

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

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|-------------------------------|-----|-----------------|---------|-------|------|
| 1 | wt | 80 Jurjen Kramer | HPF | TRIAS | | | |
| | rd | 162 Ilse Bierman | DPC | YV PIJNACKER | | | |
| 2 | gl | 79 Hessel Kramer | HPD | TRIAS | | | |
| | bl | 50 Nympe Visser | DPB | SASSENHEIMSE YC | 1:02.78 | | |
| 3 | wt | 85 Lars Dijck | HPD | FERWERT | 1:00.09 | | |
| | rd | 167 Lynn Jongbloed | DPD | LWSC | 59.18 | 59.18 | |
| 4 | gl | 148 Anna van Elst | DPD | LWSC | 57.15 | 57.15 | |
| | bl | 3 Mette ten Cate | DPB | YC STOKVIS | 55.52 | 55.52 | |
| 5 | wt | 81 Janna Wietske van der Ende | DPD | FERWERT | 55.40 | 55.40 | |
| | rd | 130 Lisa den Hertog | DPC | IJVZ | 54.21 | 54.21 | |
| 6 | gl | 65 Noah Epping | HPC | SC GOUDA | 54.14 | 54.14 | |
| | bl | 111 Stefanie Koot | DPB | WYC | 53.83 | 53.83 | |
| 7 | wt | 151 Lisan Verheijen | DPA | SSV EEMLAND | 53.11 | 53.11 | |
| | rd | 13 Faye Van Duijvendijk | DPB | SV LANSLD | 51.90 | 51.90 | |
| 8 | gl | 77 Niels Brandt | HPB | YC HGI | 50.88 | 51.72 | |
| | bl | 156 Levi Kapp | HPA | SSV EEMLAND | 51.28 | 51.28 | |
| 9 | wt | 5 Joris Mulder | HPB | DNIIJ | 49.92 | 49.92 | |
| | rd | 43 Moos van Hall | HPC | HCA | 50.68 | 50.68 | |
| 10 | gl | 39 Matthijs de Haan | HPC | SC GOUDA | 48.81 | 48.81 | |
| | bl | 131 Charlie Kwadrin | DPA | IJCH | 49.27 | 49.27 | |
| 11 | wt | 122 Maud Blokhorst | DPB | YSC HAAKSBERGEN | 48.57 | 48.57 | |
| | rd | 29 Harmen Lammers | HPB | IJCH | 48.41 | 48.41 | |
| 12 | gl | 45 Roosmarijn Hoekstra | DB2 | STG HOORN | 45.94 | 47.09 | |
| | bl | 42 Mimi van Hall | DPA | HCA | 47.48 | 47.48 | |
| 13 | wt | 12 Myrthe Kuiper | DPA | DNIIJ | 46.80 | 46.80 | |
| | rd | 25 Britt van der Linden | DPA | YC STOKVIS | 46.51 | 46.51 | |
| 14 | gl | 83 Bonne van Avezaath | DB2 | LWSC | 45.88 | | |
| | bl | 155 Mathijs Kwakman | HC2 | SSV EEMLAND | 45.53 | 45.53 | |
| 15 | wt | 71 Jami Papilaja | DN3 | NSV | 43.26 | 44.26 | |
| | rd | 121 Sophie Exterkate | DPA | BORNSE SSV | 45.22 | 45.22 | |
| 16 | gl | 132 Elanne de Vries | DC1 | SV ROTTERDAM | 43.94 | 43.94 | |
| | bl | 153 Jitte Gjaltema | DN3 | DYC | 41.79 | 42.09 | |

2. Loting 500 meter voor 500m/1500m

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----------|--------------------------|-----|---------------|-------|-------|------|
| 17 | wt rd | 40 Ad Kemp | H65 | SV OUDEWATER | 48.48 | 55.50 | |
| 18 | gl | 102 Clarine Bronkhorst | D50 | SVU | 51.53 | 51.53 | |
| | bl | 115 Kevin van Cleef | HSB | HCH | 50.47 | 51.84 | |
| 19 | wt | 32 Linde Rijnders | DB1 | YC LOOSDRECHT | 50.23 | 51.33 | |
| | rd | 17 Bloem Bouwman | DC1 | YC LOOSDRECHT | 49.55 | 49.70 | |
| 20 | gl | 125 Karin Terhürne | D50 | IJVG | 46.45 | 49.09 | |
| | bl | 116 Troy Koolhoven | H45 | SVU | 48.68 | 49.24 | |
| 21 | wt | 52 Bart de Kwaasteniet | HSB | SVU | 47.33 | 48.21 | |
| | rd | 147 Anita Smit-Groot | D55 | HSC DE DRAAI | 46.86 | 48.27 | |
| 22 | gl | 150 Rianne Gerritsen | DSB | STW | 46.37 | 47.62 | |
| | bl | 22 Chantal Rietman-Herms | D45 | DYC | 46.19 | 47.97 | |
| 23 | wt | 134 Bauke Meijer | H70 | SVU | 45.35 | 47.51 | |
| | rd | 100 Kees Bollaart | H55 | YA | 43.55 | 46.81 | |
| 24 | gl | 9 Esther Bouman | DSB | SVU | 45.73 | 46.68 | |
| | bl | 31 Adriaan Provoost | H60 | SSC DE POEL | 43.19 | 46.67 | |
| 25 | wt | 159 Quinty van Klink | DA2 | STG NINO | 46.32 | 46.32 | |
| | rd | 123 Harm Smit | H60 | STW | 43.02 | 46.60 | |
| 26 | gl | 27 Hanna Dijkman | DSB | IJVG | 45.78 | | |
| | bl | 28 Niels van Reeuwijk | HC2 | SIVZEIST | 45.65 | 45.65 | |
| 27 | wt | 119 Andre van Zaane | H55 | HCA | 44.22 | 45.31 | |
| | rd | 154 Hans Kwakman | H50 | SSV EEMLAND | 45.63 | 45.63 | |
| 28 | gl | 94 Peter Vlaar | H60 | STW | 42.74 | 45.03 | |
| | bl | 57 Marit Gomes Bráz | DA1 | IJCH | 44.66 | 45.15 | |
| 29 | wt | 109 Otto Immerzeel | HC2 | SHV WOERDEN | 44.64 | 44.64 | |
| | rd | 70 Lucas Melchior | H60 | IJCH | 43.72 | 44.91 | |
| 30 | gl | 38 Hilde Houtzager | DB2 | YC OTWEG | 43.68 | 44.62 | |
| | bl | 118 Ruud Bouwmeester | H55 | HCA | 41.45 | 44.58 | |
| 31 | wt | 114 Milou de Lange | DC1 | YC OTWEG | 44.54 | 44.54 | |
| | rd | 126 Julia de Vos | DC1 | STG LELYSTAD | 44.29 | 44.50 | |
| 32 | gl | 67 Renske Winters | D40 | YVD96 | 42.36 | 44.41 | |
| | bl | 7 Robert Wierds | H45 | SVU | 42.18 | 44.19 | |
| 33 | wt | 158 Lotte Marije Huitema | DB2 | STD | 44.13 | 44.13 | |
| | rd | 103 Thijs van Tol | HA1 | STG CAS | 44.05 | 44.05 | |
| 34 | gl | 127 Gerwin Boschloo | H45 | DYC | 43.16 | 43.84 | |
| | bl | 54 Stijn Verhagen | H40 | Arktika | 43.90 | 43.90 | |
| 35 | wt | 152 Liotte Smits | DA2 | SSV EEMLAND | 43.67 | 43.76 | |
| | rd | 92 Herman Vermeer | H55 | STW | 41.29 | 43.75 | |

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|--------------------------------|-----|-------------------|-------|----|-------|
| 36 | gl | 26 Sem Bonhof | HB1 | SIVZEIST | 43.43 | | 43.43 |
| | bl | 68 Dennis Schaap | HB1 | STG CAS | 43.30 | | 43.30 |
| 37 | wt | 24 Jelle Langevoort | HB1 | YC STOKVIS | 42.46 | | 42.46 |
| | rd | 19 Aart Mulder | HSB | STG ZWANENW | 42.10 | | 43.29 |
| 38 | gl | 55 Olaf Vunderink | HC1 | YC STOKVIS | 42.21 | | 42.21 |
| | bl | 56 Cornel van Zaal | HSA | ELS DELFT | 40.97 | | 41.96 |
| 39 | wt | 96 Brent Bos | HB2 | STV EEMSMOND | 41.48 | | 41.48 |
| | rd | 93 Tim Groeneveld | HB1 | STV LEKSTREEK | 41.86 | | 41.86 |
| 40 | gl | 129 Mathijs Molenaar | HC1 | GOUWE STREEK | 41.42 | | 41.42 |
| | bl | 2 Donald Stappenbelt | HB1 | YC STOKVIS | 41.26 | | 41.26 |
| 41 | wt | 6 Mats ten Cate | HB1 | YC STOKVIS | 40.90 | | 40.90 |
| | rd | 86 Kion van Es | HSA | HC VECHTSTREEK | 40.35 | | 40.88 |
| 42 | gl | 58 Nick Luijten | HB1 | HCA | 39.89 | | 39.89 |
| | bl | 60 Jelle Boonstra | HB1 | YC AMSTELBOCHT | 40.11 | | 40.11 |
| 43 | wt | 66 Jelle Schaap | HA1 | STG CAS | 39.51 | | 39.51 |
| | rd | 113 Giancarlo Lopez | HB1 | Noordkop | 39.55 | | 39.55 |
| 44 | gl | 69 Mike van Dijk | HA2 | IJCH | 39.19 | | 39.19 |
| | bl | 20 Pascal Palmans | HB2 | IJVG | 39.42 | | 39.42 |
| 45 | wt | 160 Bart Valentijn | HN2 | STG NINO | 39.04 | | 39.07 |
| | rd | 101 Ruben Ribbink | HB1 | SPORTIEF | 38.98 | | 38.98 |
| 46 | gl | 161 Nino van Dijk | HN3 | SVW | 38.43 | | 38.92 |
| | bl | 64 Casper van der Woude | HN1 | HC VECHTSTREEK | 38.48 | | 38.48 |

3. Loting 500 meter voor 500m/1000m

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|----------------------------------|-----|--------------------|-------|-------|------|
| 47 | wt | 78 Lisa Brandt | DC1 | YC HGI | 54.31 | 54.97 | |
| | rd | 140 Bram de Vries | H75 | MCLM | 44.64 | 51.94 | |
| 48 | gl | 11 Jade Repko | DC2 | YC LOOSDRECHT | 50.84 | 51.43 | |
| | bl | 90 Fietje van Bochove | DSA | SVU | 49.86 | 51.48 | |
| 49 | wt | 108 Isaac Immerzeel | HC1 | SHV WOERDEN | 50.75 | 50.75 | |
| | rd | 163 Janneke de Kruijf-van Oort | D50 | SHV WOERDEN | 50.20 | 50.52 | |
| 50 | gl | 128 Pastel Riemersma | DC1 | YC LOOSDRECHT | 49.53 | 49.53 | |
| | bl | 143 Thomas Hoekstra | H65 | IJBM | 45.94 | 49.49 | |
| 51 | wt | 120 Astrid Janssen | D55 | HCA | 46.77 | 49.15 | |
| | rd | 117 Bertus Niezing | H65 | STG GIETHOORN | 46.69 | | |
| 52 | gl | 95 Bo Meijer | DB1 | YC STOKVIS | 46.68 | 48.17 | |
| | bl | 41 Erica Della Guardia - de Jong | D45 | STG WATERLAND | 46.37 | 47.85 | |
| 53 | wt | 165 Norah Smits | DB2 | SSV EEMLAND | 46.79 | 47.08 | |
| | rd | 89 Hans ten Hag | H70 | DYC | 45.87 | 47.37 | |
| 54 | gl | 87 Noëmi de Boer | DC1 | DYC | 47.03 | 47.03 | |
| | bl | 91 Thijs Hunink | HSA | SVU | 45.45 | 47.03 | |
| 55 | wt | 51 Sarp Visser | HC1 | SASSENHEIMSE YC | 46.47 | | |
| | rd | 141 Wibe Veenbaas | H70 | HC VECHTSTREEK | 42.87 | 46.40 | |
| 56 | gl | 88 Seppe Lybaert | HSB | Other Nat. fed. | 44.52 | 45.13 | |
| | bl | 4 Rudie Assink | H50 | DYC | 43.69 | 44.38 | |
| 57 | wt | 30 Bart Makaske | H55 | IJBM | 41.93 | 44.01 | |
| | rd | 135 Thomas Selles | HB2 | IJVG | 44.02 | 44.02 | |
| 58 | gl | 110 Camiel Bussing | HC2 | THLF ARNHEM | 43.98 | 43.98 | |
| | bl | 16 Romée Ebbinge | DN2 | TG DE HUNEN | 41.96 | 42.01 | |
| 59 | wt | 15 Koos Dijkstra | H50 | SCHEUVEL | 40.47 | 41.73 | |
| | rd | 157 Lukas Junge | HA2 | | 39.80 | 41.15 | |
| 60 | gl | 124 Martin Heerma | H45 | YC HGI | 39.87 | 41.05 | |
| | bl | 166 Joost de Jong | HA1 | STV LEKSTREEK | 39.96 | 40.24 | |
| 61 | wt | 62 George Bolding | HN3 | TG DE HUNEN | 38.66 | 38.72 | |
| | rd | 73 Rick Meijer | HB2 | LWSC | 39.12 | 39.12 | |
| 62 | gl | 46 Bart Seffinga | HSB | STC RUTTEN | 37.10 | 37.99 | |
| | bl | 139 Sjors Tettero | HB2 | YC VSCH | 38.64 | 38.64 | |

4. Loting 100 meter

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|-------------------------------|-----|-----------------|-------|-------|------|
| 63 | wt | 79 Hessel Kramer | HPD | TRIAS | 15.40 | 16.22 | |
| | rd | 162 Ilse Bierman | DPC | YV PIJNACKER | 17.79 | | |
| 64 | gl | 80 Jurjen Kramer | HPF | TRIAS | 14.29 | 14.29 | |
| | bl | 50 Nympe Visser | DPB | SASSENHEIMSE YC | 14.70 | | |
| 65 | wt | 111 Stefanie Koot | DPB | WYC | 13.70 | 14.26 | |
| | rd | 65 Noah Epping | HPC | SC GOUDA | 14.06 | 14.06 | |
| 66 | gl | 130 Lisa den Hertog | DPC | IJVZ | 13.87 | 13.87 | |
| | bl | 85 Lars Dijck | HPD | FERWERT | 14.00 | 14.06 | |
| 67 | wt | 167 Lynn Jongbloed | DPD | LWSC | 13.75 | 13.75 | |
| | rd | 13 Faye Van Duijvendijk | DPB | SV LANSLD | 13.71 | 13.83 | |
| 68 | gl | 131 Charlie Kwadrin | DPA | IJCH | 13.49 | 13.49 | |
| | bl | 81 Janna Wietske van der Ende | DPD | FERWERT | 13.71 | 13.71 | |
| 69 | wt | 77 Niels Brandt | HPB | YC HGI | 13.16 | 13.28 | |
| | rd | 148 Anna van Elst | DPD | LWSC | 13.36 | 13.36 | |
| 70 | gl | 3 Mette ten Cate | DPB | YC STOKVIS | 13.19 | 13.19 | |
| | bl | 156 Levi Kapp | HPA | SSV EEMLAND | 13.19 | 13.19 | |
| 71 | wt | 43 Moos van Hall | HPC | HCA | 13.15 | 13.15 | |
| | rd | 5 Joris Mulder | HPB | DNII | 12.91 | 12.91 | |
| 72 | gl | 42 Mimi van Hall | DPA | HCA | 12.75 | 12.75 | |
| | bl | 151 Lisan Verheijen | DPA | SSV EEMLAND | 12.86 | 12.86 | |
| 73 | wt | 45 Roosmarijn Hoekstra | DB2 | STG HOORN | 11.96 | 12.57 | |
| | rd | 122 Maud Blokhorst | DPB | YSC HAAKSBERGEN | 12.65 | 12.65 | |
| 74 | gl | 25 Britt van der Linden | DPA | YC STOKVIS | 12.40 | 12.47 | |
| | bl | 12 Myrthe Kuiper | DPA | DNII | 12.47 | 12.50 | |
| 75 | wt | 29 Harmen Lammers | HPB | IJCH | 12.30 | 12.30 | |
| | rd | 39 Matthijs de Haan | HPC | SC GOUDA | 12.44 | 12.44 | |
| 76 | gl | 155 Mathijs Kwakman | HC2 | SSV EEMLAND | 12.20 | 12.20 | |
| | bl | 121 Sophie Exterkate | DPA | BORNSE SSV | 12.11 | 12.26 | |
| 77 | wt | 132 Elanne de Vries | DC1 | SV ROTTERDAM | 11.89 | 12.08 | |
| | rd | 83 Bonne van Avezaath | DB2 | LWSC | 11.71 | 11.95 | |
| 78 | gl | 71 Jami Papilaja | DN3 | NSV | 11.22 | 11.41 | |
| | bl | 153 Jitte Gjaltema | DN3 | DYC | 11.27 | 11.53 | |

5. Loting 300 meter

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|-------------------------------|-----|--------------------|-------|-------|------|
| 79 | wt | 162 Ilse Bierman | DPC | YV PIJNACKER | 50.85 | | |
| | rd | 79 Hessel Kramer | HPD | TRIAS | 41.26 | 41.26 | |
| 80 | gl | 50 Nympe Visser | DPB | SASSENHEIMSE YC | 39.11 | | |
| | bl | 80 Jurjen Kramer | HPF | TRIAS | 36.64 | 36.64 | |
| 81 | wt | 65 Noah Epping | HPC | SC GOUDA | 34.88 | 34.88 | |
| | rd | 130 Lisa den Hertog | DPC | IJVZ | 34.95 | 34.95 | |
| 82 | gl | 85 Lars Dijk | HPD | FERWERT | 34.52 | 34.52 | |
| | bl | 167 Lynn Jongbloed | DPD | LWSC | 34.82 | 34.82 | |
| 83 | wt | 111 Stefanie Koot | DPB | WYC | 34.00 | 34.40 | |
| | rd | 148 Anna van Elst | DPD | LWSC | 34.37 | 34.37 | |
| 84 | gl | 13 Faye Van Duijvendijk | DPB | SV LANSLD | 33.83 | 33.83 | |
| | bl | 3 Mette ten Cate | DPB | YC STOKVIS | 33.83 | 33.83 | |
| 85 | wt | 81 Janna Wietske van der Ende | DPD | FERWERT | 33.82 | 33.82 | |
| | rd | 151 Lisan Verheijen | DPA | SSV EEMLAND | 33.03 | 33.03 | |
| 86 | gl | 77 Niels Brandt | HPB | YC HGI | 32.51 | 32.62 | |
| | bl | 131 Charlie Kwadrin | DPA | IJCH | 32.40 | 32.40 | |
| 87 | wt | 5 Joris Mulder | HPB | DNIJ | 32.37 | 32.37 | |
| | rd | 156 Levi Kapp | HPA | SSV EEMLAND | 32.35 | 32.35 | |
| 88 | gl | 122 Maud Blokhorst | DPB | YSC HAAKSBERGEN | 30.35 | 30.71 | |
| | bl | 43 Moos van Hall | HPC | HCA | 32.28 | 32.28 | |
| 89 | wt | 42 Mimi van Hall | DPA | HCA | 30.69 | 30.69 | |
| | rd | 12 Myrthe Kuiper | DPA | DNIJ | 30.42 | 30.42 | |
| 90 | gl | 45 Roosmarijn Hoekstra | DB2 | STG HOORN | 29.44 | 30.15 | |
| | bl | 155 Mathijs Kwakman | HC2 | SSV EEMLAND | 29.94 | 29.94 | |
| 91 | wt | 29 Harmen Lammers | HPB | IJCH | 29.80 | 29.80 | |
| | rd | 25 Britt van der Linden | DPA | YC STOKVIS | 29.92 | 29.92 | |
| 92 | gl | 39 Matthijs de Haan | HPC | SC GOUDA | 29.75 | 29.75 | |
| | bl | 121 Sophie Exterkate | DPA | BORNSE SSV | 29.42 | 29.42 | |
| 93 | wt | 83 Bonne van Avezaath | DB2 | LWSC | 28.66 | 29.29 | |
| | rd | 132 Elanne de Vries | DC1 | SV ROTTERDAM | 28.40 | 28.64 | |
| 94 | gl | 71 Jami Papilaja | DN3 | NSV | 27.39 | | |
| | bl | 153 Jitte Gjaltema | DN3 | DYC | 26.82 | 27.56 | |

6. Loting 1500 meter

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|-----|----------|---------------------------------|-----|---------------|---------|---------|------|
| 95 | wt rd | 126 Julia de Vos | DC1 | STG LELYSTAD | | | |
| 96 | gl | 17 Bloem Bouwman | DC1 | YC LOOSDRECHT | 2:47.67 | 2:52.03 | |
| | bl | 40 Ad Kemp | H65 | SV OUDEWATER | 2:23.60 | 2:45.53 | |
| 97 | wt | 32 Linde Rijnders | DB1 | YC LOOSDRECHT | 2:40.30 | 2:44.06 | |
| | rd | 102 Clarine Bronkhorst | D50 | SVU | 2:39.12 | 2:39.12 | |
| 98 | gl | 125 Karin Terhürne | D50 | IJVG | 2:26.30 | 2:35.09 | |
| | bl | 115 Kevin van Cleef | HSB | HCH | 2:30.39 | 2:33.70 | |
| 99 | wt | 22 Chantal Rietman-Herms | D45 | DYC | 2:26.15 | 2:32.64 | |
| | rd | 116 Troy Koolhoven | H45 | SVU | 2:28.73 | 2:31.28 | |
| 100 | gl | 134 Bauke Meijer | H70 | SVU | 2:15.66 | 2:30.42 | |
| | bl | 147 Anita Smit-Groot | D55 | HSC DE DRAAI | 2:24.50 | 2:28.72 | |
| 101 | wt | 28 Niels van Reeuwijk | HC2 | SIVZEIST | 2:26.22 | 2:26.22 | |
| | rd | 150 Rianne Gerritsen | DSB | STW | 2:23.45 | 2:27.78 | |
| 102 | gl | 38 Hilde Houtzager | DB2 | YC OTWEG | 2:22.80 | 2:25.37 | |
| | bl | 100 Kees Bollaart | H55 | YA | 2:12.40 | 2:25.69 | |
| 103 | wt | 68 Dennis Schaap | HB1 | STG CAS | 2:21.47 | 2:21.47 | |
| | rd | 31 Adriaan Provoost | H60 | SSC DE POEL | 2:05.91 | 2:22.14 | |
| 104 | gl | 70 Lucas Melchior | H60 | IJCH | 2:15.52 | 2:21.42 | |
| | bl | 118 Ruud Bouwmeester | H55 | HCA | 2:02.50 | 2:21.42 | |
| 105 | wt | 9 Esther Bouman | DSB | SVU | 2:16.32 | 2:21.34 | |
| | rd | 27 Hanna Dijkman | DSB | IJVG | 2:19.43 | | |
| 106 | gl | 103 Thijs van Tol | HA1 | STG CAS | 2:17.82 | 2:20.21 | |
| | bl | 26 Sem Bonhof | HB1 | SIVZEIST | 2:20.27 | 2:20.27 | |
| 107 | wt | 52 Bart de Kwaasteniet | HSB | SVU | 2:19.99 | | |
| | rd | 114 Milou de Lange | DC1 | YC OTWEG | 2:20.19 | 2:20.19 | |
| 108 | gl | 159 Quinty van Klink | DA2 | STG NINO | 2:18.13 | 2:18.13 | |
| | bl | 119 Andre van Zaane | H55 | HCA | 2:12.22 | 2:18.08 | |
| 109 | wt | 57 Marit Gomes Bráz | DA1 | IJCH | 2:14.21 | 2:16.81 | |
| | rd | 154 Hans Kwakman | H50 | SSV EEMLAND | 2:17.08 | 2:18.00 | |
| 110 | gl | 67 Renske Winters | D40 | YVD96 | 2:08.70 | 2:16.76 | |
| | bl | 94 Peter Vlaar | H60 | STW | 2:15.91 | | |
| 111 | wt | 109 Otto Immerzeel | HC2 | SHV WOERDEN | 2:15.26 | 2:15.26 | |
| | rd | 127 Gerwin Boschloo | H45 | DYC | 2:10.91 | 2:15.08 | |
| 112 | gl | 123 Harm Smit | H60 | STW | 2:05.50 | 2:14.82 | |
| | bl | 129 Mathijs Molenaar | HC1 | GOUWE STREEK | 2:14.52 | 2:14.52 | |
| 113 | wt | 152 Liotte Smits | DA2 | SSV EEMLAND | 2:13.08 | 2:13.86 | |
| | rd | 158 Lotte Marije Huitema | DB2 | STD | 2:14.42 | | |

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|-----|----|--------------------------------|-----|-------------------|---------|----|---------|
| 114 | gl | 93 Tim Groeneveld | HB1 | STV LEKSTREEK | 2:13.67 | | 2:13.67 |
| | bl | 54 Stijn Verhagen | H40 | Arktika | 2:11.96 | | 2:11.96 |
| 115 | wt | 56 Cornel van Zaal | HSA | ELS DELFT | 2:03.05 | | 2:11.91 |
| | rd | 19 Aart Mulder | HSB | STG ZWANENW | 2:04.84 | | 2:10.70 |
| 116 | gl | 55 Olaf Vunderink | HC1 | YC STOKVIS | 2:08.49 | | 2:08.49 |
| | bl | 24 Jelle Langevoort | HB1 | YC STOKVIS | 2:09.13 | | 2:09.13 |
| 117 | wt | 113 Giancarlo Lopez | HB1 | Noordkop | 2:07.59 | | 2:07.59 |
| | rd | 96 Brent Bos | HB2 | STV EEMSMOND | 2:07.96 | | 2:07.96 |
| 118 | gl | 7 Robert Wierds | H45 | SVU | 2:02.02 | | 2:07.00 |
| | bl | 92 Herman Vermeer | H55 | STW | 1:59.05 | | 2:06.98 |
| 119 | wt | 58 Nick Luijten | HB1 | HCA | 2:04.39 | | 2:05.72 |
| | rd | 6 Mats ten Cate | HB1 | YC STOKVIS | 2:05.09 | | 2:05.91 |
| 120 | gl | 86 Kion van Es | HSA | HC VECHTSTREEK | 2:01.48 | | 2:05.44 |
| | bl | 2 Donald Stappenbelt | HB1 | YC STOKVIS | 2:05.50 | | 2:05.50 |
| 121 | wt | 60 Jelle Boonstra | HB1 | YC AMSTELBOCHT | 2:04.88 | | |
| | rd | 20 Pascal Palmans | HB2 | IJVG | 2:04.28 | | 2:04.28 |
| 122 | gl | 101 Ruben Ribbink | HB1 | SPORTIEF | 2:03.50 | | 2:03.50 |
| | bl | 69 Mike van Dijk | HA2 | IJCH | 2:03.53 | | 2:03.53 |
| 123 | wt | 66 Jelle Schaap | HA1 | STG CAS | 2:02.46 | | |
| | rd | 160 Bart Valentijn | HN2 | STG NINO | 1:56.39 | | 1:56.81 |
| 124 | gl | 64 Casper van der Woude | HN1 | HC VECHTSTREEK | 1:56.09 | | 1:56.09 |
| | bl | 161 Nino van Dijk | HN3 | SVW | 1:54.01 | | 1:54.01 |

7. Loting 1000 meter

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|-----|----|---|-----|--------------------|---------|----|---------|
| 125 | wt | 140 Bram de Vries | H75 | MCLM | 1:29.98 | | 1:49.59 |
| | rd | 78 Lisa Brandt | DC1 | YC HGI | 1:54.17 | | 1:57.36 |
| 126 | gl | 11 Jade Repko | DC2 | YC LOOSDRECHT | 1:46.28 | | 1:46.28 |
| | bl | 108 Isaac Immerzeel | HC1 | SHV WOERDEN | 1:48.18 | | 1:48.18 |
| 127 | wt | 163 Janneke de Kruijf-van Oort | D50 | SHV WOERDEN | 1:44.19 | | 1:45.48 |
| | rd | 90 Fietje van Bochove | DSA | SVU | 1:42.89 | | 1:44.94 |
| 128 | gl | 128 Pastel Riemersma | DC1 | YC LOOSDRECHT | 1:42.70 | | 1:44.21 |
| | bl | 143 Thomas Hoekstra | H65 | IJBM | 1:30.65 | | 1:41.82 |
| 129 | wt | 117 Bertus Niezing | H65 | STG GIETHOORN | 1:33.19 | | |
| | rd | 120 Astrid Janssen | D55 | HCA | 1:31.53 | | 1:39.92 |
| 130 | gl | 165 Norah Smits | DB2 | SSV EEMLAND | 1:38.16 | | 1:38.88 |
| | bl | 95 Bo Meijer | DB1 | YC STOKVIS | 1:35.66 | | 1:39.44 |
| 131 | wt | 87 Noëmi de Boer | DC1 | DYC | 1:38.49 | | 1:38.49 |
| | rd | 89 Hans ten Hag | H70 | DYC | 1:32.83 | | 1:37.63 |
| 132 | gl | 51 Sarp Visser | HC1 | SASSENHEIMSE YC | 1:35.74 | | |
| | bl | 91 Thijs Hunink | HSA | SVU | 1:30.51 | | 1:35.08 |
| 133 | wt | 4 Rudie Assink | H50 | DYC | 1:28.75 | | 1:33.24 |
| | rd | 41 Erica Della Guardia - de Jong | D45 | STG WATERLAND | 1:31.94 | | |
| 134 | gl | 141 Wibe Veenbaas | H70 | HC VECHTSTREEK | 1:23.40 | | 1:31.71 |
| | bl | 110 Camiel Bussing | HC2 | THLF ARNHEM | 1:31.56 | | 1:31.56 |
| 135 | wt | 30 Bart Makaske | H55 | IJBM | 1:24.07 | | 1:29.22 |
| | rd | 135 Thomas Selles | HB2 | IJVG | 1:29.09 | | 1:29.09 |
| 136 | gl | 88 Seppe Lybaert | HSB | Other Nat. fed. | 1:28.54 | | |
| | bl | 157 Lukas Junge | HA2 | | 1:22.76 | | 1:26.10 |
| 137 | wt | 15 Koos Dijkstra | H50 | SCHEUVEL | 1:21.10 | | 1:24.52 |
| | rd | 124 Martin Heerma | H45 | YC HGI | 1:18.61 | | 1:21.87 |
| 138 | gl | 166 Joost de Jong | HA1 | STV LEKSTREEK | 1:19.24 | | 1:19.24 |
| | bl | 16 Romée Ebbinge | DN2 | TG DE HUNEN | 1:21.86 | | 1:21.86 |
| 139 | wt | 62 George Bolding | HN3 | TG DE HUNEN | 1:18.23 | | 1:19.07 |
| | rd | 139 Sjors Tettero | HB2 | YC VSCH | 1:17.68 | | 1:17.70 |
| 140 | gl | 46 Bart Seffinga | HSB | STC RUTTEN | 1:12.16 | | 1:14.80 |
| | bl | 73 Rick Meijer | HB2 | LWSC | 1:16.84 | | 1:16.84 |

8. Loting 3000 meter

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|-----|----------|-------------------------|-----|-------------------|---------|---------|------|
| 141 | wt rd | 144 Kyle Winter | HB2 | SCHEUVEL | | | |
| 142 | gl | 37 Ton van Helden | H70 | SV LIMSV | 4:48.74 | 5:36.43 | |
| | bl | 164 Noor van der Ster | D60 | BALLANGRUD | 4:46.97 | 5:27.48 | |
| 143 | wt | 48 Maura Swinkels | D55 | SSVB | 5:03.88 | 5:12.91 | |
| | rd | 72 Daphne Iskes | DB2 | IJCH | 4:43.92 | 5:20.18 | |
| 144 | gl | 61 Imme Kampen | DSB | YC HGI | 4:39.57 | | |
| | bl | 97 Emma Koster | DB1 | HCA | 5:03.02 | 5:03.02 | |
| 145 | wt | 106 Jan de Groot | H65 | YA | 4:59.56 | 5:01.35 | |
| | rd | 76 Evelien van der Kist | DSB | SVU | 5:02.78 | | |
| 146 | gl | 59 Piet de Jong | H55 | STG KOGGENLAND | 4:43.87 | 4:53.46 | |
| | bl | 98 Jan Heeres | H60 | STW | 4:44.90 | 4:53.36 | |
| 147 | wt | 23 Marco Roos | H55 | YC HGI | 4:34.57 | 4:51.12 | |
| | rd | 33 Erol Aksoy | H45 | SVU | 4:47.05 | 4:51.94 | |
| 148 | gl | 18 Kevin Kuiper | HB2 | STV EEMSMOND | 4:50.29 | | |
| | bl | 34 Harm Sinnige | H60 | YCE | 4:50.48 | | |
| 149 | wt | 14 Nyncke Dijkstra | DB2 | SCHEUVEL | 4:48.73 | 4:50.29 | |
| | rd | 145 Jaap Goes | HSB | Arktika | 4:32.94 | 4:50.25 | |
| 150 | gl | 47 Alexander Doornekamp | HA2 | STC RIJNSTR | 4:48.47 | 4:48.73 | |
| | bl | 44 Eddy van Dijk | H50 | SSV EEMLAND | 4:27.54 | 4:49.21 | |
| 151 | wt | 105 Peter Van der Vorst | H45 | SSV EEMLAND | 4:37.48 | 4:40.95 | |
| | rd | 136 Martijn Jager | H50 | SVU | 4:40.90 | 4:44.62 | |
| 152 | gl | 107 Aart van Beuzekom | H50 | YA | 4:40.56 | 4:40.56 | |
| | bl | 133 Martijn Willemsen | H45 | YCE | 4:35.46 | | |
| 153 | wt | 63 Danny Heijkoop | HA1 | SCHEUVEL | 4:38.50 | 4:38.50 | |
| | rd | 84 Dennis Vergeer | HB2 | STV LEKSTREEK | 4:34.45 | 4:37.57 | |
| 154 | gl | 49 Eric de Ruijter | H50 | SSVB | 4:25.64 | 4:33.46 | |
| | bl | 104 Sandro Cara | H45 | YA | 4:07.84 | 4:18.10 | |