

2. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1 | 18 Mike van Dijk | HN3 | 19 | I | 4:35.99 | | |
| 2 | 25 Marino Godwaldt | HB1 | 20 | O | 4:54.71 | | |
| 3 | 11 Tessa Dijksman | DSA | 18 | I | 4:55.58 | | |
| 4 | 53 Bram Braak | HB2 | 19 | O | 4:57.42 | | |
| 5 | 28 Maartje Heine | DSA | 20 | I | 5:00.66 | | |
| 6 | 48 Lara Dingjan | DA1 | 17 | I | 5:04.48 | | |
| 7 | 31 Danique van Rooden | DB1 | 17 | O | 5:05.29 | | |
| 8 | 77 Lianne van Assema | DC1 | 16 | I | 5:06.54 | PR | |
| 9 | 29 Tjebbe Berkhout | HB1 | 18 | O | 5:08.60 | | |
| 10 | 30 Sybren Berkhout | HB1 | 15 | O | 5:09.66 | PR | |
| 11 | 40 Leanne Molenaar | DN1 | 15 | I | 5:21.01 | | |
| 12 | 24 Renske van der Veer | DN1 | 16 | O | 5:23.44 | | |
| 13 | 15 Roosmarijn Meinsma | DB1 | 14 | I | 5:23.68 | PR | |
| 14 | 76 John van Assema | H50 | 13 | O | 5:34.00 | | |
| 15 | 66 Maerle Huizinga | DA1 | 11 | I | 5:40.15 | | |
| 16 | 45 Eveline Krom | DB2 | 10 | I | 5:42.90 | PR | |
| 17 | 51 Emma Hartveld | DA1 | 12 | O | 5:43.68 | | |
| 18 | 57 Sanne Roos | DA2 | 14 | O | 5:45.63 | | |
| 19 | 10 Mark Peters | H65 | 12 | I | 5:50.03 | | |
| 20 | 21 Charlie Kwadrin | DB1 | 9 | O | 5:52.39 | | |
| 21 | 60 Judith van Hesseligen | D50 | 11 | O | 6:06.91 | | |
| 22 | 22 Mieke Heine | D50 | 9 | I | 6:09.86 | | |
| 23 | 69 Wieke Eikelenboom | DB1 | 13 | I | 6:14.09 | | |
| 24 | 17 Kelly Tromp | DSA | 10 | O | 6:40.19 | PR | |