# 02-09-2023 – Le jogging de Templeuve – 9,2 km

| PL | Naam | Club | Tijd | Gem. | Km/u | Cat. | P/Cat |
|---|---|---|---|---|---|---|---|
| 1 | Vandenberghe Marc-Henri | Running Safe | 0:29:55 | 3:15 | 18,44 | SE | 1 |
| 2 | Meurisse Bastien | Coach Running | 0:30:37 | 3:20 | 18,02 | SE | 2 |
| 3 | Mine Lucien | Running Safe | 0:31:48 | 3:27 | 17,35 | SE | 3 |
| 4 | Fichelle Charles | Running Safe | 0:32:29 | 3:32 | 16,98 | EH | 1 |
| 5 | Deweer Sebastien | Rcag | 0:32:41 | 3:33 | 16,88 | SE | 4 |
| 6 | Vanhersecke Justin | Fretin | 0:33:09 | 3:36 | 16,64 | EH | 2 |
| 7 | Wanders Cecile | Running Safe | 0:33:30 | 3:38 | 16,47 | DA | 1 |
| 8 | Debonnet Jean | Rusta | 0:33:32 | 3:39 | 16,45 | SE | 5 |
| 9 | Hernould Franky | Aj Bastia | 0:33:33 | 3:39 | 16,45 | SE | 6 |
| 10 | Billet Grégory | Popuelles Dr... | 0:33:49 | 3:41 | 16,31 | V2 | 1 |
| 11 | Renard Albert | Pipaix | 0:34:10 | 3:43 | 16,15 | SE | 7 |
| 12 | Van Tomme Guillaume | Running Safe | 0:34:10 | 3:43 | 16,15 | SE | 8 |
| 13 | Dramaix Anthony | Brabou Team | 0:34:21 | 3:44 | 16,06 | SE | 9 |
| 14 | Alavoine Noe | Running Safe | 0:34:23 | 3:44 | 16,04 | SE | 10 |
| 15 | Foubert Nolan | Sans | 0:34:52 | 3:47 | 15,82 | EH | 3 |
| 16 | Clinquart Gilles | Sans | 0:35:03 | 3:49 | 15,74 | V1 | 1 |
| 17 | Delwart Sonny | Athois D'courir | 0:35:07 | 3:49 | 15,71 | SE | 11 |
| 18 | Falce David | Alc Vieux Conde | 0:35:17 | 3:50 | 15,63 | V2 | 2 |
| 19 | Desclee Louise | Acva | 0:35:47 | 3:53 | 15,42 | DA | 2 |
| 20 | Sarrazin Benoit | Coach Running | 0:35:48 | 3:53 | 15,41 | SE | 12 |
| 21 | Vandenberghe Louis | Popuelles Dr... | 0:36:04 | 3:55 | 15,30 | SE | 13 |
| 22 | Dillies Pierre-Eloi | Popuelles Dr... | 0:36:04 | 3:55 | 15,30 | SE | 14 |
| 23 | Liegeois Laurent | Running Safe | 0:36:23 | 3:57 | 15,16 | V1 | 2 |
| 24 | Portante Frédéric | Aclss | 0:36:36 | 3:59 | 15,07 | SE | 15 |
| 25 | Berton Axel | Running Safe | 0:36:51 | 4:00 | 14,97 | V2 | 3 |
| 26 | Deribreux Sébastien | Rcag | 0:36:54 | 4:01 | 14,95 | V1 | 3 |
| 27 | Deronne Mathieu | Sport Evasion | 0:36:55 | 4:01 | 14,94 | V2 | 4 |
| 28 | Derreumaux David | Bac | 0:37:13 | 4:03 | 14,83 | V1 | 4 |
| 29 | Neirynck Pierre | Running Safe | 0:37:19 | 4:03 | 14,78 | SE | 16 |
| 30 | Hocedez Ariste | Popuelles Dr... | 0:37:31 | 4:05 | 14,70 | SE | 17 |
| 31 | Clique Sébastien | Sans | 0:37:39 | 4:06 | 14,65 | V1 | 5 |
| 32 | Carlier Kurt | Sans | 0:37:45 | 4:06 | 14,61 | V2 | 5 |
| 33 | Campener Corentin | Sans | 0:37:57 | 4:08 | 14,54 | SE | 18 |
| 34 | Vinchent Olivier | As Velaines | 0:38:12 | 4:09 | 14,44 | V1 | 6 |
| 35 | Van Mullem Nicolas | Coach Running | 0:38:13 | 4:09 | 14,43 | V2 | 6 |
| 36 | Simon Jason | Sans | 0:38:14 | 4:09 | 14,43 | SE | 19 |
| 37 | Gilmet Julien | Rcag | 0:38:19 | 4:10 | 14,40 | SE | 20 |
| 38 | Denoel Franck | Sans | 0:38:21 | 4:10 | 14,38 | V2 | 7 |
| 39 | Manu Manu | Sans | 0:38:50 | 4:13 | 14,21 | V1 | 7 |
| 40 | Brichaut Olivier | Rst Ath | 0:38:52 | 4:13 | 14,19 | V1 | 8 |
| 41 | Amorison Luc | Athois D'courir | 0:38:54 | 4:14 | 14,18 | V2 | 8 |
| 42 | Loiselet Laurent | Sans | 0:38:58 | 4:14 | 14,16 | V1 | 9 |
| 43 | Vifquin Christophe | Jc Herinnes | 0:39:04 | 4:15 | 14,12 | V2 | 9 |
| 44 | Breuse Mathieu | Grace Au Soleil | 0:39:06 | 4:15 | 14,11 | V1 | 10 |
| 45 | Decruyenaere Bastien | Sans | 0:39:16 | 4:16 | 14,05 | SE | 21 |
| 46 | Goebeert Sébastien | Rcag | 0:39:19 | 4:16 | 14,03 | V2 | 10 |
| 47 | Mas Bruno | Pipaix | 0:39:20 | 4:17 | 14,02 | V2 | 11 |
| 48 | Vandenheede Jean-Marie | Grijsloke | 0:39:30 | 4:18 | 13,97 | V3 | 1 |
| 49 | Delmotte Charles | Athois D'courir | 0:39:52 | 4:20 | 13,84 | SE | 22 |
| 50 | Samain Anthony | Coach Running | 0:40:13 | 4:22 | 13,72 | V2 | 12 |
| 51 | Westerlinck Stefaan | Ap3t | 0:40:16 | 4:23 | 13,70 | V1 | 11 |
| 52 | Krawczyk Johan | Sans | 0:40:21 | 4:23 | 13,67 | SE | 23 |
| 53 | Delmaire Frederik | Addm Runners | 0:40:26 | 4:24 | 13,64 | V1 | 12 |
| 54 | Berte Matteo | Rcag | 0:40:27 | 4:24 | 13,64 | SE | 24 |
| 55 | Geets Cédric | Running Safe | 0:40:27 | 4:24 | 13,64 | V1 | 13 |
| 56 | Collie Florian | Sans | 0:40:28 | 4:24 | 13,64 | SE | 25 |
| 57 | Jouret Julien | B Betes De C... | 0:40:40 | 4:25 | 13,56 | V1 | 14 |
| 58 | Mahieu Laurent | Cocoach | 0:40:40 | 4:25 | 13,56 | V1 | 15 |
| 59 | Michel Julien | Sans | 0:40:42 | 4:25 | 13,56 | V1 | 16 |
| 60 | Cousin Olivier | Quintine Tra... | 0:40:42 | 4:25 | 13,55 | V2 | 13 |
| 61 | Denuncq Nicolas | As Velaines | 0:40:47 | 4:26 | 13,53 | V1 | 17 |
| 62 | Dermaut Stéphane | Rcag | 0:41:04 | 4:28 | 13,43 | V2 | 14 |
| 63 | Diricq Héloïse | Rusta | 0:41:13 | 4:29 | 13,38 | ED | 1 |
| 64 | Yzerbyt Nicolas | Jcl | 0:41:15 | 4:29 | 13,38 | SE | 26 |
| 65 | Truffaut Laurent | Sans | 0:41:17 | 4:29 | 13,36 | SE | 27 |
| 66 | Michel Michael | Sans | 0:41:18 | 4:29 | 13,36 | V2 | 15 |
| 67 | Wasier Jean-Yves | Sans | 0:41:20 | 4:30 | 13,35 | V1 | 18 |
| 68 | Rocquerelle Thomas | Sans | 0:41:27 | 4:30 | 13,31 | SE | 28 |

| PL | Naam | Club | Tijd | Gem. | Km/u | Cat. | P/Cat |
|---|---|---|---|---|---|---|---|
| 69 | Balcaen Philippe | Sans | 0:41:30 | 4:31 | 13,29 | V3 | 2 |
| 70 | Soldai Patrick | Sans | 0:41:31 | 4:31 | 13,29 | V3 | 3 |
| 71 | Feys Bert | De Dartele D... | 0:41:39 | 4:32 | 13,25 | SE | 29 |
| 72 | Delhaye Laurent | Running Safe | 0:41:40 | 4:32 | 13,24 | V1 | 19 |
| 73 | Blondel Philippe | Sans | 0:41:50 | 4:33 | 13,19 | V2 | 16 |
| 74 | Piron Gilles | Team Verhels... | 0:41:56 | 4:33 | 13,15 | V1 | 20 |
| 75 | Willocq Christophe | Team Verhels... | 0:41:57 | 4:34 | 13,15 | V1 | 21 |
| 76 | Martin François | Sans | 0:41:58 | 4:34 | 13,15 | V1 | 22 |
| 77 | Dequin Frédéric | Popuelles Dr... | 0:42:00 | 4:34 | 13,14 | V1 | 23 |
| 78 | Boulanger Julien | Team Verhels... | 0:42:02 | 4:34 | 13,13 | SE | 30 |
| 79 | Silva Francesco | Coach Running | 0:42:03 | 4:34 | 13,12 | V1 | 24 |
| 80 | Vanuxem Sylvain | Sans | 0:42:05 | 4:34 | 13,11 | V2 | 17 |
| 81 | Billiet Fabrice | Ac Leuze | 0:42:07 | 4:35 | 13,10 | V2 | 18 |
| 82 | Vanhaute Chris | Loopclub Gri... | 0:42:08 | 4:35 | 13,09 | V2 | 19 |
| 83 | Foubert Ludovic | Sans | 0:42:16 | 4:36 | 13,05 | V1 | 25 |
| 84 | Dellemme Bruno | Templeuve | 0:42:19 | 4:36 | 13,04 | V2 | 20 |
| 85 | Parent Kyrian | Sans | 0:42:22 | 4:36 | 13,02 | SE | 31 |
| 86 | Klorek Fabrice | As Velaines | 0:42:23 | 4:36 | 13,02 | V2 | 21 |
| 87 | Van Wymeersch Julien | Sans | 0:42:25 | 4:37 | 13,00 | SE | 32 |
| 88 | Van Caenegem Vincent | Et Chievres | 0:42:28 | 4:37 | 12,99 | V1 | 26 |
| 89 | Bailey Edward | Cap Team | 0:42:35 | 4:38 | 12,96 | V2 | 22 |
| 90 | Bastien Jules | Sans | 0:42:37 | 4:38 | 12,95 | EH | 4 |
| 91 | Delcourt Arthur | Sans | 0:42:48 | 4:39 | 12,89 | EH | 5 |
| 92 | Decordier Henri | Sans | 0:42:52 | 4:40 | 12,87 | SE | 33 |
| 93 | Laho François | Tortues Mesl... | 0:43:01 | 4:41 | 12,82 | V1 | 27 |
| 94 | De Cubber Marc | Bac | 0:43:09 | 4:41 | 12,79 | V3 | 4 |
| 95 | Debaisieux Serge | Bac | 0:43:09 | 4:41 | 12,79 | V3 | 5 |
| 96 | Mariage Michel | Bac | 0:43:09 | 4:41 | 12,78 | V3 | 6 |
| 97 | Vandenbulcke Arnaud | Rc Estaimpuis | 0:43:09 | 4:41 | 12,78 | V1 | 28 |
| 98 | Van Driessche Damien | As Velaines | 0:43:14 | 4:42 | 12,76 | V1 | 29 |
| 99 | Vanhole Pierre-Adrien | Sans | 0:43:17 | 4:42 | 12,74 | EH | 6 |
| 100 | Haillez Alisson | Sans | 0:43:18 | 4:42 | 12,74 | DA | 3 |
| 101 | Minet Jimmy | Rst Ath/trakks | 0:43:18 | 4:42 | 12,74 | SE | 34 |
| 102 | Descarpentries Fabrice | Sans | 0:43:19 | 4:43 | 12,74 | V2 | 23 |
| 103 | Sahiri Tarik | Sans | 0:43:29 | 4:44 | 12,69 | SE | 35 |
| 104 | Brichaut Thibaut | Rst Ath | 0:43:30 | 4:44 | 12,68 | EH | 7 |
| 105 | Lefranc Hubert | Sans | 0:43:31 | 4:44 | 12,68 | V1 | 30 |
| 106 | Maselis Ethan | Templeuve | 0:43:32 | 4:44 | 12,67 | EH | 8 |
| 107 | De Smaele Jean-Paul | Sans | 0:43:38 | 4:45 | 12,64 | V2 | 24 |
| 108 | Leybaert Florian | Sans | 0:43:40 | 4:45 | 12,63 | EH | 9 |
| 109 | Nicolas Charles | Cap Team | 0:43:41 | 4:45 | 12,63 | EH | 10 |
| 110 | Piot Jean-David | Sans | 0:43:47 | 4:46 | 12,60 | V1 | 31 |
| 111 | Leclercq Eddy | Kain B | 0:43:54 | 4:46 | 12,57 | V3 | 7 |
| 112 | Verstraete Vincent | Sans | 0:43:54 | 4:46 | 12,57 | V1 | 32 |
| 113 | Van Vlaenderen Laurence | Sans | 0:43:55 | 4:46 | 12,56 | DA | 4 |
| 114 | Vandenberghe Jean-Baptiste | Sans | 0:43:56 | 4:47 | 12,56 | SE | 36 |
| 115 | Meurisse Daniel | Coach Running | 0:43:59 | 4:47 | 12,54 | V2 | 25 |
| 116 | Legrand Frederic | Potes O Maltes | 0:43:59 | 4:47 | 12,54 | V2 | 26 |
| 117 | Foucart Kevin | Sans | 0:43:59 | 4:47 | 12,54 | SE | 37 |
| 118 | Van Malleghem Guillaume | Athois D'courir | 0:44:06 | 4:48 | 12,51 | SE | 38 |
| 119 | Vandendorpe Kris | Sans | 0:44:11 | 4:48 | 12,49 | V2 | 27 |
| 120 | Dhallewyn Jérôme | Prfm | 0:44:11 | 4:48 | 12,48 | V1 | 33 |
| 121 | Decock Michel | Jc Herinnes | 0:44:26 | 4:50 | 12,42 | V4 | 1 |
| 122 | Mdaghri Alaoui Ismaël | Templeuve | 0:44:27 | 4:50 | 12,41 | V1 | 34 |
| 123 | Delcourt Paul | Sans | 0:44:27 | 4:50 | 12,41 | EH | 11 |
| 124 | Vanoverskelds Dominique | Coach Running | 0:44:37 | 4:51 | 12,37 | V2 | 28 |
| 125 | De Waele Vincent | Sans | 0:44:40 | 4:51 | 12,35 | V1 | 35 |
| 126 | Dellemme David | Sans | 0:44:40 | 4:51 | 12,35 | SE | 39 |
| 127 | Schmitz Mathieu | Addm Runners | 0:44:41 | 4:51 | 12,35 | V1 | 36 |
| 128 | Gaillot Nicolas | Athois D'courir | 0:45:03 | 4:54 | 12,24 | V1 | 37 |
| 129 | Courtant Benjamin | Popuelles Dr... | 0:45:11 | 4:55 | 12,21 | V1 | 38 |
| 130 | Villani Antonio | Rc Estaimpuis | 0:45:15 | 4:55 | 12,19 | V1 | 39 |
| 131 | Verdy Jacques | Kain B | 0:45:17 | 4:55 | 12,18 | V3 | 8 |
| 132 | Bargibant Cedric | Sans | 0:45:18 | 4:55 | 12,18 | V1 | 40 |
| 133 | Verhelst Jean-Michel | Team Verhels... | 0:45:22 | 4:56 | 12,16 | SE | 40 |
| 134 | Simonart Christophe | Sans | 0:45:25 | 4:56 | 12,15 | V1 | 41 |
| 135 | Masai Christian | Kain B | 0:45:25 | 4:56 | 12,15 | V3 | 9 |
| 136 | Detournay Vincent | Les Eclates ... | 0:45:28 | 4:57 | 12,13 | SE | 41 |
| 137 | Feys Nicolas | Accros 5 Clo... | 0:45:34 | 4:57 | 12,11 | V2 | 29 |
| 138 | Vandekerkove Christine | Rc Estaimpuis | 0:45:34 | 4:57 | 12,11 | A2 | 1 |

| PL | Naam | Club | Tijd | Gem. | Km/u | Cat. | P/Cat |
|---|---|---|---|---|---|---|---|
| 139 | Triffoy Gérald | Rc Estaimpuis | 0:45:38 | 4:58 | 12,09 | V2 | 30 |
| 140 | Colman Cyril | Sans | 0:45:39 | 4:58 | 12,09 | SE | 42 |
| 141 | Zenner Eric | Templeuve | 0:46:01 | 5:00 | 11,99 | V2 | 31 |
| 142 | Fromont Robin | Sans | 0:46:02 | 5:00 | 11,98 | SE | 43 |
| 143 | De Meester Bradeley | Sans | 0:46:08 | 5:01 | 11,96 | SE | 44 |
| 144 | Delcoigne Pierre | As Velaines | 0:46:15 | 5:02 | 11,93 | V2 | 32 |
| 145 | Delmarre Pierre | Rc Estaimpui... | 0:46:19 | 5:02 | 11,91 | V3 | 10 |
| 146 | Vansteenkiste Véronique | Cap Team | 0:46:21 | 5:02 | 11,90 | A2 | 2 |
| 147 | Legrand Fanny | Sans | 0:46:22 | 5:02 | 11,90 | ED | 2 |
| 148 | Delcourt Amaury | Sans | 0:46:23 | 5:03 | 11,89 | SE | 45 |
| 149 | Abelé Hugo | Sans | 0:46:23 | 5:03 | 11,89 | EH | 12 |
| 150 | Pelissier Tiffanie | Takeda | 0:46:23 | 5:03 | 11,89 | DA | 5 |
| 151 | Toussaint Antoine | Sans | 0:46:23 | 5:03 | 11,89 | EH | 13 |
| 152 | Huys Nancy | Sans | 0:46:25 | 5:03 | 11,89 | A1 | 1 |
| 153 | Cornacchione Melanie | Team Verhels... | 0:46:25 | 5:03 | 11,89 | A1 | 2 |
| 154 | Laute Frédéric | Team Verhels... | 0:46:25 | 5:03 | 11,88 | V1 | 42 |
| 155 | Agache Basile | Sans | 0:46:28 | 5:03 | 11,87 | EH | 14 |
| 156 | Robette Romuald | Sans | 0:46:39 | 5:04 | 11,83 | V1 | 43 |
| 157 | Lourdel Maurice | Rcag | 0:46:41 | 5:04 | 11,82 | SE | 46 |
| 158 | Gossart Dimitri | Sans | 0:46:42 | 5:05 | 11,81 | V1 | 44 |
| 159 | Dermaut Tom | Rcag | 0:46:43 | 5:05 | 11,81 | SE | 47 |
| 160 | Bury Baptiste | Sans | 0:46:45 | 5:05 | 11,80 | SE | 48 |
| 161 | Decruyenaere Manoé | Rc Estaimpuis | 0:46:48 | 5:05 | 11,79 | EH | 15 |
| 162 | Decruyenaere Frédéric | Rc Estaimpuis | 0:46:49 | 5:05 | 11,79 | V1 | 45 |
| 163 | Delattre Antoine | Sans | 0:47:01 | 5:07 | 11,73 | EH | 16 |
| 164 | Crowin Emma | Sans | 0:47:05 | 5:07 | 11,72 | ED | 3 |
| 165 | Vastrat Michaël | Sans | 0:47:06 | 5:07 | 11,71 | V1 | 46 |
| 166 | Sarraut Eric | Les 4 Fantas... | 0:47:10 | 5:08 | 11,70 | V2 | 33 |
| 167 | Mahieu David | Coach Running | 0:47:14 | 5:08 | 11,68 | V2 | 34 |
| 168 | Diricq Nolwenn | Aclss | 0:47:14 | 5:08 | 11,68 | DA | 6 |
| 169 | Coeuret Michel | Sans | 0:47:15 | 5:08 | 11,67 | V4 | 2 |
| 170 | Dubois David | Run 4 Fun | 0:47:16 | 5:08 | 11,67 | V2 | 35 |
| 171 | Vanus Eric | Run 4 Fun | 0:47:17 | 5:08 | 11,67 | V2 | 36 |
| 172 | Watté Xavier | Run 4 Fun | 0:47:18 | 5:08 | 11,66 | V2 | 37 |
| 173 | Beudin Patrick | As Velaines | 0:47:20 | 5:09 | 11,65 | V3 | 11 |
| 174 | Gaillet Antoine | Templeuve | 0:47:29 | 5:10 | 11,62 | EH | 17 |
| 175 | Trinteler Simon | Rc Estaimpuis | 0:47:41 | 5:11 | 11,57 | SE | 49 |
| 176 | Wyseur Céline | Jsmc | 0:47:43 | 5:11 | 11,56 | DA | 7 |
| 177 | Geets Romain | Sans | 0:47:49 | 5:12 | 11,54 | EH | 18 |
| 178 | Zarkos Dimitri | Sans | 0:47:56 | 5:13 | 11,51 | V2 | 38 |
| 179 | Segard Christophe | Decathlon Vert | 0:47:56 | 5:13 | 11,51 | V1 | 47 |
| 180 | Prevost Marie Cecile | Templeuve | 0:48:07 | 5:14 | 11,47 | A1 | 3 |
| 181 | Falez Xavier | Jc Herinnes | 0:48:11 | 5:14 | 11,45 | V1 | 48 |
| 182 | Bonte Laurence | Jcpmf Pecq | 0:48:17 | 5:15 | 11,42 | A2 | 3 |
| 183 | Delemarle Stéphane | Sans | 0:48:17 | 5:15 | 11,42 | V2 | 39 |
| 184 | Kimpe Guillaume | Sans | 0:48:22 | 5:15 | 11,40 | SE | 50 |
| 185 | Collie Marie-Jo | As Velaines | 0:48:26 | 5:16 | 11,39 | A4 | 1 |
| 186 | Maertens Alice | Cap Team | 0:48:29 | 5:16 | 11,38 | ED | 4 |
| 187 | Dequévy Laurent | Sans | 0:48:31 | 5:16 | 11,37 | SE | 51 |
| 188 | Picard Hervé | Sans | 0:48:32 | 5:17 | 11,37 | SE | 52 |
| 189 | Bonte François | Sans | 0:48:37 | 5:17 | 11,35 | V1 | 49 |
| 190 | Hennebert Marie | Jc Herinnes | 0:48:42 | 5:18 | 11,33 | A1 | 4 |
| 191 | Puslecki Yann | Sans | 0:48:48 | 5:18 | 11,30 | V2 | 40 |
| 192 | Dufour Philippe | As Velaines | 0:48:58 | 5:19 | 11,27 | V2 | 41 |
| 193 | Jonville Armand | Sans | 0:49:00 | 5:20 | 11,26 | V2 | 42 |
| 194 | Broutin Caty | Coach Running | 0:49:06 | 5:20 | 11,24 | A2 | 4 |
| 195 | Potar Sylvia | Sukcestfou | 0:49:09 | 5:21 | 11,22 | A2 | 5 |
| 196 | Braquenier Caroline | Sans | 0:49:15 | 5:21 | 11,20 | A1 | 5 |
| 197 | Bois Pierre-Henri | Jc Blandain | 0:49:16 | 5:21 | 11,20 | V1 | 50 |
| 198 | Delbecq Xavier | Jc Blandain | 0:49:23 | 5:22 | 11,17 | V4 | 3 |
| 199 | Allard Thierry | Accros 5 Clo... | 0:49:32 | 5:23 | 11,14 | V2 | 43 |
| 200 | Masschelein Patricia | Jc Herinnes | 0:49:34 | 5:23 | 11,13 | A2 | 6 |
| 201 | Devos Philippe | Sans | 0:49:37 | 5:24 | 11,12 | V1 | 51 |
| 202 | Carpentier Jean-Michel | Jc Herinnes | 0:49:47 | 5:25 | 11,08 | V2 | 44 |
| 203 | Christiaens Kevin | Rc Estaimpuis | 0:49:50 | 5:25 | 11,07 | SE | 53 |
| 204 | Renard Quentin | Sans | 0:49:55 | 5:26 | 11,05 | V1 | 52 |
| 205 | Vander Meiren Didier | Sans | 0:50:01 | 5:26 | 11,03 | V2 | 45 |
| 206 | Dillies Gaetan | Mmm | 0:50:01 | 5:26 | 11,03 | SE | 54 |
| 207 | Westrade Bruno | Jc Herinnes | 0:50:03 | 5:26 | 11,02 | V2 | 46 |
| 208 | Offroy David | Sans | 0:50:11 | 5:27 | 10,99 | V1 | 53 |

| PL | Naam | Club | Tijd | Gem. | Km/u | Cat. | P/Cat |
|---|---|---|---|---|---|---|---|
| 209 | Ramu Annick | Kain B | 0:50:15 | 5:28 | 10,98 | A3 | 1 |
| 210 | Vanhole Christophe | Sans | 0:50:16 | 5:28 | 10,97 | V1 | 54 |
| 211 | Piot Catherine | Sans | 0:50:21 | 5:28 | 10,96 | A1 | 6 |
| 212 | Berthe Alain | Les 4 Fantas... | 0:50:22 | 5:28 | 10,95 | V2 | 47 |
| 213 | Baudoin Clémence | Sans | 0:50:25 | 5:29 | 10,94 | DA | 8 |
| 214 | Hovine Constantin | Spho/ Farmer... | 0:50:26 | 5:29 | 10,94 | V3 | 12 |
| 215 | Delobelle Bernadette | Spho | 0:50:27 | 5:29 | 10,94 | A3 | 2 |
| 216 | Devroede Norbert | Popuelles Dr... | 0:50:27 | 5:29 | 10,93 | V3 | 13 |
| 217 | Casaert Hugo | Popuelles Dr... | 0:50:28 | 5:29 | 10,93 | SE | 55 |
| 218 | Dufromont Wendy | Rc Estaimpuis | 0:50:47 | 5:31 | 10,86 | DA | 9 |
| 219 | Michiels Arnaud | Sans | 0:50:50 | 5:32 | 10,85 | SE | 56 |
| 220 | Verzele Maxime | Kain B | 0:50:58 | 5:32 | 10,82 | SE | 57 |
| 221 | Vandenheede Lore | Loopclub Gri... | 0:51:05 | 5:33 | 10,80 | DA | 10 |
| 222 | Roty Michel | Kain B | 0:51:13 | 5:34 | 10,77 | V5 | 1 |
| 223 | Vairon catherine | Sans | 0:51:14 | 5:34 | 10,77 | A1 | 7 |
| 224 | Dubois Hubert | Sans | 0:51:27 | 5:36 | 10,72 | V1 | 55 |
| 225 | Daidone Luigi | Sans | 0:51:28 | 5:36 | 10,72 | V1 | 56 |
| 226 | Leclercq Sybille | Kain B | 0:51:31 | 5:36 | 10,71 | A3 | 3 |
| 227 | Delesie Jan | Sans | 0:51:33 | 5:36 | 10,70 | V4 | 4 |
| 228 | Sarraut Lucas | Les 4 Fantas... | 0:51:50 | 5:38 | 10,64 | EH | 19 |
| 229 | Tanghe Matthias | De Dartele D... | 0:51:55 | 5:39 | 10,63 | SE | 58 |
| 230 | Thieri Stephanie | Sans | 0:52:03 | 5:39 | 10,60 | A1 | 8 |
| 231 | Solbreux Véronique | Coach Running | 0:52:08 | 5:40 | 10,58 | A2 | 7 |
| 232 | Chadi Nicolas | Cap Team | 0:52:09 | 5:40 | 10,58 | V1 | 57 |
| 233 | Delaunoy Jacques | Sans | 0:52:13 | 5:41 | 10,57 | V3 | 14 |
| 234 | Bavay Nicolas | Sans | 0:52:21 | 5:41 | 10,54 | V1 | 58 |
| 235 | Delaunoy Jean | Athois D'courir | 0:52:36 | 5:43 | 10,49 | V3 | 15 |
| 236 | Van Leynseele Jean-Jacques | Jc Blandain | 0:52:49 | 5:44 | 10,45 | V2 | 48 |
| 237 | Delattre Benoit | Sans | 0:52:51 | 5:45 | 10,44 | V1 | 59 |
| 238 | Schoonooghe Erwin | As Velaines | 0:52:57 | 5:45 | 10,42 | V2 | 49 |
| 239 | Clinquart Jean-Christophe | Road Running... | 0:53:13 | 5:47 | 10,37 | V1 | 60 |
| 240 | Delhaye Carl | Jc Herinnes | 0:53:16 | 5:47 | 10,36 | V3 | 16 |
| 241 | Pierquin Sabine | Jc Herinnes | 0:53:16 | 5:47 | 10,36 | A3 | 4 |
| 242 | Simonart David | Sans | 0:53:29 | 5:49 | 10,31 | V1 | 61 |
| 243 | De Troyer Saskia | Jc Brakel | 0:53:37 | 5:50 | 10,29 | A1 | 9 |
| 244 | De Cubber Jacques | Bac | 0:53:45 | 5:51 | 10,26 | V3 | 17 |
| 245 | Roose Laurent | Bac | 0:53:46 | 5:51 | 10,26 | V3 | 18 |
| 246 | Guyot Clément | Rc Estaimpuis | 0:53:51 | 5:51 | 10,24 | EH | 20 |
| 247 | Vanden Borre Elodie | Jc Herinnes | 0:54:03 | 5:53 | 10,21 | ED | 5 |
| 248 | Vanden Borre Alexandre | Jc Herinnes | 0:54:06 | 5:53 | 10,20 | V1 | 62 |
| 249 | Moulin Eddy | Les Gens D Ere | 0:54:15 | 5:54 | 10,17 | V2 | 50 |
| 250 | Brouillard Dominique | Sans | 0:54:26 | 5:55 | 10,14 | V3 | 19 |
| 251 | Wattecamps Frédéricq | Jc Herinnes | 0:54:26 | 5:55 | 10,13 | V2 | 51 |
| 252 | Piat Leslie | Jc Blandain | 0:54:29 | 5:55 | 10,13 | A2 | 8 |
| 253 | Geurts Olivier | Jc Herinnes | 0:54:29 | 5:55 | 10,12 | V1 | 63 |
| 254 | Lemaitre Michel | Jc Herinnes | 0:54:43 | 5:57 | 10,08 | V2 | 52 |
| 255 | Delobelle Chantal | Spho | 0:54:48 | 5:57 | 10,07 | A2 | 9 |
| 256 | Wattiez Murielle | Pipaix | 0:54:52 | 5:58 | 10,05 | A1 | 10 |
| 257 | Ponchau Claire | Pipaix | 0:54:53 | 5:58 | 10,05 | A1 | 11 |
| 258 | Petit Geoffrey | Sans | 0:54:53 | 5:58 | 10,05 | V1 | 64 |
| 259 | Meurisse Lise | Sans | 0:54:53 | 5:58 | 10,05 | A1 | 12 |
| 260 | Duquesne Daniel | Sans | 0:54:54 | 5:58 | 10,05 | V3 | 20 |
| 261 | Dupont Delphine | Jcpmf Pecq | 0:54:54 | 5:58 | 10,05 | A1 | 13 |
| 262 | Grulois Erik | Jc Blandain | 0:55:21 | 6:01 | 9,97 | V2 | 53 |
| 263 | Lequenne Laetitia | Jc Blandain | 0:55:24 | 6:01 | 9,96 | A1 | 14 |
| 264 | Vandevyvre Véronique | Jc Blandain | 0:55:25 | 6:01 | 9,95 | A2 | 10 |
| 265 | Dellettre Anne | Spho | 0:55:36 | 6:03 | 9,92 | A2 | 11 |
| 266 | Carlier Jean-Marie | Kain B | 0:55:41 | 6:03 | 9,91 | V3 | 21 |
| 267 | Brouillard Celine | Les 4 Fantas... | 0:55:45 | 6:04 | 9,89 | DA | 11 |
| 268 | Hargot Cindy | Les 4 Fantas... | 0:55:45 | 6:04 | 9,89 | A1 | 15 |
| 269 | Georis Carole | Sans | 0:55:49 | 6:04 | 9,88 | DA | 12 |
| 270 | Fervaille Fabienne | Kain B | 0:55:52 | 6:04 | 9,87 | A3 | 5 |
| 271 | Vanherreweghe Vincent | Sans | 0:55:53 | 6:04 | 9,87 | V1 | 65 |
| 272 | Douillet Elise | Jc Blandain | 0:55:53 | 6:04 | 9,87 | DA | 13 |
| 273 | Depelchin Anne Cecile | Templeuve | 0:55:58 | 6:05 | 9,86 | A1 | 16 |
| 274 | Bian Qiyu | Sans | 0:56:00 | 6:05 | 9,85 | SE | 59 |
| 275 | Vandenhoven Benjamin | Run & Smash | 0:56:05 | 6:06 | 9,84 | V1 | 66 |
| 276 | Delcoigne Georges | Run 4 Fun | 0:56:19 | 6:07 | 9,80 | V3 | 22 |
| 277 | De Meester Germain | Tourpes | 0:56:22 | 6:08 | 9,79 | V4 | 5 |
| 278 | Vanuxem Rita | Sans | 0:56:37 | 6:09 | 9,74 | A2 | 12 |

| PL | Naam | Club | Tijd | Gem. | Km/u | Cat. | P/Cat |
|---|---|---|---|---|---|---|---|
| 279 | Fauville Pierre | Sans | 0:56:38 | 6:09 | 9,74 | V1 | 67 |
| 280 | Demaeseneire Michaël | Sans | 0:56:41 | 6:10 | 9,73 | V2 | 54 |
| 281 | Caby Bernard | Jcsa | 0:56:42 | 6:10 | 9,73 | V3 | 23 |
| 282 | Bourgeois Steve | Potes O Maltes | 0:57:08 | 6:13 | 9,66 | V1 | 68 |
| 283 | Monté Jean | As Velaines | 0:57:49 | 6:17 | 9,54 | V3 | 24 |
| 284 | Buisine Nadège | Sans | 0:57:56 | 6:18 | 9,52 | A2 | 13 |
| 285 | Convert Florence | Sans | 0:58:10 | 6:19 | 9,48 | A1 | 17 |
| 286 | Caulier Bertrand | Les Eclates ... | 0:58:10 | 6:19 | 9,48 | V1 | 69 |
| 287 | Bataille Claude | Rc Estaimpuis | 0:58:28 | 6:21 | 9,43 | V4 | 6 |
| 288 | Vansteenbrugge Dominique | Jc Herinnes | 0:58:35 | 6:22 | 9,42 | A2 | 14 |
| 289 | Mahieu Marina | Mmm | 0:59:04 | 6:25 | 9,34 | A3 | 6 |
| 290 | Wielemans Daniel | B Betes De C... | 0:59:10 | 6:26 | 9,32 | V2 | 55 |
| 291 | Leroy Aude | Jc Herinnes | 0:59:14 | 6:26 | 9,31 | A1 | 18 |
| 292 | Carette Valérie-Anne | As Velaines | 0:59:16 | 6:27 | 9,31 | A1 | 19 |
| 293 | Delcourt Violaine | Sans | 0:59:26 | 6:28 | 9,28 | A1 | 20 |
| 294 | Broudehoux Maude | Sans | 0:59:27 | 6:28 | 9,28 | A1 | 21 |
| 295 | Lemoine Christelle | Kain B | 0:59:28 | 6:28 | 9,28 | A2 | 15 |
| 296 | Brebion Jeremy | Templeuve | 0:59:34 | 6:28 | 9,26 | V1 | 70 |
| 297 | Broudehoux Victor | Sans | 0:59:44 | 6:30 | 9,23 | EH | 21 |
| 298 | Moulin Jean-Pierre | Les Gens D Ere | 1:00:02 | 6:32 | 9,19 | V3 | 25 |
| 299 | Dubois Maryse | Sans | 1:00:11 | 6:33 | 9,17 | A1 | 22 |
| 300 | Ledoux Mireille | B Betes De C... | 1:00:12 | 6:33 | 9,16 | A2 | 16 |
| 301 | Malaterre Gilles | No Macadam S... | 1:00:35 | 6:35 | 9,11 | V4 | 7 |
| 302 | Nortier David | Sport Evasion | 1:00:44 | 6:36 | 9,08 | V2 | 56 |
| 303 | Fontaine Catherine | Sans | 1:00:56 | 6:37 | 9,05 | DA | 14 |
| 304 | Carton Laurent | Cndk | 1:00:57 | 6:38 | 9,05 | SE | 60 |
| 305 | Delbecq Murielle | Pecp | 1:01:10 | 6:39 | 9,02 | A1 | 23 |
| 306 | Douillet Ronald | Jc Blandain | 1:01:22 | 6:40 | 8,99 | V2 | 57 |
| 307 | Fontaine Sarah | Sans | 1:01:26 | 6:41 | 8,98 | DA | 15 |
| 308 | Van Nerom Eddy | Bayern Munchen | 1:01:28 | 6:41 | 8,97 | V2 | 58 |
| 309 | Clique Amelie | Sans | 1:01:29 | 6:41 | 8,97 | A1 | 24 |
| 310 | Helin Véronique | Sans | 1:01:42 | 6:42 | 8,94 | A3 | 7 |
| 311 | Morel Mathilde | Sans | 1:01:55 | 6:44 | 8,91 | A1 | 25 |
| 312 | Weyders David | Younited | 1:02:18 | 6:46 | 8,85 | V1 | 71 |
| 313 | Betermiez Maguy | As Velaines | 1:02:57 | 6:51 | 8,76 | A3 | 8 |
| 314 | François José | As Velaines | 1:04:15 | 6:59 | 8,59 | V3 | 26 |
| 315 | Leman Inge | Run 4 Fun | 1:04:51 | 7:03 | 8,51 | A2 | 17 |
| 316 | Fourdin Stéphanie | Run 4 Fun | 1:04:52 | 7:03 | 8,50 | A1 | 26 |
| 317 | Bernus Philippe | Sans | 1:05:17 | 7:06 | 8,45 | V3 | 27 |
| 318 | De Coninck Hubert | Cap Team | 1:05:21 | 7:06 | 8,44 | V2 | 59 |
| 319 | Munant Constance | Sans | 1:05:34 | 7:08 | 8,41 | DA | 16 |
| 320 | Debaisieux Fabienne | Jcpmf Estaim... | 1:06:07 | 7:11 | 8,34 | A2 | 18 |
| 321 | Casse Virginie | Sans | 1:06:07 | 7:11 | 8,34 | A2 | 19 |
| 322 | Vanderstraeten Karine | Sans | 1:06:22 | 7:13 | 8,31 | A1 | 27 |
| 323 | Lequenne François | Agf | 1:07:10 | 7:18 | 8,21 | SE | 61 |
| 324 | Mouthuy Marie | Agf | 1:07:10 | 7:18 | 8,21 | DA | 17 |
| 325 | Gaillet Christophe | Templeuve | 1:07:31 | 7:20 | 8,17 | V1 | 72 |
| 326 | Coupé Francis | Kain B | 1:08:28 | 7:27 | 8,06 | V4 | 8 |
| 327 | Scharlaeken Sabine | Sans | 1:08:35 | 7:27 | 8,04 | A2 | 20 |
| 328 | Dhaene Ann | Grijsloke | 1:08:59 | 7:30 | 8,00 | A4 | 2 |
| 329 | Seclève Arlette | As Velaines | 1:11:21 | 7:45 | 7,73 | A4 | 3 |