

Zaans Sprint Kampioenschap minioren

Meisjes, Minioren 3

| | | | | | Min. rug | Min. school | Min. vrij | Min. wissel |
|-------------------|----|--------|----------------|---|----------|-------------|-----------|-------------|
| 1. Mandy de Does | 04 | 08-047 | 4:28.10 | 4 | 50.10 | 56.16 | 45.40 | 1:56.44 |
| 2. Lonneke Ritman | 04 | 08-016 | 4:39.80 | 4 | 55.05 | 56.75 | 49.18 | 1:58.82 |

Jongens, Minioren 3

| | | | | | Min. rug | Min. school | Min. vrij | Min. wissel |
|-------------------|----|--------|----------------|---|----------|-------------|-----------|-------------|
| 1. Tycho de Jonge | 04 | 08-016 | 4:27.22 | 4 | 48.87 | 1:03.14 | 42.54 | 1:52.67 |
| 2. Marc Tol | 04 | 08-047 | 4:39.17 | 4 | 51.91 | 1:00.47 | 46.91 | 1:59.88 |

Meisjes, Minioren 4

| | | | | | Min. rug | Min. school | Min. vrij | Min. wissel |
|---------------------------|----|--------|----------------|---|----------|-------------|-----------|-------------|
| 1. Melina Carrillo Moreno | 03 | 08-073 | 3:55.06 | 4 | 44.70 | 50.41 | 40.40 | 1:39.55 |
| 2. Meike Kooistra | 03 | 08-024 | 4:05.99 | 4 | 48.72 | 53.50 | 39.98 | 1:43.79 |
| 3. Kim Veerman | 03 | 08-047 | 4:06.62 | 4 | 45.36 | 57.13 | 40.34 | 1:43.79 |
| 4. Iris van't Veer | 03 | 08-004 | 4:12.15 | 4 | 45.83 | 53.18 | 43.08 | 1:50.06 |
| 5. Marije Kelder | 03 | 08-073 | 4:15.21 | 4 | 50.71 | 53.00 | 43.35 | 1:48.15 |
| 6. Indy van Stelten | 03 | 08-073 | 4:18.56 | 4 | 49.52 | 54.87 | 46.35 | 1:47.82 |
| DIS Rachella van Zanen | 03 | 08-004 | | 4 | 54.28 | 1:08.34 | 57.27 | * |
| DIS Iris van Duijse | 03 | 08-073 | | 4 | 50.01 | 53.72 | 49.15 | * |

Jongens, Minioren 4

| | | | | | Min. rug | Min. school | Min. vrij | Min. wissel |
|----------------------|----|--------|----------------|---|----------|-------------|-----------|-------------|
| 1. Jeff Kroon | 03 | 08-047 | 4:18.84 | 4 | 52.65 | 59.17 | 39.75 | 1:47.27 |
| 2. Thierry Oldenburg | 03 | 08-073 | 4:35.07 | 4 | 54.85 | 52.86 | 49.09 | 1:58.27 |
| DIS Owen Barker | 03 | 08-016 | | 4 | 52.23 | 54.43 | 43.03 | * |

Meisjes, Minioren 5

| | | | | | Min. rug | Min. school | Min. vrij | Min. wissel |
|------------------------|----|--------|----------------|---|----------|-------------|-----------|-------------|
| 1. Calina van der Lem | 02 | 08-047 | 3:38.80 | 4 | 41.59 | 48.35 | 37.02 | 1:31.84 |
| 2. Tara van Leeuwen | 02 | 08-016 | 3:50.96 | 4 | 43.72 | 53.00 | 37.83 | 1:36.41 |
| 3. Merel Krijgsman | 02 | 08-004 | 3:53.97 | 4 | 45.78 | 49.23 | 40.34 | 1:38.62 |
| 4. Roxanne Grootjen | 02 | 08-073 | 3:57.04 | 4 | 45.18 | 53.99 | 37.89 | 1:39.98 |
| 5. Kimberley Brink | 02 | 08-024 | 3:57.42 | 4 | 46.23 | 47.95 | 42.72 | 1:40.52 |
| 6. G. van den Ouweland | 02 | 08-004 | 4:06.01 | 4 | 47.90 | 49.75 | 41.87 | 1:46.49 |
| 7. Manou ten Hoorn | 02 | 08-073 | 4:17.53 | 4 | 46.25 | 58.27 | 44.43 | 1:48.58 |
| 8. Nouska de Reus | 02 | 08-073 | 4:20.89 | 4 | 47.01 | 57.15 | 44.23 | 1:52.50 |
| 9. Faith Giroth | 02 | 08-073 | 4:29.18 | 4 | 50.64 | 1:01.31 | 46.91 | 1:50.32 |
| 10. Daphne van Hal | 02 | 08-002 | 4:36.49 | 4 | 51.87 | 52.76 | 49.02 | 2:02.84 |
| 11. Sanne Lagerweij | 02 | 08-073 | 4:47.27 | 4 | 53.52 | 1:05.43 | 48.37 | 1:59.95 |
| DIS Danique Bernard | 02 | 08-047 | | 4 | * | 47.66 | 34.83 | 1:29.63 |
| DIS Elsa Hoedemaeker | 02 | 08-073 | | 4 | 56.70 | 57.15 | 47.04 | * |
| DIS Madelon Hulsing | 02 | 08-073 | | 4 | 54.09 | 1:04.15 | 49.68 | * |

Jongens, Minioren 5

| | | | | | Min. rug | Min. school | Min. vrij | Min. wissel |
|-------------------|----|--------|----------------|---|----------|-------------|-----------|-------------|
| 1. Tom Veerman | 02 | 08-047 | 3:51.74 | 4 | 45.14 | 51.23 | 37.75 | 1:37.62 |
| 2. Jelle Bosch | 02 | 08-073 | 3:51.93 | 4 | 46.44 | 49.17 | 37.83 | 1:38.49 |
| 3. Patrick Visser | 02 | 08-024 | 4:12.22 | 4 | 48.99 | 53.70 | 42.22 | 1:47.31 |
| DIS Joel Sieben | 02 | 08-073 | | 4 | 57.19 | 59.92 | 50.92 | * |

Zaans Sprint Kampioenschap dames

Meisjes, Junioren 1

| | | | | | Dames vlinder | Dames rug | Dames school | Dames vrij | Dames wissel |
|---------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Nikky Keijzer | 01 | 08-073 | 3:46.09 | 5 | 34.09 | 37.70 | 42.88 | 32.89 | 1:18.53 |
| 2. Yara Galje | 01 | 08-073 | 4:11.07 | 5 | 41.38 | 38.06 | 46.80 | 36.40 | 1:28.43 |
| 3. Kim Groeneveld | 01 | 08-047 | 4:19.27 | 5 | 41.95 | 41.73 | 46.76 | 35.69 | 1:33.14 |
| 4. Rachel Jahn | 01 | 08-073 | 4:19.76 | 5 | 42.76 | 41.74 | 46.13 | 37.46 | 1:31.67 |
| 5. Sophie Allersma | 01 | 08-024 | 4:23.31 | 5 | 41.67 | 43.50 | 47.33 | 36.49 | 1:34.32 |
| 6. Eline Baaleman | 01 | 08-024 | 4:28.51 | 5 | 46.86 | 43.14 | 48.24 | 36.67 | 1:33.60 |
| 7. Estelle Cheng | 01 | 08-004 | 4:55.99 | 5 | 52.58 | 44.53 | 48.95 | 43.30 | 1:46.63 |
| 8. Nikita Teeuwen | 01 | 08-073 | 5:00.71 | 5 | 54.14 | 48.83 | 50.03 | 44.12 | 1:43.59 |
| 9. Lisanne Rietveld | 01 | 08-004 | 5:08.60 | 5 | 46.18 | 50.85 | 55.38 | 44.12 | 1:52.07 |
| 10. Bianca Koster | 01 | 08-073 | 5:10.63 | 5 | 54.83 | 46.18 | 59.88 | 42.36 | 1:47.38 |
| DIS Julia Eijer | 01 | 08-073 | | 5 | 35.32 | 42.06 | * | 33.44 | 1:32.49 |

Meisjes, Junioren 2 en 3

| | | | | | Dames vlinder | Dames rug | Dames school | Dames vrij | Dames wissel |
|------------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Michelle Verhoeven | 00 | 08-047 | 3:48.59 | 5 | 36.77 | 38.32 | 40.63 | 31.34 | 1:21.53 |
| 2. Hannah Bervoets | 00 | 08-073 | 3:49.69 | 5 | 37.51 | 37.04 | 41.75 | 32.53 | 1:20.86 |
| 3. Chantal Hetjes | 00 | 08-047 | 3:50.42 | 5 | 34.41 | 40.13 | 42.71 | 32.06 | 1:21.11 |
| 4. Moise Timmer | 99 | 08-073 | 3:50.98 | 5 | 35.60 | 38.13 | 43.35 | 33.17 | 1:20.73 |
| 5. Kim Kenbeek | 99 | 08-073 | 3:56.88 | 5 | 35.86 | 40.70 | 45.09 | 32.26 | 1:22.97 |
| 6. Melissa Vallinga | 00 | 08-073 | 4:02.59 | 5 | 38.82 | 38.00 | 43.61 | 34.25 | 1:27.91 |
| 7. Rowie Kamp | 00 | 08-024 | 4:05.78 | 5 | 39.20 | 39.59 | 43.76 | 35.15 | 1:28.08 |
| 8. Jennifer Tuijp | 00 | 08-073 | 4:08.12 | 5 | 38.28 | 38.24 | 49.85 | 32.44 | 1:29.31 |
| 9. Maricha Veenendaal | 99 | 08-073 | 4:10.85 | 5 | 40.64 | 39.83 | 50.06 | 32.41 | 1:27.91 |
| 10. Anna Bruins | 99 | 08-073 | 4:19.24 | 5 | 45.72 | 40.61 | 46.57 | 35.68 | 1:30.66 |
| 11. Susan Beemsterboer | 99 | 08-024 | 4:19.59 | 5 | 38.59 | 41.47 | 49.56 | 35.01 | 1:34.96 |
| 12. Neve Buijs | 00 | 08-004 | 4:21.09 | 5 | 44.52 | 44.36 | 44.03 | 35.57 | 1:32.61 |
| 13. Iona van Stelten | 99 | 08-073 | 4:22.13 | 5 | 43.76 | 40.31 | 50.93 | 36.36 | 1:30.77 |
| 14. Carmen Tavenier | 99 | 08-073 | 4:37.02 | 5 | 49.47 | 42.56 | 50.51 | 38.70 | 1:35.78 |
| 15. Ilona Stroek | 00 | 08-047 | 4:38.24 | 5 | 43.84 | 42.65 | 53.06 | 38.97 | 1:39.72 |
| 16. Marjolein Visser | 99 | 08-024 | 4:44.17 | 5 | 47.61 | 44.53 | 53.15 | 39.16 | 1:39.72 |
| 17. Morgan Giroth | 00 | 08-073 | 4:44.34 | 5 | 45.21 | 45.37 | 53.27 | 39.84 | 1:40.65 |
| 18. Merlin Terol | 00 | 08-073 | 5:02.28 | 5 | 54.13 | 48.83 | 54.02 | 40.73 | 1:44.57 |

Meisjes, Jeugd 1 en 2

| | | | | | Dames vlinder | Dames rug | Dames school | Dames vrij | Dames wissel |
|---------------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Jade Broek | 97 | 08-004 | 3:23.93 | 5 | 32.56 | 33.24 | 35.71 | 29.76 | 1:12.66 |
| 2. Melina Knol | 98 | 08-073 | 3:31.23 | 5 | 32.19 | 35.39 | 38.64 | 29.56 | 1:15.45 |
| 3. Isabelle Otte | 97 | 08-047 | 3:41.25 | 5 | 34.42 | 36.51 | 40.58 | 30.84 | 1:18.90 |
| 4. Danielle Visser | 97 | 08-024 | 3:48.47 | 5 | 34.21 | 38.07 | 43.08 | 31.34 | 1:21.77 |
| 5. Samira Mijnen | 97 | 08-073 | 3:49.13 | 5 | 37.37 | 34.46 | 42.17 | 32.89 | 1:22.24 |
| 6. I. van den Nieuwendijk | 98 | 08-002 | 3:49.78 | 5 | 35.72 | 37.17 | 41.96 | 32.27 | 1:22.66 |
| 7. Skye Tornie Doerk | 98 | 08-073 | 3:52.40 | 5 | 36.24 | 37.22 | 46.60 | 32.16 | 1:20.18 |
| 8. Eline van Zijl | 98 | 08-073 | 4:01.89 | 5 | 38.19 | 40.28 | 44.41 | 34.31 | 1:24.70 |
| 9. Simone Ganzevoort | 97 | 08-024 | 4:05.39 | 5 | 39.06 | 41.46 | 45.18 | 33.52 | 1:26.17 |
| 10. Daphne Duinkerke | 97 | 08-073 | 4:10.06 | 5 | 39.66 | 41.16 | 47.42 | 34.16 | 1:27.66 |
| 11. Nadine Scheeve | 97 | 08-073 | 4:11.05 | 5 | 40.83 | 40.69 | 48.06 | 32.94 | 1:28.53 |
| 12. Noa Dik | 98 | 08-073 | 4:12.34 | 5 | 39.37 | 41.42 | 46.04 | 36.30 | 1:29.21 |
| 13. Sheri Zwietering | 98 | 08-004 | 4:14.15 | 5 | 41.67 | 40.95 | 45.75 | 35.23 | 1:30.55 |
| 14. Sharon van der Lem | 98 | 08-047 | 4:21.93 | 5 | 43.49 | 43.50 | 45.40 | 36.01 | 1:33.53 |
| 15. Franka Rotterdam | 98 | 08-073 | 4:24.95 | 5 | 49.74 | 40.85 | 44.68 | 37.11 | 1:32.57 |
| 16. Elise Rotterdam | 98 | 08-073 | 4:33.59 | 5 | 48.69 | 43.43 | 48.07 | 37.11 | 1:36.29 |
| 17. Larissa Teeuwen | 97 | 08-073 | 4:47.87 | 5 | 52.30 | 42.74 | 50.06 | 41.06 | 1:41.71 |

Open Zaans Sprintkampioenschap (Zaandam, 16 september 2012)

Dames, Senioren 1 en 2

| | | | | | Dames vlinder | Dames rug | Dames school | Dames vrij | Dames wissel |
|--------------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Amber Ruig | 96 | 08-073 | 3:27.68 | 5 | 35.69 | 34.30 | 34.80 | 29.77 | 1:13.12 |
| 2. Kimberly Mijnen | 95 | 08-073 | 3:27.75 | 5 | 32.19 | 33.79 | 38.64 | 29.02 | 1:14.11 |
| 3. Lisanne van Zijl | 95 | 08-073 | 3:33.91 | 5 | 32.52 | 35.51 | 39.16 | 30.54 | 1:16.18 |
| 4. Mariska van Engeldorp | 95 | 08-002 | 3:34.40 | 5 | 33.10 | 37.34 | 38.64 | 30.54 | 1:14.78 |
| 5. Noortje Rotterdam | 96 | 08-073 | 4:19.81 | 5 | 47.05 | 42.58 | 45.09 | 34.71 | 1:30.38 |
| 6. Celine Jacobs | 96 | 08-073 | 4:30.79 | 5 | 39.09 | 41.85 | 54.09 | 38.63 | 1:37.13 |
| DIS Annemarie Otte | 96 | 08-047 | | 5 | * | 38.08 | 45.18 | 31.84 | 1:24.78 |

Dames, Senioren

| | | | | | Dames vlinder | Dames rug | Dames school | Dames vrij | Dames wissel |
|-------------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Shelley de Boer | 93 | 08-073 | 3:25.26 | 5 | 30.71 | 31.28 | 40.72 | 29.02 | 1:13.53 |
| 2. Laura van der Veen | 94 | 08-004 | 3:25.27 | 5 | 30.71 | 33.10 | 38.83 | 28.52 | 1:14.11 |
| 3. Ingrid Jongert | 91 | 08-004 | 3:26.21 | 5 | 30.58 | 31.97 | 41.33 | 28.63 | 1:13.70 |
| 4. Ingrid de Does-Sier | 80 | 08-047 | 3:41.51 | 5 | 32.65 | 36.46 | 44.70 | 30.05 | 1:17.65 |
| 5. Sandra Wedekind | 86 | 08-024 | 3:44.51 | 5 | 35.11 | 37.22 | 40.76 | 31.29 | 1:20.13 |
| DIS Desiree van der Lem | 68 | 08-047 | | 5 | * | 38.83 | 41.28 | 33.82 | 1:26.14 |

Zaans Sprint Kampioenschap heren

Jongens, Minioren 6

| | | | | | Heren vlinder | Heren rug | Heren school | Heren vrij | Heren wissel |
|--------------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Luc Kroon | 01 | 08-047 | 3:53.16 | 5 | 35.09 | 36.83 | 47.18 | 31.66 | 1:22.40 |
| 2. Sem Dik | 01 | 08-073 | 3:56.40 | 5 | 37.85 | 36.27 | 44.41 | 32.96 | 1:24.91 |
| 3. Kenzo Doerk | 01 | 08-073 | 4:17.26 | 5 | 40.75 | 42.11 | 47.88 | 35.78 | 1:30.74 |
| 4. Sjoerd Jongert | 01 | 08-004 | 4:18.06 | 5 | 42.12 | 42.61 | 47.11 | 34.35 | 1:31.87 |
| 5. Jorn Dekker | 01 | 08-073 | 4:39.08 | 5 | 46.64 | 44.80 | 47.11 | 40.65 | 1:39.88 |
| 6. Remco Jak | 01 | 08-073 | 4:48.63 | 5 | 46.69 | 49.43 | 53.43 | 39.40 | 1:39.68 |
| 7. Frank Bouquet | 01 | 08-004 | 4:55.94 | 5 | 48.18 | 48.76 | 54.98 | 39.35 | 1:44.67 |
| 8. Stijn van de Wetering | 01 | 08-073 | 5:01.89 | 5 | 51.56 | 48.24 | 53.90 | 43.09 | 1:45.10 |
| 9. Ivar Kramer | 01 | 08-073 | 5:09.78 | 5 | 55.55 | 51.35 | 50.52 | 44.43 | 1:47.93 |
| 10. Onno Pellenkoff | 01 | 08-024 | 5:11.16 | 5 | 54.82 | 49.66 | 56.20 | 41.95 | 1:48.53 |
| DIS Liam Ligthart | 01 | 08-024 | | 5 | 55.77 | 52.75 | 58.77 | 45.87 | * |
| DIS Matthé Knol | 01 | 08-073 | | 5 | * | 46.52 | * | 39.60 | * |
| DIS Bjorn Keizer | 01 | 08-047 | | 5 | 41.63 | * | * | 38.72 | 1:40.06 |

Jongens, Junioren 1 en 2

| | | | | | Heren vlinder | Heren rug | Heren school | Heren vrij | Heren wissel |
|-------------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Mike Morianner | 99 | 08-073 | 3:27.15 | 5 | 31.64 | 36.43 | 36.67 | 29.25 | 1:13.16 |
| 2. Tim Kieft | 99 | 08-073 | 3:41.99 | 5 | 34.95 | 34.28 | 42.19 | 30.76 | 1:19.81 |
| 3. Tim Wassenaar | 99 | 08-073 | 3:44.42 | 5 | 35.58 | 37.18 | 43.23 | 29.61 | 1:18.82 |
| 4. Bas Vlugt | 99 | 08-047 | 3:51.81 | 5 | 34.50 | 37.15 | 43.14 | 32.37 | 1:24.65 |
| 5. Barry van Engeldorp | 99 | 08-002 | 3:52.15 | 5 | 36.50 | 38.99 | 40.48 | 31.86 | 1:24.32 |
| 6. Raoul Lieverst | 99 | 08-073 | 3:54.26 | 5 | 35.44 | 38.61 | 42.96 | 32.81 | 1:24.44 |
| 7. Maarten van der Veen | 99 | 08-004 | 3:59.20 | 5 | 35.58 | 40.64 | 45.50 | 32.36 | 1:25.12 |
| 8. Phil Brantjes | 00 | 08-016 | 3:59.51 | 5 | 37.82 | 35.70 | 46.69 | 33.12 | 1:26.18 |
| 9. Pascal Benjamins | 99 | 08-004 | 4:01.71 | 5 | 37.24 | 39.03 | 44.41 | 34.54 | 1:26.49 |
| 10. Friso Datema | 00 | 08-002 | 4:10.65 | 5 | 43.44 | 38.03 | 45.49 | 35.90 | 1:27.79 |
| 11. Yassine Belhadaoui | 00 | 08-073 | 4:27.93 | 5 | 43.61 | 42.61 | 49.90 | 35.61 | 1:36.20 |
| 12. Jordi van der Lem | 00 | 08-047 | 4:28.07 | 5 | 43.80 | 42.94 | 48.41 | 36.92 | 1:36.00 |
| 13. Jeffrey van Zanen | 00 | 08-004 | 4:59.21 | 5 | 52.06 | 46.13 | 54.98 | 39.01 | 1:47.03 |
| 14. Damian Kerkhof | 00 | 08-073 | 5:42.54 | 5 | 59.77 | 56.10 | 59.81 | 46.75 | 2:00.11 |
| DIS Lucas Jak | 00 | 08-073 | | 5 | 38.02 | * | 47.06 | 34.28 | 1:30.10 |
| DIS Rense Ruig | 99 | 08-073 | | 5 | * | 34.75 | 42.04 | 28.90 | 1:15.83 |

Open Zaans Sprintkampioenschap (Zaandam, 16 september 2012)

Jongens, Junioren 3 en 4

| | | | | | Heren vlinder | Heren rug | Heren school | Heren vrij | Heren wissel |
|-------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Jelle Schelvis | 97 | 08-073 | 3:16.98 | 5 | 30.21 | 32.15 | 36.96 | 27.75 | 1:09.91 |
| 2. Ingmar Bakker | 98 | 08-004 | 3:20.00 | 5 | 31.49 | 31.72 | 37.07 | 27.71 | 1:12.01 |
| 3. Chris Dekker | 97 | 08-073 | 3:20.18 | 5 | 29.90 | 31.47 | 38.96 | 27.86 | 1:11.99 |
| 4. Lex Sandburg | 98 | 08-073 | 3:23.78 | 5 | 32.22 | 31.72 | 39.59 | 28.13 | 1:12.12 |
| 5. Simon Koopen | 98 | 08-073 | 3:27.72 | 5 | 31.84 | 32.43 | 41.37 | 28.32 | 1:13.76 |
| 6. Bjarne Bruijns | 97 | 08-016 | 3:34.57 | 5 | 34.50 | 35.74 | 37.88 | 29.24 | 1:17.21 |
| 7. Otto Bervoets | 98 | 08-073 | 3:53.04 | 5 | 38.59 | 36.73 | 41.96 | 31.61 | 1:24.15 |
| DIS Tim Tuijp | 98 | 08-073 | | 5 | 29.66 | 31.05 | * | 26.97 | 1:10.29 |

Jongens, Jeugd 1 en 2

| | | | | | Heren vlinder | Heren rug | Heren school | Heren vrij | Heren wissel |
|-----------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Kaspur van der Lem | 96 | 08-047 | 3:18.70 | 5 | 30.15 | 32.00 | 37.28 | 27.28 | 1:11.99 |
| 2. Jeroen Jongert | 96 | 08-004 | 3:20.75 | 5 | 30.15 | 31.57 | 40.91 | 27.41 | 1:10.71 |
| 3. Danny Schmidt | 96 | 08-073 | 3:24.97 | 5 | 31.08 | 34.28 | 36.36 | 29.68 | 1:13.57 |
| 4. Remco Visser | 95 | 08-024 | 3:49.33 | 5 | 35.16 | 36.73 | 45.91 | 29.66 | 1:21.87 |

Heren, Senioren 1 en ouder

| | | | | | Heren vlinder | Heren rug | Heren school | Heren vrij | Heren wissel |
|-------------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Jeffrey Appel | 92 | 08-073 | 2:51.15 | 5 | 26.85 | 27.42 | 31.85 | 23.76 | 1:01.27 |
| 2. Quintin Trausel | 87 | 08-004 | 3:04.45 | 5 | 27.68 | 31.28 | 32.69 | 26.03 | 1:06.77 |
| 3. Sander van Schaik | 91 | 08-004 | 3:18.87 | 5 | 30.91 | 31.84 | 37.74 | 27.49 | 1:10.89 |
| 4. Metten de Vries | 89 | 08-073 | 3:20.66 | 5 | 30.61 | 34.17 | 36.65 | 26.47 | 1:12.76 |
| 5. Kristian Stam | 91 | 08-073 | 3:29.18 | 5 | 33.22 | 33.91 | 38.23 | 29.52 | 1:14.30 |
| 6. Kevin Beers | 85 | 08-024 | 3:30.61 | 5 | 32.11 | 35.86 | 39.23 | 28.94 | 1:14.47 |
| 7. Marcel van der Lem | 65 | 08-047 | 3:31.70 | 5 | 33.99 | 34.17 | 37.31 | 28.27 | 1:17.96 |
| 8. Thom Scheeve | 92 | 08-073 | 3:32.67 | 5 | 33.72 | 36.11 | 38.07 | 28.26 | 1:16.51 |
| 9. Casper Gras | 92 | 08-073 | 3:41.69 | 5 | 35.64 | 37.15 | 40.37 | 29.84 | 1:18.69 |
| 10. Sebastien v Zundert | 93 | 08-004 | 3:49.94 | 5 | 37.10 | 35.98 | 39.08 | 30.08 | 1:27.70 |
| 11. Steven van Draanen | 90 | 08-073 | 3:58.31 | 5 | 43.12 | 38.46 | 39.41 | 31.02 | 1:26.30 |