

2 - FWK 2008 dag 2

6.1.08 - 9:30

Programmanr. 12 Heren, 200m wisselslag Heren Senioren Open
6.1.08 - 9:30 Resultaten

FWK 2008 Heerenveen Jgd 1: 2:40.00; Jgd 2: 2:38.90; Jun 1: 2:59.50; Jun 3: 2:47.50; Jun 4: 2:44.00; 18 +: 2:36.40

| Rang | | | Tijd |
|---------------------------|-----------------|--------------------|----------------|
| Jongens Junioren 1 | | | |
| 1. | Pieter Ytsma | 9501809 De Granaet | 2:52.55 |
| 2. | Bart Bekkema | 9502133 De Forel | 2:58.09 |
| 3. | Myrdin Willemse | 9500951 ORCA | 2:58.79 |

| | | | |
|---------------------------|--------------------|--------------------------|----------------|
| Jongens Junioren 2 | | | |
| 1. | Maxim Veldhuis | 9400195 HZ&PC Heerenveen | 2:32.54 |
| 2. | Willem Kees Roos | 9402693 De Vikings | 2:37.40 |
| 3. | Maiko Postma | 9400963 DZ&PC | 2:44.79 |
| 4. | Erik Nijholt | 9401349 ZCNF'34 | 2:46.60 |
| 5. | Robert Westerdijk | 9402139 Neptunia'24 | 2:49.77 |
| 6. | Mario Engelbertink | 9400235 HZ&PC Heerenveen | 2:56.57 |

| | | | |
|---------------------------|--------------------|--------------------------|----------------|
| Jongens Junioren 3 | | | |
| 1. | Jorke Willemse | 9301977 ORCA | 2:18.91 |
| 2. | Gavin van der Werf | 9302971 HZ&PC Heerenveen | 2:19.66 |
| 3. | Gijs Gertsen | 9303485 De Vikings | 2:30.99 |
| 4. | Sven Alkema | 9303083 De Vikings | 2:31.52 |
| 5. | Arno Nieuwhof | 9302375 FZC'54 | 2:35.94 |
| 6. | Henk-Jan Verkaik | 9305447 De Granaet | 2:42.78 |
| 7. | Pieter Groos | 9304907 DZ&PC | 2:49.92 |
| 8. | Bauke Ytsma | 9301131 Wetterwille | 2:50.97 |
| 9. | Sietse Wijbenga | 9301967 ZPD | 2:51.25 |

| | | | |
|---------------------------|---------------------|--------------------------|----------------|
| Jongens Junioren 4 | | | |
| 1. | Dennis Bos | 9201965 HZ&PC Heerenveen | 2:24.23 |
| 2. | Thomas Veltman | 9201355 De Granaet | 2:24.75 |
| 3. | Jappie Jongsma | 9204249 De Granaet | 2:26.18 |
| 4. | Aydin Hummel | 9201577 ZCNF'34 | 2:29.68 |
| 5. | Micheal Westers | 9204263 De Vikings | 2:36.30 |
| 6. | Erik de Nijs | 9204259 De Vikings | 2:36.74 |
| 7. | Alex Odinga | 9205557 De Skelp | 2:40.03 |
| 8. | Christiaan van Dijk | 9200245 HZ&PC Heerenveen | 2:43.38 |
| 9. | Rycklef Epema | 9202787 DZ&PC | 2:46.17 |
| 10. | Tom Vermeeren | 9202431 ORCA | 2:48.80 |

| | | | |
|--|---------------|--------------------------|----------------|
| Heren Jeugd 1 | | | |
| 1. | Rick Mooij | 9106571 HZ&PC Heerenveen | 2:28.59 |
| 2. | Eric Oord | 9103983 HZ&PC Heerenveen | 2:34.45 |
| 3. | Symen de Jong | 9106979 De Granaet | 2:48.57 |
| DIS | Ruben Post | 9106623 Neptunia'24 | 2:41.03 |
| <i>RD - Rugligging verlaten en stuwbewegingen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | | |

| | | | |
|----------------------|-----------------|--------------------------|----------------|
| Heren Jeugd 2 | | | |
| 1. | Jelmer Meijer | 9001961 HZ&PC Heerenveen | 2:16.28 |
| 2. | Rudie Kirkenier | 9001537 DZ&PC | 2:27.15 |

Programmanr. 12, Jongens, 200m wisselslag, Heren Jeugd 2

| Rang | | | Tijd |
|------|--------------|--------------------|----------------|
| 3. | Kevin Visser | 9006239 De Vikings | 2:33.00 |

18 jaar en ouder

| | | | |
|-----|---------------------|--------------------------|----------------|
| 1. | Arjen v/d Meulen | 8702223 DZ&PC | 2:08.82 |
| 2. | Jorrit Visser | 8903393 DZ&PC | 2:13.08 |
| 3. | Jaap v/d Vegte | 8803485 DZ&PC | 2:15.74 |
| 4. | Michiel Punter | 8401823 ORCA | 2:16.21 |
| 5. | Sietse v/d Hoeven | 8901281 DZ&PC | 2:18.08 |
| 6. | Bart v/d Hoeven | 8701379 DZ&PC | 2:24.28 |
| 7. | René Beetsma | 6900069 DZ&PC | 2:25.72 |
| 8. | Sidney de Roos | 8902647 Neptunia'24 | 2:27.09 |
| 9. | Jildert Prins | 8902509 FZC'54 | 2:27.43 |
| 10. | Oane van der Heide | 8704903 ZPD | 2:27.86 |
| 11. | Herman van Dijk | 8900691 HZ&PC Heerenveen | 2:27.94 |
| 12. | Johannes de Boer | 8900293 De Granaet | 2:27.97 |
| 13. | Michael de Roos | 8702809 Neptunia'24 | 2:29.57 |
| 14. | Rutger van Dijk | 8900695 De Granaet | 2:32.48 |
| 15. | Sikke Kooistra | 8301179 Avena | 2:34.56 |
| 16. | Alan Slomp | 8703071 DZ&PC | 2:39.07 |
| NG | Sjors Hemmen | 8901191 De Granaet | |
| NG | Jelmer Bakker | 8805293 Neptunia'24 | |
| NG | Harmen van der Werf | 8402989 De Vikings | |

Heren Senioren Open

| | | | |
|-----|--------------------|--------------------------|----------------|
| 1. | Arjen v/d Meulen | 8702223 DZ&PC | 2:08.82 |
| 2. | Jorrit Visser | 8903393 DZ&PC | 2:13.08 |
| 3. | Jaap v/d Vegte | 8803485 DZ&PC | 2:15.74 |
| 4. | Michiel Punter | 8401823 ORCA | 2:16.21 |
| 5. | Jelmer Meijer | 9001961 HZ&PC Heerenveen | 2:16.28 |
| 6. | Sietse v/d Hoeven | 8901281 DZ&PC | 2:18.08 |
| 7. | Jorke Willemse | 9301977 ORCA | 2:18.91 |
| 8. | Gavin van der Werf | 9302971 HZ&PC Heerenveen | 2:19.66 |
| 9. | Dennis Bos | 9201965 HZ&PC Heerenveen | 2:24.23 |
| 10. | Bart v/d Hoeven | 8701379 DZ&PC | 2:24.28 |
| 11. | Thomas Veltman | 9201355 De Granaet | 2:24.75 |
| 12. | René Beetsma | 6900069 DZ&PC | 2:25.72 |
| 13. | Jappie Jongasma | 9204249 De Granaet | 2:26.18 |
| 14. | Sidney de Roos | 8902647 Neptunia'24 | 2:27.09 |
| 15. | Rudie Kirkenier | 9001537 DZ&PC | 2:27.15 |
| 16. | Jildert Prins | 8902509 FZC'54 | 2:27.43 |
| 17. | Oane van der Heide | 8704903 ZPD | 2:27.86 |
| 18. | Herman van Dijk | 8900691 HZ&PC Heerenveen | 2:27.94 |
| 19. | Johannes de Boer | 8900293 De Granaet | 2:27.97 |
| 20. | Rick Mooij | 9106571 HZ&PC Heerenveen | 2:28.59 |
| 21. | Michael de Roos | 8702809 Neptunia'24 | 2:29.57 |
| 22. | Aydin Hummel | 9201577 ZCNF'34 | 2:29.68 |
| 23. | Gijs Gertsen | 9303485 De Vikings | 2:30.99 |
| 24. | Sven Alkema | 9303083 De Vikings | 2:31.52 |
| 25. | Rutger van Dijk | 8900695 De Granaet | 2:32.48 |
| 26. | Maxim Veldhuis | 9400195 HZ&PC Heerenveen | 2:32.54 |
| 27. | Kevin Visser | 9006239 De Vikings | 2:33.00 |
| 28. | Eric Oord | 9103983 HZ&PC Heerenveen | 2:34.45 |
| 29. | Sikke Kooistra | 8301179 Avena | 2:34.56 |
| 30. | Arno Nieuwhof | 9302375 FZC'54 | 2:35.94 |

Programmanr. 12, Heren, 200m wisselslag, Heren Senioren Open

| Rang | | | Tijd |
|------|--|--------------------------|----------------|
| 31. | Micheal Westers | 9204263 De Vikings | 2:36.30 |
| 32. | Erik de Nijs | 9204259 De Vikings | 2:36.74 |
| 33. | Willem Kees Roos | 9402693 De Vikings | 2:37.40 |
| 34. | Alan Slomp | 8703071 DZ&PC | 2:39.07 |
| 35. | Alex Odinga | 9205557 De Skelp | 2:40.03 |
| 36. | Henk-Jan Verkaik | 9305447 De Granaet | 2:42.78 |
| 37. | Christiaan van Dijk | 9200245 HZ&PC Heerenveen | 2:43.38 |
| 38. | Maiko Postma | 9400963 DZ&PC | 2:44.79 |
| 39. | Rycklef Epema | 9202787 DZ&PC | 2:46.17 |
| 40. | Erik Nijholt | 9401349 ZCNF'34 | 2:46.60 |
| 41. | Symen de Jong | 9106979 De Granaet | 2:48.57 |
| 42. | Tom Vermeeren | 9202431 ORCA | 2:48.80 |
| 43. | Robert Westerdijk | 9402139 Neptunia'24 | 2:49.77 |
| 44. | Pieter Groos | 9304907 DZ&PC | 2:49.92 |
| 45. | Bauke Ytsma | 9301131 Wetterwille | 2:50.97 |
| 46. | Sietse Wijbenga | 9301967 ZPD | 2:51.25 |
| 47. | Pieter Ytsma | 9501809 De Granaet | 2:52.55 |
| 48. | Mario Engelbertink | 9400235 HZ&PC Heerenveen | 2:56.57 |
| 49. | Bart Bekkema | 9502133 De Forel | 2:58.09 |
| 50. | Myrdin Willemse | 9500951 ORCA | 2:58.79 |
| DIS | Ruben Post | 9106623 Neptunia'24 | 2:41.03 |
| | <i>RD - Rugligging verlaten en stuwbewegingen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | |
| NG | Sjors Hemmen | 8901191 De Granaet | |
| NG | Jelmer Bakker | 8805293 Neptunia'24 | |
| NG | Harmen van der Werf | 8402989 De Vikings | |

Programmanr. 13
6.1.08 - 9:51

Dames, 100m schoolslag

Dames Senioren Open
Resultaten

FWK 2008 Heerenveen Jgd 1: 1:31.90; Jgd 2: 1:31.00; Jun 1: 1:38.80; Jun 2: 1:35.20; Jun 3: 1:32.80; 16 +: 1:30.00

| Rang | | | Tijd |
|---------------------------|--|--------------------------|------------------|
| Meisjes Junioren 1 | | | |
| 1. | Lisa Rozema | 9600860 FZC'54 | 1:32.75 |
| 2. | Simone Mus | 9601932 De Skelp | 1:33.46 1 |
| 3. | Cynthia Verkaik | 9601288 De Granaet | 1:33.81 |
| 4. | Mirthe Alkema | 9603616 De Vikings | 1:34.16 |
| 5. | Rixt Menger | 9602052 DZ&PC | 1:36.74 |
| 6. | Irene Dotinga | 9603516 Neptunia'24 | 1:37.58 |
| DIS | Aniek Bergsma | 9601088 De Forel | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | |
| DIS | Jill Muller | 9600728 DZ&PC | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | |
| DIS | Reina Dijkstra | 9600342 HZ&PC Heerenveen | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | |
| Meisjes Junioren 2 | | | |
| 1. | Liza Salverda | 9500570 ORCA | 1:24.52 |
| 2. | Nynke Dijkstra | 9501242 HZ&PC Heerenveen | 1:28.90 |
| 3. | Yolanda de Vegt | 9500328 ZCNF'34 | 1:30.54 |
| 4. | Myrna Gorter | 9503158 Neptunia'24 | 1:31.08 |
| 5. | Andrea Bandstra | 9501520 Neptunia'24 | 1:31.81 |
| 6. | Hjordis Wagenaar | 9502170 HZ&PC Heerenveen | 1:33.45 |
| 7. | Lenneke Muggen | 9500128 HZ&PC Heerenveen | 1:33.46 2 |

Programmanr. 13, Meisjes, 100m schoolslag, Meisjes Junioren 2

| Rang | | | Tijd |
|------|-------------------|------------------------|---------|
| 8. | Esther Wijbenga | 9503584 DZ&PC | 1:33.70 |
| 9. | Nenne Venema | 9503586 DZ&PC | 1:33.88 |
| 10. | Elbrich Gerritsma | 9500472 Avena | 1:33.89 |
| 11. | Rixt Wilbers | 9503480 De Granaet | 1:34.93 |
| 12. | Anouk Ytsma | 9503858 Wetterwille | 1:35.84 |
| 13. | Bregje Tingen | 9500960 ZCNF'34 | 1:36.60 |
| 14. | Laura Jongbloed | 9503356 ORCA | 1:36.93 |
| 15. | Karin Odinga | 9502296 De Skelp | 1:37.44 |
| 16. | Marije v/d Ploeg | 9502312 ZPD | 1:38.29 |
| NG | Sieta Ludema | 9500436 PWC Buitenpost | |

Meisjes Junioren 3

| | | | |
|-----|-------------------|--------------------|---------|
| 1. | Fiona van Heerde | 9403660 De Vikings | 1:25.57 |
| 2. | Johanna de Boer | 9403944 ZPD | 1:25.78 |
| 3. | Aukje Zwart | 9402916 Avena | 1:28.63 |
| 4. | Minke Betten | 9404012 DZ&PC | 1:28.87 |
| 5. | Astrid Dijkstra | 9403662 De Vikings | 1:29.57 |
| 6. | Claudia Damski | 9402346 DZ&PC | 1:29.83 |
| 7. | Sanne Zijlstra | 9401968 DZ&PC | 1:31.15 |
| 8. | Amarins Menger | 9406716 ORCA | 1:31.84 |
| 9. | Anja Mus | 9403928 De Skelp | 1:33.30 |
| 10. | Charissa Zijlstra | 9402514 ZPD | 1:34.74 |

Dames Jeugd 1

| | | | |
|-----|--------------------|--------------------------|-----------|
| 1. | Paula Duursma | 9300982 DZ&PC | 1:20.56 |
| 2. | Josephine Meerman | 9304258 DZ&PC | 1:27.85 |
| 3. | Ankie v.d. Meer | 9300504 Neptunia'24 | 1:28.20 |
| 4. | Eva Zwertbroek | 9302340 HZ&PC Heerenveen | 1:29.11 |
| 5. | Marije Jensma | 9302332 De Skelp | 1:30.40 1 |
| 5. | Eline Ligthart | 9301706 De Vikings | 1:30.40 2 |
| 7. | Renske de Groot | 9300276 DZ&PC | 1:31.53 |
| 8. | Mirjam Terlaakpoot | 9303990 Avena | 1:31.62 |
| 9. | Maaïke de Wolff | 9305422 Avena | 1:31.88 |
| 10. | Soraya Visser | 9302732 De Granaet | 1:32.64 |
| 11. | Hester Ludema | 9300482 PWC Buitenpost | 1:32.75 |
| 12. | Yvonne Dotinga | 9306096 Neptunia'24 | 1:33.81 |
| 13. | Femke Hemstra | 9305466 De Skelp | 1:35.09 |
| 14. | Sytske Kooistra | 9305476 ZPD | 1:38.35 |

Dames Jeugd 2

| | | | |
|----|-------------------|--------------------------|-----------|
| 1. | Joyce Duurken | 9205938 ORCA | 1:18.40 |
| 2. | Anna-Jetske Baron | 9203044 FZC'54 | 1:25.25 1 |
| 3. | Jolien Bleichrodt | 9203650 De Vikings | 1:28.12 |
| 4. | Amarens Gaikema | 9203528 DZ&PC | 1:28.82 |
| 5. | Lotte Nienhuis | 9205256 Avena | 1:30.87 |
| 6. | Jannie de Boer | 9202662 Wetterwille | 1:36.96 |
| 7. | Corinda Palstra | 9202766 HZ&PC Heerenveen | 1:38.16 |
| NG | Sanne Eppinga | 9202880 FZC'54 | |

Programmanr. 13, Dames, 100m schoolslag

16 jaar en ouder

| | | | | |
|-----|----------------------|---------|------------------|-----------|
| 1. | Lia Dekker | 8700830 | DZ&PC | 1:14.73 |
| 2. | Marloes Oldenburg | 8803218 | ORCA | 1:17.26 |
| 3. | Karin van Dijk | 8600850 | HZ&PC Heerenveen | 1:18.12 |
| 4. | Ilse Kraayeveld | 9002110 | ORCA | 1:21.24 |
| 5. | Angelique Boersma | 8001586 | De Vikings | 1:23.92 |
| 6. | Bernadette Bol | 8900428 | HZ&PC Heerenveen | 1:25.25 2 |
| 7. | Tessa van der Wal | 8704518 | HZ&PC Heerenveen | 1:26.11 |
| 8. | Nienke Nolles | 9102286 | HZ&PC Heerenveen | 1:26.61 |
| 9. | Miranda Bijzitter | 9000298 | ZCNF'34 | 1:26.92 |
| 10. | Baukje Hooghiemstra | 8801880 | HZ&PC Heerenveen | 1:27.00 |
| 11. | Rixt Zijlstra | 9103642 | De Granaet | 1:27.40 |
| 12. | Fransiska Beijsaard | 9104020 | De Granaet | 1:27.46 |
| 13. | Wiepkje Venema | 9003896 | Avena | 1:27.77 |
| 14. | Berber Veenstra | 8402520 | FZC'54 | 1:27.82 |
| 15. | Jelly-Esther Tadema | 8804234 | De Granaet | 1:27.88 |
| 16. | Nienke Zijlstra | 8503906 | Avena | 1:29.44 |
| 17. | Rixt Witteveen | 8804960 | HZ&PC Heerenveen | 1:30.06 |
| 18. | Nynke Gaikema | 9004636 | DZ&PC | 1:31.88 |
| 19. | Sjiewke Lies Sentner | 9105926 | PWC Buitenpost | 1:34.56 |
| 20. | Lisa Wever | 9103502 | De Forel | 1:35.85 |

Dames Senioren Open

| | | | | |
|-----|---------------------|---------|------------------|-----------|
| 1. | Lia Dekker | 8700830 | DZ&PC | 1:14.73 |
| 2. | Marloes Oldenburg | 8803218 | ORCA | 1:17.26 |
| 3. | Karin van Dijk | 8600850 | HZ&PC Heerenveen | 1:18.12 |
| 4. | Joyce Durken | 9205938 | ORCA | 1:18.40 |
| 5. | Paula Duursma | 9300982 | DZ&PC | 1:20.56 |
| 6. | Ilse Kraayeveld | 9002110 | ORCA | 1:21.24 |
| 7. | Angelique Boersma | 8001586 | De Vikings | 1:23.92 |
| 8. | Liza Salverda | 9500570 | ORCA | 1:24.52 |
| 9. | Bernadette Bol | 8900428 | HZ&PC Heerenveen | 1:25.25 2 |
| 9. | Anna-Jetske Baron | 9203044 | FZC'54 | 1:25.25 1 |
| 11. | Fiona van Heerde | 9403660 | De Vikings | 1:25.57 |
| 12. | Johanna de Boer | 9403944 | ZPD | 1:25.78 |
| 13. | Tessa van der Wal | 8704518 | HZ&PC Heerenveen | 1:26.11 |
| 14. | Nienke Nolles | 9102286 | HZ&PC Heerenveen | 1:26.61 |
| 15. | Miranda Bijzitter | 9000298 | ZCNF'34 | 1:26.92 |
| 16. | Baukje Hooghiemstra | 8801880 | HZ&PC Heerenveen | 1:27.00 |
| 17. | Rixt Zijlstra | 9103642 | De Granaet | 1:27.40 |
| 18. | Fransiska Beijsaard | 9104020 | De Granaet | 1:27.46 |
| 19. | Wiepkje Venema | 9003896 | Avena | 1:27.77 |
| 20. | Berber Veenstra | 8402520 | FZC'54 | 1:27.82 |
| 21. | Josephine Meerman | 9304258 | DZ&PC | 1:27.85 |
| 22. | Jelly-Esther Tadema | 8804234 | De Granaet | 1:27.88 |
| 23. | Jolien Bleichrodt | 9203650 | De Vikings | 1:28.12 |
| 24. | Ankie v.d. Meer | 9300504 | Neptunia'24 | 1:28.20 |
| 25. | Aukje Zwart | 9402916 | Avena | 1:28.63 |
| 26. | Amarens Gaikema | 9203528 | DZ&PC | 1:28.82 |
| 27. | Minke Betten | 9404012 | DZ&PC | 1:28.87 |
| 28. | Nynke Dijkstra | 9501242 | HZ&PC Heerenveen | 1:28.90 |
| 29. | Eva Zwertbroek | 9302340 | HZ&PC Heerenveen | 1:29.11 |
| 30. | Nienke Zijlstra | 8503906 | Avena | 1:29.44 |
| 31. | Astrid Dijkstra | 9403662 | De Vikings | 1:29.57 |
| 32. | Claudia Damski | 9402346 | DZ&PC | 1:29.83 |

Programmanr. 13, Dames, 100m schoolslag, Dames Senioren Open

| Rang | | | | Tijd | |
|------|--|---------|------------------|----------------|---|
| 33. | Rixt Witteveen | 8804960 | HZ&PC Heerenveen | 1:30.06 | |
| 34. | Marije Jensma | 9302332 | De Skelp | 1:30.40 | 1 |
| 34. | Eline Ligthart | 9301706 | De Vikings | 1:30.40 | 2 |
| 36. | Yolanda de Vegt | 9500328 | ZCNF'34 | 1:30.54 | |
| 37. | Lotte Nienhuis | 9205256 | Avena | 1:30.87 | |
| 38. | Myrna Gorter | 9503158 | Neptunia'24 | 1:31.08 | |
| 39. | Sanne Zijlstra | 9401968 | DZ&PC | 1:31.15 | |
| 40. | Renske de Groot | 9300276 | DZ&PC | 1:31.53 | |
| 41. | Mirjam Terlaakpoot | 9303990 | Avena | 1:31.62 | |
| 42. | Andrea Bandstra | 9501520 | Neptunia'24 | 1:31.81 | |
| 43. | Amarins Menger | 9406716 | ORCA | 1:31.84 | |
| 44. | Nynke Gaikema | 9004636 | DZ&PC | 1:31.88 | |
| 44. | Maaïke de Wolff | 9305422 | Avena | 1:31.88 | |
| 46. | Soraya Visser | 9302732 | De Granaet | 1:32.64 | |
| 47. | Hester Ludema | 9300482 | PWC Buitenpost | 1:32.75 | |
| 47. | Lisa Rozema | 9600860 | FZC'54 | 1:32.75 | |
| 49. | Anja Mus | 9403928 | De Skelp | 1:33.30 | |
| 50. | Hjordis Wagenaar | 9502170 | HZ&PC Heerenveen | 1:33.45 | |
| 51. | Simone Mus | 9601932 | De Skelp | 1:33.46 | 1 |
| 51. | Lenneke Muggen | 9500128 | HZ&PC Heerenveen | 1:33.46 | 2 |
| 53. | Esther Wijbenga | 9503584 | DZ&PC | 1:33.70 | |
| 54. | Cynthia Verkaik | 9601288 | De Granaet | 1:33.81 | |
| 54. | Yvonne Dotinga | 9306096 | Neptunia'24 | 1:33.81 | |
| 56. | Nenne Venema | 9503586 | DZ&PC | 1:33.88 | |
| 57. | Elbrich Gerritsma | 9500472 | Avena | 1:33.89 | |
| 58. | Mirthe Alkema | 9603616 | De Vikings | 1:34.16 | |
| 59. | Sjiewke Lies Sentner | 9105926 | PWC Buitenpost | 1:34.56 | |
| 60. | Charissa Zijlstra | 9402514 | ZPD | 1:34.74 | |
| 61. | Rixt Wilbers | 9503480 | De Granaet | 1:34.93 | |
| 62. | Femke Hemstra | 9305466 | De Skelp | 1:35.09 | |
| 63. | Anouk Ytsma | 9503858 | Wetterwille | 1:35.84 | |
| 64. | Lisa Wever | 9103502 | De Forel | 1:35.85 | |
| 65. | Bregje Tingen | 9500960 | ZCNF'34 | 1:36.60 | |
| 66. | Rixt Menger | 9602052 | DZ&PC | 1:36.74 | |
| 67. | Laura Jongbloed | 9503356 | ORCA | 1:36.93 | |
| 68. | Jannie de Boer | 9202662 | Wetterwille | 1:36.96 | |
| 69. | Karin Odinga | 9502296 | De Skelp | 1:37.44 | |
| 70. | Irene Dotinga | 9603516 | Neptunia'24 | 1:37.58 | |
| 71. | Corinda Palstra | 9202766 | HZ&PC Heerenveen | 1:38.16 | |
| 72. | Marije v/d Ploeg | 9502312 | ZPD | 1:38.29 | |
| 73. | Sytske Kooistra | 9305476 | ZPD | 1:38.35 | |
| DIS | Aniek Bergsma | 9601088 | De Forel | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | |
| DIS | Jill Muller | 9600728 | DZ&PC | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | |
| DIS | Reina Dijkstra | 9600342 | HZ&PC Heerenveen | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | |
| NG | Sieta Ludema | 9500436 | PWC Buitenpost | | |
| NG | Sanne Eppinga | 9202880 | FZC'54 | | |

Programmanr. 14, Heren, 100m rugslag, 18 jaar en ouder

| Rang | | | Tijd |
|------|---------------------|--------------------------|-----------|
| 6. | Jaap v/d Vegte | 8803485 DZ&PC | 1:04.26 |
| 7. | Janco Nolles | 8902291 HZ&PC Heerenveen | 1:04.56 |
| 8. | Roukebert de Boer | 8900299 ZPD | 1:05.55 |
| 9. | Johannes de Boer | 8900293 De Granaet | 1:07.56 |
| 10. | Michael de Roos | 8702809 Neptunia'24 | 1:07.69 1 |
| 11. | Sikke Kooistra | 8301179 Avena | 1:07.85 |
| 12. | Bart v/d Hoeven | 8701379 DZ&PC | 1:08.52 1 |
| 13. | Roelof de Jong | 8905551 ZPD | 1:10.06 |
| NG | Jeroen Vos | 8904249 Neptunia'24 | |
| NG | Harmen van der Werf | 8402989 De Vikings | |

Heren Senioren Open

| | | | |
|-------|---|--------------------------|-----------|
| 1. | Willem Jan v/d Vegte | 8703459 DZ&PC | 59.72 |
| 2. | Ewoud Potiek | 8902503 DZ&PC | 1:00.22 |
| 3. | Arjen v/d Meulen | 8702223 DZ&PC | 1:00.41 |
| 4. | Michiel Punter | 8401823 ORCA | 1:01.11 |
| 5. | Jelmer Meijer | 9001961 HZ&PC Heerenveen | 1:02.77 |
| 6. | Jorke Willemse | 9301977 ORCA | 1:03.91 |
| 7. | Jelmer Waterlander | 8803741 HZ&PC Heerenveen | 1:04.16 |
| 8. | Jaap v/d Vegte | 8803485 DZ&PC | 1:04.26 |
| 9. | Albert Dijkstra | 9204437 DZ&PC | 1:04.39 |
| 10. | Rudie Kirkenier | 9001537 DZ&PC | 1:04.45 |
| 11. | Janco Nolles | 8902291 HZ&PC Heerenveen | 1:04.56 |
| 12. | Roukebert de Boer | 8900299 ZPD | 1:05.55 |
| 13. | Sven Alkema | 9303083 De Vikings | 1:05.83 |
| 14. | Gavin van der Werf | 9302971 HZ&PC Heerenveen | 1:06.17 |
| 15. | Wouter Sikma | 9302335 Neptunia'24 | 1:06.44 |
| 16. | Johannes de Boer | 8900293 De Granaet | 1:07.56 |
| 17. | Christiaan van Dijk | 9200245 HZ&PC Heerenveen | 1:07.69 2 |
| 17. | Michael de Roos | 8702809 Neptunia'24 | 1:07.69 1 |
| 19. | Sikke Kooistra | 8301179 Avena | 1:07.85 |
| 20. | Lindert Louwsma | 9201697 Neptunia'24 | 1:08.26 |
| 21. | Bart v/d Hoeven | 8701379 DZ&PC | 1:08.52 1 |
| 21. | Dennis Bos | 9201965 HZ&PC Heerenveen | 1:08.52 2 |
| 23. | Arno Nieuwhof | 9302375 FZC'54 | 1:08.68 |
| 24. | Haye Heidema | 9200489 ZPD | 1:09.22 |
| 25. | Gijs Gertsen | 9303485 De Vikings | 1:09.36 |
| 26. | Roelof de Jong | 8905551 ZPD | 1:10.06 |
| 27. | Marco Krips | 9203835 Neptunia'24 | 1:10.39 |
| 28. | Kevin Visser | 9006239 De Vikings | 1:10.91 |
| 29. | Rick Mooij | 9106571 HZ&PC Heerenveen | 1:11.36 |
| 30. | Eric Oord | 9103983 HZ&PC Heerenveen | 1:12.11 |
| 31. | Jappie Jongsma | 9204249 De Granaet | 1:12.81 |
| 32. | Menno Hoomans | 9005729 Neptunia'24 | 1:14.48 |
| 33. | Sietse Wijbenga | 9301967 ZPD | 1:15.30 |
| 34. | Maiko Postma | 9400963 DZ&PC | 1:15.94 |
| 35. | Erik Nijholt | 9401349 ZCNF'34 | 1:17.26 |
| 36. | Hendrik Wessel de Vries | 9105619 ZPD | 1:17.38 |
| 37. | Sander Akkerman | 9501527 HZ&PC Heerenveen | 1:20.15 |
| 38. | Myrdin Willemse | 9500951 ORCA | 1:21.05 |
| 39. | Bauke Ytsma | 9301131 Wetterwille | 1:22.78 |
| 40. | Bart Bekkema | 9502133 De Forel | 1:23.95 |
| DIS | Willem Kees Roos | 9402693 De Vikings | |
| | <i>RE - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i> | | |
| NG.ZA | Marlon Jansen | 9103617 ORCA | |

Programmanr. 14, Heren, 100m rugslag, Heren Senioren Open

| Rang | | | Tijd |
|------|---------------------|---------|-------------|
| NG | Jeroen Vos | 8904249 | Neptunia'24 |
| NG | Harmen van der Werf | 8402989 | De Vikings |
| NG | Sjouke van Velzen | 9102359 | De Vikings |

Programmanr. 15 Dames, 200m vrije slag Dames Senioren Open
6.1.08 - 10:41 Resultaten

FWK 2008 Heerenveen Jgd 1: 2:31.90; Jgd 2: 2:30.30; Jun 1: 2:45.00; Jun 2: 2:38.70; Jun 3: 2:34.70; 16 +: 2:28.00

| Rang | | | Tijd | |
|--------------------|--------------------|---------|------------------|----------------|
| Meisjes Junioren 1 | | | | |
| 1. | Evelien van Ruiten | 9602924 | ORCA | 2:35.60 |
| 2. | Cynthia Verkaik | 9601288 | De Granaet | 2:35.78 |
| 3. | Claudia Hacke | 9602936 | De Vikings | 2:40.68 |
| 4. | Simone Mus | 9601932 | De Skelp | 2:42.50 |
| 5. | Julia Zwertbroek | 9600950 | HZ&PC Heerenveen | 2:42.77 |
| 6. | Rixt Menger | 9602052 | DZ&PC | 2:52.29 |

| | | | | |
|--------------------|----------------|---------|------------------|----------------|
| Meisjes Junioren 2 | | | | |
| 1. | Femke Leenstra | 9503038 | ORCA | 2:20.69 |
| 2. | Myrthe Sytsema | 9502706 | HZ&PC Heerenveen | 2:25.00 |
| 3. | Freya Holwerda | 9502780 | ORCA | 2:29.17 |
| 4. | Jessie Smeding | 9504528 | De Vikings | 2:29.38 |
| 5. | Liza Salverda | 9500570 | ORCA | 2:29.94 |
| 6. | Rixt Wilbers | 9503480 | De Granaet | 2:36.37 |

| | | | | |
|--------------------|-------------------|---------|------------------|----------------|
| Meisjes Junioren 3 | | | | |
| 1. | Minke Betten | 9404012 | DZ&PC | 2:20.22 |
| 2. | Femke Groos | 9404492 | DZ&PC | 2:21.06 |
| 3. | Fiona van Heerde | 9403660 | De Vikings | 2:21.90 |
| 4. | Charissa Zijlstra | 9402514 | ZPD | 2:24.03 |
| 5. | Anna Visser | 9400774 | HZ&PC Heerenveen | 2:24.65 |
| 6. | Aukje Zwart | 9402916 | Avena | 2:25.68 |
| 7. | Johanna de Boer | 9403944 | ZPD | 2:28.42 |
| 8. | Tineke Wind | 9400826 | DZ&PC | 2:28.66 |

| | | | | |
|---------------|-------------------|---------|-------------|----------------|
| Dames Jeugd 1 | | | | |
| 1. | Maxime de Wilde | 9304658 | DZ&PC | 2:16.62 |
| 2. | Iris Rozema | 9305108 | FZC'54 | 2:19.02 |
| 3. | Josephine Meerman | 9304258 | DZ&PC | 2:26.77 |
| 4. | Geeske Wind | 9300980 | DZ&PC | 2:27.61 |
| 5. | Ankie v.d. Meer | 9300504 | Neptunia'24 | 2:28.51 |
| 6. | Eline Ligthart | 9301706 | De Vikings | 2:29.18 |
| 7. | Inge Zijlstra | 9301736 | De Granaet | 2:30.35 |
| 8. | Femke de Jong | 9306390 | De Granaet | 2:31.13 |

| | | | | |
|---------------|-------------------|---------|------------------|------------------|
| Dames Jeugd 2 | | | | |
| 1. | Nanda de Vries | 9204328 | HZ&PC Heerenveen | 2:20.46 |
| 2. | Lysbeth Wiersma | 9204486 | HZ&PC Heerenveen | 2:26.81 |
| 3. | Sjoukje Karsten | 9202452 | DZ&PC | 2:28.68 2 |
| 3. | Femke Hetteema | 9204474 | Avena | 2:28.68 1 |
| 5. | Anna-Jetske Baron | 9203044 | FZC'54 | 2:29.83 |

Programmanr. 15, Meisjes, 200m vrije slag, Dames Jeugd 2

| Rang | | | | Tijd |
|------|-------------------|---------|------------|----------------|
| 6. | Liesbeth Hoekstra | 9206404 | ZPD | 2:33.60 |
| 7. | Joyce Duurken | 9205938 | ORCA | 2:34.86 |
| 8. | Jolien Bleichrodt | 9203650 | De Vikings | 2:36.76 |
| NG | Eva Roorda | 9204460 | DZ&PC | |

16 jaar en ouder

| | | | | |
|-----|---------------------|---------|------------------|----------------|
| 1. | Mariët Koster | 8301162 | DZ&PC | 2:07.43 |
| 2. | Ilse Kraayeveld | 9002110 | ORCA | 2:08.12 |
| 3. | Marloes Oldenburg | 8803218 | ORCA | 2:09.05 |
| 4. | Wendan Poelstra | 9102496 | ORCA | 2:09.34 |
| 5. | Angelique Boersma | 8001586 | De Vikings | 2:17.48 |
| 6. | Nicky de Wilde | 9006888 | DZ&PC | 2:17.88 |
| 7. | Jolanda Crossen | 8600712 | Neptunia'24 | 2:20.68 |
| 8. | Berber Veenstra | 8402520 | FZC'54 | 2:20.96 |
| 9. | Monique van Vliet | 8904410 | DZ&PC | 2:23.15 |
| 10. | Bernadette Bol | 8900428 | HZ&PC Heerenveen | 2:24.24 |
| 11. | Wiepkje Venema | 9003896 | Avena | 2:26.54 |
| 12. | Nynke Gaikema | 9004636 | DZ&PC | 2:27.65 |
| 13. | Maaïke Karsten | 9103832 | DZ&PC | 2:30.25 |
| 14. | Jelly-Esther Tadema | 8804234 | De Granaet | 2:32.02 |

Dames Senioren Open

| | | | | |
|-----|-------------------|---------|------------------|----------------|
| 1. | Mariët Koster | 8301162 | DZ&PC | 2:07.43 |
| 2. | Ilse Kraayeveld | 9002110 | ORCA | 2:08.12 |
| 3. | Marloes Oldenburg | 8803218 | ORCA | 2:09.05 |
| 4. | Wendan Poelstra | 9102496 | ORCA | 2:09.34 |
| 5. | Maxime de Wilde | 9304658 | DZ&PC | 2:16.62 |
| 6. | Angelique Boersma | 8001586 | De Vikings | 2:17.48 |
| 7. | Nicky de Wilde | 9006888 | DZ&PC | 2:17.88 |
| 8. | Iris Rozema | 9305108 | FZC'54 | 2:19.02 |
| 9. | Minke Betten | 9404012 | DZ&PC | 2:20.22 |
| 10. | Nanda de Vries | 9204328 | HZ&PC Heerenveen | 2:20.46 |
| 11. | Jolanda Crossen | 8600712 | Neptunia'24 | 2:20.68 |
| 12. | Femke Leenstra | 9503038 | ORCA | 2:20.69 |
| 13. | Berber Veenstra | 8402520 | FZC'54 | 2:20.96 |
| 14. | Femke Groos | 9404492 | DZ&PC | 2:21.06 |
| 15. | Fiona van Heerde | 9403660 | De Vikings | 2:21.90 |
| 16. | Monique van Vliet | 8904410 | DZ&PC | 2:23.15 |
| 17. | Charissa Zijlstra | 9402514 | ZPD | 2:24.03 |
| 18. | Bernadette Bol | 8900428 | HZ&PC Heerenveen | 2:24.24 |
| 19. | Anna Visser | 9400774 | HZ&PC Heerenveen | 2:24.65 |
| 20. | Myrthe Sytsema | 9502706 | HZ&PC Heerenveen | 2:25.00 |
| 21. | Aukje Zwart | 9402916 | Avena | 2:25.68 |
| 22. | Wiepkje Venema | 9003896 | Avena | 2:26.54 |
| 23. | Josephine Meerman | 9304258 | DZ&PC | 2:26.77 |
| 24. | Lysbeth Wiersma | 9204486 | HZ&PC Heerenveen | 2:26.81 |
| 25. | Geeske Wind | 9300980 | DZ&PC | 2:27.61 |
| 26. | Nynke Gaikema | 9004636 | DZ&PC | 2:27.65 |
| 27. | Johanna de Boer | 9403944 | ZPD | 2:28.42 |
| 28. | Ankie v.d. Meer | 9300504 | Neptunia'24 | 2:28.51 |
| 29. | Tineke Wind | 9400826 | DZ&PC | 2:28.66 |
| 30. | Sjoukje Karsten | 9202452 | DZ&PC | 2:28.68 |
| 30. | Femke Hetteema | 9204474 | Avena | 2:28.68 |
| 32. | Freya Holwerda | 9502780 | ORCA | 2:29.17 |

Programmanr. 15, Dames, 200m vrije slag, Dames Senioren Open

| Rang | | | Tijd |
|------|---------------------|--------------------------|----------------|
| 33. | Eline Ligthart | 9301706 De Vikings | 2:29.18 |
| 34. | Jessie Smeding | 9504528 De Vikings | 2:29.38 |
| 35. | Anna-Jetske Baron | 9203044 FZC'54 | 2:29.83 |
| 36. | Liza Salverda | 9500570 ORCA | 2:29.94 |
| 37. | Maaïke Karsten | 9103832 DZ&PC | 2:30.25 |
| 38. | Inge Zijlstra | 9301736 De Granaet | 2:30.35 |
| 39. | Femke de Jong | 9306390 De Granaet | 2:31.13 |
| 40. | Jelly-Esther Tadema | 8804234 De Granaet | 2:32.02 |
| 41. | Liesbeth Hoekstra | 9206404 ZPD | 2:33.60 |
| 42. | Joyce Durken | 9205938 ORCA | 2:34.86 |
| 43. | Evelien van Ruiten | 9602924 ORCA | 2:35.60 |
| 44. | Cynthia Verkaik | 9601288 De Granaet | 2:35.78 |
| 45. | Rixt Wilbers | 9503480 De Granaet | 2:36.37 |
| 46. | Jolien Bleichrodt | 9203650 De Vikings | 2:36.76 |
| 47. | Claudia Hacke | 9602936 De Vikings | 2:40.68 |
| 48. | Simone Mus | 9601932 De Skelp | 2:42.50 |
| 49. | Julia Zwertbroek | 9600950 HZ&PC Heerenveen | 2:42.77 |
| 50. | Rixt Menger | 9602052 DZ&PC | 2:52.29 |
| NG | Eva Roorda | 9204460 DZ&PC | |

Programmanr. 16
6.1.08 - 11:01

Heren, 200m vlinderslag

Heren Senioren Open
Resultaten

FWK 2008 Heerenveen Jgd 1: 2:42.00; Jgd 2: 2:40.60; Jun 1: 3:02.20; Jun 2: 2:53.70; Jun 3: 2:47.70; Jun 4: 2:43.00; 18+: 2:38.30

| Rang | | | Tijd |
|----------------------------|--------------------|--------------------------|----------------|
| Jongens Junioren 2 | | | |
| 1. | Maxim Veldhuis | 9400195 HZ&PC Heerenveen | 2:38.04 |
| Jongens Junioren 4 | | | |
| 1. | Thomas Veltman | 9201355 De Granaet | 2:36.11 |
| 2. | Aydin Hummel | 9201577 ZCNF'34 | 2:51.23 |
| Heren Jeugd 1 | | | |
| 1. | Vincent van Iperen | 9106179 ORCA | 2:17.25 |
| 18 jaar en ouder | | | |
| 1. | Dennis Mooij | 8902201 HZ&PC Heerenveen | 2:11.56 |
| 2. | Ewoud Potiek | 8902503 DZ&PC | 2:11.68 |
| 3. | Jorrit Visser | 8903393 DZ&PC | 2:16.19 |
| 4. | René Beetsma | 6900069 DZ&PC | 2:23.06 |
| 5. | Sidney de Roos | 8902647 Neptunia'24 | 2:31.32 |
| 6. | Jildert Prins | 8902509 FZC'54 | 2:34.27 |
| Heren Senioren Open | | | |
| 1. | Dennis Mooij | 8902201 HZ&PC Heerenveen | 2:11.56 |
| 2. | Ewoud Potiek | 8902503 DZ&PC | 2:11.68 |
| 3. | Jorrit Visser | 8903393 DZ&PC | 2:16.19 |
| 4. | Vincent van Iperen | 9106179 ORCA | 2:17.25 |
| 5. | René Beetsma | 6900069 DZ&PC | 2:23.06 |
| 6. | Sidney de Roos | 8902647 Neptunia'24 | 2:31.32 |
| 7. | Jildert Prins | 8902509 FZC'54 | 2:34.27 |

Programmanr. 16, Heren, 200m vlinderslag, Heren Senioren Open

| Rang | | | | Tijd |
|------|----------------|---------|------------------|----------------|
| 8. | Thomas Veltman | 9201355 | De Granaet | 2:36.11 |
| 9. | Maxim Veldhuis | 9400195 | HZ&PC Heerenveen | 2:38.04 |
| 10. | Aydin Hummel | 9201577 | ZCNF'34 | 2:51.23 |

Programmanr. 17
6.1.08 - 11:27

Dames, 4 x 100m wisselslag

alg. leeftijdsgroep
Resultaten

| Rang | | | | | Tijd |
|------|---------------------|----|---------------------|----|----------------|
| 1. | ORCA 1 | | ORCA | | 4:27.75 |
| | Wendan Poelstra | 91 | Marloes Oldenburg | 88 | |
| | Joyce Duurken | 92 | Ilse Kraayeveld | 90 | |
| 2. | DZ&PC 5 | | DZ&PC | | 4:30.19 |
| | Mariët Koster | 83 | Lia Dekker | 87 | |
| | Paula Duursma | 93 | Monique van Vliet | 89 | |
| 3. | HZ&PC Heerenveen 1 | | HZ&PC Heerenveen | | 4:48.43 |
| | Bernadette Bol | 89 | Nanda de Vries | 92 | |
| | Karin van Dijk | 86 | Tessa van der Wal | 87 | |
| 4. | De Granaet 1 | | De Granaet | | 5:00.04 |
| | Rixt Zijlstra | 91 | Gerbranda Beijaard | 90 | |
| | Fransiska Beijaard | 91 | Jelly-Esther Tadema | 88 | |
| 5. | HZ&PC Heerenveen 3 | | HZ&PC Heerenveen | | 5:11.47 |
| | Myrthe Sytsema | 95 | Anna Visser | 94 | |
| | Nynke Dijkstra | 95 | Hjordis Wagenaar | 95 | |
| 6. | DZ&PC 6 | | DZ&PC | | 5:12.13 |
| | Tineke Wind | 94 | Minke Betten | 94 | |
| | Sanne Zijlstra | 94 | Femke Groos | 94 | |
| 7. | HZ&PC Heerenveen 2 | | HZ&PC Heerenveen | | 5:14.06 |
| | Baukje Hooghiemstra | 88 | Lysbeth Wiersma | 92 | |
| | Nienke Nolles | 91 | Gosina van Stralen | 86 | |
| 8. | De Vikings 3 | | De Vikings | | 5:15.69 |
| | Fiona van Heerde | 94 | Jessie Smeding | 95 | |
| | Astrid Dijkstra | 94 | Merel Weysenfeld | 94 | |
| 9. | ORCA 3 | | ORCA | | 5:17.06 |
| | Freya Holwerda | 95 | Femke Leenstra | 95 | |
| | Liza Salverda | 95 | Evelien van Ruiten | 96 | |
| 10. | ZPD 1 | | ZPD | | 5:21.74 |
| | Charissa Zijlstra | 94 | Hester de Vries | 89 | |
| | Johanna de Boer | 94 | Liesbeth Hoekstra | 92 | |
| 11. | Avena 1 | | Avena | | 5:33.08 |
| | Shanna Hofstra | 93 | Elbrich Gerritsma | 95 | |
| | Maike de Wolff | 93 | Wyske Klijnstra | 93 | |
| 12. | ORCA 2 | | ORCA | | 5:34.79 |
| | Lisanne Verhoef | 91 | Lonneke Oenema | 91 | |
| | Fenna Meijer | 93 | Emma van Iperen | 93 | |
| 13. | De Granaet 2 | | De Granaet | | 5:40.48 |
| | Cynthia Verkaik | 96 | Rixt Wilbers | 95 | |
| | Amarins Zijlstra | 94 | Annette van Dolder | 95 | |
| 14. | DZ&PC 7 | | DZ&PC | | 5:44.16 |
| | Rixt Menger | 96 | Claudia Damski | 94 | |
| | Esther Wijbenga | 95 | Nenne Venema | 95 | |
| 15. | ORCA 4 | | ORCA | | 5:54.90 |
| | Lisanne Verhoef | 91 | Rianne Hartman | 95 | |
| | Amarins Menger | 94 | Laura Jongbloed | 95 | |

Programmanr. 17, Dames, 4 x 100m wisselslag, alg. leeftijdsgroep

| Rang | | | | Tijd |
|------|--|----|-------------|-------------------|
| DIS | Neptunia'24 1 | | Neptunia'24 | 5:54.25 |
| | <i>VH - Ongelijkzijdig keer- en/of eindpunt aangetikt.</i> | | | |
| | Irene Dotinga | 96 | 1:30.26 | Myrna Gorter 95 |
| | Andrea Bandstra | 95 | | Liseth Flisijn 96 |

Programmanr. 18
6.1.08 - 14:19

Heren, 100m vrije slag

Heren Senioren Open Resultaten

FWK 2008 Heerenveen Jgd 1: 1:01.50; Jgd 2: 1:01.10; Jun 1: 1:08.40; Jun 2: 1:05.90; Jun 3: 1:04.10; Jun 4: 1:02.30; 18+: 1:00.30

| Rang | | | | Tijd |
|---------------------------|---------------------|---------|------------------|----------------|
| Jongens Junioren 1 | | | | |
| 1. | Jonathan Rozema | 9501157 | DZ&PC | 1:02.45 |
| 2. | Myrdin Willemse | 9500951 | ORCA | 1:09.25 |
| Jongens Junioren 2 | | | | |
| 1. | Willem Kees Roos | 9402693 | De Vikings | 58.26 |
| 2. | Maxim Veldhuis | 9400195 | HZ&PC Heerenveen | 58.71 |
| 3. | Maiko Postma | 9400963 | DZ&PC | 1:01.94 |
| 4. | Erik Nijholt | 9401349 | ZCNF'34 | 1:05.15 |
| 5. | Ramon Fredrik | 9403933 | Wetterwille | 1:05.92 |
| Jongens Junioren 3 | | | | |
| 1. | Jorke Willemse | 9301977 | ORCA | 54.76 |
| 2. | Gavin van der Werf | 9302971 | HZ&PC Heerenveen | 56.75 |
| 3. | Wouter Sikma | 9302335 | Neptunia'24 | 58.36 |
| 4. | Gijs Gertsen | 9303485 | De Vikings | 59.99 |
| 5. | Arno Nieuwhof | 9302375 | FZC'54 | 1:00.12 |
| 6. | Sven Alkema | 9303083 | De Vikings | 1:00.47 |
| 7. | Bauke Ytsma | 9301131 | Wetterwille | 1:04.08 |
| 8. | Henk-Jan Verkaik | 9305447 | De Granaet | 1:04.60 |
| Jongens Junioren 4 | | | | |
| 1. | Thomas Veltman | 9201355 | De Granaet | 57.65 |
| 2. | Aydin Hummel | 9201577 | ZCNF'34 | 57.84 |
| 3. | Albert Dijkstra | 9204437 | DZ&PC | 58.06 |
| 4. | Micheal Westers | 9204263 | De Vikings | 58.53 |
| 5. | Dennis Bos | 9201965 | HZ&PC Heerenveen | 58.98 |
| 6. | Erik de Nijs | 9204259 | De Vikings | 59.45 |
| 7. | Jappie Jongsma | 9204249 | De Granaet | 59.74 |
| 8. | Lindert Louwsma | 9201697 | Neptunia'24 | 59.77 |
| 9. | Haye Heidema | 9200489 | ZPD | 1:01.01 |
| 10. | Christiaan van Dijk | 9200245 | HZ&PC Heerenveen | 1:02.28 |
| 11. | Rycklef Epema | 9202787 | DZ&PC | 1:02.50 |
| 12. | Marco Krips | 9203835 | Neptunia'24 | 1:02.69 |
| 13. | Alex Odinga | 9205557 | De Skelp | 1:02.88 |
| Heren Jeugd 1 | | | | |
| 1. | Vincent van Iperen | 9106179 | ORCA | 57.10 |
| 2. | Chris van Vliet | 9102425 | DZ&PC | 57.16 |
| 3. | Rick Mooij | 9106571 | HZ&PC Heerenveen | 58.32 |
| 4. | Ruben Post | 9106623 | Neptunia'24 | 1:01.26 |

Programmanr. 18, Jongens, 100m vrije slag, Heren Jeugd 1

| Rang | | | | Tijd |
|------|-------------------|---------|------------|----------------|
| 5. | Marlon Jansen | 9103617 | ORCA | 1:03.16 |
| NG | Sjouke van Velzen | 9102359 | De Vikings | |

Heren Jeugd 2

| | | | | |
|----|-----------------|---------|------------|--------------|
| 1. | Remco Kamps | 9001465 | DZ&PC | 57.43 |
| 2. | Rudie Kirkenier | 9001537 | DZ&PC | 57.58 |
| 3. | Kevin Visser | 9006239 | De Vikings | 58.53 |

18 jaar en ouder

| | | | | |
|-----|----------------------|---------|------------------|----------------|
| 1. | Dennis Mooij | 8902201 | HZ&PC Heerenveen | 51.32 |
| 2. | Arjen v/d Meulen | 8702223 | DZ&PC | 52.38 |
| 3. | Michiel Punter | 8401823 | ORCA | 53.19 |
| 4. | Ewoud Potiek | 8902503 | DZ&PC | 53.53 |
| 5. | Wouter Dogger | 8400515 | HZ&PC Heerenveen | 53.97 |
| 6. | Willem Jan v/d Vegte | 8703459 | DZ&PC | 54.16 |
| 7. | Marein Boonstra | 8805367 | HZ&PC Heerenveen | 54.50 |
| 8. | Sietse v/d Hoeven | 8901281 | DZ&PC | 55.61 |
| 9. | Janco Nolles | 8902291 | HZ&PC Heerenveen | 56.09 |
| 10. | Jelmer Waterlander | 8803741 | HZ&PC Heerenveen | 56.60 |
| 11. | Edward Buitenwerf | 8900531 | DZ&PC | 57.16 |
| 12. | Jorrit Visser | 8903393 | DZ&PC | 57.21 |
| 13. | Jildert Prins | 8902509 | FZC'54 | 57.55 |
| 14. | Sidney de Roos | 8902647 | Neptunia'24 | 58.76 |
| 15. | Marco Brouwer | 8600473 | De Vikings | 59.06 |
| 16. | Jurjen Hoomans | 8801527 | Neptunia'24 | 59.22 |
| 17. | Michael de Roos | 8702809 | Neptunia'24 | 59.61 |
| 18. | Roukebert de Boer | 8900299 | ZPD | 59.84 |
| 19. | Frank Bosma | 8700399 | De Skelp | 1:01.16 |
| 20. | Herman van Dijk | 8900691 | HZ&PC Heerenveen | 1:01.64 |
| NG | Sjors Hemmen | 8901191 | De Granaet | |
| NG | Jelmer Bakker | 8805293 | Neptunia'24 | |
| NG | Jeroen Vos | 8904249 | Neptunia'24 | |
| NG | Harmen van der Werf | 8402989 | De Vikings | |

Heren Senioren Open

| | | | | |
|-----|----------------------|---------|------------------|--------------|
| 1. | Dennis Mooij | 8902201 | HZ&PC Heerenveen | 51.32 |
| 2. | Arjen v/d Meulen | 8702223 | DZ&PC | 52.38 |
| 3. | Michiel Punter | 8401823 | ORCA | 53.19 |
| 4. | Ewoud Potiek | 8902503 | DZ&PC | 53.53 |
| 5. | Wouter Dogger | 8400515 | HZ&PC Heerenveen | 53.97 |
| 6. | Willem Jan v/d Vegte | 8703459 | DZ&PC | 54.16 |
| 7. | Marein Boonstra | 8805367 | HZ&PC Heerenveen | 54.50 |
| 8. | Jorke Willemse | 9301977 | ORCA | 54.76 |
| 9. | Sietse v/d Hoeven | 8901281 | DZ&PC | 55.61 |
| 10. | Janco Nolles | 8902291 | HZ&PC Heerenveen | 56.09 |
| 11. | Jelmer Waterlander | 8803741 | HZ&PC Heerenveen | 56.60 |
| 12. | Gavin van der Werf | 9302971 | HZ&PC Heerenveen | 56.75 |
| 13. | Vincent van Iperen | 9106179 | ORCA | 57.10 |
| 14. | Edward Buitenwerf | 8900531 | DZ&PC | 57.16 |
| 14. | Chris van Vliet | 9102425 | DZ&PC | 57.16 |
| 16. | Jorrit Visser | 8903393 | DZ&PC | 57.21 |
| 17. | Remco Kamps | 9001465 | DZ&PC | 57.43 |
| 18. | Jildert Prins | 8902509 | FZC'54 | 57.55 |
| 19. | Rudie Kirkenier | 9001537 | DZ&PC | 57.58 |

Programmanr. 18, Heren, 100m vrije slag, Heren Senioren Open

| Rang | | | Tijd |
|------|---------------------|--------------------------|----------------|
| 20. | Thomas Veltman | 9201355 De Granaet | 57.65 |
| 21. | Aydin Hummel | 9201577 ZCNF'34 | 57.84 |
| 22. | Albert Dijkstra | 9204437 DZ&PC | 58.06 |
| 23. | Willem Kees Roos | 9402693 De Vikings | 58.26 |
| 24. | Rick Mooij | 9106571 HZ&PC Heerenveen | 58.32 |
| 25. | Wouter Sikma | 9302335 Neptunia'24 | 58.36 |
| 26. | Kevin Visser | 9006239 De Vikings | 58.53 |
| 26. | Micheal Westers | 9204263 De Vikings | 58.53 |
| 28. | Maxim Veldhuis | 9400195 HZ&PC Heerenveen | 58.71 |
| 29. | Sidney de Roos | 8902647 Neptunia'24 | 58.76 |
| 30. | Dennis Bos | 9201965 HZ&PC Heerenveen | 58.98 |
| 31. | Marco Brouwer | 8600473 De Vikings | 59.06 |
| 32. | Jurjen Hoomans | 8801527 Neptunia'24 | 59.22 |
| 33. | Erik de Nijs | 9204259 De Vikings | 59.45 |
| 34. | Michael de Roos | 8702809 Neptunia'24 | 59.61 |
| 35. | Jappie Jongsma | 9204249 De Granaet | 59.74 |
| 36. | Lindert Louwsma | 9201697 Neptunia'24 | 59.77 |
| 37. | Roukebert de Boer | 8900299 ZPD | 59.84 |
| 38. | Gijs Gertsen | 9303485 De Vikings | 59.99 |
| 39. | Arno Nieuwhof | 9302375 FZC'54 | 1:00.12 |
| 40. | Sven Alkema | 9303083 De Vikings | 1:00.47 |
| 41. | Haye Heidema | 9200489 ZPD | 1:01.01 |
| 42. | Frank Bosma | 8700399 De Skelp | 1:01.16 |
| 43. | Ruben Post | 9106623 Neptunia'24 | 1:01.26 |
| 44. | Herman van Dijk | 8900691 HZ&PC Heerenveen | 1:01.64 |
| 45. | Maiko Postma | 9400963 DZ&PC | 1:01.94 |
| 46. | Christiaan van Dijk | 9200245 HZ&PC Heerenveen | 1:02.28 |
| 47. | Jonathan Rozema | 9501157 DZ&PC | 1:02.45 |
| 48. | Rycklef Epema | 9202787 DZ&PC | 1:02.50 |
| 49. | Marco Krips | 9203835 Neptunia'24 | 1:02.69 |
| 50. | Alex Odinga | 9205557 De Skelp | 1:02.88 |
| 51. | Marlon Jansen | 9103617 ORCA | 1:03.16 |
| 52. | Bauke Ytsma | 9301131 Wetterwille | 1:04.08 |
| 53. | Henk-Jan Verkaik | 9305447 De Granaet | 1:04.60 |
| 54. | Erik Nijholt | 9401349 ZCNF'34 | 1:05.15 |
| 55. | Ramon Fredrik | 9403933 Wetterwille | 1:05.92 |
| 56. | Myrdin Willemse | 9500951 ORCA | 1:09.25 |
| NG | Sjors Hemmen | 8901191 De Granaet | |
| NG | Jelmer Bakker | 8805293 Neptunia'24 | |
| NG | Jeroen Vos | 8904249 Neptunia'24 | |
| NG | Harmen van der Werf | 8402989 De Vikings | |
| NG | Sjouke van Velzen | 9102359 De Vikings | |

Programmanr. 19
6.1.08 - 14:30

Dames, 200m rugslag

Dames Senioren Open
Resultaten

FWK 2008 Heerenveen Jgd 1: 2:54.30; Jun 1: 3:11.00; Jun 2: 3:03.00; Jun 3: 2:57.90; 16 +: 2:50.10

| Rang | | | Tijd |
|---------------------------|---|--------------------------|----------------|
| Meisjes Junioren 1 | | | |
| 1. | Mirthe Alkema | 9603616 De Vikings | 2:56.26 |
| 2. | Evelien van Ruiten | 9602924 ORCA | 2:57.16 |
| 3. | Cynthia Verkaik | 9601288 De Granaet | 2:59.89 |
| 4. | Simone Mus | 9601932 De Skelp | 3:01.16 |
| 5. | Julia Zwertbroek | 9600950 HZ&PC Heerenveen | 3:02.44 |
| 6. | Bianca Jongsma | 9601006 Avena | 3:03.48 |
| 7. | Willeke Willems | 9600232 ZCNF'34 | 3:03.66 |
| 8. | Joëlle Rozema | 9601124 DZ&PC | 3:13.70 |
| DIS | Rixt Menger | 9602052 DZ&PC | 3:07.18 |
| | <i>RF - Na loslaten van het keerpunt de rugligging niet aangenomen.</i> | | |

Meisjes Junioren 2

| | | | |
|-----|-------------------|--------------------------|------------------|
| 1. | Myrthe Sytsema | 9502706 HZ&PC Heerenveen | 2:36.63 |
| 2. | Femke Leenstra | 9503038 ORCA | 2:48.44 |
| 3. | Liza Salverda | 9500570 ORCA | 2:48.54 |
| 4. | Hjordis Wagenaar | 9502170 HZ&PC Heerenveen | 2:52.18 |
| 5. | Freya Holwerda | 9502780 ORCA | 2:52.58 |
| 6. | Nynke Dijkstra | 9501242 HZ&PC Heerenveen | 2:53.40 |
| 7. | Rianne Hartman | 9501462 ORCA | 2:55.05 |
| 8. | Elbrich Gerritsma | 9500472 Avena | 2:55.45 |
| 9. | Andrea Bandstra | 9501520 Neptunia'24 | 3:06.81 1 |
| 9. | Myrna Gorter | 9503158 Neptunia'24 | 3:06.81 2 |
| 11. | Esther Wijbenga | 9503584 DZ&PC | 3:14.01 |

Meisjes Junioren 3

| | | | |
|----|-------------------|--------------------------|----------------|
| 1. | Anna Visser | 9400774 HZ&PC Heerenveen | 2:33.73 |
| 2. | Fiona van Heerde | 9403660 De Vikings | 2:35.28 |
| 3. | Aukje Zwart | 9402916 Avena | 2:41.08 |
| 4. | Charissa Zijlstra | 9402514 ZPD | 2:49.87 |
| 5. | Merel Weysenfeld | 9404110 De Vikings | 2:52.57 |
| 6. | Tineke Wind | 9400826 DZ&PC | 2:53.29 |

Dames Jeugd 1

| | | | |
|-----|--|--------------------------|----------------|
| 1. | Paula Duursma | 9300982 DZ&PC | 2:38.40 |
| 2. | Ankie v.d. Meer | 9300504 Neptunia'24 | 2:38.80 |
| 3. | Josephine Meerman | 9304258 DZ&PC | 2:42.13 |
| 4. | Renske de Groot | 9300276 DZ&PC | 2:44.08 |
| 5. | Wytske Klijnstra | 9304202 Avena | 2:46.64 |
| 6. | Marianne van der Zee | 9305648 De Granaet | 2:49.40 |
| 7. | Eva Zwertbroek | 9302340 HZ&PC Heerenveen | 2:53.48 |
| 8. | Shanna Hofstra | 9303974 Avena | 2:56.15 |
| DIS | Inge Zijlstra | 9301736 De Granaet | 2:54.10 |
| | <i>RD - Rugligging verlaten en stuwbewegingen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | |

Dames Jeugd 2

| | | | |
|----|-------------------|--------------------------|----------------|
| 1. | Nanda de Vries | 9204328 HZ&PC Heerenveen | 2:35.52 |
| 2. | Lysbeth Wiersma | 9204486 HZ&PC Heerenveen | 2:38.79 |
| 3. | Anna-Jetske Baron | 9203044 FZC'54 | 2:46.11 |
| 4. | Jolien Bleichrodt | 9203650 De Vikings | 2:48.66 |

Programmanr. 19, Meisjes, 200m rugslag, Dames Jeugd 2

| Rang | | | Tijd | |
|------|-----------------|---------|-------------|------------------|
| 5. | Joyce Durken | 9205938 | ORCA | 2:48.81 |
| 6. | Femke Hettema | 9204474 | Avena | 2:50.53 2 |
| 7. | Jannie de Boer | 9202662 | Wetterwille | 2:52.76 |
| 8. | Sjoukje Karsten | 9202452 | DZ&PC | 2:56.03 |

16 jaar en ouder

| | | | | |
|-----|---------------------|---------|------------------|------------------|
| 1. | Wendan Poelstra | 9102496 | ORCA | 2:19.06 |
| 2. | Mariët Koster | 8301162 | DZ&PC | 2:19.41 |
| 3. | Ilse Kraayeveld | 9002110 | ORCA | 2:27.24 |
| 4. | Jolanda Cnossen | 8600712 | Neptunia'24 | 2:31.82 |
| 5. | Bernadette Bol | 8900428 | HZ&PC Heerenveen | 2:33.32 |
| 6. | Gerbranda Beijaard | 9000272 | De Granaet | 2:37.81 |
| 7. | Baukje Hooghiemstra | 8801880 | HZ&PC Heerenveen | 2:39.79 |
| 8. | Monique van Vliet | 8904410 | DZ&PC | 2:39.83 |
| 9. | Miranda Bijzitter | 9000298 | ZCNF'34 | 2:40.97 |
| 10. | Rixt Zijlstra | 9103642 | De Granaet | 2:43.03 |
| 11. | Nynke Gaikema | 9004636 | DZ&PC | 2:47.27 |
| 12. | Lisanne Verhoef | 9107596 | ORCA | 2:50.53 1 |
| 13. | Nienke Zijlstra | 8503906 | Avena | 2:53.04 |
| NG | Marloes Oldenburg | 8803218 | ORCA | |

Dames Senioren Open

| | | | | |
|-----|----------------------|---------|------------------|------------------|
| 1. | Wendan Poelstra | 9102496 | ORCA | 2:19.06 |
| 2. | Mariët Koster | 8301162 | DZ&PC | 2:19.41 |
| 3. | Ilse Kraayeveld | 9002110 | ORCA | 2:27.24 |
| 4. | Jolanda Cnossen | 8600712 | Neptunia'24 | 2:31.82 |
| 5. | Bernadette Bol | 8900428 | HZ&PC Heerenveen | 2:33.32 |
| 6. | Anna Visser | 9400774 | HZ&PC Heerenveen | 2:33.73 |
| 7. | Fiona van Heerde | 9403660 | De Vikings | 2:35.28 |
| 8. | Nanda de Vries | 9204328 | HZ&PC Heerenveen | 2:35.52 |
| 9. | Myrthe Sytsema | 9502706 | HZ&PC Heerenveen | 2:36.63 |
| 10. | Gerbranda Beijaard | 9000272 | De Granaet | 2:37.81 |
| 11. | Paula Duursma | 9300982 | DZ&PC | 2:38.40 |
| 12. | Lysbeth Wiersma | 9204486 | HZ&PC Heerenveen | 2:38.79 |
| 13. | Ankie v.d. Meer | 9300504 | Neptunia'24 | 2:38.80 |
| 14. | Baukje Hooghiemstra | 8801880 | HZ&PC Heerenveen | 2:39.79 |
| 15. | Monique van Vliet | 8904410 | DZ&PC | 2:39.83 |
| 16. | Miranda Bijzitter | 9000298 | ZCNF'34 | 2:40.97 |
| 17. | Aukje Zwart | 9402916 | Avena | 2:41.08 |
| 18. | Josephine Meerman | 9304258 | DZ&PC | 2:42.13 |
| 19. | Rixt Zijlstra | 9103642 | De Granaet | 2:43.03 |
| 20. | Renske de Groot | 9300276 | DZ&PC | 2:44.08 |
| 21. | Anna-Jetske Baron | 9203044 | FZC'54 | 2:46.11 |
| 22. | Wytske Klijnstra | 9304202 | Avena | 2:46.64 |
| 23. | Nynke Gaikema | 9004636 | DZ&PC | 2:47.27 |
| 24. | Femke Leenstra | 9503038 | ORCA | 2:48.44 |
| 25. | Liza Salverda | 9500570 | ORCA | 2:48.54 |
| 26. | Jolien Bleichrodt | 9203650 | De Vikings | 2:48.66 |
| 27. | Joyce Durken | 9205938 | ORCA | 2:48.81 |
| 28. | Marianne van der Zee | 9305648 | De Granaet | 2:49.40 |
| 29. | Charissa Zijlstra | 9402514 | ZPD | 2:49.87 |
| 30. | Femke Hettema | 9204474 | Avena | 2:50.53 2 |
| 30. | Lisanne Verhoef | 9107596 | ORCA | 2:50.53 1 |
| 32. | Hjordis Wagenaar | 9502170 | HZ&PC Heerenveen | 2:52.18 |

Programmanr. 19, Dames, 200m rugslag, Dames Senioren Open

| Rang | | | Tijd |
|------|--|--------------------------|-----------|
| 33. | Merel Weysenfeld | 9404110 De Vikings | 2:52.57 |
| 34. | Freya Holwerda | 9502780 ORCA | 2:52.58 |
| 35. | Jannie de Boer | 9202662 Wetterwille | 2:52.76 |
| 36. | Nienke Zijlstra | 8503906 Avena | 2:53.04 |
| 37. | Tineke Wind | 9400826 DZ&PC | 2:53.29 |
| 38. | Nynke Dijkstra | 9501242 HZ&PC Heerenveen | 2:53.40 |
| 39. | Eva Zwertbroek | 9302340 HZ&PC Heerenveen | 2:53.48 |
| 40. | Rianne Hartman | 9501462 ORCA | 2:55.05 |
| 41. | Elbrich Gerritsma | 9500472 Avena | 2:55.45 |
| 42. | Sjoukje Karsten | 9202452 DZ&PC | 2:56.03 |
| 43. | Shanna Hofstra | 9303974 Avena | 2:56.15 |
| 44. | Mirthe Alkema | 9603616 De Vikings | 2:56.26 |
| 45. | Evelien van Ruiten | 9602924 ORCA | 2:57.16 |
| 46. | Cynthia Verkaik | 9601288 De Granaet | 2:59.89 |
| 47. | Simone Mus | 9601932 De Skelp | 3:01.16 |
| 48. | Julia Zwertbroek | 9600950 HZ&PC Heerenveen | 3:02.44 |
| 49. | Bianca Jongsma | 9601006 Avena | 3:03.48 |
| 50. | Willeke Willems | 9600232 ZCNF'34 | 3:03.66 |
| 51. | Andrea Bandstra | 9501520 Neptunia'24 | 3:06.81 1 |
| 51. | Myrna Gorter | 9503158 Neptunia'24 | 3:06.81 2 |
| 53. | Joëlle Rozema | 9601124 DZ&PC | 3:13.70 |
| 54. | Esther Wijbenga | 9503584 DZ&PC | 3:14.01 |
| DIS | Inge Zijlstra | 9301736 De Granaet | 2:54.10 |
| | <i>RD - Rugligging verlaten en stuwbewegingen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | |
| DIS | Rixt Menger | 9602052 DZ&PC | 3:07.18 |
| | <i>RF - Na loslaten van het keerpunt de rugligging niet aangenomen.</i> | | |
| NG | Marloes Oldenburg | 8803218 ORCA | |

Programmanr. 20
6.1.08 - 14:57

Heren, 200m schoolslag

Heren Senioren Open
Resultaten

FWK 2008 Heerenveen Jgd 1: 2:57.60; Jgd 2: 2:55.80; Jun 1: 3:19.00; Jun 2: 3:09.80; Jun 3: 3:04.00; Jun 4: 2:59.00; 18 +: 2:53.00

| Rang | | | Tijd |
|--------------------|--------------------|--------------------------|---------|
| Jongens Junioren 1 | | | |
| 1. | Jonathan Rozema | 9501157 DZ&PC | 3:00.04 |
| 2. | Dirk van der Eems | 9501565 Wetterwille | 3:21.71 |
| Jongens Junioren 2 | | | |
| 1. | Ramon Fredrik | 9403933 Wetterwille | 3:04.34 |
| Jongens Junioren 3 | | | |
| 1. | Gavin van der Werf | 9302971 HZ&PC Heerenveen | 2:30.60 |
| 2. | Jorke Willemse | 9301977 ORCA | 2:37.48 |
| 3. | Gijs Gertsen | 9303485 De Vikings | 2:53.81 |
| 4. | Henk-Jan Verkaik | 9305447 De Granaet | 3:02.00 |
| 5. | Bauke Ytsma | 9301131 Wetterwille | 3:14.06 |
| Jongens Junioren 4 | | | |
| 1. | Thomas Veltman | 9201355 De Granaet | 2:39.67 |
| 2. | Jappie Jongsma | 9204249 De Granaet | 2:40.04 |
| 3. | Lindert Louwsma | 9201697 Neptunia'24 | 2:51.89 |
| 4. | Aydin Hummel | 9201577 ZCNF'34 | 2:54.54 |

Programmanr. 20, Jongens, 200m schoolslag, Jongens Junioren 4

| Rang | | | Tijd |
|------|-----------------|--------------------|----------------|
| 5. | Erik de Nijs | 9204259 De Vikings | 3:01.16 |
| 6. | Micheal Westers | 9204263 De Vikings | 3:01.51 |

Heren Jeugd 1

| | | | |
|----|--------------------|--------------------------|----------------|
| 1. | Vincent van Iperen | 9106179 ORCA | 2:34.25 |
| 2. | Eric Oord | 9103983 HZ&PC Heerenveen | 2:45.47 |
| 3. | Marlon Jansen | 9103617 ORCA | 2:56.16 |
| 4. | Rick Mooij | 9106571 HZ&PC Heerenveen | 3:03.56 |

Heren Jeugd 2

| | | | |
|----|---------------|--------------------------|----------------|
| 1. | Jelmer Meijer | 9001961 HZ&PC Heerenveen | 2:36.86 |
| 2. | Menno Hoomans | 9005729 Neptunia'24 | 3:00.77 |

18 jaar en ouder

| | | | |
|-----|---|--------------------------|----------------|
| 1. | Jaap v/d Vegte | 8803485 DZ&PC | 2:20.17 |
| 2. | Jorrit Visser | 8903393 DZ&PC | 2:33.07 |
| 3. | Bart v/d Hoeven | 8701379 DZ&PC | 2:35.96 |
| 4. | Alan Slomp | 8703071 DZ&PC | 2:37.22 |
| 5. | Edward Buitenwerf | 8900531 DZ&PC | 2:37.56 |
| 6. | Rutger van Dijk | 8900695 De Granaet | 2:39.37 |
| 7. | Herman van Dijk | 8900691 HZ&PC Heerenveen | 2:39.66 |
| 8. | Oane van der Heide | 8704903 ZPD | 2:40.99 |
| 9. | Jildert Prins | 8902509 FZC'54 | 2:47.29 |
| 10. | Roelof de Jong | 8905551 ZPD | 2:52.43 |
| DIS | Arjen v/d Meulen | 8702223 DZ&PC | 2:29.64 |
| | <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> | | |
| NG | Jelmer Bakker | 8805293 Neptunia'24 | |

Heren Senioren Open

| | | | |
|-----|--------------------|--------------------------|----------------|
| 1. | Jaap v/d Vegte | 8803485 DZ&PC | 2:20.17 |
| 2. | Gavin van der Werf | 9302971 HZ&PC Heerenveen | 2:30.60 |
| 3. | Jorrit Visser | 8903393 DZ&PC | 2:33.07 |
| 4. | Vincent van Iperen | 9106179 ORCA | 2:34.25 |
| 5. | Bart v/d Hoeven | 8701379 DZ&PC | 2:35.96 |
| 6. | Jelmer Meijer | 9001961 HZ&PC Heerenveen | 2:36.86 |
| 7. | Alan Slomp | 8703071 DZ&PC | 2:37.22 |
| 8. | Jorke Willemse | 9301977 ORCA | 2:37.48 |
| 9. | Edward Buitenwerf | 8900531 DZ&PC | 2:37.56 |
| 10. | Rutger van Dijk | 8900695 De Granaet | 2:39.37 |
| 11. | Herman van Dijk | 8900691 HZ&PC Heerenveen | 2:39.66 |
| 12. | Thomas Veltman | 9201355 De Granaet | 2:39.67 |
| 13. | Jappie Jongsma | 9204249 De Granaet | 2:40.04 |
| 14. | Oane van der Heide | 8704903 ZPD | 2:40.99 |
| 15. | Eric Oord | 9103983 HZ&PC Heerenveen | 2:45.47 |
| 16. | Jildert Prins | 8902509 FZC'54 | 2:47.29 |
| 17. | Lindert Louwsma | 9201697 Neptunia'24 | 2:51.89 |
| 18. | Roelof de Jong | 8905551 ZPD | 2:52.43 |
| 19. | Gijs Gertsen | 9303485 De Vikings | 2:53.81 |
| 20. | Aydin Hummel | 9201577 ZCNF'34 | 2:54.54 |
| 21. | Marlon Jansen | 9103617 ORCA | 2:56.16 |
| 22. | Jonathan Rozema | 9501157 DZ&PC | 3:00.04 |
| 23. | Menno Hoomans | 9005729 Neptunia'24 | 3:00.77 |
| 24. | Erik de Nijs | 9204259 De Vikings | 3:01.16 |

Programmanr. 20, Heren, 200m schoolslag, Heren Senioren Open

| Rang | | | Tijd |
|------|---|--------------------------|----------------|
| 25. | Micheal Westers | 9204263 De Vikings | 3:01.51 |
| 26. | Henk-Jan Verkaik | 9305447 De Granaet | 3:02.00 |
| 27. | Rick Mooij | 9106571 HZ&PC Heerenveen | 3:03.56 |
| 28. | Ramon Fredrik | 9403933 Wetterwille | 3:04.34 |
| 29. | Bauke Ytsma | 9301131 Wetterwille | 3:14.06 |
| 30. | Dirk van der Eems | 9501565 Wetterwille | 3:21.71 |
| DIS | Arjen v/d Meulen | 8702223 DZ&PC | 2:29.64 |
| | <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> | | |
| NG | Jelmer Bakker | 8805293 Neptunia'24 | |

Programmanr. 21 Dames, 100m vlinderslag Dames Senioren Open
6.1.08 - 15:30 Resultaten

FWK 2008 Heerenveen Jgd 1: 1:20.90; Jgd 2: 1:20.60; Jun 1: 1:29.40; Jun 2: 1:25.20; Jun 3: 1:22.50; 16 +: 1:19.00

| Rang | | | Tijd |
|---------------------------|--------------------|--------------------------|------------------|
| Meisjes Junioren 1 | | | |
| 1. | Evelien van Ruiten | 9602924 ORCA | 1:24.04 |
| 2. | Cynthia Verkaik | 9601288 De Granaet | 1:26.08 |
| Meisjes Junioren 2 | | | |
| 1. | Femke Leenstra | 9503038 ORCA | 1:14.54 |
| 2. | Jessie Smeding | 9504528 De Vikings | 1:17.65 |
| 3. | Myrthe Sytsema | 9502706 HZ&PC Heerenveen | 1:18.69 |
| 4. | Liza Salverda | 9500570 ORCA | 1:22.19 1 |
| 5. | Rixt Wilbers | 9503480 De Granaet | 1:26.25 |
| 6. | Freya Holwerda | 9502780 ORCA | 1:29.36 |
| Meisjes Junioren 3 | | | |
| 1. | Minke Betten | 9404012 DZ&PC | 1:14.70 |
| 2. | Anna Visser | 9400774 HZ&PC Heerenveen | 1:22.19 2 |
| 3. | Johanna de Boer | 9403944 ZPD | 1:24.41 |
| Dames Jeugd 1 | | | |
| 1. | Iris Rozema | 9305108 FZC'54 | 1:14.98 |
| 2. | Ankie v.d. Meer | 9300504 Neptunia'24 | 1:16.19 |
| 3. | Geeske Wind | 9300980 DZ&PC | 1:19.65 |
| 4. | Femke de Jong | 9306390 De Granaet | 1:19.78 |
| Dames Jeugd 2 | | | |
| 1. | Nanda de Vries | 9204328 HZ&PC Heerenveen | 1:12.93 |
| 2. | Femke Hettema | 9204474 Avena | 1:18.66 |
| 3. | Sjoukje Karsten | 9202452 DZ&PC | 1:18.86 |
| 4. | Anna-Jetske Baron | 9203044 FZC'54 | 1:21.00 |
| 5. | Lysbeth Wiersma | 9204486 HZ&PC Heerenveen | 1:23.00 |
| NG | Eva Roorda | 9204460 DZ&PC | |
| 16 jaar en ouder | | | |
| 1. | Mariët Koster | 8301162 DZ&PC | 1:05.29 |
| 2. | Wendan Poelstra | 9102496 ORCA | 1:08.10 |
| 3. | Lia Dekker | 8700830 DZ&PC | 1:08.25 |
| 4. | Ilse Kraayeveld | 9002110 ORCA | 1:10.41 |

Programmanr. 21, Dames, 100m vlinderslag, 16 jaar en ouder

| Rang | | | Tijd |
|------|---------------------|--------------------------|----------------|
| 5. | Jolanda Cnossen | 8600712 Neptunia'24 | 1:12.66 |
| 6. | Angelique Boersma | 8001586 De Vikings | 1:12.88 |
| 7. | Gerbranda Beijgaard | 9000272 De Granaet | 1:14.04 |
| 8. | Monique van Vliet | 8904410 DZ&PC | 1:14.36 |
| 9. | Rixt Zijlstra | 9103642 De Granaet | 1:14.37 |
| 10. | Karin van Dijk | 8600850 HZ&PC Heerenveen | 1:15.66 |
| 11. | Miranda Bijzitter | 9000298 ZCNF'34 | 1:16.00 |
| 12. | Jelly-Esther Tadema | 8804234 De Granaet | 1:16.27 |
| 13. | Wiepkje Venema | 9003896 Avena | 1:16.84 |
| NG | Marloes Oldenburg | 8803218 ORCA | |

Dames Senioren Open

| | | | |
|-----|---------------------|--------------------------|------------------|
| 1. | Mariët Koster | 8301162 DZ&PC | 1:05.29 |
| 2. | Wendan Poelstra | 9102496 ORCA | 1:08.10 |
| 3. | Lia Dekker | 8700830 DZ&PC | 1:08.25 |
| 4. | Ilse Kraayeveld | 9002110 ORCA | 1:10.41 |
| 5. | Jolanda Cnossen | 8600712 Neptunia'24 | 1:12.66 |
| 6. | Angelique Boersma | 8001586 De Vikings | 1:12.88 |
| 7. | Nanda de Vries | 9204328 HZ&PC Heerenveen | 1:12.93 |
| 8. | Gerbranda Beijgaard | 9000272 De Granaet | 1:14.04 |
| 9. | Monique van Vliet | 8904410 DZ&PC | 1:14.36 |
| 10. | Rixt Zijlstra | 9103642 De Granaet | 1:14.37 |
| 11. | Femke Leenstra | 9503038 ORCA | 1:14.54 |
| 12. | Minke Betten | 9404012 DZ&PC | 1:14.70 |
| 13. | Iris Rozema | 9305108 FZC'54 | 1:14.98 |
| 14. | Karin van Dijk | 8600850 HZ&PC Heerenveen | 1:15.66 |
| 15. | Miranda Bijzitter | 9000298 ZCNF'34 | 1:16.00 |
| 16. | Ankie v.d. Meer | 9300504 Neptunia'24 | 1:16.19 |
| 17. | Jelly-Esther Tadema | 8804234 De Granaet | 1:16.27 |
| 18. | Wiepkje Venema | 9003896 Avena | 1:16.84 |
| 19. | Jessie Smeding | 9504528 De Vikings | 1:17.65 |
| 20. | Femke Hettema | 9204474 Avena | 1:18.66 |
| 21. | Myrthe Sytsema | 9502706 HZ&PC Heerenveen | 1:18.69 |
| 22. | Sjoukje Karsten | 9202452 DZ&PC | 1:18.86 |
| 23. | Geeske Wind | 9300980 DZ&PC | 1:19.65 |
| 24. | Femke de Jong | 9306390 De Granaet | 1:19.78 |
| 25. | Anna-Jetske Baron | 9203044 FZC'54 | 1:21.00 |
| 26. | Liza Salverda | 9500570 ORCA | 1:22.19 1 |
| 26. | Anna Visser | 9400774 HZ&PC Heerenveen | 1:22.19 2 |
| 28. | Lysbeth Wiersma | 9204486 HZ&PC Heerenveen | 1:23.00 |
| 29. | Evelien van Ruiten | 9602924 ORCA | 1:24.04 |
| 30. | Johanna de Boer | 9403944 ZPD | 1:24.41 |
| 31. | Cynthia Verkaik | 9601288 De Granaet | 1:26.08 |
| 32. | Rixt Wilbers | 9503480 De Granaet | 1:26.25 |
| 33. | Freya Holwerda | 9502780 ORCA | 1:29.36 |
| NG | Eva Roorda | 9204460 DZ&PC | |
| NG | Marloes Oldenburg | 8803218 ORCA | |

