| plaats | Naam | leeftijd bonus | 500m zwemmen | | Cross | | Moutainbiken | | 1 km zwemmen | | Oriëntatieloop | | Fietsloop | | Verrassing | | eindstand | tussenstand |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | plaats | punten | +F2:F45laat | punten | Plaats | Punten | plaats | punten | Plaats | punten | Plaats | Punten | Plaats | Punten | | |
| 1 | Paul v/d Heuvel | 48 | 1 | 50+3 | 1 | 50+3 | | | | | | | | | | | | 154 |
| 2 | Stephan Vossenberg | 51 | 2 | 49+2 | 2 | 49+2 | | | | | | | | | | | | 153 |
| 3 | Remko Wijnbergen | 41 | 4 | 47+1 | 1 | 50+3 | | | | | | | | | | | | 142 |
| 4 | Monique Ulijn | 50 | 9 | 42+1 | 8 | 43+1 | | | | | | | | | | | | 137 |
| 5 | Marloes Groenewegen | 40 | 16 | 35 | 4 | 47+2 | | | | | | | | | | | | 124 |
| 6 | Cordy Pittens | 35 | 11 | 40 | 7 | 44 | | | | | | | | | | | | 119 |
| 7 | Hugo v Schaijk | 56 | | | 5 | 46 | | | | | | | | | | | | 102 |
| 8 | Wendy v/d Ven | 31 | 3 | 48+3 | 12 | 39+2 | | | | | | | | | | | | 123 |
| 9 | Paul v/d Linden | 61 | | | 11 | 40 | | | | | | | | | | | | 101 |
| 10 | Frans Dulfer | 58 | | | 9 | 42 | | | | | | | | | | | | 100 |
| 11 | Paul Quelle | 57 | | | 9 | 42 | | | | | | | | | | | | 99 |
| 12 | Roger Limpens | 52 | | | 7 | 44 | | | | | | | | | | | | 96 |
| 13 | Richard v/d valk | 51 | | | 8 | 43 | | | | | | | | | | | | 94 |
| 13 | Corina Knijnenburg | 46 | | | 6 | 45+3 | | | | | | | | | | | | 94 |
| 15 | Jeroen Ulijn | 50 | 8 | 43 | | | | | | | | | | | | | | 93 |
| 15 | Anneloe Rijpkema | 56 | 14 | 37 | | | | | | | | | | | | | | 93 |
| 16 | Marcel Heijmans | 53 | 13 | 38 | | | | | | | | | | | | | | 91 |
| 17 | Ilja Arts | 43 | | | 5 | 46+1 | | | | | | | | | | | | 90 |
| 17 | Sander v Eggelen | 41 | | | 3 | 48+1 | | | | | | | | | | | | 90 |
| 17 | Judith Zengers | 39 | | | 3 | 48+3 | | | | | | | | | | | | 90 |
| 20 | Bjorn Hanegraaf | 42 | 5 | 46 | | | | | | | | | | | | | | 88 |
| 21 | Daniel Jansen | 48 | | | 13 | 38 | | | | | | | | | | | | 86 |
| 22 | Martijn v/d Lee | 45 | 12 | 39 | | | | | | | | | | | | | | 84 |
| 22 | Jan-Ivo Blankenstijn | 40 | 7 | 44 | | | | | | | | | | | | | | 84 |
| 24 | Elin Eriksson | 47 | 15 | 36 | | | | | | | | | | | | | | 83 |
| 25 | Remy Hofmeijer | 32 | | | 4 | 47 | | | | | | | | | | | | 79 |
| 26 | Teun v Roosmalen | 27 | | | 2 | 49+2 | | | | | | | | | | | | 78 |
| 26 | Joffrey Groenendaal | 32 | | | 6 | 45+1 | | | | | | | | | | | | 78 |
| 28 | Bart v/d Heijden | 32 | | | 10 | 41 | | | | | | | | | | | | 73 |
| 29 | Anne Knijnenburg | 16 | 6 | 45+2 | | | | | | | | | | | | | | 63 |
| 30 | Joep Vermeulen | 16 | 10 | 41 | | | | | | | | | | | | | | 57 |