

| Startnr | Naam | M/V | Plaats | Jaar | afstand | Eindtijd | R1 | R2 | R3 | R4 | R5 | km/u | min/km |
|--------------------|--------------------|-----|--------------|------|---------|----------|-------|-------|-------|----|----|------|--------|
| 400 meter | | | | | | | | | | | | | |
| 36 | Kenzo-lee Kasto | m | Assen | 2016 | 400m | 01:40 | 01:40 | | | | | 14.4 | 4:08 |
| 38 | Cataleya N'Gouan | v | Oosterwolde | 2020 | 400m | 01:46 | 01:46 | | | | | 13.6 | 4:23 |
| 17 | Ilya Dijkman | m | Assen | 2018 | 400m | 02:03 | 02:03 | | | | | 11.7 | 5:05 |
| 34 | Marit Spijkerman | v | Assen | 2020 | 400m | 02:11 | 02:11 | | | | | 10.9 | 5:27 |
| 37 | Ace Kasto | m | Assen | 2020 | 400m | 02:12 | 02:12 | | | | | 10.9 | 5:27 |
| 35 | Leonie Spijkerman | v | Assen | 2020 | 400m | 02:23 | 02:23 | | | | | 10.1 | 5:56 |
| 39 | Idris N'Gouan | m | Oosterwolde | 2023 | 400m | 03:14 | 03:14 | | | | | 7.4 | 8:04 |
| 800 meter | | | | | | | | | | | | | |
| 9 | Tim Joling | m | Tynaarlo | 2018 | 800m | 03:32 | 01:43 | 01:50 | | | | 13.5 | 4:24 |
| 12 | Jalou Roos Nijboer | v | Assen | 2017 | 800m | 03:40 | 01:42 | 01:58 | | | | 13.1 | 4:34 |
| 16 | Romy Brink | v | Hoogersmilde | 2019 | 800m | 04:04 | 01:55 | 02:10 | | | | 11.8 | 5:04 |
| 14 | Jens van den Bosch | m | Rolde | 2020 | 800m | 04:27 | 02:06 | 02:21 | | | | 10.7 | 5:33 |
| 13 | Eline Spijkerman | v | Assen | 2017 | 800m | 04:30 | 02:13 | 02:17 | | | | 10.7 | 5:36 |
| 1200 meter | | | | | | | | | | | | | |
| 54 | Tijmen Tuin | m | Assen | 2017 | 1200m | 06:11 | 01:56 | 02:12 | 02:04 | | | 11.6 | 5:09 |
| 3 kilometer | | | | | | | | | | | | | |
| 151 | Bjorn Nijenhuis | m | Assen | 2012 | 3 km | 12:51 | 12:51 | | | | | 14.0 | 4:16 |
| 125 | Jurre Bousema | m | Assen | 2013 | 3 km | 13:27 | 13:27 | | | | | 13.3 | 4:28 |
| 146 | Ben van den Bosch | m | Assen | 2017 | 3 km | 13:35 | 13:35 | | | | | 13.2 | 4:31 |
| 149 | Jason Wallet | m | Assen | 2013 | 3 km | 14:00 | 14:00 | | | | | 12.8 | 4:39 |
| 130 | Vera van der Ploeg | v | Assen | 2014 | 3 km | 14:24 | 14:24 | | | | | 12.5 | 4:47 |
| 135 | Scott Robertson | m | Assen | 2013 | 3 km | 14:32 | 14:32 | | | | | 12.3 | 4:50 |
| 136 | Robin Jager | m | Assen | 2017 | 3 km | 14:37 | 14:37 | | | | | 12.3 | 4:52 |
| 124 | Mika Toxopeus | m | Assen | 2012 | 3 km | 15:15 | 15:15 | | | | | 11.8 | 5:04 |
| 120 | Sophia Alberts | v | Assen | 2014 | 3 km | 15:21 | 15:21 | | | | | 11.7 | 5:06 |
| 123 | Maurits Groenhof | m | Assen | 2012 | 3 km | 15:22 | 15:22 | | | | | 11.7 | 5:07 |
| 138 | Sarah Wallet | v | Assen | 2012 | 3 km | 15:25 | 15:25 | | | | | 11.6 | 5:08 |
| 129 | Laurens Groen | m | Assen | 2012 | 3 km | 15:49 | 15:49 | | | | | 11.3 | 5:16 |
| 161 | Patrick De Jonge | m | Assen | 1975 | 3 km | 15:53 | 15:53 | | | | | 11.3 | 5:17 |
| 145 | Iris van den Bosch | v | Assen | 2015 | 3 km | 16:08 | 16:08 | | | | | 11.1 | 5:22 |
| 131 | Nova Meima | v | Assen | 2015 | 3 km | 16:09 | 16:09 | | | | | 11.1 | 5:22 |

| Startnr | Naam | M/V | Plaats | Jaar | afstand | Eindtijd | R1 | R2 | R3 | R4 | R5 | km/u | min/km |
|---------|---------------------|-----|-------------|------|---------|----------|-------|----|----|----|----|------|--------|
| 158 | Vincent de Wit | m | Bovensmilde | 1982 | 3 km | 17:06 | 17:06 | | | | | 10.5 | 5:41 |
| 159 | Roos de Wit | v | Bovensmilde | 2015 | 3 km | 17:06 | 17:06 | | | | | 10.5 | 5:41 |
| 139 | Lisa Hoeks | v | Assen | 2011 | 3 km | 17:14 | 17:14 | | | | | 10.4 | 5:44 |
| 142 | Ralf Hoeks | m | Assen | 1978 | 3 km | 17:17 | 17:17 | | | | | 10.4 | 5:45 |
| 143 | Nicolien Hoeks | v | Assen | 1979 | 3 km | 17:29 | 17:29 | | | | | 10.2 | 5:49 |
| 127 | Mart van den Bosch | m | Rolde | 2018 | 3 km | 17:59 | 17:59 | | | | | 10.0 | 5:59 |
| 128 | René van den Bosch | m | Rolde | 1985 | 3 km | 18:05 | 18:05 | | | | | 9.9 | 6:01 |
| 147 | Luna Jans | v | Assen | 2009 | 3 km | 18:23 | 18:23 | | | | | 9.7 | 6:07 |
| 94 | Floor Smittenberg | v | Sappemeer | 2005 | 3 km | 19:18 | 19:18 | | | | | 9.3 | 6:25 |
| 119 | Sarah van der Heide | v | Bovensmilde | 2012 | 3 km | 19:19 | 19:19 | | | | | 9.3 | 6:26 |
| 152 | Romy Nijenhuis | v | Assen | 1980 | 3 km | 19:38 | 19:38 | | | | | 9.1 | 6:32 |
| 153 | Gert-Jan Nijenhuis | m | Assen | 1980 | 3 km | 19:38 | 19:38 | | | | | 9.1 | 6:32 |
| 92 | Geert Dussel | m | Assen | 1963 | 3 km | 19:44 | 19:44 | | | | | 9.1 | 6:34 |
| 133 | Eva Meima | m | Assen | 2015 | 3 km | 19:48 | 19:48 | | | | | 9.0 | 6:35 |
| 160 | Viola de Lange | v | Assen | 1980 | 3 km | 20:24 | 20:24 | | | | | 8.8 | 6:47 |
| 121 | Maartje Salomons | v | Assen | 1968 | 3 km | 22:35 | 22:35 | | | | | 7.9 | 7:31 |
| 122 | Geertje Zondag | v | Assen | 1977 | 3 km | 22:35 | 22:35 | | | | | 7.9 | 7:31 |
| 156 | Taco Miedema | m | Assen | 1963 | 3 km | 24:44 | 24:44 | | | | | 7.2 | 8:14 |

6 kilometer

| | | | | | | | | | | | | | |
|----|-----------------------|---|-----------|------|------|-------|-------|-------|--|--|--|------|------|
| 80 | Douwe Feenstra | m | Assen | 2012 | 6 km | 27:04 | 13:28 | 13:37 | | | | 13.3 | 4:30 |
| 97 | Adriaan van Den Bosch | m | Assen | 1983 | 6 km | 27:09 | 13:39 | 13:31 | | | | 13.2 | 4:31 |
| 81 | Vincent Jager | m | Assen | 1977 | 6 km | 28:46 | 14:40 | 14:07 | | | | 12.5 | 4:47 |
| 68 | Julian Groen | m | Assen | 2008 | 6 km | 28:50 | 14:13 | 14:38 | | | | 12.4 | 4:48 |
| 71 | Jurgen Smit | m | Assen | 1998 | 6 km | 30:10 | 15:29 | 14:42 | | | | 11.9 | 5:01 |
| 77 | Peter Petersen | m | Tynaarlo | 1956 | 6 km | 30:29 | 14:51 | 15:39 | | | | 11.8 | 5:04 |
| 61 | Pascal Wolzak | m | Marknesse | 1981 | 6 km | 30:45 | 15:47 | 14:59 | | | | 11.7 | 5:07 |
| 69 | Eva Bos | v | Groningen | 2005 | 6 km | 31:17 | 15:28 | 15:49 | | | | 11.5 | 5:12 |
| 65 | Ronald Bousema | m | Assen | 1976 | 6 km | 32:31 | 15:49 | 16:43 | | | | 11.0 | 5:25 |
| 91 | Harry Koenders | m | Assen | 1959 | 6 km | 33:30 | 17:15 | 16:16 | | | | 10.7 | 5:34 |
| 82 | Hilda Land Wijnja | v | IJlst | 1989 | 6 km | 33:55 | 17:36 | 16:20 | | | | 10.6 | 5:39 |
| 87 | Arjen Wijnja | m | Appelscha | 1987 | 6 km | 33:56 | 17:35 | 16:21 | | | | 10.6 | 5:39 |
| 75 | René Ubels | m | Assen | 1969 | 6 km | 34:13 | 16:53 | 17:21 | | | | 10.5 | 5:42 |
| 83 | Ans Bosma | v | Beilen | 1989 | 6 km | 34:28 | 17:36 | 16:52 | | | | 10.4 | 5:44 |

| Startnr | Naam | M/V | Plaats | Jaar | afstand | Eindtijd | R1 | R2 | R3 | R4 | R5 | km/u | min/km |
|---------|--------------------|-----|-----------|------|---------|----------|-------|-------|----|----|----|------|--------|
| 95 | Jan Smittenberg | m | | 1969 | 6 km | 35:19 | 19:18 | 16:02 | | | | 10.1 | 5:53 |
| 67 | Bert Gierveld | m | Assen | 1957 | 6 km | 35:28 | 18:06 | 17:23 | | | | 10.1 | 5:54 |
| 76 | Norah Huisjes | v | Assen | 2009 | 6 km | 36:07 | 18:02 | 18:06 | | | | 9.9 | 6:01 |
| 98 | Inge Mekkes | v | Assen | 1972 | 6 km | 36:19 | 18:20 | 18:00 | | | | 9.9 | 6:03 |
| 66 | Michel van Zomeren | m | Assen | 1964 | 6 km | 37:10 | 18:32 | 18:39 | | | | 9.6 | 6:11 |
| 99 | Gerald Wiegertjes | m | Assen | 1961 | 6 km | 37:17 | 19:05 | 18:13 | | | | 9.6 | 6:12 |
| 96 | Yvonne Boers | v | Assen | 1971 | 6 km | 37:42 | 18:54 | 18:48 | | | | 9.5 | 6:16 |
| 64 | Janny Eissen | v | Blokszijl | 1955 | 6 km | 39:07 | 19:27 | 19:41 | | | | 9.2 | 6:31 |
| 78 | Piet Kerstholt | m | Groningen | 1947 | 6 km | 39:08 | 19:49 | 19:19 | | | | 9.2 | 6:31 |
| 93 | Alie Dussel | v | Assen | 1971 | 6 km | 39:42 | 19:33 | 20:10 | | | | 9.0 | 6:36 |
| 74 | Merel Ubels | v | Assen | 2009 | 6 km | 40:31 | 19:44 | 20:47 | | | | 8.8 | 6:45 |
| 88 | Gerard IJzermans | m | Assen | 1948 | 6 km | 43:01 | 21:27 | 21:35 | | | | 8.3 | 7:10 |
| 72 | Jannie Betsema | v | Gasteren | 1953 | 6 km | 44:53 | 22:40 | 22:13 | | | | 8.0 | 7:28 |
| 73 | Ginus Geuzinge | m | Assen | 1948 | 6 km | 45:25 | 21:28 | 23:58 | | | | 7.9 | 7:34 |

9 kilometer

| | | | | | | | | | | | | | |
|-----|------------------------------|---|-------------|------|------|---------|-------|-------|-------|--|--|------|------|
| 998 | Melle Hamstra | m | Assen | 1967 | 9 km | 44:28 | 15:04 | 14:45 | 14:40 | | | 12.1 | 4:56 |
| 992 | Freddie Kalsbeek | m | Assen | 1959 | 9 km | 50:20 | 16:46 | 16:48 | 16:47 | | | 10.7 | 5:35 |
| 997 | Siebe Feenstra | m | Assen | 1980 | 9 km | 52:06 | 16:21 | 17:31 | 18:14 | | | 10.3 | 5:47 |
| 990 | Ilse Nijhuis | v | Assen | 1969 | 9 km | 52:30 | 16:59 | 17:33 | 17:59 | | | 10.2 | 5:49 |
| 90 | Hilde Boerema | v | Assen | 1971 | 9 km | 52:42 | 17:21 | 17:44 | 17:38 | | | 10.2 | 5:51 |
| 993 | Yoline Hoekstra | v | Groningen | 2001 | 9 km | 52:45 | 17:32 | 17:48 | 17:26 | | | 10.2 | 5:51 |
| 995 | Fransien Steenhorst - Mulder | v | Assen | 1980 | 9 km | 52:48 | 17:42 | 17:48 | 17:20 | | | 10.2 | 5:51 |
| 996 | Marc Steenhorst | m | Assen | 1979 | 9 km | 52:49 | 17:42 | 17:48 | 17:21 | | | 10.2 | 5:52 |
| 989 | Domien Mulder | m | Joure | 1990 | 9 km | 52:55 | 17:19 | 17:32 | 18:05 | | | 10.2 | 5:52 |
| 994 | Henk Hoekstra | m | Assen | 1963 | 9 km | 53:00 | 17:32 | 17:49 | 17:40 | | | 10.1 | 5:53 |
| 978 | Ramon Mengerink | m | Assen | 1994 | 9 km | 53:31 | 19:11 | 17:09 | 17:12 | | | 10.0 | 5:56 |
| 971 | Jeroen de Jonge | m | Assen | 1969 | 9 km | 54:19 | 18:55 | 18:48 | 16:38 | | | 9.9 | 6:02 |
| 86 | Janette Drenth | v | Bovensmilde | 1964 | 9 km | 55:38 | 19:06 | 19:19 | 17:14 | | | 9.7 | 6:10 |
| 982 | Marjon Speelman | v | Westerbork | 1975 | 9 km | 55:38 | 18:33 | 18:39 | 18:27 | | | 9.7 | 6:10 |
| 999 | Klaas Olthof | m | Winsum | 1958 | 9 km | 1:01:00 | 17:14 | 21:10 | 22:37 | | | 8.8 | 6:46 |
| 976 | Carmen Schrage | v | Assen | 2000 | 9 km | 1:02:05 | 19:22 | 20:35 | 22:08 | | | 8.7 | 6:53 |
| 979 | Iris Melchior | v | Hoogezand | 2001 | 9 km | 1:05:27 | 19:36 | 22:03 | 23:49 | | | 8.2 | 7:16 |

| Startnr | Naam | M/V | Plaats | Jaar | afstand | Eindtijd | R1 | R2 | R3 | R4 | R5 | km/u | min/km |
|---------------------|--------------------------|-----|---------------|------|---------|----------|-------|-------|-------|-------|-------|------|--------|
| 12 kilometer | | | | | | | | | | | | | |
| 272 | Cathy Bode | v | Hoogeveen | 1969 | 12 km | 52:36 | 13:14 | 13:19 | 13:10 | 12:56 | | 13.6 | 4:22 |
| 279 | Niels Schuiling | m | Assen | 1988 | 12 km | 54:50 | 13:12 | 13:20 | 14:28 | 13:52 | | 13.1 | 4:34 |
| 271 | Mark van der Louw | m | 's-Gravenhage | 1979 | 12 km | 54:57 | 13:41 | 13:45 | 13:53 | 13:40 | | 13.1 | 4:34 |
| 210 | Edwin Blaauw | m | Assen | 1971 | 12 km | 56:21 | 14:02 | 14:08 | 14:15 | 13:58 | | 12.7 | 4:41 |
| 280 | Frits Kremer | m | Assen | 1968 | 12 km | 57:09 | 14:02 | 14:08 | 14:16 | 14:45 | | 12.6 | 4:45 |
| 484 | Folkert Tienkamp | m | Assen | 1962 | 12 km | 59:46 | 14:58 | 14:53 | 14:39 | 15:17 | | 12.0 | 4:58 |
| 273 | Kasper Strating | m | Nieuw-Buinen | 2002 | 12 km | 1:04:36 | 16:16 | 16:10 | 16:05 | 16:07 | | 11.1 | 5:22 |
| 278 | Jetse bakker | m | Assen | 1965 | 12 km | 1:07:44 | 16:19 | 16:30 | 17:29 | 17:27 | | 10.6 | 5:38 |
| 276 | Hanneke Verheul | v | Assen | 1955 | 12 km | 1:09:11 | 17:16 | 17:14 | 17:33 | 17:10 | | 10.4 | 5:45 |
| 481 | Alle van der Wal | m | Drachten | 1985 | 12 km | 1:11:00 | 16:54 | 17:57 | 18:00 | 18:10 | | 10.1 | 5:54 |
| 275 | Margreet Habes | v | Assen | 1960 | 12 km | 1:16:41 | 19:06 | 19:22 | 19:16 | 18:58 | | 9.3 | 6:23 |
| 991 | Leo Muusers | m | Assen | 1960 | 12 km | 1:16:43 | 19:09 | 19:23 | 19:16 | 18:58 | | 9.3 | 6:23 |
| 205 | Menno Steg | m | Appelscha | 1982 | 12 km | 1:24:04 | 21:29 | 23:12 | 22:00 | 17:25 | | 8.5 | 7:00 |
| 15 kilometer | | | | | | | | | | | | | |
| 404 | Aron Laferte | m | Assen | 1997 | 15 km | 1:01:13 | 13:16 | 12:58 | 11:56 | 11:21 | 11:43 | 14.7 | 4:04 |
| 402 | Hindrik Kruizinga | m | Assen | 1987 | 15 km | 1:05:38 | 13:17 | 13:18 | 13:12 | 12:57 | 12:57 | 13.7 | 4:22 |
| 491 | Lennert Jongh | m | Assen | 1983 | 15 km | 1:05:45 | 13:49 | 13:24 | 12:47 | 12:51 | 12:56 | 13.6 | 4:22 |
| 488 | Stephan Spijkerman | m | Assen | 1980 | 15 km | 1:06:56 | 13:21 | 13:18 | 13:23 | 13:47 | 13:10 | 13.4 | 4:27 |
| 490 | Sanne Scheltes | v | Assen | 1994 | 15 km | 1:07:13 | 13:17 | 13:19 | 13:12 | 13:25 | 14:02 | 13.3 | 4:28 |
| 482 | Mark Visscher | m | Meppel | 1971 | 15 km | 1:08:12 | 13:19 | 13:19 | 13:10 | 13:45 | 14:41 | 13.1 | 4:32 |
| 401 | Gerrit Jan Rave | m | Assen | 1964 | 15 km | 1:08:27 | 13:49 | 13:40 | 13:47 | 13:38 | 13:35 | 13.1 | 4:33 |
| 492 | Jan Schaap | m | Assen | 1954 | 15 km | 1:08:39 | 13:35 | 13:41 | 13:45 | 13:54 | 13:46 | 13.1 | 4:34 |
| 487 | Wouter Brink | m | Groningen | 1984 | 15 km | 1:20:47 | 15:34 | 15:36 | 16:09 | 16:59 | 16:31 | 11.1 | 5:23 |
| 485 | Peter Brink | m | Groningen | 1952 | 15 km | 1:29:15 | 17:17 | 17:32 | 17:40 | 18:23 | 18:26 | 10.0 | 5:56 |
| 480 | Luitzen-Mark van der Wal | m | Drachten | 1985 | 15 km | 1:31:42 | 16:53 | 18:39 | 19:17 | 18:13 | 18:42 | 9.8 | 6:06 |
| 489 | Carolien Wolters | v | Assen | 1987 | 15 km | 1:32:17 | 17:58 | 18:21 | 18:28 | 18:40 | 18:52 | 9.7 | 6:09 |

Aantal gefinished: 116