

| Reeks | Categorie | °jaar | Startuur | Afstand | Ronden | Prijzen |
|-------|----------------------------------|-----------|----------|---------|---------------|---------|
| 1 | BENJAMINS M | °05-04 | 12.30 | 1000m | 2xA | 13.15 |
| 2 | BENJAMINS M | °03 | | 1000m | 2xA | |
| 3 | BENJAMINS J | °05-04 | 12.45 | 1000m | 2xA | 13.30 |
| 4 | BENJAMINS J | °03 | | 1000m | 2xA | |
| 5 | PUPILLEN M | °02 | 13.00 | 1200m | A+(A+B) | 13.45 |
| 6 | PUPILLEN M | °01 | | 1200m | A+(A+B) | |
| 7 | PUPILLEN J | °02 | 13.15 | 1200m | A+(A+B) | 14.00 |
| 8 | PUPILLEN J | °01 | | 1200m | A+(A+B) | |
| 9 | MINIEMEN M | °00 | 13.30 | 1700m | (A+B)+C | 14.15 |
| 10 | MINIEMEN M | °99 | | 1700m | (A+B)+C | |
| 11 | MINIEMEN J | °00 | 13.50 | 1700m | (A+B)+C | 14.35 |
| 12 | MINIEMEN J | °99 | | 1700m | (A+B)+C | |
| 13 | CADETTEN M | °98-97 | 14.10 | 2200m | C+(B+C) | 15.25 |
| 14 | CADETTEN J | °98-97 | 14.20 | 2700m | (B+C)+(B+C+D) | |
| 15 | SCHOLIEREN M | °96-95 | 14.35 | 3000m | 2x(B+C+D) | 15.40 |
| 16 | SCHOLIEREN J | °96-95 | 14.50 | 4500m | 3x(B+C+D) | |
| 17 | JUN/SEN/MAS korte cross heren | vanaf °94 | 15.10 | 3000m | 3xC | 15.55 |
| 18 | JUNIORES D | °94-93 | 15.25 | 4500m | 3x(B+C+D) | 16.25 |
| 19 | SENIORES D | vanaf °92 | 15.25 | 4500m | 3x(B+C+D) | |
| 20 | MASTERS D | 35+ | 15.25 | 4500m | 3x(B+C+D) | |
| 21 | JUNIORES H | °94-93 | 15.50 | 7000m | C+4x(B+C+D) | 16.50 |
| 22 | MASTERS H | 35+ | 15.50 | 7000m | C+4x(B+C+D) | |
| 23 | SENIORES H | vanaf °92 | 16.20 | 9000m | 6x(B+C+D) | 17.20 |