

1. Uitslag 500 meter voor 500/1000m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1 | 10 Steef van Gelderen | HA1 | 5 | O | 40.31 | | |
| 2 | 20 Han Kamminga | H50 | 5 | I | 41.37 | | |
| 3 | 17 Daan de Vries | HSB | 4 | I | 42.01 | | |
| 4 | 3 Loek van Vilsteren | HC1 | 4 | O | 42.89 | | |
| 5 | 12 Niels Meijer | HC2 | 3 | O | 43.60 | | |
| 6 | 6 Maartje Geuzebroek | DB2 | 3 | I | 44.90 | | |
| 7 | 7 Nadine Schipper | DB2 | 2 | I | 46.55 | | |
| 8 | 40 Miriam Gossen | DB2 | 2 | O | 50.60 | | |
| 9 | 30 Britt Bijker | DPA | 1 | I | 51.96 | | |
| 10 | 22 Michelle Krijt | DC1 | 1 | O | 55.90 | | |

1. Rituitslag 500 meter voor 500/1000m

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|-------|-----------------------|------|-------|--------------|------|
| 1 | wt | 30 Britt Bijker | | DPA | | 50.82 | 51.96 | |
| | rd | 22 Michelle Krijt | | DC1 | | 54.56 | 55.90 | |
| | | Britt Bijker | | Michelle Krijt | | | | |
| | | 100m | 13.35 | (13.3) | 100m | 14.32 | (14.3) | |
| | | 500m | 51.96 | (38.6) | 500m | 55.90 | (41.6) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|-------|----------------------|------|-------|--------------|------|
| 2 | wt | 7 Nadine Schipper | | DB2 | | 45.31 | 46.55 | |
| | rd | 40 Miriam Gossen | | DB2 | | 49.53 | 50.60 | |
| | | Nadine Schipper | | Miriam Gossen | | | | |
| | | 100m | 12.41 | (12.4) | 100m | 13.52 | (13.5) | |
| | | 500m | 46.55 | (34.1) | 500m | 50.60 | (37.1) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------------|-------|---------------------|------|-------|--------------|------|
| 3 | wt | 6 Maartje Geuzebroek | | DB2 | | 44.53 | 44.90 | |
| | rd | 12 Niels Meijer | | HC2 | | 42.54 | 43.60 | |
| | | Maartje Geuzebroek | | Niels Meijer | | | | |
| | | 100m | 11.97 | (11.9) | 100m | 11.91 | (11.9) | |
| | | 500m | 44.90 | (33.0) | 500m | 43.60 | (31.7) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------------|-------|---------------------------|------|-------|--------------|------|
| 4 | wt | 17 Daan de Vries | | HSB | | 41.55 | 42.01 | |
| | rd | 3 Loek van Vilsteren | | HC1 | | 42.48 | 42.89 | |
| | | Daan de Vries | | Loek van Vilsteren | | | | |
| | | 100m | 11.52 | (11.5) | 100m | 11.58 | (11.5) | |
| | | 500m | 42.01 | (30.5) | 500m | 42.89 | (31.3) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------------|-------|---------------------------|------|-------|--------------|------|
| 5 | wt | 20 Han Kamminga | | H50 | | 39.19 | 41.37 | |
| | rd | 10 Steef van Gelderen | | HA1 | | 39.54 | 40.31 | |
| | | Han Kamminga | | Steef van Gelderen | | | | |
| | | 100m | 10.94 | (10.9) | 100m | 11.29 | (11.2) | |
| | | 500m | 41.37 | (30.4) | 500m | 40.31 | (29.1) | |

2. Uitslag 500 meter voor 500/1500m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1 | 16 Mick van Banning | HA2 | 13 | I | 41.13 | | |
| 2 | 2 Bas Spoelstra | H40 | 13 | O | 43.79 | | |
| 3 | 1 Daan Spoelstra | H40 | 9 | I | 44.00 | PR | |
| 4 | 25 Tara Donoghue | DB1 | 12 | O | 44.46 | | |
| 5 | 33 Kaska Rogulska | D45 | 12 | I | 44.67 | | |
| 6 | 29 Robert da Costa | H50 | 11 | O | 45.01 | | |
| 7 | 31 Wim Ros | H45 | 11 | I | 45.03 | | |
| 8 | 18 Johanco Veldsman | HB2 | 8 | O | 45.22 | PR | |
| 9 | 5 Stijn Verhagen | H40 | 10 | O | 46.14 | | |
| 10 | 36 Erol Aksoy | H45 | 10 | I | 46.18 | | |
| 11 | 38 Tom Nijdam | HC1 | 9 | O | 47.70 | | |
| 12 | 37 Donald Stappenbelt | HC1 | 8 | I | 47.97 | | |
| | 39 Tijn Lubbert | HC2 | 6 | O | 47.97 | PR | |
| 14 | 21 Xander Krijt | HC1 | 6 | I | 48.13 | PR | |
| 15 | 8 Marlies de Jong | D50 | 7 | I | 48.14 | | |
| 16 | 26 Bonne van Avezaath | DC2 | 7 | O | 48.46 | | |

2. Rituitslag 500 meter voor 500/1500m

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|---------------------|-------|--------|-------|---------------------|--------|
| 6 | wt | 21 | Xander Krijt | | HC1 | 48.30 | 48.13 | PR |
| | rd | 39 | Tijn Lubbert | | HC2 | 48.54 | 47.97 | PR |
| | | | Xander Krijt | | | | Tijn Lubbert | |
| | | | 100m | 13.38 | (13.3) | 100m | 12.89 | (12.8) |
| | | | 500m | 48.13 | (34.8) | 500m | 47.97 | (35.1) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|---------------------------|-------|--------|-------|---------------------------|--------|
| 7 | wt | 8 | Marlies de Jong | | D50 | 46.84 | 48.14 | |
| | rd | 26 | Bonne van Awezaath | | DC2 | 47.60 | 48.46 | |
| | | | Marlies de Jong | | | | Bonne van Awezaath | |
| | | | 100m | 13.12 | (13.1) | 100m | 12.34 | (12.3) |
| | | | 500m | 48.14 | (35.0) | 500m | 48.46 | (36.1) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|---------------------------|-------|--------|-------|-------------------------|--------|
| 8 | wt | 37 | Donald Stappenbelt | | HC1 | 47.39 | 47.97 | |
| | rd | 18 | Johanco Veldsman | | HB2 | 46.61 | 45.22 | PR |
| | | | Donald Stappenbelt | | | | Johanco Veldsman | |
| | | | 100m | 12.94 | (12.9) | 100m | 12.41 | (12.4) |
| | | | 500m | 47.97 | (35.0) | 500m | 45.22 | (32.8) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|-----------------------|-------|--------|-------|-------------------|--------|
| 9 | wt | 1 | Daan Spoelstra | | H40 | 46.60 | 44.00 | PR |
| | rd | 38 | Tom Nijdam | | HC1 | 46.46 | 47.70 | |
| | | | Daan Spoelstra | | | | Tom Nijdam | |
| | | | 100m | 11.68 | (11.6) | 100m | 12.98 | (12.9) |
| | | | 500m | 44.00 | (32.4) | 500m | 47.70 | (34.8) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-------|--------|-------|-----------------------|--------|
| 10 | wt | 36 | Erol Aksoy | | H45 | 45.19 | 46.18 | |
| | rd | 5 | Stijn Verhagen | | H40 | 45.19 | 46.14 | |
| | | | Erol Aksoy | | | | Stijn Verhagen | |
| | | | 100m | 12.49 | (12.4) | 100m | 12.57 | (12.5) |
| | | | 500m | 46.18 | (33.7) | 500m | 46.14 | (33.6) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|---------------------------|-------|--------|------------------------|--------------|--------|
| 11 | wt | 31 Wim Ros | H45 | | 44.36 | 45.03 | |
| | rd | 29 Robert da Costa | H50 | | 44.72 | 45.01 | |
| | | Wim Ros | | | Robert da Costa | | |
| | | 100m | 12.04 | (12.0) | 100m | 12.93 | (12.9) |
| | | 500m | 45.03 | (33.0) | 500m | 45.01 | (32.1) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------|-------|--------|----------------------|--------------|--------|
| 12 | wt | 33 Kaska Rogulska | D45 | | 42.33 | 44.67 | |
| | rd | 25 Tara Donoghue | DB1 | | 43.37 | 44.46 | |
| | | Kaska Rogulska | | | Tara Donoghue | | |
| | | 100m | 12.29 | (12.2) | 100m | 12.12 | (12.1) |
| | | 500m | 44.67 | (32.4) | 500m | 44.46 | (32.3) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|--------|----------------------|--------------|--------|
| 13 | wt | 16 Mick van Banning | HA2 | | 40.71 | 41.13 | |
| | rd | 2 Bas Spoelstra | H40 | | 41.39 | 43.79 | |
| | | Mick van Banning | | | Bas Spoelstra | | |
| | | 100m | 11.36 | (11.3) | 100m | 11.85 | (11.8) |
| | | 500m | 41.13 | (29.8) | 500m | 43.79 | (31.9) |

3. Uitslag 500 meter voor 500/3000m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------|-----|------|------|-------|------|--------|
| 1 | 24 Zeno de Ponti | HB1 | 15 | O | 41.94 | | |
| 2 | 23 Amber Siegers | DA1 | 15 | I | 44.78 | | |
| | 15 Floor Dijkstra | DB1 | 14 | I | DNS | | |

3. Rituitslag 500 meter voor 500/3000m

| | | Naam | Cat | PR | Tijd | Info |
|----|----------|-------------------|-----|-------|------|------------|
| 14 | wt rd | 15 Floor Dijkstra | DB1 | 43.75 | | DNS |
| | | Floor Dijkstra | | m | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------|--------------|---------------|--------------|--------------|
| 15 | wt | 23 Amber Siegers | DA1 | 43.00 | | 44.78 |
| | rd | 24 Zeno de Ponti | HB1 | 41.29 | | 41.94 |
| | | Amber Siegers | | Zeno de Ponti | | |
| | | 100m | 12.34 (12.3) | 100m | 11.57 (11.5) | |
| | | 500m | 44.78 (32.4) | 500m | 41.94 (30.4) | |

4. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 10 Steef van Gelderen | HA1 | 21 | I | 1:20.85 | | |
| 2 | 17 Daan de Vries | HSB | 20 | I | 1:24.53 | PR | |
| 3 | 20 Han Kamminga | H50 | 21 | O | 1:25.60 | | |
| 4 | 12 Niels Meijer | HC2 | 20 | O | 1:27.63 | | |
| 5 | 3 Loek van Vilsteren | HC1 | 19 | O | 1:29.90 | | |
| 6 | 6 Maartje Geuzebroek | DB2 | 18 | O | 1:33.55 | | |
| 7 | 7 Nadine Schipper | DB2 | 19 | I | 1:35.11 | | |
| 8 | 40 Miriam Gossen | DB2 | 18 | I | 1:45.43 | | |
| 9 | 30 Britt Bijker | DPA | 16 | O | 1:49.65 | | |
| 10 | 22 Michelle Krijt | DC1 | 16 | I | 2:00.05 | | |

4. Rituitslag 1000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|---------|--------|---------|---------------------|--------|
| 16 | wt | 22 | Michelle Krijt | | DC1 | 1:52.32 | 2:00.05 | |
| | rd | 30 | Britt Bijker | | DPA | 1:47.76 | 1:49.65 | |
| | | | Michelle Krijt | | | | Britt Bijker | |
| | | | 200m | 25.94 | (25.9) | 200m | 24.12 | (24.1) |
| | | | 600m | 1:10.38 | (44.4) | 600m | 1:06.04 | (41.9) |
| | | | 1000m | 2:00.05 | (49.7) | 1000m | 1:49.65 | (43.6) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---|-----|--|----|------|------|
| 17 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|---------|--------|---------|---------------------------|--------|
| 18 | wt | 40 | Miriam Gossen | | DB2 | 1:44.50 | 1:45.43 | |
| | rd | 6 | Maartje Geuzebroek | | DB2 | 1:32.08 | 1:33.55 | |
| | | | Miriam Gossen | | | | Maartje Geuzebroek | |
| | | | 200m | 24.05 | (24.0) | 200m | 21.71 | (21.7) |
| | | | 600m | 1:02.92 | (38.9) | 600m | 56.47 | (34.7) |
| | | | 1000m | 1:45.43 | (42.5) | 1000m | 1:33.55 | (37.1) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|---------|--------|---------|---------------------------|--------|
| 19 | gl | 7 | Nadine Schipper | | DB2 | 1:31.54 | 1:35.11 | |
| | bl | 3 | Loek van Vilsteren | | HC1 | 1:26.11 | 1:29.90 | |
| | | | Nadine Schipper | | | | Loek van Vilsteren | |
| | | | 200m | 21.31 | (21.3) | 200m | 20.33 | (20.3) |
| | | | 600m | 56.30 | (35.0) | 600m | 54.28 | (33.9) |
| | | | 1000m | 1:35.11 | (38.8) | 1000m | 1:29.90 | (35.7) |

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Elfstedenhal - Leeuwarden

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| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-------------------------|---------|--------|---------------------|----------------|--------|
| 20 | wt | 17 Daan de Vries | HSB | | 1:24.64 | 1:24.53 | PR |
| | rd | 12 Niels Meijer | HC2 | | 1:25.72 | 1:27.63 | |
| | | Daan de Vries | | | Niels Meijer | | |
| | | 200m | 20.25 | (20.2) | 200m | 20.84 | (20.8) |
| | | 600m | 51.68 | (31.4) | 600m | 53.95 | (33.1) |
| | | 1000m | 1:24.53 | (32.9) | 1000m | 1:27.63 | (33.7) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------------|---------|--------|---------------------|----------------|--------|
| 21 | gl | 10 Steef van Gelderen | HA1 | | 1:19.97 | 1:20.85 | |
| | bl | 20 Han Kamminga | H50 | | 1:19.39 | 1:25.60 | |
| | | Steef van Gelderen | | | Han Kamminga | | |
| | | 200m | 19.06 | (19.0) | 200m | 19.34 | (19.3) |
| | | 600m | 48.65 | (29.6) | 600m | 50.61 | (31.3) |
| | | 1000m | 1:20.85 | (32.2) | 1000m | 1:25.60 | (35.0) |

5. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|----------------|------|--------|
| 1 | 2 Bas Spoelstra | H40 | 29 | I | 2:08.97 | | |
| 2 | 29 Robert da Costa | H50 | 28 | I | 2:10.81 | | |
| 3 | 1 Daan Spoelstra | H40 | 22 | O | 2:11.62 | | |
| 4 | 33 Kaska Rogulska | D45 | 27 | O | 2:14.60 | | |
| 5 | 5 Stijn Verhagen | H40 | 27 | I | 2:14.88 | PR | |
| 6 | 36 Erol Aksoy | H45 | 26 | I | 2:21.71 | | |
| 7 | 31 Wim Ros | H45 | 26 | O | 2:23.71 | | |
| 8 | 18 Johanco Veldsman | HB2 | 23 | I | 2:24.10 | PR | |
| 9 | 8 Marlies de Jong | D50 | 25 | I | 2:25.57 | | |
| 10 | 37 Donald Stappenbelt | HC1 | 22 | I | 2:28.91 | PR | |
| 11 | 38 Tom Nijdam | HC1 | 25 | O | 2:30.11 | | |
| 12 | 21 Xander Krijt | HC1 | 24 | O | 2:31.36 | | |
| 13 | 39 Tijn Lubbert | HC2 | 23 | O | 2:31.57 | PR | |
| 14 | 26 Bonne van Avezaath | DC2 | 24 | I | 2:34.18 | | |
| | 25 Tara Donoghue | DB1 | 28 | O | DNS | | |

5. Rituitslag 1500 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 22 | wt | 37 Donald Stappenbelt | HC1 | 2:39.67 | 2:28.91 | PR |
| | rd | 1 Daan Spoelstra | H40 | | 2:11.62 | |

Donald Stappenbelt

| | | |
|-------|---------|--------|
| 300m | 31.55 | (31.5) |
| 700m | 1:09.04 | (37.5) |
| 1100m | 1:48.45 | (39.4) |
| 1500m | 2:28.91 | (40.5) |

Daan Spoelstra

| | | |
|-------|---------|--------|
| 300m | 28.67 | (28.6) |
| 700m | 1:01.85 | (33.2) |
| 1100m | 1:36.60 | (34.8) |
| 1500m | 2:11.62 | (35.0) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 23 | gl | 18 Johanco Veldsman | HB2 | 2:35.58 | 2:24.10 | PR |
| | bl | 39 Tijn Lubbert | HC2 | 2:36.70 | 2:31.57 | PR |

Johanco Veldsman

| | | |
|-------|---------|--------|
| 300m | 30.88 | (30.8) |
| 700m | 1:05.86 | (35.0) |
| 1100m | 1:43.98 | (38.1) |
| 1500m | 2:24.10 | (40.2) |

Tijn Lubbert

| | | |
|-------|---------|--------|
| 300m | 31.57 | (31.5) |
| 700m | 1:09.34 | (37.8) |
| 1100m | 1:49.86 | (40.5) |
| 1500m | 2:31.57 | (41.7) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 24 | wt | 26 Bonne van Avezaath | DC2 | 2:33.76 | 2:34.18 | |
| | rd | 21 Xander Krijt | HC1 | 2:26.33 | 2:31.36 | |

Bonne van Avezaath

| | | |
|-------|---------|--------|
| 300m | 32.43 | (32.4) |
| 700m | 1:11.76 | (39.3) |
| 1100m | 1:52.94 | (41.2) |
| 1500m | 2:34.18 | (41.2) |

Xander Krijt

| | | |
|-------|---------|--------|
| 300m | 31.94 | (31.9) |
| 700m | 1:09.42 | (37.5) |
| 1100m | 1:48.97 | (39.5) |
| 1500m | 2:31.36 | (42.4) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 25 | gl | 8 Marlies de Jong | D50 | 2:22.42 | 2:25.57 | |
| | bl | 38 Tom Nijdam | HC1 | 2:24.97 | 2:30.11 | |

Marlies de Jong

| | | |
|-------|---------|--------|
| 300m | 31.57 | (31.5) |
| 700m | 1:07.68 | (36.1) |
| 1100m | 1:45.77 | (38.1) |
| 1500m | 2:25.57 | (39.8) |

Tom Nijdam

| | | |
|-------|---------|--------|
| 300m | 31.56 | (31.5) |
| 700m | 1:09.20 | (37.7) |
| 1100m | 1:49.27 | (40.0) |
| 1500m | 2:30.11 | (40.9) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------|---------|--------|----------------|----------------|--------|
| 26 | wt | 36 Erol Aksoy | H45 | | 2:19.85 | 2:21.71 | |
| | rd | 31 Wim Ros | H45 | | 2:20.47 | 2:23.71 | |
| | | Erol Aksoy | | | Wim Ros | | |
| | | 300m | 30.16 | (30.1) | 300m | 29.48 | (29.4) |
| | | 700m | 1:04.54 | (34.4) | 700m | 1:04.13 | (34.7) |
| | | 1100m | 1:41.69 | (37.1) | 1100m | 1:42.47 | (38.3) |
| | | 1500m | 2:21.71 | (40.1) | 1500m | 2:23.71 | (41.3) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------|---------|--------|-----------------------|----------------|--------|
| 27 | gl | 5 Stijn Verhagen | H40 | | 2:16.18 | 2:14.88 | PR |
| | bl | 33 Kaska Rogulska | D45 | | 2:09.65 | 2:14.60 | |
| | | Stijn Verhagen | | | Kaska Rogulska | | |
| | | 300m | 30.53 | (30.5) | 300m | 29.43 | (29.4) |
| | | 700m | 1:04.13 | (33.6) | 700m | 1:03.03 | (33.6) |
| | | 1100m | 1:38.97 | (34.8) | 1100m | 1:38.47 | (35.4) |
| | | 1500m | 2:14.88 | (35.9) | 1500m | 2:14.60 | (36.2) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|---------------------------|---------|--------|----------------------|----------------|------|
| 28 | wt | 29 Robert da Costa | H50 | | 2:10.62 | 2:10.81 | |
| | rd | 25 Tara Donoghue | DB1 | | 2:13.27 | DNS | |
| | | Robert da Costa | | | Tara Donoghue | | |
| | | 300m | 29.30 | (29.3) | | | |
| | | 700m | 1:01.49 | (32.1) | | | |
| | | 1100m | 1:35.40 | (34.0) | | | |
| | | 1500m | 2:10.81 | (35.4) | | | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------|---------|--------|---------|----------------|------|
| 29 | gl | 2 Bas Spoelstra | H40 | | 2:04.55 | 2:08.97 | |
| | bl | | | | | | |
| | | Bas Spoelstra | | | | | |
| | | 300m | 28.55 | (28.5) | m | | |
| | | 700m | 1:00.84 | (32.3) | | | |
| | | 1100m | 1:34.34 | (33.5) | | | |
| | | 1500m | 2:08.97 | (34.6) | | | |

6. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|----------------|------|--------|
| 1 | 16 Mick van Banning | HA2 | 30 | O | 4:19.92 | PR | |
| 2 | 24 Zeno de Ponti | HB1 | 31 | O | 4:27.79 | | |
| 3 | 15 Floor Dijkstra | DB1 | 30 | I | 4:51.87 | | |
| | 23 Amber Siegers | DA1 | 31 | I | DNS | | |

6. Rituitslag 3000 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|----------------|---------|----------------|-------------------------|
| 30 | wt | 15 Floor Dijkstra | DB1 | 4:49.66 | 4:51.87 | |
| | rd | 16 Mick van Banning | HA2 | 4:24.40 | 4:19.92 | PR |
| | | Floor Dijkstra | | | | Mick van Banning |
| | | 200m | 22.33 (22.3) | 200m | 20.47 (20.4) | |
| | | 600m | 59.04 (36.7) | 600m | 53.90 (33.5) | |
| | | 1000m | 1:36.57 (37.5) | 1000m | 1:27.32 (33.4) | |
| | | 1400m | 2:14.64 (38.1) | 1400m | 2:01.16 (33.8) | |
| | | 1800m | 2:53.09 (38.4) | 1800m | 2:35.29 (34.1) | |
| | | 2200m | 3:31.98 (38.9) | 2200m | 3:09.66 (34.4) | |
| | | 2600m | 4:11.67 (39.7) | 2600m | 3:44.43 (34.8) | |
| | | 3000m | 4:51.87 (40.2) | 3000m | 4:19.92 (35.5) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|---------|----------------|----------------------|
| 31 | gl | 23 Amber Siegers | DA1 | 4:31.47 | DNS | |
| | bl | 24 Zeno de Ponti | HB1 | 4:18.58 | 4:27.79 | |
| | | Amber Siegers | | | | Zeno de Ponti |
| | | | | 200m | 20.52 (20.5) | |
| | | | | 600m | 53.63 (33.1) | |
| | | | | 1000m | 1:27.84 (34.2) | |
| | | | | 1400m | 2:02.97 (35.1) | |
| | | | | 1800m | 2:38.45 (35.5) | |
| | | | | 2200m | 3:14.44 (36.0) | |
| | | | | 2600m | 3:50.88 (36.4) | |
| | | | | 3000m | 4:27.79 (36.9) | |