUN | | 00:17:27 | 17.19 | 03:29 |
| 10 | 365 | Prenen | Tom | Herent | M10 | MAS+40 | Acko | 00:17:30 | 17.14 | 03:30 |
| 11 | 349 | Willems | Gandert | Lubbeek | M11 | SEN | | 00:17:46 | 16.89 | 03:33 |
| 12 | 373 | Perdieus | Joeri | Langdorp | M12 | SEN | ROBA | 00:17:51 | 16.81 | 03:34 |
| 13 | 2012 | Cuyvers | Jonas | Tessengerlo | M13 | SCH | De Windbrekers | 00:17:52 | 16.79 | 03:34 |
| 14 | 393 | Vanherck | Senne | Zoutleeuw | M14 | SEN | | 00:18:20 | 16.36 | 03:40 |
| 15 | 318 | Smeyers | Kobe | Schaffen | M15 | SCH | ROBA | 00:18:24 | 16.3 | 03:40 |
| 16 | 2007 | Artoos | Tom | Molenstede | M16 | MAS+45 | Roba | 00:18:30 | 16.22 | 03:42 |
| 17 | 2015 | De Proost | Steven | Begijnendijk | M17 | MAS+45 | ROBA | 00:18:33 | 16.17 | 03:42 |
| 18 | 2002 | Peetermans | Matthias | Zoutleeuw | M18 | MAS+35 | E-FIT CENTER... | 00:18:34 | 16.16 | 03:42 |
| 19 | 2016 | Vandenbrande | Steven | Bierbeek | M19 | MAS+35 | TDL | 00:18:37 | 16.11 | 03:43 |
| 20 | 345 | Vissers | Sven | Eindhout | M20 | JUN | Looise AV | 00:18:42 | 16.04 | 03:44 |
| 21 | 334 | Vandeput | Ward | Diest | M21 | SCH | ROBA | 00:18:47 | 15.97 | 03:45 |
| 22 | 348 | Willems | Elden | Lubbeek | M22 | SEN | | 00:18:53 | 15.89 | 03:46 |
| 23 | 2001 | Wouters | Chriske | Diest | M23 | MAS+50 | SQM Running te... | 00:19:04 | 15.73 | 03:48 |
| 24 | 294 | Coenen | Emily | Nieuwrode | V1 | MAS+40 | ROBA | 00:19:16 | 15.57 | 03:51 |
| 25 | 391 | Swinnen | Steve | Glabbeek | M24 | MAS+40 | | 00:19:24 | 15.46 | 03:52 |
| 26 | 377 | Van Gossum | David | Diest | M25 | MAS+35 | | 00:19:28 | 15.41 | 03:53 |
| 27 | 414 | Nelissen | Robin | Werchter | M26 | MAS+40 | ROBA | 00:19:29 | 15.4 | 03:53 |
| 28 | 321 | Sonck | Ruth | Tienen | V2 | MAS+35 | SQM Running T... | 00:19:41 | 15.24 | 03:56 |
| 29 | 366 | Prenen | Yarne | Herent | M27 | SCH | ACKO | 00:19:47 | 15.16 | 03:57 |
| 30 | 340 | Vaninbrouckx | Tijl | Diest | M28 | CAD | ROBA Diest | 00:19:55 | 15.06 | 03:59 |
| 31 | 284 | Artoos | Bent | Molenstede | M29 | CAD | ROBA | 00:20:00 | 15 | 04:00 |
| 32 | 292 | Celis | Lowie | Diest | M30 | MIN | ROBA | 00:20:02 | 14.98 | 04:00 |
| 33 | 347 | Wens | Greet | Scherpenheuvel | V3 | MAS+40 | | 00:20:21 | 14.74 | 04:04 |
| 34 | 2008 | Janssens | Jarne | Loksbergen | M31 | SCH | De Windbrekers | 00:20:30 | 14.63 | 04:06 |
| 35 | 390 | Vandermaesen | Ivo | Schaffen | M32 | MAS+60 | DCLA-Halen | 00:20:35 | 14.57 | 04:07 |
| 36 | 316 | Nulens | Jana | Diest | V4 | CAD | ROBA Diest | 00:20:36 | 14.56 | 04:07 |
| 37 | 2017 | Deflem | Kenny | Tienen | M33 | SEN | RCT | 00:20:38 | 14.54 | 04:07 |
| 38 | 359 | Van De Kerkhove | Peter | Tielt-Winge | M34 | MAS+55 | ROBA | 00:20:40 | 14.52 | 04:08 |
| 39 | 364 | Vlaeyen | Cynthia | Diest | V5 | SEN | | 00:20:46 | 14.45 | 04:09 |
| 40 | 395 | Aertgeerts | Daan | Testelt | M35 | MIN | ROBA | 00:20:49 | 14.41 | 04:09 |
| 41 | 421 | Rijnders | Kasper | Ramsel | M36 | CAD | ROBA | 00:21:06 | 14.22 | 04:13 |
| 42 | 392 | Geudens | Bernard | Westerlo | M37 | SEN | | 00:21:12 | 14.15 | 04:14 |
| 43 | 376 | Verest | Bart | Schaffen | M38 | SEN | | 00:21:13 | 14.14 | 04:14 |
| 44 | 407 | Waterschoot | Neal | Lummen | M39 | SEN | DCLA Halen | 00:21:24 | 14.02 | 04:16 |
| 45 | 380 | Philips | Tara | Denderleeuw | V6 | SEN | Running Team B... | 00:21:40 | 13.85 | 04:20 |
| 46 | 375 | Korthout | Nils | Tessengerlo | M40 | SEN | | 00:21:44 | 13.8 | 04:20 |
| 47 | 2006 | Vermaelen | Roan | Molenbeek-Wersbeek | M41 | MIN | RCT | 00:21:55 | 13.69 | 04:23 |
| 48 | 2011 | Gerrits | Thomas | Bekkevoort | M42 | SEN | | 00:21:59 | 13.65 | 04:23 |
| 49 | 386 | Pittevils | Luc | Testelt | M43 | MAS+70 | Looise | 00:22:11 | 13.52 | 04:26 |
| 50 | 355 | Weckx | Ferre | Kortenaken | M44 | MIN | ROBA Diest | 00:22:14 | 13.49 | 04:26 |

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|------|-----------------|------------|--------------------|-----|-----------|--------------------|----------|-------|--------|
| 51 | 288 | Bruijneel | Ghunter | Diest | M45 | MAS+50 | | 00:22:17 | 13.46 | 04:27 |
| 52 | 2004 | Luyten | Björn | Zoutleeuw | M46 | MAS+35 | | 00:22:25 | 13.38 | 04:29 |
| 53 | 337 | Vangoidsenhoven | Diziana | Vissenaken | V7 | MAS+45 | | 00:22:59 | 13.05 | 04:35 |
| 54 | 388 | Branders | Filip | Molenbeek-Wersbeek | M47 | MAS+35 | Muggenberg | 00:23:02 | 13.02 | 04:36 |
| 55 | 408 | Willems | Sara | Halen | V8 | MAS+45 | | 00:23:04 | 13.01 | 04:36 |
| 56 | 329 | Van den Broeck | Ivo | Tildonk | M48 | MAS+60 | ROBA | 00:23:28 | 12.78 | 04:41 |
| 57 | 360 | Declerck | Katie | Tielt-Winge | V9 | MAS+50 | ROBA | 00:23:34 | 12.73 | 04:42 |
| 58 | 368 | Hendrickx | Jannis | Diest | M49 | SEN | Stad Diest | 00:23:42 | 12.66 | 04:44 |
| 59 | 290 | Cambré | Sandra | Herentals | V10 | MAS+50 | Coyote Sports T... | 00:23:44 | 12.64 | 04:44 |
| 60 | 310 | Lambert | Kelly | Nieuwrode | V11 | MAS+35 | Sportiva Gelrode | 00:23:55 | 12.54 | 04:47 |
| 61 | 295 | De Cock | Nico | Baal | M50 | MAS+45 | Sportiva Gelrode | 00:23:57 | 12.53 | 04:47 |
| 62 | 315 | Miseur | Manfred | Aarschot | M51 | MAS+60 | Sportiva Gelrode | 00:23:58 | 12.52 | 04:47 |
| 63 | 352 | Wilmaers | Kelly | Tielt-Winge | V12 | MAS+40 | | 00:23:59 | 12.51 | 04:47 |
| 64 | 415 | Doms | Stijn | Geetbets | M52 | MAS+35 | Hogense Loop | 00:24:02 | 12.48 | 04:48 |
| 65 | 287 | Boone | Frederik | Diest | M53 | MAS+50 | ROBA | 00:24:08 | 12.43 | 04:49 |
| 66 | 422 | Cools | Benno | Averbode | M54 | MIN | ROBA Diest | 00:24:10 | 12.41 | 04:50 |
| 67 | 297 | Dasque | Roos | Kersbeek-Miskom | V13 | MAS+35 | DCLA-Halen | 00:24:24 | 12.3 | 04:52 |
| 68 | 357 | Cools | Edwin | Tessengerlo | M55 | MAS+65 | Looi | 00:24:33 | 12.22 | 04:54 |
| 69 | 319 | Smeyers | Mats | Schaffen | M56 | MIN | ROBA | 00:24:42 | 12.15 | 04:56 |
| 70 | 374 | Perdieus | Johan | Langdorp | M57 | MAS+50 | ROBA | 00:24:43 | 12.14 | 04:56 |
| 71 | 307 | Janssen | Finne | Diest | V14 | MIN | | 00:24:47 | 12.1 | 04:57 |
| 72 | 308 | Janssen | Jef | Diest | M58 | MAS+40 | | 00:24:49 | 12.09 | 04:57 |
| 73 | 389 | Verheyden | Gunther | Bekkevoort | M59 | MAS+45 | | 00:24:52 | 12.06 | 04:58 |
| 74 | 396 | Sools | Flor | Zichem | M60 | CAD | | 00:25:03 | 11.98 | 05:00 |
| 75 | 413 | Verhard | Nio | Morkhoven | M61 | MIN | De Dorpspomp... | 00:25:08 | 11.94 | 05:01 |
| 76 | 417 | Bonroy | Max | Diest | M62 | BEN | ROBA Diest | 00:25:11 | 11.91 | 05:02 |
| 77 | 344 | Vissers | Bjorn | Eindhout | M63 | SCH | Looise AV | 00:25:45 | 11.65 | 05:09 |
| 78 | 361 | Raats | Ewout | Diest | V15 | BEN | | 00:25:54 | 11.58 | 05:10 |
| 79 | 343 | Verstraete | Peter | Grathem (NL) | M64 | MAS+50 | | 00:26:04 | 11.51 | 05:12 |
| 80 | 369 | Dens | Laura | Diest | V16 | SEN | Stad Diest | 00:26:12 | 11.45 | 05:14 |
| 81 | 410 | Meersman | Lucas | Kagevinne | M65 | CAD | | 00:26:14 | 11.44 | 05:14 |
| 82 | 381 | Simons | Arno | Webbekom | M66 | BEN | ROBA Diest | 00:26:38 | 11.26 | 05:19 |
| 83 | 412 | Bak | Kristof | Aarschot | M67 | MAS+45 | | 00:26:51 | 11.17 | 05:22 |
| 84 | 291 | Celis | Koen | Diest | M68 | MAS+35 | | 00:26:58 | 11.12 | 05:23 |
| 85 | 387 | Prouve | Viktor | Diest | M69 | MIN | | 00:27:11 | 11.04 | 05:26 |
| 86 | 402 | Croonen | Eddy | Ramsel | M70 | MAS+55 | Kapsalon Luc | 00:27:28 | 10.92 | 05:29 |
| 87 | 378 | Van Emelen | Lisa | Diest | V17 | CAD | ROBA | 00:27:33 | 10.89 | 05:30 |
| 88 | 301 | Dillen | Julie | Kagevinne | V18 | CAD | | 00:27:35 | 10.88 | 05:31 |
| 89 | 339 | Vanheer | Petra | Diest | V19 | MAS+40 | | 00:27:37 | 10.86 | 05:31 |
| 90 | 384 | Vanbets | Ruben | Scherpenheuvel | M71 | MAS+40 | | 00:27:39 | 10.85 | 05:31 |
| 91 | 383 | Vlaeminck | Seppe | Diest | M72 | MAS+35 | | 00:27:40 | 10.84 | 05:32 |
| 92 | 370 | Waterschoot | Senne | Scherpenheuvel | M73 | SEN | Stad Diest | 00:27:42 | 10.83 | 05:32 |
| 93 | 331 | Van Gelder | Inneke | Diest | V20 | MAS+35 | Bodystyling Diest | 00:27:43 | 10.82 | 05:32 |
| 94 | 351 | Willems | Vicky | Kersbeek-Miskom | V21 | MAS+40 | | 00:27:46 | 10.8 | 05:33 |
| 95 | 338 | Vangrieken | Els | Diest | V22 | MAS+40 | Bodystyling Diest | 00:27:51 | 10.77 | 05:34 |
| 96 | 2009 | Decoene | Marta | Meensel-Kiezegem | V23 | SEN | | 00:27:55 | 10.75 | 05:35 |
| 97 | 322 | Strauven | Katrien | Schaffen | V24 | MAS+35 | Bodystyling Diest | 00:27:56 | 10.74 | 05:35 |
| 98 | 367 | Haekens | Jean-Marie | Bilzen | M74 | MAS+55 | Mattel en Spattel | 00:27:59 | 10.72 | 05:35 |
| 99 | 296 | De Meyer | Lena | Kersbeek-Miskom | V25 | MIN | DCLA Halen | 00:28:03 | 10.7 | 05:36 |
| 100 | 398 | Sools | Maaïke | Zichem | V26 | SCH | | 00:28:10 | 10.65 | 05:38 |

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|------|----------------|------------|----------------|-----|-----------|----------------------|----------|-------|--------|
| 101 | 397 | Sools | Freddy | Zichem | M75 | MAS+55 | | 00:28:12 | 10.64 | 05:38 |
| 102 | 328 | Van den Baere | Sien | | V27 | SCH | Bodystyling Diest | 00:28:16 | 10.61 | 05:39 |
| 103 | 281 | Potemans | Roger | Gelrode | M76 | MAS+65 | Sportiva Gelrode | 00:28:24 | 10.56 | 05:40 |
| 104 | 313 | Lefevre | Inge | Kaggevinne | V28 | MAS+50 | | 00:28:34 | 10.5 | 05:42 |
| 105 | 958 | Mutert | Kristof | Diest | M77 | MAS+40 | | 00:28:38 | 10.48 | 05:43 |
| 106 | 305 | Guldolf | Dries | Aarschot | M78 | SEN | Sportiva Gelrode | 00:29:03 | 10.33 | 05:48 |
| 107 | 372 | Simons | Loïc | Paal | M79 | PUP | Beringse Atletiek... | 00:29:06 | 10.31 | 05:49 |
| 108 | 382 | Simons | Giel | Webbekom | M80 | MAS+35 | | 00:29:07 | 10.3 | 05:49 |
| 109 | 333 | Vandenreyken | Katatrien | | V29 | MAS+45 | Bodystyling Diest | 00:29:08 | 10.3 | 05:49 |
| 110 | 405 | Schonk | Vanessa | Tessengerlo | V30 | MAS+40 | | 00:29:10 | 10.29 | 05:50 |
| 111 | 282 | Achten | Hannah | Diest | V31 | PUP | ROBA Diest | 00:29:23 | 10.21 | 05:52 |
| 112 | 416 | Vaneekhout | Steve | Diest | M81 | MAS+40 | | 00:29:26 | 10.19 | 05:53 |
| 113 | 286 | Bloemmen | Ulrike | Grathem (NL) | V32 | MAS+40 | | 00:29:28 | 10.18 | 05:53 |
| 114 | 409 | Ooms | Frederique | Kaggevinne | V33 | MAS+35 | | 00:29:31 | 10.16 | 05:54 |
| 115 | 411 | Meersman | Bram | Kaggevinne | M82 | MAS+35 | | 00:29:33 | 10.15 | 05:54 |
| 116 | 399 | Moeurs | Elise | Scherpenheuvel | V34 | PUP | ROBA Diest | 00:29:34 | 10.15 | 05:54 |
| 117 | 317 | Piskor | Cindy | Diest | V35 | MAS+45 | | 00:29:42 | 10.1 | 05:56 |
| 118 | 418 | Bonroy | Eric | Diest | M83 | MAS+40 | | 00:29:56 | 10.02 | 05:59 |
| 119 | 362 | Raats | Aaron | Diest | M84 | PUP | | 00:30:05 | 9.97 | 06:01 |
| 120 | 363 | Raats | Jochem | Schaffen | M85 | MAS+35 | | 00:30:07 | 9.96 | 06:01 |
| 121 | 400 | Moeurs | Linde | Zichem | V36 | PUP | ROBA Diest | 00:30:14 | 9.92 | 06:02 |
| 122 | 401 | Moeurs | Bart | Scherpenheuvel | M86 | MAS+45 | | 00:30:16 | 9.91 | 06:03 |
| 123 | 336 | Vandyck | Yves | Rillaar | M87 | MAS+50 | Sportiva Gelrode | 00:30:33 | 9.82 | 06:06 |
| 124 | 323 | ten Napel | Derik | Werchter | M88 | MAS+35 | | 00:30:39 | 9.79 | 06:07 |
| 125 | 293 | Claes | Marlies | Diest | V37 | SEN | | 00:30:47 | 9.75 | 06:09 |
| 126 | 335 | Vandeweyer | Leen | | V38 | MAS+45 | Bodystyling Diest | 00:31:07 | 9.64 | 06:13 |
| 127 | 325 | Tuerlinckx | Jean-Luc | Scherpenheuvel | M89 | MAS+60 | Kapsalon Luc | 00:31:09 | 9.63 | 06:13 |
| 128 | 303 | Gervois | Pascal | Diest | M90 | MAS+35 | | 00:31:29 | 9.53 | 06:17 |
| 129 | 2018 | Amulius | Danny | Bekkevoort | M91 | MAS+60 | | 00:31:37 | 9.49 | 06:19 |
| 130 | 371 | Vranken | Sofie | Paal | V39 | SEN | | 00:31:43 | 9.46 | 06:20 |
| 131 | 346 | Vos | Debby | Kaggevinne | V40 | MAS+35 | | 00:31:45 | 9.45 | 06:21 |
| 132 | 320 | Smolders | Lena | Schaffen | V41 | BEN | | 00:32:03 | 9.36 | 06:24 |
| 133 | 289 | Brutsaert | Lena | Schaffen | V42 | SCH | | 00:32:04 | 9.36 | 06:24 |
| 134 | 330 | Van den Broeck | Sacha | Langdorp | V43 | MAS+50 | Sportiva Gelrode | 00:32:08 | 9.34 | 06:25 |
| 135 | 353 | Wittevrouw | Maya | Diest | V44 | SCH | ROBA Diest | 00:32:09 | 9.33 | 06:25 |
| 136 | 342 | Verpoorten | Rika | Deurne | V45 | MAS+35 | | 00:32:14 | 9.31 | 06:26 |
| 137 | 354 | Curvers | Giselda | Diest | V46 | MAS+40 | | 00:32:19 | 9.28 | 06:27 |
| 138 | 2014 | Jacobs | Jessica | Halen | V47 | SEN | | 00:32:33 | 9.22 | 06:30 |
| 139 | 283 | Achten | Isa | Diest | V48 | MIN | | 00:32:36 | 9.2 | 06:31 |
| 140 | 285 | Beckers | Charlotte | Schaffen | V49 | MIN | ROBA Diest | 00:33:03 | 9.08 | 06:36 |
| 141 | 324 | Timmermans | Christine | | V50 | MAS+35 | Bodystyling Diest | 00:33:08 | 9.05 | 06:37 |
| 142 | 332 | Van Herck | Joeri | Diest | M92 | MAS+35 | | 00:33:11 | 9.04 | 06:38 |
| 143 | 326 | Van Belleghem | Sara | Diest | V51 | MAS+40 | | 00:33:13 | 9.03 | 06:38 |
| 144 | 419 | Van Sweevelt | Lars | Diest | M93 | MAS+45 | | 00:33:39 | 8.92 | 06:43 |
| 145 | 420 | Nuyts | Kristof | Diest | M94 | MAS+45 | | 00:33:41 | 8.91 | 06:44 |
| 146 | 309 | Kennes | Ilse | Scherpenheuvel | V52 | MAS+35 | Bodystyling Diest | 00:34:29 | 8.7 | 06:53 |
| 147 | 424 | Ameye | Nanou | Diest | V53 | SCH | | 00:35:38 | 8.42 | 07:07 |
| 148 | 423 | Arnauts | Valentine | Diest | V54 | SCH | | 00:35:40 | 8.41 | 07:08 |
| 149 | 2013 | Gielis | Ellen | Westerlo | V55 | MAS+40 | Berglopers | 00:37:33 | 7.99 | 07:30 |
| 150 | 350 | Willems | Isabel | Diest | V56 | MAS+45 | | 00:40:03 | 7.49 | 08:00 |

| Rang | Nr | Achternaam | Voornaam | Woonplaats | M/V | Categorie | Club | Tijd | km/u | min/km |
|------|-----|------------|----------|------------|-----|-----------|------|----------|------|--------|
| 151 | 302 | Dreessen | Mirèse | Diest | V57 | MAS+55 | ROBA | 00:40:27 | 7.42 | 08:05 |
| 152 | 404 | Lenaerts | Amélie | Diest | V58 | KAN | | 00:43:24 | 6.91 | 08:40 |
| 153 | 403 | Lenaerts | Raf | Diest | M95 | MAS+45 | | 00:43:25 | 6.91 | 08:41 |