

Pos	Bib#	Athlete	Race	Zwemmen	Gun Time	Chip Time	Overall
1	10127	Christoph Bral	500-5000	0:07:41	0:28:01	0:28:01	1
2	10174	Martijn Kornet	500-5000	0:06:57	0:28:26	0:28:26	2
3	10195	Paul van den Heuvel	500-5000	0:07:46	0:28:54	0:28:54	3
4	10172	Ivan Dellaert	500-5000	0:08:13	0:34:45	0:34:45	5
5	10186	Pieter-Jan Landerwyn	500-5000	0:10:34	0:36:14	0:36:14	6

Pos	Bib#	Athlete	Race	Zwemmen	Gun Time	Chip Time	Overall
1	10171	Agnes van Burg	500-5000	0:08:15	0:30:28	0:30:28	4
2	10170	Dorien Vasseur	500-5000	0:09:33	0:36:57	0:36:57	7