

| Nr. | Duur | Afstand [km] | Gem. HF [hsm] | Gem. snelheid [km/u] | Max. snelheid [km/u] | Max. HF [hsm] |
|-----|------------|--------------|---------------|----------------------|----------------------|---------------|
| 1 | 00:04:12.1 | 1.00 | 153 | 14,3 | 21,6 | 163 |
| 2 | 00:03:45.4 | 1.00 | 169 | 16,0 | 19,9 | 181 |
| 3 | 00:03:56.5 | 1.00 | 169 | 15,2 | 19,2 | 182 |
| 4 | 00:03:45.7 | 1.00 | 169 | 15,9 | 16,9 | 182 |
| 5 | 00:03:44.9 | 1.00 | 167 | 16,0 | 18,6 | 170 |
| 6 | 00:03:40.4 | 1.00 | 169 | 16,3 | 19,2 | 172 |
| 7 | 00:03:50.7 | 1.00 | 167 | 15,6 | 18,4 | 168 |
| 8 | 00:03:50.0 | 1.00 | 166 | 15,7 | 16,1 | 168 |
| 9 | 00:03:48.6 | 1.00 | 167 | 15,7 | 16,3 | 169 |
| 10 | 00:03:48.6 | 1.00 | 167 | 15,7 | 16,2 | 169 |
| 11 | 00:03:44.2 | 1.00 | 167 | 16,1 | 17,0 | 170 |
| 12 | 00:03:48.5 | 1.00 | 167 | 15,7 | 17,9 | 169 |
| 13 | 00:03:52.0 | 1.00 | 168 | 15,5 | 17,1 | 170 |
| 14 | 00:03:47.0 | 1.00 | 168 | 15,9 | 17,9 | 169 |
| 15 | 00:03:46.9 | 1.00 | 170 | 15,9 | 18,9 | 173 |
| 16 | 00:03:46.2 | 1.00 | 169 | 15,9 | 16,5 | 173 |
| 17 | 00:03:46.3 | 1.00 | 170 | 15,9 | 16,8 | 172 |
| 18 | 00:03:50.9 | 1.00 | 169 | 15,6 | 16,5 | 171 |
| 19 | 00:03:50.4 | 1.00 | 169 | 15,6 | 16,2 | 171 |
| 20 | 00:03:59.5 | 1.00 | 169 | 15,0 | 18,4 | 170 |
| 21 | 00:03:48.9 | 1.00 | 170 | 15,7 | 18,8 | 173 |
| 22 | 00:04:00.3 | 1.00 | 169 | 15,0 | 19,5 | 176 |
| 23 | 00:03:49.3 | 1.00 | 170 | 15,7 | 19,0 | 172 |
| 24 | 00:03:46.2 | 1.00 | 170 | 15,9 | 19,1 | 171 |
| 25 | 00:03:51.6 | 1.00 | 171 | 15,5 | 16,5 | 175 |
| 26 | 00:03:51.9 | 1.00 | 172 | 15,5 | 17,0 | 175 |
| 27 | 00:03:51.9 | 1.00 | 171 | 15,5 | 16,0 | 173 |
| 28 | 00:03:52.1 | 1.00 | 173 | 15,5 | 15,8 | 181 |
| 29 | 00:03:54.3 | 1.00 | 171 | 15,4 | 15,9 | 175 |
| 30 | 00:03:53.5 | 1.00 | 172 | 15,4 | 15,9 | 175 |
| 31 | 00:03:54.7 | 1.00 | 171 | 15,3 | 16,4 | 174 |
| 32 | 00:03:56.4 | 1.00 | 172 | 15,2 | 16,6 | 177 |
| 33 | 00:03:56.3 | 1.00 | 174 | 15,2 | 16,1 | 185 |
| 34 | 00:03:57.8 | 1.00 | 173 | 15,1 | 16,6 | 185 |
| 35 | 00:04:01.4 | 1.00 | 170 | 14,9 | 16,3 | 173 |
| 36 | 00:03:58.4 | 1.00 | 171 | 15,1 | 17,5 | 172 |
| 37 | 00:03:58.5 | 1.00 | 173 | 15,1 | 16,0 | 177 |
| 38 | 00:03:59.7 | 1.00 | 173 | 15,0 | 16,4 | 179 |
| 39 | 00:03:58.0 | 1.00 | 175 | 15,1 | 17,0 | 182 |
| 40 | 00:04:01.4 | 1.00 | 178 | 14,9 | 16,4 | 189 |
| 41 | 00:03:54.6 | 1.00 | 176 | 15,3 | 16,8 | 183 |
| 42 | 00:03:48.5 | 1.00 | 181 | 15,8 | 18,7 | 191 |

