



Vitaal gezondheidspraktijk 10 km - Overall ranking

Start time : 09-05-2026 15:17:01

Results are complete

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-----------------|------------|-----|------|------------------|----------|--------|
| 1 | 0119 | Vanherck | Jorne | M1 | M35- | Meerhoutse Atle | 00:32:07 | 03:16 |
| 2 | 0142 | Boden | Niki | M2 | M35+ | SQM Running te | 00:32:54 | 03:21 |
| 3 | 7069 | Warnant | Leander | M3 | M35+ | | 00:33:39 | 03:26 |
| 4 | 7133 | Van Asselbergh | Jorden | M4 | M35- | GS Running tear | 00:33:41 | 03:26 |
| 5 | 0141 | Vanvelthoven | Rune | M5 | M35- | | 00:34:11 | 03:29 |
| 6 | 7086 | Theys | Kevin | M6 | M45+ | SQM runningtea | 00:34:26 | 03:30 |
| 7 | 0126 | Van de Gaer | Wesley | M7 | M45+ | SQM running tea | 00:34:39 | 03:32 |
| 8 | 7070 | Jeuris | Jef | M8 | M35+ | JJ Happy Run Cc | 00:34:58 | 03:34 |
| 9 | 7155 | Vroonen | Brecht | M9 | M35- | Atletiekclub Alk | 00:35:10 | 03:35 |
| 10 | 7090 | Philippe | Patrick | M10 | M55+ | JiA | 00:35:11 | 03:35 |
| 11 | 7118 | Vossius | Peter | M11 | M45+ | Sqm runningtear | 00:35:15 | 03:35 |
| 12 | 0317 | Trappeniers | Philip | M12 | M45+ | | 00:35:44 | 03:38 |
| 13 | 0382 | Hulsmans | Micha | M13 | M35- | | 00:36:44 | 03:44 |
| 14 | 0064 | Jutten | Ward | M14 | M35- | Looise | 00:36:50 | 03:45 |
| 15 | 0128 | Verlinden | Herwig | M15 | M55+ | rsca | 00:36:56 | 03:46 |
| 16 | 0324 | Sneyers | Jimmy | M16 | M45+ | | 00:36:58 | 03:46 |
| 17 | 0116 | Maris | Peter | M17 | M55+ | VACH | 00:37:09 | 03:47 |
| 18 | 7087 | Nguyen | Tien-Thanh | M18 | M35+ | AmsRunners | 00:37:16 | 03:48 |
| 19 | 7047 | Leunen | Jo | M19 | M35+ | Bokkerijderstear | 00:37:24 | 03:48 |
| 20 | 0372 | Janssens | Glenn | M20 | M35- | | 00:37:29 | 03:49 |
| 21 | 7105 | Vanden Bempt | Hans | M21 | M45+ | SQMrunningtear | 00:37:44 | 03:51 |
| 22 | 0310 | Van den Bussche | Ruben | M22 | M35- | | 00:37:59 | 03:52 |
| 23 | 0092 | KUNNEN | Gijs | M23 | M35- | VACH | 00:38:27 | 03:55 |
| 24 | 0345 | Vanhengel | Maarten | M24 | M35- | Gezondheidsprakt | 00:38:30 | 03:55 |
| 25 | 0067 | Gysemans | Jordy | M25 | M35- | | 00:38:43 | 03:57 |
| 26 | 0110 | Waterschoot | Eric | M26 | M55+ | DCLA HALEN | 00:39:12 | 03:59 |
| 27 | 7106 | morhaye | adger | M27 | M35- | adger.morhayegr | 00:39:26 | 04:01 |
| 28 | 0115 | D'AVELINO | MICHAEL | M28 | M55+ | MICHAEL D'AV | 00:39:31 | 04:01 |
| 29 | 0096 | VANDERSTRICHT | Jean-Marc | M29 | M35+ | VACH | 00:39:45 | 04:03 |
| 30 | 7153 | Wouters | Chriske | M30 | M55+ | SQM RUNNIN | 00:39:53 | 04:04 |
| 31 | 7027 | Stijnen | David | M31 | M45+ | Ac Alken | 00:39:54 | 04:04 |
| 32 | 0330 | Max | Tom | M32 | M35+ | | 00:40:01 | 04:04 |
| 33 | 7083 | Van Schelvergem | Gertjan | M33 | M35- | Triathlon Vlaand | 00:40:20 | 04:06 |
| 34 | 0149 | Jouck | Yannick | M34 | M35+ | | 00:40:25 | 04:07 |
| 35 | 0387 | Luys | Maarten | M35 | M35+ | | 00:40:28 | 04:07 |
| 36 | 7030 | Werckx | Ludo | M36 | M65+ | ACA | 00:40:34 | 04:08 |
| 37 | 0385 | Piet | Vangeel | M37 | M55+ | Hoeselt Run | 00:40:47 | 04:09 |
| 38 | 0144 | De Prins | Bruno | M38 | M45+ | | 00:40:48 | 04:09 |

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-------------------|------------|-----|------|--------------------|----------|--------|
| 39 | 0322 | Jans | Bert | M39 | M35+ | ACA | 00:40:55 | 04:10 |
| 40 | 0161 | Bart | Sampermans | M40 | M35+ | Dcla halen | 00:41:01 | 04:11 |
| 41 | 0066 | Ngaikpu | Reimond | M41 | M35- | | 00:41:08 | 04:11 |
| 42 | 7120 | Schevenels | Jarno | M42 | M35- | TACT | 00:41:14 | 04:12 |
| 43 | 7125 | Hiemeleers | Marc | M43 | M65+ | AC Alken | 00:41:18 | 04:12 |
| 44 | 7002 | Slegers | Ayrton | M44 | M35- | | 00:41:24 | 04:13 |
| 45 | 0383 | Pauly | Ruben | M45 | M35- | | 00:41:32 | 04:14 |
| 46 | 0139 | Neven | John | M46 | M45+ | | 00:41:34 | 04:14 |
| 47 | 0384 | Hengst | Marco | M47 | M45+ | | 00:41:36 | 04:14 |
| 48 | 0089 | Wiame | Niels | M48 | M35- | | 00:41:38 | 04:14 |
| 49 | 7089 | Philippe-Stoumont | Laure | F1 | F35+ | JiA | 00:42:00 | 04:17 |
| 50 | 0113 | tummillo | daan | M49 | M35- | UCLL Start To M | 00:42:07 | 04:17 |
| 51 | 0137 | Olefs | Kris | M50 | M45+ | | 00:42:09 | 04:18 |
| 52 | 7039 | Requilé | Philippe | M51 | M55+ | Bokkerijderstean | 00:42:11 | 04:18 |
| 53 | 0017 | Dewijngaert | Nick | M52 | M35- | Foederer | 00:42:14 | 04:18 |
| 54 | 0160 | Dekens | Danny | M53 | M65+ | Dcla Halen | 00:42:18 | 04:18 |
| 55 | 0102 | Vankrunkelsven | Leen | F2 | F55+ | VACH | 00:42:32 | 04:20 |
| 56 | 0105 | Deprez | Marco | M54 | M45+ | Geen | 00:42:33 | 04:20 |
| 57 | 7095 | Shaham | Sarah | F3 | F45+ | | 00:42:55 | 04:22 |
| 58 | 0374 | Verboven | Juan | M55 | M45+ | | 00:42:58 | 04:23 |
| 59 | 7154 | Slegers | Werner | M56 | M55+ | GeTC | 00:43:28 | 04:26 |
| 60 | 0069 | Meesters | Sven | M57 | M35+ | | 00:43:30 | 04:26 |
| 61 | 7057 | Schroven | Hilde | F4 | F45+ | GS Running team | 00:43:34 | 04:26 |
| 62 | 0005 | Declercq | Pedro | M58 | M45+ | | 00:43:55 | 04:28 |
| 63 | 0146 | Bodocka | Zuzana | F5 | F35+ | | 00:43:56 | 04:28 |
| 64 | 0344 | Moons | Nele | F6 | F35- | Gezondheidsprakt | 00:43:58 | 04:29 |
| 65 | 0381 | Kinnaer | Thijs | M59 | M45+ | | 00:43:59 | 04:29 |
| 66 | 0095 | CAROLAN | Phil | M60 | M35+ | VACH | 00:44:02 | 04:29 |
| 67 | 7145 | Jacobs | Stephen | M61 | M35- | Hoeselt Run | 00:44:08 | 04:30 |
| 68 | 7065 | Knapen | Griet | F7 | F45+ | VACH | 00:44:10 | 04:30 |
| 69 | 0090 | millen | jurgen | M62 | M45+ | fighters against c | 00:44:20 | 04:31 |
| 70 | 0376 | Van Kaert | Inge | F8 | F35+ | team hart | 00:44:45 | 04:33 |
| 71 | 0162 | Geurts | Joris | M63 | M35+ | | 00:45:06 | 04:36 |
| 72 | 7021 | De Rouck | Dave | M64 | M45+ | LC De Rouckies | 00:45:23 | 04:37 |
| 73 | 0027 | Ramaekers | Yorben | M65 | M35- | Foederer - Reyno | 00:45:36 | 04:39 |
| 74 | 0098 | VANKRUNKELSVEN | Christel | F9 | F55+ | VACH | 00:45:57 | 04:41 |
| 75 | 0122 | Bossens | Jimmy | M66 | M45+ | | 00:46:00 | 04:41 |
| 76 | 7012 | Verschueren | Frank | M67 | M65+ | | 00:46:04 | 04:42 |
| 77 | 0016 | Jansen | Dieter | M68 | M35- | Foederer | 00:46:08 | 04:42 |
| 78 | 7137 | Deneuker | Tony | M69 | M55+ | Hoeselt run | 00:46:11 | 04:42 |
| 79 | 0132 | Govaerts | Siebe | M70 | M35- | | 00:46:21 | 04:43 |
| 80 | 0121 | Michiels | Domien | M71 | M35+ | | 00:46:26 | 04:44 |
| 81 | 0101 | BIJLOOS | Erik | M72 | M55+ | VACH | 00:46:39 | 04:45 |
| 82 | 0094 | ARDUI | Johan | M73 | M45+ | VACH | 00:46:43 | 04:46 |
| 83 | 0012 | Jacobs | Bram | M74 | M35- | Foederer | 00:46:49 | 04:46 |
| 84 | 0156 | Elia | Tijmen | M75 | M35- | | 00:47:01 | 04:47 |
| 85 | 7016 | Polders | Kevin | M76 | M45+ | Road Runners H | 00:47:02 | 04:47 |

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|--------------|------------|------|------|----------------------|----------|--------|
| 86 | 7143 | Vandeweyer | Kris | M77 | M45+ | | 00:47:08 | 04:48 |
| 87 | 0087 | Mondelaers | Sam | M78 | M35+ | | 00:47:12 | 04:48 |
| 88 | 0380 | Thijs | Koen | M79 | M35+ | | 00:47:22 | 04:50 |
| 89 | 0088 | Schouteden | Stef | M80 | M35- | | 00:47:39 | 04:51 |
| 90 | 0332 | Van de Velde | Anthony | M81 | M45+ | | 00:47:43 | 04:52 |
| 91 | 7081 | Moons | Lydia | F10 | F55+ | | 00:47:45 | 04:52 |
| 92 | 0124 | Smets | Tom | M82 | M45+ | Rugbyclub Hasselt | 00:47:47 | 04:52 |
| 93 | 0058 | Langers | Kevin | M83 | M35+ | | 00:48:14 | 04:55 |
| 94 | 0079 | Samoey | Jeroen | M84 | M35- | OptiRun | 00:48:20 | 04:55 |
| 95 | 0053 | Luykx | Johnny | M85 | M55+ | | 00:48:31 | 04:57 |
| 96 | 0074 | Vanparijs | Steven | M86 | M35+ | OptiRun | 00:48:33 | 04:57 |
| 97 | 0013 | Ackermann | Oscar | M87 | M35- | Foederer | 00:48:36 | 04:57 |
| 98 | 0379 | Duchateau | Clemie | F11 | F55+ | Atletiek Maastricht | 00:49:23 | 05:02 |
| 99 | 0154 | Dumbrill | Samuel | M88 | M35+ | | 00:49:43 | 05:04 |
| 100 | 0020 | Houben | Geert | M89 | M35+ | Foederer | 00:49:46 | 05:04 |
| 101 | 0331 | Hawinkel | Sarah | F12 | F35+ | | 00:49:50 | 05:05 |
| 102 | 0091 | Cosemans | Kirsten | F13 | F45+ | VACH | 00:49:52 | 05:05 |
| 103 | 0373 | De Bus | Martien | F14 | F45+ | VACH | 00:49:52 | 05:05 |
| 104 | 0057 | Bormans | Kasper | M90 | M35+ | | 00:49:56 | 05:05 |
| 105 | 0120 | Calders | Rudy | M91 | M55+ | | 00:50:03 | 05:06 |
| 106 | 0052 | Rijskens | Sven | M92 | M45+ | | 00:50:04 | 05:06 |
| 107 | 7082 | Croughs | An | F15 | F45+ | | 00:50:07 | 05:06 |
| 108 | 0153 | Moors | Katleen | F16 | F45+ | Hoeselt Run | 00:50:19 | 05:08 |
| 109 | 0159 | Wijnen | Guido | M93 | M55+ | Hoeselt Run | 00:50:20 | 05:08 |
| 110 | 0100 | SCHUT | Johnny | M94 | M55+ | VACH | 00:50:21 | 05:08 |
| 111 | 0062 | Geelen | Maarten | M95 | M35+ | | 00:50:25 | 05:08 |
| 112 | 7099 | Govaerts | Kris | M96 | M65+ | AC Alken | 00:50:58 | 05:12 |
| 113 | 0386 | Cools | Guy | M97 | M45+ | | 00:51:00 | 05:12 |
| 114 | 0099 | GIELKENS | Marc | M98 | M55+ | VACH | 00:51:02 | 05:12 |
| 115 | 0038 | Wilks | Helen | F17 | F35+ | | 00:51:04 | 05:12 |
| 116 | 0021 | Vanrusselt | Stijn | M99 | M35+ | Foederer | 00:51:05 | 05:12 |
| 117 | 0082 | Meykens | Michiel | M100 | M35+ | OptiRun | 00:51:05 | 05:12 |
| 118 | 0018 | Wouters | Benne | M101 | M35- | Foederer | 00:51:07 | 05:12 |
| 119 | 0114 | Buekers | Marc | M102 | M65+ | Z.A.C. | 00:51:08 | 05:13 |
| 120 | 7163 | Lelièvre | Pieter | M103 | M35- | | 00:51:13 | 05:13 |
| 121 | 0045 | Bollen | Axel | M104 | M35- | | 00:51:19 | 05:14 |
| 122 | 0093 | SCHOLS | Carmen | F18 | F45+ | VACH | 00:51:20 | 05:14 |
| 123 | 0305 | Engelen | Roy | M105 | M35- | | 00:51:20 | 05:14 |
| 124 | 0123 | Vanstraelen | Victor | M106 | M35- | RC Hasselt | 00:51:25 | 05:14 |
| 125 | 0150 | Aerts | Lucinda | F19 | F35+ | | 00:51:30 | 05:15 |
| 126 | 0075 | Minnart | Gert | M107 | M35+ | OptiRun | 00:51:51 | 05:17 |
| 127 | 7056 | Philippaerts | Greta | F20 | F55+ | ACAAlken | 00:51:55 | 05:17 |
| 128 | 0140 | Plevoets | Kenny | M108 | M45+ | Road Runners Hasselt | 00:52:12 | 05:19 |
| 129 | 0147 | Hiemeleers | Mark | M109 | M55+ | | 00:52:35 | 05:21 |
| 130 | 0073 | Vangeel | Koen | M110 | M35+ | OptiRun | 00:52:59 | 05:24 |
| 131 | 0077 | Doupagne | Dennis | M111 | M35- | OptiRun | 00:53:01 | 05:24 |
| 132 | 0358 | Henderix | Jeroen | M112 | M45+ | | 00:53:19 | 05:26 |

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|----------------|------------|------|------|-------------------|----------|--------|
| 133 | 0155 | Van Marcke | Sara | F21 | F35- | | 00:53:25 | 05:27 |
| 134 | 0022 | Pacione | Fabio | M113 | M35- | Foederer | 00:53:49 | 05:29 |
| 135 | 0390 | Vandooren | Drea | F22 | F35- | ATLA | 00:53:51 | 05:29 |
| 136 | 0389 | Vandooren | Emma | F23 | F35- | | 00:53:52 | 05:29 |
| 137 | 7121 | Hiemeleers | Queeny | F24 | F35- | | 00:53:53 | 05:29 |
| 138 | 0107 | vanaenrode | ronny | M114 | M55+ | | 00:53:59 | 05:30 |
| 139 | 0343 | Minten | Niels | M115 | M35+ | Gezondheidsprakt | 00:54:02 | 05:30 |
| 140 | 0127 | Bruggen | Lien | F25 | F35- | | 00:54:10 | 05:31 |
| 141 | 7038 | Cammaerts | Bart | M116 | M45+ | Jogger Jo Schoor | 00:54:16 | 05:32 |
| 142 | 7098 | Van Zand | Maja | F26 | F65+ | AC Alken | 00:54:18 | 05:32 |
| 143 | 7017 | Schunselaar | Maaïke | F27 | F45+ | Aca Alken | 00:54:19 | 05:32 |
| 144 | 0348 | Heleven | Senne | M117 | M35+ | Gezondheidsprakt | 00:54:36 | 05:34 |
| 145 | 0151 | Eersels | Patrick | M118 | M65+ | | 00:54:52 | 05:35 |
| 146 | 0388 | nico | mullens | M119 | M45+ | nee | 00:54:58 | 05:36 |
| 147 | 0024 | Jordens | Tim | M120 | M45+ | Foederer - Reyno | 00:55:21 | 05:38 |
| 148 | 0337 | Luys | Stijn | M121 | M35+ | Wroetende Pony | 00:55:22 | 05:38 |
| 149 | 0072 | Van Hellemont | Sander | X1 | X35+ | OptiRun | 00:55:24 | 05:39 |
| 150 | 0068 | Vanneste | Thibaut | M122 | M35+ | | 00:55:26 | 05:39 |
| 151 | 7050 | Coenen | David | M123 | M45+ | | 00:55:28 | 05:39 |
| 152 | 0138 | Van Bogaert | Jutta | F28 | F35- | | 00:55:33 | 05:40 |
| 153 | 0083 | Sfirtsis | Nathalie | F29 | F35+ | OptiRun | 00:55:35 | 05:40 |
| 154 | 0043 | Vanreppelen | Hanne | F30 | F35- | | 00:55:39 | 05:40 |
| 155 | 0044 | Abrahams | Tom | M124 | M35- | | 00:55:40 | 05:40 |
| 156 | 0377 | Winters | Hanne | F31 | F35- | | 00:55:41 | 05:40 |
| 157 | 0047 | Matthys | Sofie | F32 | F35- | KBC Sint-Truide | 00:55:47 | 05:41 |
| 158 | 0048 | Thys | Stan | M125 | M35- | | 00:55:48 | 05:41 |
| 159 | 0023 | Swerts | Simon | M126 | M35- | Foederer - Reyno | 00:55:53 | 05:42 |
| 160 | 0306 | Vandersmissen | Mathy | M127 | M35+ | | 00:56:02 | 05:43 |
| 161 | 0041 | Van Gaever | Aagje | F33 | F35- | | 00:56:05 | 05:43 |
| 162 | 0028 | Peijffers | Jelle | M128 | M35- | | 00:56:36 | 05:46 |
| 163 | 7112 | Vandenberghe | Eddy | M129 | M55+ | Alleen luk t ouch | 00:56:47 | 05:47 |
| 164 | 0314 | Vranken | Rune | M130 | M35- | | 00:57:13 | 05:50 |
| 165 | 0315 | Heulsen | Dries | M131 | M35- | | 00:57:14 | 05:50 |
| 166 | 0015 | Peeters | Jente | M132 | M35- | Foederer | 00:57:15 | 05:50 |
| 167 | 0129 | Gorinsek | Daan | M133 | M35- | | 00:57:16 | 05:50 |
| 168 | 0325 | Biesmans | Filip | M134 | M45+ | | 00:57:20 | 05:51 |
| 169 | 0326 | nulens | nicolas | M135 | M45+ | | 00:57:20 | 05:51 |
| 170 | 0152 | Matsch | Wiebke | F34 | F45+ | | 00:57:24 | 05:51 |
| 171 | 0061 | Kuylen | Sabine | F35 | F45+ | | 00:57:26 | 05:51 |
| 172 | 0125 | Oversteyns | Jens | M136 | M35- | Rugbyclub Hassel | 00:57:44 | 05:53 |
| 173 | 0046 | DHONDT | CORINNE | F36 | F55+ | SVH KURINGE | 00:57:50 | 05:54 |
| 174 | 0050 | Goossens | Laurens | M137 | M35- | | 00:58:03 | 05:55 |
| 175 | 0369 | Jans | Mark | M138 | M45+ | | 00:59:10 | 06:02 |
| 176 | 0378 | Coenen | Robby | M139 | M45+ | | 00:59:38 | 06:05 |
| 177 | 7157 | Beirinckx | Peter | M140 | M55+ | Beerrunners | 00:59:39 | 06:05 |
| 178 | 0014 | Vanderhoydonks | Nele | F37 | F35- | Foederer | 00:59:51 | 06:06 |
| 179 | 0086 | Vanderhoydonks | Ine | F38 | F35- | | 00:59:52 | 06:06 |

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|------------------|------------|------|------|-------------------|----------|--------|
| 180 | 0010 | | Katrien | F39 | F35- | Foederer | 00:59:54 | 06:06 |
| 181 | 7092 | Hiemeleers | Sharon | F40 | F35+ | AC Alken | 01:00:07 | 06:08 |
| 182 | 0008 | Simkens | Kiara | F41 | F35- | | 01:00:20 | 06:09 |
| 183 | 0135 | Goeman | Ilse | F42 | F45+ | | 01:00:22 | 06:09 |
| 184 | 0134 | Deckers | Danny | M141 | M45+ | | 01:00:23 | 06:09 |
| 185 | 0145 | Brebels | Ilse | F43 | F35+ | | 01:00:28 | 06:10 |
| 186 | 0004 | Van De Sompel | Marjolein | F44 | F35+ | | 01:00:43 | 06:11 |
| 187 | 0009 | De Mol | Dorien | F45 | F35+ | | 01:00:43 | 06:11 |
| 188 | 0131 | Graulius | Lobke | F46 | F35- | | 01:00:44 | 06:11 |
| 189 | 0130 | Graulius | Elke | F47 | F35- | | 01:00:59 | 06:13 |
| 190 | 0034 | Dedroog | Birne | F48 | F35- | | 01:01:19 | 06:15 |
| 191 | 0035 | Put | Giel | M142 | M35- | | 01:01:20 | 06:15 |
| 192 | 0025 | De Broyer | Björn | M143 | M35+ | Foederer - Reyno | 01:01:41 | 06:17 |
| 193 | 0071 | Renaud | Lizzy | F49 | F35+ | OptiRun | 01:02:07 | 06:20 |
| 194 | 0106 | Myny | Danny | M144 | M55+ | | 01:02:20 | 06:21 |
| 195 | 0049 | Grommen | Emelie | F50 | F35- | | 01:03:08 | 06:26 |
| 196 | 0158 | Marchal | Bieke | F51 | F35- | | 01:03:14 | 06:27 |
| 197 | 0157 | Abrams | Astrid | F52 | F35- | | 01:03:15 | 06:27 |
| 198 | 0328 | Segers | Reile | F53 | F35- | | 01:04:00 | 06:31 |
| 199 | 0351 | Robben | Thibaut | M145 | M35- | Gezondheidsprakt | 01:04:01 | 06:31 |
| 200 | 0393 | SALIMI NADEM | Pejman | M146 | M35+ | | 01:04:26 | 06:34 |
| 201 | 0070 | Machiels | Shari | F54 | F35- | | 01:05:18 | 06:39 |
| 202 | 0309 | Oome | Hanne | F55 | F35- | Rugbyclub Hasselt | 01:05:23 | 06:40 |
| 203 | 0026 | Hubin | Elouise | F56 | F35+ | Foederer - Reyno | 01:06:11 | 06:45 |
| 204 | 0059 | Jongen | Emma | F57 | F35- | | 01:06:36 | 06:47 |
| 205 | 0104 | Verwimp | Jana Freya | F58 | F35- | | 01:06:37 | 06:47 |
| 206 | 0111 | vermeesch | lieselotte | F59 | F35- | | 01:07:16 | 06:51 |
| 207 | 0002 | marcoen | petra | F60 | F35+ | | 01:08:05 | 06:56 |
| 208 | 0036 | Bogaers | Danielle | F61 | F35+ | | 01:08:09 | 06:57 |
| 209 | 0112 | Christiaans | Maika | F62 | F35- | | 01:08:20 | 06:58 |
| 210 | 0060 | Bosmans | Elke | F63 | F45+ | | 01:08:32 | 06:59 |
| 211 | 0117 | Vandebroek | Geike | F64 | F35- | | 01:08:44 | 07:00 |
| 212 | 0103 | Vandereyken | Roos | F65 | F35- | | 01:09:23 | 07:04 |
| 213 | 0063 | De Wispelaere | Ottelien | F66 | F35- | | 01:09:24 | 07:04 |
| 214 | 0056 | Michiels | Lotte | F67 | F35- | | 01:11:12 | 07:15 |
| 215 | 0040 | Sempels Gaethofs | Els | F68 | F35- | | 01:11:13 | 07:16 |
| 216 | 0055 | Deswert | Nick | M147 | M35+ | | 01:11:14 | 07:16 |
| 217 | 0019 | Vanden Eynde | Katja | F69 | F45+ | Foederer | 01:12:32 | 07:24 |
| 218 | 0392 | HAMTAEI | Sarallah | M148 | M35+ | | 01:12:35 | 07:24 |

Vitaal gezondheidspraktijk 10 km - Men 35-

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-----------------|------------|-----|------|-------------------------|----------|--------|
| 1 | 0119 | Vanherck | Jorne | M1 | M35- | Meerhoutse Atletiekclub | 00:32:07 | 03:16 |
| 2 | 7133 | Van Asselbergh | Jorden | M2 | M35- | GS Running team | 00:33:41 | 03:26 |
| 3 | 0141 | Vanvelthoven | Rune | M3 | M35- | | 00:34:11 | 03:29 |
| 4 | 7155 | Vroonen | Brecht | M4 | M35- | Atletiekclub Alkmaar | 00:35:10 | 03:35 |
| 5 | 0382 | Hulsmans | Micha | M5 | M35- | | 00:36:44 | 03:44 |
| 6 | 0064 | Jutten | Ward | M6 | M35- | Looise | 00:36:50 | 03:45 |
| 7 | 0372 | Janssens | Glenn | M7 | M35- | | 00:37:29 | 03:49 |
| 8 | 0310 | Van den Bussche | Ruben | M8 | M35- | | 00:37:59 | 03:52 |
| 9 | 0092 | KUNNEN | Gijs | M9 | M35- | VACH | 00:38:27 | 03:55 |
| 10 | 0345 | Vanhengel | Maarten | M10 | M35- | Gezondheidspraktijk | 00:38:30 | 03:55 |
| 11 | 0067 | Gysemans | Jordy | M11 | M35- | | 00:38:43 | 03:57 |
| 12 | 7106 | morhaye | adger | M12 | M35- | adger.morhayegrup | 00:39:26 | 04:01 |
| 13 | 7083 | Van Schelvergem | Gertjan | M13 | M35- | Triathlon Vlaanderen | 00:40:20 | 04:06 |
| 14 | 0066 | Ngaikpu | Reimond | M14 | M35- | | 00:41:08 | 04:11 |
| 15 | 7120 | Schevenels | Jarno | M15 | M35- | TACT | 00:41:14 | 04:12 |
| 16 | 7002 | Slegers | Ayrton | M16 | M35- | | 00:41:24 | 04:13 |
| 17 | 0383 | Pauly | Ruben | M17 | M35- | | 00:41:32 | 04:14 |
| 18 | 0089 | Wiame | Niels | M18 | M35- | | 00:41:38 | 04:14 |
| 19 | 0113 | tummillo | daan | M19 | M35- | UCLL Start To Move | 00:42:07 | 04:17 |
| 20 | 0017 | Dewijngaert | Nick | M20 | M35- | Foederer | 00:42:14 | 04:18 |
| 21 | 7145 | Jacobs | Stephen | M21 | M35- | Hoeselt Runners | 00:44:08 | 04:30 |
| 22 | 0027 | Ramaekers | Yorben | M22 | M35- | Foederer - Reynold | 00:45:36 | 04:39 |
| 23 | 0016 | Jansen | Dieter | M23 | M35- | Foederer | 00:46:08 | 04:42 |
| 24 | 0132 | Govaerts | Siebe | M24 | M35- | | 00:46:21 | 04:43 |
| 25 | 0012 | Jacobs | Bram | M25 | M35- | Foederer | 00:46:49 | 04:46 |
| 26 | 0156 | Elia | Tijmen | M26 | M35- | | 00:47:01 | 04:47 |
| 27 | 0088 | Schouteden | Stef | M27 | M35- | | 00:47:39 | 04:51 |
| 28 | 0079 | Samoey | Jeroen | M28 | M35- | OptiRun | 00:48:20 | 04:55 |
| 29 | 0013 | Ackermann | Oscar | M29 | M35- | Foederer | 00:48:36 | 04:57 |
| 30 | 0018 | Wouters | Benne | M30 | M35- | Foederer | 00:51:07 | 05:12 |
| 31 | 7163 | Lelièvre | Pieter | M31 | M35- | | 00:51:13 | 05:13 |
| 32 | 0045 | Bollen | Axel | M32 | M35- | | 00:51:19 | 05:14 |
| 33 | 0305 | Engelen | Roy | M33 | M35- | | 00:51:20 | 05:14 |
| 34 | 0123 | Vanstraelen | Victor | M34 | M35- | RC Hasselt | 00:51:25 | 05:14 |
| 35 | 0077 | Doupagne | Dennis | M35 | M35- | OptiRun | 00:53:01 | 05:24 |
| 36 | 0022 | Pacione | Fabio | M36 | M35- | Foederer | 00:53:49 | 05:29 |
| 37 | 0044 | Abrahams | Tom | M37 | M35- | | 00:55:40 | 05:40 |
| 38 | 0048 | Thys | Stan | M38 | M35- | | 00:55:48 | 05:41 |

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|------------|------------|-----|------|------------------|----------|--------|
| 39 | 0023 | Swerts | Simon | M39 | M35- | Foederer - Reyno | 00:55:53 | 05:42 |
| 40 | 0028 | Peijffers | Jelle | M40 | M35- | | 00:56:36 | 05:46 |
| 41 | 0314 | Vranken | Rune | M41 | M35- | | 00:57:13 | 05:50 |
| 42 | 0315 | Heulsen | Dries | M42 | M35- | | 00:57:14 | 05:50 |
| 43 | 0015 | Peeters | Jente | M43 | M35- | Foederer | 00:57:15 | 05:50 |
| 44 | 0129 | Gorinsek | Daan | M44 | M35- | | 00:57:16 | 05:50 |
| 45 | 0125 | Oversteyns | Jens | M45 | M35- | Rugbyclub Hassel | 00:57:44 | 05:53 |
| 46 | 0050 | Goossens | Laurens | M46 | M35- | | 00:58:03 | 05:55 |
| 47 | 0035 | Put | Giel | M47 | M35- | | 01:01:20 | 06:15 |
| 48 | 0351 | Robben | Thibaut | M48 | M35- | Gezondheidsprakt | 01:04:01 | 06:31 |

Vitaal gezondheidspraktijk 10 km - Men 35+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|---------------|------------|-----|------|------------------|----------|--------|
| 1 | 0142 | Boden | Niki | M1 | M35+ | SQM Running te | 00:32:54 | 03:21 |
| 2 | 7069 | Warnant | Leander | M2 | M35+ | | 00:33:39 | 03:26 |
| 3 | 7070 | Jeuris | Jef | M3 | M35+ | JJ Happy Run Cc | 00:34:58 | 03:34 |
| 4 | 7087 | Nguyen | Tien-Thanh | M4 | M35+ | AmsRunners | 00:37:16 | 03:48 |
| 5 | 7047 | Leunen | Jo | M5 | M35+ | Bokkerijderstea | 00:37:24 | 03:48 |
| 6 | 0096 | VANDERSTRICHT | Jean-Marc | M6 | M35+ | VACH | 00:39:45 | 04:03 |
| 7 | 0330 | Max | Tom | M7 | M35+ | | 00:40:01 | 04:04 |
| 8 | 0149 | Jouck | Yannick | M8 | M35+ | | 00:40:25 | 04:07 |
| 9 | 0387 | Luys | Maarten | M9 | M35+ | | 00:40:28 | 04:07 |
| 10 | 0322 | Jans | Bert | M10 | M35+ | ACA | 00:40:55 | 04:10 |
| 11 | 0161 | Bart | Sampermans | M11 | M35+ | Dcla halen | 00:41:01 | 04:11 |
| 12 | 0069 | Meesters | Sven | M12 | M35+ | | 00:43:30 | 04:26 |
| 13 | 0095 | CAROLAN | Phil | M13 | M35+ | VACH | 00:44:02 | 04:29 |
| 14 | 0162 | Geurts | Joris | M14 | M35+ | | 00:45:06 | 04:36 |
| 15 | 0121 | Michiels | Domien | M15 | M35+ | | 00:46:26 | 04:44 |
| 16 | 0087 | Mondelaers | Sam | M16 | M35+ | | 00:47:12 | 04:48 |
| 17 | 0380 | Thijs | Koen | M17 | M35+ | | 00:47:22 | 04:50 |
| 18 | 0058 | Langers | Kevin | M18 | M35+ | | 00:48:14 | 04:55 |
| 19 | 0074 | Vanparijs | Steven | M19 | M35+ | OptiRun | 00:48:33 | 04:57 |
| 20 | 0154 | Dumbrill | Samuel | M20 | M35+ | | 00:49:43 | 05:04 |
| 21 | 0020 | Houben | Geert | M21 | M35+ | Foederer | 00:49:46 | 05:04 |
| 22 | 0057 | Bormans | Kasper | M22 | M35+ | | 00:49:56 | 05:05 |
| 23 | 0062 | Geelen | Maarten | M23 | M35+ | | 00:50:25 | 05:08 |
| 24 | 0021 | Vanrusselt | Stijn | M24 | M35+ | Foederer | 00:51:05 | 05:12 |
| 25 | 0082 | Meykens | Michiel | M25 | M35+ | OptiRun | 00:51:05 | 05:12 |
| 26 | 0075 | Minnart | Gert | M26 | M35+ | OptiRun | 00:51:51 | 05:17 |
| 27 | 0073 | Vangeel | Koen | M27 | M35+ | OptiRun | 00:52:59 | 05:24 |
| 28 | 0343 | Minten | Niels | M28 | M35+ | Gezondheidsprakt | 00:54:02 | 05:30 |
| 29 | 0348 | Heleven | Senne | M29 | M35+ | Gezondheidsprakt | 00:54:36 | 05:34 |
| 30 | 0337 | Luys | Stijn | M30 | M35+ | Wroetende Pony | 00:55:22 | 05:38 |
| 31 | 0068 | Vanneste | Thibaut | M31 | M35+ | | 00:55:26 | 05:39 |
| 32 | 0306 | Vandersmissen | Mathy | M32 | M35+ | | 00:56:02 | 05:43 |
| 33 | 0025 | De Broyer | Björn | M33 | M35+ | Foederer - Reyno | 01:01:41 | 06:17 |
| 34 | 0393 | SALIMI NADEM | Pejman | M34 | M35+ | | 01:04:26 | 06:34 |
| 35 | 0055 | Deswert | Nick | M35 | M35+ | | 01:11:14 | 07:16 |
| 36 | 0392 | HAMTAEI | Sarallah | M36 | M35+ | | 01:12:35 | 07:24 |

Vitaal gezondheidspraktijk 10 km - Men 45+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|--------------|------------|-----|------|--------------------|----------|--------|
| 1 | 7086 | Theys | Kevin | M1 | M45+ | SQM runningtea | 00:34:26 | 03:30 |
| 2 | 0126 | Van de Gaer | Wesley | M2 | M45+ | SQM running tea | 00:34:39 | 03:32 |
| 3 | 7118 | Vossius | Peter | M3 | M45+ | Sqm runningtea | 00:35:15 | 03:35 |
| 4 | 0317 | Trappeniers | Philip | M4 | M45+ | | 00:35:44 | 03:38 |
| 5 | 0324 | Sneyers | Jimmy | M5 | M45+ | | 00:36:58 | 03:46 |
| 6 | 7105 | Vanden Bempt | Hans | M6 | M45+ | SQMrunningtea | 00:37:44 | 03:51 |
| 7 | 7027 | Stijnen | David | M7 | M45+ | Ac Alken | 00:39:54 | 04:04 |
| 8 | 0144 | De Prins | Bruno | M8 | M45+ | | 00:40:48 | 04:09 |
| 9 | 0139 | Neven | John | M9 | M45+ | | 00:41:34 | 04:14 |
| 10 | 0384 | Hengst | Marco | M10 | M45+ | | 00:41:36 | 04:14 |
| 11 | 0137 | Olefs | Kris | M11 | M45+ | | 00:42:09 | 04:18 |
| 12 | 0105 | Deprez | Marco | M12 | M45+ | Geen | 00:42:33 | 04:20 |
| 13 | 0374 | Verboven | Juan | M13 | M45+ | | 00:42:58 | 04:23 |
| 14 | 0005 | Declercq | Pedro | M14 | M45+ | | 00:43:55 | 04:28 |
| 15 | 0381 | Kinnaer | Thijs | M15 | M45+ | | 00:43:59 | 04:29 |
| 16 | 0090 | millen | jurgen | M16 | M45+ | fighters against c | 00:44:20 | 04:31 |
| 17 | 7021 | De Rouck | Dave | M17 | M45+ | LC De Rouckies | 00:45:23 | 04:37 |
| 18 | 0122 | Bossens | Jimmy | M18 | M45+ | | 00:46:00 | 04:41 |
| 19 | 0094 | ARDUI | Johan | M19 | M45+ | VACH | 00:46:43 | 04:46 |
| 20 | 7016 | Polders | Kevin | M20 | M45+ | Road Runners H | 00:47:02 | 04:47 |
| 21 | 7143 | Vandeweyer | Kris | M21 | M45+ | | 00:47:08 | 04:48 |
| 22 | 0332 | Van de Velde | Anthony | M22 | M45+ | | 00:47:43 | 04:52 |
| 23 | 0124 | Smets | Tom | M23 | M45+ | Rugbyclub Hassel | 00:47:47 | 04:52 |
| 24 | 0052 | Rijskens | Sven | M24 | M45+ | | 00:50:04 | 05:06 |
| 25 | 0386 | Cools | Guy | M25 | M45+ | | 00:51:00 | 05:12 |
| 26 | 0140 | Plevoets | Kenny | M26 | M45+ | Road Runners H | 00:52:12 | 05:19 |
| 27 | 0358 | Henderix | Jeroen | M27 | M45+ | | 00:53:19 | 05:26 |
| 28 | 7038 | Cammaerts | Bart | M28 | M45+ | Jogger Jo Schoor | 00:54:16 | 05:32 |
| 29 | 0388 | nico | mullens | M29 | M45+ | nee | 00:54:58 | 05:36 |
| 30 | 0024 | Jordens | Tim | M30 | M45+ | Foederer - Reyno | 00:55:21 | 05:38 |
| 31 | 7050 | Coenen | David | M31 | M45+ | | 00:55:28 | 05:39 |
| 32 | 0325 | Biesmans | Filip | M32 | M45+ | | 00:57:20 | 05:51 |
| 33 | 0326 | nulens | nicolas | M33 | M45+ | | 00:57:20 | 05:51 |
| 34 | 0369 | Jans | Mark | M34 | M45+ | | 00:59:10 | 06:02 |
| 35 | 0378 | Coenen | Robby | M35 | M45+ | | 00:59:38 | 06:05 |
| 36 | 0134 | Deckers | Danny | M36 | M45+ | | 01:00:23 | 06:09 |

Vitaal gezondheidspraktijk 10 km - Men 55+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-------------|------------|-----|------|-------------------|----------|--------|
| 1 | 7090 | Philippe | Patrick | M1 | M55+ | JiA | 00:35:11 | 03:35 |
| 2 | 0128 | Verlinden | Herwig | M2 | M55+ | rsca | 00:36:56 | 03:46 |
| 3 | 0116 | Maris | Peter | M3 | M55+ | VACH | 00:37:09 | 03:47 |
| 4 | 0110 | Waterschoot | Eric | M4 | M55+ | DCLA HALEN | 00:39:12 | 03:59 |
| 5 | 0115 | D'AVELINO | MICHAEL | M5 | M55+ | MICHAEL D'AV | 00:39:31 | 04:01 |
| 6 | 7153 | Wouters | Chriske | M6 | M55+ | SQM RUNNING | 00:39:53 | 04:04 |
| 7 | 0385 | Piet | Vangeel | M7 | M55+ | Hoeselt Run | 00:40:47 | 04:09 |
| 8 | 7039 | Requilé | Philippe | M8 | M55+ | Bokkerijderstean | 00:42:11 | 04:18 |
| 9 | 7154 | Slegers | Werner | M9 | M55+ | GeTC | 00:43:28 | 04:26 |
| 10 | 7137 | Deneuker | Tony | M10 | M55+ | Hoeselt run | 00:46:11 | 04:42 |
| 11 | 0101 | BIJLOOS | Erik | M11 | M55+ | VACH | 00:46:39 | 04:45 |
| 12 | 0053 | Luykx | Johny | M12 | M55+ | | 00:48:31 | 04:57 |
| 13 | 0120 | Calders | Rudy | M13 | M55+ | | 00:50:03 | 05:06 |
| 14 | 0159 | Wijnen | Guido | M14 | M55+ | Hoeselt Run | 00:50:20 | 05:08 |
| 15 | 0100 | SCHUT | Johnny | M15 | M55+ | VACH | 00:50:21 | 05:08 |
| 16 | 0099 | GIELKENS | Marc | M16 | M55+ | VACH | 00:51:02 | 05:12 |
| 17 | 0147 | Hiemeleers | Mark | M17 | M55+ | | 00:52:35 | 05:21 |
| 18 | 0107 | vanaenrode | ronny | M18 | M55+ | | 00:53:59 | 05:30 |
| 19 | 7112 | Vandenbergh | Eddy | M19 | M55+ | Allein luk t ouch | 00:56:47 | 05:47 |
| 20 | 7157 | Beirinckx | Peter | M20 | M55+ | Beerrunners | 00:59:39 | 06:05 |
| 21 | 0106 | Myny | Danny | M21 | M55+ | | 01:02:20 | 06:21 |

Vitaal gezondheidspraktijk 10 km - Men 65+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-------------|------------|-----|------|------------|----------|--------|
| 1 | 7030 | Werckx | Ludo | M1 | M65+ | ACA | 00:40:34 | 04:08 |
| 2 | 7125 | Hiemeleers | Marc | M2 | M65+ | AC Alken | 00:41:18 | 04:12 |
| 3 | 0160 | Dekens | Danny | M3 | M65+ | Dcla Halen | 00:42:18 | 04:18 |
| 4 | 7012 | Verschueren | Frank | M4 | M65+ | | 00:46:04 | 04:42 |
| 5 | 7099 | Govaerts | Kris | M5 | M65+ | AC Alken | 00:50:58 | 05:12 |
| 6 | 0114 | Buekers | Marc | M6 | M65+ | Z.A.C. | 00:51:08 | 05:13 |
| 7 | 0151 | Eersels | Patrick | M7 | M65+ | | 00:54:52 | 05:35 |

Vitaal gezondheidspraktijk 10 km - Women 35-

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|------------------|------------|-----|------|---------------------|----------|--------|
| 1 | 0344 | Moons | Nele | V1 | V35- | Gezondheidspraktijk | 00:43:58 | 04:29 |
| 2 | 0155 | Van Marcke | Sara | V2 | V35- | | 00:53:25 | 05:27 |
| 3 | 0390 | Vandooren | Drea | V3 | V35- | ATLA | 00:53:51 | 05:29 |
| 4 | 0389 | Vandooren | Emma | V4 | V35- | | 00:53:52 | 05:29 |
| 5 | 7121 | Hiemeleers | Queeny | V5 | V35- | | 00:53:53 | 05:29 |
| 6 | 0127 | Bruggen | Lien | V6 | V35- | | 00:54:10 | 05:31 |
| 7 | 0138 | Van Bogaert | Jutta | V7 | V35- | | 00:55:33 | 05:40 |
| 8 | 0043 | Vanreppelen | Hanne | V8 | V35- | | 00:55:39 | 05:40 |
| 9 | 0377 | Winters | Hanne | V9 | V35- | | 00:55:41 | 05:40 |
| 10 | 0047 | Matthys | Sofie | V10 | V35- | KBC Sint-Truiden | 00:55:47 | 05:41 |
| 11 | 0041 | Van Gaever | Aagje | V11 | V35- | | 00:56:05 | 05:43 |
| 12 | 0014 | Vanderhoydonks | Nele | V12 | V35- | Foederer | 00:59:51 | 06:06 |
| 13 | 0086 | Vanderhoydonks | Ine | V13 | V35- | | 00:59:52 | 06:06 |
| 14 | 0010 | | Katrien | V14 | V35- | Foederer | 00:59:54 | 06:06 |
| 15 | 0008 | Simkens | Kiara | V15 | V35- | | 01:00:20 | 06:09 |
| 16 | 0131 | Graulius | Lobke | V16 | V35- | | 01:00:44 | 06:11 |
| 17 | 0130 | Graulius | Elke | V17 | V35- | | 01:00:59 | 06:13 |
| 18 | 0034 | Dedroog | Birne | V18 | V35- | | 01:01:19 | 06:15 |
| 19 | 0049 | Grommen | Emelie | V19 | V35- | | 01:03:08 | 06:26 |
| 20 | 0158 | Marchal | Bieke | V20 | V35- | | 01:03:14 | 06:27 |
| 21 | 0157 | Abrams | Astrid | V21 | V35- | | 01:03:15 | 06:27 |
| 22 | 0328 | Segers | Reile | V22 | V35- | | 01:04:00 | 06:31 |
| 23 | 0070 | Machiels | Shari | V23 | V35- | | 01:05:18 | 06:39 |
| 24 | 0309 | Oome | Hanne | V24 | V35- | Rugbyclub Hasselt | 01:05:23 | 06:40 |
| 25 | 0059 | Jongen | Emma | V25 | V35- | | 01:06:36 | 06:47 |
| 26 | 0104 | Verwimp | Jana Freya | V26 | V35- | | 01:06:37 | 06:47 |
| 27 | 0111 | vermeesch | lieselotte | V27 | V35- | | 01:07:16 | 06:51 |
| 28 | 0112 | Christiaans | Maika | V28 | V35- | | 01:08:20 | 06:58 |
| 29 | 0117 | Vandebroek | Geike | V29 | V35- | | 01:08:44 | 07:00 |
| 30 | 0103 | Vandereyken | Roos | V30 | V35- | | 01:09:23 | 07:04 |
| 31 | 0063 | De Wispelaere | Ottelien | V31 | V35- | | 01:09:24 | 07:04 |
| 32 | 0056 | Michiels | Lotte | V32 | V35- | | 01:11:12 | 07:15 |
| 33 | 0040 | Sempels Gaethofs | Els | V33 | V35- | | 01:11:13 | 07:16 |

Vitaal gezondheidspraktijk 10 km - Women 35+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-------------------|------------|-----|------|------------------|----------|--------|
| 1 | 7089 | Philippe-Stoumont | Laure | V1 | V35+ | JiA | 00:42:00 | 04:17 |
| 2 | 0146 | Bodocka | Zuzana | V2 | V35+ | | 00:43:56 | 04:28 |
| 3 | 0376 | Van Kaert | Inge | V3 | V35+ | team hart | 00:44:45 | 04:33 |
| 4 | 0331 | Hawinkel | Sarah | V4 | V35+ | | 00:49:50 | 05:05 |
| 5 | 0038 | Wilks | Helen | V5 | V35+ | | 00:51:04 | 05:12 |
| 6 | 0150 | Aerts | Lucinda | V6 | V35+ | | 00:51:30 | 05:15 |
| 7 | 0083 | Sfirtsis | Nathalie | V7 | V35+ | OptiRun | 00:55:35 | 05:40 |
| 8 | 7092 | Hiemeleers | Sharon | V8 | V35+ | AC Alken | 01:00:07 | 06:08 |
| 9 | 0145 | Brebels | Ilse | V9 | V35+ | | 01:00:28 | 06:10 |
| 10 | 0004 | Van De Sompel | Marjolein | V10 | V35+ | | 01:00:43 | 06:11 |
| 11 | 0009 | De Mol | Dorien | V11 | V35+ | | 01:00:43 | 06:11 |
| 12 | 0071 | Renaud | Lizzy | V12 | V35+ | OptiRun | 01:02:07 | 06:20 |
| 13 | 0026 | Hubin | Elouise | V13 | V35+ | Foederer - Reyno | 01:06:11 | 06:45 |
| 14 | 0002 | marcoen | petra | V14 | V35+ | | 01:08:05 | 06:56 |
| 15 | 0036 | Bogaers | Danielle | V15 | V35+ | | 01:08:09 | 06:57 |

Vitaal gezondheidspraktijk 10 km - Women 45+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|--------------|------------|-----|------|-----------------|----------|--------|
| 1 | 7095 | Shaham | Sarah | V1 | V45+ | | 00:42:55 | 04:22 |
| 2 | 7057 | Schroven | Hilde | V2 | V45+ | GS Running team | 00:43:34 | 04:26 |
| 3 | 7065 | Knapen | Griet | V3 | V45+ | VACH | 00:44:10 | 04:30 |
| 4 | 0091 | Cosemans | Kirsten | V4 | V45+ | VACH | 00:49:52 | 05:05 |
| 5 | 0373 | De Bus | Martien | V5 | V45+ | VACH | 00:49:52 | 05:05 |
| 6 | 7082 | Croughs | An | V6 | V45+ | | 00:50:07 | 05:06 |
| 7 | 0153 | Moors | Katleen | V7 | V45+ | Hoeselt Run | 00:50:19 | 05:08 |
| 8 | 0093 | SCHOLS | Carmen | V8 | V45+ | VACH | 00:51:20 | 05:14 |
| 9 | 7017 | Schunselaar | Maaike | V9 | V45+ | Aca Alken | 00:54:19 | 05:32 |
| 10 | 0152 | Matsch | Wiebke | V10 | V45+ | | 00:57:24 | 05:51 |
| 11 | 0061 | Kuylen | Sabine | V11 | V45+ | | 00:57:26 | 05:51 |
| 12 | 0135 | Goeman | Ilse | V12 | V45+ | | 01:00:22 | 06:09 |
| 13 | 0060 | Bosmans | Elke | V13 | V45+ | | 01:08:32 | 06:59 |
| 14 | 0019 | Vanden Eynde | Katja | V14 | V45+ | Foederer | 01:12:32 | 07:24 |

Vitaal gezondheidspraktijk 10 km - Women 55+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|----------------|------------|-----|------|---------------------|----------|--------|
| 1 | 0102 | Vankrunkelsven | Leen | V1 | V55+ | VACH | 00:42:32 | 04:20 |
| 2 | 0098 | VANKRUNKELSVEN | Christel | V2 | V55+ | VACH | 00:45:57 | 04:41 |
| 3 | 7081 | Moons | Lydia | V3 | V55+ | | 00:47:45 | 04:52 |
| 4 | 0379 | Duchateau | Clemie | V4 | V55+ | Atletiek Maastricht | 00:49:23 | 05:02 |
| 5 | 7056 | Philippaerts | Greta | V5 | V55+ | ACAAlken | 00:51:55 | 05:17 |
| 6 | 0046 | DHONDT | CORINNE | V6 | V55+ | SVH KURINGE | 00:57:50 | 05:54 |

Vitaal gezondheidspraktijk 10 km - Women 65+

| Place | Bibnr | Last name | First name | M/F | Cat | Club | Time | min/km |
|-------|-------|-----------|------------|-----|------|----------|----------|--------|
| 1 | 7098 | Van Zand | Maja | V1 | V65+ | AC Alken | 00:54:18 | 05:32 |