

| ranking 3,8 km | Tijd | Cap nr | | Naam |
|----------------|---------|--------|---|---------------------------|
| 1 | 0:36:09 | 2 | v | Désirée Emmen |
| 2 | 0:36:16 | 26 | m | Angelo de Meyer |
| 3 | 0:36:44 | 27 | m | Diego de Meyer |
| 4 | 0:36:48 | 30 | v | Margot Stenveld |
| 5 | 0:36:54 | 24 | m | Alex Eversdijk |
| 6 | 0:37:00 | 20 | v | Karin Stein |
| 7 | 0:37:27 | 10 | m | Lex Hoogendam |
| 8 | 0:37:42 | 9 | m | Vincent Keijmel |
| 9 | 0:37:46 | 18 | m | Piet Schop |
| 10 | 0:37:51 | 21 | m | Tom Erpelinck |
| 11 | 0:38:14 | 38 | m | Tom van Gils |
| 12 | 0:38:30 | 41 | m | Norbert de Maillie |
| 13 | 0:38:51 | 29 | m | Dennis van oosterhout |
| 14 | 0:39:15 | 13 | m | Robin Nahon |
| 15 | 0:39:20 | 28 | v | Kitty Schiphorst preuper |
| 16 | 0:39:24 | 40 | m | Robert Groot |
| 17 | 0:39:27 | 45 | 0 | Erwin Langelier |
| 18 | 0:39:30 | 5 | v | Corina Spronk |
| 19 | 0:41:38 | 8 | v | Miriam van Noorden |
| 20 | 0:41:48 | 34 | m | Harry Stassen |
| 21 | 0:43:02 | 3 | m | Arco Wagenvoort |
| 22 | 0:43:12 | 25 | v | Annelotte van Dieren |
| 23 | 0:43:19 | 14 | m | Percy de Jongh |
| 24 | 0:43:26 | 31 | m | Erik van der Wel |
| 25 | 0:43:48 | 7 | v | Marijke van Hoek |
| 26 | 0:43:52 | 48 | 0 | R Kroes |
| 27 | 0:44:04 | 36 | m | Jan Louise |
| 28 | 0:44:27 | 17 | m | Mark de Kok |
| 29 | 0:44:53 | 44 | 0 | Laurens van Nieuwenhuijze |
| 30 | 0:49:14 | 11 | m | Kobus Botman |
| 31 | 0:49:36 | 39 | m | Michal Pelka |
| 32 | 0:50:31 | 15 | m | Roland van Damme |
| 33 | 0:50:39 | 35 | v | Gerda van der Veen |
| 34 | 0:50:48 | 46 | 0 | Martien Groen |
| 35 | 0:51:03 | 33 | m | Jan Kortsmid |
| 36 | 0:51:17 | 19 | m | Tonny Vinke |
| 37 | 0:52:14 | 43 | m | Remy v.d.Gughte |
| 38 | 0:52:27 | 23 | v | Anna de |
| 39 | 0:52:32 | 22 | v | Myrthe Franken |
| 40 | 0:52:39 | 16 | m | William van Overveld |
| 41 | 0:55:06 | 4 | v | Ingrid Verheije |
| 42 | 0:55:22 | 6 | m | Martin Zweedijk |
| 43 | 0:55:35 | 47 | 0 | Peter Dijkwel |
| 44 | 0:58:13 | 32 | v | Mies Kuipers |
| | | | | |
| | | | | |

| tijd | cap nr | | Naam | ranking 1 Km |
|---------|--------|---|---------------------|--------------|
| 0:16:54 | 10 | v | Therese de Munck | 1 |
| 0:17:17 | 17 | m | Nicky Joosse | 2 |
| 0:18:28 | 14 | v | Mario Cuelenaere | 3 |
| 0:18:42 | 13 | m | Rick Rozendaal | 4 |
| 0:19:24 | 4 | m | Arco Nahon | 5 |
| 0:20:12 | 15 | v | Leonie Heijboer | 6 |
| 0:21:13 | 3 | m | Joey Sinke | 7 |
| 0:21:18 | 21 | m | Steffen Humer | 8 |
| 0:21:23 | 2 | v | Sanne van Poelje | 9 |
| 0:21:27 | 16 | v | jacqueline Heijboer | 10 |
| 0:21:33 | 11 | m | Jaap de Munck | 11 |
| 0:21:37 | 20 | m | Edgar van Weelden | 12 |
| 0:22:06 | 18 | m | Pieter Heijboer | 13 |
| 0:23:07 | 19 | m | Ricardo Kloosterman | 14 |
| 0:23:12 | 9 | m | Jeffery Cats | 15 |
| 0:23:15 | 22 | v | jacqueline Boonman | 16 |
| 0:31:34 | 23 | m | Art Groen | 17 |
| 0:31:42 | 24 | 0 | Jeroen jansen | 18 |
| 0:31:49 | 25 | 0 | Lenart hagers | 19 |
| 0:31:54 | 7 | m | jonny Oosting | 20 |
| 0:32:26 | 1 | m | Ad van Poelje | 21 |
| 0:33:01 | 6 | v | Cindy van Dame | 22 |
| 0:33:10 | 8 | 0 | wenda Oosting | 23 |
| | | | | 24 |