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|---------------|----------------------|---------|
| 2 km | | |
| 1 | Tom Boesberg | 7:14 |
| 2 | Tim Klop | 9:55 |
| 3 | Joey van Wurmond | 9:59 |
| 4 | Jesca Bol | 11:28 |
| | | |
| 6.4 km | | |
| 1 | Robin Schols | 0:28:13 |
| 2 | Kees van Buren | 0:29:24 |
| 3 | Mirjam Tuls | 0:37:07 |
| 4 | Ilse Stigter | 0:31:56 |
| 5 | Andre van der Zijde | 0:32:13 |
| 6 | Marwan Amhil | 0:32:20 |
| 7 | Anne Visser | 0:34:24 |
| 8 | Carolien van Dyck | 0:34:35 |
| 9 | Wim Nobel | 0:35:48 |
| 10 | Mariette Snoek | 0:37:31 |
| 11 | Bep Teeuwen | 0:38:24 |
| 12 | Jessica van de Velde | 0:39:32 |
| 13 | Corrie van Meijeren | 0:42:53 |
| 14 | Wilma Kaman | 0:45:04 |
| | | |
| 10 km | | |
| 1 | Robert Hofman | 0:38:25 |
| 2 | Fred Noorlander | 0:42:38 |
| 3 | Ruud van den Dool | 0:42:52 |
| 4 | Kees van Limborgh | 0:43:07 |
| 5 | Adrie Noorlander | 0:44:35 |
| 6 | Arjan Verhoeff | 0:47:47 |
| 7 | Andy Haagen | 0:48:02 |
| 8 | Hilly Agterberg | 0:48:07 |
| 9 | Sara van Tuijl | 0:51:40 |
| 10 | Jorne van den Dool | 0:51:40 |
| 11 | Ruud de Hoop | 0:52:11 |
| 12 | Paul Tijs | 0:52:23 |
| 13 | Jolle Bosma | 0:54:44 |
| 14 | Arie Graafland | 0:57:19 |
| 15 | Gerard Rietveld | 1:01:02 |
| | | |

| 15 km | | |
|--------------|---------------------|---------|
| 1 | Cornelis Verboom | 0:53:43 |
| 2 | Richard Groenendijk | 0:58:46 |
| 3 | Arie Visser | 0:59:47 |
| 4 | Marthijn Duel | 1:04:36 |
| 5 | Remon Duel | 1:04:38 |
| 6 | Jan Duel | 1:06:33 |
| 7 | Dirk Schenk | 1:08:17 |
| 8 | Ab Buitendijk | 1:08:59 |
| 9 | Sebastiaan Rath | 1:09:14 |
| 10 | Arie van Buren | 1:09:18 |
| 11 | Sander Seppen | 1:09:34 |
| 12 | Fred Spruit | 1:11:17 |
| 13 | Martin Rath | 1:11:42 |
| 14 | Werner Noorlander | 1:13:02 |
| 15 | Ilona van Vliet | 1:13:04 |
| 16 | Martien van Veen | 1:14:32 |
| 17 | Andre Pruissers | 1:15:59 |
| 18 | Hans van Wurmond | 1:16:53 |
| 19 | Ton Nobel | 1:17:30 |
| 20 | John Iseger | 1:21:14 |