

| Pos | Naam | | Cat | Vereniging | Tijd | Datum | Baan |
|-----|---------------|----------|-----|-----------------|---------|-----------|------|
| 1 | Lasse Hiddink | 10158216 | HA2 | DYC | 6:52.49 | 6-10-2019 | HVN |
| 2 | Lars Woelders | 10181890 | HA1 | CSV VRIEZENVEEN | 7:09.30 | 6-10-2019 | HVN |