

| Team name | Division | Category | Crossfit box / gym name | WOD 1 - TOTAL REPS | TIE BREAK SCORE | RANKING WOD 1 | WOD 2 - TOTAL TIME | TIE BREAK TIME | RANKING WOD 2 | SUB SCORE | SUB RANKING |
|-----------------|----------|-----------------|-------------------------|--------------------|-----------------|---------------|--------------------|----------------|---------------|-----------|-------------|
| the buddies | Prep | Male Buddy Team | crossfit numansdorp | 344 | 14:35:00 | 2 | 0:19:08 | 0:09:30 | 1 | 3 | 1 |
| Team Friandises | Prep | Male Buddy Team | Crossbox #noexcuses | 353 | 14:11:00 | 1 | 0:23:53 | 0:11:15 | 2 | 3 | 1 |
| D&D | Prep | Male Buddy Team | Pack Mentality Crossfit | 257 | 13:38:00 | 3 | 0:30:58 | 0:16:48 | 3 | 6 | 3 |

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|--------------------------------|----------|-----------------|-------------------------|--------------------|-----------------|---------------|--------------------|----------------|---------------|-----------|-------------|
| Scrambled legs | Main | Male Buddy Team | CrossFit Franeker | 395 | 14:05:00 | 1 | 0:11:48 | 0:05:40 | 1 | 2 | 1 |
| Crossfit NumansDropjes | Main | Male Buddy Team | Crossfit Numansdorp | 330 | 14:56:00 | 2 | 0:13:59 | 0:06:46 | 3 | 5 | 2 |
| Kettleball Z | Main | Male Buddy Team | CrossFit Sneek | 282 | 14:18:00 | 6 | 0:12:36 | 0:05:36 | 2 | 8 | 3 |
| Dumb & Dumbell | Main | Male Buddy Team | CrossFit Sneek | 297 | 15:00:00 | 5 | 0:18:47 | 0:10:00 | 6 | 11 | 4 |
| Golden Oldies (Master) | Main | Male Buddy Team | Immaculate | 282 | 14:25:00 | 7 | 0:17:42 | 0:08:40 | 5 | 12 | 5 |
| Jaapie en de Cocoladefabriek | Main | Male Buddy Team | #No Excuses | 318 | 13:49:00 | 3 | 0:20:58 | 0:09:59 | 9 | 12 | 5 |
| Second Teamwork | Main | Male Buddy Team | Crossfit Strijen | 256 | 13:30:00 | 9 | 0:15:55 | 0:07:33 | 4 | 13 | 7 |
| Double Thunders | Main | Male Buddy Team | Crossfit Sneek | 264 | 14:58:00 | 8 | 0:19:15 | 0:09:20 | 7 | 15 | 8 |
| Trouble unders | Main | Male Buddy Team | Crossfit Sneek | 310 | 14:38:00 | 4 | NO SCORE | --- | 12 | 16 | 9 |
| Heepie en sleepie | Main | Male Buddy Team | Immaculate | 184 | 14:13:00 | 10 | 0:20:40 | 0:09:45 | 8 | 18 | 10 |
| Two brothers on the Pack floor | Main | Male Buddy Team | Pack Mentality Crossfit | 134 | 15:00:00 | 12 | 0:29:35 | 0:13:30 | 10 | 22 | 11 |
| The Eskimo's | Main | Male Buddy Team | Pack Mentality Crossfit | 160 | --- | 11 | 0:30:40 | 0:13:27 | 11 | 22 | 11 |

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|---------------|----------|-----------------|-------------------------|--------------------|-----------------|---------------|--------------------|----------------|---------------|-----------|-------------|
| Golden Oldies | Master | Male Buddy Team | Immaculate | 282 | 14:25:00 | 1 | 0:17:42 | 0:08:40 | 1 | 2 | 1 |

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|----------------------|----------|-----------------|----------------------------|--------------------|-----------------|---------------|--------------------|----------------|---------------|-----------|-------------|
| The Complex thinkers | Top | Male Buddy Team | CrossFit Immaculate Almere | 229 | --- | 2 | 0:13:40 | 0:06:47 | 1 | 3 | 1 |
| de tanks uit7 | Top | Male Buddy Team | crossfit 7 kamp | 362 | 13:00:48 | 1 | 0:14:59 | 0:07:04 | 3 | 4 | 2 |
| Broah Ohlsen | Top | Male Buddy Team | Crossfit Immaculate | 226 | 11:56:00 | 3 | 0:14:53 | 0:07:09 | 2 | 5 | 3 |