

| Plaats | Startnr | Naam | Teamnaam | Categorie | Onderdeel | Prestatie | Netto tijd | Tijd vrouwen -10% | Team tijd |
|--------|---------|-------------------------|------------------------|-----------|-------------|-----------|------------|-------------------|-----------|
| 1 | 478 | Connor Kluivers | RefurnZ I Top Team | Msen | 5 kilometer | 00:15:49 | 00:15:48 | 00:15:48 | 00:49:20 |
| | 476 | Vera Toet | RefurnZ I Top Team | Vsen | 5 kilometer | 00:18:33 | 00:18:31 | 00:16:40 | |
| | 479 | Sebastiaan Horselenberg | RefurnZ I Top Team | Msen | 5 kilometer | 00:16:54 | 00:16:52 | 00:16:52 | |
| | 480 | Sander Heesen | RefurnZ I Top Team | M45 | 5 kilometer | 00:17:38 | 00:17:36 | 00:17:36 | |
| | 477 | Kenna Kluivers | RefurnZ I Top Team | Vsen | 5 kilometer | 00:22:54 | 00:22:51 | 00:20:34 | |
| 2 | 484 | Jaap van Riet | AutoCityAVK Deventer | M55 | 5 kilometer | 00:20:10 | 00:20:08 | 00:20:08 | 01:05:05 |
| | 482 | Ans Hulzebos | AutoCityAVK Deventer | V55 | 5 kilometer | 00:24:58 | 00:24:53 | 00:22:24 | |
| | 483 | Michel Bodifée | AutoCityAVK Deventer | M35 | 5 kilometer | 00:22:37 | 00:22:33 | 00:22:33 | |
| | 481 | René Scheuter | AutoCityAVK Deventer | M55 | 5 kilometer | 00:24:46 | 00:24:39 | 00:24:39 | |
| | 485 | Startnummer 485 | AutoCityAVK Deventer | Msen | 5 kilometer | | | | |
| 3 | 518 | Bennie van Schaick | Running Center | M55 | 5 kilometer | 00:20:25 | 00:20:23 | 00:20:23 | 01:05:26 |
| | 516 | Paul Valk | Running Center | M55 | 5 kilometer | 00:20:45 | 00:20:43 | 00:20:43 | |
| | 517 | Ans Grieving | Running Center | V45 | 5 kilometer | 00:27:13 | 00:27:02 | 00:24:20 | |
| 4 | 500 | Tom Broekhaar | Isendoorn College | Msen | 5 kilometer | 00:21:22 | 00:21:19 | 00:21:19 | 01:05:44 |
| | 496 | Gert-Jan Leisink | Isendoorn College | M45 | 5 kilometer | 00:21:25 | 00:21:22 | 00:21:22 | |
| | 497 | Chris van Vliet | Isendoorn College | Msen | 5 kilometer | 00:25:09 | 00:23:03 | 00:23:03 | |
| | 499 | Oskar Kroes | Isendoorn College | Msen | 5 kilometer | 00:27:51 | 00:25:44 | 00:25:44 | |
| | 498 | David te Slaa | Isendoorn College | Msen | 5 kilometer | | | | |
| 5 | 513 | Elko Eisink | Thoma Groep 2 | M35 | 5 kilometer | 00:22:53 | 00:22:45 | 00:22:45 | 01:09:06 |
| | 512 | Stefan Reurink | Thoma Groep 2 | Msen | 5 kilometer | 00:23:08 | 00:23:01 | 00:23:01 | |
| | 511 | Johan Jansen | Thoma Groep 2 | M35 | 5 kilometer | 00:23:26 | 00:23:20 | 00:23:20 | |
| 6 | 489 | Vera Stevens | Arcus Fysiotherapie 1 | Vsen | 5 kilometer | 00:26:10 | 00:26:02 | 00:23:26 | 01:14:40 |
| | 487 | Brightly Steevenz | Arcus Fysiotherapie 1 | M35 | 5 kilometer | 00:24:21 | 00:24:11 | 00:24:11 | |
| | 490 | Annemarie Diekman | Arcus Fysiotherapie 1 | V45 | 5 kilometer | 00:30:13 | 00:30:04 | 00:27:04 | |
| | 486 | Eke Wuestenenk | Arcus Fysiotherapie 1 | Vsen | 5 kilometer | 00:30:13 | 00:30:05 | 00:27:04 | |
| | 488 | Page de Maar | Arcus Fysiotherapie 1 | Vsen | 5 kilometer | | | | |
| 7 | 503 | Marjan Helmich | Tactus Verslavingszorg | V35 | 5 kilometer | 00:27:18 | 00:27:01 | 00:24:19 | 01:15:38 |
| | 502 | Ellen Schleedoorn | Tactus Verslavingszorg | V55 | 5 kilometer | 00:28:29 | 00:28:11 | 00:25:22 | |
| | 501 | Martine Koenders | Tactus Verslavingszorg | V45 | 5 kilometer | 00:29:08 | 00:28:50 | 00:25:57 | |
| | 504 | Alberto Reugebrink | Tactus Verslavingszorg | M45 | 5 kilometer | 00:29:40 | 00:29:22 | 00:29:22 | |
| | 505 | Startnummer 505 | Tactus Verslavingszorg | Msen | 5 kilometer | | | | |

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| | 491 | Ellen van den Brink | Arcus Fysiotherapie 2 | V35 | 5 kilometer | 00:27:06 | 00:26:56 | 00:24:14 | |
| | 492 | Wilma Nijenhuis | Arcus Fysiotherapie 2 | V35 | 5 kilometer | 00:30:13 | 00:30:04 | 00:27:04 | |
| 8 | 493 | Martijn Pattipeilohy | Arcus Fysiotherapie 2 | M35 | 5 kilometer | 00:28:35 | 00:28:25 | 00:28:25 | 01:19:43 |
| | 494 | Jesper Pattipeilohy | Arcus Fysiotherapie 2 | Msen | 5 kilometer | 00:28:35 | 00:28:25 | 00:28:25 | |
| | 495 | Startnummer 495 | Arcus Fysiotherapie 2 | Msen | 5 kilometer | | | | |
| | 506 | Jeffrey Ochse | Thoma Groep 1 | Msen | 5 kilometer | 00:24:54 | 00:24:47 | 00:24:47 | |
| | 508 | Wanda Heimensen | Thoma Groep 1 | V45 | 5 kilometer | 00:30:10 | 00:30:03 | 00:27:03 | |
| 9 | 507 | Bjorn Krabbenborg | Thoma Groep 1 | M35 | 5 kilometer | 00:31:09 | 00:30:48 | 00:30:48 | 01:22:38 |