

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

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|---|----|-------------------------|-----|-------------------|-------|----|-------|
| 1 | wt | 76 Elin Timmerman | DC2 | STG KOGGENLAND | 44.94 | | 46.25 |
| | rd | 95 Benthe Kamerling | DC1 | DYC | 46.29 | | 46.72 |
| 2 | gl | 93 Peng Shen Plugge | HB1 | HVHW | 39.78 | | 39.91 |
| | bl | 80 Asia Berga | DC2 | IJSHAZEN | 45.61 | | 45.61 |
| 3 | wt | 102 Mike van Dijk | HSA | TER AARSE YC | 38.51 | | 38.84 |
| | rd | 97 Floris van Hardeveld | HB2 | HCH | 38.08 | | 38.66 |
| 4 | gl | 96 Simcha Kruithof | HN2 | HC VECHTSTREEK | 37.76 | | 37.78 |
| | bl | 24 Jonas Bakker | HA1 | TG SV Zwolle | 37.91 | | 37.91 |

2. Loting 500 meter voor 500m/1500m

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|--------------------------------------|-----|--------------------|-------|-------|------|
| 5 | wt | 26 Thomas Hoekstra | H70 | IJBM | 44.40 | 56.75 | |
| | rd | 46 Thea Kroontje | D80 | IJSSTER | 47.51 | | |
| 6 | gl | | | | | | |
| | bl | | | | | | |
| 7 | wt | 65 Evelyn Mein-Klok | D50 | HVOOSTG | 53.08 | 53.80 | |
| | rd | 69 Barbara Heerschop | D70 | HC IJSLEEUWEN | 45.50 | 53.74 | |
| 8 | gl | 67 Erwin Henskes | H65 | IJCH | 45.20 | 51.21 | |
| | bl | 17 Karin Terhürne | D55 | IJVG | 46.30 | 52.88 | |
| 9 | wt | 39 Adriaan Provoost | H65 | SSC DE POEL | 43.19 | 50.09 | |
| | rd | 8 Jaap van Kouterik | H70 | IJBM | 42.40 | 51.16 | |
| 10 | gl | 15 Guus Olijerhoek | H55 | IJVG | 41.50 | 49.76 | |
| | bl | 79 Anna Van der Stok | D50 | SIVZEIST | 47.19 | 49.24 | |
| 11 | wt | 66 Kees Langeveld | H65 | IJCH | 45.16 | 48.99 | |
| | rd | 105 Femke van Beek | DB1 | STG KOGGENLAND | 47.46 | 48.80 | |
| 12 | gl | 40 Benthe Sjoerds | DC1 | STG KOGGENLAND | 48.73 | 48.73 | |
| | bl | 47 Andrea Oosting-Klock | D40 | VIKING | 43.52 | 48.56 | |
| 13 | wt | 32 Jolanda Voskamp-Vollebregt | D55 | HVHW | 44.25 | | |
| | rd | 28 Milou Klatt-ten Cate | D40 | VIKING | 43.41 | 48.25 | |
| 14 | gl | 54 Arjen Esselink | H55 | DYC | 46.23 | 47.85 | |
| | bl | 10 Robert da Costa | H60 | SVU | 43.72 | 47.20 | |
| 15 | wt | 71 Anne-Fleur van der Liet | DA1 | IJCL | 46.33 | 47.03 | |
| | rd | 16 Kaska Rogulska | D55 | IJVG | 42.33 | 46.71 | |
| 16 | gl | 23 Ilse van der Velden | DC2 | YC NOVA ZEMBLA | 45.02 | 46.43 | |
| | bl | 64 Rudie Assink | H55 | DYC | 43.69 | 46.36 | |
| 17 | wt | 11 Jim Verdurmen | H60 | YC NOVA ZEMBLA | 42.98 | | |
| | rd | 86 Freek Smits | H45 | SIVZEIST | 42.50 | 46.27 | |
| 18 | gl | 9 Evert Jan van Dijk | H45 | IJCH | 42.65 | 45.64 | |
| | bl | 22 Zoë van der Velden | DC2 | YC NOVA ZEMBLA | 45.72 | 45.97 | |
| 19 | wt | 81 Maud Moret | DC1 | TG BOLLENSTREEK | 45.24 | 45.24 | |
| | rd | 59 Veerle Zunnebeld | DC1 | YC STOKVIS | 45.11 | 45.31 | |
| 20 | gl | 13 Piet Siemonsma | H70 | STD | 42.05 | 45.23 | |
| | bl | 50 Gerwin Boschloo | H50 | DYC | 43.16 | 44.87 | |
| 21 | wt | 55 Fiore Koutstaal | DC2 | SIL | 43.87 | 44.68 | |
| | rd | 25 Chris van der Plaats | H60 | IJBM | 40.90 | 44.22 | |

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|---------------------------------|-----|-------------------|-------|----|-------|
| 22 | gl | 37 Marleen Knol | DB2 | SV SCHA | 44.16 | | 44.16 |
| | bl | 35 Frans Verhoeve | H55 | IJCH | 40.44 | | 43.71 |
| 23 | wt | 12 Esmee van Randeraat | DC2 | STC RIJNSTR | 43.55 | | 43.55 |
| | rd | 21 Bert Nijman | H40 | IJCH | 43.14 | | 43.58 |
| 24 | gl | 5 Lianne van Gammeren | DA2 | YC IJSVRIENDEN | 41.25 | | 42.71 |
| | bl | 75 Gerben Hettinga | H55 | DYC | 41.52 | | 43.28 |
| 25 | wt | 43 Fleur Hartveld | DC1 | YC ZOETERWOUDE | 41.97 | | |
| | rd | 45 Fleur Alkemade | DC2 | IJVZ | 41.83 | | 42.66 |
| 26 | gl | 112 Tygo Blom | HC2 | STC RIJNSTR | 41.96 | | 41.96 |
| | bl | 68 Jurre Kranenburg | H40 | DYC | 39.89 | | 41.80 |
| 27 | wt | 98 Onne van Miltenburg | HB2 | SVO | 41.21 | | 41.42 |
| | rd | 74 William Blaauw | HA2 | SHV WOERDEN | 40.32 | | |
| 28 | gl | 2 Timme van de Wetering | HC1 | HCA | 40.84 | | 40.84 |
| | bl | 92 Tom van Hofwegen | HB1 | HCA | 40.90 | | 40.90 |
| 29 | wt | 94 Benjamin van Nispen | HC2 | HCA | 40.77 | | 40.77 |
| | rd | 113 Tjalle te Nijenhuis | HC2 | STV EEMSMOND | 40.78 | | 40.78 |
| 30 | gl | 60 Djem Smeele | HB1 | YC STOKVIS | 40.76 | | 40.76 |
| | bl | 34 Wessel Deken | HC2 | HCA | 40.66 | | 40.66 |
| 31 | wt | 99 Wessel Lamme | HB2 | YC LOOSDRECHT | 40.21 | | 40.21 |
| | rd | 1 Hannes van de Wetering | HC2 | HCA | 39.50 | | 40.19 |
| 32 | gl | 77 Jasper Sinke | HN3 | IJVG | 36.40 | | 36.40 |
| | bl | 109 Eelke Hessel Westra | HN2 | STC DE ESKIMOS | 38.01 | | 38.01 |

3. Loting 500 meter voor 500m/1000m

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|--------------------------------|-----|-------------------|-------|-------|------|
| 33 | wt | 53 Johan Smit | H65 | SVU | 47.45 | 53.22 | |
| | rd | 41 Lou Hoogewerf | H70 | IJCH | 46.75 | 57.01 | |
| 34 | gl | | | | | | |
| | bl | | | | | | |
| 35 | wt | 57 Astrid Janssen | D60 | HCA | 46.77 | 52.45 | |
| | rd | 56 Bauke Meijer | H75 | SVU | 45.35 | 51.81 | |
| 36 | gl | 27 Anita Smit-Groot | D60 | HSC DE DRAAI | 46.86 | 50.38 | |
| | bl | 38 Kees Versluis | H70 | AIJV | 44.72 | 49.78 | |
| 37 | wt | 63 Vincent van Balderen | H55 | IJCH | 46.98 | 49.20 | |
| | rd | 87 Danique Stout | DPA | YC STOKVIS | 48.40 | 48.40 | |
| 38 | gl | 4 Jildau de Vries | DC2 | HC IJSLEEUWEN | 45.84 | 47.41 | |
| | bl | 49 Federico Talen | HPA | YC STOKVIS | 47.84 | 48.38 | |
| 39 | wt | 107 Monique Boerema | D60 | IJCH | 43.58 | | |
| | rd | 7 Wende Linnenbank | DPA | DKIJV | 46.91 | 46.94 | |
| 40 | gl | 91 Maartje Berkhout | DPA | STG KOGGENLAND | 45.65 | 45.65 | |
| | bl | 83 Zoè de Esch | DC2 | STV EEMSMOND | 45.62 | 46.10 | |
| 41 | wt | 58 Erik Jeurig | H45 | SPORTIEF | 41.78 | 44.65 | |
| | rd | 14 Sven Tas | HPA | STG VIKING | 44.58 | 45.46 | |
| 42 | gl | 61 Marloes Westerhof | D40 | DYC | 41.87 | 42.26 | |
| | bl | 42 Liam Schrotten | HC1 | DYC | 42.02 | 42.33 | |
| 43 | wt | 30 Joeke van Mulligen | HN4 | IJCH | 40.40 | 42.00 | |
| | rd | 84 Erik Hairwassers | H45 | EVN PIN | 39.45 | 41.82 | |
| 44 | gl | 31 Seb van Schelven | HN3 | IJCH | 38.07 | 38.85 | |
| | bl | 114 Bart Seffinga | H40 | STC RUTTEN | 37.10 | 39.53 | |

4. Loting 100 meter

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|-------------------------|-----|-------------------|-------|----|------|
| 45 | wt | 80 Asia Berga | DC2 | IJSHAZEN | 12.34 | | |
| | rd | 95 Benthe Kamerling | DC1 | DYC | 12.27 | | |
| 46 | gl | 93 Peng Shen Plugge | HB1 | HVHW | 10.96 | | |
| | bl | 76 Elin Timmerman | DC2 | STG KOGGENLAND | 12.02 | | |
| 47 | wt | 24 Jonas Bakker | HA1 | TG SV Zwolle | 10.65 | | |
| | rd | 102 Mike van Dijk | HSA | TER AARSE YC | 10.77 | | |
| 48 | gl | 96 Simcha Kruithof | HN2 | HC VECHTSTREEK | 10.45 | | |
| | bl | 97 Floris van Hardeveld | HB2 | HCH | 10.25 | | |

5. Loting 300 meter

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|--------------------------------|-----|-------------------|-------|----|------|
| 49 | wt | 95 Benthe Kamerling | DC1 | DYC | 29.70 | | |
| | rd | 80 Asia Berga | DC2 | IJSHAZEN | 29.94 | | |
| 50 | gl | 93 Peng Shen Plugge | HB1 | HVHW | 25.83 | | |
| | bl | 76 Elin Timmerman | DC2 | STG KOGGENLAND | 28.80 | | |
| 51 | wt | 24 Jonas Bakker | HA1 | TG SV Zwolle | 25.10 | | |
| | rd | 102 Mike van Dijk | HSA | TER AARSE YC | 25.39 | | |
| 52 | gl | 96 Simcha Kruithof | HN2 | HC VECHTSTREEK | 24.52 | | |
| | bl | 97 Floris van Hardeveld | HB2 | HCH | 24.35 | | |

6. Loting 1500 meter

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|--------------------------------------|-----|--------------------|---------|---------|------|
| 53 | wt | 46 Thea Kroontje | D80 | IJSSTER | 2:20.69 | | |
| | rd | 40 Benthe Sjoerds | DC1 | STG KOGGENLAND | 2:49.47 | | |
| 54 | gl | | | | | | |
| | bl | | | | | | |
| 55 | wt | 69 Barbara Heerschop | D70 | HC IJSLEEUWEN | 2:23.04 | | |
| | rd | 65 Evelyn Mein-Klok | D50 | HVOOSTG | 2:38.94 | 2:42.53 | |
| 56 | gl | 26 Thomas Hoekstra | H70 | IJBM | 2:10.04 | | |
| | bl | 67 Erwin Henskes | H65 | IJCH | 2:17.61 | 2:38.60 | |
| 57 | wt | 79 Anna Van der Stok | D50 | SIVZEIST | 2:30.10 | 2:37.02 | |
| | rd | 17 Karin Terhürne | D55 | IJVG | 2:26.30 | | |
| 58 | gl | 105 Femke van Beek | DB1 | STG KOGGENLAND | 2:22.90 | 2:31.00 | |
| | bl | 28 Milou Klatt-ten Cate | D40 | VIKING | 2:10.53 | | |
| 59 | wt | 32 Jolanda Voskamp-Vollebregt | D55 | HVHW | 2:10.00 | | |
| | rd | 66 Kees Langeveld | H65 | IJCH | 2:08.83 | 2:30.46 | |
| 60 | gl | 22 Zoë van der Velden | DC2 | YC NOVA ZEMBLA | 2:22.88 | 2:27.09 | |
| | bl | 71 Anne-Fleur van der Liet | DA1 | IJCL | 2:27.15 | | |
| 61 | wt | 54 Arjen Esselink | H55 | DYC | 2:16.94 | 2:26.58 | |
| | rd | 39 Adriaan Provoost | H65 | SSC DE POEL | 2:05.91 | 2:26.67 | |
| 62 | gl | 8 Jaap van Kouterik | H70 | IJBM | 2:08.00 | | |
| | bl | 23 Ilse van der Velden | DC2 | YC NOVA ZEMBLA | 2:24.38 | 2:25.62 | |
| 63 | wt | 16 Kaska Rogulska | D55 | IJVG | 2:09.40 | 2:23.96 | |
| | rd | 64 Rudie Assink | H55 | DYC | 2:15.09 | 2:23.11 | |
| 64 | gl | 50 Gerwin Boschloo | H50 | DYC | 2:10.91 | 2:23.11 | |
| | bl | 86 Freek Smits | H45 | SIVZEIST | 2:13.39 | 2:22.98 | |
| 65 | wt | 10 Robert da Costa | H60 | SVU | 2:07.59 | 2:20.78 | |
| | rd | 35 Frans Verhoeve | H55 | IJCH | 1:59.82 | 2:20.07 | |
| 66 | gl | 55 Fiore Koutstaal | DC2 | SIL | 2:14.54 | 2:19.06 | |
| | bl | 81 Maud Moret | DC1 | TG BOLLENSTREEK | 2:18.39 | 2:18.39 | |
| 67 | wt | 25 Chris van der Plaats | H60 | IJBM | 2:08.50 | 2:18.38 | |
| | rd | 59 Veerle Zunnepeld | DC1 | YC STOKVIS | 2:18.26 | 2:18.26 | |
| 68 | gl | 13 Piet Siemonsma | H70 | STD | 2:05.11 | | |
| | bl | 37 Marleen Knol | DB2 | SV SCHA | 2:18.01 | 2:18.01 | |
| 69 | wt | 12 Esmee van Randeraat | DC2 | STC RIJNSTR | 2:16.45 | 2:16.45 | |
| | rd | 11 Jim Verdurmen | H60 | YC NOVA ZEMBLA | 2:06.03 | | |

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|--------------------------|-----|-------------------|---------|----|---------|
| 70 | gl | 45 Fleur Alkemade | DC2 | IJVZ | 2:08.84 | | 2:14.83 |
| | bl | 9 Evert Jan van Dijk | H45 | IJCH | 2:09.93 | | 2:15.60 |
| 71 | wt | 43 Fleur Hartveld | DC1 | YC ZOETERWOUDE | 2:14.15 | | |
| | rd | 112 Tygo Blom | HC2 | STC RIJNSTR | 2:13.73 | | 2:13.73 |
| 72 | gl | 47 Andrea Oosting-Klock | D40 | VIKING | 2:12.88 | | |
| | bl | 21 Bert Nijman | H40 | IJCH | 2:08.91 | | 2:12.81 |
| 73 | wt | 5 Lianne van Gammeren | DA2 | YC IJSVRIENDEN | 2:10.12 | | |
| | rd | 75 Gerben Hettinga | H55 | DYC | 2:05.59 | | 2:11.55 |
| 74 | gl | 94 Benjamin van Nispen | HC2 | HCA | 2:07.99 | | 2:07.99 |
| | bl | 15 Guus Olijerhoek | H55 | IJVG | 2:06.50 | | |
| 75 | wt | 60 Djem Smeele | HB1 | YC STOKVIS | 2:06.33 | | 2:06.33 |
| | rd | 113 Tjalle te Nijenhuis | HC2 | STV EEMSMOND | 2:05.86 | | 2:05.86 |
| 76 | gl | 74 William Blaauw | HA2 | SHV WOERDEN | 2:03.27 | | |
| | bl | 92 Tom van Hofwegen | HB1 | HCA | 2:05.12 | | 2:05.12 |
| 77 | wt | 2 Timme van de Wetering | HC1 | HCA | 2:04.35 | | 2:04.35 |
| | rd | 1 Hannes van de Wetering | HC2 | HCA | 2:04.01 | | 2:04.01 |
| 78 | gl | 99 Wessel Lamme | HB2 | YC LOOSDRECHT | 2:03.01 | | 2:03.01 |
| | bl | 98 Onne van Miltenburg | HB2 | SVO | 2:01.51 | | 2:03.97 |
| 79 | wt | 109 Eelke Hessel Westra | HN2 | STC DE ESKIMOS | 1:58.62 | | |
| | rd | 34 Wessel Deken | HC2 | HCA | 2:02.80 | | 2:02.80 |
| 80 | gl | 77 Jasper Sinke | HN3 | IJVG | 1:54.52 | | |
| | bl | 68 Jurre Kranenborg | H40 | DYC | 1:57.96 | | |

7. Loting 1000 meter

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|----|----|--------------------------------|-----|-------------------|---------|---------|------|
| 81 | wt | 56 Bauke Meijer | H75 | SVU | 1:33.29 | 1:48.64 | |
| | rd | 41 Lou Hoogewerf | H70 | IJCH | 1:33.90 | 2:25.30 | |
| 82 | gl | | | | | | |
| | bl | | | | | | |
| 83 | wt | 53 Johan Smit | H65 | SVU | 1:36.51 | 1:47.51 | |
| | rd | 57 Astrid Janssen | D60 | HCA | 1:31.53 | | |
| 84 | gl | 63 Vincent van Balderen | H55 | IJCH | 1:35.60 | 1:40.10 | |
| | bl | 27 Anita Smit-Groot | D60 | HSC DE DRAAI | 1:34.48 | | |
| 85 | wt | 49 Federico Talen | HPA | YC STOKVIS | 1:37.90 | 1:37.90 | |
| | rd | 87 Danique Stout | DPA | YC STOKVIS | 1:39.47 | 1:39.47 | |
| 86 | gl | 38 Kees Versluis | H70 | AIJV | 1:29.43 | | |
| | bl | 4 Jildau de Vries | DC2 | HC IJSLEEUWEN | 1:32.32 | 1:35.38 | |
| 87 | wt | 7 Wende Linnenbank | DPA | DKIJV | 1:34.71 | 1:34.71 | |
| | rd | 107 Monique Boerema | D60 | IJCH | 1:25.09 | | |
| 88 | gl | 91 Maartje Berkhout | DPA | STG KOGGENLAND | 1:33.07 | 1:33.07 | |
| | bl | 14 Sven Tas | HPA | STG VIKING | 1:30.21 | 1:34.10 | |
| 89 | wt | 42 Liam Schroten | HC1 | DYC | 1:25.58 | 1:30.49 | |
| | rd | 58 Erik Jeuring | H45 | SPORTIEF | 1:25.30 | 1:30.82 | |
| 90 | gl | 83 Zoè de Esch | DC2 | STV EEMSMOND | 1:30.17 | 1:30.17 | |
| | bl | 61 Marloes Westerhof | D40 | DYC | 1:25.30 | 1:28.30 | |
| 91 | wt | 30 Joeke van Mulligen | HN4 | IJCH | 1:20.53 | 1:25.47 | |
| | rd | 84 Erik Hairwassers | H45 | EVN PIN | 1:18.52 | | |
| 92 | gl | 31 Seb van Schelven | HN3 | IJCH | 1:16.22 | 1:19.62 | |
| | bl | 114 Bart Seffinga | H40 | STC RUTTEN | 1:12.16 | 1:18.59 | |

8. Loting 3000 meter

| | | Naam | Cat | Vereniging | PR | ST | Tijd |
|-----|----|----------------------------------|-----|---------------|---------|---------|------|
| 93 | wt | 36 Frank Steenkamp | H70 | IJVL | 4:36.38 | 5:20.34 | |
| | rd | | | | | | |
| 94 | gl | | | | | | |
| | bl | | | | | | |
| 95 | wt | 62 Joanne Splethof | DSB | DYC | 5:18.11 | | |
| | rd | 51 Bo Hoogvorst | DB1 | STC RIJNSTR | 5:09.77 | 5:09.77 | |
| 96 | gl | 18 Isa Oudenes | DB2 | STV LEKSTREEK | 5:08.33 | | |
| | bl | 3 Maria Ufkes | D45 | YC STOKVIS | 4:57.31 | | |
| 97 | wt | 52 Hendrik van de Beek | H60 | STW | 4:24.60 | | |
| | rd | 48 Britt Post | DB1 | HVHW | 4:52.08 | 4:52.08 | |
| 98 | gl | 19 Martijn Willemsen | H50 | YCE | 4:35.46 | | |
| | bl | 100 Diede Brandts | DB2 | SVU | 4:43.41 | 4:48.62 | |
| 99 | wt | 6 Doede Wind | H50 | IJSSTER | 4:35.99 | | |
| | rd | 70 Valentijn van der Lied | HB1 | IJCL | 4:40.54 | | |
| 100 | gl | 89 Niels Meijer | HN3 | YC STOKVIS | 4:02.79 | 4:03.00 | |
| | bl | 33 Michael Heemskerk | HSB | IJCH | 3:58.06 | | |