

| Starnummer | Naam | Vereniging | Ronde 1: | Ronde 2: | Ronde 3: | Resultaat: | Snelheid |
|------------|--------------------|---------------------|----------|----------|----------|------------|----------|
| 43 | Gerwin Veltman | D.W.V. Klein Verzet | 00:11:14 | 00:11:11 | 00:11:19 | 00:33:44 | 44.82 |
| 55 | Simon Hooisma | D.W.V. Klein Verzet | 00:11:23 | 00:11:18 | 00:11:25 | 00:34:06 | 44.34 |
| 48 | Fausto Visser | D.R.V. Euros | 00:11:56 | 00:11:36 | 00:11:14 | 00:34:45 | 43.51 |
| 57 | Bryan Oostra | OWC Oldenzaal | 00:11:42 | 00:11:44 | 00:11:45 | 00:35:11 | 42.97 |
| 47 | Bouke Scheltinga | D.S.T.V. Aloha | 00:12:03 | 00:11:42 | 00:11:33 | 00:35:18 | 42.83 |
| 46 | Jesse Haaksman | D.W.V. Klein Verzet | 00:12:13 | 00:11:57 | 00:11:43 | 00:35:52 | 42.16 |
| 44 | Rixt Hoogland | D.S.V. De Skeuvel | 00:12:23 | 00:12:19 | 00:11:52 | 00:36:34 | 41.35 |
| 2 | Koen Nijland | D.S.T.V. Aloha | 00:12:21 | 00:12:21 | 00:12:06 | 00:36:48 | 41.09 |
| 37 | Thies Jansen | D.S.T.V. Aloha | 00:12:23 | 00:12:16 | 00:12:12 | 00:36:51 | 41.03 |
| 41 | Lars Bossink | D.S.T.V. Aloha | 00:12:40 | 00:12:38 | 00:12:05 | 00:37:24 | 40.43 |
| 54 | Niels Apeldoorn | D.S.V. De Skeuvel | 00:12:30 | 00:12:35 | 00:12:21 | 00:37:26 | 40.39 |
| 19 | Wessel Pit | D.W.V. Klein Verzet | 00:13:27 | 00:13:16 | 00:12:56 | 00:39:39 | 38.13 |
| 4 | Annelotte Bex | D.S.V. De Skeuvel | 00:13:21 | 00:13:32 | 00:13:12 | 00:40:05 | 37.72 |
| 53 | Harmen Polman | D.W.V. Klein Verzet | 00:13:11 | 00:13:22 | 00:13:35 | 00:40:07 | 37.69 |
| 32 | Thijs Hekman | D.S.T.V. Aloha | 00:13:32 | 00:13:25 | 00:13:27 | 00:40:24 | 37.43 |
| 18 | Bas Pellen | D.S.T.V. Aloha | 00:13:28 | 00:13:44 | 00:13:17 | 00:40:29 | 37.35 |
| 33 | Liselot Goris | D.S.T.V. Aloha | 00:13:37 | 00:13:31 | 00:13:25 | 00:40:33 | 37.29 |
| 20 | Joost Karsten | D.W.V. Klein Verzet | 00:14:09 | 00:13:29 | 00:13:19 | 00:40:56 | 36.94 |
| 36 | Daan Bossink | D.S.T.V. Aloha | 00:13:41 | 00:13:48 | 00:13:49 | 00:41:18 | 36.61 |
| 24 | Indy van Vliet | D.S.T.V. Aloha | 00:13:42 | 00:13:54 | 00:13:45 | 00:41:21 | 36.57 |
| 22 | Renske Janssen | D.W.V. Klein Verzet | 00:13:46 | 00:14:03 | 00:13:47 | 00:41:36 | 36.35 |
| 31 | Jasmin Siersema | D.S.T.V. Aloha | 00:13:44 | 00:13:59 | 00:13:56 | 00:41:39 | 36.30 |
| 30 | Eva Juffermans | D.S.T.V. Aloha | 00:14:19 | 00:14:05 | 00:13:53 | 00:42:16 | 35.77 |
| 23 | Dennis de Heus | D.S.T.V. Aloha | 00:14:07 | 00:14:14 | 00:14:06 | 00:42:27 | 35.62 |
| 29 | Matthijs Meihuizen | D.S.V. De Skeuvel | 00:14:26 | 00:14:30 | 00:13:40 | 00:42:36 | 35.49 |
| 17 | Tommie Verouden | D.S.T.V. Aloha | 00:14:07 | 00:14:30 | 00:14:12 | 00:42:49 | 35.31 |
| 16 | Yasmin Nauta | D.S.T.V. Aloha | 00:14:39 | 00:14:33 | 00:14:43 | 00:43:55 | 34.43 |
| 8 | Mart Nijkamp | None | 00:14:32 | 00:14:47 | 00:14:58 | 00:44:17 | 34.14 |
| 15 | Dagmar Schouteten | D.S.T.V. Aloha | 00:15:10 | 00:15:04 | 00:15:33 | 00:45:47 | 33.03 |
| 3 | Ilse Lobregt | D.W.V. Klein Verzet | 00:15:40 | 00:15:38 | 00:15:38 | 00:46:56 | 32.22 |
| 12 | Meike Stoffels | D.S.T.V. Aloha | 00:16:15 | 00:16:34 | 00:16:28 | 00:49:17 | 30.68 |
| 14 | Grete-Liis Suisalu | D.S.T.V. Aloha | 00:17:37 | 00:17:57 | 00:18:26 | 00:54:00 | 28.00 |
| 11 | Veerle Vos | D.S.T.V. Aloha | 00:18:24 | 00:18:09 | 00:19:22 | 00:55:56 | 27.03 |