

5km	vrije slag dames		vrije slag heren		schoolslag dames		schoolslag heren	
	zilver	brons	zilver	brons	zilver	brons	zilver	brons
20-24	1:04.34	1:07.27	1:00.01	1:02.13	1:21.10	1:24.48	1:16.14	1:19.39
25-29	1:05.12	1:08.07	1:00.38	1:02.50	1:22.18	1:25.59	1:16.31	1:19.56
30-34	1:06.29	1:09.27	1:01.52	1:04.38	1:24.34	1:28.21	1:17.04	1:20.31
35-39	1:06.54	1:09.53	1:02.16	1:05.03	1:24.56	1:28.44	1:17.37	1:21.05
40-44	1:08.31	1:11.35	1:03.09	1:05.58	1:25.55	1:29.44	1:19.10	1:22.42
45-49	1:09.42	1:12.49	1:04.13	1:07.05	1:29.19	1:33.18	1:22.35	1:26.16
50-54	1:11.48	1:15.00	1:06.43	1:09.42	1:34.30	1:38.43	1:26.21	1:30.13
55-59	1:15.12	1:18.34	1:08.54	1:11.58	1:36.05	1:40.22	1:27.29	1:31.23
60-64	1:20.41	1:24.18	1:11.58	1:15.10	1:44.25	1:49.05	1:30.56	1:35.00
65-69	1:29.10	1:33.09	1:16.20	1:19.44	1:51.44	1:56.43	1:38.09	1:42.32
70-74	1:34.39	1:38.53	1:21.45	1:25.24	1:57.22	2:02.36	1:45.14	1:49.56
75-79	1:42.02	1:46.35	1:28.00	1:31.56	2:02.37	2:08.06	1:54.05	1:59.10
80+	1:54.13	1:59.19	1:40.21	1:44.50	2:21.55	2:28.15	2:08.08	2:13.51

4km	vrije slag dames		vrije slag heren		schoolslag dames		schoolslag heren	
	zilver	brons	zilver	brons	zilver	brons	zilver	brons
20-24	0:51.39	0:53.58	0:48.01	0:49.46	1:04.56	1:07.50	1:00.59	1:03.43
25-29	0:52.10	0:54.30	0:48.30	0:50.16	1:05.50	1:08.47	1:01.13	1:03.57
30-34	0:53.11	0:55.34	0:49.30	0:51.42	1:07.39	1:10.41	1:01.39	1:04.25
35-39	0:53.31	0:55.54	0:49.49	0:52.02	1:07.57	1:10.59	1:02.06	1:04.52
40-44	0:54.49	0:57.16	0:50.31	0:52.46	1:08.44	1:11.47	1:03.20	1:06.10
45-49	0:55.46	0:58.15	0:51.22	0:53.40	1:11.27	1:14.38	1:06.04	1:09.01
50-54	0:57.26	1:00.00	0:53.22	0:55.46	1:15.36	1:18.58	1:09.05	1:12.10
55-59	1:00.10	1:02.51	0:55.07	0:57.34	1:16.52	1:20.18	1:09.59	1:13.06
60-64	1:04.33	1:07.26	0:57.34	1:00.08	1:23.32	1:27.16	1:12.45	1:16.00
65-69	1:11.20	1:14.31	1:01.04	1:03.47	1:29.23	1:33.22	1:18.31	1:22.02
70-74	1:15.43	1:19.06	1:05.24	1:08.19	1:33.54	1:38.05	1:24.11	1:27.57
75-79	1:21.38	1:25.16	1:10.24	1:13.33	1:38.06	1:42.29	1:31.16	1:35.20
80+	1:31.22	1:35.27	1:20.17	1:23.52	1:53.32	1:58.36	1:42.30	1:47.05