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|---------|-----------|---|----------|---------|
| Tonnie | Stouten | M | 00:16:46 | 0:14:58 |
| Ronald | Derksen | M | 00:17:06 | 0:15:55 |
| Roland | Besselink | M | 00:17:14 | 0:16:03 |
| Jeroen | Schmidt | M | 00:17:17 | 0:17:17 |
| Rinus | Groen | M | 00:21:44 | 0:18:12 |
| Jeroen | Boersma | M | 00:22:46 | 0:20:19 |
| Chris | Willems | M | 00:26:05 | 0:21:04 |
| Eli | Slotboom | M | 00:24:54 | 0:21:23 |
| Jan | Dobbe | M | 00:25:45 | 0:21:34 |
| Werner | Fortgens | M | 00:22:19 | 0:22:19 |
| Johan | Voorhorst | M | 00:24:39 | 0:22:57 |
| | | | | |
| Linda | Ooms | V | 00:18:24 | 0:16:15 |
| Nelleke | Evers | V | 00:26:43 | 0:16:41 |
| Rachel | de Weerd | V | 00:23:10 | 0:18:16 |
| Fiona | Markus | V | 00:24:26 | 0:19:37 |