

Holland Cup 2a / Gruno Bokaal

Kardinge - Groningen
18 en 19 november 2023

1. Uitslag Vrouwen 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1 | 15 Robin Groot | DN4 | 11 | I | 40.41 | | |
| 2 | 48 Kim Talsma | DN4 | 11 | O | 40.44 | | |
| 3 | 30 Gioya Lancee | DSA | 8 | I | 40.62 | | |
| 4 | 55 Ju-Lin de Visser | DN4 | 13 | I | 40.72 | | |
| 5 | 60 Sanne Westra | DN2 | 8 | O | 41.07 | | |
| 6 | 51 Paulien Verhaar | DSA | 9 | O | 41.22 | | |
| 7 | 12 Romée Ebbinge | DSA | 12 | I | 41.27 | | |
| 8 | 14 Jade Groenewoud | DN1 | 10 | O | 41.45 | | |
| 9 | 21 Lieke Hoogendoorn | DA1 | 7 | I | 41.74 | | |
| 10 | 1 Reina Anema | DSA | 12 | O | 41.76 | | |
| 11 | 38 Hilde Noppert | DN4 | 6 | O | 41.85 | | |
| 12 | 34 Amy van der Meer | DN3 | 13 | O | 41.89 | | |
| 13 | 57 Eline van Voorden | DN4 | 9 | I | 41.95 | | |
| 14 | 59 Naomi van der Werf | DSA | 10 | I | 42.09 | | |
| 15 | 53 Evelien Vijn | DN2 | 7 | O | 42.18 | | |
| 16 | 40 Sanne Oosterwijk | DA2 | 5 | O | 42.27 | | |
| 17 | 10 Vera van Ditshuizen | DN2 | 6 | I | 42.52 | | |
| 18 | 22 Emma Hulshof | DSA | 4 | I | 42.59 | | |
| 19 | 6 Esmée Brommer | DN1 | 3 | I | 43.06 | | |
| 20 | 39 Emma Noz | DA2 | 3 | O | 43.42 | | |
| 21 | 24 Sterre Jonkers | DSA | 2 | O | 43.45 | | |
| 22 | 37 Elbrich Nicolay | DA1 | 5 | I | 43.58 | | |
| 23 | 29 Sophie Kraaijeveld | DN1 | 4 | O | 43.67 | | |
| 24 | 54 Esmee Visser | DSA | 1 | I | 43.74 | | |
| 25 | 9 Nyncke Dijkstra | DN2 | 2 | I | 43.91 | | |
| 26 | 28 Veerle van Koppen | DN1 | 1 | O | 44.07 | | |

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1. Rituitslag Vrouwen 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|--------------------------|---------|--------------------------|-------|---------|--------------|------|
| 1 | wt | 54 | Esmee Visser | | DSA | | 41.42 | 43.74 | |
| | rd | 28 | Veerle van Koppen | | DN1 | | 42.65 | 44.07 | |
| | | Esmee Visser | | | Veerle van Koppen | | | | |
| | | 100m | 12.31 | (12.31) | 100m | 12.42 | (12.42) | | |
| | | 500m | 43.74 | (31.43) | 500m | 44.07 | (31.65) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|------------------------|---------|-----------------------|-------|---------|--------------|------|
| 2 | wt | 9 | Nyncke Dijkstra | | DN2 | | 42.31 | 43.91 | |
| | rd | 24 | Sterre Jonkers | | DSA | | 41.95 | 43.45 | |
| | | Nyncke Dijkstra | | | Sterre Jonkers | | | | |
| | | 100m | 12.13 | (12.13) | 100m | 12.26 | (12.26) | | |
| | | 500m | 43.91 | (31.78) | 500m | 43.45 | (31.19) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|----------------------|---------|-----------------|-------|---------|--------------|------|
| 3 | wt | 6 | Esmée Brommer | | DN1 | | 42.57 | 43.06 | |
| | rd | 39 | Emma Noz | | DA2 | | 42.18 | 43.42 | |
| | | Esmée Brommer | | | Emma Noz | | | | |
| | | 100m | 11.87 | (11.87) | 100m | 12.00 | (12.00) | | |
| | | 500m | 43.06 | (31.19) | 500m | 43.42 | (31.42) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------------|---------|---------------------------|-------|---------|--------------|------|
| 4 | wt | 22 | Emma Hulshof | | DSA | | 42.18 | 42.59 | |
| | rd | 29 | Sophie Kraaijeveld | | DN1 | | 42.02 | 43.67 | |
| | | Emma Hulshof | | | Sophie Kraaijeveld | | | | |
| | | 100m | 11.91 | (11.91) | 100m | 12.27 | (12.27) | | |
| | | 500m | 42.59 | (30.68) | 500m | 43.67 | (31.40) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|-------------------------|---------|-------------------------|-------|---------|--------------|------|
| 5 | wt | 37 | Elbrich Nicolay | | DA1 | | 41.46 | 43.58 | |
| | rd | 40 | Sanne Oosterwijk | | DA2 | | 41.28 | 42.27 | |
| | | Elbrich Nicolay | | | Sanne Oosterwijk | | | | |
| | | 100m | 12.09 | (12.09) | 100m | 11.63 | (11.63) | | |
| | | 500m | 43.58 | (31.49) | 500m | 42.27 | (30.64) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|----------------------|-------|---------|--------------|------|
| 6 | wt | 10 | Vera van Ditshuizen | | DN2 | | 41.96 | 42.52 | |
| | rd | 38 | Hilde Noppert | | DN4 | | 41.36 | 41.85 | |
| | | Vera van Ditshuizen | | | Hilde Noppert | | | | |
| | | 100m | 11.77 | (11.77) | 100m | 11.78 | (11.78) | | |
| | | 500m | 42.52 | (30.75) | 500m | 41.85 | (30.07) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|---------------------|-------|---------|--------------|------|
| 7 | wt | 21 | Lieke Hoogendoorn | | DA1 | | 41.50 | 41.74 | |
| | rd | 53 | Evelien Vijn | | DN2 | | 40.63 | 42.18 | |
| | | Lieke Hoogendoorn | | | Evelien Vijn | | | | |
| | | 100m | 11.50 | (11.50) | 100m | 11.91 | (11.91) | | |
| | | 500m | 41.74 | (30.24) | 500m | 42.18 | (30.27) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|---------------------|-------|---------|--------------|------|
| 8 | wt | 30 | Gioya Lancee | | DSA | | 38.97 | 40.62 | |
| | rd | 60 | Sanne Westra | | DN2 | | 40.54 | 41.07 | |
| | | Gioya Lancee | | | Sanne Westra | | | | |
| | | 100m | 11.47 | (11.47) | 100m | 11.55 | (11.55) | | |
| | | 500m | 40.62 | (29.15) | 500m | 41.07 | (29.52) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|------------------------|-------|---------|--------------|------|
| 9 | wt | 57 | Eline van Voorden | | DN4 | | 40.80 | 41.95 | |
| | rd | 51 | Paulien Verhaar | | DSA | | 39.85 | 41.22 | |
| | | Eline van Voorden | | | Paulien Verhaar | | | | |
| | | 100m | 11.66 | (11.66) | 100m | 11.35 | (11.35) | | |
| | | 500m | 41.95 | (30.29) | 500m | 41.22 | (29.87) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|------------------------|-------|---------|--------------|------|
| 10 | wt | 59 | Naomi van der Werf | | DSA | | 40.41 | 42.09 | |
| | rd | 14 | Jade Groenewoud | | DN1 | | 40.18 | 41.45 | |
| | | Naomi van der Werf | | | Jade Groenewoud | | | | |
| | | 100m | 11.59 | (11.59) | 100m | 11.59 | (11.59) | | |
| | | 500m | 42.09 | (30.50) | 500m | 41.45 | (29.86) | | |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|--------------------|--------------------|---------|-------------------|-------|---------|-------|--------------|------|
| 11 | wt | 15 | Robin Groot | | DN4 | | | 39.30 | 40.41 | |
| | rd | 48 | Kim Talsma | | DN4 | | | 40.21 | 40.44 | |
| | | Robin Groot | | | Kim Talsma | | | | | |
| | | 100m | 11.31 | (11.31) | 100m | 11.29 | (11.29) | | | |
| | | 500m | 40.41 | (29.10) | 500m | 40.44 | (29.15) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|--------------------|-------|---------|-------|--------------|------|
| 12 | wt | 12 | Romée Ebbinge | | DSA | | | 40.30 | 41.27 | |
| | rd | 1 | Reina Anema | | DSA | | | 40.20 | 41.76 | |
| | | Romée Ebbinge | | | Reina Anema | | | | | |
| | | 100m | 11.49 | (11.49) | 100m | 11.72 | (11.72) | | | |
| | | 500m | 41.27 | (29.78) | 500m | 41.76 | (30.04) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-------------------------|-------|---------|-------|--------------|------|
| 13 | wt | 55 | Ju-Lin de Visser | | DN4 | | | 39.43 | 40.72 | |
| | rd | 34 | Amy van der Meer | | DN3 | | | 40.03 | 41.89 | |
| | | Ju-Lin de Visser | | | Amy van der Meer | | | | | |
| | | 100m | 11.08 | (11.08) | 100m | 11.35 | (11.35) | | | |
| | | 500m | 40.72 | (29.64) | 500m | 41.89 | (30.54) | | | |

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2. Uitslag Mannen 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|-------|------|--------|
| 1 | 53 Jur Veenje | HN4 | 11 | I | 37.27 | | |
| 2 | 33 Thomas de Lange | HN2 | 11 | O | 37.34 | | |
| 3 | 55 Loek van Vilsteren | HN1 | 13 | I | 37.46 | | |
| 4 | 13 Sijmen Egberts | HN1 | 13 | O | 37.65 | | |
| 5 | 40 Colin Schrijver | HN4 | 8 | I | 37.89 | | |
| 6 | 35 Rick Meijer | HN2 | 12 | I | 38.11 | | |
| 7 | 43 Remo Slotegraaf | HN3 | 12 | O | 38.14 | | |
| 8 | 29 Jelle Koeleman | HN1 | 10 | O | 38.25 | | |
| 9 | 12 Colin James Duivenvoorden | HN2 | 6 | O | 38.30 | | |
| 10 | 37 Matthé Pronk | HN1 | 5 | I | 38.46 | | |
| 11 | 10 Lex Dijkstra | HSA | 9 | I | 38.50 | | |
| 12 | 58 Hidde Westra | HN1 | 8 | O | 38.71 | | |
| 13 | 20 Jan Hamers | HSA | 3 | O | 38.73 | | |
| 14 | 61 Mathijs van Zwieten | HN3 | 10 | I | 38.78 | | |
| 15 | 31 Wester Landman | HN2 | 5 | O | 38.82 | | |
| 16 | 32 Jesse de Lange | HN3 | 6 | I | 38.98 | | |
| 17 | 42 Sipke Sijtsema | HN2 | 2 | I | 39.32 | | |
| 18 | 34 Jasper van der Marel | HA2 | 4 | O | 39.37 | | |
| 19 | 30 Jasper Krommenhoek | HN1 | 4 | I | 39.38 | | |
| 20 | 5 Stijn van de Bunt | HN1 | 9 | O | 39.56 | | |
| 21 | 57 Sietse de Vries | HA1 | 3 | I | 39.58 | | |
| 22 | 8 Jornt Dijk | HN4 | 7 | I | 39.59 | | |
| 23 | 49 Dyon Talsma | HN3 | 7 | O | 39.72 | | |
| 24 | 4 Johan Bouwhuis | HA1 | 2 | O | 40.35 | | |
| 25 | 50 Jasper Tinga | HN1 | 1 | I | 40.44 | | |

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2. Rituitslag Mannen 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|-----|----|-------|--------------|------|
| 1 | wt | 50 | Jasper Tinga | | HN1 | | 39.14 | 40.44 | |
| | rd | | | | | | | | |
| | | Jasper Tinga | | | | | | | |
| | | 100m | 11.59 | (11.59) | | m | | | |
| | | 500m | 40.44 | (28.85) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----|------|-------|--------------|------|
| 2 | wt | 42 | Sipke Sijtsema | | HN2 | | 38.75 | 39.32 | |
| | rd | 4 | Johan Bouwhuis | | HA1 | | 39.08 | 40.35 | |
| | | Sipke Sijtsema | | | | | | | |
| | | 100m | 10.82 | (10.82) | | 100m | 10.97 | (10.97) | |
| | | 500m | 39.32 | (28.50) | | 500m | 40.35 | (29.38) | |
| | | Johan Bouwhuis | | | | | | | |
| | | 100m | 10.97 | (10.97) | | 100m | 10.97 | (10.97) | |
| | | 500m | 40.35 | (29.38) | | 500m | 40.35 | (29.38) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|------------------------|---------|-----|------|-------|--------------|------|
| 3 | wt | 57 | Sietse de Vries | | HA1 | | 38.76 | 39.58 | |
| | rd | 20 | Jan Hamers | | HSA | | 37.28 | 38.73 | |
| | | Sietse de Vries | | | | | | | |
| | | 100m | 10.92 | (10.92) | | 100m | 10.94 | (10.94) | |
| | | 500m | 39.58 | (28.66) | | 500m | 38.73 | (27.79) | |
| | | Jan Hamers | | | | | | | |
| | | 100m | 10.94 | (10.94) | | 100m | 10.94 | (10.94) | |
| | | 500m | 38.73 | (27.79) | | 500m | 38.73 | (27.79) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------------|-----------------------------|---------|-----|------|-------|--------------|------|
| 4 | wt | 30 | Jasper Krommenhoek | | HN1 | | 38.48 | 39.38 | |
| | rd | 34 | Jasper van der Marel | | HA2 | | 38.98 | 39.37 | |
| | | Jasper Krommenhoek | | | | | | | |
| | | 100m | 11.26 | (11.26) | | 100m | 11.19 | (11.19) | |
| | | 500m | 39.38 | (28.12) | | 500m | 39.37 | (28.18) | |
| | | Jasper van der Marel | | | | | | | |
| | | 100m | 11.19 | (11.19) | | 100m | 11.19 | (11.19) | |
| | | 500m | 39.37 | (28.18) | | 500m | 39.37 | (28.18) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----|------|-------|--------------|------|
| 5 | wt | 37 | Matthé Pronk | | HN1 | | 37.92 | 38.46 | |
| | rd | 31 | Wester Landman | | HN2 | | 37.86 | 38.82 | |
| | | Matthé Pronk | | | | | | | |
| | | 100m | 10.83 | (10.83) | | 100m | 10.70 | (10.70) | |
| | | 500m | 38.46 | (27.63) | | 500m | 38.82 | (28.12) | |
| | | Wester Landman | | | | | | | |
| | | 100m | 10.70 | (10.70) | | 100m | 10.70 | (10.70) | |
| | | 500m | 38.82 | (28.12) | | 500m | 38.82 | (28.12) | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|------|----------------------------------|-------|---------|----|-------|--------------|----------------------------------|
| 6 | wt | 32 | Jesse de Lange | | HN3 | | 37.90 | 38.98 | |
| | rd | 12 | Colin James Duivenvoorden | | HN2 | | 38.15 | 38.30 | |
| | | | <u>Jesse de Lange</u> | | | | | | <u>Colin James Duivenvoorden</u> |
| | | | 100m | 10.83 | (10.83) | | 100m | 10.67 | (10.67) |
| | | | 500m | 38.98 | (28.15) | | 500m | 38.30 | (27.63) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 7 | wt | 8 | Jornt Dijk | | HN4 | | 37.70 | 39.59 | |
| | rd | 49 | Dyon Talsma | | HN3 | | 38.37 | 39.72 | |
| | | | <u>Jornt Dijk</u> | | | | | | <u>Dyon Talsma</u> |
| | | | 100m | 10.78 | (10.78) | | 100m | 11.05 | (11.05) |
| | | | 500m | 39.59 | (28.81) | | 500m | 39.72 | (28.67) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 8 | wt | 40 | Colin Schrijver | | HN4 | | 37.34 | 37.89 | |
| | rd | 58 | Hidde Westra | | HN1 | | 37.53 | 38.71 | |
| | | | <u>Colin Schrijver</u> | | | | | | <u>Hidde Westra</u> |
| | | | 100m | 10.54 | (10.54) | | 100m | 10.91 | (10.91) |
| | | | 500m | 37.89 | (27.35) | | 500m | 38.71 | (27.80) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 9 | wt | 10 | Lex Dijkstra | | HSA | | 37.37 | 38.50 | |
| | rd | 5 | Stijn van de Bunt | | HN1 | | 37.65 | 39.56 | |
| | | | <u>Lex Dijkstra</u> | | | | | | <u>Stijn van de Bunt</u> |
| | | | 100m | 10.87 | (10.87) | | 100m | 11.43 | (11.43) |
| | | | 500m | 38.50 | (27.63) | | 500m | 39.56 | (28.13) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 10 | wt | 61 | Mathijs van Zwieten | | HN3 | | 37.82 | 38.78 | |
| | rd | 29 | Jelle Koeleman | | HN1 | | 37.70 | 38.25 | |
| | | | <u>Mathijs van Zwieten</u> | | | | | | <u>Jelle Koeleman</u> |
| | | | 100m | 10.89 | (10.89) | | 100m | 10.34 | (10.34) |
| | | | 500m | 38.78 | (27.89) | | 500m | 38.25 | (27.91) |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|-------|----|---------------------------|---------------------------|---------|------------------------|-------|---------|-------|--------------|------|
| 11 | wt | 53 | Jur Veenje | | HN4 | | | 36.73 | 37.27 | |
| | rd | 33 | Thomas de Lange | | HN2 | | | 36.63 | 37.34 | |
| | | Jur Veenje | | | Thomas de Lange | | | | | |
| | | 100m | 10.54 | (10.54) | 100m | 10.57 | (10.57) | | | |
| | | 500m | 37.27 | (26.73) | 500m | 37.34 | (26.77) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 12 | wt | 35 | Rick Meijer | | HN2 | | | 37.29 | 38.11 | |
| | rd | 43 | Remo Slotegraaf | | HN3 | | | 37.10 | 38.14 | |
| | | Rick Meijer | | | Remo Slotegraaf | | | | | |
| | | 100m | 10.79 | (10.79) | 100m | 10.84 | (10.84) | | | |
| | | 500m | 38.11 | (27.32) | 500m | 38.14 | (27.30) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 13 | wt | 55 | Loek van Vilsteren | | HN1 | | | 36.80 | 37.46 | |
| | rd | 13 | Sijmen Egberts | | HN1 | | | 37.31 | 37.65 | |
| | | Loek van Vilsteren | | | Sijmen Egberts | | | | | |
| | | 100m | 10.29 | (10.29) | 100m | 10.44 | (10.44) | | | |
| | | 500m | 37.46 | (27.17) | 500m | 37.65 | (27.21) | | | |

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3. Uitslag Vrouwen 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 15 Robin Groot | DN4 | 14 | I | 4:14.89 | | |
| 2 | 14 Jade Groenewoud | DN1 | 12 | I | 4:16.13 | | |
| 3 | 1 Reina Anema | DSA | 14 | O | 4:16.28 | | |
| 4 | 53 Evelien Vijn | DN2 | 12 | O | 4:16.54 | | |
| 5 | 30 Gioya Lancee | DSA | 9 | I | 4:17.63 | | |
| 6 | 48 Kim Talsma | DN4 | 13 | I | 4:19.03 | | |
| 7 | 54 Esmee Visser | DSA | 13 | O | 4:19.13 | | |
| 8 | 51 Paulien Verhaar | DSA | 9 | O | 4:21.59 | | |
| 9 | 57 Eline van Voorden | DN4 | 10 | I | 4:24.07 | | |
| 10 | 40 Sanne Oosterwijk | DA2 | 6 | O | 4:26.15 | | |
| 11 | 21 Lieke Hoogendoorn | DA1 | 6 | I | 4:26.47 | | |
| 12 | 59 Naomi van der Werf | DSA | 11 | O | 4:27.24 | | |
| 13 | 28 Veerle van Koppen | DN1 | 8 | I | 4:27.39 | | |
| 14 | 29 Sophie Kraaijeveld | DN1 | 11 | I | 4:29.45 | | |
| 15 | 10 Vera van Ditshuizen | DN2 | 7 | I | 4:29.86 | | |
| 16 | 55 Ju-Lin de Visser | DN4 | 4 | I | 4:30.01 | PR | |
| 17 | 38 Hilde Noppert | DN4 | 7 | O | 4:31.44 | | |
| 18 | 60 Sanne Westra | DN2 | 5 | I | 4:32.81 | | |
| 19 | 24 Sterre Jonkers | DSA | 10 | O | 4:35.46 | | |
| 20 | 12 Romée Ebbinge | DSA | 3 | O | 4:35.90 | | |
| 21 | 6 Esmée Brommer | DN1 | 5 | O | 4:36.10 | | |
| 22 | 39 Emma Noz | DA2 | 3 | I | 4:36.91 | | |
| 23 | 22 Emma Hulshof | DSA | 1 | I | 4:42.89 | | |
| 24 | 9 Nyncke Dijkstra | DN2 | 4 | O | 4:44.02 | | |
| 25 | 37 Elbrich Nicolay | DA1 | 8 | O | 4:54.60 | | |
| 26 | 34 Amy van der Meer | DN3 | 1 | O | 4:57.63 | | |

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3. Rituitslag Vrouwen 3000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|-------------------------|---------|-------------------------|---------|---------|----------------|------|
| 1 | wt | 22 | Emma Hulshof | | DSA | | 4:34.14 | 4:42.89 | |
| | rd | 34 | Amy van der Meer | | DN3 | | 4:31.77 | 4:57.63 | |
| | | Emma Hulshof | | | Amy van der Meer | | | | |
| | | 200m | 21.82 | (21.82) | 200m | 22.20 | (22.20) | | |
| | | 600m | 58.69 | (36.87) | 600m | 59.56 | (37.36) | | |
| | | 1000m | 1:36.33 | (37.64) | 1000m | 1:38.02 | (38.46) | | |
| | | 1400m | 2:13.24 | (36.91) | 1400m | 2:16.91 | (38.89) | | |
| | | 1800m | 2:50.63 | (37.39) | 1800m | 2:56.13 | (39.22) | | |
| | | 2200m | 3:27.91 | (37.28) | 2200m | 3:36.22 | (40.09) | | |
| | | 2600m | 4:05.08 | (37.17) | 2600m | 4:16.61 | (40.39) | | |
| | | 3000m | 4:42.89 | (37.81) | 3000m | 4:57.63 | (41.02) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|--|-----|---|----|--|------|------|
| 2 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | m | | | m | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------|----------------------|---------|----------------------|---------|---------|----------------|------|
| 3 | wt | 39 | Emma Noz | | DA2 | | 4:29.96 | 4:36.91 | |
| | rd | 12 | Romée Ebbinge | | DSA | | 4:28.50 | 4:35.90 | |
| | | Emma Noz | | | Romée Ebbinge | | | | |
| | | 200m | 21.48 | (21.48) | 200m | 22.16 | (22.16) | | |
| | | 600m | 54.98 | (33.50) | 600m | 55.96 | (33.80) | | |
| | | 1000m | 1:29.53 | (34.55) | 1000m | 1:30.18 | (34.22) | | |
| | | 1400m | 2:05.31 | (35.78) | 1400m | 2:05.32 | (35.14) | | |
| | | 1800m | 2:42.06 | (36.75) | 1800m | 2:41.90 | (36.58) | | |
| | | 2200m | 3:19.65 | (37.59) | 2200m | 3:19.19 | (37.29) | | |
| | | 2600m | 3:58.25 | (38.60) | 2600m | 3:57.16 | (37.97) | | |
| | | 3000m | 4:36.91 | (38.66) | 3000m | 4:35.90 | (38.74) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|-----|------------------------|---------|----------------|------|
| 4 | gl | 55 | Ju-Lin de Visser | | DN4 | | 4:33.84 | 4:30.01 | PR |
| | bl | 9 | Nyncke Dijkstra | | DN2 | | 4:28.59 | 4:44.02 | |
| | | Ju-Lin de Visser | | | | Nyncke Dijkstra | | | |
| | | 200m | 21.51 | (21.51) | | 200m | 21.92 | (21.92) | |
| | | 600m | 55.83 | (34.32) | | 600m | 56.78 | (34.86) | |
| | | 1000m | 1:30.89 | (35.06) | | 1000m | 1:32.24 | (35.46) | |
| | | 1400m | 2:06.75 | (35.86) | | 1400m | 2:08.25 | (36.01) | |
| | | 1800m | 2:43.06 | (36.31) | | 1800m | 2:45.38 | (37.13) | |
| | | 2200m | 3:19.20 | (36.14) | | 2200m | 3:23.97 | (38.59) | |
| | | 2600m | 3:55.02 | (35.82) | | 2600m | 4:03.40 | (39.43) | |
| | | 3000m | 4:30.01 | (34.99) | | 3000m | 4:44.02 | (40.62) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|----------------------|---------|-----|----------------------|---------|----------------|------|
| 5 | wt | 60 | Sanne Westra | | DN2 | | 4:27.29 | 4:32.81 | |
| | rd | 6 | Esmée Brommer | | DN1 | | 4:28.29 | 4:36.10 | |
| | | Sanne Westra | | | | Esmée Brommer | | | |
| | | 200m | 20.74 | (20.74) | | 200m | 21.73 | (21.73) | |
| | | 600m | 54.73 | (33.99) | | 600m | 56.79 | (35.06) | |
| | | 1000m | 1:29.84 | (35.11) | | 1000m | 1:32.57 | (35.78) | |
| | | 1400m | 2:05.64 | (35.80) | | 1400m | 2:08.58 | (36.01) | |
| | | 1800m | 2:41.99 | (36.35) | | 1800m | 2:44.72 | (36.14) | |
| | | 2200m | 3:18.75 | (36.76) | | 2200m | 3:21.35 | (36.63) | |
| | | 2600m | 3:55.71 | (36.96) | | 2600m | 3:58.41 | (37.06) | |
| | | 3000m | 4:32.81 | (37.10) | | 3000m | 4:36.10 | (37.69) | |

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| | | Naam | | Cat | | PR | | Tijd | Info | |
|---|----|-------|--------------------------|---------|-----|-------|-------------------------|---------|----------------|--|
| 6 | gl | 21 | Lieke Hoogendoorn | | DA1 | | | 4:24.03 | 4:26.47 | |
| | bl | 40 | Sanne Oosterwijk | | DA2 | | | 4:22.86 | 4:26.15 | |
| | | | Lieke Hoogendoorn | | | | Sanne Oosterwijk | | | |
| | | 200m | 20.41 | (20.41) | | 200m | 20.74 | (20.74) | | |
| | | 600m | 52.47 | (32.06) | | 600m | 53.30 | (32.56) | | |
| | | 1000m | 1:26.03 | (33.56) | | 1000m | 1:26.90 | (33.60) | | |
| | | 1400m | 2:01.01 | (34.98) | | 1400m | 2:01.08 | (34.18) | | |
| | | 1800m | 2:36.52 | (35.51) | | 1800m | 2:35.99 | (34.91) | | |
| | | 2200m | 3:12.61 | (36.09) | | 2200m | 3:11.90 | (35.91) | | |
| | | 2600m | 3:49.20 | (36.59) | | 2600m | 3:48.76 | (36.86) | | |
| | | 3000m | 4:26.47 | (37.27) | | 3000m | 4:26.15 | (37.39) | | |

| | | Naam | | Cat | | PR | | Tijd | Info | |
|---|----|-------|----------------------------|---------|-----|-------|----------------------|---------|----------------|--|
| 7 | wt | 10 | Vera van Ditshuizen | | DN2 | | | 4:22.09 | 4:29.86 | |
| | rd | 38 | Hilde Noppert | | DN4 | | | 4:22.97 | 4:31.44 | |
| | | | Vera van Ditshuizen | | | | Hilde Noppert | | | |
| | | 200m | 21.63 | (21.63) | | 200m | 21.05 | (21.05) | | |
| | | 600m | 56.33 | (34.70) | | 600m | 55.28 | (34.23) | | |
| | | 1000m | 1:31.31 | (34.98) | | 1000m | 1:30.43 | (35.15) | | |
| | | 1400m | 2:06.72 | (35.41) | | 1400m | 2:06.04 | (35.61) | | |
| | | 1800m | 2:41.93 | (35.21) | | 1800m | 2:41.96 | (35.92) | | |
| | | 2200m | 3:17.52 | (35.59) | | 2200m | 3:17.81 | (35.85) | | |
| | | 2600m | 3:53.41 | (35.89) | | 2600m | 3:54.56 | (36.75) | | |
| | | 3000m | 4:29.86 | (36.45) | | 3000m | 4:31.44 | (36.88) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|-----|------------------------|---------|---------|----------------|
| 8 | gl | 28 | Veerle van Koppen | | DN1 | | | 4:22.34 | 4:27.39 |
| | bl | 37 | Elbrich Nicolay | | DA1 | | | 4:27.68 | 4:54.60 |
| | | Veerle van Koppen | | | | Elbrich Nicolay | | | |
| | | 200m | 21.10 | (21.10) | | 200m | 22.41 | (22.41) | |
| | | 600m | 54.27 | (33.17) | | 600m | 58.96 | (36.55) | |
| | | 1000m | 1:28.29 | (34.02) | | 1000m | 1:37.41 | (38.45) | |
| | | 1400m | 2:02.94 | (34.65) | | 1400m | 2:16.84 | (39.43) | |
| | | 1800m | 2:38.09 | (35.15) | | 1800m | 2:56.85 | (40.01) | |
| | | 2200m | 3:13.94 | (35.85) | | 2200m | 3:36.30 | (39.45) | |
| | | 2600m | 3:50.28 | (36.34) | | 2600m | 4:15.26 | (38.96) | |
| | | 3000m | 4:27.39 | (37.11) | | 3000m | 4:54.60 | (39.34) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|------------------------|---------|-----|------------------------|---------|---------|----------------|
| 9 | wt | 30 | Gioya Lancee | | DSA | | | 4:06.25 | 4:17.63 |
| | rd | 51 | Paulien Verhaar | | DSA | | | 4:11.73 | 4:21.59 |
| | | Gioya Lancee | | | | Paulien Verhaar | | | |
| | | 200m | 20.69 | (20.69) | | 200m | 20.59 | (20.59) | |
| | | 600m | 53.16 | (32.47) | | 600m | 53.47 | (32.88) | |
| | | 1000m | 1:25.71 | (32.55) | | 1000m | 1:26.43 | (32.96) | |
| | | 1400m | 1:59.23 | (33.52) | | 1400m | 1:59.65 | (33.22) | |
| | | 1800m | 2:32.87 | (33.64) | | 1800m | 2:33.66 | (34.01) | |
| | | 2200m | 3:07.29 | (34.42) | | 2200m | 3:08.78 | (35.12) | |
| | | 2600m | 3:42.39 | (35.10) | | 2600m | 3:44.88 | (36.10) | |
| | | 3000m | 4:17.63 | (35.24) | | 3000m | 4:21.59 | (36.71) | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-----------------------|---------|---------|---------|----------------|
| 10 | gl | 57 | Eline van Voorden | | DN4 | | | 4:14.19 | 4:24.07 |
| | bl | 24 | Sterre Jonkers | | DSA | | | 4:07.69 | 4:35.46 |
| | | Eline van Voorden | | | Sterre Jonkers | | | | |
| | | 200m | 21.60 | (21.60) | 200m | 22.45 | (22.45) | | |
| | | 600m | 54.76 | (33.16) | 600m | 57.09 | (34.64) | | |
| | | 1000m | 1:28.49 | (33.73) | 1000m | 1:32.45 | (35.36) | | |
| | | 1400m | 2:02.61 | (34.12) | 1400m | 2:08.13 | (35.68) | | |
| | | 1800m | 2:37.03 | (34.42) | 1800m | 2:44.57 | (36.44) | | |
| | | 2200m | 3:12.03 | (35.00) | 2200m | 3:21.98 | (37.41) | | |
| | | 2600m | 3:47.64 | (35.61) | 2600m | 3:58.91 | (36.93) | | |
| | | 3000m | 4:24.07 | (36.43) | 3000m | 4:35.46 | (36.55) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|---------------------------|---------|---------|---------|----------------|
| 11 | wt | 29 | Sophie Kraaijeveld | | DN1 | | | 4:10.39 | 4:29.45 |
| | rd | 59 | Naomi van der Werf | | DSA | | | 4:12.59 | 4:27.24 |
| | | Sophie Kraaijeveld | | | Naomi van der Werf | | | | |
| | | 200m | 21.91 | (21.91) | 200m | 21.14 | (21.14) | | |
| | | 600m | 55.41 | (33.50) | 600m | 54.70 | (33.56) | | |
| | | 1000m | 1:29.85 | (34.44) | 1000m | 1:29.02 | (34.32) | | |
| | | 1400m | 2:04.91 | (35.06) | 1400m | 2:03.82 | (34.80) | | |
| | | 1800m | 2:40.58 | (35.67) | 1800m | 2:38.85 | (35.03) | | |
| | | 2200m | 3:16.89 | (36.31) | 2200m | 3:14.41 | (35.56) | | |
| | | 2600m | 3:53.18 | (36.29) | 2600m | 3:50.40 | (35.99) | | |
| | | 3000m | 4:29.45 | (36.27) | 3000m | 4:27.24 | (36.84) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|---------------------|---------|---------|---------|----------------|
| 12 | gl | 14 | Jade Groenewoud | | DN1 | | | 4:07.07 | 4:16.13 |
| | bl | 53 | Evelien Vijn | | DN2 | | | 4:03.76 | 4:16.54 |
| | | Jade Groenewoud | | | Evelien Vijn | | | | |
| | | 200m | 20.41 | (20.41) | 200m | 21.01 | (21.01) | | |
| | | 600m | 52.74 | (32.33) | 600m | 52.94 | (31.93) | | |
| | | 1000m | 1:25.91 | (33.17) | 1000m | 1:25.71 | (32.77) | | |
| | | 1400m | 1:59.48 | (33.57) | 1400m | 1:59.22 | (33.51) | | |
| | | 1800m | 2:33.21 | (33.73) | 1800m | 2:33.34 | (34.12) | | |
| | | 2200m | 3:07.42 | (34.21) | 2200m | 3:07.66 | (34.32) | | |
| | | 2600m | 3:41.62 | (34.20) | 2600m | 3:42.14 | (34.48) | | |
| | | 3000m | 4:16.13 | (34.51) | 3000m | 4:16.54 | (34.40) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------|---------------------|---------|---------------------|---------|---------|---------|----------------|
| 13 | wt | 48 | Kim Talsma | | DN4 | | | 4:09.64 | 4:19.03 |
| | rd | 54 | Esmee Visser | | DSA | | | 3:54.02 | 4:19.13 |
| | | Kim Talsma | | | Esmee Visser | | | | |
| | | 200m | 20.78 | (20.78) | 200m | 21.88 | (21.88) | | |
| | | 600m | 53.94 | (33.16) | 600m | 55.38 | (33.50) | | |
| | | 1000m | 1:26.96 | (33.02) | 1000m | 1:29.10 | (33.72) | | |
| | | 1400m | 2:00.28 | (33.32) | 1400m | 2:02.86 | (33.76) | | |
| | | 1800m | 2:33.81 | (33.53) | 1800m | 2:36.71 | (33.85) | | |
| | | 2200m | 3:08.01 | (34.20) | 2200m | 3:10.74 | (34.03) | | |
| | | 2600m | 3:43.36 | (35.35) | 2600m | 3:44.88 | (34.14) | | |
| | | 3000m | 4:19.03 | (35.67) | 3000m | 4:19.13 | (34.25) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------|--------------------|---------|-----|--------------------|---------|---------|----------------|
| 14 | gl | 15 | Robin Groot | | DN4 | | | 4:04.38 | 4:14.89 |
| | bl | 1 | Reina Anema | | DSA | | | 4:01.12 | 4:16.28 |
| | | Robin Groot | | | | Reina Anema | | | |
| | | 200m | 20.89 | (20.89) | | 200m | 20.66 | (20.66) | |
| | | 600m | 53.34 | (32.45) | | 600m | 53.33 | (32.67) | |
| | | 1000m | 1:26.29 | (32.95) | | 1000m | 1:26.50 | (33.17) | |
| | | 1400m | 1:59.27 | (32.98) | | 1400m | 1:59.68 | (33.18) | |
| | | 1800m | 2:32.35 | (33.08) | | 1800m | 2:33.12 | (33.44) | |
| | | 2200m | 3:05.87 | (33.52) | | 2200m | 3:06.91 | (33.79) | |
| | | 2600m | 3:39.92 | (34.05) | | 2600m | 3:41.50 | (34.59) | |
| | | 3000m | 4:14.89 | (34.97) | | 3000m | 4:16.28 | (34.78) | |

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4. Uitslag Mannen 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|---------|------|--------|
| 1 | 12 Colin James Duivendoorn | HN2 | 12 | O | 6:33.73 | | |
| 2 | 43 Remo Slotegraaf | HN3 | 13 | O | 6:40.69 | | |
| 3 | 5 Stijn van de Bunt | HN1 | 13 | I | 6:41.51 | | |
| 4 | 20 Jan Hamers | HSA | 12 | I | 6:42.43 | | |
| 5 | 10 Lex Dijkstra | HSA | 14 | I | 6:44.34 | | |
| 6 | 13 Sijmen Egberts | HN1 | 11 | I | 6:49.63 | | |
| 7 | 29 Jelle Koeleman | HN1 | 9 | I | 6:53.49 | | |
| 8 | 58 Hidde Westra | HN1 | 11 | O | 6:58.65 | | |
| 9 | 50 Jasper Tinga | HN1 | 7 | O | 6:58.94 | | |
| 10 | 42 Sipke Sijtsma | HN2 | 6 | I | 6:59.98 | | |
| 11 | 53 Jur Veenje | HN4 | 10 | O | 7:01.00 | | |
| 12 | 33 Thomas de Lange | HN2 | 9 | O | 7:01.18 | | |
| 13 | 37 Matthé Pronk | HN1 | 5 | O | 7:01.89 | | |
| 14 | 34 Jasper van der Marel | HA2 | 6 | O | 7:01.97 | | |
| 15 | 57 Sietse de Vries | HA1 | 8 | I | 7:02.55 | | |
| 16 | 32 Jesse de Lange | HN3 | 8 | O | 7:02.81 | | |
| 17 | 49 Dyon Talsma | HN3 | 3 | O | 7:05.00 | | |
| 18 | 35 Rick Meijer | HN2 | 4 | O | 7:05.59 | | |
| 19 | 4 Johan Bouwhuis | HA1 | 5 | I | 7:06.64 | | |
| 20 | 61 Mathijs van Zwieten | HN3 | 10 | I | 7:07.07 | | |
| 21 | 55 Loek van Vilsteren | HN1 | 7 | I | 7:07.09 | | |
| 22 | 31 Wester Landman | HN2 | 4 | I | 7:18.15 | | |
| 23 | 8 Jornt Dijk | HN4 | 3 | I | 7:27.46 | | |
| 24 | 40 Colin Schrijver | HN4 | 1 | I | 7:29.78 | | |
| | 30 Jasper Krommenhoek | HN1 | 14 | O | DQ | | |

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4. Rituitslag Mannen 5000 meter

| | Naam | Cat | PR | Tijd | Info |
|---|----------|--------------------|-----|---------|----------------|
| 1 | wt rd | 40 Colin Schrijver | HN4 | 7:14.24 | 7:29.78 |

Colin Schrijver

| | | | |
|-------|---------|---------|---|
| 200m | 20.54 | (20.54) | m |
| 600m | 54.85 | (34.31) | |
| 1000m | 1:30.38 | (35.53) | |
| 1400m | 2:06.05 | (35.67) | |
| 1800m | 2:41.61 | (35.56) | |
| 2200m | 3:17.09 | (35.48) | |
| 2600m | 3:52.80 | (35.71) | |
| 3000m | 4:28.38 | (35.58) | |
| 3400m | 5:03.81 | (35.43) | |
| 3800m | 5:39.28 | (35.47) | |
| 4200m | 6:14.99 | (35.71) | |
| 4600m | 6:51.57 | (36.58) | |
| 5000m | 7:29.78 | (38.21) | |

| | Naam | Cat | PR | Tijd | Info |
|---|----------|-----|----|------|------|
| 2 | gl bl | | | | |
| | | | | m | m |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------|--------------------|---------|--------------------|---------|---------|----------------|------|
| 3 | wt | 8 | Jornt Dijk | | HN4 | | 7:14.31 | 7:27.46 | |
| | rd | 49 | Dyon Talsma | | HN3 | | 6:53.51 | 7:05.00 | |
| | | Jornt Dijk | | | Dyon Talsma | | | | |
| | | 200m | 19.84 | (19.84) | 200m | 20.66 | (20.66) | | |
| | | 600m | 52.70 | (32.86) | 600m | 54.13 | (33.47) | | |
| | | 1000m | 1:26.49 | (33.79) | 1000m | 1:27.87 | (33.74) | | |
| | | 1400m | 2:01.13 | (34.64) | 1400m | 2:01.98 | (34.11) | | |
| | | 1800m | 2:35.37 | (34.24) | 1800m | 2:36.27 | (34.29) | | |
| | | 2200m | 3:09.91 | (34.54) | 2200m | 3:10.11 | (33.84) | | |
| | | 2600m | 3:44.54 | (34.63) | 2600m | 3:43.94 | (33.83) | | |
| | | 3000m | 4:19.50 | (34.96) | 3000m | 4:17.55 | (33.61) | | |
| | | 3400m | 4:56.50 | (37.00) | 3400m | 4:51.11 | (33.56) | | |
| | | 3800m | 5:34.15 | (37.65) | 3800m | 5:24.17 | (33.06) | | |
| | | 4200m | 6:12.60 | (38.45) | 4200m | 5:57.35 | (33.18) | | |
| | | 4600m | 6:50.53 | (37.93) | 4600m | 6:30.95 | (33.60) | | |
| | | 5000m | 7:27.46 | (36.93) | 5000m | 7:05.00 | (34.05) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|--------------------|---------|---------|----------------|------|
| 4 | gl | 31 | Wester Landman | | HN2 | | 7:08.79 | 7:18.15 | |
| | bl | 35 | Rick Meijer | | HN2 | | 6:52.90 | 7:05.59 | |
| | | Wester Landman | | | Rick Meijer | | | | |
| | | 200m | 20.30 | (20.30) | 200m | 20.28 | (20.28) | | |
| | | 600m | 53.73 | (33.43) | 600m | 52.72 | (32.44) | | |
| | | 1000m | 1:27.35 | (33.62) | 1000m | 1:26.30 | (33.58) | | |
| | | 1400m | 2:01.25 | (33.90) | 1400m | 1:59.88 | (33.58) | | |
| | | 1800m | 2:35.21 | (33.96) | 1800m | 2:33.35 | (33.47) | | |
| | | 2200m | 3:09.35 | (34.14) | 2200m | 3:06.62 | (33.27) | | |
| | | 2600m | 3:43.62 | (34.27) | 2600m | 3:39.96 | (33.34) | | |
| | | 3000m | 4:18.16 | (34.54) | 3000m | 4:13.62 | (33.66) | | |
| | | 3400m | 4:53.13 | (34.97) | 3400m | 4:47.35 | (33.73) | | |
| | | 3800m | 5:28.35 | (35.22) | 3800m | 5:21.29 | (33.94) | | |
| | | 4200m | 6:04.06 | (35.71) | 4200m | 5:55.65 | (34.36) | | |
| | | 4600m | 6:40.78 | (36.72) | 4600m | 6:30.71 | (35.06) | | |
| | | 5000m | 7:18.15 | (37.37) | 5000m | 7:05.59 | (34.88) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|---------------------|---------|---------|----------------|------|
| 5 | wt | 4 | Johan Bouwhuis | | HA1 | | 6:54.24 | 7:06.64 | |
| | rd | 37 | Matthé Pronk | | HN1 | | 6:54.03 | 7:01.89 | |
| | | Johan Bouwhuis | | | Matthé Pronk | | | | |
| | | 200m | 20.36 | (20.36) | 200m | 20.23 | (20.23) | | |
| | | 600m | 52.99 | (32.63) | 600m | 52.13 | (31.90) | | |
| | | 1000m | 1:26.31 | (33.32) | 1000m | 1:25.12 | (32.99) | | |
| | | 1400m | 1:59.71 | (33.40) | 1400m | 1:57.94 | (32.82) | | |
| | | 1800m | 2:32.60 | (32.89) | 1800m | 2:30.53 | (32.59) | | |
| | | 2200m | 3:05.93 | (33.33) | 2200m | 3:02.87 | (32.34) | | |
| | | 2600m | 3:39.38 | (33.45) | 2600m | 3:35.81 | (32.94) | | |
| | | 3000m | 4:13.18 | (33.80) | 3000m | 4:09.28 | (33.47) | | |
| | | 3400m | 4:47.15 | (33.97) | 3400m | 4:43.23 | (33.95) | | |
| | | 3800m | 5:21.43 | (34.28) | 3800m | 5:17.48 | (34.25) | | |
| | | 4200m | 5:56.22 | (34.79) | 4200m | 5:51.86 | (34.38) | | |
| | | 4600m | 6:31.37 | (35.15) | 4600m | 6:26.69 | (34.83) | | |
| | | 5000m | 7:06.64 | (35.27) | 5000m | 7:01.89 | (35.20) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------------|---------|-----------------------------|---------|---------|----------------|------|
| 6 | gl | 42 | Sipke Sijtsema | | HN2 | | 6:52.12 | 6:59.98 | |
| | bl | 34 | Jasper van der Marel | | HA2 | | 6:51.71 | 7:01.97 | |
| | | Sipke Sijtsema | | | Jasper van der Marel | | | | |
| | | 200m | 19.61 | (19.61) | 200m | 19.51 | (19.51) | | |
| | | 600m | 52.09 | (32.48) | 600m | 51.58 | (32.07) | | |
| | | 1000m | 1:24.23 | (32.14) | 1000m | 1:24.14 | (32.56) | | |
| | | 1400m | 1:57.37 | (33.14) | 1400m | 1:56.96 | (32.82) | | |
| | | 1800m | 2:30.19 | (32.82) | 1800m | 2:30.14 | (33.18) | | |
| | | 2200m | 3:03.43 | (33.24) | 2200m | 3:03.69 | (33.55) | | |
| | | 2600m | 3:36.93 | (33.50) | 2600m | 3:37.61 | (33.92) | | |
| | | 3000m | 4:10.91 | (33.98) | 3000m | 4:11.56 | (33.95) | | |
| | | 3400m | 4:45.00 | (34.09) | 3400m | 4:45.77 | (34.21) | | |
| | | 3800m | 5:19.23 | (34.23) | 3800m | 5:19.58 | (33.81) | | |
| | | 4200m | 5:52.84 | (33.61) | 4200m | 5:53.37 | (33.79) | | |
| | | 4600m | 6:26.47 | (33.63) | 4600m | 6:27.26 | (33.89) | | |
| | | 5000m | 6:59.98 | (33.51) | 5000m | 7:01.97 | (34.71) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|---------------------|---------|---------|----------------|------|
| 7 | wt | 55 | Loek van Vilsteren | | HN1 | | 6:50.03 | 7:07.09 | |
| | rd | 50 | Jasper Tinga | | HN1 | | 6:51.48 | 6:58.94 | |
| | | Loek van Vilsteren | | | Jasper Tinga | | | | |
| | | 200m | 19.29 | (19.29) | 200m | 20.06 | (20.06) | | |
| | | 600m | 51.05 | (31.76) | 600m | 52.41 | (32.35) | | |
| | | 1000m | 1:23.92 | (32.87) | 1000m | 1:25.29 | (32.88) | | |
| | | 1400m | 1:56.98 | (33.06) | 1400m | 1:58.48 | (33.19) | | |
| | | 1800m | 2:30.02 | (33.04) | 1800m | 2:31.73 | (33.25) | | |
| | | 2200m | 3:03.24 | (33.22) | 2200m | 3:04.90 | (33.17) | | |
| | | 2600m | 3:37.27 | (34.03) | 2600m | 3:38.09 | (33.19) | | |
| | | 3000m | 4:11.26 | (33.99) | 3000m | 4:11.18 | (33.09) | | |
| | | 3400m | 4:45.80 | (34.54) | 3400m | 4:44.40 | (33.22) | | |
| | | 3800m | 5:20.38 | (34.58) | 3800m | 5:17.61 | (33.21) | | |
| | | 4200m | 5:55.78 | (35.40) | 4200m | 5:51.11 | (33.50) | | |
| | | 4600m | 6:31.39 | (35.61) | 4600m | 6:24.92 | (33.81) | | |
| | | 5000m | 7:07.09 | (35.70) | 5000m | 6:58.94 | (34.02) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|------------------------|---------|-----------------------|---------|---------|----------------|------|
| 8 | gl | 57 | Sietse de Vries | | HA1 | | 6:49.42 | 7:02.55 | |
| | bl | 32 | Jesse de Lange | | HN3 | | 6:48.35 | 7:02.81 | |
| | | Sietse de Vries | | | Jesse de Lange | | | | |
| | | 200m | 19.81 | (19.81) | 200m | 19.54 | (19.54) | | |
| | | 600m | 51.95 | (32.14) | 600m | 51.22 | (31.68) | | |
| | | 1000m | 1:24.56 | (32.61) | 1000m | 1:23.51 | (32.29) | | |
| | | 1400m | 1:57.61 | (33.05) | 1400m | 1:56.23 | (32.72) | | |
| | | 1800m | 2:30.62 | (33.01) | 1800m | 2:28.86 | (32.63) | | |
| | | 2200m | 3:03.97 | (33.35) | 2200m | 3:01.63 | (32.77) | | |
| | | 2600m | 3:37.61 | (33.64) | 2600m | 3:34.89 | (33.26) | | |
| | | 3000m | 4:11.54 | (33.93) | 3000m | 4:08.33 | (33.44) | | |
| | | 3400m | 4:45.41 | (33.87) | 3400m | 4:42.26 | (33.93) | | |
| | | 3800m | 5:19.61 | (34.20) | 3800m | 5:17.30 | (35.04) | | |
| | | 4200m | 5:53.72 | (34.11) | 4200m | 5:52.39 | (35.09) | | |
| | | 4600m | 6:28.37 | (34.65) | 4600m | 6:27.54 | (35.15) | | |
| | | 5000m | 7:02.55 | (34.18) | 5000m | 7:02.81 | (35.27) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|------------------------|---------|------------------------|---------|---------|----------------|------|
| 9 | wt | 29 | Jelle Koeleman | | HN1 | | 6:39.28 | 6:53.49 | |
| | rd | 33 | Thomas de Lange | | HN2 | | 6:46.24 | 7:01.18 | |
| | | Jelle Koeleman | | | Thomas de Lange | | | | |
| | | 200m | 19.65 | (19.65) | 200m | 20.22 | (20.22) | | |
| | | 600m | 52.30 | (32.65) | 600m | 52.19 | (31.97) | | |
| | | 1000m | 1:24.84 | (32.54) | 1000m | 1:24.83 | (32.64) | | |
| | | 1400m | 1:57.24 | (32.40) | 1400m | 1:57.28 | (32.45) | | |
| | | 1800m | 2:29.84 | (32.60) | 1800m | 2:29.85 | (32.57) | | |
| | | 2200m | 3:02.10 | (32.26) | 2200m | 3:02.39 | (32.54) | | |
| | | 2600m | 3:34.62 | (32.52) | 2600m | 3:35.26 | (32.87) | | |
| | | 3000m | 4:07.01 | (32.39) | 3000m | 4:08.12 | (32.86) | | |
| | | 3400m | 4:39.40 | (32.39) | 3400m | 4:41.43 | (33.31) | | |
| | | 3800m | 5:12.08 | (32.68) | 3800m | 5:15.40 | (33.97) | | |
| | | 4200m | 5:45.36 | (33.28) | 4200m | 5:50.24 | (34.84) | | |
| | | 4600m | 6:19.10 | (33.74) | 4600m | 6:25.22 | (34.98) | | |
| | | 5000m | 6:53.49 | (34.39) | 5000m | 7:01.18 | (35.96) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|-------------------|---------|---------|----------------|------|
| 10 | gl | 61 | Mathijs van Zwieten | | HN3 | | 6:34.64 | 7:07.07 | |
| | bl | 53 | Jur Veenje | | HN4 | | 6:44.91 | 7:01.00 | |
| | | Mathijs van Zwieten | | | Jur Veenje | | | | |
| | | 200m | 19.40 | (19.40) | 200m | 19.54 | (19.54) | | |
| | | 600m | 51.34 | (31.94) | 600m | 50.48 | (30.94) | | |
| | | 1000m | 1:24.50 | (33.16) | 1000m | 1:23.59 | (33.11) | | |
| | | 1400m | 1:57.63 | (33.13) | 1400m | 1:56.34 | (32.75) | | |
| | | 1800m | 2:30.53 | (32.90) | 1800m | 2:29.35 | (33.01) | | |
| | | 2200m | 3:03.83 | (33.30) | 2200m | 3:02.81 | (33.46) | | |
| | | 2600m | 3:37.61 | (33.78) | 2600m | 3:36.16 | (33.35) | | |
| | | 3000m | 4:12.25 | (34.64) | 3000m | 4:10.25 | (34.09) | | |
| | | 3400m | 4:46.89 | (34.64) | 3400m | 4:44.19 | (33.94) | | |
| | | 3800m | 5:21.52 | (34.63) | 3800m | 5:18.35 | (34.16) | | |
| | | 4200m | 5:55.82 | (34.30) | 4200m | 5:52.48 | (34.13) | | |
| | | 4600m | 6:31.31 | (35.49) | 4600m | 6:26.96 | (34.48) | | |
| | | 5000m | 7:07.07 | (35.76) | 5000m | 7:01.00 | (34.04) | | |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|----------------|----------------|---------|-------|--------------|---------|---------|----------------|------|
| 11 | wt | 13 | Sijmen Egberts | | HN1 | | | 6:34.98 | 6:49.63 | |
| | rd | 58 | Hidde Westra | | HN1 | | | 6:46.51 | 6:58.65 | |
| | | Sijmen Egberts | | | | Hidde Westra | | | | |
| | | 200m | 20.16 | (20.16) | 200m | 20.29 | (20.29) | | | |
| | | 600m | 52.81 | (32.65) | 600m | 53.08 | (32.79) | | | |
| | | 1000m | 1:25.31 | (32.50) | 1000m | 1:26.13 | (33.05) | | | |
| | | 1400m | 1:57.81 | (32.50) | 1400m | 1:59.15 | (33.02) | | | |
| | | 1800m | 2:30.16 | (32.35) | 1800m | 2:31.91 | (32.76) | | | |
| | | 2200m | 3:02.13 | (31.97) | 2200m | 3:04.76 | (32.85) | | | |
| | | 2600m | 3:34.17 | (32.04) | 2600m | 3:37.78 | (33.02) | | | |
| | | 3000m | 4:06.11 | (31.94) | 3000m | 4:10.99 | (33.21) | | | |
| | | 3400m | 4:38.19 | (32.08) | 3400m | 4:44.05 | (33.06) | | | |
| | | 3800m | 5:10.63 | (32.44) | 3800m | 5:17.57 | (33.52) | | | |
| | | 4200m | 5:43.23 | (32.60) | 4200m | 5:49.67 | (32.10) | | | |
| | | 4600m | 6:16.12 | (32.89) | 4600m | 6:24.80 | (35.13) | | | |
| | | 5000m | 6:49.63 | (33.51) | 5000m | 6:58.65 | (33.85) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|------------|---------------------------|---------|-------|---------------------------|---------|---------|----------------|------|
| 12 | gl | 20 | Jan Hamers | | HSA | | | 6:32.67 | 6:42.43 | |
| | bl | 12 | Colin James Duivenvoorden | | HN2 | | | 6:26.10 | 6:33.73 | |
| | | Jan Hamers | | | | Colin James Duivenvoorden | | | | |
| | | 200m | 19.20 | (19.20) | 200m | 19.22 | (19.22) | | | |
| | | 600m | 49.74 | (30.54) | 600m | 49.56 | (30.34) | | | |
| | | 1000m | 1:20.93 | (31.19) | 1000m | 1:20.79 | (31.23) | | | |
| | | 1400m | 1:52.41 | (31.48) | 1400m | 1:51.95 | (31.16) | | | |
| | | 1800m | 2:23.49 | (31.08) | 1800m | 2:23.29 | (31.34) | | | |
| | | 2200m | 2:55.00 | (31.51) | 2200m | 2:54.29 | (31.00) | | | |
| | | 2600m | 3:26.54 | (31.54) | 2600m | 3:25.41 | (31.12) | | | |
| | | 3000m | 3:58.39 | (31.85) | 3000m | 3:56.39 | (30.98) | | | |
| | | 3400m | 4:30.59 | (32.20) | 3400m | 4:27.33 | (30.94) | | | |
| | | 3800m | 5:02.88 | (32.29) | 3800m | 4:59.52 | (32.19) | | | |
| | | 4200m | 5:35.65 | (32.77) | 4200m | 5:31.72 | (32.20) | | | |
| | | 4600m | 6:08.71 | (33.06) | 4600m | 6:01.98 | (30.26) | | | |
| | | 5000m | 6:42.43 | (33.72) | 5000m | 6:33.73 | (31.75) | | | |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|------------------------|---------|---------|---------|----------------|------|
| 13 | wt | 5 | Stijn van de Bunt | | HN1 | | | 6:27.81 | 6:41.51 | |
| | rd | 43 | Remo Slotegraaf | | HN3 | | | 6:23.11 | 6:40.69 | |
| | | Stijn van de Bunt | | | Remo Slotegraaf | | | | | |
| | | 200m | 20.15 | (20.15) | 200m | 20.18 | (20.18) | | | |
| | | 600m | 51.91 | (31.76) | 600m | 51.16 | (30.98) | | | |
| | | 1000m | 1:23.13 | (31.22) | 1000m | 1:22.32 | (31.16) | | | |
| | | 1400m | 1:54.30 | (31.17) | 1400m | 1:53.58 | (31.26) | | | |
| | | 1800m | 2:25.82 | (31.52) | 1800m | 2:24.80 | (31.22) | | | |
| | | 2200m | 2:57.26 | (31.44) | 2200m | 2:55.92 | (31.12) | | | |
| | | 2600m | 3:28.44 | (31.18) | 2600m | 3:27.05 | (31.13) | | | |
| | | 3000m | 3:59.77 | (31.33) | 3000m | 3:58.81 | (31.76) | | | |
| | | 3400m | 4:31.22 | (31.45) | 3400m | 4:31.00 | (32.19) | | | |
| | | 3800m | 5:03.09 | (31.87) | 3800m | 5:03.71 | (32.71) | | | |
| | | 4200m | 5:35.42 | (32.33) | 4200m | 5:36.58 | (32.87) | | | |
| | | 4600m | 6:08.21 | (32.79) | 4600m | 6:08.76 | (32.18) | | | |
| | | 5000m | 6:41.51 | (33.30) | 5000m | 6:40.69 | (31.93) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|---------------------|---------------------------|---------|---------------------------|--|--|---------|----------------|------|
| 14 | gl | 10 | Lex Dijkstra | | HSA | | | 6:19.79 | 6:44.34 | |
| | bl | 30 | Jasper Krommenhoek | | HN1 | | | 6:27.47 | DQ | |
| | | Lex Dijkstra | | | Jasper Krommenhoek | | | | | |
| | | 200m | 19.91 | (19.91) | | | | | | |
| | | 600m | 51.36 | (31.45) | | | | | | |
| | | 1000m | 1:22.74 | (31.38) | | | | | | |
| | | 1400m | 1:54.13 | (31.39) | | | | | | |
| | | 1800m | 2:25.44 | (31.31) | | | | | | |
| | | 2200m | 2:56.95 | (31.51) | | | | | | |
| | | 2600m | 3:28.79 | (31.84) | | | | | | |
| | | 3000m | 4:01.04 | (32.25) | | | | | | |
| | | 3400m | 4:33.30 | (32.26) | | | | | | |
| | | 3800m | 5:05.98 | (32.68) | | | | | | |
| | | 4200m | 5:38.83 | (32.85) | | | | | | |
| | | 4600m | 6:11.62 | (32.79) | | | | | | |
| | | 5000m | 6:44.34 | (32.72) | | | | | | |

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5. Uitslag Vrouwen 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 30 Gioya Lancee | DSA | 14 | O | 2:01.86 | | |
| 2 | 15 Robin Groot | DN4 | 14 | I | 2:02.27 | | |
| 3 | 3 Myrthe de Boer | DN3 | 1 | I | 2:02.65 | | |
| 4 | 14 Jade Groenewoud | DN1 | 13 | O | 2:03.00 | | |
| 5 | 48 Kim Talsma | DN4 | 13 | I | 2:03.52 | | |
| 6 | 1 Reina Anema | DSA | 12 | I | 2:03.81 | | |
| 7 | 20 Chloé Hoogendoorn | DN1 | 1 | O | 2:04.21 | | |
| 8 | 54 Esmee Visser | DSA | 8 | O | 2:05.01 | | |
| 9 | 51 Paulien Verhaar | DSA | 12 | O | 2:05.06 | | |
| 10 | 55 Ju-Lin de Visser | DN4 | 11 | O | 2:05.74 | | |
| 11 | 59 Naomi van der Werf | DSA | 8 | I | 2:05.78 | | |
| 12 | 60 Sanne Westra | DN2 | 9 | I | 2:06.22 | | |
| 13 | 57 Eline van Voorden | DN4 | 10 | I | 2:06.34 | | |
| 14 | 12 Romée Ebbinge | DSA | 7 | O | 2:06.40 | | |
| 15 | 38 Hilde Noppert | DN4 | 7 | I | 2:06.47 | | |
| 16 | 21 Lieke Hoogendoorn | DA1 | 10 | O | 2:06.61 | | |
| 17 | 53 Evelien Vijn | DN2 | 11 | I | 2:06.77 | | |
| 18 | 29 Sophie Kraaijeveld | DN1 | 6 | O | 2:08.06 | | |
| 19 | 10 Vera van Ditshuizen | DN2 | 6 | I | 2:08.09 | | |
| 20 | 28 Veerle van Koppen | DN1 | 5 | I | 2:08.36 | | |
| 21 | 40 Sanne Oosterwijk | DA2 | 9 | O | 2:08.62 | | |
| 22 | 24 Sterre Jonkers | DSA | 4 | I | 2:09.68 | | |
| 23 | 6 Esmée Brommer | DN1 | 5 | O | 2:10.23 | | |
| 24 | 39 Emma Noz | DA2 | 4 | O | 2:10.72 | | |
| 25 | 22 Emma Hulshof | DSA | 3 | I | 2:10.80 | | |
| 26 | 37 Elbrich Nicolay | DA1 | 2 | O | 2:12.33 | | |
| 27 | 34 Amy van der Meer | DN3 | 2 | I | 2:12.63 | | |
| 28 | 9 Nyncke Dijkstra | DN2 | 3 | O | 2:14.71 | | |

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5. Rituitslag Vrouwen 1500 meter

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------------|-----|---------|----------------|------|
| 1 | wt | 3 Myrthe de Boer | DN3 | 1:56.76 | 2:02.65 | |
| | rd | 20 Chloé Hoogendoorn | DN1 | 1:59.28 | 2:04.21 | |

Myrthe de Boer

| | | |
|-------|---------|---------|
| 300m | 26.70 | (26.70) |
| 700m | 56.54 | (29.84) |
| 1100m | 1:28.29 | (31.75) |
| 1500m | 2:02.65 | (34.36) |

Chloé Hoogendoorn

| | | |
|-------|---------|---------|
| 300m | 26.62 | (26.62) |
| 700m | 56.73 | (30.11) |
| 1100m | 1:29.44 | (32.71) |
| 1500m | 2:04.21 | (34.77) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|----------------------------|-----|---------|----------------|------|
| 2 | gl | 34 Amy van der Meer | DN3 | 2:05.91 | 2:12.63 | |
| | bl | 37 Elbrich Nicolay | DA1 | 2:05.53 | 2:12.33 | |

Amy van der Meer

| | | |
|-------|---------|---------|
| 300m | 27.68 | (27.68) |
| 700m | 1:00.70 | (33.02) |
| 1100m | 1:35.86 | (35.16) |
| 1500m | 2:12.63 | (36.77) |

Elbrich Nicolay

| | | |
|-------|---------|---------|
| 300m | 28.87 | (28.87) |
| 700m | 1:02.03 | (33.16) |
| 1100m | 1:37.33 | (35.30) |
| 1500m | 2:12.33 | (35.00) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------|-----|---------|----------------|------|
| 3 | wt | 22 Emma Hulshof | DSA | 2:07.33 | 2:10.80 | |
| | rd | 9 Nyncke Dijkstra | DN2 | 2:09.47 | 2:14.71 | |

Emma Hulshof

| | | |
|-------|---------|---------|
| 300m | 28.31 | (28.31) |
| 700m | 1:00.55 | (32.24) |
| 1100m | 1:34.64 | (34.09) |
| 1500m | 2:10.80 | (36.16) |

Nyncke Dijkstra

| | | |
|-------|---------|---------|
| 300m | 28.61 | (28.61) |
| 700m | 1:00.88 | (32.27) |
| 1100m | 1:36.54 | (35.66) |
| 1500m | 2:14.71 | (38.17) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------|-----|---------|----------------|------|
| 4 | gl | 24 Sterre Jonkers | DSA | 2:00.85 | 2:09.68 | |
| | bl | 39 Emma Noz | DA2 | 2:06.88 | 2:10.72 | |

Sterre Jonkers

| | | |
|-------|---------|---------|
| 300m | 29.35 | (29.35) |
| 700m | 1:01.30 | (31.95) |
| 1100m | 1:34.50 | (33.20) |
| 1500m | 2:09.68 | (35.18) |

Emma Noz

| | | |
|-------|---------|---------|
| 300m | 28.19 | (28.19) |
| 700m | 1:00.02 | (31.83) |
| 1100m | 1:34.33 | (34.31) |
| 1500m | 2:10.72 | (36.39) |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|----------------------------|----------------------------|---------|---------------------------|---------|---------|----------------|------|
| 5 | wt | 28 | Veerle van Koppen | | DN1 | | 2:05.87 | 2:08.36 | |
| | rd | 6 | Esmée Brommer | | DN1 | | 2:06.84 | 2:10.23 | |
| | | Veerle van Koppen | | | Esmée Brommer | | | | |
| | | 300m | 28.47 | (28.47) | 300m | 28.37 | (28.37) | | |
| | | 700m | 1:00.02 | (31.55) | 700m | 1:00.28 | (31.91) | | |
| | | 1100m | 1:33.14 | (33.12) | 1100m | 1:34.34 | (34.06) | | |
| | | 1500m | 2:08.36 | (35.22) | 1500m | 2:10.23 | (35.89) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 6 | gl | 10 | Vera van Ditshuizen | | DN2 | | 2:05.55 | 2:08.09 | |
| | bl | 29 | Sophie Kraaijeveld | | DN1 | | 2:02.43 | 2:08.06 | |
| | | Vera van Ditshuizen | | | Sophie Kraaijeveld | | | | |
| | | 300m | 27.73 | (27.73) | 300m | 28.60 | (28.60) | | |
| | | 700m | 59.64 | (31.91) | 700m | 1:00.21 | (31.61) | | |
| | | 1100m | 1:33.39 | (33.75) | 1100m | 1:33.82 | (33.61) | | |
| | | 1500m | 2:08.09 | (34.70) | 1500m | 2:08.06 | (34.24) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 7 | wt | 38 | Hilde Noppert | | DN4 | | 2:04.62 | 2:06.47 | |
| | rd | 12 | Roméé Ebbinge | | DSA | | 2:02.07 | 2:06.40 | |
| | | Hilde Noppert | | | Roméé Ebbinge | | | | |
| | | 300m | 27.66 | (27.66) | 300m | 27.35 | (27.35) | | |
| | | 700m | 58.96 | (31.30) | 700m | 58.17 | (30.82) | | |
| | | 1100m | 1:32.04 | (33.08) | 1100m | 1:31.11 | (32.94) | | |
| | | 1500m | 2:06.47 | (34.43) | 1500m | 2:06.40 | (35.29) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 8 | gl | 59 | Naomi van der Werf | | DSA | | 2:01.20 | 2:05.78 | |
| | bl | 54 | Esmee Visser | | DSA | | 1:57.69 | 2:05.01 | |
| | | Naomi van der Werf | | | Esmee Visser | | | | |
| | | 300m | 27.38 | (27.38) | 300m | 29.03 | (29.03) | | |
| | | 700m | 58.42 | (31.04) | 700m | 1:00.55 | (31.52) | | |
| | | 1100m | 1:31.00 | (32.58) | 1100m | 1:32.39 | (31.84) | | |
| | | 1500m | 2:05.78 | (34.78) | 1500m | 2:05.01 | (32.62) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|--------------------------|--------------------------|---------|-----|--------------------------|---------|----------------|------|
| 9 | wt | 60 | Sanne Westra | | DN2 | | 2:01.40 | 2:06.22 | |
| | rd | 40 | Sanne Oosterwijk | | DA2 | | 2:05.30 | 2:08.62 | |
| | | Sanne Westra | | | | Sanne Oosterwijk | | | |
| | | 300m | 27.07 | (27.07) | | 300m | 27.33 | (27.33) | |
| | | 700m | 57.80 | (30.73) | | 700m | 58.75 | (31.42) | |
| | | 1100m | 1:30.83 | (33.03) | | 1100m | 1:32.57 | (33.82) | |
| | | 1500m | 2:06.22 | (35.39) | | 1500m | 2:08.62 | (36.05) | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 10 | gl | 57 | Eline van Voorden | | DN4 | | 2:02.92 | 2:06.34 | |
| | bl | 21 | Lieke Hoogendoorn | | DA1 | | 2:06.58 | 2:06.61 | |
| | | Eline van Voorden | | | | Lieke Hoogendoorn | | | |
| | | 300m | 27.60 | (27.60) | | 300m | 27.73 | (27.73) | |
| | | 700m | 58.60 | (31.00) | | 700m | 58.70 | (30.97) | |
| | | 1100m | 1:31.25 | (32.65) | | 1100m | 1:31.59 | (32.89) | |
| | | 1500m | 2:06.34 | (35.09) | | 1500m | 2:06.61 | (35.02) | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 11 | wt | 53 | Evelien Vijn | | DN2 | | 1:57.52 | 2:06.77 | |
| | rd | 55 | Ju-Lin de Visser | | DN4 | | 2:01.68 | 2:05.74 | |
| | | Evelien Vijn | | | | Ju-Lin de Visser | | | |
| | | 300m | 28.05 | (28.05) | | 300m | 26.60 | (26.60) | |
| | | 700m | 59.31 | (31.26) | | 700m | 57.07 | (30.47) | |
| | | 1100m | 1:32.35 | (33.04) | | 1100m | 1:30.15 | (33.08) | |
| | | 1500m | 2:06.77 | (34.42) | | 1500m | 2:05.74 | (35.59) | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 12 | gl | 1 | Reina Anema | | DSA | | 1:55.74 | 2:03.81 | |
| | bl | 51 | Paulien Verhaar | | DSA | | 1:58.69 | 2:05.06 | |
| | | Reina Anema | | | | Paulien Verhaar | | | |
| | | 300m | 27.10 | (27.10) | | 300m | 26.86 | (26.86) | |
| | | 700m | 57.70 | (30.60) | | 700m | 57.05 | (30.19) | |
| | | 1100m | 1:29.97 | (32.27) | | 1100m | 1:30.12 | (33.07) | |
| | | 1500m | 2:03.81 | (33.84) | | 1500m | 2:05.06 | (34.94) | |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|-------|----|--------------------|------------------------|---------|------------------------|---------|---------|---------|----------------|------|
| 13 | wt | 48 | Kim Talsma | | DN4 | | | 1:57.33 | 2:03.52 | |
| | rd | 14 | Jade Groenewoud | | DN1 | | | 1:58.16 | 2:03.00 | |
| | | Kim Talsma | | | Jade Groenewoud | | | | | |
| | | 300m | 27.19 | (27.19) | 300m | 27.29 | (27.29) | | | |
| | | 700m | 57.69 | (30.50) | 700m | 57.62 | (30.33) | | | |
| | | 1100m | 1:29.60 | (31.91) | 1100m | 1:29.47 | (31.85) | | | |
| | | 1500m | 2:03.52 | (33.92) | 1500m | 2:03.00 | (33.53) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 14 | gl | 15 | Robin Groot | | DN4 | | | 1:57.14 | 2:02.27 | |
| | bl | 30 | Gioya Lancee | | DSA | | | 1:56.15 | 2:01.86 | |
| | | Robin Groot | | | Gioya Lancee | | | | | |
| | | 300m | 27.16 | (27.16) | 300m | 26.87 | (26.87) | | | |
| | | 700m | 56.94 | (29.78) | 700m | 56.43 | (29.56) | | | |
| | | 1100m | 1:28.48 | (31.54) | 1100m | 1:28.37 | (31.94) | | | |
| | | 1500m | 2:02.27 | (33.79) | 1500m | 2:01.86 | (33.49) | | | |

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6. Uitslag Mannen 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1 | 13 Sijmen Egberts | HN1 | 13 | I | 1:51.22 | | |
| 2 | 43 Remo Slotegraaf | HN3 | 14 | O | 1:51.66 | | |
| 3 | 10 Lex Dijkstra | HSA | 13 | O | 1:51.74 | | |
| 4 | 12 Colin James Duivenvoorden | HN2 | 14 | I | 1:51.99 | | |
| 5 | 63 Jarle Gerrits | HN3 | 1 | O | 1:52.11 | | |
| 6 | 33 Thomas de Lange | HN2 | 11 | I | 1:52.55 | | |
| 7 | 55 Loek van Vilsteren | HN1 | 10 | O | 1:53.47 | | |
| 8 | 53 Jur Veenje | HN4 | 12 | O | 1:53.51 | | |
| 9 | 20 Jan Hamers | HSA | 12 | I | 1:53.63 | | |
| 10 | 5 Stijn van de Bunt | HN1 | 10 | I | 1:53.89 | | |
| 11 | 35 Rick Meijer | HN2 | 8 | I | 1:54.09 | | |
| 12 | 30 Jasper Krommenhoek | HN1 | 1 | I | 1:54.41 | | |
| 13 | 58 Hidde Westra | HN1 | 9 | I | 1:54.59 | | |
| 14 | 29 Jelle Koeleman | HN1 | 11 | O | 1:55.09 | | |
| 15 | 42 Sipke Sijtsema | HN2 | 7 | I | 1:55.11 | | |
| 16 | 37 Matthé Pronk | HN1 | 9 | O | 1:55.81 | | |
| 17 | 34 Jasper van der Marel | HA2 | 6 | I | 1:56.19 | | |
| 18 | 32 Jesse de Lange | HN3 | 8 | O | 1:56.35 | | |
| 19 | 31 Wester Landman | HN2 | 4 | I | 1:56.79 | | |
| 20 | 50 Jasper Tinga | HN1 | 5 | O | 1:56.83 | | |
| 21 | 8 Jornt Dijk | HN4 | 3 | O | 1:57.74 | | |
| 22 | 57 Sietse de Vries | HA1 | 6 | O | 1:57.77 | | |
| 23 | 40 Colin Schrijver | HN4 | 4 | O | 1:57.84 | | |
| 24 | 49 Dyon Talsma | HN3 | 5 | I | 1:58.20 | | |
| 25 | 4 Johan Bouwhuis | HA1 | 3 | I | 1:59.47 | | |
| 26 | 61 Mathijs van Zwieten | HN3 | 7 | O | 1:59.91 | | |

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6. Rituitslag Mannen 1500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|----------------------|---------|---------|---------|----------------|
| 1 | wt | 30 | Jasper Krommenhoek | | HN1 | | | 1:50.23 | 1:54.41 |
| | rd | 63 | Jarle Gerrits | | HN3 | | | 1:49.24 | 1:52.11 |
| | | Jasper Krommenhoek | | | Jarle Gerrits | | | | |
| | | 300m | 26.50 | (26.50) | 300m | 23.90 | (23.90) | | |
| | | 700m | 54.70 | (28.20) | 700m | 51.22 | (27.32) | | |
| | | 1100m | 1:23.86 | (29.16) | 1100m | 1:20.32 | (29.10) | | |
| | | 1500m | 1:54.41 | (30.55) | 1500m | 1:52.11 | (31.79) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|--|-----|---|----|--|------|------|
| 2 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | m | | | m | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-------------------|---------|---------|---------|----------------|
| 3 | wt | 4 | Johan Bouwhuis | | HA1 | | | 1:57.02 | 1:59.47 |
| | rd | 8 | Jornt Dijk | | HN4 | | | 1:52.46 | 1:57.74 |
| | | Johan Bouwhuis | | | Jornt Dijk | | | | |
| | | 300m | 26.23 | (26.23) | 300m | 25.40 | (25.40) | | |
| | | 700m | 56.04 | (29.81) | 700m | 54.74 | (29.34) | | |
| | | 1100m | 1:27.04 | (31.00) | 1100m | 1:25.41 | (30.67) | | |
| | | 1500m | 1:59.47 | (32.43) | 1500m | 1:57.74 | (32.33) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|------------------------|---------|------------------------|---------|---------|---------|----------------|
| 4 | gl | 31 | Wester Landman | | HN2 | | | 1:55.57 | 1:56.79 |
| | bl | 40 | Colin Schrijver | | HN4 | | | 1:54.20 | 1:57.84 |
| | | Wester Landman | | | Colin Schrijver | | | | |
| | | 300m | 25.75 | (25.75) | 300m | 24.77 | (24.77) | | |
| | | 700m | 54.31 | (28.56) | 700m | 53.68 | (28.91) | | |
| | | 1100m | 1:24.33 | (30.02) | 1100m | 1:24.63 | (30.95) | | |
| | | 1500m | 1:56.79 | (32.46) | 1500m | 1:57.84 | (33.21) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|---------------------|---------|---------------------|---------|---------|----------------|------|
| 5 | wt | 49 | Dyon Talsma | | HN3 | | 1:54.46 | 1:58.20 | |
| | rd | 50 | Jasper Tinga | | HN1 | | 1:53.36 | 1:56.83 | |
| | | Dyon Talsma | | | Jasper Tinga | | | | |
| | | 300m | 26.20 | (26.20) | 300m | 26.32 | (26.32) | | |
| | | 700m | 55.24 | (29.04) | 700m | 55.20 | (28.88) | | |
| | | 1100m | 1:25.99 | (30.75) | 1100m | 1:25.40 | (30.20) | | |
| | | 1500m | 1:58.20 | (32.21) | 1500m | 1:56.83 | (31.43) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------------|-----------------------------|---------|------------------------|---------|---------|----------------|------|
| 6 | gl | 34 | Jasper van der Marel | | HA2 | | 1:54.54 | 1:56.19 | |
| | bl | 57 | Sietse de Vries | | HA1 | | 1:55.85 | 1:57.77 | |
| | | Jasper van der Marel | | | Sietse de Vries | | | | |
| | | 300m | 26.08 | (26.08) | 300m | 26.53 | (26.53) | | |
| | | 700m | 54.81 | (28.73) | 700m | 55.74 | (29.21) | | |
| | | 1100m | 1:24.92 | (30.11) | 1100m | 1:26.38 | (30.64) | | |
| | | 1500m | 1:56.19 | (31.27) | 1500m | 1:57.77 | (31.39) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|----------------------------|---------|----------------------------|---------|---------|----------------|------|
| 7 | wt | 42 | Sipke Sijtsema | | HN2 | | 1:52.58 | 1:55.11 | |
| | rd | 61 | Mathijs van Zwieten | | HN3 | | 1:51.81 | 1:59.91 | |
| | | Sipke Sijtsema | | | Mathijs van Zwieten | | | | |
| | | 300m | 25.61 | (25.61) | 300m | 25.65 | (25.65) | | |
| | | 700m | 54.48 | (28.87) | 700m | 54.35 | (28.70) | | |
| | | 1100m | 1:24.28 | (29.80) | 1100m | 1:25.74 | (31.39) | | |
| | | 1500m | 1:55.11 | (30.83) | 1500m | 1:59.91 | (34.17) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 8 | gl | 35 | Rick Meijer | | HN2 | | 1:51.03 | 1:54.09 | |
| | bl | 32 | Jesse de Lange | | HN3 | | 1:51.54 | 1:56.35 | |
| | | Rick Meijer | | | Jesse de Lange | | | | |
| | | 300m | 25.09 | (25.09) | 300m | 25.52 | (25.52) | | |
| | | 700m | 53.24 | (28.15) | 700m | 53.84 | (28.32) | | |
| | | 1100m | 1:22.61 | (29.37) | 1100m | 1:23.84 | (30.00) | | |
| | | 1500m | 1:54.09 | (31.48) | 1500m | 1:56.35 | (32.51) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|--------------------------|---------------------------|---------|---------------------------|---------|---------|----------------|------|
| 9 | wt | 58 | Hidde Westra | | HN1 | | 1:51.12 | 1:54.59 | |
| | rd | 37 | Matthé Pronk | | HN1 | | 1:52.10 | 1:55.81 | |
| | | Hidde Westra | | | Matthé Pronk | | | | |
| | | 300m | 25.60 | (25.60) | 300m | 25.53 | (25.53) | | |
| | | 700m | 54.14 | (28.54) | 700m | 53.99 | (28.46) | | |
| | | 1100m | 1:23.94 | (29.80) | 1100m | 1:24.06 | (30.07) | | |
| | | 1500m | 1:54.59 | (30.65) | 1500m | 1:55.81 | (31.75) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 10 | gl | 5 | Stijn van de Bunt | | HN1 | | 1:49.30 | 1:53.89 | |
| | bl | 55 | Loek van Vilsteren | | HN1 | | 1:51.18 | 1:53.47 | |
| | | Stijn van de Bunt | | | Loek van Vilsteren | | | | |
| | | 300m | 25.96 | (25.96) | 300m | 24.78 | (24.78) | | |
| | | 700m | 53.83 | (27.87) | 700m | 52.99 | (28.21) | | |
| | | 1100m | 1:23.05 | (29.22) | 1100m | 1:22.74 | (29.75) | | |
| | | 1500m | 1:53.89 | (30.84) | 1500m | 1:53.47 | (30.73) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 11 | wt | 33 | Thomas de Lange | | HN2 | | 1:48.34 | 1:52.55 | |
| | rd | 29 | Jelle Koeleman | | HN1 | | 1:53.36 | 1:55.09 | |
| | | Thomas de Lange | | | Jelle Koeleman | | | | |
| | | 300m | 24.78 | (24.78) | 300m | 25.23 | (25.23) | | |
| | | 700m | 52.48 | (27.70) | 700m | 54.28 | (29.05) | | |
| | | 1100m | 1:21.43 | (28.95) | 1100m | 1:24.05 | (29.77) | | |
| | | 1500m | 1:52.55 | (31.12) | 1500m | 1:55.09 | (31.04) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 12 | gl | 20 | Jan Hamers | | HSA | | 1:49.90 | 1:53.63 | |
| | bl | 53 | Jur Veenje | | HN4 | | 1:48.27 | 1:53.51 | |
| | | Jan Hamers | | | Jur Veenje | | | | |
| | | 300m | 25.47 | (25.47) | 300m | 25.15 | (25.15) | | |
| | | 700m | 53.75 | (28.28) | 700m | 52.84 | (27.69) | | |
| | | 1100m | 1:23.07 | (29.32) | 1100m | 1:22.60 | (29.76) | | |
| | | 1500m | 1:53.63 | (30.56) | 1500m | 1:53.51 | (30.91) | | |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|-------|----|----------------------------------|----------------------------------|---------|------------------------|---------|---------|---------|----------------|------|
| 13 | wt | 13 | Sijmen Egberts | | HN1 | | | 1:48.29 | 1:51.22 | |
| | rd | 10 | Lex Dijkstra | | HSA | | | 1:46.50 | 1:51.74 | |
| | | Sijmen Egberts | | | Lex Dijkstra | | | | | |
| | | 300m | 24.87 | (24.87) | 300m | 25.27 | (25.27) | | | |
| | | 700m | 52.70 | (27.83) | 700m | 53.29 | (28.02) | | | |
| | | 1100m | 1:21.33 | (28.63) | 1100m | 1:22.07 | (28.78) | | | |
| | | 1500m | 1:51.22 | (29.89) | 1500m | 1:51.74 | (29.67) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 14 | gl | 12 | Colin James Duivenvoorden | | HN2 | | | 1:51.97 | 1:51.99 | |
| | bl | 43 | Remo Slotegraaf | | HN3 | | | 1:46.80 | 1:51.66 | |
| | | Colin James Duivenvoorden | | | Remo Slotegraaf | | | | | |
| | | 300m | 25.37 | (25.37) | 300m | 25.28 | (25.28) | | | |
| | | 700m | 53.60 | (28.23) | 700m | 52.79 | (27.51) | | | |
| | | 1100m | 1:22.50 | (28.90) | 1100m | 1:21.69 | (28.90) | | | |
| | | 1500m | 1:51.99 | (29.49) | 1500m | 1:51.66 | (29.97) | | | |

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7. Uitslag Vrouwen 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 53 Evelien Vijn | DN2 | 3 | I | 7:22.99 | | |
| 2 | 54 Esmee Visser | DSA | 1 | O | 7:23.85 | | |
| 3 | 15 Robin Groot | DN4 | 6 | I | 7:29.48 | | |
| 4 | 1 Reina Anema | DSA | 4 | I | 7:31.20 | | |
| 5 | 51 Paulien Verhaar | DSA | 4 | O | 7:35.61 | | |
| 6 | 48 Kim Talsma | DN4 | 5 | I | 7:35.78 | | |
| 7 | 30 Gioya Lancee | DSA | 6 | O | 7:36.06 | | |
| 8 | 57 Eline van Voorden | DN4 | 2 | I | 7:36.57 | | |
| 9 | 14 Jade Groenewoud | DN1 | 5 | O | 7:43.15 | | |
| 10 | 21 Lieke Hoogendoorn | DA1 | 2 | O | 7:52.22 | | |
| 11 | 59 Naomi van der Werf | DSA | 1 | I | 7:59.65 | | |
| 12 | 55 Ju-Lin de Visser | DN4 | 3 | O | 7:59.86 | PR | |

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7. Rituitslag Vrouwen 5000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|---------------------|---------|---------|----------------|------|
| 1 | wt | 59 | Naomi van der Werf | | DSA | | 7:19.01 | 7:59.65 | |
| | rd | 54 | Esmee Visser | | DSA | | 6:45.73 | 7:23.85 | |
| | | Naomi van der Werf | | | Esmee Visser | | | | |
| | | 200m | 21.69 | (21.69) | 200m | 22.11 | (22.11) | | |
| | | 600m | 57.86 | (36.17) | 600m | 56.82 | (34.71) | | |
| | | 1000m | 1:33.49 | (35.63) | 1000m | 1:32.33 | (35.51) | | |
| | | 1400m | 2:09.50 | (36.01) | 1400m | 2:07.83 | (35.50) | | |
| | | 1800m | 2:45.75 | (36.25) | 1800m | 2:43.04 | (35.21) | | |
| | | 2200m | 3:22.81 | (37.06) | 2200m | 3:18.15 | (35.11) | | |
| | | 2600m | 4:00.54 | (37.73) | 2600m | 3:53.29 | (35.14) | | |
| | | 3000m | 4:39.04 | (38.50) | 3000m | 4:28.31 | (35.02) | | |
| | | 3400m | 5:18.53 | (39.49) | 3400m | 5:03.63 | (35.32) | | |
| | | 3800m | 5:58.97 | (40.44) | 3800m | 5:38.78 | (35.15) | | |
| | | 4200m | 6:39.95 | (40.98) | 4200m | 6:13.96 | (35.18) | | |
| | | 4600m | 7:19.89 | (39.94) | 4600m | 6:48.95 | (34.99) | | |
| | | 5000m | 7:59.65 | (39.76) | 5000m | 7:23.85 | (34.90) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|--------------------------|---------|---------|----------------|------|
| 2 | gl | 57 | Eline van Voorden | | DN4 | | 7:24.91 | 7:36.57 | |
| | bl | 21 | Lieke Hoogendoorn | | DA1 | | | 7:52.22 | |
| | | Eline van Voorden | | | Lieke Hoogendoorn | | | | |
| | | 200m | 22.42 | (22.42) | 200m | 21.38 | (21.38) | | |
| | | 600m | 57.35 | (34.93) | 600m | 55.91 | (34.53) | | |
| | | 1000m | 1:33.03 | (35.68) | 1000m | 1:32.41 | (36.50) | | |
| | | 1400m | 2:09.18 | (36.15) | 1400m | 2:09.27 | (36.86) | | |
| | | 1800m | 2:45.37 | (36.19) | 1800m | 2:46.37 | (37.10) | | |
| | | 2200m | 3:21.60 | (36.23) | 2200m | 3:23.37 | (37.00) | | |
| | | 2600m | 3:57.69 | (36.09) | 2600m | 4:00.56 | (37.19) | | |
| | | 3000m | 4:33.83 | (36.14) | 3000m | 4:38.45 | (37.89) | | |
| | | 3400m | 5:10.11 | (36.28) | 3400m | 5:17.22 | (38.77) | | |
| | | 3800m | 5:46.47 | (36.36) | 3800m | 5:56.14 | (38.92) | | |
| | | 4200m | 6:22.73 | (36.26) | 4200m | 6:34.84 | (38.70) | | |
| | | 4600m | 6:59.36 | (36.63) | 4600m | 7:13.64 | (38.80) | | |
| | | 5000m | 7:36.57 | (37.21) | 5000m | 7:52.22 | (38.58) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|-------------------------|---------|-------------------------|---------|---------|---------|-------------------|
| 3 | wt | 53 | Evelien Vijn | | DN2 | | | 7:05.29 | 7:22.99 |
| | rd | 55 | Ju-Lin de Visser | | DN4 | | | 8:04.01 | 7:59.86 PR |
| | | Evelien Vijn | | | Ju-Lin de Visser | | | | |
| | | 200m | 21.49 | (21.49) | 200m | 21.97 | (21.97) | | |
| | | 600m | 55.17 | (33.68) | 600m | 57.28 | (35.31) | | |
| | | 1000m | 1:29.64 | (34.47) | 1000m | 1:35.16 | (37.88) | | |
| | | 1400m | 2:04.58 | (34.94) | 1400m | 2:13.85 | (38.69) | | |
| | | 1800m | 2:39.72 | (35.14) | 1800m | 2:52.41 | (38.56) | | |
| | | 2200m | 3:14.98 | (35.26) | 2200m | 3:31.50 | (39.09) | | |
| | | 2600m | 3:50.26 | (35.28) | 2600m | 4:11.23 | (39.73) | | |
| | | 3000m | 4:25.50 | (35.24) | 3000m | 4:50.65 | (39.42) | | |
| | | 3400m | 5:00.94 | (35.44) | 3400m | 5:29.83 | (39.18) | | |
| | | 3800m | 5:36.64 | (35.70) | 3800m | 6:08.66 | (38.83) | | |
| | | 4200m | 6:12.38 | (35.74) | 4200m | 6:47.15 | (38.49) | | |
| | | 4600m | 6:47.86 | (35.48) | 4600m | 7:24.84 | (37.69) | | |
| | | 5000m | 7:22.99 | (35.13) | 5000m | 7:59.86 | (35.02) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|------------------------|---------|------------------------|---------|---------|---------|----------------|
| 4 | gl | 1 | Reina Anema | | DSA | | | 6:57.58 | 7:31.20 |
| | bl | 51 | Paulien Verhaar | | DSA | | | 7:13.85 | 7:35.61 |
| | | Reina Anema | | | Paulien Verhaar | | | | |
| | | 200m | 21.08 | (21.08) | 200m | 20.78 | (20.78) | | |
| | | 600m | 55.02 | (33.94) | 600m | 55.13 | (34.35) | | |
| | | 1000m | 1:30.31 | (35.29) | 1000m | 1:31.35 | (36.22) | | |
| | | 1400m | 2:06.04 | (35.73) | 1400m | 2:07.38 | (36.03) | | |
| | | 1800m | 2:41.73 | (35.69) | 1800m | 2:43.77 | (36.39) | | |
| | | 2200m | 3:17.40 | (35.67) | 2200m | 3:20.03 | (36.26) | | |
| | | 2600m | 3:52.90 | (35.50) | 2600m | 3:56.30 | (36.27) | | |
| | | 3000m | 4:28.54 | (35.64) | 3000m | 4:32.04 | (35.74) | | |
| | | 3400m | 5:04.66 | (36.12) | 3400m | 5:07.68 | (35.64) | | |
| | | 3800m | 5:40.74 | (36.08) | 3800m | 5:44.09 | (36.41) | | |
| | | 4200m | 6:17.27 | (36.53) | 4200m | 6:20.78 | (36.69) | | |
| | | 4600m | 6:54.17 | (36.90) | 4600m | 6:58.05 | (37.27) | | |
| | | 5000m | 7:31.20 | (37.03) | 5000m | 7:35.61 | (37.56) | | |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|---|----|-------------------|------------------------|---------|------------------------|---------|---------|---------|----------------|------|
| 5 | wt | 48 | Kim Talsma | | DN4 | | | 7:33.34 | 7:35.78 | |
| | rd | 14 | Jade Groenewoud | | DN1 | | | 7:20.17 | 7:43.15 | |
| | | Kim Talsma | | | Jade Groenewoud | | | | | |
| | | 200m | 21.19 | (21.19) | 200m | 21.66 | (21.66) | | | |
| | | 600m | 56.71 | (35.52) | 600m | 55.83 | (34.17) | | | |
| | | 1000m | 1:31.86 | (35.15) | 1000m | 1:30.71 | (34.88) | | | |
| | | 1400m | 2:07.04 | (35.18) | 1400m | 2:06.01 | (35.30) | | | |
| | | 1800m | 2:42.42 | (35.38) | 1800m | 2:41.39 | (35.38) | | | |
| | | 2200m | 3:18.37 | (35.95) | 2200m | 3:17.09 | (35.70) | | | |
| | | 2600m | 3:54.38 | (36.01) | 2600m | 3:53.09 | (36.00) | | | |
| | | 3000m | 4:30.57 | (36.19) | 3000m | 4:29.84 | (36.75) | | | |
| | | 3400m | 5:07.04 | (36.47) | 3400m | 5:07.69 | (37.85) | | | |
| | | 3800m | 5:43.99 | (36.95) | 3800m | 5:46.42 | (38.73) | | | |
| | | 4200m | 6:21.11 | (37.12) | 4200m | 6:25.62 | (39.20) | | | |
| | | 4600m | 6:58.34 | (37.23) | 4600m | 7:04.92 | (39.30) | | | |
| | | 5000m | 7:35.78 | (37.44) | 5000m | 7:43.15 | (38.23) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|---|----|--------------------|---------------------|---------|---------------------|---------|---------|---------|----------------|------|
| 6 | gl | 15 | Robin Groot | | DN4 | | | 7:04.27 | 7:29.48 | |
| | bl | 30 | Gioya Lancee | | DSA | | | 7:32.50 | 7:36.06 | |
| | | Robin Groot | | | Gioya Lancee | | | | | |
| | | 200m | 21.50 | (21.50) | 200m | 21.21 | (21.21) | | | |
| | | 600m | 54.97 | (33.47) | 600m | 55.28 | (34.07) | | | |
| | | 1000m | 1:29.57 | (34.60) | 1000m | 1:30.31 | (35.03) | | | |
| | | 1400m | 2:04.84 | (35.27) | 1400m | 2:05.44 | (35.13) | | | |
| | | 1800m | 2:40.24 | (35.40) | 1800m | 2:40.89 | (35.45) | | | |
| | | 2200m | 3:15.54 | (35.30) | 2200m | 3:16.74 | (35.85) | | | |
| | | 2600m | 3:50.96 | (35.42) | 2600m | 3:52.68 | (35.94) | | | |
| | | 3000m | 4:26.67 | (35.71) | 3000m | 4:28.73 | (36.05) | | | |
| | | 3400m | 5:02.76 | (36.09) | 3400m | 5:05.38 | (36.65) | | | |
| | | 3800m | 5:39.10 | (36.34) | 3800m | 5:42.66 | (37.28) | | | |
| | | 4200m | 6:15.84 | (36.74) | 4200m | 6:20.08 | (37.42) | | | |
| | | 4600m | 6:52.44 | (36.60) | 4600m | 6:58.10 | (38.02) | | | |
| | | 5000m | 7:29.48 | (37.04) | 5000m | 7:36.06 | (37.96) | | | |

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8. Uitslag Mannen 10000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|----------|------|--------|
| 1 | 12 Colin James Duivenvoorden | HN2 | 6 | I | 13:54.58 | | |
| 2 | 5 Stijn van de Bunt | HN1 | 3 | O | 14:02.09 | | |
| 3 | 10 Lex Dijkstra | HSA | 5 | O | 14:02.31 | | |
| 4 | 43 Remo Slotegraaf | HN3 | 6 | O | 14:12.27 | | |
| 5 | 20 Jan Hamers | HSA | 4 | I | 14:18.44 | PR | |
| 6 | 29 Jelle Koeleman | HN1 | 2 | I | 14:23.04 | PR | |
| 7 | 55 Loek van Vilsteren | HN1 | 2 | O | 14:50.76 | | |
| 8 | 53 Jur Veenje | HN4 | 3 | I | 14:52.06 | | |
| 9 | 58 Hidde Westra | HN1 | 1 | I | 14:53.82 | | |
| 10 | 50 Jasper Tinga | HN1 | 1 | O | 14:58.99 | PR | |
| 11 | 13 Sijmen Egberts | HN1 | 5 | I | 14:59.75 | | |
| | 33 Thomas de Lange | HN2 | 4 | O | DNF | | |

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8. Rituitslag Mannen 10000 meter

| | Naam | Cat | PR | Tijd | Info |
|---|---------------------------|-----|-------------------------|-----------------|------|
| 1 | wt 58 Hidde Westra | HN1 | | 14:53.82 | |
| | rd 50 Jasper Tinga | HN1 | 15:05.73 | 14:58.99 | PR |
| | Hidde Westra | | | | |
| | Jasper Tinga | | | | |
| | 400m 39.47 (39.47) | | 400m 39.05 (39.05) | | |
| | 800m 1:14.57 (35.10) | | 800m 1:14.70 (35.65) | | |
| | 1200m 1:50.84 (36.27) | | 1200m 1:50.19 (35.49) | | |
| | 1600m 2:26.07 (35.23) | | 1600m 2:25.49 (35.30) | | |
| | 2000m 3:01.35 (35.28) | | 2000m 3:00.80 (35.31) | | |
| | 2400m 3:36.45 (35.10) | | 2400m 3:36.45 (35.65) | | |
| | 2800m 4:12.33 (35.88) | | 2800m 4:12.14 (35.69) | | |
| | 3200m 4:48.00 (35.67) | | 3200m 4:48.26 (36.12) | | |
| | 3600m 5:23.63 (35.63) | | 3600m 5:24.07 (35.81) | | |
| | 4000m 5:58.69 (35.06) | | 4000m 6:00.33 (36.26) | | |
| | 4400m 6:34.51 (35.82) | | 4400m 6:36.80 (36.47) | | |
| | 4800m 7:09.95 (35.44) | | 4800m 7:13.40 (36.60) | | |
| | 5200m 7:45.50 (35.55) | | 5200m 7:49.73 (36.33) | | |
| | 5600m 8:20.95 (35.45) | | 5600m 8:26.31 (36.58) | | |
| | 6000m 8:56.40 (35.45) | | 6000m 9:02.92 (36.61) | | |
| | 6400m 9:31.87 (35.47) | | 6400m 9:39.32 (36.40) | | |
| | 6800m 10:07.23 (35.36) | | 6800m 10:15.82 (36.50) | | |
| | 7200m 10:43.13 (35.90) | | 7200m 10:52.04 (36.22) | | |
| | 7600m 11:19.18 (36.05) | | 7600m 11:28.04 (36.00) | | |
| | 8000m 11:55.06 (35.88) | | 8000m 12:03.42 (35.38) | | |
| | 8400m 12:30.96 (35.90) | | 8400m 12:39.10 (35.68) | | |
| | 8800m 13:06.78 (35.82) | | 8800m 13:14.39 (35.29) | | |
| | 9200m 13:42.41 (35.63) | | 9200m 13:49.59 (35.20) | | |
| | 9600m 14:18.06 (35.65) | | 9600m 14:25.16 (35.57) | | |
| | 10000m 14:53.82 (35.76) | | 10000m 14:58.99 (33.83) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|---------------------------|---------|-----|---------------------------|----------|-----------------|------|
| 2 | gl | 29 | Jelle Koeleman | | HN1 | | 14:27.52 | 14:23.04 | PR |
| | bl | 55 | Loek van Vilsteren | | HN1 | | | 14:50.76 | |
| | | Jelle Koeleman | | | | Loek van Vilsteren | | | |
| | | 400m | 37.65 | (37.65) | | 400m | 38.47 | (38.47) | |
| | | 800m | 1:12.24 | (34.59) | | 800m | 1:14.07 | (35.60) | |
| | | 1200m | 1:47.28 | (35.04) | | 1200m | 1:49.42 | (35.35) | |
| | | 1600m | 2:22.39 | (35.11) | | 1600m | 2:25.27 | (35.85) | |
| | | 2000m | 2:57.32 | (34.93) | | 2000m | 3:00.62 | (35.35) | |
| | | 2400m | 3:31.99 | (34.67) | | 2400m | 3:35.99 | (35.37) | |
| | | 2800m | 4:06.18 | (34.19) | | 2800m | 4:11.24 | (35.25) | |
| | | 3200m | 4:40.20 | (34.02) | | 3200m | 4:46.78 | (35.54) | |
| | | 3600m | 5:14.16 | (33.96) | | 3600m | 5:22.94 | (36.16) | |
| | | 4000m | 5:48.30 | (34.14) | | 4000m | 5:58.73 | (35.79) | |
| | | 4400m | 6:22.20 | (33.90) | | 4400m | 6:34.50 | (35.77) | |
| | | 4800m | 6:56.09 | (33.89) | | 4800m | 7:10.61 | (36.11) | |
| | | 5200m | 7:29.82 | (33.73) | | 5200m | 7:46.13 | (35.52) | |
| | | 5600m | 8:03.29 | (33.47) | | 5600m | 8:21.51 | (35.38) | |
| | | 6000m | 8:37.09 | (33.80) | | 6000m | 8:56.91 | (35.40) | |
| | | 6400m | 9:11.11 | (34.02) | | 6400m | 9:32.32 | (35.41) | |
| | | 6800m | 9:45.31 | (34.20) | | 6800m | 10:07.79 | (35.47) | |
| | | 7200m | 10:19.66 | (34.35) | | 7200m | 10:43.33 | (35.54) | |
| | | 7600m | 10:54.19 | (34.53) | | 7600m | 11:18.62 | (35.29) | |
| | | 8000m | 11:28.48 | (34.29) | | 8000m | 11:54.00 | (35.38) | |
| | | 8400m | 12:03.07 | (34.59) | | 8400m | 12:29.69 | (35.69) | |
| | | 8800m | 12:38.04 | (34.97) | | 8800m | 13:05.37 | (35.68) | |
| | | 9200m | 13:13.25 | (35.21) | | 9200m | 13:40.88 | (35.51) | |
| | | 9600m | 13:48.00 | (34.75) | | 9600m | 14:15.72 | (34.84) | |
| | | 10000m | 14:23.04 | (35.04) | | 10000m | 14:50.76 | (35.04) | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------|--------------------------|---------|--------------------------|----------|----------|-----------------|------|
| 3 | wt | 53 | Jur Veenje | | HN4 | | 14:26.36 | 14:52.06 | |
| | rd | 5 | Stijn van de Bunt | | HN1 | | | 14:02.09 | |
| | | Jur Veenje | | | Stijn van de Bunt | | | | |
| | | 400m | 37.87 | (37.87) | 400m | 37.09 | (37.09) | | |
| | | 800m | 1:10.50 | (32.63) | 800m | 1:10.29 | (33.20) | | |
| | | 1200m | 1:44.88 | (34.38) | 1200m | 1:43.80 | (33.51) | | |
| | | 1600m | 2:19.15 | (34.27) | 1600m | 2:17.66 | (33.86) | | |
| | | 2000m | 2:53.27 | (34.12) | 2000m | 2:51.14 | (33.48) | | |
| | | 2400m | 3:27.77 | (34.50) | 2400m | 3:24.82 | (33.68) | | |
| | | 2800m | 4:02.52 | (34.75) | 2800m | 3:58.61 | (33.79) | | |
| | | 3200m | 4:37.32 | (34.80) | 3200m | 4:32.22 | (33.61) | | |
| | | 3600m | 5:12.69 | (35.37) | 3600m | 5:05.82 | (33.60) | | |
| | | 4000m | 5:47.97 | (35.28) | 4000m | 5:39.61 | (33.79) | | |
| | | 4400m | 6:23.48 | (35.51) | 4400m | 6:13.31 | (33.70) | | |
| | | 4800m | 6:58.94 | (35.46) | 4800m | 6:47.07 | (33.76) | | |
| | | 5200m | 7:34.66 | (35.72) | 5200m | 7:20.86 | (33.79) | | |
| | | 5600m | 8:10.68 | (36.02) | 5600m | 7:54.55 | (33.69) | | |
| | | 6000m | 8:47.36 | (36.68) | 6000m | 8:28.34 | (33.79) | | |
| | | 6400m | 9:23.36 | (36.00) | 6400m | 9:02.09 | (33.75) | | |
| | | 6800m | 9:59.12 | (35.76) | 6800m | 9:35.78 | (33.69) | | |
| | | 7200m | 10:35.39 | (36.27) | 7200m | 10:09.44 | (33.66) | | |
| | | 7600m | 11:12.12 | (36.73) | 7600m | 10:42.87 | (33.43) | | |
| | | 8000m | 11:48.94 | (36.82) | 8000m | 11:16.18 | (33.31) | | |
| | | 8400m | 12:21.95 | (33.01) | 8400m | 11:49.01 | (32.83) | | |
| | | 8800m | 13:02.05 | (40.10) | 8800m | 12:21.96 | (32.95) | | |
| | | 9200m | 13:38.98 | (36.93) | 9200m | 12:55.26 | (33.30) | | |
| | | 9600m | 14:15.52 | (36.54) | 9600m | 13:28.80 | (33.54) | | |
| | | 10000m | 14:52.06 | (36.54) | 10000m | 14:02.09 | (33.29) | | |

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| | | Naam | Cat | PR | Tijd | Info |
|---|----|---------------------------|-----|----------|-----------------|------|
| 4 | gl | 20 Jan Hamers | HSA | 14:51.68 | 14:18.44 | PR |
| | bl | 33 Thomas de Lange | HN2 | 14:49.68 | DNF | |

Jan Hamers

| | | |
|--------|----------|---------|
| 400m | 37.10 | (37.10) |
| 800m | 1:10.41 | (33.31) |
| 1200m | 1:44.02 | (33.61) |
| 1600m | 2:17.14 | (33.12) |
| 2000m | 2:50.53 | (33.39) |
| 2400m | 3:24.37 | (33.84) |
| 2800m | 3:58.19 | (33.82) |
| 3200m | 4:31.90 | (33.71) |
| 3600m | 5:05.60 | (33.70) |
| 4000m | 5:39.34 | (33.74) |
| 4400m | 6:13.39 | (34.05) |
| 4800m | 6:47.38 | (33.99) |
| 5200m | 7:21.62 | (34.24) |
| 5600m | 7:55.83 | (34.21) |
| 6000m | 8:29.81 | (33.98) |
| 6400m | 9:03.73 | (33.92) |
| 6800m | 9:38.26 | (34.53) |
| 7200m | 10:12.72 | (34.46) |
| 7600m | 10:47.78 | (35.06) |
| 8000m | 11:22.62 | (34.84) |
| 8400m | 11:57.77 | (35.15) |
| 8800m | 12:33.05 | (35.28) |
| 9200m | 13:08.48 | (35.43) |
| 9600m | 13:43.65 | (35.17) |
| 10000m | 14:18.44 | (34.79) |

Thomas de Lange

| | | |
|-------|----------|---------|
| 400m | 37.80 | (37.80) |
| 800m | 1:12.23 | (34.43) |
| 1200m | 1:46.74 | (34.51) |
| 1600m | 2:21.44 | (34.70) |
| 2000m | 2:55.74 | (34.30) |
| 2400m | 3:30.69 | (34.95) |
| 2800m | 4:05.38 | (34.69) |
| 3200m | 4:40.63 | (35.25) |
| 3600m | 5:15.50 | (34.87) |
| 4000m | 5:50.82 | (35.32) |
| 4400m | 6:26.53 | (35.71) |
| 4800m | 7:02.49 | (35.96) |
| 5200m | 7:38.51 | (36.02) |
| 5600m | 8:14.71 | (36.20) |
| 6000m | 8:51.67 | (36.96) |
| 6400m | 9:28.34 | (36.67) |
| 6800m | 10:06.49 | (38.15) |
| 7200m | 10:53.44 | (46.95) |

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| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|---------------------|----------|---------|-----------------|
| 5 | wt | 13 | Sijmen Egberts | | HN1 | | | 14:59.75 |
| | rd | 10 | Lex Dijkstra | | HSA | 13:15.13 | | 14:02.31 |
| | | Sijmen Egberts | | | Lex Dijkstra | | | |
| | | 400m | 39.21 | (39.21) | 400m | 38.08 | (38.08) | |
| | | 800m | 1:13.51 | (34.30) | 800m | 1:11.95 | (33.87) | |
| | | 1200m | 1:47.79 | (34.28) | 1200m | 1:45.44 | (33.49) | |
| | | 1600m | 2:21.92 | (34.13) | 1600m | 2:19.07 | (33.63) | |
| | | 2000m | 2:56.31 | (34.39) | 2000m | 2:52.43 | (33.36) | |
| | | 2400m | 3:30.27 | (33.96) | 2400m | 3:25.86 | (33.43) | |
| | | 2800m | 4:04.52 | (34.25) | 2800m | 3:59.22 | (33.36) | |
| | | 3200m | 4:38.69 | (34.17) | 3200m | 4:32.66 | (33.44) | |
| | | 3600m | 5:13.02 | (34.33) | 3600m | 5:06.20 | (33.54) | |
| | | 4000m | 5:47.35 | (34.33) | 4000m | 5:39.72 | (33.52) | |
| | | 4400m | 6:21.98 | (34.63) | 4400m | 6:13.37 | (33.65) | |
| | | 4800m | 6:57.22 | (35.24) | 4800m | 6:46.96 | (33.59) | |
| | | 5200m | 7:34.40 | (37.18) | 5200m | 7:20.67 | (33.71) | |
| | | 5600m | 8:12.51 | (38.11) | 5600m | 7:54.26 | (33.59) | |
| | | 6000m | 8:49.31 | (36.80) | 6000m | 8:27.83 | (33.57) | |
| | | 6400m | 9:26.55 | (37.24) | 6400m | 9:01.58 | (33.75) | |
| | | 6800m | 10:04.29 | (37.74) | 6800m | 9:35.18 | (33.60) | |
| | | 7200m | 10:42.73 | (38.44) | 7200m | 10:08.67 | (33.49) | |
| | | 7600m | 11:20.71 | (37.98) | 7600m | 10:42.01 | (33.34) | |
| | | 8000m | 11:58.23 | (37.52) | 8000m | 11:15.53 | (33.52) | |
| | | 8400m | 12:36.04 | (37.81) | 8400m | 11:49.19 | (33.66) | |
| | | 8800m | 13:13.68 | (37.64) | 8800m | 12:23.10 | (33.91) | |
| | | 9200m | 13:50.18 | (36.50) | 9200m | 12:56.83 | (33.73) | |
| | | 9600m | 14:25.20 | (35.02) | 9600m | 13:30.00 | (33.17) | |
| | | 10000m | 14:59.75 | (34.55) | 10000m | 14:02.31 | (32.31) | |

Holland Cup 2a / Gruno Bokaal

Kardinge - Groningen

18 en 19 november 2023

| | | Naam | Cat | PR | Tijd | Info |
|---|----|------------------------------|-----|----------|------|-----------------|
| 6 | gl | 12 Colin James Duivenvoorden | HN2 | | | 13:54.58 |
| | bl | 43 Remo Slotegraaf | HN3 | 13:24.71 | | 14:12.27 |

Colin James Duivenvoorden

| | | |
|--------|----------|---------|
| 400m | 37.44 | (37.44) |
| 800m | 1:10.33 | (32.89) |
| 1200m | 1:44.60 | (34.27) |
| 1600m | 2:17.47 | (32.87) |
| 2000m | 2:51.48 | (34.01) |
| 2400m | 3:24.65 | (33.17) |
| 2800m | 3:58.35 | (33.70) |
| 3200m | 4:31.69 | (33.34) |
| 3600m | 5:05.21 | (33.52) |
| 4000m | 5:38.98 | (33.77) |
| 4400m | 6:12.54 | (33.56) |
| 4800m | 6:46.14 | (33.60) |
| 5200m | 7:19.72 | (33.58) |
| 5600m | 7:53.24 | (33.52) |
| 6000m | 8:26.52 | (33.28) |
| 6400m | 8:59.83 | (33.31) |
| 6800m | 9:33.22 | (33.39) |
| 7200m | 10:06.20 | (32.98) |
| 7600m | 10:38.94 | (32.74) |
| 8000m | 11:11.59 | (32.65) |
| 8400m | 11:44.65 | (33.06) |
| 8800m | 12:17.61 | (32.96) |
| 9200m | 12:50.59 | (32.98) |
| 9600m | 13:23.42 | (32.83) |
| 10000m | 13:54.58 | (31.16) |

Remo Slotegraaf

| | | |
|--------|----------|---------|
| 400m | 37.57 | (37.57) |
| 800m | 1:10.95 | (33.38) |
| 1200m | 1:44.73 | (33.78) |
| 1600m | 2:18.52 | (33.79) |
| 2000m | 2:52.09 | (33.57) |
| 2400m | 3:25.66 | (33.57) |
| 2800m | 3:59.24 | (33.58) |
| 3200m | 4:32.74 | (33.50) |
| 3600m | 5:06.59 | (33.85) |
| 4000m | 5:40.23 | (33.64) |
| 4400m | 6:13.96 | (33.73) |
| 4800m | 6:47.61 | (33.65) |
| 5200m | 7:21.43 | (33.82) |
| 5600m | 7:55.20 | (33.77) |
| 6000m | 8:29.00 | (33.80) |
| 6400m | 9:02.86 | (33.86) |
| 6800m | 9:37.26 | (34.40) |
| 7200m | 10:12.03 | (34.77) |
| 7600m | 10:46.55 | (34.52) |
| 8000m | 11:20.90 | (34.35) |
| 8400m | 11:55.39 | (34.49) |
| 8800m | 12:29.92 | (34.53) |
| 9200m | 13:04.15 | (34.23) |
| 9600m | 13:37.93 | (33.78) |
| 10000m | 14:12.27 | (34.34) |