

| | ronde 1 | ronde 2 | eindtijd |
|----------------------|---------|---------|----------|
| Annemarie Broersma | 18.35 | x | 18.35 |
| Rick Wester | 18.30 | x | 18.30 |
| Bianca vd Meer | 19.25 | x | 19.25 |
| Gerrit Weerman | 16.11 | 16.38 | 32.49 |
| Maaïke de Kroon | 18.12 | x | 18.12 |
| Willem de Vries | 19.08 | x | 19.08 |
| Ulrike Weerman | 18.25 | x | 18.25 |
| Joke Hospes | 19.18 | x | 19.18 |
| Bjorn Broers | 20.19 | x | 20.19 |
| Tjibbe de Vries | 18.03 | x | 18.03 |
| Bas Simons | 15.18 | 15.21 | 30.39 |
| Stefan vd Meer | 17.29 | x | 17.29 |
| Jo Geelhoed | 15.17 | 15.31 | 30.48 |
| Sietse de vries | 18.26 | x | 18.26 |
| Vincent van Dorp | 13.46 | x | 13.46 |
| Henk Elshof | 16.15 | 16.41 | 32.56 |
| Jos Straathof | 15.00 | 15.29 | 30.29 |
| Luuk ten Klooster | 16.06 | x | 16.06 |
| Esmee Sierdsma | 17.20 | x | 17.20 |
| Annemarie Rustenburg | 14.30 | 14.40 | 29.10 |
| Dinneke Nijmeijer | 14.20 | 14.25 | 28.45 |
| Ida Koster | 16.12 | 16.14 | 32.26 |
| Annemarie vd Heuvel | 17.29 | x | 17.29 |
| Merijn Benjamins | 15.02 | 15.02 | 30.04 |
| Klaas Molenaar | 16.15 | 16.21 | 32.36 |
| Anne Oenema | 15.45 | 15.35 | 31.20 |
| Robert Koster | 14.56 | 14.37 | 29.33 |
| Lucas Rustenburg | 14.29 | 14.14 | 28.43 |
| Age Nauta | 14.56 | 14.45 | 29.41 |
| Andre Goes | 16.21 | 16.28 | 32.49 |
| Mark Maerman | 15.13 | 16.36 | 31.49 |
| Jolien Scholtens | 17.33 | x | 17.33 |
| Marco Buitenhuis | 14.32 | 14.35 | 29.07 |
| Jonathan Venema | 15.14 | 15.39 | 30.53 |
| Ate Brand | 16.51 | 16.40 | 33.31 |
| Sjaak van Hal | 13.09 | 14.43 | 27.52 |
| Remco Grasman | 12.09 | 12.16 | 24.25 |
| Teunis Hoefnagel | 13.18 | 13.22 | 26.40 |
| Wilco Timmerman | 13.10 | 13.20 | 26.30 |
| Kees Post | 15.21 | 15.33 | 30.54 |
| Lammert Haverkamp | 12.54 | 12.45 | 25.39 |
| Jacco Overtoom | 13.39 | 13.38 | 27.17 |
| Jelmer Sikma | 17.45 | 16.54 | 34.39 |

| | | | |
|------------------------|--------------|--------------|--------------|
| Stein Ytsma | 16.25 | 17.14 | 33.39 |
| Mike Temmink | 14.39 | 15.03 | 29.42 |
| Stefan de Wilde | 14.48 | 16.25 | 31.13 |
| Jan Dunnewind | 14.08 | 14.01 | 28.09 |