

| Pl | Pl. Cat. | Bib | Naam | Onderdeel | Woonplaats | M/V | Flap | Start | 1e ronde | 2e ronde | Bruto | Netto |
|-----|----------|-----|------------------------|--------------|-----------------------|-----------|----------|----------|----------|----------|-----------------|----------|
| 1 | 1 | 339 | Jo Van Den Brulle | 6 km | - | Man | 00:11:56 | 00:00:12 | 00:11:56 | 00:11:56 | 00:24:05 | 00:23:53 |
| 2 | 1 | 402 | Brecht Fasseur | Politie 6 km | Gent | Heren -40 | 00:11:57 | 00:00:09 | 00:11:57 | 00:12:35 | 00:24:43 | 00:24:33 |
| 3 | 1 | 419 | Alexander De Maet | Politie 6 km | Vilvoorde | Heren +40 | 00:12:18 | 00:00:13 | 00:12:18 | 00:13:03 | 00:25:35 | 00:25:22 |
| 4 | 2 | 335 | David Begijn | 6 km | - | Man | 00:12:35 | 00:00:11 | 00:12:35 | 00:12:56 | 00:25:44 | 00:25:32 |
| 5 | 2 | 415 | Dirk Beullens | Politie 6 km | Herent | Heren +40 | 00:12:43 | 00:00:11 | 00:12:43 | | 00:25:46 | 00:25:46 |
| 6 | 3 | 334 | Steven Verniers | 6 km | - | Man | 00:12:36 | 00:00:12 | 00:12:36 | 00:13:09 | 00:25:58 | 00:25:46 |
| 7 | 3 | 413 | Wim Van Wijmeersch | Politie 6 km | Denderleeuw | Heren +40 | 00:13:02 | 00:00:12 | 00:13:02 | 00:13:51 | 00:27:05 | 00:26:53 |
| 8 | 4 | 314 | Jonas Verhaeghe | 6 km | Gent | Man | 00:13:16 | 00:00:11 | 00:13:16 | 00:13:39 | 00:27:07 | 00:26:55 |
| 9 | 4 | 421 | Tony Godart | Politie 6 km | Gent | Heren +40 | 00:13:06 | 00:00:13 | 00:13:06 | 00:13:53 | 00:27:13 | 00:27:00 |
| 10 | 2 | 412 | Jeroen Van Geyte | Politie 6 km | Geraardsbergen | Heren -40 | 00:13:26 | 00:00:10 | 00:13:26 | 00:13:42 | 00:27:19 | 00:27:09 |
| 11 | 5 | 401 | Alain Kerwyn | Politie 6 km | Oostakker | Heren +40 | 00:13:11 | 00:00:11 | 00:13:11 | 00:14:00 | 00:27:23 | 00:27:12 |
| 12 | 3 | 410 | Wannes Bogaert | Politie 6 km | Sint-Andries | Heren -40 | 00:13:19 | 00:00:12 | 00:13:19 | 00:14:05 | 00:27:37 | 00:27:25 |
| 13 | 1 | 411 | Ivan Verstraeten | Politie 6 km | Eke | Heren +50 | 00:14:01 | 00:00:13 | 00:14:01 | 00:14:45 | 00:28:59 | 00:28:46 |
| 14 | 2 | 418 | Jan Gheysens | Politie 6 km | Aartrijke | Heren +50 | 00:14:11 | 00:00:17 | 00:14:11 | 00:14:40 | 00:29:09 | 00:28:51 |
| 15 | 6 | 426 | Tony Van de Velde | Politie 6 km | - | Heren +40 | 00:13:59 | 00:00:01 | 00:13:59 | 00:15:16 | 00:29:17 | 00:29:16 |
| 16 | 4 | 428 | Joachim Boderé | Politie 6 km | - | Heren -40 | 00:14:06 | 00:00:15 | 00:14:06 | 00:15:14 | 00:29:36 | 00:29:21 |
| 17 | 5 | 345 | Luc Dhondt | 6 km | - | Man | 00:14:29 | 00:00:12 | 00:14:29 | 00:15:23 | 00:30:05 | 00:29:53 |
| 18 | 7 | | Chris Van Gaever | Politie 6 km | - | Heren +40 | | | | | 00:30:16 | |
| 19 | 1 | 404 | Anneleen Huyghe | Politie 6 km | Sint-Laureins | Dames +40 | 00:15:05 | 00:00:17 | 00:15:06 | 00:15:05 | 00:30:28 | 00:30:11 |
| 20 | 6 | 340 | Hans Laridon | 6 km | - | Man | 00:15:05 | 00:00:23 | 00:15:36 | 00:15:05 | 00:31:05 | 00:30:41 |
| 21 | 8 | 422 | Ignace De Meyer | Politie 6 km | Gent | Heren +40 | 00:14:50 | 00:00:16 | 00:14:50 | 00:16:06 | 00:31:12 | 00:30:56 |
| 22 | 2 | 420 | Evelyne Barbaix | Politie 6 km | Gent | Dames +40 | 00:15:48 | 00:00:17 | 00:15:48 | 00:16:02 | 00:32:08 | 00:31:50 |
| 23 | 7 | 341 | Nathan Laredon | 6 km | - | Man | 00:15:56 | 00:00:17 | 00:15:56 | 00:16:05 | 00:32:19 | 00:32:01 |
| 24 | 9 | 407 | Ives Seys | Politie 6 km | Gistel | Heren +40 | 00:16:10 | 00:00:26 | 00:16:10 | 00:16:34 | 00:33:11 | 00:32:45 |
| 25 | 10 | 405 | Steve Mechele | Politie 6 km | Oostende | Heren +40 | 00:16:21 | 00:00:25 | 00:16:21 | 00:16:24 | 00:33:11 | 00:32:46 |
| 26 | 1 | 417 | Séverine Tijtgat | Politie 6 km | Asper | Dames -40 | 00:15:58 | 00:00:15 | 00:15:58 | 00:17:05 | 00:33:19 | 00:33:03 |
| 27 | 8 | 344 | Robin Verschuere | 6 km | - | Man | 00:15:42 | 00:00:12 | 00:15:42 | 00:17:24 | 00:33:19 | 00:33:06 |
| 28 | 2 | 416 | Elke Frix | Politie 6 km | Herent | Dames -40 | 00:16:42 | 00:00:01 | 00:16:40 | 00:16:42 | 00:33:37 | 00:33:37 |
| 29 | 9 | 350 | Filip Wateeuw | 6 km | - | Man | 00:15:49 | 00:00:21 | 00:15:49 | 00:18:12 | 00:34:23 | 00:34:01 |
| 30 | 5 | 429 | Davy Casteleyn | Politie 6 km | PZ RIHO | Heren -40 | 00:16:11 | 00:00:12 | 00:16:11 | 00:18:50 | 00:35:15 | 00:35:02 |
| 31 | 10 | 310 | Pascal Cotton | 6 km | - | Man | 00:17:28 | 00:00:24 | 00:17:30 | 00:17:28 | 00:35:23 | 00:34:58 |
| 32 | 11 | 343 | Jeroen Pauwels | 6 km | - | Man | 00:16:40 | 00:00:23 | 00:16:40 | 00:18:25 | 00:35:29 | 00:35:05 |
| 33 | 12 | 333 | Thomas Van Der Leene | 6 km | - | Man | 00:16:56 | 00:00:21 | 00:16:56 | 00:18:26 | 00:35:44 | 00:35:22 |
| 34 | 1 | 307 | Amelie Limpens | 6 km | Evergem | Vrouw | 00:17:31 | 00:00:25 | 00:17:31 | 00:17:50 | 00:35:47 | 00:35:22 |
| 35 | 2 | 336 | Kim Weyn | 6 km | - | Vrouw | 00:17:42 | 00:00:25 | 00:17:48 | 00:17:42 | 00:35:57 | 00:35:31 |
| 36 | 1 | 431 | Annie Depreitere | Politie 6 km | PZ Damme/Knokke-Heist | Dames +50 | 00:17:28 | 00:00:19 | 00:17:28 | 00:18:24 | 00:36:12 | 00:35:53 |
| 37 | 3 | 342 | Delphine Vantomme | Politie 6 km | - | Dames -40 | 00:18:04 | 00:00:22 | 00:18:04 | 00:18:18 | 00:36:46 | 00:36:23 |
| 38 | 3 | 425 | Piet Recour | Politie 6 km | Gent | Heren +50 | 00:17:47 | 00:00:01 | 00:20:02 | 00:17:47 | 00:37:50 | 00:37:49 |
| 39 | 13 | 315 | Dylan Caestecker | 6 km | - | Man | 00:18:25 | 00:00:28 | 00:19:21 | 00:18:25 | 00:38:16 | 00:37:47 |
| 40 | 14 | 309 | Stijn De Neef | 6 km | Liezele | Man | 00:17:55 | 00:00:11 | 00:17:55 | 00:20:14 | 00:38:21 | 00:38:09 |
| 41 | 3 | 313 | Heidi Van der kelen | 6 km | De Klinge | Vrouw | 00:18:24 | 00:00:26 | 00:18:24 | 00:19:33 | 00:38:23 | 00:37:57 |
| 42 | 15 | 331 | Dieter Bruyneel | 6 km | - | Man | 00:17:28 | 00:00:14 | 00:17:28 | 00:20:55 | 00:38:38 | 00:38:23 |
| 43 | 4 | 332 | Kim De Rijcke | 6 km | - | Vrouw | 00:18:41 | 00:00:20 | 00:18:41 | 00:19:41 | 00:38:43 | 00:38:23 |
| 44 | 5 | 322 | Naomi Terriere | 6 km | Gent | Vrouw | 00:18:57 | 00:00:26 | 00:19:24 | 00:18:57 | 00:38:48 | 00:38:22 |
| 45 | 4 | 424 | Freddy D'havé | Politie 6 km | KGPAC | Heren +50 | 00:19:08 | 00:00:29 | 00:19:16 | 00:19:08 | 00:38:54 | 00:38:25 |
| 46 | 6 | 311 | Patricia t Kint | 6 km | Sint-Niklaas | Vrouw | 00:19:15 | 00:00:26 | 00:19:15 | 00:19:48 | 00:39:30 | 00:39:04 |
| 47 | 16 | 316 | Andreas Wauters | 6 km | Gent | Man | 00:19:30 | 00:00:29 | 00:19:30 | 00:20:21 | 00:40:21 | 00:39:52 |
| 48 | 17 | 312 | Guy Buytaert | 6 km | De Klinge | Man | 00:19:05 | 00:00:24 | 00:19:05 | 00:21:02 | 00:40:32 | 00:40:08 |
| 49 | 7 | 306 | Justine Boelens | 6 km | Eeklo | Vrouw | 00:19:12 | 00:00:23 | 00:19:12 | 00:21:12 | 00:40:48 | 00:40:25 |
| 50 | 8 | 304 | Shauny Van den Bossche | 6 km | Oudegem | Vrouw | 00:20:06 | 00:00:33 | 00:20:24 | 00:20:06 | 00:41:05 | 00:40:31 |
| 51 | 9 | 347 | Sophie Cagnie | 6 km | - | Vrouw | 00:20:23 | 00:00:22 | 00:20:34 | 00:20:23 | 00:41:20 | 00:40:58 |
| 52 | 10 | 346 | Floor Vandeghinste | 6 km | - | Vrouw | 00:20:26 | 00:00:22 | 00:20:34 | 00:20:26 | 00:41:22 | 00:41:00 |
| 53 | 4 | 406 | Chelsy Ryckeman | Politie 6 km | Oostende | Dames -40 | 00:19:06 | 00:00:28 | 00:21:55 | 00:19:06 | 00:41:30 | 00:41:01 |
| 54 | 11 | 349 | Celine Roelants | 6 km | - | Vrouw | 00:20:19 | 00:00:21 | 00:20:19 | 00:22:08 | 00:42:49 | 00:42:28 |
| 55 | 12 | 348 | Nicky Van Holsbeek | 6 km | - | Vrouw | 00:20:14 | 00:00:20 | 00:20:14 | 00:22:14 | 00:42:49 | 00:42:28 |
| 56 | 5 | 432 | Mila Gheeraert | Politie 6 km | PZ RIHO | Dames -40 | 00:20:16 | 00:00:23 | 00:20:16 | 00:22:18 | 00:42:58 | 00:42:35 |
| 57 | 6 | 427 | Petra Deleurere | Politie 6 km | - | Dames -40 | 00:21:08 | 00:00:33 | 00:21:19 | 00:21:08 | 00:43:01 | 00:42:27 |
| 58 | 18 | 338 | Dimitri Taghon | 6 km | - | Man | 00:20:53 | 00:00:20 | 00:20:53 | 00:22:23 | 00:43:37 | 00:43:16 |
| 59 | 19 | 323 | Sébastien Van Neste | 6 km | Pittem | Man | 00:20:34 | 00:00:32 | 00:20:34 | 00:22:52 | 00:43:59 | 00:43:27 |
| 60 | 13 | 327 | Femke De Kuiper | 6 km | - | Vrouw | 00:20:55 | 00:00:31 | 00:20:55 | 00:23:07 | 00:44:33 | 00:44:02 |
| 61 | 14 | 300 | Lobke Aelbrecht | 6 km | Gentbrugge | Vrouw | 00:20:56 | 00:00:29 | 00:20:56 | 00:23:07 | 00:44:33 | 00:44:04 |
| 62 | 2 | 403 | Carine Buysse | Politie 6 km | Eeklo | Dames +50 | 00:21:42 | 00:00:32 | 00:21:42 | 00:22:57 | 00:45:11 | 00:44:39 |
| 63 | 15 | 301 | Céline Sacré | 6 km | Zomergem | Vrouw | 00:21:13 | 00:00:26 | 00:21:13 | 00:23:48 | 00:45:28 | 00:45:01 |
| 64 | 5 | 430 | Norbert Ingels | Politie 6 km | - | Heren +50 | 00:22:24 | 00:00:23 | 00:22:24 | 00:24:18 | 00:47:05 | 00:46:42 |
| 65 | 16 | 303 | Rozelien De Mot | 6 km | Mollem | Vrouw | 00:20:57 | 00:00:29 | 00:20:57 | 00:25:41 | 00:47:09 | 00:46:39 |
| 66 | 3 | 408 | Carla Taelmans | Politie 6 km | Oostende | Dames +40 | 00:22:19 | 00:00:28 | 00:22:19 | 00:25:16 | 00:48:04 | 00:47:35 |
| DNF | | 337 | Philippe Levy | 6 km | - | Man | -- | 00:00:16 | | | | |
| DNF | | 324 | Isabelle Buggenhout | 6 km | - | Vrouw | -- | 00:00:31 | | | | |