

|                       |         |           |                         |                              |           |
|-----------------------|---------|-----------|-------------------------|------------------------------|-----------|
| <b>Heren Senioren</b> |         | <b>NK</b> | <b>Dames</b>            |                              | <b>NK</b> |
| 1 Bram Brandjes       | 16:39.6 | 1         | 1 Lucie-Marie Horch     | 20:55.9                      |           |
| 2 Onno Hellendoorn    | 17:42.0 | 2         | 2 Pauline Teichelmann   | 20:57.2                      |           |
| 3 Jordy Buijs         | 18:24.8 | 3         | 3 Lotte Van Der Ham     | 21:46.4                      | 1         |
| 4 Sil Hellendoorn     | 18:48.3 | 4         | 4 Tamara Yosef          | 22:06.1                      | 2         |
| 5 Olaf Staal          | 20:05.7 | 5         | 5 Marit Heijne          | 22:28.8                      | 3         |
| 6 Sipko Metselaar     | 21:16.4 | 6         | 6 Esther Van Lohuizen   | 23:38.8                      | 4         |
| 7 Tim Grünert         | 25:25.5 |           | 7 Emma Rozing           | 29:22.1                      | 5         |
|                       |         |           | 8 Astrid Verbeek        | 30:32.9                      | 6         |
| <b>Heren junioren</b> |         | <b>NK</b> | Dnf                     | Nina Bakker                  | 26:15.7   |
| 1 Cartouche Mensink   | 17:14.5 | 1         | Dnf                     | Heleen Driessen<br>Willemijn |           |
| 2 Elias Geike         | 18:00.0 |           | Dnf                     | Raaijmakers                  |           |
| 3 Terence Götzl       | 18:12.4 |           |                         |                              |           |
| 4 Sven Van Der Ham    | 18:21.7 | 2         | <b>Heren aspiranten</b> |                              |           |
| 5 Lars Reurink        | 21:11.0 | 3         | 1 Frederic Horch        | 21:27.3                      |           |
| 6 Gideon Dijkhuis     | 21:13.0 | 4         | 2 Mylo van Bakel        | 22:51.8                      |           |
| 7 Dieter Bayer        | 23:04.1 | 5         | 3 Sebastian Prenzler    | 23:31.7                      |           |
|                       |         |           | 4 Tije van Bakel        | 26:34.0                      |           |
| <b>Heren masters</b>  |         | <b>NK</b> | 5 Rem Meester           | 29:30.4                      |           |
| 1 Joep Van Bakel      | 17:40.5 | 1         | DNF                     | Simon Endler                 |           |
| 2 Pier Siersma        |         | 2         |                         |                              |           |
| 3 Erwin Smids         | 18:13.3 |           | <b>Dames aspiranten</b> |                              |           |
| 4 Tonny Benschop      | 19:35.6 | 3         | 1 Matilda Kreß          | 21:00.4                      |           |
| 5 Olaf Heijne         | 20:26.9 | 4         | 2 Jette Dommach         | 21:50.9                      |           |
| 6 Thomas Glas         | 21:23.2 | 5         | 3 Pia Dreko             | 23:06.8                      |           |
| 7 Tobias Reißmann     | 21:25.3 |           |                         |                              |           |
| 8 Chris Hellendoorn   | 22:48.5 | 6         |                         |                              |           |
| 9 Nicolas Coulet      | 23:04.7 | 7         |                         |                              |           |
| 10 Lex Haan           | 24:37.7 | 8         |                         |                              |           |
| <b>A-finale</b>       |         |           | <b>D-finale</b>         |                              |           |
| 1 Bram Brandjes       | 16:46.0 |           | 1 Chris Hellendoorn     | 21:59.7                      |           |
| 2 Cartouche Mensink   | 16:52.3 |           | 2 Marit Heijne          | 22:01.8                      |           |
| 3 Joep Van Bakel      | 17:19.6 |           | 3 Mylo Van Bakel        | 22:38.3                      |           |
| 4 Terence Götzl       | 17:22.7 |           | 4 Nicolas Coulet        | 22:43.1                      |           |
| 5 Onno Hellendoorn    | 18:06.8 |           | 5 Tamara Yosef          | 23:04.5                      |           |
| 6 Elias Geike         | 18:12.3 |           | 6 Jette Dommach         | 23:41.4                      |           |
| 7 Erwin Smids         | 18:21.8 |           | 7 Simon Endler          | 24:00.5                      |           |
| 8 Pier Siersma        | 18:33.6 |           | 8 Pia Dreko             | 24:47.5                      |           |
|                       |         |           | 9 Sebastian Prenzler    | 25:28.9                      |           |
| <b>B-finale</b>       |         |           | <b>E-finale</b>         |                              |           |
| 1 Sven Van Der Ham    | 18:28.6 |           | 1 Tim Grünert           | 23:37.7                      |           |
| 2 Jordy Buijs         | 18:35.9 |           | 2 Lex Haan              | 23:56.5                      |           |
| 3 Tonny Benschop      | 19:25.6 |           |                         |                              |           |
| 4 Olaf Heijne         | 19:58.3 |           | 3 Esther Van Lohuizen   | 25:17.4                      |           |
| 5 Olaf Staal          | 20:53.2 |           | 4 Tije Van Bakel        | 27:09.2                      |           |
| Pauline               |         |           |                         |                              |           |
| 6 Teichelmann         | 22:42.7 |           | 5 Rem Meester           | 28:01.8                      |           |
| Lucie-Marie Horch     | DNF     |           | 6 Astrid Verbeek        | 31:32.8                      |           |
| Sil Hellendoorn       | DNS     |           | 7 Heleen Driessen       | 32:00.0                      |           |
|                       |         |           | 8 Emma Rozing           | 33:07.9                      |           |
| <b>C-finale</b>       |         |           |                         |                              |           |
| 1 Lars Reurink        | 21:05.1 |           |                         |                              |           |
| 2 Matilda Kreß        | 21:12.8 |           |                         |                              |           |
| 3 Sipko Metselaar     | 21:31.3 |           |                         |                              |           |
| 4 Thomas Glas         | 21:52.9 |           |                         |                              |           |
| 5 Gideon Dijkhuis     | 23:14.4 |           |                         |                              |           |
| 6 Frederic Horch      | 23:46.0 |           |                         |                              |           |
| 7 Tobias Reissmann    | DNF     |           |                         |                              |           |
| 8 Lotte van der Ham   | DNS     |           |                         |                              |           |