

| Meisjes .F | | Club | 500m | - | pnt | 500m | - | pnt | Punt |
|------------|---------------------|------|--------|---|-----|--------|---|-----|------|
| 1 | Tess Griend | WvdB | 36.6 | | 29 | 34.8 | | 30 | 59 |
| 2 | Fenne Smit | YCT | 36.5 | | 30 | 35.2 | | 29 | 59 |
| 3 | Naomi Segers | YCT | 37.4 | | 28 | 37.6 | | 27 | 55 |
| 4 | Rosemarijn Wijland | Ball | 40.3 | | 27 | 38.4 | | 26 | 53 |
| 5 | Hiba Pals | YCT | 44.9 | | 23 | 37.5 | | 28 | 51 |
| 6 | Emily van der Nat | Ysvr | 41.6 | | 26 | 39.2 | | 25 | 51 |
| 7 | Elize Arts | Ysvr | 42.2 | | 25 | 41.1 | | 24 | 49 |
| 8 | Nienke de Graaf | Ysvr | 42.8 | | 24 | 42.6 | | 23 | 47 |
| 9 | Saar Karremans | Ball | 46.2 | | 22 | 43.8 | | 22 | 44 |
| 10 | Juul van der Meulen | YCT | 47.2 | | 21 | 46.4 | | 20 | 41 |
| 11 | Damla Cakar | YCT | 47.2 | | 21 | 46.4 | | 20 | 41 |
| 12 | Noor Mans | Ysvr | 47.5 | | 19 | 45.6 | | 21 | 40 |
| 13 | Grete Svea Brehmer | YCT | 48.9 | | 18 | 48.3 | | 18 | 36 |
| 14 | Nina van 't Zelfde | Ysvr | 50.3 | | 17 | 49.3 | | 17 | 34 |
| 15 | Zoé van de Laar | Venn | 50.3 | | 17 | 51.7 | | 16 | 33 |
| 16 | Norah Bake | YCT | 58.8 | | 14 | 52.3 | | 15 | 29 |
| 17 | Jill Vermeer | YCT | 58.9 | | 13 | 52.3 | | 15 | 28 |
| 18 | Isa Menting | YCT | 52.2 | | 15 | 52.4 | | 13 | 28 |
| 19 | Isabel van Dortmund | Ysvr | 1:09.7 | | 11 | 1:02.4 | | 12 | 23 |
| 20 | Emily Mei | YCT | 1:09.5 | | 12 | 1:07.5 | | 11 | 23 |

| Jongens .F | | Club | 500m | - | pnt | 500m | - | pnt | Punt |
|------------|--------------------|------|--------|-----|-----|--------|---|-----|------|
| 1 | Matthijs Eperjesy | YCE | 33.8 | | 30 | 34.0 | | 30 | 60 |
| 2 | Pepijn Berge | WvdB | 34.9 | | 29 | 34.8 | | 29 | 58 |
| 3 | Sem van der Kaa | Ysvr | 42.0 | | 28 | 41.2 | | 28 | 56 |
| 4 | Kaemoa Story | YCT | 43.9 | | 25 | 41.4 | | 27 | 52 |
| 5 | Rens van Horen | Stri | 42.4 | | 27 | 42.6 | | 25 | 52 |
| 6 | Arie van Driel | Ysvr | 44.0 | | 24 | 42.3 | | 26 | 50 |
| 7 | Taro Sterk | Ball | 43.4 | | 26 | 44.2 | | 23 | 49 |
| 8 | Ids Allersma | Stri | 45.1 | | 22 | 44.6 | | 22 | 44 |
| 9 | Karsten Dieleman | YCT | 44.8 | | 23 | 47.6 | | 20 | 43 |
| 10 | Olaf Lootens | WvdB | 49.4 | | 20 | 45.8 | | 21 | 41 |
| 11 | Filip van der Meer | YCT | 45.1 | | 22 | 50.0 | | 19 | 41 |
| 12 | Jens Jasperse | Ball | 1:46.3 | VAL | 16 | 43.3 | | 24 | 40 |
| 13 | Siem Smit | YCT | 55.1 | | 19 | 50.9 | | 18 | 37 |
| 14 | Ties Aerts | YCE | 1:07.1 | VAL | 18 | 1:00.5 | | 17 | 35 |
| 15 | Bart Ippel | Ysvr | 1:32.1 | | 17 | 1:46.4 | | 16 | 33 |

| Meisjes .E | | Club | 500m | - | pnt | 1000m | - | pnt | Punt |
|------------|---------------------|------|------|---|-----|--------|---|-----|------|
| 1 | Fleur van der Leij | Ysvr | 31.4 | | 30 | 58.1 | | 30 | 60 |
| 2 | Amanda van Vugt | Ysvr | 32.0 | | 29 | 59.9 | | 29 | 58 |
| 3 | Lobke van Benthum | Ball | 33.8 | | 28 | 1:02.4 | | 28 | 56 |
| 4 | Tamar Wolters | YCT | 35.8 | | 25 | 1:04.0 | | 27 | 52 |
| 5 | Maud van Oss | WvdB | 35.6 | | 26 | 1:04.5 | | 26 | 52 |
| 6 | Madelief Duijzer | Ysvr | 35.5 | | 27 | 1:05.1 | | 25 | 52 |
| 7 | Isabel Segers | YCT | 35.9 | | 24 | 1:05.2 | | 24 | 48 |
| 8 | Marthe Brehmer | YCT | 37.7 | | 23 | 1:08.3 | | 23 | 46 |
| 9 | Nadine van Gammeren | Ysvr | 41.0 | | 22 | 1:13.0 | | 22 | 44 |
| 10 | Yinte Sanderse | Ball | 41.6 | | 19 | 1:13.0 | | 22 | 41 |
| 11 | Sylke Vos | Thia | 41.3 | | 21 | 1:13.9 | | 20 | 41 |
| 12 | Liz Buis | YCE | 41.5 | | 20 | 1:13.9 | | 20 | 40 |
| 13 | Nienke Simons | Ball | 46.3 | | 18 | 1:28.3 | | 18 | 36 |
| 14 | Guusje v.d. Meijs | YCT | 48.6 | | 17 | 1:29.4 | | 17 | 34 |
| 15 | Merel Kramer | Ball | 51.8 | | 16 | 1:34.6 | | 16 | 32 |

| Jongens .E | | Club | 500m | - | pnt | 1000m | - | pnt | Punt |
|------------|----------------------|------|------|---|-----|--------|---|-----|------|
| 1 | Ramzi Coenraad | YCT | 32.4 | | 30 | 59.9 | | 30 | 60 |
| 2 | Jasper van Geloof | YCT | 34.4 | | 28 | 1:04.7 | | 29 | 57 |
| 3 | Malik Werleman | YCT | 33.7 | | 29 | 1:05.8 | | 28 | 57 |
| 4 | Leo de Putter | Ysvr | 36.5 | | 27 | 1:06.2 | | 27 | 54 |
| 5 | Lucas Schouten | Ysvr | 38.0 | | 25 | 1:06.5 | | 26 | 51 |
| 6 | Pepijn van Kooten | Lomm | 37.6 | | 26 | 1:09.5 | | 24 | 50 |
| 7 | Sven van Dartel | Thia | 43.6 | | 20 | 1:09.5 | | 24 | 44 |
| 8 | Stijn Mans | Ysvr | 40.2 | | 22 | 1:15.9 | | 22 | 44 |
| 9 | Pim Klein Holkenborg | WvdB | 52.7 | | 18 | 1:09.0 | | 25 | 43 |
| 10 | Thijs Hermse | WvdB | 40.1 | | 23 | 1:17.7 | | 20 | 43 |
| 11 | Bill van Engeland | Lomm | 39.5 | | 24 | 1:24.4 | | 18 | 42 |
| 12 | Daan Allersma | Stri | 44.1 | | 19 | 1:16.1 | | 21 | 40 |
| 13 | Bram Kettelarij | YCT | 41.9 | | 21 | 1:21.4 | | 19 | 40 |
| 14 | Leo Smeets | Ysvr | 54.5 | | 17 | 1:43.3 | | 17 | 34 |
| 15 | Alex Poliakov | YCT | 55.5 | | 16 | 1:54.9 | | 16 | 32 |

| Meisjes .D | | Club | 500m | - | pnt | 1000m | - | pnt | Punt |
|------------|-----------------------|------|------|-----|-----|--------|-----|-----|------|
| 1 | Luka Sterk | Ball | 27.1 | | 30 | 49.3 | | 30 | 60 |
| 2 | Maud Groenen | YCT | 29.9 | | 29 | 54.4 | | 29 | 58 |
| 3 | Bregje Bogers | Stri | 29.9 | | 29 | 55.3 | | 28 | 57 |
| 4 | Catharina Satter | Ysvr | 32.9 | | 27 | 1:02.5 | | 27 | 54 |
| 5 | Daantje Bon | YCT | 33.2 | | 26 | 1:04.1 | | 25 | 51 |
| 6 | Froukje van Wijgerden | Ysvr | 34.0 | | 24 | 1:03.2 | | 26 | 50 |
| 7 | Youssra Pals | YCT | 33.7 | | 25 | 1:06.8 | | 24 | 49 |
| 8 | Eva van der Vleuten | YCE | 37.6 | | 23 | 1:09.5 | | 22 | 45 |
| 9 | Jip Jasperse | Ball | 38.4 | | 20 | 1:09.2 | | 23 | 43 |
| 10 | Astrid van Kesteren | YCT | 38.2 | | 22 | 1:12.3 | | 18 | 40 |
| 11 | Winnie M. Mei | YCT | 39.0 | | 18 | 1:10.8 | | 21 | 39 |
| 12 | Nove Sanderse | Ball | 38.9 | | 19 | 1:11.5 | | 20 | 39 |
| 13 | Amber Baijense | Ysvr | 39.3 | | 17 | 1:14.1 | | 17 | 34 |
| 14 | Mare van der Burgt | YCE | 39.6 | | 16 | 1:15.2 | | 16 | 32 |
| 15 | Bregje Nafzger | YCT | 38.2 | | 22 | 9:59.9 | VAL | 10 | 32 |
| 16 | Yasmine Pals | YCT | 42.9 | VAL | 11 | 1:11.8 | | 19 | 30 |
| 17 | Liz Manders | YCE | 41.1 | | 15 | 1:15.8 | | 15 | 30 |
| 18 | Eline van Driel | Ysvr | 42.0 | | 14 | 1:18.5 | | 14 | 28 |
| 19 | Fenne van Heist | WvdB | 42.8 | | 12 | 1:20.3 | | 12 | 24 |
| 20 | Nynke Mooiweer | Ball | 42.6 | | 13 | 1:20.4 | | 11 | 24 |
| 21 | Manon Lootens | WvdB | 43.1 | | 10 | 1:19.1 | | 13 | 23 |

| Jongens .D | | Club | 500m | - | pnt | 1000m | - | pnt | Punt |
|------------|----------------------|------|------|---|-----|--------|---|-----|------|
| 1 | Senne van de Rest | Stri | 29.2 | | 30 | 54.6 | | 30 | 60 |
| 2 | Niels Konings | YCE | 30.8 | | 28 | 55.6 | | 29 | 57 |
| 3 | Joël van 't Zelfde | Ysvr | 30.6 | | 29 | 56.1 | | 28 | 57 |
| 4 | Daan Vervoorn | Ysvr | 30.9 | | 27 | 59.0 | | 27 | 54 |
| 5 | Joep van der Meijden | Ysvr | 33.6 | | 25 | 1:01.3 | | 26 | 51 |
| 6 | Boris Pieneman | Stri | 31.7 | | 26 | 1:04.1 | | 24 | 50 |
| 7 | Luuk van Tilborg | YCT | 34.7 | | 24 | 1:02.0 | | 25 | 49 |
| 8 | Luuk van Gorkum | YCT | 37.0 | | 21 | 1:06.8 | | 21 | 42 |
| 9 | Rick Kuijpers | Stri | 36.8 | | 22 | 1:08.8 | | 20 | 42 |
| 10 | Niek van Delft | WvdB | 41.1 | | 18 | 1:05.7 | | 23 | 41 |
| 11 | Sam Jonker | Stri | 39.7 | | 19 | 1:06.7 | | 22 | 41 |
| 12 | Siem Groenen | YCT | 36.5 | | 23 | 1:10.5 | | 18 | 41 |
| 13 | Geert Bol | WvdB | 39.6 | | 20 | 1:09.9 | | 19 | 39 |
| 14 | Emile van den Hurk | Lomm | 44.3 | | 17 | 1:24.4 | | 17 | 34 |

| Meisjes .C | | Club | 500m | - | pnt | 1000m | - | pnt | Punt |
|------------|-------------------|------|------|---|-----|--------|---|-----|------|
| 1 | Famke Bogers | Stri | 28.8 | | 30 | 51.1 | | 30 | 60 |
| 2 | Lonneke Merkx | WvdB | 29.0 | | 29 | 51.4 | | 29 | 58 |
| 3 | Rozemarijn Lely | WvdB | 32.0 | | 24 | 57.1 | | 28 | 52 |
| 4 | Lisa Gommers | Ball | 31.8 | | 25 | 58.0 | | 27 | 52 |
| 5 | Noor Schroyens | Stri | 31.5 | | 28 | 59.4 | | 24 | 52 |
| 6 | Jade van de Rest | Stri | 32.8 | | 22 | 58.0 | | 27 | 49 |
| 7 | Maud Mastenbroek | YCT | 32.0 | | 24 | 58.2 | | 25 | 49 |
| 8 | Yara van Klaveren | Ball | 31.6 | | 26 | 59.5 | | 23 | 49 |
| 9 | Senna Kouwenberg | Stri | 31.5 | | 28 | 1:04.3 | | 21 | 49 |
| 10 | Elise Eperjesy | YCE | 33.8 | | 21 | 1:02.9 | | 22 | 43 |
| 11 | Aymee Schalken | Ysvr | 37.5 | | 20 | 1:05.5 | | 20 | 40 |
| 12 | Jassica Y. Mei | YCT | 39.0 | | 19 | 1:13.8 | | 19 | 38 |
| 13 | Marleen Hogeweg | YCT | 40.0 | | 18 | 1:14.3 | | 18 | 36 |
| 14 | Jordan Kusters | WvdB | 47.6 | | 17 | 1:35.3 | | 17 | 34 |

| Jongens .C | | Club | 500m | - | pnt | 1000m | - | pnt | Punt |
|------------|-------------------|------|------|---|-----|--------|---|-----|------|
| 1 | Joris Ippel | Ysvr | 27.3 | | 30 | 49.5 | | 30 | 60 |
| 2 | Daan Segers | YCT | 27.7 | | 29 | 49.6 | | 29 | 58 |
| 3 | Freek van Oss | WvdB | 29.2 | | 28 | 53.4 | | 28 | 56 |
| 4 | Jord Pollen | Thia | 30.4 | | 27 | 55.8 | | 27 | 54 |
| 5 | Lars Mans | Ysvr | 31.7 | | 25 | 56.5 | | 26 | 51 |
| 6 | Youri Egberink | YCT | 31.7 | | 25 | 57.3 | | 25 | 50 |
| 7 | Thomas van Rossem | Ysvr | 31.7 | | 25 | 57.5 | | 24 | 49 |
| 8 | Lucas Fabrie | WvdB | 31.1 | | 26 | 58.1 | | 23 | 49 |
| 9 | Lars Griend | WvdB | 32.5 | | 21 | 1:00.0 | | 22 | 43 |
| 10 | Jesse de Graaf | Ysvr | 32.2 | | 22 | 1:01.7 | | 20 | 42 |
| 11 | Nils Prenger | Ball | 33.5 | | 20 | 1:01.6 | | 21 | 41 |
| 12 | Pim Boere | YCT | 34.4 | | 19 | 1:02.9 | | 19 | 38 |
| 13 | Sverre Pullen | WvdB | 39.5 | | 18 | 1:16.2 | | 18 | 36 |
| 14 | Djurre Evers | Ysvr | 40.0 | | 17 | 1:16.2 | | 18 | 35 |