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|----|---------------------|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|-------|
| 1 | VAN EECKHOUT Ingrid | SAPO | 140 | 3:50 | 150 | 3:31 | 150 | 3:32 | 110 | 3:20 | 150 | 3:35 | 590 | 14:28 |
| 2 | GEERINCK Sabin | FORT | 0 | 0:00 | 150 | 3:57 | 130 | 3:50 | 60 | 4:00 | 150 | 3:52 | 490 | 15:39 |
| 3 | BOOGAERTS Liesbet | DMST | 0 | 0:00 | 120 | 3:29 | 130 | 3:14 | 80 | 3:15 | 140 | 3:08 | 470 | 13:06 |
| | <i>HEREN</i> | | | | | | | | | | | | | |
| 1 | SERNEELS Francis | FORT | 190 | 3:05 | 150 | 2:54 | 180 | 2:26 | 150 | 3:01 | 180 | 2:55 | 700 | 11:20 |
| 2 | SERNEELS Jens | FORT | 140 | 3:56 | 160 | 2:50 | 170 | 2:52 | 120 | 2:31 | 150 | 2:50 | 620 | 12:28 |
| 3 | ROELANDT Walter | ARG | 150 | 3:11 | 170 | 2:55 | 150 | 2:58 | 120 | 3:14 | 110 | 3:03 | 590 | 12:18 |
| 4 | VAN CRAEN Walter | PVL | 140 | 3:04 | 120 | 3:05 | 0 | 0:00 | 160 | 3:20 | 160 | 3:29 | 580 | 12:58 |
| 5 | EVERAERTS René | SAPO | 120 | 3:29 | 140 | 3:12 | 100 | 3:05 | 170 | 3:21 | 150 | 3:06 | 580 | 13:08 |
| 6 | BOUDENOODT Yvo | FORT | 0 | 0:00 | 140 | 3:02 | 120 | 3:01 | 160 | 3:05 | 130 | 3:22 | 550 | 12:30 |
| 7 | KEMLAND Gert | FORT | 0 | 0:00 | 160 | 3:05 | 120 | 3:09 | 80 | 2:58 | 180 | 3:02 | 540 | 12:14 |
| 8 | VAN DESSEL Luc | FORT | 140 | 3:15 | 110 | 3:30 | 110 | 3:42 | 130 | 3:46 | 140 | 3:42 | 520 | 14:13 |
| 9 | TILBORGHES Dirk | MILD | 100 | 3:30 | 140 | 3:25 | 120 | 3:07 | 140 | 3:38 | 110 | 3:25 | 510 | 13:35 |
| 10 | VERCAUTEREN Leo | FORT | 80 | 4:00 | 100 | 4:00 | 150 | 3:39 | 140 | 4:00 | 120 | 3:58 | 510 | 15:37 |
| 11 | BUDTS Eduard | FORT | 150 | 3:20 | 110 | 3:20 | 60 | 3:14 | 110 | 2:55 | 130 | 3:09 | 500 | 12:44 |
| 12 | VAES Marc | DMST | 90 | 3:31 | 110 | 3:31 | 150 | 3:12 | 150 | 3:39 | 0 | 0:00 | 500 | 13:53 |
| 13 | WITTERS Herman | FORT | 90 | 4:00 | 130 | 3:44 | 0 | 0:00 | 160 | 3:43 | 110 | 3:39 | 490 | 15:06 |
| 14 | VAN DER VEKEN Hans | 30M1 | 150 | 2:55 | 80 | 3:30 | 60 | 2:51 | 100 | 2:54 | 150 | 3:51 | 480 | 13:10 |
| 15 | DESCHRYVER Marc | FORT | 0 | 0:00 | 110 | 4:00 | 80 | 4:00 | 120 | 3:34 | 140 | 3:43 | 450 | 15:17 |
| 16 | LEPPENS Luc | DMST | 80 | 3:30 | 110 | 3:16 | 70 | 3:02 | 70 | 3:02 | 130 | 2:59 | 390 | 12:47 |
| 17 | MOONS Thomas | FORT | 0 | 0:00 | 90 | 3:22 | 130 | 3:46 | 90 | 3:31 | 0 | 0:00 | 310 | 10:39 |
| 18 | ADAMS Jozef | DMST | 0 | 0:00 | 70 | 4:13 | 40 | 3:53 | 70 | 3:51 | 70 | 3:20 | 250 | 15:17 |
| 19 | VERBIST Jan | SAPO | 70 | 3:26 | 30 | 2:55 | 40 | 3:05 | 50 | 3:08 | 50 | 2:49 | 240 | 12:28 |
| 20 | VERHULSEL Rudy | FORT | 0 | 0:00 | 0 | 0:00 | 0 | 0:00 | 100 | 3:23 | 110 | 3:23 | 210 | 6:46 |
| 21 | VAN CAMP Raymond | FORT | 0 | 0:00 | 150 | 3:20 | 0 | 0:00 | 0 | 0:00 | 0 | 0:00 | 150 | 3:20 |
| 22 | OCKERS Gustaaf | MSV | 50 | 3:59 | 20 | 4:00 | 40 | 4:00 | 20 | 4:00 | 20 | 4:00 | 130 | 15:59 |
| 23 | RAEYMAEKERS Rob | FORT | 0 | 0:00 | 100 | 3:22 | 0 | 0:00 | 0 | 0:00 | 0 | 0:00 | 100 | 3:22 |
| 24 | VISSERS Tom | DMST | 0 | 0:00 | 30 | 4:00 | 0 | 0:00 | 30 | 3:37 | 40 | 2:55 | 100 | 10:32 |
| 25 | CABUY Kris | FORT | 0 | 0:00 | 50 | 3:05 | 0 | 0:00 | 30 | 2:54 | 0 | 0:00 | 80 | 5:59 |
| 26 | WILMS Tom | DMST | 0 | 0:00 | 40 | 3:30 | 30 | 3:23 | 0 | 0:00 | 0 | 0:00 | 70 | 6:53 |
| 27 | VAN CAMP Luc | FORT | 0 | 0:00 | 0 | 0:00 | 0 | 0:00 | 20 | 4:00 | 50 | 4:00 | 70 | 8:00 |
| 28 | BOUDENOODT Emiel | FORT | 0 | 0:00 | 0 | 0:00 | 60 | 3:30 | 0 | 0:00 | 0 | 0:00 | 60 | 3:30 |
| 29 | VAN NIJLEN Harry | DMST | 0 | 0:00 | 0 | 0:00 | 0 | 0:00 | 0 | 0:00 | 50 | 3:22 | 50 | 3:22 |
| 30 | BOUDENOODT Lowie | FORT | 0 | 0:00 | 0 | 0:00 | 40 | 3:30 | 0 | 0:00 | 0 | 0:00 | 40 | 3:30 |
| 31 | LEYSEN Hans | DMST | 0 | 0:00 | 40 | 3:34 | 0 | 0:00 | 0 | 0:00 | 0 | 0:00 | 40 | 3:34 |