

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

| | | Naam | Cat | Baan | PR | ST | Tijd |
|----|----------|----------------------------|-----|------|---------|---------|------|
| 1 | wt rd | 100 Kynzly Barry | HPF | DEV | 1:14.01 | 1:14.01 | |
| 2 | gl | 124 Sophie van der Ven | DPC | DNH | 57.75 | 58.48 | |
| | bl | 85 Michella De Jong | DPE | HVN | 1:07.74 | 1:07.74 | |
| 3 | wt | 90 Noor Koster | DPD | DEV | 54.98 | 54.98 | |
| | rd | 73 Miquel Stout | HPD | DEV | 54.50 | 54.50 | |
| 4 | gl | 104 Fienne van Leijenhorst | DPD | HRN | 53.12 | 53.32 | |
| | bl | 168 Eline van den Beld | DPC | | 51.80 | 51.80 | |
| 5 | wt | 27 Jaylinn de Mes | DPB | ALK | 51.71 | 51.71 | |
| | rd | 48 Merlijn van Vught | HPB | UTR | 50.73 | 50.73 | |
| 6 | gl | 60 Christan van den Brink | HPD | DEV | 50.57 | 50.57 | |
| | bl | 136 Jesse van Velde | HPB | DEV | 50.61 | 50.61 | |
| 7 | wt | 14 Joey Prijs | HPB | AMS | 49.61 | 49.61 | |
| | rd | 91 Jort van der Kooi | HC1 | ENS | 48.89 | 48.89 | |
| 8 | gl | 120 Bradley Spijk | HPA | ALK | 48.75 | 48.75 | |
| | bl | 56 Cato Slegtenhorst | DC2 | DNH | 48.39 | 48.39 | |
| 9 | wt | 79 Kayleigh Strunks | DPC | AMS | 48.17 | 48.17 | |
| | rd | 166 Jelte Petri | HPA | DNH | 48.34 | 48.34 | |
| 10 | gl | 30 Liam Makkinga | HPC | DEV | 47.51 | 47.96 | |
| | bl | 170 Simone Gravesteyn | DB2 | DNH | 47.10 | 47.91 | |
| 11 | wt | 82 Noor Leusink | DC1 | ENS | 46.74 | 46.74 | |
| | rd | 147 Jurian van Eekelen | HPB | HRN | 47.84 | 47.84 | |
| 12 | gl | 128 Femke Lindeboom | DC1 | DEV | 46.51 | 46.51 | |
| | bl | 132 Eline van Leijenhorst | DPA | HRN | 45.73 | 45.73 | |
| 13 | wt | 167 Noa Veerman | DC1 | ALK | 44.91 | 44.91 | |
| | rd | 19 Jelte Blomberg | HPB | GRO | 45.47 | 45.47 | |
| 14 | gl | 173 Thijs Breugem | HC2 | | 44.12 | 44.12 | |
| | bl | 127 Joanne Hendriksen | DC1 | DEV | 43.55 | 43.55 | |
| 15 | wt | 40 Huib de Vries | HPA | ENS | 43.48 | 43.48 | |
| | rd | 165 Olivier Wennekes | HC2 | DNH | 43.40 | 43.40 | |
| 16 | gl | 121 Renske Van Winkoop | DPA | UTR | 42.53 | 42.53 | |
| | bl | 35 Indy Kromokario | HA2 | DNH | 40.19 | 40.38 | |
| 17 | wt | 118 Bjarne den Besten | HC1 | DNH | 39.82 | 39.82 | |
| | rd | 26 Thomas Selles | HN3 | GRO | 39.25 | 39.37 | |
| 18 | gl | 174 Jules van Winden | HA1 | | 38.78 | 38.78 | |
| | bl | 125 Hannes van de Wetering | HC2 | AMS | 39.01 | 39.01 | |

2. Loting 500 meter voor 500m/1500m

| | | Naam | Cat | Baan | PR | ST | Tijd |
|----|----|--------------------------|-----|------|-------|-------|------|
| 19 | wt | 99 Marit Molhoek | DC1 | ALK | 49.80 | 49.80 | |
| | rd | 113 Jozanneke Scheepstra | DSB | UTR | 50.38 | 50.38 | |
| 20 | gl | | | | | | |
| | bl | | | | | | |
| 21 | wt | 4 Jonne Holthuis | DC1 | GRO | 48.15 | 48.15 | |
| | rd | 75 Neyómy Barry | DC1 | DEV | 48.75 | 48.75 | |
| 22 | gl | 88 Anna Van der Stok | D50 | UTR | 47.19 | 47.76 | |
| | bl | 92 Francis de Bruijn | DC1 | DNH | 46.81 | 48.05 | |
| 23 | wt | 29 Marit Veenhuis | DC1 | GRO | 46.44 | 46.44 | |
| | rd | 112 Nouschka Steenks | DC2 | DNH | 46.33 | 46.33 | |
| 24 | gl | 32 Tycho Petri | HC2 | DNH | 45.79 | 45.79 | |
| | bl | 108 Anne Spruijt | DB2 | DNH | 45.52 | 45.52 | |
| 25 | wt | 76 Elise Kortleve | DA1 | BRE | 45.47 | 45.47 | |
| | rd | 25 Elin Timmerman | DC2 | AMS | 44.83 | 44.83 | |
| 26 | gl | 131 Eva Weultjes | DB2 | DEV | 44.68 | 44.75 | |
| | bl | 81 Jonathan Rijken | HC2 | UTR | 44.66 | 44.66 | |
| 27 | wt | 59 Michel van der Sluijs | H50 | UTR | 43.57 | 44.16 | |
| | rd | 11 Stef van Moolenbroek | HB1 | UTR | 44.62 | 44.65 | |
| 28 | gl | 144 Fiore Koutstaal | DC2 | DNH | 43.87 | 44.02 | |
| | bl | 140 Bas Ellenbroek | HC2 | DEV | 43.72 | 43.72 | |
| 29 | wt | 109 Annick van der Woude | DN4 | GRO | 43.62 | 43.62 | |
| | rd | 158 Merthe Boos | DB1 | HRN | 43.54 | 43.54 | |
| 30 | gl | 138 Scarlett de Bruijn | DB1 | DNH | 42.69 | 42.78 | |
| | bl | 171 Hans Nollet | H40 | | 42.12 | 43.27 | |
| 31 | wt | 141 Roberto van Goor | H50 | DEV | 42.27 | 42.70 | |
| | rd | 102 Caspian Alexander | HC1 | DEV | 42.57 | 42.57 | |
| 32 | gl | 96 Doede Wind | H50 | HVN | 42.51 | 42.51 | |
| | bl | 54 Joep van Leeuwen | HB1 | DNH | 42.53 | 42.53 | |
| 33 | wt | 41 Thijs van Tol | HN4 | ALK | 42.45 | 42.45 | |
| | rd | 111 Nick Hendriksen | HC2 | DEV | 42.24 | 42.24 | |
| 34 | gl | 103 Marloes Westerhof | D40 | DEV | 41.87 | 42.08 | |
| | bl | 150 Justin van Velde | HC1 | DEV | 41.55 | 41.55 | |
| 35 | wt | 80 Joey van den Berg | HA1 | DNH | 40.30 | 41.45 | |
| | rd | 63 Luca Batterink | HC2 | DEV | 41.46 | 41.46 | |
| 36 | gl | 139 Ids Witkamp | HB1 | HAA | 41.01 | 41.01 | |
| | bl | 122 Twan van de Poppe | HC2 | DEV | 41.00 | 41.00 | |
| 37 | wt | 95 Rune Stoel | HC2 | DNH | 40.94 | 40.94 | |
| | rd | 162 Paul Hermans | HSA | BRE | 40.14 | 40.89 | |

| | | Naam | Cat | Baan | PR | ST | Tijd |
|----|----|--------------------------|-----|------|-------|----|-------|
| 38 | gl | 169 Twan van Duuren | HC1 | | 40.86 | | 40.86 |
| | bl | 114 Etienne Tournier | HA1 | DEV | 40.52 | | 40.54 |
| 39 | wt | 57 Damian Prijs | HB1 | AMS | 40.12 | | 40.12 |
| | rd | 18 Sven Post | HB2 | ASS | 40.25 | | 40.25 |
| 40 | gl | 65 Sander Stanneveld | HB2 | ASS | 40.02 | | 40.02 |
| | bl | 78 Lars Groenheiden | HB2 | UTR | 39.98 | | 39.98 |
| 41 | wt | 151 Mette ten Cate | DB2 | DEV | 39.95 | | 39.95 |
| | rd | 10 Joris Mulder | HB2 | DEV | 39.83 | | 39.83 |
| 42 | gl | 66 Milan Stam | HB1 | UTR | 39.69 | | 39.69 |
| | bl | 107 Evan Leeuwis | HA2 | NYM | 39.74 | | 39.74 |
| 43 | wt | 51 Loic Crielaers | HB2 | UTR | 39.31 | | 39.31 |
| | rd | 71 Timme van de Wetering | HC1 | AMS | 39.46 | | 39.46 |
| 44 | gl | 3 Menno Schaap | HSA | ALK | 39.23 | | 39.23 |
| | bl | 50 Vigo Nederstigt | HN2 | HAA | 39.12 | | 39.12 |
| 45 | wt | 134 Noam van de Koppel | HB2 | DEV | 39.01 | | 39.01 |
| | rd | 164 Udo van der Wier | HN2 | HVN | 38.88 | | 38.88 |
| 46 | gl | 45 Stian van Etten | HB1 | DNH | 38.70 | | 38.70 |
| | bl | 64 Gijs Nolen | HB2 | AMS | 38.50 | | 38.50 |
| 47 | wt | 33 Mike van Dijk | HSA | HAA | 38.38 | | 38.38 |
| | rd | 160 Donald Stappenbelt | HN2 | DEV | 38.22 | | 38.22 |
| 48 | gl | 159 Jort de Gans | HN1 | UTR | 37.24 | | 37.24 |
| | bl | 161 Julian de Boer | HA1 | DEV | 38.21 | | 38.21 |

3. Loting 500 meter voor 500m/1000m

| | | Naam | Cat | Baan | PR | ST | Tijd |
|----|----|------------------------------|-----|------|-------|-------|------|
| 49 | wt | 69 Jasmijn Bavius | DC2 | DNH | 50.15 | 50.84 | |
| | rd | 129 Clover van Zeijl | DB1 | DNH | 49.33 | 51.57 | |
| 50 | gl | 172 Zino Van Os | HC2 | | 47.91 | 47.91 | |
| | bl | 135 Marin Holthuis | DPA | GRO | 50.16 | 50.16 | |
| 51 | wt | 155 Puk Moerman | DPA | DNH | 47.21 | 47.21 | |
| | rd | 142 Anne-Lotte Köhler | DB1 | DNH | 47.34 | 47.70 | |
| 52 | gl | 86 Lotte Janssen | DC1 | DNH | 46.78 | 46.78 | |
| | bl | 157 Federico Talen | HPA | DEV | 46.87 | 46.87 | |
| 53 | wt | 101 Mischa Slot | HPA | GRO | 46.24 | 46.24 | |
| | rd | 9 Fay Barendse | DC1 | DNH | 46.28 | 46.28 | |
| 54 | gl | 42 Ava Zachrisson | DC1 | GRO | 45.38 | 45.38 | |
| | bl | 31 Wende Linnenbank | DPA | DNH | 45.19 | 45.19 | |
| 55 | wt | 1 Feline Scholten | DPA | DNH | 44.73 | 44.73 | |
| | rd | 38 Madee Hadders | DPA | GRO | 44.70 | 44.70 | |
| 56 | gl | 8 Sem de Bie | HPA | UTR | 44.47 | 44.47 | |
| | bl | 67 Imre Blomberg | DPA | GRO | 44.60 | 44.60 | |
| 57 | wt | 83 Charissa de Mes | DB1 | ALK | 43.84 | 43.84 | |
| | rd | 43 Josephine Grill | DB2 | GRO | 43.91 | 43.91 | |
| 58 | gl | 130 Sverre Slenema | HC1 | ASS | 43.50 | 43.50 | |
| | bl | 49 Johan Boonstra | H55 | GRO | 41.18 | 43.80 | |
| 59 | wt | 137 Isa Oudenes | DB2 | DNH | 43.32 | 43.32 | |
| | rd | 126 Jibbe Koops | HC1 | GRO | 41.69 | 41.69 | |
| 60 | gl | 143 Charley Boekema | DPA | HVN | 41.62 | 41.62 | |
| | bl | 146 Jarno Vos | HB1 | UTR | 41.32 | 41.32 | |
| 61 | wt | 70 Liam Schroten | HC1 | DEV | 41.04 | 41.04 | |
| | rd | 39 Finn Zachrisson | HB1 | GRO | 40.86 | 40.86 | |
| 62 | gl | 47 Jasmijn ter Haar | DB1 | DEV | 40.73 | 40.73 | |
| | bl | 24 Ties Moerman | HC2 | DNH | 40.85 | 40.85 | |
| 63 | wt | 94 Sofie Bouw | DN1 | DEV | 40.02 | 40.02 | |
| | rd | 97 Wessel Lamme | HB2 | UTR | 39.80 | 39.80 | |
| 64 | gl | 5 Nick Barendse | HB2 | DNH | 38.77 | 38.77 | |
| | bl | 77 Tijl de Vries | HB1 | DEV | 39.51 | 39.51 | |
| 65 | wt | 44 Dennis Schaap | HN2 | ALK | 38.23 | 38.23 | |
| | rd | 148 Seb van Schelven | HN3 | HAA | 38.07 | 38.07 | |
| 66 | gl | 36 Danny Heijkoop | HN4 | ASS | 37.97 | 37.97 | |
| | bl | 22 Sylvian Hoogeveen | HN1 | DEV | 37.67 | 37.67 | |

4. Loting 100 meter

| | | Naam | Cat | Baan | PR | ST | Tijd |
|----|----|----------------------------|-----|------|-------|-------|------|
| 67 | wt | 100 Kynzly Barry | HPF | DEV | 14.88 | 14.88 | |
| | rd | | | | | | |
| 68 | gl | 85 Michella De Jong | DPE | HVN | 14.72 | 14.72 | |
| | bl | 124 Sophie van der Ven | DPC | DNH | 13.92 | 14.09 | |
| 69 | wt | 73 Miquel Stout | HPD | DEV | 13.72 | 13.72 | |
| | rd | 168 Eline van den Beld | DPC | | 13.47 | 13.47 | |
| 70 | gl | 48 Merlijn van Vught | HPB | UTR | 13.46 | 13.46 | |
| | bl | 104 Fienne van Leijenhorst | DPD | HRN | 13.39 | 13.39 | |
| 71 | wt | 14 Joey Prijs | HPB | AMS | 13.18 | 13.32 | |
| | rd | 90 Noor Koster | DPD | DEV | 13.30 | 13.30 | |
| 72 | gl | 27 Jaylinn de Mes | DPB | ALK | 13.29 | 13.29 | |
| | bl | 56 Cato Slegtenhorst | DC2 | DNH | 13.09 | | |
| 73 | wt | 127 Joanne Hendriksen | DC1 | DEV | 13.00 | | |
| | rd | 147 Jurian van Eekelen | HPB | HRN | 12.94 | 12.94 | |
| 74 | gl | 166 Jelte Petri | HPA | DNH | 12.72 | 12.80 | |
| | bl | 60 Christan van den Brink | HPD | DEV | 12.91 | 12.91 | |
| 75 | wt | 170 Simone Gravesteyn | DB2 | DNH | 12.48 | 12.48 | |
| | rd | 91 Jort van der Kooi | HC1 | ENS | 12.52 | 12.57 | |
| 76 | gl | 30 Liam Makkinga | HPC | DEV | 12.39 | 12.39 | |
| | bl | 82 Noor Leusink | DC1 | ENS | 12.45 | 12.45 | |
| 77 | wt | 79 Kayleigh Strunks | DPC | AMS | 12.37 | 12.37 | |
| | rd | 165 Olivier Wennekes | HC2 | DNH | 12.26 | 12.33 | |
| 78 | gl | 132 Eline van Leijenhorst | DPA | HRN | 12.29 | 12.30 | |
| | bl | 19 Jelte Blomberg | HPB | GRO | 12.27 | 12.27 | |
| 79 | wt | 120 Bradley Spijk | HPA | ALK | 12.20 | 12.20 | |
| | rd | 167 Noa Veerman | DC1 | ALK | 12.24 | 12.24 | |
| 80 | gl | 128 Femke Lindeboom | DC1 | DEV | 11.95 | 12.00 | |
| | bl | 136 Jesse van Velde | HPB | DEV | 12.17 | 12.17 | |
| 81 | wt | 121 Renske Van Winkoop | DPA | UTR | 11.63 | 11.63 | |
| | rd | 173 Thijs Breugem | HC2 | | 11.94 | 11.94 | |
| 82 | gl | 35 Indy Kromokario | HA2 | DNH | 10.77 | 10.83 | |
| | bl | 40 Huib de Vries | HPA | ENS | 11.51 | 11.51 | |
| 83 | wt | 118 Bjarne den Besten | HC1 | DNH | 10.80 | 10.80 | |
| | rd | 26 Thomas Selles | HN3 | GRO | 10.75 | 10.75 | |
| 84 | gl | 125 Hannes van de Wetering | HC2 | AMS | 10.70 | 10.70 | |
| | bl | 174 Jules van Winden | HA1 | | 10.61 | 10.61 | |

5. Loting 300 meter

| | | Naam | Cat | Baan | PR | ST | Tijd |
|-----|----------|----------------------------|-----|------|-------|-------|------|
| 85 | wt rd | 100 Kynzly Barry | HPF | DEV | 40.87 | 40.87 | |
| 86 | gl | 124 Sophie van der Ven | DPC | DNH | 35.17 | 35.17 | |
| | bl | 85 Michella De Jong | DPE | HVN | 39.78 | 39.78 | |
| 87 | wt | 73 Miquel Stout | HPD | DEV | 34.40 | 34.40 | |
| | rd | 90 Noor Koster | DPD | DEV | 33.73 | 33.73 | |
| 88 | gl | 104 Fienne van Leijenhorst | DPD | HRN | 33.63 | 33.63 | |
| | bl | 168 Eline van den Beld | DPC | | 32.74 | 32.74 | |
| 89 | wt | 60 Christan van den Brink | HPD | DEV | 32.67 | 32.67 | |
| | rd | 27 Jaylinn de Mes | DPB | ALK | 32.31 | 32.31 | |
| 90 | gl | 48 Merlijn van Vught | HPB | UTR | 32.25 | 32.25 | |
| | bl | 14 Joey Prijs | HPB | AMS | 31.67 | 31.67 | |
| 91 | wt | 166 Jelte Petri | HPA | DNH | 30.97 | 31.63 | |
| | rd | 56 Cato Slegtenhorst | DC2 | DNH | 31.32 | 31.32 | |
| 92 | gl | 136 Jesse van Velde | HPB | DEV | 30.70 | 30.70 | |
| | bl | 170 Simone Gravesteyn | DB2 | DNH | 30.71 | 31.17 | |
| 93 | wt | 91 Jort van der Kooi | HC1 | ENS | 30.61 | 30.61 | |
| | rd | 79 Kayleigh Strunks | DPC | AMS | 30.61 | 30.61 | |
| 94 | gl | 127 Joanne Hendriksen | DC1 | DEV | 30.48 | | |
| | bl | 147 Jurian van Eekelen | HPB | HRN | 30.44 | 30.44 | |
| 95 | wt | 30 Liam Makkinga | HPC | DEV | 30.17 | 30.17 | |
| | rd | 120 Bradley Spijk | HPA | ALK | 29.83 | 29.83 | |
| 96 | gl | 128 Femke Lindeboom | DC1 | DEV | 29.73 | 29.73 | |
| | bl | 82 Noor Leusink | DC1 | ENS | 29.43 | 29.43 | |
| 97 | wt | 167 Noa Veerman | DC1 | ALK | 29.25 | 29.25 | |
| | rd | 19 Jelte Blomberg | HPB | GRO | 29.35 | 29.35 | |
| 98 | gl | 165 Olivier Wennekes | HC2 | DNH | 28.93 | 28.93 | |
| | bl | 132 Eline van Leijenhorst | DPA | HRN | 29.18 | 29.18 | |
| 99 | wt | 40 Huib de Vries | HPA | ENS | 27.91 | 27.91 | |
| | rd | 173 Thijs Breugem | HC2 | | 28.82 | 28.82 | |
| 100 | gl | 121 Renske Van Winkoop | DPA | UTR | 27.52 | 27.52 | |
| | bl | 35 Indy Kromokario | HA2 | DNH | 25.90 | 26.00 | |
| 101 | wt | 26 Thomas Selles | HN3 | GRO | 25.52 | 25.52 | |
| | rd | 118 Bjarne den Besten | HC1 | DNH | 25.62 | 25.62 | |
| 102 | gl | 174 Jules van Winden | HA1 | | 25.30 | 25.30 | |
| | bl | 125 Hannes van de Wetering | HC2 | AMS | 25.21 | 25.21 | |

6. Loting 1500 meter

| | | Naam | Cat | Baan | PR | ST | Tijd |
|-----|----|---------------------------------|-----|------|---------|---------|------|
| 103 | wt | 75 Neyómy Barry | DC1 | DEV | 2:43.49 | 2:43.49 | |
| | rd | 99 Marit Molhoek | DC1 | ALK | 2:39.54 | 2:39.54 | |
| 104 | gl | | | | | | |
| | bl | | | | | | |
| 105 | wt | 4 Jonne Holthuis | DC1 | GRO | 2:37.16 | 2:37.16 | |
| | rd | 92 Francis de Bruijn | DC1 | DNH | 2:32.98 | 2:32.98 | |
| 106 | gl | 113 Jojanneke Scheepstra | DSB | UTR | 2:30.45 | 2:30.45 | |
| | bl | 88 Anna Van der Stok | D50 | UTR | 2:30.10 | 2:32.27 | |
| 107 | wt | 140 Bas Ellenbroek | HC2 | DEV | 2:25.61 | 2:25.61 | |
| | rd | 32 Tycho Petri | HC2 | DNH | 2:25.55 | 2:25.55 | |
| 108 | gl | 112 Nouschka Steenks | DC2 | DNH | 2:24.29 | 2:24.29 | |
| | bl | 76 Elise Kortleve | DA1 | BRE | 2:23.62 | 2:23.62 | |
| 109 | wt | 108 Anne Spruijt | DB2 | DNH | 2:22.70 | 2:22.97 | |
| | rd | 29 Marit Veenhuis | DC1 | GRO | 2:18.96 | 2:18.96 | |
| 110 | gl | 131 Eva Weultjes | DB2 | DEV | 2:17.32 | 2:17.32 | |
| | bl | 11 Stef van Moolenbroek | HB1 | UTR | 2:17.36 | 2:17.36 | |
| 111 | wt | 138 Scarlett de Bruijn | DB1 | DNH | 2:13.63 | 2:16.96 | |
| | rd | 158 Merthe Boos | DB1 | HRN | 2:16.25 | 2:17.31 | |
| 112 | gl | 102 Caspian Alexander | HC1 | DEV | 2:16.09 | 2:16.09 | |
| | bl | 59 Michel van der Sluijs | H50 | UTR | 2:11.59 | 2:16.75 | |
| 113 | wt | 25 Elin Timmerman | DC2 | AMS | 2:15.53 | 2:15.53 | |
| | rd | 103 Marloes Westerhof | D40 | DEV | 2:12.81 | 2:15.45 | |
| 114 | gl | 81 Jonathan Rijken | HC2 | UTR | 2:15.30 | 2:15.30 | |
| | bl | 144 Fiore Koutstaal | DC2 | DNH | 2:14.54 | 2:14.88 | |
| 115 | wt | 109 Annick van der Woude | DN4 | GRO | 2:13.39 | 2:13.39 | |
| | rd | 171 Hans Nollet | H40 | | 2:14.82 | 2:14.82 | |
| 116 | gl | 80 Joey van den Berg | HA1 | DNH | 2:09.44 | 2:13.25 | |
| | bl | 41 Thijs van Tol | HN4 | ALK | 2:09.12 | 2:13.11 | |
| 117 | wt | 63 Luca Batterink | HC2 | DEV | 2:13.01 | 2:13.01 | |
| | rd | 54 Joep van Leeuwen | HB1 | DNH | 2:12.15 | 2:12.15 | |
| 118 | gl | 150 Justin van Velde | HC1 | DEV | 2:11.97 | 2:11.97 | |
| | bl | 95 Rune Stoel | HC2 | DNH | 2:11.95 | 2:11.95 | |
| 119 | wt | 141 Roberto van Goor | H50 | DEV | 2:04.41 | 2:08.65 | |
| | rd | 111 Nick Hendriksen | HC2 | DEV | 2:09.74 | 2:09.74 | |
| 120 | gl | 162 Paul Hermans | HSA | BRE | 2:04.44 | 2:06.66 | |
| | bl | 114 Etienne Tournier | HA1 | DEV | 2:06.60 | 2:06.60 | |
| 121 | wt | 96 Doede Wind | H50 | HVN | 2:06.25 | 2:06.25 | |
| | rd | 169 Twan van Duuren | HC1 | | 2:05.50 | 2:05.50 | |

| | | Naam | Cat | Baan | PR | ST | Tijd |
|-----|----|---------------------------------|-----|------|---------|----|---------|
| 122 | gl | 139 Ids Witkamp | HB1 | HAA | 2:05.18 | | 2:05.18 |
| | bl | 122 Twan van de Poppe | HC2 | DEV | 2:05.20 | | 2:05.20 |
| 123 | wt | 18 Sven Post | HB2 | ASS | 2:03.49 | | 2:03.49 |
| | rd | 65 Sander Stanneveld | HB2 | ASS | 2:04.55 | | 2:04.55 |
| 124 | gl | 134 Noam van de Koppel | HB2 | DEV | 2:03.32 | | 2:03.32 |
| | bl | 66 Milan Stam | HB1 | UTR | 2:03.09 | | 2:03.09 |
| 125 | wt | 50 Vigo Nederstigt | HN2 | HAA | 2:02.97 | | 2:02.97 |
| | rd | 151 Mette ten Cate | DB2 | DEV | 2:02.22 | | 2:02.22 |
| 126 | gl | 71 Timme van de Wetering | HC1 | AMS | 2:01.23 | | 2:01.23 |
| | bl | 51 Loic Crielaers | HB2 | UTR | 2:01.13 | | 2:01.13 |
| 127 | wt | 164 Udo van der Wier | HN2 | HVN | 1:59.88 | | 1:59.88 |
| | rd | 33 Mike van Dijk | HSA | HAA | 2:00.51 | | 2:00.57 |
| 128 | gl | 10 Joris Mulder | HB2 | DEV | 1:59.47 | | 1:59.47 |
| | bl | 3 Menno Schaap | HSA | ALK | 1:59.64 | | 1:59.64 |
| 129 | wt | 160 Donald Stappenbelt | HN2 | DEV | 1:55.00 | | 1:58.80 |
| | rd | 78 Lars Groenheiden | HB2 | UTR | 1:58.46 | | 1:58.46 |
| 130 | gl | 64 Gijs Nolen | HB2 | AMS | 1:57.28 | | 1:57.39 |
| | bl | 57 Damian Prijs | HB1 | AMS | 1:57.70 | | 1:57.70 |
| 131 | wt | 45 Stian van Etten | HB1 | DNH | 1:56.87 | | 1:56.87 |
| | rd | 107 Evan Leeuwis | HA2 | NYM | 1:56.79 | | 1:56.79 |
| 132 | gl | 159 Jort de Gans | HN1 | UTR | 1:52.38 | | 1:52.38 |
| | bl | 161 Julian de Boer | HA1 | DEV | 1:54.42 | | 1:54.42 |

7. Loting 1000 meter

| | | Naam | Cat | Baan | PR | ST | Tijd |
|-----|----|-----------------------|-----|------|---------|---------|------|
| 133 | wt | 129 Clover van Zeijl | DB1 | DNH | 1:42.65 | 1:47.55 | |
| | rd | 69 Jasmijn Bavius | DC2 | DNH | 1:43.83 | 1:46.33 | |
| 134 | gl | 135 Marin Holthuis | DPA | GRO | 1:45.84 | 1:45.84 | |
| | bl | 172 Zino Van Os | HC2 | | 1:40.01 | 1:40.01 | |
| 135 | wt | 86 Lotte Janssen | DC1 | DNH | 1:37.76 | 1:37.76 | |
| | rd | 142 Anne-Lotte Köhler | DB1 | DNH | 1:35.58 | 1:37.54 | |
| 136 | gl | 9 Fay Barendse | DC1 | DNH | 1:35.25 | 1:35.25 | |
| | bl | 155 Puk Moerman | DPA | DNH | 1:36.43 | 1:36.43 | |
| 137 | wt | 42 Ava Zachrisson | DC1 | GRO | 1:34.14 | 1:34.14 | |
| | rd | 157 Federico Talen | HPA | DEV | 1:34.12 | 1:34.12 | |
| 138 | gl | 38 Madee Hadders | DPA | GRO | 1:31.35 | 1:31.35 | |
| | bl | 31 Wende Linnenbank | DPA | DNH | 1:33.29 | 1:33.29 | |
| 139 | wt | 8 Sem de Bie | HPA | UTR | 1:30.76 | 1:30.76 | |
| | rd | 101 Mischa Slot | HPA | GRO | 1:31.06 | 1:31.06 | |
| 140 | gl | 43 Josephine Grill | DB2 | GRO | 1:29.57 | 1:29.57 | |
| | bl | 67 Imre Blomberg | DPA | GRO | 1:29.65 | 1:29.65 | |
| 141 | wt | 130 Sverre Slenema | HC1 | ASS | 1:29.04 | 1:29.04 | |
| | rd | 1 Feline Scholten | DPA | DNH | 1:29.19 | 1:29.19 | |
| 142 | gl | 137 Isa Oudenes | DB2 | DNH | 1:26.67 | 1:26.67 | |
| | bl | 83 Charissa de Mes | DB1 | ALK | 1:28.42 | 1:28.42 | |
| 143 | wt | 47 Jasmijn ter Haar | DB1 | DEV | 1:24.23 | 1:24.23 | |
| | rd | 126 Jibbe Koops | HC1 | GRO | 1:25.50 | 1:25.50 | |
| 144 | gl | 143 Charley Boekema | DPA | HVN | 1:23.26 | 1:23.26 | |
| | bl | 70 Liam Schrotten | HC1 | DEV | 1:23.37 | 1:23.37 | |
| 145 | wt | 49 Johan Boonstra | H55 | GRO | 1:22.13 | | |
| | rd | 146 Jarno Vos | HB1 | UTR | 1:22.45 | 1:22.45 | |
| 146 | gl | 39 Finn Zachrisson | HB1 | GRO | 1:21.51 | 1:21.51 | |
| | bl | 24 Ties Moerman | HC2 | DNH | 1:21.47 | 1:21.47 | |
| 147 | wt | 94 Sofie Bouw | DN1 | DEV | 1:21.18 | 1:21.18 | |
| | rd | 77 Tijl de Vries | HB1 | DEV | 1:19.44 | 1:19.44 | |
| 148 | gl | 97 Wessel Lamme | HB2 | UTR | 1:19.05 | 1:19.05 | |
| | bl | 44 Dennis Schaap | HN2 | ALK | 1:18.14 | 1:18.14 | |
| 149 | wt | 36 Danny Heijkoop | HN4 | ASS | 1:15.48 | 1:16.44 | |
| | rd | 5 Nick Barendse | HB2 | DNH | 1:17.29 | 1:17.29 | |
| 150 | gl | 148 Seb van Schelven | HN3 | HAA | 1:15.86 | 1:15.86 | |
| | bl | 22 Sylvian Hoogeveen | HN1 | DEV | 1:15.29 | 1:15.29 | |

8. Loting 3000 meter

| | | Naam | Cat | Baan | PR | ST | Tijd |
|-----|----|-------------------------------|-----|------|---------|---------|------|
| 151 | wt | 154 Noor Wiering | DB1 | GRO | 5:45.51 | 5:45.51 | |
| | rd | 149 Isa Boer | DB2 | BRE | 5:21.26 | 5:21.26 | |
| 152 | gl | | | | | | |
| | bl | | | | | | |
| 153 | wt | 21 Chantal Herms | D50 | DEV | 5:00.90 | 5:14.04 | |
| | rd | 105 Kersty Heeremans | DN1 | HAA | 5:12.07 | 5:12.07 | |
| 154 | gl | 106 Maaïke Haveman | DB1 | AMS | 4:59.09 | 4:59.09 | |
| | bl | 84 Diede Brandts | DB2 | UTR | 4:43.41 | 4:48.62 | |
| 155 | wt | 87 Lara Dingjan | DN1 | HAA | 4:48.52 | 4:48.52 | |
| | rd | 153 Robert da Costa | H60 | UTR | 4:30.91 | 4:39.25 | |
| 156 | gl | 93 Robert Crawford | HN3 | | 4:23.08 | 4:34.89 | |
| | bl | 117 Stijn Verhagen | H45 | UTR | 4:34.82 | 4:38.50 | |
| 157 | wt | 6 Jitte Schuitemaker | DN1 | AMS | 4:34.12 | 4:34.12 | |
| | rd | 152 Daan Spoelstra | H45 | DNH | 4:21.92 | 4:31.96 | |
| 158 | gl | 72 Peng Shen Plugge | HB1 | DNH | 4:28.92 | 4:28.92 | |
| | bl | 61 Djem Smeele | HB1 | DEV | 4:30.64 | 4:30.64 | |
| 159 | wt | 119 Samuel de Bie | HA1 | UTR | 4:21.83 | 4:21.83 | |
| | rd | 116 Robert Wierds | H50 | UTR | 4:12.25 | 4:16.30 | |
| 160 | gl | 46 Onne van Miltenburg | HB2 | UTR | 4:08.18 | 4:08.18 | |
| | bl | 123 Tijn van Harten | HB1 | HAA | 4:09.15 | 4:09.15 | |