

1. Uitslag 500 meter voor 100m/300m/500m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|-------|--------|
| 1 | 54 Dong Yang Plugge | HB2 | 18 | I | 40.37 | PR | |
| 2 | 15 Lataesha Narain | DN1 | 17 | I | 41.22 | | |
| 3 | 132 Cerinthe De Jonge | DA2 | 16 | O | 41.55 | PR | |
| 4 | 96 Gio Kromokario | HB1 | 17 | O | 41.95 | HT FL | |
| 5 | 165 Twan van de Poppe | HC1 | 15 | I | 42.55 | PR | |
| 6 | 125 Marcha Lich | DN2 | 16 | I | 43.31 | | |
| 7 | 9 Charley Boekema | DPB | 14 | I | 43.84 | PR | |
| 8 | 72 Lauren van den Brink | DPB | 14 | O | 44.63 | PR | |
| 9 | 10 Kira Kramer | DB1 | 15 | O | 44.81 | | |
| 10 | 122 Sigrid van Es | DPB | 13 | I | 44.91 | PR | |
| 11 | 158 Julian Ras | HC1 | 13 | O | 44.99 | PR | |
| 12 | 79 Jade Kamps | DPB | 12 | O | 45.71 | PR | |
| 13 | 166 Robine Lubbinge | DC2 | 12 | I | 46.43 | | |
| 14 | 53 Renske van Winkoop | DPB | 11 | O | 46.68 | PR | |
| 15 | 64 Norah van Elst | DPB | 10 | I | 47.43 | PR | |
| 16 | 50 Federico Talen | HPB | 10 | O | 47.91 | PR | |
| 17 | 127 Hiba Pals | DPA | 9 | O | 48.31 | PR | |
| 18 | 151 Bente Barendse | DB1 | 11 | I | 48.34 | | |
| 19 | 20 Mischa Slot | HPB | 8 | I | 48.58 | PR | |
| 20 | 44 Jelte Petri | HPB | 6 | I | 48.86 | PR | |
| 21 | 1 Imre Blomberg | DPB | 6 | O | 49.14 | PR | |
| 22 | 114 Ivar van der Kruijf | HPC | 9 | I | 49.56 | PR | |
| 23 | 67 Liese van der Laan | DPB | 7 | I | 49.89 | | |
| 24 | 106 Naomi Segers | DPB | 7 | O | 50.15 | | |
| 25 | 39 Puk Moerman | DPB | 5 | O | 51.05 | PR | |
| 26 | 47 Jelte Blomberg | HPC | 4 | O | 52.55 | PR | |
| 27 | 76 Liam Makkinga | HPD | 4 | I | 52.65 | PR | |
| 28 | 136 Morgan DeFreese | DPB | 5 | I | 53.50 | | |
| 29 | 12 Emma van der Velde | DPB | 3 | O | 54.15 | PR | |
| 30 | 84 Florine Zunnebeld | DPB | 2 | I | 56.08 | | |
| 31 | 41 Eline van den Beld | DPD | 3 | I | 56.80 | | |
| 32 | 75 Yara Makkinga | DPA | 2 | O | 57.57 | PR | |
| 33 | 51 Fenna Burger | DPD | 1 | I | 1:03.23 | | |
| | 150 Nick Barendse | HB1 | 18 | O | | DQ | |

1. Rituitslag 500 meter voor 100m/300m/500m

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|---------------------|---------|-----|----|----------------|------|
| 1 | wt | 51 | Fenna Burger | | DPD | | 1:03.23 | |
| | rd | | | | | | | |
| | | Fenna Burger | | | | | | |
| | | 100m | 14.60 | (14.60) | | m | | |
| | | 500m | 1:03.23 | (48.63) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|-----|---------|--------------|---------|
| 2 | gl | 84 | Florine Zunnbeld | | DPB | 54.48 | 56.08 | |
| | bl | 75 | Yara Makkinga | | DPA | 1:00.85 | 57.57 | PR |
| | | Florine Zunnbeld | | | | | | |
| | | 100m | 14.40 | (14.40) | | 100m | 14.20 | (14.20) |
| | | 500m | 56.08 | (41.68) | | 500m | 57.57 | (43.37) |
| | | Yara Makkinga | | | | | | |
| | | 100m | 14.20 | (14.20) | | 100m | 14.20 | (14.20) |
| | | 500m | 57.57 | (43.37) | | 500m | 57.57 | (43.37) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|-----|-------|--------------|---------|
| 3 | wt | 41 | Eline van den Beld | | DPD | 56.05 | 56.80 | |
| | rd | 12 | Emma van der Velde | | DPB | 54.42 | 54.15 | PR |
| | | Eline van den Beld | | | | | | |
| | | 100m | 14.38 | (14.38) | | 100m | 14.21 | (14.21) |
| | | 500m | 56.80 | (42.42) | | 500m | 54.15 | (39.94) |
| | | Emma van der Velde | | | | | | |
| | | 100m | 14.21 | (14.21) | | 100m | 14.21 | (14.21) |
| | | 500m | 54.15 | (39.94) | | 500m | 54.15 | (39.94) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----|-------|--------------|---------|
| 4 | gl | 76 | Liam Makkinga | | HPD | 54.76 | 52.65 | PR |
| | bl | 47 | Jelte Blomberg | | HPC | 53.37 | 52.55 | PR |
| | | Liam Makkinga | | | | | | |
| | | 100m | 13.29 | (13.29) | | 100m | 13.22 | (13.22) |
| | | 500m | 52.65 | (39.36) | | 500m | 52.55 | (39.33) |
| | | Jelte Blomberg | | | | | | |
| | | 100m | 13.22 | (13.22) | | 100m | 13.22 | (13.22) |
| | | 500m | 52.55 | (39.33) | | 500m | 52.55 | (39.33) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------|------------------------|---------|-----|-------|--------------|---------|
| 5 | wt | 136 | Morgan DeFreese | | DPB | 47.55 | 53.50 | |
| | rd | 39 | Puk Moerman | | DPB | 51.53 | 51.05 | PR |
| | | Morgan DeFreese | | | | | | |
| | | 100m | 14.50 | (14.50) | | 100m | 13.43 | (13.43) |
| | | 500m | 53.50 | (39.00) | | 500m | 51.05 | (37.62) |
| | | Puk Moerman | | | | | | |
| | | 100m | 13.43 | (13.43) | | 100m | 13.43 | (13.43) |
| | | 500m | 51.05 | (37.62) | | 500m | 51.05 | (37.62) |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|--------------------|----------------------|---------|----------------------|-------|--------------|------|
| 6 | gl | 44 | Jelte Petri | | HPB | 50.84 | 48.86 | PR |
| | bl | 1 | Imre Blomberg | | DPB | 50.55 | 49.14 | PR |
| | | Jelte Petri | | | Imre Blomberg | | | |
| | | 100m | 12.77 | (12.77) | 100m | 12.88 | (12.88) | |
| | | 500m | 48.86 | (36.09) | 500m | 49.14 | (36.26) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|---------------------|-------|--------------|------|
| 7 | wt | 67 | Liese van der Laan | | DPB | 49.52 | 49.89 | |
| | rd | 106 | Naomi Segers | | DPB | 49.61 | 50.15 | |
| | | Liese van der Laan | | | Naomi Segers | | | |
| | | 100m | 13.04 | (13.04) | 100m | 13.40 | (13.40) | |
| | | 500m | 49.89 | (36.85) | 500m | 50.15 | (36.75) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|--------------------|--------------------|---------|-----|-------|--------------|------|
| 8 | gl | 20 | Mischa Slot | | HPB | 50.07 | 48.58 | PR |
| | bl | | | | | | | |
| | | Mischa Slot | | | | | | |
| | | 100m | 12.77 | (12.77) | m | | | |
| | | 500m | 48.58 | (35.81) | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|------------------|-------|--------------|------|
| 9 | wt | 114 | Ivar van der Kruijf | | HPC | 49.94 | 49.56 | PR |
| | rd | 127 | Hiba Pals | | DPA | 49.54 | 48.31 | PR |
| | | Ivar van der Kruijf | | | Hiba Pals | | | |
| | | 100m | 12.94 | (12.94) | 100m | 13.04 | (13.04) | |
| | | 500m | 49.56 | (36.62) | 500m | 48.31 | (35.27) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 10 | gl | 64 | Norah van Elst | | DPB | 48.55 | 47.43 | PR |
| | bl | 50 | Federico Talen | | HPB | 49.42 | 47.91 | PR |
| | | Norah van Elst | | | Federico Talen | | | |
| | | 100m | 12.74 | (12.74) | 100m | 12.66 | (12.66) | |
| | | 500m | 47.43 | (34.69) | 500m | 47.91 | (35.25) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----------------------------|---------|-----------------------------|-------|--------------|------|
| 11 | wt | 151 | Bente Barendse | | DB1 | 47.75 | 48.34 | |
| | rd | 53 | Renske van Winkoop | | DPB | 46.92 | 46.68 | PR |
| | | Bente Barendse | | | Renske van Winkoop | | | |
| | | 100m | 13.15 | (13.15) | 100m | 12.33 | (12.33) | |
| | | 500m | 48.34 | (35.19) | 500m | 46.68 | (34.35) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 12 | gl | 166 | Robine Lubbinge | | DC2 | 45.53 | 46.43 | |
| | bl | 79 | Jade Kamps | | DPB | 46.23 | 45.71 | PR |
| | | Robine Lubbinge | | | Jade Kamps | | | |
| | | 100m | 12.39 | (12.39) | 100m | 11.99 | (11.99) | |
| | | 500m | 46.43 | (34.04) | 500m | 45.71 | (33.72) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 13 | wt | 122 | Sigrid van Es | | DPB | 45.31 | 44.91 | PR |
| | rd | 158 | Julian Ras | | HC1 | 45.21 | 44.99 | PR |
| | | Sigrid van Es | | | Julian Ras | | | |
| | | 100m | 12.17 | (12.17) | 100m | 11.91 | (11.91) | |
| | | 500m | 44.91 | (32.74) | 500m | 44.99 | (33.08) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 14 | gl | 9 | Charley Boekema | | DPB | 44.46 | 43.84 | PR |
| | bl | 72 | Lauren van den Brink | | DPB | 45.00 | 44.63 | PR |
| | | Charley Boekema | | | Lauren van den Brink | | | |
| | | 100m | 11.84 | (11.84) | 100m | 12.42 | (12.42) | |
| | | 500m | 43.84 | (32.00) | 500m | 44.63 | (32.21) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 15 | wt | 165 | Twan van de Poppe | | HC1 | 43.26 | 42.55 | PR |
| | rd | 10 | Kira Kramer | | DB1 | 44.21 | 44.81 | |
| | | Twan van de Poppe | | | Kira Kramer | | | |
| | | 100m | 11.57 | (11.57) | 100m | 11.86 | (11.86) | |
| | | 500m | 42.55 | (30.98) | 500m | 44.81 | (32.95) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 16 | gl | 125 | Marcha Lich | | DN2 | 42.53 | 43.31 | |
| | bl | 132 | Cerintje De Jonge | | DA2 | 41.98 | 41.55 | PR |
| | | Marcha Lich | | | Cerintje De Jonge | | | |
| | | 100m | 11.86 | (11.86) | 100m | 11.40 | (11.40) | |
| | | 500m | 43.31 | (31.45) | 500m | 41.55 | (30.15) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----------------------|-------|--------------|-------|
| 17 | wt | 15 | Lataesha Narain | | DN1 | 41.15 | 41.22 | |
| | rd | 96 | Gio Kromokario | | HB1 | 41.33 | 41.95 | HT FL |
| | | Lataesha Narain | | | Gio Kromokario | | | |
| | | 100m | 11.03 | (11.03) | 100m | 10.85 | (10.85) | |
| | | 500m | 41.22 | (30.19) | 500m | 41.95 | (31.10) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|----------------------|-------|--------------|------|
| 18 | gl | 54 | Dong Yang Plugge | | HB2 | 40.48 | 40.37 | PR |
| | bl | 150 | Nick Barendse | | HB1 | 40.45 | DQ | |
| | | Dong Yang Plugge | | | Nick Barendse | | | |
| | | 100m | 11.09 | (11.09) | | | | |
| | | 500m | 40.37 | (29.28) | | | | |

2. Uitslag 500 meter voor 500m/1500m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 134 Willard Reinders | HN2 | 46 | O | 36.48 | | |
| 2 | 65 Jack Boekema | HC2 | 46 | I | 37.55 | PR | |
| 3 | 107 Nomdo de Heer | HN3 | 45 | O | 38.33 | PR | |
| 4 | 112 Mike van Dijk | HN4 | 45 | I | 38.97 | | |
| 5 | 38 Bart Seffinga | H40 | 44 | I | 39.10 | | |
| 6 | 6 Matthijs de Haan | HC2 | 44 | O | 39.43 | | |
| 7 | 57 Peng Shen Plugge | HC2 | 43 | O | 39.78 | PR | |
| 8 | 172 Stijn Vlieland | HC2 | 41 | O | 40.07 | PR | |
| 9 | 31 Jeroen Schoppink | H40 | 43 | I | 40.45 | | |
| 10 | 168 Jaron Ridder | HC2 | 42 | I | 40.79 | PR | |
| 11 | 74 Isaac Immerzeel | HA1 | 40 | I | 41.23 | PR | |
| 12 | 95 Indy Kromokario | HA1 | 41 | I | 41.32 | PR | |
| 13 | 25 Stian van Etten | HC2 | 39 | O | 41.35 | PR | |
| 14 | 16 Koos Dijkstra | H55 | 42 | O | 41.81 | | |
| 15 | 130 Sebastiaan Scargo | H45 | 39 | I | 42.00 | PR | |
| 16 | 120 Mees Klunder | HC2 | 40 | O | 42.30 | PR | |
| 17 | 3 Finn Zachrisson | HC2 | 38 | I | 43.17 | PR | |
| 18 | 78 Hans Spil | H55 | 35 | O | 43.32 | | |
| 19 | 24 Anton Mink | H60 | 37 | I | 43.47 | | |
| 20 | 42 Britt Post | DC2 | 37 | O | 43.78 | PR | |
| 21 | 46 Ties Moerman | HC1 | 36 | O | 43.95 | PR | |
| 22 | 37 Stijn Verhagen | H45 | 38 | O | 44.04 | | |
| 23 | 87 Aart van Beuzekom | H55 | 34 | O | 44.28 | | |
| 24 | 102 Luca Batterink | HC1 | 36 | I | 44.45 | PR | |
| 25 | 137 Merthe Boos | DC2 | 35 | I | 44.53 | PR | |
| 26 | 19 Olivier Wennekes | HC1 | 33 | I | 45.14 | PR | |
| 27 | 90 Evelien van der Kist | DSB | 33 | O | 45.19 | | |
| 28 | 111 Gerdien Verweij | D55 | 28 | I | 45.41 | | |
| 29 | 34 Rennie Verloop | H65 | 31 | O | 45.55 | | |
| 30 | 94 Martijn Jager | H50 | 31 | I | 45.75 | | |
| 31 | 23 Elena Ruijtenberg | DC2 | 32 | O | 46.00 | PR | |
| 32 | 110 Sophie Moerman | DA2 | 32 | I | 46.19 | | |
| 33 | 60 Henk van Walderveen | H60 | 28 | O | 46.26 | | |
| 34 | 81 Niek Sebel | HC1 | 26 | I | 46.35 | PR | |
| 35 | 21 Feline Solleveld | DC2 | 29 | O | 46.43 | PR | |
| 36 | 115 Arthur van der Kruijf | HSB | 30 | I | 46.48 | PR | |
| 37 | 108 Kai Budiarto | HC1 | 30 | O | 46.49 | | |
| 38 | 2 Diede Salomons | DC1 | 29 | I | 46.69 | | |

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 39 | 68 Valerie Gerritse | DC1 | 26 | O | 46.98 | PR | |
| 40 | 63 Keira Vissenberg | DC2 | 27 | O | 47.06 | PR | |
| 41 | 105 Kees Bollaart | H60 | 27 | I | 47.25 | | |
| 42 | 91 Elise Kortleve | DB2 | 24 | I | 47.71 | PR | |
| 43 | 18 Jaap van Kouterik | H70 | 25 | O | 48.19 | | |
| 44 | 131 Elma Endhoven | DSB | 22 | O | 48.38 | | |
| 45 | 71 Noor Wiering | DC2 | 25 | I | 48.75 | | |
| 46 | 85 Esther Bouman | DSB | 23 | O | 48.77 | | |
| 47 | 80 Anna Van der Stok | D50 | 24 | O | 48.79 | | |
| 48 | 138 Mare Damsma | DC1 | 23 | I | 48.84 | PR | |
| 49 | 109 Marianne de Neeling | D60 | 21 | O | 49.52 | | |
| 50 | 113 Jan de Groot | H70 | 21 | I | 50.51 | | |
| 51 | 118 Sara de Jong | DB1 | 22 | I | 51.79 | | |
| 52 | 29 Daniëlle Frijters | DSB | 19 | I | 52.89 | | |
| 53 | 119 Pien de Jong | DC2 | 20 | I | 53.38 | | |
| 54 | 86 Johan Smit | H65 | 20 | O | 53.67 | | |
| 55 | 104 Isabel Segers | DC1 | 19 | O | 54.52 | PR | |
| | 73 Lenthe Jansen | DB2 | | | | WDR | |

2. Rituitslag 500 meter voor 500m/1500m

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|--------------|------|
| 19 | wt | 29 | Daniëlle Frijters | | DSB | 51.87 | 52.89 | |
| | rd | 104 | Isabel Segers | | DC1 | 54.70 | 54.52 | PR |
| | | Daniëlle Frijters | | | Isabel Segers | | | |
| | | 100m | 14.19 | (14.19) | 100m | 14.31 | (14.31) | |
| | | 500m | 52.89 | (38.70) | 500m | 54.52 | (40.21) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|-------------------|-------|--------------|------|
| 20 | gl | 119 | Pien de Jong | | DC2 | 52.36 | 53.38 | |
| | bl | 86 | Johan Smit | | H65 | 47.45 | 53.67 | |
| | | Pien de Jong | | | Johan Smit | | | |
| | | 100m | 13.95 | (13.95) | 100m | 14.15 | (14.15) | |
| | | 500m | 53.38 | (39.43) | 500m | 53.67 | (39.52) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 21 | wt | 113 | Jan de Groot | | H70 | 46.69 | 50.51 | |
| | rd | 109 | Marianne de Neeling | | D60 | 46.57 | 49.52 | |
| | | Jan de Groot | | | Marianne de Neeling | | | |
| | | 100m | 13.91 | (13.91) | 100m | 13.56 | (13.56) | |
| | | 500m | 50.51 | (36.60) | 500m | 49.52 | (35.96) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|----------------------|---------|----------------------|-------|--------------|------|
| 22 | gl | 118 | Sara de Jong | | DB1 | 48.21 | 51.79 | |
| | bl | 131 | Elma Endhoven | | DSB | 47.01 | 48.38 | |
| | | Sara de Jong | | | Elma Endhoven | | | |
| | | 100m | 13.41 | (13.41) | 100m | 13.00 | (13.00) | |
| | | 500m | 51.79 | (38.38) | 500m | 48.38 | (35.38) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|----------------------|---------|----------------------|-------|--------------|------|
| 23 | wt | 138 | Mare Damsma | | DC1 | 48.95 | 48.84 | PR |
| | rd | 85 | Esther Bouman | | DSB | 45.73 | 48.77 | |
| | | Mare Damsma | | | Esther Bouman | | | |
| | | 100m | 12.87 | (12.87) | 100m | 13.63 | (13.63) | |
| | | 500m | 48.84 | (35.97) | 500m | 48.77 | (35.14) | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-------------------------------|-------|---------|----------------------------|--------------|---------|
| 24 | gl | 91 Elise Kortleve | DB2 | | 48.82 | 47.71 | PR |
| | bl | 80 Anna Van der Stok | D50 | | 48.49 | 48.79 | |
| | | Elise Kortleve | | | Anna Van der Stok | | |
| | | 100m | 12.80 | (12.80) | 100m | 13.22 | (13.22) |
| | | 500m | 47.71 | (34.91) | 500m | 48.79 | (35.57) |
| | | Naam | Cat | | PR | Tijd | Info |
| 25 | wt | 71 Noor Wiering | DC2 | | 48.41 | 48.75 | |
| | rd | 18 Jaap van Kouterik | H70 | | 42.40 | 48.19 | |
| | | Noor Wiering | | | Jaap van Kouterik | | |
| | | 100m | 13.16 | (13.16) | 100m | 13.74 | (13.74) |
| | | 500m | 48.75 | (35.59) | 500m | 48.19 | (34.45) |
| | | Naam | Cat | | PR | Tijd | Info |
| 26 | gl | 81 Niek Sebel | HC1 | | 47.78 | 46.35 | PR |
| | bl | 68 Valerie Gerritse | DC1 | | 48.17 | 46.98 | PR |
| | | Niek Sebel | | | Valerie Gerritse | | |
| | | 100m | 12.61 | (12.61) | 100m | 12.53 | (12.53) |
| | | 500m | 46.35 | (33.74) | 500m | 46.98 | (34.45) |
| | | Naam | Cat | | PR | Tijd | Info |
| 27 | wt | 105 Kees Bollaart | H60 | | 43.55 | 47.25 | |
| | rd | 63 Keira Vissenberg | DC2 | | 47.23 | 47.06 | PR |
| | | Kees Bollaart | | | Keira Vissenberg | | |
| | | 100m | 13.18 | (13.18) | 100m | 12.55 | (12.55) |
| | | 500m | 47.25 | (34.07) | 500m | 47.06 | (34.51) |
| | | Naam | Cat | | PR | Tijd | Info |
| 28 | gl | 111 Gerdien Verweij | D55 | | 42.35 | 45.41 | |
| | bl | 60 Henk van Walderveen | H60 | | 45.17 | 46.26 | |
| | | Gerdien Verweij | | | Henk van Walderveen | | |
| | | 100m | 12.75 | (12.75) | 100m | 13.06 | (13.06) |
| | | 500m | 45.41 | (32.66) | 500m | 46.26 | (33.20) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|---------------|-------------------------|---------------|------|
| 29 | wt | 2 Diede Salomons | DC1 | 46.65 | 46.69 | |
| | rd | 21 Feline Solleveld | DC2 | 46.75 | 46.43 | PR |
| | | Diede Salomons | | Feline Solleveld | | |
| | | 100m | 12.46 (12.46) | 100m | 12.65 (12.65) | |
| | | 500m | 46.69 (34.23) | 500m | 46.43 (33.78) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------------|---------------|---------------------|---------------|------|
| 30 | gl | 115 Arthur van der Kruijf | HSB | 46.54 | 46.48 | PR |
| | bl | 108 Kai Budiarto | HC1 | 45.11 | 46.49 | |
| | | Arthur van der Kruijf | | Kai Budiarto | | |
| | | 100m | 12.69 (12.69) | 100m | 11.93 (11.93) | |
| | | 500m | 46.48 (33.79) | 500m | 46.49 (34.56) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------------|-----------------------|---------------|------|
| 31 | wt | 94 Martijn Jager | H50 | 44.01 | 45.75 | |
| | rd | 34 Rennie Verloop | H65 | 43.34 | 45.55 | |
| | | Martijn Jager | | Rennie Verloop | | |
| | | 100m | 12.74 (12.74) | 100m | 12.50 (12.50) | |
| | | 500m | 45.75 (33.01) | 500m | 45.55 (33.05) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------------|--------------------------|---------------|------|
| 32 | gl | 110 Sophie Moerman | DA2 | 45.03 | 46.19 | |
| | bl | 23 Elena Ruijtenberg | DC2 | 46.14 | 46.00 | PR |
| | | Sophie Moerman | | Elena Ruijtenberg | | |
| | | 100m | 12.89 (12.89) | 100m | 12.56 (12.56) | |
| | | 500m | 46.19 (33.30) | 500m | 46.00 (33.44) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|---------------|-----------------------------|---------------|------|
| 33 | wt | 19 Olivier Wennekes | HC1 | 45.81 | 45.14 | PR |
| | rd | 90 Evelien van der Kist | DSB | 43.03 | 45.19 | |
| | | Olivier Wennekes | | Evelien van der Kist | | |
| | | 100m | 12.31 (12.31) | 100m | 12.28 (12.28) | |
| | | 500m | 45.14 (32.83) | 500m | 45.19 (32.91) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|--------------------------|---------|-----------------|
| 34 | gl | 73 Lenthe Jansen | DB2 | 45.28 | | WDR |
| | bl | 87 Aart van Beuzekom | H55 | 41.55 | | 44.28 |
| | | <u>Lenthe Jansen</u> | | <u>Aart van Beuzekom</u> | | |
| | | 100m | | 11.98 | (11.98) | |
| | | 500m | | 44.28 | (32.30) | |
| | | Naam | Cat | PR | Tijd | Info |
| 35 | wt | 137 Merthe Boos | DC2 | 44.65 | | 44.53 PR |
| | rd | 78 Hans Spil | H55 | 41.27 | | 43.32 |
| | | <u>Merthe Boos</u> | | <u>Hans Spil</u> | | |
| | | 100m | | 11.84 | (11.84) | |
| | | 500m | | 44.53 | (32.69) | |
| | | 100m | | 11.85 | (11.85) | |
| | | 500m | | 43.32 | (31.47) | |
| | | Naam | Cat | PR | Tijd | Info |
| 36 | gl | 102 Luca Batterink | HC1 | 44.57 | | 44.45 PR |
| | bl | 46 Ties Moerman | HC1 | 44.56 | | 43.95 PR |
| | | <u>Luca Batterink</u> | | <u>Ties Moerman</u> | | |
| | | 100m | | 11.43 | (11.43) | |
| | | 500m | | 44.45 | (33.02) | |
| | | 100m | | 11.89 | (11.89) | |
| | | 500m | | 43.95 | (32.06) | |
| | | Naam | Cat | PR | Tijd | Info |
| 37 | wt | 24 Anton Mink | H60 | 43.22 | | 43.47 |
| | rd | 42 Britt Post | DC2 | 44.09 | | 43.78 PR |
| | | <u>Anton Mink</u> | | <u>Britt Post</u> | | |
| | | 100m | | 12.07 | (12.07) | |
| | | 500m | | 43.47 | (31.40) | |
| | | 100m | | 12.07 | (12.07) | |
| | | 500m | | 43.78 | (31.71) | |
| | | Naam | Cat | PR | Tijd | Info |
| 38 | gl | 3 Finn Zachrisson | HC2 | 43.47 | | 43.17 PR |
| | bl | 37 Stijn Verhagen | H45 | 43.54 | | 44.04 |
| | | <u>Finn Zachrisson</u> | | <u>Stijn Verhagen</u> | | |
| | | 100m | | 11.79 | (11.79) | |
| | | 500m | | 43.17 | (31.38) | |
| | | 100m | | 12.09 | (12.09) | |
| | | 500m | | 44.04 | (31.95) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|--------------------|------------------------|------|
| 39 | wt | 130 Sebastiaan Scargo | H45 | 42.36 | 42.00 | PR |
| | rd | 25 Stian van Etten | HC2 | 42.72 | 41.35 | PR |
| | | <u>Sebastiaan Scargo</u> | | | <u>Stian van Etten</u> | |
| | | 100m 11.43 (11.43) | | 100m 11.44 (11.44) | | |
| | | 500m 42.00 (30.57) | | 500m 41.35 (29.91) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|--------------------|---------------------|------|
| 40 | gl | 74 Isaac Immerzeel | HA1 | 42.32 | 41.23 | PR |
| | bl | 120 Mees Klunder | HC2 | 42.32 | 42.30 | PR |
| | | <u>Isaac Immerzeel</u> | | | <u>Mees Klunder</u> | |
| | | 100m 11.64 (11.64) | | 100m 11.57 (11.57) | | |
| | | 500m 41.23 (29.59) | | 500m 42.30 (30.73) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|--------------------|-----------------------|------|
| 41 | wt | 95 Indy Kromokario | HA1 | 42.09 | 41.32 | PR |
| | rd | 172 Stijn Vlieland | HC2 | 40.69 | 40.07 | PR |
| | | <u>Indy Kromokario</u> | | | <u>Stijn Vlieland</u> | |
| | | 100m 11.10 (11.10) | | 100m 11.36 (11.36) | | |
| | | 500m 41.32 (30.22) | | 500m 40.07 (28.71) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|--------------------|----------------------|------|
| 42 | gl | 168 Jaron Ridder | HC2 | 41.26 | 40.79 | PR |
| | bl | 16 Koos Dijkstra | H55 | 40.47 | 41.81 | |
| | | <u>Jaron Ridder</u> | | | <u>Koos Dijkstra</u> | |
| | | 100m 10.97 (10.97) | | 100m 11.61 (11.61) | | |
| | | 500m 40.79 (29.82) | | 500m 41.81 (30.20) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|--------------------|-------------------------|------|
| 43 | wt | 31 Jeroen Schoppink | H40 | 37.66 | 40.45 | |
| | rd | 57 Peng Shen Plugge | HC2 | 40.06 | 39.78 | PR |
| | | <u>Jeroen Schoppink</u> | | | <u>Peng Shen Plugge</u> | |
| | | 100m 11.04 (11.04) | | 100m 10.89 (10.89) | | |
| | | 500m 40.45 (29.41) | | 500m 39.78 (28.89) | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|----------------------|-------------------------|---------|------|-------------------------|---------|-------|--------------|------|
| 44 | gl | 38 | Bart Seffinga | | H40 | | | 37.10 | 39.10 | |
| | bl | 6 | Matthijs de Haan | | HC2 | | | 39.12 | 39.43 | |
| | | Bart Seffinga | | | | Matthijs de Haan | | | | |
| | | 100m | 11.08 | (11.08) | 100m | 10.91 | (10.91) | | | |
| | | 500m | 39.10 | (28.02) | 500m | 39.43 | (28.52) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|------|----------------------|---------|-------|--------------|------|
| 45 | wt | 112 | Mike van Dijk | | HN4 | | | 38.51 | 38.97 | |
| | rd | 107 | Nomdo de Heer | | HN3 | | | 38.47 | 38.33 | PR |
| | | Mike van Dijk | | | | Nomdo de Heer | | | | |
| | | 100m | 10.89 | (10.89) | 100m | 10.57 | (10.57) | | | |
| | | 500m | 38.97 | (28.08) | 500m | 38.33 | (27.76) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|---------------------|-------------------------|---------|------|-------------------------|---------|-------|--------------|------|
| 46 | gl | 65 | Jack Boekema | | HC2 | | | 37.71 | 37.55 | PR |
| | bl | 134 | Willard Reinders | | HN2 | | | 36.30 | 36.48 | |
| | | Jack Boekema | | | | Willard Reinders | | | | |
| | | 100m | 10.40 | (10.40) | 100m | 10.15 | (10.15) | | | |
| | | 500m | 37.55 | (27.15) | 500m | 36.48 | (26.33) | | | |

3. Uitslag 500 meter voor 500m/1000m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|-------|------|--------|
| 1 | 133 Jasper Sinke | HN2 | 66 | O | 36.99 | PR | |
| 2 | 88 Kevin Kuiper | HN2 | 66 | I | 37.21 | PR | |
| 3 | 148 Willem Bekkema | HN1 | 65 | I | 37.34 | PR | |
| 4 | 145 Donald Stappenbelt | HN1 | 65 | O | 39.40 | | |
| 5 | 147 Jeroen de Heer | HN1 | 64 | I | 39.60 | PR | |
| 6 | 59 Jules van Winden | HB2 | 64 | O | 40.62 | PR | |
| 7 | 140 Jim Hartveld | HB1 | 63 | O | 42.22 | | |
| | 144 Twan van Duuren | HPA | 62 | I | 42.22 | PR | |
| 9 | 11 Erik van Hooft | H45 | 61 | O | 43.16 | | |
| 10 | 17 Erol Aksoy | H50 | 62 | O | 43.21 | | |
| 11 | 99 Liam Schroten | HPA | 61 | I | 43.66 | | |
| 12 | 139 Guus van der Hoorn | HC1 | 60 | I | 44.11 | PR | |
| 13 | 124 Doede Wind | H50 | 60 | O | 44.26 | | |
| 14 | 28 Nanette de Boon | DPA | 58 | I | 44.96 | PR | |
| 15 | 93 Eelco van der Meer | H45 | 58 | O | 45.22 | | |
| 16 | 55 Pim Molenaar | HPA | 56 | O | 46.50 | PR | |
| 17 | 48 Joep van Leeuwen | HC2 | 59 | I | 46.55 | | |
| 18 | 126 Stef van Moolenbroek | HC2 | 57 | O | 46.72 | PR | |
| 19 | 171 Anja Bollaart | D55 | 47 | O | 46.85 | | |
| 20 | 167 Jibbe Koops | HPA | 59 | O | 46.87 | | |
| 21 | 61 Jerke Eilander | HPA | 57 | I | 47.03 | PR | |
| 22 | 5 Jolijn Solleveld | DPA | 54 | O | 48.11 | PR | |
| 23 | 52 Tycho Petri | HC1 | 55 | I | 48.32 | PR | |
| 24 | 83 Veerle Zunnbeld | DPA | 54 | I | 48.45 | PR | |
| 25 | 117 Lisa Konst | DPA | 55 | O | 48.67 | PR | |
| 26 | 43 Fien Hummel | DPA | 53 | O | 49.17 | PR | |
| 27 | 103 Marlies de Jong | D55 | 53 | I | 49.35 | | |
| 28 | 66 Sverre Slenema | HPA | 51 | I | 49.86 | PR | |
| 29 | 164 Fay Barendse | DPA | 50 | O | 50.20 | PR | |
| 30 | 121 Anita Smit-Groot | D60 | 52 | O | 50.30 | | |
| 31 | 56 Lisa Otten | DC2 | 49 | O | 50.53 | PR | |
| 32 | 7 Ava Zachrisson | DPA | 52 | I | 50.62 | | |
| 33 | 170 Paco Palman | H60 | 50 | I | 50.74 | | |
| 34 | 143 Jasmijn Bavius | DC1 | 51 | O | 51.66 | | |
| 35 | 32 Sanna van der Velde | DC1 | 49 | I | 51.75 | | |
| 36 | 49 Nicole de Koning | D50 | 48 | I | 52.12 | | |
| 37 | 146 Bauke Meijer | H75 | 48 | O | 52.96 | | |
| 38 | 97 Ton van Helden | H75 | 47 | I | 55.01 | | |

3. Rituitslag 500 meter voor 500m/1000m

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|----------------------|-------|--------------|------|
| 47 | wt | 97 | Ton van Helden | | H75 | 44.15 | 55.01 | |
| | rd | 171 | Anja Bollaart | | D55 | 41.31 | 46.85 | |
| | | Ton van Helden | | | Anja Bollaart | | | |
| | | 100m | 14.20 | (14.20) | 100m | 12.89 | (12.89) | |
| | | 500m | 55.01 | (40.81) | 500m | 46.85 | (33.96) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|---------------------|-------|--------------|------|
| 48 | gl | 49 | Nicole de Koning | | D50 | 48.49 | 52.12 | |
| | bl | 146 | Bauke Meijer | | H75 | 45.35 | 52.96 | |
| | | Nicole de Koning | | | Bauke Meijer | | | |
| | | 100m | 14.38 | (14.38) | 100m | 13.75 | (13.75) | |
| | | 500m | 52.12 | (37.74) | 500m | 52.96 | (39.21) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|-------------------|-------|--------------|------|
| 49 | wt | 32 | Sanna van der Velde | | DC1 | 51.48 | 51.75 | |
| | rd | 56 | Lisa Otten | | DC2 | 50.54 | 50.53 | PR |
| | | Sanna van der Velde | | | Lisa Otten | | | |
| | | 100m | 13.40 | (13.40) | 100m | 13.28 | (13.28) | |
| | | 500m | 51.75 | (38.35) | 500m | 50.53 | (37.25) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|---------------------|---------|---------------------|-------|--------------|------|
| 50 | gl | 170 | Paco Palman | | H60 | 45.55 | 50.74 | |
| | bl | 164 | Fay Barendse | | DPA | 50.57 | 50.20 | PR |
| | | Paco Palman | | | Fay Barendse | | | |
| | | 100m | 13.70 | (13.70) | 100m | 13.37 | (13.37) | |
| | | 500m | 50.74 | (37.04) | 500m | 50.20 | (36.83) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 51 | wt | 66 | Sverre Slenema | | HPA | 50.12 | 49.86 | PR |
| | rd | 143 | Jasmijn Bavius | | DC1 | 50.15 | 51.66 | |
| | | Sverre Slenema | | | Jasmijn Bavius | | | |
| | | 100m | 12.75 | (12.75) | 100m | 13.38 | (13.38) | |
| | | 500m | 49.86 | (37.11) | 500m | 51.66 | (38.28) | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|-------------------------|-------------------------|---------------------|-------------------------|-------|---------|-------|--------------|--------------|----|
| 52 | gl | 7 | Ava Zachrisson | | DPA | | | 50.08 | 50.62 | | |
| | bl | 121 | Anita Smit-Groot | | D60 | | | 46.86 | 50.30 | | |
| | | Ava Zachrisson | | | Anita Smit-Groot | | | | | | |
| | | 100m | 13.25 | (13.25) | 100m | 13.59 | (13.59) | | | | |
| | | 500m | 50.62 | (37.37) | 500m | 50.30 | (36.71) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 53 | wt | 103 | Marlies de Jong | | D55 | | | 46.84 | 49.35 | | |
| | rd | 43 | Fien Hummel | | DPA | | | 49.89 | 49.17 | PR | |
| | | Marlies de Jong | | | Fien Hummel | | | | | | |
| | | 100m | 13.42 | (13.42) | 100m | 12.97 | (12.97) | | | | |
| | | 500m | 49.35 | (35.93) | 500m | 49.17 | (36.20) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 54 | gl | 83 | Veerle Zunnebeld | | DPA | | | 48.84 | 48.45 | PR | |
| | bl | 5 | Jolijn Solleveld | | DPA | | | 49.21 | 48.11 | PR | |
| | | Veerle Zunnebeld | | | Jolijn Solleveld | | | | | | |
| | | 100m | 12.90 | (12.90) | 100m | 12.53 | (12.53) | | | | |
| | | 500m | 48.45 | (35.55) | 500m | 48.11 | (35.58) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 55 | wt | 52 | Tycho Petri | | HC1 | | | 48.48 | 48.32 | PR | |
| | rd | 117 | Lisa Konst | | DPA | | | 48.75 | 48.67 | PR | |
| | | Tycho Petri | | | Lisa Konst | | | | | | |
| | | 100m | 13.05 | (13.05) | 100m | 12.89 | (12.89) | | | | |
| | | 500m | 48.32 | (35.27) | 500m | 48.67 | (35.78) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 56 | gl | 55 | | Pim Molenaar | | HPA | | | 47.62 | 46.50 | PR |
| | bl | | | | | | | | | | |
| | | Pim Molenaar | | | | | | | | | |
| | | m | 100m | 12.49 | (12.49) | | | | | | |
| | | | 500m | 46.50 | (34.01) | | | | | | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|---------------------------------|-------|---------|-----------------------------|--------------|---------|
| 57 | wt | 61 Jerke Eilander | HPA | | 47.10 | 47.03 | PR |
| | rd | 126 Stef van Moolenbroek | HC2 | | 46.97 | 46.72 | PR |
| | | <u>Jerke Eilander</u> | | | <u>Stef van Moolenbroek</u> | | |
| | | 100m | 12.76 | (12.76) | 100m | 12.19 | (12.19) |
| | | 500m | 47.03 | (34.27) | 500m | 46.72 | (34.53) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------------|-------|---------|---------------------------|--------------|---------|
| 58 | gl | 28 Nanette de Boon | DPA | | 46.76 | 44.96 | PR |
| | bl | 93 Eelco van der Meer | H45 | | 41.82 | 45.22 | |
| | | <u>Nanette de Boon</u> | | | <u>Eelco van der Meer</u> | | |
| | | 100m | 11.82 | (11.82) | 100m | 12.28 | (12.28) |
| | | 500m | 44.96 | (33.14) | 500m | 45.22 | (32.94) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|---------|--------------------|--------------|---------|
| 59 | wt | 48 Joep van Leeuwen | HC2 | | 46.26 | 46.55 | |
| | rd | 167 Jibbe Koops | HPA | | 46.41 | 46.87 | |
| | | <u>Joep van Leeuwen</u> | | | <u>Jibbe Koops</u> | | |
| | | 100m | 12.50 | (12.50) | 100m | 12.74 | (12.74) |
| | | 500m | 46.55 | (34.05) | 500m | 46.87 | (34.13) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-------------------------------|-------|---------|-------------------|--------------|---------|
| 60 | gl | 139 Guus van der Hoorn | HC1 | | 45.06 | 44.11 | PR |
| | bl | 124 Doede Wind | H50 | | 44.23 | 44.26 | |
| | | <u>Guus van der Hoorn</u> | | | <u>Doede Wind</u> | | |
| | | 100m | 12.05 | (12.05) | 100m | 12.39 | (12.39) |
| | | 500m | 44.11 | (32.06) | 500m | 44.26 | (31.87) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------|-------|---------|-----------------------|--------------|---------|
| 61 | wt | 99 Liam Schrotten | HPA | | 43.58 | 43.66 | |
| | rd | 11 Erik van Hooft | H45 | | 38.72 | 43.16 | |
| | | <u>Liam Schrotten</u> | | | <u>Erik van Hooft</u> | | |
| | | 100m | 11.91 | (11.91) | 100m | 11.40 | (11.40) |
| | | 500m | 43.66 | (31.75) | 500m | 43.16 | (31.76) |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|------------------------|---------------------------|---------|---------------------------|-------|---------|-------|--------------|------|--|
| 62 | gl | 144 | Twan van Duuren | | HPA | | | 42.78 | 42.22 | PR | |
| | bl | 17 | Erol Aksoy | | H50 | | | 42.65 | 43.21 | | |
| | | Twan van Duuren | | | Erol Aksoy | | | | | | |
| | | 100m | 11.82 | (11.82) | 100m | 11.83 | (11.83) | | | | |
| | | 500m | 42.22 | (30.40) | 500m | 43.21 | (31.38) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 63 | wt | 140 | Jim Hartveld | | HB1 | | | 41.66 | 42.22 | | |
| | rd | | Jim Hartveld | | | | | | | | |
| | | m | | | 100m | 11.69 | (11.69) | | | | |
| | | | | | 500m | 42.22 | (30.53) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 64 | gl | 147 | Jeroen de Heer | | HN1 | | | 39.73 | 39.60 | PR | |
| | bl | 59 | Jules van Winden | | HB2 | | | 41.35 | 40.62 | PR | |
| | | Jeroen de Heer | | | Jules van Winden | | | | | | |
| | | 100m | 10.87 | (10.87) | 100m | 10.97 | (10.97) | | | | |
| | | 500m | 39.60 | (28.73) | 500m | 40.62 | (29.65) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 65 | wt | 148 | Willem Bekkema | | HN1 | | | 37.52 | 37.34 | PR | |
| | rd | 145 | Donald Stappenbelt | | HN1 | | | 38.88 | 39.40 | | |
| | | Willem Bekkema | | | Donald Stappenbelt | | | | | | |
| | | 100m | 10.13 | (10.13) | 100m | 10.99 | (10.99) | | | | |
| | | 500m | 37.34 | (27.21) | 500m | 39.40 | (28.41) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 66 | gl | 88 | Kevin Kuiper | | HN2 | | | 37.32 | 37.21 | PR | |
| | bl | 133 | Jasper Sinke | | HN2 | | | 37.33 | 36.99 | PR | |
| | | Kevin Kuiper | | | Jasper Sinke | | | | | | |
| | | 100m | 10.49 | (10.49) | 100m | 10.22 | (10.22) | | | | |
| | | 500m | 37.21 | (26.72) | 500m | 36.99 | (26.77) | | | | |

4. Uitslag 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 96 Gio Kromokario | HB1 | 84 | I | 10.74 | PR | |
| 2 | 15 Lataesha Narain | DN1 | 83 | I | 10.98 | PR | |
| 3 | 54 Dong Yang Plugge | HB2 | 82 | O | 11.11 | PR | |
| 4 | 132 Cerinthe De Jonge | DA2 | 83 | O | 11.24 | PR | |
| 5 | 165 Twan van de Poppe | HC1 | 82 | I | 11.68 | PR | |
| 6 | 9 Charley Boekema | DPB | 80 | I | 11.71 | PR | |
| 7 | 10 Kira Kramer | DB1 | 81 | I | 11.77 | | |
| 8 | 79 Jade Kamps | DPB | 80 | O | 11.83 | PR | |
| 9 | 125 Marcha Lich | DN2 | 81 | O | 11.92 | | |
| 10 | 158 Julian Ras | HC1 | 79 | O | 12.06 | PR | |
| 11 | 53 Renske van Winkoop | DPB | 78 | O | 12.15 | PR | |
| 12 | 122 Sigrid van Es | DPB | 79 | I | 12.27 | | |
| 13 | 166 Robine Lubbinge | DC2 | 78 | I | 12.45 | | |
| 14 | 72 Lauren van den Brink | DPB | 77 | I | 12.49 | PR | |
| 15 | 151 Bente Barendse | DB1 | 73 | O | 12.52 | PR | |
| 16 | 50 Federico Talen | HPB | 75 | I | 12.68 | PR | |
| 17 | 127 Hiba Pals | DPA | 72 | O | 12.70 | PR | |
| 18 | 64 Norah van Elst | DPB | 77 | O | 12.74 | | |
| 19 | 20 Mischa Slot | HPB | 74 | I | 12.76 | PR | |
| 20 | 114 Ivar van der Kruijf | HPC | 75 | O | 12.82 | PR | |
| 21 | 1 Imre Blomberg | DPB | 74 | O | 12.87 | | |
| 22 | 106 Naomi Segers | DPB | 71 | I | 13.02 | PR | |
| 23 | 44 Jelte Petri | HPB | 73 | I | 13.05 | PR | |
| 24 | 76 Liam Makkinga | HPD | 70 | O | 13.07 | PR | |
| | 67 Liese van der Laan | DPB | 72 | I | 13.07 | | |
| 26 | 47 Jelte Blomberg | HPC | 71 | O | 13.17 | | |
| 27 | 39 Puk Moerman | DPB | 70 | I | 13.35 | PR | |
| 28 | 136 Morgan DeFreese | DPB | 76 | O | 13.49 | | |
| 29 | 12 Emma van der Velde | DPB | 69 | I | 13.90 | | |
| 30 | 75 Yara Makkinga | DPA | 68 | I | 13.95 | PR | |
| 31 | 51 Fenna Burger | DPD | 69 | O | 14.08 | | |
| 32 | 41 Eline van den Beld | DPD | 68 | O | 14.14 | | |
| 33 | 84 Florine Zunnbeld | DPB | 67 | I | 14.75 | | |

4. Rituitslag 100 meter

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|------------------------------|-------|---------------------------|--------------|---------------|
| 67 | wt | 84 Florine Zunnebeld | DPB | 13.79 | 14.75 | |
| | rd | | | | | |
| | | Florine Zunnebeld | | | | |
| | | 100m | 14.75 | (14.75) | m | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 68 | gl | 75 Yara Makkinga | DPA | 14.16 | 13.95 | PR |
| | bl | 41 Eline van den Beld | DPD | 13.97 | 14.14 | |
| | | Yara Makkinga | | Eline van den Beld | | |
| | | 100m | 13.95 | (13.95) | 100m | 14.14 (14.14) |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 69 | wt | 12 Emma van der Velde | DPB | 13.71 | 13.90 | |
| | rd | 51 Fenna Burger | DPD | 13.91 | 14.08 | |
| | | Emma van der Velde | | Fenna Burger | | |
| | | 100m | 13.90 | (13.90) | 100m | 14.08 (14.08) |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 70 | gl | 39 Puk Moerman | DPB | 13.62 | 13.35 | PR |
| | bl | 76 Liam Makkinga | HPD | 13.17 | 13.07 | PR |
| | | Puk Moerman | | Liam Makkinga | | |
| | | 100m | 13.35 | (13.35) | 100m | 13.07 (13.07) |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 71 | wt | 106 Naomi Segers | DPB | 13.14 | 13.02 | PR |
| | rd | 47 Jelte Blomberg | HPC | 13.15 | 13.17 | |
| | | Naomi Segers | | Jelte Blomberg | | |
| | | 100m | 13.02 | (13.02) | 100m | 13.17 (13.17) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|---------------|------------------|---------------|------|
| 72 | gl | 67 Liese van der Laan | DPB | 12.77 | 13.07 | |
| | bl | 127 Hiba Pals | DPA | 13.12 | 12.70 | PR |
| | | <u>Liese van der Laan</u> | | <u>Hiba Pals</u> | | |
| | | 100m | 13.07 (13.07) | 100m | 12.70 (12.70) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------|-----------------------|---------------|------|
| 73 | wt | 44 Jelte Petri | HPB | 13.06 | 13.05 | PR |
| | rd | 151 Bente Barendse | DB1 | 13.00 | 12.52 | PR |
| | | <u>Jelte Petri</u> | | <u>Bente Barendse</u> | | |
| | | 100m | 13.05 (13.05) | 100m | 12.52 (12.52) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------|---------------|----------------------|---------------|------|
| 74 | gl | 20 Mischa Slot | HPB | 12.93 | 12.76 | PR |
| | bl | 1 Imre Blomberg | DPB | 12.74 | 12.87 | |
| | | <u>Mischa Slot</u> | | <u>Imre Blomberg</u> | | |
| | | 100m | 12.76 (12.76) | 100m | 12.87 (12.87) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|---------------|----------------------------|---------------|------|
| 75 | wt | 50 Federico Talen | HPB | 12.81 | 12.68 | PR |
| | rd | 114 Ivar van der Kruijf | HPC | 12.90 | 12.82 | PR |
| | | <u>Federico Talen</u> | | <u>Ivar van der Kruijf</u> | | |
| | | 100m | 12.68 (12.68) | 100m | 12.82 (12.82) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|-------|---------------|------|
| 76 | gl | 136 Morgan DeFreese | DPB | 12.72 | 13.49 | |
| | bl | | | | | |
| | | <u>Morgan DeFreese</u> | | | | |
| | | m | | 100m | 13.49 (13.49) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|---------------|-----------------------|---------------|------|
| 77 | wt | 72 Lauren van den Brink | DPB | 12.52 | 12.49 | PR |
| | rd | 64 Norah van Elst | DPB | 12.66 | 12.74 | |
| | | <u>Lauren van den Brink</u> | | <u>Norah van Elst</u> | | |
| | | 100m | 12.49 (12.49) | 100m | 12.74 (12.74) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|-------|---------------------------|------|
| 78 | gl | 166 Robine Lubbinge | DC2 | 12.28 | 12.45 | |
| | bl | 53 Renske van Winkoop | DPB | 12.43 | 12.15 | PR |
| | | <u>Robine Lubbinge</u> | | | <u>Renske van Winkoop</u> | |
| | | 100m 12.45 (12.45) | | | 100m 12.15 (12.15) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|-------|--------------------|------|
| 79 | wt | 122 Sigrid van Es | DPB | 12.23 | 12.27 | |
| | rd | 158 Julian Ras | HC1 | 12.19 | 12.06 | PR |
| | | <u>Sigrid van Es</u> | | | <u>Julian Ras</u> | |
| | | 100m 12.27 (12.27) | | | 100m 12.06 (12.06) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|-------|--------------------|------|
| 80 | gl | 9 Charley Boekema | DPB | 11.93 | 11.71 | PR |
| | bl | 79 Jade Kamps | DPB | 12.18 | 11.83 | PR |
| | | <u>Charley Boekema</u> | | | <u>Jade Kamps</u> | |
| | | 100m 11.71 (11.71) | | | 100m 11.83 (11.83) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------|-----|-------|--------------------|------|
| 81 | wt | 10 Kira Kramer | DB1 | 11.66 | 11.77 | |
| | rd | 125 Marcha Lich | DN2 | 11.63 | 11.92 | |
| | | <u>Kira Kramer</u> | | | <u>Marcha Lich</u> | |
| | | 100m 11.77 (11.77) | | | 100m 11.92 (11.92) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|-------|-------------------------|------|
| 82 | gl | 165 Twan van de Poppe | HC1 | 11.80 | 11.68 | PR |
| | bl | 54 Dong Yang Plugge | HB2 | 11.56 | 11.11 | PR |
| | | <u>Twan van de Poppe</u> | | | <u>Dong Yang Plugge</u> | |
| | | 100m 11.68 (11.68) | | | 100m 11.11 (11.11) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|-------|--------------------------|------|
| 83 | wt | 15 Lataesha Narain | DN1 | 11.03 | 10.98 | PR |
| | rd | 132 Cerintje De Jonge | DA2 | 11.44 | 11.24 | PR |
| | | <u>Lataesha Narain</u> | | | <u>Cerintje De Jonge</u> | |
| | | 100m 10.98 (10.98) | | | 100m 11.24 (11.24) | |

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| | | Naam | Cat | PR | Tijd | Info |
|-----------------------|----------|--------------------------|---------------|-------|--------------|------|
| 84 | gl bl | 96 Gio Kromokario | HB1 | 10.93 | 10.74 | PR |
| Gio Kromokario | | | | | | |
| | | 100m | 10.74 (10.74) | | | m |

5. Uitslag 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 54 Dong Yang Plugge | HB2 | 100 | O | 25.68 | PR | |
| 2 | 96 Gio Kromokario | HB1 | 102 | I | 25.87 | PR | |
| 3 | 15 Lataesha Narain | DN1 | 101 | I | 26.15 | PR | |
| 4 | 132 Cerinthe De Jonge | DA2 | 101 | O | 26.57 | PR | |
| 5 | 165 Twan van de Poppe | HC1 | 99 | O | 27.40 | PR | |
| 6 | 9 Charley Boekema | DPB | 98 | O | 27.59 | PR | |
| 7 | 125 Marcha Lich | DN2 | 100 | I | 27.83 | | |
| 8 | 10 Kira Kramer | DB1 | 99 | I | 27.93 | PR | |
| 9 | 158 Julian Ras | HC1 | 98 | I | 28.31 | PR | |
| 10 | 122 Sigrid van Es | DPB | 97 | I | 28.61 | PR | |
| 11 | 79 Jade Kamps | DPB | 97 | O | 28.99 | PR | |
| 12 | 72 Lauren van den Brink | DPB | 96 | O | 29.08 | PR | |
| 13 | 53 Renske van Winkoop | DPB | 96 | I | 29.13 | PR | |
| 14 | 166 Robine Lubbinge | DC2 | 95 | O | 30.26 | | |
| 15 | 64 Norah van Elst | DPB | 95 | I | 30.55 | PR | |
| 16 | 151 Bente Barendse | DB1 | 94 | O | 30.72 | PR | |
| 17 | 50 Federico Talen | HPB | 93 | I | 30.76 | PR | |
| 18 | 127 Hiba Pals | DPA | 92 | O | 30.95 | PR | |
| 19 | 1 Imre Blomberg | DPB | 93 | O | 31.06 | PR | |
| 20 | 20 Mischa Slot | HPB | 90 | I | 31.36 | PR | |
| 21 | 44 Jelte Petri | HPB | 89 | O | 31.38 | PR | |
| 22 | 67 Liese van der Laan | DPB | 91 | O | 31.54 | PR | |
| 23 | 39 Puk Moerman | DPB | 89 | I | 31.70 | PR | |
| 24 | 106 Naomi Segers | DPB | 90 | O | 31.81 | PR | |
| 25 | 114 Ivar van der Kruijf | HPC | 92 | I | 31.97 | PR | |
| 26 | 76 Liam Makkinga | HPD | 88 | I | 32.42 | PR | |
| 27 | 136 Morgan DeFreese | DPB | 91 | I | 33.06 | | |
| 28 | 47 Jelte Blomberg | HPC | 88 | O | 33.62 | PR | |
| 29 | 12 Emma van der Velde | DPB | 87 | O | 34.38 | | |
| 30 | 41 Eline van den Beld | DPD | 87 | I | 35.36 | | |
| 31 | 75 Yara Makkinga | DPA | 85 | I | 35.79 | PR | |
| 32 | 84 Florine Zunnbeld | DPB | 86 | O | 36.28 | | |
| 33 | 51 Fenna Burger | DPD | 86 | I | 37.44 | PR | |

5. Rituitslag 300 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|----------------------|---------|-----|----|---|-------|-----------------|
| 85 | wt | 75 | Yara Makkinga | | DPA | | | 36.81 | 35.79 PR |
| | rd | | | | | | | | |
| | | <u>Yara Makkinga</u> | | | | | | | |
| | | 300m | 35.79 | (35.79) | | | m | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-----|----|--|-------|-----------------|
| 86 | gl | 51 | Fenna Burger | | DPD | | | 37.57 | 37.44 PR |
| | bl | 84 | Florine Zunnebeld | | DPB | | | 34.48 | 36.28 |
| | | <u>Fenna Burger</u> | | | | | | | |
| | | 300m | 37.44 | (37.44) | | | | | |
| | | <u>Florine Zunnebeld</u> | | | | | | | |
| | | 300m | 36.28 | (36.28) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|-----|----|--|-------|--------------|
| 87 | wt | 41 | Eline van den Beld | | DPD | | | 34.74 | 35.36 |
| | rd | 12 | Emma van der Velde | | DPB | | | 33.99 | 34.38 |
| | | <u>Eline van den Beld</u> | | | | | | | |
| | | 300m | 35.36 | (35.36) | | | | | |
| | | <u>Emma van der Velde</u> | | | | | | | |
| | | 300m | 34.38 | (34.38) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----|----|--|-------|-----------------|
| 88 | gl | 76 | Liam Makkinga | | HPD | | | 34.02 | 32.42 PR |
| | bl | 47 | Jelte Blomberg | | HPC | | | 34.03 | 33.62 PR |
| | | <u>Liam Makkinga</u> | | | | | | | |
| | | 300m | 32.42 | (32.42) | | | | | |
| | | <u>Jelte Blomberg</u> | | | | | | | |
| | | 300m | 33.62 | (33.62) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------|--------------------|---------|-----|----|--|-------|-----------------|
| 89 | wt | 39 | Puk Moerman | | DPB | | | 33.53 | 31.70 PR |
| | rd | 44 | Jelte Petri | | HPB | | | 32.68 | 31.38 PR |
| | | <u>Puk Moerman</u> | | | | | | | |
| | | 300m | 31.70 | (31.70) | | | | | |
| | | <u>Jelte Petri</u> | | | | | | | |
| | | 300m | 31.38 | (31.38) | | | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|-----|--------------------|---------------------------|------|
| 90 | gl | 20 Mischa Slot | HPB | 32.34 | 31.36 | PR |
| | bl | 106 Naomi Segers | DPB | 32.06 | 31.81 | PR |
| | | <u>Mischa Slot</u> | | | <u>Naomi Segers</u> | |
| | | 300m 31.36 (31.36) | | 300m 31.81 (31.81) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 91 | wt | 136 Morgan DeFreese | DPB | 30.61 | 33.06 | |
| | rd | 67 Liese van der Laan | DPB | 32.19 | 31.54 | PR |
| | | <u>Morgan DeFreese</u> | | | <u>Liese van der Laan</u> | |
| | | 300m 33.06 (33.06) | | 300m 31.54 (31.54) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 92 | gl | 114 Ivar van der Kruijf | HPC | 32.17 | 31.97 | PR |
| | bl | 127 Hiba Pals | DPA | 31.82 | 30.95 | PR |
| | | <u>Ivar van der Kruijf</u> | | | <u>Hiba Pals</u> | |
| | | 300m 31.97 (31.97) | | 300m 30.95 (30.95) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 93 | wt | 50 Federico Talen | HPB | 31.42 | 30.76 | PR |
| | rd | 1 Imre Blomberg | DPB | 31.69 | 31.06 | PR |
| | | <u>Federico Talen</u> | | | <u>Imre Blomberg</u> | |
| | | 300m 30.76 (30.76) | | 300m 31.06 (31.06) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 94 | gl | | | | | |
| | bl | 151 Bente Barendse | DB1 | 31.00 | 30.72 | PR |
| | | | | | <u>Bente Barendse</u> | |
| | | m | | 300m 30.72 (30.72) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 95 | wt | 64 Norah van Elst | DPB | 30.89 | 30.55 | PR |
| | rd | 166 Robine Lubbinge | DC2 | 29.31 | 30.26 | |
| | | <u>Norah van Elst</u> | | | <u>Robine Lubbinge</u> | |
| | | 300m 30.55 (30.55) | | 300m 30.26 (30.26) | | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------------------|---------------|-------|--------------|------|
| 96 | gl | 53 Renske van Winkoop | DPB | 29.86 | 29.13 | PR |
| | bl | 72 Lauren van den Brink | DPB | 29.44 | 29.08 | PR |
| | | Renske van Winkoop | | | | |
| | | 300m | 29.13 (29.13) | | | |
| | | Lauren van den Brink | | | | |
| | | 300m | 29.08 (29.08) | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 97 | wt | 122 Sigrid van Es | DPB | 28.95 | 28.61 | PR |
| | rd | 79 Jade Kamps | DPB | 29.43 | 28.99 | PR |
| | | Sigrid van Es | | | | |
| | | 300m | 28.61 (28.61) | | | |
| | | Jade Kamps | | | | |
| | | 300m | 28.99 (28.99) | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 98 | gl | 158 Julian Ras | HC1 | 28.86 | 28.31 | PR |
| | bl | 9 Charley Boekema | DPB | 28.53 | 27.59 | PR |
| | | Julian Ras | | | | |
| | | 300m | 28.31 (28.31) | | | |
| | | Charley Boekema | | | | |
| | | 300m | 27.59 (27.59) | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 99 | wt | 10 Kira Kramer | DB1 | 28.05 | 27.93 | PR |
| | rd | 165 Twan van de Poppe | HC1 | 28.28 | 27.40 | PR |
| | | Kira Kramer | | | | |
| | | 300m | 27.93 (27.93) | | | |
| | | Twan van de Poppe | | | | |
| | | 300m | 27.40 (27.40) | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 100 | gl | 125 Marcha Lich | DN2 | 27.31 | 27.83 | |
| | bl | 54 Dong Yang Plugge | HB2 | 27.99 | 25.68 | PR |
| | | Marcha Lich | | | | |
| | | 300m | 27.83 (27.83) | | | |
| | | Dong Yang Plugge | | | | |
| | | 300m | 25.68 (25.68) | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 101 | wt | 15 Lataesha Narain | DN1 | 26.34 | 26.15 | PR |
| | rd | 132 Cerintje De Jonge | DA2 | 26.84 | 26.57 | PR |
| | | Lataesha Narain | | | | |
| | | 300m | 26.15 (26.15) | | | |
| | | Cerintje De Jonge | | | | |
| | | 300m | 26.57 (26.57) | | | |

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| | | Naam | Cat | PR | Tijd | Info |
|-----------------------|----------|--------------------------|---------------|-------|--------------|------|
| 102 | gl bl | 96 Gio Kromokario | HB1 | 26.36 | 25.87 | PR |
| Gio Kromokario | | | | | | |
| | | 300m | 25.87 (25.87) | | | m |

6. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 134 Willard Reinders | HN2 | 130 | I | 1:52.37 | PR | |
| 2 | 65 Jack Boekema | HC2 | 130 | O | 1:55.07 | PR | |
| 3 | 107 Nomdo de Heer | HN3 | 128 | O | 1:56.47 | PR | |
| 4 | 172 Stijn Vlieland | HC2 | 126 | O | 1:59.72 | PR | |
| 5 | 38 Bart Seffinga | H40 | 127 | I | 2:01.47 | | |
| 6 | 112 Mike van Dijk | HN4 | 129 | O | 2:01.52 | | |
| 7 | 6 Matthijs de Haan | HC2 | 129 | I | 2:02.12 | | |
| 8 | 74 Isaac Immerzeel | HA1 | 127 | O | 2:02.14 | PR | |
| 9 | 31 Jeroen Schoppink | H40 | 126 | I | 2:02.26 | | |
| 10 | 25 Stian van Etten | HC2 | 125 | I | 2:03.46 | PR | |
| 11 | 57 Peng Shen Plugge | HC2 | 128 | I | 2:03.64 | PR | |
| 12 | 168 Jaron Ridder | HC2 | 125 | O | 2:07.04 | PR | |
| 13 | 130 Sebastiaan Scargo | H45 | 121 | I | 2:07.34 | PR | |
| 14 | 37 Stijn Verhagen | H45 | 122 | I | 2:10.08 | | |
| 15 | 78 Hans Spil | H55 | 124 | O | 2:11.19 | | |
| 16 | 120 Mees Klunder | HC2 | 123 | O | 2:11.24 | | |
| 17 | 3 Finn Zachrisson | HC2 | 118 | I | 2:12.74 | PR | |
| 18 | 24 Anton Mink | H60 | 118 | O | 2:13.01 | | |
| 19 | 42 Britt Post | DC2 | 122 | O | 2:13.26 | | |
| 20 | 46 Ties Moerman | HC1 | 119 | O | 2:15.29 | PR | |
| 21 | 87 Aart van Beuzekom | H55 | 117 | O | 2:17.06 | | |
| 22 | 34 Rennie Verloop | H65 | 114 | I | 2:17.53 | | |
| 23 | 19 Olivier Wennekes | HC1 | 113 | O | 2:17.82 | PR | |
| 24 | 60 Henk van Walderveen | H60 | 115 | I | 2:18.52 | | |
| 25 | 137 Merthe Boos | DC2 | 116 | O | 2:19.01 | PR | |
| 26 | 21 Feline Solleveld | DC2 | 117 | I | 2:19.03 | PR | |
| 27 | 94 Martijn Jager | H50 | 120 | I | 2:19.51 | | |
| 28 | 115 Arthur van der Kruijf | HSB | 116 | I | 2:20.22 | PR | |
| 29 | 16 Koos Dijkstra | H55 | 123 | I | 2:22.03 | FL | |
| 30 | 111 Gerdien Verweij | D55 | 124 | I | 2:22.72 | | |
| 31 | 81 Niek Sebel | HC1 | 109 | O | 2:22.77 | PR | |
| 32 | 2 Diede Salomons | DC1 | 111 | O | 2:22.98 | PR | |
| 33 | 23 Elena Ruijtenberg | DC2 | 111 | I | 2:23.09 | PR | |
| 34 | 90 Evelien van der Kist | DSB | 119 | I | 2:23.24 | | |
| 35 | 110 Sophie Moerman | DA2 | 115 | O | 2:24.55 | | |
| 36 | 102 Luca Batterink | HC1 | 103 | O | 2:24.60 | | |
| 37 | 85 Esther Bouman | DSB | 120 | O | 2:24.91 | | |
| 38 | 63 Keira Vissenberg | DC2 | 114 | O | 2:25.51 | | |

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 39 | 18 Jaap van Kouterik | H70 | 113 | I | 2:25.86 | | |
| 40 | 68 Valerie Gerritse | DC1 | 112 | I | 2:26.82 | PR | |
| 41 | 131 Elma Endhoven | DSB | 109 | I | 2:27.66 | | |
| 42 | 105 Kees Bollaart | H60 | 112 | O | 2:28.11 | | |
| 43 | 113 Jan de Groot | H70 | 110 | I | 2:30.86 | | |
| 44 | 109 Marianne de Neeling | D60 | 106 | I | 2:30.92 | | |
| 45 | 80 Anna Van der Stok | D50 | 106 | O | 2:32.86 | PR | |
| 46 | 91 Elise Kortleve | DB2 | 108 | O | 2:33.47 | PR | |
| 47 | 138 Mare Damsma | DC1 | 107 | O | 2:35.64 | PR | |
| 48 | 71 Noor Wiering | DC2 | 107 | I | 2:37.27 | PR | |
| 49 | 29 Daniëlle Frijters | DSB | 108 | I | 2:39.67 | | |
| 50 | 118 Sara de Jong | DB1 | 105 | I | 2:45.38 | | |
| 51 | 86 Johan Smit | H65 | 105 | O | 2:47.01 | | |
| 52 | 119 Pien de Jong | DC2 | 104 | I | 2:49.75 | PR | |
| 53 | 104 Isabel Segers | DC1 | 103 | I | 2:51.94 | PR | |
| 54 | 108 Kai Budiarto | HC1 | 110 | O | 2:53.15 | FL | |
| | 95 Indy Kromokario | HA1 | 104 | O | | DQ | |
| | 73 Lenthe Jansen | DB2 | | | | WDR | |

6. Rituitslag 1500 meter

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------------|----------------------------|---------|--------------------------|---------|----------------|------|
| 103 | wt | 104 | Isabel Segers | | DC1 | 2:58.40 | 2:51.94 | PR |
| | rd | 102 | Luca Batterink | | HC1 | | 2:24.60 | |
| | | Isabel Segers | | | Luca Batterink | | | |
| | | 300m | 35.65 | (35.65) | 300m | 30.13 | (30.13) | |
| | | 700m | 1:18.41 | (42.76) | 700m | 1:07.27 | (37.14) | |
| | | 1100m | 2:04.76 | (46.35) | 1100m | 1:45.94 | (38.67) | |
| | | 1500m | 2:51.94 | (47.18) | 1500m | 2:24.60 | (38.66) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 104 | gl | 119 | Pien de Jong | | DC2 | 2:57.60 | 2:49.75 | PR |
| | bl | 95 | Indy Kromokario | | HA1 | 2:22.45 | DQ | |
| | | Pien de Jong | | | Indy Kromokario | | | |
| | | 300m | 34.84 | (34.84) | 300m | 31.47 | (31.47) | |
| | | 700m | 1:16.84 | (42.00) | 700m | 1:02.95 | (31.48) | |
| | | 1100m | 2:02.75 | (45.91) | 1100m | 1:49.31 | (46.36) | |
| | | 1500m | 2:49.75 | (47.00) | 1500m | 2:36.34 | (47.03) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 105 | wt | 118 | Sara de Jong | | DB1 | 2:35.52 | 2:45.38 | |
| | rd | 86 | Johan Smit | | H65 | 2:29.93 | 2:47.01 | |
| | | Sara de Jong | | | Johan Smit | | | |
| | | 300m | 33.36 | (33.36) | 300m | 34.49 | (34.49) | |
| | | 700m | 1:16.17 | (42.81) | 700m | 1:14.96 | (40.47) | |
| | | 1100m | 2:00.98 | (44.81) | 1100m | 1:59.91 | (44.95) | |
| | | 1500m | 2:45.38 | (44.40) | 1500m | 2:47.01 | (47.10) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 106 | gl | 109 | Marianne de Neeling | | D60 | 2:20.52 | 2:30.92 | |
| | bl | 80 | Anna Van der Stok | | D50 | 2:33.40 | 2:32.86 | PR |
| | | Marianne de Neeling | | | Anna Van der Stok | | | |
| | | 300m | 32.95 | (32.95) | 300m | 32.65 | (32.65) | |
| | | 700m | 1:10.56 | (37.61) | 700m | 1:10.72 | (38.07) | |
| | | 1100m | 1:50.05 | (39.49) | 1100m | 1:51.09 | (40.37) | |
| | | 1500m | 2:30.92 | (40.87) | 1500m | 2:32.86 | (41.77) | |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-----------------------------|-----------------------|---------|---------|----------------|---------|
| 107 | wt | 71 Noor Wiering | DC2 | | 2:38.27 | 2:37.27 | PR |
| | rd | 138 Mare Damsma | DC1 | | 2:38.62 | 2:35.64 | PR |
| | | Noor Wiering | Mare Damsma | | | | |
| | | 300m | 32.90 | (32.90) | 300m | 32.08 | (32.08) |
| | | 700m | 1:12.18 | (39.28) | 700m | 1:12.53 | (40.45) |
| | | 1100m | 1:54.60 | (42.42) | 1100m | 1:54.69 | (42.16) |
| | | 1500m | 2:37.27 | (42.67) | 1500m | 2:35.64 | (40.95) |
| | | Naam | Cat | | PR | Tijd | Info |
| 108 | gl | 29 Daniëlle Frijters | DSB | | 2:36.50 | 2:39.67 | |
| | bl | 91 Elise Kortleve | DB2 | | 2:34.06 | 2:33.47 | PR |
| | | Daniëlle Frijters | Elise Kortleve | | | | |
| | | 300m | 34.31 | (34.31) | 300m | 32.37 | (32.37) |
| | | 700m | 1:14.08 | (39.77) | 700m | 1:10.52 | (38.15) |
| | | 1100m | 1:56.18 | (42.10) | 1100m | 1:51.68 | (41.16) |
| | | 1500m | 2:39.67 | (43.49) | 1500m | 2:33.47 | (41.79) |
| | | Naam | Cat | | PR | Tijd | Info |
| 109 | wt | 131 Elma Endhoven | DSB | | 2:24.23 | 2:27.66 | |
| | rd | 81 Niek Sebel | HC1 | | 2:32.20 | 2:22.77 | PR |
| | | Elma Endhoven | Niek Sebel | | | | |
| | | 300m | 31.72 | (31.72) | 300m | 30.62 | (30.62) |
| | | 700m | 1:07.99 | (36.27) | 700m | 1:06.75 | (36.13) |
| | | 1100m | 1:46.96 | (38.97) | 1100m | 1:44.36 | (37.61) |
| | | 1500m | 2:27.66 | (40.70) | 1500m | 2:22.77 | (38.41) |
| | | Naam | Cat | | PR | Tijd | Info |
| 110 | gl | 113 Jan de Groot | H70 | | 2:18.43 | 2:30.86 | |
| | bl | 108 Kai Budiarto | HC1 | | 2:31.74 | 2:53.15 | FL |
| | | Jan de Groot | Kai Budiarto | | | | |
| | | 300m | 32.74 | (32.74) | 300m | 31.38 | (31.38) |
| | | 700m | 1:10.94 | (38.20) | 700m | 1:23.61 | (52.23) |
| | | 1100m | 1:50.17 | (39.23) | 1100m | 2:06.05 | (42.44) |
| | | 1500m | 2:30.86 | (40.69) | 1500m | 2:53.15 | (47.10) |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|--------------------------|--------------------------|---------|-------------------------|---------|----------------|------|
| 111 | wt | 23 | Elena Ruijtenberg | | DC2 | 2:31.73 | 2:23.09 | PR |
| | rd | 2 | Diede Salomons | | DC1 | 2:30.70 | 2:22.98 | PR |
| | | Elena Ruijtenberg | | | Diede Salomons | | | |
| | | 300m | 30.87 | (30.87) | 300m | 30.40 | (30.40) | |
| | | 700m | 1:06.69 | (35.82) | 700m | 1:06.63 | (36.23) | |
| | | 1100m | 1:44.71 | (38.02) | 1100m | 1:44.84 | (38.21) | |
| | | 1500m | 2:23.09 | (38.38) | 1500m | 2:22.98 | (38.14) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 112 | gl | 68 | Valerie Gerritse | | DC1 | 2:30.69 | 2:26.82 | PR |
| | bl | 105 | Kees Bollaart | | H60 | 2:12.40 | 2:28.11 | |
| | | Valerie Gerritse | | | Kees Bollaart | | | |
| | | 300m | 30.65 | (30.65) | 300m | 31.80 | (31.80) | |
| | | 700m | 1:07.59 | (36.94) | 700m | 1:08.41 | (36.61) | |
| | | 1100m | 1:47.29 | (39.70) | 1100m | 1:47.35 | (38.94) | |
| | | 1500m | 2:26.82 | (39.53) | 1500m | 2:28.11 | (40.76) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 113 | wt | 18 | Jaap van Kouterik | | H70 | 2:08.00 | 2:25.86 | |
| | rd | 19 | Olivier Wennekes | | HC1 | 2:26.11 | 2:17.82 | PR |
| | | Jaap van Kouterik | | | Olivier Wennekes | | | |
| | | 300m | 31.99 | (31.99) | 300m | 29.47 | (29.47) | |
| | | 700m | 1:07.67 | (35.68) | 700m | 1:03.66 | (34.19) | |
| | | 1100m | 1:45.76 | (38.09) | 1100m | 1:39.87 | (36.21) | |
| | | 1500m | 2:25.86 | (40.10) | 1500m | 2:17.82 | (37.95) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 114 | gl | 34 | Rennie Verloop | | H65 | 2:10.56 | 2:17.53 | |
| | bl | 63 | Keira Vissenberg | | DC2 | 2:25.35 | 2:25.51 | |
| | | Rennie Verloop | | | Keira Vissenberg | | | |
| | | 300m | 29.81 | (29.81) | 300m | 30.90 | (30.90) | |
| | | 700m | 1:03.80 | (33.99) | 700m | 1:07.67 | (36.77) | |
| | | 1100m | 1:39.93 | (36.13) | 1100m | 1:46.26 | (38.59) | |
| | | 1500m | 2:17.53 | (37.60) | 1500m | 2:25.51 | (39.25) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------------|-----|--------------------------|----------------|------|
| 115 | wt | 60 Henk van Walderveen | H60 | 2:13.73 | 2:18.52 | |
| | rd | 110 Sophie Moerman | DA2 | 2:15.37 | 2:24.55 | |
| | | Henk van Walderveen | | Sophie Moerman | | |
| | | 300m 30.99 (30.99) | | 300m 31.03 (31.03) | | |
| | | 700m 1:05.67 (34.68) | | 700m 1:06.96 (35.93) | | |
| | | 1100m 1:41.84 (36.17) | | 1100m 1:45.16 (38.20) | | |
| | | 1500m 2:18.52 (36.68) | | 1500m 2:24.55 (39.39) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 116 | gl | 115 Arthur van der Kruijf | HSB | 2:21.77 | 2:20.22 | PR |
| | bl | 137 Merthe Boos | DC2 | 2:21.42 | 2:19.01 | PR |
| | | Arthur van der Kruijf | | Merthe Boos | | |
| | | 300m 30.34 (30.34) | | 300m 29.30 (29.30) | | |
| | | 700m 1:04.99 (34.65) | | 700m 1:03.81 (34.51) | | |
| | | 1100m 1:41.64 (36.65) | | 1100m 1:40.87 (37.06) | | |
| | | 1500m 2:20.22 (38.58) | | 1500m 2:19.01 (38.14) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 117 | wt | 21 Feline Solleveld | DC2 | 2:21.31 | 2:19.03 | PR |
| | rd | 87 Aart van Beuzekom | H55 | 2:07.71 | 2:17.06 | |
| | | Feline Solleveld | | Aart van Beuzekom | | |
| | | 300m 30.77 (30.77) | | 300m 29.73 (29.73) | | |
| | | 700m 1:05.71 (34.94) | | 700m 1:03.74 (34.01) | | |
| | | 1100m 1:42.07 (36.36) | | 1100m 1:39.39 (35.65) | | |
| | | 1500m 2:19.03 (36.96) | | 1500m 2:17.06 (37.67) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 118 | gl | 3 Finn Zachrisson | HC2 | 2:20.23 | 2:12.74 | PR |
| | bl | 24 Anton Mink | H60 | 2:11.48 | 2:13.01 | |
| | | Finn Zachrisson | | Anton Mink | | |
| | | 300m 28.58 (28.58) | | 300m 28.92 (28.92) | | |
| | | 700m 1:01.64 (33.06) | | 700m 1:01.40 (32.48) | | |
| | | 1100m 1:36.62 (34.98) | | 1100m 1:36.67 (35.27) | | |
| | | 1500m 2:12.74 (36.12) | | 1500m 2:13.01 (36.34) | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------------|-----------------------------|---------|----------------------|---------|----------------|------|
| 119 | wt | 90 | Evelien van der Kist | | DSB | 2:17.16 | 2:23.24 | |
| | rd | 46 | Ties Moerman | | HC1 | 2:19.85 | 2:15.29 | PR |
| | | Evelien van der Kist | | | Ties Moerman | | | |
| | | 300m | 29.98 | (29.98) | 300m | 29.12 | (29.12) | |
| | | 700m | 1:06.15 | (36.17) | 700m | 1:03.11 | (33.99) | |
| | | 1100m | 1:44.37 | (38.22) | 1100m | 1:38.77 | (35.66) | |
| | | 1500m | 2:23.24 | (38.87) | 1500m | 2:15.29 | (36.52) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 120 | gl | 94 | Martijn Jager | | H50 | 2:13.19 | 2:19.51 | |
| | bl | 85 | Esther Bouman | | DSB | 2:16.32 | 2:24.91 | |
| | | Martijn Jager | | | Esther Bouman | | | |
| | | 300m | 30.70 | (30.70) | 300m | 32.67 | (32.67) | |
| | | 700m | 1:05.13 | (34.43) | 700m | 1:09.03 | (36.36) | |
| | | 1100m | 1:41.60 | (36.47) | 1100m | 1:46.32 | (37.29) | |
| | | 1500m | 2:19.51 | (37.91) | 1500m | 2:24.91 | (38.59) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 121 | wt | 130 | Sebastiaan Scargo | | H45 | 2:08.08 | 2:07.34 | PR |
| | rd | 73 | Lenthe Jansen | | DB2 | 2:16.94 | WDR | |
| | | Sebastiaan Scargo | | | Lenthe Jansen | | | |
| | | 300m | 27.89 | (27.89) | | | | |
| | | 700m | 59.84 | (31.95) | | | | |
| | | 1100m | 1:32.85 | (33.01) | | | | |
| | | 1500m | 2:07.34 | (34.49) | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 122 | gl | 37 | Stijn Verhagen | | H45 | 2:08.44 | 2:10.08 | |
| | bl | 42 | Britt Post | | DC2 | 2:13.02 | 2:13.26 | |
| | | Stijn Verhagen | | | Britt Post | | | |
| | | 300m | 29.05 | (29.05) | 300m | 29.20 | (29.20) | |
| | | 700m | 1:01.88 | (32.83) | 700m | 1:02.20 | (33.00) | |
| | | 1100m | 1:35.44 | (33.56) | 1100m | 1:37.13 | (34.93) | |
| | | 1500m | 2:10.08 | (34.64) | 1500m | 2:13.26 | (36.13) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------|-----|-----------------------|-----------------------|------|
| 123 | wt | 16 Koos Dijkstra | H55 | 2:06.13 | 2:22.03 | FL |
| | rd | 120 Mees Klunder | HC2 | 2:11.06 | 2:11.24 | |
| | | Koos Dijkstra | | | Mees Klunder | |
| | | 300m 36.87 (36.87) | | 300m 28.36 (28.36) | | |
| | | 700m 1:09.68 (32.81) | | 700m 1:01.17 (32.81) | | |
| | | 1100m 1:45.03 (35.35) | | 1100m 1:35.80 (34.63) | | |
| | | 1500m 2:22.03 (37.00) | | 1500m 2:11.24 (35.44) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 124 | gl | 111 Gerdien Verweij | D55 | 2:10.56 | 2:22.72 | |
| | bl | 78 Hans Spil | H55 | 2:04.98 | 2:11.19 | |
| | | Gerdien Verweij | | | Hans Spil | |
| | | 300m 31.19 (31.19) | | 300m 29.24 (29.24) | | |
| | | 700m 1:07.02 (35.83) | | 700m 1:01.77 (32.53) | | |
| | | 1100m 1:44.41 (37.39) | | 1100m 1:35.84 (34.07) | | |
| | | 1500m 2:22.72 (38.31) | | 1500m 2:11.19 (35.35) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 125 | wt | 25 Stian van Etten | HC2 | 2:08.71 | 2:03.46 | PR |
| | rd | 168 Jaron Ridder | HC2 | 2:09.00 | 2:07.04 | PR |
| | | Stian van Etten | | | Jaron Ridder | |
| | | 300m 26.90 (26.90) | | 300m 27.02 (27.02) | | |
| | | 700m 57.34 (30.44) | | 700m 58.47 (31.45) | | |
| | | 1100m 1:29.73 (32.39) | | 1100m 1:32.04 (33.57) | | |
| | | 1500m 2:03.46 (33.73) | | 1500m 2:07.04 (35.00) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 126 | gl | 31 Jeroen Schoppink | H40 | 1:52.70 | 2:02.26 | |
| | bl | 172 Stijn Vlieland | HC2 | 2:04.23 | 1:59.72 | PR |
| | | Jeroen Schoppink | | | Stijn Vlieland | |
| | | 300m 27.31 (27.31) | | 300m 26.74 (26.74) | | |
| | | 700m 57.82 (30.51) | | 700m 56.52 (29.78) | | |
| | | 1100m 1:29.01 (31.19) | | 1100m 1:27.73 (31.21) | | |
| | | 1500m 2:02.26 (33.25) | | 1500m 1:59.72 (31.99) | | |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-----------------------------|---------|---------|------------------------|----------------|---------|
| 127 | wt | 38 Bart Seffinga | H40 | | 1:50.31 | 2:01.47 | |
| | rd | 74 Isaac Immerzeel | HA1 | | 2:05.63 | 2:02.14 | PR |
| | | Bart Seffinga | | | Isaac Immerzeel | | |
| | | 300m | 26.20 | (26.20) | 300m | 27.49 | (27.49) |
| | | 700m | 55.50 | (29.30) | 700m | 58.03 | (30.54) |
| | | 1100m | 1:27.27 | (31.77) | 1100m | 1:29.29 | (31.26) |
| | | 1500m | 2:01.47 | (34.20) | 1500m | 2:02.14 | (32.85) |
| | | Naam | Cat | | PR | Tijd | Info |
| 128 | gl | 57 Peng Shen Plugge | HC2 | | 2:04.43 | 2:03.64 | PR |
| | bl | 107 Nomdo de Heer | HN3 | | 1:57.04 | 1:56.47 | PR |
| | | Peng Shen Plugge | | | Nomdo de Heer | | |
| | | 300m | 25.93 | (25.93) | 300m | 25.57 | (25.57) |
| | | 700m | 56.08 | (30.15) | 700m | 54.25 | (28.68) |
| | | 1100m | 1:29.17 | (33.09) | 1100m | 1:24.65 | (30.40) |
| | | 1500m | 2:03.64 | (34.47) | 1500m | 1:56.47 | (31.82) |
| | | Naam | Cat | | PR | Tijd | Info |
| 129 | wt | 6 Matthijs de Haan | HC2 | | 2:00.64 | 2:02.12 | |
| | rd | 112 Mike van Dijk | HN4 | | 2:00.51 | 2:01.52 | |
| | | Matthijs de Haan | | | Mike van Dijk | | |
| | | 300m | 26.03 | (26.03) | 300m | 26.81 | (26.81) |
| | | 700m | 55.89 | (29.86) | 700m | 57.04 | (30.23) |
| | | 1100m | 1:28.10 | (32.21) | 1100m | 1:28.69 | (31.65) |
| | | 1500m | 2:02.12 | (34.02) | 1500m | 2:01.52 | (32.83) |
| | | Naam | Cat | | PR | Tijd | Info |
| 130 | gl | 134 Willard Reinders | HN2 | | 1:55.41 | 1:52.37 | PR |
| | bl | 65 Jack Boekema | HC2 | | 1:57.29 | 1:55.07 | PR |
| | | Willard Reinders | | | Jack Boekema | | |
| | | 300m | 24.33 | (24.33) | 300m | 24.62 | (24.62) |
| | | 700m | 51.69 | (27.36) | 700m | 52.31 | (27.69) |
| | | 1100m | 1:20.79 | (29.10) | 1100m | 1:22.31 | (30.00) |
| | | 1500m | 1:52.37 | (31.58) | 1500m | 1:55.07 | (32.76) |

7. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1 | 88 Kevin Kuiper | HN2 | 150 | I | 1:14.00 | | |
| 2 | 133 Jasper Sinke | HN2 | 150 | O | 1:14.20 | | |
| 3 | 145 Donald Stappenbelt | HN1 | 149 | I | 1:16.93 | | |
| 4 | 147 Jeroen de Heer | HN1 | 148 | O | 1:19.38 | PR | |
| 5 | 59 Jules van Winden | HB2 | 148 | I | 1:21.55 | PR | |
| 6 | 140 Jim Hartveld | HB1 | 146 | I | 1:23.07 | PR | |
| 7 | 124 Doede Wind | H50 | 146 | O | 1:24.95 | PR | |
| 8 | 11 Erik van Hooft | H45 | 145 | O | 1:25.33 | | |
| 9 | 17 Erol Aksoy | H50 | 145 | I | 1:25.92 | PR | |
| 10 | 144 Twan van Duuren | HPA | 147 | I | 1:25.93 | | |
| 11 | 99 Liam Schrotten | HPA | 144 | O | 1:28.39 | PR | |
| 12 | 93 Eelco van der Meer | H45 | 143 | O | 1:31.65 | | |
| 13 | 48 Joep van Leeuwen | HC2 | 141 | O | 1:32.89 | PR | |
| 14 | 139 Guus van der Hoorn | HC1 | 143 | I | 1:33.52 | | |
| 15 | 55 Pim Molenaar | HPA | 137 | I | 1:33.56 | PR | |
| 16 | 52 Tycho Petri | HC1 | 138 | O | 1:33.74 | PR | |
| 17 | 167 Jibbe Koops | HPA | 142 | O | 1:34.18 | PR | |
| 18 | 171 Anja Bollaart | D55 | 138 | I | 1:34.23 | | |
| 19 | 61 Jerke Eilander | HPA | 139 | O | 1:34.42 | PR | |
| 20 | 28 Nanette de Boon | DPA | 140 | I | 1:35.18 | PR | |
| 21 | 83 Veerle Zunnabeld | DPA | 139 | I | 1:35.94 | PR | |
| 22 | 126 Stef van Moolenbroek | HC2 | 142 | I | 1:36.71 | | |
| 23 | 5 Jolijn Solleveld | DPA | 137 | O | 1:37.03 | PR | |
| 24 | 117 Lisa Konst | DPA | 131 | I | 1:38.72 | | |
| 25 | 103 Marlies de Jong | D55 | 140 | O | 1:39.34 | | |
| 26 | 170 Paco Palman | H60 | 144 | I | 1:40.13 | | |
| 27 | 43 Fien Hummel | DPA | 135 | I | 1:41.43 | PR | |
| 28 | 164 Fay Barendse | DPA | 134 | O | 1:41.78 | PR | |
| 29 | 32 Sanna van der Velde | DC1 | 136 | I | 1:42.25 | PR | |
| 30 | 56 Lisa Otten | DC2 | 134 | I | 1:42.44 | PR | |
| 31 | 121 Anita Smit-Groot | D60 | 141 | I | 1:42.83 | | |
| 32 | 49 Nicole de Koning | D50 | 136 | O | 1:43.56 | | |
| 33 | 7 Ava Zachrisson | DPA | 132 | O | 1:44.21 | PR | |
| 34 | 66 Sverre Slenema | HPA | 133 | O | 1:44.32 | PR | |
| 35 | 146 Bauke Meijer | H75 | 135 | O | 1:45.01 | | |
| 36 | 143 Jasmijn Bavius | DC1 | 133 | I | 1:47.14 | | |
| 37 | 97 Ton van Helden | H75 | 132 | I | 1:50.71 | | |
| | 148 Willem Bekkema | HN1 | | | | WDR | |

7. Rituitslag 1000 meter

| | | Naam | Cat | PR | Tijd | Info |
|-----|----------|-----------------------|-----|----|----------------|------|
| 131 | wt rd | 117 Lisa Konst | DPA | | 1:38.72 | |

Lisa Konst

| | | | |
|-------|---------|---------|---|
| 200m | 22.40 | (22.40) | m |
| 600m | 59.55 | (37.15) | |
| 1000m | 1:38.72 | (39.17) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------------|-----|---------|----------------|------|
| 132 | gl | 97 Ton van Helden | H75 | 1:31.44 | 1:50.71 | |
| | bl | 7 Ava Zachrisson | DPA | 1:52.45 | 1:44.21 | PR |

Ton van Helden

| | | |
|-------|---------|---------|
| 200m | 25.66 | (25.66) |
| 600m | 1:07.45 | (41.79) |
| 1000m | 1:50.71 | (43.26) |

Ava Zachrisson

| | | |
|-------|---------|---------|
| 200m | 23.83 | (23.83) |
| 600m | 1:02.72 | (38.89) |
| 1000m | 1:44.21 | (41.49) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-----|---------|----------------|------|
| 133 | wt | 143 Jasmijn Bavius | DC1 | 1:46.08 | 1:47.14 | |
| | rd | 66 Sverre Slenema | HPA | 1:51.52 | 1:44.32 | PR |

Jasmijn Bavius

| | | |
|-------|---------|---------|
| 200m | 23.68 | (23.68) |
| 600m | 1:03.20 | (39.52) |
| 1000m | 1:47.14 | (43.94) |

Sverre Slenema

| | | |
|-------|---------|---------|
| 200m | 23.50 | (23.50) |
| 600m | 1:02.67 | (39.17) |
| 1000m | 1:44.32 | (41.65) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-----|---------|----------------|------|
| 134 | gl | 56 Lisa Otten | DC2 | 1:46.66 | 1:42.44 | PR |
| | bl | 164 Fay Barendse | DPA | 1:43.36 | 1:41.78 | PR |

Lisa Otten

| | | |
|-------|---------|---------|
| 200m | 23.09 | (23.09) |
| 600m | 1:01.36 | (38.27) |
| 1000m | 1:42.44 | (41.08) |

Fay Barendse

| | | |
|-------|---------|---------|
| 200m | 23.46 | (23.46) |
| 600m | 1:01.14 | (37.68) |
| 1000m | 1:41.78 | (40.64) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-------------------------|---------|---------|---------------------|----------------|---------|
| 135 | wt | 43 Fien Hummel | DPA | | 1:45.66 | 1:41.43 | PR |
| | rd | 146 Bauke Meijer | H75 | | 1:33.29 | 1:45.01 | |
| | | Fien Hummel | | | Bauke Meijer | | |
| | | 200m | 22.83 | (22.83) | 200m | 24.75 | (24.75) |
| | | 600m | 1:00.47 | (37.64) | 600m | 1:04.24 | (39.49) |
| | | 1000m | 1:41.43 | (40.96) | 1000m | 1:45.01 | (40.77) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-------------------------------|---------|---------|-------------------------|----------------|---------|
| 136 | gl | 32 Sanna van der Velde | DC1 | | 1:42.98 | 1:42.25 | PR |
| | bl | 49 Nicole de Koning | D50 | | 1:39.33 | 1:43.56 | |
| | | Sanna van der Velde | | | Nicole de Koning | | |
| | | 200m | 23.54 | (23.54) | 200m | 24.57 | (24.57) |
| | | 600m | 1:01.94 | (38.40) | 600m | 1:03.10 | (38.53) |
| | | 1000m | 1:42.25 | (40.31) | 1000m | 1:43.56 | (40.46) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|---------------------------|---------|---------|-------------------------|----------------|---------|
| 137 | wt | 55 Pim Molenaar | HPA | | 1:42.60 | 1:33.56 | PR |
| | rd | 5 Jolijn Solleveld | DPA | | 1:42.29 | 1:37.03 | PR |
| | | Pim Molenaar | | | Jolijn Solleveld | | |
| | | 200m | 21.57 | (21.57) | 200m | 22.29 | (22.29) |
| | | 600m | 56.06 | (34.49) | 600m | 58.61 | (36.32) |
| | | 1000m | 1:33.56 | (37.50) | 1000m | 1:37.03 | (38.42) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|--------------------------|---------|---------|--------------------|----------------|---------|
| 138 | gl | 171 Anja Bollaart | D55 | | 1:21.38 | 1:34.23 | |
| | bl | 52 Tycho Petri | HC1 | | 1:41.69 | 1:33.74 | PR |
| | | Anja Bollaart | | | Tycho Petri | | |
| | | 200m | 22.13 | (22.13) | 200m | 22.04 | (22.04) |
| | | 600m | 56.46 | (34.33) | 600m | 56.85 | (34.81) |
| | | 1000m | 1:34.23 | (37.77) | 1000m | 1:33.74 | (36.89) |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------|---------|-----------------------|---------|----------------|------|
| 139 | wt | 83 | Veerle Zunnebeld | | DPA | 1:38.63 | 1:35.94 | PR |
| | rd | 61 | Jerke Eilander | | HPA | 1:40.88 | 1:34.42 | PR |
| | | Veerle Zunnebeld | | | Jerke Eilander | | | |
| | | 200m | 22.55 | (22.55) | 200m | 22.21 | (22.21) | |
| | | 600m | 58.46 | (35.91) | 600m | 57.55 | (35.34) | |
| | | 1000m | 1:35.94 | (37.48) | 1000m | 1:34.42 | (36.87) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|------------------------|---------|----------------|------|
| 140 | gl | 28 | Nanette de Boon | | DPA | 1:40.06 | 1:35.18 | PR |
| | bl | 103 | Marlies de Jong | | D55 | 1:34.04 | 1:39.34 | |
| | | Nanette de Boon | | | Marlies de Jong | | | |
| | | 200m | 21.37 | (21.37) | 200m | 24.03 | (24.03) | |
| | | 600m | 57.51 | (36.14) | 600m | 1:00.83 | (36.80) | |
| | | 1000m | 1:35.18 | (37.67) | 1000m | 1:39.34 | (38.51) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 141 | wt | 121 | Anita Smit-Groot | | D60 | 1:34.48 | 1:42.83 | |
| | rd | 48 | Joep van Leeuwen | | HC2 | 1:36.01 | 1:32.89 | PR |
| | | Anita Smit-Groot | | | Joep van Leeuwen | | | |
| | | 200m | 23.97 | (23.97) | 200m | 21.35 | (21.35) | |
| | | 600m | 1:02.43 | (38.46) | 600m | 55.93 | (34.58) | |
| | | 1000m | 1:42.83 | (40.40) | 1000m | 1:32.89 | (36.96) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------------|-----------------------------|---------|--------------------|---------|----------------|------|
| 142 | gl | 126 | Stef van Moolenbroek | | HC2 | 1:35.73 | 1:36.71 | |
| | bl | 167 | Jibbe Koops | | HPA | 1:35.85 | 1:34.18 | PR |
| | | Stef van Moolenbroek | | | Jibbe Koops | | | |
| | | 200m | 21.29 | (21.29) | 200m | 21.81 | (21.81) | |
| | | 600m | 57.43 | (36.14) | 600m | 56.53 | (34.72) | |
| | | 1000m | 1:36.71 | (39.28) | 1000m | 1:34.18 | (37.65) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------------|---------------------------|---------|---------------------------|---------|----------------|------|
| 143 | wt | 139 | Guus van der Hoorn | | HC1 | 1:32.18 | 1:33.52 | |
| | rd | 93 | Eelco van der Meer | | H45 | 1:21.93 | 1:31.65 | |
| | | Guus van der Hoorn | | | Eelco van der Meer | | | |
| | | 200m | 21.38 | (21.38) | 200m | 21.30 | (21.30) | |
| | | 600m | 56.84 | (35.46) | 600m | 54.83 | (33.53) | |
| | | 1000m | 1:33.52 | (36.68) | 1000m | 1:31.65 | (36.82) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|--------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 144 | gl | 170 | Paco Palman | | H60 | 1:30.48 | 1:40.13 | |
| | bl | 99 | Liam Schrotten | | HPA | 1:29.26 | 1:28.39 | PR |
| | | Paco Palman | | | Liam Schrotten | | | |
| | | 200m | 24.20 | (24.20) | 200m | 20.23 | (20.23) | |
| | | 600m | 1:01.23 | (37.03) | 600m | 52.38 | (32.15) | |
| | | 1000m | 1:40.13 | (38.90) | 1000m | 1:28.39 | (36.01) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 145 | wt | 17 | Erol Aksoy | | H50 | 1:25.93 | 1:25.92 | PR |
| | rd | 11 | Erik van Hooft | | H45 | 1:17.93 | 1:25.33 | |
| | | Erol Aksoy | | | Erik van Hooft | | | |
| | | 200m | 20.66 | (20.66) | 200m | 19.96 | (19.96) | |
| | | 600m | 52.19 | (31.53) | 600m | 51.52 | (31.56) | |
| | | 1000m | 1:25.92 | (33.73) | 1000m | 1:25.33 | (33.81) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|---------------------|---------|-------------------|---------|----------------|------|
| 146 | gl | 140 | Jim Hartveld | | HB1 | 1:23.70 | 1:23.07 | PR |
| | bl | 124 | Doede Wind | | H50 | 1:25.83 | 1:24.95 | PR |
| | | Jim Hartveld | | | Doede Wind | | | |
| | | 200m | 19.54 | (19.54) | 200m | 20.90 | (20.90) | |
| | | 600m | 50.30 | (30.76) | 600m | 52.40 | (31.50) | |
| | | 1000m | 1:23.07 | (32.77) | 1000m | 1:24.95 | (32.55) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------|-----------------|---------|----------------|------|
| 147 | wt | 144 Twan van Duuren | HPA | 1:25.29 | 1:25.93 | |
| | rd | | | | | |
| | | Twan van Duuren | | | | |
| | | 200m | 20.15 (20.15) | | m | |
| | | 600m | 51.83 (31.68) | | | |
| | | 1000m | 1:25.93 (34.10) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------|-----------------|-----------------------|-----------------|------|
| 148 | gl | 59 Jules van Winden | HB2 | 1:22.83 | 1:21.55 | PR |
| | bl | 147 Jeroen de Heer | HN1 | 1:21.02 | 1:19.38 | PR |
| | | Jules van Winden | | Jeroen de Heer | | |
| | | 200m | 19.13 (19.13) | 200m | 19.01 (19.01) | |
| | | 600m | 49.42 (30.29) | 600m | 48.59 (29.58) | |
| | | 1000m | 1:21.55 (32.13) | 1000m | 1:19.38 (30.79) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------------|-----------------|-----------------------|----------------|------|
| 149 | wt | 145 Donald Stappenbelt | HN1 | 1:16.37 | 1:16.93 | |
| | rd | 148 Willem Bekkema | HN1 | 1:17.50 | WDR | |
| | | Donald Stappenbelt | | Willem Bekkema | | |
| | | 200m | 18.27 (18.27) | | | |
| | | 600m | 46.68 (28.41) | | | |
| | | 1000m | 1:16.93 (30.25) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-----------------|---------------------|-----------------|------|
| 150 | gl | 88 Kevin Kuiper | HN2 | 1:13.77 | 1:14.00 | |
| | bl | 133 Jasper Sinke | HN2 | 1:13.83 | 1:14.20 | |
| | | Kevin Kuiper | | Jasper Sinke | | |
| | | 200m | 17.78 (17.78) | 200m | 17.40 (17.40) | |
| | | 600m | 44.76 (26.98) | 600m | 44.75 (27.35) | |
| | | 1000m | 1:14.00 (29.24) | 1000m | 1:14.20 (29.45) | |

8. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--|-----|------|------|---------|------|--------|
| 1 | 173 Loic Crielaers | HB1 | 155 | I | 4:25.06 | PR | |
| 2 | 141 Daan Spoelstra | H45 | 160 | I | 4:26.44 | | |
| 3 | 150 Nick Barendse | HB1 | 158 | I | 4:27.18 | PR | |
| 4 | 30 Nyncke Dijkstra | DN2 | 155 | O | 4:32.07 | | |
| 5 | 157 Gerben Hettinga | H55 | 160 | O | 4:37.92 | | |
| 6 | 22 Sven Post | HB1 | 158 | O | 4:38.18 | PR | |
| 7 | 135 Robert da Costa | H55 | 159 | I | 4:44.94 | | |
| 8 | 152 Iris Verbeek | DB2 | 157 | I | 4:49.48 | PR | |
| 9 | 163 Chris van der Plaats | H60 | 157 | O | 4:50.36 | | |
| 10 | 92 Adriaan Provoost | H60 | 154 | I | 4:51.41 | | |
| 11 | 116 Bregje Nagelmaeker | DA1 | 153 | O | 4:53.25 | PR | |
| 12 | 155 Frank Steenkamp | H65 | 159 | O | 4:53.32 | | |
| 13 | 58 Isabella Talen | DB1 | 153 | I | 4:54.24 | PR | |
| 14 | 153 Piet Siemonsma | H70 | 156 | O | 4:56.54 | | |
| 15 | 13 Talisha Renes | DB2 | 152 | O | 4:57.24 | PR | |
| 16 | 82 Jan Heeres | H65 | 156 | I | 5:03.03 | | |
| 17 | 45 Kees Versluis | H65 | 154 | O | 5:09.55 | | |
| 18 | 154 Mariska van Haaften- van den Bosch | D60 | 151 | O | 5:24.92 | | |
| 19 | 62 Tialda Gerritsma | D55 | 151 | I | 5:36.89 | | |
| | 77 Marleen Knol | DB1 | | | | WDR | |

8. Rituitslag 3000 meter

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--|-----------------|---------|----------------|--|
| 151 | wt | 62 Tialda Gerritsma | D55 | 5:01.39 | 5:36.89 | |
| | rd | 154 Mariska van Haften- van den Bosch | D60 | 5:07.75 | 5:24.92 | |
| | | Tialda Gerritsma | | | | Mariska van Haften- van den Bosch |
| | | 200m | 27.43 (27.43) | | | 200m |
| | | 600m | 1:09.58 (42.15) | | | 600m |
| | | 1000m | 1:53.04 (43.46) | | | 1000m |
| | | 1400m | 2:37.36 (44.32) | | | 1400m |
| | | 1800m | 3:22.00 (44.64) | | | 1800m |
| | | 2200m | 4:07.04 (45.04) | | | 2200m |
| | | 2600m | 4:52.49 (45.45) | | | 2600m |
| | | 3000m | 5:36.89 (44.40) | | | 3000m |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-----|---------|----------------|----------------------|
| 152 | gl | 77 Marleen Knol | DB1 | 5:23.20 | WDR | |
| | bl | 13 Talisha Renes | DB2 | 5:09.55 | 4:57.24 | PR |
| | | Marleen Knol | | | | Talisha Renes |
| | | | | | | 200m |
| | | | | | | 600m |
| | | | | | | 1000m |
| | | | | | | 1400m |
| | | | | | | 1800m |
| | | | | | | 2200m |
| | | | | | | 2600m |
| | | | | | | 3000m |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|---------------------------|---------|---------------------------|---------|----------------|------|
| 153 | wt | 58 | Isabella Talen | | DB1 | 5:08.80 | 4:54.24 | PR |
| | rd | 116 | Bregje Nagelmaeker | | DA1 | 5:09.11 | 4:53.25 | PR |
| | | Isabella Talen | | | Bregje Nagelmaeker | | | |
| | | 200m | 22.65 | (22.65) | 200m | 22.75 | (22.75) | |
| | | 600m | 58.31 | (35.66) | 600m | 58.84 | (36.09) | |
| | | 1000m | 1:35.28 | (36.97) | 1000m | 1:36.61 | (37.77) | |
| | | 1400m | 2:14.20 | (38.92) | 1400m | 2:15.41 | (38.80) | |
| | | 1800m | 2:53.72 | (39.52) | 1800m | 2:54.60 | (39.19) | |
| | | 2200m | 3:34.16 | (40.44) | 2200m | 3:34.52 | (39.92) | |
| | | 2600m | 4:14.46 | (40.30) | 2600m | 4:14.38 | (39.86) | |
| | | 3000m | 4:54.24 | (39.78) | 3000m | 4:53.25 | (38.87) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------|---------|----------------------|---------|----------------|------|
| 154 | gl | 92 | Adriaan Provoost | | H60 | 4:21.97 | 4:51.41 | |
| | bl | 45 | Kees Versluis | | H65 | 4:45.47 | 5:09.55 | |
| | | Adriaan Provoost | | | Kees Versluis | | | |
| | | 200m | 23.53 | (23.53) | 200m | 24.17 | (24.17) | |
| | | 600m | 1:00.06 | (36.53) | 600m | 1:02.39 | (38.22) | |
| | | 1000m | 1:37.99 | (37.93) | 1000m | 1:41.87 | (39.48) | |
| | | 1400m | 2:16.40 | (38.41) | 1400m | 2:22.56 | (40.69) | |
| | | 1800m | 2:54.66 | (38.26) | 1800m | 3:03.81 | (41.25) | |
| | | 2200m | 3:33.11 | (38.45) | 2200m | 3:45.49 | (41.68) | |
| | | 2600m | 4:12.12 | (39.01) | 2600m | 4:27.77 | (42.28) | |
| | | 3000m | 4:51.41 | (39.29) | 3000m | 5:09.55 | (41.78) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|------------------------|---------|------------------------|---------|----------------|------|
| 155 | wt | 173 | Loic Crielaers | | HB1 | 4:42.13 | 4:25.06 | PR |
| | rd | 30 | Nyncke Dijkstra | | DN2 | 4:28.59 | 4:32.07 | |
| | | Loic Crielaers | | | Nyncke Dijkstra | | | |
| | | 200m | 21.13 | (21.13) | 200m | 22.03 | (22.03) | |
| | | 600m | 54.07 | (32.94) | 600m | 55.52 | (33.49) | |
| | | 1000m | 1:27.68 | (33.61) | 1000m | 1:29.77 | (34.25) | |
| | | 1400m | 2:02.12 | (34.44) | 1400m | 2:04.66 | (34.89) | |
| | | 1800m | 2:36.91 | (34.79) | 1800m | 2:40.13 | (35.47) | |
| | | 2200m | 3:12.06 | (35.15) | 2200m | 3:16.73 | (36.60) | |
| | | 2600m | 3:48.28 | (36.22) | 2600m | 3:54.13 | (37.40) | |
| | | 3000m | 4:25.06 | (36.78) | 3000m | 4:32.07 | (37.94) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 156 | gl | 82 | Jan Heeres | | H65 | 4:50.53 | 5:03.03 | |
| | bl | 153 | Piet Siemonsma | | H70 | 4:26.35 | 4:56.54 | |
| | | Jan Heeres | | | Piet Siemonsma | | | |
| | | 200m | 25.07 | (25.07) | 200m | 23.85 | (23.85) | |
| | | 600m | 1:04.51 | (39.44) | 600m | 1:01.84 | (37.99) | |
| | | 1000m | 1:44.83 | (40.32) | 1000m | 1:41.04 | (39.20) | |
| | | 1400m | 2:24.58 | (39.75) | 1400m | 2:20.56 | (39.52) | |
| | | 1800m | 3:04.16 | (39.58) | 1800m | 2:59.54 | (38.98) | |
| | | 2200m | 3:44.10 | (39.94) | 2200m | 3:38.91 | (39.37) | |
| | | 2600m | 4:23.82 | (39.72) | 2600m | 4:17.76 | (38.85) | |
| | | 3000m | 5:03.03 | (39.21) | 3000m | 4:56.54 | (38.78) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|-----------------------------|---------|-----------------------------|---------|----------------|------|
| 157 | wt | 152 | Iris Verbeek | | DB2 | 4:55.03 | 4:49.48 | PR |
| | rd | 163 | Chris van der Plaats | | H60 | 4:35.80 | 4:50.36 | |
| | | Iris Verbeek | | | Chris van der Plaats | | | |
| | | 200m | 23.02 | (23.02) | 200m | 22.70 | (22.70) | |
| | | 600m | 58.64 | (35.62) | 600m | 58.20 | (35.50) | |
| | | 1000m | 1:35.04 | (36.40) | 1000m | 1:35.27 | (37.07) | |
| | | 1400m | 2:12.99 | (37.95) | 1400m | 2:12.72 | (37.45) | |
| | | 1800m | 2:51.58 | (38.59) | 1800m | 2:51.48 | (38.76) | |
| | | 2200m | 3:30.96 | (39.38) | 2200m | 3:30.55 | (39.07) | |
| | | 2600m | 4:10.28 | (39.32) | 2600m | 4:10.56 | (40.01) | |
| | | 3000m | 4:49.48 | (39.20) | 3000m | 4:50.36 | (39.80) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|----------------------|---------|------------------|---------|----------------|------|
| 158 | gl | 150 | Nick Barendse | | HB1 | 4:51.37 | 4:27.18 | PR |
| | bl | 22 | Sven Post | | HB1 | 4:50.88 | 4:38.18 | PR |
| | | Nick Barendse | | | Sven Post | | | |
| | | 200m | 20.48 | (20.48) | 200m | 20.98 | (20.98) | |
| | | 600m | 53.43 | (32.95) | 600m | 54.38 | (33.40) | |
| | | 1000m | 1:28.25 | (34.82) | 1000m | 1:29.92 | (35.54) | |
| | | 1400m | 2:03.54 | (35.29) | 1400m | 2:06.04 | (36.12) | |
| | | 1800m | 2:39.07 | (35.53) | 1800m | 2:42.76 | (36.72) | |
| | | 2200m | 3:15.21 | (36.14) | 2200m | 3:20.27 | (37.51) | |
| | | 2600m | 3:51.20 | (35.99) | 2600m | 3:59.10 | (38.83) | |
| | | 3000m | 4:27.18 | (35.98) | 3000m | 4:38.18 | (39.08) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|------------------------|---------|----------------|------|
| 159 | wt | 135 | Robert da Costa | | H55 | 4:30.91 | 4:44.94 | |
| | rd | 155 | Frank Steenkamp | | H65 | 4:36.38 | 4:53.32 | |
| | | Robert da Costa | | | Frank Steenkamp | | | |
| | | 200m | 23.17 | (23.17) | 200m | 24.77 | (24.77) | |
| | | 600m | 58.12 | (34.95) | 600m | 1:01.37 | (36.60) | |
| | | 1000m | 1:33.75 | (35.63) | 1000m | 1:38.80 | (37.43) | |
| | | 1400m | 2:10.34 | (36.59) | 1400m | 2:16.94 | (38.14) | |
| | | 1800m | 2:48.23 | (37.89) | 1800m | 2:55.27 | (38.33) | |
| | | 2200m | 3:26.55 | (38.32) | 2200m | 3:34.12 | (38.85) | |
| | | 2600m | 4:05.65 | (39.10) | 2600m | 4:13.40 | (39.28) | |
| | | 3000m | 4:44.94 | (39.29) | 3000m | 4:53.32 | (39.92) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|------------------------|---------|------------------------|---------|----------------|------|
| 160 | gl | 141 | Daan Spoelstra | | H45 | 4:21.92 | 4:26.44 | |
| | bl | 157 | Gerben Hettinga | | H55 | 4:31.29 | 4:37.92 | |
| | | Daan Spoelstra | | | Gerben Hettinga | | | |
| | | 200m | 21.50 | (21.50) | 200m | 22.98 | (22.98) | |
| | | 600m | 54.55 | (33.05) | 600m | 57.30 | (34.32) | |
| | | 1000m | 1:28.77 | (34.22) | 1000m | 1:31.91 | (34.61) | |
| | | 1400m | 2:04.00 | (35.23) | 1400m | 2:07.73 | (35.82) | |
| | | 1800m | 2:39.93 | (35.93) | 1800m | 2:44.12 | (36.39) | |
| | | 2200m | 3:15.91 | (35.98) | 2200m | 3:21.36 | (37.24) | |
| | | 2600m | 3:51.42 | (35.51) | 2600m | 3:59.23 | (37.87) | |
| | | 3000m | 4:26.44 | (35.02) | 3000m | 4:37.92 | (38.69) | |