

10 km - Homme

| | | Pos | Pos | | | | |
|---|-------------------------|--------|------|------|------------|-------|------|
| | | Course | Cat. | Cat. | Temps | TpsKm | KmH |
| 1 | 4055 Vincent Castermans | 1 | 1 | SeH | 0:32:28'41 | 3:15 | 18.5 |
| 2 | 4290 Christopher Mertz | 2 | 2 | SeH | 0:33:30'01 | 3:21 | 17.9 |
| 3 | 4452 Clement Weber | 3 | 3 | SeH | 0:35:12'57 | 3:31 | 17.0 |

10 km - Femme

| | | Pos | Pos | | | | |
|---|--------------------------|--------|------|------|------------|-------|------|
| | | Course | Cat. | Cat. | Temps | TpsKm | KmH |
| 1 | 4423 Irene Tosi | 19 | 1 | Ai1 | 0:37:38'08 | 3:46 | 15.9 |
| 2 | 4177 Anne Hansez | 29 | 1 | Dam | 0:38:57'60 | 3:54 | 15.4 |
| 3 | 4446 Charlotte Vieilvoye | 35 | 2 | Dam | 0:39:29'09 | 3:57 | 15.2 |

6 km - Homme

| | | Pos | Pos | | | | |
|---|-----------------------|--------|------|------|------------|-------|------|
| | | Course | Cat. | Cat. | Temps | TpsKm | KmH |
| 1 | 2538 Loïc Delvaux | 1 | 1 | SEH | 0:21:10'64 | 3:32 | 17.0 |
| 2 | 2533 Sacha Dejalle | 2 | 1 | ESH | 0:23:00'36 | 3:50 | 15.6 |
| 3 | 2696 Gilles Vanhaelen | 3 | 2 | ESH | 0:23:05'87 | 3:51 | 15.6 |

6 km - Femme

| | | Pos | Pos | | | | |
|---|--------------------|--------|------|------|------------|-------|------|
| | | Course | Cat. | Cat. | Temps | TpsKm | KmH |
| 1 | 2643 Juliette Reul | 13 | 1 | SEF | 0:26:16'45 | 4:23 | 13.7 |
| 2 | 2595 Claire Lehaen | 18 | 2 | SEF | 0:27:31'38 | 4:35 | 13.1 |
| 3 | 2511 Chloé Bréver | 20 | 3 | SEF | 0:28:02'95 | 4:40 | 12.8 |

Trail - Homme

| | | Pos | Pos | | | | |
|---|--------------------------|--------|------|------|------------|-------|------|
| | | Course | Cat. | Cat. | Temps | TpsKm | KmH |
| 1 | 3036 Michaël Castermans | 1 | 1 | H | 1:16:14'35 | 3:53 | 15.4 |
| 2 | 3247 Christophe Memurlin | 2 | 2 | H | 1:20:28'69 | 4:07 | 14.6 |
| 3 | 3285 Jonathan Prenten | 3 | 3 | H | 1:22:20'71 | 4:12 | 14.3 |

Trail - Femme

| | | Pos | Pos | | | | |
|---|-----------------------|--------|------|------|------------|-------|------|
| | | Course | Cat. | Cat. | Temps | TpsKm | KmH |
| 1 | 3392 Kristina Ziemons | 12 | 1 | F | 1:27:38'79 | 4:28 | 13.4 |
| 2 | 3227 Françoise Loly | 70 | 2 | F | 1:39:35'88 | 5:05 | 11.8 |
| 3 | 3022 Margaux Bury | 78 | 3 | F | 1:40:29'16 | 5:08 | 11.7 |