

| HEAT | TIME E1 | TIME E2 | DIVISION | LANE | FIRST NAME | LAST NAME | BOX | QUALIFIER RANK |
|--------|---------|---------|-------------|------|------------|----------------|-----------------------------------|----------------|
| HEAT 1 | 09:30 | 13:10 | GOLD FEMALE | 1 | Henni | Kleinow | CrossFit Franeker | 19 |
| HEAT 1 | 09:30 | 13:10 | GOLD FEMALE | 2 | Anne | Lommers | CrossFit Zitterd | 17 |
| HEAT 1 | 09:30 | 13:10 | GOLD FEMALE | 3 | Laura | Flemming | CrossFit Immaculate | 15 |
| HEAT 1 | 09:30 | 13:10 | GOLD FEMALE | 4 | Sanne | Vink | CrossFit Eelde | 13 |
| HEAT 1 | 09:30 | 13:10 | GOLD FEMALE | 5 | Mirte | Verwer | CrossFit Geldrop | 11 |
| HEAT 1 | 09:30 | 13:10 | GOLD FEMALE | 6 | Jip | Boon | CrossFit Limes | 12 |
| HEAT 1 | 09:30 | 13:10 | GOLD FEMALE | 7 | Quinty | Bercx | Valhalla Cross-Lifting | 14 |
| HEAT 1 | 09:30 | 13:10 | GOLD FEMALE | 8 | Aniek | De Groot | CrossFit Scheveningen | 16 |
| HEAT 1 | 09:30 | 13:10 | GOLD FEMALE | 9 | Renee | Van Rossum | The Power Community - IJsselstein | 18 |
| HEAT 1 | 09:30 | 13:10 | GOLD FEMALE | 10 | Danique | Tieleman | CrossFit Dom City Havenweg | 20 |
| HEAT 1 | 09:30 | 13:10 | GOLD MALE | 11 | Sam | Jorissen | CrossFit Leeuwarden | 19 |
| HEAT 1 | 09:30 | 13:10 | GOLD MALE | 12 | Thomas | Vissenberg | CrossFit Capelle aan den IJssel | 17 |
| HEAT 1 | 09:30 | 13:10 | GOLD MALE | 13 | Tom | Verboon | Vigorous CrossFit | 15 |
| HEAT 1 | 09:30 | 13:10 | GOLD MALE | 14 | Jop | Claassen | 00 Independent | 13 |
| HEAT 1 | 09:30 | 13:10 | GOLD MALE | 15 | Alex | Barnas | CrossFit Gouda | 11 |
| HEAT 1 | 09:30 | 13:10 | GOLD MALE | 16 | Wim | Rensink | CrossFit Oost | 12 |
| HEAT 1 | 09:30 | 13:10 | GOLD MALE | 17 | Moritz | Troll | CrossFit Nultien | 14 |
| HEAT 1 | 09:30 | 13:10 | GOLD MALE | 18 | Vincent | De Kruyf | CrossFit Lansingerland | 15 |
| HEAT 1 | 09:30 | 13:10 | GOLD MALE | 19 | Rob | Van Arkel | CrossFit Punt Uit | 18 |
| HEAT 1 | 09:30 | 13:10 | GOLD MALE | 20 | Mark | Vant Veer | CrossFit Ede-Vallei | 20 |
| | | | | | | | | |
| HEAT 2 | 09:48 | 13:24 | GOLD FEMALE | 1 | Britt | Schijvenaars | 00 Independent | 9 |
| HEAT 2 | 09:48 | 13:24 | GOLD FEMALE | 2 | Jennifer | Van Riet | CrossFit 0475 | 7 |
| HEAT 2 | 09:48 | 13:24 | GOLD FEMALE | 3 | Caya | Boode | CrossFit Haarlem | 5 |
| HEAT 2 | 09:48 | 13:24 | GOLD FEMALE | 4 | Barbara | Vicente Garcia | CrossFit Qua Patet Orbis (ES) | 3 |
| HEAT 2 | 09:48 | 13:24 | GOLD FEMALE | 5 | Femke | Van Ommeren | CrossFit Gold Pact | 1 |
| HEAT 2 | 09:48 | 13:24 | GOLD FEMALE | 6 | Marjolijn | Van Os | CrossFit Strijen | 2 |
| HEAT 2 | 09:48 | 13:24 | GOLD FEMALE | 7 | Ilse | Rensen | CrossFit Arnhem | 4 |
| HEAT 2 | 09:48 | 13:24 | GOLD FEMALE | 8 | Tea | Sperandio | Vigorous CrossFit | 6 |
| HEAT 2 | 09:48 | 13:24 | GOLD FEMALE | 9 | Iris | Dijk | CrossFit 0475 | 8 |
| HEAT 2 | 09:48 | 13:24 | GOLD FEMALE | 10 | Manon | Telgenkamp | Zibari Personal Training | 10 |
| HEAT 2 | 09:48 | 13:24 | GOLD MALE | 11 | Lex | Bos | CrossFit Amersfoort | 8 |
| HEAT 2 | 09:48 | 13:24 | GOLD MALE | 12 | Brice | Van Leeuwen | CrossFit Arnhem | 7 |
| HEAT 2 | 09:48 | 13:24 | GOLD MALE | 13 | Maarten | Van Osch | CrossFit Den Bosch | 5 |
| HEAT 2 | 09:48 | 13:24 | GOLD MALE | 14 | Djan | Loos | CrossFit Ridderkerk | 3 |
| HEAT 2 | 09:48 | 13:24 | GOLD MALE | 15 | Johnno | Middelburg | CrossFit 2678 | 1 |
| HEAT 2 | 09:48 | 13:24 | GOLD MALE | 16 | Philippe | Massaar | 00 Independent | 2 |
| HEAT 2 | 09:48 | 13:24 | GOLD MALE | 17 | Stefan | Klooster | CrossFit Twente | 4 |
| HEAT 2 | 09:48 | 13:24 | GOLD MALE | 18 | Timroy | Leunis | CrossFit Harderwijk | 6 |
| HEAT 2 | 09:48 | 13:24 | GOLD MALE | 19 | Job | Van adrichem | CrossFit Nultien | 8 |
| HEAT 2 | 09:48 | 13:24 | GOLD MALE | 20 | Whirinder | Kanhailal | CrossFit Immaculate | 10 |

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| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ FEMALE | 1 | Frederiek Bolt | CrossFit Elst | | 18 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ FEMALE | 2 | Jikke De Olde | CrossFit Deventer | | 17 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ FEMALE | 3 | Sharla Oostra | Next Hybrid Gym | | 15 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ FEMALE | 4 | Saskia Captein | CrossFit Lansingerland | | 13 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ FEMALE | 5 | Kristel Veenman | CrossFit Lansingerland | | 11 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ FEMALE | 6 | Lucienne Stroo | CrossFit Vlissingen | | 12 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ FEMALE | 7 | Wyke Veenstra | CrossFit Franeker | | 14 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ FEMALE | 8 | Marjan Vossen | CrossFit Sectie-C | | 16 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ FEMALE | 9 | Barbara Wolf | CrossFit Unreal | | 18 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ FEMALE | 10 | Andrea Van de Water | 00 Independent | | 20 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ MALE | 11 | Rob Bankers | CrossFit Asten | | 19 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ MALE | 12 | Ryan Reinink | CrossFit Twente | | 17 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ MALE | 13 | Stephan Vleeming | Puur CrossFit | | 15 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ MALE | 14 | Ralf Van Rijsingen | CrossFit Geldrop | | 13 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ MALE | 15 | Pieter Miseur | CrossFit Full Force (BE) | | 11 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ MALE | 16 | John Van Keulen | CrossFit Gouda | | 12 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ MALE | 17 | Job Van der Klein | Sportvision Eindhoven | | 14 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ MALE | 18 | Eric Terhorst | CrossFit Arnhem | | 16 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ MALE | 19 | Tim Mecking | CrossFit Arnhem | | 18 |
| HEAT 3 | 10:06 | 13:48 | MASTERS 35+ MALE | 20 | Roeland Lintermans | Breda CrossFit | | 20 |
| | | | | | | | | |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ FEMALE | 1 | Janita Bijl | CrossFit Blue Label | | 9 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ FEMALE | 2 | Maria Tkachuk-van Roij | CrossFit MCA | | 7 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ FEMALE | 3 | Marieke Joosten | CrossFit Zitterd | | 5 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ FEMALE | 4 | Boukje Dreesen | CrossFit Roermond | | 2 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ FEMALE | 5 | Anna Polke | 00 Independent | | 1 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ FEMALE | 6 | Rozemarijn Peters | CrossFit Zwolle | | 2 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ FEMALE | 7 | Astrid Vaessen | CrossFit NulDertien | | 4 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ FEMALE | 8 | Veerle Schepers | CrossFit Strijp - EindhovenGym | | 6 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ FEMALE | 9 | Liesbeth Van Noort | CrossFit Wayward | | 8 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ FEMALE | 10 | Janine Polhoud | CrossFit Kampen | | 10 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ MALE | 11 | Eric Goossens | CrossFit Blue Label | | 9 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ MALE | 12 | Joren Cousin | Sportloods Oost | | 7 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ MALE | 13 | Matthijs Immerzeel | CrossFit Wayward | | 5 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ MALE | 14 | Jacob Van Bladeren | ROOTS Premium Gym | | 3 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ MALE | 15 | Jamal Arkema | CrossFit Dordrecht | | 1 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ MALE | 16 | Christopher Ott | 00 Independent | | 2 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ MALE | 17 | Luc Maessen | CrossFit Seyst | | 4 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ MALE | 18 | Jeroen Mooren | Sportloods Oost | | 6 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ MALE | 19 | Paul Bruggeling | CrossFit Castricum | | 8 |
| HEAT 4 | 10:24 | 14:02 | MASTERS 35+ MALE | 20 | Louk Van Looveren | CrossFit Dom City | | 10 |

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| HEAT 5 | 10:42 | 14:16 | BRONZE FEMALE | 1 | Georgia | Gkouzia | CrossFit Striyp - EindhovenGym | 49 |
| HEAT 5 | 10:42 | 14:16 | BRONZE FEMALE | 2 | Dorien | Van der Gaag | Sportloods Oost | 47 |
| HEAT 5 | 10:42 | 14:16 | BRONZE FEMALE | 3 | Marije | Schrage | Next Hybrid Gym | 45 |
| HEAT 5 | 10:42 | 14:16 | BRONZE FEMALE | 4 | Emma | Hilgers | We Improve | 43 |
| HEAT 5 | 10:42 | 14:16 | BRONZE FEMALE | 5 | Shirley | Bos | 00 Independent | 41 |
| HEAT 5 | 10:42 | 14:16 | BRONZE FEMALE | 6 | Iris | Ter Beek | CrossFit Amersfoort | 42 |
| HEAT 5 | 10:42 | 14:16 | BRONZE FEMALE | 7 | Linda | Nicolai | CrossFit Kollum | 44 |
| HEAT 5 | 10:42 | 14:16 | BRONZE FEMALE | 8 | Megan | Kok | CrossFit Immaculate | 46 |
| HEAT 5 | 10:42 | 14:16 | BRONZE FEMALE | 9 | Cynthia | De Jong | CrossFit Hoogvliet | 48 |
| HEAT 5 | 10:42 | 14:16 | BRONZE FEMALE | 10 | Eline | Schippers-Grevers | CrossFit Winterswijk | 50 |
| HEAT 5 | 10:42 | 14:16 | BRONZE MALE | 11 | Ruben | Prinsen | The Box Groningen | 49 |
| HEAT 5 | 10:42 | 14:16 | BRONZE MALE | 12 | Gavin | Welter | CrossGym Elst | 47 |
| HEAT 5 | 10:42 | 14:16 | BRONZE MALE | 13 | Vincent | Hendriks | Barbellclub 055 | 45 |
| HEAT 5 | 10:42 | 14:16 | BRONZE MALE | 14 | Ruben | Van de Vreede | CrossFit Harderwijk | 43 |
| HEAT 5 | 10:42 | 14:16 | BRONZE MALE | 15 | Arnaud | Lalanne | CrossFit AKA | 41 |
| HEAT 5 | 10:42 | 14:16 | BRONZE MALE | 16 | Marcel | Van Vuuren | Human Performance | 42 |
| HEAT 5 | 10:42 | 14:16 | BRONZE MALE | 17 | Pim | Van Asselt | CrossFit Seyst | 44 |
| HEAT 5 | 10:42 | 14:16 | BRONZE MALE | 18 | Stef | Van Heesbeen | Human Performance | 46 |
| HEAT 5 | 10:42 | 14:16 | BRONZE MALE | 19 | Stefan | Mol | The Power Community - IJsselstein | 48 |
| HEAT 5 | 10:42 | 14:16 | BRONZE MALE | 20 | Stefan | Klaaijzen | CrossFit Immaculate | 50 |
| | | | | | | | | |
| HEAT 6 | 11:00 | 14:20 | BRONZE FEMALE | 1 | Lisanne | Hofland | CrossFit Castricum | 39 |
| HEAT 6 | 11:00 | 14:20 | BRONZE FEMALE | 2 | Esmee | Van Hoof | CrossFit Wilskracht | 37 |
| HEAT 6 | 11:00 | 14:20 | BRONZE FEMALE | 3 | Elisa | Zijlstra | CrossFit Kollum | 35 |
| HEAT 6 | 11:00 | 14:20 | BRONZE FEMALE | 4 | Sanne | Leemans | Human Performance | 33 |
| HEAT 6 | 11:00 | 14:20 | BRONZE FEMALE | 5 | Svenja | Markus | CrossFit Hoogvliet | 31 |
| HEAT 6 | 11:00 | 14:20 | BRONZE FEMALE | 6 | Melanie | Jager | Barbellclub 055 | 32 |
| HEAT 6 | 11:00 | 14:20 | BRONZE FEMALE | 7 | Iris | De Vries | CrossFit Hoorn | 34 |
| HEAT 6 | 11:00 | 14:20 | BRONZE FEMALE | 8 | Julya | De Groot | The Power Community - Utrecht | 36 |
| HEAT 6 | 11:00 | 14:20 | BRONZE FEMALE | 9 | Kelly | Nederpelt | CrossFit Capelle aan den IJssel | 38 |
| HEAT 6 | 11:00 | 14:20 | BRONZE FEMALE | 10 | Jorinka | Zuidema | CrossFit Midden-Drenthe | 40 |
| HEAT 6 | 11:00 | 14:20 | BRONZE MALE | 11 | Mathieu | Brevier | CrossFit Scheveningen | 39 |
| HEAT 6 | 11:00 | 14:20 | BRONZE MALE | 12 | Sander | Heijtmeijer | Next Hybrid Gym | 36 |
| HEAT 6 | 11:00 | 14:20 | BRONZE MALE | 13 | Stijn | De Cuyper | The Cross Puurs (BE) | 35 |
| HEAT 6 | 11:00 | 14:20 | BRONZE MALE | 14 | Delano | Wirodikromo | CrossFit Eelde | 33 |
| HEAT 6 | 11:00 | 14:20 | BRONZE MALE | 15 | Sape | Wiersma | CrossFit 0174 | 31 |
| HEAT 6 | 11:00 | 14:20 | BRONZE MALE | 16 | Jan | Verwijmeren | Breda CrossFit | 31 |
| HEAT 6 | 11:00 | 14:20 | BRONZE MALE | 17 | Ron | Van Veen | The Power Community - IJsselstein | 34 |
| HEAT 6 | 11:00 | 14:20 | BRONZE MALE | 18 | Patrick | Rolvers | CrossFit Dom City | 36 |
| HEAT 6 | 11:00 | 14:20 | BRONZE MALE | 19 | Carlo | Schuring | CrossFit Lansingerland | 38 |
| HEAT 6 | 11:00 | 14:20 | BRONZE MALE | 20 | Koen | Van der velden | CrossFit Boxtel | 40 |

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| HEAT 7 | 11:18 | 14:34 | BRONZE FEMALE | 1 | Laura | Rat | CrossFit Elst | 28 |
| HEAT 7 | 11:18 | 14:34 | BRONZE FEMALE | 2 | Mariëlle | De Stigter | CrossFit FNX | 27 |
| HEAT 7 | 11:18 | 14:34 | BRONZE FEMALE | 3 | Lian | Bastens-Laudy | CrossFit Zitterd | 25 |
| HEAT 7 | 11:18 | 14:34 | BRONZE FEMALE | 4 | Jessica | Noe Espada | CrossFit Qua Patet Orbis (ES) | 23 |
| HEAT 7 | 11:18 | 14:34 | BRONZE FEMALE | 5 | Christel | Leemhuis | CrossFit Eelde | 21 |
| HEAT 7 | 11:18 | 14:34 | BRONZE FEMALE | 6 | Nicoletta | De Jager | Fitbody CrossGym | 21 |
| HEAT 7 | 11:18 | 14:34 | BRONZE FEMALE | 7 | Esmay | Duursma | CrossFit Immaculate | 24 |
| HEAT 7 | 11:18 | 14:34 | BRONZE FEMALE | 8 | Femke | Kuiers-rijkeboer | CrossFit Meppel | 26 |
| HEAT 7 | 11:18 | 14:34 | BRONZE FEMALE | 9 | Mirthe | Van Vliet | Next Hybrid Gym | 28 |
| HEAT 7 | 11:18 | 14:34 | BRONZE FEMALE | 10 | Marinka | Mullink | Sportloods Oost | 30 |
| HEAT 7 | 11:18 | 14:34 | BRONZE MALE | 11 | Marcel | Kooman | CrossFit Vlissingen | 29 |
| HEAT 7 | 11:18 | 14:34 | BRONZE MALE | 12 | Joost | Busstra | CrossFit Dom City Havenweg | 27 |
| HEAT 7 | 11:18 | 14:34 | BRONZE MALE | 13 | Jascha | Telaar | 00 Independent | 25 |
| HEAT 7 | 11:18 | 14:34 | BRONZE MALE | 14 | Stefan | Dreves | CrossFit Unreal | 23 |
| HEAT 7 | 11:18 | 14:34 | BRONZE MALE | 15 | Luuk | Koelewijn | CrossFit Nultien | 21 |
| HEAT 7 | 11:18 | 14:34 | BRONZE MALE | 16 | Karol | Jezior | CrossFit Den Bosch | 22 |
| HEAT 7 | 11:18 | 14:34 | BRONZE MALE | 17 | Tako | Witlox | CrossFit Immersive | 24 |
| HEAT 7 | 11:18 | 14:34 | BRONZE MALE | 18 | Jan | Willink | CrossFit ATD | 26 |
| HEAT 7 | 11:18 | 14:34 | BRONZE MALE | 19 | Jeffrey | Gruters | The Power Community - IJsselstein | 27 |
| HEAT 7 | 11:18 | 14:34 | BRONZE MALE | 20 | Rens | Smeets | CrossFit Nemora | 30 |
| | | | | | | | | |
| HEAT 8 | 11:36 | 14:48 | BRONZE FEMALE | 1 | Sandra | Gosselink | Het Sportlokaal Arnhem | 19 |
| HEAT 8 | 11:36 | 14:48 | BRONZE FEMALE | 2 | Milou | Heijting | Sportloods Oost | 17 |
| HEAT 8 | 11:36 | 14:48 | BRONZE FEMALE | 3 | Carla | Van Eijk | CrossFit Pijnacker | 15 |
| HEAT 8 | 11:36 | 14:48 | BRONZE FEMALE | 4 | Shehrazade | De Zwager | CrossFit Twente | 13 |
| HEAT 8 | 11:36 | 14:48 | BRONZE FEMALE | 5 | Emma | Verdaasdonk | WoodLine Functional Fitness | 11 |
| HEAT 8 | 11:36 | 14:48 | BRONZE FEMALE | 6 | Marieke | Hendriks | Crossbox 0411 | 12 |
| HEAT 8 | 11:36 | 14:48 | BRONZE FEMALE | 7 | Aletta | Reijerse | Fitbody CrossGym | 14 |
| HEAT 8 | 11:36 | 14:48 | BRONZE FEMALE | 8 | Diede | Smit de Haas | Allround CrossFit | 16 |
| HEAT 8 | 11:36 | 14:48 | BRONZE FEMALE | 9 | Irene | Van Boxtel | Barbellclub 055 | 18 |
| HEAT 8 | 11:36 | 14:48 | BRONZE FEMALE | 10 | Lian | Meijerink | Twee12 CrossFit Nijverdal | 20 |
| HEAT 8 | 11:36 | 14:48 | BRONZE MALE | 11 | Michel | Veltkamp | Barbellclub 055 | 19 |
| HEAT 8 | 11:36 | 14:48 | BRONZE MALE | 12 | Tristan | Catsburg | CrossFit Unreal | 17 |
| HEAT 8 | 11:36 | 14:48 | BRONZE MALE | 13 | Mark | Klein boonschate | Twee12 CrossFit Nijverdal | 15 |
| HEAT 8 | 11:36 | 14:48 | BRONZE MALE | 14 | Vincent | Van Steenderen | CrossFit Lansingerland | 13 |
| HEAT 8 | 11:36 | 14:48 | BRONZE MALE | 15 | Kevin | Brusselaars | CrossFit Boxtel | 11 |
| HEAT 8 | 11:36 | 14:48 | BRONZE MALE | 16 | Andre | Hoelzle de Moraes | CrossFit Qua Patet Orbis (ES) | 12 |
| HEAT 8 | 11:36 | 14:48 | BRONZE MALE | 17 | Ramon | Blanquez | CrossFit Qua Patet Orbis (ES) | 14 |
| HEAT 8 | 11:36 | 14:48 | BRONZE MALE | 18 | Milan | Haerkens | CrossFit Gennep | 16 |
| HEAT 8 | 11:36 | 14:48 | BRONZE MALE | 19 | Carlos | Arias Linares | CrossFit Qua Patet Orbis (ES) | 18 |
| HEAT 8 | 11:36 | 14:48 | BRONZE MALE | 20 | Egon | Van der Linden | CrossFit Geldrop | 20 |

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| HEAT 9 | 11:54 | 15:02 | BRONZE FEMALE | 1 | Vera | Kuhnke | NABO Crossfit | 9 |
| HEAT 9 | 11:54 | 15:02 | BRONZE FEMALE | 2 | Sanne | Noordhoff | CrossFit Scheveningen | 7 |
| HEAT 9 | 11:54 | 15:02 | BRONZE FEMALE | 3 | Kirke | Tadema | CrossFit Nultien | 5 |
| HEAT 9 | 11:54 | 15:02 | BRONZE FEMALE | 4 | Elke | Jacobs | CrossFit Lansingerland | 3 |
| HEAT 9 | 11:54 | 15:02 | BRONZE FEMALE | 5 | Jessica | Burgerhout | MVMNT GYM | 1 |
| HEAT 9 | 11:54 | 15:02 | BRONZE FEMALE | 6 | Maxime | Van der Schaaf | CrossFit Capelle aan den IJssel | 2 |
| HEAT 9 | 11:54 | 15:02 | BRONZE FEMALE | 7 | Anne-Fleur | Zandbergen | CrossFit Meppel | 4 |
| HEAT 9 | 11:54 | 15:02 | BRONZE FEMALE | 8 | Maura | Velding | Twee12 CrossFit Nijverdal | 6 |
| HEAT 9 | 11:54 | 15:02 | BRONZE FEMALE | 9 | Danielle | Riezebos | CrossFit Kampen | 8 |
| HEAT 9 | 11:54 | 15:02 | BRONZE FEMALE | 10 | Rosalie | Mourits- Vugteveen | CrossFit Lansingerland | 10 |
| HEAT 9 | 11:54 | 15:02 | BRONZE MALE | 11 | Erik-jan | Van den Berg | CrossFit Nijkerk | 9 |
| HEAT 9 | 11:54 | 15:02 | BRONZE MALE | 12 | Rick | Keek | CrossFit Unreal | 7 |
| HEAT 9 | 11:54 | 15:02 | BRONZE MALE | 13 | Tom | Bressers | CrossFit Geldrop | 5 |
| HEAT 9 | 11:54 | 15:02 | BRONZE MALE | 14 | Sander | Van Schie | Uithoorn CrossFit | 3 |
| HEAT 9 | 11:54 | 15:02 | BRONZE MALE | 15 | Arjan | Dijkema | CrossFit Noord | 1 |
| HEAT 9 | 11:54 | 15:02 | BRONZE MALE | 16 | Luuk | Siemes | CrossFit Waalfront | 2 |
| HEAT 9 | 11:54 | 15:02 | BRONZE MALE | 17 | Gianluca | Grippaldi | CrossFit Qua Patet Orbis (ES) | 4 |
| HEAT 9 | 11:54 | 15:02 | BRONZE MALE | 18 | Glenn | Mostert | CrossFit 0174 | 6 |
| HEAT 9 | 11:54 | 15:02 | BRONZE MALE | 19 | Noah | Schoonhoven | CrossFit Nieuwegein | 8 |
| HEAT 9 | 11:54 | 15:02 | BRONZE MALE | 20 | Manel | Beijl | CrossFit Castricum | 10 |