

| PLAATS | NAAM | WOONPLAATS | CATEGORIE | ZWEM | FIETS | TIJD | OPMERKING |
|--------|------------------------|----------------|-----------|---------|---------|---------|-----------------|
| 1 | Tristan Olij | WINKEL | H21-40 | 0:06:41 | 0:36:32 | 1:01:15 | |
| 2 | Omar Brons | ALMERE | H21-40 | 0:06:42 | 0:36:35 | 1:01:44 | |
| 3 | Jeffrey van der Park | PURMEREND | H21-40 | 0:07:20 | 0:37:14 | 1:02:54 | |
| 4 | Michael Krijnen | SPANBROEK | H41-50 | 0:07:10 | 0:37:51 | 1:04:40 | |
| 5 | Joris de Boer | WINKEL | H21-40 | 0:08:34 | 0:36:22 | 1:05:04 | |
| 6 | Bob van Walsum | HEERHUGOWAARD | H41-50 | 0:08:10 | 0:37:10 | 1:05:19 | |
| 7 | Michael Emmerik | ALKMAAR | H21-40 | 0:09:49 | 0:36:49 | 1:05:41 | |
| 8 | Hans Bader | WARMENHUIZEN | H51-60 | 0:08:56 | 0:56:50 | 1:05:45 | |
| 9 | Gijs Molenaar | NIEUWE NIEDORP | H21-40 | 0:08:02 | 0:38:46 | 1:06:19 | |
| 10 | Ivar Ottenbros | HEERHUGOWAARD | H21-40 | 0:08:29 | 0:37:26 | 1:06:32 | |
| 11 | Koos Zut | SLOOTDORP | H41-50 | 0:07:40 | 0:37:33 | 1:06:37 | |
| 12 | Jeroen Tiebie | CALLANTSOOG | H41-50 | 0:08:06 | 0:37:06 | 1:07:03 | |
| 13 | Mitch Kolkman | HAARLEM | H<20 | 0:10:58 | 0:37:47 | 1:07:29 | <i>handtijd</i> |
| 14 | Thijs Vlam | HEM | H21-40 | 0:08:23 | 0:39:33 | 1:07:58 | |
| 15 | Mark Overtoom | HEERHUGOWAARD | H41-50 | 0:09:30 | 0:38:29 | 1:08:16 | |
| 16 | Job Biersteker | DEN HELDER | H21-40 | 0:09:03 | 0:38:03 | 1:08:25 | |
| 17 | Rob Zweekhorst | HEERHUGOWAARD | H21-40 | 0:09:20 | 0:37:05 | 1:09:02 | |
| 18 | TjalfPieter Hek | JULIANADORP | H21-40 | 0:07:56 | 0:39:54 | 1:09:14 | |
| 19 | Bart Sijm | ZWAAG | H21-40 | 0:09:01 | 0:38:47 | 1:09:21 | |
| 20 | Edward Kardinaal | OUDKARSPER | H41-50 | 0:07:58 | 0:40:07 | 1:09:56 | |
| 21 | Ruud Doodeman | WARMENHUIZEN | H51-60 | 0:08:27 | 0:41:28 | 1:10:35 | |
| 22 | Rens van Beek | ELST GLD | H<20 | 0:11:20 | 0:40:30 | 1:10:52 | |
| 23 | Alan Simmonds | BARSINGERHORN | H41-50 | 0:10:05 | 0:40:14 | 1:10:56 | |
| 24 | Dennis ten Bruggencate | OUDKARSPER | H21-40 | 0:10:00 | 0:41:10 | 1:10:58 | |
| 25 | Niels van der Hoek | WINKEL | H21-40 | 0:09:53 | 0:39:30 | 1:11:09 | |
| 26 | Patrick Admiraal | ODORP | H41-50 | 0:09:04 | 0:40:23 | 1:11:16 | |
| 27 | Mark Elbertsen | SCHAGEN | H21-40 | 0:07:47 | 0:41:10 | 1:11:39 | |
| 28 | Rober Kok | ZWAAG | H21-40 | 0:09:28 | 0:39:54 | 1:11:40 | |
| 29 | Ron Hoekstra | WIERINGERWAARD | H51-60 | 0:09:18 | 0:38:46 | 1:11:47 | |
| 30 | Richard de Boer | HEEMSKERK | H41-50 | 0:09:27 | 0:40:01 | 1:12:00 | |
| 31 | Mark Boks | ANNA PAULOWNA | H21-40 | 0:10:37 | 0:38:38 | 1:12:05 | |
| 32 | Bob Weppner | ZAANDAM | H21-40 | 0:09:45 | 0:39:22 | 1:12:08 | |
| 33 | Maikel Koopman | ANNA PAULOWNA | H21-40 | 0:08:32 | 0:42:13 | 1:12:14 | |
| 34 | Peter Borst | EENIGENBURG | H41-50 | 0:09:16 | 0:39:54 | 1:12:20 | |
| 35 | Ruud Roemersma | HEERHUGOWAARD | H21-40 | 0:10:10 | 0:40:45 | 1:12:53 | |
| 36 | Roelof Veenvliet | SCHAGEN | H21-40 | 0:06:55 | 0:41:17 | 1:12:57 | |

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| 37 | Niels Vaars | BREEZAND | H21-40 | 0:11:33 | 0:40:09 | 1:13:17 |
| 38 | Dennis van der Veen | BREEZAND | H41-50 | 0:10:34 | 0:41:02 | 1:13:17 |
| 39 | Selco Bos | 'T ZAND | H41-50 | 0:11:09 | 0:40:37 | 1:13:20 |
| 40 | Glenn Vaars | OB DAM | H21-40 | 0:06:56 | 0:43:42 | 1:13:21 |
| 41 | Dennis Rutten | ARNHEM | H41-50 | 0:08:26 | 0:41:00 | 1:13:44 |
| 42 | Sander Bergers | HEERHUGOWAARD | H41-50 | 0:09:13 | 0:41:51 | 1:13:44 |
| 43 | Stefan Goselink | OU DKAR SPEL | H21-40 | 0:10:01 | 0:40:48 | 1:13:52 |
| 44 | René Hol | HEERHUGOWAARD | H41-50 | 0:08:32 | 0:40:55 | 1:13:59 |
| 45 | Colin Meijners | WOGNUN | H21-40 | 0:10:00 | 0:42:27 | 1:14:14 |
| 46 | Arno Smit | ANDIJK | H51-60 | 0:10:36 | 0:41:15 | 1:14:33 |
| 47 | Don Beukers | DEN HELDER | H21-40 | 0:09:24 | 0:42:55 | 1:14:37 |
| 48 | Erik Simons | ALKMAAR | H41-50 | 0:09:18 | 0:42:45 | 1:14:38 |
| 49 | Niels Laan | SCHAGERBRUG | H21-40 | 0:10:29 | 0:42:16 | 1:14:40 |
| 50 | Dirk Goldebeld | WORMER | H61+ | 0:10:40 | 0:41:08 | 1:14:43 |
| 51 | Simon Gootjes | SCHAGEN | H51-60 | 0:09:31 | 0:41:28 | 1:14:57 |
| 52 | Jeroen van Vlaanderen | HEERHUGOWAARD | H41-50 | 0:10:13 | 0:41:46 | 1:15:36 |
| 53 | Andre van der Ploeg | ANNA PAULOWNA | H41-50 | 0:07:54 | 0:42:55 | 1:15:41 |
| 54 | Bart Brinkman | HUISDUINEN | H51-60 | 0:09:40 | 0:41:17 | 1:15:46 |
| 55 | Roy Kok | NIEUWE NIEDORP | H21-40 | 0:08:59 | 0:42:35 | 1:15:50 |
| 56 | Don Boersen | NOORD-SCHARWOUDE | H21-40 | 0:09:46 | 0:42:46 | 1:16:05 |
| 57 | Dean van der Leelie | HEERHUGOWAARD | H21-40 | 0:11:08 | 0:42:59 | 1:16:05 |
| 58 | Ronald Gitzels | ZWAAG | H21-40 | 0:10:51 | 0:40:58 | 1:16:16 |
| 59 | Bert Westhoff | OUDE NIEDORP | H51-60 | 0:12:12 | 0:42:26 | 1:16:21 |
| 60 | Paul Jan de Graaf | DEN HELDER | H41-50 | 0:13:15 | 0:39:53 | 1:16:30 |
| 61 | Frank Brink | ZUID-SCHARWOUDE | H21-40 | 0:10:38 | 0:44:09 | 1:16:37 |
| 62 | Theo van der Fluit | NOORD-SCHARWOUDE | H61+ | 0:09:17 | 0:43:19 | 1:16:38 |
| 63 | Niels Tesselaar | HEERHUGOWAARD | H41-50 | 0:09:57 | 0:42:47 | 1:16:44 |
| 64 | Leon Huisman | HEERHUGOWAARD | H51-60 | 0:10:44 | 0:43:01 | 1:16:56 |
| 65 | Jorrit Zuiker | ZWAAG | H21-40 | 0:09:39 | 0:45:33 | 1:17:05 |
| 66 | Luuk Schoenmakers | HEILOO | H21-40 | 0:12:03 | 0:42:02 | 1:17:06 |
| 67 | Rene Bakker | HEERHUGOWAARD | H41-50 | 0:11:20 | 0:43:03 | 1:17:11 |
| 68 | Arno Looijen | OU DKAR SPEL | H21-40 | 0:09:54 | 0:44:37 | 1:17:17 |
| 69 | Gerard Fijnheer | LUTJEWINKEL | H21-40 | 0:10:02 | 0:44:33 | 1:17:25 |
| 70 | Peter Duineveld | TUITJENHORN | H21-40 | 0:11:07 | 0:43:58 | 1:17:43 |
| 71 | René Olij | HEERHUGOWAARD | H21-40 | 0:09:29 | 0:42:26 | 1:18:05 |
| 72 | Ronald Hauwert | NOORD-SCHARWOUDE | H21-40 | 0:07:27 | 0:45:07 | 1:18:06 |
| 73 | Niek van Langen | WINKEL | H21-40 | 0:09:15 | 0:43:29 | 1:18:11 |

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| 74 | Albert Dam | HEEMSTEDE | H41-50 | 0:09:11 | 0:46:45 | 1:18:18 | |
| 75 | Arnoud Mulder | OB DAM | H41-50 | 0:14:39 | 0:50:36 | 1:18:20 | |
| 76 | Bart Winter | KOEDIJK | H41-50 | 0:09:33 | 0:45:12 | 1:18:23 | |
| 77 | Gert Elsinga | HEERHUGOWAARD | H21-40 | 0:09:59 | 0:43:34 | 1:18:29 | |
| 78 | Tim Assenbroek | GROET | H41-50 | 0:11:31 | 0:43:19 | 1:18:30 | |
| 79 | Jeroen Oostdam | NIEUW VENNEP | H41-50 | 0:10:26 | 0:41:56 | 1:18:36 | |
| 80 | Noël Sterk | BARSINGERHORN | H<20 | 0:14:11 | 0:42:14 | 1:18:53 | |
| 81 | Wouter Slijkerman | WIJDEWORMER | H41-50 | 0:09:47 | 0:43:46 | 1:18:57 | |
| 82 | Jos ten Velden | HUISDUINEN | H61+ | 0:10:04 | 0:45:01 | 1:19:07 | |
| 83 | Jasper Eschweiler | ALKMAAR | H21-40 | 0:10:58 | 0:43:25 | 1:19:08 | |
| 84 | Bert-Jan Moll | KOEDIJK | H51-60 | 0:10:41 | 0:41:35 | 1:19:22 | |
| 85 | Barry Nanne | BROEK OP LANGEDIJK | H21-40 | 0:11:14 | 0:43:18 | 1:19:29 | |
| 86 | Jan Snoek | VOLENDAM | H41-50 | 0:11:35 | 0:42:09 | 1:19:42 | |
| 87 | P.J. Hubregtsen | ALKMAAR | H51-60 | 0:10:25 | 0:45:42 | 1:19:51 | |
| 88 | Stefan Schaap | ANNA PAULOWNA | H21-40 | 0:10:12 | 0:44:49 | 1:19:52 | |
| 89 | Erik Coevert | LAMBERTSCHAAG | H21-40 | 0:08:55 | 0:46:15 | 1:20:03 | <i>handtijd</i> |
| 90 | Alex Damen | HEERHUGOWAARD | H41-50 | 0:07:43 | 0:44:11 | 1:20:06 | |
| 91 | Erik de Wit | HOOGWOUD | H41-50 | 0:10:52 | 0:43:54 | 1:20:09 | |
| 92 | Peter Buter | TUITJENHORN | H51-60 | 0:11:31 | 0:43:50 | 1:20:14 | |
| 93 | Olaf Bos | BROEK OP LANGEDIJK | H21-40 | 0:08:58 | 0:44:57 | 1:20:22 | |
| 94 | Jeroen Anslin | DIRKSHORN | H41-50 | 0:09:46 | 0:45:36 | 1:20:25 | |
| 95 | René van Geel | BREEZAND | H21-40 | 0:10:16 | 0:45:49 | 1:20:27 | |
| 96 | Sam Albracht | NOORD SCHARWOUDE | H<20 | 0:14:21 | 0:42:15 | 1:21:11 | |
| 97 | Ben Biersteker | SCHAGEN | H21-40 | 0:09:36 | 0:45:33 | 1:21:21 | |
| 98 | Marcel Beentjes | ZWAAG | H51-60 | 0:10:34 | 0:47:20 | 1:21:24 | |
| 99 | Dmitri Hendriksen | EGMOND AAN ZEE | H41-50 | 0:11:41 | 0:46:06 | 1:21:27 | |
| 100 | Peter Bootsman | ALKMAAR | H41-50 | 0:10:10 | 0:48:32 | 1:21:28 | |
| 101 | Ton van der Meche | JULIANADORP | H61+ | 0:10:41 | 0:47:58 | 1:21:36 | |
| 102 | Gerard Koopman | HEERHUGOWAARD | H51-60 | 0:11:39 | 0:45:43 | 1:21:49 | |
| 103 | Jos Gitzels | HOORN NH | H21-40 | 0:11:51 | 0:47:51 | 1:22:03 | |
| 104 | Pieter van der Hoorn | ASSEDELFT | H51-60 | 0:10:05 | 0:43:37 | 1:23:01 | |
| 105 | John Veerman | VOLENDAM | H41-50 | 0:11:36 | 0:45:28 | 1:23:08 | |
| 106 | Erik Visser | NIEUWE NIEDORP | H21-40 | 0:11:13 | 0:44:03 | 1:23:18 | |
| 107 | René Mulder | ALKMAAR | H51-60 | 0:10:03 | 0:47:18 | 1:23:32 | |
| 108 | Rene van der Flier | HEILOO | H41-50 | 0:11:30 | 0:46:22 | 1:23:41 | |
| 109 | Walter Langedijk | WOGNUM | H41-50 | 0:10:53 | 0:46:59 | 1:23:44 | |
| 110 | Ruud Winter | BOVENKARSPEL | H41-50 | 0:11:25 | 0:46:23 | 1:23:45 | |

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| 111 | Adriaan Klijn | HEERHUGOWAARD | H21-40 | 0:12:29 | 0:45:12 | 1:23:55 |
| 112 | Martin van Benten | SCHAGERBRUG | H41-50 | 0:12:22 | 0:43:49 | 1:24:00 |
| 113 | Matthijs Vergaaij | AMSTERDAM | H21-40 | 0:07:52 | 0:47:02 | 1:24:04 |
| 114 | Koen Meijer | KRAGGENBURG | H41-50 | 0:11:01 | 0:45:51 | 1:24:05 |
| 115 | Her Tesselaar | HEERHUGOWAARD | H61+ | 0:15:44 | 0:44:55 | 1:24:24 |
| 116 | Jacco van der Werff | T VELD | H51-60 | 0:11:53 | 0:45:24 | 1:24:51 |
| 117 | Richard van Zoolingen | HOOGWOUD | H41-50 | 0:12:34 | 0:44:47 | 1:25:05 |
| 118 | Niels Romein | ZWAAG | H21-40 | 0:09:44 | 0:47:47 | 1:25:07 |
| 119 | Jörg Dreyer | HEERHUGOWAARD | H21-40 | 0:11:54 | 0:47:27 | 1:25:14 |
| 120 | Kasper de Vos | HEERHUGOWAARD | H41-50 | 0:12:17 | 0:48:30 | 1:25:30 |
| 121 | Jeroen Wouda | HEILOO | H21-40 | 0:13:11 | 0:47:00 | 1:25:36 |
| 122 | Frank Walta | HEEMSKERK | H51-60 | 0:09:48 | 0:47:10 | 1:25:39 |
| 123 | Timo Schoon | BROEK OP LANGEDIJK | H41-50 | 0:11:56 | 0:47:24 | 1:26:03 |
| 124 | Wilko de Boer | OBDAM | H41-50 | 0:12:31 | 0:47:17 | 1:26:03 |
| 125 | Christiaan Huijg | HEERHUGOWAARD | H41-50 | 0:12:09 | 0:46:41 | 1:26:11 |
| 126 | Dick Commandeur | SINT PANCRAS | H61+ | 0:12:59 | 0:43:30 | 1:26:15 |
| 127 | Marc Louter | PETTEN | H41-50 | 0:10:17 | 0:48:45 | 1:26:25 |
| 128 | Robbert van Meulem | OOSTWOUD | H51-60 | 0:10:20 | 0:49:37 | 1:26:58 |
| 129 | Henk van de Grootevheen | ALKMAAR | H61+ | 0:11:29 | 0:47:36 | 1:27:17 |
| 130 | Martijn Berkhout | BARSINGERHORN | H41-50 | 0:13:13 | 0:47:57 | 1:27:36 |
| 131 | Barry Visscher | ALKMAAR | H41-50 | 0:09:51 | 0:49:19 | 1:27:51 |
| 132 | Harry Kraak | JULIANADORP | H61+ | 0:12:47 | 0:47:47 | 1:27:58 |
| 133 | Alco van Engen | LOENERSLOOT | H41-50 | 0:11:50 | 0:46:28 | 1:27:59 |
| 134 | Simon Rijke | AMSTERDAM | H41-50 | 0:11:29 | 0:47:31 | 1:28:04 |
| 135 | Thomas Born | OUDORP | H21-40 | 0:10:32 | 0:47:18 | 1:28:24 |
| 136 | Eric Spaan | HEILOO | H51-60 | | | 1:28:58 |
| 137 | Leon Spil | HOORN NH | - | 0:16:41 | 0:48:32 | 1:29:14 |
| 138 | Peter van Hartingsveld | SCHAGEN | H41-50 | 0:10:48 | 0:48:11 | 1:29:17 |
| 139 | Sander van Houten | WERVERSHOOF | H51-60 | 0:10:11 | 0:50:53 | 1:29:38 |
| 140 | Johan Mosch | HEERHUGOWAARD | H21-40 | 0:11:13 | 0:50:29 | 1:29:44 |
| 141 | Ralph van der Molen | ALKMAAR | H21-40 | 0:14:34 | 0:49:27 | 1:30:14 |
| 142 | Bob Buter | AMSTERDAM | H51-60 | 0:13:34 | 0:46:24 | 1:30:44 |
| 143 | Niels Westhof | HEERHUGOWAARD | H41-50 | 0:12:00 | 0:47:10 | 1:30:49 |
| 144 | Ehsan Hamidian | AMSTERDAM | - | 0:15:54 | 0:44:29 | 1:31:06 |
| 145 | Dave Smit | TUITJENHORN | H41-50 | 0:11:34 | 0:49:27 | 1:31:07 |
| 146 | Cor van Westrienen | HEERHUGOWAARD | H41-50 | 0:12:38 | 0:48:24 | 1:31:28 |
| 147 | David Homborg | AMSTERDAM | - | 0:15:24 | 0:48:44 | 1:32:03 |

handtijd

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| 148 | Stef Mecklenfeld | UTRECHT | - | 0:17:56 | 0:48:56 | 1:32:43 | |
| 149 | Frank Smit | HEERHUGOWAARD | H51-60 | 0:13:01 | 0:52:27 | 1:34:22 | |
| 150 | Eric Sikma | ALKMAAR | H41-50 | 0:10:52 | 0:50:17 | 1:34:34 | |
| 151 | Michel De Boer | OB DAM | H41-50 | 0:12:49 | 0:51:46 | 1:35:25 | |
| 152 | Jacob de Jong | HEERHUGOWAARD | H41-50 | 0:17:26 | 0:50:06 | 1:37:14 | |
| 153 | Lars Westhof | HEERHUGOWAARD | H<20 | 0:16:31 | 0:56:52 | 1:41:39 | |
| 154 | Bernard van Duijnen | HEILOO | H51-60 | 0:12:18 | 0:57:31 | 1:42:54 | |
| | Jan Hof | TUITJENHORN | H21-40 | 0:10:02 | 0:09:03 | | DNF |
| | Erwin Vreden | HEERHUGOWAARD | H41-50 | | | | DNS |
| | Don Broersen | NOORD-SCHARWOUDE | - | | | | DNS |
| | Kay Blokdijk | 'T VELD | H21-40 | | | | DNS |
| | Sicco Brouer | HEERHUGOWAARD | H41-50 | | | | DNS |
| | Ezri Blaauw | HEILOO | H21-40 | | | | DNS |
| | Remko Davids | BREEZAND | H41-50 | | | | DNS |
| | Lex van Uitert | HEILOO | H41-50 | | | | DNS |
| | Rob Eppinga | ALKMAAR | H21-40 | | | | DNS |
| | Sander Kliphuis | SCHAGEN | H41-50 | | | | DNS |
| | Onno van Heerwaarden | WITMARSUM | H41-50 | | | | DNS |
| | Arjan Koonings | SCHAGEN | H51-60 | | | | DNS |
| | Jos Kraakman | SCHOORL | H51-60 | 0:11:52 | 0:49:11 | | DNF |
| | Ard Kroon | BREEZAND | H51-60 | | | | DNS |
| | Tim Slijkhuis | SCHAGEN | H21-40 | | | | DNS |
| | Erik Wolzak | HEERHUGOWAARD | H41-50 | | | | DNS |
| | Ruud Voerman | HEERHUGOWAARD | H51-60 | | | | DNS |
| | Dick van Winsum | HEERHUGOWAARD | H51-60 | 0:08:39 | | | DNS |
| | Ramon De Vries | ABBEKERK | H21-40 | | | | DNS |