

| Pl | Stno | Name | YB | Club | Time |
|------------------|------|-------------------------|------------|-------------|---------|
| 20 Km (2) | | 16.2 km | | 19 C | |
| 1 | 1 | Altena, Maarten | Individual | . | 1:39:00 |
| 2 | 9 | Elfrink, Herman | Minor | NL | 2:07:25 |
| 15 Km (3) | | 11.4 km | | 13 C | |
| 1 | 17 | Mensink, Manon | Argus | NI | 1:20:59 |
| 2 | 25 | Wichers Hoeth, Jochem | Individual | . | 1:33:03 |
| 3 | 3 | Beemster, Marcel | Minor | NL | 1:39:06 |
| 10 Km (8) | | 8.0 km | | 11 C | |
| 1 | 7 | De Lijster, Alwin | Individual | . | 49:46 |
| 2 | 23 | Van Hees, Peter | Individual | . | 57:50 |
| 3 | 22 | Van Gorp, Ruud | OLifant | NL | 1:02:50 |
| 4 | 31 | Tenkink, Marit | Individual | . | 1:04:29 |
| 5 | 10 | Elfrink, Tessa | Minor | NL | 1:05:05 |
| 6 | 2 | Backer, Jantien | Individual | . | 1:13:34 |
| 7 | 5 | Corbet, Györgyi | Argus | NI | 1:21:42 |
| 8 | 32 | en Catrien, Marianne | Individual | . | 1:52:35 |
| 5 Km (11) | | 4.7 km | | 8 C | |
| 1 | 15 | Liefers, Thijs | Individual | . | 30:03 |
| 2 | 21 | Temmen, Renée | Minor | NL | 40:17 |
| 3 | 12 | Goossens, Renske | TROL | Belgie | 47:15 |
| 4 | 19 | Pince Van Der Aa, Peter | Minor | NL | 55:03 |
| 5 | 27 | Valero, Claudio | Individual | . | 1:03:24 |
| 6 | 14 | Krebaum, Sheila | Individual | . | 1:14:26 |
| 7 | 20 | Schuurman, Charlotte | Individual | . | 1:14:27 |
| 8 | 29 | Macia, José | Individual | . | 1:14:51 |
| 9 | 28 | Lopes, Lidia | Individual | . | 1:22:37 |
| 10 | 30 | Andreo, Beatriz | Individual | . | 1:22:59 |
| | 26 | Verstappen, Els | Individual | . | mp |