

| do 21 mei | | | | | | | |
|---------------------|-----------------|---------------------|------------|------------------|------------|-------------------------|-----------------|
| 1000 m | streeftijd | 1500 m | streeftijd | 3000 m | streeftijd | 5000 m | streeftijd |
| Ronald Wiering | 02:57,00 | Steeff Poulussen | 04:40,00 | Niels Anders | 10:40,00 | Joost van Galen | 17:20,00 |
| Marijn Buijtenoord | 02:57,00 | Jos Jacobsen | 04:55,00 | Pieter Grandiek | 11:00,00 | Eddy van leeuwen | 17:30,00 |
| Mick Onrust | 02:58,00 | Mike Alders | 05:30,00 | Bas Thijsen | 11:00,00 | Alex Bouwmeester | 17:30,00 |
| Axel Vink | 03:00,00 | Arjan van Diepen | 05:44,00 | Lats Tuboly | 11:30,00 | Ruben Romkes | 17:45,00 |
| Io Pel | 03:00,00 | Sophie Walraven | 05:45,00 | Rob van der Pal | 12:00,00 | Edgar Griffioen | 18:00,00 |
| Bas Thijsen | 03:01,00 | Emma-Joy van Dorp | 05:45,00 | Cora Siermans | 12:30,00 | Rowdy Speldenbrink | 18:00,00 |
| Steeff Poulussen | 03:05,00 | Leon Heijman | 06:00,00 | Steven de Goede | 12:45,00 | Menno Brendeke | 18:15,00 |
| Tim Huiberts | 03:05,00 | Teun Hoek | 06:00,00 | Ruud Righolt | 13:20,00 | Bjorn Heijnen | 18:30,00 |
| Jan Bakker | 03:10,00 | Vincent Oostermeyer | 06:30,00 | Ron Cadenau | 13:30,00 | Femke van der Pal | 18:30,00 |
| Niels Anders | 03:10,00 | Marthijn Bakker | 06:50,00 | Hennie Langelaar | 13:40,00 | Sietse van de Pal | 18:30,00 |
| Sietse van der Pal | 03:11,90 | Nic Grandiek | 06:55,00 | Johan Meijer | 15:00,00 | Dirk Goldebeld | 19:30,00 |
| Lieke Mulder | 03:30,00 | Kees Walter | 08:00,00 | | | Mark Konings | 20:00,00 |
| Ron Cadenau | 03:30,00 | Robert Kruijshaar | 08:00,00 | | | Arjan Dijkstra | 20:00,00 |
| Dirk Goldebeld | 03:30,00 | | | | | Lieke Mulder | 21:00,00 |
| José Doorson | 03:35,00 | | | | | Sophie Walraven | 21:15,00 |
| Rob van der Pal | 03:35,00 | | | | | Nico Vergouw | 22:05,00 |
| Jelmer de Gauw | 03:40,00 | | | | | Britt Noah Mosselman | 22:20,00 |
| Katia Ganda | 03:45,00 | | | | | Sonja van Zeelt | 22:40,00 |
| Mark Gruijs | 03:46,00 | | | | | Jeroen Heijnen | 23:30,00 |
| Sascha Timmerman | 03:50,00 | | | | | Ruud de Goede | 23:50,00 |
| Ronald Wiersma | 03:50,00 | | | | | M. Dijkstra | 24:00,00 |
| Jolanda Stas | 04:00,00 | | | | | Marcel van Oostveen | 24:00,00 |
| Marcel van Oostveen | 04:00,00 | | | | | Thijs van der Kolk | 25:00,00 |
| Renate Geerts | 04:00,00 | | | | | Julio Mengod | 25:00,00 |
| Jan Bakker | 04:00,00 | | | | | | |
| Alex Bouwmeester | 04:00,00 | | | | | | |
| Serge ter Hall | 04:10,00 | | | | | | |
| Jaqueline Louwe | 04:11,60 | | | | | | |
| Jan Fris | 04:15,00 | | | | | | |
| Rikus Bijvoet | 04:19,70 | | | | | | |
| Robert Kruijshaar | 04:20,00 | | | | | | |
| Hennie Visscher | 04:20,00 | | | | | | |
| Hennie Langelaar | 04:20,00 | | | | | | |
| Floor Bakker | 04:50,00 | | | | | | |
| Pien Bakker | 04:50,00 | | | | | | |
| Jonne Wiering | 05:00,00 | | | | | | |
| Niels Kerkhoven | 05:00,00 | | | | | | |
| Jeske Romkes | 05:00,00 | | | | | | |
| Arjan van Diepen | 07:00,00 | | | | | | |
| Jake van Diepen | 07:00,00 | | | | | | |
| Piet Glas | 08:15,00 | | | | | | |

serieindeling volgt zo spoedig mogelijk

sx = serie x / rood = geen Zaanland lid