

| Categorie | Afstand | Aantal rijd(st)ers | Series x tijd | Tijd | | Planning | | Werkelijk | |
|--------------------------|-----------|--------------------|---------------|---------|----------|--------------|-------|-----------|------|
| | | | | compet. | ijsverz. | start | eind | start | eind |
| Warming up | | | | | | 11:30 | 12:30 | | |
| Installatie ET | | | | | 0:15 | 12:35 | 12:50 | | |
| Testrit | 200 | 2 | | | 0:02 | 12:50 | 12:52 | | |
| Baanverz.& baaninr. | | | | | 0:18 | 12:52 | 13:10 | | |
| Dames | 5.000 | 6 | 3 x 8'30 | 0:26 | | 13:15 | 13:41 | | |
| Baanverzorging kort | | | | | 0:16 | 13:41 | 13:57 | | |
| Dames | 5.000 | 4 | 2 x 8'30 | 0:17 | | 13:57 | 14:14 | | |
| Heren | 10.000 | 2 | 1 x 15'00 | 0:15 | | 14:14 | 14:29 | | |
| Baanverzorging | | | | | 0:13 | 14:29 | 14:42 | | |
| Prijsuitreiking Dames 5k | | | | | 0:08 | 14:42 | 14:50 | | |
| Heren | 10.000 | 4 | 2 x 15'00 | 0:30 | | 14:50 | 15:20 | | |
| Baanverzorging kort | | | | | 0:16 | 15:20 | 15:36 | | |
| Heren | 10.000 | 4 | 2 x 15'00 | 0:30 | | 15:36 | 16:06 | | |
| Baanverzorging | | | | | 0:13 | 16:06 | 16:19 | | |
| Prijsuitreiking | | | | | 0:08 | 16:19 | 16:27 | | |
| Dames | 1.000 | 22 | 11 x 2'35 | 0:29 | | 16:27 | 16:56 | | |
| Baanverzorging | | | | | 0:13 | 16:56 | 17:09 | | |
| Prijsuitreiking | | | | | 0:08 | 17:09 | 17:17 | | |
| Heren | 1.000 | 20 | 10 x 2'30 | 0:25 | | 17:17 | 17:42 | | |
| Baanverzorging | | | | | 0:13 | 17:42 | 17:55 | | |
| Prijsuitreiking | | | | | 0:08 | 17:55 | 18:03 | | |
| Warming up MS Dames | | | | | 0:08 | 18:03 | 18:11 | | |
| Dames MS | 16 ronden | 32 | 1 x 12'00 | 0:12 | | 18:11 | 18:23 | | |
| Warming up Heren | | | | | 0:08 | 18:23 | 18:31 | | |
| Heren MS | 16 ronden | 32 | 1 x 10'00 | 0:10 | | 18:31 | 18:41 | | |
| Prijsuitreiking Dames | | | | | 0:08 | 18:41 | 18:49 | | |
| Prijsuitreiking Heren | | | | | 0:08 | 18:49 | 18:57 | | |

SCHEMA ONDER VOORBEHOUD

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|--|--|
| Sch.rechter Heren: Jan Bolt | |
| Handtekening; | |
| Ass.sch.rechter Heren:Loretta Staring | |

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| Sch.rechter Dames: JanDepping | |
| Handtekening; | |
| Ass.sch.rechter Dames: Helma Kniest | |

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|------------------------|---------------------|
| Starters Heren: | Afstand(en): |
| Raymond Micka | |

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| Starters Dames: | Afstand(en): |
| Janny Smegen Jans Rosing | |