

6 km

1	Gerrit van de Riet	OLifant	41:14
2	Olaf Woertel	KOVZ	42:28
3	Klaas de Jong	HOC 93	44:40
4	Adriaan Baas	HOC 93	44:49
5	Steven Jochems	KOVZ	46:44
6	Rolf van der Hulst	MINOR	47:04
7	Herman Elfrink	MINOR	47:56
8	Herman Mooij	ARGUS	47:58
9	Michael Zwicke	DJK Adler Bottrop	48:11
10	Tonny Neplenbroek	ARGUS	48:22
11	Dirk Zwikker	ARGUS	53:28
12	Masja van de Ven	KOVZ	53:43
13	Harrie van Lierop	MINOR	54:58
14	Alain Jolly	UTwente	59:53
15	Manuel Garcia	UTwente	1:04:17
16	Qiang Wang	UTwente	1:11:10
17	Peter Bruil	Individueel	1:25:37
	Lei Zhang	UTwente	mp

4,5 km

1	Peter Foppen	MINOR	32:07
2	Johan van Elten	ARGUS	36:40
3	Richard Wols	HOC 93	37:22
4	Karst Mooij	ARGUS	38:04
5	Gyorgyi Corbet	ARGUS	38:51
6	Dunja van de Riet	OLifant	40:23
7	Linda Wols	HOC 93	42:36
8	Yvette Tan	ARGUS	43:39
9	Frank Rüdél	DJK Adler Bottrop	44:48
10	Eva van der Hulst	MINOR	47:10
11	Christa Zwikker	ARGUS	48:33
12	Olaf van Werven	ARGUS	50:52
13	Willeke Mooij	ARGUS	51:34
14	Evelien Baas	HOC 93	51:46
15	Robert van der Hulst	MINOR	57:14
16	Frans Vos	ARGUS	57:43
17	Ton de Vaan	MINOR	1:13:11

3 km

1	Maria Buitrago	UTwente	37:43
2	Sterre Tan	ARGUS	1:18:34
3	Lucy Tan	ARGUS	1:18:58
	Ana Ruiz	UTwente	mp

Bike-O

1	Gerrit van de Riet	OLifant	73	1:00:53
	73,72,71,70,31,33,81,67,63,37,41,79,80,56,54,52,50,76,77,46,78,61,60,58,57,49,55,74,75,47,53,45,48,83,34,36,32			
2	Johan van Elten	ARGUS	69	58:42
	73,70,71,72,80,54,56,52,50,77,46,78,79,33,63,67,81,37,31,41,38,36,34,83,32,48,60,58,61,57,74,55,49,47,53,45			
3	Martin van de Korf	Individueel	51	57:58
	79,80,54,56,52,50,76,77,78,72,73,71,33,81,67,63,37,41,31,36,64,48,83,60,58,61,45			
4	Bart Broex	ARGUS	51	58:16
	73,72,71,70,33,37,79,78,46,77,76,50,52,54,38,36,34,83,48,60,58,55,49,47,53,61,45			
5	Ton de Vaan	MINOR	47	56:13
	79,80,54,56,52,50,76,77,46,78,41,37,63,81,67,33,31,48,83,34,32,36,60,58			
6	Bert Molenaar	HOC 93	43	57:44
	80,54,56,52,50,76,77,46,78,79,41,31,37,33,81,63,70,71,73,72,60,58,61			
7	Joke Molenaar	HOC 93	41	56:51
	73,71,72,80,54,56,52,50,76,77,46,78,79,41,31,37,33,814,63,67			
8	Dirk Zwikker	ARGUS	37	47:18
	73,71,72,80,54,56,52,50,76,77,46,78,37,63,81,33,31,41			