

| Nr | Voornaam | Achternaam | Cat | Pl | Pl Cat | Tijd | Pace per kilometer | Speed (KPH) | Ronde | | | | | | | |
|-----|------------|---------------------|---------------------|----|--------|-------------|--------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | | | | | | | 1 = 200m | 2 = 600m | 3 = 1000m | 4 = 1400m | 5 = 1800m | 6 = 2200m | 7 = 2600m | 8 = 3000m |
| 217 | Ruud | Schurink | Overall Male Runner | 1 | 1 | 00:16:47.86 | 3:21 | 17.9 | 00:00:35.72 | 00:01:15.10 | 00:01:19.27 | 00:01:21.23 | 00:01:20.92 | 00:01:22.83 | 00:01:22.29 | 00:01:22.66 |
| 249 | Kevin | Schaap | Overall Male Runner | 2 | 2 | 00:17:08.19 | 3:26 | 17.5 | 00:00:36.33 | 00:01:17.72 | 00:01:20.13 | 00:01:20.90 | 00:01:22.30 | 00:01:23.55 | 00:01:23.44 | 00:01:24.54 |
| 221 | Richard | Loendersloot | Overall Male Runner | 3 | 3 | 00:17:35.57 | 3:31 | 17.1 | 00:00:39.78 | 00:01:22.89 | 00:01:21.65 | 00:01:21.15 | 00:01:22.69 | 00:01:25.60 | 00:01:26.34 | 00:01:26.49 |
| 259 | Wout | an den Boom | Overall Male Runner | 4 | 4 | 00:17:42.51 | 3:32 | 16.9 | 00:00:39.99 | 00:01:23.87 | 00:01:23.18 | 00:01:24.57 | 00:01:24.97 | 00:01:25.77 | 00:01:26.09 | 00:01:25.26 |
| 244 | Ferdi | Ubbing | Overall Male Runner | 5 | 5 | 00:17:48.40 | 3:34 | 16.9 | 00:00:39.99 | 00:01:24.12 | 00:01:23.46 | 00:01:24.43 | 00:01:24.78 | 00:01:25.91 | 00:01:26.65 | 00:01:25.08 |
| 252 | Steven | Te Brinke | Overall Male Runner | 6 | 6 | 00:17:55.05 | 3:35 | 16.7 | 00:00:39.45 | 00:01:23.85 | 00:01:25.40 | 00:01:27.00 | 00:01:29.11 | 00:01:29.50 | 00:01:27.75 | 00:01:26.97 |
| 257 | Peter-Paul | Slot | Overall Male Runner | 7 | 7 | 00:18:12.05 | 3:38 | 16.5 | 00:00:39.24 | 00:01:24.21 | 00:01:24.64 | 00:01:24.94 | 00:01:26.20 | 00:01:29.64 | 00:01:30.27 | 00:01:31.10 |
| 245 | Ruben | e Groot | Overall Male Runner | 8 | 8 | 00:18:13.02 | 3:39 | 16.5 | 00:00:37.05 | 00:01:21.95 | 00:01:25.90 | 00:01:24.42 | 00:01:25.48 | 00:01:26.98 | 00:01:27.18 | 00:01:25.47 |
| 218 | Hendri | Weenk | Overall Male Runner | 9 | 9 | 00:18:15.46 | 3:39 | 16.4 | 00:00:36.54 | 00:01:21.85 | 00:01:27.00 | 00:01:25.33 | 00:01:26.54 | 00:01:28.41 | 00:01:30.06 | 00:01:31.35 |
| 234 | Thijs | Smudde | Overall Male Runner | 1 | 1 | 00:18:39.10 | 3:44 | 16.1 | 00:00:39.96 | 00:01:22.58 | 00:01:25.46 | 00:01:27.93 | 00:01:30.40 | 00:01:30.69 | 00:01:29.94 | 00:01:32.79 |
| 241 | Robert | Leussenkamp | Overall Male Runner | 10 | 10 | 00:18:46.20 | 3:45 | 16.0 | 00:00:41.06 | 00:01:25.90 | 00:01:28.68 | 00:01:28.59 | 00:01:28.68 | 00:01:30.75 | 00:01:31.10 | 00:01:32.42 |
| 239 | DÃmy | Oonk | Overall Male Runner | 11 | 11 | 00:18:50.74 | 3:46 | 15.9 | 00:00:43.49 | 00:01:32.84 | 00:01:32.51 | 00:01:31.53 | 00:01:32.06 | 00:01:33.16 | 00:01:29.65 | 00:01:30.80 |
| 243 | Chris | Hollanders | Overall Male Runner | 12 | 12 | 00:19:29.73 | 3:54 | 15.4 | 00:00:44.44 | 00:01:32.48 | 00:01:30.78 | 00:01:31.46 | 00:01:31.43 | 00:01:31.32 | 00:01:32.90 | 00:01:33.86 |
| 230 | Sandra | Wassink | Overall Male Runner | 13 | 13 | 00:19:33.55 | 3:55 | 15.3 | 00:00:43.37 | 00:01:32.96 | 00:01:32.18 | 00:01:31.65 | 00:01:32.05 | 00:01:33.04 | 00:01:33.34 | 00:01:34.49 |
| 233 | Lars | Duistermaat | Overall Male Runner | 14 | 14 | 00:19:34.06 | 3:55 | 15.3 | 00:00:42.94 | 00:01:32.84 | 00:01:32.33 | 00:01:31.85 | 00:01:31.91 | 00:01:32.77 | 00:01:33.74 | 00:01:34.29 |
| 224 | Clemens | Meuleman | Overall Male Runner | 2 | 2 | 00:20:12.70 | 4:02 | 14.9 | 00:00:48.78 | 00:01:37.93 | 00:01:38.20 | 00:01:38.28 | 00:01:37.40 | 00:01:37.23 | 00:01:37.03 | 00:01:36.88 |
| 227 | Hans | Dat | Overall Male Runner | 15 | 15 | 00:20:22.58 | 4:04 | 14.7 | 00:00:45.13 | 00:01:32.26 | 00:01:33.93 | 00:01:34.33 | 00:01:34.63 | 00:01:36.65 | 00:01:37.92 | 00:01:39.47 |
| 251 | Mart | it het Broek | Overall Male Runner | 16 | 16 | 00:20:29.20 | 4:06 | 14.6 | 00:00:44.76 | 00:01:30.01 | 00:01:32.12 | 00:01:34.21 | 00:01:35.43 | 00:01:38.75 | 00:01:39.95 | 00:01:40.12 |
| 254 | Bart | Vos | Overall Male Runner | 3 | 3 | 00:20:41.78 | 4:08 | 14.5 | 00:00:47.60 | 00:01:38.91 | 00:01:40.70 | 00:01:40.75 | 00:01:40.79 | 00:01:41.45 | 00:01:41.11 | 00:01:38.53 |
| 255 | Gjalt | Gjaltema | Overall Male Runner | 4 | 4 | 00:20:46.42 | 4:09 | 14.4 | 00:00:47.72 | 00:01:37.59 | 00:01:39.19 | 00:01:38.10 | 00:01:39.35 | 00:01:39.79 | 00:01:41.13 | 00:01:40.24 |
| 223 | AndrÃ | Bosgraaf | Overall Male Runner | 5 | 5 | 00:20:59.01 | 4:12 | 14.3 | 00:00:46.45 | 00:01:39.26 | 00:01:40.92 | 00:01:40.72 | 00:01:41.61 | 00:01:41.45 | 00:01:41.69 | 00:01:42.36 |
| 220 | Jan | Manenschijn | Overall Male Runner | 6 | 6 | 00:21:07.40 | 4:13 | 14.2 | 00:00:50.48 | 00:01:42.93 | 00:01:44.36 | 00:01:42.56 | 00:01:44.03 | 00:01:44.93 | 00:01:44.70 | 00:01:41.82 |
| 222 | Marco | Betman | Overall Male Runner | 7 | 7 | 00:21:15.81 | 4:15 | 14.1 | 00:00:48.58 | 00:01:42.79 | 00:01:45.82 | 00:01:42.96 | 00:01:44.01 | 00:01:44.83 | 00:01:45.00 | 00:01:42.95 |
| 260 | Titia | an der Stelt | Overall Male Runner | 8 | 8 | 00:21:24.85 | 4:17 | 14.0 | 00:00:48.58 | 00:01:43.50 | 00:01:46.27 | 00:01:42.78 | 00:01:43.81 | 00:01:44.65 | 00:01:44.77 | 00:01:42.02 |
| 238 | Jolijn | Ehringfeld | Overall Male Runner | 9 | 9 | 00:21:46.29 | 4:21 | 13.8 | 00:00:49.76 | 00:01:43.30 | 00:01:44.51 | 00:01:42.38 | 00:01:44.79 | 00:01:43.86 | 00:01:44.98 | 00:01:43.54 |
| 229 | Petra | Meinen | Overall Male Runner | 10 | 10 | 00:21:48.13 | 4:22 | 13.8 | 00:00:47.73 | 00:01:43.07 | 00:01:47.35 | 00:01:43.56 | 00:01:44.49 | 00:01:44.69 | 00:01:45.19 | 00:01:45.44 |
| 225 | Anton | Stoorvogel | Overall Male Runner | 11 | 11 | 00:21:52.95 | 4:22 | 13.7 | 00:00:49.79 | 00:01:43.45 | 00:01:43.74 | 00:01:42.61 | 00:01:44.17 | 00:01:44.64 | 00:01:44.97 | 00:01:45.82 |
| 232 | Anja | Hofman | Overall Male Runner | 12 | 12 | 00:22:02.47 | 4:24 | 13.6 | 00:00:49.57 | 00:01:42.98 | 00:01:46.40 | 00:01:42.38 | 00:01:44.67 | 00:01:44.71 | 00:01:44.35 | 00:01:43.79 |
| 235 | Thomas | Grundel | Overall Male Runner | 13 | 13 | 00:22:03.72 | 4:25 | 13.6 | 00:00:47.63 | 00:01:44.14 | 00:01:46.78 | 00:01:43.92 | 00:01:44.23 | 00:01:45.03 | 00:01:45.48 | 00:01:45.94 |
| 250 | Loman | Stelen | Overall Male Runner | 14 | 14 | 00:22:15.82 | 4:27 | 13.5 | 00:00:49.76 | 00:01:42.97 | 00:01:45.42 | 00:01:42.65 | 00:01:44.34 | 00:01:45.07 | 00:01:46.29 | 00:01:47.84 |
| 236 | Dennis | Tolhuis | Overall Male Runner | 15 | 15 | 00:22:16.04 | 4:27 | 13.5 | 00:00:50.16 | 00:01:43.46 | 00:01:45.12 | 00:01:42.76 | 00:01:43.94 | 00:01:44.66 | 00:01:44.26 | 00:01:45.51 |
| 242 | Danny | Leferink op Reinink | Overall Male Runner | 16 | 16 | 00:22:45.66 | 4:33 | 13.2 | 00:00:47.20 | 00:01:39.31 | 00:01:40.50 | 00:01:41.95 | 00:01:49.16 | 00:01:51.47 | 00:01:50.29 | 00:01:52.40 |
| 248 | Diana | Luijrink | Overall Male Runner | 17 | 17 | 00:23:42.90 | 4:44 | 12.7 | 00:00:52.94 | 00:01:49.88 | 00:01:51.69 | 00:01:50.22 | 00:01:51.32 | 00:01:52.86 | 00:01:53.21 | 00:01:55.36 |
| 237 | Anouk | Schreurs | Overall Male Runner | 18 | 18 | 00:24:19.69 | 4:52 | 12.3 | 00:00:50.16 | 00:01:44.10 | 00:01:46.79 | 00:01:52.19 | 00:01:56.52 | 00:01:58.24 | 00:01:54.72 | 00:01:57.24 |
| 219 | Wouter | Lindemann | Overall Male Runner | 19 | 19 | 00:24:50.36 | 4:58 | 12.1 | 00:00:51.41 | 00:01:50.23 | 00:01:59.83 | 00:02:01.62 | 00:02:00.67 | 00:02:00.73 | 00:02:01.56 | 00:02:02.36 |
| 256 | Henk | Wessels | Overall Male Runner | 20 | 20 | 00:24:50.94 | 4:58 | 12.1 | 00:00:50.89 | 00:01:50.34 | 00:01:59.84 | 00:02:01.41 | 00:02:00.66 | 00:02:00.95 | 00:02:01.36 | 00:02:02.42 |
| 247 | Marc | Kamphuis | Overall Male Runner | 21 | 21 | 00:25:39.95 | 5:08 | 11.7 | 00:00:51.73 | 00:01:50.40 | 00:01:59.90 | 00:02:01.38 | 00:02:00.89 | 00:02:01.76 | 00:02:07.96 | 00:02:04.23 |
| 228 | Robert | Aalbers | Overall Male Runner | | | DNF | | 0,0 | 00:00:43.88 | 00:01:32.86 | 00:01:36.76 | 00:01:40.23 | 00:01:43.20 | 00:01:41.77 | 00:03:32.78 | |

| Nr | Voornaam | Achternaam | 9 = 3400m | 10 = 3800m | 11 = 4200m | 12 = 4600m | 13 = 5000m |
|-----|------------|---------------------|-------------|-------------|-------------|-------------|-------------|
| 217 | Ruud | Schurink | 00:01:22.41 | 00:01:22.74 | 00:01:23.17 | 00:01:22.59 | 00:01:16.89 |
| 249 | Kevin | Schaap | 00:01:24.38 | 00:01:23.48 | 00:01:24.58 | 00:01:24.51 | 00:01:22.29 |
| 221 | Richard | Loendersloot | 00:01:26.45 | 00:01:26.30 | 00:01:26.52 | 00:01:26.57 | 00:01:23.08 |
| 259 | Wout | an den Boom | 00:01:25.72 | 00:01:26.30 | 00:01:26.81 | 00:01:25.84 | 00:01:24.07 |
| 244 | Ferdi | Ubbing | 00:01:25.85 | 00:01:29.45 | 00:01:29.30 | 00:01:29.14 | 00:01:20.18 |
| 252 | Steven | Te Brinke | 00:01:27.66 | 00:01:27.33 | 00:01:26.86 | 00:01:25.49 | 00:01:18.63 |
| 257 | Peter-Paul | Slot | 00:01:30.07 | 00:01:30.30 | 00:01:30.38 | 00:01:30.50 | 00:01:20.49 |
| 245 | Ruben | e Groot | 00:01:29.57 | 00:01:36.43 | 00:01:36.91 | 00:01:33.44 | 00:01:22.20 |
| 218 | Hendri | Weenk | 00:01:30.01 | 00:01:32.01 | 00:01:31.54 | 00:01:28.94 | 00:01:25.84 |
| 234 | Thijs | Smudde | 00:01:31.31 | 00:01:32.25 | 00:01:34.35 | 00:01:34.40 | 00:01:27.00 |
| 241 | Robert | Leussenkamp | 00:01:32.41 | 00:01:32.78 | 00:01:33.05 | 00:01:32.35 | 00:01:28.36 |
| 239 | DÁmy | Oonk | 00:01:28.49 | 00:01:34.45 | 00:01:30.85 | 00:01:29.32 | 00:01:21.52 |
| 243 | Chris | Hollanders | 00:01:35.09 | 00:01:35.22 | 00:01:37.46 | 00:01:37.87 | 00:01:35.37 |
| 230 | Sandra | Wassink | 00:01:36.33 | 00:01:37.44 | 00:01:37.21 | 00:01:36.77 | 00:01:32.67 |
| 233 | Lars | Duistermaat | 00:01:36.28 | 00:01:37.35 | 00:01:37.35 | 00:01:36.96 | 00:01:33.40 |
| 224 | Clemens | Meuleman | 00:01:36.98 | 00:01:36.31 | 00:01:37.70 | 00:01:36.73 | 00:01:33.17 |
| 227 | Hans | Dat | 00:01:39.70 | 00:01:42.73 | 00:01:42.76 | 00:01:42.51 | 00:01:40.52 |
| 251 | Mart | it het Broek | 00:01:41.56 | 00:01:43.41 | 00:01:42.54 | 00:01:43.21 | 00:01:43.07 |
| 254 | Bart | Vos | 00:01:38.04 | 00:01:38.42 | 00:01:42.91 | 00:01:39.93 | 00:01:32.59 |
| 255 | Gjalt | Gjaltema | 00:01:40.60 | 00:01:41.63 | 00:01:43.05 | 00:01:41.94 | 00:01:36.03 |
| 223 | AndrÁ© | Bosgraaf | 00:01:40.60 | 00:01:41.71 | 00:01:41.92 | 00:01:42.41 | 00:01:37.86 |
| 220 | Jan | Manenschijn | 00:01:41.09 | 00:01:42.55 | 00:01:42.21 | 00:01:37.03 | 00:01:28.65 |
| 222 | Marco | Betman | 00:01:41.60 | 00:01:42.64 | 00:01:42.50 | 00:01:41.39 | 00:01:30.68 |
| 260 | Titia | an der Stelt | 00:01:41.15 | 00:01:42.71 | 00:01:42.84 | 00:01:39.78 | 00:01:41.93 |
| 238 | Jolijn | Ehringfeld | 00:01:46.01 | 00:01:46.37 | 00:01:45.94 | 00:01:44.93 | 00:01:45.86 |
| 229 | Petra | Meinen | 00:01:46.35 | 00:01:46.86 | 00:01:45.66 | 00:01:45.74 | 00:01:41.94 |
| 225 | Anton | Stoorvogel | 00:01:47.55 | 00:01:47.40 | 00:01:47.19 | 00:01:47.38 | 00:01:44.18 |
| 232 | Anja | Hofman | 00:01:47.22 | 00:01:48.87 | 00:01:47.95 | 00:01:51.84 | 00:01:47.68 |
| 235 | Thomas | Grundel | 00:01:47.63 | 00:01:48.47 | 00:01:49.37 | 00:01:50.31 | 00:01:44.74 |
| 250 | Loman | Stelen | 00:01:50.19 | 00:01:51.17 | 00:01:50.87 | 00:01:52.17 | 00:01:47.01 |
| 236 | Dennis | Tolhuis | 00:01:50.06 | 00:01:52.22 | 00:01:53.44 | 00:01:54.85 | 00:01:45.53 |
| 242 | Danny | Leferink op Reinink | 00:01:55.62 | 00:02:00.18 | 00:01:58.81 | 00:01:58.16 | 00:01:40.54 |
| 248 | Diana | Luijrink | 00:01:56.78 | 00:01:59.22 | 00:01:57.46 | 00:01:56.89 | 00:01:55.01 |
| 237 | Anouk | Schreurs | 00:02:03.88 | 00:02:06.23 | 00:02:08.23 | 00:02:03.29 | 00:01:58.04 |
| 219 | Wouter | Lindemann | 00:02:01.77 | 00:02:01.86 | 00:02:01.95 | 00:02:01.16 | 00:01:55.15 |
| 256 | Henk | Wessels | 00:02:01.73 | 00:02:01.87 | 00:02:02.08 | 00:02:00.95 | 00:01:56.37 |
| 247 | Marc | Kamphuis | 00:02:07.66 | 00:02:09.59 | 00:02:10.92 | 00:02:11.10 | 00:02:02.38 |
| 228 | Robert | Aalbers | | | | | |