

| uitslag | | | |
|--|--------------|-----|----------------------|
| 1 km jongens tm 11 jaar | | | |
| 1 | Floris Jacob | | Toutenhoofd 00:04:02 |
| 2 | Tom | | Spek 00:04:10 |
| 3 | Cas | | Vonk 00:04:15 |
| 1 km meisjes tm 11 jaar | | | |
| 1 | Mingfa | | Ling 00:04:20 |
| 2 | Fransien | | Toutenhoofd 00:04:53 |
| 3 | Mei | | Ying 00:05:00 |
| 4 | Esmee | | Borst 00:05:15 |
| 5 | Rozemarijn | | Borst 00:05:16 |
| 6 | Caro | | Vonk 00:05:38 |
| 4 km heren en jongens 12 tm 15 jaar | | | |
| 1 | Tim | de | Koning 00:14:27 |
| 2 | Friso | | Bruins 00:15:59 |
| 3 | Chris | | Nieuwenhuis 00:16:22 |
| 4 | Teun | | Nieuwenhuis 00:16:23 |
| 5 | Thijmen | van | Noppen 00:17:04 |
| 6 | Harm | | Vonk 00:17:25 |
| 7 | Hessel | | Oswald 00:17:51 |
| 8 | Cees | | Witte 00:18:47 |
| 9 | Mervin | de | Witte 00:19:05 |
| 10 | Gwenno | | Schat 00:19:54 |
| 11 | Jan Hein | | Vet 00:20:39 |
| 12 | Teun | | Top 00:20:45 |
| 13 | Gabe Teun | | Top 00:20:51 |
| 14 | Pieter | | Bakelaar 00:21:09 |
| 15 | Marko | | Vlaming 00:21:37 |
| 16 | Oliver | de | Koning 00:21:57 |
| 17 | Pan | | Phanatouch 00:22:27 |
| 18 | Ed | | Molsbergen 00:23:35 |
| 19 | Jelle | | Klare 00:24:14 |
| 20 | Sara | | Kemna 00:24:43 |
| 21 | H | | Kikkert 00:24:50 |
| 22 | Jan | den | Nijs 00:24:55 |
| 23 | Steven | | Muiser 00:25:34 |
| 24 | Paul | | Scherdler 00:27:09 |
| 25 | Rint | de | Vries 00:27:54 |
| 26 | Pieter | | Kamp 00:30:30 |
| 27 | Alexander | | Gibb 00:32:19 |
| 28 | Wouter | | Scherma 00:32:19 |
| 29 | Gerard | | Schuilng 00:33:13 |

| 4 km dames en meisjes 12 tm 15 jaar | | | | |
|-------------------------------------|---------|---------|------------------|----------|
| 1 | Sanne | de | Koning | 00:18:46 |
| 2 | Marjo | | Nieuwenhuis | 00:18:46 |
| 3 | Tessa | | Top | 00:21:22 |
| 4 | Silvia | | Dohmeier-Fischer | 00:22:25 |
| 5 | Laurien | | Bakker | 00:22:53 |
| 6 | Nelly | van der | Wal | 00:23:25 |
| 7 | Bea | | Timmer | 00:24:50 |
| 8 | Erna | | Koopman | 00:25:56 |
| 9 | Judith | | Torbijn | 00:29:06 |
| 8 km heren tot 40 jaar | | | | |
| 1 | Maikel | van der | Gracht | 00:33:41 |
| 2 | Matthew | | Humphreys | 00:34:39 |
| 3 | Sjoerd | | Groeskamp | 00:35:28 |
| 4 | Michael | de | Kroon | 00:37:58 |
| 5 | Thomas | | Rath | 00:38:37 |
| 8 km heren vanaf 40 jaar | | | | |
| 1 | Jordy | | Vinke | 00:29:40 |
| 2 | Casper | | Bruins | 00:35:02 |
| 3 | Marcel | | Spek | 00:35:15 |
| 4 | Coen | | Schoonheden | 00:36:12 |
| 5 | Marnix | de | Witte | 00:37:30 |
| 6 | Ivo | | Huizinga | 00:37:52 |
| 7 | Rick | | Siersma | 00:38:01 |
| 8 | Peter | | Visch | 00:38:06 |
| 9 | Dirk | | Fischer | 00:38:48 |
| 10 | J | van | Bilsen | 00:42:58 |
| 11 | Joop | | Rommets | 00:44:14 |
| 12 | Ron | van der | Slikke | 00:45:46 |
| 13 | Rasmus | | Birchsteiner | 00:50:53 |
| 8 km dames(incl vanaf 40 jaar) | | | | |
| 1 | Margot | van der | Ven | 00:38:43 |
| 2 | Romke | | Milder | 00:42:58 |
| 3 | Monique | | Leijstra | 00:44:12 |