

Nr. 25  
13-5-2007

100m vrije slag Dames

Senioren  
Limiet 1:15.50

### Minioren 6

|                    | Jr. | Afk./depot      | Tijd    |                      | Jr. | Afk./depot | Tijd      |
|--------------------|-----|-----------------|---------|----------------------|-----|------------|-----------|
| 1. Femke Leenstra  | 95  | De Granaet      | 1:06.87 |                      |     |            |           |
| 2. Myrthe Sytsema  | 95  | HZ&PC Heve      | 1:10.67 | 7. Nenne Venema      | 95  | DZ&PC      | 1:13.96   |
| 3. Liza Salverda   | 95  | SG Bolsward-Wol | 1:11.27 | 8. Rixt Wilbers      | 95  | De Granaet | 1:16.08 * |
| 4. Jessie Smeding  | 95  | De Vikings      | 1:11.75 | 9. Elbrich Gerritsma | 95  | Avéna      | 1:17.16 * |
| 5. Freya Holwerda  | 95  | Orca            | 1:12.75 | 10. Hjordis Wagenaar | 95  | HZ&PC Heve | 1:18.22 * |
| 6. Andrea Bandstra | 95  | Neptunia'24     | 1:13.11 |                      |     |            |           |

### Junioren 1

|                      | Jr. | Afk./depot | Tijd    |                        | Jr. | Afk./depot      | Tijd      |
|----------------------|-----|------------|---------|------------------------|-----|-----------------|-----------|
| 1. Fiona van Heerde  | 94  | De Vikings | 1:05.19 |                        |     |                 |           |
| 2. Aukje Zwart       | 94  | Avéna      | 1:06.72 | 7. Anja Mus            | 94  | De Skelp        | 1:11.36   |
| 3. Femke Groos       | 94  | DZ&PC      | 1:07.73 | 8. F. van der Gaast    | 94  | SG Bolsward-Wol | 1:13.74 * |
| 4. Charissa Zijlstra | 94  | ZPD        | 1:07.91 | 9. Sanne-Lobke Ijlstra | 94  | SG Bolsward-Wol | 1:14.12 * |
| 5. Anna Visser       | 94  | HZ&PC Heve | 1:09.90 | 10. Lisanne Terpstra   | 94  | Orca            | 1:14.18 * |
| 6. Tineke Wind       | 94  | DZ&PC      | 1:10.31 | dis. Kim Vlottes       | 94  | De Vikings      | AA        |

### Junioren 2

|                      | Jr. | Afk./depot | Tijd    |                         | Jr. | Afk./depot | Tijd      |
|----------------------|-----|------------|---------|-------------------------|-----|------------|-----------|
| 1. Iris Rozema       | 93  | FZC'54     | 1:05.47 |                         |     |            |           |
| 2. Inge Zijlstra     | 93  | De Granaet | 1:07.31 | 9. Margot Schulpen      | 93  | FZC'54     | 1:10.51   |
| 3. Paula Duursma     | 93  | DZ&PC      | 1:07.40 | 10. Marissa Lindemulder | 93  | De Granaet | 1:10.78   |
| 4. Grytsje Lanting   | 93  | Middelsé   | 1:07.89 | 11. Femke de Jong       | 93  | De Granaet | 1:12.21 * |
| 5. Josephine Meerman | 93  | DZ&PC      | 1:08.42 | 12. Mirjam Terlaakpoot  | 93  | Avéna      | 1:12.27 * |
| 6. Geeske Wind       | 93  | DZ&PC      | 1:08.78 | 13. Marije Jensma       | 93  | De Skelp   | 1:14.03 * |
| 7. Michelle Oomkens  | 93  | De Vikings | 1:09.24 | 14. Emma van Iperen     | 93  | Orca       | 1:14.39 * |
| 8. Wytse Klijnstra   | 93  | Avéna      | 1:10.04 | 15. Eline Ligthart      | 93  | De Vikings | 1:14.49 * |

### Jeugd 1

|                      | Jr. | Afk./depot | Tijd      |                       | Jr. | Afk./depot | Tijd      |
|----------------------|-----|------------|-----------|-----------------------|-----|------------|-----------|
| 1. Anna-Jetske Baron | 92  | FZC'54     | 1:05.94   |                       |     |            |           |
| 2. Nanda de Vries    | 92  | HZ&PC Heve | 1:06.85   | 8. Geertje Nauta      | 92  | Middelsé   | 1:10.62 * |
| 3. Joyce Duurken     | 92  | Orca       | 1:07.09   | 9. Nelleke Bos        | 92  | De Vikings | 1:11.63 * |
| 4. Lysbeth Wiersma   | 92  | HZ&PC Heve | 1:08.60   | 10. Liesbeth Hoekstra | 92  | ZPD        | 1:14.27 * |
| 5. Femke Hettema     | 92  | Avéna      | 1:09.96 * | dis. Kimberley Visser | 92  | De Granaet | AA        |
| 6. Lotte Nienhuis    | 92  | Avéna      | 1:10.41 * | zk. Eva Roorda        | 92  | DZ&PC      |           |
| 7. Sjoukje Karsten   | 92  | DZ&PC      | 1:10.56 * |                       |     |            |           |

### Jeugd 2

|                    | Jr. | Afk./depot | Tijd    |
|--------------------|-----|------------|---------|
| 1. Wendan Poelstra | 91  | HZ&PC Heve | 1:01.92 |

|                        |    |            |         |                       |    |            |         |   |
|------------------------|----|------------|---------|-----------------------|----|------------|---------|---|
| 2. Simone v/d Wal      | 91 | DZ&PC      | 1:04.07 | 5. Fransiska Beijaard | 91 | De Granaet | 1:10.14 | * |
| 3. Yolanda Schoo       | 91 | De Skelp   | 1:06.12 | 6. Nynke Nolles       | 91 | HZ&PC Heve | 1:10.31 | * |
| 4. Patricia van Dolder | 91 | De Granaet | 1:07.39 | zk. Rixt Zijlstra     | 91 | De Granaet |         |   |

## Senioren 1

|                    | Jr. | Afk./depot | Tijd    |                      | Jr. | Afk./depot  | Tijd    |   |
|--------------------|-----|------------|---------|----------------------|-----|-------------|---------|---|
| 1. Ilse Kraayeveld | 90  | De Granaet | 59.67   |                      |     |             |         |   |
| 2. Wiepkje Venema  | 90  | HZ&PC Heve | 1:04.93 | 4. Stephanie Kraeger | 90  | Neptunia'24 | 1:08.04 | * |
| Nicky de Wilde     | 90  | DZ&PC      | 1:04.93 | 5. Miranda Bijzitter | 90  | ZCNF'34     | 1:09.54 | * |

## 17 jaar en ouder

|                      | Jr. | Afk./depot  | Tijd    |                      | Jr.                    | Afk./depot | Tijd       |         |   |
|----------------------|-----|-------------|---------|----------------------|------------------------|------------|------------|---------|---|
| 1. Monique van Vliet | 89  | DZ&PC       | 1:02.10 |                      |                        |            |            |         |   |
| 2. Marjon Hollander  | 84  | DZ&PC       | 1:03.56 | 6. M. Krans-De Weerd | 75                     | ZCNF'34    | 1:07.03    | *       |   |
| 3. Berber Veenstra   | 84  | FZC'54      | 1:05.29 | 7. Annemarie Rijkens | 86                     | DZ&PC      | 1:07.36    | *       |   |
| 4. Jolanda Cnossen   | 86  | Neptunia'24 | 1:06.64 | *                    | 8. Jelly Esther Tadema | 88         | De Granaet | 1:07.37 | * |
| 5. Tessa van der Wal | 87  | HZ&PC Heve  | 1:06.79 | *                    | zk. Esther de Boer     | 89         | DZ&PC      |         |   |

## Nr. 26

## 200m schoolslag Heren

## 12 jaar en ouder

13-5-2007

Limiet 3:22.00

## Junioren 1

|                      | Jr. | Afk./depot  | Tijd    |                       | Jr. | Afk./depot  | Tijd    |    |
|----------------------|-----|-------------|---------|-----------------------|-----|-------------|---------|----|
| 1. Rudie Nauta       | 94  | Middelsé    | 3:16.42 |                       |     |             |         |    |
| 2. Robert Westerdijk | 94  | Neptunia'24 | 3:19.36 | 4. Mario Engelbertink | 94  | HZ&PC Heve  | 3:29.62 | *  |
| 3. Bram ter Ellen    | 94  | De Vikings  | 3:21.73 | dis. Ramon Fredrik    | 94  | Wetterwille |         | AA |

## Junioren 2

|                       | Jr. | Afk./depot | Tijd    |                     | Jr. | Afk./depot  | Tijd    |   |
|-----------------------|-----|------------|---------|---------------------|-----|-------------|---------|---|
| 1. Gavin van der Werf | 93  | HZ&PC Heve | 2:40.05 |                     |     |             |         |   |
| 2. Jorke Willemse     | 93  | Orca       | 2:46.28 | 4. Henk-Jan Verkaik | 93  | De Granaet  | 3:11.93 |   |
| 3. Gijs Gertsen       | 93  | De Vikings | 3:00.46 | 5. Bauke Ytsma      | 93  | Wetterwille | 3:13.51 | * |

## Junioren 3

|                    | Jr. | Afk./depot  | Tijd    |                    | Jr. | Afk./depot  | Tijd    |   |
|--------------------|-----|-------------|---------|--------------------|-----|-------------|---------|---|
| 1. Thomas Veltman  | 92  | De Granaet  | 2:52.00 |                    |     |             |         |   |
| 2. Jappie Jongma   | 92  | De Granaet  | 2:54.43 | 6. Erik de Nijs    | 92  | De Vikings  | 3:06.70 |   |
| 3. Lindert Louwsma | 92  | Neptunia'24 | 2:58.89 | 7. Micheal Westers | 92  | De Vikings  | 3:09.16 | * |
| 4. Aydin Hummel    | 92  | ZCNF'34     | 2:59.04 | 8. Haye Heidema    | 92  | ZPD         | 3:10.66 | * |
| 5. Tom Vermeeren   | 92  | Orca        | 3:04.57 | zk. Johan Wijts    | 92  | Wetterwille |         |   |

## Junioren 4

|                       | Jr. | Afk./depot  | Tijd      |
|-----------------------|-----|-------------|-----------|
| 1. Vincent van Iperen | 91  | Orca        | 2:46.37   |
| 2. Eric Oord          | 91  | HZ&PC Heve  | 2:51.52   |
| 3. Maarten Ornee      | 91  | Neptunia'24 | 3:10.04 * |

## 17 - 18 jaar

|                    | Jr. | Afk./depot | Tijd    |                  | Jr. | Afk./depot  | Tijd      |
|--------------------|-----|------------|---------|------------------|-----|-------------|-----------|
| 1. Jaap v/d Vegte  | 88  | DZ&PC      | 2:24.51 |                  |     |             |           |
| 2. Marein Boonstra | 88  | HZ&PC Heve | 2:43.75 | 5. Jorrit Visser | 89  | DZ&PC       | 2:45.06   |
| 3. Rutger van Dijk | 89  | De Granaet | 2:43.90 | 6. Jelmer Bakker | 88  | Neptunia'24 | 2:54.01 * |
| 4. Herman van Dijk | 89  | HZ&PC Heve | 2:43.99 |                  |     |             |           |

## 19 jaar en ouder

|                       | Jr. | Afk./depot | Tijd      |
|-----------------------|-----|------------|-----------|
| 1. Alan Slomp         | 87  | DZ&PC      | 2:42.58   |
| 2. Bart v/d Hoeven    | 87  | DZ&PC      | 2:43.00   |
| 3. Oane van der Heide | 87  | ZPD        | 2:51.27 * |

Nr. 27  
13-5-2007

200m vlinderslag Dames

12 jaar en ouder  
Limiet 3:14.30

## Junioren 1

|                    | Jr. | Afk./depot | Tijd      |
|--------------------|-----|------------|-----------|
| 1. Aukje Zwart     | 94  | Avéna      | 3:14.92 * |
| 2. Johanna de Boer | 94  | ZPD        | 3:15.35 * |

## Junioren 2

|                    | Jr. | Afk./depot  | Tijd    |
|--------------------|-----|-------------|---------|
| 1. Ankie v.d. Meer | 93  | Neptunia'24 | 3:02.70 |

## Jeugd 1

|                  | Jr. | Afk./depot | Tijd      |
|------------------|-----|------------|-----------|
| 1. Femke Hettema | 92  | Avéna      | 3:07.82 * |

## Senioren 1

|                       | Jr. | Afk./depot | Tijd      |
|-----------------------|-----|------------|-----------|
| 1. Gerbranda Beiwaard | 90  | De Granaet | 2:45.06   |
| 2. Miranda Bijzitter  | 90  | ZCNF'34    | 2:58.45 * |

## 17 jaar en ouder

|                      | Jr. | Afk./depot | Tijd    |
|----------------------|-----|------------|---------|
| 1. Marloes Oldenburg | 88  | Orca       | 2:31.70 |
| 2. Lia Dekker        | 87  | DZ&PC      | 2:38.99 |

Nr. 28  
13-5-2007

## 100m rugslag Heren

Senioren  
Limiet 1:27.00

## Minioren 6

|                    | Jr. | Afk./depot | Tijd    |                      | Jr. | Afk./depot  | Tijd      |
|--------------------|-----|------------|---------|----------------------|-----|-------------|-----------|
| 1. Sander Akkerman | 95  | HZ&PC Heve | 1:25.80 |                      |     |             |           |
| 2. Vincent Visser  | 95  | De Vikings | 1:26.08 | 4. Dirk van der Eems | 95  | Wetterwille | 1:26.90   |
| 3. Myrdin Willemse | 95  | Orca       | 1:26.39 | 5. Pieter Ytsma      | 95  | De Granaet  | 1:29.74 * |

## Junioren 1

|                     | Jr. | Afk./depot | Tijd    |                      | Jr. | Afk./depot  | Tijd      |
|---------------------|-----|------------|---------|----------------------|-----|-------------|-----------|
| 1. Willem Kees Roos | 94  | De Vikings | 1:15.57 |                      |     |             |           |
| 2. Maxim Veldhuis   | 94  | HZ&PC Heve | 1:16.40 | 5. Ramon Fredrik     | 94  | Wetterwille | 1:21.84   |
| 3. Maiko Postma     | 94  | DZ&PC      | 1:19.83 | 6. Robert Westerdijk | 94  | Neptunia'24 | 1:25.39 * |
| 4. Erik Nijholt     | 94  | ZCNF'34    | 1:21.81 |                      |     |             |           |

## Junioren 2

|                       | Jr. | Afk./depot        | Tijd    |                    | Jr. | Afk./depot  | Tijd      |
|-----------------------|-----|-------------------|---------|--------------------|-----|-------------|-----------|
| 1. Jorke Willemse     | 93  | Orca              | 1:08.39 |                    |     |             |           |
| 2. Sven Alkema        | 93  | De Vikings        | 1:09.24 | 6. Gijs Gertsen    | 93  | De Vikings  | 1:11.74   |
| 3. Gavin van der Werf | 93  | HZ&PC Heve        | 1:10.44 | 7. Arno Nieuwhof   | 93  | FZC'54      | 1:12.80   |
| 4. Gavin Werf         | 93  | HZ&PC Heve        | 1:11.41 | 8. Sietse Wijbenga | 93  | ZPD         | 1:20.03 * |
| 5. Wouter Sikma       | 93  | SG Bolsward-Wolff | 1:15.57 | 9. Bauke Ytsma     | 93  | Wetterwille | 1:22.36 * |

## Junioren 3

|                    | Jr. | Afk./depot  | Tijd    |                        | Jr. | Afk./depot  | Tijd    |
|--------------------|-----|-------------|---------|------------------------|-----|-------------|---------|
| 1. Albert Dijkstra | 92  | DZ&PC       | 1:06.54 |                        |     |             |         |
| 2. Dennis Bos      | 92  | HZ&PC Heve  | 1:10.43 | 5. Christiaan van Dijk | 92  | HZ&PC Heve  | 1:13.58 |
| 3. Haye Heidema    | 92  | ZPD         | 1:11.60 | 6. Maarten Manting     | 92  | De Vikings  | 1:14.24 |
| 4. Lindert Louwsma | 92  | Neptunia'24 | 1:12.23 | 7. Marco Krips         | 92  | Neptunia'24 | 1:14.97 |

## Junioren 4

|                      | Jr. | Afk./depot  | Tijd      |                       | Jr. | Afk./depot  | Tijd      |
|----------------------|-----|-------------|-----------|-----------------------|-----|-------------|-----------|
| 1. Eric Oord         | 91  | HZ&PC Heve  | 1:11.99   |                       |     |             |           |
| 2. Raymond Wielenga  | 91  | Orca        | 1:13.18   | 5. Vincent van Iperen | 91  | Orca        | 1:14.16 * |
| 3. Sjouke van Velzen | 91  | De Vikings  | 1:13.23   | 6. Maarten Ornee      | 91  | Neptunia'24 | 1:15.47 * |
| 4. Bas Vaartjes      | 91  | Neptunia'24 | 1:13.81 * |                       |     |             |           |

## Jeugd 1

|                    | Jr. | Afk./depot | Tijd      |
|--------------------|-----|------------|-----------|
| 1. Jelmer Meijer   | 90  | HZ&PC Heve | 1:07.29   |
| 2. Rudie Kirkenier | 90  | DZ&PC      | 1:10.46   |
| 3. Remco Kamps     | 90  | DZ&PC      | 1:10.76   |
| 4. Kevin Visser    | 90  | De Vikings | 1:12.95 * |

## 17 - 18 jaar

|                       | Jr. | Afk./depot | Tijd    |                      | Jr. | Afk./depot | Tijd      |
|-----------------------|-----|------------|---------|----------------------|-----|------------|-----------|
| 1. Jelmer Waterlander | 88  | HZ&PC Heve | 1:06.20 |                      |     |            |           |
| 2. Roukebert de Boer  | 89  | ZPD        | 1:07.27 | 5. Sietse v/d Hoeven | 89  | DZ&PC      | 1:07.83   |
| 3. Harm Rozenga       | 89  | De Granaet | 1:07.49 | 6. Jildert Prins     | 89  | FZC'54     | 1:11.75 * |
| 4. Janco Nolles       | 89  | HZ&PC Heve | 1:07.55 | 7. Rutger van Dijk   | 89  | De Granaet | 1:15.64 * |

## 19 jaar en ouder

|                         | Jr. | Afk./depot  | Tijd    |                     | Jr. | Afk./depot  | Tijd      |
|-------------------------|-----|-------------|---------|---------------------|-----|-------------|-----------|
| 1. Willem Jan v/d Vegte | 87  | DZ&PC       | 1:03.32 |                     |     |             |           |
| 2. Johan Westerhuis     | 87  | DZ&PC       | 1:05.09 | 5. Sikke Kooistra   | 83  | Avéna       | 1:10.39 * |
| 3. Anne Huininga        | 86  | HZ&PC Heve  | 1:07.88 | 6. Denny Douwes     | 83  | Wetterwille | 1:12.09 * |
| 4. Michael de Roos      | 87  | Neptunia'24 | 1:09.08 | zk. H. van der Werf | 84  | De Vikings  |           |

Nr. 29  
13-5-2007

200m rugslag Dames

Senioren  
Limiet 3:15.00

## Minioren 6

|                   | Jr. | Afk./depot | Tijd    |
|-------------------|-----|------------|---------|
| 1. Myrthe Sytsema | 95  | HZ&PC Heve | 2:41.35 |
| 2. Femke Leenstra | 95  | De Granaet | 2:58.71 |
| 3. Freya Holwerda | 95  | Orca       | 3:11.73 |

## Junioren 1

|                     | Jr. | Afk./depot | Tijd    |                      | Jr. | Afk./depot | Tijd      |
|---------------------|-----|------------|---------|----------------------|-----|------------|-----------|
| 1. Fiona van Heerde | 94  | De Vikings | 2:42.74 |                      |     |            |           |
| 2. Anna Visser      | 94  | HZ&PC Heve | 2:45.66 | 6. Merel Weysenfeld  | 94  | De Vikings | 2:58.09   |
| 3. Aukje Zwart      | 94  | Avéna      | 2:49.23 | 7. Charissa Zijlstra | 94  | ZPD        | 3:01.87 * |
| 4. Minke Betten     | 94  | DZ&PC      | 2:50.50 | 8. Johanna de Boer   | 94  | ZPD        | 3:09.63 * |
| 5. Tineke Wind      | 94  | DZ&PC      | 2:54.26 |                      |     |            |           |

## Junioren 2

|                    | Jr. | Afk./depot | Tijd    |
|--------------------|-----|------------|---------|
| 1. Maxime de Wilde | 93  | DZ&PC      | 2:41.63 |

|                     |    |             |         |                     |    |            |         |   |
|---------------------|----|-------------|---------|---------------------|----|------------|---------|---|
| 2. Michelle Oomkens | 93 | De Vikings  | 2:46.49 | 6. Shanna Hofstra   | 93 | Avéna      | 3:01.00 | * |
| 3. Ankie v.d. Meer  | 93 | Neptunia'24 | 2:51.26 | 7. Margot Schulpfen | 93 | FZC'54     | 3:02.93 | * |
| 4. Wytske Klijnstra | 93 | Avéna       | 2:59.30 | 8. Inge Zijlstra    | 93 | De Granaet | 3:03.98 | * |
| 5. Eva Zwertbroek   | 93 | HZ&PC Heve  | 3:00.97 | 9. Eline Ligthart   | 93 | De Vikings | 3:14.76 | * |

## Jeugd 1

|                      | Jr. | Afk./depot | Tijd    |                      | Jr. | Afk./depot  | Tijd    |   |
|----------------------|-----|------------|---------|----------------------|-----|-------------|---------|---|
| 1. Nanda de Vries    | 92  | HZ&PC Heve | 2:42.66 |                      |     |             |         |   |
| 2. Lysbeth Wiersma   | 92  | HZ&PC Heve | 2:46.85 | 5. Jolien Bleichrodt | 92  | De Vikings  | 2:58.87 | * |
| 3. Anna-Jetske Baron | 92  | FZC'54     | 2:52.98 | 6. Jannie de Boer    | 92  | Wetterwille | 3:02.39 | * |
| 4. Nelleke Bos       | 92  | De Vikings | 2:56.40 | zk. Kimberley Visser | 92  | De Granaet  |         |   |

## Jeugd 2

|                    | Jr. | Afk./depot | Tijd    |
|--------------------|-----|------------|---------|
| 1. Wendan Poelstra | 91  | HZ&PC Heve | 2:22.98 |
| 2. Simone v/d Wal  | 91  | DZ&PC      | 2:37.15 |
| 3. Lianne Verhoef  | 91  | Orca       | 2:52.98 |
| zk. Rixt Zijlstra  | 91  | De Granaet |         |

## Senioren 1

|                       | Jr. | Afk./depot | Tijd    |
|-----------------------|-----|------------|---------|
| 1. Ilse Kraayeveld    | 90  | De Granaet | 2:30.65 |
| 2. Gerbranda Beijaard | 90  | De Granaet | 2:43.62 |
| 3. Miranda Bijzitter  | 90  | ZCNF'34    | 2:47.75 |
| dis. Nynke Gaikema    | 90  | DZ&PC      | AA      |

## 17 jaar en ouder

|                      | Jr. | Afk./depot  | Tijd    |
|----------------------|-----|-------------|---------|
| 1. Jolanda Cnossen   | 86  | Neptunia'24 | 2:38.21 |
| 2. Monique van Vliet | 89  | DZ&PC       | 2:42.63 |
| 3. Marjon Hollander  | 84  | DZ&PC       | 2:47.81 |

Nr. 30  
13-5-2007

400m wisselslag Heren

12 jaar en ouder  
Limiet 6:30.50

## Junioren 1

|                       | Jr. | Afk./depot | Tijd    |
|-----------------------|-----|------------|---------|
| 1. Mario Engelbertink | 94  | HZ&PC Heve | 6:16.16 |
| 2. Erik Nijholt       | 94  | ZCNF'34    | 6:17.94 |

## Junioren 3

|                   | Jr. | Afk./depot | Tijd    |
|-------------------|-----|------------|---------|
| 1. Dennis Bos     | 92  | HZ&PC Heve | 5:31.07 |
| 2. Thomas Veltman | 92  | De Granaet | 5:40.27 |
| 3. Aydin Hummel   | 92  | ZCNF'34    | 5:55.31 |

## Junioren 4

|                       | Jr. | Afk./depot | Tijd    |
|-----------------------|-----|------------|---------|
| 1. Vincent van Iperen | 91  | Orca       | 5:04.85 |
| 2. Eric Oord          | 91  | HZ&PC Heve | 5:42.99 |

## Jeugd 1

|                  | Jr. | Afk./depot | Tijd    |
|------------------|-----|------------|---------|
| 1. Jelmer Meijer | 90  | HZ&PC Heve | 5:16.73 |

## 17 - 18 jaar

|                     | Jr. | Afk./depot | Tijd    |
|---------------------|-----|------------|---------|
| 1. Jorrit Visser    | 89  | DZ&PC      | 4:57.30 |
| 2. Jaap v/d Vegte   | 88  | DZ&PC      | 5:00.66 |
| 3. Johannes de Boer | 89  | De Granaet | 5:18.05 |

## 19 jaar en ouder

|                    | Jr. | Afk./depot | Tijd    |
|--------------------|-----|------------|---------|
| 1. Bart v/d Hoeven | 87  | DZ&PC      | 5:21.75 |

Nr. 31  
13-5-2007

4 x 200m vrije slag Dames

Senioren  
Limiet 10:10.00

## Senioren

|                       |    |         |         | Afk./depot          |    | Tijd            |
|-----------------------|----|---------|---------|---------------------|----|-----------------|
| 1. DZ&PC 5            |    |         |         | DZ&PC               |    | 9:30.19         |
| Lia Dekker            | 87 | 1:06.89 | 2:20.48 | Simone v/d Wal      | 91 | 1:08.44 2:24.60 |
| Marjon Hollander      | 84 | 1:09.88 | 2:25.69 | Monique van Vliet   | 89 | 1:05.00 2:19.42 |
| 2. HZ&PC Heerenveen 1 |    |         |         | HZ&PC Heve          |    | 9:37.49         |
| Tessa van der Wal     | 87 | 1:10.75 | 2:26.92 | Wendan Poelstra     | 91 | 1:03.96 2:12.98 |
| Wiepkje Venema        | 90 | 1:09.04 | 2:25.26 | Baukje Hooghiemstra | 88 | 1:10.26 2:32.33 |
| 3. DZ&PC 6            |    |         |         | DZ&PC               |    | 9:58.39 *       |
| Josephine Meerman     | 93 | 1:13.63 | 2:30.56 | Paula Duursma       | 93 | 2:33.01         |
| Geeske Wind           | 93 | 1:13.26 | 2:32.64 | Maxime de Wilde     | 93 | 1:10.87 2:22.18 |
| 4. HZ&PC Heerenveen 2 |    |         |         | HZ&PC Heve          |    | 10:01.23 *      |
| Anna Visser           | 94 | 1:13.54 | 2:33.37 | Nanda de Vries      | 92 | 1:11.96 2:27.03 |
| Myrthe Sytsema        | 95 | 1:13.12 | 2:31.59 | Lysbeth Wiersma     | 92 | 1:12.19 2:29.24 |

|                |    |         |         | Afk./depot  |    | Tijd     |         |
|----------------|----|---------|---------|-------------|----|----------|---------|
| 5. DZ&PC 7     |    |         |         | DZ&PC       |    | 10:42.41 | *       |
| Minke Betten   | 94 | 1:13.73 | 2:35.20 | Tineke Wind | 94 | 1:15.92  | 2:41.11 |
| Claudia Damski | 94 | 1:24.13 | 2:53.31 | Femke Groos | 94 | 1:13.03  | 2:32.79 |

Nr. 32  
13-5-2007

200m wisselslag Dames

Senioren  
Limiet 3:13.50

### Minioren 6

|                    | Jr. | Afk./depot     | Tijd    |                      | Jr. | Afk./depot | Tijd    |
|--------------------|-----|----------------|---------|----------------------|-----|------------|---------|
| 1. Femke Leenstra  | 95  | De Granaet     | 2:52.56 |                      |     |            |         |
| 2. Liza Salverda   | 95  | SG Bolsward-We | 2:53.45 | 8. Rixt Wilbers      | 95  | De Granaet | 3:07.08 |
| 3. Myrthe Sytsema  | 95  | HZ&PC Heve     | 2:54.11 | 9. Elbrich Gerritsma | 95  | Avéna      | 3:07.90 |
| 4. Jessie Smeding  | 95  | De Vikings     | 3:00.04 | 10. Rianne Hartman   | 95  | Orca       | 3:10.02 |
| 5. Nynke Dijkstra  | 95  | HZ&PC Heve     | 3:03.29 | 11. Hjordis Wagenaar | 95  | HZ&PC Heve | 3:10.58 |
| 6. Andrea Bandstra | 95  | Neptunia'24    | 3:03.46 | 12. Nenne Venema     | 95  | DZ&PC      | 3:13.00 |
| 7. Freya Holwerda  | 95  | Orca           | 3:06.01 |                      |     |            |         |

### Junioren 1

|                     | Jr. | Afk./depot | Tijd    |                      | Jr. | Afk./depot  | Tijd      |
|---------------------|-----|------------|---------|----------------------|-----|-------------|-----------|
| 1. Fiona van Heerde | 94  | De Vikings | 2:47.86 |                      |     |             |           |
| 2. Minke Betten     | 94  | DZ&PC      | 2:48.63 | 8. Anja Mus          | 94  | De Skelp    | 3:04.48   |
| 3. Aukje Zwart      | 94  | Avéna      | 2:49.44 | 9. Alien Schievink   | 94  | Wetterwille | 3:04.93   |
| 4. Anna Visser      | 94  | HZ&PC Heve | 2:52.44 | 10. Lisanne Terpstra | 94  | Orca        | 3:07.30   |
| 5. Tineke Wind      | 94  | DZ&PC      | 2:57.41 | 11. Ilse Dammer      | 94  | De Granaet  | 3:13.15 * |
| 6. Laura Terpstra   | 94  | Avéna      | 3:02.42 | 12. Merel Weysenfeld | 94  | De Vikings  | 3:17.38 * |
| 7. Ilse Harskamp    | 94  | FZC'54     | 3:04.33 |                      |     |             |           |

### Junioren 2

|                     | Jr. | Afk./depot  | Tijd    |                        | Jr. | Afk./depot | Tijd      |
|---------------------|-----|-------------|---------|------------------------|-----|------------|-----------|
| 1. Paula Duursma    | 93  | DZ&PC       | 2:43.50 |                        |     |            |           |
| 2. Iris Rozema      | 93  | FZC'54      | 2:47.30 | 8. Marissa Lindemulder | 93  | De Granaet | 3:02.57   |
| 3. Ankie v.d. Meer  | 93  | Neptunia'24 | 2:50.58 | 9. Emma van Iperen     | 93  | Orca       | 3:03.78 * |
| 4. Michelle Oomkens | 93  | De Vikings  | 2:55.49 | 10. Femke de Jong      | 93  | De Granaet | 3:04.16 * |
| 5. Geeske Wind      | 93  | DZ&PC       | 2:55.58 | 11. M. van der Zee     | 93  | De Granaet | 3:11.11 * |
| 6. Wytse Klijnstra  | 93  | Avéna       | 2:59.14 | 12. Eline Ligthart     | 93  | De Vikings | 3:15.13 * |
| 7. Eva Zwertbroek   | 93  | HZ&PC Heve  | 2:59.58 |                        |     |            |           |

### Jeugd 1

|                      | Jr. | Afk./depot | Tijd    |                      | Jr. | Afk./depot  | Tijd      |
|----------------------|-----|------------|---------|----------------------|-----|-------------|-----------|
| 1. Nanda de Vries    | 92  | HZ&PC Heve | 2:44.42 |                      |     |             |           |
| 2. Anna-Jetske Baron | 92  | FZC'54     | 2:45.47 | 8. Jolien Bleichrodt | 92  | De Vikings  | 2:59.13 * |
| 3. Joyce Duurken     | 92  | Orca       | 2:46.78 | 9. Nelleke Bos       | 92  | De Vikings  | 2:59.14 * |
| 4. Femke Hettema     | 92  | Avéna      | 2:49.93 | 10. Jannie de Boer   | 92  | Wetterwille | 3:02.12 * |
| 5. Amarens Gaikema   | 92  | DZ&PC      | 2:54.26 | 11. Lotte Nienhuis   | 92  | Avéna       | 3:02.24 * |
| 6. Sjoukje Karsten   | 92  | DZ&PC      | 2:54.64 | 12. Kimberley Visser | 92  | De Granaet  | 3:03.23 * |
| 7. Lysbeth Wiersma   | 92  | HZ&PC Heve | 2:58.11 | 13. Corinda Palstra  | 92  | HZ&PC Heve  | 3:09.44 * |



zk. Eva Roorda 92 DZ&PC

## Jeugd 2

|                    | Jr. | Afk./depot | Tijd    |                       | Jr. | Afk./depot | Tijd    |
|--------------------|-----|------------|---------|-----------------------|-----|------------|---------|
| 1. Wendan Poelstra | 91  | HZ&PC Heve | 2:28.60 |                       |     |            |         |
| 2. Simone v/d Wal  | 91  | DZ&PC      | 2:42.08 | 4. Fransiska Beijaard | 91  | De Granaet | 2:53.39 |
| 3. Nynke Nolles    | 91  | HZ&PC Heve | 2:49.49 | zk. Rixt Zijlstra     | 91  | De Granaet |         |

## Senioren 1

|                       | Jr. | Afk./depot | Tijd    |                       | Jr. | Afk./depot  | Tijd    |
|-----------------------|-----|------------|---------|-----------------------|-----|-------------|---------|
| 1. Ilse Kraayeveld    | 90  | De Granaet | 2:34.17 |                       |     |             |         |
| 2. Gerbranda Beijaard | 90  | De Granaet | 2:44.10 | 6. Nicky de Wilde     | 90  | DZ&PC       | 2:51.14 |
| 3. Wiepkje Venema     | 90  | HZ&PC Heve | 2:45.07 | 7. Ineke v/d Veen     | 90  | DZ&PC       | 2:52.08 |
| 4. Annemiek Nijkraake | 90  | De Granaet | 2:47.16 | zk. Marijke v.d. Meer | 90  | Neptunia'24 |         |
| 5. Miranda Bijzitter  | 90  | ZCNF'34    | 2:47.85 |                       |     |             |         |

## 17 jaar en ouder

|                      | Jr. | Afk./depot | Tijd      |                     | Jr. | Afk./depot  | Tijd |
|----------------------|-----|------------|-----------|---------------------|-----|-------------|------|
| 1. Marloes Oldenburg | 88  | Orca       | 2:29.48   |                     |     |             |      |
| 2. Lia Dekker        | 87  | DZ&PC      | 2:33.11   | zk. Linda de Vries  | 89  | Avéna       |      |
| 3. Kirsten Kompaan   | 84  | ZCNF'34    | 2:51.63 * | zk. Jolanda Clossen | 86  | Neptunia'24 |      |
| zk. M. Zwanenburg    | 86  | DZ&PC      |           |                     |     |             |      |

Nr. 33  
13-5-2007

200m vrije slag Heren

12 jaar en ouder  
Limiet 2:34.10

## Junioren 1

|                     | Jr. | Afk./depot | Tijd    |                       | Jr. | Afk./depot  | Tijd      |
|---------------------|-----|------------|---------|-----------------------|-----|-------------|-----------|
| 1. Maxim Veldhuis   | 94  | HZ&PC Heve | 2:20.03 |                       |     |             |           |
| 2. Willem Kees Roos | 94  | De Vikings | 2:24.48 | 5. Ramon Fredrik      | 94  | Wetterwille | 2:33.38   |
| 3. Maiko Postma     | 94  | DZ&PC      | 2:27.54 | 6. Mario Engelbertink | 94  | HZ&PC Heve  | 2:43.07 * |
| 4. Erik Nijholt     | 94  | ZCNF'34    | 2:31.68 |                       |     |             |           |

## Junioren 2

|                   | Jr. | Afk./depot | Tijd    |                 | Jr. | Afk./depot    | Tijd      |
|-------------------|-----|------------|---------|-----------------|-----|---------------|-----------|
| 1. Jorke Willemse | 93  | Orca       | 2:07.69 |                 |     |               |           |
| 2. Gavin Werf     | 93  | HZ&PC Heve | 2:15.77 | 5. Wouter Sikma | 93  | SG Bolsward-W | 2:20.98   |
| 3. Gijs Gertsen   | 93  | De Vikings | 2:16.17 | 6. Bauke Ytsma  | 93  | Wetterwille   | 2:29.44 * |
| 4. Sven Alkema    | 93  | De Vikings | 2:17.92 |                 |     |               |           |

## Junioren 3

|                    | Jr. | Afk./depot  | Tijd      |                         |    |                       |
|--------------------|-----|-------------|-----------|-------------------------|----|-----------------------|
| 1. Albert Dijkstra | 92  | DZ&PC       | 2:13.02   |                         |    |                       |
| 2. Erik de Nijs    | 92  | De Vikings  | 2:16.23   | 8. Rycklef Epema        | 92 | DZ&PC 2:24.04 *       |
| 3. Micheal Westers | 92  | De Vikings  | 2:18.22   | 9. Marwin Iedema        | 92 | DZ&PC 2:24.22 *       |
| 4. Aydin Hummel    | 92  | ZCNF'34     | 2:18.73   | 10. Maarten Manting     | 92 | De Vikings 2:24.94 *  |
| 5. Dennis Bos      | 92  | HZ&PC Heve  | 2:19.02   | 11. Christiaan van Dijk | 92 | HZ&PC Heve 2:25.53 *  |
| 6. Lindert Louwsma | 92  | Neptunia'24 | 2:21.25   | 12. Marco Krips         | 92 | Neptunia'24 2:27.90 * |
| 7. Haye Heidema    | 92  | ZPD         | 2:23.53 * |                         |    |                       |

## Junioren 4

|                       | Jr. | Afk./depot  | Tijd      |
|-----------------------|-----|-------------|-----------|
| 1. Chris van Vliet    | 91  | DZ&PC       | 2:06.36   |
| 2. Vincent van Iperen | 91  | Orca        | 2:07.20   |
| 3. Maarten Ornee      | 91  | Neptunia'24 | 2:20.31 * |
| 4. Eric Oord          | 91  | HZ&PC Heve  | 2:20.51 * |

## Jeugd 1

|                    | Jr. | Afk./depot | Tijd    |                     |    |                      |
|--------------------|-----|------------|---------|---------------------|----|----------------------|
| 1. Jelmer Meijer   | 90  | HZ&PC Heve | 2:08.99 |                     |    |                      |
| 2. Remco Kamps     | 90  | DZ&PC      | 2:11.27 | 4. Kevin Visser     | 90 | De Vikings 2:17.74 * |
| 3. Rudie Kirkenier | 90  | DZ&PC      | 2:14.84 | 5. Daan Delforterie | 90 | ZPD 2:18.79 *        |

## 17 - 18 jaar

|                       | Jr. | Afk./depot | Tijd    |                    |    |                      |
|-----------------------|-----|------------|---------|--------------------|----|----------------------|
| 1. Jorrit Visser      | 89  | DZ&PC      | 2:02.54 |                    |    |                      |
| 2. Sietse v/d Hoeven  | 89  | DZ&PC      | 2:04.60 | 5. Herman van Dijk | 89 | HZ&PC Heve 2:18.13 * |
| 3. Johannes de Boer   | 89  | De Granaet | 2:10.69 | 6. Dennis Mooij    | 89 | HZ&PC Heve 2:20.67 * |
| 4. Jelmer Waterlander | 88  | HZ&PC Heve | 2:10.77 |                    |    |                      |

## 19 jaar en ouder

|                     | Jr. | Afk./depot | Tijd      |
|---------------------|-----|------------|-----------|
| 1. Arjen v/d Meulen | 87  | DZ&PC      | 1:56.69   |
| 2. Marco Brouwer    | 86  | De Vikings | 2:13.92 * |

Nr. 34

100m schoolslag Dames

Senioren

13-5-2007

Limiet 1:39.30

## Minioren 6

|                  | Jr. | Afk./depot     | Tijd  |
|------------------|-----|----------------|-------|
| 1. Liza Salverda | 95  | SG Bolsward-Wo | 80.59 |

|                      |    |             |         |                      |    |            |         |    |
|----------------------|----|-------------|---------|----------------------|----|------------|---------|----|
| 2. Nynke Dijkstra    | 95 | HZ&PC Heve  | 1:33.03 | 10. Hjordis Wagenaar | 95 | HZ&PC Heve | 1:41.08 | *  |
| 3. Yolanda de Vegt   | 95 | ZCNF'34     | 1:34.31 | 11. Rianne Hartman   | 95 | Orca       | 1:41.93 | *  |
| 4. Andrea Bandstra   | 95 | Neptunia'24 | 1:34.93 | 12. Nenne Venema     | 95 | DZ&PC      | 1:41.95 | *  |
| 5. Sieta Ludema      | 95 | PWC         | 1:35.33 | 13. Jessie Smeding   | 95 | De Vikings | 1:42.21 | *  |
| 6. Bregje Tingen     | 95 | ZCNF'34     | 1:35.93 | 14. Karin Odinga     | 95 | De Skelp   | 1:43.58 | *  |
| 7. Myrna Gorter      | 95 | Neptunia'24 | 1:36.64 | dis. Esther Wijbenga | 95 | DZ&PC      |         | AA |
| 8. Elbrich Gerritsma | 95 | Avéna       | 1:37.86 | dis. Thea Baas       | 95 | PWC        |         | AA |
| 9. Laura Jongbloed   | 95 | Orca        | 1:40.28 |                      |    |            |         | *  |

## Junioren 1

|                       | Jr. | Afk./depot      | Tijd    |                     | Jr. | Afk./depot | Tijd    |   |
|-----------------------|-----|-----------------|---------|---------------------|-----|------------|---------|---|
| 1. Johanna de Boer    | 94  | ZPD             | 1:29.91 |                     |     |            |         |   |
| 2. Minke Betten       | 94  | DZ&PC           | 1:32.45 | 9. Claudia Damski   | 94  | DZ&PC      | 1:39.23 | * |
| 3. Sanne Zijlstra     | 94  | DZ&PC           | 1:33.05 | 10. Ilse Harskamp   | 94  | FZC'54     | 1:39.52 | * |
| 4. Aukje Zwart        | 94  | Avéna           | 1:34.86 | 11. Laura Terpstra  | 94  | Avéna      | 1:40.92 | * |
| 5. Sanne-Lobke Ijstra | 94  | SG Bolsward-Wob | 1:35.57 | 12. Anna Visser     | 94  | HZ&PC Heve | 1:41.44 | * |
| 6. Astrid Dijkstra    | 94  | De Vikings      | 1:37.60 | 13. Femke Groos     | 94  | DZ&PC      | 1:41.61 | * |
| 7. Anja Mus           | 94  | De Skelp        | 1:37.64 | 14. Lianne Terpstra | 94  | Orca       | 1:42.63 | * |
| 8. F. van der Gaast   | 94  | SG Bolsward-Wob | 1:38.04 | 15. Ilse Dammer     | 94  | De Granaet | 1:42.82 | * |

## Junioren 2

|                       | Jr. | Afk./depot  | Tijd    |                     | Jr. | Afk./depot | Tijd    |   |
|-----------------------|-----|-------------|---------|---------------------|-----|------------|---------|---|
| 1. Paula Duursma      | 93  | DZ&PC       | 1:23.86 |                     |     |            |         |   |
| 2. Grytsje Lanting    | 93  | Middelsé    | 1:29.47 | 7. Marije Jensma    | 93  | De Skelp   | 1:34.35 | * |
| 3. Mirjam Terlaakpoot | 93  | Avéna       | 1:31.96 | 8. Eline Ligthart   | 93  | De Vikings | 1:36.03 | * |
| 4. Hester Ludema      | 93  | PWC         | 1:32.82 | 9. Femke Hemstra    | 93  | De Skelp   | 1:36.28 | * |
| 5. Ankie v.d. Meer    | 93  | Neptunia'24 | 1:33.29 | 10. Fenna Meijer    | 93  | Orca       | 1:37.18 | * |
| 6. Eva Zwertbroek     | 93  | HZ&PC Heve  | 1:33.41 | 11. Maaïke de Wolff | 93  | Avéna      | 1:38.58 | * |

## Jeugd 1

|                    | Jr. | Afk./depot | Tijd    |                      | Jr. | Afk./depot | Tijd    |   |
|--------------------|-----|------------|---------|----------------------|-----|------------|---------|---|
| 1. Joyce Durken    | 92  | Orca       | 1:23.49 |                      |     |            |         |   |
| 2. Lotte Nienhuis  | 92  | Avéna      | 1:29.20 | 4. Jolien Bleichrodt | 92  | De Vikings | 1:31.95 | * |
| 3. Amarens Gaikema | 92  | DZ&PC      | 1:29.97 | 5. Nelleke Bos       | 92  | De Vikings | 1:37.60 | * |

## Jeugd 2

|                        | Jr. | Afk./depot | Tijd    |                     | Jr. | Afk./depot  | Tijd    |   |
|------------------------|-----|------------|---------|---------------------|-----|-------------|---------|---|
| 1. Nynke Nolles        | 91  | HZ&PC Heve | 1:26.45 |                     |     |             |         |   |
| 2. Fransiska Beijgaard | 91  | De Granaet | 1:28.31 | 4. Baukje Brattinga | 91  | Wetterwille | 1:34.64 | * |
| 3. Yolanda Schoo       | 91  | De Skelp   | 1:29.08 | zk. Rixt Zijlstra   | 91  | De Granaet  |         |   |

## Senioren 1

|                       | Jr. | Afk./depot | Tijd      |                   |    |       |           |
|-----------------------|-----|------------|-----------|-------------------|----|-------|-----------|
| 1. Annemiek Nijkraake | 90  | De Granaet | 1:26.20   |                   |    |       |           |
| 2. Miranda Bijzitter  | 90  | ZCNF'34    | 1:29.76 * | 4. Nynke Gaikema  | 90 | DZ&PC | 1:31.11 * |
| 3. Wiepkje Venema     | 90  | HZ&PC Heve | 1:29.81 * | 5. Ineke v/d Veen | 90 | DZ&PC | 1:32.51 * |

## 17 jaar en ouder

|                      | Jr. | Afk./depot | Tijd      |                      |    |             |           |
|----------------------|-----|------------|-----------|----------------------|----|-------------|-----------|
| 1. M. Zwanenburg     | 86  | DZ&PC      | 1:13.66   |                      |    |             |           |
| 2. Lia Dekker        | 87  | DZ&PC      | 1:18.63   | 6. Nienke Barneveld  | 89 | ZCNF'34     | 1:30.63 * |
| 3. Karin van Dijk    | 86  | DZ&PC      | 1:20.87   | zk. Rixt Witteveen   | 88 | HZ&PC Heve  |           |
| 4. Tessa van der Wal | 87  | HZ&PC Heve | 1:28.49 * | zk. Linda de Vries   | 89 | Avéna       |           |
| 5. Marjon Hollander  | 84  | DZ&PC      | 1:29.18 * | zk. Brecht Witteveen | 85 | Neptunia'24 |           |

Nr. 35

100m vlinderslag Heren

Senioren

13-5-2007

Limiet 1:30.00

## Minioren 6

|                 | Jr. | Afk./depot | Tijd      |
|-----------------|-----|------------|-----------|
| 1. Pieter Ytsma | 95  | De Granaet | 1:33.28 * |

## Junioren 1

|                       | Jr. | Afk./depot  | Tijd      |
|-----------------------|-----|-------------|-----------|
| 1. Maxim Veldhuis     | 94  | HZ&PC Heve  | 1:13.60   |
| 2. Ramon Fredrik      | 94  | Wetterwille | 1:18.14   |
| 3. Mario Engelbertink | 94  | HZ&PC Heve  | 1:31.49 * |

## Junioren 3

|                   | Jr. | Afk./depot | Tijd    |                    |    |            |           |
|-------------------|-----|------------|---------|--------------------|----|------------|-----------|
| 1. Jappie Jongsma | 92  | De Granaet | 1:07.47 |                    |    |            |           |
| 2. Thomas Veltman | 92  | De Granaet | 1:08.58 | 4. Aydin Hummel    | 92 | ZCNF'34    | 1:14.25   |
| 3. Dennis Bos     | 92  | HZ&PC Heve | 1:14.14 | 5. Maarten Manting | 92 | De Vikings | 1:15.61 * |

## Junioren 4

|                       | Jr. | Afk./depot  | Tijd      |
|-----------------------|-----|-------------|-----------|
| 1. Vincent van Iperen | 91  | Orca        | 1:05.54   |
| 2. Chris van Vliet    | 91  | DZ&PC       | 1:07.10   |
| 3. Rick Mooij         | 91  | HZ&PC Heve  | 1:12.00   |
| 4. Ruben Post         | 91  | Neptunia'24 | 1:16.15 * |

## Jeugd 1

|                     | Jr. | Afk./depot | Tijd    |
|---------------------|-----|------------|---------|
| 1. Jelmer Meijer    | 90  | HZ&PC Heve | 1:05.44 |
| 2. Remco Kamps      | 90  | DZ&PC      | 1:10.97 |
| 3. Daan Delforferie | 90  | ZPD        | 1:11.08 |

## 17 - 18 jaar

|                    | Jr. | Afk./depot | Tijd    |                      | Jr. | Afk./depot  | Tijd      |
|--------------------|-----|------------|---------|----------------------|-----|-------------|-----------|
| 1. Dennis Mooij    | 89  | HZ&PC Heve | 57.59   |                      |     |             |           |
| 2. Marein Boonstra | 88  | HZ&PC Heve | 1:02.84 | 5. Roukebert de Boer | 89  | ZPD         | 1:15.38 * |
| 3. Jorrit Visser   | 89  | DZ&PC      | 1:06.89 | 6. Jorn Post         | 89  | Neptunia'24 | 1:15.72 * |
| 4. Jildert Prins   | 89  | FZC'54     | 1:09.72 |                      |     |             |           |

## 19 jaar en ouder

|                         | Jr. | Afk./depot  | Tijd      |                        | Jr. | Afk./depot  | Tijd      |
|-------------------------|-----|-------------|-----------|------------------------|-----|-------------|-----------|
| 1. Willem Jan v/d Vegte | 87  | DZ&PC       | 1:02.46   |                        |     |             |           |
| 2. Martin Gildemeester  | 80  | DZ&PC       | 1:03.18   | 5. Jan Jaap Orneé      | 86  | Neptunia'24 | 1:09.53 * |
| 3. Anne Huininga        | 86  | HZ&PC Heve  | 1:07.13   | zk. Maarten Postma     | 83  | Wetterwille |           |
| 4. Michael de Roos      | 87  | Neptunia'24 | 1:08.65 * | zk. Andries Zwanenburg | 83  | Avéna       |           |

Nr. 36  
13-5-2007

400m vrije slag Dames

Senioren  
Limiet 5:46.50

## Minioren 6

|                   | Jr. | Afk./depot | Tijd      |
|-------------------|-----|------------|-----------|
| 1. Femke Leenstra | 95  | De Granaet | 5:29.76   |
| 2. Freya Holwerda | 95  | Orca       | 5:47.90 * |

## Junioren 1

|                      | Jr. | Afk./depot | Tijd    |
|----------------------|-----|------------|---------|
| 1. Fiona van Heerde  | 94  | De Vikings | 5:06.02 |
| 2. Aukje Zwart       | 94  | Avéna      | 5:18.32 |
| 3. Charissa Zijlstra | 94  | ZPD        | 5:18.65 |
| 4. Tineke Wind       | 94  | DZ&PC      | 5:32.61 |

## Junioren 2

|                      | Jr. | Afk./depot | Tijd    |                    | Jr. | Afk./depot | Tijd      |
|----------------------|-----|------------|---------|--------------------|-----|------------|-----------|
| 1. Maxime de Wilde   | 93  | DZ&PC      | 5:05.82 |                    |     |            |           |
| 2. Josephine Meerman | 93  | DZ&PC      | 5:10.89 | 5. Geeske Wind     | 93  | DZ&PC      | 5:26.75   |
| 3. Michelle Oomkens  | 93  | De Vikings | 5:11.15 | 6. Margot Schulpen | 93  | FZC'54     | 5:34.55 * |
| 4. Iris Rozema       | 93  | FZC'54     | 5:21.64 |                    |     |            |           |

## Jeugd 1

|                      | Jr. | Afk./depot | Tijd    |
|----------------------|-----|------------|---------|
| 1. Nanda de Vries    | 92  | HZ&PC Heve | 5:08.56 |
| 2. Anna-Jetske Baron | 92  | FZC'54     | 5:14.53 |
| 3. Lysbeth Wiersma   | 92  | HZ&PC Heve | 5:15.61 |

## Jeugd 2

|                    | Jr. | Afk./depot | Tijd |
|--------------------|-----|------------|------|
| zk. Simone v/d Wal | 91  | DZ&PC      |      |

## Senioren 1

|                       | Jr. | Afk./depot | Tijd    |
|-----------------------|-----|------------|---------|
| 1. Nicky de Wilde     | 90  | DZ&PC      | 5:03.80 |
| 2. Gerbranda Beijaard | 90  | De Granaet | 5:05.25 |

## 17 jaar en ouder

|                      | Jr. | Afk./depot  | Tijd      |
|----------------------|-----|-------------|-----------|
| 1. Marloes Oldenburg | 88  | Orca        | 4:38.85   |
| 2. Monique van Vliet | 89  | DZ&PC       | 4:59.32   |
| 3. Berber Veenstra   | 84  | FZC'54      | 5:01.98   |
| 4. Jolanda Cnossen   | 86  | Neptunia'24 | 5:09.33 * |

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13-5-2007

4 x 100m vrije slag Heren

Senioren  
Limiet 4:25.00

## 16 jaar en ouder

|                                  |    |         |         | Afk./depot            |    | Tijd            |
|----------------------------------|----|---------|---------|-----------------------|----|-----------------|
| <b>1. DZ&amp;PC 6</b>            |    |         |         | <b>DZ&amp;PC</b>      |    | <b>3:40.25</b>  |
| Willem Jan v/d Vegte             | 87 | 54.95   | 54.95   | Martin Gildemeester   | 80 | 56.18 2:46.34   |
| Jorrit Visser                    | 89 | 55.21   | 1:50.16 | Arjen v/d Meulen      | 87 | 53.91 3:40.25   |
| <b>2. HZ&amp;PC Heerenveen 1</b> |    |         |         | <b>HZ&amp;PC Heve</b> |    | <b>3:42.50</b>  |
| Jelmer Waterlander               | 88 | 56.77   | 56.77   | Marein Boonstra       | 88 | 56.98 2:50.53   |
| Janco Nolles                     | 89 | 56.78   | 1:53.55 | Dennis Mooij          | 89 | 51.97 3:42.50   |
| <b>3. DZ&amp;PC 7</b>            |    |         |         | <b>DZ&amp;PC</b>      |    | <b>3:55.41</b>  |
| Remco Kamps                      | 90 | 58.05   | 58.05   | Alan Slomp            | 87 | 1:00.18 2:57.96 |
| Jaap v/d Vegte                   | 88 | 59.73   | 1:57.78 | Sietse v/d Hoeven     | 89 | 57.45 3:55.41   |
| <b>4. De Granaet 1</b>           |    |         |         | <b>De Granaet</b>     |    | <b>4:06.36</b>  |
| Harm Rozenga                     | 89 | 1:03.88 | 1:03.88 | Johannes de Boer      | 89 | 1:00.63 3:08.13 |
| Rutger van Dijk                  | 89 | 1:03.62 | 2:07.50 | Marco Kraayeveld      | 88 | 58.23 4:06.36   |
| <b>5. Neptunia'24 1</b>          |    |         |         | <b>Neptunia'24</b>    |    | <b>4:06.98</b>  |
| Jan Jaap Orneé                   | 86 | 1:01.88 | 1:01.88 | Jorn Post             | 89 | 1:03.68 3:05.41 |
| Michael de Roos                  | 87 | 59.85   | 2:01.73 | Jelmer Bakker         | 88 | 1:01.57 4:06.98 |
| <b>6. De Vikings 1</b>           |    |         |         | <b>De Vikings</b>     |    | <b>4:07.44</b>  |
| Micheal Westers                  | 92 | 1:01.06 | 1:01.06 | Erik de Nijs          | 92 | 14.78 2:18.71   |
| Sven Alkema                      | 93 | 1:02.87 | 2:03.93 | Gijs Gertsen          | 93 | 1:48.73 4:07.44 |

|                                   |    |         |         | Afk./depot            | Tijd             |         |         |
|-----------------------------------|----|---------|---------|-----------------------|------------------|---------|---------|
| <b>7. ZPD 1</b>                   |    |         |         | <b>ZPD</b>            | <b>4:08.14</b>   |         |         |
| Hendrik Ben v/d Boon              | 88 | 1:02.55 | 1:02.55 | Oane van der Heide    | 87               | 1:00.62 | 3:07.59 |
| Daan Delforterie                  | 90 | 1:04.42 | 2:06.97 | Roelof de Jong        | 89               | 1:00.55 | 4:08.14 |
| <b>8. HZ&amp;PC Heerenveen 2</b>  |    |         |         | <b>HZ&amp;PC Heve</b> | <b>4:10.14 *</b> |         |         |
| Rick Mooij                        | 91 | 1:01.40 | 1:01.40 | Christiaan van Dijk   | 92               | 1:01.08 | 3:08.66 |
| Gavin Werf                        | 93 | 1:06.18 | 2:07.58 | Dennis Bos            | 92               | 1:01.48 | 4:10.14 |
| <b>9. DZ&amp;PC 8</b>             |    |         |         | <b>DZ&amp;PC</b>      | <b>4:11.17 *</b> |         |         |
| Albert Dijkstra                   | 92 | 1:00.43 | 1:00.43 | Rycklef Epema         | 92               | 1:05.11 | 3:12.93 |
| Maiko Postma                      | 94 | 1:07.39 | 2:07.82 | Chris van Vliet       | 91               | 58.24   | 4:11.17 |
| <b>10. De Vikings 2</b>           |    |         |         | <b>De Vikings</b>     | <b>4:12.12 *</b> |         |         |
| Marco Brouwer                     | 86 | 1:00.73 | 1:00.73 | Kevin Visser          | 90               | 1:01.54 | 3:06.90 |
| Sjouke van Velzen                 | 91 | 1:04.63 | 2:05.36 | Maarten Manting       | 92               | 1:05.22 | 4:12.12 |
| <b>11. De Granaet 2</b>           |    |         |         | <b>De Granaet</b>     | <b>4:19.13 *</b> |         |         |
| Thomas Veltman                    | 92 | 1:02.02 | 1:02.02 | Jappie Jongsma        | 92               | 1:06.85 | 3:18.59 |
| Henk-Jan Verkaik                  | 93 | 1:09.72 | 2:11.74 | Symen de Jong         | 91               | 1:00.54 | 4:19.13 |
| <b>12. Neptunia'24 2</b>          |    |         |         | <b>Neptunia'24</b>    | <b>4:21.51 *</b> |         |         |
| Lindert Louwsma                   | 92 | 1:04.26 | 1:04.26 | Marco Krips           | 92               | 1:08.09 | 3:14.89 |
| Maarten Ornee                     | 91 | 1:02.54 | 2:06.80 | Ruben Post            | 91               | 1:06.62 | 4:21.51 |
| <b>13. HZ&amp;PC Heerenveen 3</b> |    |         |         | <b>HZ&amp;PC Heve</b> | <b>4:44.59 *</b> |         |         |
| Maxim Veldhuis                    | 94 | 1:05.10 | 1:05.10 | Eric Oord             | 91               | 1:05.45 | 3:29.99 |
| Sander Akkerman                   | 95 | 1:19.44 | 2:24.54 | Mario Engelbertink    | 94               | 1:14.60 | 4:44.59 |
| <b>14. Wetterwille 1</b>          |    |         |         | <b>Wetterwille</b>    | <b>5:00.44 *</b> |         |         |
| Lennart van Ligtenberg            | 95 | 1:24.71 | 1:24.71 | Ramon Fredrik         | 94               | 1:12.40 | 3:51.85 |
| Dirk van der Eems                 | 95 | 1:14.74 | 2:39.45 | Bauke Ytsma           | 93               | 1:08.59 | 5:00.44 |

Nr. 38  
13-5-2007

4 x 100m wissel­slag Dames

Senioren  
Limiet 5:25.00

Senioren

|                                  |    |         |         | Afk./depot            | Tijd             |         |         |
|----------------------------------|----|---------|---------|-----------------------|------------------|---------|---------|
| <b>1. DZ&amp;PC 8</b>            |    |         |         | <b>DZ&amp;PC</b>      | <b>4:43.25</b>   |         |         |
| Lia Dekker                       | 87 | 1:12.41 | 1:12.41 | Marjon Hollander      | 84               | 1:10.79 | 3:36.89 |
| Margriet Zwanenburg              | 86 | 1:13.69 | 2:26.10 | Monique van Vliet     | 89               | 1:06.36 | 4:43.25 |
| <b>2. DZ&amp;PC 9</b>            |    |         |         | <b>DZ&amp;PC</b>      | <b>4:53.03</b>   |         |         |
| Simone v/d Wal                   | 91 | 1:11.14 | 1:11.14 | Maa­ike Karsten       | 91               | 1:16.69 | 3:48.64 |
| Karin van Dijk                   | 86 | 1:20.81 | 2:31.95 | Nicky de Wilde        | 90               | 1:04.39 | 4:53.03 |
| <b>3. De Granaet 1</b>           |    |         |         | <b>De Granaet</b>     | <b>4:55.87</b>   |         |         |
| Ilse Kraayeveld                  | 90 | 1:08.82 | 1:08.82 | Gerbranda Bei­jaard   | 90               | 1:14.44 | 3:49.15 |
| Annemiek Nijkrake                | 90 | 1:25.89 | 2:34.71 | Jelly Esther Tadema   | 88               | 1:06.72 | 4:55.87 |
| <b>4. HZ&amp;PC Heerenveen 1</b> |    |         |         | <b>HZ&amp;PC Heve</b> | <b>4:59.34</b>   |         |         |
| Wendan Poelstra                  | 91 | 1:08.46 | 1:08.46 | Berdie Meijer         | 83               | 1:20.52 | 3:54.74 |
| Nynke Nolles                     | 91 | 1:25.76 | 2:34.22 | Wiepkje Venema        | 90               | 1:04.60 | 4:59.34 |
| <b>5. DZ&amp;PC 10</b>           |    |         |         | <b>DZ&amp;PC</b>      | <b>5:13.28 *</b> |         |         |
| Maxime de Wilde                  | 93 | 1:17.49 | 1:17.49 | Minke Betten          | 94               | 1:22.19 | 4:04.67 |
| Paula Duursma                    | 93 | 1:24.99 | 2:42.48 | Josephine Meerman     | 93               | 1:08.61 | 5:13.28 |
| <b>6. HZ&amp;PC Heerenveen 2</b> |    |         |         | <b>HZ&amp;PC Heve</b> | <b>5:27.55 *</b> |         |         |
| Anna Visser                      | 94 | 1:18.67 | 1:18.67 | Myrthe Sytsema        | 95               | 1:25.53 | 4:15.54 |
| Nynke Dijkstra                   | 95 | 1:31.34 | 2:50.01 | Eva Zwertbroek        | 93               | 1:12.01 | 5:27.55 |

## Voortzetting nr. 38 4 x 100m wisselslag Dames Senioren

|      |                     |    |         | Afk./depot |                  | Tijd    |                 |
|------|---------------------|----|---------|------------|------------------|---------|-----------------|
| 7.   | DZ&PC 11            |    |         | DZ&PC      |                  | 5:31.12 | *               |
|      | Tineke Wind         | 94 | 1:24.05 | 1:24.05    | Geeske Wind      | 93      | 1:27.05 4:23.16 |
|      | Sanne Zijlstra      | 94 | 1:32.06 | 2:56.11    | Femke Groos      | 94      | 1:07.96 5:31.12 |
| 8.   | De Granaet 2        |    |         | De Granaet |                  | 5:38.93 | *               |
|      | Marissa Lindemulder | 93 | 1:22.69 | 1:22.69    | Femke Leenstra   | 95      | 1:30.89 4:27.78 |
|      | Inge Zijlstra       | 93 | 1:34.20 | 2:56.89    | Femke de Jong    | 93      | 1:11.15 5:38.93 |
| dis. | De Vikings 1        |    |         | De Vikings |                  |         | EA              |
|      | Michelle Oomkens    | 93 | 1:20.73 | 1:20.73    | Jessie Smeding   | 95      | -:--:--         |
|      | Eline Ligthart      | 93 | 1:35.93 | 2:56.66    | Fiona van Heerde | 94      | -:--:--         |