

| nr. | Naam | Woonplaats | M / V | Ronde 1 | Ronde 2 | t/m ronde 2 | Ronde 3 | t/m ronde 3 | Ronde 4 | t/m ronde 4 |
|-----|----------------------|----------------|-------|---------|---------|-------------|---------|-------------|---------|-------------|
| 208 | Wiebe Rozendal | de Westereen | M | 0:17:16 | | | | | | |
| 102 | Marjan Roedema | de Westereen | V | 0:20:24 | | | | | | |
| 103 | Sanne de Jong | Buitenpost | V | 0:25:20 | | | | | | |
| 100 | Nanette Caviet | Dokkum | V | 0:27:13 | | | | | | |
| 201 | Lars de Lange | Broeksterwâld | M | 0:13:54 | 0:15:01 | 0:28:55 | | | | |
| 210 | Gerlof Leijstra | Burgum | M | 0:15:30 | 0:15:49 | 0:31:19 | | | | |
| 206 | Tsjetty Visser | Burgum | V | 0:17:25 | 0:17:10 | 0:34:35 | | | | |
| 200 | Geert de Lange | Broeksterwâld | M | 0:18:27 | 0:18:22 | 0:36:49 | | | | |
| 203 | Bas van der Ploeg | Lemmer | M | 0:17:33 | 0:20:17 | 0:37:50 | | | | |
| 207 | Aafke Kloosterman | de Westereen | V | 0:18:27 | 0:19:31 | 0:37:58 | | | | |
| 209 | Siert Santema | de Westereen | M | 0:18:52 | 0:19:38 | 0:38:30 | | | | |
| 101 | Lubbert Kloosterboer | de Westereen | M | 0:19:57 | 0:20:16 | 0:40:13 | | | | |
| 204 | Robert Prins | de Westereen | M | 0:19:57 | 0:20:20 | 0:40:17 | | | | |
| 202 | Klaas van der Ploeg | Lemmer | M | 0:19:34 | 0:20:55 | 0:40:29 | | | | |
| 205 | Tjerk de Jong | Buitenpost | M | 0:25:20 | 0:18:09 | 0:43:29 | | | | |
| 304 | Folkert Visser | Burgum | M | 0:12:52 | 0:12:23 | 0:25:15 | 0:12:09 | 0:37:24 | | |
| 300 | Cor Visser | Mûnein | M | 0:12:35 | 0:12:45 | 0:25:20 | 0:12:29 | 0:37:49 | | |
| 302 | Jaap Baalbergen | Dokkum | M | 0:14:48 | 0:14:52 | 0:29:40 | 0:14:58 | 0:44:38 | | |
| 308 | Jan Castelein | de Westereen | M | 0:14:43 | 0:14:54 | 0:29:37 | 0:15:16 | 0:44:53 | | |
| 301 | Pieter Visser | Dokkum | M | 0:14:56 | 0:15:10 | 0:30:06 | 0:14:59 | 0:45:05 | | |
| 306 | Jan Piet Schotanus | Twijzelerheide | M | 0:15:53 | 0:16:10 | 0:32:03 | 0:15:14 | 0:47:17 | | |
| 307 | Sjoerdje Veenstra | Feanwâlsterwâl | V | 0:16:53 | 0:17:07 | 0:34:00 | 0:16:46 | 0:50:46 | | |
| 305 | Ruurd Veenstra | Twijzelerheide | M | 0:17:18 | 0:16:58 | 0:34:16 | 0:16:40 | 0:50:56 | | |
| 303 | Auke Feenstra | de Westereen | M | 0:17:25 | 0:17:37 | 0:35:02 | 0:18:13 | 0:53:15 | | |
| 404 | Peter van der Ploeg | Damwâld | M | 0:13:21 | 0:13:48 | 0:27:09 | 0:13:47 | 0:40:56 | 0:14:44 | 0:55:40 |
| 408 | Hans Hendrik Westra | de Westereen | M | 0:14:43 | 0:14:31 | 0:29:14 | 0:14:35 | 0:43:49 | 0:14:32 | 0:58:21 |
| 402 | Stefan de Vries | Drachten | M | 0:14:43 | 0:14:50 | 0:29:33 | 0:15:26 | 0:44:59 | 0:16:06 | 1:01:05 |
| 405 | Piet Visser | Driesum | M | 0:15:16 | 0:15:38 | 0:30:54 | 0:15:42 | 0:46:36 | 0:15:41 | 1:02:17 |
| 406 | Marike Schokker | Oudwoude | V | 0:16:45 | 0:16:28 | 0:33:13 | 0:16:56 | 0:50:09 | 0:16:55 | 1:07:04 |
| 407 | Carlo Loos | Leeuwarden | M | 0:16:45 | 0:16:21 | 0:33:06 | 0:16:54 | 0:50:00 | 0:17:16 | 1:07:16 |
| 403 | Ed Velderman | Gytsjerk | M | 0:16:30 | 0:16:54 | 0:33:24 | 0:17:06 | 0:50:30 | 0:17:35 | 1:08:05 |
| 400 | Marinus de Haan | Hurdegaryp | M | 0:17:25 | 0:17:10 | 0:34:35 | 0:18:02 | 0:52:37 | 0:18:44 | 1:11:21 |
| 401 | Karin van Gog | Drachten | V | 0:18:15 | 0:19:07 | 0:37:22 | 0:20:00 | 0:57:22 | 0:19:44 | 1:17:06 |