

5 km Heren 40+

| Positie | Naam | Plaatsnaam | Eindtijd |
|----------------|------------------|---------------------|-----------------|
| 1 | Jannes Dolfing | Ruinen | 0:19:45 |
| 2 | Bert Ausma | Marum | 00:20:57 |
| 3 | Wilco Everts | Westerbork | 0:21:32 |
| 4 | Bernard Bunskoek | Buinen | 0:22:13 |
| 5 | Anno Brandsema | Beilen | 0:23:15 |
| 6 | Willem Koops | Musselkanaal | 0:23:29 |
| 7 | Anne Bartelds | Havelte | 0:25:47 |
| 8 | Fred Schook | Hendrik-Ido-Ambacht | 00:32:53 |
| 9 | Wim Christiaans | Westerbork | 0:35:17 |