

Mannen

| Ranking | Startnr. | Naam | M/V | Ro1 | Ro2 | Ro3 | Ro4 | Ro5 | Ro6 | Ro7 | Netto |
|---------|----------|--------------------------|-----|-------|-------|-------|-------|-------|-------|-------|----------|
| 1 | 14 | Noah Schutte | M | 03:19 | 04:15 | 04:15 | 04:14 | 04:13 | 04:15 | 04:04 | 28:33:00 |
| 2 | 7 | Dorian Boulvin | M | 03:19 | 04:15 | 04:15 | 04:14 | 04:12 | 04:14 | 04:05 | 28:34:00 |
| 3 | 1 | Arnaud Dely | M | 03:19 | 04:14 | 04:15 | 04:14 | 04:12 | 04:15 | 04:09 | 28:39:00 |
| 4 | 2 | Koen Naert | M | 03:19 | 04:15 | 04:15 | 04:14 | 04:12 | 04:16 | 04:13 | 28:43:00 |
| 5 | 6 | Frank Futselaar | M | 03:19 | 04:15 | 04:15 | 04:16 | 04:18 | 04:22 | 04:16 | 29:00:00 |
| 6 | 5 | Bas Hooren van | M | 03:19 | 04:15 | 04:15 | 04:15 | 04:21 | 04:25 | 04:22 | 29:12:00 |
| 7 | 10 | Vincent Bierinckx | M | 03:22 | 04:21 | 04:23 | 04:25 | 04:28 | 04:26 | 04:07 | 29:30:00 |
| 8 | 9 | Nicolai Saké | M | 03:26 | 04:21 | 04:26 | 04:25 | 04:24 | 04:23 | 04:10 | 29:33:00 |
| 9 | 3 | Hlynur Andresson | M | 03:24 | 04:20 | 04:23 | 04:24 | 04:28 | 04:26 | 04:13 | 29:36:00 |
| 10 | 34 | Pim Lambregts | M | 03:24 | 04:20 | 04:22 | 04:25 | 04:28 | 04:26 | 04:14 | 29:38:00 |
| 11 | 24 | Arnaud Collard | M | 03:27 | 04:21 | 04:20 | 04:23 | 04:28 | 04:25 | 04:20 | 29:43:00 |
| 12 | 30 | Roel Wijmenga | M | 03:23 | 04:21 | 04:24 | 04:27 | 04:27 | 04:25 | 04:20 | 29:45:00 |
| 13 | 31 | Dominic Bersee | M | 03:27 | 04:22 | 04:25 | 04:24 | 04:24 | 04:26 | 04:19 | 29:45:00 |
| 14 | 25 | Justin Mahieu | M | 03:27 | 04:23 | 04:25 | 04:24 | 04:24 | 04:23 | 04:22 | 29:46:00 |
| 15 | 15 | Remyo Tielsema | M | 03:23 | 04:20 | 04:23 | 04:25 | 04:28 | 04:29 | 04:23 | 29:49:00 |
| 16 | 29 | Niels Pas te | M | 03:24 | 04:19 | 04:23 | 04:25 | 04:28 | 04:29 | 04:27 | 29:53:00 |
| 17 | 104 | Tesfit Ghide | M | 03:23 | 04:21 | 04:23 | 04:25 | 04:28 | 04:33 | 04:31 | 30:00:00 |
| 18 | 37 | Floris Willeboordse | M | 03:25 | 04:20 | 04:23 | 04:28 | 04:31 | 04:34 | 04:26 | 30:06:00 |
| 19 | 68 | Levi Mulken van | M | 03:27 | 04:25 | 04:31 | 04:30 | 04:30 | 04:29 | 04:22 | 30:13:00 |
| 20 | 47 | jonatan venema | M | 03:28 | 04:25 | 04:31 | 04:30 | 04:31 | 04:28 | 04:23 | 30:14:00 |
| 21 | 50 | Marvin D'aurilio | M | 03:27 | 04:22 | 04:25 | 04:26 | 04:30 | 04:37 | 04:32 | 30:16:00 |
| 22 | 11 | Victor Smangs Urquhart | M | 03:25 | 04:20 | 04:22 | 04:27 | 04:35 | 04:39 | 04:36 | 30:22:00 |
| 23 | 95 | Per Velraeds | M | 03:31 | 04:22 | 04:30 | 04:29 | 04:31 | 04:31 | 04:32 | 30:24:00 |
| 24 | 22 | Angelo Vandecasteele | M | 03:26 | 04:21 | 04:27 | 04:34 | 04:35 | 04:32 | 04:33 | 30:28:00 |
| 25 | 77 | Ricardo Nicolaas Sint | M | 03:29 | 04:25 | 04:30 | 04:29 | 04:31 | 04:31 | 04:34 | 30:27:00 |
| 26 | 36 | Kalid Amin | M | 03:22 | 04:21 | 04:24 | 04:31 | 04:38 | 04:44 | 04:29 | 30:30:00 |
| 27 | 8 | Gianluca Assorgia | M | 03:23 | 04:21 | 04:23 | 04:32 | 04:35 | 04:46 | 04:30 | 30:29:00 |
| 28 | 64 | Robert Ton | M | 03:30 | 04:32 | 04:28 | 04:30 | 04:33 | 04:34 | 04:24 | 30:31:00 |
| 29 | 27 | Laurens Vanderlinden | M | 03:32 | 04:30 | 04:28 | 04:31 | 04:34 | 04:34 | 04:26 | 30:31:00 |
| 30 | 54 | Simon Mestdagh | M | 03:30 | 04:32 | 04:35 | 04:34 | 04:36 | 04:31 | 04:23 | 30:40:00 |
| 31 | 69 | Arnaud Vracem Van | M | 03:35 | 04:34 | 04:35 | 04:32 | 04:32 | 04:31 | 04:24 | 30:41:00 |
| 32 | 83 | Dennis Freytas de | M | 03:33 | 04:30 | 04:30 | 04:34 | 04:34 | 04:35 | 04:32 | 30:46:00 |
| 33 | 46 | Lukas Outtier | M | 03:30 | 04:32 | 04:36 | 04:35 | 04:36 | 04:39 | 04:30 | 30:55:00 |
| 34 | 53 | Rik Goethals | M | 03:29 | 04:32 | 04:36 | 04:36 | 04:36 | 04:37 | 04:32 | 30:57:00 |
| 35 | 59 | Tom Hoogbeem | M | 03:30 | 04:30 | 04:31 | 04:36 | 04:43 | 04:43 | 04:27 | 30:58:00 |
| 36 | 42 | Yafiet Beraki Daniel | M | 03:30 | 04:26 | 04:29 | 04:37 | 04:47 | 04:43 | 04:29 | 30:57:00 |
| 37 | 82 | Niels Verhagen | M | 03:33 | 04:30 | 04:35 | 04:36 | 04:37 | 04:41 | 04:29 | 30:59:00 |
| 38 | 73 | Julian Steenman | M | 03:30 | 04:32 | 04:31 | 04:39 | 04:39 | 04:41 | 04:32 | 31:02:00 |
| 39 | 99 | Timo Beek Van | M | 03:32 | 04:33 | 04:38 | 04:39 | 04:42 | 04:38 | 04:26 | 31:06:00 |
| 40 | 58 | Laurent Bierinckx | M | 03:30 | 04:32 | 04:28 | 04:35 | 04:43 | 04:39 | 04:43 | 31:09:00 |
| 41 | 115 | Jens Beyers | M | 03:42 | 04:37 | 04:38 | 04:38 | 04:38 | 04:35 | 04:23 | 31:08:00 |
| 42 | 105 | Tim Tesselaar | M | 03:32 | 04:36 | 04:35 | 04:38 | 04:42 | 04:38 | 04:30 | 31:10:00 |
| 43 | 66 | Luc Essink | M | 03:31 | 04:32 | 04:35 | 04:36 | 04:37 | 04:42 | 04:41 | 31:12:00 |
| 44 | 71 | Louis Vanloubbeek | M | 03:39 | 04:39 | 04:41 | 04:39 | 04:36 | 04:35 | 04:26 | 31:13:00 |
| 45 | 98 | Ben Souwen | M | 03:44 | 04:36 | 04:40 | 04:39 | 04:34 | 04:36 | 04:28 | 31:14:00 |
| 46 | 61 | Michiel Meulemans | M | 03:38 | 04:39 | 04:41 | 04:40 | 04:36 | 04:36 | 04:30 | 31:17:00 |
| 47 | 35 | Rick Paffen | M | 03:28 | 04:25 | 04:31 | 04:42 | 04:43 | 04:49 | 04:42 | 31:18:00 |
| 48 | 113 | Jesper Slik | M | 03:29 | 04:33 | 04:36 | 04:38 | 04:49 | 04:43 | 04:39 | 31:25:00 |
| 49 | 76 | Emiel berghout | M | 03:28 | 04:25 | 04:33 | 04:40 | 04:45 | 04:54 | 04:45 | 31:28:00 |
| 50 | 103 | Thomas Lewis | M | 03:38 | 04:40 | 04:41 | 04:39 | 04:39 | 04:42 | 04:32 | 31:30:00 |
| 51 | 81 | Tesfalem Zeresenay | M | 03:32 | 04:37 | 04:38 | 04:43 | 04:44 | 04:39 | 04:40 | 31:32:00 |
| 52 | 90 | Marco Etten van | M | 03:37 | 04:41 | 04:41 | 04:39 | 04:39 | 04:42 | 04:35 | 31:32:00 |
| 53 | 126 | Adriaan Kroonenberg | M | 03:39 | 04:40 | 04:41 | 04:39 | 04:38 | 04:42 | 04:37 | 31:34:00 |
| 54 | 122 | Bart Janssen | M | 03:44 | 04:37 | 04:40 | 04:38 | 04:38 | 04:42 | 04:38 | 31:33:00 |
| 55 | 65 | Ruairidh Macdonald | M | 03:32 | 04:30 | 04:36 | 04:44 | 04:46 | 04:49 | 04:49 | 31:44:00 |
| 56 | 88 | Ingmar Kloek | M | 03:39 | 04:40 | 04:41 | 04:39 | 04:39 | 04:45 | 04:47 | 31:48:00 |
| 57 | 143 | Jesse Scheltema | M | 03:49 | 04:46 | 04:51 | 04:47 | 04:42 | 04:34 | 04:24 | 31:48:00 |
| 58 | 111 | Alex Smeets | M | 03:45 | 04:46 | 04:45 | 04:42 | 04:45 | 04:44 | 04:27 | 31:50:00 |
| 59 | 123 | Charles Cauwenberghe van | M | 03:45 | 04:42 | 04:48 | 04:43 | 04:45 | 04:44 | 04:29 | 31:51:00 |
| 60 | 75 | Corentin Louis | M | 03:27 | 04:25 | 04:37 | 04:49 | 04:57 | 04:55 | 04:47 | 31:56:00 |
| 61 | 131 | Wout Paassen van | M | 03:47 | 04:45 | 04:44 | 04:42 | 04:45 | 04:45 | 04:31 | 31:53:00 |
| 62 | 106 | Niels Esmeijer | M | 03:45 | 04:43 | 04:46 | 04:43 | 04:44 | 04:45 | 04:32 | 31:55:00 |
| 63 | 85 | Awad | M | 03:35 | 04:34 | 04:40 | 04:48 | 04:49 | 04:53 | 04:41 | 31:57:00 |
| 64 | 92 | Roel Gorissen | M | 03:44 | 04:42 | 04:45 | 04:47 | 04:45 | 04:44 | 04:33 | 31:56:00 |
| 65 | 141 | Cornelis Chatziioannou | M | 03:52 | 04:45 | 04:47 | 04:39 | 04:41 | 04:42 | 04:37 | 31:59:00 |
| 66 | 157 | Ton Hettema | M | 03:48 | 04:46 | 04:50 | 04:40 | 04:42 | 04:42 | 04:39 | 32:02:00 |
| 67 | 216 | Yunis Stitan | M | 03:28 | 04:35 | 04:44 | 04:50 | 04:52 | 04:57 | 04:40 | 32:05:00 |
| 68 | 120 | Koen Haaster van | M | 03:46 | 04:47 | 04:51 | 04:40 | 04:41 | 04:43 | 04:40 | 32:05:00 |
| 69 | 114 | Bram Leeuwen van | M | 03:46 | 04:46 | 04:44 | 04:44 | 04:46 | 04:48 | 04:39 | 32:09:00 |
| 70 | 188 | Jan Berkhout | M | 03:52 | 04:47 | 04:46 | 04:50 | 04:44 | 04:39 | 04:36 | 32:08:00 |
| 71 | 137 | Luuk Vermunt | M | 03:44 | 04:35 | 04:41 | 04:46 | 04:53 | 04:54 | 04:42 | 32:08:00 |
| 72 | 119 | Flo Vlist der van | M | 03:39 | 04:40 | 04:41 | 04:45 | 04:53 | 04:54 | 04:45 | 32:14:00 |
| 73 | 112 | Philippe Loosvelt | M | 03:44 | 04:43 | 04:48 | 04:46 | 04:46 | 04:48 | 04:44 | 32:14:00 |
| 74 | 218 | Martijn Oonk | M | 03:38 | 04:40 | 04:43 | 04:45 | 04:55 | 04:52 | 04:48 | 32:17:00 |
| 75 | 13 | Wouter Heinrich | M | 03:46 | 04:41 | 04:46 | 04:47 | 04:48 | 04:50 | 04:42 | 32:17:00 |

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|-----|------|------------------------|---|-------|-------|-------|-------|-------|-------|-------|----------|
| 76 | 135 | Ewout Vos de | M | 03:48 | 04:46 | 04:49 | 04:42 | 04:48 | 04:46 | 04:42 | 32:17:00 |
| 77 | 139 | Finn Timmermans | M | 03:51 | 04:43 | 04:51 | 04:51 | 04:44 | 04:46 | 04:40 | 32:20:00 |
| 78 | 133 | Bart Zomer | M | 03:47 | 04:46 | 04:51 | 04:49 | 04:47 | 04:46 | 04:41 | 32:24:00 |
| 79 | 219 | Martijn Scheurwater | M | 03:52 | 04:48 | 04:47 | 04:49 | 04:50 | 04:47 | 04:35 | 32:24:00 |
| 80 | 91 | Jan Leerink | M | 03:46 | 04:46 | 04:52 | 04:51 | 04:47 | 04:46 | 04:42 | 32:28:00 |
| 80 | 138 | Bereket Yemane | M | 03:40 | 04:40 | 04:41 | 04:55 | 04:53 | 04:51 | 04:50 | 32:28:00 |
| 82 | 128 | Dennis Delft van | M | 03:46 | 04:44 | 04:47 | 04:47 | 04:47 | 04:54 | 04:47 | 32:28:00 |
| 83 | 55 | Ivo Bijl | M | 03:52 | 04:48 | 04:47 | 04:50 | 04:48 | 04:46 | 04:42 | 32:28:00 |
| 84 | 167 | Bastiaan Roelofs | M | 03:46 | 04:46 | 04:53 | 04:49 | 04:49 | 04:50 | 04:41 | 32:30:00 |
| 85 | 146 | Dick Broek den van | M | 03:47 | 04:46 | 04:45 | 04:47 | 04:52 | 04:50 | 04:48 | 32:30:00 |
| 86 | 94 | Rik Wijlick van | M | 03:48 | 04:46 | 04:51 | 04:52 | 04:51 | 04:49 | 04:39 | 32:31:00 |
| 87 | 110 | Tim hamme Van | M | 03:46 | 04:46 | 04:53 | 04:51 | 04:51 | 04:48 | 04:43 | 32:34:00 |
| 88 | 191 | Frank Faber | M | 03:52 | 04:48 | 04:47 | 04:50 | 04:49 | 04:48 | 04:43 | 32:33:00 |
| 89 | 130 | Mathias Wilbers | M | 03:43 | 04:42 | 04:50 | 04:49 | 04:55 | 04:55 | 04:45 | 32:34:00 |
| 90 | 214 | Lukas Storm der van | M | 03:47 | 04:46 | 04:51 | 04:49 | 04:47 | 04:55 | 04:46 | 32:34:00 |
| 91 | 154 | Pieter Bakx | M | 03:42 | 04:47 | 04:51 | 04:54 | 04:53 | 04:47 | 04:47 | 32:37:00 |
| 92 | 213 | Jonas Bellekens | M | 03:47 | 04:48 | 04:51 | 04:51 | 04:49 | 04:47 | 04:47 | 32:36:00 |
| 93 | 150 | Jeroen Verhees | M | 03:45 | 04:47 | 04:53 | 04:51 | 04:51 | 04:48 | 04:47 | 32:39:00 |
| 94 | 209 | Joffre Hooysschuur | M | 03:48 | 04:46 | 04:52 | 04:52 | 04:50 | 04:50 | 04:44 | 32:38:00 |
| 95 | 132 | Dennis Knijff de | M | 03:48 | 04:46 | 04:52 | 04:50 | 04:51 | 04:51 | 04:45 | 32:37:00 |
| 96 | 190 | Timo Maarleveld | M | 03:52 | 04:49 | 04:48 | 04:50 | 04:51 | 04:50 | 04:45 | 32:38:00 |
| 97 | 202 | Jimmy Bemmell van | M | 03:38 | 04:43 | 04:55 | 04:52 | 04:56 | 04:53 | 04:46 | 32:40:00 |
| 98 | 134 | Thomas Pereira | M | 03:47 | 04:46 | 04:52 | 04:50 | 04:51 | 04:54 | 04:46 | 32:40:00 |
| 99 | 151 | Kasper Koeleman | M | 03:48 | 04:46 | 04:51 | 04:51 | 04:50 | 04:52 | 04:47 | 32:40:00 |
| 100 | 142 | Jesper Nijboer | M | 03:47 | 04:46 | 04:52 | 04:49 | 04:45 | 04:47 | 05:00 | 32:42:00 |
| 101 | 121 | Laurens Coene | M | 03:45 | 04:46 | 04:53 | 04:51 | 04:51 | 04:50 | 04:52 | 32:44:00 |
| 102 | 127 | Marco Vuursuis | M | 03:48 | 04:46 | 04:51 | 04:51 | 04:51 | 04:51 | 04:49 | 32:42:00 |
| 103 | 163 | Gijsbert Vuurst de van | M | 03:53 | 04:50 | 04:51 | 04:54 | 04:54 | 04:51 | 04:42 | 32:51:00 |
| 104 | 86 | Corné Timmer | M | 03:44 | 04:44 | 04:48 | 04:53 | 04:59 | 04:58 | 04:51 | 32:52:00 |
| 105 | 203 | Mathias Meijer | M | 03:47 | 04:46 | 04:53 | 04:53 | 05:00 | 05:00 | 04:39 | 32:55:00 |
| 106 | 153 | Twan Deumers | M | 03:45 | 04:46 | 04:53 | 04:51 | 04:56 | 04:59 | 04:50 | 32:58:00 |
| 107 | 171 | Roman Assmann | M | 03:49 | 04:50 | 04:54 | 04:55 | 04:55 | 04:51 | 04:46 | 32:56:00 |
| 108 | 207 | Chris Gregory | M | 03:53 | 04:50 | 04:52 | 04:56 | 04:54 | 04:58 | 04:40 | 32:57:00 |
| 109 | 177 | RONDAL benjamin | M | 03:50 | 04:50 | 04:54 | 04:55 | 04:55 | 04:57 | 04:49 | 33:03:00 |
| 110 | 158 | Tim Stoffelen | M | 03:48 | 04:47 | 04:51 | 04:51 | 04:51 | 05:00 | 05:02 | 33:06:00 |
| 111 | 194 | Johan Pluim | M | 03:53 | 04:51 | 04:53 | 04:54 | 04:54 | 04:58 | 04:48 | 33:05:00 |
| 112 | 159 | Jesper Knoop | M | 03:54 | 04:51 | 04:50 | 04:54 | 04:55 | 04:57 | 04:56 | 33:12:00 |
| 113 | 164 | Alvin Severijn | M | 03:45 | 04:47 | 04:55 | 04:53 | 04:58 | 05:00 | 04:58 | 33:13:00 |
| 114 | 217 | Mahia Sebastien Mahia | M | 03:54 | 04:50 | 04:51 | 04:54 | 04:56 | 04:59 | 04:56 | 33:13:00 |
| 115 | 601 | Michael Megos | M | 03:50 | 04:52 | 04:56 | 04:54 | 04:56 | 04:55 | 04:57 | 33:18:00 |
| 116 | 144 | Koen Nijs de | M | 03:51 | 04:52 | 04:54 | 04:53 | 04:55 | 04:59 | 04:58 | 33:16:00 |
| 117 | 206 | Joep Harmsen | M | 03:53 | 04:51 | 04:53 | 04:53 | 04:54 | 05:00 | 05:03 | 33:21:00 |
| 118 | 174 | Bas Bodewes | M | 03:52 | 04:48 | 04:48 | 04:51 | 05:05 | 05:04 | 05:06 | 33:29:00 |
| 119 | 89 | Joost Hofslot van | M | 03:46 | 04:44 | 04:52 | 04:56 | 05:06 | 05:09 | 05:06 | 33:35:00 |
| 120 | 136 | Rikjan bathoorn | M | 03:50 | 04:46 | 04:52 | 04:54 | 05:01 | 05:12 | 05:12 | 33:41:00 |
| 121 | 208 | Erwin Knecht | M | 03:51 | 04:50 | 04:56 | 05:00 | 05:06 | 05:10 | 04:53 | 33:43:00 |
| 122 | 505 | Lucas Goené | M | 03:49 | 04:52 | 04:56 | 04:53 | 04:58 | 05:15 | 05:05 | 33:47:00 |
| 123 | 530 | Nuno Lopes | M | 03:50 | 04:52 | 04:57 | 05:00 | 05:08 | 05:08 | 04:56 | 33:49:00 |
| 124 | 205 | Tim Snijders | M | 03:52 | 04:49 | 04:53 | 04:57 | 05:05 | 05:10 | 05:04 | 33:44:00 |
| 125 | 178 | Jurre Keizers | M | 03:49 | 04:46 | 04:57 | 05:04 | 05:09 | 05:07 | 04:58 | 33:45:00 |
| 126 | 166 | Sander Dijk van | M | 03:54 | 04:50 | 04:53 | 04:55 | 05:12 | 05:11 | 05:05 | 33:53:00 |
| 127 | 538 | Davy Provo | M | 03:49 | 04:52 | 04:57 | 04:55 | 05:09 | 05:14 | 05:05 | 33:59:00 |
| 128 | 543 | Dave Kroon | M | 03:49 | 04:52 | 04:56 | 04:59 | 05:11 | 05:09 | 05:08 | 34:03:00 |
| 129 | 696 | Winston Gemo van | M | 03:54 | 05:00 | 05:03 | 05:06 | 05:06 | 05:03 | 04:53 | 34:03:00 |
| 130 | 515 | Patrick Buuren van | M | 03:52 | 05:00 | 05:06 | 05:05 | 05:07 | 05:05 | 04:52 | 34:07:00 |
| 131 | 534 | Tom Heiden de | M | 04:01 | 05:05 | 05:05 | 05:00 | 05:02 | 05:02 | 04:54 | 34:07:00 |
| 132 | 562 | Arjan Akkermans | M | 04:04 | 05:08 | 05:05 | 05:02 | 05:00 | 05:01 | 04:50 | 34:06:00 |
| 133 | 528 | Daniel Danielecki | M | 03:58 | 05:03 | 05:01 | 05:02 | 05:05 | 05:05 | 04:55 | 34:09:00 |
| 134 | 523 | Wouter Hordijk | M | 03:54 | 04:55 | 04:58 | 05:07 | 05:08 | 05:10 | 05:00 | 34:08:00 |
| 135 | 211 | Iker Bruggink | M | 03:59 | 05:00 | 05:00 | 05:07 | 05:07 | 05:04 | 04:55 | 34:10:00 |
| 136 | 579 | MG Talboom | M | 04:01 | 05:04 | 05:05 | 05:03 | 05:04 | 05:01 | 04:54 | 34:11:00 |
| 137 | 522 | Nick Eng den van | M | 03:55 | 05:03 | 05:02 | 05:06 | 05:08 | 05:02 | 04:59 | 34:12:00 |
| 138 | 525 | Learyo Alcock | M | 04:02 | 05:05 | 05:05 | 05:03 | 05:02 | 05:05 | 04:53 | 34:13:00 |
| 139 | 677 | Luc Vilain | M | 04:05 | 05:11 | 05:05 | 05:08 | 05:07 | 05:04 | 04:44 | 34:18:00 |
| 140 | 508 | Maurik Groot de | M | 03:50 | 04:57 | 05:05 | 05:08 | 05:11 | 05:09 | 05:06 | 34:22:00 |
| 141 | 589 | Jakub Manikowski | M | 04:02 | 05:03 | 05:00 | 05:05 | 05:09 | 05:13 | 04:55 | 34:24:00 |
| 142 | 576 | Robin Kuiper | M | 03:52 | 05:00 | 05:05 | 05:06 | 05:07 | 05:03 | 05:17 | 34:29:00 |
| 143 | 544 | Daan Dekker | M | 03:56 | 05:01 | 05:03 | 05:07 | 05:11 | 05:09 | 05:04 | 34:28:00 |
| 144 | 148 | Paul kujier | M | 03:56 | 05:03 | 05:06 | 05:08 | 05:08 | 05:10 | 05:00 | 34:28:00 |
| 145 | 500 | Jelmer Keur | M | 04:05 | 05:09 | 05:06 | 05:08 | 05:05 | 05:05 | 04:54 | 34:24:00 |
| 146 | 555 | Koen Buytenhek | M | 04:04 | 05:12 | 05:07 | 05:08 | 05:06 | 05:03 | 04:53 | 34:28:00 |
| 147 | 559 | Kasper | M | 04:06 | 05:10 | 05:04 | 05:09 | 05:04 | 05:05 | 04:56 | 34:28:00 |
| 148 | 545 | Elwin Breejen den | M | 03:55 | 04:59 | 04:54 | 05:06 | 05:18 | 05:19 | 05:02 | 34:31:00 |
| 149 | 1689 | Lodewijk van Leerdam | M | 04:00 | 04:59 | 05:05 | 05:05 | 05:09 | 05:13 | 05:02 | 34:31:00 |
| 150 | 618 | Kevin Imthorn | M | 04:05 | 05:07 | 05:07 | 05:10 | 05:05 | 05:06 | 04:54 | 34:31:00 |
| 151 | 637 | Aloïs Bode | M | 04:04 | 05:12 | 05:04 | 05:09 | 05:07 | 05:05 | 04:54 | 34:32:00 |
| 152 | 535 | Sierd Sikkema | M | 04:00 | 05:01 | 05:03 | 05:06 | 05:09 | 05:13 | 05:07 | 34:35:00 |
| 153 | 551 | Willem Verhoeven | M | 03:55 | 05:02 | 05:02 | 05:05 | 05:08 | 05:15 | 05:12 | 34:38:00 |
| 154 | 606 | Nico Lunders | M | 04:01 | 05:15 | 05:13 | 05:14 | 05:08 | 05:05 | 04:50 | 34:45:00 |

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|-----|-----|-------------------------------|---|-------|-------|-------|-------|-------|-------|-------|----------|
| 155 | 517 | Twan Kleijwegt | M | 04:04 | 05:08 | 05:06 | 05:10 | 05:10 | 05:11 | 04:56 | 34:42:00 |
| 156 | 546 | Menno Jong de | M | 04:05 | 05:08 | 05:06 | 05:10 | 05:08 | 05:12 | 04:57 | 34:43:00 |
| 157 | 802 | Ron van de Water | M | 04:06 | 05:10 | 05:14 | 05:10 | 05:06 | 05:07 | 04:54 | 34:41:00 |
| 158 | 590 | Harmen Boer den | M | 04:10 | 05:09 | 05:13 | 05:13 | 05:05 | 05:03 | 04:55 | 34:40:00 |
| 159 | 574 | Rutger Meijers | M | 04:05 | 05:04 | 05:09 | 05:11 | 05:10 | 05:11 | 04:58 | 34:45:00 |
| 160 | 553 | Matthijs Roks | M | 04:03 | 05:05 | 05:07 | 05:10 | 05:12 | 05:14 | 05:00 | 34:47:00 |
| 161 | 564 | Julius Folter de | M | 04:05 | 05:11 | 05:08 | 05:09 | 05:10 | 05:07 | 05:01 | 34:47:00 |
| 162 | 550 | Marco Ramaekers | M | 04:00 | 05:03 | 05:08 | 05:06 | 05:16 | 05:10 | 05:07 | 34:49:00 |
| 163 | 187 | Niels kerkhof | M | 03:56 | 05:03 | 05:06 | 05:08 | 05:14 | 05:19 | 05:05 | 34:49:00 |
| 164 | 619 | Sander Heiden der Van | M | 04:08 | 05:09 | 05:08 | 05:09 | 05:10 | 05:07 | 05:02 | 34:44:00 |
| 165 | 193 | Jip Lent van | M | 04:10 | 05:11 | 05:13 | 05:06 | 05:04 | 05:06 | 05:02 | 34:45:00 |
| 166 | 531 | Cameron Assmann | M | 04:07 | 05:13 | 05:13 | 05:13 | 05:11 | 05:06 | 04:51 | 34:48:00 |
| 167 | 604 | Matthey Harvey | M | 04:07 | 05:10 | 05:14 | 05:12 | 05:10 | 05:09 | 04:52 | 34:49:00 |
| 168 | 679 | Jeroen Koelewijn | M | 04:01 | 05:13 | 05:15 | 05:14 | 05:12 | 05:07 | 04:53 | 34:51:00 |
| 169 | 613 | Richard Pureveen | M | 04:08 | 05:11 | 05:13 | 05:13 | 05:12 | 05:05 | 04:56 | 34:51:00 |
| 170 | 640 | Harm Berkel van | M | 04:08 | 05:10 | 05:12 | 05:15 | 05:09 | 05:09 | 04:54 | 34:50:00 |
| 171 | 179 | David Sanden der van | M | 03:54 | 05:02 | 05:05 | 05:10 | 05:19 | 05:19 | 05:10 | 34:55:00 |
| 172 | 650 | Erik Jansen | M | 04:08 | 05:11 | 05:13 | 05:11 | 05:06 | 05:09 | 05:00 | 34:53:00 |
| 173 | 521 | Matthijs Gils van | M | 04:02 | 05:10 | 05:07 | 05:10 | 05:10 | 05:13 | 05:13 | 35:01:00 |
| 174 | 599 | Mark Graaf de Satvasen | M | 04:07 | 05:10 | 05:16 | 05:11 | 05:13 | 05:09 | 04:58 | 34:58:00 |
| 175 | 506 | Andy Fuller | M | 03:50 | 04:52 | 05:01 | 05:28 | 05:25 | 05:28 | 05:02 | 35:04:00 |
| 176 | 707 | Tim Molenaar | M | 04:12 | 05:11 | 05:13 | 05:13 | 05:11 | 05:04 | 05:00 | 34:58:00 |
| 177 | 626 | Freek Valkenhoef van | M | 04:06 | 05:10 | 05:15 | 05:14 | 05:12 | 05:07 | 05:02 | 35:02:00 |
| 178 | 519 | Tjibbe Veen der van | M | 04:05 | 05:09 | 05:10 | 05:11 | 05:12 | 05:16 | 05:03 | 35:03:00 |
| 179 | 524 | Rienk Engele | M | 04:05 | 05:10 | 05:06 | 05:12 | 05:11 | 05:09 | 05:14 | 35:03:00 |
| 180 | 701 | Tom Roth | M | 04:09 | 05:12 | 05:12 | 05:12 | 05:10 | 05:07 | 05:03 | 35:00:00 |
| 181 | 687 | Jacco renes | M | 04:21 | 05:11 | 05:09 | 05:11 | 05:12 | 05:11 | 04:52 | 34:58:00 |
| 182 | 512 | Joao Seixas | M | 04:02 | 05:13 | 05:12 | 05:15 | 05:13 | 05:10 | 05:03 | 35:06:00 |
| 183 | 700 | Kevin Bogaert | M | 04:09 | 05:11 | 05:13 | 05:11 | 05:12 | 05:09 | 05:03 | 35:02:00 |
| 184 | 798 | Alex Strienstra | M | 04:01 | 05:14 | 05:15 | 05:14 | 05:11 | 05:09 | 05:03 | 35:07:00 |
| 185 | 548 | Tom Heijkoop | M | 04:05 | 05:12 | 05:07 | 05:07 | 05:08 | 05:23 | 05:11 | 35:08:00 |
| 186 | 689 | Nick Nesterov | M | 04:10 | 05:11 | 05:11 | 05:09 | 05:12 | 05:12 | 05:07 | 35:05:00 |
| 187 | 708 | Mikhail Maysner | M | 04:12 | 05:10 | 05:13 | 05:14 | 05:15 | 05:12 | 04:57 | 35:03:00 |
| 188 | 631 | Bart Dijk van | M | 04:11 | 05:11 | 05:13 | 05:14 | 05:14 | 05:11 | 04:58 | 35:05:00 |
| 189 | 610 | Sebastiaan Stuurman | M | 04:08 | 05:11 | 05:15 | 05:17 | 05:13 | 05:11 | 04:59 | 35:07:00 |
| 190 | 513 | Mink Spronk | M | 04:06 | 05:13 | 05:14 | 05:17 | 05:15 | 05:10 | 04:57 | 35:08:00 |
| 191 | 542 | Elias Plicht der van | M | 04:01 | 05:04 | 05:07 | 05:05 | 05:18 | 05:25 | 05:14 | 35:13:00 |
| 192 | 608 | Bastiaan Joodde de Wendel van | M | 04:02 | 05:13 | 05:15 | 05:14 | 05:12 | 05:12 | 05:08 | 35:11:00 |
| 193 | 641 | Timon Brosky | M | 04:04 | 05:08 | 05:09 | 05:12 | 05:15 | 05:14 | 05:15 | 35:14:00 |
| 194 | 563 | Roland Daalen van | M | 04:06 | 05:11 | 05:15 | 05:17 | 05:13 | 05:13 | 05:01 | 35:12:00 |
| 195 | 656 | Bart Kamp de Van | M | 04:13 | 05:09 | 05:13 | 05:14 | 05:15 | 05:18 | 04:56 | 35:10:00 |
| 196 | 607 | Wouter | M | 04:08 | 05:10 | 05:12 | 05:15 | 05:13 | 05:15 | 05:06 | 35:14:00 |
| 197 | 657 | Wilbert Jansen | M | 04:08 | 05:13 | 05:13 | 05:15 | 05:12 | 05:13 | 05:06 | 35:15:00 |
| 198 | 591 | Tom Jong de | M | 04:10 | 05:11 | 05:12 | 05:14 | 05:14 | 05:13 | 05:05 | 35:14:00 |
| 199 | 520 | Ben Deveren van | M | 03:58 | 05:02 | 05:11 | 05:19 | 05:22 | 05:21 | 05:09 | 35:17:00 |
| 200 | 682 | Mark Munter de | M | 04:07 | 05:12 | 05:14 | 05:15 | 05:12 | 05:14 | 05:12 | 35:21:00 |
| 201 | 711 | Floris Druenen Van | M | 04:20 | 05:21 | 05:17 | 05:16 | 05:11 | 05:08 | 04:52 | 35:17:00 |
| 202 | 582 | Casper Schuppen van | M | 04:03 | 05:03 | 05:09 | 05:16 | 05:22 | 05:22 | 05:13 | 35:23:00 |
| 203 | 755 | Kevin Kloos | M | 04:06 | 05:09 | 05:06 | 05:14 | 05:21 | 05:17 | 05:16 | 35:24:00 |
| 204 | 600 | Wouter Rossum van | M | 04:07 | 05:11 | 05:14 | 05:16 | 05:13 | 05:15 | 05:15 | 35:27:00 |
| 205 | 796 | Angelo Gevert | M | 04:01 | 05:15 | 05:15 | 05:13 | 05:12 | 05:18 | 05:20 | 35:32:00 |
| 206 | 558 | Gerard Lange de | M | 04:15 | 05:14 | 05:15 | 05:14 | 05:17 | 05:18 | 05:01 | 35:25:00 |
| 207 | 527 | Jasper stein | M | 03:57 | 05:01 | 05:02 | 05:09 | 05:41 | 05:39 | 05:06 | 35:31:00 |
| 208 | 584 | Laurent Dieste | M | 04:06 | 05:12 | 05:15 | 05:17 | 05:15 | 05:16 | 05:15 | 35:32:00 |
| 209 | 661 | Jelle Buuren van | M | 04:08 | 05:14 | 05:14 | 05:15 | 05:14 | 05:17 | 05:16 | 35:33:00 |
| 210 | 605 | Rick Slot | M | 04:10 | 05:11 | 05:13 | 05:14 | 05:18 | 05:25 | 05:10 | 35:36:00 |
| 211 | 655 | René boer de | M | 04:06 | 05:10 | 05:15 | 05:14 | 05:17 | 05:20 | 05:19 | 35:37:00 |
| 212 | 676 | Stefan vries de | M | 03:51 | 05:07 | 05:18 | 05:17 | 05:29 | 05:30 | 05:11 | 35:42:00 |
| 213 | 629 | Max Duffelen van | M | 04:09 | 05:14 | 05:15 | 05:14 | 05:16 | 05:19 | 05:16 | 35:37:00 |
| 214 | 198 | Gideon Habtab | M | 04:06 | 05:10 | 05:15 | 05:16 | 05:18 | 05:18 | 05:20 | 35:37:00 |
| 215 | 511 | Darren Maanen van | M | 04:13 | 05:16 | 05:16 | 05:13 | 05:14 | 05:19 | 05:13 | 35:39:00 |
| 216 | 557 | Anton Snellen | M | 04:08 | 05:08 | 05:15 | 05:03 | 05:17 | 05:23 | 05:41 | 35:49:00 |
| 217 | 622 | Rik Wolswinkel | M | 04:18 | 05:18 | 05:20 | 05:21 | 05:16 | 05:19 | 05:05 | 35:48:00 |
| 218 | 624 | Arnoud Rijk | M | 04:09 | 05:12 | 05:13 | 05:12 | 05:21 | 05:28 | 05:23 | 35:51:00 |
| 219 | 635 | Jesse Beijer | M | 04:07 | 05:10 | 05:15 | 05:15 | 05:22 | 05:25 | 05:24 | 35:51:00 |
| 220 | 633 | Walter Roza | M | 04:09 | 05:11 | 05:14 | 05:16 | 05:22 | 05:27 | 05:18 | 35:51:00 |
| 221 | 673 | Leon Stel der van | M | 04:16 | 05:13 | 05:17 | 05:14 | 05:22 | 05:26 | 05:10 | 35:50:00 |
| 222 | 718 | Rick Burg der van | M | 04:02 | 05:14 | 05:14 | 05:15 | 05:15 | 05:31 | 05:28 | 35:52:00 |
| 223 | 504 | Mark Dullaart | M | 03:49 | 04:52 | 04:57 | 05:16 | 05:38 | 06:10 | 05:17 | 35:58:00 |
| 224 | 573 | Jorg Burgt der van | M | 04:16 | 05:21 | 05:24 | 05:25 | 05:20 | 05:13 | 05:05 | 35:59:00 |
| 225 | 222 | Harmen | M | 04:04 | 05:17 | 05:21 | 05:20 | 05:21 | 05:25 | 05:19 | 36:04:00 |
| 226 | 185 | Yorin Baarle van | M | 03:54 | 04:52 | 05:25 | 05:36 | 05:33 | 05:32 | 05:15 | 36:00:00 |
| 227 | 739 | Peter Heuvel den van | M | 04:21 | 05:18 | 05:21 | 05:22 | 05:26 | 05:21 | 05:05 | 36:02:00 |
| 228 | 685 | Paul Gabriëls | M | 04:07 | 05:12 | 05:14 | 05:16 | 05:24 | 05:28 | 05:31 | 36:09:00 |
| 229 | 532 | Jochem Loos | M | 04:02 | 05:07 | 05:15 | 05:31 | 05:33 | 05:32 | 05:14 | 36:10:00 |
| 230 | 645 | Roger Prudon | M | 04:07 | 05:10 | 05:14 | 05:20 | 05:31 | 05:33 | 05:20 | 36:07:00 |
| 231 | 735 | Tom Vennink | M | 04:20 | 05:17 | 05:19 | 05:19 | 05:22 | 05:23 | 05:16 | 36:06:00 |
| 232 | 716 | Joost Venne de Van | M | 04:15 | 05:18 | 05:22 | 05:24 | 05:23 | 05:23 | 05:12 | 36:08:00 |
| 233 | 632 | Martijn Nagtegaal | M | 04:13 | 05:17 | 05:22 | 05:23 | 05:24 | 05:23 | 05:16 | 36:11:00 |

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|-----|------|------------------------|---|-------|-------|-------|-------|-------|-------|-------|----------|
| 234 | 762 | Mark Brand den van | M | 04:20 | 05:17 | 05:17 | 05:21 | 05:22 | 05:24 | 05:16 | 36:09:00 |
| 235 | 712 | Leonard Bokhorst van | M | 04:14 | 05:14 | 05:17 | 05:18 | 05:24 | 05:29 | 05:24 | 36:12:00 |
| 236 | 730 | Arnout Boer | M | 04:23 | 05:19 | 05:23 | 05:22 | 05:20 | 05:21 | 05:12 | 36:11:00 |
| 237 | 726 | Bart Sloten van | M | 04:14 | 05:14 | 05:17 | 05:19 | 05:27 | 05:28 | 05:23 | 36:13:00 |
| 238 | 614 | Victor Geraedts | M | 04:08 | 05:12 | 05:17 | 05:27 | 05:31 | 05:32 | 05:22 | 36:23:00 |
| 239 | 742 | Wyko Rijnsburger | M | 04:24 | 05:21 | 05:20 | 05:22 | 05:22 | 05:22 | 05:18 | 36:20:00 |
| 240 | 732 | Marijn Rodenburg | M | 04:22 | 05:20 | 05:24 | 05:26 | 05:27 | 05:21 | 05:11 | 36:21:00 |
| 241 | 675 | Roy Jansen | M | 04:20 | 05:19 | 05:24 | 05:27 | 05:25 | 05:23 | 05:13 | 36:22:00 |
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| 243 | 536 | Stefan Bloemendaal | M | 04:12 | 05:16 | 05:22 | 05:26 | 05:28 | 05:26 | 05:23 | 36:29:00 |
| 244 | 724 | Rizvi Rahman | M | 04:17 | 05:17 | 05:18 | 05:22 | 05:38 | 05:30 | 05:11 | 36:26:00 |
| 245 | 782 | Peter Heijden der van | M | 04:17 | 05:18 | 05:24 | 05:29 | 05:26 | 05:28 | 05:12 | 36:28:00 |
| 246 | 801 | Yvo Oudman | M | 04:10 | 05:11 | 05:17 | 05:34 | 05:32 | 05:34 | 05:19 | 36:32:00 |
| 247 | 1084 | Leon Bremer | M | 04:22 | 05:30 | 05:27 | 05:25 | 05:26 | 05:21 | 05:09 | 36:35:00 |
| 248 | 709 | Barend | M | 04:20 | 05:18 | 05:18 | 05:25 | 05:27 | 05:29 | 05:23 | 36:32:00 |
| 249 | 684 | Ramon Nooijer de | M | 04:06 | 05:11 | 05:16 | 05:27 | 05:38 | 05:40 | 05:24 | 36:36:00 |
| 250 | 575 | Frank Bax | M | 04:16 | 05:17 | 05:21 | 05:25 | 05:30 | 05:29 | 05:24 | 36:35:00 |
| 251 | 660 | Frans Verschueren | M | 04:19 | 05:17 | 05:23 | 05:26 | 05:27 | 05:27 | 05:24 | 36:32:00 |
| 252 | 723 | Ivan Olthuis | M | 04:27 | 05:25 | 05:27 | 05:26 | 05:25 | 05:24 | 05:13 | 36:36:00 |
| 253 | 541 | Jony Oosterbos | M | 04:07 | 05:13 | 05:27 | 05:32 | 05:34 | 05:36 | 05:16 | 36:40:00 |
| 254 | 669 | Erik Dees | M | 04:26 | 05:26 | 05:26 | 05:26 | 05:25 | 05:24 | 05:14 | 36:37:00 |
| 255 | 1045 | Misja Steinmetz | M | 04:12 | 05:24 | 05:32 | 05:33 | 05:26 | 05:25 | 05:15 | 36:42:00 |
| 256 | 1061 | Stefan Kappert | M | 04:03 | 05:21 | 05:34 | 05:36 | 05:37 | 05:24 | 05:16 | 36:49:00 |
| 257 | 654 | Frans Brouwer | M | 04:10 | 05:13 | 05:24 | 05:28 | 05:35 | 05:35 | 05:25 | 36:45:00 |
| 258 | 715 | Niels Mossevelde van | M | 04:24 | 05:24 | 05:28 | 05:27 | 05:25 | 05:23 | 05:20 | 36:44:00 |
| 259 | 507 | Joris Voort der van | M | 04:13 | 05:18 | 05:21 | 05:28 | 05:31 | 05:37 | 05:24 | 36:45:00 |
| 260 | 759 | Nick Ommen van | M | 04:28 | 05:25 | 05:30 | 05:27 | 05:31 | 05:26 | 05:08 | 36:44:00 |
| 261 | 737 | Danny Verheezen | M | 04:11 | 05:13 | 05:16 | 05:34 | 05:43 | 05:44 | 05:14 | 36:51:00 |
| 262 | 733 | Alexander Castanon | M | 04:18 | 05:18 | 05:19 | 05:23 | 05:34 | 05:43 | 05:25 | 36:51:00 |
| 263 | 1024 | Philip Kremer | M | 04:02 | 05:19 | 05:21 | 05:30 | 05:39 | 05:42 | 05:28 | 36:59:00 |
| 264 | 795 | Max van Viersen | M | 04:26 | 05:26 | 05:26 | 05:26 | 05:25 | 05:23 | 05:30 | 36:53:00 |
| 265 | 1023 | Joost Rodenrijs | M | 04:21 | 05:30 | 05:27 | 05:24 | 05:27 | 05:28 | 05:26 | 37:00:00 |
| 266 | 1039 | Marco Plasmati | M | 04:23 | 05:29 | 05:27 | 05:25 | 05:27 | 05:27 | 05:27 | 37:00:00 |
| 267 | 674 | Jørgen Hemesath | M | 04:16 | 05:28 | 05:27 | 05:31 | 05:27 | 05:30 | 05:29 | 37:05:00 |
| 268 | 800 | Aschwin Joeloemsingh | M | 04:01 | 05:14 | 05:15 | 05:24 | 05:44 | 05:53 | 05:37 | 37:06:00 |
| 269 | 1008 | Maarten Leeningen van | M | 04:22 | 05:32 | 05:30 | 05:31 | 05:31 | 05:28 | 05:15 | 37:06:00 |
| 270 | 761 | Pablito | M | 04:20 | 05:31 | 05:27 | 05:26 | 05:26 | 05:43 | 05:17 | 37:09:00 |
| 271 | 769 | Andy Nieuwenhuijse | M | 04:16 | 05:16 | 05:22 | 05:26 | 05:33 | 05:41 | 05:37 | 37:05:00 |
| 272 | 1145 | Jorn Persoon | M | 04:23 | 05:30 | 05:26 | 05:26 | 05:26 | 05:26 | 05:35 | 37:06:00 |
| 273 | 731 | Dennis Gerritse | M | 04:17 | 05:18 | 05:25 | 05:31 | 05:37 | 05:37 | 05:27 | 37:05:00 |
| 274 | 1040 | Matthew Weaver | M | 04:27 | 05:26 | 05:26 | 05:28 | 05:34 | 05:35 | 05:18 | 37:04:00 |
| 275 | 1048 | Floris Beltman | M | 04:22 | 05:31 | 05:27 | 05:24 | 05:27 | 05:28 | 05:36 | 37:10:00 |
| 276 | 1010 | Kevin Schelvis | M | 04:22 | 05:30 | 05:27 | 05:25 | 05:31 | 05:37 | 05:23 | 37:12:00 |
| 277 | 744 | Jim Tijdgat | M | 04:24 | 05:26 | 05:26 | 05:28 | 05:27 | 05:36 | 05:31 | 37:08:00 |
| 278 | 668 | Dennis Rog | M | 04:14 | 05:16 | 05:21 | 05:28 | 05:30 | 05:34 | 05:58 | 37:13:00 |
| 279 | 790 | Enrico Kretschmar | M | 04:21 | 05:31 | 05:27 | 05:26 | 05:33 | 05:40 | 05:22 | 37:19:00 |
| 280 | 1043 | Ronald Loon van | M | 04:05 | 05:20 | 05:31 | 05:37 | 05:37 | 05:30 | 05:44 | 37:22:00 |
| 281 | 774 | Michel Wijngaarden van | M | 04:27 | 05:26 | 05:27 | 05:29 | 05:32 | 05:35 | 05:30 | 37:13:00 |
| 282 | 572 | Anton Costeris | M | 04:14 | 05:15 | 05:19 | 05:32 | 05:41 | 05:46 | 05:40 | 37:20:00 |
| 283 | 649 | Michel Hoven den van | M | 04:16 | 05:18 | 05:25 | 05:34 | 05:39 | 05:46 | 05:34 | 37:24:00 |
| 284 | 1313 | Steven Kramer | M | 04:20 | 05:31 | 05:28 | 05:27 | 05:38 | 05:40 | 05:29 | 37:28:00 |
| 285 | 644 | Jeffrey Duyvestein | M | 04:14 | 05:16 | 05:15 | 05:22 | 05:28 | 06:04 | 05:55 | 37:27:00 |
| 286 | 1060 | Arie Berg den van | M | 04:21 | 05:31 | 05:29 | 05:34 | 05:38 | 05:38 | 05:24 | 37:34:00 |
| 287 | 643 | Matthijs Beek der van | M | 04:15 | 05:15 | 05:23 | 05:30 | 05:41 | 05:49 | 05:42 | 37:27:00 |
| 288 | 717 | Quint Beek van | M | 04:21 | 05:26 | 05:29 | 05:33 | 05:37 | 05:40 | 05:30 | 37:28:00 |
| 289 | 749 | Jaap Norbruis | M | 04:22 | 05:30 | 05:30 | 05:28 | 05:35 | 05:37 | 05:37 | 37:32:00 |
| 290 | 1012 | Koen Gribnau | M | 04:24 | 05:23 | 05:29 | 05:30 | 05:34 | 05:38 | 05:43 | 37:31:00 |
| 291 | 1069 | Dennis Hopman | M | 04:23 | 05:37 | 05:37 | 05:36 | 05:36 | 05:34 | 05:20 | 37:40:00 |
| 292 | 638 | Falco Dijk van | M | 04:18 | 05:19 | 05:26 | 05:36 | 05:42 | 05:43 | 05:41 | 37:36:00 |
| 293 | 547 | Marc Klemann | M | 04:25 | 05:27 | 05:30 | 05:40 | 05:44 | 05:40 | 05:20 | 37:37:00 |
| 294 | 186 | Noud Langenhuizen | M | 03:46 | 04:47 | 04:52 | 04:52 | 04:50 | 05:11 | 09:29 | 37:44:00 |
| 295 | 1029 | Alex Berg den van | M | 04:23 | 05:33 | 05:31 | 05:37 | 05:40 | 05:37 | 05:26 | 37:43:00 |
| 296 | 1315 | Jens Tybout | M | 04:22 | 05:31 | 05:26 | 05:25 | 05:33 | 05:44 | 05:47 | 37:45:00 |
| 297 | 1053 | Jeffrey Bijl | M | 04:26 | 05:38 | 05:37 | 05:34 | 05:37 | 05:33 | 05:25 | 37:44:00 |
| 298 | 725 | Jesper Speekenbrink | M | 04:22 | 05:26 | 05:30 | 05:29 | 05:37 | 05:44 | 05:42 | 37:42:00 |
| 299 | 681 | Remco Spierings | M | 04:29 | 05:30 | 05:31 | 05:33 | 05:35 | 05:36 | 05:35 | 37:39:00 |
| 300 | 741 | Pim Broekhuizen van | M | 04:29 | 05:30 | 05:31 | 05:34 | 05:34 | 05:37 | 05:35 | 37:42:00 |
| 301 | 1000 | Marcel Geijn van | M | 04:27 | 05:36 | 05:38 | 05:35 | 05:35 | 05:35 | 05:25 | 37:46:00 |
| 302 | 781 | Bob Lawende | M | 04:24 | 05:27 | 05:31 | 05:35 | 05:40 | 05:43 | 05:33 | 37:43:00 |
| 303 | 1033 | Emiel Eijk van | M | 04:23 | 05:30 | 05:26 | 05:31 | 05:45 | 05:51 | 05:26 | 37:48:00 |
| 304 | 1001 | Brendin Scholtz | M | 04:39 | 05:38 | 05:36 | 05:27 | 05:32 | 05:35 | 05:29 | 37:44:00 |
| 305 | 1129 | Lars Nijboer | M | 04:41 | 05:40 | 05:41 | 05:35 | 05:35 | 05:30 | 05:13 | 37:46:00 |
| 306 | 780 | Jan Reurings | M | 04:30 | 05:35 | 05:37 | 05:37 | 05:36 | 05:39 | 05:22 | 37:45:00 |
| 307 | 627 | Erwin Meijer | M | 04:26 | 05:33 | 05:35 | 05:37 | 05:37 | 05:36 | 05:33 | 37:50:00 |
| 308 | 1052 | Georg Maurder | M | 04:29 | 05:35 | 05:37 | 05:34 | 05:34 | 05:38 | 05:32 | 37:52:00 |
| 309 | 1134 | Wouter Kanselaar | M | 04:23 | 05:37 | 05:35 | 05:36 | 05:38 | 05:40 | 05:32 | 37:58:00 |
| 310 | 1026 | Richard holstege | M | 04:23 | 05:35 | 05:37 | 05:39 | 05:39 | 05:43 | 05:27 | 38:01:00 |
| 311 | 1117 | Brian Horsten | M | 04:26 | 05:36 | 05:36 | 05:36 | 05:40 | 05:39 | 05:29 | 37:55:00 |
| 312 | 1077 | Frank Drenth | M | 04:29 | 05:36 | 05:37 | 05:34 | 05:38 | 05:43 | 05:27 | 37:57:00 |

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| 313 | 752 | Bert Boter | M | 04:25 | 05:26 | 05:33 | 05:39 | 05:37 | 05:44 | 05:40 | 37:55:00 |
| 314 | 1056 | Dennis Doorduyn | M | 04:22 | 05:31 | 05:31 | 05:38 | 05:43 | 05:43 | 05:37 | 38:03:00 |
| 315 | 1062 | Nick Reintjes | M | 04:22 | 05:32 | 05:30 | 05:40 | 05:48 | 05:51 | 05:26 | 38:07:00 |
| 316 | 722 | Randolph Nicia | M | 04:32 | 05:43 | 05:43 | 05:42 | 05:37 | 05:35 | 05:17 | 38:08:00 |
| 317 | 734 | Erik Verboon | M | 04:32 | 05:37 | 05:37 | 05:43 | 05:39 | 05:38 | 05:22 | 38:02:00 |
| 318 | 1309 | Thomas van Steenberg | M | 04:24 | 05:35 | 05:38 | 05:35 | 05:36 | 05:45 | 05:41 | 38:09:00 |
| 319 | 1092 | Johan Neve | M | 04:24 | 05:37 | 05:35 | 05:37 | 05:46 | 05:42 | 05:33 | 38:13:00 |
| 320 | 789 | Wijnand Jelier | M | 04:28 | 05:25 | 05:32 | 05:39 | 05:45 | 05:56 | 05:32 | 38:05:00 |
| 321 | 1027 | Jasper Pliester | M | 04:33 | 05:34 | 05:36 | 05:40 | 05:39 | 05:41 | 05:34 | 38:09:00 |
| 322 | 778 | Cornee Waal der van | M | 04:25 | 05:26 | 05:29 | 05:34 | 05:43 | 05:48 | 05:55 | 38:10:00 |
| 323 | 1138 | Igor koevoets | M | 04:33 | 05:42 | 05:34 | 05:39 | 05:37 | 05:37 | 05:41 | 38:16:00 |
| 324 | 1168 | Patrick Iersel van | M | 04:23 | 05:37 | 05:37 | 05:40 | 05:46 | 05:44 | 05:38 | 38:23:00 |
| 325 | 1015 | Robert Zandjans | M | 04:22 | 05:34 | 05:33 | 05:35 | 05:42 | 05:50 | 05:50 | 38:23:00 |
| 326 | 1110 | Christian Verdaasdonk | M | 04:33 | 05:43 | 05:44 | 05:44 | 05:41 | 05:39 | 05:22 | 38:20:00 |
| 327 | 552 | Anthony Fortin | M | 04:33 | 05:43 | 05:44 | 05:44 | 05:41 | 05:39 | 05:22 | 38:21:00 |
| 328 | 1003 | Freek Goedhart | M | 04:22 | 05:31 | 05:36 | 05:41 | 05:42 | 05:49 | 05:45 | 38:25:00 |
| 329 | 697 | Harald Gils van | M | 04:25 | 05:29 | 05:31 | 05:40 | 05:43 | 05:50 | 05:52 | 38:21:00 |
| 330 | 529 | Bastien LABRUE | M | 04:21 | 05:30 | 05:31 | 05:42 | 05:49 | 05:58 | 05:41 | 38:28:00 |
| 331 | 1106 | Bart Ginkel van | M | 04:29 | 05:35 | 05:38 | 05:40 | 05:47 | 05:45 | 05:37 | 38:25:00 |
| 332 | 758 | Bas Breemen van | M | 04:32 | 05:31 | 05:38 | 05:40 | 05:42 | 05:47 | 05:44 | 38:24:00 |
| 333 | 1076 | Jelmer Jacobs | M | 04:42 | 06:00 | 06:07 | 05:57 | 05:13 | 05:19 | 05:18 | 38:30:00 |
| 334 | 771 | Stefan Ploeg der van | M | 04:45 | 05:45 | 05:50 | 05:40 | 05:34 | 05:35 | 05:30 | 38:29:00 |
| 335 | 1090 | Jordy Timmerman | M | 04:36 | 05:46 | 05:41 | 05:44 | 05:44 | 05:41 | 05:27 | 38:31:00 |
| 336 | 1078 | Tjeerd Piersma | M | 04:21 | 05:31 | 05:29 | 05:34 | 05:52 | 05:57 | 05:57 | 38:38:00 |
| 337 | 1011 | Maarten Sluifjters | M | 04:37 | 05:40 | 05:45 | 05:44 | 05:41 | 05:43 | 05:32 | 38:33:00 |
| 338 | 1167 | Martijn Ruff | M | 04:34 | 05:44 | 05:44 | 05:43 | 05:45 | 05:43 | 05:35 | 38:44:00 |
| 339 | 1025 | Wouter Berg den van | M | 04:28 | 05:35 | 05:38 | 05:37 | 05:43 | 05:59 | 05:51 | 38:45:00 |
| 340 | 1119 | Dave Stuijbergen | M | 04:30 | 05:35 | 05:38 | 05:41 | 05:49 | 06:00 | 05:38 | 38:43:00 |
| 341 | 1169 | Maarten Broek den van | M | 04:45 | 05:47 | 05:48 | 05:47 | 05:41 | 05:40 | 05:28 | 38:44:00 |
| 342 | 1091 | Joris Bongers | M | 04:37 | 05:40 | 05:44 | 05:48 | 05:51 | 05:46 | 05:31 | 38:46:00 |
| 343 | 1122 | Kees Prins | M | 04:24 | 05:34 | 05:37 | 05:46 | 05:54 | 05:57 | 05:47 | 38:55:00 |
| 344 | 1038 | Collin holstege | M | 04:23 | 05:38 | 05:40 | 05:49 | 05:50 | 05:52 | 05:50 | 38:59:00 |
| 345 | 1153 | Joost Arum van | M | 04:45 | 06:00 | 05:42 | 05:48 | 05:40 | 05:37 | 05:34 | 38:56:00 |
| 346 | 1300 | Steven Meulen ter | M | 04:32 | 05:44 | 05:44 | 05:46 | 05:47 | 05:50 | 05:47 | 39:05:00 |
| 347 | 1198 | Thijs Wel der van | M | 04:42 | 05:45 | 05:48 | 05:46 | 05:45 | 05:43 | 05:40 | 39:04:00 |
| 348 | 1173 | Guido | M | 04:33 | 05:41 | 05:44 | 05:49 | 05:50 | 05:55 | 05:42 | 39:07:00 |
| 349 | 1094 | Jan Broek den van | M | 04:29 | 05:29 | 05:38 | 05:53 | 05:58 | 06:03 | 05:46 | 39:07:00 |
| 350 | 1190 | Bob Wester | M | 04:38 | 05:45 | 05:48 | 05:49 | 05:48 | 05:52 | 05:36 | 39:08:00 |
| 351 | 1152 | Jacco Leeuwerink | M | 04:23 | 05:33 | 05:33 | 05:41 | 05:54 | 06:09 | 06:04 | 39:14:00 |
| 352 | 1158 | Umar Ikram | M | 04:17 | 05:31 | 05:44 | 05:57 | 06:05 | 06:03 | 05:42 | 39:16:00 |
| 353 | 1157 | Jeroen Freriks | M | 04:35 | 05:46 | 05:51 | 05:48 | 05:49 | 05:49 | 05:41 | 39:13:00 |
| 354 | 615 | Patrick Stastra | M | 04:33 | 05:32 | 05:46 | 05:49 | 05:50 | 05:54 | 05:57 | 39:11:00 |
| 355 | 1159 | Loek Steijn van | M | 04:34 | 05:48 | 05:50 | 05:46 | 05:50 | 05:48 | 05:46 | 39:16:00 |
| 356 | 1199 | Benjamin Levi | M | 04:13 | 05:33 | 05:44 | 05:55 | 05:55 | 06:06 | 05:59 | 39:18:00 |
| 357 | 1192 | Bart Tunen van | M | 04:40 | 05:46 | 05:53 | 05:50 | 05:50 | 05:51 | 05:35 | 39:16:00 |
| 358 | 1156 | Jules Heuberger | M | 04:35 | 05:53 | 05:55 | 05:48 | 05:45 | 05:50 | 05:44 | 39:22:00 |
| 359 | 793 | Thomas driessen | M | 04:39 | 05:42 | 05:49 | 05:53 | 05:53 | 05:56 | 05:44 | 39:25:00 |
| 360 | 1311 | Thomas White | M | 04:33 | 05:57 | 05:54 | 05:54 | 05:52 | 05:54 | 05:36 | 39:37:00 |
| 361 | 1204 | Ben Hellendoorn | M | 04:29 | 05:49 | 05:52 | 05:51 | 05:54 | 05:58 | 05:46 | 39:37:00 |
| 362 | 698 | Fré Vink | M | 04:29 | 05:36 | 05:45 | 05:52 | 06:05 | 06:05 | 05:48 | 39:31:00 |
| 363 | 1018 | Martin Kooij | M | 04:38 | 05:51 | 05:56 | 05:54 | 05:51 | 05:52 | 05:38 | 39:35:00 |
| 364 | 766 | Nelson Peterson | M | 04:21 | 05:31 | 05:47 | 06:08 | 06:09 | 06:04 | 05:41 | 39:40:00 |
| 365 | 783 | Joris Kamp der van | M | 04:22 | 05:32 | 05:28 | 05:36 | 06:03 | 06:23 | 06:19 | 39:41:00 |
| 366 | 786 | Michiel Otten | M | 04:30 | 05:35 | 05:40 | 05:55 | 06:00 | 06:06 | 05:59 | 39:35:00 |
| 367 | 1257 | Mark Flietstra | M | 04:35 | 05:47 | 05:52 | 05:53 | 05:58 | 06:00 | 05:44 | 39:42:00 |
| 368 | 1208 | Edwin Vrieselaar | M | 04:40 | 05:45 | 05:50 | 05:48 | 05:56 | 05:59 | 05:49 | 39:41:00 |
| 369 | 1256 | Danny Laak Ter | M | 04:35 | 05:55 | 05:53 | 05:53 | 05:52 | 05:54 | 05:47 | 39:38:00 |
| 370 | 1136 | Jeroen Wessels | M | 04:33 | 05:44 | 05:46 | 05:43 | 05:47 | 06:14 | 06:03 | 39:46:00 |
| 371 | 1260 | Jorg Mark der van | M | 04:32 | 05:46 | 05:46 | 05:54 | 05:50 | 05:56 | 06:06 | 39:47:00 |
| 372 | 1182 | Frank Rensen | M | 04:47 | 05:45 | 05:47 | 05:50 | 05:52 | 05:58 | 05:52 | 39:37:00 |
| 373 | 1215 | Etienne Hoogstraten | M | 04:43 | 05:48 | 05:52 | 05:56 | 05:56 | 05:56 | 05:41 | 39:43:00 |
| 374 | 1193 | Jannes Zevenbergen | M | 04:37 | 05:38 | 05:45 | 05:53 | 05:55 | 06:01 | 06:02 | 39:41:00 |
| 375 | 1307 | Claran Hardewijn | M | 04:47 | 05:58 | 06:01 | 05:55 | 05:55 | 05:46 | 05:36 | 39:45:00 |
| 376 | 1174 | Jelle Koerselman | M | 04:50 | 05:55 | 05:51 | 05:49 | 05:51 | 05:52 | 05:50 | 39:47:00 |
| 377 | 1082 | Seth Savooijen van | M | 04:49 | 05:43 | 05:50 | 05:50 | 05:58 | 05:54 | 05:55 | 39:45:00 |
| 378 | 97 | Guus Reijngoud | M | 04:41 | 05:48 | 05:52 | 05:55 | 05:55 | 05:58 | 05:49 | 39:50:00 |
| 379 | 1251 | Levi Gardien | M | 04:43 | 05:56 | 05:57 | 05:57 | 05:55 | 05:56 | 05:37 | 39:53:00 |
| 380 | 1197 | Ben Zwartveld | M | 04:37 | 05:52 | 05:54 | 05:56 | 05:56 | 06:00 | 05:50 | 40:00:00 |
| 381 | 1093 | Ed Plugge | M | 04:28 | 05:37 | 05:41 | 05:57 | 06:07 | 06:16 | 06:01 | 40:03:00 |
| 382 | 1142 | Dominic Sweben | M | 04:21 | 05:34 | 05:53 | 06:09 | 06:06 | 06:08 | 05:58 | 40:06:00 |
| 383 | 1177 | Dennis pavert de van | M | 04:34 | 05:45 | 05:54 | 05:59 | 06:03 | 06:08 | 05:46 | 39:58:00 |
| 384 | 1303 | Ralf Zanden der van | M | 04:45 | 05:59 | 05:52 | 05:59 | 06:01 | 05:51 | 05:43 | 40:00:00 |
| 385 | 1046 | Frido Verschoor | M | 04:31 | 05:47 | 05:53 | 06:01 | 06:04 | 06:06 | 05:47 | 40:05:00 |
| 386 | 1172 | Thomas Boogaart | M | 04:54 | 05:54 | 05:57 | 05:54 | 05:54 | 05:53 | 05:45 | 40:00:00 |
| 387 | 1123 | Ernst Meindersma Jan | M | 04:32 | 05:50 | 05:51 | 05:59 | 06:08 | 06:09 | 05:46 | 40:09:00 |
| 388 | 1131 | Martijn Hiensch | M | 04:25 | 05:47 | 05:50 | 06:00 | 06:05 | 06:10 | 06:04 | 40:18:00 |
| 389 | 1017 | Randall Boer de | M | 04:57 | 05:56 | 05:56 | 05:56 | 05:59 | 05:56 | 05:43 | 40:11:00 |
| 390 | 1097 | Paul Hanifer | M | 04:35 | 05:36 | 05:42 | 05:55 | 06:09 | 06:20 | 06:11 | 40:22:00 |
| 391 | 1283 | Jim Leseman | M | 04:45 | 05:57 | 05:53 | 05:59 | 06:01 | 06:04 | 05:49 | 40:17:00 |

| | | | | | | | | | | | |
|-----|------|---------------------------|---|-------|-------|-------|-------|-------|-------|-------|----------|
| 392 | 1067 | Bart Rosmalen van | M | 04:45 | 05:59 | 05:52 | 06:01 | 06:01 | 06:02 | 05:53 | 40:25:00 |
| 393 | 1261 | Martin Buck | M | 04:43 | 06:01 | 06:02 | 05:58 | 05:54 | 06:03 | 05:58 | 40:30:00 |
| 394 | 1147 | Sergii Guzenko | M | 04:44 | 05:48 | 05:52 | 06:08 | 06:26 | 06:04 | 05:42 | 40:31:00 |
| 395 | 1250 | Koen Essen van | M | 04:47 | 05:57 | 05:53 | 05:57 | 06:01 | 06:10 | 06:00 | 40:33:00 |
| 396 | 1287 | Jurre Sturris Pieter | M | 04:58 | 05:59 | 05:55 | 06:01 | 06:04 | 06:00 | 05:48 | 40:31:00 |
| 397 | 1518 | Emir | M | 04:32 | 05:44 | 05:47 | 06:02 | 06:14 | 06:21 | 06:09 | 40:46:00 |
| 398 | 792 | Alex Meeldijk | M | 04:42 | 05:56 | 05:56 | 05:56 | 06:09 | 06:10 | 06:00 | 40:42:00 |
| 399 | 1253 | Heerko Koops | M | 04:44 | 05:57 | 05:59 | 06:03 | 06:04 | 06:11 | 05:52 | 40:42:00 |
| 400 | 1133 | Marijn Goud | M | 04:51 | 05:57 | 06:03 | 05:58 | 06:04 | 06:03 | 05:55 | 40:40:00 |
| 401 | 1201 | Chris Peters | M | 04:47 | 05:58 | 06:01 | 05:58 | 05:53 | 06:03 | 06:12 | 40:40:00 |
| 402 | 1148 | Elfver Vandenbraembussche | M | 04:41 | 05:46 | 05:57 | 06:06 | 06:07 | 06:14 | 06:04 | 40:43:00 |
| 403 | 1180 | Maarten Berkhout | M | 04:47 | 05:59 | 06:01 | 06:02 | 06:01 | 06:08 | 06:07 | 40:54:00 |
| 404 | 1037 | Sonny Worp de van | M | 04:48 | 05:51 | 05:57 | 06:08 | 06:09 | 06:23 | 05:50 | 40:50:00 |
| 405 | 1244 | Mark Cuijpers | M | 04:43 | 06:00 | 06:02 | 06:01 | 06:06 | 06:12 | 06:02 | 40:57:00 |
| 406 | 1219 | Bas Oudejans | M | 04:47 | 05:57 | 06:04 | 05:59 | 06:04 | 06:11 | 06:04 | 40:57:00 |
| 407 | 1226 | Joost Belier | M | 04:44 | 05:50 | 05:54 | 06:06 | 06:09 | 06:14 | 06:11 | 40:59:00 |
| 408 | 1224 | Rob Goorbergh den van | M | 04:55 | 05:59 | 05:57 | 06:01 | 06:01 | 06:11 | 06:06 | 40:56:00 |
| 409 | 1002 | Philipp Mösta | M | 04:52 | 05:56 | 06:02 | 06:05 | 06:09 | 06:10 | 06:00 | 41:02:00 |
| 410 | 1306 | Robin Schuring | M | 04:58 | 06:08 | 06:14 | 06:06 | 06:04 | 06:05 | 05:44 | 41:09:00 |
| 411 | 1044 | Ben Donk van | M | 04:50 | 05:56 | 06:06 | 06:14 | 06:05 | 06:21 | 05:50 | 41:08:00 |
| 412 | 1291 | Misha Beijer de | M | 04:44 | 05:59 | 06:05 | 06:11 | 06:17 | 06:11 | 05:55 | 41:11:00 |
| 413 | 1108 | Jaap Winden van | M | 04:52 | 05:55 | 06:02 | 06:03 | 06:09 | 06:16 | 06:08 | 41:13:00 |
| 414 | 1314 | Jeroen van der Molen | M | 04:32 | 05:57 | 05:54 | 05:57 | 06:26 | 06:33 | 06:14 | 41:32:00 |
| 415 | 1217 | Sant Brinkman | M | 04:47 | 05:56 | 05:53 | 05:58 | 06:11 | 06:31 | 06:19 | 41:22:00 |
| 416 | 1290 | Yves Bakker | M | 04:56 | 06:08 | 06:05 | 06:10 | 06:13 | 06:09 | 05:55 | 41:33:00 |
| 417 | 1711 | Sjors van Den Broek | M | 04:45 | 06:00 | 06:13 | 06:16 | 06:17 | 06:13 | 05:52 | 41:33:00 |
| 418 | 1292 | Ceel Heuvel den van | M | 04:53 | 06:01 | 06:01 | 06:11 | 06:13 | 06:17 | 06:01 | 41:25:00 |
| 419 | 1263 | Stefan Vinken | M | 04:45 | 06:00 | 06:01 | 06:00 | 06:13 | 06:30 | 06:11 | 41:28:00 |
| 420 | 1268 | Peter Daniels | M | 04:42 | 06:00 | 06:02 | 06:02 | 06:13 | 06:22 | 06:18 | 41:32:00 |
| 421 | 1500 | Tim Wiggers | M | 04:35 | 06:05 | 06:16 | 06:16 | 06:18 | 06:14 | 05:57 | 41:40:00 |
| 422 | 1240 | Niels Frowijn | M | 04:54 | 06:07 | 06:11 | 06:13 | 06:05 | 06:04 | 06:11 | 41:37:00 |
| 423 | 1248 | Mike Zijlmans | M | 04:40 | 05:49 | 05:53 | 05:58 | 06:16 | 06:30 | 06:40 | 41:38:00 |
| 424 | 1230 | Nando Zoutman | M | 04:54 | 06:05 | 06:10 | 06:10 | 06:14 | 06:12 | 06:04 | 41:37:00 |
| 425 | 1047 | Sian keil | M | 04:41 | 05:57 | 06:07 | 06:13 | 06:17 | 06:20 | 06:19 | 41:48:00 |
| 426 | 1519 | Michel Verheezzen | M | 04:47 | 06:07 | 06:09 | 06:13 | 06:13 | 06:14 | 06:10 | 41:51:00 |
| 427 | 1161 | Richard Lelieveld | M | 04:58 | 06:08 | 06:15 | 06:10 | 06:13 | 06:14 | 06:00 | 41:47:00 |
| 428 | 1288 | Reinoud Pauwels | M | 04:55 | 06:01 | 06:03 | 06:10 | 06:16 | 06:20 | 06:15 | 41:45:00 |
| 429 | 1266 | Jeffrey Windt der van | M | 05:05 | 06:12 | 06:13 | 06:13 | 06:13 | 06:11 | 05:53 | 41:46:00 |
| 430 | 1107 | Jerrie Suijker | M | 04:32 | 05:42 | 06:00 | 06:16 | 06:23 | 06:37 | 06:32 | 41:55:00 |
| 431 | 1542 | Allard Pliester | M | 04:34 | 06:13 | 06:15 | 06:17 | 06:22 | 06:19 | 06:14 | 42:13:00 |
| 432 | 1293 | Harmen Norel Van | M | 04:54 | 06:08 | 06:10 | 06:14 | 06:10 | 06:29 | 06:11 | 42:10:00 |
| 433 | 1282 | Tristan Kroon | M | 04:54 | 05:53 | 06:03 | 06:10 | 06:31 | 06:28 | 06:21 | 42:06:00 |
| 434 | 1305 | Michiel Swart | M | 05:05 | 06:09 | 06:16 | 06:16 | 06:18 | 06:18 | 06:04 | 42:12:00 |
| 435 | 1104 | Mark Holl | M | 04:49 | 05:57 | 06:03 | 06:26 | 06:27 | 06:26 | 06:22 | 42:20:00 |
| 436 | 1533 | Martijn Boom | M | 04:34 | 06:14 | 06:12 | 06:17 | 06:21 | 06:33 | 06:23 | 42:32:00 |
| 437 | 1264 | Daniël Vries de | M | 04:55 | 05:59 | 06:14 | 06:17 | 06:21 | 06:32 | 06:19 | 42:22:00 |
| 438 | 1259 | Dennis vries De | M | 04:48 | 06:01 | 06:03 | 06:16 | 06:23 | 06:50 | 06:16 | 42:25:00 |
| 439 | 1274 | Mike Sanderman | M | 04:53 | 06:14 | 06:15 | 06:19 | 06:14 | 06:31 | 06:13 | 42:39:00 |
| 440 | 1233 | Niels Wille | M | 04:44 | 06:01 | 06:05 | 06:23 | 06:33 | 06:27 | 06:28 | 42:30:00 |
| 441 | 1086 | Lars Sanden de van | M | 04:33 | 05:53 | 05:56 | 06:24 | 06:44 | 06:36 | 06:41 | 42:36:00 |
| 442 | 1269 | Eric Keij | M | 05:04 | 06:12 | 06:15 | 06:11 | 06:13 | 06:27 | 06:27 | 42:35:00 |
| 443 | 1124 | Yannick Speetjens | M | 04:50 | 06:03 | 06:25 | 06:30 | 06:29 | 06:27 | 06:05 | 42:40:00 |
| 444 | 1540 | Stephan Hannot | M | 04:38 | 06:12 | 06:16 | 06:22 | 06:32 | 06:30 | 06:24 | 42:48:00 |
| 445 | 1536 | Guido Riet, van de | M | 04:36 | 06:02 | 06:14 | 06:23 | 06:26 | 06:44 | 06:38 | 43:02:00 |
| 446 | 1569 | Tom Beek, van | M | 04:51 | 06:14 | 06:15 | 06:23 | 06:30 | 06:31 | 06:22 | 43:00:00 |
| 447 | 1126 | Reinier Könemann | M | 04:44 | 05:52 | 06:00 | 06:25 | 06:49 | 06:56 | 06:25 | 43:04:00 |
| 448 | 1553 | Chris Krijger | M | 04:35 | 06:14 | 06:17 | 06:18 | 06:31 | 06:44 | 06:34 | 43:09:00 |
| 449 | 1195 | Nicander Kemper | M | 04:47 | 06:00 | 06:16 | 06:37 | 06:40 | 06:37 | 06:15 | 43:01:00 |
| 450 | 1275 | Robert-Jan Gebuis | M | 04:50 | 06:12 | 06:21 | 06:28 | 06:31 | 06:31 | 06:23 | 43:06:00 |
| 451 | 1179 | Henk Jonkers Formijne | M | 04:44 | 06:00 | 06:07 | 06:27 | 06:36 | 06:43 | 06:40 | 43:08:00 |
| 452 | 1203 | Gerben Roordink | M | 04:27 | 05:48 | 06:02 | 06:11 | 06:20 | 06:53 | 07:35 | 43:14:00 |
| 453 | 1255 | Marius | M | 04:46 | 05:59 | 06:02 | 06:08 | 06:28 | 06:46 | 07:09 | 43:09:00 |
| 454 | 1577 | Rob Alblas | M | 04:54 | 06:11 | 06:15 | 06:23 | 06:37 | 06:34 | 06:29 | 43:19:00 |
| 455 | 1279 | Rico Theunissen | M | 04:59 | 06:09 | 06:20 | 06:24 | 06:35 | 06:42 | 06:26 | 43:20:00 |
| 456 | 1556 | Martijn Brink, van den | M | 04:52 | 06:14 | 06:29 | 06:36 | 06:30 | 06:41 | 06:16 | 43:30:00 |
| 457 | 1286 | Daan Li Hong Jen | M | 05:19 | 06:31 | 06:48 | 06:48 | 06:44 | 05:54 | 05:41 | 43:37:00 |
| 458 | 1647 | Jasper Lounio | M | 04:20 | 05:53 | 06:28 | 06:34 | 07:10 | 06:59 | 06:31 | 43:53:00 |
| 459 | 1516 | Sjoerd Felix | M | 04:37 | 05:57 | 06:14 | 06:32 | 06:45 | 06:56 | 06:57 | 43:54:00 |
| 460 | 1548 | Jaap Graaf, de | M | 04:34 | 06:14 | 06:20 | 06:36 | 06:52 | 06:46 | 06:37 | 43:55:00 |
| 461 | 1615 | Erik Pennings | M | 04:36 | 06:13 | 06:15 | 06:35 | 07:04 | 06:55 | 06:25 | 44:01:00 |
| 462 | 1600 | Herman | M | 04:55 | 06:16 | 06:25 | 06:31 | 06:30 | 07:00 | 06:38 | 44:07:00 |
| 463 | 1206 | Sven Munckhof den Van | M | 04:43 | 06:00 | 06:07 | 06:51 | 07:05 | 06:58 | 06:39 | 44:16:00 |
| 464 | 1229 | Julian Habets | M | 04:40 | 06:06 | 06:14 | 06:30 | 06:55 | 07:18 | 06:41 | 44:20:00 |
| 465 | 1713 | Tim Janss | M | 04:57 | 06:10 | 06:22 | 06:33 | 06:50 | 07:02 | 06:31 | 44:19:00 |
| 466 | 1135 | Thijs Lansbergen | M | 05:12 | 06:21 | 06:27 | 06:31 | 06:35 | 06:46 | 06:33 | 44:11:00 |
| 467 | 1545 | Marco Greeven | M | 04:46 | 06:12 | 06:24 | 06:28 | 06:47 | 07:08 | 06:43 | 44:20:00 |
| 468 | 1296 | Jaap Westerbeek | M | 04:54 | 05:58 | 06:40 | 07:16 | 06:53 | 06:48 | 06:14 | 44:30:00 |
| 469 | 1546 | Denis Lemardeley | M | 04:43 | 06:14 | 06:26 | 06:45 | 06:51 | 07:04 | 06:49 | 44:44:00 |
| 470 | 1561 | Mascha Krijtenburg | M | 05:17 | 06:30 | 06:32 | 06:36 | 06:38 | 06:44 | 06:40 | 44:46:00 |

| | | | | | | | | | | | |
|-----|------|-----------------------|---|-------|-------|-------|-------|-------|-------|----------|----------|
| 471 | 1586 | Armand Schuurman | M | 04:58 | 06:24 | 06:31 | 06:43 | 06:52 | 06:50 | 06:39 | 44:52:00 |
| 472 | 1582 | Bart Baekelandt | M | 05:06 | 06:31 | 06:36 | 06:37 | 06:42 | 06:45 | 06:41 | 44:54:00 |
| 473 | 1539 | Mattijs kloppenborg | M | 04:35 | 06:15 | 06:15 | 06:36 | 07:33 | 07:01 | 06:45 | 44:58:00 |
| 474 | 1507 | Patrick Strengman | M | 04:46 | 06:24 | 06:30 | 06:51 | 06:56 | 07:11 | 06:36 | 45:12:00 |
| 475 | 1515 | Geertjan Woltjes | M | 05:13 | 06:29 | 06:42 | 06:44 | 06:41 | 06:55 | 06:32 | 45:10:00 |
| 476 | 1574 | Roel Pel, van | M | 05:11 | 06:34 | 06:38 | 06:44 | 06:45 | 06:54 | 06:43 | 45:21:00 |
| 477 | 1547 | Hidde Winter | M | 05:19 | 06:31 | 06:48 | 06:48 | 06:49 | 06:55 | 06:38 | 45:41:00 |
| 478 | 1606 | Dirk Wickering Jan | M | 04:36 | 06:21 | 06:43 | 06:55 | 07:09 | 07:01 | 07:06 | 45:49:00 |
| 479 | 1189 | Wan Man | M | 05:54 | 06:42 | 06:44 | 06:33 | 06:33 | 06:48 | 06:40 | 45:14:00 |
| 480 | 1708 | Gijs Janssen | M | 05:18 | 06:40 | 06:44 | 06:49 | 06:52 | 06:57 | 06:35 | 45:48:00 |
| 481 | 1609 | Ben Hunter | M | 05:27 | 06:48 | 06:45 | 06:43 | 06:45 | 06:50 | 06:38 | 45:49:00 |
| 482 | 1710 | Jacco Zwerver | M | 05:11 | 06:37 | 06:42 | 06:46 | 06:56 | 07:06 | 06:46 | 45:53:00 |
| 483 | 1312 | Carlos Bran | M | 04:54 | 06:30 | 06:49 | 07:17 | 06:55 | 07:02 | 06:39 | 46:00:00 |
| 484 | 1610 | Arco Sprang van | M | 05:11 | 06:38 | 06:49 | 06:48 | 06:57 | 07:14 | 06:47 | 46:19:00 |
| 485 | 1239 | Julian Rook | M | 04:47 | 06:00 | 06:12 | 06:56 | 07:18 | 07:42 | 07:33 | 46:21:00 |
| 486 | 1679 | Amr Gebril | M | 05:53 | 07:05 | 06:35 | 06:46 | 06:48 | 06:31 | 06:50 | 46:17:00 |
| 487 | 1627 | Nick Steldt der van | M | 05:10 | 06:39 | 06:50 | 06:59 | 07:16 | 07:08 | 06:25 | 46:26:00 |
| 488 | 1537 | Bert Bouwland | M | 04:56 | 06:35 | 06:47 | 06:54 | 07:05 | 07:10 | 07:02 | 46:27:00 |
| 489 | 1063 | Martijn Schermers | M | 05:30 | 06:40 | 06:49 | 06:51 | 06:54 | 06:59 | 07:07 | 46:34:00 |
| 490 | 1570 | Sander Belien | M | 04:58 | 06:36 | 07:01 | 07:06 | 07:10 | 07:05 | 07:03 | 46:56:00 |
| 491 | 1534 | Zilidjan Resosemito | M | 05:10 | 06:38 | 06:49 | 06:54 | 07:22 | 07:09 | 06:58 | 46:59:00 |
| 492 | 1578 | Ton Overmeire | M | 05:06 | 06:39 | 06:49 | 07:01 | 07:11 | 07:13 | 07:06 | 47:03:00 |
| 493 | 1619 | Eldrich Kox | M | 05:13 | 06:36 | 06:48 | 06:55 | 07:14 | 07:19 | 07:15 | 47:14:00 |
| 494 | 1674 | Maarten Lamet | M | 05:14 | 06:50 | 06:53 | 07:01 | 07:07 | 07:19 | 07:00 | 47:22:00 |
| 495 | 1560 | Lucas Celant | M | 05:14 | 06:33 | 06:38 | 06:44 | 07:11 | 07:33 | 07:47 | 47:30:00 |
| 496 | 1602 | Koen Lankhaar | M | 05:06 | 06:31 | 06:40 | 07:09 | 07:31 | 07:39 | 07:07 | 47:36:00 |
| 497 | 1635 | Patrick Pas de van | M | 05:21 | 06:51 | 07:06 | 07:09 | 07:10 | 07:17 | 06:56 | 47:44:00 |
| 498 | 1588 | Matti Smit | M | 05:21 | 06:44 | 06:59 | 07:24 | 07:27 | 07:16 | 06:59 | 48:03:00 |
| 499 | 1562 | Martin Geenen van | M | 05:22 | 06:49 | 06:56 | 07:11 | 07:19 | 07:28 | 07:07 | 48:03:00 |
| 500 | 1630 | Yari Haagsma | M | 05:15 | 06:40 | 06:57 | 07:08 | 07:19 | 07:44 | 07:18 | 48:15:00 |
| 501 | 1683 | Wouter Engler | M | 05:11 | 06:43 | 07:03 | 07:21 | 07:32 | 07:33 | 07:09 | 48:31:00 |
| 502 | 1633 | Bart schaafsma | M | 05:10 | 06:42 | 07:02 | 07:23 | 07:38 | 07:43 | 07:08 | 48:42:00 |
| 503 | 1601 | Salvatore Vitale | M | 05:22 | 06:49 | 06:55 | 07:14 | 07:26 | 07:45 | 07:22 | 48:48:00 |
| 504 | 1660 | Nils Berndsen | M | 05:37 | 07:08 | 07:11 | 07:14 | 07:16 | 07:32 | 07:11 | 49:05:00 |
| 505 | 1242 | Ronald Tukker | M | 05:03 | 06:45 | 07:06 | 07:17 | 07:27 | 07:46 | 07:51 | 49:14:00 |
| 506 | 1299 | Hans Pieterse | M | 05:57 | 07:32 | 07:35 | 07:21 | 06:58 | 07:02 | 06:53 | 49:07:00 |
| 507 | 1636 | Michel linschoten | M | 05:32 | 07:15 | 07:23 | 07:26 | 07:30 | 07:31 | 07:09 | 49:41:00 |
| 508 | 1706 | Michel Kip | M | 05:13 | 07:03 | 07:29 | 07:41 | 07:51 | 07:43 | 07:32 | 50:28:00 |
| 509 | 1612 | Martin Groenewold | M | 05:53 | 07:24 | 07:27 | 07:34 | 07:35 | 07:27 | 07:22 | 50:37:00 |
| 510 | 1535 | Jack Walle, van der | M | 05:11 | 06:38 | 06:49 | 06:44 | 07:15 | 10:43 | 07:39 | 50:56:00 |
| 511 | 1673 | Caspar Nuijten | M | 05:24 | 07:03 | 07:18 | 07:33 | 07:48 | 08:27 | 07:40 | 51:10:00 |
| 512 | 1687 | Barry Schiffer | M | 05:50 | 07:15 | 07:26 | 07:28 | 07:39 | 07:55 | 07:57 | 51:26:00 |
| 513 | 1631 | Sander Kranenburg van | M | 05:11 | 06:39 | 07:28 | 08:04 | 08:05 | 08:03 | 08:08 | 51:33:00 |
| 514 | 1688 | Jeremy Bertels | M | 05:53 | 07:13 | 07:23 | 07:30 | 07:57 | 08:07 | 07:36 | 51:29:00 |
| 515 | 1607 | Ronald Geleynse | M | 04:49 | 06:42 | 07:03 | 08:30 | 08:12 | 08:21 | 08:12 | 51:49:00 |
| 516 | 1668 | Stan Roeland | M | 05:59 | 07:31 | 07:26 | 07:45 | 07:57 | 07:58 | 07:43 | 52:10:00 |
| 517 | 1228 | Michel Maassen | M | 05:48 | 07:08 | 07:17 | 08:57 | 08:03 | 08:06 | 08:03 | 53:15:00 |
| 518 | 1641 | Edwin Hagen van | M | 05:45 | 07:26 | 07:37 | 07:49 | 08:16 | 08:24 | 08:20 | 53:33:00 |
| 519 | 1681 | Sjors Elmans | M | 05:53 | 07:19 | 07:46 | 08:09 | 08:05 | 08:11 | 08:26 | 53:40:00 |
| 520 | 1662 | Enno Buis | M | 06:06 | 07:42 | 07:56 | 08:03 | 08:21 | 08:32 | 08:18 | 54:52:00 |
| 521 | 1712 | Tim Janss | M | 05:57 | 07:47 | 08:35 | 08:29 | 08:44 | 08:24 | 08:15 | 56:03:00 |
| 522 | 1693 | Donovan Lange | M | 05:53 | 07:26 | 08:29 | 09:04 | 09:27 | 10:02 | 10:06 | 01:00:15 |
| 523 | 1698 | Jan Vink | M | 06:47 | 09:02 | 09:39 | 10:59 | 11:56 | 11:04 | 10:40 | 01:09:59 |
| 524 | 596 | Olaf Kerkhof | M | 04:03 | 05:14 | 05:16 | 05:15 | 05:13 | 05:24 | 01:06:11 | 01:36:33 |

Vrouwen

| | | | | | | | | | | | |
|----|-----|-----------------------|---|-------|-------|-------|-------|-------|-------|-------|----------|
| 1 | 197 | Lisa Rooms | V | 03:45 | 04:46 | 04:53 | 04:51 | 04:51 | 04:45 | 04:34 | 32:23:00 |
| 2 | 155 | Jill Holterman | V | 03:45 | 04:46 | 04:53 | 04:51 | 04:51 | 04:45 | 04:44 | 32:34:00 |
| 3 | 200 | Anne Luijten | V | 03:46 | 04:47 | 04:52 | 04:52 | 04:52 | 04:53 | 04:44 | 32:45:00 |
| 4 | 526 | Juliette Thomas | V | 03:49 | 04:52 | 04:57 | 04:54 | 04:57 | 05:02 | 04:56 | 33:25:00 |
| 5 | 549 | Roxane Cleppe | V | 03:49 | 04:52 | 04:57 | 05:01 | 05:09 | 05:09 | 05:03 | 33:59:00 |
| 6 | 616 | Vera Vries de | V | 03:59 | 05:08 | 05:11 | 05:14 | 05:10 | 05:07 | 04:59 | 34:48:00 |
| 7 | 570 | Maaikje Gelder van | V | 04:01 | 05:14 | 05:15 | 05:14 | 05:11 | 05:09 | 05:04 | 35:06:00 |
| 8 | 706 | Jolijn Swager | V | 04:11 | 05:10 | 05:12 | 05:12 | 05:12 | 05:09 | 05:10 | 35:07:00 |
| 9 | 799 | Imana Truyers | V | 04:00 | 05:15 | 05:15 | 05:15 | 05:13 | 05:17 | 05:07 | 35:21:00 |
| 10 | 719 | Anne Bosch den van | V | 04:14 | 05:14 | 05:17 | 05:17 | 05:20 | 05:17 | 05:06 | 35:38:00 |
| 11 | 688 | Mauren Kramer | V | 04:01 | 05:14 | 05:17 | 05:20 | 05:22 | 05:24 | 05:19 | 35:57:00 |
| 12 | 537 | Britt Ummels | V | 04:03 | 05:12 | 05:15 | 05:17 | 05:25 | 05:26 | 05:25 | 36:01:00 |
| 13 | 705 | Eva Zoonen van | V | 04:10 | 05:18 | 05:18 | 05:19 | 05:23 | 05:26 | 05:22 | 36:13:00 |
| 14 | 736 | Puck Pentenga | V | 04:17 | 05:19 | 05:22 | 05:24 | 05:26 | 05:20 | 05:12 | 36:12:00 |
| 15 | 745 | Naomi Geleynse | V | 04:04 | 05:15 | 05:19 | 05:28 | 05:32 | 05:30 | 05:29 | 36:37:00 |
| 16 | 577 | Bo Ummels | V | 04:04 | 05:15 | 05:24 | 05:29 | 05:29 | 05:31 | 05:32 | 36:41:00 |
| 17 | 767 | Pauline Donkelaar van | V | 04:21 | 05:28 | 05:27 | 05:28 | 05:25 | 05:23 | 05:13 | 36:37:00 |
| 18 | 636 | Nella Oenema | V | 04:14 | 05:18 | 05:23 | 05:27 | 05:31 | 05:38 | 05:22 | 36:45:00 |
| 19 | 727 | Ingrid klaassen | V | 04:20 | 05:21 | 05:23 | 05:26 | 05:31 | 05:33 | 05:22 | 36:49:00 |
| 20 | 710 | Kristy Timmers | V | 04:11 | 05:15 | 05:25 | 05:31 | 05:39 | 05:50 | 05:30 | 37:17:00 |
| 21 | 791 | Sara Grunsvan van | V | 04:20 | 05:29 | 05:28 | 05:29 | 05:33 | 05:35 | 05:27 | 37:14:00 |
| 22 | 770 | Nesrine Leene | V | 04:22 | 05:30 | 05:28 | 05:30 | 05:35 | 05:34 | 05:34 | 37:31:00 |

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|----|------|---------------------------------|---|-------|-------|-------|-------|-------|-------|-------|----------|
| 23 | 754 | Kalleigh Hemel den van | V | 04:24 | 05:36 | 05:38 | 05:38 | 05:38 | 05:42 | 05:27 | 37:59:00 |
| 24 | 642 | Saskia Heijnen | V | 04:25 | 05:27 | 05:31 | 05:37 | 05:40 | 05:43 | 05:41 | 37:54:00 |
| 25 | 1101 | Isis Mulken van | V | 04:25 | 05:39 | 05:38 | 05:42 | 05:45 | 05:47 | 05:30 | 38:23:00 |
| 26 | 1059 | Trix Hakstege | V | 04:23 | 05:32 | 05:29 | 05:40 | 05:49 | 05:49 | 05:48 | 38:27:00 |
| 27 | 1144 | Amber Bakhuis | V | 04:25 | 05:35 | 05:39 | 05:42 | 05:48 | 05:50 | 05:41 | 38:35:00 |
| 28 | 1116 | Aurora Papotti | V | 04:36 | 05:46 | 05:43 | 05:43 | 05:42 | 05:43 | 05:41 | 38:45:00 |
| 29 | 1066 | Cunera Koeleman | V | 04:26 | 05:34 | 05:40 | 05:48 | 05:52 | 05:52 | 05:51 | 38:57:00 |
| 30 | 772 | Marieke Koerts | V | 04:26 | 05:44 | 05:49 | 05:51 | 05:48 | 05:52 | 05:39 | 39:07:00 |
| 31 | 1212 | Annet Verhoeff | V | 04:40 | 05:46 | 05:53 | 05:51 | 05:50 | 05:53 | 05:46 | 39:30:00 |
| 32 | 1139 | Elisa Verdeau | V | 04:23 | 05:40 | 05:42 | 05:55 | 05:52 | 06:11 | 05:57 | 39:37:00 |
| 33 | 1222 | Mimi Lounio | V | 04:25 | 05:46 | 05:52 | 05:57 | 05:57 | 05:59 | 05:47 | 39:39:00 |
| 34 | 1265 | Tamar Huijboom | V | 04:32 | 05:53 | 05:56 | 05:57 | 05:48 | 05:55 | 05:44 | 39:40:00 |
| 35 | 1132 | Annie Taljaard | V | 04:23 | 05:35 | 05:38 | 05:46 | 05:56 | 06:15 | 06:15 | 39:44:00 |
| 36 | 1072 | Ilona Nes Schra-de | V | 04:38 | 05:48 | 05:53 | 05:52 | 05:51 | 05:58 | 05:54 | 39:50:00 |
| 37 | 1154 | Charlotte Klip der van - Marijn | V | 04:49 | 05:55 | 05:47 | 05:54 | 05:56 | 05:54 | 05:39 | 39:44:00 |
| 38 | 1146 | Daniëlle Ammerlaan | V | 04:47 | 05:57 | 06:01 | 05:58 | 05:53 | 05:46 | 05:34 | 39:44:00 |
| 39 | 1254 | Monique Velde De Van | V | 04:41 | 05:48 | 05:53 | 05:55 | 05:54 | 05:58 | 05:49 | 39:51:00 |
| 40 | 1213 | Yvette Voermans | V | 04:34 | 05:41 | 05:48 | 05:57 | 06:02 | 06:04 | 05:56 | 39:56:00 |
| 41 | 775 | Mariska Poel | V | 04:21 | 05:37 | 05:53 | 06:06 | 06:07 | 06:05 | 05:57 | 40:03:00 |
| 42 | 1143 | Maria Noordam | V | 04:29 | 05:35 | 05:38 | 05:55 | 06:37 | 06:08 | 05:48 | 40:04:00 |
| 43 | 1227 | Rachel Weerd de | V | 04:57 | 05:56 | 05:56 | 05:56 | 05:59 | 05:56 | 05:43 | 40:11:00 |
| 44 | 1175 | Esmée Dijk | V | 04:54 | 05:58 | 05:55 | 05:58 | 06:00 | 06:01 | 05:48 | 40:21:00 |
| 45 | 1211 | Iris Voerman | V | 04:42 | 05:52 | 05:54 | 06:08 | 06:11 | 06:07 | 06:03 | 40:49:00 |
| 46 | 1164 | Irene Paassen | V | 04:43 | 05:54 | 05:57 | 06:01 | 06:01 | 06:17 | 06:15 | 41:01:00 |
| 47 | 1295 | Kim Janssen | V | 04:56 | 06:05 | 06:11 | 06:13 | 06:04 | 06:04 | 05:53 | 41:15:00 |
| 48 | 1512 | Dorinda Bolte | V | 04:39 | 06:09 | 06:14 | 06:13 | 06:15 | 06:15 | 06:01 | 41:45:00 |
| 49 | 1170 | Laura Baas | V | 04:52 | 06:01 | 06:01 | 06:06 | 06:15 | 06:30 | 06:12 | 41:47:00 |
| 50 | 1236 | Carien Gibcus | V | 04:58 | 06:08 | 06:15 | 06:10 | 06:13 | 06:14 | 06:02 | 41:48:00 |
| 51 | 1541 | Daphne Schinkel | V | 04:37 | 06:10 | 06:14 | 06:18 | 06:15 | 06:17 | 06:15 | 42:04:00 |
| 52 | 1262 | Anita Bogert | V | 05:08 | 06:11 | 06:11 | 06:10 | 06:13 | 06:13 | 06:04 | 41:58:00 |
| 53 | 1163 | Rebecca Bolwerk | V | 05:08 | 06:12 | 06:13 | 06:11 | 06:12 | 06:10 | 06:05 | 41:57:00 |
| 54 | 1185 | Lisa Stolp | V | 04:47 | 05:57 | 06:02 | 06:07 | 06:26 | 06:30 | 06:40 | 42:16:00 |
| 55 | 1550 | Simone Bruggen, van | V | 04:45 | 06:12 | 06:24 | 06:21 | 06:27 | 06:30 | 06:14 | 42:51:00 |
| 56 | 1237 | Nienke Groes de | V | 04:54 | 06:08 | 06:13 | 06:20 | 06:33 | 06:44 | 06:23 | 43:04:00 |
| 57 | 1521 | Maxime Copsy | V | 04:40 | 06:08 | 06:18 | 06:25 | 06:34 | 06:39 | 06:35 | 43:17:00 |
| 58 | 1554 | Lotte Trigt, van | V | 05:00 | 06:14 | 06:21 | 06:23 | 06:28 | 06:31 | 06:23 | 43:13:00 |
| 59 | 1531 | Willemijn Sneep | V | 04:55 | 06:25 | 06:29 | 06:33 | 06:32 | 06:35 | 06:10 | 43:35:00 |
| 60 | 1709 | Betty Klerkx | V | 05:05 | 06:27 | 06:28 | 06:31 | 06:31 | 06:35 | 06:14 | 43:50:00 |
| 61 | 1565 | Augusta Hoogdalen, van | V | 04:41 | 06:24 | 06:36 | 06:40 | 06:42 | 06:44 | 06:42 | 44:29:00 |
| 62 | 1605 | Lotti Klases | V | 05:11 | 06:38 | 06:49 | 06:44 | 06:39 | 06:40 | 06:18 | 44:57:00 |
| 63 | 1593 | Amber Mourik van | V | 04:42 | 06:29 | 06:39 | 06:46 | 06:53 | 06:54 | 06:55 | 45:17:00 |
| 64 | 1705 | Marit Kusters | V | 04:49 | 06:21 | 06:38 | 06:52 | 06:59 | 07:00 | 06:50 | 45:26:00 |
| 65 | 1522 | Anneli Dijkslag | V | 05:07 | 06:36 | 06:44 | 06:50 | 06:54 | 06:50 | 06:30 | 45:25:00 |
| 66 | 1552 | Kyra Compagne | V | 05:10 | 06:38 | 06:47 | 06:45 | 06:48 | 06:55 | 06:45 | 45:42:00 |
| 67 | 1530 | Wieke Wagemaker | V | 04:35 | 06:19 | 06:46 | 06:59 | 07:11 | 07:01 | 07:03 | 45:53:00 |
| 68 | 1595 | Izabela Derda | V | 05:13 | 06:39 | 06:46 | 06:53 | 06:52 | 06:54 | 06:42 | 45:57:00 |
| 69 | 1527 | Femke Baak | V | 04:58 | 06:22 | 06:32 | 06:43 | 07:19 | 07:22 | 07:06 | 46:18:00 |
| 70 | 1591 | Marlous Duijn van | V | 05:22 | 06:50 | 06:55 | 06:53 | 06:57 | 06:52 | 06:36 | 46:15:00 |
| 71 | 1620 | Dorian Dennesen | V | 05:12 | 06:38 | 06:49 | 06:48 | 06:59 | 07:07 | 06:54 | 46:20:00 |
| 72 | 1597 | Marit Overgoor | V | 05:12 | 06:38 | 06:49 | 06:48 | 07:00 | 07:07 | 06:54 | 46:19:00 |
| 73 | 1714 | Marlisha Dedert | V | 05:11 | 06:39 | 06:55 | 07:08 | 07:21 | 07:29 | 07:06 | 47:45:00 |
| 74 | 1594 | Daphne Pelt van | V | 05:22 | 06:44 | 06:49 | 07:00 | 07:10 | 07:19 | 07:28 | 47:44:00 |
| 75 | 1598 | Sandra Beukelman | V | 05:15 | 06:45 | 07:02 | 07:17 | 07:20 | 07:25 | 07:08 | 48:11:00 |
| 76 | 1580 | Patty Kuiper | V | 05:19 | 06:54 | 07:00 | 07:37 | 07:16 | 07:18 | 07:12 | 48:31:00 |
| 77 | 1634 | Tamar Heesewijk van | V | 05:10 | 06:38 | 06:57 | 07:29 | 07:36 | 07:32 | 07:25 | 48:42:00 |
| 78 | 1629 | Marieke Langezaal | V | 05:35 | 07:13 | 07:13 | 07:20 | 07:22 | 07:18 | 06:54 | 48:50:00 |
| 79 | 1575 | Natalie Strengholt | V | 05:18 | 06:51 | 07:22 | 07:33 | 07:38 | 07:36 | 07:02 | 49:12:00 |
| 80 | 1699 | Gabriëlle Koning | V | 05:53 | 07:13 | 07:21 | 07:24 | 07:22 | 07:18 | 06:50 | 49:10:00 |
| 81 | 1571 | Nadine Chamuleau | V | 05:09 | 06:36 | 06:49 | 07:58 | 07:56 | 07:39 | 07:20 | 49:20:00 |
| 82 | 1585 | Ellen Langezaal | V | 05:37 | 07:16 | 07:19 | 07:25 | 07:21 | 07:23 | 07:13 | 49:29:00 |
| 83 | 1628 | Monique Smith | V | 05:12 | 06:48 | 07:22 | 07:37 | 07:50 | 07:47 | 07:25 | 49:55:00 |
| 84 | 1664 | Wan Chow Ying | V | 05:36 | 07:19 | 07:32 | 07:34 | 07:32 | 07:32 | 07:19 | 50:16:00 |
| 85 | 1643 | Natasja Jelsma | V | 05:47 | 07:15 | 07:25 | 07:32 | 07:28 | 07:29 | 07:37 | 50:27:00 |
| 86 | 1589 | Sophie Wijngaarden van | V | 05:33 | 07:15 | 07:27 | 07:45 | 07:50 | 07:46 | 07:40 | 47:13:00 |
| 87 | 1672 | Mariëlle Leeuwen van | V | 05:21 | 06:59 | 07:20 | 08:09 | 08:09 | 08:15 | 08:00 | 52:07:00 |
| 88 | 1207 | Ilse Kooijmans | V | 05:53 | 07:13 | 07:24 | 08:15 | 08:07 | 08:01 | 07:53 | 52:36:00 |
| 89 | 1675 | Laura Schoutsen | V | 06:05 | 07:42 | 07:52 | 07:56 | 08:00 | 07:59 | 07:36 | 53:00:00 |
| 90 | 1686 | Aardewijn Berg den van | V | 05:40 | 07:22 | 07:46 | 08:08 | 08:15 | 08:19 | 07:42 | 53:01:00 |
| 91 | 1644 | Esther Bruls | V | 05:28 | 06:57 | 07:48 | 08:57 | 08:02 | 08:07 | 08:03 | 53:16:00 |
| 92 | 1666 | Sharon Sandig | V | 05:54 | 07:17 | 07:20 | 08:12 | 08:30 | 08:29 | 08:01 | 53:34:00 |
| 93 | 1684 | Nienke Kuipers | V | 05:56 | 07:38 | 07:52 | 08:03 | 08:04 | 08:12 | 08:00 | 53:40:00 |
| 94 | 1690 | Graciela Jharap | V | 06:09 | 08:00 | 08:12 | 08:23 | 08:23 | 08:29 | 08:03 | 55:33:00 |
| 95 | 1692 | Naomi Hertog den | V | 05:53 | 07:26 | 08:29 | 09:05 | 09:29 | 10:02 | 10:03 | 01:00:17 |
| 96 | 1700 | Nynke Tromp | V | 06:03 | 07:41 | 08:15 | 08:42 | 08:51 | 08:49 | 12:20 | 01:00:30 |