

| | F-groep | F sinds | | Geel 11 december | | | BESTTIJDEN | | | | |
|----|---------------------|----------------|------|------------------|----------|----------|------------|----------|----------|----------|----------|
| | | | | 100S | 100R | 100C | 100S | 100R | 100C | 100W | 400C |
| 1 | Lange Emma | maart 2011 | 1999 | 01:56,76 | | 01:33,83 | 01:50,85 | 02:06,90 | 01:29,88 | 01:47,27 | 07:27,57 |
| 2 | Lenaerts Robin | november 2010 | 1996 | | | | 02:03,42 | 01:52,08 | 01:34,91 | 01:44,20 | 07:44,89 |
| 3 | Van Limbergen Jarno | maart 2011 | 1998 | | 02:02,64 | | 01:50,74 | 01:56,64 | 01:32,42 | 01:40,64 | 07:47,92 |
| 4 | Cuyvers Fien | maart 2011 | 2000 | | 02:01,62 | 01:44,33 | 02:02,07 | 01:59,45 | 01:43,23 | 01:48,23 | 07:53,62 |
| 5 | Van Steen Jarno | april 2011 | 1999 | 01:49,16 | 01:54,18 | | 01:44,37 | 01:52,73 | 01:26,18 | 01:37,80 | 07:59,42 |
| 6 | Hembrechts Wim | november 2010 | 2000 | | 01:48,50 | 01:47,38 | 01:50,40 | 01:48,50 | 01:45,49 | 01:49,98 | 08:02,83 |
| 7 | Dillen Silke | november 2011 | 2000 | 01:58,25 | | 01:38,55 | 01:57,67 | 02:05,51 | 01:38,55 | 01:54,32 | 08:36,00 |
| 8 | Schillebeekx Janie | november 2010 | 2001 | 02:06,57 | 02:09,92 | | 02:03,34 | 02:06,67 | 01:57,07 | 02:01,67 | 08:42,48 |
| 9 | De Hoon Pieter | september 2011 | 2000 | | | | 02:05,01 | 02:07,70 | 01:48,51 | 01:55,99 | 08:50,66 |
| 10 | Cuyvers Ella | maart 2011 | 2002 | | 02:04,65 | 01:55,39 | 02:16,32 | 02:04,65 | 01:55,39 | 02:02,06 | 08:54,95 |
| 11 | Daniëls Christophe | september 2010 | 1997 | | | | 01:44,18 | | 01:50,15 | 02:00,73 | 09:26,53 |
| 12 | Geuens Kato | november 2011 | 2002 | 02:17,86 | | | 02:15,25 | 02:16,29 | 02:08,38 | 02:13,87 | 09:38,00 |
| 13 | Kenis Lander | november 2011 | 2001 | | | | 02:10,76 | 02:03,03 | 01:51,23 | 01:57,16 | 09:46,00 |