

| plaats | Naam | Cat. | Tijd | Afstand |
|---------------|--------------------------------------|-------------|-------------|----------------|
| 1 | Meriam Reusink Leeuwarden | V45 | 00:36:25 | 6,5 km |
| 2 | ANNET Brouwer Stiens V | V55 | 00:36:47 | 6,5 km |
| 3 | Elsbeth Volbeda Sexbierum | sen | 00:37:17 | 6,5 km |
| 4 | Lisanne Terpstra Berltsum | sen | 00:37:55 | 6,5 km |
| 5 | Marrit Dijkstra Sexbierum | V35 | 00:39:14 | 6,5 km |
| 6 | Kim Looijenga Harlingen | sen | 00:39:31 | 6,5 km |
| 7 | Marit Noordenbos Herbaijum | sen | 00:39:36 | 6,5 km |
| 8 | Rixt de Jong Herbaijum | sen | 00:39:36 | 6,5 km |
| 9 | Jan Rommert de Jong Herbaijum M | M50 | 00:39:37 | 6,5 km |
| 10 | Patricia Kloostramenaam | sen | 00:40:05 | 6,5 km |
| 11 | Annet Frietema Franeker V | V45 | 00:40:23 | 6,5 km |
| 12 | Jolanda van Duinen Drachten V | V45 | 00:40:29 | 6,5 km |
| 13 | Alie Bergsma Sexbierum | V35 | 00:41:14 | 6,5 km |
| 14 | Astrid Wester-Zantema Wergea | sen | 00:41:14 | 6,5 km |
| 15 | Elske Eijzenga Berltsum | sen | 00:41:14 | 6,5 km |
| 16 | Lidewey Jorna Tzum V | V35 | 00:41:16 | 6,5 km |
| 17 | Tineke Acda Franeker V | V35 | 00:41:27 | 6,5 km |
| 18 | Wulfilia Wallenburg Peins | M40 | 00:42:00 | 6,5 km |
| 19 | Sandra Naaijer-Sterenborg Drachten V | V45 | 00:42:04 | 6,5 km |
| 20 | Sido Weijer Tzum | sen | 00:42:10 | 6,5 km |
| 21 | Suzanna Havinga Burgum | V35 | 00:42:22 | 6,5 km |
| 22 | Walda Garcia Santiago Franeker V | V45 | 00:42:25 | 6,5 km |
| 23 | Karin Veltman Drachten V | V45 | 00:43:18 | 6,5 km |
| 24 | Tjitske Weijer Tzum | sen | 00:43:30 | 6,5 km |
| 25 | Hilda Koops Leeuwarden V | V45 | 00:43:30 | 6,5 km |
| 26 | Jantien De Jong Franeker | V35 | 00:44:49 | 6,5 km |
| 27 | Annemarie Wietsma Harlingen | sen | 00:44:50 | 6,5 km |
| 28 | Hinke Pietersma Franeker | V45 | 00:47:08 | 6,5 km |
| 29 | Esther Sinnema Dronryp | sen | 00:48:47 | 6,5 km |
| 30 | Theo Runia Leeuwarden | M50 | 00:54:31 | 6,5 km |
| 31 | Joke Feenstra Haakma Achlum | V55 | 00:58:24 | 6,5 km |
| 32 | Siewwke Prins Dronryp | sen | 00:59:10 | 6,5 km |
| 33 | Birgitta Zwart-Jonkman Franeker | V45 | 01:00:43 | 6,5 km |