

| Startnummer | Naam | Starttijd | Finishtijd | Tijd |
|-------------|----------------------------|-----------|------------|----------|
| 5 km | | | | |
| 200 | Natalie van Gestel | 13:10:00 | 13:52:00 | 00:42:00 |
| 201 | Andre Giesen | 13:10:00 | 13:41:00 | 00:31:00 |
| 202 | Ine Sevink | 13:10:00 | 13:41:00 | 00:31:00 |
| 203 | Jan Sevink | 13:10:00 | 13:40:00 | 00:30:00 |
| 204 | Wout Kleinbussink | 13:10:00 | 13:56:00 | 00:46:00 |
| 205 | Ellen Huinink | 13:12:00 | | ##### |
| 206 | Diana Hofs | 13:12:00 | 13:49:00 | 00:37:00 |
| 207 | Lucelle Visser | 13:12:00 | 13:49:00 | 00:37:00 |
| 208 | Tuija Uytdewilligen | 13:12:00 | 13:48:00 | 00:36:00 |
| 209 | Theo Ragas | 13:12:00 | 14:02:00 | 00:50:00 |
| 210 | Cindy Liefink | 13:14:00 | | ##### |
| 211 | Gert Timmer | 13:14:00 | 13:52:00 | 00:38:00 |
| 212 | Ilone Willemsen | 13:14:00 | 13:47:00 | 00:33:00 |
| 213 | Wilfred Fontein | 13:14:00 | 13:47:00 | 00:33:00 |
| 214 | Joost Agelink | 13:14:00 | 13:44:00 | 00:30:00 |
| 215 | Cela Demirtas | 13:10:00 | 13:40:00 | 00:30:00 |
| 216 | Sjoerd Busch | 13:16:00 | | ##### |
| 217 | Marianne van Zeijts Greven | 13:16:00 | 13:47:00 | 00:31:00 |
| 218 | Nicole Vriezen | 13:16:00 | 13:56:00 | 00:40:00 |
| 219 | Sander Wieggers | 13:16:00 | | ##### |
| 220 | Robin Velsink | 13:18:00 | 13:45:00 | 00:27:00 |
| 221 | Ines Pronk | 13:18:00 | | ##### |
| 222 | Ineke groot Jebbink | 13:18:00 | 14:00:00 | 00:42:00 |
| 223 | Coby Craanen | 13:18:00 | 14:00:00 | 00:42:00 |
| 224 | Wieteke Schotsman | 13:18:00 | 13:58:00 | 00:40:00 |
| 225 | Ellen te Winkel | 13:18:00 | 13:58:00 | 00:40:00 |
| 226 | Oscar Maas | 13:20:00 | 14:00:00 | 00:40:00 |
| 227 | Iwan Schoppema | 13:20:00 | 13:52:00 | 00:32:00 |
| 228 | Tamara Harmsen | 13:20:00 | 13:51:00 | 00:31:00 |
| 229 | Ronnie Berendsen | 13:20:00 | 13:43:00 | 00:23:00 |
| 230 | Alex Evers | 13:20:00 | 13:48:00 | 00:28:00 |
| 231 | Tygo Evers | 13:22:00 | 13:48:00 | 00:26:00 |
| 232 | Julan Chevalking | 13:22:00 | 13:53:25 | 00:31:25 |
| 233 | Joanneke Radstake | 13:22:00 | 13:53:25 | 00:31:25 |
| 234 | Kathy Brown | 13:22:00 | 13:58:00 | 00:36:00 |
| 235 | Marijn Engelman | 13:22:00 | 13:58:00 | 00:36:00 |

| | | | | |
|-----|---------------------|----------|----------|----------|
| 236 | Mariel van der Borg | 13:22:00 | | ##### |
| 237 | Dorette Janssen | 13:24:00 | 13:56:00 | 00:32:00 |
| 238 | Patricia Wiggers | 13:24:00 | 14:06:00 | 00:42:00 |
| 239 | Matthijs Loman | 13:24:00 | 13:57:00 | 00:33:00 |
| 240 | Annelies Loman | 13:24:00 | | ##### |
| 241 | Patrick Woudstra | 13:24:00 | | ##### |
| 242 | Anouk Slutter | 13:26:00 | 14:02:00 | 00:36:00 |
| 243 | Jirina kaal | 13:26:00 | 13:58:46 | 00:32:46 |
| 244 | Merel Wiggers | 13:26:00 | 13:59:00 | 00:33:00 |
| 245 | Fenneke Ten Brinke | 13:26:00 | 14:06:00 | 00:40:00 |
| 246 | Tjardien Toonk | 13:26:00 | 13:59:00 | 00:33:00 |
| 247 | Marjorie Theijssen | 13:26:00 | | ##### |
| 248 | Fabiënne Theijssen | 13:26:00 | | ##### |
| 249 | Kimberley Houlton | 13:26:00 | 13:58:40 | 00:32:40 |
| 250 | Anne Klumper | 13:24:00 | 13:56:00 | 00:32:00 |
| 5 | Maiko Bieleman | | 13:26:00 | |